



Epi Data Brief

New York City Department of Health and Mental Hygiene

June 2016, No. 72

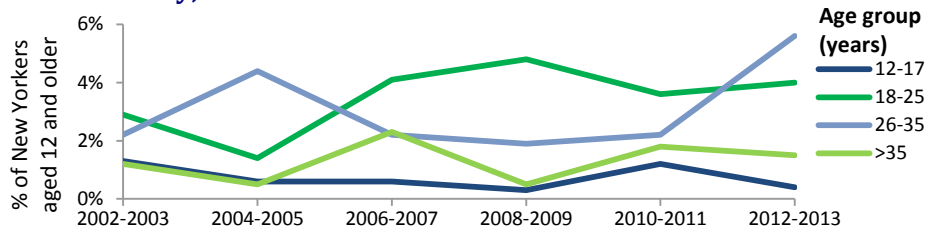
Benzodiazepines in New York City

- Benzodiazepines, such as Xanax®, Valium® and Ativan®, are central nervous system depressants used primarily to treat anxiety and sleep disorders.
- Overdose deaths from benzodiazepines alone are very rare; however, when used in combination with other central nervous system depressants, such as heroin, opioid analgesics, or alcohol, benzodiazepines increase risk of fatal overdose.
- In 2014, benzodiazepines were involved in 38% of unintentional drug poisoning (overdose) deaths in New York City (NYC), an increase from 15% in 2000. Most (97%) drug overdose deaths involve more than one substance.

Non-medical use of benzodiazepines in New York City¹

- In 2012 and 2013, an average of 168,000 (2.6%) New Yorkers aged 12 and older reported non-medical benzodiazepine use – use without a prescription or with a prescription in a manner other than prescribed – in the past year.
- The largest increase was among New Yorkers aged 26 to 35; the proportion increased from 2.2% in 2010–2011 to 5.6% in 2012–2013.

Non-medical use of benzodiazepines in the past year by age group, New York City, 2002–2003 to 2012–2013

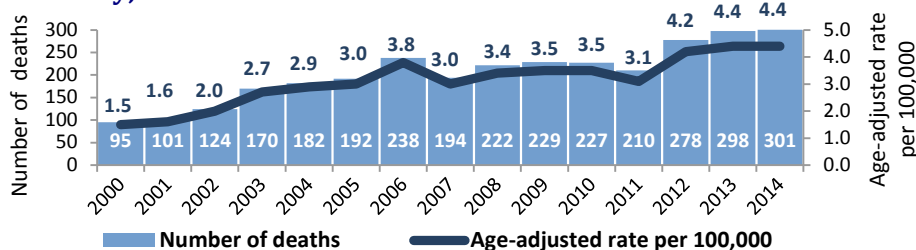


Source: National Survey on Drug Use and Health, analysis by SAMHSA, 2002-2013

Unintentional drug poisoning (overdose) deaths involving benzodiazepines²

- From 2000 to 2014, the rate of unintentional drug overdose deaths involving benzodiazepines nearly tripled from 1.5 per 100,000 New Yorkers (95 deaths) in 2000 to 4.4 per 100,000 New Yorkers (301 deaths) in 2014.
- Benzodiazepine-involved overdose deaths were found in combination with other substances, including heroin (62%), alcohol (42%), opioid analgesics (39%), and cocaine (31%).

Unintentional overdose deaths involving benzodiazepines, New York City, 2000–2014



Source: NYC Office of the Chief Medical Examiner and NYC DOHMH Bureau of Vital Statistics, 2000-2014

Data Sources

¹National Survey on Drug Use and Health (NSDUH) 2002-2013, conducted annually by the Substance Abuse and Mental Health Services Administration [SAMHSA], includes a representative sample of NYC residents aged 12 years and older. Two-year averages are presented as data are received in lagged time.

²NYC Office of the Chief Medical Examiner and NYC DOHMH Bureau of Vital Statistics 2000-2014: Mortality data were collected through an in-depth review of data and charts from the Health Department's Bureau of Vital Statistics and the Office of the Chief Medical Examiner for 2000-2014. Methadone is reported separately and not included in opioid analgesic analyses.

³NYS Prescription Monitoring Program (PMP) 2014, managed by the New York State Department of Health Bureau of Narcotics, includes data from drug dispensers on schedule II-V controlled substances.

Definitions

Rate Calculation: DOHMH population estimates, modified from US Census Bureau intercensal population estimates 2000-2014, updated October 13th, 2015. Rates are age-adjusted to Census 2000 US standard population, except those for specific age groups.

Neighborhood poverty: Based on ZIP code and defined as percentage of residents with incomes below 100% of the federal poverty level (FPL), per American Community Survey 2007-2011, in four groups: low (<10% FPL), medium (10% -< 20% FPL), high (20% -< 30% FPL), and very high (≥30% FPL).

Race/ethnicity: White and Black race categories exclude Hispanic/Latino ethnicity.

- In 2014, the rate of benzodiazepine-involved overdose deaths was highest among White New Yorkers (8.8 per 100,000) – more than double the rate for Hispanics/Latinos (3.4 per 100,000) and more than five times the rate for Black New Yorkers (1.6 per 100,000).
- From 2000 to 2014, the rate among Hispanic/Latino New Yorkers increased 386%, from 0.7 to 3.4 per 100,000.
- Residents of Staten Island had the highest rate of benzodiazepine-involved overdose deaths (10.1 per 100,000), almost three times the rates of Brooklyn (3.6 per 100,000) and Manhattan (3.5 per 100,000) residents.
- The rate of benzodiazepine-involved overdose deaths increased annually on average by 15% in Staten Island from 2000 to 2014.
- In 2014, the neighborhoods with the highest rates of unintentional benzodiazepine-involved overdose deaths were in Staten Island (South Beach-Tottenville and Port Richmond), followed by East Harlem in Manhattan, Bayside-Little Neck in Queens, and Hunts Point-Mott Haven in the Bronx.

Unintentional benzodiazepine-involved poisoning deaths by New York City neighborhood of residence,[^] 2013–2014

Rate Range
(per 100,000 population)

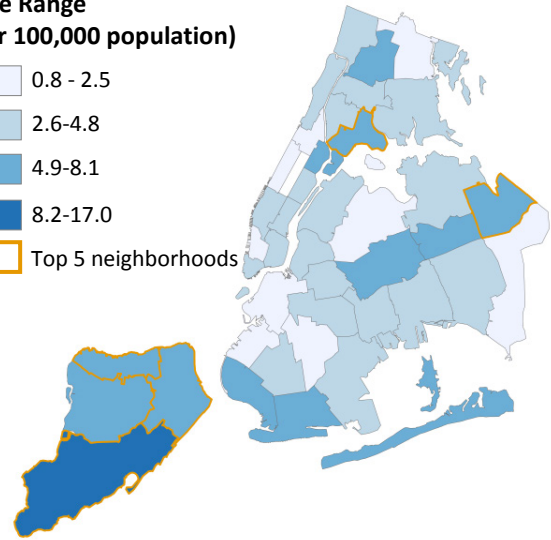
0.8 - 2.5

2.6-4.8

4.9-8.1

8.2-17.0

Top 5 neighborhoods



[^]The United Hospital Fund classifies NYC into 42 neighborhoods, comprised of contiguous ZIP codes.

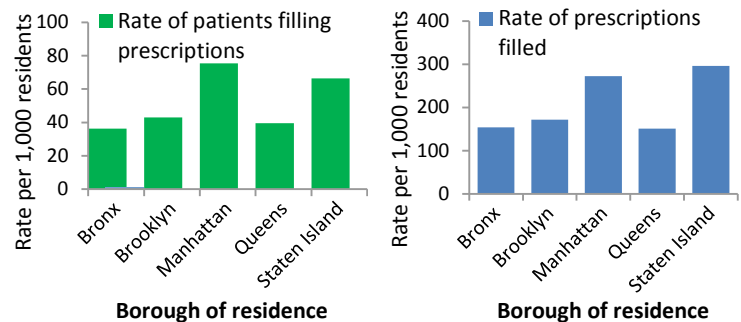
Source: NYC Office of the Chief Medical Examiner and NYC DOHMH Bureau of Vital Statistics, 2013-2014

- Residents of low-poverty neighborhoods had the highest rate of benzodiazepine-involved overdose deaths (5.1 per 100,000), and the largest increase from 2000 to 2014, from 1.1 to 5.1 per 100,000.

Benzodiazepine prescriptions filled by New York City residents³

- In 2014, 1.7 million benzodiazepine prescriptions were filled by 440,000 NYC residents.
- In 2014, the rate of benzodiazepine prescriptions filled was 191.2 prescriptions per 1,000 NYC residents.
- Clonazepam and alprazolam were the most common types of benzodiazepine prescriptions filled, 36% and 31% respectively.
- Nearly two-thirds of benzodiazepine prescriptions were filled by female New Yorkers in 2014.

Benzodiazepine prescriptions, rates of patients filling, and prescriptions filled, New York City, 2014



Source: New York State Prescription Monitoring Program, 2014

- The rates of benzodiazepine prescriptions filled were highest in Staten Island (296.2 prescriptions per 1,000 residents), and Manhattan (272.7 prescriptions per 1,000). The number of residents who filled at least one benzodiazepine prescription was highest in Manhattan (75.5 per 1,000 residents).
- Almost one-third of NYC residents who filled a benzodiazepine prescription also filled an opioid analgesic prescription in 2014 (n =118,757 or 13.1 residents per 1,000 residents). Rates for co-occurring benzodiazepine and opioid analgesics were highest for females in older age groups, and Staten Island residents.

Authored by: Denise Paone, Ellenie Tuazon, Michelle Nolan, Shivani Mantha

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Epi Data Tables

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Benzodiazepines in New York City

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Data Sources

National Survey on Drug Use and Health (NSDUH) 2002-2013 conducted annually by Substance Abuse and Mental Health Services Administration [SAMHSA] includes a representative sample of NYC residents aged 12 years and older. Two-year averages are presented.

NYC Office of the Chief Medical Examiner and NYC DOHMH Bureau of Vital Statistics 2000-2014: Mortality data were collected through an in-depth review of data and charts from the Health Department's Bureau of Vital Statistics and the Office of the Chief Medical Examiner for 2000-2014. Rates calculated using NYC DOHMH population estimates, modified from US Census Bureau intercensal population estimates 2000-2014 updated October 2015.

NYS Prescription Monitoring Program (PMP) 2013-2014, managed by the New York State Department of Health Bureau of Narcotics, includes data from drug dispensers on schedule II-V controlled substances.

Table 1. Any self-reported drug use in the past year, New York City and US, 2010-2013*Source: National Survey on Drug Use and Health; analysis by Substance Abuse and Mental Health Services Administration [SAMHSA]*

NYC Data presented as two-year averages of 2010-2011 and 2012-2013

National (US) data presented for the years 2011 and 2013

	NYC 2010-2011		US 2011		NYC 2012-2013		US 2013	
	N	%	N	%	N	%	N	%
Any Drug	1,055,000	16.5	38,287,000	14.9	1,279,000	20.1	41,591,000	15.9
Marijuana	794,000	12.4	29,739,000	11.5	1,043,000	16.4	32,952,000	12.6
Cocaine	138,000	2.2	3,857,000	1.5	150,000	2.4	4,182,000	1.6
Heroin	13,000	0.2	620,000	0.2	4,000	0.1	681,000	0.3
Opioid Analgesics	256,000	4	11,143,000	4.3	290,000	4.6	11,082,000	4.2
Benzodiazepines	134,000	2.1	5,109,000	2	168,000	2.6	5,269,000	2
Any Drug Except Marijuana	516,000	8	18,959,000	7.4	626,000	9.9	19,868,000	7.6

Table 1a. Self-reported benzodiazepine misuse in the past year by age group, New York City, 2002-2013*Source: National Survey on Drug Use and Health; analysis by Substance Abuse and Mental Health Services Administration*

NYC data presented as two-year averages of 2002-2003, 2004-2005, 2006-2007, 2008-2009, 2010-2011, 2012-2013

Variable	2002-2003		2004-2005		2006-2007		2008-2009		2010-2011		2012-2013	
	N	%	N	%	N	%	N	%	N	%	N	%
Benzodiazepines	100,000	1.6	80,000	1.3	143,000	2.3	90,000	1.4	134,000	2.1	168,000	2.6
12 to 17	8,000	1.3	3,000	0.6	3,000	0.6	2,000	0.3	6,000	1.2	2,000	0.4
18 to 25	26,000	2.9	11,000	1.4	37,000	4.1	45,000	4.8	34,000	3.6	42,000	4.0
26 to 34	26,000	2.2	45,000	4.4	23,000	2.2	24,000	1.9	26,000	2.2	68,000	5.6
35+	40,000	1.2	21,000	0.5	80,000	2.3	20,000	0.5	68,000	1.8	56,000	1.5

Table 2. Demographics of all unintentional Benzodiazepine drug poisoning decedents, age-adjusted rates, New York City, 2011-2014

Source: Bureau of Vital Statistics/Office of the Chief Medical Examiner, New York City; Rates calculated using NYC DOHMH population estimates, modified from US Census Bureau intercensal population estimates 2000-2014 updated October 2015. Analysis by Health Department's Bureau of Alcohol and Drug Use Prevention, Care and Treatment.

Rates per 100,000 New Yorkers are age adjusted, except those for specific age groups.

	2011			2012			2013			2014			
	Number	Percent	Rate	Number	Percent	Rate	Number	Percent	Rate	Number	Percent	Rate	
Total Unintentional Drug Poisoning Deaths	630	100%	9.4	730	100%	10.9	788	100%	11.6	800	100%	11.7	
Total Unintentional Drug Poisoning Deaths Involving Benzodiazepines	210	33%	3.1	278	38%	4.2	298	38%	4.4	301	38%	4.4	
Gender													
Male	158	75%	5.0	207	74%	6.5	210	70%	6.5	202	67%	6.2	
Female	52	25%	1.5	71	26%	2.1	88	30%	2.4	99	33%	2.7	
Race/Ethnicity[†]													
Black (non-Hispanic/Latino)	24	12%	1.6	32	12%	2.0	24	8%	1.5	26	9%	1.6	
Hispanic	34	17%	1.8	63	23%	3.4	75	26%	4.0	65	23%	3.4	
White (non-Hispanic/Latino)	147	72%	6.7	178	65%	8.3	190	66%	8.8	196	68%	8.8	
Age (years)													
15-24	16	8%	1.4	28	10%	2.5	23	8%	2.1	24	8%	2.2	
25-34	53	25%	3.7	53	19%	3.6	57	19%	3.8	79	26%	5.2	
35-44	47	22%	4.0	67	24%	5.7	66	22%	5.6	66	22%	5.6	
45-54	64	30%	5.7	87	31%	7.8	92	31%	8.2	77	26%	6.9	
55-84	30	14%	3.2	43	15%	4.8	60	20%	6.5	55	18%	5.8	
Borough of Residence[†]													
Bronx	30	16%	2.9	57	22%	5.4	43	17%	4.1	40	15%	3.5	
Brooklyn	47	25%	2.3	71	28%	3.6	57	22%	2.8	72	27%	3.6	
Manhattan	30	16%	2.2	38	15%	2.8	42	16%	3.1	48	18%	3.5	
Queens	41	22%	2.2	46	18%	2.4	76	29%	3.9	69	26%	3.7	
Staten Island	38	20%	10.3	42	17%	11.7	41	16%	11.5	37	14%	10.1	
Borough of Death													
Bronx	35	17%	3.4	59	21%	5.6	56	19%	5.4	41	14%	3.7	
Brooklyn	56	27%	2.7	76	27%	3.9	68	23%	3.3	82	27%	4.0	
Manhattan	38	18%	2.9	53	19%	3.8	59	20%	4.3	67	22%	4.7	
Queens	43	20%	2.3	49	18%	2.6	77	26%	4.0	74	25%	3.9	
Staten Island	38	18%	10.3	41	15%	11.2	38	13%	10.6	37	12%	10.1	
Neighborhood Poverty^{†*}													
Low (wealthiest)	56	30%	4.0	72	28%	5.3	88	34%	6.5	72	27%	5.1	
Medium	69	37%	2.7	78	31%	3.1	72	28%	2.8	89	34%	3.5	
High	30	16%	1.9	51	20%	3.3	51	20%	3.1	53	20%	3.3	
Very High	31	17%	2.7	52	21%	4.6	47	18%	4.2	51	19%	4.3	
Drug Type^{**}													
Alcohol	74	35%	1.1	107	38%	1.6	117	39%	1.7	127	42%	1.8	
Cocaine	89	42%	1.3	113	41%	1.7	106	36%	1.6	93	31%	1.3	
Heroin	94	45%	1.4	153	55%	2.3	155	52%	2.3	187	62%	2.7	
Methadone	63	30%	0.9	106	38%	1.6	98	33%	1.5	70	23%	1.0	
Opioid Analgesics	113	54%	1.7	116	42%	1.7	133	45%	2.0	116	39%	1.7	
Top 5 NYC Neighborhoods[^]				2011-2012 Rate			2013-2014 Rate						
	Willowbrook			17.8			Fordham- Bronx Park			10.0			
	South Beach- Tottenville			12.5			South Beach- Tottenville			9.9			
	Stapleton- St. George			10.3			Northeast Bronx			8.3			
	Rockaway			7.9			Hunts Point- Mott Haven			7.4			
	Pelham-Throgs Neck			6.3			Pelham- Throgs Neck			7.4			

[†]Percentage of deaths within subgroup are calculated among categories presented.

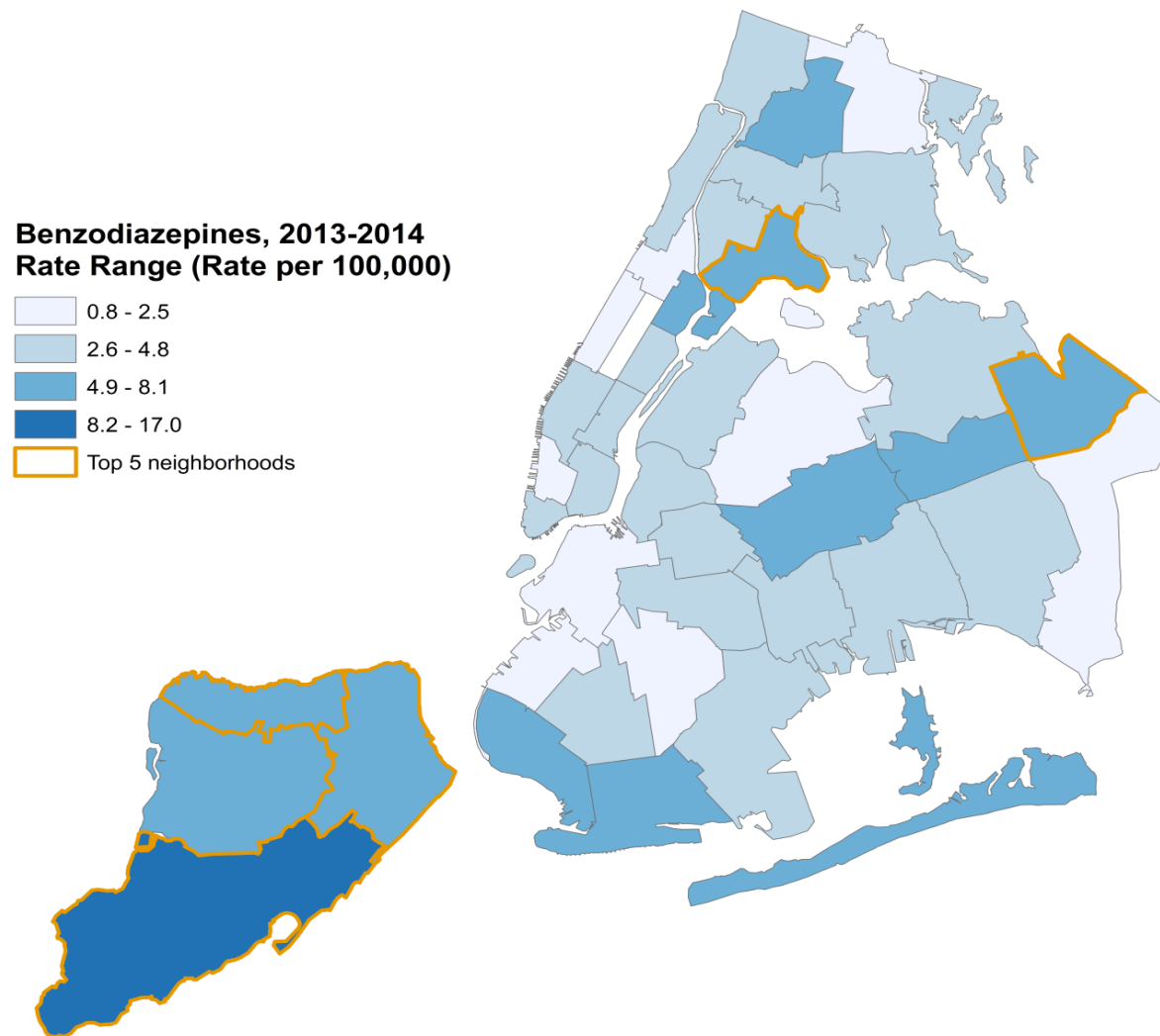
*Neighborhood poverty (based on ZIP code) was defined as percent of residents with incomes below 100% of the federal poverty level (Census 2000), separated into four groups: low (<10%), medium (10%-<20%), high (20%-<30%) and very high (>=30%).

**Drug Type, not mutually exclusive.; percent will not equal 100%.

[^][Top five of 42 NYC Neighborhoods](#)

Map 1. Top five New York City Neighborhoods: Rates of unintentional benzodiazepine-involved poisoning (overdose) death by neighborhood, 2013-2014

Source: Bureau of Vital Statistics/Office of the Chief Medical Examiner, New York City; Rates calculated using NYC DOHMH population estimates, modified from US Census Bureau intercensal population estimates 2000-2014 updated October 2015. Analysis by Health Department's Bureau of Alcohol and Drug Use Prevention, Care and Treatment.



[*The United Hospital Fund \(UHF\) classifies New York City into 42 neighborhoods, comprised of contiguous ZIP codes.](#)

Table 3. Benzodiazepine prescriptions¹ filled by New York City residents by drug type, age-adjusted rates² per 1,000 residents, 2013–2014

Source: New York State, Bureau of Narcotics Enforcement, Prescription Monitoring Program, 2013-2014

	2013			2014		
	N	%	Rate of prescriptions filled per 1,000 NYC residents ²	N	%	Rate of prescriptions filled per 1,000 NYC residents ²
Total benzodiazepine prescriptions	1,712,155	100.0%	191	1,725,435	100.8%	191
By drug type						
Alprazolam	534,955	31.2%	59.7	535,227	31.3%	59.1
Chlordiazepoxide Hydrochloride	7,530	0.4%	0.9	7,356	0.4%	0.8
Clobazam	5,951	0.3%	0.7	7,635	0.4%	0.9
Clonazepam	591,872	34.6%	66.3	610,941	35.7%	67.8
Clorazepate Dipotassium	2,942	0.2%	0.3	2,625	0.2%	0.3
Diazepam	190,790	11.1%	21.3	188,879	11.0%	20.9
Estazolam	938	0.1%	0.1	800	0.0%	0.1
Flurazepam Hydrochloride	4,535	0.3%	0.5	3,730	0.2%	0.4
Lorazepam	317,492	18.5%	35.2	316,740	18.5%	34.7
Midazolam Hydrochloride	209	0.0%	0.0	287	0.0%	0.0
Oxazepam	1,420	0.1%	0.2	1,129	0.1%	0.1
Quazepam	12	0.0%	*	6	0.0%	*
Temazepam	44,688	2.6%	4.9	42,098	2.5%	4.6
Triazolam	8,821	0.5%	1.0	7,982	0.5%	0.9

¹Prescriptions written by veterinarians, or written under institutional licenses, or missing prescriber ID, or missing patient ID are excluded.²Rates calculated using NYC DOHMH population estimates, modified from US Census Bureau intercensal population estimates 2000-2014 updated October 2015. Analysis by Health Department's Bureau of Alcohol and Drug Use Prevention, Care and Treatment.

*Rates based on small numbers (RSE > 30) have been suppressed.

Table 4. Number and rates of benzodiazepine prescriptions¹ filled by age, gender, and borough of residence, age-adjusted rates² per 1,000 residents, New York City, 2013–2014

Source: New York State, Bureau of Narcotics Enforcement, Prescription Monitoring Program, 2013-2014

	2013			2014		
	Number	Percent	Rate of prescriptions filled per 1,000 NYC residents ²	Number	Percent	Rate of prescriptions filled per 1,000 NYC residents ²
Total number of benzodiazepine prescriptions	1,712,155	100%	191.2	1,725,435	100%	190.7
Median day supply	30			30		
Age³						
0-14	9,288	1%	6.2	10,257	1%	6.8
15-24	57,111	3%	50.9	57,766	3%	52.5
25-34	214,091	13%	144.3	215,774	13%	143.3
35-44	249,326	15%	211.8	248,502	14%	210.3
45-54	358,799	21%	321.1	354,953	21%	317.7
55-64	377,709	22%	395.3	378,330	22%	389.5
65-84	368,488	22%	400.3	380,666	22%	404.0
85+	77,241	5%	500.7	79,123	5%	505.0
Missing	102	0%		64	0%	
Gender						
Male	662,700	39%	161.8	672,561	39%	162.4
Female	1,049,422	61%	215.1	1,052,793	61%	213.8
Unknown	33	0%	X	81	0%	X
Borough of Residence⁴						
Bronx	209,850	12%	149.9	218,375	13%	154.0
Brooklyn	461,165	27%	173.3	461,445	27%	171.5
Manhattan	495,994	29%	272.2	500,021	29%	272.7
Queens	385,708	23%	151.4	389,958	23%	151.2
Staten Island	159,438	9%	306.7	155,636	9%	296.2

¹Prescriptions written by veterinarians, or written under institutional licenses, or missing prescriber ID, or missing patient ID are excluded.

² Rates calculated using NYC DOHMH population estimates, modified from US Census Bureau intercensal population estimates 2000-2014 updated October 2015. Analysis by Health Department's Bureau of Alcohol and Drug Use Prevention, Care and Treatment.

³Patient age is an average of their age at all their prescriptions in the year.

⁴Borough of residence is derived from the 3-digit zip code listed for patient zip on prescription. Most frequent borough of residence per patient is reported.

Table 5. Demographics of New York City residents who filled a benzodiazepine prescription,¹ age-adjusted rates² per 1,000 residents, 2013–2014

Source: New York State, Bureau of Narcotics Enforcement, Prescription Monitoring Program, 2013-2014

	2013			2014		
	Number	Percent	Rate of persons who filled a benzodiazepine prescription per 1,000 NYC residents	Number	Percent	Rate of persons who filled a benzodiazepine prescription per 1,000 NYC residents
Total number who filled a prescription	444,990	100%	49.9	440,918	100%	48.9
Age group (years)³					0%	
0-14	3,512	1%	2.3	3,784	1%	2.5
15-24	19,330	4%	17.2	19,223	4%	17.5
25-34	67,369	15%	45.4	66,806	15%	44.4
35-44	69,756	16%	59.3	68,632	16%	58.1
45-54	84,632	19%	75.8	82,846	19%	74.2
55-64	86,585	19%	90.6	85,525	19%	88.1
65-84	94,397	21%	102.6	94,852	22%	100.7
85+	19,336	4%	125.4	19,211	4%	122.6
Missing	73	0%	X	39	0%	X
Mean age (years)	51.8			51.8		
Gender					0%	
Male	162,305	36%	39.8	162,472	37%	39.4
Female	282,666	64%	58.4	278,398	63%	57.0
Unknown	19	0%	X	48	0%	X
Borough of Residence⁴					0%	
Bronx	50,691	11%	36.3	51,290	12%	36.3
Brooklyn	116,874	26%	43.9	115,516	26%	43.0
Manhattan	139,613	31%	76.6	138,335	31%	75.5
Queens	101,666	23%	40.3	101,044	23%	39.6
Staten Island	36,146	8%	69.9	34,733	8%	66.4
Filled an opioid analgesic prescription in same year	123,966	28%	13.9	118,757	27%	13.1

¹Prescriptions written by veterinarians, or written under institutional licenses, or missing prescriber ID, or missing patient ID are excluded.

²Rates calculated using NYC DOHMH population estimates, modified from US Census Bureau intercensal population estimates 2000-2014 updated October 2015. Analysis by Health Department's Bureau of Alcohol and Drug Use Prevention, Care and Treatment.

³Patient age is an average of their age at all their prescriptions in the year.

⁴Borough of residence is derived from the 3-digit zip code listed for patient zip on prescription. Most frequent borough of residence per patient is reported.

Table 6. Demographics of New York City residents who concurrently filled at least one benzodiazepine prescription and at least one opioid analgesic prescription,¹ age-adjusted rates² per 1,000 residents, 2013–2014

Source: New York State, Bureau of Narcotics Enforcement, Prescription Monitoring Program, 2013-2014

	2013			2014		
	Number	Percent	Rate of persons who concurrently filled a benzodiazepine and opioid analgesic prescription per 1,000 NYC residents	Number	Percent	Rate of persons who concurrently filled a benzodiazepine and opioid analgesic per 1,000 NYC residents
Filled a benzodiazepine and opioid analgesic prescription in same year	123,966	100%	13.9	118,757	100%	13.1
Age group (years)³		0%			0%	
0-14	254	0%	0.2	251	0%	0.2
15-24	3,076	2%	2.7	2,800	2%	2.5
25-34	14,444	12%	9.7	13,275	11%	8.8
35-44	19,184	15%	16.3	17,808	15%	15.1
45-54	27,524	22%	24.6	26,109	22%	23.4
55-64	27,194	22%	28.5	26,182	22%	27.0
65-84	26,566	21%	28.9	26,422	22%	28.0
85+	5,720	5%	37.1	5,905	5%	37.7
Missing	4	0%	X	5	0%	X
Mean age (years)	53.8	0%		54.3	0%	
Gender						
Male	47,111	38%	11.6	45,639	38%	11.1
Female	76,850	62%	15.9	73,105	62%	14.9
Unknown	5	0%	X	13	0%	X
Borough of Residence⁴		0%			0%	
Bronx	17,038	14%	12.2	16,666	14%	11.8
Brooklyn	29,212	24%	11.0	27,746	23%	10.3
Manhattan	37,685	30%	20.7	35,879	30%	19.6
Queens	27,093	22%	10.6	26,255	22%	10.2
Staten Island	12,938	10%	25.0	12,211	10%	23.2

¹Prescriptions written by veterinarians, or written under institutional licenses, or missing prescriber ID, or missing patient ID are excluded.

²Rates calculated using NYC DOHMH population estimates, modified from US Census Bureau intercensal population estimates 2000-2014 updated October 2015. Analysis by Health Department's Bureau of Alcohol and Drug Use Prevention, Care and Treatment.

³Patient age is an average of their age at all their prescriptions in the year.

⁴Borough of residence is derived from the 3-digit zip code listed for patient zip on prescription. Most frequent borough of residence per patient is reported.