

The public health approach and comprehensive suicide prevention

**National Academy of Sciences
April 2025**

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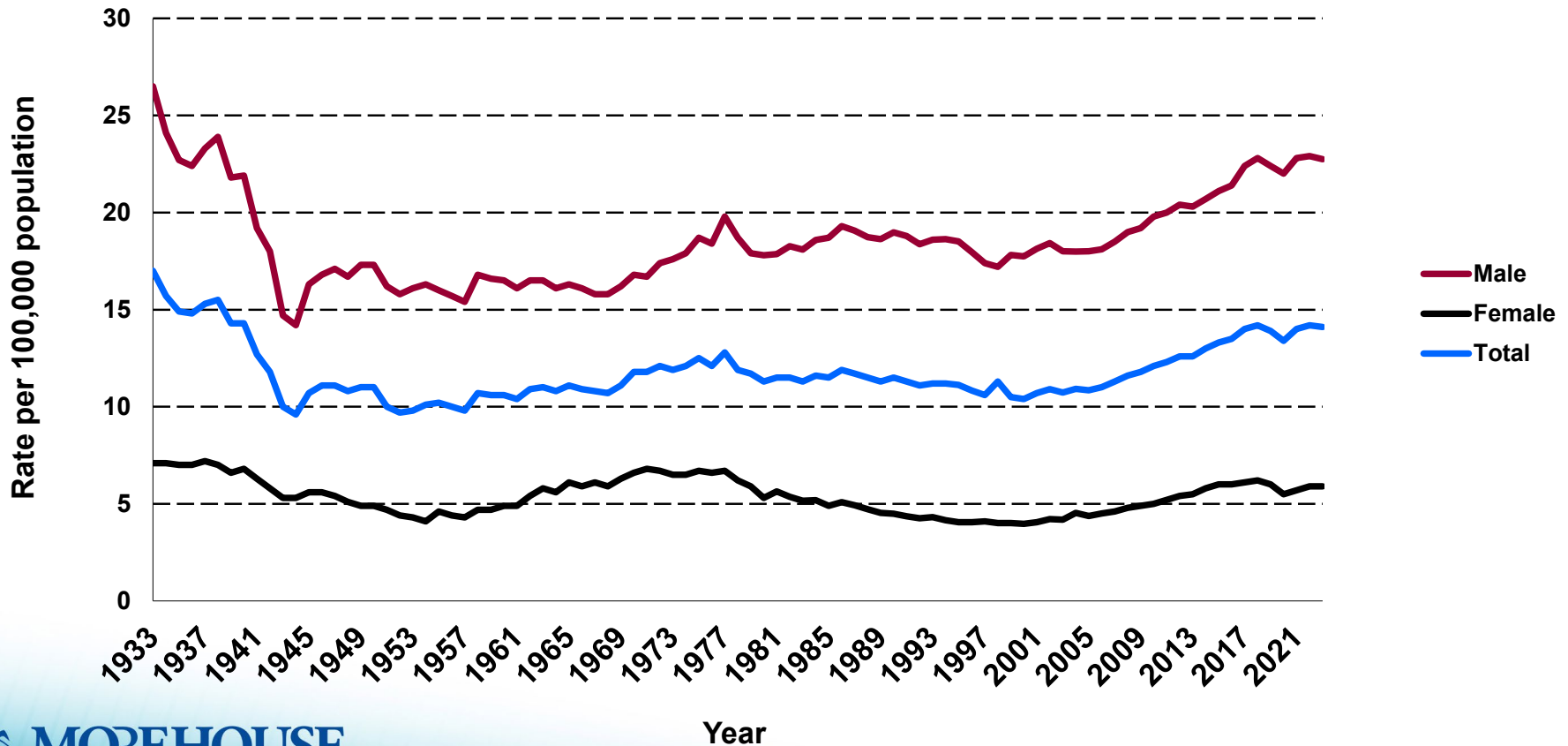
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Public Health Approach to Prevention

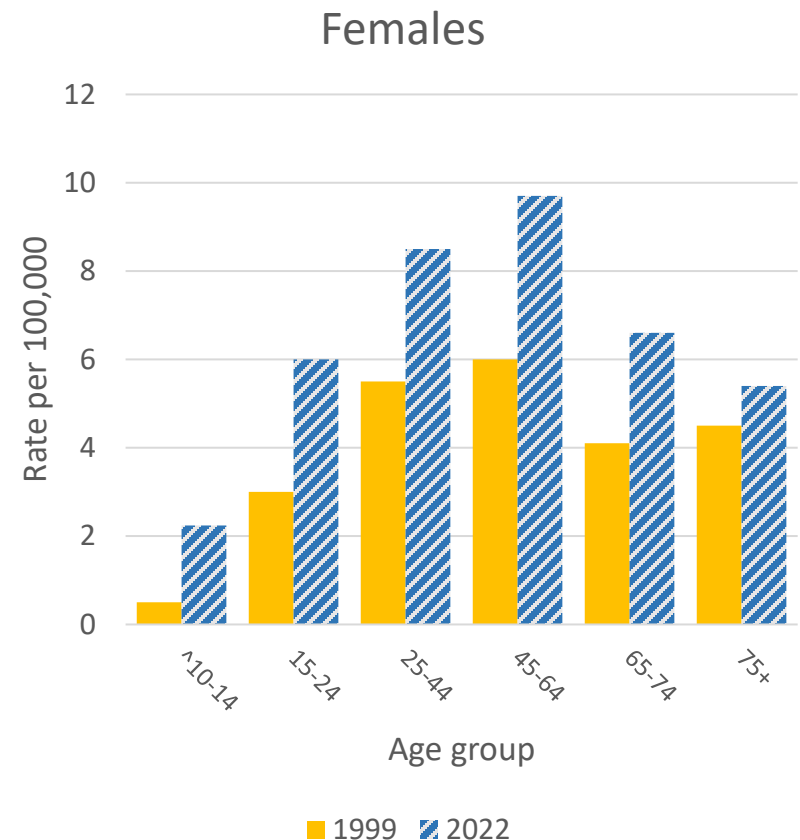
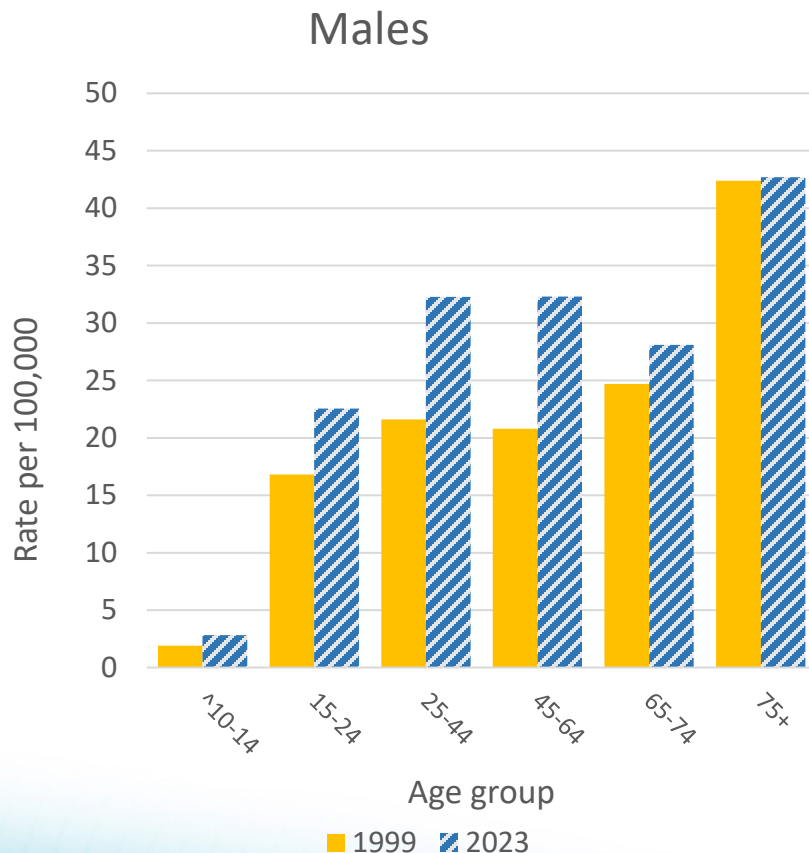
- The public health approach seeks to answer the foundational questions:
 - What is the problem?
 - How could we prevent it from occurring?
- To answer these questions, public health uses a systematic, scientific method for understanding and preventing suicide.



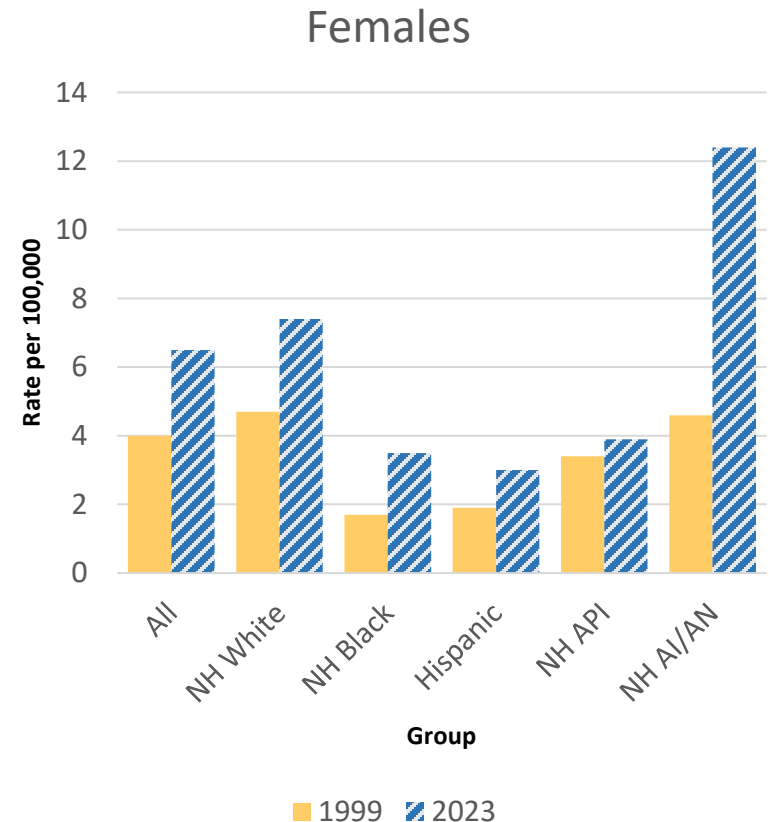
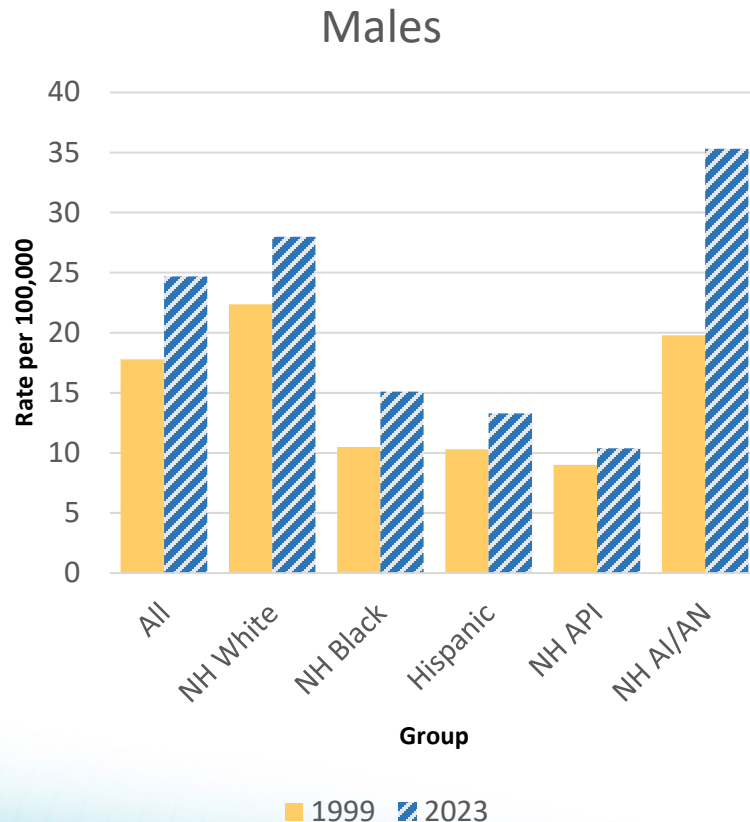
Age-adjusted suicide among all persons by sex -- United States, 1933-2023



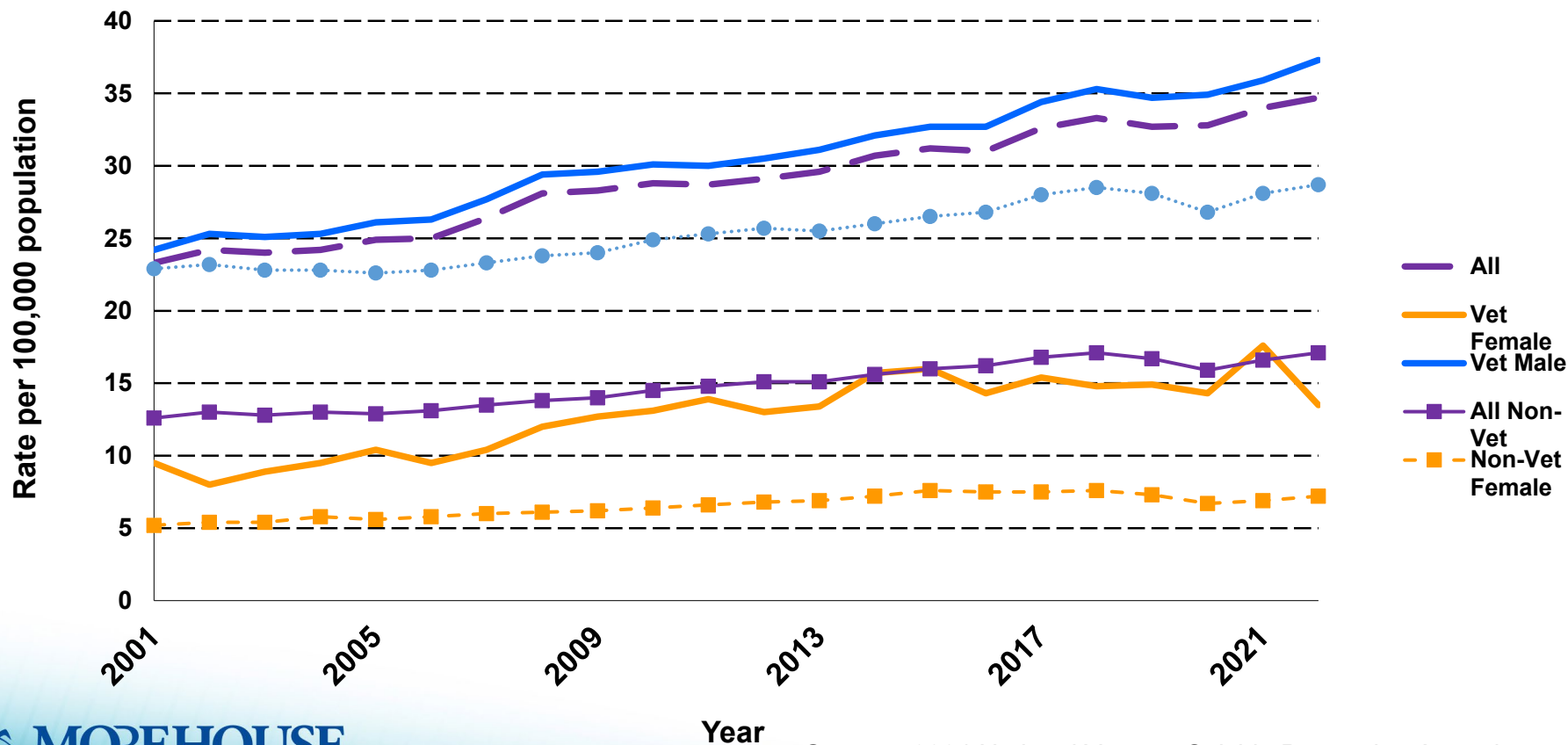
Suicide rates among by age group and sex -- United States, 1999 and 2023



Suicide rates among by race/ethnicity and sex -- United States, 1999 and 2023



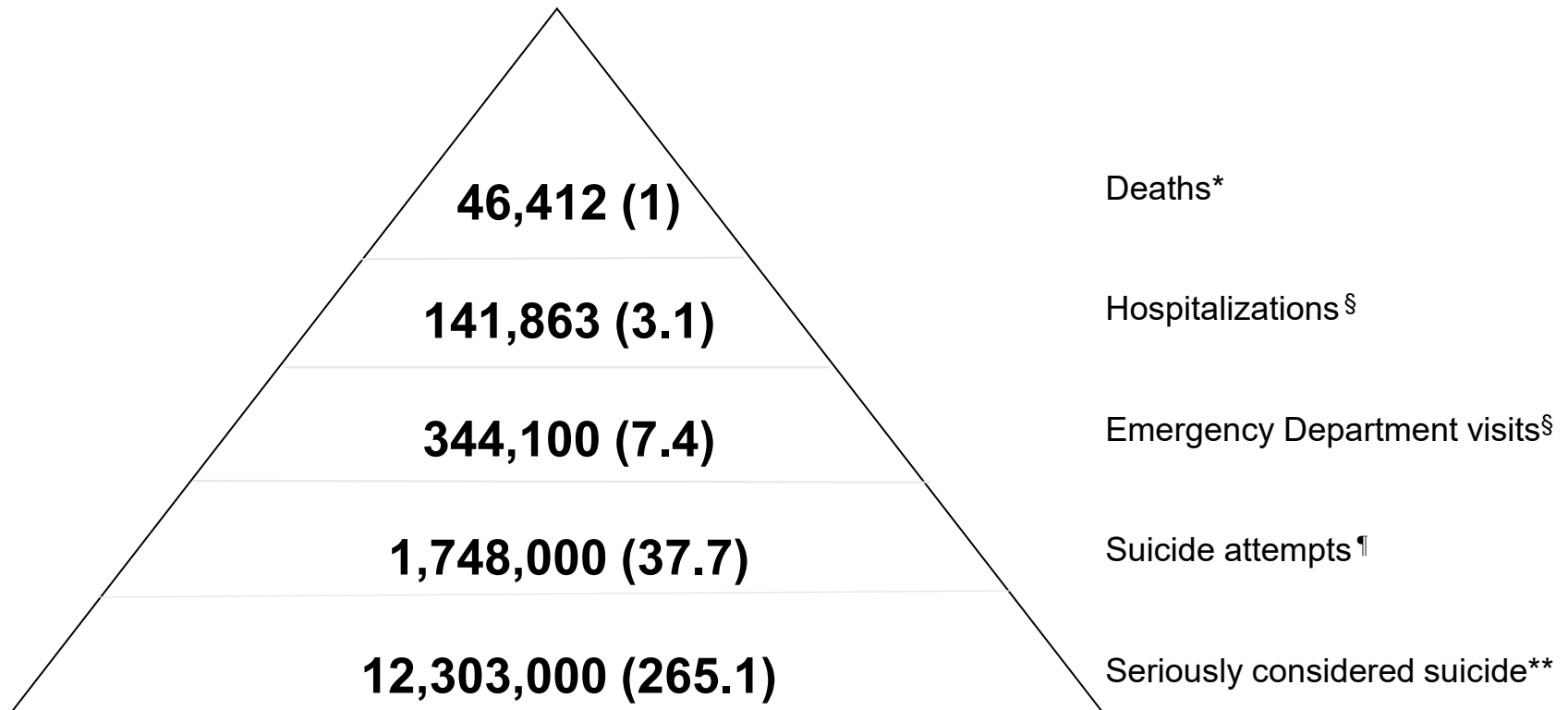
Age-adjusted suicide among all persons by Veteran status and sex -- United States, 2001-2022



Burden of injury



Number and ratio of persons affected by suicidal thoughts and behavior among adults aged ≥18 years — United States, 2021



*Source: CDC's National Vital Statistics System,

§ Source: CDC's National Electronic Injury Surveillance System-All Injury Program

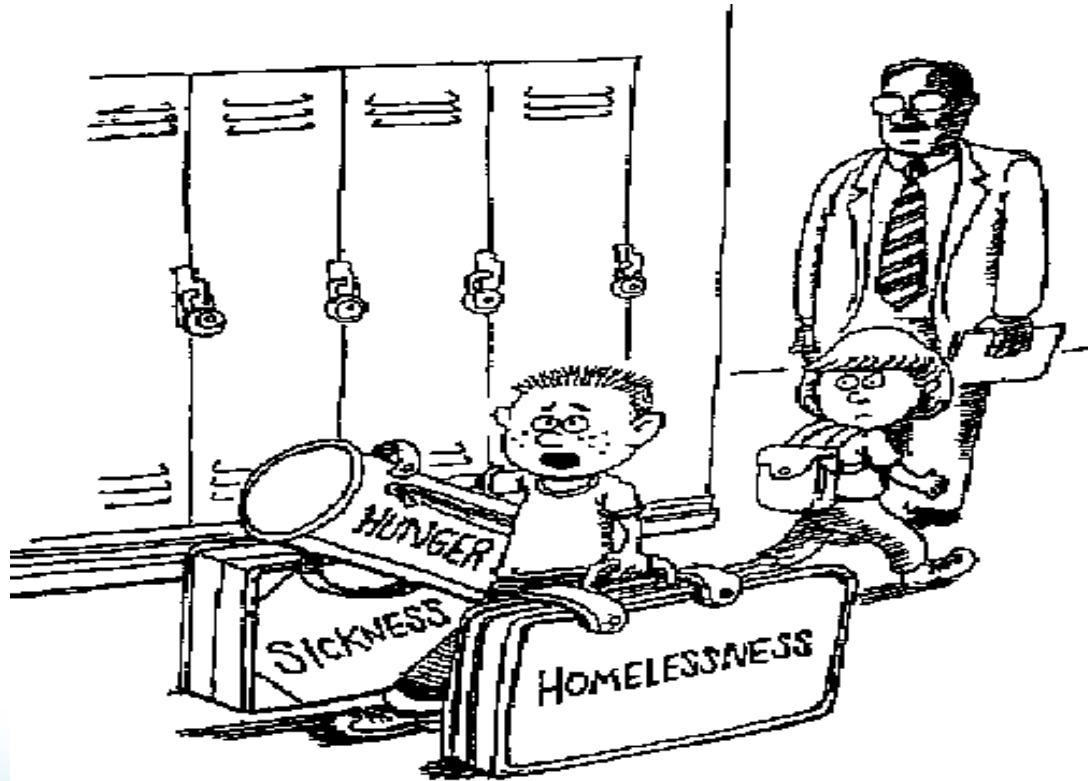
¶ Source: SAMHSA's National Survey on Drug Use and Health

** Source: SAMHSA's National Survey on Drug Use and Health

Number in parentheses represent the ratio of deaths to other categories

Can somebody help me with these?

Overlapping factors



CDC's Comprehensive Suicide Prevention Program (CSP)

- CSP includes:
- Strong leadership to convene and connect multi-sectoral partnerships
- Using data to:
 - identify disproportionately affected populations with increased risk of suicide
 - understand factors connected to suicidal behaviors
 - track trends in fatal and nonfatal suicidal behavior
- Identifying and assessing gaps in existing programs in the community
- Implementing and evaluating complementary strategies with the best available evidence from the Resource for Action
- Developing, implementing, and evaluating a communication and dissemination plan to communicate trends, progress, successes, and lessons learned to partners

CDC's Comprehensive Suicide Prevention Program (CSP)

To implement and evaluate a comprehensive public health approach to suicide prevention to reduce suicide morbidity and mortality, with specific attention to one or more *disproportionately affected populations*

Disproportionately Affected Populations (DAP)

- Represent a significant proportion of the suicide burden (i.e., large number or rate of suicide)
- Suicide rates greater than general population, in a jurisdiction (state, city/county, tribe)
- Examples: veterans, tribal populations, rural communities, LGBTQ, youth and other



A key outcome is a **10% reduction in suicide morbidity and mortality** in the DAP in the jurisdiction(s).

For more information, visit <https://www.cdc.gov/suicide/programs/csp/index.html>

Implementing and Evaluating Comprehensive Suicide Prevention (CSP)

Comprehensive Approach:

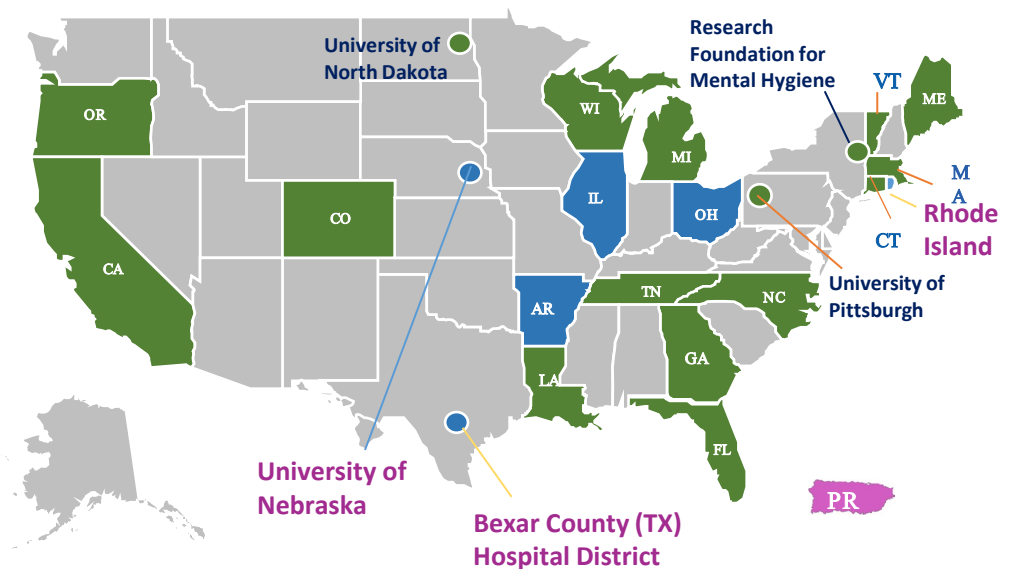
- Multisectoral partnerships
- Data/Surveillance
- Inventory
- Selection of policies, programs, and practices
- Communication & dissemination

Implementation & Evaluation

<https://www.cdc.gov/suicide/programs/csp/index.html>



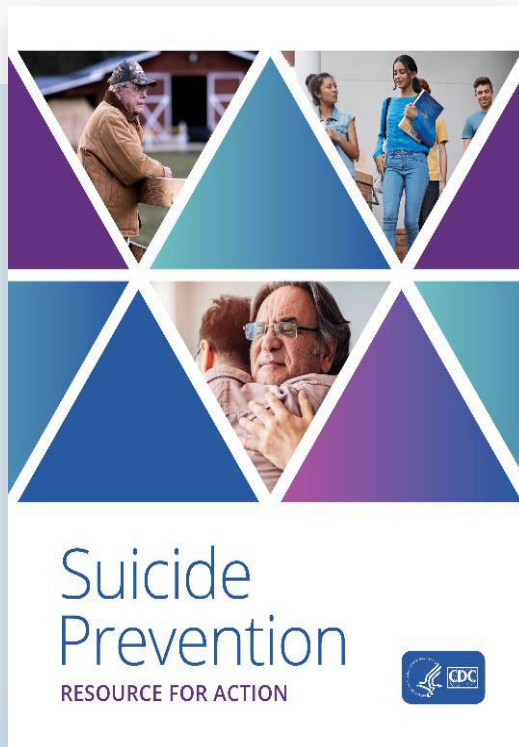
Comprehensive Suicide Prevention Funding Recipients



Locations in pink are 2023 recipients of CSP, those in blue are continuing recipients funded between 2020-2022.

CDC's Suicide Prevention Resource for Action

A compilation of the best available evidence



Preventing Suicide is a Priority. CDC's Suicide Prevention Resource for Action (Prevention Resource) details the strategies with the best available evidence to prevent suicide. The Prevention Resource can help states and communities prioritize suicide prevention activities most likely to have an impact.

Strategies: Preventive actions to achieve the goal of preventing suicide




Approaches: Specific ways to advance the strategy

Policies, programs, and practices: Those with evidence of impact on suicide, suicide attempts, or risk or protective factors





<https://www.cdc.gov/suicide/resources/prevention.html>

Source: CDC. (2022). Suicide Prevention Resource for Action: A Compilation of the Best Available Evidence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Preventing Suicidal Behavior – Resources for Action

Strategy	Approach
 <p>Strengthen economic supports</p>	<ul style="list-style-type: none"> • Strengthen household financial security • Housing stabilization policies
 <p>Strengthen access and delivery of suicide care</p>	<ul style="list-style-type: none"> • Coverage of mental health conditions in health insurance policies • Reduce provider shortages in underserved areas • Safer suicide care through systems change
 <p>Create protective environments</p>	<ul style="list-style-type: none"> • Reduce access to lethal means among persons at-risk of suicide • Organizational policies and culture • Community-based policies to reduce excessive alcohol use

Preventing Suicidal Behavior – Resources for Action

Strategy	Approach
 <p>Promote healthy connections</p>	<ul style="list-style-type: none"> • Peer norm programs • Community engagement activities
 <p>Teach coping and problem-solving skills</p>	<ul style="list-style-type: none"> • Social-emotional learning programs • Parenting skill and family relationship approaches
 <p>Identify and support people at risk</p>	<ul style="list-style-type: none"> • Gatekeeper training • Crisis intervention • Treatment for people at-risk of suicide • Treatment to prevent re-attempts
 <p>Lessen harms and prevent future risk</p>	<ul style="list-style-type: none"> • Postvention (i.e., activities which reduce risk and promote healing after a suicide death) • Safe reporting and messaging about suicide

Source: CDC. (2022). Suicide Prevention Resource for Action: A Compilation of the Best Available Evidence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Categories of prevention programs

- **Integrated/Comprehensive**
 - **U.N./W.H.O. recommendations**
 - **U.S. Air Force**

Source: Reducing Suicide: A National Imperative, 2002, Institute of Medicine



Moving Prevention Upstream



- Cognitive behavioral
- Crisis response



- Gatekeeper training
- Reduce Substance misuse



- Economic supports
- Coping or problem-solving skills



Source: Picture - Wisc Dept of Health Services Programs – CDC Suicide Prevention Resource for Action

Conclusion

- Suicide is a critical public health problem
- Results from an interaction of factors
 - never a single item that causes a suicide
 - multiple opportunities for action
- A comprehensive approach can reach many communities and address multiple factors

Questions and Comments

