Suicide Deaths in Vermont and the United States

<table>
<thead>
<tr>
<th>US 2016</th>
<th>VT 2016</th>
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<tbody>
<tr>
<td>- 44,966 deaths</td>
<td>- 118 deaths</td>
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<tr>
<td>- 10th leading cause</td>
<td>- 8th leading cause</td>
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<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>
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<tr>
<td>- Firearms involved with approx. 51% of deaths</td>
<td>- Firearms involved with approx. 59% of deaths</td>
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**SUICIDE: VERMONT 2017 FACTS & FIGURES**

### Suicide Death Rates

<table>
<thead>
<tr>
<th></th>
<th>Number of Deaths by Suicide</th>
<th>Rate per 100,000 Population</th>
<th>State Rank</th>
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<tbody>
<tr>
<td>Vermont</td>
<td>103</td>
<td>14.77</td>
<td>26</td>
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<tr>
<td>Nationally</td>
<td>44,193</td>
<td>13.26</td>
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### Suicide Cost

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...

- **8th leading cause of death** in the state.

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

Over the past 5 years, Vermont's suicide death rate has averaged about 30% higher than the US rate.

Source: CDC WISQARS
### 10 Leading Causes of Death by Age Group, United States – 2016

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<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>Malignant Neoplasms (65+)</th>
<th>Total</th>
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<tbody>
<tr>
<td>1</td>
<td>Congenital Anomalies 4,816&lt;br&gt;Unintentional Injury 1,261&lt;br&gt;Unintentional Injury 787&lt;br&gt;Unintentional Injury 847&lt;br&gt;Unintentional Injury 13,895&lt;br&gt;Unintentional Injury 23,984&lt;br&gt;Unintentional Injury 20,975</td>
<td>Malignant Neoplasms 41,291&lt;br&gt;Heart Disease 507,118&lt;br&gt;Heart Disease 635,260</td>
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<td>2</td>
<td>Short Gestation 3,927&lt;br&gt;Congenital Anomalies 433&lt;br&gt;Malignant Neoplasms 449&lt;br&gt;Suicide 436&lt;br&gt;Suicide 5,723&lt;br&gt;Suicide 7,366&lt;br&gt;Malignant Neoplasms 10,903&lt;br&gt;Heart Disease 34,027&lt;br&gt;Heart Disease 78,610&lt;br&gt;Malignant Neoplasms 422,927&lt;br&gt;Malignant Neoplasms 598,038</td>
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<td>SIDS 1,500&lt;br&gt;Malignant Neoplasms 377&lt;br&gt;Congenital Anomalies 203&lt;br&gt;Malignant Neoplasms 431&lt;br&gt;Homicide 5,172&lt;br&gt;Homicide 5,376&lt;br&gt;Heart Disease 10,477&lt;br&gt;Unintentional Injury 23,377&lt;br&gt;Unintentional Injury 21,860&lt;br&gt;Chronic Low. Respiratory Disease 131,002&lt;br&gt;Unintentional Injury 161,374</td>
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<td>Maternal Pregnancy Comp. 1,402&lt;br&gt;Homicide 339&lt;br&gt;Homicide 139&lt;br&gt;Homicide 147&lt;br&gt;Malignant Neoplasms 1,431&lt;br&gt;Malignant Neoplasms 3,791&lt;br&gt;Suicide 7,030&lt;br&gt;Suicide 8,437</td>
<td>Chronic Low. Respiratory Disease 17,810&lt;br&gt;Cerebrovascular Disease 121,630&lt;br&gt;Chronic Low. Respiratory Disease 154,596</td>
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<td>5</td>
<td>Unintentional Injury 1,219&lt;br&gt;Heart Disease 118&lt;br&gt;Heart Disease 77&lt;br&gt;Congenital Anomalies 146&lt;br&gt;Heart Disease 949&lt;br&gt;Heart Disease 3,445&lt;br&gt;Homicide 3,369&lt;br&gt;Liver Disease 8,364&lt;br&gt;Diabetes Mellitus 14,251&lt;br&gt;Alzheimer’s Disease 114,883&lt;br&gt;Cerebrovascular Disease 142,142</td>
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<td>Placenta Cord. Membranes 841&lt;br&gt;Influenza &amp; Pneumonia 103&lt;br&gt;Chronic Low. Respiratory Disease 68&lt;br&gt;Heart Disease 111&lt;br&gt;Congenital Anomalies 388&lt;br&gt;Liver Disease 925&lt;br&gt;Liver Disease 2,851&lt;br&gt;Liver Disease 6,267&lt;br&gt;Liver Disease 13,448&lt;br&gt;Diabetes Mellitus 56,452&lt;br&gt;Alzheimer’s Disease 116,103</td>
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<td>Bacterial Sepsis 583&lt;br&gt;Septicemia 70&lt;br&gt;Influenza &amp; Pneumonia 48&lt;br&gt;Chronic Low. Respiratory Disease 75&lt;br&gt;Diabetes Mellitus 211&lt;br&gt;Diabetes Mellitus 792&lt;br&gt;Diabetes Mellitus 2,049&lt;br&gt;Cerebrovascular Disease 12,310&lt;br&gt;Unintentional Injury 53,141&lt;br&gt;Diabetes Mellitus 80,058</td>
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<td>Respiratory Distress 488&lt;br&gt;Perinatal Period 60&lt;br&gt;Septicemia 40&lt;br&gt;Cerebrovascular Disease 50&lt;br&gt;Chronic Low. Respiratory Disease 206&lt;br&gt;Cerebrovascular Disease 575&lt;br&gt;Cerebrovascular Disease 1,851&lt;br&gt;Chronic Low. Respiratory Disease 4,307&lt;br&gt;Suicide 7,759&lt;br&gt;Influenza &amp; Pneumonia 42,479&lt;br&gt;Influenza &amp; Pneumonia 51,537</td>
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<td>Circulatory System Disease 460&lt;br&gt;Cerebrovascular 55&lt;br&gt;Cerebrovascular 38&lt;br&gt;Influenza &amp; Pneumonia 39&lt;br&gt;Influenza &amp; Pneumonia 189&lt;br&gt;HIV 546&lt;br&gt;HIV 971&lt;br&gt;Septicemia 2,472&lt;br&gt;Septicemia 5,941&lt;br&gt;Nephritis 41,095&lt;br&gt;Nephritis 50,046</td>
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<td>Neonatal Hemorrhage 398&lt;br&gt;Chronic Low Respiratory Disease 51&lt;br&gt;Benign Neoplasms 31&lt;br&gt;Septicemia 31&lt;br&gt;Complicated Pregnancy 184&lt;br&gt;Complicated Pregnancy 472&lt;br&gt;Septicemia 897&lt;br&gt;Homicide 2,152&lt;br&gt;Nephritis 5,650&lt;br&gt;Septicemia 30,405&lt;br&gt;Suicide 44,965</td>
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Population Correlates of High Vermont Suicide Rates

Consistently ranked as of the three healthiest US states, BUT…

• High rates of binge drinking – 17% in past month for adults

• High rates of firearm ownership & easy purchase of firearms (Kalesan et al., 2015)

• Rural population – 2nd most rural in Northeastern US

• Older population – 17.6% aged 65 and over (4\textsuperscript{th} highest in US)

• 35\% higher than national percent of adults who are veterans

• High proportion of White non-Hispanic population
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)

Source: CDC WISQARS
Trends in Vermont and US Youth and Young Adult Suicide Deaths

VT and US Youth and Young Adult Suicide Death Rates (3 Year Bins) 2000-2014

Deaths per 100,000 population

VT age 20-24
US age 20-24
VT age 10-19
US age 10-19
Suicide Attempts in Youth and Young Adults

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

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

Many attempts do not receive medical attention.

Estimate of medically serious youth attempts in VT: 375 annually
Vermont Suicide Deaths Vary with Geography and Demographics

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

- Lamoille: 22.7
- Orange: 21.5
- Windham: 19.8
- Washington: 19.5
- Bennington: 19.1
- Caledonia: 18.6
- Franklin: 18.4
- Rutland: 17.8
- Windsor: 17.0
- Windsor: 17.0
- Chittenden: 16.8
- Addison: 16.6
- Essex: 15.3
- Orleans: 14.0
- GrandIsle: 5.0
Populations at Risk for Suicide

While suicide can touch people from all walks of life, there are some population groups known to be at higher risk than the general population.

Suicide is a complex human behavior, with no single determining cause. The following groups have demonstrated a higher risk for suicide or suicide attempts than the general population:

- American Indians and Alaska Natives
- People bereaved by suicide
- People in justice and child welfare settings
- People who intentionally hurt themselves (non-suicidal self-injury)
- People who have previously attempted suicide
- People with medical conditions
- People with mental and/or substance use disorders
- People who are lesbian, gay, bisexual, or transgender
- Members of the military and veterans
- Men in midlife and older men
Summary

- Vermont suicide death rates higher than US rates
  - Increasing faster than US rates in recent years
  - Correlated with a variety of population risk factors
- Males, middle aged and elderly have highest numbers of deaths, and at highest risk
- Attempts are more frequent (but mortality is lower) among younger people
- Vermont youth showing increasing trends in suicide ideation and attempts in recent years
- Multiple sub-populations in VT at elevated risk compared to general population
THANK YOU!!!

Questions/Comments:

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