

# Kratom & 7-OH:

## A Data Summary for North Dakota Leaders

Kratom is a product derived from the leaves of the *Mitragyna speciosa* tree, that produces opioid-like effects by binding to opioid receptors in the brain.

Marketed for pain relief, anxiety, and increased energy, kratom products are widely available in North Dakota in various unregulated forms, including powders, capsules, gummies, extracts, and beverages, and highly concentrated 7-OH variants, often sold openly in gas stations, convenience stores, and tobacco shops.

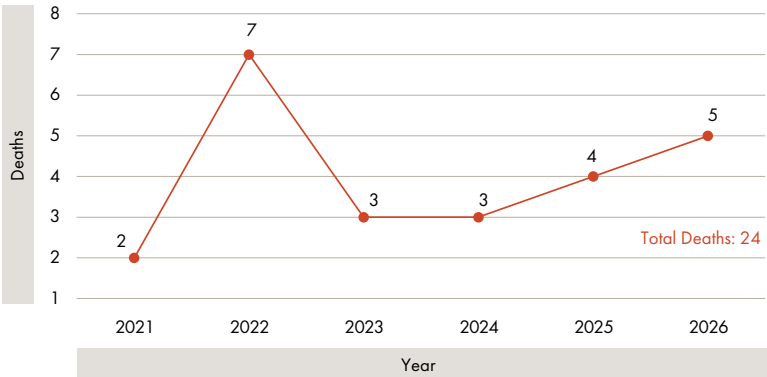
These compounds are associated with significant risks of dependence, addiction, withdrawal symptoms, seizures, liver toxicity, and other adverse health outcomes, as highlighted by repeated warnings from the U.S. Food and Drug Administration (FDA). There are no approved uses for kratom and the Drug Enforcement Administration (DEA) has listed it as a drug and chemical of concern.

The below data was gathered by the North Dakota Department of Health and Human Services Epidemiology Office.

### Deaths involving kratom\*

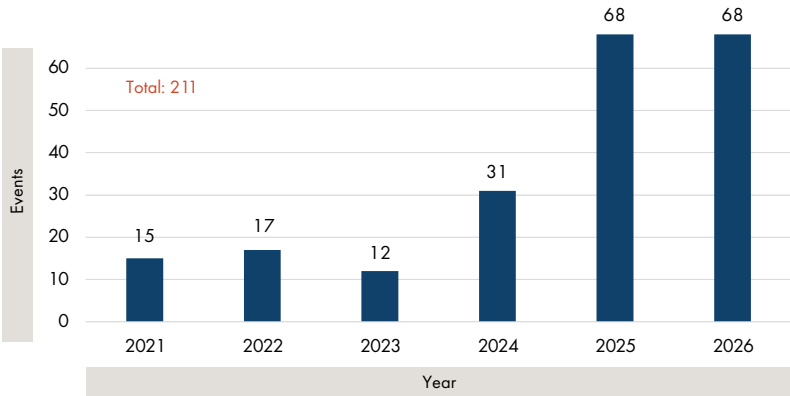
The number deaths that have occurred each year where the primary and contributing cause of death included these substances.

\*For the sake of simplicity kratom products refers to both kratom and associated compounds or metabolites.



### Events by year

Syndromic surveillance helps public health quickly spot unusual health patterns by tracking symptoms from emergency department visits before a diagnosis is made. Instead of relying on confirmed lab results, it uses de-identified information from all patient visits to identify trends.



### Events by age group

Syndromic surveillance helps public health quickly spot unusual health patterns by tracking symptoms from emergency department visits before a diagnosis is made. Instead of relying on confirmed lab results, it uses de-identified information from all patient visits to identify trends.

