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.

Pocahontas (PC)
2022 Rankings

Download Iowa Rankings Data

County Demographics

	County	State
Population	6,607	3,163,561
% below 18 years of age	22.8%	22.9%
% 65 and older	24.0%	17.9%
% Non-Hispanic Black	1.0%	4.0%
% American Indian & Alaska Native	0.7%	0.6%
% Asian	0.5%	2.8%
% Native Hawaiian/Other Pacific Islander	0.5%	0.2%
% Hispanic	4.6%	6.5%
% Non-Hispanic White	91.9%	84.5%
% not proficient in English **	1%	2%
% Females	50.1%	50.2%
% Rural	100.0%	36.0%

	County	Error Margin	Top U.S. Performers ^	Iowa
Health Outcomes				
Length of Life				
Premature death	7,500	4,900-10,000	5,600	6,500
Quality of Life				
Poor or fair health **	16%	14-18%	15%	14%
Poor physical health days **	3.5	3.3-3.8	3.4	3.1
Poor mental health days **	4.3	4.0-4.5	4.0	4.1
Low birthweight	6%	4-8%	6%	7%
Additional Health Outcomes (not included in overall ranking)				
COVID-19 age-adjusted mortality **	109	61-180	43	99
Life expectancy	77.4	75.3-79.5	80.6	78.7
Premature age-adjusted mortality	400	320-480	290	340
Child mortality			40	50
Infant mortality			4	5
Frequent physical distress **	11%	10-12%	10%	9%
Frequent mental distress **	14%	13-15%	13%	13%
Diabetes prevalence **	9%	9-10%	8%	9%
HIV prevalence	90		38	110
Health Factors				
Health Behaviors				
Adult smoking **	21%	18-24%	15%	17%
Adult obesity **	36%	34-37%	30%	34%
Food environment index	8.3		8.8	8.4
Physical inactivity **	30%	27-33%	23%	26%
Access to exercise opportunities	58%		86%	73%

Excessive drinking **	24%	23-26%	15%	25%
Alcohol-impaired driving deaths	30%	13-48%	10%	27%
Sexually transmitted infections	347.5		161.8	508.5
Teen births	13	8-21	11	16

Additional Health Behaviors (not included in overall ranking)

Food insecurity	9%		9%	9%
Limited access to healthy foods	8%		2%	6%
Drug overdose deaths			11	11
Motor vehicle crash deaths			9	11
Insufficient sleep **	32%	31-34%	32%	33%

Clinical Care

Uninsured	7%	6-8%	6%	6%
Primary care physicians	3,310:1		1,010:1	1,350:1
Dentists	1,320:1		1,210:1	1,440:1
Mental health providers			250:1	570:1
Preventable hospital stays	2,711		2,233	3,134
Mammography screening	49%		52%	53%
Flu vaccinations	37%		55%	54%

Additional Clinical Care (not included in overall ranking)

Uninsured adults	8%	7-10%	7%	7%
Uninsured children	4%	3-5%	3%	3%
Other primary care providers	2,200:1		580:1	840:1

Social & Economic Factors

High school completion	90%	87-93%	94%	92%
Some college	67%	58-77%	74%	71%
Unemployment	3.5%		4.0%	5.3%
Children in poverty	15%	9-21%	9%	12%
Income inequality	4.0	3.4-4.6	3.7	4.2
Children in single-parent households	19%	12-25%	14%	21%
Social associations	25.7		18.1	14.8
Violent crime	114		63	282
Injury deaths	68	43-102	61	70

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

High school graduation	88%		96%	91%
Disconnected youth			4%	6%
Reading scores	3.2		3.3	3.1
Math scores	3.1		3.4	3.1
School segregation	0.04		0.02	0.19
School funding adequacy	$3,579			$1,880
Gender pay gap	0.67	0.58-0.76	0.88	0.78
Median household income	$56,400	$47,700 to $65,000	$75,100	$62,400
Living wage **	$37.57			$37.38
Children eligible for free or reduced price lunch	53%		32%	42%
Residential segregation - Black/white			27	62
Residential segregation - non-white/white	13		16	45
Childcare cost burden **	30%		18%	24%
Childcare centers **	11		12	8
Homicides			2	3
Suicides			11	16
Firearm fatalities			8	10
Juvenile arrests				37

Physical Environment

Air pollution - particulate matter	7.8		5.9	8.2
Drinking water violations	Yes			
Severe housing problems	7%	5-10%	9%	12%
Driving alone to work	78%	73-82%	72%	80%
Long commute - driving alone	29%	23-36%	16%	21%

Additional Physical Environment (not included in overall ranking)

Traffic volume	22			260
Homeownership	76%	73-79%	81%	71%
Severe housing cost burden	7%	4-10%	7%	10%
Broadband access	81%	78-84%	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