Suicide

Facts at a Glance 2015

Suicide

• Suicide was the tenth leading cause of death for all ages in 2013.¹

• There were 41,149 suicides in 2013 in the United States—a rate of 12.6 per 100 is equal to 113 suicides each day or one every 13 minutes.¹

• Based on data about suicides in 16 National Violent Death Reporting System states in 2010, 33.4% of suicide decedents tested positive for alcohol, 23.8% for antidepressants, and 20.0% for opiates, including heroin and prescription pain killers.²

• Suicide results in an estimated $51 billion in combined medical and work loss costs.¹

Nonfatal Suicidal Thoughts and Behavior

• Among adults aged ≥18 years in the United States during 2013:³
  - An estimated 9.3 million adults (3.9% of the adult U.S. population) reported having suicidal thoughts in the past year.
  - The percentage of adults having serious thoughts about suicide was highest among adults aged 18 to 25 (7.4%), followed by adults aged 26 to 49 (4.0%), then by adults aged 50 or older (2.7%).
  - An estimated 2.7 million people (1.1%) made a plan about how they would attempt suicide in the past year.
  - The percentage of adults who made a suicide plan in the past year was higher among adults aged 18 to 25 (2.5%) than among adults aged 26 to 49 (1.35%) and those aged 50 or older (0.6%).
  - An estimated 1.3 million adults aged 18 or older (0.6%) attempted suicide in the past year. Among these adults who attempted suicide, 1.1 million also reported making suicide plans (0.2 million did not make suicide plans).

• Among students in grades 9-12 in the U.S. during 2013:⁴
  - 17.0% of students seriously considered attempting suicide in the previous 12 months (22.4% of females and 11.6% of males).
  - 13.6% of students made a plan about how they would attempt suicide in the previous 12 months (16.9% of females and 10.3% of males).
  - 8.0% of students attempted suicide one or more times in the previous 12 months (10.6% of females and 5.4% of males).
  - 2.7% of students made a suicide attempt that resulted in an injury, poisoning, or an overdose that required medical attention (3.6% of females and 1.8% of males).

Gender Disparities

• Males take their own lives at nearly four times the rate of females and represent 77.9% of all suicides.¹

• Females are more likely than males to have suicidal thoughts.³

• Suicide is the seventh leading cause of death for males and the fourteenth leading cause for females.¹

• Firearms are the most commonly used method of suicide among males (56.9%).¹

• Poisoning is the most common method of suicide for females (34.8%).¹
Racial and Ethnic Disparities

- Suicide is the eighth leading cause of death among American Indians/Alaska Natives across all ages.¹
- Among American Indians/Alaska Natives aged 10 to 34 years, suicide is the second leading cause of death.¹
- The suicide rate among American Indian/Alaska Native adolescents and young adults ages 15 to 34 (19.5 per 100,000) is 1.5 times higher than the national average for that age group (12.9 per 100,000).¹
- The percentages of adults aged 18 or older having suicidal thoughts in the previous 12 months were 2.9% among blacks, 3.3% among Asians, 3.6% among Hispanics, 4.1% among whites, 4.6% among Native Hawaiians/Other Pacific Islanders, 4.8% among American Indians/Alaska Natives, and 7.9% among adults reporting two or more races.³
- Among Hispanic students in grades 9-12, the prevalence of having seriously considered attempting suicide (18.9%), having made a plan about how they would attempt suicide (15.7%), having attempted suicide (11.3%), and having made a suicide attempt that resulted in an injury, poisoning, or overdose that required medical attention (4.1%) was consistently higher than white and black students.⁴

Age Group Differences

- Suicide is the third leading cause of death among persons aged 10-14, the second among persons aged 15-34 years, the fourth among persons aged 35-44 years, the fifth among persons aged 45-54 years, the eighth among person 55-64 years, and the seventeenth among persons 65 years and older.¹
- In 2011, middle-aged adults accounted for the largest proportion of suicides (56%)¹, and from 1999-2010, the suicide rate among this group increased by nearly 30%.⁵
- Among adults aged 18-22 years, similar percentages of full-time college students and other adults in this age group had suicidal thoughts (8.0 and 8.7%, respectively) or made suicide plans (2.4 and 3.1%).¹
- Full-time college students aged 18-22 years were less likely to attempt suicide (0.9 vs. 1.9 percent) or receive medical attention as a result of a suicide attempt in the previous 12 months (0.3 vs. 0.7%).³

Nonfatal, Self-Inflicted Injuries*

- In 2013, 494,169 people were treated in emergency departments for self-inflicted injuries.¹
- Nonfatal, self-inflicted injuries (including hospitalized and emergency department treated and released) resulted in an estimated $10.4 billion in combined medical and work loss costs.¹

References


*The term “self-inflicted injuries” refers to suicidal and non-suicidal behaviors such as self-mutilation.