

From the desk of  
 Senator Sara Gelman  
 SJZ



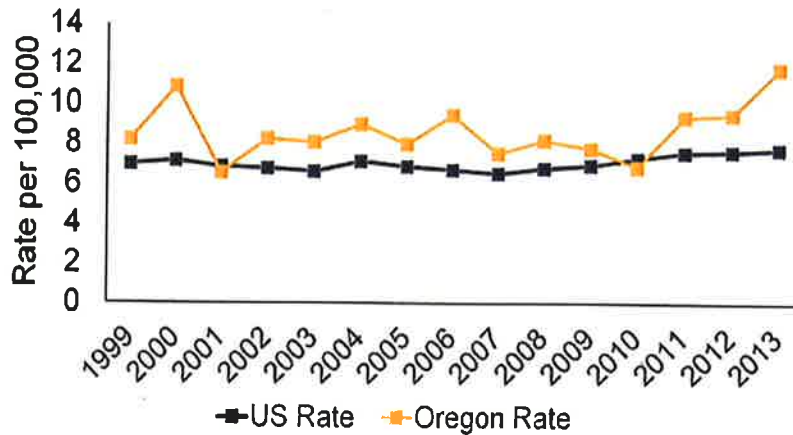
# Suicide in Oregon: Adolescents and Young Adults

PUBLIC HEALTH DIVISION  
 Injury and Violence Prevention Program

## Basic Facts

- Suicide was the second leading cause of death among persons 10-24 years of age in Oregon in 2013.
- Oregon suicide rates among persons 10-24 years of age have increased since 2010. This trend is not observed with the same age group in the US overall.
- The majority of suicides between 2003 and 2012 occurred among males (82%), Whites (92%), and persons 20-24 years of age (65%) (Table 1).
- Between 2003-2012, males in Oregon 10-24 years of age were 4.3 times more likely to die by suicide than females of the same age group.
- In Oregon, the suicide rate is lower among persons 10-14 years of age (1.2 per 100,000) compared to persons 20-24 years of age (16.8 per 100,000).
- The suicide rate among Oregon veterans 18-24 years of age was 85.9 per 100,000 in 2013— almost six times higher than the state average rate for the same age group of non-veterans.
- Firearms were involved in most deaths (52%) deaths, followed by hanging (34%).

**Figure 1. Age-specific Suicide Rates among Adolescents and Young Adults, 10-24 years of age, Oregon and US, 1999-2013**



**Table 1. Characteristics of suicides among adolescents and young adults 10-24 years of age, Oregon, 2003-2012.**

		Deaths	Percent of total	Rate per 100,000
Age (Years)	10-14	29	4%	1.2
	15-19	201	31%	7.8
	20-24	421	65%	16.8
Sex	Male	532	82%	13.9
	Female	119	18%	3.2
Race/ Ethnicity	White	600	92%	9.0
	African American	14	2%	5.8
	Am. Indian/Native Alaskan	13	2%	6.3
	Asian/Pacific Islander	20	3%	5.2
	Hispanic	70	11%	6.0
Veteran (18-24 years of age)		32	5%	85.9
Mechanism of death	Firearm	336	52%	4.5
	Hanging/Suffocation	221	34%	2.9
	Poisoning	48	7%	0.6
	Other	46	7%	0.6

Data sources for Figure 1, Tables 1 & 2: Oregon Violent Death Reporting System; CDC WQARS. National Center for Health Statistics population estimates. Data



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**Table 2. Common circumstances surrounding suicide incidents by sex, ages 10-24 years, Oregon, 2003-2012.**

Circumstance	Males (N=532)		Females (N=119)		All (N=651)	
	Count	%	Count	%	Count	%
Mentioned mental health problems *	348	65	88	74	436	67
Diagnosed mental disorder	171	32	66	55	237	36
Problem with alcohol	83	16	14	12	97	15
Problem with other substance	83	16	24	20	107	16
Current depressed mood	210	39	54	45	264	41
Current treatment for mental health problem **	127	24	55	46	182	28
Broken up with boy/girlfriend, Intimate partner problem	185	35	47	39	232	36
Suicide of family member or friend within past five years	14	3	3	3	17	3
Family stressor(s)***	66	32	27	49	93	36
History of abuse as a child	2	1	8	15	10	4
A crisis in the past two weeks	207	39	45	38	252	39
Recent criminal legal problem	79	15	3	3	82	13
School problem	44	8	11	9	55	8
Disclosed intent to die by suicide	199	37	44	37	243	37
Left a suicide note	157	30	46	39	203	31
History of suicide attempt	95	18	48	40	143	22

\*Includes diagnosed mental disorder, problem with alcohol and or other substance, and or depressed mood. \*\*Includes treatment for problems with alcohol and or other substance. \*\*\* Data are not collected before 2009. Data source: Oregon Violent Death reporting System.

## Suicide Attempt Hospitalizations

- Suicide attempt hospitalization rates were highest among persons 15-24 years old (86 per 100,000) in 2013.

## Suicidal Ideation\*

- Approximately 17% of 8th graders and 11th graders in Oregon reported seriously considering suicide in the past 12 months (2013).
- Nearly 10% of 8th graders and 8% of 11<sup>th</sup> graders reported having attempted suicide one or more times in the previous 12 months in 2013. Female students were more likely to report seriously considering suicide and having attempted suicide than male students.

## Resources

### Suicide intervention skills training programs:

- QPR (Question, Persuade, Refer): [www.qprinstitute.com/](http://www.qprinstitute.com/)
- ASIST (Applied Suicide Intervention Skills Training): [www.livingworks.net/programs/asist/](http://www.livingworks.net/programs/asist/)
- SafeTALK (Safe Tell, Ask, Listen, and KeepSafe): [www.vspp.org/training/safetalk.htm](http://www.vspp.org/training/safetalk.htm)

- Kognito: [www.kognito.com](http://www.kognito.com)
- Mental Health First Aid: [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)

Training for Clinicians: Assessing & Managing Suicide Risk  
Comprehensive school-based suicide prevention program:  
[www.columbiacare.org/Page.asp?NavID=99](http://www.columbiacare.org/Page.asp?NavID=99)

### Crisis lines:

- National Suicide Prevention Lifeline: 1-800-273-8255
- Oregon County Crisis Lines: [public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/cntymap.aspx](http://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/cntymap.aspx)

### Other:

- Suicide Prevention Resource Center: [www.sprc.org/](http://www.sprc.org/)

### Oregon Youth Suicide Prevention Coordinator:

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