The following documentation has been submitted to ASTHO for the Accreditation Library as a potential example of Health Department documentation that might meet the PHAB Standard and Measure 1.4.2. This document is not intended to be a template, but is a reference as state health agencies develop and select accreditation documentation specific to the health department's activities.

Please note that the inclusion of documentation in this library does not indicate official approval or acceptance by PHAB.

<table>
<thead>
<tr>
<th>Document Title:</th>
<th>Suicide in Maine Data Profile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Document Date:</td>
<td>May 2015</td>
</tr>
</tbody>
</table>

Version of Standards and Measures Used: 1.0

<table>
<thead>
<tr>
<th>Domain: 1</th>
<th>Standard: 4</th>
<th>Measure: 2</th>
<th>Required Documentation: 1</th>
</tr>
</thead>
</table>

Short description of how this document meets the Standard and Measure’s requirements:
This document is an example of Maine’s Suicide Data Profile.

<table>
<thead>
<tr>
<th>Submitting Agency:</th>
<th>Maine Center for Disease Control and Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Staff Contact Name:</td>
<td>Nancy Birkhimer</td>
</tr>
<tr>
<td>Staff Contact Position:</td>
<td>Accreditation and Performance Improvement Manager</td>
</tr>
<tr>
<td>Staff Contact Email:</td>
<td><a href="mailto:Nancy.birkhimer@maine.gov">Nancy.birkhimer@maine.gov</a></td>
</tr>
<tr>
<td>Staff Contact Phone:</td>
<td>207-287-5716</td>
</tr>
</tbody>
</table>
SUICIDE DEATHS

In 2010-2012 there were 630 suicide deaths in Maine – an average of 210 suicides per year.¹

- The age-adjusted suicide rate among Maine people ages 10 and older was higher than the U.S. rate, 17.7 vs 14.6 suicides per 100,000. The annual rate of suicide in Maine has remained relatively stable since 2000 (Figure 1).¹,²

- Suicide was the second leading cause of death among Maine people ages 15-34 and the fourth leading cause of death among Maine people ages 35-54.¹

- More Maine people ages 10 and older die from suicide than by homicide. For every homicide there were approximately seven suicides.¹

Figure 1. Age-Adjusted Suicide Deaths, Hospital Discharges and Emergency Department Visits¹

SUICIDE METHODS

- Firearms were used in 51 percent (320) of suicides in Maine while the second leading method, suffocation (including hanging/strangulation), accounted for 23 percent (144) of all suicides (Figure 2).¹

SUICIDE ATTEMPTS

Age-adjusted emergency department visit rates due to intentional self-injury have increased significantly since 2000 (Figure 1).

In 2009-2011:

- There were 7,560 emergency department visits related to intentional self-injury.

- Fifty-two percent of all intentional self-injury related emergency department visits were among Maine people ages 15-29 years old.

Age-adjusted hospital discharge visits due to intentional self-injury have remained steady since 2000 (Figure 1).

In 2009-2011:

- The age-adjusted rate of intentional self-injury related hospital discharges was significantly higher among women than men (123.3 compared to 82.8 per 100,000).

- Seventy-five percent of all intentional self-injury related hospital discharges were among Maine people ages 15-49 years old.

Figure 2. Suicide Methods among Maine Persons ages 10 and Older, 2010-2012¹

<table>
<thead>
<tr>
<th>Method</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firearm</td>
<td>51%</td>
</tr>
<tr>
<td>Suffocation</td>
<td>23%</td>
</tr>
<tr>
<td>Poisoning</td>
<td>19%</td>
</tr>
<tr>
<td>Drowning</td>
<td>2%</td>
</tr>
<tr>
<td>Other</td>
<td>5%</td>
</tr>
</tbody>
</table>
SUICIDAL THOUGHTS & ATTEMPTS

In 2011-2012:

- **Three percent** (N=64,346) of Maine adults ages 18 years and older reported having suicidal thoughts in the past year.4

In 2013:

- **Fifteen percent** of Maine high school students and **17 percent** of Maine middle school students reported seriously considering suicide (past year for high school; ever for middle school).5

- **Eight percent** of Maine high school students and **6 percent** of Maine middle school students reported attempting suicide (within past year for high school; ever for middle school).5

**Figure 3. Suicidal Thoughts & Attempts, 2013**
(by Sex & Sexual Orientation among Maine High School Students)

<table>
<thead>
<tr>
<th></th>
<th>Suicidal Thoughts</th>
<th>Suicide Attempt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>11%</td>
<td>7%</td>
</tr>
<tr>
<td>Females</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>Heterosexual</td>
<td>13%</td>
<td>7%</td>
</tr>
<tr>
<td>Gay, Lesbian or Bisexual</td>
<td>47%</td>
<td>24%</td>
</tr>
</tbody>
</table>

DISPARITIES: Gender & Sexual Orientation

Men are more likely to die by suicide than women.

- Suicide is **four times** more likely among males than females representing **80 percent** of all Maine suicides in 2010-2012.1

- Firearms were the most common suicide method among men (**57 percent**) of all suicides among men while poisoning was the most common suicide method among women (**46 percent**) in 2010-2012.1

Girls are more likely to consider suicide than boys.

- High school girls were significantly more likely to consider suicide (**18 percent**) than high school boys (**11 percent**, Figure 3).5

Maine high school students who are gay, lesbian or bisexual are more likely to consider and attempt suicide.

- In 2013, among gay, lesbian or bisexual Maine high school students, **47 percent** reported suicidal thoughts as compared to **13 percent** of heterosexual students (Figure 3).5

- **Twenty-four percent** of gay, lesbian or bisexual Maine high school students reported having attempted suicide within the past 12 months as compared to **7 percent** of heterosexual students (Figure 3).5


MAINE SUICIDE PREVENTION PROGRAM

Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services
For more information or suicide prevention materials, contact: samhs.irc@maine.gov
1.800.499.0027 (Maine only) or 207.287.8900 TTY Use Maine Relay: 711, www.maine.gov/suicide
STATEWIDE TOLL-FREE CRISIS LINE: 1.800.568.1112

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints, or requests for additional information regarding the ADA may be forwarded to DHHS’ ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04330-0011, (207) 287-4289 (V), (207) 287-3488 (V), TTY users call Maine Relay 711. Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This notice is available in alternate formats.

Published May 2015
SUICIDE DEATHS

In 2010-2012 there were 75 suicide deaths among youth under age 24 (under age 14: three deaths, ages 15-19: 27 deaths, and ages 20-24: 45 deaths).1

- In Maine and the U.S., suicide was the second leading cause of death among Maine youth ages 15-24.1
- More male Maine youth (66) died by suicide than female youth (nine). Of every eight youth suicides, seven were male.1
- The age-adjusted suicide rate among Maine youth ages 10-24 was higher than the U.S. rate - 10.2 vs. 7.8 suicides per 100,000.1,2

Figure 1. Age-Adjusted Intentional Self-Injury Related Hospital Discharges and Emergency Department Visits

SUICIDE ATTEMPTS

The rate of intentional self-injury related emergency department visits steadily, and significantly, increased since 2001. (Figure 1)3

In 2010-2011:
- There were 1164 emergency department visits for intentional self-injury among Maine youth.3
- Fifty percent (584) of all intentional self-injury related emergency department visits were among Maine people ages 15-19 years old from 2010-2011.3

The rate of intentional self-injury related hospital discharges remained steady since 2001. (Figure 1)3

In 2010-2012:
- There were 270 hospital discharges for intentional self-injury among Maine youth ages 10-24.3
- The age-adjusted hospital discharge rate for intentional self-injury was significantly higher among female youth than male youth (82.7 vs. 48.0 per 100,000).3
- Eighty-seven percent (235) of all intentional self-injury related hospital discharges among Maine youth were among youth ages 15-24 years old.5

SUICIDE METHODS

- The leading method of suicide among youth ages 10-24 years were firearms, used in 47 percent (35) of all youth suicides in Maine in 2010-2012.
- The second leading method of youth suicide, suffocation (including hanging/strangulation), accounted for 35 percent (26) of all youth suicides.
SUICIDAL THOUGHTS & ATTEMPTS

Suicidal thoughts and attempts are a concern among Maine students.

In 2013:

- **Fifteen percent** of Maine high school students and **17 percent** of Maine middle school students reported they had seriously considered suicide (past year for high school; ever for middle school).

- **Eight percent** of Maine high school students and **6 percent** of Maine middle school students reported attempting suicide (within past year for high school; ever for middle school).

**Figure 3. Suicidal Thoughts & Attempts, 2013** (by Sex & Sexual Orientation among Maine High School Students)

<table>
<thead>
<tr>
<th></th>
<th>Suicidal Thoughts</th>
<th>Suicide Attempt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>11%</td>
<td>7%</td>
</tr>
<tr>
<td>Females</td>
<td>18%</td>
<td>9%</td>
</tr>
<tr>
<td>Heterosexual</td>
<td>13%</td>
<td>7%</td>
</tr>
<tr>
<td>Gay, Lesbian or Bisexual</td>
<td>47%</td>
<td>24%</td>
</tr>
</tbody>
</table>

DISPARITIES: Gender & Sexual Orientation

Male youth are more likely to die by suicide than female youth. However, female youth are more likely to attempt suicide than male youth.

- Suicide is **seven times** more likely among male youth than female youth – **88 percent** of all Maine youth suicides in 2010-2012.²
- High school girls were significantly more likely to consider suicide (**18 percent**) than high school boys (**11 percent**, Figure 3).⁵
- Female youth ages 15-19 years have significantly higher rates of intentional self-injury related hospital discharges and emergency department visits than females ages 10-14, and all male youth (ages 10-14, 15-19, 20-24 years).

Maine high school students who are gay, lesbian or bisexual are more likely to consider and attempt suicide.

- In 2013, among gay, lesbian or bisexual Maine high school students, **47 percent** reported suicidal thoughts compared to **13 percent** of heterosexual students (Figure 3).⁵
- **Twenty-four percent** of gay, lesbian or bisexual Maine high school students reported having attempted suicide within the past 12 months compared to **7 percent** of heterosexual students (Figure 3).⁵