

Iowa

State Health Department Website: idph.iowa.gov

Summary

Strengths:

- Low percentage of households with food insecurity
- High rate of high school graduation
- Low percentage of adults who avoided care due to cost

Challenges:

- High prevalence of excessive drinking
- High prevalence of obesity
- High percentage of housing with lead risk

Highlights:

PUBLIC HEALTH FUNDING

 **77%**

from \$91 to \$161 per person between 2017-2018 and 2019-2020

FOOD INSECURITY

 **35%**

from 10.6% to 6.9% of households between 2013-2015 and 2018-2020

SUICIDE

 **29%**

from 13.2 to 17.0 deaths per 100,000 population between 2014 and 2019

Measures		Rating	State Rank	State Value	U.S. Value
SOCIAL & ECONOMIC FACTORS*		+++++	7	0.518	—
Community and Family Safety	Occupational Fatalities (deaths per 100,000 workers)	++	34	5.6	4.2
	Public Health Funding (dollars per person)	++++	12	\$161	\$116
	Violent Crime (offenses per 100,000 population)	++++	13	267	379
Economic Resources	Economic Hardship Index (index from 1-100)	++++	19	40	—
	Food Insecurity (% of households)	+++++	2	6.9%	10.7%
	Income Inequality (80-20 ratio)	+++++	4	4.10	4.85
Education	High School Graduation (% of students)	+++++	2	91.6%	85.8%
	High School Graduation Racial Disparity (percentage point difference)	++	33	16.3	15.1
Social Support and Engagement	Adverse Childhood Experiences (% ages 0-17)	+++	29	16.1%	14.8%
	High-speed Internet (% of households)	++	34	88.1%	89.4%
	Residential Segregation — Black/White (index from 0-100)	+++	22	62	62
	Volunteerism (% ages 16+)	+++	24	35.0%	33.4%
	Voter Participation (% of U.S. citizens ages 18+)	+++++	9	65.1%	60.1%
PHYSICAL ENVIRONMENT*		++++	18	0.186	—
Air and Water Quality	Air Pollution (micrograms of fine particles per cubic meter)	+++	28	7.5	8.3
	Drinking Water Violations (% of community water systems)	+++++	1	0.0%	0.8%
	Risk-screening Environmental Indicator Score (unitless score)	+++	22	3,213.414	—
	Water Fluoridation (% of population served)	++++	13	90.3%	73.0%
Housing and Transit	Drive Alone to Work (% of workers ages 16+)	+++	29	80.2%	75.9%
	Housing With Lead Risk (% of housing stock)	+	45	26.1%	17.6%
	Severe Housing Problems (% of occupied housing units)	+++++	3	11.8%	17.3%
CLINICAL CARE*		+++++	10	0.770	—
Access to Care	Avoided Care Due to Cost (% ages 18+)	+++++	2	7.3%	9.8%
	Providers (per 100,000 population)				
	Dental Care	+++	28	59.3	62.3
	Mental Health	+	44	181.3	284.3
	Primary Care	++	31	255.3	252.3
Preventive Clinical Services	Uninsured (% of population)	+++++	6	5.0%	9.2%
	Colorectal Cancer Screening (% ages 50-75)	+++	23	74.3%	74.3%
	Dental Visit (% ages 18+)	++++	15	68.1%	66.7%
	Immunizations				
	Childhood Immunizations (% by age 35 months)	+++++	6	82.7%	75.4%
Quality of Care	Flu Vaccination (% ages 18+)	+++++	10	51.2%	47.0%
	HPV Vaccination (% ages 13-17)	+++	24	60.3%	58.6%
	Dedicated Health Care Provider (% ages 18+)	++++	13	82.0%	77.6%
	Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries)	++++	17	3,198	3,770
BEHAVIORS*		+++	27	-0.050	—
Nutrition and Physical Activity	Exercise (% ages 18+)	+	41	20.0%	23.0%
	Fruit and Vegetable Consumption (% ages 18+)	++	33	7.1%	8.0%
	Physical Inactivity (% ages 18+)	+++	29	23.6%	22.4%
Sexual Health	Chlamydia (new cases per 100,000 population)	+++	21	508.5	551.0
	High-risk HIV Behaviors (% ages 18+)	+++	25	5.6%	5.6%
	Teen Births (births per 1,000 females ages 15-19)	++++	19	14.1	16.7
Sleep Health	Insufficient Sleep (% ages 18+)	++++	15	30.6%	32.3%
Smoking and Tobacco Use	Smoking (% ages 18+)	+++	26	15.8%	15.5%
HEALTH OUTCOMES*		+++	29	-0.006	—
Behavioral Health	Excessive Drinking (% ages 18+)	+	49	22.8%	17.6%
	Frequent Mental Distress (% ages 18+)	+++	21	12.9%	13.2%
	Non-medical Drug Use (% ages 18+)	++	33	12.5%	12.0%
Mortality	Premature Death (years lost before age 75 per 100,000 population)	++++	19	6,868	7,337
	Premature Death Racial Disparity (ratio)	++	32	1.6	1.5
Physical Health	Frequent Physical Distress (% ages 18+)	++++	16	8.9%	9.9%
	Low Birthweight (% of live births)	+++++	6	6.8%	8.3%
	Low Birthweight Racial Disparity (ratio)	++++	17	1.9	2.1
	Multiple Chronic Conditions (% ages 18+)	++++	20	9.0%	9.1%
	Obesity (% ages 18+)	+	43	36.5%	31.9%
OVERALL			—	0.278	—

* Values derived from individual measure data. Higher values are considered healthier.

— Data not available, missing or suppressed.

For measure definitions, sources and data years, see the Appendix or visit www.AmericasHealthRankings.org.

Rating	Rank
++++	1-10
+++	11-20
++	21-30
+	31-40
	41-50