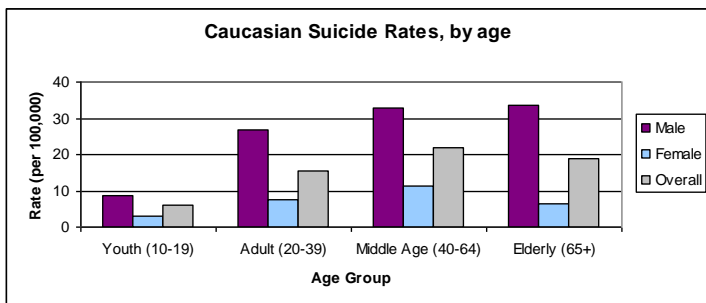
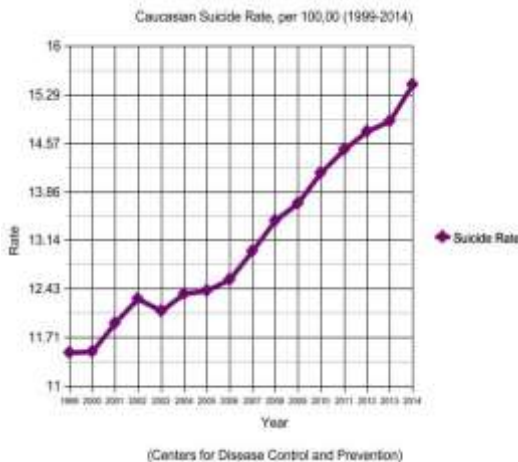


# CAUCASIAN AMERICAN SUICIDE FACT SHEET BASED ON 2014 DATA (2016)

## Overview

- In 2014, 38,675 Caucasian Americans died by suicide. This number accounts for the vast majority of the 42,772 suicides in the US that year. The overall rate per 100,000 was 15.43.<sup>i</sup>
- According to the CDC, the rate of Caucasian suicides has climbed since 1999. Over fifteen years, the rate has risen from 11.50 per 100,000 to 15.43.<sup>i</sup>
- In 2015, researchers released data showing that there were more suicides among African American children ages 5 to 11 than among Caucasian children. This was the first national study to show observe higher suicide rates for African Americans than for Caucasians in any age group.<sup>ii</sup>
- The majority of Caucasian suicide victims were male, with a rate of 24.14 per 100,000 (compared to a rate of 6.88 for women). The suicide rate was higher for Caucasian men regardless of age.<sup>i</sup>
- The suicide rate was highest for Caucasians between the ages of 40 and 64, at 22.01 per 100,000. Men within this demographic and age group had a notably high rate of suicide, at 32.94. The rate of suicide for Caucasian men over the age of 65 was similar, at 33.76 per 100,000.<sup>i</sup>
- Caucasian youth (ages 10-19); died by suicide at a rate of 5.99 per 100,000 in 2014. This was the second highest youth rate across other races, with only the American Indian/Alaskan Native rate being higher at 9.35.<sup>i</sup>



## RISK & PROTECTIVE FACTORS

While research doesn't identify risk factors entirely unique to Caucasians, general risk factors include:<sup>ii</sup>

- Previous suicide attempts
- History of trauma and/or abuse
- Access to lethal means, especially firearms
- Mental or physical illness
- Family history of mental illness and/or suicide
- Substance Abuse

Similarly, some general protective factors that can help prevent Caucasian Suicide include:<sup>ii</sup>

- A sense of hope and resilience
- Access to treatment
- Restricted Access to lethal means
- Strong coping skills
- Connections to family and community

## Common Methods

By a large margin, the use of firearms was the most prominent method of suicide for Caucasians. The rates for the most prevalent methods of suicide among Caucasians include:<sup>i</sup>

- Firearms (7.88 per 100,000)
- Suffocation (3.95 per 100,000)
- Poisoning (2.52 per 100,000)

*Even though Caucasian men died by suicide at much higher rates, it is important to note that female suicide attempt rates are estimated to be 3-4 times higher than men's.<sup>iii</sup> Additionally, depression is more prevalent among women than men.<sup>iv</sup> Suicidal behavior does not discriminate.*

<sup>i</sup> Centers for Disease Control and Prevention (2015). *Fatal injury reports, national and regional, 1999-2014*. Retrieved from [http://webappa.cdc.gov/sasweb/ncipc/mortrate10\\_us.html](http://webappa.cdc.gov/sasweb/ncipc/mortrate10_us.html)

<sup>ii</sup> Hu, G., Wilcox, H.C., Wissow, L., & Baker, S.P. (2008). Mid-life suicide: an increasing problem in U.S. whites, 1999-2005. *American Journal of Preventative Medicine*, 35(6), 589-593.

<sup>iii</sup> Callahan, V.J. & Davis, M.S. (2012). Gender differences in suicide methods. *Social Psychiatry and Psychiatric Epidemiology*, 47(6), 857-869.

<sup>iv</sup> Angst, J., Gamma, A., Gastpar, M., Lepine, J.P., Mendlewicz, J., & Tylee, A. (2002). Gender differences in depression. *European Archives of Psychiatry and Clinical Neuroscience*, 252(5), 201-209.

**If you or someone you know is suicidal, please contact a mental health professional or call 1-800-273-TALK (8255).**