



MINNESOTA REGIONAL POISON CENTER

2025

ANNUAL REPORT

SERVING MINNESOTANS SINCE 1972

mnpoison.org

1-800-222-1222



2025 MEET OUR TEAM

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Nicholas Hoffmann, DO

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Aesha Shah, MD

Annika Strand, MD

ABOUT THE POISON CENTER

- 1-800-222-1222, available 24/7, including all holidays
- Calls are confidential and free of charge
- Minnesota Relay and interpretive services available
- Staffed by specially trained pharmacists nationally certified as Specialists in Poison Information
- For more information, visit our website: www.mnpoison.org
- Take our free online poison prevention training program at training.mnpoison.org, or follow us on Facebook, LinkedIn, Instagram or X [@MNpoisoncenter](https://twitter.com/MNpoisoncenter)

2025 KEY FACTS AND STATS



Provided **IMMEDIATE** help to **45,337** callers

Poison Specialists assisted an average of **124** people each day



26% of patient cases involved health care providers seeking treatment recommendations



93% of exposures occurring in a residential setting were safely managed at home with Poison Center assistance



33% of cases involved a child under the age of 6 years



91% of cases transferred from nurse lines were managed at home

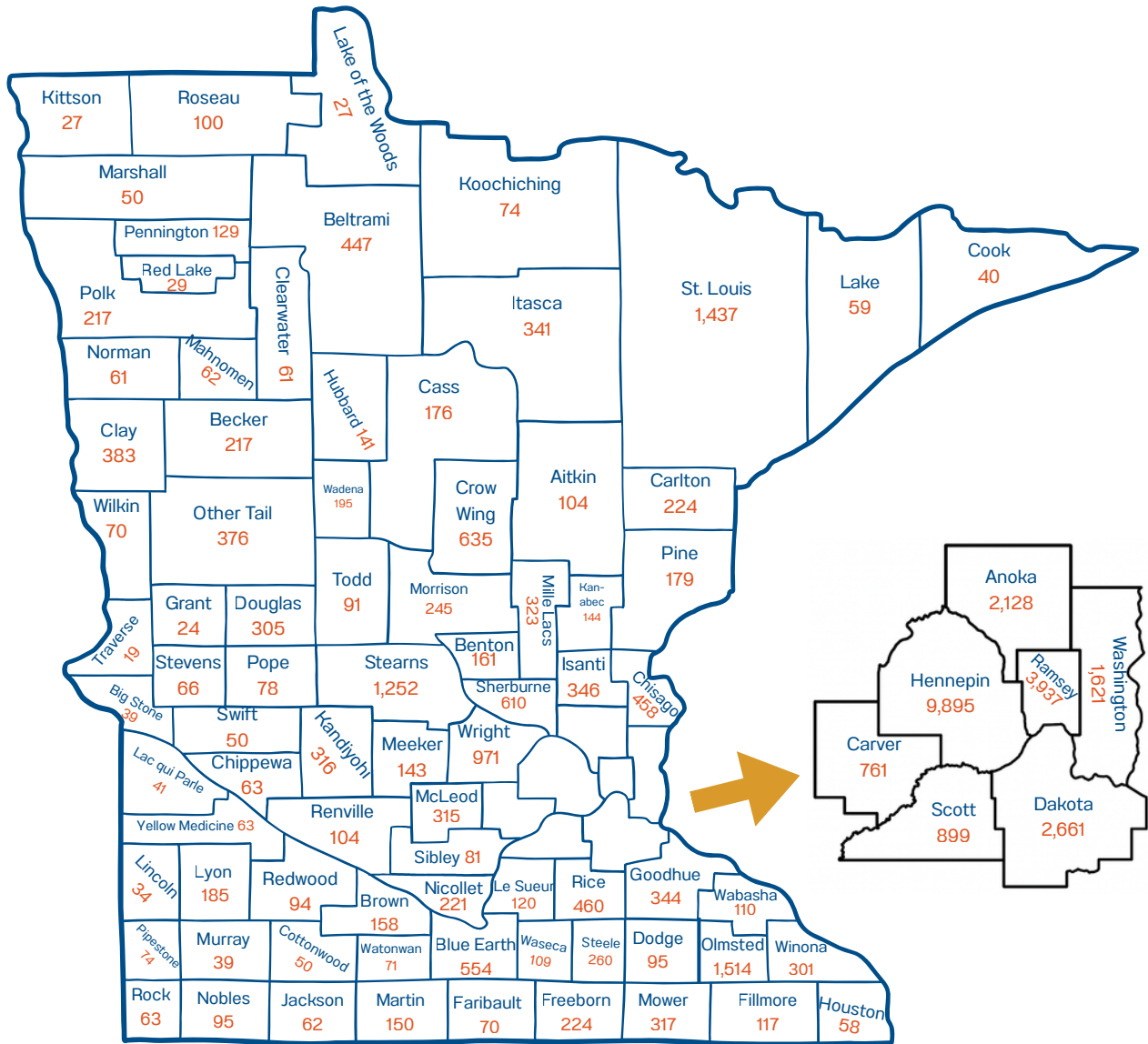


78% of callers would have sought emergency medical attention if the Poison Center was not available



67% of exposures involved prescription and/or over-the-counter medications

POISONING CASES PER COUNTY



NUMBER AND TYPE OF CASES

The Poison Center managed a total of 45,337 cases in 2025. While 42,970 of those cases involved an exposure, the remaining 2,367 were requests for poison information.

42,970
exposure cases

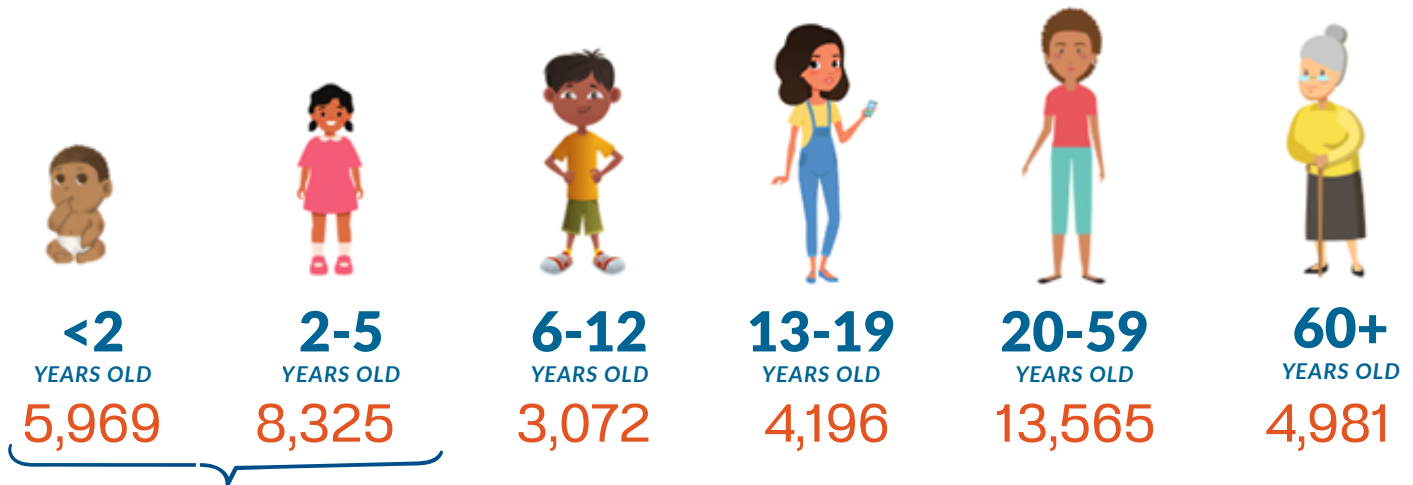
2,367
information cases



45,337
Total cases

AGE OF PATIENTS

Poisonings affect individuals of all ages, from babies to seniors. Approximately 33% of exposure cases involved children under the age of 6 years. More serious outcomes were typically seen in teenagers and adults due to a larger number of intentional exposures occurring in these groups.



33% of exposure cases

*unknown adult category contains 2,771 callers of unknown age

TOP 5 SUBSTANCES INVOLVED IN POISONING

NON drug



- 1 Household Cleaners
- 2 Cosmetics, Personal Care
- 3 Foreign Bodies, Toys, Silica Gel
- 4 Alcohols
- 5 Chemicals

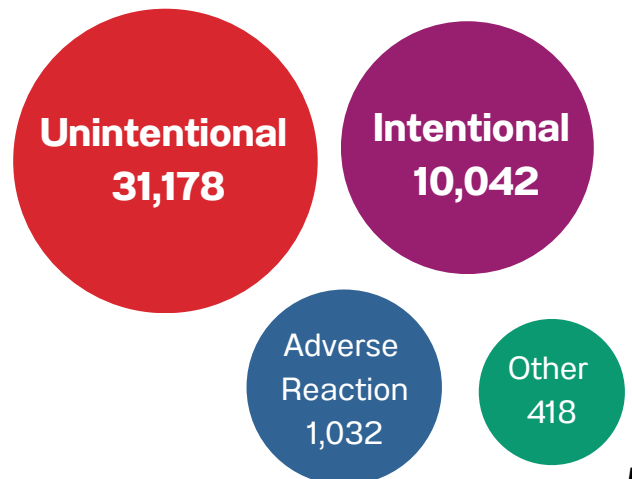
OTC AND RX drug



- 1 Pain drugs
- 2 Antidepressants
- 3 Blood pressure drugs
- 4 Sedatives/Hypnotics, Antipsychotics
- 5 Allergy drugs

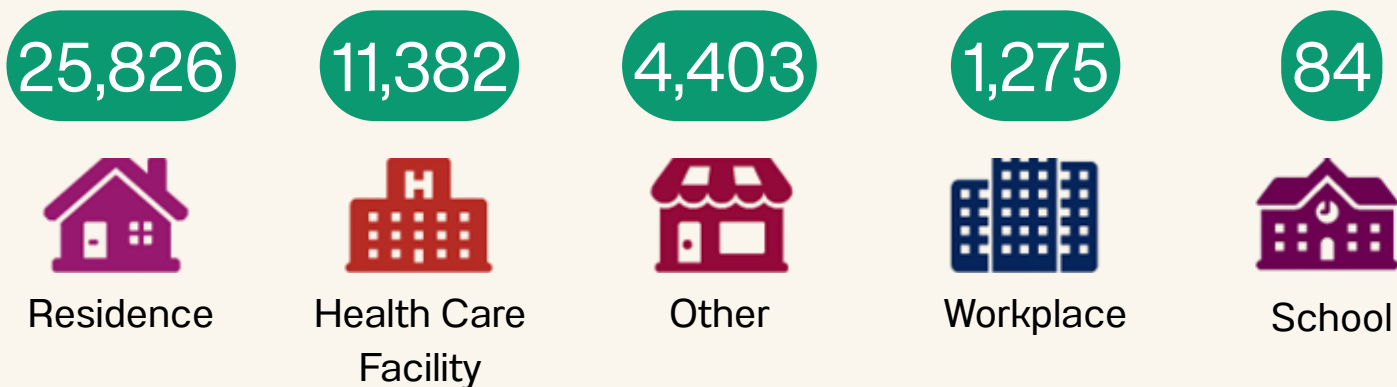
REASON FOR EXPOSURE

Individuals who contact the Poison Center have many different reasons for calling. Unintentional exposures can include accidents, mistakes when using products, food poisoning, or errors with medicine. Intentional exposures can be due to abuse, misuse, or suicide attempts. Adverse reactions can happen with drugs or other substances. Other reasons are less common, but can include tampering or contamination.



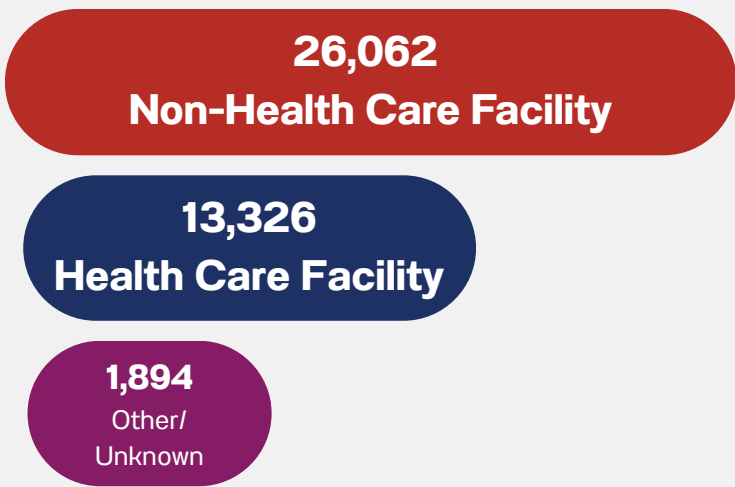
CALLER SITE

Approximately half of the exposure calls to the Minnesota Regional Poison Center came from residential settings and over a quarter came from health care facilities (e.g., hospitals, clinics, or emergency medical services providers). Other common call sites included workplaces and schools.



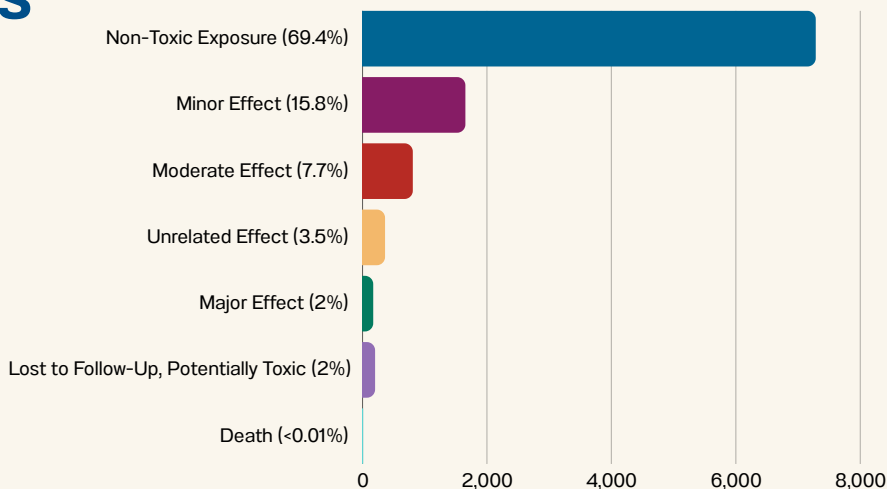
MANAGEMENT SITE

In 2025, **93%** of residential cases were able to be safely managed at home. For cases originating from healthcare facilities, the Poison Center was able to assist providers seeking patient treatment recommendations. By keeping patients at home and reducing average hospital stays with treatment advice, the Poison Center is able to help save both time and money.



MEDICAL OUTCOMES*

Overall, **69%** of Poison Center cases had outcomes with little or no effect being seen in the patient. Prompt attention to poison exposures helps to reduce the likelihood of severe toxicity, preventing poor outcomes.



*Percentages do not add up to 100 due to rounding

EDUCATION HIGHLIGHTS

PUBLIC EDUCATION

Community education efforts focus on poison prevention and increasing awareness of the Poison Center's services among Minnesotans of all ages.

39,048 pieces of poison prevention materials, including brochures, magnets (both English and Spanish), medication trackers, and stickers were distributed.

7,291 Minnesotans were educated by **252** outreach events attend by the Minnesota Regional Poison Center staff and its partners.



PROFESSIONAL EDUCATION

The Poison Center provides vital education for medical professionals and those in training in Minnesota.

The Minnesota Regional Poison Center partners with HealthPartners Institute Regions Hospital to facilitate a Medical Toxicology Fellowship program.

In 2025, we provided:

- **60** lectures to healthcare professionals across the state
- **220** advanced training opportunities to fellows, students, medical residents by Poison Center staff
- **56** medical residents, fellows, students and pharmacy residents on-site toxicology training in the Poison Center



Complete our free online poison prevention training program. It is available at training.mnpoison.org and helps teach about poison safety and using the Poison Center as a free resource.

Visit our website at mnpoison.org for more poison prevention information and to order materials free of charge.

FOLLOW US ON SOCIAL MEDIA



The Minnesota Regional Poison Center used social media as a way to share information. In 2025 our interactions on Facebook were 1,906 with 1,148 followers. On Instagram our reach was 1,537 with 134 followers. Our X page has 1,426 followers with 586 posts for the year. We had 135 followers on LinkedIn. We use a customer management system to further information reach to the public and our partners.



Herbal Medicine Safety

- Check with your doctor before taking herbal supplements
- Some herbal supplements can interact with medicine that you take
- Herbal medicines are not always safer just because they are natural
- Herbal medicine could cause issues if you have certain health conditions



Do not run a vehicle in an attached garage, even if the door is open.



If you suspect carbon monoxide poisoning, call 1-800-222-122 after leaving your home.




@Minnesota Regional Poison Center



@MNpoisoncenter

“ I really like the poison control being able to call them for real advice from someone who is qualified....I'm always glad that the poison control is available to me and my family so we can talk to somebody. ”

“ MN Poison Control consistently provides excellent, immediate, and specific recommendations that directly impact the care of our patients in the emergency department, including many potentially life-threatening overdoses. Thank you for the essential work you do - we so appreciate having access to this expert resource! ”



POISON CENTERS SAVE LIVES - AND HEALTHCARE DOLLARS



National and regional studies show poison centers are a high-value public health service that helps safely manage poison exposures, support healthcare professionals, and reduce unnecessary healthcare costs.

REGIONAL SAVINGS

**\$12-18 saved
for every \$1
invested**

A regional study of the Minnesota Regional Poison Center's tri-state service area estimated significant healthcare cost avoidance.

**Up to \$58 MILLION estimated
annual regional savings**

Data source: Estimation of emergency care costs savings based on caller survey data from a three-state regional poison center. American Journal of Emergency Medicine. 2026.

NATIONAL IMPACT

**\$16.77 saved
for every \$1
invested**

A national RAND analysis found that poison centers generate significant benefits for the U.S. healthcare system and communities

**\$3.1 BILLION in estimated benefits
to U.S. healthcare system**

Data source: Poison Prevention, Treatment and Detection as Public Health Investments. RAND Corporation. 2026.

HOW POISON CENTERS HELP

Did you know the Poison Center helps reduce healthcare costs by:

- Safely managing low-risk exposures at home
- Reducing unnecessary emergency department visits
- Decreasing ambulance transports
- Providing expert guidance to healthcare providers



The Minnesota Regional Poison Center provides immediate expert guidance to the public, healthcare professionals, schools, emergency responders, and healthcare systems throughout Minnesota, helping ensure patients receive the right level of care at the right time.