

# Canadian and Grady Counties

## Suicide Facts

### State Facts:

- From 2013-2017, more than 3,700 Oklahomans died from suicide.
- More Oklahomans die of suicide than motor vehicle crashes.
- Oklahoma suicides outpace homicides almost 3 to 1.
- Firearms are the most common weapon involved in suicide deaths.
- In 2017, Oklahoma had the 13th highest suicide death rate in the U.S.

### Injury Prevention Service

(405) 271-3430

<http://okvdrs.health.ok.gov>



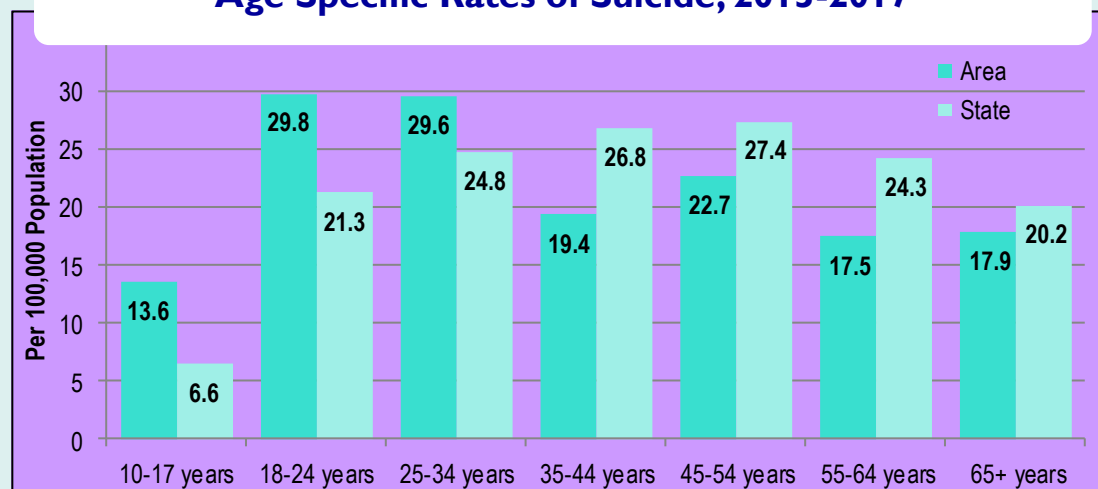
### What is a Suicide?

A suicide is a death resulting from the intentional use of force against oneself.

### Catchment Area Data (2013-2017)

- From 2013-2017, there were 171 suicide deaths in Canadian and Grady counties.
- 63% of suicide deaths involved a firearm, 28% were by hanging/strangulation, 8% were poisonings.
- 76% of suicide deaths were of males.
- Young adults age 18-24 had the highest rate of suicide for the area.
- 50% of people who died by suicide had a history of mental health problems; 39% were experiencing intimate partner problems.
- 23% had disclosed suicidal intent to someone else.
- 83% of the deaths occurred at a home or residence.
- 28% of those tested for blood alcohol content (85%) were positive for alcohol; of the 32% tested for substances other than alcohol, 43% tested positive for one or more substances.

### Age Specific Rates of Suicide, 2013-2017



### Suicide is Preventable

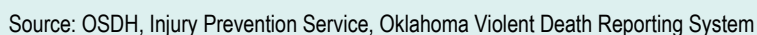
Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. While its causes are complex and determined by multiple factors, the goal of suicide prevention is to reduce factors that increase risk and increase factors that promote resilience. Ideally, prevention addresses all levels of influence: individual, relationship, community, and societal. Effective prevention strategies are needed to promote awareness of suicide and encourage a commitment to social change.

Source – <https://www.cdc.gov/ViolencePrevention/suicide/index.html>

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

### Additional resources:

American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org)



Oklahoma  
State  
Department  
of Health

<http://okvdrs.health.ok.gov>