



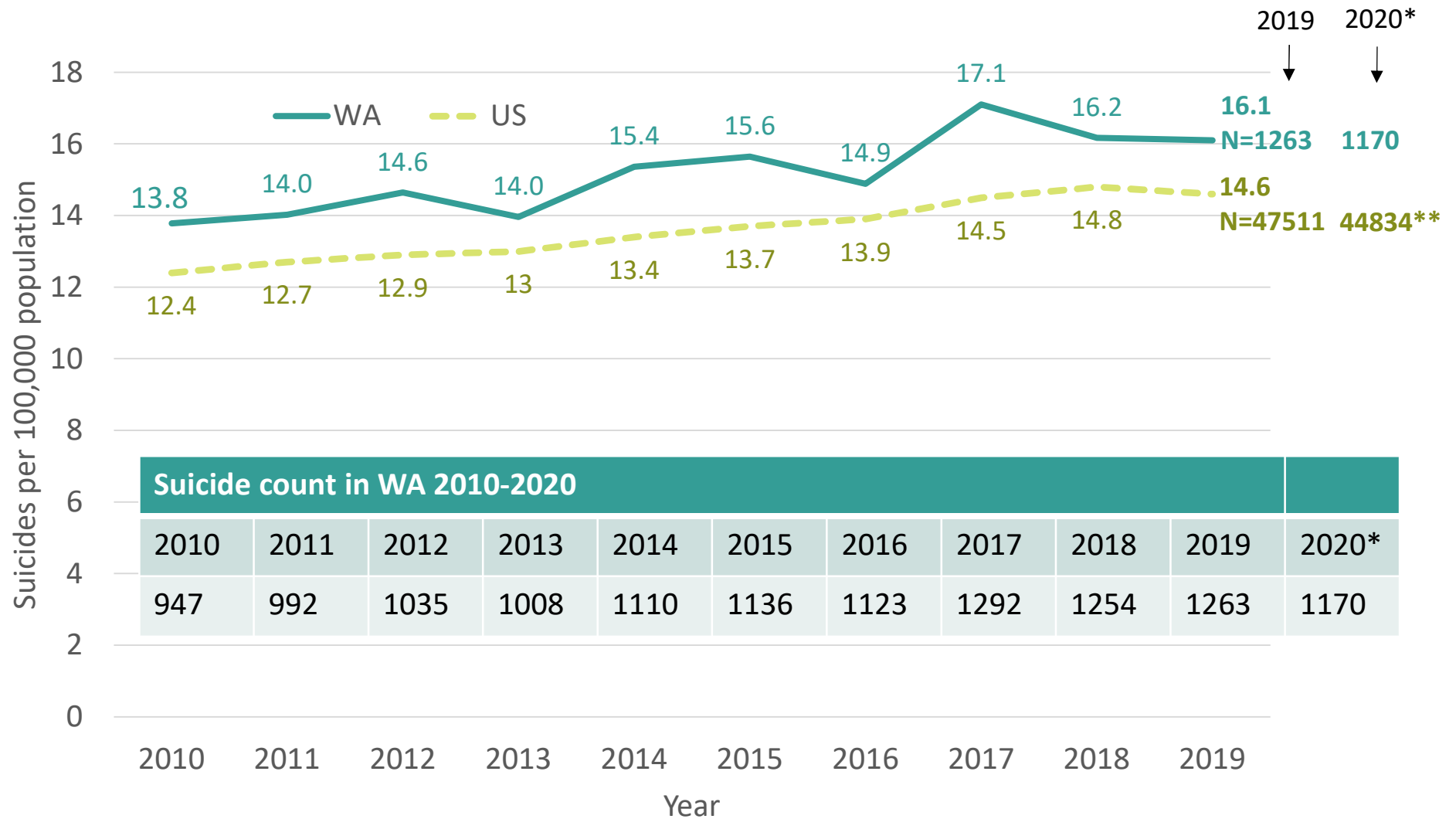
SUICIDE IN WA



Xinyao deGrauw MD, PhD, MPH
Epidemiologist
Injury & Violence Prevention
Surveillance & Evaluation
April 2021



Suicide rate (count) in WA and US, 2010-2019



Suicide count in WA 2010-2020										
2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020*
947	992	1035	1008	1110	1136	1123	1292	1254	1263	1170

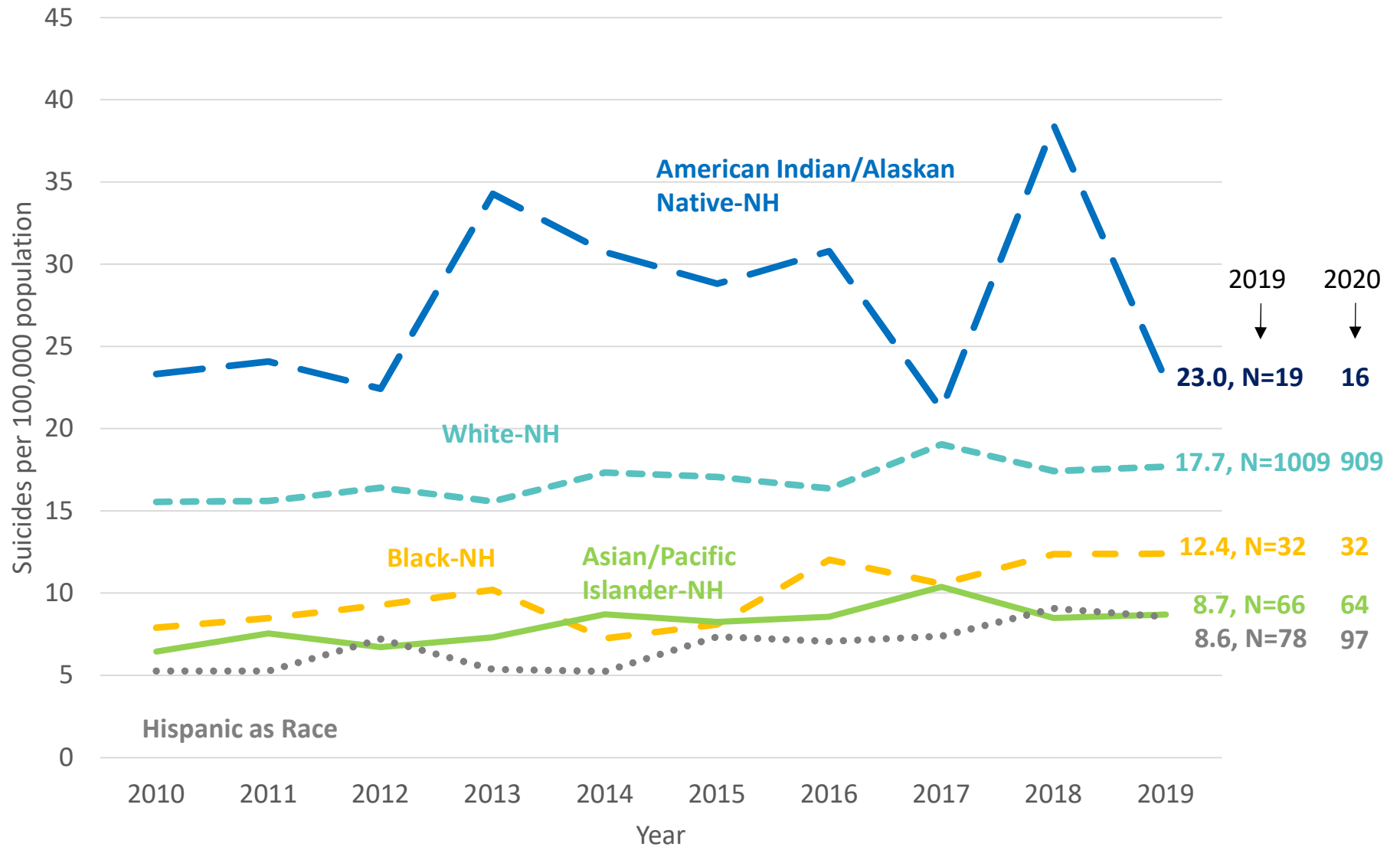
*: 2020 preliminary data as of 4/5/2021

** : the US suicide data- <https://jamanetwork.com/journals/jama/fullarticle/2778234>

Source: WA death certificates-CHAT

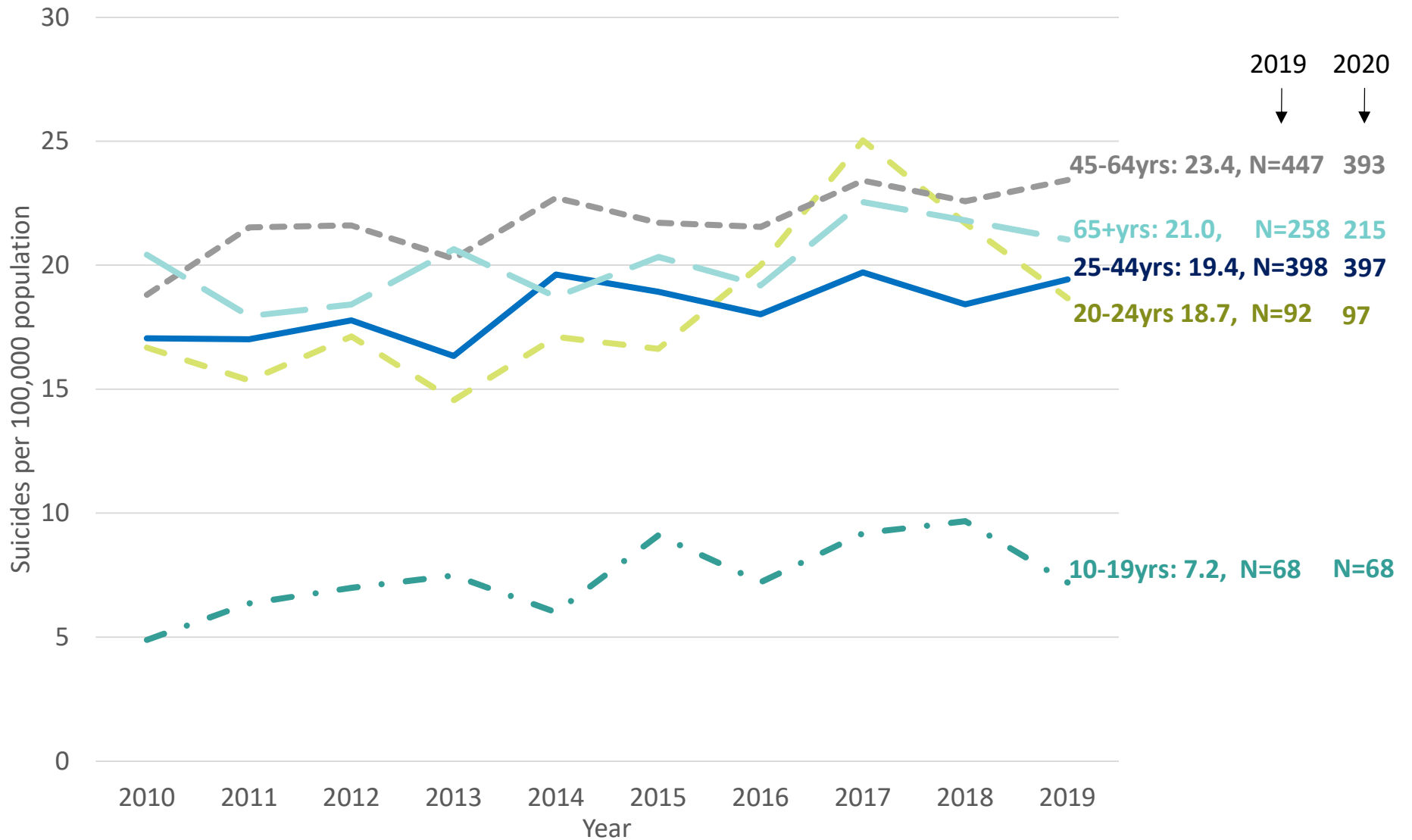
CDC-WONDER

Suicide rate (count) in WA by race/ethnicity, 2010-2019



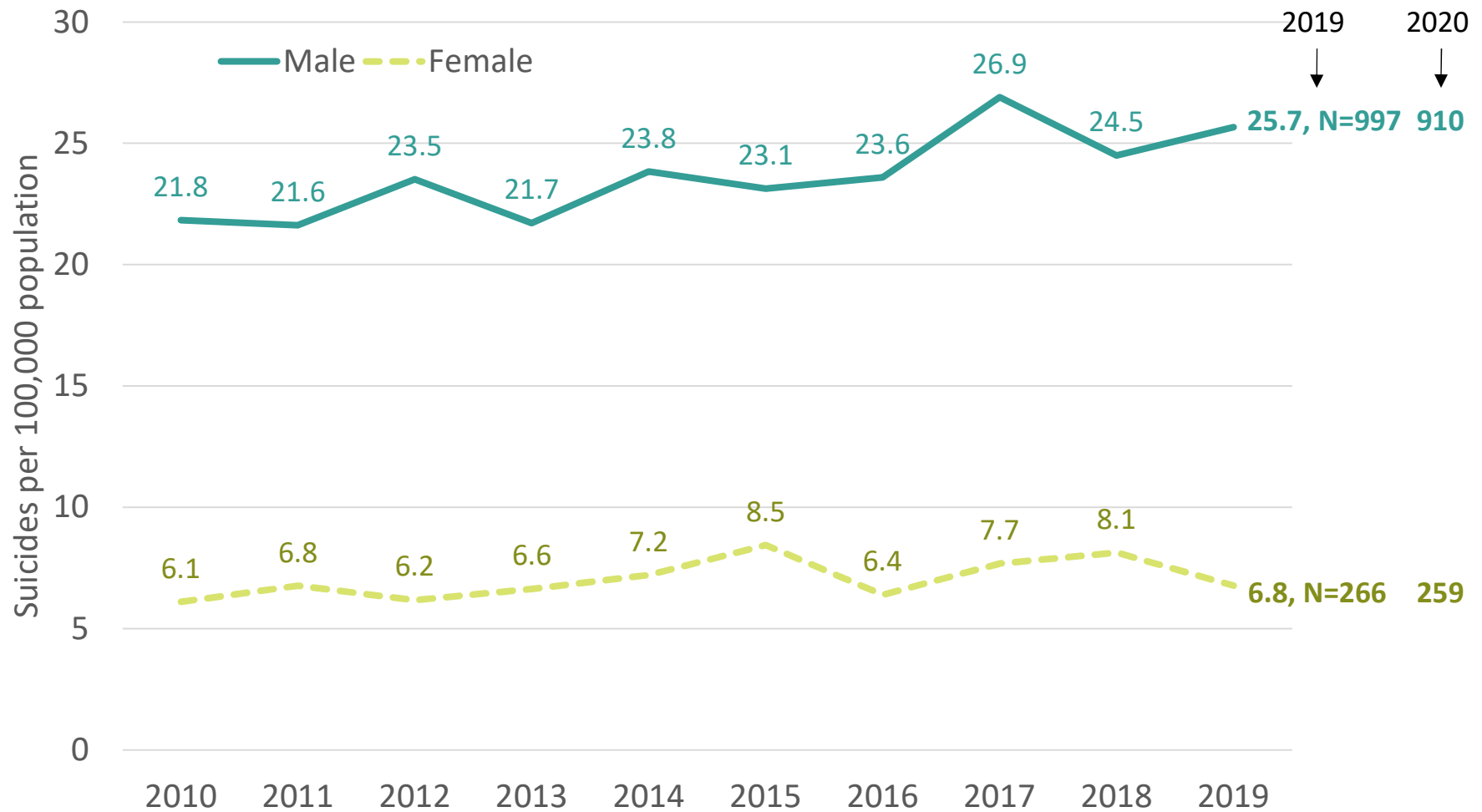
*: 2020 preliminary data as of 4/5/2021
 NH: Non-Hispanic
 Source: WA death certificates-CHAT

Suicide rate (count) in WA by age group, 2010-2019



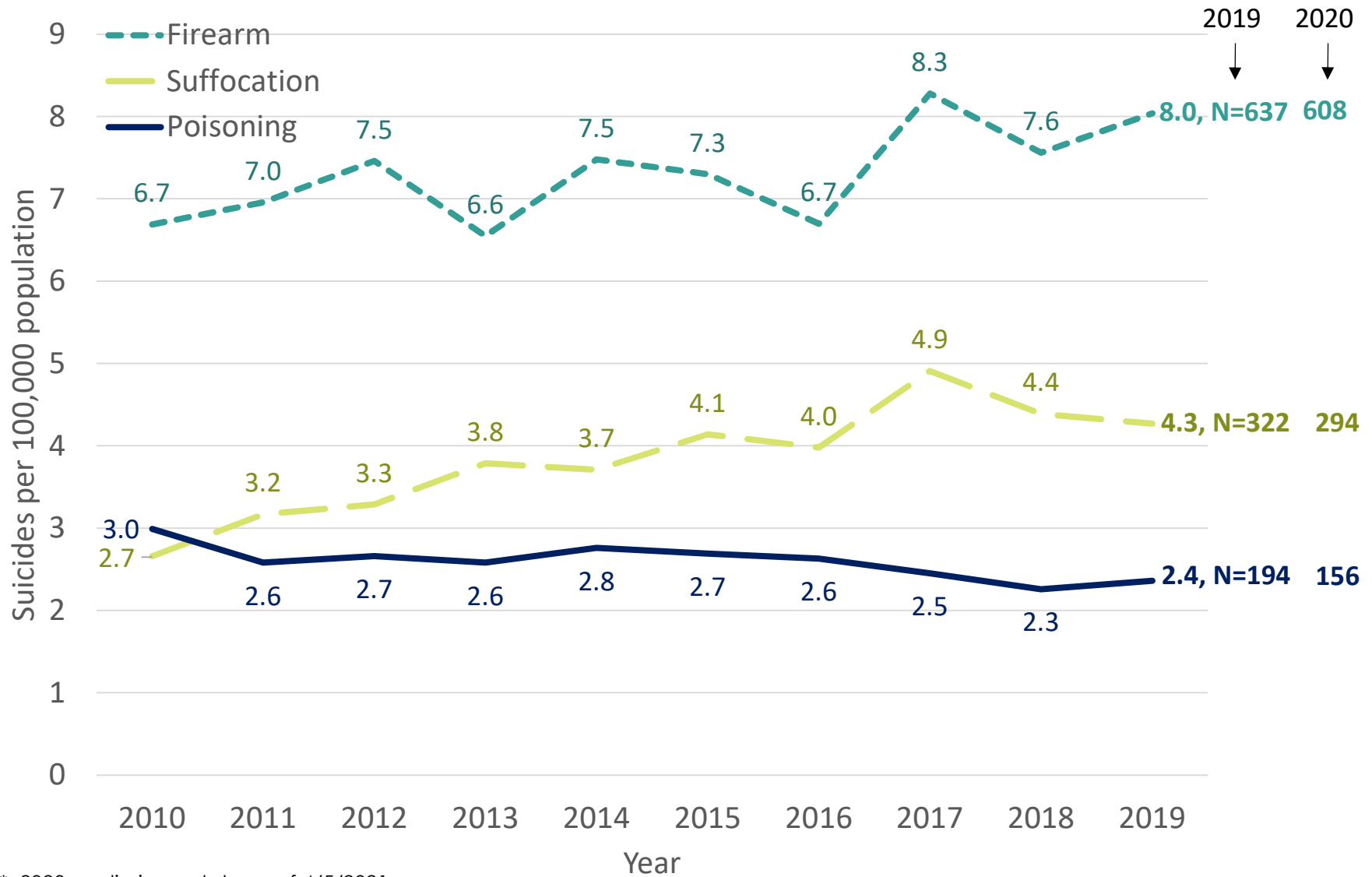
*: 2020 preliminary data as of 4/5/2021
 Source: WA death certificates-CHAT

Suicide rate (count) in WA by sex, 2010-2019



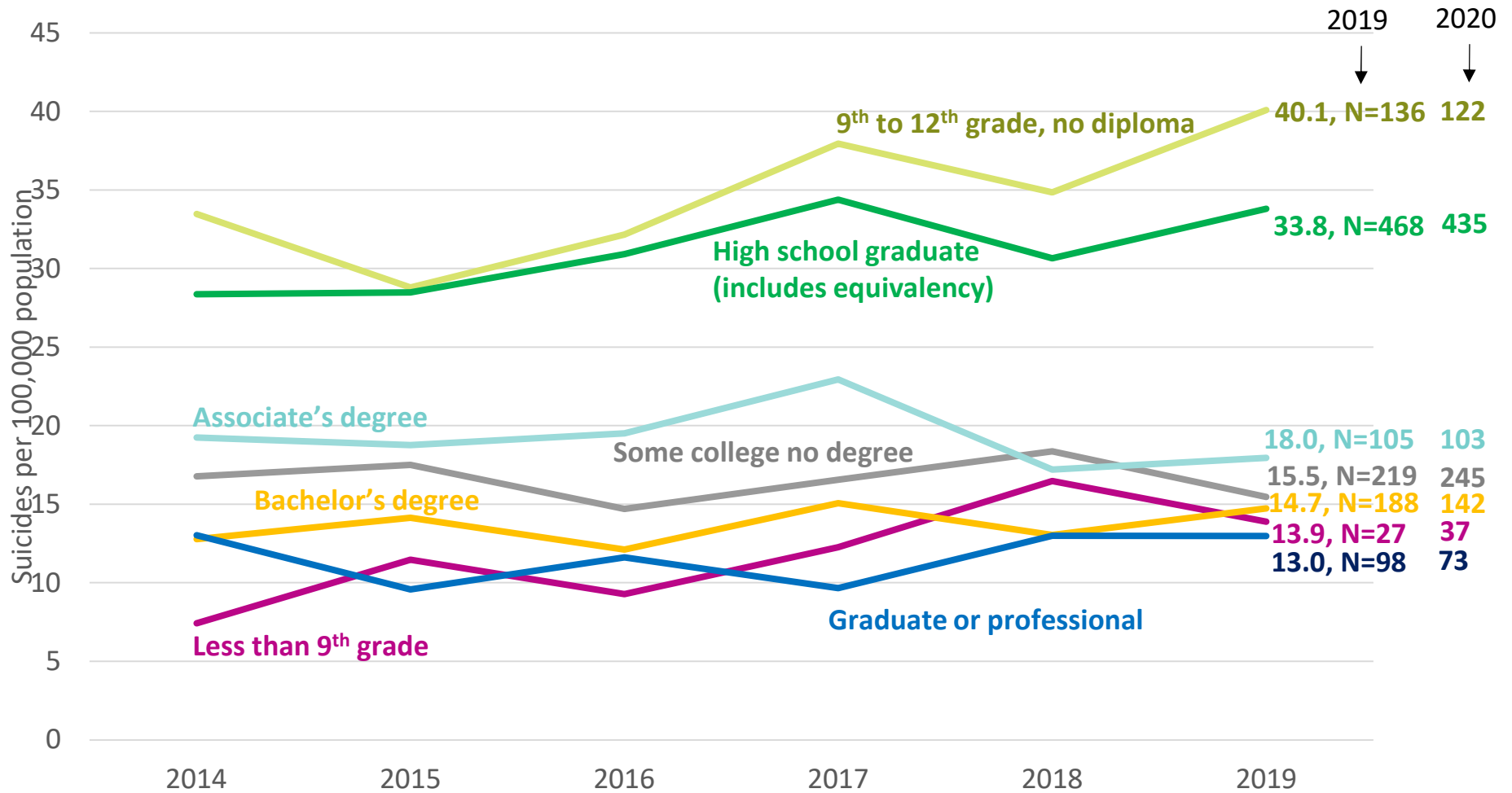
*: 2020 preliminary data as of 4/5/2021
Source: WA death certificates-CHAT

Suicide rate (count) in WA by means, 2010-2019



*: 2020 preliminary data as of 4/5/2021
 Source: WA death certificates-CHAT

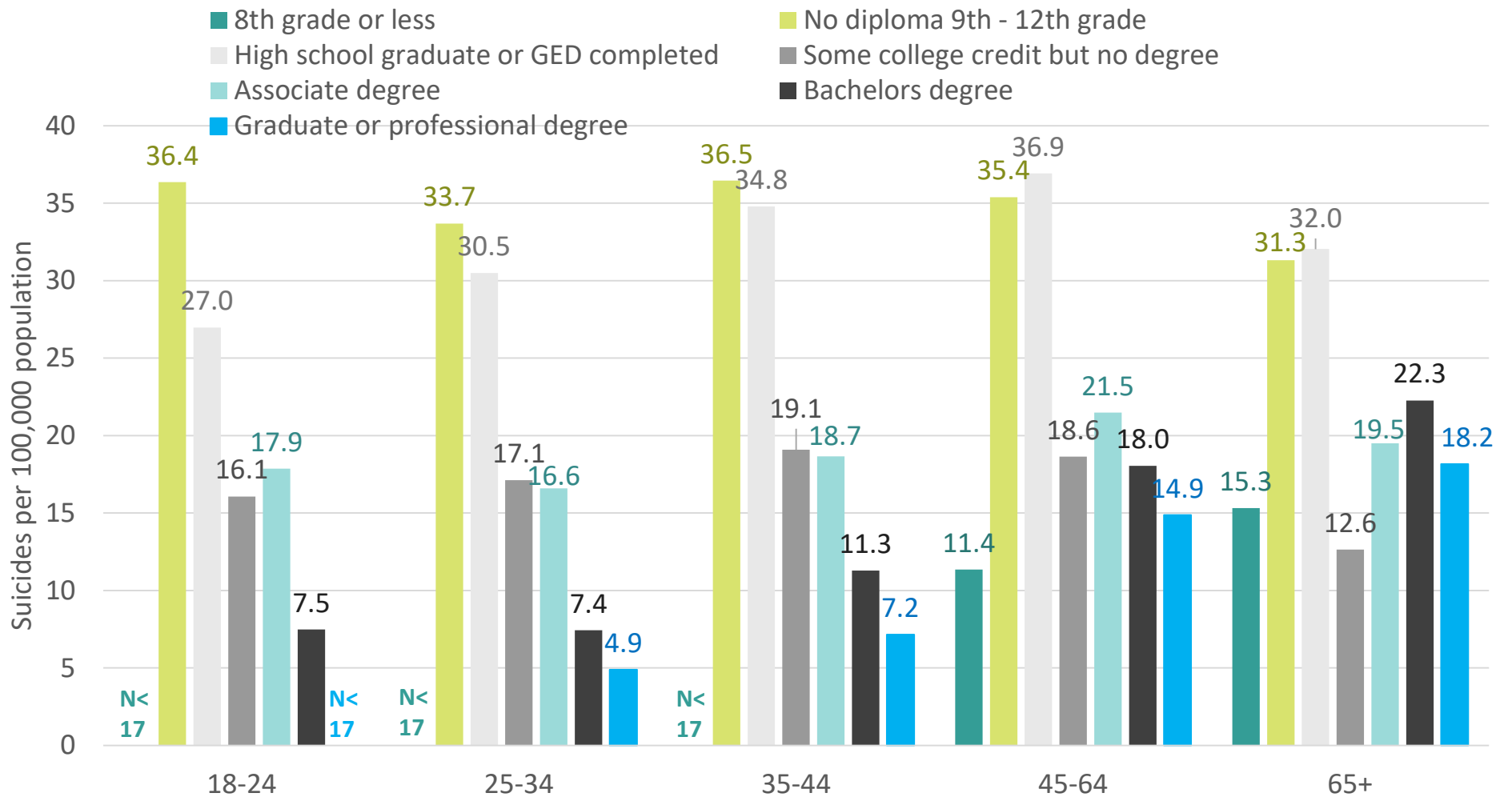
Suicide rate (count) by education among people 18 years and older in WA, 2014-2019



Source: WA death certificates
US Census data at

<https://data.census.gov/cedsci/table?q=United%20States&t=Education%3AEducational%20Attainment&g=0400000US53&y=2018&d=ACS%201-Year%20Estimates%20Detailed%20Tables&tid=ACSDT1Y2018.B15001&hidePreview=false>

Suicide rate by education by age group among people 18 years and older in WA, 2017-2019



N<17: the rate is suppressed when the count is less than 17.

Source: WA death certificates

US Census data at

<https://data.census.gov/cedsci/table?q=United%20States&t=Education%3AEducational%20Attainment&g=0400000US53&y=2018&d=A CS%201-Year%20Estimates%20Detailed%20Tables&tid=ACSDT1Y2018.B15001&hidePreview=false>

Take home messages-suicide

- **2010-2019**
 - WA suicide rate has been higher than the national rate for more than 10 years.
- **2014-2019**
 - **Education:** Among people 18 years and older, the suicide rate was highest in those with 9th to 12th grade (no diploma) and high school graduates (including equivalency).
- **2020*** compared to 2019
 - **Overall:** There was no increase in suicides.
 - **Race/ethnicity:** There was an increase among Hispanics.
 - **Age group:** The largest decrease was in people 65 years and older and 45-64 years of age.
 - **Sex:** There was no increase.
 - **Most common means:** There was a decrease in all three of the common means.
 - **Education:** There was an increase among people with some college no degree and people with less than 9th grade.

*2020 death data are preliminary, as of 4/5/2021. 2020 suicide numbers are expected to change before the data are finalized.

Factsheets

2015-2018 fact sheets available for:

- All Suicide
- Adult Male Suicide
- Older Adult Suicide
- Young Adult Suicide
- Youth Suicide
- Veteran Suicide

Download at:

<https://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention>

Veterans Suicide Data | 2015-2018

National Violent Death Reporting System (NVDRS)
4,090 suicides 2015-2018

NVDRS is the only state-based surveillance system that pools more than 600 unique data elements from death certificates, coroner/medical examiner reports, law enforcement reports, and toxicology reports.

NVDRS data cover all types of violent deaths, including intentional and unintentional injury deaths, suicides, and homicides.

Between 2015 and 2018, 4,090 violent deaths were reported to the National Violent Death Reporting System (NVDRS). Of these, 4,090 were suicides.

Who, When, Where, How & Why
NVDRS collects data on the who, when, where, how, and why of violent deaths to help us better understand why they occurred.

Nearly 40% of veterans who die by suicide had post-traumatic stress disorder (PTSD) or depressed moods. About 25% of veterans who die by suicide were in intimate partnerships (40%), family members, or friends.

Means and circumstances related to suicide—change over the life course. Where help and attention may be needed.

Suicide Means, Circumstances

Circumstances examples:

- Grief/loss moved out
- Family broke off the engagement
- Had existing marriage difficulties
- Had three suicide attempts

Age: 18 to 34
Means:
60% by firearm
27% by hanging, strangulation, suffocation
Circumstances:
44% had intimate partner problems
26% with mental health problems
20% suspected of alcohol use preceding the incident
17%

Age: 18 to 24
Means:
53% by firearm
32% by hanging, strangulation, suffocation
Circumstances:
37% had an intimate partner
30% had suicide attempt
22% had non-alcohol related problems
12%

Suicide Means
Age under 18
Means:
60% by hanging, strangulation, suffocation
29% by firearm
Circumstances:
42% had a family relationship
22% had a school problem
2% had a recent argument
4%

Sharing Suicide Data to Save Lives

National Violent Death Reporting System (NVDRS)
1,619 violent deaths 2018

NVDRS is the only state-based surveillance system that pools more than 600 unique data elements from:

- Death certificates
- Coroner/medical examiner reports
- Law enforcement reports
- Toxicology reports

NVDRS data covers all types of violent deaths, including intentional and unintentional injury deaths, suicides, and homicides.

In 2018, 1,619 violent deaths were reported to the National Violent Death Reporting System (NVDRS). Of the total deaths reported, 1,619 were suicides.

Who, When, Where, How and Why
NVDRS collects data on the who, when, where, how, and why of violent deaths to help us better understand why they occurred.

More than 50 percent of all people who die by suicide have disclosed suicide intent—most often to family members and friends/colleagues.

In Washington, means and circumstances related to suicide—change over the life course. The majority of suicides happen at home.

Washington State Violent Death Reporting System

Sharing Data to Prevent Youth Suicide | 2015-2018

Youth Suicide
The Washington state suicide rate among youth (10-17 years old) has been rising (from 3.5 per 100,000 in 2010 to 6.9 per 100,000 in 2018), and has remained higher than the national rate in the same time frame. Since 2017, suicide has surpassed accidental deaths, making it the leading cause of death among youth. Nearly 70% of youth who died by suicide were males and 65% were Non-Hispanic whites.

Results from Washington State's 2018 Healthy Youth Survey (HYS) show that, in the past year, 16% of 10th graders reported attempting suicide, with a significantly higher percentage of gay, lesbian, and bisexual students (22%) reporting attempting suicide than straight students (7.4%).

What Happened and Why
The Washington Violent Death Reporting System (WA-VDRS) is part of the National Violent Death Reporting System (NVDRS) that collects more than 600 unique data elements from death certificates, coroner/medical examiner reports, law enforcement reports, and toxicology reports on who, when, where, and how of suicides to help us better understand why they occurred.

Between 2015 and 2018, 4,090 suicides were reported into WA-VDRS. Of those, 4% were youth under 18 years old. Approximately 75% of youth suicides occurred at home, 42% had mental health problems with 76% diagnosed as depression; and, more than 25% disclosed their suicide thoughts or plans to another person. If a firearm was used, nearly 50% were owned by a family member or friend.

#BeTheTo
The National Action Alliance for Suicide Prevention and the National Suicide Prevention Lifeline promote #BeTheTo's five action steps for communicating with and supporting someone who may be suicidal. Visit #BeTheTo for information about how and why to take action.

WA-VDRS Youth Suicides	
MALES	FEMALES
44% died by firearm	69% died by suffocation/hanging/strangulation
26% had treatment for mental health/substance abuse problems	54% had treatment for mental health/substance abuse problems
36% had history of suicide thoughts and/or plans	52% had history of suicide thoughts and/or plans
16% had history of suicide attempt	41% had history of suicide attempt
47% had problems with a family member	33% had problems with a family member
26% had problems at or related to school	30% had problems at or related to school

Examples of family or school problems: arguments with family members; discipline from parents; fighting or being bullied at school; failing grades or failure to meet graduation requirements.

ASK **BE THERE** **KEEP THEM SAFE** **HELP THEM CONNECT** **FOLLOW UP**

- Ask the tough questions directly, "Are you thinking about killing yourself?"
- Listen to their reasons for feeling hopeless and in pain.
- Listen with compassion and empathy—no dismissing or judgment.
- Ask if they've thought about how they would do it.
- Separate them from anything they could use to hurt themselves.
- Connect them with a support system such as their family, friends, clergy, coaches, co-workers, or therapists.
- Encourage them to call 800-273-TALK (2755).
- Check in on a regular basis.
- Making contact in the days after a crisis can make the difference in keeping them alive.



Washington State Department of Health is committed to providing customers with forms and publications in appropriate alternate formats. Requests can be made by calling 800-525-0127 or by email at civil.rights@doh.wa.gov. TTY users dial 711.