



Vermont Child Health Improvement Program

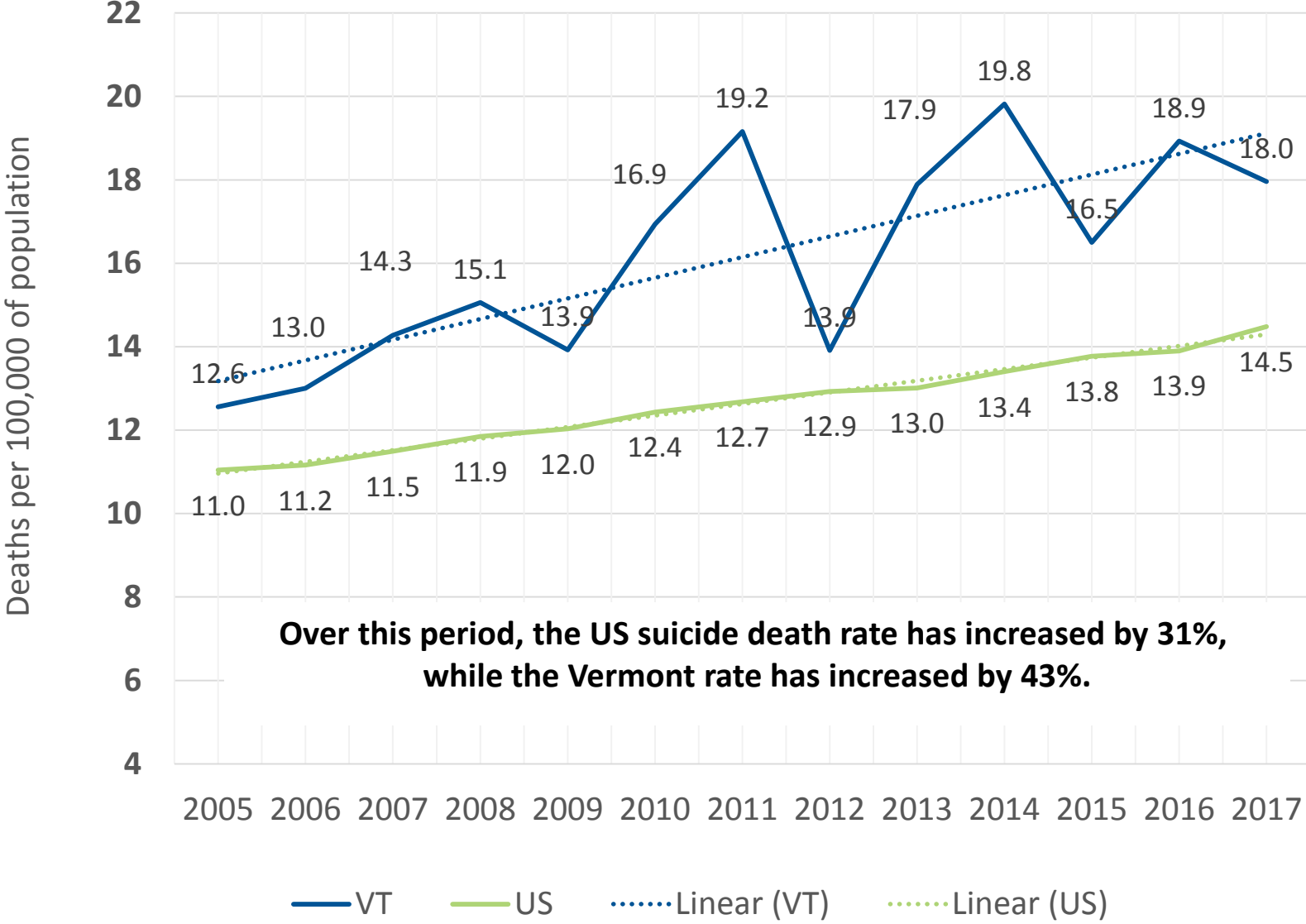


Identifying Trends and Patterns in Vermonters Who Die by Suicide

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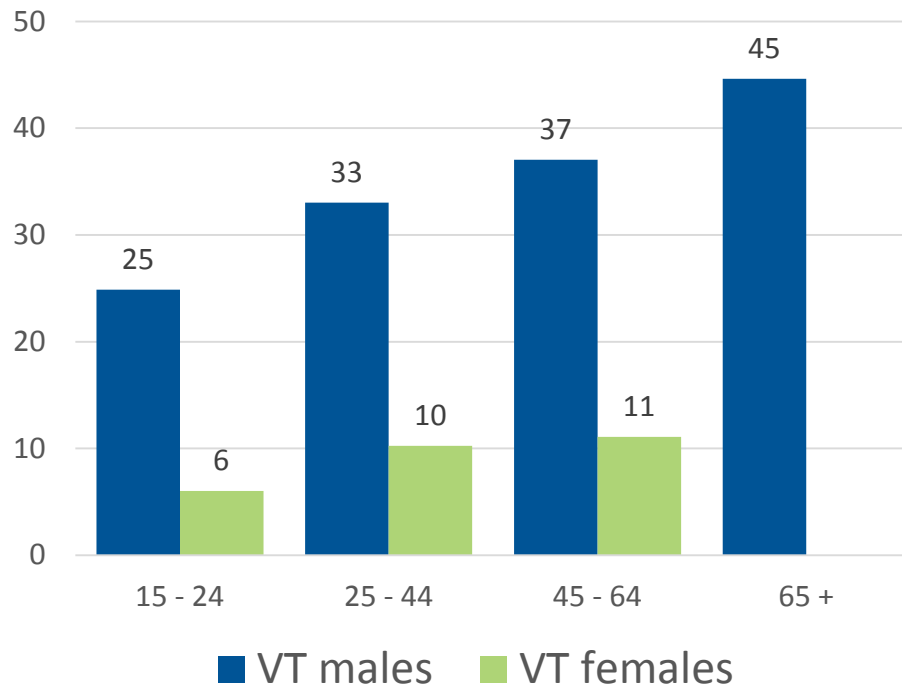
February 14, 2019

Vermont and US Suicide Death Rates (per 100,000 people): 2005-2017

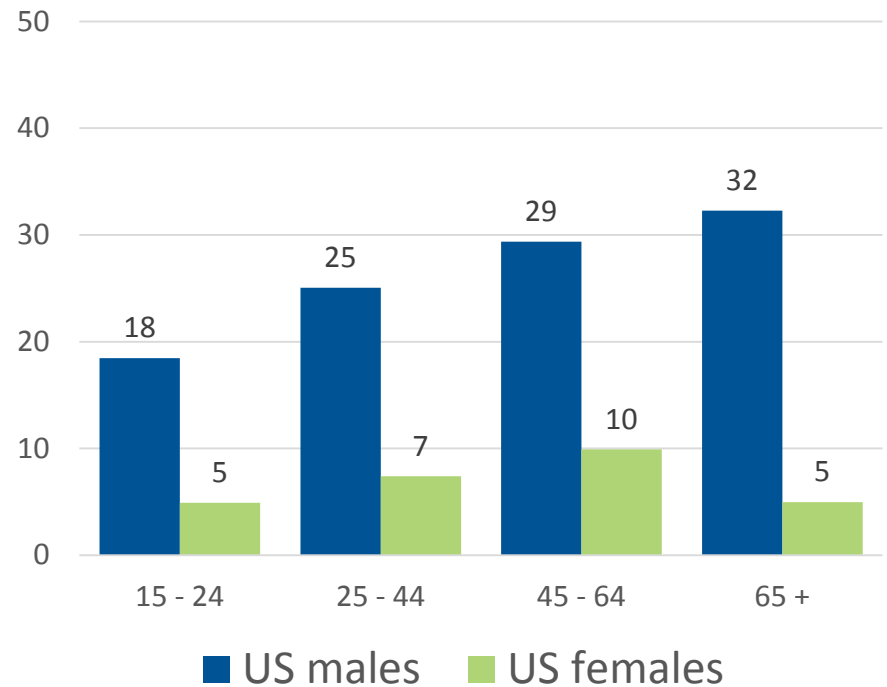


Gender, Age and Suicide

VT Death Rates per 100,000

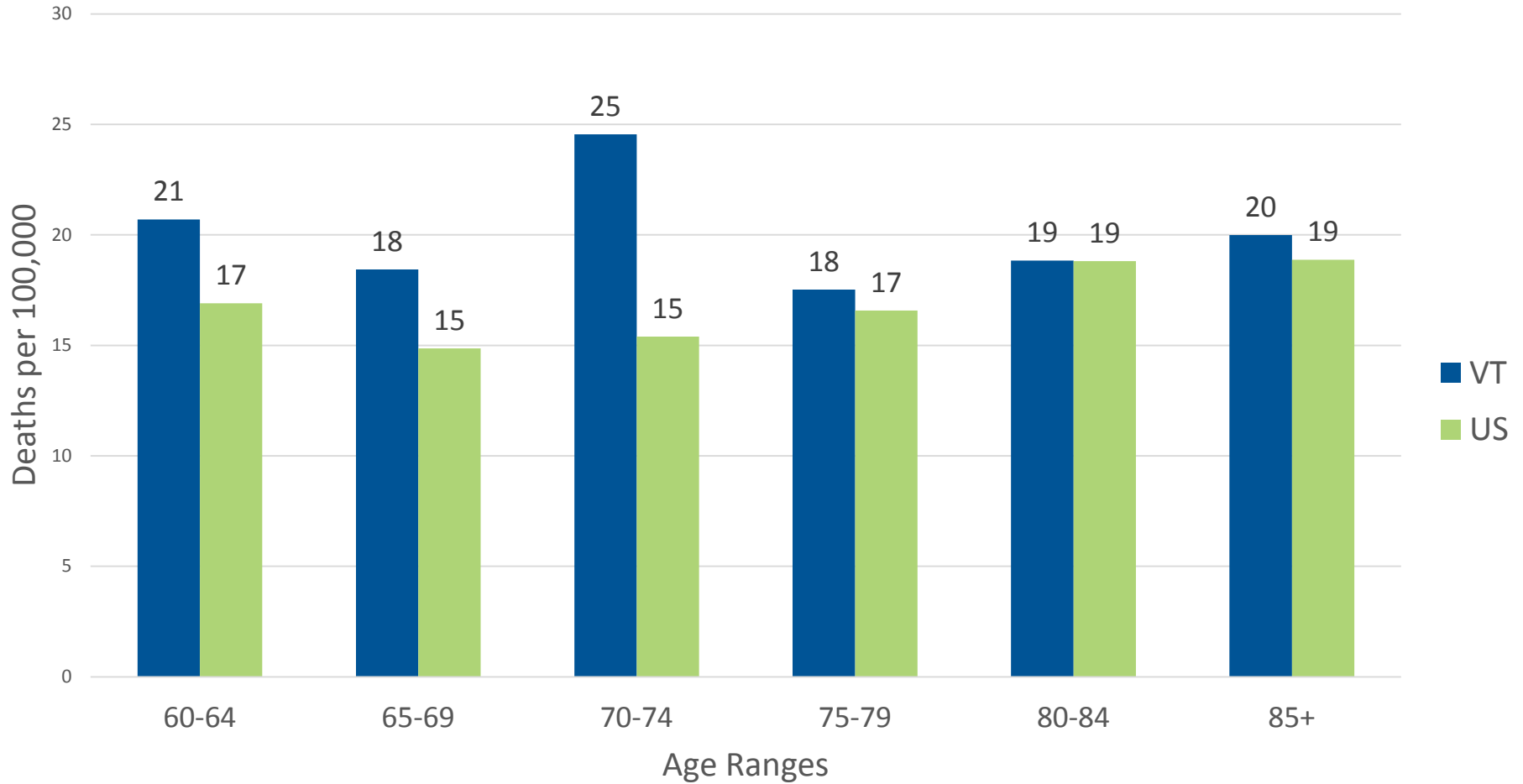


US Death Rates per 100,000

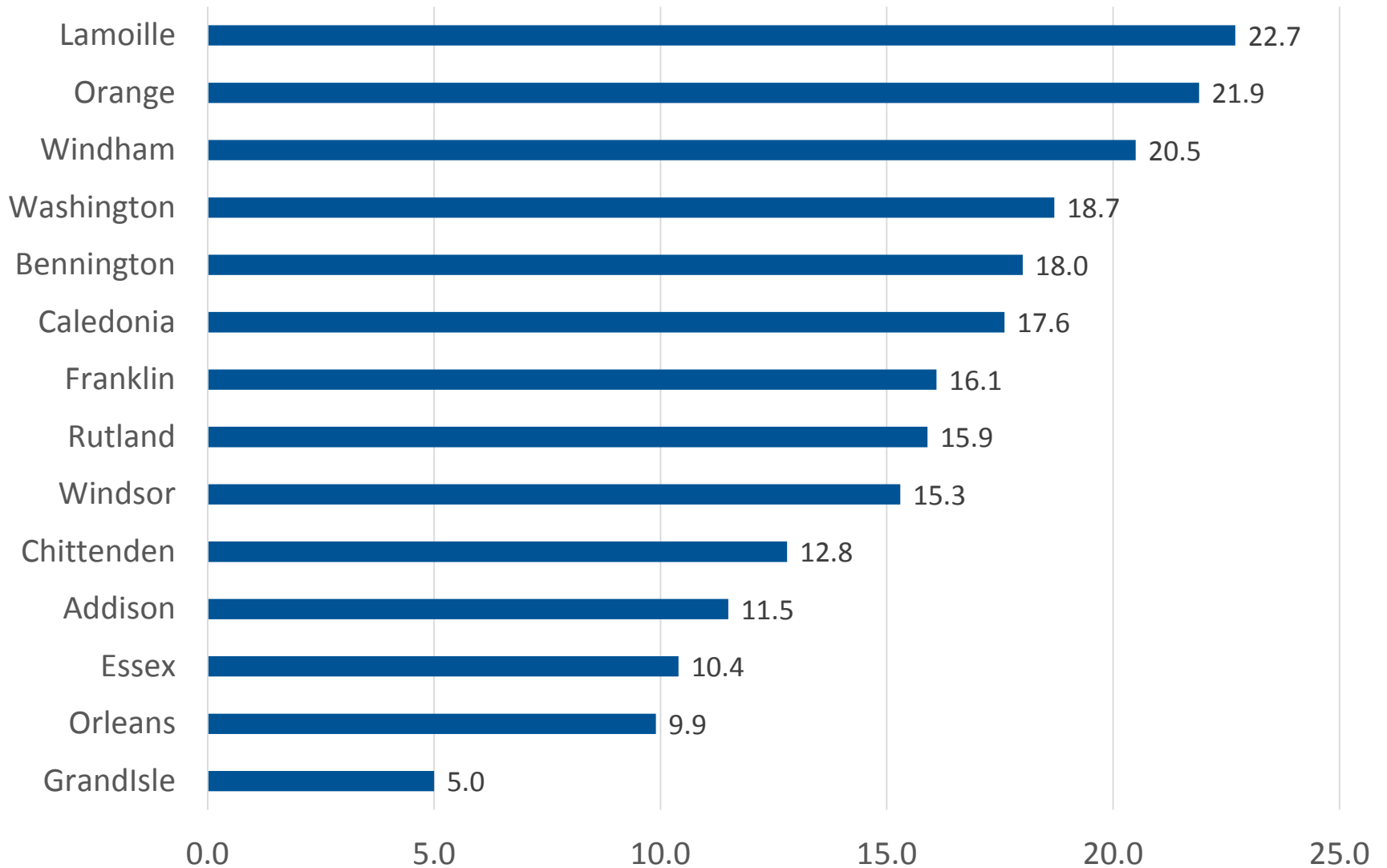


Based on WISQARS 2013-2016 VT and US data, age adjusted.

Older Adult Suicide Death Rates VT and US (2012-2016)

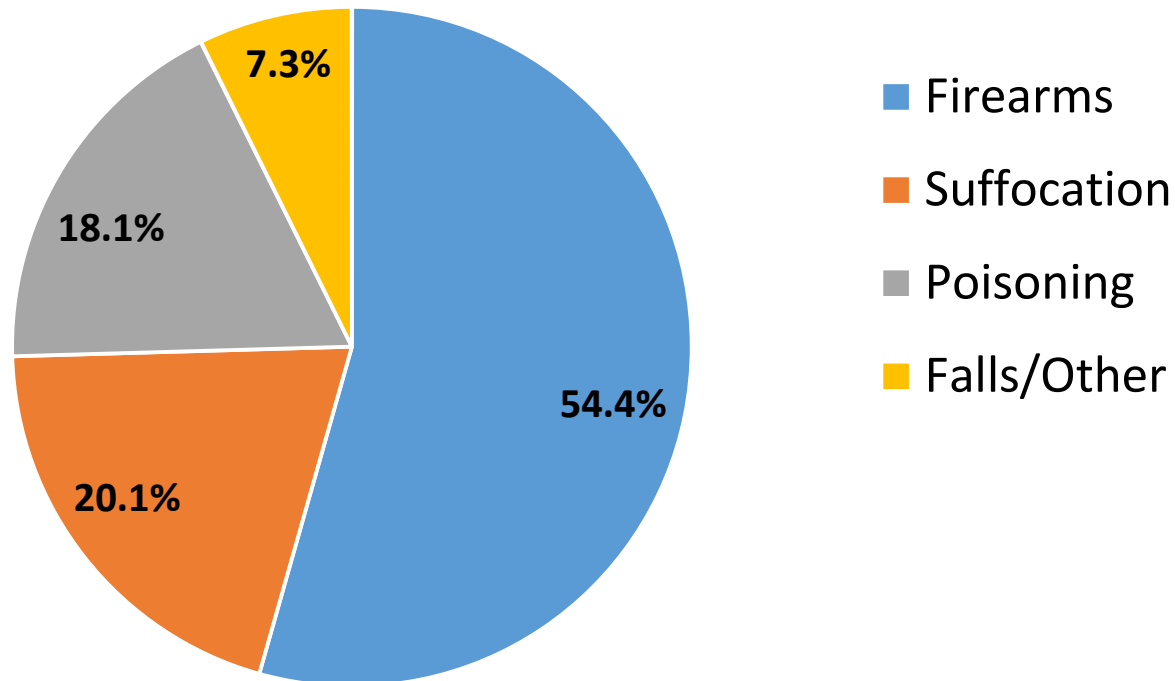


2012 - 2014 Suicide Death Rates by VT County



Lethal Means in Vermont

All ages: Distribution of leading means of suicide
2011-2015



10 – 19 year olds: **59%** firearms deaths; 20 – 24 year olds: **50%** firearms deaths

Suicide-related Behaviors in Youth

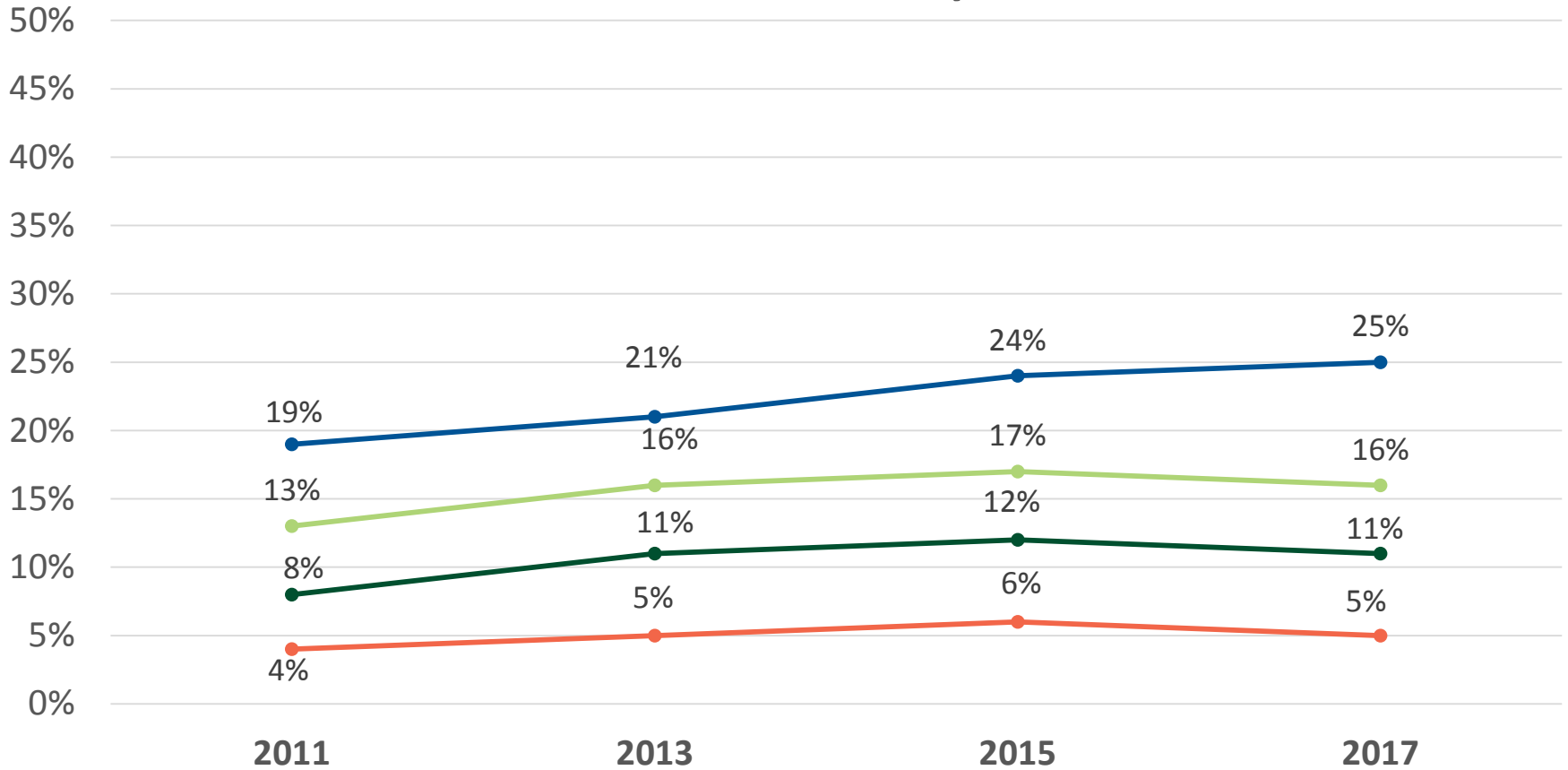
Nationally, CDC estimates 25 suicide attempts for each death in young people; ratio is 4 : 1 attempts to deaths in elderly.

Estimate of medically serious youth and young adult attempts in Vermont: **375 annually.**

From the 2017 Vermont Youth Risk Behavior Survey:

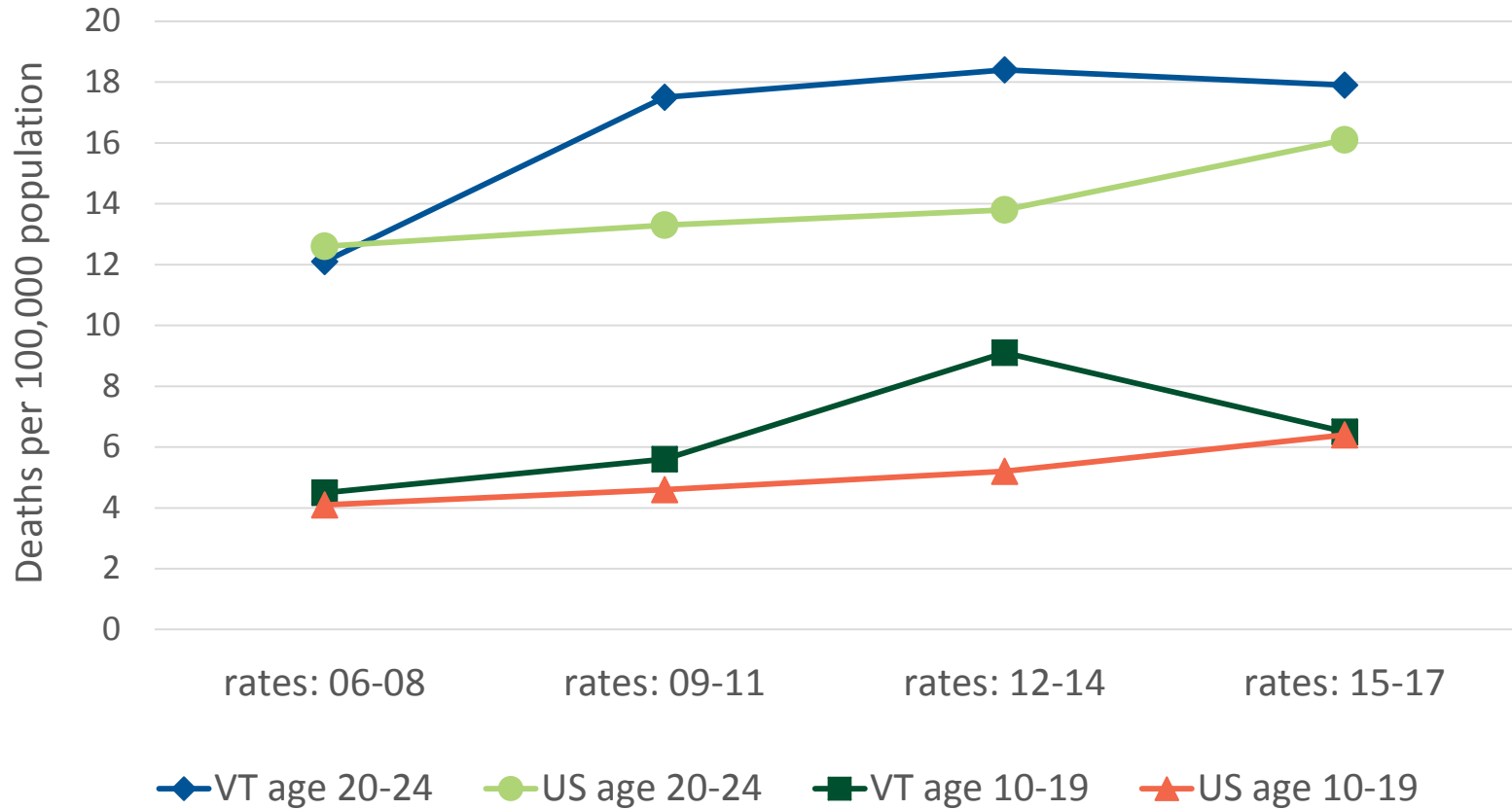
- LGBTQ young people 3 times more likely to have felt sad or hopeless very day for at least 2 weeks (during the past year)
 - 4 times more likely to have hurt themselves on purpose in the past 12 months than non-LGBTQ students
 - More than 4 times more likely to have made a suicide plan in the past year / 4.5 times more likely to have made a suicide attempt
- Students of Color are 50% more likely to have made a suicide plan
 - More than 50% increase likelihood to have made an attempt

Percent of high school students reporting suicide measures, VT Youth Risk Behavior Survey: 2011-2017



- Felt sad or hopeless 2+ weeks
- Purposely hurt self without wanting to die
- Made a suicide plan, past year
- Attempted suicide, past year

VT and US Youth and Young Adult Suicide Death Rates (3 Year Bins) 2006-2017



Take Away Messages

- US suicide death rates have been increasing;
- Vermont's suicide death rates have been increasing differentially faster;
- Most suicide deaths occur among middle age and older Vermonters, and among males;
- Firearms are the most frequently used means that Vermonters use to take their lives, and
- Specific groups of younger people, including LGBTQ youth and young people of color, show substantially higher rates of suicidal ideation and attempts.

Questions/Comments? Thomas.Delaney@uvm.edu

References:

CDC Data Brief: <https://www.cdc.gov/nchs/data/databriefs/db309.pdf>

CDC WISQARS data system, accessed 2/12/2019: www.cdc.gov/injury/wisqars/fatal.html

VDH: www.healthvermont.gov/sites/default/files/documents/pdf/HSVR_injury_suicidemortality_2017.pdf

