SUICIDE IN SAN DIEGO COUNTY, 2013

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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

NON-NATURAL DEATHS, 2013

SUICIDES BY AGE GROUP IN 2013

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

*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; 2009 - 2013. Centers for Disease Control and Prevention; National Center for Health Statistics; Compressed Mortality File 1999-2010. CDC WONDER Online Database; U.S. Census Bureau; 2007-2011 American Community Survey.
**SUICIDES BY RACE IN 2013**

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>Male</th>
<th>Male Rate</th>
<th>Female</th>
<th>Female Rate</th>
<th>Total</th>
<th>Total Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>254</td>
<td>33.5</td>
<td>86</td>
<td>11.9</td>
<td>340</td>
<td>22.9</td>
</tr>
<tr>
<td>Black</td>
<td>13</td>
<td>18.2</td>
<td>*</td>
<td>*</td>
<td>*</td>
<td>12.1</td>
</tr>
<tr>
<td>Asian/PI</td>
<td>20</td>
<td>11.9</td>
<td>6</td>
<td>3.1</td>
<td>26</td>
<td>7.2</td>
</tr>
<tr>
<td>Hispanic</td>
<td>34</td>
<td>6.5</td>
<td>8</td>
<td>1.5</td>
<td>42</td>
<td>4.0</td>
</tr>
<tr>
<td>Other/Unknown</td>
<td>8</td>
<td>13.2</td>
<td>9</td>
<td>14.9</td>
<td>17</td>
<td>14.1</td>
</tr>
</tbody>
</table>

*Numbers less than 5 and corresponding rates are not reported

Rates per 100,000 people

**SUICIDE RATES BY RACE AND GENDER**

![Graph showing suicide rates by race and gender]

**Sources:**
- County of San Diego, Health and Human Services Agency, Emergency Medical Services, Medical Examiner Database, 2002 - 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.

Rates per 100,000 people
SUICIDES BY MECHANISM

64% of 441 Total

- Drugs and Alcohol: 66
- Firearm: 163
- Hanging/Suffocation: 121
- Jumping: 40
- Cutting/Stabbing: 11
- Other: 34


SUICIDE TRENDS
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-YEAR STUDY ON WHEN SUICIDES OCCUR IN SAN DIEGO COUNTY

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
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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