Working Together

同心協力 防止自殺

2018世界防止自殺日

WORLD SUICIDE PREVENTION DAY 2018
Agenda

1. An update on the suicide situation in Hong Kong

2. Our experience of engaging YouTubers for suicide prevention
Number of Suicides and Suicide Rates in Hong Kong, 1997-2017^  

2016 annual global age-standardized suicide rate: 10.5 per 100 000 population (WHO, 2018).

^ Estimated numbers. According to data from Coroner’s Court, with registered death date up to 31 July 2018.
Suicide rates by gender in Hong Kong, 1997-2016

Suicide rate per 100,000

Year


Female Male Both sexes

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Male suicide rates by age group in Hong Kong, 2007-2016

Suicide rate per 100,000

Year

Below 15
15 - 24
25 - 39
40 - 59
60 or above
All ages
Female suicide rates by age group in Hong Kong, 2007-2016
Distribution of method of suicide by age group in Hong Kong, 2016

Percentage

<table>
<thead>
<tr>
<th>Age groups</th>
<th>Jumping</th>
<th>Poisoning</th>
<th>Hanging</th>
<th>Charcoal burning</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24</td>
<td>69.3%</td>
<td>4.0%</td>
<td>20.0%</td>
<td>1.3%</td>
<td></td>
</tr>
<tr>
<td>25-34</td>
<td>60.3%</td>
<td>14.3%</td>
<td>15.1%</td>
<td>5.6%</td>
<td></td>
</tr>
<tr>
<td>35-44</td>
<td>50.8%</td>
<td>3.2%</td>
<td>18.3%</td>
<td>18.3%</td>
<td></td>
</tr>
<tr>
<td>45-54</td>
<td>49.7%</td>
<td>1.4%</td>
<td>21.0%</td>
<td>23.4%</td>
<td></td>
</tr>
<tr>
<td>55-64</td>
<td>54.5%</td>
<td>1.0%</td>
<td>15.6%</td>
<td>28.6%</td>
<td></td>
</tr>
<tr>
<td>65 and above</td>
<td>52.3%</td>
<td>5.3%</td>
<td>22.3%</td>
<td>3.5%</td>
<td></td>
</tr>
<tr>
<td>All ages</td>
<td>54.9%</td>
<td>4.8%</td>
<td>11.8%</td>
<td>3.5%</td>
<td>7.4%</td>
</tr>
</tbody>
</table>
## Youth suicide (aged 15-24), 2012-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of suicides</th>
<th>Population size in HK</th>
<th>Suicide rate (per 100,000)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>All youths</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>73</td>
<td>877 500</td>
<td>8.3</td>
</tr>
<tr>
<td>2013</td>
<td>66</td>
<td>863 200</td>
<td>7.6</td>
</tr>
<tr>
<td>2014</td>
<td>52</td>
<td>837 300</td>
<td>6.2</td>
</tr>
<tr>
<td>2015</td>
<td>68</td>
<td>811 100</td>
<td>8.4</td>
</tr>
<tr>
<td>2016</td>
<td>75</td>
<td>786 000</td>
<td>9.5</td>
</tr>
<tr>
<td><strong>Youth full-time students</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>19</td>
<td>408 615</td>
<td>4.6</td>
</tr>
<tr>
<td>2013</td>
<td>19</td>
<td>393 853</td>
<td>4.8</td>
</tr>
<tr>
<td>2014</td>
<td>17</td>
<td>374 596</td>
<td>4.5</td>
</tr>
<tr>
<td>2015</td>
<td>23</td>
<td>365 610</td>
<td>6.3</td>
</tr>
<tr>
<td>2016</td>
<td>29#</td>
<td>356 139</td>
<td>8.1</td>
</tr>
<tr>
<td><strong>All other youths</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>54</td>
<td>468 885</td>
<td>11.5</td>
</tr>
<tr>
<td>2013</td>
<td>47</td>
<td>469 347</td>
<td>10.0</td>
</tr>
<tr>
<td>2014</td>
<td>35</td>
<td>462 704</td>
<td>7.6</td>
</tr>
<tr>
<td>2015</td>
<td>45</td>
<td>445 490</td>
<td>10.1</td>
</tr>
<tr>
<td>2016</td>
<td>46#</td>
<td>429 861</td>
<td>10.7</td>
</tr>
</tbody>
</table>

# Provisional figures (as at 31 July 2018) as the latest case files are not yet available from Coroner's Court.
Suicide rate difference of full-time students and all other youths in Hong Kong, 2012-2016

Year | Suicide rate difference of full-time students and all other youths
--- | ---
2012 | 6.9
2013 | 4.6
2014 | 4.8
2015 | 4.5
2016 | 2.6

Graph showing the suicide rate and the suicide rate difference of full-time students and all other youths over the years 2012 to 2016.
Summary 總結

- The estimated suicide rate in Hong Kong was 12.4 in 2017, which was slightly lower than 12.5 in 2016. 估測2017年香港的自殺率為12.4，較2016年的12.5稍低。

- The age-standardized suicide rate in Hong Kong was estimated at 9.5 in 2017, which was lower than the global rate of 10.5 (WHO, 2018). 香港2017年的年齡標準化自殺率估測為9.5，低於國際水平的10.5（世界衛生組織，2018）。

- Compared to 2015, the suicide rate of male in 2016 has slightly increased, while the suicide rate of female has decreased. 對比2015年，2016年的男性自殺率輕微上升，而女性自殺率則下降。

- There is a continuous improvement in elderly suicide. 高齡人士自殺情況持續改善。

- The suicide rate of children aged 0 to 14 maintained at a low level of 0.3 and 0.8 in the past ten years. 0-14歲兒童的自殺率於這十年間一直徘徊在0.3-0.8之間，維持低水平。

- The estimated suicide rate of the age group 15 to 24 increased from 8.3 in 2012 to 9.5 in 2016 (overall suicide rate: 12.8 in 2012; 12.5 in 2016). 2016年，15-24歲青少年的自殺率為9.5，比2012年的8.3多 (整體自殺率: 2012為12.8; 2016為12.5)。
Compared with the suicide rate of full-time students, the suicide rate among all other youths aged 15 to 24 have always been higher throughout the years (11.5 in 2012; 10.7 in 2016), yet the difference between the two rates is slowly narrowing (the difference was 6.9 in 2012; 2.6 in 2016).

Schools appear to be attenuating in timely identifying and supporting vulnerable students.

CSRP finds that in 2016, the proportion of the deceased full-time students with academic problem and psychiatric history were higher as compared to 2015.

Detailed examination of death investigation documents showed that the full-time students had been facing various problems mainly related to family, romantic relationships, study and finance. Previous studies and CSRP’s review of the death reports have shown that suicide is a complex phenomenon caused by interlocking factors.

Oversimplification of the causes of student suicides should thus be avoided.

Oversimplification of the causes of student suicides should thus be avoided.
- Internet penetration rate among Hong Kong youth is nearly 100%.
- 73% of people ages 16-64 in Hong Kong are YouTube users.

'Digital in 2018 in Eastern Asia' (We are Social, 2018)
Number of views on the videos uploaded by different groups of stakeholders

Note:
Circle indicates grouped median,
Upper bar of the I-beam indicates the maximum value
Lower bar indicates the minimum value
*on an exponential scale

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Number of comments to the videos uploaded by different groups of stakeholders

Note:
Circle indicates grouped median,
Upper bar of the I-beam indicates the maximum value
Lower bar indicates the minimum value
*on an exponential scale

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Number of comments disclosing suicide risk to the relevant videos uploaded by different groups of stakeholders

Number of comments disclosing suicide risk

Top YouTubers
Popular YouTubers
Regular YouTubers
Politicians
Traditional media
Online Organisations
Government Bodies

Note:
Circle indicates grouped median,
Upper bar of the I-beam indicates the maximum value
Lower bar indicates the minimum value
*on an exponential scale

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Number of comments supporting help seeking to the relevant videos uploaded by different groups of stakeholders

Note:
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