

# SUICIDE in MAINE - 2016

A Data Brief: YOUTH (Ages 10-24)



Maine Center for Disease Control and Prevention

An Office of the Department of Health and Human Services

Paul R. LePage, Governor

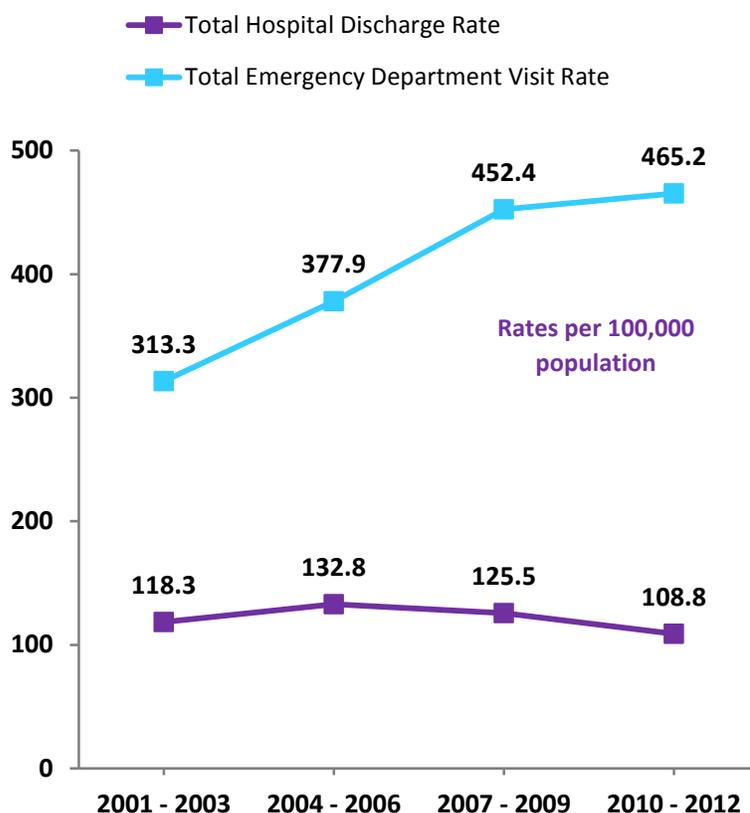
Mary C. Mayhew, Commissioner

## SUICIDE DEATHS

In 2011-2013 there were 79 suicide deaths among Maine youth ages 10-24 (ages 10-14: six deaths, ages 15-19: 25 deaths, and ages 20-24: 48 deaths).<sup>1</sup>

- In Maine and the U.S., suicide was the second leading cause of death among youth ages 10-24 in 2011-2013. (ME: ages 10-14: 1<sup>st</sup>, ages 15-19: 2<sup>nd</sup>, ages 20-24: 3<sup>rd</sup>)<sup>1</sup>
- More male Maine youth (67) died by suicide than female youth (12). Of every six youth suicides, five were male.<sup>1</sup>
- In 2011-2013, the suicide rate among Maine youth ages 10-24 was higher than the U.S. rate - **10.9 vs. 8.0 suicides per 100,000**.<sup>1</sup>

Figure 1. Age-Adjusted Intentional Self-Inflicted Injury Related Hospital Discharges and Emergency Department Visits among Maine Youth, 2001-2012<sup>2</sup>



## SUICIDE ATTEMPTS

The rate of intentional self-inflicted injury related emergency department visits steadily, and significantly, increased since 2001. (Figure 1)<sup>2</sup>

In 2010-2012:

- There were, on average, 1,160 **emergency department visits** annually due to intentional self-inflicted injuries among Maine youth.<sup>2</sup>
- Fifty percent of all youth intentional self-inflicted injury related **emergency department visits** were among Maine people ages 15-19 years old from 2010-2012.<sup>2</sup>

The rate of hospital discharges due to intentional self-inflicted injuries remained steady since 2001. (Figure 1)<sup>2</sup>

In 2010-2012:

- There were, on average, 272 **hospital discharges** annually due to intentional self-inflicted injuries among Maine youth ages 10-24.<sup>2</sup>
- The age-adjusted **hospital discharge rate** due to intentional self-inflicted injuries was significantly higher among female youth than male youth (138.3 vs. 80.9 per 100,000).<sup>2</sup>
- Eighty-seven percent of all **hospital discharges** due to intentional self-inflicted injuries among Maine youth were among youth ages 15-24 years old.<sup>2</sup>

## SUICIDE METHODS

- Firearms were the leading method of suicide death among youth ages 10-24 years, used in **52 percent** (41) of all youth suicides in Maine in 2011-2013.<sup>3</sup>
- The second leading method of youth suicide, suffocation (including hanging/strangulation), accounted for **35 percent** (28) of all youth suicides in Maine.<sup>3</sup>

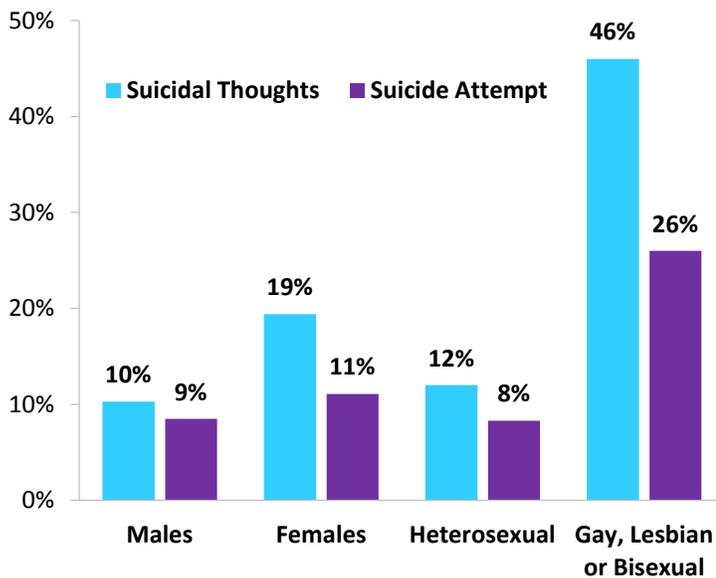
## SUICIDAL THOUGHTS & ATTEMPTS

Suicidal thoughts and attempts are a concern among Maine students.

In 2015:

- **Fifteen percent** of Maine high school students and **16 percent** of Maine middle school students reported they had seriously considered suicide (within the past year for high school; ever for middle school).<sup>4</sup>
- **Ten percent** of Maine high school students and **six percent** of Maine middle school students reported attempting suicide (within the past year for high school; ever for middle school).<sup>4</sup>

**Figure 3. Suicidal Thoughts & Attempts, 2015** (by Sex & Sexual Orientation among Maine High School Students)<sup>4</sup>



## DISPARITIES: Gender & Sexual Orientation

Male youth are more likely to die by suicide than female youth. However, female youth are more likely to attempt suicide than male youth.

- Suicide is **5.5 times** more likely among male youth than female youth – **85 percent** of all Maine youth suicides in 2011-2013.<sup>3</sup>
- In 2015, high school girls were significantly more likely to consider suicide (**19 percent**) than high school boys (**10 percent**). (Figure 3).<sup>4</sup>
- Female youth ages 10-24 years have significantly higher rates of emergency department visits and hospitalization due to intentional self-inflicted injuries and **emergency department visits** than male youth.<sup>2</sup>

Maine high school students who are gay, lesbian or bisexual are more likely to consider and attempt suicide.

- In 2015, among gay, lesbian or bisexual Maine high school students, **46 percent** reported suicidal thoughts compared to **12 percent** of heterosexual students (Figure 3).<sup>4</sup>
- **Twenty-six percent** of gay, lesbian or bisexual Maine high school students reported having attempted suicide within the past 12 months compared to **eight percent** of heterosexual students (Figure 3).<sup>4</sup>

**Technical Notes:** Age-adjusted rates are adjusted to the year 2000 United States population. **Data Sources:** 1. CDC WISQARS, 2011-2013 2. Maine Health Data Organization, 2010-2012 3. Maine Data, Research and Vital Statistics, 2011-2013 4. Maine Integrated Youth Health Survey, 2015.

### 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, 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**



Department of Health  
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Maine People Living  
Safe, Healthy and Productive Lives

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