

Suicide in Utah

*Bureau of Surveillance and Analysis
Office of Public Health Data*



For more information contact:

Bureau of Surveillance and Analysis
Utah Department of Health
Box 142101
Salt Lake City, Utah 84114-2101
Phone: (801) 538-6108
FAX: (801) 536-0947
Email: hlhda.phdata@state.ut.us

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*Bureau of Surveillance and Analysis
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July 1999

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Acknowledgements

The report was developed and prepared by:

Robert T. Rolfs, MD, MPH, Office of Public Health Data
Brian Paoli, Office of Public Health Data
Kim Neerings, Office of Public Health Data

Data sources for this report included:

Utah Death Certificate Database, Bureau of Vital Records
Utah Behavioral Risk Factor Surveillance System, Bureau of Health Education
Utah Hospital Discharge Database, Office of Health Data Analysis
Youth Risk Behavior Survey, Utah State Office of Education
1996 Utah Health Status Survey, Bureau of Surveillance and Analysis

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Table of Contents

	Page
Acknowledgments	ii
List of Figures and Tables	v
Introduction	vii
Highlights	1
Reference Tables	23
Appendix	39



List of Figures and Tables

	Page Number	
	Figure	Reference Table
Utah Suicide Trends: Death rates from suicide per 100,000 persons per year by sex and year, Utah 1980-1997.	3	25
Ten States with Highest Age-adjusted Suicide Rates, 1995-96.	4	26
United States Suicide Trends: Suicide death rates per 100,000 persons (age-adjusted) by sex and year, United States, 1980-1996.	5	27
Utah Suicide Trends by Age and Sex: Suicide death rates per 100,000 persons per year by age and sex, Utah 1980-1997.	6	28
Suicide Trends - Boys and Young Men: Suicide death rates per 100,000 persons per year by age, Utah males age 13-24, 1980-1997.	7	28
Suicide Deaths by Age and Sex: Suicide deaths per 100,000 persons per year by age and sex, Utah 1993-1997.	8	--
Death Rates from Suicide by Single Year of Age: Death rate from suicide by single year of age (11 to 44 years), Utah males, 1988-92 and 1993-97.	9	--
Suicide Deaths by Race and Ethnicity: Suicide deaths per 100,000 persons per year by race, Hispanic ethnicity, and sex, Utah 1988-1997.	10	29
Suicide Deaths by Local Health District: Suicide deaths per 100,000 persons per year by local health district of residence, Utah 1993-1997.	11	30
Suicide by Cause of Death: Suicide deaths according to underlying cause of death by sex, Utah 1993-1997.	12	31
Firearm Suicide Deaths by Type of Firearm: Numbers of suicide deaths caused by firearms according to the types of firearms used and by sex, Utah 1993-97.	13	32
Poisoning Suicide Deaths by Specific Substance: Number of suicide deaths caused by poisoning according to the type of poisoning and by sex, Utah 1993-1997.	14	33
Hospitalizations for Suicide - Trends: Hospital discharges for suicide or suicide attempt per 100,000 persons according to sex and year of hospitalization, Utah 1992-1997.	15	35
Hospitalizations for Suicide by Age and Sex: Inpatient hospital discharges for suicide or suicide attempt per 100,000 persons according to age and sex, Utah 1996-1997.	16	34

	Page Number	
	Figure	Reference Table
Hospitalizations for Suicide by Local Health District: Rates of hospitalization for suicide or suicide attempt per 100,000 persons by local health district of residence, Utah 1995-1997.	17	36
Hospitalizations for Suicide by Method: Numbers of hospital discharges (3-year total discharges) for suicide or suicide attempt by method and by sex, Utah 1995-97.	18	37
Days of "Not Good" Mental Health: Mean numbers of days in the past month when mental health was "not good", Utah, U.S. median state, and best state, adults (age 18 or over), 1997.	19	--
Days of "Not Good" Mental Health by Age and Sex: Mean numbers of days in the past month when mental health was "not good" by age and sex, Utah adults (age 18 or over) 1997.	20	--
Youth Suicide - Ideation, Plans, Attempts: Percentage of students (grades 9-12) reporting they had seriously considered suicide, made a plan for suicide, and/or actually attempted suicide in the past 12 months, Utah	21	--



Introduction

Each year since 1990, about 280 Utahns have died as a result of suicide. Suicide is an important cause of death from adolescence through old age, but it is an especially important cause of death for young men. Suicide is the most common cause of death for males age 15 to 44 in Utah. This report provides information on deaths from suicide, hospitalizations related to suicide attempts, and some information on mental health status and use of mental health resources in Utah. The information is intended to illustrate the magnitude of this health problem and to assist in developing and evaluating interventions and programs to prevent suicide.

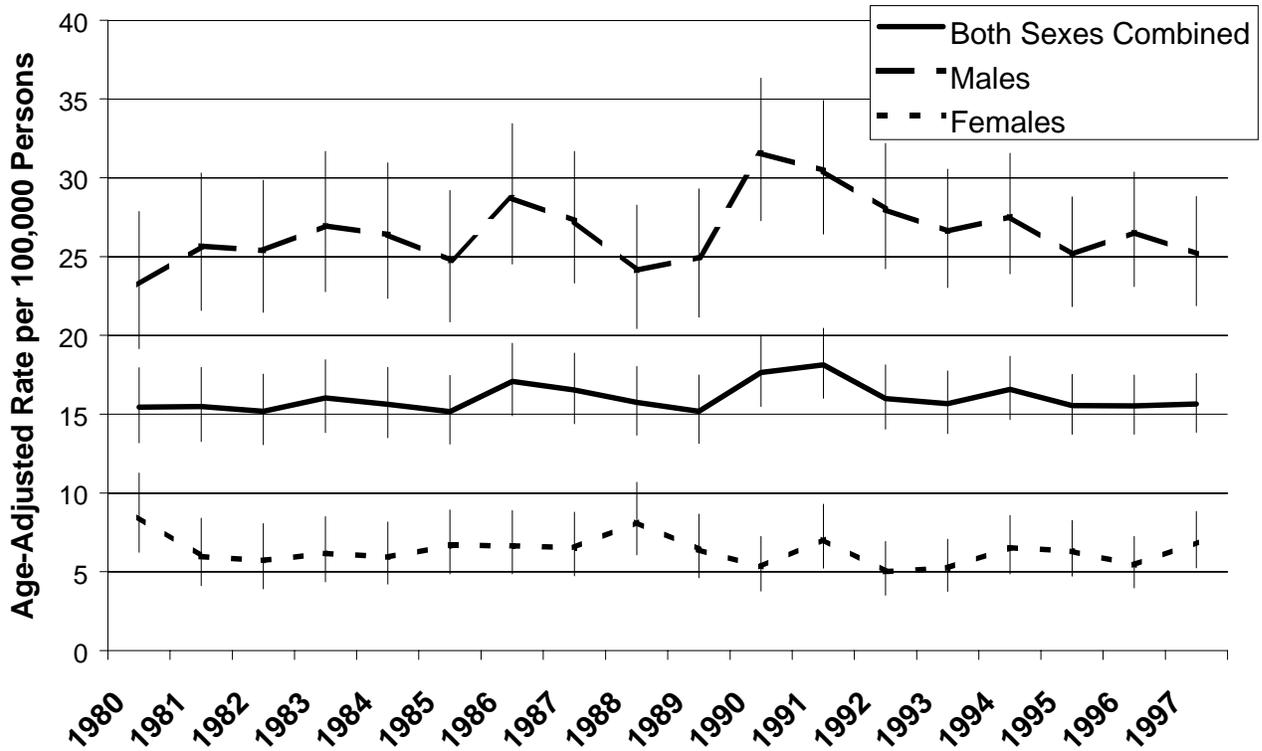
Some of the key findings of this study are:

- Utah's suicide rate during 1995-96 was 30% above the U.S. rate.
- Utah's overall suicide rate changed little over the past two decades, although the number of Utahns dying of suicide increased.
- Suicide rates have increased for boys and young men, 13 to 21 years of age.
- The suicide death rate was about 4 times higher for boys/men than for girls/women.
- The rate of suicide attempts requiring hospitalization was higher for girls/women than for boys/men.
- Among males, suicide rates increased strikingly with increasing age from age 13 to a peak at age 20-21.
- Most suicide deaths are by firearms and most firearm suicide deaths involve handguns.

 *Highlights*

Utah Suicide Trends

Death rates from suicide per 100,000 persons per year by sex and year, Utah 1980-1997.



Age-adjusted to projected year 2000 U.S. population standard
 Deaths where the underlying cause of death was suicide (ICD-9 codes E950-E959)
 Source: Utah Death Certificate Database



- Suicide rates were nearly four times as high for boys and men as for girls and women.
- Overall suicide death rates have changed little over this time period.
- About 300 Utahns committed suicide in 1997. While the suicide rate (per 100,000 Utahns) has not changed much, the number of Utahns who died of suicide has increased, as Utah’s population has grown, from 190 suicide deaths in 1980 to 297 in 1997.

Ten States with Highest Age-adjusted Suicide Rates, 1995-96.

	Average Annual Deaths	Crude Death Rate*	Age Adjusted Death Rate**
Nevada	365	23.3	23.6
Montana	188	21.5	21.5
New Mexico	308	18.1	19.0
Alaska	112	18.5	18.6
Colorado	674	17.8	18.1
Wyoming	85	17.7	18.0
Arizona	766	17.5	17.8
Idaho	182	15.4	16.2
Oregon	509	16.0	15.8
Utah	288	14.4	15.4
Total United States	31,094	11.8	11.8

Deaths where the underlying cause of death was suicide (ICD-9 codes 950 - 959)

* Deaths per 100,000 person

** Age adjusted to year 2000 projected US population standard

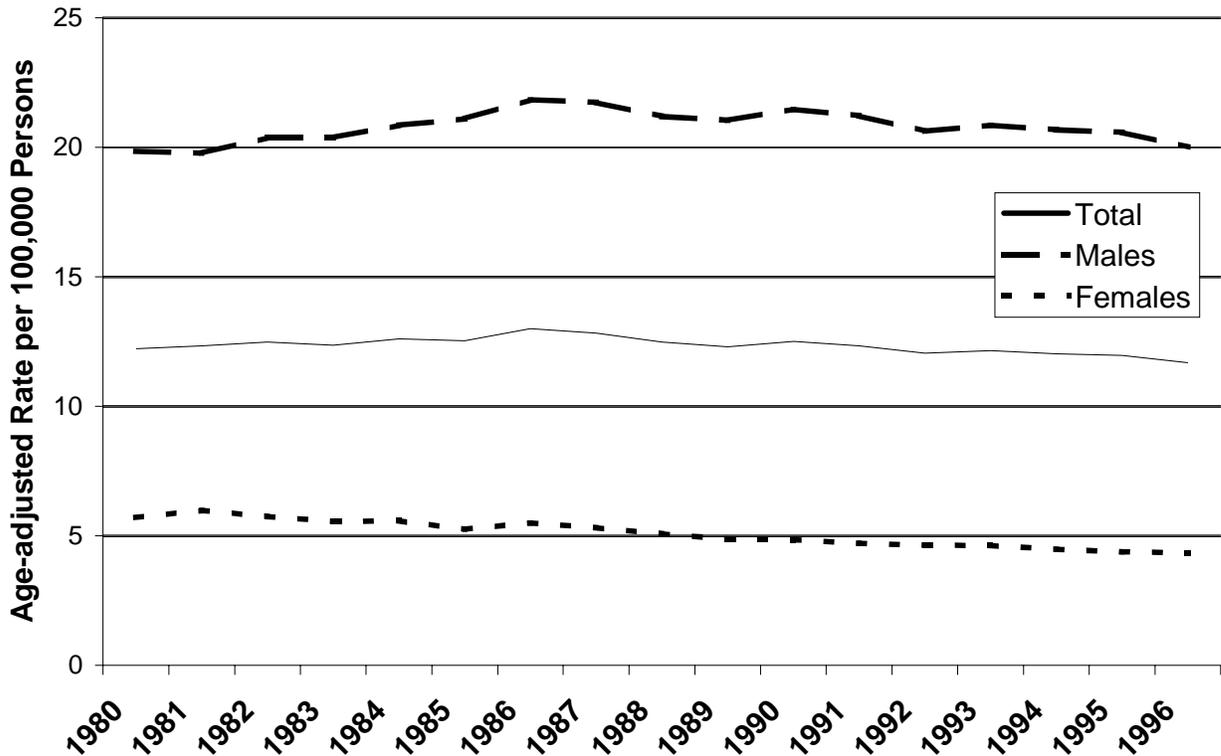
Source: CDC Wonder



- Utah's suicide rate during 1995-1996 was about 30% above the U.S. rate and placed Utah's rate as the 10th highest in the country.
- Rates of suicide deaths were high in the Intermountain West as evidenced by the 10 states with highest rates listed above. The reasons for these high suicide rates in the western U.S. are not well understood.

United States Suicide Trends

Suicide death rates per 100,000 persons (age-adjusted) by sex and year, United States 1980-1996.



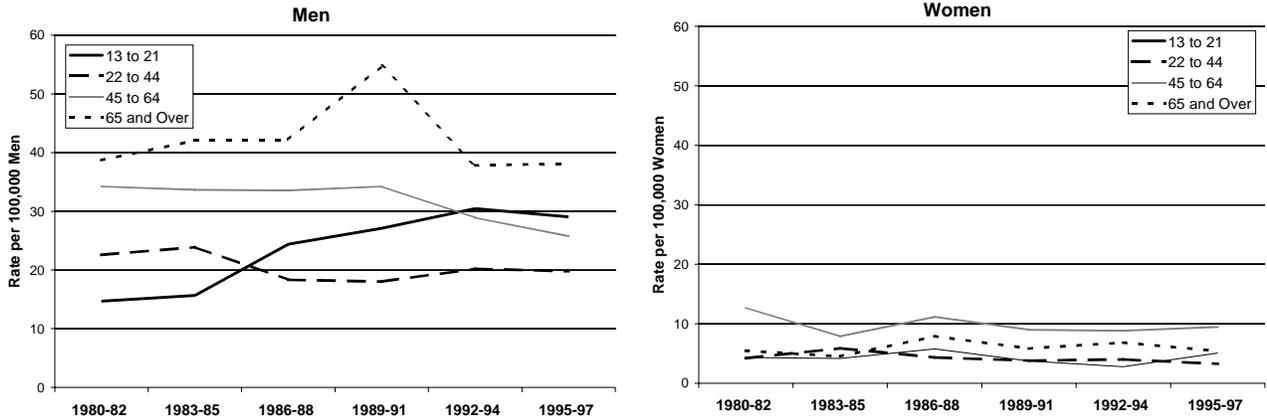
Age-adjusted to projected year 2000 U.S. population standard
 Deaths where the underlying cause of death was suicide (ICD-9 codes E950-E959)
 Source: CDC Wonder



- Overall U.S. suicide rates have been stable over this time period.
- Suicide rates for both men and women were lower in the United States overall than for Utah.
- As in Utah, U.S. suicide rates were much higher for boys and men than for girls and women.

Utah Suicide Trends by Age and Sex

Suicide death rates per 100,000 persons per year by age and sex, Utah 1980-1997.



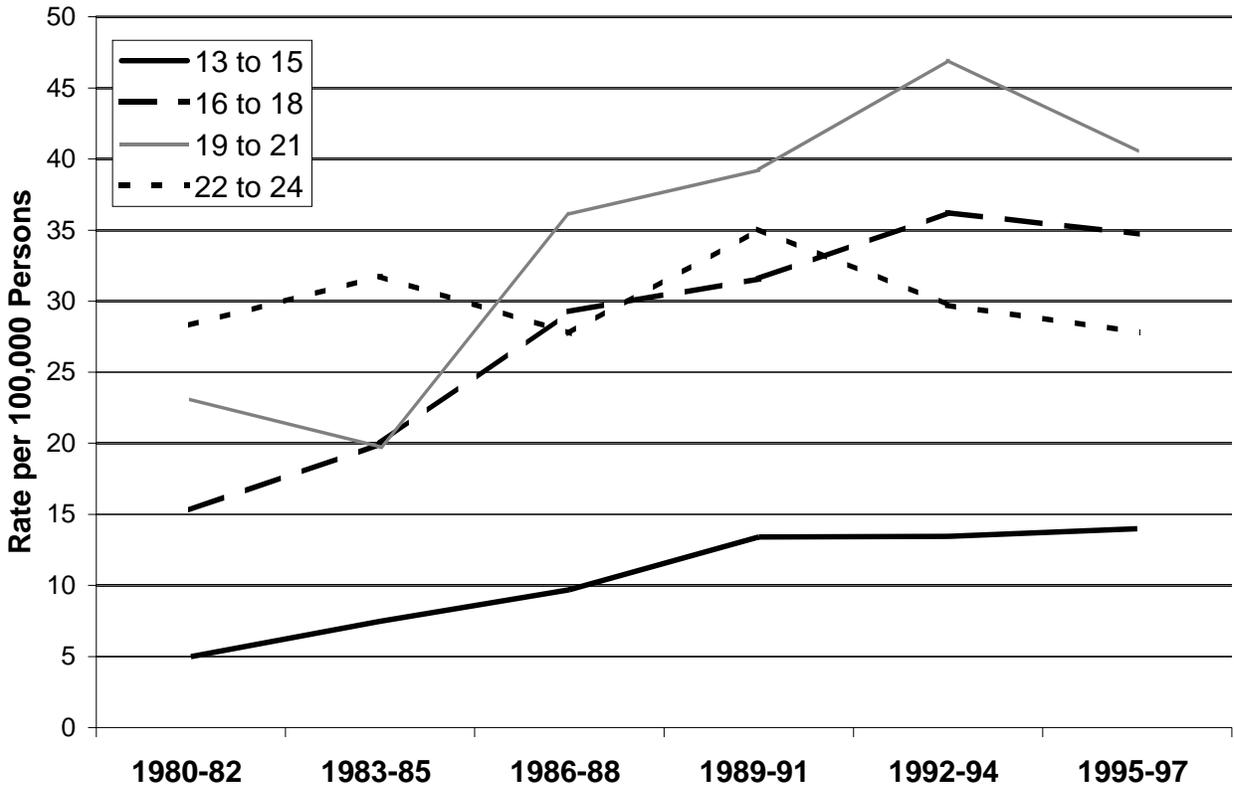
Deaths where the underlying cause of deaths was suicide (ICD-9 codes E950-E959)
Source: Utah Death Certificate Database



- Suicide death rates were stable or decreased in most age groups for males and females, but increased among boys and men age 13-21 years of age.
- Suicide rates for that age group have also increased nationally.

Suicide Trends - Boys and Young Men

Suicide death rates per 100,000 persons per year by age, Utah males age 13-24, 1980-1997.



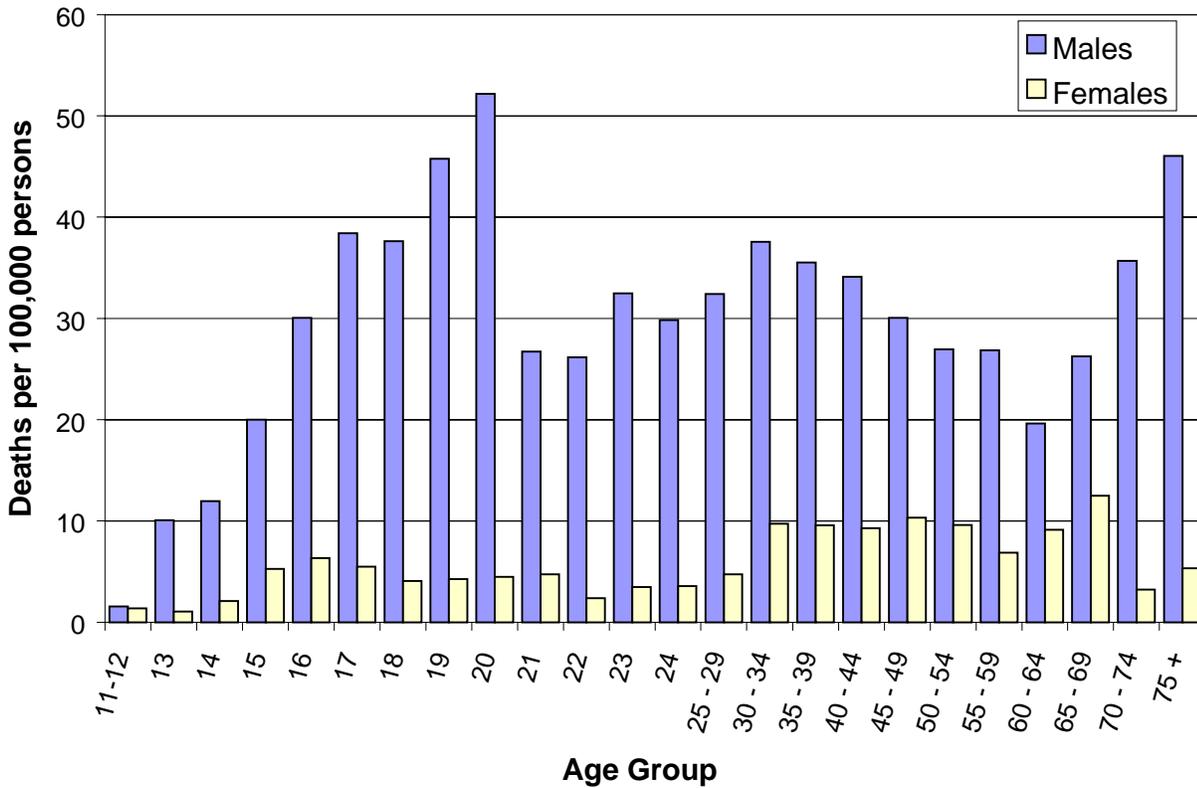
Deaths where the underlying cause of death was suicide (ICD-9 codes E950-E959)
 Source: Utah Death Certificate Database



- Suicide death rates among boys and young men increased substantially for each age group from age 13 to 21 during the 1980s and early 1990s.
- Suicide death rates among males in these age groups remained stable over the most recent time period, from 1992-94 to 1995-97.
- About 50 suicides occurred each year (1995-97) among boys and young men 13 to 21 years of age.

Suicide Deaths by Age and Sex

Suicide deaths per 100,000 persons per year by age and sex, Utah 1993-1997.



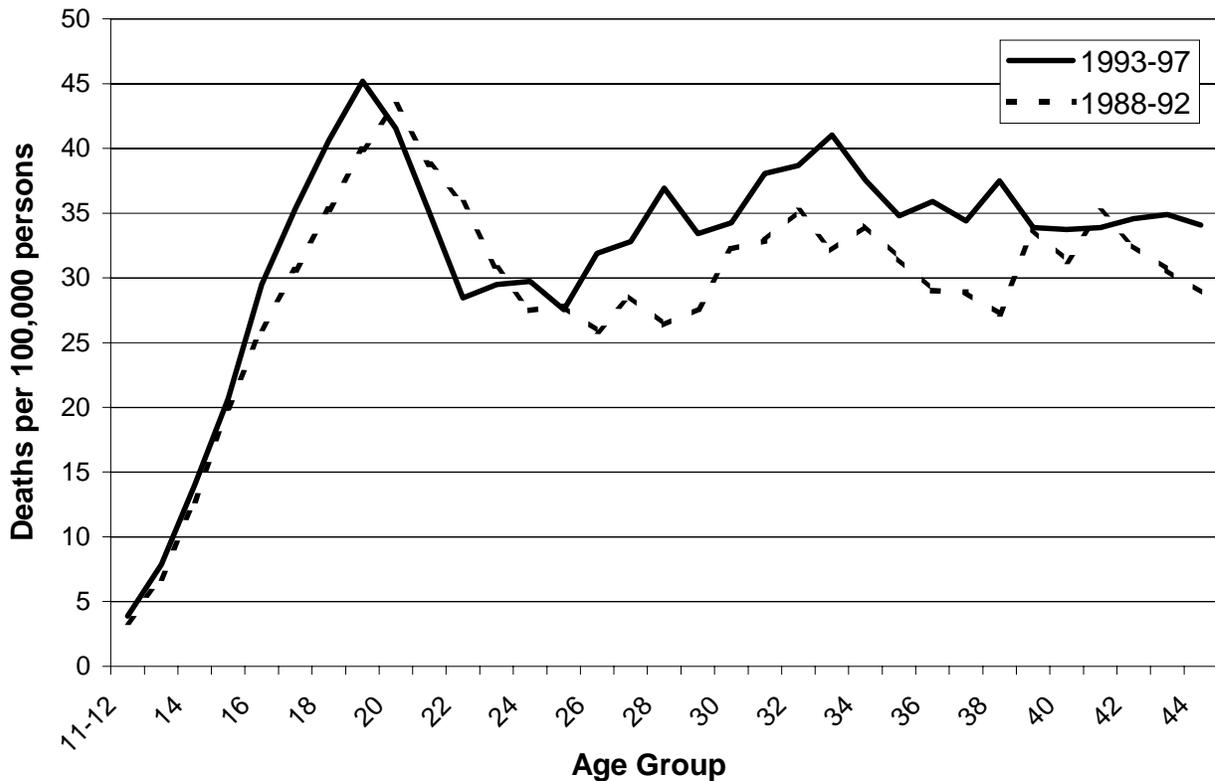
Deaths where the underlying cause of death was suicide (ICD-9 codes E950-E959)
 Source: Utah Death Certificate Database



- Suicide death rates among boys and men increased strikingly during the teenage years reaching a peak at about age 20.
- After age 20, rates among men decreased somewhat but remained high during adult life.
- Suicide death rates were much higher for boys and men than for girls and women at all ages.

Death Rates from Suicide by Single Year of Age

Death rate from suicide by single year of age (11 to 44 years), Utah males 1988-92 and 1993-97.



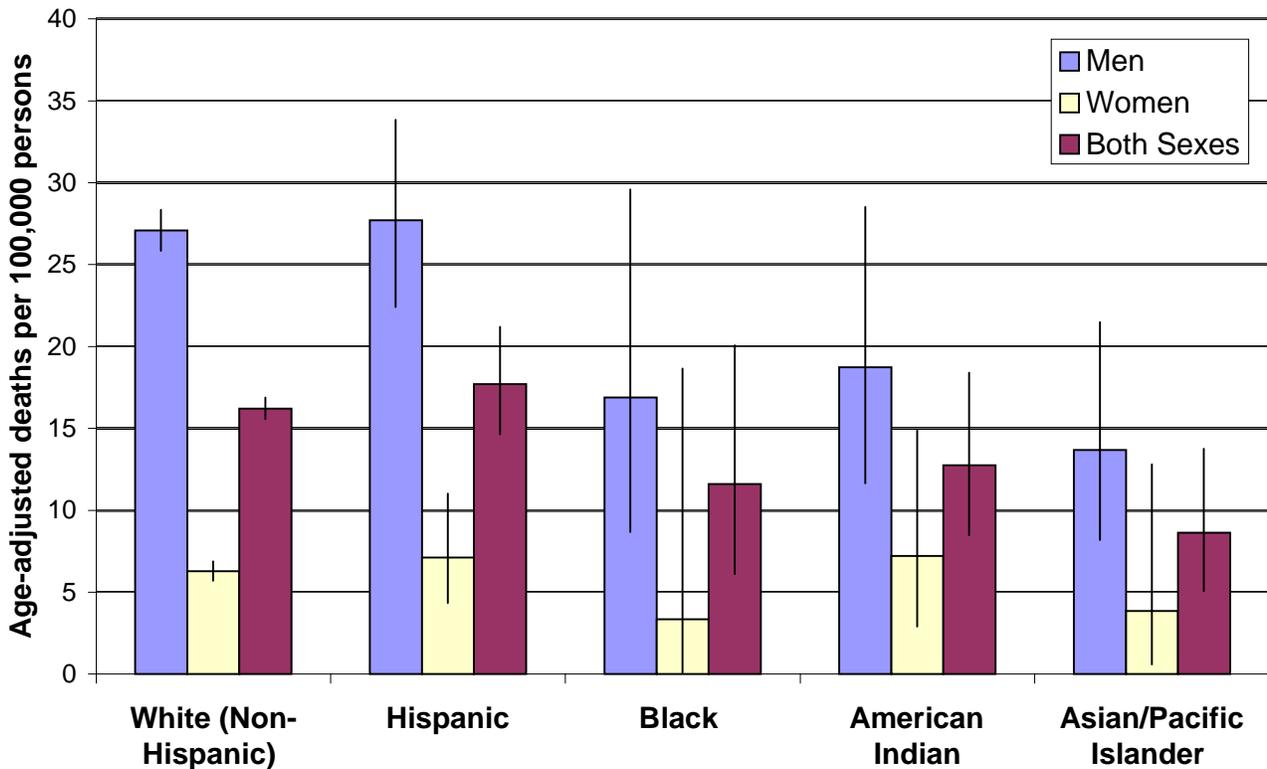
Deaths where the underlying cause of death was suicide (ICD-9 codes E950-E959)
 Source: Utah Death Certificate Database



- Examined by single year of age, the death rate from suicide among males increased strikingly during the teenage years reaching peak incidence at 20-21 years of age. That pattern was evident during both 1988-1992 and 1993-1997 with a slight shift in the peak age.

Suicide Deaths by Race and Ethnicity

Suicide deaths per 100,000 persons per year by race, Hispanic ethnicity, and sex, Utah 1988-1997.



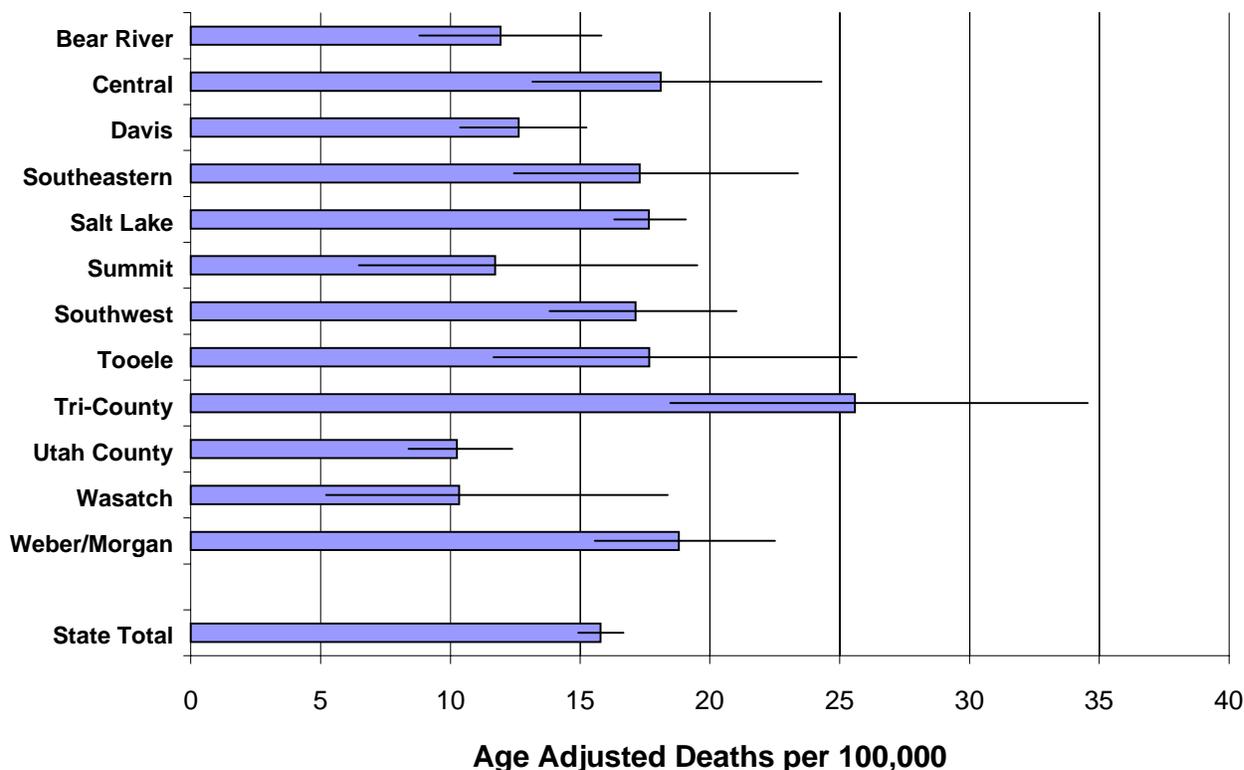
Age-adjusted to projected year 2000 U.S. population standard
 Deaths where the underlying cause of death was suicide (ICD-9 codes E950-E959)
 Source: Utah Death Certificate Database



- Suicide death rates were highest for White non-Hispanic (74% of suicide deaths) and Hispanic (4.8% of suicide deaths) boys and men.
- Confidence limits were quite wide among other race and ethnic groups and among girls and women so that comparisons should be made cautiously.

Suicide Deaths by Local Health District

Suicide deaths per 100,000 persons per year by local health district of residence, Utah 1993-1997.



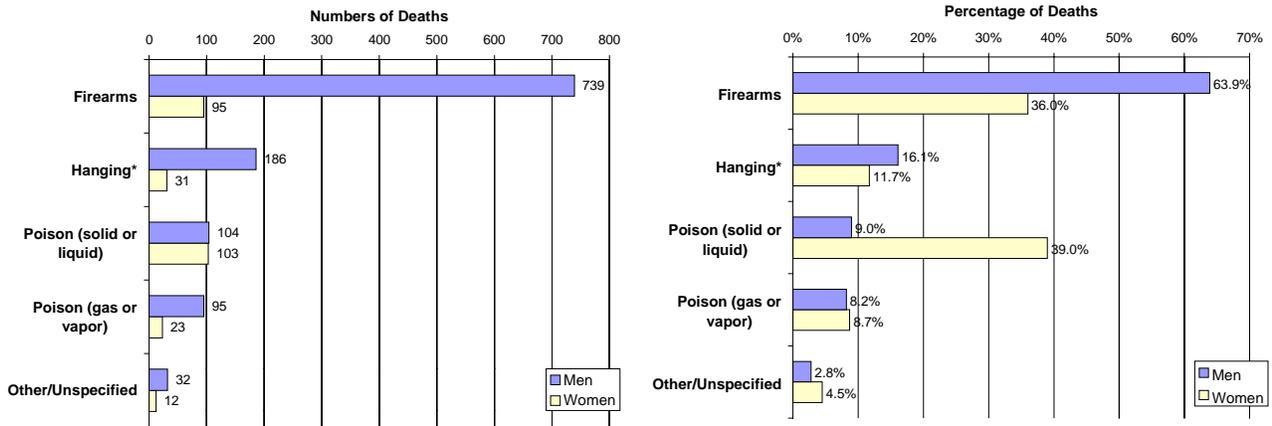
Age-adjusted to projected year 2000 U.S. population standard
 Deaths where the underlying cause was suicide (ICD-9 codes E950-E959)
 Source: Utah Death Certificate Database



- The suicide death rate varied substantially by local health district, although the confidence limits were wide for most districts. Wide confidence limits indicate imprecise rates that might vary quite a bit from year to year.
- The highest rate during this time period was in Tri-County District.
- The suicide death rate in Tri-County district increased by about 50% between 1988-92 and 1993-97; that was the only health district to experience a significant change between those two 5-year time periods.

Suicide by Cause of Death

Suicide deaths according to underlying cause of death by sex, Utah 1993-1997.



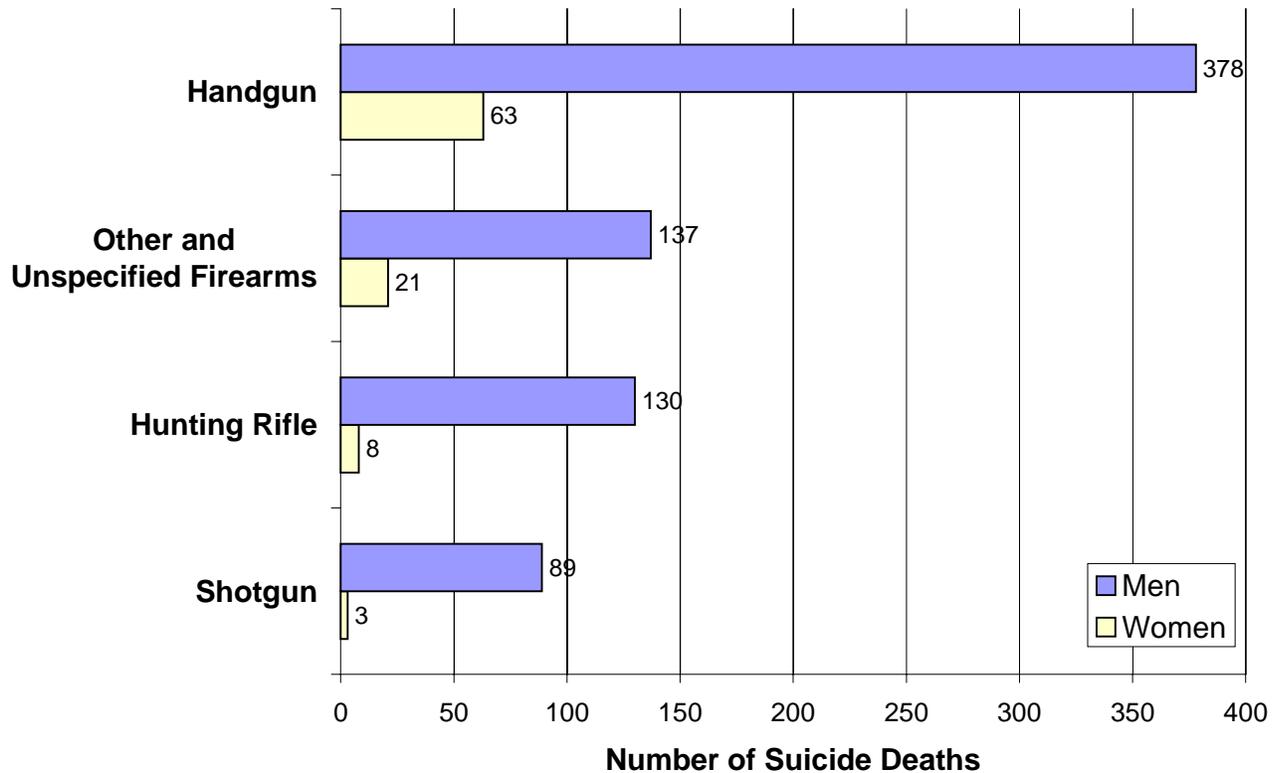
* Hanging, strangulation, or suffocation, ICD-9 code E953
 Deaths where the underlying cause of death was suicide (ICD-9 codes E950-E959)
 Please see reference tables and appendix for definitions of causes and ICD-9 codes used to define them.
 Source: Utah Death Certificate Database



- Firearms accounted for the majority of suicides in Utah.
- The pattern of suicide death by cause was different for men and women with poisoning being the most common cause of death for women and firearms for men.
- Firearms were slightly more important as a cause of suicide death among younger males, accounting for 71% of suicide deaths among males age 21 or under during 1993-97.
- The percentage of suicides among males that were due to hanging, strangulation, or suffocation increased from 11% (111 deaths) in 1988-1992 to 16% (186 deaths) in 1993-97. That increase affected males in all age groups.

Firearm Suicide Deaths by Type of Firearm

Numbers of suicide deaths caused by firearms according to the types of firearms used and by sex, Utah 1993-97.



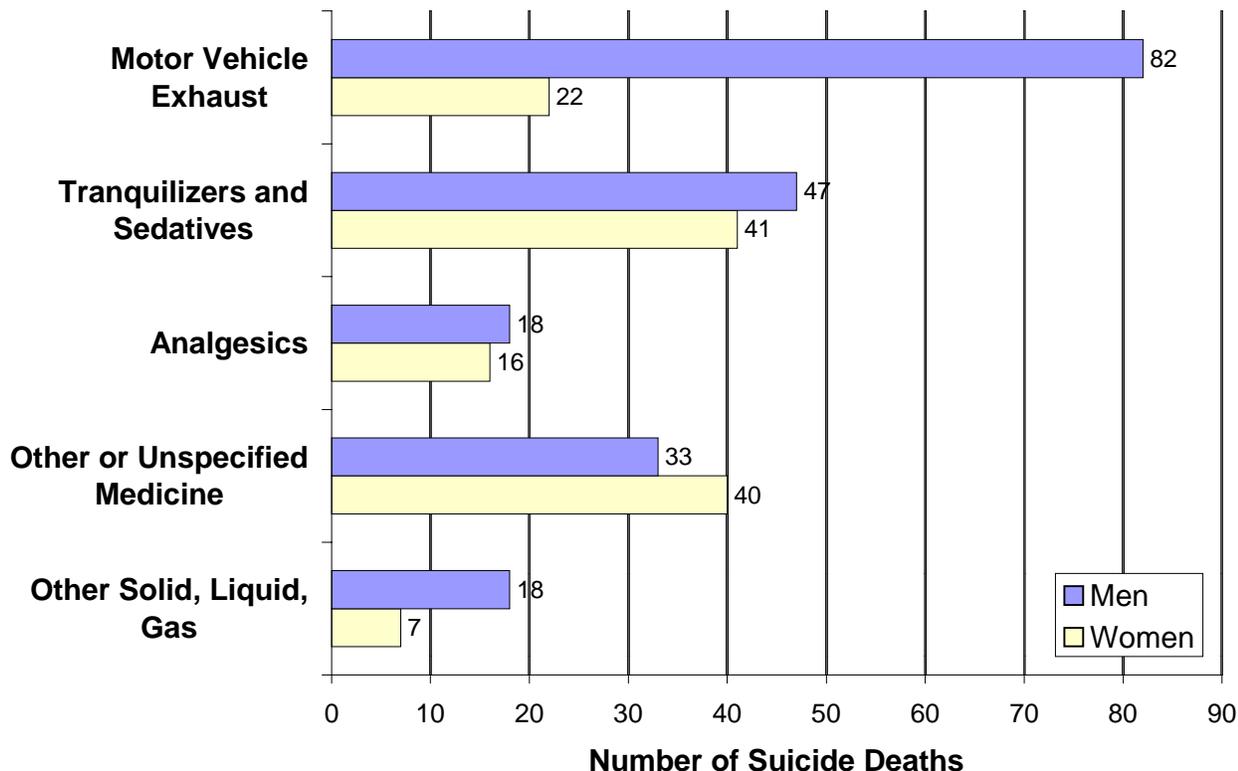
Deaths where the underlying cause was suicide by firearms or explosives (ICD-9 code E955)
Please see reference tables and appendix for definitions of causes and ICD-9 codes used to define them.
Source: Utah Death Certificate Database



- About two thirds of firearm suicides for which the type of firearm was identified involved handguns.

Poisoning Suicide Deaths by Specific Substance

Number of suicide deaths caused by poisoning according to the type of poisoning and by sex, Utah 1993-1997.



Deaths where the underlying cause was suicide by poisoning (ICD-9 codes E950-E951)

Please see reference tables and appendix for definitions of causes and ICD-9 codes used to define them.

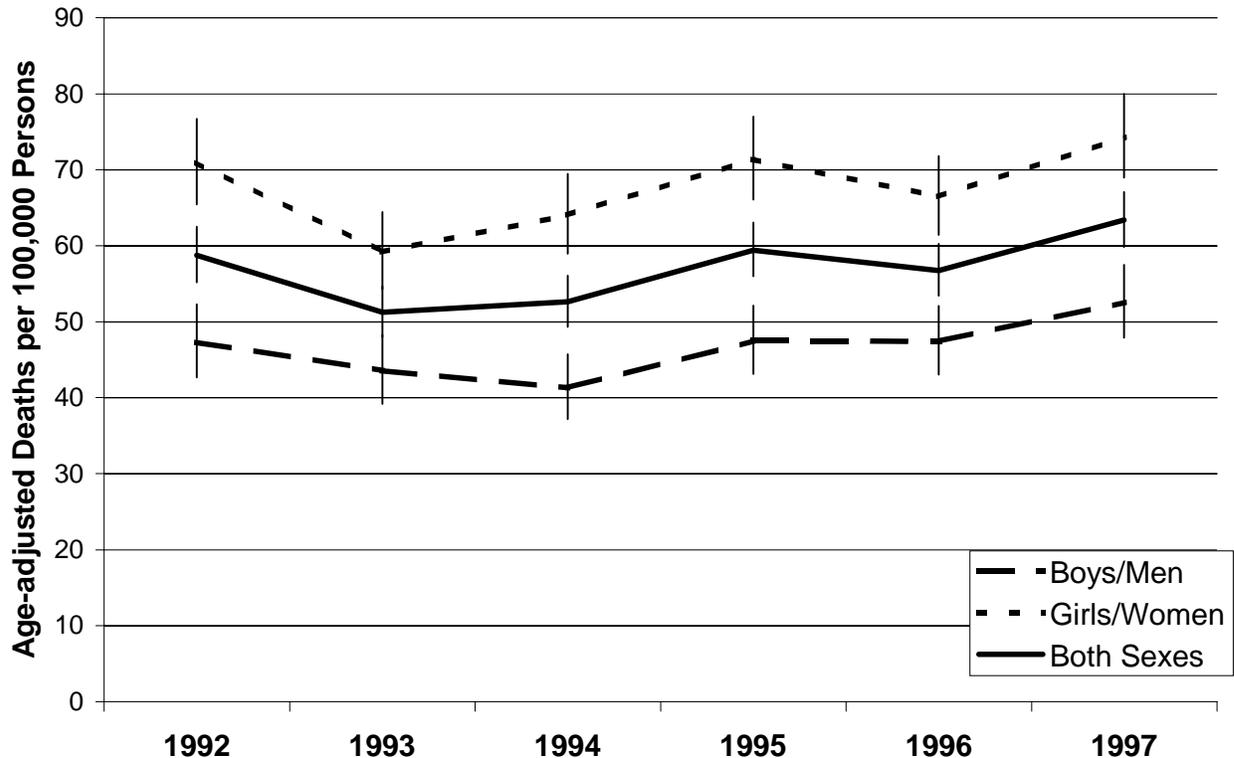
Source: Utah Death Certificate Database



- Among males, the most common cause of suicide death by poisoning was by motor vehicle exhaust gas.
- Among women, tranquilizers, sedatives, and other medicines were the most common causes.
- Although poisoning was relatively more important for girls and women (48% of suicide deaths) than for boys and men (17% of suicide deaths), more boys and men die from most of the poisoning causes than do girls and women.

Hospitalizations for Suicide - Trends

Hospital discharges for suicide or suicide attempt per 100,000 persons according to sex and year of hospitalization, Utah 1992-1997.



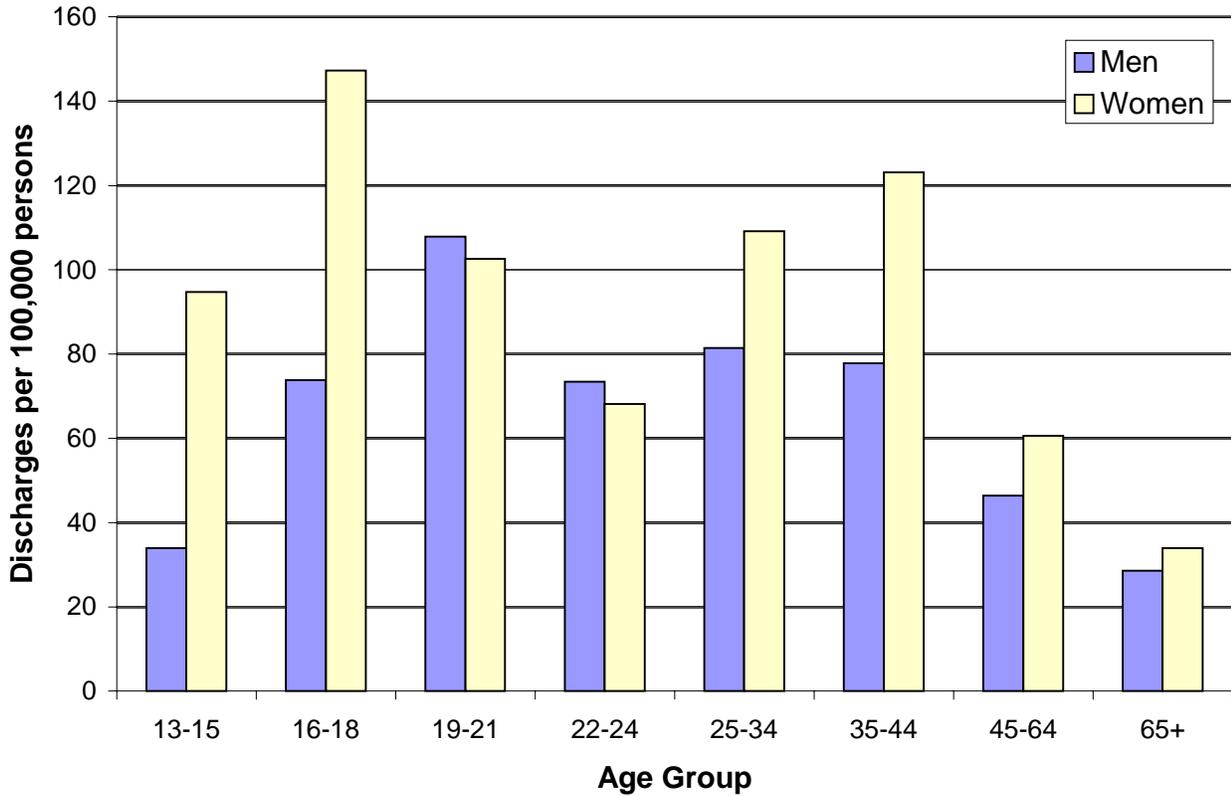
* Rates were age-adjusted to the projected year 2000 U.S. population standard.
 Discharges of Utah residents where any listed diagnosis was suicide (ICD-9 codes E950-E959)
 Source: Utah Inpatient Hospital Discharge Database



- Each year from 1995-1997, over 900 Utahns were hospitalized for suicide or a suicide attempt. In contrast to the pattern seen for suicide deaths, the rate of hospitalizations for suicide attempt was higher for girls and women than for boys and men.
- About 2/3 of those hospitalizations were of a girl or woman.
- About 4 hospitalizations with a diagnosis of suicide occurred for every death from suicide in Utah. That ratio was much higher for girls and women (about 12 suicide hospitalizations for every 1 suicide death) than for boys and men (about 2 hospitalizations for every 1 death).
- A small percentage (about 2%) of hospitalizations for a suicide attempt resulted in death.
- Rates of hospitalization for suicide/suicide attempts increased by about 10% statewide between 1992-94 and 1995-97. Much of that increase was probably due to improved recording of diagnostic codes for suicide in the database.
- Hospital discharges are one way to monitor suicide attempts, but since these data were collected primarily for administrative purposes, suicide is probably underreported as a reason for hospitalization.

Hospitalizations for Suicide by Age and Sex

Inpatient hospital discharges for suicide or suicide attempt per 100,000 persons according to age and sex, Utah 1996-1997.



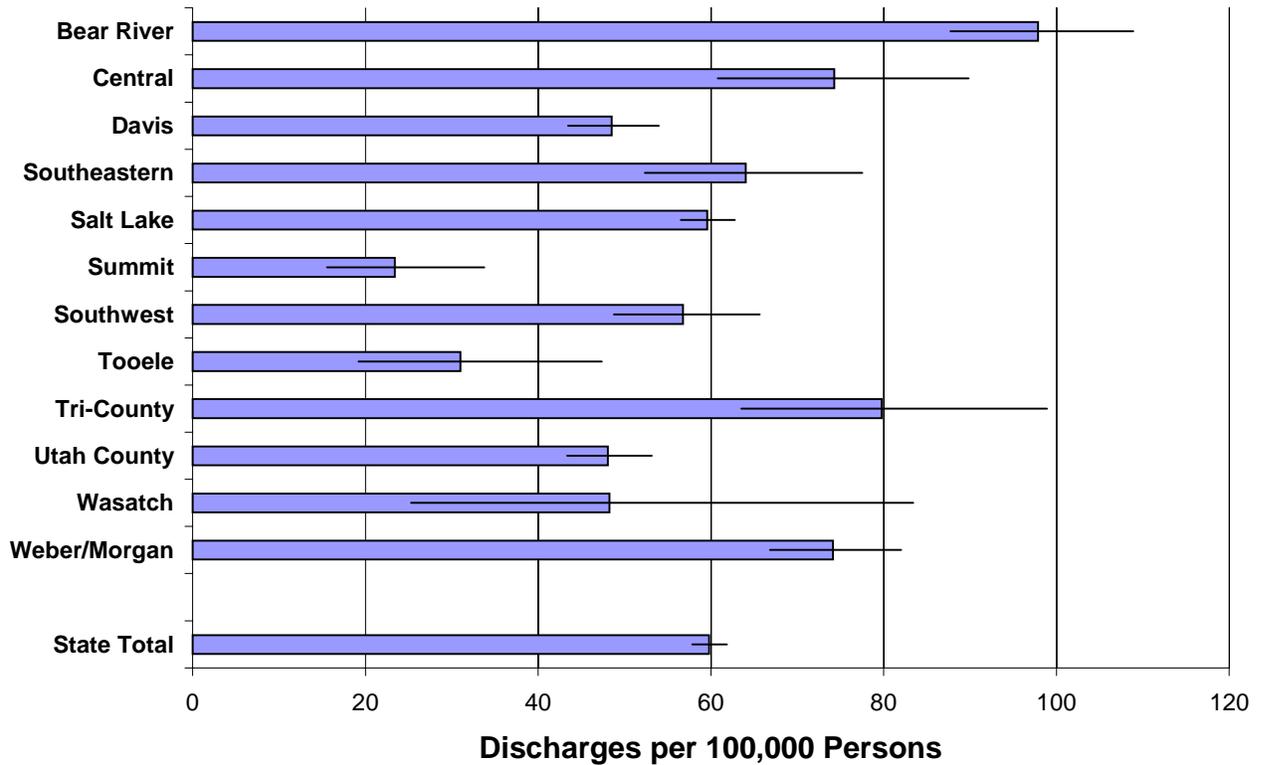
Discharges of Utah residents where any listed diagnosis was suicide (ICD-9 codes E950-E959)
Source: Utah Inpatient Hospital Discharge Database



- Rates of hospitalization for suicide attempt were higher for girls and women than for boys and men in most age groups.
- The steady increase in rates through the teen years, peaking at about age 21, that was apparent for suicide deaths among boys/men was also evident in hospital discharges.

Hospitalizations for Suicide by Local Health District

Rates of hospitalization for suicide or suicide attempt per 100,000 persons by local health district of residence, Utah 1995-1997.



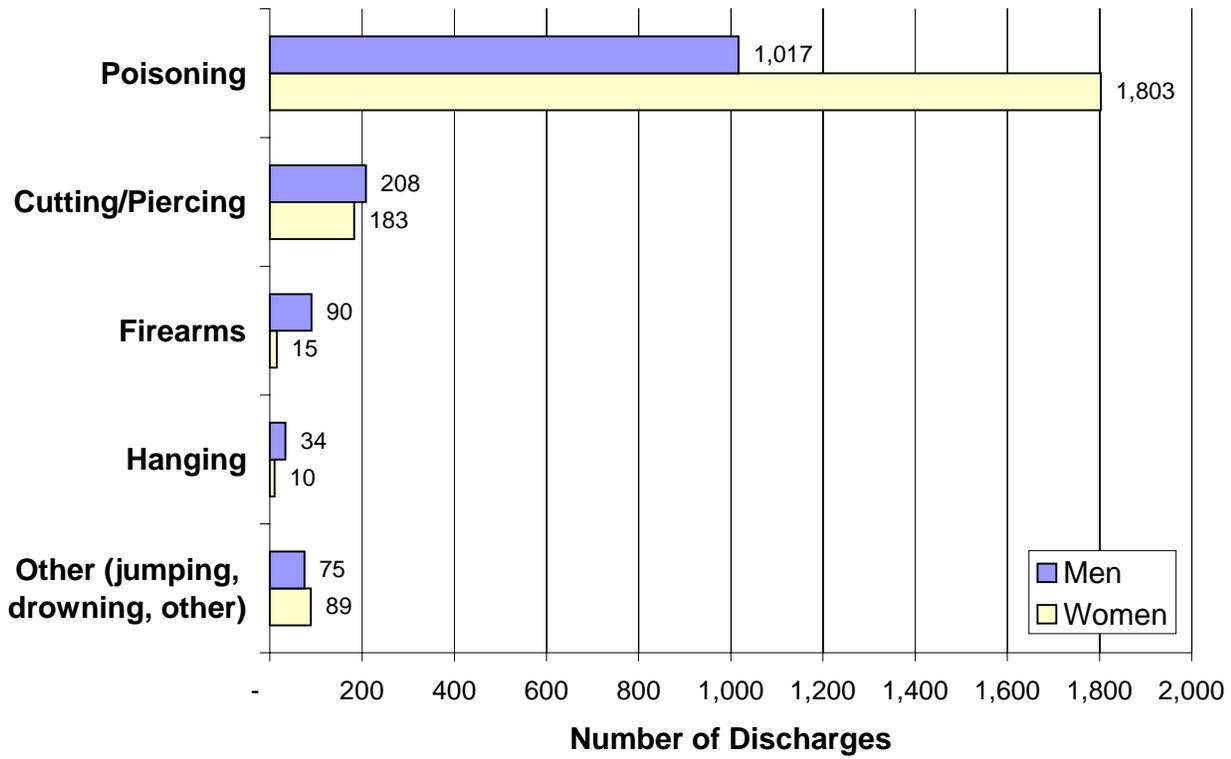
* Rates were age-adjusted to projected year 2000 U.S. standard population
Discharges of Utah residents where any listed diagnosis was suicide (ICD-9 codes E950-E959)
Source: Utah Inpatient Hospital Discharge Database



- Rates of hospitalization for suicide/suicide attempts varied widely among the local health districts.

Hospitalizations for Suicide by Method

Numbers of hospital discharges (3-year total discharges) for suicide or suicide attempt by method and by sex, Utah 1995-97.



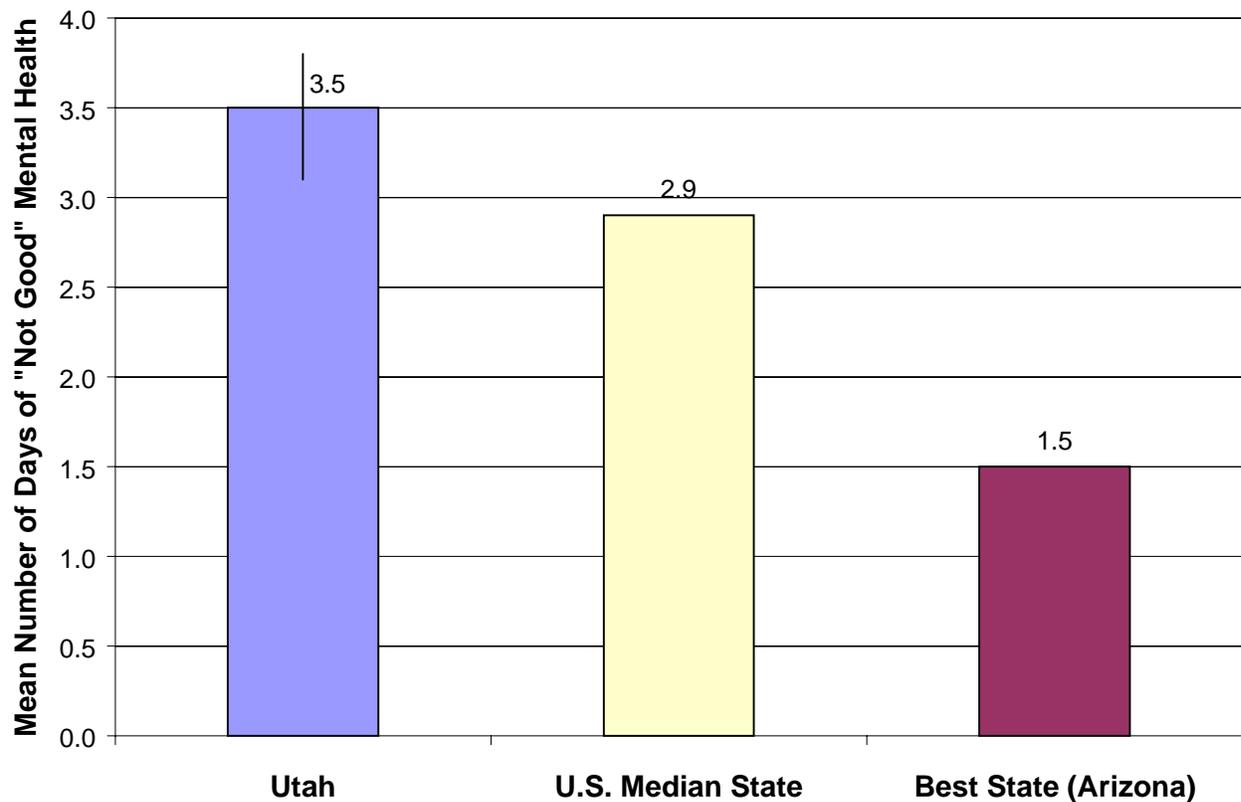
Discharges where any listed diagnosis was suicide (ICD-9 codes E950-E959)
 Please see reference tables and appendix for definitions of causes and ICD-9 codes used to define them.
 Source: Utah Inpatient Hospital Discharge Database



- In contrast to the pattern of causes seen for suicide deaths where firearms are most common, most suicide/suicide attempts resulting in hospitalization involved poisoning (86% for females and 71% for males).
- The patterns of specific causes did not vary much by age and didn't change appreciably from 1992-94 to 1995-97.

Days of “Not Good” Mental Health

Mean numbers of days in the past month when mental health was “not good”, Utah, U.S. median state, and best state, adults (age 18 or over) 1997.



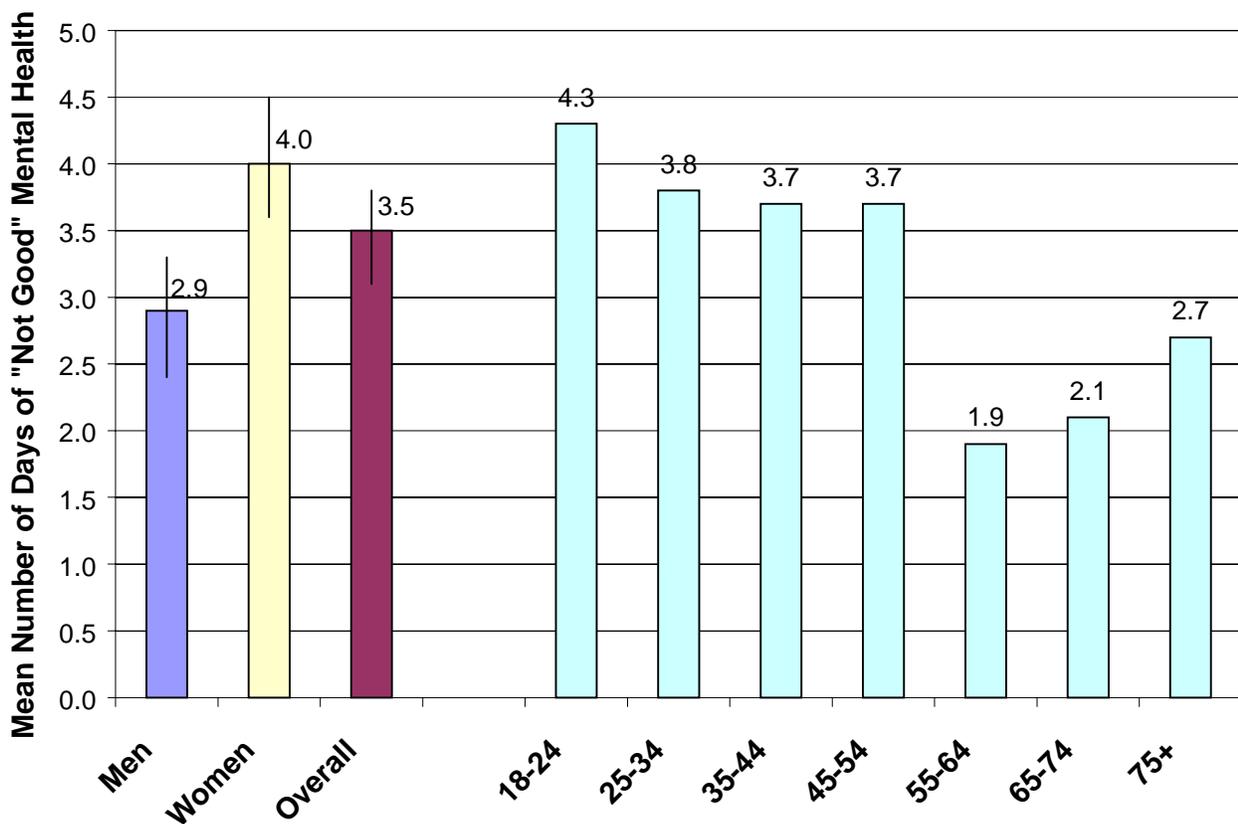
Source: Utah Behavioral Risk Factor Surveillance System 1997 Summary Report



- The causes of suicide are multifactorial and incompletely understood, but depression is a contributing factor. One measure of depression in Utah is provided by the Behavioral Risk Factor Surveillance System, an ongoing survey of Utah adults.
- In 1997, Utah men and women reported more days when their mental health was not good than did people in the median state.

Days of “Not Good” Mental Health by Age and Sex

Mean numbers of days in the past month when mental health was “not good” by age and sex, Utah adults (age 18 or over) 1997.



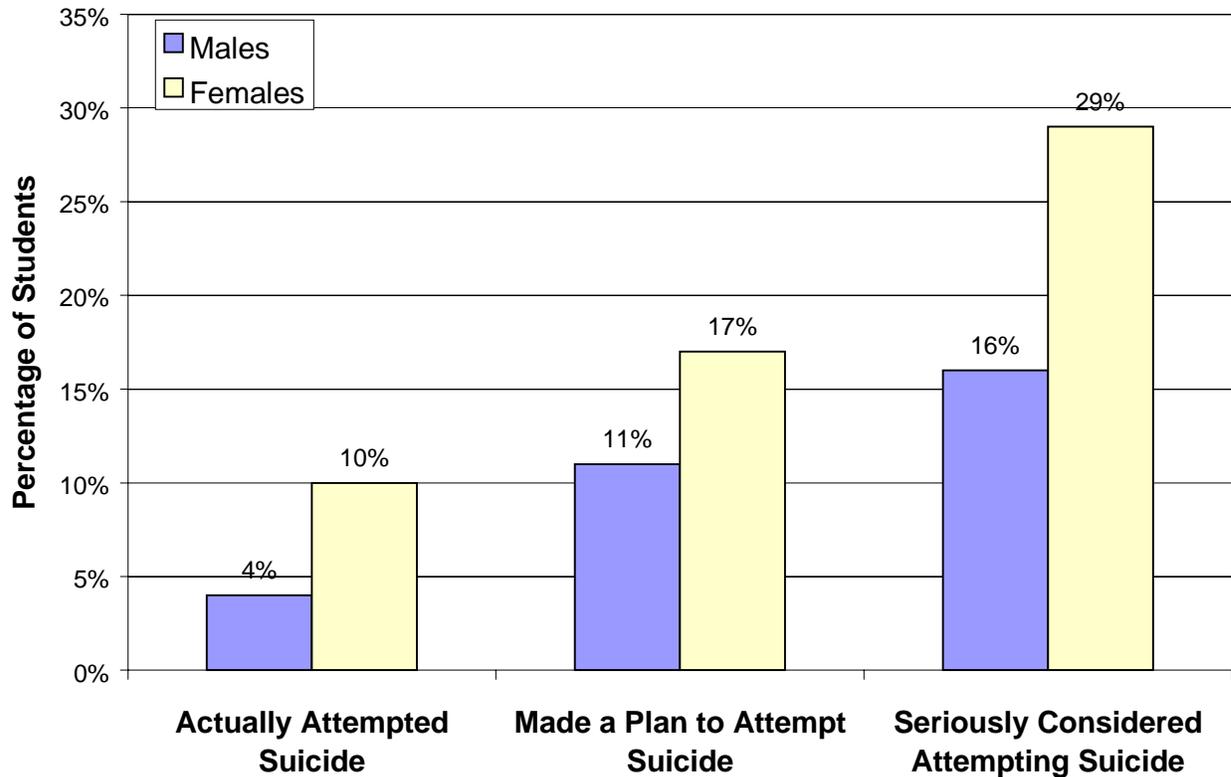
Source: Utah Behavioral Risk Factor Surveillance System 1997 Summary Report



- Women reported more days of “not good” mental health than men, on average.
- Young people reported more days of “not good” mental health than older people, on average.
- The 1996 Utah Health Status Survey indicated that 37,500 Utahns who reported poorer than average mental health status considered but did not seek mental health care. The most frequent reason cited was the cost of care and lack of insurance coverage.

Youth Suicide - Ideation, Plans, Attempts

Percentage of students (grades 9-12) reporting they had seriously considered suicide, made a plan for suicide, and/or actually attempted suicide in the past 12 months, Utah 1997.



Source: Results of the 1997 Utah Youth Risk Behavior Survey, Utah State Office of Education



- In 1997, nearly one in four Utah students (grades 9-12) reported they had seriously considered attempting suicide during the past 12 months.
- About one in seven students had made a plan for how they would commit suicide and 8% had attempted suicide at least once in the past 12 months.
- About half of the reported attempts by those students resulted in injury serious enough to require treatment by a doctor or nurse.
- These results were similar to rates reported for students nationwide.

Utah Youth Suicide Study

As evidenced by the data presented in the report, suicide is a major public health problem in Utah. Recognizing that problem but not having proven interventions available to reduce suicide rates, the Utah Department of Health, University of Utah, and several local health departments have been collaborating on the Utah Youth Suicide Study. That study seeks to identify characteristics of Utah suicide victims (age 13 to 21 years of age) and ways that they might have been recognized before suicide. The intent is to aid in designing and implementing interventions to prevent suicides. Data collection will be completed and results available later in 1999. More information on that study can be obtained in an article:

Gray D, Keller T, Haggard L, et. al. Utah Youth Suicide Study: Preliminary Results in: *Utah's Health: An Annual Review*. Volume V, 1997-1998. University of Utah, Salt Lake City, 1998.

Utah Youth Suicide Task Force

In the 1999 General Session, the Legislature of the State of Utah passed a resolution on Teen Suicide Awareness and Suicide Prevention. In response to that resolution, the Utah Department of Health has convened a Task Force to develop a State Suicide Prevention and Information Plan. Those interested in additional information should contact:

Cal Cazier, MPH
Violence and Injury Prevention Program
P. O. Box 142106
Salt Lake City, Utah 84114-2106
(801) 538-6864
FAX (801) 538-9134
email: ccazier@doh.state.ut.us

Reference Tables

Table 1. Suicide Deaths, Crude Death Rates, and Age-adjusted Death Rates with 95% Confidence Limits by Sex and Year, Utah 1980 to 1997.

Year	Males					Females					Both Sexes Combined		
	Deaths	Crude Rate*	Age Adjusted Rate**			Deaths	Crude Rate*	Age Adjusted Rate**			Deaths	Crude Rate*	
			Rate	Lower	Upper			Rate	Lower	Upper			Rate
1980	137	18.2	23.2	19.2	27.9	53	6.9	8.5	6.2	11.2	190	12.5	14.5
1981	160	21.3	25.7	21.6	30.3	36	4.7	6.0	4.1	8.4	196	12.9	14.5
1982	170	22.0	25.4	21.4	29.8	36	4.6	5.7	3.9	8.1	206	13.2	14.5
1983	175	22.1	27.0	22.8	31.7	41	5.1	6.2	4.3	8.5	216	13.5	14.5
1984	175	21.7	26.4	22.3	31.0	42	5.1	5.9	4.2	8.1	217	13.4	14.5
1985	167	20.5	24.8	20.9	29.2	49	5.9	6.7	4.9	8.9	216	13.1	14.5
1986	192	23.3	28.7	24.5	33.4	49	5.9	6.7	4.9	8.9	241	14.5	14.5
1987	190	22.8	27.3	23.3	31.7	47	5.6	6.5	4.7	8.8	237	14.1	14.5
1988	173	20.6	24.1	20.4	28.3	56	6.6	8.1	6.1	10.7	229	13.6	14.5
1989	167	19.7	25.0	21.1	29.3	45	5.2	6.4	4.6	8.7	212	12.4	14.5
1990	224	26.1	31.6	27.3	36.3	41	4.7	5.3	3.8	7.3	265	15.3	14.5
1991	229	26.0	30.5	26.4	34.9	53	5.9	7.0	5.2	9.3	282	15.9	14.5
1992	223	24.6	28.0	24.2	32.2	39	4.3	5.0	3.5	6.9	262	14.4	14.5
1993	220	23.7	26.6	23.0	30.5	44	4.7	5.2	3.8	7.1	264	14.1	14.5
1994	236	24.7	27.5	23.9	31.6	53	5.5	6.5	4.9	8.6	289	15.1	14.5
1995	228	23.4	25.1	21.8	28.8	55	5.6	6.3	4.7	8.3	283	14.4	14.5
1996	238	23.9	26.5	23.1	30.4	49	4.9	5.4	4.0	7.2	287	14.3	14.5
1997	234	22.9	25.2	21.9	28.8	63	6.1	6.9	5.2	8.8	297	14.5	14.5

* Rates are per 100,000 persons per year

** Age-adjusted to the projected year 2000 U.S. standard population

Deaths for which the underlying cause of death was suicide (ICD-9 codes E950-E959)

Source: Utah Death Certificate Database

Table 2. Suicide Deaths, Crude Death Rates, and Age-Adjusted Death Rates by State, 1995-1996.

State	1995-96 Deaths	Mean Deaths/Year	Crude Rate*	Age Adjusted Rate**
Nevada	730	365	23.3	23.6
Montana	375	188	21.5	21.5
New Mexico	615	308	18.1	19.0
Alaska	223	112	18.5	18.6
Colorado	1,348	674	17.8	18.1
Wyoming	170	85	17.7	18.0
Arizona	1,531	766	17.5	17.8
Idaho	363	182	15.4	16.2
Oregon	1,017	509	16.0	15.8
Utah	575	288	14.4	15.4
Oklahoma	969	485	14.8	14.8
West Virginia	555	278	15.2	14.6
Florida	4,318	2,159	15.1	14.6
South Dakota	210	105	14.3	14.4
Washington	1,554	777	14.2	14.2
Missouri	1,481	741	13.9	13.8
Arkansas	683	342	13.7	13.8
North Dakota	171	86	13.3	13.4
Maine	332	166	13.4	13.1
Tennessee	1,372	686	13.0	12.9
Louisiana	1,075	538	12.4	12.7
South Carolina	933	467	12.6	12.6
Virginia	1,656	828	12.5	12.5
North Carolina	1,816	908	12.5	12.5
Alabama	1,076	538	12.6	12.5
Kentucky	968	484	12.5	12.4
Indiana	1,436	718	12.4	12.3
Texas	4,457	2,229	11.8	12.3
Vermont	142	71	12.1	12.1
Kansas	625	313	12.1	12.1
Delaware	177	89	12.3	12.1
New Hampshire	274	137	11.9	12.0
Georgia	1,692	846	11.6	11.9
Mississippi	629	315	11.6	11.9
Wisconsin	1,223	612	11.9	11.8
California	7,102	3,551	11.2	11.8
Pennsylvania	2,887	1,444	12.0	11.7
Nebraska	376	188	11.4	11.4
Iowa	656	328	11.5	11.4
Hawaii	269	135	11.4	11.4
Minnesota	1,011	506	10.9	11.0
Michigan	2,094	1,047	10.8	10.8
Maryland	1,010	505	10.0	10.0
Ohio	2,131	1,066	9.6	9.5
Illinois	2,179	1,090	9.2	9.3
Connecticut	615	308	9.4	9.3
Rhode Island	172	86	8.7	8.5
Massachusetts	979	490	8.1	7.9
New York	2,697	1,349	7.4	7.4
New Jersey	1,164	582	7.3	7.2
Washington D.C.	74	37	6.8	6.3

Deaths where the underlying cause of death was suicide (ICD-9 codes 950 - 959)

* Deaths per 100,000 persons per year

** Age adjusted to year 2000 projected U.S. population standard

Source: CDC Wonder

Table 3. Suicide Deaths, Crude Death Rates, and Age-adjusted Death Rates by Sex and Year, United States, 1979 to 1996.

Year	Males			Females			Total		
	Deaths	Crude Rates*	Age Adjusted Rates**	Deaths	Crude Rates*	Age Adjusted Rates**	Deaths	Crude Rates*	Age Adjusted Rates**
1979	20,256	18.6	19.9	6,950	6.0	6.3	27,206	12.1	12.6
1980	20,505	18.6	19.9	6,364	5.5	5.7	26,869	11.9	12.2
1981	20,809	18.7	19.8	6,787	5.8	6.0	27,596	12.0	12.3
1982	21,625	19.2	20.4	6,617	5.6	5.8	28,242	12.2	12.5
1983	21,786	19.2	20.4	6,509	5.4	5.6	28,295	12.1	12.4
1984	22,689	19.8	20.9	6,597	5.4	5.6	29,286	12.4	12.6
1985	23,145	20.0	21.1	6,308	5.2	5.3	29,453	12.4	12.5
1986	24,226	20.7	21.8	6,678	5.4	5.5	30,904	12.9	13.0
1987	24,272	20.6	21.7	6,524	5.2	5.3	30,796	12.7	12.8
1988	24,078	20.2	21.2	6,329	5.0	5.1	30,407	12.4	12.5
1989	24,102	20.0	21.0	6,130	4.8	4.9	30,232	12.2	12.3
1990	24,724	20.4	21.5	6,182	4.8	4.8	30,906	12.4	12.5
1991	24,769	20.1	21.2	6,041	4.7	4.7	30,810	12.2	12.3
1992	24,457	19.6	20.6	6,027	4.6	4.6	30,484	11.9	12.1
1993	25,007	19.9	20.9	6,095	4.6	4.6	31,102	12.1	12.2
1994	25,174	19.8	20.7	5,968	4.5	4.5	31,142	12.0	12.0
1995	25,369	19.8	20.6	5,915	4.4	4.4	31,284	11.9	12.0
1996	24,998	19.2	20.0	5,905	4.4	4.3	30,903	11.6	11.7

* Rates are per 100,000 persons per year

** Age-adjusted to the projected year 2000 U.S. population standard

Deaths for which the underlying cause of death was suicide (ICD-9 codes E950-E959)

Source: CDC Wonder

Table 4. Suicide Deaths and Death Rates by Age Group, Sex, and 3-Year Period, Utah 1980-1997.

Suicide Deaths and Rates for Women from 1980 to 1997

Year	All Ages		13 to 15		16 to 18		19 to 21		22 to 24		25 to 34		35 to 44		45 to 64	
	Deaths	Rate														
1980-82	125	5.6	2	1.7	8	6.3	7	4.6	13	9.3	18	4.9	23	9.7	43	10.5
1983-85	132	5.5	2	1.6	7	5.3	8	5.3	9	6.7	38	9.7	29	10.7	28	10.5
1986-88	152	6.1	6	4.3	7	5.3	11	7.5	3	2.4	33	8.2	32	10.5	41	10.5
1989-91	139	5.4	5	3.3	5	3.7	6	4.2	9	7.4	24	5.8	41	12.1	34	10.5
1992-94	136	4.9	6	3.6	5	3.2	2	1.4	6	4.1	32	7.7	29	7.5	37	10.5
1995-97	167	5.6	5	3.0	11	6.2	10	5.9	4	2.6	29	6.6	46	10.8	45	10.5

Suicide Deaths and Rates for Men from 1980 to 1997

Year	All Ages		13 to 15		16 to 18		19 to 21		22 to 24		25 to 34		35 to 44		45 to 64	
	Deaths	Rate														
1980-82	467	21.1	6	5.0	20	15.3	29	23.1	42	28.3	129	33.8	69	29.4	111	29.4
1983-85	517	22.0	10	7.5	27	20.0	25	19.7	46	31.8	149	37.3	73	26.9	115	26.9
1986-88	555	22.8	14	9.7	40	29.3	45	36.1	38	27.7	118	28.9	102	33.4	118	28.9
1989-91	620	24.5	21	13.4	44	31.6	49	39.2	46	35.1	114	27.4	114	33.5	124	27.4
1992-94	679	24.9	24	13.5	58	36.2	60	47.0	48	29.7	149	34.8	139	36.0	117	34.8
1995-97	700	23.9	25	14.0	64	34.7	58	40.5	47	27.8	161	35.2	136	32.1	119	35.2

Suicide Deaths and Rates for Both Men and Women from 1980 to 1997

Year	All Ages		13 to 15		16 to 18		19 to 21		22 to 24		25 to 34		35 to 44		45 to 64	
	Deaths	Rate														
1980-82	592	13.3	8	3.4	28	10.9	36	13.0	55	19.1	147	19.5	92	19.5	154	19.5
1983-85	649	13.7	12	4.6	34	12.8	33	11.9	55	19.6	187	23.7	102	18.7	143	18.7
1986-88	707	14.4	20	7.1	47	17.5	56	20.6	41	15.6	151	18.6	134	21.9	159	18.6
1989-91	759	14.9	26	8.5	49	17.9	55	20.5	55	21.8	138	16.7	155	22.8	158	16.7
1992-94	815	14.8	30	8.6	63	20.0	62	22.5	54	17.5	181	21.4	168	21.8	154	21.4
1995-97	867	14.7	30	8.6	75	20.7	68	21.8	51	15.8	190	21.2	182	21.4	164	21.2

Rates are per 100,000 persons per year

Deaths for which the underlying cause of death was suicide (ICD-9 codes E950-E959)

Source: Utah Death Certificate Database

Table 5. Suicide Deaths and Death Rates by Race/Ethnicity, Utah 1988-1997.

	Deaths	Crude	Age Adjusted Rate**		
			Rate	95% Confidence Limits Lower	Upper
Men					
White (Non-Hispanic)	1,976	23.8	27.1	25.8	28.4
Hispanic	128	26.7	27.7	22.4	33.9
Black	15	18.4	16.9	8.7	29.6
American Indian	26	19.7	18.7	11.6	28.5
Asian/Pacific Islander	24	12.2	13.7	8.2	21.5
Women					
White (Non-Hispanic)	459	5.4	6.3	5.7	6.9
Hispanic	25	5.5	7.1	4.3	11.0
Black	1	1.7	3.3	0.1	18.6
American Indian	9	6.5	7.2	2.9	14.9
Asian/Pacific Islander	4	1.9	3.8	0.6	12.8
Both Sexes					
White (Non-Hispanic)	2,435	14.5	16.2	15.6	16.9
Hispanic	153	16.4	17.7	14.6	21.2
Black	16	11.3	11.6	6.1	20.1
American Indian	35	13.0	12.7	8.5	18.4
Asian/Pacific Islander	28	7.0	8.6	5.0	13.8

* Rates are per 100,000 persons per year

** Age-adjusted to the projected year 2000 U.S. standard population

Deaths for which the underlying cause of death was suicide (ICD-9 codes E950-E959)

Source: Utah Death Certificate Database

Table 6. Deaths, Crude Death Rates, and Age-adjusted Death Rates with 95% Confidence Limits by Local Health District of Residence and 5-Year Period, Utah 1988 to 1997.

Local Health District	1988 to 1992					1993 to 1997			
	Deaths	Crude Rate*	Age Adjusted Rate**			Deaths	Crude Rate*	Age Adju	
			Rate	Lower	Upper			Rate	Lo
Bear River	65	11.9	13.2	10.1	16.9	64	10.5	11.9	
Central	34	12.8	15.1	10.5	21.2	47	15.8	18.1	
Davis	105	11.0	12.4	10.0	15.1	123	11.4	12.6	
Salt Lake	596	16.2	18.5	17.0	20.1	670	16.6	17.7	
Southeastern	49	19.4	22.0	16.1	29.4	43	16.0	17.3	
Southwest	69	16.3	18.8	14.3	24.4	89	16.1	17.1	
Summit	12	14.9	17.5	7.9	33.6	12	10.8	11.7	
Tooele	18	13.4	14.7	8.9	22.8	26	17.3	17.7	
Tri-County	24	13.2	16.6	10.4	25.1	44	22.8	25.6	
Utah County	111	8.3	10.4	8.4	12.8	141	9.2	10.2	
Wasatch	6	11.7	13.2	3.9	32.6	7	11.5	10.3	
Weber/Morgan	161	19.4	21.3	18.0	25.0	154	17.0	18.8	
State Total	1,250	14.3	16.6	15.6	17.5	1,420	14.5	15.8	

* Rates are per 100,000 persons per year

** Age-adjusted to the projected year 2000 U.S. standard population

Deaths for which the underlying cause of death was suicide (ICD-9 codes E950-E959)

Source: Utah Death Certificate Database

Table 7. Suicide by Cause of Death

Suicide deaths according to underlying cause of death, Utah 1988-1992 and 1993-1997.

1988-1992 Cause	Men		Women		Both Sexes	
	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths
Firearms	686	67.6%	90	38.5%	776	62.1%
Hanging	111	10.9%	26	11.1%	137	11.0%
Poison (solid or liquid)	84	8.3%	84	35.9%	168	13.5%
Poison (gas or vapor)	105	10.3%	25	10.7%	130	10.4%
Other/Unspecified	29	2.9%	9	3.8%	38	3.0%
All Causes	1,015		234		1,249	

1993-1997 Cause	Men		Women		Both Sexes	
	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths
Firearms	739	63.9%	95	36.0%	834	58.7%
Hanging	186	16.1%	31	11.7%	217	15.3%
Poison (solid or liquid)	104	9.0%	103	39.0%	207	14.6%
Poison (gas or vapor)	95	8.2%	23	8.7%	118	8.3%
Other/Unspecified	32	2.8%	12	4.5%	44	3.1%
All Causes	1,156		264		1,420	

* Deaths are 5-year totals

Deaths for which the underlying cause of death was suicide and self-inflicted injury by:

Firearms = firearms and explosives, ICD-9 code E955

Hanging = hanging, strangulation, and suffocation, ICD-9 code E953

Poison (solid or liquid) = poisoning by solid or liquid substance, ICD-9 code E950

Poison (gas or vapor) = poisoning by gases in domestic use or by other gases and vapors, ICD-9 codes E951-E952

Other/Unspecified = injury by cutting and piercing instruments, jumping from high places, submersion (drowning), and by other and unspecified means, ICD-9 codes E954, E956-E959

Source: Utah Death Certificate Database

Table 8. Firearm Suicide Deaths by Type of Firearm

Firearm suicide deaths according to type of firearm, Utah 1988-1992 and 1993-1997.

Cause	Men		Women		Both Sexes	
	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths
Handgun	344	50%	59	66%	403	52%
Shotgun	77	11%	3	3%	80	10%
Hunting Rifle	129	19%	12	13%	141	18%
Other/Unspecified Firearms	136	20%	16	18%	152	20%

Cause	Men		Women		Both Sexes	
	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths
Handgun	378	51%	63	66%	441	53%
Shotgun	89	12%	3	3%	92	11%
Hunting Rifle	130	18%	8	8%	138	17%
Other/Unspecified Firearms	137	19%	21	22%	158	19%

* Deaths are 5-year totals

Deaths for which the underlying cause of death was suicide by firearms or explosives (ICD-9 codes E955).

Handgun, ICD-9 code E955.0

Shotgun, ICD-9 code E955.1

Hunting rifle, ICD-9 code E955.2

Other/unspecified firearms, ICD-9 code 955.4

Source: Utah Death Certificate Database

Table 9. Poisoning Suicide Deaths According to Specific Poison, Sex, and 5-Year Time Period, Utah 1988-1992 and 1993-1997.

Cause	Men		Women		Both Sexes	
	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths
Motor vehicle exhaust	101	54%	82	41%	24	22%
Tranquilizers and sedatives	34	18%	47	24%	40	37%
Analgesic medicines	11	6%	18	9%	11	10%
Other or unspecified medicines	24	13%	33	17%	32	29%
Other solid, liquid, or gas	18	10%	18	9%	2	2%

Cause	Men		Women		Both Sexes	
	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths	Deaths*	Percentage of Deaths
Motor vehicle exhaust	22	17%	125	42%	104	32%
Tranquilizers and sedatives	41	33%	74	25%	88	27%
Analgesic medicines	16	13%	22	7%	34	10%
Other or unspecified medicines	40	32%	56	19%	73	23%
Other solid, liquid, or gas	7	6%	20	7%	25	8%

*Deaths are 5-year totals

Deaths for which the underlying cause of death was suicide by poisoning (ICD-9 codes E951-E952)

Motor vehicle exhaust, ICD-9 code E952.0

barbituates, other sedatives and hypnotics, tranquilizers, and other psychotropic agents, ICD-9 codes E950.1-E950.3

analgesics, antipyretics, and antirheumatics, ICD-9 code E950.0

other specified drugs and medicinal substances, unspecified drug, or medicinal substances, ICD-9 codes E950.4-E950.5

other solid, liquid, or gas substances, ICD-9 codes E950.6-E950.9, E951, E952.1-E952.9

Source: Utah Death Certificate Database

Table 10. Hospitalizations and Hospitalization Rates for Suicide Attempts by Age Group, Sex, and 2-Year Period, Utah 1992-1997.

Both Sexes	13-15	16-18	19-21	22-24	25-34	35-44	45-64	65+	All ages (13+)
<i>Discharges</i>									
1992-93	195	228	205	154	568	405	237	41	2,033
1994-95	212	269	177	158	526	531	251	58	2,182
1996-97	146	269	225	152	574	578	342	112	2,398
<i>Hospitalization rate</i>									
1992-93	85.5	112.0	112.7	77.3	101.3	80.2	44.1	12.7	74.2
1994-95	89.4	117.6	92.6	72.7	91.1	98.0	42.9	17.1	74.8
1996-97	63.5	109.8	105.0	70.9	94.9	100.5	53.6	31.6	78.0
Women									
<i>Discharges</i>									
1992-93	157	145	106	91	330	248	126	17	1,220
1994-95	166	169	90	79	300	336	145	35	1,320
1996-97	106	177	119	70	322	355	196	68	1,413
<i>Hospitalization rate</i>									
1992-93	141.3	144.8	109.0	95.2	119.1	98.3	46.0	9.3	87.7
1994-95	143.9	150.1	87.0	77.0	105.3	123.8	48.7	18.2	89.2
1996-97	94.7	147.3	102.6	68.1	109.2	123.1	60.5	33.9	90.7
Men									
<i>Discharges</i>									
1992-93	38	83	99	63	238	157	111	24	813
1994-95	46	100	87	79	226	195	106	23	862
1996-97	40	92	106	82	252	223	146	44	985
<i>Hospitalization rate</i>									
1992-93	32.5	80.3	116.8	60.7	83.8	62.2	42.1	17.3	60.3
1994-95	37.8	86.0	99.1	68.8	77.2	72.0	36.8	15.7	59.9
1996-97	33.9	73.8	107.8	73.4	81.4	77.8	46.4	28.6	64.9

Discharges are 2-year totals

Discharges where any listed cause was suicide (ICD-9 codes E950-E959)

Rates are per 100,000 population per year

Source: Utah Inpatient Hospital Discharge Database

Table 11. Numbers of Hospitalizations for Suicide Attempts, Crude Rates, and Age-Adjusted Rates by Sex and Year, Utah 1992-1997.

Both Sexes			Age Adjusted Rate**		
	Discharges	Crude Rate*	Rate	95% Confidence Limits	
				Lower	Upper
1992	1,088	59.7	58.8	55.2	62.5
1993	963	51.6	51.2	48.0	54.7
1994	1,018	53.1	52.6	49.3	56.1
1995	1,179	60.2	59.4	56.0	63.0
1996	1,142	57.0	56.7	53.4	60.2
1997	1,273	62.2	63.4	59.9	67.1

Boys/Men			Age Adjusted Rate**		
	Discharges	Crude Rate*	Rate	95% Confidence Limits	
				Lower	Upper
1992	424	46.8	47.3	42.7	52.3
1993	398	42.8	43.6	39.2	48.2
1994	398	41.7	41.3	37.2	45.7
1995	469	48.1	47.5	43.1	52.1
1996	471	47.2	47.4	43.1	52.1
1997	521	51.1	52.5	47.9	57.5

Girls/Women			Age Adjusted Rate**		
	Discharges	Crude Rate*	Rate	95% Confidence Limits	
				Lower	Upper
1992	664	72.5	70.9	65.5	76.7
1993	565	60.3	59.2	54.2	64.4
1994	620	64.5	64.0	59.0	69.4
1995	710	72.2	71.4	66.1	77.0
1996	671	66.8	66.5	61.4	71.8
1997	752	73.2	74.3	69.0	80.0

Discharges where any listed diagnosis was suicide (ICD-9 codes E950-E959)

* Rate per 100,000 persons per year

** Age-adjusted to the projected year 2000 U.S. population standard

Source: Utah Inpatient Hospital Discharge Database

Table 12. Numbers of Hospitalizations for Suicide Attempts, Crude Rates, and Age-Adjusted Rates by Local Health District of Residence and 5-Year Time Periods, Utah 1988-1997.

Local Health District	1992-1994					1995-1997			
	Discharges	Crude Rate*	Age-Adjusted Rate**			Discharges	Crude Rate*	Age-Adjusted Rate**	
			Rate	Lower	Upper			Rate	Lower
Bear River	272	78.2	78.0	68.5	88.5	362	97.2	97.9	
Central Utah	58	34.3	38.2	28.9	49.5	129	70.4	74.3	
Davis	223	36.0	35.1	30.7	39.9	327	49.6	48.5	
Southeastern	131	84.1	84.8	70.1	101.6	1,467	59.7	59.6	
Salt Lake	1,317	56.4	55.5	52.5	58.7	103	63.0	64.0	
Summit	16	27.0	25.1	13.3	43.3	185	52.8	56.8	
Southwest	143	48.9	53.2	44.5	63.2	18	25.5	23.4	
Tooele	39	45.8	46.0	32.7	62.9	28	30.2	31.0	
Tri-County	82	72.2	71.3	56.1	89.3	94	80.5	79.8	
Utah County	352	40.5	39.7	35.2	44.7	457	48.1	48.1	
Wasatch	5	14.8	16.8	5.4	39.5	18	47.5	48.3	
Weber/Morgan	431	82.0	80.5	73.1	88.5	398	72.0	74.1	
State Total	3,069	54.8	54.2	52.2	56.2	3,586	59.7	59.8	

Discharges are 3-year totals

Discharges where any listed diagnosis was suicide (ICD-9 codes E950-E959)

* Rate per 100,000 persons per year

** Age-adjusted to the projected year 2000 U.S. population standard

Source: Utah Inpatient Hospital Discharge Database

Table 13. Hospitalizations for Suicide Attempts by Sex and Year, Utah 1992-1997.

Men	Age Category							
	12 to 21		21 to 44		45 to 64		65 and Over	
	Discharges	Percentage	Discharges	Percentage	Discharges	Percentage	Discharges	Percentage
1992-94								
Poisoning	252	77.1%	504	72.4%	111	71.6%	16	44.4%
Cutting/Piercing	33	10.1%	102	14.7%	14	9.0%	5	13.9%
Firearms	24	7.3%	44	6.3%	10	6.5%	9	25.0%
Hanging	8	2.4%	11	1.6%	3	1.9%	1	2.8%
Other (jumping, drowning, other)	10	3.1%	35	5.0%	17	11.0%	5	13.9%
All Causes	327	100.0%	696	100.0%	155	100.0%	36	100.0%
1995-97								
Poisoning	245	67.3%	577	71.7%	163	80.7%	32	60.4%
Cutting/Piercing	57	15.7%	120	14.9%	25	12.4%	6	11.3%
Firearms	32	8.8%	45	5.6%	4	2.0%	9	17.0%
Hanging	13	3.6%	18	2.2%	3	1.5%	0	0.0%
Other (jumping, drowning, other)	17	4.7%	45	5.6%	7	3.5%	6	11.3%
All Causes	364	100.0%	805	100.0%	202	100.0%	53	100.0%
Women								
1992-94								
Poisoning	554	89.4%	871	87.4%	187	95.4%	31	96.9%
Cutting/Piercing	52	8.4%	73	7.3%	7	3.6%	0	0.0%
Firearms	3	0.5%	14	1.4%	0	0.0%	0	0.0%
Hanging	2	0.3%	2	0.2%	1	0.5%	1	3.1%
Other (jumping, drowning, other)	9	1.5%	36	3.6%	1	0.5%	0	0.0%
All Causes	620	100.0%	996	100.0%	196	100.0%	32	100.0%
1995-97								
Poisoning	556	88.3%	938	84.0%	232	87.5%	77	87.5%
Cutting/Piercing	53	8.4%	109	9.8%	15	5.7%	6	6.8%
Firearms	3	0.5%	8	0.7%	4	1.5%	0	0.0%
Hanging	4	0.6%	4	0.4%	2	0.8%	0	0.0%
Other (jumping, drowning, other)	14	2.2%	58	5.2%	12	4.5%	5	5.7%
All Causes	630	100.0%	1117	100.0%	265	100.0%	88	100.0%
Both Sexes								
1992-94								
Poisoning	806	85.1%	1375	81.3%	298	84.9%	47	69.1%
Cutting/Piercing	85	9.0%	175	10.3%	21	6.0%	5	7.4%
Firearms	27	2.9%	58	3.4%	10	2.8%	9	13.2%
Hanging	10	1.1%	13	0.8%	4	1.1%	2	2.9%
Other (jumping, drowning, other)	19	2.0%	71	4.2%	18	5.1%	5	7.4%
All Causes	947	100.0%	1692	100.0%	351	100.0%	68	100.0%
1995-97								
Poisoning	801	80.6%	1515	78.8%	395	84.6%	109	77.3%
Cutting/Piercing	110	11.1%	229	11.9%	40	8.6%	12	8.5%
Firearms	35	3.5%	53	2.8%	8	1.7%	9	6.4%
Hanging	17	1.7%	22	1.1%	5	1.1%	0	0.0%
Other (jumping, drowning, other)	31	3.1%	103	5.4%	19	4.1%	11	7.8%
All Causes	994	100.0%	1922	100.0%	467	100.0%	141	100.0%

Discharges are 3-year totals

Discharges where any listed diagnosis was suicide (ICD-9 codes E950-E959)

ICD-9 codes: poisoning, E950-E952; cutting/piercing, E956; firearms, E955; hanging, E953; other, E954, E957-E959

Source: Utah Inpatient Hospital Discharge Database

mm Appendix

Cause of Death

ICD-9 Codes

Suicide and self-inflicted injury	E950-E959
Suicide and self-inflicted poisoning by solid or liquid substances	E950
<i>analgesics, antipyretics, and antirheumatics</i>	E950.0
<i>barbiturates</i>	E950.1
<i>other sedatives and hypnotics</i>	E950.2
<i>tranquilizers and other psychotropic agents</i>	E950.3
<i>other specified drugs and medicinal substances</i>	E950.4
<i>unspecified drug or medicinal substance</i>	E950.5
<i>agricultural and horticultural chemical and pharmaceutical preparations other than plant foods and fertilizers</i>	E950.6
<i>corrosive and caustic substances</i>	E950.7
<i>arsenic and its compounds</i>	E950.8
<i>other and unspecified solid and liquid substances</i>	E950.9
Suicide and self-inflicted poisoning by gases in domestic use	E951
<i>gas distributed by pipeline</i>	E951.0
<i>liquefied petroleum gas distributed in mobile containers</i>	E951.1
<i>other utility gas</i>	E951.8
Suicide and self-inflicted poisoning by other gases and vapors	E952
<i>motor vehicle exhaust</i>	E952.0
<i>other carbon monoxide</i>	E952.1
<i>other specified gases and vapors</i>	E952.8
<i>unspecified gases and vapors</i>	E952.9
Suicide and self-inflicted injury by hanging, strangulation, and suffocation	E953
<i>hanging</i>	E953.0
<i>suffocation by plastic bag</i>	E953.1
<i>other specified means</i>	E953.8
<i>unspecified means</i>	E953.9
Suicide and self-inflicted injury by submersion (drowning)	E954
Suicide and self-inflicted injury by firearms and explosives	E955
<i>handgun</i>	E955.0
<i>shotgun</i>	E955.1
<i>hunting rifle</i>	E955.2
<i>military firearms</i>	E955.3
<i>other and unspecified firearm</i>	E955.4
<i>explosives</i>	E955.5
<i>unspecified</i>	E955.9
Suicide and self-inflicted injury by cutting and piercing instrument	E956

Cause of Death

ICD-9 Codes

Suicide and self-inflicted injury by jumping from high place	E957
<i>residential premises</i>	E957.0
<i>other man-made structures</i>	E957.1
<i>natural sites</i>	E957.2
<i>unspecified</i>	E957.9
Suicide and self-inflicted injury by other and unspecified means	E958
<i>jumping or lying before moving object</i>	E958.0
<i>burns, fire</i>	E958.1
<i>scald</i>	E958.2
<i>extremes of cold</i>	E958.3
<i>electrocution</i>	E958.4
<i>crashing of motor vehicle</i>	E958.5
<i>crashing of aircraft</i>	E958.6
<i>caustic substances, except poisoning</i>	E958.7
<i>other specified means</i>	E958.8
<i>unspecified means</i>	E958.9
Late effects of self-inflicted injury	E959

This category is to be used to indicate circumstances classifiable to E950-E958 as the cause of death or disability from late effects, which are themselves classifiable elsewhere. The "late effects" include conditions reported as such or occurring as sequelae one year or more after attempted suicide or self-inflicted injury