

HHS SYSTEM SNAPSHOT

STATE OF IOWA

Population	3,200,517
Life Expectancy	78.7 years

UNITED STATES	
Population	335,893,238
Life Expectancy	76.4 years

Population: U.S. Census Bureau, 2022; Life Expectancy: County Health Rankings, 2023

The five counties with the **highest life expectancy** (in years):

- Winneshiek – 83.5 years
- Sioux – 83.3 years
- Johnson – 82.6 years
- Story – 82.1 years
- Dallas – 81.8 years
- Hancock – 81.8 years

The five counties with the **lowest life expectancy** (in years):

- Harrison – 75.8 years
- Cass – 75.6 years
- Wapello – 75.5 years
- Monona – 75.3 years
- Montgomery – 74.9 years

ACCESS TO CARE



37 counties have a **shortage** of **Primary Care Physicians** throughout the county



82 counties have a **shortage** of **Dental Care Providers** throughout the county

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.

Health Resources and Services Administration, 2023

Health Resources and Services Administration, 2023

MENTAL HEALTH

4.4
Poor mental health days per month
4.4 days/mo. U.S. avg

Poor mental health is associated with **smoking, physical inactivity, housing insecurity, food insecurity, and insufficient sleep**. Mental disorders like **depression and anxiety** can affect people's ability to take part in healthy behaviors.

92 counties have a **shortage** of **Mental Health Care Providers** throughout the county

There are far fewer mental health providers in Iowa than the national average. There are wide differences in **access to mental health providers** across the state.

County Health Rankings, 2023

Health Resources and Services Administration, 2023

ADDICTIVE DISORDERS

24.7%
of adults report binge drinking
19% U.S. 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**.

17,477
residents received substance use treatment in 2023
** National data not available*

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.

County Health Rankings, 2023

Iowa HHS, Behavioral Health, 2023

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.



11%

Live below the rate of poverty

11.5% U.S. avg

U.S. Census Bureau, American Community Survey, 2017-2021



715,589

are enrolled in Medicaid

98,228,339 U.S. adult enrollment

Iowa HHS, Medicaid, Dec 2023; CMS, Quarterly Enrollment Data, April-June 2023

HOUSING & TRANSPORTATION

In Iowa, cost-burden, spending more than 30% of income on housing costs, is the most common housing problem.

Housing instability as well as unsafe, unhealthy, or unaffordable housing negatively affects mental and physical health. Transportation issues may result in missed or delayed health care appointments, increased health expenditures and overall poor health outcomes.



23%

Households spend 30% or more on housing

31% U.S. avg

U.S. Census Bureau, American Community Survey, 2018 - 2022



5.6%

Households do not have a vehicle

8.3% U.S. avg

U.S. Census Bureau, American Community Survey, 2018 - 2022

Healthy Behaviors and Outcomes

ACTIVE LIVING & HEALTHY EATING

Being overweight or obese can lead to serious health issues such as cardiovascular disease, diabetes, stroke, depression, and certain cancers. A lack of consistent access to healthy food can lead to chronic diseases, obesity, or developmental problems. In Iowa, 89 out of 99 counties have areas identified as having low food access.



36.3%

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

33% U.S. avg

Centers for Disease Control and Prevention, BRFSS, 2021



238,290

Individuals experiencing food insecurity

33,844,000 nationwide

Feeding America, Map the Meal Gap, 2021

CANCER

Many risk 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 help detect cancer at earlier stages, making treatment easier and improving rates of survival.



486.8

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

442.3 U.S. avg

National Cancer Institute, State Cancer Profiles, 2016-2020



154.2

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

149.4 U.S. avg

National Cancer Institute, State Cancer Profiles, 2016-2020