

Suicide Facts & Figures:

Iowa 2019*



On average, one person dies by suicide every 18 hours in the state.

More than five times as many people died by suicide in Iowa in 2017 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflect a total of 10,127 years of potential life lost (YPLL) before age 65.



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

*Based on most recent 2017 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

17th leading

cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Iowa	479	15.13	29
Nationally	47,173	14.00	

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Suicide Prevention Programs and Initiatives

- The Iowa Department of Public Health (IDPH) suicide prevention program works with stakeholders 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://bit.ly/2QXGarQ>.
- The Your Life Iowa program provides 24/7 crisis services via phone (855-581-8111), text (855-895-8398), and through the Live Chat feature on their site. The site also includes a depression screening quiz, suicide warning signs, help for family and friends, FAQs about suicide, and tips for practicing self-care. See <http://yourlifeiowa.org/suicide>.
- The Iowa Plan for Suicide Prevention: 2015 to 2018 aims to reduce the annual number of deaths by suicide by 10% by 2018, ultimately working towards zero deaths by suicide; see <https://bit.ly/2SKYlya>.
- SF 2113 (adopted 3/29/18) requires school districts to adopt protocols for suicide prevention and postvention, and requires all school personnel who have regular contact with students in kindergarten through grade twelve to receive at least one hour of evidence-based suicide prevention and postvention training annually. The training requirement must be established by all local school boards by July 1, 2019.
- 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!