

# Suicide

## Facts at a Glance

2015

### Suicide

- Suicide was the tenth leading cause of death for all ages in 2013.<sup>1</sup>
- There were 41,149 suicides in 2013 in the United States—a rate of 12.6 per 100,000 is equal to 113 suicides each day or one every 13 minutes.<sup>1</sup>
- Based on data about suicides in 16 National Violent Death Reporting System states in 2010, 33.4% of suicide decedents tested positive for alcohol, 23.8% for antidepressants, and 20.0% for opiates, including heroin and prescription pain killers.<sup>2</sup>
- Suicide results in an estimated \$51 billion in combined medical and work loss costs.<sup>1</sup>

### Nonfatal Suicidal Thoughts and Behavior

- Among adults aged ≥18 years in the United States during 2013:<sup>3</sup>
  - An estimated 9.3 million adults (3.9% of the adult U.S. population) reported having suicidal thoughts in the past year.
  - The percentage of adults having serious thoughts about suicide was highest among adults aged 18 to 25 (7.4%), followed by adults aged 26 to 49 (4.0%), then by adults aged 50 or older (2.7%).
  - An estimated 2.7 million people (1.1%) made a plan about how they would attempt suicide in the past year.
  - The percentage of adults who made a suicide plan in the past year was higher among adults aged 18 to 25 (2.5%) than among adults aged 26 to 49 (1.35%) and those aged 50 or older (0.6%).
  - An estimated 1.3 million adults aged 18 or older (0.6%) attempted suicide in the past year. Among these adults who attempted suicide, 1.1 million also reported making suicide plans (0.2 million did not make suicide plans).

- Among students in grades 9-12 in the U.S. during 2013:<sup>4</sup>
  - 17.0% of students seriously considered attempting suicide in the previous 12 months (22.4% of females and 11.6% of males).
  - 13.6% of students made a plan about how they would attempt suicide in the previous 12 months (16.9% of females and 10.3% of males).
  - 8.0% of students attempted suicide one or more times in the previous 12 months (10.6% of females and 5.4% of males).
  - 2.7% of students made a suicide attempt that resulted in an injury, poisoning, or an overdose that required medical attention (3.6% of females and 1.8% of males).

### Gender Disparities

- Males take their own lives at nearly four times the rate of females and represent 77.9% of all suicides.<sup>1</sup>
- Females are more likely than males to have suicidal thoughts.<sup>3</sup>
- Suicide is the seventh leading cause of death for males and the fourteenth leading cause for females.<sup>1</sup>
- Firearms are the most commonly used method of suicide among males (56.9%).<sup>1</sup>
- Poisoning is the most common method of suicide for females (34.8%).<sup>1</sup>

# Suicide Facts at a Glance 2015

## Racial and Ethnic Disparities

- Suicide is the eighth leading cause of death among American Indians/Alaska Natives across all ages.<sup>1</sup>
- Among American Indians/Alaska Natives aged 10 to 34 years, suicide is the second leading cause of death.<sup>1</sup>
- The suicide rate among American Indian/Alaska Native adolescents and young adults ages 15 to 34 (19.5 per 100,000) is 1.5 times higher than the national average for that age group (12.9 per 100,000).<sup>1</sup>
- The percentages of adults aged 18 or older having suicidal thoughts in the previous 12 months were 2.9% among blacks, 3.3% among Asians, 3.6% among Hispanics, 4.1% among whites, 4.6% among Native Hawaiians /Other Pacific Islanders, 4.8% among American Indians/Alaska Natives, and 7.9% among adults reporting two or more races.<sup>3</sup>
- Among Hispanic students in grades 9-12, the prevalence of having seriously considered attempting suicide (18.9%), having made a plan about how they would attempt suicide (15.7%), having attempted suicide (11.3%), and having made a suicide attempt that resulted in an injury, poisoning, or overdose that required medical attention (4.1%) was consistently higher than white and black students.<sup>4</sup>

## Age Group Differences

- Suicide is the third leading cause of death among persons aged 10-14, the second among persons aged 15-34 years, the fourth among persons aged 35-44 years, the fifth among persons aged 45-54 years, the eighth among person 55-64 years, and the seventeenth among persons 65 years and older.<sup>1</sup>
- In 2011, middle-aged adults accounted for the largest proportion of suicides (56%)<sup>1</sup>, and from 1999-2010, the suicide rate among this group increased by nearly 30%.<sup>5</sup>

- Among adults aged 18-22 years, similar percentages of full-time college students and other adults in this age group had suicidal thoughts (8.0 and 8.7%, respectively) or made suicide plans (2.4 and 3.1%).<sup>3</sup>
- Full-time college students aged 18-22 years were less likely to attempt suicide (0.9 vs. 1.9 percent) or receive medical attention as a result of a suicide attempt in the previous 12 months (0.3 vs. 0.7%).<sup>3</sup>

## Nonfatal, Self-Inflicted Injuries\*

- In 2013, 494,169 people were treated in emergency departments for self-inflicted injuries.<sup>1</sup>
- Nonfatal, self-inflicted injuries (including hospitalized and emergency department treated and released) resulted in an estimated \$10.4 billion in combined medical and work loss costs.<sup>1</sup>

## References

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3. Substance Abuse and Mental Health Services Administration, Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-49, HHS Publication No. (SMA) 14-4887. Rockville, MD: Substance Abuse and Mental Health Services, 2014. Available at <http://www.samhsa.gov/data/sites/default/files/NSDUHmhfr2013/NSDUHmhfr2013.pdf>.
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5. Sullivan EM, Annet JL, Luo F, Simon TR, Dahlberg LL. Suicide Among Adults Aged 35-36 Years – United States, 1999-2010. MMWR 2013; 62(17): 321-325. Available from <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6217a1.htm>.

\*The term "self-inflicted injuries" refers to suicidal and non-suicidal behaviors such as self-mutilation.