

Suicide in Michigan: A Hidden Health Issue

Suicide is the leading cause of injury death in Michigan

Leading Causes of Injury Death, 2009

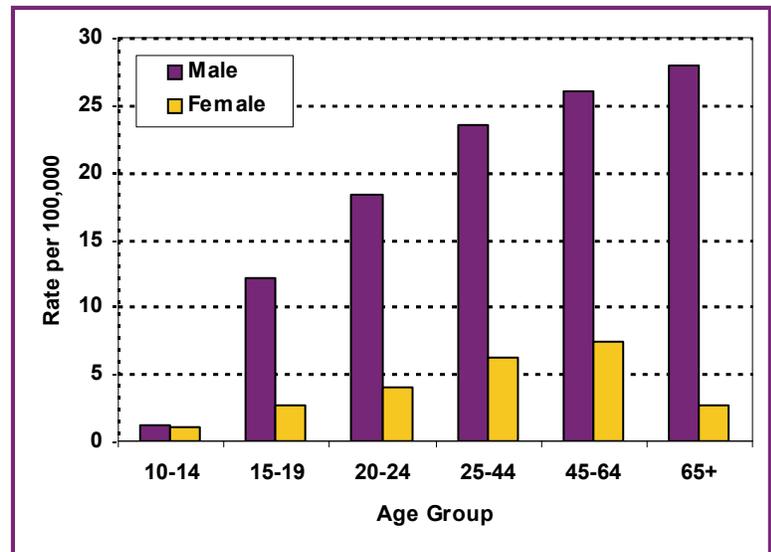
<u>Leading Causes of Injury Death, 2009</u>	<u>Number</u>
1. Suicide	1,164
2. Accidental Poisoning	1,082
3. Motor Vehicle Crash	894

- Suicide is more common among males than females, and rates generally increase with age for both sexes.
- The leading method of suicide for males is a firearm (55%); for females it is poisoning (45%).

Suicide rates were highest among males 65 years and older. The overall rate was 4 times higher among males than females.

- The lifetime cost of medical care for persons dying by suicide and those being hospitalized following a suicide attempt in 2009 is an estimated \$51 million (this figure does not include the cost of treatment of less serious injuries treated in emergency departments, outpatient settings, physicians' offices or mental health care costs).

Suicide Rates by Age and Sex Michigan, 2007-2009

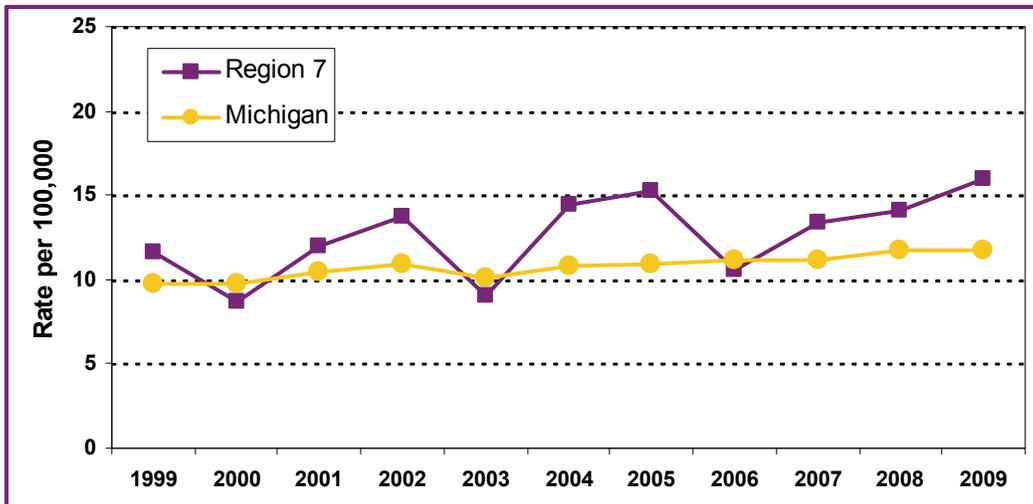


What can be done to reduce suicide in Michigan?

- Improve public awareness of suicide as a public health issue. Educate the public on how to identify suicide risk factors such as depression.
- Disseminate effective methods to reduce stigma associated with mental illness and substance abuse to reduce barriers for people reluctant to seek the appropriate help.
- Enhance services and programs
 - Encourage primary care providers to improve their ability to recognize and treat substance abuse and major mental illnesses associated with suicide risk.
 - Reduce barriers for treatment by implementing incentives for public and private insurance programs to provide quality mental health treatments.

Emergency Preparedness Region 7† Suicide Rate = 26% Higher than State Rate

Long-term Trends in Suicide Rates Region 7 and Michigan, 1999–2009



The Region 7 suicide rate exceeded the state rate for most years between 1999 and 2009

Comments for recent years (2007-2009)

- The average annual suicide rate for region 7 (14.5 deaths per 100,000) was 1.3 times the state rate (11.5 per 100,000). This was statistically significant.*
- Annually, an average of 64 Region 7 residents died from suicide.
- Males comprised 79% of decedents.

†Counties in Emergency Preparedness Region 7 include Roscommon, Crawford, Missaukee, Wexford, Manistee, Benzie, Grand Traverse, Kalkaska, Otsego, Antrim, Leelanau, Charlevoix, Emmet, Cheboygan, Presque Isle, Montmorency, and Alpena.

* $P < .002$ meaning that the probability that the observed difference in suicide rates between the state and Region 7 could have arisen by chance alone, and that this difference does not reflect any true differences in suicide between the state and the region, is less than 1 in 2,000.

For more information about suicide, visit <http://www.michigan.gov/injuryprevention> or contact the Injury and Violence Prevention Section at the Michigan Department of Community Health at 517-335-9518.