



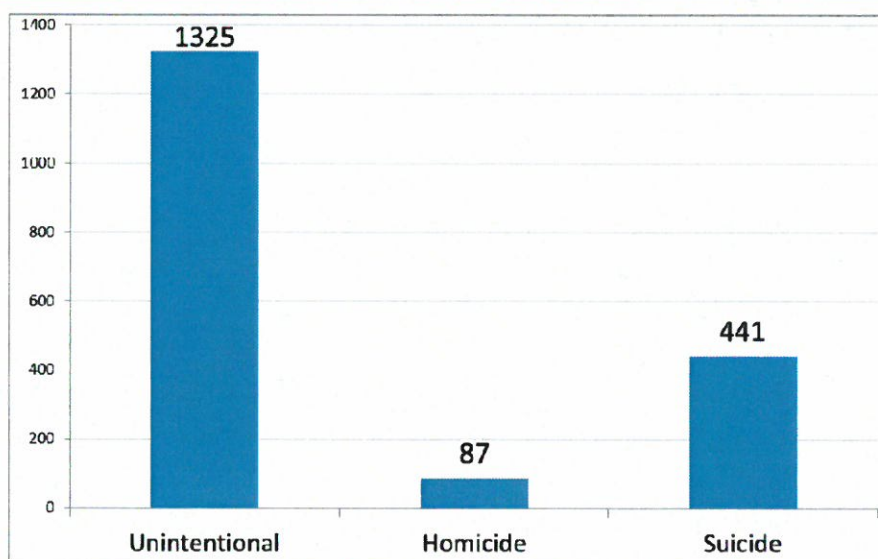
SUICIDES IN 2013  

441 total number of suicides – 16.0 per 100,000 people (10+ years old)

- Highest total number of suicides in San Diego County history
- Highest rate since 1995
- Gender
 - 329 males
 - 112 females
- Age range
 - 12 to 95 years

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2013. Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2011 American Community Survey.

NON-NATURAL DEATHS, 2013



SUICIDES BY AGE GROUP IN 2013

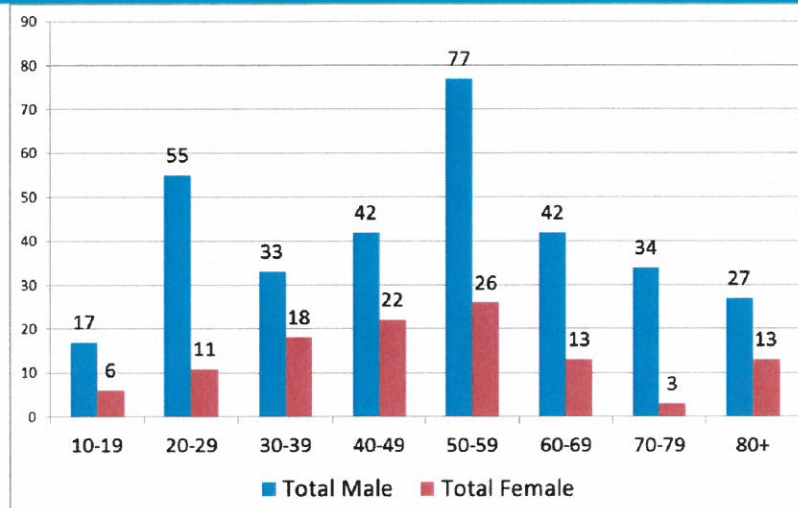


| Age Group | Male | Male Rate | Female | Female Rate | Total | Total Rate |
|-----------|------|-----------|--------|-------------|-------|------------|
| 10-19 | 17 | 7.3 | 6 | 2.8 | 23 | 5.2 |
| 20-29 | 55 | 20.6 | 11 | 4.6 | 66 | 13.1 |
| 30-39 | 33 | 15.1 | 18 | 8.4 | 51 | 11.8 |
| 40-49 | 42 | 20.4 | 22 | 10.7 | 64 | 15.5 |
| 50-59 | 77 | 38.4 | 26 | 12.5 | 103 | 25.2 |
| 60-69 | 42 | 31.1 | 13 | 8.7 | 55 | 19.4 |
| 70-79 | 34 | 52.0 | * | * | * | 25.2 |
| 80+ | 27 | 59.7 | 13 | 18.5 | 40 | 34.6 |

*Numbers less than 5
and corresponding rates
are not reported
Rates per 100,000 people

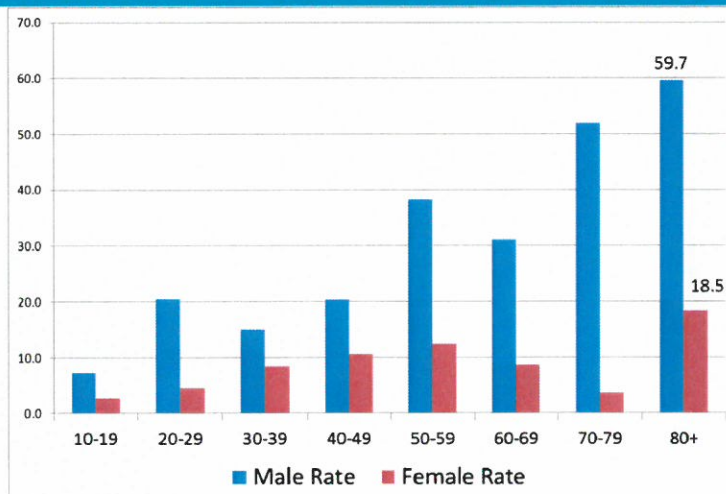
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2013; Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010; CDC WONDER On-line Database; U.S. Census Bureau, 2007-2011 American Community Survey.

TOTAL SUICIDES BY AGE GROUP AND GENDER



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2013. Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2011 American Community Survey.

SUICIDE RATES BY AGE GROUP AND GENDER



Rates per 100,000 people

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2013. Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2011 American Community Survey.

SUICIDES BY RACE IN 2013



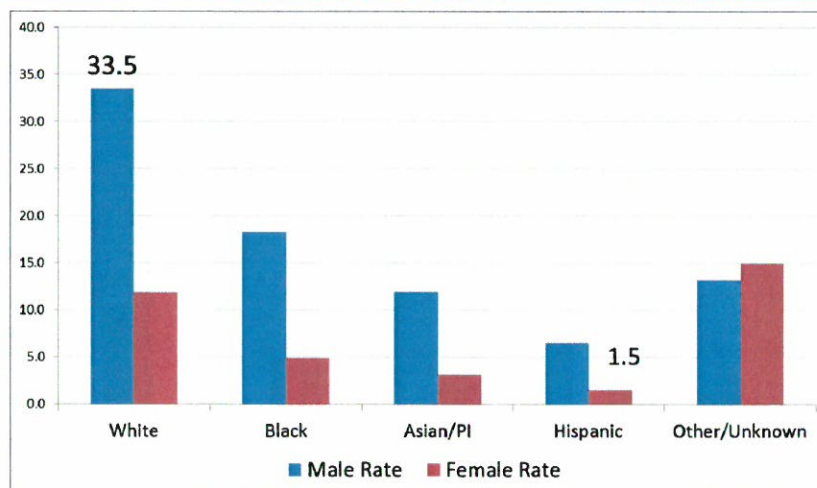
| Race/ Ethnicity | Male | Male Rate | Female | Female Rate | Total | Total Rate |
|--------------------|------|--------------|--------|----------------|-------|---------------|
| White | 254 | 33.5 | 86 | 11.9 | 340 | 22.9 |
| Black | 13 | 18.2 | * | * | * | 12.1 |
| Asian/PI | 20 | 11.9 | 6 | 3.1 | 26 | 7.2 |
| Hispanic | 34 | 6.5 | 8 | 1.5 | 42 | 4.0 |
| Other/Unk | 8 | 13.2 | 9 | 14.9 | 17 | 14.1 |

*Numbers less than 5
and corresponding rates
are not reported

Rates per 100,000 people

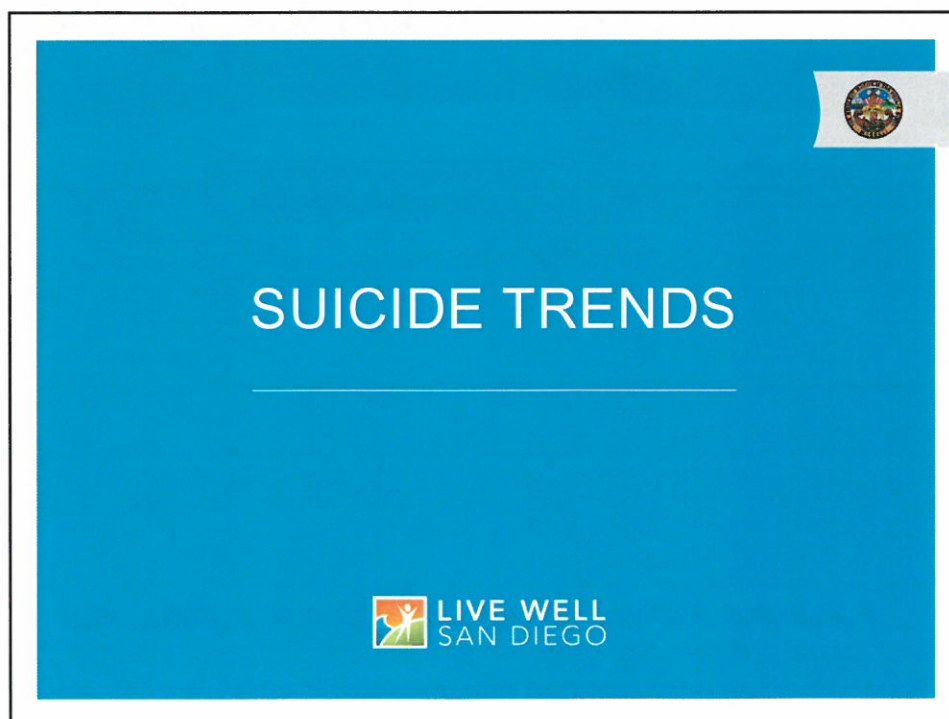
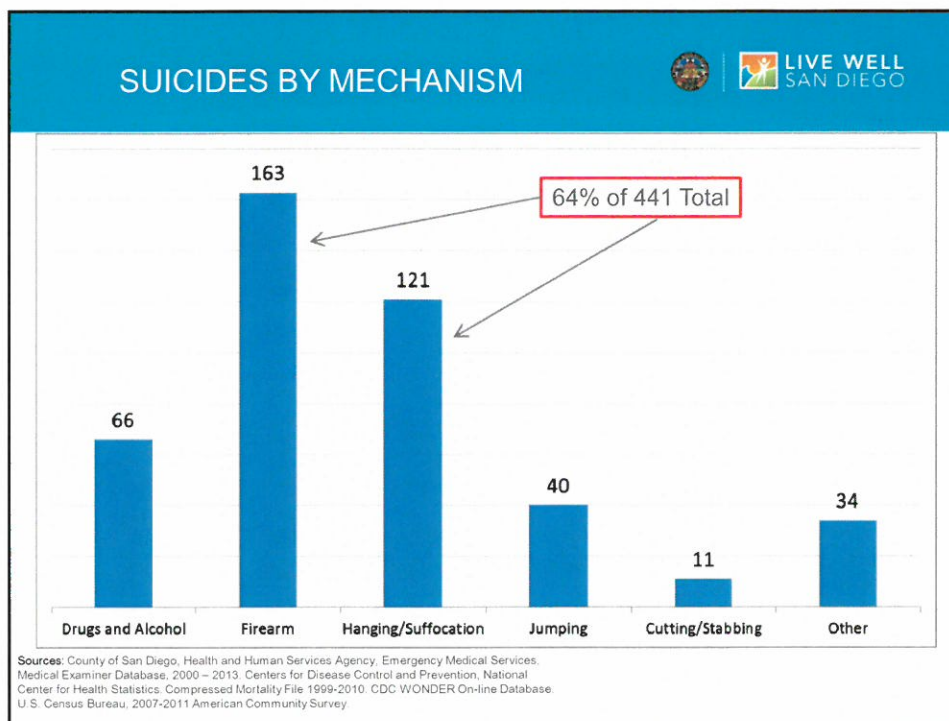
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2013, Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010, CDC WONDER On-line Database, U.S. Census Bureau, 2007-2011 American Community Survey.

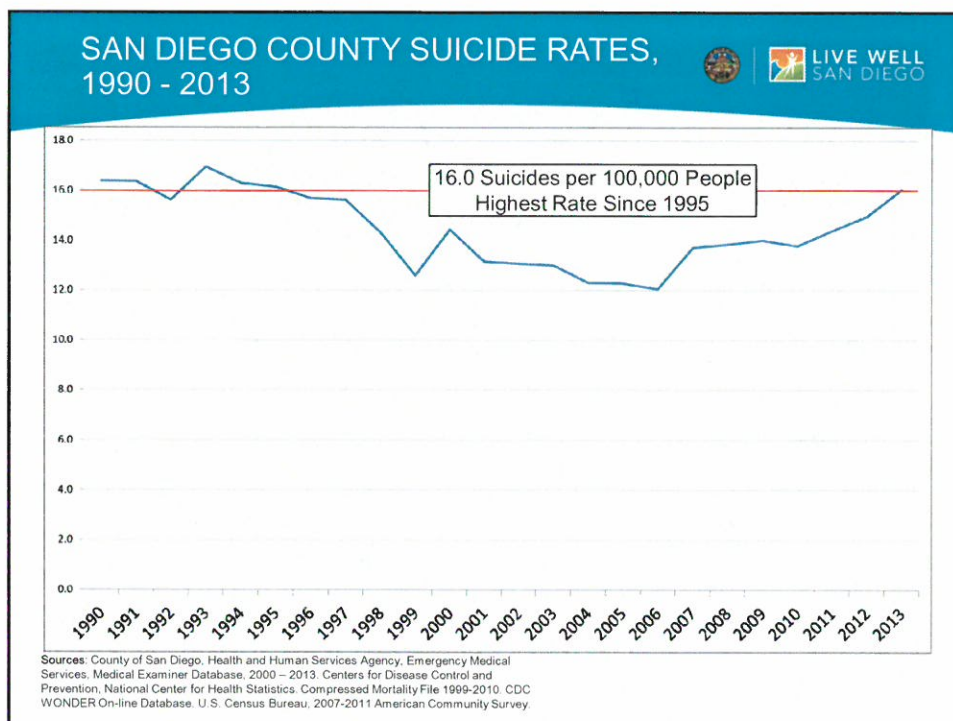
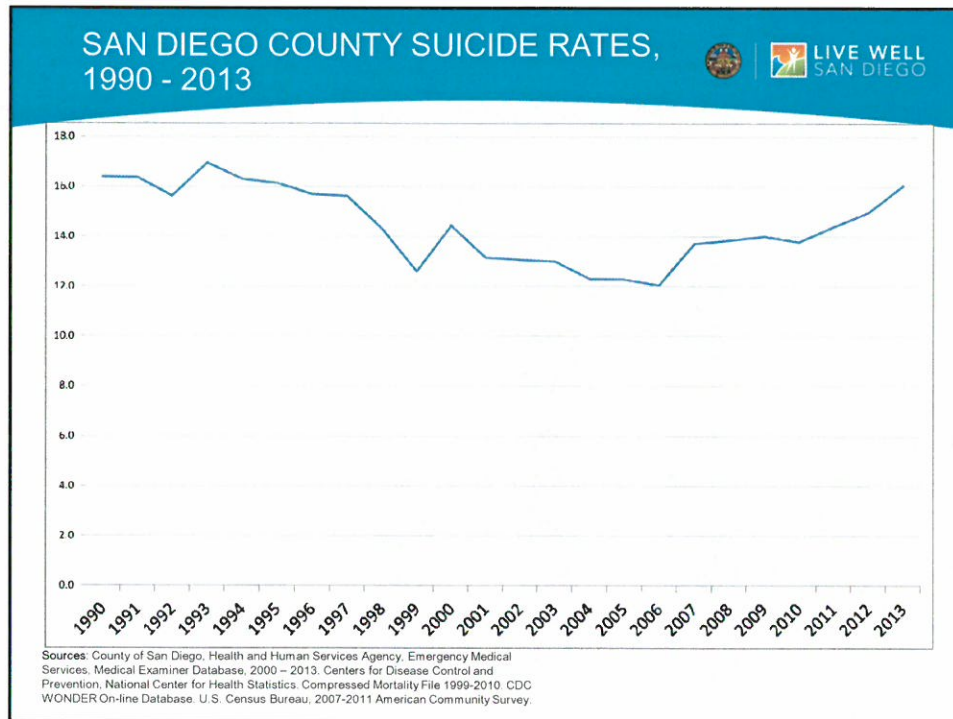
SUICIDE RATES BY RACE AND GENDER



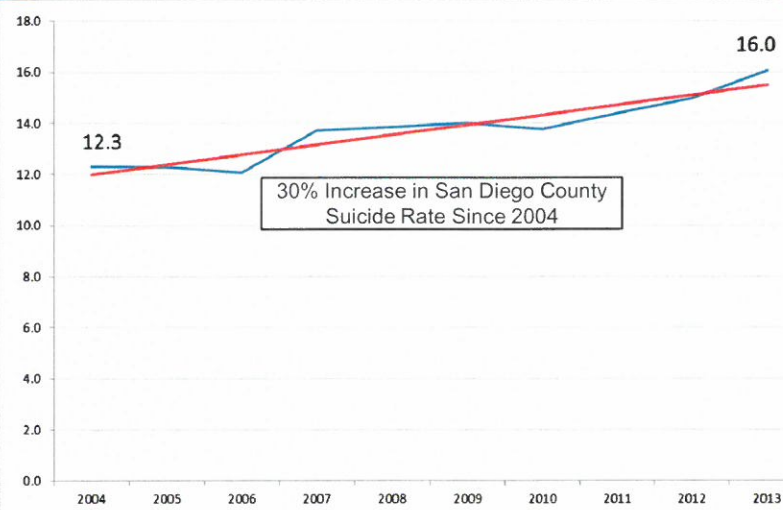
Rates per 100,000 people

Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2012, Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010, CDC WONDER On-line Database, U.S. Census Bureau, 2007-2011 American Community Survey.



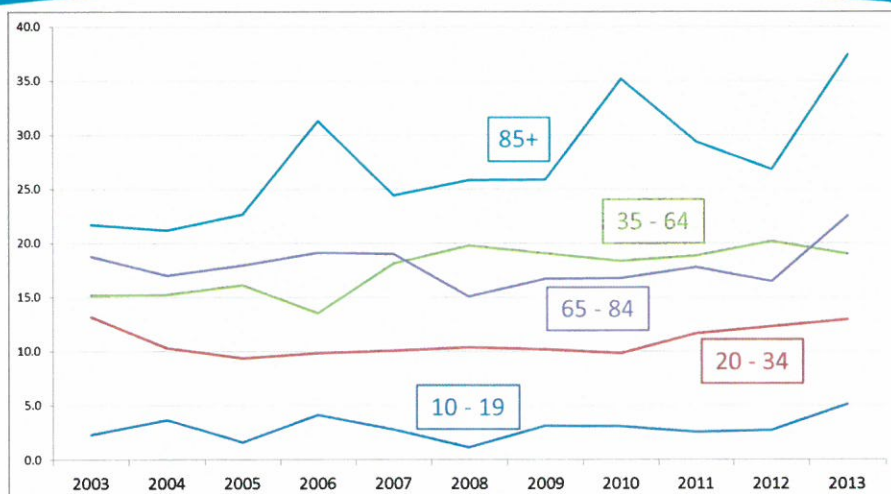


SAN DIEGO COUNTY SUICIDE RATES, LAST DECADE



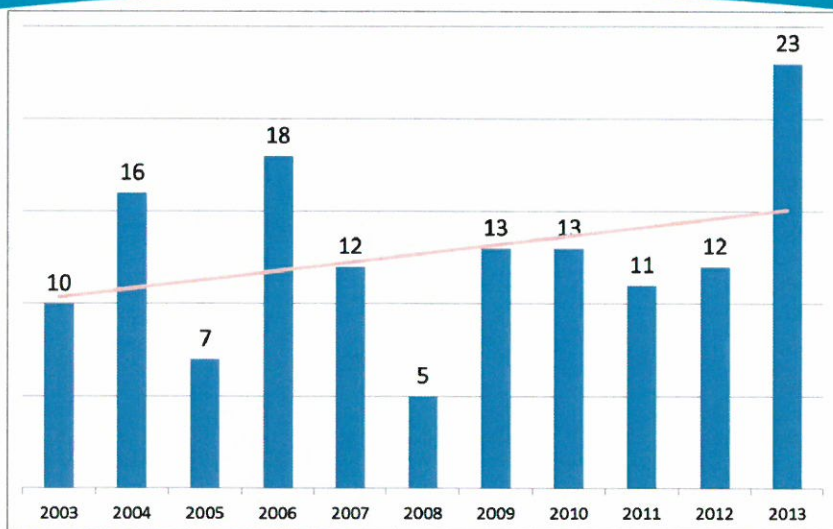
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2013. Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2011 American Community Survey.

SUICIDE RATES BY AGE GROUP



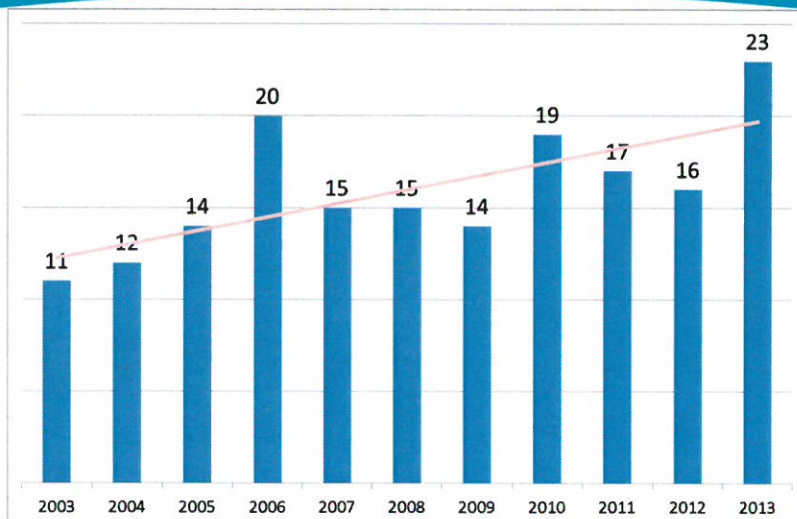
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SUICIDE TRENDS, 10 - 19 YEARS OLD



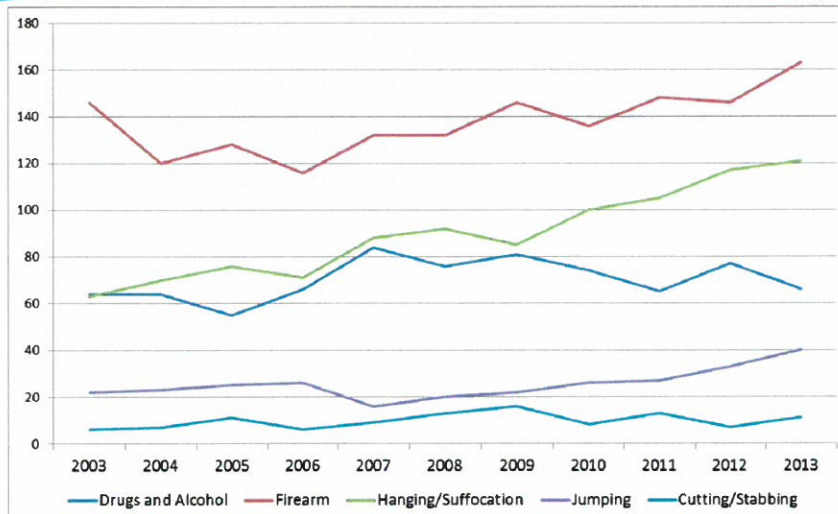
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SUICIDE TRENDS, 85 YEARS AND OLDER



Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2013. Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2011 American Community Survey.

SUICIDES BY MECHANISM, 2003-2013



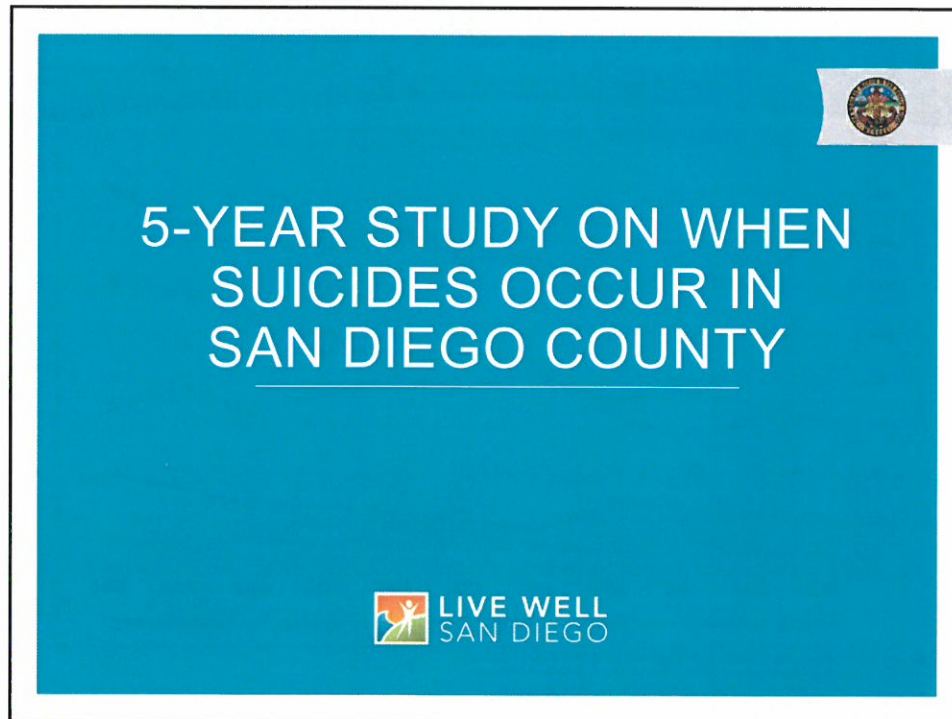
Sources: County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2000 – 2013. Centers for Disease Control and Prevention, National Center for Health Statistics, Compressed Mortality File 1999-2010. CDC WONDER On-line Database. U.S. Census Bureau, 2007-2011 American Community Survey.



PERLIS ET AL., 2014



STUDY FINDS SUICIDES MORE LIKELY AFTER MIDNIGHT

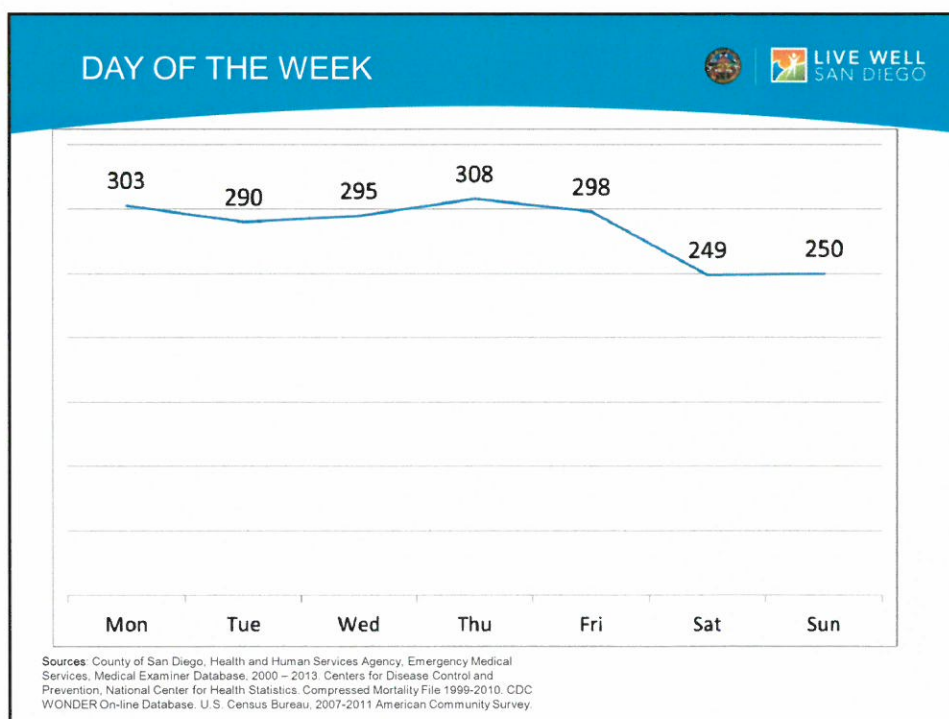
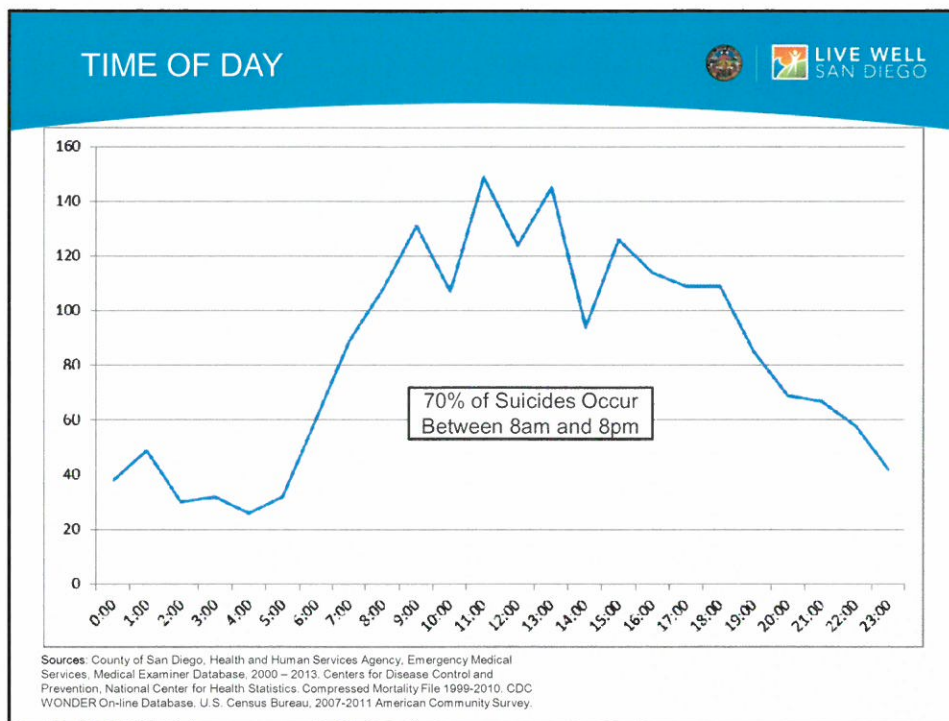
- Published in the journal *Sleep*
- Vast majority of suicides happen during daylight hours.
- However, when controlling for number of people awake (American Time Use Survey), this study found that the suicide rate after midnight was 3.6 times higher than expected.
- Study suggests that nightmares and insomnia may be risk factors for suicidal ideation.
- When do suicides occur in San Diego County (Month, Day, Time)?

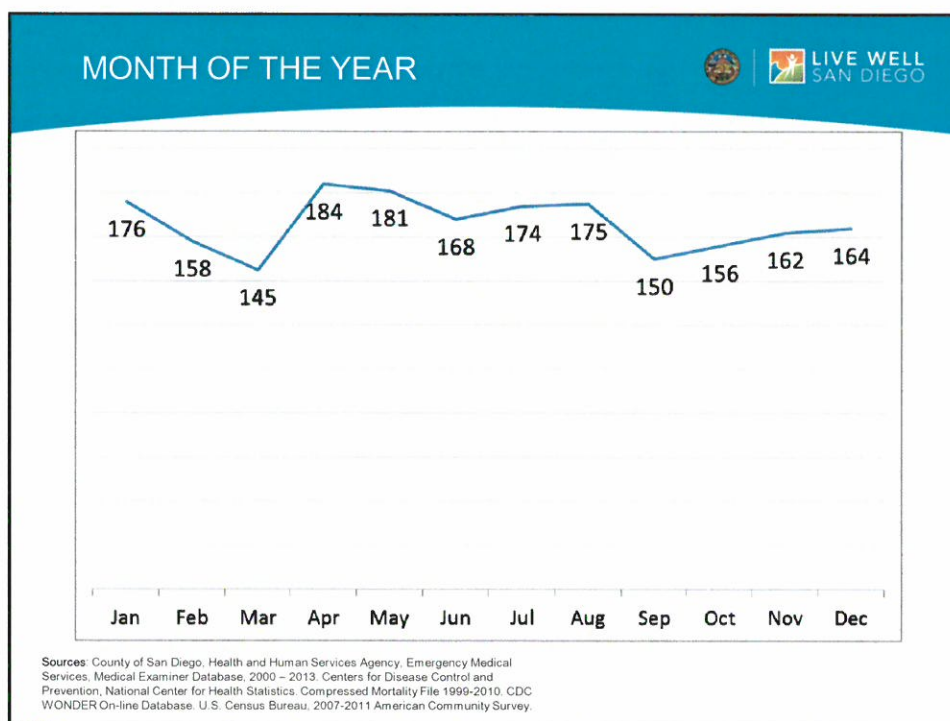
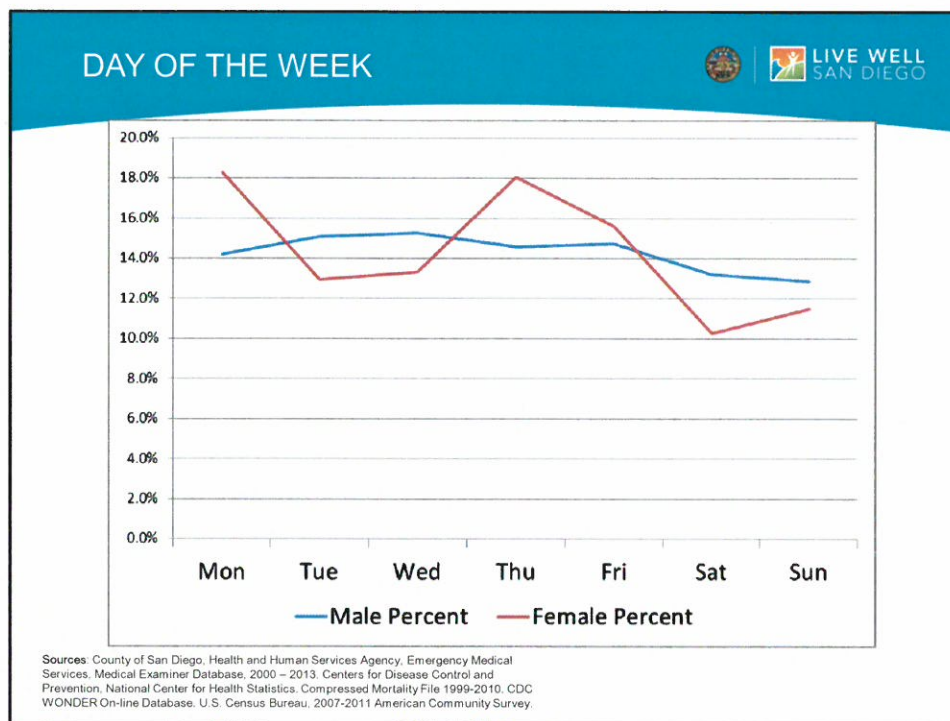


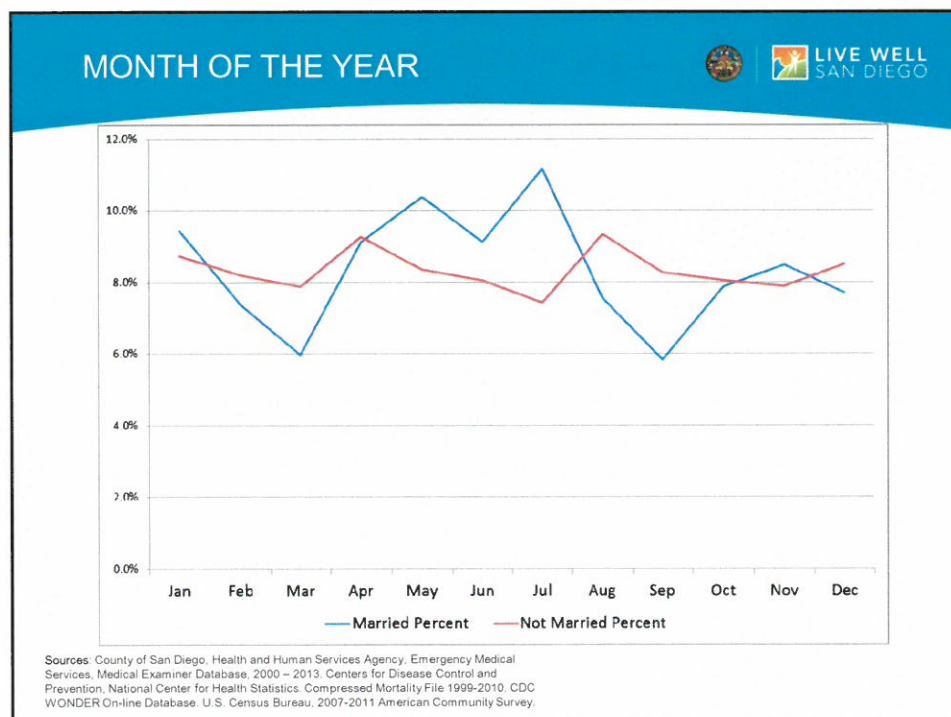
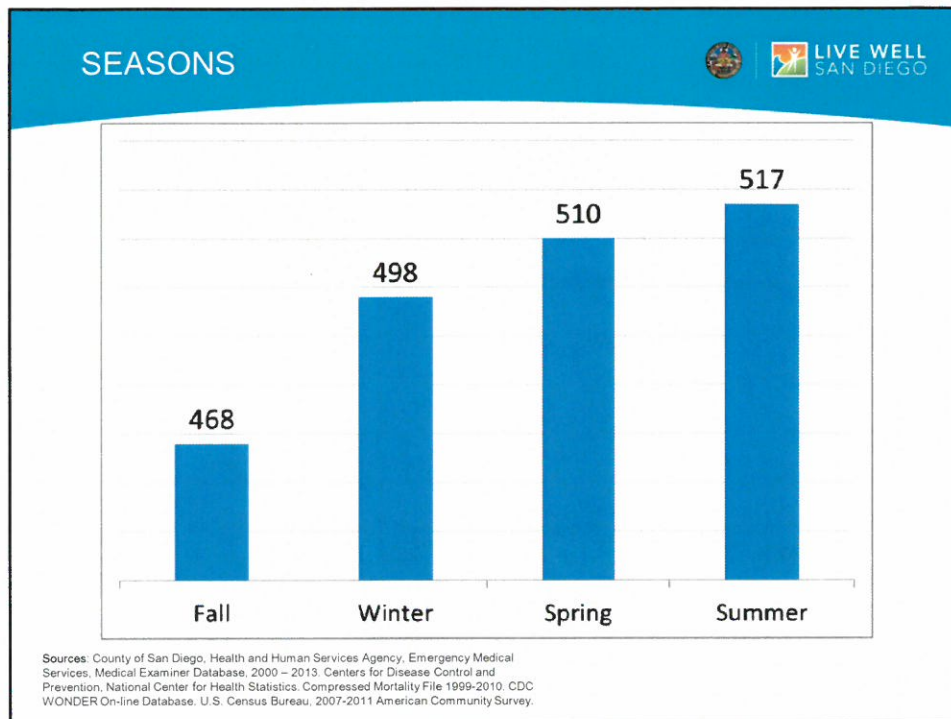
5-YEARS OF SUICIDES IN SAN DIEGO  

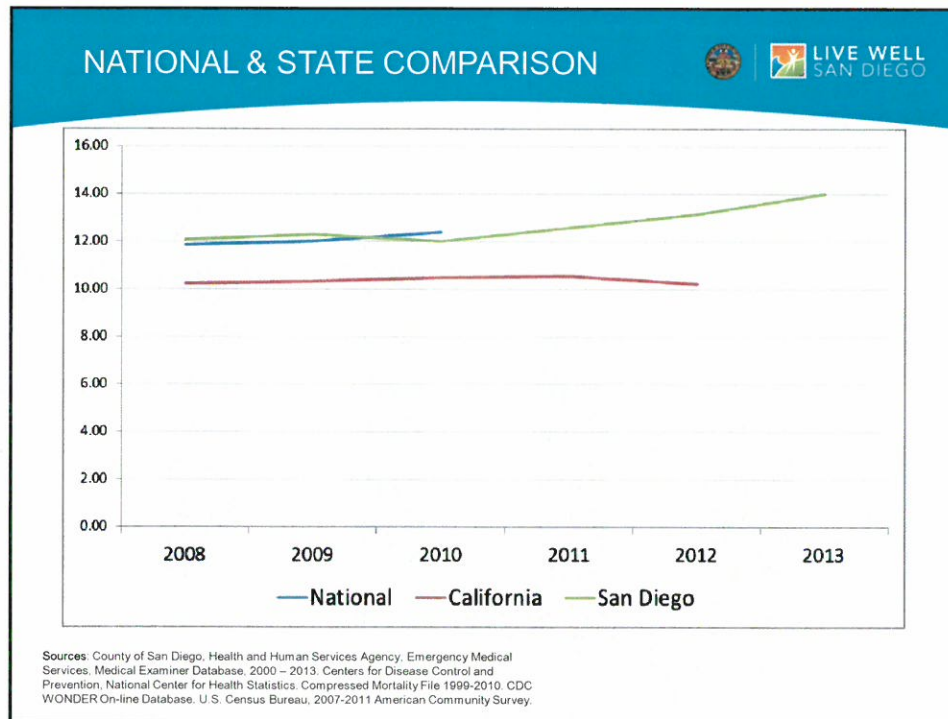
2009 – 2013

- 1993 total suicides
- 1506 males, 487 females
- Age range, 11 – 103
- Marital status
 - 398 divorced
 - 636 married
 - 785 single
 - 122 widowed
 - 52 unknown









IN SUMMARY

- The suicide rate has increased in San Diego County for the third straight year and is now the highest since 1995. There has been a 30% increase in the suicide rate over the last decade.
- In 2013, there were 5 times as many suicides in the County as there were homicides.
- There were 3 times as many male suicides as there were female suicides.
- Suicide rates generally increase with age.
- The suicide rate is increasing among young adults (10 – 34 years) and among older adults (65+ years).
- The suicide rate for whites is double that of any other racial group.

IN SUMMARY



- Most suicides are done with either a firearm or by hanging, and the use of both of these methods is increasing.
- In San Diego County, 70% of suicides over the last 5 years have occurred between the hours of 8am and 8pm.
- There are fewer suicides on the weekend than during the week.
- San Diego County suicides decrease during the fall months (Sep, Oct, Nov) and are the highest during the summer months (Jun, Jul, Aug).
- The San Diego County suicide rate is similar to the national rate but is higher than the California state rate.

THANK YOU

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