



Closing Chicago's Life Expectancy Gap: Preventing Overdose Deaths

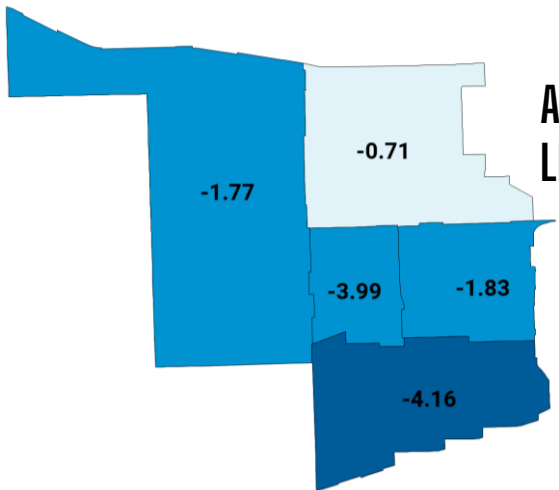
May 15, 2024

Commissioner Simbo Ige, MD, MS, MPH

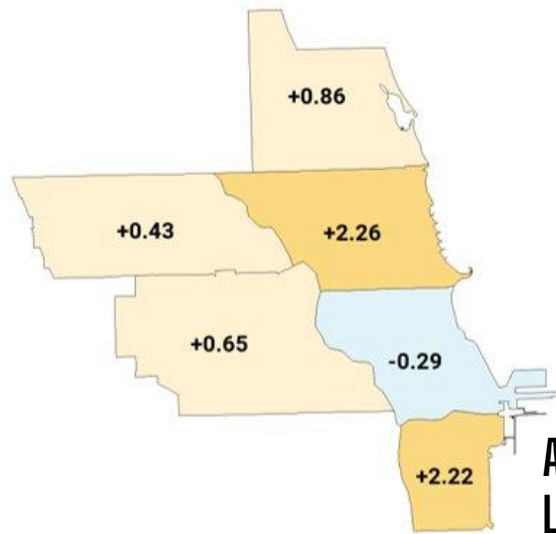
Deputy Commissioner Matt Richards, LCSW, MDiv

Medical Director Miao Hua, MD, PhD, MPH

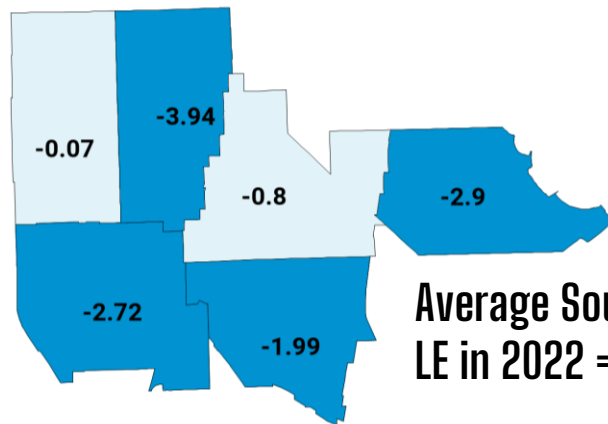
Life Expectancy Change 2010 to 2022



**Average West Side
LE in 2022 = 66.4**

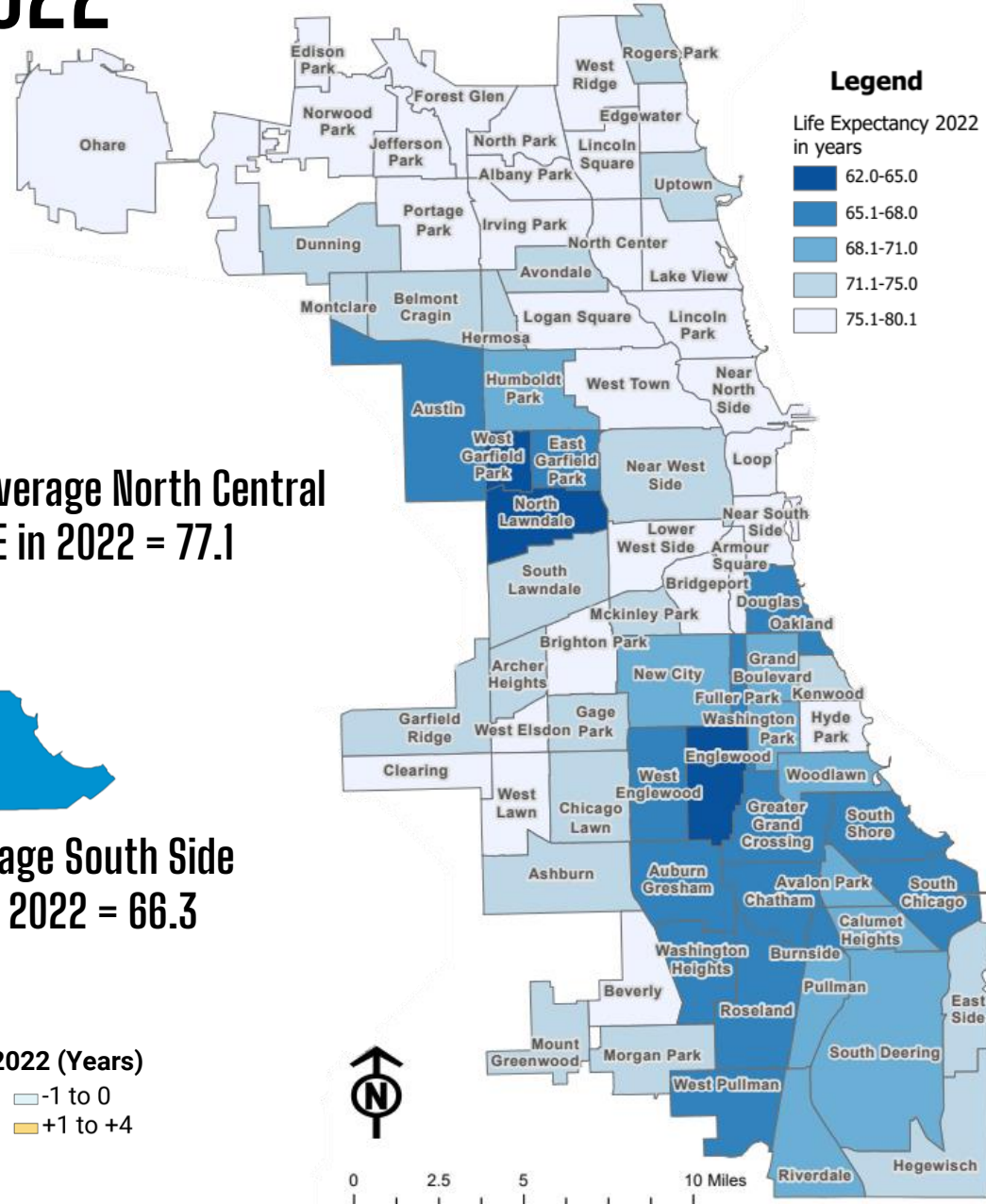
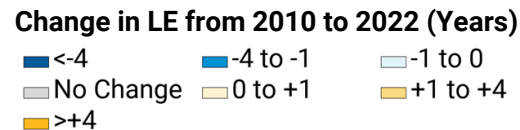
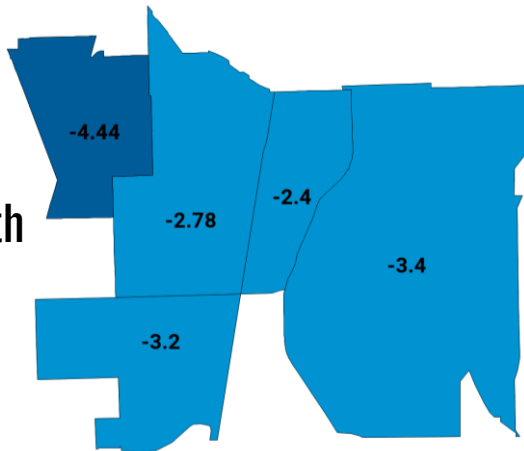


**Average North Central
LE in 2022 = 77.1**



**Average South Side
LE in 2022 = 66.3**

**Average Far South
LE in 2022 = 67.7**



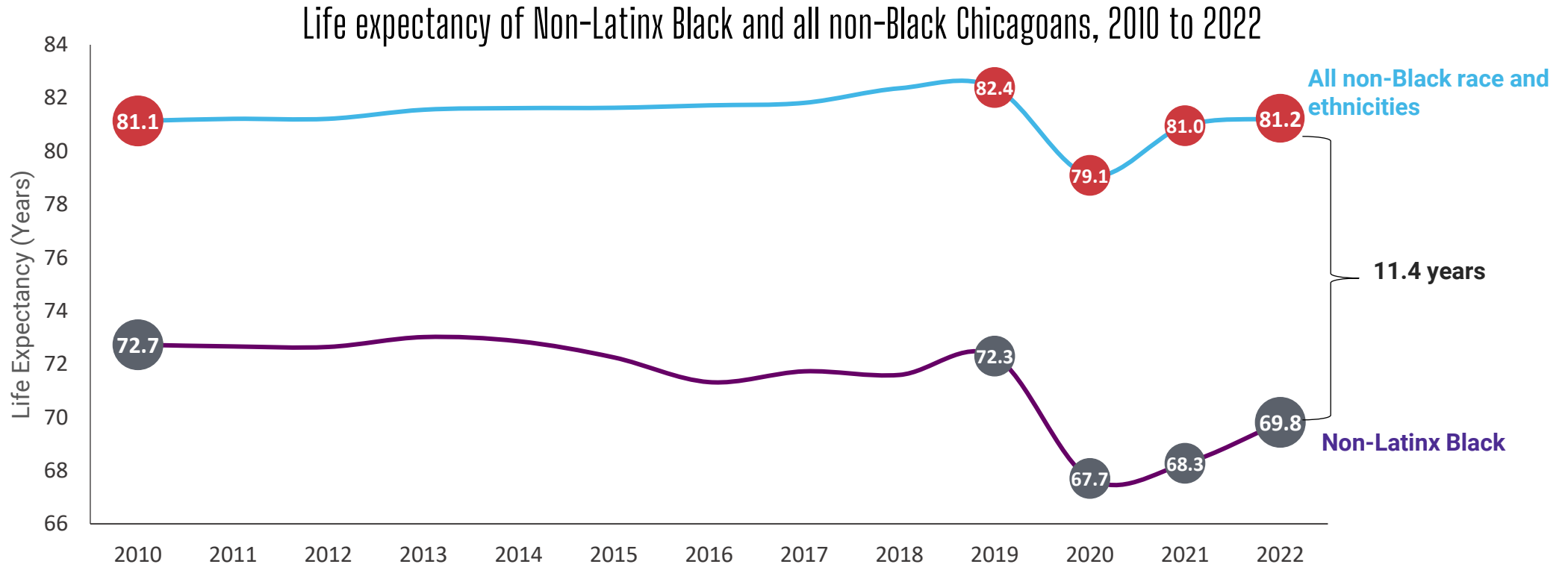
Legend

Life Expectancy 2022 in years

- 62.0-65.0
- 65.1-68.0
- 68.1-71.0
- 71.1-75.0
- 75.1-80.1

★ Trends in Life Expectancy Gap 2010 -2022: Black and non-Black Chicagoans

Chicago's Black and non-Black LE Gap has widened from 8.4 years in 2010 to 11.4 years in 2022



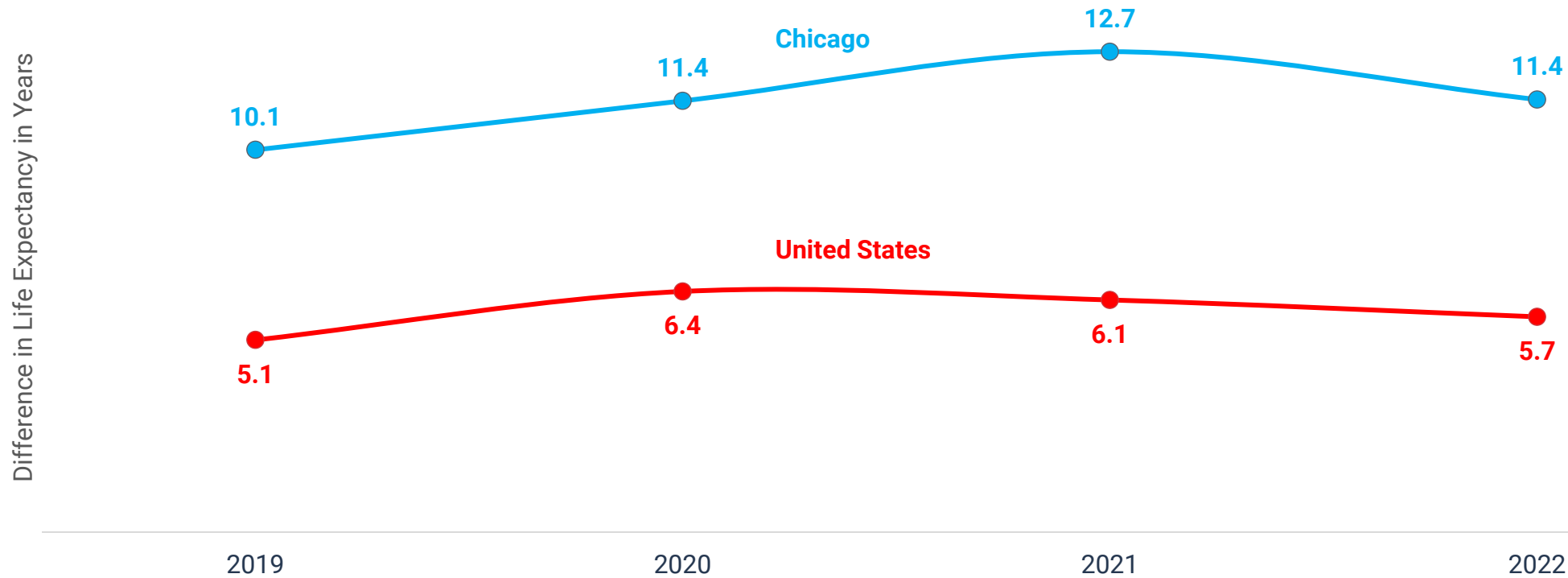
Data sources: IDPH Vital Statistics (Death Certificate 2010- 2022 Annual File); US Census Bureau (2020 Decennial Census)



Life Expectancy Gap: Chicago to USA

Black and non-Black LE gap in Chicago is double the United States average

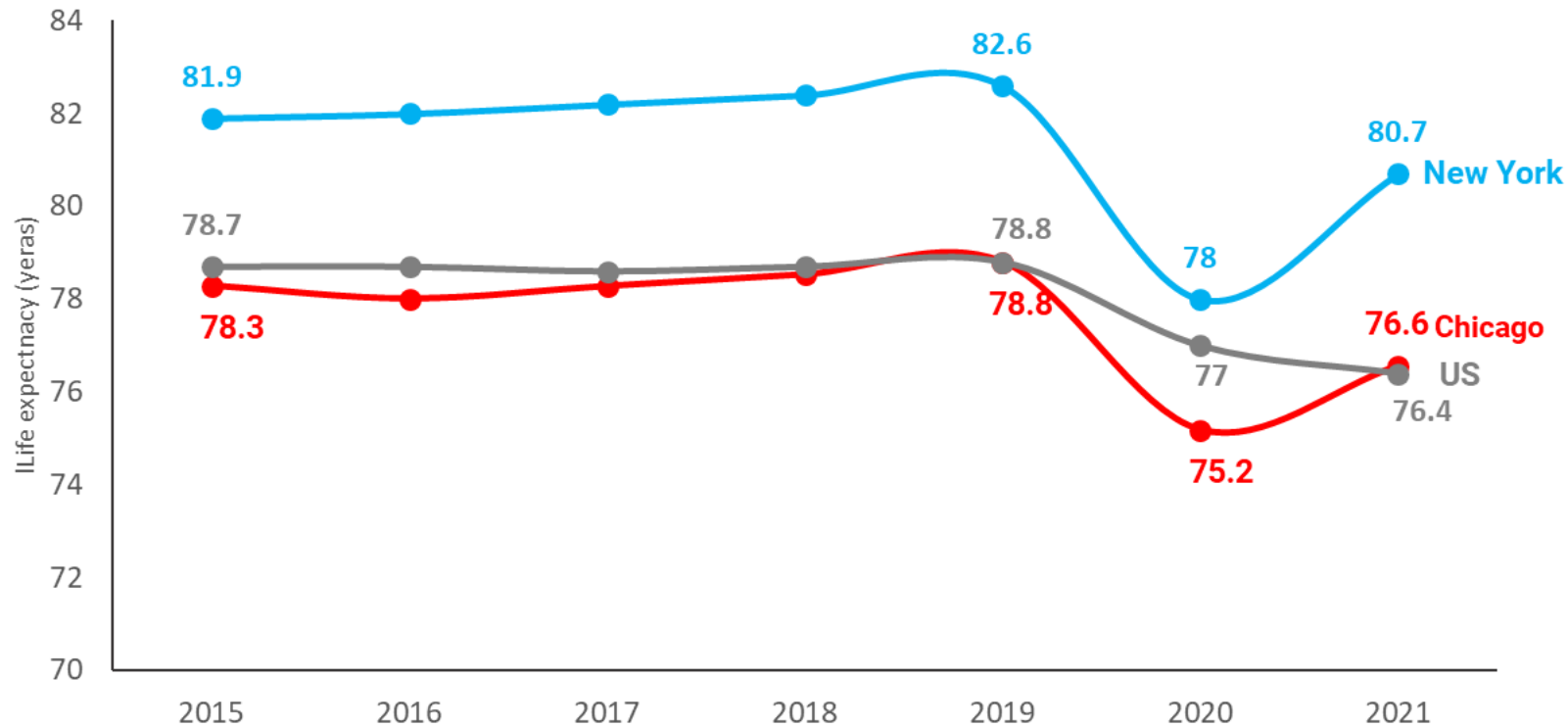
Life expectancy gap in years between Black and non-Black in Chicago and United States



★ Life Expectancy Gap: Chicago to NYC

Chicago's demographics are similar to NYC but LE is lower in Chicago

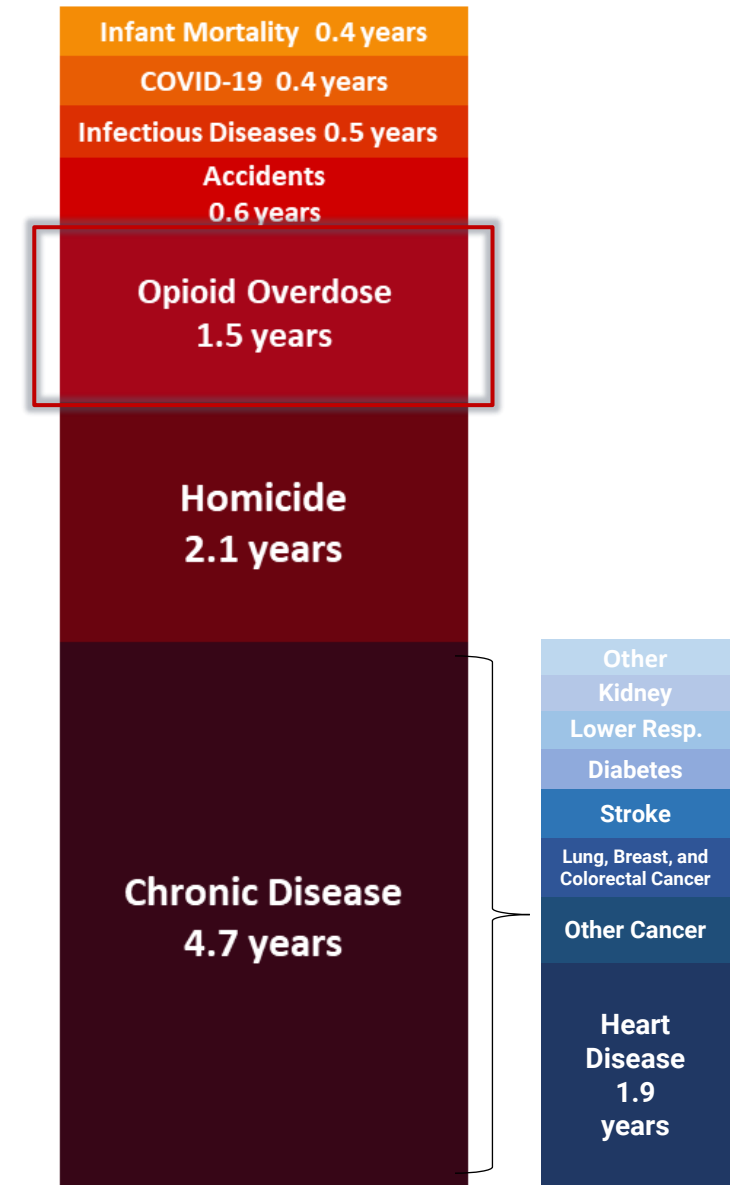
Life Expectancy at Birth in New York City, Chicago, and the United States, 2015-2021



Population Proportion	Chicago	New York	United States
Hispanic or Latino (of any race)	30%	28%	19%
White alone	31%	31%	58%
Black or African American alone	29%	20%	12%
Asian alone	7%	16%	6%
American Indian and Alaska Native alone	0%	0%	1%
Native Hawaiian and Other Pacific Islander alone	0%	0%	0%
Some Other Race alone	0%	1%	1%
Two or More Races	3%	3%	4%

Drivers of the Life Expectancy Gap

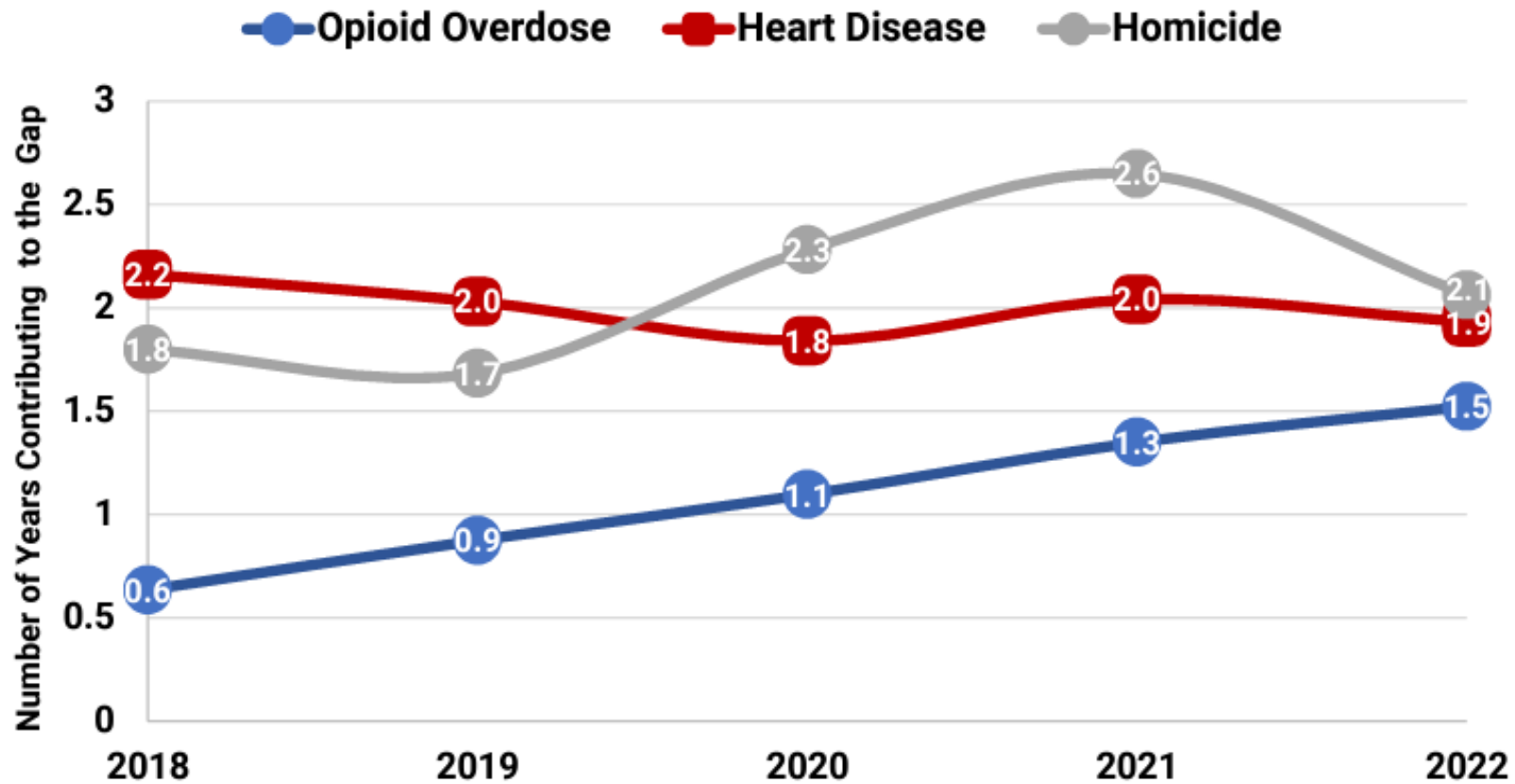
- **Chronic disease (4.7 years):** heart disease, cancer, stroke, diabetes, COPD etc.
- **Homicide (2.1 years):** firearm and other
- **Opioid Overdose (1.5 years):** fentanyl, heroin, pain relievers, etc.
- **Accidents (0.6 years):** motor vehicle accidents, non-opioid drug overdoses, unintentional injuries etc.
- **Infectious diseases (0.5 years):** non-COVID-19 infections such as HIV, influenza, pneumonia, etc.
- **COVID-19 (0.4 years)**
- **Infant mortality (0.4 years):** deaths before 1 year of age
- All other causes of death represent 1.2 years of the gap and are not shown





Trends in Top Drivers of Life Expectancy Gap

Opioid-related overdose deaths are a growing contributor to the LE gap



Opioid overdose fatality rate among Black Chicagoans is now > 3x the rate among Non-Black Chicagoans



Factors Associated with Opioid Overdose Mortality

What are the co-occurring inequities?

Indicator	Inequity in Black (vs Citywide) Population	Black Population	Citywide Population
Youth Depression - Current	None (5% lower)	41%	43%
Reported being Lonely	None (6% lower)	33%	35%
Strongly Feel Like a Part of their Neighborhood	None (7% higher)	46%	43%
Serious Psychological Distress - Current	No difference	11%	11%
Youth Suicide Attempts - Lifetime	38% higher	11%	8%
Prescription Opioid Misuse	33% higher	4%	3%
Unmet Mental Health Treatment Need	18% higher	74%	63%
Perception of Neighborhood Safety	23% lower	48%	62%
Unemployment	117% higher	13%	6%
Live Under the Poverty Level	71% higher	29%	17%

Opioid Overdose
1.5 years

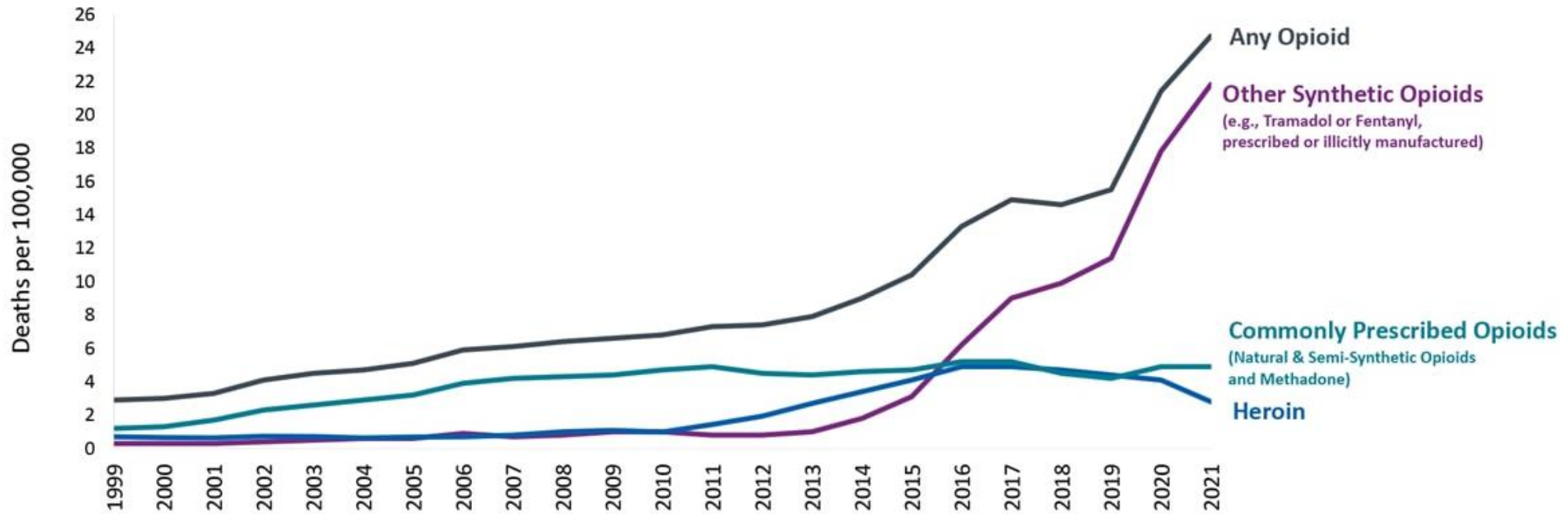
Of individuals counted in the 2022 Point-in-Time (PIT) Homelessness Survey, 76% identified as Black Chicagoans



Understanding the Opioid Overdose Problem



Three Waves of the Opioid Overdose Epidemic



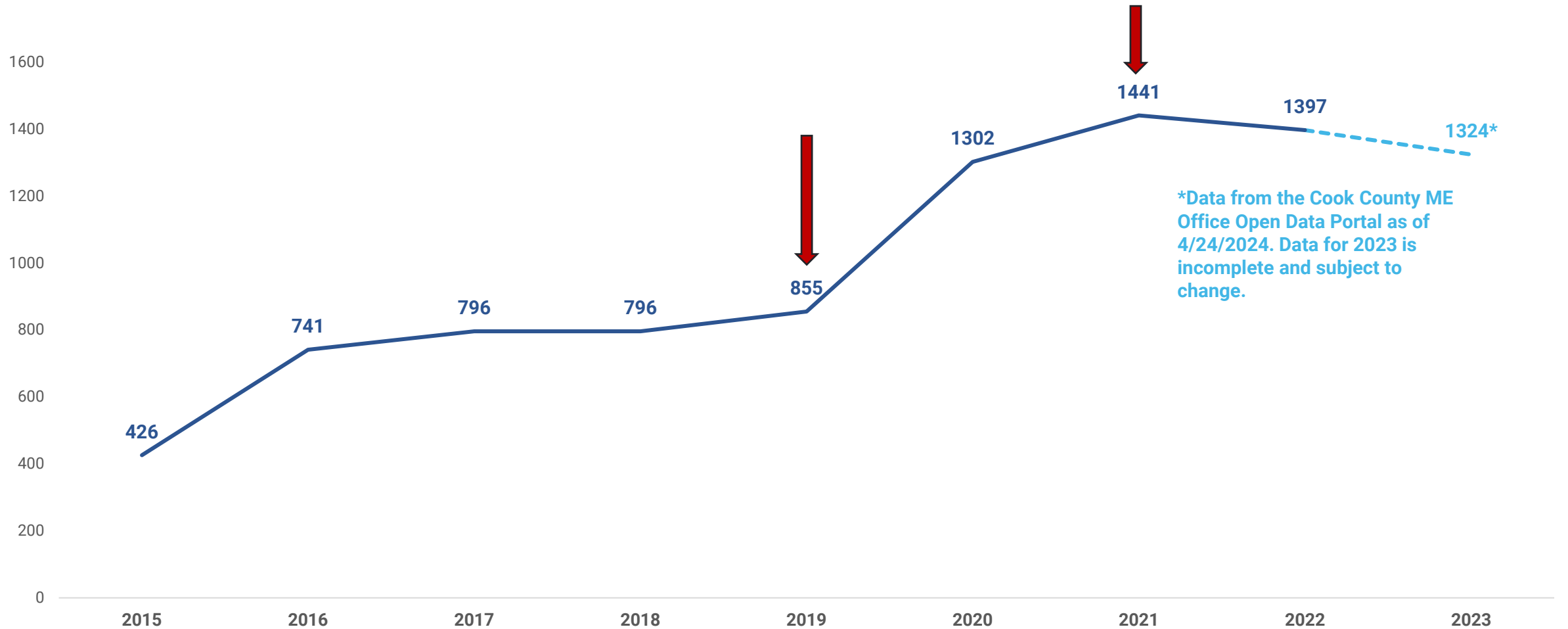
↑
Wave 1: Rise in Prescription Opioid Overdose Deaths Started in the 1990s

↑
Wave 2: Rise in Heroin Overdose Deaths Started in 2010

↑
Wave 3: Rise in Synthetic Opioid Overdose Deaths Started in 2013

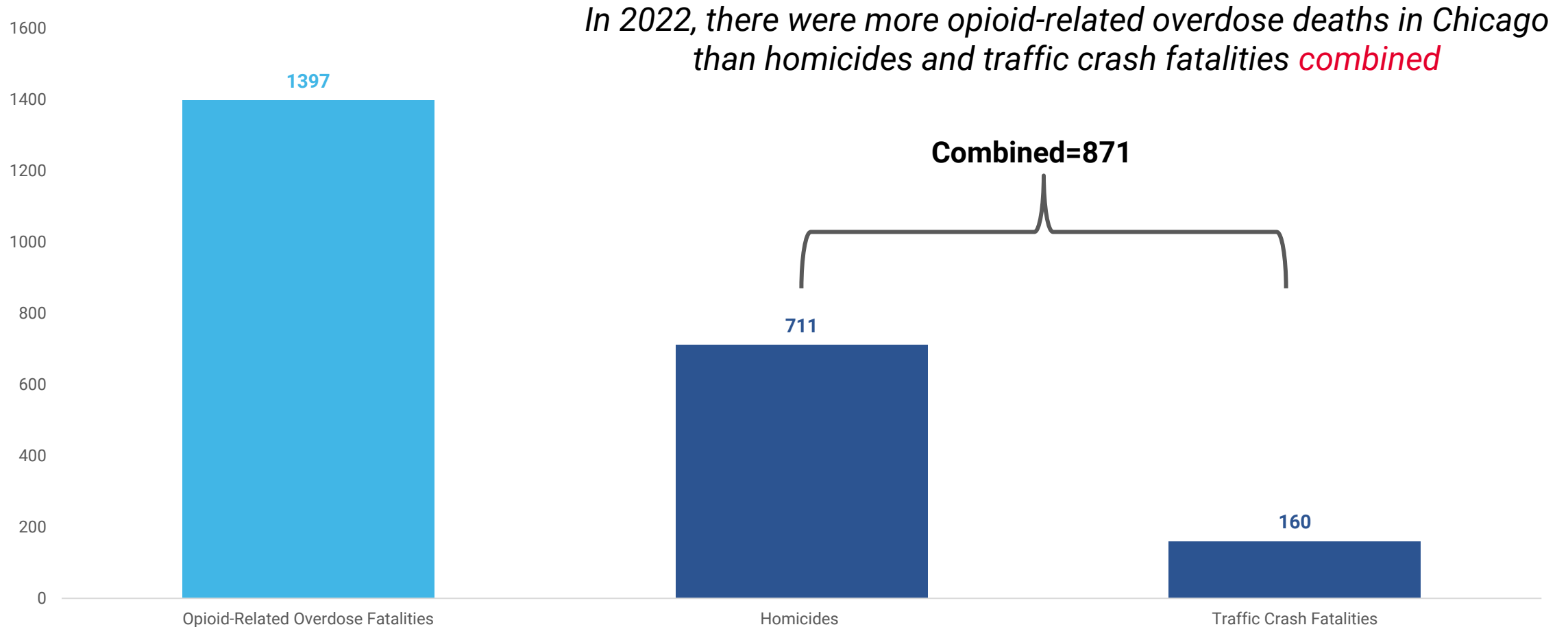
SOURCE: National Vital Statistics System Mortality File.

The Pandemic and Opioid-Related Overdose Fatalities





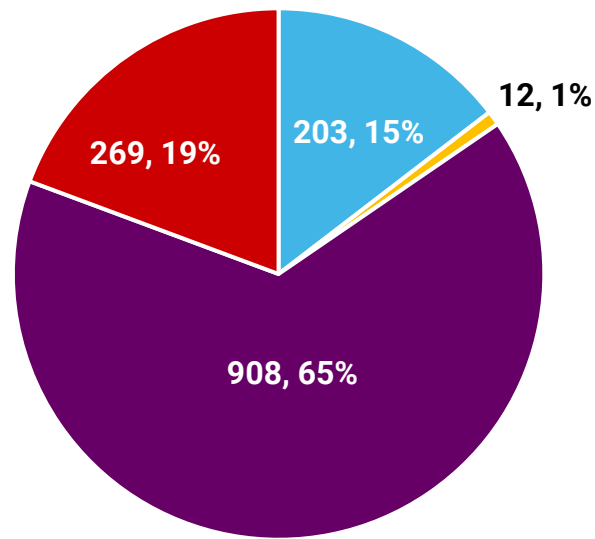
Scale of Opioid Overdose Fatalities



★ Most Impacted People

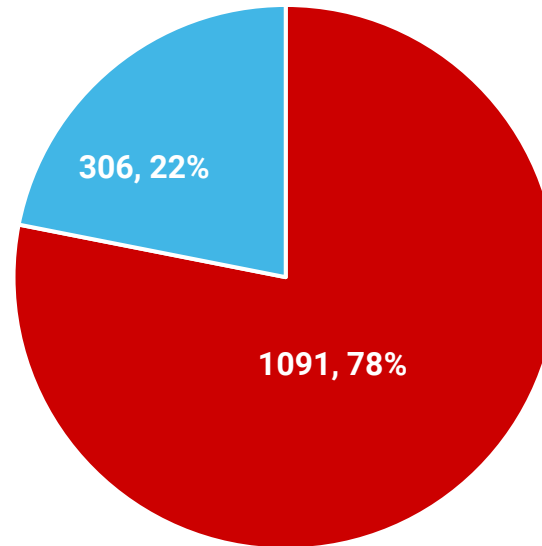
Fatal opioid-related overdoses disproportionately impact **Non-Hispanic Black males aged 45-64**

Chicago Opioid-Related Fatalities by Race/Ethnicity, 2022



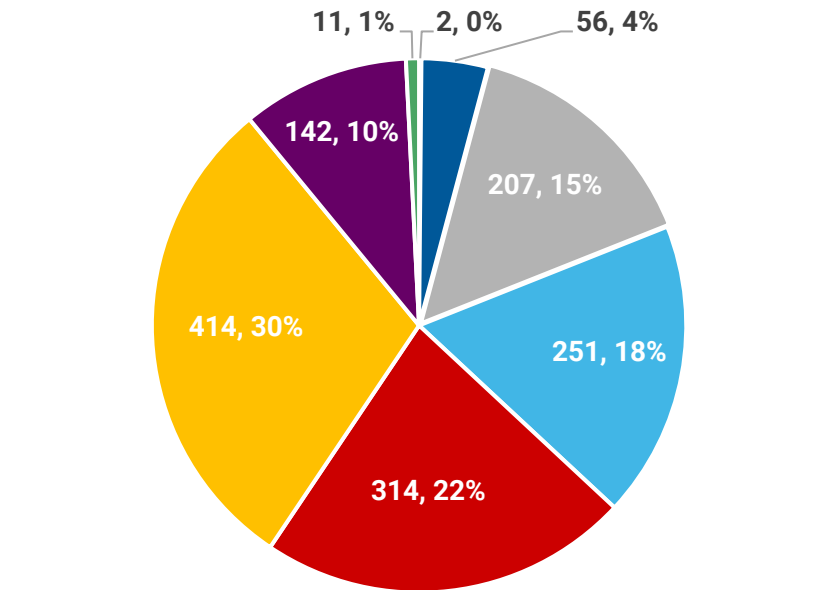
- Hispanic
- Non-Hispanic Black
- Non-Hispanic Asian
- Non-Hispanic White

Chicago Opioid-Related Fatalities by Sex, 2022



- Male
- Female

Chicago Opioid-Related Fatalities by Age, 2022



- 0-14
- 15-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+

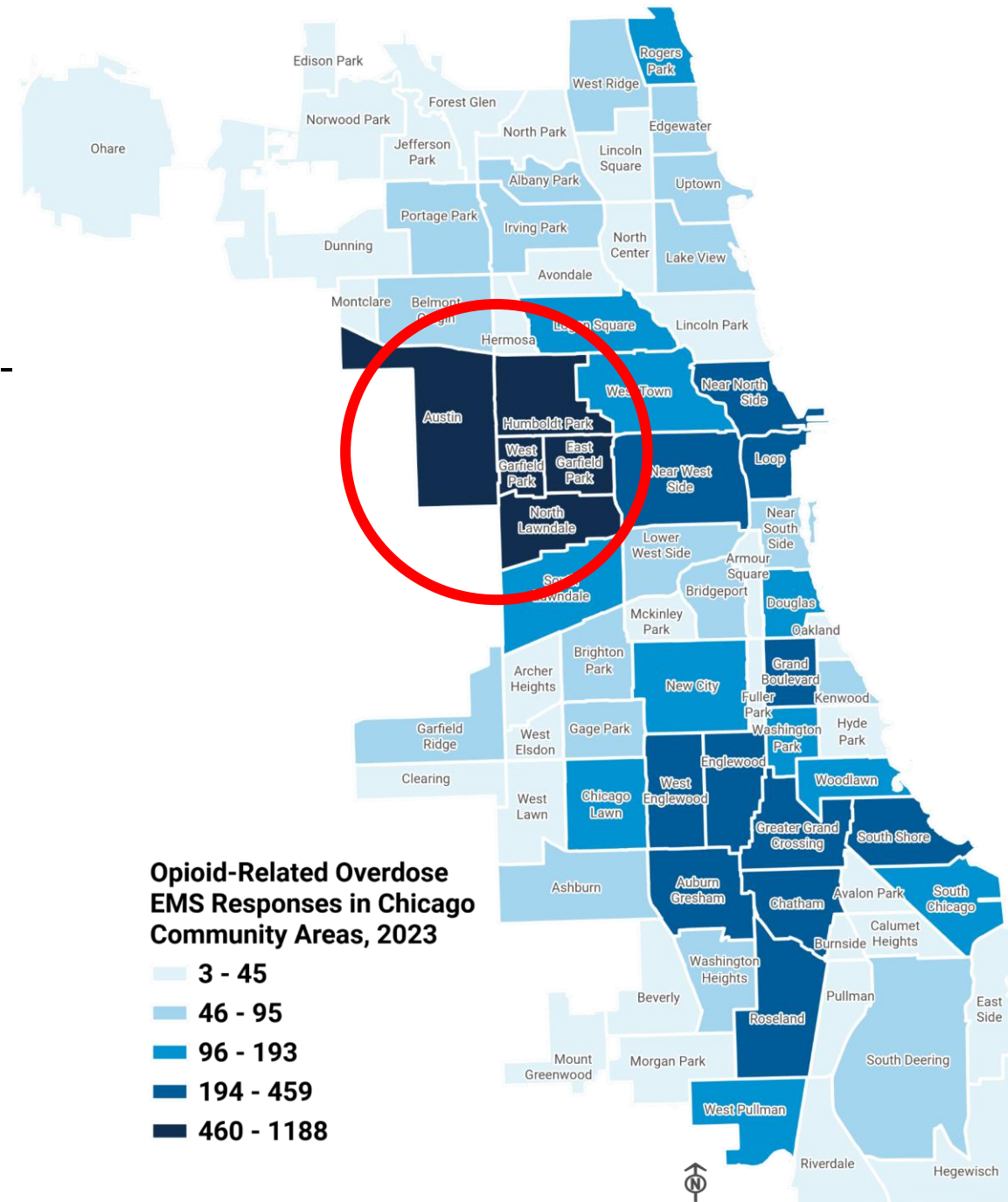


Most Impacted Communities

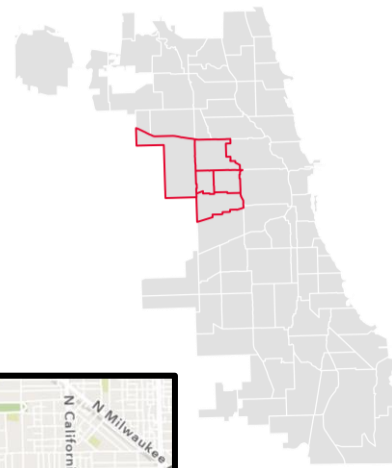
Every community area in Chicago had an opioid-related overdose EMS response (fatal or non-fatal) in **2021, 2022, and 2023**

However, **West Side community areas** are the most impacted

In 2023, **34%** of opioid-related overdose EMS responses occurred in **5 West Side Community Areas: Austin, East Garfield Park, Humboldt Park, North Lawndale, & West Garfield Park**



★ Hyperlocal Analysis of West Side EMS Responses



In 2023, "Hot Spots" on the West Side included:

- Pulaski corridor, from Lake to I-290
- Chicago Ave corridor, near Homan
- Area near Pulaski & Division
- Madison corridor, Kedzie to Sacramento
- Harrison corridor, near California
- Roosevelt corridor, Pulaski to California
- Cicero corridor, Madison to I-290
- Area near Central & Lake
- Madison corridor, Central to Laramie

Location types

Citywide:

Streets & Roads = 46%

Private Residence = 31%

Public Transit = 9%

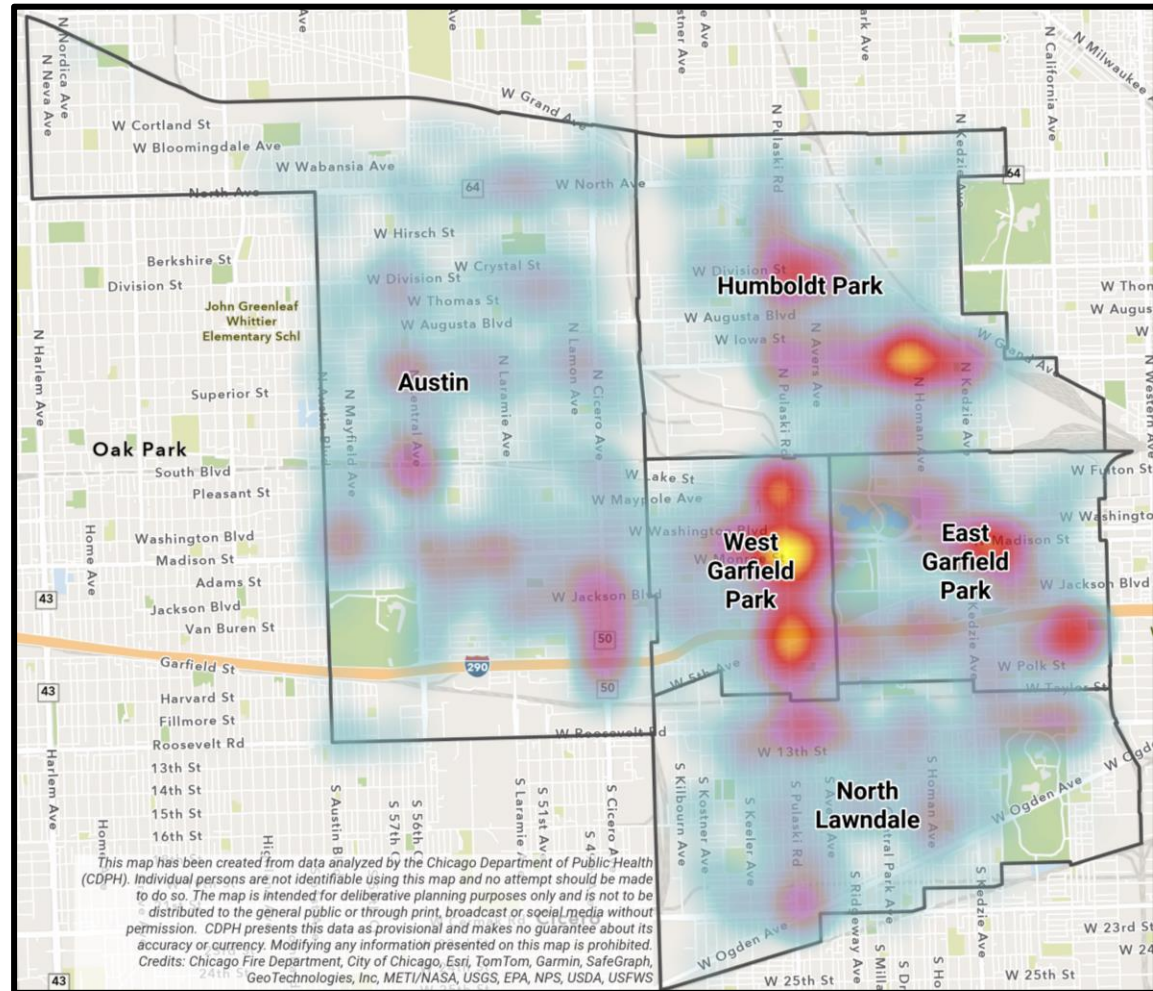
West Side:

Streets & Roads = 57%

Private Residence = 23%

Public Transit = 7%

**Location of incident has a seasonal trend, with more incidents occurring outdoors in warmer months.*



Scaling Up: Promising Solutions for 2024

★ Substance Use Program Examples



Naloxone Distribution

- Public Access Narcan
- Public Health Vending Machines



Linkage to Treatment

- MAR Now
- Opioid Response Team
- Narcotics Arrest Diversion Program



Harm Reduction Education

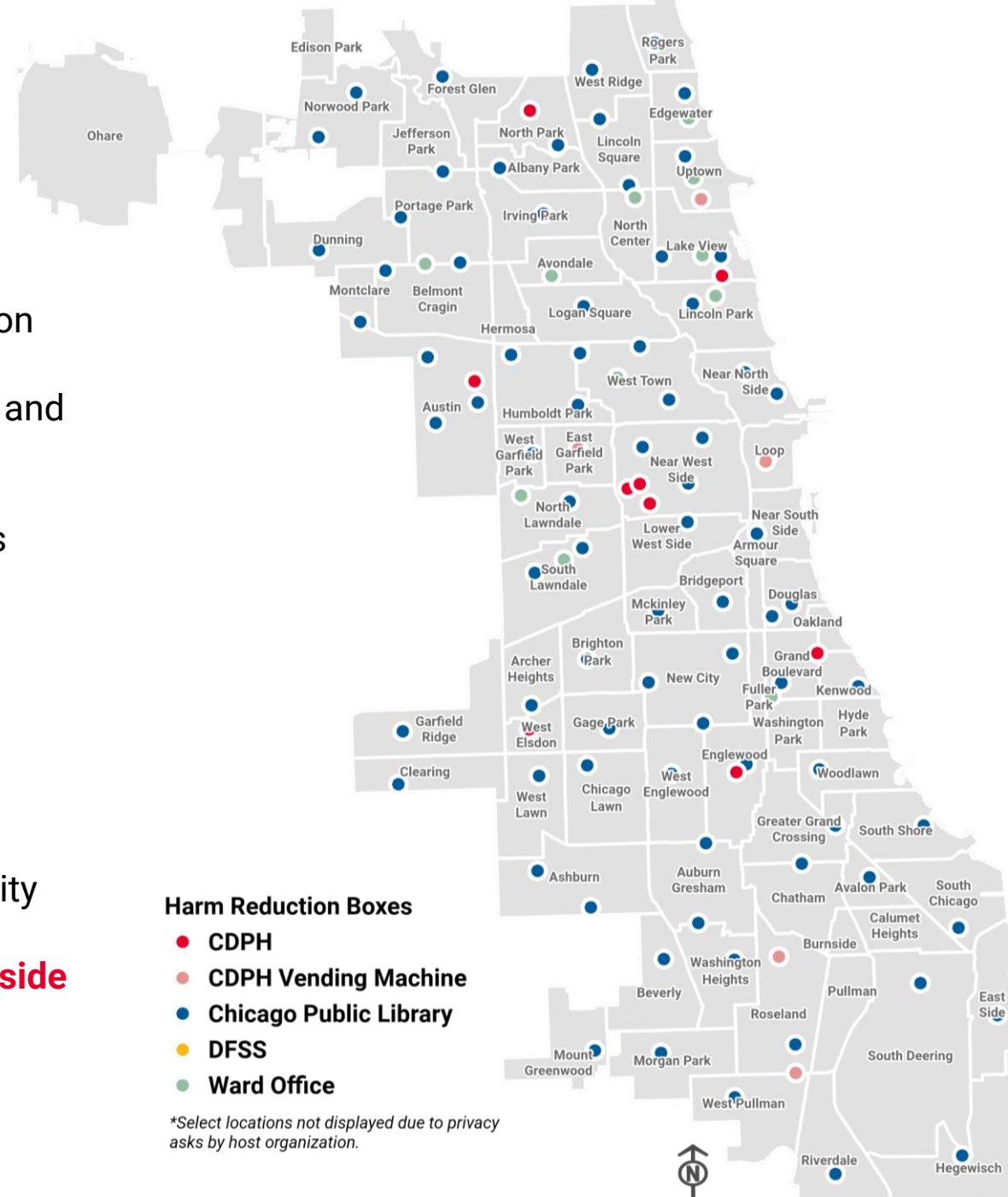
- Outreach Coordination with Hyperlocal Heatmapping
- Community Education and Kit-building

GOAL: Prevent Substance Use Disorder fatalities by increasing awareness and access to treatment options and lifesaving resources

★ Public Access Narcan

- CDPH provides Narcan for free to residents via harm reduction boxes placed across Chicago (map to the right)
- The program began in partnership with CPL in January 2022 and expanded to all **81 libraries** by December 2022
- CDPH also works with other locations to make public-access Narcan available:
 - CDPH buildings, including mental health & STI clinics
 - Aldermanic ward offices (11 participating)
 - Bars & clubs
 - Faith-based institutions
- Between August 2021 – December 2023, the program distributed **over 44,000 Narcan kits** to the community
- **Over 6000 Narcan units distributed in the past year in West side communities**

Note: all Narcan from CDPH is provided through IDHS at no cost to CDPH. CDPH distributes approx. \$1.5m in Narcan annually.



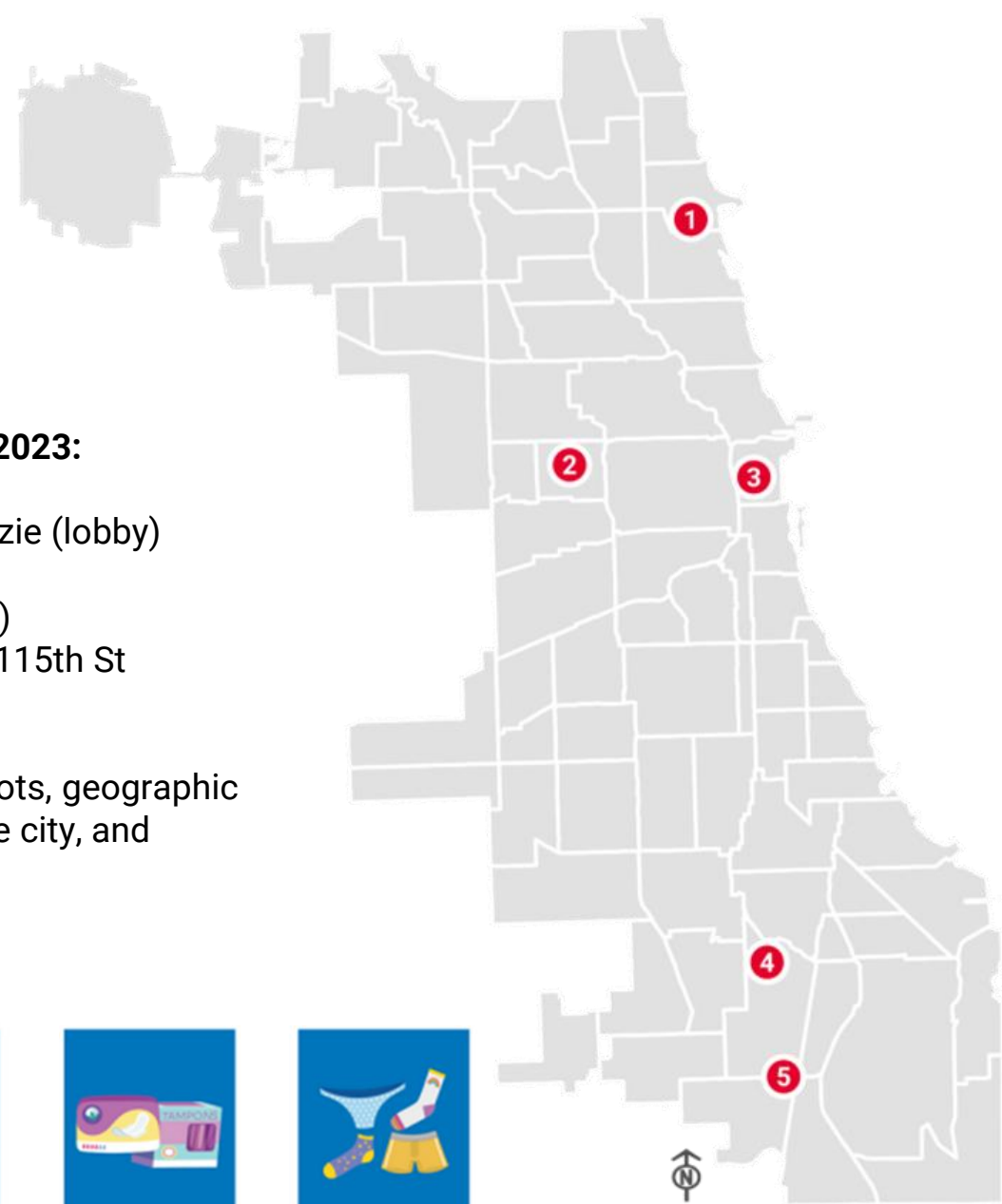
CDPH Public Health Vending Machine Pilot Program



5 Machines operated by CDPH launched in November 2023:

1. Uptown Library (front lobby/entryway)
2. DFSS Community Service Center at 10 S. Kedzie (lobby)
3. Harold Washington Library (3rd floor)
4. Red Line 95th St. CTA Station (North Terminal)
5. Roseland Community Triage Center at 200 E 115th St (entryway)

Sites were chosen based on location in overdose hotspots, geographic coverage on North, South, West, and Central parts of the city, and (when possible) 7 day/week availability.



As of April 24, 2024, **1,477 PINs** were distributed and **852 of those were used** at a machine. **4,747 total items** have been disbursed



NARCAN
(naloxone)
328 Boxes



FENTANYL
TEST KITS
130 Kits



XYLAZINE
TEST KITS
68 Kits



GENERAL
HYGIENE KITS
656 Kits



MENSTRUAL
HYGIENE KITS
217 Kits



SOCKS &
UNDERWEAR
847 Kits

★ Medication Assisted Recovery NOW (MAR NOW)



MAR MEDICATION
ASSISTED
RECOVERY

is a safe and effective treatment
for opioid use disorder.

With the MAR NOW Program, MAR is
available to anyone in Chicago, regardless
of insurance status, income, or ability to pay.

Call **833-234-6343**
and ask for **MAR NOW**
to receive immediate treatment 7 days/week.

 **CHICAGO**
MAYOR LORI E. LIGHTFOOT

To request fentanyl test strips, email
OSU.CDPH@cityofchicago.org

In May 2022, CDPH & IDHS launched an immediate MAR telehealth access program:

- The program connects individuals to immediate treatment, including telephonic buprenorphine prescription.
- Reduces withdrawal symptoms, reduces the risk of overdose and death, and retains patients
- Available regardless of ability to pay, insurance status, or documentation.

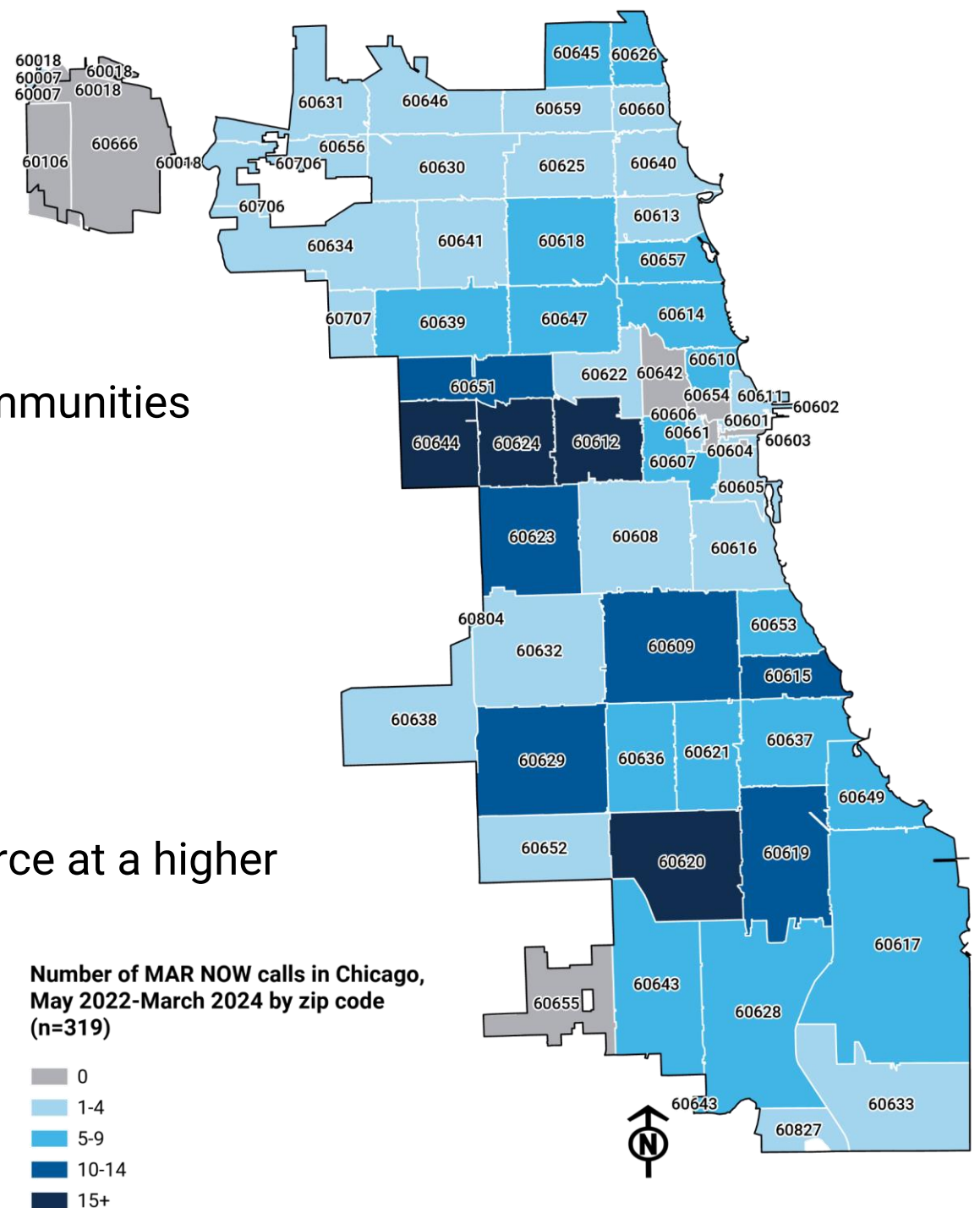
Over **600 people** connected to buprenorphine or methadone within 24-48 hours of calling the line.

99% of people calling for home induction on buprenorphine successfully completed induction.

MAR NOW Program Usage

- Most calls are coming from West Side communities
- 2022 Utilization:
 - 319 – All Cook County
 - 128 – Chicago (40%)
- 2023 Utilization:
 - 1233 – All Cook County
 - 245 – Chicago (20%)

**Rest of Cook County is utilizing this resource at a higher rate than Chicagoans



Note: 138 Chicago locations do not have zip codes and therefore are not mapped

Opioid Response Team (ORT)

Post-Overdose Outreach

- Individuals who non-fatally overdosed on Chicago's West Side
- 24 - 72 hours after the event
- Majority of individuals are Black males aged 45+
- Peer Recovery Coaches offer ongoing support after initial contact

Distribution of Harm Reduction Supplies

- Narcan nasal spray
- Fentanyl test kits



Narcotics Arrest Diversion Program

When an officer arrests an individual for drug possession, they are screened for program eligibility

If the individual is at least 18 years old and has no previous violent convictions, they can opt for a substance use assessment with an on-site clinician

Those who opt-in are released without charge.

~2000
Diversions

87% used heroin in the last year

80% of those who use, use daily

50% used heroin the day of their arrest

27 average age of earliest heroin use

89%

have a
diagnosed SUD

79%

of those diverted
start treatment

52%

remain engaged for
at least 30 days

72%

less likely to
be re-arrested

Over 98% of those offered diversion opt-in

***Most diversions have occurred in 11th district**

★ Hyperlocal Heatmapping & Coordination

CDPH convenes monthly meetings with over **50 partner organizations** to review data and maps of opioid-related overdose EMS responses in 5 West Side communities and coordinate efforts.

Partner organizations include:

- Other city agencies including CPS, CPL, CPD, CFD, DFSS
- Outreach organizations
- Treatment providers
- Faith and community leaders

*Recently expanded to mapping of South Side Equity Zones

★ CDPH | Opioid-Related Overdose EMS Responses



West Garfield Park, June 2023

- Citywide Opioid-Related EMS Responses, n=1134
- West Side Opioid-Related EMS Responses, n=431
- West Garfield Opioid-Related EMS Responses, n=69 (6% of city, 16% of West Side)

Trends in West Garfield Park for the Month

- 19% decrease 2022 (n=85) to 2023

Hot Spot Intersections in West Garfield Park

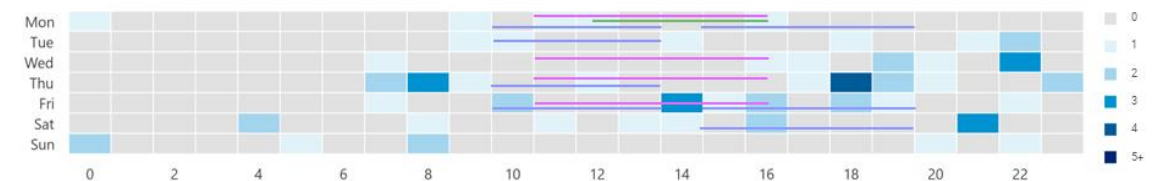
- Pulaski corridor, especially at Lake, Madison, Jackson and 290
- Madison & Hamlin

Outreach Organizations

*Color shown corresponds to color used in maps and in heat calendar below.

- COIP/UIC
Mon, Wed, Thurs, Fri 11-3:30
- Chicago Recovery Alliance
Mon 12:30-2:30
- West Side Heroin/Opioid Task Force
Mon, Tues, Thurs, Fri, Sat

Opioid-Related EMS Responses by Day of Week & Hour of Day



★ Harm Reduction Education

- CDPH conducts **monthly harm reduction trainings** on the 4th Friday of the month. These are open to the public, with no registration required. Simply join via this link: bit.ly/NHR_Training.
- CDPH also provides in-person harm reduction trainings and coordinates **harm reduction kit builds**. Previous events have included **faith groups, community organizations, City staff, and even local school groups**.
- Kit build events help CDPH stock harm reduction boxes and vending machines across the city with much-needed supplies including fentanyl and xylazine test strips and general hygiene kits!



Co-hosted International Harm Reduction Day Panel and FTS/XTS kit building event with Jesse Brown VA featuring panelist of people with lived experience, May 7, 2024



Students from Francis W. Parker school built 473 harm reduction kits in 2 hours on May 8, 2024

2024 Spike Alerts

★ Orange → Red Alert

- Opioid Spike Alert System
- First alert of the year [Orange] May 4 → Second alert of the year [Red] May 12
- 'Red alert' = roughly twice as high as the previous year's average
- Intervene now to avert summer OD fatalities

Subject: OD Map Spike Alert - RED (n=49 or greater)

[Warning: External email]

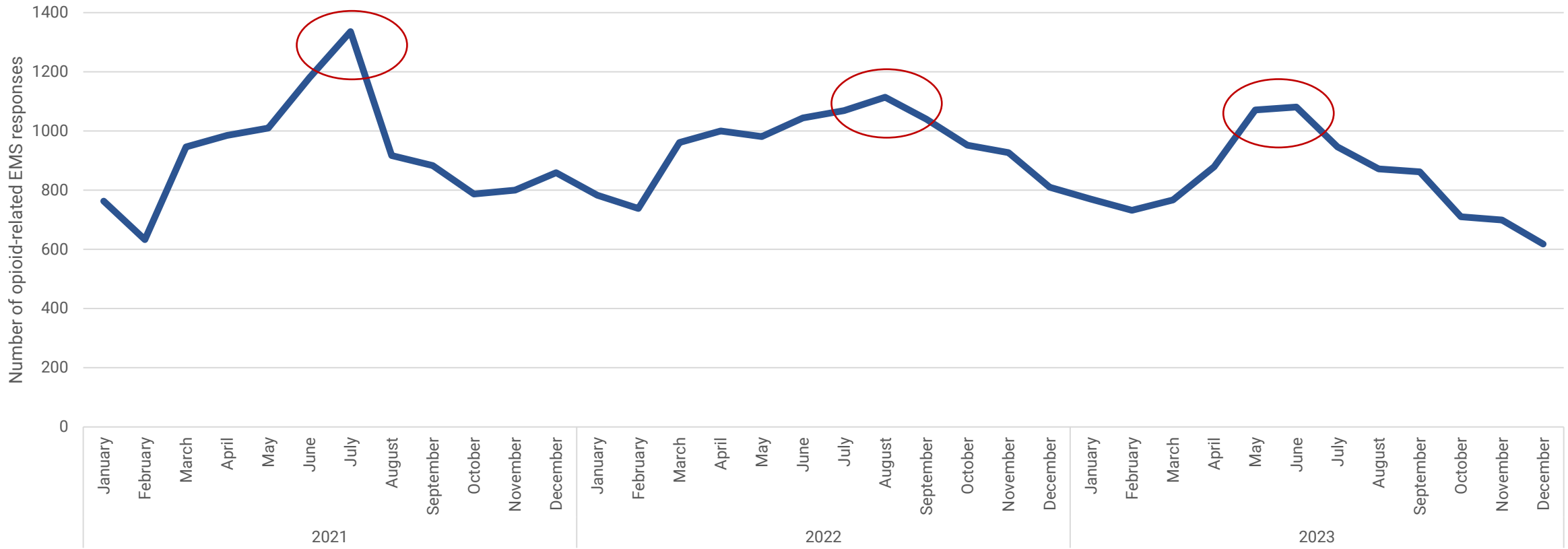
Cook, Illinois is in a spike. There have been 51 total overdose incidents in the last 24 hours.

Currently your spike alert threshold is 49 overdose incidents in 24 hours.

This spike alert was requested by the Chicago Department of Public Health.

★ Seasonal Trends and Peaks (April-August)

Chicago Opioid-Related EMS Responses by Month, 2021-2023



We have seen a plateau in OD EMS responses, how do we reinvigorate efforts to continue a downward trend?

★ CDPH Summer Target

Goal

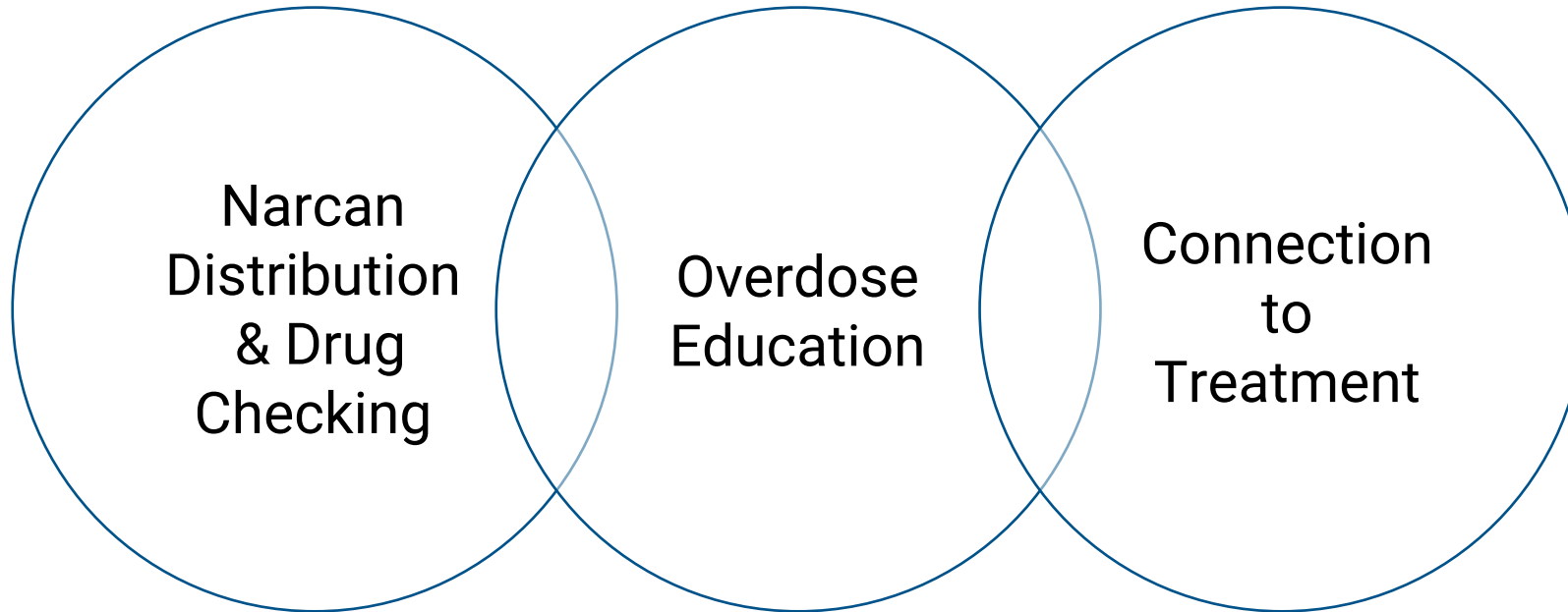
In all 5 West Side neighborhoods:

- Every household should have Narcan
- Every person should be aware of MAR NOW



CDPH staff building test kits during Narcan training

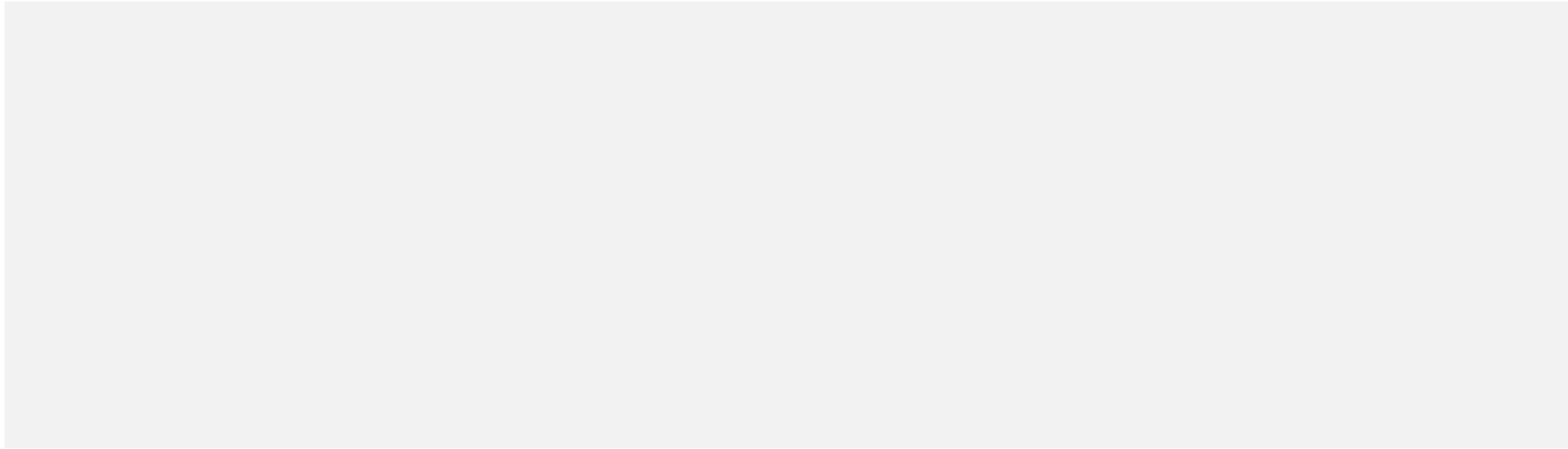
★ Summer Target Strategy



How can we best share Narcan information and related services with your ward?



Contact the Office of Substance Use at:
osu.cdph@cityofchicago.org



Chicago.gov/Health



HealthyChicago@cityofchicago.org



[@ChicagoPublicHealth](https://www.facebook.com/ChicagoPublicHealth)



[@ChiPublicHealth](https://twitter.com/ChiPublicHealth)