

SUICIDE FACT SHEET 2017

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 abuse, physical illness, and feelings of isolation. There were a total of 1,596 suicide deaths in Sacramento County during the eight-year period from 2010 to 2017, with an average of 200 deaths per year.

There were 219 suicide deaths in Sacramento County in 2017, a rate of 14.4 per 100,000 population [Figure 1]. The County rate increased 14.1% compared to 2016, which is 41.3% higher than the Healthy People 2020 goal of 10.2. Whites have consistently had the highest rates of suicide than any other racial/ethnic group in the County.

Figure 2 shows that older persons are at highest risk of suicide in the County; the largest number of suicide deaths occurs among persons age 50-59 and the highest rate of death occurs among persons age 75 and older. Adolescents and teens age 10-19 have the lowest rate of suicide of any age group in the County.

Males have accounted for about three quarters of all suicide deaths in the County for the past eight years [Table 1]. The most common mechanism of injury for male suicide deaths was firearms, whereas the most common mechanism of injury for female suicide deaths was poisoning.

Veterans of the U.S. Armed Forces are over-represented among suicide deaths; the proportion of suicide deaths that occur among Veterans is more than twice the proportion of the County population who are Veterans (data not displayed).

Data Sources: Vital Records Business Intelligence System 2010-2017 CA Dept. of Finance Population Projections 2010-2017; American Community Survey 5-yr population estimates 2013-2017 (Veteran population).

Figure 1: Suicide Rates by Select Race/Ethnicity, 2010-2017

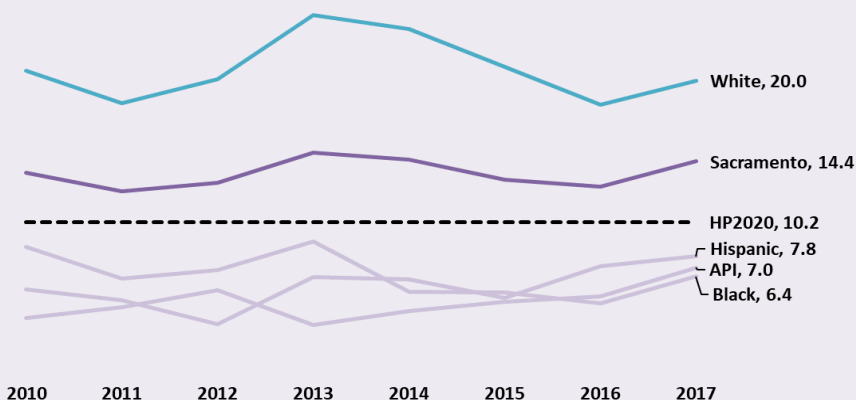


Figure 2: Three-Year Average Suicide Deaths and Rates by Age Group, 2015-2017

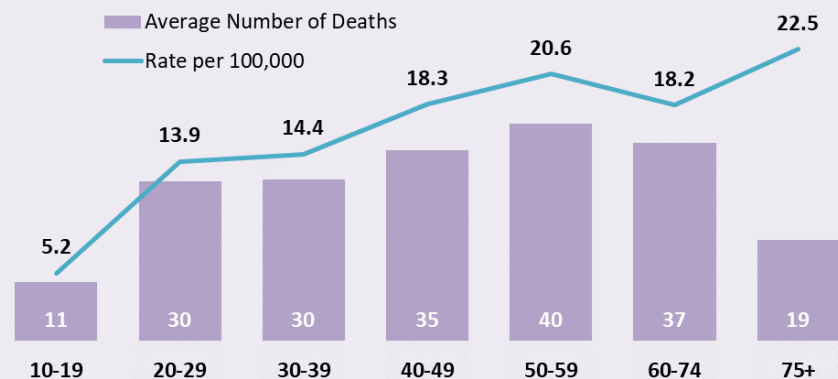


Table 1: Suicide Deaths by Sex and Mechanism of Injury, 2010-2017

Mechanism	Female (%) (n=393)	Male (%) (n=1,203)	Total (%) (n=1,596)
Firearms	14.8	45.7	38.1
Suffocation/Hanging	28.2	30.5	29.9
Poisoning	42.2	11.6	19.1
Other	14.8	12.2	12.8

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.