

Iowa Violent Death Reporting System Special Report on Suicide in Iowa, 2016

The Iowa Violent Death Reporting System (IAVDRS) is a CDC-funded statewide surveillance system that collects information on deaths that occur in Iowa resulting from homicide, suicide, unintentional firearm deaths, legal intervention and deaths of undetermined intent. IAVDRS is a multi-source data system from death certificates and medical examiner and law enforcement reports. The goal of this effort is 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 from the 7 most populous counties. This report is based on data from all 99 counties in Iowa. In 2016, there were 608 violent deaths that occurred in Iowa, of which 586 were residents of Iowa, and 450 of the violent deaths were classified as suicide. This report is a summary of Iowa resident suicide deaths.

TYPES OF VIOLENT DEATHS AMONG IOWA RESIDENTS

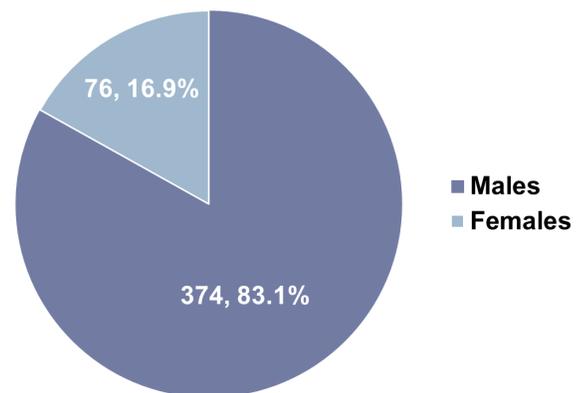
- In 2016, the majority (77.1%) of violent deaths in Iowa were classified as suicide.
- The remaining deaths from violence in Iowa were attributed to homicide (13.0%), undetermined (7.9%), unintentional Firearm (1.5%), and legal intervention (0.5%).

SUICIDE IN IOWA

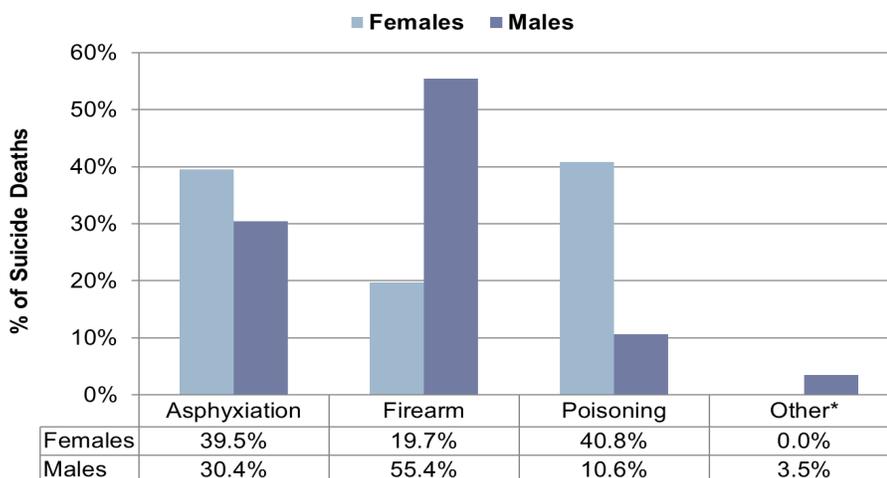
- **State Rates.** Iowa's suicide rate in 2016 was 14.36/100,000, a 2.9% increase from 13.95/100,000 in 2015.
- **State/U.S. Comparison.** The suicide rate in 2016 in Iowa was 14.36/100,000, compared to the national average of 13.92/100,000.
- **Sex.** Males accounted for 83.1% of suicide victims and females accounted for 16.9% of suicide victims in 2016.

A Look at Overall Suicides

Total Suicides by Sex, 2016



Suicide Method† by Sex, 2016



SUICIDE METHODS

- Firearm use was the manner of death in 49.3% of suicides, followed by asphyxiation (32.0%), and poisoning (15.8%).
- Poisoning (40.8%) and asphyxiation (39.5%) were the most common manners used by females and firearm was the most common for males (55.4%).

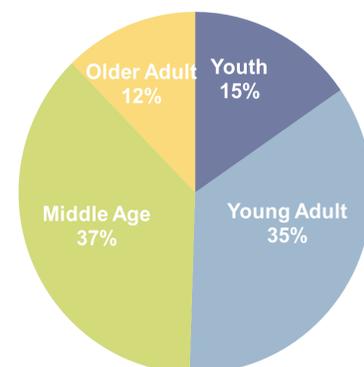
*Other includes: drowning, fall, sharp instrument, fire/burn, and other transport vehicle

† Six records were missing information on method of suicide

FACTORS CONTRIBUTING TO SUICIDE DEATHS

- In 98% of Iowa's resident deaths by suicide, contributing circumstances surrounding the suicide deaths were documented in the records (N=440) by the medical examiner and/or law enforcement.
- The leading circumstances of suicide for all ages were depressed mood (65%), mental health problem (45%), history of treatment for mental health diagnosis (38%), intimate partner problem (33%), history of suicidal thoughts (31%), suicide intent disclosed (31%), argument occurred before or during injury (28%), suicide note left (26%), physical health problem (25%), current treatment for mental health diagnosis (25%), and history of suicide attempts (24%).
- The age group with the largest proportion of suicide deaths was people ages 45-64 (37% of the deaths). Young adults (ages 25-44) comprised 35% of suicide deaths, and youth (ages 10-24) comprised 15%. Older adults (65 years or older) were 12% of all suicide deaths.
- Notable findings by age group include:
 - ◇ 34% of youth ages 10-24 and 41% of young adults disclosed their intent prior to the suicide, compared to only 24% of the middle-aged and 22% of the older adult groups.
 - ◇ 32% of older and 30% of middle-aged adults left a suicide note; whereas only 20% of young adults and 25% of youth did.
 - ◇ Intimate partner problems contributed to more circumstances among young adults, followed by youth and middle-aged adults than to those in the older adult group.
 - ◇ Physical health problems as a circumstance of suicide increased with age, particularly in the middle-aged (28%) and older adults (78%), compared to only 1.5% of youth and 11% of young adults.

Suicide Deaths by Life Stage
Iowa, 2016



The data shows that the majority of violent deaths in Iowa are categorized as suicide and four out of five people who died by suicide were males. The leading contributing factors for those at risk for suicide are depressed mood, existence of a mental health problem and history of treatment and suicidal thoughts, having an intimate partner problem, and a history of suicidal ideation.

These data show that suicide is a complex problem that can affect any Iowan regardless of age, sex, race or any other demographics. Restricting the means to suicide, especially to the most lethal means, is an effective suicide prevention strategy. More data will be included in future reports that should provide additional insight for suicide prevention initiatives.



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 #5-U17-CE002599-04, 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 19, 2017. Accessed August 16, 2018.
- Fatal Injury Data Source** – NCHS Vital Statistics System (for numbers of deaths). Bureau of Census (for population estimates).