Iowa

Summary

Low Disparities
- Between metropolitan and non-metropolitan areas for unemployment
- Between females and males for physical inactivity
- Between those with a less than a high school education and college graduates for cancer

High Disparities
- Between Black and Asian American/Pacific Islander for premature death
- Between Hispanic and white for dedicated health care provider
- Between those with less than a high school education and college graduates for food insecurity

1 Low disparities within a state does not indicate that all populations are doing well. Consider rates in comparison to national averages.
2 Rates worse than national average.
3 Rates same or better than national average.

Highlights

8% ▼ Low Birthweight in white infants between 2003-2006 and 2016-2019 from 6.7% to 6.2%

45% ▼ Child Poverty in multiracial children between 2005-2009 and 2015-2019 from 31.3% to 17.3%

16% ▼ Smoking in male adults between 2011-2013 and 2017-2019 from 21.5% to 18.1%

Frequent Mental Distress in female adults between 2011-2013 and 2017-2019 from 10.7% to 13.3%

Poverty in households headed by an adult with a high school education between 2005-2009 and 2015-2019 from 11.7% to 13.9%

Flu Vaccination in adults with a high school education between 2011-2013 and 2017-2019 from 44.4% to 40.7%

Trends

High Health Status by Race & Ethnicity

Frequent Mental Distress by Education

Income Inequality

Income inequality measures the ratio of median household income of the 20% richest to the 20% poorest. A high ratio indicates greater income inequality. Research demonstrates an association between greater income disparity and poorer population health.

In Iowa, income inequality has decreased since 2011. Iowa’s ratio is currently lower than the national ratio.

For source details and methodology visit www.AmericasHealthRankings.org.