



# ACTION ALLIANCE FOR SUICIDE PREVENTION

APRIL 3, 2018

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“Rest and self-care  
are so important.  
When you take time  
to replenish your spirit,  
it allows you to serve  
others from the overflow.  
You cannot serve from  
an empty vessel.”

~ Eleanor Brown ~



*"...people desire death when two fundamental needs are frustrated to the point of extinction; namely, the need to belong with or connect to others, and the need to feel effective with or to influence others..."*

- T. Joiner, 2005 (*Why People Die by Suicide*)

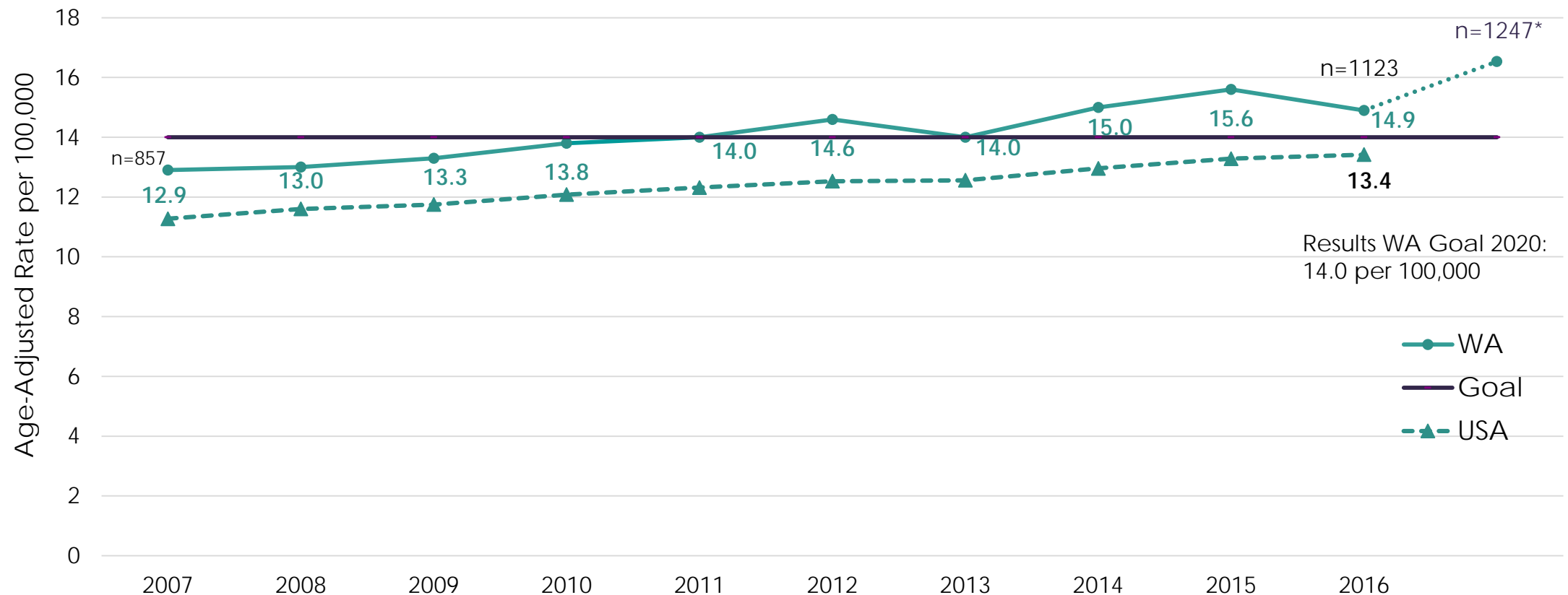
# Data Sources

- Death certificates
- Comprehensive Hospital Abstracting System (CHARS)
- National Violent Death Reporting System
  - 2015 data
  - 9 counties
    - King, Pierce, Snohomish, Kitsap, Thurston, Whatcom, Skagit, Mason, Cowlitz

\*\* Data reporting based on WA residents

# Measure & Background – Results WA

1.2.A.g: Reduce suicide death rate from the rate of 15.6 per 100,000 in 2015 to 14.0 per 100,000 in 2020

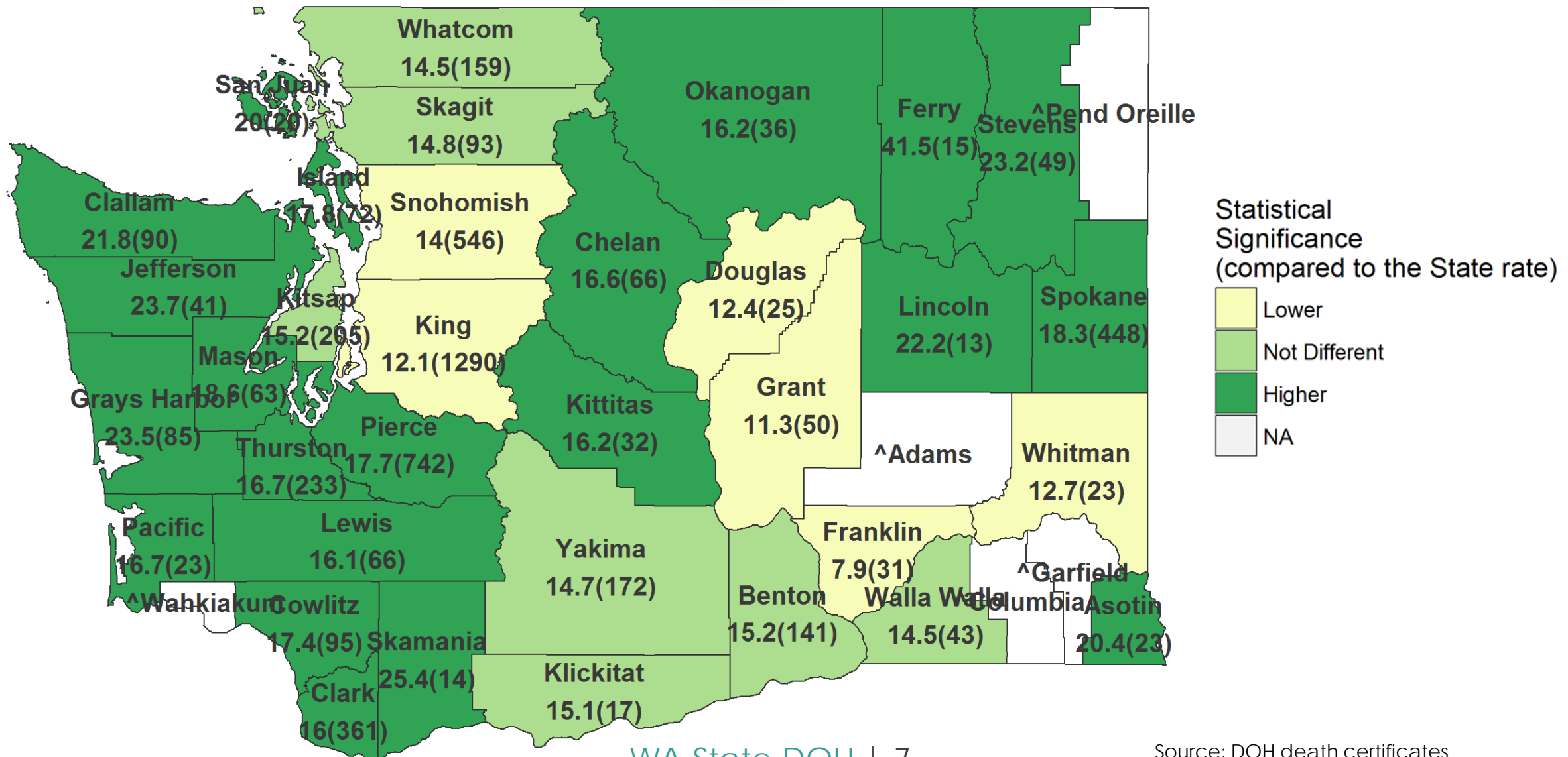


\* 2017 Data Preliminary as of April 2, 2018

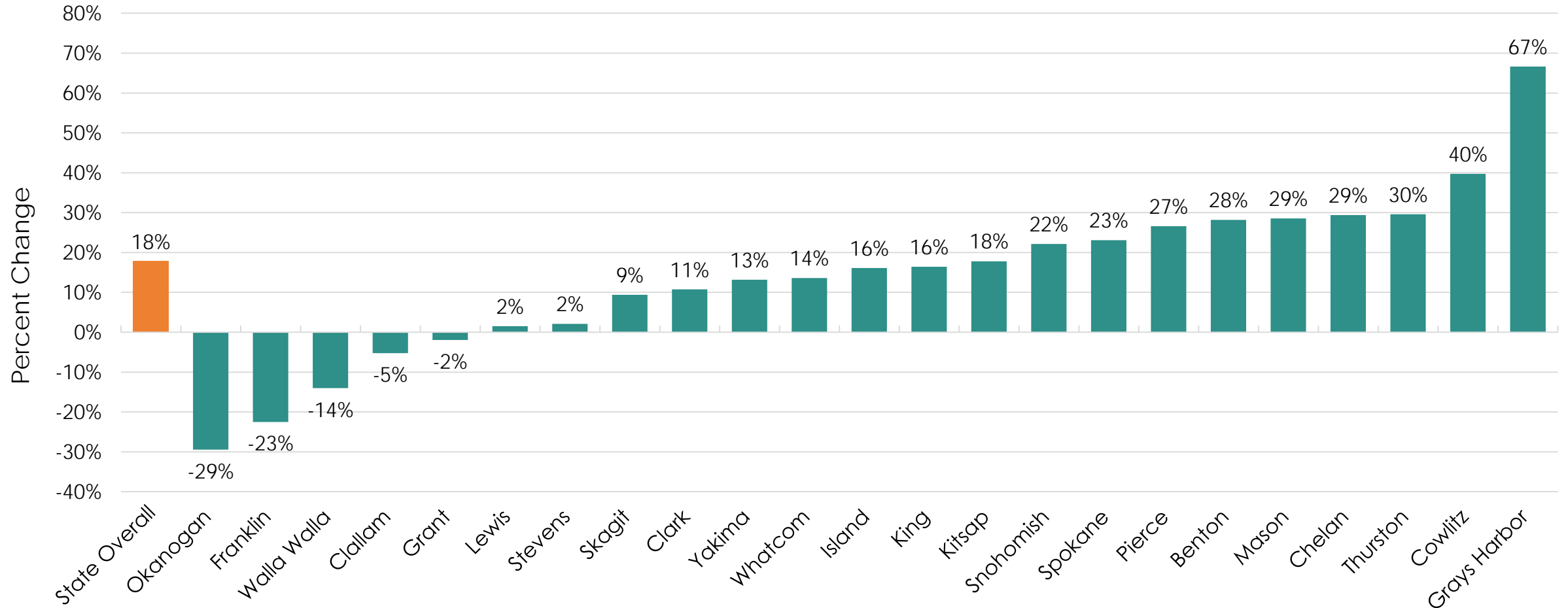
# Geography

# 2012-2016 Washington State Suicide Mortality

(State Age-Adjusted Rate = 14.9 per 100,000. ^=fewer than 10 deaths)

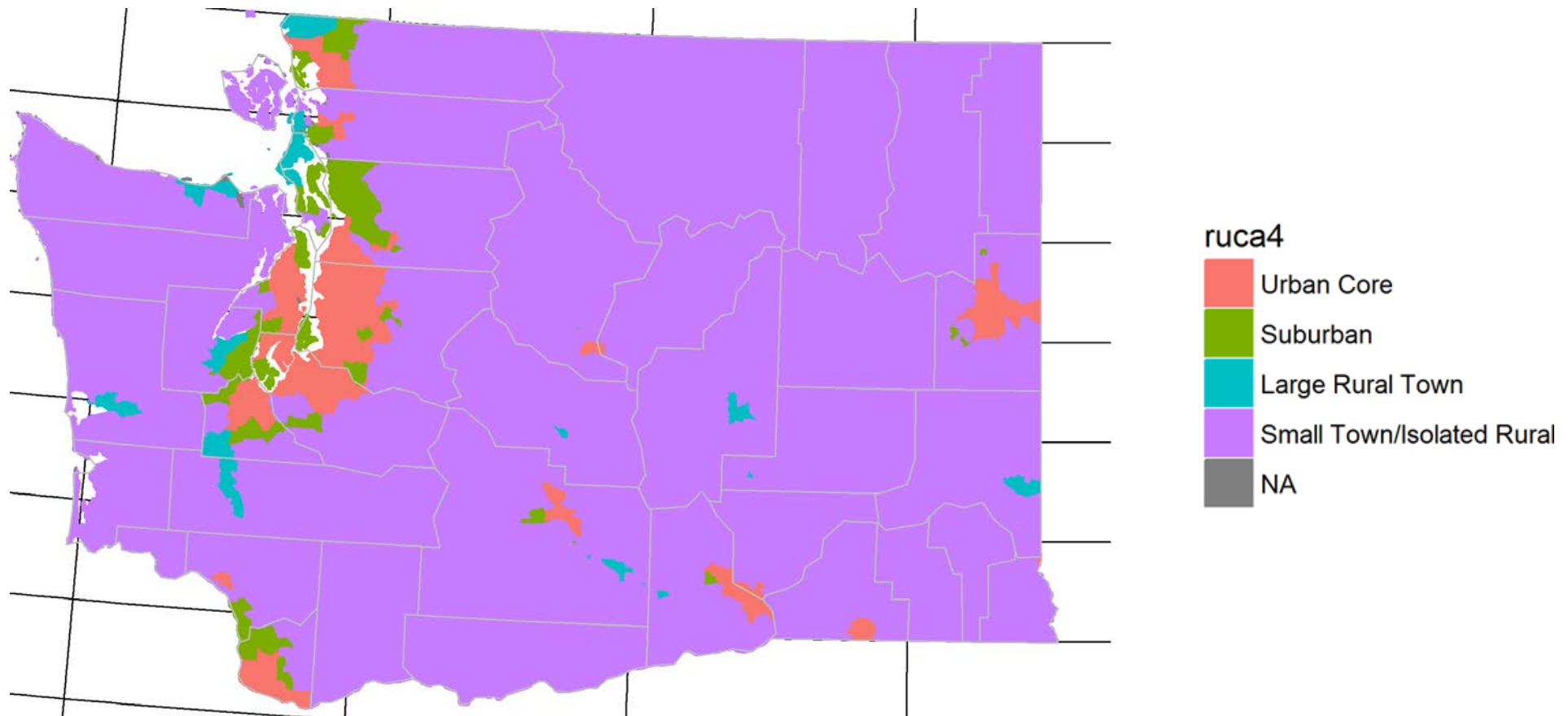


# Change in Number of Suicides by County (2007-2011 vs 2012-2016)



Note: Only counties with more than 30 deaths are included.



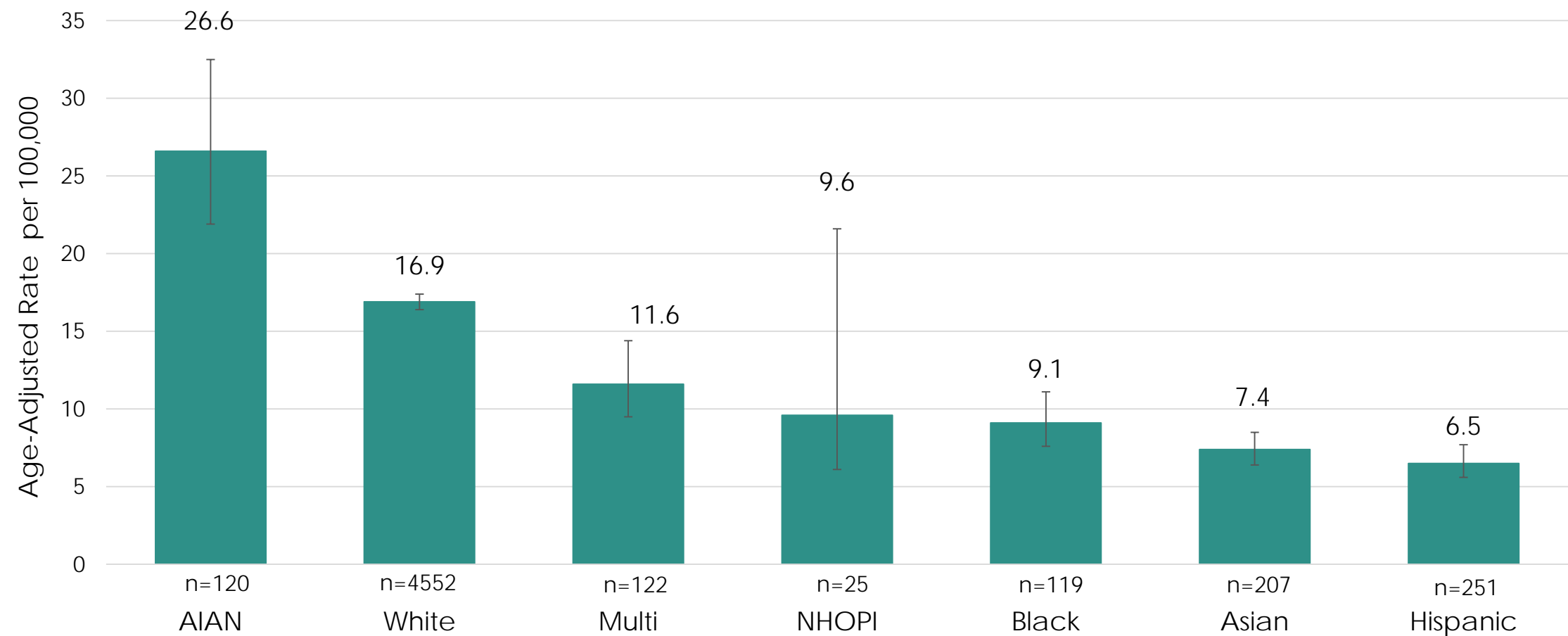


2016			
Geography	Crude Rate per 100,000	Number of Deaths	Population
Urban Core	14.6	784	5,387,606
Suburban	18.1	96	530,901
Large Rural Town	13.9	57	411,219
Small Town/Isolated Rural	20	171	853,952

Race

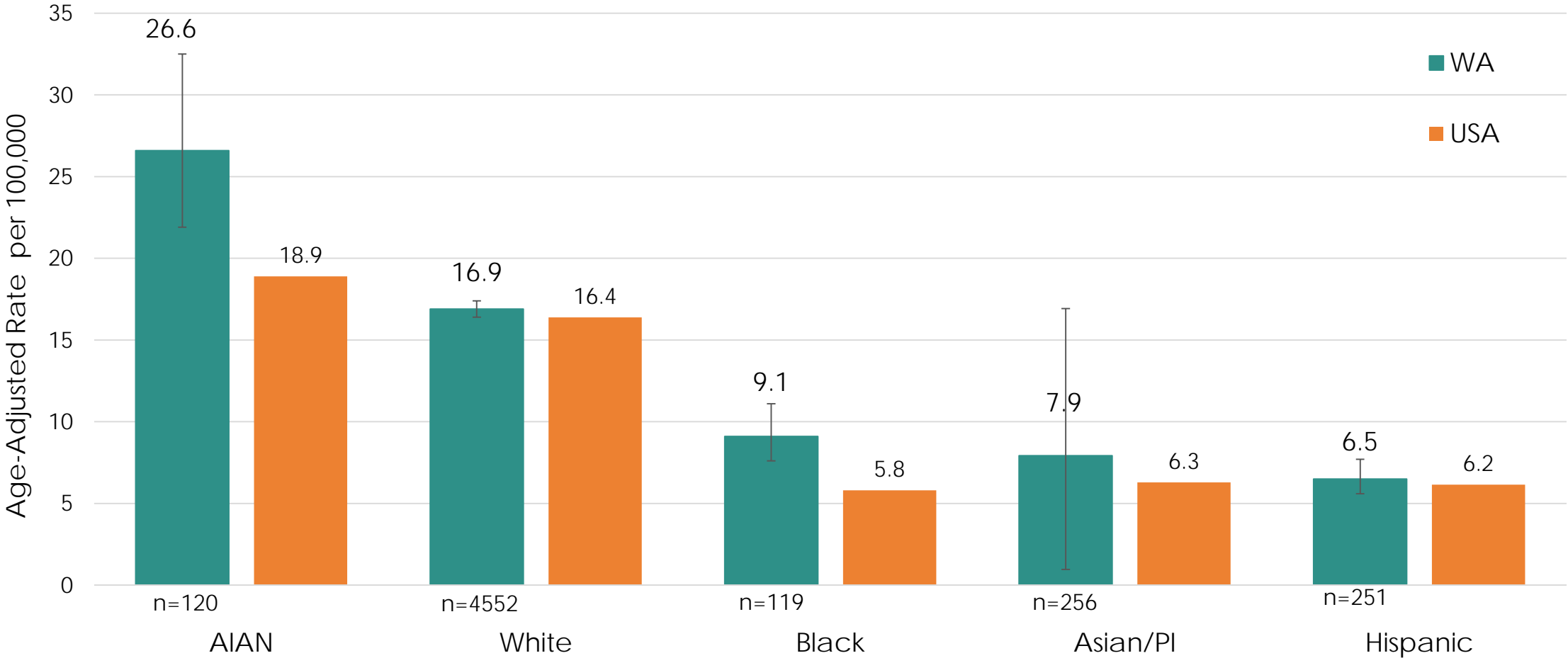
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# Suicide Rate by Race/Ethnicity (2012-2016)



AIAN: American Indian and Alaskan Native  
Multi: Multiracial  
NHOPI: Native Hawaiian/Other Pacific Islander

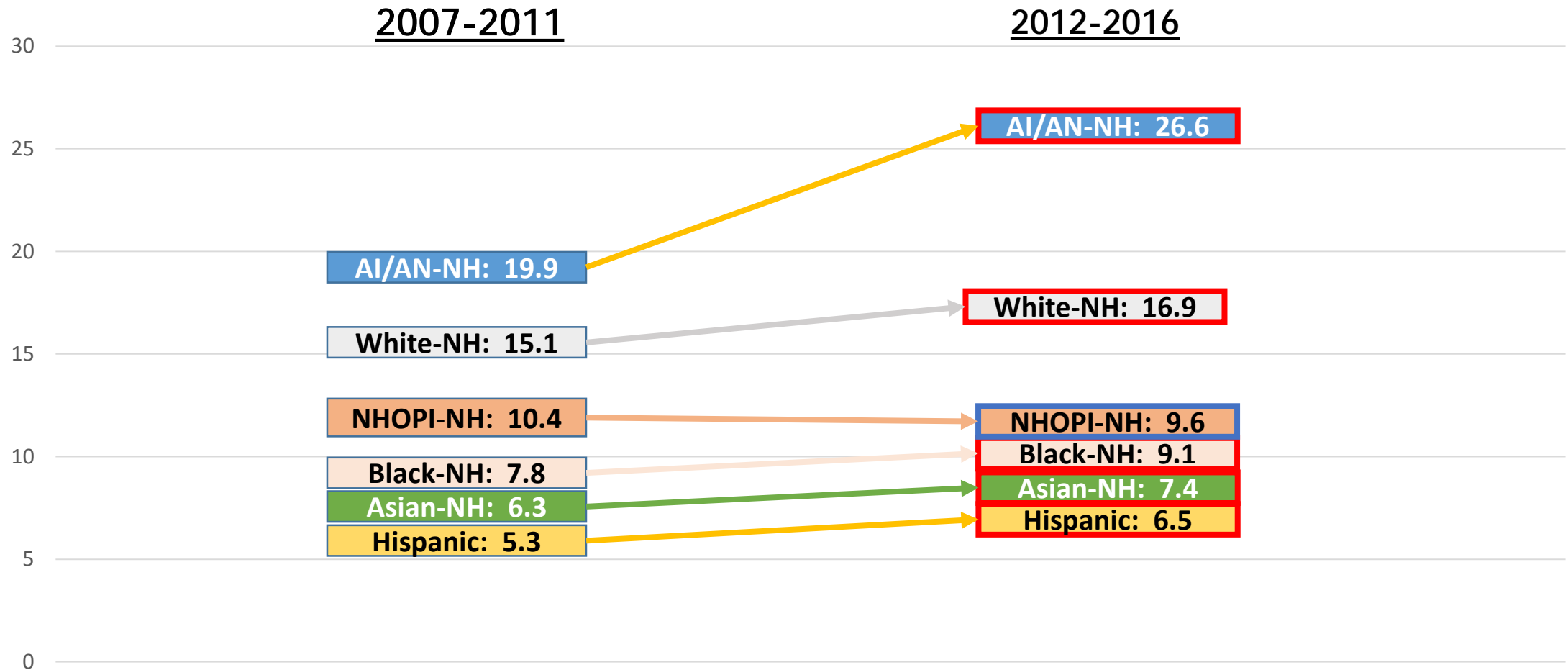
# Suicide Rate by Race/Ethnicity WA and US (2012-2016)



AIAN: American Indian and Alaskan Native  
Multi: Multiracial  
Asian/PI: Asian or Pacific Islander



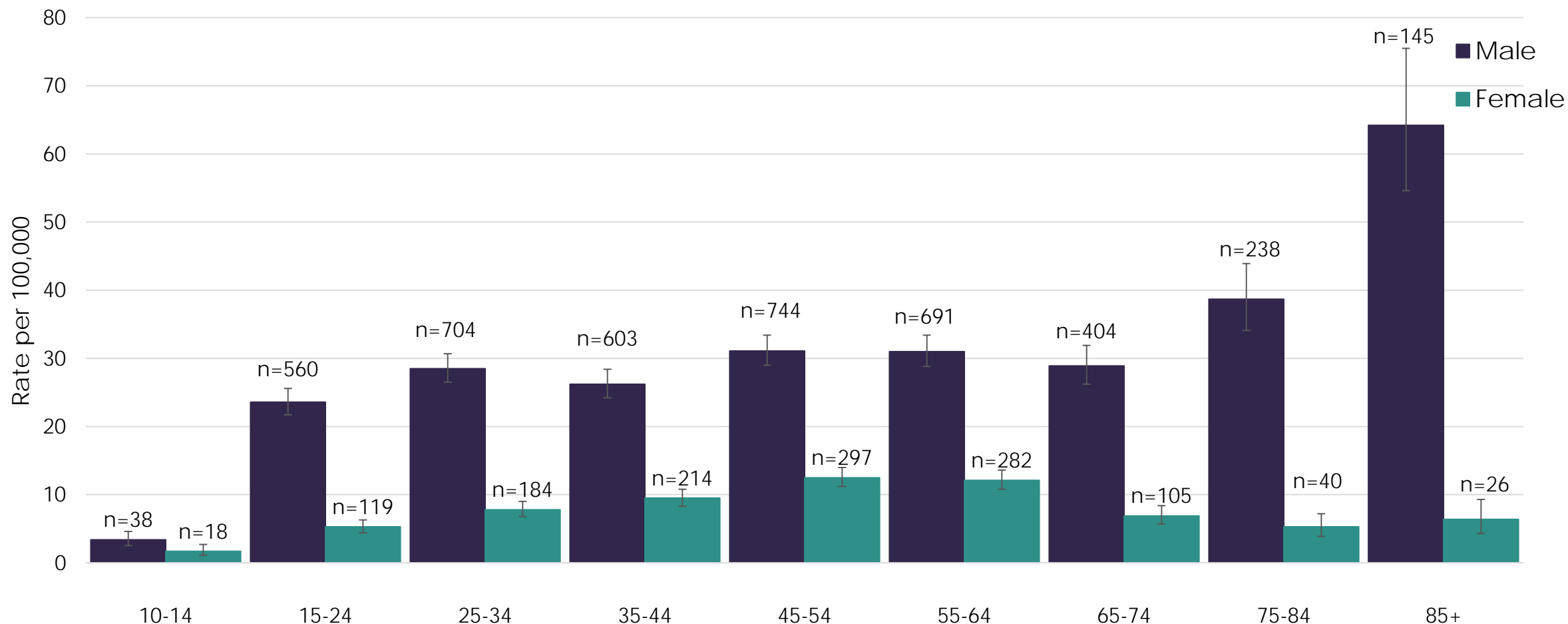
# Change in Suicide Rate by Race/Ethnicity (2007-2011 vs 2012-2016)



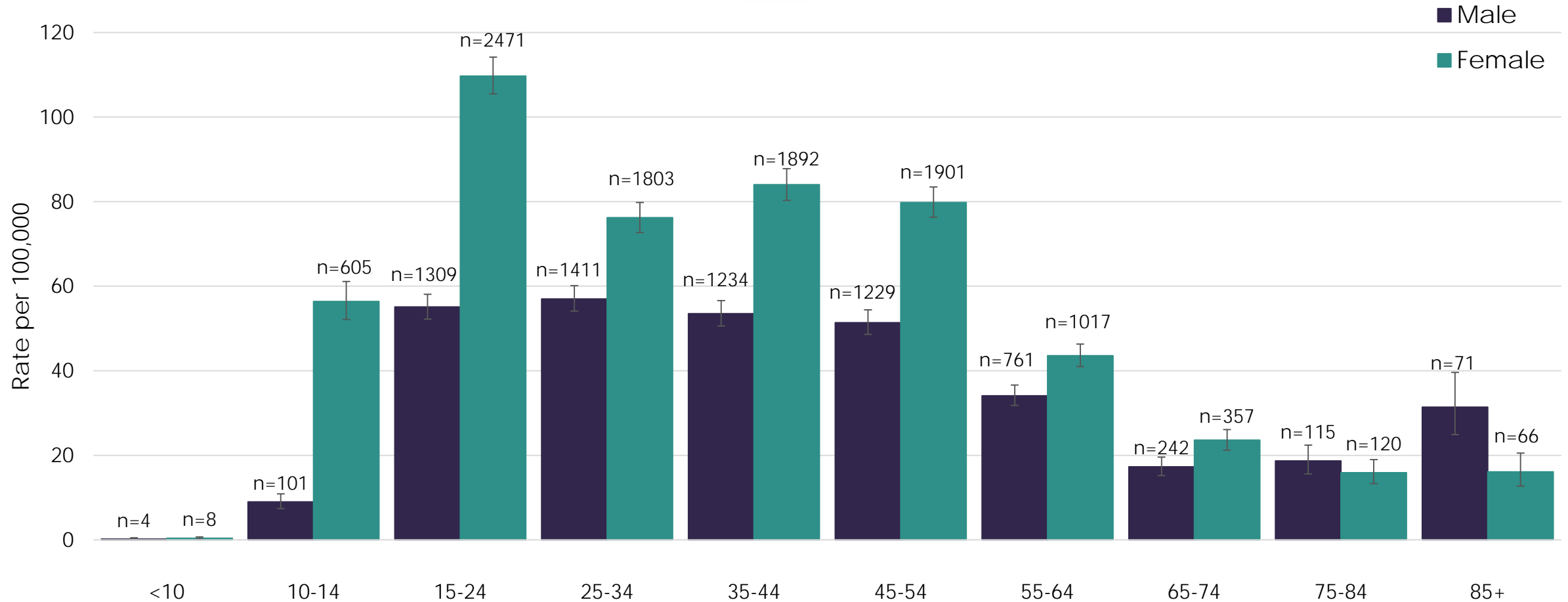
AI/AN: American Indian and Alaskan Native  
Multi: Multiracial  
NHOPI: Native Hawaiian/Other Pacific Islander  
-NH: Non-Hispanic

# Age and Sex

# Suicide Rate (Number) by Age and Sex (2012-2016)



# Rates (Number) of Hospitalization for Intentional Self-Harm by Age and Sex (2012-2016)



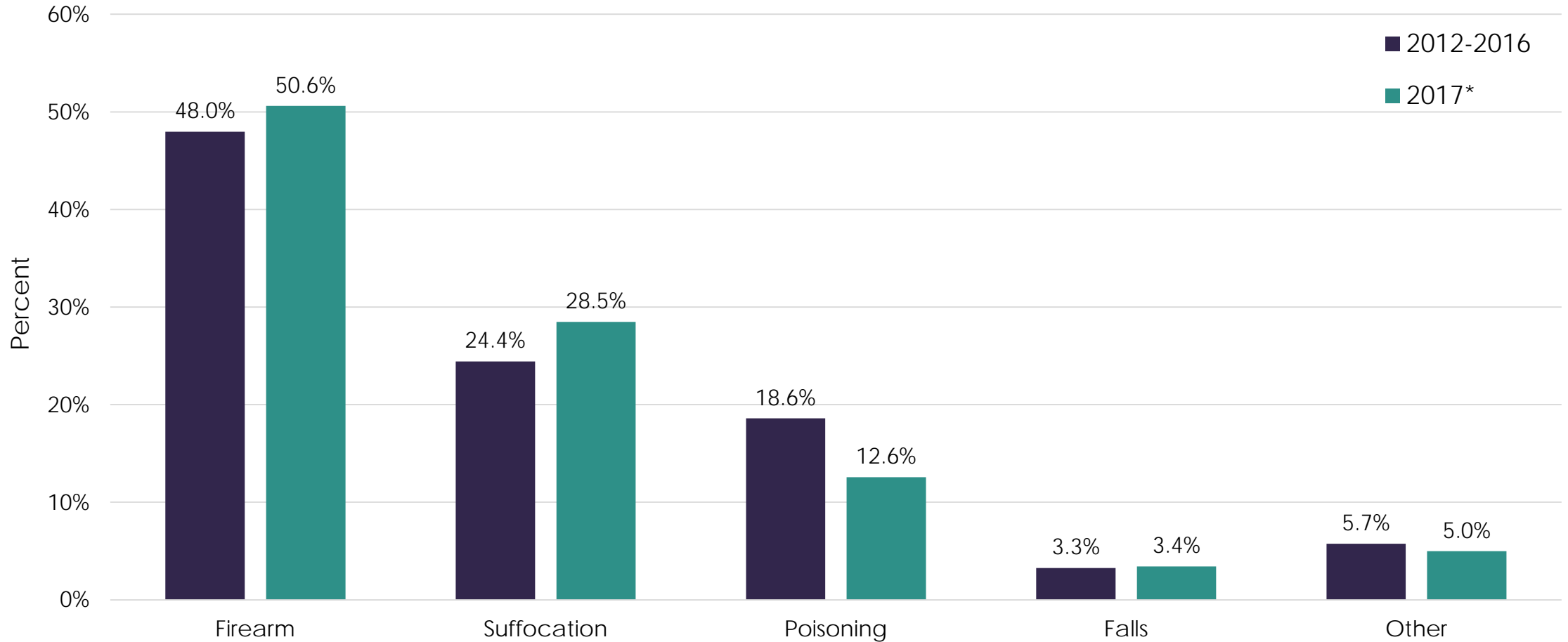


# Method

# Definitions

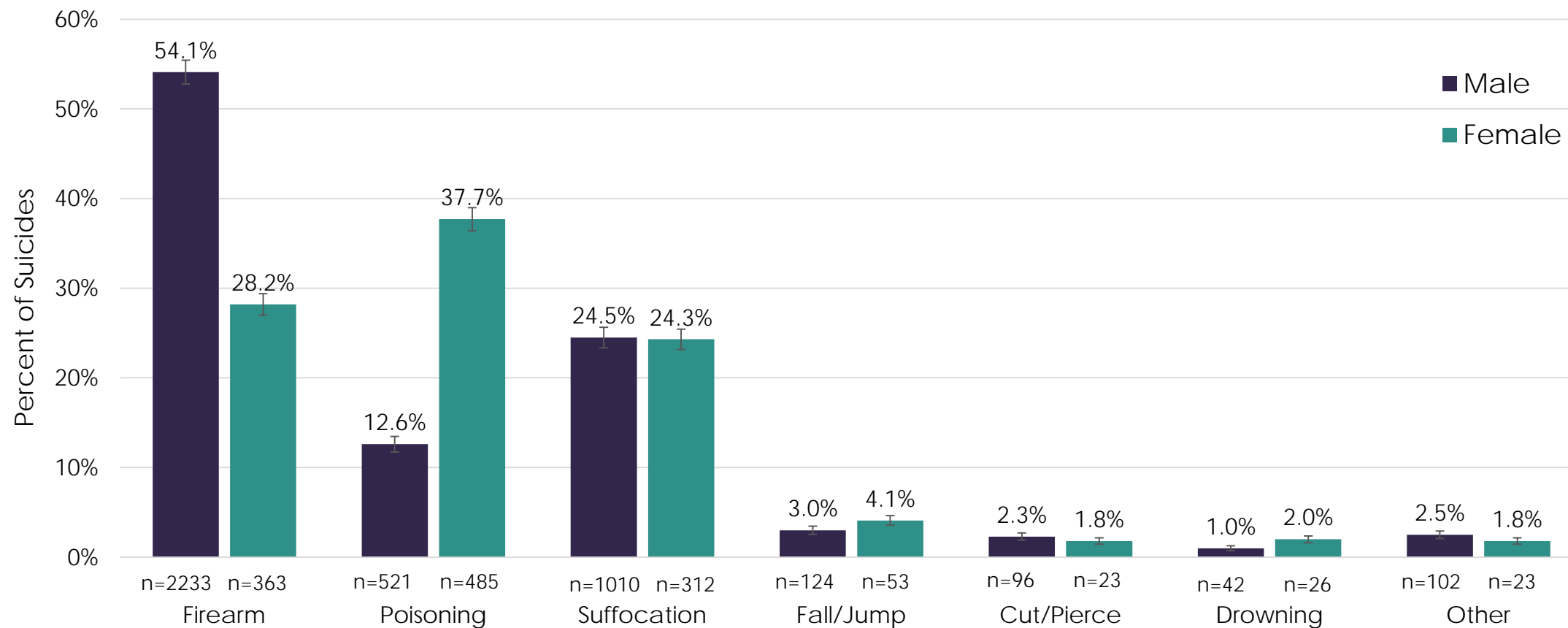
- **Firearm**: Intentional self-harm by handguns, rifle, shotgun, larger and unspecified firearm discharge.
  - ICD-10 codes: X72 to X74
- **Suffocation**: Intentional self-harm by suffocation, hanging, strangulation.
  - ICD-10 code: X70
- **Poisoning**: Intentional self-harm by prescription, non-prescription and illicit drugs, alcohol, organic solvents, gases/vapors, pesticides and other chemicals and noxious substances.
  - ICD-10 codes: X60 to X69

# Methods of Suicide (2012-2016, 2017\*)



\* 2017 Preliminary Numbers

# Methods of Suicide- By Sex (2012-2016)

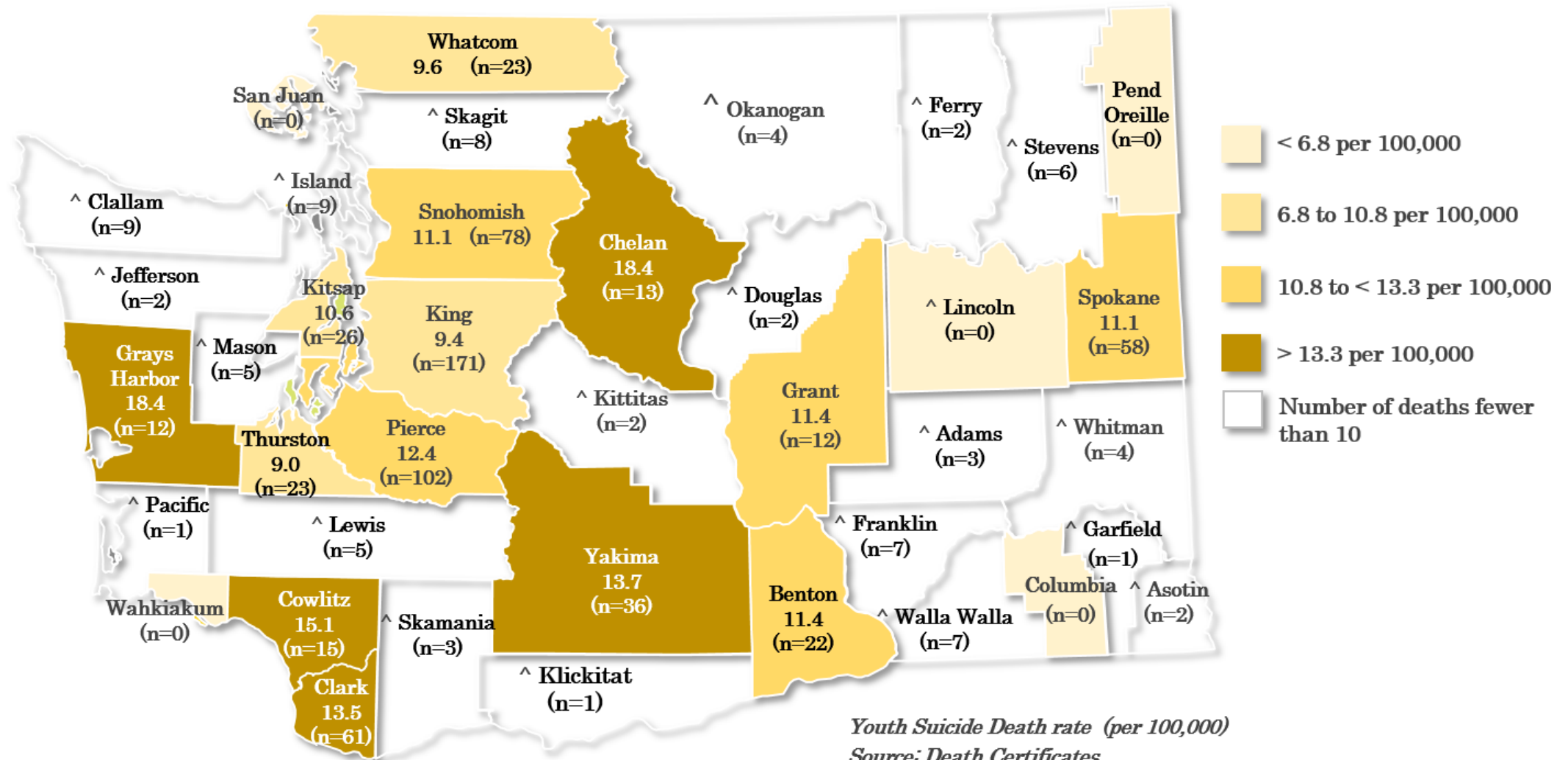




Selected Population: Youth

# Suicide Rate in Washington Ages 10-24 years old

## 2012-2016



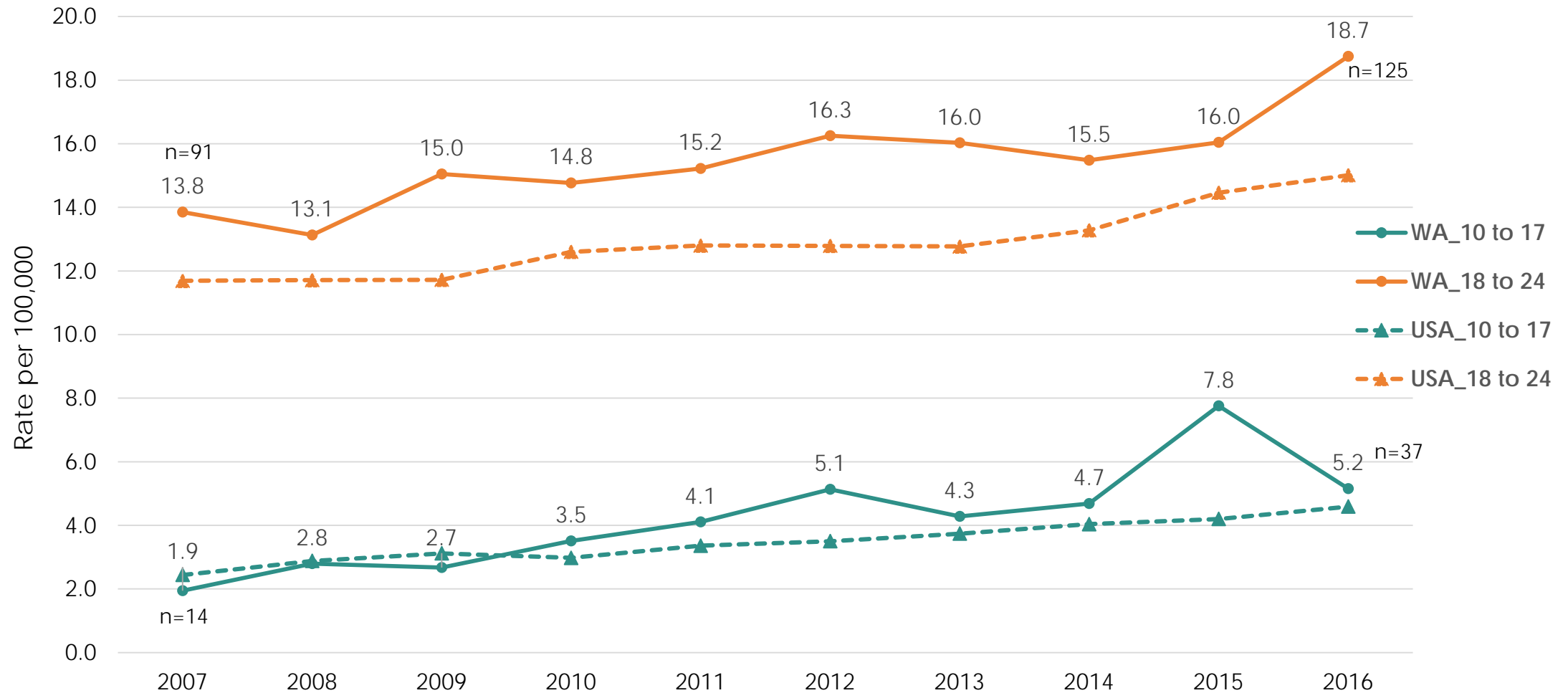
Youth Suicide Death rate (per 100,000)

Source: Death Certificates

^: Rates are not shown in counties with fewer than 10 deaths

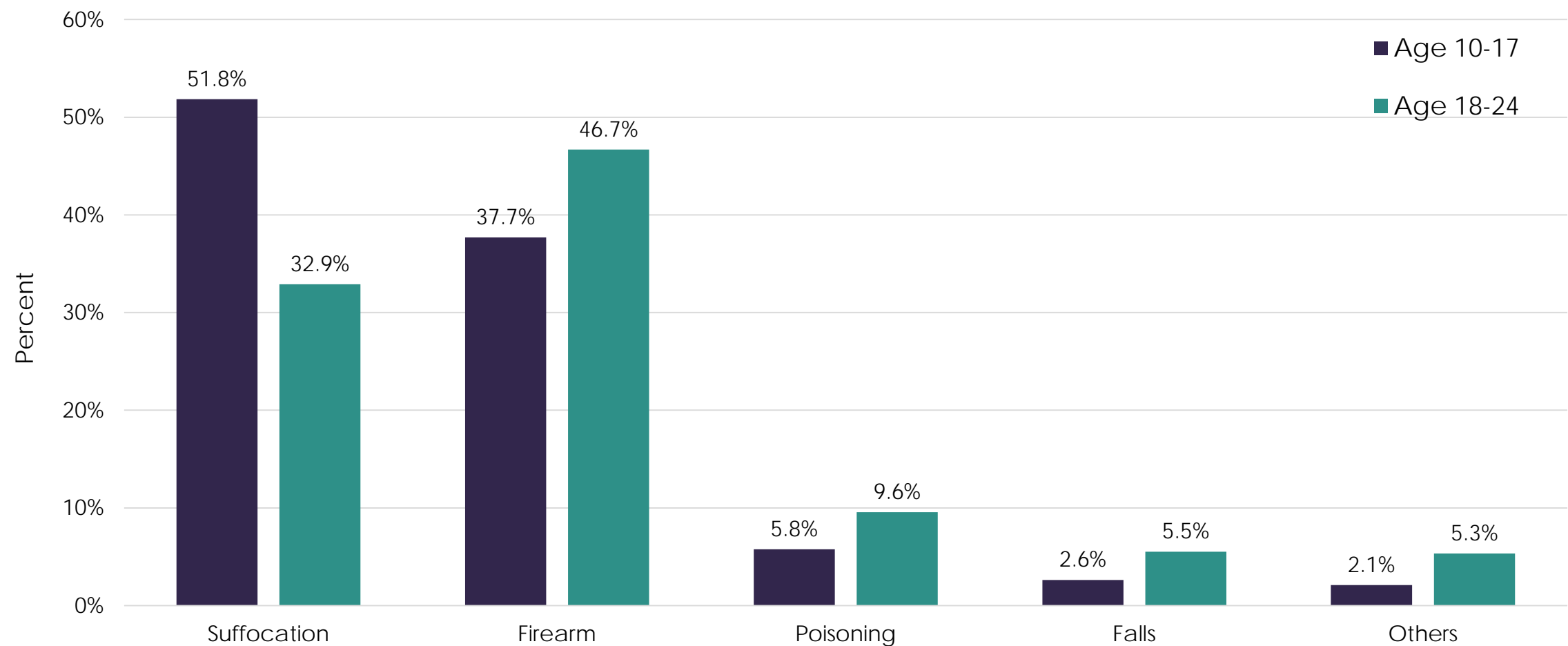
# Youth Suicide Rates (Ages 10-17 and 18-24 years old)

## WA State compared to US



Source: DOH death certificates

# Suicide Methods used among Youth (ages 10-24 years old) (2012-2016)



# NVDRS Findings among Youth Suicides (ages 12-17 years old) (2015)

(N=30 in 9 counties)

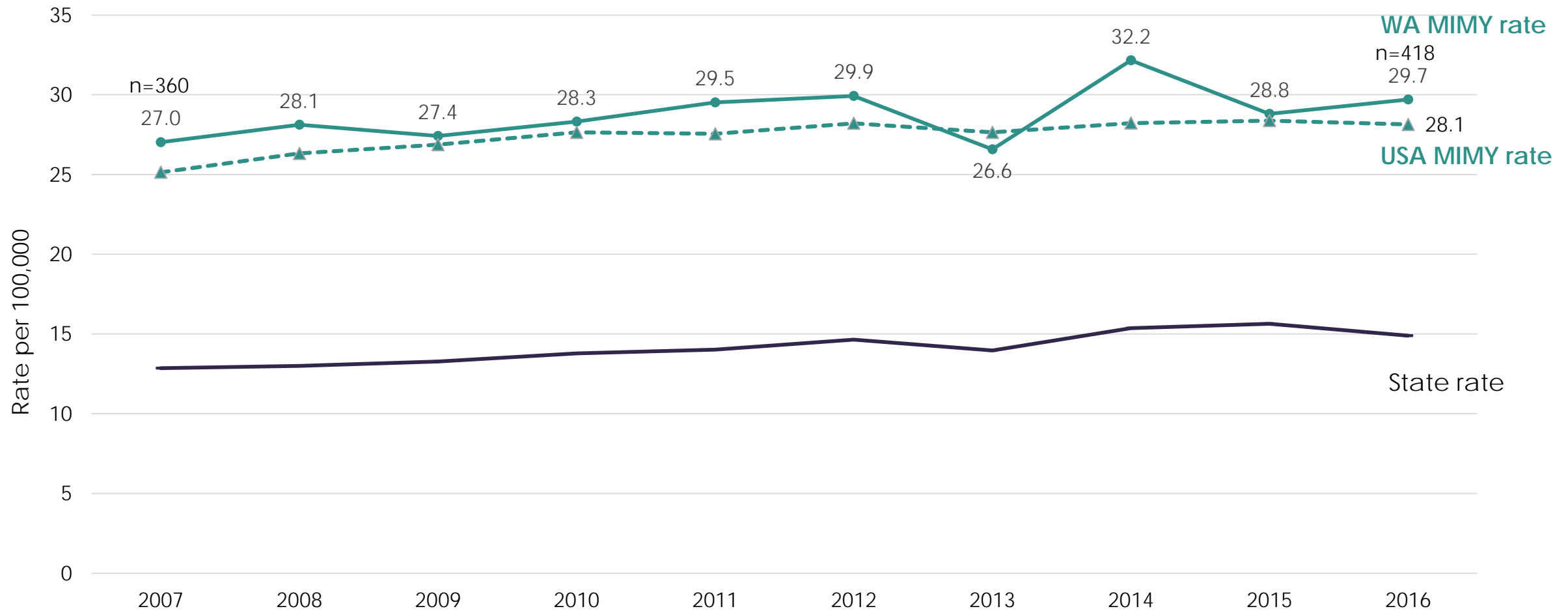
Problems mentioned	C-ME / LE
Family Relationships	13
Suicide Thought History	13
School problem	7
History of treatment for mental illness/substance abuse	5
Diagnosed mental health problem	5

NVDRS: National Violent Death Reporting System  
C-ME/LE: Coroner-Medical Examiner and Law Enforcement.

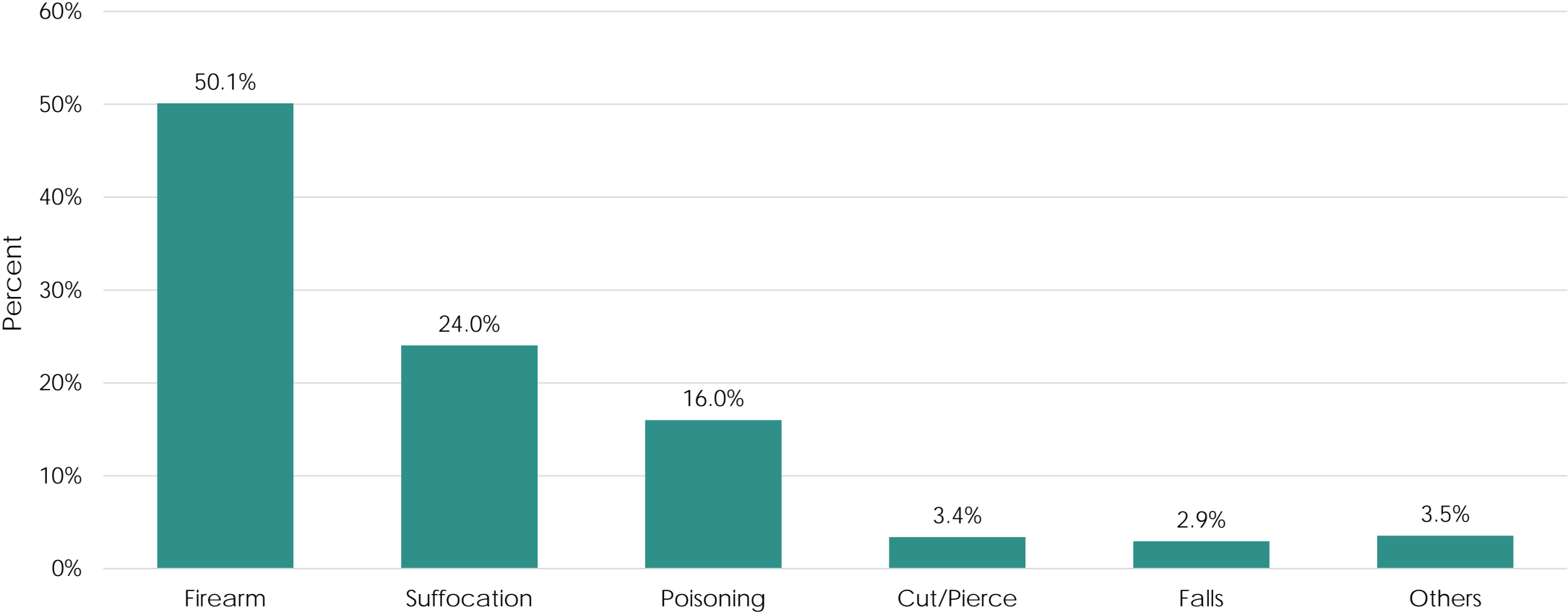
Selected Population: Men in the Middle Years (MIMY)



# WA and US Rate of Suicide among MIMY (ages 35-64 years old)



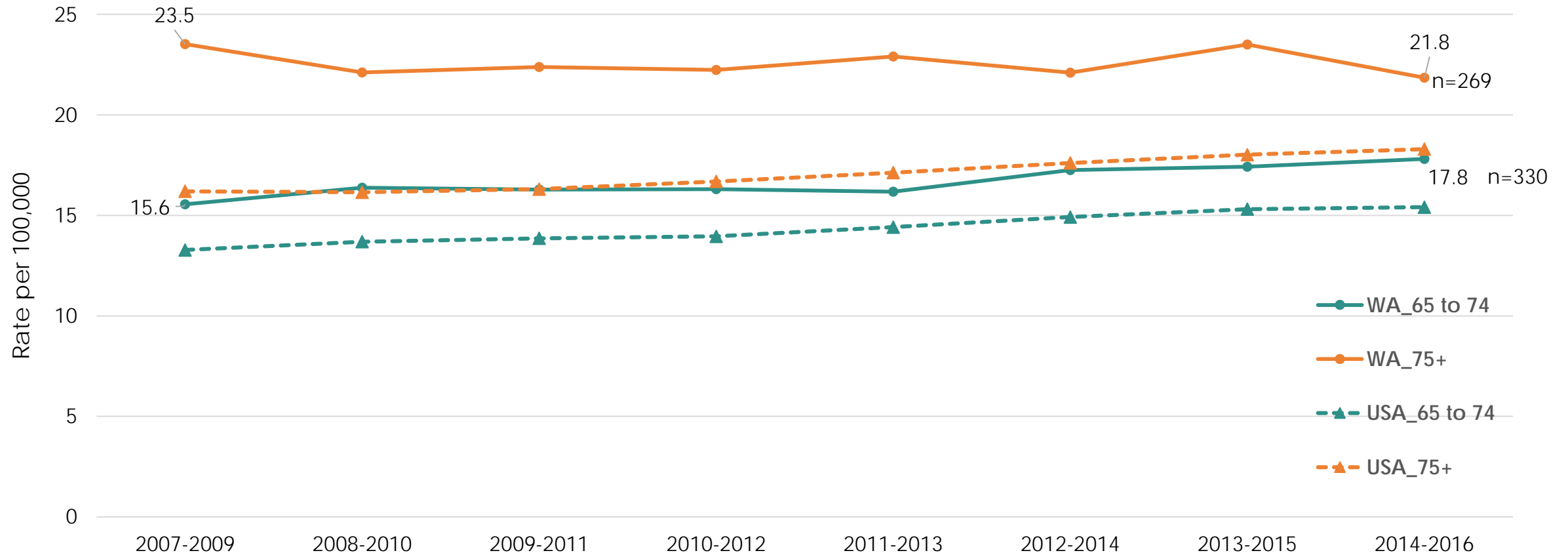
# Suicide Methods Used among MIMY (35-64 years old) (2012-2016)



Source: DOH death certificates

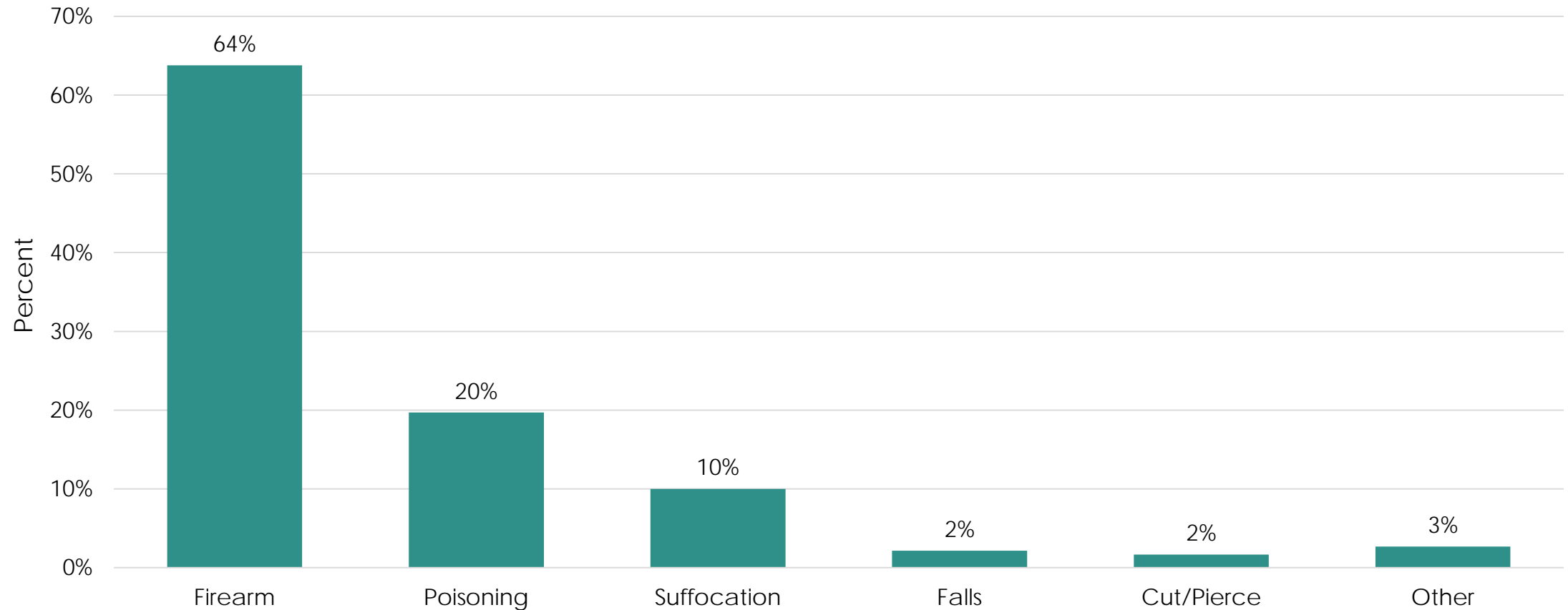
Selected Population: Older Adults

# Rate of Suicide among Older Adults (ages 65 years and older)



Source: DOH death certificates

# Trends of Top Methods Used among Older Adults (65 years and older) (2012-2016)



Source: DOH death certificates

# NVDRS Findings among Older Adults (ages 55 years and older) (2015)

(N=227 in 9 counties)

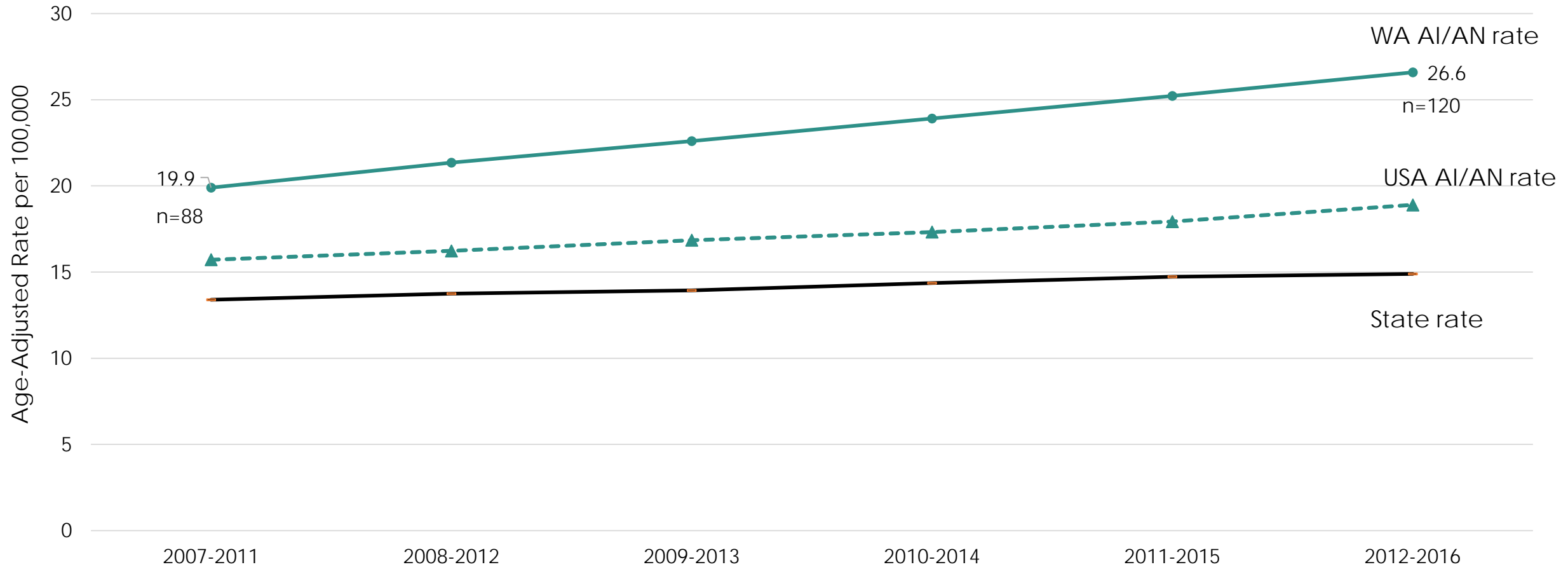
Problems mentioned	C-ME / LE
Physical health problem	117
Suicide thought history	65
Diagnosed mental health problem	60
History of treatment for mental illness/substance abuse	46
Alcohol problem	28
Financial problem	27
Current treatment for mental illness/substance abuse	27

NVDRS: National Violent Death Reporting System

C-ME/LE: Coroner-Medical Examiner and Law Enforcement.

Selected Population: American Indian and Alaska Natives (AI/AN)

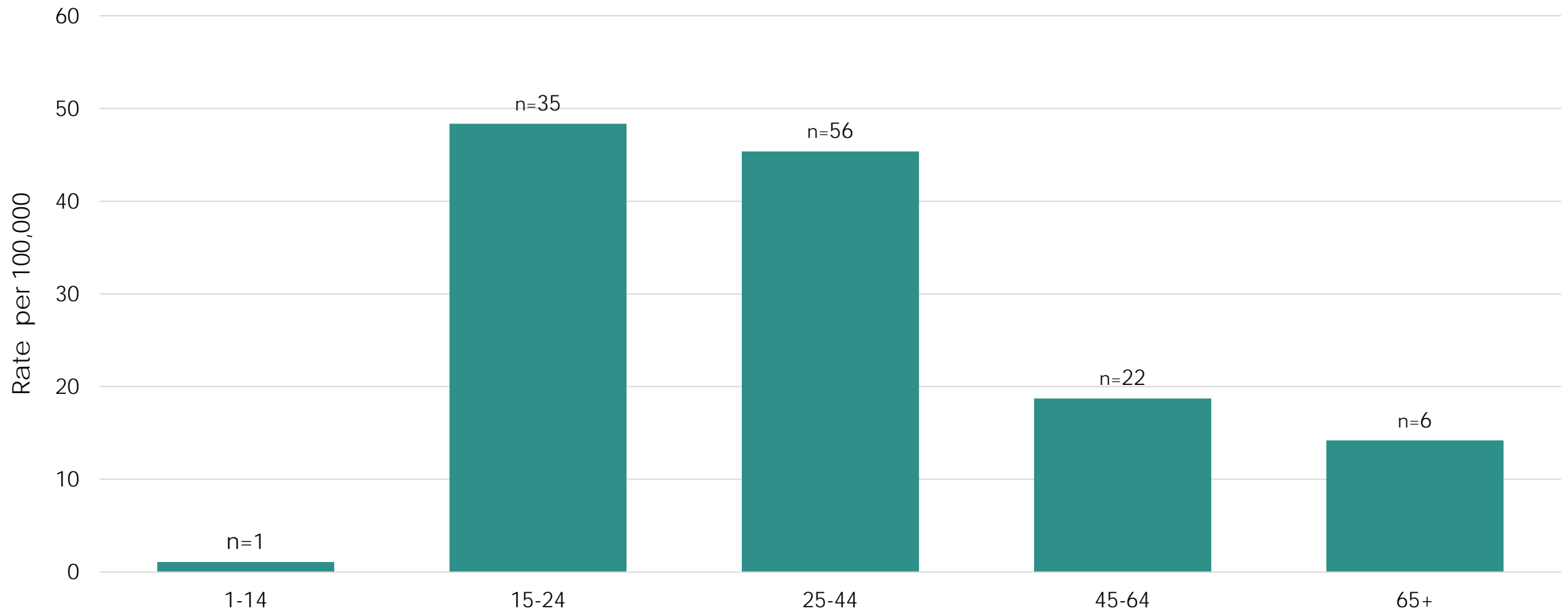
# Rate of Suicide among AI/AN in Washington State and USA





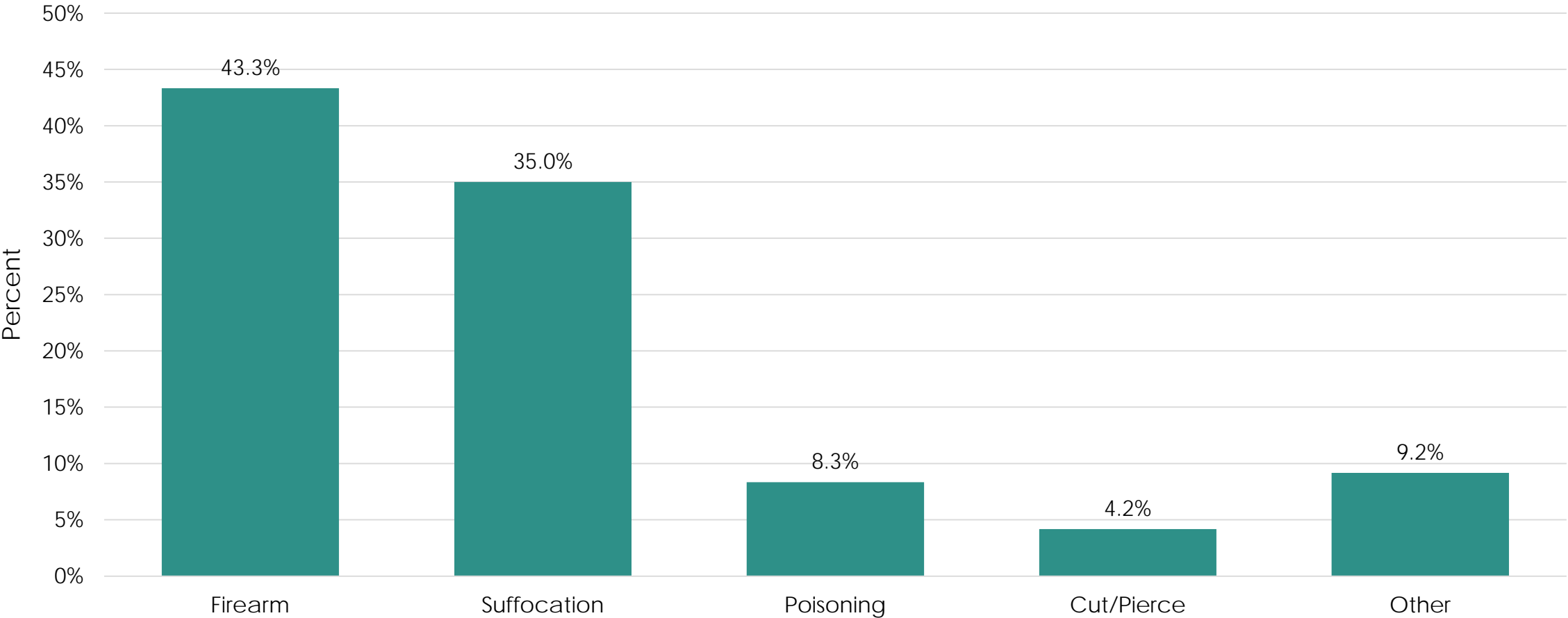
# Rate and Number of Suicides among AI/AN By Age (2012-2016)

Among AI/AN



# Suicide Method Use among AI/AN (2012-2016)

Among AI/AN



Selected Population: Veterans

# Overview

- In 2016, the VA estimates a total of 567,000 veterans in Washington state.
- Department of Defense reports 64,171 active duty military and reserve members.
- From 2012 to 2016, 1,165 veterans\* died by suicide.
  - This accounts for 21.5 % of all WA suicides.
  - 36.7 % of veterans were ages 55 to 74.
  - 240 veterans died by suicide in 2016 (crude rate\*\*: 38.0 per 100,000)

\* "Veterans" includes active service members, reserve members, and veterans.

\*\* Rate based on veterans.

# NVDRS Findings among Military (2015)

(N=142 in 9 counties)

Problems mentioned	C-ME / LE
Physical health problem	48
Intimate partner problem	37
Suicide thought history	36
Diagnosed mental health problem	31
History of treatment for mental illness/substance abuse	24

NVDRS: National Violent Death Reporting System

Military includes active duty, reserve and veterans.

C-ME/LE: Coroner-Medical Examiner and Law Enforcement.

## Selected Population: Occupation

# Overview

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- Collaboration with WA Labor and Industries (LNI), the National Institute for Occupational Safety and Health, WA Department of Health's Center for Health Statistics, and the National Violent Death Reporting System (NVDRS) for classification
- Data sources for Occupation
  - Death certificates
  - LNI
  - NVDRS
- Activities in WA
  - Construction Industry Alliance for Suicide Prevention
  - Enterprise Suicide Prevention Workgroup
  - 2SHB 2671 – Improving behavioral health in the agriculture industry

# NVDRS Findings among Homeless (2015)

(N=43 in 9 counties)

Problems mentioned	C-ME / LE
History of treatment for mental illness/substance abuse	14
Suicide thought history	10
Eviction or loss of home	9
Alcohol problem	8
Intimate partner problem	7

NVDRS: National Violent Death Reporting System

C-ME/LE: Coroner-Medical Examiner and Law Enforcement.



# Preliminary 2017 Data

# 2017 Overview

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- 1,247 suicides (age-adjusted rate=16.5 per 100,000) in 2017 compared to 1,123 (age-adjusted rate=14.9 per 100,000) in 2016.
- There is a +2.5% average annual percent change of suicide from 2006 through 2017.
- When comparing 2016 and 2017, most of the increases are seen in:
  - suicides by firearm and suffocation
  - youth and older age groups (65+ years old)

# Research

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- [Suicides Among American Indian/Alaska Natives — National Violent Death Reporting System, 18 States, 2003–2014](#)
- [Characteristics of and Precipitating Circumstances Surrounding Suicide Among Persons Aged 10–17 Years — Utah, 2011–2015](#)
- [Preventing Suicide among Men in the Middle Years: Recommendations for Suicide Prevention Programs](#)
- [Suicide Means among Decedents Aged 50+ Years, 2005–2014: Trends and Associations with Sociodemographic and Precipitating Factors](#)
- [Department of Defense Suicide Event Report \(DoDSER\) – Annual reports](#)
- [Suicide Trends Among and Within Urbanization Levels by Sex, Race/Ethnicity, Age Group, and Mechanism of Death — United States, 2001–2015](#)
- [Sexual Orientation Discordance and Nonfatal Suicidal Behaviors in U.S. High School Students](#)
- [Suicide Rates by Occupational Group — 17 States, 2012](#)
- [State-Level Lifetime Medical and Work-Loss Costs of Fatal Injuries — United States, 2014](#)

## Contributing Staff

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