

Changing the Script

Sports injuries and exposure to opiates among young athletes

Scope of the problem

33%

Legitimate opioid use before high school graduation is independently associated with a 33% increase in the risk of future opioid misuse after high school.

5x

The number of drug overdose deaths involving prescription opioids in 2021 compared to 1999.

80%

of people who use heroin reported using prescription opioids before heroin.

53%

of teens who have used opioids have received them from a friend or relative for free.

Parents should know

Athletes who play a single sport year-round, particularly high contact sports such as football, ice hockey, wrestling and lacrosse, may be at a higher risk for injuries for which an opioid pain reliever may be prescribed.

For relief of mild to moderate pain a non-steroidal anti-inflammatory drug (NSAID) such as aspirin, ibuprofen, or naproxen; or acetaminophen often provides better relief than an opioid pain reliever.

If injuries occur remember RICE.



Available Presentations and Resources:

- 1-hour presentation for coaches, parents, or athletes (in-person or virtual options)
- Trifold informational brochures.
- Tackling Opioids through Prevention (TOP) Toolkit for athletes (digital or print booklet).
- Metal prevention signs for sports fields and complexes.

For more information, please contact Brian Preiser at **848-329-0978** or brian.preiser@rwjbh.org

Created in partnership with New Jersey Prevention Network (NJPN). For more information visit njpn.org/toolkits



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County



**Institute for
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References

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