Pain Isn’t Always Obvious

Finding and Using Local Data

January 9th, 2013
Welcome!

• Please mute your line
• If you have a question, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel
Poll

What type of data does your county use in your suicide prevention efforts?

• National data
• State data
• Regional data
• County data
Why?

Dispel misconceptions

Inform & evaluate suicide prevention activities

Persuade policy makers
Presentation Outline

- Traditional data sources
- Data categories
- Other data sources
- Using data – some considerations
- Counties’ experience with data
Presentation Outline

- Traditional data sources
  - Data categories
  - Other data sources
  - Using data – some considerations
  - Counties’ experience with data
# CDC: Youth Risk Behavior Surveillance Survey (YRBSS)

<table>
<thead>
<tr>
<th>Level</th>
<th>National</th>
</tr>
</thead>
</table>
| Content     | Self-reported suicide ideation  
|             | Self-reported suicide attempt    |
| Timeframe   | Began in 1991  
|             | Biannual data collection        |
| Age         | 9\(^{th}\)-12\(^{th}\) grade students |
| Demographics| Hispanic, AI/AN, Asian, Black, PI, White |
| Website     | http://www.cdc.gov/mmwr/pdf/ss/ss6104.pdf |

**Know the Signs >> Find the Words >> Reach Out**
SAMHSA: National Survey on Drug Use and Health (NSDUH)

<table>
<thead>
<tr>
<th>Level</th>
<th>• National &amp; State</th>
</tr>
</thead>
</table>
| Content   | • Self-reported suicide ideation  
|           | • Self-reported suicide attempt |
| Timeframe | • Data available from 1990  
|           | • Annual data collection |
| Age       | • Adults (18+) |
| Demographics | • Hispanic, AI/AN, Asian, Black, PI, White, 2 or more races |
| Website   | • http://www.cdc.gov/mmwr/pdf/ss/ss6013.pdf |
# CDC: WISQARS

<table>
<thead>
<tr>
<th>Level</th>
<th>• National &amp; State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content</td>
<td>• Non-fatal &amp; fatal injuries by method</td>
</tr>
<tr>
<td></td>
<td>• Cost of Injury reports</td>
</tr>
<tr>
<td>Timeframe</td>
<td>• Began in 1999</td>
</tr>
<tr>
<td></td>
<td>• Annual data collection</td>
</tr>
<tr>
<td>Age</td>
<td>• All</td>
</tr>
<tr>
<td>Demographics</td>
<td>• White, API, African American, AI/AN, Latino</td>
</tr>
<tr>
<td>Website</td>
<td>• <a href="http://www.cdc.gov/injury/wisqars/fatal_injury_reports.html">http://www.cdc.gov/injury/wisqars/fatal_injury_reports.html</a></td>
</tr>
</tbody>
</table>

Know the Signs >> Find the Words >> Reach Out
# California Health Interview Survey (CHIS)

<table>
<thead>
<tr>
<th>Level</th>
<th>• State, Regional &amp; County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content</td>
<td>• Suicide ideation (for adults only)</td>
</tr>
<tr>
<td>Timeframe</td>
<td>• Began in 2001</td>
</tr>
<tr>
<td></td>
<td>• Biannual collection, annual in 2012</td>
</tr>
<tr>
<td>Age</td>
<td>• All: Adult (18+); Adolescent (12-17), Child (0-11)</td>
</tr>
<tr>
<td>Demographics</td>
<td>• White, Asian (multiple categories), PI, African American, AI/AN, Latino, Other</td>
</tr>
<tr>
<td>Website</td>
<td>• <a href="http://ask.chis.ucla.edu/main/default.asp">http://ask.chis.ucla.edu/main/default.asp</a></td>
</tr>
</tbody>
</table>

Know the Signs >> Find the Words >> Reach Out
## CDPH: EpiCenter

<table>
<thead>
<tr>
<th>Level</th>
<th>• State &amp; County</th>
</tr>
</thead>
</table>
| Content        | • Non-fatal self-inflicted injuries & method  
• Fatal self-inflicted injuries & method |
| Timeframe      | • Began in 1991  
• Annual data collection |
| Age            | • All |
| Demographics   | • White, API, African American, AI/AN, Latino, Other |
## CDPH: County Health Status Profiles

<table>
<thead>
<tr>
<th>Level</th>
<th>State &amp; County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content</td>
<td>Suicide deaths</td>
</tr>
<tr>
<td>Timeframe</td>
<td>Average 2008-2010</td>
</tr>
<tr>
<td>Age</td>
<td>All grouped</td>
</tr>
<tr>
<td>Demographics</td>
<td>All grouped</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.cdp.h.ca.gov/programs/ohir/Pages/CHSPCountySheets.aspx">http://www.cdp.h.ca.gov/programs/ohir/Pages/CHSPCountySheets.aspx</a></td>
</tr>
</tbody>
</table>

**Know the Signs >> Find the Words >> Reach Out**
# California Suicide Prevention Program: County Data Profiles

<table>
<thead>
<tr>
<th>Level</th>
<th>State &amp; County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Content</td>
<td>Suicide deaths</td>
</tr>
<tr>
<td>Timeframe</td>
<td>2007, 2008 and 2009</td>
</tr>
<tr>
<td>Age</td>
<td>5+</td>
</tr>
<tr>
<td>Demographics</td>
<td>White, API, African American, AI/AN, Latino, Other</td>
</tr>
<tr>
<td>Website</td>
<td><a href="http://www.dhcs.ca.gov/services/MH/Pages/CountyDataFiles.aspx">http://www.dhcs.ca.gov/services/MH/Pages/CountyDataFiles.aspx</a></td>
</tr>
</tbody>
</table>

*Know the Signs >> Find the Words >> Reach Out*
Presentation Outline

• Traditional data sources
• Data categories
• Other data sources
• Using data – some considerations
• Counties’ experience with data
Data Categories

- Ideation
- Attempts
- Deaths
- Method
Data Categories

Poll:

Has your county ever used suicide ideation data to inform your local suicide prevention practices?
Data Categories

YRBSS (National survey)

- Students who had seriously considered attempting suicide in the past 12 months

15.8% in 2011
Data Categories

YRBSS (National survey)

- Students who had made a plan about how they would attempt suicide in the past 12 months

12.8% in 2011
Data Categories

NSDUH (National survey)

- Average percentage of adults who had serious thoughts of suicide in the previous year

3.7% in 2008-2009
Data Categories

NSDUH (National survey)

- Average percentage of adults who had made any suicide plan in the previous year

1% in 2008-2009
What could this mean?

<table>
<thead>
<tr>
<th></th>
<th>Youth (YRBSS)</th>
<th>Adult (NSDUH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seriously thought about suicide <strong>in</strong> past year</td>
<td>15.8%</td>
<td>3.7%</td>
</tr>
<tr>
<td>Made a suicide plan <strong>in the past year</strong></td>
<td>12.8%</td>
<td>1%</td>
</tr>
</tbody>
</table>
What could this mean?

• Youth might feel less stigma about talking about suicide
• Adulthood may give way to more stability
Data Categories

NSDUH (State survey)

• Average percentage of adults in California who had serious thoughts of suicide in the previous year

3.4% in 2008-2009
Data Categories

NSDUH (State survey)

- Average percentage of adults in California who had made any suicide plan in the previous year

0.9% in 2008-2009
Data Categories

CHIS (State survey)

- Adults who *ever* seriously thought about committing suicide

8.7% in 2009
What could this mean?

<table>
<thead>
<tr>
<th>Ever experienced (CHIS)</th>
<th>Experience in past year (NSDUH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Californian adults who seriously about suicide</td>
<td>8.7%</td>
</tr>
</tbody>
</table>
Data Categories

CHIS (Northern / Sierra Regions survey)

- Adults who ever seriously thought about committing suicide

13.4% in 2009
Data Categories

CHIS (Northern / Sierra Regions survey)

- Adults who seriously thought about committing suicide in the past year

2.1% in 2009
Data Categories

- **Ideation**
- **Attempts**
- **Deaths**
- **Method**

**CHIS (Humboldt County survey)**

- Adults who **ever** seriously thought about committing suicide

12.1% in 2009
Data Categories

Poll:

Has your county ever used suicide attempt data to inform your local suicide prevention practices?

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Data Categories

**YRBSS (National survey)**
- Youth reporting attempting suicide in the past year

7.8% in 2011
Data Categories

YRBSS (National)

- Youth reporting to have self-injured resulting in doctor treatment in the past year

2.4% in 2011
Data Categories

EpiCenter (State)
• Non-fatal self-inflicted injuries leading to hospitalization

In 2011,
Cases: 15,435
Rate: 40.8/100,000

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Data Categories

EpiCenter (Superior Region)
• Non-fatal self-inflicted injuries leading to hospitalization

In 2011
Cases: 644
Rate: 60.2/100,000
EpiCenter (Lake County)

- Non-fatal self-inflicted injuries leading to hospitalization

In 2011
Cases: 47
Rate: 70.1/100,000
Data Categories

EpiCenter (State)
• Non-fatal self-inflicted injuries leading to Emergency Department treat & release

In 2011
Cases: 29,137
Rate: 77.6/100,000
Data Categories

**EpiCenter (Superior Region)**

- Non-fatal self-inflicted injuries leading to Emergency Department treat & release

In 2011

Cases: 1,621

Rate: 151.6/100,000

Know the Signs >> Find the Words >> Reach Out
Data Categories

EpiCenter (Lake County)

- Non-fatal self-inflicted injuries leading to Emergency Department treat & release

In 2011
Cases: 138
Rate: 205.9/100,000
Data Categories

Poll:

Has your county ever used suicide death data to inform your local suicide prevention practices?
Data Categories

EpiCenter (State)

- Death due to self-inflicted injuries

In 2010
Cases: 3,823
Rate: 10.2/100,000
Data Categories

EpiCenter (Superior Region)

- Death due to self-inflicted injuries

In 2010
Cases: 226
Rate: 21.5/100,000
**Data Categories**

- **Ideation**
- **Attempts**
- **Deaths**
- **Method**

**EpiCenter (Kings County)**

- Death due to self-inflicted injuries

In 2010

Cases: 10
Rate: 6.5/100,000
County Data profiles

![County Data Profiles](image)

**CALIFORNIA DEPARTMENT OF MENTAL HEALTH**
**OFFICE OF SUICIDE PREVENTION**
**DATA SUMMARY SHEET ON SUICIDE DEATHS AND NONFATAL SELF-INFlicted INJURIES**
**KINGS COUNTY**

<table>
<thead>
<tr>
<th>YEAR</th>
<th>2009</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CALIFORNIA DATA</strong></td>
<td></td>
</tr>
<tr>
<td>POPULATION</td>
<td>38,688,293</td>
</tr>
<tr>
<td>SUICIDE DEATHS</td>
<td>3,760</td>
</tr>
<tr>
<td>SUICIDE DEATH RATE</td>
<td>9.7</td>
</tr>
<tr>
<td>NONFATAL SELF-INFlicted INJURIES</td>
<td>16,554</td>
</tr>
<tr>
<td>NONFATAL SELF-INFlicted INJURY RATE</td>
<td>42.8</td>
</tr>
<tr>
<td><strong>COUNTY:</strong></td>
<td>Kings</td>
</tr>
<tr>
<td>POPULATION</td>
<td>161,030</td>
</tr>
<tr>
<td>SUICIDE DEATHS</td>
<td>10</td>
</tr>
<tr>
<td>SUICIDE DEATH RATE</td>
<td>6.2</td>
</tr>
<tr>
<td>NONFATAL SELF-INFlicted INJURIES</td>
<td>37</td>
</tr>
<tr>
<td>NONFATAL SELF-INFlicted INJURY RATE</td>
<td>23.9</td>
</tr>
</tbody>
</table>

**ADDITIONAL COUNTY DATA**
**SUICIDE DEATHS BY AGE, GENDER & RACE/ETHNICITY**

<table>
<thead>
<tr>
<th>AGE GROUPS</th>
<th>5-14</th>
<th>15-24</th>
<th>25-34</th>
<th>35-44</th>
<th>45-54</th>
<th>55-64</th>
<th>65-74</th>
<th>75-84</th>
<th>85+</th>
</tr>
</thead>
<tbody>
<tr>
<td>POPULATION</td>
<td>24,027</td>
<td>28,177</td>
<td>27,145</td>
<td>24,634</td>
<td>20,073</td>
<td>11,482</td>
<td>6,651</td>
<td>3,662</td>
<td>1,392</td>
</tr>
<tr>
<td>SUICIDE DEATHS</td>
<td>0</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>3</td>
<td>0</td>
<td>1</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>SUICIDE DEATH RATE</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>GENDER</th>
<th>FEMALE</th>
<th>MALE</th>
</tr>
</thead>
<tbody>
<tr>
<td>POPULATION</td>
<td>70,683</td>
<td>90,337</td>
</tr>
<tr>
<td>SUICIDE DEATHS</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>SUICIDE DEATH RATE</td>
<td>4.2</td>
<td>7.7</td>
</tr>
</tbody>
</table>

**RACE/ETHNICITY**

<table>
<thead>
<tr>
<th>AMERICAN INDIAN / ALASKAN NATIVE</th>
<th>ASIAN</th>
<th>BLACK</th>
<th>HISPANIC</th>
<th>HAWAIIAN / PACIFIC ISLANDER</th>
<th>WHITE</th>
<th>TWO OR MORE RACES</th>
</tr>
</thead>
<tbody>
<tr>
<td>POPULATION</td>
<td>1,452</td>
<td>4,387</td>
<td>12,911</td>
<td>75,908</td>
<td>259</td>
<td>63,965</td>
</tr>
<tr>
<td>SUICIDE DEATHS</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>1.3</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>SUICIDE DEATH RATE</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
</tbody>
</table>
Data Categories

- Ideation
- Attempts
- Deaths
- Method

Poll:
Has your county ever used data on suicide method to inform your local suicide prevention practices?
Data Categories

EpiCenter (State, 2010)

Suicide Deaths by
- Firearm, 1465
- Hanging, 1166
- Poisoning, 765
- Jumping, 147
- Other, 193
- Cut/Pierce, 87

IdeaDon
Attempts
Deaths
Method

Know the Signs >> Find the Words >> Reach Out
Data Categories

EpiCenter (Superior Region, 2010)

Suicide Deaths by

- Firearm, 118
- Hanging, 46
- Poisoning, 42
- Jumping, 8
- Other, 10
- Cut/Pierce, 2

Idea

Attempts

Deaths

Method
Data Categories

EpiCenter (Trinity County, 2010)

- Suicide deaths by:
  - Firearm: 4
  - Hanging: 1
Presentation Outline

• Traditional data sources
• Data categories
• Other data sources
• Using data – some considerations
• Counties’ experience with data
Type in your thoughts!

Is your County using any other type of data in your suicide prevention work?
Other data sources

- Co-Morbidity
- Financial Impact
- Hotline & Local Service Use
Other data sources

Co-Morbidity

Behavioral Risk Factor Surveillance System (BRFSS)

- National & State Data (1984-2011)

Financial Impact

Hotline & Local Service Use
Other data sources

County Health Rankings and Roadmaps

Shasta County:

• 48 Mental Health Providers (1:3,761)
• 22% adults drink excessively
• 15% have inadequate social support
Other data sources

Co-Morbidity

County Health Rankings and Roadmaps

Visit
www.countyhealthrankings.org to explore your county.
Other data sources

Co-Morbidity

WISQARS

Cost of Injury Reports

Financial Impact

Hotline & Local Service Use

<table>
<thead>
<tr>
<th>Deaths and Type of Cost</th>
<th>Intent</th>
<th>Suicide</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deaths</td>
<td>--</td>
<td>3,206</td>
</tr>
<tr>
<td>Medical Cost</td>
<td>Average</td>
<td>$3,542</td>
</tr>
<tr>
<td>Work Loss Cost</td>
<td>Average</td>
<td>$1,100,229</td>
</tr>
<tr>
<td>Combined Cost</td>
<td>Average</td>
<td>$1,103,770</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>$3,538,688,000</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>$3,527,334,000</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>$1,100,229</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>$3,542</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>$3,206</td>
</tr>
</tbody>
</table>

Know the Signs >> Find the Words >> Reach Out
Other data sources

Local crisis hotlines

- Which hotlines serve your county?
- What kind of data logs do they keep?
### National Suicide Prevention Lifeline, by CA County

The following table shows the call volume by county, including the number of calls originating from California counties that were answered by crisis centers in the Lifeline network, between January 01, 2011 and December 31, 2011. The call volume for each county is broken down by network and location of the center that answered.

<table>
<thead>
<tr>
<th>County</th>
<th>General Lifeline, Answered In-state</th>
<th>General Lifeline, Answered Out-of-state</th>
<th>Spanish Lifeline</th>
<th>Veterans Hotline</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alameda</td>
<td>4,337</td>
<td>33</td>
<td>120</td>
<td>570</td>
<td>5,060</td>
</tr>
<tr>
<td>Amador</td>
<td>76</td>
<td>3</td>
<td>3</td>
<td>23</td>
<td>105</td>
</tr>
<tr>
<td>Butte</td>
<td>387</td>
<td>14</td>
<td>10</td>
<td>213</td>
<td>624</td>
</tr>
<tr>
<td>Calaveras</td>
<td>90</td>
<td>0</td>
<td>0</td>
<td>11</td>
<td>101</td>
</tr>
<tr>
<td>Colusa</td>
<td>23</td>
<td>0</td>
<td>3</td>
<td>4</td>
<td>30</td>
</tr>
<tr>
<td>Contra Costa</td>
<td>1,916</td>
<td>18</td>
<td>44</td>
<td>452</td>
<td>2,430</td>
</tr>
</tbody>
</table>

Know the Signs >> Find the Words >> Reach Out
Other data sources

Co-Morbidity
Financial
Impact
Hotline & Local Service Use

National Suicide Prevention Lifeline, California

Calls per month

Know the Signs >> Find the Words >> Reach Out
Other data sources

Co-Morbidity
Financial Impact
Hotline & Local Service Use

National Suicide Prevention Lifeline

To get your County data, contact Carole Ludwig at cludwig@mhaofnyc.org
Other data sources

Co-Morbidity

Poison Control System Calls

Financial Impact

Hotline & Local Service Use

Know the Signs >> Find the Words >> Reach Out
Other data sources

Poison Control System Calls

To get your County data, contact Dr. Stuart Heard at the California Poison Control System (seheard@calpoison.org)
Other data sources

- Co-Morbidity
- Financial Impact
- Hotline & Local Service Use

Others?
- Hospitals?
- Coroner?
- Mental Health or Public Health Department?
Presentation Outline

• Traditional data sources
• Data categories
• Other data sources
• Using data – some considerations
• Counties’ experience with data
Beneficial uses of data

- Defines a target population
- Reduces misconceptions
- Provides context to local issue of suicide
Cautionary notes

• Be careful of rates, especially in small counties

\[
\frac{5 \text{ suicides}}{13,878 \text{ pop.}} = \frac{36 \text{ suicides}}{100,000 \text{ pop.}}
\]

Always examine the sum of multiple years!
Cautionary notes

• Don’t sensationalize the data
• Consider social math

“183 suicides have occurred in Nevada County in the past 10 years”

vs.

“As many people died by suicide in the past 10 years in Nevada County as to fit almost 4 school buses”
Presentation Outline

• Traditional data sources
• Data categories
• Other data sources
• Using data – some considerations
• Counties’ experience with data
Tulare County’s Experiences

- Types of data used
- How is the data used
- Key learning experiences in using data
Tulare County’s Experiences

• Presenter: Noah Whitaker, MBA
  o Community Outreach Manager, Tulare County Health & Human Services Agency
  o nwhitake@tularehhsa.org
Questions & Discussion

If you have a question, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel.
Thank you!

Theresa Ly
tly@edc.org

Next small county webinar:
“Responding after a suicide in a rural county”
Wednesday, February 13th, 1:30-2:30pm

Please fill out the Evaluation!
Webinar will be archived on
www.yourvoicecounts.org