

Suicide in Utah, 2012

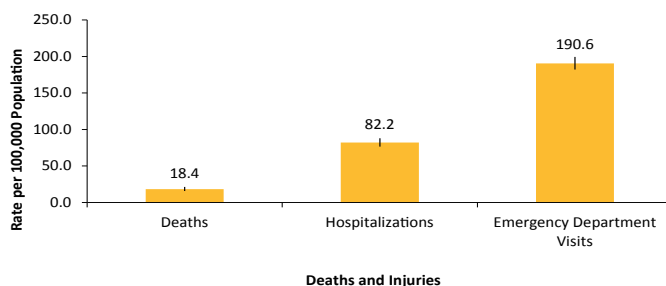
Young Adults (18-24 years)

Introduction

An average of 501 Utahns die from suicide¹ and 3,968 Utahns attempt*² suicide each year. Young adults ages 18 to 24 comprise 11.5% of the Utah population,³ **11.8%** of all suicides¹ and **22.0%** of all suicide attempts².

*Suicide attempts include persons who are hospitalized or treated in an ED for self-inflicted injuries.

Figure 1: Rate of Suicides (2010-2012) and Suicide Attempts (2009-2011), Ages 18-24, Utah



Two young adults are treated for suicide attempts every day in Utah.

More young adults are hospitalized or treated in an emergency department (ED) for suicide attempts than are fatally injured (**Figure 1**).

All suicide attempts should be taken seriously. Those who survive suicide attempts are often seriously injured and many have depression and other mental health problems.

Utah Trends

The 2012 Utah young adult suicide rate was 19.3 per 100,000 population ages 18 to 24-year-olds.^{1,3} Suicide is the 2nd leading cause of death for this age group.¹

Utah and U.S.

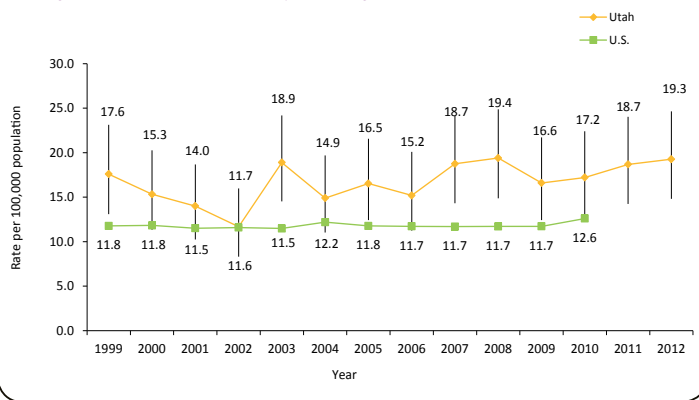
Utah's young adult suicide rate has been consistently higher than the national rate for more than a decade (**Figure 2**). Utah had the 8th highest young adult suicide rate in the U.S. for the years 2008-2010.⁴

“ My 23-year-old sister was hospitalized twice for suicide attempts. She was in an abusive relationship at the time. It's hard to explain the roller coaster of emotions I went through as I tried to understand her situation. I felt totally alone until I began talking to others about it. It's shocking how many other families have struggled with suicide and abuse, too. ”



Young Adult Suicide in Utah, 2012

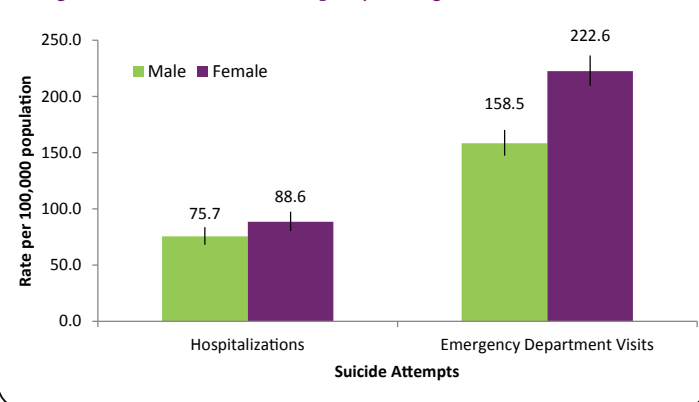
Figure 2: Rate of Suicides by Year, Ages 18-24, Utah and U.S., 1999-2012



Age and Sex

Males ages 18 to 24 had a significantly higher suicide rate (29.7 per 100,000 population) than females ages 18 to 24 (7.1 per 100,000 population)¹. More females attempt suicide than males. In Utah, young adult females ages 18 to 24 had a significantly higher ED visit rate for suicide attempts compared to young adult males ages 18 to 24 (Figure 3).²

Figure 3: Rate of Suicide Attempts by Sex, Ages 18-24, Utah, 2009-2011



Location of Injury

The majority of young adult suicides occurred at a residence (73.7%), followed by a motor vehicle (9.1%), and natural areas such as fields or mountains (6.3%).⁵

The following small areas had significantly higher rates of suicide, hospitalization, and ED visits for suicide attempts than the state rate:

Highest Young Adult Suicide Rates¹

- Brigham City*

*Insufficient number of cases to meet the UDOH standard for data reliability, interpret with caution.

Highest Young Adult Hospitalization Rates for Suicide Attempts²

- Riverdale, St. George, Tooele County, Holladay, and NE Sandy

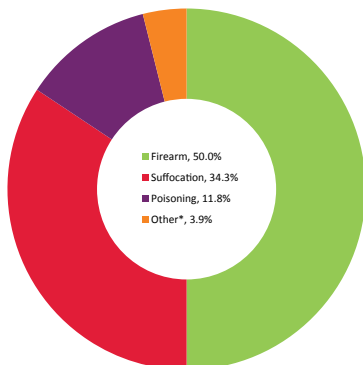
Highest Young Adult ED Visit Rates for Suicide Attempts²

- Sandy Center, Holladay, Brigham City, West Jordan Northeast, Midvale, Kearns, Murray, West Valley West, Magna, Riverton/Draper, Carbon/Emery Counties, Taylorsville, Bountiful, West Jordan Southeast, and West Valley East

Method of Injury

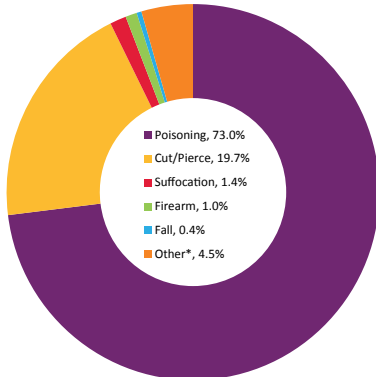
Firearms were the most common method of young adult suicide (Figure 4).¹ Poisoning was the most common method of injury leading to young adult ED visits and hospitalizations for suicide attempts (Figure 5).²

Figure 4: Percentage of Suicides by Method of Injury, Ages 18-24, Utah, 2010-2012



*Includes Cut/Pierce, Fall, and Other Specified and Unspecified

Figure 5: Percent of Suicide Attempts by Method of Injury, Ages 18-24, Utah, 2009-2011



*Includes Fire/Flame/Smoke, Motor Vehicle, Traffic - Other and Unspecified, and Other Specified and Unspecified

Risk Factors

Risk factors for suicide may include:

- Previous suicide attempt(s)
- History of depression or mental illness
- Alcohol or drug abuse
- Easy access to lethal methods (such as guns or pills)
- Stressful life event or loss
- Relationship problems

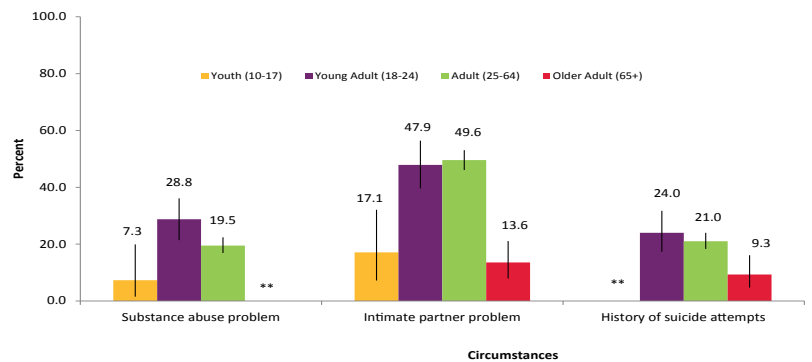
Suicide Death Circumstances⁵

Utah males ages 18 to 24 had significantly higher rates of the following when compared to at least one other age group (Figure 6):

- Substance abuse problems
- Intimate partner problems
- History of suicide attempts

Utah females ages 18 to 24 did not have any suicide death circumstances that were significantly higher than at least one other age group.

Figure 6: Percentage Of Reported Intimate Partner Problem By Youth, Young Adult, Adult, and Older Adult Males, Utah, 2009-2011



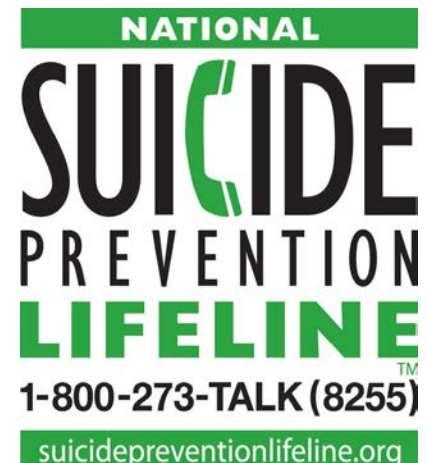
**The percentage is suppressed because the estimate is unreliable.

Cost

The average total charge per year for ED visits and hospitalizations for suicide attempts was \$5.5 million for Utah young adults.²

Prevention Tips

- Call for help. Help is available 24 hours a day 7 days a week. If you live in Utah, call the **UNI Crisisline and Mobile Crisis Outreach Team** at **801-587-3000** or call the **National Suicide Prevention LifeLine** at **1-800-273-TALK**.
- Take any threat of suicide seriously.
- Do not leave the person alone.
- Listen to and don't judge anyone you think may be in trouble.
- Take action. Remove guns or medications to prevent a suicide attempt.



Resources

- Utah Poison Control Center <http://uuhs.c.utah.edu/poison/> 1-800-222-1222
- Suicide Prevention Resource Center www.sprc.org
- National Alliance on Mental Illness Utah Chapter www.namiut.org
- Hope 4 Utah hope4utah.com

References

- 1 Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health: 2010-2012 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 January].
- 2 Utah Inpatient Hospital Discharge Data, Office of Health Care Statistics; Utah Emergency Department Encounter Database, Bureau of Emergency Medical Services, Utah Department of Health; 2009-2011 data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 January].
- 3 Population Data: National Center for Health Statistics (NCHS) through a collaborative agreement with the U.S. Census Bureau, IBIS Version 2012; data queried via Utah's Indicator-Based Information System for Public Health (IBIS-PH) [cited 2014 January].
- 4 U.S. Centers for Disease Control and Prevention (CDC), Web-based Injury Statistics Query and Reporting System (WISQARS), 2008-2010 data [cited 2014 January].
- 5 Utah Violent Death Reporting System, Violence and Injury Prevention Program, Utah Department of Health 2009-2011.

Last updated: May 2014



If your life has been affected by suicide, the Utah Department of Health wants to hear from you. Share your story with the Utah Health Story Bank at www.health.utah.gov/bhp/sb/.

Our Mission

VIPP is a trusted and comprehensive resource for data and technical assistance related to violence and injury. This information helps promote partnerships and programs to prevent injuries and improve public health.

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