Rates of suicide** have increased for the state and have risen and fallen for the region.

Rates of homicide have decreased for the state and decreased slightly for the region.

**Suicide rates are for the entire population, but are typically calculated for the 10 and older population. Suicide rates presented here are comparable to the other violent death rates, but are lower than the true suicide rate.
CHARACTERISTICS: NORTHEASTERN SUICIDE DEATHS

AGE
- Greatest proportion occurred among 45 to 54-year-olds (24%), followed by 35 to 44-year-olds (20%)

SEX
- More occurred among males (80%) than females (20%)

TOP 3 MEANS
- Primarily involved firearms (44%), hanging/strangulation/suffocation (25%), or poisoning (24%)

TOP 3 CIRCUMSTANCES
- Primarily involved current depressed mood (55%), current or prior mental health issue (55%), and/or interpersonal problem (42%)

CHARACTERISTICS: NORTHEASTERN HOMICIDE DEATHS

AGE
- Greatest proportion occurred among victims aged 25 to 34 (23%), followed by victims aged 35 to 44 (21%)

SEX
- More victims were male (57%) than female (43%)

TOP 3 MEANS
- Primarily involved firearms (42%), sharp instruments (21%), or blunt instruments (12%)

TOP 3 CIRCUMSTANCES
- Primarily involved interpersonal problem (46%), argument/abuse/conflict not related to money, property, or drugs (40%), and/or intimate partner violence-related (39%)

NORTHEASTERN REGION IN COMPARISON TO THE STATE
- Suicide – lower percent of deaths that had disclosed suicide intent
- Homicide – higher percent of deaths that involved interpersonal problems and lower percent that involved firearms

PREVENTION

Overall, changes in suicide and homicide rates have been modest. Improvement in these rates is warranted considering their costs to society. Examining the characteristics of these deaths, the following may be important to consider for prevention strategies:

- Improving mental health and the availability of services
- Promote strategies to improve firearm safety
- Improving personal relationships and methods to decrease interpersonal conflict
- Decreasing alcohol and other substance issues
- Tailoring interventions to specific age groups or sexes to enhance their effectiveness