

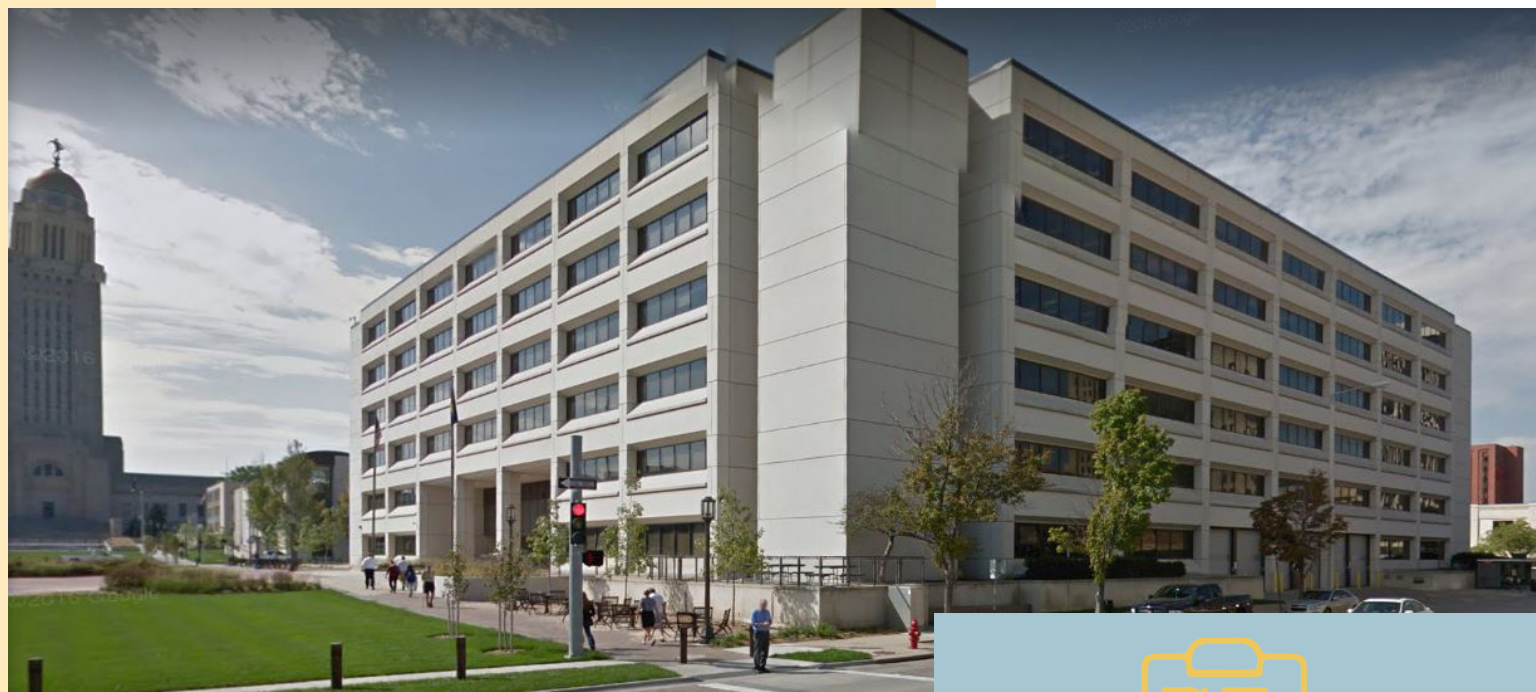
SUICIDE PREVENTION NEWSLETTER

Quarterly Newsletter

NEBRASKA

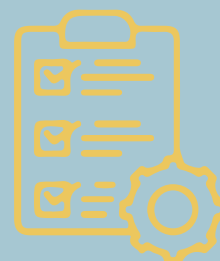
Good Life. Great Mission.

Issue #3
3rd Quarter - 2024



Current Endeavors

Welcome to the third edition of the Nebraska Violent Death Reporting System (NEVDRS) newsletter! We are thrilled to announce that the 2022 NEVDRS data has officially been published, marking a significant milestone in our ongoing work to prevent suicide and promote mental health across Nebraska. This newly released data will provide our stakeholders and community partners with the most up-to-date insights into violent deaths statewide, enabling informed decisions and targeted interventions. As always, NEVDRS continues to collaborate closely with law enforcement, coroners, and other key partners to ensure the data we collect is comprehensive and timely. Our commitment to confidentiality and integrity remains at the forefront of our efforts, ensuring that every step we take is grounded in respect for those affected by violent deaths. In this issue, we're also highlighting some of the impactful work being done in suicide prevention and mental health promotion across the state, thanks to the dedication of our partners and community members. Together, we're making strides towards a safer, healthier Nebraska. Thank you for your continued support, and we look forward to working together on these vital initiatives.



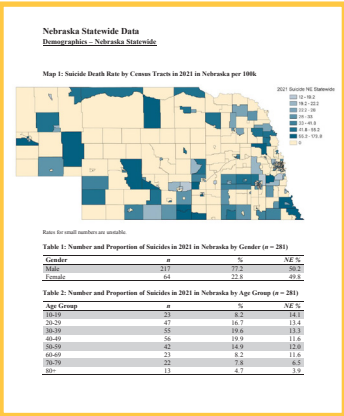
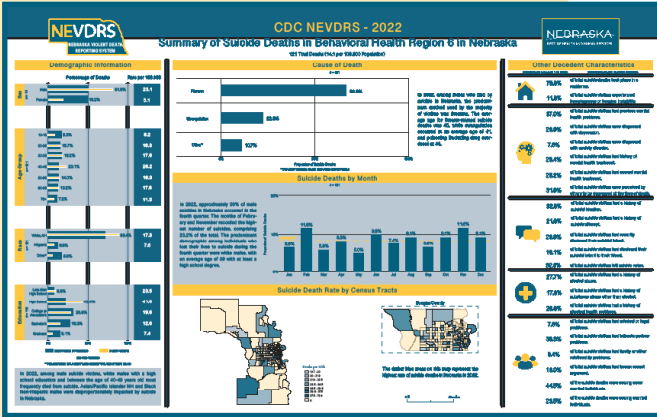
List of Projects

2022 data is now available! We're in the process of updating our website with the latest data to support new projects and better serve our audience.

- 2022 Factsheets
- 2022 Special Topics Factsheets
- Finalizing Annual Reports
- Finalizing the Data Dashboard
- Ongoing Collaboration Partner and Data Request Fulfillment, as Requested.

Factsheets

Our 2022 data has been released, and we've completed the '2022 Suicide Deaths in Nebraska' and '2022 Suicide Deaths in Behavioral Health Regions 1-6 in Nebraska' factsheets. Additionally, we've finalized the '2022 Homicide Deaths in Nebraska' and '2022 Homicide Deaths in Behavioral Health Regions 5 and 6' factsheets. All of these are currently pending approval, and once approved, they will be available on our website. We are also working on updated special topic suicide factsheets based on the 2022 data.



Annual Frameworks

Since the 2022 data is published, we are focused on developing and refining the 2022 suicide framework report. This report will feature updated charts, tables, and maps, allowing us to delve into detailed insights and enhance data clarity on suicide trends.

Data Dashboards

We have integrated the 2022 data into our data dashboard, enhancing it to include core suicide death demographics, rates per 100,000, and interactive maps. All information will be accessible from the same dashboard, providing a comprehensive, user-friendly experience. We are also working closely with government officials and agencies to ensure these updates meet the needs of our partners.



Our Data Endeavors

Our team is currently planning the 2025 Medicolegal Death Investigation Conference, which will be held in June in Omaha. This two-day event will feature local, regional, and national experts, offering high-quality training in death investigation for Nebraska law enforcement professionals and county attorneys. If you have any questions, please contact Mamie Lush at Mamie.Lush@nebraska.gov.

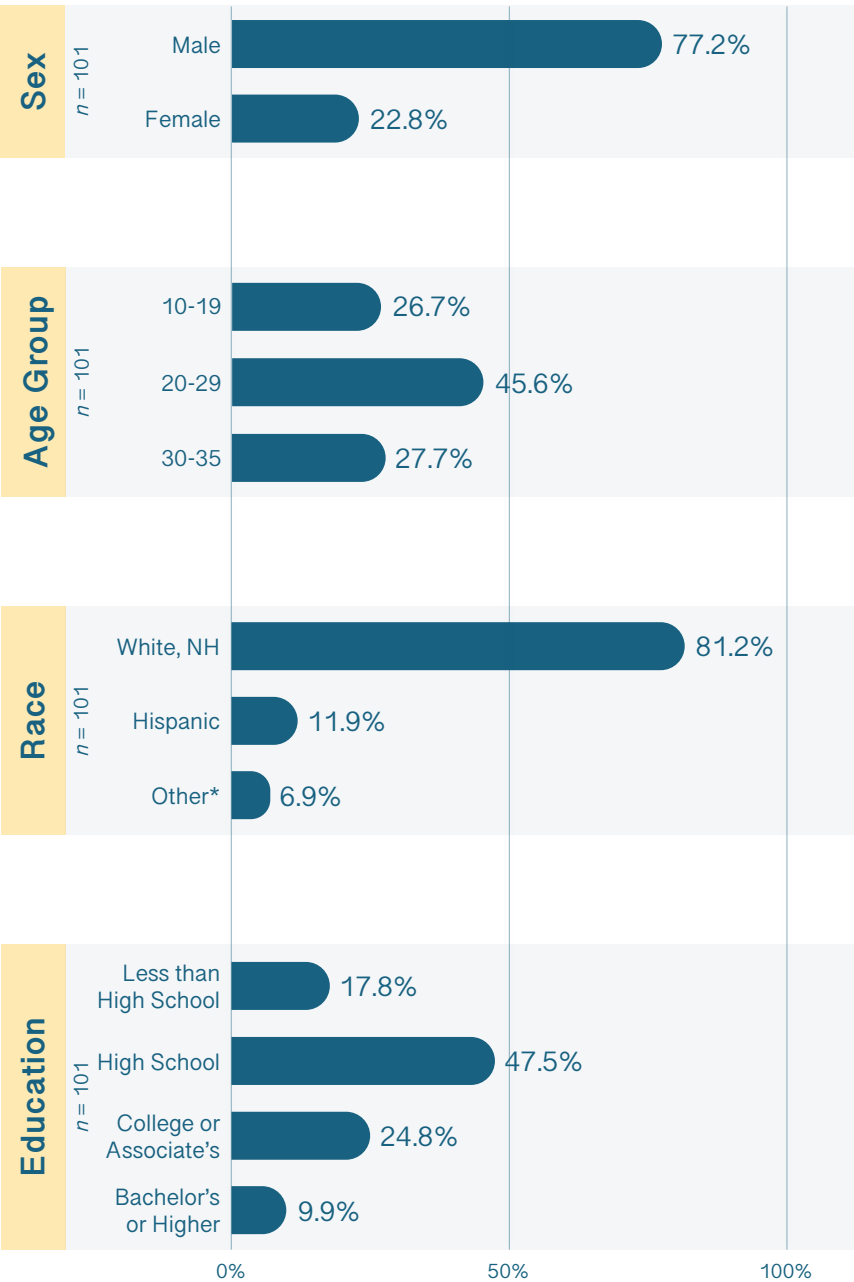
Suicides Among Individuals Aged 35 and Younger in Nebraska in 2022

In this quarter’s magazine, we’re focusing on suicides among individuals aged 35 and younger, particularly as the summer months can present unique mental health challenges. While summer is often associated with relaxation and enjoyment, research shows that this season can also bring heightened risks for certain individuals. Factors such as increased social pressure, disruptions in routine, and a sense of isolation can contribute to mental health struggles during this time, especially for younger people. By examining the trends and factors affecting this age group during this critical time, we hope to raise awareness and promote targeted prevention efforts aimed at reducing suicide rates in Nebraska.

Demographics

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Percentage of Deaths



* Includes: Black NH, American Indian/Native Alaskan NH, Two or More Races, Asian NH

NH = Non-Hispanic

■ Suicide Death Rate Among Individuals Aged 35 and Younger

In 2022, male suicide victims were predominantly white males aged 20-29 with at least High School education in Nebraska.

In 2022, the average age of suicide victims among individuals aged 35 or younger was 26 for males and 22 for females, with an overall average age of 26 across all individuals in this age group.

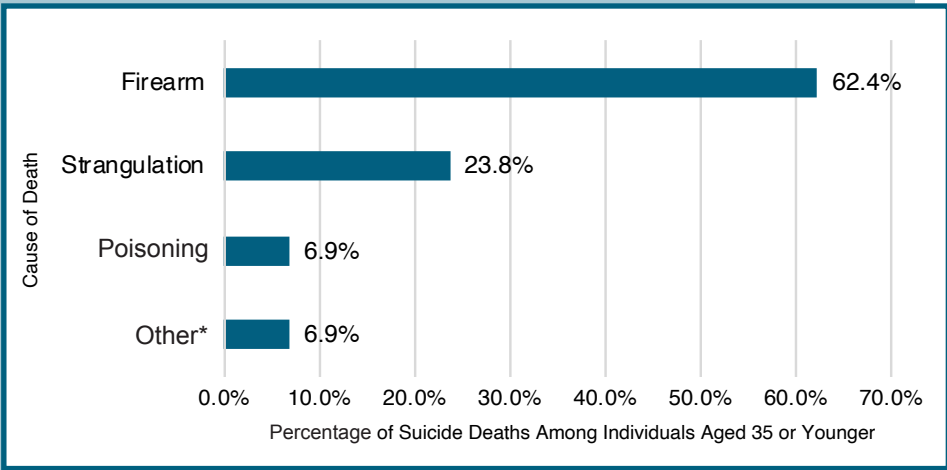
In 2022, the average age of White, non-Hispanic suicide victims among individuals aged 35 or younger was 25, 23 for Hispanic victims, and 25 for victims of other races. Hispanic females had the youngest average age, at 21, while White males had the highest average age, at 26.

In 2022, the average years of education among suicide victims aged 35 or younger varied significantly across genders and races. The average education for males was 15 years, while for females, it was 20 years. All individuals with at least a bachelor’s degree or higher educational attainment were White, non-Hispanic, with the majority being males.

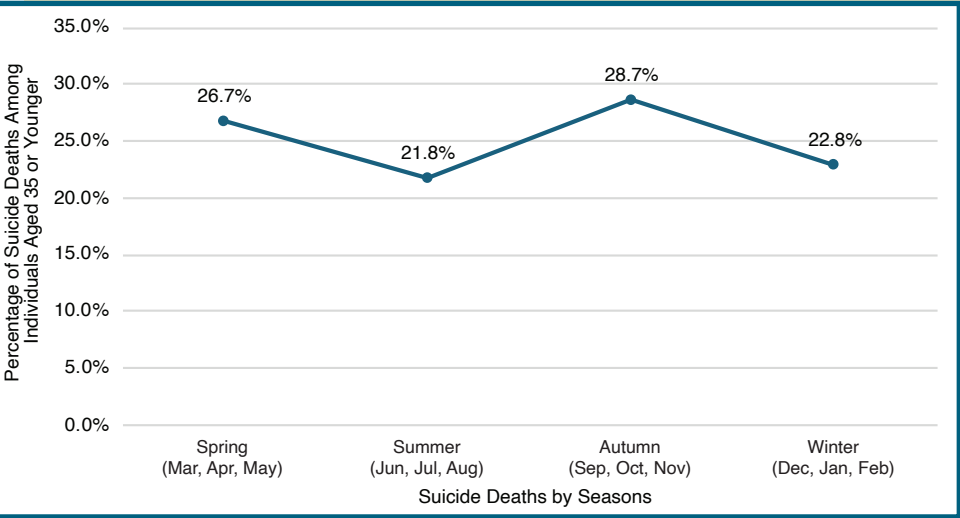
Cause of Death

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The majority of women who died by suicide used strangulation, with an average age of 23, while most men used firearms, with an average age of 26. Strangulation was the second most common method for men, whereas firearms ranked second for women. Men who died by suicide due to poisoning had the highest average age across all categories, at 34.



* Includes: Fall, Motor Vehicle, Sharp Instrument, Drowning, Other Transportation Vehicle

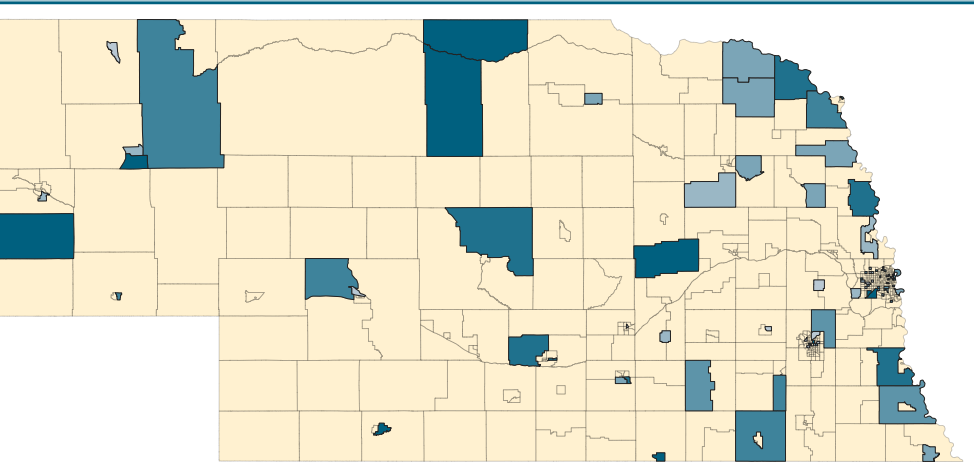


Suicide Deaths by Season

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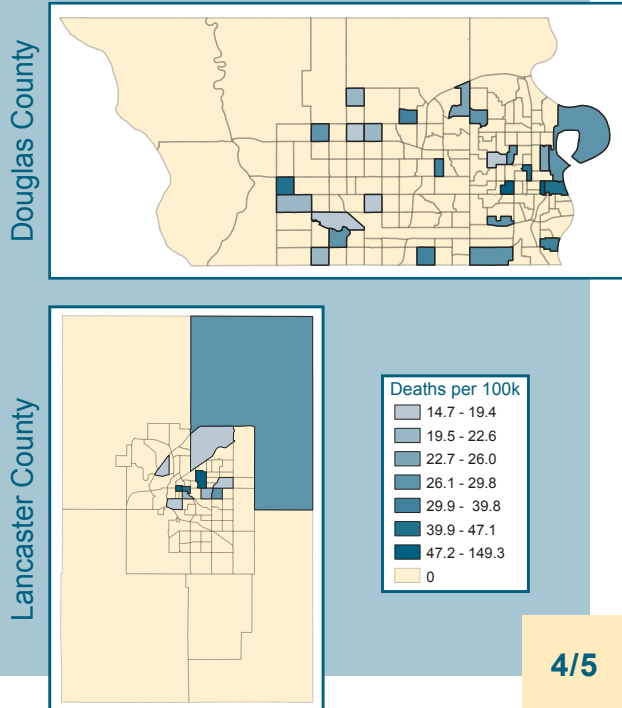
In 2022, approximately 28.7% of suicides among individuals aged 35 and younger in Nebraska occurred during the summer season, with June recording the highest number at 11 deaths, accounting for 10.9% of the total. The predominant demographic during the summer season was white males, with an average age of 27.

Suicide Death Rate by Census Tracts








The darker blue areas on this map represent the highest rates of suicide deaths among individuals aged 35 or younger in Nebraska in 2022.

Due to small numbers, rates may be unstable.



Suicide Decedent Characteristics Among Individuals Aged 35 and Younger

Data reflects 100 suicide deaths among individuals aged 35 and younger in 2022. Note that categories are not mutually exclusive.

	<div><div></div><div>66.0%</div></div>	of suicide deaths took place in a residence.
	<div><div></div><div>45.0%</div></div>	of suicide victims had previous mental health problems.
	<div><div></div><div>39.0%</div></div>	of suicide victims were diagnosed with depression.
	<div><div></div><div>12.0%</div></div>	of suicide victims were diagnosed with anxiety disorder.
	<div><div></div><div>32.0%</div></div>	of suicide victims had history of mental health treatment.
	<div><div></div><div>29.0%</div></div>	of suicide victims had current mental health treatment.
	<div><div></div><div>54.0%</div></div>	of suicide victims were perceived by others to be depressed at the time of death.
	<div><div></div><div>31.0%</div></div>	of suicide victims had a history of suicidal ideation.
	<div><div></div><div>20.0%</div></div>	of suicide victims had a history of suicide attempt.
	<div><div></div><div>26.0%</div></div>	of suicide victims had recently disclosed their suicidal intent.
	<div><div></div><div>13.0%</div></div>	of suicide victims had disclosed their suicidal intent to their friend.
	<div><div></div><div>29.0%</div></div>	of suicide victims left suicide notes.
	<div><div></div><div>27.0%</div></div>	of suicide victims had a history of alcohol abuse.
	<div><div></div><div>21.0%</div></div>	of suicide victims had a history of substance abuse other than alcohol.
	<div><div></div><div>8.0%</div></div>	of suicide victims had a history of physical health problems.
	<div><div></div><div>38.0%</div></div>	of suicide victims had intimate partner problems.
	<div><div></div><div>13.0%</div></div>	of suicide victims had family or other relationship problems.
	<div><div></div><div>23.0%</div></div>	of suicide victims had known recent argument.
	<div><div></div><div>77.0%</div></div>	of suicide deaths were among never married individuals.
	<div><div></div><div>13.0%</div></div>	of suicide deaths were among married individuals.