



SUICIDE IN SAN DIEGO COUNTY, 2019

SUICIDE PREVENTION COUNCIL
ANNUAL STAKEHOLDERS MEETING
JUNE 23, 2020

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NOTES FROM THE SAN DIEGO COUNTY MEDICAL EXAMINER



LIVE WELL
SAN DIEGO

Regarding veteran and homeless status: The San Diego County Medical Examiner data should not be used to determine the total number of homeless or veteran suicides. Defining “homeless” is troublesome for the Medical Examiner. Veteran status is only recorded if told to the investigator, but they often do not ask about it if it’s not relevant to their investigation.

Regarding Native American suicides: The San Diego County Medical Examiner has jurisdiction to investigate all suicides in the County, investigates those occurring on tribal lands contained within the boundaries of San Diego County, and those wherein the death occurs at a local hospital or off tribal land.

Regarding the COVID-19 Pandemic: While the COVID-19 pandemic has introduced a myriad of new stresses and complications into our lives, the San Diego County Medical Examiner has not witnessed an increase in recent suicides compared to previous years.



A special thanks to Dr. Steve Campman for spending so much time helping me figure out the specifics of all the closed and sealed suicide cases.

In previous versions of this presentation, some rates were calculated using the population aged 10 years and older. To be consistent with the annual Suicide Prevention Council Report to the Community, all rates in this presentation (and in years moving forward) will be calculated with the population of all ages.

SUICIDES IN 2019

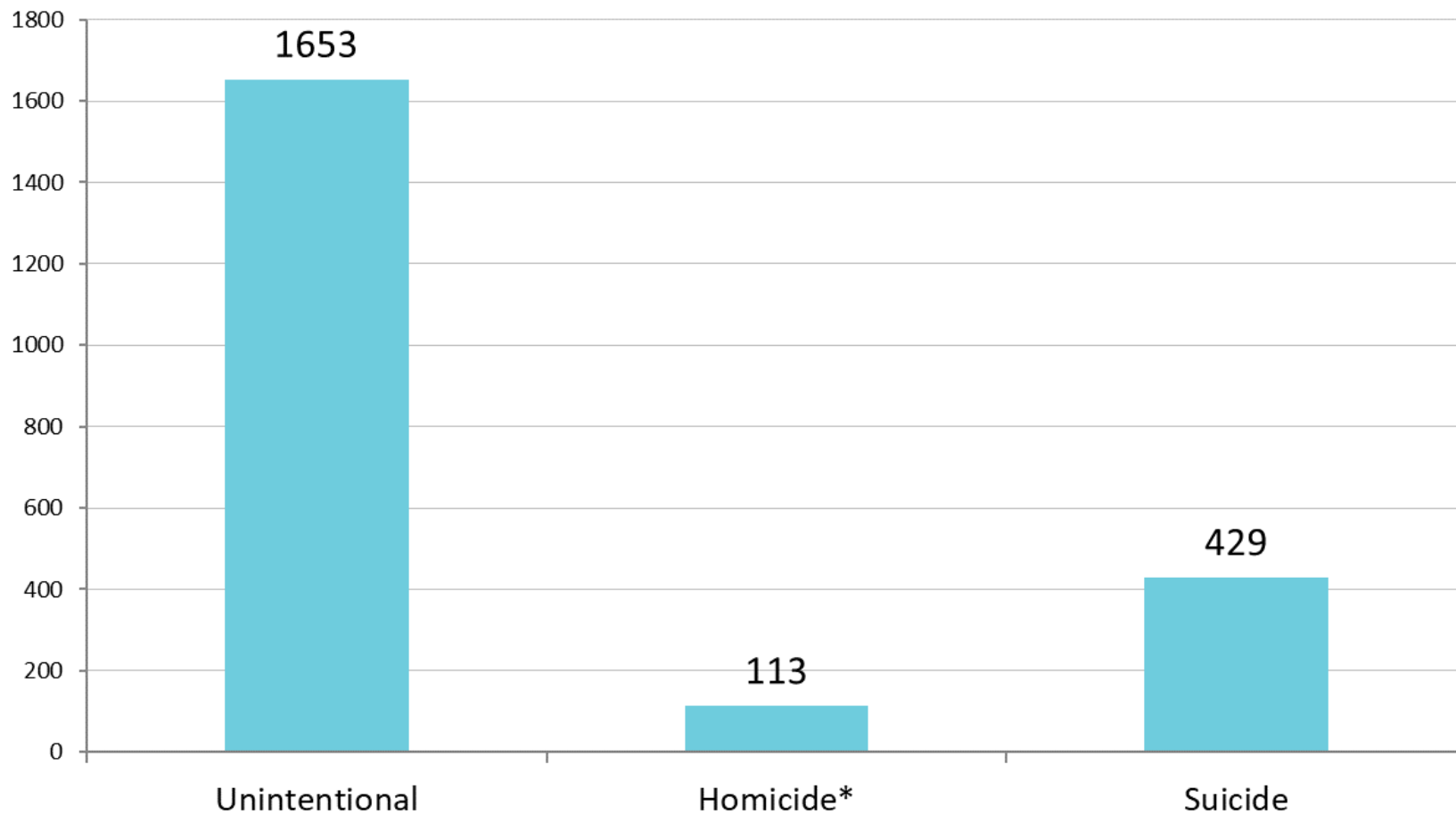


LIVE WELL
SAN DIEGO

Total number of suicides in 2019: 429

- 12.8 per 100,000 people
 - Lowest suicide rate since 2011
- 7.9% decrease compared to 2018
 - Largest single year drop in suicide rate since 2001
- Gender
 - 340 Males (6.3% decrease)
 - 89 Females (11.9% decrease)
- Age range: 12 to 97 years

NON-NATURAL DEATHS IN SAN DIEGO COUNTY, 2019



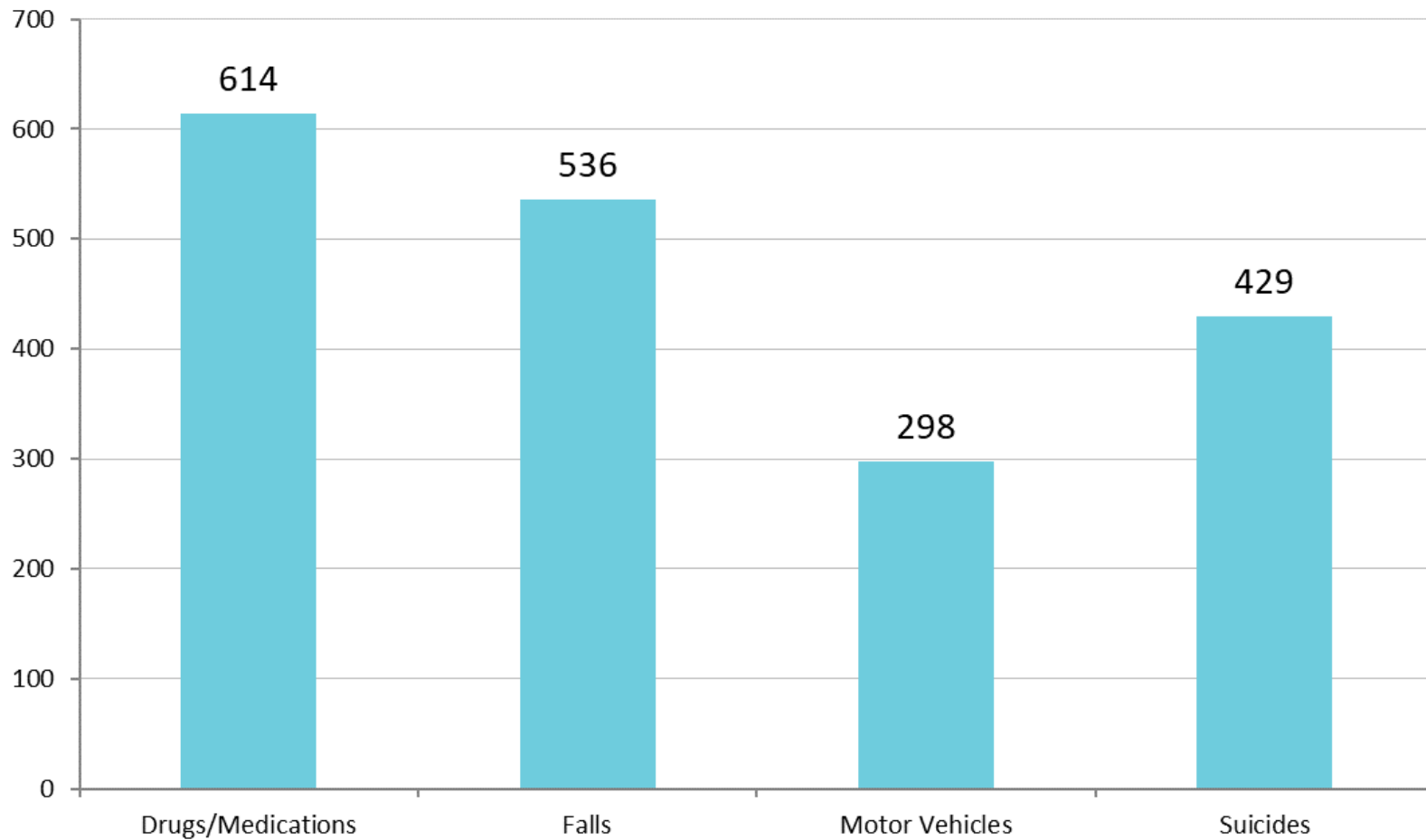
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

*Homicide total may not be final

SUICIDES VS UNINTENTIONAL DEATHS, 2019



LIVE WELL
SAN DIEGO



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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 2019



Age Group	Male	Male Rate**	Female	Female Rate**	Total	Total Rate**
10-19	16	7.1	5	2.4	21	4.8
20-29	63	21.9	16	6.6	79	14.9
30-39	53	20.8	13	5.5	66	13.5
40-49	48	23.9	17	8.6	65	16.3
50-59	56	28.0	19	9.3	75	18.5
60-69	45	27.7	10	5.6	55	16.2
70-79	34	37.3	5	4.6	39	19.5
80+	25	52.9	4	*	29	24.2

*Rates not calculated for totals less than 5

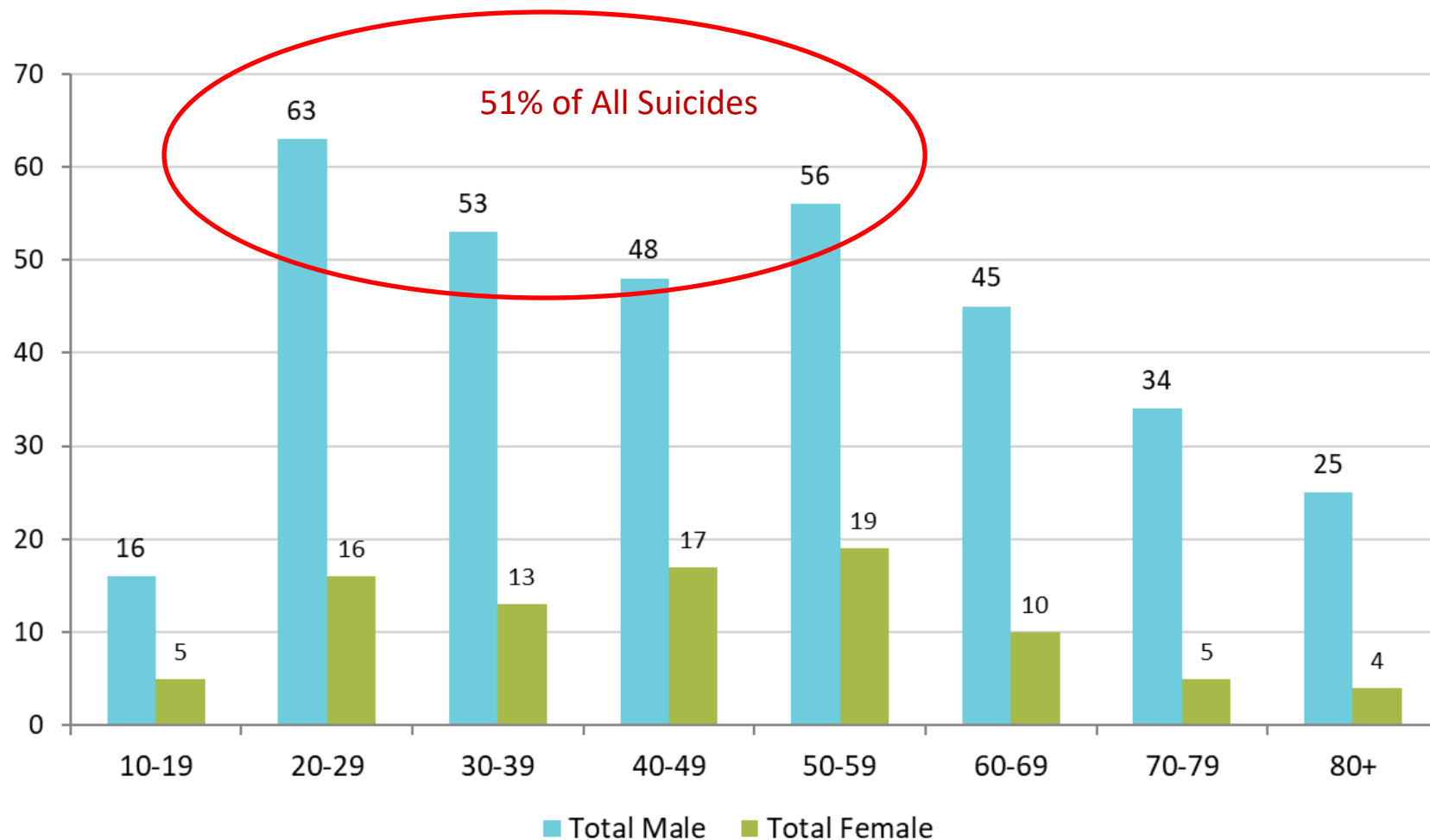
**Rates per 100,000 people

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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, 2019

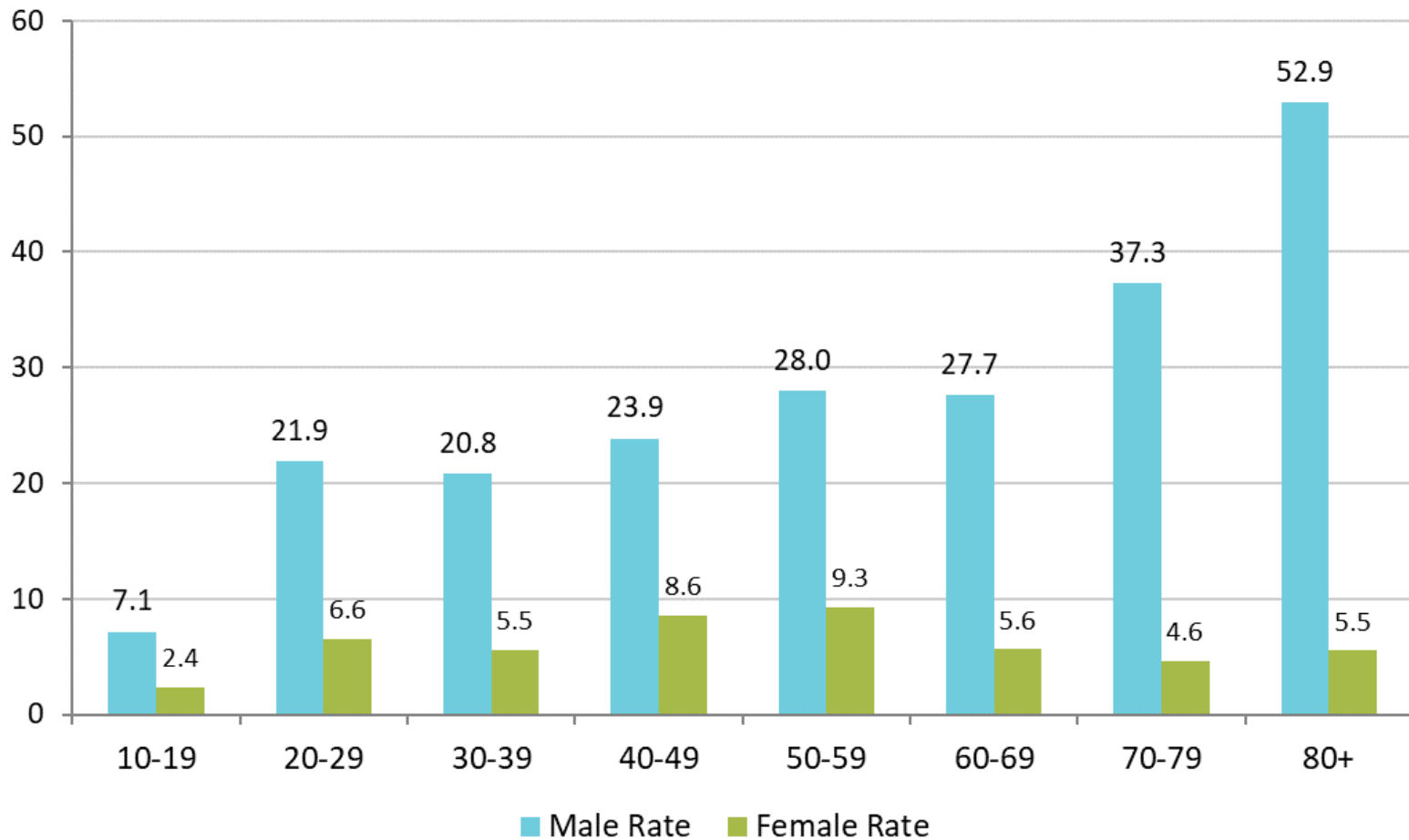


LIVE WELL
SAN DIEGO



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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, 2019



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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 RACE/ETHNICITY IN 2019



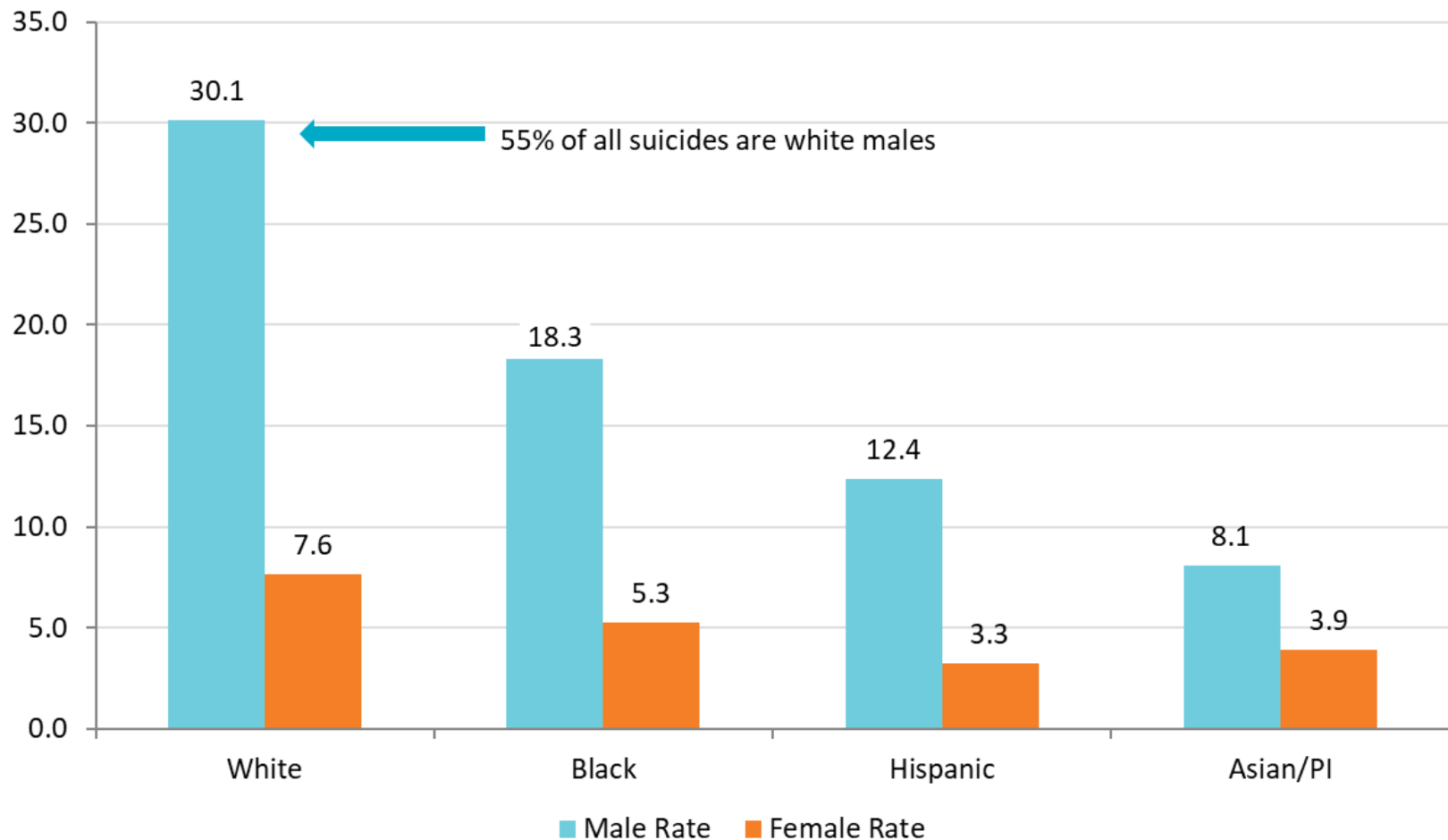
Race/ Ethnicity	Male	Male Rate**	Female	Female Rate**	Total	Total Rate**
White	234	30.1	56	7.6	290	19.2
Black	17	18.3	4	5.3	21	12.5
Hispanic	67	12.4	18	3.3	85	7.8
Asian/PI	17	8.1	9	3.9	26	5.9

*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 – 2019. 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.

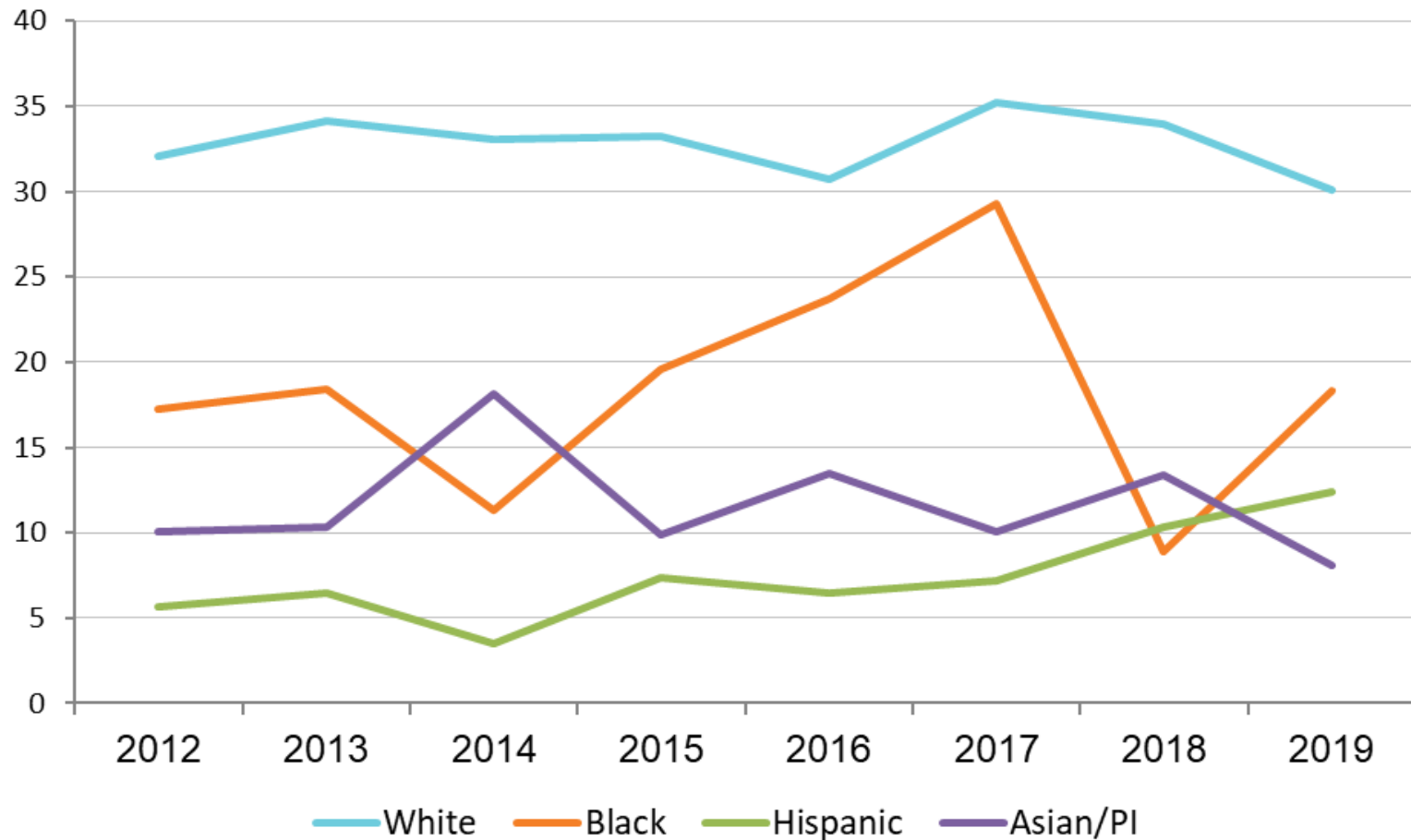
SUICIDE RATES BY RACE AND GENDER, 2019



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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

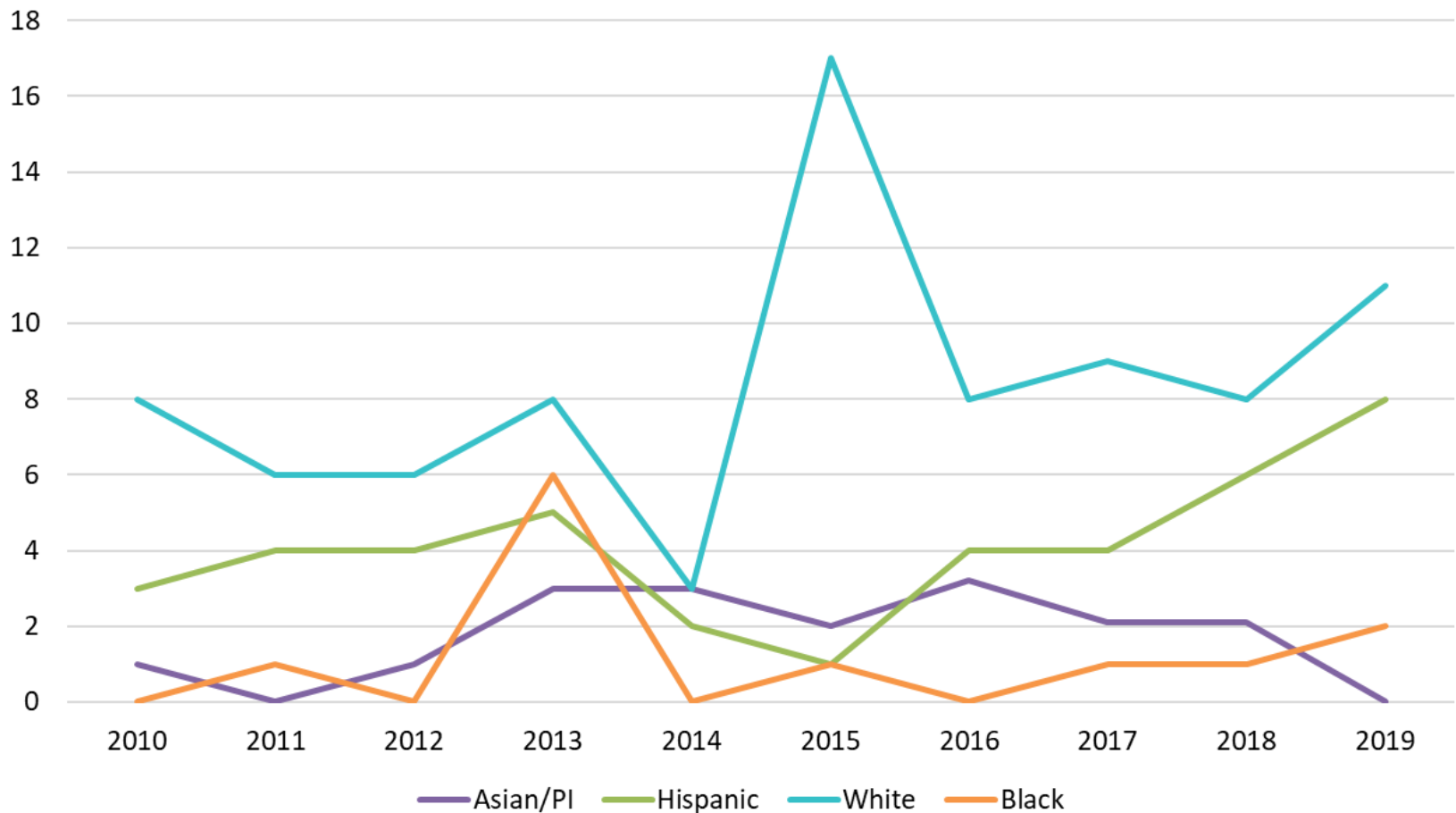
MALE SUICIDE RATES* BY RACE/ETHNICITY, 2012 -2019



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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.

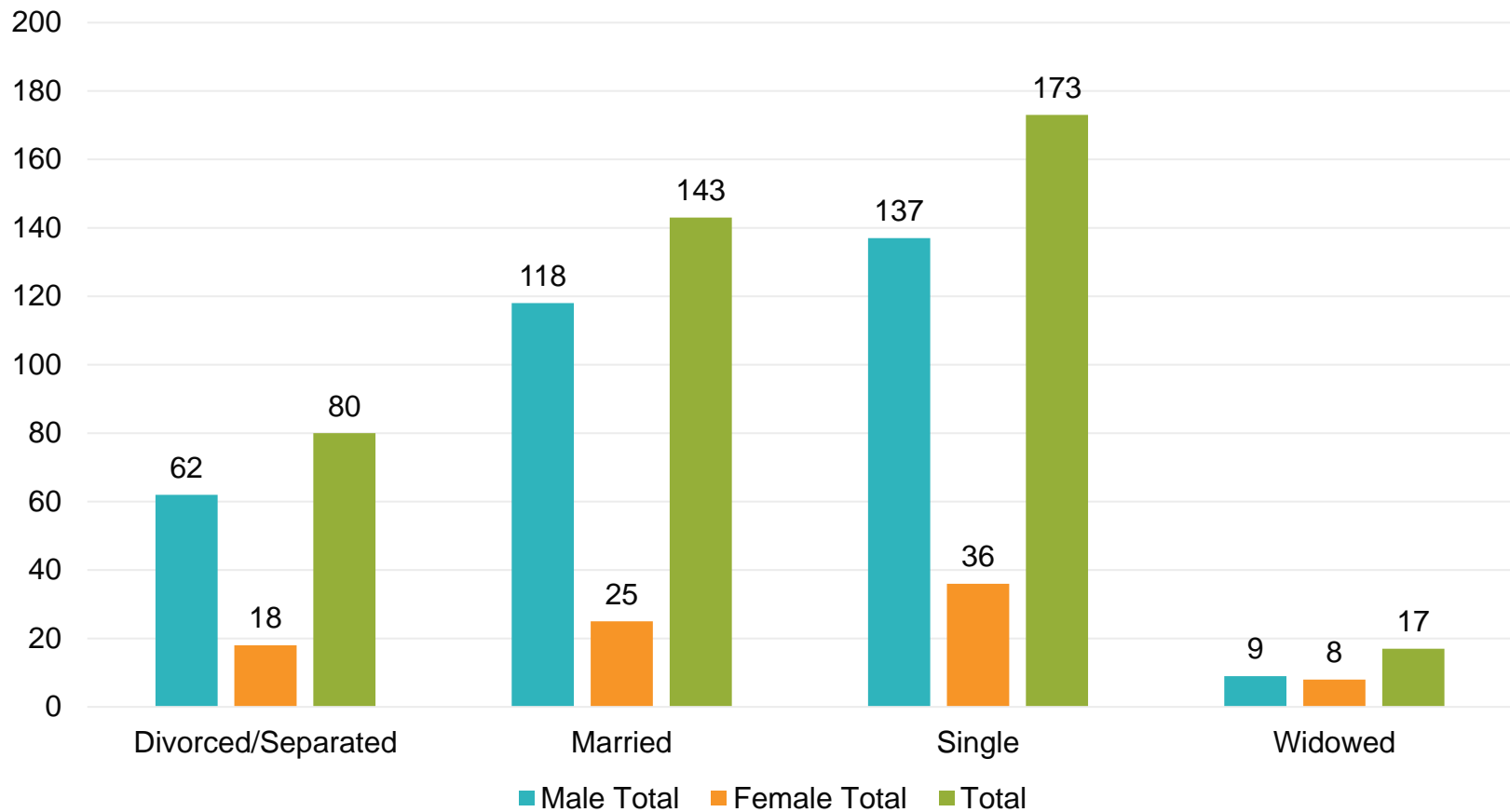
*Rates per 100,000 people

TEEN SUICIDES BY RACE / ETHNICITY, 2010 - 2019



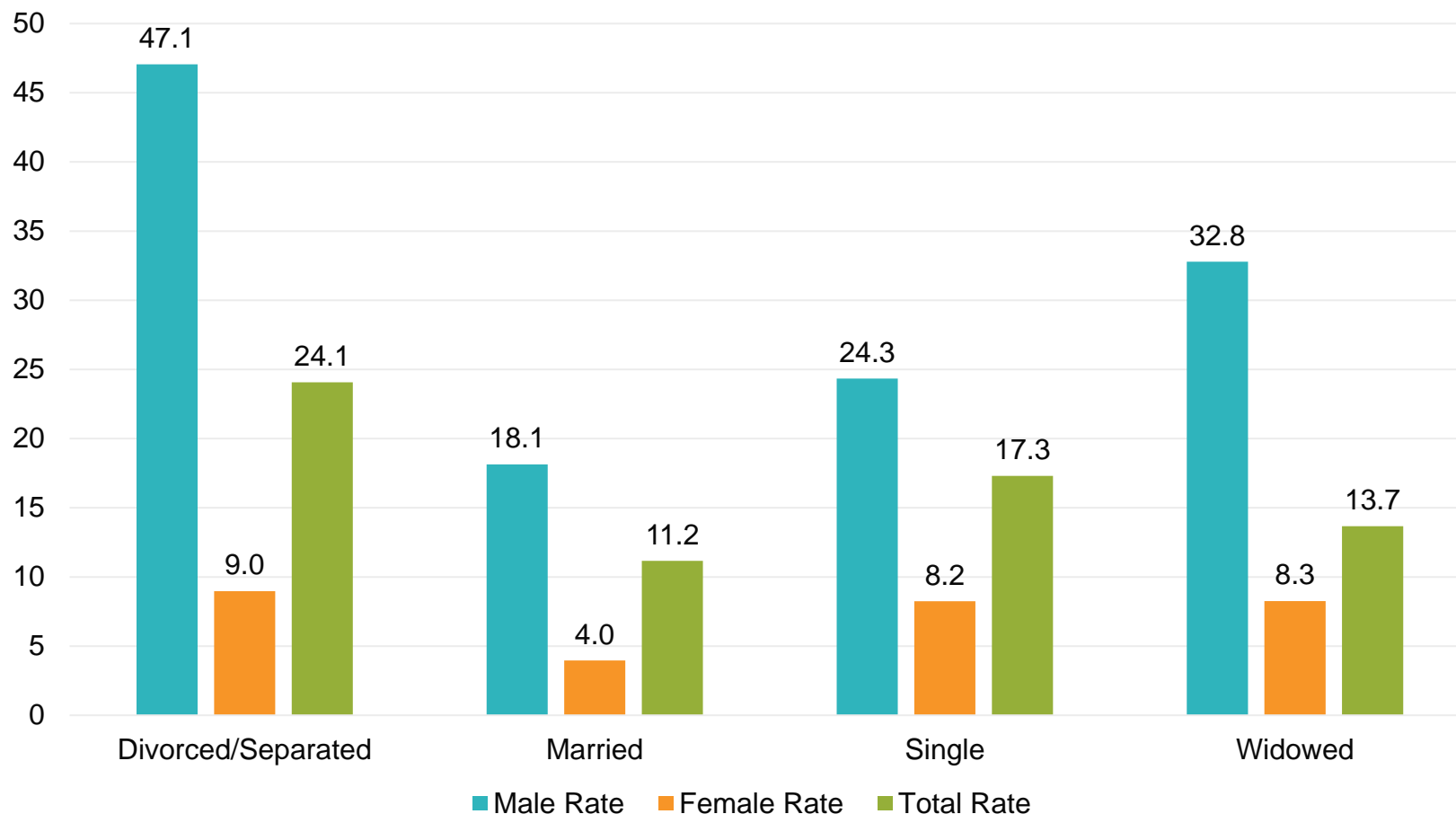
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

SUICIDES BY MARITAL STATUS, 2019



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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.

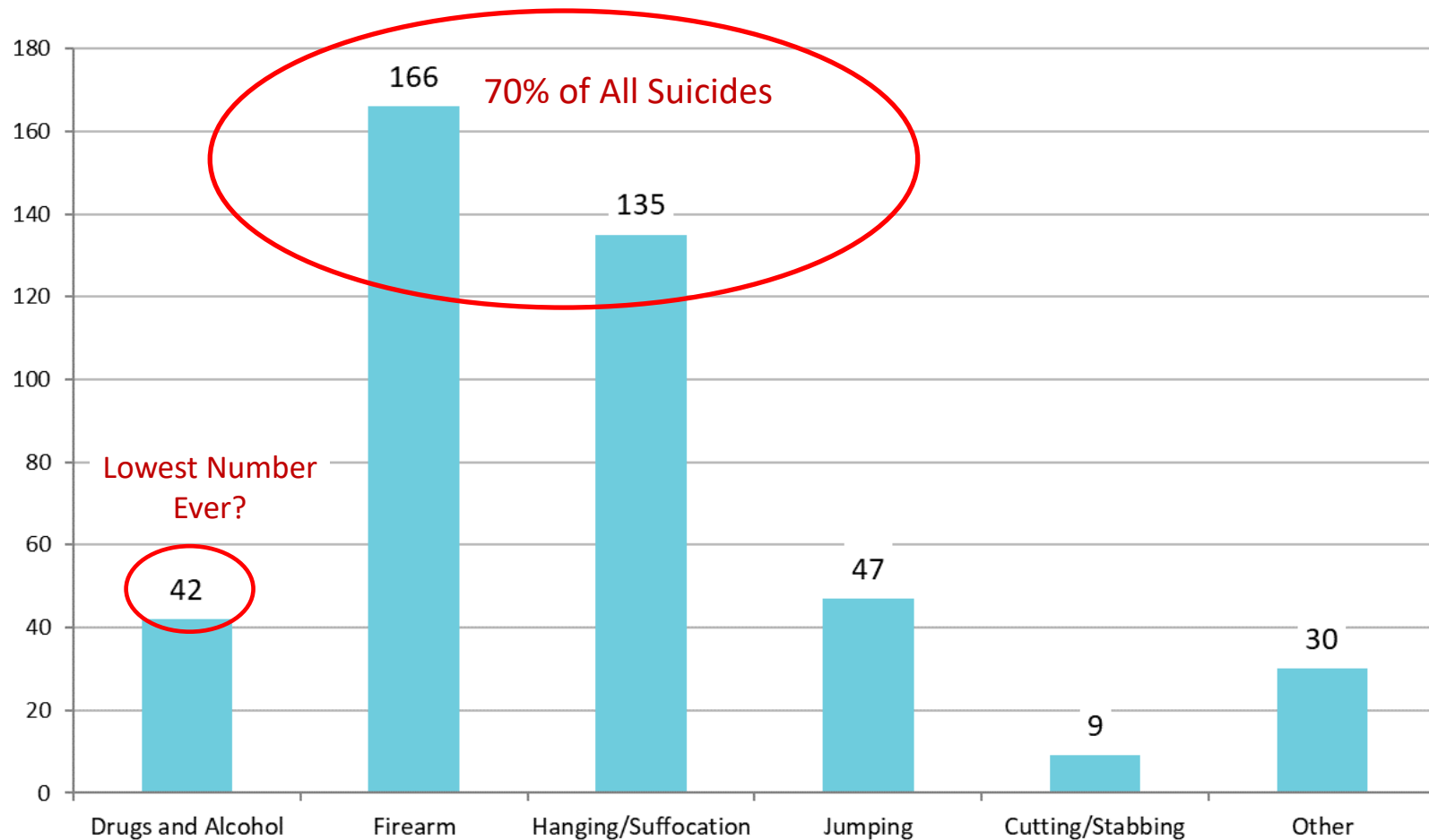
SUICIDE RATES BY MARITAL STATUS, 2019



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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

METHOD OF SUICIDE, 2019

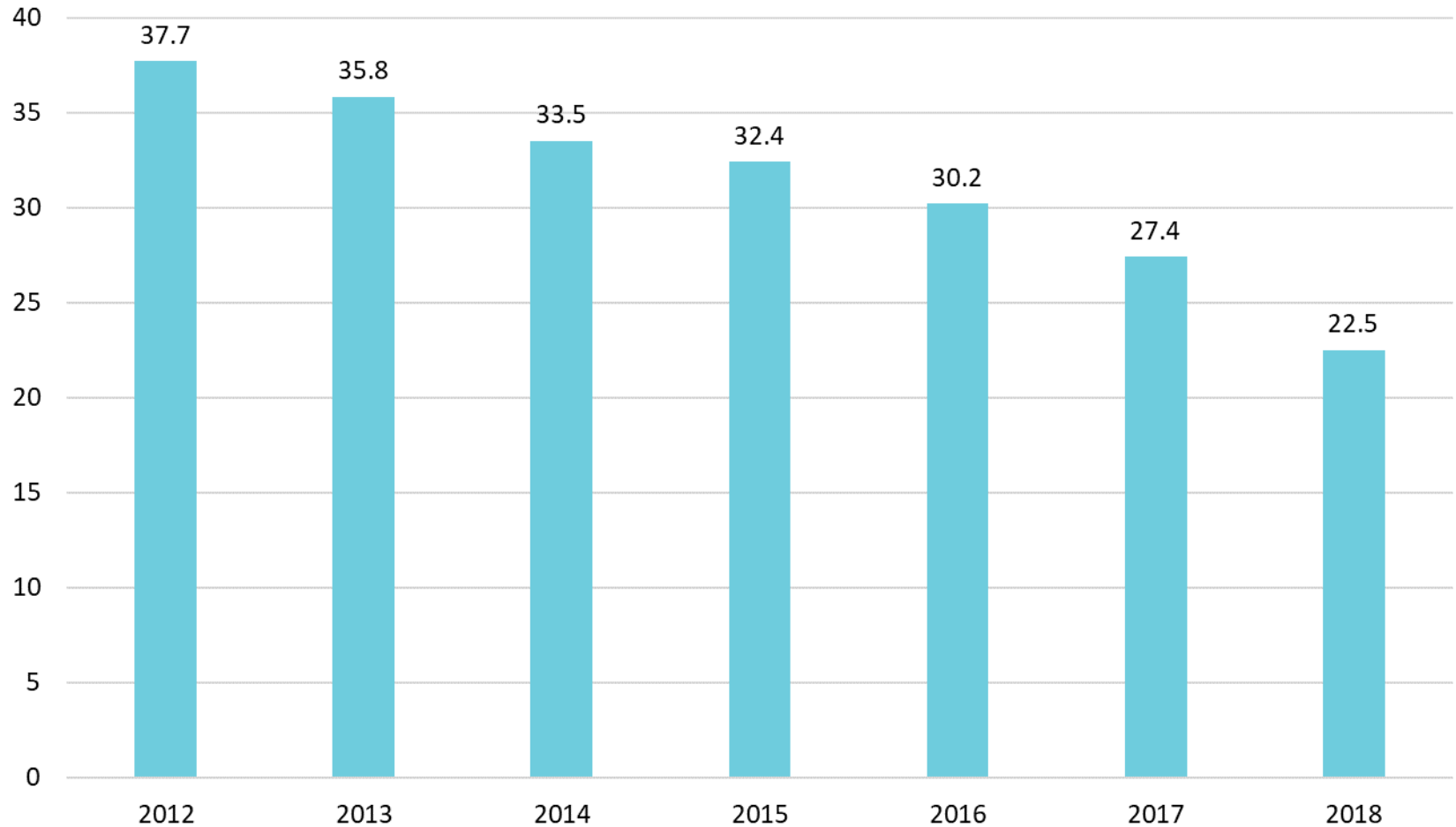


Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

NUMBER OF OPIOID PILLS PRESCRIBED PER PERSON, SAN DIEGO COUNTY, 2012 – 2019

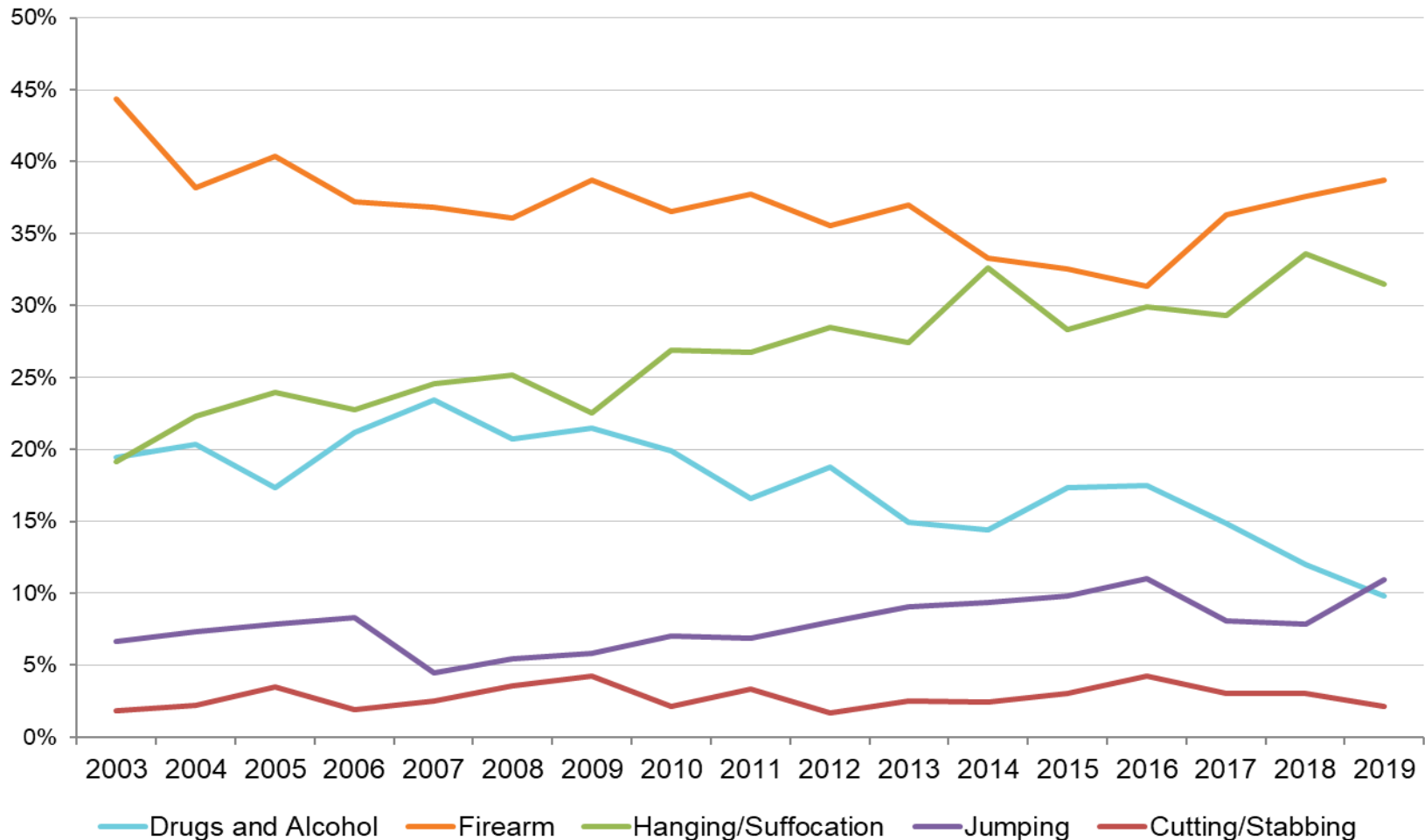


LIVE WELL
SAN DIEGO



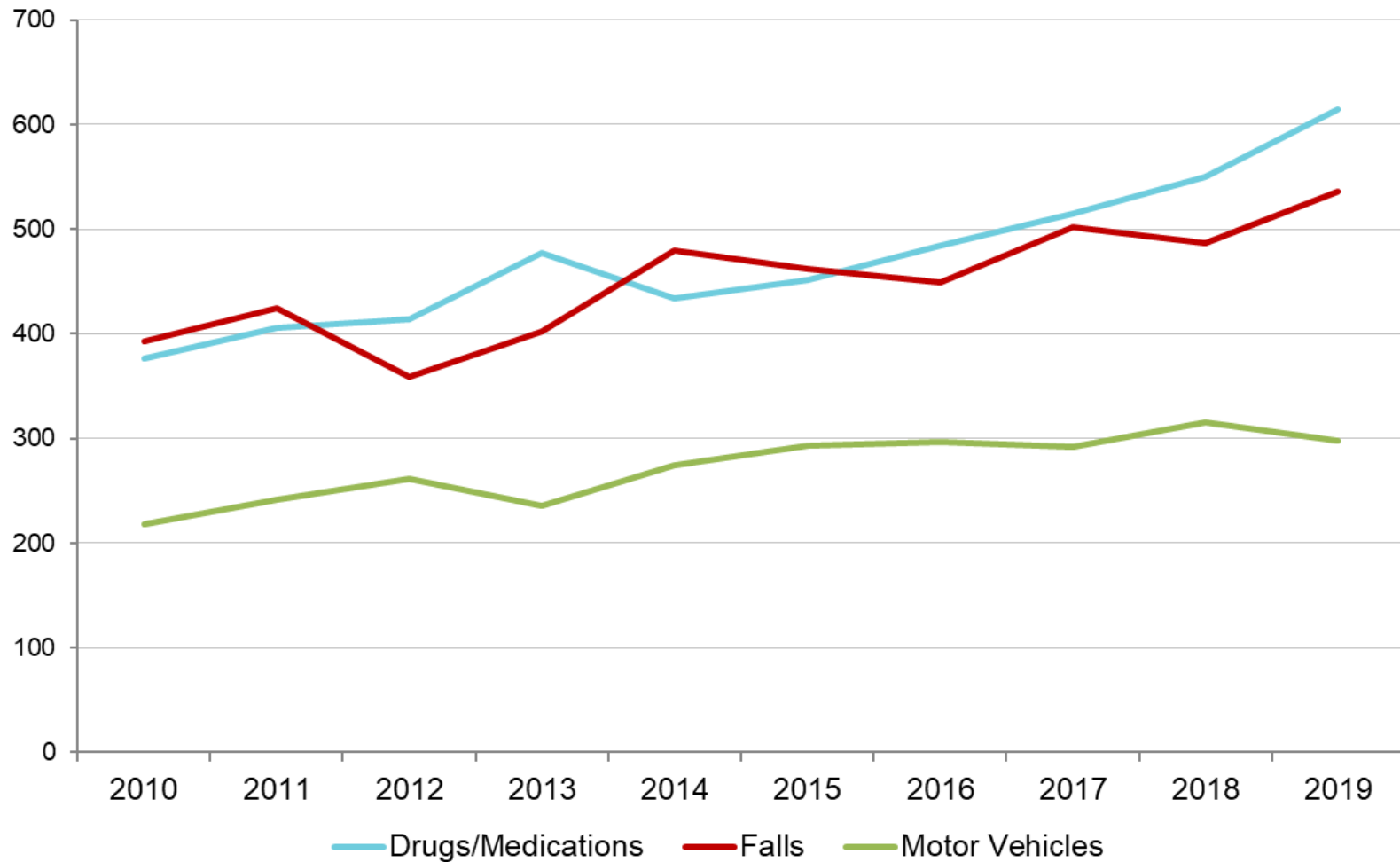
Source: California Department of Justice. Controlled Substance Utilization Review and Evaluation System, 2018.

PERCENT METHOD OF SUICIDE, 2003 - 2019



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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.

UNINTENTIONAL DEATHS BY CATEGORY, 2010 - 2019

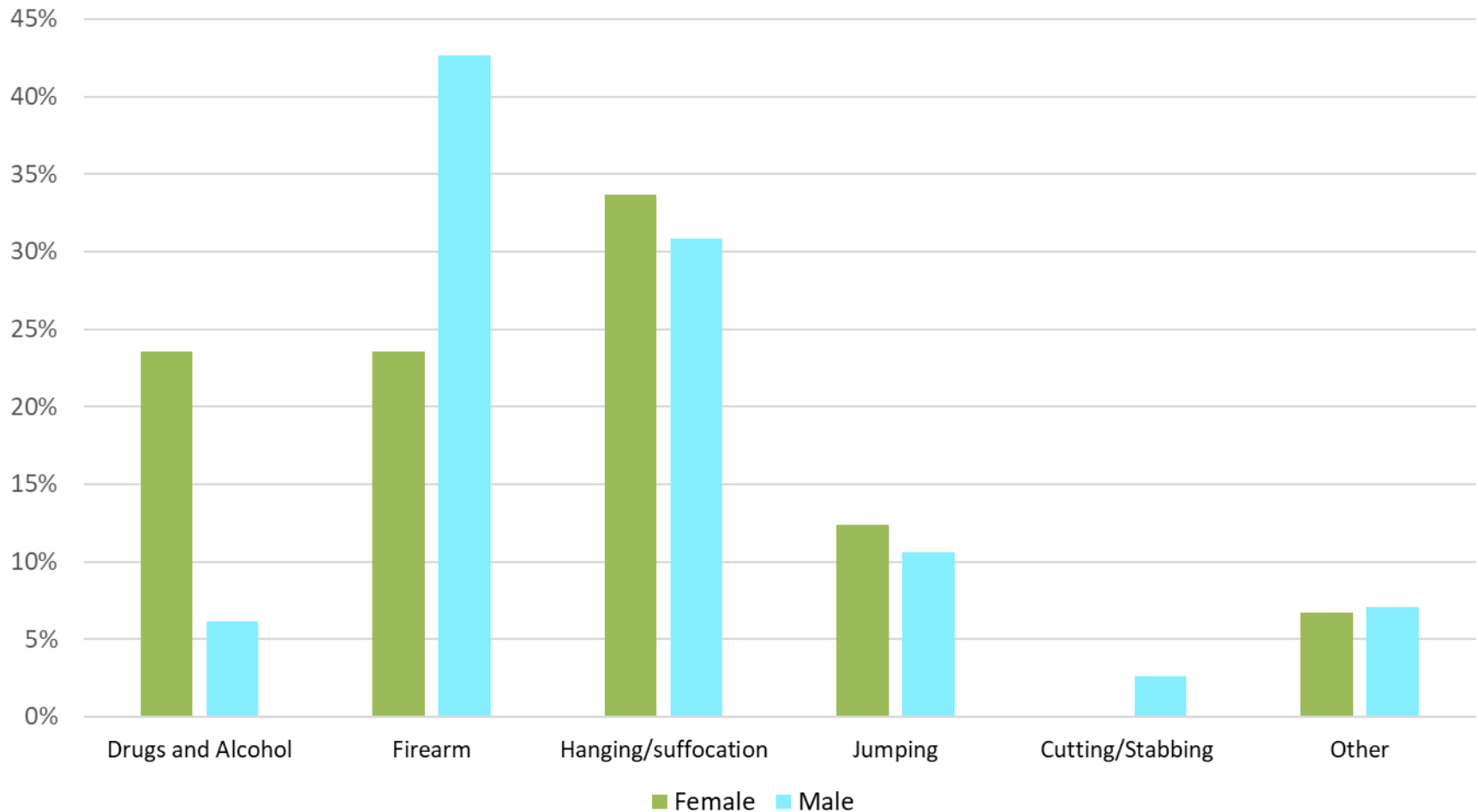


Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

PERCENT METHOD OF SUICIDE BY GENDER, 2019



LIVE WELL
SAN DIEGO

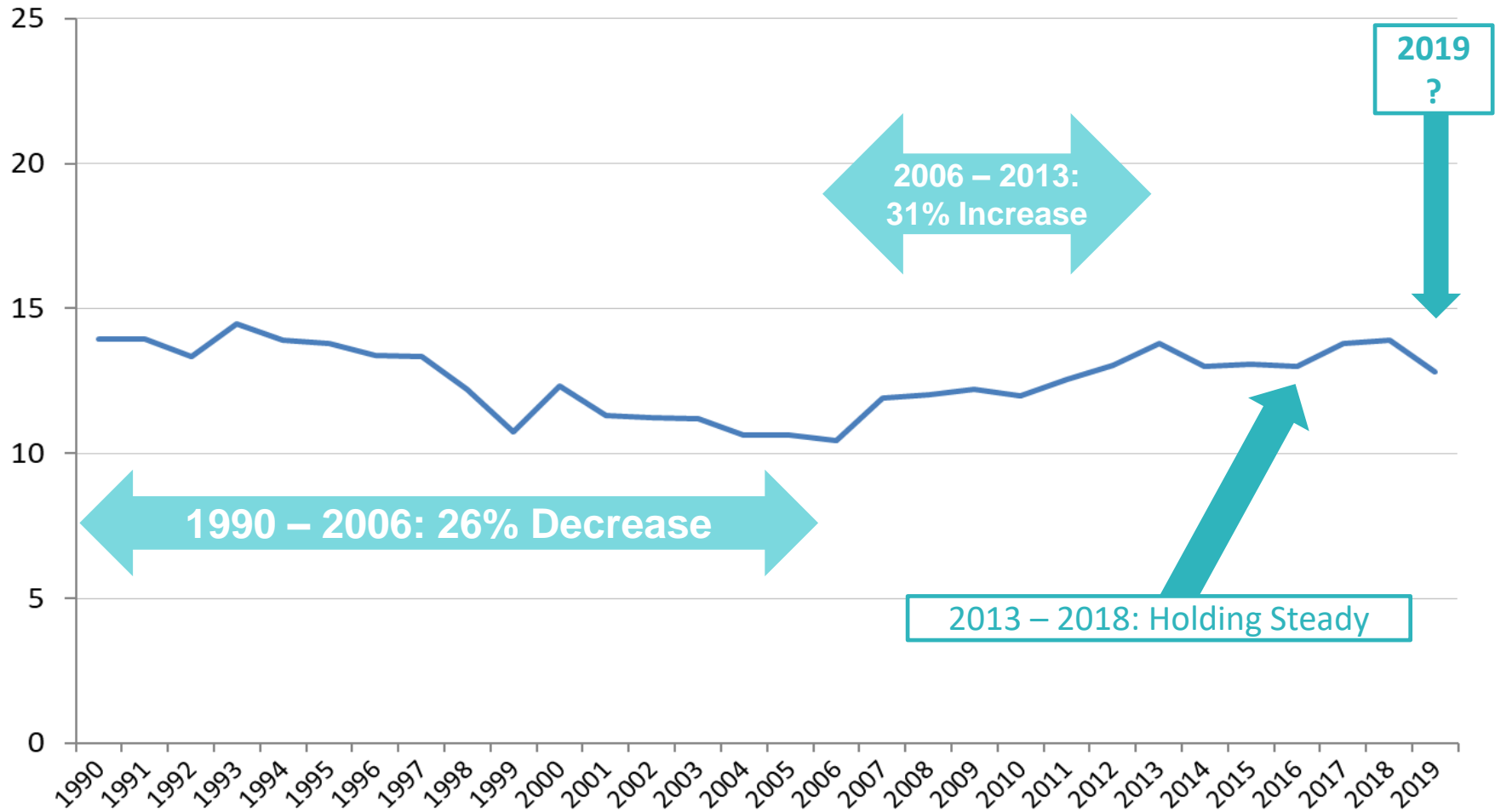


Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.



SUICIDE TRENDS

SAN DIEGO COUNTY SUICIDE RATES, 1990 - 2019



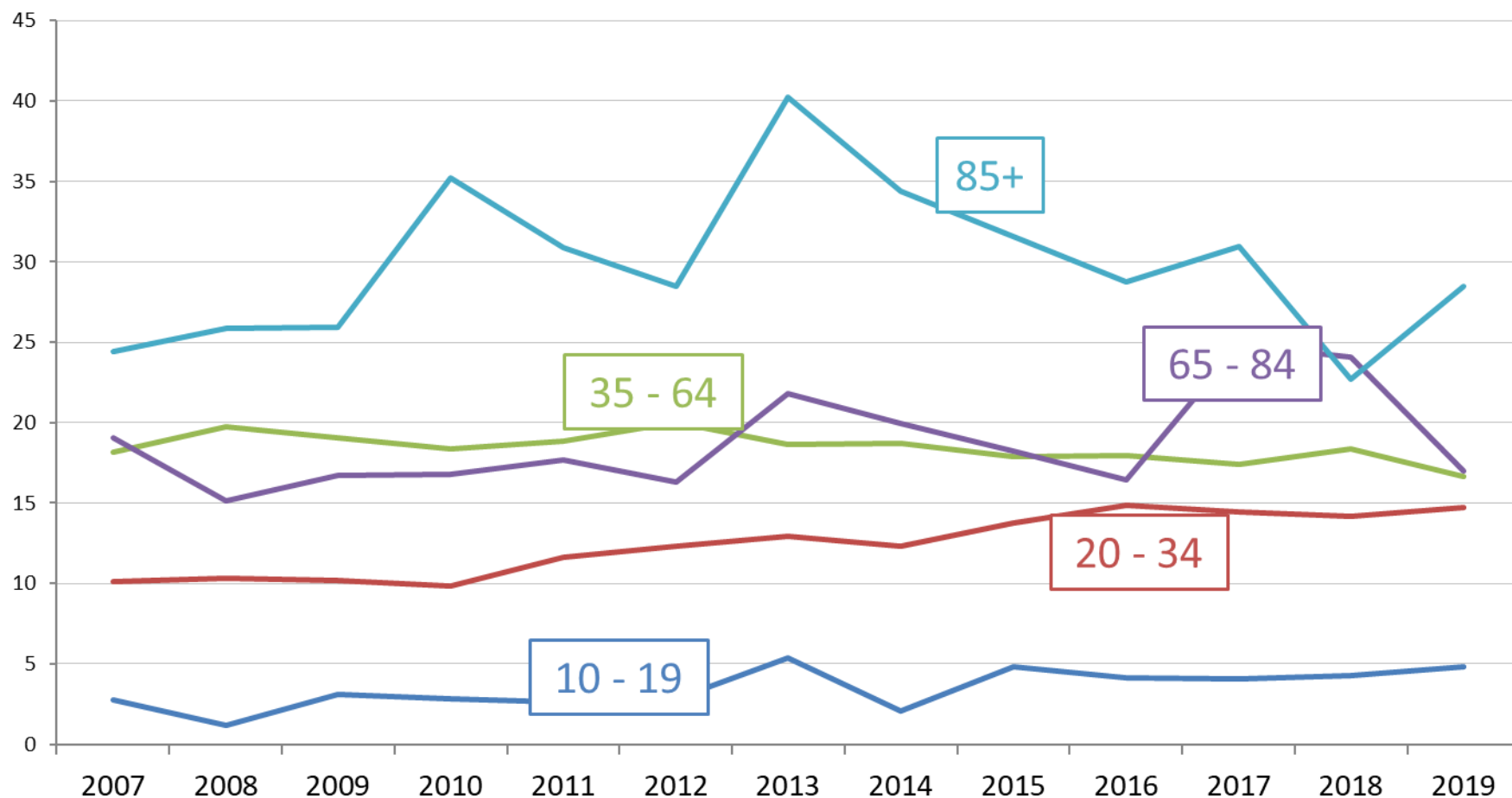
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

Rates per 100,000 people

SUICIDE RATES BY AGE GROUP, 2007-2019

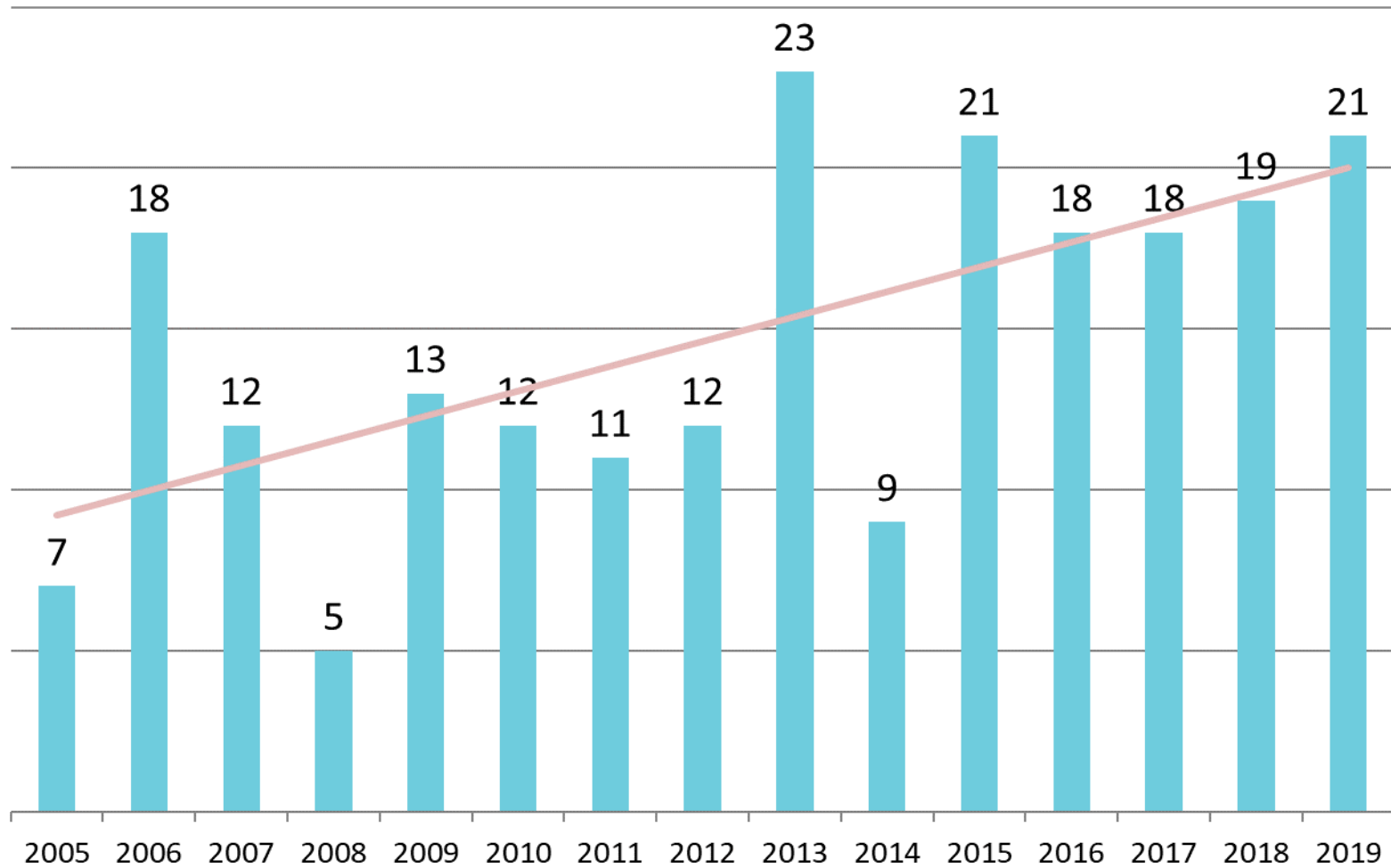


LIVE WELL
SAN DIEGO



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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 - 2019

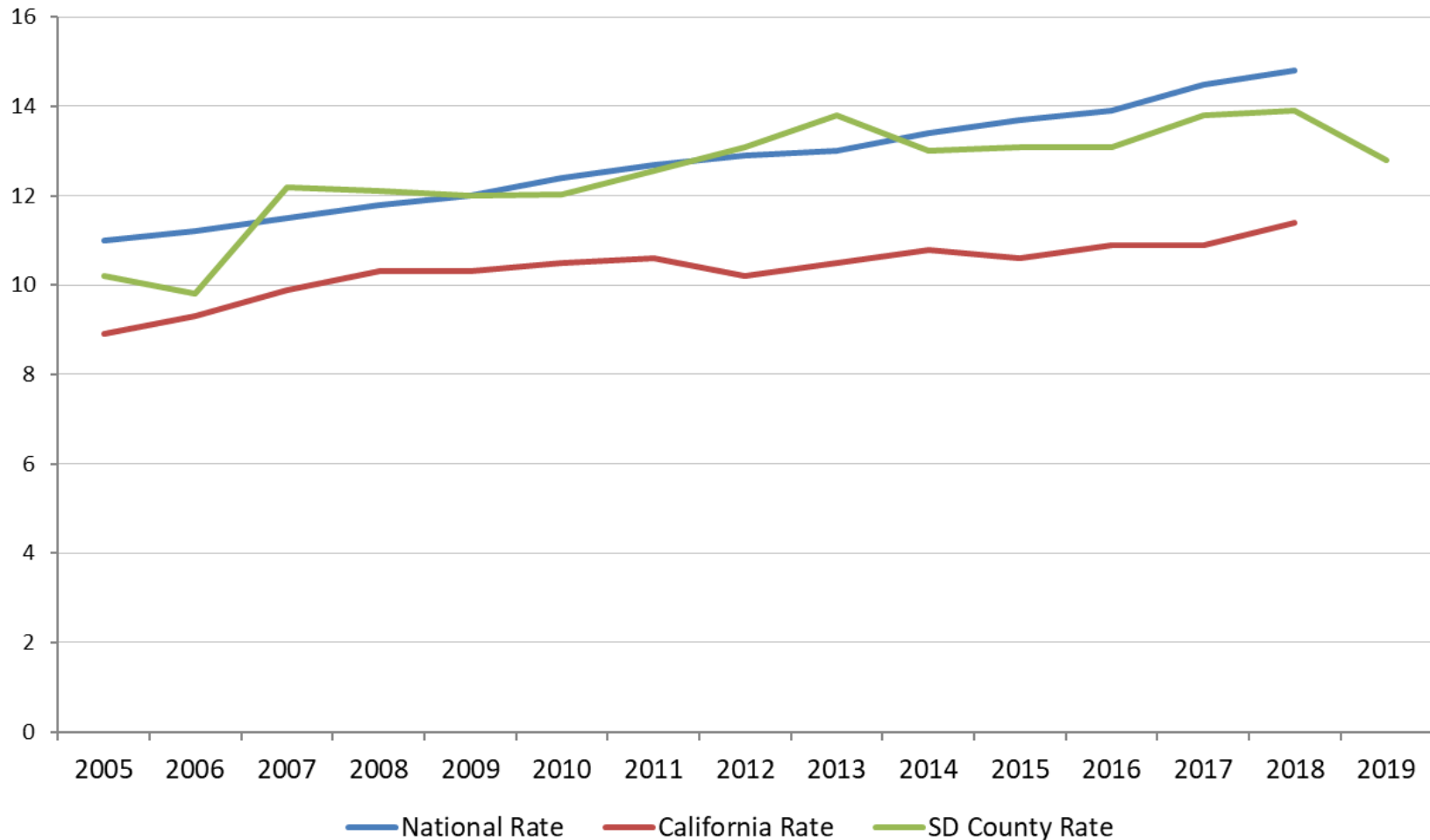


Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

NATIONAL & STATE COMPARISON, 2005-2019



LIVE WELL
SAN DIEGO



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. 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

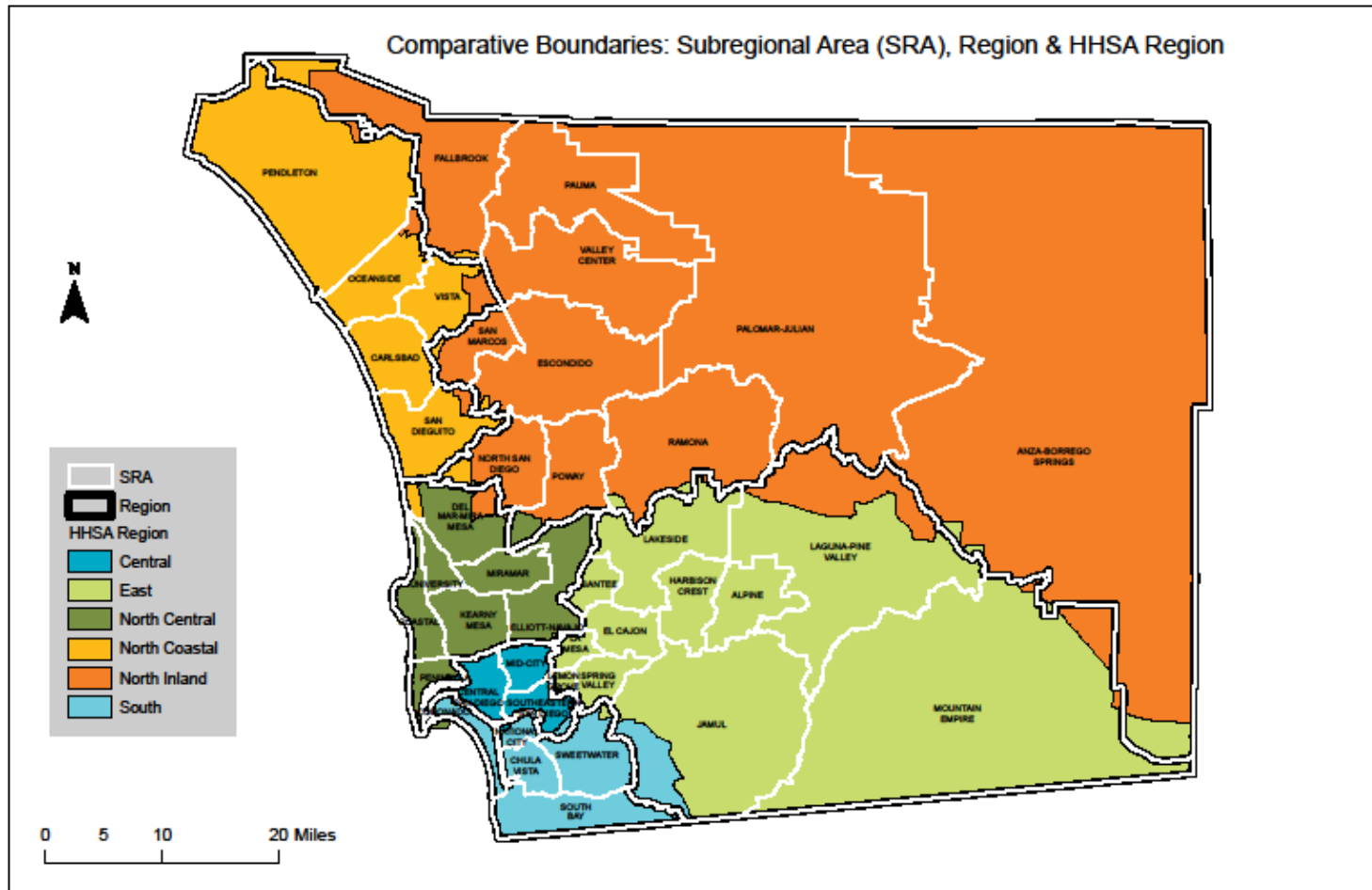


SUICIDES BY COUNTY REGION





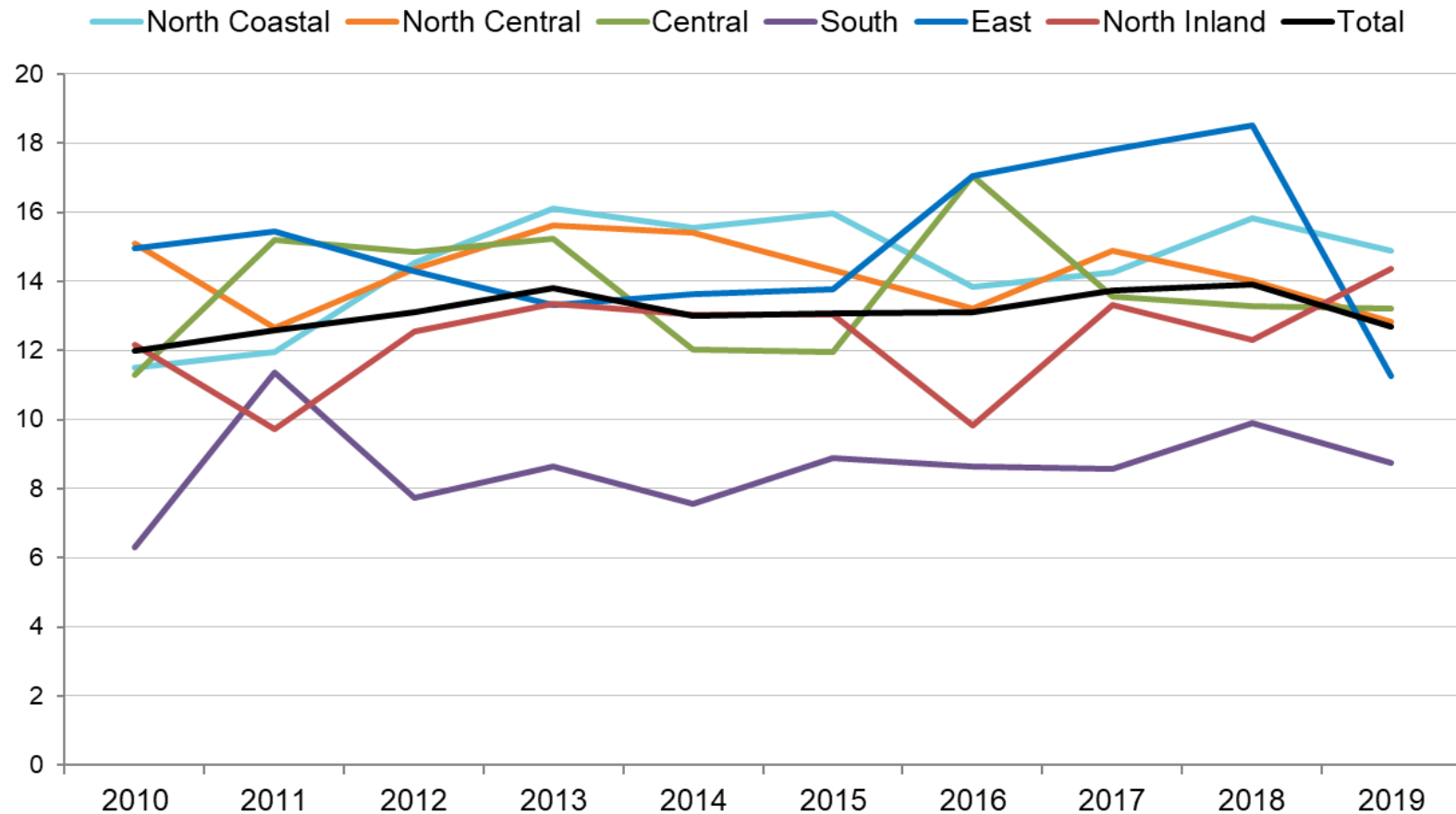
LIVE WELL
SAN DIEGO



Map by County of San Diego, Emergency Medical Services. Contact: Isabel Corcos or Leslie Ray, 619.285.6429
Map Date: May, 2014



SUICIDE RATE* BY COUNTY REGION, 2010 - 2019



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 – 2019. 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

SUICIDE RATE* BY COUNTY REGION, 2012 - 2019



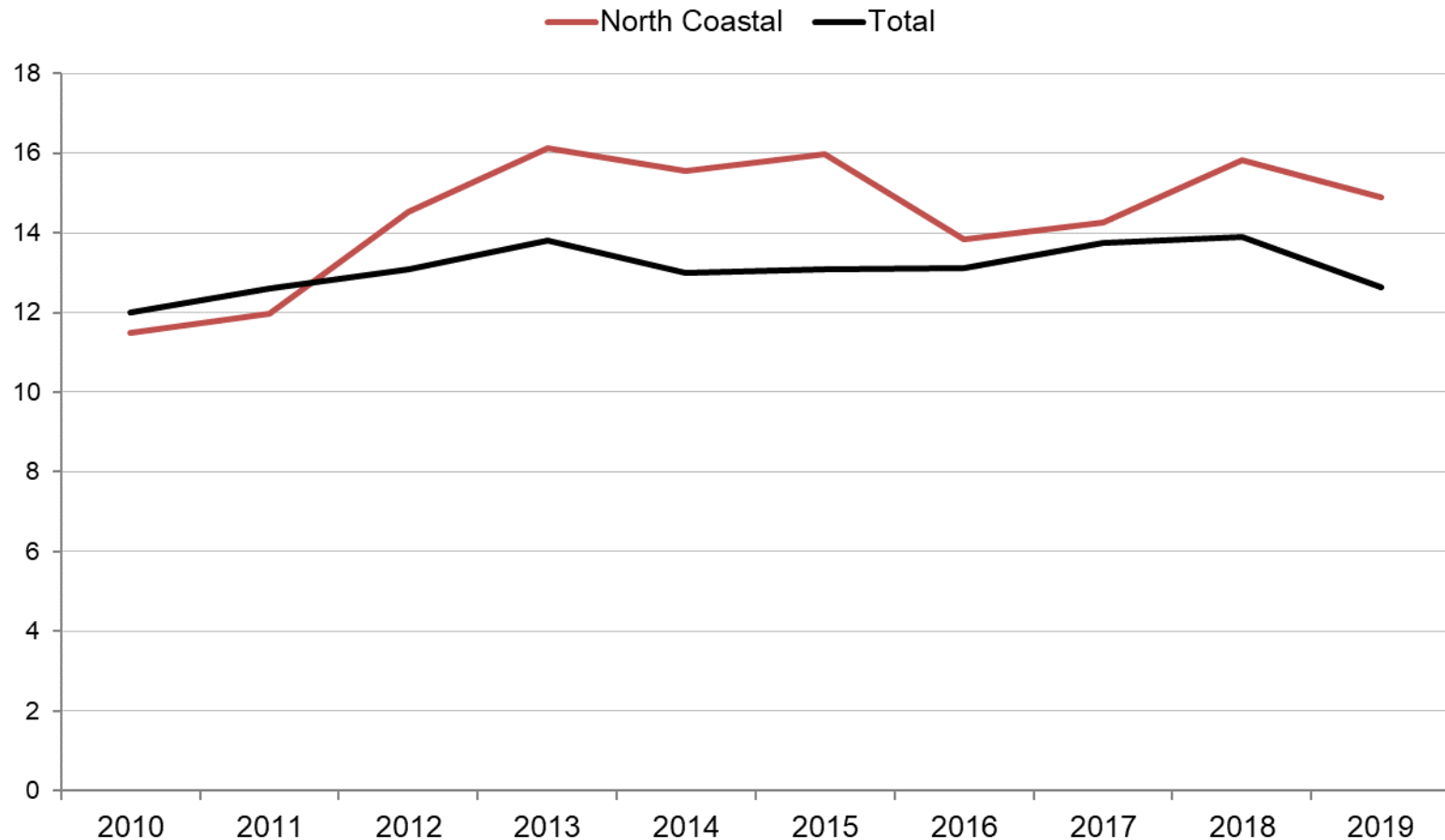
	2012	2013	2014	2015	2016	2017	2018	2019
North Coastal	14.5	16.1	15.6	16.0	13.8	14.3	15.8	14.9
North Central	14.3	15.6	15.4	14.3	13.2	14.9	14.0	12.8
Central	14.9	15.2	12.0	12.0	17.1	13.6	13.3	13.2
South	7.7	8.7	7.5	8.9	8.6	8.6	9.9	8.8
East	14.3	13.3	13.6	13.8	17.1	17.8	18.5	11.3
North Inland	12.6	13.3	13.0	13.0	9.8	13.3	12.3	14.4
Total	13.1	13.8	13.0	13.1	13.1	13.8	13.9	12.6

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 – 2019. 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 - 2019

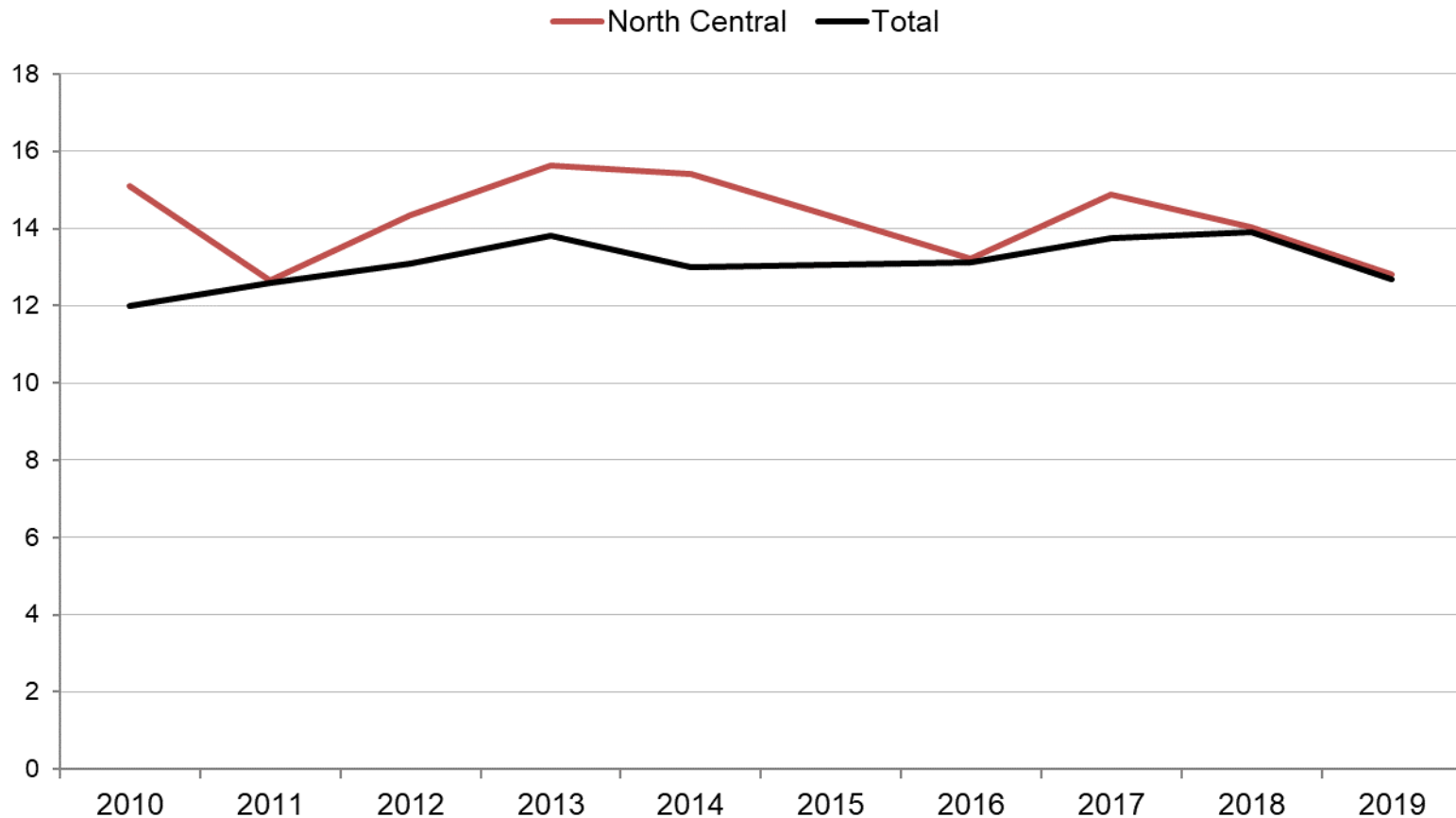


Note: Zip codes are assigned as follows: 1. Zip code of residence if located in San Diego County. 2. Zip code of event if located in San Diego County. 3. Zip code of death (hospital or scene).

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Rates per 100,000 people

NORTH CENTRAL REGION, 2010 - 2019

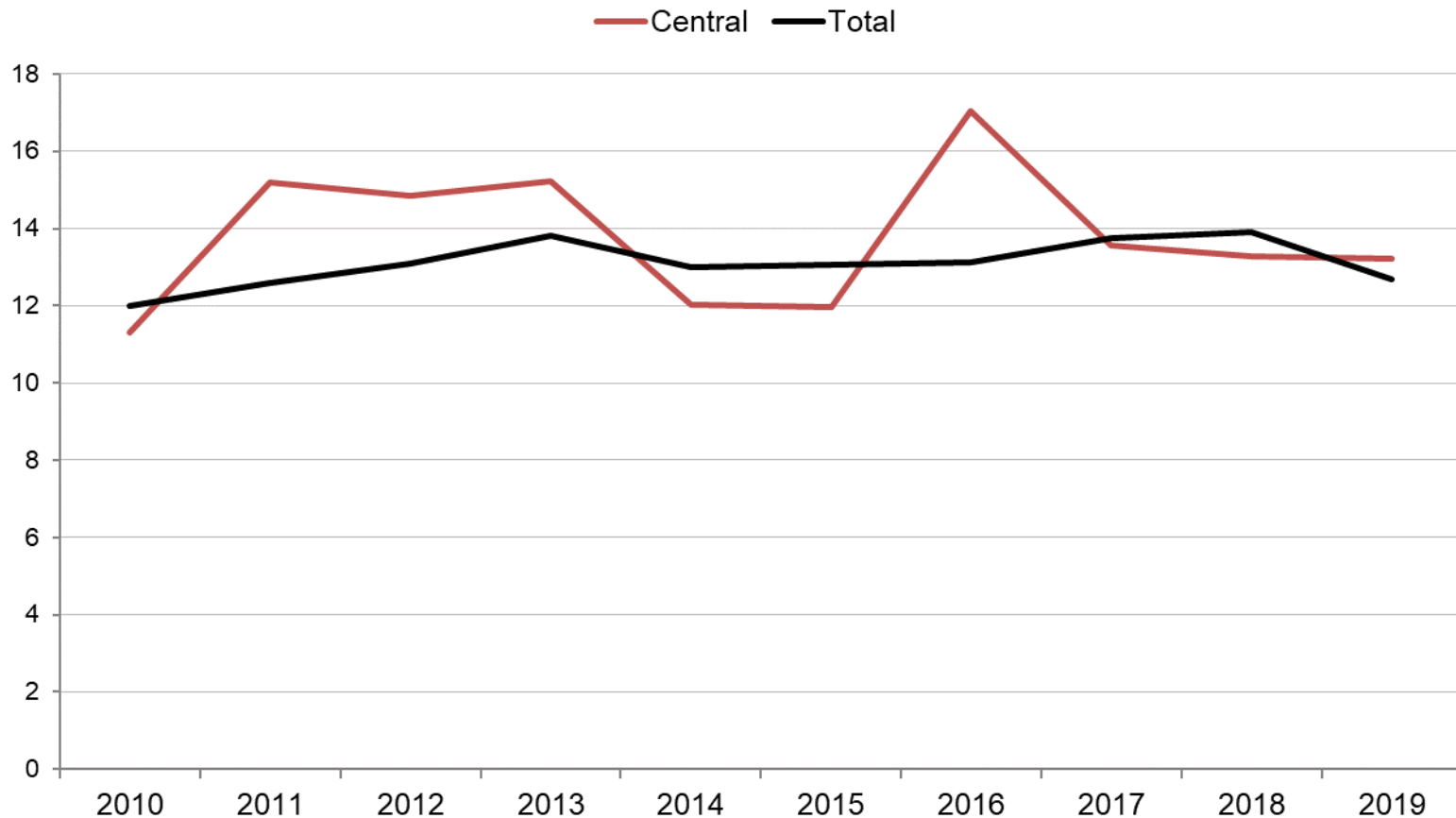


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Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

Rates per 100,000 people

CENTRAL REGION, 2010 - 2019

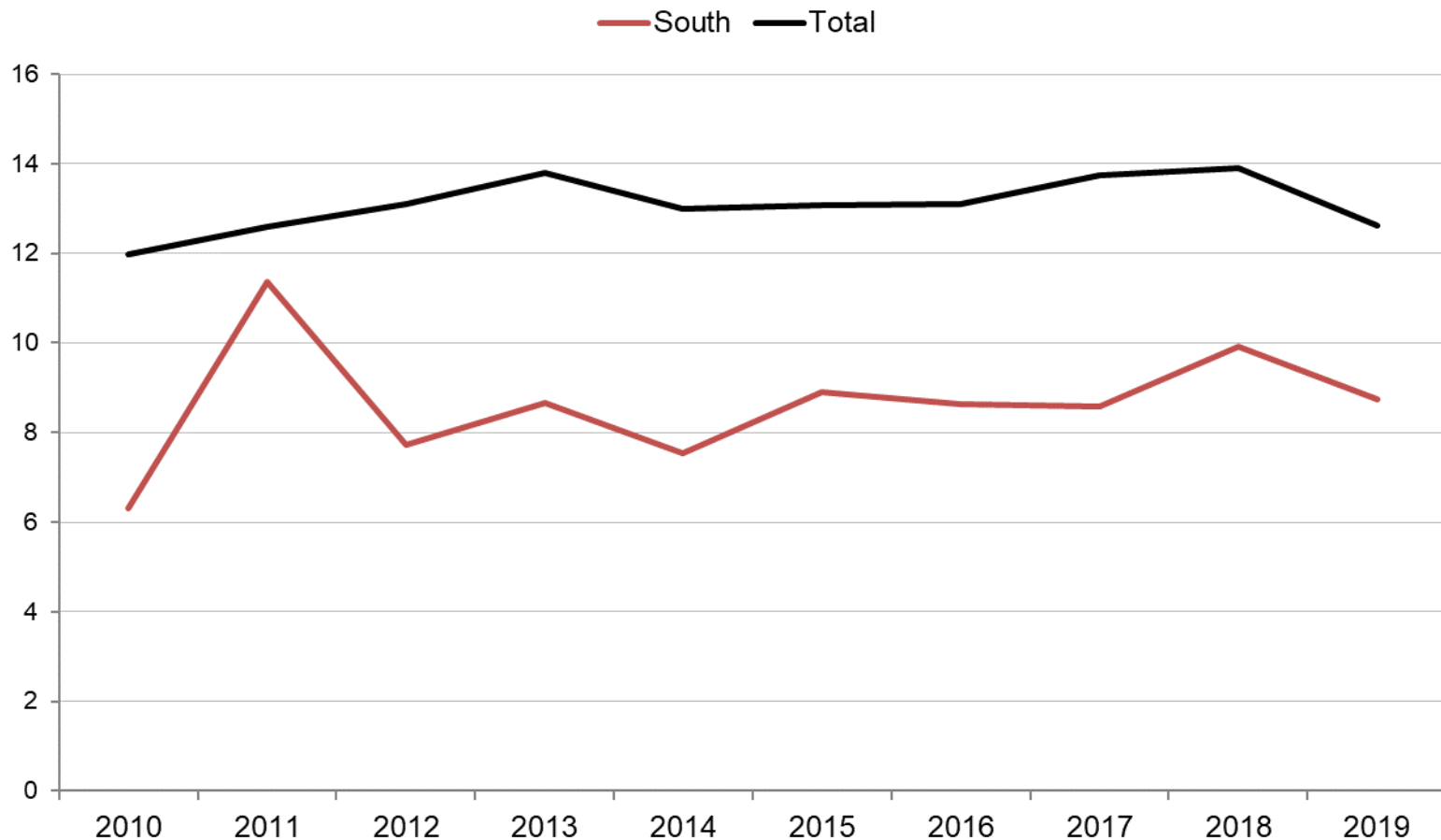


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Rates per 100,000 people

SOUTH REGION, 2010 - 2019

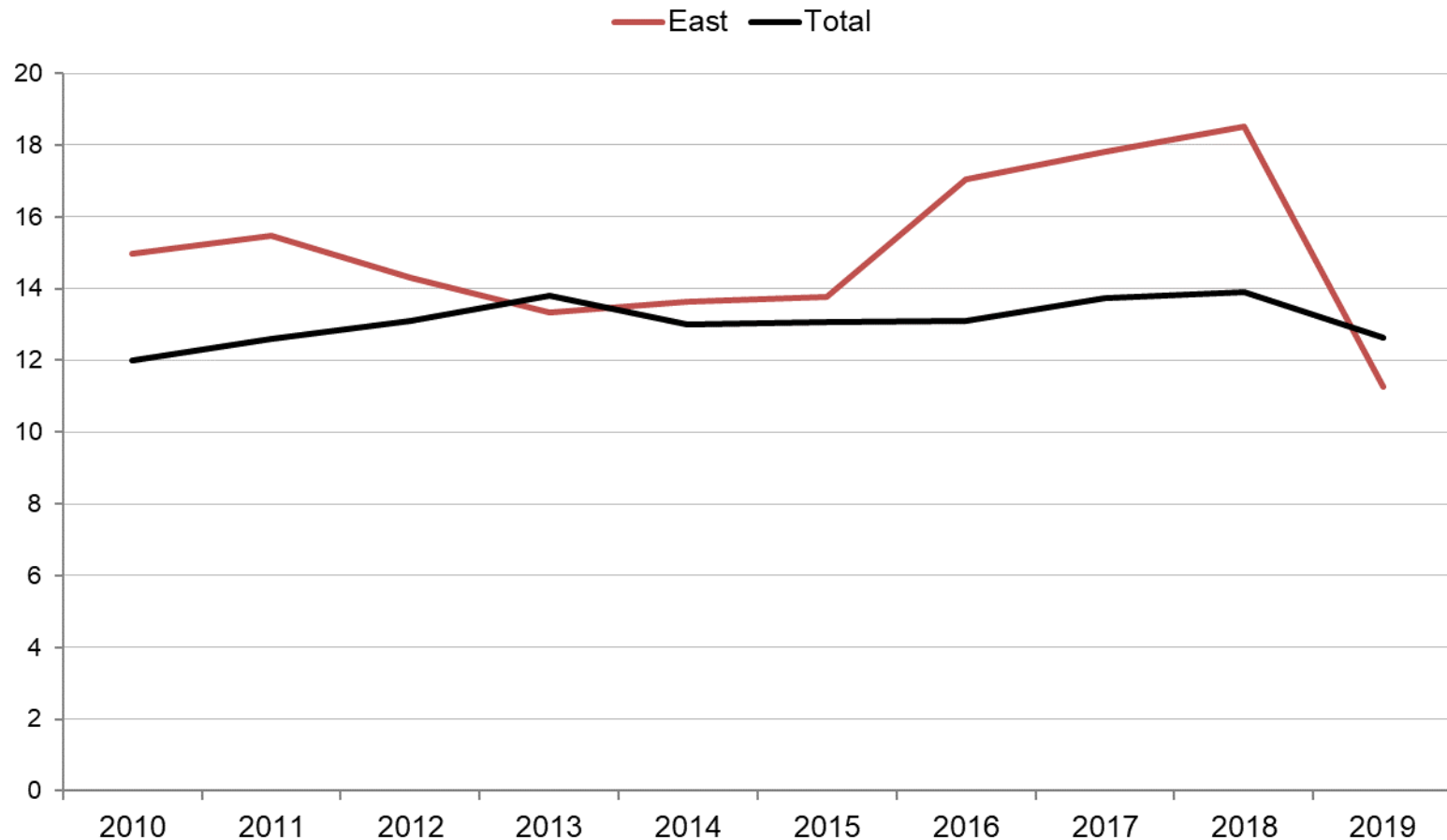


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Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2019. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File 1999-2018. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2018 American Community Survey.

Rates per 100,000 people

EAST REGION, 2010 - 2019

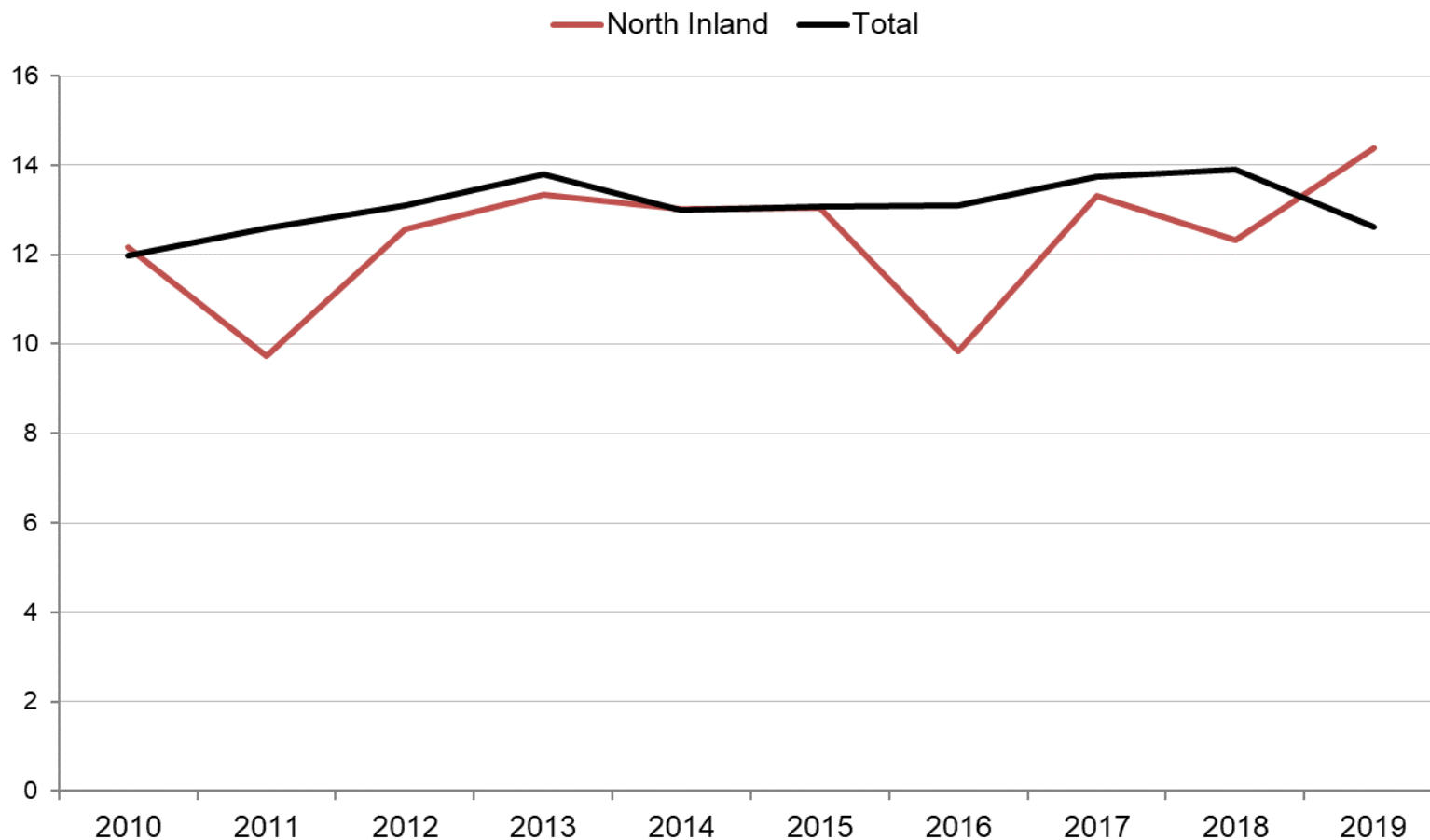


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Rates per 100,000 people

NORTH INLAND REGION, 2010 - 2019



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Rates per 100,000 people

2019 IN SUMMARY



LIVE WELL
SAN DIEGO

- After a period in which the annual suicide rate remained steady from 2013 to 2018, the 2019 suicide rate dropped by 7.9%.
- The 2019 suicide rate is the lowest since 2011 and the one-year drop was the largest since 2001.
- Suicides continue to outnumber homicides by a large margin.
- There were almost four times as many male suicides as there were female suicides.
- Suicide rates generally increase with age.
- 55% of all suicides are white males.
- White middle-aged males, who are divorced or widowed, have the highest rates of suicide.
- Males are more likely to use firearms while females are more likely to use drugs.

2019 IN SUMMARY



- The San Diego County suicide rate has dropped below the national rate but remains higher than the California State rate.
- The North Coastal Region has the highest suicide rate and the South Region has the lowest.
- While 2019 represented a 1-year decrease in suicides, there are some continuing increasing trends:
 - Male Hispanic suicide rates increased by more than 250% from 2014 to 2019.
 - Hispanic Teen suicides continue to increase.
 - After 13 years of decrease, suicides by firearm have increased over the last two years.
 - The suicide rate in the North Inland Region increased by 47% from 2016 to 2019
- The one-year drop in suicides from 2018 to 2019 was mostly seen in:
 - Ages 35 – 84
 - Females
 - White and Asian/PI races
 - **East Region** (39%)
 - Drug Overdoses



THANK YOU

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