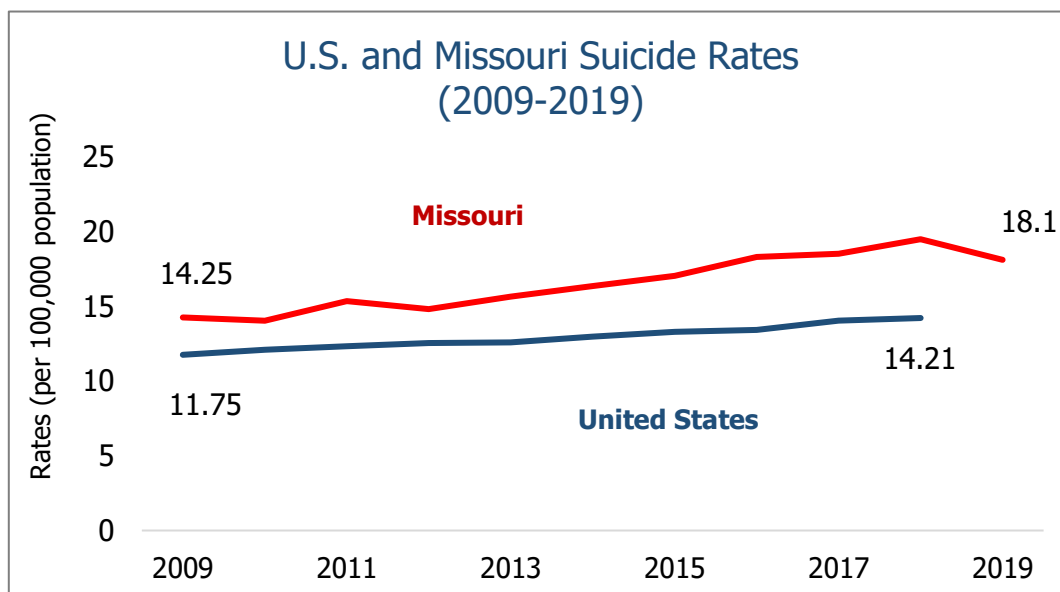


Suicide in Missouri: Where We Stand

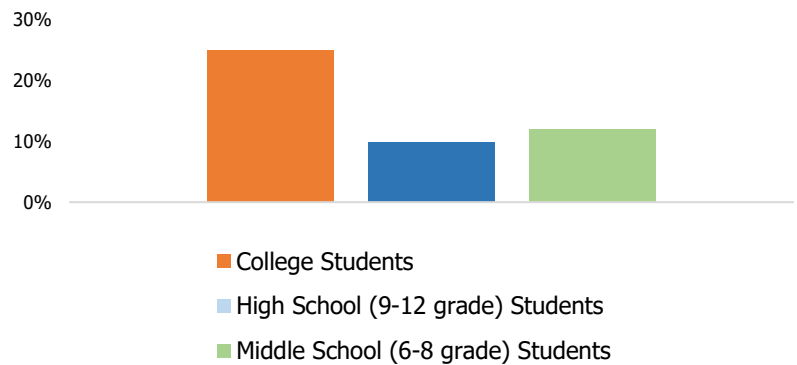
- 1,130 Missourians died by suicide in 2019. While rates continued to climb from 2009 through 2018, suicide rates dropped by 7.2% between 2018 and 2019.
- Suicide is the 9th leading cause of death in Missouri.
- Suicide is the 2nd leading cause of death among 10-17 year olds. More than 60% of these suicides are firearm related.
- A large majority (75%) of those who die by suicide are White males. However, the greatest decrease in suicides from 2018-2019 was among Black males.
- Suicide rates are highest among 25-64 year olds.
- 60% of all suicides involve firearms, followed by suffocation (24%) and poisoning/overdose (11%).
- Rural areas in Missouri have slightly higher suicide rates than urban areas.



Suicidal Thoughts and Attempts

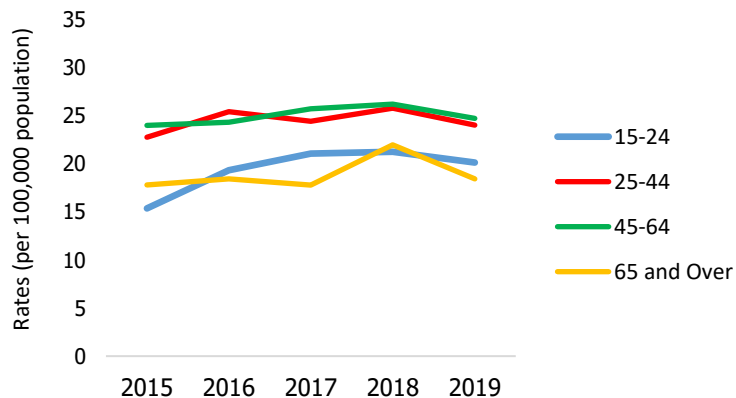
- 25% of college students in Missouri had suicidal thoughts in the past year and 2.1% attempted suicide (Missouri Assessment of College Health Behaviors, 2020).
- 9.8% of middle school and 11.9% of high school seriously considered suicide in the past year (Missouri Student Survey, 2020).

Seriously Considered Suicide in Past Year
Missouri College, High School and
Middle School Students (2020)



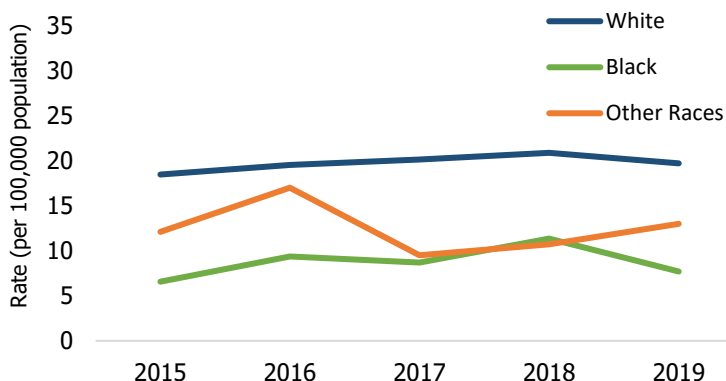
Suicides by Age, Race and Sex

Missouri Suicide Rates by Age (2015-2019)

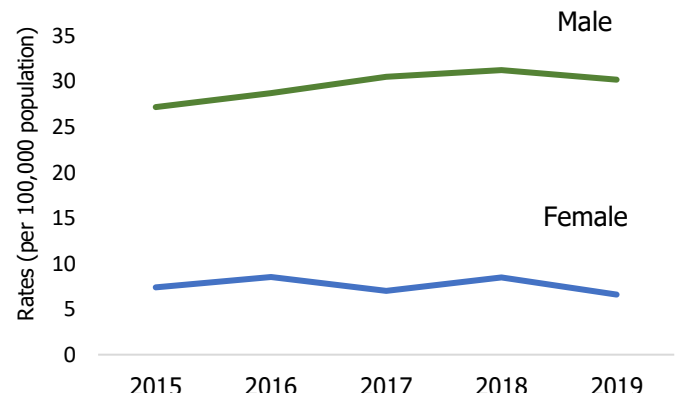


- Suicides decreased slightly among all age groups.
- Highest suicide rates were among adults 25-64.
- Youth rates in 2014 were much lower than older age groups; increased in 2016 and 2017 but leveled off in 2019.
- Suicides are consistently higher among Whites.
- Suicides among Blacks increased between 2015 and 2018 but decreased between 2018 and 2019.
- Suicides are consistently higher among males than females. Greater decrease in female suicides in 2019 compared to males.

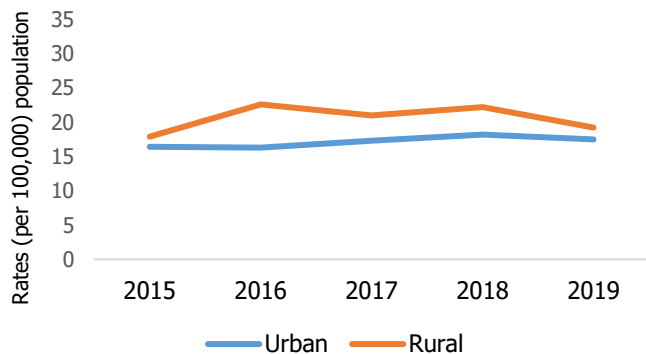
Missouri Suicides by Race
(2015-2019)



Missouri Suicides by Sex
(2015-2019)



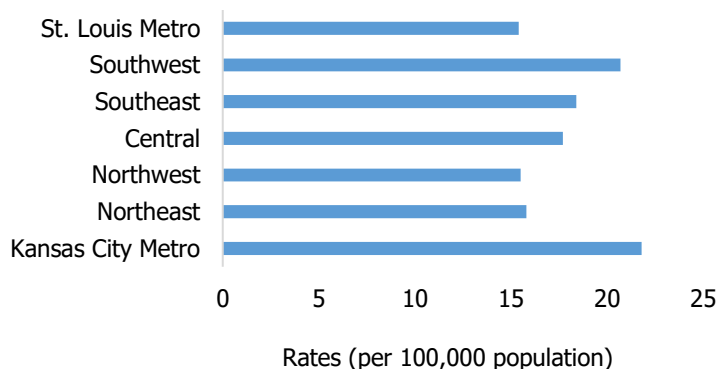
Missouri Urban and Rural Suicide Rates (2015-2019)

**Suicides by Region**

- Rural areas in Missouri have slightly higher suicide rates than metropolitan areas.
- Differences in rural and urban suicide rates are less compared to prior years.

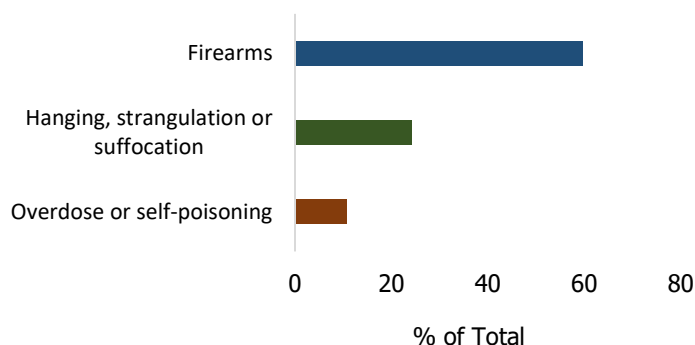
- Suicide *rates* are highest in the Kansas City and southwest regions of the state and lowest in the St. Louis metropolitan area.
- The *number* of suicides is highest in the St. Louis metropolitan area (342) followed by the Kansas City area (278). Numbers are lowest in northeast and northwest Missouri (39 and 38 respectively).

Missouri Suicide Rates by Region (2019)**

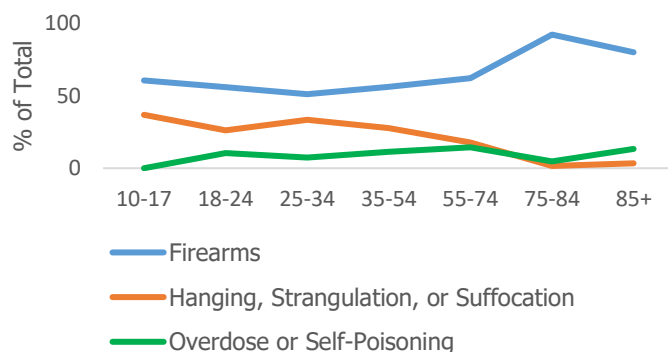
**Suicides by Mechanism*****

- 60% of Missourians who died by suicide in 2019 used a firearm to end their lives.
- Males are more likely to use firearms than females.
- Firearm-related suicides increase with age.
- Overdose/poisoning deaths have decreased by almost 5% since 2015.

Suicide Mechanism (2019)



Suicide Mechanism by Age (2019)



Leading Causes of Death for Missouri Residents by Age, 2019

Rank	10 to 17	18 to 24	25 to 34	35 to 44	45 to 64	65+	Total
1	Accidents	Accidents	Accidents	Accidents	Cancer	Heart disease	Heart disease
2	Suicide	Homicide	Suicide	Heart disease	Heart disease	Cancer	Cancer
3	Homicide	Suicide	Homicide	Cancer	Accidents	Chronic lower respiratory disease	Accidents
4	Cancer	Cancer	Heart disease	Suicide	Chronic lower respiratory disease	Alzheimer's disease	Chronic lower respiratory disease
5	Chronic lower respiratory disease	Heart disease	Cancer	Homicide	Diabetes	Stroke	Stroke
6	Heart disease ¹	Congenital anomalies ³	Diabetes ⁵	Liver disease	Suicide	Accidents	Alzheimer's disease
7	Congenital anomalies ¹	Stroke ³	Liver disease ⁵	Diabetes	Stroke	Kidney disease	Diabetes
8	Influenza and pneumonia	Diabetes ⁴	Stroke	Stroke	Kidney disease	Diabetes	Kidney disease
9	Benign/in situ neoplasms ²	Pneumonitis due to solids and liquids ⁴	Influenza and pneumonia ⁶	Influenza and pneumonia	Septicemia	Influenza and pneumonia	Suicide
10	Diabetes ²	Influenza and pneumonia	Complications of pregnancy ⁶	Septicemia	Influenza and pneumonia	Parkinson's disease	Influenza and pneumonia

If you would like more information about suicide prevention efforts in Missouri, go to:

<https://dmh.mo.gov/mental-illness/suicide/prevention>.

References

Missouri Department of Health and Senior Services (DHSS) (2020). Missouri Public Health Information Management System (MOPHIMS).
Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS). www.cdc.gov/injury/wisqars
University of Missouri-St. Louis (2020). Missouri Student Survey.
University of Missouri Partners in Prevention (2020). Missouri Assessment of College Health Behaviors.

Notes

All 2019 mortality data were obtained from the Missouri Department of Health and Senior Services. These data are provisional and subject to change. Rates were calculated using 2018 population data and were age-adjusted except for graphics including age. WISQARS data were not available for 2019. Data are based on place of decedent residence, not location of suicide.

* Rate is unreliable; numerator less than 20 (MOPHIMS)

** Regions are defined by the Behavioral Risk Factor Surveillance System designations.

<https://health.mo.gov/data/pdf/brfss.pdf>

*** "Firearms" include pistols, rifles and shotguns. "Other" includes jumping, cutting, drowning and unspecified/other".

This brief was produced by researchers at the Missouri Institute of Mental Health (MIMH) for the Missouri Department of Mental Health (DMH) under SAMHSA grant number 5H79SM062907. The views, opinions and content of this publication are those of the authors and should not be construed as such. For more information about this brief, contact liz.sale@mimh.edu.