



SUICIDE IN SAN DIEGO COUNTY, 2020

SUICIDE PREVENTION COUNCIL
ANNUAL STAKEHOLDERS MEETING
JUNE 22, 2021

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NOTES FROM THE SAN DIEGO COUNTY MEDICAL EXAMINER



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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.



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.

SANDAG population estimates for 2020 are not yet available. Therefore, 2019 population estimates will be used for all 2020 rate calculations. As population estimates generally increase over time, most rate calculations will decrease when they are eventually adjusted for 2020 population estimates or Census data.

SUICIDES IN 2020



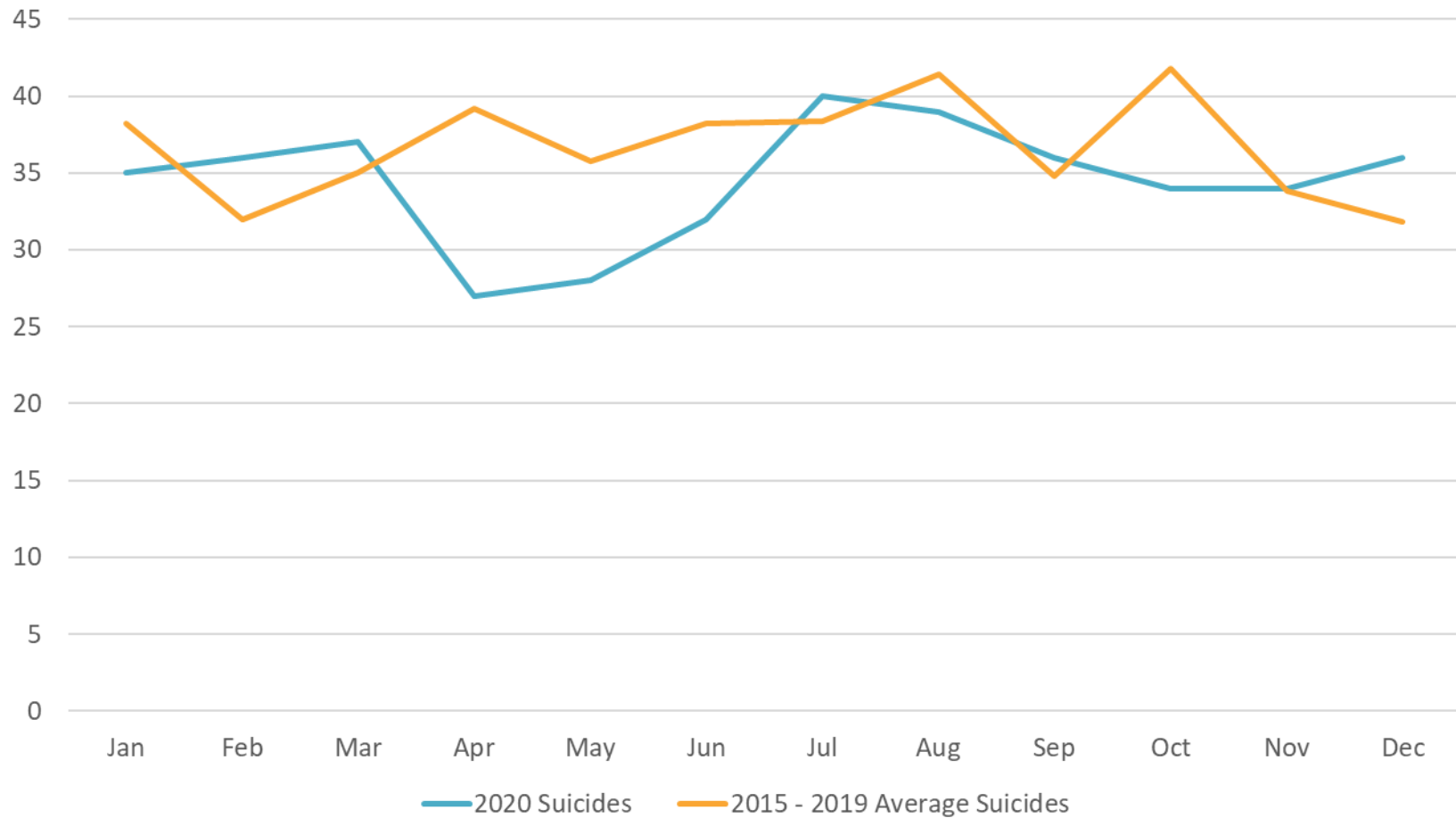
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Total number of suicides in 2020: 419

Note: 2019 population
estimates used to
calculate 2020 rates.

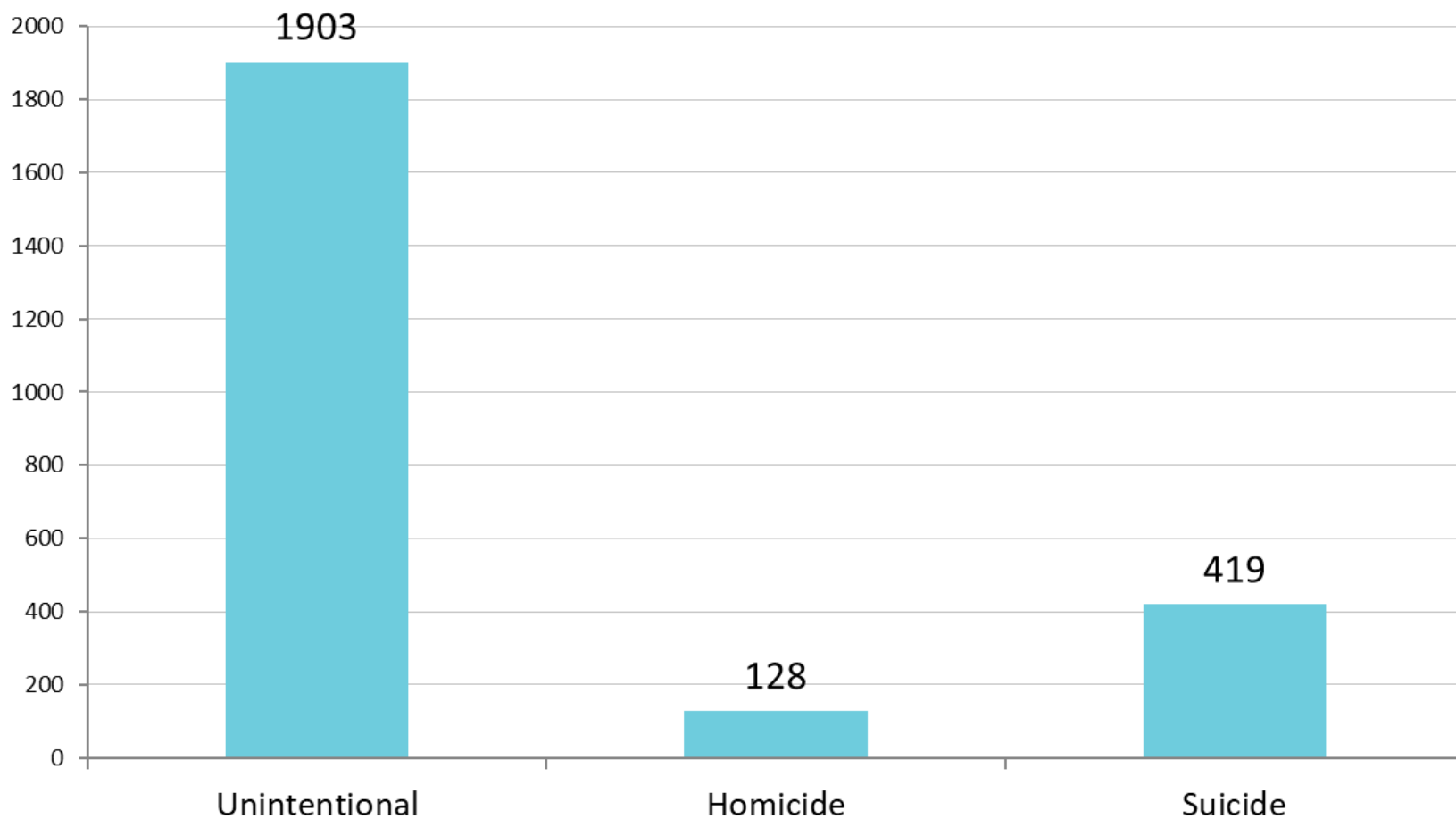
- 12.5 per 100,000 people
 - Lowest suicide rate since 2010
- 2.3% decrease compared to 2019
 - 10% decrease from 2018
- Gender
 - 325 Males (4.4% decrease)
 - 89 Females
 - 5 Sealed Cases (unknown information for all figures except total suicides)
- Age range: 10 to 96 years

EFFECT OF THE PANDEMIC?



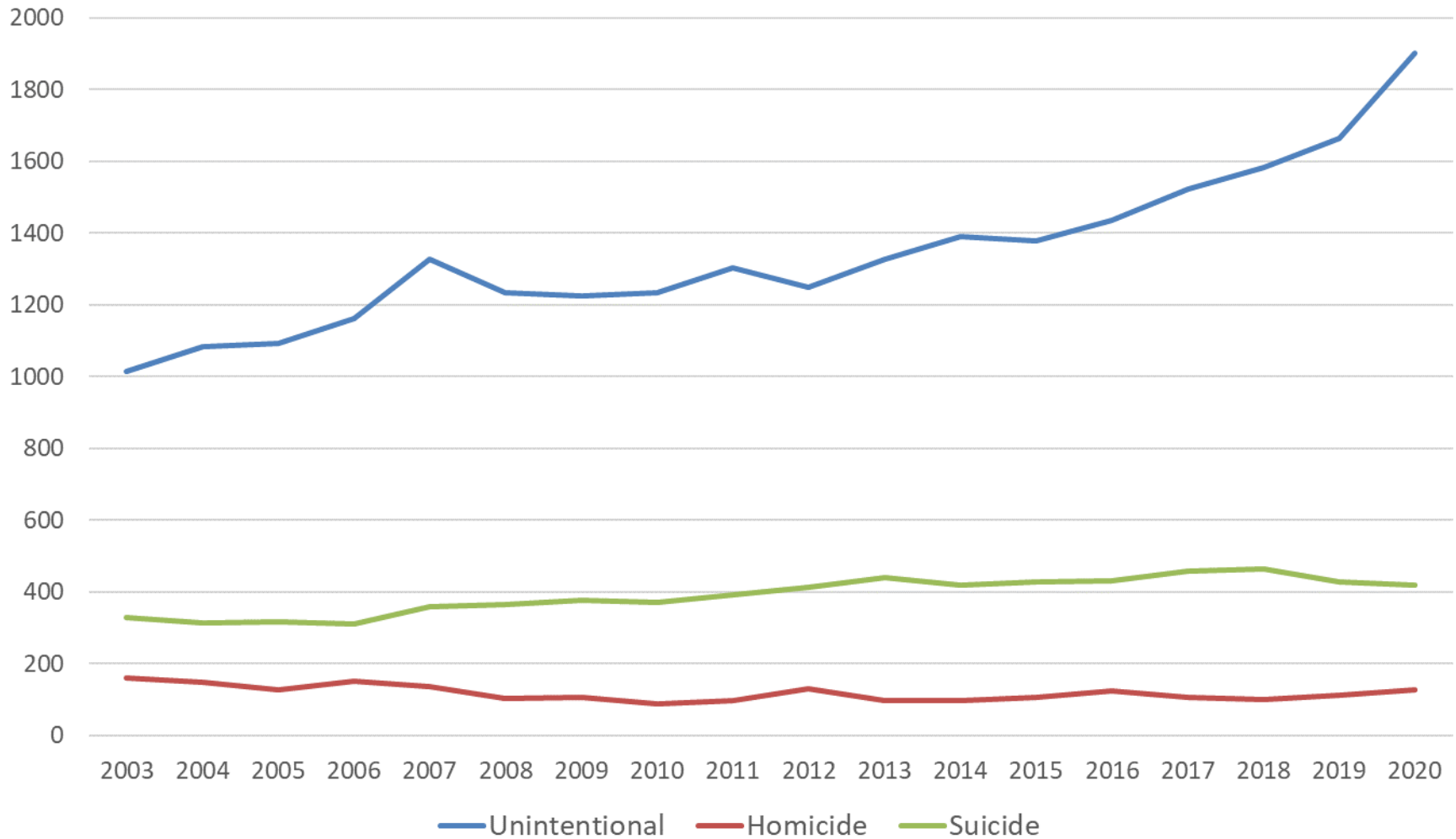
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File. CDC WONDER On-line Database. U.S. Census Bureau, American Community Survey.

NON-NATURAL DEATHS IN SAN DIEGO COUNTY, 2020



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

TRENDING DEATHS BY INTENTION

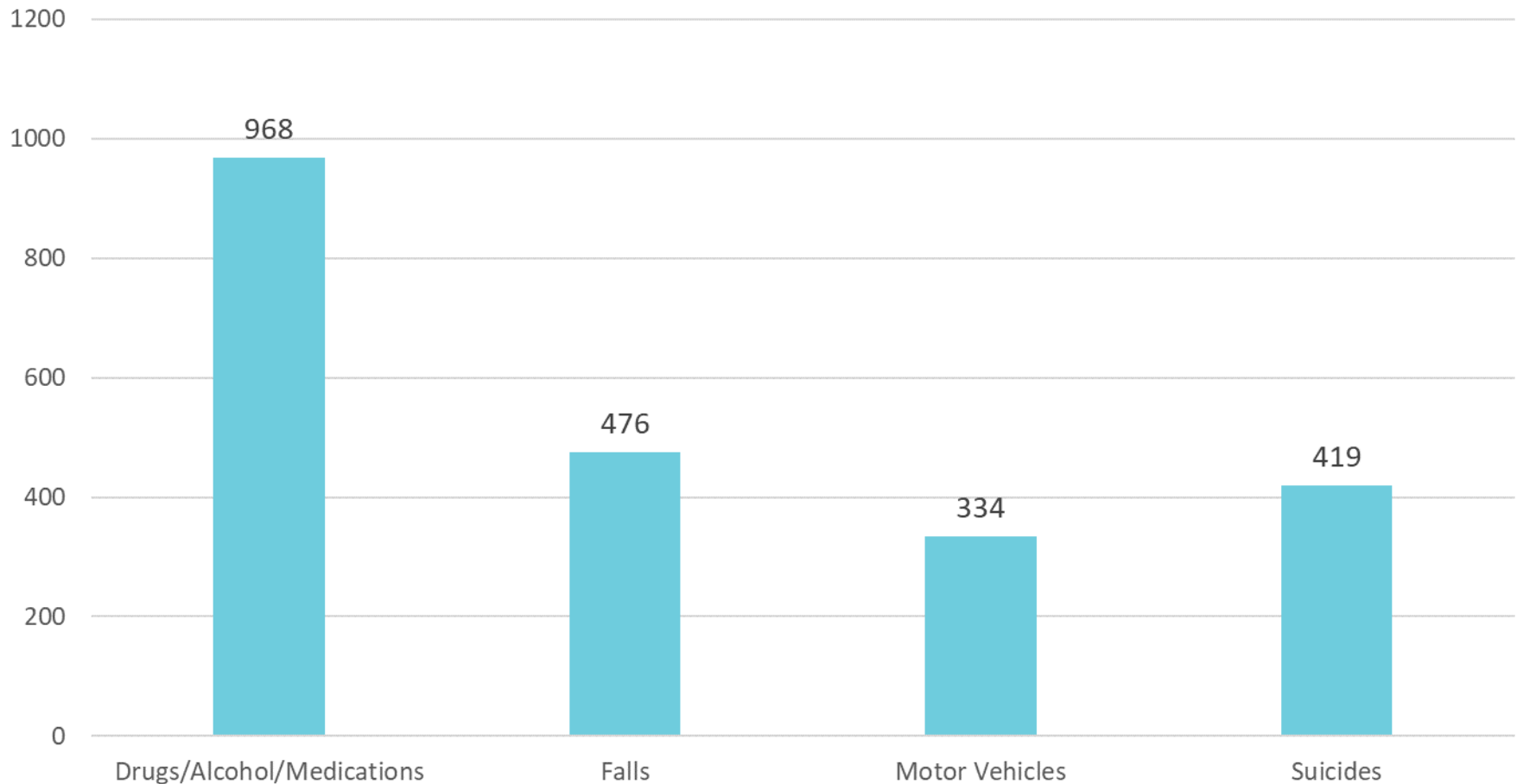


Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File. CDC WONDER On-line Database. U.S. Census Bureau, American Community Survey.

UNINTENTIONAL DEATHS COMPARED TO SUICIDES, 2020



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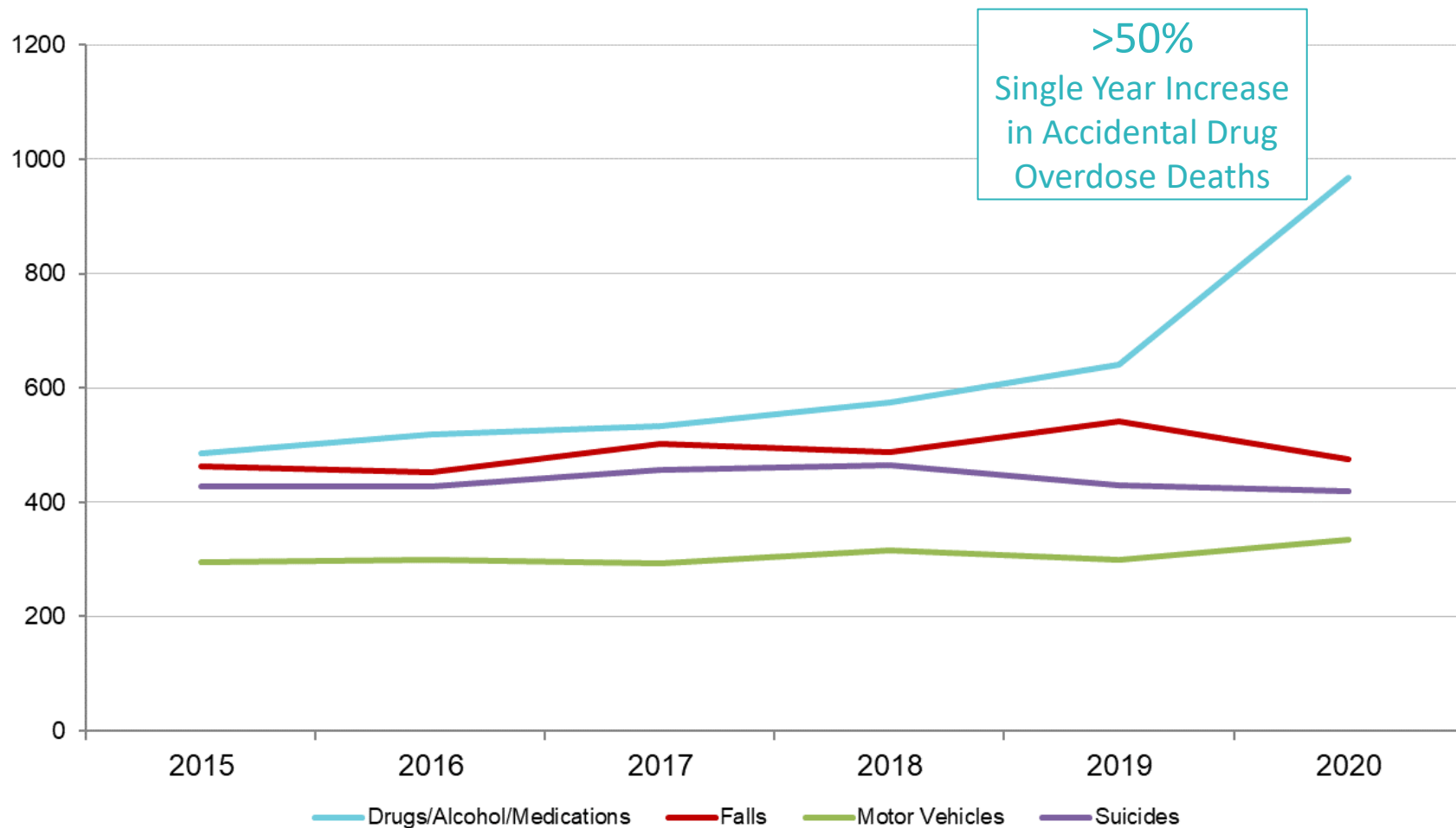


Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File. CDC WONDER On-line Database. U.S. Census Bureau, American Community Survey.

UNINTENTIONAL DEATHS COMPARED TO SUICIDES, 2015 - 2020



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

SUICIDES BY AGE GROUP IN 2020



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Age Group	Male	Male Rate**	Female	Female Rate**	Total	Total Rate**
10-19	13	5.8	8	3.8	21	4.8
20-29	60	20.9	13	5.3	73	13.7
30-39	57	22.4	18	7.7	75	15.3
40-49	41	20.4	18	9.1	59	14.8
50-59	52	26.0	13	6.4	65	16.1
60-69	47	28.9	10	5.6	57	16.7
70-79	29	31.8	5	4.6	34	17.0
80+	25	52.9	4	*	29	24.2

*Rates not calculated for totals fewer than 5

**Rates per 100,000 people

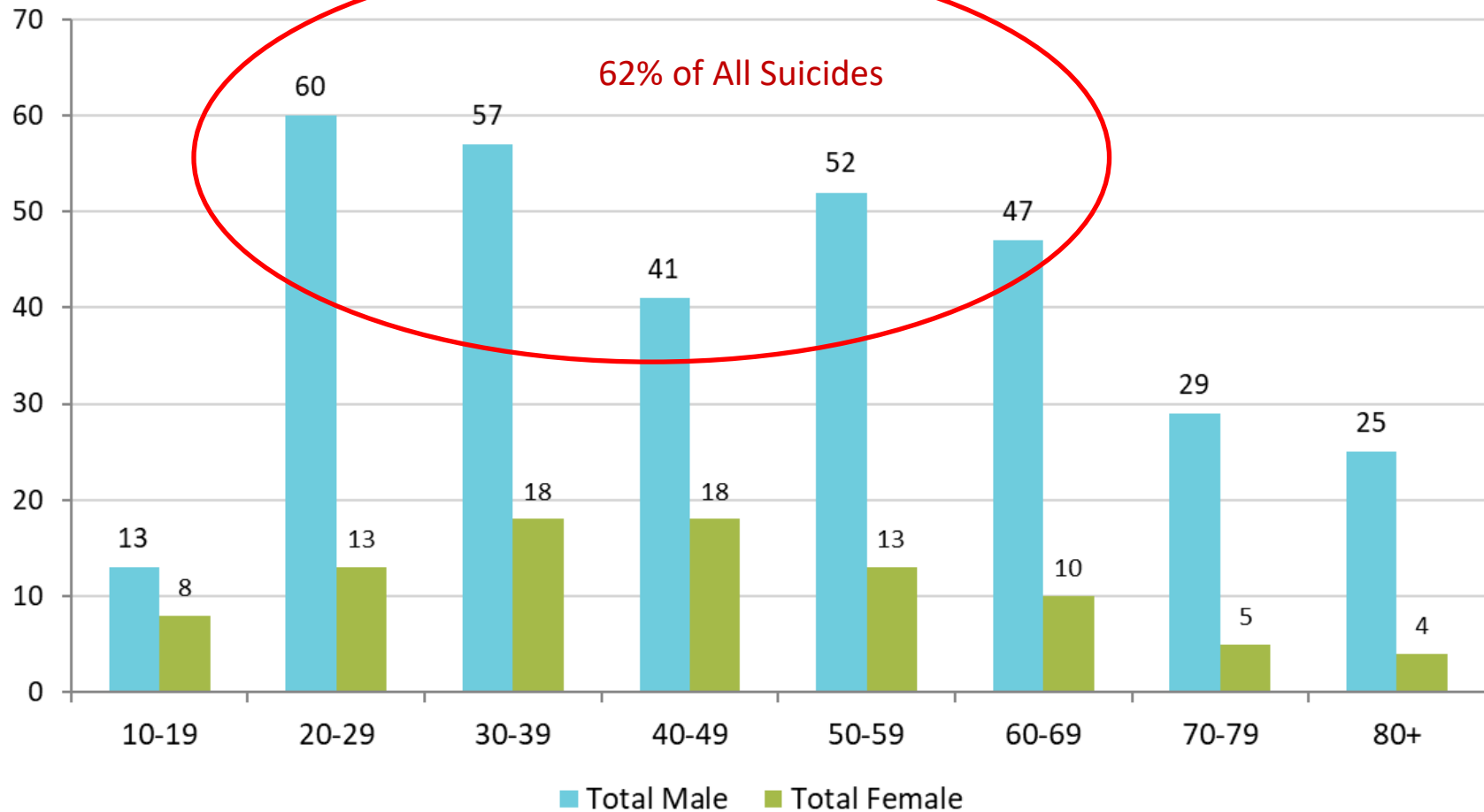
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File. CDC WONDER On-line Database. U.S. Census Bureau, American Community Survey.

Note: 2019 population
estimates used to
calculate 2020 rates.

TOTAL SUICIDES BY AGE GROUP AND GENDER, 2020



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

SUICIDE RATES* BY AGE GROUP AND GENDER, 2020



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

*Rates per 100,000 people

SUICIDES BY RACE/ETHNICITY AND GENDER, 2020



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Race/ Ethnicity	Male	Male Rate**	Female	Female Rate**	Total	Total Rate**
White	221	28.5	55	7.5	276	18.3
Black	17	18.3	4	*	21	12.5
Hispanic	54	10.0	15	2.7	69	6.3
Asian/PI	28	13.3	12	5.2	40	9.1

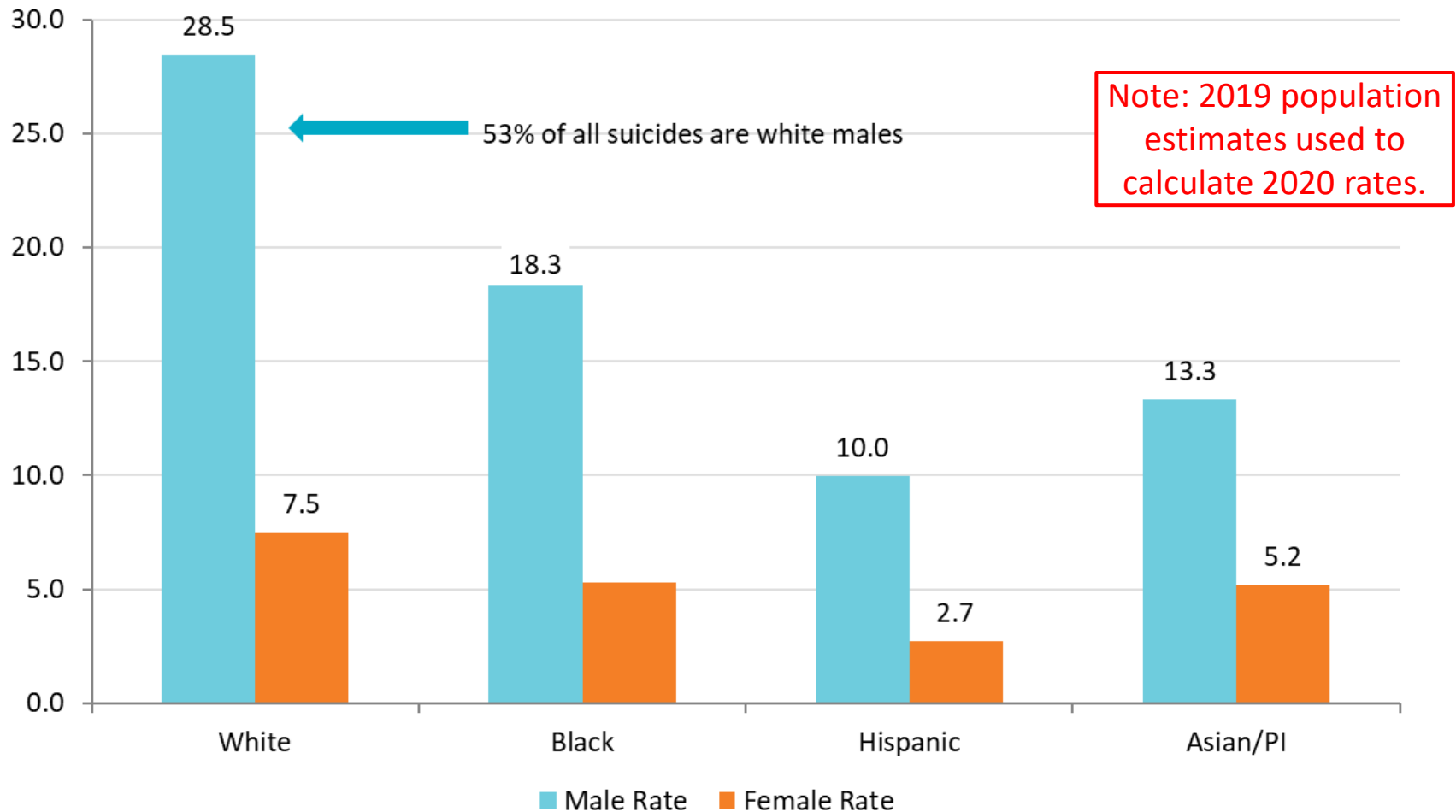
*Rates not calculated for totals fewer than 5

**Rates per 100,000 people

Note: 2019 population
estimates used to
calculate 2020 rates.

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

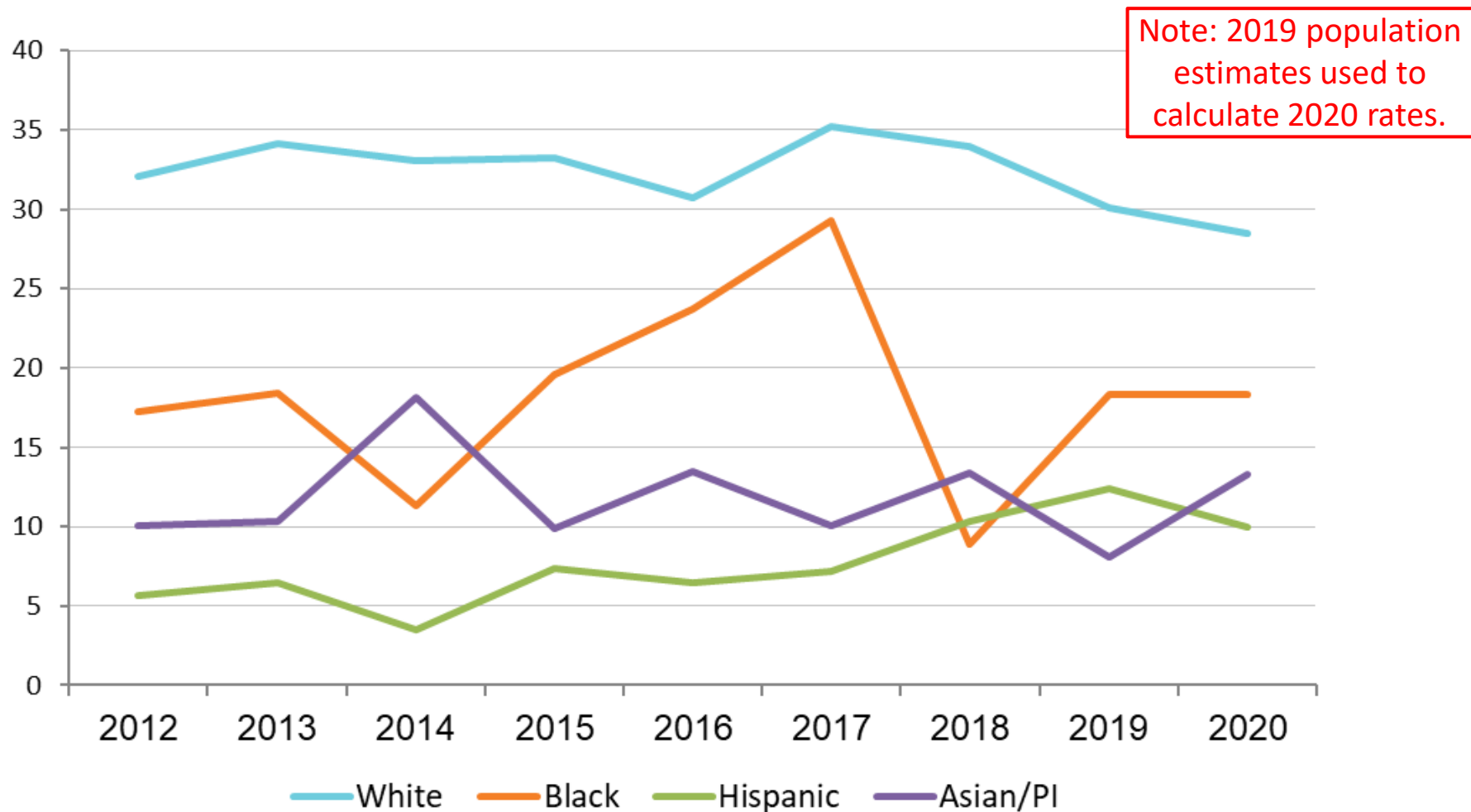
SUICIDE RATES* BY RACE/ETHNICITY AND GENDER, 2020



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

*Rates per 100,000 people

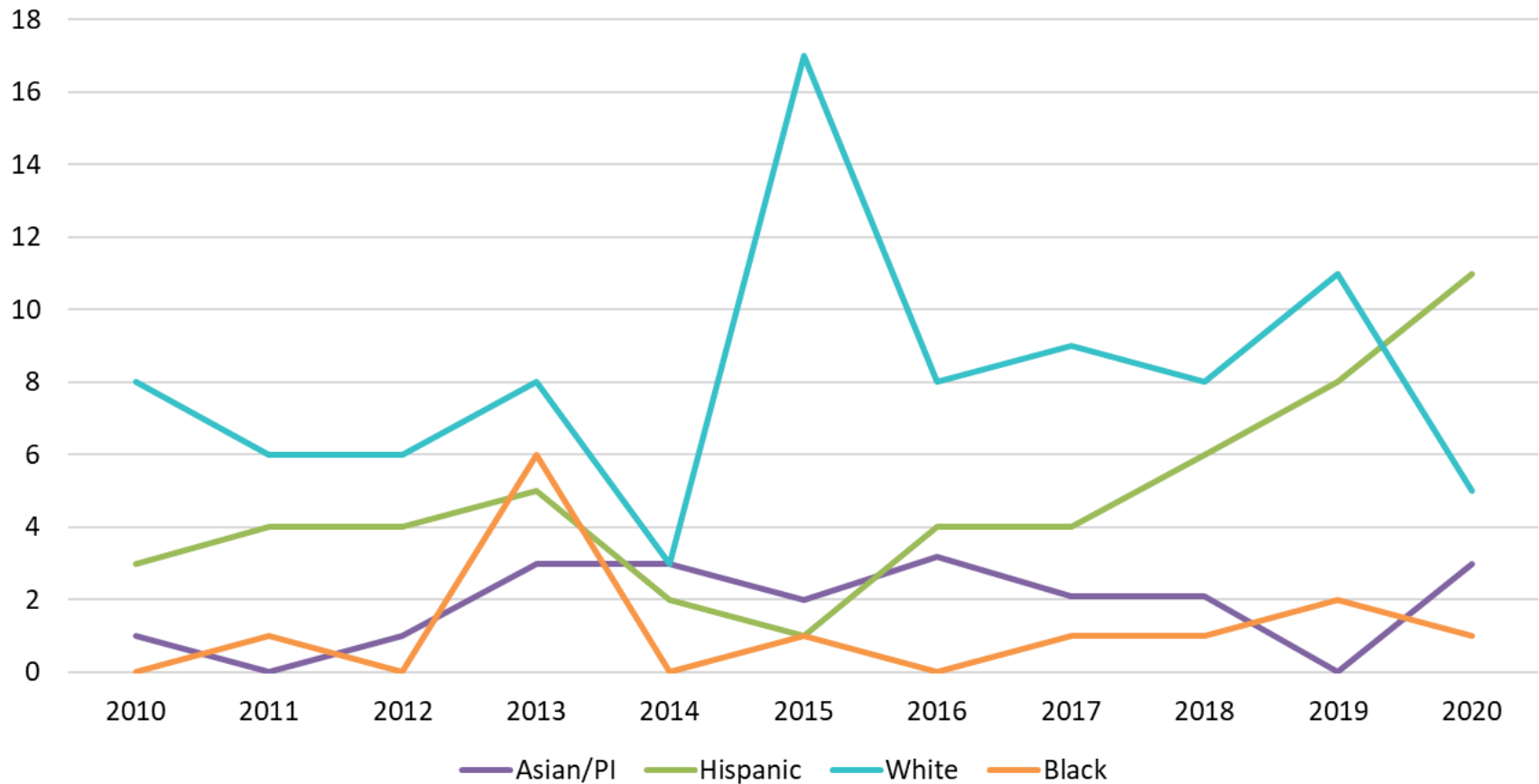
MALE SUICIDE RATES* BY RACE/ETHNICITY, 2012 -2020



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

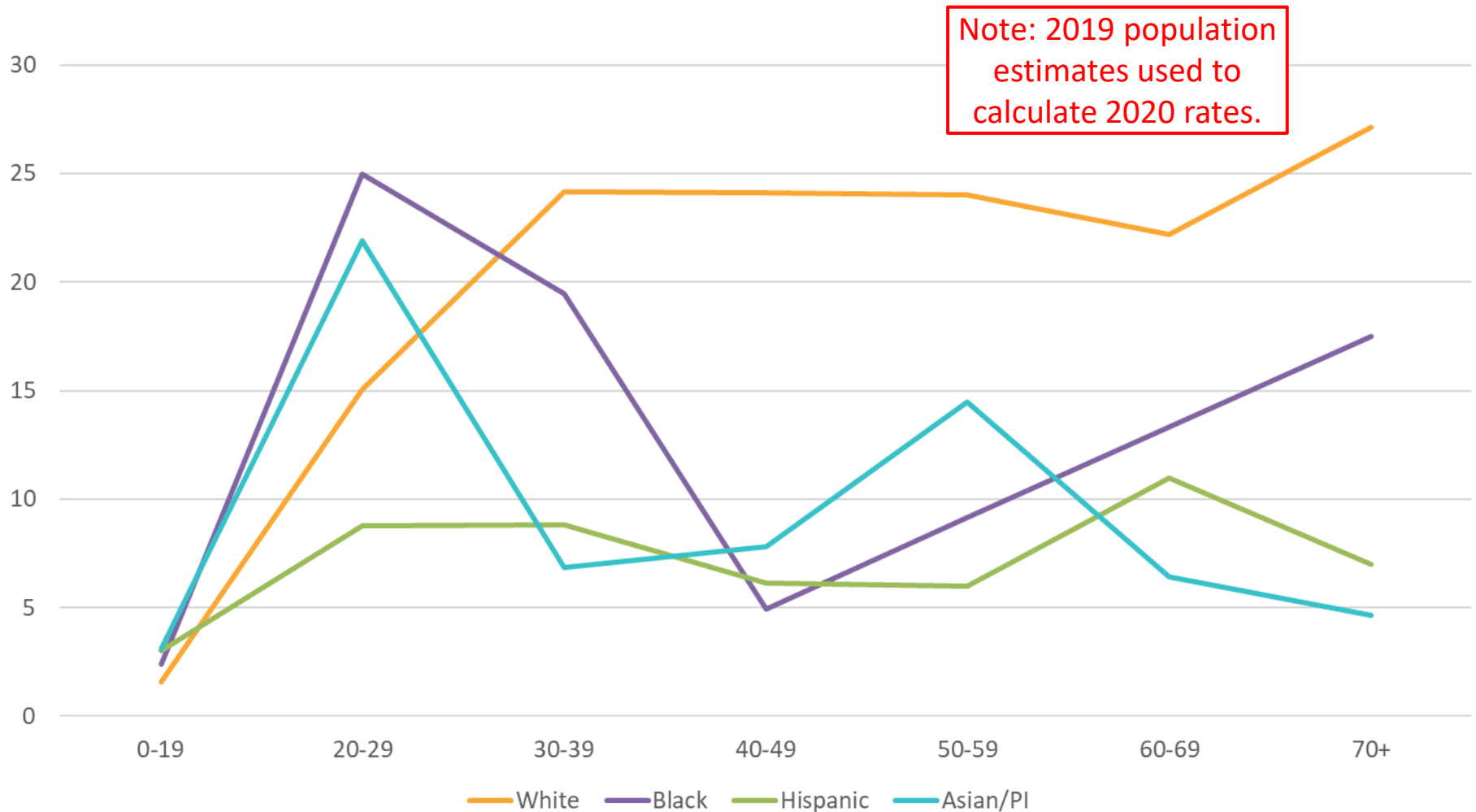
*Rates per 100,000 people

TEEN SUICIDES BY RACE/ETHNICITY, 2010 - 2020



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

SUICIDE RATES* BY AGE GROUP AND RACE/ETHNICITY, 2020



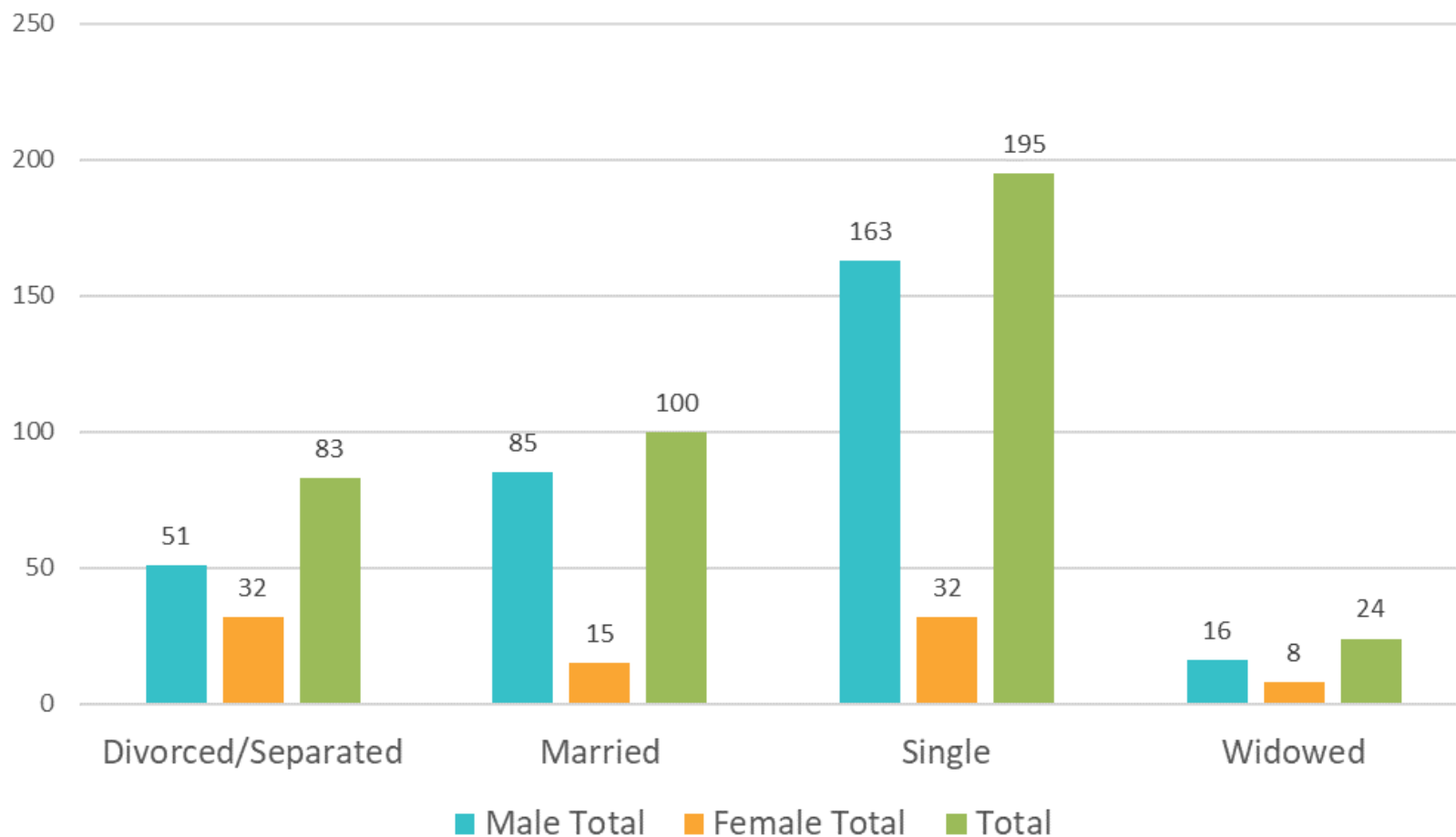
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File. CDC WONDER On-line Database. U.S. Census Bureau, American Community Survey.

*Rates per 100,000 people

SUICIDES BY MARITAL STATUS, 2020



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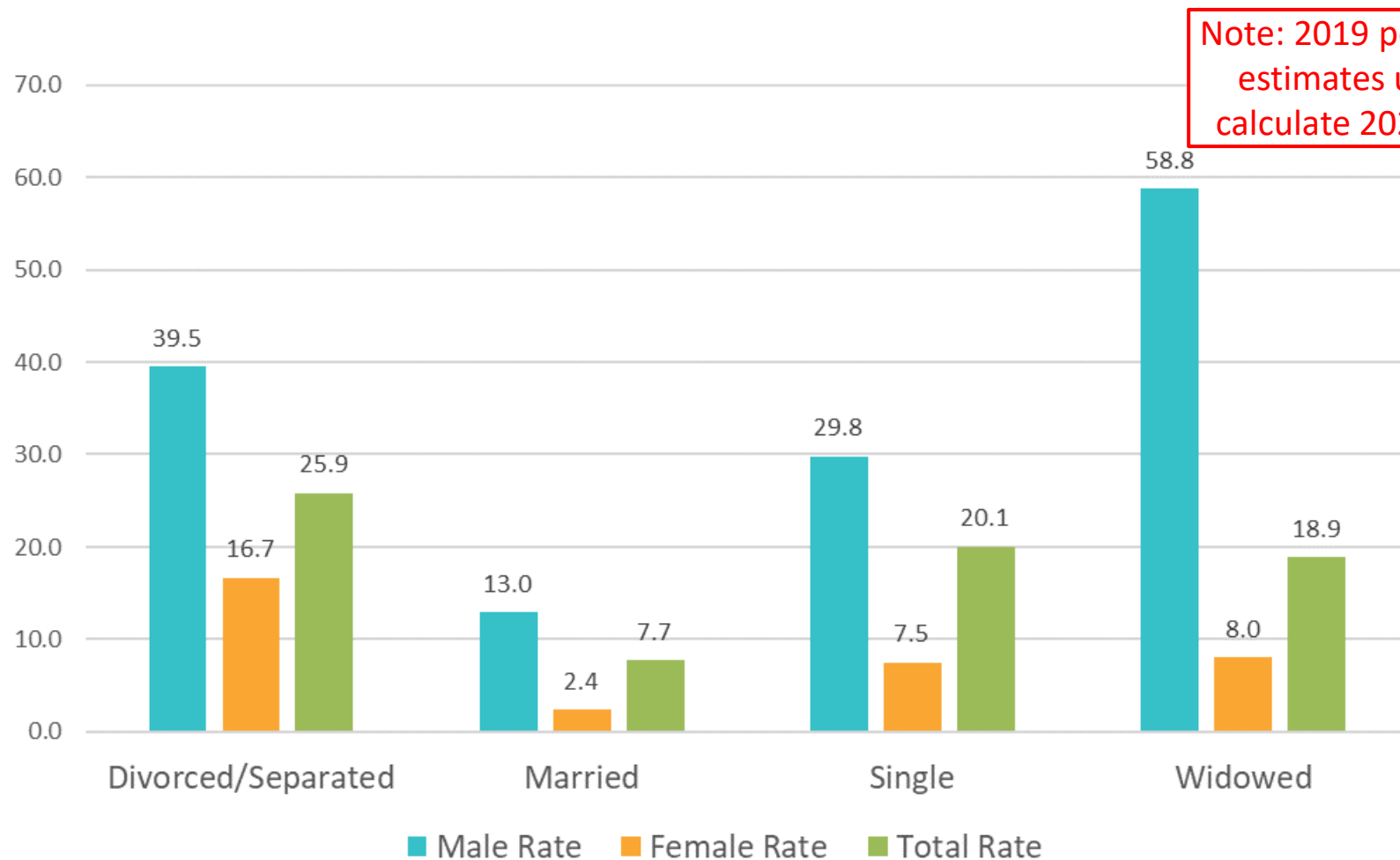


Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File. CDC WONDER On-line Database. U.S. Census Bureau, American Community Survey.

SUICIDE RATES* BY MARITAL STATUS, 2020



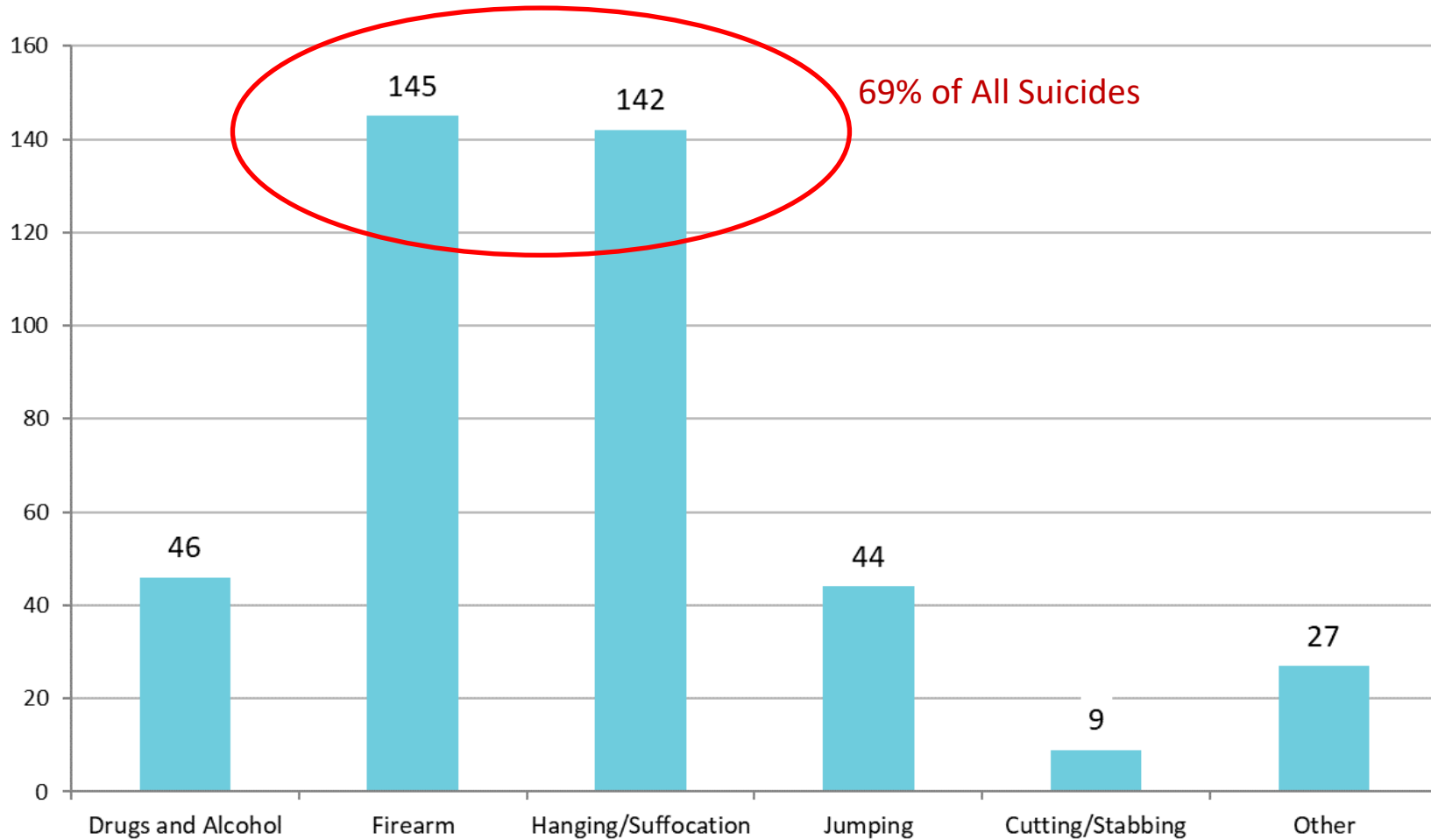
LIVE WELL
SAN DIEGO



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

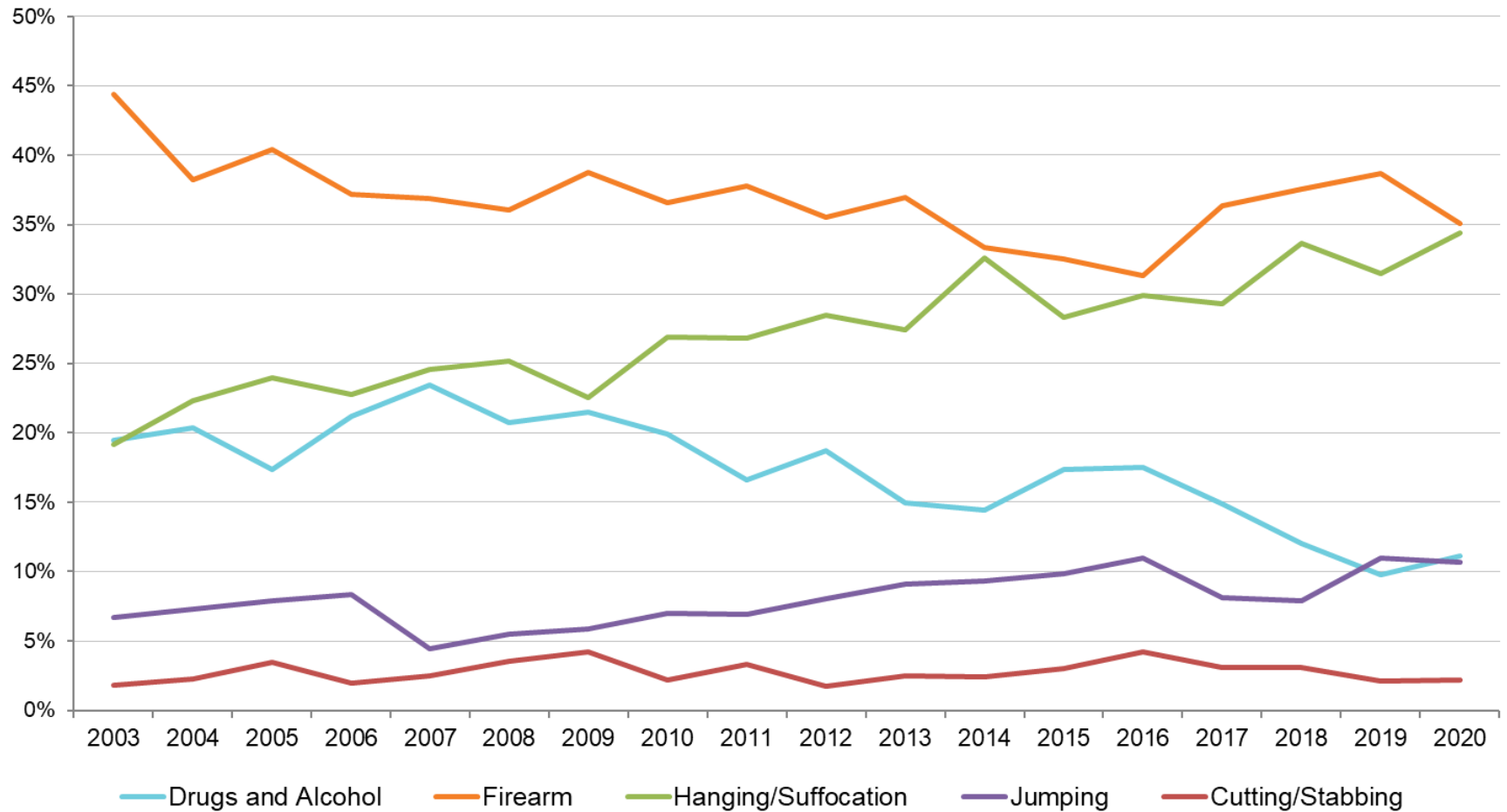
*Rates per 100,000 people

METHOD OF SUICIDE, 2020



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

PERCENT OF METHOD OF SUICIDE, 2003 - 2020

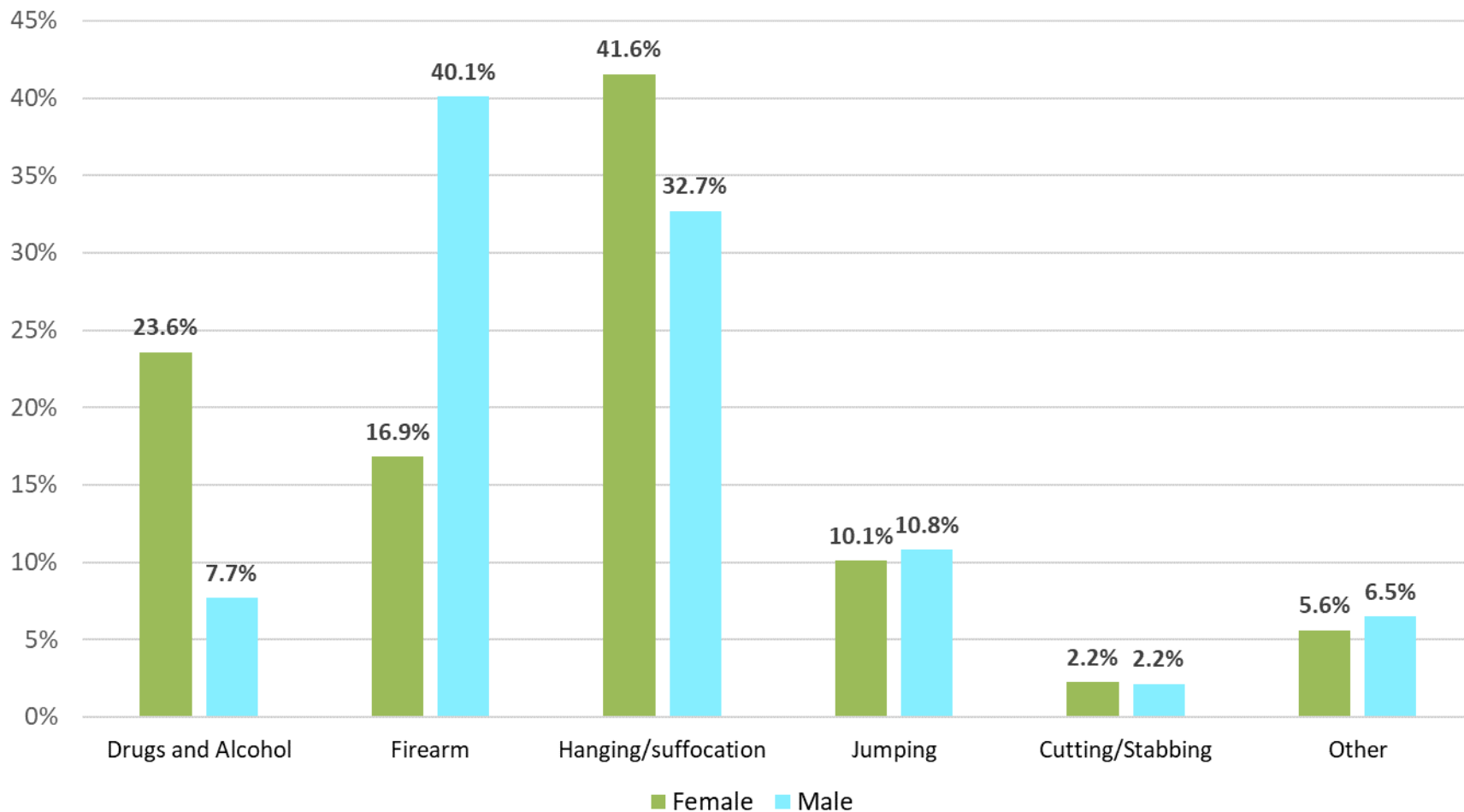


Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File. CDC WONDER On-line Database. U.S. Census Bureau, American Community Survey.

PERCENT METHOD OF SUICIDE BY GENDER, 2020



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

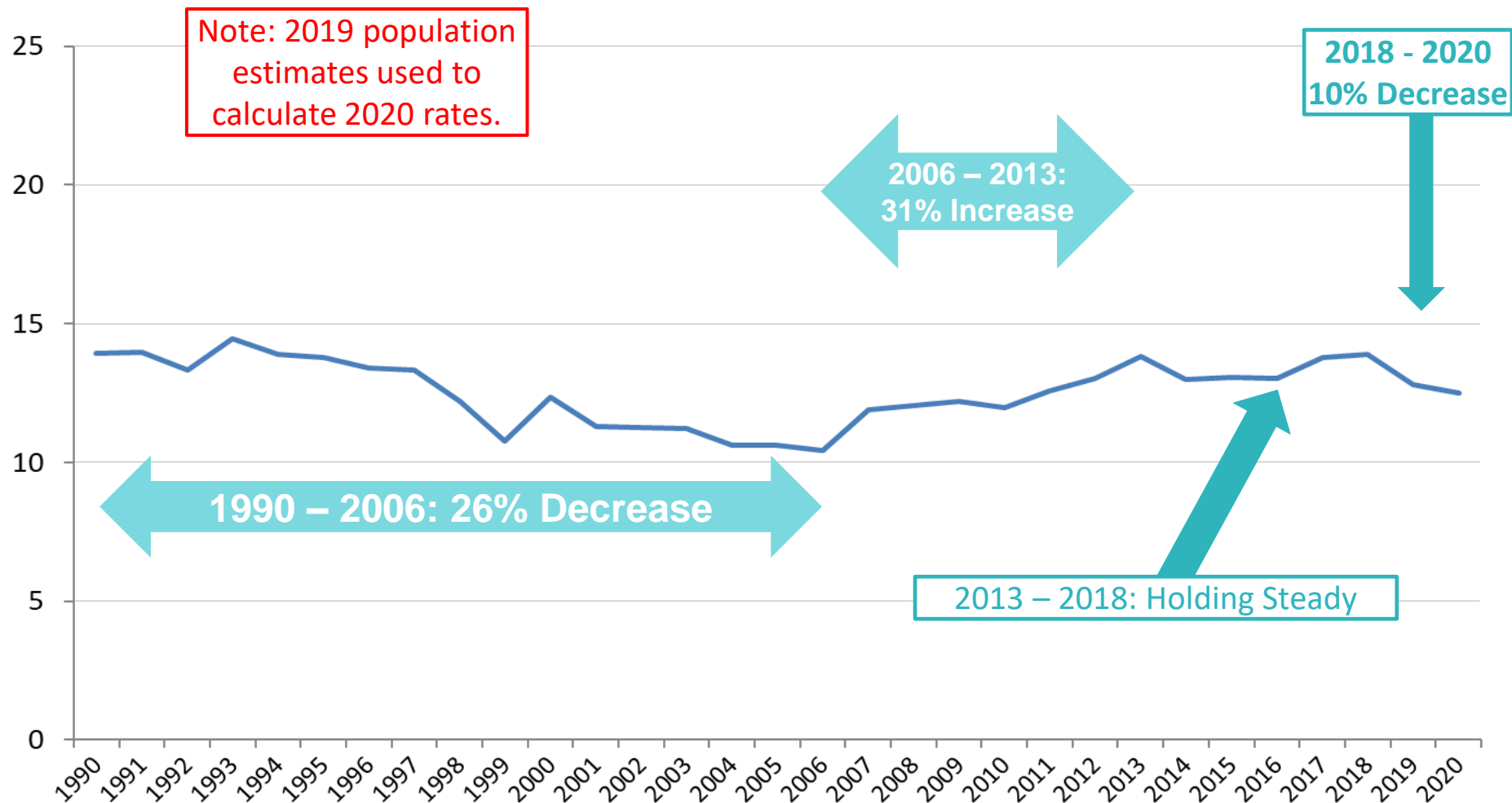


SUICIDE TRENDS

SAN DIEGO COUNTY SUICIDE RATES*, 1990 - 2020



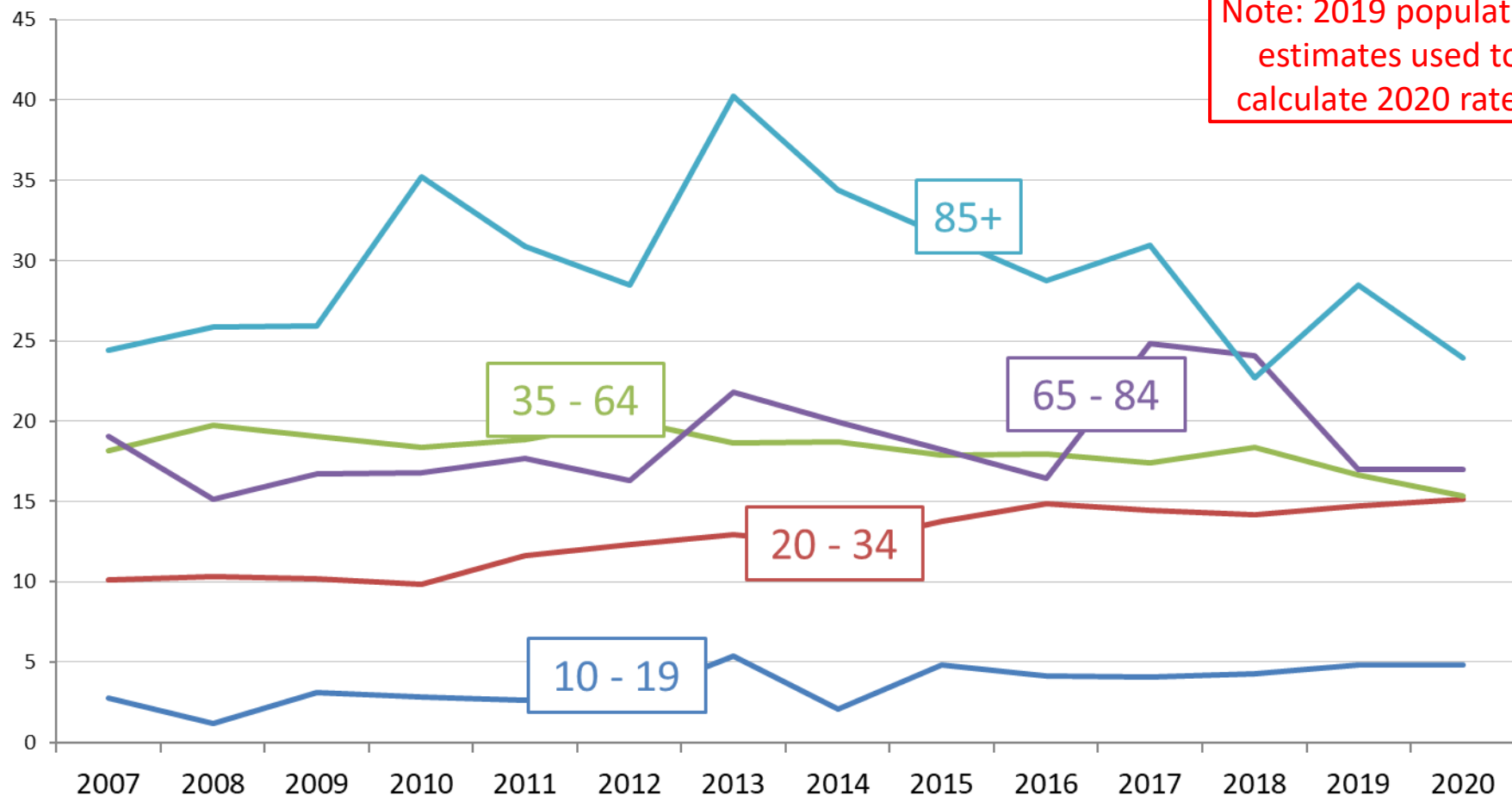
LIVE WELL
SAN DIEGO



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

*Rates per 100,000 people

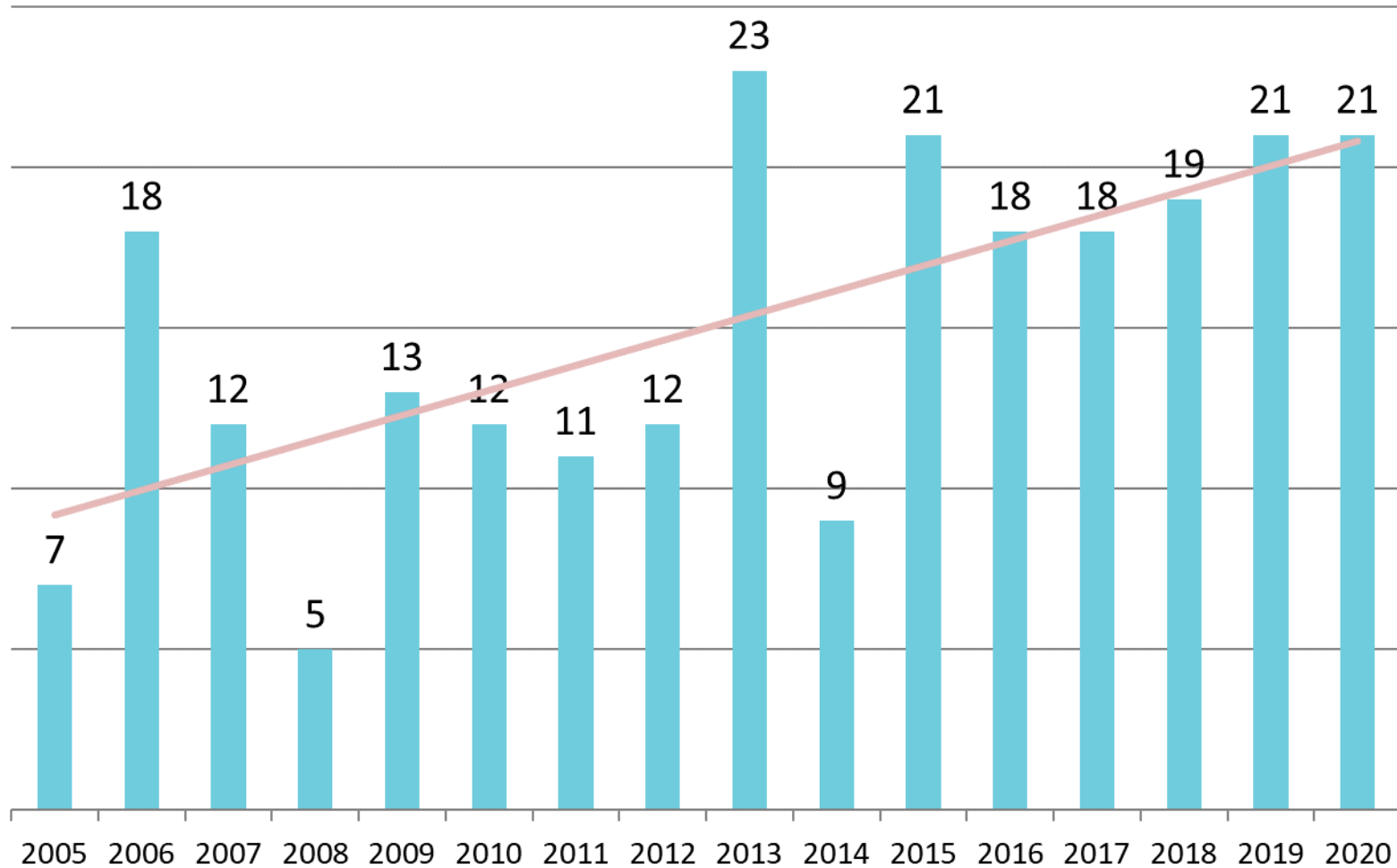
SUICIDE RATES* BY AGE GROUP, 2007-2020



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

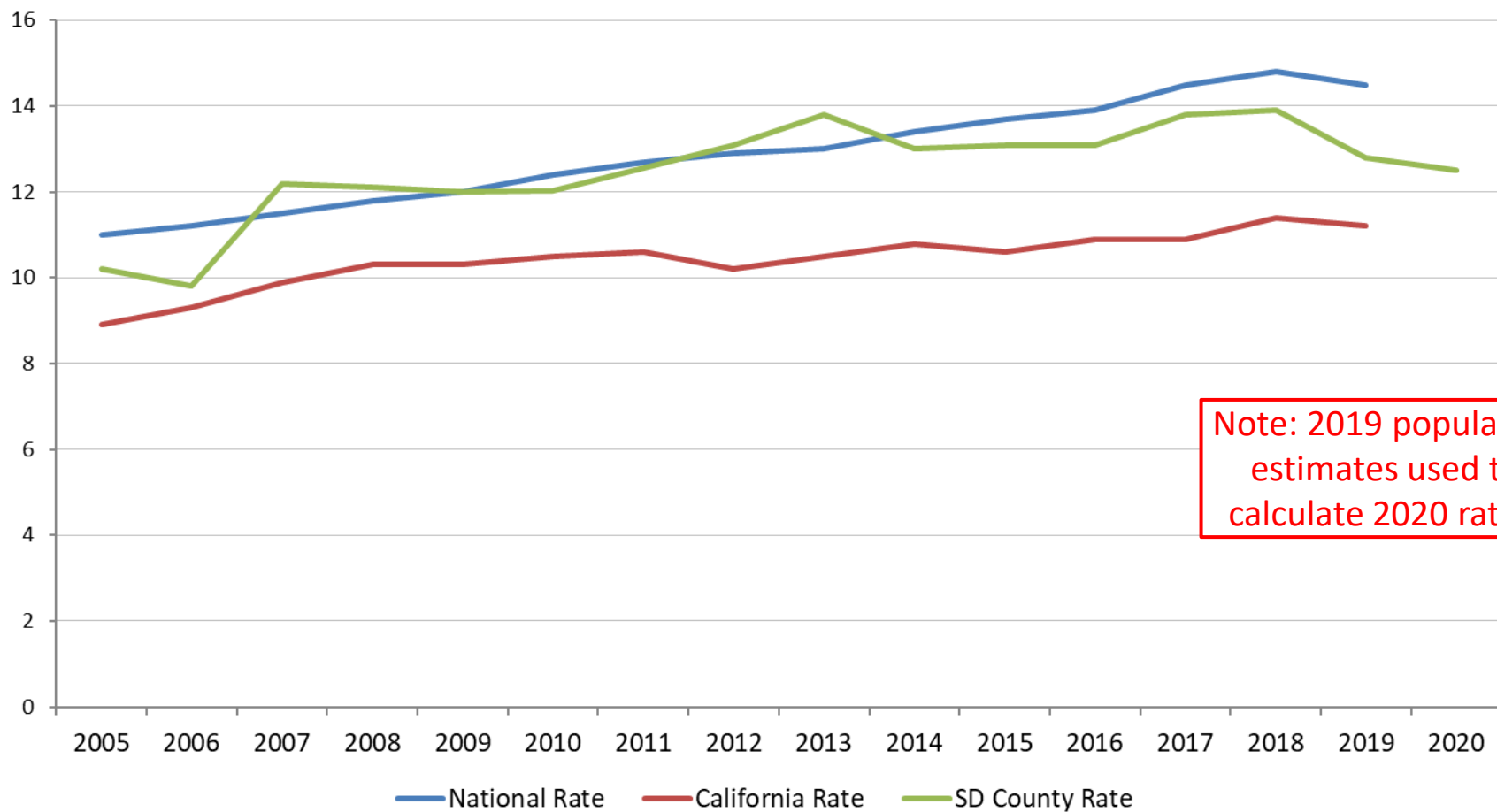
*Rates per 100,000 people

SUICIDE TRENDS, 10 - 19 YEARS OLD 2005 - 2020



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

NATIONAL & STATE COMPARISON, 2005-2020



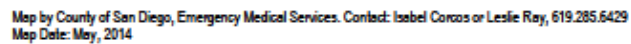
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database. Centers for Disease Control and Prevention, National Center for Health Statistics. Compressed Mortality File. CDC WONDER On-line Database. U.S. Census Bureau, American Community Survey.

Rates per 100,000 people

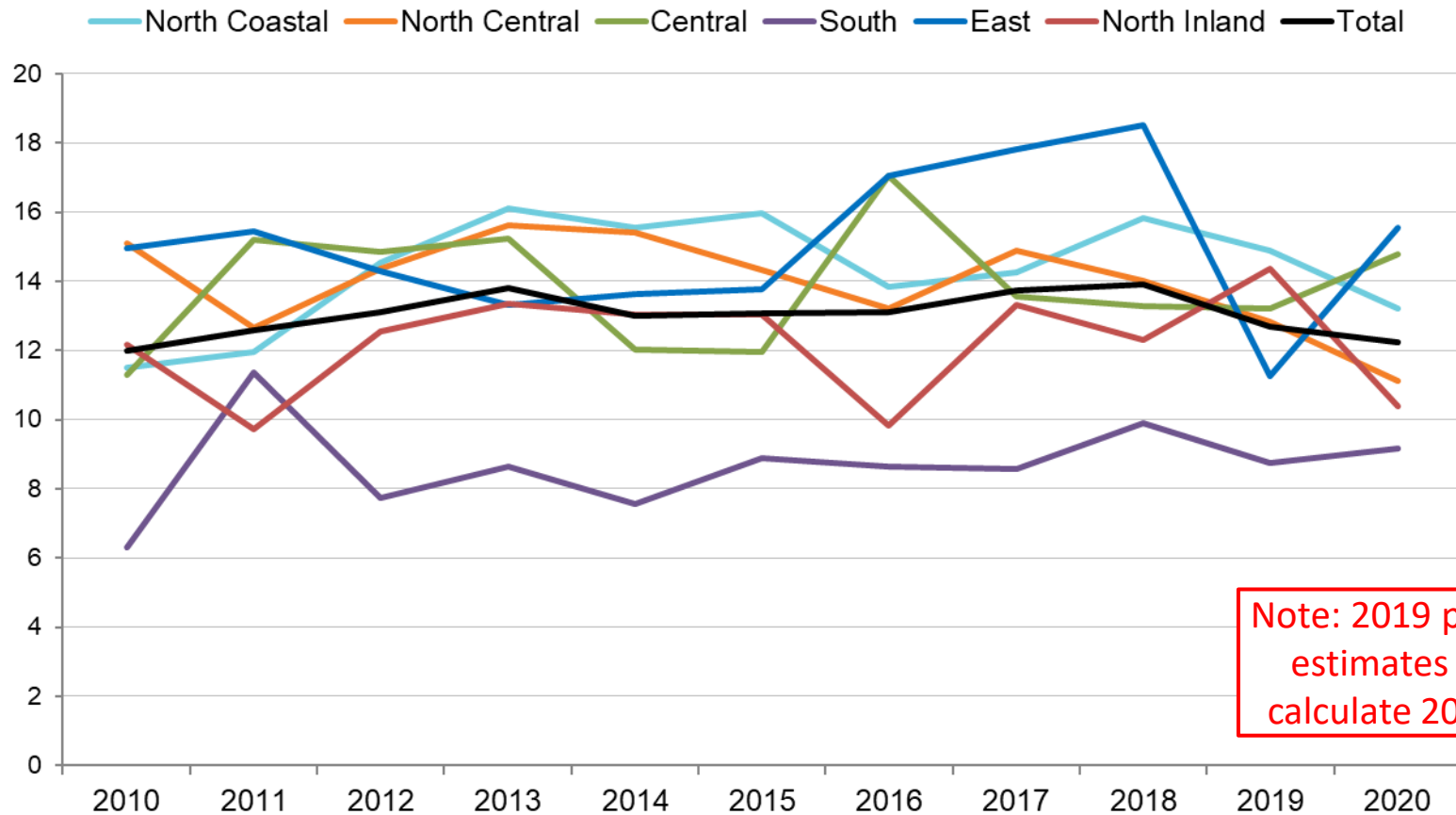


SUICIDES BY COUNTY REGION

**LIVE WELL
SAN DIEGO**



SUICIDE RATE* BY COUNTY REGION, 2010 - 2020



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.

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

*Rates per 100,000 people

SUICIDE RATE* BY COUNTY REGION, 2012 - 2020



Note: 2019 population estimates used to calculate 2020 rates.

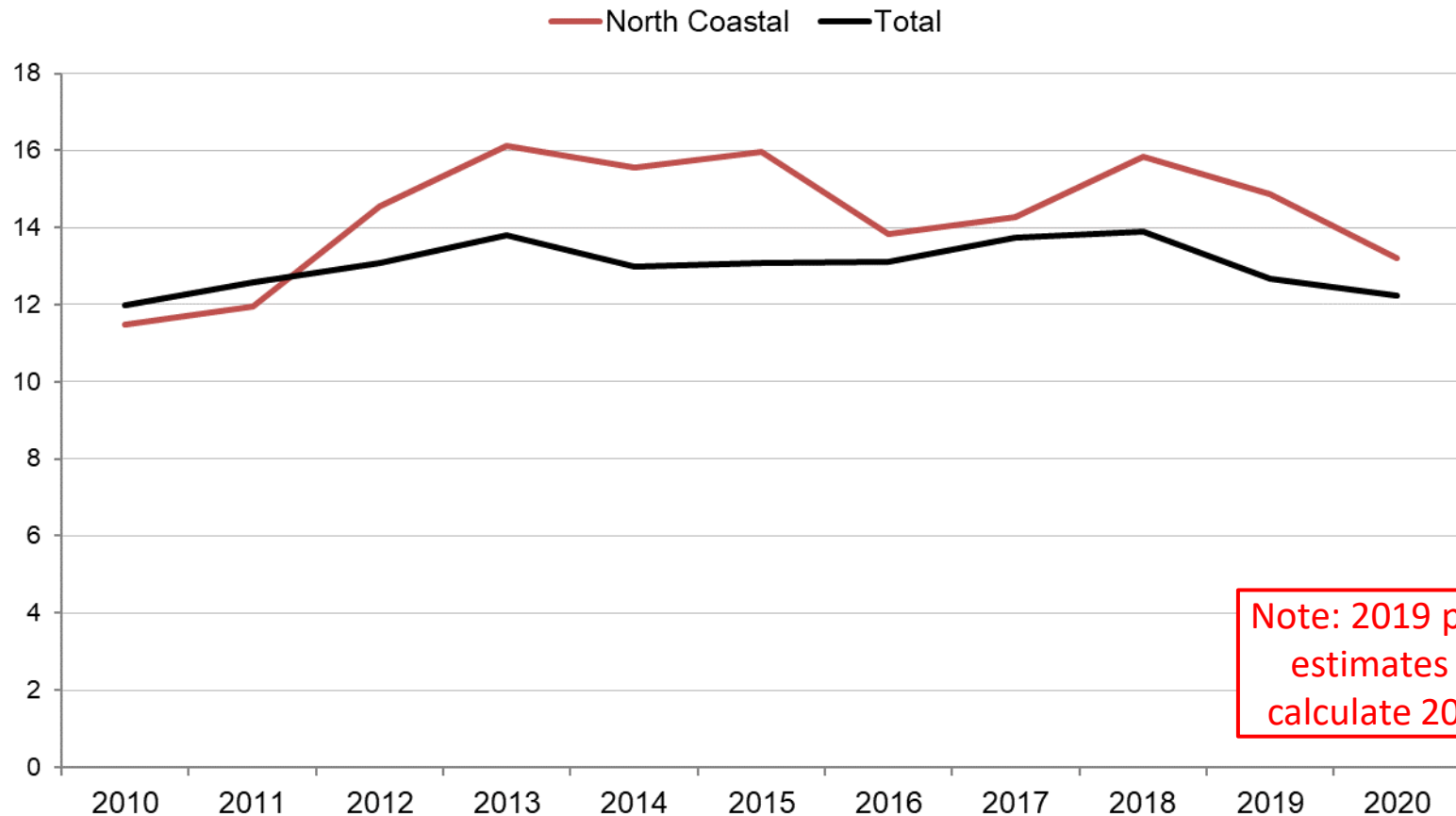
	2012	2013	2014	2015	2016	2017	2018	2019	2020
North Coastal	14.5	16.1	15.6	16.0	13.8	14.3	15.8	14.9	13.2
North Central	14.3	15.6	15.4	14.3	13.2	14.9	14.0	12.8	11.1
Central	14.9	15.2	12.0	12.0	17.1	13.6	13.3	13.2	14.8
South	7.7	8.7	7.5	8.9	8.6	8.6	9.9	8.8	9.2
East	14.3	13.3	13.6	13.8	17.1	17.8	18.5	11.3	15.6
North Inland	12.6	13.3	13.0	13.0	9.8	13.3	12.3	14.4	10.4
Total	13.1	13.8	13.0	13.1	13.1	13.8	13.9	12.6	12.2

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.

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

*Rates per 100,000 people

NORTH COASTAL REGION, 2010 - 2020



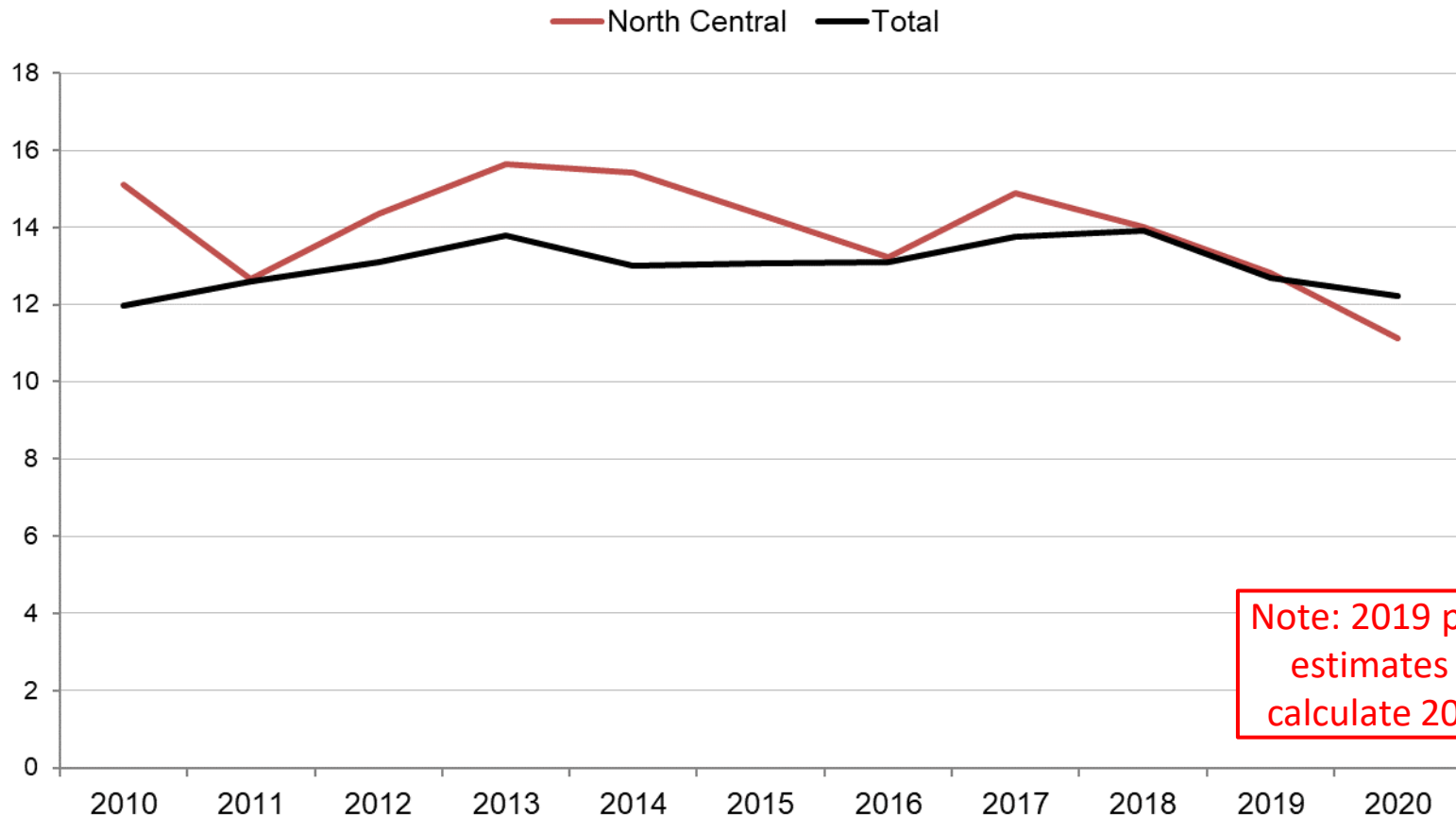
Note: 2019 population estimates used to calculate 2020 rates.

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Rates per 100,000 people

NORTH CENTRAL REGION, 2010 - 2020

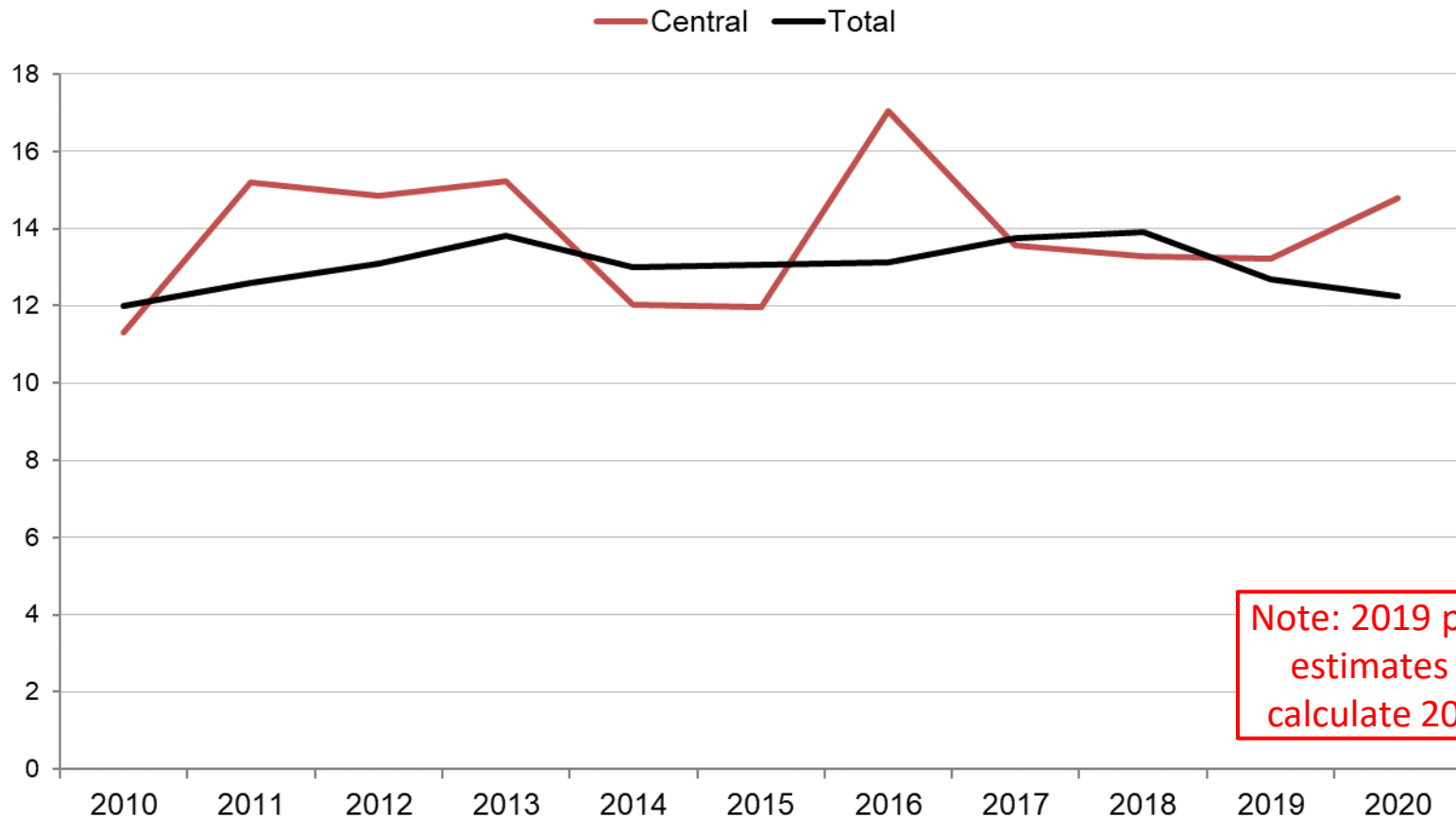


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Rates per 100,000 people

CENTRAL REGION, 2010 - 2020

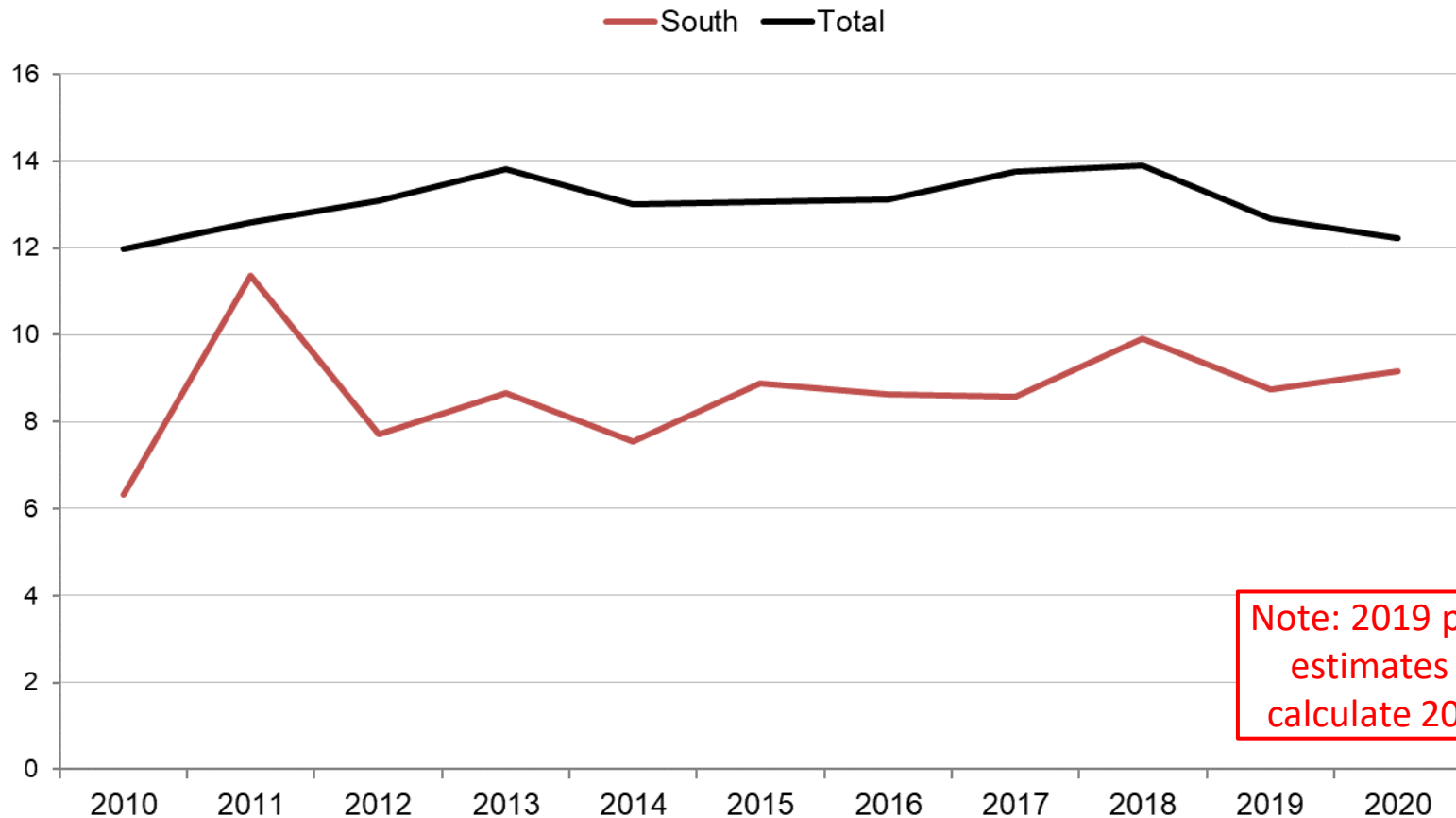


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Rates per 100,000 people

SOUTH REGION, 2010 - 2020

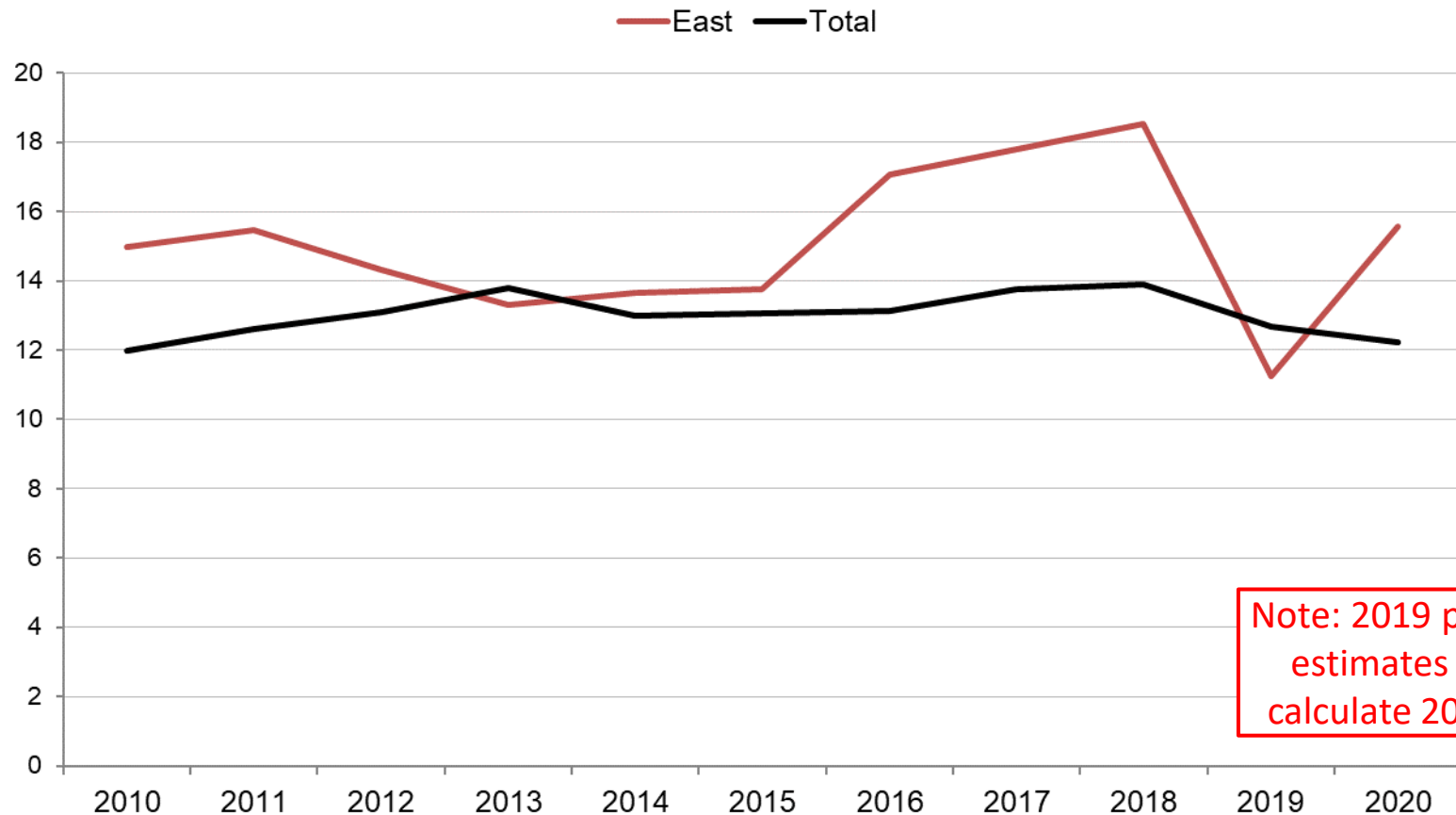


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Rates per 100,000 people

EAST REGION, 2010 - 2020



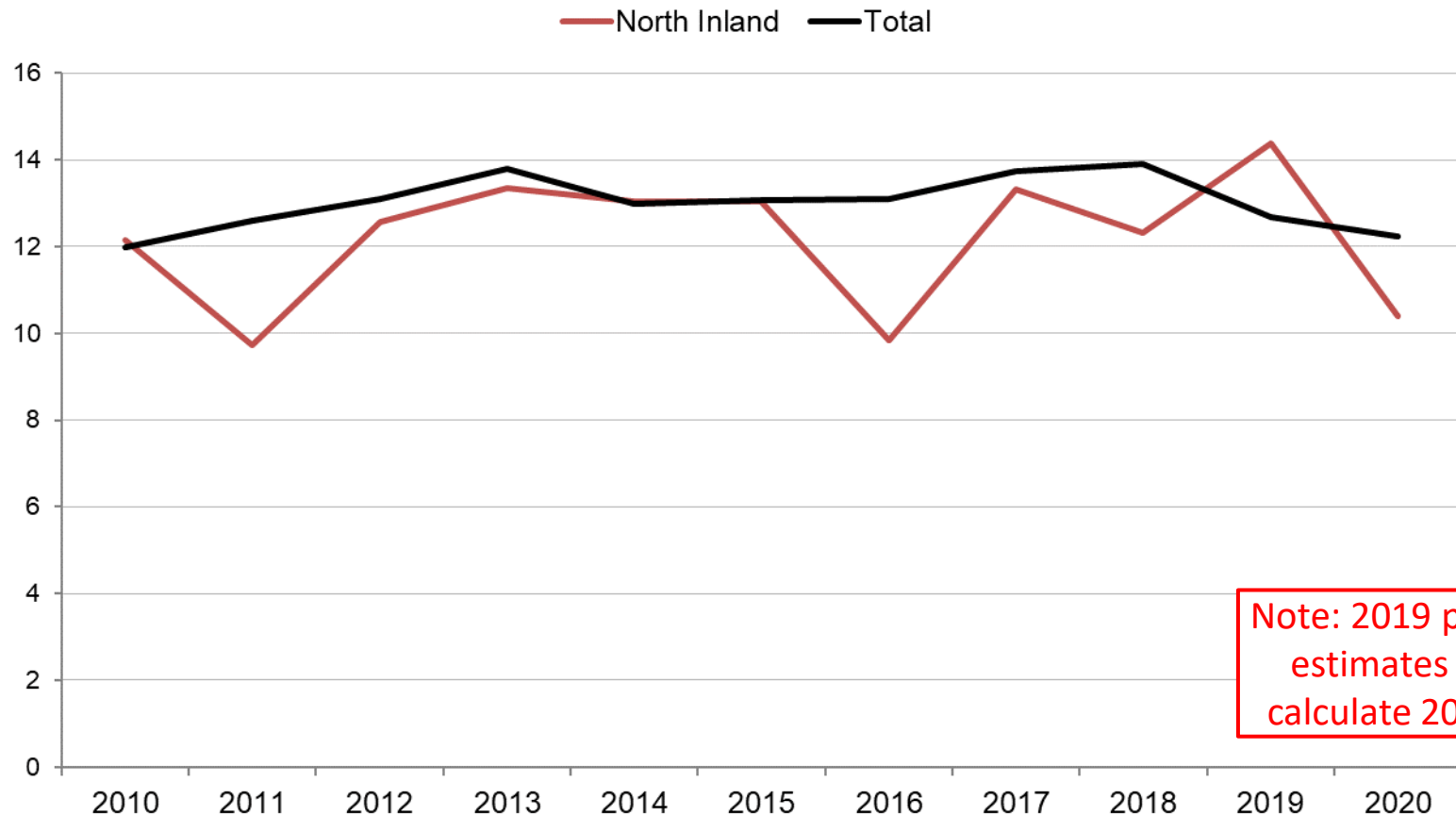
Note: 2019 population estimates used to calculate 2020 rates.

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.

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Rates per 100,000 people

NORTH INLAND REGION, 2010 - 2020



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Rates per 100,000 people

2020 SUICIDE REPORT IN SUMMARY



- After a period in which the annual suicide rate remained steady from 2013 to 2018, the suicide rate has dropped by 10% since 2018.
- The 2020 suicide rate is the lowest since 2010.
- While the suicide numbers decreased in 2020, the COVID-19 pandemic was likely a contributing factor.
- 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.
- 53% 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.

2020 SUICIDE REPORT IN SUMMARY



- Notable findings and trends of interest:
 - The suicide rate among those aged 85 years and older has decreased by 40% since 2013.
 - While suicide rates generally increase with age, the highest suicide rate among Black and Asian/Pacific Islander groups is in the 20-29 year old age group.
 - While the male Hispanic suicide rate has generally increased since 2014, it decreased slightly in 2020.
 - Hispanic Teen suicides continue to increase, although this population is increasing also.
 - Although there was a substantial spike in unintentional drug overdose deaths in 2020, this was not reflected in suicides.
 - The percent of suicides by Hanging/Suffocation continues to increase, now just slightly below Firearms.
 - After decreasing substantially in 2019, the suicide rate in East Region increased in 2020 and is once again the highest in the County.
 - The Suicide Rate in the North Central Region has decreased by 26% since 2017.
 - The Suicide Rate in the South Region has been the lowest in the County for a decade.
 - The San Diego County suicide continues to decrease below the National rate as is now approaching the California State rate.



THANK YOU

Joshua.Smith@sdcounty.ca.gov

