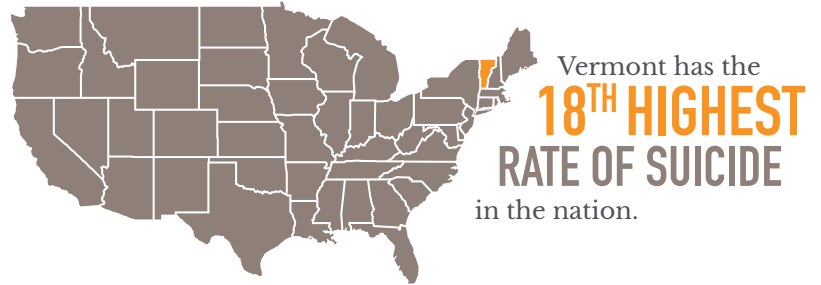


SUICIDE IN VERMONT 2020

WHAT THE DATA TELLS US



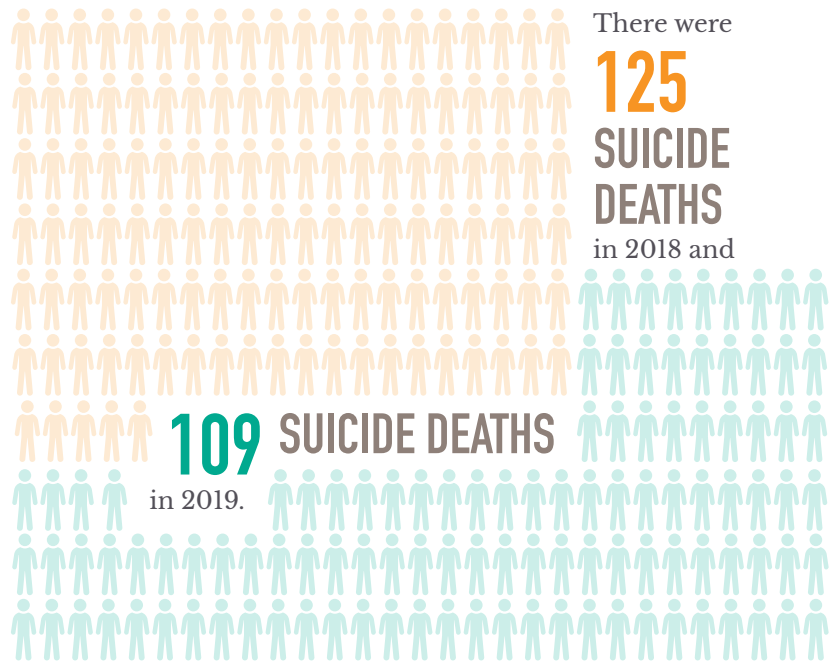
Suicide is the **2ND** LEADING CAUSE OF DEATH for ages 15-35 and the **8TH** LEADING CAUSE OF DEATH across all ages.

Source: VDH

Vermonters have consistently died by suicide at a rate of more than **30% HIGHER** THAN NATIONAL AVERAGE over the last 15 years.



by suicide, resulting in significant ripple effects on families, schools, communities, first responders, health care providers, and systems overall.



Source: VDH. NOTE: Preliminary 2020 data will be released by VT Department of Health in February 2021.

COVID AND SUICIDE IDEATION

Emergency care visits for suicidal ideation and/or self-harm in 2020 is **SIMILAR TO PREVIOUS YEARS** DESPITE AN APPROXIMATE 10% DROP IN VISITS to the ED and urgent care, likely due to COVID.

December 2020 saw an **INCREASE** FROM PAST YEARS IN VISITS FOR SUICIDAL IDEATION AND SELF-HARM despite the drop in ED/urgent care visits.

Source: VDH

In 2018, the age-adjusted suicide rate in the U.S. was **14 PER 100,000**. In Vermont, it was **19 PER 100,000**.

Source: CDC WISQARS

Suicide cost Vermont a total of **\$117,583,000** of combined lifetime medical and work loss in 2010, or an average of **\$1,109,277 PER SUICIDE DEATH**.

Source: CDC WISQARS

SUICIDAL IDEATION AND SELF-DIRECTED HARM IN VERMONT



There were approximately **4,250 ED VISITS** for suicide ideation and self-directed violence in 2019.

ED visits for suicidal ideation and self-directed violence **INCREASED 7%** from 2017-2019.

ED visits for suicidal ideation and self-directed violence **INCREASED 29% FOR MALES** from 2017-2019.

ED visits for suicidal ideation and self-directed violence **INCREASED 17% FOR FEMALES & 56% FOR MALES AGE 10-19** from 2017-19.

BIPOC VERMONTERS HAVE HIGHER RATES of suicidal ideation and self-directed violence compared to white non-Hispanic Vermonters (732 vs 629 per 10,000).

Source: VDH

55% OF SUICIDE DEATHS IN VERMONT ARE DUE TO FIREARMS



Source: Vermont Department of Health: healthvermont.gov/sites/default/files/documents/pdf/HSVR_Injury_Suicide_Databrief_2021.pdf

43% OF ALL VERMONT HOUSEHOLDS store firearms in or around the home.



17% of households with firearms in the home keep a **FIREARM LOADED.**



65% of households with a loaded firearm in the home keep a **FIREARM UNLOCKED.**

Source: VDH, 2018

RISK FACTORS AMONG VT DEATHS BY SUICIDE



- 68%** EVER RECEIVED A MENTAL HEALTH DIAGNOSIS
- 48%** HAD DEPRESSION
- 37%** CURRENTLY ENROLLED IN MENTAL HEALTH TREATMENT
- 27%** HAD A PREVIOUS SUICIDE ATTEMPT
- 21%** HAD A SUBSTANCE USE ISSUE
- 20%** HAD A PHYSICAL HEALTH PROBLEM

Source: VDH, 2017-2018

SUICIDE RATES FOR...

...MIDDLE AGED AND OLDER VERMONTERS

AGE 45-64: **27.09 PER 100,000**

AGE 65+: **19.80 PER 100,000**

Source: CDC WISQARS

ED visits for suicide ideation and self-directed violence **INCREASED 124% FOR MALES OVER 60.**

Source: VDH

...VERMONT TEENS

FELT SAD OR HOPELESS



31% OF STUDENTS OVERALL
34% OF BIPOC STUDENTS
63% OF LGBT STUDENTS

MADE A SUICIDE PLAN



13% OF STUDENTS OVERALL
17% OF BIPOC STUDENTS
36% OF LGBT STUDENTS

ATTEMPTED SUICIDE



7% OF STUDENTS OVERALL
10% OF BIPOC STUDENTS
19% OF LGBT STUDENTS

Source: Vermont YRBS 2019

...VETERANS



Nationally, each year since 2008 the number of veteran suicides has **EXCEEDED 6,300**

Male veteran suicide deaths by firearm in 2018: **69%**

Female veteran suicide deaths by firearm in 2018: **42%**

Source: U.S. Dept. of Veterans Affairs

In Vermont,

20% OF SUICIDE DEATHS in 2018 and 2019 were in the U.S. armed forces (veteran).

Source: VDH

The Vermont Suicide Prevention Center (VTSPC) is a public-private partnership of the Center for Health and Learning with the VT Agency of Human Services and many partner organizations and individuals. The mission is to create health-promoting communities in which people have the knowledge, attitudes, skills, and resources to reduce suicides in Vermont.

For more information: info@healthandlearning.org

VDH Data Briefs can be found here: healthvermont.gov/health-statistics-vital-records/surveillance-reporting-topic/injuries