

Suicide Data: Iowa



Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2019 data from the CDC, the most current verified data available at time of publication (January 2021).

9th leading cause of death in Iowa

2nd leading

cause of death for ages 10-34

3rd leading

cause of death for ages 35-44

4th leading

cause of death for ages 45-54

8th leading

cause of death for ages 55-64

18th leading

cause of death for ages 65 & older

Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Iowa	528	16.70	21
Nationally	47,511	13.93	

See full list of citations at afsp.org/statistics.

64.8% of communities did not have enough mental health providers to serve residents in 2020, according to federal guidelines.

Over five times as many people died by suicide in 2019 than in alcohol related motor vehicle accidents.

The total deaths to suicide reflected a total of 11,470 years of potential life lost (YPLL) before age 65.

79.25% of firearm deaths were suicides.

44.13% of all suicides were by firearms.