

Suicide in Utah, 2012

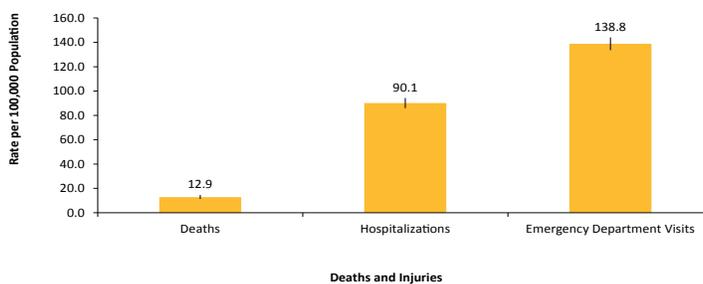
Women (25-64 years)

Introduction

An average of 501 Utahns die from suicide¹ and 3,968 Utahns attempt^{*2} suicide each year. Women ages 25 to 64 comprise 23.8% of the Utah population,³ **17.2%** of all suicides¹ and **38.0%** of all suicide attempts².

*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), Women Ages 25-64, Utah



Four women are treated for suicide attempts every day in Utah.

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

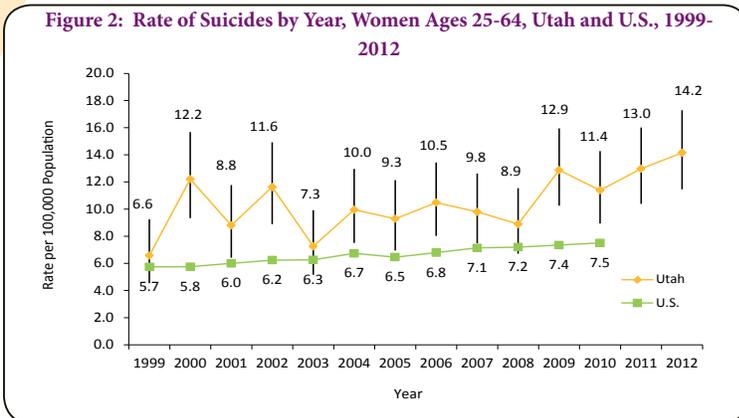
The 2012 Utah adult female suicide rate was 14.2 per 100,000 population ages 25 to 64.^{1,3} Suicide is the 4th-leading cause of death for women in this age group.¹

“I am a mother of four children. I have an amazing husband. I love life, have wonderful friends, and serve in my church. After years of struggling, I was diagnosed with bipolar disorder. There have been times I’ve wondered how I would get through it. For anyone struggling with a mental illness, know there is hope and you are not alone. Even on the darkest of days, life is worth living and you have people in your life who love you.”



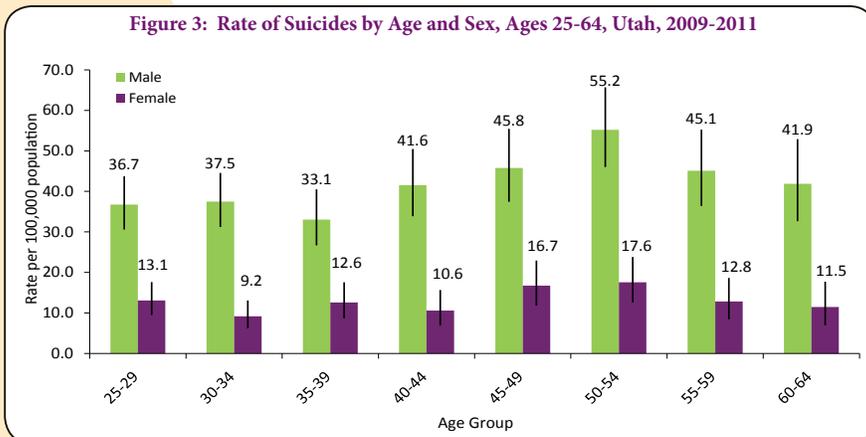
Utah and U.S.

Utah's adult female suicide rate has been consistently higher than the national rate (Figure 2). Utah had the 10th highest adult female suicide rate in the U.S. for the years 2008-2010.⁴



Age and Sex

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



Women ages 50-54 had the highest suicide rate among all adult women (17.6 per 100,000 population) (Figure 3).¹

Location of Injury

The majority of Utah adult female suicides occurred at a home or apartment (73.9%), followed by inside a motor vehicle (7.4%) and natural areas such as fields or mountains (4.7%).⁴

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

Highest Adult Women Suicide Rates¹

- Murray*, Grand/San Juan Counties*, Millcreek*, Downtown Ogden*, and Sandy Center*

*Insufficient number of cases to meet the UDOH standard for data reliability, interpret with caution.

Highest Adult Women Hospitalization Rates for Suicide Attempts²

- Downtown Ogden, Ben Lomond, Midvale, Magna, W. Jordan Northeast, Roy/Hooper, St. George, Riverdale, South Salt Lake, Carbon/Emery Counties, Murray, South Utah County, and West Valley East

Highest Adult Women ED Visit Rates for Suicide Attempts²

- Brigham City, Magna, Midvale, South Salt Lake, Murray, Taylorsville, Carbon/Emery Counties, Sevier/Piute/Wayne Counties, Other Box Elder County, Sandy Center, and West Valley West

Method of Injury

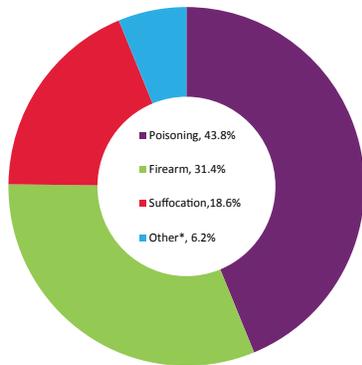
Poisoning was the most common method of suicide deaths for Utah adult women, followed by use of a firearm, then suffocation (Figure 4).²

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

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



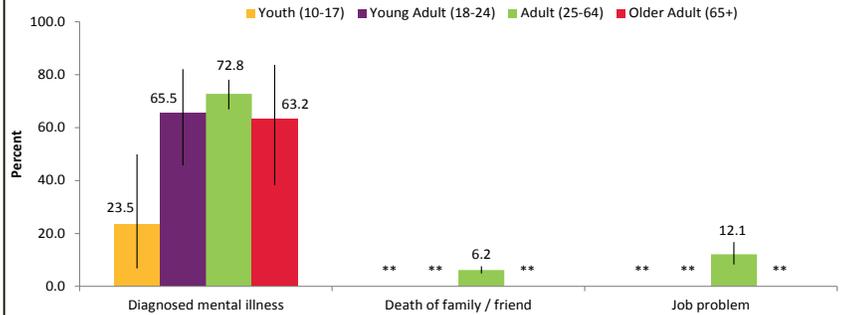
*Includes Fall, Drowning/Submersion, Fire/Flame/Smoke, Cut/Pierce, Other Specified and Unspecified

Suicide Death Circumstances⁵

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

- Diagnosed mental illness
- Death of family member or friend
- Job problem

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



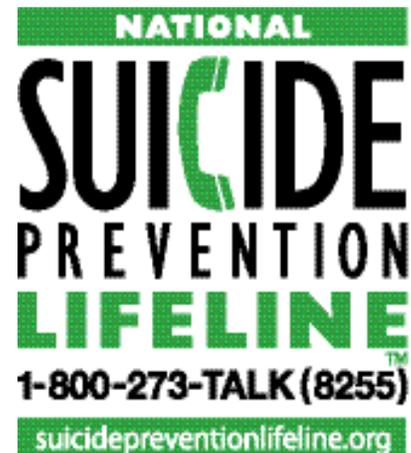
**The percentage is suppressed because the estimate is unreliable.

Cost

The average total charge per year for ED visits and hospitalizations for suicide attempts was \$11.4 million for Utah adult women.²

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
- National Alliance on Mental Illness Utah Chapter www.namiut.org
- Hope 4 Utah 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/.

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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