

Suicide in Maine - 2018 Update

A Data Brief: YOUTH (Ages 10-24)



Maine Center for
Disease Control and Prevention
An Office of the
Department of Health and Human Services

Paul R. LePage, Governor

Ricker Hamilton, Commissioner

SUICIDE DEATHS (2014-2016)¹

Each year, approximately 30 Maine youth die by suicide (88 total suicide deaths 2014-2016: ages 10-14: 3 deaths, ages 15-19: 37 deaths, and ages 20-24: 48 deaths.)

2nd Suicide is the **second** leading cause of death among Maine youth **ages 10-24**.¹

4th leading cause of death among Maine youth **ages 10-14**.

2nd leading cause of death among Maine youth **ages 15-19** and **ages 20-24**.

The suicide rate (2014-2016) among Maine youth ages 10-24 is higher than the U.S. rate:

12.6 vs 9.1 suicides per 100,000

Of every 5 youth suicides in Maine, 4 are male.¹

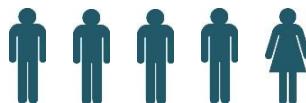
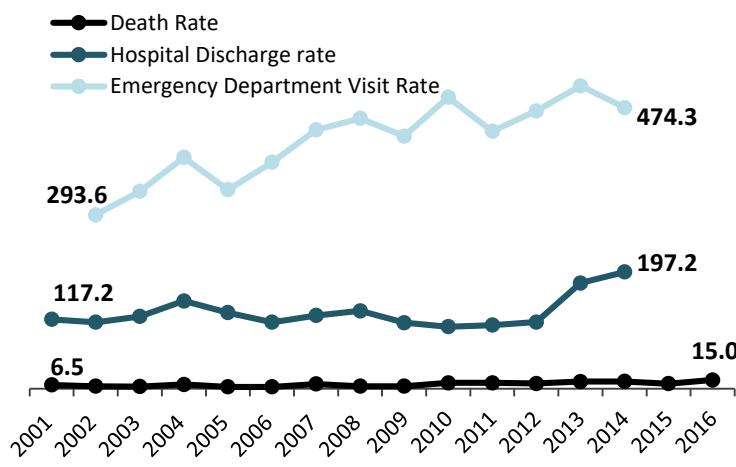


Figure 1. Age-Adjusted Suicide Deaths, Self-Inflicted Injury Related Hospital Discharges and Emergency Department Visits among Maine Youth (rate per 100,000), 2001-2016^{2,3}



Note: Hospital discharge and emergency department visit data not yet available for 2015.

SUICIDE ATTEMPTS (2013-2014)³

Emergency department visits due to intentional self-inflicted injury steadily, and significantly, increased since 2001. (Figure 1)

1,188 Average number of **emergency department visits** annually due to intentional self-inflicted injuries.

46% of all intentional self-inflicted injury related **emergency department visits** among Maine youth were among those **ages 15-19 years**.

Hospital discharge rates due to intentional self-inflicted injuries were steady through 2012 but significantly increased in 2013. (Figure 1)

On average, there are **450 hospital discharges** annually due to intentional self-inflicted injuries among Maine youth **ages 10-24 years**.

Girls are significantly more likely to be hospitalized due to intentional self-inflicted injuries than boys:

273 vs. 107 per 100,000 hospitalizations

80% of all **hospital discharges** due to intentional self-inflicted injuries among Maine youth were among those **ages 15-24 years**.

SUICIDE METHODS (2014-2016)¹

Firearms are used in **47%** of all youth suicides; **suffocation** (including hanging/strangulation) accounts for **40%** of all youth suicides in Maine.

SUICIDE THOUGHTS & ATTEMPTS⁵

Suicidal thoughts and attempts are a concern among Maine students.

Among Maine high school students:

15% seriously considered suicide in the past year.⁵ (Figure 2)

and

7% attempted suicide in the past year.⁵

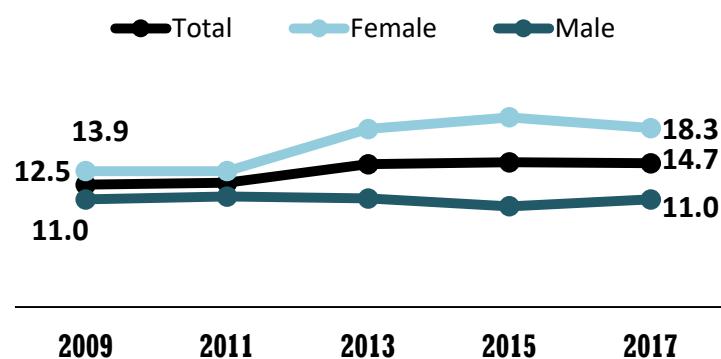
Among Maine middle school students:

16% ever seriously considered suicide⁵

and

6% ever attempted suicide.⁵

Figure 2. Suicidal Thoughts among Maine High School Students by Sex (Prevalence, %)⁵



Technical Notes: Age-adjusted rates are adjusted to the year 2000 U.S. population. **Data Sources:** 1. CDC WISQARS, 2014-2016, crude rates (age-adjusted rates not available) 2. Maine Data, Research and Vital Statistics, 2000-2016 3. Maine Health Data Organization, 2013-2014 (2015 data not yet available) 4. Maine Behavior Risk Factor Surveillance System, 2011, 2012 & 2014 5. Maine Integrated Youth Health Survey, 2017

DISPARITIES: Sex, Sexual Orientation, Transgender

Male youth are more likely to die by suicide than female youth. However, female youth are more likely to attempt suicide than male youth.

Suicide is **4X** more likely among male youth than female youth. Males accounted for **81%** of all Maine youth suicides in 2014-2016.¹

High school girls are significantly more likely to consider suicide than high school boys.⁵



18% vs. 11%



Female youth have significantly higher rates of emergency department visits and hospitalization due to intentional self-inflicted injuries than male youth.²

High school students who are gay, lesbian, bisexual, transgender or unsure of their gender identity are more likely to consider and attempt suicide.

In 2017, **36%** of gay or lesbian and **43%** of bisexual Maine high school students reported suicidal thoughts in the past year compared to **11%** of heterosexual students.⁵

19% of gay or lesbian and **19%** of bisexual Maine high school students reported attempting suicide within the past year compared to **6%** of heterosexual students.⁵

54% of transgender Maine high school students reported suicidal thoughts within the past year compared to **14%** of non-transgender students.⁵

MAINE SUICIDE PREVENTION PROGRAM

Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services

For more information or suicide prevention materials, visit www.maineprventionstore.com or contact: samhs.irc@maine.gov

1.800.499.0027 (Maine only) or 207.287.8900 TTY Use Maine Relay: 711, www.maine.gov/suicide

STATEWIDE TOLL-FREE CRISIS LINE: 1.800.568.1112