



ND HOPES

Data Brief

Overview

ND HOPES is a 5-year initiative funded by the Centers for Disease Control and Prevention (CDC). ND HOPES delivers programs, resources, and supports to all residents in western North Dakota (ND)¹ and tailored programming to rural communities, veterans, and youth. Taking a strengths-based approach grounded in positivity, hope, and resilience, ND HOPES aims to reduce suicide attempts and deaths across the region.

Accessing, using, and sharing data² on suicide attempts and deaths is a key component of ND HOPES. As part of this initiative, we want to make data more accessible to everyone. Using surveillance data to identify trends will help us adjust and tailor our approach to meet the evolving needs of our communities.

Trends in Suicide Attempts and Deaths

Attempts

Over the last three years, the suicide attempt rate in ND increased 13%, from 89.1 in 2020 to 100.9 per 100,000 in 2022. In contrast, the suicide attempt rate decreased nearly 15% in western ND, from 94.8 in 2020 to 80.8 per 100,000 in 2022.

Figure 1: Suicide attempt rate per 100,000, state and western ND, 2020-2022

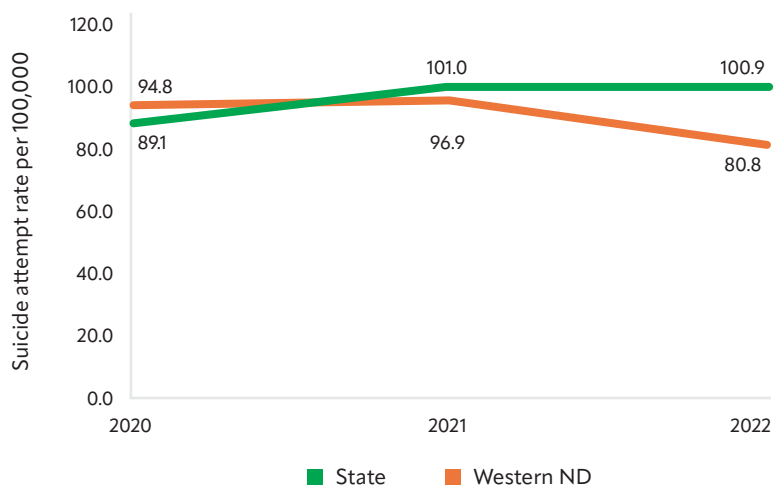
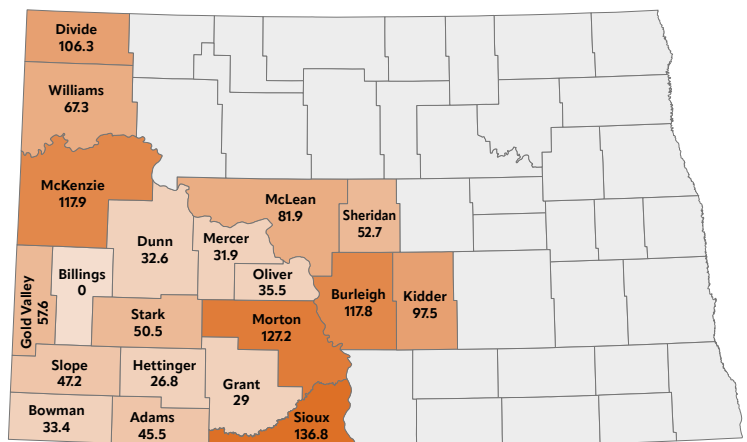


Figure 2: Suicide attempt rate per 100,000, western ND, 2020-2022



¹Divide, McKenzie, Williams, Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, Stark, Burleigh, Emmons, Grant, Kidder, Mclean, Mercer, Morton, Oliver, Sheridan, and Sioux counties. Throughout this data brief, we will be referring to this region as “western ND.”

²All data presented in this brief were derived from vital records, the ND Violent Death Reporting System (NDVDRS), and ESSENCE syndromic surveillance data.

Overall, suicide attempt rates varied by county in western ND. See Figure 2 to compare.

Deaths

In 2022 (the most recent data available), the suicide rate was 22.9 per 100,000 in ND, increasing 15% since 2016; in western ND, the suicide rate was significantly higher in 2022 (29.2 per 100,000) and increased at a significantly greater rate (79.1% between 2016 and 2022). The suicide rate in western ND and the state both exceeded the national average (14.3 per 100,000). See Figure 3.

Suicide Attempts and Deaths by Sex³

Suicidal behavior varies greatly by sex. The suicide rate tends to be higher among men while non-lethal suicide attempts tend to be more common among women.⁴ Between 2020-2022,⁵ the suicide attempt rate among women in western ND was double the rate for men (87.2 vs. 43.1 per 100,000). During the same time frame (2020-2022), the suicide death rate was 39.9 per 100,000 among men compared to 6.1 per 100,000 among women in western ND. See Figure 4.

Suicide Attempts and Deaths by Age

Youth ages 10 to 19 had the highest suicide attempt rate in western ND and across the state. The attempt rate declined with increasing age. For suicide deaths, residents ages 40 to 49 experienced the highest rates of suicide in western ND and across the state. Residents who were 20 to 29 and 30 to 39 had the next highest rates of suicide death. See Figure 5 & 6.

Figure 3: Suicide rate per 100,000, state and western ND, 2016-2022

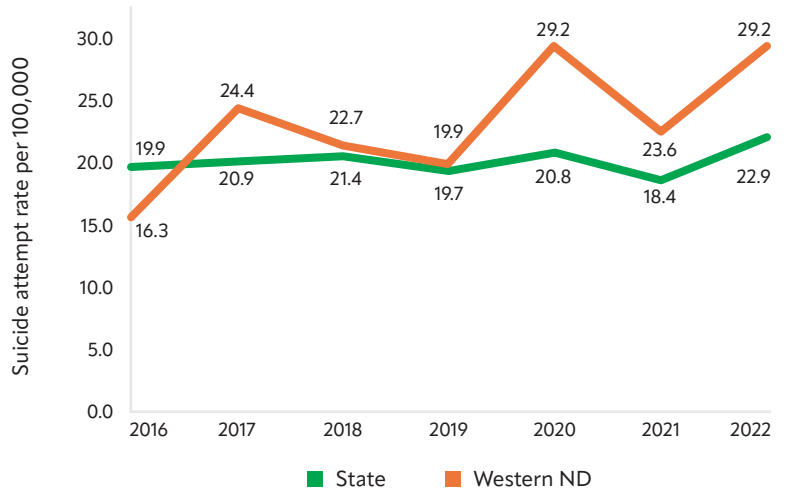


Figure 4: Suicide attempt and death rate per 100,000, by sex, western ND, 2020-2022

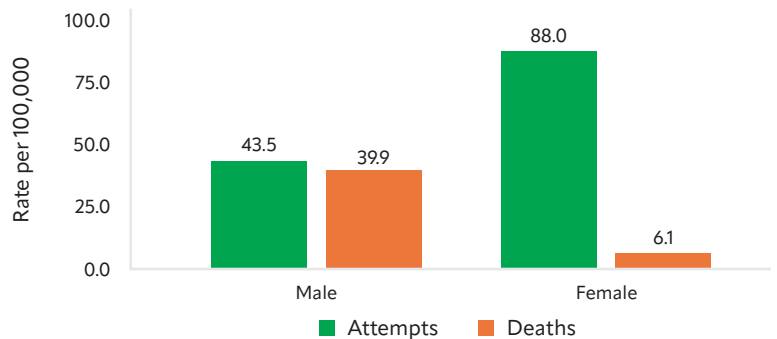
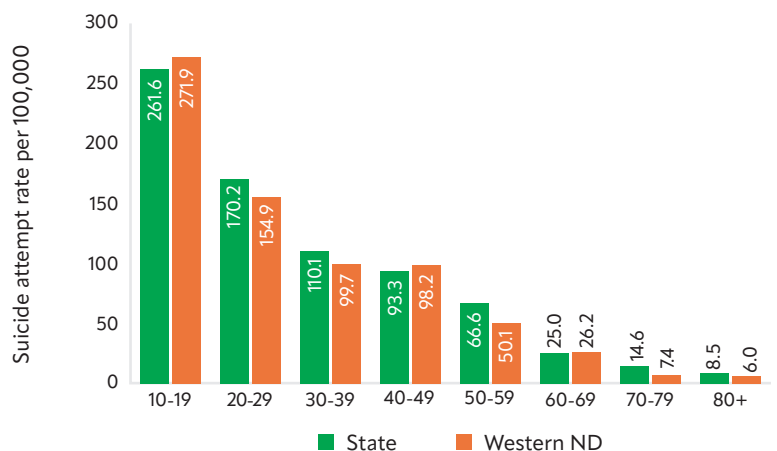


Figure 5: Suicide attempt rate per 100,000, by age, state and western ND, 2020-2022



³It is important to note that the only data available by sex is for individuals who are female or male. There is no mechanism currently to capture data for individuals who are transgender, nonbinary, or gender non-conforming.

⁴Bommersbach TJ, Rosenheck RA, Petrakis IL, Rhee TG. Why are women more likely to attempt suicide than men? Analysis of lifetime suicide attempts among US adults in a nationally representative sample. *J Affect Disord.* 2022;311:157-164. doi:10.1016/j.jad.2022.05.096

⁵When presenting data among subgroups with small population sizes, we combine multiple years of data to maintain confidentiality and increase reliability.

Suicide Attempts and Deaths by Race

Between 2019 and 2022 in ND, American Indian residents had the highest rates of suicide attempts, followed by Black and White residents. During the same time frame, American Indians had the highest rate of suicide (44.9 per 100,000) followed by Black (32.7 per 100,000) and White (22.6 deaths per 100,000) residents. The suicide rate among Black residents reached a peak of 50.1 deaths per 100,000 in 2019, more than doubling that of White residents in the same year (23.1 deaths per 100,000). See Figure 7.

In western ND, the suicide rate was highest among White residents (28.5 per 100,000) in 2022, exceeding the rate of White residents statewide. Because the American Indian population is small in western ND, the rates have fluctuated greatly, from 77.6 in 2020 to 21.2 per 100,000 in 2022. Taking a four-year average (2019-2022), the suicide rate among American Indians in western ND was 37.1 per 100,000, exceeding the rate among White residents in western ND. Considering the very small Black population in western ND, there have not been any suicides among this group during these four years.

Key Takeaways

Suicide rates have been rising in western ND and across the state. There are several demographic groups that are disproportionately affected by lethal and nonlethal suicide attempts and warrant dedicated suicide prevention programs and services. These groups include youth ages 15 to 19 and women (highest rates of suicide attempt) and White, Black, and American Indian males (suicide deaths).

Suicide prevention requires a multi-faceted, community-wide approach. Through ND HOPES, we are working in multiple settings – including health care, schools, and community-based organizations – to

Figure 6: Suicide death rate per 100,000, by age, state and western ND, 2022

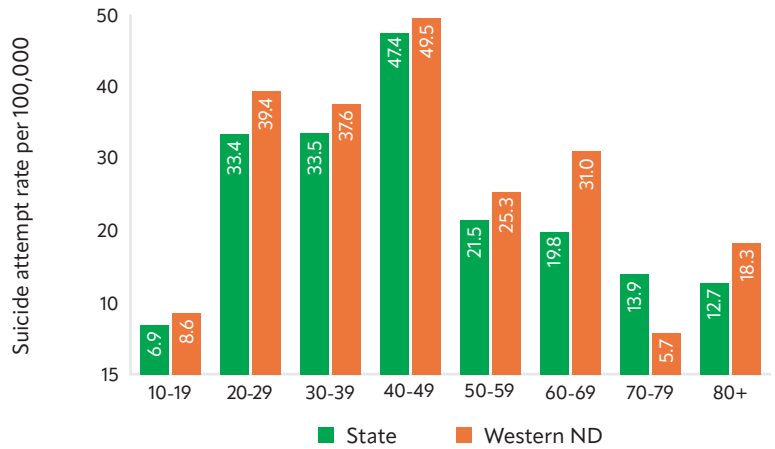
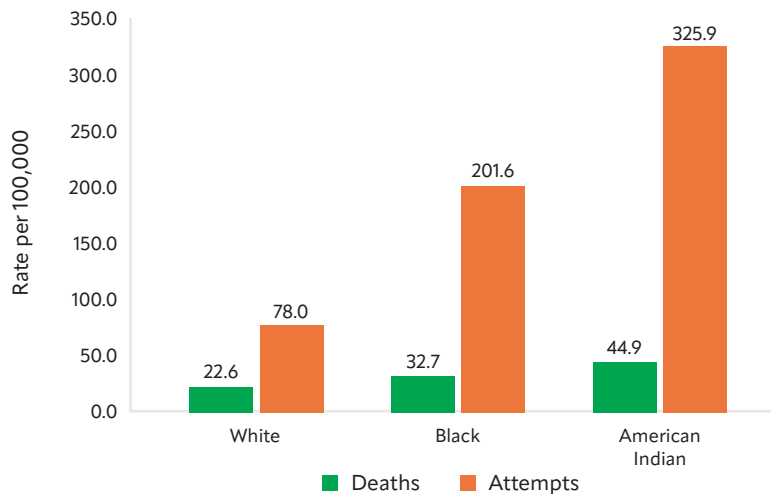


Figure 7: Suicide attempts and deaths rate per 100,000, by race, statewide, 2019-2022



implement training, evidence-based interventions, crisis services, and lethal means safety to reduce suicide attempts and deaths in western ND.

Additional Data-focused Work in North Dakota

ND HOPES partners are working together to improve the quality, access, and use of data on suicide. Several recent accomplishments are described below.

Governor's Challenge dashboard

A new [data dashboard](#) is available from the ND Governor's Challenge for Suicide Prevention. This dashboard presents military-affiliated suicides in ND by gender, age, and method; calls to 988 by veterans; and trainings, resources, and services



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provided through the Governor's Challenge. The dashboard is updated as data are available.

The ND Governor's Challenge for Suicide Prevention is a partnership between the U.S. Department of Veterans Affairs, the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration, and the State of ND to bring together community leaders and state agencies to prevent suicide among Service Member, Veterans, and their families (SMVF). Priority focus areas include identifying SMVFs, screening for suicide risk, promoting connectedness and care transitions, and promoting lethal means safety and safety planning. ND developed initiatives using evidence-based methods within each priority area. This dashboard tracks forward progress on each of these initiatives.

Suicide Fatality Review and Suicide Critical Risk Assessment Profile (SCRAP)

Over the past few years, many states have begun to improve their local surveillance systems using quantitative and qualitative methods. This includes the use of a detailed data collection tool used by medical death investigators and the creation of a suicide fatality review (SFR) committee to engage in a thorough review of suicides on a quarterly basis. Together, these efforts can improve surveillance on suicide by:

- Obtaining local data in near real time
- Improving data accuracy and comprehensiveness
- Creating a forum for discussing recommendations that are targeted to local needs.

ND's Department of Health and Human Services (HHS) recently updated the Suicide Critical Risk Assessment Profile (SCRAP) death investigation tool to collect a more comprehensive set of suicide-related risk factors and circumstances. The form is available for coroners

across the state, and a \$25 reimbursement is provided for each completed SCRAP as an incentive. The form will be integrated into a new online death investigation platform once it goes live to further increase uptake.

Last year, a bill was passed by the ND legislature to convene an SFR commission that examines suicide deaths and devises targeted, community-specific recommendations. Members of this commission participated in the SAMHSA/VA SMVF Technical Assistance Center Suicide Mortality Review Policy Academy in Glendale, AZ this past March to begin creating and implementing action plans.

State Data Dashboard

HHS has been working to develop a state data dashboard for suicide attempts and deaths that is anticipated to go live in summer 2024. This dashboard will expand access to timely suicide data to help organizations develop programming, tailor policies, and apply for funding.

Conclusion

This is the first data brief produced by ND HOPES. Because regularly accessing, analyzing, and sharing surveillance data is critical for identifying and addressing emerging trends in suicide attempts and deaths, we will be producing new briefs on a quarterly basis. The briefs will be shared via our newsletter, website, and social media. It is our hope that sharing this important data will provide organizations with the necessary information to tailor programming, policies, and suicide prevention efforts.

Please visit our [website](#) and follow us on LinkedIn, Facebook, Instagram (@nd_hopes), and Twitter/X (@NDHOPES) and encourage your colleagues to do so as well! If you have any questions or would like more information, please contact info@ndhopes.com.

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