Sac (SA)
2020 Rankings

County Demographics

	County	State
Population	9,719	3,156,145
% below 18 years of age	22.4%	23.2%
% 65 and older	23.5%	17.1%
% Non-Hispanic Black	0.3%	3.8%
% American Indian & Alaska Native	0.2%	0.5%
% Asian	0.5%	2.7%
% Native Hawaiian/Other Pacific Islander	0.1%	0.1%
% Hispanic	3.3%	6.2%
% Non-Hispanic White	94.7%	85.3%
% not proficient in English	1%	2%
% Females	50.7%	50.2%
% Rural	100.0%	36.0%

	Sac County	Error Margin	Top U.S. Performers ^	Iowa	Rank (of 99)	
Health Outcomes						**65**
Length of Life						**77**
Premature death	7,600	5,600-9,700	5,500	6,200		
Quality of Life						**33**
Poor or fair health **	12%	12-13%	12%	14%		
Poor physical health days **	3.0	2.8-3.2	3.1	3.3		
Poor mental health days **	3.4	3.2-3.5	3.4	3.6		
Low birthweight	7%	5-9%	6%	7%		

Additional Health Outcomes (not included in overall ranking)

	Sac County	Error Margin	Top U.S. Performers ^	Iowa		
Life expectancy	78.3	76.5-80.1	81.1	79.4		
Premature age-adjusted mortality	380	310-450	270	320		
Child mortality			40	50		
Infant mortality			4	5		
Frequent physical distress	9%	9-9%	9%	10%		
Frequent mental distress	11%	10-11%	11%	11%		
Diabetes prevalence	9%	5-15%	7%	10%		
HIV prevalence	0		41	98		
Health Factors						**22**
Health Behaviors						**24**
Adult smoking **	15%	15-16%	14%	17%		
Adult obesity	31%	23-39%	26%	33%		
Food environment index	7.8		8.6	8.2		
Physical inactivity	26%	19-34%	20%	24%		
Access to exercise opportunities	79%		91%	83%		
Excessive drinking **	21%	20-22%	13%	22%		
Alcohol-impaired driving deaths	21%	8-37%	11%	27%		
Sexually transmitted infections	193.5		161.4	441.6		
Teen births	17	12-24	13	19		

Additional Health Behaviors (not included in overall ranking)

	Sac County	Error Margin	Top U.S. Performers ^	Iowa		
Food insecurity	10%		9%	11%		
Limited access to healthy foods	12%		2%	6%		
Drug overdose deaths			10	10		
Motor vehicle crash deaths	17	9-30	9	11		
Insufficient sleep	28%	27-29%	27%	28%		

Clinical Care					30
Uninsured	6%	5-7%	6%	5%	
Primary care physicians	1,640:1		1,030:1	1,370:1	
Dentists	3,240:1		1,240:1	1,500:1	
Mental health providers	1,390:1		290:1	640:1	
Preventable hospital stays	2,304		2,761	3,808	
Mammography screening	53%		50%	51%	
Flu vaccinations	38%		53%	53%	

Additional Clinical Care (not included in overall ranking)

Uninsured adults	7%	6-8%	7%	7%
Uninsured children	4%	3-5%	3%	3%
Other primary care providers	1,388:1		665:1	990:1

Social & Economic Factors					22
High school graduation	98%		96%	91%	
Some college	73%	65-80%	73%	70%	
Unemployment	2.4%		2.6%	2.5%	
Children in poverty	15%	10-19%	11%	14%	
Income inequality	3.8	3.2-4.4	3.7	4.2	
Children in single-parent households	30%	22-39%	20%	29%	
Social associations	22.4		18.4	15.2	
Violent crime	50		63	282	
Injury deaths	81	58-110	58	67	

Additional Social & Economic Factors (not included in overall ranking)

Disconnected youth			4%	5%
Reading scores	3.2		3.4	3.1
Math scores	3.3		3.4	3.1
Median household income	$56,700	$50,500-62,900	$69,000	$60,100
Children eligible for free or reduced price lunch	42%		32%	40%
Residential segregation - Black/White			23	62
Residential segregation - non-white/white	35		14	48
Homicides			2	2
Suicides			11	14
Firearm fatalities			8	9
Juvenile arrests				37

Physical Environment					32
Air pollution - particulate matter **	8.8		6.1	9.0	
Drinking water violations	No				
Severe housing problems	8%	6-10%	9%	12%	
Driving alone to work	84%	81-86%	72%	81%	
Long commute - driving alone	19%	17-22%	16%	20%	

Additional Physical Environment (not included in overall ranking)

Traffic volume	122			1,461
Homeownership	79%	77-81%	81%	71%
Severe housing cost burden	5%	4-7%	7%	10%

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Areas to Explore
Areas of Strength
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^ 10th/90th percentile, i.e., only 10% are better.
** Data should not be compared with prior years
Note: Blank values reflect unreliable or missing data