

# Suicide Facts & Figures:

## Iowa 2020



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

More than five times as many people died by suicide in Iowa in 2018 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 10,179 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**.



## 9th leading cause of death in Iowa

### 2nd leading

cause of death for ages 10-34

### 4th leading

cause of death for ages 35-54

### 8th leading

cause of death for ages 55-64

### 18th leading

cause of death for ages 65+

## Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Iowa	490	15.47	26
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from [www.cdc.gov/injury/wisqars/fatal.html](http://www.cdc.gov/injury/wisqars/fatal.html) on 3/1/2020).

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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>.
- In October 2018, IDPH was awarded a five-year grant to implement the “Zero Suicide” model across Iowa; the state will partner with Foundation2, IDPH’s contractor for the Your Life Iowa helpline (<https://www.foundation2.org/>), and with treatment programs across the state, ensuring all 99 counties are represented.
- 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/2SKYIya>.
- Iowa law 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 (§ 279.70); it also requires that the Department of Education identify and disseminate information about early intervention programs for students who are at risk for suicide (§ 279.50).

## 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](mailto: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](https://afsp.org/advocate) to sign up!**