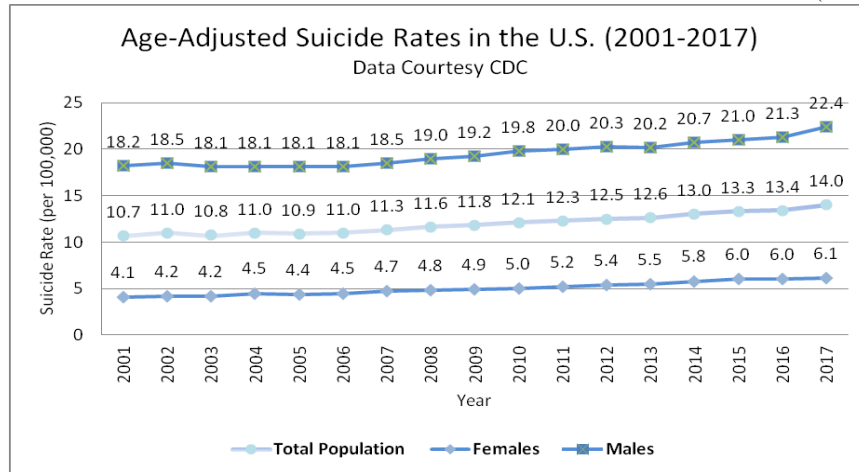
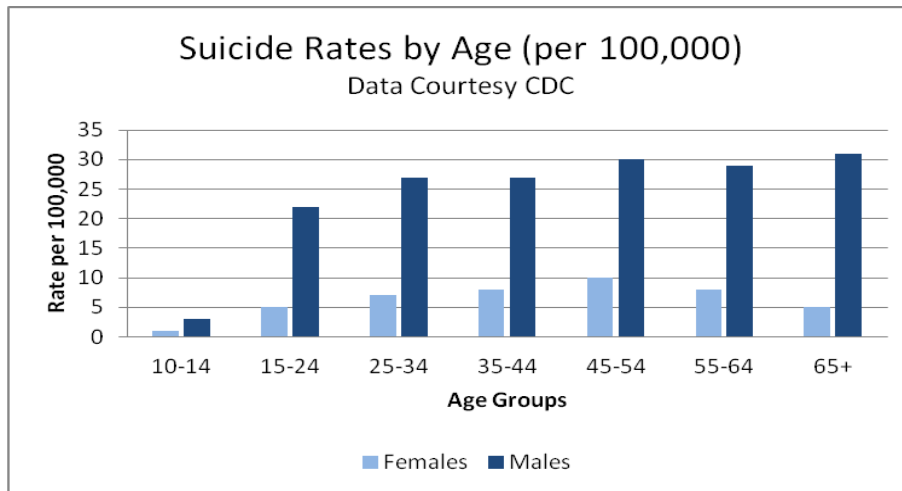


## Suicide is a leading cause of death in the United States

According to the Center of Disease Control and Prevention (CDC), suicide was the tenth leading cause of death in the United States in 2017, with 14.0 deaths per 100,000 population which is over twice the number of deaths by homicide. The suicide rate of males was nearly 4 times that of female rates (1,5). From 2001 to 2017, the overall suicide rate increased by 31%, (2) (Figure 1) and in 2018 alone, 48,344 Americans lost their lives to suicide.(3)



**Figure 1:** Age-adjusted suicide rates in the United States between years 2001 and 2017 for total population as well as for males and females presented separately. Rate is in individuals per 100,000 population. (2)

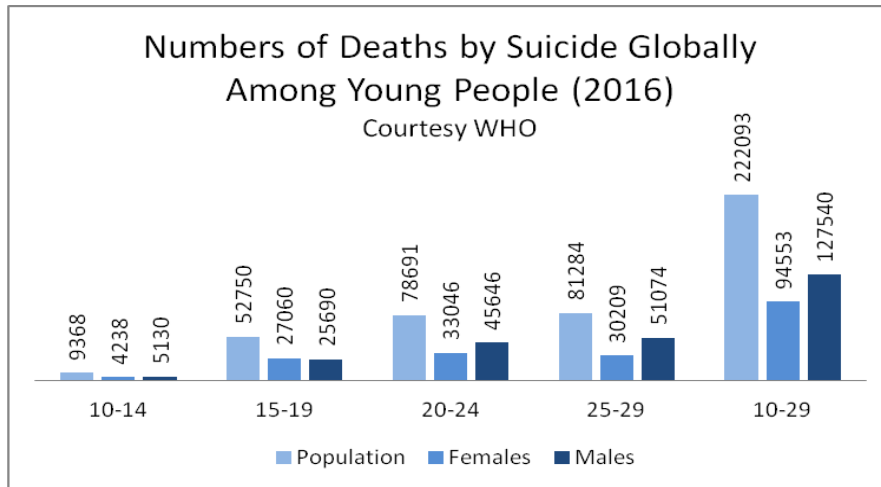


**Figure 2:** Crude rates of suicide within age and gender categories in 2017(2)

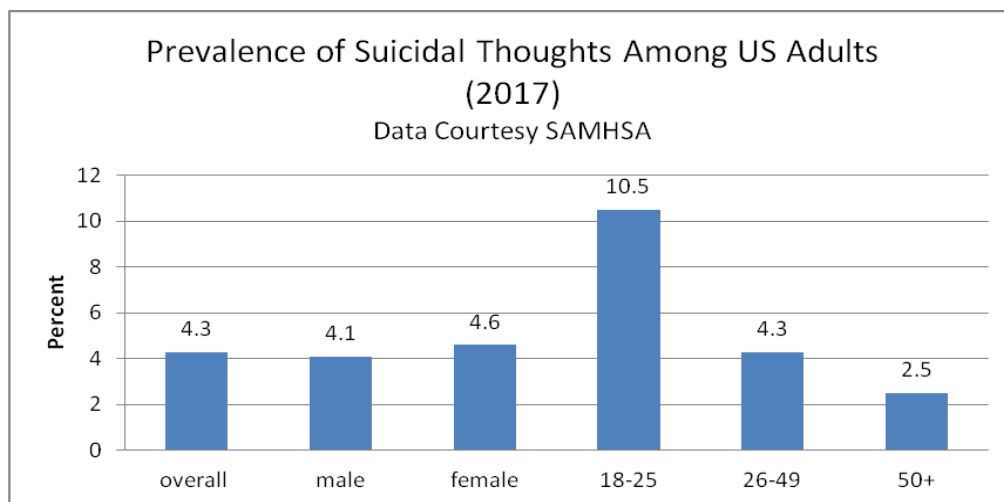
## Suicide rates in teens and young adults is increasing

Globally, suicide is the 2nd leading cause of death in individuals 15 - 24 years of age. (6) (Figure 3) Suicide was the second leading cause of death among individuals between the ages of 10-34, second only to unintentional injury. Globally, suicide is the 2nd leading cause of death for people 15 - 24 years of age. (6) (Figure 3)

The CDC found that in the US the suicide rate climbed 56% between 2007 and 2017, for people ages 10 to 24 years old. In addition to actual suicide, the rate of suicidal thoughts was also found to be highest amongst 18 to 25 year olds (2017). (2) (Figure 4)



**Figure 3:** The number of global suicides of youth and young adults, with total population, males and females represented. Courtesy World Health Organization



**Figure 4:** The highest prevalence of suicidal thoughts is among adults aged 18-25 (10.5%).

## Suicide and homelessness

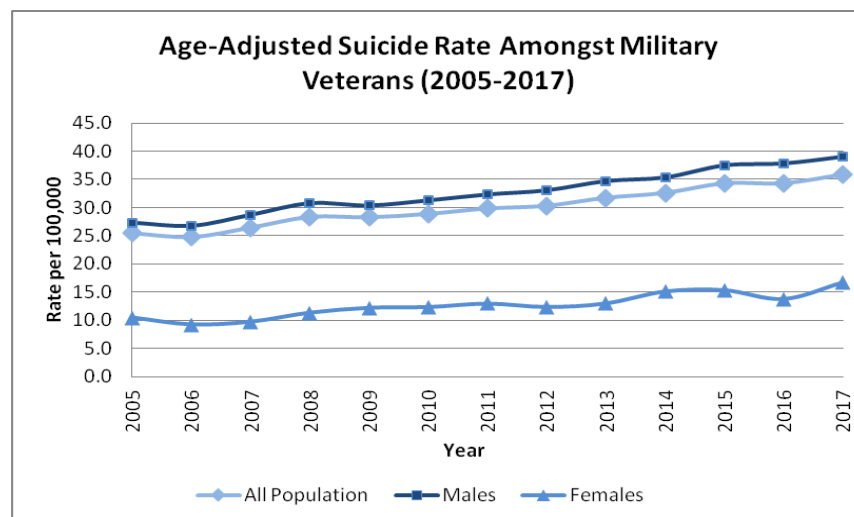
Homeless populations are among the most unsupported populations within the U.S. and have a suicide rate estimated to be nine times that of the general population. This amounts to 112.5 deaths by suicide per 100,000 homeless compared with 12.5 per 10,000, which is the national average. <sup>(8)</sup>

A report was conducted by the U.S. Department of Housing and Urban Development (HUD) entitled the 2017 Annual Homeless Assessment Report to Congress, in which it was stated that close to 554,000 individuals in the U.S. are homeless on any given night. This amounts to 17 per 10,000 people.

Intervention and screening tools have been somewhat effective in preventing suicide in general populations, however few of these programs have been tested with homeless populations, and no programs have been targeted to diverse groups including certain ethnic and sexual minorities. <sup>(9)</sup>

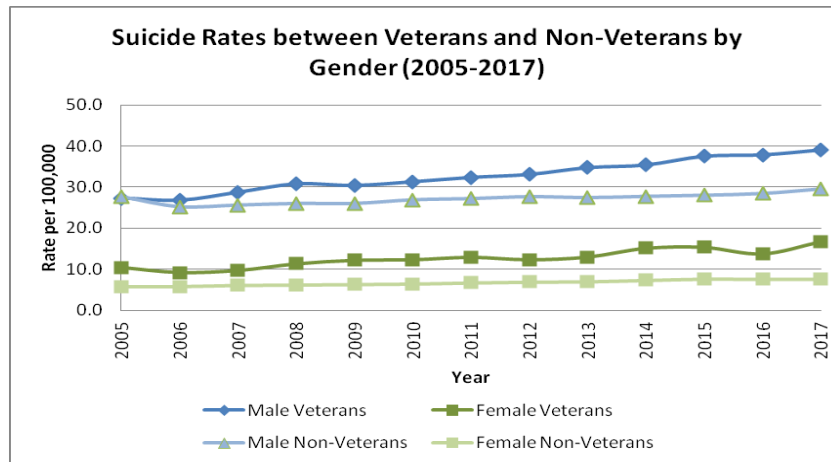
## Suicide among veterans

Of the 45,390 American adults who died by suicide in 2017, 6,139 of those were U.S. Veterans. When comparing these death rates of veterans with non-veterans, veterans are 1.5 times at greater risk than non-Veterans. Though veterans account for 7.9% of the population, veteran suicide in 2017 accounted for 13.5% of suicides<sup>(4,12)</sup>. It is thought that veterans are at increased risk to suicide due to a combination of factors. These include Post Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI), which can also lead to substance abuse. <sup>(10)(11)</sup> According to a report by the Veterans Affairs (VA), revised in 2019, the age-adjusted rate of veteran suicide, including both males and females has steadily increased from 2005 through 2017. As with the entire U.S. population, males account for the majority of these deaths, although suicide among female veterans has also been increasing. <sup>(12)</sup> (Figure 5)



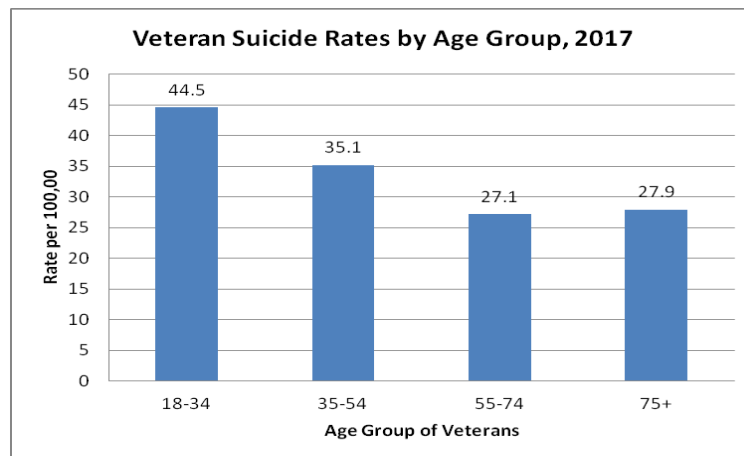
**Figure 5:** Suicide rates of males, females, and all populations have steadily increased between the years 2005 and 2017.

Suicide rates for male veterans increased by 43% increase compared to male non-veterans, and female veterans saw a 65% increase compared non-veteran females. (12)(13)(Figure 6)

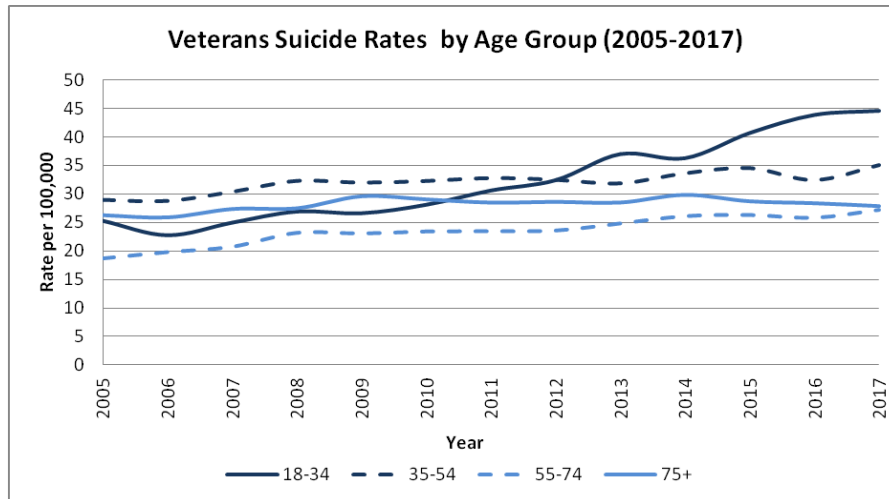


**Figure 6:** Men and women veterans are at greater risk of suicide than are their non-veteran counterparts. These rates have increased more between 2005 and 2017.

The age group of veterans to see the highest increase in suicides is the youngest, which is consistent with national and global data. In 2017 veterans in the 18-34 age range suffered 44.5 deaths per 100,000, significantly higher than the other age groups examined. (12)(13)(Figure 7) Over 2005-2017, the 18-34 year old group also showed the sharpest increase in deaths by suicide, far greater than all other age groups. (Figure 8)



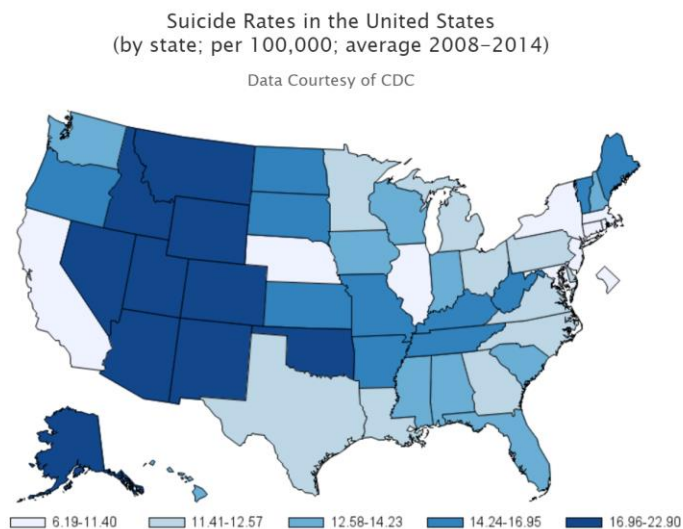
**Figure 7:** In 2017, veterans in the 18-34 age group had a significantly higher rate of death by suicide than all other age groups.



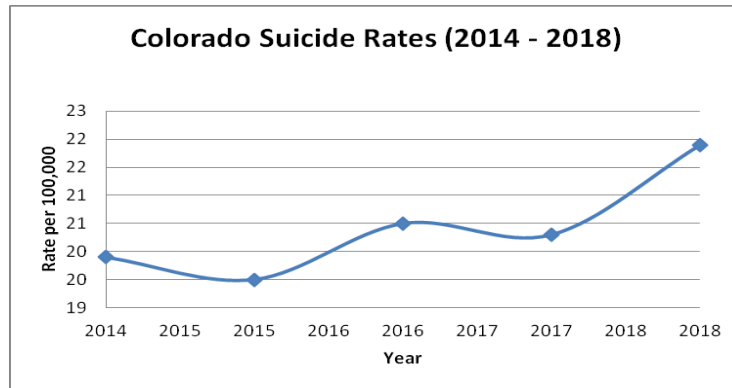
**Figure 8:** Between 2005 and 2017, the age group with the greatest increase in deaths by suicide was the 18-34 year old group.

## Suicide rates in Colorado

The mountain states and Alaska represent some of the highest death rates by suicide than the rest of the nation. Colorado has the 7th highest rate behind Utah, Idaho, Alaska, Montana, New Mexico and Wyoming according to data from 2018. Between 2014 and 2018, the rate in Colorado rose from 19.9 per 100,000 to 21.9 per 100,000. (14) (Figures 9-10)

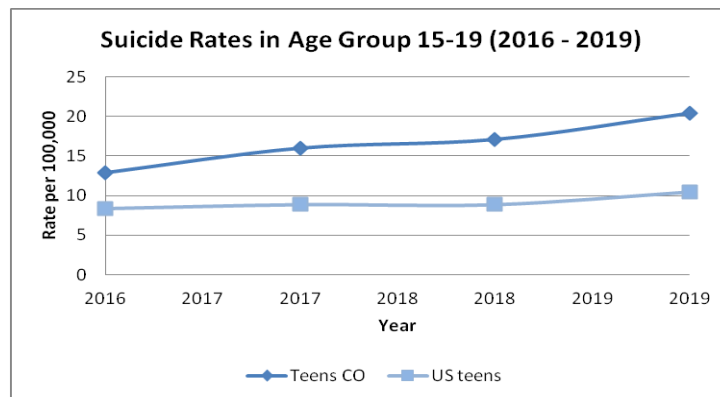


**Figure 9:** Between 2008 and 2014, with few exceptions, the mountain state region and Alaska had the highest suicide rates in the nation. This trend continued into 2018.

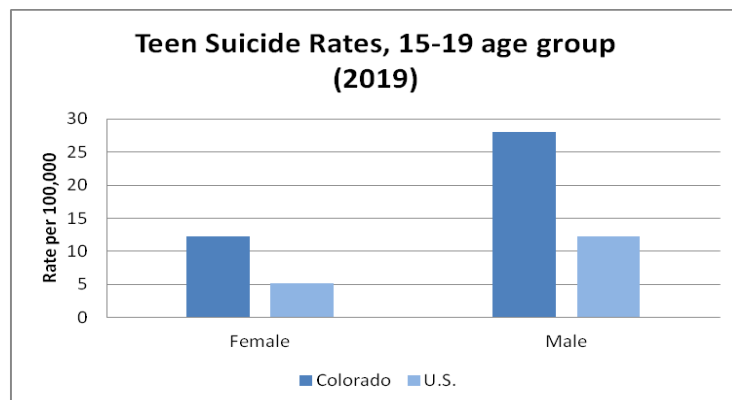


**Figure 10:** Colorado suicide rates between 2014 and 2018 continued to rise.

Among the differing age groups, one of the most startling is in the 10-24 year old age group. In 2017, suicide was the leading cause of death for youth and young adults in the 10-24 year age group living in Colorado. (15) The suicide rate of Colorado teens aged 15-19 increased by 55% between 2016 and 2019, outranking the U.S increase of 25% between those same years. (Figure 11) Furthermore this trend was seen in both male and female populations (16) (Figure12)



**Figure 11:** Between 2016 and 2019, there has been a steady increase in suicides among Colorado teens aged 15-19, with those numbers much higher than other states.



**Figure 12:** Teen suicides in Colorado males and females were significantly higher than the overall U.S. population.

Clearly the numbers indicate that youth and young adults are at extremely high risk of suicide in Colorado, this country and globally. To that end, we at #themarshalleffect dedicate ourselves to increasing awareness and reaching out in any way possible to help reverse this trend.

If you or anybody that you know is in need of help please contact the

***NATIONAL SUICIDE PREVENTION LINE***

***#:1-800-273-8255***

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- (4) <https://www.sprc.org/scope/age>
- (5) <https://save.org/about-suicide/suicide-facts/>
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