

# Suicide in Iowa, 2018

September 2020

## TYPES OF VIOLENT DEATHS AMONG IOWA RESIDENTS

- In 2018, the majority of violent deaths in Iowa were classified as suicide, 78.5%.
- The remaining deaths from violence in Iowa were attributed to homicide (12.5%), undetermined (6.8%), and legal intervention (1.5%).

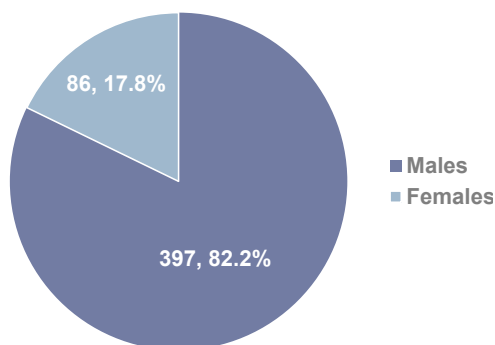
## SUICIDE IN IOWA

- **State Rates.** Iowa's suicide rate in 2018 was 15.3 per 100,000 residents.
- **State/U.S. Comparison.** The suicide rate in Iowa was slightly higher than the national average of 14.8 per 100,000 residents.
- **Sex.** Males accounted for 82.2% of deaths from suicide and females accounted for 17.8% of deaths from suicide in 2018.

The Iowa Violent Death Reporting System (IAVDRS) is a CDC-funded statewide surveillance system that collects information on deaths in Iowa resulting from homicide, suicide, unintentional firearm deaths, legal intervention, and deaths from undetermined intent. IAVDRS is a multi-source data system from death certificates, medical examiner and law enforcement reports. This effort aims to aid researchers, policymakers, and community interest groups in the development of public health prevention strategies to reduce violent deaths. Iowa began collecting data in 2015, with statewide coverage achieved in 2016.

In 2018, there were 615 total violent deaths involving Iowa residents. Four hundred eighty-three deaths were classified as suicide. This report is a summary of suicide deaths of Iowa residents occurring in 2018.

## Sex of individuals who died by suicide, 2018



## Suicide Cause of Death

Injuries from firearms were the cause of deaths in 47.9% of suicides, followed by asphyxiation (30.8%), and poisoning (14.6%).

### Differences in cause by sex

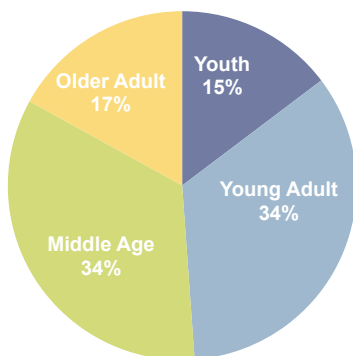
Female deaths from suicide:

Poisoning (33.3%), asphyxiation (31.0%), injury from firearms (27.4%)

Male deaths from suicide: Injuries from firearms (52.3%), asphyxiation (30.8%), poisoning (10.6%)

## Suicide Deaths by Life Stage, 2018\*

\*Age groups defined as Youth: 10-24; Young Adult 25-44; Middle Age 45-64; Older Adult 65+



More information on suicide prevention efforts and resources can be found at

Your Life Iowa (<http://www.yourlifeiowa.org>), 1-855-581-8111 (telephone) and 1-855-895-8398 (TEXT).

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### References

**National Suicide Rates** – Centers for Disease Control & Prevention, National Center for Injury Prevention and Control. <https://www.cdc.gov/injury/wisqars/index.html> Data updated July 1, 2020.

**State Rates** – Iowa VDRS (for numbers of deaths). Bureau of Census (for population estimates).

