

Highlights from the 2014 Annual Data Report

What's New in this Year's Report?

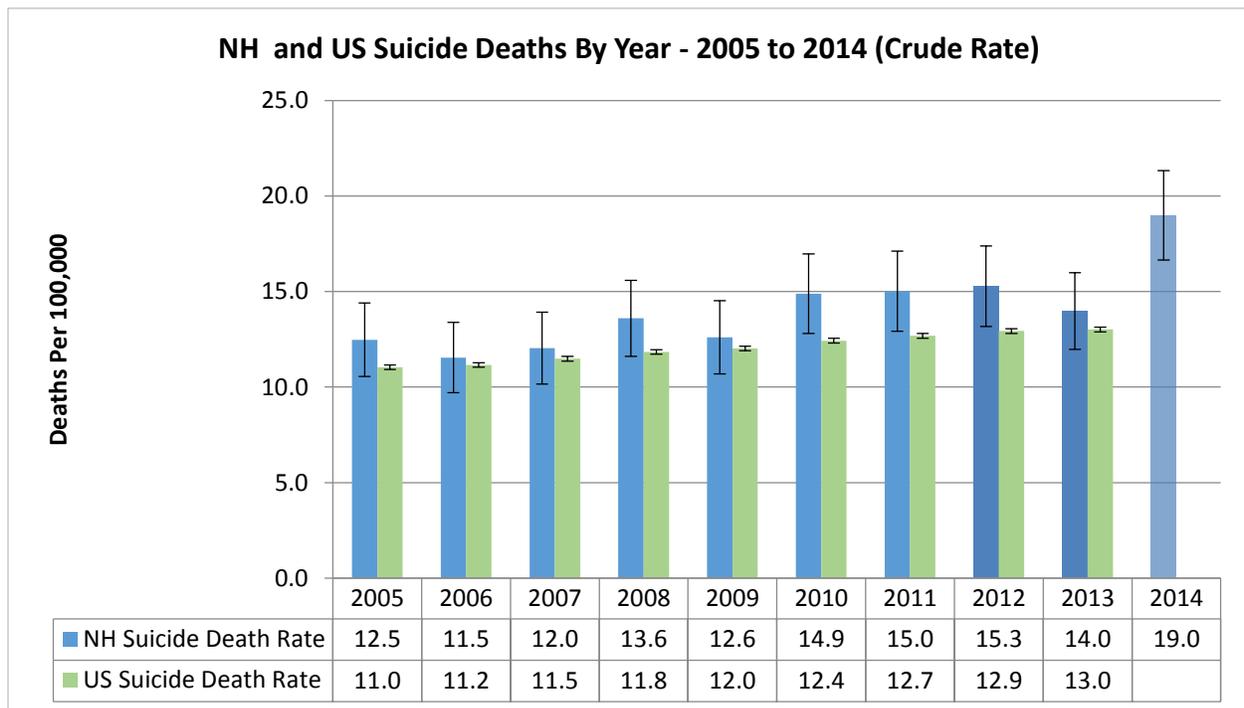
Some of the new highlights this year include:

- An expanded look at additional age groups.
- New suicide death data from the Centers for Disease Control.
- New self-inflicted injury data from hospitals and emergency medical service providers.
- New examples of positive outcomes and testimonials related to suicide prevention work being done in NH. These examples are included as text boxes interspersed throughout the report.

The Big Picture: Suicide in NH and Nationally

The rate in NH has varied from year to year, due to its small size, while the US rate has remained more consistent. Even though the NH rate has varied, until 2014 there had been no statistically significant differences from one year to the next during since at least 2000. 2010 was the first year in recent history where there was a statistically significant difference compared to any other year. The 2010-2012 suicide rates are significantly greater than the rates for 2000, 2002, and 2004. This appears to be consistent with changes in the rates of suicide nationally. In 2014 there was a spike in the NH rate that is significantly above the rates prior to 2010. National data for 2014 are not yet available. Once those data become available it will be possible to determine if a similar spike was seen nationally, or if this was unique to NH.

At the county level, Carroll County (Carroll County all ages rate: 19.1 per 100,000) and Coos County (Coos County all ages rate: 18.4) had significantly higher all ages suicide rates than Rockingham County (all ages rate: 11.3 per 100,000), as well as being significantly above the US rate (US all ages rate: 12.1 per 100,000). Additionally, the rate for Carroll County was significantly above the rate for Hillsboro County (all ages rate: 13.6 per 100,000).

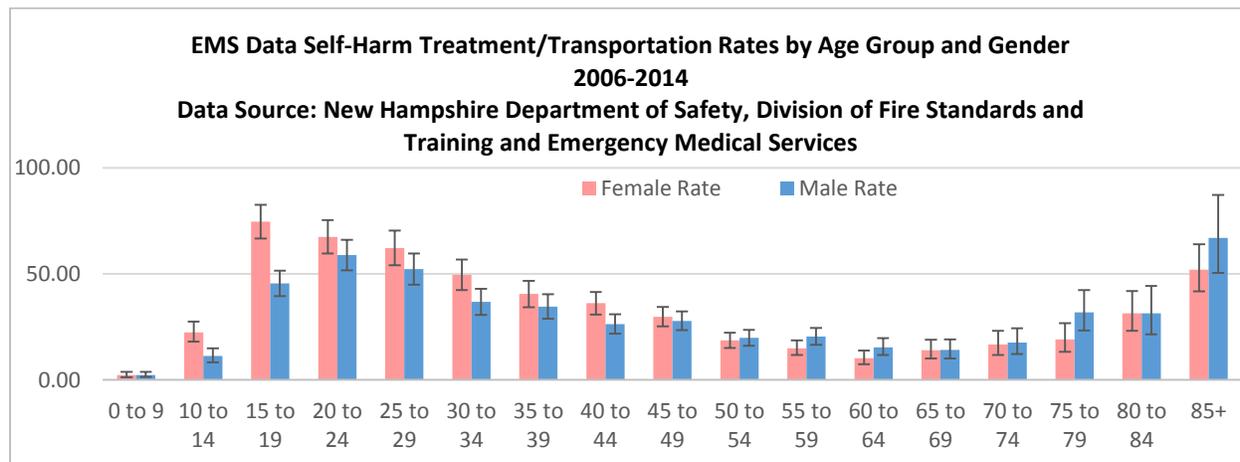


The full data report will be available from:

<http://www.theconnectprogram.org/annual-reports-suicide-prevention-data-nh>

Suicide Behavior in NH: Gender Differences - Attempts and Deaths

EMS data, which includes individuals treated and/or transported by Emergency Medical Services for a self-inflicted injury is presented in the annual report for the first time ever. The data from this source is similar to what has been seen in hospital and emergency department discharge data with females age 15 to 24 present the highest rates of self-inflicted injuries, and female rates are generally higher for other age groups. A difference seen in this dataset is that males age 85 present the next highest rate. This high male rate is part of an overall increase seen for adults over the age of 65 in this dataset.



Linking At-Risk Individuals with Help

Crisis lines, such as the National Suicide Prevention Lifeline (NSPL) are vital to suicide prevention efforts in NH and nationally. In 2014, there were approximately 1,885,794 calls made to the NSPL. 4,183 of these calls, or roughly 349 per month were received by the NH NSPL call center. These calls indicate that individuals in the state who are at risk for suicide are reaching out for help. The large volume of calls may also indicate decreased stigma around help seeking for mental health and/or suicide. There was a sharp increase in call volume to the NH call center in August of 2014. This increase coincided with the high profile suicide death of Robin Williams.

