

HHS SYSTEM SNAPSHOT

STATE OF IOWA

Population	3,207,004
Life Expectancy	78.1 years

UNITED STATES

Population	334,914,895
Life Expectancy	77.6 years

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

- Sioux – 83.1 years
- Lyon – 82.7 years
- Winneshiek – 82.4 years
- Dallas – 82.1 years
- Johnson – 82.0 years

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

- Wapello – 75.0 years
- Monona – 74.9 years
- Clarke – 74.8 years
- Webster – 74.8 years
- Lee – 74.5 years

Population: U.S. Census Bureau, 2023; Life Expectancy: County Health Rankings, 2024

ACCESS TO CARE



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

Health Resources and Services Administration, 2024



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

Health Resources and Services Administration, 2024

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

4.5

Poor mental health days per month

4.8 days/mo.

U.S. avg; County Health Rankings, 2024

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.

80 counties have a **shortage** of **Mental Health Care Providers**

throughout the county

Health Resources and Services Administration, 2024

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

ADDICTIVE DISORDERS

23.3%

of adults report excessive drinking

18.3% U.S. avg; Centers for Disease Control and Prevention, BRFSS, 2022

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.**

16,994

residents received substance use treatment in SFY24

National data not available; Iowa HHS, Behavioral Health, 2024

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.



11.1%

Live below the rate of poverty

12.5% U.S. avg; U.S. Census Bureau, American Community Survey, 2018-2022



700,759

are enrolled in Medicaid

84,604,496 U.S. adult enrollment; Iowa HHS, Medicaid, Dec 2024; CMS, Quarterly Enrollment Data, April-June 2024

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.



23%

Households spend 30% or more on housing

31.0% 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 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.



37.3%

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

33.4% U.S. avg; Centers for Disease Control and Prevention, BRFSS, 2022



344,550

Individuals experiencing food insecurity

44,151,000 nationwide; Feeding America, Map the Meal Gap, 2022

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.



491.8

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

444.4 U.S. avg; National Cancer Institute, State Cancer Profiles, 2017-2021



149.2

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

145.4 U.S. avg; National Cancer Institute, State Cancer Profiles, 2018-2022