

Suicide is a serious public health problem that can have long-lasting harmful effects on individuals, families, and communities. The causes of suicide are complex and determined by multiple factors. Suicide prevention focuses on promoting resilience and reducing risk factors. Risk factors for suicide include previous suicide attempts, history of depression or mental illness, alcohol or drug misuse, physical illness, and feelings of isolation.



Source: Centers for Disease Control and Prevention

There were 195 suicide deaths in Sacramento County in 2015, a rate of 13.2 per 100,000 population. The County rate decreased 10% compared to 2013 but remained above the Healthy People 2020 goal of 10.2 [Figure 1]. Whites have consistently had the highest rates of suicide. In 2015 the rate among Whites was more than twice that of any other racial/ethnic group in the County.

Older persons are at highest risk of suicide in the County; the largest number of suicide deaths occurs among persons age 50-55 and the highest rate of death occurs among persons age 75 and older [Figure 2]. Adolescents and teens age 10-19 have the lowest rate of suicide of any age group in the County.

Males account for about three quarters (76.1%) of all suicide deaths in the County. The most common mechanism of injury for male suicide deaths is firearm, whereas the most common mechanism of injury for female suicide deaths is poisoning [Table 1].

Veterans of the U.S. Armed Forces are over-represented among suicide deaths; More than one-fifth (21.1%) of all suicide deaths in the County occur among Veterans whereas Veterans make up less than one tenth (8.1%) of the total County population [Data not shown].

Data Sources: Vital Records Business Intelligence System 2006-2015 (deaths); CA Dept. of Finance Population Projections 2010-2016 (denominators); American Community Survey 5-yr population estimates 2011-2015 (Veteran population).

Figure 1: Suicide Rates by Select Race/Ethnicity, Sacramento County, 2009-2015

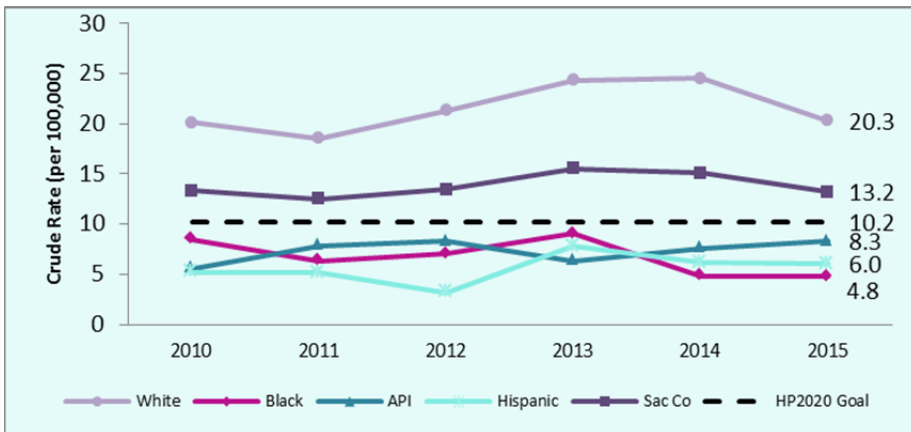


Figure 2: Three-Year Average Suicide Deaths and Suicide Rates by Age Group, Sacramento County, 2013-2015

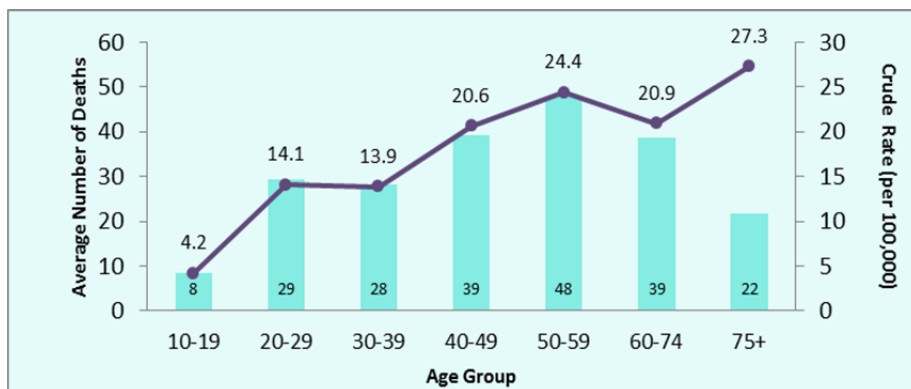


Table 1: Suicide Deaths by Sex and Mechanism of Injury, Sacramento County, 2006-2015

Mechanism	Female (n=452)	Male (n=1,439)	Total (n=1,891)
Firearm	15.0%	47.2%	39.5%
Suffocation/hanging	23.9%	28.6%	27.5%
Poisoning	52.7%	14.9%	23.9%
Other	8.4%	9.3%	9.1%

Need Help? Know Someone Who Does?
 Contact the National Suicide Prevention Lifeline. It's free and confidential.
1-800-273-8255
 You'll be connected to a skilled, trained counselor in your area.