



Vermont Child Health Improvement Program



Current Suicide Data in Vermont

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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

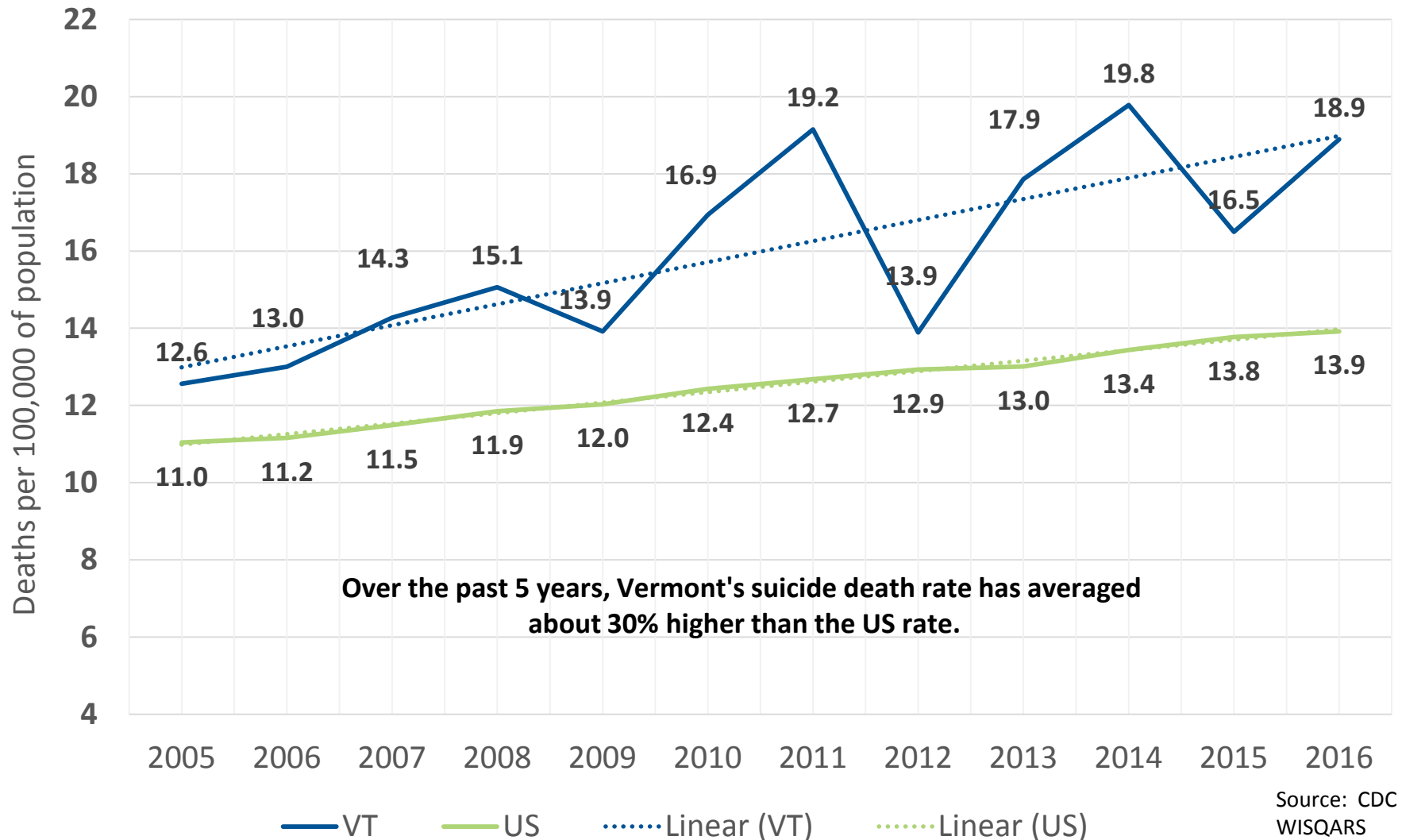
4th leading
cause of death
for ages 35-54

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

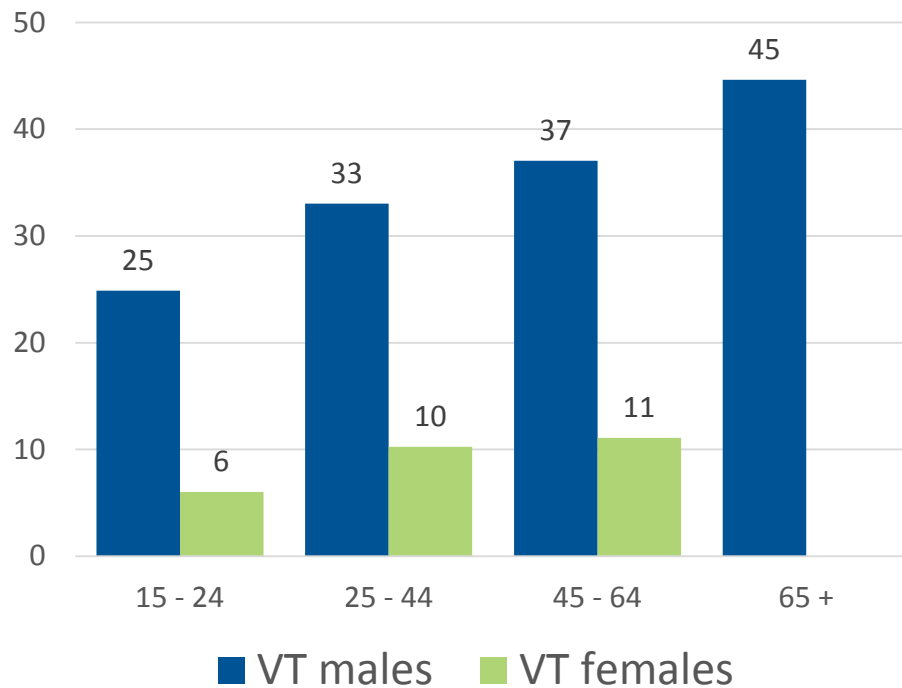
Population Correlates of High Vermont Suicide Rates

Consistently ranked as one of the three healthiest US states, *BUT...*

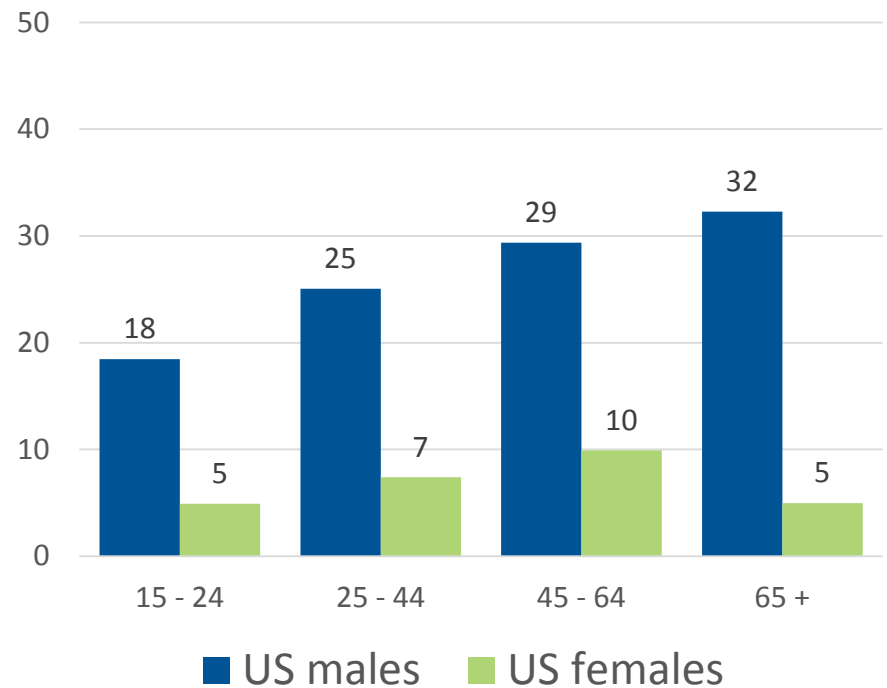
- High rates of binge drinking – 17% in past month for adults
- High rates of firearm ownership & easy purchase of firearms (Kalesan et al., 2015)
- Rural population – 2nd most rural in Northeastern US
- Older population – 17.6% aged 65 and over (4th highest in US)
- *35% higher than national percent of adults who are veterans*
- *High proportion of White non-Hispanic population*

Gender, Age and Suicide

VT Death Rates per 100,000

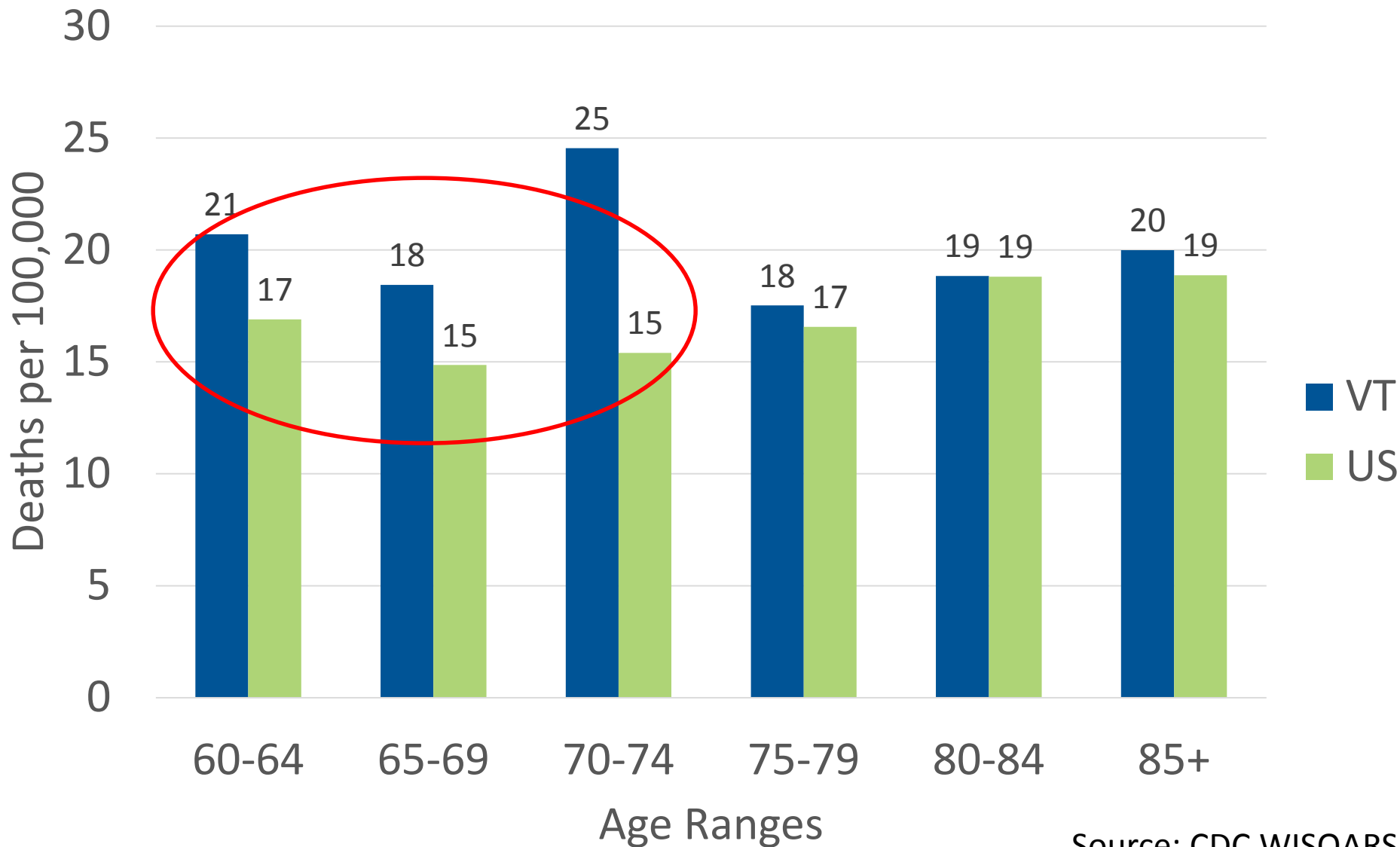


US Death Rates per 100,000



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

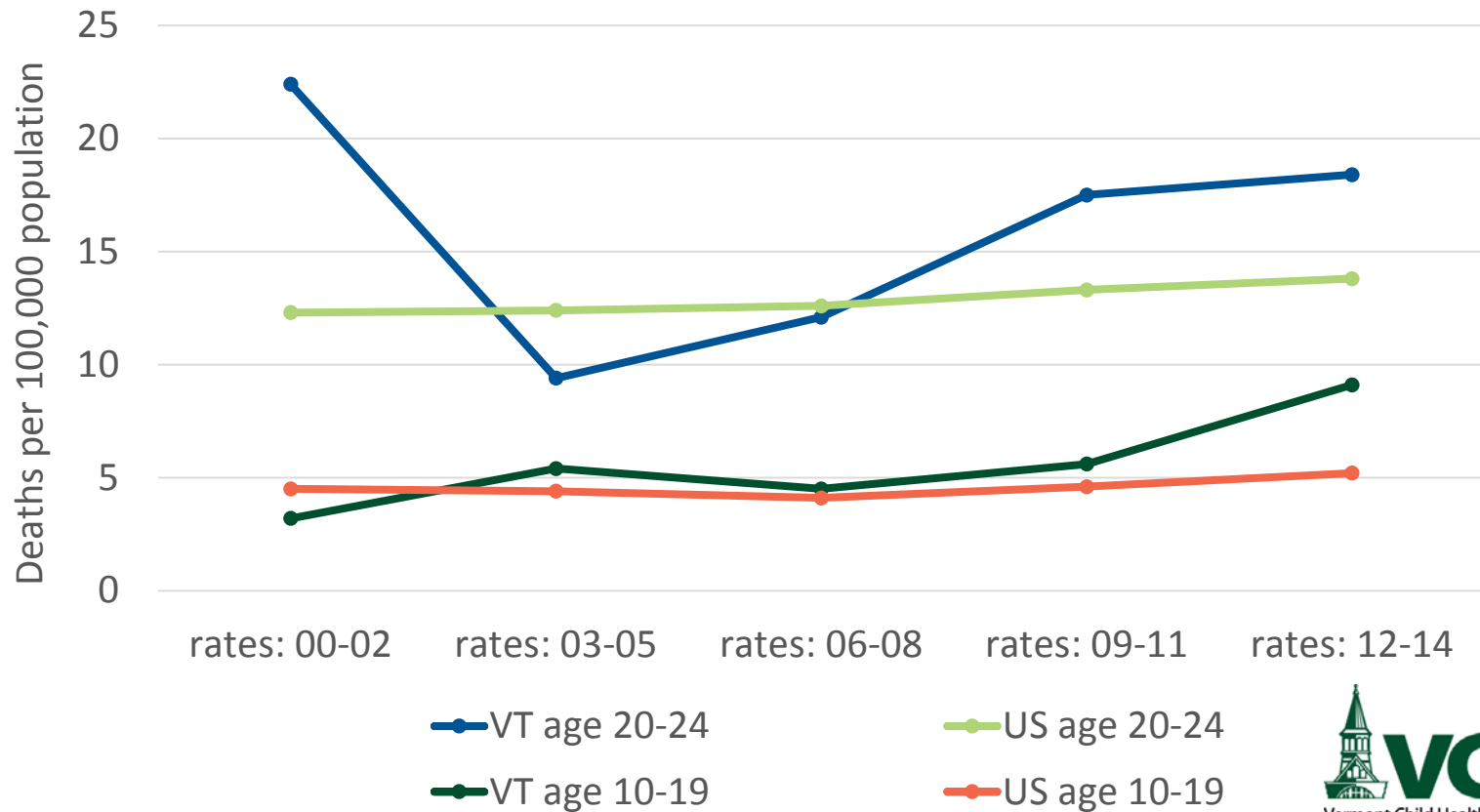
Older Adult Suicide Death Rates VT and US (2012-2016)



Source: CDC WISQARS

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



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

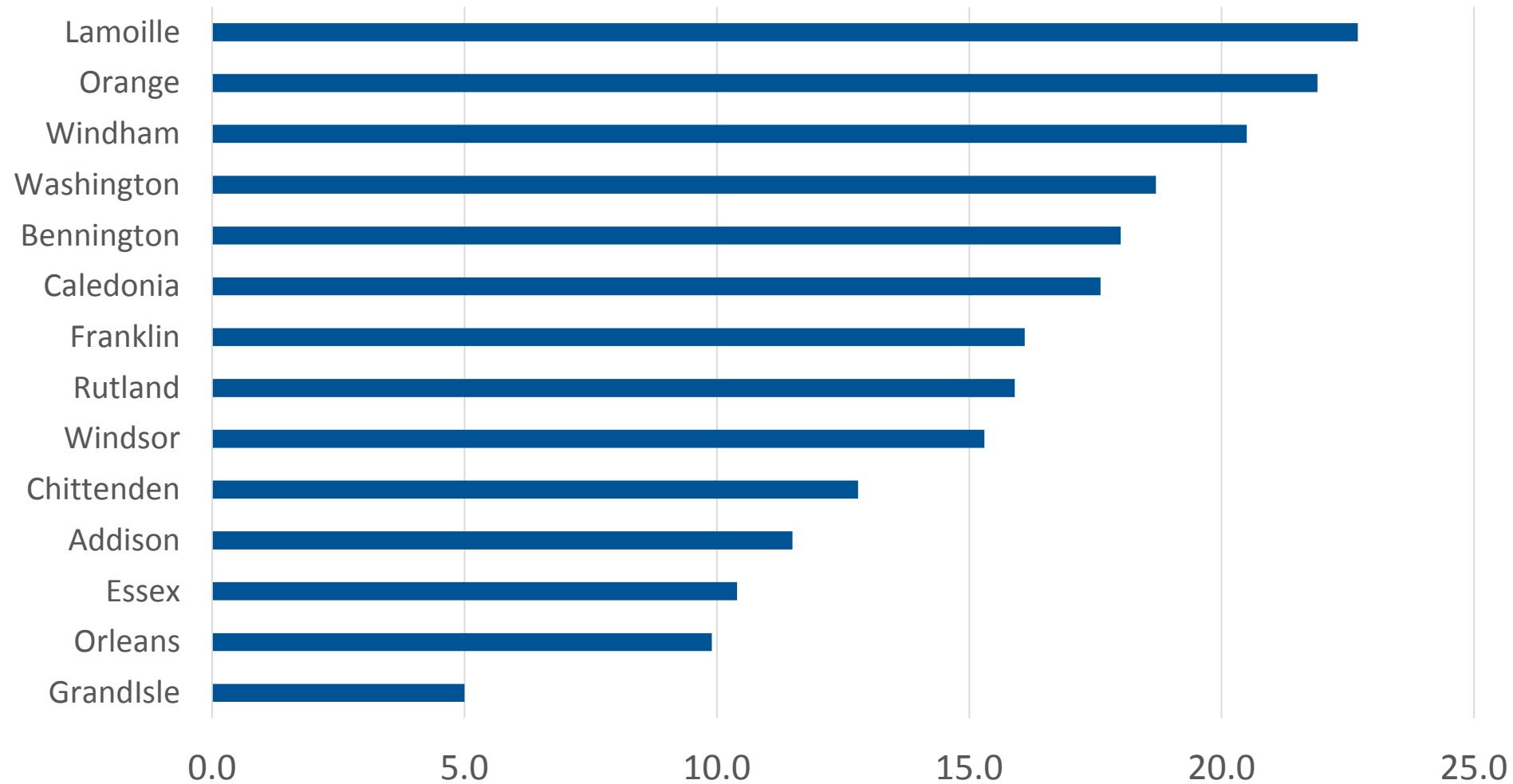
4 : 1 attempts to deaths in elderly

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



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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