

Investment in research saves lives and money



facts about:

Suicide Today:

- There are 123 suicides in the United States daily, resulting in over 44,965 deaths per year.[#]
- An estimated 9.8 million Americans have had serious thoughts of suicide, and an estimated 1.3 million have attempted suicide.[^]
- 800,000 individuals die worldwide due to suicide every year.⁺
- Veterans accounted for 18% of the deaths caused by suicide in 2014.^{*}
- The number of deaths caused by suicide surpassed the number of deaths caused by vehicle accidents in 2009. This trend has remained constant since then.^{*}
- Nearly 16% of students in grades 9 to 12 report considering suicide, and half of those students report those thoughts have led to at least one suicide attempt in the past year.^{*}
- Males are 3.53 times more likely to commit suicide than females.[#]

SAVING LIVES

SAVING MONEY

HOW RESEARCH SAVES LIVES:

- Research teams from Spain, France, Switzerland, Russia, Italy, the United Kingdom, and the U.S. collaborated together to carry out a large scale study, which sought to define characteristics or pre-cursors that would allow for the identification of individuals who are at a high-risk of committing suicide. They found that depressed individuals who showed signs of impulsivity, psychomotor agitation, or risky behaviors were 50% more likely to attempt suicide. Applying these results will allow for the identification and treatment of high-risk individuals whose condition may have otherwise gone unnoticed.^{*}
- Clozapine, an antipsychotic medication, has been shown to reduce the risk of suicide attempt reoccurrences in patients with Schizophrenia or Schizoaffective disorder.[^]
- An NIH study found that behavioral outpatient therapies, like Multisystemic Therapy, reduce suicidal thoughts and reoccurrences in high-risk adults. This family and community based intervention can be done while a patient continues with their daily routine, aiding in the renormalization and reducing the need to commit them into observational facilities.[^]

HOW RESEARCH SAVES MONEY:

- An analysis of a suicide prevention program in California concluded every \$1 invested into this program by the state government led to \$1,100 in economic benefits, due in part to the decline in required emergency care and increased earnings. The economic benefit to the state government alone was estimated to be \$50 for each dollar invested.⁺
- A randomized control study found that there was a 40% drop in suicide attempts in schools that implemented the Signs of Suicide Prevention Program (SOS). The high school kit for this program costs less than \$400, which is 2,667 times less than the costs associated with a single suicide.^{**~}

• BBC NEWS, 2015 <WWW.BBC.COM>
 ^ NATIONAL ACTION ALLIANCE FOR SUICIDE PREVENTION. 2014. <WWW.SUICIDE-RESEARCH-AGENDA.ORG>
 + RAND CORPORATION <WWW.RAND.ORG>
 * CENTER FOR DISEASE CONTROL AND PREVENTION. <WWW.CDC.GOV>
 ‡ SUBSTANCE ABUSE AND MENTAL HEALTH SERVICE ADMINISTRATION. 2014. <WWW.NREPP.SAMHSA.GOV>
 ~ SCREENING FOR MENTAL HEALTH. 2010. <WWW.MENTALHEALTHSCREENING.ORG>

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

- Mary Lasker 1901-1994

The Cost:

- Suicide costs Americans an estimated \$50.8 billion in lifetime medical and work-loss cuts annually. The total economic burden from suicide and self-inflicted injuries was estimated to be over \$70 billion annually.^{*}
- A single suicide costs an estimated \$1.3 million in medical costs and lost productivity.^{*}
- Over 500,000 people needed emergency medical care for self-inflicted injuries annually, costing an estimated \$6.5 billion in medical costs and lost productivity.^{*}

* CENTERS FOR DISEASE CONTROL AND PREVENTION. <WWW.CDC.GOV>
 ^ SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION. <WWW.SAMHSA.GOV>
 + WORLD HEALTH ORGANIZATION <WWW.WHO.INT>
 # AMERICAN FOUNDATION FOR SUICIDE PREVENTION <WWW.AFSP.ORG>
 • UNITED STATES DEPARTMENT OF VETERAN AFFAIRS <WWW.VA.GOV>

survivor:



NAME: Pua Kaninau
 CIRCUMSTANCE: Son's Suicide

Pua Kaninau's life changed on April 5, 2003 when her son Kaniela committed suicide just five days after his 18th birthday. Now trained to assess suicide risk, Pua recognizes that Kaniela was depressed. His grades 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.

Kaniela's death inspired Pua to learn more about suicide and help other families. She earned a master's degree in social work in 2007, which includes research on teens and suicide. Pua is recognized statewide as an advocate, founding the Hawaii Suicide Prevention Education, Awareness, Research (SPEAR) Foundation and co-chairing the state's Suicide Prevention Steering Committee for three years.

"We absolutely need more funding for suicide prevention and research," says Pua. As a Native Hawaiian, she particularly wants to see more research in her community since Native Hawaiians are at an elevated risk for suicide among all youth groups. "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."

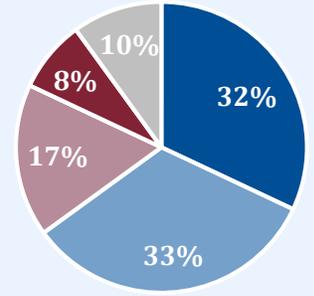
facts about: } Suicide

Hope for the Future:

- Researchers at the University of Indiana have begun preliminary testing on a questionnaire and blood test screen, which when combined would be able to diagnose the likelihood of an individual developing suicidal feelings over the next year. Results from a small scale study found that the combined test was 92% accurate. Further trials are being conducted to confirm the previous results and collect additional data.[^]
- A study found that a stressful environment at a young age causes physical changes within the brain that increases the risk for depression and suicide. The specific mechanisms that are altered by stress have been identified making it possible to target those areas for therapeutic interventions in the future. By increasing the knowledge around the causes of suicide, researchers should be able to develop more effective treatments to reduce the incidence of suicide.*
- The suicide Prevention Resource Center compiled a Best Practices Registry to be used as a resource for the public to learn more about options for prevention programs. The registry supplies information about the type of program, the founding organization and a factsheet on each program. These resources include interventions to combat the incidence of suicide while simultaneously attempting to remove the stigma by offering guidance and support. Wide distribution of these materials will aid in the national

National Survey: Majority Say it is Important to Invest in Suicide Prevention

How important is it for the U.S. to invest public dollars in the prevention of suicide?



- Very important
- Somewhat important
- Not too important
- Not at all important
- Not sure

RESEARCH!AMERICA SURVEY OF US ADULTS CONDUCTED IN PARTNERSHIP WITH ZOGBY ANALYTICS IN JANUARY 2018

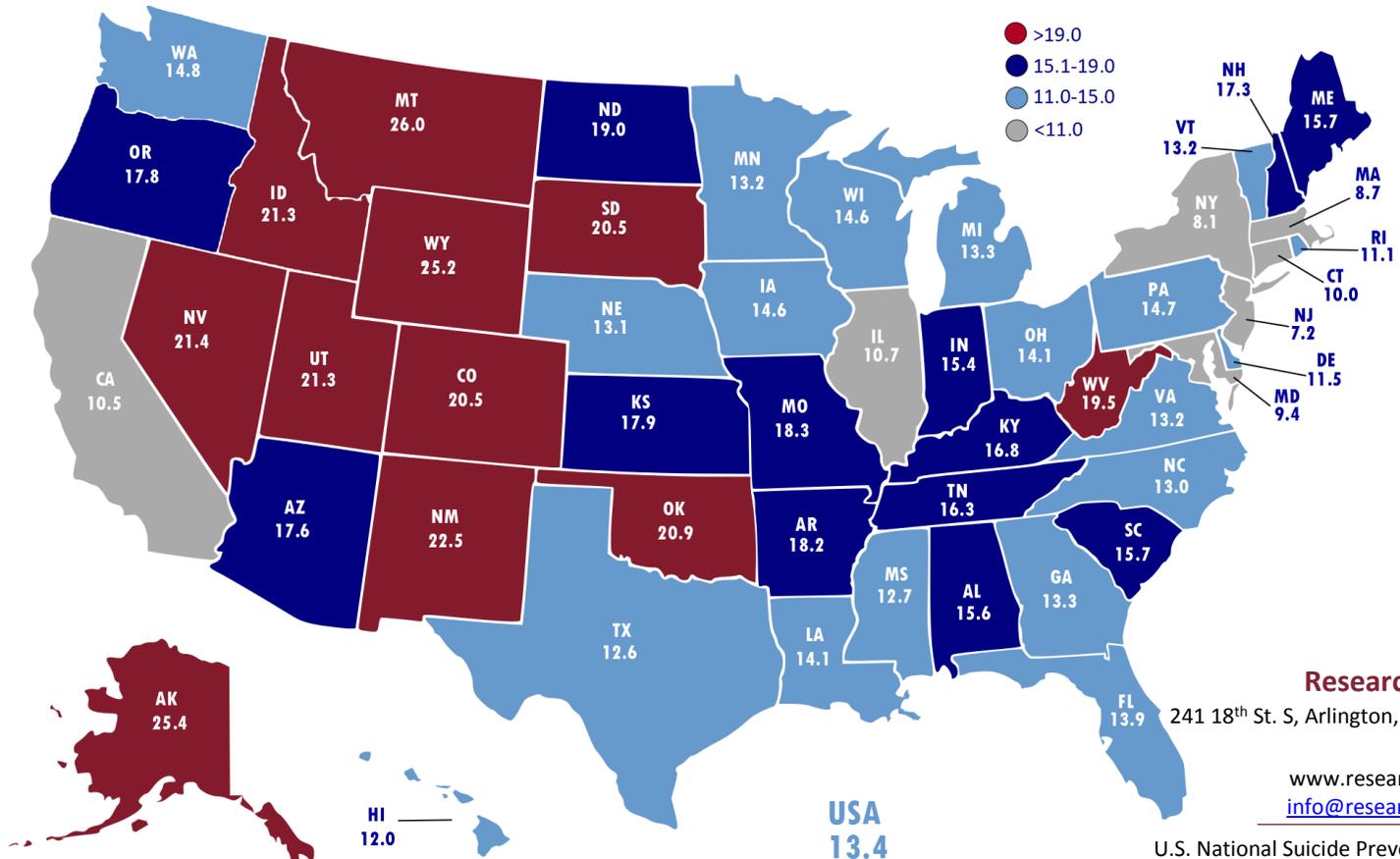
[^] NICULESCU, A. B. ET. AL. MOLECULAR PSYCHIATRY, 2015.
^{*} NATIONAL ACTION ALLIANCE FOR SUICIDE PREVENTION. 2014. <WWW.SUICIDE-RESEARCH-AGENDA.ORG>
⁺ SUICIDE PREVENTION RESOURCE CENTER. 2012. <WWW.SPRC.ORG/BPR>

The Bottom Line:

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

Suicide Death Rate per 100,000 people, 2016

SOURCE: AMERICAN FOUNDATION FOR SUICIDE PREVENTION



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U.S. National Suicide Prevention Hotline:
800-273-TALK (8255)

The Albert and Mary Lasker Foundation is a founding partner in this series of fact sheets. www.laskerfoundation.org