

Suicide is a serious public health problem that can have long-lasting harmful effects on individuals, families, and communities. The causes of suicide are complex and determined by multiple factors. Suicide prevention focuses on promoting resilience and reducing risk factors. Risk factors for suicide include previous suicide attempts, history of depression or mental illness, alcohol or drug misuse, physical illness, and feelings of isolation.

Source: Centers for Disease Control and Prevention



There were 186 suicide deaths in Sacramento County in 2016, a rate of 12.3 per 100,000 population. The County rate decreased 6.2% compared to 2015 but remained above the Healthy People 2020 goal of 10.2 [Figure 1]. Whites have consistently had the highest rates of suicide. In 2016 Whites had a higher suicide rate than that of any other racial/ethnic group in the County.

Older persons are at highest risk of suicide; the largest number of suicide deaths occurs among persons age 50-59 and the highest rate of death occurs among persons age 75 and older [Figure 2]. Adolescents and teens age 10-19 have the lowest rate of suicide of any age group in the County.

Males account for about three quarters (75.4%) of all suicide deaths in the County. The most common mechanism of injury for male suicide deaths is firearms, whereas the most common mechanism of injury for female suicide deaths is poisoning [Table 1].

Data Sources: Vital Records Business Intelligence System 2007-2016 (deaths); CA Dept. of Finance Population Projections 2010-2016 (denominators).

Figure 1: Suicide Rates by Select Race/Ethnicity, Sacramento County, 2010-2016

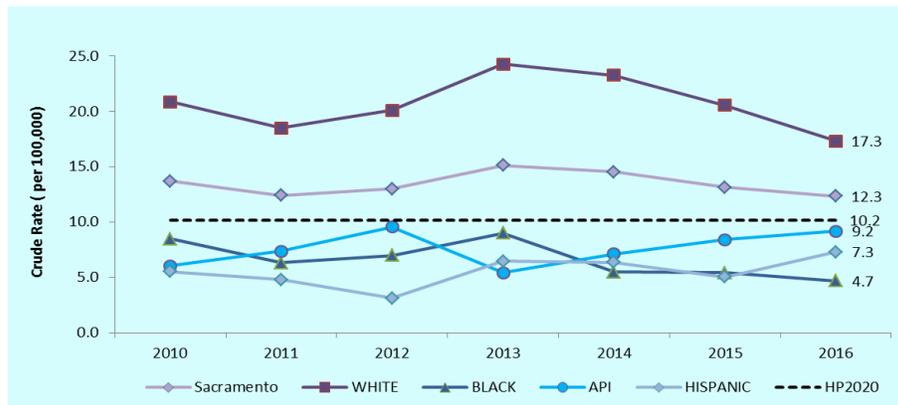


Figure 2: Three-Year Average Suicide Deaths and Suicide Rates by Age Group, Sacramento County, 2014-2016

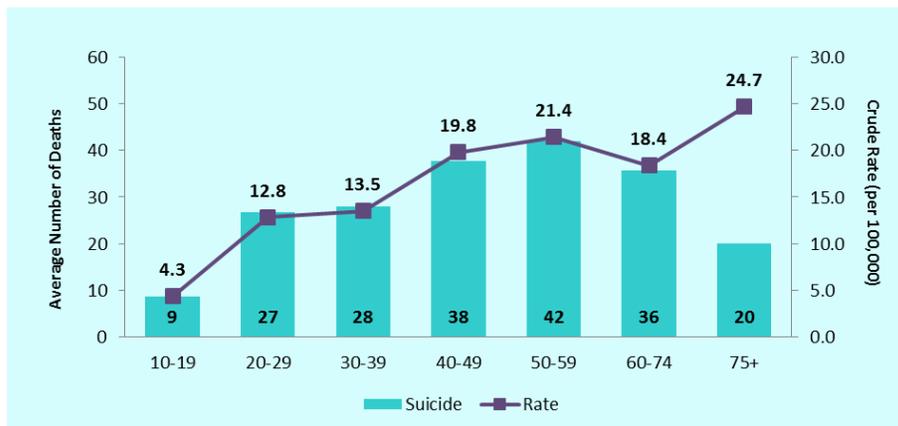


Table 1: Suicide Deaths by Sex and Mechanism of Injury, Sacramento County, 2007-2016

Mechanism	Female (%) (n=465)	Male (%) (n=1,423)	Total (%) (n=1,888)
Firearms	14.8	45.9	38.2
Suffocation/Hanging	24.7	29.7	28.4
Poisoning	48.4	12.2	21.1
Other	26.9	12.3	12.2

Need Help? Know Someone Who Does?

Contact the National Suicide Prevention Lifeline. It's free and confidential.

1-800-273-8255

You'll be connected to a skilled, trained counselor in your area.