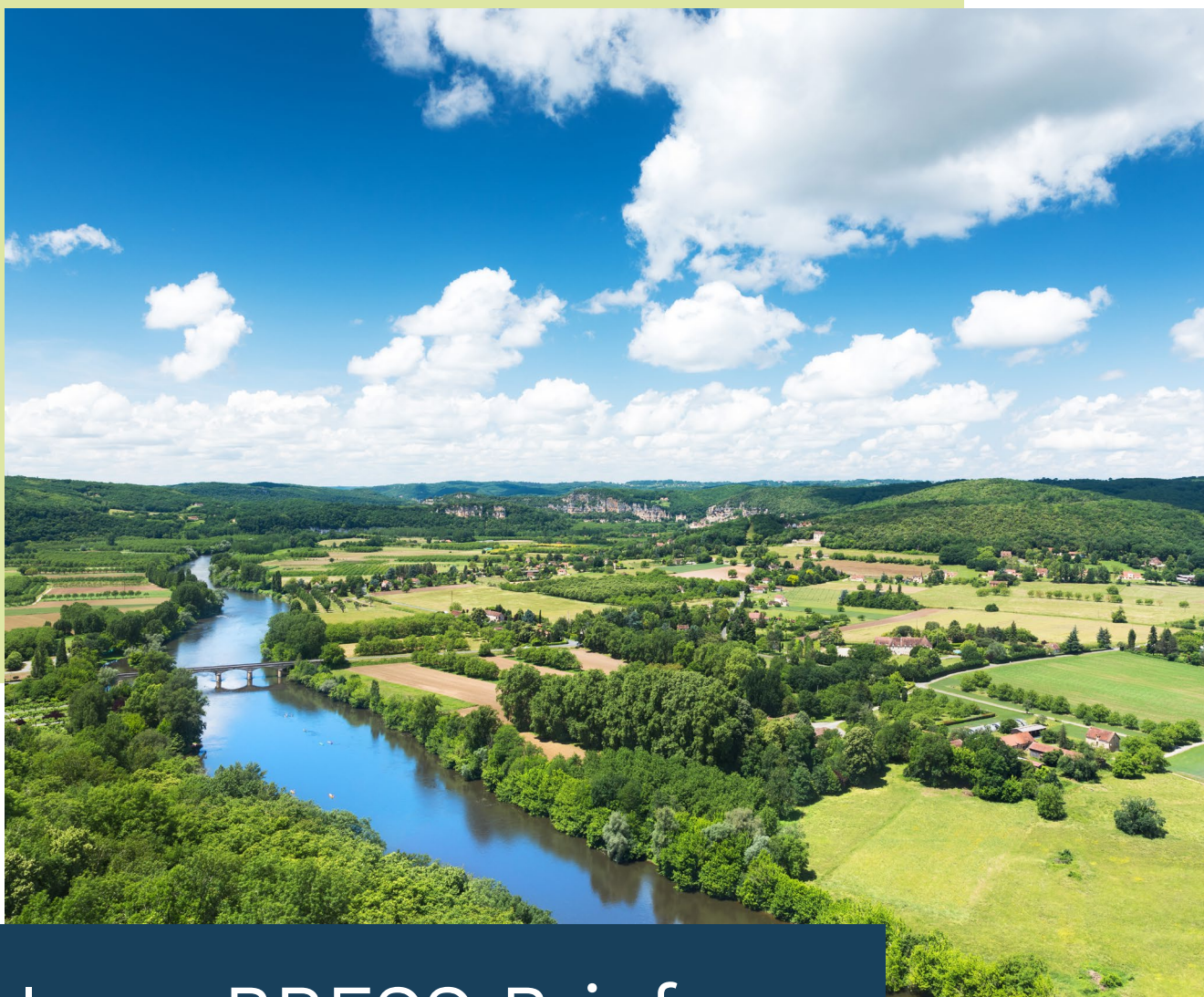




Iowa BRFSS Brief: 2025 Survey

OCTOBER 2026

**Iowa Behavioral Risk Factor Surveillance
System (BRFSS)**

Division of Compliance and Administration
Performance and Operations



Health and
Human Services

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Introduction

This brief presents estimates from the 2025 Iowa Behavioral Risk Factor Surveillance System, an annual state landline and cell phone survey of Iowa residents aged 18 and older. Iowa Behavioral Risk Factor Surveillance data contributes to the Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS) that is conducted within every state, the District of Columbia, and several U.S. territories¹. The BRFSS is the largest continuously running telephone survey in the world. The Iowa BRFSS is an important tool for data-driven decision making in public health. The BRFSS measures adult health by reaching out directly to adult Iowans to learn more about health status indicators, risk behaviors, demographics, health care accessibility, clinical preventive practices, and chronic conditions.

Iowa BRFSS survey data is used to design, implement, and support public health activities with the goal of reducing chronic diseases and other leading causes of death for Iowans. The survey is conducted every year, which allows for health trends to be compared over time. This data is also used to monitor the progress made towards the state's Healthy Iowans: State Health Improvement Plan² and the national Healthy People 2030 Objectives³.

The data collected through the BRFSS can be analyzed by demographic and socioeconomic characteristics. This brief includes analysis for some, but not all, demographic and socioeconomic characteristics based on count size. The analyses in this brief display findings across a variety of health topics and highlight disparities in health within and across population sub-groups. In interpreting these results, it is critical to recognize that more factors than just one's individual behavioral choices affect overall health. The social, economic, behavioral and physical factors experienced by populations where they live and work have a profound impact on their health. These social determinants of health (SDOH) are rooted in systems, and therefore public health action to improve health should be directed at systems-level change.

In addition to this brief, the Iowa BRFSS program within the Iowa Department of Health and Human Services Performance and Operations releases several publications. These publications include infographics highlighting topical data, Iowa county- and region-level data for select BRFSS topics, and data published to the Iowa Public Health Tracking Portal for select BRFSS topics. All of these publications can be found through the Iowa Department of Health and Human Services BRFSS website, [<https://hhs.iowa.gov/brfss>].

Methodology

Questionnaire Design

The CDC and all participating states update the BRFSS questionnaire each calendar year. The questionnaire consists of three components: 1) the core sections that are required of all states participating in the BRFSS; 2) a set of standardized modules developed by the CDC which states may opt to include in their survey; and 3) state-added questions which are designed and administered by individual states to address locally identified health problems. Sometimes, emerging core questions are added which focus on time-sensitive, topical questions (i.e., a nationwide outbreak). All core and optional module questions undergo a field-testing process conducted by the CDC. New or revised state-added questions are also pre-tested at the state level. Participation by Iowans in the BRFSS survey is random, anonymous, voluntary and confidential. Survey participants are requested to provide demographic information such as age, sex, race, marital and employment status, annual household income, educational level and location of residence by county and ZIP code. Information that could possibly be used to identify the respondent, such as location, is suppressed in public use data.

Sampling Process

The BRFSS uses two sampling frames: one for landline telephones, and one for cell phones. Content of the landline and cell phone surveys is the same. Respondents are randomly selected from household residents 18 years of age or older; only those living in households are surveyed, omitting residents of institutions, nursing homes, and group homes. The sample of landline telephone numbers was selected using a list-assisted, random-digit-dialed (RDD) methodology with a disproportionate stratification. This sampling methodology is designed to improve the probability that all households in Iowa with telephones have a chance of inclusion in the study. The sample of cell phone numbers were randomly selected from dedicated cellular telephone banks sorted on the basis of area code and exchange. The landline and cell phone samples are also stratified into seven geographic regions (which align with Iowa HHS's seven health and human services districts). Geographic regions are represented at the same proportion as their population within the state.

Interview Process

BRFSS interviews are conducted seven days a week during both daytime and evening hours. Approximately equal numbers of interviews per month are conducted from January through December of each survey year. Interviews are conducted in English and Spanish. All interviewers go through extensive training following the CDC BRFSS protocol so that they are prepared to conduct interviews with participants. Like most states, the Iowa BRFSS uses a Computer Assisted Telephone Interviewing (CATI) system. When a CATI program is used, the questionnaire is displayed on a computer screen during each interview, and the interviewer enters the responses directly into a computer. The CATI system not only assists interviewers in presenting the questionnaire and recording the responses, it also helps keep track of appointments and callback attempts, reports statistics of call outcomes, and minimizes data entry errors. Not all interviews are fully completed. A partial complete is

classified as an interview that ended before it was complete; however sufficient data had been collected to use for most measures. For 2025, the average time for completed landline (full and partial) English interviews (n=1,157) was 24.99 minutes. There were no landline interviews completed in Spanish for 2025. The average interviewing time for all completed cell phone (full and partial) English and Spanish interviews for 2025 was 23.31 minutes. The average time for completed English cell phone interviews (n=6,722) was 23.01 minutes and the average time for completed cell phone Spanish interviews (n=327) was 29.54 minutes. The response rate, defined as completed interviews + partial completes divided by all eligible households called, was 64% for landline and 55% for cell phones. The total sample size in 2025 dataset was 8,206.

Weighting of the Data

Weighting the data enables us to generalize the results of the BRFSS survey to the population of Iowa as a whole. The CDC uses a weighting methodology known as iterative proportional fitting, or raking, to allow for the incorporation of cell phone data with the landline data and to improve the accuracy of prevalence estimates of Iowa BRFSS data. This weighting method has been in place since 2011. Estimates based on this weighting methodology were weighted to adjust for the probabilities of selection and a raking adjustment factor that adjusted for the distribution of the Iowa adult population by telephone source (landline or cell phone), race/ethnicity, education level, marital status, age by gender, gender by race/ethnicity, age by race/ethnicity, and renter/owner status.

Analysis of the Data

All percentages presented in this report represent weighted data with the exception of the sample profile found on page 12. The tables in this brief present prevalence estimates (the proportion/percent of individuals reporting a specific characteristic) and an associated 95% confidence interval (95% CI). If the 95% CIs for two estimates from different subpopulations or survey years did not overlap, they were considered to have a statistically significant difference. Unless otherwise indicated, respondents who answered that they did not know or refused to answer were not included in the calculation of estimates. For comparison purposes, the median estimates from all 50 states and the District of Columbia were used as national estimates. Due to the BRFSS methodology changes that were implemented in 2011, the 2025 Iowa BRFSS estimates provided within this report should only be compared to estimates from 2011-2025 and not to estimates from years prior to 2011.

The CDC experienced delays due to the federal Office of Management and Budget's review and approval process for the 2025 questionnaire, which included a review for compliance with Executive Order 14168. The Iowa BRFSS did not ask the sexual orientation question until several months into 2025 data collection until final OMB and CDC approval was given. This led to 2,956 (36.7%) individuals from the dataset sample not being asked the question. Given the high number of respondents not having been asked the question, analysis by sexual orientation is not included in this brief. Data collected for sexual orientation in 2025 BRFSS can be found within the Iowa BRFSS public use dataset files, which can be accessed through the Iowa BRFSS website (<https://hhs.iowa.gov/about/data-reports/brfss>),

and will be available for individuals to conduct their own analysis. Sexual orientation is being asked of all participants in the 2026 BRFSS.

Comparison to the Iowa Health and Wellbeing Survey

The [Iowa Health and Wellbeing Survey \(IHWB\)](#) was supported by Iowa HHS in Fall 2025. The IHWB survey collected data from adult Iowans to assess their health and wellbeing, awareness of state programs, substance use and gambling behaviors, cancer risk perceptions, mental health, and risk of suicide.

The BRFSS and IHWB are complementary surveys. These surveys provide comparable, but not identical, results of select measures that overlap both surveys. Differences could be explained by different methodologies and differing questions. Because each survey provides some unique information, monitoring the results of all is necessary to fully understand behaviors and experiences. The BRFSS is used to track state progress for the state health assessment and improvement plan as well as the HHS service systems' state plans strategies and outcomes. The IHWB is used to inform Iowa HHS on overall awareness of behavioral health services, such as 988, Quitline, Your Life Iowa, among others, tracks select risk behaviors complementary to BRFSS and establishes baseline stigma associated with seeking behavioral healthcare.

The Iowa BRFSS and Iowa Health and Wellbeing Survey (IHWB) surveys are both population-based surveys utilizing probability samples. The BRFSS utilizes randomly generated landline and cellphone numbers, while the IHWB used randomly selected addresses. Both surveys provide data on attitudes, behaviors, and experiences. The BRFSS is a confidential telephone survey of adults administered throughout the whole calendar year; on the other hand, the IHWB is a confidential online and mail-in survey of Iowan adults that was conducted between the months of October-December 2025.

Guide to Measures

[Arthritis](#) Among all adults, the proportion reporting ever being told by a doctor, nurse, or other health professional that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

[Asthma, Ever](#) Among all adults, the proportion reporting that they were ever told by a doctor, nurse, or other health care professional that they had asthma.

[Asthma, Current](#) Among all adults, the proportion reporting that they still have asthma.

[Binge Drinking](#) Among all adults, the proportion reporting consumption of five or more drinks per occasion (for males) or four or more drinks per occasion (for women) at least once in the previous month.

[Cancer, Other](#) Among all adults, the proportion ever told by a doctor, nurse, or other health professional that they had melanoma or any other form of cancer.

[Cancer, Skin](#) Among all adults, the proportion ever told by a doctor, nurse, or other health professional that they had skin cancer that was not melanoma.

[Cholesterol Awareness](#) Among adults who have had their blood cholesterol checked, the proportion reporting that a doctor, nurse, or other health professional had told them that their cholesterol was high.

[Cholesterol Screening](#) Among all adults, the proportion reporting that they have had their blood cholesterol checked within the past five years.

[Chronic Obstructive Pulmonary Disease](#) Among all adults, the proportion reporting ever being told by a doctor that they had chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis.

[Cigarette Smoking, Current](#) Among all adults, the proportion reporting that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.

[Coronary Heart Disease](#) Among all adults, the proportion ever told by a doctor, nurse, or other health professional that they had angina or coronary heart disease.

[Depressive Disorder](#) Among all adults, the proportion who reported ever being told by a doctor, nurse, or other health professional they had a depressive disorder, including depression, major depression, dysthymia, or minor depression.

[Diabetes](#) Among all adults, the proportion reporting that they were ever told by a doctor, nurse, or other health professional that they had diabetes. Adults told they have prediabetes or women who told they had diabetes only during pregnancy were classified under separate response categories.

[Disability](#) Defined by a “yes” response to at least one of the following six items: deaf or have trouble hearing; visual impairment; serious difficulty concentrating, remembering or making

decisions; serious difficulty walking or climbing stairs; difficulty dressing or bathing; or difficulty doing errands alone.

[E-Cigarette Use, Current](#) Among all adults, the proportion reporting that they currently use e-cigarettes or other electronic vaping products, either every day or on some days.

[Met Vegetable and Fruit Daily Servings Intake](#) Among all adults, the proportion reporting that they consumed three or more servings of vegetables and two or servings of fruits per day.

[Gamble](#) Among all adults, the proportion reporting that they gambled in the past 12 months. Gambling means buying lottery tickets, gambling at a casino, playing cards or dice for money, betting on sports games, playing slots machines or video poker or other video gambling, gambling on the internet, betting on horses or dogs, or playing bingo or keno.

[General Health Status](#) Among all adults, the proportion reporting that their health, in general, was either excellent, very good, or good; or fair or poor.

[Health Insurance Coverage](#) Among adults aged 18-64 years, the proportion who reported having no health care coverage, including health insurance, prepaid plans such as HMOs, or government plans, such as Medicare or Indian Health Services.

[Heart Attack](#) Among all adults, the proportion ever told by a doctor, nurse, or other health professional that they had a heart attack or myocardial infarction.

[Heavy Drinking](#) Among all adults, the proportion reporting alcohol consumption of more than 14 drinks per week (for men) or 7 drinks per week (for women) in the previous month.

[HIV Testing](#) Among adults, the proportion reporting that they ever had been tested for human immunodeficiency virus (HIV), apart from tests that were part of a blood donation.

[Hypertension Awareness](#) Among all adults, the proportion reporting that they were ever told by a doctor, nurse, or other health professional that they had high blood pressure (HBP). Women who had HBP only during pregnancy and adults who were borderline hypertensive were classified under separate response categories.

[Hypertension Medication](#) Use Among adults who have high blood pressure (HBP), the proportion reporting that they currently take prescription medicine for their HBP.

[Influenza Vaccination](#) Among adults, the proportion reporting that they had a flu vaccine, either by injection in the arm or sprayed in the nose during the past 12 months.

[Kidney Disease](#) Among all adults, the proportion reporting ever being told by a doctor, nurse, or other health professional that they had kidney disease.

[Marijuana Use, Any](#) Among all adults, the proportion reporting marijuana or cannabis use at least once in the past 30 days.

[Marijuana Use, Frequent](#) Among all adults, the proportion reporting marijuana or cannabis use at least 20 or more days in the past 30 days.

[Methamphetamine Use, Month](#) Among all adults, the proportion who reported using methamphetamine or meth on at least one day in the past 30 days.

[No Healthcare Due to Cost](#) Among all adults, the proportion reporting that in the past 12 months, they could not see a doctor when they needed to due to the cost.

[Obesity](#) Among all adults, the proportion of respondents whose body mass index (BMI) was greater than or equal to 30.

[Overweight](#) Among all adults, the proportion of respondents whose body mass index (BMI) was greater than or equal to 25 and less than 30.

[No Personal Healthcare Provider](#) Among all adults, the proportion reporting that they did not have anyone that they thought of as their personal doctor or health care provider.

[Opioid Use, Month](#) Among all adults, the proportion who reported taking using opioids (like heroin or oxycodone) on at least one day in the past 30 days.

[Pneumonia Vaccination](#) Among adults, the proportion reporting that they ever had a pneumococcal vaccine.

[Poor Mental Health](#) Among all adults, frequent mental distress is the proportion reporting 14 or more days of poor mental health, which includes stress, depression, and problems with emotions during the past 30 days.

[Poor Physical Health](#) Among all adults, frequent physical distress is the proportion reporting 14 or more days of poor physical health, which includes physical illness and injury, during the past 30 days.

[Radon Test Not Done in Household](#) Among all adults, the proportion reporting that their household has not been tested for the presence of radon in the past 5 years.

[Radon Test Unknown in Household](#) Among all adults, the proportion reporting that they don't know if their household has been tested for the presence of radon in the past 5 years.

[Received Food Stamps](#) Among all adults, the proportion reporting that in the last 12 months they received food stamps, also called SNAP (the Supplemental Nutrition Assistance Program) on an EBT card.

[Routine Checkup](#) Among all adults, the proportion reporting a routine medical checkup within the past year.

[Severe Brain Injury](#) Among all adults, the proportion reporting that they had any head injuries in their lifetime where they were knocked out or that they lost consciousness.

[Stroke](#) Among all adults, the proportion ever told by a doctor, nurse, or other health professional that they had a stroke.

[Unable to Afford More Food](#) Among all adults, the proportion reporting that in the last 12 months the food they bought always, usually, or sometimes did not last, and they did not have money to get more.

* Data were not reported due to a numerator of less than six, denominator less than 50, or a relative standard error greater than 30%.

Sample Profile of the 2025 Iowa BRFSS Participants

Demographic Characteristics	Frequency	Unweighted Percent (%)
Total	8051	100.0
Age		
18-24	734	9.1
25-34	873	10.8
35-44	997	12.4
45-54	1085	13.5
55-64	1246	15.5
65-74	1548	19.2
75+	1452	18.0
Sex		
Female	4033	50.1
Male	4018	49.9
Race/Ethnicity		
American Indian or Alaskan Native, Non-Hispanic	38	0.5
Asian, Non-Hispanic	115	1.4
Black, Non-Hispanic	216	2.7
Hispanic, all races	580	7.2
Multiracial, Non-Hispanic	128	1.6
White, Non-Hispanic	6835	84.9
Other, Non-Hispanic	24	0.5
Education Level		
Less Than H.S.	461	5.7
H.S. Graduate or G.E.D.	2659	33.0
Some Post-H.S.	2252	28.0
College Graduate	2659	33.0
Annual Household Income		
Less than \$15,000	344	4.3
\$15,000 - \$24,999	565	7.0
\$25,000 - \$34,999	679	8.4
\$35,000 - \$49,999	1095	13.6
\$50,000 - \$74,999	1222	15.2
\$75,000 - \$99,999	1019	12.7
\$100,000+	1952	24.2
Disability Status		
Adults with disabilities	2340	29.1
Adults with no disabilities	5442	67.6
Veteran Status		
Veteran	802	10.0
Non-Veteran	7224	89.7

Health Status Indicators

General Health Status

In the BRFSS, general health status is defined by how adults respond to the following question: “Would you say that in general your health is excellent, very good, good, fair or poor?” General health status has been found to be a significant predictor of mortality, though it may predict mortality less well for racial/ethnic groups other than non-Hispanic White⁴.

- In 2025, 17.4% (around 440,000) of Iowans reported their general health as fair or poor. This is not a statistically significant change from 2024 (18.0%) but represents an increasing trend since 2020 (13.2%). For comparison, the U.S. median for adults reporting fair or poor health is 18.1%.
- The percentage of racial/ethnic minorities experiencing fair or poor general health is higher among Hispanic persons (23.3%) compared to non-Hispanic White persons (16.5%).
- Among adults with less than a high school education, almost three in 10 (29.8%) reported fair or poor general health.
- As income level increased, the prevalence of Iowans who reported fair or poor general health decreased from 37.5% among those earning less than \$15,000 per year to 7.3% among those earning \$100,000 or more per year.
- Adults with disabilities (38.5%) reported a significantly higher prevalence of fair or poor general health than adults without disabilities (9.6%).

General Health Status

Demographics Characteristics	General Health Status	
	Fair or Poor	
	%	C.I. (95%)
Total	17.4	(16.5-18.3)
Sex		
Female	18.5	(17.1-19.9)
Male	16.3	(15.1-17.6)
Race/Ethnicity		
Hispanic, all races	23.3	(19.5-27.1)
Black, Non-Hispanic	18.8	(13.0-24.7)
White, Non-Hispanic	16.5	(15.6-17.5)
Other, Non-Hispanic	18.0	(11.7-24.3)
Multiracial, Non-Hispanic	23.9	(15.8-31.9)
Age		
18-24	14.0	(11.2-16.8)
25-34	14.5	(11.9-17.1)
35-44	13.6	(11.3-15.8)
45-54	18.3	(15.8-20.7)
55-64	21.2	(18.8-23.7)
65-74	17.6	(15.5-19.8)
75+	24.9	(22.2-27.6)
Education		
Less Than H.S.	29.8	(25.0-34.5)
H.S. or G.E.D.	21.7	(19.9-23.4)
Some Post-H.S.	18.0	(16.3-19.8)
College Graduate	8.9	(7.7-10.1)
Household Income		
Less than \$15,000	37.5	(31.6-43.3)
\$15,000 - \$24,999	37.0	(32.2-41.8)
\$25,000 - \$34,999	25.6	(21.7-29.5)
\$35,000 - \$49,999	24.0	(21.0-27.0)
\$50,000 - \$74,999	17.3	(14.8-19.7)
\$75,000 - \$99,999	13.2	(10.7-15.6)
\$100,000+	7.3	(6.1-8.5)
Veteran Status		
Veteran	20.9	(17.8-24.1)
Non-Veteran	17.0	(16.0-18.0)
Disability Status		
Adults with disabilities	38.5	(36.1-40.8)
No disabilities	9.6	(8.7-10.4)

Quality of Life: Physical Health

The CDC has defined health-related quality of life (HRQOL) as “an individual’s or group’s perceived physical and mental health over time”⁵. Tracking health-related quality of life among different populations can identify subgroups with poor physical or mental health so that policies or interventions can be better tailored to improving their health. Since January 1993, the BRFSS questionnaire has included health-related quality-of-life (HRQOL) questions.

The poor physical health indicator reported on is Frequent Physical Distress (FPD). This indicator emphasizes those individuals who may be experiencing more chronic and severe physical health issues⁶.

- In 2025, approximately 300,000 (12.1%) Iowans reported experiencing FPD. The rate of FPD was not statistically higher than the rate in 2024 but has been on the rise since 2020 (8.9%).
- About three in ten (29.5%) Iowans with a household income of less than \$15,000 reported having 14 or more poor physical health days. As income increased, FPD decreased with the lowest being among those with incomes of greater than or equal to \$100,000 (5.8%).
- About six in 20 adults with a disability reported FPD (29.6%), compared to one in 20 (5.9%) adults without a disability reported FPD.
- As age group increased, the prevalence of Iowans who reported FPD increased from 7.6% among those 18-24 years old to 19.2% among those 75 years old or older.

Quality of Life: Physical Health

Demographics Characteristics	Poor Physical Health	
	%	C.I. (95%)
Total	12.1	(11.3-12.9)
Sex		
Female	13.8	(12.5-15.0)
Male	10.5	(9.4-11.6)
Race/Ethnicity		
Hispanic, all races	11.1	(8.2-14.1)
Black, Non-Hispanic	10.1	(5.9-14.3)
White, Non-Hispanic	12.2	(11.3-13.1)
Other, Non-Hispanic	12.8	(7.2-18.4)
Multiracial, Non-Hispanic	16.8	(10.0-23.6)
Age		
18-24	7.6	(5.5-9.8)
25-34	8.3	(6.2-10.4)
35-44	9.6	(7.7-11.6)
45-54	12.7	(10.6-14.8)
55-64	14.7	(12.4-16.9)
65-74	15.2	(13.1-17.3)
75+	19.2	(16.7-21.7)
Education		
Less Than H.S.	17.5	(13.4-21.7)
H.S. or G.E.D.	15.1	(13.6-16.7)
Some Post-H.S.	12.5	(11.0-14.0)
College Graduate	7.2	(6.2-8.3)
Household Income		
Less than \$15,000	29.5	(23.7-35.2)
\$15,000 - \$24,999	27.0	(22.5-31.4)
\$25,000 - \$34,999	18.1	(14.8-21.4)
\$35,000 - \$49,999	14.5	(12.1-16.9)
\$50,000 - \$74,999	11.0	(9.0-13.0)
\$75,000 - \$99,999	11.0	(8.7-13.3)
\$100,000+	5.8	(4.7-6.9)
Veteran Status		
Veteran	14.8	(12.0-17.5)
Non-Veteran	11.9	(11.0-12.7)
Disability Status		
Adults with disabilities	29.6	(27.4-31.8)
No disabilities	5.9	(5.2-6.6)

Quality of Life: Mental Health

The CDC has defined health-related quality of life (HRQOL) as “an individual’s or group’s perceived physical and mental health over time”⁵. Tracking health-related quality of life among different populations can identify subgroups with poor physical or mental health so that policies or interventions can be better tailored to improving health.

The poor mental health indicator reported on is Frequent Mental Distress (FMD). This indicator emphasizes those individuals who may be experiencing more chronic and severe mental health issues⁷.

- In 2025, 14.9%, or approximately 370,000, of Iowans reported experiencing FMD. The rate of FMD has been on the rise since 2011, and the rate in 2025 is the tied with 2024 as highest reported to date.
- Slightly more than one in three (34.2%) Iowa adults with an annual household income of less than \$15,000 reported FMD. As income increased, FMD decreased with the lowest being among those with incomes of greater than or equal to \$100,000 (8.0%).
- Iowans with disabilities had a higher prevalence of FMD (32.1%), compared to adults who do not have disabilities (8.6%).
- As age group increased, the prevalence of Iowans who reported FMD decreased from 22.2 % among those 18-24 year olds to 6.1% among those 75 years old or older.

Quality of Life: Mental Health

Demographic Characteristics	Poor Mental Health	
	%	C.I. (95%)
Total	14.9	(13.9-15.8)
Sex		
Female	17.9	(16.4-19.4)
Male	11.8	(10.6-12.9)
Race/Ethnicity		
Hispanic, all races	13.8	(10.6-17.0)
Black, Non-Hispanic	19.6	(13.7-25.5)
White, Non-Hispanic	14.1	(13.1-15.1)
Other, Non-Hispanic	13.8	(7.9-19.6)
Multiracial, Non-Hispanic	34.3	(25.0-43.6)
Age		
18-24	22.2	(18.8-25.6)
25-34	19.3	(16.3-22.2)
35-44	18.3	(15.8-20.9)
45-54	15.4	(13.0-17.7)
55-64	13.1	(11.0-15.2)
65-74	7.7	(6.2-9.2)
75+	6.1	(4.6-7.6)
Education		
Less Than H.S.	20.9	(16.3-25.4)
H.S. or G.E.D.	17.3	(15.5-19.0)
Some Post-H.S.	15.4	(13.6-17.1)
College Graduate	10.3	(8.9-11.6)
Household Income		
Less than \$15,000	34.2	(28.2-40.2)
\$15,000 - \$24,999	30.2	(25.3-35.0)
\$25,000 - \$34,999	21.5	(17.8-25.3)
\$35,000 - \$49,999	17.0	(14.2-19.8)
\$50,000 - \$74,999	12.7	(10.5-14.9)
\$75,000 - \$99,999	15.8	(13.0-18.6)
\$100,00+	8.0	(6.5-9.4)
Veteran Status		
Veteran	13.7	(10.6-16.8)
Non-Veteran	15.0	(14.0-16.0)
Disability Status		
Adults with disabilities	32.1	(29.7-34.4)
No disabilities	8.6	(7.7-9.6)

Health Insurance Coverage

Health insurance coverage is an important determinant of access to health care. People without health insurance are far more likely to postpone health care or avoid it altogether⁸. A delay in getting medical attention can have negative consequences, particularly if preventable conditions or chronic diseases go undetected⁷.

- In 2025, 7.8% (approximately 137,000) of adult Iowans aged 18-64 reported that they did not have health insurance coverage. The rates in Iowa between 2021 and 2025 continue to be the lowest reported to date.
- About three out of ten Hispanic adult Iowans (30.3%) reported having no health insurance, which is significantly higher than White, non-Hispanics (4.9%) and Black, non-Hispanics (13.9%).
- Among the age groups analyzed, those aged 25-34 reported the highest rate of no health insurance coverage (12.8%; approximately 48,000).
- The prevalence of no health insurance coverage ranged between 10.5% to 18.1% for household income groups below \$50,000 and ranged between 1.8% and 7.4% for household income groups greater than or equal to \$50,000.

Health Insurance Coverage

Demographic Characteristics	No Health Insurance Coverage, ages 18-64	
	%	C.I. (95%)
Total	7.8	(6.9-8.6)
Sex		
Female	7.2	(6.0-8.4)
Male	8.4	(7.2-9.6)
Race/Ethnicity		
Hispanic, all races	30.3	(25.9-34.7)
Black, Non-Hispanic	13.9	(7.9-19.8)
White, Non-Hispanic	4.9	(4.1-5.6)
Other or Multiracial, Non-Hispanic	7.5	(3.7-11.2)
Age		
18-24	9.9	(7.4-12.4)
25-34	12.8	(10.5-15.1)
35-44	8.1	(6.2-10.0)
45-54	4.6	(3.3-5.9)
55-64	3.5	(2.4-4.6)
Education		
Less Than H.S.	28.1	(22.8-33.5)
H.S. or G.E.D.	11.1	(9.4-12.9)
Some Post-H.S.	5.1	(3.8-6.4)
College Graduate	1.9	(1.2-2.7)
Household Income		
Less than \$15,000	11.5	(6.5-16.5)
\$15,000 - \$24,999	18.0	(13.0-22.9)
\$25,000 - \$34,999	18.1	(13.3-22.9)
\$35,000 - \$49,999	10.5	(7.8-13.2)
\$50,000 - \$74,999	7.4	(5.1-9.8)
\$75,000 - \$99,999	5.0	(3.1-6.9)
\$100,000+	1.8	(1.0-2.6)
Veteran Status		
Veteran	*	*
Non-Veteran	8.1	(7.2-9.0)
Disability Status		
Adults with disabilities	6.3	(4.8-7.9)
No disabilities	7.8	(6.6-8.6)

Access to Health Care

Regular and reliable access to health care services can prevent disease and disability, detect and treat illnesses, increase quality of life, reduce the likelihood of premature death⁹.

- In 2025, 17.7% (approximately 444,000) of adult Iowans did not have a personal health care provider.
- In 2025, 8.6% (approximately 218,000) reported not seeing the doctor within the past 12 months due to cost.
- Younger Iowans had a higher prevalence of not having a personal health care provider than older Iowans.
- Not having health insurance is a barrier to accessing health care. The majority (61.1%) of those without health insurance did not have a personal health care provider (slightly down from 63.1% in 2024), and for 35.2%, cost was a barrier to seeing a doctor (down from 41.3% in 2024) (analysis not shown in table).

Access to Health Care

Demographic Characteristics	No Personal Health Care Provider		No Health Care Access Due to Cost	
	%	C.I. (95%)	%	C.I. (95%)
Total	17.7	(16.7-18.7)	8.6	(7.9-9.4)
Sex				
Female	12.5	(11.2-13.7)	9.9	(8.7-11.0)
Male	22.9	(21.4-24.5)	7.4	(6.5-8.3)
Race/Ethnicity				
Hispanic, all races	37.5	(33.2-41.8)	16.9	(13.6-20.3)
Black, Non-Hispanic	27.9	(21.1-34.6)	16.4	(11.1-21.7)
White, Non-Hispanic	15.2	(14.1-1.2)	7.0	(6.3-7.7)
Other or Multiracial, Non-Hispanic	21.9	(16.7-27.0)	16.1	(11.4-20.9)
Age				
18-24	33.4	(29.7-37.2)	10.9	(8.5-13.3)
25-34	30.0	(26.7-33.3)	15.3	(12.6-17.9)
35-44	22.1	(19.3-24.9)	10.6	(8.6-12.7)
45-54	14.1	(11.8-16.3)	10.7	(8.7-12.7)
55-64	9.7	(7.9-11.5)	6.5	(5.0-8.0)
65+	5.4	(4.4-6.3)	2.4	(1.8-3.0)
Education				
Less Than H.S.	34.3	(29.2-39.4)	15.7	(12.0-19.4)
H.S. or G.E.D.	21.9	(20.1-23.8)	10.6	(9.1-12.0)
Some Post-H.S.	14.8	(13.1-16.5)	8.4	(7.1-9.8)
College Graduate	12.2	(10.7-13.6)	5.1	(4.1-6.0)
Household Income				
Less than \$15,000	23.0	(17.7-28.2)	19.6	(14.3-24.9)
\$15,000 - \$24,999	18.6	(14.5-22.7)	21.2	(16.8-25.5)
\$25,000 - \$34,999	23.7	(19.7-27.7)	14.9	(11.6-18.1)
\$35,000 - \$49,999	20.3	(17.4-23.3)	10.9	(8.7-13.1)
\$50,000 - \$74,999	15.8	(13.3-18.4)	8.5	(6.6-10.5)
\$75,000 - \$99,999	16.7	(13.9-19.5)	7.4	(5.3-9.6)
\$100,000+	14.8	(13.0-16.6)	2.9	(2.0-3.8)
Veteran Status				
Veteran	14.2	(11.3-17.2)	4.4	(2.7-6.1)
Non-Veteran	18.0	(16.9-19.0)	9.0	(8.2-9.8)
Disability Status				
Adults with disabilities	13.7	(12.0-15.5)	14.4	(12.6-16.2)
No disabilities	18.7	(17.5-19.9)	6.3	(5.6-7.1)

Disability

Disability is often used as an umbrella term for any conditions of the mind or body that cause impairments, activity limitations, or participation restrictions¹⁰. Some disabilities may be hidden or not easy to see. People with disabilities account for a very diverse group with a wide range of needs. Two people with the same type of disability can be affected in very different ways.

- In 2025, an estimated 27.1% (approximately 662,000) of adults in Iowa had a disability.
- About eight in twenty of Multiracial, non-Hispanic (41.2%) Iowans reported a disability, whereas about five in twenty White, non-Hispanic; Black, non-Hispanic; and Other, non-Hispanic reported a disability. About four in twenty Hispanic reported a disability.
- The prevalence of disability decreased as household income increased. For adults whose household income is less than \$15,000, almost six in ten (57.0%) reported a disability whereas those with household income greater than or equal to \$100,000 it was about one in ten (12.5%).
- Veterans (41.0%) reported a significantly higher prevalence of disability than non-veterans (25.8%).
- Among Iowans who are employed for wages, 18.0% had a disability. Among those who are self-employed, 17.6% had a disability (analysis not shown in table).
- A little more than two in five (42.9%) of Iowans out of work for one year or longer and a little more than four in five (81.8%) of Iowans unable to work had a disability (analysis not shown in table).

Disability

Demographic Characteristics	Disability	
	%	C.I. (95%)
Total	27.1	(26.0-28.2)
Sex		
Female	28.4	(26.8-30.1)
Male	25.7	(24.2-27.3)
Race/Ethnicity		
Hispanic, all races	21.8	(19.9-27.8)
Black, Non-Hispanic	25.5	(18.9-32.1)
White, Non-Hispanic	27.0	(25.8-28.2)
Other, Non-Hispanic	27.0	(19.5-34.4)
Multiracial, Non-Hispanic	41.2	(31.9-50.5)
Age		
18-24	24.7	(21.1-28.2)
25-34	21.5	(18.5-24.6)
35-44	19.7	(17.0-22.5)
45-54	22.9	(20.2-25.6)
55-64	28.9	(26.0-31.7)
65-74	29.9	(27.3-32.5)
75+	48.6	(45.5-51.6)
Education		
Less Than H.S.	40.9	(35.6-46.3)
H.S. or G.E.D.	31.6	(29.5-33.6)
Some Post-H.S.	28.6	(26.5-30.7)
College Graduate	17.3	(15.8-18.9)
Household Income		
Less than \$15,000	57.0	(50.9-63.1)
\$15,000 - \$24,999	51.3	(46.1-56.4)
\$25,000 - \$34,999	38.1	(33.8-42.4)
\$35,000 - \$49,999	34.0	(30.7-37.3)
\$50,000 - \$74,999	26.8	(23.9-29.6)
\$75,000 - \$99,999	22.8	(19.8-25.8)
\$100,000+	12.5	(10.9-14.0)
Veteran Status		
Veteran	41.0	(36.9-45.0)
Non-Veteran	25.8	(24.6-27.0)

Food Insecurity

Food insecurity is defined as the limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways¹¹. There were an estimated 18.3 million people living in food-insecure households in 2024¹².

- In 2025, 7.5% (approximately 169,000) Iowa adults reported receiving food stamps on an EBT card, and 11.6% (262,000) of Iowa adults reported that they struggled to afford food in the past year.
- Five in twenty of Black, non-Hispanic (27.3%) Hispanic (24.2%), and four in twenty Other or Multiracial non-Hispanic (17.8%) Iowans were unable to afford more food when needed in the past year, compared to two in twenty White, non-Hispanic Iowans (9.6%) reporting the same.
- A higher prevalence of adults with children under the age of 18 in the home (10.8%) reported receiving food stamps compared to those without children under 18 in the home (5.8%; analysis not shown in table).
- A higher prevalence of adults with children under the age of 18 in the home (15.3%) reported that they struggled to afford food in the past year compared to those without children under 18 in the home (9.8%; analysis not shown in table).

Food Insecurity

Demographic Characteristics	Received Food Stamps, Past 12 Months		Unable to Afford More Food, Past 12 Months	
	(%)	C.I. (95%)	(%)	C.I. (95%)
Total	7.5	(6.8-8.2)	11.6	(10.8-12.5)
Sex				
Female	9.9	(8.8-11.0)	14.0	(12.6-15.4)
Male	5.0	(4.2-5.9)	9.2	(8.2-10.3)
Race/Ethnicity				
Hispanic, all races	10.0	(7.1-12.9)	24.2	(20.0-28.4)
Black, Non-Hispanic	20.1	(14.2-25.9)	27.3	(20.1-34.4)
White, Non-Hispanic	6.2	(5.5-6.8)	9.6	(9.7-10.4)
Other or Multiracial, Non-Hispanic	14.8	(10.2-19.4)	17.8	(12.8-22.8)
Age				
18-24	5.5	(3.7-7.4)	15.3	(12.2-18.3)
25-34	12.1	(9.5-14.7)	16.4	(13.5-19.3)
35-44	11.1	(9.0-13.3)	14.0	(11.5-16.5)
45-54	8.3	(6.5-10.1)	11.8	(9.6-13.9)
55-64	7.5	(6.0-9.0)	12.0	(9.9-14.1)
65-74	3.8	(2.8-4.7)	6.0	(4.7-7.3)
75+	2.8	(1.8-3.8)	5.0	(3.6-6.4)
Education				
Less Than H.S.	20.8	(16.1-25.4)	33.7	(28.1-39.2)
H.S. or G.E.D.	10.4	(9.0-11.8)	15.7	(14.0-17.5)
Some Post-H.S.	7.0	(5.8-8.2)	10.1	(8.6-11.6)
College Graduate	2.1	(1.5-2.7)	4.3	(3.4-5.2)
Household Income				
Less than \$15,000	53.3	(46.9-59.7)	49.9	(43.5-56.4)
\$15,000 - \$24,999	29.8	(24.9-34.7)	39.0	(33.8-44.2)
\$25,000 - \$34,999	16.2	(12.5-19.9)	25.1	(20.5-29.6)
\$35,000 - \$49,999	7.5	(5.4-9.5)	16.3	(13.7-19.0)
\$50,000 - \$74,999	3.0	(1.8-4.2)	8.8	(6.8-10.8)
\$75,000 - \$99,999	*	*	3.5	(2.0-4.9)
\$100,000+	*	*	1.9	(1.1-2.7)
Veteran Status				
Veteran	4.5	(2.7-6.3)	6.6	(4.4-8.7)
Non-Veteran	7.8	(7.1-8.5)	12.1	(11.2-13.1)
Disability Status				
Adults with disabilities	15.7	(13.9-17.6)	23.2	(21.1-25.4)
No disabilities	4.5	(3.8-5.1)	7.4	(6.5-8.2)

Vegetable and Fruit Consumption

Vegetables and fruits are rich sources of vitamins, minerals, dietary fiber, and phytochemicals, including antioxidants, that support overall health^{13,14}. A diet high in vegetables and fruit is associated with reduced risks of cardiovascular disease, obesity, cancer, and improved blood pressure control^{13,14}. US dietary guidelines recommend at least three servings of vegetables and two servings of fruits per day¹⁵.

- In 2025, 6.1% of adult Iowans reported having met the vegetables and fruits serving per day requirements.
- Females (7.8%) reported a significantly higher prevalence of meeting the vegetables and fruits servings per day requirement compared to males (4.4%).
- There were no differences in prevalence of meeting the vegetables and fruits servings per day by race and ethnicity, age, education, household income, veteran status, and disability status.

Fruit and Vegetable Consumption

Demographics Characteristics	Met Vegetables and Fruits Daily Servings Intake	
	%	C.I. (95%)
Total	6.1	(5.4-6.7)
Sex		
Female	7.8	(6.7-8.8)
Male	4.4	(3.6-5.1)
Race/Ethnicity		
Hispanic, all races	8.1	(5.3-11.0)
Black, Non-Hispanic	8.1	(4.1-12.0)
White, Non-Hispanic	5.8	(5.1-6.5)
Other, Non-Hispanic	9.5	(4.0-15.0)
Multiracial, Non-Hispanic	*	*
Age		
18-24	6.4	(4.3-8.5)
25-34	5.8	(3.9-7.7)
35-44	8.1	(6.1-10.2)
45-54	5.0	(3.6-6.5)
55-64	6.0	(4.5-7.5)
65-74	5.0	(3.7-6.2)
75+	6.4	(4.9-7.9)
Education		
Less Than H.S.	6.6	(3.5-9.7)
H.S. or G.E.D.	4.8	(3.8-5.8)
Some Post-H.S.	5.2	(4.0-6.3)
College Graduate	8.2	(6.9-9.5)
Household Income		
Less than \$15,000	7.4	(4.0-10.7)
\$15,000 - \$24,999	4.4	(2.4-6.4)
\$25,000 - \$34,999	4.8	(2.9-6.8)
\$35,000 - \$49,999	4.7	(3.2-6.3)
\$50,000 - \$74,999	6.1	(4.4-7.8)
\$75,000 - \$99,999	7.0	(5.2-8.8)
\$100,000+	6.7	(5.4-8.0)
Veteran Status		
Veteran	5.3	(3.4-7.3)
Non-Veteran	6.2	(5.5-6.9)
Disability Status		
Adults with disabilities	5.0	(3.9-6.1)
No disabilities	6.5	(5.7-7.3)

Radon Test Not Done in Household

Radon is a naturally occurring, invisible, and odorless radioactive gas that seeps from soil into homes through cracks and openings; testing is the only way to detect elevated levels^{16,17}. Long-term exposure to high radon levels is the second leading cause of lung cancer in the U.S., making residential testing and mitigation key public health measures^{17,18}.

- In 2025, an estimated 61.6% (approximately 1,334,000) of adults in Iowa reported their home had not been tested for radon in the past 5 years. An estimated 5.8% (129,000) of adults did not know if their home had been tested for radon in past 5 years.
- The prevalence of adults not having their home tested for radon in the past 5 years ranged between 52.2% to 60.5% for age groups below 54 years old or younger and ranged between 68.9% and 70.6% for adults 55 years or older.
- The prevalence of not having home tested for radon decreased as education attainment increased. For adults who attained less than a high education, 70.0% reported not having home tested whereas those who attained a college education it was 56.9%. Similar pattern held for those who did not know if their home was tested for radon.
- Among Iowans who own their home, 62.9% had not had their home tested for radon (2.4% did not know). Among those who rented or had some other arrangement for their home, 57.7% had not tested their home for radon (16.6% did not know).

Radon Test in Household

Demographic Characteristics	Radon Test Not Done in Household		Radon Test Unknown in Household	
	%	C.I. (95%)	%	C.I. (95%)
Total	61.6	(60.3-62.9)	5.8	(5.2-6.5)
Sex				
Female	62.0	(60.2-63.9)	7.4	(6.3-8.5)
Male	61.2	(59.3-63.1)	4.3	(3.5-5.0)
Race/Ethnicity				
Hispanic, all races	70.3	(65.6-74.9)	8.5	(5.7-11.4)
Black, Non-Hispanic	59.6	(51.5-67.7)	13.0	(7.8-18.2)
White, Non-Hispanic	61.2	(59.8-62.6)	5.0	(4.3-5.6)
Other, Non-Hispanic	58.0	(49.1-66.9)	9.6	(5.1-14.2)
Multiracial, Non-Hispanic	58.8	(48.8-68.9)	11.3	(5.1-17.4)
Age				
18-24	54.0	(49.6-58.4)	16.6	(13.4-19.9)
25-34	52.2	(48.3-56.2)	9.4	(7.3-11.5)
35-44	56.3	(52.7-60.0)	5.3	(3.8-6.8)
45-54	60.5	(57.1-63.8)	3.8	(2.5-5.1)
55-64	70.6	(67.7-73.5)	2.1	(1.2-2.9)
65-74	68.9	(66.2-71.6)	1.1	(0.6-1.7)
75+	70.2	(67.3-73.1)	3.2	(2.2-4.2)
Education				
Less Than H.S.	70.0	(64.4-75.5)	10.5	(6.9-14.2)
H.S. or G.E.D.	64.4	(62.1-66.7)	6.9	(5.6-8.2)
Some Post-H.S.	61.8	(59.4-64.3)	5.6	(4.4-6.8)
College Graduate	56.9	(54.6-59.1)	4.0	(3.1-4.8)
Household Income				
Less than \$15,000	66.9	(60.6-73.1)	12.0	(7.3-16.7)
\$15,000-\$24,999	64.4	(59.2-69.7)	9.5	(6.3-12.8)
\$25,000-\$34,999	69.1	(64.7-73.5)	7.8	(5.4-10.3)
\$35,000-\$49,999	63.2	(59.6-66.9)	5.9	(4.2-7.7)
\$50,000-\$74,999	64.7	(61.4-68.0)	4.0	(2.6-5.3)
\$75,000-\$99,999	61.3	(57.7-64.8)	4.1	(2.7-5.6)
\$100,000+	56.7	(54.1-59.3)	3.2	(2.1-4.2)
Home Ownership				
Own	62.9	(61.3-64.4)	2.4	(1.9-3.0)
Rent or Other Arrangement	57.7	(55.1-60.2)	16.6	(14.6-18.6)
Cigarette Smoking Status				
Currently Smoking Cigarettes	60.0	(56.1-63.9)	6.1	(4.4-7.9)
Not Currently Smoking Cigarettes	61.8	(60.4-63.2)	5.8	(5.1-6.5)

Weight Status: Overweight and Obesity

Body mass index (BMI) is used as an indirect measure to determine a person's body weight category. A BMI of 25.0 to less than 30 falls within the overweight range. A BMI of 30.0 or higher falls within the obesity range. In the BRFSS, BMI is calculated from the self-reported height and weight of survey participants.

- In 2025, over one out of three adult Iowans (34.3%; approximately 802,000) were classified as overweight. The prevalence of being classified as overweight has remained stable since 2011 (35.8%) in Iowa.
- In 2025, 36.9% (approximately 863,000) were classified as obese. The prevalence of obesity continues to steadily increase in Iowa since 2011 (29.0%) in Iowa.
- According to the BMI calculation, Multiracial, non-Hispanic adult Iowans (45.5%) reported the highest rate of obesity compared to the other racial/ethnic groups analyzed.
- Adults with disabilities (46.0%) reported a higher rate of obesity than adults without disabilities (33.5%).
- The percentage of Iowan adults who were classified as overweight or obese is higher in 2025 (71.2%) than in 2011 (64.8%).

Weight Status: Overweight and Obesity

Demographic Characteristics	Overweight		Obesity	
	%	C.I. (95%)	%	C.I. (95%)
Total	34.3	(33.0-35.5)	36.9	(35.7-38.2)
Sex				
Female	30.1	(28.4-31.9)	35.9	(34.1-37.8)
Male	38.2	(36.4-39.9)	37.8	(36.1-39.6)
Race/Ethnicity				
Hispanic, all races	34.9	(30.1-39.7)	41.7	(36.8-46.6)
Black, Non-Hispanic	31.9	(24.4-39.4)	40.9	(33.1-48.7)
White, Non-Hispanic	34.6	(33.3-35.9)	36.3	(35.0-37.6)
Other, Non-Hispanic	31.0	(23.4-38.7)	31.9	(24.0-39.8)
Multiracial, Non-Hispanic	30.5	(21.9-39.0)	45.5	(35.8-55.2)
Age				
18-24	28.8	(25.0-32.5)	20.5	(17.1-23.9)
25-34	34.6	(31.0-38.3)	35.8	(32.1-39.4)
35-44	35.3	(31.9-38.7)	39.4	(36.0-42.9)
45-54	33.8	(30.7-37.0)	46.5	(43.2-49.8)
55-64	33.4	(30.4-36.4)	44.7	(41.6-47.9)
65-74	36.4	(33.7-39.1)	40.5	(37.6-43.3)
75+	38.7	(35.7-41.8)	27.7	(24.9-30.5)
Education				
Less Than H.S.	33.5	(28.0-39.0)	36.3	(30.8-41.8)
H.S. or G.E.D.	31.5	(29.4-33.5)	38.7	(36.5-40.9)
Some Post-H.S.	34.3	(32.0-36.6)	39.8	(37.4-42.1)
College Graduate	37.5	(35.3-39.6)	31.8	(29.8-33.8)
Household Income				
Less than \$15,000	28.4	(22.6-34.2)	38.5	(32.3-44.6)
\$15,000-\$24,999	28.8	(24.1-33.4)	39.4	(34.3-44.4)
\$25,000-\$34,999	34.4	(30.0-38.8)	40.4	(35.9-44.8)
\$35,000-\$49,999	33.5	(30.2-36.8)	38.9	(35.4-42.4)
\$50,000-\$74,999	32.6	(29.5-35.7)	39.5	(36.3-42.7)
\$75,000-\$99,999	36.1	(32.6-39.5)	39.5	(36.0-43.0)
\$100,000+	37.9	(35.5-40.3)	33.3	(31.0-35.6)
Veteran Status				
Veteran	41.7	(37.7-45.8)	37.6	(33.6-41.6)
Non-Veteran	33.5	(32.2-34.8)	36.9	(35.6-38.2)
Disability Status				
Adults with disabilities	27.8	(25.7-30.0)	46.0	(43.6-48.5)
No disabilities	36.7	(35.2-38.2)	33.5	(32.0-35.0)

Risk Behavior Indicators

Alcohol Consumption: Binge Drinking

In the United States, alcohol is the top mind-altering substance used¹⁹. The BRFSS survey defines a standard drink as one 12-ounce beer, one 5-ounce glass of wine, or a drink with one shot of hard liquor. In BRFSS analyses, binge drinking is defined as consuming 5 or more alcoholic drinks for men and 4 or more alcoholic drinks for women on one occasion. Binge drinking causes more than half of all alcohol related deaths in the United States²⁰.

- In 2025, 52.6% (approximately 1,271,000) of Iowans reported that they had at least one drink of alcohol in the past 30 days (data not shown).
- In 2025, 17.8% (approximately 427,000) of Iowans reported binge drinking in the previous month.
- In 2025, one in four males engaged in binge drinking. About three in ten males aged 18-24 (29.4%), 25-34 (31.4%), 35-44 (30.1%), and 45-54 (28.4%) engaged in binge drinking, which were the highest percentages across the analyzed age and sex categories (data not shown).
- Iowans whose annual household income was greater than or equal to \$100,000 had statistically higher prevalence of binge drinking (23.6%) compared to all other household income groups, except those whose annual household income was between \$75,000 to \$99,999 (20.7%).
- Binge drinking decreased significantly as age increases from 25.0% among 18-24 year olds to 2.5% among 75 years old or older.

Alcohol Consumption: Binge Drinking

Demographics Characteristics	Binge Drinking	
	%	C.I. (95%)
Total	17.8	(16.8-18.8)
Sex		
Female	12.4	(11.2-13.7)
Male	23.3	(21.7-24.8)
Race/Ethnicity		
Hispanic, all races	14.9	(11.5-18.3)
Black, Non-Hispanic	16.6	(10.6-22.5)
White, Non-Hispanic	18.3	(17.2-19.4)
Other, Non-Hispanic	12.0	(6.2-17.7)
Multiracial, Non-Hispanic	19.8	(12.4-27.3)
Age Group		
18 - 24	25.0	(21.5-28.4)
25 - 34	23.7	(20.5-26.8)
35 - 44	23.9	(20.9-26.9)
45 - 54	21.5	(18.8-24.3)
55 - 64	16.5	(14.1-18.8)
65-74	8.3	(6.7-9.9)
75+	2.5	(1.5-3.5)
Education		
Less than H.S.	14.6	(10.4-18.8)
H.S. or G.E.D.	18.5	(16.7-20.3)
Some Post-H.S.	18.5	(16.6-20.4)
College Graduate	17.3	(15.6-19.0)
Household Income		
Less than \$15,000	16.0	(11.0-20.9)
\$15,000-\$24,999	14.0	(10.3-17.6)
\$25,000-\$34,999	13.4	(10.0-16.9)
\$35,000-\$49,999	14.4	(12.0-16.8)
\$50,000-\$74,999	17.3	(14.7-19.9)
\$75,000 -\$99,999	20.7	(17.8-23.7)
\$100,000+	23.6	(21.5-25.8)
Veteran Status		
Veteran	17.4	(14.0-20.9)
Non-Veteran	17.9	(16.8-19.0)
Disability Status		
Adults with disabilities	13.3	(11.6-15.0)
No disabilities	19.6	(18.3-20.8)

Alcohol Consumption: Heavy Drinking

BRFSS defines heavy drinking as consuming more than 14 drinks per week for men and more than 7 drinks per week for women.

- In 2025, 6.6% (approximately 158,000) reported heavy drinking in the past month. This is slightly higher, but not significantly different, from the prevalence rate in 2024 of 7.7%.
- Heavy drinking was also significantly more prevalent among males (8.1%) than females (5.1%).
- Heavy drinking peaked between ages 45 and 54 (at 9.2%) before decreasing into older adulthood.

Alcohol Consumption: Heavy Drinking

Demographics Characteristics	Heavy Drinking	
	%	C.I. (95%)
Total	6.6	(5.9-7.3)
Sex		
Female	5.1	(4.3-6.0)
Male	8.1	(7.1-9.1)
Race/Ethnicity		
Hispanic, all races	7.0	(6.3-7.8)
Black, Non-Hispanic	*	*
White, Non-Hispanic	2.6	(1.2-4.0)
Other, Non-Hispanic	*	*
Multiracial, Non-Hispanic	*	*
Age Group		
18 - 24	6.6	(4.5-8.8)
25 - 34	6.8	(4.9-8.7)
35 - 44	8.5	(6.6-10.4)
45 - 54	9.2	(7.2-11.1)
55 - 64	7.3	(5.7-8.9)
65-74	5.0	(3.7-6.3)
75+	1.6	(0.8-2.4)
Education		
Less than H.S.	6.0	(3.2-8.9)
H.S. or G.E.D.	6.9	(5.7-8.1)
Some Post-H.S.	7.4	(6.2-8.7)
College Graduate	5.5	(4.5-6.5)
Household Income		
Less than \$15,000	7.9	(4.0-11.8)
\$15,000 - \$24,999	6.2	(3.7-8.8)
\$25,000 - \$34,999	4.1	(2.2-6.0)
\$35,000 - \$49,999	4.8	(3.3-6.2)
\$50,000 - \$74,999	6.5	(4.8-8.1)
\$75,000 - \$99,999	8.7	(6.6-10.8)
\$100,000+	8.2	(6.9-9.6)
Veteran Status		
Veteran	8.2	(5.7-10.6)
Non-Veteran	6.5	(5.8-7.1)
Disability Status		
Adults with disabilities	5.7	(4.5-6.8)
No disabilities	7.0	(6.2-7.7)

Brain Injury

A traumatic brain injury, or TBI, is an injury that affects how the brain works. TBIs are caused by an external force such as hitting your head during a fall, colliding with an object or another person, or a penetrating injury to the head²¹. TBIs can range from mild injuries with temporary symptoms to more serious injuries that result in long-term physical and psychological complications²². Concussions are a type of traumatic brain injury.

- In 2025, an estimated 27.4% (approximately 608,000) of adults reported that they had ever had a severe brain injury.
- Males (34.2%) reported a higher prevalence of brain injury as compared to females (20.8%).
- Severe brain injuries were most prevalent among Other and Multiracial, Non-Hispanic Iowans (38.4%) and White, Non-Hispanic Iowans (28.5%), compared to Black, non-Hispanic (16.6%); Hispanic (17.1%); and Other, non-Hispanic (19.9%) Iowans.
- Veterans (39.8%) reported a significantly higher prevalence of severe brain injury, compared to non-veterans (26.2%).
- Reports of severe brain injury were significantly higher among adults with disabilities (39.8%) compared to adults without disabilities (23.4%).
- Among adults with poor mental health, 38.1% reported ever having a severe brain injury, which is significantly higher than the prevalence among those without poor mental health (25.5%).

Brain Injury

Demographic Characteristics	Ever Had a Severe Head Injury	
	(%)	C.I. (95%)
Total	27.4	(26.2-28.6)
Sex		
Female	20.8	(19.2-22.3)
Male	34.2	(32.4-35.9)
Race/Ethnicity		
Hispanic, all races	17.1	(13.1-21.1)
Black, Non-Hispanic	16.6	(10.7-22.6)
White, Non-Hispanic	28.5	(27.2-29.8)
Other, Non-Hispanic	19.9	(12.9-26.9)
Multiracial, Non-Hispanic	38.4	(28.6-48.2)
Education		
18 - 24	22.2	(18.6-25.8)
25 - 34	27.2	(23.7-30.7)
35 - 44	32.1	(28.7-35.5)
45 - 54	32.3	(29.1-35.5)
55 - 64	29.8	(26.8-32.7)
65 - 74	24.3	(21.8-26.8)
75+	22.2	(19.6-24.9)
Education		
Less than H.S.	26.3	(21.0-31.6)
H.S. or G.E.D.	26.5	(24.4-28.6)
Some Post-H.S.	28.4	(26.1-30.6)
College Graduate	27.4	(25.4-29.4)
Household Income		
Less than \$15,000	36.1	(29.9-42.4)
\$15,000 - \$24,999	32.2	(27.1-37.3)
\$25,000 - \$34,999	26.6	(22.4-30.8)
\$35,000 - \$49,999	26.9	(23.6-30.2)
\$50,000 - \$74,999	25.3	(22.4-28.2)
\$75,000 - \$99,999	26.7	(23.5-29.9)
\$100,000+	28.7	(26.4-31.0)
Veteran Status		
Veteran	39.8	(35.5-44.1)
Non-Veteran	26.2	(25.0-27.5)
Disability Status		
Adults with disabilities	38.1	(35.6-40.6)
No disabilities	23.4	(22.1-24.7)
Reporting Poor Mental Health		
Yes	38.1	(34.5-41.7)
No	25.5	(24.3-26.8)

Cigarette Smoking

Smoking harms nearly every organ of the body and can lead to disease and disability²³.

Cigarette smoking is a leading cause of preventable death in the United States, responsible for more than 473,000 deaths per year²⁴.

- In 2025, an estimated 285,000 adult Iowans (11.7%) currently smoked cigarettes.
- Males (12.8%) reported higher rates of smoking than females (10.6%) but the difference is not statistically significant.
- Current cigarette smoking by race and ethnicity ranged between 6.5% among Hispanic Iowans and 17.6% among Multiracial, non-Hispanic Iowans.
- Current smoking rates were highest among the 45-54 (18.6%) age group, followed by the 35-44 (16.0%) and 55-64 (15.6%) age groups.
- Almost one in five (19.3%) adult Iowans with less than a high school education reported current cigarette smoking, compared to 4.4% of college graduates.
- As annual household income increased, the percent currently smoking decreased. Approximately 30.8% of adults with incomes below \$15,000 reported current smoking, compared to 6.6% of adults with household incomes greater than or equal to \$100,000.
- Adults with disabilities (17.6%) reported a significantly higher prevalence of smoking cigarettes than did adults without disabilities (9.5%).
- Among Iowans that currently smoke cigarettes, almost half (47.9%; approximately 123,000) reported that they attempted to quit smoking cigarettes for at least one day in the past year (Analysis not shown in table).

Cigarette Smoking

Demographic Characteristics	Current Cigarette Smoking	
	(%)	C.I. (95%)
Total	11.7	(10.9-12.5)
Sex		
Female	10.6	(9.5-11.7)
Male	12.8	(11.6-14.0)
Race/Ethnicity		
Hispanic, all races	6.5	(4.4-8.5)
Black, Non-Hispanic	12.2	(6.6-17.7)
White, Non-Hispanic	11.9	(11.0-12.8)
Other, Non-Hispanic	8.4	(3.9-13.0)
Multiracial, Non-Hispanic	17.6	(10.8-24.4)
Age Group		
18 - 24	4.2	(2.6-5.7)
25 - 34	10.1	(7.9-12.4)
35 - 44	16.0	(13.4-18.5)
45 - 54	18.6	(16.1-21.1)
55 - 64	15.6	(13.4-17.8)
65 - 74	10.0	(8.4-11.7)
75+	5.1	(3.6-6.5)
Education		
Less than H.S.	19.3	(15.0-23.6)
H.S. or G.E.D.	15.5	(13.9-17.1)
Some Post-H.S.	12.9	(11.4-14.5)
College Graduate	4.4	(3.5-5.3)
Household Income		
Less than \$15,000	30.8	(25.3-36.3)
\$15,000 - \$24,999	21.7	(17.6-25.7)
\$25,000 - \$34,999	17.2	(13.8-20.6)
\$35,000 - \$49,999	13.0	(10.7-15.3)
\$50,000 - \$74,999	11.3	(9.2-13.4)
\$75,000 - \$99,999	12.0	(9.6-14.4)
\$100,000+	6.6	(5.4-7.8)
Veteran Status		
Veteran	15.8	(12.8-18.8)
Non-Veteran	11.3	(10.5-12.1)
Disability Status		
Adults with disabilities	17.6	(15.8-19.4)
No disabilities	9.5	(8.6-10.4)

E-cigarette Use

E-cigarettes, also known as vapes, are the most commonly used tobacco product among youth²⁵ and young adults²⁶. E-cigarettes use a battery to heat up a special liquid into an aerosol that users can inhale. The liquid is often flavored. Most e-cigarettes contain nicotine, the highly addictive and harmful chemical found in other tobacco products, plus other harmful substances besides nicotine like carcinogens and heavy metals²⁷.

- In 2025, an estimated 217,000 (8.9%) of adult Iowans reported that they currently used e-cigarettes, which is tied with 2024 for the highest percentage reported to date.
- A little more than two in ten (21.3%; approximately 69,000) 18-24 year olds currently used e-cigarettes, which is up from one in ten (10.6%; approximately 34,000) in 2017.
- Since 2017, current e-cigarette use has been higher among those 18-24 years as compared to older age groups, and this gap continues to increase.
- As annual household income increases, prevalence of current e-cigarette use decreases. Approximately 13.9% of adults with incomes below \$15,000 reported current e-cigarette use, compared to 7.2% of adults with household incomes greater than or equal to \$100,000.
- Adults with disabilities (12.7%) reported current e-cigarette use at a significantly higher rate compared to adults without disabilities (7.6%).

E-Cigarette Use

Demographic Characteristics	Current E-Cigarette Use	
	%	C.I. (95%)
Total	8.9	(8.1-9.7)
Sex		
Female	9.0	(7.8-10.2)
Male	8.8	(7.7-9.8)
Race/Ethnicity		
Hispanic, all races	7.5	(5.3-9.8)
Black, Non-Hispanic	10.1	(5.2-15.1)
White, Non-Hispanic	8.9	(8.0-9.8)
Other, Non-Hispanic	9.4	(4.3-14.5)
Multiracial, Non-Hispanic	13.3	(6.2-20.3)
Age Group		
18 - 24	21.3	(17.8-24.7)
25 - 34	15.9	(13.1-18.7)
35 - 44	10.7	(8.6-12.8)
45 - 54	8.2	(6.4-10.0)
55 - 64	2.8	(1.8-3.9)
65+	1.1	(0.7-1.6)
Education		
Less than H.S.	13.8	(9.5-18.0)
H.S. or G.E.D.	13.3	(11.6-15.0)
Some Post-H.S.	8.9	(7.5-10.4)
College Graduate	3.1	(2.3-3.9)
Household Income		
Less than \$15,000	13.9	(9.4-18.3)
\$15,000 - \$24,999	12.5	(8.6-16.4)
\$25,000 - \$34,999	12.5	(9.2-15.9)
\$35,000 - \$49,999	9.6	(7.5-11.7)
\$50,000 - \$74,999	8.2	(6.1-10.3)
\$75,000 - \$99,999	6.0	(4.7-7.3)
\$100,000+	7.2	(5.0-9.3)
Veteran Status		
Veteran	8.9	(6.1-11.7)
Non-Veteran	8.9	(8.1-9.8)
Disability Status		
Adults with disabilities	12.7	(10.9-14.4)
No disabilities	7.6	(6.7-8.5)

Gambling

Problem gambling, or gambling addiction, is a gambling behavior that damages the person or their family and can often disrupt the individual's daily life and career²⁸. The American Psychological Association's Diagnostic and Statistical Manual of Mental Disorder, 5th Editions (DSM-5) classifies problem gambling as the only addictive behavioral disorder²⁸. People with a gambling addiction, like alcohol and drugs addictions, can experience increased tolerance (requiring more gambling to be satisfied) as well as experience withdrawal symptoms like irritability.

- In 2025, an estimated 709,000 (31.7%) adult Iowans reported that they gambled in the past 12 months, this is significantly less than in 2012 (44.4%; approximately 913,000).
- Almost eight in twenty males (37.9%) gambled in the past twelve months compared to five in twenty females (25.6%), which is a statistically significant difference.
- White, non-Hispanic (33.3%) adult Iowans had the highest prevalence of gambling in the past twelve months and Hispanics (16.6%) had the lowest.
- As household income increased, prevalence of gambling in past 12 months increased, ranging from 17.2% among those with household income less than \$15,000 to 41.7% among those with household income greater than or equal to \$100,000.

Gambling

Demographic Characteristics	Any Past year Gambling	
	%	C.I. (95%)
Total	31.7	(30.4-32.9)
Sex		
Female	25.6	(23.9-27.3)
Male	37.9	(36.0-39.7)
Race/Ethnicity		
Hispanic, all races	16.6	(12.9-20.3)
Black, Non-Hispanic	28.4	(21.2-35.6)
White, Non-Hispanic	33.3	(31.9-34.6)
Other, Non-Hispanic	22.7	(15.3-30.1)
Multiracial, Non-Hispanic	31.7	(22.4-41.0)
Age Group		
18 - 24	23.9	(20.2-27.6)
25 - 34	33.0	(29.3-36.7)
35 - 44	36.4	(32.9-39.9)
45 - 54	38.7	(35.4-42.1)
55 - 64	38.1	(35.0-41.2)
65 - 74	27.7	(25.1-30.3)
75+	20.0	(17.5-22.6)
Education		
Less than H.S.	16.5	(11.8-21.1)
H.S. or G.E.D.	28.5	(26.4-30.6)
Some Post-H.S.	35.5	(33.1-37.8)
College Graduate	*	*
Household Income		
Less than \$15,000	17.2	(12.4-22.1)
\$15,000 - \$24,999	19.8	(15.7-23.9)
\$25,000 - \$34,999	22.1	(18.2-26.0)
\$35,000 - \$49,999	26.6	(23.3-30.0)
\$50,000 - \$74,999	31.8	(28.6-34.9)
\$75,000 - \$99,999	35.6	(32.2-39.1)
\$100,000+	41.7	(39.2-44.3)
Veteran Status		
Veteran	34.2	(29.9-38.4)
Non-Veteran	31.5	(30.2-32.8)
Disability Status		
Adults with disabilities	26.4	(24.2-28.6)
No disabilities	33.7	(32.2-35.2)

Marijuana Use

Marijuana, also called cannabis, is the most commonly used federally illegal drug in the United States²⁹. Certain states have legalized the use of recreational and/or medical marijuana use in recent years. As of 2025, recreational marijuana use is illegal in the state of Iowa. However, Iowa has a regulated medical cannabidiol (CBD) program for Iowa residents with serious medical conditions. Additionally, Iowa law does not prohibit THC products, if derived from hemp, from being sold. The Iowa BRFSS asks on how many days in the past month did a respondent use marijuana or cannabis, specifying to respondents that cannabidiol, CBD, or medical marijuana should not be included in their answer.

- In 2025, 10.7% (approximately 237,000) of adult Iowans reported that they had used marijuana at least once in the past month.
- Marijuana use was higher among males (12.3%) compared to females (9.1%).
- The prevalence of using marijuana at least once in the past month decreased as age increased. For adults aged 18 to 24, 20.4% reported using marijuana at least once monthly decreasing to 3.1% among those age 65 years and older.
- Adults with disabilities (14.4%) reported a significantly higher prevalence of marijuana use in the past month as compared to adults without disabilities (9.3%).
- Frequent marijuana use in the past month followed a similar trend to past month marijuana use by age groups, with 8.7% of adults aged 18 to 24 using marijuana frequently in the past month decreasing to 1.4% among adults aged 65 years and older.

Marijuana Use

Demographic Characteristics	Any Past Month Marijuana Use (1+ Days)		Frequent Past Month Marijuana Use (20+ Days)	
	%	C.I. (95%)	%	C.I. (95%)
Total	10.7	(9.8-11.5)	4.8	(4.2-5.4)
Sex				
Female	9.1	(7.9-10.3)	5.2	(4.2-6.1)
Male	12.3	(11.0-13.6)	6.6	(5.7-7.6)
Race/Ethnicity				
Hispanic, all races	7.4	(4.9-10.0)	3.7	(1.7-5.6)
Black, Non-Hispanic	15.7	(10.1-21.3)	6.1	(2.7-9.6)
White, Non-Hispanic	10.8	(9.8-11.7)	4.9	(4.3-5.6)
Other or Multiracial, Non-Hispanic	9.9	(5.5-14.2)	*	*
Age Group				
18 - 24	20.4	(16.9-23.8)	8.7	(6.4-11.1)
25 - 34	17.2	(14.1-20.2)	6.4	(4.5-8.2)
35 - 44	12.0	(9.6-14.3)	6.8	(5.0-8.6)
45 - 54	10.9	(8.8-13.0)	4.7	(3.3-6.2)
55 - 64	7.9	(6.1-9.6)	3.8	(2.5-5.1)
65+	3.1	(2.3-3.8)	1.4	(0.9-1.9)
Education				
Less than H.S.	11.0	(7.1-15.0)	6.0	(3.3-8.7)
H.S. or G.E.D.	12.5	(10.8-14.2)	7.5	(6.1-8.8)
Some Post-H.S.	12.1	(10.4-13.7)	4.5	(3.4-5.5)
College Graduate	7.1	(6.0-8.3)	2.1	(1.5-2.8)
Household Income				
Less than \$15,000	16.3	(11.5-21.0)	8.2	(4.5-11.9)
\$15,000 - \$24,999	13.1	(9.3-16.9)	5.7	(3.1-8.4)
\$25,000 - \$34,999	11.8	(8.4-15.3)	4.8	(2.7-6.8)
\$35,000 - \$49,999	12.8	(10.1-15.4)	7.3	(5.3-9.3)
\$50,000 - \$74,999	10.9	(8.7-13.2)	5.1	(3.6-6.7)
\$75,000 - \$99,999	10.8	(8.4-13.2)	5.3	(3.6-7.1)
\$100,000+	9.3	(7.7-10.9)	3.2	(2.3-4.2)
Veteran Status				
Veteran	7.7	(5.1-10.3)	3.1	(1.4-4.8)
Non-Veteran	11.0	(10.0-11.9)	4.9	(4.3-5.6)
Disability Status				
Adults with disabilities	14.4	(12.6-16.3)	7.2	(5.8-8.6)
No disabilities	9.3	(8.3-10.3)	3.9	(3.2-4.5)

Opioid and Methamphetamine Use

Opioids can come in prescription (e.g. oxycodone and codeine) and non-prescription (e.g. heroin and fentanyl) form³⁰. Opioids are addictive, and their use is a major driver of drug overdose in the U.S.³⁰. Methamphetamine, also known as meth, comes in powder and blue-white crystalline form³¹. Long-term use of methamphetamines can have serious health effects, including psychosis, cardiovascular dysfunction, and cognitive deficits³¹.

- In 2025, an estimated 2.1% (approximately 46,000) of adult Iowans reported using opioids in the past month and 0.5% (approximately 10,000) report using methamphetamine.
- Those with lower household incomes (less than \$35,000) reported a higher prevalence of past-month opioid use (4.2%) compared to those with household incomes of \$35,000 or more (1.6%).
- Adults with any disability reported higher opioid use (5.4%) compared to adults without any disability (0.9%)

Opioid and Methamphetamine Use

Demographic Characteristics	Any Past Month Opioid Use (1+ Days)		Any Past Month Methamphetamine Use (1+ Days)	
	%	C.I. (95%)	%	C.I. (95%)
Total	2.1	(1.7-2.4)	0.5	(0.3-0.7)
Sex				
Female	2.5	(1.9-3.1)	*	*
Male	1.6	(1.2-2.1)	0.7	(0.3-1.0)
Race/Ethnicity				
Non-White or Hispanic	1.5	(0.5-2.5)	*	*
White, Non-Hispanic	2.2	(1.8-2.6)	0.5	(0.3-0.7)
Age Group				
18 - 35	*	*	*	*
36+	2.8	(2.3-3.3)	0.5	(0.3-0.8)
Education				
Less than H.S. & H.S. or G.E.D.	2.2	(1.6-2.8)	0.8	(0.4-1.2)
Some Post-H.S. & College Graduate	2.0	(1.6-2.5)	*	*
Household Income				
Less than \$35,000	4.2	(3.0-5.5)	1.4	(0.7-2.1)
\$35,000+	1.6	(1.2-2.0)	*	*
Veteran Status				
Veteran	1.9	(0.8-2.9)	*	*
Non-Veteran	2.1	(1.7-2.5)	0.4	(0.2-0.6)
Disability Status				
Adults with disabilities	5.4	(4.3-6.5)	1.2	(0.6-1.7)
No disabilities	0.9	(0.6-1.1)	*	*

Clinical Preventive Practices

Routine Check-up in Past Year

Routine checkups with a healthcare provider are an important aspect of preventative health care. People who see their healthcare provider regularly and have routine screenings are more likely to receive an early diagnosis if they develop a medical condition, and this can contribute to better outcomes and a longer lifespan³².

- In 2025, an estimated 78.6% (approximately 1,979,000) of adult Iowans reported that they had a routine medical checkup within the past year.
- Females (83.3%) reported a significantly higher prevalence of having a routine checkup in the past year than males (73.9%).
- Prevalence of routine medical check-up within the last year by race and ethnicity among adult Iowans ranged from 68.5% among Hispanics to 80.0% among White, non-Hispanics.
- Generally, the prevalence of having a routine medical checkup within the past year increased with age.
- Veterans and adults with disabilities (86.8% and 84.0%, respectively) had significantly higher rates of having a routine medical checkup within the past year compared to non-veterans and adults without disabilities (77.8% and 76.9%), respectively).
- Lack of health insurance is a significant barrier to receiving routine health care. Insured adults (81.4%) had a significantly higher prevalence of a routine medical checkup in the past year compared to adults without health insurance (39.7%) (analysis not shown in table).

Routine Check-Up in Past Year

Demographic Characteristics	Had a Routine Checkup within the Past Year	
	%	C.I. (95%)
Total	78.6	(77.5-79.7)
Sex		
Female	83.3	(81.9-84.7)
Male	73.9	(72.3-75.5)
Race/Ethnicity		
Hispanic, all races	68.5	(64.3-72.6)
Black, Non-Hispanic	77.8	(71.4-84.2)
White, Non-Hispanic	80.0	(78.8-81.1)
Other or Multiracial, Non-Hispanic	72.6	(67.0-78.2)
Age		
18-24	68.8	(65.1-72.5)
25-34	65.0	(61.5-68.4)
35-44	69.2	(66.1-72.3)
45-54	79.1	(76.5-81.8)
55-64	84.8	(82.6-87.0)
65+	94.1	(93.2-95.0)
Education		
Less Than H.S.	66.2	(61.1-71.3)
H.S. or G.E.D.	76.6	(74.7-78.5)
Some Post-H.S.	80.3	(78.4-82.2)
College Graduate	82.0	(80.3-83.7)
Household Income		
Less than \$15,000	77.6	(72.4-82.9)
\$15,000 - \$24,999	78.0	(73.6-82.3)
\$25,000 - \$34,999	77.0	(73.1-80.8)
\$35,000 - \$49,999	78.8	(76.0-81.6)
\$50,000 - \$74,999	78.7	(75.9-81.5)
\$75,000 - \$99,999	79.0	(76.0-81.9)
\$100,000+	78.9	(76.8-80.9)
Veteran Status		
Veteran	86.8	(83.7-89.8)
Non-Veteran	77.8	(76.7-78.9)
Disability Status		
Adults with disabilities	84.0	(82.1-85.9)
No disabilities	76.9	(75.6-78.2)

HIV Testing

An estimated 1.2 million people in the United States have HIV (human immunodeficiency virus), and about 13% of those people are unaware of their status³³. Nearly 40% of new HIV infections are transmitted by people who don't know they have the virus³⁴. People who get tested and learn they have HIV can get antiretroviral therapy treatment and remain healthy for years. Knowing your HIV status can also help prevent future HIV transmission. It is recommended that everyone between the ages of 13 and 64 get tested for HIV at least once in their lifetime as part of routine care.

- In 2025, 31.2% (approximately 716,000) of Iowan adults reported ever being tested for HIV. This is lower than the national median of 40.5%.
- Black, non-Hispanic (49.8%) and Multiracial, non-Hispanic (49.6%) and Iowans reported a significantly higher prevalence of HIV testing compared to White, non-Hispanic (29.2%) and Other, non-Hispanic (27.9) Iowans.
- As household income increased, prevalence of ever having an HIV test tended to decrease. For adults whose annual household income was less than \$15,000, 44.6% reported ever having an HIV test decreasing to 32.2% among individuals whose annual house income was greater than or equal to \$100,000.
- Veterans (44.3%) and adults with disabilities (36.8%) reported a significantly higher prevalence of HIV testing compared to non-veterans (29.9%) and adults without disabilities (29.1%), respectively.

HIV Testing

Demographic Characteristics	Ever Tested for HIV	
	%	C.I. (95%)
Total	31.2	(29.9-32.4)
Sex		
Female	33.4	(31.6-35.3)
Male	28.9	(27.2-30.6)
Race/Ethnicity		
Hispanic, all races	40.1	(35.3-44.8)
Black, Non-Hispanic	49.8	(41.6-57.9)
White, Non-Hispanic	29.2	(27.9-30.5)
Other, Non-Hispanic	27.9	(20.1-35.7)
Multiracial, Non-Hispanic	49.6	(40.0-59.3)
Age Group		
18 - 24	21.9	(18.4-25.4)
25 - 34	37.6	(33.8-41.3)
35 - 44	43.9	(40.3-47.4)
45 - 54	44.1	(40.7-47.4)
55 - 64	32.9	(29.9-36.0)
65-74	19.7	(17.4-22.0)
75+	12.6	(10.4-14.8)
Education		
Less than H.S.	32.1	(26.9-37.4)
H.S. or G.E.D.	26.6	(24.5-28.7)
Some Post-H.S.	34.5	(32.1-36.9)
College Graduate	31.9	(29.7-34.0)
Household Income		
Less than \$15,000	44.6	(38.3-50.9)
\$15,000 - \$24,999	42.0	(36.8-47.3)
\$25,000 - \$34,999	34.5	(30.0-39.0)
\$35,000 - \$49,999	29.3	(26.0-32.6)
\$50,000 - \$74,999	29.8	(26.6-33.0)
\$75,000 - \$99,999	30.4	(27.0-33.7)
\$100,000+	32.2	(29.7-34.6)
Veteran Status		
Veteran	44.3	(39.9-48.6)
Non-Veteran	29.9	(28.6-31.2)
Disability Status		
Adults with disabilities	36.8	(34.4-39.2)
No disabilities	29.1	(27.7-30.6)

Immunizations

Influenza, or the flu, is a contagious respiratory illness caused by viruses that infect the nose, throat and lungs. It can cause mild to severe illness, and sometimes can lead to death³⁵. Pneumonia is a lung disease caused by bacteria, viruses, and other infectious agents such as fungi and is frequently a complication of influenza. CDC recommends pneumococcal vaccination for all children younger than five years old and all adults 50 years or older³⁶.

- In 2025, 39.5% (approximately 953,000) of adult Iowans reported receiving a flu vaccine in the past year. The rate of having a flu vaccine in the past year has fluctuated, with 2025 being the lowest ever since the 2011 redesign of BRFSS.
- The prevalence of having a flu vaccine in the past year increased with age, and education. It was higher among females (43.0%) than males (35.5%) as well.
- In 2025, 39.3% (approximately 878,000) reported ever receiving a pneumococcal vaccine. The rate of ever having a pneumococcal vaccine has remained stable.
- Prevalence of ever having a pneumococcal vaccine decreased from 18–24-year-olds (35.6%) to 35–44-year-olds (17.9%) then increased to 68.6% among those 75 years old or older; by household income, prevalence ranged between 30.0% among those with greater than or equal to \$100,000 and 46.6% among those with \$15,000–\$24,999.
- The prevalence of receiving the pneumococcal vaccine was higher among females (43.0%) than males (35.5%).

Immunizations

Demographic Characteristics	Had Influenza (Flu) Vaccine in Past Year		Ever Had Pneumococcal (Pneumonia) Vaccine	
	%	C.I. (95%)	%	C.I. (95%)
Total	39.5	(38.3-40.8)	39.3	(38.0-40.6)
Sex				
Female	44.2	(42.3-46.0)	43.0	(41.1-44.8)
Male	34.8	(33.1-36.5)	35.5	(33.8-37.2)
Race/Ethnicity				
Hispanic, all races	32.0	(27.6-36.4)	23.9	(19.7-55.6)
Black, Non-Hispanic	23.5	(17.1-29.9)	27.3	(20.1-34.4)
White, Non-Hispanic	41.1	(39.7-42.4)	41.2	(39.8-42.6)
Other, Non-Hispanic	43.2	(34.8-51.5)	32.7	(24.7-40.8)
Multiracial, Non-Hispanic	34.1	(24.9-43.3)	45.4	(35.2-55.6)
Age				
18-24	27.5	(23.7-31.3)	35.6	(31.3-39.8)
25-34	25.2	(21.9-28.5)	24.3	(20.9-27.7)
35-44	31.1	(27.9-34.4)	17.9	(15.0-20.7)
45-54	32.5	(29.4-35.5)	22.0	(19.2-24.7)
55-64	41.9	(38.8-45.0)	34.8	(31.8-37.8)
65-74	58.1	(55.3-60.9)	68.6	(66.0-71.3)
75+	66.7	(63.8-69.6)	77.9	(75.3-80.5)
Education				
Less Than H.S.	24.7	(20.1-29.4)	31.6	(26.3-36.8)
H.S. or G.E.D.	32.3	(30.2-34.3)	37.9	(35.7-40.2)
Some Post-H.S.	39.4	(37.1-41.7)	41.5	(39.1-43.9)
College Graduate	50.9	(48.7-53.1)	40.0	(37.8-42.1)
Household Income				
Less than \$15,000	29.9	(24.6-35.3)	40.5	(34.2-46.8)
\$15,000 - \$24,999	41.9	(36.9-47.0)	46.6	(41.4-51.8)
\$25,000 - \$34,999	33.6	(29.5-37.7)	44.4	(39.9-49.0)
\$35,000 - \$49,999	38.8	(35.4-42.2)	45.0	(41.5-48.6)
\$50,000 - \$74,999	40.0	(36.8-42.9)	43.6	(40.3-46.9)
\$75,000 - \$99,999	39.5	(36.1-42.9)	39.9	(36.4-43.4)
\$100,000+	42.1	(39.6-44.5)	30.0	(27.7-32.3)
Veteran Status				
Veteran	51.0	(46.8-55.1)	53.8	(49.5-58.1)
Non-Veteran	38.4	(37.1-39.7)	37.9	(36.6-39.2)
Disability Status				
Adults with disabilities	45.4	(43.0-47.8)	53.2	(50.7-55.7)
No disabilities	37.4	(35.9-38.8)	34.0	(32.5-35.4)

Cholesterol Screening and Awareness

High cholesterol, characterized by elevated low-density lipoprotein levels, often causes no symptoms and requires blood tests for detection^{37,38}. Elevated cholesterol contributes to arterial plaque buildup and significantly increases the risk of heart disease and stroke; early screening allows for risk management through lifestyle changes or medication^{37,39}.

- In 2025, 86.2% (approximately 2,067,000) of adult Iowans reported that their cholesterol had been checked within the past five years. Among this group, 35.9% (approximately 773,000) reported that they had been told their cholesterol was high.
- Females (89.3%) reported a higher rate of having their cholesterol checked recently, compared to males (83.0%). However, reports of having high cholesterol were similar among females (35.3%) and males (38.1%).
- Having cholesterol checked and reports of having high cholesterol significantly increased with age.
- Veterans (93.1%) and adults with a disability (90.1%) reported a higher prevalence of having their cholesterol checked in the past five years compared to non-veterans (34.4%) and adults without a disability (32.1%). Similar pattern held among those who were screened for high cholesterol and being told they had high cholesterol (veterans [50.0%] and adults with a disability [46.2%], compared to non-veterans [34.4%] and adults without a disability [32.1%]).

Cholesterol

Demographic Characteristics	Cholesterol Screening		Cholesterol Awareness	
	%	C.I. (95%)	%	C.I. (95%)
Total	86.2	(85.2-87.1)	35.9	(34.6-37.2)
Sex				
Female	89.3	(88.1-90.5)	34.4	(32.6-36.2)
Male	83.0	(81.6-84.4)	37.5	(35.7-39.3)
Race/Ethnicity				
Hispanic, all races	79.9	(76.3-83.5)	27.4	(22.8-32.0)
Black, Non-Hispanic	80.3	(73.7-87.0)	31.0	(23.2-38.8)
White, Non-Hispanic	87.2	(86.2-88.2)	36.9	(35.5-38.2)
Other, Non-Hispanic	82.5	(76.0-89.0)	31.6	(23.2-39.9)
Multiracial, Non-Hispanic	82.3	(75.3-89.3)	38.2	(28.1-48.3)
Age				
18-24	65.7	(61.5-69.8)	9.2	(6.2-12.3)
25-34	74.2	(71.0-77.4)	13.0	(10.3-15.8)
35-44	83.2	(80.6-85.8)	23.7	(20.6-26.8)
45-54	89.6	(87.6-91.6)	34.2	(31.0-37.4)
55-64	94.6	(93.2-96.0)	48.7	(45.6-51.9)
65-74	96.8	(95.9-97.8)	58.3	(55.6-61.1)
75+	97.4	(96.3-98.5)	52.8	(49.7-55.9)
Education				
Less Than H.S.	75.6	(70.8-80.4)	35.2	(29.4-40.9)
H.S. or G.E.D.	81.5	(79.7-83.4)	35.7	(33.4-37.9)
Some Post-H.S.	87.9	(86.3-89.6)	35.9	(33.5-38.2)
College Graduate	91.5	(90.2-92.8)	36.3	(34.2-38.3)
Household Income				
Less than \$15,000	82.7	(77.6-87.8)	35.9	(29.7-42.2)
\$15,000 - \$24,999	85.1	(81.1-89.2)	41.8	(36.6-47.1)
\$25,000 - \$34,999	82.8	(79.1-86.4)	39.5	(34.8-44.1)
\$35,000 - \$49,999	85.5	(83.0-88.0)	36.4	(33.0-39.9)
\$50,000 - \$74,999	86.1	(83.7-88.6)	36.8	(33.6-40.8)
\$75,000 - \$99,999	86.1	(83.4-88.8)	37.3	(33.8-40.8)
\$100,000+	88.5	(86.8-90.2)	32.1	(29.8-34.4)
Veteran Status				
Veteran	93.1	(90.8-95.3)	50.0	(45.7-54.2)
Non-Veteran	85.5	(84.5-86.5)	34.4	(33.1-35.8)
Disability Status				
Adults with disabilities	90.1	(89.3-92.3)	46.2	(43.7-48.7)
No disabilities	84.7	(83.6-85.9)	32.1	(30.6-33.5)

Hypertension Awareness and Medication Use

Hypertension is a chronic condition defined by persistently high systolic or diastolic blood pressure, often without symptoms, which is why regular checks are essential^{40,41}. When uncontrolled, it significantly increases the risk of heart disease, stroke, kidney disease, and premature death, but it can be effectively managed through lifestyle interventions and/or medication⁴⁰.

- In 2025, an estimated 32.8% (approximately 829,000) of adult Iowans reported ever being told by a health care provider that they had hypertension [high blood pressure] (excluding women told only during pregnancy), of which 76.6% (approximately 633,000) are currently taking prescription hypertension medication.
- The prevalence of hypertension was higher among males (36.5%) than females (29.1%) [excluding those told only during pregnancy]. Females diagnosed with hypertension currently take prescription hypertension medication at higher rates (81.0%) than males do (73.0%).
- The prevalence of hypertension increased with age. Almost three in five adults 75 years or older reported ever having been diagnosed with hypertension.
- Veterans (46.9%) and those with a disability (46.3%) had a significantly higher rate of diagnosed hypertension compared to non-veterans (31.5%) and adults without disabilities (28.1%). Veterans (83.3%) and those with a disability (80.5%) had a significantly higher rate of taking prescription hypertension medication compared to non-veterans (75.7%) and adults without a disability (74.5%)

Hypertension

Demographic Characteristics	Hypertension Awareness		Hypertension Medication	
	%	C.I. (95%)	%	C.I. (95%)
Total	32.8	(31.7-33.9)	76.6	(74.8-78.4)
Sex				
Female	29.1	(27.6-30.7)	81.0	(78.6-83.5)
Male	36.5	(34.8-38.1)	73.0	(70.5-75.6)
Race/Ethnicity				
Hispanic, all races	21.0	(17.3-24.7)	60.4	(50.8-70.1)
Black, Non-Hispanic	33.5	(26.6-40.3)	65.0	(53.4-76.6)
White, Non-Hispanic	34.3	(33.1-35.5)	78.2	(76.4-80.1)
Other, Non-Hispanic	27.6	(20.5-34.8)	77.7	(65.6-89.7)
Multiracial, Non-Hispanic	26.4	(18.4-34.4)	*	*
Age				
18-24	6.9	(4.9-8.8)	*	*
25-34	12.9	(10.5-15.3)	28.6	(19.5-37.6)
35-44	21.4	(18.6-24.1)	49.7	(42.5-56.9)
45-54	32.8	(29.8-35.8)	73.6	(68.6-78.5)
55-64	46.8	(43.7-49.8)	82.9	(79.6-86.2)
65-74	57.0	(54.3-59.8)	91.8	(89.9-93.7)
75+	59.2	(56.3-62.2)	91.7	(89.4-93.9)
Education				
Less Than H.S.	27.6	(23.2-32.0)	66.2	(57.3-75.0)
H.S. or G.E.D.	32.8	(30.8-34.7)	75.9	(72.8-79.0)
Some Post-H.S.	35.8	(33.6-38.0)	78.7	(75.5-81.9)
College Graduate	30.6	(28.7-32.4)	77.0	(73.8-80.2)
Household Income				
Less than \$15,000	31.0	(25.7-36.3)	72.3	(63.8-80.9)
\$15,000 - \$24,999	40.1	(35.4-44.9)	78.6	(72.4-84.9)
\$25,000 - \$34,999	36.4	(32.3-40.6)	78.8	(73.0-84.7)
\$35,000 - \$49,999	37.1	(33.9-40.4)	80.0	(75.7-84.2)
\$50,000 - \$74,999	35.1	(32.1-38.1)	79.3	(74.9-83.7)
\$75,000 - \$99,999	33.3	(30.1-36.5)	73.9	(68.7-79.2)
\$100,000+	28.2	(26.0-30.3)	74.8	(70.9-78.8)
Veteran Status				
Veteran	46.9	(42.9-51.0)	83.3	(78.8-87.9)
Non-Veteran	31.5	(30.3-32.7)	75.7	(73.7-77.7)
Disability Status				
Adults with disabilities	46.3	(44.0-48.7)	80.5	(77.7-83.3)
No disabilities	28.1	(26.8-29.3)	74.5	(72.1-76.9)

Chronic Conditions

Arthritis

Arthritis encompasses a group of over 100 different rheumatic diseases and conditions that result in pain and reduction of functionality in and around the joints. It is the leading cause of work disability in the United States⁴².

- In 2025, 25.8% (approximately 651,000) of adult Iowans reported ever being told by a doctor that they had some form of arthritis.
- Females (28.6%) reported a statistically higher prevalence of arthritis than males (22.9%).
- Multiracial, non-Hispanic Iowans (38.0%) and White, non-Hispanics (27.7%) reported the higher prevalence of arthritis, compared to Other, non-Hispanic (17.6%), Black, non-Hispanic (12.9%), and Hispanic (9.6%) Iowans.
- The prevalence of arthritis drastically increased with age, from 2.7% among 18–24-year-olds to 55.5% among 75+ year olds.
- As household income level increased, the prevalence of arthritis decreased. From 39.9% among those with annual household income of less than \$15,000 prevalence to 18.4% among those with an annual household income of greater than or equal to \$100,000.
- Arthritis prevalence was significantly higher among veterans (437.9%) compared to non-veterans (24.6%) as well as those with disability (46.0%) compared to those without disability (18.7%).
- Among adult Iowans with a self-care disability (difficulty dressing or bathing), 66.5% reported they had arthritis, compared to 24.8% among those who did not have a self-care disability (analysis not shown on table).
- Among adult Iowans with a mobility disability (serious difficulty walking or climbing stairs), 66.7% reported they had arthritis, compared to 20.5% among those who did not have a mobility disability (analysis not shown on table).

Arthritis

Demographic Characteristics	Ever Told Arthritis	
	%	C.I. (95%)
Total	25.8	(24.7-26.8)
Sex		
Female	28.6	(27.1-30.1)
Male	22.9	(21.5-24.3)
Race/Ethnicity		
Hispanic, all races	9.2	(6.7-11.8)
Black, Non-Hispanic	12.9	(8.5-17.4)
White, Non-Hispanic	27.7	(26.5-28.8)
Other, Non-Hispanic	17.6	(11.7-23.4)
Multiracial, Non-Hispanic	38.0	(28.8-47.1)
Age Group		
18 - 24	2.7	(1.4-3.9)
25 - 34	7.7	(5.7-9.7)
35 - 44	11.5	(9.4-13.7)
45 - 54	25.1	(22.4-27.9)
55 - 64	38.9	(35.9-41.9)
65-74	47.6	(44.8-50.4)
75+	55.5	(52.5-58.5)
Education		
Less than H.S.	21.6	(17.5-25.7)
H.S. or G.E.D.	26.3	(24.5-28.1)
Some Post-H.S.	28.5	(26.5-30.5)
College Graduate	22.9	(21.2-24.6)
Household Income		
Less than \$15,000	39.9	(34.0-45.8)
\$15,000 - \$24,999	39.2	(34.4-44.0)
\$25,000 - \$34,999	29.7	(25.8-33.5)
\$35,000 - \$49,999	28.9	(25.9-31.9)
\$50,000 - \$74,999	27.5	(24.8-30.2)
\$75,000 - \$99,999	24.6	(21.8-27.5)
\$100,000+	18.4	(16.6-20.1)
Veteran Status		
Veteran	37.9	(34.0-41.8)
Non-Veteran	24.6	(23.6-25.7)
Disability Status		
Adults with disabilities	46.0	(43.6-48.3)
No disabilities	18.7	(17.6-19.8)

Asthma

Asthma is a chronic inflammatory disorder of the lungs where airways become blocked or narrowed⁴³. Asthma can make breathing difficult and trigger coughing, wheezing, breathlessness, or chest tightness⁴⁴. Genetic, environmental, and occupational factors have been linked to developing asthma.

- In 2025, an estimated 13.9% (approximately 352,000) of Iowans reported that they had ever been diagnosed with asthma in their lifetime, and 9.4% (approximately 237,000) reported currently having asthma.
- Compared to males, females had a significantly higher rate of lifetime (16.1% vs. 11.7%) and current (11.9% vs. 6.8%) asthma.
- The prevalence of lifetime asthma decreased with age and household income.
- Compared to adults without disabilities, adults with disabilities reported significantly higher rates of both lifetime (22.5% vs. 10.8%) and current (16.9% vs. 6.0%) asthma.

Asthma

Demographic Characteristics	Ever Told Asthma		Current Asthma	
	%	C.I. (95%)	%	C.I. (95%)
Total	13.9	(13.0-14.8)	9.4	(8.7-10.1)
Sex				
Female	16.1	(14.7-17.4)	11.9	(10.8-13.1)
Male	11.7	(10.5-12.9)	6.8	(5.9-7.7)
Race/Ethnicity				
Hispanic, all races	11.2	(8.4-14.0)	8.1	(5.6-10.5)
Black, Non-Hispanic	15.2	(9.3-21.0)	9.9	(5.1-14.7)
White, Non-Hispanic	13.6	(12.7-14.6)	9.2	(8.4-10.0)
Other, Non-Hispanic	11.3	(6.3-16.3)	*	*
Multiracial, Non-Hispanic	30.4	(21.9-39.0)	21.2	(13.7-28.6)
Age Group				
18 - 24	14.8	(12.0-17.7)	8.6	(6.4-10.8)
25 - 34	17.6	(14.7-20.5)	10.3	(8.1-12.5)
35 - 44	15.8	(13.3-18.4)	9.8	(7.7-11.9)
45 - 54	12.3	(10.2-14.3)	8.9	(7.2-10.7)
55 - 64	15.3	(13.0-17.5)	12.1	(10.1-14.2)
65-74	11.4	(9.6-13.1)	9.1	(7.5-10.7)
75+	8.9	(7.2-10.7)	6.4	(4.9-7.9)
Education				
Less than H.S.	18.5	(14.2-22.9)	12.3	(8.9-15.6)
H.S. or G.E.D.	14.2	(12.6-15.7)	9.6	(8.3-10.9)
Some Post-H.S.	13.8	(12.1-15.4)	9.0	(7.7-10.4)
College Graduate	12.6	(11.2-14.0)	8.9	(7.6-10.1)
Household Income				
Less than \$15,000	25.9	(20.4-31.4)	21.5	(16.2-26.8)
\$15,000 - \$24,999	19.9	(15.6-24.3)	13.9	(10.4-17.4)
\$25,000 - \$34,999	18.8	(15.0-22.5)	12.9	(9.9-15.9)
\$35,000 - \$49,999	14.2	(11.8-16.6)	11.0	(8.9-13.2)
\$50,000 - \$74,999	13.8	(11.6-16.1)	8.8	(7.0-10.6)
\$75,000 - \$99,999	11.9	(9.6-14.3)	7.8	(5.9-9.8)
\$100,000+	11.1	(9.5-12.7)	6.7	(5.4-7.9)
Veteran Status				
Veteran	10.1	(7.6-12.6)	6.0	(4.2-7.8)
Non-Veteran	14.2	(13.3-15.2)	9.7	(8.9-10.5)
Disability Status				
Adults with disabilities	22.5	(20.4-24.5)	16.9	(15.1-18.7)
No disabilities	10.8	(9.9-11.8)	6.8	(6.0-7.6)

Cancer

Cancer is the second most common cause of death in the United States, following heart disease⁴⁵. Although cancer is a common disease, more and more people are surviving cancer. Death rates for all cancer types have declined 34% since 1991, when the cancer death rate peaked at 215 deaths from cancer per 100,000 people⁴⁵. Declines in the cancer death rate are largely due to reductions in smoking and vast improvements in early cancer detection and treatment methods.

- In 2025, an estimated 6.5% (approximately 163,000) of adult Iowans had ever been told by a doctor that they had skin cancer, and 9.3% (approximately 235,000) reported being told they had melanoma or some other type of cancer.
- White, non-Hispanic Iowans had high prevalence of being diagnosed with skin (7.3%) and other types of cancers (10.4%) compared to non-White and Hispanic Iowans (2.3 and 3.8, respectively).
- Veterans and adults with disabilities reported significantly higher rates of both skin (11.6% vs. 9.2%) and other types (15.7% vs. 14.6%) cancers compared to non-veterans and adults without a disability (6.0% and 5.5%; 8.7% and 7.4%, respectively).

Cancer

Demographic Characteristics	Ever Told Skin Cancer		Ever Told Melanoma or Any Other Types of Cancer	
	%	C.I. (95%)	%	C.I. (95%)
Total	6.5	(5.9-7.0)	9.3	(8.7-10.0)
Sex				
Female	6.9	(6.1-7.7)	10.6	(9.6-11.6)
Male	6.1	(5.3-6.8)	8.0	(7.2-8.8)
Race/Ethnicity				
Non-White or Hispanic	2.3	(1.2-3.4)	3.8	(2.6-5.0)
White, Non-Hispanic	7.3	(6.7-7.9)	10.4	(9.7-11.2)
Age				
18-44	0.8	(0.5-1.1)	1.9	(1.3-2.4)
45-54	3.4	(2.3-4.6)	7.3	(5.7-9.0)
55-64	8.1	(6.4-9.8)	11.4	(9.5-13.3)
65-74	13.3	(11.4-15.2)	18.5	(16.4-20.7)
75+	21.7	(19.2-24.2)	27.1	(24.4-29.8)
Education				
Less Than H.S.	4.0	(2.0-6.0)	4.8	(2.8-6.7)
H.S. or G.E.D.	5.4	(4.5-6.3)	8.9	(7.8-10.0)
Some Post-H.S.	6.4	(5.4-7.4)	9.9	(8.6-11.1)
College Graduate	8.4	(7.3-9.4)	10.3	(9.1-11.5)
Household Income				
Less than \$15,000	*	*	10.0	(6.5-13.6)
\$15,000 - \$24,999	7.3	(4.8-9.8)	8.8	(6.4-11.2)
\$25,000 - \$34,999	6.7	(4.8-8.5)	10.5	(8.2-12.8)
\$35,000 - \$49,999	5.5	(4.2-6.8)	9.0	(7.2-10.8)
\$50,000 - \$74,999	6.4	(5.0-7.8)	10.7	(8.9-12.4)
\$75,000 - \$99,999	6.7	(5.2-8.2)	8.6	(6.9-10.4)
\$100,000+	6.0	(5.0-7.1)	7.2	(6.1-8.3)
Veteran Status				
Veteran	11.6	(9.3-13.9)	15.7	(13.0-18.4)
Non-Veteran	6.0	(5.4-6.6)	8.7	(8.1-9.4)
Disability Status				
Adults with disabilities	9.2	(7.9-10.5)	14.6	(13.1-16.2)
No disabilities	5.5	(4.9-6.1)	7.4	(6.7-8.1)

Cardiovascular Diseases

Cardiovascular disease (CVD) is an umbrella term covering disorders of both the heart (cardio) and blood vessels (vascular) in the body. CVD most often refers to heart disease and stroke. Heart disease includes coronary heart disease and heart attacks. Heart disease was the leading cause of death in the United States in 2023⁴⁶ and in Iowa in 2022 (most recent available)⁴⁷.

- In 2025, 4.1% percent of adult Iowans had ever been diagnosed with a heart attack (approximately 104,000) and 4.3% had been diagnosed with coronary heart disease (CHD; approximately 108,000).
- Males reported significantly higher rates of heart attack (5.4%) and CHD (5.4%), compared to females (2.8% and 3.2%, respectively).
- The prevalence of heart attack and CHD decreased as household income increased from 6.6% and 6.0% among those with incomes less than \$15,000 to 2.2% and 2.8% among those with incomes greater than or equal to \$100,000.
- Veterans and people with disabilities experience heart attack (10.2% and 8.2%) and CHD (11.7% and 9.5%) at higher rates than non-veterans (3.5% and 2.7%; 3.6% and 2.5% respectively).
- In 2025, 3.2% (approximately 81,000) of Iowa adults had ever been told they had a stroke.
- Unlike heart attack and CHD, the prevalence rate of experiencing a stroke did not differ by sex.
- As with heart attack and CHD, the prevalence of stroke also increased with age and decreased with household income levels.
- Veterans (6.3%) and adults with disabilities (7.6%) reported higher rates of being diagnosed with ever having a stroke compared to non-veterans (3.0%) and adults without disabilities (1.7%).

Cardiovascular Diseases

Demographic Characteristics	Ever Told Heart Attack		Ever Told Angina or Coronary Heart Disease (CHD)		Ever Told Stroke	
	%	C.I. (95%)	%	C.I. (95%)	%	C.I. (95%)
Total	4.1	(3.7-4.6)	4.3	(3.9-4.7)	3.2	(2.8-3.6)
Sex						
Female	2.8	(2.3-3.4)	3.2	(2.7-3.8)	3.2	(2.6-3.8)
Male	5.4	(4.7-6.1)	5.4	(4.7-6.1)	3.3	(2.7-3.8)
Race/Ethnicity						
Non-White or Hispanic	3.0	(1.8-4.1)	2.0	(1.1-3.0)	3.1	(1.9-4.3)
White, Non-Hispanic	4.4	(3.9-4.9)	4.7	(4.2-5.2)	3.3	(2.9-3.7)
Age						
18-44	0.9	(0.5-1.3)	*	*	0.8	(0.4-1.1)
45-54	2.7	(1.6-3.8)	2.1	(1.2-3.1)	2.7	(1.7-3.8)
55-64	5.5	(4.1-6.8)	5.0	(3.7-6.2)	4.0	(2.8-5.1)
65-74	7.6	(6.2-9.0)	10.0	(8.3-11.7)	5.0	(3.9-6.2)
75+	12.9	(10.9-14.9)	15.1	(12.9-17.2)	10.3	(8.4-12.3)
Education						
Less Than H.S.	5.1	(3.2-7.0)	1.9	(0.8-3.0)	2.9	(1.3-4.4)
H.S. or G.E.D.	5.1	(4.3-6.0)	5.0	(4.2-5.8)	3.1	(2.5-3.8)
Some Post-H.S.	4.2	(3.4-5.0)	4.4	(3.6-5.3)	3.6	(2.8-4.4)
College Graduate	2.8	(2.2-3.4)	4.1	(3.4-4.8)	2.9	(2.3-3.6)
Household Income						
Less than \$15,000	6.6	(4.1-9.1)	6.0	(3.5-8.5)	6.8	(3.9-9.8)
\$15,000 - \$24,999	6.8	(4.7-8.9)	6.6	(4.6-8.5)	5.9	(3.9-7.9)
\$25,000 - \$34,999	7.3	(5.1-9.4)	6.0	(3.9-7.3)	5.1	(3.5-6.8)
\$35,000 - \$49,999	5.6	(4.2-7.0)	5.4	(4.0-6.8)	4.2	(3.0-5.5)
\$50,000 - \$74,999	4.4	(3.2-5.6)	4.6	(3.4-5.8)	3.1	(2.0-4.2)
\$75,000 - \$99,999	2.4	(1.5-3.4)	4.0	(2.8-5.3)	2.0	(1.2-2.9)
\$100,000+	2.2	(1.6-2.8)	2.8	(2.1-3.4)	1.5	(1.0-2.1)
Veteran Status						
Veteran	10.2	(8.1-12.4)	11.7	(9.4-14.0)	6.3	(4.4-8.2)
Non-Veteran	3.5	(3.1-4.0)	3.6	(3.2-4.0)	3.0	(2.6-3.4)
Disability Status						
Adults w/ disabilities	8.2	(7.0-9.4)	9.5	(8.2-10.7)	7.6	(6.4-8.8)
No disabilities	2.7	(2.3-3.2)	2.5	(2.1-2.9)	1.7	(1.3-2.0)

Chronic Obstructive Pulmonary Disease (COPD)

Chronic obstructive pulmonary disease, or COPD, refers to a group of chronic inflammatory lung diseases that cause airflow blockage and breathing-related problems⁴⁸. Symptoms of COPD include coughing, wheezing, shortness of breath, chest tightness, and excess phlegm production⁴⁹. Cigarette smoke exposure is the leading cause for the development and progression of COPD⁵⁰.

- In 2025, 6.0% (approximately 152,000) of adult Iowans reported ever being told by a health care provider that they had chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis.
- The prevalence of COPD decreased with higher levels of education and household income.
- Veterans (11.2%) and adults with disabilities (15.3%) had a significantly higher prevalence rate of being diagnosed with COPD than non-veterans (5.6%) and adults without disabilities (2.7%).
- Among respondents who reported currently smoking cigarettes, 16.3% reported being diagnosed with COPD. Comparatively, 4.7% of individuals who did not currently smoke cigarettes reported they had COPD.

Chronic Obstructive Pulmonary Disease

Demographic Characteristics	Ever Told COPD, Emphysema, or Chronic Bronchitis	
	%	C.I. (95%)
Total	6.0	(5.5-6.6)
Sex		
Female	6.4	(5.6-7.2)
Male	5.7	(4.9-6.4)
Race/Ethnicity		
Non-White or Hispanic	4.6	(3.2-6.1)
White, Non-Hispanic	6.3	(5.7-6.9)
Age		
18 - 24	*	*
25 - 34	*	*
35 - 44	2.9	(1.7-4.0)
45 - 54	5.9	(4.4-7.5)
55 - 64	10.2	(8.2-12.1)
65 - 74	9.3	(7.7-10.9)
75+	12.6	(10.6-14.6)
Education		
Less Than H.S.	10.7	(7.4-14.0)
H.S. or G.E.D.	7.5	(6.5-8.6)
Some Post-H.S.	6.3	(5.3-7.4)
College Graduate	2.8	(2.2-3.5)
Household Income		
Less than \$15,000	16.7	(12.4-21.0)
\$15,000 - \$24,999	17.6	(13.7-21.5)
\$25,000 - \$34,999	10.7	(8.1-13.2)
\$35,000 - \$49,999	7.4	(5.7-9.1)
\$50,000 - \$74,999	5.2	(3.9-6.5)
\$75,000 - \$99,999	4.3	(2.6-5.7)
\$100,000+	2.2	(1.5-2.8)
Veteran Status		
Veteran	11.2	(8.7-13.7)
Non-Veteran	5.6	(5.0-6.1)
Disability Status		
Adults with disabilities	15.3	(13.6-17.0)
No disabilities	2.7	(2.3-3.2)
Cigarette Smoking Status		
Currently Smoking Cigarettes	16.3	(13.9-18.8)
Not Currently Smoking Cigarettes	4.7	(4.2-5.3)

Depression

Depression is one of the most common mental disorders in the United States⁵¹. Depressive symptoms can affect how someone feels, thinks, and handles daily activities. Physical health and mental health are interconnected. Poor physical health can lead to poor mental health, and poor mental health can lead to poor physical health. Depression may occur with other mental disorders and other illnesses, such as diabetes, cancer, heart disease, and chronic pain. Depression can make these conditions worse, and vice versa. Sometimes, medications taken for these illnesses cause side effects that contribute to symptoms of depression.

- In 2025, 19.6% (approximately 521,000) of adult Iowans reported ever being told by a doctor that they had a depressive disorder (including depression, major depression, dysthymia, or minor depression). The trend has been climbing steadily upwards since 2011 (15.2%).
- Slightly more than twice as many females reported (27.36%) ever being diagnosed with depression than did males (13.6%).
- By age group, diagnosed depression decreased from the highest in 18-24 year olds (29.3%) Iowans to the lowest in those age 75 years or older (8.5%).
- By income group, diagnosed depression decreased from the highest among those earning less than \$15,000 (40.8%) to the lowest among those earning greater than or equal to \$100,000 (15.5%).

Depression

Demographic Characteristics	Ever Told a Depressive Disorder	
	%	C.I. (95%)
Total	20.6	(19.6-21.7)
Sex		
Female	27.6	(25.9-29.3)
Male	13.6	(12.4-14.9)
Race/Ethnicity		
Hispanic, all races	17.7	(14.2-21.2)
Black, Non-Hispanic	11.7	(6.8-16.5)
White, Non-Hispanic	21.2	(20.0-22.3)
Other, Non-Hispanic	10.2	(5.2-15.1)
Multiracial, Non-Hispanic	38.0	(28.6-47.3)
Age Group		
18 - 24	29.3	(25.6-33.0)
25 - 34	26.4	(23.0-29.7)
35 - 44	22.3	(19.5-25.1)
45 - 54	22.4	(19.8-25.0)
55 - 64	19.5	(17.0-21.9)
65 - 74	13.9	(12.0-15.7)
75+	8.5	(6.8-10.2)
Education		
Less than H.S.	22.0	(17.5-26.6)
H.S. or G.E.D.	20.9	(19.0-22.8)
Some Post-H.S.	22.9	(20.9-24.9)
College Graduate	17.4	(15.8-19.1)
Household Income		
Less than \$15,000	40.5	(34.4-46.7)
\$15,000 - \$24,999	34.4	(29.4-39.3)
\$25,000 - \$34,999	25.0	(21.0-28.9)
\$35,000 - \$49,999	21.7	(18.7-24.8)
\$50,000 - \$74,999	19.4	(16.9-22.0)
\$75,000 - \$99,999	21.6	(18.6-24.7)
\$100,000+	14.5	(12.7-16.4)
Veteran Status		
Veteran	17.1	(13.8-20.4)
Non-Veteran	21.0	(19.9-22.1)
Disability Status		
Adults with disabilities	39.9	(37.5-42.3)
No disabilities	13.8	(12.7-14.9)

Diabetes

Diabetes is a chronic health condition that affects the body's ability to turn food into energy. It is the 8th leading cause of death in the United States⁵². Insulin is a hormone that helps control the body's blood sugar levels and metabolism. If someone has diabetes, their body either does not make enough insulin (type 1 diabetes), or it cannot use the insulin it makes as well as it should (type 2 diabetes). More than 37 million Americans have diabetes, and approximately 90-95% of them have type 2 diabetes⁵³.

- In 2025, an estimated 11.4% (approximately 288,000) of adult Iowans reported ever being told by a health care provider that they had diabetes (excluding women told only during pregnancy).
- The prevalence of diabetes increased with age. A little more than one in five adults 75 years or older reported ever having diagnosed diabetes.
- The prevalence of diabetes decreased with higher levels of household income from 15.6% among those with annual household income of less than \$15,000 to 7.5% among those with annual household income of greater than or equal to \$100,000.
- Veterans (18.9%) and those with disability (20.4%) had a significantly higher rate of diagnosed diabetes compared to non-veterans (10.6%) and adults without disabilities (8.1%).

Diabetes

Demographic Characteristics	Ever Told Diabetes	
	%	C.I. (95%)
Total	11.4	(10.7-12.1)
Sex		
Female	10.5	(9.5-11.4)
Male	12.3	(11.3-13.4)
Race/Ethnicity		
Hispanic, all races	10.8	(7.9-13.6)
Black, Non-Hispanic	7.4	(3.9-10.9)
White, Non-Hispanic	11.6	(10.8-12.4)
Other, Non-Hispanic	13.2	(7.6-18.9)
Multiracial, Non-Hispanic	11.9	(6.3-17.6)
Age		
18-24	*	*
25-34	2.4	(1.4-3.4)
35-44	5.8	(4.2-7.3)
45-54	11.7	(9.6-13.7)
55-64	18.4	(16.1-20.7)
65-74	23.0	(20.7-25.4)
75+	21.1	(18.6-23.6)
Education		
Less Than H.S.	12.2	(9.1-15.3)
H.S. or G.E.D.	11.2	(9.9-12.4)
Some Post-H.S.	12.8	(11.4-14.3)
College Graduate	9.8	(8.6-10.9)
Household Income		
Less than \$15,000	15.6	(12.5-20.7)
\$15,000 - \$24,999	18.2	(14.8-21.7)
\$25,000 - \$34,999	14.5	(11.6-17.4)
\$35,000 - \$49,999	14.5	(12.1-16.8)
\$50,000 - \$74,999	12.0	(10.1-13.9)
\$75,000 - \$99,999	10.9	(8.9-12.9)
\$100,000+	7.5	(6.4-8.7)
Veteran Status		
Veteran	18.9	(15.9-21.9)
Non-Veteran	10.6	(9.9-11.4)
Disability Status		
Adults with disabilities	20.4	(18.6-22.2)
No disabilities	8.1	(7.3-8.8)

Kidney Disease

More than 1 in 7 US adults are affected by chronic kidney disease, and as many as 9 out of 10 who have the disease are not aware that they have it⁵⁴. Kidney disease is a condition where the kidneys are damaged and cannot filter blood as well as healthy kidneys. This can lead to toxic waste and extra fluid accumulating in the body, and may lead to high blood pressure, heart disease, and stroke⁵⁵.

- In 2025, 3.7% (approximately 92,000) of adult Iowans reported ever being told by a healthcare provider that they had kidney disease.
- The prevalence of kidney disease increased with age (1.2% among those 18-44, 9.6% among those 75+).
- Veterans (6.1%) and adults with disabilities (7.9%) had a higher prevalence of kidney disease compared to non-veterans (3.4%) and adults without disabilities (2.1%).

Demographic Characteristics	Ever Told Kidney Disease	
	%	C.I. (95%)
Total	3.7	(3.2-4.1)
Sex		
Female	4.2	(3.6-4.9)
Male	3.1	(2.5-3.6)
Race/Ethnicity		
Non-White or Hispanic	4.4	(3.0-5.8)
White, Non-Hispanic	3.5	(3.1-3.9)
Age		
18-44	1.2	(0.8-1.7)
45-54	2.9	(1.9-3.9)
55-64	4.9	(3.5-5.2)
65-74	6.3	(4.9-7.6)
75+	9.6	(7.9-11.4)
Education		
Less Than H.S.	3.8	(1.9-5.7)
H.S. or G.E.D.	3.0	(2.4-3.6)
Some Post-H.S.	4.1	(3.3-4.9)
College Graduate	3.9	(3.1-4.6)
Household Income		
Less than \$15,000	4.7	(2.2-7.2)
\$15,000 - \$24,999	10.0	(7.2-12.8)
\$25,000 - \$34,999	4.3	(2.7-5.9)
\$35,000 - \$49,999	4.5	(3.1-5.9)
\$50,000 - \$74,999	2.6	(1.7-3.4)
\$75,000 - \$99,999	2.9	(1.8-4.0)
\$100,000+	2.4	(1.7-3.1)
Veteran Status		
Veteran	6.1	(4.4-7.8)
Non-Veteran	3.4	(3.0-3.9)
Disability Status		
Adults with disabilities	7.9	(6.7-9.1)
No disabilities	2.1	(1.7-2.5)

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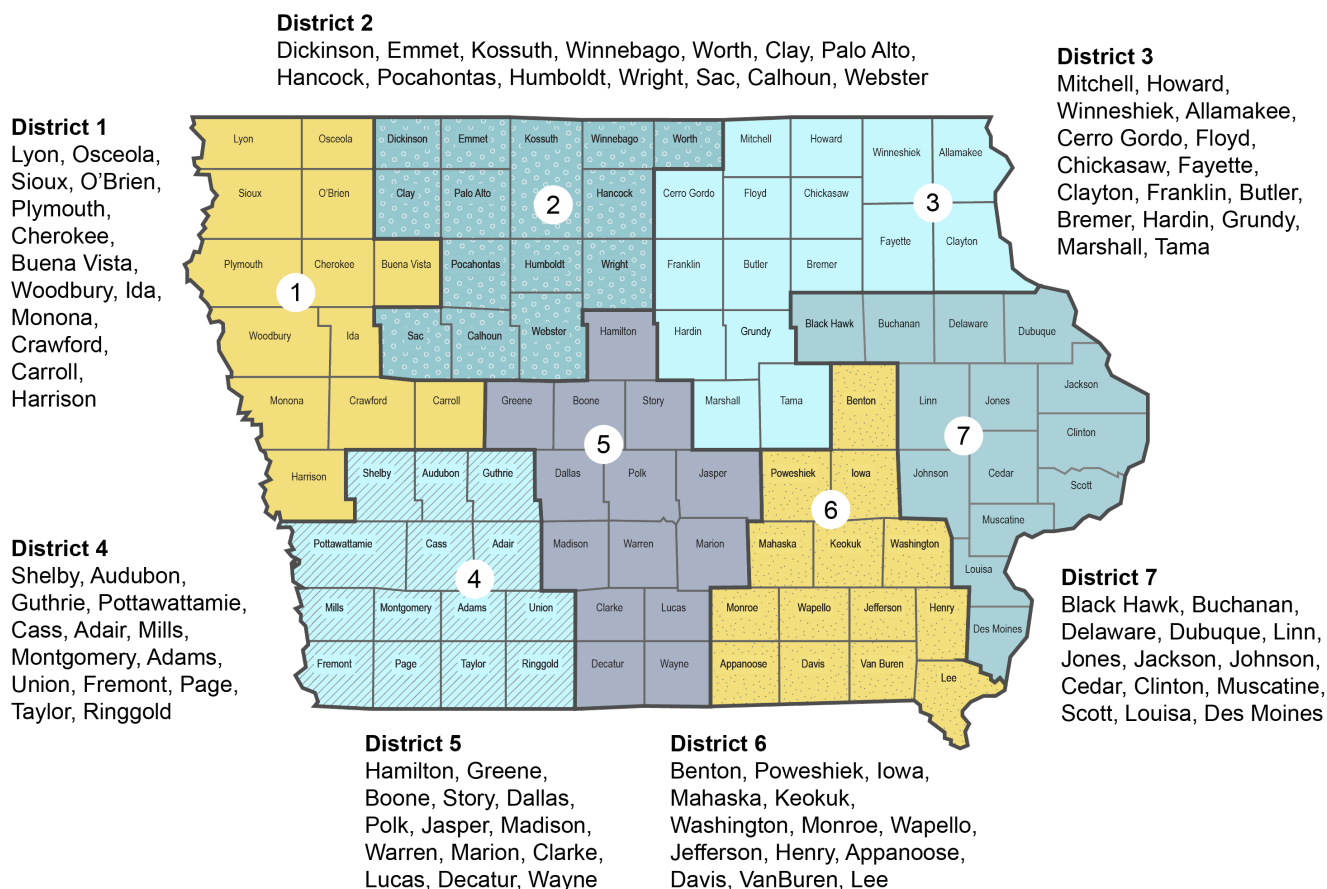
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Appendix 1 District Tables

The following appendices present findings for the totals of each indicator for each of Iowa's seven HHS districts. If you are interested in a more detailed breakdown of the data (i.e. by demographic characteristics), please submit a request via this form: [BRFSS Data Request Form](#). This form can also be found on [Iowa's BRFSS webpage](#).

Iowa HHS District Map



Appendix 2 (HHS District 1 Totals for Each Indicator)

Iowa HHS District 1	District 1 Totals		State Totals
	%	C.I. (95%)	%
Health Status Indicators			
General Health Status (Fair or Poor)	18.4	(15.6-21.3)	17.4
Poor Physical Health	11.3	(9.0-13.5)	12.1
Poor Mental Health	12.5	(9.8-15.1)	14.9
No Health Insurance Coverage (Ages 18-64)	13.0	(9.8-16.2)	7.8
No Personal Health Care Provider	19.3	(16.0-22.5)	17.7
No Health Care Access Due to Cost	9.6	(7.4-11.8)	8.6
Disability	24.5	(21.4-27.6)	27.1
Received Food Stamps (Past 12 Months)	6.8	(5.0-8.6)	7.5
Unable to Afford More Food (Past 12 Months)	11.8	(9.4-14.3)	11.6
Met Vegetable and Fruit Daily Servings Intake	8.9	(6.6-11.1)	6.1
Radon Test Not Done in Household	64.7	(60.7-68.8)	61.6
Radon Test Unknown in Household	6.7	(4.5-8.9)	5.8
Overweight	35.3	(31.5-39.0)	34.3
Obesity	39.2	(35.4-43.1)	36.9
Risk Behaviors			
Binge Drinking	18.2	(15.1-21.4)	17.8
Heavy Drinking	5.6	(3.6-7.5)	6.6
Ever Had a Severe Head Injury	25.3	(21.9-28.7)	27.4
Current Cigarette Smoking	13.5	(10.9-16.1)	11.7
Current E-Cigarette Use	8.5	(6.1-10.8)	8.9
Any Past Year Gambling	26.8	(23.1-30.5)	31.7
Any Past Month Marijuana Use	6.3	(4.3-8.3)	10.7
Frequent Past Month Marijuana Use	3.3	(1.8-4.8)	4.8
Any Past Month Opioid Use	2.0	(1.0-3.0)	2.1
Any Past Month Methamphetamine Use	*	*	0.5
Clinical Preventive Practices			
Had a Routine Checkup within the Past Year	76.4	(73.1-79.7)	78.6
Ever Tested for HIV	27.4	(23.9-30.9)	31.2
Had Influenza Vaccine in Past year	34.3	(30.7-38.0)	39.5
Ever Had Pneumococcal Vaccine	33.7	(30.0-37.3)	39.3
Cholesterol Screening	83.2	(80.0-86.3)	86.2
Cholesterol Awareness	35.9	(32.2-39.7)	35.9
Hypertension Awareness	32.6	(29.2-35.9)	32.8
Hypertension Medication	78.6	(73.4-83.8)	76.6
Chronic Conditions			
Ever Told Arthritis	23.9	(21.0-26.9)	25.8
Ever Told Asthma	13.3	(10.5-16.0)	13.9
Current Asthma	8.3	(6.3-10.4)	9.4
Ever Told Skin Cancer	4.8	(3.4-6.2)	6.5

Iowa HHS District 1	District 1 Totals		State Totals
	%	C.I. (95%)	%
Ever Told Melanoma or Other Types of Cancer	7.2	(5.5-9.0)	9.3
Ever Told Heart Attack	3.5	(2.4-4.6)	4.1
Ever Told Angina or Coronary Heart Disease	3.4	(2.3-4.5)	4.3
Ever Told Stroke	2.4	(1.5-3.4)	3.2
Ever Told COPD	5.1	(3.6-6.5)	6.0
Ever Told a Depressive Disorder	15.1	(12.4-17.8)	20.6
Ever Told Diabetes	12.7	(10.5-15.0)	11.4
Ever Told Kidney Disease	4.0	(2.9-5.1)	3.7

Appendix 3 (HHS District 2 Totals for Each Indicator)

Iowa HHS District 2	District 2 Totals		State Totals
	%	C.I. (95%)	%
Health Status Indicators			
General Health Status (Fair or Poor)	20.6	(16.9-24.3)	17.4
Poor Physical Health	17.2	(13.6-20.7)	12.1
Poor Mental Health	12.0	(8.8-15.3)	14.9
No Health Insurance Coverage (Ages 18-64)	10.0	(6.1-13.8)	7.8
No Personal Health Care Provider	16.1	(12.4-19.7)	17.7
No Health Care Access Due to Cost	10.5	(7.5-13.5)	8.6
Disability	30.2	(26.0-34.5)	27.1
Received Food Stamps (Past 12 Months)	8.1	(5.3-10.8)	7.5
Unable to Afford More Food (Past 12 Months)	11.3	(8.3-14.3)	11.6
Met Vegetable and Fruit Daily Servings Intake	7.7	(5.2-10.1)	6.1
Radon Test Not Done in Household	66.2	(61.5-70.9)	61.6
Radon Test Unknown in Household	3.8	(1.8-5.7)	5.8
Overweight	35.9	(31.2-40.5)	34.3
Obesity	38.6	(33.8-43.4)	36.9
Risk Behaviors			
Binge Drinking	16.5	(13.3-19.4)	17.8
Heavy Drinking	5.9	(3.8-7.9)	6.6
Ever Had a Severe Head Injury	28.5	(24.0-32.9)	27.4
Current Cigarette Smoking	13.6	(10.1-17.1)	11.7
Current E-Cigarette Use	7.6	(4.8-10.4)	8.9
Any Past Year Gambling	32.7	(28.0-37.4)	31.7
Any Past Month Marijuana Use	5.9	(3.4-8.3)	10.7
Frequent Past Month Marijuana Use	*	*	4.8
Any Past Month Opioid Use	*	*	2.1
Any Past Month Methamphetamine Use	*	*	0.5
Clinical Preventive Practices			
Had a Routine Checkup within the Past Year	74.8	(70.5-79.1)	78.6
Ever Tested for HIV	24.6	(20.5-28.8)	31.2
Had Influenza Vaccine in Past year	33.0	(28.7-37.3)	39.5
Ever Had Pneumococcal Vaccine	38.3	(33.7-42.9)	39.3
Cholesterol Screening	85.3	(81.7-88.9)	86.2
Cholesterol Awareness	36.5	(31.9-41.2)	35.9
Hypertension Awareness	39.5	(35.0-44.0)	32.8
Hypertension Medication	72.3	(65.5-79.2)	76.6
Chronic Conditions			
Ever Told Arthritis	28.5	(24.5-32.6)	25.8
Ever Told Asthma	11.7	(8.5-15.0)	13.9

Iowa HHS District 2	District 2 Totals		State Totals
	%	C.I. (95%)	%
Current Asthma	7.3	(4.7-9.9)	9.4
Ever Told Skin Cancer	6.7	(4.7-8.8)	6.5
Ever Told Melanoma or Other Types of Cancer	12.1	(9.5-14.8)	9.3
Ever Told Heart Attack	5.0	(3.3-6.8)	4.1
Ever Told Angina or Coronary Heart Disease	5.7	(3.8-7.7)	4.3
Ever Told Stroke	3.8	(2.2-5.4)	3.2
Ever Told COPD	6.1	(3.9-8.2)	6.0
Ever Told a Depressive Disorder	20.3	(16.4-24.3)	20.6
Ever Told Diabetes	12.0	(9.2-14.8)	11.4
Ever Told Kidney Disease	3.2	(1.7-4.6)	3.7

Appendix 4 (HHS District 3 Totals for Each Indicator)

Iowa HHS District 3	District 3 Totals		State Totals
	%	C.I. (95%)	%
Health Status Indicators			
General Health Status (Fair or Poor)	14.7	(12.2-17.3)	17.4
Poor Physical Health	9.0	(6.8-11.1)	12.1
Poor Mental Health	12.1	(9.4-14.8)	14.9
No Health Insurance Coverage (Ages 18-64)	7.6	(4.9-10.3)	7.8
No Personal Health Care Provider	18.2	(15.0-21.3)	17.7
No Health Care Access Due to Cost	7.1	(5.1-9.2)	8.6
Disability	23.5	(20.2-26.7)	27.1
Received Food Stamps (Past 12 Months)	5.9	(3.9-7.9)	7.5
Unable to Afford More Food (Past 12 Months)	8.8	(6.5-11.1)	11.6
Met Vegetable and Fruit Daily Servings Intake	10.4	(7.8-13.0)	6.1
Radon Test Not Done in Household	64.3	(60.2-68.3)	61.6
Radon Test Unknown in Household	4.6	(2.8-6.5)	5.8
Overweight	35.0	(31.1-38.8)	34.3
Obesity	38.7	(34.7-42.7)	36.9
Risk Behaviors			
Binge Drinking	16.3	(13.3-19.4)	17.8
Heavy Drinking	5.3	(3.5-7.1)	6.6
Ever Had a Severe Head Injury	24.2	(20.7-27.7)	27.4
Current Cigarette Smoking	9.8	(7.4-12.2)	11.7
Current E-Cigarette Use	6.6	(4.4-8.9)	8.9
Any Past Year Gambling	29.8	(26.0-33.5)	31.7
Any Past Month Marijuana Use	6.9	(4.7-9.1)	10.7
Frequent Past Month Marijuana Use	2.7	(1.3-4.2)	4.8
Any Past Month Opioid Use	2.2	(1.2-3.3)	2.1
Any Past Month Methamphetamine Use	*	*	0.5
Clinical Preventive Practices			
Had a Routine Checkup within the Past Year	76.4	(72.9-79.9)	78.6
Ever Tested for HIV	28.0	(24.2-31.8)	31.2
Had Influenza Vaccine in Past year	40.7	(36.8-44.6)	39.5
Ever Had Pneumococcal Vaccine	42.4	(38.4-46.4)	39.3
Cholesterol Screening	84.0	(80.8-87.2)	86.2
Cholesterol Awareness	35.1	(31.3-38.9)	35.9
Hypertension Awareness	35.0	(31.4-38.6)	32.8
Hypertension Medication	79.8	(74.7-84.8)	76.6
Chronic Conditions			
Ever Told Arthritis	27.5	(24.2-30.8)	25.8
Ever Told Asthma	11.6	(9.1-14.1)	13.9

Iowa HHS District 3	District 3 Totals		State Totals
	%	C.I. (95%)	%
Current Asthma	8.8	(6.6-10.9)	9.4
Ever Told Skin Cancer	7.2	(5.5-9.0)	6.5
Ever Told Melanoma or Other Types of Cancer	12.4	(10.1-14.7)	9.3
Ever Told Heart Attack	4.5	(3.0-5.9)	4.1
Ever Told Angina or Coronary Heart Disease	5.4	(3.9-6.9)	4.3
Ever Told Stroke	3.4	(2.2-4.7)	3.2
Ever Told COPD	6.0	(4.4-7.6)	6.0
Ever Told a Depressive Disorder	18.0	(14.9-21.2)	20.6
Ever Told Diabetes	13.1	(10.7-15.6)	11.4
Ever Told Kidney Disease	4.7	(3.1-6.2)	3.7

Appendix 5 (HHS District 4 Totals for Each Indicator)

Iowa HHS District 4	District 4 Totals		State Totals
	%	C.I. (95%)	%
Health Status Indicators			
General Health Status (Fair or Poor)	20.4	(16.5-24.3)	17.4
Poor Physical Health	14.2	(10.9-17.5)	12.1
Poor Mental Health	17.2	(13.5-21.0)	14.9
No Health Insurance Coverage (Ages 18-64)	7.2	(4.0-10.3)	7.8
No Personal Health Care Provider	15.6	(12.1-19.1)	17.7
No Health Care Access Due to Cost	9.3	(6.2-12.4)	8.6
Disability	33.0	(28.4-37.5)	27.1
Received Food Stamps (Past 12 Months)	6.1	(3.8-8.3)	7.5
Unable to Afford More Food (Past 12 Months)	13.4	(9.7-17.1)	11.6
Met Vegetable and Fruit Daily Servings Intake	6.2	(4.0-8.4)	6.1
Radon Test Not Done in Household	63.2	(58.2-68.3)	61.6
Radon Test Unknown in Household	6.0	(3.6-8.5)	5.8
Overweight	34.0	(29.4-38.7)	34.3
Obesity	40.1	(35.3-44.9)	36.9
Risk Behaviors			
Binge Drinking	19.0	(15.0-22.9)	17.8
Heavy Drinking	7.8	(5.0-10.6)	6.6
Ever Had a Severe Head Injury	29.7	(25.0-34.5)	27.4
Current Cigarette Smoking	14.6	(11.4-17.9)	11.7
Current E-Cigarette Use	9.4	(5.9-12.9)	8.9
Any Past Year Gambling	30.7	(26.0-35.4)	31.7
Any Past Month Marijuana Use	10.1	(6.7-13.6)	10.7
Frequent Past Month Marijuana Use	*	*	4.8
Any Past Month Opioid Use	2.3	(1.1-3.5)	2.1
Any Past Month Methamphetamine Use	*	*	0.5
Clinical Preventive Practices			
Had a Routine Checkup within the Past Year	79.1	(75.2-83.1)	78.6
Ever Tested for HIV	32.8	(27.9-37.7)	31.2
Had Influenza Vaccine in Past year	35.7	(31.02-40.2)	39.5
Ever Had Pneumococcal Vaccine	39.8	(34.9-44.6)	39.3
Cholesterol Screening	84.1	(80.3-87.9)	86.2
Cholesterol Awareness	36.8	(32.0-41.6)	35.9
Hypertension Awareness	37.4	(33.0-41.8)	32.8
Hypertension Medication	79.7	(73.9-85.4)	76.6
Chronic Conditions			
Ever Told Arthritis	28.9	(24.9-33.0)	25.8

Iowa HHS District 4	District 4 Totals		State Totals
	%	C.I. (95%)	%
Ever Told Asthma	16.5	(12.8-20.1)	13.9
Current Asthma	13.3	(9.9-16.7)	9.4
Ever Told Skin Cancer	7.6	(5.3-9.9)	6.5
Ever Told Melanoma or Other Types of Cancer	10.7	(7.9-13.4)	9.3
Ever Told Heart Attack	5.7	(3.8-7.7)	4.1
Ever Told Angina or Coronary Heart Disease	4.5	(2.7-6.4)	4.3
Ever Told Stroke	2.8	(1.3-4.2)	3.2
Ever Told COPD	8.4	(6.1-10.8)	6.0
Ever Told a Depressive Disorder	20.6	(16.5-24.6)	20.6
Ever Told Diabetes	13.7	(10.6-16.8)	11.4
Ever Told Kidney Disease	4.1	(2.3-6.0)	3.7

Appendix 6 (HHS District 5 Totals for Each Indicator)

Iowa HHS District 5	District 5 Totals		State Totals
	%	C.I. (95%)	%
Health Status Indicators			
General Health Status (Fair or Poor)	15.6	(13.9-17.4)	17.4
Poor Physical Health	11.5	(10.0-13.0)	12.1
Poor Mental Health	15.4	(13.6-17.2)	14.9
No Health Insurance Coverage (Ages 18-64)	7.7	(6.1-9.4)	7.8
No Personal Health Care Provider	18.6	(16.6-20.5)	17.7
No Health Care Access Due to Cost	9.2	(7.7-10.7)	8.6
Disability	24.9	(22.8-27.0)	27.1
Received Food Stamps (Past 12 Months)	7.7	(6.3-9.1)	7.5
Unable to Afford More Food (Past 12 Months)	13.4	(11.5-15.2)	11.6
Met Vegetable and Fruit Daily Servings Intake	11.3	(9.6-13.0)	6.1
Radon Test Not Done in Household	59.4	(56.8-62.1)	61.6
Radon Test Unknown in Household	5.5	(4.3-6.7)	5.8
Overweight	33.6	(31.2-36.0)	34.3
Obesity	35.3	(32.9-37.8)	36.9
Risk Behaviors			
Binge Drinking	17.5	(15.5-19.4)	17.8
Heavy Drinking	6.1	(5.0-10.6)	6.6
Ever Had a Severe Head Injury	29.9	(27.5-32.3)	27.4
Current Cigarette Smoking	11.4	(9.8-13.1)	11.7
Current E-Cigarette Use	9.8	(8.2-11.3)	8.9
Any Past Year Gambling	33.6	(31.1-36.1)	31.7
Any Past Month Marijuana Use	12.3	(10.5-14.1)	10.7
Frequent Past Month Marijuana Use	5.9	(4.6-7.1)	4.8
Any Past Month Opioid Use	2.4	(1.6-3.2)	2.1
Any Past Month Methamphetamine Use	*	*	0.5
Clinical Preventive Practices			
Had a Routine Checkup within the Past Year	78.8	(76.8-80.9)	78.6
Ever Tested for HIV	34.7	(32.1-37.2)	31.2
Had Influenza Vaccine in Past year	42.4	(39.9-44.8)	39.5
Ever Had Pneumococcal Vaccine	39.1	(36.6-41.6)	39.3
Cholesterol Screening	87.7	(86.0-89.5)	86.2
Cholesterol Awareness	34.7	(32.3-37.2)	35.9
Hypertension Awareness	31.4	(29.2-33.6)	32.8
Hypertension Medication	71.7	(67.9-75.5)	76.6
Chronic Conditions			
Ever Told Arthritis	24.0	(22.0-25.9)	25.8
Ever Told Asthma	12.9	(11.2-14.6)	13.9

Iowa HHS District 5	District 5 Totals		State Totals
	%	C.I. (95%)	%
Current Asthma	8.7	(7.3-10.2)	9.4
Ever Told Skin Cancer	6.4	(5.3-7.4)	6.5
Ever Told Melanoma or Other Types of Cancer	8.2	(7.0-9.4)	9.3
Ever Told Heart Attack	3.1	(2.4-3.9)	4.1
Ever Told Angina or Coronary Heart Disease	3.5	(2.8-4.3)	4.3
Ever Told Stroke	2.5	(1.8-3.2)	3.2
Ever Told COPD	5.7	(4.6-6.8)	6.0
Ever Told a Depressive Disorder	23.0	(20.9-25.1)	20.6
Ever Told Diabetes	10.3	(8.9-11.7)	11.4
Ever Told Kidney Disease	3.4	(2.6-4.2)	3.7

Appendix 7 (HHS District 6 Totals for Each Indicator)

Iowa HHS District 6	District 6 Totals		State Totals
	%	C.I. (95%)	%
Health Status Indicators			
General Health Status (Fair or Poor)	22.1	(18.6-25.7)	17.4
Poor Physical Health	13.4	(10.5-16.4)	12.1
Poor Mental Health	14.2	(11.0-17.4)	14.9
No Health Insurance Coverage (Ages 18-64)	9.4	(6.2-12.7)	7.8
No Personal Health Care Provider	22.3	(18.5-26.1)	17.7
No Health Care Access Due to Cost	8.3	(5.7-10.9)	8.6
Disability	29.9	(26.1-33.8)	27.1
Received Food Stamps (Past 12 Months)	8.9	(6.4-11.3)	7.5
Unable to Afford More Food (Past 12 Months)	11.8	(9.0-14.6)	11.6
Met Vegetable and Fruit Daily Servings Intake	13.4	(10.2-16.6)	6.1
Radon Test Not Done in Household	69.7	(65.7-73.8)	61.6
Radon Test Unknown in Household	6.0	(3.5-8.5)	5.8
Overweight	35.9	(31.8-40.0)	34.3
Obesity	33.6	(29.6-37.5)	36.9
Risk Behaviors			
Binge Drinking	15.4	(12.2-18.6)	17.8
Heavy Drinking	7.8	(5.2-10.4)	6.6
Ever Had a Severe Head Injury	25.9	(22.1-29.8)	27.4
Current Cigarette Smoking	15.8	(12.8-18.8)	11.7
Current E-Cigarette Use	10.8	(7.6-14.0)	8.9
Any Past Year Gambling	30.9	(26.8-34.9)	31.7
Any Past Month Marijuana Use	10.2	(7.5-12.9)	10.7
Frequent Past Month Marijuana Use	4.4	(2.6-6.2)	4.8
Any Past Month Opioid Use	2.0	(1.0-3.1)	2.1
Any Past Month Methamphetamine Use	*	*	0.5
Clinical Preventive Practices			
Had a Routine Checkup within the Past Year	73.5	(69.5-77.4)	78.6
Ever Tested for HIV	28.4	(24.4-32.5)	31.2
Had Influenza Vaccine in Past year	30.0	(26.4-33.6)	39.5
Ever Had Pneumococcal Vaccine	37.6	(33.5-41.7)	39.3
Cholesterol Screening	81.5	(77.7-85.3)	86.2
Cholesterol Awareness	39.6	(35.3-43.9)	35.9
Hypertension Awareness	32.3	(28.6-35.9)	32.8
Hypertension Medication	81.6	(76.5-86.7)	76.6
Chronic Conditions			
Ever Told Arthritis	27.4	(23.9-30.8)	25.8
Ever Told Asthma	12.7	(9.8-15.7)	13.9

Iowa HHS District 6	District 6 Totals		State Totals
	%	C.I. (95%)	%
Current Asthma	7.6	(5.6-9.7)	9.4
Ever Told Skin Cancer	7.6	(5.7-9.5)	6.5
Ever Told Melanoma or Other Types of Cancer	11.6	(9.3-14.0)	9.3
Ever Told Heart Attack	6.1	(4.4-7.9)	4.1
Ever Told Angina or Coronary Heart Disease	5.6	(4.0-7.2)	4.3
Ever Told Stroke	3.5	(2.3-4.7)	3.2
Ever Told COPD	8.3	(5.9-10.7)	6.0
Ever Told a Depressive Disorder	19.2	(15.8-22.7)	20.6
Ever Told Diabetes	12.2	(9.7-14.6)	11.4
Ever Told Kidney Disease	4.7	(3.1-6.3)	3.7

Appendix 8 (HHS District 7 Totals for Each Indicator)

Iowa HHS District 7	District 7 Totals		State Totals
	%	C.I. (95%)	%
Health Status Indicators			
General Health Status (Fair or Poor)	17.2	(15.5-18.9)	17.4
Poor Physical Health	12.2	(10.8-13.7)	12.1
Poor Mental Health	16.0	(14.2-17.8)	14.9
No Health Insurance Coverage (Ages 18-64)	5.8	(4.5-7.1)	7.8
No Personal Health Care Provider	15.8	(14.1-17.5)	17.7
No Health Care Access Due to Cost	7.9	(6.6-9.2)	8.6
Disability	28.4	(26.4-30.5)	27.1
Received Food Stamps (Past 12 Months)	7.8	(6.5-9.1)	7.5
Unable to Afford More Food (Past 12 Months)	10.5	(9.0-11.9)	11.6
Met Vegetable and Fruit Daily Servings Intake	10.1	(8.6-11.5)	6.1
Radon Test Not Done in Household	59.0	(56.6-61.4)	61.6
Radon Test Unknown in Household	6.5	(5.3-7.7)	5.8
Overweight	33.8	(31.6-36.1)	34.3
Obesity	37.1	(34.9-39.4)	36.9
Risk Behaviors			
Binge Drinking	19.0	(17.2-20.9)	17.8
Heavy Drinking	7.3	(6.1-8.5)	6.6
Ever Had a Severe Head Injury	26.3	(24.1-28.4)	27.4
Current Cigarette Smoking	13.5	(10.9-16.1)	11.7
Current E-Cigarette Use	8.5	(7.1-9.9)	8.9
Any Past Year Gambling	32.0	(29.7-34.2)	31.7
Any Past Month Marijuana Use	12.4	(10.7-14.1)	10.7
Frequent Past Month Marijuana Use	5.5	(4.3-6.6)	4.8
Any Past Month Opioid Use	1.8	(1.2-2.4)	2.1
Any Past Month Methamphetamine Use	*	*	0.5
Clinical Preventive Practices			
Had a Routine Checkup within the Past Year	81.4	(79.6-83.2)	78.6
Ever Tested for HIV	31.3	(29.1-33.5)	31.2
Had Influenza Vaccine in Past year	42.2	(39.9-44.4)	39.5
Ever Had Pneumococcal Vaccine	40.6	(38.3-43.0)	39.3
Cholesterol Screening	87.9	(86.3-89.4)	86.2
Cholesterol Awareness	36.1	(33.8-38.4)	35.9
Hypertension Awareness	31.6	(29.5-33.6)	32.8
Hypertension Medication	78.5	(75.2-81.8)	76.6
Chronic Conditions			
Ever Told Arthritis	25.9	(24.0-27.8)	25.8
Ever Told Asthma	15.8	(14.1-17.5)	13.9

Iowa HHS District 7	District 7 Totals		State Totals
	%	C.I. (95%)	%
Current Asthma	10.5	(9.1-11.8)	9.4
Ever Told Skin Cancer	6.2	(5.3-7.2)	6.5
Ever Told Melanoma or Other Types of Cancer	8.7	(7.6-9.8)	9.3
Ever Told Heart Attack	4.2	(3.4-5.0)	4.1
Ever Told Angina or Coronary Heart Disease	4.4	(3.6-5.1)	4.3
Ever Told Stroke	4.0	(3.2-4.8)	3.2
Ever Told COPD	5.6	(4.6-6.5)	6.0
Ever Told a Depressive Disorder	21.1	(19.1-23.1)	20.6
Ever Told Diabetes	10.8	(9.5-12.0)	11.4
Ever Told Kidney Disease	3.3	(2.5-4.0)	3.7