



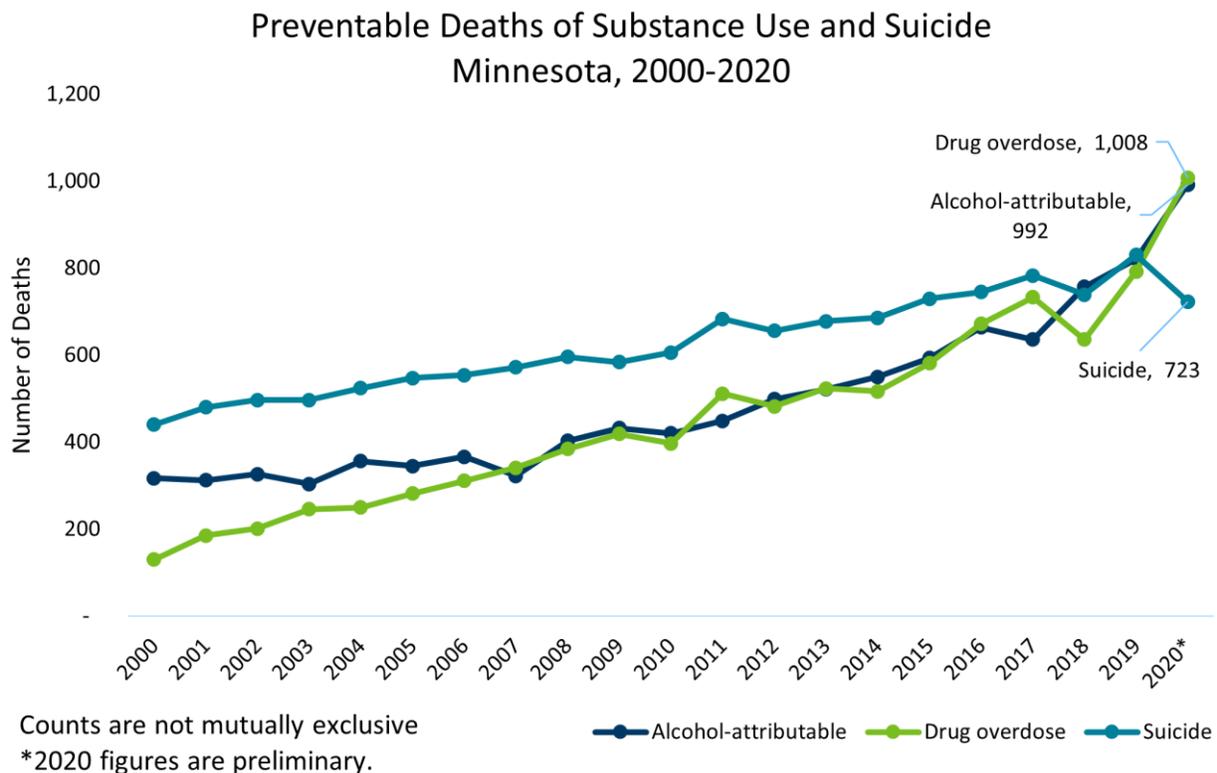
# Minnesota Suicide Mortality, Preliminary 2020 Report

*NOTE: Data contained within this report are preliminary and likely to change when finalized. The results are indicative, not definitive, of the final 2020 suicide statistics.*

## After Record High in 2019, Suicides Decreased in 2020

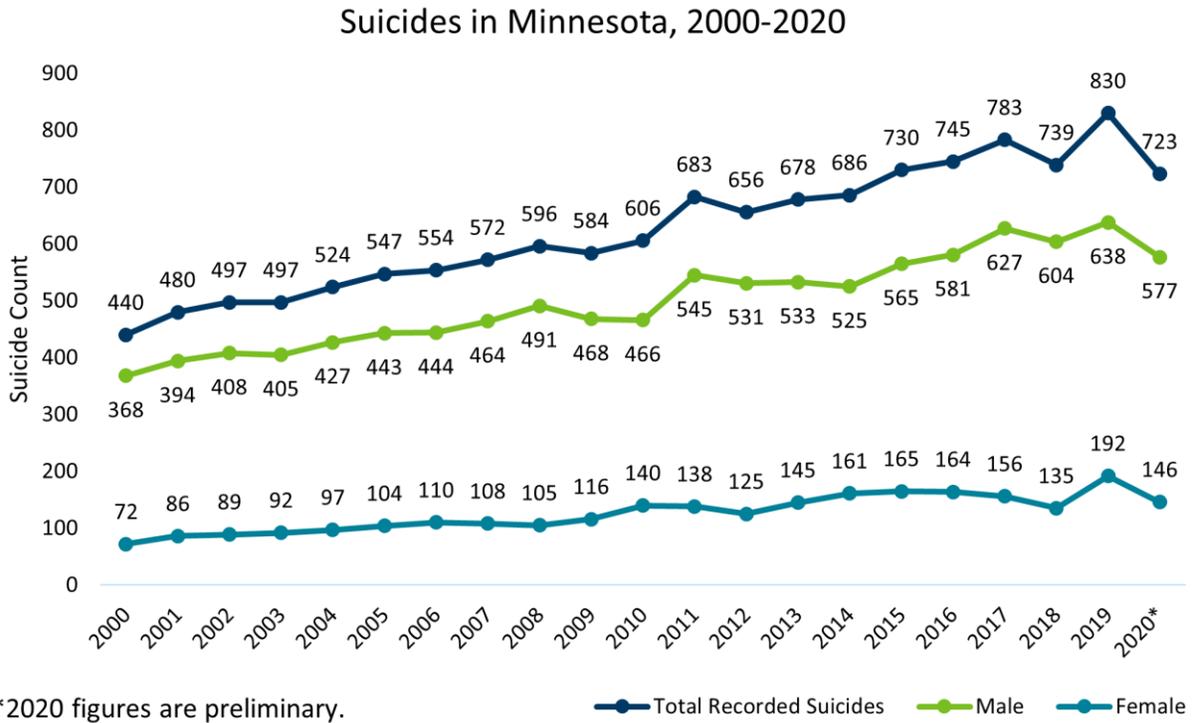
Suicide, or death by intentional self-harm, is the eighth leading cause of death in Minnesota<sup>1</sup>. For the past 20 years, the number of suicides in Minnesota has steadily increased, mirroring patterns across the United States and contributing to a decline in average life expectancy<sup>2</sup>. Other factors contributing to this life-expectancy decline include alcohol-attributable deaths and fatal drug overdoses<sup>2</sup>. Collectively these are referred to as “Preventable Deaths of Substance Use and Suicide,” though they have also been called Deaths of Despair.

**Figure 1. Suicides decline amid increases in alcohol & drug-related deaths**



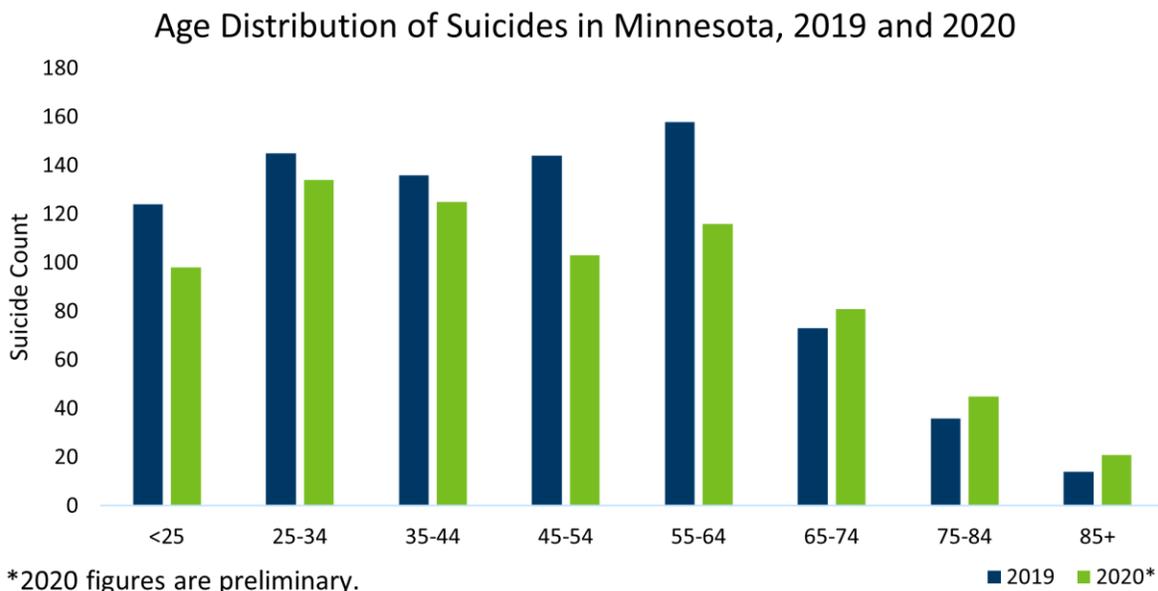
Based on preliminary data, suicide was the only category of these preventable deaths that did not increase in 2020. As of March 31, 2021, death certificates show 723 Minnesota residents died by suicide in 2020, which is lower than the [830 suicide deaths recorded in 2019](#). However, this represents the sixth year in a row in which over 700 Minnesotans died by suicide. Note that this figure does not include Minnesotans who were pronounced dead outside Minnesota borders, as this data is not yet available.

**Figure 2. Fewer suicides in 2020 than 2019, males made up the majority**



Like past years, males made up about 80% of suicides in 2020. This indicates that males are at greater risk of dying by suicide than females. Both groups had fewer suicides in 2020 than in 2019. (Figure 1)

**Figure 3. Fewer youth suicides, more elderly suicides, in 2020 than 2019**



The age distribution of suicides shifted towards older age in 2020 compared to 2019 (Figure 2). Among youth (age 24 or younger) there were 98 suicides in 2020, down from 124 in 2019. There were also fewer suicides for adults age 25-64. The largest decreases occurred in people age 45-64 years. However, there were more deaths by suicide among people 65 years of age or older. In this age group, there were 147 suicides in 2020 compared to 123 in 2019.

## Minnesota's Suicide Prevention Efforts

Minnesota's suicide prevention efforts are based on the belief that suicides are preventable, mental illness is treatable, and recovery is possible. The goals of the Minnesota Suicide Prevention Plan include:

- Supporting healthy and empowered individuals, families, and communities to increase protection from suicide risk.
- Coordinating the implementation of effective programs by clinical and community preventative services providers to promote wellness, build resilience, and prevent suicidal behaviors.
- Promoting suicide prevention as a core component of health care services.
- Increasing the timeliness and usefulness of data systems relevant to suicide prevention and improving the ability to collect, analyze and use this information for action.
- Sustaining suicide prevention efforts.

## References

1. Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2019 on CDC WONDER Online Database, released in 2020. Data are from the Multiple Cause of Death Files, 1999-2019, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on Jan 14, 2021 12:18:43 PM
2. Centers for Disease Control and Prevention, National Center for Health Statistics. Mortality trends in the United States, 1900-2018 [Internet]. Hyattsville (MD); NCHS; [Last updated 2020 Aug 25; cited 2021 Apr 5]. Available from <https://www.cdc.gov/nchs/data-visualization/mortality-trends/index.htm>

## Methodological Notes

### Data Sources

2020 data is preliminary and based on Minnesota death certificates completed as of March 29, 2021. Suicide was defined as the manner of death being coded as “Suicide” or ICD-10 codes of U03, X60-84, and Y87.

Data for pre-2020 is from CDC’s WONDER reporting tool. <https://wonder.cdc.gov/> Within WONDER, suicide was defined as the following ICD-10 codes: U03, X60-84, and Y87.

### Suggested Citation

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