

SUICIDE FACT SHEET 2020

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 2,008 suicide deaths in Sacramento County during the ten-year period from 2011 to 2020, with an average of 201 deaths per year.

There were 192 suicide deaths in Sacramento County in 2020, with a rate of 12.3 per 100,000 population [Figure 1]. The County rate decreased 6.7% compared to 2019, which is 20.5% 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. However, rates increased in Hispanics and Blacks above the HP2020 goal for the first time in 2020.

Figure 2 shows that adults are at highest risk of suicide in the County; the largest number of suicide deaths occurred among persons age 30-39 and the highest rate of death occurred among persons age 75 and older. Adolescents and teens age 10-19 have the lowest number and rate of suicide of any age group in the County.

Males have accounted for more than three quarters of all suicide deaths in the County for the past 10 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 (14.5%) is more than twice the proportion of the County population who are Veterans (6.4%) in the 5-year period (2016-2020, Figure 3).

Data Sources: Vital Records Business Intelligence System 2011-2020 CA Dept. of Finance Population Projections 2021; American Community Survey 5-year population estimates 2020.

Figure 1: Suicide Rates by Select Race/, 2011-2020

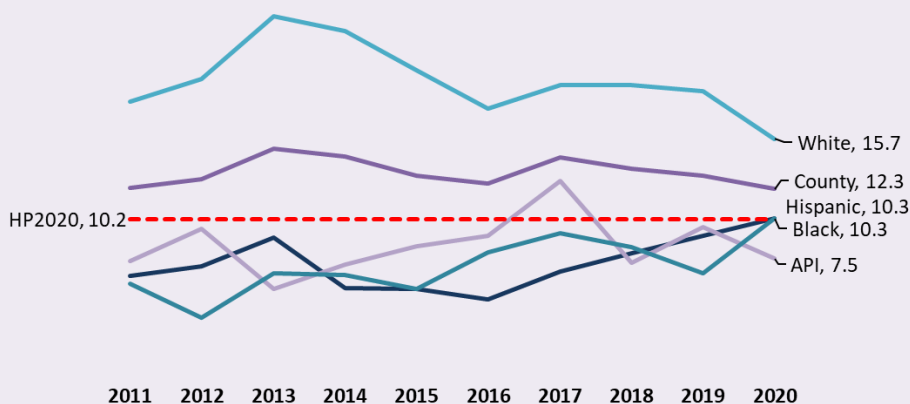


Figure 2: Three-Year Average Suicide Deaths and Rates by Age Group, 2018-2020

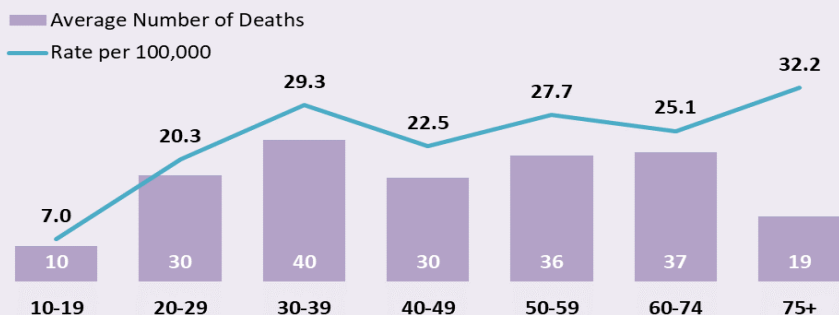


Table 1: Suicide Deaths by Sex and Mechanism, 2011-2020

Mechanism	Female (N=477)	Male (N=1,531)	Total (N=2,008)
Firearms	15.5%	46.2%	38.9%
Suffocation/Hanging	29.6%	31.6%	31.1%
Poisoning	39.6%	10.2%	17.2%
Other	15.3%	12.0%	12.8%

Figure 3: Percent of Suicide Deaths among Veterans of U.S. Armed Forces vs. County Veteran Population, Sacramento County, 2016-2020.

