

YOUTH MENTAL HEALTH DISPARITIES & TRENDS 2014-2018

Iowa Youth Survey



SAD OR HOPELESS

- From 2014 to 2018, the number of Iowa students who experienced persistent sadness or hopelessness increased **15%**--to **32%** in 2018.
- An increase was observed for both males and females in 6th, 8th and 11th grades.
- In 2018, 11th grade female students of color experienced persistent sadness or hopelessness more than any other group of students.

SUICIDE IDEATION

- From 2014 to 2018, the number of Iowa students who seriously considered suicide rose **7%**. In 2018, **1 in 5** Iowa students seriously considered suicide.
- In 2018, **26%** of female students considered suicide compared to **15%** of males.
- **Nearly 1 in 3** 11th grade females seriously considered suicide, more than males or females in 6th or 8th grade.



SUICIDE PLANNING

- In 2018, more females than males made plans for suicide: **12%** versus **7%** respectively.
- Between 2014 and 2018, these rates increased for both males and females.
- Across these years the rates also increased with grade level.

SUICIDE ATTEMPTS

- In 2018, more than 3300 students in 6th, 8th and 11th grades made a suicide attempt.
- Overall, female students were twice as likely to have attempted suicide than males.
- Twice as many Latinx females attempted suicide in 2018 (**10%**) than in 2014.



INJURED IN ATTEMPT

- Black or African American male students were slightly more likely to experience persistent sadness or hopelessness than white male students.
- However, Black males were nearly three times as likely to be injured in a suicide attempt than white males.
- Indigenous males and other males of color are also more likely to be injured in a suicide attempt than white males.