Suicide in Missouri: Where We Stand

- **Over 1,100 Missourians died by suicide in 2017.** More people died by suicide than from motor vehicle accidents, opioid overdoses or homicide.

- **Suicide is the 10th leading cause of death** in Missouri and nationally.
  - 2nd leading cause of death among 15-34 year-olds
  - 4th leading cause of death among 35-54 year-olds

- Rates have **increased by over 36%** since 1999.

- **Missouri is ranked 19th highest** in the nation with a suicide rate of 18.49 in 2017 (per 100,000, age-adjusted). The national rate is 14.00.

- **80%** of those who died by suicide were male and **92%** were Caucasian.

- **61%** of all suicides in 2017 involved firearms, followed by suffocation (24%) and poisoning (14%).

### Suicide Rates (2007-2017)
(Per 100,000, age-adjusted)
Suicides by Age, Race, and Gender

Suicide rates are highest among Caucasian men between 25-54 and 85 and older.

Rates for Caucasian women peak between 45-64 and then decline.

Rates peak for African American men between 18 and 24 and then steadily decline.

Rates for African American women are very low, peaking between 18 and 24 and then declining.


In this age group, suicides are highest among 18-24 year-olds.

3rd leading cause of death for youth ages 10-14.

Rates have remained relatively unchanged since 1999.

One out of eight (12%) middle school students seriously considered suicide in the past year, 9% planned a suicide, and 6% attempted suicide (Missouri Student Survey (MSS), 2018).

Among high school students, one in six (17%) seriously considered suicide, 13% planned a suicide, and 7% attempted suicide. Ideation rates for females were higher than for males (18% vs. 10%) (MSS, 2018).

One in five college students (21%) reported seriously considering suicide in the past year (Missouri Assessment of College Health Behaviors (MACHB), 2018).

Full-time students ages 18-22 were less likely to attempt suicide than others their age (National Survey on Drugs and Health (NSDUH, 2013).

LGBTQ college students were more than two times more likely to have had suicidal thoughts than non-LGBTQ students, and were almost five times as likely to have made a suicide attempt (41% vs. 18%) (MACHB, 2018).

**Suicidal Ideation: Students who "Seriously Considered Suicide" in the Past Year (2018)**

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<th>Middle School</th>
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<th>College</th>
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Suicides Among Adults: 25-64

- The suicide rate for 25-64 year-old males rose from 30.51 per 100,000 in 2007 to 40.33 in 2017.
- To a lesser extent, rates have also climbed among females, from 8.45 in 2007 to 10.15 in 2017.

Suicide rates for African American males have increased from 14.43 to 15.68 per 100,000 between 2007 and 2017.

Most at risk for suicide are Caucasian males, whose rates increased from 33.01 to 40.51 per 100,000 between 2007 and 2017.

For Additional Information on this population, including what Missouri Department of Mental Health is doing and how you can help, go to www.helphimstay.org

Suicides Among Adults 80 and Older

- Between 2007 and 2016, 491 older adults killed themselves in Missouri. 89% were male.
- Of Missourians in this age group, the suicide rate is highest among white males.
- Suicide rates among older adults in Missouri have fluctuated since 2007. Rates were highest in 2014 compared to prior years, but have declined in 2015 and 2016.
Means of Suicide

- In 2017, 61% of all suicides involved firearms.
- Firearms were the primary means for adults (61%) and youth under 18 (61%) in 2017.
- Males were more likely than females to use a firearm (68% vs. 42%).
- Use of firearm-related suicides increases with age.

Intentional Self-Injuries***

- In 2015, 6,352 Missourians were treated in emergency rooms or were hospitalized for intentional self-injuries.
- Poison or drug/alcohol overdose accounted for 69% of intentional self-injuries; 16% were cutting or piercing behaviors.
- From 2001 to 2011, intentional self-injuries rose significantly. Since then, they have declined steadily.
- In 2015, there was one suicide for every six intentional self-injuries.
- Self-injury is most common among females 15-17, where rates are more than twice that of males of the same age.
- Males and females 20 and older have similar intentional self-injury rates.
- 64% of all poisoning/overdoses were by females.
- 84% of all firearm self-injuries were by males.
- The rate of intentional self-injury declined as age increased, regardless of race or sex.

*U.S. suicide rates and Missouri means data are from the Centers for Disease Control’s Web-based Injury Statistics Query and Reporting System (WISQARS), 2017. Missouri data are from Missouri Information for Community Assessment (MICA) Death Data, 2017.
**Firearms” include pistols, rifles, and shotguns; “Suffocation” includes hanging and asphyxiation; “Poisoning” includes drug overdoses; “Other” includes jumping, cutting, drowning, and unspecified/other.
***Intentional self-injury data are from the Missouri Information for Community Assessment (MICA) Injury Data, 2018. Some but not all intentional self-injuries are suicide attempts and many suicide attempts do not result in in-patient or Emergency Department admissions.

Missouri Institute of Mental Health at the University of Missouri-St. Louis

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