



Department of Mental Health & Substance Abuse
Suicide Prevention Program

Presented By:

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Epidemiological Lead

Acknowledgements

- Office of the Chief Medical Examiner
 - Dr. Aurelio Espinola
- PEACE/Focus on Life Program Staff
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 - Dr. Annette M. David



Suicide deaths

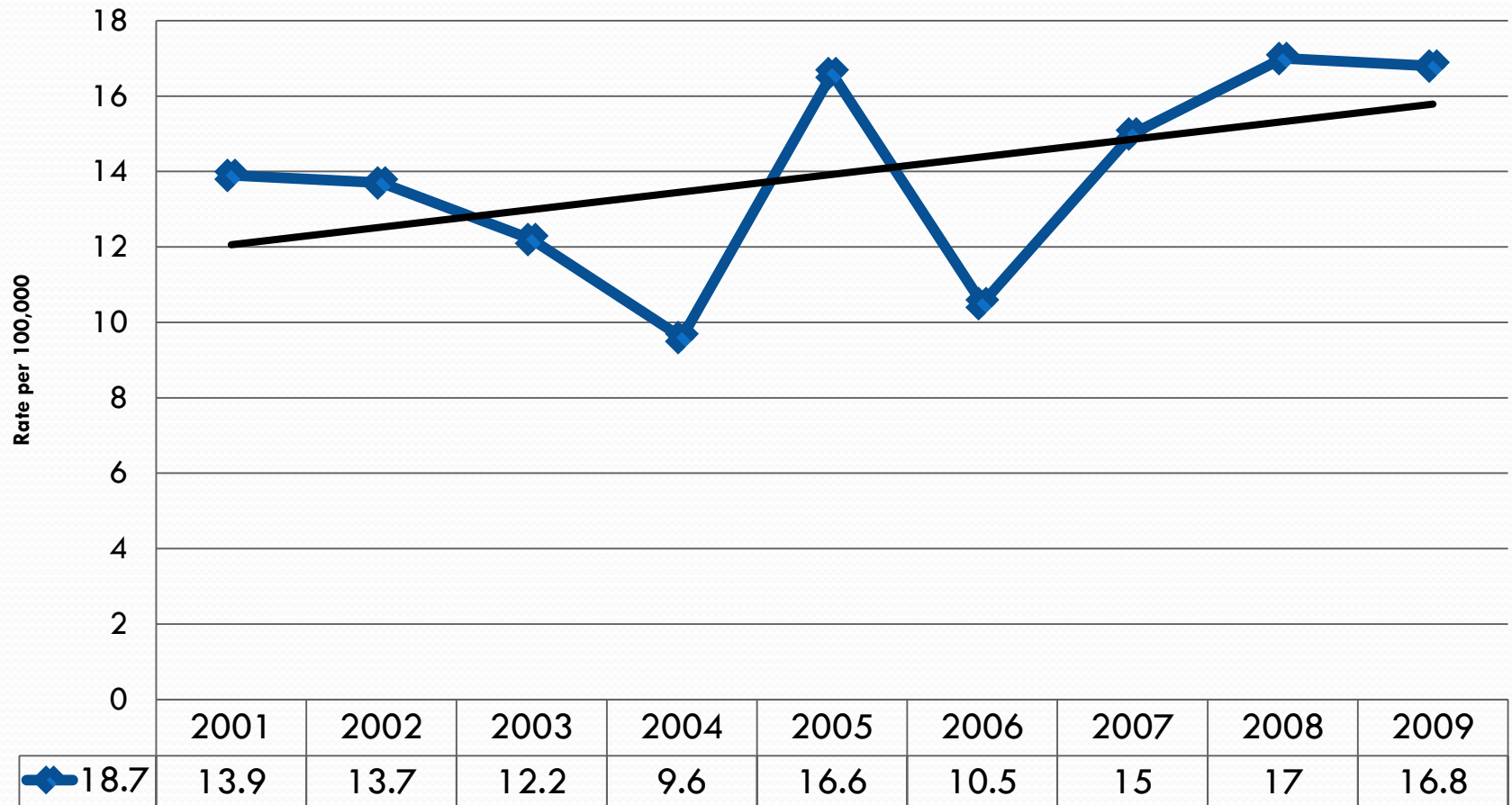
Data from DPHSS Office of Vital Statistics and
the Office of the Chief Medical Examiner

Suicide deaths

	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Deaths	29	22	22	20	16	28	18	26	30	30
Suicide death rate per 100,000	18.7	13.9	13.7	12.2	9.6	16.6	10.5	15.0	17.0	16.8

- On average, 24 deaths per year from suicide since 2000 → **1 suicide death every 2 weeks**
- Average suicide death rate per 100,000 for 2000-2009: 14.8
- Average US suicide death rate per 100,000: 10.9
- Average suicide death rate for Asian/pacific Islanders in US mainland: 5.7
- Guam 2009 rate is **over 50% higher** than average US suicide death rate.

Trends in suicide death rate



Age-adjusted suicide death rate

	2008	2009
Deaths	30	30
Crude suicide death rate per 100,000	17.0	16.8
Age-adjusted suicide death rate per 100,000*	25.8	20.1

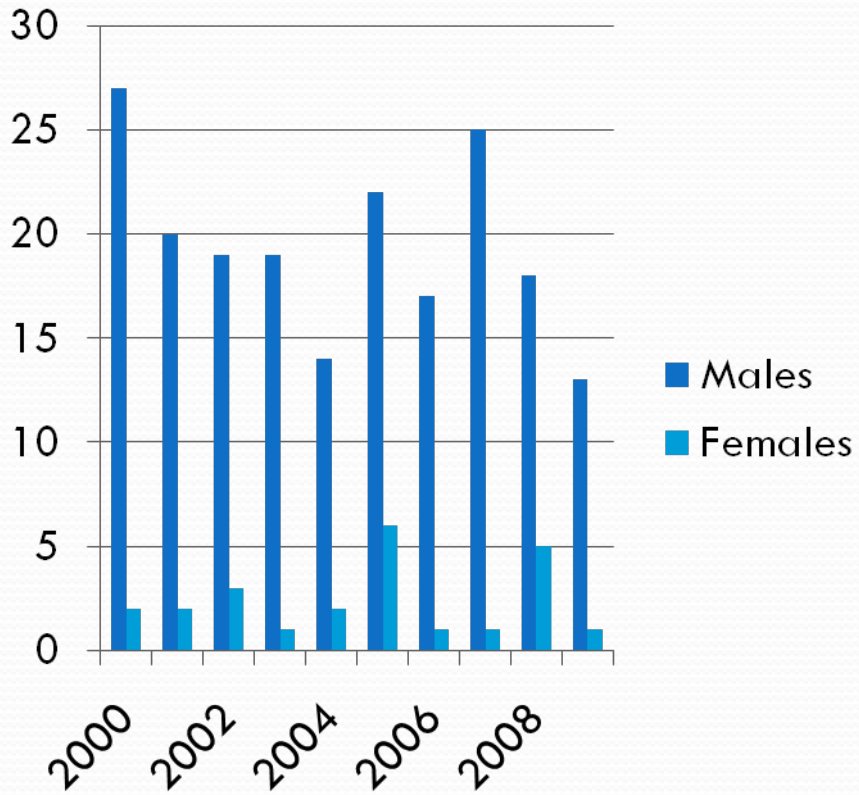
NOTES:

- Adjusted to the standard (US 2000 population)
- Average US suicide death rate per 100,000: 10.9
- Average suicide death rate for Asian/Pacific Islanders in US mainland: 5.7
- Age-adjusted Guam rate is double that of the US and 4-5 times that for Asian/Pacific Islanders living in the US mainland

Suicide deaths by sex

Total numbers by sex, 2000-2009

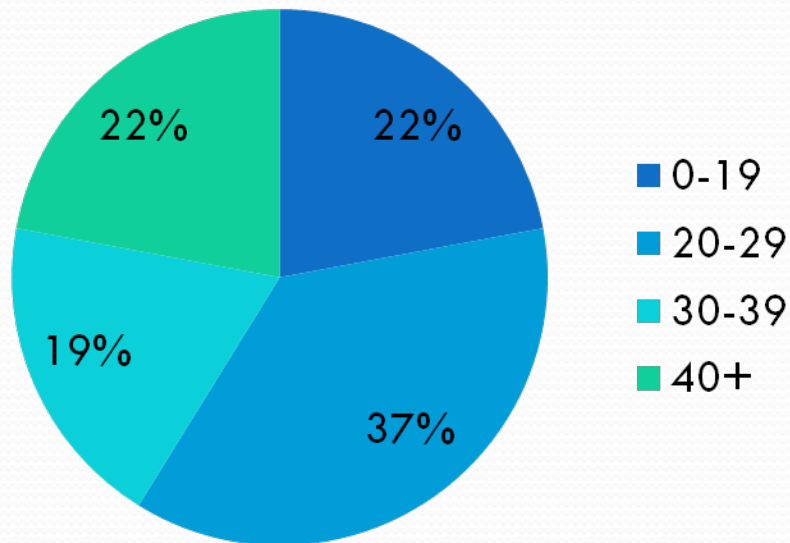
Suicide rates by sex, 2000-2009



2000-2009 data

Suicide deaths by age, cumulative

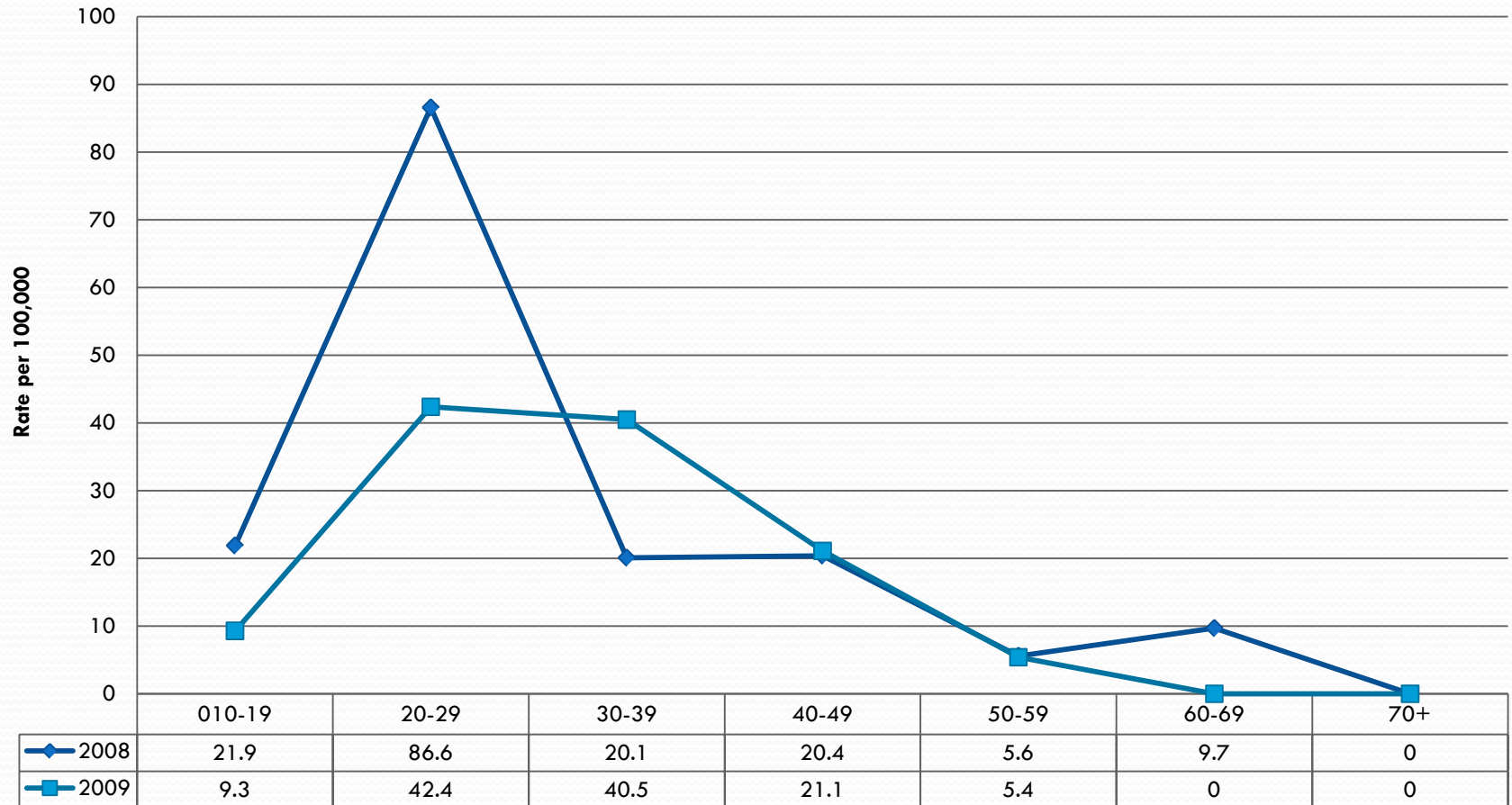
Guam Suicide Deaths by Age



- ✘ 1 in 5 suicide deaths occurs in those under 20 years of age
- ✘ 2 in 5 suicide deaths occur among those 20-29 years of age
- ✘ About 60% of all suicide deaths occur in those under 30 years

Death by suicide on Guam predominantly among young people

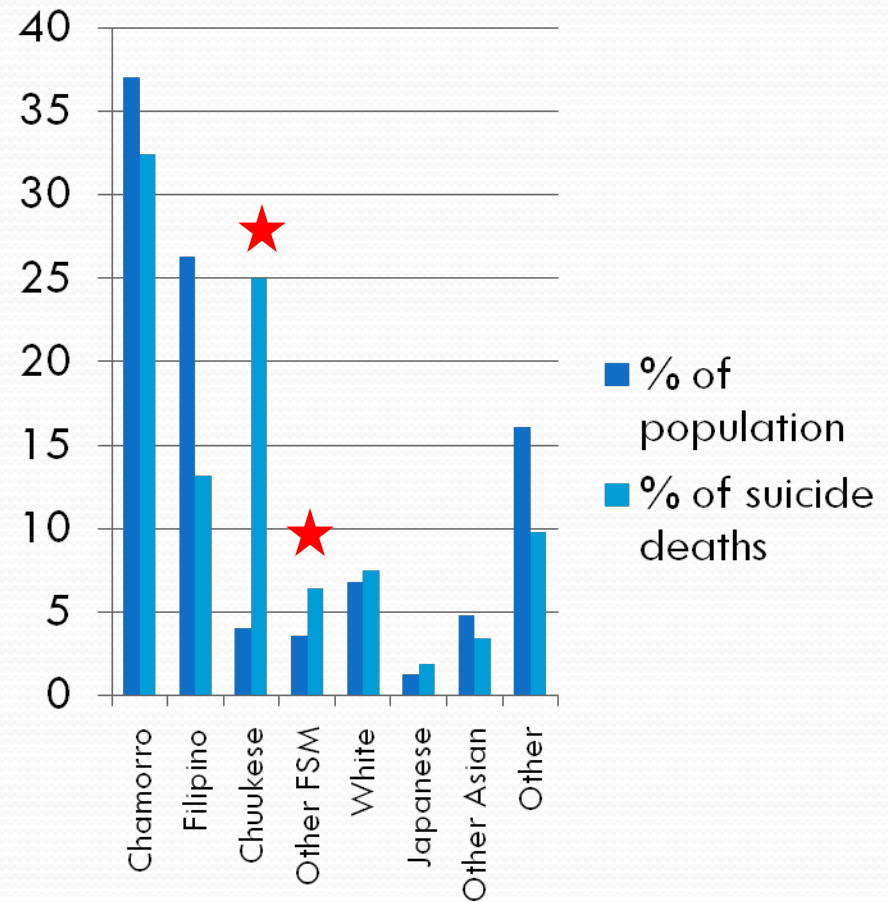
Age-specific Suicide Death Rate



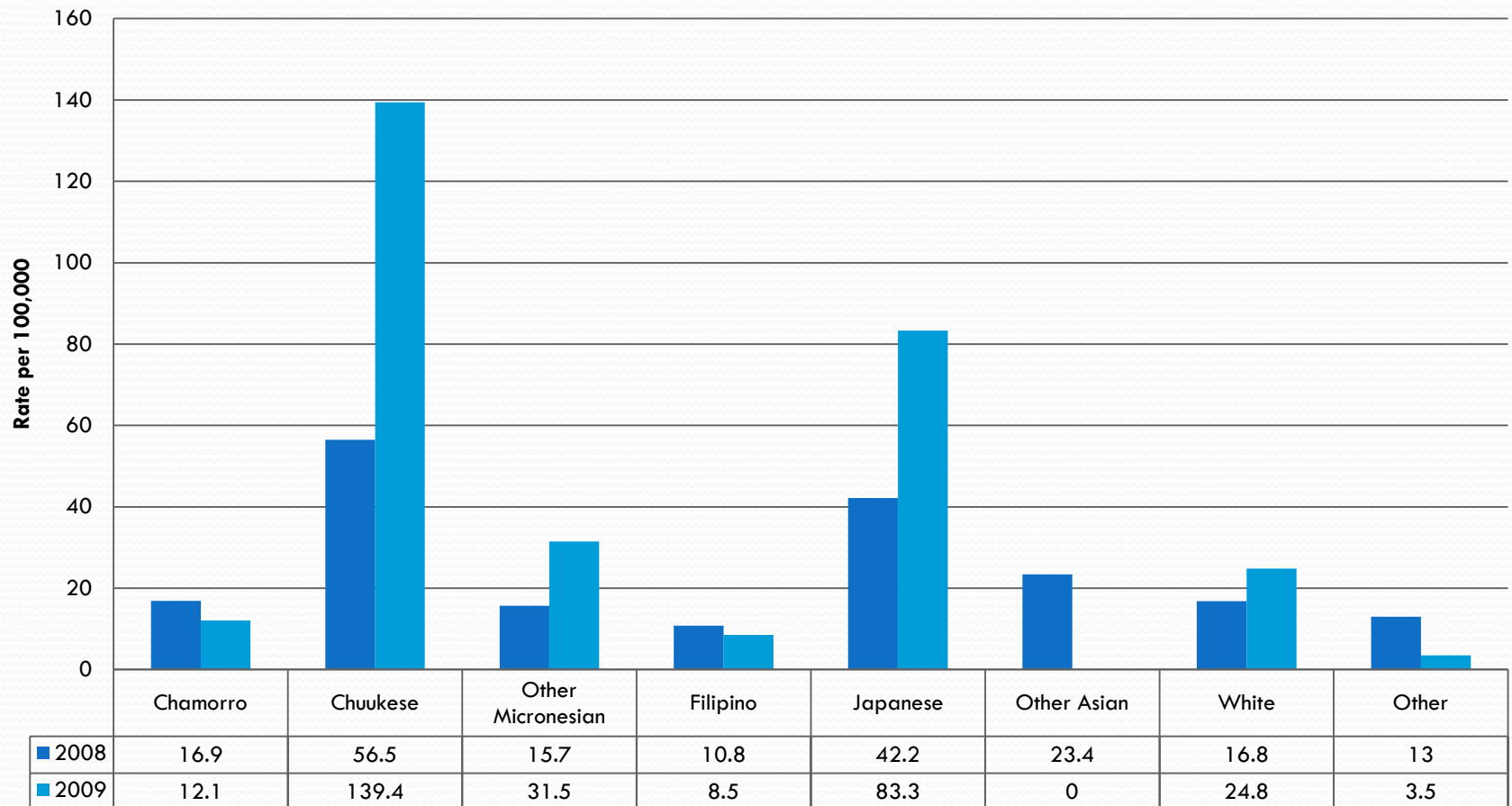
Suicide deaths by ethnicity

Ethnicity	Number	Percentage
Chamorro	86	32.4%
Filipino	35	13.2%
Chuukese	66	25.0%
Other FSM	17	6.4%
White	20	7.5%
Japanese	5	1.9%
Other Asian	9	3.4%
Other	26	9.8%

2000-2009 data

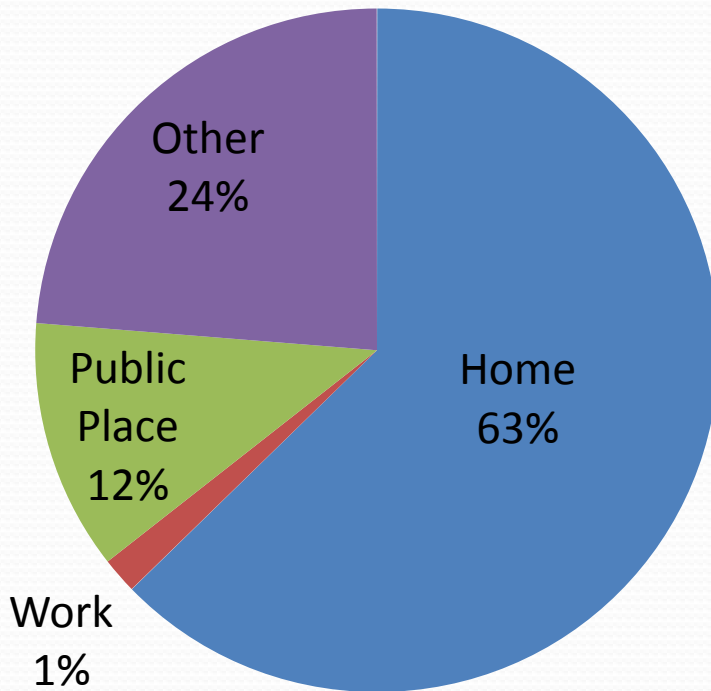


Ethnicity-specific Suicide Death Rate



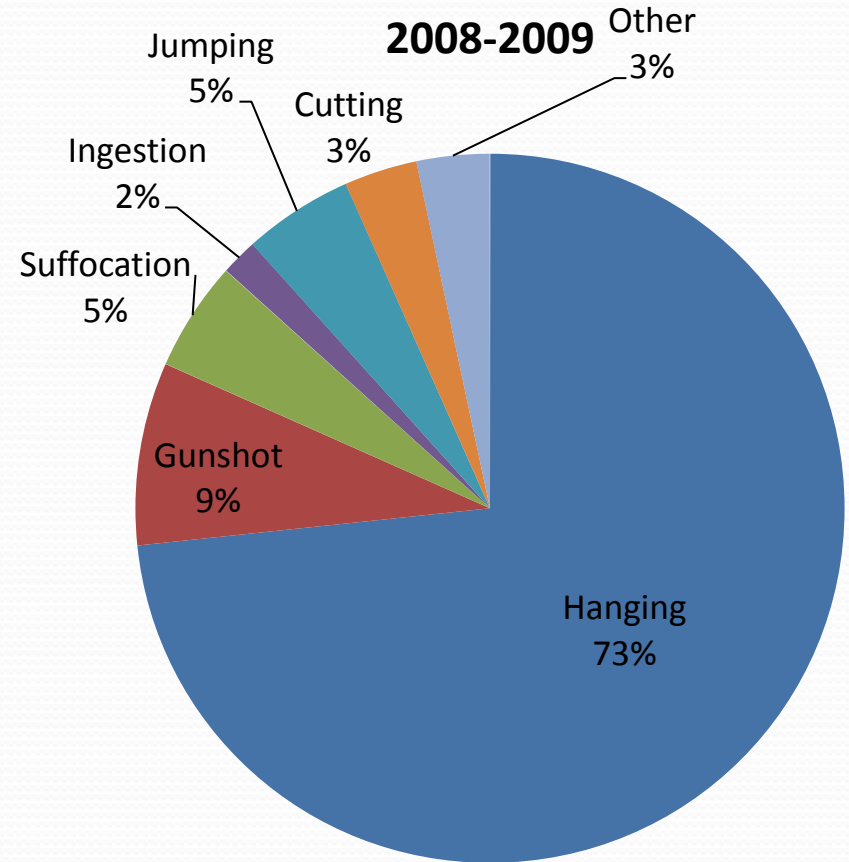
Site of Suicide

2008-2009



Method of Suicide

2008-2009



Method of Suicide

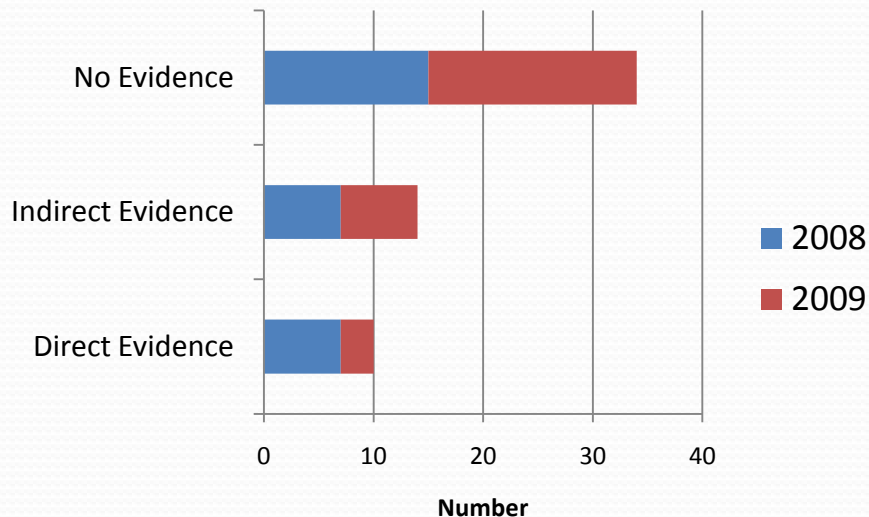
US Mainland

Suicide by:	Males (%)	Females (%)
Firearms	56	31
Suffocation	23	19
Poisoning	13	40

Guam

Suicide by:	Males (%)	Females (%)
Hanging	75	57
Gunshot	9	0
Suffocation/Jumping	2/4	28/14

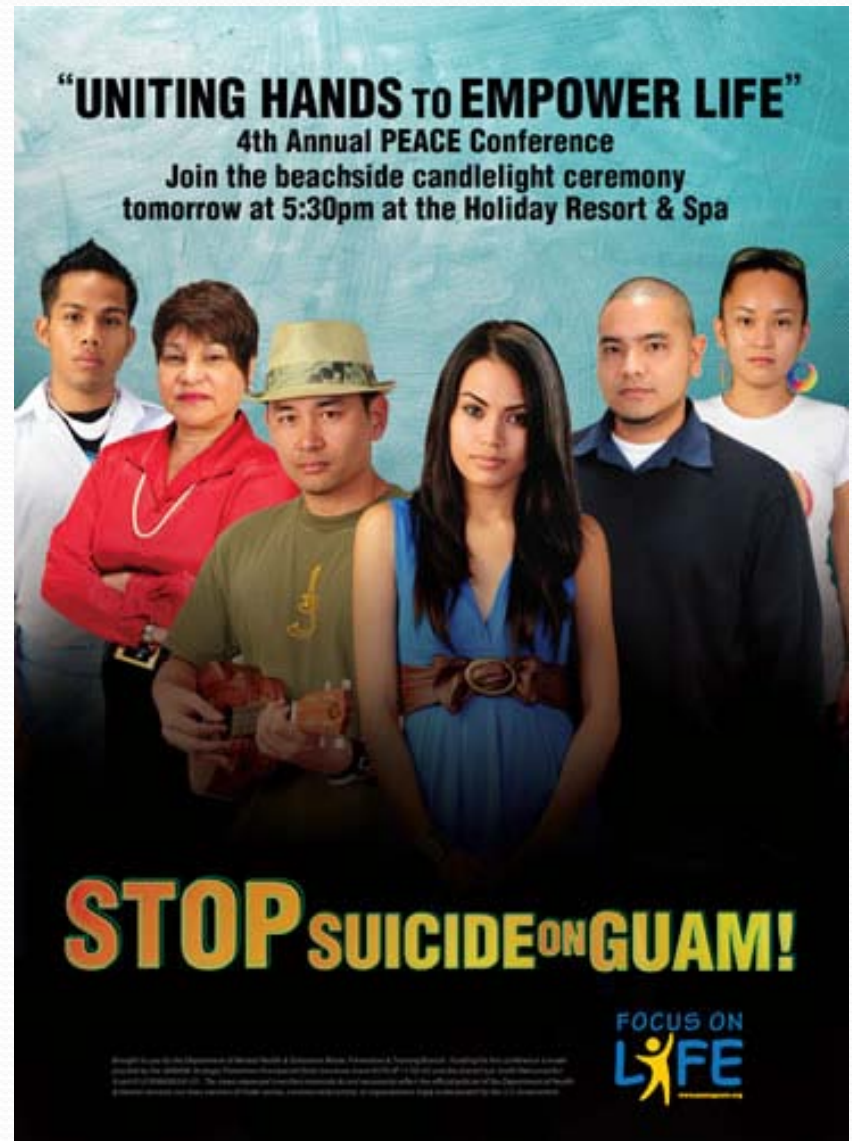
Indication of Intent



- One in six of those who died of suicide from 2008-2009 left direct evidence (suicide note) of intention to commit suicide.
- One in four left indirect evidence of suicidal intention.

Related Factors

- 30% of suicide deaths in 2008-2009 involved alcohol consumption.
- 15% involved use of other drugs of abuse.
- 12% of suicide deaths had a history of prior suicide attempts
- 10% had a history of mental illness.



conclusions



- High prevalence of suicide on Guam

- 1 suicide death every 2 weeks, on average
- 5th leading cause of death
- Age-adjusted Guam rate is double that of the US and 4-5 times that for Asian/Pacific Islanders living in the US mainland

Now you can
be happy
Just & be the
better ♀ than I
Am. I called my
parent
then
I'm dead now. know

Photo from DAVID RIGSBY

conclusions

- Highest among youth and young adults
- Chuukese and other Micronesians, Japanese over-represented in suicide deaths
- Deaths much more prevalent among males – choice of method

CORRELATES:

- 1 in 3 related to alcohol use
- 1 in 7 related to other drugs of abuse
- 1 in 10 suicide attempts/deaths related to mental illness

No man is an island,
entire of itself...Any
man's death diminishes
me, because I am
involved in mankind;
and therefore never
send to know for whom
the bell tolls; it tolls for
thee.

John Donne
(1572-1631)



40% of suicide deaths left some form of evidence
of intention to commit suicide > “call for help”

Capacity Building

Involving Youth



Community Advocacy Using the Media



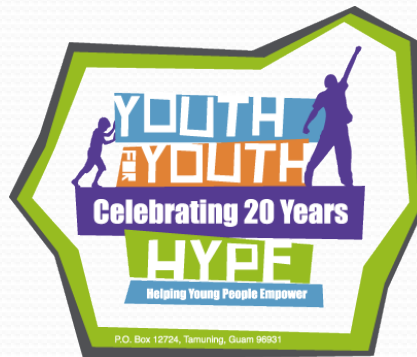
ASIST Training



Youth Helpline:



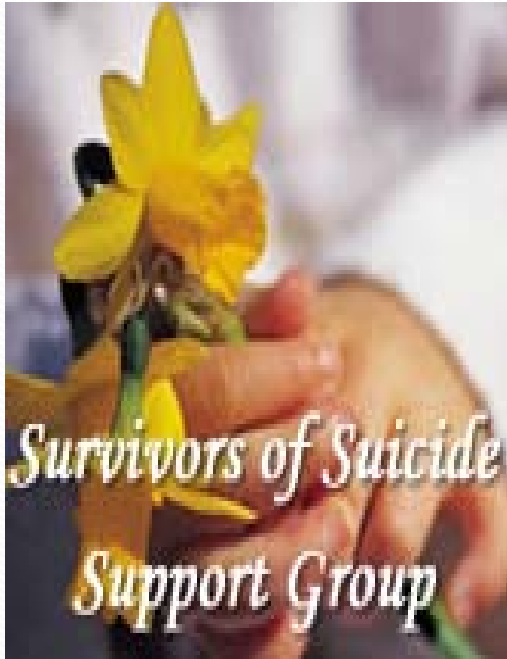
With Our Community Coalitions



"Saving Lives, It Begins With You"



Life Works Guam



SURVIVORS OF SUICIDE SUPPORT GROUP

WHO: Open to anyone, youth or adult, who has experienced a loss to suicide.

WHERE: Dept. of Mental Health & Substance Abuse, Prevention & Training Branch, PEACE Office, Hagåtña, J&G Ada's Commercial Center, Bldg. F, 2nd Floor

WHEN: Every Thursday; 5:30 p.m. to 7:30 p.m.

For more information, contact 477-9079-83