



Child and Adolescent Health

Why is child and adolescent health important to Iowans?

Overall, Iowa children are in good health — only 2.6% of parents believe their child to be in fair to poor health. The vast majority (97%) are medically insured, with 1 in 5 children insured through either Hawki or Medicaid. More young children are becoming engaged in physical activity on a daily basis.

However, disparities exist. Almost 13% of African-American children have a developmental delay, compared to 3% of non-Hispanic white children. Children in lower income households are more likely to be overweight or obese and more likely to live in a household where one or both parents smoke.

In 2019, 59% of Iowa children received one or more preventive health visits within the previous year. Access to care (medical, dental, and mental health) is of concern. As many as 17% of Iowa children served by Title V Child & Adolescent Health agencies did not have an established medical home, primarily due to a lack of providers, transportation issues, and low reimbursement rates from public insurance.

Did you know?

Last year, 78,278 children received preventive health services from 23 Title V Child and Adolescent Health agencies serving all counties in Iowa.

A focus on health equity

Identifying differences in health needs among population groups with low incomes or who have historically had less access, power and privilege is a focus of the Iowa Title V program. Title V Child and Adolescent Health is working with a Health Equity Advisory Committee to engage community voices in assessing needs and program planning, and to change the culture of the Title V program. Title V is working toward a culture of connectedness and collaboration with marginalized communities. Building a culture of understanding that collaboratively serves the needs of the margins best serves the needs of the whole population in Iowa. This is being accomplished by building relationships with local community experts to design and implement services for all children and adolescents living in Iowa.

What does the department do?

- Provides funding for 23 Title V [Child and Adolescent Health programs](#) that assure preventive health care services are available in all 99 counties for children and youth from birth to age 21.
- Develops strategies for reaching families that may be eligible for Medicaid or Healthy and Well Kids in Iowa (Hawki) coverage. Hawki outreach coordinators share information with families and community-based organizations and assist with Medicaid and Hawki enrollment.
- Encourages work with local medical providers to ensure family-centered, community-based and culturally-sensitive preventive health services are offered.
- Promotes medical homes for children that provide a consistent source of comprehensive preventive health care services that promote optimal physical and mental health according to Iowa's [Schedule of Periodicity](#).
- Provides access to community-based health resources for families and youth through the toll-free, 24-hour information and referral Healthy Families Line at 1-800-369-2229 and Teen Line at 1-800-443-8336.

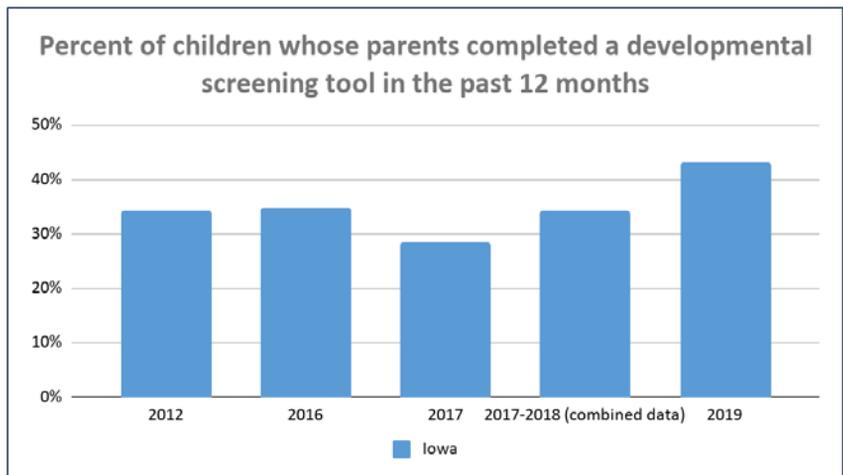
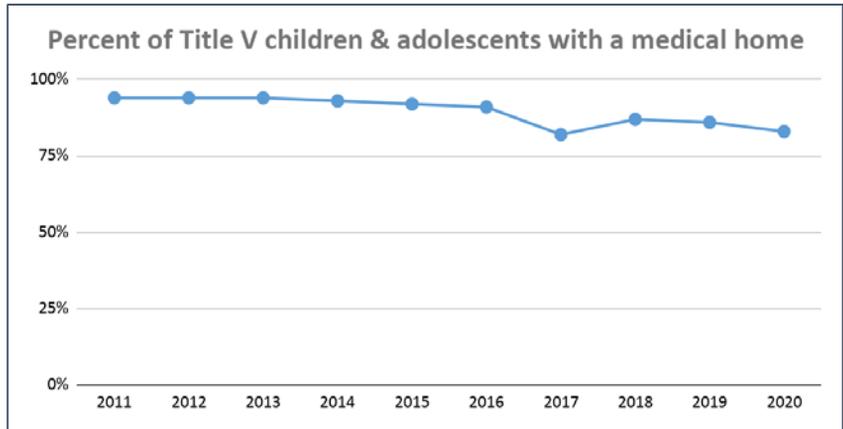


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How do we measure our progress?

What can Iowans do to help their child or adolescent?

- Assure they have health care coverage and a primary care provider (medical home).
- Assure they receive regular preventive health check-ups and are fully immunized.
- Learn more about community-based services at the [Bureau of Family Health](#) and [Adolescent Health](#) web pages.
- Learn more about [children's healthy development](#).
- Include children with disabilities in activities.
- Watch for changes in stress, behavior, relationships, and mental health in children and adolescents. Seek help from the child's primary care provider or a mental health professional when concerned.
- Offer friendship and support for parents of children with special health care needs.
- More information about Hawki is available at the [Healthy and Well Kids in Iowa \(Hawki\)](#) web page.



Resources	SFY 2019 Actual	SFY 2020 Actual	SFY 2021 Estimate
State Funds	\$2,093,779	\$2,113,890	\$2,113,890
Federal Funds	\$3,930,411	\$4,678,846	\$4,398,963
Other Funds	\$4,805,976	\$4,790,777	\$5,706,860
Total Funds	\$10,830,166	\$11,583,513	\$12,219,713
FTEs	9.37	10.28	13.46