



**ACT4**  
MentalHealth

# in Iowa

**418,000 ADULTS**  
in Iowa  
**HAVE A MENTAL  
HEALTH CONDITION\***

That's more than **3 TIMES**  
**THE POPULATION** of Cedar Rapids

**50%**  
**75%**

of mental  
illness begins  
by age 14

by age 24\*



**1 out of every 8**

**emergency department visits**  
involves a mental health or  
substance use condition\*

ONLY ABOUT  
**4 in 10 people**



in Iowa with a mental health  
condition received any treatment  
in the past year\*

Schizophrenia usually  
develops early in life  
and costs the U.S.  
economy an estimated

**\$155.7 BILLION**  
a year\*



About **2 MILLION PEOPLE**  
with mental illness are

**BOOKED INTO JAILS**

every year\*—many because they  
didn't get the treatment they needed

**1,608,923 PEOPLE**  
in Iowa live in a  
**mental health professional  
shortage area\***

Depression is the  
**#1 LEADING CAUSE OF  
DISABILITY**

in the world and mental illness costs  
Americans **\$193.2 BILLION**  
in lost earnings per year\*

**1 AMERICAN DIES BY SUICIDE  
EVERY 12 MINUTES\***

In Iowa, the 2016 rate of  
suicide for the general public  
was **17.2 DEATHS** per  
100,000\*

For veterans, the rate was  
**29.6 DEATHS** by suicide  
per 100,000\*



NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Join our movement at [nami.org/policy](http://nami.org/policy).

\*References can be found at [www.nami.org/policystats](http://www.nami.org/policystats).





# 1 in 5 Americans

## HAS A MENTAL HEALTH CONDITION

**12.8 MILLION ADULTS** LIVE WITH A **SEVERE MENTAL ILLNESS**

**48.1 MILLION ADULTS**  
LIVE WITH  
**ANXIETY DISORDERS**

Anxiety disorders are conditions characterized by feelings of persistent, excessive fear or worry in situations that are not threatening.

**17.1 MILLION ADULTS**  
LIVE WITH  
**MAJOR DEPRESSION**

Depression is a condition that is characterized by changes in mood, sleep, appetite, concentration and energy.

**10 MILLION ADULTS**  
LIVE WITH  
**ATTENTION DEFICIT HYPERACTIVITY DISORDER**

Attention deficit hyperactivity disorder (ADHD) is a condition that is characterized by inattention, hyperactivity and impulsivity.

**9.1 MILLION ADULTS**  
LIVE WITH  
**POST TRAUMATIC STRESS DISORDER**

Post-traumatic stress disorder (PTSD) is a condition that is characterized by changes in sleep, thinking, and mood, and can include symptoms such as intrusive memories, hypervigilance and outbursts of anger.

**7.1 MILLION ADULTS**  
LIVE WITH  
**BIPOLAR DISORDER**

Bipolar disorder is a condition that is characterized by dramatic shifts in mood and energy, such as periods of mania and depression, and can also include symptoms of psychosis, such as delusions.

**3.5 MILLION ADULTS**  
LIVE WITH  
**BORDERLINE PERSONALITY DISORDER**

Borderline personality disorder (BPD) is a condition characterized by difficulty regulating emotions and instability in behavior, self-image and functioning, impulsive actions and unstable relationships.

**1.6 MILLION ADULTS**  
LIVE WITH  
**SCHIZOPHRENIA**

Schizophrenia is a condition characterized by an interruption of a person's thought processes, perceptions and emotional responses. Symptoms may include psychosis, delusions, hallucinations, reduced emotional expressiveness and disorganized thinking.

Discover more at  
[nami.org/policy](https://nami.org/policy).