

Suicide exceeds national rate

Vermont's suicide rate exceeds the national average. Though the state ranks highly among others for its residents' physical health and general quality of life, a sense of isolation in pockets of concentrated poverty may contribute to the state's high suicide rate.⁵⁰

Among youth, rates of suicide and suicidal thoughts are disturbing but parallel to national trends. The high statewide rate of suicides committed, therefore, occurs within Vermont's adult population.⁵¹

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the FACTS

- Vermont's suicide rate is 12.7 per 100,000 people, far surpassing the national average of 10.9 per 100,000.⁵²
- Suicide is the second leading cause of death among Vermont youth ages 15 to 24. Teen girls made suicide plans at a rate nearly twice that of boys, and twice as many girls as boys attempted suicide. More than one in 10 students in grades eight to 12 reported planning suicide during the past 12 months. Six percent of all Vermont students attempted suicide one or more times during the same period.⁵³
- Among students who identified themselves as lesbian, gay, bisexual or questioning, more than 27% reported having made a suicide attempt.⁵⁴
- Vermont's suicide rate is higher than the national average, with the state's highest concentration of suicide among the elderly, especially older men.⁵⁵ Nationally, the rate of suicide among men triples when they pass age 75.⁵⁶