

Suicide in America

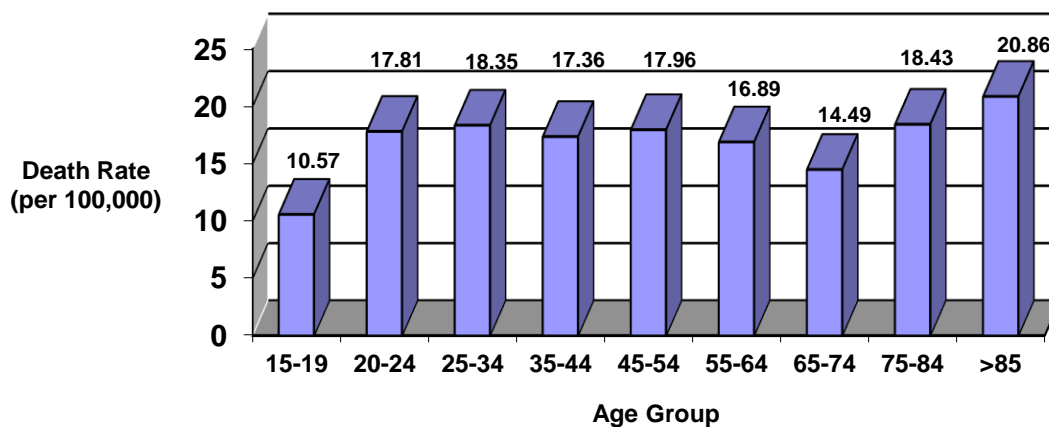
**all rates are per 100,000 populations*

- in 2020, 45,979 deaths were due to suicide.ⁱ
- every 11 minutes, someone in America commits suicide.ⁱⁱ
- more people die from suicide than homicide.ⁱⁱⁱ
 - for every one victim of homicide, there are two people who commit suicide.ⁱⁱⁱ
- suicide is the 12th leading cause of death in 2020.ⁱ
- it is estimated that each suicide intimately affects over six people.ⁱⁱ
- more than half of the individuals who died by suicide were not known to have a mental illness.^{iv}

by age...

- suicide is the second leading cause of death among 10-34 year olds, the fifth leading cause amongst 35-54 year olds, and the ninth leading cause amongst 55-64 year olds (2020).ⁱ
 - the suicide rate for the 15-24 age group more than triples from 1950-2020, 4.5* and 14.2* respectively.ⁱ
- in 2020, 12% of all adolescents aged 12-17 had seriously considered attempting suicide and 2.5% actually made a suicide attempt.^v
- In 2020 over 20% of all suicides occurred in white, middle-aged men, between the ages of 45-64.^{vi}
- *suicide and the elderly...*
 - the suicide rate for men increases with age, 65+ age group having the highest rate, 30.79*.^{vi}
 - 19.9% of deaths by suicide are of individuals aged 65 and older.^{vi}
 - white males over the age of 85 are at the greatest risk of all age, gender, or racial groups with a rate of 57.52*.^{vi}
 - the ratio of suicide attempts to completions narrows drastically with age, indicating that older individuals who contemplate suicide are more likely to complete it.ⁱⁱ
 - For every suicide death, there are 27 suicide attempts.^{vii}
 - “silent suicides”
 - suicides among the elderly are under-reported because some are considered “medication overdoses” or “accidental deaths”.^{viii}

Suicide Death Rates, by Age: 2020^{ix}

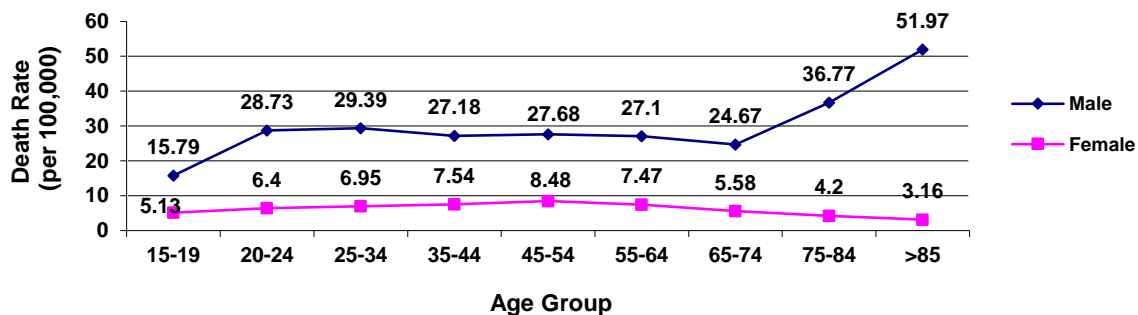


*all rates are per 100,000 populations

by gender...

- suicide is the 9th leading cause of death for U.S. men.ⁱ
 - highest rates are among white (24.28*) and American Indian/Native Alaskan men (22.43*).^{vi}
- suicide is the 15th leading cause of death for U.S. women.ⁱ
- according to the American Foundation for Suicide Prevention (AFSP), females report attempting suicide 1.8 times as often as males, but there are nearly four times as many deaths by suicide amongst males than females.^{ix}
 - among females, the highest rate of suicide occurs at the age range of 45-54.^{vi}
 - among men, the highest rate of suicide occurs at the age range of 65 and older.^{vi}
- in 2019, more female high school students (11%) reported attempting suicide than did male students (6.6%),^{ix} but in the age group 15-19 the rates of completed suicides among males (15.79*) is higher than among females (5.13*).^{vi}

Suicide Death Rates, by Age and Gender: 2020^{vi}



by race/ethnicity...

- suicide is the second leading cause of death for American Indians/Alaska Natives between the ages of 10-34.ⁱ
 - American Indians/Alaska Natives between ages 15-34 have a suicide rate greater than 1.5 times that of the national average.^{vi}
- American Indians/Alaska Natives (4.8%), Native Hawaiians/Other Pacific Islanders (4.6%), and Whites (4.1%) have the highest proportion of suicidal thoughts.^x
 - Individuals of two or more ethnicities have higher proportions of suicidal thoughts (7.9%).^x
- the suicide rate of Whites and African Americans individuals of both genders increased during 1950-2020.ⁱ
- in 2020 the suicide rate for Hispanics was 7.5* and for Asian/Pacific Islanders was 7.1*.ⁱ

ⁱ Centers for Disease Control and Prevention. Wonder [online]. 2020. Available at: <https://wonder.cdc.gov/controller/saved/D76/D266F024>

ⁱⁱ American Association of Suicidology. *Facts and Statistics* [online]. 2019. Available at: <https://suicidology.org/facts-and-statistics/>

ⁱⁱⁱ National Institute of Mental Health: *Suicide* [online]. 2020. Available at: <https://www.nimh.nih.gov/health/statistics/suicide>

^{iv} Center for Disease Control and Prevention. *Vital Signs* [online]. 2016. Available at: <https://www.cdc.gov/vitalsigns/suicide/index.html>

^v Substance Abuse and Mental Health Services Administration. *Key Substance Use and Mental Health Indicators in the United States* [online]. 2020. Available at:

<https://www.samhsa.gov/data/sites/default/files/reports/rpt35325/NSDUHFFR1PDFWHTMLFiles2020/2020NSDUHFFR1PDFW102121.pdf>

^{vi} Center for Disease Control and Prevention. WISQAR [online]. 2020. Available at: <https://wisqars.cdc.gov/fatal-reports>

^{vii} Center for Disease Control and Prevention. *Suicide Data and Statistics* [online]. 2020. Available at: <https://www.cdc.gov/suicide/suicide-data-statistics.html>

^{viii} Simon, RI. Silent suicide in the elderly. *Bull Am Acad Psychiatry Law* [online]. 1989; 17(1):83-95. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/2706338>

^{ix} American Foundation for Suicide Prevention. *Suicide Statistics* [online]. 2022. Available at: <https://afsp.org/suicide-statistics>

^x Center for Disease Control and Prevention. *Suicide: Facts at a Glance* [online]. 2015. Available at: <https://stacks.cdc.gov/view/cdc/34181>