



Vermont Child Health Improvement Program



Recent Suicide Trends in Vermont: What are We Learning?

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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

US 2016

- 44,966 deaths
- 10th leading cause
- Males ~3 times more likely to die by suicide than females
- Firearms involved with approx. 51% of deaths

VT 2016

- 118 deaths
- 8th leading cause
- Males ~4 times more likely to die by suicide than females
- Firearms involved with approx. 59% of deaths

SUICIDE: VERMONT 2017 FACTS & FIGURES

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Vermont	103	14.77	26
Nationally	44,193	13.26	

Suicide is the **8th leading** cause of death in Vermont.



On average, one person dies **every four days** in the state.



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

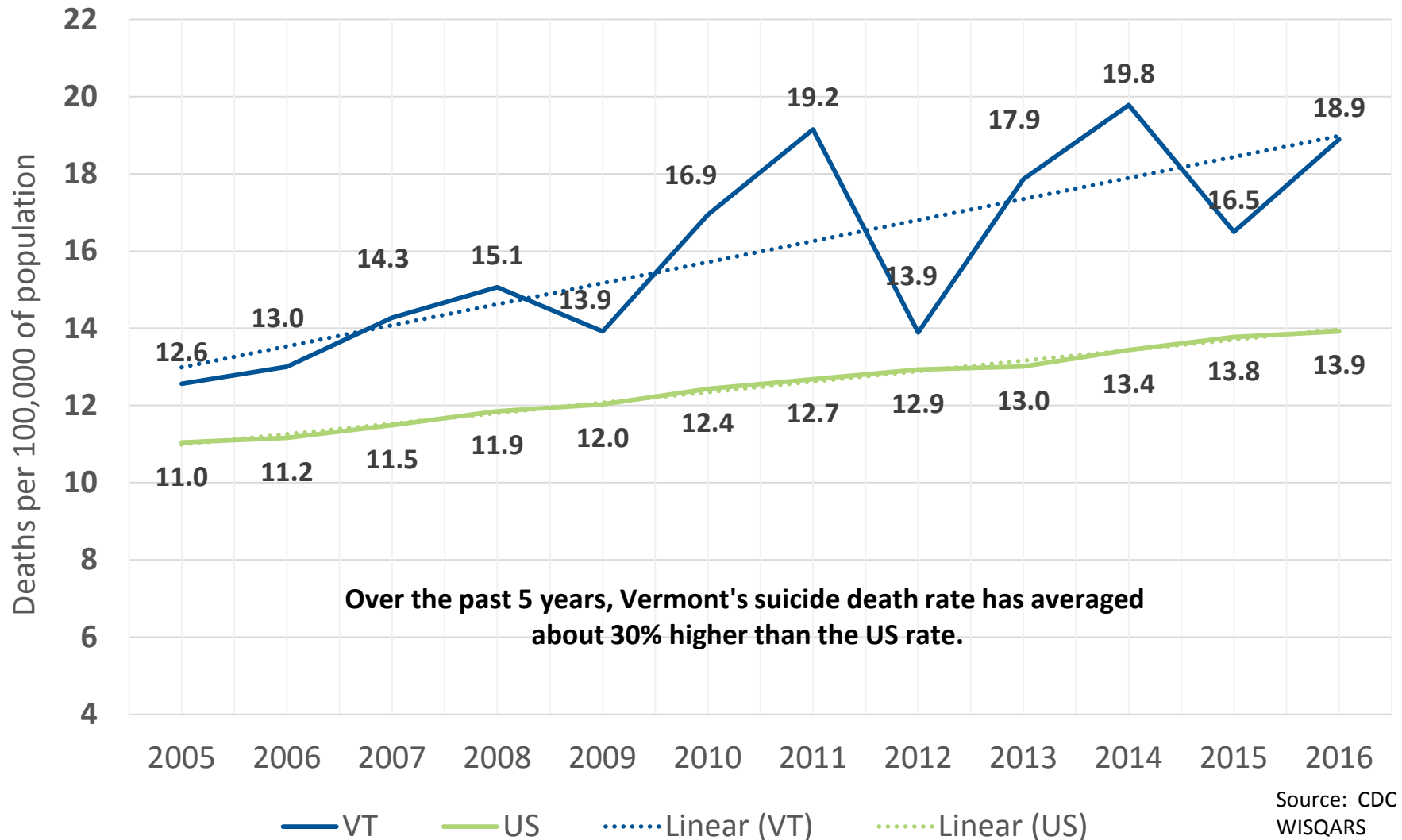
4th leading
cause of death
for ages 35-54

5th leading
cause of death
for ages 55-64

16th leading
cause of death
for ages 65 & older

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.

Vermont and US Suicide Death Rates, 2005-2016 (per 100,000 people)

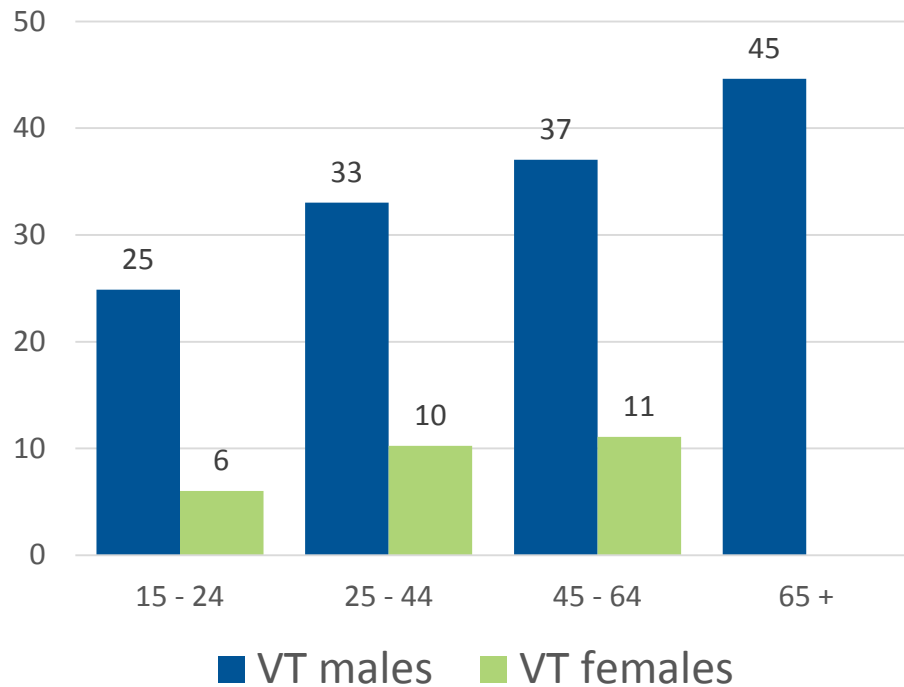


10 Leading Causes of Death by Age Group, United States – 2016

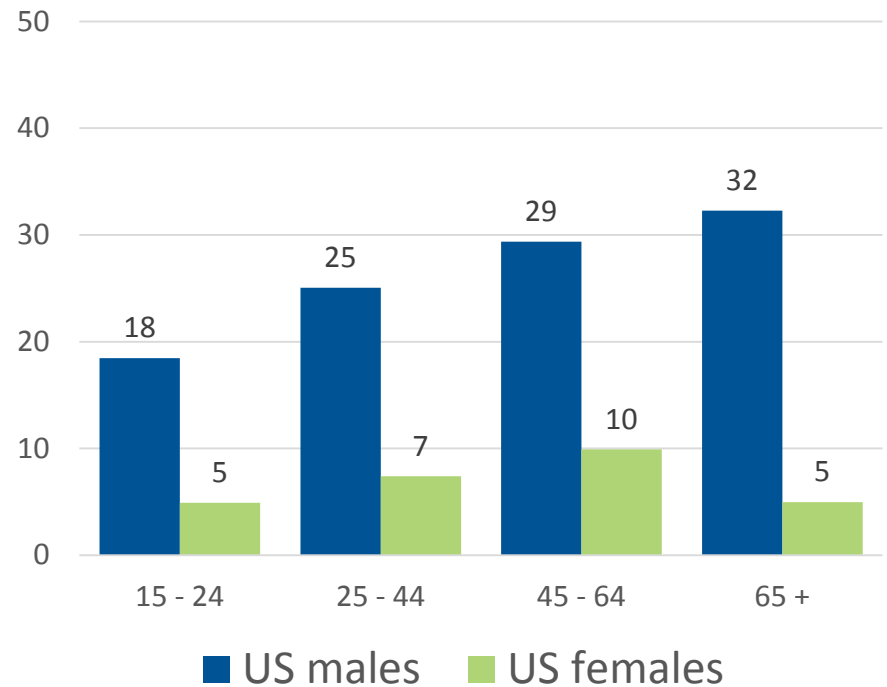
Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,816	Unintentional Injury 1,261	Unintentional Injury 787	Unintentional Injury 847	Unintentional Injury 13,895	Unintentional Injury 23,984	Unintentional Injury 20,975	Malignant Neoplasms 41,291	Malignant Neoplasms 116,364	Heart Disease 507,118	Heart Disease 635,260
2	Short Gestation 3,927	Congenital Anomalies 433	Malignant Neoplasms 149	Suicide 436	Suicide 5,723	Suicide 7,366	Malignant Neoplasms 10,903	Heart Disease 34,027	Heart Disease 78,610	Malignant Neoplasms 422,927	Malignant Neoplasms 598,038
3	SIDS 1,500	Malignant Neoplasms 377	Congenital Anomalies 203	Malignant Neoplasms 431	Homicide 5,172	Homicide 5,376	Heart Disease 10,477	Unintentional Injury 23,377	Unintentional Injury 21,860	Chronic Low. Respiratory Disease 131,002	Unintentional Injury 161,374
4	Maternal Pregnancy Comp. 1,402	Homicide 339	Homicide 139	Homicide 147	Malignant Neoplasms 1,431	Malignant Neoplasms 3,791	Suicide 7,030	Suicide 8,437	Chronic Low. Respiratory Disease 17,810	Cerebro-vascular 121,630	Chronic Low. Respiratory Disease 154,596
5	Unintentional Injury 1,219	Heart Disease 118	Heart Disease 77	Congenital Anomalies 146	Heart Disease 949	Heart Disease 3,445	Homicide 3,369	Liver Disease 8,364	Diabetes Mellitus 14,251	Alzheimer's Disease 114,883	Cerebro-vascular 142,142
6	Placenta Cord. Membranes 841	Influenza & Pneumonia 103	Chronic Low. Respiratory Disease 68	Heart Disease 111	Congenital Anomalies 388	Liver Disease 925	Liver Disease 2,851	Diabetes Mellitus 6,267	Liver Disease 13,448	Diabetes Mellitus 56,452	Alzheimer's Disease 116,103
7	Bacterial Sepsis 583	Septicemia 70	Influenza & Pneumonia 48	Chronic Low Respiratory Disease 75	Diabetes Mellitus 211	Diabetes Mellitus 792	Diabetes Mellitus 2,049	Cerebro-vascular 5,353	Cerebro-vascular 12,310	Unintentional Injury 53,141	Diabetes Mellitus 80,058
8	Respiratory Distress 488	Perinatal Period 60	Septicemia 40	Cerebro-vascular 50	Chronic Low Respiratory Disease 206	Cerebro-vascular 575	Cerebro-vascular 1,851	Chronic Low. Respiratory Disease 4,307	Suicide 7,759	Influenza & Pneumonia 42,477	Influenza & Pneumonia 51,537
9	Circulatory System Disease 460	Cerebro-vascular 55	Cerebro-vascular 38	Influenza & Pneumonia 39	Influenza & Pneumonia 189	HIV 546	HIV 971	Septicemia 2,472	Septicemia 5,941	Nephritis 41,095	Nephritis 50,046
10	Neonatal Hemorrhage 398	Chronic Low Respiratory Disease 51	Benign Neoplasms 31	Septicemia 31	Complicated Pregnancy 184	Complicated Pregnancy 472	Septicemia 897	Homicide 2,152	Nephritis 5,650	Septicemia 30,405	Suicide 44,965

Gender, Age and Suicide

VT Death Rates per 100,000

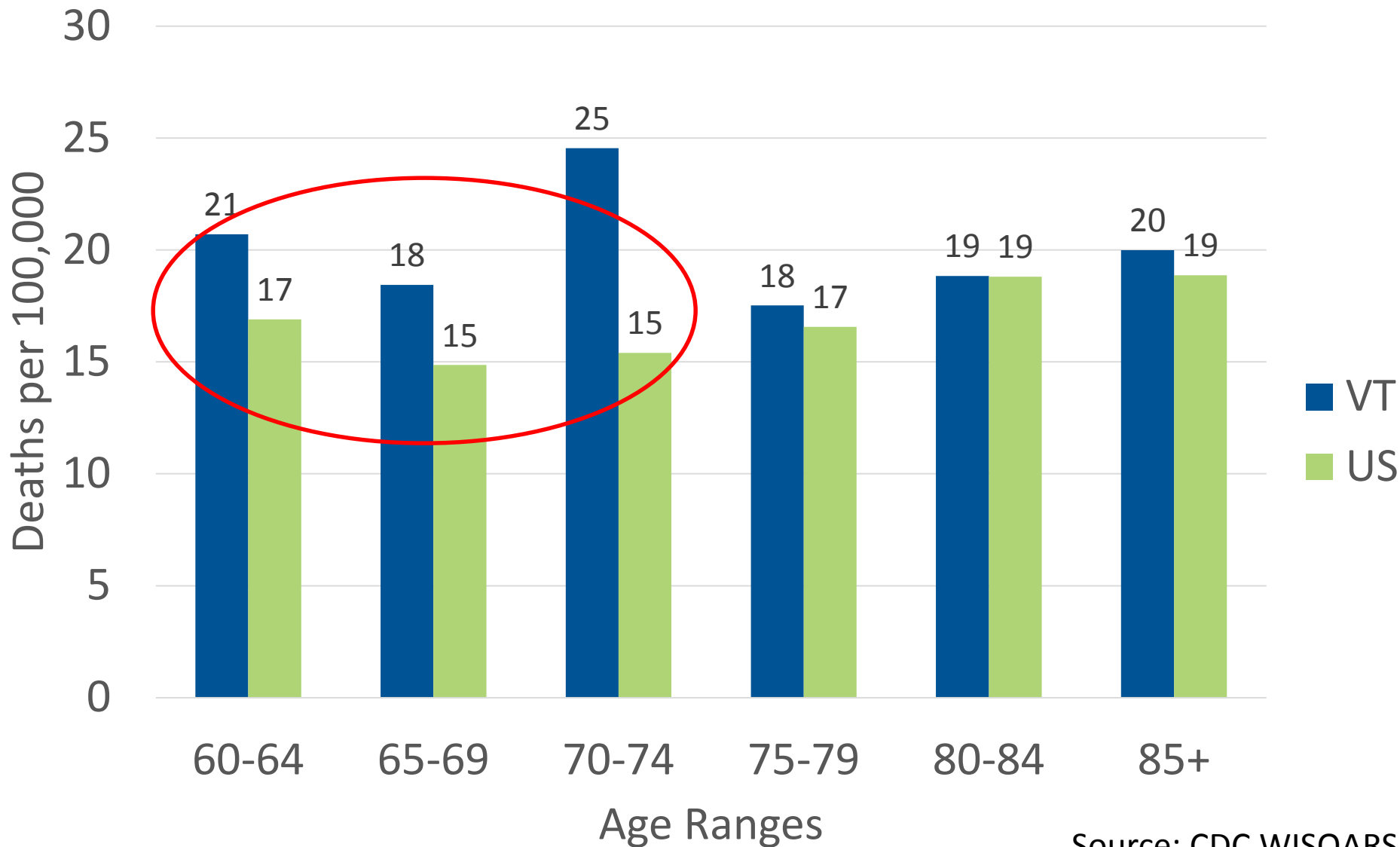


US Death Rates per 100,000



Based on WISQARS 2013-2016 VT and US data, age adjusted.

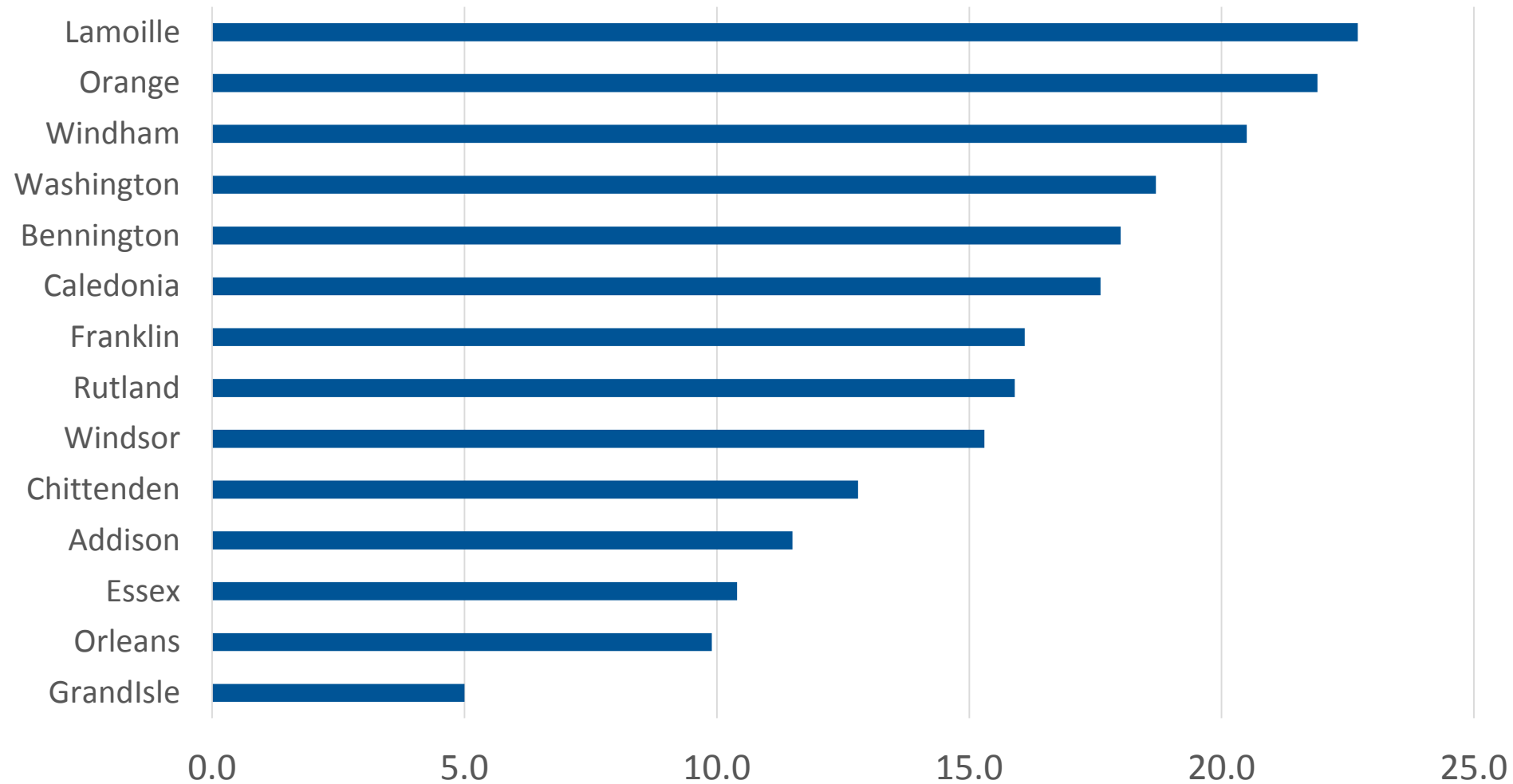
Older Adult Suicide Death Rates VT and US (2012-2016)



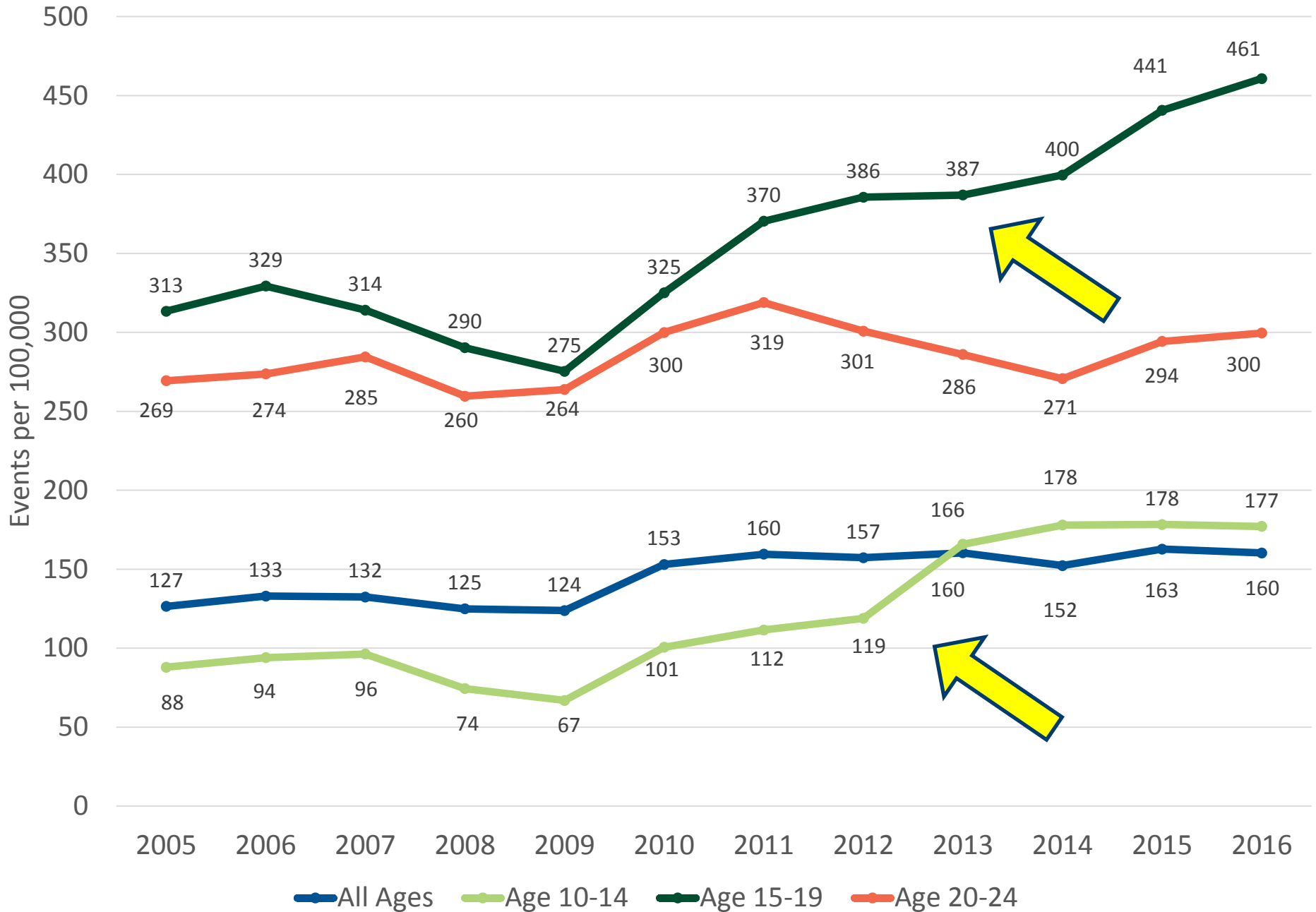
Source: CDC WISQARS

Vermont Suicide Deaths Vary with Geography and Demographics

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



US Non-Fatal Self Injury Rates per 100,000 People

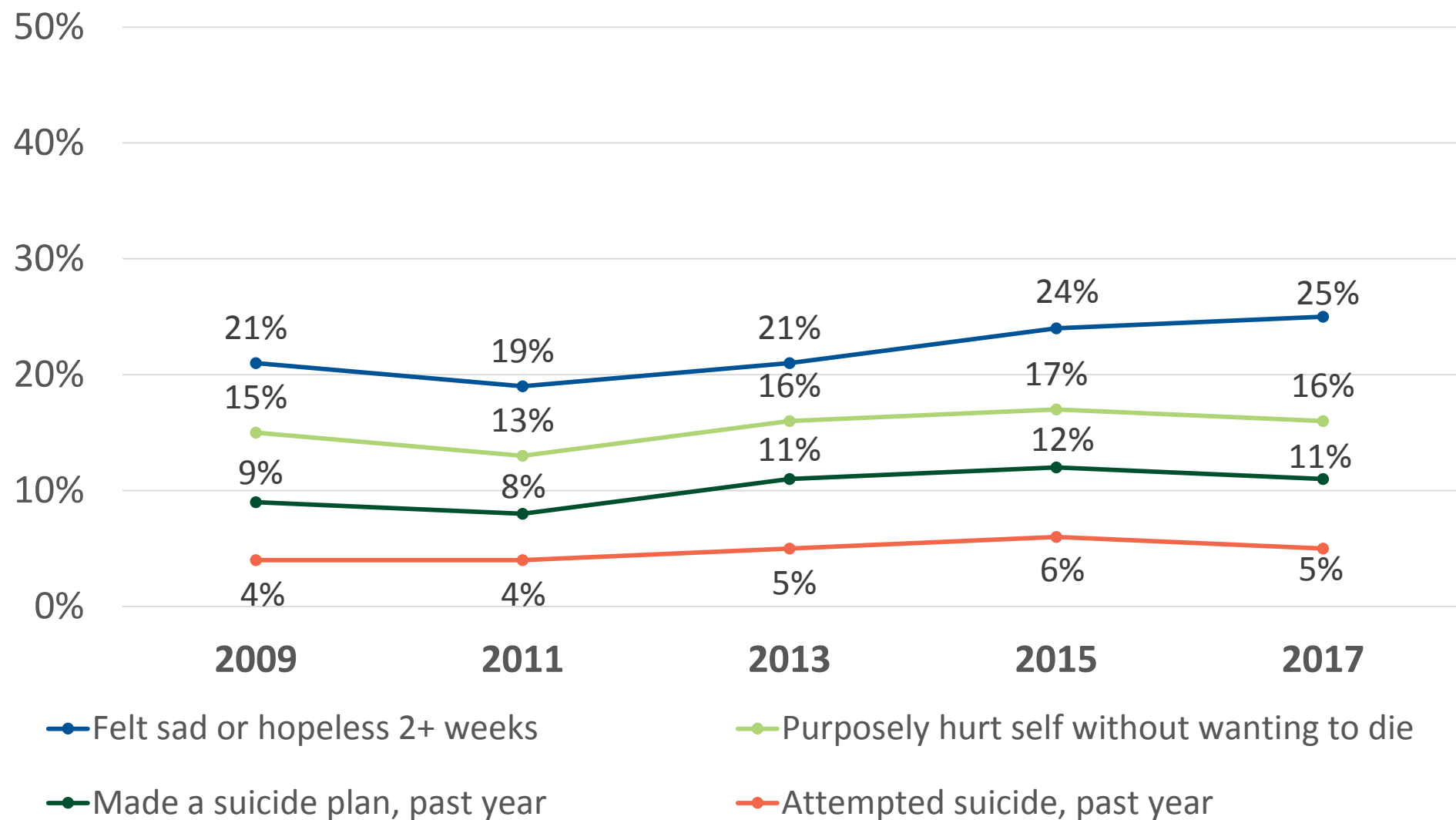


Suicide and Young Vermonters Who Identify as LGBTQ+

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

Trends in Risk Factors: Vermont Youth Risk Behavior Survey, 2009-2017



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:

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