

# An Update on Suicides in San Mateo County

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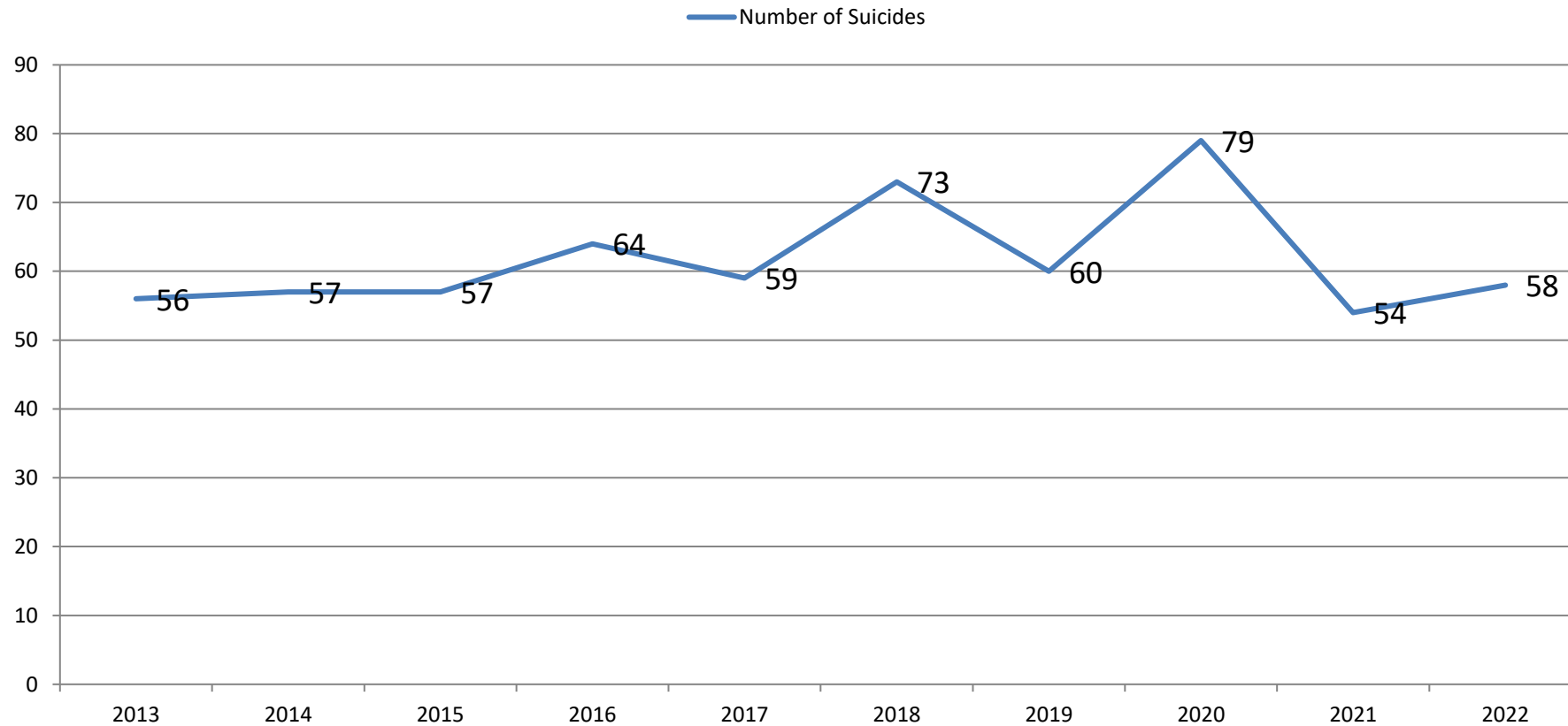
**SAN MATEO COUNTY HEALTH**  
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# Overview

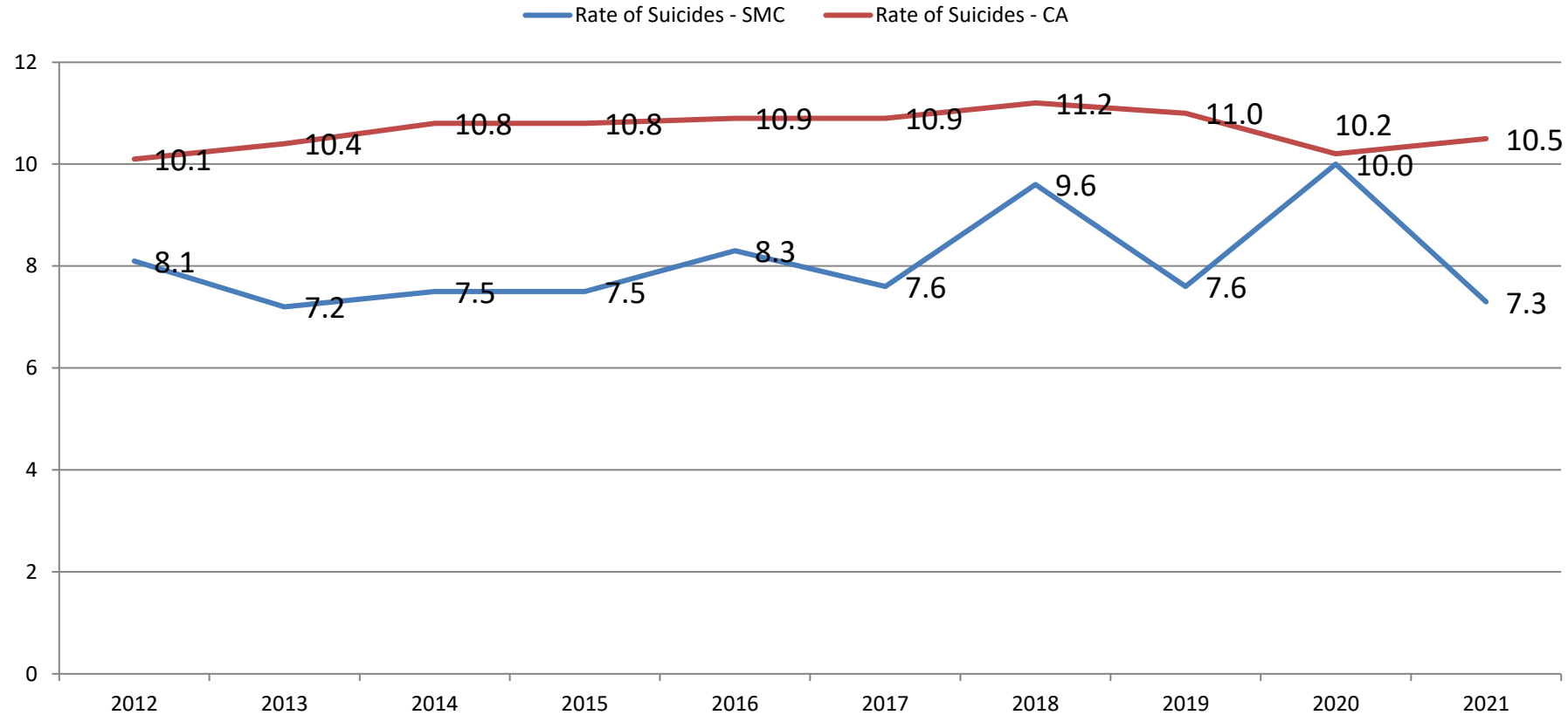
- Suicides in San Mateo County **decreased** 32% from 2020 to 2021, while suicides in California **increased** 0.1% from 2020 to 2021
- Suicides in SMC **increased** 7% in 2022 compared to 2021
- Not any overarching reason(s) for the changes; many sub-trends occurring



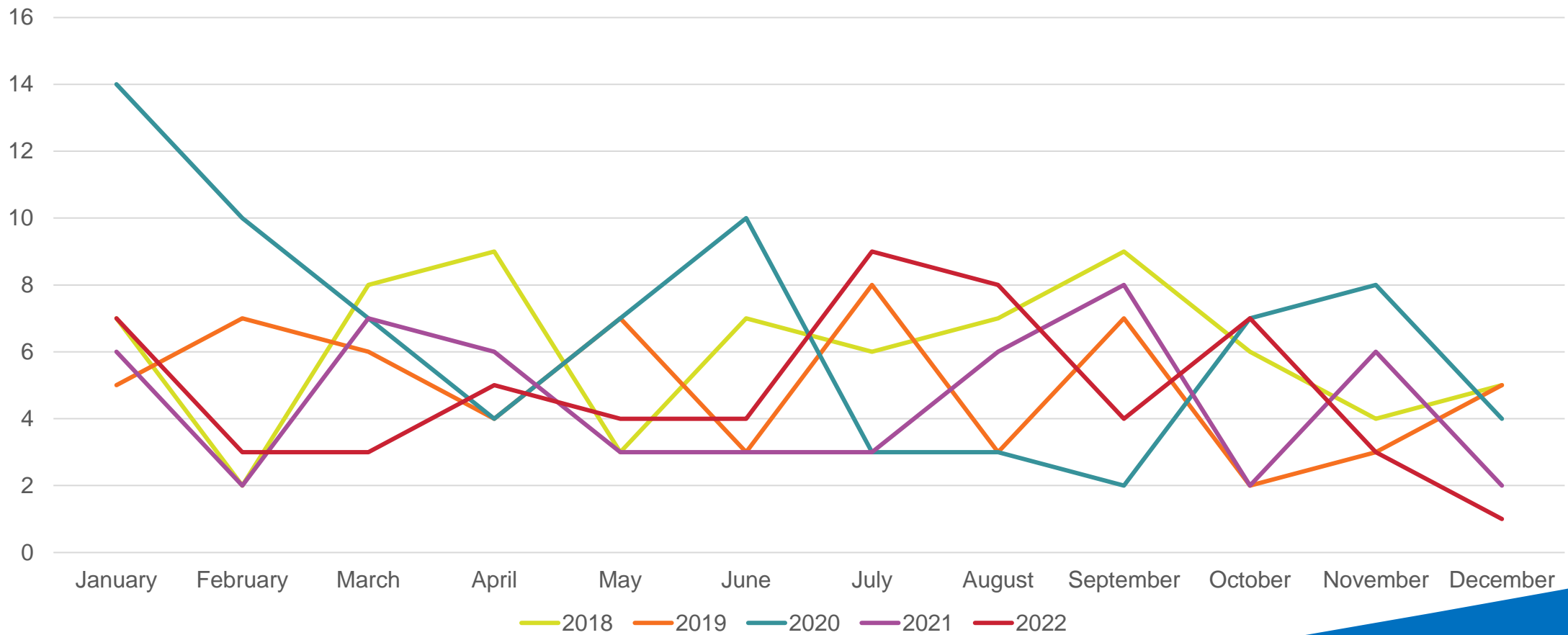
# Number of Suicides in San Mateo County, 2013-2022



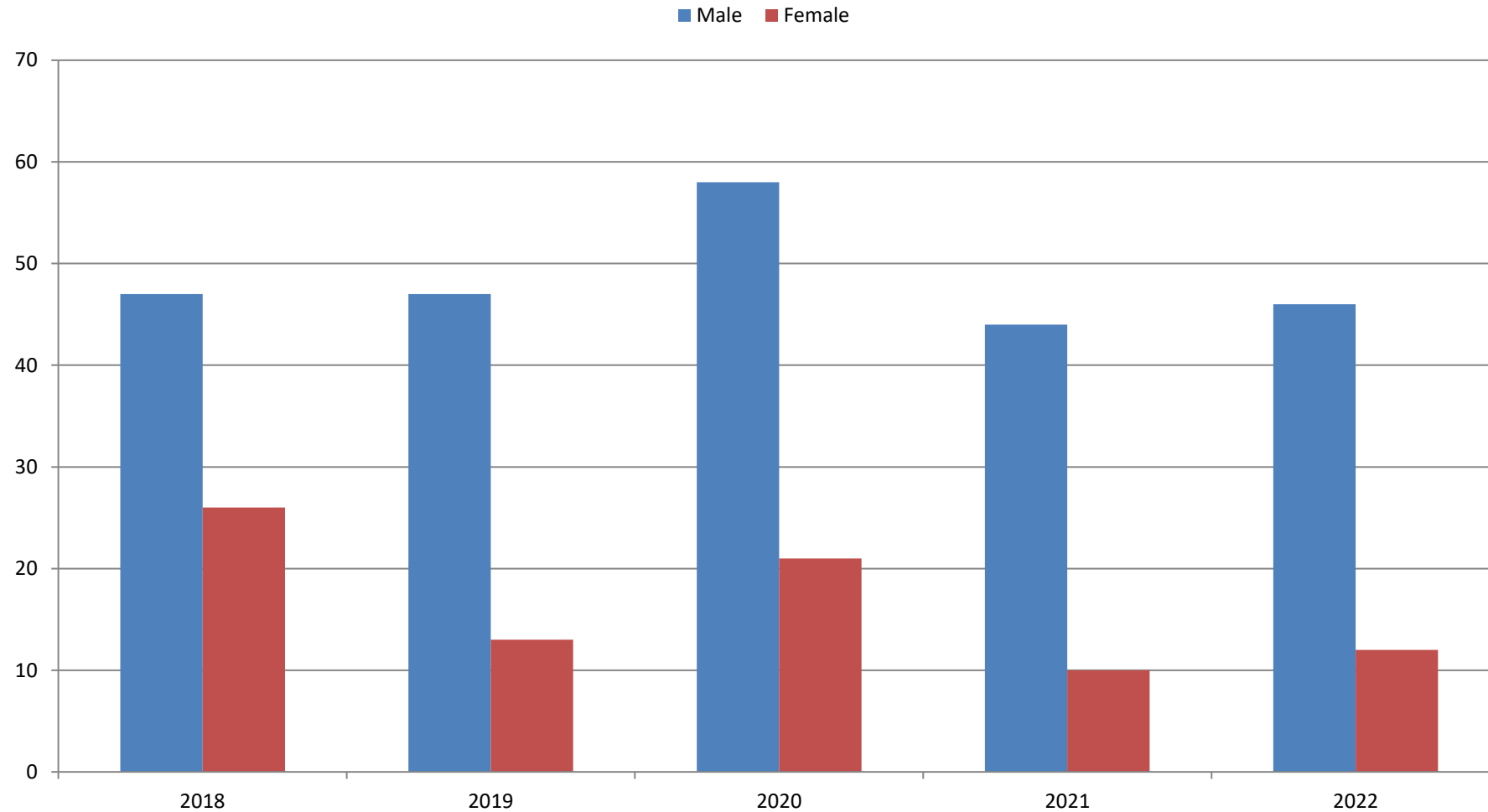
# Rate of Suicides in San Mateo County and CA, 2012-2021



# Suicides in San Mateo County by Month, 2018-2022



# Suicides by Gender, SMC, 2018-2022



Generally decreasing trend among females

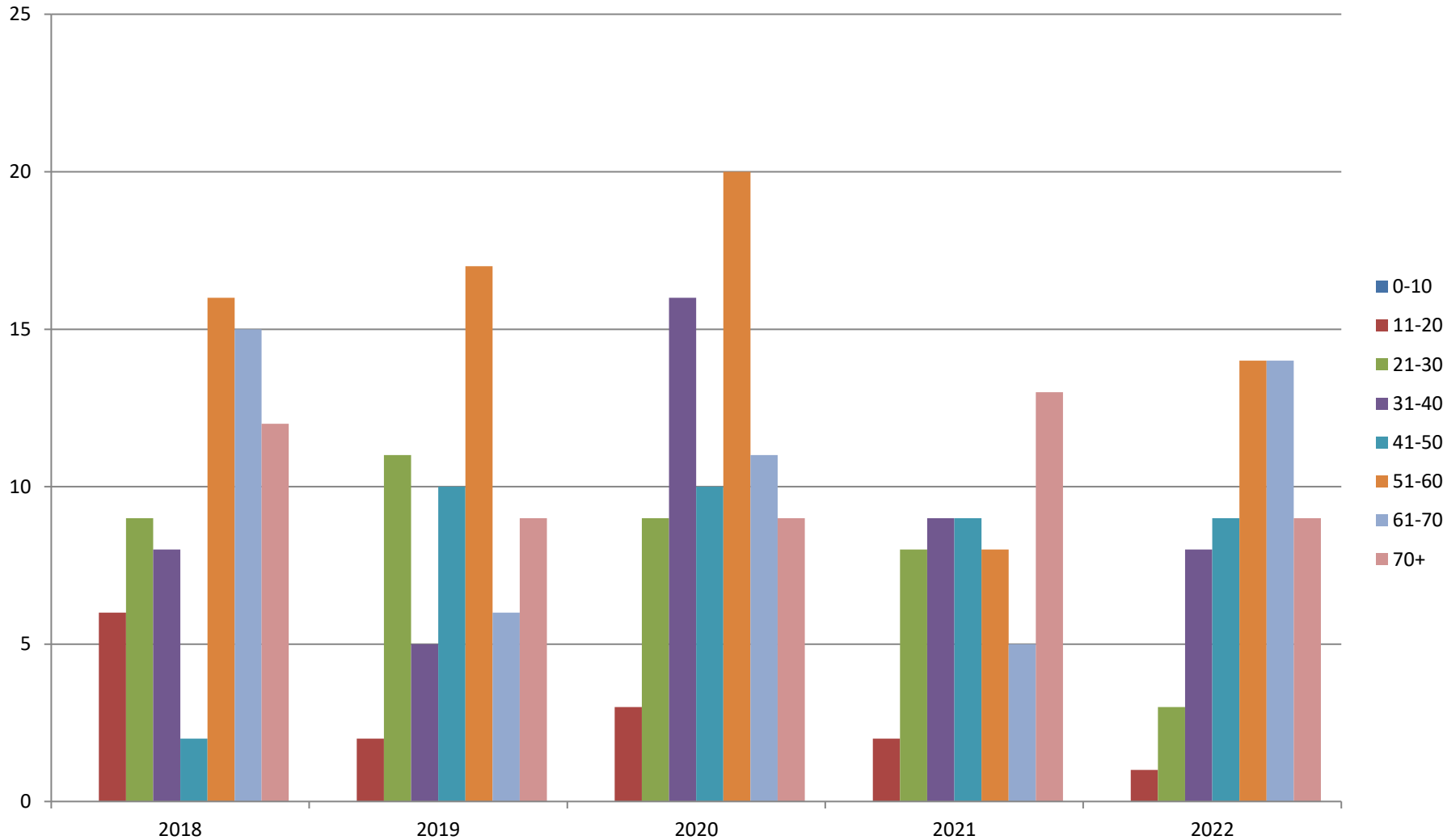


# Percentage of Suicides by Gender, SMC & CA, 2020-2021

Gender	SMC 2020	CA 2020	SMC 2021	CA 2021
Male	73.4%	78.2%	81.5%	78.5%
Female	26.6%	21.8%	18.5%	21.5%



# Suicides by Age Group, SMC, 2018-2022



There were a higher number of suicides in youth prior to the COVID pandemic. Numbers for 51-60 year olds are generally the highest.





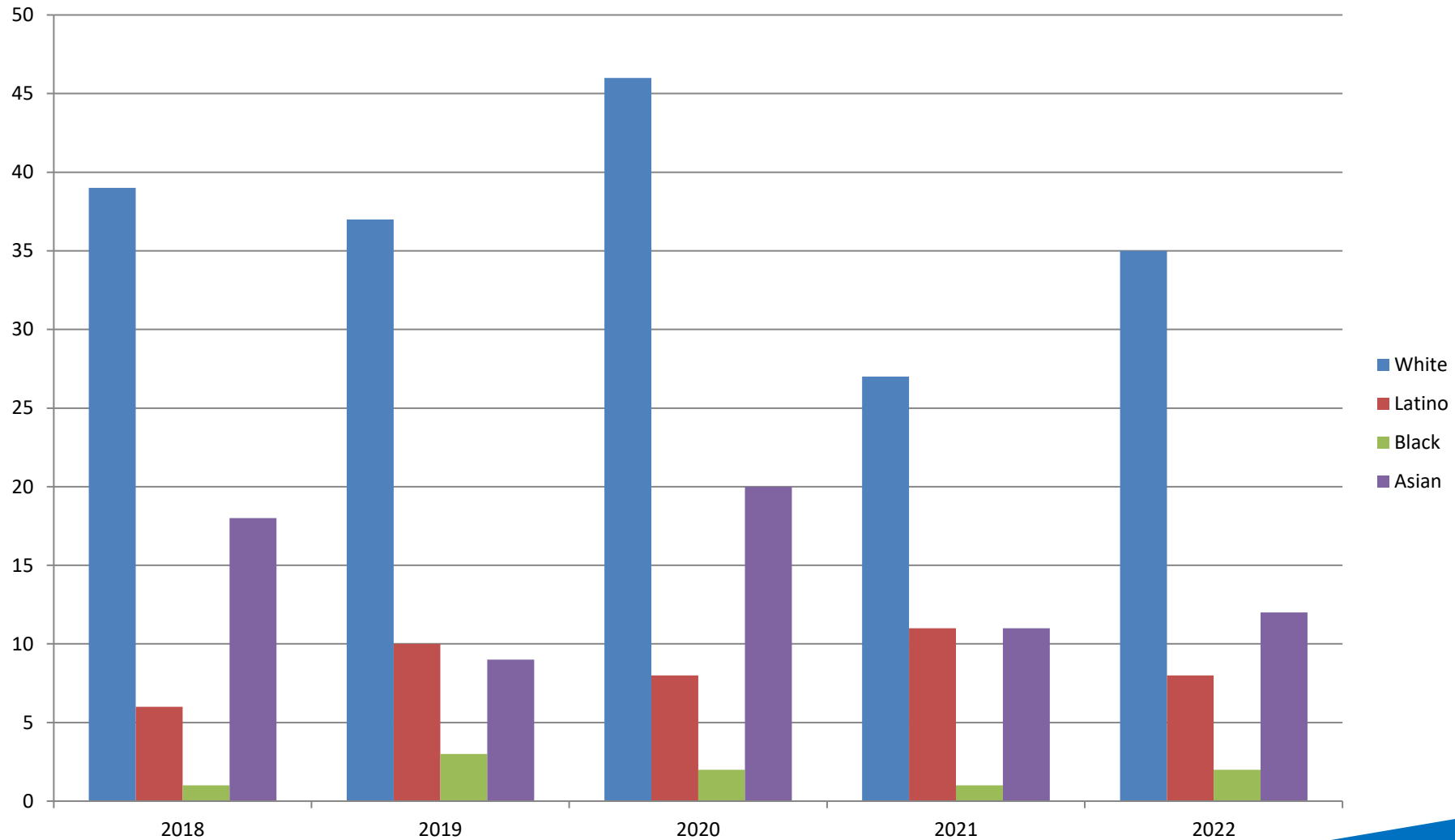
# Percentage of Suicides by Age Group, SMC & CA, 2020-2021

Age Group	SMC 2020 suicides	SMC 2020 Pop %	CA 2020 suicides	CA 2020 Pop %	SMC 2021 suicides	SMC 2021 Pop %	CA 2021 suicides	CA 2021 Pop %
10-18	2.5%	10.0%	4.2%	11.8%	1.9%	9.9%	3.7%	12.0%
19-24	7.6%	6.5%	8.4%	7.5%	11.1%	6.1%	9.3%	8.0%
25-44	29.1%	29.3%	<b>34.1%</b>	28.6%	27.8%	28.9%	<b>35.5%</b>	28.6%
45-64	<b>39.2%</b>	26.8%	30.9%	24.9%	<b>29.6%</b>	26.8%	29.4%	25.0%
65-84	<b>19.0%</b>	13.8%	18.8%	12.4%	<b>25.9%</b>	15.3%	18.3%	12.5%
85+	1.3%	2.4%	3.7%	1.9%	3.7%	2.3%	2.4%	1.8%

SMC suicides tend to skew older than CA suicides.



# Suicides by Race/Ethnicity, SMC, 2018-2022



# Percentages of Suicides by Race/Ethnicity, SMC & CA, 2020-2021

Race/Ethnicity	SMC 2020 suicides	SMC 2020 Pop %	CA 2020 suicides	CA 2020 Pop %	SMC 2021 suicides	SMC 2021 Pop %	CA 2021 suicides	CA 2021 Pop %
<b>White</b>	58.2%	38.6%	61.0%	36.5%	50.0%	37.8%	57.0%	35.8%
Asian/PI	25.3%	30.3%	10.6%	14.9%	20.4%	30.8%	9.9%	15.0%
Latino	10.1%	24.1%	22.7%	39.1%	<b>20.4%</b>	24.1%	24.8%	39.5%
Black	2.5%	2.2%	5.3%	5.4%	1.9%	2.2%	5.0%	5.4%



# Number and Percent of Suicides in SMC by Birthplace, 2018-2022

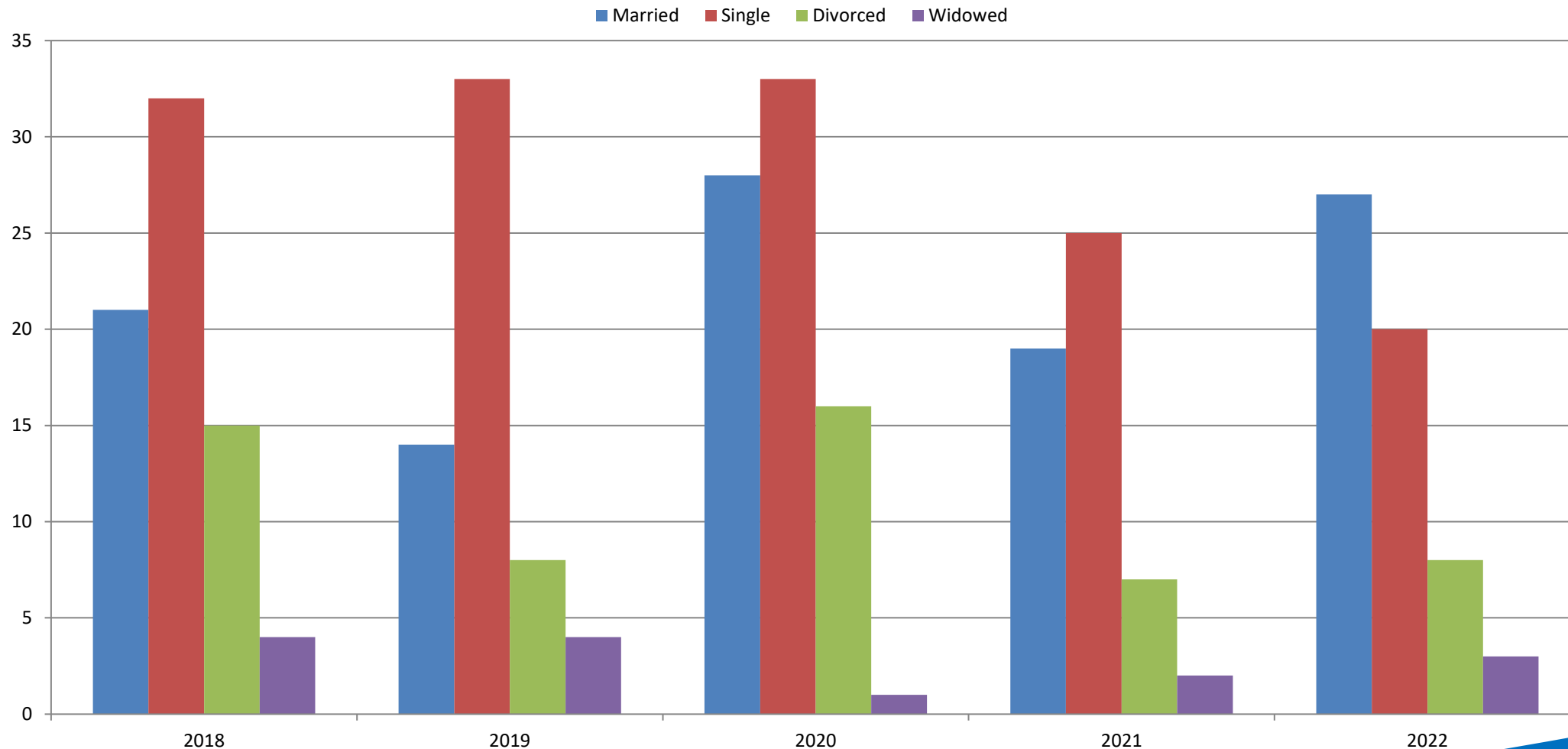
Birth-place	2018 #	2018 %	2019 #	2019 %	2020 #	2020 %	2021 #	2021 %	2022 #	2022 %
CA	46	63.0%	33	55.0%	35	44.3%	26	48.1%	26	44.8%
Other state/ territory	9	12.3%	17	28.3%	13	16.5%	8	14.8%	15	25.9%
Other country	18	24.7%	9	15.0%	29	36.7%	20	37.05	16	27.6%

Generally decreasing trend of suicides occurring among individuals born in California.

About 65% of the population in SMC is US-born, and 35% is foreign-born.



# Suicides by Marital Status, SMC, 2018-2022

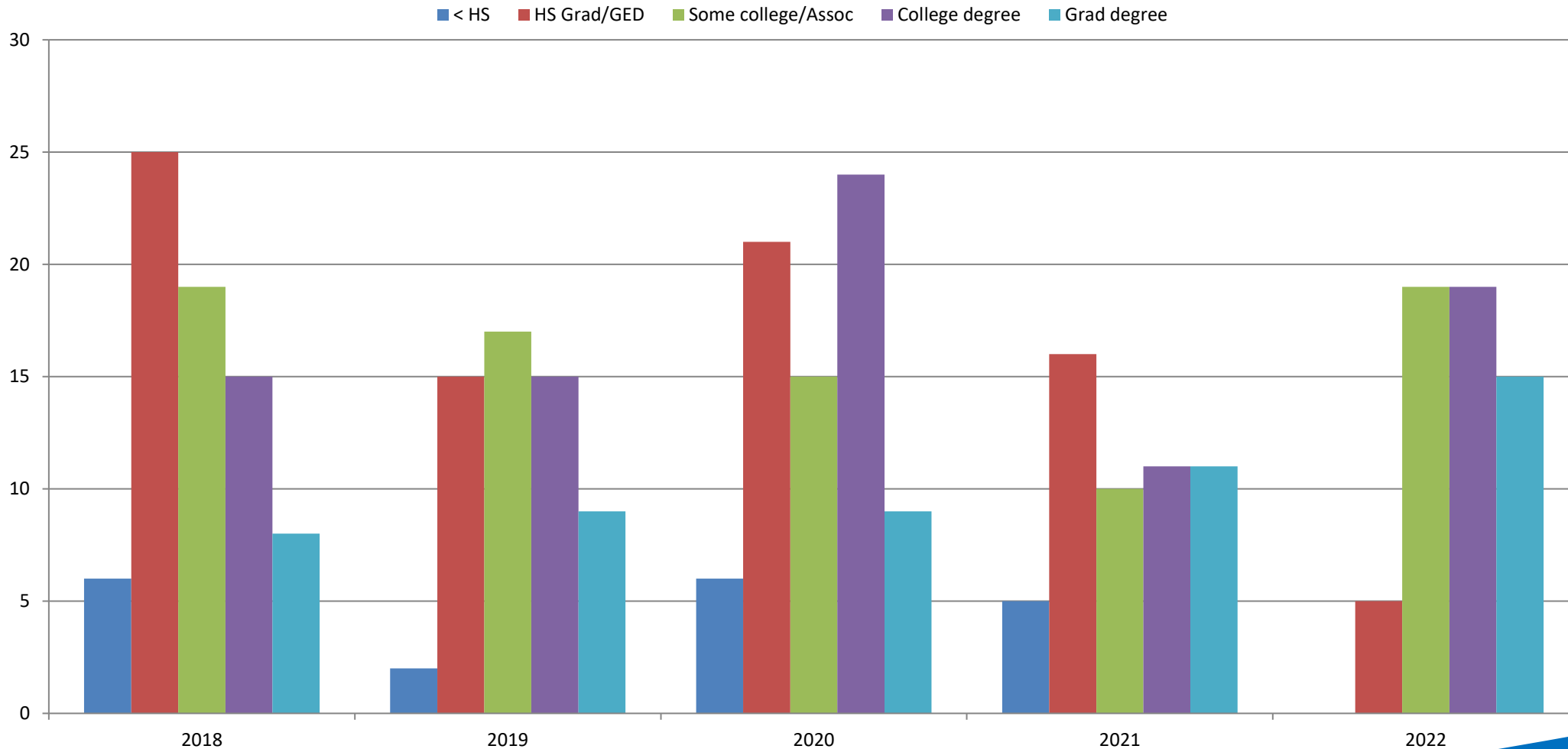


Suicides among married individuals higher than individuals who were single in 2022 (47% vs. 34%)

In SMC in 2021 among individuals 15 and older, 52.9% were married, 33.6% were single, 7.4% were divorced, and 4.8% were widowed.



# Suicides by Educational Level, SMC, 2018-2022

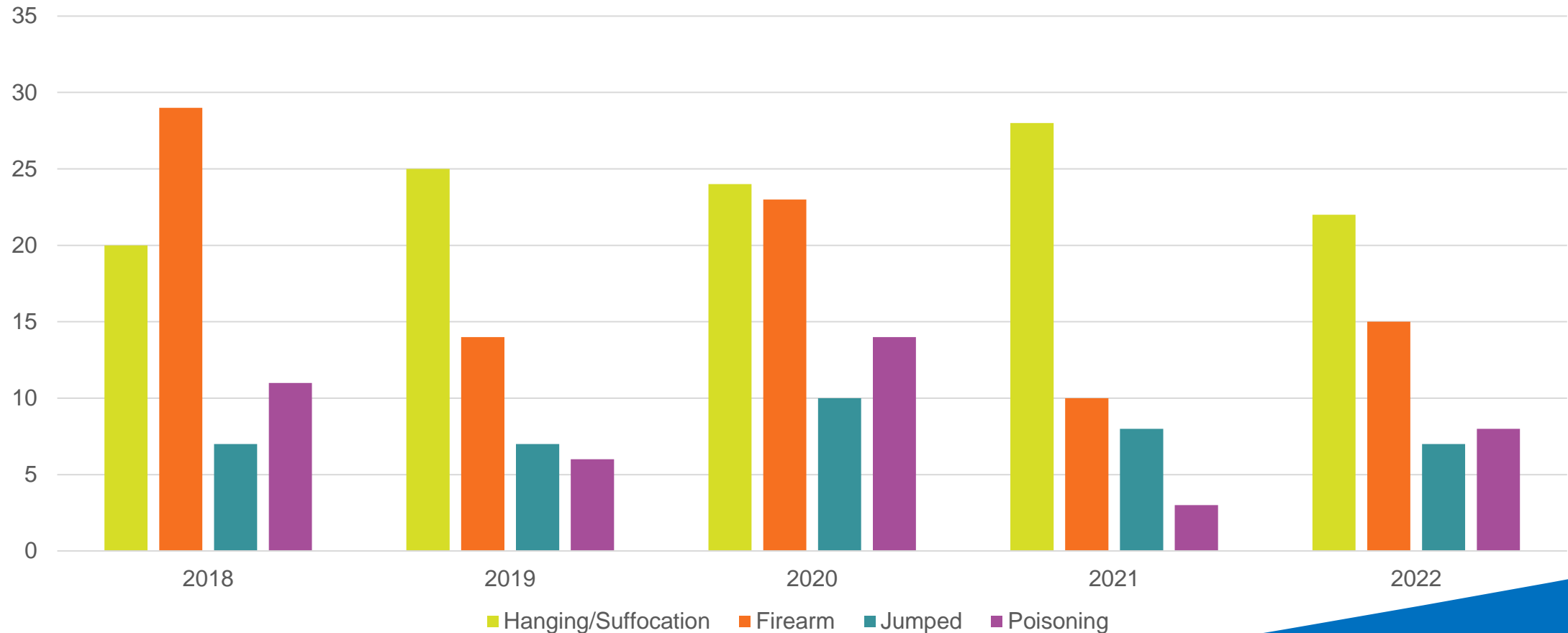


In 2022, the majority of suicides (~60%) occurred in individuals with higher education levels (college or grad degree).

In SMC in 2021 among individuals 25 and older, 24.9% HS degree or less, 23.3% had some college or an Associate's degree, 28.6% had a Bachelor's degree, and 23.4% had a Graduate/Professional degree.



# Suicides by Method, SMC, 2018-2022



Hanging/suffocation is overtaking firearms as the most common method of suicide in SMC.



# Percentages of Suicides by Method, SMC & CA, 2020-2021

Method	SMC 2020	CA 2020	SMC 2021	CA 2021
Firearm	29.1%	37.8%	18.5%	38.0%
Hanging/ Suffocation	30.4%	35.8%	<b>51.9%</b>	34.0%
Poisoning	<b>17.7%</b>	11.9%	5.6%	12.9%





# Other Data of Note

- Hangings/suffocation – In 2021, 29% of hanging/suffocation suicides in SMC were among Latinos, and of the 11 total suicides in 2021 among Latinos, 8 (73%) of them were due to hanging/suffocation. Similarly, in 2022, 27% of hanging/suffocation suicides in SMC were among Latinos, and of the 8 total suicides in 2022 among Latinos, 6 (75%) of them were due to hanging/suffocation. **No** suicides among Latinos in either 2021 or 2022 were due to firearms, and, they were the only racial/ethnic group in 2021 that did not have a suicide due to firearms.  
<https://link.springer.com/article/10.1007/s10900-022-01123-2> (paper on Suicides Among Non-Elderly Adult Hispanics from 2010-2020).
- Train-related suicides: possible increasing trend (4/73=5.5% in 2018; 1/60=1.7% in 2019; 1/79=1.3% in 2020; 2/54=3.7% in 2021; 4/58=6.9% in 2022)—these are not among youth



# Data Sources

- California Department of Public Health Suicide and Self Harm Trends in 2020 Data Brief
- EpiCenter, CA injury data: <https://skylab4.cdph.ca.gov/epicenter/>
- Vital Records Business Intelligence System (VRBIS) for San Mateo County Mortality data
- U.S. Census Bureau; ACS 5-yr estimates for 2020 & 2021

Note: Data is preliminary and subject to change



# Looking Ahead...

- Continue tracking suicides in 2023
- Additional suicide-related data to be shared at an upcoming SPC meeting; this includes data on mental health, substance use and Adverse Childhood Experiences (ACEs), from the 2022 Health and Quality of Life survey, as well as ED/hospitalization data
- Share homeless mortality analyses/report





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