

Iowa

State Health Department Website: idph.iowa.gov

Summary

Strengths:

- Low poverty rate
- Low prevalence of frequent physical distress
- Low risk of social isolation

Challenges:

- Low percentage of households with high-speed internet
- High prevalence of obesity
- Low geriatric provider rate

Highlights:

HIGH-SPEED INTERNET

▲10%

between 2016 and 2019
from 65.6% to 72.3% of
households with adults
ages 65+

PNEUMONIA VACCINATION COVERAGE

▼8%

between 2017 and 2019
from 80.3% to 73.8% of
adults ages 65+

FALLS

▼17%

between 2016 and 2018
from 31.7% to 26.2% of
adults ages 65+

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

* Value indicates a score. Higher scores are healthier and lower scores are less healthy.

† Non-ranking measure.

— Indicates data missing or suppressed.

For measure definitions, including data sources and years, visit www.AmericasHealthRankings.org.

Measures

	Rating	2021 Value	2021 Rank	No. 1 State
SOCIAL & ECONOMIC FACTORS*				
	+++	0.157	27	1,051
Community and Family Safety				
Violent Crime (offenses per 100,000 population)	++++	267	13	115
Economic Resources				
Food Insecurity (% of adults ages 60+)	+++++	11.1	19	7.3
Poverty (% of adults ages 65+)	++++	7.4	11	6.1
Poverty Racial Disparity (ratio)*	—	—	—	1.0
SNAP Reach (participants per 100 adults ages 60+ in poverty)	++	60.0	35	100.0
Social Support and Engagement				
Community Support Expenditures (dollars per adult ages 60+)	+++	\$42	22	\$265
High-speed Internet (% of households with adults ages 65+)	+	72.3	42	86.0
Low-care Nursing Home Residents (% of residents)	+	15.9	45	2.1
Risk of Social Isolation (percentile, adults ages 65+)	+++++	12	7	1
Volunteerism (% of adults ages 65+)	+++++	36.9	6	44.6
PHYSICAL ENVIRONMENT*				
	+++++	0.850	6	1,353
Air and Water Quality				
Air Pollution (micrograms of fine particles per cubic meter)	+++	7.3	25	4.1
Drinking Water Violations (% of community water systems)	+++++	0.0	1	0.0
Housing				
Severe Housing Problems (% of small households with an adult ages 62+)	+++++	24.2	5	18.3
CLINICAL CARE*				
	++++	0.325	16	0,695
Access to Care				
Avoided Care Due to Cost (% of adults ages 65+)	++++	3.9	13	3.0
Geriatric Providers (providers per 100,000 adults ages 65+)	+	17.9	42	57.7
Home Health Care Workers (workers per 1,000 adults ages 65+ with a disability)	+++	132	26	442
Preventive Clinical Services				
Cancer Screenings (% of adults ages 65-75)	+++	72.9	27	81.1
Flu Vaccination (% of adults ages 65+)	++++	65.1	19	71.1
Pneumonia Vaccination (% of adults ages 65+)	+++	73.8	21	78.3
Quality of Care				
Dedicated Health Care Provider (% of adults ages 65+)	++++	94.9	15	96.3
Hospice Care (% of Medicare decedents)	+++++	56.2	7	60.5
Hospital Readmissions (% of hospitalized Medicare beneficiaries ages 65-74)	+++++	15.0	6	14.0
Nursing Home Quality (% of beds rated four or five stars)	++++	50.9	16	81.9
Preventable Hospitalizations (discharges per 100,000 Medicare beneficiaries ages 65-74)	++++	1,844	13	1,038
BEHAVIORS*				
	++++	0.334	14	1,188
Nutrition and Physical Activity				
Exercise (% of adults ages 65+)	++	21.3	31	30.3
Fruit and Vegetable Consumption (% of adults ages 65+)	+++	6.8	30	12.3
Physical Inactivity (% of adults ages 65+ in fair or better health)	+++	31.2	25	21.7
Sleep Health				
Insufficient Sleep (% of adults ages 65+)	+++++	20.9	1	20.9
Tobacco Use				
Smoking (% of adults ages 65+)	++++	8.2	16	4.0
HEALTH OUTCOMES*				
	++++	0.436	13	0,932
Behavioral Health				
Excessive Drinking (% of adults ages 65+)	+++	7.4	25	3.8
Frequent Mental Distress (% of adults ages 65+)	+++++	5.9	5	4.5
Suicide (deaths per 100,000 adults ages 65+)	++++	15.4	14	9.2
Mortality				
Early Death (deaths per 100,000 adults ages 65-74)	++	1,790	32	1,380
Early Death Racial Disparity (ratio)*	—	1.6	—	1.0
Physical Health				
Falls (% of adults ages 65+)	+++	26.2	21	20.0
Frequent Physical Distress (% of adults ages 65+)	+++++	12.9	1	12.9
Multiple Chronic Conditions, 4+ (% of Medicare beneficiaries ages 65+)	++++	36.2	18	24.3
Obesity (% of adults ages 65+)	+	33.3	42	18.8
Teeth Extractions (% of adults ages 65+)	++++	12.2	15	6.2
OVERALL		0.330	—	0.750