

# Suicide in Maine - 2018 Update

## A Data Brief: YOUTH (Ages 10-24)



### SUICIDE DEATHS (2014-2016)<sup>1</sup>

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**:<sup>1</sup>

**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**.

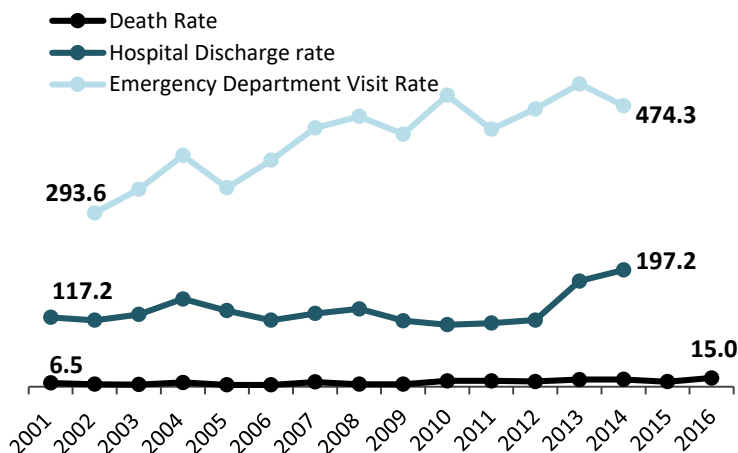
The suicide rate (2014-2016) among Maine youth ages 10-24 is higher than the U.S. rate:

**12.6 vs 9.1 suicides per 100,000**

Of every 5 youth suicides in Maine, 4 are male.<sup>1</sup>



**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<sup>2,3</sup>**



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

### SUICIDE ATTEMPTS (2013-2014)<sup>3</sup>

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)<sup>1</sup>

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

## SUICIDE THOUGHTS & ATTEMPTS<sup>5</sup>

Suicidal thoughts and attempts are a concern among Maine students.

Among Maine high school students:

**15%** seriously considered suicide in the past year.<sup>5</sup> (Figure 2)

and

**7%** attempted suicide in the past year.<sup>5</sup>

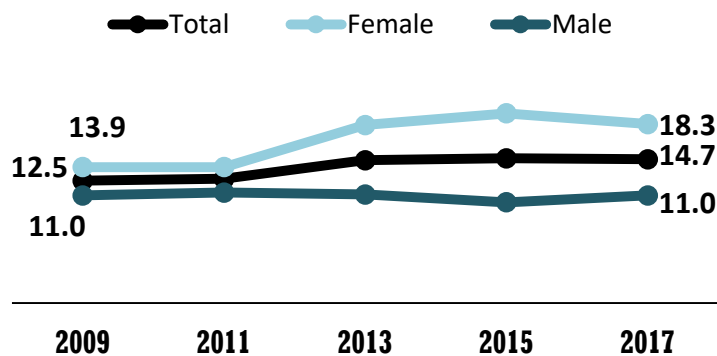
Among Maine middle school students:

**16%** ever seriously considered suicide<sup>5</sup>

and

**6%** ever attempted suicide.<sup>5</sup>

**Figure 2. Suicidal Thoughts among Maine High School Students by Sex (Prevalence, %)<sup>5</sup>**



**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.<sup>1</sup>

High school girls are significantly more likely to consider suicide than high school boys.<sup>5</sup>



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

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.<sup>5</sup>

**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.<sup>5</sup>

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

### 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.maine-preventionstore.com](http://www.maine-preventionstore.com) or contact: [samhs.irc@maine.gov](mailto:samhs.irc@maine.gov)

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

**STATEWIDE TOLL-FREE CRISIS LINE: 1.800.568.1112**

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