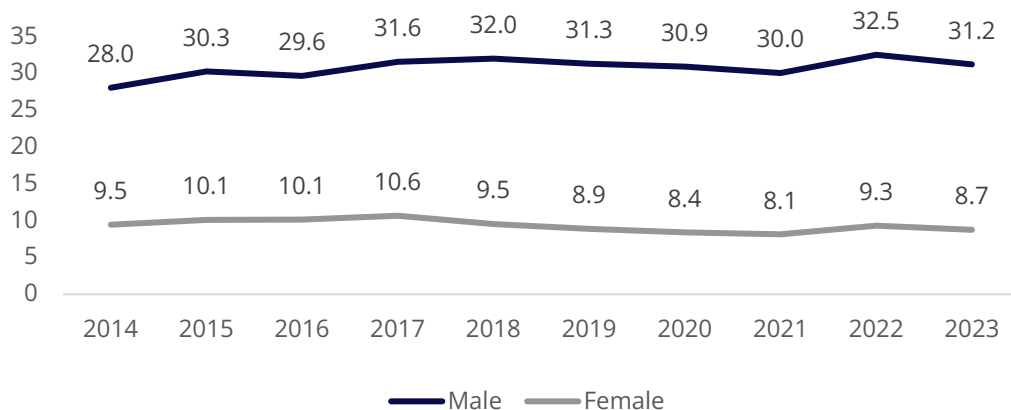


Suicides in Utah 2014-2023

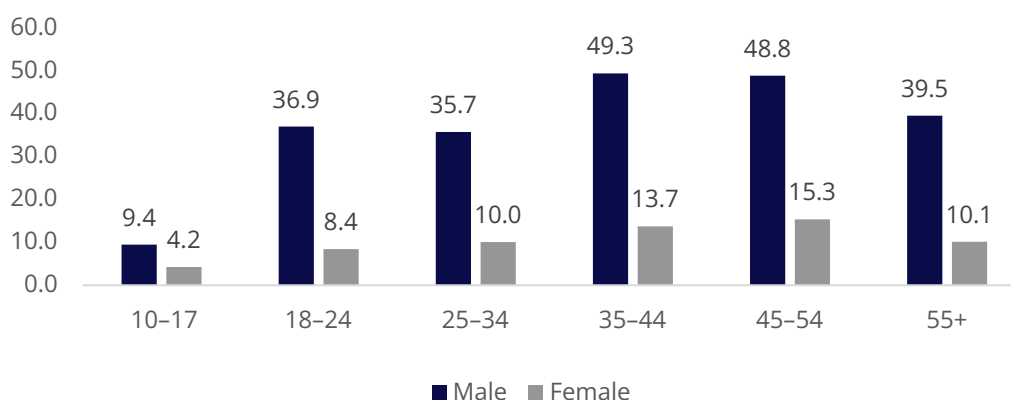
Suicides in Utah

- A total of 2,056 Utahns died by suicide in Utah from 2021 to 2023.
- The largest increase in the suicide death rates for males and females was from 2021 to 2022.
- The highest rate of death by suicide for males was in 2022 and for females in 2017.
- Males had a higher rate of death by suicide across all age groups compared to females.
- Males aged 35-44 years had the highest rate of suicide deaths compared to other age groups of males, while females aged 45-54 years had the highest rate of suicide deaths compared to other age groups of females.
- More than one-half (56.1%) of those who died by suicide used a firearm.

Rate of suicide deaths per 100,000 population
by sex, Utah, 2014-2023



Rate of suicide deaths per 100,000 population by
age group and sex, Utah, 2021-2023

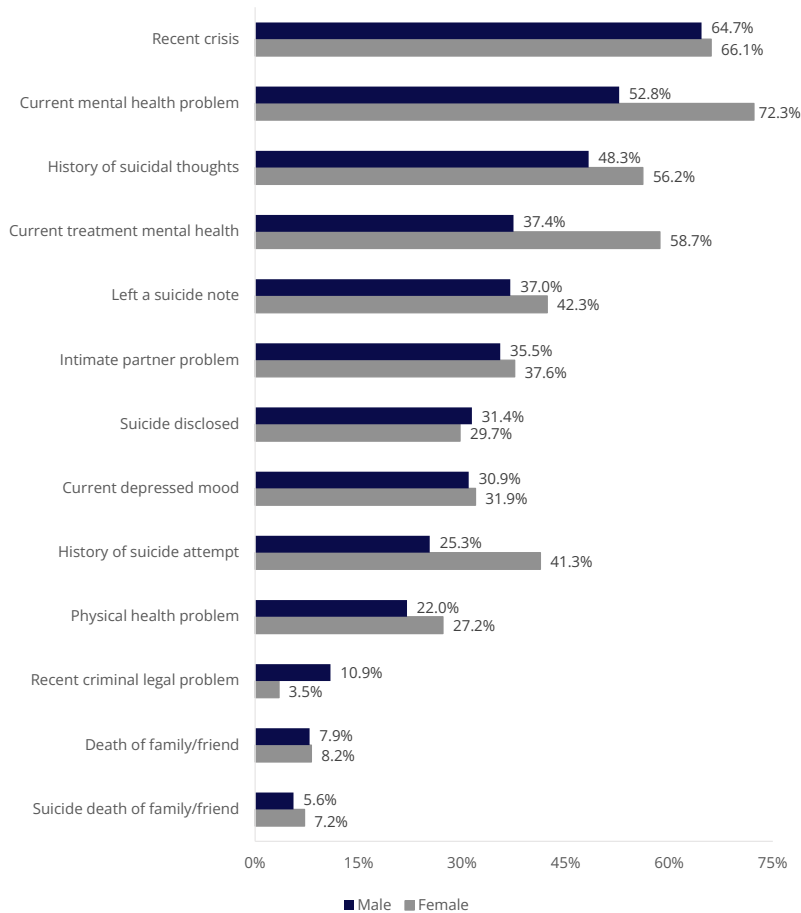


Understanding the circumstances related to suicide deaths is a step toward prevention

The National Violent Death Reporting System (NVDRS) collects information about the specific circumstances that are reported or perceived as being related to the violent death. These circumstances are categorized into 5 areas: interpersonal, life stressors, mental health, substance use, and suicidal events. The percentage of circumstances is based on the number of cases reporting circumstances. A death can have more than 1 circumstance.

- Almost three-quarters (72.3%) of females who died by suicide had a current mental health problem at the time of their death, while just more than half (52.8%) of males who died by suicide had a current mental health problem.
- The most common circumstance for males was a recent crisis (66.1%). A recent crisis is any circumstance that was deemed a crisis in fewer than 2 weeks from a suicide death. It's important to recognize there may be a potential risk for suicide during or after a recent crisis. Seeking help from supportive family and friends and reaching out to others who are struggling can help prevent suicide.
- The most common circumstance for females was a current mental health problem (72.3%). A current mental health problem is a diagnosed mental health disorder, as identified in the decedent's medical record, that was present at the time of their death, excluding alcohol and other substance dependence which are captured separately.
- Males who died by suicide were less likely to be receiving mental health treatment at the time of their death (37.4%) than females (58.7%). Untreated and under-treated mental health problems increase suicide risk, while seeking and receiving help can significantly lower risk.¹

Percentage of suicide circumstances by sex, Utah, 2019–2021



Knowing the facts can help prevent suicide

The NVDRS is the only comprehensive surveillance system that helps us know the “who, when, where, and how” about violent deaths. It helps provide insights about the “why” these deaths happened. The system links records from many sources (medical examiner reports, death certificates, law enforcement reports) into an anonymous database.

Suicide is preventable

The [Utah Suicide Prevention State Plan](#) provides guidance on how individuals and communities can address suicide. It’s important to know what to do and what not to do when somebody discloses their suicide intent to you. Some suicide prevention tips include.²

- Take any warning signs or threats of suicide seriously.
- Call [988 Suicide and Crisis Lifeline](#) anytime you or someone you know is struggling with their mental or emotional health. It’s free, confidential, and available 24 hours a day, 7 days a week.
- If a friend or relative outside your residency is having suicidal thoughts, ask to store

Suicide prevention resources

- 988 Suicide and Crisis Lifeline, <https://988lifeline.org>
- American Foundation for Suicide Prevention, <https://afsp.org>
- LiveOn Utah, <https://liveonutah.org>
- National Alliance on Mental Illness Utah Chapter, <https://namiut.org>
- SafeUT, <https://safeut.org>
- The Trevor Project, <https://thetrevorproject.org>
- Tran Lifeline, <https://translifeline.org>
- Utah Poison Control Center, <https://poisoncontrol.utah.edu>
- Utah Suicide Prevention Coalition, <https://utahsuicideprevention.org>

References

1. Help Guide, Suicide Prevention, <https://helpguide.org> [cited 2024 January].
2. Utah Violent Death Reporting System, Violence and Injury Prevention Program, Utah Department of Health and Human Services, 2021 data [cited 2023 December].
3. Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health and Human Services, 2014–2023 data queried via Utah’s Indicator Based Information System for Public Health (IBIS-PH) [cited 2025 January].
4. Population data: National Center for Health statistics (NCHS) through a collaborative agreement with the U.S. Census Bureau. IBIS version 2021, data queried via Utah’s Indicator Based Information System Health (IBIS-PH) [cited 2023 December].

To learn about suicides among specific Utah groups or other violent deaths, visit <https://vipp.utah.gov/nvdrs/>.

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