



# Washington Suicide Data

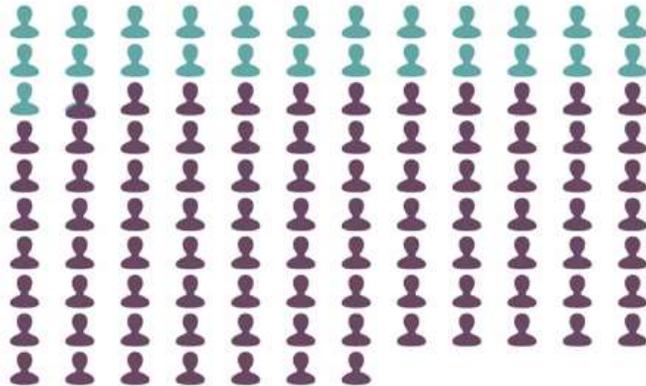
Updated April 2019



# Impact

## 115 PEOPLE EXPOSED

TO EACH SUICIDE DEATH (Cerel, 2016)



  MAJOR LIFE DISRUPTION



### LOSS & TRAUMA OF THOSE LEFT BEHIND

#### Reactions:

Guilt  
Anger  
Shame  
Anxiety  
Isolation  
Insomnia  
Suicidal/Suicide death



#### Domino Effect:

Divorce  
Job loss  
Loss of purpose  
Substance abuse  
Financial hardship  
Health consequence  
Dropping out of school

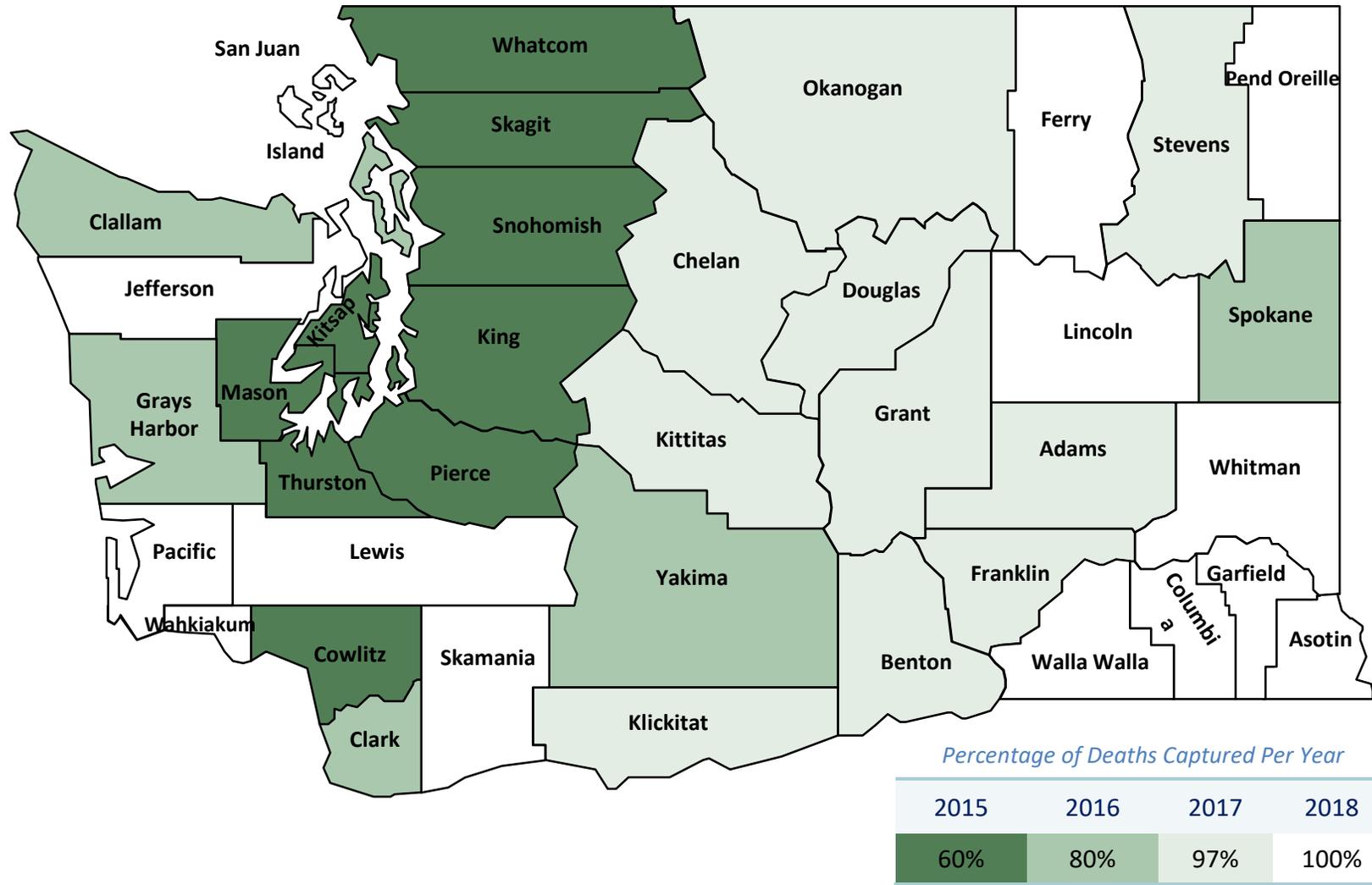
# Data Sources

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- Death certificates
- Comprehensive Hospital Abstracting System (CHARS)
- Washington Violent Death Reporting System (WA-VDRS)
  - 2015 data (9 counties)
    - King, Pierce, Snohomish, Kitsap, Thurston, Whatcom, Skagit, Mason, Cowlitz
  - 2016 (15 counties)
    - Added Clallam, Clark, Grays Harbor, Island, Spokane, Yakima

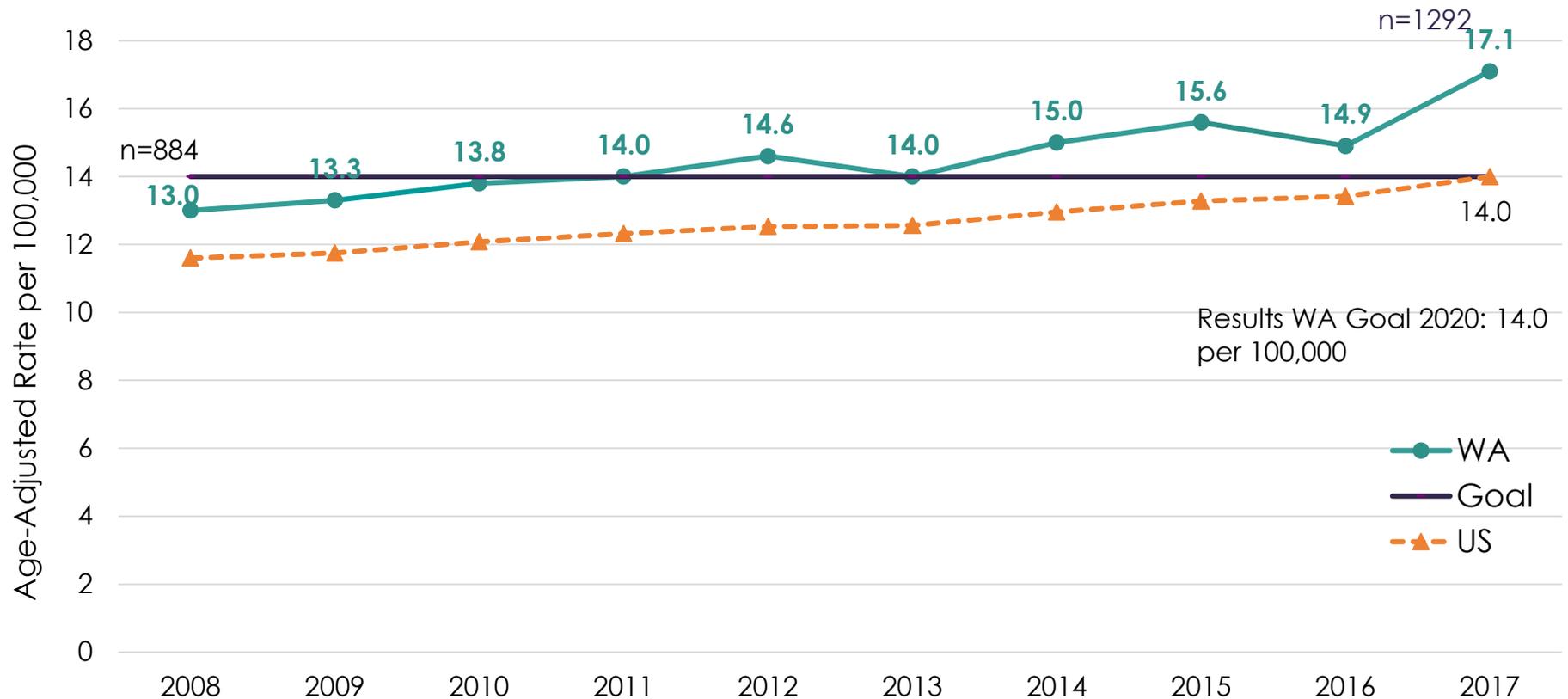
Note: Data reporting is based on WA residents.

# WA-Violent Death Reporting System Implementation Timeline



# 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

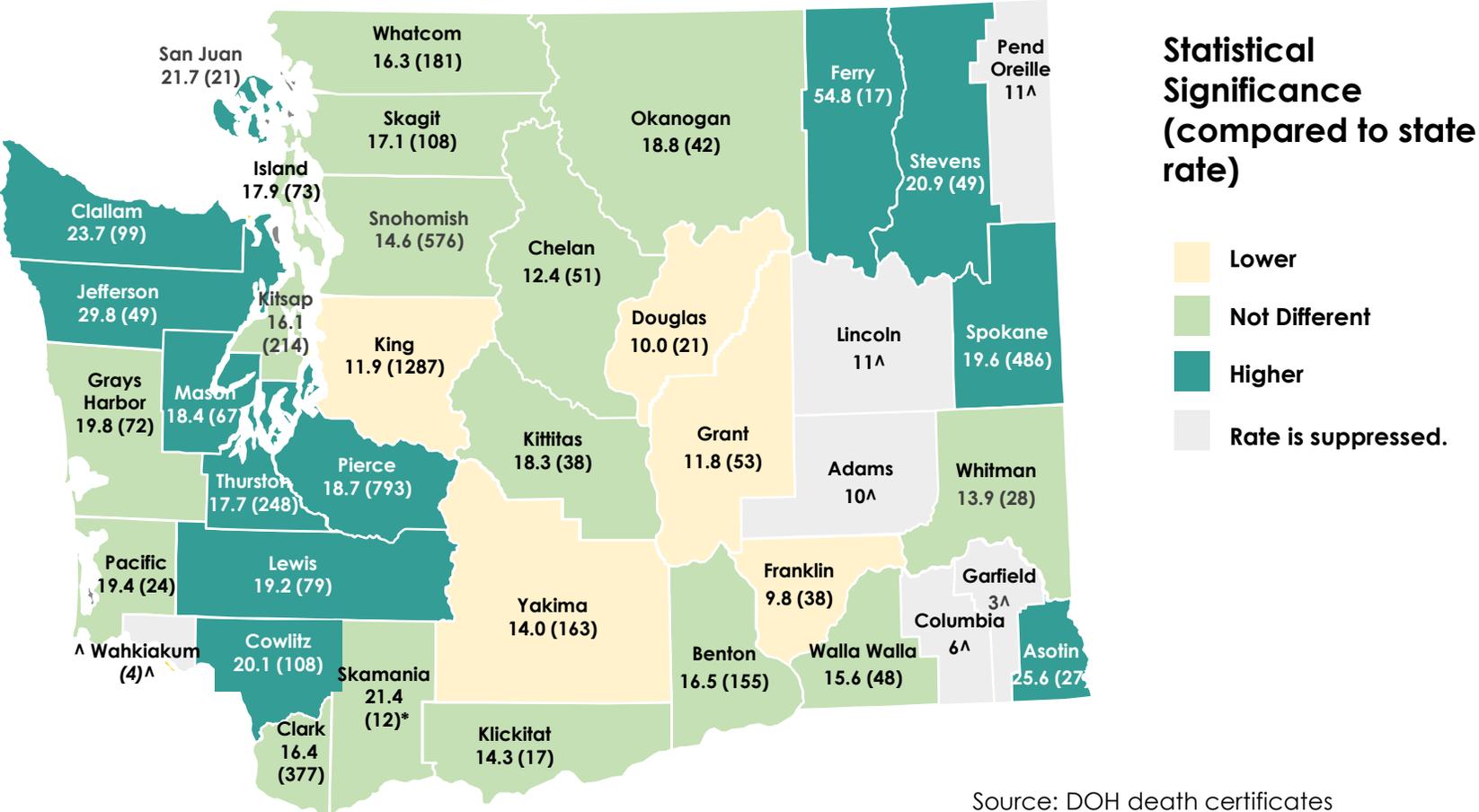


Source: DOH death certificates

# Geography

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# 2013-2017 Washington State Suicide Mortality (State Age-Adjusted Rate = 15.4 per 100,000)



Source: DOH death certificates  
 \*: Rate is not reliable in county with 16 or fewer deaths  
 ^: Rate is suppressed in county with 11 or fewer deaths.

# 2017 WA Suicide Rate by Urban-Rural Area

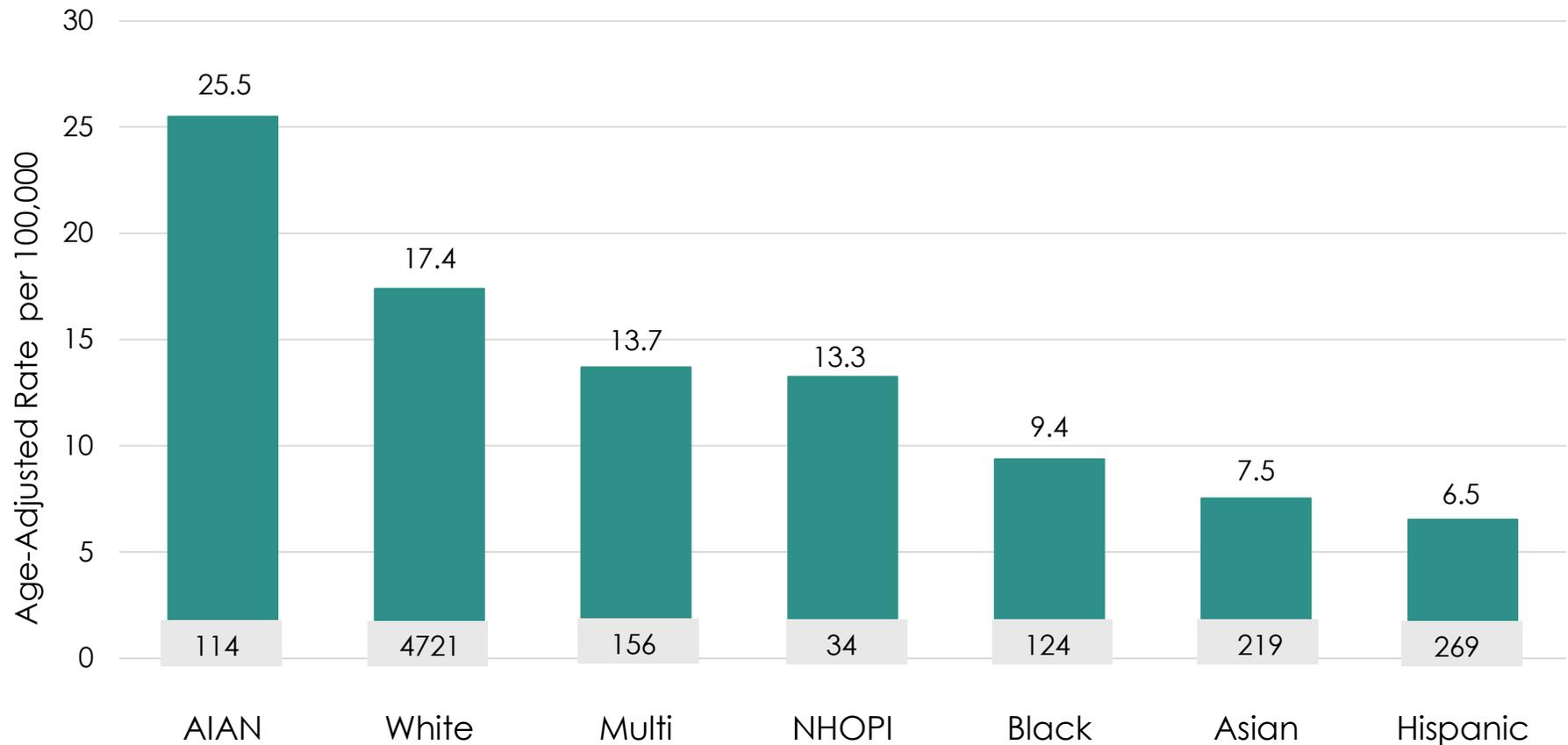
Geography	Age-adjusted Rate per 100,000	+ - % compared to the state	Number of Suicides	Population
Urban Core	15.4	-10%	906	5,490,766
Suburban	15.6	-8.8%	102	540,201
Large Rural Town	17.5	+2.3%	78	414,241
Small Town /Isolated Rural	21.2	+24%	197	865,085
<b>State</b>	<b>17.1</b>	<b>—</b>	<b>1,292</b>	<b>7,310,300</b>

Source: DOH death certificates

Race

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# WA Suicide Rate by Race/Ethnicity (2013-2017)

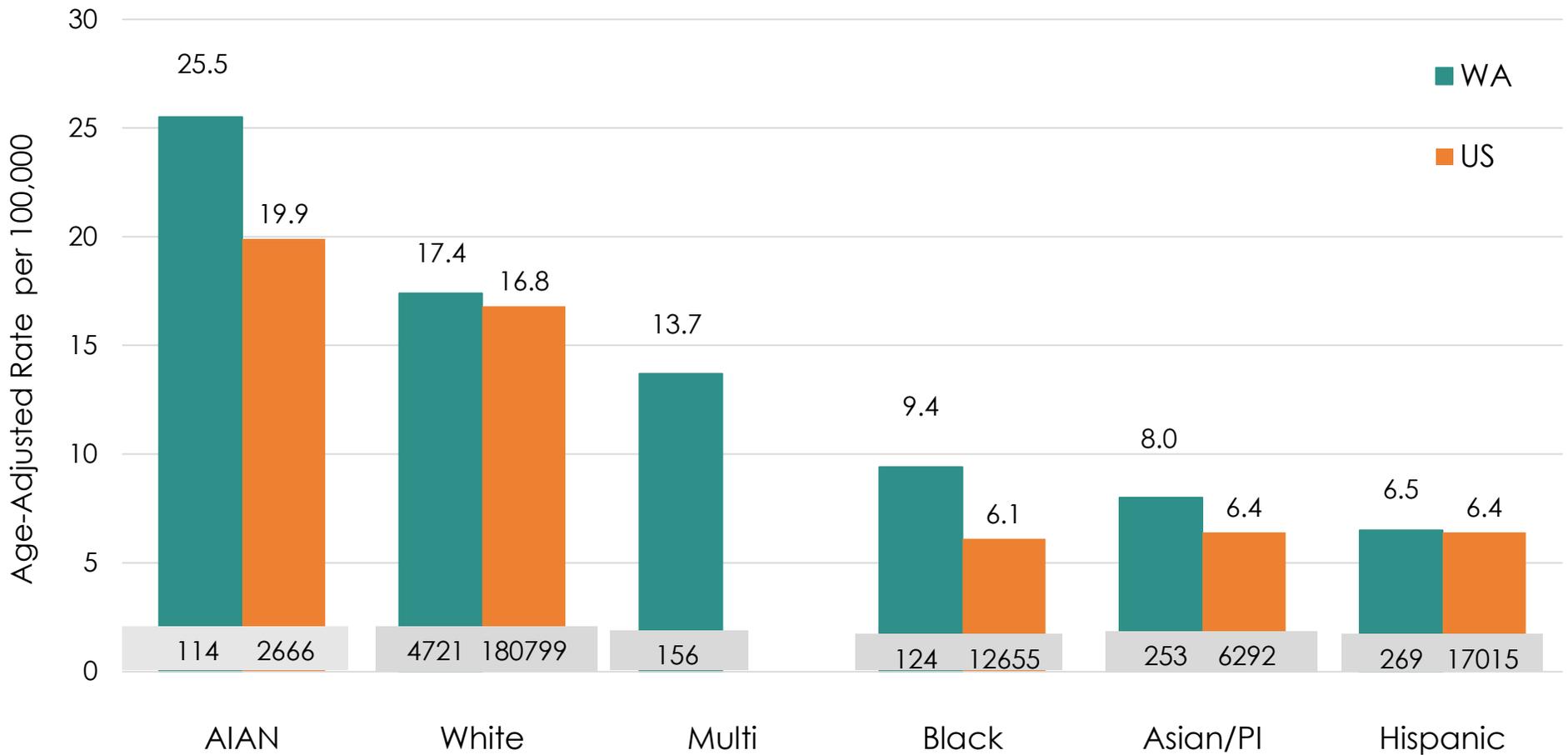


AIAN: American Indian and Alaskan Native  
 Multi: Multiracial  
 NHOPI: Native Hawaiian/Other Pacific Islander  
 AI/AN, White, Multi, Black, Asian/PI are all not  
 Hispanic or Latino

Source: DOH death certificates

Count in gray bars

# WA and US Suicide Rates by Race/Ethnicity (2013-2017)

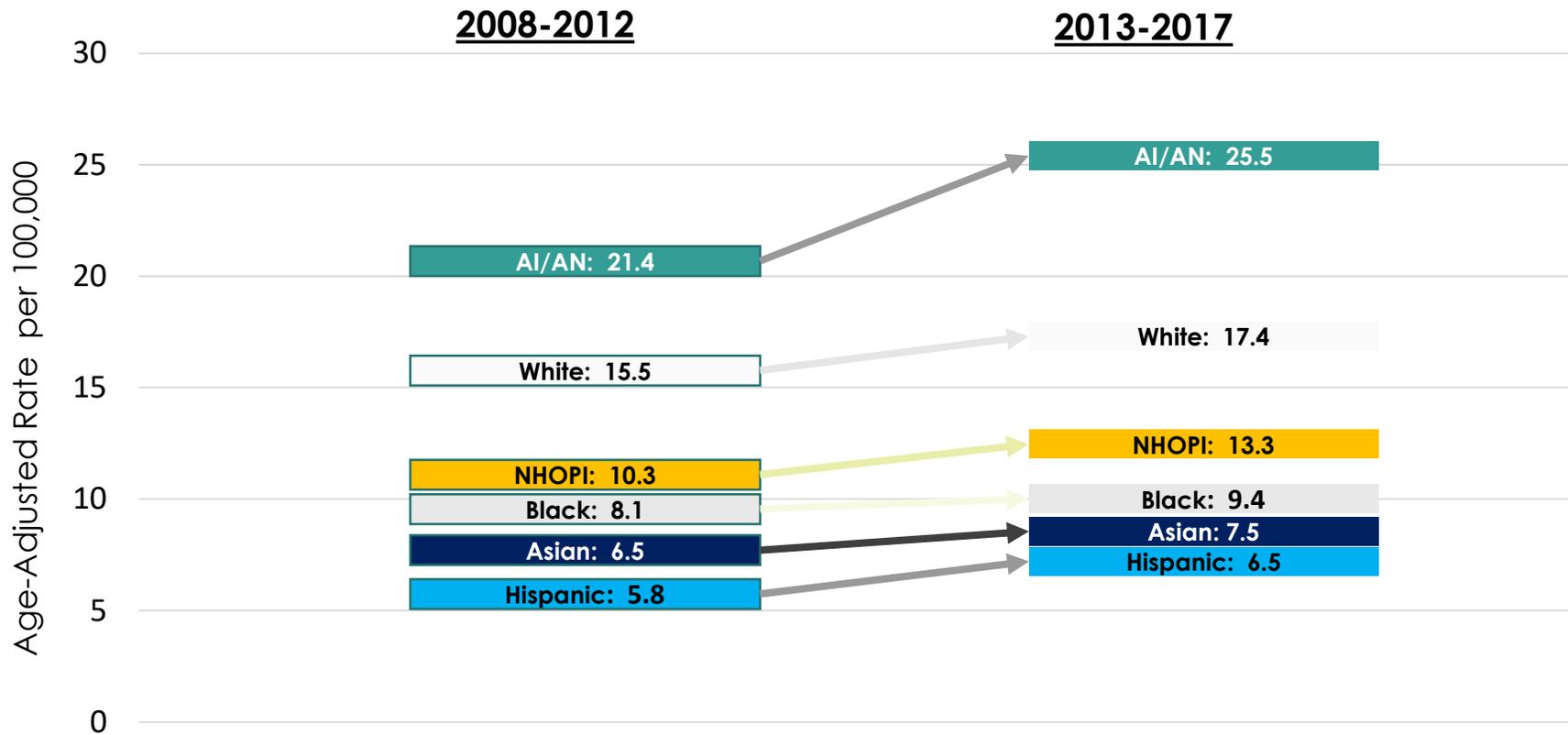


AIAN: American Indian and Alaskan Native  
 Multi: Multiracial  
 Asian/PI: Asian or Pacific Islander  
 AI/AN, White, Multi, Black, Asian/PI are all not Hispanic or Latino

Source: DOH death certificates

Count in gray bars

# WA Suicide Rate by Race/Ethnicity (2008-2012 vs 2013-2017)

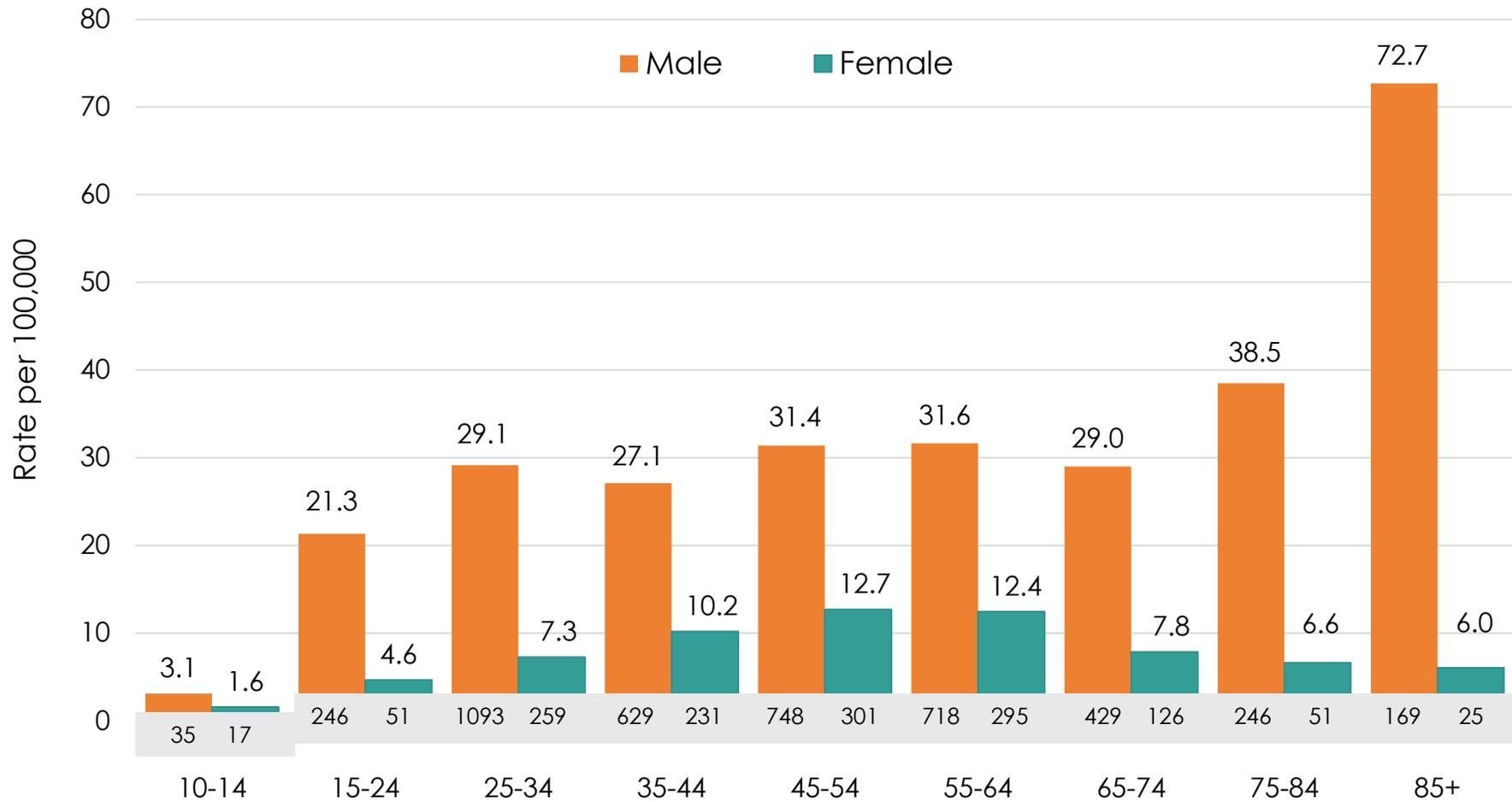


AIAN: American Indian and Alaskan Native  
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 AI/AN, White, Multi, Black, Asian/PI are all not Hispanic or Latino

Source: DOH death certificates

# Age and Sex

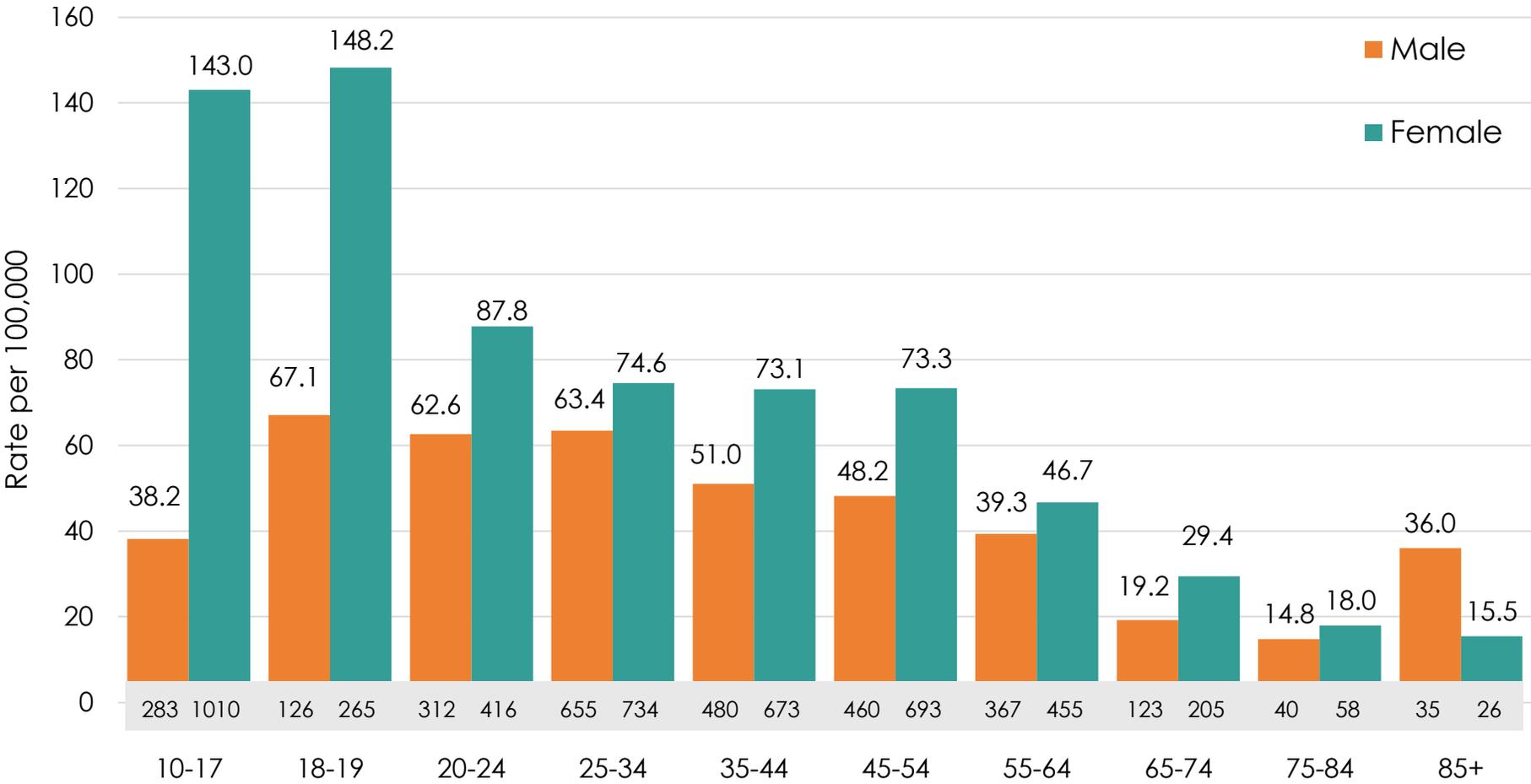
# WA Suicide Rate by Age and Sex (2013-2017)



Source: DOH death certificates

Count in gray bars

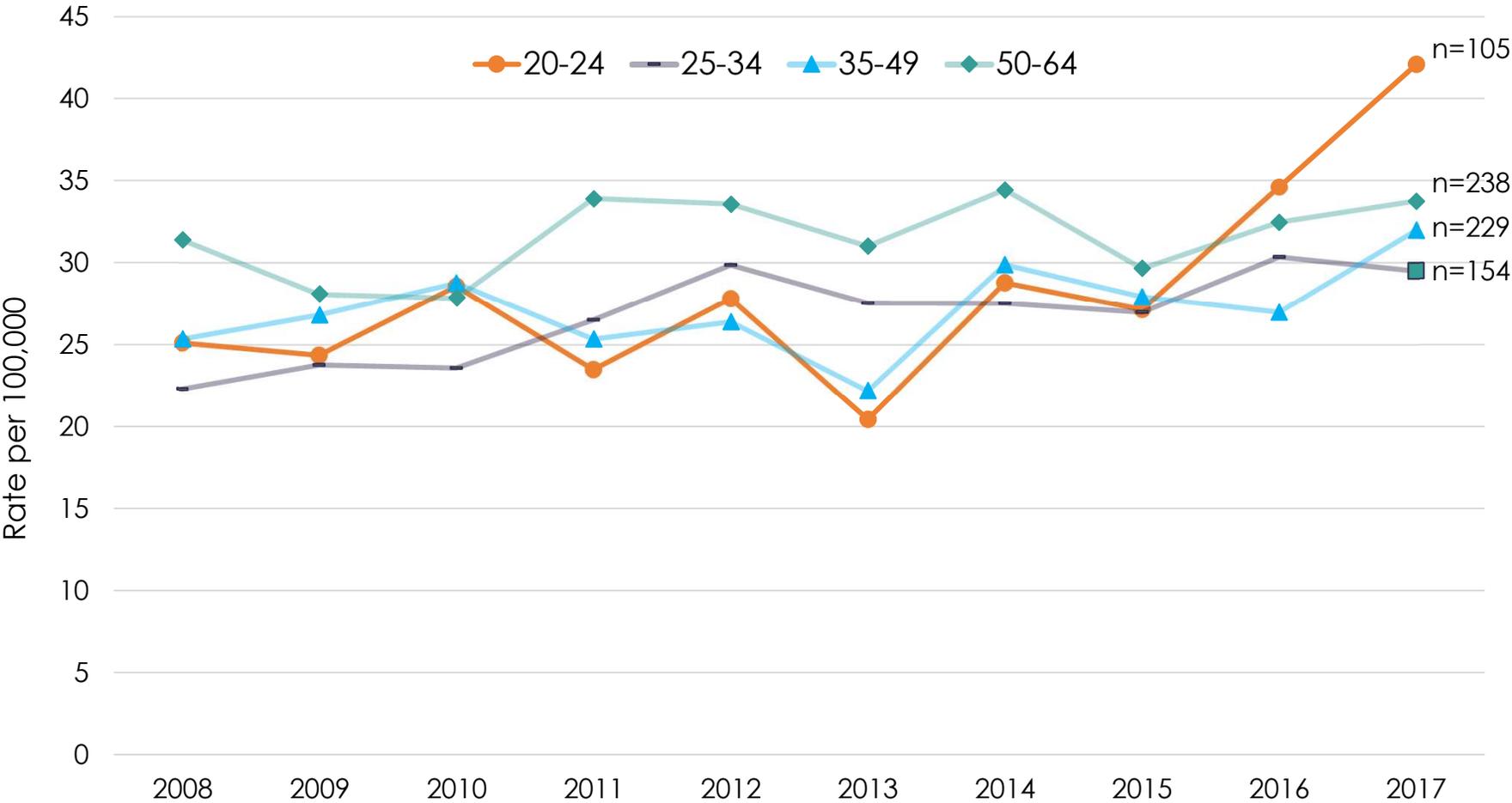
# WA Intentional Self-Injury Hospitalization Rate by Age and Sex (2016-2017)



Count in gray bars

Source: Comprehensive Hospital Abstract Reporting System (CHARS)

# WA Suicide Rate among Men Ages 20-64 (2008-2017)



Source: DOH death certificates

# Method

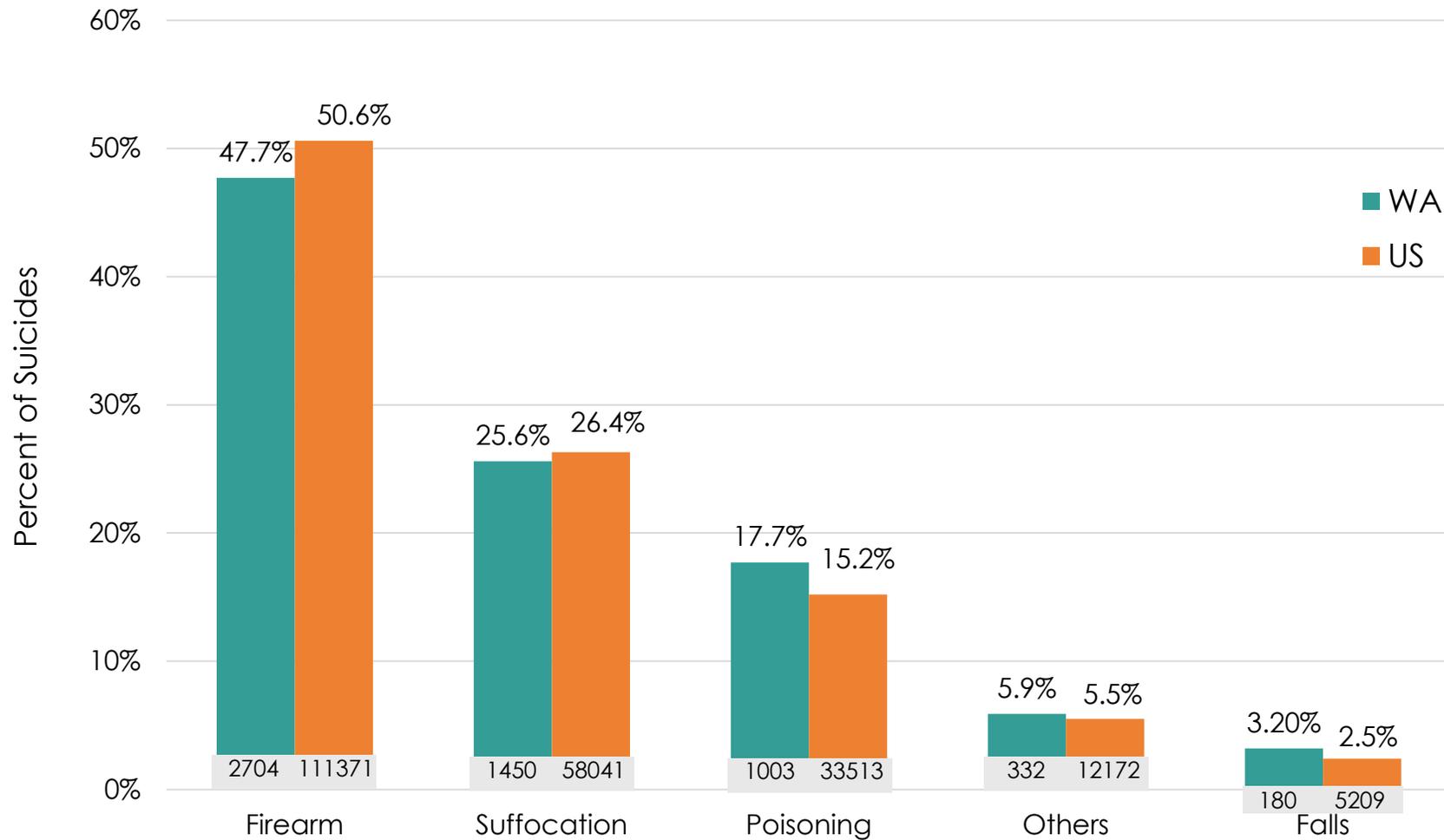
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# Definitions

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- **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

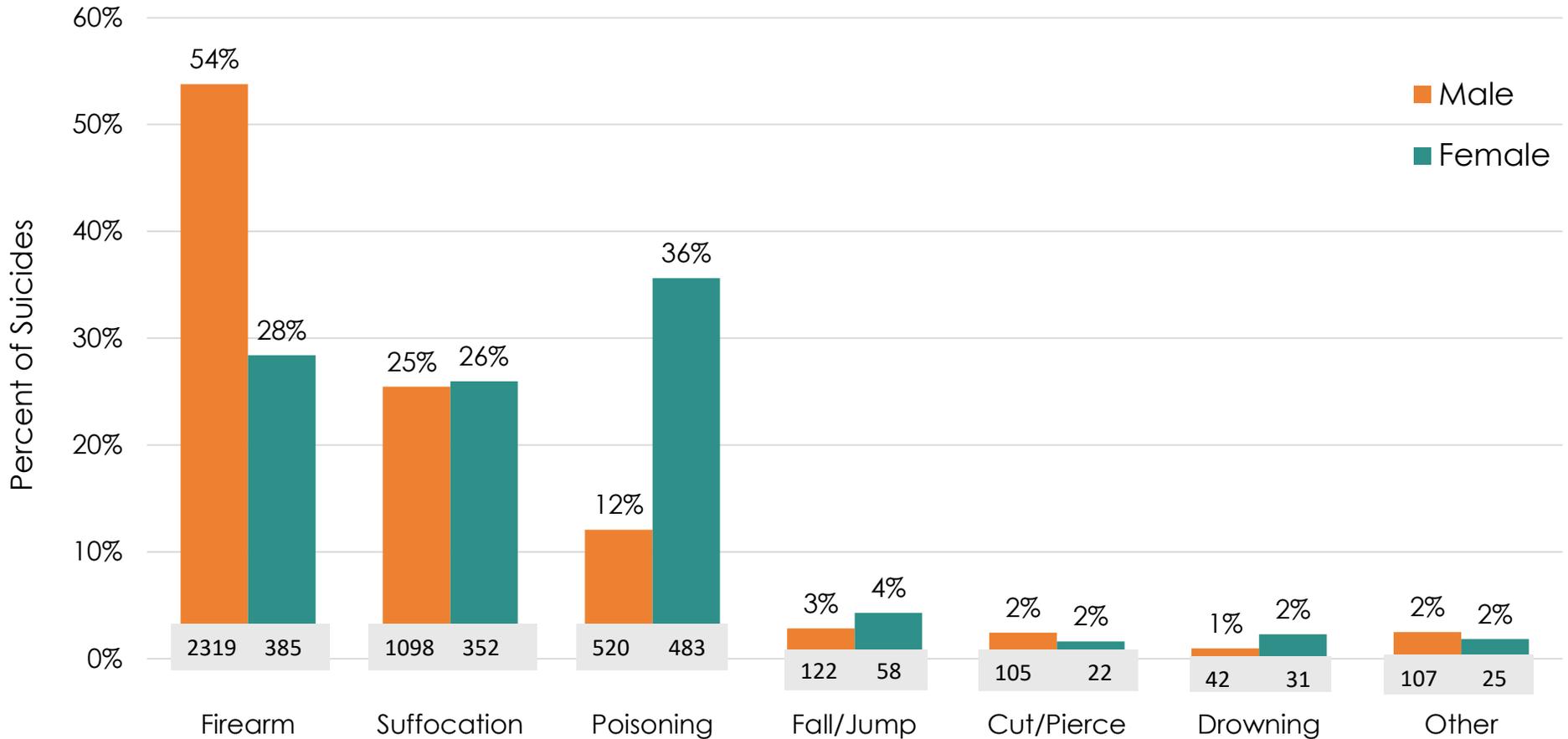
# WA and US Suicide by Methods (2013-2017)



Count in gray bars

Source: DOH death certificates

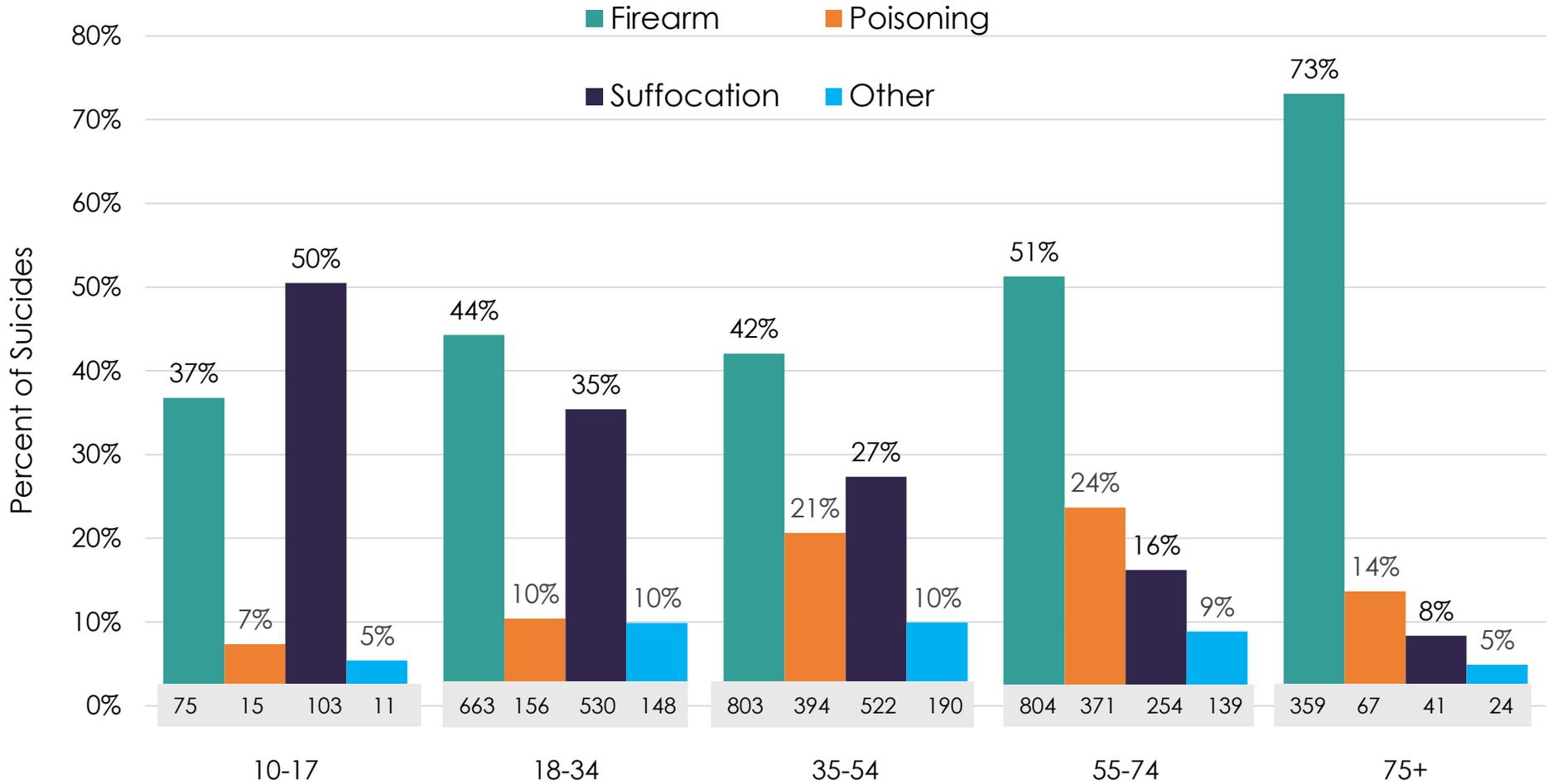
# WA Suicide by Method and Sex (2013-2017)



Count in gray bars

Source: DOH death certificates

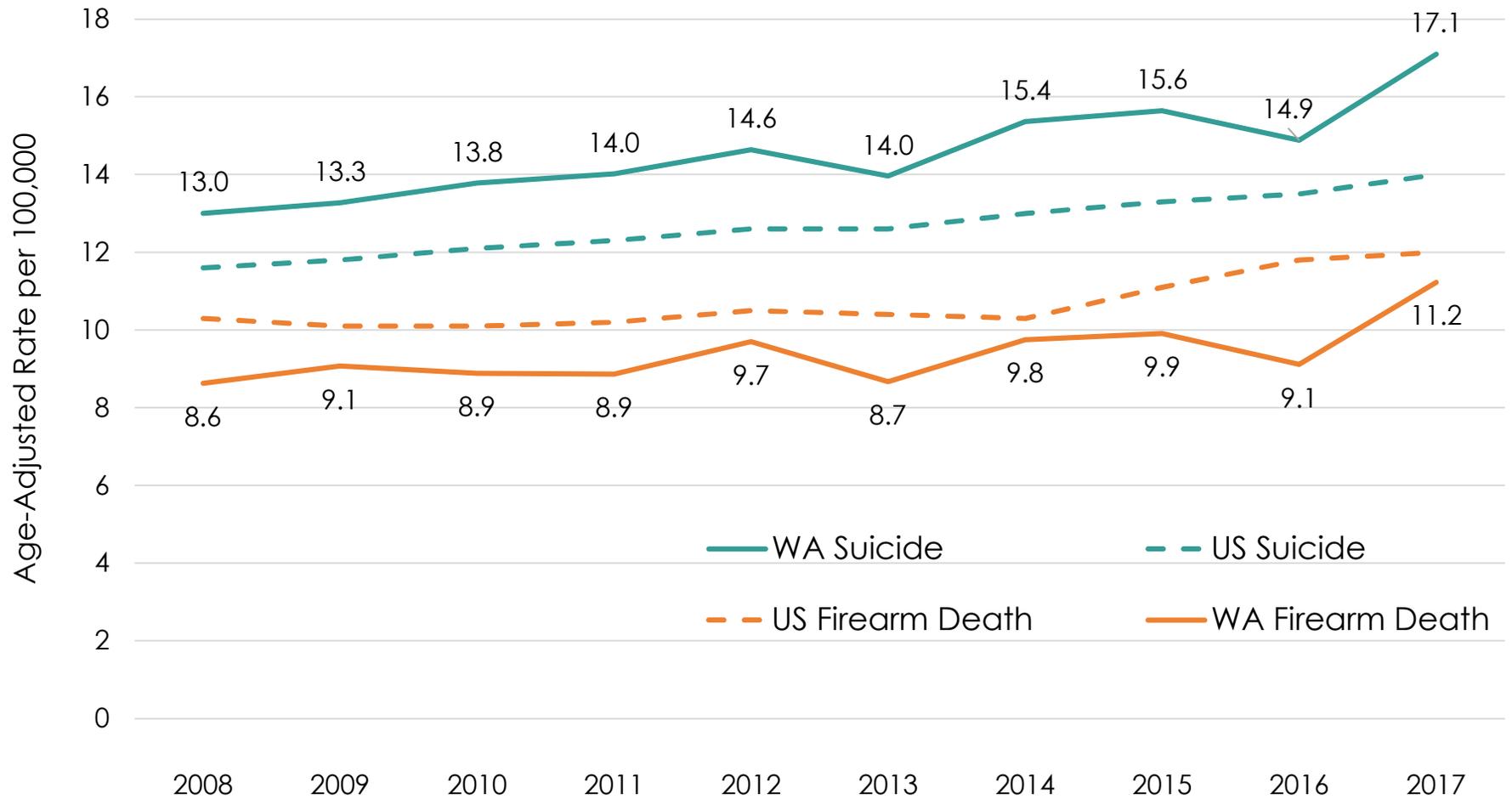
# WA Suicide by Method and Age (2013-2017)



Count in gray bars

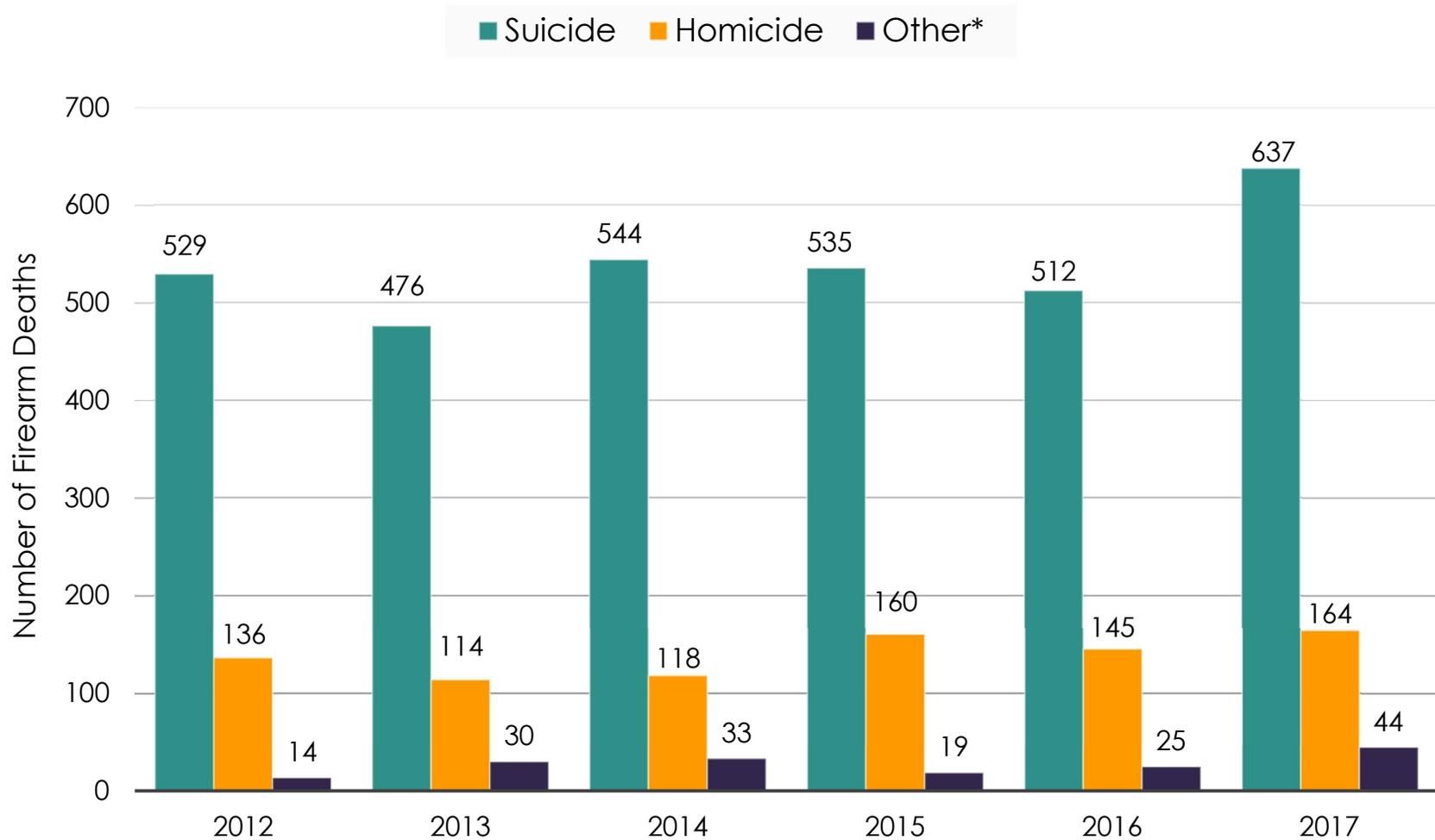
Source: DOH death certificates

# WA and US Suicide and Firearm Death Rates (2008-2017)



Source: DOH death certificates  
USA rates CDC WONDER

# WA Firearm Deaths Number by Intent (2013-2017)



\* Includes accidental and undetermined firearm-related deaths.

Source: DOH death certificates

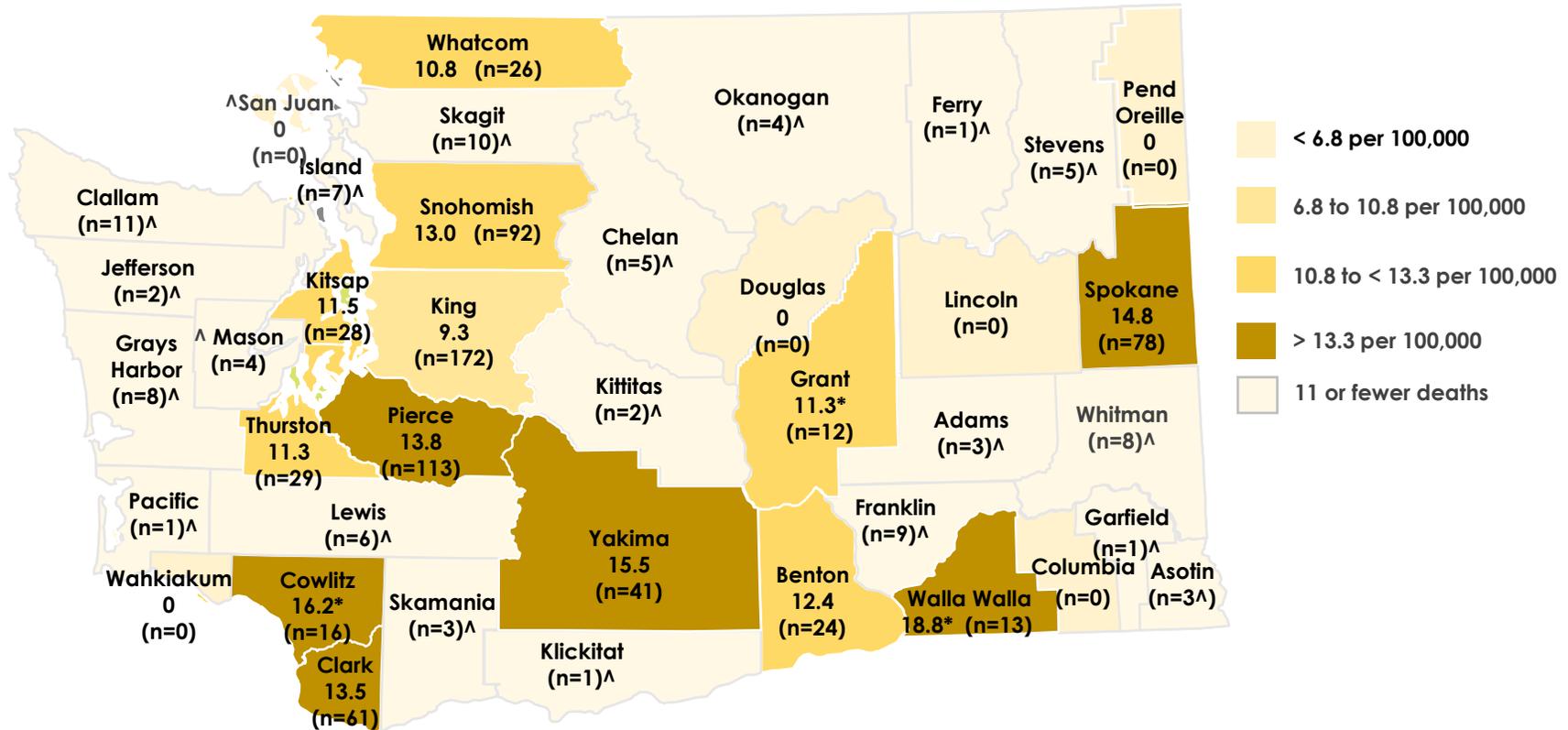
## Method Related Resources

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- [2019 Annual Report on Firearm Fatality and Suicide Prevention](#)
- [Suicide & Safe Storage of Firearms fact sheet](#)
- [LOCK-IT-UP: Promoting the safe storage of firearms - King County](#)
- [Safer Homes Coalition](#)
- [Seattle Children's Hospital – Gun Safety Program](#)
- [Pacific Northwest Suicide Prevention Resource Center](#)
- [Means Matter](#)
- [Suicide Proof Your Home](#)
- [Counseling on Access to Lethal Means \(CALM\) training](#)

# Selected Population: Youth

# WA Suicide Rate by County for Youth Ages 10-24 (2013-2017)



2013-2017 Youth (10-24 years) Suicide rate (per 100,000)

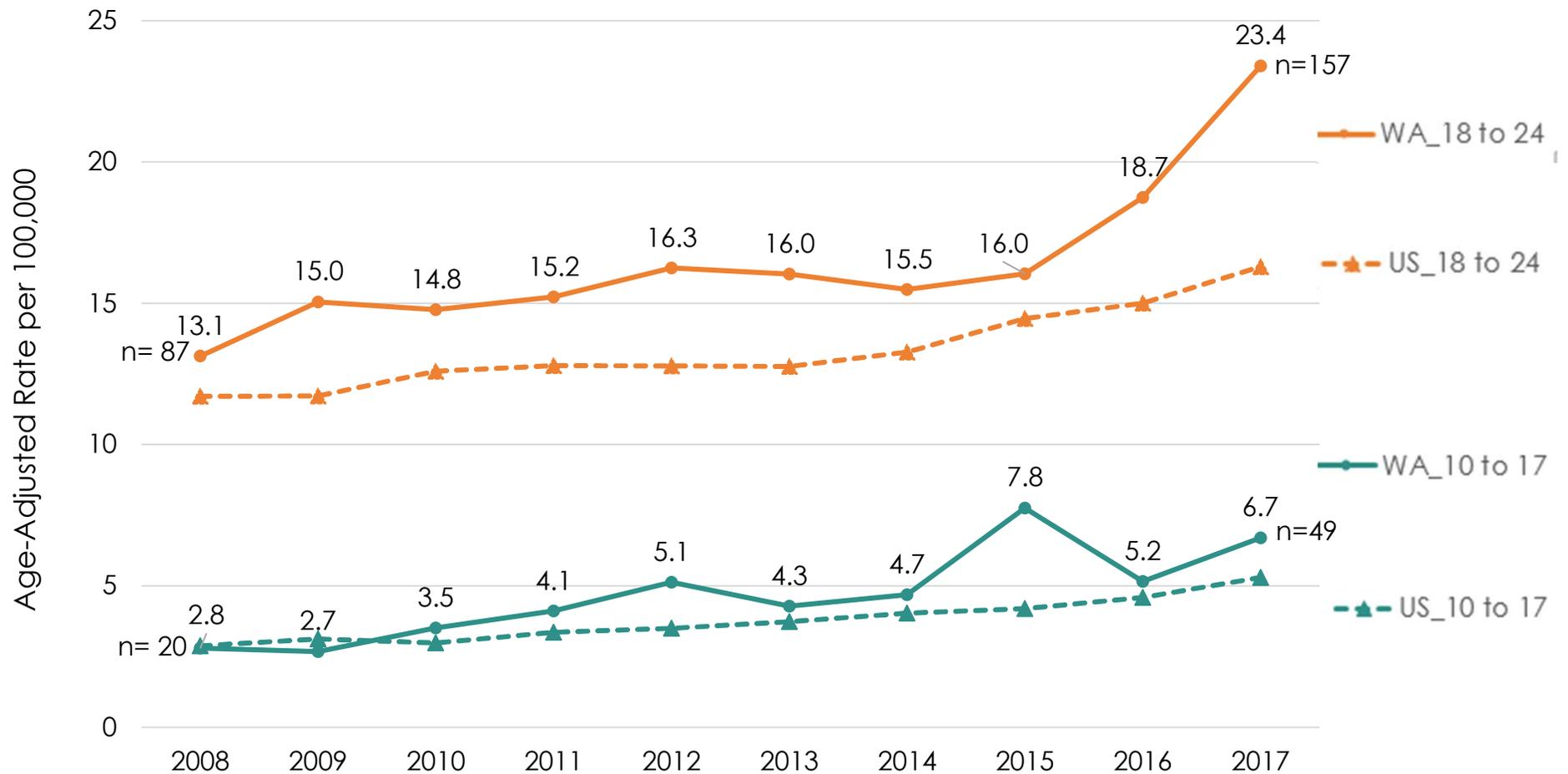
State rate: 11.6

Source: Death Certificates

\*: Rate is not reliable in county with 16 or fewer deaths

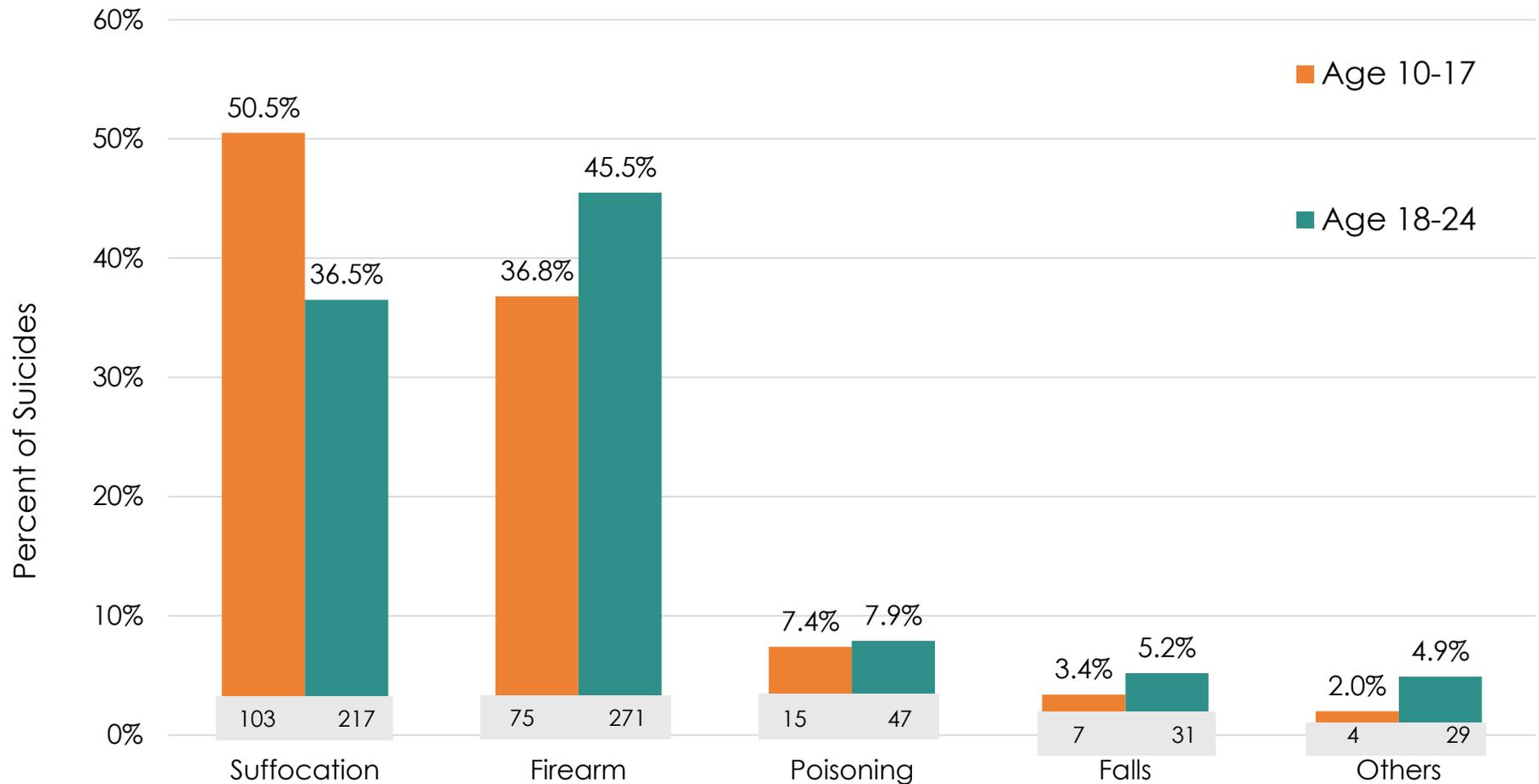
^: Rate is suppressed in county with 11 or fewer deaths

# WA and US Suicide Rates in Youth Ages 10-24 (2008-2017)



Source: DOH death certificates

# WA Suicide by Method in Youth Ages 10-24 (2013-2017)



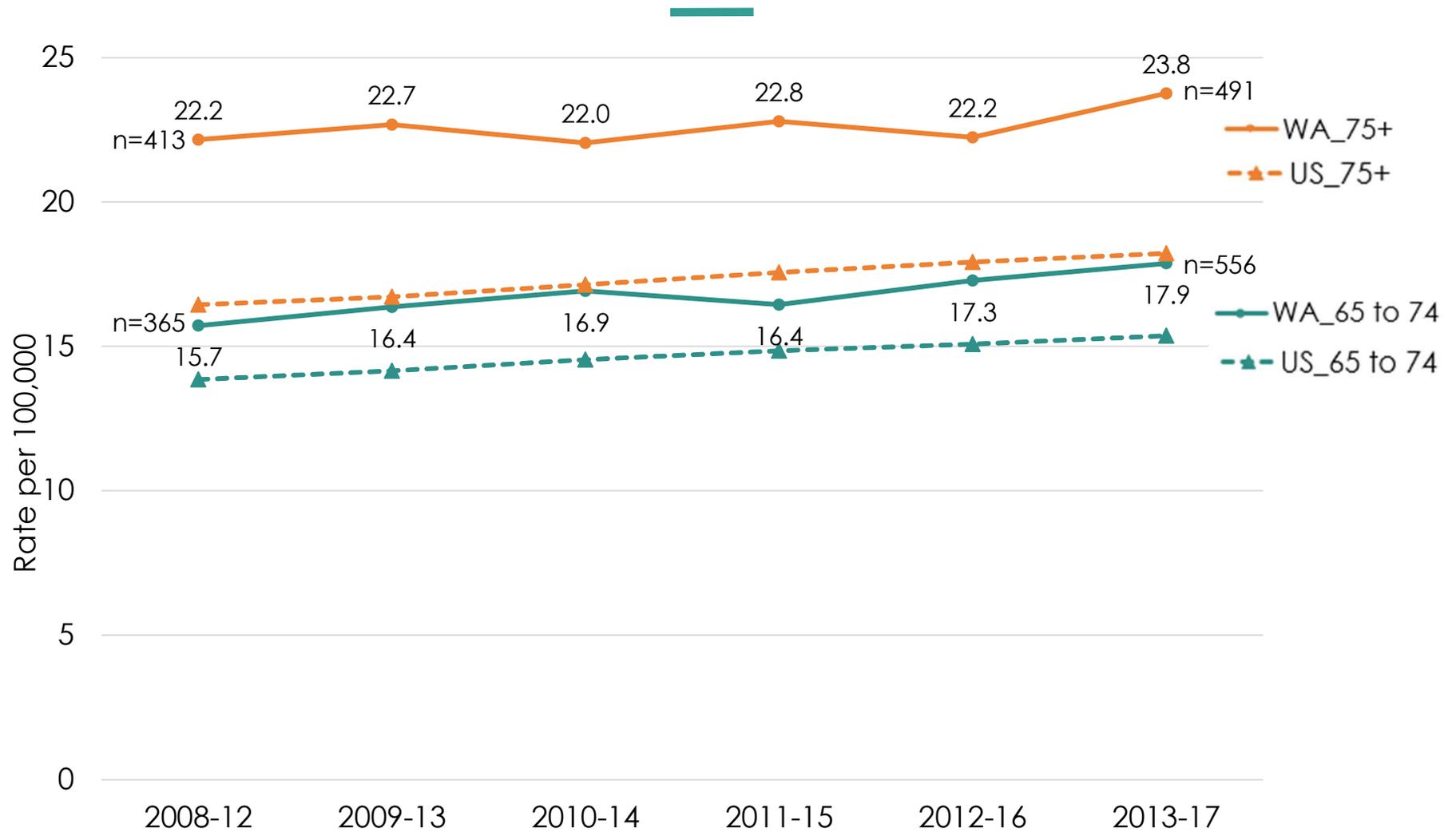
Count in gray bars

Source: DOH death certificates

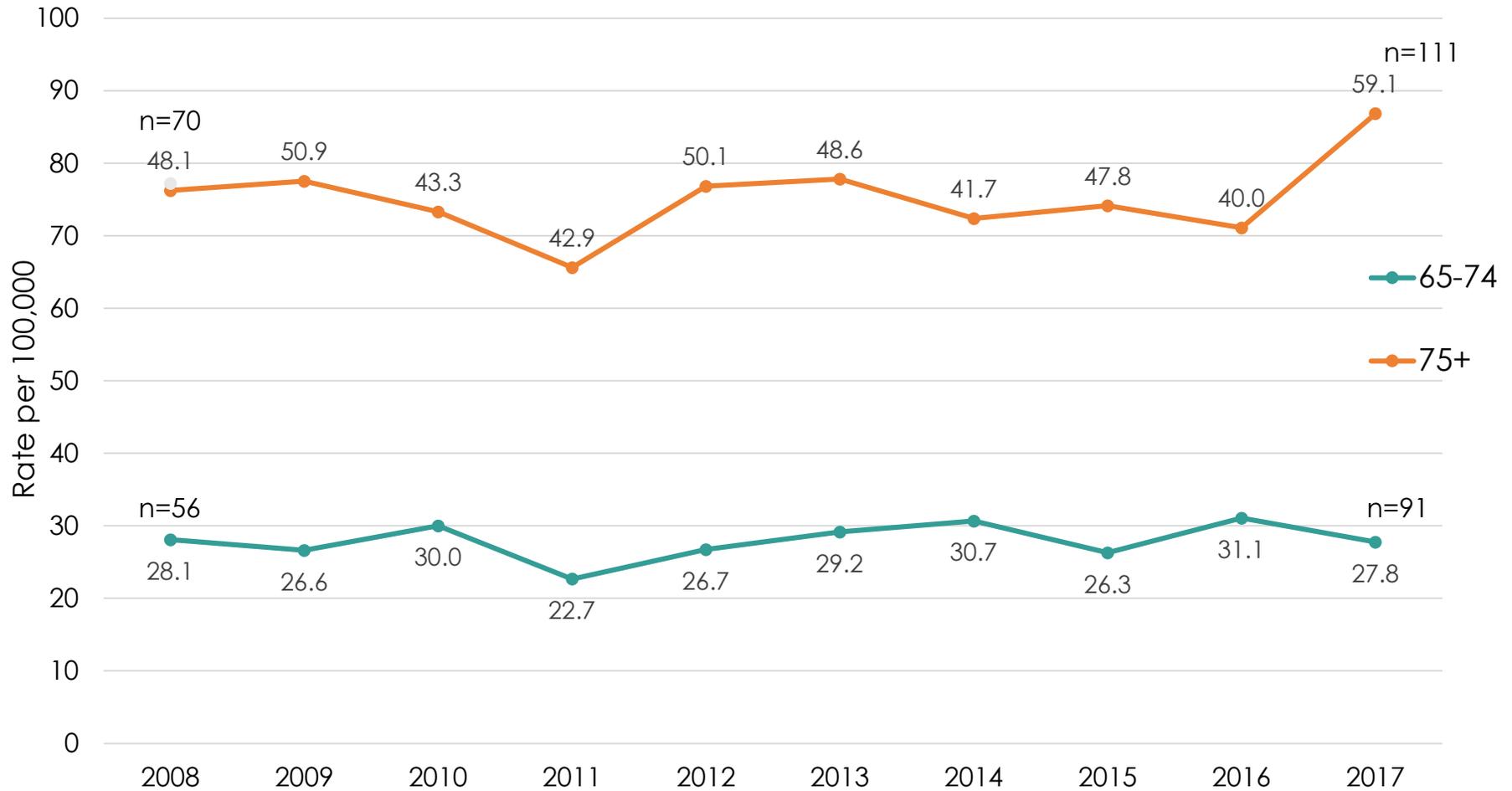
# Selected Population: Older Adults



# WA Suicide Rate among Older Adults ages 65 + (2008-2017)



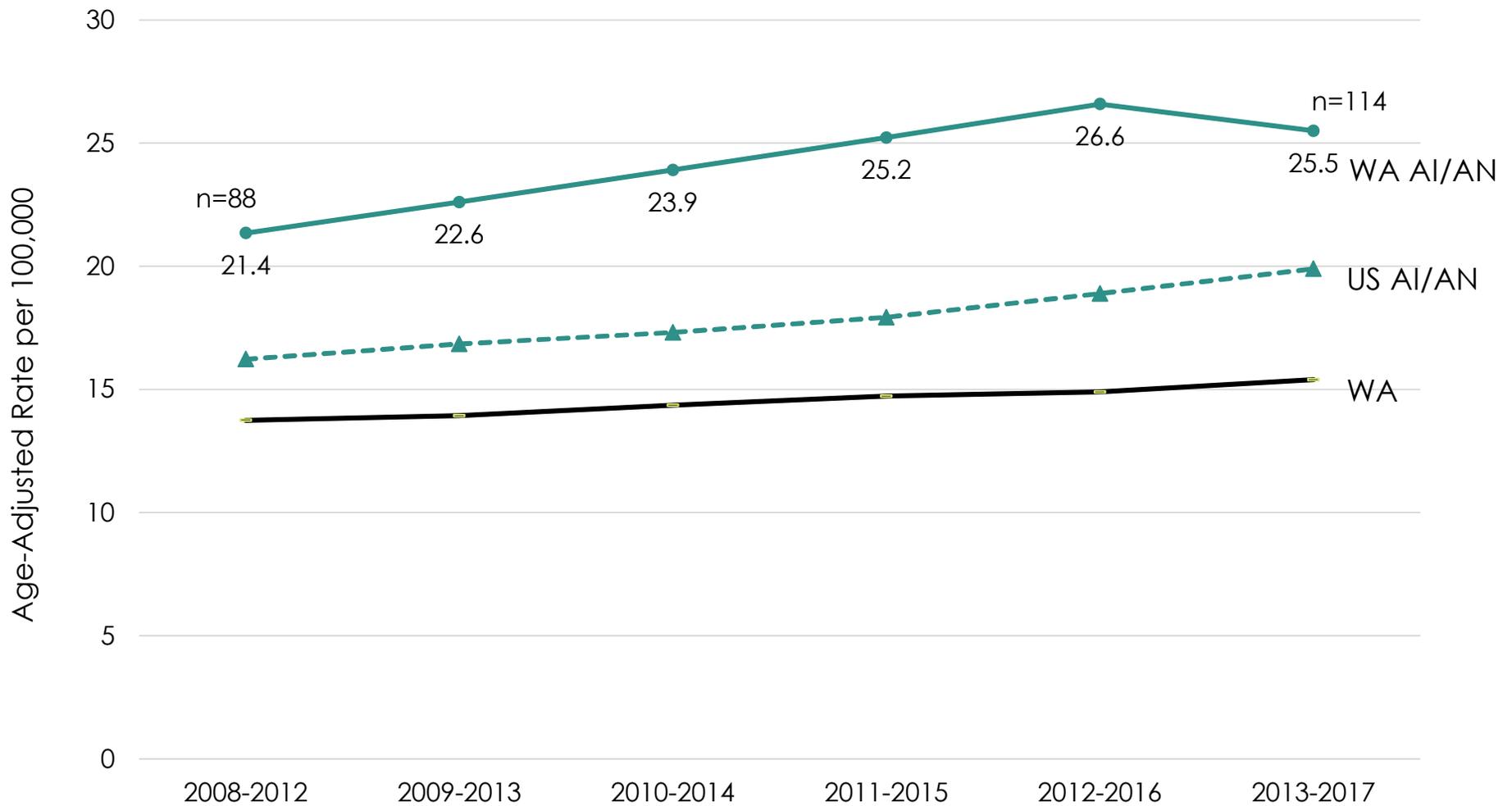
# WA Suicide Rate among Older Men ages 65+ (2008-2017)



Source: DOH death certificates

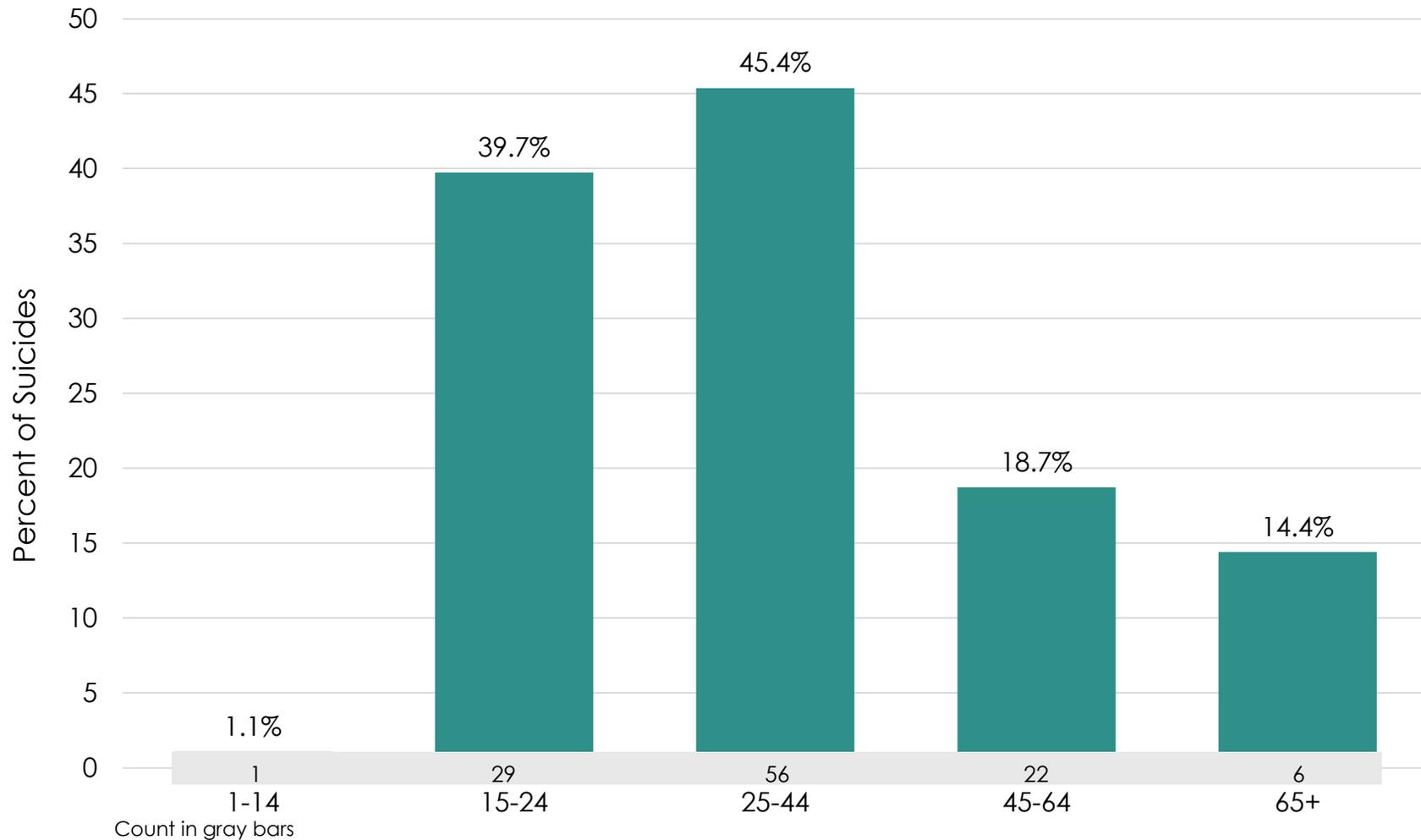
# Selected Population: American Indian and Alaska Natives (AI/AN)

# WA and US Suicide Rates among AI/AN (2008-2017)



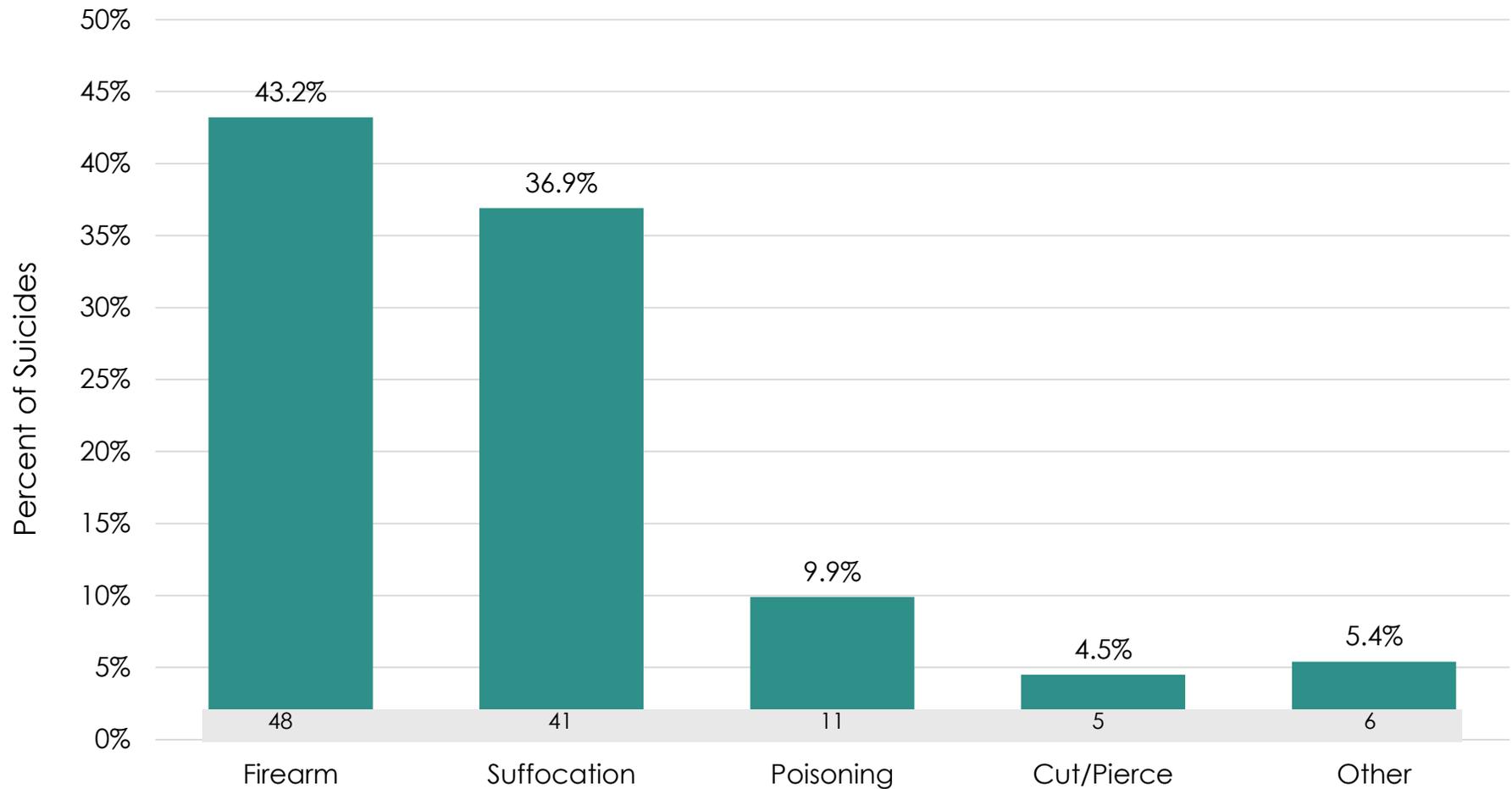
Source: DOH death certificates

# WA Suicide among AI/AN by Age (2013-2017)



Source: DOH death certificates

# WA Suicide among AI/AN by Method (2013-2017)

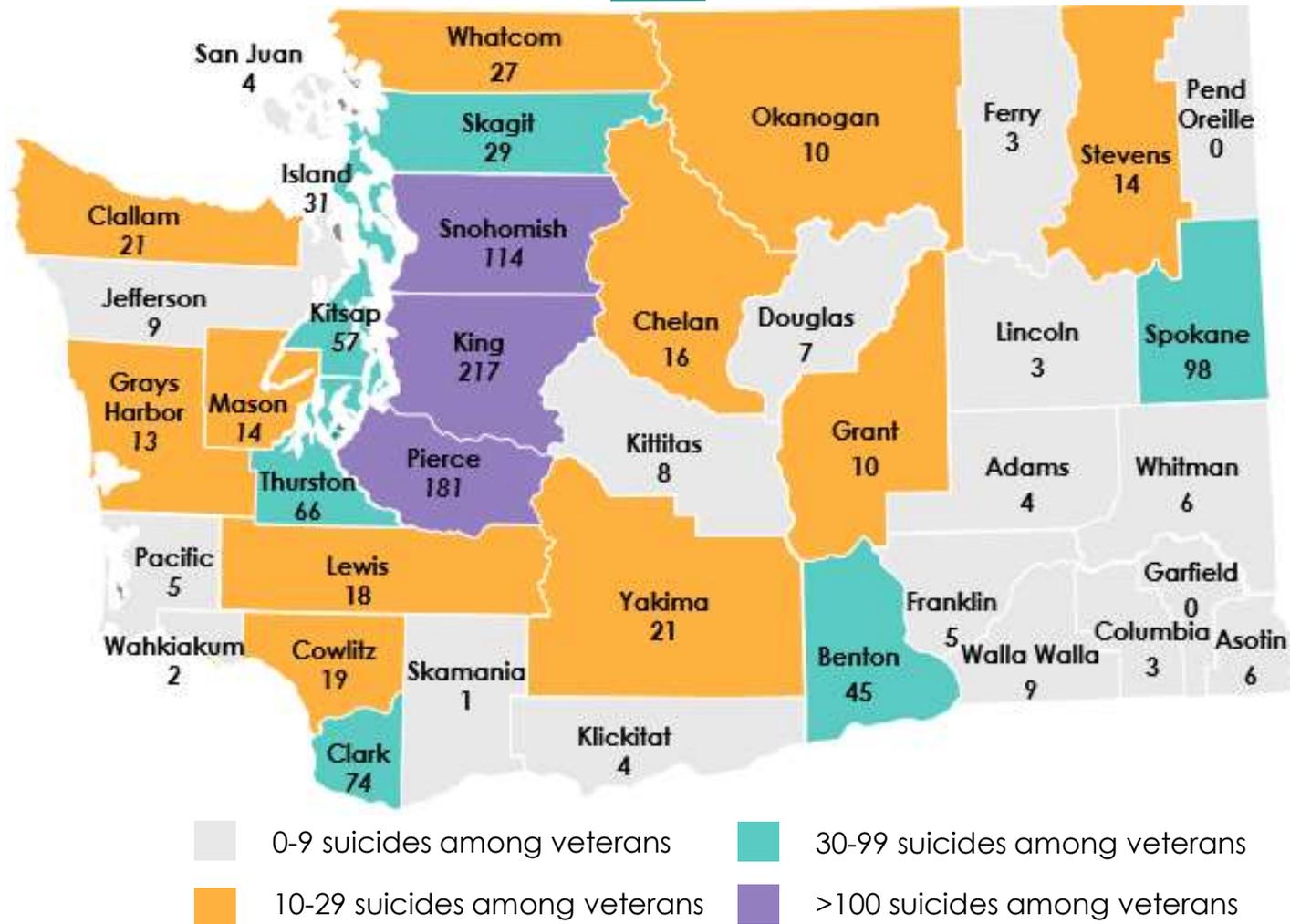


Count in gray bars

Source: DOH death certificates

Selected Population: Veterans

# WA Number of Suicides among Veterans (2013-2017)



# Veterans\*

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- In 2017, there was an estimated 624,000 veterans in WA.
  - That year there were 255 suicides by WA veterans.
- From 2013 to 2017, 1,189 WA veterans\* died by suicide.
  - This accounts for 17.6 % of all WA suicides.
  - 35.8 % of veterans were ages 55 to 74.
  - 255 veterans died by suicide in 2017 (crude rate: 45.5 per 100,000 veterans)
  - Approximately 67% of all veteran suicide deaths were the result of firearm injuries.

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

Rate is based on our best calculation of service members and veterans in WA

# Selected Population: Occupation

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# Occupation

- In WA, we are working to improve occupation data on death certificates. The Department of Health is working with:
  - WA Labor and Industries (LNI)
  - The National Institute for Occupational Safety and Health (NIOSH)
  - WA Department of Health's Center for Health Statistics, and the National Violent Death Reporting System (NVDRS)
  - National Center for Health Statistics (NCHS)
- Activities in WA
  - [Enterprise Suicide Prevention Workgroup](#)
  - [Pilot program to improve behavioral health in the agriculture industry](#)
  - [Construction Industry Alliance for Suicide Prevention](#)

What are we doing in WA?

# Timeline

Year	Action
1995 – 2016	<a href="#">State Youth Suicide Prevention Plan</a>
2012 – 2017	<a href="#">Suicide prevention training for health professionals</a>
2013	Suicide prevention <a href="#">training</a> for school health professionals and school district plans
2015	Higher education task force
2016	<a href="#">State Suicide Prevention Plan Across the Lifespan</a> , <a href="#">Safer Homes Coalition</a> , <a href="#">WA Action Alliance for Suicide Prevention</a> , <a href="#">Extreme Risk Protection Orders</a>
2017	Funding to improve WA's National Suicide Prevention Lifeline answer rate, Temporary transfer of firearms
2018	<a href="#">Agricultural industry pilot</a> , <a href="#">Drug takeback</a> , Multiagency legislative decision package, Bree Collaborative suicide care <a href="#">report</a>

# DOH Resources

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- [DOH Suicide Prevention Pages](#)
  - [WA State Suicide Prevention Plan](#)
  - [WA State Action Alliance for Suicide Prevention](#)
  - [Data and reports](#)
- Recent reports
  - [2019 Annual Report on Firearm Fatality and Suicide Prevention](#)
  - Task Force Findings and Recommendations: [Improving Behavioral Health and Suicide Prevention in the Agricultural Industry](#) (Dec. 2018)
  - [2018 Suicide Education Study](#)
  - [Suicide & Safe Storage of Firearms fact sheet](#) (Mar. 2018)
- Data
  - [Washington Tracking Network – Suicide](#)
  - [WA NVDRS](#)

## Other WA Resources

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- [OSPI's Youth Suicide Prevention, Intervention, and Postvention page](#)
- [Workplace resources for state employees](#)
- [Approved suicide prevention training for WA health professionals](#)
- [Safer Homes Coalition](#)
- [Now Matters Now](#)
- [Construction Industry Alliance for Suicide Prevention](#)
- [WA Bree Collaborative Suicide Care and Recommendations](#)
- [WA crisis lines by county](#)

# National Resources

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## Guidelines & Toolkits

- [CDC's Suicide Prevention Technical Package](#)
- [Transforming Communities: Key Elements for the Implementation of Comprehensive Community-Based Suicide Prevention](#)
- [After a Suicide: A Toolkit for Schools \(2<sup>nd</sup> edition\)](#)
- [Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe](#)
- [Recommendations for Reporting on Suicide](#)
- [National Strategy for Preventing Veterans Suicide](#)

## Reports

- [Department of Defense Suicide Event Report \(DoDSER\) – Annual reports](#)
- [CDC Vital Signs Suicide Report](#)
- [VA Suicide Research](#)

# Other Resources

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- [Suicide Prevention Resource Center \(SPRC\)](#)
- [National Action Alliance for Suicide Prevention](#)
- [American Foundation for Suicide Prevention \(AFSP\)](#)
- [SAMHSA's Suicide Prevention page](#)
- [Zero Suicide model](#) for health systems
- [SAVE: Suicide Prevention, Information, and Awareness](#)
  
- Data Sources
  - [CDC's WISQARS](#)
  - [AFSP's data](#)
  - [SPRC's Scope of the Problem](#)
  - [Pain in the Nation](#) (drug, alcohol, and suicide deaths)



For persons with disabilities, this document is available on request in other formats.  
To submit a request, please call 1-800-525-0127 (TDD/TTY 711).