

Macro Roundup Article

Headline: [Suicide Rates Are Now Higher Among Young Adults Than The Middle-Aged](#)

Article Link: <https://jeanmtwenge.substack.com/p/suicide-rates-are-now-higher-among>

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Tweet: [Suicide rates for Americans in their 20s and 30s are now higher than among those in their 40s or 50s, reversing “the long-accepted statistic that more middle-aged Americans take their own lives than younger adults.” @jean_twenge](#)

Summary: In 2020 and 2021, the suicide rate among Americans in their 20s or 30s was higher than the suicide rate among those in their 40s or 50s (see Figure 1; 2021 is the most recent data available). Between 2019 and 2021, suicide fell among middle-aged adults and continued to rise among younger adults. The end result was the reversal of the long-accepted statistic that more middle-aged Americans take their own lives than younger adults. But is it still true that the highest suicide rate is among middle-aged men? That’s what headlines have often noted. It is not. The highest suicide rate is now among younger men (see Figure 2). Suicide rates for middle-aged men fell precipitously after 2018 while those for younger men rose. Until men reach 75 or older, when suicides rise due to terminal illness, the highest suicide rates are now among men in their 20s – not the middle-aged.

Related Articles: The Girls Are Not Alright: Responses to Three Claims that the Youth Mental Health Crisis Is Exaggerated and Suicide Rates Are Up for Gen Z Across the Anglosphere, Especially for Girls and Comments On: "Accounting For the Widening Mortality Gap Between American Adults With and Without a BA" By Anne Case and Angus Deaton

Primary Topic: Family/Marriage

Topics: Database, Family/Marriage, Op-Ed/Blog Post, Poverty/Crime, Weekly, Workforce

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