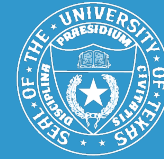


# SUICIDE IN TEXAS

A population health data brief from The University of Texas System Office of Health Affairs. June 2017.



## Suicide, a tragic and preventable cause of death, claimed the lives of 3,403 Texans in 2015.<sup>1</sup>

This figure is more than double the number killed by homicide, and includes 504 people under the age of 25. Suicide is the second leading cause of death among those ages 15-34, and is the 4th leading cause of death for all people ages 15-64 (Fig. 1).

As in the U.S., suicide rates in Texas have been on the rise, up by 23% since 2000. In addition to the personal and social tragedy of suicide, there are financial

consequences, which were estimated at \$4.264 million in lifetime medical and work-loss costs in Texas in 2014.

While suicide deaths impact all segments of our population, rates vary substantially by geography and demographics. Over the past 15 years, non-metro counties have had consistently higher suicide rates than metro counties. While rates are increasing in metro counties, the metro/non-metro gap may be widening (Fig. 2).

Suicide mortality rates also vary by race/ethnicity. In 2015, suicide rates in Texas were more than triple for white people than for black and Hispanic people (Fig. 3). Suicide rates in Texas have increased 46% among white people since 2000, driving an overall upward trend in the state. These demographic differences may partially explain differences in geography, as rural Texas has a relatively older and less ethnically diverse population.

Substantial gender differences in death by suicide also exist. Males are much more likely to die by suicide than

are females. However, rates have been rising in both sexes, and somewhat faster among women. The ratio of female to male suicide deaths was 1 to 3.5 in 2015, down from 1 to 4.3 in 2000.

Risk of suicide also varies somewhat by age. From 2011 to 2015, suicide rates were highest among 45-54 year olds and those over the age of 75. From 2000 to 2015, the greatest increase was seen among 55-64 year olds. Rates in this age group increased by 55% during that time period.

Suicide deaths are often preceded by suicide attempts, or suicide ideation, which can be taken as warning signs. In Texas in 2013, 3.5% of high school students reported a suicide attempt in the prior year that required medical treatment.<sup>2</sup>

Among Texas adults aged 18 or older, in 2013-2014, 3.4% reported having serious thoughts of suicide within the year prior to being surveyed.<sup>3</sup>

1. Unless otherwise cited, all data on suicide in Texas are sourced from Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, accessed at <http://wonder.cdc.gov/ucd-icd10.html>.  
2. <http://healthdata.dshs.texas.gov/HealthRisks/YRBS>  
3. Reference: Substance Abuse and Mental Health Services Administration. Behavioral Health Barometer: Texas, 2015. HHS Publication No. SMA-16-Baro-2015-TX. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015.

# SUICIDE IS THE...

## 2ND

LEADING CAUSE  
OF DEATH FOR AGES

### 15-34

AFTER UNINTENTIONAL INJURIES

## 4TH

LEADING CAUSE  
OF DEATH FOR AGES

### 15-64

AFTER CANCER, DISEASES OF  
THE HEART, AND UNINTENTIONAL  
INJURIES

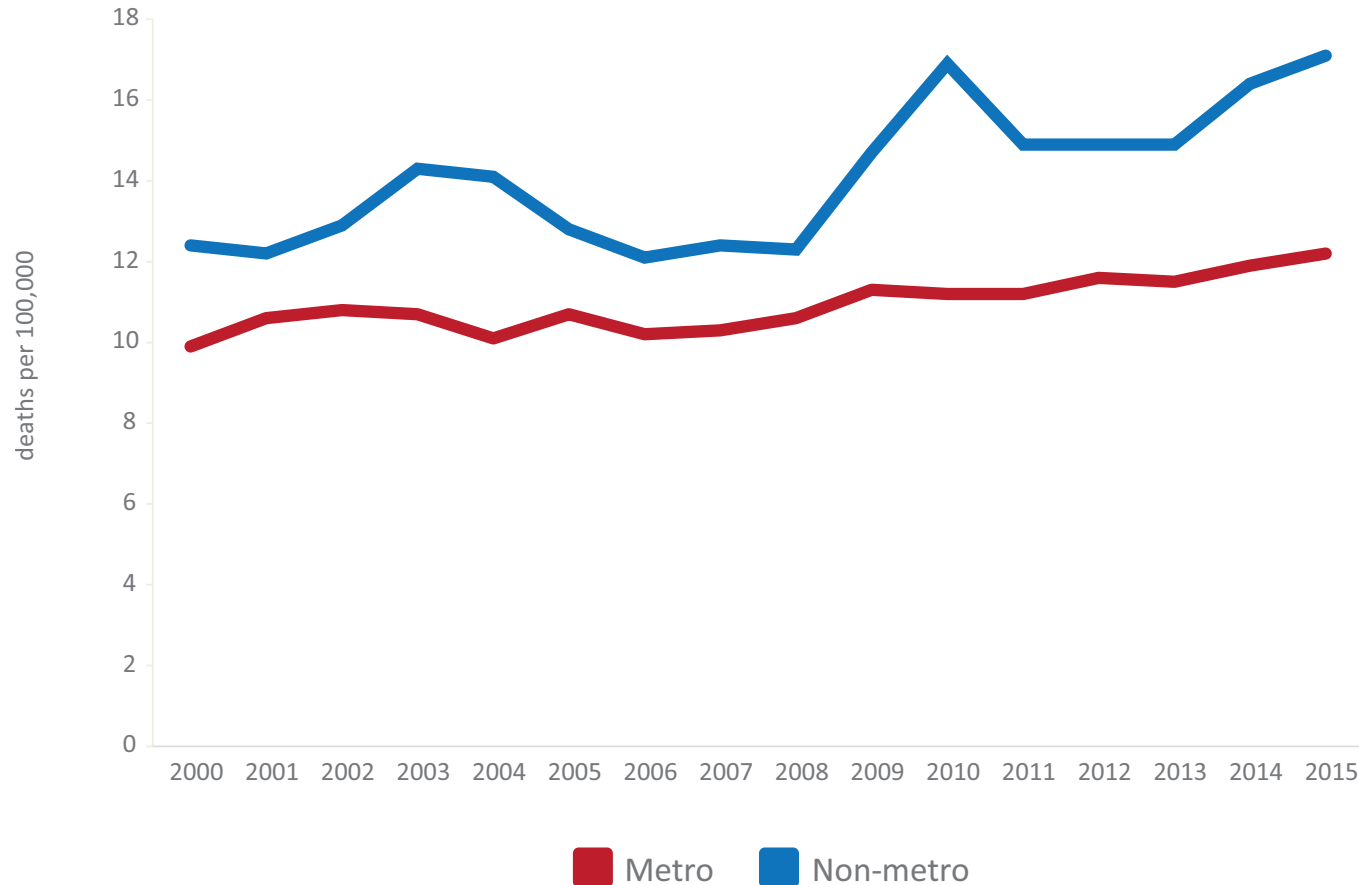
In 2015,

# 3.5%

of TX high school students reported a **suicide attempt** in the prior year that required **medical treatment.**

# Age-adjusted suicide mortality rate in metro and non-metro areas of Texas

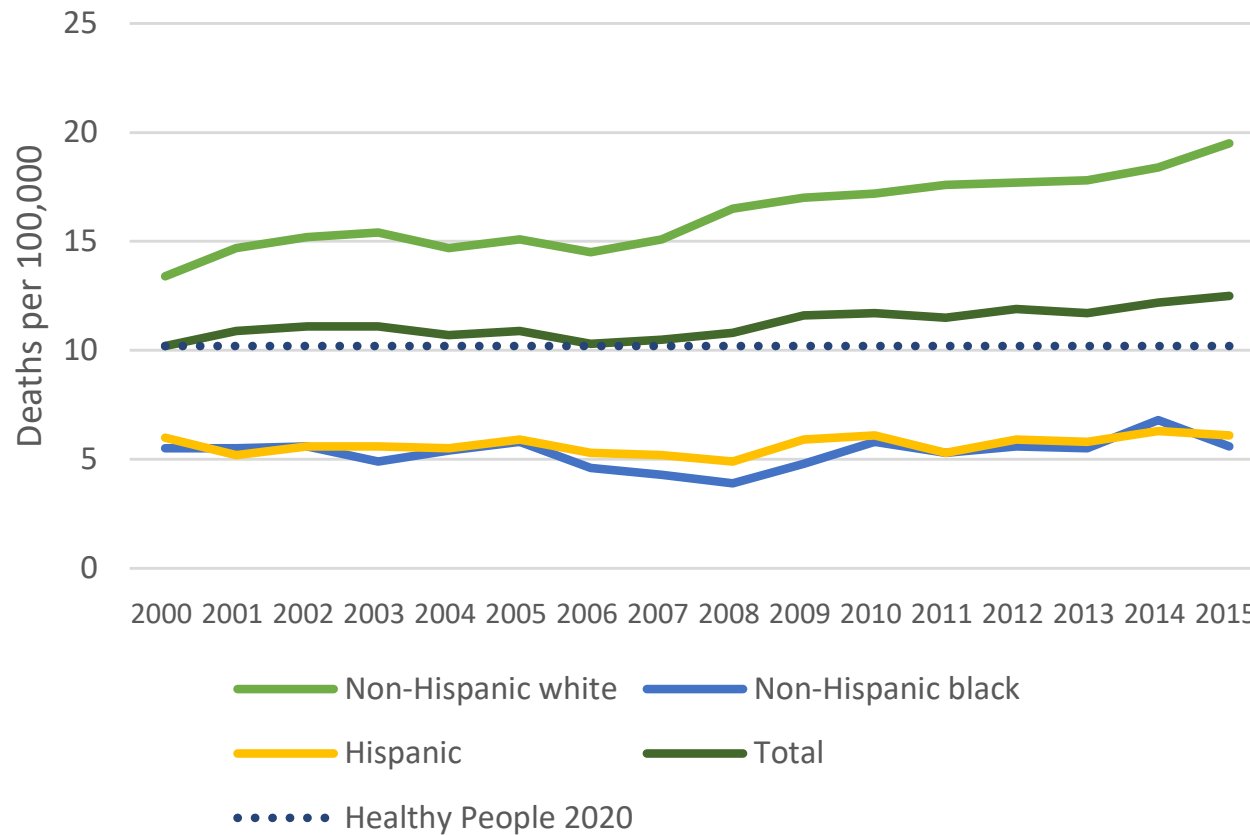
2000 - 2015



Non-metro areas have had consistently higher suicide rates than metro areas. While rates are increasing in metro areas, the metro/non-metro gap may be widening.

# Age-adjusted suicide rate by race/ethnicity in Texas

2000 - 2015

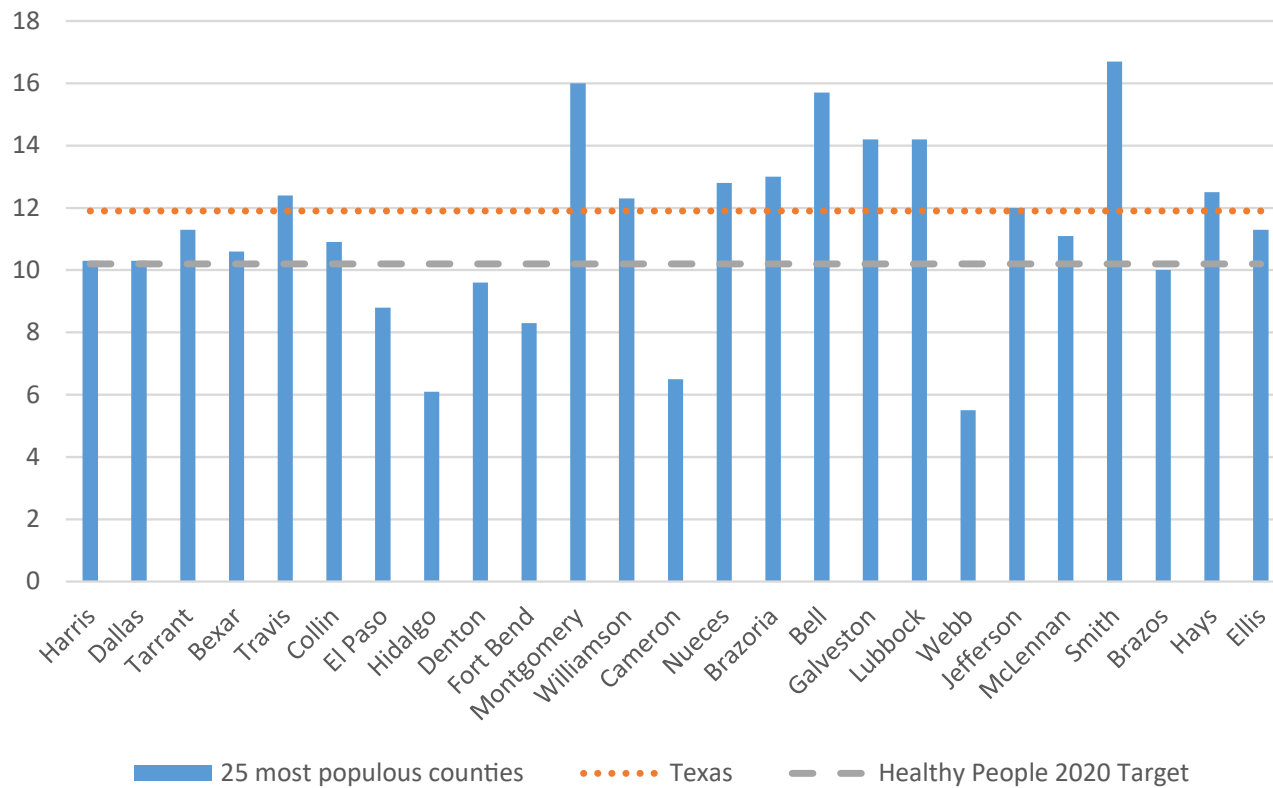


White People Are Driving the Trend

In 2015, suicide rates in Texas were more than triple for white people than for black and Hispanic people.

# Age-adjusted suicide rate by county

2011 - 2015



The rate of suicide deaths in Smith county was more than three times the rate in Webb County.

# Suicide rates in Texas per 100,000 population

2000 - 2015

The ratio of female to male suicide deaths was 1 to 3.5 in 2015, down from 1 to 4.3 in 2000.

Year	total HP2020		Age-Adjusted Rates							Unadjusted Rates						
			Sex		Race/Ethnicity			Geography		Age Groups						
			Females	Males	Non-Hispanic white	Non-Hispanic black	Hispanic	Metro	Non-metro	15-24 years	25-34 years	35-44 years	45-54 years	55-64 years	65-74 years	75+ years
2000	10.2	10.2	4.0	17.1	13.4	5.5	6.0	9.9	12.4	10.7	11.6	13.2	15.0	11.5	11.7	17.6
2001	10.9	10.2	4.2	18.3	14.7	5.5	5.2	10.6	12.2	10.0	12.0	14.5	15.6	13.5	13.6	20.1
2002	11.1	10.2	4.8	18.1	15.2	5.6	5.6	10.8	12.9	9.6	12.5	15.9	15.5	13.7	14.1	19.0
2003	11.1	10.2	4.7	18.2	15.4	4.9	5.6	10.7	14.3	10.2	11.6	15.2	18.2	13.4	13.3	17.5
2004	10.7	10.2	4.5	17.6	14.7	5.4	5.5	10.2	14.1	9.7	12.2	13.7	15.1	13.9	13.6	20.0
2005	10.9	10.2	4.4	18.2	15.1	5.8	5.9	10.6	12.8	10.5	12.6	14.7	16.2	13.7	12.8	17.5
2006	10.3	10.2	4.3	17.0	14.5	4.6	5.3	10.1	12.1	9.8	12	13.7	14.9	14.4	11.1	16.7
2007	10.5	10.2	4.2	17.3	15.1	4.3	5.2	10.2	12.4	9.9	12.4	13.8	16.0	14.3	11.3	15.9
2008	10.8	10.2	4.1	18.0	16.5	3.9	4.9	10.5	12.3	9.2	12.8	13.8	17.0	14.4	13.5	17.3
2009	11.6	10.2	4.6	19.1	17.0	4.8	5.9	11.1	14.7	11.3	12.7	14.7	18.8	15.5	14.0	16.0
2010	11.7	10.2	4.7	19.5	17.2	5.8	6.1	11.1	16.9	10.8	13.2	14.9	18.0	17.0	13.7	18.9
2011	11.5	10.2	4.7	18.9	17.6	5.3	5.3	11.1	14.9	10.6	13	14.9	17.4	16.5	14.7	16.3
2012	11.9	10.2	4.7	19.6	17.7	5.6	5.9	11.4	14.9	11.3	13.7	14.7	17.6	16.7	14.6	19.6
2013	11.7	10.2	5.0	18.8	17.8	5.5	5.8	11.3	14.9	11.0	14.4	13.7	17.2	17.4	14.6	18.1
2014	12.2	10.2	5.4	19.5	18.4	6.8	6.3	11.7	16.4	11.3	14.8	14.5	18.7	16.5	15.3	18.6
2015	12.5	10.2	5.7	19.7	19.5	5.6	6.1	11.9	17.1	12.1	15.3	15.8	18.8	17.8	13.7	18.1

# Age-adjusted suicide rates per 100,000 population in Texas and 25 most populous Texas counties

2011 - 2015

County	Age-Adjusted Rate
Harris	10.3
Dallas	10.3
Tarrant	11.3
Bexar	10.6
Travis	12.4
Collin	10.9
El Paso	8.8
Hidalgo	6.1
Denton	9.6
Fort Bend	8.3
Montgomery	16.0
Williamson	12.3
Cameron	6.5
Nueces	12.8
Brazoria	13.0
Bell	15.7
Galveston	14.2
Lubbock	14.2
Webb	5.5
Jefferson	12.0
McLennan	11.1
Smith	16.7
Brazos	10.0
Hays	12.5
Ellis	11.3
Texas	11.9

## CONTRIBUTORS:

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 Daniel Oppenheimer  
 David Lakey, MD



Data source: Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, released December, 2016. Data are from the Multiple Cause of Death Files, 1999-2015, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html>