

Iowa Department of Public Health
Protecting and Improving the Health of Iowans



OVERVIEW

Demographics

Poverty

Food Accessibility

Health Status

Preventive Behaviors

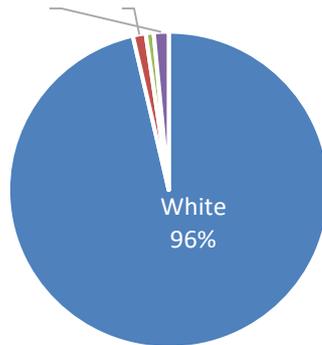
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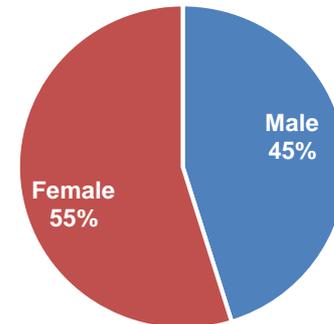


Demographics of Older Iowans

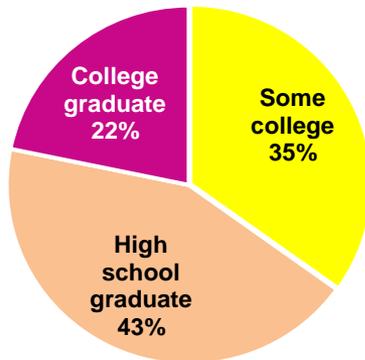
Race/Ethnicity



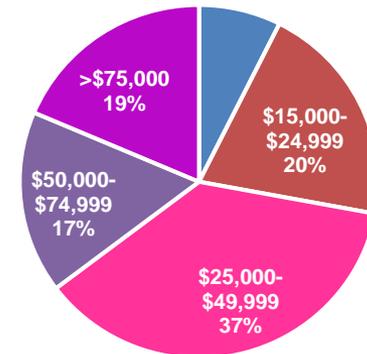
Gender



Education



Income



Behavior Risk Factor Surveillance Survey, 2016

Older Adult Nutritional Risk

- U.S.
 - 1 in 4 older adults estimated to be malnourished
- Iowa
 - 22% of community-residing older adults “at risk” for malnutrition or “malnourished”
 - 78% of community-residing older adults enrolled in nutrition education programs identified as “at nutritional risk” or “at possible nutritional risk”

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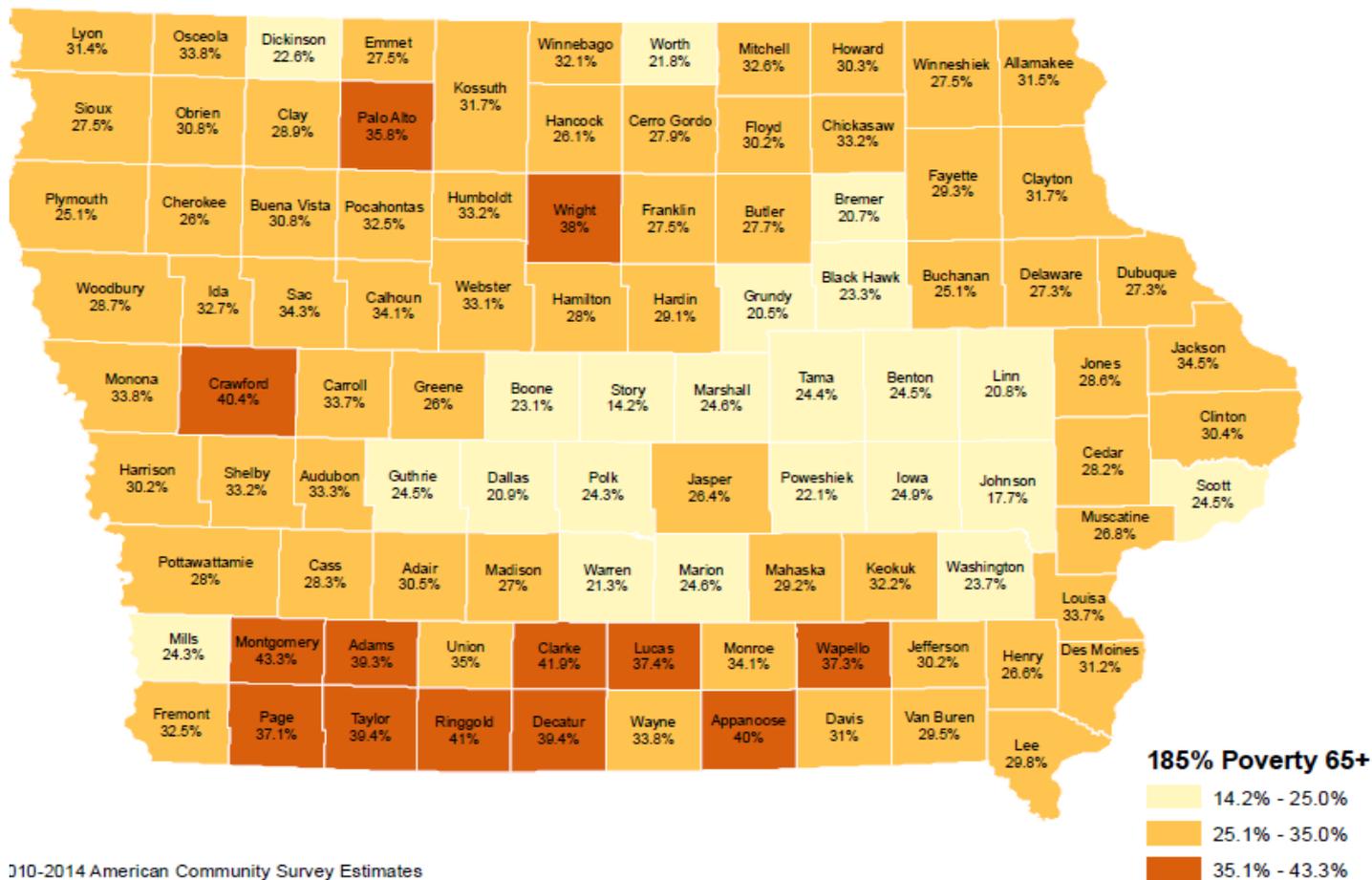


POVERTY

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Iowa County-level 5-year Estimates for Percent of Population 65+ at 185% of Poverty



110-2014 American Community Survey Estimates

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FOOD ACCESSIBILITY

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HyVee



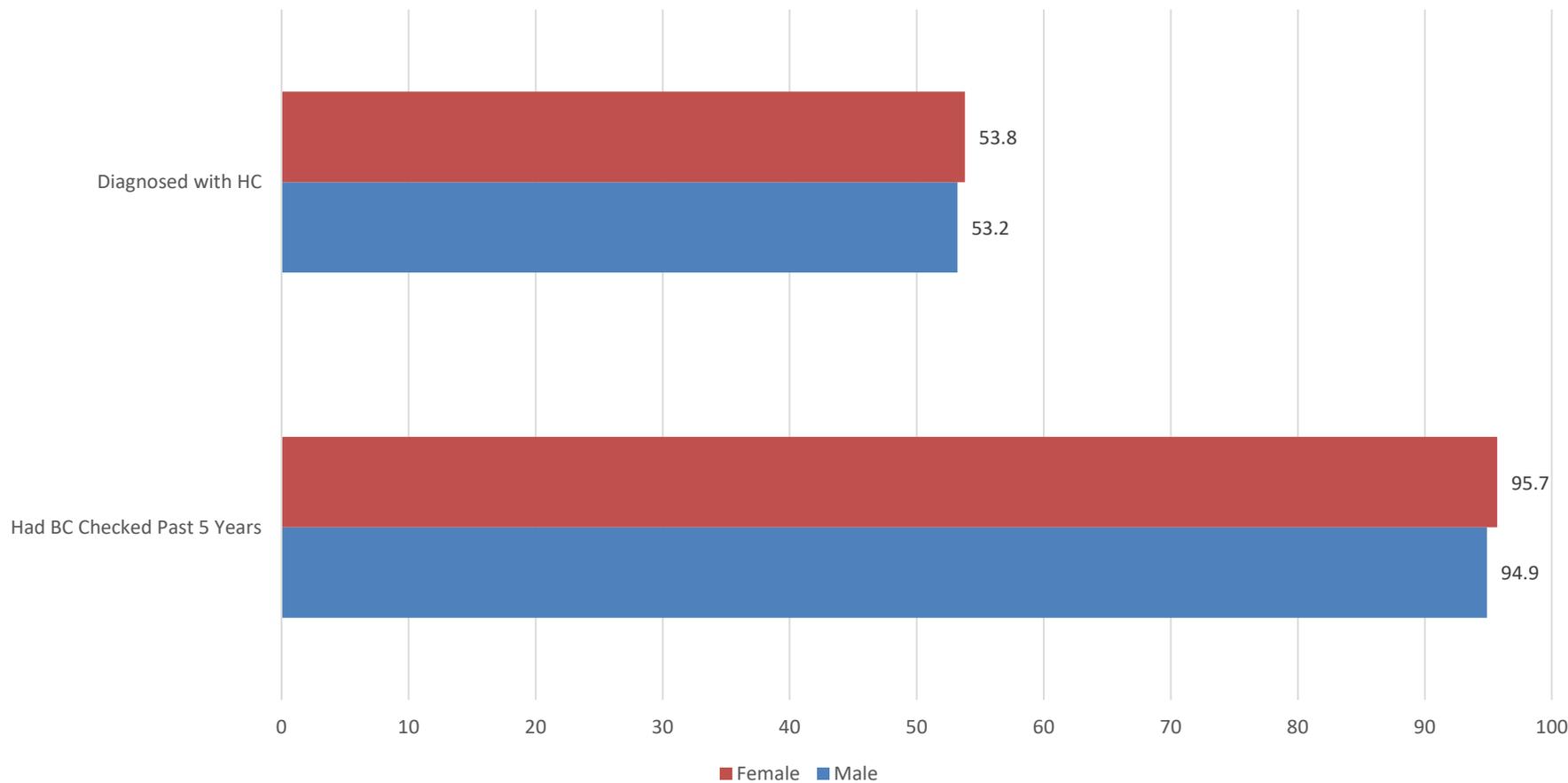
HEALTH STATUS

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Percent Iowans 65 Years of Age & Older Cholesterol Status by Gender, 2015

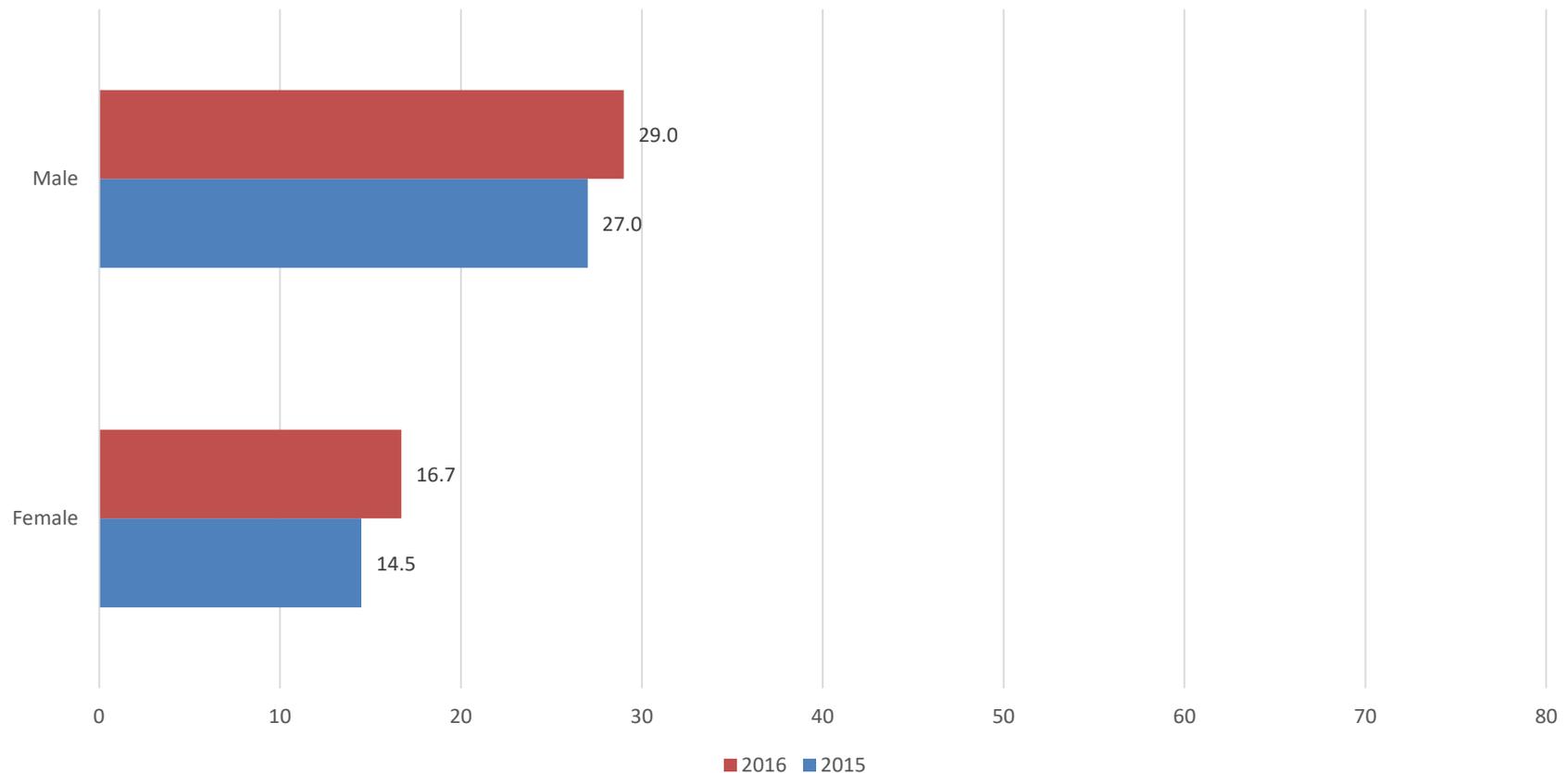


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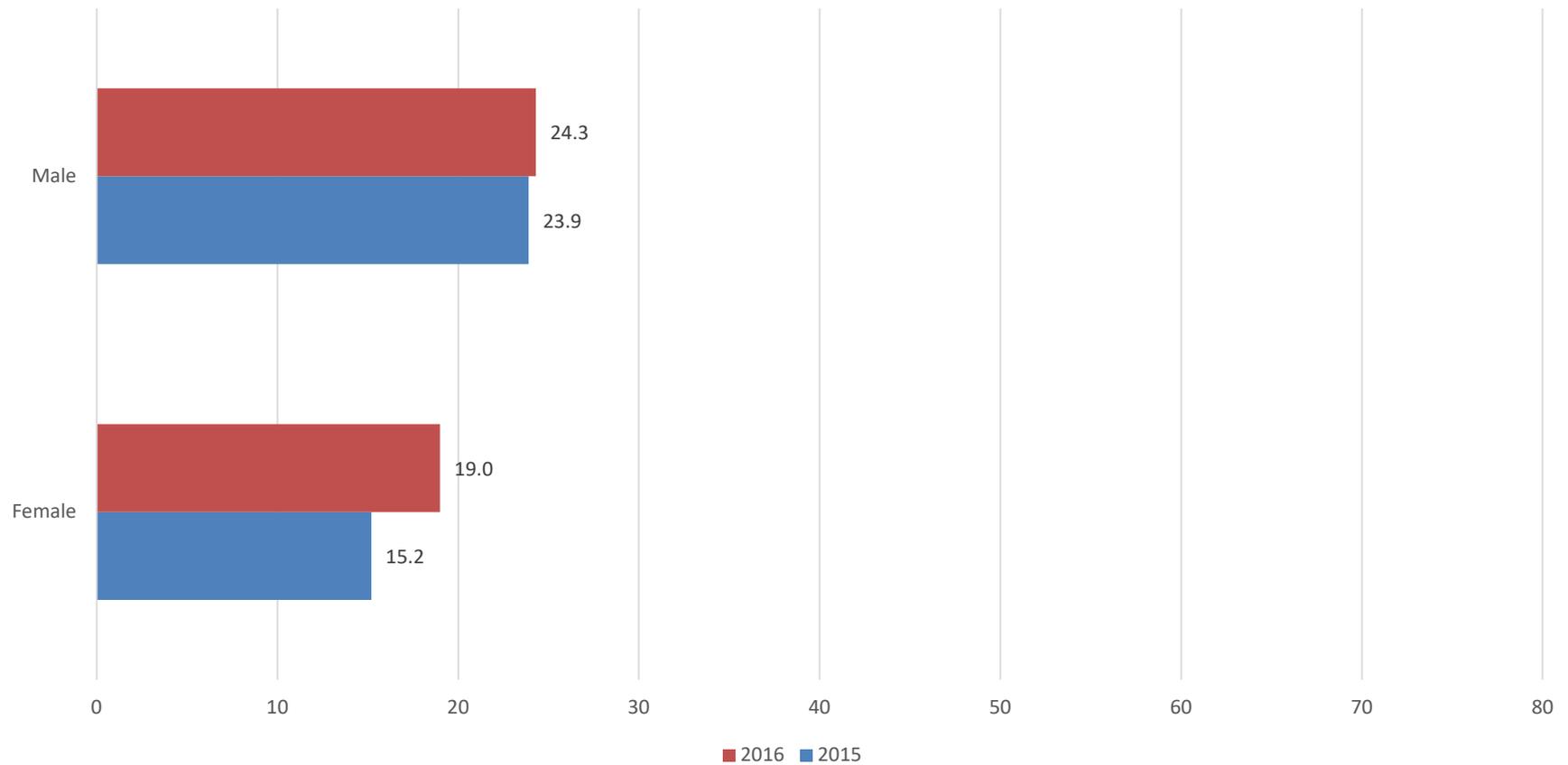
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Percent Iowans 65 Years of Age & Older Report Heart Attack, Heart Disease or Stroke by Gender, $p < .01$



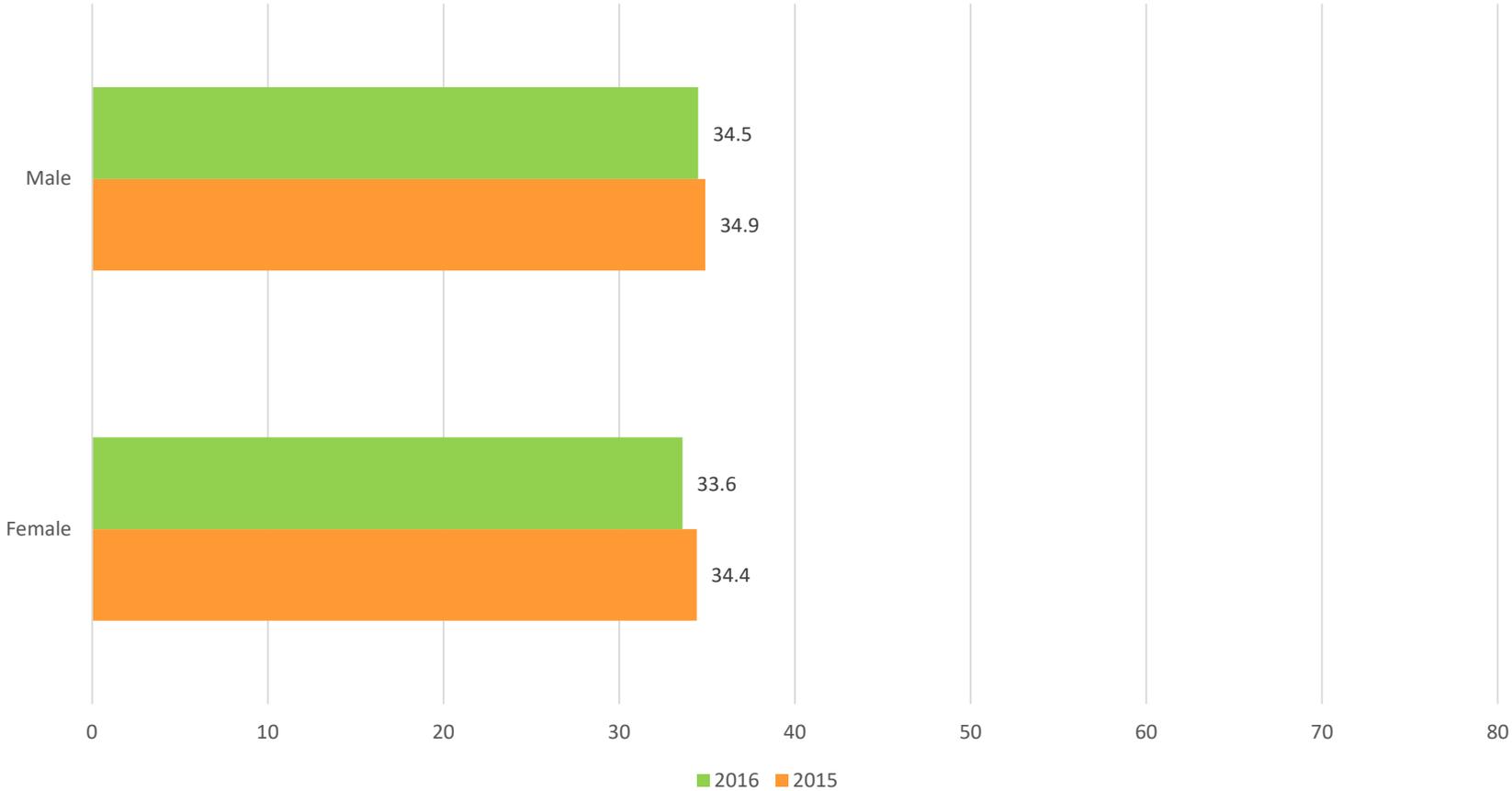
Percent Iowans 65 Years of Age & Older Diagnosed as Diabetic by Gender, $p < .05$



Percent Iowans 65 Years of Age & Older Diagnosed with Cancer by Gender, 2015-2016



Percent Iowans 65 Years of Age & Older Disabled by Gender, $p < .05$

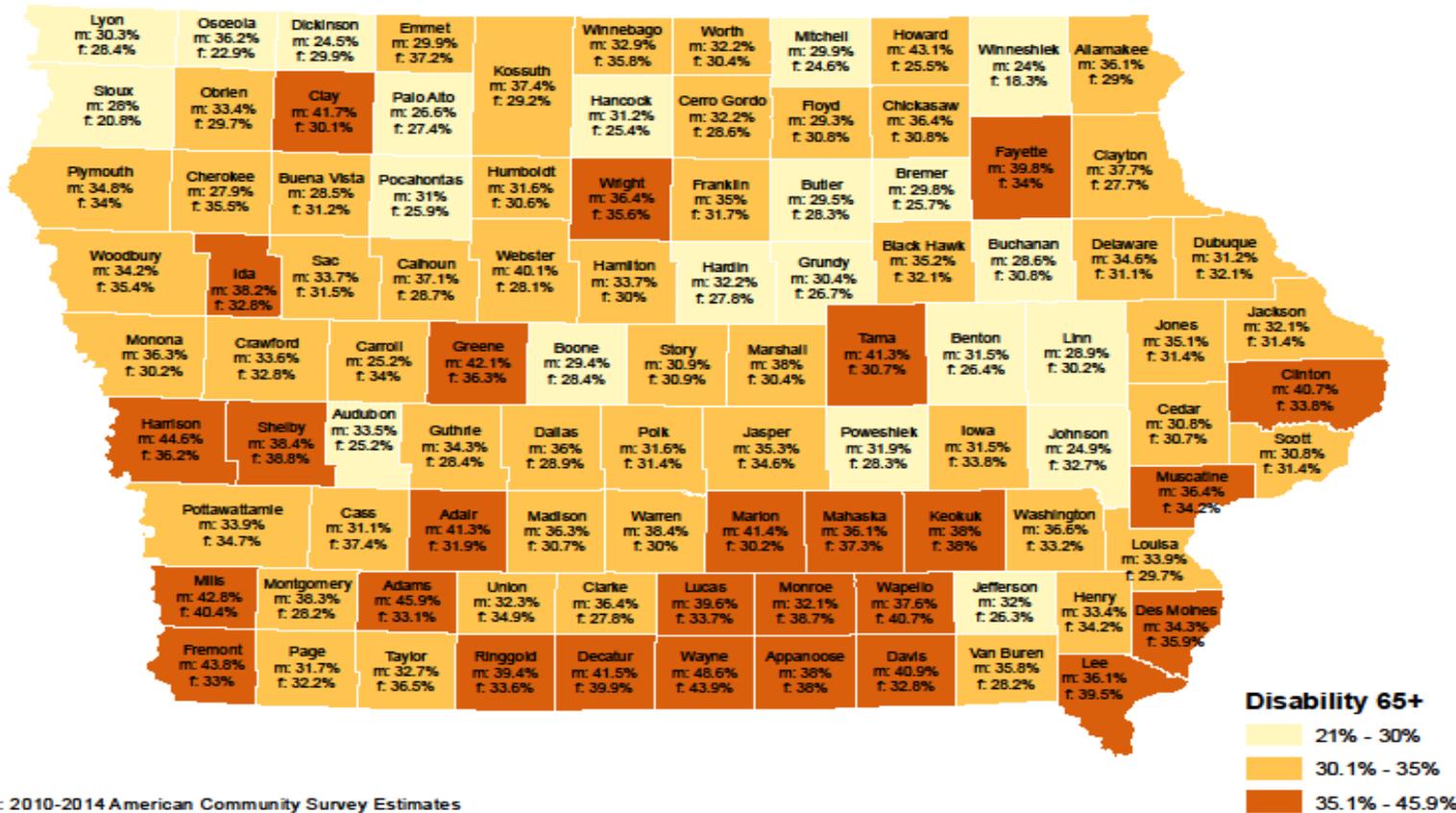


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Iowa County-level 5-year Estimates for Percent of Population 65+ Disability Status, Male and Female



Source: 2010-2014 American Community Survey Estimates

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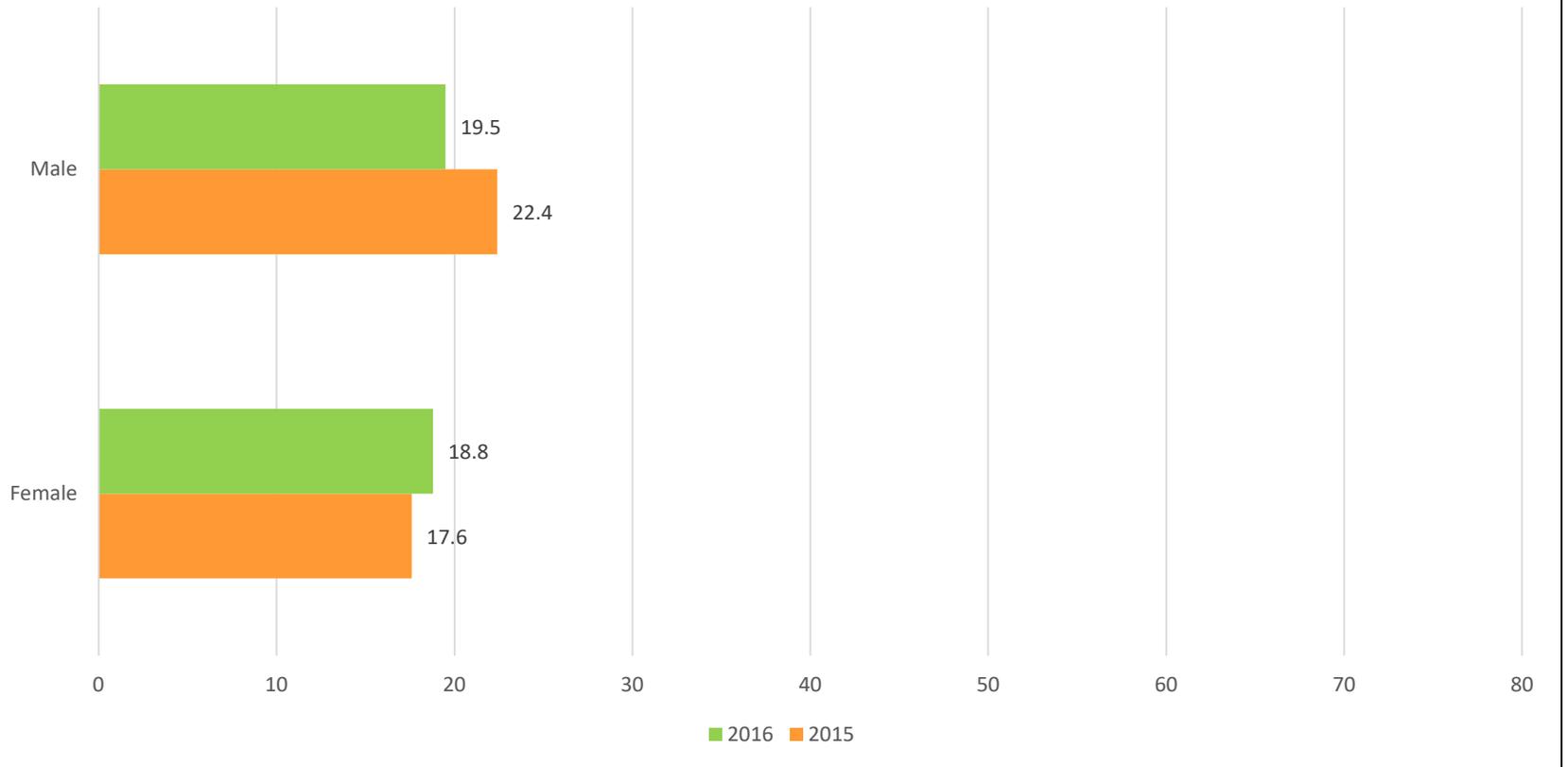
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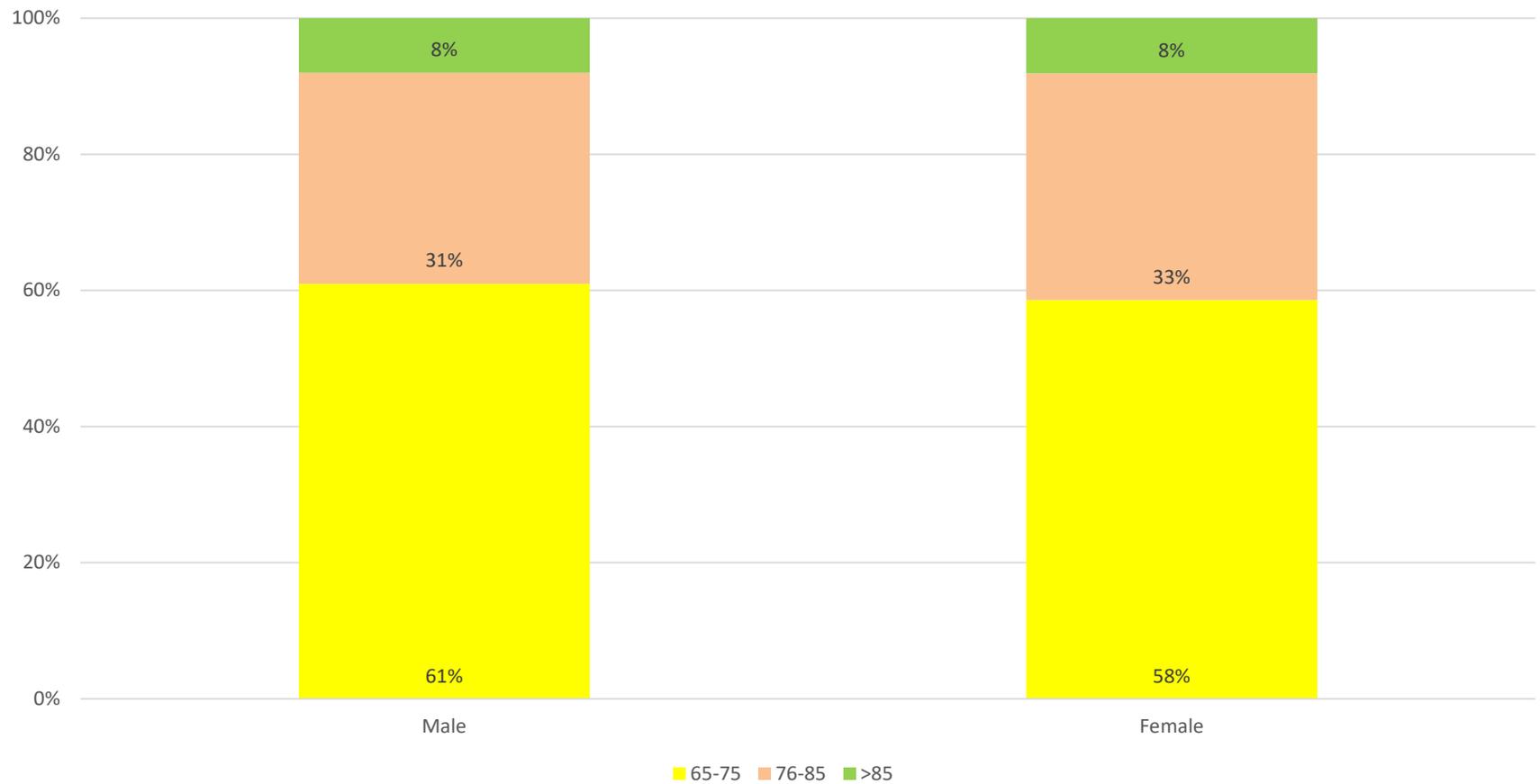
Percent of Iowans 65 Years of Age & Older Diagnosed with Arthritis by Gender

- 49% Men, 2016
- 59% Women 2016

Percent Iowans 65 Years of Age & Older Report Fair or Poor General Health by Gender,
 $p < .01$



Overweight/Obese Among Older Iowans by Age



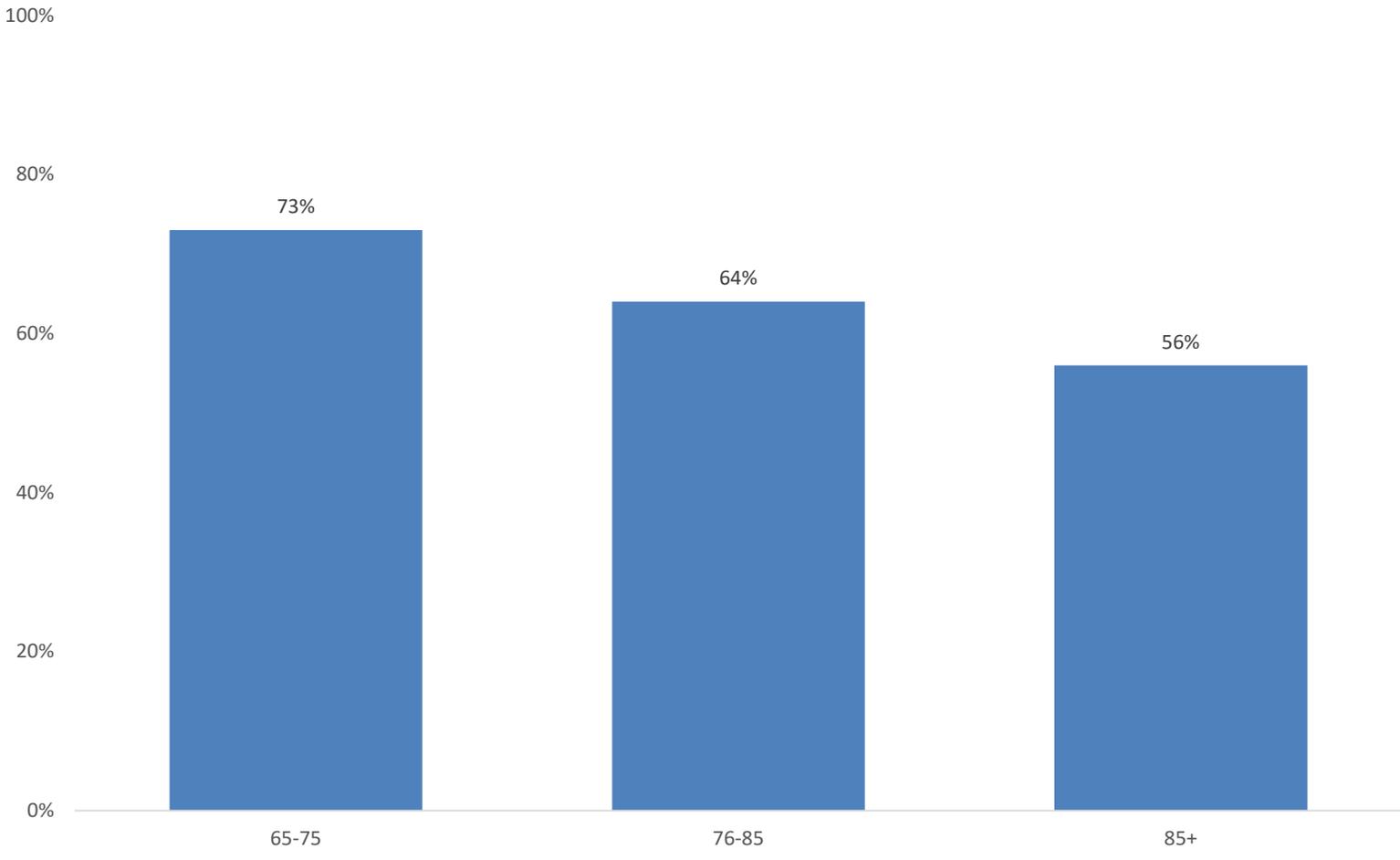
PREVENTIVE BEHAVIORS



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Percent Older Iowans Exercise Past Month by Age

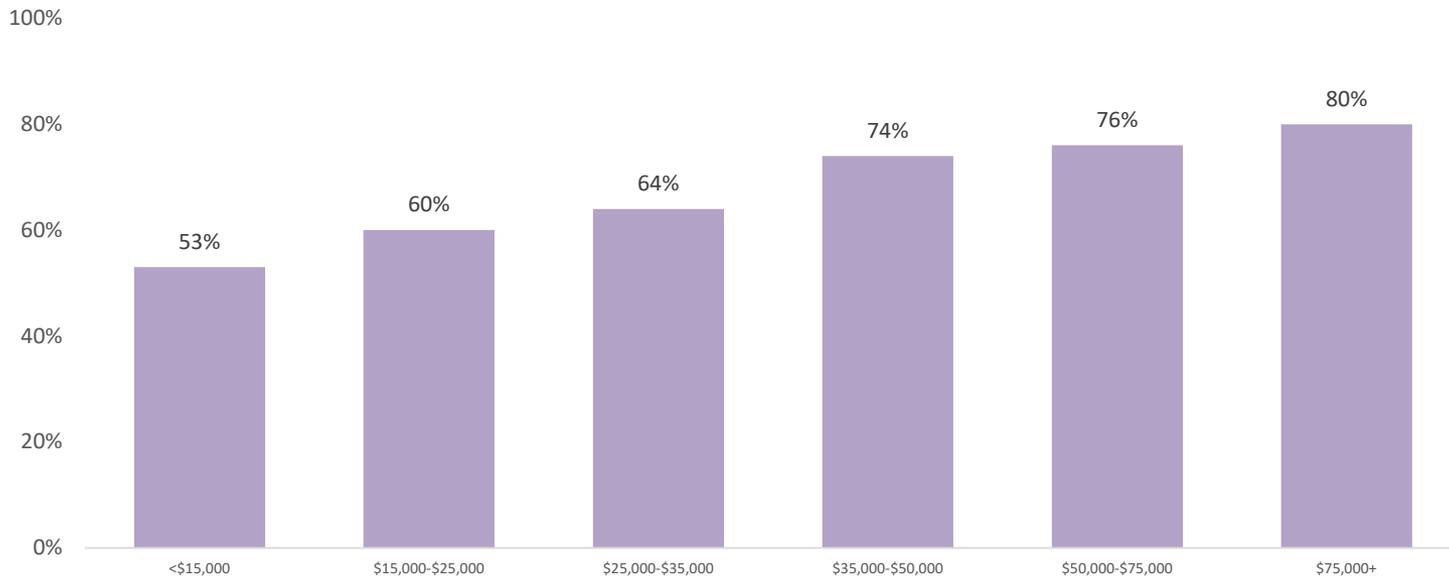


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Percent Older Iowans Exercise Past Month by Income



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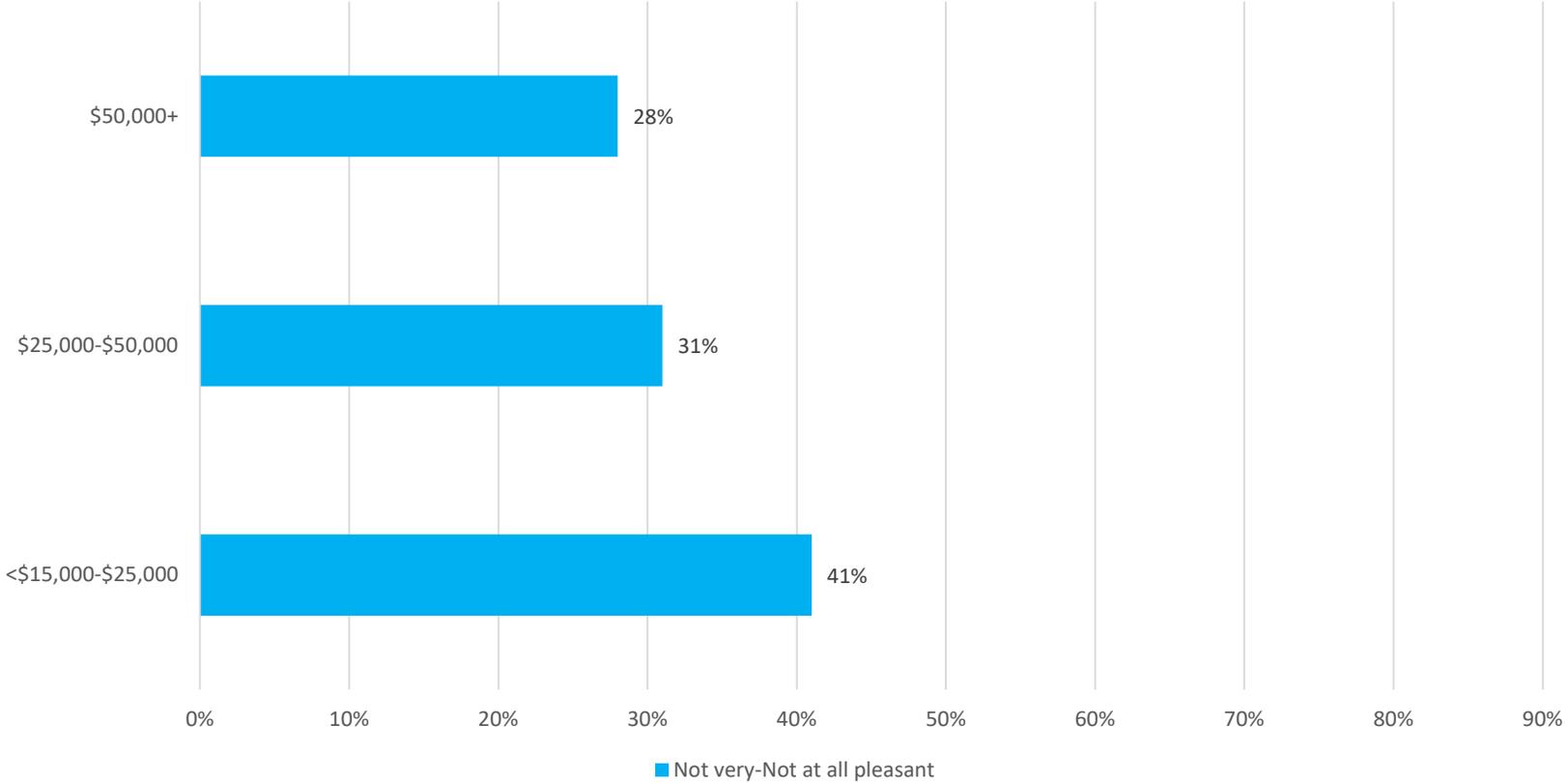


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Older Iowans Neighborhood Ambience Ratings by Income

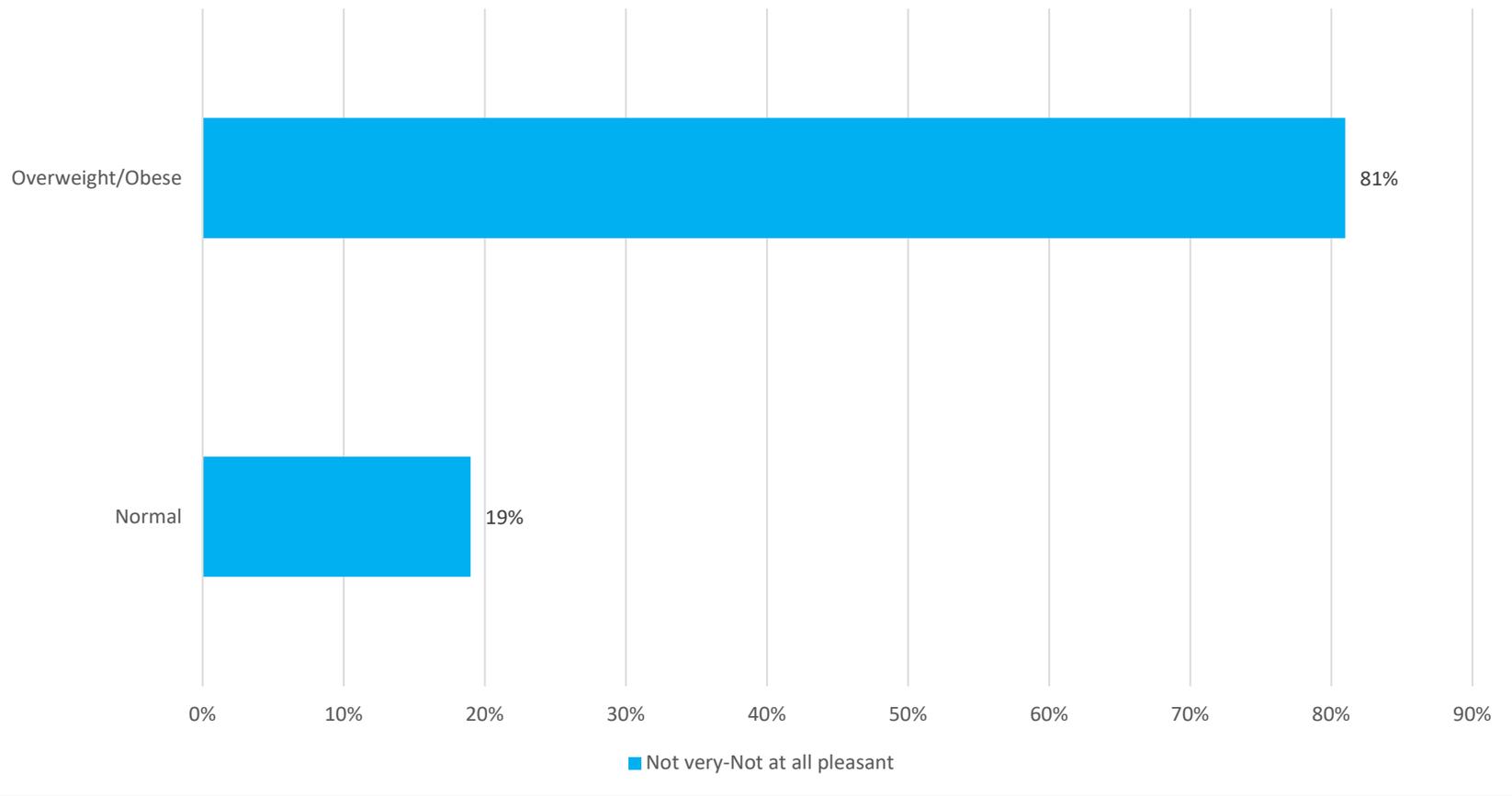


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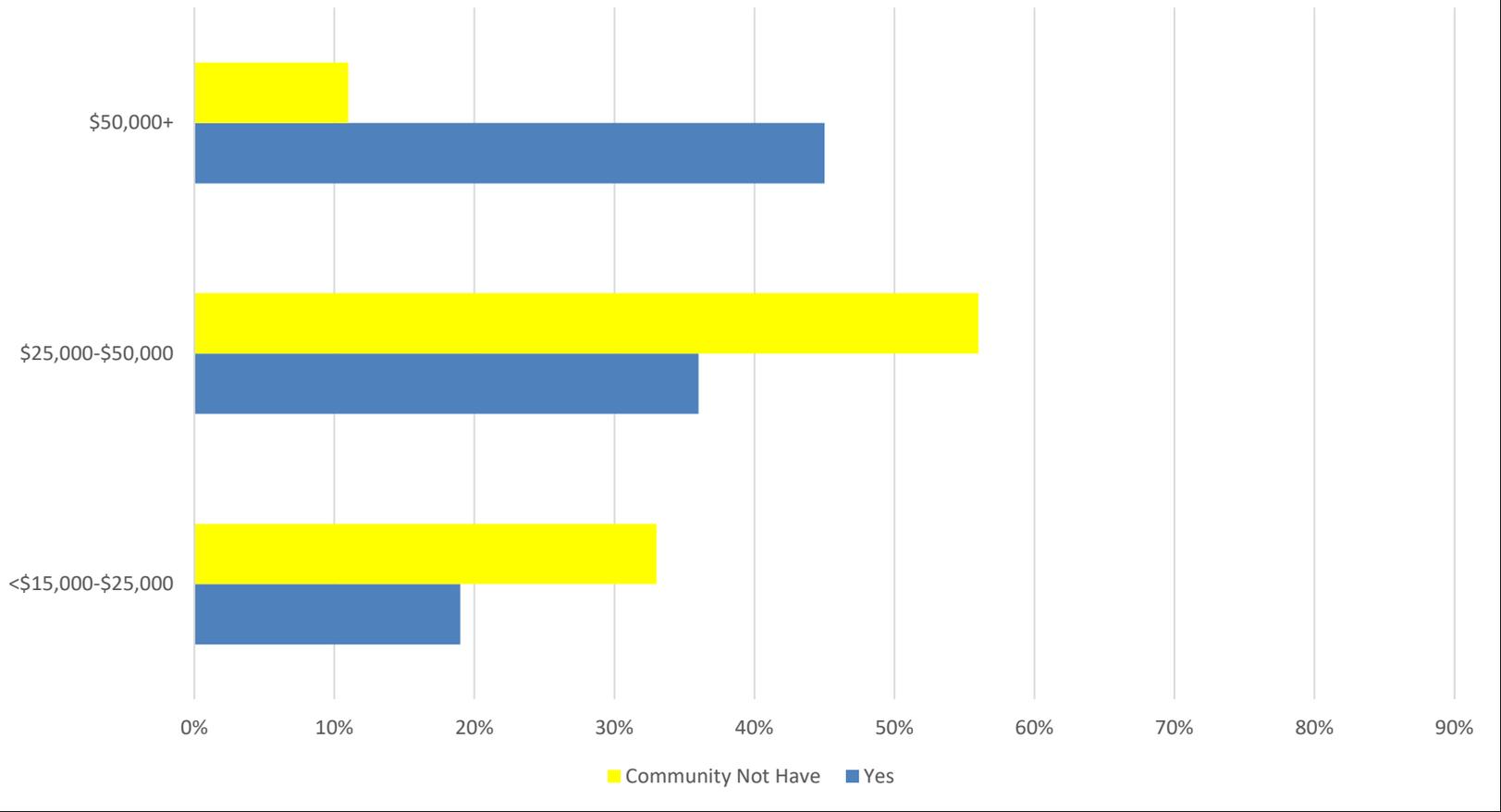
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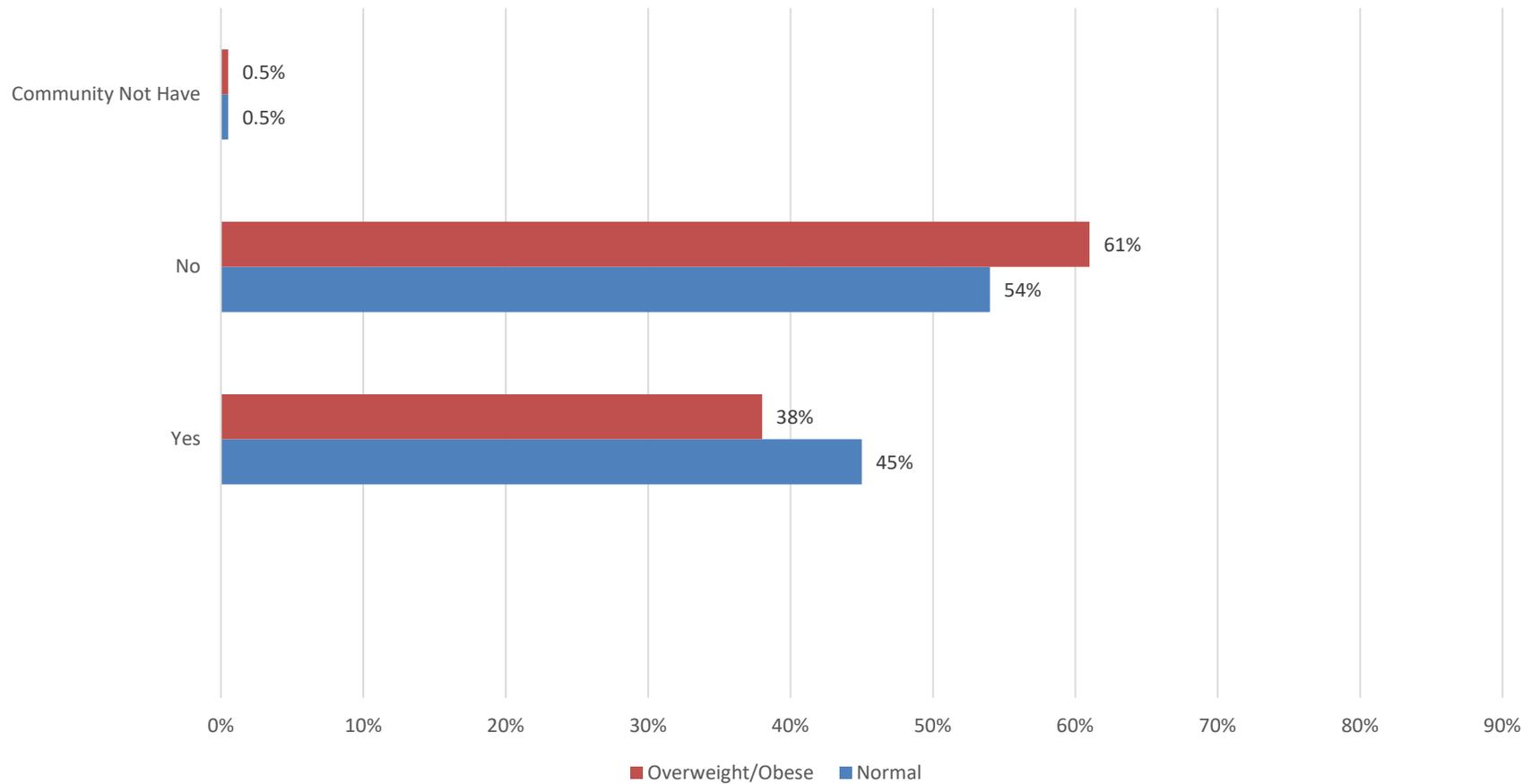
Older Iowans Neighborhood Ambience Ratings by Weight Status



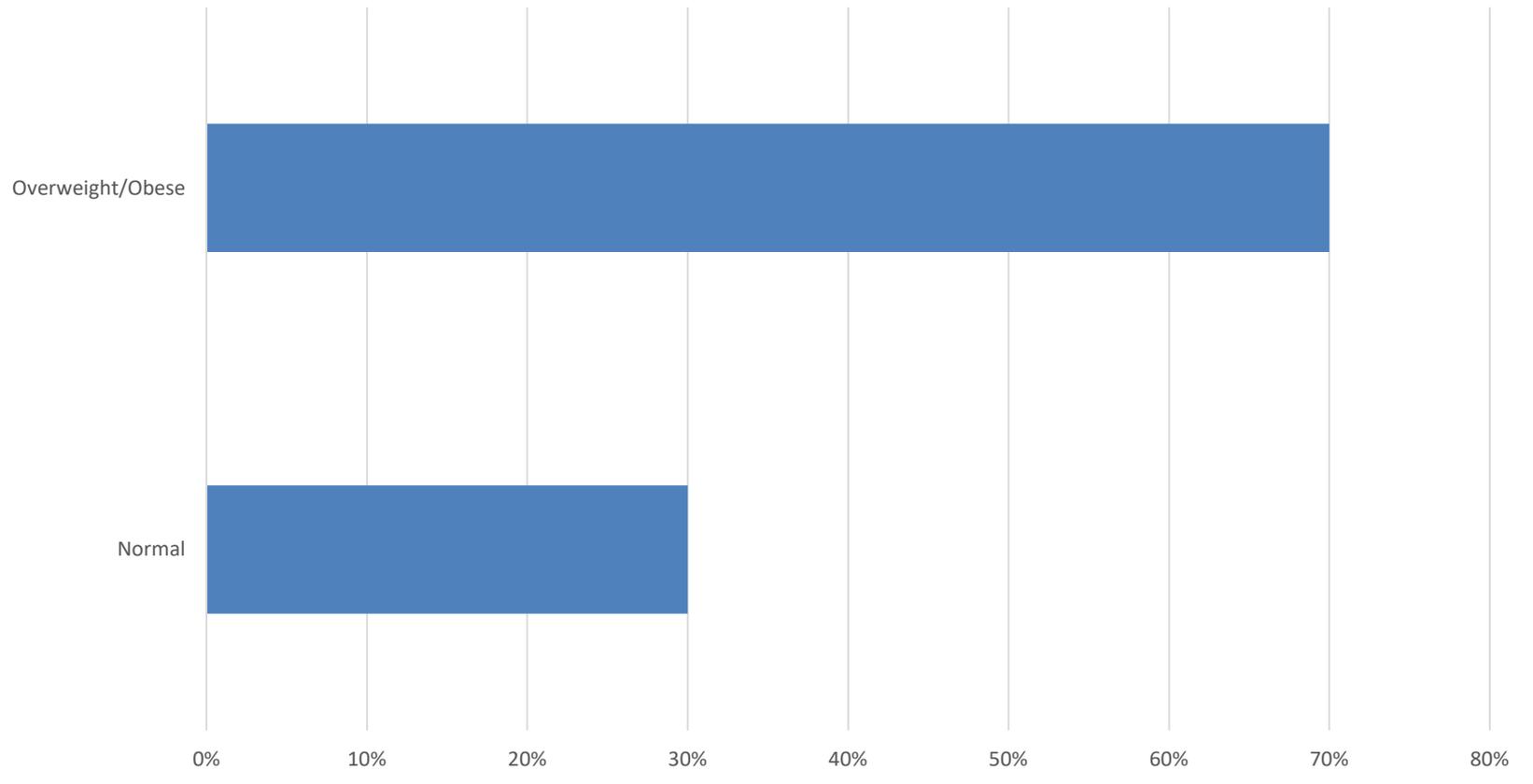
Percent of Older Iowans Who Use Walking Trails, Parks for Recreation by Income



Percent of Older Iowans Who Use Walking Trails, Parks for Recreation by Weight Status



Percent of Iowans 65 Years of Age & Older Who Do Not Have Sidewalks in Their Neighborhood by Weight Status, 2016



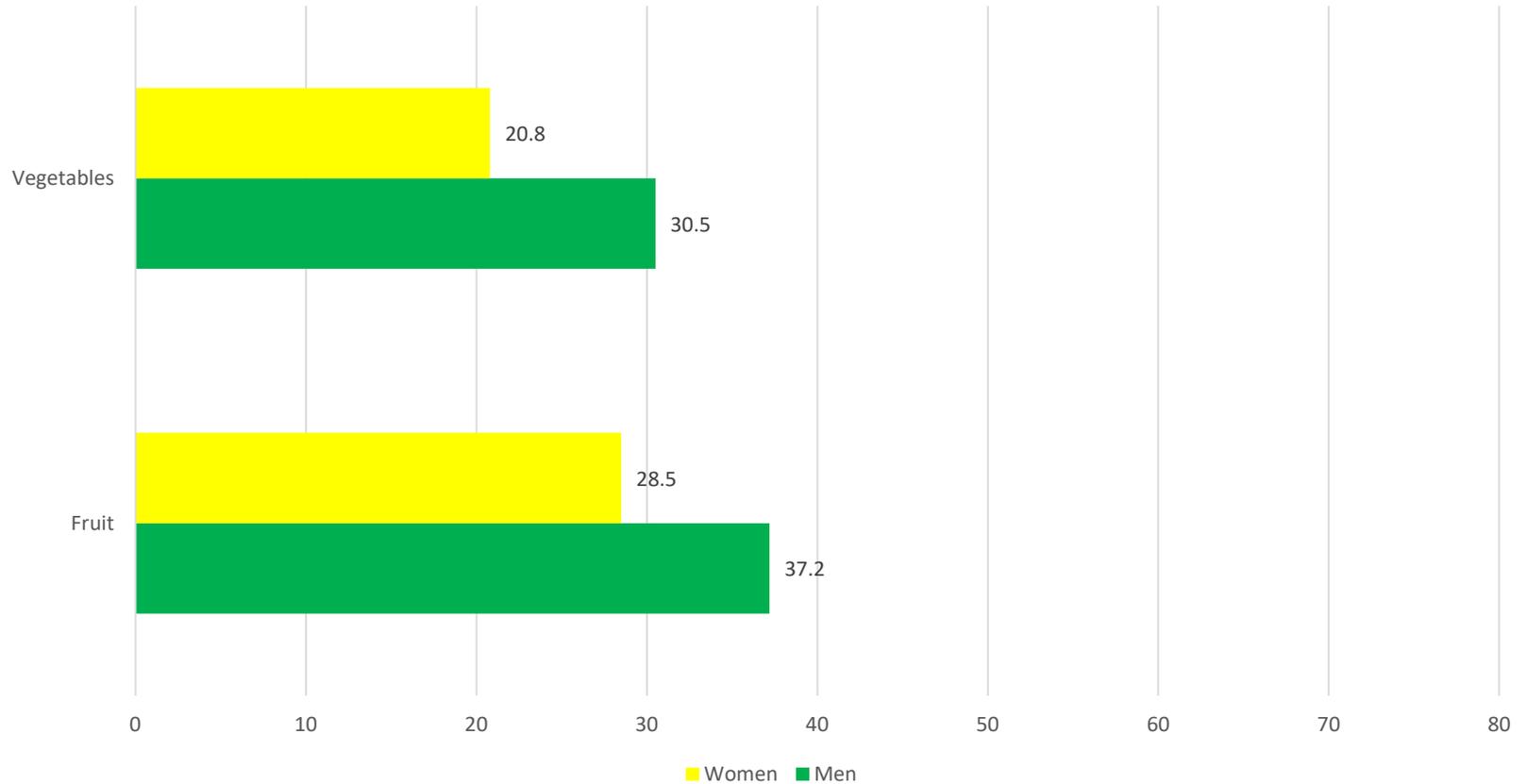


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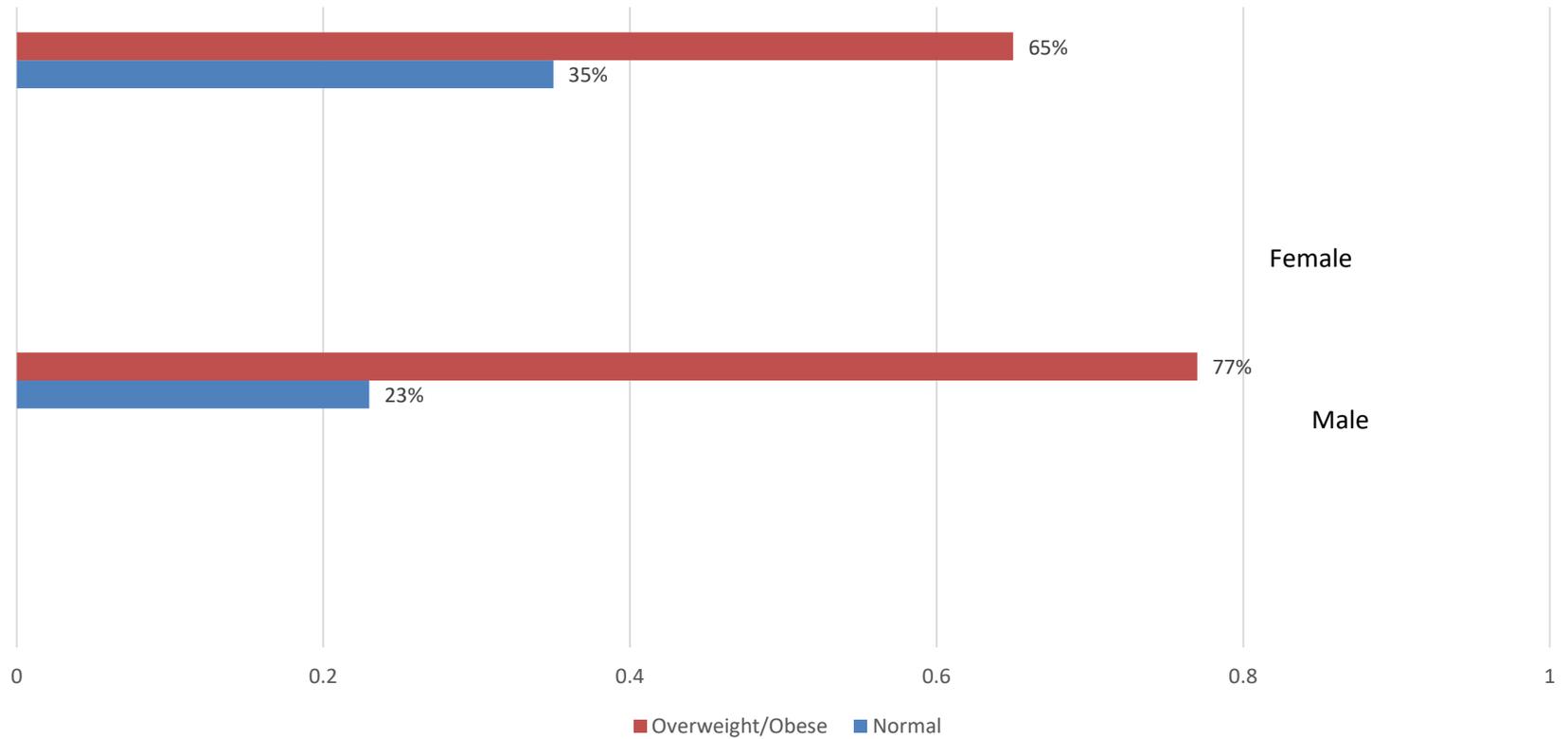
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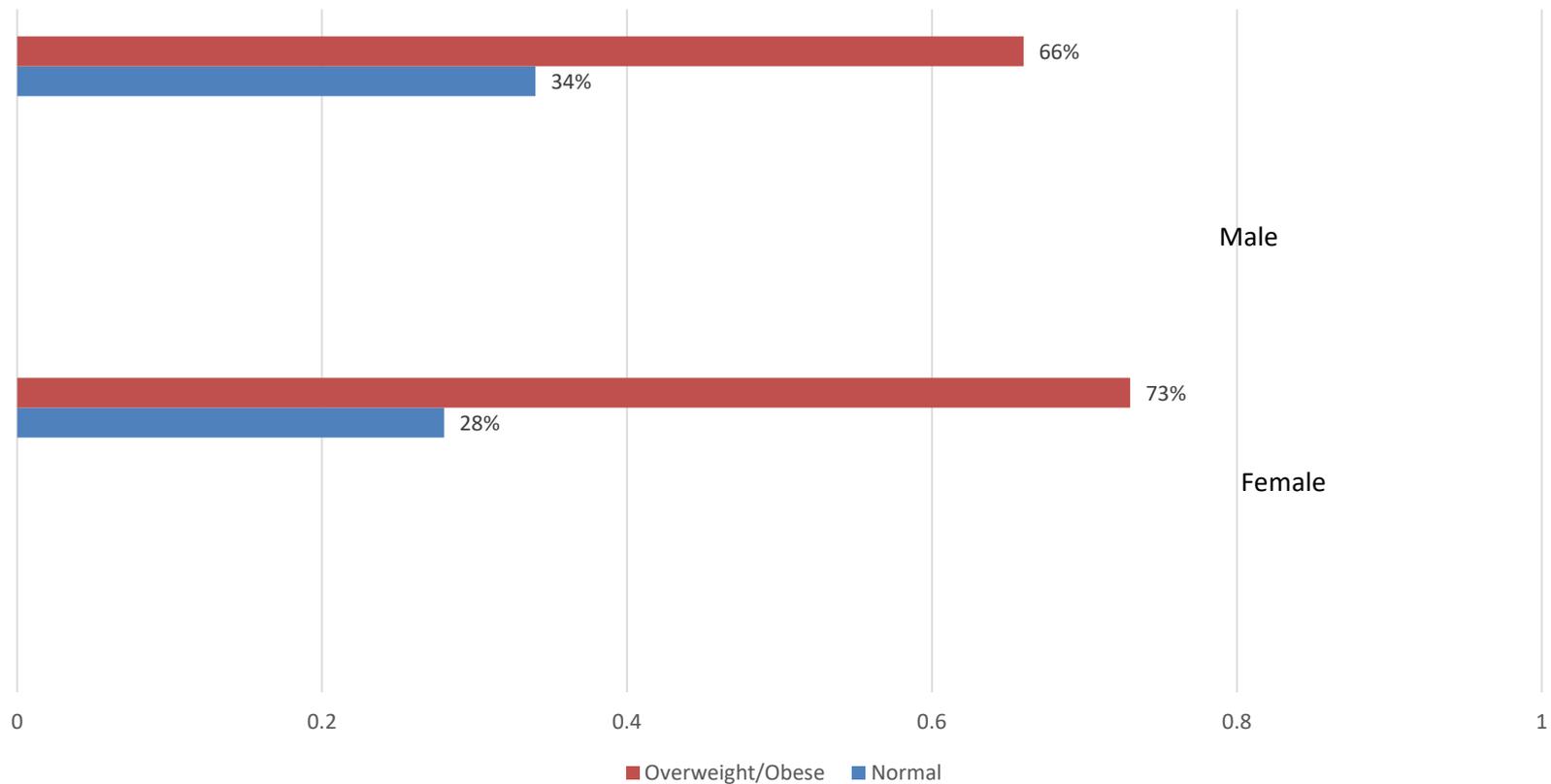
Percent Older Iowans Consume Fruit/Vegetables Less than Once Daily



Percent of Older Iowans Who Drink Soda by Weight Status by Gender



Percent of Older Iowans Who Drink Sugar Sweetened Beverages by Weight Status by Gender



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