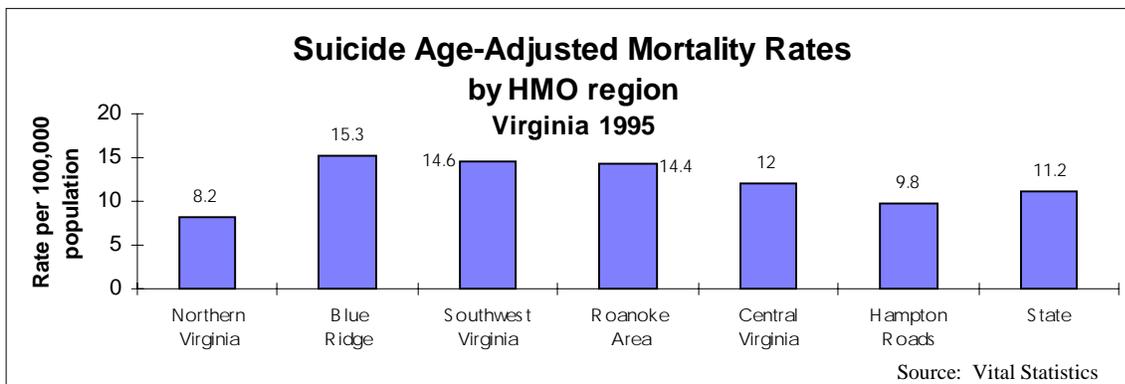
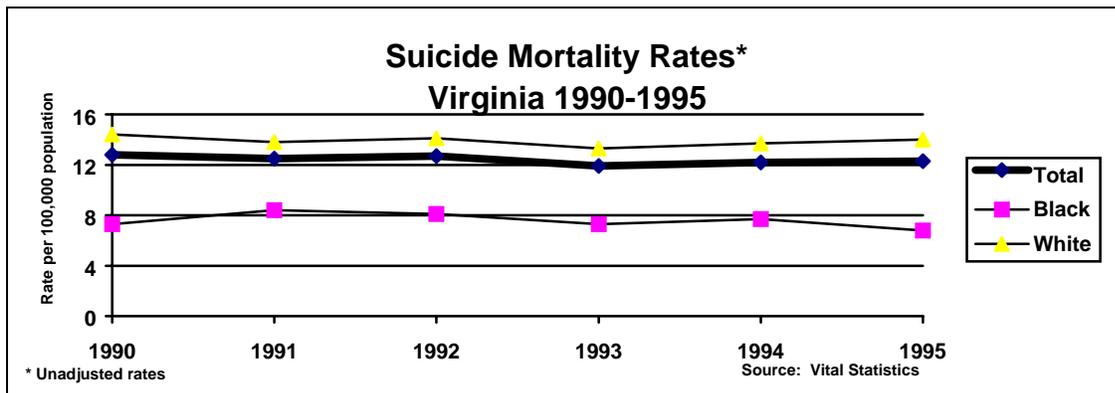


Intentional Injury Deaths, Self Inflicted: Suicide

Objective: *Reduce deaths caused by suicide to no more than 10.5 per 100,000 people (age-adjusted).*

About 30,000 Americans each year, including more than 5,000 under the age of 25, take their own lives. The number of suicide deaths in Virginia in 1995 totaled 809, for a rate of 11.2 for every 100,000 people. Suicide is clearly the most serious potential outcome of mental disorders. Mental health can be affected by environmental stresses, chronic pressures, life events or genetic defects. Depression and associated affective/mood disorders, which affect approximately five percent of the population at any one time, are also major risk factors for suicide. However, primary care physicians often fail to recognize the symptoms of depression in their patients, as these often mimic the symptoms of physical illness. Approximately 80% of patients with depression can be successfully treated, yet less than half of these are accorded treatment by a health care provider. Interventions must be directed at increasing the availability of helpful resources for individuals as early as possible, and by enhancing their coping skills through education and social support. For those needing more aggressive attention, medical interventions must be made available.



**Suicide Age-Adjusted Death Rates*
by Health District, Virginia 1995**

FIRST QUARTILE	Eastern Shore	5.4	
	Fairfax	6.9	
	Alexandria	7.4	
	Prince William	7.7	
	Peninsula	7.8	
	Virginia Beach	8.3	
	Western Tidewater	8.8	
	Rappahannock/Rapidan	8.9	
	Pittsylvania/Danville	9.2	
SECOND QUARTILE	Arlington	9.4	Virginia 2000 Objective
	Three Rivers	10.0	
	Rappahannock	10.4	10.5 per 100,000
	Chesterfield	10.5	
	Hampton	10.6	Virginia Rate 1995
	Piedmont	10.6	
	Henrico	10.9	11.2 per 100,000
	Portsmouth	11.2	
	Lenowisco	11.4	
THIRD QUARTILE	Alleghany	11.5	U.S. Rate 1994
	Crater	11.8	
	Mount Rogers	11.8	
	Lord Fairfax	12.6	11.6 per 100,000
	West Piedmont	12.9	
	Norfolk	13.1	
	Richmond	14.0	
	Southside	14.6	
	New River	15.0	
FOURTH QUARTILE	Hanover	15.3	
	Chesapeake	16.1	
	Loudoun	16.5	
	Thomas Jefferson	16.6	
	Central Shenandoah	18.3	
	Central Virginia	19.1	
	Cumberland Plateau	19.4	
Roanoke	23.9		

* Rate per 100,000 population