Healthy Iowans: Iowa’s Health Improvement Plan
2017-2021

Is Iowa’s Health Improving?

Executive Summary

Bureau of Public Health Performance
July 2021

Protecting and Improving the Health of Iowans
Suggested Citation:

Governor: Kim Reynolds
Lieutenant Governor: Adam Gregg
IDPH Interim Director: Kelly Garcia

Report Contact Information:
Jonn Durbin, MA, CPM
jonathan.durbin@idph.iowa.gov
515-452-5766
### Table of Contents

- Executive Summary ................................................................................................................................................... 4
- Summary of Progress on Measures of Health Improvement .......................................................................................................................... 4
- Progress in Health Equity and the Social Determinants of Health ........................................................................................................ 6
- Progress in Addressing the Life Course ...................................................................................................................... 8
- Progress in Health System Improvement .................................................................................................................. 9
- Progress in Acute Disease: Vaccinations .................................................................................................................. 10
- Progress in Addictive Behaviors ............................................................................................................................. 10
- Progress in Chronic Disease ....................................................................................................................................... 11
- Progress in Disaster Preparedness .................................................................................................................................... 13
- Progress in Environmental Health: Water Quality ................................................................................................. 13
- Progress in Healthy Living ........................................................................................................................................ 14
- Progress in Injury & Violence ................................................................................................................................... 18
- Progress in Mental Health, Illness, & Suicide ............................................................................................................... 20
Executive Summary

This report documents progress on measures of Iowa’s health status and shows areas where there is a need for continued concern. A companion report, Taking Action to Improve Health in Iowa, details the work of more than 90 partners that have taken on responsibility for objectives and strategies in the plan.

Summary of Progress on Measures of Health Improvement

Because health outcomes take time to change, it is still too early to assess the full impact that the actions from the Healthy Iowans 2017-2021 state health improvement plan have had on the measures of health improvement. However, it is encouraging to note that almost 54% of the measures of health improvement (138 measures) have already met their 2021 targets or have moved toward achieving their target (Figure 1).

Figure 1. Progress on Healthy Iowans’ 256 Measures of Health Improvement

Twenty-three (23) measures (9%) have not changed much from their baseline values. On the other hand, current data for 95 measures (37%) shows movement away from the target, including 26 (10%) that are more than 15% worse than their baseline values. Figure 2 specifies the 26 measures that are substantially worse than their baseline. Table 1 shows 42 measures where Iowa’s values are in the bottom 10 states. Pages 8-22 show positive progress, areas of concern, and disparities for each focus area. The Full Progress Report for Measures of Health Improvement, beginning on page 24, includes all the newest data available, changes since 2016, comparisons with states that are performing well or not so well, and national comparisons for all 256 measures of health improvement included in Healthy Iowans.

Figure 2. Twenty-six (26) Health Improvement Measures with Large Negative Trends

Measures more than 15% worse than their baseline value

**Sexually transmitted diseases:** Gonorrhea rate (measure number HL-18)
- overall – 85% increase
- Black/African American – 75% increase
- American Indian/Alaskan Native – 58% increase

**Overweight:** ages 10-17 (HL-1) – 48% increase

**Work-related deaths:** agriculture, forestry, fishing & hunting industry (IV-8) – 47% increase

**Physical activity:** adolescents ages 12-17 (HL-8)
- females – 39% decrease
- overall – 17% decrease

**Suicides** (MH-4)
- ages 15-19 – 38% increase
- ages 30-39 – 23% increase
- ages 20-29 – 20% increase

**Infant Mortality** (LC-3)
- Black/African American – 36% increase
- overall – 23% increase

**Child maltreatment:** ages 0-17 (IV-5) – 33% increase

**Premature death** (before age 75): American Indian/Alaskan Native (LC-5) – 33% increase

**Frequent mental health distress** (MH-1)
- adults ages 18-44 – 31% increase
- adults overall – 23% increase
- adult females – 19% increase

**Diabetes** (CD-10)
- adults with incomes under $15,000 – 29% increase
- adults with incomes $15,000-$24,999 – 23% increase

**Youth deaths:** ages 5-9 (LC-4) – 27% increase

**Obesity WIC children ages 2-4:** American Indian/Alaska Native (HL-2) – 21% increase

**Youth alcohol use** (AB-2) – 21% increase

**Personal healthcare provider:** Hispanic (HSI-5) – 19% decrease

**Overall health:** Adults with a disability (LC-7) – 17% decrease

**Youth illicit drug use** (AB-2) – 16% increase

**Dental visit during pregnancy:** income less than 185% of poverty (HL-16) – 15% decrease
<table>
<thead>
<tr>
<th>Iowa Rank</th>
<th>Measure Number</th>
<th>Measure Short Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>AB 3.3</td>
<td>Excessive Drinking - ages 18-44</td>
</tr>
<tr>
<td>50</td>
<td>AB 3.4</td>
<td>Excessive Drinking - adults ages 18+, income $75,000+</td>
</tr>
<tr>
<td>49</td>
<td>ESD 1.2</td>
<td>Poverty - Black/African American alone</td>
</tr>
<tr>
<td>49</td>
<td>IV 3.2</td>
<td>Fall Occurrence - Hispanic or Non-White ages 65+</td>
</tr>
<tr>
<td>48</td>
<td>AB 2.1</td>
<td>Youth Alcohol Use (%) - ages 12-17</td>
</tr>
<tr>
<td>48</td>
<td>IV 6.3</td>
<td>Juvenile Detention ages 10-17 - Black</td>
</tr>
<tr>
<td>48</td>
<td>LC 1.4</td>
<td>Teen Birth Rate - Non-Hispanic Black</td>
</tr>
<tr>
<td>46</td>
<td>AB 3.1</td>
<td>Excessive Drinking - overall adults ages 18+</td>
</tr>
<tr>
<td>46</td>
<td>AB 3.2</td>
<td>Excessive Drinking - male adults ages 18+</td>
</tr>
<tr>
<td>45</td>
<td>CD 7.1</td>
<td>Colorectal Cancer Incidence Rate - overall</td>
</tr>
<tr>
<td>45</td>
<td>ESD 2.2</td>
<td>Poverty Children - Black/African American</td>
</tr>
<tr>
<td>44</td>
<td>HL 1.6</td>
<td>Overweight - ages 10-17</td>
</tr>
<tr>
<td>44</td>
<td>HL 7.2</td>
<td>Vegetables ≥1 per day - male adults ages 18+</td>
</tr>
<tr>
<td>44</td>
<td>MH 2</td>
<td>Mental Health Providers rate</td>
</tr>
<tr>
<td>43</td>
<td>CD 5.1</td>
<td>Cancer Incidence Rate - overall</td>
</tr>
<tr>
<td>43</td>
<td>CD 7.2</td>
<td>Colorectal Cancer Incidence Rate - male</td>
</tr>
<tr>
<td>43</td>
<td>HL 1.1</td>
<td>Overweight - WIC ages 2-4</td>
</tr>
<tr>
<td>43</td>
<td>HL 2.2</td>
<td>Obesity - WIC ages 2-4, Hispanic</td>
</tr>
<tr>
<td>43</td>
<td>HL 7.3</td>
<td>Vegetables ≥1 per day - ages 18-24</td>
</tr>
<tr>
<td>42</td>
<td>CD 5.2</td>
<td>Cancer Incidence Rate - male</td>
</tr>
<tr>
<td>42</td>
<td>CD 12.3</td>
<td>Coronary Heart Disease Death Rate - male</td>
</tr>
<tr>
<td>42</td>
<td>HL 5.2</td>
<td>Fruit &amp; Vegetables 5+ per day - male adults ages 18+</td>
</tr>
<tr>
<td>41</td>
<td>CD 9.1</td>
<td>Skin Melanomas Incidence Rate - overall</td>
</tr>
<tr>
<td>41</td>
<td>CD 10.4</td>
<td>Diabetes – adults ages 18+, income $15,000 - $24,999</td>
</tr>
<tr>
<td>41</td>
<td>HL 7.1</td>
<td>Vegetables ≥1 per day – overall adults ages 18+</td>
</tr>
<tr>
<td>40</td>
<td>IV 6.2</td>
<td>Juvenile Detention ages 10-17 - Male</td>
</tr>
<tr>
<td>48 of 48</td>
<td>HL 18.7</td>
<td>Gonorrhea - Black/African American</td>
</tr>
<tr>
<td>47 of 48</td>
<td>CD 1.3</td>
<td>Cancer Death Rate - Black, non-Hispanic</td>
</tr>
<tr>
<td>47 of 48</td>
<td>HL 18.4</td>
<td>Chlamydia - Black/African American female ages 15-24</td>
</tr>
<tr>
<td>47 of 47</td>
<td>LC 7.2</td>
<td>Overall health - Hispanic adults ages 18+</td>
</tr>
<tr>
<td>41 of 46</td>
<td>HL 10.6</td>
<td>Aerobic PA - Hispanic adults ages 18+</td>
</tr>
<tr>
<td>40 of 45</td>
<td>CD 5.3</td>
<td>Cancer Incidence Rate - Black, non-Hispanic male</td>
</tr>
<tr>
<td>40 of 45</td>
<td>HL 2.3</td>
<td>Obesity - WIC ages 2-4, American Indian/Alaska Native</td>
</tr>
<tr>
<td>39 of 44</td>
<td>LC 4.6</td>
<td>Child/Teen Death Rate - ages 10-14</td>
</tr>
<tr>
<td>38 of 39</td>
<td>CD 6.3</td>
<td>Lung Cancer Incidence Rate - Black, non-Hispanic</td>
</tr>
<tr>
<td>37 of 42</td>
<td>CD 2.3</td>
<td>Lung Cancer Death Rate - Black, non-Hispanic</td>
</tr>
<tr>
<td>35 of 37</td>
<td>AB 5.2</td>
<td>Smoking - Black, non-Hispanic adults ages 18+</td>
</tr>
<tr>
<td>34 of 37</td>
<td>CD 6.4</td>
<td>Lung Cancer Incidence Rate - Black, non-Hispanic Male</td>
</tr>
<tr>
<td>33 of 36</td>
<td>HL 17.4</td>
<td>Dental Visit - Asian, non-Hispanic adults ages 18+</td>
</tr>
<tr>
<td>32 of 36</td>
<td>CD 6.5</td>
<td>Lung Cancer Incidence Rate - Black, non-Hispanic female</td>
</tr>
<tr>
<td>29 of 33</td>
<td>HL 18.6</td>
<td>Gonorrhea - American Indian/Alaska Native</td>
</tr>
<tr>
<td>24 of 31</td>
<td>HSI 5.4</td>
<td>Personal Provider - Asian, non-Hispanic adults ages 18+</td>
</tr>
</tbody>
</table>
Progress in Health Equity and the Social Determinants of Health

*Poverty decreased* from 2016 to 2019 for all the demographic groups in Healthy Iowans.

*Poverty is much higher* for Iowa’s people of color.

**Iowa’s Disparities in Poverty (%). ESD-1 & ESD-2.**

<table>
<thead>
<tr>
<th>Iowans in Poverty Overall: 11.5% Rank: 18</th>
<th>Race/Ethnicity</th>
<th>Iowa Children in Poverty Overall: 13.8% Rank: 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.5% Rank: 25</td>
<td>White, non-Hispanic</td>
<td>9.8% Rank: 22</td>
</tr>
<tr>
<td>20.9% Rank: 26</td>
<td>Hispanic/Latino</td>
<td>26.7% Rank: 27</td>
</tr>
<tr>
<td>24.5% Rank: 32</td>
<td>Native American/Alaska Native</td>
<td>32.5% Rank: 36</td>
</tr>
<tr>
<td>31.9% Rank: 49</td>
<td>Black/African American</td>
<td>42.9% Rank: 45</td>
</tr>
</tbody>
</table>

**Health Insurance Coverage**

Iowa ranks in the **top 15** nationally in health insurance coverage for all of the demographic groups in Healthy Iowans. **ESD-3**

The percentage of Iowa’s non-elderly, non-Hispanic Black adults who have health insurance is **4% lower** than the overall state rate. Insurance coverage for Iowa’s non-elderly Hispanic adults is **14% lower** than the overall state rate. **ESD-3**
Education

Iowa’s Disparities in High School Graduation Rates (%)

- White: 93.8%
- Asian: 93.7%
- Overall: 91.8%
- Two or More Races: 88.8%
- Low socioeconomic status: 85.5%
- Hispanic: 84.8%
- American Indian: 82.5%
- African American: 80.7%
- English language learners: 76.7%
- Individualized Education Program: 76.4%
- Hawaiian/Pacific Islander: 75.5%

Not all Iowa students get as far on the path to success.

Neighborhood, the Built Environment and Safe, Affordable Housing

- Ranking nationally in the fewest substandard housing units (23% have one or more housing problems, e.g., high costs, overcrowding). ESD-5

Social and Community Context

- 5 in 8 Iowa parents say their children live in supportive neighborhoods – lower incomes are a major factor for those who don’t. ESD-7

- 14% Iowa parents who reported their children lived in neighborhoods with poorly kept or rundown housing. ESD-6

- More Iowa parents are reporting that their children live in neighborhoods with supportive amenities like parks/playgrounds, sidewalks/walking paths, a library/bookmobile and a community/recreation center/boys’ and girls’ club. ESD-8
### Progress in Addressing the Life Course

**Teen Births**

- **Fewer teen mothers**
  
  Teen birth rates continued to decrease from 2016 to 2019 for all the demographic groups in Healthy Iowans. *LC-1*

- **Disparities in Iowa’s Teen Births**
  
  Teen birth rates for racial and ethnic minority Iowa teens.
  
  - White, Non-Hispanic: 11.5
  - American Indian/Alaska Native: 27
  - Hispanic/Latino: 35
  - Black/African American, Non-Hispanic: 38

- **National Rankings**
  
  - Iowa has the third highest birth rate for non-Hispanic Black teens. *#37*
  - Iowa has the 14th highest birth rate for Hispanic/Latino teens. *#48*

**Low Birthweight**

- **Almost 2x higher**
  
  Percent of Iowa’s non-Hispanic Black babies born with low birthweight (12%) compared to Iowa’s non-Hispanic White babies (6.2%). *LC-2*

**Infant Mortality Trends**

- **2.3x more likely**
  
  Iowa’s Black, non-Hispanic parents were more likely to suffer the loss of an infant in 2018 than for all other Iowa parents combined.

- **1.6x more likely**
  
  Younger mothers (ages 15-19) were also more likely to suffer the loss of an infant (than all other ages combined).

**Child/Teen Deaths**

- **Ages at Higher Risk**
  
  Nearly 2 of every 3 of Iowa’s child/teen deaths in 2019 were males. *LC-4*

  - **More than half:**
    
    Iowa’s child/teen deaths in 2019 that were ages 15-19.

  - **Nearly 3 of every 4 deaths were ages 10-19**

- **Disparities in Iowa’s Child/Teen Deaths**
  
  - 14% of all Iowa children/teens who died in 2019 were non-Hispanic Black/African American children/teens despite being only 5% of Iowa’s total child/teen population.
Self-Reported Health

Iowa’s national rank in the percent of Iowa parents who rate their child/teen’s health as very good or excellent. LC-6

Adult self-reported health status has decreased since 2016 for every demographic group in Healthy Iowans. LC-7

While Iowa’s national rank for every demographic group has gotten worse since 2016, Iowa ranks last for Hispanic/Latino adults who report very good or excellent health.

#37
#50

Iowa’s rate of years of life lost to premature death is 2x higher for Iowans who identify as non-Hispanic American Indian/Alaskan Native and 1.75x higher for Iowans who identify as Black/African American. LC-5

Increase since 2016 in Iowa’s rate of years of life lost to premature death for Iowans who identify as non-Hispanic American Indian/Alaskan Native.

33%

Progress in Health System Improvement

Avoidable Hospital Care

Preventable hospitalizations for Iowa’s Medicare enrollees decreased from 2015 to 2018. HSI-2

Healthcare Access & Affordability

Iowa is in the bottom 20 states for the number of primary care physicians (74) per 100,000 people. Wide disparities exist county-to-county. HSI-4

Iowa adults in racial and ethnic minority groups are less likely to have a regular health care provider coordinating their care. HSI-5

Preventable hospitalizations in 2018 for Iowa’s non-Hispanic Black Medicare enrollees were 70% higher than Iowa’s overall rate.

More Iowa adults in 2019 reported being unable to afford to see a doctor. HSI-3

Iowa’s younger adults (18-44) and adult males are less likely to get an annual health check. HSI-6

Positive increases from 2016 to 2019 in Iowa adolescents and adults getting annual health checks. HSI-6 & HSI-7

$ $$
### Progress in Acute Disease: Vaccinations

<table>
<thead>
<tr>
<th>Adolescents</th>
<th>Flu Rankings</th>
<th>Iowa’s Disparities in Flu Vaccinations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescents getting vaccinations for HPV and meningococcal has <strong>increased</strong> substantially since 2016. <strong>AD-1 &amp; AD-2</strong></td>
<td><strong>Top 20 nationally</strong> Iowa’s rates for flu vaccinations for each of the demographic groups in Healthy Iowans. <strong>AD-3</strong></td>
<td>Younger adults (18-64), especially male, Hispanic, and non-Hispanic Black/African American Iowans, are <strong>much less likely</strong> to get their flu shots.</td>
</tr>
</tbody>
</table>

### Progress in Addictive Behaviors

<table>
<thead>
<tr>
<th>Youth Alcohol Use</th>
<th>Adult Alcohol Use</th>
<th>Iowa’s Disparities in Alcohol Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>#48</strong> Iowa has the nation’s third highest estimate of youth alcohol use (11.4%). Use has <strong>increased 21%</strong> since 2015-2016. <strong>AB-2</strong></td>
<td><strong>#46</strong> Iowa has the nation’s <strong>fifth highest</strong> percentage of adults who drink alcohol excessively (22.5%). <strong>AB-3</strong></td>
<td><strong>#50</strong> Iowa has the nation’s <strong>highest</strong> percentage of adults with higher incomes (32%) and adults ages 18-44 (29%) who drink alcohol excessively.</td>
</tr>
</tbody>
</table>

### Trends in Tobacco Use

<table>
<thead>
<tr>
<th>Iowa Disparities in Tobacco Use</th>
<th>Trends in Illicit Drug Use</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>16% decrease</strong> in youth cigarette use. <strong>AB-2</strong></td>
<td><strong>16% increase</strong> in youth illicit drug use. <strong>AB-2</strong></td>
</tr>
<tr>
<td><strong>Men and Iowans with lower incomes</strong> are least likely to report never smoking. <strong>AB-4</strong></td>
<td>Iowa had the nation’s <strong>fifth lowest</strong> opioid-related death rate in 2019. <strong>AB-1</strong></td>
</tr>
<tr>
<td>While Iowans <strong>18-24</strong> are most likely to have never smoked, the <strong>rate hasn’t changed</strong> much since 2016. <strong>AB-4</strong></td>
<td><strong>Smoking is higher</strong> among Iowa adults with <strong>lower incomes</strong>, Black, non-Hispanic Iowans, and Iowa adults with a disability. <strong>AB-5</strong></td>
</tr>
</tbody>
</table>

---

**Is Iowa’s Health Improving?**

**Executive Summary**

**July 2021**

**Page 10 of 20**
### New Cancer Diagnoses (Incidence) \( CD-5 \) | Cancer Deaths \( CD-1 \) | Iowa Disparities in Cancer Deaths
---|---|---
Iowa’s cancer incidence rate **stayed about the same** from 2010 to 2017 | Overall, Iowa’s cancer death rate **decreased** since 2016. | The death rate for non-Hispanic Black Iowans is about **35% higher** than Iowa’s overall rate. 
Iowa **males** overall and specifically Iowa’s **non-Hispanic Black males** are **most likely** to be diagnosed with cancer. | **#28** | Iowa’s cancer death rate was the **second highest nationally** for non-Hispanic Black people from 2017 to 2019. | **#47** of 48

### Iowa’s incidence rates are **among the highest nationally**:
- Overall: **8th highest**
- Male: **9th highest**
- **6th highest** of 45 states with data available

### New Lung Cancer Diagnoses (Incidence) \( CD-6 \) | Lung Cancer Deaths \( CD-2 \) | Iowa Disparities in Lung Cancer
---|---|---
Iowa’s rates are **much higher** than the national average for all the demographic groups in Healthy Iowans. | Iowa’s lung cancer death rates **decreased substantially** from 2016 to 2019. | **#37 of 42**
New lung cancer diagnoses **decreased substantially** from 2010 to 2017 for Iowa’s non-Hispanic Black females. | | Iowa’s lung cancer death rate was the sixth highest nationally for non-Hispanic Black people from 2015 to 2019. | **101 to 63**

The lung cancer incidence rate for Iowa’s non-Hispanic Black males is about **60% higher** than the overall rate for the state.
### New Colorectal Cancer Diagnoses (incidence) \( CD-7 \)

<table>
<thead>
<tr>
<th>Hawa’s colorectal cancer incidence rate <strong>decreased</strong> from 2010 to 2017.</th>
<th>Iowa’s colorectal cancer death rates have <strong>decreased</strong> slightly overall and for men.</th>
<th>The death rate for non-Hispanic Black Iowans is about <strong>37% higher</strong> than Iowa’s overall rate.</th>
</tr>
</thead>
</table>

### Iowa Disparities in Colorectal Cancer Deaths

- Iowa’s overall incidence rate was **sixth highest** nationally for 2013 to 2017 and **eighth highest** among males.

### New Female Breast Cancer Diagnoses (Incidence) \( CD-8 \)

<table>
<thead>
<tr>
<th>Iowa’s incidence rate <strong>increased</strong> 5% from 2010 to 2017.</th>
<th>Female deaths due to breast cancer have <strong>decreased</strong> 5% since 2016.</th>
</tr>
</thead>
</table>

### Female Breast Cancer Deaths \( CD-4 \)

### New Diagnoses of Skin Melanomas (Incidence) \( CD-9 \)

<table>
<thead>
<tr>
<th>Iowa had the <strong>10th highest</strong> rate of newly diagnosed skin melanomas nationally for 2013 to 2017.</th>
<th>The rate of new diagnoses of skin melanomas is <strong>increasing.</strong></th>
</tr>
</thead>
</table>

### Iowa Adults with Diabetes \( CD-10 \)

| Diabetes rates among adults **increased** overall from 2016 to 2019, especially for **Iowans with lower incomes.** | Iowa adults with a disability and adults with lower incomes have diabetes rates nearly **2x higher** than Iowa’s overall rate. |
Coronary Heart Disease (CHD) Death Rates CD-12

- Decreased 18% for all non-Hispanic, Black Iowans from 2014 to 2019.
- Decreased 21% for non-Hispanic Black male Iowans from 2014 to 2019.

The 2017-2019 rate for all Iowa males was 40% higher than Iowa’s overall rate.

2017-2019 rate was still 42% higher for non-Hispanic Black male Iowans than Iowa’s overall rate.

Iowa’s rates are among the 15 highest nationally for each of the demographic groups in Healthy Iowans.

Progress in Disaster Preparedness

<table>
<thead>
<tr>
<th>Overall Preparedness</th>
<th>Community Planning and Engagement Coordination domain</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; U.S. 7.1 vs. 6.8</td>
<td>Iowa was one of 21 states worse than the national average. DP-1</td>
</tr>
<tr>
<td>As of 2019, Iowa was one of 15 states with a score better than the national average. DP-1</td>
<td></td>
</tr>
</tbody>
</table>

U.S. > 5.3 vs. 4.8

Progress in Environmental Health: Water Quality EH-1 & EH-2

- Rivers & Streams: More than 8 of every 10 of the 995 assessed in 2020 did not fully meet water quality standards.
- Lakes & Reservoirs: 7 of every 10 of the 177 assessed in 2020 did not fully meet water quality standards.
- Wetlands: Almost half of the 128 assessed in 2020 did not fully meet water quality standards.
### Progress in Healthy Living

#### Overweight: Young Children

**#43**

Iowa has the 8th highest rate for overweight among low-income 2-4 year olds.

#### Overweight: Older Children

**Up 48% since 2016**

Percent of parents who report that their 10-17 year old children are overweight.

#### Overweight Adults

Overweight among Iowa adults has decreased since 2016.

All states have more than 30% of adults who are overweight.

#### Obesity: Young Children

**Obesity increased** for Iowa’s low-income 2-4 year olds from 2014 to 2018.

#### Obesity: Older Children

Obesity has decreased for 10 to 17 year olds since 2016.

#### Obesity: Adults

Decreased the last two years, but still 6% higher than in 2016.

Obesity is much higher among adults with a disability.

43% vs 34% Overall

#### Breastfeeding

Iowa’s breastfeeding rates for children born in 2017 were slightly below the national averages.

Breastfeeding at 12 months increased from 29% of babies born in 2014 to 32.5% of babies born in 2017.

#### Food Insecurity

Before COVID-19, food insecurity for all Iowans and Iowa children had decreased 22% from 2015 to 2019.

Due to COVID-19, projections of food insecurity for all Iowans and for Iowa’s children for 2020 and 2021 are 19-24% higher than actual values from 2019.
Fruit & Vegetable Consumption *HL-5, HL-6 & HL-7*

**Increased** from 2015 to 2019 for most of the groups of Iowa adults in Healthy Iowans.

Iowa ranks in the **bottom half** of states for almost all of the groups of Iowa adults in Healthy Iowans.

**Lowest** among younger adults, men, and Iowans with lower incomes.

Non-Hispanic Black Iowa adults reported a **large increase in fruit consumption** – from 48% in 2015 to 61% in 2019.

---

**Active Children (ages 6-11) *HL-8***  
**Active Adolescents (ages 12-17) *HL-8***  
**Active Adults (ages 18+) *HL-9***

**Overall, up 20% since 2016.**  
**Females up 47%.**

**Overall, down 17% since 2016.**  
**Females down 39%.**

**Lowest** for Iowa adults with a disability and Iowa adults with lower incomes.

**25 states** have more people who live close to somewhere they can be physically active than Iowa does. *HL-12*

---

**Physical Activity Guidelines**

*Less than half* of Iowa adults met aerobic physical activity guidelines in 2019 – about the same as in 2015. It’s **even lower** for Iowa adults with lower incomes, adults with a disability, and adult Hispanic Iowans. *HL-10*

Iowa adults who met muscle-strengthening guidelines **increased substantially** from 2015 to 2019 for all the demographic groups in Healthy Iowans. *HL-11*

**2 out of every 3 Iowa adults still don’t meet** muscle-strengthening guidelines. Even fewer of Iowa’s older adults, adults with a disability, or adults with lower incomes meet the guidelines.

**Adults who Met Aerobic and Muscle Strengthening Guidelines:**

Iowa is **below the national average** overall and for nearly all the demographic groups in Healthy Iowans.

U.S. >
Children’s Teeth Condition

Iowa’s rank nationally in parents who say their children’s (ages 1-17) teeth are in very good or excellent condition.

Disparity in Children’s Teeth Condition

Still, more than 1 in 6 Iowa parents rate the condition of their children’s teeth as good, fair, or poor. It’s almost 1 in 4 for lower income Iowa parents.

Access to Dentists

Iowa’s overall rate of dentists has increased since 2016. Still, wide disparities exist county-to-county.

Child Preventive Dental Care

Overall, Iowa does well in preventive dental visits for children and youth (ages 1-17).

Disparities in Preventive Dental Care

Children ages 1-5 and children of all ages in families with lower incomes are less likely to see a dentist to prevent issues.

Dental Care During Pregnancy

Iowa mothers with a dental visit during pregnancy overall versus lower income mothers.

Disparities in Iowa adult dental visits (%)

Is Iowa's Health Improving?
<table>
<thead>
<tr>
<th>Category</th>
<th>Change from 2016 to 2018</th>
<th>Disparities in Rates</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chlamydia Rate: All Iowans</strong></td>
<td>Up 13%</td>
<td>7x higher for females ages 15-24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9x higher for American Indian/Alaska Native females ages 15-24</td>
</tr>
<tr>
<td></td>
<td></td>
<td>25x higher for Black/African American females ages 15-24</td>
</tr>
<tr>
<td><strong>Gonorrhea Rate: All Iowans</strong></td>
<td>Up 85%</td>
<td>4.6x higher for Iowa’s American Indian/Alaska Native people</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7.8x higher for Iowa’s Black/African American people</td>
</tr>
</tbody>
</table>

States with data. Iowa’s rate was the second highest nationally for Black/African American females ages 15-24.

States with data. Iowa’s rate was the highest nationally for Black/African American people.

**Primary, Secondary & Early Latent Syphilis Rate**

<table>
<thead>
<tr>
<th>Change from 2016-2018</th>
<th>Males: Almost 2x higher</th>
</tr>
</thead>
<tbody>
<tr>
<td>Up 14%</td>
<td></td>
</tr>
</tbody>
</table>
### Progress in Injury & Violence

<table>
<thead>
<tr>
<th>Fall Trends</th>
<th>Iowa Disparities in Falls (Ages 65+) IV-3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>18% decrease</strong>: Fewer of Iowa’s older adults reported having one or more falls in the last year. IV-3</td>
<td>Iowa’s older people of color were <strong>1.5x more likely</strong> to report falling in 2018 than Iowa’s overall rate.</td>
</tr>
</tbody>
</table>

| 11% increase in the rate of Iowa’s older adults who were hospitalized due to a fall. IV-2 | **#49**  
Iowa’s percentage of older people of color who reported falling was the **second highest** nationally. |

| 12% decrease in Iowa’s rate of older adults who die due to a fall. IV-1 | Iowa older adults with a disability were **1.3x more likely** to report falling in 2018 than Iowa’s overall rate. |

### Iowa Deaths from Motor Vehicle Crashes IV-4

| 19% decrease in the rate for all Iowans from 2016 to 2019.  
18% decrease in the rate for Iowa males from 2016 to 2019. |

Rates for males: **48% higher** than Iowa’s overall rate.  
Rates for rural Iowans: **45% higher**.
Youth Adverse Experiences

Confirmed child maltreatment was higher in 2018 than in 2016. IV-5

Iowa has one of the higher rates of confirmed child maltreatment in the nation.

Juvenile Detention

Down 19% Overall

Iowa youth in juvenile detention is decreasing. IV-6

Iowa has one of the higher rates of juvenile detention in the nation.

92.3% to 81.5%

Parents of children who have had fewer than two adverse childhood experiences (ACEs) were more likely to report their child’s health was very good or excellent. IV-7

Iowa’s rate of Black youth in juvenile detention was 5.6x higher in 2017 than Iowa’s overall rate.

Iowa’s rate is third highest in the nation for Black youth.

Non-Fatal Worker Injuries & Illnesses IV-9

Iowa’s rate in agriculture, forestry, fishing & hunting decreased substantially from 2016 to 2019.

Worker Deaths IV-8

47% increase in Iowa’s rate in agriculture, forestry, fishing & hunting.

<<Rest of Page Intentionally Left Blank>>
## Mental Health Distress MH-1

Iowa adults experiencing frequent mental health distress increased from 2016 to 2019 for every demographic group in Healthy Iowans.

## Disparities in Mental Health Distress

Women, younger adults, adults with lower incomes, and adults with a disability are the most likely Iowa adults to experience frequent mental health distress.

## Access to Mental Health Providers: All Iowans MH-2

28% increase in mental health providers per 100,000 Iowa residents.

## Access to Mental Health Treatment: Children & Youth (ages 3-17) MH-3

Highest percentage nationally of children/youth who get needed treatment or counseling when diagnosed with a mental/behavioral health condition.

Charlotte’s rate was 7th lowest nationally in 2019; wide disparities exist county-to-county.

32,000

More than one of every three Iowa children/youth diagnosed with a mental/behavioral health condition does not receive needed treatment.

## Suicide Rates Overall MH-4

Increased from 2016 to 2019 for Iowans overall and for every demographic group in Healthy Iowans except 40-49 year olds.

## Suicide: Ages 15 to 19

Rates fluctuate, but the rate for Iowa’s 15-19 year olds was higher in 2017, 2018, and 2019 than it was in 2016. The increase from 2016 to 2019 was higher than for any other age group.

## Suicide: Males & Ages 20+

Iowa males of all ages and lowans ages 20-59 have the highest rates of suicide. Of Iowa’s 528 suicides in 2019: MALES: AGES 20-59: 7 of 10