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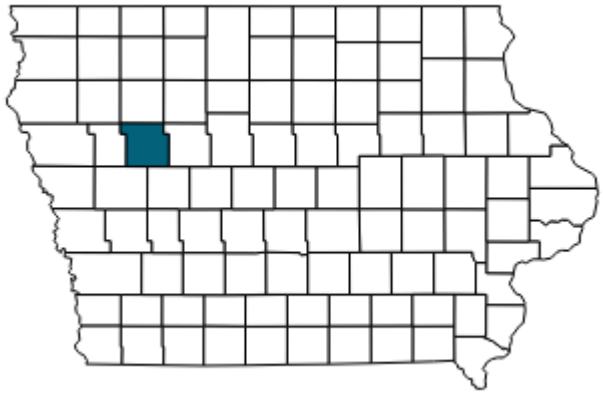
HHS System Snapshot

# Sac County

| | |
|---|---|
| Population | **9,533** |
| Life Expectancy | **77.8 years** |
| County Classification | **Rural** |

| **State of Iowa** | |
|---|---|
| Population | 3,241,488 |
| Life Expectancy | 78.2 years |

*(Population: (U.S. Census Bureau, 2024); Life Expectancy: County Health Rankings 2025 Edition, 2021-2023)*



## Access to Care

The whole county is a **shortage** area for **Primary Care Physicians**
*(HPSA Find, 2026)*

No part of the county is a **shortage** area for **Dental Care Providers**
*(HPSA Find, 2026)*

**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

**5.0 poor mental health days per month**

Iowa avg: 4.7 days/mo.
*(County Health Rankings 2025 Edition, 2022)*

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.

The whole county is a **shortage** area for **Mental Health Care Providers.** (HPSA Find, 2026)

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

## Addictive Disorders

**23.1% of adults report binge drinking**

Iowa avg: 22.5%
(Centers for Disease Control and Prevention, PLACES, 2023)

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.**

**41 county residents received substance use treatment in SFY25; 20,198** total patients admitted in Iowa (Iowa HHS, Behavioral Health, December 2025)

**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.

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# 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.



**10.0%**
**live below the rate of poverty**
Iowa avg:11.1%
(U.S. Census Bureau, American Community Survey, 2019-2023)



**1,965**
**are enrolled in Medicaid**
*(Iowa HHS, Medicaid, June 2025)*

## 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.



**17.4%**
**of households spend 30% or more on housing**
Iowa avg: 23.4%
*(U.S. Census Bureau, American Community Survey, 2019-2023)*



**5.6%**
**of households do not have a vehicle**
Iowa avg: 5.4%
*(U.S. Census Bureau, American Community Survey, 2019-2023)*

# 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.



**41.6%**
**of adults have an unhealthy body weight (BMI of 30.0 or higher);**
Iowa avg: 37.9%
*(Centers for Disease Control and Prevention, PLACES, 2023)*



**1,050**
**Individuals experiencing food insecurity**
*(Feeding America, Map the Meal Gap, 2023)*

## 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.



**479.9**
**county incidence rate for cancer (*per 100,000 people)**
Iowa avg: 491.8
*(National Cancer Institute, State Cancer Profiles, 2017-2021)*



**140.5**
**county death rate from cancer (*per 100,000 people)**
Iowa avg: 149.6
*(National Cancer Institute, State Cancer Profiles, 2018-2022)*