**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.