



# Death by Suicide in Males Under 30: Patterns, Trends, and Circumstances

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Prevention and Health Promotion Administration  
Maryland Department of Health

# Mission and Vision

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## Mission

The mission of the Prevention and Health Promotion Administration is to protect, promote and improve the health and well-being of all Marylanders.

## Vision

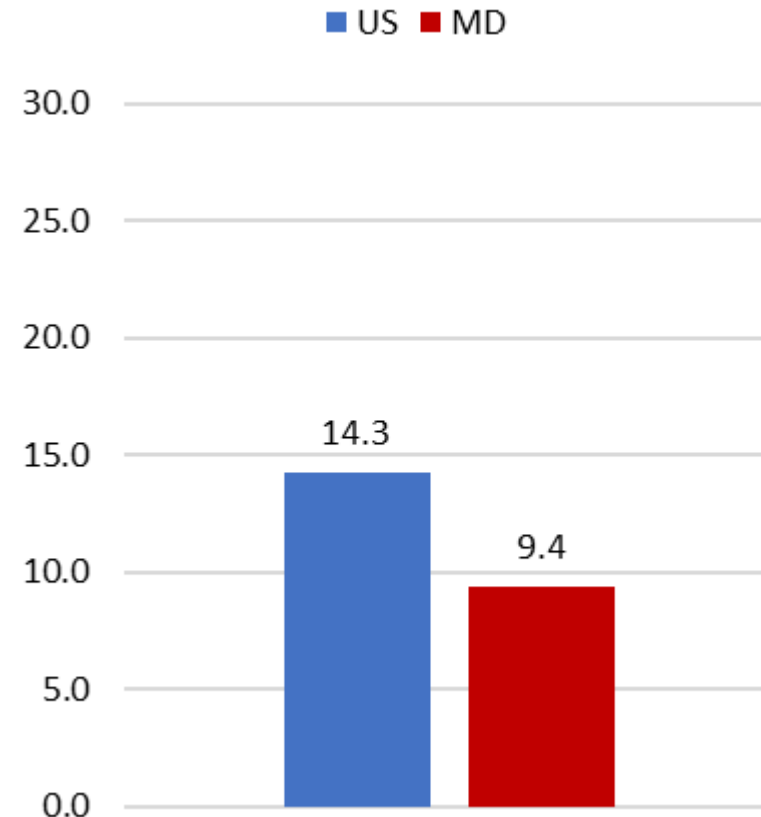
The Prevention and Health Promotion Administration envisions a future in which all Marylanders have equitable opportunities to live, thrive, and be healthy.

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# Population Patterns and Trends

# Suicide patterns: United States vs. Maryland

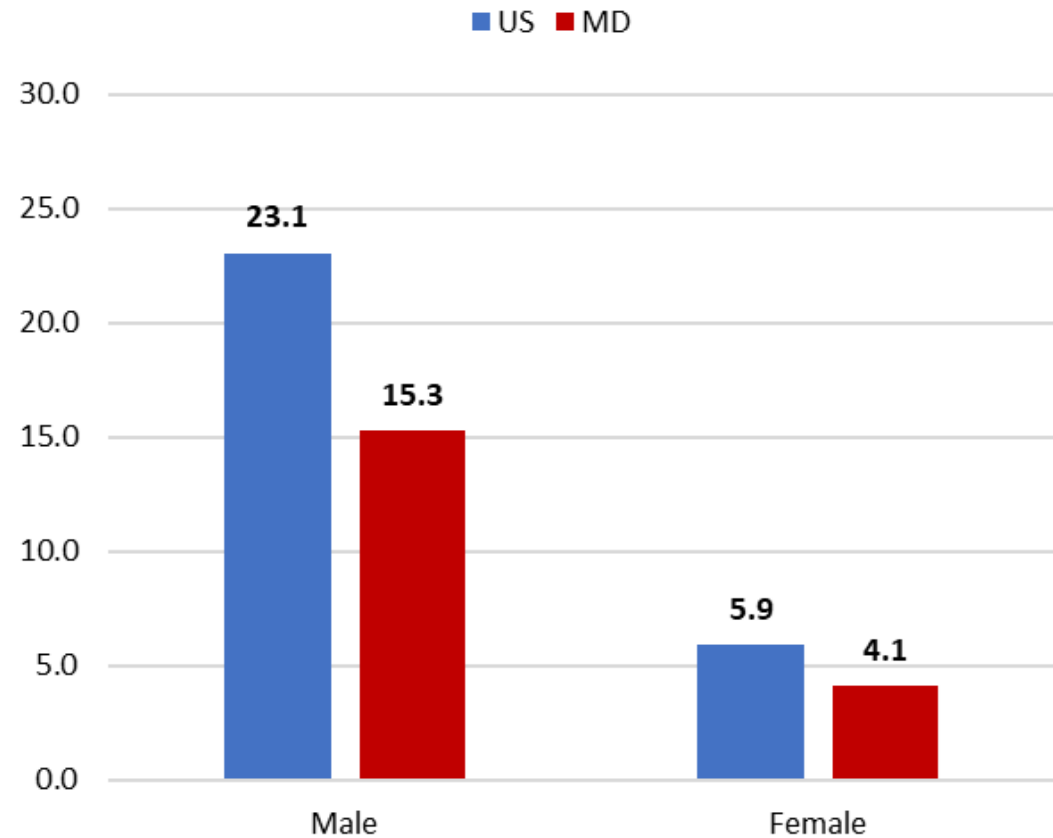
- **Maryland** suicide rates are **lower** than national suicide rates
- In 2022, the national suicide rate was about 50% higher than the Maryland suicide rate



*Data source: CDC WISQARS, accessed February 2025 at <https://wisqars.cdc.gov/>*

# Suicide patterns: Males vs. Females, US vs. MD

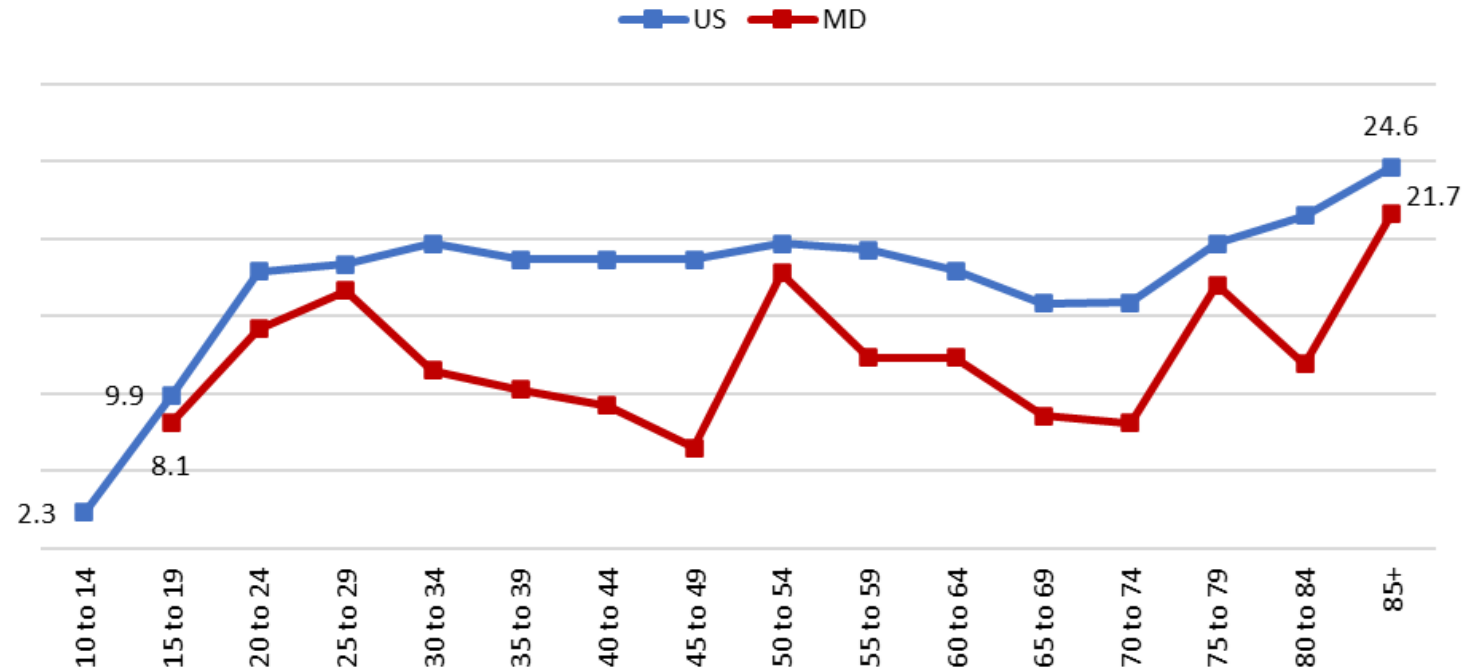
- Suicide rates are **higher for males** than for females
- In 2022, suicide rates were about 50% higher for males than for females, both nationally and in Maryland



*Data source: CDC WISQARS, accessed February 2025 at <https://wisqars.cdc.gov/>*

# Suicide patterns: Age group, US vs. MD

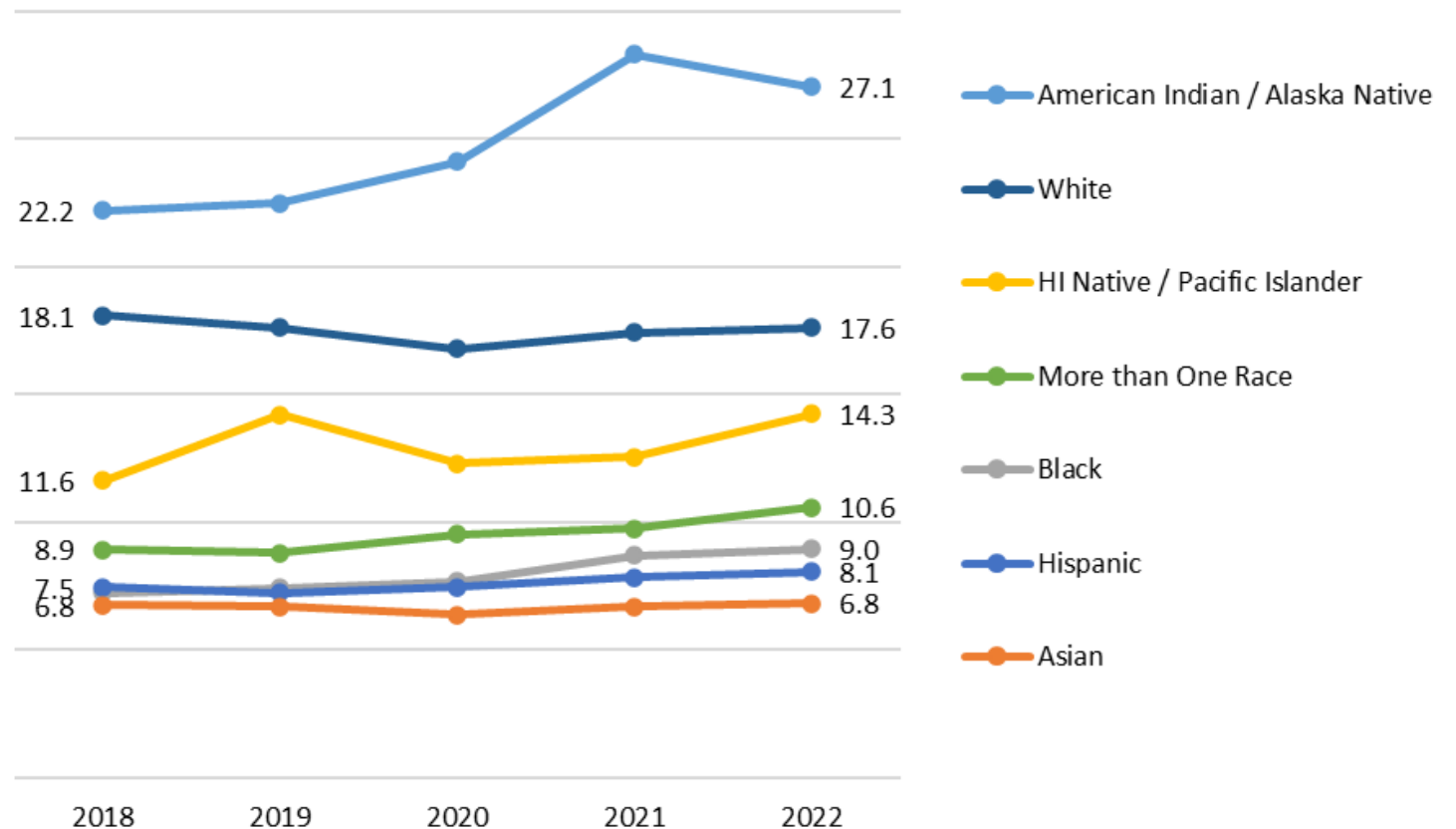
- Suicide rates vary across the lifespan
- In 2022, adults age 85+ had the highest suicide rates
- Suicide is a leading cause of death among youth



*Data source: CDC WISQARS, accessed February 2025 at <https://wisqars.cdc.gov/>*

# Suicide patterns: Race/ethnicity, US

- Between 2018 and 2022, suicide rates **increased for many race/ethnicity groups** in the US
- American Indian / Alaska Native have the highest suicide rates in the US



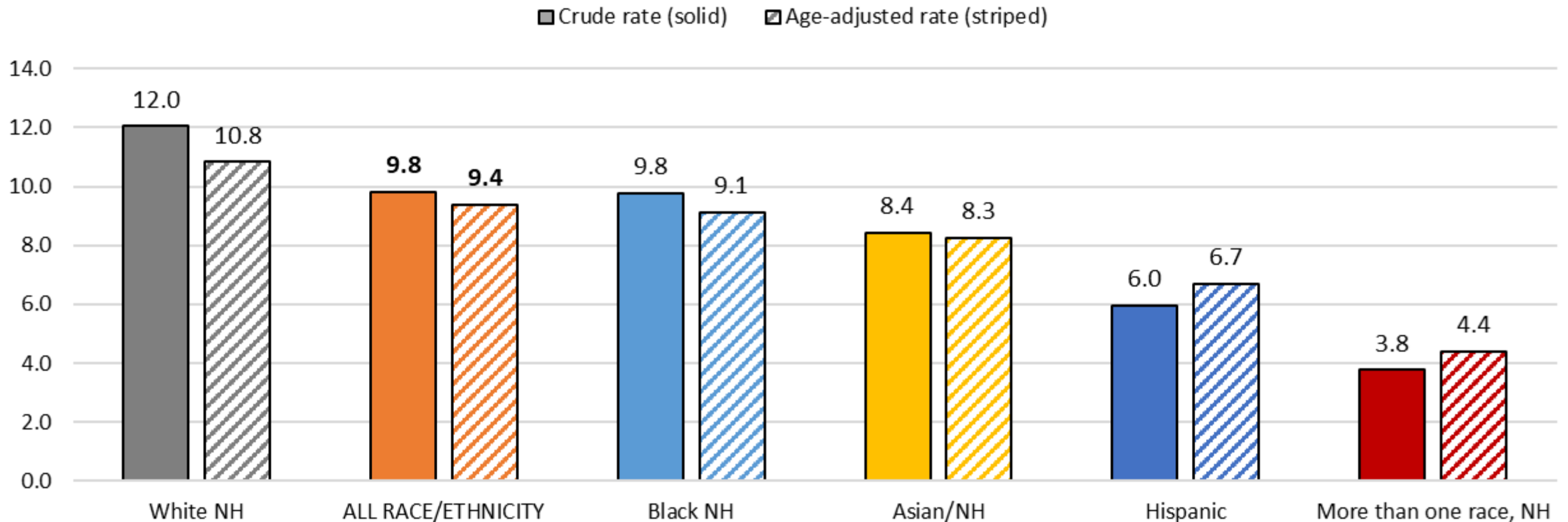
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# **Patterns and Trends: Males under age 30**

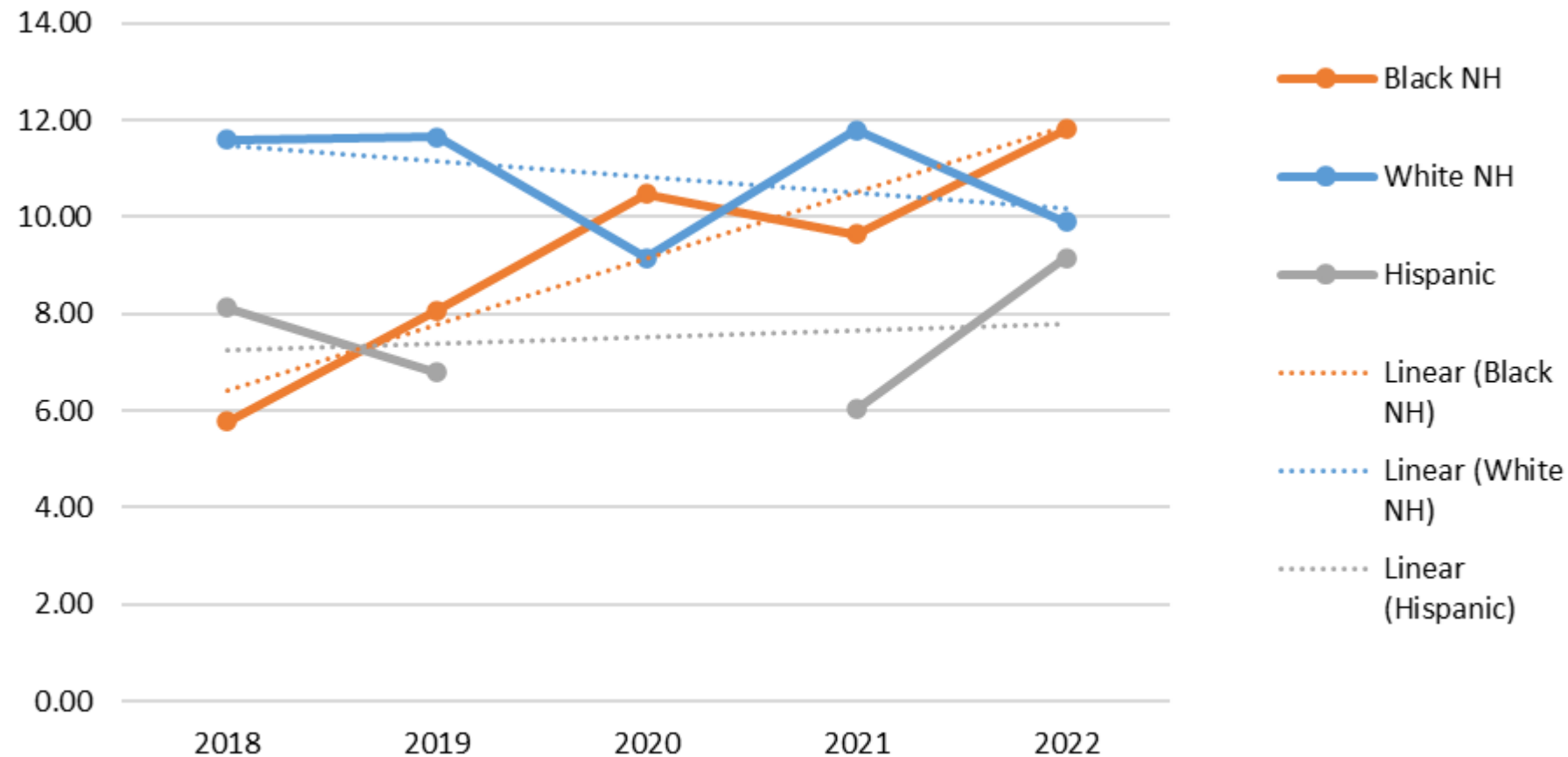


# Maryland suicide rate per 100,000 males under age 30, by race/ethnicity, 2018-2022



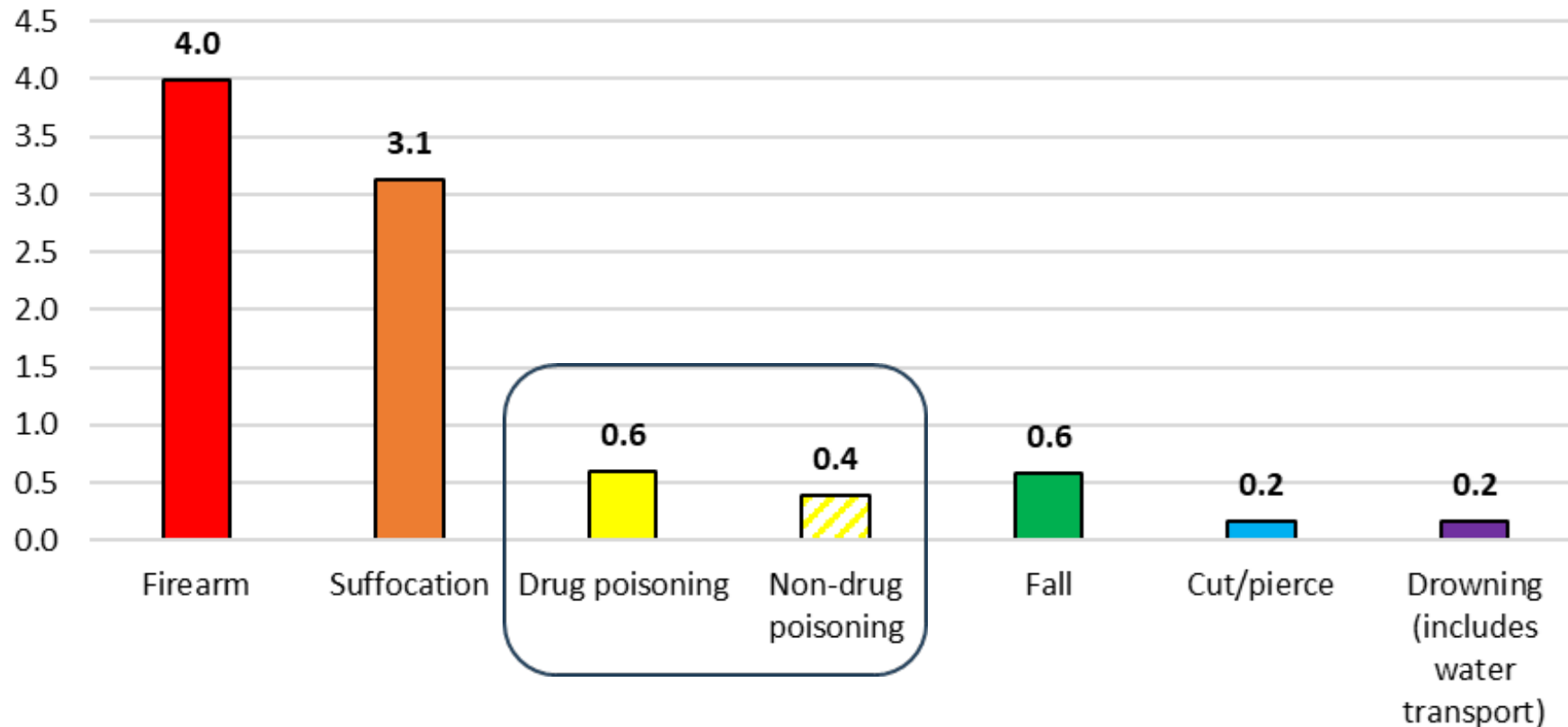
*Data source: CDC WISQARS, accessed February 2025 at <https://wisqars.cdc.gov/>*

# Annual suicide rate per 100,000 Maryland males under age 30, by race/ethnicity, 2018-2022



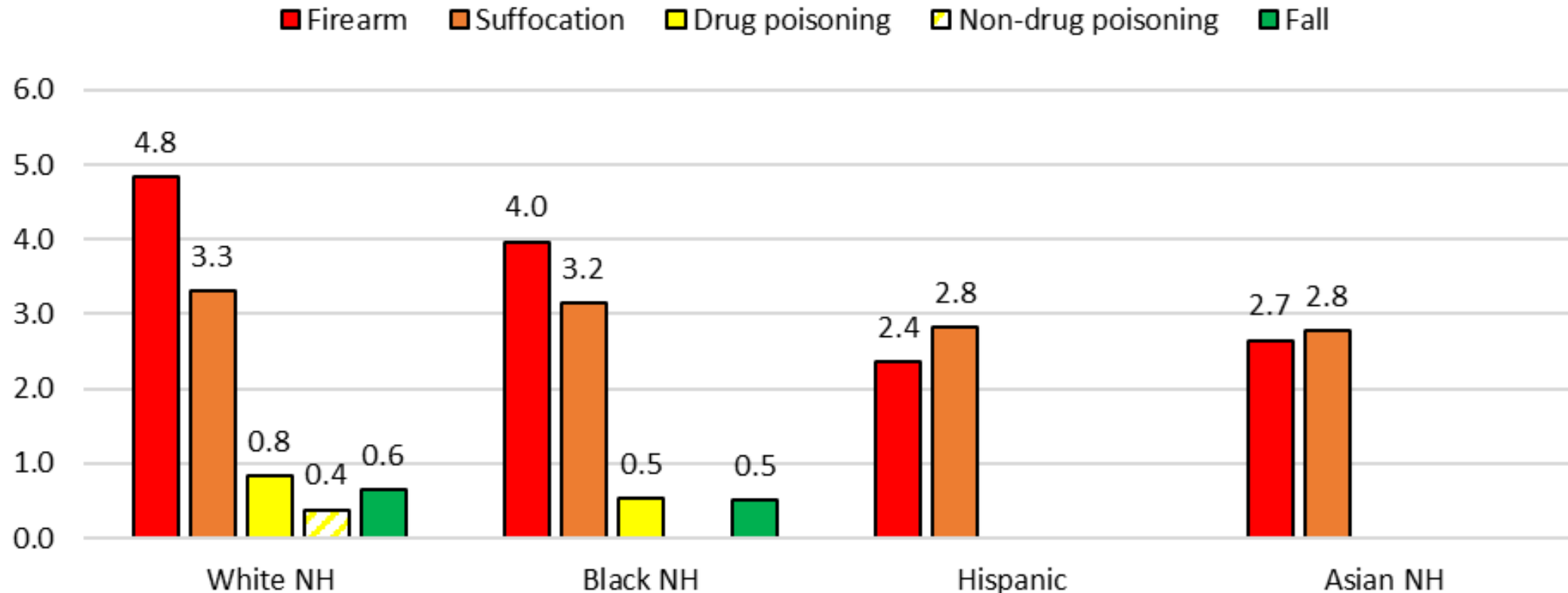
*Data source: CDC WISQARS, accessed February 2025 at <https://wisqars.cdc.gov/>*

# Suicide rate per 100,000 Maryland males under age 30, by mechanism, 2018-2022



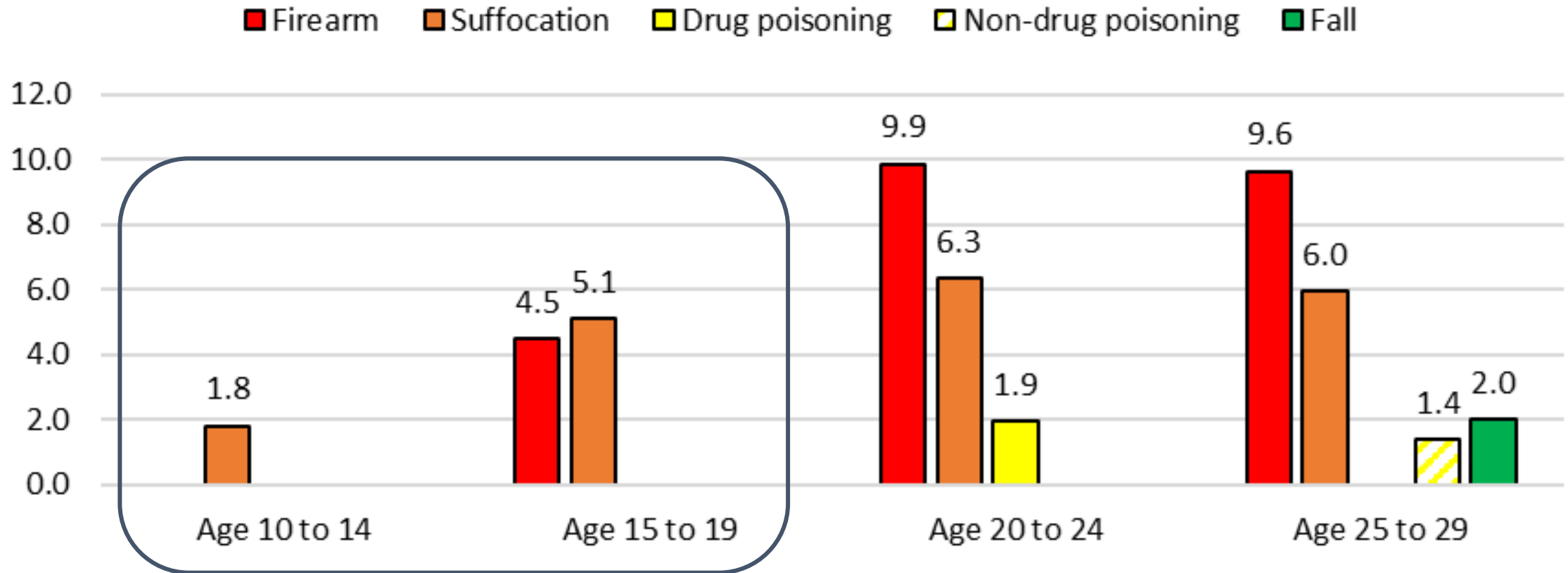
*Data source: CDC WISQARS, accessed February 2025 at <https://wisqars.cdc.gov/>*

# Suicide rate per 100,000 Maryland males under age 30, by mechanism and race/ethnicity, 2018-2022



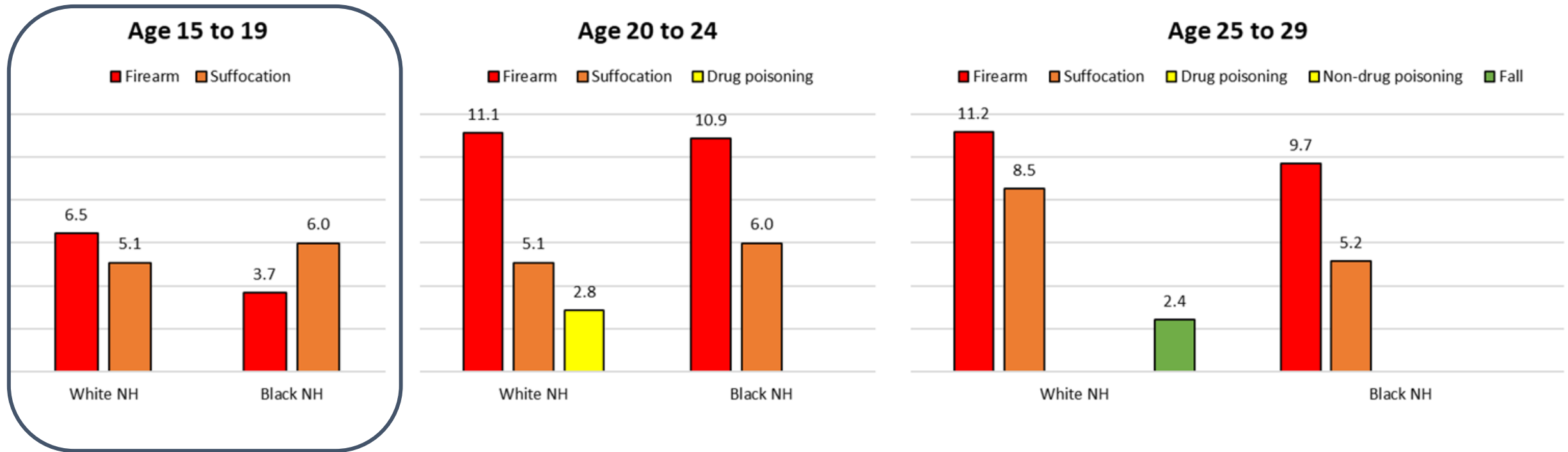
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# Suicide rate per 100,000 Maryland males under age 30, by mechanism and age, 2018-2022



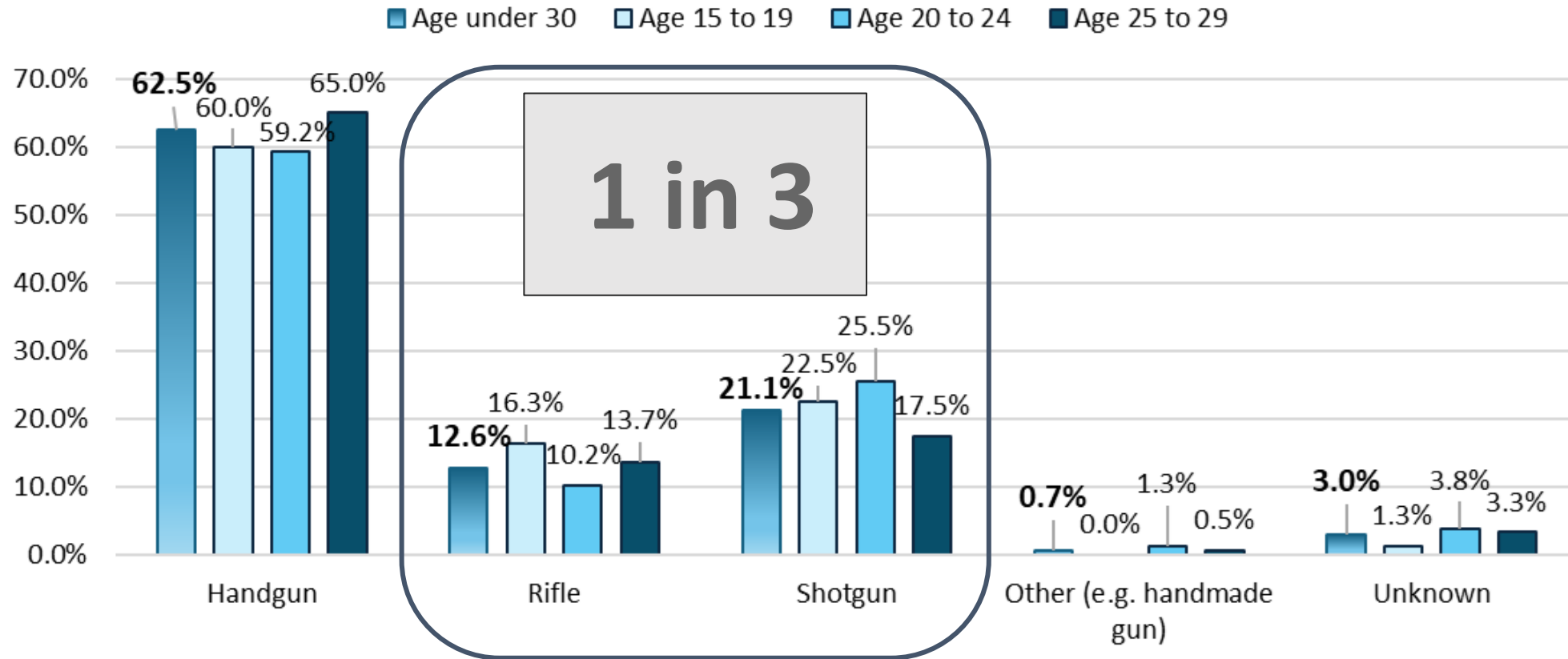
*Data source: CDC WISQARS, accessed February 2025 at <https://wisqars.cdc.gov/>*

# Suicide rate per 100,000 Maryland males under age 30, by mechanism, age, race/ethnicity, 2018-2022



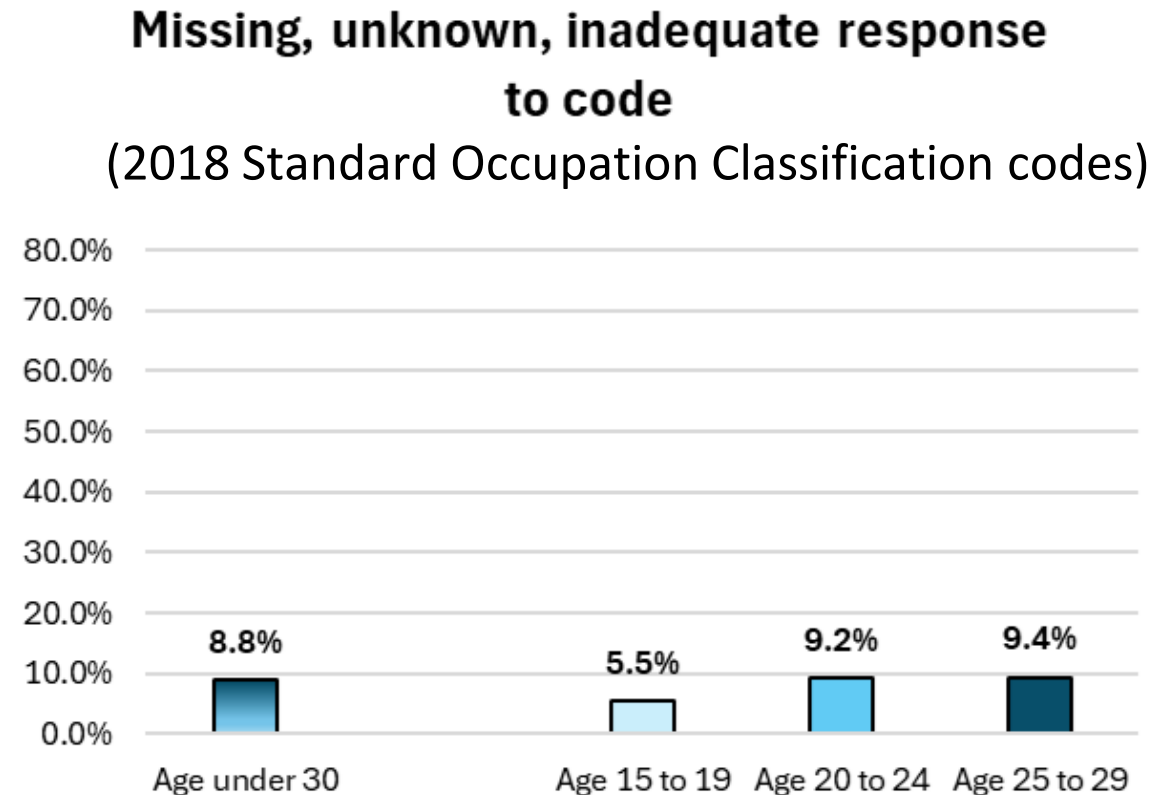
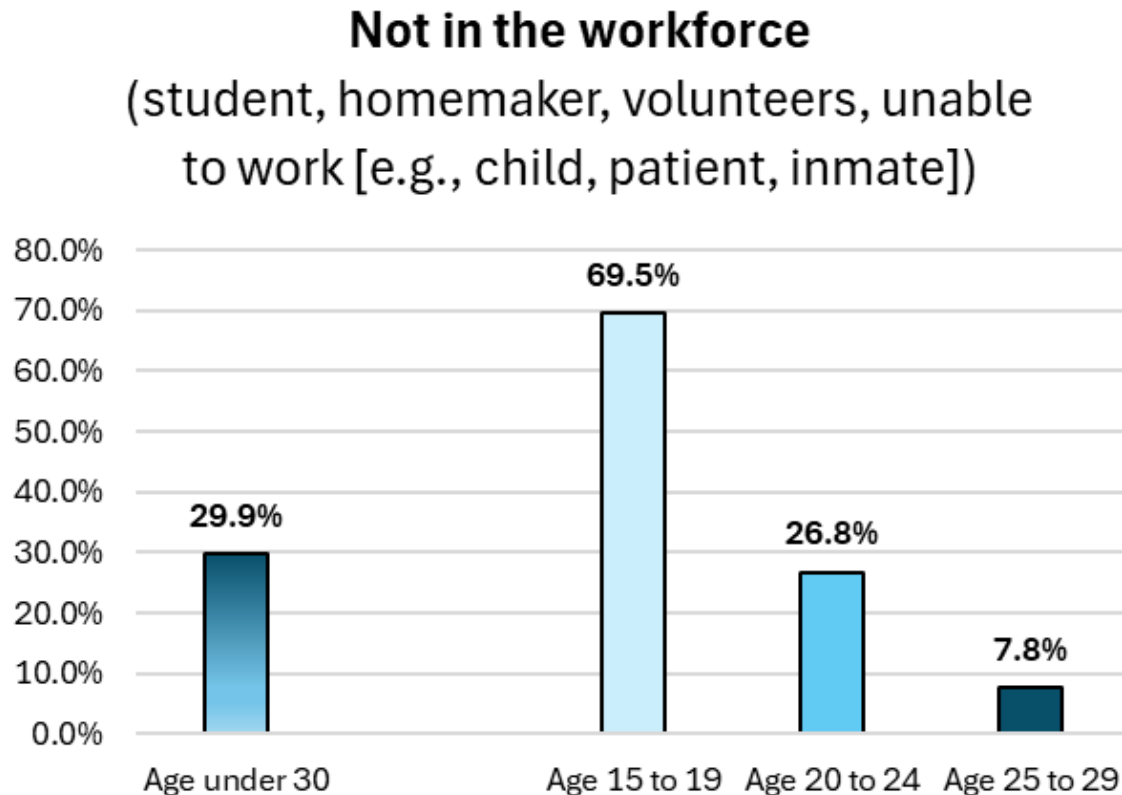
*Data source: CDC WISQARS, accessed February 2025 at <https://wisqars.cdc.gov/>*

# Type of firearm: Maryland males under age 30



*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*

# Occupation and student status: Maryland males under age 30, not in the workforce



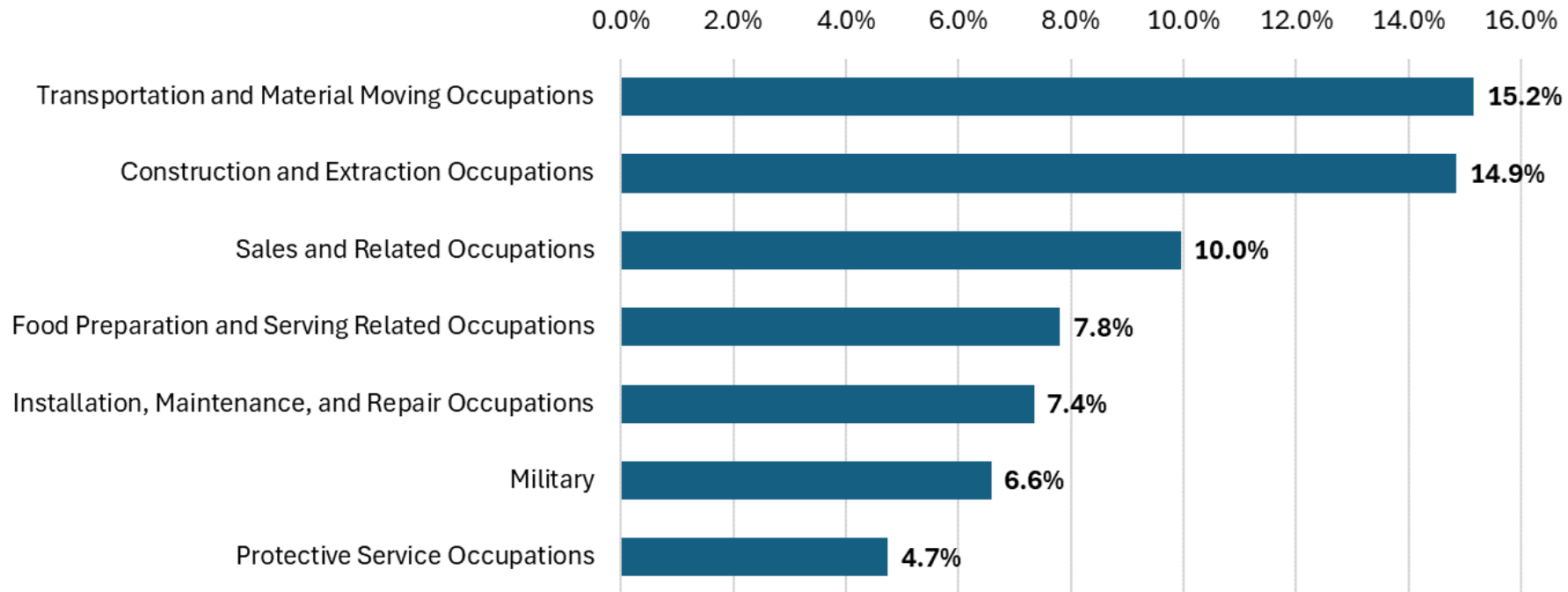
*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*



# Occupation and student status: Maryland males under age 30, most common occupations

## Most frequent occupations of Maryland males under 30 who died by suicide

Percentages based on males under 30 who were in the workforce and for whom there was sufficient information available to apply 2018 Standard Occupation Classification (SOC) codes



*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*

*Population patterns and trends*

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**Key takeaways: Males under age 30**

# Key takeaways: Suicide rates in males under 30

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## HIGHEST RATES

American Indian / Alaska Native\*  
White NH  
Hawaii Native / Pacific Islander\*

Transportation and material moving  
Construction and extraction  
occupations



## INCREASING

Black NH  
? Hispanic



## DECREASING

White NH

*\*Based on national estimates.  
Maryland estimates not available*

# Key takeaways: Weapons in males under 30

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## MOST COMMON

1. Firearms
2. Suffocation\*
3. Poisoning  
(drug and non-drug)
4. Fall
5. Cut/pierce
6. Drowning
7. *all others*

## FIREARMS

Most common use by:

- White NH
- Black NH
- Age 20 to 24
- Age 25 to 29
- Age 15 to 19 White NH

1 in 3: shotguns/rifles

## SUFFOCATION\*

Most common use by:

- Hispanic\*\*
- Asian NH\*\*
- Age 15 to 19
- Age 15 to 19 Black NH

*\*Suffocation refers to hanging, suffocation, strangulation*

*\*\* Race/ethnicity stratification by 5-year age not available for Hispanic or Asian NH*

*Maryland males under age 30*

*Part 1: Frequencies and simple comparisons*

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# **Circumstances: Males under age 30**

# The Violent Death Reporting System (VDRS)

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## National Violent Death Reporting System (NVDRS)

- Established in 2003 with 6 states
- Systematically collects ~600 unique data points from death certificates, coroner / medical examiner reports, and law enforcement reports into a unified system

## Maryland Violent Death Reporting System (MVDRS)

- Established in 2003
- 20 years of data!
- Highly trained team of data abstractors onsite at MDH
- Provides data to inform public health actions to prevent violent death of all manners in Maryland

# Circumstances of suicide for Maryland males under age 30: Things to know

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Must be documented in the medical examiner report, the law enforcement report, or the death certificate to be endorsed in VDRS

MH = mental health

SUD = substance use disorder

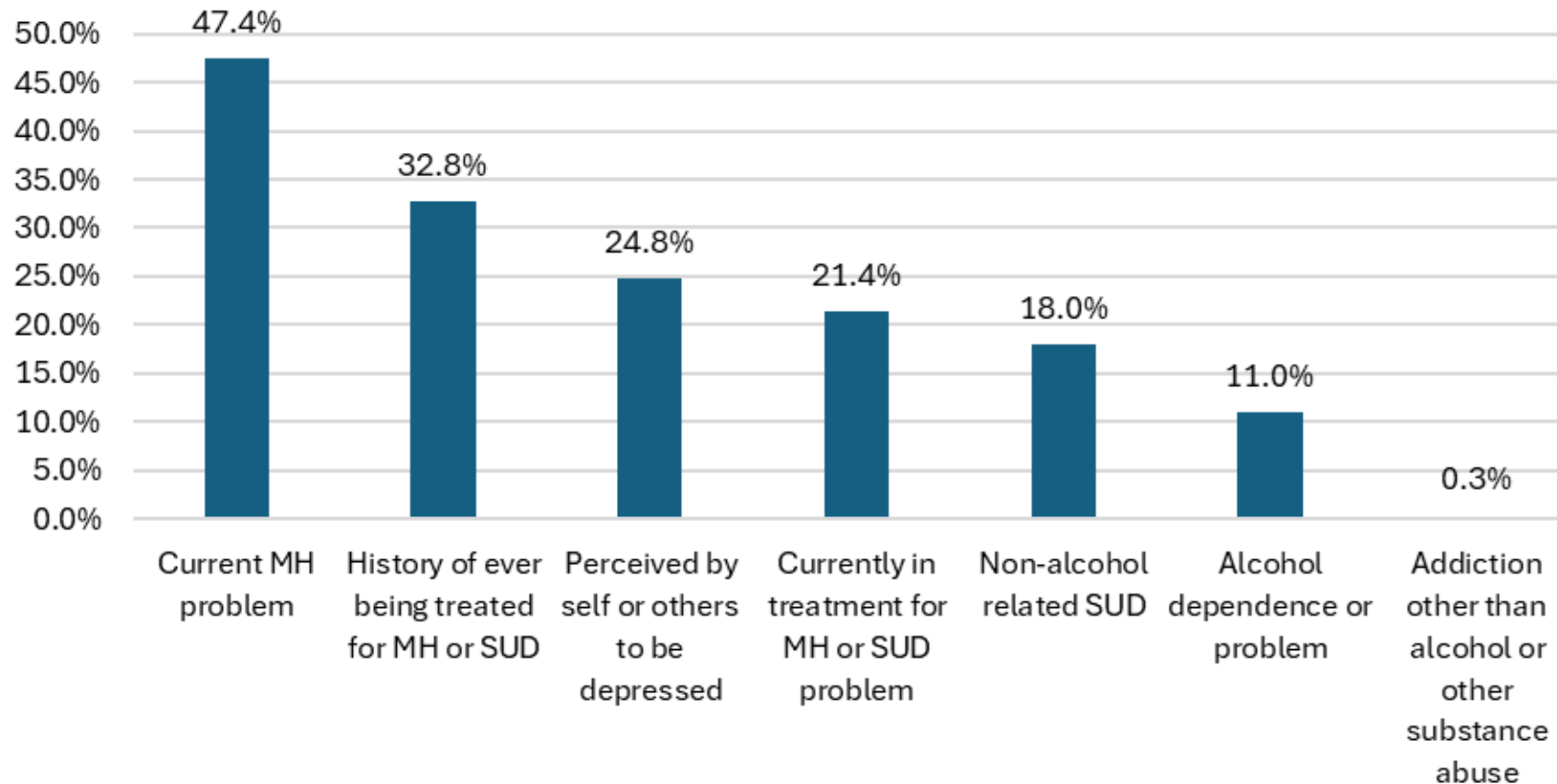
25 circumstances

Five categories:

- MH/SUD-related
- Relationship-related
- Suicide-specific
- Life problems
- Grief or trauma-related

*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*

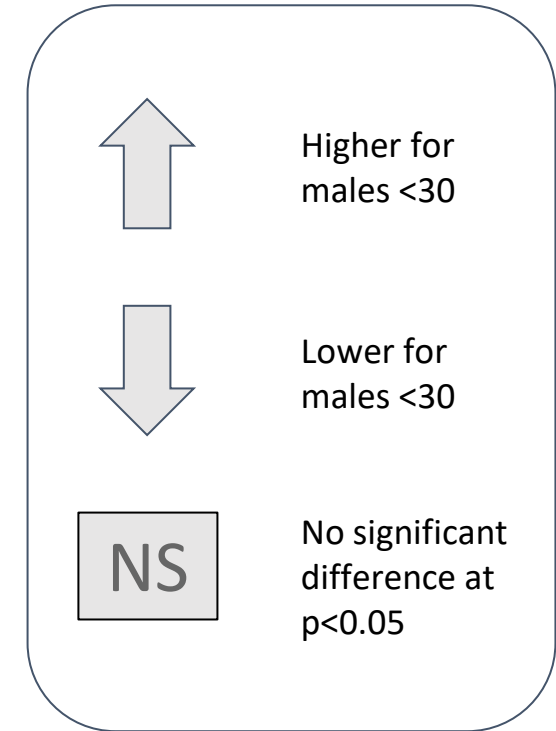
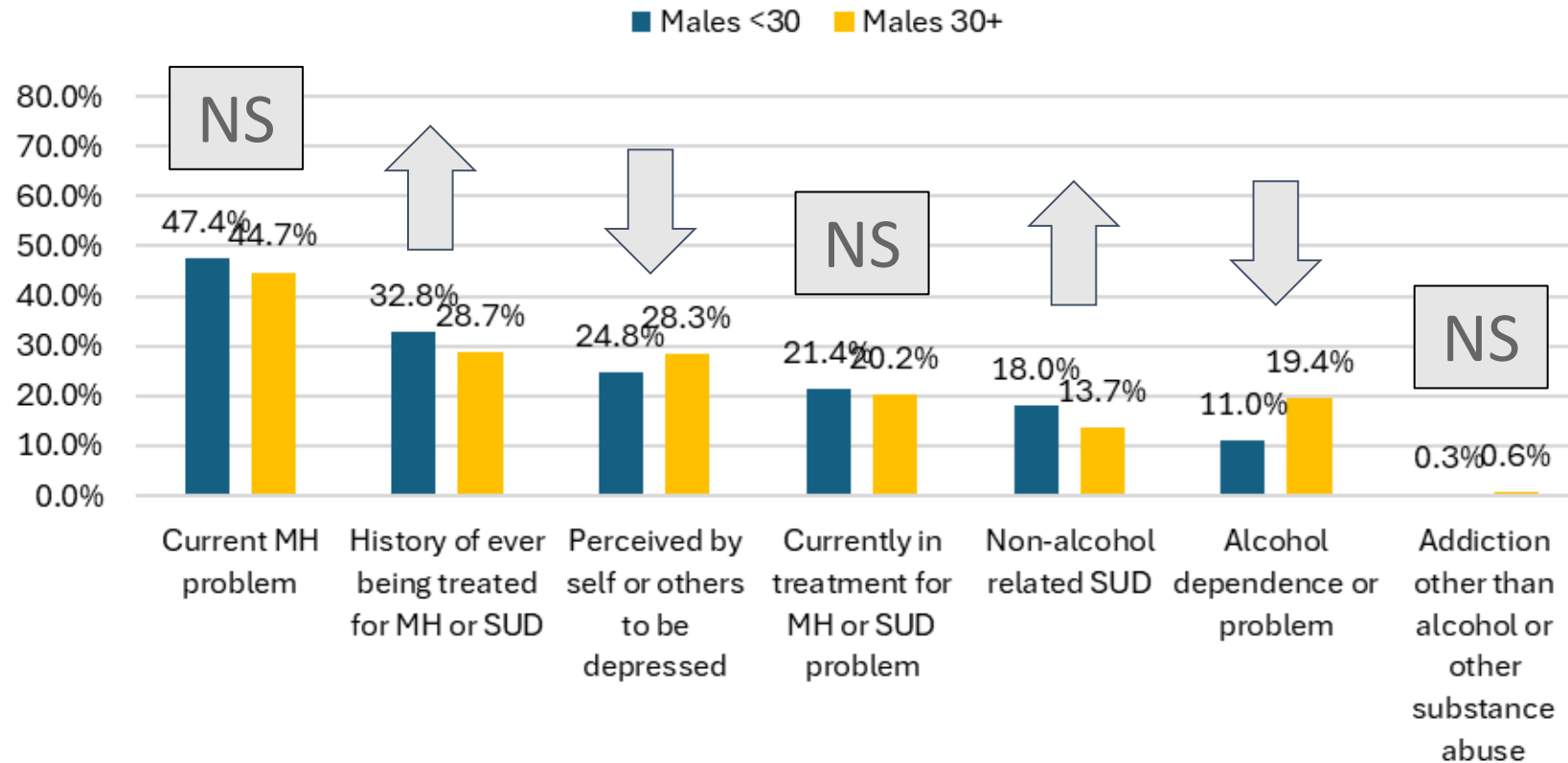
# Circumstances of suicide for Maryland males under age 30: MH and SUD-related problems



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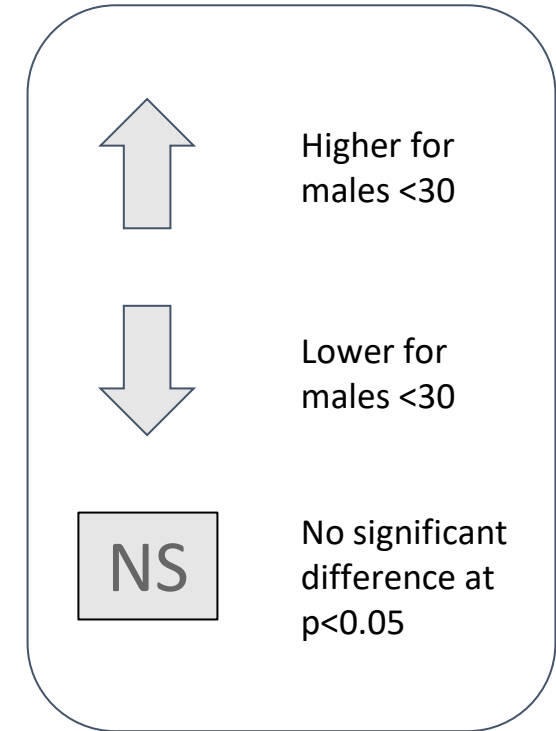
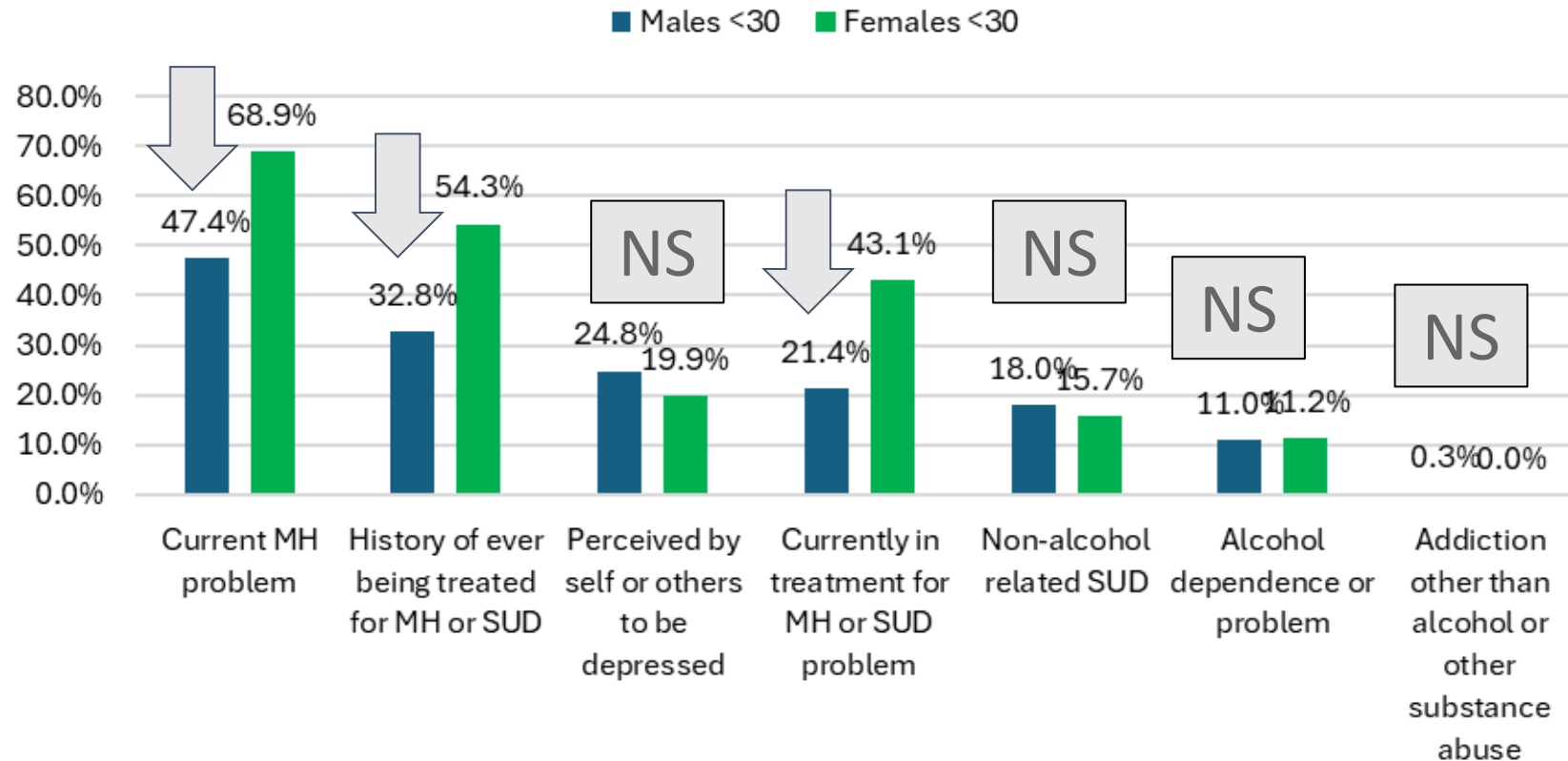


# Circumstances of suicide for Maryland males under age 30: MH and SUD-related problems



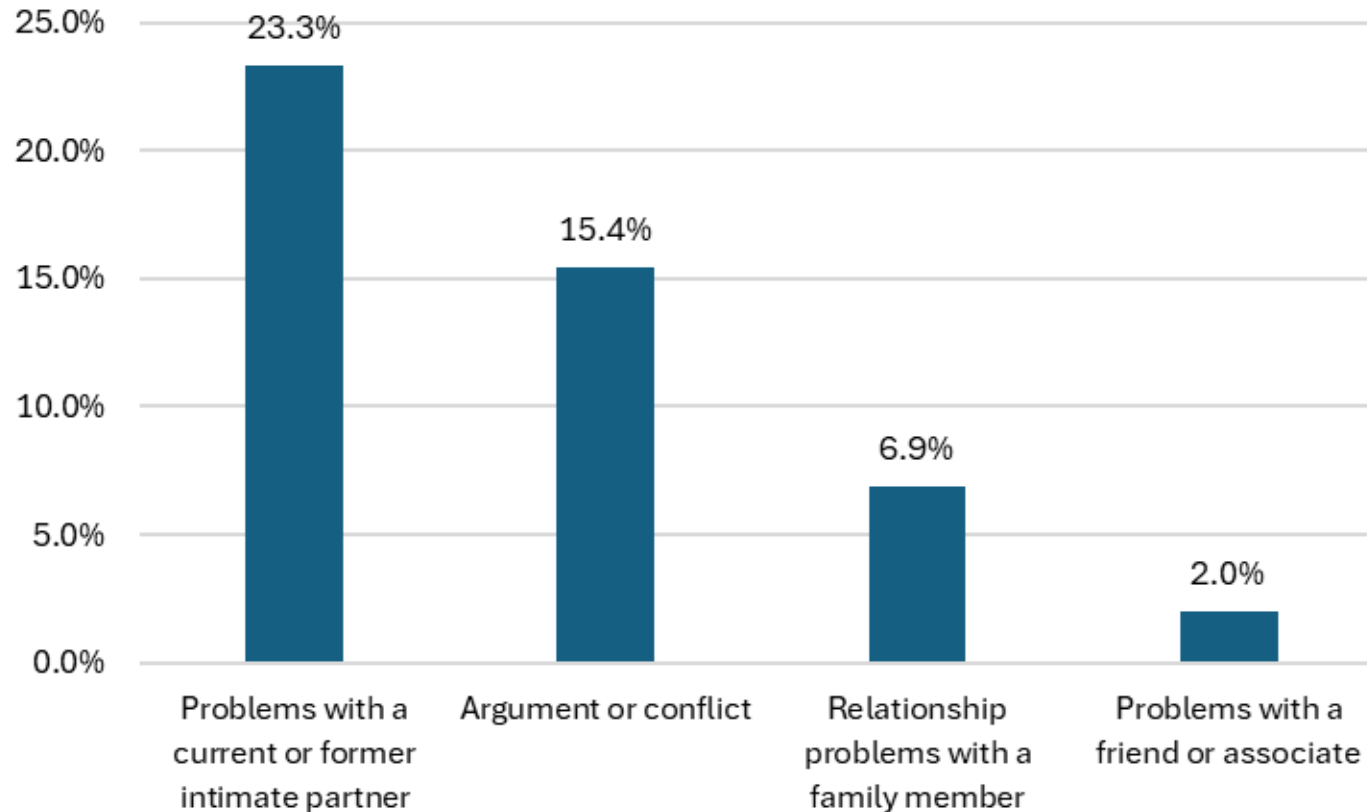
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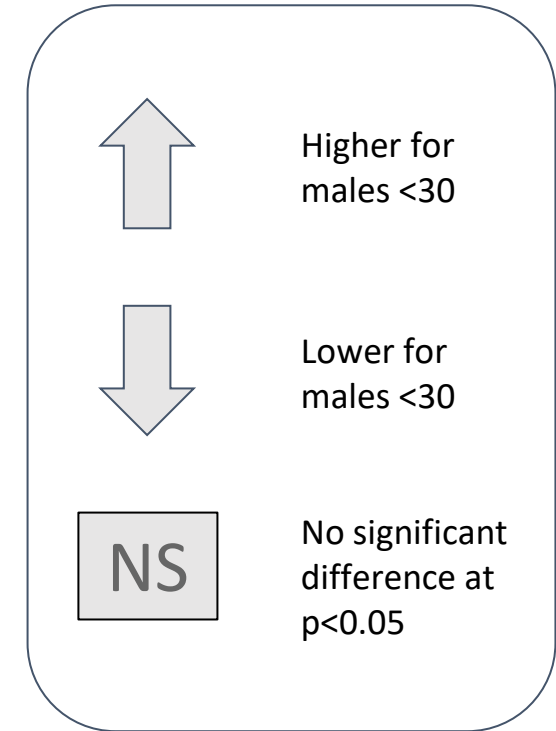
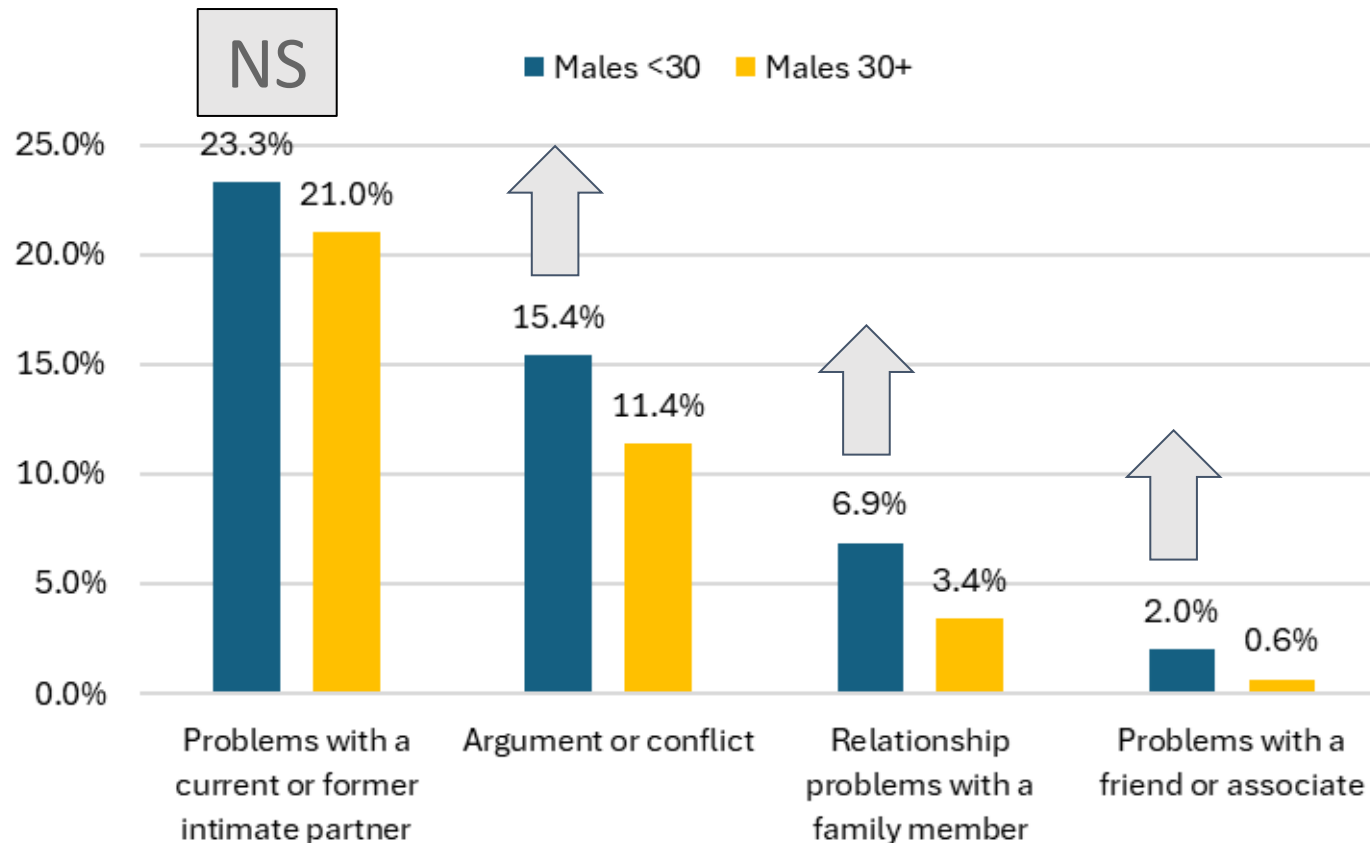
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# Circumstances of suicide for Maryland males under age 30: relationship-related problems



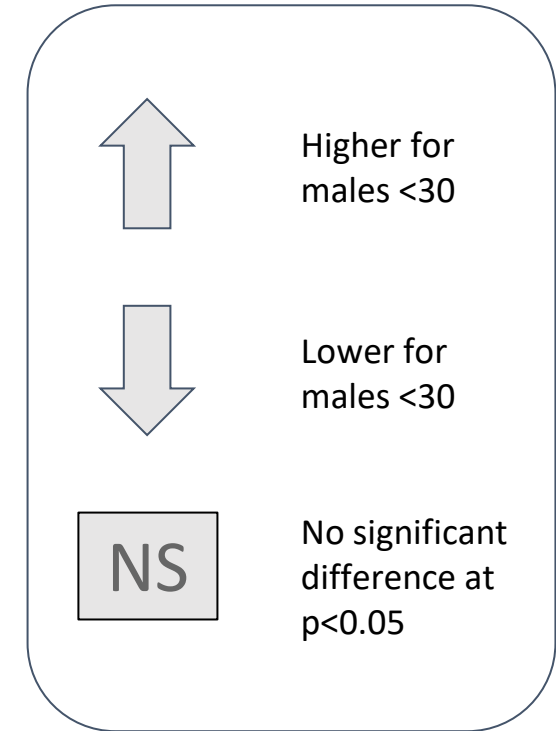
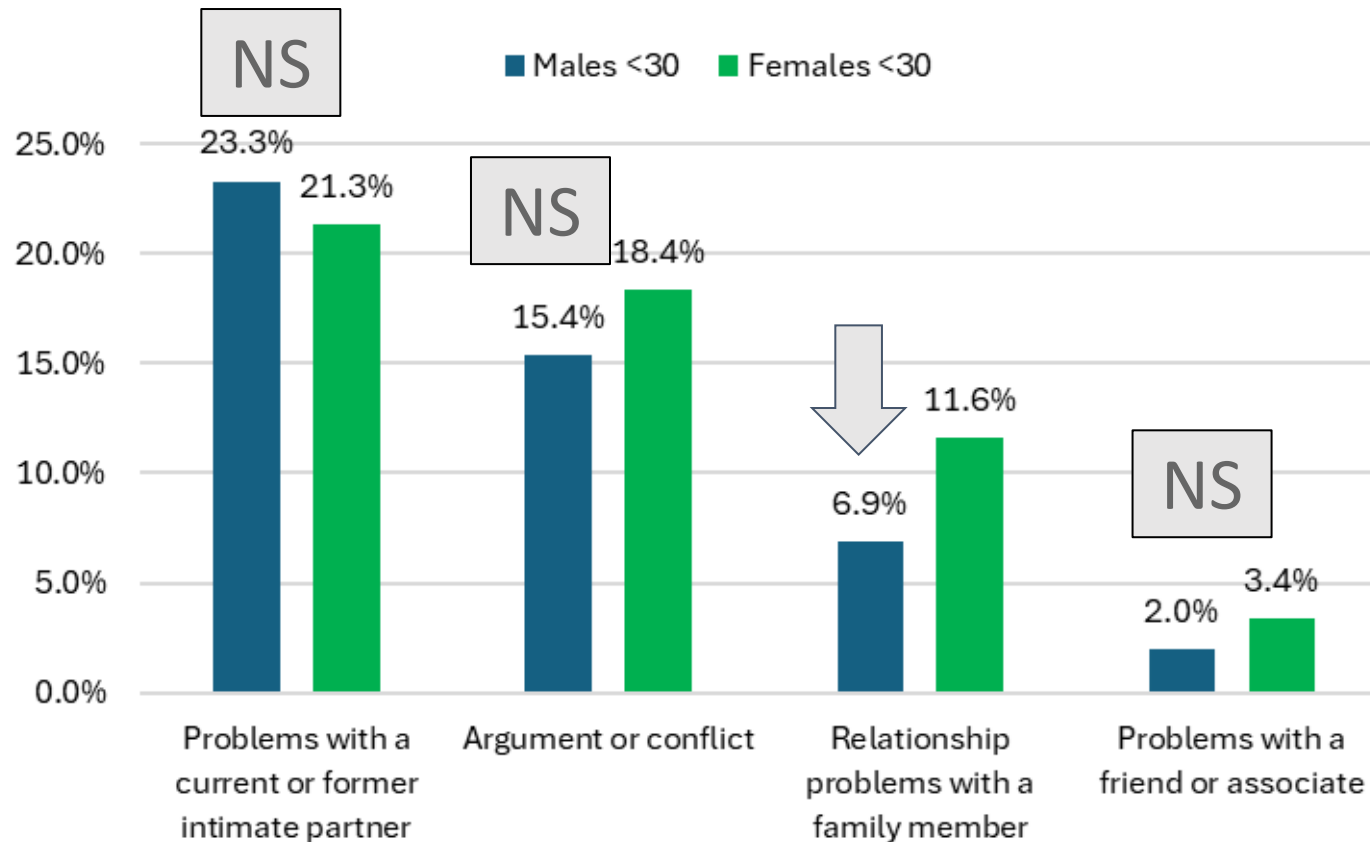
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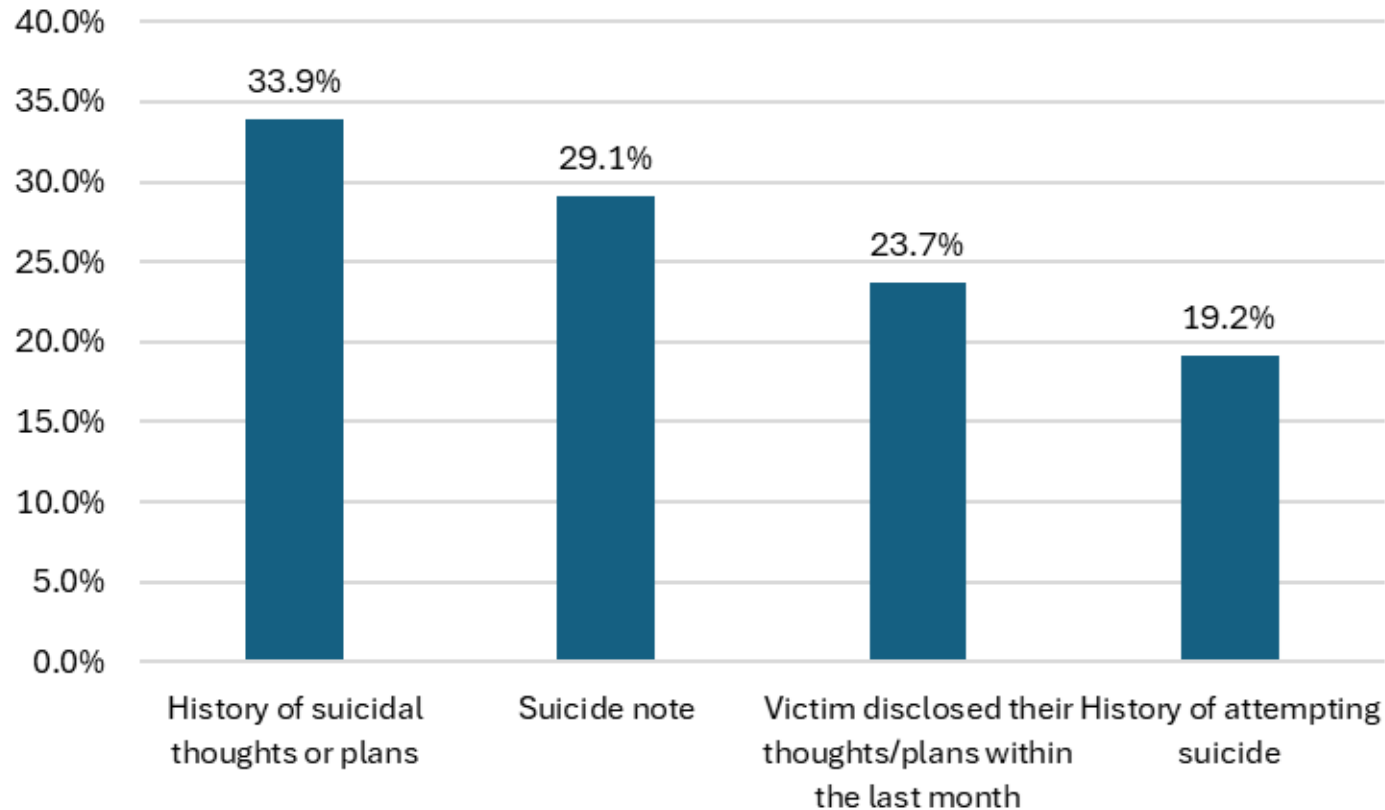
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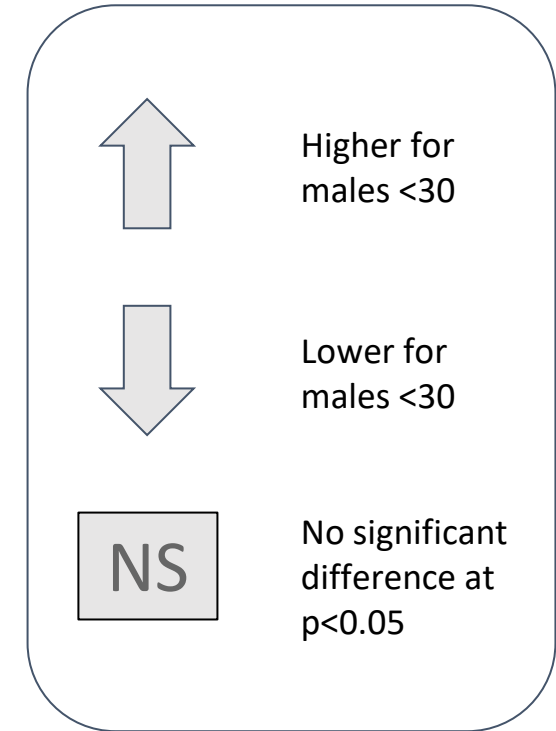
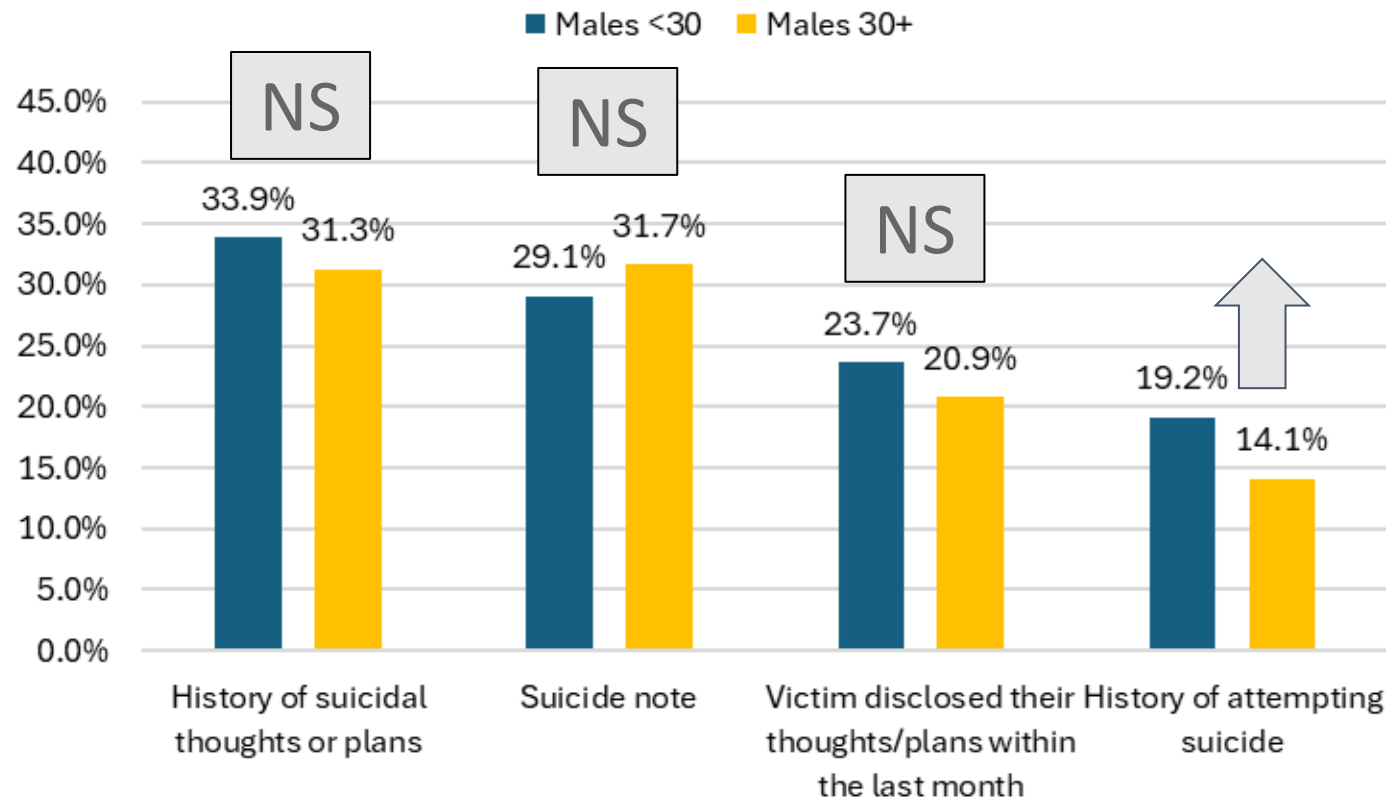
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# Circumstances of suicide for Maryland males under age 30: suicide-specific problems



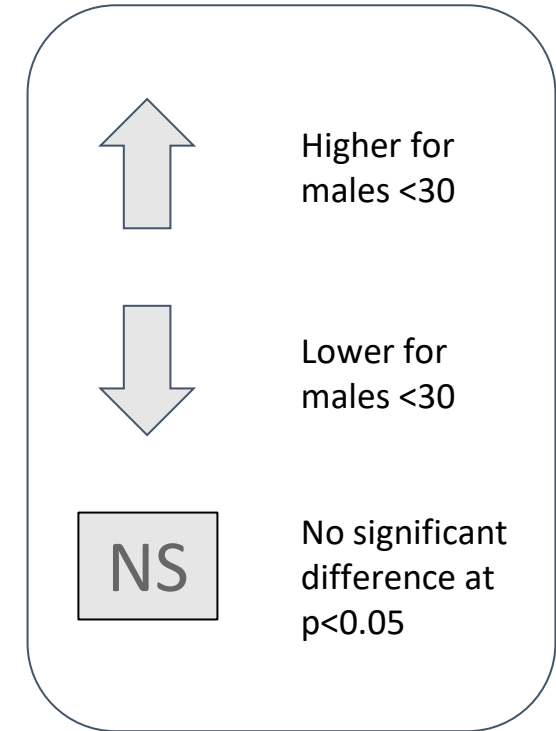
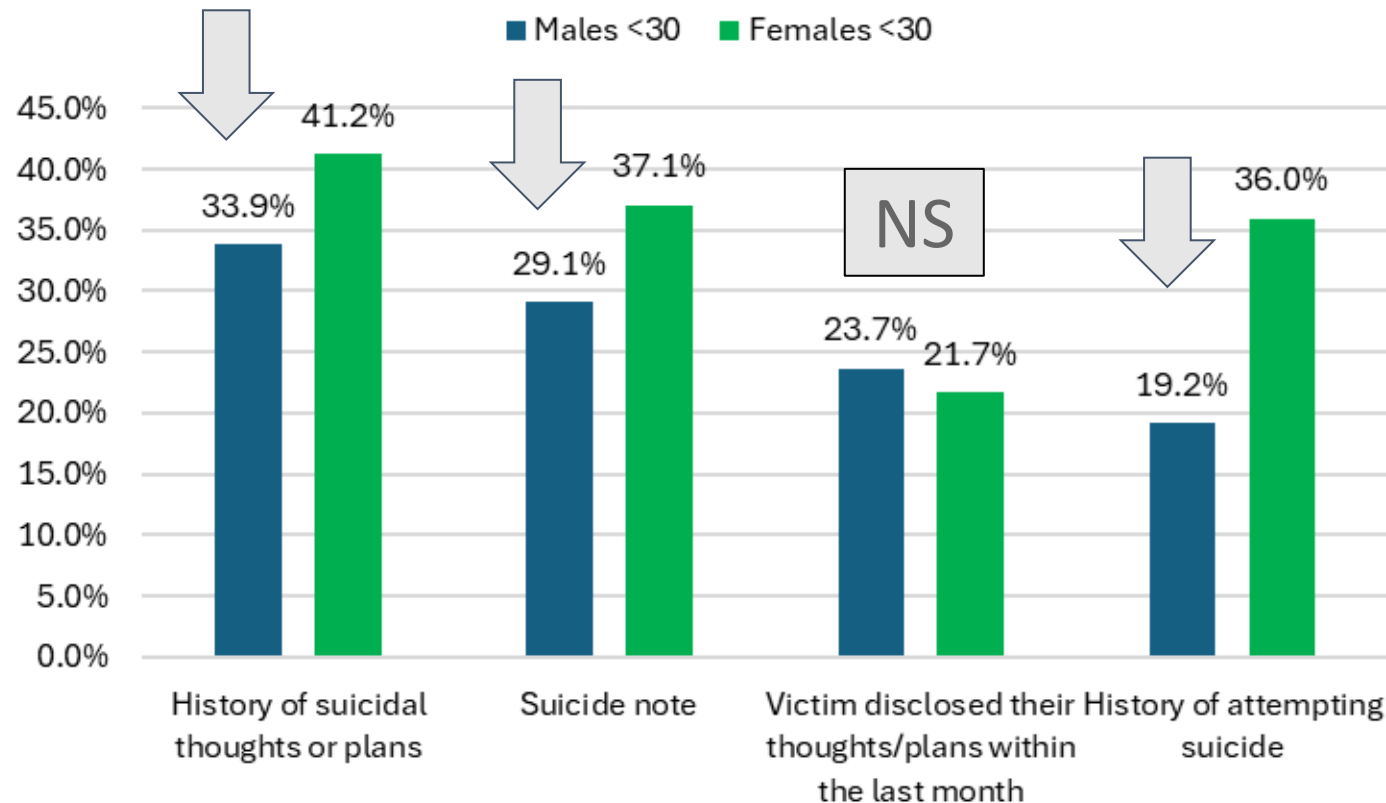
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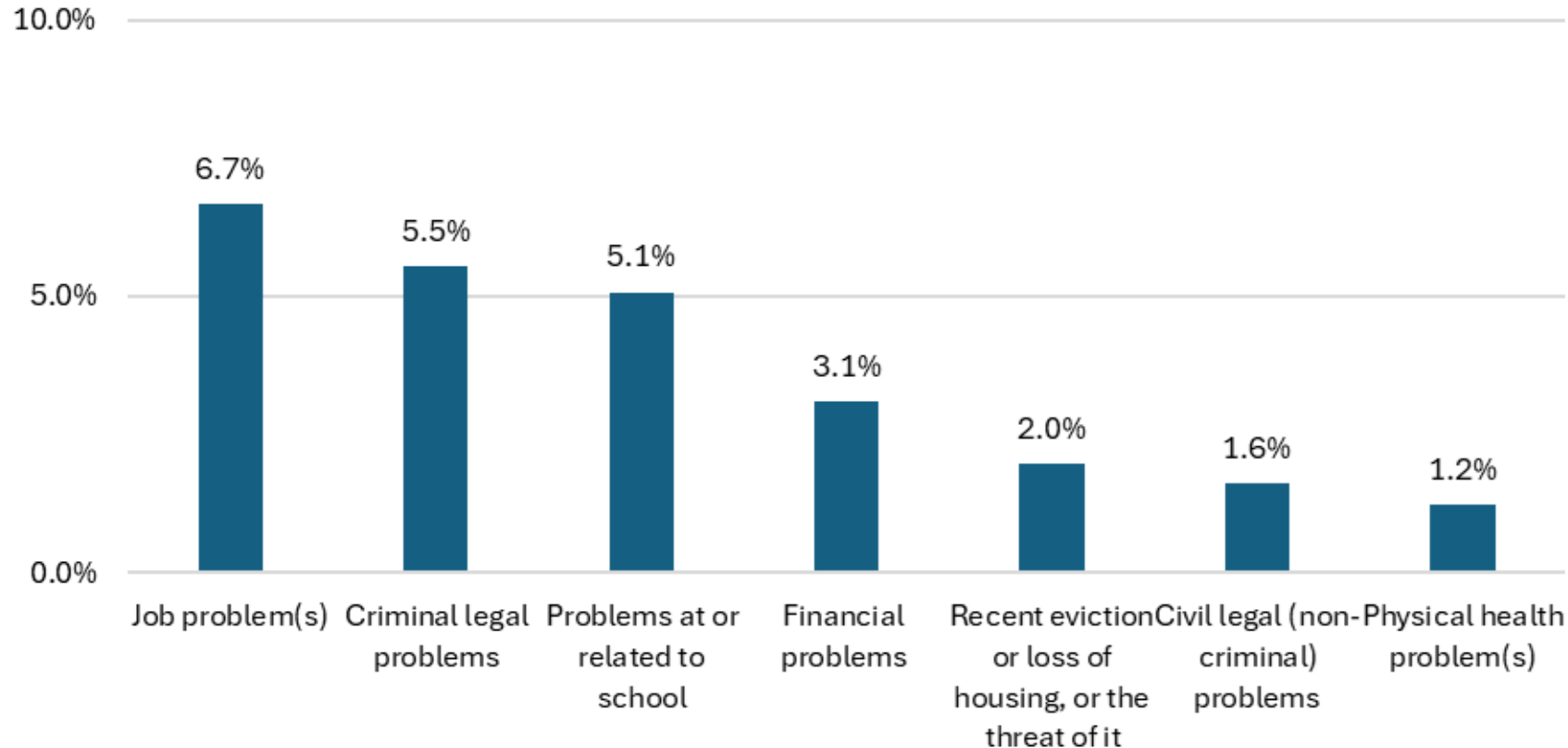
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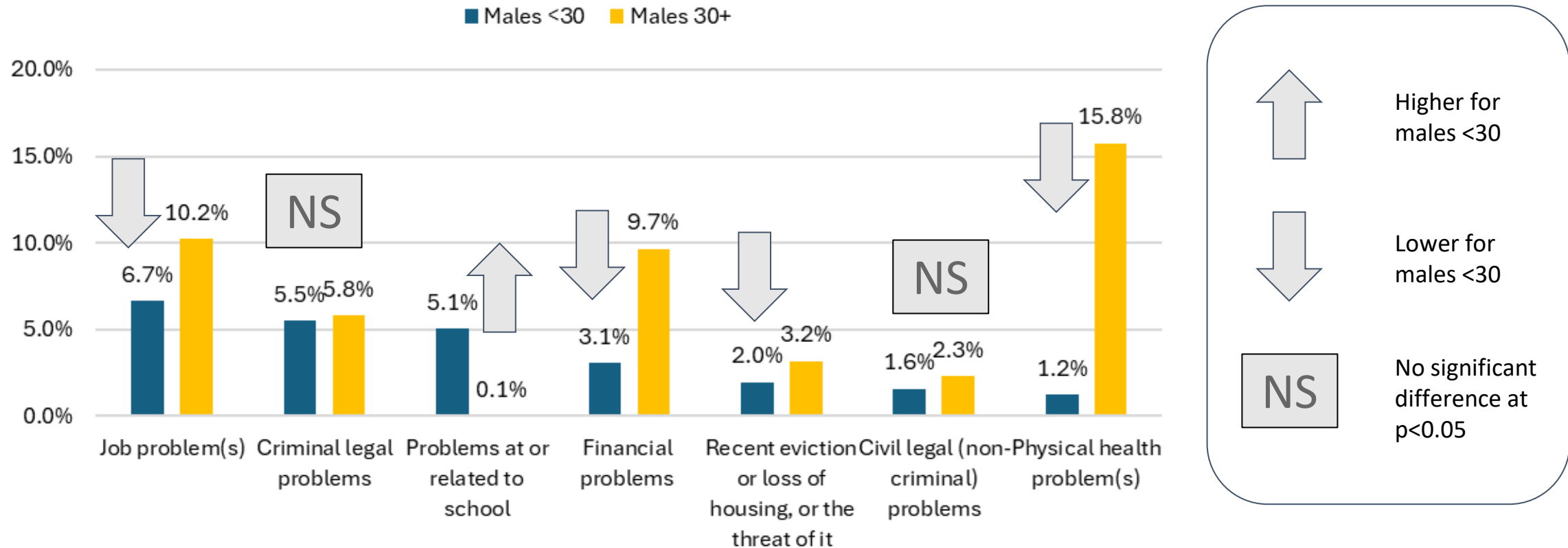


# Circumstances of suicide for Maryland males under age 30: life problems



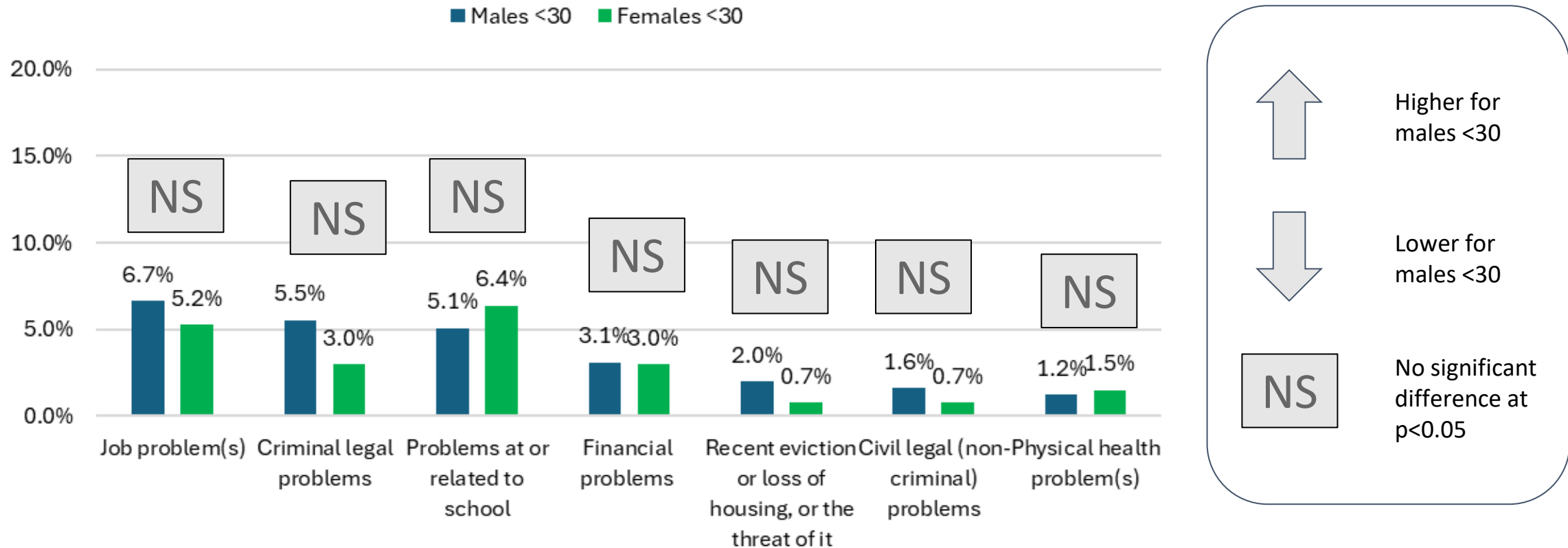
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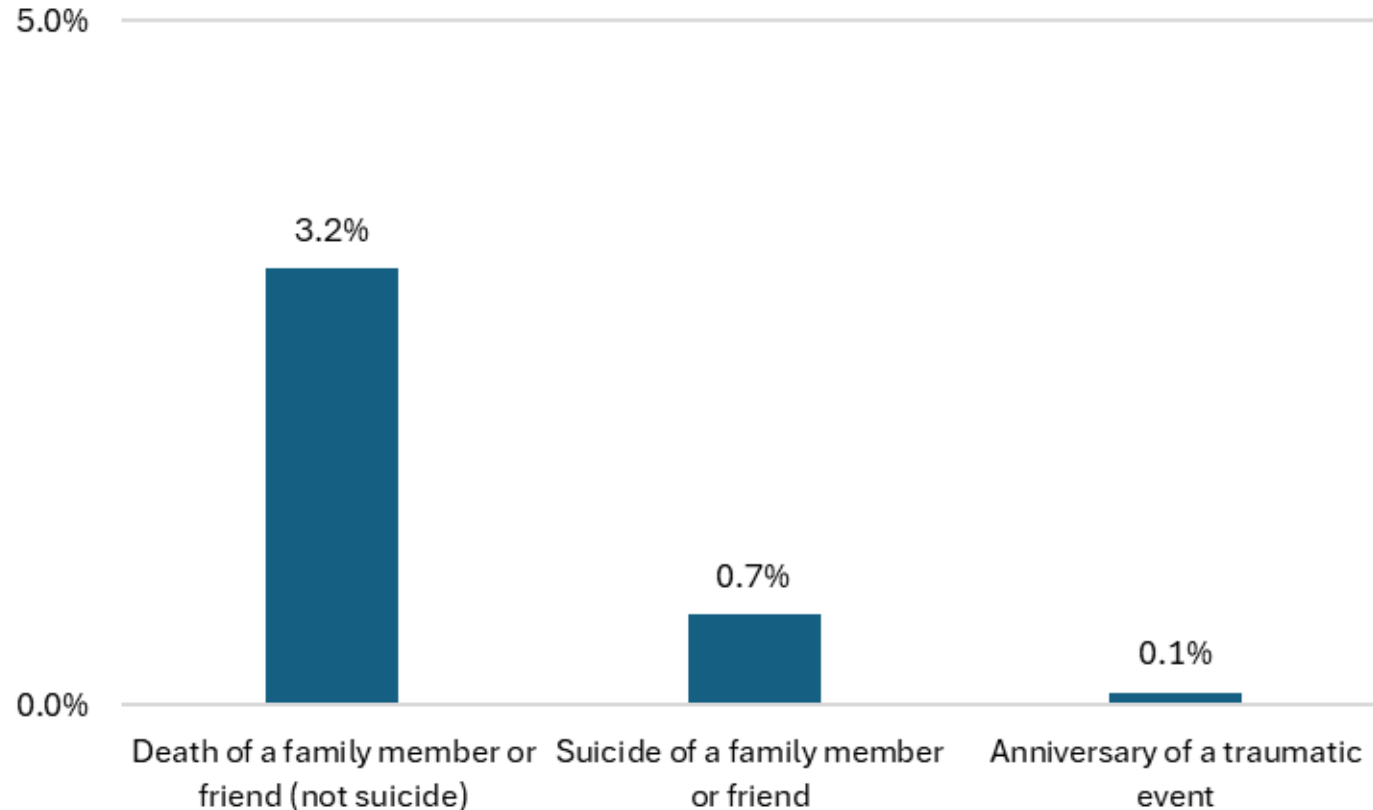
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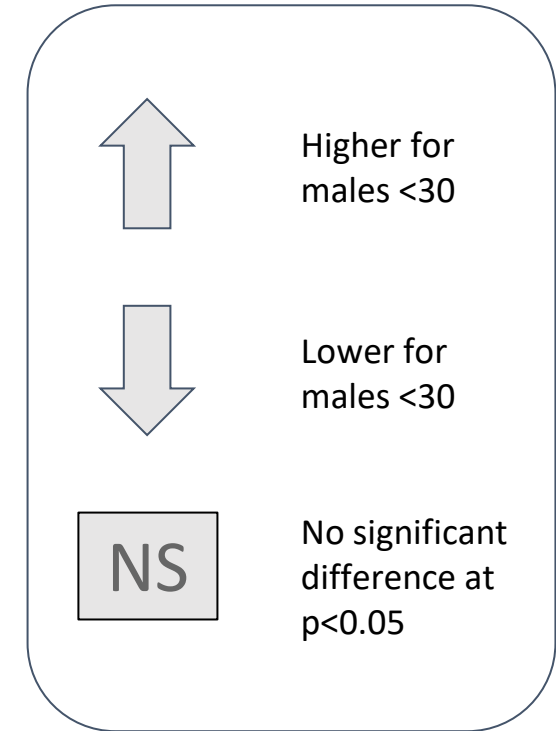
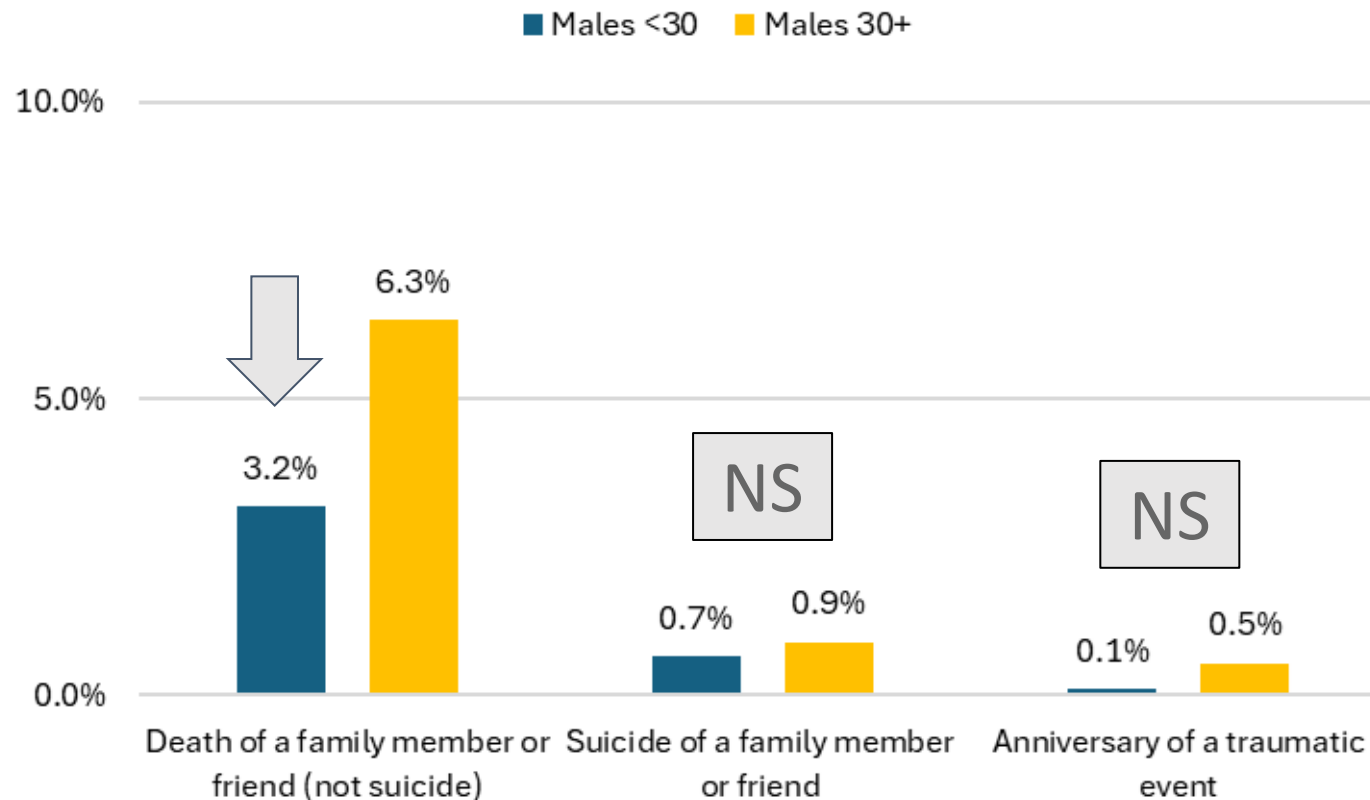
# Circumstances of suicide for Maryland males under age 30: grief or trauma-related problems

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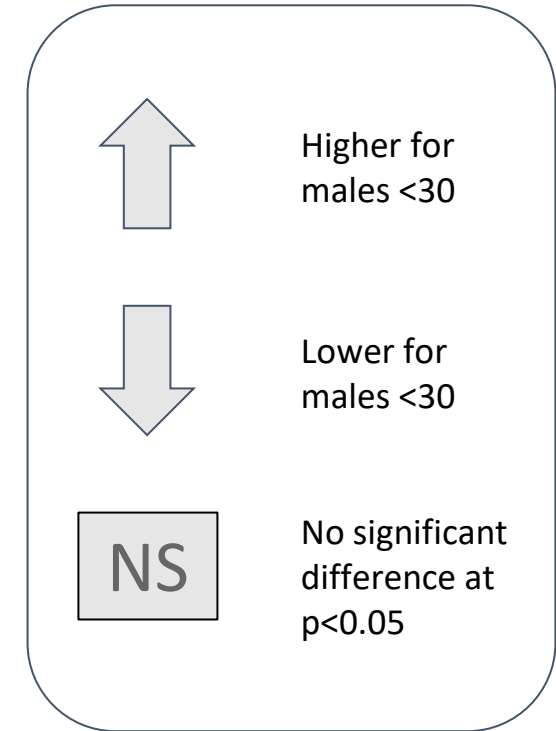
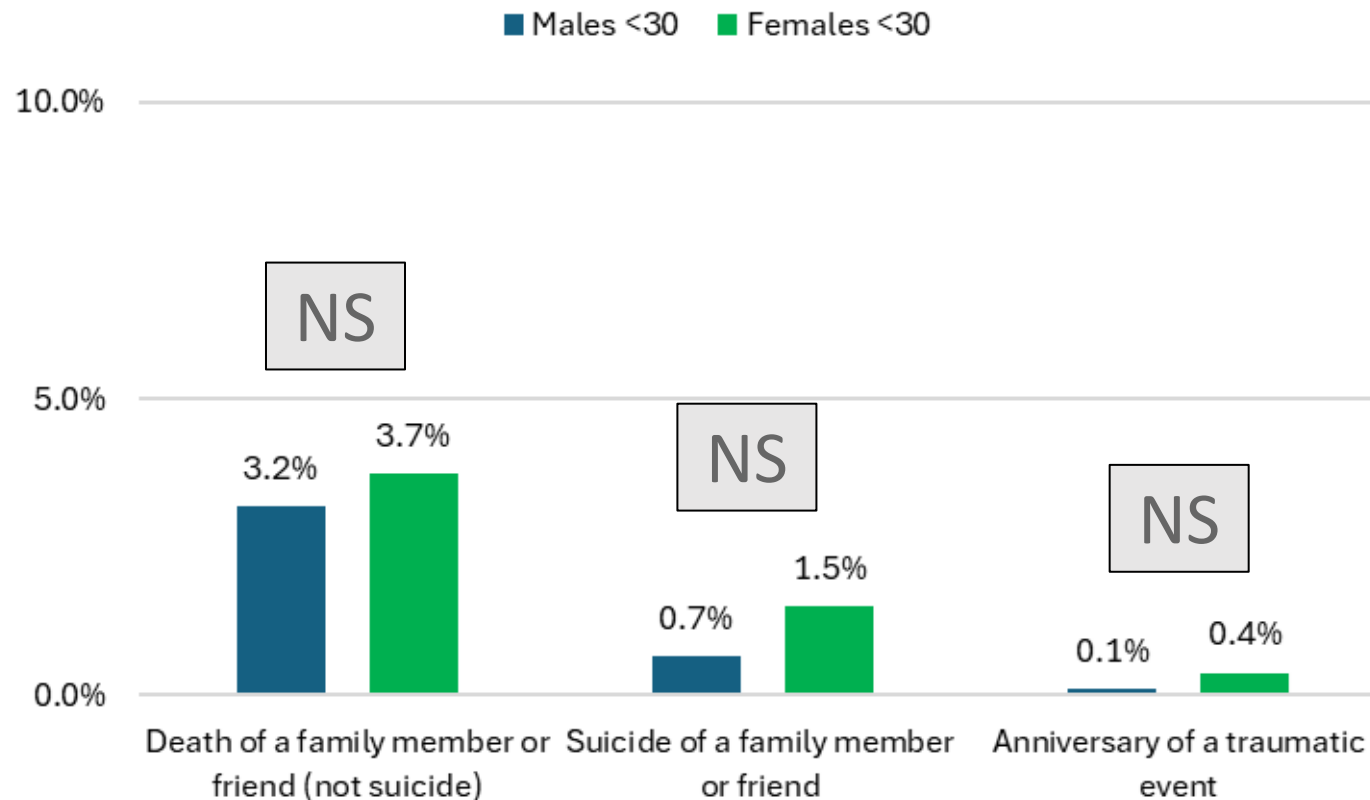
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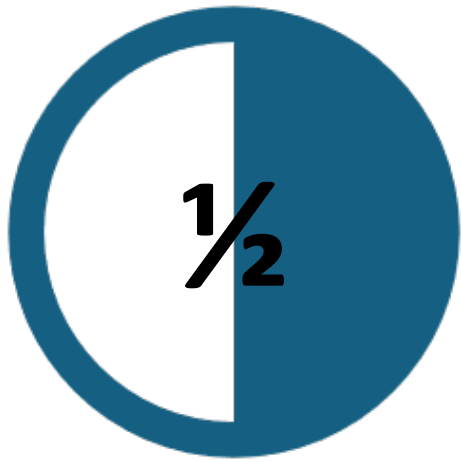
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*Part 1: Frequencies and simple comparisons*

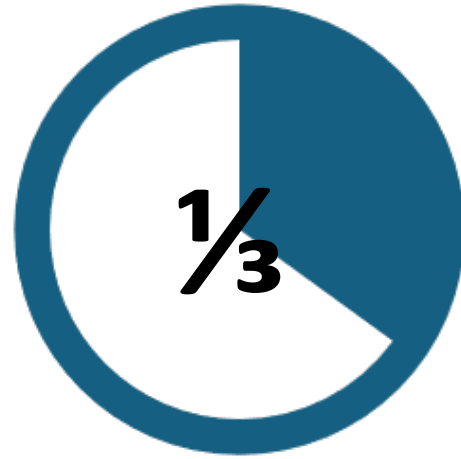
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**Key takeaways: Males under age 30**

# Key takeaways: Most common circumstances of suicide in Maryland males under age 30



Current MH  
problem (47%)

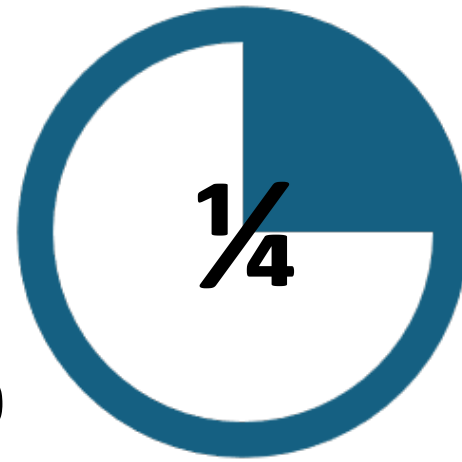


Hx suicidal  
thoughts/plans  
(34%)

Hx ever treated  
for MH or SUD  
(33%)

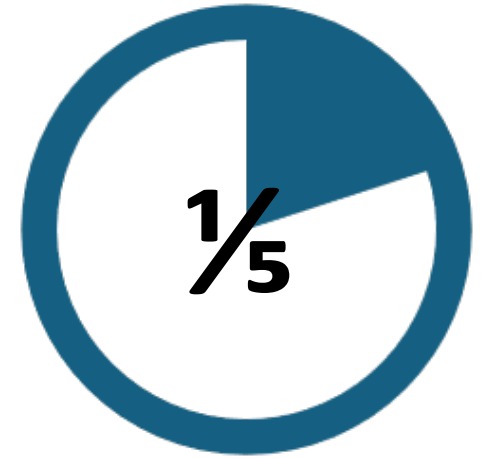
**3 in 10**

Suicide  
note  
(29%)



Perceived to be  
depressed (25%)

Disclosed  
thoughts/plans  
in last month  
(24%)



Current  
treatment for  
MH or SUD  
(21%)



# Key takeaways: Males under age 30 are different from older males



- HX of treatment for MH/SUD (33 v 29%)
- Non-alcohol related SUD (18 v 14%)

- Argument or conflict (15 v 11%)
- Relationship problem with family (7 v 3%)
- Problem with friend/associate (2 v <1%)
- Hx suicide attempt (19 v 14%)
- School problem (5 v <1%)



- Perceived to be depressed (25% vs 28%)
- Alcohol dependence or problem (11% vs. 19%)

- Job problem (7 v 10%)
- Financial problems (3 v 10%)
- Loss of housing (2 v 3%)
- Physical health problem (1 v 16%)
- Non-suicide death family friend (3 v 6%)

# Key takeaways: Males under age 30 are different from females under age 30

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- n/a



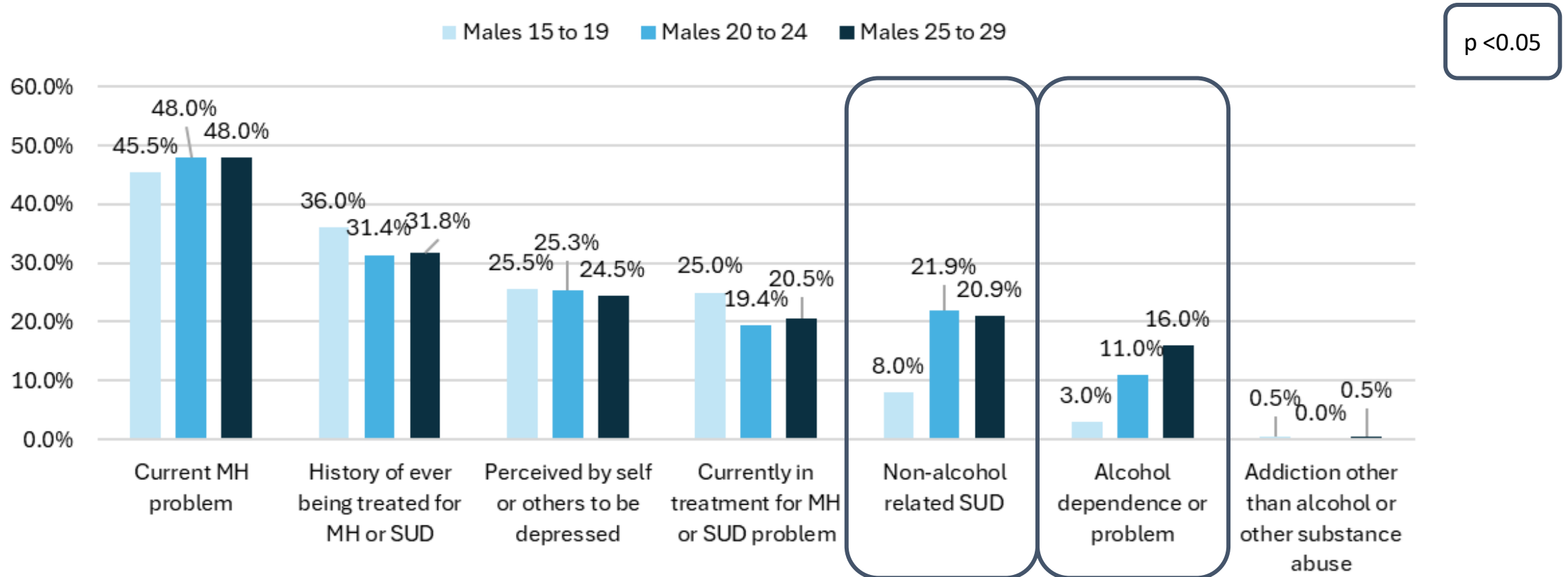
- Current MH problem (47 v 69%)
- Hx treatment for MH or SUD (33 v 54%)
- Current treatment for MH or SUD (21 v 43%)
- Relationship problem with family (7 v 12%)
- Hx suicidal thoughts/plans (34 v 41%)
- Suicide note (29 v 37%)
- Hx attempting suicide (19 v 36%)

*Part 2: Stratification by age and by race/ethnicity*

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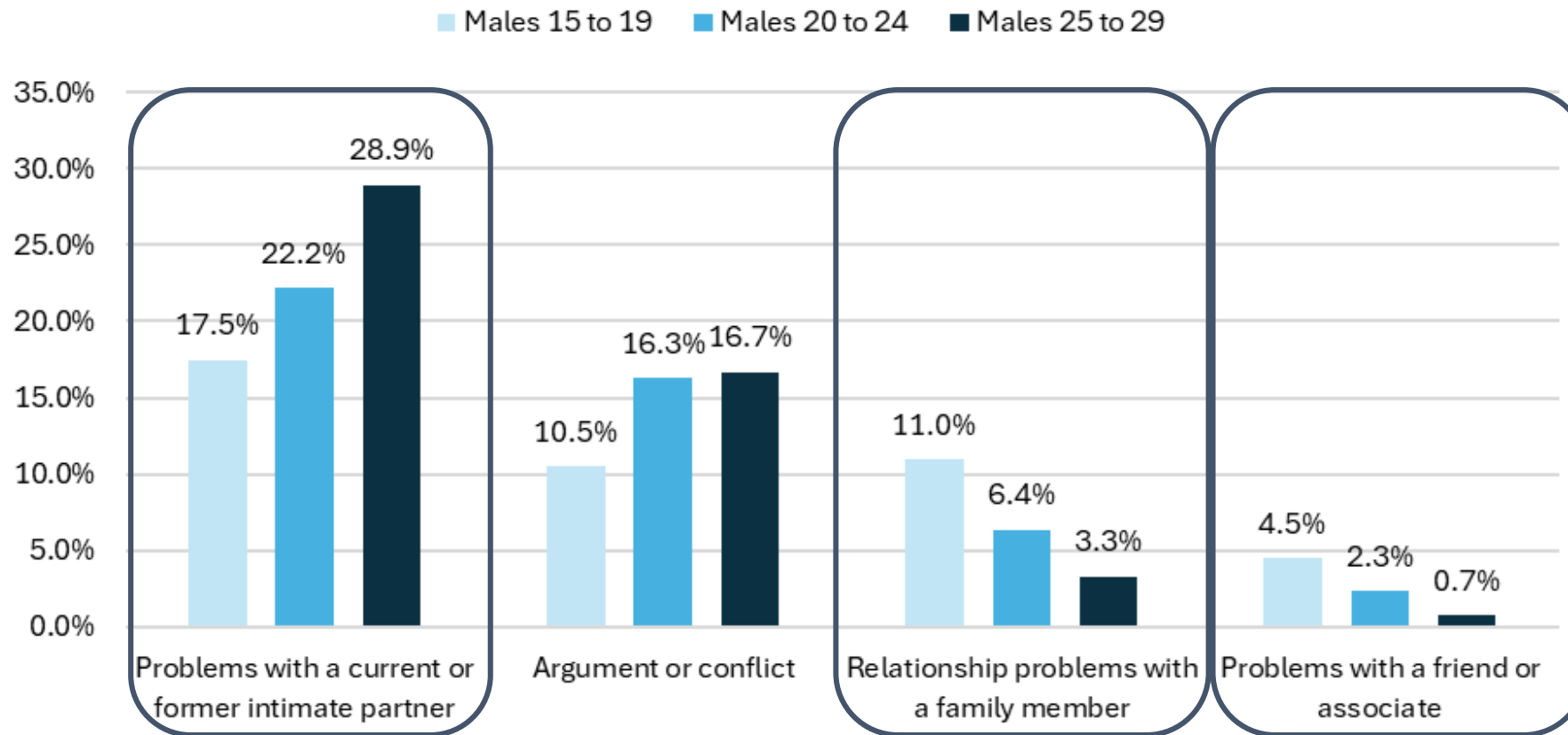
**Circumstances: Males under age 30**

# Circumstances of suicide for Maryland males under age 30: MH and SUD-related, by age



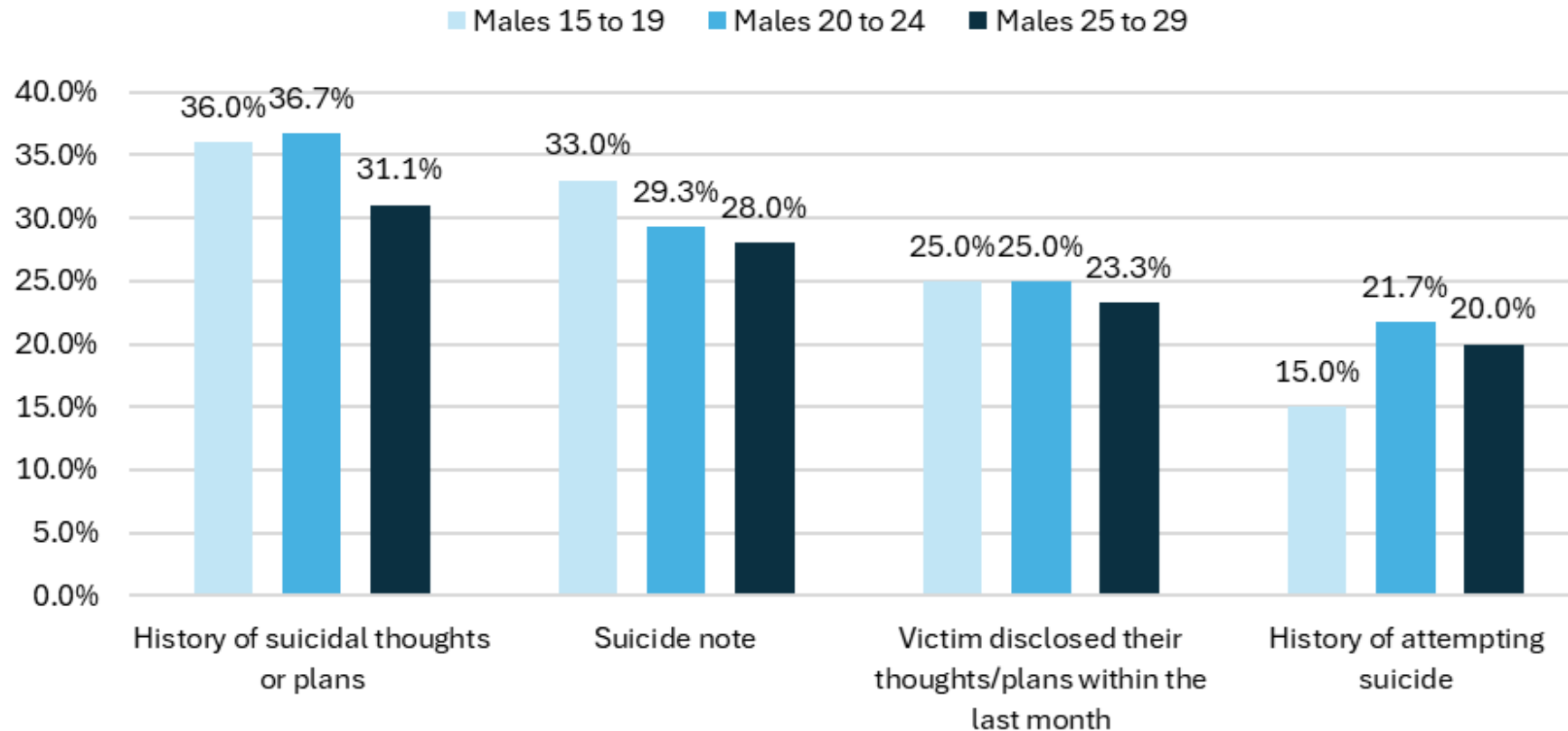
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# Circumstances of suicide for Maryland males under age 30: relationship-related, by age



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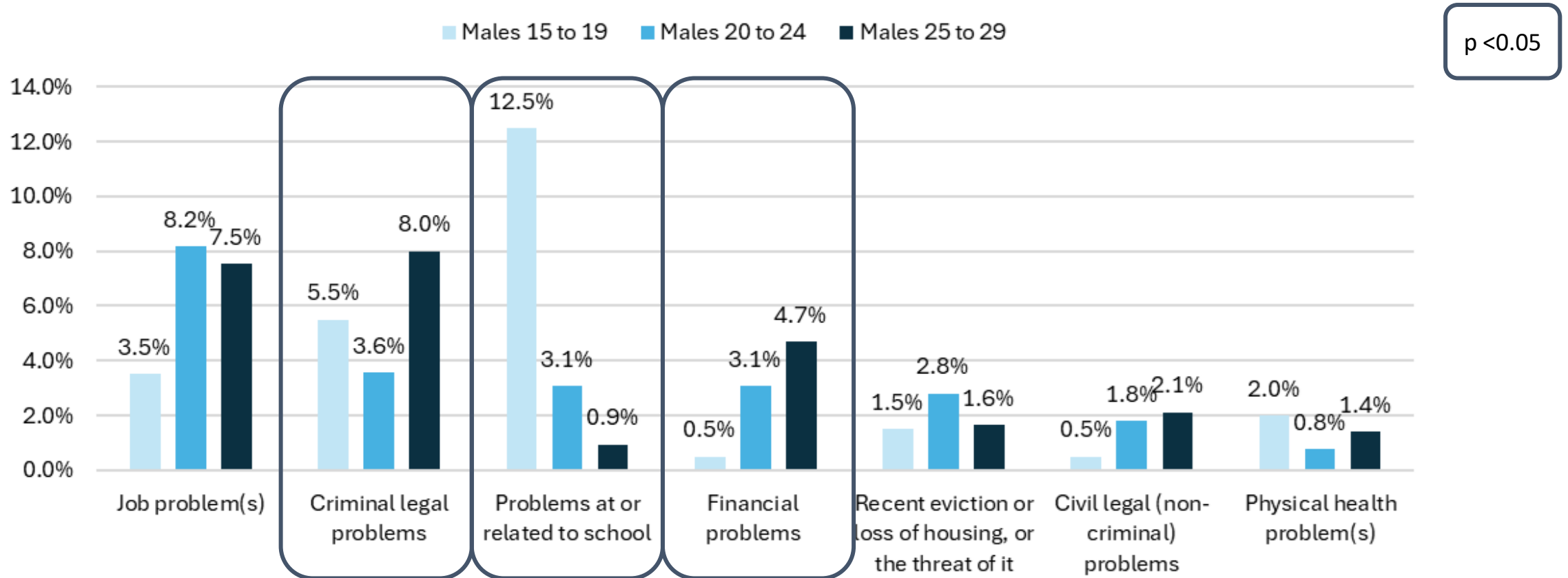
# Circumstances of suicide for Maryland males under age 30: suicide-specific, by age



NS

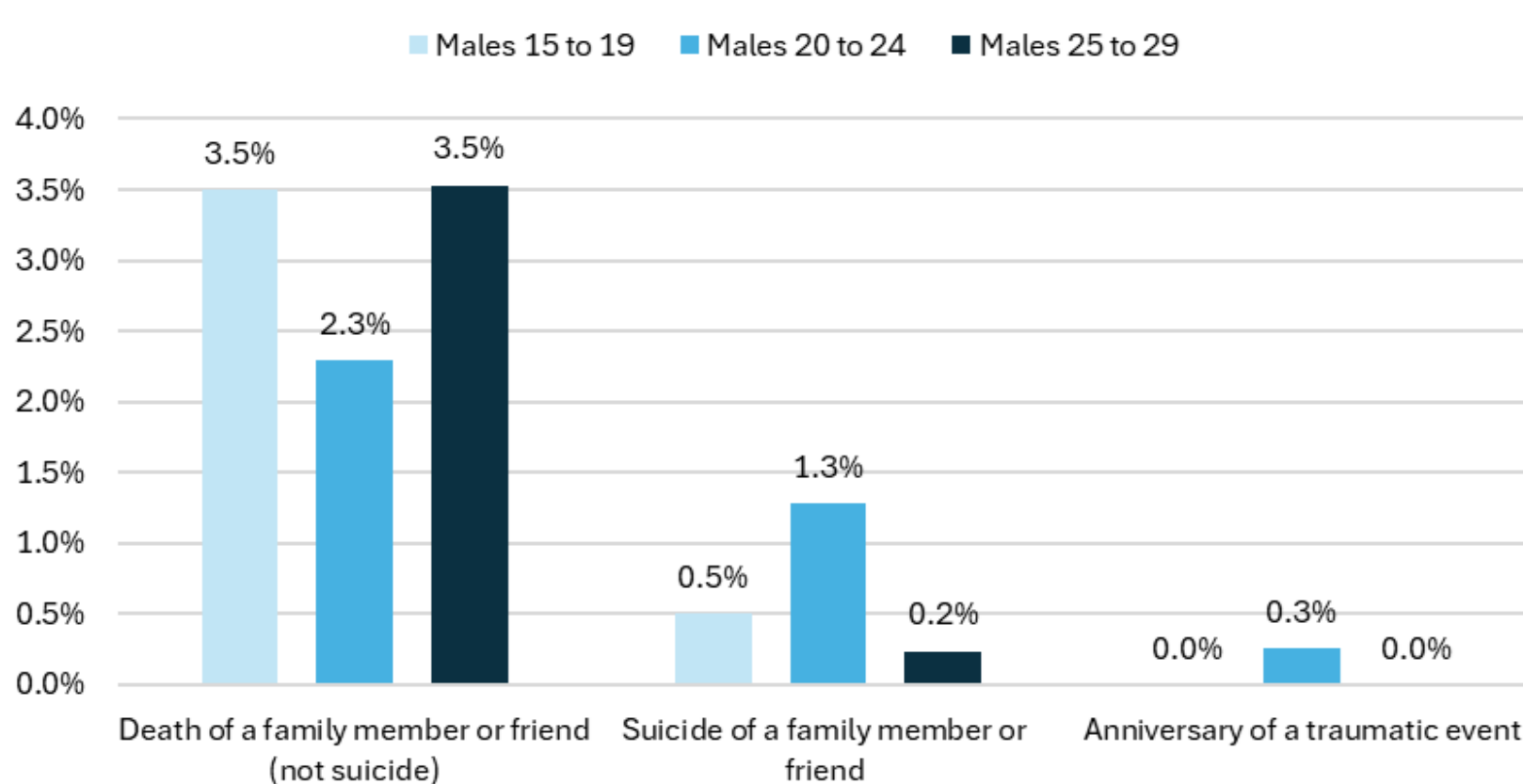
*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*

# Circumstances of suicide for Maryland males under age 30: life problems, by age



*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*

# Circumstances of suicide for Maryland males under age 30: grief or trauma-related, by age

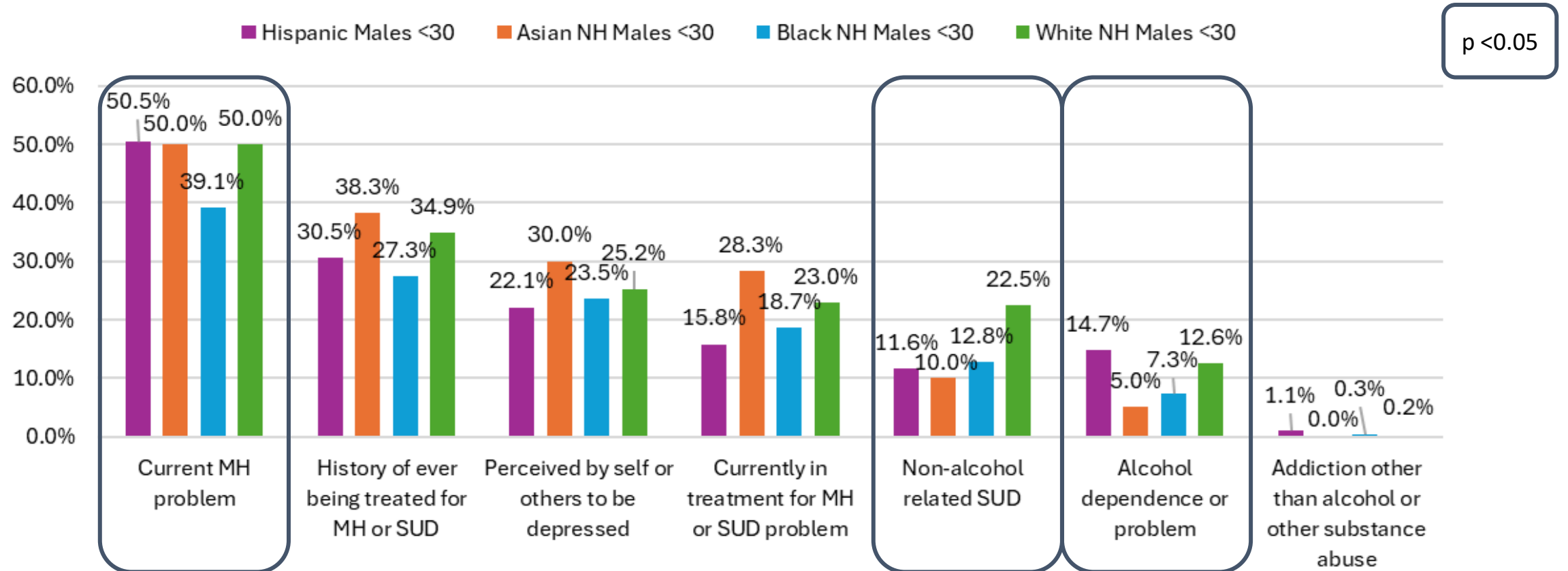


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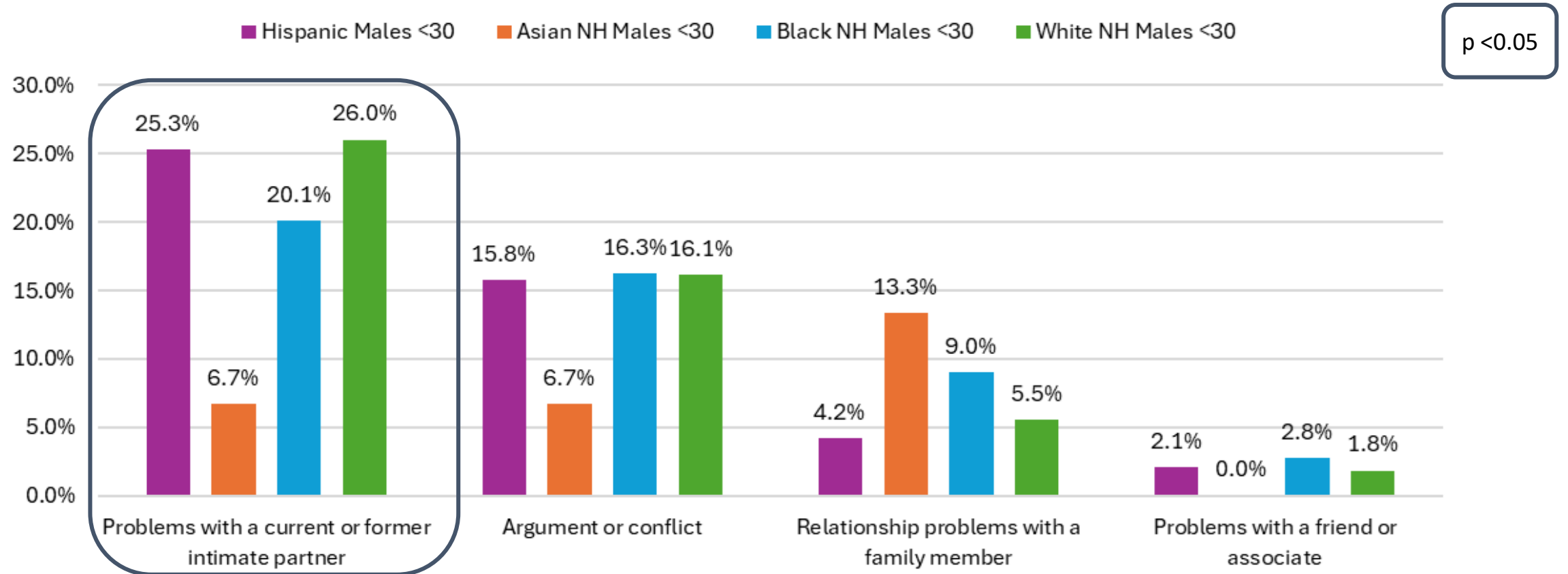


# Circumstances of suicide for Maryland males under age 30: MH and SUD, by race/ethnicity



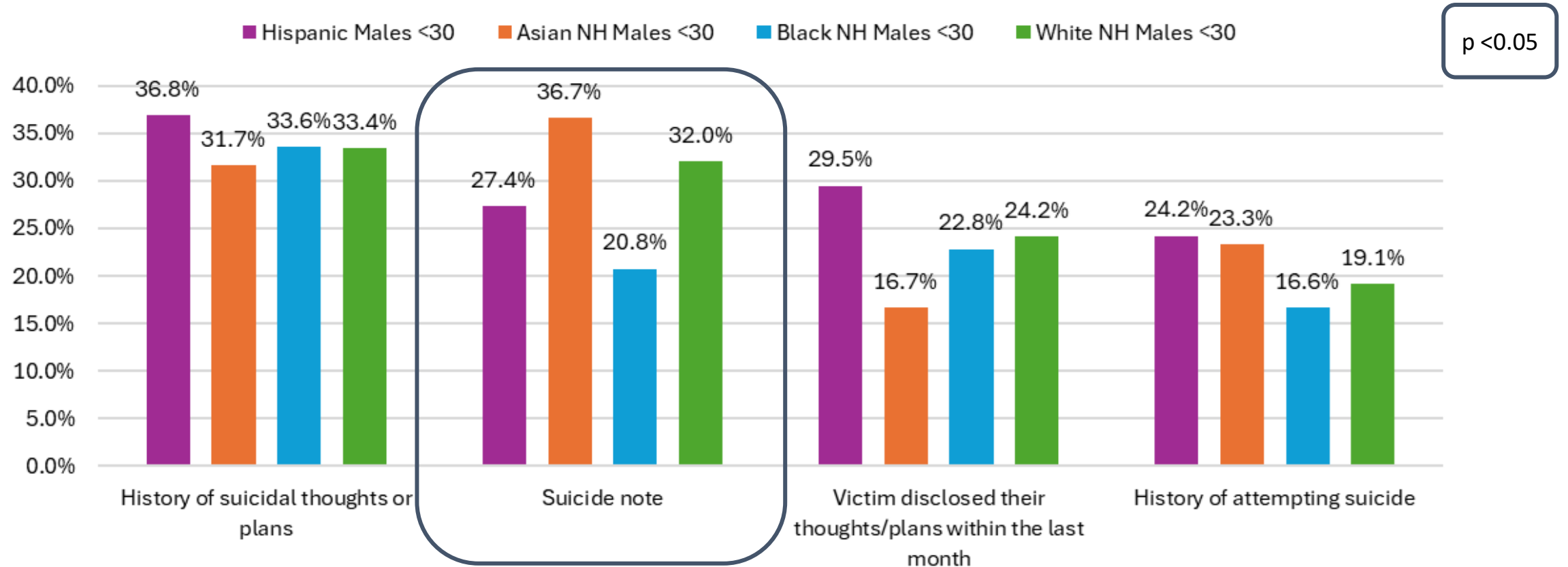
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# Circumstances of suicide for Maryland males under age 30: relationship, by race/ethnicity



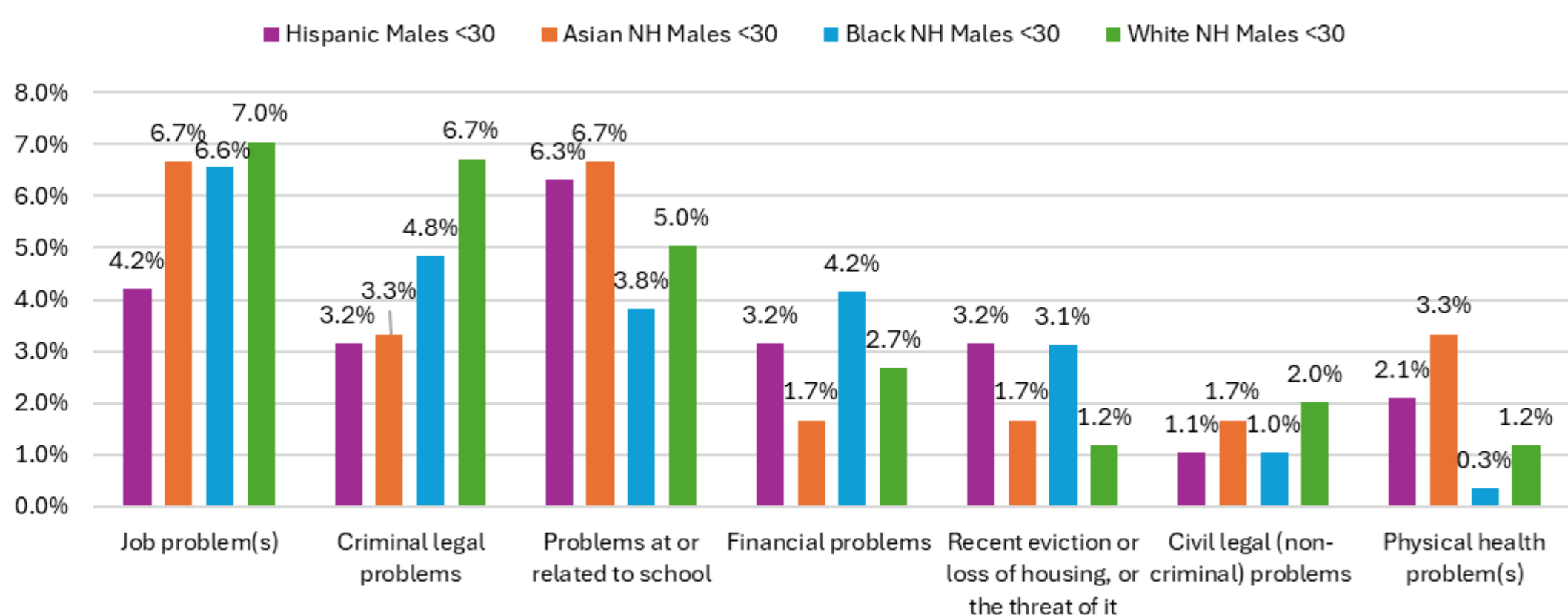
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# Circumstances of suicide for Maryland males under age 30: suicide-specific, by race/ethnicity



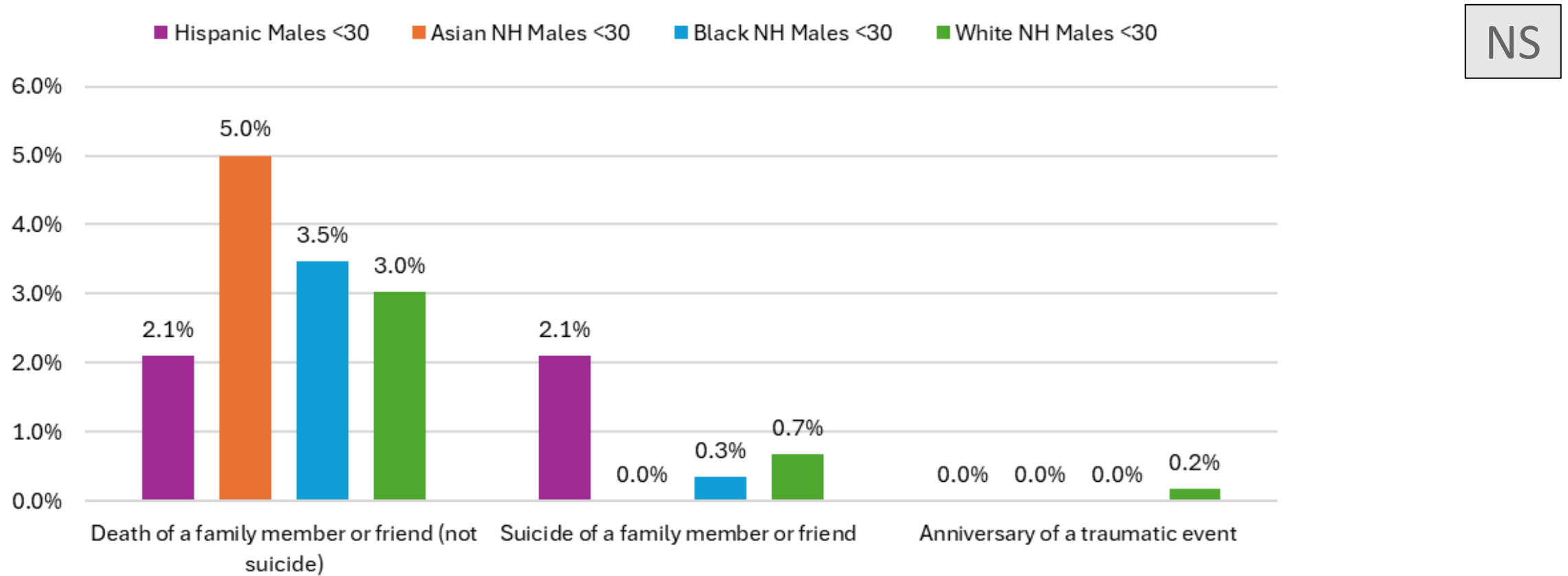
*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*

# Circumstances of suicide for Maryland males under age 30: life problems, by race/ethnicity



*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*

# Circumstances of suicide for Maryland males under age 30: grief or trauma, by race/ethnicity



*Data source: 2013-2022 Maryland Violent Death Reporting System (MVDRS), prepared March 2025*

*Part 2: Stratification by age and by race/ethnicity*

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**Key takeaways: Males under age 30**

# Key takeaways: Circumstances for males change between ages 15 to 19 and ages 25 to 29

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**INCREASE**

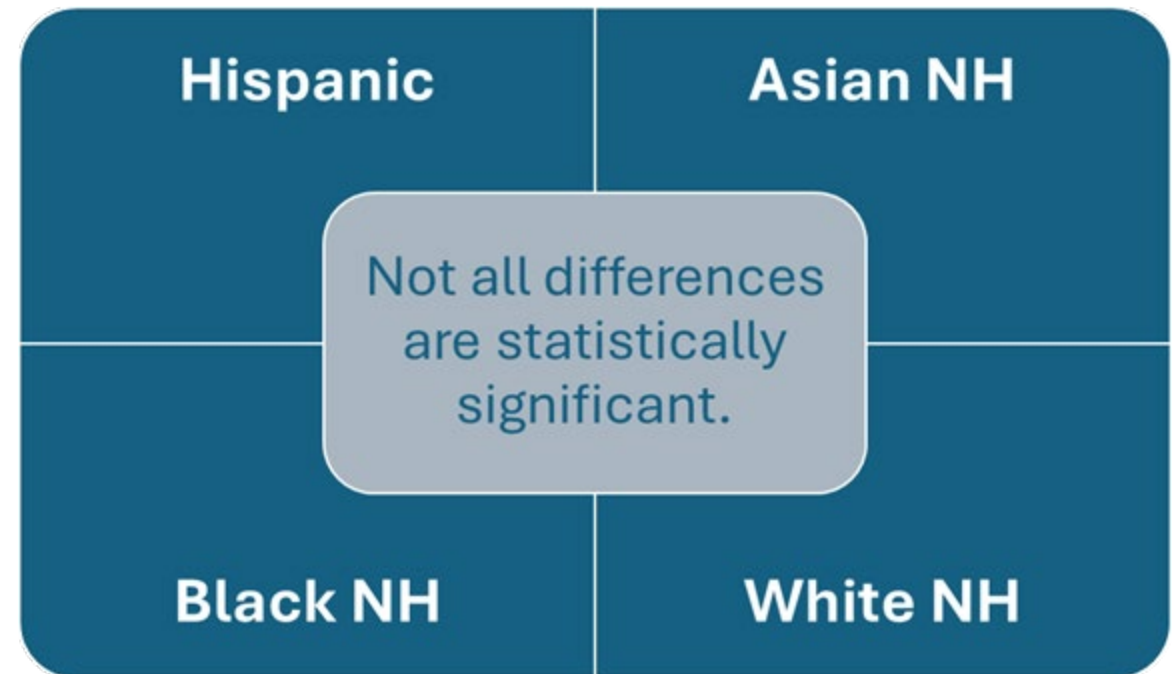
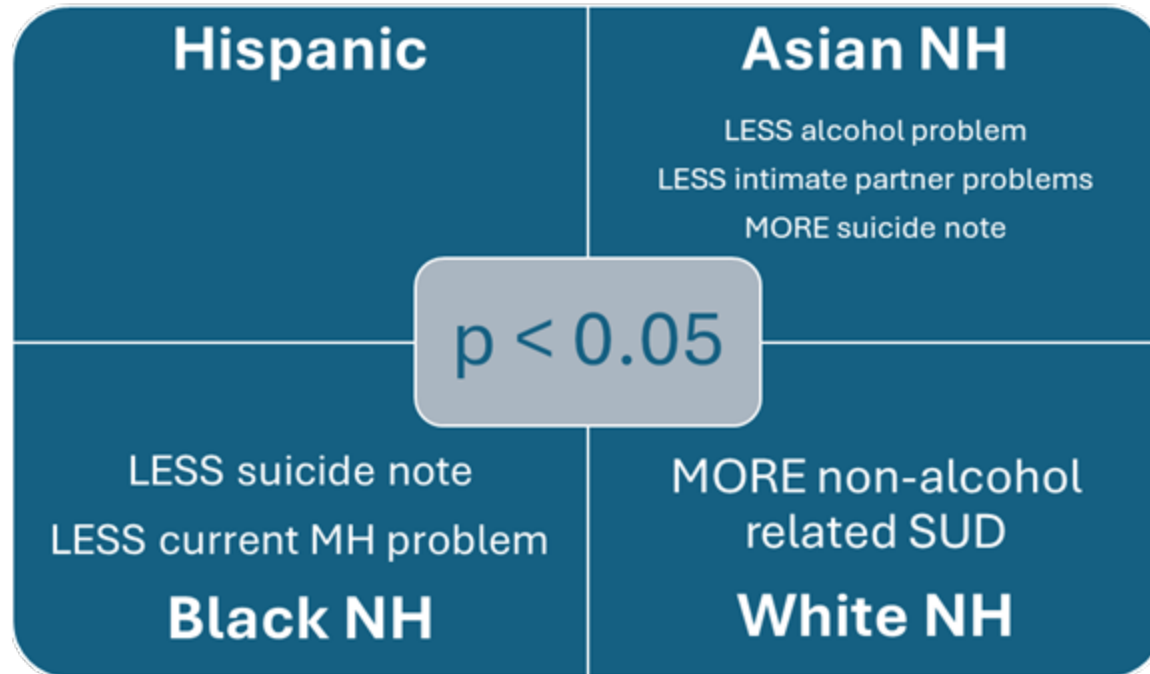
- Non-alcohol related SUD
- Alcohol dependence or problem
- Problems with romantic partners
- Criminal legal problems
- Financial problems



**DECREASE**

- Relationship problems with family
- Problems with friends or associates
- School related problems

# Key takeaways: Circumstances can be different for males under 30 of different race/ethnicity groups





# Questions?

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