



BACKGROUND Suicide is a substantial public health threat. Older adults have higher rates of suicide than other age groups. Over the age of 65, there is one estimated suicide for every 4 attempted suicides. The overall suicide rate for aged 65 and over is 14.3 per 100,000, and the figure rises to 16.3 per 100,000 for those over 75 years old. Among all ethnic groups, Chinese Americans aged 65 and over have the highest rate of completed suicides. Suicide rate is also a higher leading cause of death among Chinese older women than other groups of elderly.

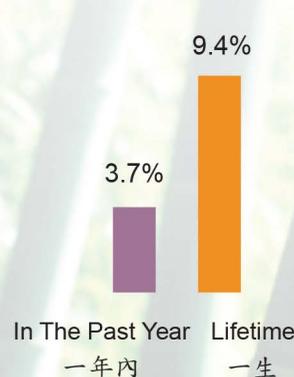
STUDY RESULTS Our findings show that 3.7% of participants aged 60 and over reported suicidal thoughts in the past year, compared to 2.3% of U.S. older adults aged 50 and over. For suicide attempts, the lifetime prevalence was 9 per 1,000. When asked about suicide plans, overdose, medication and jumping from heights were the most commonly reported methods. In addition, 2% of participants reported knowing a friend, family member or spouse who felt suicidal.



背景 自殺是嚴重公共衛生威脅。年齡越大自殺死亡率也越高，美國六十五歲以上老人自殺人口為每十萬人中有14.3人，七十五歲以上年齡層則增加至16.3人。與其他族裔相比，華裔65歲以上的老人自殺率最高，同時，自殺的死因在華裔女性老人中排名也比其他族裔高。

研究結果 3.7%的六十歲以上受訪者在去年曾有自盡的想法，全美五十歲以上比例則是2.3%。受訪者一生中有自殺企圖的比例為每一千人中有9個人。當問及自殺計劃時，服藥過量以及跳樓是最常見的想法。此外，2% 受訪者知道身旁配偶，家人或者朋友曾有自盡的想法。

Suicidal Thoughts
自殺念頭



Suicide Attempts
自殺企圖



“ You might not agree with me. But sometimes when I feel bad about my life I would rather swallow a pill and die as long as it is not too painful. ” - Study Participant

「你可能不同意，但有時候我真覺得活不下去了，只要不是很痛苦的話，乾脆吃粒藥死了算了。」
- 研究受訪者

CONCLUSION Elderly suicide is deeply affected by social, cultural, and familial contexts. Health professionals on the frontline should consider outreach programs particularly designed to increase familial, social and community support for Chinese older adults. Direct suicide prevention strategies with culturally and linguistically sensitive services, including hotlines and counseling programs should be expanded.

結論 老年自殺受特定的社會，文化以及家庭環境的影響。前線的醫務人員應設立增進家庭和社區大眾對老人的關懷活動。配合文化和語言設立自殺預防措施，如中文熱線或心理諮詢，更是當務之急。