

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 2022 data from the CDC, the most current verified data available at time of publication (May 2024).

9th leading cause of death in Iowa

- 2nd leading cause of death for ages 10-24
- 2nd leading cause of death for ages 25-34
- 4th leading cause of death for ages 35-44

- 4th leading cause of death for ages 45-54
- 9th 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	590	18.36	16
Nationally	49,476	14.21	

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

69% of communities did not have enough mental health providers to serve residents in 2023, according to federal guidelines.

Almost five times as many people died by suicide than in alcohol related motor vehicle accidents in 2021.

The total deaths to suicide reflected a total of 11,840 years of potential life lost (YPLL) before age 65.

78% of firearm deaths were suicides.

49% of all suicides were by firearms.