



FOR IMMEDIATE RELEASE

CDC Releases 2015 Mortality Data Showing Suicide 10th Leading Cause of Death

Just released data shows the need for continued emphasis on national suicide prevention efforts

A statement prepared by [The National Action Alliance for Suicide Prevention](#) (Action Alliance)
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WASHINGTON, D.C. (December 8, 2016)— Findings released in the [Centers for Disease Control and Prevention's](#) (CDC) 2015 Mortality in the United States report show life expectancy for Americans has dropped, and suicide remains the 10th leading cause of death – same as in 2014.

Key data findings from the CDC report show:

- Life expectancy for the U.S. population in 2015 was 78.8 years, a decrease of 0.1 year from 2014.
- The age-adjusted death rate increased 1.2% from 724.6 deaths per 100,000 standard population in 2014 to 733.1 in 2015.
- The 10 leading causes of death in 2015 remained the same as in 2014.
- Age-adjusted death rates increased for eight leading causes and decreased for one.
- Age-adjusted death rates rose 2.3 percent for suicide from 13.0 to 13.3/100,000.

While the nation lost over 44,000 lives due to suicide in 2015, it's also important to recognize that for every person who dies by suicide, there are 278 who think seriously about suicide annually but do not die. The overwhelming majority of individuals who struggle with thoughts of suicide will go on to live out their lives. This report shines significant light on the reality of suicide and underscores the need for continued attention to provide individuals at risk for suicide the support and resources they need to recover.

Much progress and effort has been made to improve suicide prevention and behavioral health care, and ultimately, reduce and prevent suicide-related deaths. Efforts include:

- [Framework for Successful Messaging](#) – a resource to help people messaging about suicide to develop messages that are strategic, safe, positive, and make use of relevant guidelines and best practices.
- **Garrett Lee Smith Memorial Act Program** - provides funding through the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) to support state, tribal, and campus suicide prevention efforts across the nation.
- [National Council for Suicide Prevention](#) – a national coalition of seven leading nonprofits working to end suicide in the United States.

- [The National Suicide Prevention Lifeline \(800-273-8255\)](#) – a free, confidential, 24/7 support for people in distress, and provides crisis resources and best practices for professional.
- [Zero Suicide](#) – a national movement to make suicide prevention a core responsibility of health care and a specific continuous quality improvement approach to care that ensures systems are prepared to identify and treat individuals at risk for suicide that who seek care within their organization.

In addition to the efforts above, there are a number of other measures the [National Action Alliance for Suicide Prevention](#) (Action Alliance) the public-private partnership championing suicide prevention as a national priority – and its hundreds of cross-sector partner organizations – are doing at the population, sub-population and individual levels to champion suicide prevention through its [National Strategy for Suicide Prevention](#) – a multi-faceted and comprehensive approach aimed at guiding suicide prevention actions in the United States over the next decade.

“By working with traditional and non-traditional partners at all levels, we can more effectively reach more people in the U.S. about the issue of suicide and the importance of suicide prevention,” said Robert Turner, Private Sector Chair of the Action Alliance and Retired Senior Vice President of Union Pacific Corporation. “Although we continue to build collective momentum to address this issue, it will take the continued efforts of all sectors of our society to turn the tide of suicide deaths and provide support and hope to those who are struggling.”

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For Media Partners:

Research shows that the media may influence suicide rates by the way they report on suicide. Evidence suggests that when the media tells stories of people positively coping in suicidal moments, more suicides can be prevented. We urge all members of the media working on these stories to refer to the [Recommendations for Reporting on Suicide](#) for best practices for safely and accurately reporting on suicide. For stories of persons with lived experience of suicidality and finding hope, refer to www.lifelineforattempt survivors.org.

Other resources for suicide prevention information:

- [American Association of Suicidology](#)
- [American Foundation for Suicide Prevention](#)
- [Centers for Disease Control and Prevention \(CDC\)](#)
- [National Suicide Prevention Lifeline](#)
- [Suicide Awareness and Voices of Education \(SAVE\)](#)
- [Suicide Prevention Resource Center](#)
- [The Trevor Project](#)

ABOUT THE NATIONAL ACTION ALLIANCE FOR SUICIDE PREVENTION:

The National Action Alliance for Suicide Prevention is the public-private partnership working to advance the National Strategy for Suicide Prevention and make suicide prevention a national priority. The Substance Abuse and Mental Health Services Administration, through EDC, operates the Secretariat for the Action Alliance, which was launched in 2010 by former U.S. Health and Human Services Secretary Kathleen Sebelius and former U.S. Defense Secretary Robert Gates. For more information, contact Kimberly Torguson, ktorguson@edc.org.