

## SUICIDE PREVENTION PROFILES – DATA FOR SOUTHEND, ESSEX AND THURROCK

Dr M Conway, September 2019

National suicide data were updated on 3<sup>rd</sup> September 2019.

For the purpose of data analysis, the term 'suicide' also includes deaths where there was insufficient evidence to prove a deliberate intention to die.

**Definition:** Age standardised mortality rate from suicide and injury of undetermined intent per 100,000 population.

Data are calculated as three year rolling averages to smooth short term variation. Numerator data include suicide codes in people aged 10 years and over, and injury of undetermined intent codes in people aged 15 years and over. The denominator is the population aged 10 years and over. Age standardisation adjusts for differences in age structures between geographies, allowing for direct comparisons between areas.

### RATES FOR ESSEX DISTRICTS AND UNITARY AUTHORITIES. 2016-18. (Benchmark is England)

#### Age standardised rate of suicide and undetermined deaths/100,000 (persons 10+ yrs)

Area	Recent Trend	Count	Value		95% Lower CI	95% Upper CI
England	—	14,047	9.6		9.5	9.8
Greater Essex D and UA	—	-	-		-	-
Basildon	—	53	10.8		8.1	14.2
Braintree	—	38	9.6		6.7	13.1
Brentwood	—	19	9.1		5.5	14.2
Castle Point	—	18	7.8		4.6	12.5
Chelmsford	—	59	12.7		9.7	16.4
Colchester	—	67	13.1		10.1	16.7
Epping Forest	—	22	6.3		3.9	9.5
Harlow	—	47	20.7		15.2	27.5
Maldon	—	31	17.8		12.0	25.4
Rochford	—	19	8.0		4.8	12.6
Southend-on-Sea	—	47	9.8		7.2	13.0
Tendring	—	58	16.0		12.0	20.9
Thurrock	—	41	9.0		6.5	12.3
Uttlesford	—	18	7.8		4.6	12.5

## Age standardised rate of suicide and undetermined deaths/100,000 (males 10+ yrs)

Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	—	10,592	14.9	14.6	15.1
Greater Essex D and UA	—	—	—	—	—
Basildon	—	36	15.0	10.5	20.8
Braintree	—	28	14.7	9.7	21.4
Brentwood	—	14	13.6	7.4	22.9
Castle Point	—	13	11.9	6.2	20.5
Chelmsford	—	46	20.0	14.6	26.6
Colchester	—	42	16.7	12.0	22.7
Epping Forest	—	14	8.3	4.5	13.9
Harlow	—	35	31.7	22.0	44.2
Maldon	—	25	29.5	18.9	43.9
Rochford	—	13	11.3	6.0	19.4
Southend-on-Sea	—	35	15.3	10.6	21.3
Tendring	—	44	25.9	18.5	35.1
Thurrock	—	28	12.4	8.2	18.0
Uttlesford	—	12	10.9	5.6	19.2

## Age standardised rate of suicide and undetermined deaths/100,000 (females 10+ yrs)

Area	Recent Trend	Count	Value	95% Lower CI	95% Upper CI
England	—	3,455	4.7	4.5	4.8
Greater Essex D and UA	—	—	—	—	—
Basildon	—	17	6.9	4.0	11.0
Braintree	—	10	4.8	2.3	8.9
Brentwood	—	5	4.7	1.5	11.0
Castle Point	—	5	4.1	1.3	9.6
Chelmsford	—	13	5.7	3.0	9.7
Colchester	—	25	9.4	6.1	14.0
Epping Forest	—	8	4.6	2.0	9.0
Harlow	—	12	10.6	5.5	18.6
Maldon	—	6	7.1	2.5	15.7
Rochford	—	6	5.0	1.8	11.0
Southend-on-Sea	—	12	4.9	2.5	8.6
Tendring	—	14	6.9	3.7	11.8
Thurrock	—	13	5.6	3.0	9.6
Uttlesford	—	6	4.8	1.7	10.6

(Indicator 41001)

### Interpretation:

The data relate to the population resident in Essex; this includes the general population as well as people known to EPUT services. Data reflect the national picture of an increased rate of suicide.

The number of local government districts / unitary authorities in Essex with a suicide rate higher than the national average has increased from three to five in the 2018 data update.

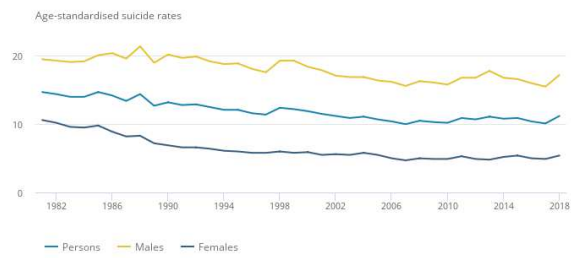
Norwich is the only other district in the East of England region with a suicide rate higher than the national average.

National data show a significant increase in male suicide in 2018 compared to 2017. The rate of suicide in females is consistent with rates over the past 10 years. The highest age specific rate is in the 45-49 year age group in both men and women. Although low numbers overall, rates of suicide among the under 25s have increased in recent years, especially among women.

## Long term trends in suicide rates UK 1981-2018

Figure 1: Significant increase in suicide rates for all persons and males in 2018

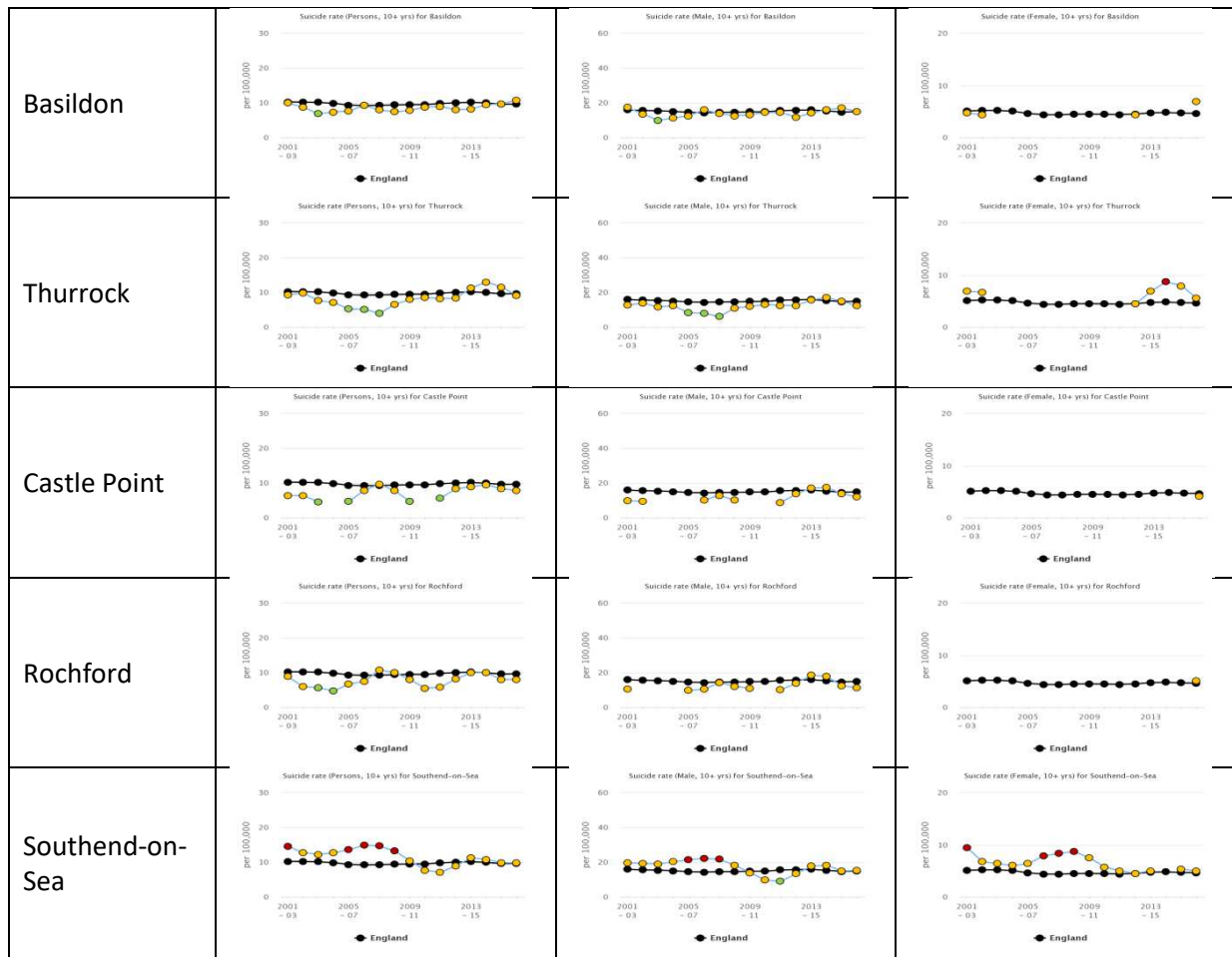
Age-standardised suicide rates by sex, UK, registered between 1981 and 2018



Source: Office for National Statistics, National Records of Scotland, and Northern Ireland Statistics and Research Agency

## TRENDS IN SUICIDE AND UNDETERMINED DEATHS IN ESSEX (2001-2018). Benchmark is England

District / UA	Persons	Male	Female
Colchester			
Tendring			
Chelmsford			
Maldon			
Braintree			
Harlow			
Epping			
Uttlesford			
Brentwood			



## Interpretation

- Districts / UAs with a higher suicide rate than the national average are in the North of Essex.
- Harlow, Colchester and Tendring are notable for significantly higher than national rates among women.
- Areas with a high suicide rate appear to be consistently high and the trend suggests rates are increasing year on year.
- Southend on Sea has high deprivation indices and high mental health needs, but the historically high suicide rate has reduced in recent years and is consistently similar to the national average.