### Iowa

**2016 Rank:** 17  
**Change from 2015:** +5

**Determinants Rank:** 19  
**Outcomes Rank:** 13

#### Healthiest States

1. Hawaii  
2. Massachusetts  
3. Connecticut  
4. Minnesota  
5. Vermont

#### Health Indicators

**Smoking**
- **18.1%**  
  OR ABOUT 1 IN 6 ADULTS IN IOWA SMOKE COMPARED WITH 17.5% NATIONALLY.

**Obesity**
- **32.1%**  
  OR ABOUT 1 IN 3 ADULTS IN IOWA ARE OBSESE COMPARED WITH 29.8% NATIONALLY.

**Lack of Health Insurance**
- **5.6%**  
  OR ABOUT 1 IN 18 PEOPLE IN IOWA LACK HEALTH INSURANCE COMPARED WITH 10.6% NATIONALLY.

**Drug Deaths**
- **8.9**  
  DRUG DEATHS PER 100,000 POPULATION IN IOWA COMPARED WITH 14.0 PER 100,000 POPULATION NATIONALLY.

**Cardiovascular Deaths**
- **245.9**  
  CARDIOVASCULAR DEATHS PER 100,000 POPULATION IN IOWA COMPARED WITH 251.7 PER 100,000 POPULATION NATIONALLY.

**Premature Death**
- **6,328**  
  YEARS OF LIFE LOST BEFORE AGE 75 PER 100,000 POPULATION IN IOWA COMPARED WITH 7,054 PER 100,000 POPULATION NATIONALLY.

#### Model of Health

- **Behaviors**  
- **Community & Environment**  
- **Policy**  
- **Clinical Care**  

**Health Outcomes**

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