Rates of suicide have increased for the state and 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.**

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## CHARACTERISTICS: NORTHERN SUICIDE DEATHS

### AGE
- Greatest proportion occurred among 45 to 54-year-olds (22%), followed by 35 to 44-year-olds (19%)

### SEX
- More occurred among males (83%) than females (17%)

### TOP 3 MEANS
- Primarily involved firearms (60%), hanging/strangulation/suffocation (18%), or poisoning (17%)

### TOP 3 CIRCUMSTANCES
- Primarily involved current depressed mood (54%), current or prior mental health issue (48%), and/or interpersonal problem (44%)

## CHARACTERISTICS: NORTHERN HOMICIDE DEATHS

### AGE
- Greatest proportion occurred among victims aged 15 to 24 (23%), followed by victims aged 35 to 44 and 0 to 14 (both at 22%)

### SEX
- More victims were male (54%) than female (46%)

### TOP 3 MEANS
- Primarily involved firearms (53%), sharp instruments (19%), or blunt instruments (8%)

### TOP 3 CIRCUMSTANCES
- Primarily involved argument/abuse/conflict not related to money, property, or drugs (55%), interpersonal problem (42%), and/or intimate partner violence-related (39%)

## NORTHERN REGION IN COMPARISON TO THE STATE
- Suicide – higher percent of deaths that involved firearms
- Homicide – higher percent of deaths that involved interpersonal problems

## 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