

U.S.A. SUICIDE: 2019 OFFICIAL FINAL DATA

	Number	Per Day	Rate	% of Deaths	Group (Number of Suicides)	Rate
Nation	47,511	130.2	14.5	1.7	White Male (32,964)	26.1
Males	37,256	102.1	23.0	2.5	White Female (8,971)	7.0
Females	10,255	28.1	6.2	0.7	Nonwhite Male (4,292)	12.2
Whites	41,935	114.9	16.4	1.7	Nonwhite Female (1,284)	3.4
Nonwhites	5,576	15.3	7.6	1.2	Black/African American Male (2,638)	11.8
Blacks/African American	3,309	9.1	7.1	0.9	Black/African American Female (671)	2.8
Older Adults (65+ yrs.)	9,173	25.1	17.0	0.4	Hispanic/Latino (4,331)	7.2
Young (15-24 yrs.)	5,954	16.3	13.9	20.0	Native Americans/Alaska Natives (658)	13.8
Middle Aged (45-64 yrs.)	16,250	44.5	19.5	3.0	Asian/Pacific Islanders (1,609)	7.4

Fatal Outcomes (Suicides): a 2% rate decrease was seen from 2018 to 2019, the first decrease observed in the US since a 0.36% rate decrease from 2004 to 2005

- Average of 1 person every 11.1 minutes killed themselves—1 male every 14.1 minutes, 1 female every 51.3 minutes
- Average of 1 older adult every 57.3 minutes killed themselves; Average of 1 middle aged adult every 32.3 minutes
- Average of 1 young person every 1 hour and 28.3 minutes killed themselves. (If the 546 suicides below age 15 are included, 1 young person every 1 hour and 20.9 minutes)
- 10th ranking cause of death in U.S.— 2nd for **young**
- 3.6 male deaths by suicide for each female death by suicide
- Suicide ranks 10th as a cause of death; Homicide ranks 16th

Leading Causes of Death 15-24 yrs

Cause	Number	Rate
All Causes	29,771	69.7
1-Accidents	11,755	27.5
2-Suicide	5,954	13.9
3-Homicide	4,774	11.2
10-14 yrs	534	2.6
15-19 yrs	2,210	10.5
20-24 yrs	3,744	17.3

Nonfatal Outcomes (Attempt Survivors§) (figures are estimates):

- 1,187,775 annual attempts in U.S. (using 25:1 ratio); 2019 SAMHSA study: 1.4 million adults (18 and up)
- Translates to one attempt every 26.6 seconds (based on 1,187,775 attempts) [1.4 million = 1 every 23 seconds]
- 25 attempts for every death by suicide for nation (one estimate); 100-200:1 for young; 4:1 for older adults
- 3 female attempts for each male attempt

Postvention (Exposure and Survivors of Suicide Loss)

Exposed (“Affected”) – those who “know” someone personally who has died by suicide † (figures are estimates)

◦Recent (Cerel, 2015) research-based estimate suggests that for each death by suicide →147 people are exposed (for 2019, 6.98 million annually) – among the exposed there are subgroups with a variety of effect levels (see Cerel et al., 2014) – as many as 40-50% of the population have been exposed to suicide in their lifetime based on a 2016 representative sample’s results (Feigelman et al., 2017)

Suicide Loss Survivors (those bereaved of suicide - definition below): † (figures are estimates) [Subgroup of “Exposed” above]

◦Survivors of Suicide Loss = experience high levels of distress for a considerable length of time after exposure (Jordan & McIntosh, 2011)
 ◦Among those exposed to a death by suicide, *more than 6* experience a major life disruption (loss survivors; a low, non-research based estimate see Cerel et al. 2015)

- *If each suicide has devastating effects and intimately affects > 6 other people, there are over 285,000 loss survivors a year*
- Based on the 916,115 suicides from 1995 through 2019, therefore, the number of survivors of suicide loss in the U.S. is *more than 5.4 million* (1 of every 60 Americans in 2019); number grew by more than 285,066 in 2019
- If there is a suicide every 11.1 minutes, then there are *more than 6* new loss survivors every 11.1 minutes as well

Suicide Methods	Number	Rate	Percent of Total		Number	Rate	Percent of Total
Firearm suicides (1st)	23,941	7.3	50.4%	All but Firearms	23,570	7.2	49.6%
Suffocation/Hanging (2nd)	13,563	4.1	28.5%	Poisoning (3rd)	6,125	1.9	12.9%
Cut/pierce (5th)	921	0.3	1.9%	Drowning (7th)	506	0.2	1.1%

U.S.A. Suicide Rates 2009-2019												15 Leading Causes of Death in the U.S.A., 2019				
Group/ Age	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	Group/ Age	Rank	Cause of Death	Rate	Deaths
5-14	0.6	0.7	0.7	0.8	1.0	1.0	1.1	1.3	1.5	1.3	5-14	1	Diseases of heart (heart disease)	200.8	659,041	
15-24	10.0	10.5	11.0	11.1	11.6	12.5	13.2	14.5	14.5	13.9	15-24	2	Malignant neoplasms (cancer)	182.7	599,601	
25-34	13.1	14.0	14.6	14.7	14.8	15.1	15.7	16.5	17.5	17.6	25-34	3	Accidents (unintentional injury)	52.7	173,040	
35-44	16.1	16.0	16.2	16.7	16.2	16.6	17.1	17.4	17.9	18.2	35-44	4	Chronic lower respiratory diseases	47.8	156,979	
45-54	19.2	19.6	19.8	20.0	19.7	20.2	20.3	19.7	20.2	20.0	45-54	5	Cerebrovascular diseases (stroke)	45.7	150,005	
55-64	16.4	17.5	17.1	18.0	18.1	18.8	18.9	18.7	19.0	20.2	55-64	6	Alzheimer’s disease	37.0	121,499	
65-74	13.7	13.7	14.1	14.0	15.0	15.6	15.2	15.4	15.6	16.3	65-74	7	Diabetes mellitus (diabetes)	26.7	87,647	
75-84	15.8	15.7	16.5	16.8	17.1	17.5	17.9	18.2	18.0	18.7	75-84	8	Nephritis, nephrosis (kidney disease)	15.7	51,565	
85+	16.4	17.6	16.9	17.8	18.6	19.3	19.4	19.0	20.1	19.1	85+	9	Influenza & pneumonia	15.2	49,783	
65+	14.8	14.9	15.3	15.4	16.1	16.7	16.6	16.7	16.8	17.4	65+	10	Suicide [Intentional Self-Harm]	14.5	47,511	
Total	12.0	12.4	12.7	12.9	13.0	13.4	13.7	13.9	14.5	14.8	14.5	Total	11	Chronic liver disease and cirrhosis	13.5	44,358
Men	19.3	19.9	20.2	20.6	20.6	21.1	21.5	21.8	22.9	23.4	23.0	Men	12	Septicemia	11.7	38,431
Women	5.0	5.2	5.4	5.5	5.7	6.0	6.2	6.3	6.4	6.2	Women	13	Essential hypertension and renal disease	11.1	36,524	
White	13.7	14.1	14.5	14.7	14.9	15.5	15.8	15.9	16.5	16.8	16.4	White	14	Parkinson’s disease	10.8	35,311
Nonwh	5.6	5.8	5.8	6.1	6.0	6.3	6.3	6.8	7.2	7.5	7.6	NonWh	15	Pneumonitis due to solids and liquids	5.8	19,184
Black	5.0	5.1	5.3	5.5	5.4	5.5	5.6	6.1	6.7	7.0	7.1	Black	-	All other causes (Residual; > 15)	178.0	584,359
45-64	17.9	18.6	18.6	19.1	19.0	19.5	19.6	19.6	20.1	19.5	45-64	16	Homicide	5.8	19,141	

- Older adults made up 16.5% of 2019 population, but 19.3% of suicides • Young made up 13.0% of 2019 population and 12.5% of suicides •
- Middle Aged made up 25.4% of the 2019 population, but were 34.2% of suicides •
- 1,358,796* Years of Potential Life Lost Before Age 75 (43,201 of 47,511 suicides are below age 75)
- * alternate YPLL figure: 1,356,925 using individual years in calculations rather than 10-year age groups as above.

Many figures appearing here are derived or calculated from data in the following *official data sources*: downloaded 23 December 2020 from CDC’s WONDER website: <https://wonder.cdc.gov>. • Other references cited on this page are listed on the State Data Page. •

Rate, Number, and Ranking of Suicide for Each U.S.A. State*, 2019

Rank	State [Division / Region]	Deaths	Rate	Division [Abbreviation]	Rate	Number
1	Wyoming [M / West]	170	29.4	Mountain [M]	21.6	5,364
2	Alaska [P / West]	210	28.7	West North Central [WNC]	17.0	3,649
3	Montana [M / West]	289	27.0	East South Central [ESC]	16.8	3,215
4	New Mexico [M / West]	513	24.5	West South Central [WSC]	14.7	5,959
5	Colorado [M / West]	1,312	22.8	South Atlantic [SA]	14.5	9,542
6	Oregon [P / West]	906	21.5	Nation	14.5	47,511
7	Nevada [M / West]	642	20.8	East North Central [ENC]	13.9	6,534
8	Oklahoma [WSC / South]	816	20.6	Pacific [P]	13.2	7,039
8	South Dakota [WNC / Midwest]	182	20.6	New England [NE]	12.4	1,846
10	Maine [NE / Northeast]	276	20.5	Middle Atlantic [MA]	10.6	4,363
11	Idaho [M / West]	365	20.4	Region [Subdivision Abbreviations]	Rate	Number
11	Utah [M / West]	654	20.4	West (M, P)	15.8	12,403
13	Arizona [M / West]	1,419	19.5	Midwest (WNC, ENC)	14.9	10,183
14	New Hampshire [NE / Northeast]	255	18.8	South (ESC, WSC, SA)	14.9	18,716
15	Missouri [WNC / Midwest]	1,141	18.6	Nation	14.5	47,511
16	West Virginia [SA / South]	330	18.4	Northeast (NE, MA)	11.1	6,209
17	Arkansas [WSC / South]	548	18.2			
18	Kansas [WNC / Midwest]	523	18.0			
19	North Dakota [WNC / Midwest]	136	17.8			
19	Tennessee [ESC / South]	1,219	17.8			
21	Vermont [NE / Northeast]	110	17.6			
22	Kentucky [ESC / South]	756	16.9			
23	Iowa [WNC / Midwest]	528	16.7			
24	Washington [P / West]	1,263	16.6			
25	South Carolina [SA / South]	852	16.5			
26	Alabama [ESC / South]	804	16.4			
27	Florida [SA / South]	3,465	16.1			
28	Nebraska [WNC / Midwest]	309	16.0			
29	Hawaii [P / West]	224	15.8			
30	Ohio [ENC / Midwest]	1,806	15.5			
31	Louisiana [WSC / South]	704	15.1			
32	Georgia [SA / South]	1,585	14.9			
33	Pennsylvania [MA / Northeast]	1,896	14.8			
34	Michigan [ENC / Midwest]	1,472	14.7			
34	Minnesota [WNC / Midwest]	830	14.7			
36	Mississippi [ESC / South]	436	14.6			
37	Wisconsin [ENC / Midwest]	845	14.5			
	Nation	47,511	14.5			
38	Indiana [ENC / Midwest]	972	14.4			
39	Texas [WSC / South]	3,891	13.4			
39	Virginia [SA / South]	1,140	13.4			
41	North Carolina [SA / South]	1,358	12.9			
42	Connecticut [NE / Northeast]	435	12.2			
43	Rhode Island [NE / Northeast]	123	11.6			
44	Delaware [SA / South]	111	11.4			
44	Illinois [ENC / Midwest]	1,439	11.4			
46	California [P / West]	4,436	11.2			
47	Maryland [SA / South]	657	10.9			
48	Massachusetts [NE / Northeast]	647	9.4			
49	New York [MA / Northeast]	1,705	8.8			
50	New Jersey [MA / Northeast]	762	8.6			
51	District of Columbia [SA / South]	44	6.2			

Caution: Annual fluctuations in state levels combined with often relatively small populations can make these data highly variable. The use of several years' data is preferable to conclusions based on single years alone.

Suggested citation: Drapeau, C. W., & McIntosh, J. L. (for the American Association of Suicidology). (2020). *U.S.A. suicide: 2019 Official final data*. Washington, DC: American Association of Suicidology, dated December 23, 2020, downloaded from <http://www.suicidology.org>.

Source: Obtained 23 December 2020 from CDC/NCHS's WONDER (to appear in *Deaths: Final Data for 2019*, forthcoming) <http://www.cdc.gov/nchs/products/nvsr.htm>

[data are by place of residence]
[Suicide = ICD-10 Codes X60-X84, Y87.0, U03]

Note: All rates are per 100,000 population.

* Including the District of Columbia.

Suicide State Data Page: 2019
23 December 2020

Prepared by Christopher W. Drapeau, Ph.D.
and John L. McIntosh, Ph.D. for



American Association of Suicidology

5221 Wisconsin Avenue, N.W.
Washington, DC 20015
(202) 237-2280

*“to understand and prevent suicide
as a means of promoting human well-being”*

Visit the AAS website at:

<http://www.suicidology.org>

For other suicide data, and an archive of state data, visit the website below and click on the dropdown “Suicide Stats” menu:

<https://jmcintos.pages.iu.edu>

References from previous page

- SAMHSA 2019 study (2020): Substance Abuse and Mental Health Services Administration. (2020). *Key substance use and mental health indicators in the United States: Results from the 2019 National Survey on Drug Use and Health* (HHS Publication No. PEP20-07-01-001, NSDUH Series H-55). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved December 23, 2020 from <https://www.samhsa.gov/data/report/2019-9-nsduh-annual-national-report>
- † Cerel, J., McIntosh, J. L., Neimeyer, R. A., Maple, M., & Marshall, D. (2014). The continuum of “survivorship”: Definitional issues in the aftermath of suicide. *Suicide & Life-Threatening Behavior*, 44(6), 591-600.
- Cerel, J. (2015, April 18). *We are all connected in suicidology: The continuum of “survivorship.”* Plenary presentation at the 48th annual conference of the American Association of Suicidology, Atlanta, GA. [data from Cerel, Brown, Maple, Bush, van de Venne, Moore, & Flaherty, in progress; personal communication 20 Dec 2015]
- Feigelman, W. Cerel, J., McIntosh, J. L., Brent, D., & Gutin, N. (2017). Suicide exposures and bereavement among American adults: Evidence from the 2016 General Social Survey. *Journal of Affective Disorders*, 227, 1-6. doi:10.1016/j.jad.2017.09.056
- Jordan, J. R., & McIntosh, J. L. (Eds.). (2011). *Grief after suicide: Understanding the consequences and caring for the survivors*. New York: Routledge.