TX Injury Data Brief

Suicide trends and characteristics, Texas vs. US

Suicide is a substantial and persistent public health issue in the United States (US) as well as Texas (TX). In 2013, suicide was the 10th leading cause of death in the US among all ages.\(^1\) In both the US and TX, suicide was among the top 3 causes of death for people between the ages of 10-34 years.\(^1\) Suicide, like all fatal and nonfatal injuries, is preventable. The following data brief summarizes the burden of suicide in Texas and demonstrates which populations are at greatest risk.

Rates of suicide have increased over time

- Suicide rates have increased in both the US and TX from 2000-2013
- In 2013, the rate of suicide was 12.61 per 100,000 in the US compared to 11.69 per 100,000 in TX
- Rates of suicide in the US are greater than suicide rates in TX

![Suicide trends, TX vs. US, 2000-2013](source: CDC WONDER)

In 2013 in TX, rates of suicide were:

- 3.7 times greater among males compared to females
- 1.6 times greater among 45-64 year olds compared to 15-24 year olds
- 3.2 times greater among white non-Hispanics compared to black non-Hispanics

Suicide demographics, TX vs. US, 2013

<table>
<thead>
<tr>
<th>Race/ethnicity**</th>
<th>Texas N</th>
<th>Age-adj rate (per 100,000)</th>
<th>US N</th>
<th>Age-adj rate (per 100,000)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White NH</td>
<td>2,247</td>
<td>17.78</td>
<td>34,253</td>
<td>15.91</td>
</tr>
<tr>
<td>Black NH</td>
<td>179</td>
<td>5.49</td>
<td>2,293</td>
<td>5.63</td>
</tr>
<tr>
<td>Hispanic</td>
<td>548</td>
<td>5.81</td>
<td>2,865</td>
<td>5.68</td>
</tr>
<tr>
<td>Asian/PI</td>
<td>71</td>
<td>6.36</td>
<td>1,088</td>
<td>5.92</td>
</tr>
<tr>
<td>AI/AN</td>
<td>---</td>
<td>---</td>
<td>483</td>
<td>18.26</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>3,059</td>
<td></td>
<td>41,149</td>
<td></td>
</tr>
</tbody>
</table>

Source: CDC WONDER, 2013

*Counts don’t add up to total due to cases with other or unknown race/ethnicity.

Abbreviations:
- NH = non-Hispanic
- AN = Alaskan Native
- PI = Pacific Islander
- Al = American Indian
- Age-adj = age-adjusted

\(^1\) CDC WISQARS “Leading Causes of Death”, 2013.
Firearm suicide rates are greater in TX compared to the US

- In 2013, the rate of firearm suicide was 6.84 per 100,000 in TX vs. 6.41 per 100,000 in the US
  - The US had higher rates of suicide for most other leading external causes of injury
- Suffocation and poisoning were the second and third leading causes of suicide, respectively

Suicide rates differ by county in Texas

- The suicide rate in TX was 11.67 per 100,000 from 2011-2013
- Texas counties with suicide rates more than twice the statewide rate included: Cass, Upshur, and Van Zandt

Data sources:

Suicide prevention resources:
- National Suicide Prevention Lifeline: 800-273-TALK (8255). Confidential online chat: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Trevor Hotline for LGBTQ youth: 866-488-7386
- Red Nacional de Prevencion del Suicidio: 888-628-9454

Data brief created by Texas Department of State Health Services, Injury Epidemiology & Surveillance Branch. For questions or additional information, please contact injury.web@dshs.state.tx.us or visit our website: [www.dshs.state.tx.us/injury](http://www.dshs.state.tx.us/injury).