

Mental Health and Suicide

Key Findings

In 2009, 5% of Allen County adults seriously considered attempting suicide. The assessment results indicated that 13% of Allen County youth had seriously contemplated suicide in the past year and 5% admitted actually attempting suicide in the past year.

Adult Mental Health

- ◆ Over one-quarter (26%) of Allen County adults reported they felt sad, blue, or depressed for 2 weeks or more in the past month.
- ◆ 5% of Allen County adults seriously considered attempting suicide in the past year, increasing to 12% of those with incomes less than \$25,000.
- ◆ 1% of adults reported attempting suicide.
- ◆ 20% of adults were told by a health care professional they had depression or anxiety.
- ◆ 1% of adults were told by a health care professional they had a serious mental illness.
- ◆ On a typical day, Allen County adults rated their stress level as follows: very high or high (14%), moderate (45%), and low or very low (41%).
- ◆ Just over one-third (34%) of adults reported they had hit their head hard enough that they were dizzy, had a concussion, were knocked out, had their “bell rung”, etc. at some time in their life.
- ◆ 17% of adults knew that a head injury at some time in their life could create anger and anxiety.
- ◆ When Allen County adults feel stressed, they deal with it in the following ways:
 - Talk to someone they trust (40%)
 - Eat more or less than usual (34%)
 - Listen to music (33%)
 - Exercise (30%)
 - Sleep (29%)
 - Work on a hobby (22%)
 - Smoke tobacco (16%)
 - Take it out on others (14%)
 - Drink alcohol (12%)
 - Other (12%)
 - Meditate (7%)
 - Use illegal drugs (4%)
 - Use home remedies (3%)
 - Use prescription drugs (2%)
- ◆ In 2009, 22% of Allen County adults rated their mental health as not good on four days or more in the previous month, increasing to 29% of those with incomes less than \$25,000.
- ◆ 83% of those who seriously considered attempting suicide reported poorer mental health in the past 30 days as compared to 18% of those who did not contemplate suicide.
- ◆ 22% of adults reported that poor mental or physical health kept them from doing usual activities such as self-care, work, or recreation, increasing to 31% of those with incomes less than \$25,000.
- ◆ Those adults that were depressed also had the following physical health issues: physical health impairment (61%), heart attack (14%), coronary heart disease (14%), cancer (7%), arthritis (39%) and STDs (9%).
- ◆ Those adults that reported their mental health was not good on 4 or more days in the past month also had the following physical health issues: physical health impairment (54%), heart attack (16%), coronary heart disease (17%), asthma (19%), arthritis (38%) and an STD (13%).
- ◆ See tables on next page for more information on mental health as it relates to physical health.

Mental Health and Suicide Facts

- ◆ Suicide is the 2nd leading cause of death among 25-34 year olds and the 3rd leading cause of death among 15-24 year olds.
- ◆ Firearms were used most often in suicides among males, while poisoning was the most common method for females.
- ◆ In 2007, 13.4% of Ohio high school youth indicated that they had seriously considered attempting suicide in the past 12 months with more females (16%) considering suicide than males (10.6%).
- ◆ 7.2% of Ohio high school youth actually attempted suicide in the past 12 months (9.4% of all females and 4.9% of all males). 2.3% of Ohio high school youth indicated that their suicide attempt required medical attention by a doctor or nurse in the past 12 months.

(Sources: CDC, NCIPC, *Suicide*, 2008; CDC, *National Center for Chronic Disease Prevention and Health Promotion, YRBSS, Unintentional Injuries and Violence*, 5/20/2008)

2002 Allen County Comparison Data

- ◆ 36.5% of Allen County adults reported feeling sad, blue, or depressed for 2 or more weeks over the past year.
- ◆ 22.7% of Allen County adults were told by a health care professional that they had anxiety or depression.
- ◆ 1% of Allen County adults were told they had a serious mental illness.
- ◆ 18% of Allen County adults ranked their stress level as high or very high.

(Sources: Allen County Assessment 2002)

Mental Health and Suicide

Mental Health Effects on Physical Health

(Those who reported they had 2 or more weeks in a row during which they felt sad, blue, or depressed)

Physical Health Issue	Depressed	Not Depressed
Physical health impairment	61%	27%
Heart attack	14%	5%
Coronary heart disease	14%	9%
Stroke	1%	2%
Cancer	7%	6%
Asthma	13%	10%
Chronic lung disease	14%	8%
Diagnosed with depression/anxiety	46%	9%
Serious mental illness	5%	0%
Arthritis	39%	26%
STD	9%	3%

Mental Health Effects on Physical Health

(Those who reported their mental health was not good on 4 or more days in the past month)

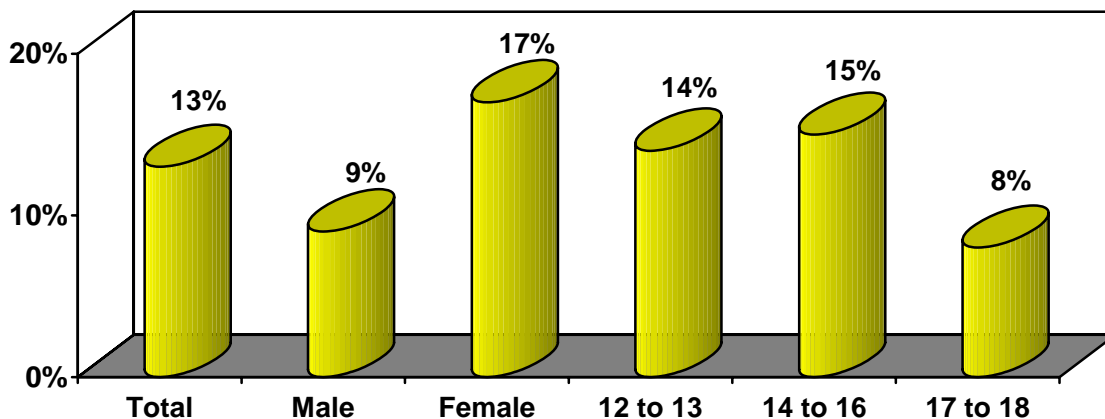
Physical Health Issue	4 or more days	3 or less days
Physical health impairment	54%	14%
Heart attack	16%	4%
Coronary heart disease	17%	3%
Stroke	2%	2%
Cancer	5%	6%
Asthma	19%	7%
Chronic lung disease	21%	7%
Diagnosed with depression/anxiety	52%	10%
Serious mental illness	7%	0%
Arthritis	38%	25%
STD	13%	2%

Mental Health and Suicide

Youth Mental Health

- ◆ In 2009, 13% of Allen County youth reported seriously considering attempting suicide in the past twelve months. 11% of high school youth seriously considered attempting suicide in the past year compared to the 2007 YRBS rates of 15% for the U.S. and 13% for Ohio high school youth.
- ◆ In the past year, 5% of Allen County youth had attempted suicide and 2% had made more than one attempt. 2% of high school youth attempted suicide and the 2007 YRBS reported a suicide attempt prevalence rate of 11% for the U.S. and 10% for Ohio high school youth.
- ◆ Of those Allen County youth who attempted suicide, 8% resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse.
- ◆ Over one-fourth (27%) of all Allen County youth and 27% of high school youth reported they felt sad or hopeless almost every day for two weeks or more in a row in the past year that stopped them from doing some usual activities (2007 YRBS reported 25% for Ohio and 29% for the U.S.).
- ◆ On a typical day Allen County youth rated their stress level as follows: high or very high (22%), moderate (38%), or low or very low (40%).
- ◆ Over one-third (36%) of Allen County youth reported they had hit their head hard enough that they were dizzy, had a concussion, were knocked out, or had their “bell rung”, increasing to 46% of males.

Allen County Youth Who Contemplated Suicide in Past 12 Months

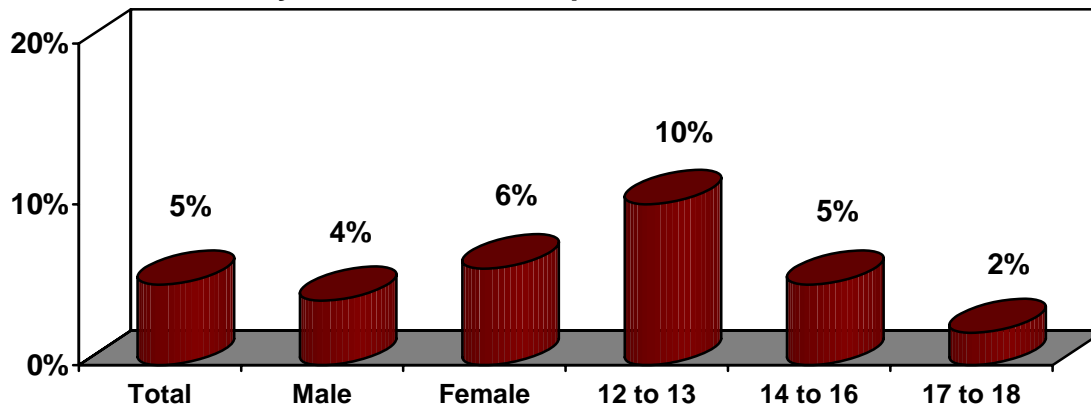


Source: 2009 Allen County Health Risk and Community Needs Assessment

Youth Comparisons	Allen County 2009 (6 th -12 th)	Allen County 2009 (6 th -8 th)	Allen County 2009 (9 th -12 th)	Ohio 2007 (9 th -12 th)	U.S. 2007 (9 th -12 th)
Youth who had seriously considered suicide	13%	17%	11%	13%	15%
Youth who had attempted suicide	5%	11%	2%	10%	11%
Felt sad or hopeless almost every day for two or more weeks in a row	27%	27%	27%	25%	29%

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Allen County Youth Who Attempted Suicide in Past 12 Months



Source: 2009 Allen County Health Risk and Community Needs Assessment

Teen Suicide Signals

The strongest risk factors for attempted suicide in teens are:

- ❖ Depression
- ❖ Alcohol abuse
- ❖ Aggressive or disruptive behaviors

In 2005, the *American Psychiatric Association* advises one should consult a mental health professional, parent, or school counselor if several of the following symptoms, experiences, or behaviors are present:

- ❖ Depressed mood
- ❖ Substance abuse
- ❖ Difficulties in dealing with sexual orientation
- ❖ Family loss or instability; significant problems with parents
- ❖ Unplanned pregnancy
- ❖ Frequent episodes of running away or being incarcerated
- ❖ Withdrawal from family and friends
- ❖ Expressions of suicidal thoughts, or talk of death or the afterlife during moments of sadness or boredom
- ❖ Loss of interest in or enjoyment in activities that were once pleasurable
- ❖ Impulsive, aggressive behavior, frequent expressions of rage

Suicide Risk Factors

A risk factor is anything that increases the likelihood that persons will harm themselves including:

- ❖ Previous suicide attempt(s)
- ❖ History of alcohol and substance abuse
- ❖ Family history of child maltreatment
- ❖ Impulsive or aggressive tendencies
- ❖ Feeling socially isolated
- ❖ Barriers to accessing mental health treatment
- ❖ Loss (relational, social, work, or financial)
- ❖ Has easy access to lethal suicide methods (for instance, firearms)
- ❖ Unwillingness to seek help because of the stigma attached to mental health and substance abuse disorders or suicidal thoughts
- ❖ Cultural and religious beliefs (i.e., the belief that suicide is not a resolution of a personal dilemma)
- ❖ Local epidemics of suicide
- ❖ History of mental disorders, particularly depression
- ❖ Family history of suicide
- ❖ Feelings of hopelessness
- ❖ Physical illness

(Source: CDC, National Center for Injury Prevention and Control, Suicide Fact Sheet)

For additional resources please see:

U.S. Public Health Service, *The Surgeon General's Call to Action to Prevent Suicide*. Washington, DC: 1999.

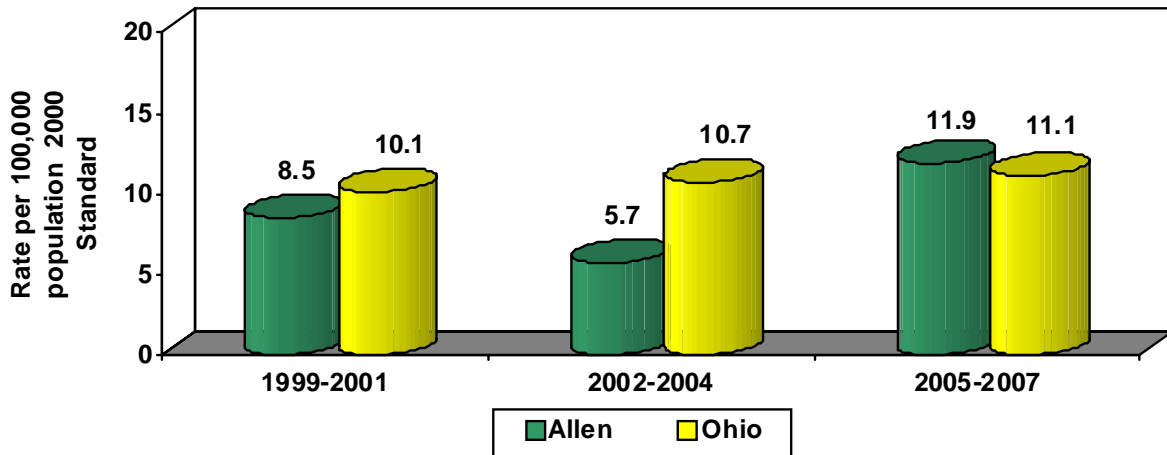
U.S. Department of Health and Human Services. *National Strategy for Suicide Prevention*. Washington, DC: 2001.

Mental Health and Suicide

The following graphs show the Ohio and Allen County age-adjusted suicide mortality rates per 100,000 population and the number of suicide deaths by age group for the county. The graphs show that:

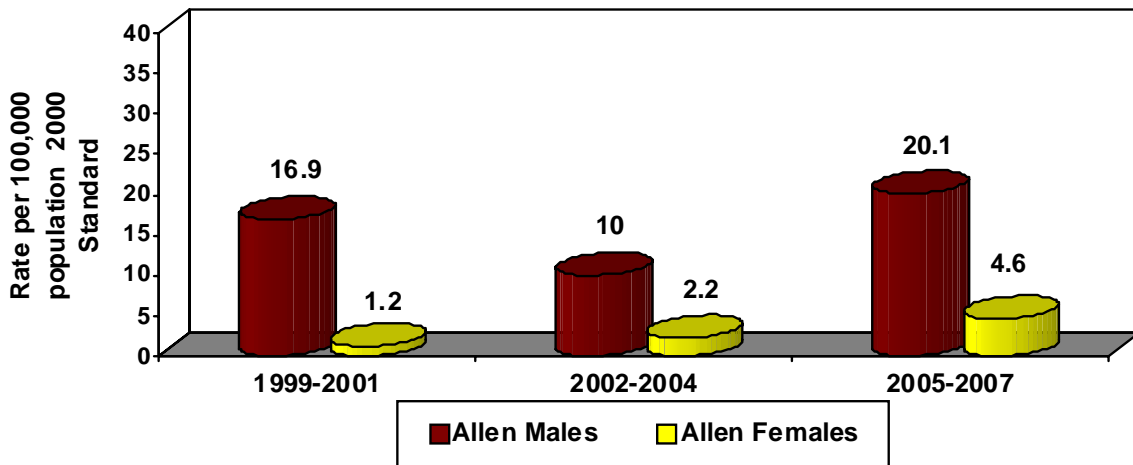
- ◆ The Allen County age-adjusted suicide mortality rate increased from 2002 to 2007.
- ◆ Allen County male age-adjusted suicide rates far exceeded female rates for all reported years.
- ◆ From 2005-2007, 36% of all Allen County suicide deaths occurred to those ages 45-54 years old.

Allen County Age-Adjusted Suicide Mortality Rates



(Source: ODH Information Warehouse)

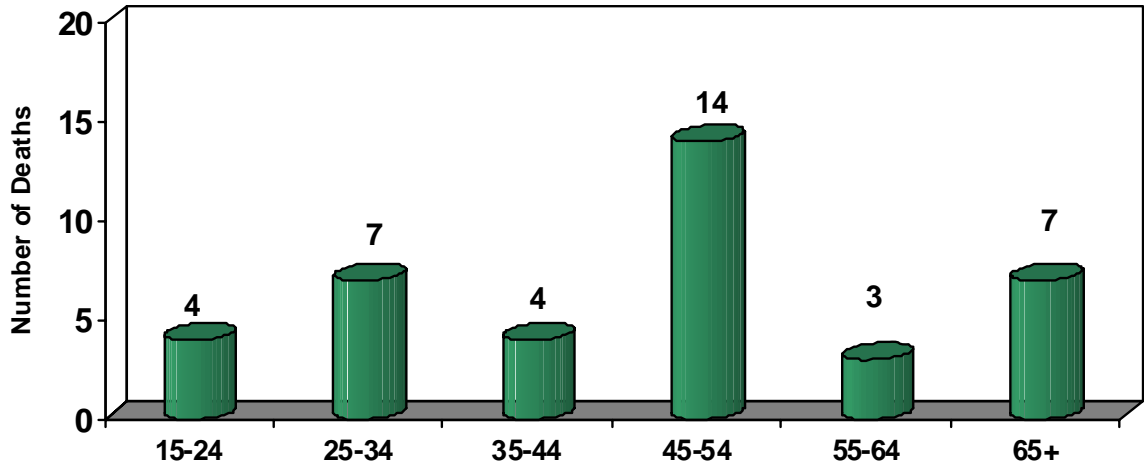
Allen County Age-Adjusted Suicide Mortality Rates by Gender



(Source: ODH Information Warehouse)

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**Allen County Number of Suicide Deaths By Age Group
2005-2007
Total Deaths = 39**



(Source: ODH Information Warehouse, updated 3-15-09)