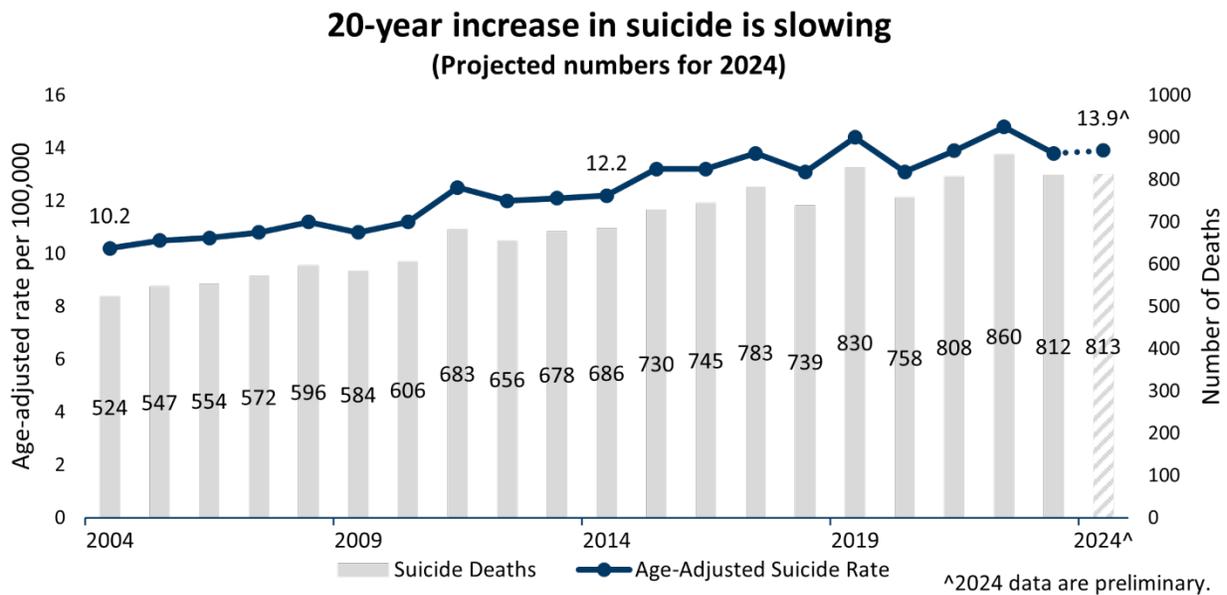


Data Brief: Suicide Mortality Steady in 2024

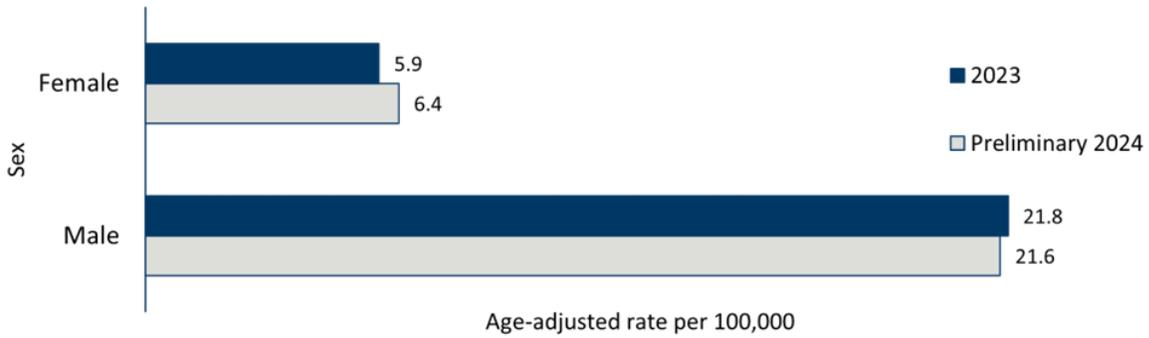
RATE IS LOWER THAN HISTORICAL HIGH FROM 2022

In 2024, 813 Minnesotans are estimated to have died by suicide. While this number is high, it represents fewer suicide deaths than in 2022, which had the highest total on record. Based on early data from death certificates, the suicide rate for 2024 was 13.9 deaths per 100,000 people, similar to 2023. However, these 2024 numbers are preliminary and may change when finalized.



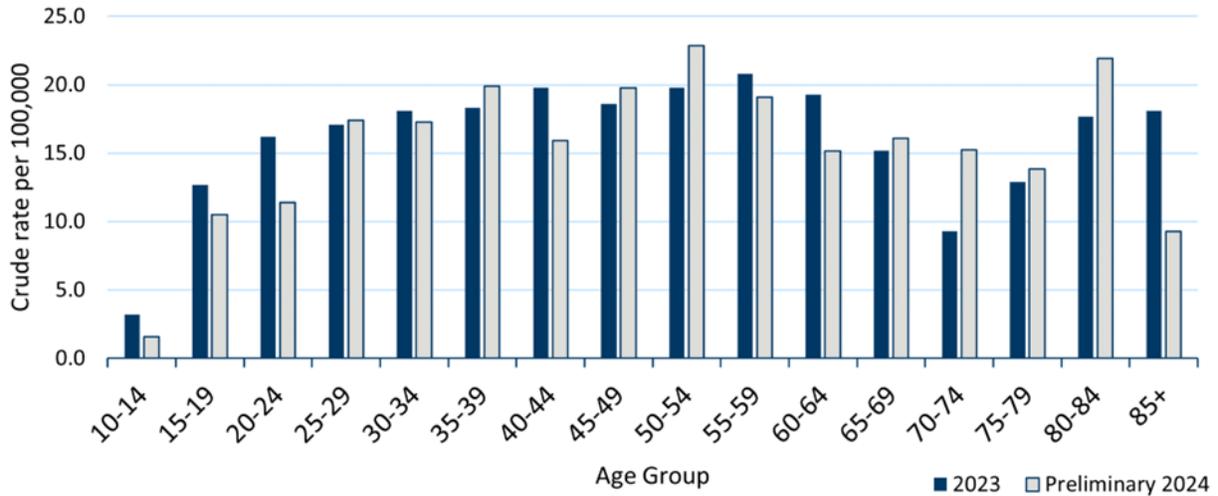
As has been the case for several decades, more males died by suicide in 2024 than females. The male suicide rate was 21.6 per 100,000, whereas the female rate was 6.4 per 100,000. However, the rate among females in 2024 was higher than in 2023. Rates for other sexes or gender identities are not available because this information is not collected on death certificates.

Males had consistently higher rates of suicide in 2023 and 2024



The age distribution shifted slightly toward older adults in 2024 compared to 2023. The age groups with the highest rates were Minnesotans aged 50-54 years and 80-84 years. There are fewer people in the higher age categories, which can result in larger changes in the rate from year to year. Teens and younger adults had lower rates of suicide in 2024 than 2023 and had lower rates than most age groups over 25.

Suicide is most common in middle-age and elderly adults



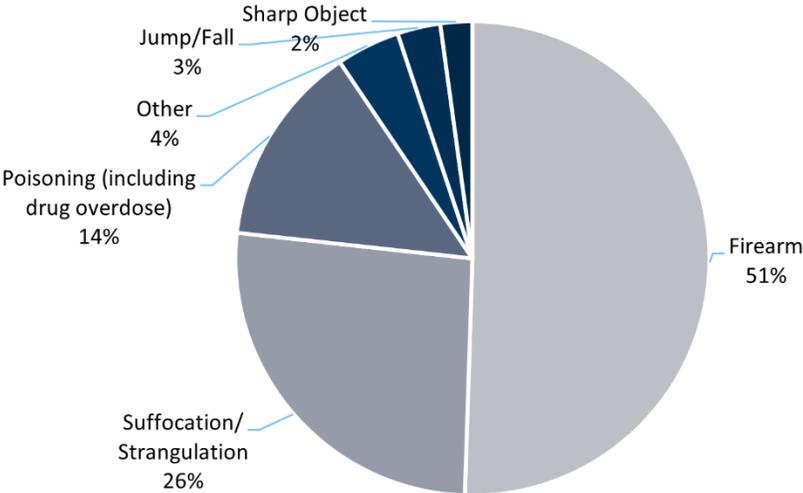
In the table below, suicide deaths in 2024 are categorized based on race and ethnicity. The categories are not mutually exclusive, meaning one person may be represented in multiple rows in the table. Each row includes anyone who was identified on their death certificate as being of that racial group, either alone or in combination with another racial group. People who were identified as belonging to more than one group are counted in each group of which they were a part. As such, these rates and counts are not directly comparable to one another but offer a more complete view of the number of deaths that may affect a given community and offer insight into the relative burden of suicide in each group.

Race or Ethnicity	Number of Deaths in Minnesota in 2024 (preliminary data)	Estimated Crude Rate per 100,000 (preliminary data)
American Indian alone or in combination	33	24.3
Asian alone or in combination	21	5.8
Black alone or in combination	44	8.4
White alone or in combination	689	14.4
Hispanic (any race)	26	7.1
More than one race	16	9.7

Note: Race or Ethnicity categories are not mutually exclusive.

Firearm injuries were the leading mechanism (51%) of suicide deaths in 2024. While this has long been the case, this percentage is higher than in recent years. [\[Data Brief: Suicide Up in 2022, Down in 2023 \(PDF\)\]](https://www.health.state.mn.us/communities/suicide/documents/2023suicidedatabrief.pdf) [\[https://www.health.state.mn.us/communities/suicide/documents/2023suicidedatabrief.pdf\]](https://www.health.state.mn.us/communities/suicide/documents/2023suicidedatabrief.pdf) Altogether, firearms, suffocation, and poisoning were the injury mechanism in 91% of suicide deaths in 2024. Intentional drug overdoses are a type of poisoning.

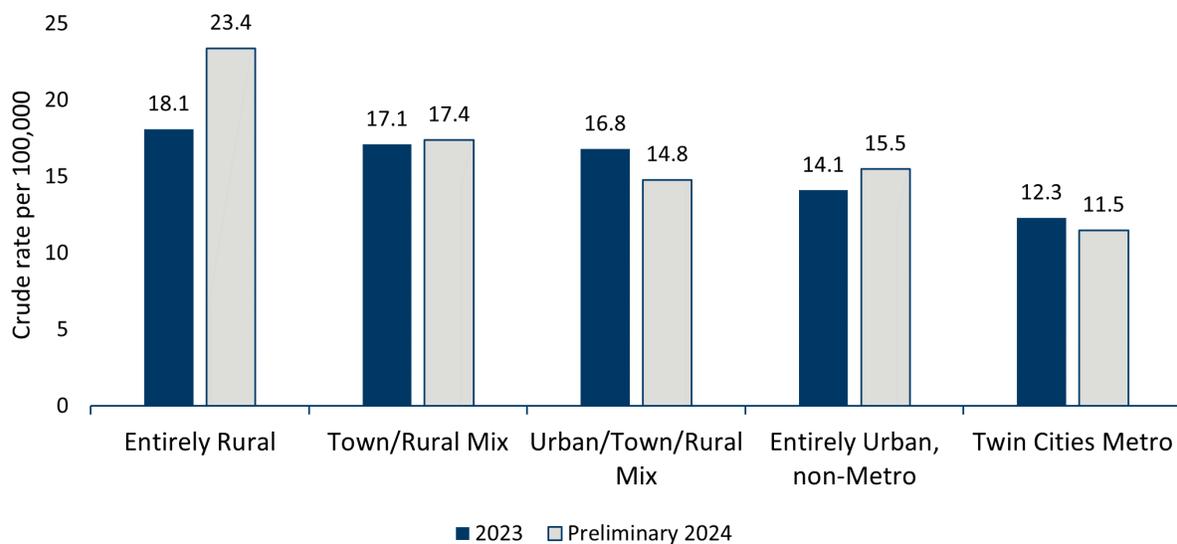
Firearm injuries were the leading mechanism of suicide deaths in 2024



Leading injury mechanisms in suicide deaths were different for some groups, however. Among American Indians who died by suicide in 2024, 58% of deaths (n=19) occurred by suffocation or strangulation (i.e. depriving the body of oxygen). Suffocation was also the leading injury mechanism for Asian decedents and decedents under the age of 30 years. Poisoning was the most common injury mechanism for female suicide decedents.

Counties made up entirely of rural census tracts had the highest suicide rates in 2024, continuing a pattern from 2023. In fact, there is a consistent, direct relationship between rurality and suicide rates: areas that are more rural have higher suicide rates, on average, while areas that are more urban have lower suicide rates, on average.

Rural** areas had higher suicide rates in 2024



**Urbanization based on Minnesota State Demographic Center:

[Greater Minnesota \(PDF\) \(https://mn.gov/admin/assets/greater-mn-refined-and-revisited-msdc-jan2017_tcm36-273216.pdf\)](https://mn.gov/admin/assets/greater-mn-refined-and-revisited-msdc-jan2017_tcm36-273216.pdf)

If you need immediate emotional or mental health support, or are worried about someone else, please call or text 988 or visit 988Lifeline.org to chat online with a 988 specialist.

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 Division of Injury Prevention and Mental Health
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health.suicide.prev@state.mn.us
www.health.state.mn.us/communities/suicide

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To obtain this information in a different format, call: 651-201-5400.