

# Suicide in Maine - 2018 Update

## A Data Brief: LIFESPAN (Ages 10+)



Paul R. LePage, Governor

Maine Center for  
Disease Control and Prevention  
An Office of the  
Department of Health and Human Services

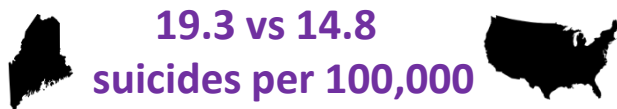
Ricker Hamilton, Commissioner

### SUICIDE DEATHS (2014-2016)<sup>1</sup>

An average of 227 people die by suicide each year in Maine.

The annual rate of suicide in Maine has remained stable since 2000 (Figure 1).

Maine's suicide rate is higher than the United States:



**4th** Suicide is the **fourth** leading cause of death among Maine youth **ages 10-14 years**.

**2nd** Suicide is the **second** leading cause of death among Maine people **ages 15-34 years**.

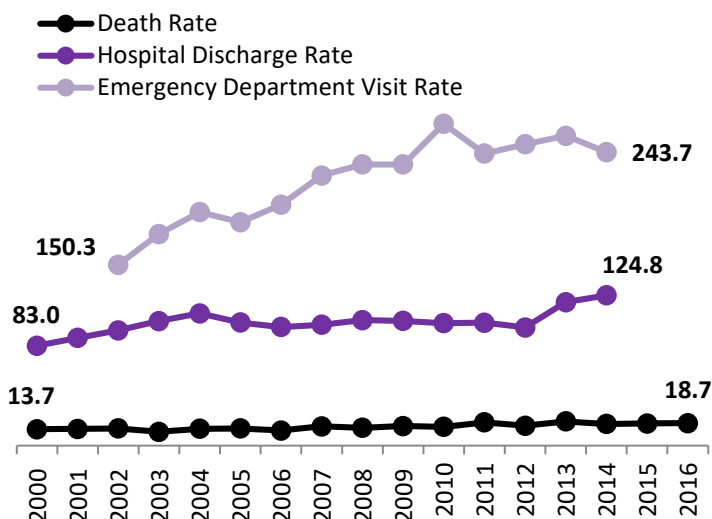
**4th** Suicide is the **fourth** leading cause of death among Maine people **ages 35-54 years**.

Among Mainers ages 10 and older, there are:

**4 suicides for every 1 homicide<sup>1</sup>**

**Figure 1. Age-Adjusted Suicide Deaths, Self-Inflicted Injury Related Hospital Discharges and Emergency Department Visits among Maine residents (ages 10+)**

Rates per 100,000 population<sup>2,3</sup>



Note: Hospital discharge and emergency department visit data not yet available for 2015.

### SUICIDE ATTEMPTS (2013-2014)<sup>3</sup>

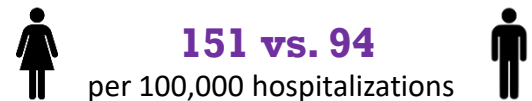
Emergency department visits due to intentional self-inflicted injury have steadily, and significantly, increased since 2001. (Figure 1)

**2,510** Average number of **emergency department visits** annually due to intentional self-inflicted injuries.

**46%** of all intentional self-inflicted injury related **emergency department visits** among Maine youth were among those **ages 15-19 years** old.

Hospital discharges due to intentional self-inflicted injuries were steady until 2012 and significantly increased in 2013. (Figure 1)

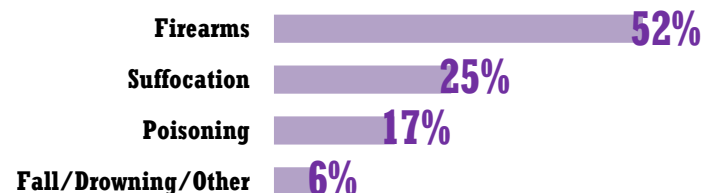
Maine women are more likely to be hospitalized due to intentional self-inflicted injuries than Maine men:



**67%** of all **hospital discharges** related to intentional self-inflicted injuries were among Maine people **ages 10-44 years**.

### SUICIDE METHODS (2014-2016)<sup>1</sup>

Firearms are used in more than half (**52%**) of all suicides; suffocation (including hanging/strangulation) accounts for **25%** of all suicides.



## SUICIDE THOUGHTS & ATTEMPTS

Among Maine adults (ages 18+):

**31,420** Maine adults **considered suicide** in the past year (3%).<sup>4</sup>

Among Maine high school students:

**15%** seriously **considered suicide** in the past year.<sup>5</sup>

and

**7%** attempted **suicide** in the past year.<sup>5</sup>

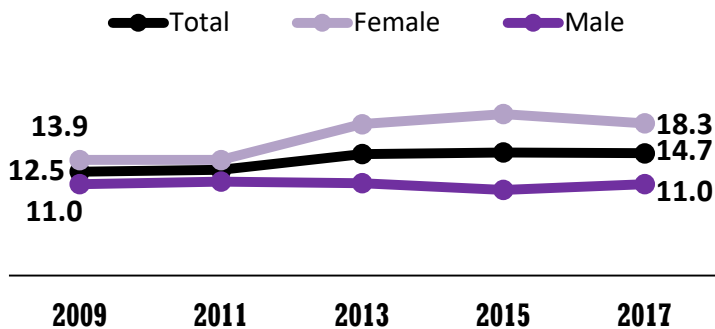
Among Maine middle school students:

**16%** ever **seriously considered suicide**.<sup>5</sup>

and

**6%** ever **attempted suicide**.<sup>5</sup>

**Figure 2. Suicidal Thoughts among Maine High School Students by Sex, (Prevalence, %) <sup>5</sup>**



**Technical Notes:** Age-adjusted rates are adjusted to the year 2000 U.S. population. **Data Sources:** 1. CDC WISQARS, 2014-2016, crude rates (age-adjusted rates not available) 2. Maine Data, Research and Vital Statistics, 2000-2016 3. Maine Health Data Organization, 2013-2014 (2015 data not yet available) 4. Maine Behavior Risk Factor Surveillance System, 2011, 2012 & 2014 5. Maine Integrated Youth Health Survey, 2017

## DISPARITIES: Sex, Sexual Orientation, Transgender

**Men are more likely to die by suicide than women.**

Suicide is **3.5x** more likely among males than females; **78%** of all suicides in Maine in 2014-2016 were among men.<sup>1</sup>

**Firearms** are the most common suicide method among men (**60%** of all suicides among men).<sup>1</sup>

**Poisoning** is the most common suicide method among women (**43%** of all suicides among women).<sup>1</sup>

**High school girls are significantly more likely to consider suicide than high school boys.**<sup>5</sup>



**High school students who are gay, lesbian, bisexual, transgender or unsure of their gender identity are more likely to consider and attempt suicide.**

In 2017, **36%** of gay or lesbian and **43%** of bisexual Maine high school students reported suicidal thoughts in the past year compared to **11%** of heterosexual students.<sup>5</sup>

**19%** of gay or lesbian and **19%** of bisexual Maine high school students reported attempting suicide within the past year compared to **6%** of heterosexual students.<sup>5</sup>

**54%** of transgender Maine high school students reported suicidal thoughts within the past year compared to **14%** of non-transgender students.<sup>5</sup>

### MAINE SUICIDE PREVENTION PROGRAM

Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services

For more information or suicide prevention materials, visit [www.maine-preventionstore.com](http://www.maine-preventionstore.com) or contact: [samhs.irc@maine.gov](mailto:samhs.irc@maine.gov)

1.800.499.0027 (Maine only) or 207.287.8900 TTY Use Maine Relay: 711, [www.maine.gov/suicide](http://www.maine.gov/suicide)

**STATEWIDE TOLL-FREE CRISIS LINE: 1.800.568.1112**

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