

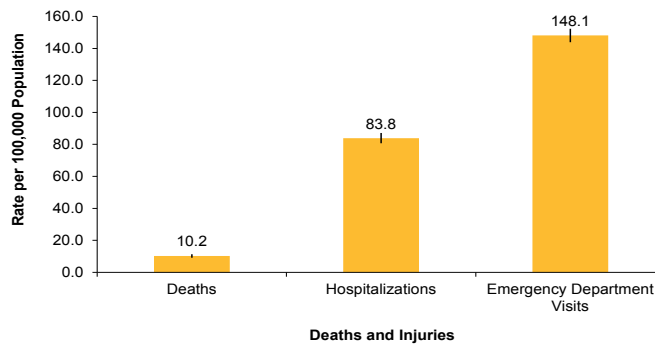
# Suicide in Utah, 2006-2010

## Women (25-64 years)

### Introduction

An average of 402 Utahns die from suicide and 4,152 Utahns attempt suicide each year. Women ages 25-64 comprise 23.8% of the Utah population, and:

**Figure 1: Rate of Suicides and Suicide Attempts, Women Ages 25-64, Utah, 2006-2010**



- **16.5%** of all suicides in Utah, and
- **36.4%** of all suicide attempts\* in Utah.

More adult women are hospitalized or treated in an emergency department (ED) for suicide attempts than are fatally injured (**Figure 1**).<sup>1</sup>

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

- **Four** adult women are treated for suicide attempts **every day** in Utah.

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 2010 Utah adult female suicide rate was 10.4 per 100,000 population among women ages 25 to 64.<sup>1</sup> Suicide is the fourth leading cause of death for women in this age group.<sup>1</sup>

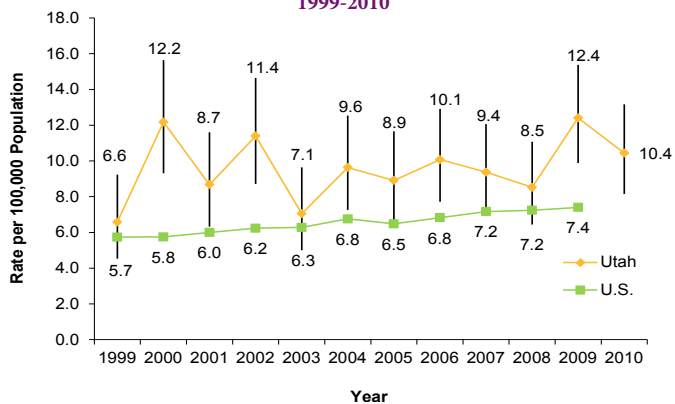
“I am a mother of four children. I have an amazing husband. I love life, have wonderful friends, and serve in my church. After years of struggling, I was diagnosed with bipolar disorder. There have been times I’ve wondered how I would get through it. For anyone struggling with a mental illness, know there is hope and you are not alone. Even on the darkest of days, life is worth living and you have people in your life who love you.”



## Utah and U.S.

Utah's adult female suicide rate has consistently been higher than the national rate (Figure 2). Utah women had the 9<sup>th</sup> highest adult female suicide rate in the U.S.<sup>2</sup>

Figure 2: Rate of Suicides by Year, Women Ages 25-64, Utah and U.S., 1999-2010

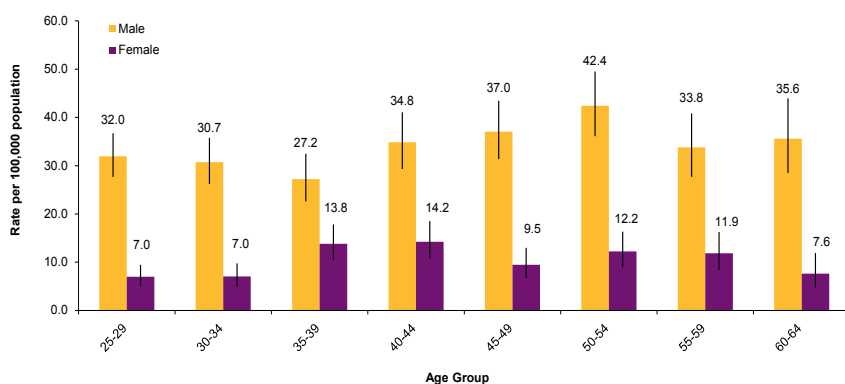


## Age and Sex

Utah adult men of all ages (33.7 per 100,000 population) had a significantly higher suicide rate than adult women (10.2 per 100,000 population) in all age groups.<sup>1</sup>

Utah adult women ages 40-44 years (14.2 per 100,000 population) had the highest suicide rate among women (Figure 3).<sup>1</sup>

Figure 3: Rate of Suicides by Age and Sex, Ages 25-64, Utah, 2006-2010



## Location of Injury

The majority of Utah adult female suicides occurred at a home or apartment (78.3%), followed by inside a motor vehicle (8.9%).<sup>3</sup>

The following small areas had significantly higher rates than the state rate:

### Highest Adult Women Suicide Rates<sup>1</sup>

- Riverdale\*, Downtown Ogden, and Millcreek

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

### Highest Adult Women Hospitalization Rates for Suicide Attempts<sup>1</sup>

- Downtown Ogden, Carbon/Emery Counties, Riverdale, W. Jordan Northeast (2009 and after), Ben Lomond, Magna, South Salt Lake, Midvale, Murray, West Valley West, Roy/Hooper, Tooele County, and West Valley East

### Highest Adult Women ED Visit Rates for Suicide Attempts<sup>1</sup>

- Magna, Brigham City, Murray, Midvale, South Salt Lake, West Valley East, Taylorsville, West Valley West, Holladay, Sevier/Piute/Wayne, Downtown Salt Lake, Sandy Center, Carbon/Emery Counties, Glendale, Riverton/Draper, Kearns, and Clearfield/Hill AFB

## Method of Injury

Poisoning was the most common method of suicide deaths for Utah adult women, followed by firearms and suffocation.<sup>1</sup>

## Risk Factors

Risk factors for suicide may include:

- Previous suicide attempt(s)
- History of depression or mental illness
- Feeling alone, hopelessness
- Relational or social loss

## Suicide Death Circumstances

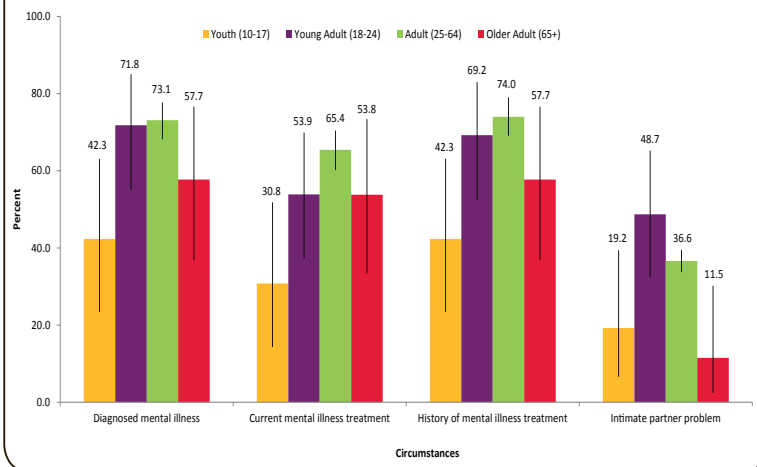
Utah females ages 25 to 64 had significantly higher rates of the following when compared to at least one other age group<sup>3</sup> (Figure 4):

- Diagnosed mental illness
- Current treatment for mental illness
- History of mental illness treatment
- Intimate partner problems

## Cost

The average total charges per year for ED visits and hospitalizations for suicide attempts was \$9.6 million for Utah adult women.<sup>1</sup>

Figure 4: Percentage of Reported Suicide Circumstances by Youth, Young Adult, Adult, and Older Adult Females, Utah, 2006-2010



### Prevention Tips

- Call for help. Help is available 24 hours a day 7 days a week. If you live in Utah, call the State-wide CrisisLine 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 pills to prevent a suicide attempt.



### Resources

- National Suicide Prevention Lifeline [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) 1-800-273-TALK (8255)
- Utah Poison Control Center <http://uuhsc.utah.edu/poison/> 1-800-222-1222
- Suicide Prevention Resource Center [www.sprc.org](http://www.sprc.org)
- National Alliance on Mental Illness Utah Chapter [www.namiut.org](http://www.namiut.org)
- Preventing Suicide: A resource for media professionals [www.who.int/mental\\_health/prevention/suicide/resource\\_media.pdf](http://www.who.int/mental_health/prevention/suicide/resource_media.pdf)

### References

- 1 Utah's Indicator Based Information System for Public Health (IBIS-PH), 2006-2010 data [cited 2012 July]
- 2 CDC, Web-based Injury Statistics Query and Reporting System (WISQARS), 2005-2009 data [cited 2012 July]
- 3 Violence and Injury Prevention Program, 2006-2010 Utah Violent Death Reporting System, Utah Department of Health

*Last updated: September 2012*

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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/](http://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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