

High suicide rate for older white males

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Older white males have the highest suicide rate in the United States, said the Population Reference Bureau in Washington.

Suicide is the 11th leading cause of death in the United States with 11 suicide deaths per 100,000 Americans.

For white males over the age of 65, the rate is almost triple that figure.

White males are more than eight times as likely to kill themselves as women of the same age and the risk increases as they get older, the Chicago Sun-Times reports.

Suicide experts are unable to pinpoint an exact cause for the higher rate but some believe white males lack the resilience and coping mechanisms that women and other ethnic groups have.

They also point to the fact that males are socialized to be in control and are less apt to seek help for depression which leads to suicide.

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