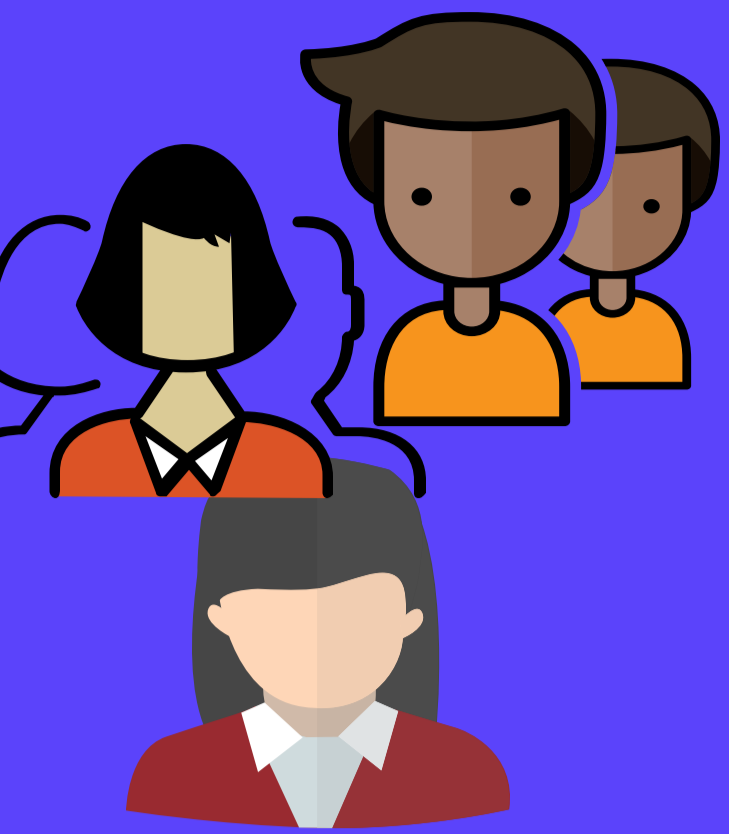
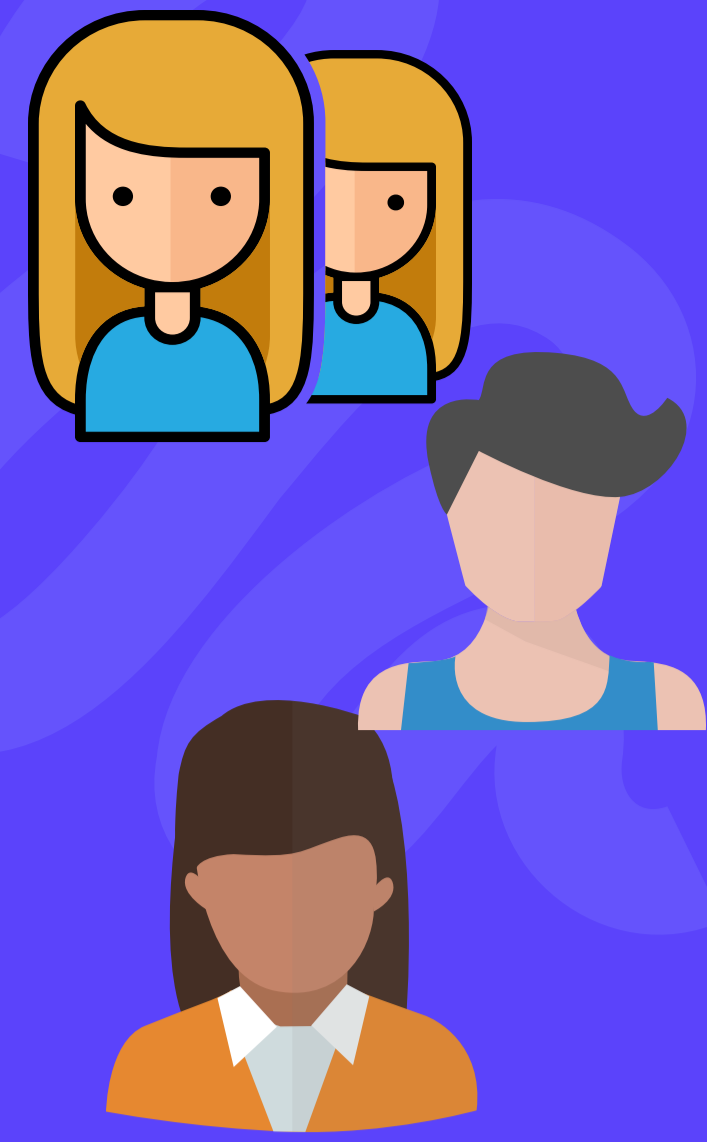


# Adolescent and Young Adult Suicide and Self Harm in Wyoming



Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities.<sup>1</sup>

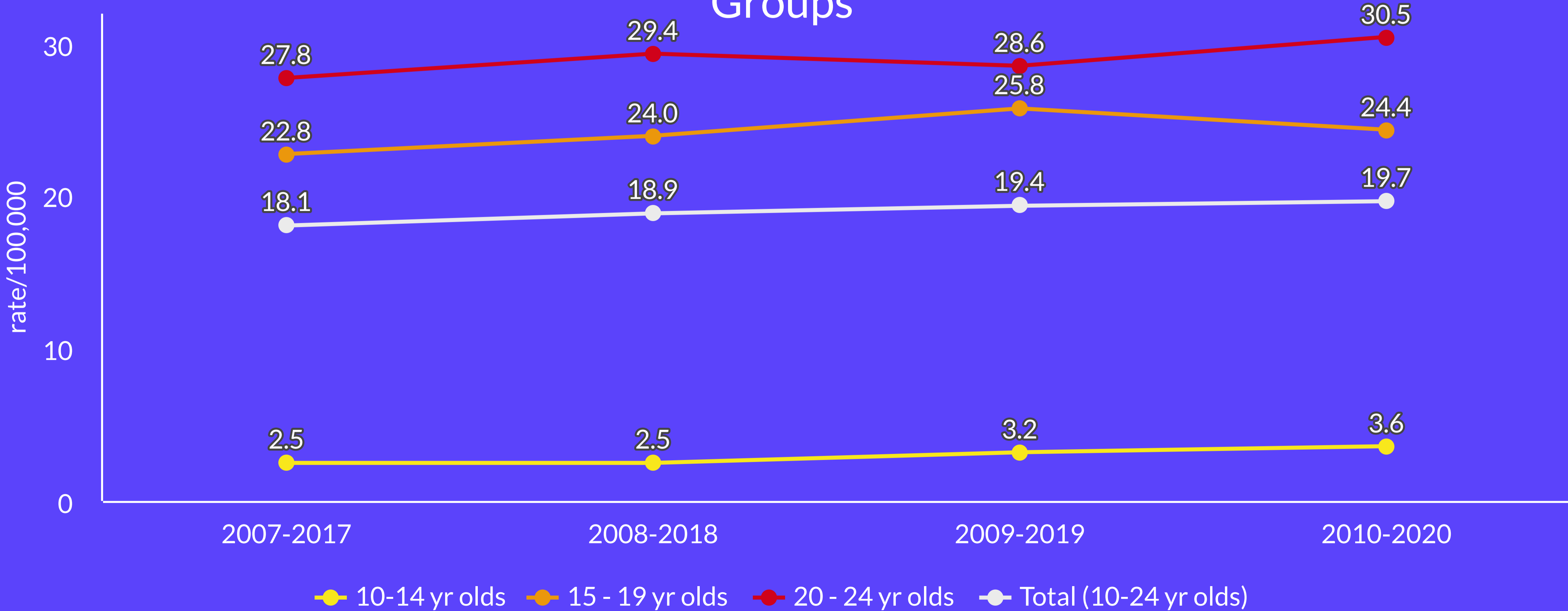
Between 2010 and 2020, **1623** people in Wyoming died by suicide.

Suicides among 10-24 years olds made up **15.4%** (n=250) of these.

The suicide rate among 10-24 year olds during this time period was **19.7** per 100,000.

The Wyoming Maternal and Child Health (MCH) Youth and Young Adult Health Program has chosen Suicide Prevention as one of its Title V Priorities.

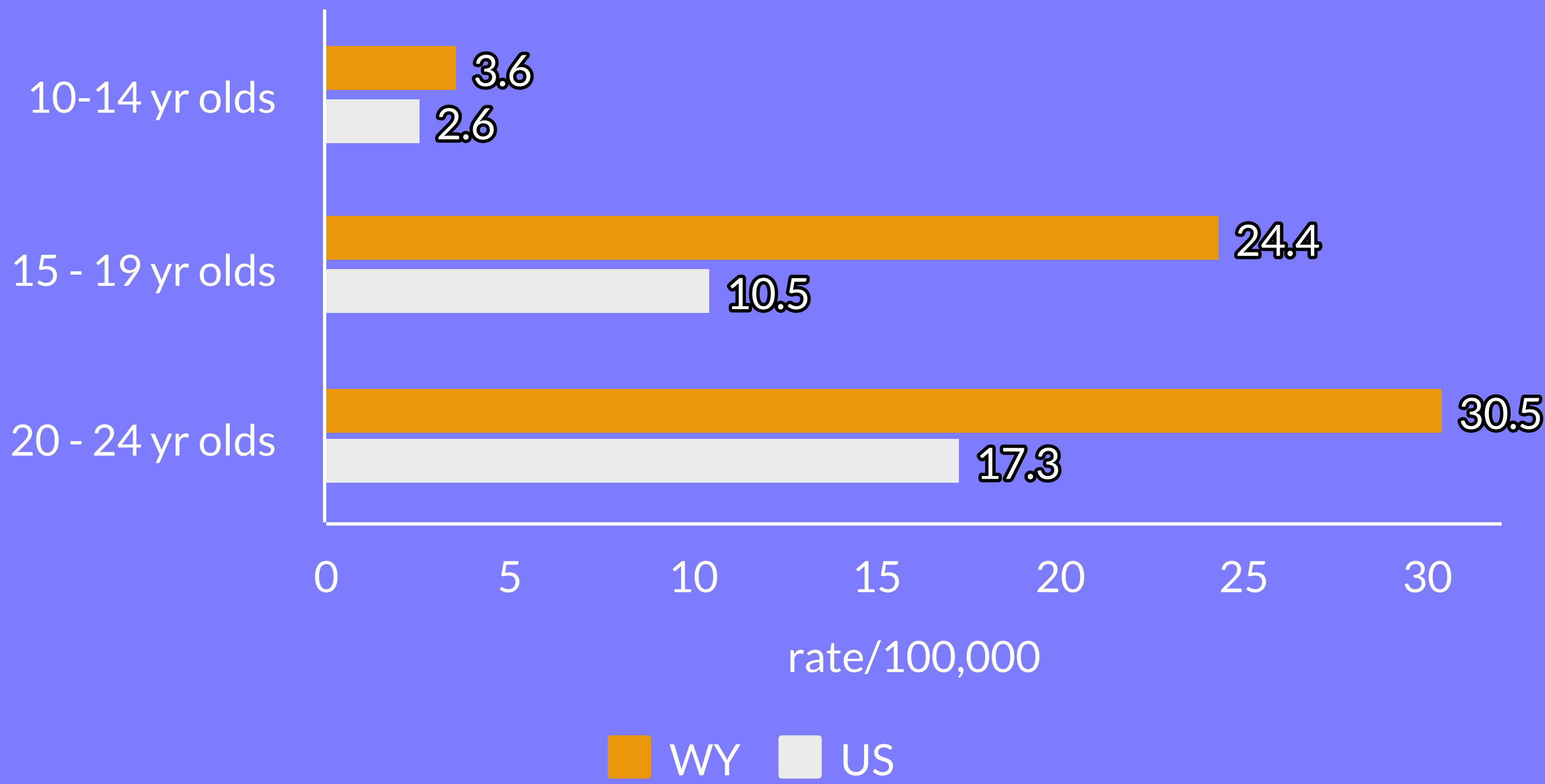
Trends in the Wyoming Adolescent and Young Adult Suicide Rate by Age Groups<sup>2</sup>



The Wyoming Adolescent and Young Adult suicide rate has been increasing over the past decade and has been continuously higher than the U.S rate.<sup>3</sup>

# Comparison to the U.S. Rate

Wyoming (2010-2020) Compared to U.S. (2019)^ Adolescent and Young Adult Suicide Rates by Age Group<sup>2,4</sup>



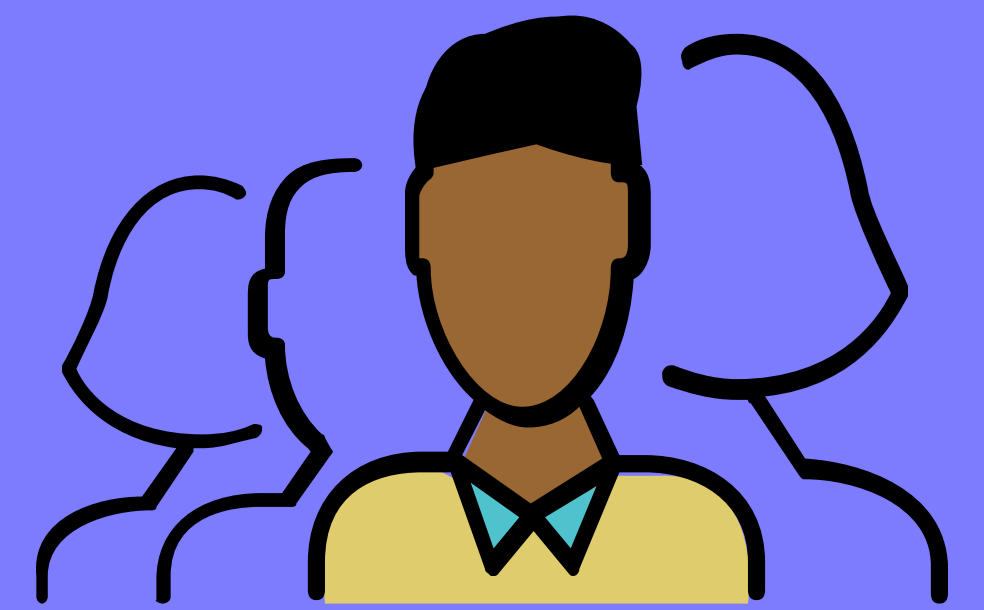
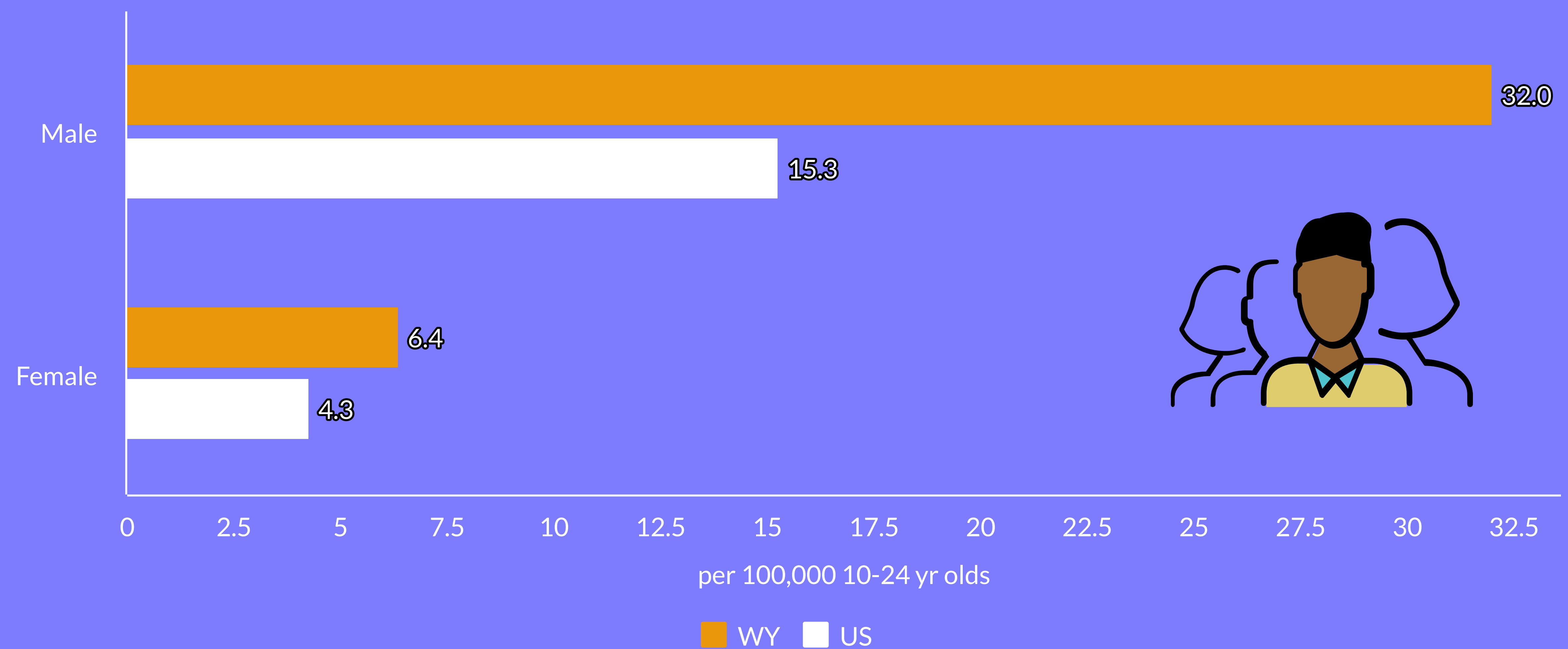
In Wyoming and the U.S., the suicide rate was **highest among 20-24 year olds.**

In **Wyoming** the suicide rates for **all three age groups** were **higher** than the U.S. rate.

The **Wyoming** suicide rate among **15-19 years olds** was **more than double** the U.S. rate for that age group.

^U.S. rates are from CDC WISQARS. 2020 data is not yet available at the National level. Wyoming rates are calculated from Wyoming Vital Statistics Data, and data is combined over multiple years for a better comparison because of small numbers in individual years.

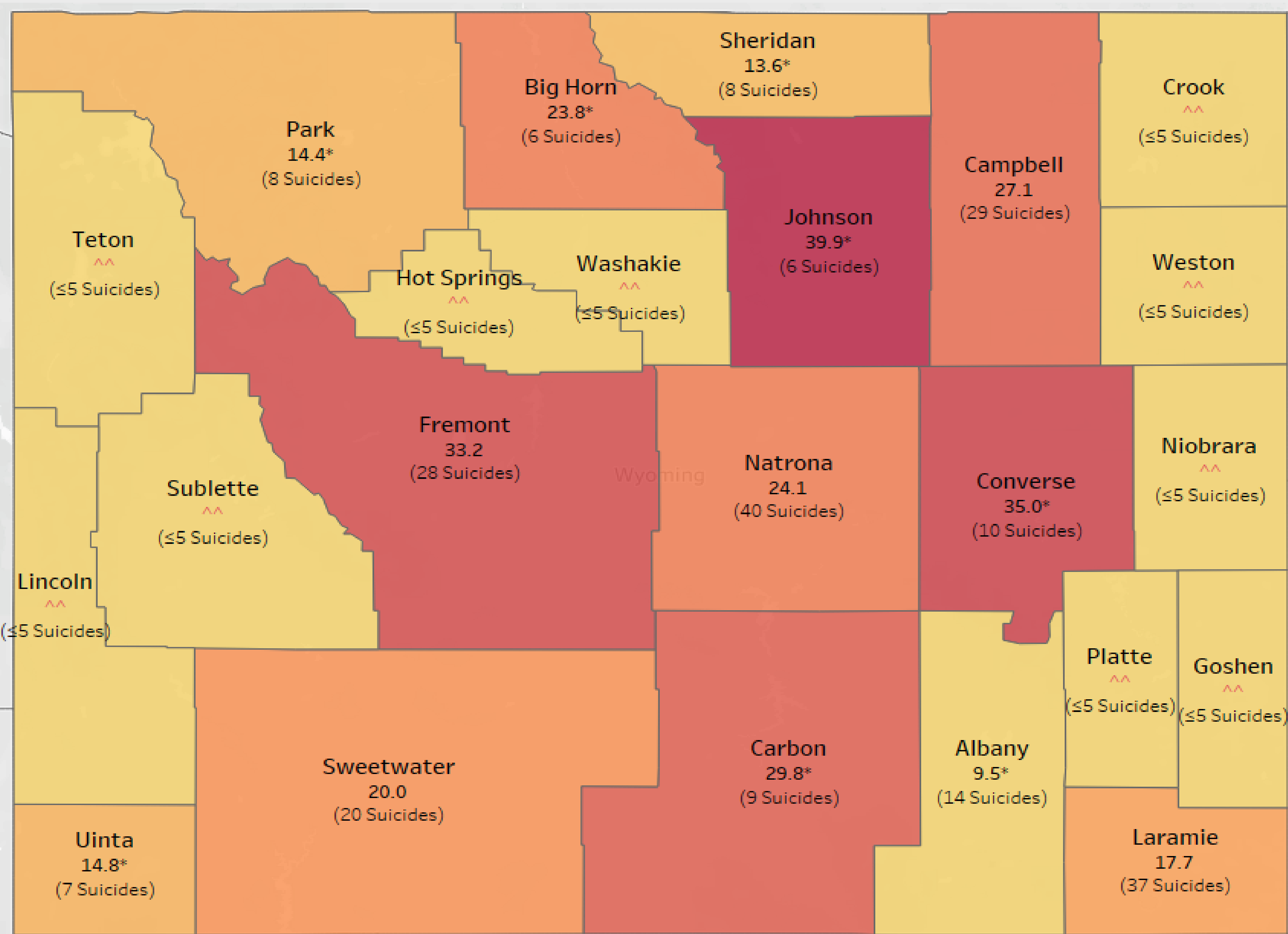
Wyoming Adolescent and Young Adult Suicide Rate (2010-2020) Compared to U.S. (2019)^ by Gender<sup>2,4</sup>



Adolescent and Young Adult suicide rates are higher among males compared to females in Wyoming and the U.S. However, the suicide rates among males and females, ages 10-24 years in Wyoming are both higher than the rates in the U.S.



# Wyoming Adolescent and Young Adult Suicide Rate (per 100,000 10-24 yr olds) by County 2010-2020 <sup>2</sup>



Between 2010 and 2020, Johnson County had the highest suicide rate among 10-24 year olds (39.9/100,000) followed by Converse (35.0/100,000) and Fremont (33.2/100,000) counties.

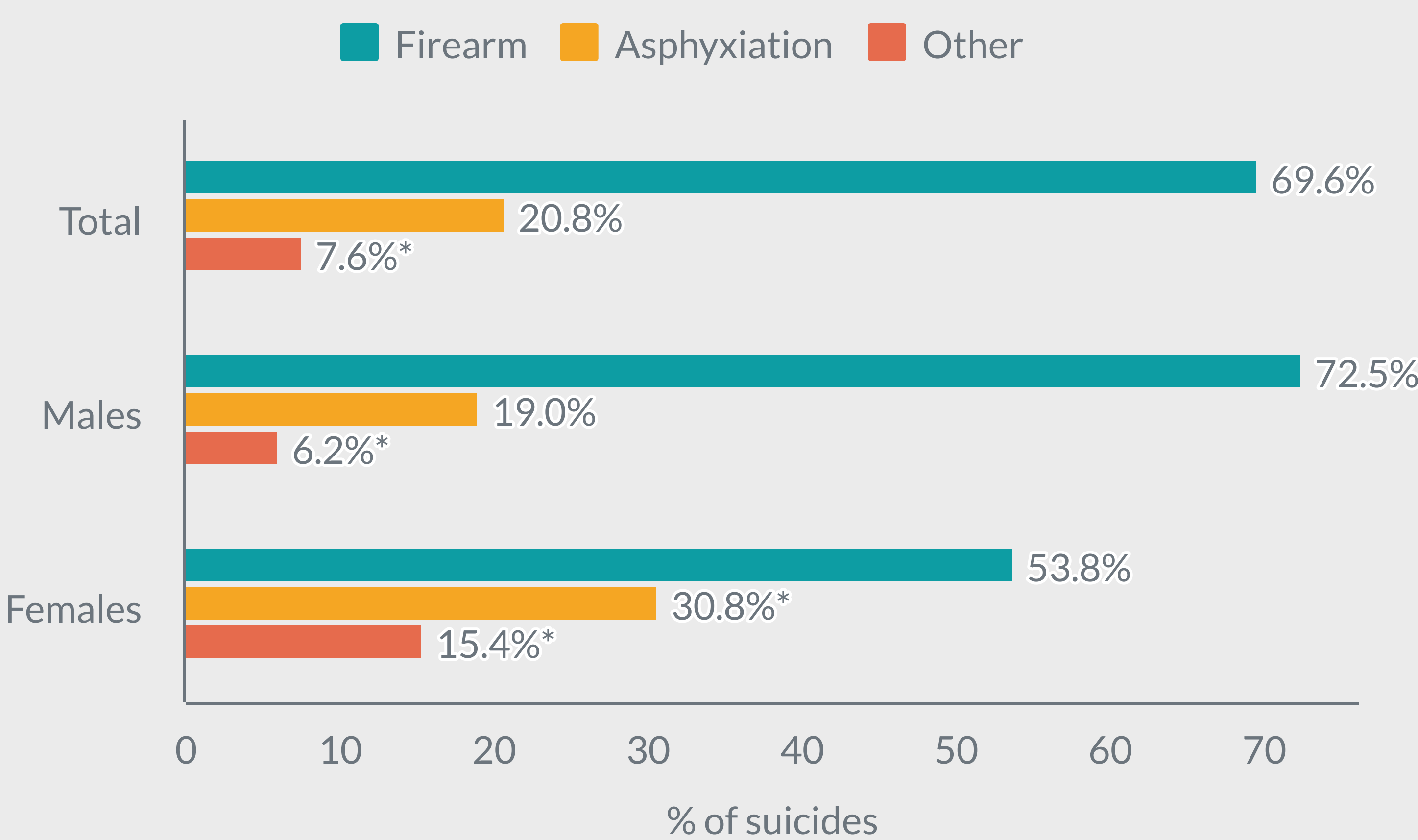
Rate are suppressed for 11 of the 23 counties due to small numbers.

\* interpret with caution due to small numbers

^^ Rate is suppressed due to counts ≤5

## Leading Mechanism of Suicides Among Adolescents and Young Adults in Wyoming <sup>2</sup>

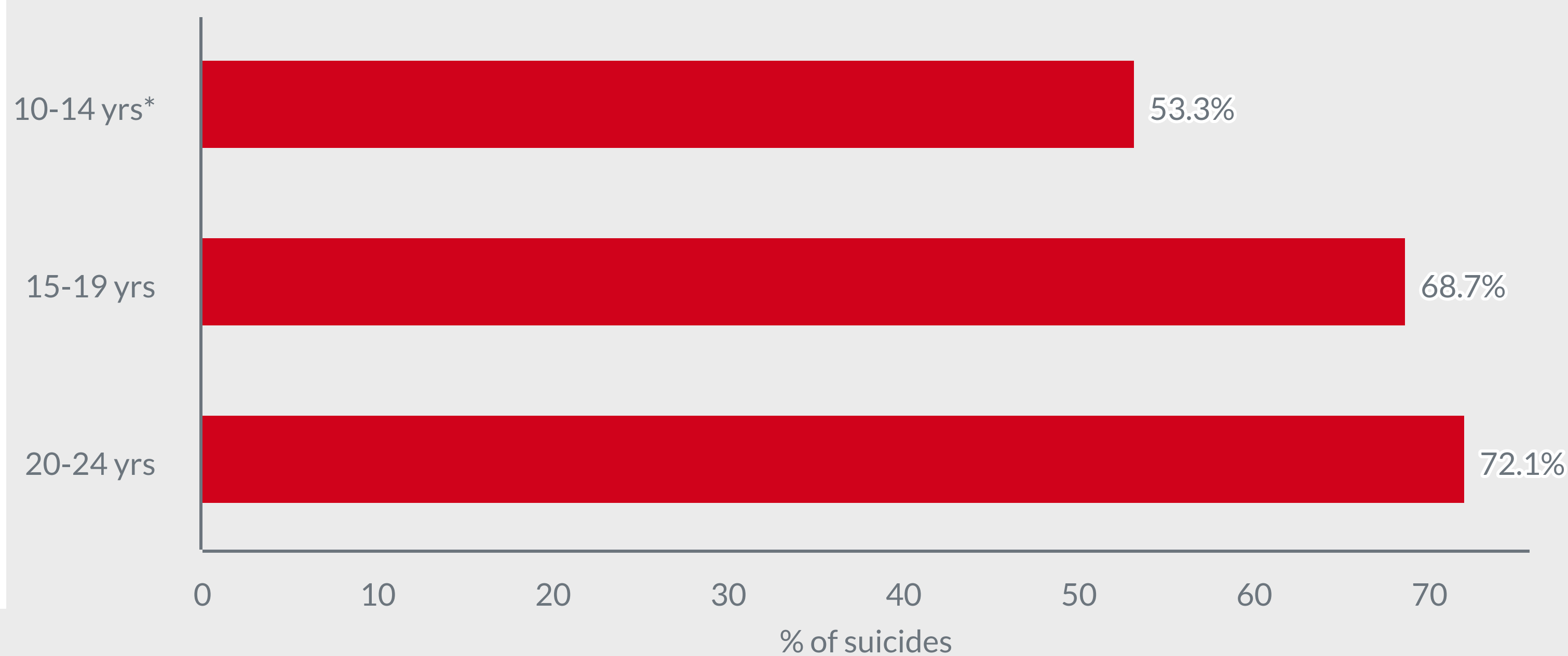
Percent of Suicides by Mechanism Among 10-24 Year Olds in Wyoming (2010-2020)



**Firearms** (n=174) were the leading mechanism for suicide among adolescents and young adults in Wyoming between 2010-2020 followed by suffocation (n=52).

**Firearms** were also the leading mechanism for suicides among both male (n=153) and female (n=21) adolescents and young adults in Wyoming between 2010-2020.

Percent of Suicides by Firearm by Age Group (2010-2020)

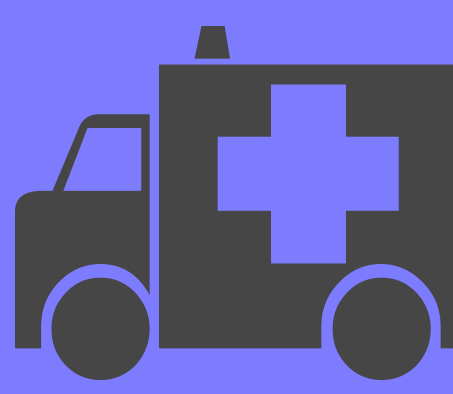


When examined by age group, **firearms** were the leading mechanism of death by suicides for the **majority of suicides** for all age groups. The proportion of suicides by firearms also increases in older age groups.

\* interpret with caution due to small numbers



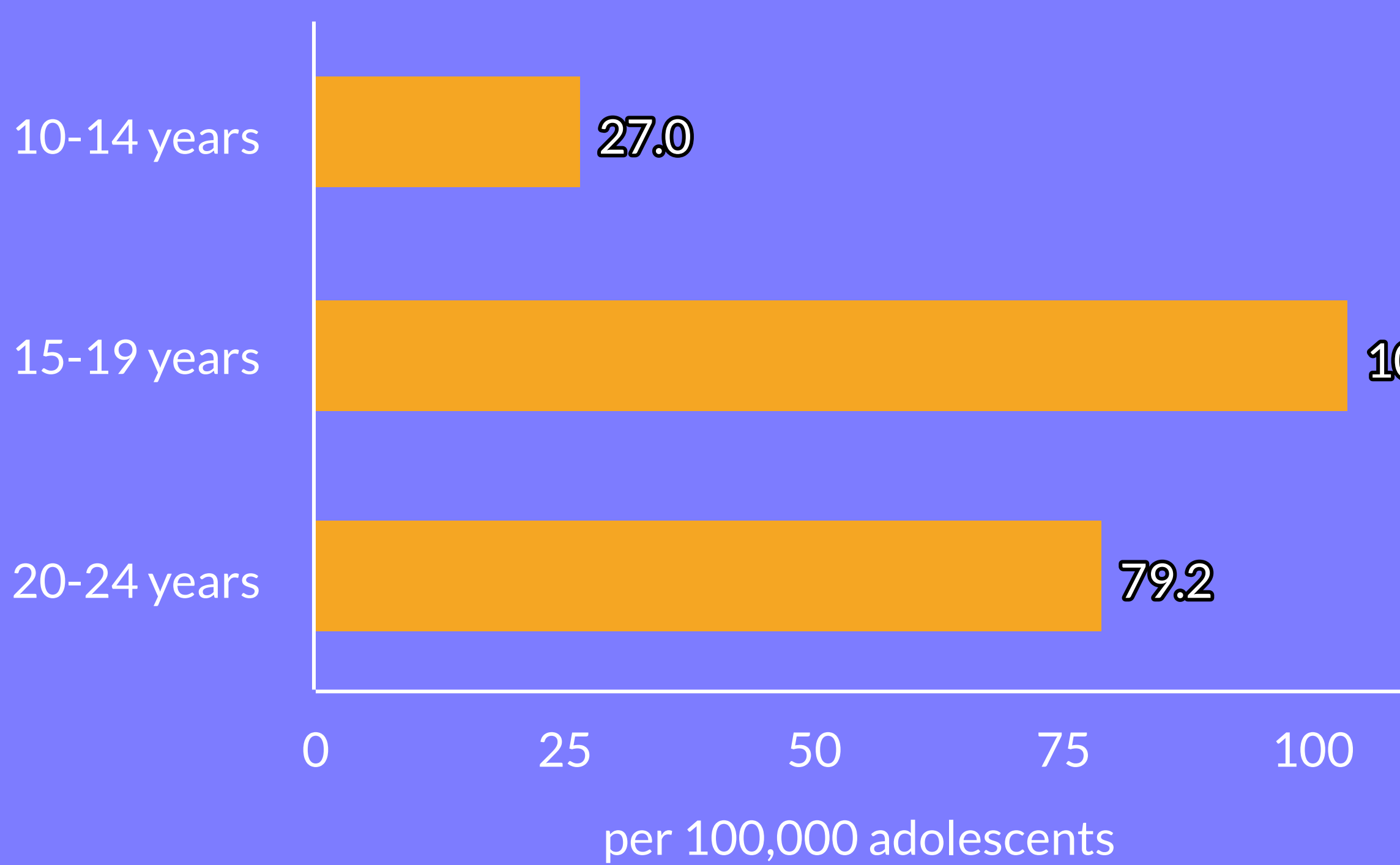
# Self- Harm Hospitalizations<sup>6</sup>



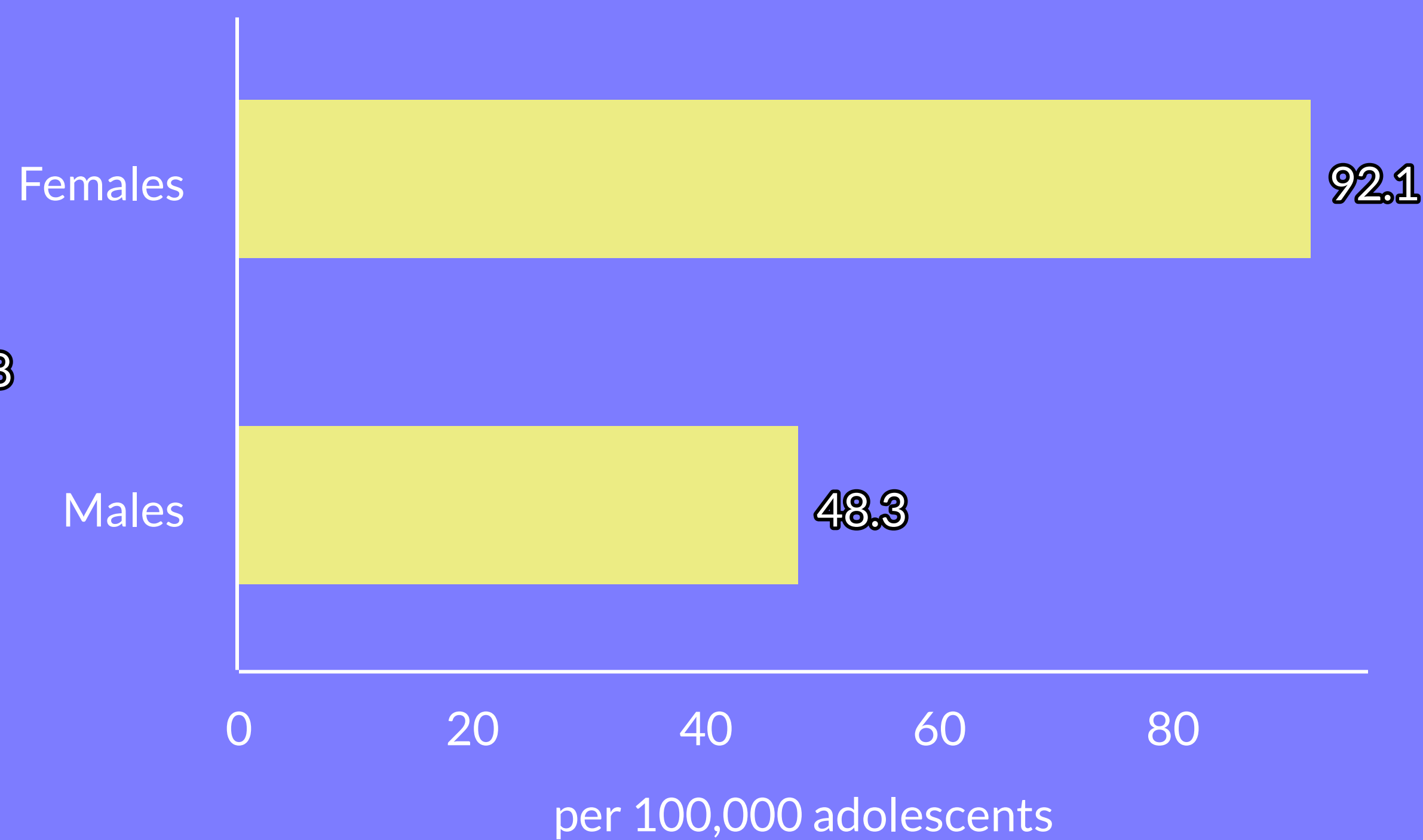
Self harm is an important risk factor for suicide. People who engage in self harm are likely to repeat it, making them at **increased risk of suicide**.<sup>5</sup>

According to Wyoming hospital discharge data, between 2016 and 2019, there were 919 discharges for self-harm. **34.4%** (n=316) of these were among adolescents and young adults 10-24 years olds.

Wyoming Adolescent and Young Adult Self-Harm Hospitalization Rate by Age Group (2016-2019)



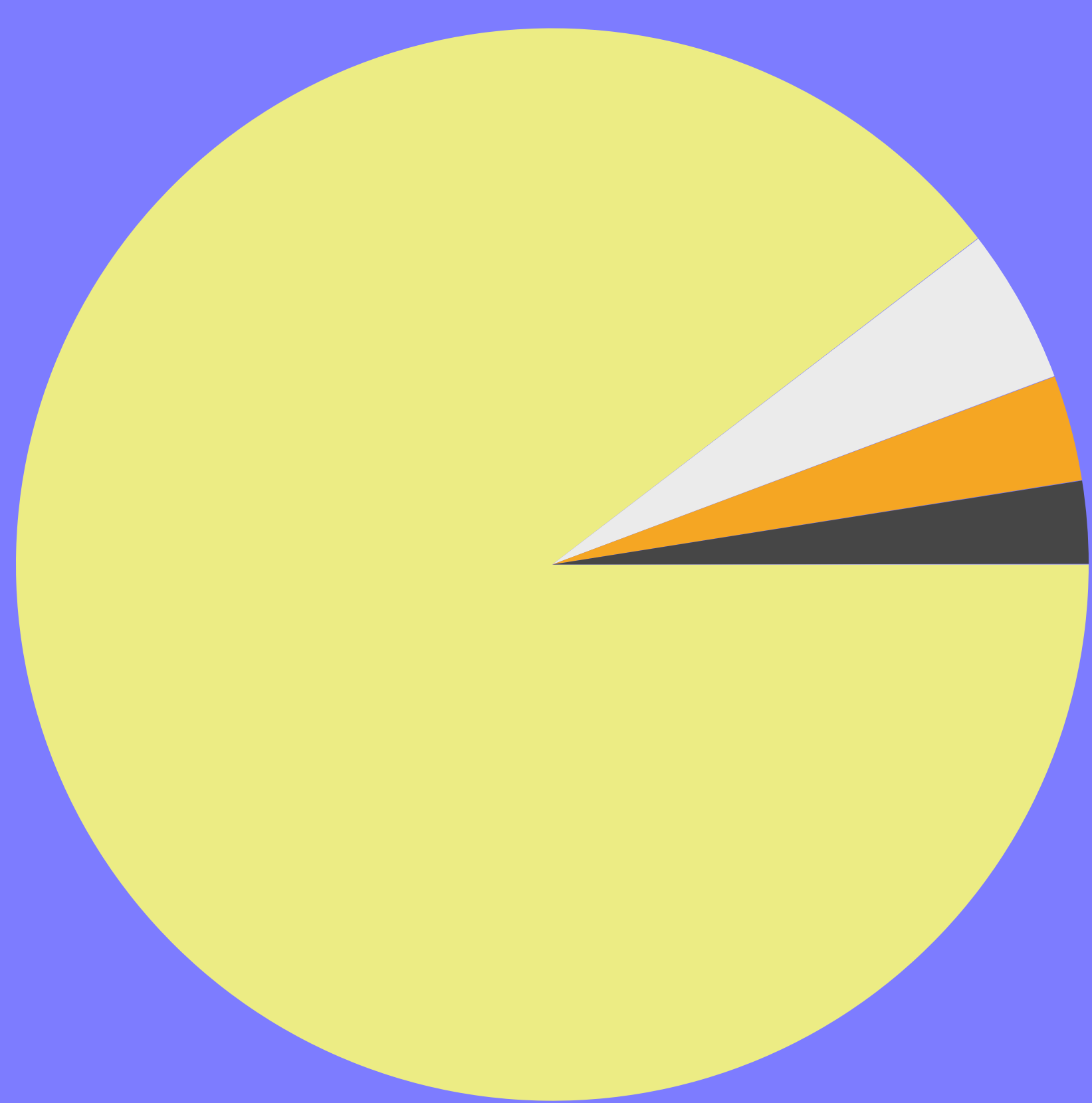
Wyoming Adolescent and Young Adult Self-Harm Hospitalization Rate by Gender (2016-2019)



Females in Wyoming had a **higher rate of self-harm hospitalizations** (92.1/100,00) compared to males (48.3/100,000) among 10-24 years olds.

Adolescent and Young Adult self-harm hospitalizations rates in Wyoming were also **highest among 15-19 year olds** (103.8/100,000), followed by 20-24 year olds (79.2/100,000) and then 10-14 year olds (27.0/100,000).

## Leading Causes of Self- Harm Hospitalizations

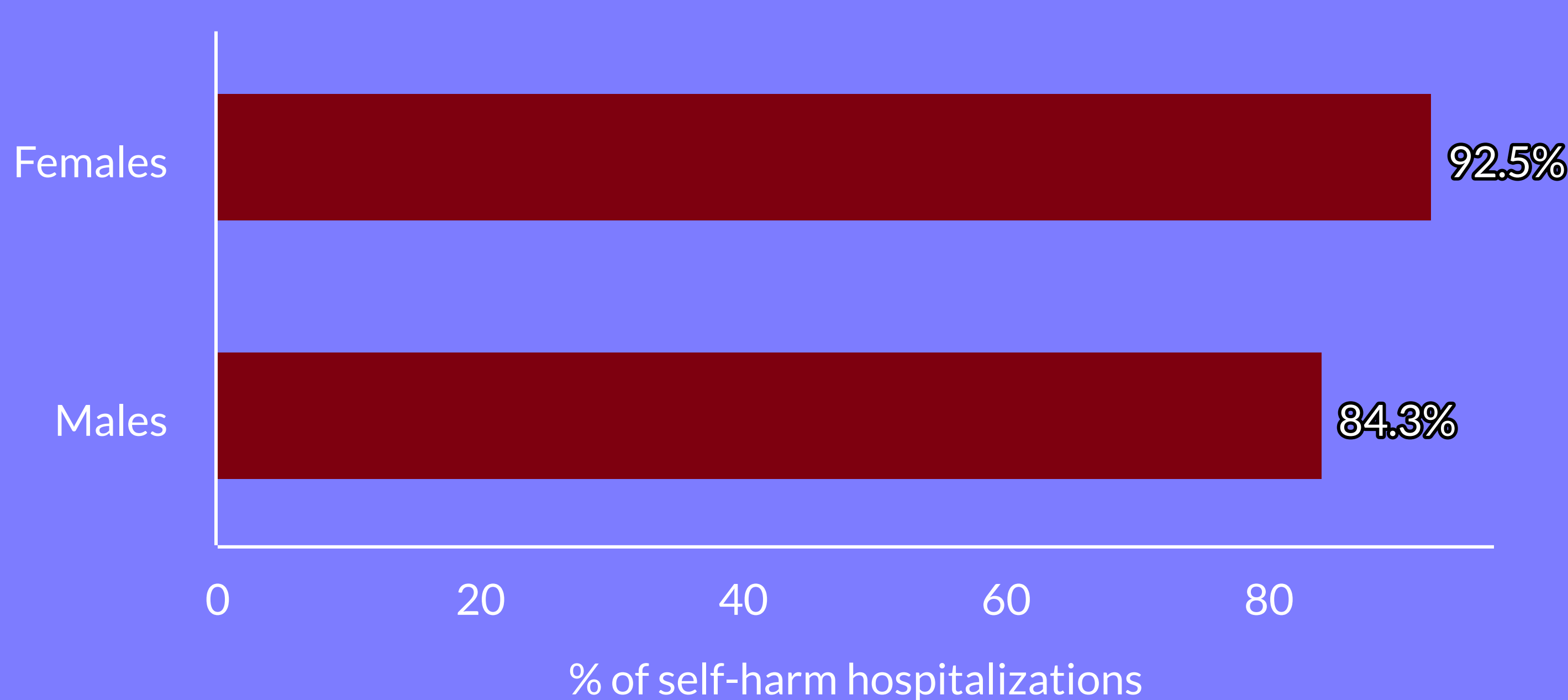


The **leading cause** of self-harm hospitalization among 10-24 years old was Poisoning with a drug, **89.6%** (n=283) of the discharges were coded with this cause.

■ Poisoning, Drug (89.6%)    ■ Unspecified (4.7%)  
■ Poisoning, Non-Drug (3.2%)    ■ Other\*\* (2.5%)

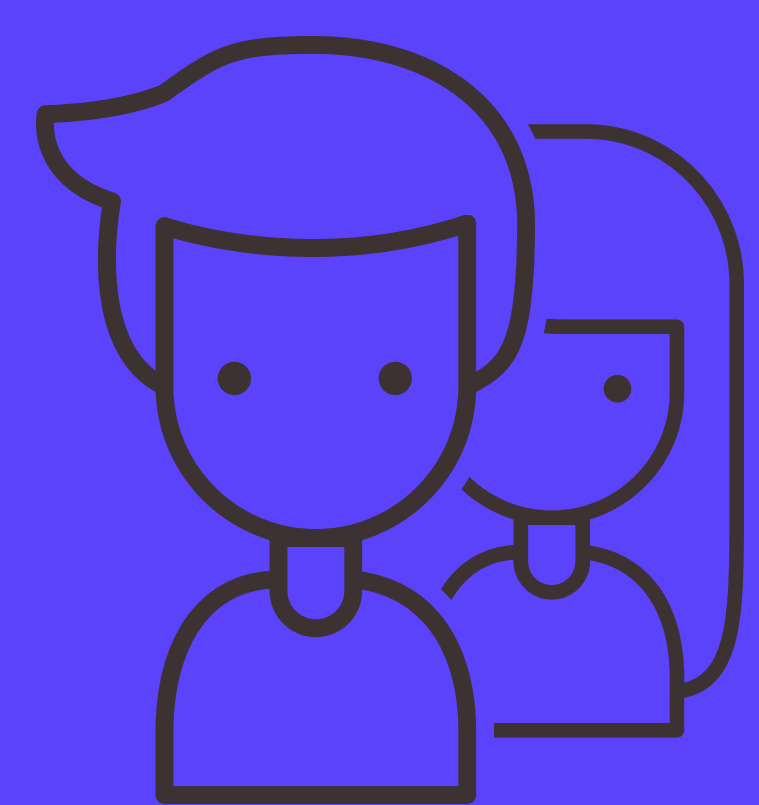
\*\*Other includes cut/piercing, suffocation, fall, and hot object or substance

Percent of Self-Harm Hospitalization Cause by Poisoning with a Drug by Gender



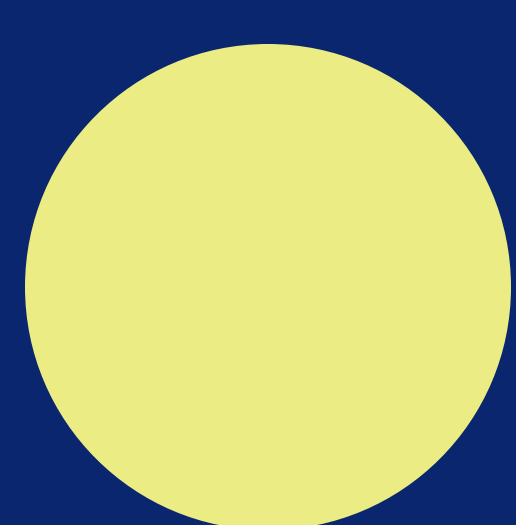
Poisoning with a Drug was also the **leading cause** of self-harm hospitalization **among females 10-24 years old** (92.5%, n=186) and **males 10-24 years old** (84.3%, n=97).





## Next Steps...

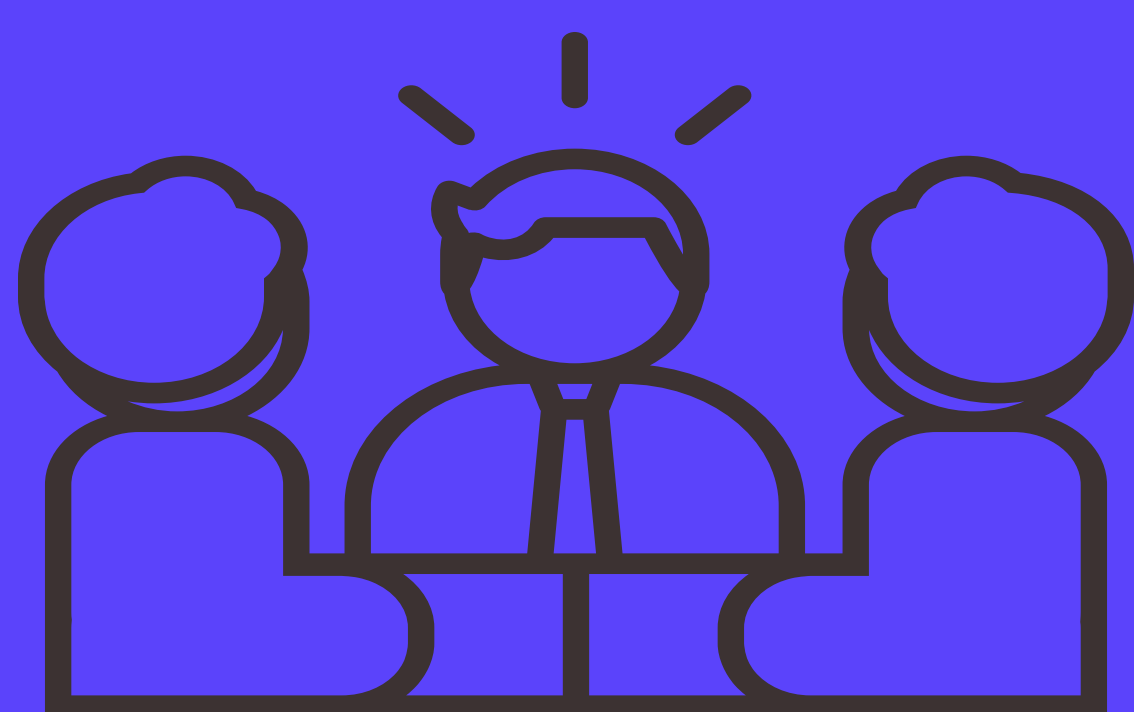
Data presented in this brief highlights that adolescent and young adult suicide in Wyoming is a significant concern for both males and females, especially when comparing rates to the U.S. rates



While suicide appears to impact adolescent young adult males more than females, females suffer from self-harm hospitalizations, a risk factor for suicide, at higher rates than males.

According to the Centers for Disease Control and Prevention (CDC), strategies which **promote connectedness** are important suicide prevention strategies.<sup>1</sup>

According to the Wyoming Prevention Needs Assessment, **17%** of Middle and High Schoolers reported *not having an adult* in their community with whom they can talk about their problems.<sup>7</sup>



A part of the MCH Youth and Young Adult program's efforts to prevent adolescent and young adult suicide over the next 5 years will include strategies to increase youth connectedness across the state.

MCH Epidemiology will continue to monitor data around adolescent and young adult suicide to continue to assist the program with decisions regarding to additional suicide prevention programs which could potentially be implemented. This could include means reduction programs or programs targeting areas of the state which have higher rates of adolescent suicides compared to others.

**If you or someone you know is experiencing suicidal thoughts, call the U.S. National Suicide Prevention Lifeline at [1-800-273-TALK \(8255\)](tel:1-800-273-TALK) or text "WYO" to [741-741](tel:741-741) for the Crisis Text Line.**

## References:

- Centers for Disease Control and Prevention (CDC) <https://www.cdc.gov/suicide/>
- Wyoming Vital Statistics Services. [2007-2020].
- National Vital Statistics System.
- Centers for Disease Control and Prevention (CDC). Web-based Injury Statistics Query and Reporting System (WISQARS). National Center for Injury Prevention and Control, CDC (producer). Accessed: October 1, 2021. <https://www.cdc.gov/injury/wisqars/fatal.html>
- Klonsky ED , May AM , Glenn CR. The relationship between nonsuicidal self-injury and attempted suicide: converging evidence from four samples. *J Abnorm Psychol.* 2013 Feb; 122(1):231-137.
- Wyoming Hospital Discharge Data. [2016-2019].
- Wyoming Prevention Needs Assessment Survey. [2020]. <https://www.pnasurvey.org/Home>

*Population estimates were accessed from CDC Wonder: <https://wonder.cdc.gov/>*