

SUICIDE AWARENESS

CHAMPAIGN COUNTY, OH
2010-2020

August



2022

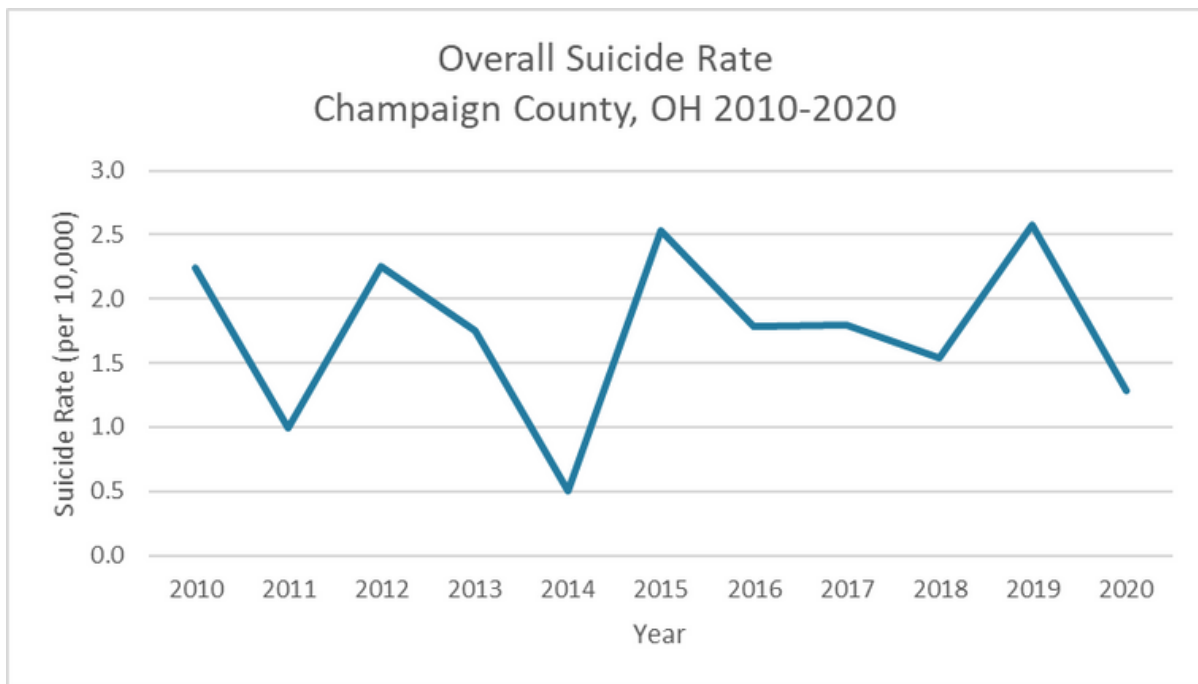
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Overview

Between 2010-2020, Champaign County lost 76 lives to suicide. The purpose of this report is to dive deeper into any potential trends, provide information for the Champaign County population, and share resources. The aim to is decrease the suicide rate within the county over time.

Suicide is the third leading cause of death for Americans within the 5-34 age range and the fifth leading cause of death within the 35-44 age range.



The above graph shows the suicide rate in Champaign County between 2010-2020. In 2010, the rate was 2.2 per 10,000 residents and in 2020, the rate was 1.3 per 10,000 residents. There is no obvious trend in the number of suicides between 2010 and 2020, there could partially be in part to the number of suicides that occurred during this time period.

All suicides that occurred between 2010-2020 were non-Hispanic white residents. Therefore, a racial breakdown is unable to be analyzed.

Risk Factors & Warning Signs

Risk Factors

Below are some factors that may put someone at greater risk for contemplating suicide. This list is not fully comprehensive. Suicidal behavior is complex and there is no single cause.

- Previous suicide attempt
- Depression
- Social isolation
- Financial problems
- Job problems or loss
- Serious illness
- Substance use disorder
- Bullying
- Family history of suicide
- Sexual violence
- Barriers to health care
- Stigma surrounding mental illness
- Easy access to lethal means

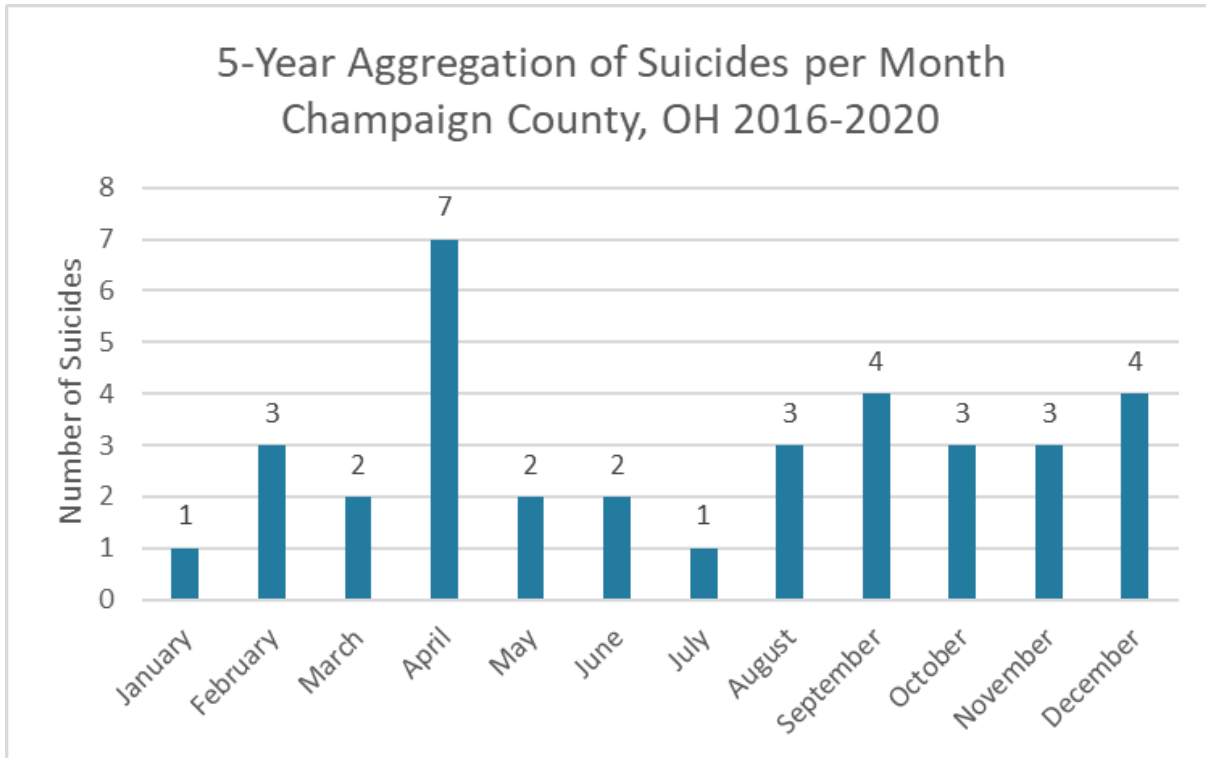
Warning Signs

There can be warning signs that present themselves before someone attempts to take their life. Understanding these signs plays a role in preventing suicide. Some signs include:

- Talking about wanting to die
- Feeling unbearable emotional or physical pain
- Researching ways to die
- Withdrawing from friends
- Making a will
- Displaying extreme mood swings
- Eating/sleeping more or less
- Using drugs or alcohol more often
- Self-harm
- Losing interest in things they previously enjoyed

Take any suicidal talk or behavior seriously. It's not just a warning sign that the person is thinking about suicide. It is a cry for help.

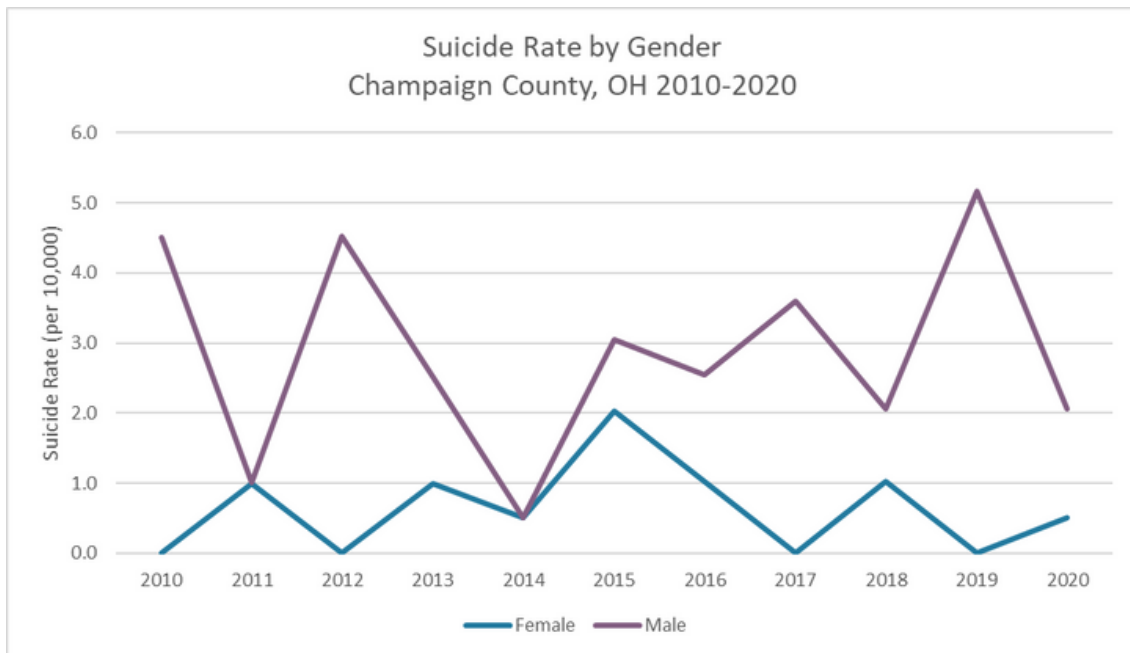
Suicide Seasonality



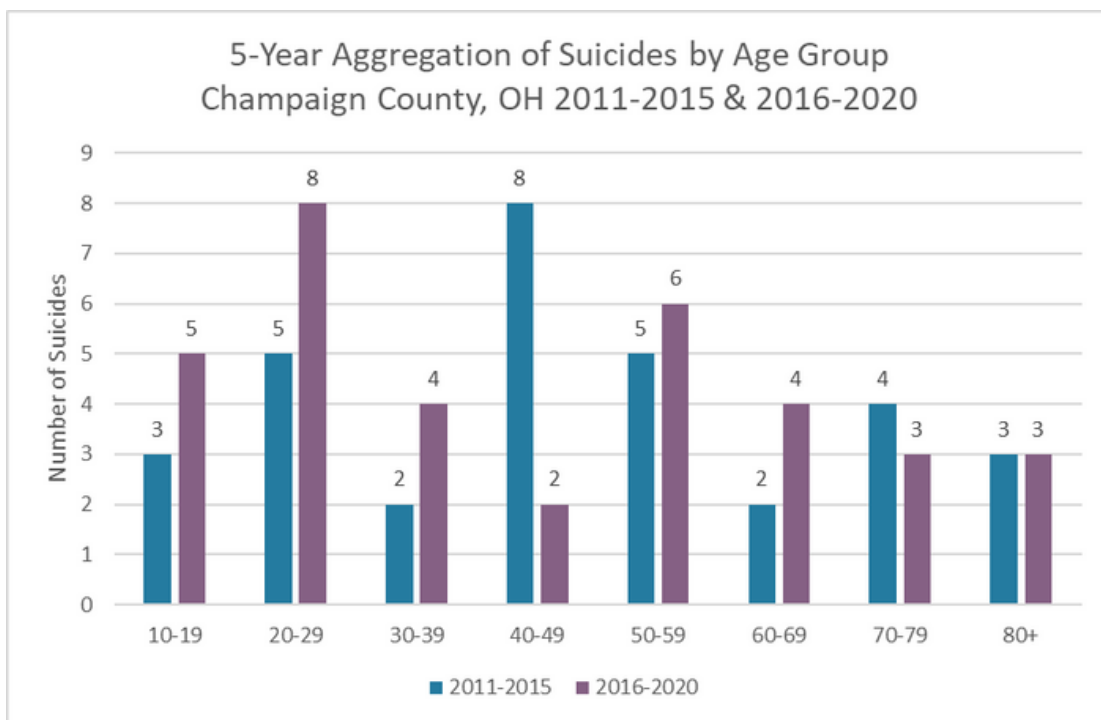
According to the Annenberg Public Policy Center at the University of Pennsylvania, the most suicidal months occur in April, May, and June. It is typically thought that suicides will occur around the holidays; however, it's theorized that those depressed due to the **weather** may feel better in the spring and those depressed for **other reasons** may remain depressed in the spring.

The above graph shows the 5-year aggregation of the number of suicides that occurred per month. Within Champaign County, April has the highest number of suicides committed between 2016-2020 while January and July have the least. It is relatively the same from August to December.

Demographics



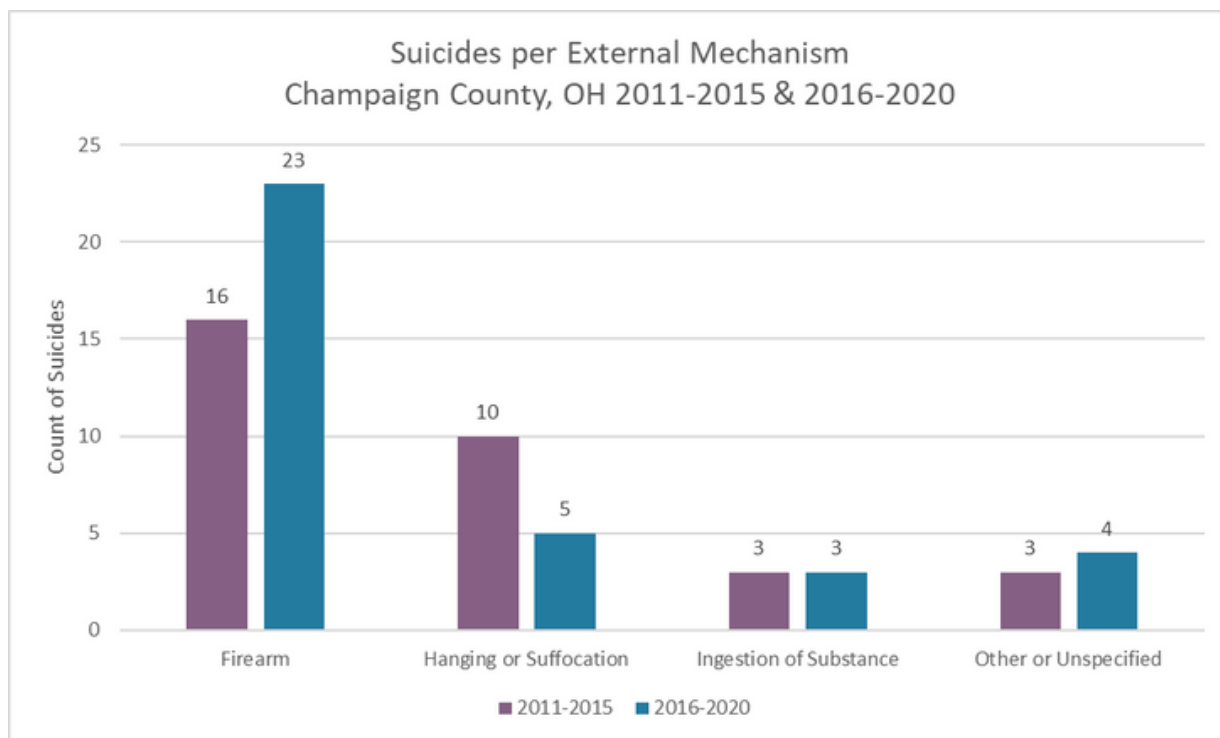
- 14 female and 62 male suicides occurred between 2010-2020
- No apparent trend during this time period
- The highest rate for females was 2.0 in 2015 and for males was 5.2 in 2019



- Within 2011-2015, the 40-49 age group had the highest amount of suicides
- Within 2016-2020, the 20-29 age group has the highest amount of suicides
- Every age group has experienced an increase in number of suicides, **except for the 40-49 and 70-79 age groups**
- The average age between 2010-2020 ranged between 33.1 - 56.4 years old

Mechanisms

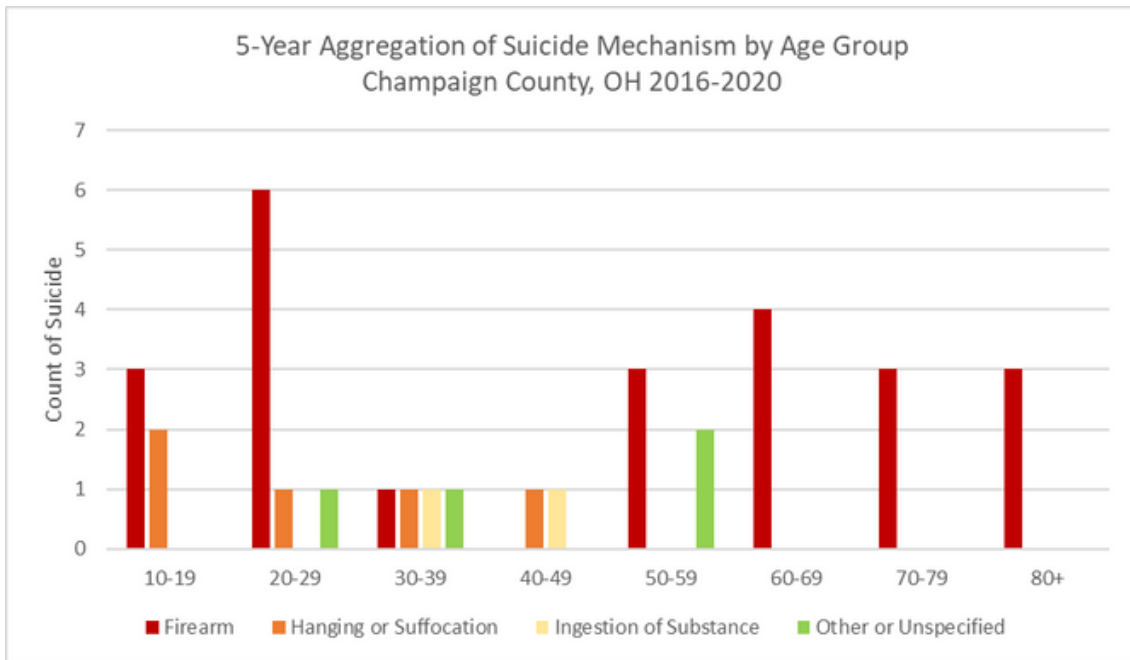
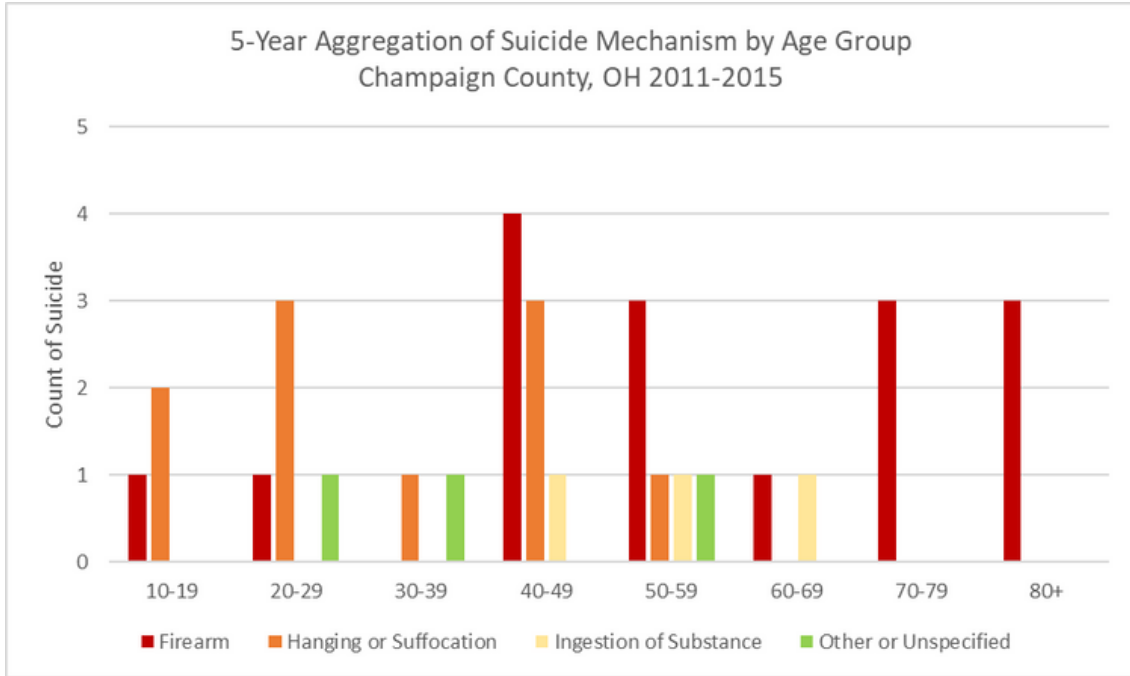
For this section, causes of suicide were classified by similarity to one another. **Ingestion of substance** contains individuals who ingested either prescription drugs/medication, illegal drugs, or non-drug materials such as anti-freeze. **Other or unspecified** contains groups with low counts or had incomplete information on the mechanism.



- Between 2011-2015 and 2016-2020, firearm was the leading mechanism of suicide. Followed by hanging or suffocation.
- Overall, firearms represent 58.2% of suicides between 2011-2020. Hanging or suffocation represent 22.4% and ingestion of substance represents 9.0%

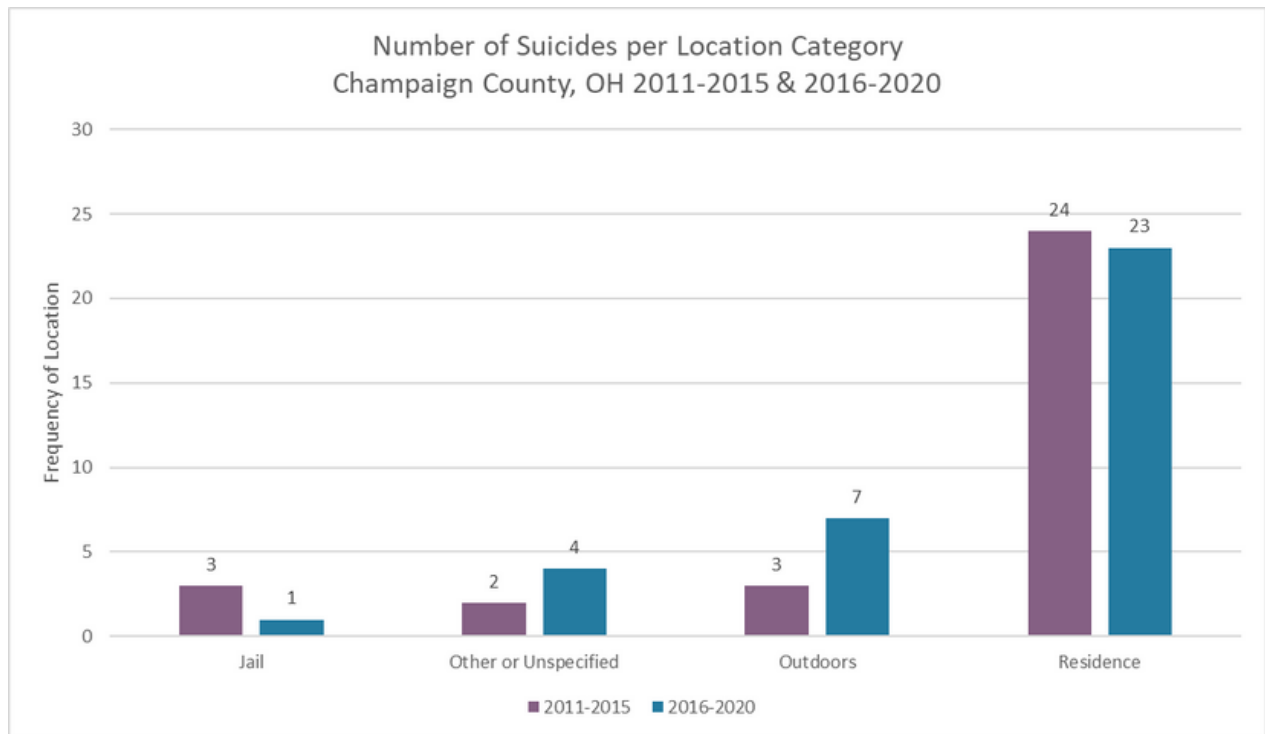
Mechanisms (cont.)

For this section, the external mechanisms of suicide were examined by age group. We are interested in identifying any specific age groups that may be more affected by suicide and by what means.



- Firearm use stands out in most age groups within 2011-2015 and 2016-2020
- Hanging or suffocation has decreased in the 20-29 and 40-49 age groups, and remained the same in the 10-19 age group

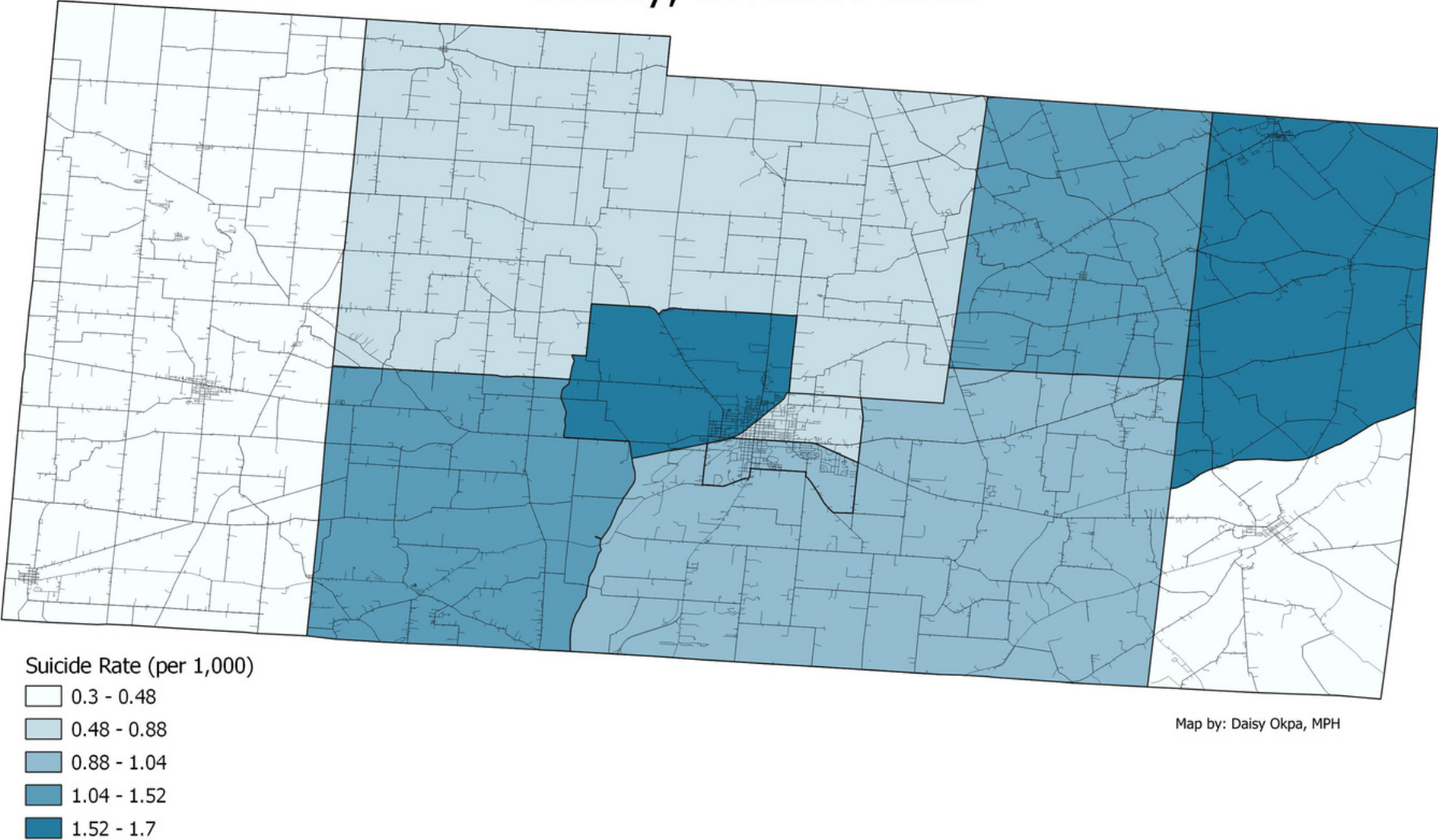
Location



For this section, we were interested in where Champaign County residents are committing suicide. They are overwhelmingly committing suicide within their own residence. There was a slight decrease in suicides within own residence from 2011-2015 to 2016-2020.

Census Tract

5-Year Aggregation of Suicide Rate by Census Tract, Champaign County, OH 2016-2020



The above map shows the suicide rates per 1,000 residents within each census tract.

Prevention



Family, friends, and the community can help spot risk factors and warning signs to support people and help protect them from suicidal thoughts and behavior. Below are some circumstances that protect against suicide:

Individual

- Effective coping and problem-solving skills
- Reasons for living (family, friends, pets)

Community

- Feeling connected to school, community, social institutions
- Availability of consistent and high quality physical and behavioral healthcare

Relationship

- Support from partners, friends, and family
- Feeling connected to others

Societal

- Reduced access to lethal means of suicide among people at risk
- Cultural, religious, or moral objections to suicide

More information can be found [HERE](#)

Resources

- 988 Suicide & Crisis Lifeline
 - Call or text: 988
 - Chat online at 988lifeline.org/chat/
- National Suicide Prevention Spanish Lifeline
 - 888-628-9454
- SAMHSA Treatment Referral Hotline (Substance Abuse)
 - 800-662-4357 (HELP)
- RAINN National Sexual Assault Hotline
 - 800-656-4673 (HOPE)
- National Teen Dating Abuse Helpline
 - 866-331-9474
- The Trevor Project
 - 866-488-7386
- Crisis Text Line
 - Text 4HOPE to 741741
- Veterans Crisis Line
 - 800-273-8255
 - Chat online at www.veteranscrisisline.net/get-help-now/chat/

References

Centers for Disease Control and Prevention: Suicide Prevention

EMedicineHealth: What is the Most Suicidal Month?

Health System Tracker: Leading Cause of Death Ranking

National Institute of Mental Health: Warning Signs of Suicide

Ohio Department of Health Vital Statistics, mortality files 2010-2020