

Mental Health in Iowa

Iowa Behavioral Risk Factor Surveillance System 2023

Data Collected from Adults Aged 18 Years & Older



Health and
Human Services

15.2%

of Iowans reported poor mental health* - the **highest** rate to date

*Poor Mental Health

14 or more days of poor mental health, which includes stress, depression, and problems with emotions during the past 30 days

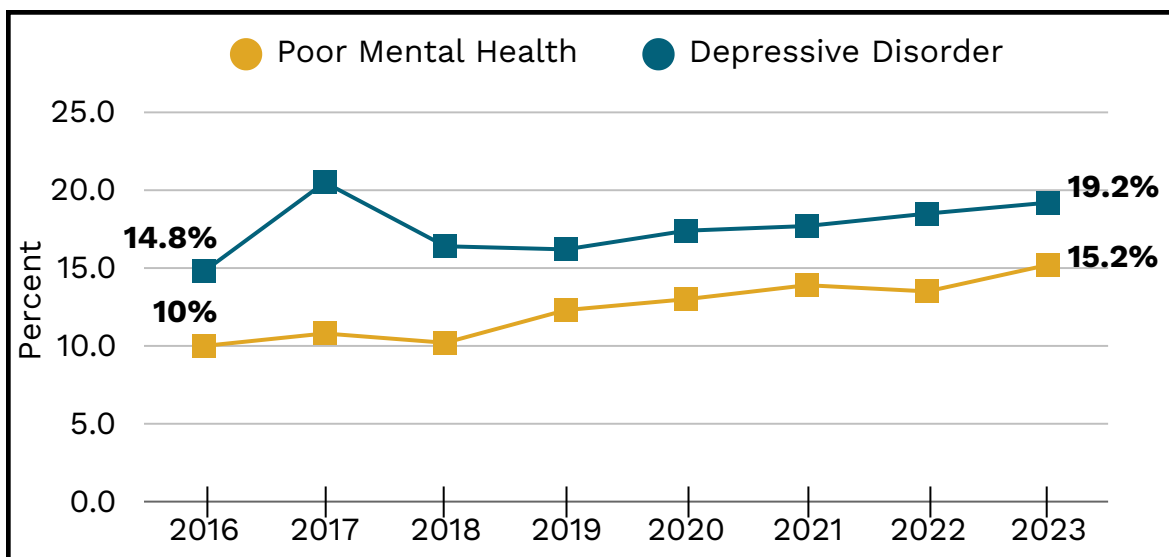
19.2%

of Iowans reported they have ever been diagnosed with a depressive disorder*

*Depressive Disorder

Ever been diagnosed by a doctor, nurse, or other health professional with a depressive disorder, including depression, major depression, dysthymia, or minor depression

Mental Health Status from 2016 to 2023



Poor mental health has **increased** among Iowans

Population Groups with Poor Mental Health Status



1 in 20 Iowans who have 0 ACEs and about **1 in 3** who have 6 to 11 ACEs* (BRFSS, 2022)



24.4% of 18 to 24 year-old Iowans



1 out of 3 of Multiracial, Non-Hispanic Iowans



32% of Iowans with disabilities and **21%** of caregivers

*Adverse childhood experiences (ACEs) include experiencing abuse (emotional, physical or sexual), growing up in a household with substance use or mental health problems, instability due to parental divorce or a parent or guardian being in jail or prison, and witnessing violence in the home