



# Iowa's Top Health Issues and People Living with Disabilities

Healthy Iowans State Health Assessment Supplement

October 2025



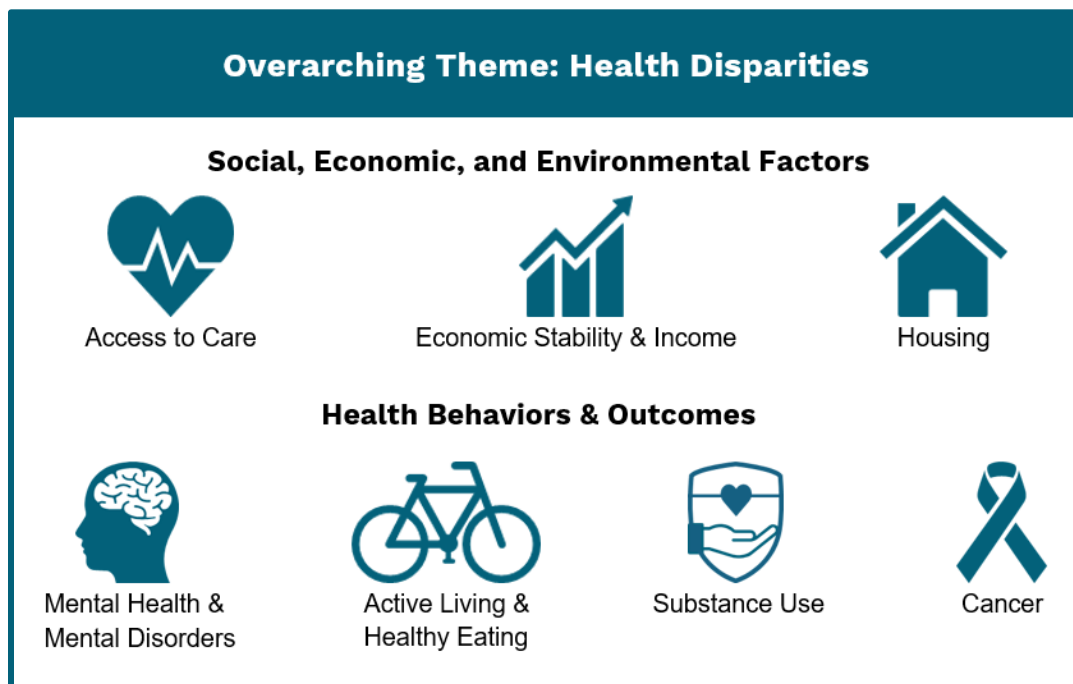
Health and  
Human Services

# Summary

This supplement to the Healthy Iowans State Health Assessment (SHA) provides data <sup>1</sup>about people in Iowa who are living with disabilities including types of disabilities, age groups, health status, and economic, environmental, health, and social outcomes. Data was gathered for children, ages zero to 17, all adults, adults ages 18 to 59, and adults ages 60 and older. Data focused on the overarching theme and Iowa's top health issues from the SHA:

Overarching Theme:  
Health Disparities

- Access to Care
- Economic Stability and Income
- Housing and Transportation
- Mental Health
- Active Living and Healthy Eating
- Substance Use
- Cancer



Data is shown for people with disabilities and people without disabilities. When possible, Iowa's data is compared to the U.S. as a whole and the state with the healthiest data value. Iowa's rank and the number of states with data is also shown. Comparison data was not available for the custom age groups, 18-59 and 60 and older. For children, Children with Special Health Needs (CSCHN) criteria were used as an indicator of children with disabilities. CSCHN criteria define disability as children who are experiencing one or more current functional limitations or service use needs that are the direct result of an ongoing physical, emotional, behavioral, developmental or other health condition.

Nearly every indicator shows disparities for people with disabilities compared to people without disabilities. These indicators can be used to identify priorities for action around improving economic, environmental, health, and social outcomes for people in Iowa who are living with disabilities as well as to monitor success in improving these outcomes.

<sup>1</sup> The data includes indicators with data for people living with disabilities currently tracked by the Healthy Iowans Team at Iowa Health and Human Services. Suggestions for other indicators can be made by filling out the [Healthy Iowans Indicator Suggestion Form](#).

# Iowa's People

Increase in Iowa's population since 2019: **2.7%**  
 2024: 3,241,488  
 2019: 3,155,070

## 2024

### Iowa's Population by Age

Age Group	Iowa Population	Percent
Under 5 years	186,390	6%
5 to 17 years	544,185	17%
18 to 34 years	736,318	23%
35 to 64 years	1,162,216	36%
65 to 74 years	352,879	11%
75 years and over	259,500	8%

Source: US Census Bureau, Population Estimates Program, 2024.

### Living with Disability

Disability by Type	Iowa Population	Percent	Change from 2019
Any disability	412,234	12.9%	11.9%
With an ambulatory difficulty	173,420	5.4%	3.2%
With a cognitive difficulty	164,718	5.2%	17.6%
With a hearing difficulty	122,498	3.8%	1.9%
With an independent living difficulty	120,652	3.8%	5.1%
With a self-care difficulty	65,578	2.1%	20.4%
With a vision difficulty	60,234	1.9%	-2.2%

Source: US Census Bureau, American Community Survey, 2024.

Disability by Age	Iowa Population	Percent	Change from 2019
Under 5 years	1,311	0.7%	34.7%
5 to 17 years	34,534	6.4%	34.8%
18 to 34 years	65,299	9.0%	37.2%
35 to 64 years	138,540	12.0%	7.2%
65 to 74 years	72,841	20.8%	8.5%
75 years and over	99,709	42.2%	1.8%

Source: US Census Bureau, American Community Survey, 2024.

# Overall Health Profile

## Overall Health Status - Very Good to Excellent

Age Group	Iowa	U.S.	Healthiest State	Rank	#States
Children (0-17) – CSHCN	80.5%	75.3%	85.0%	8	50
Children (0-17) - Non-CSHCN	95.8%	95.2%	98.1%	30	50
Adults 18+ - With any Disability	24.7%	24.6%	30.2%	24	48
Adults 18+ - Without a Disability	54.7%	56.8%	63.5%	42	48

Sources: National Survey of Children's Health, 2022-2023; Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Adverse Childhood Experiences<sup>2</sup>

Age Group	Iowa	U.S.	Healthiest State	Rank	#States
Children (0-17) - CSHCN	35.1%	31.8%	22.3%	29	50
Children (0-17) - Non-CSHCN	13.4%	12.1%	7.5%	31	50
Children (0-17) - CSHCN - Treated unfairly because of a health condition or disability	13.0%	9.3%	5.5%	47	50

Source: National Survey of Children's Health, 2022-2023.

<sup>2</sup> Percent of children, ages 0 through 17, who have experienced 2 or more of the following Adverse Childhood Experiences:

- hard to cover basics on family's income,
- parent or guardian divorced or separated,
- parent or guardian died,
- parent or guardian served time in jail,
- saw or heard parents or adults slap, hit, kick punch one another in the home,
- was a victim of violence or witnessed violence in their neighborhood,
- lived with anyone who was mentally ill, suicidal, or severely depressed,
- lived with anyone who had a problem with alcohol or drugs,
- treated or judged unfairly due to race/ethnicity, and
- treated unfairly because of a health condition or disability.

## Obesity<sup>3</sup>

Age Group	Iowa	U.S.	Healthiest State	Rank	#States
Children (6-17) - CSHCN	26.6%	20.6%	11.0%	47	50
Children (6-17) - Non-CSHCN	12.6%	15.4%	8.6%	15	50
Adults 18+ - With any Disability	44.0%	41.3%	31.9%	38	48
Adults 18+ - Without a Disability	35.6%	29.9%	22.0%	42	48

Sources: National Survey of Children's Health, 2022-2023; Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Multiple Chronic Conditions<sup>4</sup>

Age Group	Iowa	U.S.	Healthiest State	Rank	#States
Adults 18+ - With any Disability	24.3%	25.4%	18.8%	19	48
Adults 18+ - Without a Disability	5.3%	4.5%	3.1%	34	48
Adults 18-59 with any disability	15.1%				
Adults 18-59 without a disability	3.0%				
Adults 60+ with any disability	34.1%				
Adults 60+ without a disability	11.1%				

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

<sup>3</sup> Children: body mass index (BMI) – equal to or greater than the 95th percentile for the child's age. Adults: BMI equal to 30.0 or greater.

BMI is a measure of body weight relative to height. Lower values are generally healthier (except for severe underweight). People with BMIs in the obesity category are at higher risk for some diseases and other health problems.

<sup>4</sup> Percent of adults with three or more of the following chronic health conditions: arthritis, asthma, chronic kidney disease, chronic obstructive pulmonary disease, cardiovascular disease (heart disease, heart attack or stroke), cancer (excluding non-melanoma skin cancer), depression or diabetes.



## Access to Care

### Children with Special Health Care Needs (CSHCN)

Group	Iowa	U.S.	Healthiest State	Rank	#States
Percent of children ages 0-17	24.3%	26.2%	20.0%	9	50
Estimated number of children ages 0-17 (Iowa only)	175,995	NA	NA	NA	NA

Source: National Survey of Children's Health, 2022-2023.

### Developmental Screening

**Percent of children ages 9-35 months whose parent completed a standardized developmental screening tool in the past 12 months.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
Developmental Screening - CSHCN	23.9%	48.9%	73.3%	45	45
Developmental Screening - Non-CSHCN	34.1%	33.6%	51.5%	27	50

Source: National Survey of Children's Health, 2022-2023.

### Accessing Services

**During the past 12 months, how often were you frustrated in your efforts to get services for this child?**

Group	Iowa	U.S.	Healthiest State	Rank	#States
Sometimes, usually or always - CSHCN	44.4%	42.4%	29.0%	32	50
Sometimes, usually or always - Non-CSHCN	11.2%	14.6%	8.6%	9	50

Source: National Survey of Children's Health, 2022-2023.

### Getting Needed Referrals

**Percent of children who had difficulties getting or were unable to get referrals to needed providers or services.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
CSHCN	36.7%	28.6%	10.2%	46	50
Non-CSHCN	9.9%	15.7%	5.2%	9	50

Source: National Survey of Children's Health, 2022-2023.

## Medical Home

### Percent of Iowa children who have a medical home.<sup>5</sup>

Group	Iowa	U.S.	Healthiest State	Rank	#States
Children (0-17) - CSHCN	42.9%	39.3%	52.6%	20	50
Children (0-17) - Non-CSHCN	54.7%	47.4%	64.1%	7	50

Source: National Survey of Children's Health, 2022-2023.

### Percent of Iowa adults who reported having a personal doctor or health care provider.

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	85.8%	86.0%	93.3%	27	48
Without a Disability	81.1%	82.6%	91.7%	35	48

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Cost

### Percent of adults reporting needing to see a doctor but could not because of cost.

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	12.0%	17.3%	10.8%	2	48
Without a Disability	5.5%	8.1%	4.3%	4	48

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Dental Care

### Percent of adults who reported visiting a dentist or dental clinic within the past year.

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	57.1%	55.5%	65.0%	19	50
Without a Disability	72.8%	68.3%	77.9%	12	49

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2022.

<sup>5</sup> Percent of children ages 0-17 who received coordinated, ongoing and comprehensive care within a medical home that served as a consistent, non-emergency source of care and where they had a personal doctor or nurse and access to family-centered care, referrals when needed, and effective care coordination.



## Providers

<b>Dentists (2022)</b>	<b>Iowa</b>	<b>U.S.</b>	<b>Healthiest State</b>	<b>Rank</b>	<b>#States</b>
Rate per 100,000 population	50.7	60.4	80.2	34	50
Population ratio per dentist	1972:1	1656:1	1247:1	34	50
Number (Iowa only)	1,265	NA	NA	NA	NA

Source: American Dental Association (ADA) Masterfile, 2022.

<b>Pediatricians (2023)</b>	<b>Iowa</b>	<b>U.S.</b>	<b>Healthiest State</b>	<b>Rank</b>	<b>#States</b>
Rate per 100,000 population ages 0-21	85.0	113.2	221.0	37	50
Population ratio per physician	1176:1	883:1	452:1	37	50
Number (Iowa only)	685 (2025)	NA	NA	NA	NA

Source: Centers for Medicare & Medicaid Services, National Plan & Provider Enumeration System, 2023.

<b>Primary care physicians (2021)</b>	<b>Iowa</b>	<b>U.S.</b>	<b>Healthiest State</b>	<b>Rank</b>	<b>#States</b>
Rate per 100,000 population	72.2	74.9	111.2	32	50
Population ratio per physician	1385:1	1334:1	899:1	32	50
Number (Iowa only)	2,305	NA	NA	NA	NA

Source: Health Resources and Services Administration, Area Health Resource File, 2021.

<b>Other primary care providers (2024)</b>	<b>Iowa</b>	<b>U.S.</b>	<b>Healthiest State</b>	<b>Rank</b>	<b>#States</b>
Rate per 100,000 population	142.7	140.0	205.2	31	50
Population ratio per physician	701:1	714:1	487:1	31	50
Number (Iowa only)	4,575	NA	NA	NA	NA

Source: Centers for Medicare & Medicaid Services, National Plan & Provider Enumeration System, 2024.

## People Caring for Others

**Percent of adults who reported in the past 30 days providing regular care or assistance to a friend or family member who has a health problem or disability.**

<b>Group</b>	<b>Iowa</b>
With any Disability	22.0%
Without a Disability	14.9%
Ages 18-59 with any Disability	24.9%
Ages 18-59 without a Disability	13.1%
Ages 60+ with any Disability	18.9%
Ages 60+ without a Disability	19.2%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.





## Economic Stability and Income

### Education

#### Iowa High School 4-Year Graduation Rates, Class of 2024.

Student Group	Percent
Overall	88.3%
Students with an Individualized Education Program	70.3%

Source: Iowa Department of Education, 2025.

### Employment

#### Percent of adults who were unemployed.

Ages 18-64	Iowa	U.S.
Overall	2.8%	4.3%
With any disability	7.1%	9.3%
No disability	2.4%	3.9%

Source: US Census Bureau, American Community Survey, 2023.

#### Percent of adults who were employed (for wages or self-employed).

Group	Iowa
With any Disability	40.7%
Without a Disability	69.5%
Ages 18-59 with any Disability	60.7%
Ages 18-59 without a Disability	83.7%
Ages 60+ with any Disability	19.4%
Ages 60+ without a Disability	34.4%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

#### Percent of adults who lost employment or had hours reduced in the last year.

Group	Iowa
With any Disability	14.2%
Without a Disability	8.6%
Ages 18-59 with any Disability	23.2%
Ages 18-59 without a Disability	10.8%
Ages 60+ with any Disability	4.7%
Ages 60+ without a Disability	3.5%

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Poverty

Percent of people living with annual incomes below 100% of the federal poverty level.

Group	Iowa	U.S.	Healthiest State
Overall	11.3%	12.5%	7.2%
Under 18 years	13.1%	16.0%	8.0%
18 to 64 years	11.0%	11.5%	6.8%
65 years and over	9.4%	11.3%	7.2%
With any disability	19.9%	20.6%	15.0%
No disability	10.0%	11.2%	5.9%

Source: US Census Bureau, American Community Survey, 2023.



## Housing & Transportation

### Housing Instability

**Percent of children, ages 0 through 11, who experienced housing instability in the past year.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
Child ages 0-11 - CSHCN	20.1%	24.0%	15.0%	10	50
Child ages 0-11 - Non-CSHCN	13.0%	14.3%	8.9%	17	50

Source: National Survey of Children's Health, 2022-2023.

### Housing Insecurity

**Percent of adults who could not pay mortgage, rent, or utility bill at some time in the past 12 months.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	15.4%	19.1%	13.9%	4	33
Without a Disability	5.7%	7.0%	4.1%	8	33
Ages 18-59 with any Disability	24.3%				
Ages 18-59 without a Disability	7.4%				
Ages 60+ with any Disability	6.2%				
Ages 60+ without a Disability	1.4%				

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

### Transportation Insecurity

**Percent of adults for whom a lack of reliable transportation kept them from medical appointments, meetings, work or from getting things needed for daily living in the past 12 months.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	13.1%	15.3%	11.3%	6	33
Without a Disability	3.4%	4.0%	2.3%	8	33
Ages 18-59 with any disability	18.9%				
Ages 18-59 without a disability	4.3%				
Ages 60+ with any disability	7.1%				
Ages 60+ without a disability	1.1%				

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.



# Mental Health & Mental Disorders

## Access to Providers

<b>Mental Health Providers (2024)</b>	<b>Iowa</b>	<b>U.S.</b>	<b>Healthiest State</b>	<b>Rank</b>	<b>#States</b>
Rate per 100,000 population	214.4	332.5	768.6	44	50
Population ratio per physician	466:1	301:1	130:1	44	50
Number (Iowa only)	6,876	NA	NA	NA	NA

Source: Centers for Medicare and Medicaid Services, National Provider Identification Registry, 2024.

## Depression/Anxiety

**Percent of adolescents, ages 12 through 17, who have depression or anxiety.**

<b>Group</b>	<b>Iowa</b>	<b>U.S.</b>	<b>Healthiest State</b>	<b>Rank</b>	<b>#States</b>
Adolescents - CSHCN	55.2%	43.8%	32.8%	45	50
Adolescents - Non-CSHCN	4.1%	4.4%	2.0%	18	50

Source: National Survey of Children's Health, 2022-2023.

**Percent of adults who reported ever being told by a health professional that they have a depressive disorder, including depression, major depression, minor depression or dysthymia.**

<b>Group</b>	<b>Iowa</b>	<b>U.S.</b>	<b>Healthiest State</b>	<b>Rank</b>	<b>#States</b>
With any Disability	36.1%	40.0%	28.0%	14	48
Without a Disability	13.0%	13.1%	9.0%	16	48

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Frequent Mental Distress

**Percent of adults who reported their mental health was not good 14 or more days in the past 30 days.**

<b>Group</b>	<b>Iowa</b>	<b>U.S.</b>	<b>Healthiest State</b>	<b>Rank</b>	<b>#States</b>
With any Disability	32.0%	31.6%	25.4%	27	48
Without a Disability	9.0%	9.2%	7.5%	21	48

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Social & Emotional Support

### Percent of children ages 0-5 who are flourishing\*<sup>6</sup>.

Group	Iowa	U.S.	Healthiest State	Rank	#States
Children - CSHCN	64.1%	64.1%	72.9%	26	50
Children - Non-CSHCN	84.9%	81.9%	88.8%	23	50

Source: National Survey of Children's Health, 2022-2023.

### Percent of children & adolescents ages 6-17 who are flourishing\*<sup>7</sup> (2022-2023).

Group	Iowa	U.S.	Healthiest State	Rank	#States
Children & Adolescents - CSHCN	38.6%	38.6%	45.0%	24	50
Children & Adolescents - Non-CSHCN	74.8%	71.3%	78.1%	4	50

Source: National Survey of Children's Health, 2022-2023.

### Percent of adults who reported they sometimes, rarely, or never receive the social and emotional support they need.

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	34.1%	34.3%	26.0%	14	33
Without a Disability	16.8%	16.5%	12.4%	18	33
Ages 18-59 with any disability	40.7%				
Ages 18-59 without a disability	18.0%				
Ages 60+ with any disability	27.2%				
Ages 60+ without a disability	14.0%				

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Loneliness

### Percent of adults who reported they always, usually, or sometimes feel lonely.

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	46.8%	46.8%	42.3%	17	33
Without a Disability	24.0%	24.0%	18.2%	15	33
Ages 18-59 with any disability	60.3%				
Ages 18-59 without a disability	25.8%				
Ages 60+ with any disability	32.6%				
Ages 60+ without a disability	19.6%				

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

<sup>6</sup> Children ages 0-5 who are affectionate and tender, bounce back quickly when things do not go their way, show interest and curiosity in learning new things, and smile and laugh.

<sup>7</sup> Children & adolescents ages 6-17 who show interest and curiosity in learning new things, work to finish tasks they start, and stay calm and in control when faced with a challenge.



## Active Living & Healthy Eating

### Physical Activity

**Percent of children ages 6-17 who were physically active at least 60 minutes every day in the past week.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
Child ages 6-17 - CSHCN	21.2%	16.1%	24.0%	10	50
Child ages 6-17 - Non-CSHCN	25.2%	21.0%	30.1%	12	50

Source: National Survey of Children's Health, 2022-2023.

**Percent of adults who reported doing no physical activity or exercise other than their regular job in the past 30 days.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	38.7%	38.7%	24.8%	25	48
Without a Disability	18.5%	18.6%	12.3%	28	48

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

**Percent of adults who reported meeting aerobic physical activity guidelines (At least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic physical activity).**

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	45.8%	47.8%	56.9%	30	48
Without a Disability	64.0%	65.2%	72.9%	33	48

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

**Percent of adults who reported meeting muscle strengthening physical activity guidelines (Engage in muscle-strengthening activities on 2 or more days a week).**

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	31.8%	36.4%	40.1%	42	48
Without a Disability	37.9%	43.0%	47.7%	44	48

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.

## Food Insecurity

**Percent of children, ages 0 through 11, whose households could always afford to eat good nutritious meals.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
Child ages 0-11 - CSHCN	55.6%	57.5%	73.6%	33	50
Child ages 0-11 - Non-CSHCN	69.9%	71.8%	80.7%	34	50

Source: National Survey of Children's Health, 2022-2023.

**Percent of adults reporting the food they bought always, usually, or sometimes did not last, and they did not have money to get more.**

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	20.8%	24.7%	18.7%	6	33
Without a Disability	7.5%	8.1%	4.5%	13	33

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.



## Substance Use

### Alcohol & Drug Use

**Marijuana and Alcohol Use among Iowa High School Students.**

Group	Current Alcohol Use	Current Binge Drinking	Ever Used Marijuana	Current Marijuana Use
Youth with a disability	27.3%	11.8%	31.5%	17.7%
Youth with no disabilities	14.4%	5.8%	10.8%	6.0%

Source: Youth Risk Behavior Surveillance System (YRBSS), 2021.

### Tobacco & Nicotine Use

**Percent of Iowa adults who are current smokers (cigarettes).**

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	19.0%	17.9%	10.2%	29	48
Without a Disability	11.5%	8.8%	4.2%	41	48

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2023.





## Cancer Screening

### *Breast Cancer*

Percent of women ages 40-74 who reported receiving a mammogram in the past two years.

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	69.2%	66.6%	76.6%	15	50
Without a Disability	75.5%	74.0%	83.9%	23	50

Source: Behavioral Risk Factor Surveillance System (BRFSS), 2022.