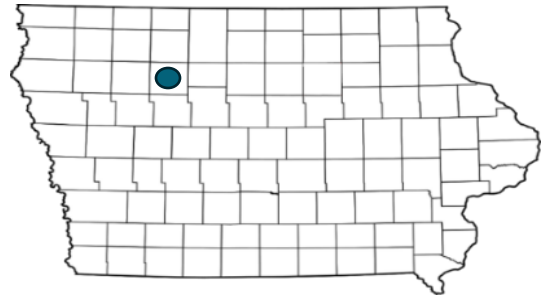


## HHS SYSTEM SNAPSHOT

# POCAHONTAS COUNTY

Population	<b>6,976</b>
Life Expectancy	<b>77.3 years</b>
County Classification	<b>Rural</b>



STATE OF IOWA	
Population	3,207,004
Life Expectancy	78.1 years

### ACCESS TO CARE



Pocahontas County is a **shortage** area for **Primary Care Physicians**



Pocahontas County is a **shortage** area for **Dental Care Providers**

**Access to care** includes the ability to navigate the health care system, find care locally, and pay for services. When someone lacks one or more of these abilities, disparities may emerge.

### MENTAL HEALTH

**4.9**  
Poor mental health days per month

*4.5 days/mo.  
Iowa avg*

Poor mental health is linked to **smoking, physical inactivity, housing and food insecurity, and poor sleep**. Disorders like **depression and anxiety** can affect people's ability to take part in healthy behaviors.

Pocahontas County is a **shortage** area for **Mental Health Care Providers**

**Iowa has fewer mental health providers** than the national average. Access to mental health providers **varies widely** across the state.

### ADDICTIVE DISORDERS

**24%**  
of adults report excessive drinking

*23.3%  
Iowa avg*

Alcohol is the most commonly misused substance in Iowa. **Iowa's alcohol use rates** for almost every demographic **are among the highest in the nation**.

**29**  
Pocahontas County residents received substance use treatment in SFY24

*16,994 total patients admitted in Iowa*

**Substance use disorders involve misuse of one or more substances** and may lead to social, physical, mental, and public health problems. Drug use rates in Iowa are similar to the rest of the nation.

## Social, Economic and Environmental Factors

### ECONOMIC STABILITY & INCOME

Economic stability is the connection between the financial resources people have and their physical and mental health. People living in poverty are at greater risk for mental illness and chronic diseases.



**9.1%**

Live below the rate of poverty

*11.1% Iowa avg*



**1,574**

are enrolled in **Medicaid**

### HOUSING & TRANSPORTATION

Cost-burden, spending more than 30% of income on housing costs, is the most common housing problem in Iowa. Unstable, unsafe, unhealthy or unaffordable housing can harm a person's health, while transportation problems can delay care, be costly, and worsen health outcomes.



**17.1%**

Households spend 30% or more on housing

*23.0% Iowa avg*



**4%**

Households do not have a vehicle

*5.6% Iowa avg*

## Healthy Behaviors and Outcomes

### ACTIVE LIVING & HEALTHY EATING

Being overweight or obese can lead to serious health issues like heart disease, diabetes, stroke, depression, and some cancers. A lack of consistent access to healthy food can lead to chronic diseases, obesity, or developmental problems.



**37.2%**

of adults have an unhealthy body weight (BMI of 30.0 or higher)

*37.3% Iowa avg*



**720**

Individuals experiencing food insecurity

### CANCER

Many unhealthy behaviors linked to cancer can be prevented such as excessive drinking, using tobacco products, physical inactivity, poor nutrition, and ultraviolet light exposure. Cancer screening tests can detect cancer early, making treatment easier and improving survival.



**511.4**

County incidence rate for cancer (\*per 100,000 people)

*491.8 Iowa avg*



**165.6**

County death rate from cancer (\*per 100,000 people)

*149.2 Iowa avg*