

SUICIDE DATA SUMMARY REPORT

CLEVELAND, OH OCTOBER 2024

The Suicide Data Summary Report summarizes suicide incidence among Cleveland residents. The metrics in this report include the number of deaths by suicide and emergency department visits associated with suicide attempts and suicidal ideation. This report includes data from 2017 through 2023. Each metric uses the most recent data available at the time of analysis.

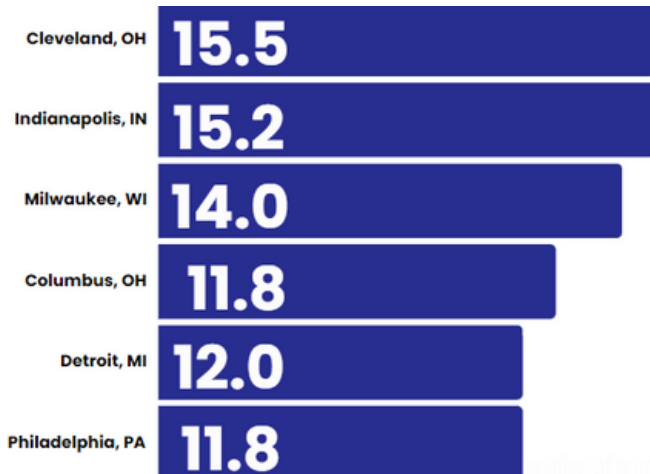
DEFINITIONS

- Death by suicide: Injuring oneself which results in death.
- Suicide attempt: Injuring oneself with the intent to die but it does not result in death.
- Suicide ideation: Seriously thinking about killing oneself.

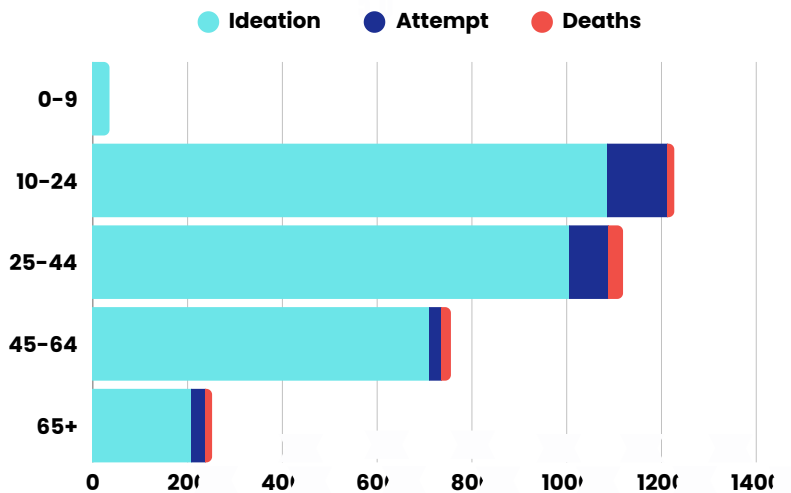
SUICIDE PREVALENCE

Suicide is the 2nd leading cause of death for individuals between 10-14 years and 3rd leading cause of deaths for individuals between 15-24 years. In 2022, Cleveland had the highest rate of death due to suicide among comparison cities. From 2022 to 2023 death by suicide for Cleveland residents increased 44%. This increase was highest among residents under the age of 30 years old.

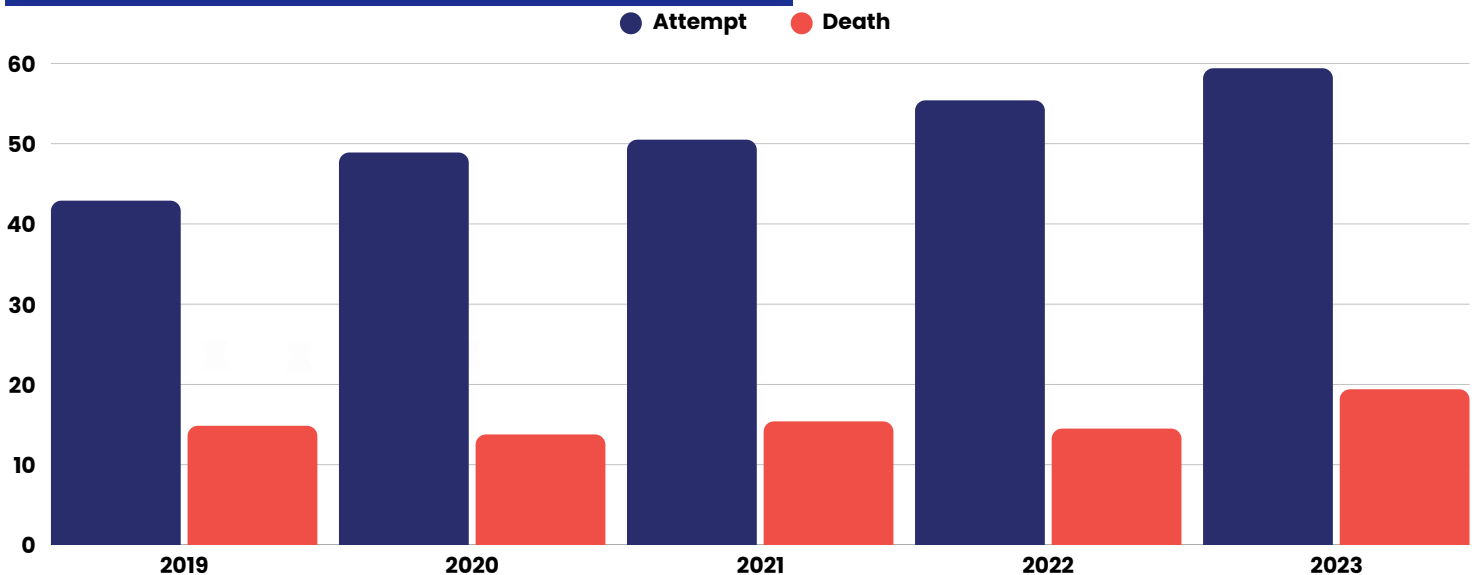
SUICIDES PER 100,000 RESIDENTS (2022)



SUICIDAL BEHAVIOR PER 100,000 RESIDENTS BY AGE (2023)



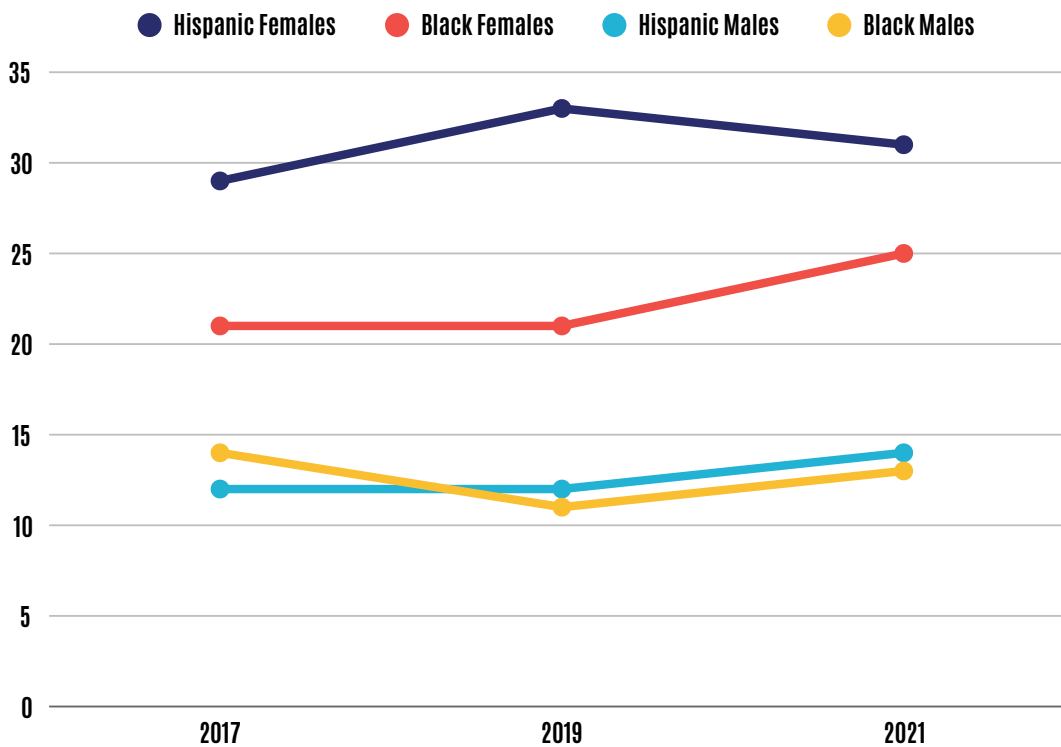
SUICIDAL BEHAVIOR PER 100,000 RESIDENTS BY YEAR



MENTAL HEALTH TRENDS AMONG HIGH SCHOOL STUDENTS

Nationally, female adolescents have consistently reported suicidal behavior at a higher rate than their male peers (24% for females, and 12% for males) (Ivey-Stephenson et al, 2020). The 2021 Cleveland-specific YRBS data revealed that Black and Hispanic female ideation rates (25% and 30% respectively) are significantly higher than their male counterparts (13% for Black males, and 14% for Hispanic males). In previous years, Black females had the lowest rates of suicidal risk compared to non-Hispanic white and Hispanic peers (CDC, 2014). However, Cleveland Black females now report increasing rates of suicide ideation (25%) than in previous years. The increase in suicide deaths observed among Cleveland residents in 2023 was largely driven by an increase in suicide deaths among Black residents.

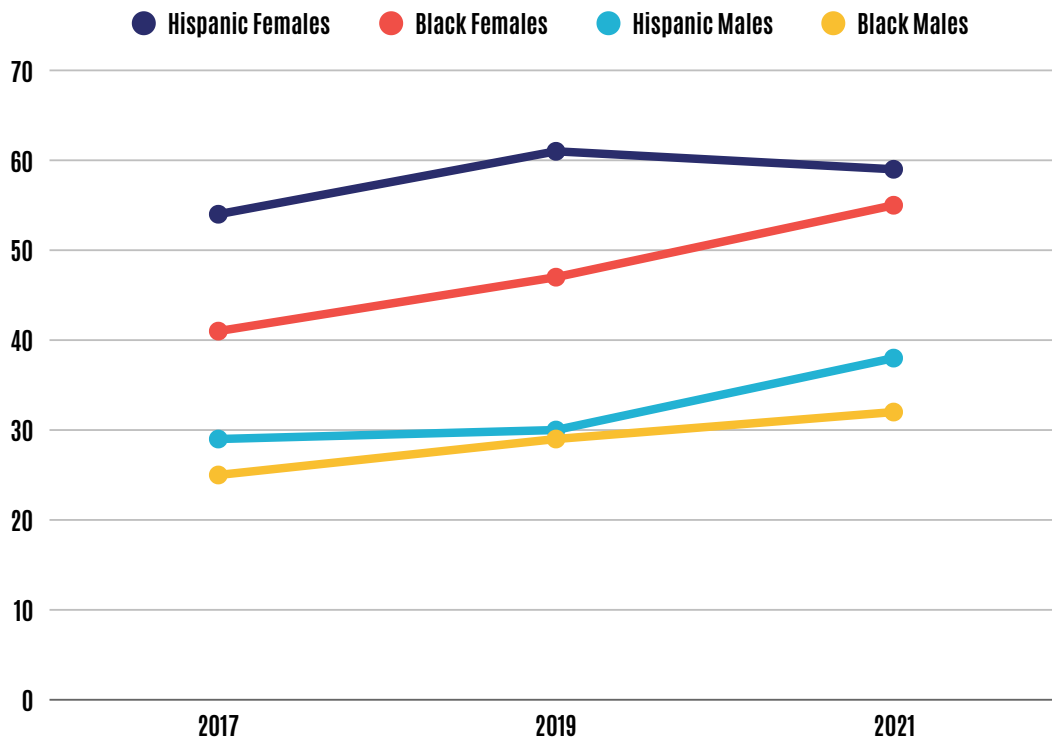
Percentage of Cleveland Adolescents That Report Suicide Ideation



BLACK AND HISPANIC FEMALES REPORT SUICIDE IDEATION AT HIGHER RATES THAN THEIR MALE PEERS

Roughly 60% of both Black and Hispanic females reported feeling sad/hopeless for the past two weeks that affected their daily activities. While we all have down days, “hopelessness” is one of the strongest predictors of suicidal risk. We see that Black and Hispanic females are on a trajectory of future suicidal risk. We see how this is playing out with suicidal ideation among young Cleveland females as approximately 1 in 3 Hispanic females, and 1 in 4 Black females in a classroom have seriously thought about killing themselves within the last 12 months. Reported hopelessness and suicide ideation among black and Hispanic females have been increasing in recent years. External family networks that provide informal support (Cooper et al, 2003), the cultural expectation that Black females need to be the strength and foundation of their family and community, or that Black females do not self-report suicidal risk because of family and neighborhood stigma (Walker et al, 2006) are potential contributing factors to these findings.

Percentage of Cleveland Adolescents That Report Feeling Hopeless



“HOPELESSNESS” IS ONE OF THE STRONGEST PREDICTORS OF SUICIDAL RISK

SOCIAL DETERMINANTS OF HEALTH

The disparities regarding gender, race, and ethnicity and suicidal risk are often linked to Social Determinants of Health (SDOH).

These are social, economic, and environmental factors that can potentially intensify or reduce the risk of health outcomes including suicide (CDC, 2022).

Suicidal behaviors are inextricably linked with many individual level factors, including economic status, employment, religious affiliation and religiosity, family, and community factors, and also the availability of lethal means including firearms and medications.

American Community Survey Data in 2022 revealed that Cleveland was the 2nd poorest large city in the U.S., with 31.2% of the population living below the poverty line.

Housing Burden/Affordability

In Cleveland 51.3% of renters and 24.7% of homeowners experience a housing burden; they spend more than 30% of their income on housing.

Food

Cleveland has a population of approximately 360,000 residents; 47.4% of the population are food insecure and have low access to food.

Education

Fewer than 80% of adult Cleveland residents have a high school diploma (77.4%).

Violence/Safety

In 2023, there were 38.6 homicides per 100,000 residents in the City of Cleveland. Cleveland residents continue to experience a higher homicide rate compared to the national average (8.2 homicides per 100,000 population).

WHAT CAN WE DO?

To curb suicidal behaviors in response to emotional distress, encouraging help-seeking is imperative, especially among communities that have long stigmatized mental health and seeking care services.

Encouraging individuals to seek help is critical in curbing suicidal behaviors in response to emotional distress. More importantly, upstream prevention, engaging with individuals years before higher-risk behaviors begin, is the key to curbing these increasing suicide trends.

Key strategies to curb suicidal behavior:

- Invest in Culturally Responsive Education to reduce stigma and promote mental health literacy.
- Support upstream prevention efforts by promoting emotional resilience from a young age.
- Increase access to affordable, accessible mental health services in underserved areas.
- Develop safe spaces for open, non-judgmental conversations about mental health.
- Train community leaders to support mental health and recognize warning signs.
- Develop Peer Support Programs to reduce isolation and provide guidance.
- Develop and support media campaigns featuring role models to destigmatize help-seeking.
- Engage families and communities to shift cultural expectations and provide support.

RESOURCES



CALL OR TEXT 988

ADAMHS Board of Cuyahoga Count - Crisis services

Courage to Caregivers - Tools and support for caregivers

LifeAct - No cost mental health education programs for students in grades 5-12

Ohio Suicide Prevention Foundation - Programs, resources, and advocacy for suicide prevention in Ohio

The Trevor Project - LGBTQ+ and BIPOC mental health resources

Veterans Crisis Line - Crisis support for veterans and their loved ones

METADATA

Ohio Department of Health - DataOhio. Data extracted on 9/10/2024. Data is preliminary and subject to change

Ohio Department of Health - Health Monitoring System - EpiCenter 3.5.18. Data extracted on 9/10/2024. Data is preliminary and subject to change.

NEOCANDO at the Center on Poverty and Community Development at Case Western Reserve University. U.S. Census Bureau. Analysis spans Cuyahoga, Geauga, Lake, Lorain, Medina, Portage and Summit counties.

Ivery-Stephenson et al (2020). Suicidal Ideation and Behaviors Among High School Students - Youth Risk Behavior Survey, United States. 2019. MMWR Supplements, 69.

Cooper et al (2003). Social exclusion, family support, and evaluation. *Evaluating family support: Thinking internationally, thinking critically*, 45-71.

Walker et al (2006). Lay theories of suicide: An examination of culturally relevant suicide beliefs and attributions among African Americans and European Americans. *Journal of Black Psychology*, 32(3), 320-334.