

## Project Reflection

### *Identified audience:*

My project is targeting the whole public. However, it was targeted particularly to people who use drugs, friends and family of people who use drugs, and those who interact with people who use drugs such as service providers, and emergency personnel because the message of my project is to carry naloxone to prevent unfortunate events.

### *Equity impact:*

My project informs everyone that Naloxone is free to anybody and is available in any pharmacy in Washington without a prescription, letting the public know that Naloxone isn't limited to a certain group of people. Therefore, there are no disparities that block one from getting Naloxone which makes it easy for everybody to obtain it.

### *Health impact/social significance:*

My poster encourages people to carry Naloxone (especially the ones who interact with people who use drugs) and to use it for anyone who shows signs of opioid overdose or when it's suspected. The data from WTN shows how drug overdose is a serious problem that can easily lead to death. However, carrying naloxone can prevent that from occurring and reduce death rates that are caused by drug overdose.

### *How I chose my topic:*

I tried to look for health issues that were problematic around me. Then, I thought of Seattle and how a lot of people on the streets were overdosed. By asking adults, I learned that drug overdose is a serious problem in the U.S. as well as in Washington. In addition, after further research, I found out about the data on the number of deaths that are caused by drug overdose. I was so shocked by how so many people died because of a drug overdose. Therefore, I chose drug overdose as my topic. Then, I searched for ways that can prevent people from dying by overdose and found out that Naloxone can reverse the symptoms caused by drug overdose, increasing the chance for a person to survive. That's why I, also to deliver the message of the importance of Naloxone, chose drug overdose and Naloxone as my topic.

### *Approach:*

I did a lot of research on drug overdose and about Naloxone. I read through all the data and analyzed the graphs from WTN and other sources. I did a lot of background research to learn about information on drug overdose and Naloxone before starting on the project. I watched videos on the statistics and symptoms of drug overdose to understand how Naloxone helped reverse the signs of overdose.

### *Challenges:*

There was very little data on drug overdose specifically in Washington. Most of the data were based on the U.S., so it was a challenge for me to use a limited amount of data in Washington to make a Washington public health project. However, since I did have some data on Washington, I used that and a few other data on the U.S. to make my point. Although I didn't have enough data that I wanted, I could still deliver my message- that the drug overdose issue is very problematic and must be dealt with seriously-by only using those that I had.

### *Assistance:*

My parents told me that drug overdose is a serious problem in the U.S. and that it needs to be addressed well. However, since I did not have enough time left after I finished my project, I could not get further assistance from others.

## References

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