County Health Rankings & Roadmaps
Building a Culture of Health, County by County

Robert Wood Johnson Foundation

The 2022 Rankings include deaths attributable to COVID-19 from 2020. See our FAQs for more information on COVID-specific data.

Des Moines (DM)
2022 Rankings

Download Iowa Rankings Data

County Demographics

	County	State
Population	38,708	3,163,561
% below 18 years of age	22.4%	22.9%
% 65 and older	21.6%	17.9%
% Non-Hispanic Black	6.1%	4.0%
% American Indian & Alaska Native	0.4%	0.6%
% Asian	1.1%	2.8%
% Native Hawaiian/Other Pacific Islander	0.1%	0.2%
% Hispanic	3.5%	6.5%
% Non-Hispanic White	86.3%	84.5%
% not proficient in English **	0%	2%
% Females	51.3%	50.2%
% Rural	26.7%	36.0%

	County	Error Margin	Top U.S. Performers ^	Iowa
Health Outcomes				
Length of Life				
Premature death	7,700	6,700-8,700	5,600	6,500
Quality of Life				
Poor or fair health **	16%	14-19%	15%	14%
Poor physical health days **	3.6	3.4-3.9	3.4	3.1
Poor mental health days **	4.3	4.1-4.6	4.0	4.1
Low birthweight	7%	6-8%	6%	7%
Additional Health Outcomes (not included in overall ranking)				
COVID-19 age-adjusted mortality **	67	48-91	43	99
Life expectancy	77.6	76.7-78.4	80.6	78.7
Premature age-adjusted mortality	390	350-420	290	340
Child mortality	40	20-70	40	50
Infant mortality			4	5
Frequent physical distress **	12%	11-13%	10%	9%
Frequent mental distress **	15%	13-16%	13%	13%
Diabetes prevalence **	10%	9-11%	8%	9%
HIV prevalence	80		38	110
Health Factors				
Health Behaviors				
Adult smoking **	20%	17-23%	15%	17%
Adult obesity **	37%	35-38%	30%	34%
Food environment index	7.8		8.8	8.4
Physical inactivity **	28%	25-30%	23%	26%
Access to exercise opportunities	68%		86%	73%

Excessive drinking **	22%	21-23%	15%	25%
Alcohol-impaired driving deaths	43%	29-56%	10%	27%
Sexually transmitted infections	782.7		161.8	508.5
Teen births	33	29-37	11	16

Additional Health Behaviors (not included in overall ranking)

Food insecurity	12%		9%	9%
Limited access to healthy foods	8%		2%	6%
Drug overdose deaths	14	8-22	11	11
Motor vehicle crash deaths	15	11-21	9	11
Insufficient sleep **	35%	33-36%	32%	33%

Clinical Care

Uninsured	5%	4-6%	6%	6%
Primary care physicians	1,560:1		1,010:1	1,350:1
Dentists	1,380:1		1,210:1	1,440:1
Mental health providers	440:1		250:1	570:1
Preventable hospital stays	4,484		2,233	3,134
Mammography screening	48%		52%	53%
Flu vaccinations	58%		55%	54%

Additional Clinical Care (not included in overall ranking)

Uninsured adults	6%	5-7%	7%	7%
Uninsured children	2%	1-3%	3%	3%
Other primary care providers	810:1		580:1	840:1

Social & Economic Factors

High school completion	92%	91-94%	94%	92%
Some college	68%	62-74%	74%	71%
Unemployment	7.5%		4.0%	5.3%
Children in poverty	19%	12-26%	9%	12%
Income inequality	4.4	4.0-4.9	3.7	4.2
Children in single-parent households	36%	29-42%	14%	21%
Social associations	17.2		18.1	14.8
Violent crime	518		63	282
Injury deaths	94	81-108	61	70

Additional Social & Economic Factors (not included in overall ranking)

High school graduation	85%		96%	91%
Disconnected youth			4%	6%
Reading scores	3.1		3.3	3.1
Math scores	3.0		3.4	3.1
School segregation	0.08		0.02	0.19
School funding adequacy	$493			$1,880
Gender pay gap	0.68	0.62-0.74	0.88	0.78
Median household income	$55,200	$47,000 to $63,300	$75,100	$62,400
Living wage **	$36.87			$37.38
Children eligible for free or reduced price lunch	53%		32%	42%
Residential segregation - Black/white	46		27	62
Residential segregation - non-white/white	37		16	45
Childcare cost burden **	25%		18%	24%
Childcare centers **	8		12	8
Homicides	8	5-12	2	3
Suicides	26	19-35	11	16
Firearm fatalities	18	13-25	8	10
Juvenile arrests	80			37

Physical Environment

Air pollution - particulate matter	9.3		5.9	8.2
Drinking water violations	No			
Severe housing problems	12%	10-14%	9%	12%
Driving alone to work	84%	81-86%	72%	80%
Long commute - driving alone	14%	11-16%	16%	21%

Additional Physical Environment (not included in overall ranking)

Traffic volume	157			260
Homeownership	70%	68-72%	81%	71%
Severe housing cost burden	13%	10-16%	7%	10%
Broadband access	80%	77-82%	88%	83%

^ 10th/90th percentile, i.e., only 10% are better.

** Data should not be compared with prior years

Note: Blank values reflect unreliable or missing data