

Investment in research saves lives and money



facts about:

Suicide

"If you think research is expensive, try disease."

— Mary Lasker 1901–1994

Today:

- An American dies by suicide every 16 minutes.
- 1.8 million Americans attempt suicide each year.
- 90% of people who die by suicide have a treatable mental illness or substance abuse disorder.
- Suicide rates are highest among Americans 75 and older.
- Suicide is the 3rd leading cause of death for Americans ages 15–24.
- 80% of suicide deaths are among men.

SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION (WWW.CDC.GOV)
 NATIONAL INSTITUTE OF MENTAL HEALTH (WWW.NIMH.NIH.GOV)
 SUICIDE PREVENTION ACTION NETWORK USA (WWW.SPANUSA.ORG)
 KESSLER, R.C. ET AL. JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION. 2005; 293:2487-2495.

The Cost:

- Suicides in one year cost the U.S. \$13 billion in lost earnings.*
- 1.3 million years of life are lost to suicide annually.**
- Suicide attempts requiring hospitalization cost the U.S. \$3.8 billion each year.***

SOURCE: *KNOX, K.L. ET AL. AMERICAN JOURNAL OF PUBLIC HEALTH. 2005;95:1898-1903.
 **NATIONAL CENTER FOR INJURY PREVENTION AND CONTROL, WISQARS (WWW.CDC.GOV/NCIPC/WISQARS)
 ***SUICIDE PREVENTION RESOURCE CENTER

SAVING LIVES
SAVING MONEY

HOW RESEARCH SAVES LIVES:

- NIH-funded researchers found that older depressed patients have fewer suicidal thoughts and improve faster when their primary care doctors are educated about depression treatment and a depression care manager oversees their treatment.*
- High school students showed a 40% drop in suicide attempts after participating in the Signs of Suicide (SOS) program, which screens teens for depression and teaches them to recognize and respond to teens needing help.**

SOURCE: *BRUCE, M.L. ET AL. JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION. 2004;291:1081-1091.
 **ASELTINE, R.H. AND DEMARTINO, R. AMERICAN JOURNAL OF PUBLIC HEALTH. 2004;94:446-451.

HOW RESEARCH SAVES MONEY:

- Researchers at the National Institute of Mental Health demonstrated that over 20 years, the U.S. saved more than \$70 billion in medical costs and lost productivity due to suicide by using lithium to treat patients with bipolar disorder.*
- For each suicide prevented, the U.S could save an average of \$1,182,559 in medical expenses (\$3,875) and lost productivity (\$1,178,684).**

SOURCE: *WYATT, R.J. ET AL. PSYCHIATRIC QUARTERLY. 2001;72:149-166.
 **SUICIDE PREVENTION RESOURCE CENTER (WWW.SPRC.ORG)

survivor



NAME: PUA KANINAU

AGE: 56

CIRCUMSTANCE: SON'S SUICIDE

Pua Kaninau's life changed on April 5, 2003, when her son Kaniela died by suicide just 5 days after his 18th birthday. Now trained to recognize potential suicide risk, Pua realizes that Kaniela was depressed. His grades had declined, his sleep was irregular and he seemed rebellious.

On the day of Kaniela's death, his sister was so concerned about him after a crisis at school that she alerted their mom and dad. Pua and her family talked to Kaniela but brushed aside the possibility of suicide and let him go with his friends. Kaniela's friends called later to report he was missing. Today Pua stresses, "Never let them go or be left alone and unattended."

Kaniela's death inspired Pua to learn more about suicide and help other families. She is pursuing a master's degree in social work, which includes research on teens and suicide. Pua is recognized statewide as an advocate, founding the Hawaii Suicide Prevention Education, Awareness, Research (SPEAR) Foundation, co-chairing the state's Suicide Prevention Steering Committee and serving as a community organizer for the Suicide Prevention Action Network USA.

"We absolutely need more funding for suicide prevention research," says Pua. As a Native Hawaiian, she particularly wants to see more research in her community since Native Hawaiians are at highest risk for suicide among all youth groups in the state. "Because of the Garrett Lee Smith Memorial Act we have more states involved, but we need clinical and other research on suicide in every state."

facts about: } Suicide

Hope for the Future:

- ▣ The U.S. Air Force decreased its suicide rate by one-third by reducing stigma throughout the service and encouraging those at risk to seek help early. Other military services, fire and police departments, large corporations and schools can use this community-based prevention program as a model to further reduce suicide deaths and attempts.*
- ▣ By helping those who have recently attempted suicide learn new ways to behave and cope when they have suicidal thoughts, cognitive therapy reduces the rate of repeat attempts by 50%.**

SOURCE: *KNOX, K.L. ET AL. BMJ. 2003;327:1376-1380.

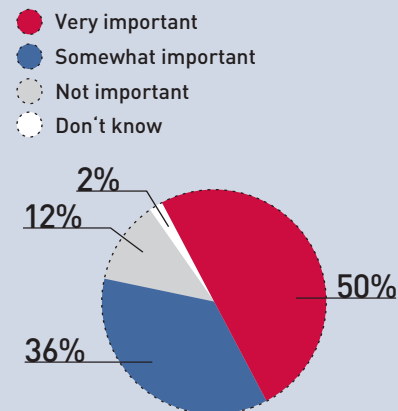
**BROWN, G.K. ET AL. JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION. 2005;294:563-570.

The Bottom Line:

Suicide is a preventable public health problem and a leading cause of death in the United States. Greater investment in suicide and suicide attempt prevention research is needed to prevent the untimely deaths of thousands of Americans each year.

Very Important for the U.S. to Invest in Suicide Prevention

How important do you think it is for the U.S. to invest in the prevention of suicide?

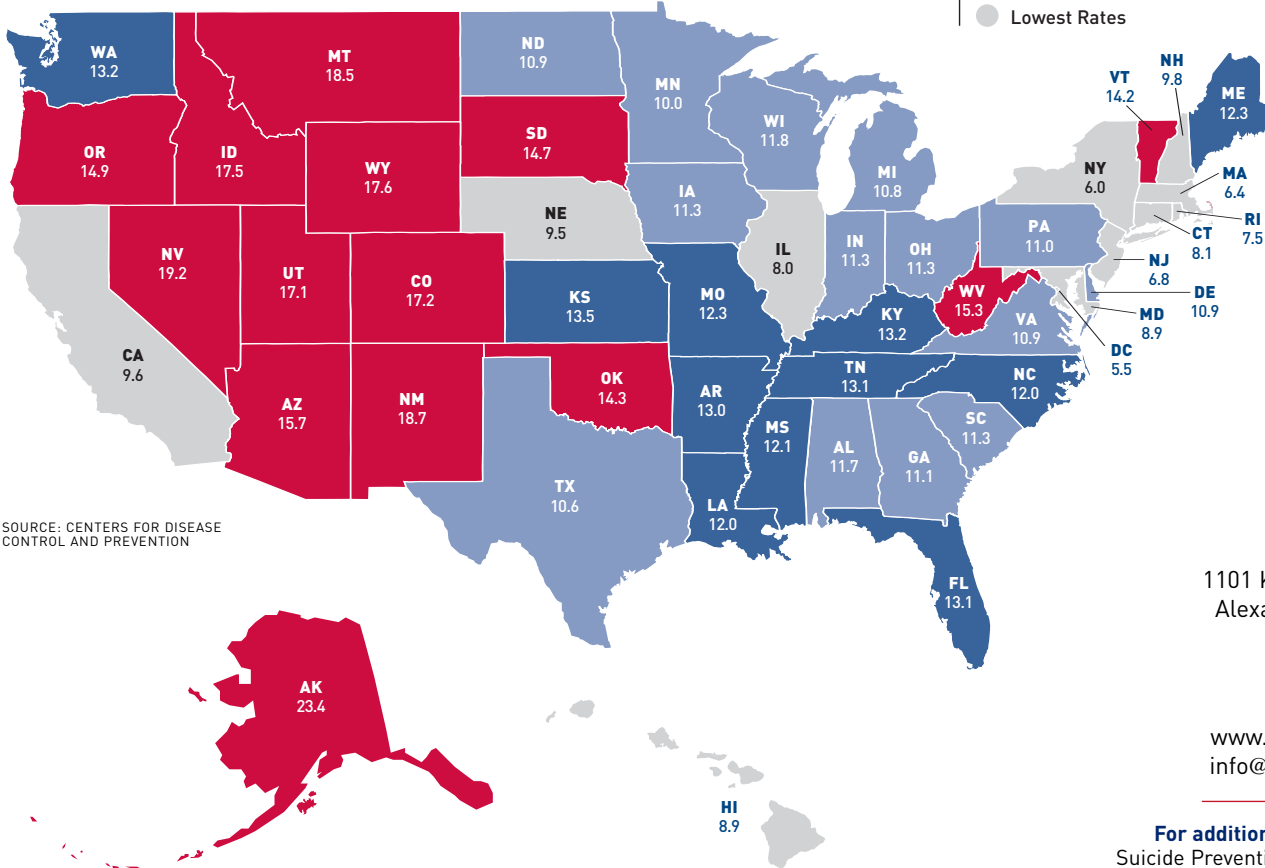


SOURCE: TAKING OUR PULSE: THE PARADE/RESEARCH!AMERICA HEALTH POLL CHARLTON RESEARCH COMPANY, 2006

Suicide Death Rates 2004

Age-adjusted Death Rate per 100,000 Population

- Highest Rates
- 2nd Highest Rates
- 3rd Highest Rates
- Lowest Rates



SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

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