

# Suicide in Utah, 2012

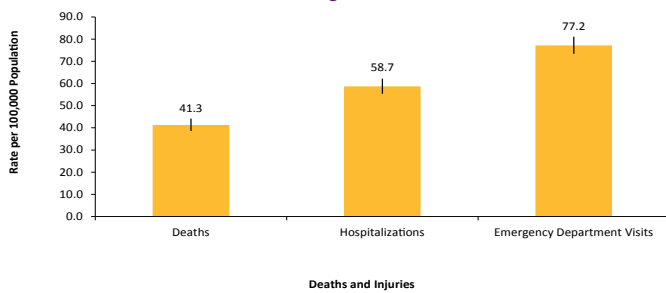
## Men (25-64 years)

### Introduction

An average of 501 Utahns die from suicide<sup>1</sup> and 3,968 Utahns attempt<sup>\*2</sup> suicide each year. Men ages 25 to 64 comprise 24.2% of the Utah population,<sup>3</sup> **56.2%** of all suicides<sup>1</sup>, and **23.0%** of all suicide attempts<sup>2</sup>.

\*Suicide attempts include persons who are hospitalized or treated in an emergency department for self-inflicted injuries.

**Figure 1: Rate of Suicides (2010-2012) and Suicide Attempts (2009-2011), Men Ages 25-64, Utah**



**Three men are treated for suicide attempts every day in Utah.**

More men are hospitalized or treated in an emergency department (ED) for suicide attempts than are fatally injured (**Figure 1**).

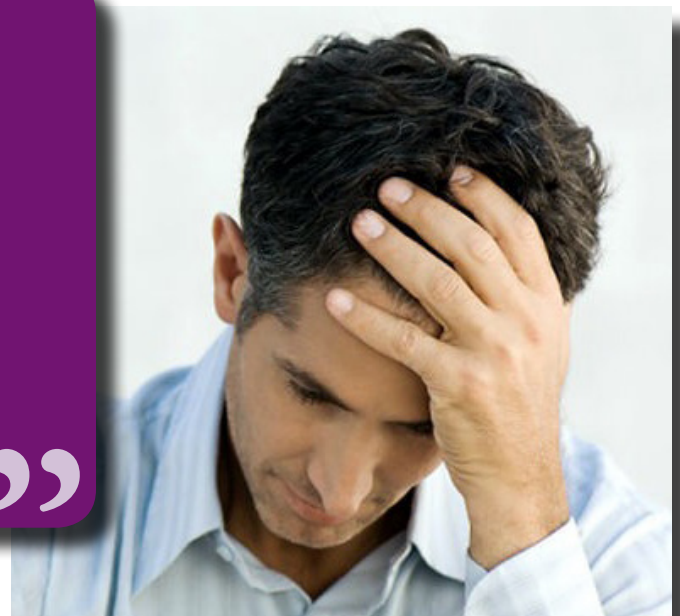
All suicide attempts should be taken seriously. Those who survive suicide attempts are often seriously injured and many have depression and other mental health problems.

### Utah Trends

The 2012 Utah adult male suicide rate was 44.6 per 100,000 population ages 25 to 64.<sup>1,3</sup> Suicide is the 4th-leading cause of death for men in this age group.<sup>1</sup>

“ I’ve had several friends who committed suicide. They were all guys in their 40s and 50s. Each time it was a big shock to me. But looking back, I realize that the signs were there – isolation, depression, relationship problems ... I would like to be able to recognize signs before a suicide attempt and be able to offer help or refer friends to help. I miss those guys and wish they were still here.

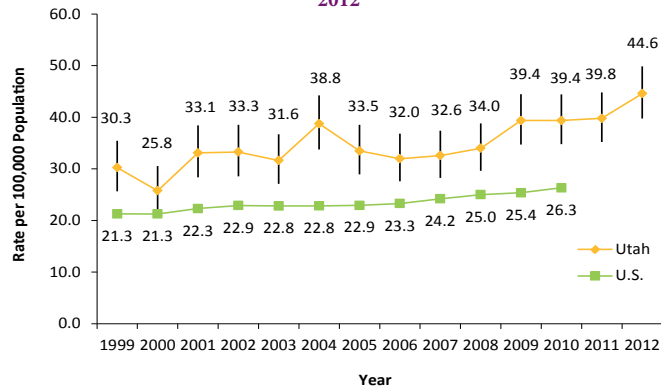
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## Utah and U.S.

Utah's adult male suicide rate has been consistently higher than the national rate for more than a decade (Figure 2). Utah adult men had the 6<sup>th</sup> highest adult male suicide rate in the U.S. for the years 2008-2010.<sup>4</sup>

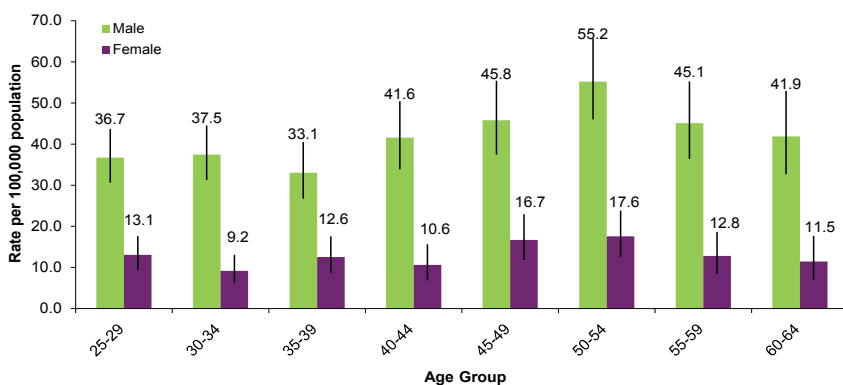
Figure 2: Rate of Suicides by Year, Men Ages 25-64, Utah and U.S., 1999-2012



## Age and Sex

Overall, Utah adult men had a significantly higher suicide rate compared to Utah adult women (41.3 vs. 12.9 per 100,000 population).<sup>1</sup> Utah adult men also had significantly higher suicide rates compared to Utah adult women in every age group (Figure 3).<sup>1</sup>

Figure 3: Rate of Suicides by Age and Sex, Ages 25-64, Utah, 2010-2012



Males ages 50 to 54 (55.2 per 100,000 population) had the highest suicide rate among all age groups. The rate was significantly higher compared to ages 25 to 29, 30 to 34, and 35 to 39 (Figure 3).

## Location of Injury

The majority of Utah adult male suicides occurred at a home or apartment (70.3%), followed by inside a motor vehicle (10.0%) and natural areas such as fields or mountains (6.2%).<sup>4</sup>

The following small areas had significantly higher rates of suicide, hospitalization, and ED visits for suicide attempts than the state rate:

### Highest Adult Male Suicide Rates<sup>1</sup>

- Carbon/Emery Counties and Juab/Millard/Sanpete Counties

### Highest Adult Male Hospitalization Rates for Suicide Attempts<sup>2</sup>

- Riverdale, Glendale, Magna, Rose Park, Downtown Ogden, Midvale, Ben Lomond, West Valley West, and Tooele County

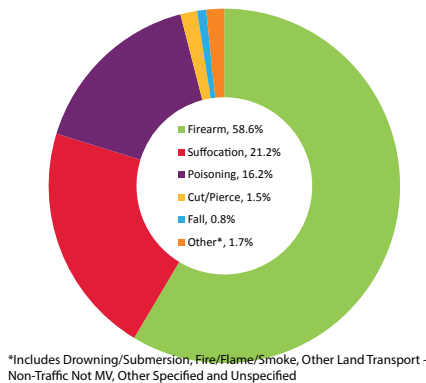
### Highest Adult Male ED Visit Rates for Suicide Attempts<sup>2</sup>

- Midvale, Brigham City, Carbon/Emery Counties, Glendale, Magna, Cedar City, South Salt Lake, West Jordan Southeast, Murray, West Valley East, Taylorsville, West Valley West, Downtown Salt Lake, and Holladay

## Method of Injury

Use of a firearm was the most common method of suicide death for Utah adult men, followed by suffocation and then poisoning (Figure 4).<sup>1</sup>

Figure 4: Percent of Male Suicides by Method of Injury, Ages 25-64, Utah, 2010-2012



## Risk Factors

Risk factors for suicide may include:

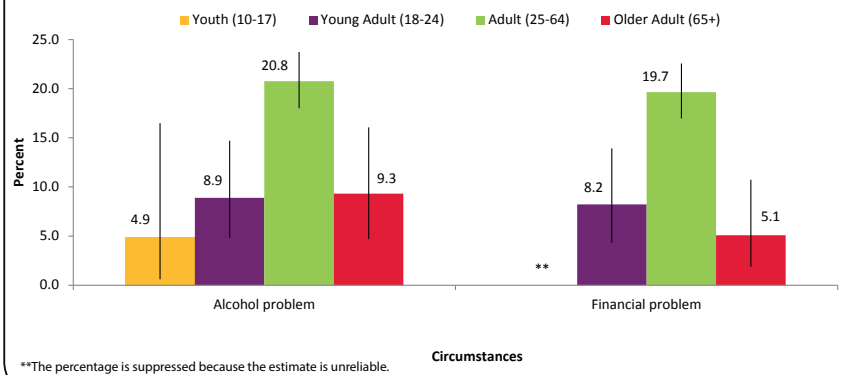
- Previous suicide attempt(s)
- History of depression or mental illness
- Alcohol or drug abuse
- Family history of suicide or violence
- Physical illness
- Feeling alone, hopelessness
- Relational, social, work, or financial loss

## Suicide Death Circumstances<sup>5</sup>

Utah males ages 25-64 had significantly higher rates of the following when compared to at least one other age group (Figure 5):

- Alcohol problems
- Financial problems

Figure 5: Percentage of Reported Suicide Circumstances by Youth, Young Adult, Adult, and Older Adult Males, Utah, 2009-2011

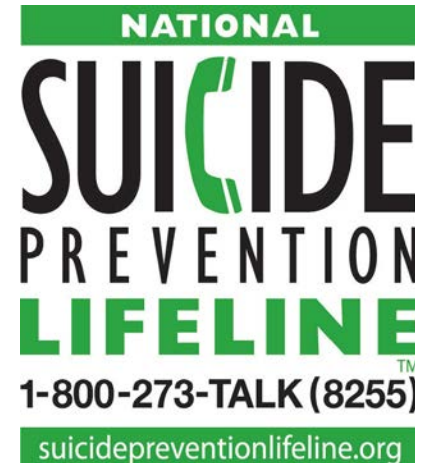


## Cost

The average total charge per year for emergency department visit and hospitalizations for suicide attempts was \$8.8 million for Utah adult men.<sup>2</sup>

## Prevention Tips

- Call for help. Help is available 24 hours a day 7 days a week. If you live in Utah, call the **UNI Crisisline and Mobile Crisis Outreach Team** at **801-587-3000** or call the **National Suicide Prevention LifeLine** at **1-800-273-TALK**.
- Take any threat of suicide seriously.
- Do not leave the person alone.
- Listen to and don't judge anyone you think may be in trouble.
- Take action. Remove guns or medications to prevent a suicide attempt.



## Resources

- Utah Poison Control Center <http://uuhsc.utah.edu/poison/> 1-800-222-1222
- Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)
- National Alliance on Mental Illness Utah Chapter [www.namiut.org](http://www.namiut.org)
- Hope 4 Utah [hope4utah.com](http://hope4utah.com)

## References

- 1 Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health: 2010-2012 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 January].
- 2 Utah Inpatient Hospital Discharge Data, Office of Health Care Statistics; Utah Emergency Department Encounter Database, Bureau of Emergency Medical Services, Utah Department of Health; 2009-2011 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 January].
- 3 Population Data: National Center for Health Statistics (NCHS) through a collaborative agreement with the U.S. Census Bureau, IBIS Version 2012; data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 January].
- 4 U.S. Centers for Disease Control and Prevention (CDC), Web-based Injury Statistics Query and Reporting System (WISQARS), 2008-2010 data [cited 2014 January].
- 5 Utah Violent Death Reporting System, Violence and Injury Prevention Program, Utah Department of Health 2009-2011.

*Last updated: May 2014*



If your life has been affected by suicide, the Utah Department of Health wants to hear from you. Share your story with the Utah Health Story Bank at [www.health.utah.gov/bhp/sb/](http://www.health.utah.gov/bhp/sb/).

### Our Mission

VIPP is a trusted and comprehensive resource for data and technical assistance related to violence and injury. This information helps promote partnerships and programs to prevent injuries and improve public health.

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