The annual State of the Region’s Health reports highlight important health issues and trends affecting the one million residents of the Region of Peel. The 2004 report describes the local health consequences of suicide.

Suicide (taking one’s own life) is a serious public health problem. This report shows the impact of suicide on those who attempt or commit suicide. This issue has consequences for families and communities too. Just as suicide gives rise to many consequences, it also has its origins in complex interactions between biological, psychological, social, and environmental factors. Suicide is not just a response to a single stressful event.

Understanding the causes and manifestations of suicide is essential in addressing this important health issue. Because of the stigma that surrounds suicide, it is sometimes not reported and therefore its full impact is underestimated. Lifting the secrecy that surrounds suicide will help to understand its full impact and improve efforts to prevent a major health problem which receives little public attention.

The latest health indicators, summarized in the section Peel Health Facts, continue to tell us that the Region’s population enjoys relatively good overall health by provincial and national standards.

The Region of Peel works with individuals and organizations in the public and private sectors to prevent illness and promote good health. The information in this and other Peel Health status reports is intended to help chart a course to better health for everyone in Peel.

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