

# Suicide in Iowa, 2019

September 2021

## TYPES OF VIOLENT DEATHS AMONG IOWA RESIDENTS

- In 2019, the majority of violent deaths in Iowa were classified as suicide, 82.1%.
- The remaining deaths from violence in Iowa were attributed to homicide (11.1%), undetermined (5.5%), and legal intervention (1.3%).

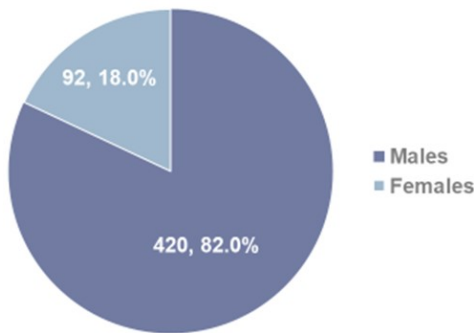
## SUICIDE IN IOWA

- **State Rate.** Iowa’s suicide rate in 2019 was 16.2 per 100,000 residents.
- **U.S. Comparison.** The suicide rate in Iowa was slightly higher than the national average of 14.5 per 100,000 residents.
- **Sex.** Males accounted for 82.0% of deaths from suicide and females accounted for 18.0% of deaths from suicide victims in 2019.

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 2019, there were 624 total violent deaths involving Iowa residents. Five hundred twelve deaths were classified as suicide. This report is a summary of suicide deaths of Iowa residents occurring in 2019.

Sex of individuals who died by suicide, 2019



## Suicide Cause of Death

Injuries from firearms were the cause of deaths in 44.2% of suicides, followed by asphyxiation (34.2%), and poisoning (15.3%).

### Differences in cause by sex

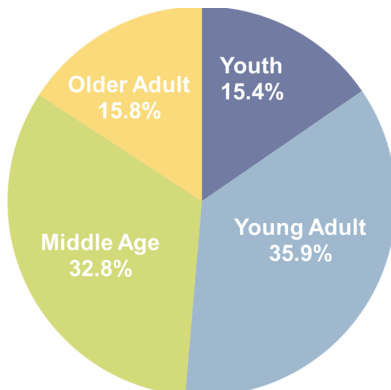
Female deaths from suicide:

Poisoning (41.3%), asphyxiation (34.8%), injury from firearms (21.7%)

Male deaths from suicide: Injuries from firearms (49.0%), asphyxiation (34.1%), poisoning (9.6%)

## Suicide Deaths by Life Stage, 2019\*

\*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).

This publication was supported by Cooperative Agreement #NU17-CE924954, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

### 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 February 2021.

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

