Recent Suicide Trends in Vermont: What are We Learning?

Tom Delaney, PhD

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Learning Objectives

- Describe recent trends in the data on Vermont and US suicide deaths
- Discuss differences in suicide attempts between younger and older people
- Identify specific groups that may be at higher risk for suicide death
# Suicide Deaths in Vermont and the United States

<table>
<thead>
<tr>
<th>US 2016</th>
<th>VT 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>- 44,966 deaths</td>
<td>- 118 deaths</td>
</tr>
<tr>
<td>- 10th leading cause</td>
<td>- 8th leading cause</td>
</tr>
<tr>
<td>- Males ~3 times more likely to die by suicide than females</td>
<td>- Males ~4 times more likely to die by suicide than females</td>
</tr>
<tr>
<td>- Firearms involved with approx. 51% of deaths</td>
<td>- Firearms involved with approx. 59% of deaths</td>
</tr>
</tbody>
</table>
Suicide: Vermont 2017 Facts & Figures

Suicide Death Rates

<table>
<thead>
<tr>
<th>Number of Deaths by Suicide</th>
<th>Rate per 100,000 Population</th>
<th>State Rank</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vermont</td>
<td>103</td>
<td>14.77</td>
</tr>
<tr>
<td>Nationally</td>
<td>44,193</td>
<td>13.26</td>
</tr>
</tbody>
</table>

Suicide cost Vermont a total of $117,583,000 of combined lifetime medical and work loss cost in 2010, or an average of $1,109,277 per suicide death.

In Vermont, suicide is the...  
2nd leading cause of death for ages 15-34  
4th leading cause of death for ages 35-54  
5th leading cause of death for ages 55-64  
16th leading cause of death for ages 65 & older

Suicide is the 8th leading cause of death in Vermont.  
On average, one person dies every four days in the state.

Over six times as many people in Vermont die by suicide than by homicide. In Vermont, the total deaths to suicide reflect a total of 1,876 years of potential life lost (YPLL) before age 65.

Based on most recent 2015 data from CDC. Learn more at afsp.org/statistics.
Over the past 5 years, Vermont's suicide death rate has averaged about 30% higher than the US rate.

Source: CDC WISQARS
<table>
<thead>
<tr>
<th>Rank</th>
<th>&lt;1</th>
<th>1-4</th>
<th>5-9</th>
<th>10-14</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65+</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SA</td>
<td>UI</td>
<td>UI</td>
<td>UI</td>
<td>UI</td>
<td>UI</td>
<td>MN</td>
<td>MN</td>
<td>MN</td>
<td>HD</td>
<td>HD</td>
</tr>
<tr>
<td>2</td>
<td>SG</td>
<td>CA</td>
<td>CA</td>
<td>UI</td>
<td>SU</td>
<td>SU</td>
<td>MN</td>
<td>MN</td>
<td>MN</td>
<td>HD</td>
<td>HD</td>
</tr>
<tr>
<td>3</td>
<td>SIDS</td>
<td>MN</td>
<td>CA</td>
<td>MN</td>
<td>HOM</td>
<td>HOM</td>
<td>MN</td>
<td>MN</td>
<td>MN</td>
<td>HD</td>
<td>HD</td>
</tr>
<tr>
<td>4</td>
<td>MP</td>
<td>HOM</td>
<td>HOM</td>
<td>HOM</td>
<td>MNN</td>
<td>MNN</td>
<td>SU</td>
<td>SU</td>
<td>SU</td>
<td>MN</td>
<td>MN</td>
</tr>
<tr>
<td>5</td>
<td>UI</td>
<td>HD</td>
<td>HD</td>
<td>CA</td>
<td>HD</td>
<td>HD</td>
<td>MN</td>
<td>MN</td>
<td>MN</td>
<td>MN</td>
<td>MN</td>
</tr>
<tr>
<td>6</td>
<td>PC</td>
<td>IFP</td>
<td>IFP</td>
<td>CH</td>
<td>LD</td>
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<tr>
<td>7</td>
<td>BS</td>
<td>SC</td>
<td>IFP</td>
<td>CH</td>
<td>DI</td>
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<td>9</td>
<td>CS</td>
<td>CV</td>
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<td>INP</td>
<td>INP</td>
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<td>HIV</td>
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<tr>
<td>10</td>
<td>NH</td>
<td>CLRD</td>
<td>BN</td>
<td>SEI</td>
<td>CP</td>
<td>CP</td>
<td>SE</td>
<td>SE</td>
<td>SE</td>
<td>SEI</td>
<td>SEI</td>
</tr>
</tbody>
</table>

**Legend:**
- **UI:** Unintentional Injury
- **CA:** Congenital Anomalies
- **MN:** Malignant Neoplasms
- **HOM:** Homicide
- **HD:** Heart Disease
- **SU:** Suicide
- **IFP:** Influenza & Pneumonia
- **CH:** Chronic Low. Respiratory Disease
- **DI:** Diabetes Mellitus
- **SC:** Septicemia
- **CP:** Complicated Pregnancy
- **SEI:** Septicemia

**Notes:**
- The table represents the 10 leading causes of death by age group in the United States for the year 2016.
- The rankings and causes vary by age group, with certain causes being more prevalent in specific age ranges.
Gender, Age and Suicide

Based on WISQARS 2013-2016 VT and US data, age adjusted.
Older Adult Suicide Death Rates
VT and US (2012-2016)

Deaths per 100,000

<table>
<thead>
<tr>
<th>Age Ranges</th>
<th>VT</th>
<th>US</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-64</td>
<td>21</td>
<td>17</td>
</tr>
<tr>
<td>65-69</td>
<td>18</td>
<td>15</td>
</tr>
<tr>
<td>70-74</td>
<td>25</td>
<td>15</td>
</tr>
<tr>
<td>75-79</td>
<td>18</td>
<td>17</td>
</tr>
<tr>
<td>80-84</td>
<td>19</td>
<td>19</td>
</tr>
<tr>
<td>85+</td>
<td>20</td>
<td>19</td>
</tr>
</tbody>
</table>

Source: CDC WISQARS
Vermont Suicide Deaths Vary with Geography and Demographics

2012 - 2014 Death Rates per 100,000 residents, by VT County

- Lamoille
- Orange
- Windham
- Washington
- Bennington
- Caledonia
- Franklin
- Rutland
- Windsor
- Chittenden
- Addison
- Essex
- Orleans
- GrandIsle
US Non-Fatal Self Injury Rates per 100,000 People

- **All Ages**
- **Age 10-14**
- **Age 15-19**
- **Age 20-24**

Events per 100,000 People

- **2005**: 269
- **2006**: 274
- **2007**: 285
- **2008**: 260
- **2009**: 264
- **2010**: 300
- **2011**: 319
- **2012**: 301
- **2013**: 286
- **2014**: 271
- **2015**: 294
- **2016**: 300

- **2005**: 127
- **2006**: 133
- **2007**: 132
- **2008**: 125
- **2009**: 124
- **2010**: 325
- **2011**: 325
- **2012**: 370
- **2013**: 386
- **2014**: 387
- **2015**: 400
- **2016**: 441

- **2005**: 88
- **2006**: 94
- **2007**: 96
- **2008**: 74
- **2009**: 67
- **2010**: 101
- **2011**: 112
- **2012**: 119
- **2013**: 157
- **2014**: 166
- **2015**: 178
- **2016**: 177

Legend:
- **Blue Line**: All Ages
- **Green Line**: Age 10-14
- **Black Line**: Age 15-19
- **Red Line**: Age 20-24
Suicide and Young Vermonters Who Identify as LGBTQ+

Compared to non-LGBTQ youth:

- 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

- Felt sad or hopeless 2+ weeks
- Purposely hurt self without wanting to die
- Made a suicide plan, past year
- Attempted suicide, past year
Suicide Attempts in Youth and Young Adults

CDC estimates 12 self-injury ED/hospital visits for every death by suicide in the US.

Many attempts do not receive medical attention.

- 25 : 1 attempts to deaths in young people
- 4 : 1 attempts to deaths in elderly

Not currently capturing data on many youth suicide attempts: giant disparity between YRBS data and what’s available from treatment providers

Opportunity to improve Vermont’s coding of attempts in EDs and other settings

- inconsistent coding across different settings / providers
- Stigma and resistance to labelling

Estimate of medically serious youth person attempts in VT: **375 annually**
So, what are we learning?

- Vermont suicide death rates *still* higher than overall US rates
- Highest VT death rates seen in middle age and older, and males.
- Nationally, youth and young adult non-fatal self injury has increased substantially; VT rates are likely increasing too.

What are some ways we *might* be able to make progress?

- Prevention efforts targeting specific ages and risk factors (emerging adults, middle age and older adults, older males)
- Providing suicide safer care (primary care, EDs, community mental health centers, etc.)
- Strengthening and expanding training for suicide gatekeeping, screening/assessment and use of evidence based treatments
- Continue improving surveillance of suicide attempts and deaths, including increasing use of NVDRS and hospital data
- Investigate what successes other states/communities are having
- Grant writing / more resources!
THANK YOU!!!

Questions/Comments:

Tom Delaney

thomas.delaney@uvm.edu