

NCIS FACT SHEET

Intentional self-harm deaths in New Zealand in 2016

527

intentional self-harm deaths in 2016

10 deaths

per week on average

15.8%

of all reportable deaths in 2016

Intentional-self harm refers to a death that occurred due to purposefully self-inflicted poisoning or injury.

Intentional self-harm deaths occurred in a higher proportion of males than females. The majority of male deaths occurred in those aged 25 - 34 years, and females in those aged 45 - 54 years. More than one third (40.8%) of all intentional self-harm deaths occurred in people aged between under 35 years.

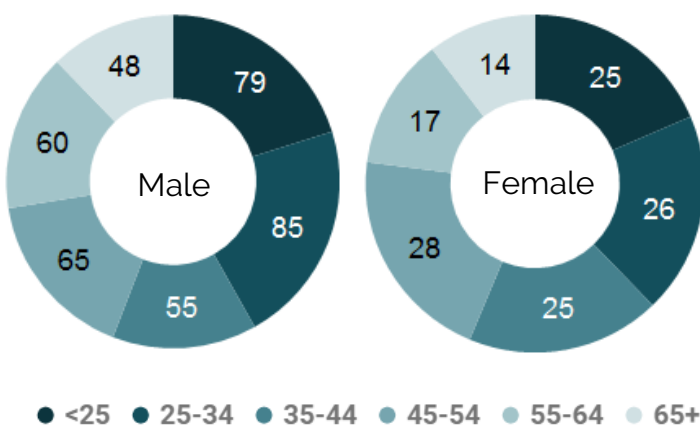


Figure 1. Frequency of intentional self-harm deaths by age group and sex, 2016

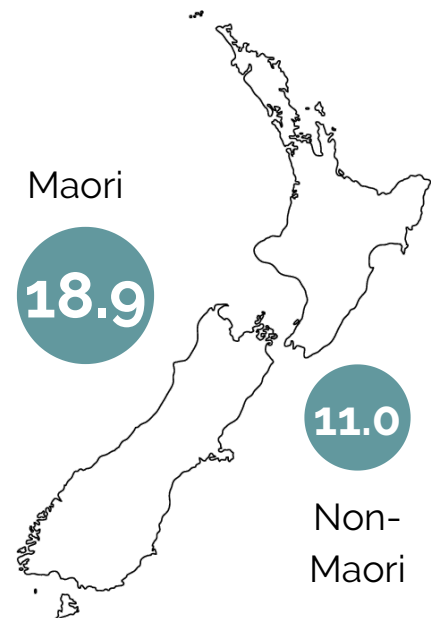


Figure 2. Rates of intentional self-harm deaths per 100,000 by ethnicity, 2016

The national rate of intentional self-harm deaths was 12.1 deaths per 100,000 population. Intentional self-harm deaths of Maori people was higher than the national rate, at 18.9 deaths per 100,000 (Figure 2).



intentional self-harm deaths increased by 0.1 deaths per 100,000 from 2015 to 2016

The most common mechanism of injury in intentional self-harm deaths in 2016 was asphyxiation by hanging (Figure 3). This is consistent with 2015 data.

The percentage of hanging deaths decreased in the older age groups, while remaining the most common mechanism across all age groups. The percentage of pharmaceutical drug toxicity increased in the older age groups while firearm-related deaths peaked in those aged 55 - 64 years.

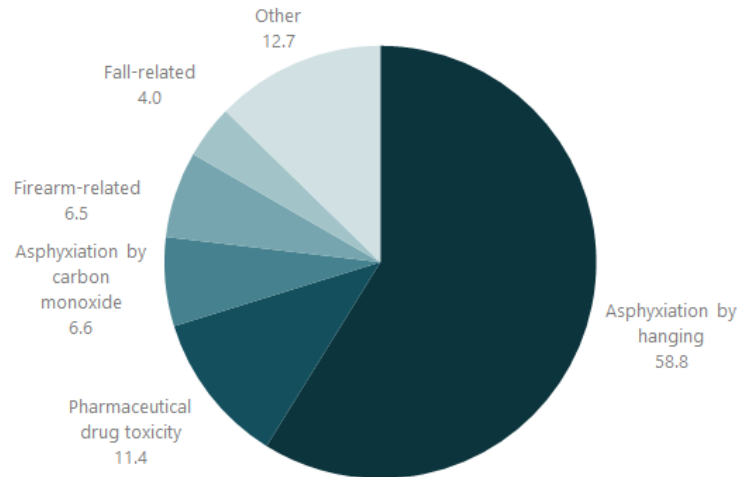
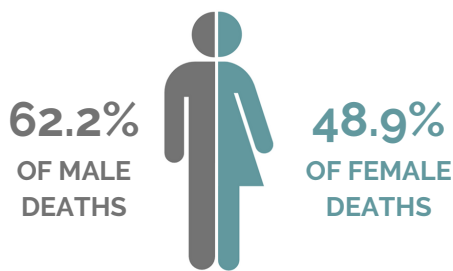


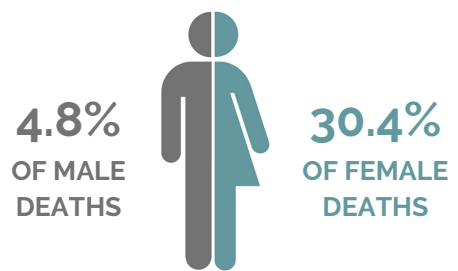
Figure 3. Percentage of intentional self-harm deaths by mechanism of death, 2016

Mechanism of injury by sex

HANGING



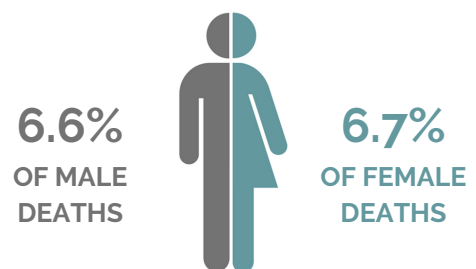
PHARMACEUTICAL DRUG TOXICITY



FIREARM-RELATED



CARBON MONOXIDE ASPHYXIA



The data presented in this fact sheet was extracted from the National Coronial Information System (NCIS) in May 2021. The dataset extracted contained every fatality reported to a New Zealand coroner between 1 January 2016 and 31 December 2016 that was coded as intentional self-harm, and where the coronial investigation had concluded and the case was closed on the NCIS. Population data was sourced from [Stats New Zealand](https://www.stats.govt.nz/). Visit the NCIS website for information on [data sources and limitations](#). To request a comprehensive data report, contact the NCIS or visit www.ncis.org.au.

Unless otherwise stated, this content is provided under a [Creative Commons Attribution 4.0 International License \(CC BY 4.0\)](https://creativecommons.org/licenses/by/4.0/), with the exception of logos, images or branding. Attribution must be provided to the NCIS.

More fact sheets are available on the NCIS website

Need support?

We acknowledge that this content may be distressing. If you or someone you care for is in need of assistance, **support services** are available.