



2023 Suicide Prevention Overview

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Co-Chair: Idaho Suicide Prevention Action Collective (ISPAC)

ISPAC Achievements 2023

2024 -2028 5 Year Idaho Suicide Prevention Plan:

- November: 2-day retreat for 5-year plan strategic planning
- Consolidated 12 original Plan Goals to 9
- Revised former Key Performance Area (KPAs) from 6 groups to 3 Working Groups:
 - Prevention
 - Intervention
 - Postvention

Advocacy and Policy work group is now a stand-alone group

- Established overarching Goal: *Measurably reduce the suicide rate in Idaho by the end of 2028.*

ISPAC Updates

- Revised ISPAC Charter
- Governor Little's Executive Order: ISPAC will resume the work of the former Governor's Council on Suicide Prevention.
- Support for Governor's Challenge: focused on strategies for reducing suicide risk among service veterans, service members, and their families.
- Expanded statewide membership of stakeholders
 - Public, Private, Non-Profits, Advocacy, etc
- Continued support for H&W Suicide Prevention Program:
 - Messaging Campaigns: Radio and TV – English and Spanish
 - Expanded statewide Suicide Prevention trainings
 - Zero Suicide Academy
 - Idaho Public Health District Support
 - 988 Support

Statistical Overview

- Suicide continues to be a significant public health concern in Idaho.

Between 2019-2022, the Idaho aggregated suicide rate improved to 21.7 suicides per 100,000 population, representing a reduction of nearly 9% from the 2018 baseline.

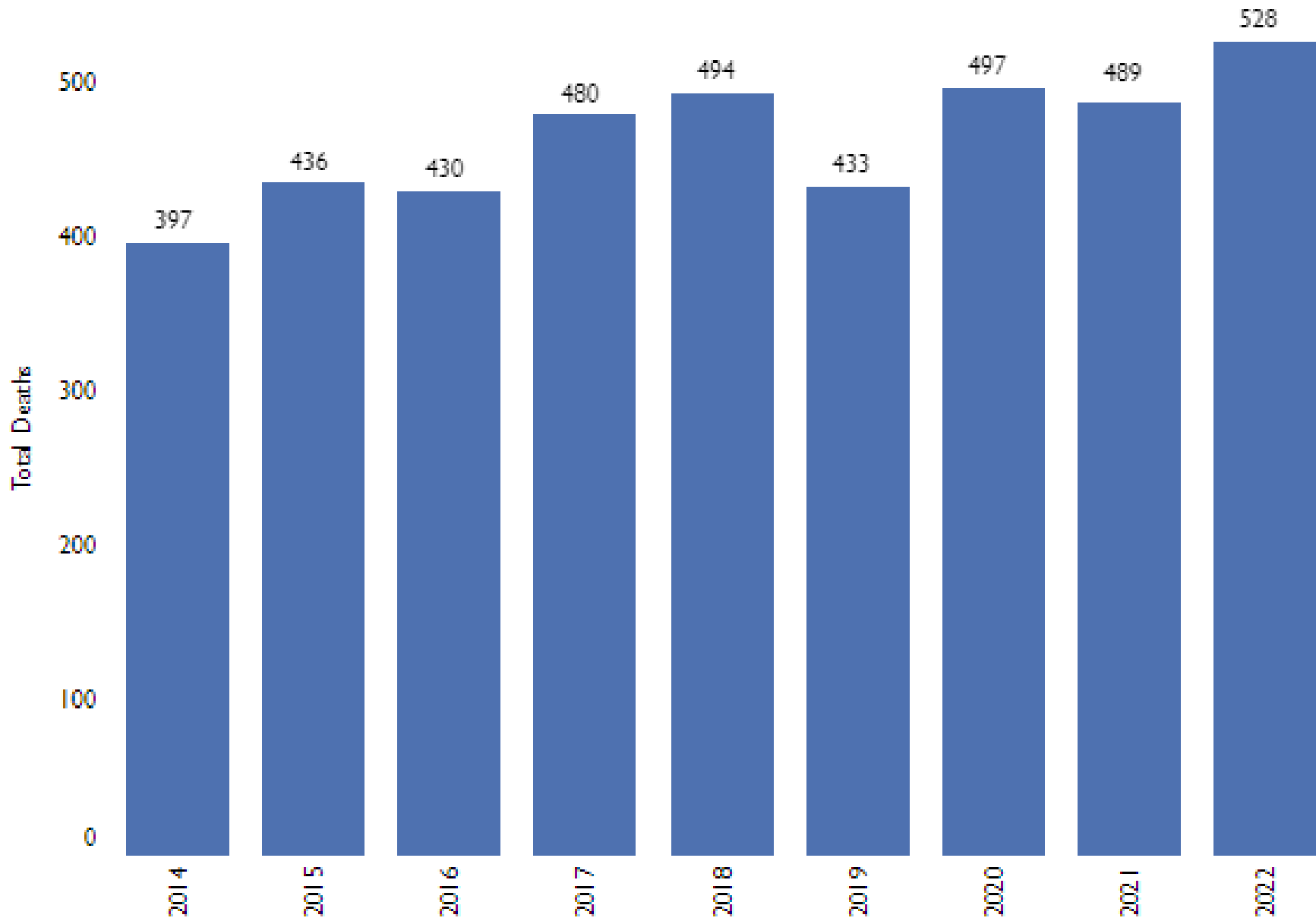
- High at-risk populations:
 - Youth 18-24
 - Middle aged males 25-54
 - Veterans
 - Seniors

	2018 (BASELINE)	2019-22 (4-YR AGGREGATE)	<i>Annual rate:</i> 2019	2020	2021	2022
Number of Idaho Resident Suicide Deaths	418	1,614	365	421	387	441
Suicide Rate	23.8	21.7	20.4	22.9	20.4	22.7

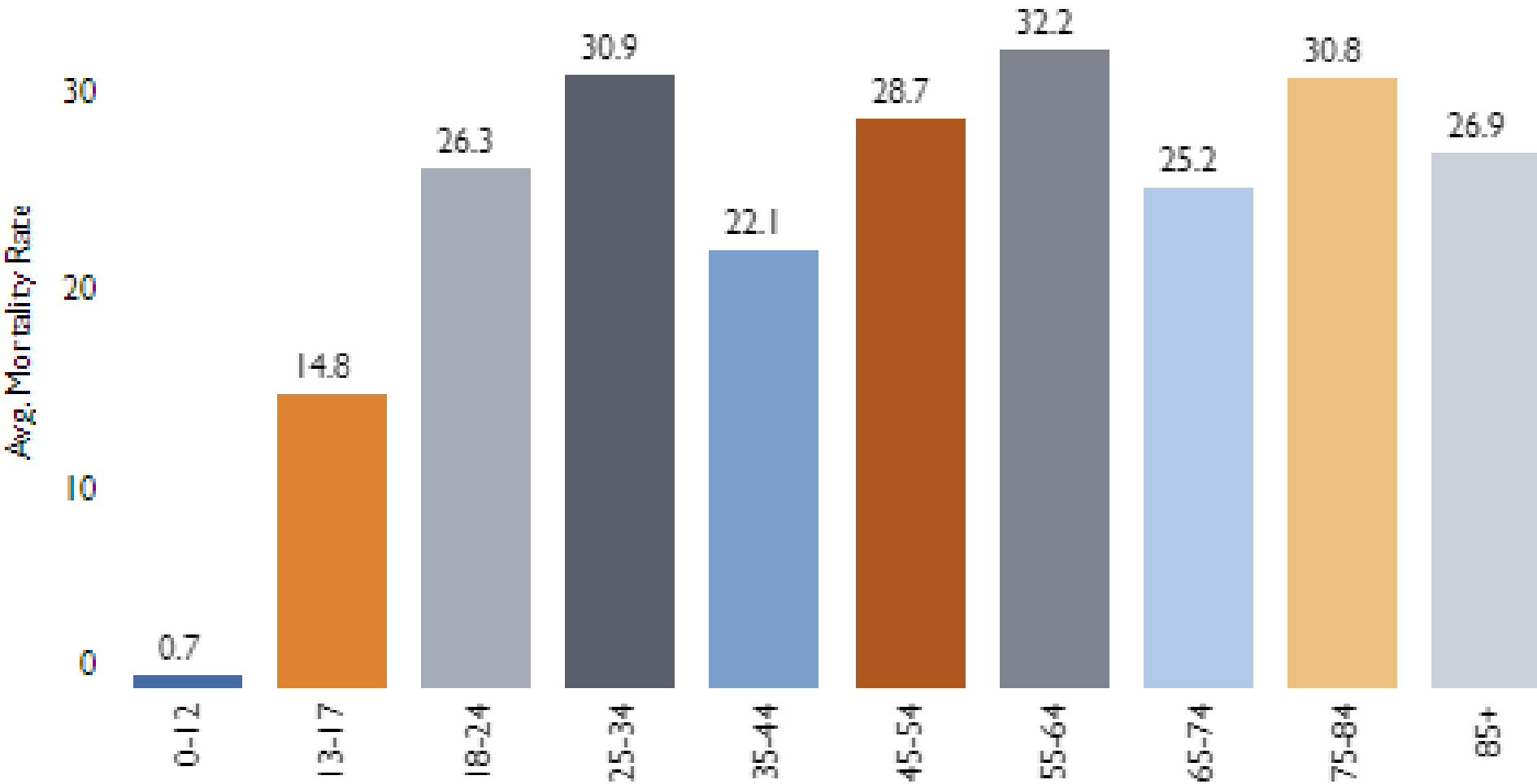
Source: Bureau of Vital Records and Health Statistics, Division of Public Health, September 2023.

Rate = Number of suicides per 100,000 population

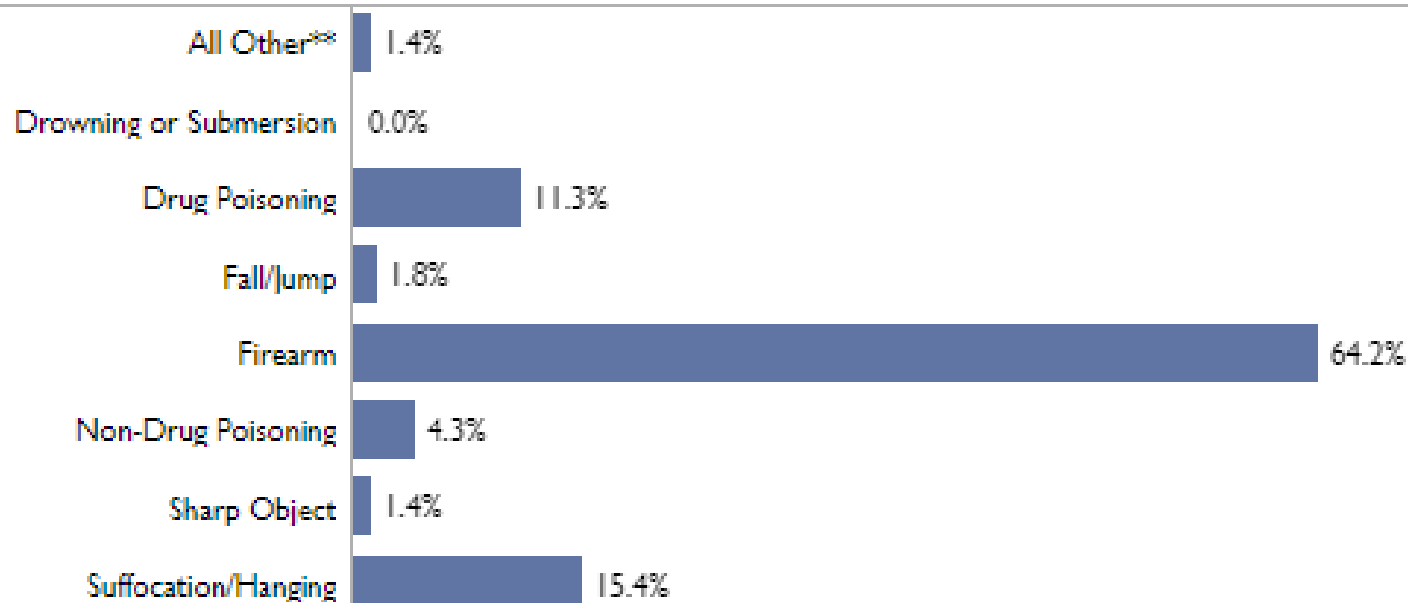
Deaths by Year



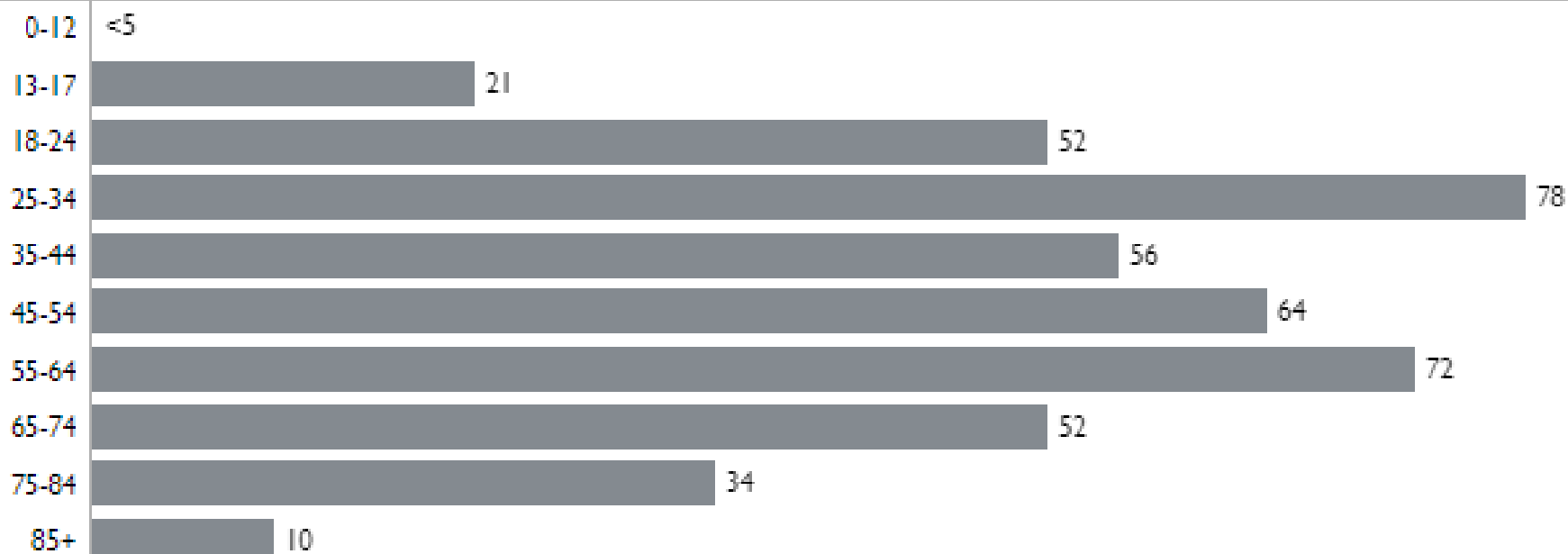
Statewide Suicide Rates by Age Group



By Mechanism of Injury



By Age



Priorities

Education and Awareness

- Reduce Stigma and Shame
- Increase Resiliency

Access to Mental Health Services

Community Engagement

- Foster supportive Communities and Families

Firearm Safety

- Safe Storage
- Promote Responsible Firearm Ownership

Collaborative Efforts

- State, Local Organizations and Community Partners

Data Driven Approaches

- IVDRS
- Coroners

Continued Evaluation and Metrics

Thank You for all your Support!

We cannot do this work without an engaged and supportive Legislature.

Together Idaho can build better outcomes for the mental health and safety of ALL our citizens.