SUICIDE IN SAN DIEGO COUNTY, 2018

SUICIDE PREVENTION COUNCIL
ANNUAL STAKEHOLDERS MEETING
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Joshua Smith, PhD, MPH, Senior Epidemiologist
County of San Diego, Health and Human Services Agency
Medical Care Services Division
Emergency Medical Services
joshua.smith@sdcounty.ca.gov

LIVE WELL
SAN DIEGO

SUICIDES IN 2018

Total number of suicides in 2018: <u>464</u>
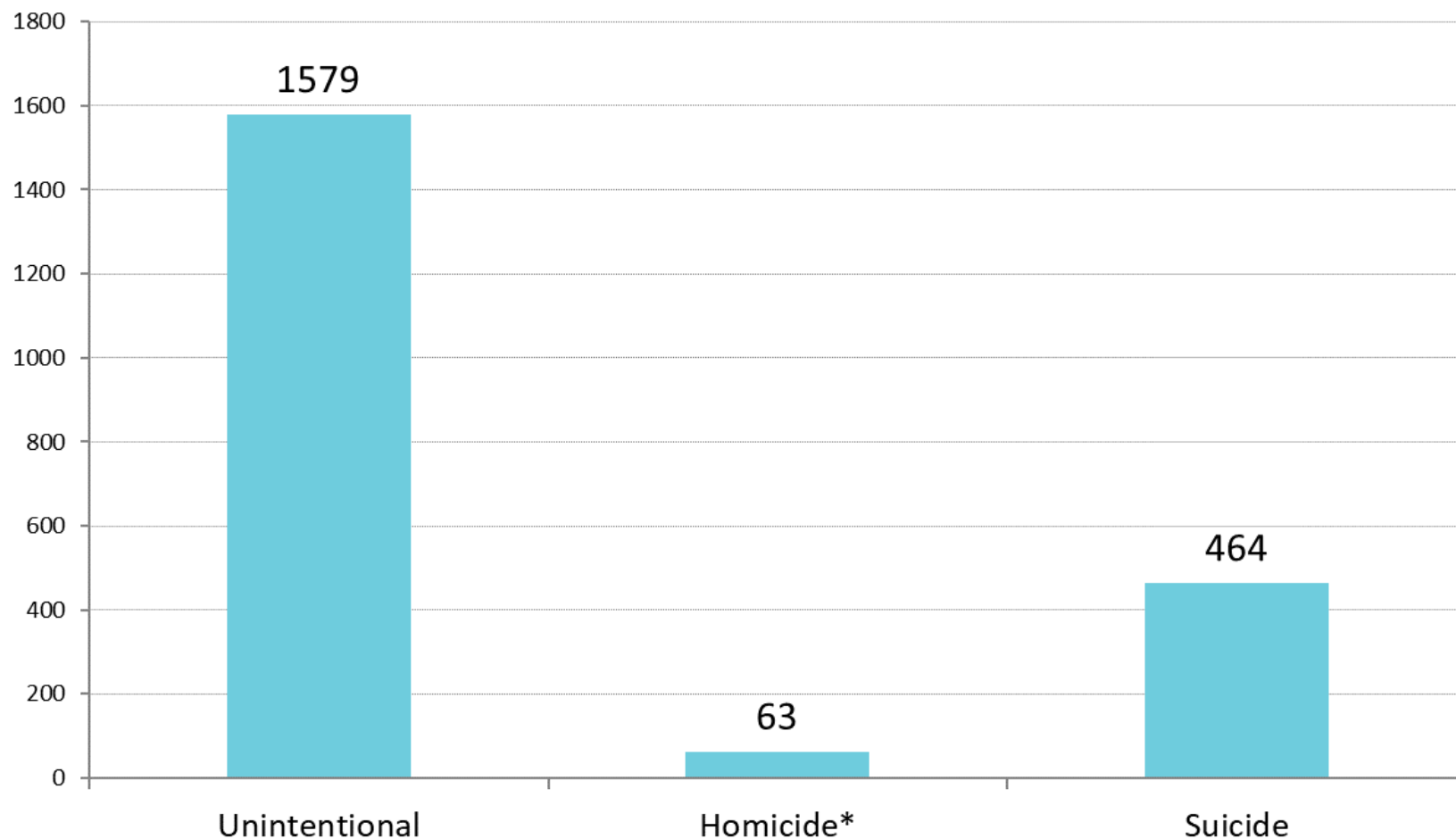
- ➢ 16.1 per 100,000 people (10+ years old)

- ➢ Similar rate compared to 2017

- ➢ Gender

  - ➢ 363 males

  - ➢ 101 females

- ➢ Age range

  - ➢ 13 to 103 years

NON-NATURAL DEATHS IN SAN DIEGO COUNTY, 2018

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.
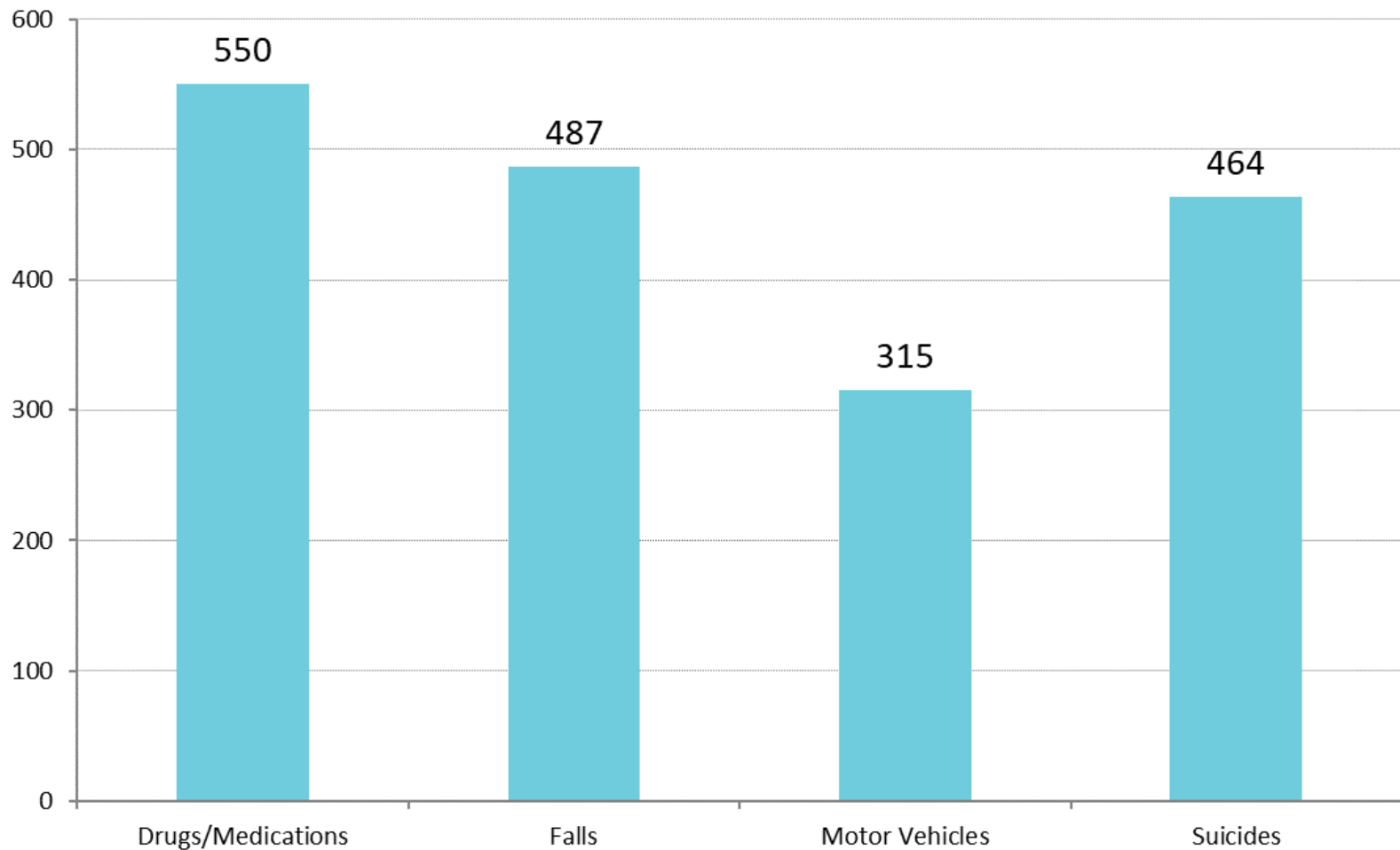
*Homicide total is missing cases sealed by law enforcement, which may be a considerable number

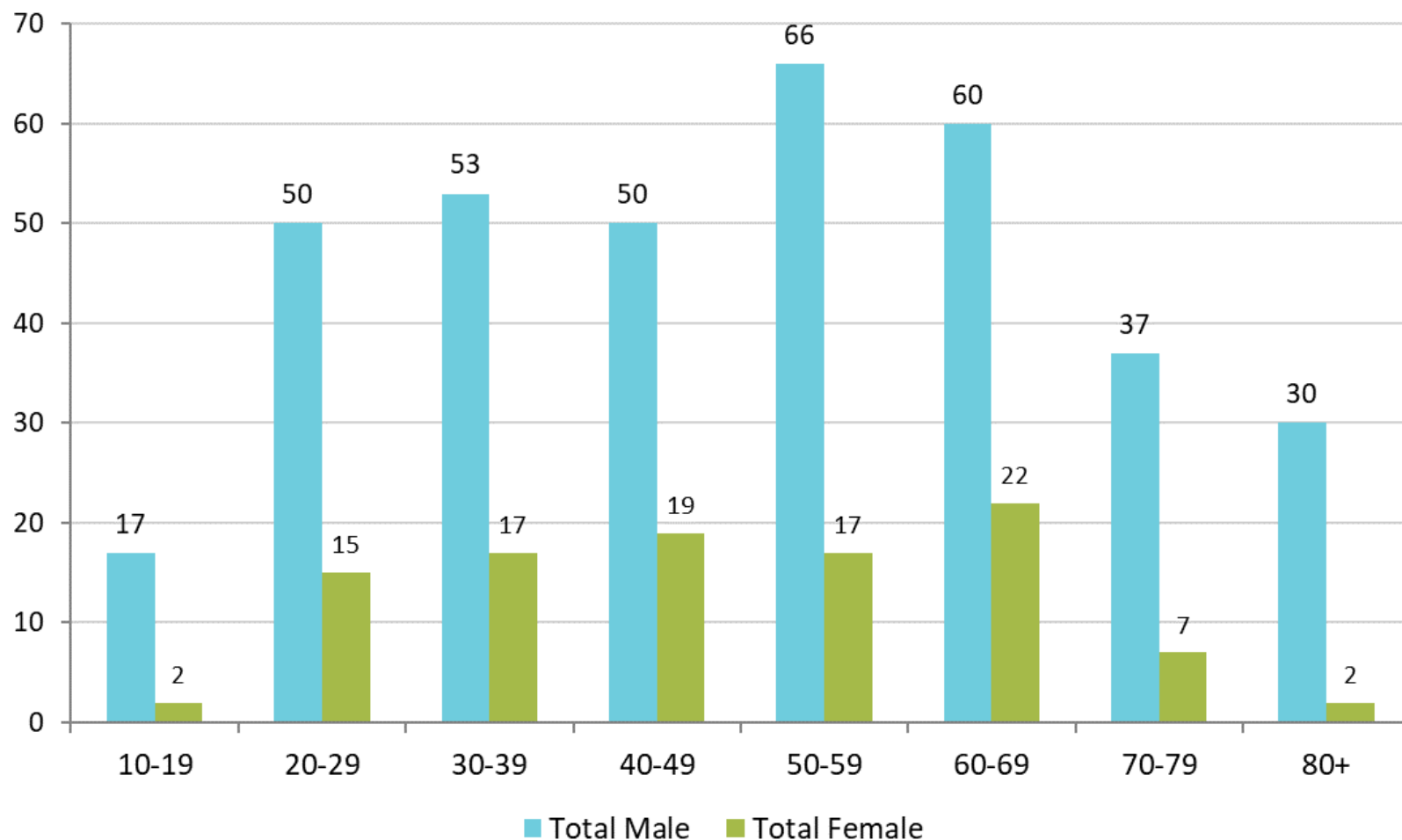# SUICIDES VS UNINTENTIONAL DEATHS, 2018

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

SUICIDES BY AGE GROUP IN 2018

Age Group	Male	Male Rate**	Female	Female Rate**	Total	Total Rate**
10-19	17	7.3	2	*	19	4.2
20-29	50	19.2	15	6.9	65	13.6
30-39	53	22.6	17	7.7	70	15.4
40-49	50	23.9	19	9.2	69	16.6
50-59	66	32.0	17	8.1	83	20.0
60-69	60	36.3	22	12.1	82	23.6
70-79	37	40.3	7	6.4	44	21.9
80+	30	62.5	2	*	32	26.1

*Rates not calculated for totals less than 5

**Rates per 100,000 people

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

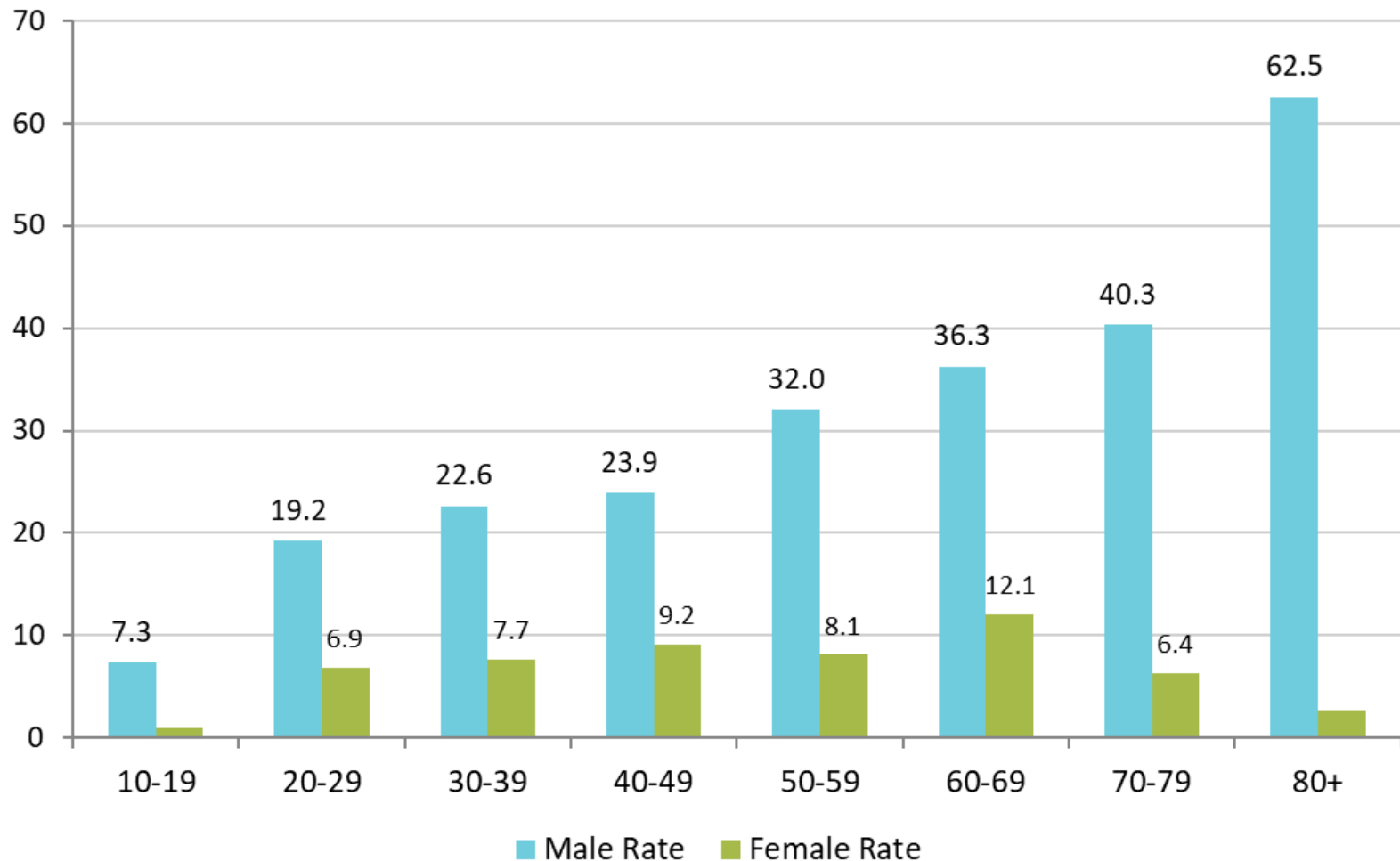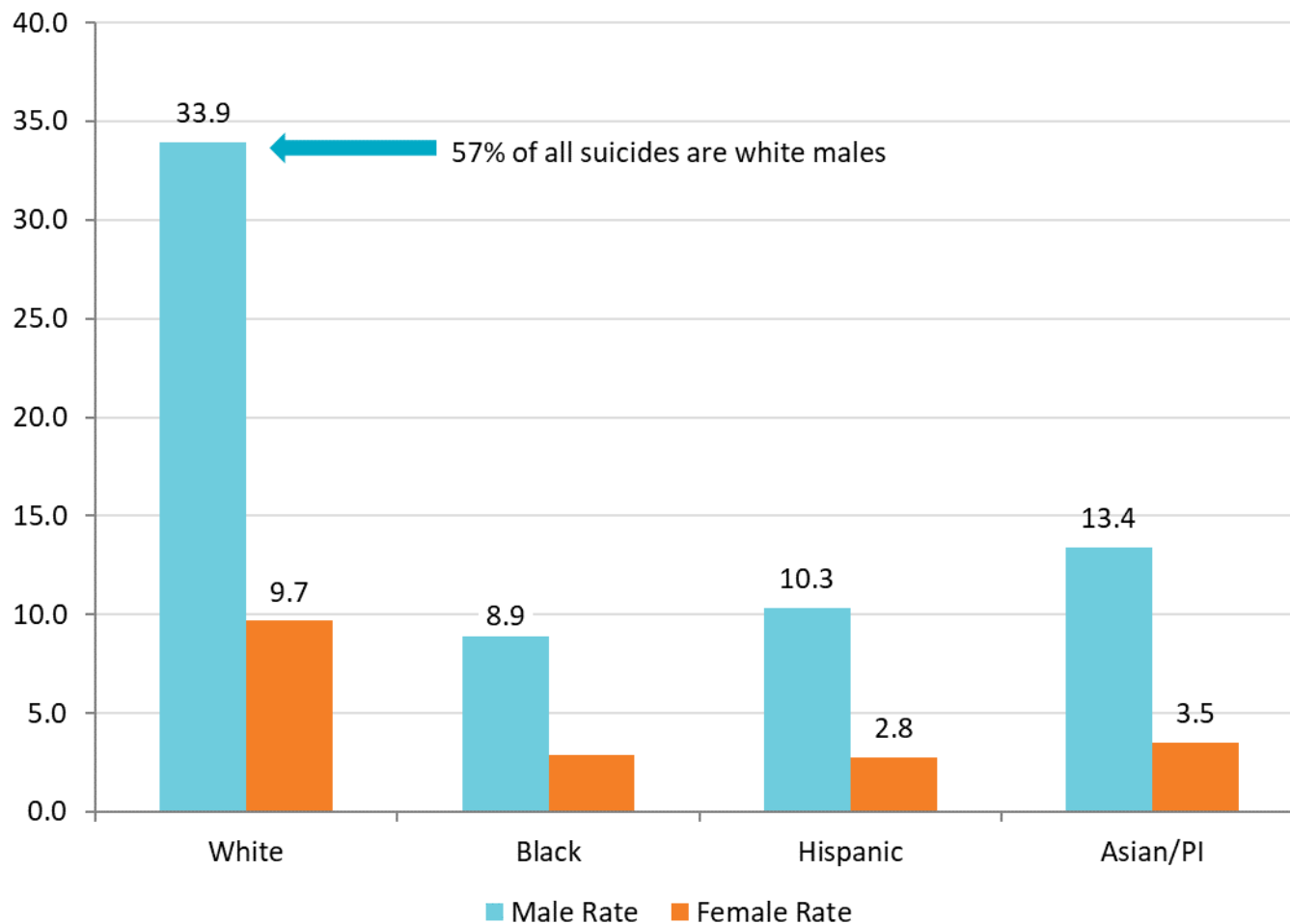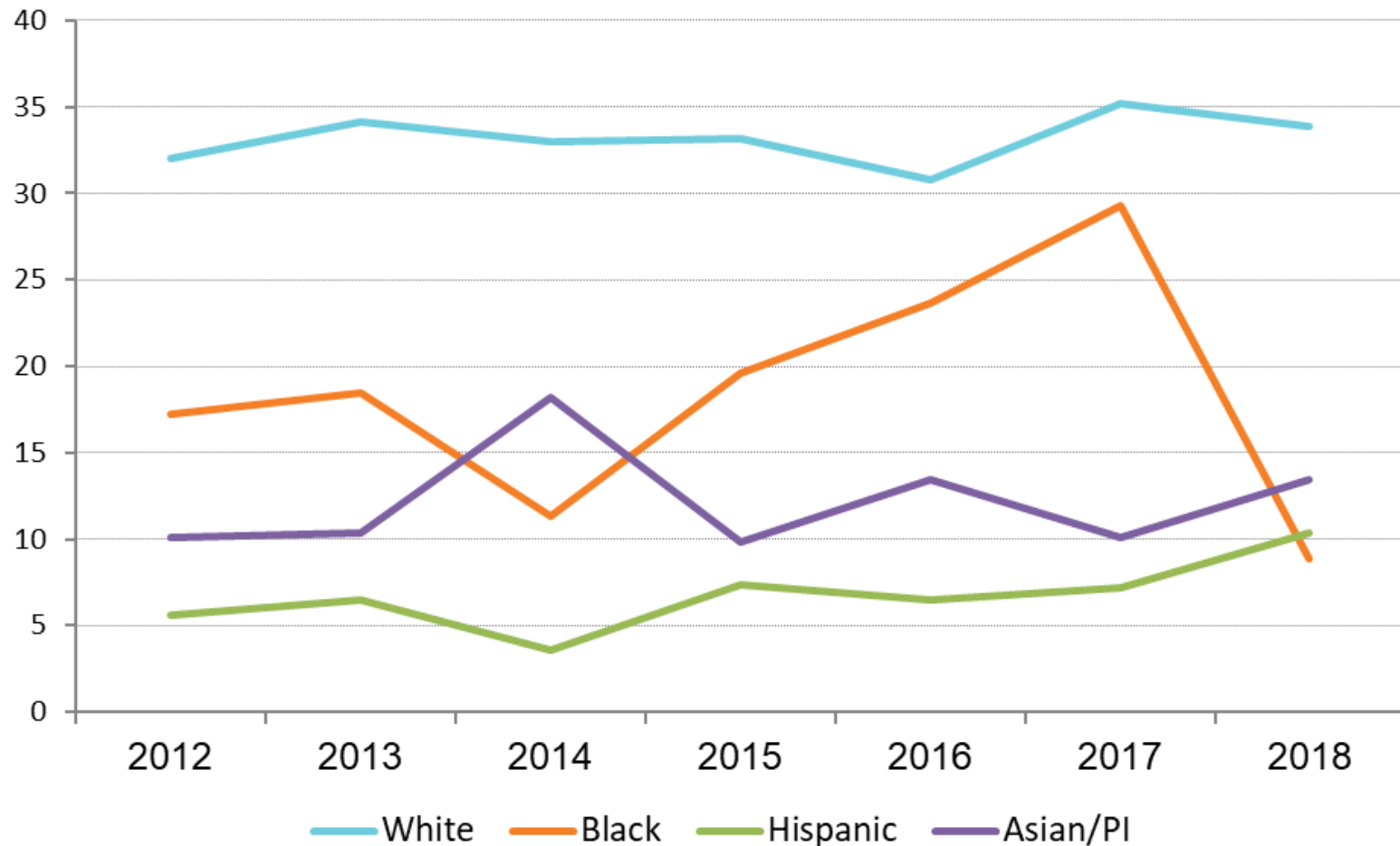# TOTAL SUICIDES BY AGE GROUP AND GENDER, 2018

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

SUICIDE RATES BY AGE GROUP AND GENDER, 2018

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Age Group	Male Rate	Female Rate
10-19	7.3	—
20-29	19.2	6.9
30-39	22.6	7.7
40-49	23.9	9.2
50-59	32.0	8.1
60-69	36.3	12.1
70-79	40.3	6.4
80+	62.5	—

■ Male Rate   ■ Female Rate

Rates per 100,000 people

SUICIDES BY RACE/ETHNICITY IN 2018

Race/Ethnicity	Male	Male Rate**	Female	Female Rate**	Total	Total Rate**
White	265	33.9	72	9.7	337	22.1
Black	7	8.9	2	*	9	6.1
Hispanic	59	10.3	16	2.8	75	6.5
Asian/PI	24	13.4	7	3.5	31	8.2

*Rates not calculated for totals less than 5

**Rates per 100,000 people

SUICIDE RATES BY RACE AND GENDER, 2018

57% of all suicides are white males

Race	Male Rate	Female Rate
White	33.9	9.7
Black	8.9	2.8
Hispanic	10.3	2.8
Asian/PI	13.4	3.5

■ Male Rate ■ Female Rate

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.
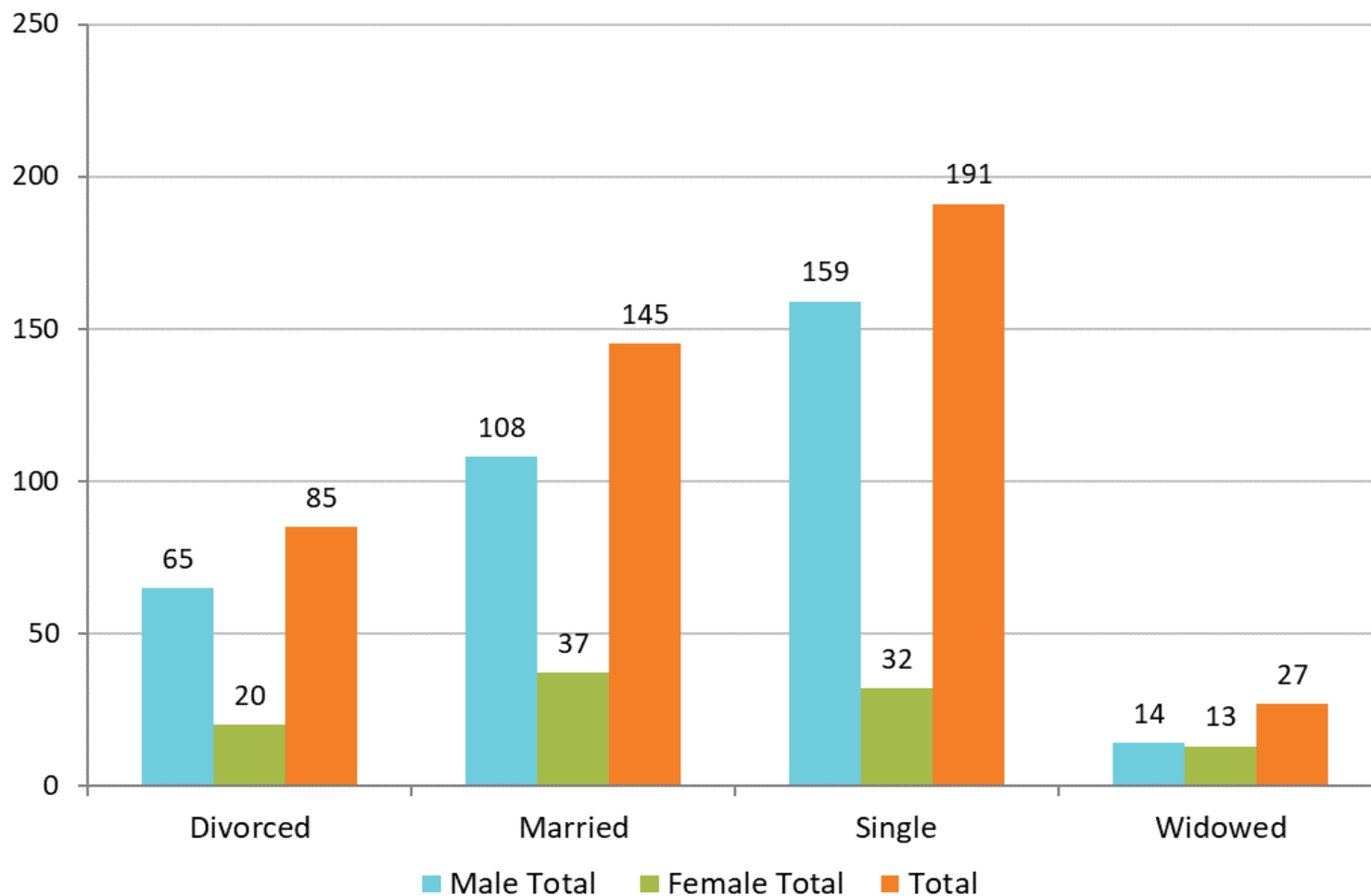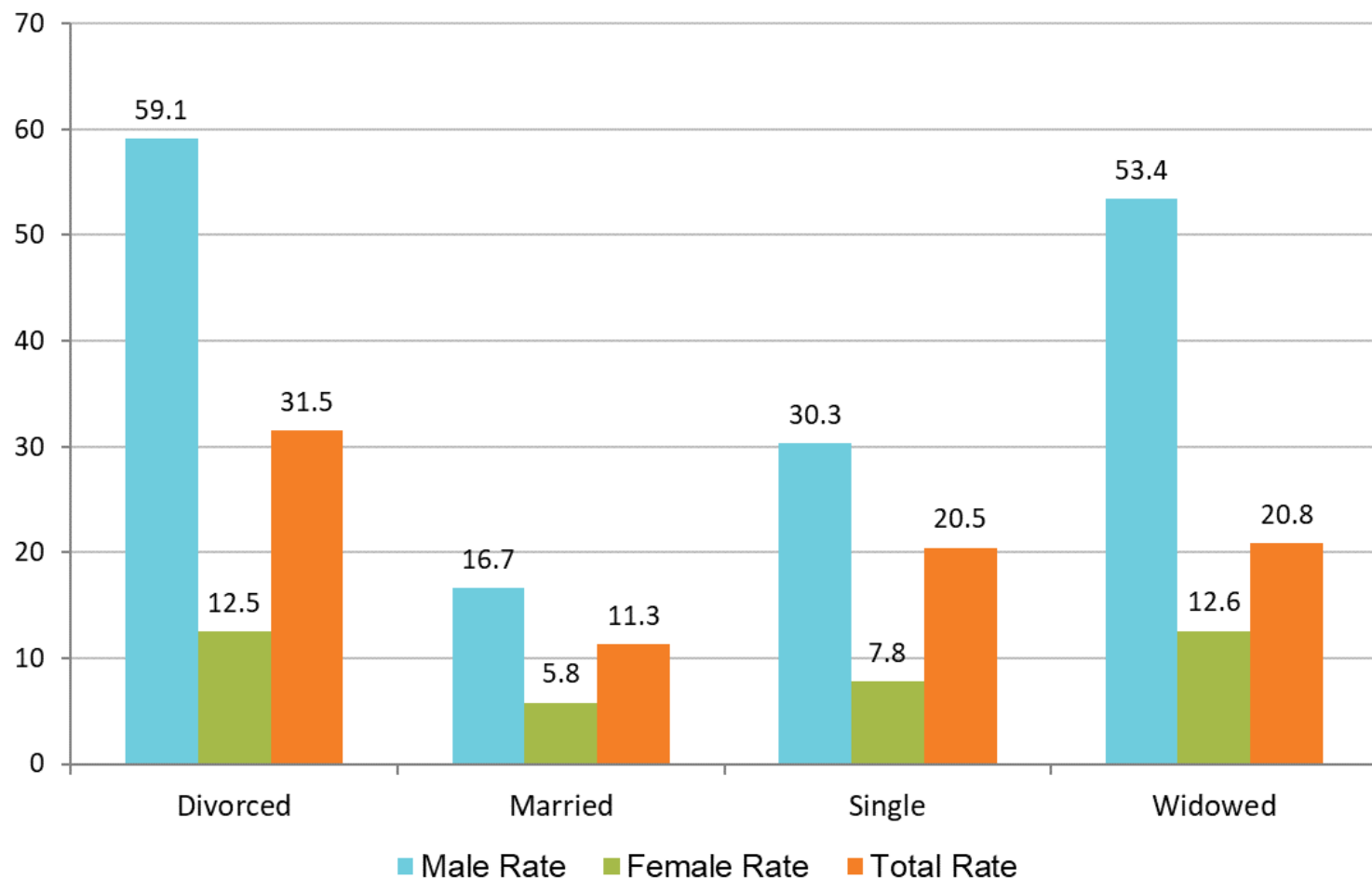
Rates per 100,000 people

MALE SUICIDE RATES* BY RACE/ETHNICITY, 2012 -2018

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Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.
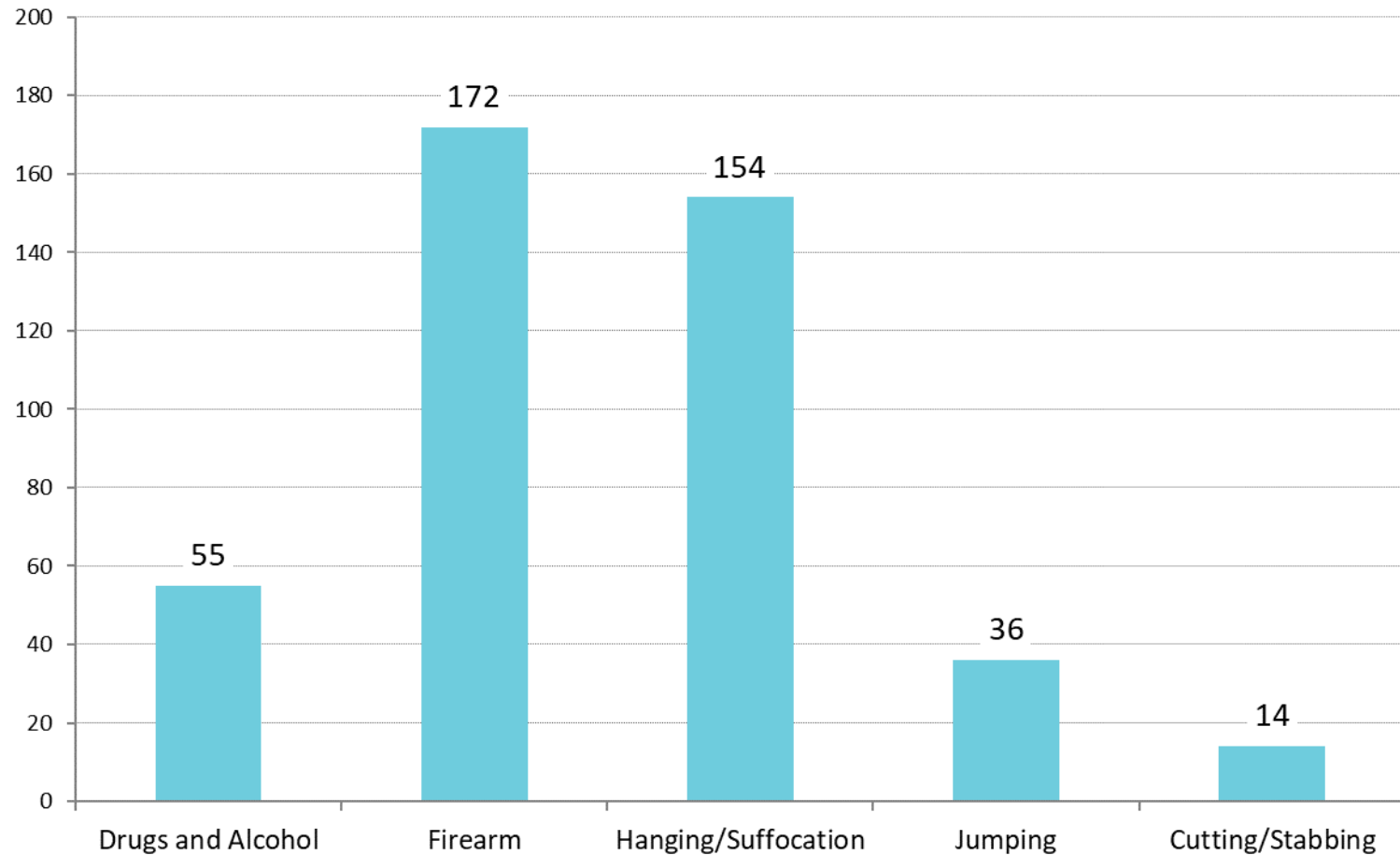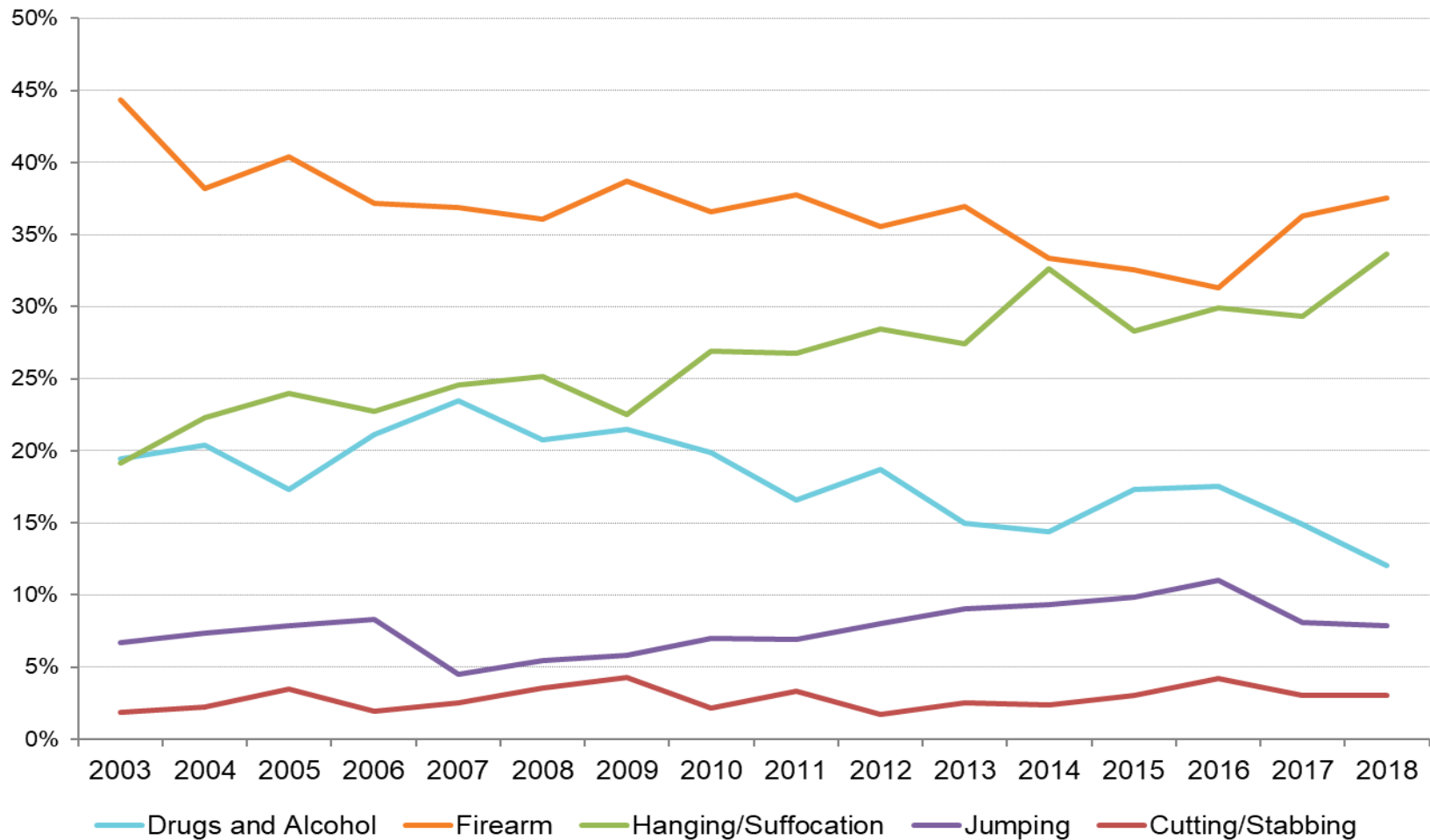
*Rates per 100,000 people

SUICIDES BY MARITAL STATUS, 2018

SUICIDE RATES BY MARITAL STATUS, 2018

Rates per 100,000 people

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

METHOD OF SUICIDE, 2018

Bar chart showing method of suicide:
- Drugs and Alcohol: 55
- Firearm: 172
- Hanging/Suffocation: 154
- Jumping: 36
- Cutting/Stabbing: 14

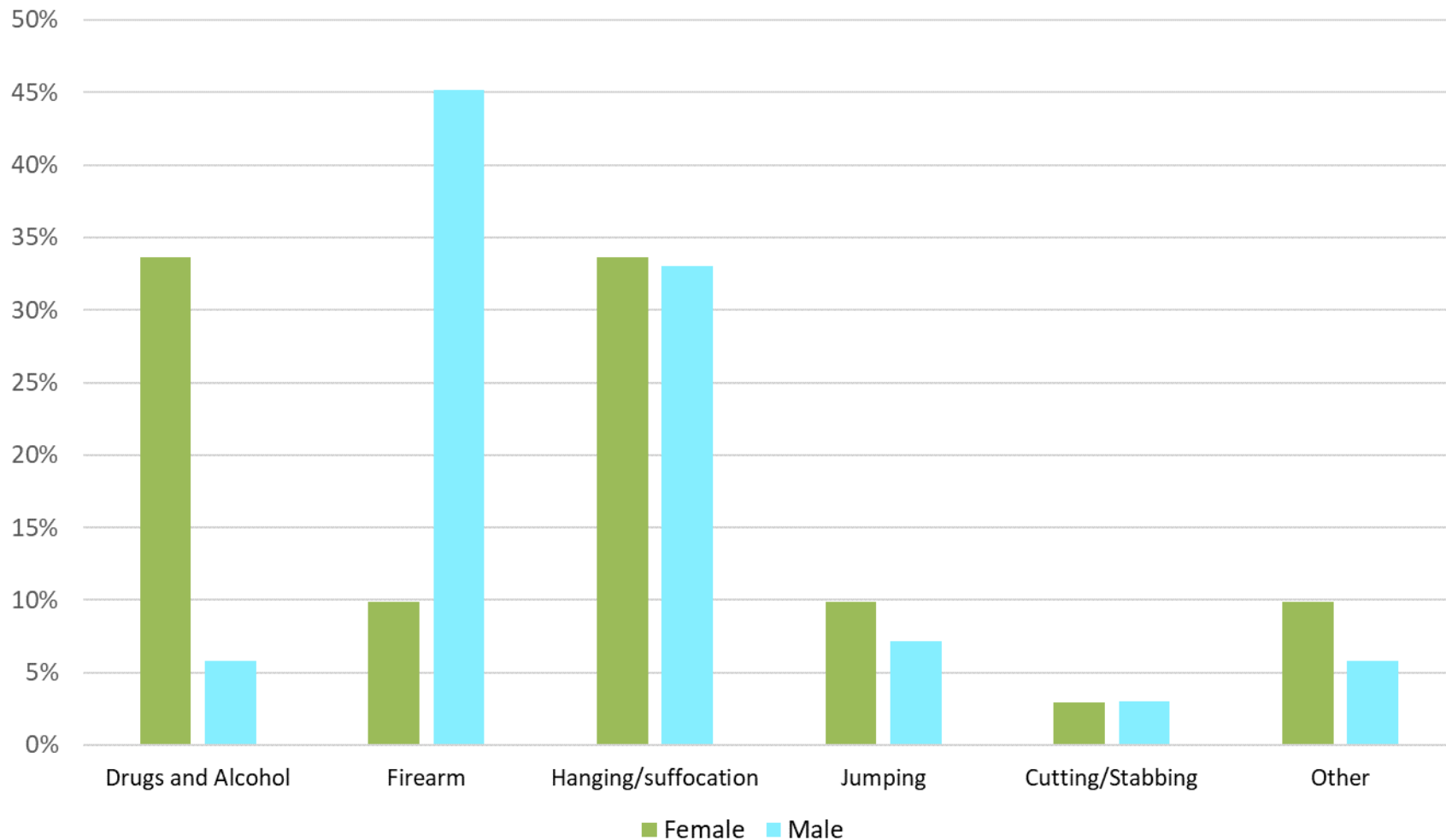# PERCENT METHOD OF SUICIDE, 2003 - 2018

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.
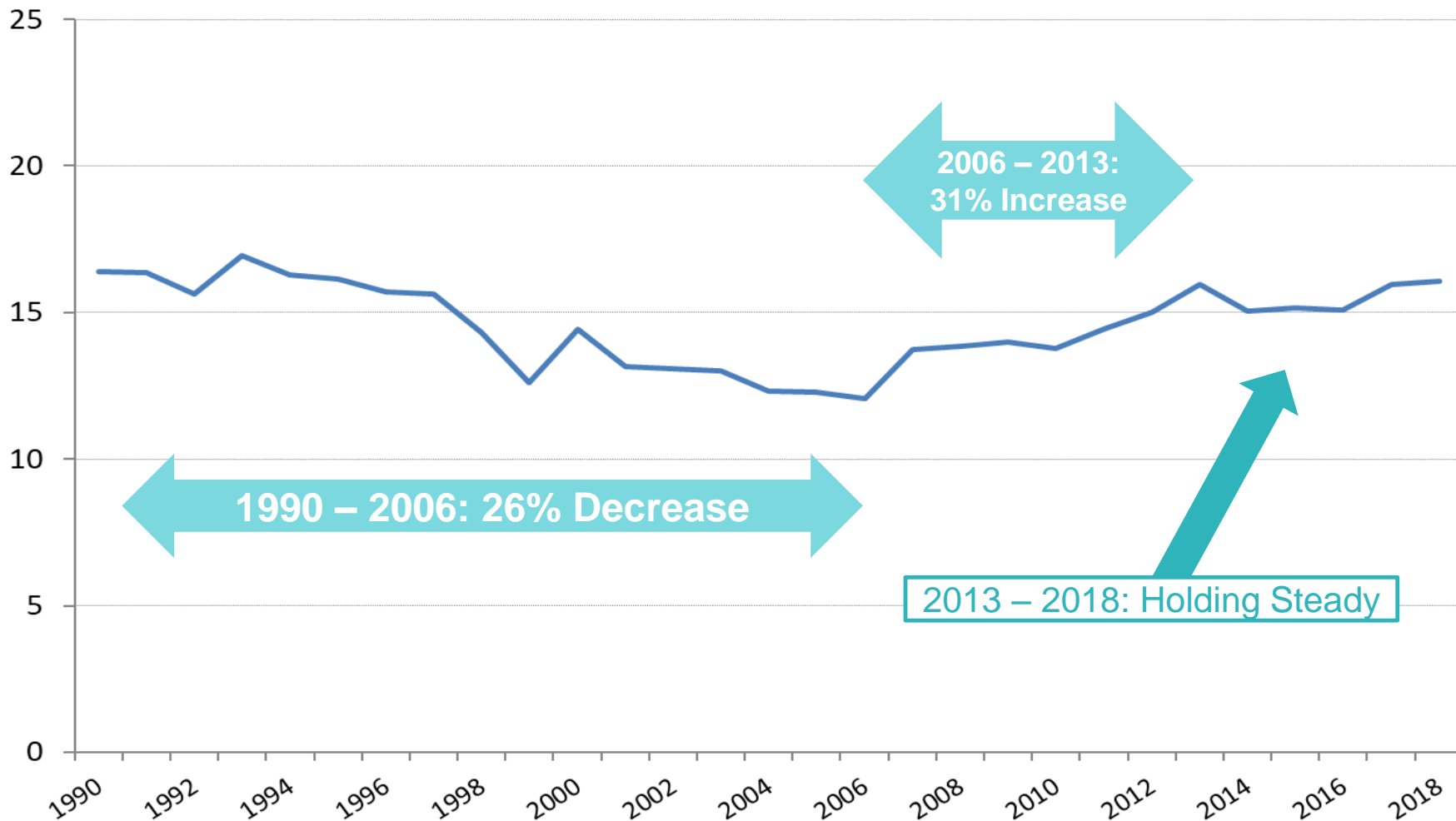
PERCENT METHOD OF SUICIDE BY GENDER

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SUICIDE TRENDS

SAN DIEGO COUNTY SUICIDE RATES, 1990 - 2018

2006 – 2013: 31% Increase

1990 – 2006: 26% Decrease

2013 – 2018: Holding Steady

Rates per 100,000 people aged 10+

SUICIDE RATES BY AGE GROUP, 2007-2018

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Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.
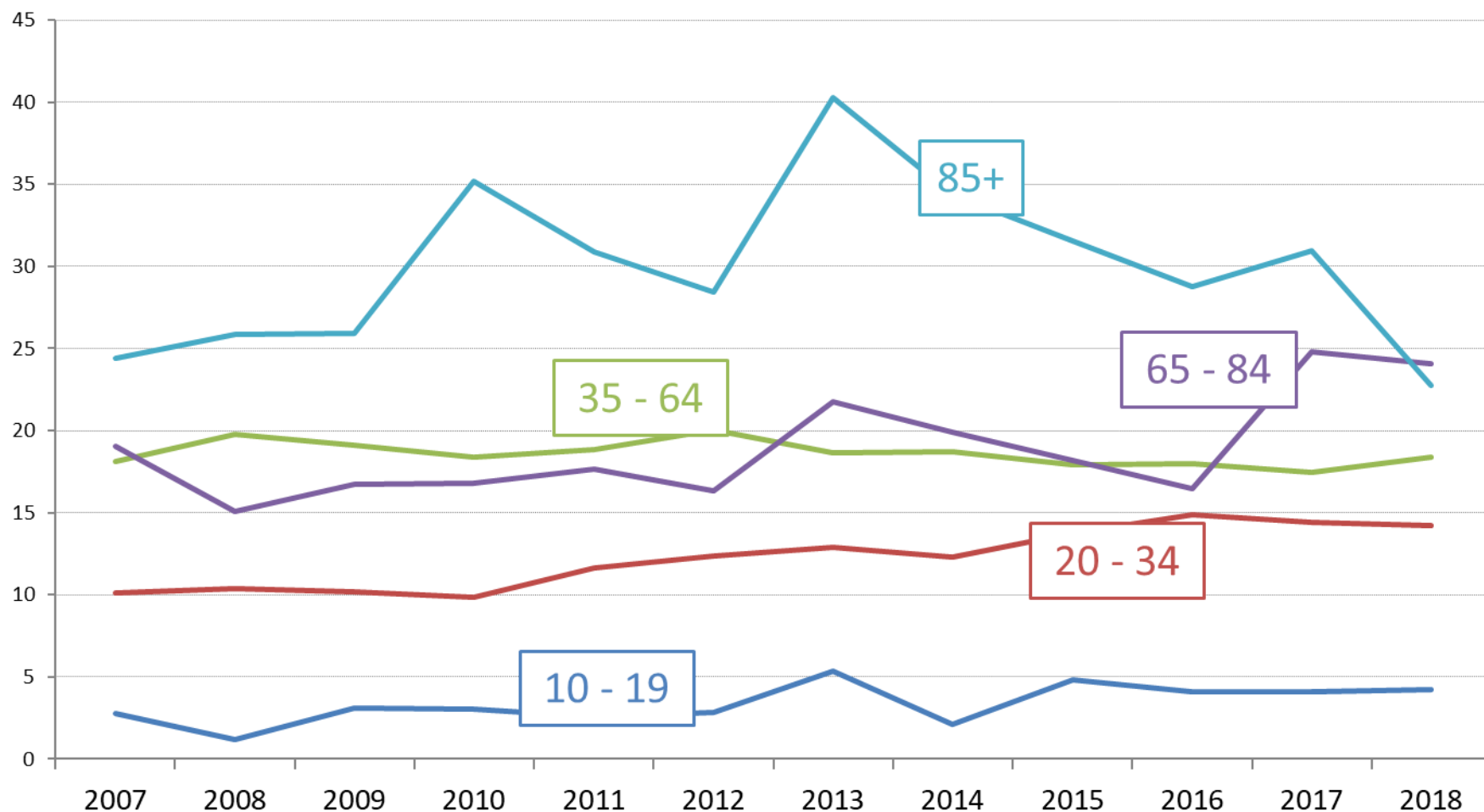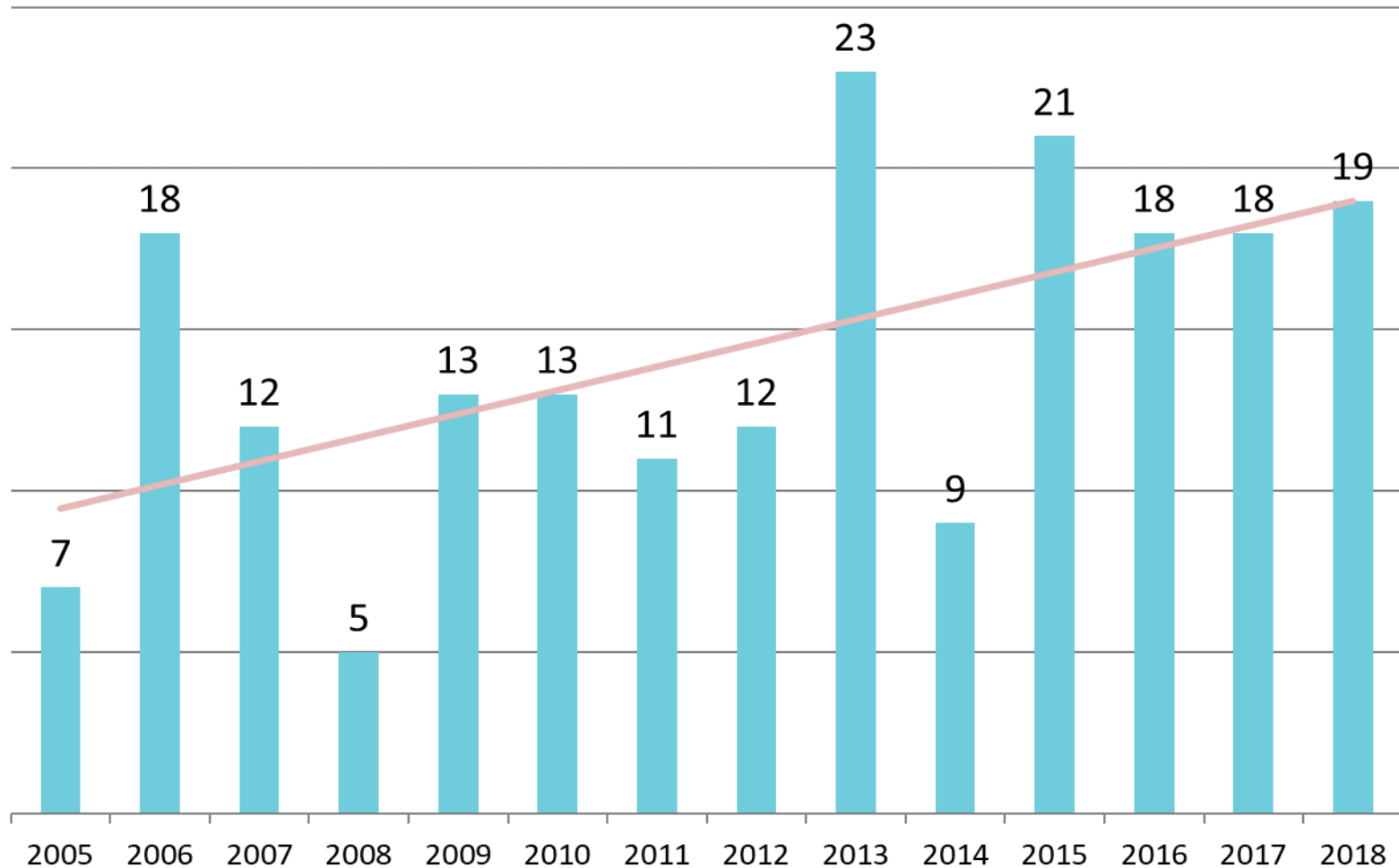
SUICIDE TRENDS, 10 - 19 YEARS OLD 2005 - 2018

Year	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Count	7	18	12	5	13	13	11	12	23	9	21	18	18	19

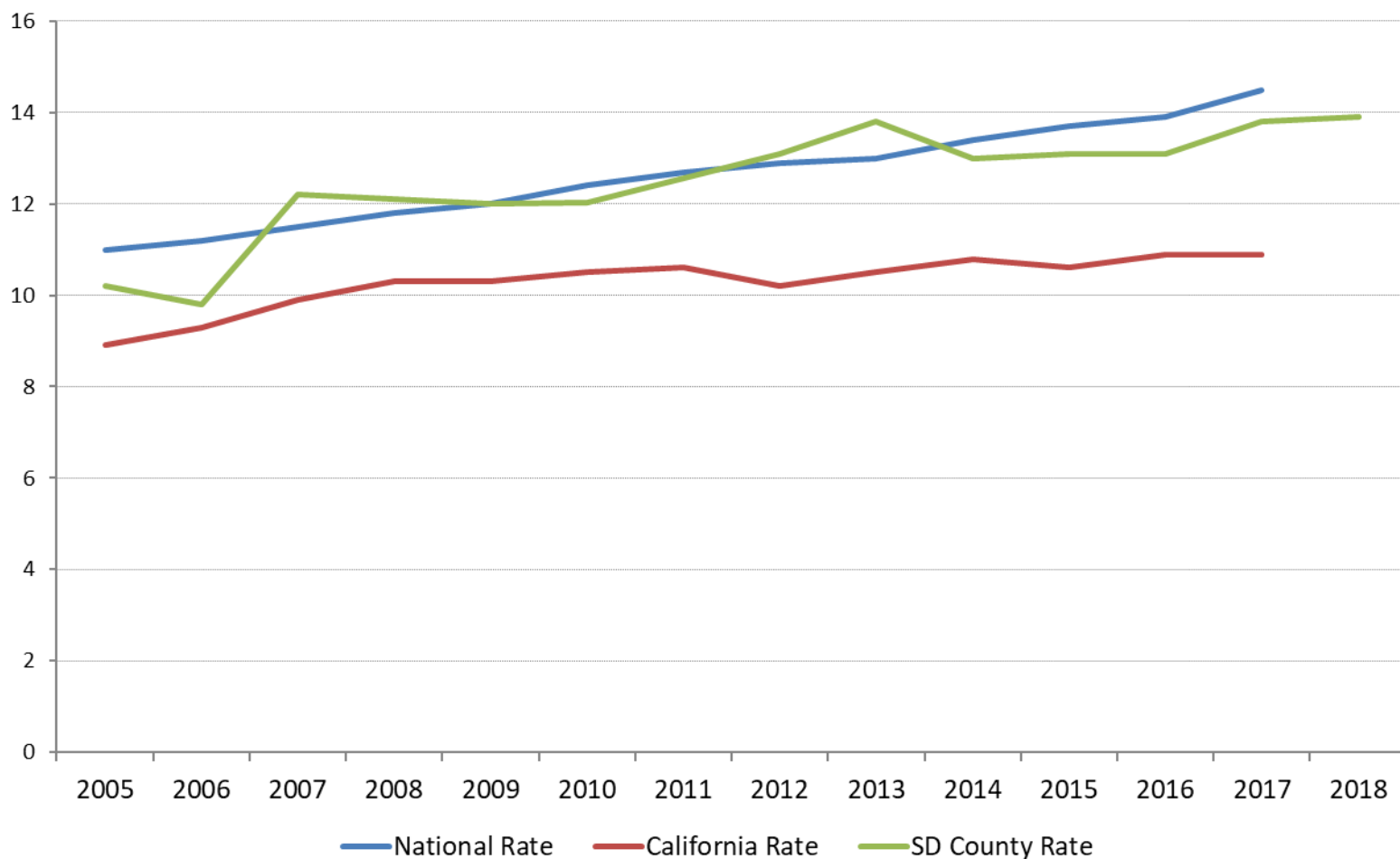# NATIONAL & STATE COMPARISON, 2005-2018

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

Rates per 100,000 people

SUICIDES BY COUNTY REGION

Comparative Boundaries: Subregional Area (SRA), Region & HHSA Region

SUICIDE RATE* BY COUNTY REGION, 2010 - 2018

Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.
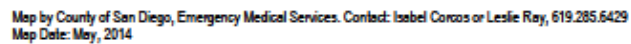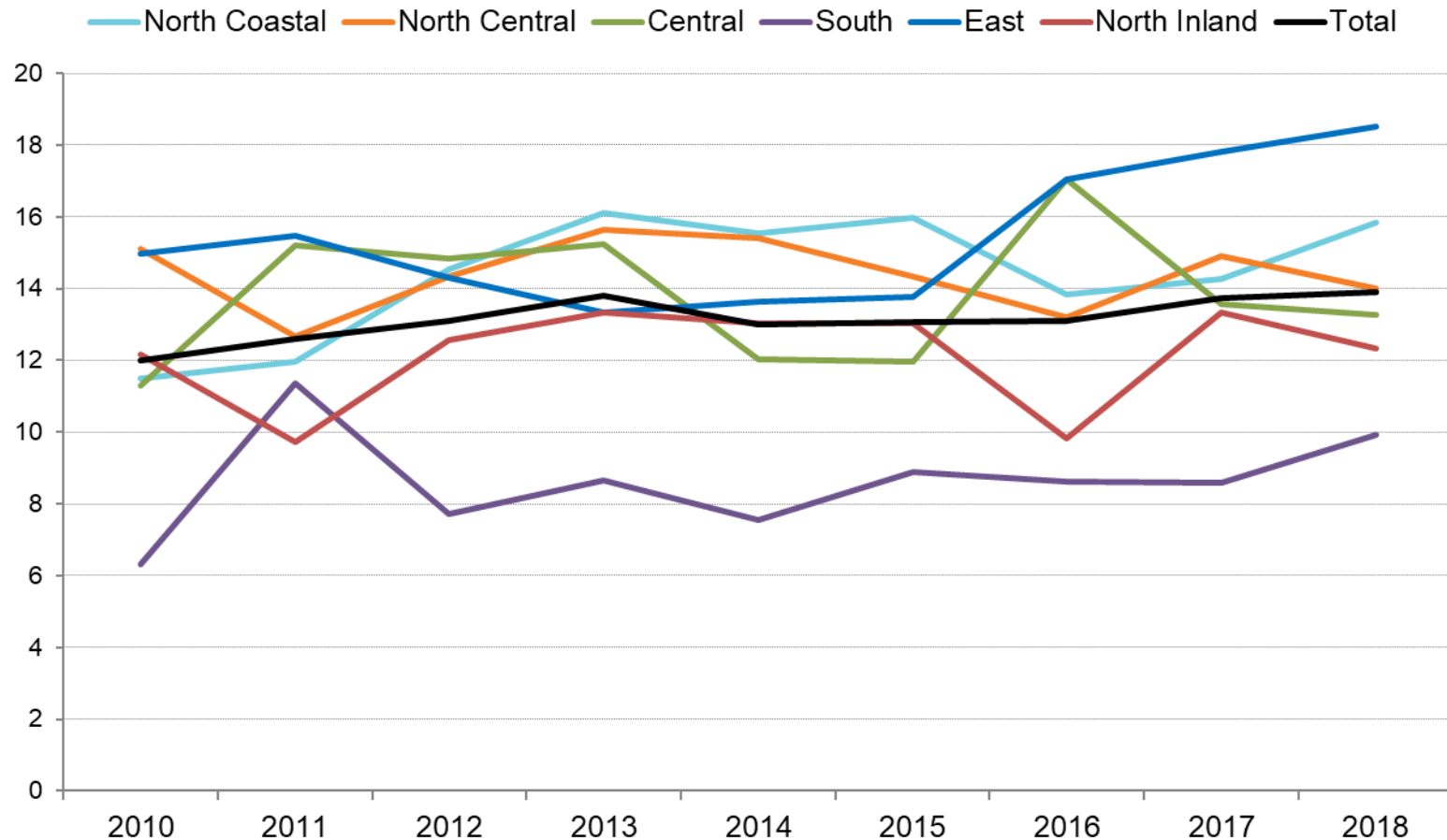
*Rates per 100,000 people

NORTH COASTAL REGION, 2010 - 2018

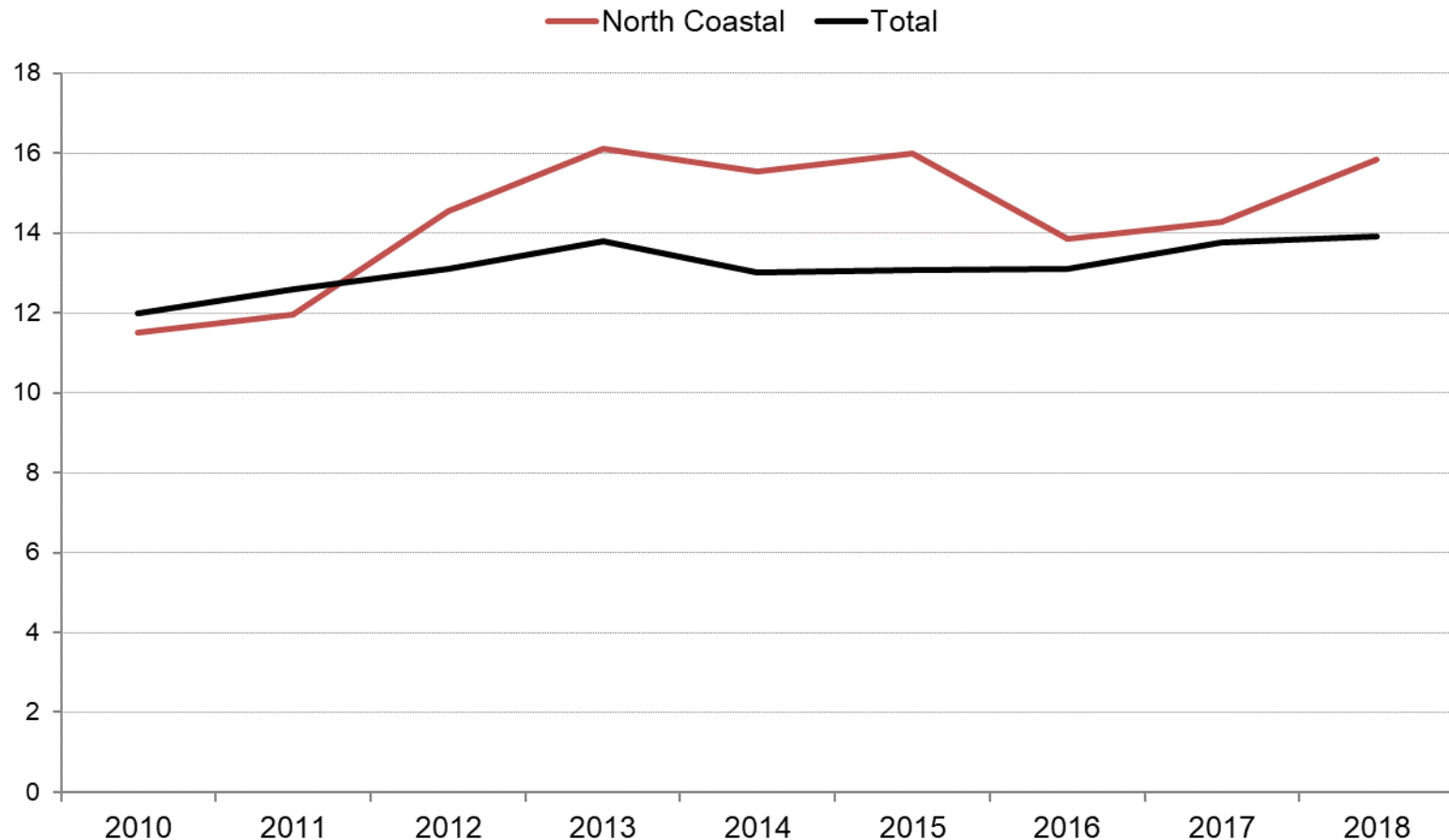LIVE WELL SAN DIEGO
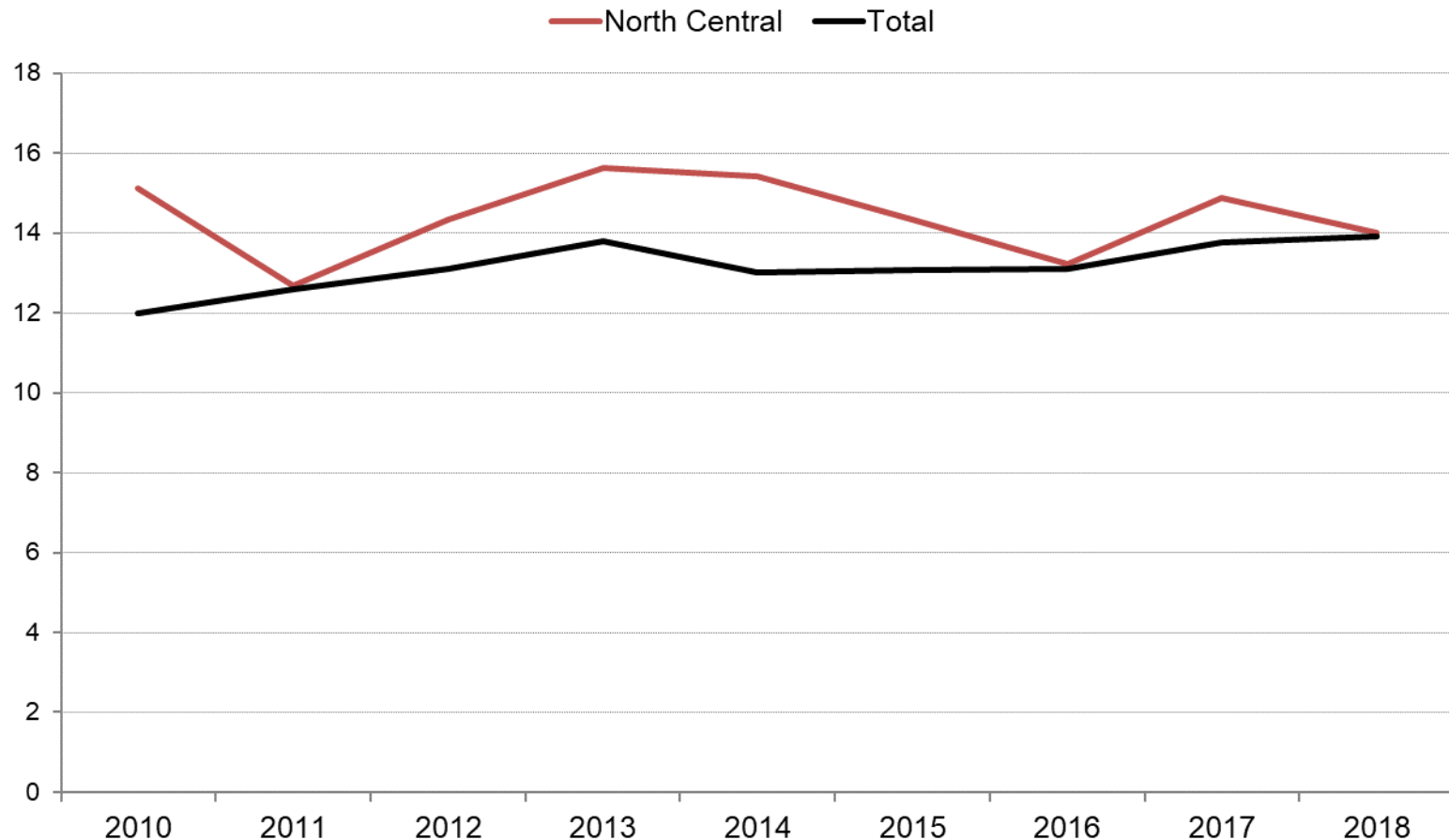
Legend: North Coastal — Total

Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

Rates per 100,000 people
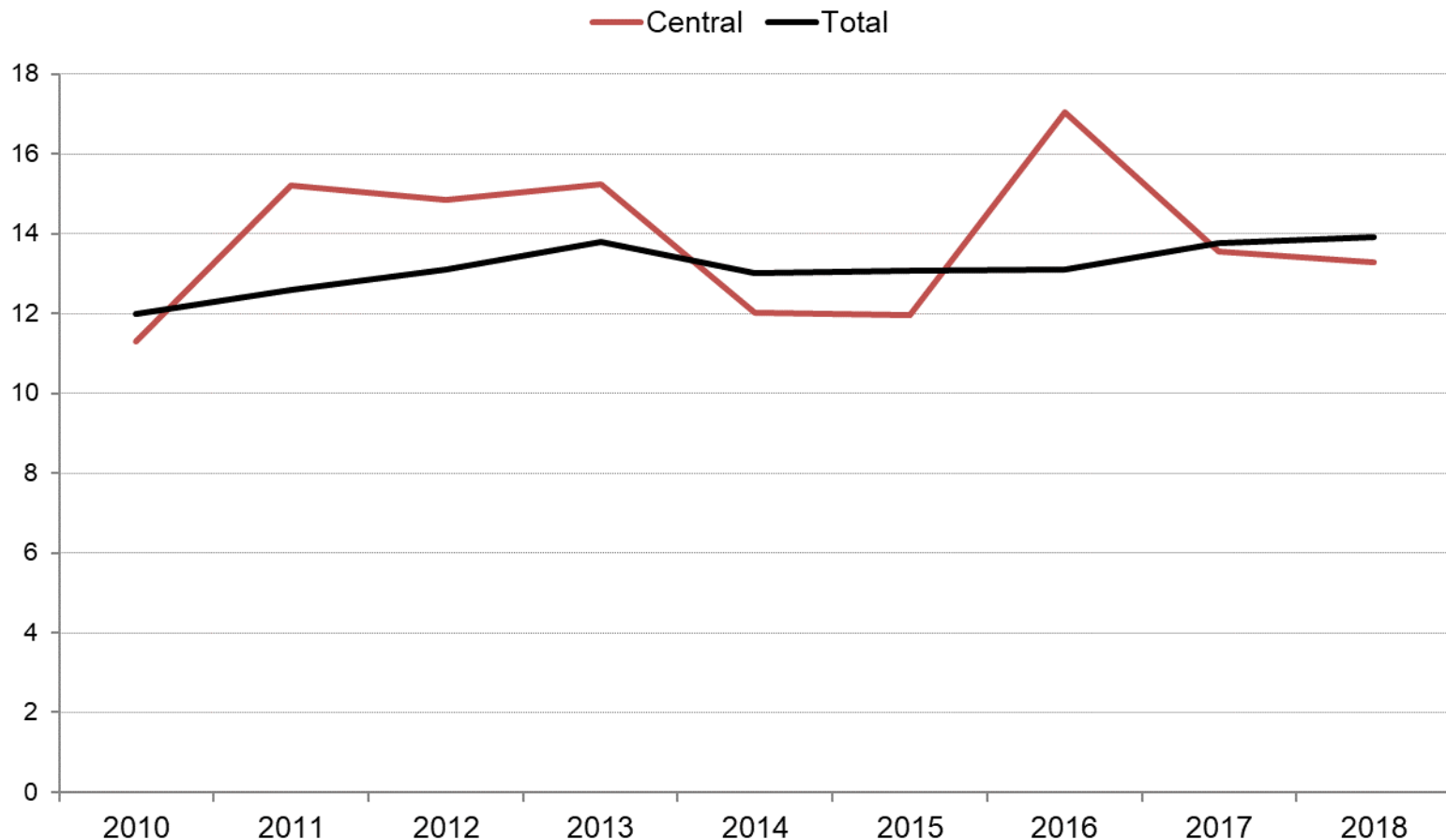
NORTH CENTRAL REGION, 2010 - 2018

Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

Rates per 100,000 people
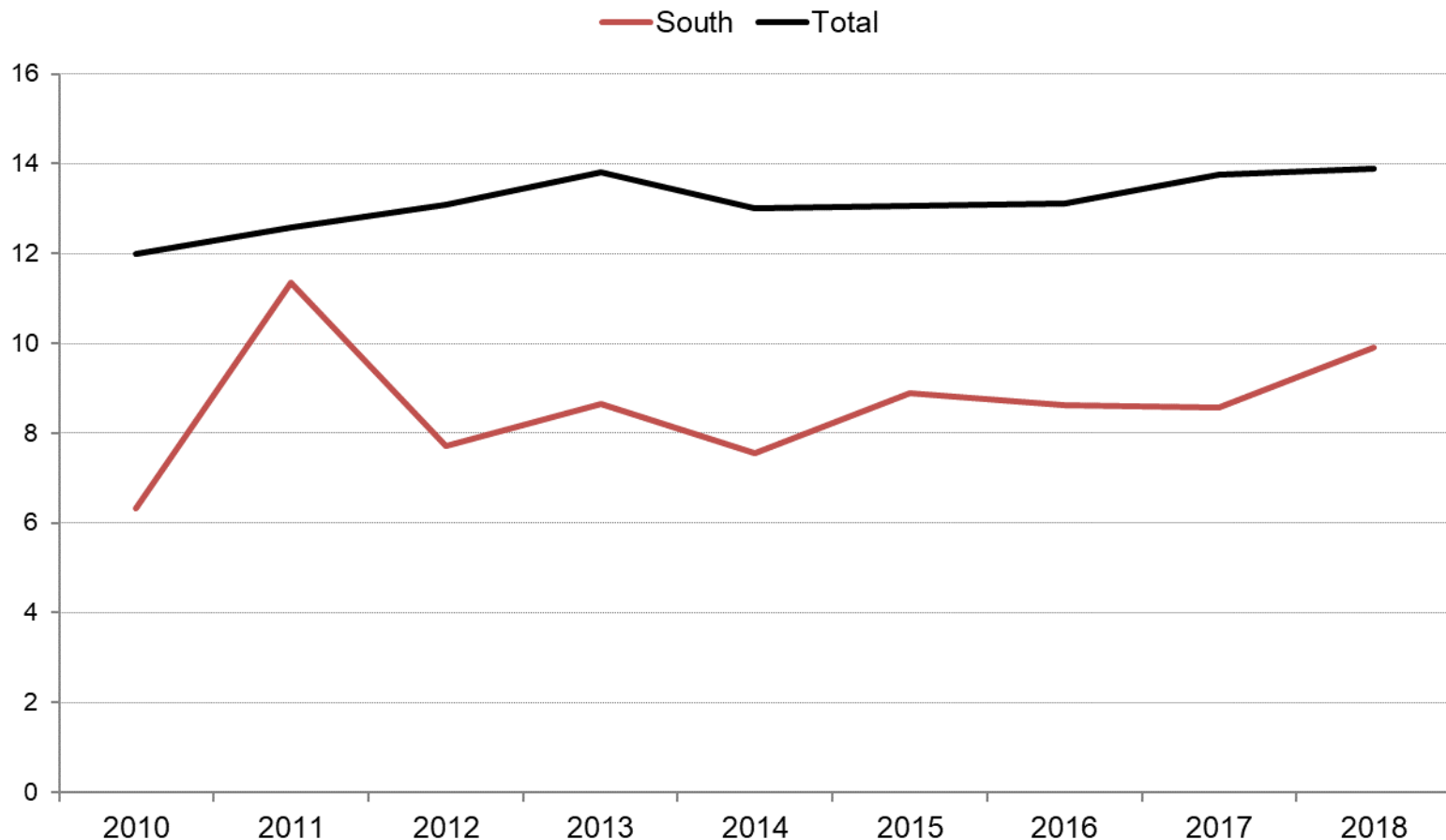
CENTRAL REGION, 2010 - 2018

Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2018. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

Rates per 100,000 people

SOUTH REGION, 2010 - 2018

Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).
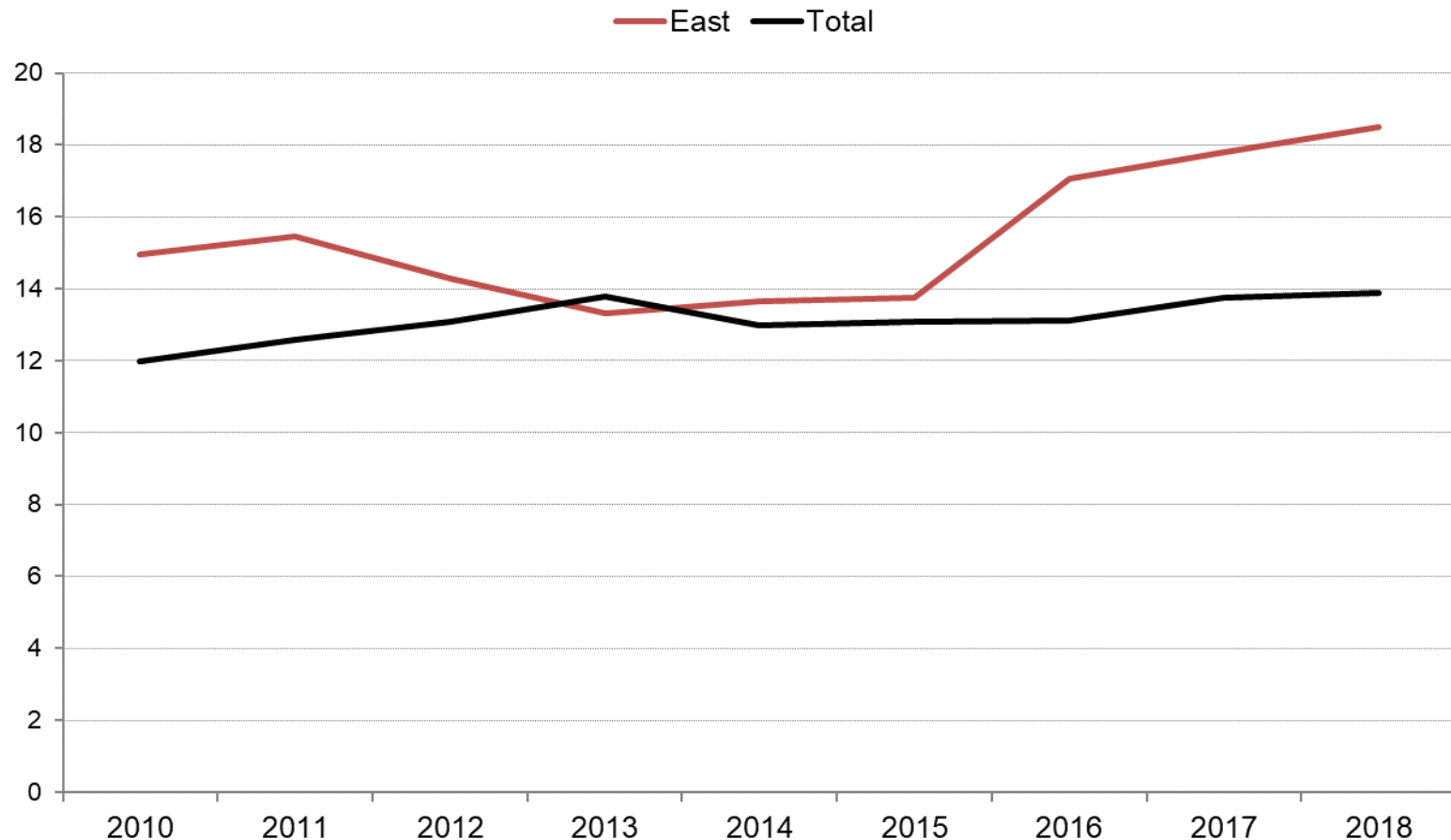
Rates per 100,000 people

EAST REGION, 2010 - 2018

Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).

Rates per 100,000 people

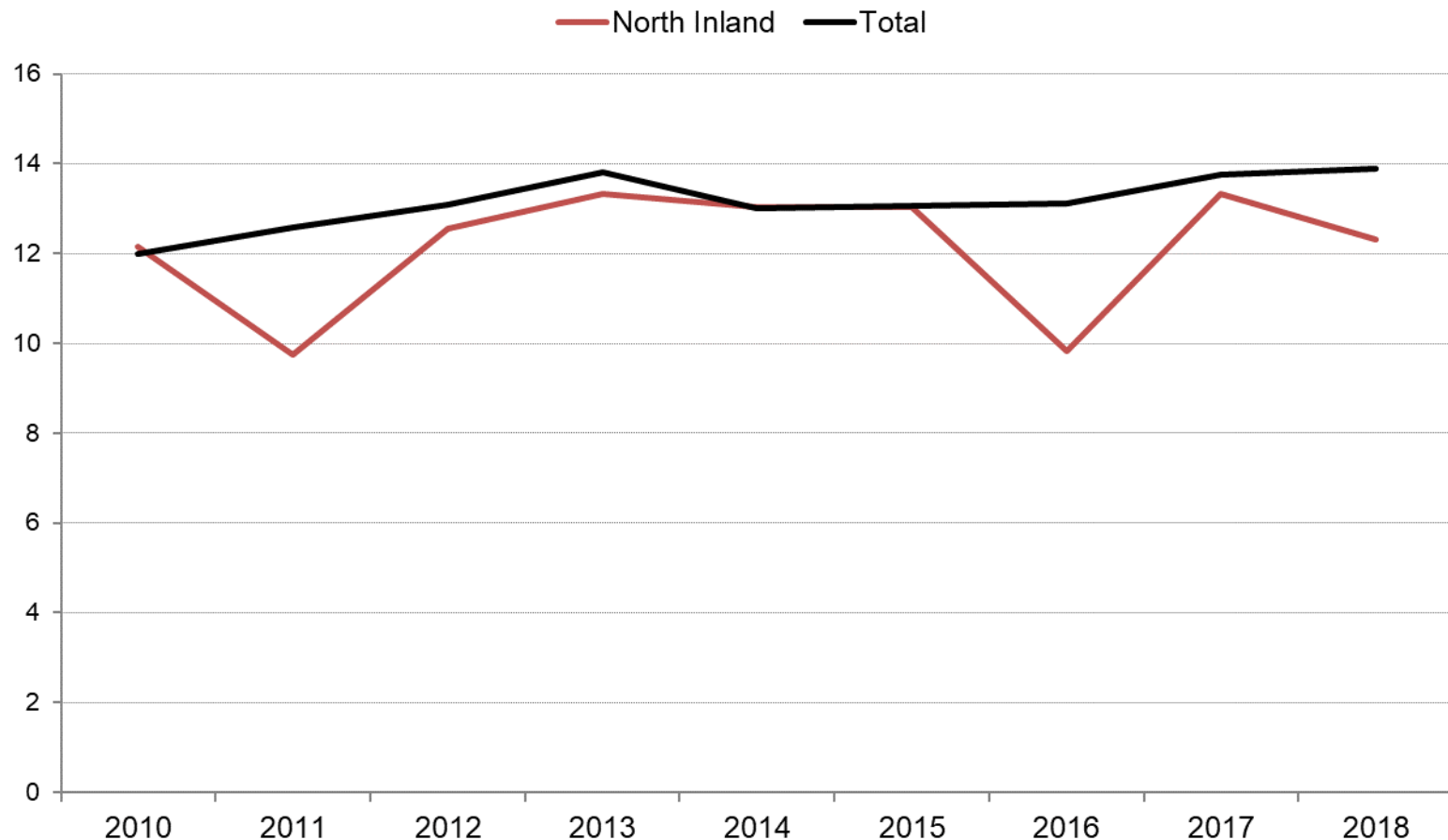# NORTH INLAND REGION, 2010 - 2018

Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).

Rates per 100,000 people

SUICIDE RATE* BY COUNTY REGION, 2011 - 2018

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	2011	2012	2013	2014	2015	2016	2017	2018
North Coastal	12.0	14.5	16.1	15.6	16.0	13.8	14.3	15.8
North Central	12.7	14.3	15.6	15.4	14.3	13.2	14.9	14.0
Central	15.2	14.9	15.2	12.0	12.0	17.1	13.6	13.3
South	11.4	7.7	8.7	7.5	8.9	8.6	8.6	9.9
East	15.5	14.3	13.3	13.6	13.8	17.1	17.8	18.5
North Inland	9.7	12.6	13.3	13.0	13.0	9.8	13.3	12.3
Total	12.6	13.1	13.8	13.0	13.1	13.1	13.8	13.9

Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).

*Rates per 100,000 people

2018 IN SUMMARY

➢ After a distinct period of increased suicide in San Diego County (2006 – 2013), the annual suicide rate has remained steady from 2013 to 2018.

➢ While there are many fewer suicides compared to unintentional deaths, suicides continue to outnumber homicides by a large margin.

➢ There were about three and a half times as many male suicides as there were female suicides.

➢ Suicide rates generally increase with age.

➢ The three-year increase in black male suicides ended abruptly
   ➢ 160% increase from 2014 to 2017
   ➢ 2018 Decrease to lowest rate in at least 7 years

➢ 57% of all suicides are white males.

➢ White middle aged males, who are divorced or widowed, have the highest rates of suicide.

➢ Suicides by hanging/suffocation continue to rise while suicides by drug overdose are on the decline.

  ➢ After trending downwards for many years, suicides by firearm are increasing over the last three years.

  ➢ Males are more likely to use firearms while females are more likely to use drugs.

➢ The San Diego County suicide rate may not be increasing similarly to the national suicide rate but remains higher than the California state rate.

➢ The East Region has the highest suicide rate and the South Region has the lowest.

THANK YOU

Joshua.Smith@sdcounty.ca.gov