

Suicide Facts & Figures:

Iowa 2018*



On average, one person dies by suicide every 19 hours in the state.

More than five times as many people die by suicide in Iowa annually than by homicide.

The total deaths to suicide reflect a total of 9,791 years of potential life lost (YPLL) before age 65.



Suicide cost Iowa a total of **\$441,111,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,185,783 per suicide death.**

*Based on most recent 2016 data from CDC. Learn more at afsp.org/statistics.



9th leading cause of death in Iowa

2nd leading

cause of death for ages 15-34

4th leading

cause of death for ages 35-54

8th leading

cause of death for ages 55-64

20th leading

cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Iowa	451	14.55	29
Nationally	44,965	13.42	

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Suicide Prevention Programs and Initiatives

- The Iowa Department of Public Health (IDPH) suicide prevention program works with communities and related partners to provide information about signs and symptoms of depression and suicide, and develop suicide prevention strategies. IDPH also funds community programs to identify youth who are most at risk for suicide and provide assessment and referral for services. See <https://idph.iowa.gov/substance-abuse/suicide-prevention>.
- The Your Life Iowa program provides telephone hotline 24/7 (855-582-8111) and texting crisis services 2pm - 10pm daily (855-895-8398) for the state. The website <http://yourlifeiowa.org/suicide> also provides a Live Chat feature, depression screening quiz, suicide warning signs, help for family and friends, FAQs about suicide, and how to practice self-care. The program is funded through a State General Fund appropriation for IDPH under the Division of Behavioral Health.
- The Iowa Plan for Suicide Prevention: 2015 to 2018 was released with a specific goal in mind: to reduce the annual number of deaths by suicide in Iowa by 10% by the year 2018, ultimately working towards zero deaths by suicide; see <http://idph.iowa.gov/Portals/1/userfiles/133/Iowa%20Suicide%20Prevention%20Plan%202015-2018.pdf>.
- Iowa law (§ 279.50) requires that the Department of Education identify and disseminate information about early intervention programs for students who are at risk for suicide.

Get Involved

The **AFSP Iowa Chapter** brings together people of all backgrounds in communities throughout the state to fight suicide. We help fund research, offer educational programs, advocate for public policy and support those affected by suicide.

For more information or to volunteer, please contact:

AFSP Iowa
iowa@afsp.org

Become an Advocate

AFSP's Iowa advocacy volunteers build relationships with public officials and advocate on behalf of sound suicide prevention policy.

Visit afsp.org/advocate to sign up!