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

Rates of homicide decreased for the state and have remained stable 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.
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