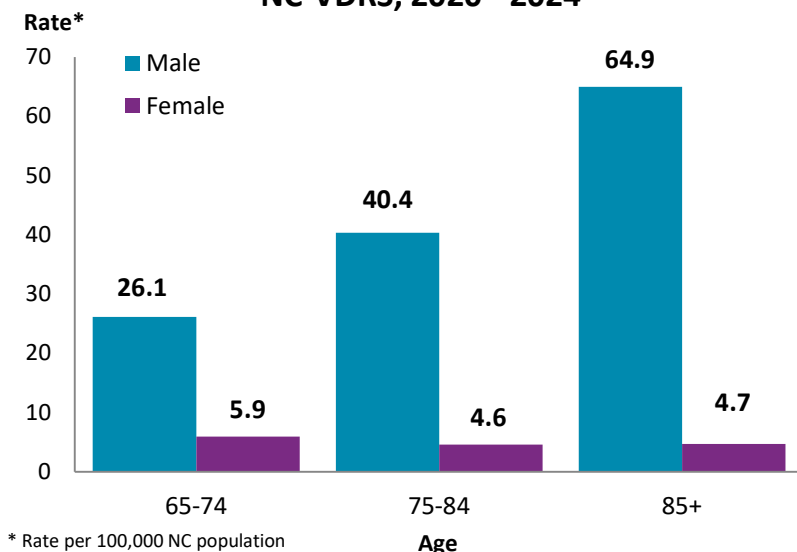


# NC Violent Death Reporting System

## SUICIDE AMONG OLDER ADULTS IN NORTH CAROLINA, 2020 - 2024

The North Carolina Violent Death Reporting System (NC-VDRS) is a CDC-funded statewide surveillance system that collects detailed information on violent deaths that occur in North Carolina including: homicide, suicide, unintentional firearm deaths, legal intervention, and deaths of undetermined intent. NC-VDRS uses information from death certificates, medical examiner reports, and law enforcement reports to understand and aid in the prevention of violent deaths. For more information, please visit the [NC-VDRS page](#) within the Injury and Violence Prevention Branch website.

### Older Adult Suicide Rates\* by Age Group: NC-VDRS, 2020 - 2024



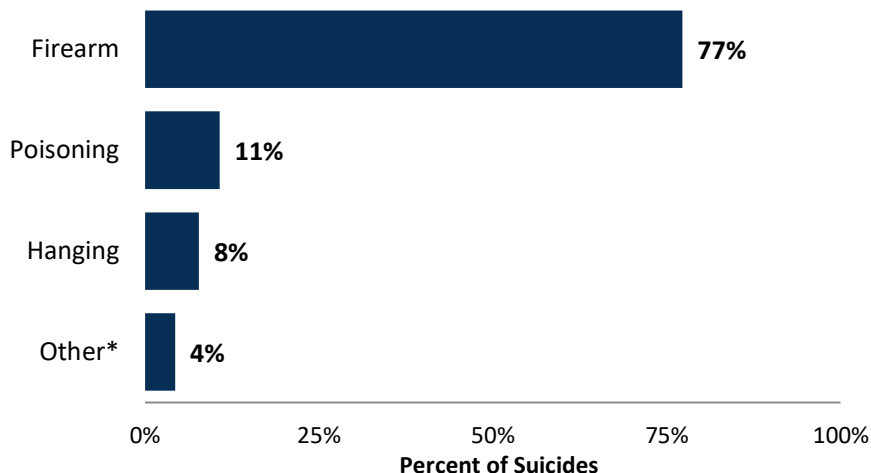
- From 2020 to 2024, 1,952 North Carolina residents ages 65 and older died as a result of violence. Of these violent deaths, 1,645 were suicide (84.3%).
- The suicide rate among older adults was 17.8 suicides per 100,000 population.
- Eighty-three percent (83.2%) of suicides among older adults were among males.
- The suicide rate peaked among males 85 and older, and the suicide rate was consistently higher for males compared to females for all age groups.
- Among females, the suicide rate peaked among those ages 65-74.

- Ninety-three (92.5%) percent of older adult suicide victims were identified as non-Hispanic (NH) White, 4.7 percent were NH Black, and the remaining 2.8 percent were identified as NH Asian, NH American Indian, or Hispanic.

- Overall, the most common method of suicide among older adults was firearms (77.3%), followed by poisoning (10.7%) and hanging/strangulation/suffocation (7.7%).

- Four percent (4.3%) of suicides involved a method other than firearms, poisoning, or hanging/strangulation/suffocation.

### Elder Suicide Method of Death: NC-VDRS, 2020 - 2024



\*Other methods include: sharp instrument, fire/burns, motor vehicle and other.

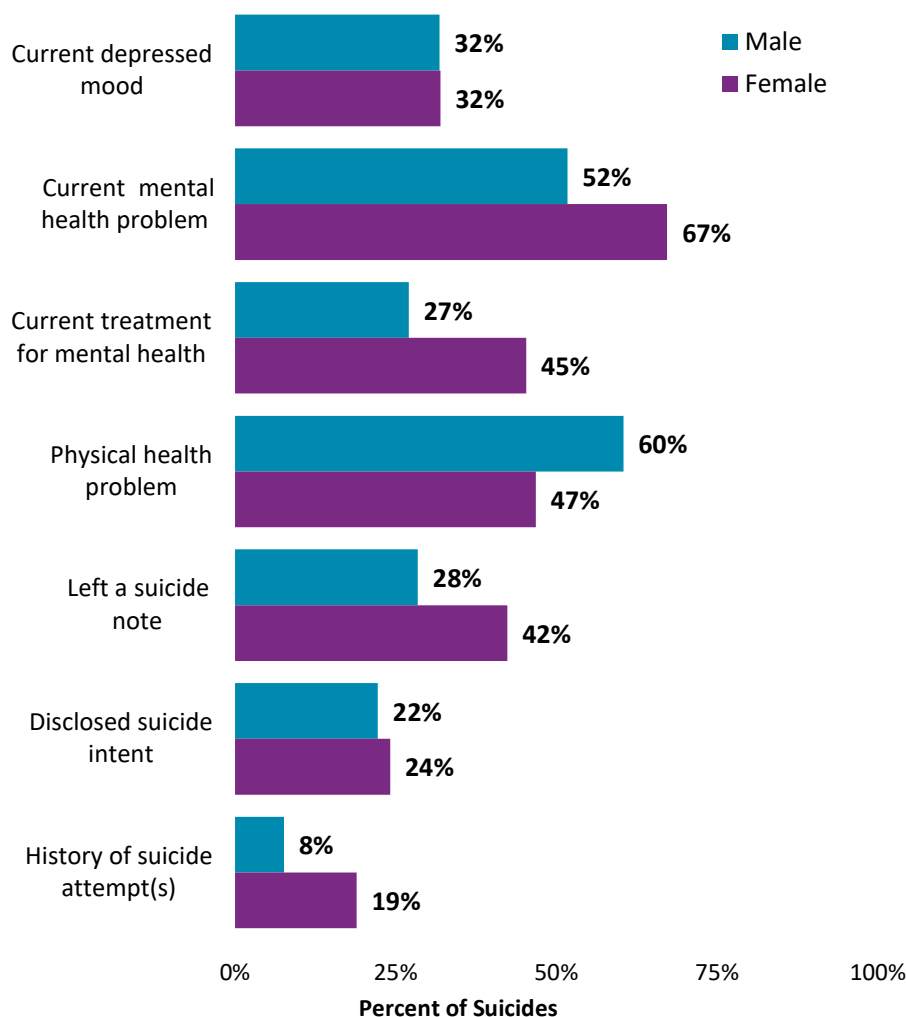
If you or someone you know needs support now,

**988**  
SUICIDE & CRISIS  
LIFELINE



call or text **988**  
or chat  
**988lifeline.org**

## Older Adult Suicide Circumstances\*: NC-VDRS, 2020 - 2024



- Similarly, 31.9% of older adult male and 32.0% of older adult female suicide victims with circumstance information were characterized as having a current depressed mood at the time of death.

- Sixty-seven percent (67.3%) of older adult female and 51.8% of older adult male suicide victims had a current mental health problem when they died by suicide.

- Nineteen percent (19.0%) of older adult females had a history of prior suicide attempts, whereas only 7.7% of older adult males had a history of prior suicide attempts.

- Sixty percent (60.5%) of males and 46.8% of females had a physical health problem.

\*Circumstances are known for 97% of males (n=1331) and 97% of females (n=269).

More information on suicide prevention efforts can be found at:

### State Resource Partners

[Division of Mental Health, Developmental Disabilities and Substance Use Services](#)

[Office of the Chief Medical Examiner](#)

[North Carolina Center for Aging and Health](#)

[Division of Aging](#)

### National Resources

[The Suicide Prevention Resource Center](#)

[The American Foundation for Suicide Prevention](#)

[The National Suicide Prevention Lifeline](#)

call or text 988  
or chat 988lifeline.org

The North Carolina Violent Death Reporting System is supported by Cooperative Agreement 5 NU17CE924955-02-00 7/21/2026 from the Centers for Disease Control and Prevention (CDC).



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Public Health  
Injury and Violence Prevention Branch

**NORTH CAROLINA VIOLENT DEATH  
REPORTING SYSTEM**

NCDHHS Division of Public Health / Injury Epidemiology & Surveillance Unit / 919-707-5425  
NC Violent Death Reporting System / 919-707-5432  
State of North Carolina / [Department of Health and Human Services](#)  
NCDHHS is an equal opportunity employer and provider.  
FINAL DATA 7/21/2026  
Please see the [NC-VDRS 2024 Annual Report](#) for additional data and technical information.