

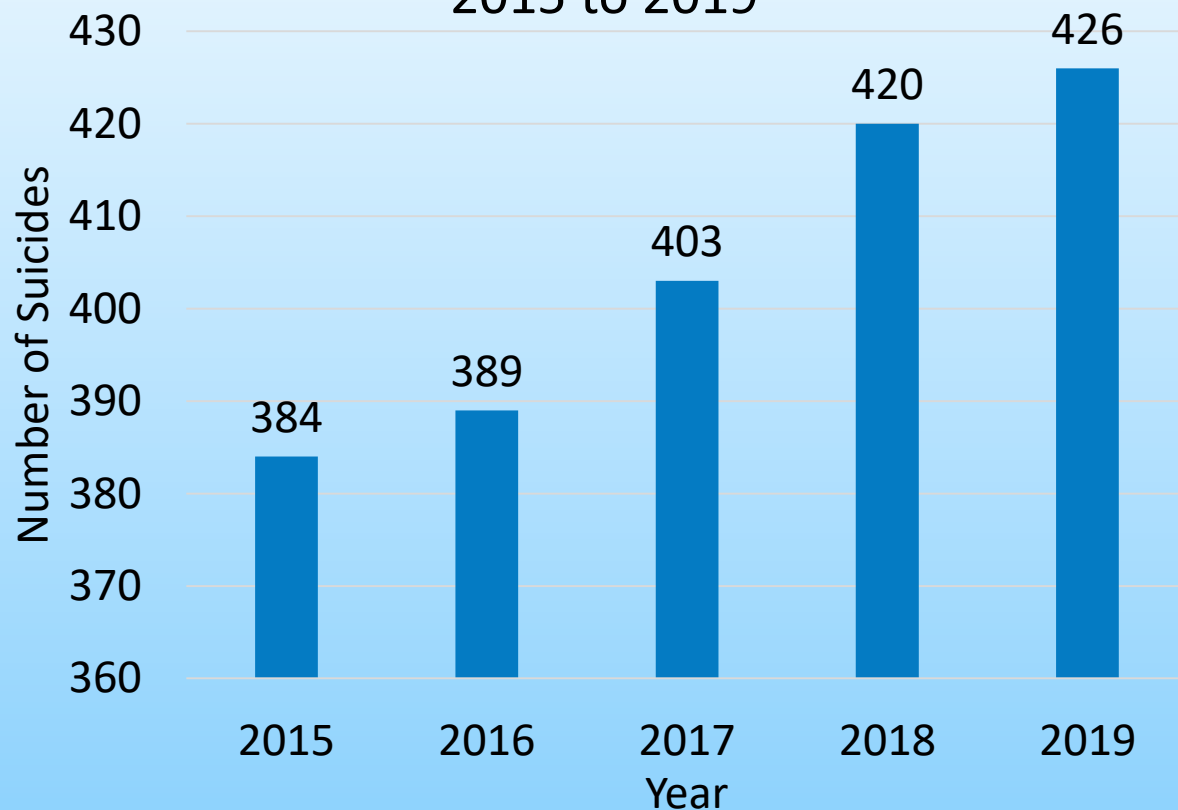
Suicides: The Connecticut Landscape 2015 to 2019

Presented by Michael Makowski, MPH
September 10, 2020

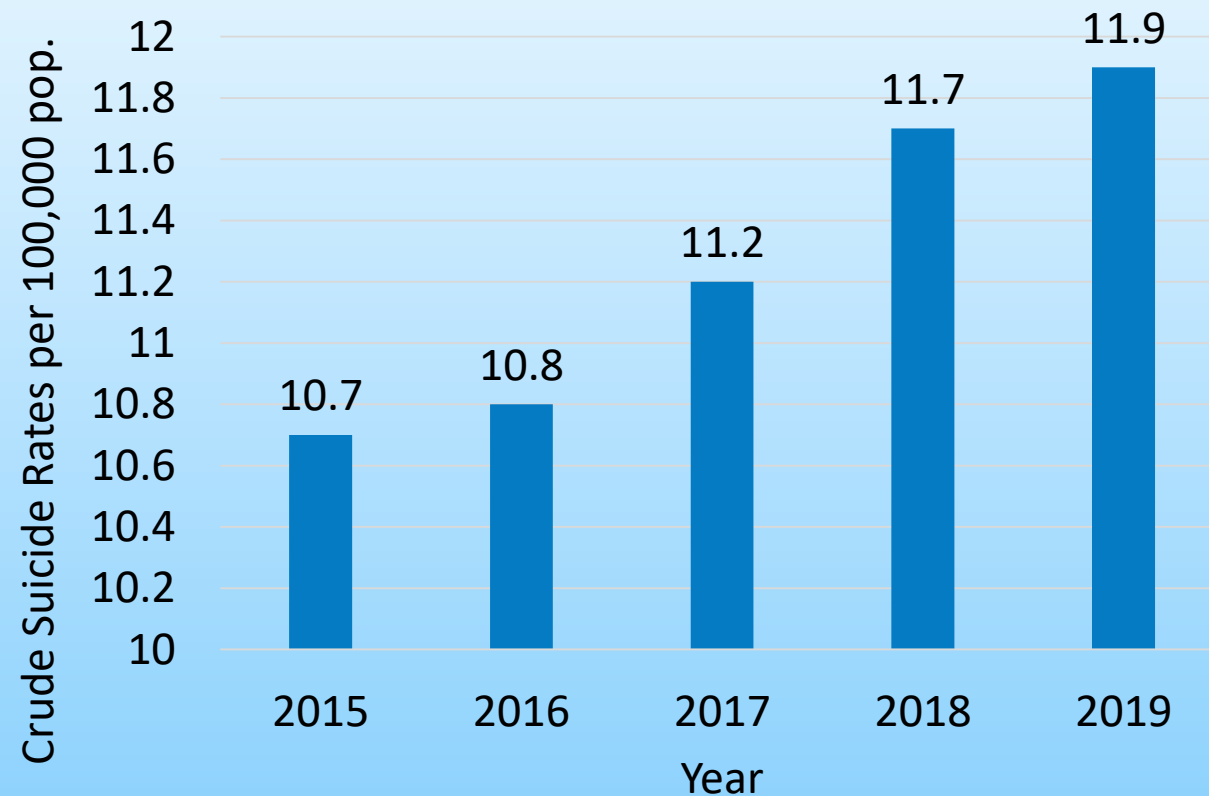
Injury and Violence Surveillance Unit
Community, Family Health and Prevention Section
Connecticut Department of Public Health

Suicide Trends: 2015 - 2019

Number of Deaths by Suicide in CT
2015 to 2019

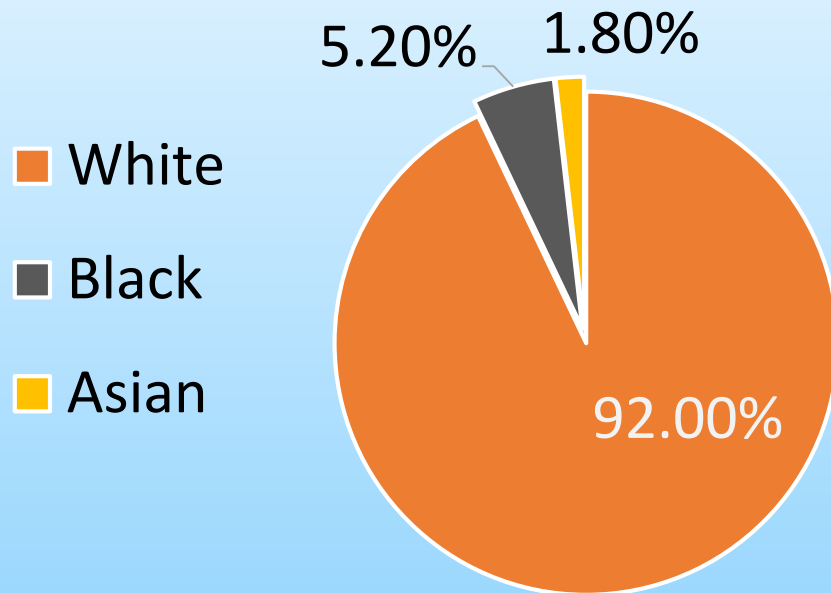


Crude Suicide Rates for CT
per 100,000 Population: 2015 to 2019

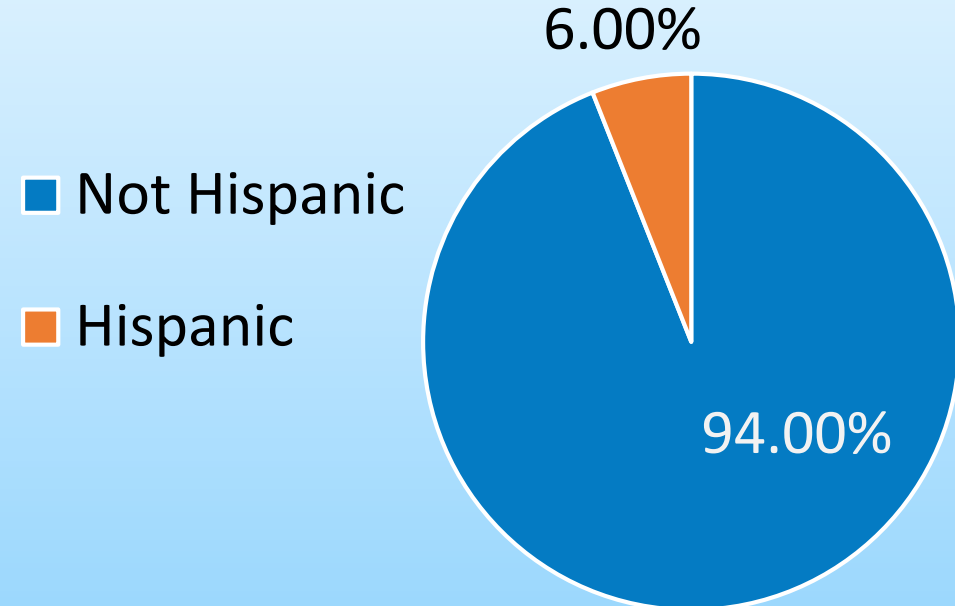


Demographics of Suicides in Connecticut by Race and Ethnicity

CT Suicides by Race (n=2,022):
2015-2019



CT Suicides by Ethnicity (n=2,022):
2015-2019

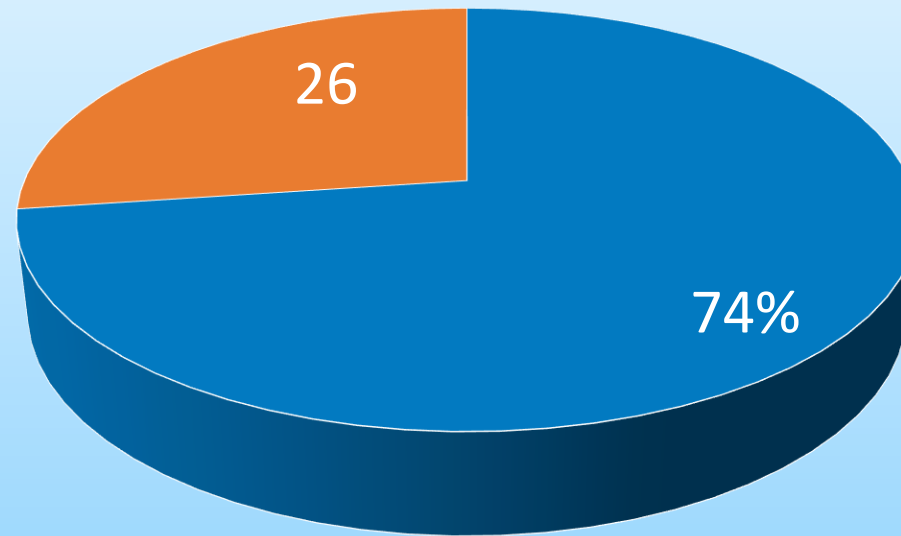


Data Source: CT Violent Death Reporting System

Demographics of Suicides in Connecticut by Sex

Percent of Suicides
by Sex: 2015-2019

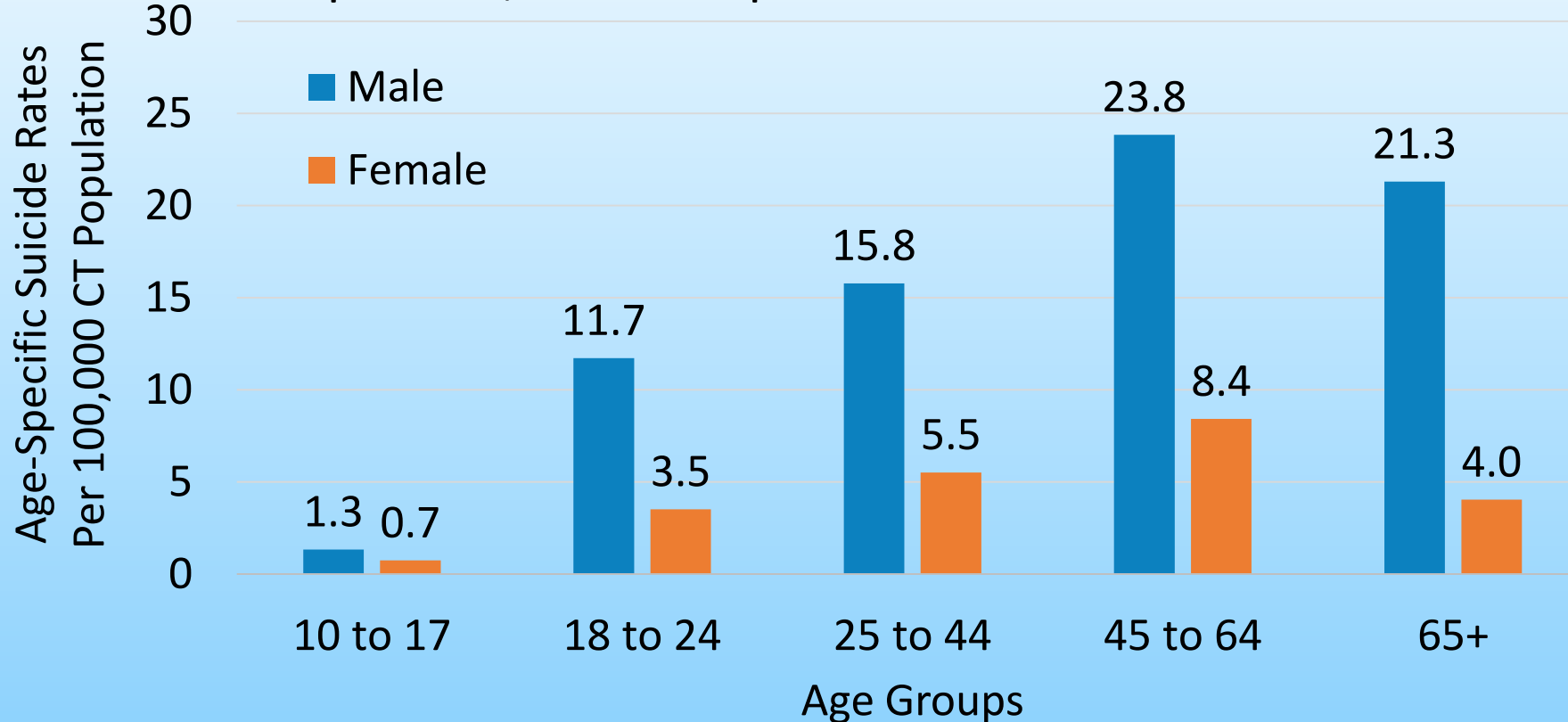
■ Male
■ Female



Data Source: CT Violent Death Reporting System

Demographics of Suicides in Connecticut by Age Group

Age-Specific Suicide Rates by Age-Group and Sex
per 100,000 CT Population: 2015 to 2019



- 90% of suicides in CT occurred in people 25 years old and older
- White non-Hispanic men, 45 years old and older, accounted for 74% of suicides

Data Source:
CT Violent Death Reporting System

Death by Suicide

| Most Common Methods | Male | Female |
|-----------------------|------|--------|
| Firearm | 34% | 11% |
| Hanging /asphyxiation | 29% | 37% |
| Drug Overdose | 10% | 32% |

Data Source: CT Violent Death Reporting System

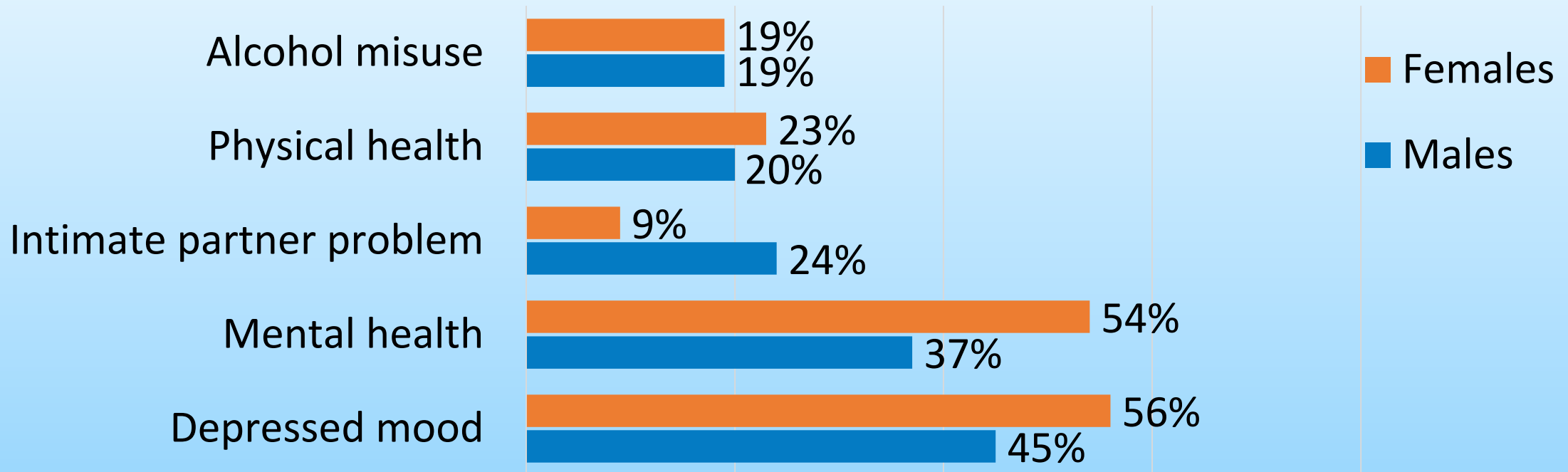
Youth/Young Adults - Comparing Top Risk Factors by Age Group and Sex

| 10 to 17 Years of Age | | | | 18 to 24 Years of Age | | | |
|--|---------|-----------------|-------------------|---|---------|-----------------|-------------------|
| Top Circumstances Related to Suicides, 2015-2019 | | | | Top Circumstances Related to Suicides. 2015 to 2019 | | | |
| N=42; Circumstances Known for 38 people; 23 males, 15 females | | | | Circumstances Known for 124 people; 96 males, 26 females | | | |
| | Overall | Males (n=23) | Females (n=15) | | Overall | Males (n=96) | Females (n=28) |
| Mental health problem | 62% | 64% | 60% | Mental health problem | 54% | 54% | 54% |
| Depressed mood | 46% | 50% | 40% | Depressed mood | 48% | 48% | 50% |
| Other Circumstance: Family relationship problem | ND | ND | ND | Intimate partner problem | 18% | 16% | 21% |
| | | | | Substance misuse or SUD | 17% | 19% | 11% |
| | | | | Alcohol misuse or AUD | 13% | 14% | 11% |

Data Source: CT Violent Death Reporting System

Middle Age/Senior - Comparing Top Risk Factors by Age Group and Sex

Risk Factors Associated with Suicide, CT Residents Age 45-64: 2015-2019



Note: Women also have intimate partner problems as a elevated suicide risk, but not to the same extent as men

Data Source: CT Violent Death Reporting System

Suicide Rates of Connecticut Cities and Towns 2015 to 2019

*Based on resident city and at least 20 suicides during 2015 to 2019

| City | Number of Suicides | DMHAS Region | pop.2015_2019 |
|-------------|--------------------|--------------|---------------|
| Waterbury | 65 | 5 | 542961 |
| Bristol | 57 | 4 | 301268 |
| New Haven | 56 | 2 | 653298 |
| Stamford | 50 | 1 | 650459 |
| Bridgeport | 49 | 1 | 733302 |
| Meriden | 48 | 2 | 299391 |
| New Britain | 41 | 4 | 363496 |
| Hartford | 37 | 4 | 617449 |
| Milford | 37 | 2 | 271170 |
| Enfield | 35 | 4 | 222446 |
| Manchester | 35 | 4 | 289676 |
| Wallingford | 35 | 2 | 223776 |
| Southington | 31 | 4 | 219091 |
| Norwich | 29 | 3 | 197865 |
| Shelton | 29 | 2 | 206821 |
| West Haven | 29 | 2 | 273972 |
| Danbury | 28 | 5 | 425387 |
| Middletown | 28 | 2 | 232734 |
| Norwalk | 27 | 1 | 443938 |
| Torrington | 26 | 5 | 173166 |
| Vernon | 25 | 4 | 145974 |
| Groton | 24 | 3 | 196178 |
| Hamden | 24 | 2 | 306195 |
| Branford | 23 | 2 | 140506 |
| Stratford | 23 | 1 | 314137 |
| Plainville | 21 | 4 | 88565 |
| Windsor | 21 | 4 | 144585 |
| Fairfield | 20 | 1 | 308998 |

Suicide Rates of Connecticut Cities and Towns 2015 to 2019

*Based on resident city and at least 20 suicides during 2015 to 2019

| City/Town | Suicide Rate per 100,000 | DMHAS Region |
|-------------|--------------------------|--------------|
| Plainville | 23.7 | 4 |
| Bristol | 18.9 | 4 |
| Vernon | 17.1 | 4 |
| Branford | 16.4 | 2 |
| Meriden | 16.0 | 2 |
| Enfield | 15.7 | 4 |
| Wallingford | 15.6 | 2 |
| Torrington | 15.0 | 5 |
| Norwich | 14.7 | 3 |
| Windsor | 14.5 | 4 |
| Southington | 14.1 | 4 |
| Shelton | 14.0 | 2 |
| Milford | 13.6 | 2 |
| Groton | 12.2 | 3 |
| Manchester | 12.1 | 4 |
| Middletown | 12.0 | 2 |
| Waterbury | 12.0 | 5 |
| New Britain | 11.3 | 4 |
| West Haven | 10.6 | 2 |
| New Haven | 8.6 | 2 |
| Hamden | 7.8 | 2 |
| Stamford | 7.7 | 1 |
| Stratford | 7.3 | 1 |
| Bridgeport | 6.7 | 1 |
| Danbury | 6.6 | 5 |
| Fairfield | 6.5 | 1 |
| Norwalk | 6.1 | 1 |
| Hartford | 6.0 | 4 |



Suicide Rates of DMHAS Regions: 2015-2019

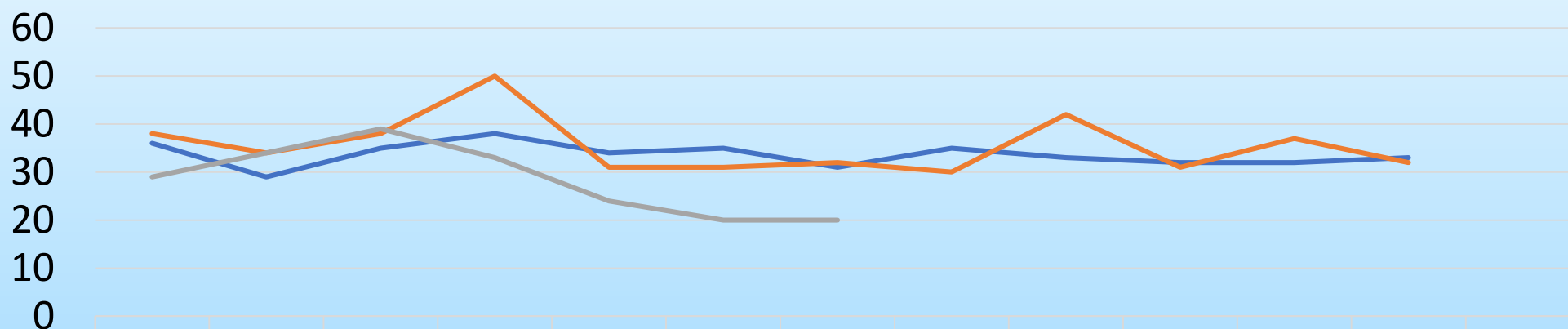
| DMHAS Region | Region population | Region number of suicides | Suicide rate per 100,000 |
|--------------|-------------------|---------------------------|--------------------------|
| 1 | 3,540,506 | 249 | 7.0 |
| 2 | 4,159,953 | 499 | 11.9 |
| 3 | 2,085,989 | 287 | 13.9 |
| 4 | 5,011,450 | 546 | 10.9 |
| 5 | 3,029,715 | 337 | 11.1 |

*based on city of residence

*104 missing residences- out of state residents

Covid-19 Influence on Suicide Deaths for 2020

Comparison of Suicide Deaths: Monthly Average 2015-2019 to Number of 2019 and 2020 Deaths, by Month (Data as of July 31, 2020)



| | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sept | Oct | Nov | Dec |
|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|-----|-----|-----|
| — 2015-2019 mon.averages | 36 | 29 | 35 | 38 | 34 | 35 | 31 | 35 | 33 | 32 | 32 | 33 |
| — 2019 monthly deaths | 38 | 34 | 38 | 50 | 31 | 31 | 32 | 30 | 42 | 31 | 37 | 32 |
| — 2020 deaths | 29 | 34 | 39 | 33 | 24 | 20 | 20 | | | | | |

— 2015-2019 mon.averages — 2019 monthly deaths — 2020 deaths



Covid-19 Influence on Suicide Deaths for 2020

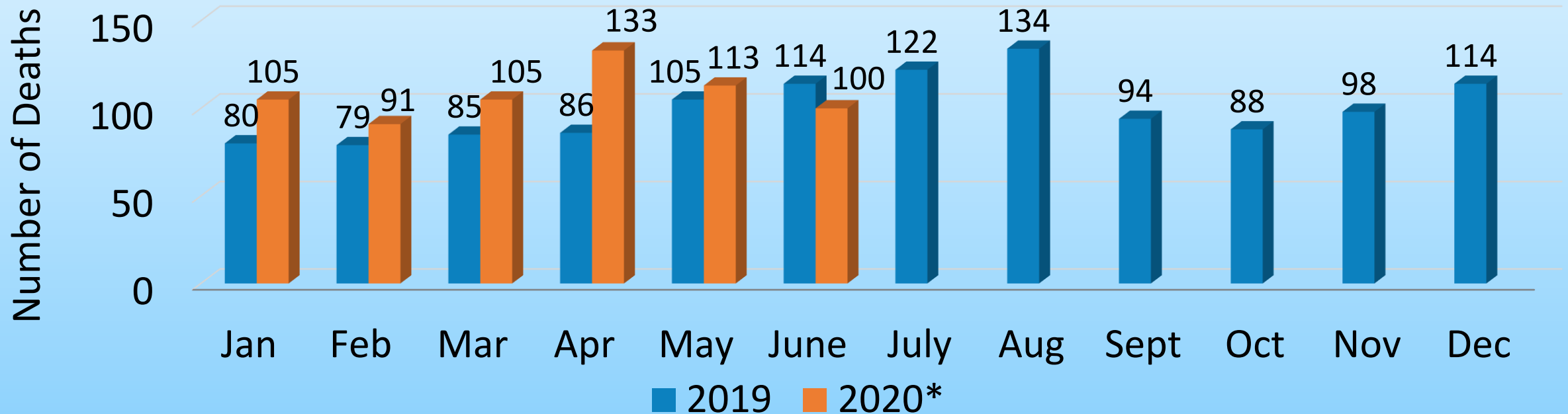
Based on preliminary data in 2019 and 2020:

- From 2015 to 2019, January to July 31st, CT averaged 239 suicides deaths during that time period.
- In 2020, same time period, there were 199 suicides.
- For far 2020, CT has experienced a 20% decline in suicide deaths when compared to the 5-year average (2015 to 2019).

COVID-19 Impact on Unintentional Drug Overdose Deaths

- While suicide deaths may have declined 20%, unintentional drug overdose deaths increased 20% in 2020 (based on data from January to June 2020) when compared to 2019 data (January to June).

Number of Drug Overdose Deaths by Month,
Connecticut 2019 – June 2020*



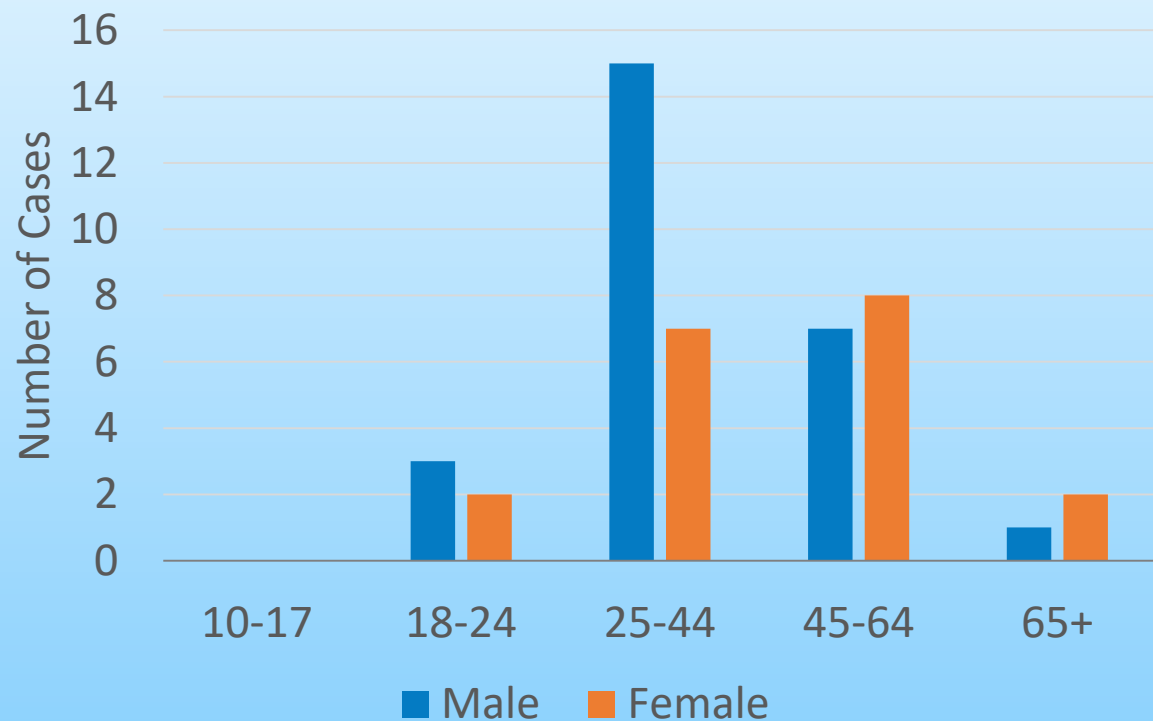
Unintentional Overdoses with History of Suicide Ideation and Suicide Attempts

Jake Kochin
Connecticut Children's Injury Prevention Center

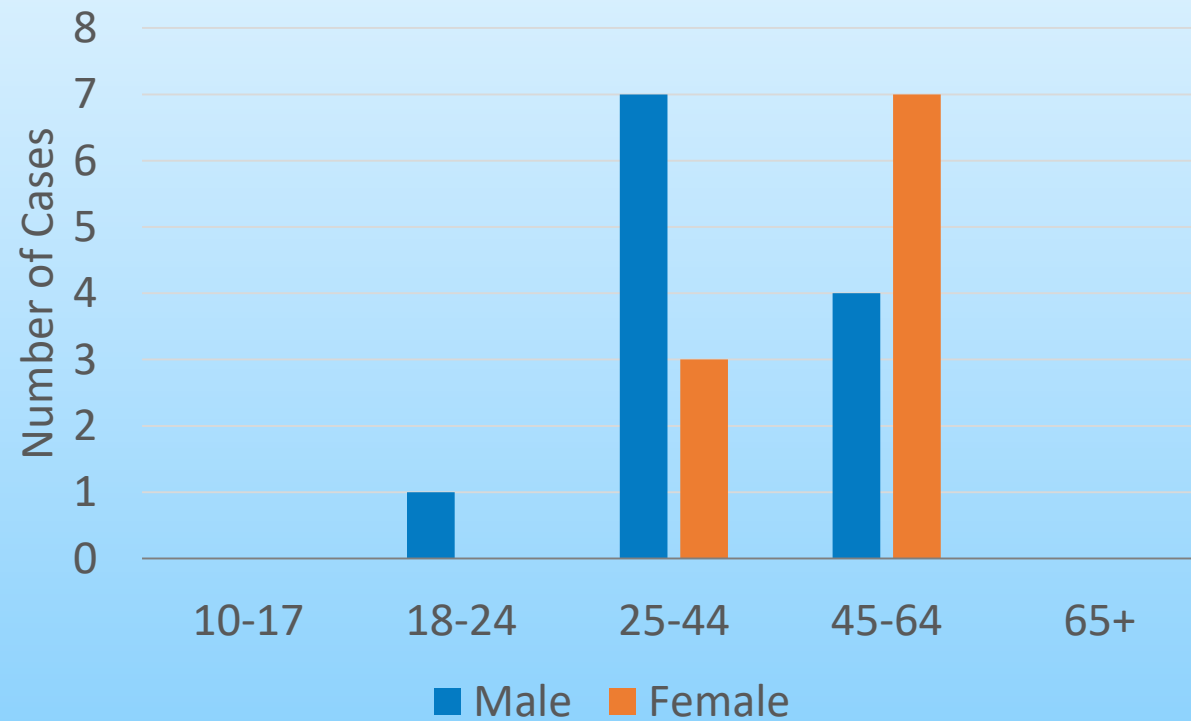
Unintentional Overdose Deaths with Suicide Variables Endorsed in Abstraction (2019)

These cases make up 4% of all Unintentional Overdose deaths for 2019.

Suicide Ideation History by Age and Sex

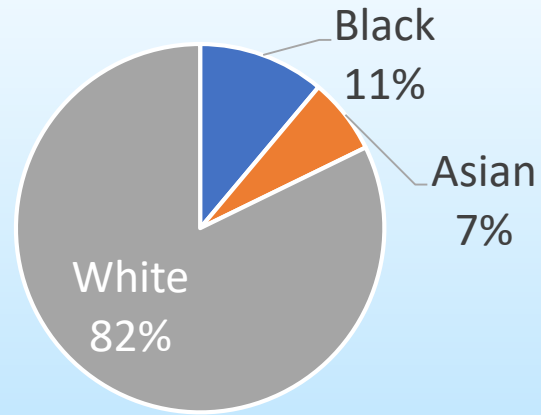


Suicide Attempt History by Age and Sex

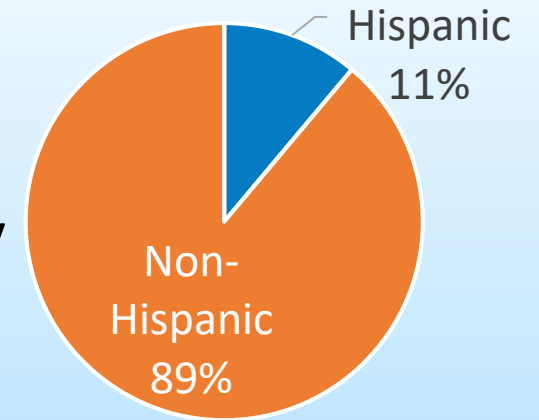


Unintentional Overdose Deaths with Suicide Variables Endorsed in Abstraction (2019)

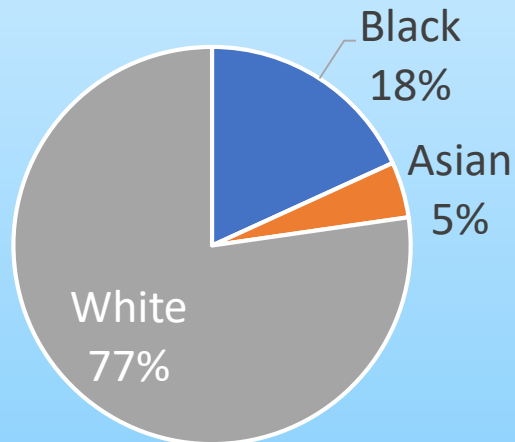
Suicide Ideation History
by Race



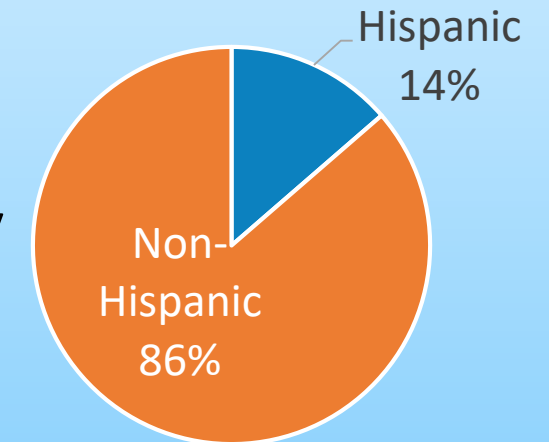
Suicide Ideation History
by Ethnicity



Suicide Attempt History
by Race

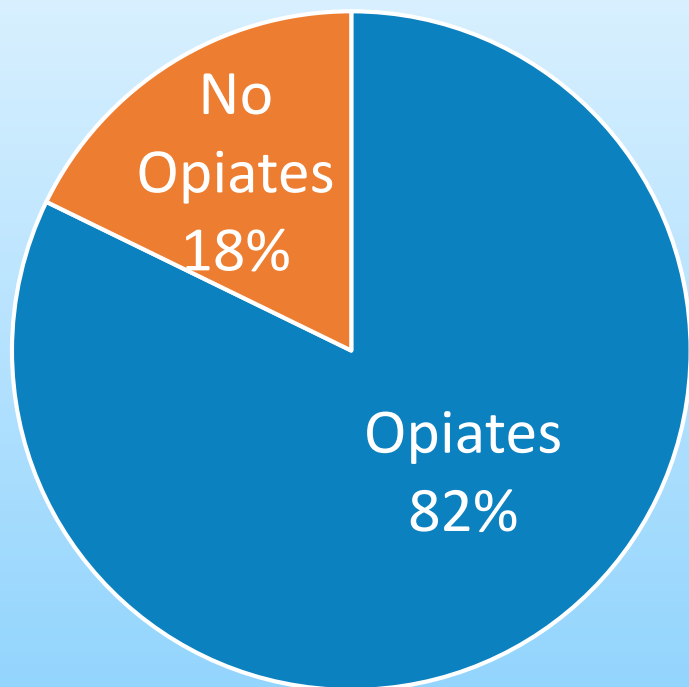


Suicide Attempt History
by Ethnicity

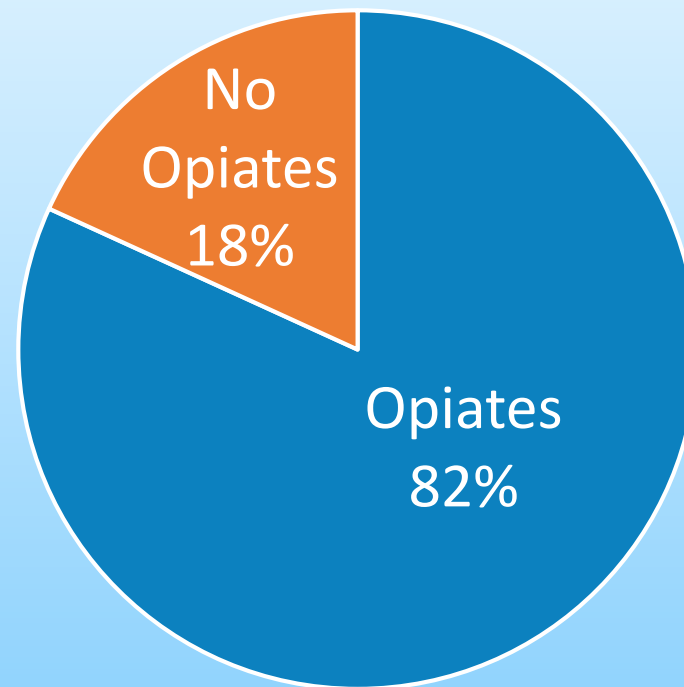


Unintentional Overdose Deaths with Suicide Variables Endorsed in Abstraction (2019)

Cases with Previous Suicide Ideation
and Opiates in Cause of Death



Cases with Previous Suicide Attempts
and Opiates in Cause of Death





Comprehensive Suicide Prevention Funded by CDC: 2020 - 2025

- CT DPH: Newly- awarded 5-year grant
- Suicide prevention initiatives – across the lifespan; Health disparities and high burden populations in mind
- Enhanced surveillance of suicide attempts and ideation
- Identify risk factors; Promote protective factors
- Community-level prevention and awareness campaigns
- State agencies will lead the grant: DPH, DMHAS, DCF



The Connecticut Landscape

Questions?

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