

WORTH COUNTY

COMMUNITY HEALTH ASSESSMENT



What is the Community Health Assessment and Improvement Plan (CHA CHIP).....	3
About Worth County.....	4
Worth County Health Rankings.....	5
Community Health Assessment Topics	
Alzheimer’s Disease.....	6
Cancer.....	7
Diabetes.....	8
Heart Disease.....	9
Obesity.....	10
Respiratory Disease.....	11
Mental Health & Mental Health Resources/Awareness.....	12
Injuries & Violence.....	13
Substance Use & Misuse.....	14
Tobacco Use.....	15
Sexual Health.....	16
Emergency Preparedness.....	17
Environmental Health.....	18
Physical Inactivity.....	19
Nutrition.....	20
Safe Driving.....	21
Family Support/Resources.....	22
Access to Services.....	23
Worth County Community Survey Questions & Results.....	24-28
Top Health Priorities for Worth County Based on Community Survey Results.....	29
Conclusion.....	30
Resources.....	31-33

What is the Community Health Assessment and Improvement Plan (CHA CHIP)

CHA CHIP has more than a 30-year history in Iowa and represents vital local action to promote and protect the health of Iowans, according to the Iowa Department of Health and Human Services. At least every five years, local public health assures a community-wide process takes place to identify the most important factors affecting health in the community and to plan strategies to build on strengths and work on gaps. These CHA CHIP discussions form the foundation for statewide planning and action to improve the health of all who live, work and play in Iowa.¹

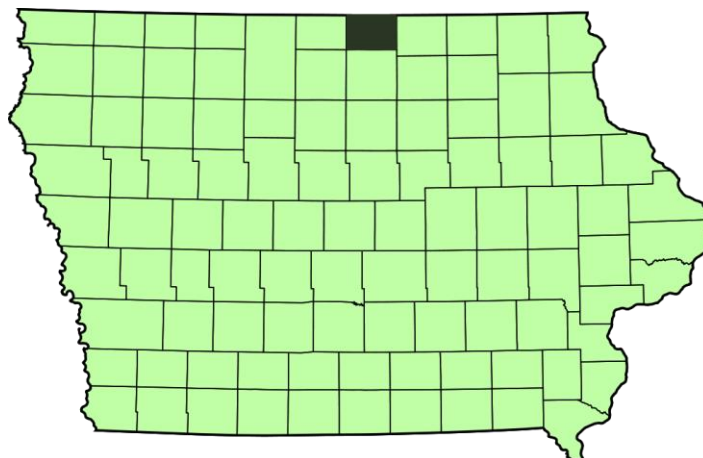
The Community Health Assessment (CHA) process is an opportunity for Worth County to work together to identify health and wellness priorities in the community. The Community Health Assessment data is then used to create a Community Health Improvement Plan (CHIP) to address the top priorities identified. The Community Health Assessment and Improvement Plan (CHA CHIP) is a community-wide effort to assess, plan, and take action in health and wellness efforts for our community.

The Community Health Assessment process involves collecting and analyzing input from the community, as well as gathering data from other sources. Through this assessment process, Worth County Public Health has received survey input in 2022 and 2023 from the community in regards to health and wellness priorities. This data will be used to build an improvement plan for the Worth County 2022-2026 CHA CHIP. The improvement plan will be an ongoing effort from Worth County Public Health and the community to support and improve health, wellness, and quality of life in Worth County.

“Enhance the quality of life within our community through innovative public health initiatives.”
WORTH COUNTY PUBLIC HEALTH-MISSION STATEMENT

¹ hhs.iowa.gov/cha-chip

Worth County, founded in 1851, is located in north-central Iowa. It is home to approximately 7,319 residents, per the 2022 population estimates². The cities of Worth County include Fertile, Grafton, Hanlontown, Joice, Kensett, Manly, Northwood, and also the Bolan community.



The following is a table from the United States Census Bureau (per 2022 population estimates)

Demographics for Worth County Population (approx. 7,395)	Percentage of Worth County Population
Persons under 5 years	5.4%
Persons under 18 years	20.8%
Persons 19-64 years	56.5%
Persons 65 and older	22.7%
Female	49%
Male	51%
Persons under 65 with a disability	10%
White alone	93.5%
Black or African American alone	1%
American Indian and Alaska Native alone	<1%
Asian alone	<1%
Hispanic or Latino	3.5%

2

² [census.gov/quickfacts/fact/table/worthcountyiowa/PST045222](https://www.census.gov/quickfacts/fact/table/worthcountyiowa/PST045222)

According to the 2023 County Health Rankings and Roadmaps, Worth County is ranked #30 out of 99 ranked counties in Iowa.



Health Outcomes of 2023

Health outcomes represent how healthy a county is right now, in terms of length of life but quality of life as well³.

Worth County is ranked in the higher middle range of counties in Iowa (Higher 50%-75%)³.



Health Factors of 2023

Health Factors represent those things we can modify to improve the length and quality of life for residents³.

Worth County is ranked in the higher middle range of counties in Iowa (Higher 50%-75%)³.



³ <https://www.countyhealthrankings.org/explore-health-rankings/iowa/worth?year=2023>

ALZHEIMER'S DISEASE

- ❖ A progressive disease beginning with mild memory loss and possibly leading to loss of the ability to carry on a conversation and respond to the environment⁴.
- ❖ Some of the risk factors are age and family history⁴.
- ❖ Medical management can improve the quality of life, but there is currently no known cure⁴.
- ❖ In 2020, as many as 5.8 million Americans were living with Alzheimer's disease⁴.
- ❖ The 5th leading cause of death among adults aged 65 and older in the United States⁴.
- ❖ The number of people living with the disease doubles every 5 years beyond age 65, and the number is projected to triple to 14 million people by 2060⁴.

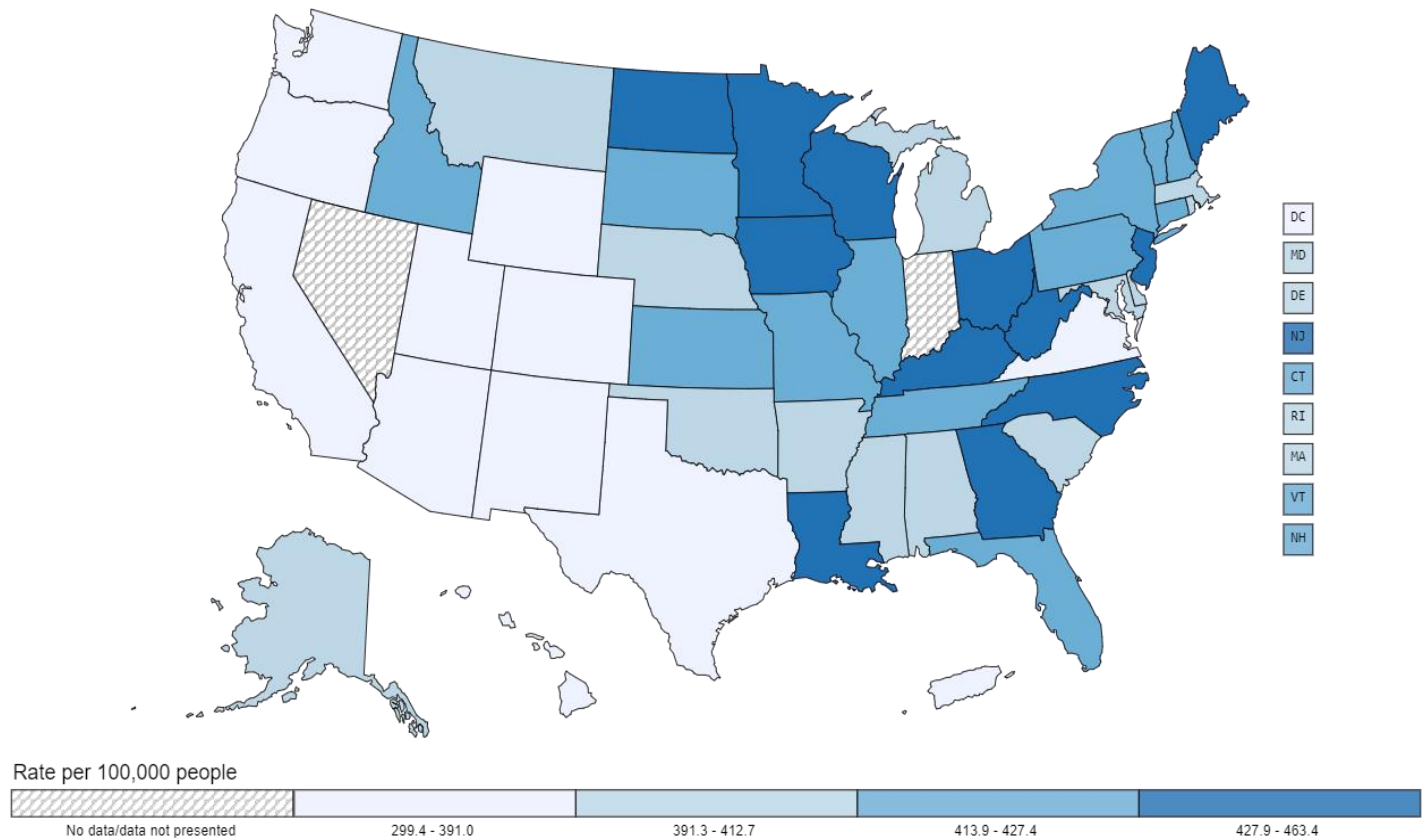


⁴ <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>

CANCER

- ❖ Worth County has an incidence rate of 466.2/100,000 people (2022)⁶.
- ❖ In the United States in 2020, there were 1,603,844 new cancer cases reported and 602,347 people died of cancer. For every 100,000 people, 403 new cancer cases were reported and 144 people died of cancer.⁵
- ❖ Cancer is the second leading cause of death in the United States⁵.
- ❖ 1 of every 5 deaths in the United States is due to cancer⁵.

Rate of New Cancers in the United States, 2020⁵
All Types of Cancer, All Ages, All Races and Ethnicities, Male and Female

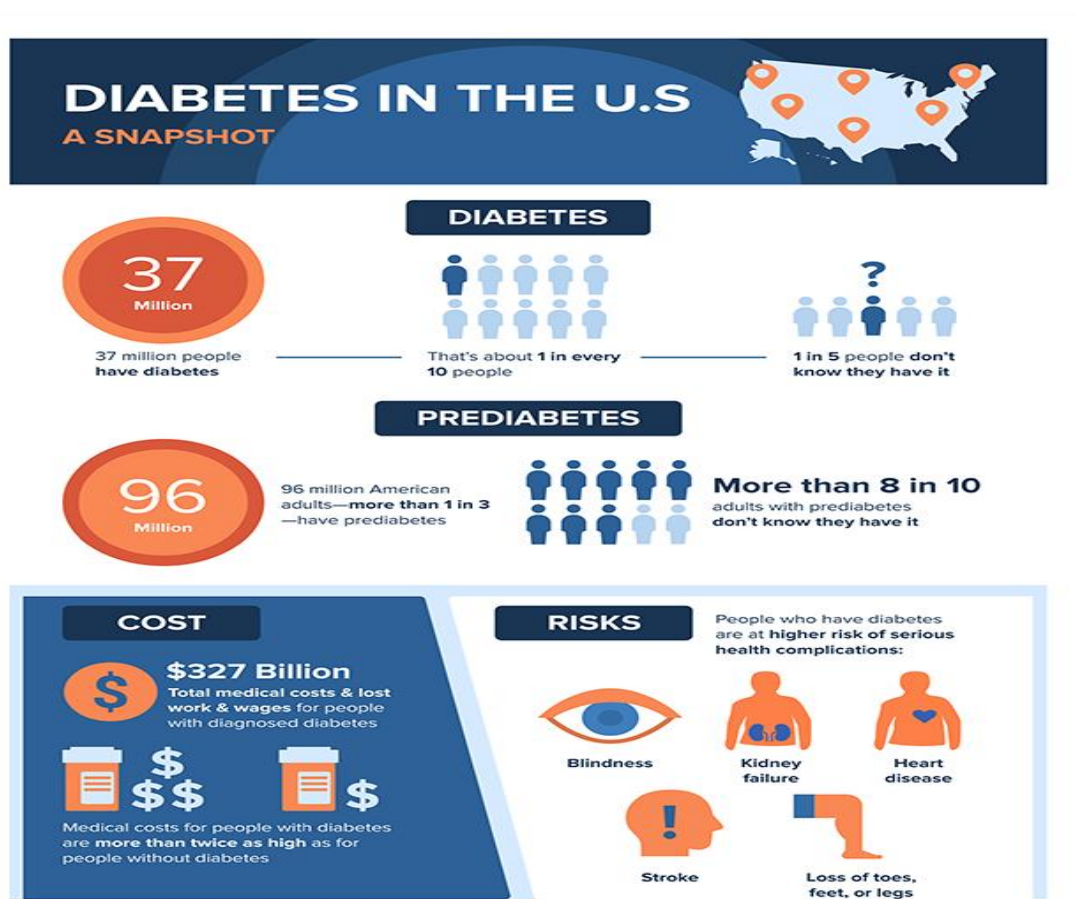


⁵ <https://gis.cdc.gov/Cancer/USCS/#/AtAGlance/>

⁶ <https://www.usnews.com/news/healthiest-communities/iowa/worth-county>

DIABETES

- ❖ Diabetes is a chronic (long-lasting) disease that affects how your body turns food into energy⁷.
- ❖ More than 37 million people in the United States have diabetes, and 1 in 5 of them don't know that they have it⁷.
- ❖ Diabetes is the eighth leading cause of death in the United States⁷.
- ❖ In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese⁷.



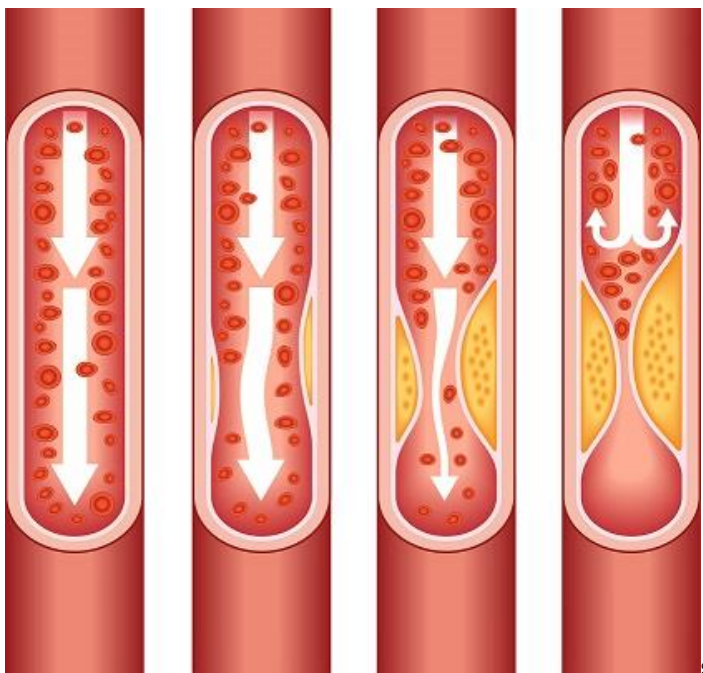
8

⁷<https://www.cdc.gov/diabetes/basics/diabetes.html>

⁸<https://www.cdc.gov/diabetes/library/socialmedia/infographics/diabetes.html>

HEART DISEASE

- ❖ Heart disease prevalence in Worth County is 5.4%, in Iowa the prevalence is 5.4%, and in the United States the prevalence is 6.1% (2022)⁶.
- ❖ About 695,000 people in the United States died from heart disease in 2021, which is 1 in every 5 deaths⁹.
- ❖ Some risk factors for heart disease are high blood pressure, unhealthy blood cholesterol levels, diabetes, obesity, and unhealthy lifestyle behaviors⁹.
- ❖ Heart disease is the number one cause of death for both men and women⁹.



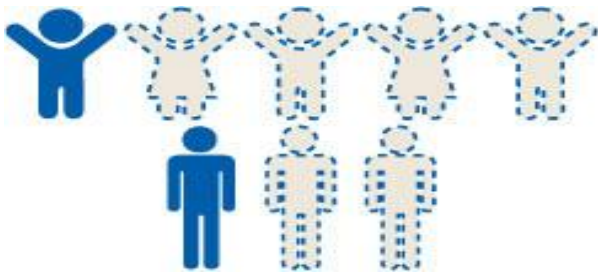
As plaque builds up in the arteries of a person with heart disease, the inside of the arteries begins to narrow, which lessens or blocks the flow of blood. Plaque can also rupture (break open). When it does, a blood clot can form on the plaque, blocking the flow of blood.⁹

⁶ <https://www.usnews.com/news/healthiest-communities/iowa/worth-county>

⁹ <https://www.cdc.gov/heartdisease/facts.htm>

OBEISITY

- ❖ Obesity is a common, serious, and costly chronic disease of adults and children¹⁰.
- ❖ Obesity can lead to type 2 diabetes, heart disease, and some cancers¹⁰.
- ❖ Adult obesity rates were 34% for Worth County, 37% for Iowa, and 32% for the United States (2020)³.



1 in 5 children struggle with obesity¹¹.
More than 1 in 3 adults struggle with obesity¹¹.

Children with obesity are more likely to have obesity as adults¹¹.




³ <https://www.countyhealthrankings.org/explore-health-rankings/iowa/worth?year=2023>

¹⁰ <https://www.cdc.gov/obesity/about-obesity/index.html>

¹¹ <https://www.cdc.gov/obesity/about-obesity/why-it-matters.html>

RESPIRATORY DISEASE

- ❖ Chronic obstructive pulmonary disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems¹².
- ❖ Respiratory disease includes emphysema and chronic bronchitis¹².
- ❖ In the United States, tobacco smoke is a key factor in the development and progression of COPD¹².
- ❖ Exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections also play a role¹².



Symptoms of COPD include:

- Frequent coughing or wheezing
- Excess phlegm or sputum
- Shortness of breath
- Trouble taking a deep breath

12

¹² <https://www.cdc.gov/copd/basics-about.html>

MENTAL HEALTH & MENTAL HEALTH RESOURCES/AWARENESS

- ❖ A number of factors can contribute to risk for mental illness such as adverse childhood experiences, experiences related to ongoing medical conditions, biological factors or chemical imbalances in the brain, use of alcohol or drugs, and having feelings of loneliness or isolation¹³.
- ❖ More than 1 in 5 adults in the United States live with a mental illness. Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness¹³.
- ❖ About 1 in 25 adults in the United States live with a serious mental illness such as schizophrenia, bipolar disorder, or major depression¹³.
- ❖ In Worth County, adults with frequent mental distress is 13.2%, and Medicare beneficiaries with depression is 18.2% (2022)⁶.
- ❖ In Worth County, deaths of despair prevalence is 42.1/100,000 people, in Iowa it is 34.7/100,000 people, and in the United States is 47.5/100,000 people (2022)⁶.



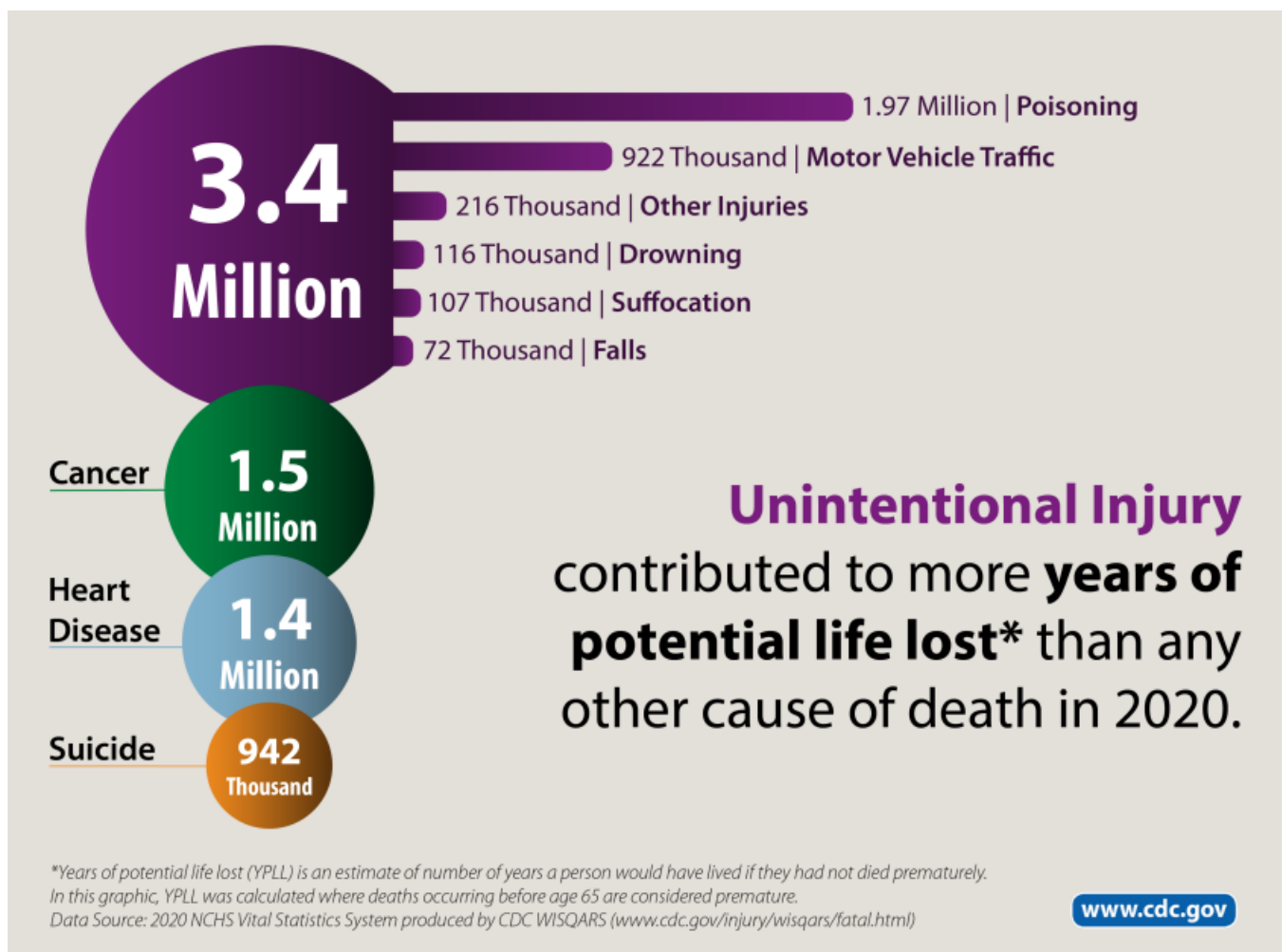
13

⁶ <https://www.usnews.com/news/healthiest-communities/iowa/worth-county>

¹³ <https://www.cdc.gov/mentalhealth/learn/index.htm>

INJURIES AND VIOLENCE

- ❖ Is the leading cause of death among persons aged 1-44¹⁴.
- ❖ In the United States, there were 80,200 Unintentional Injury deaths, 22,400 Suicide deaths, and 18,800 Homicide deaths in 2020¹⁴.
- ❖ In Worth County, the rate of deaths due to injury such as homicides, suicides, motor vehicle crashes and poisonings was 105 deaths per 100,000 people from 2016-2020. In Iowa the rate of deaths were 70/100,000 people, and in the United States was 76/100,000 people.³



15

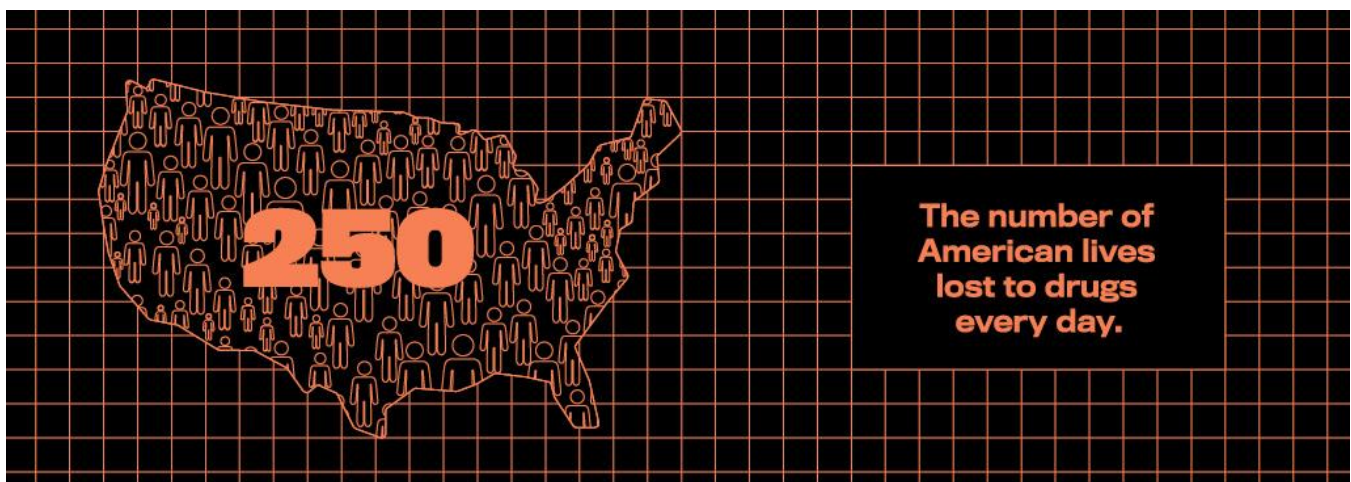
³ <https://www.countyhealthrankings.org/explore-health-rankings/iowa/worth?year=2023>

¹⁴ <https://www.cdc.gov/injury/wisqars/animated-leading-causes.html>

¹⁵ <https://www.cdc.gov/injury/wisqars/leadingcauses.html>

SUBSTANCE USE AND MISUSE

- ❖ Refers to the use of selected substances, including alcohol, tobacco products, drugs, inhalants, and other substances that can be consumed, inhaled, injected, or otherwise absorbed into the body with possible dependence and other detrimental effects¹⁶.
- ❖ Substance Use Disorders (SUDs) are treatable, chronic diseases characterized by a problematic pattern of use of a substance or substances leading to impairments in health, social function, and control over substance use¹⁸.
- ❖ In 2020, 40.3 million people aged 12 or older in the United States (14.5% of this population) reportedly had a substance use disorder in the past year¹⁸.
- ❖ 1 in 7 Americans aged 12 or older reports experiencing a substance use disorder¹⁸.
- ❖ Excessive drinking rate was 25% for Worth County, 25% for Iowa, and 19% for the United States (2020)³.



17

³ <https://www.countyhealthrankings.org/explore-health-rankings/iowa/worth?year=2023>

¹⁶ <https://www.cdc.gov/nchs/hus/sources-definitions/substance-use.htm>

¹⁷ <https://www.cdc.gov/stopoverdose/polysubstance-use/index.html>

¹⁸ <https://www.cdc.gov/drugoverdose/featured-topics/substance-use-disorders/index.html>

TOBACCO USE

- ❖ Smoking rate was 18% for Worth County, 17% for Iowa, and 16% for the United States (2020)³.
- ❖ Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States¹⁹.
- ❖ Each day, about 1,600 youth try their first cigarette¹⁹.

Iowa Key Facts²⁰

In 2021, 16.2% of Iowa high school youth reported currently using any tobacco product, including e-cigarettes. Among Iowa high school youth, 4.1% reported currently smoking cigarettes.

\$1.3B

Was spent on healthcare due to smoking in 2009

5,100

Adults die from smoking-related illnesses each year

14.6%

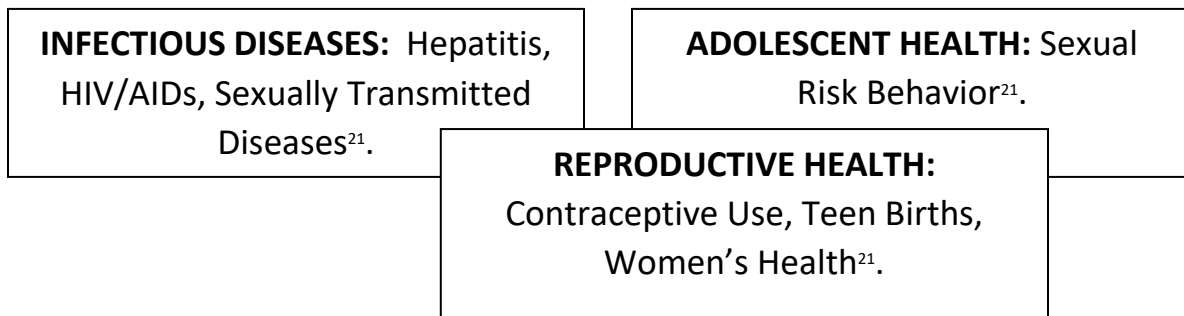
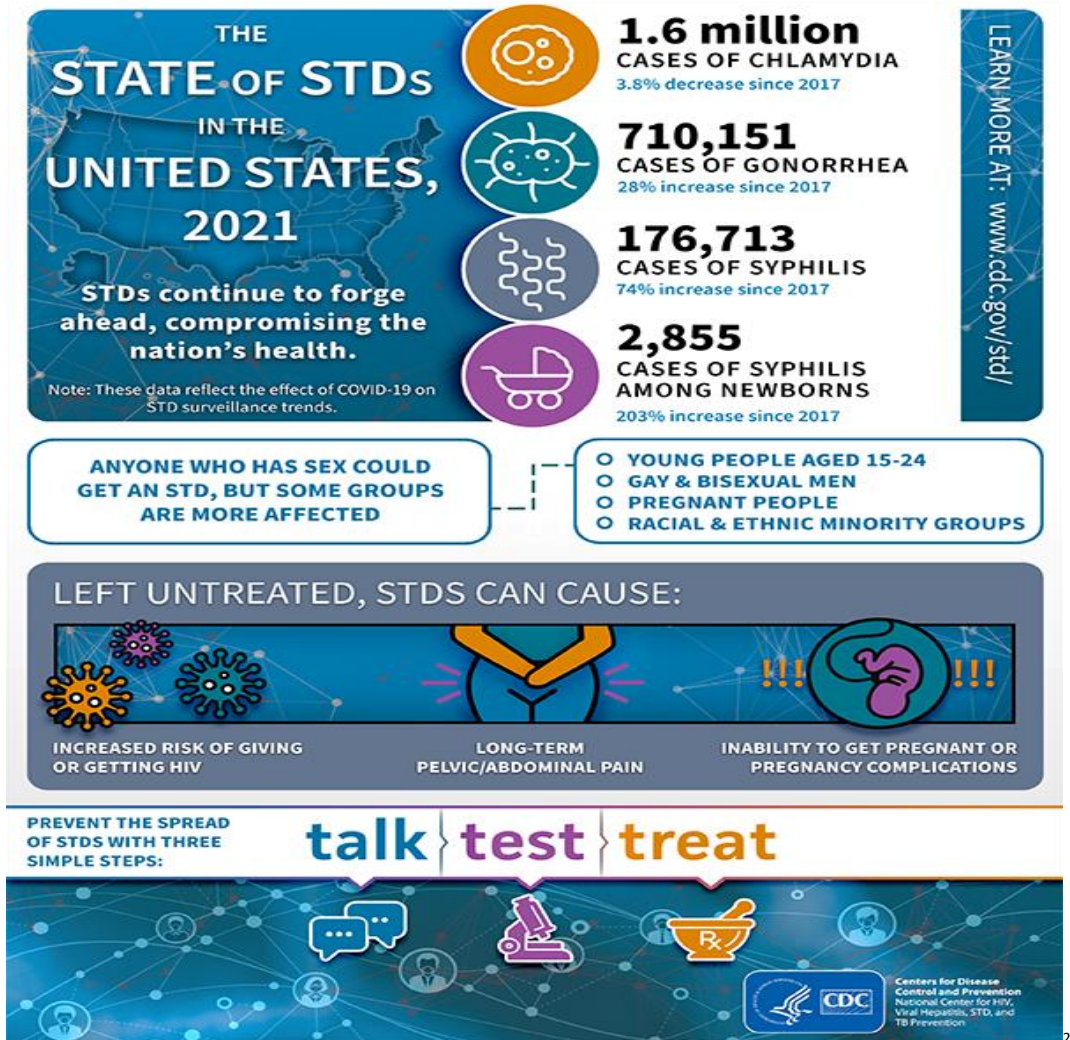
Of adults smoked cigarettes in 2021

³ <https://www.countyhealthrankings.org/explore-health-rankings/iowa/worth?year=2023>

¹⁹ <https://www.cdc.gov/tobacco/about/osh/index.htm>

²⁰ <https://www.cdc.gov/tobacco/stateandcommunity/state-fact-sheets/index.htm#IA>

SEXUAL HEALTH



²¹ <https://www.cdc.gov/sexualhealth/data.html>
²² <https://www.cdc.gov/std/statistics/infographic.htm>

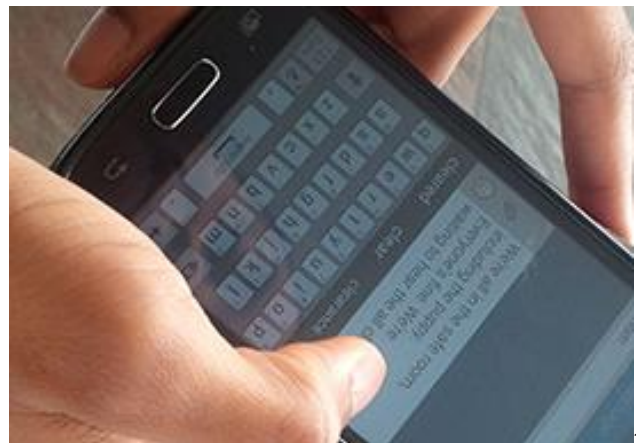
EMERGENCY PREPAREDNESS

Planning for how to maintain and protect your health in a disaster or emergency is an important but often overlooked part of the preparedness process. While 80 percent of respondents to FEMA’s 2019 National Household Survey said they had gathered enough supplies to last three or more days, just 48 percent said they had an emergency action plan. Involve your entire family in planning and practicing how to stay healthy, informed, calm, and connected during an emergency.²³

STAY INFORMED!



23



23

STAY CONNECTED!

²³ <https://www.cdc.gov/prepyourhealth/planahead/index.htm>

ENVIRONMENTAL HEALTH

An environmental health hazard is a substance that has the ability to cause an adverse health event. This includes physical, chemical, and biological factors that are external to a person. Hazards can be natural or human-made.²⁴

*Water is both a basic need and a source of recreational enjoyment. Ensuring safe drinking and recreational water is important because about 1 in 8 Americans get their drinking water from a private well. About 1 in 5 sampled private wells were found to be contaminated at levels that could affect health.²⁴



*Foodborne illness is a significant problem in the United States²⁴.

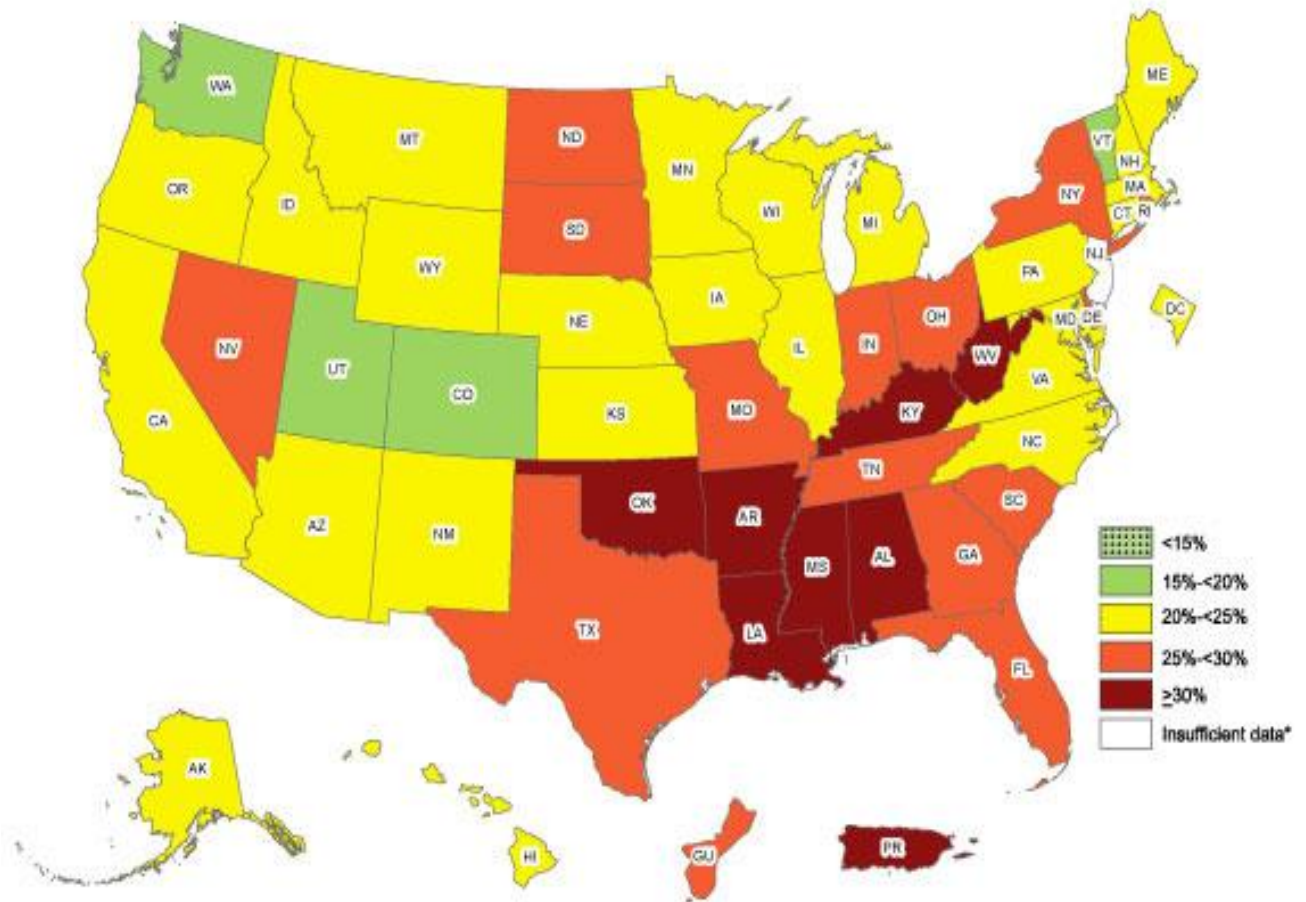
*Environmental health practice is critical to the public health delivery system because environmental health professionals are strategically positioned to assess, control, and prevent emerging threats²⁴.

²⁴ <https://www.cdc.gov/nceh/ehs/about.html>

PHYSICAL ACTIVITY

- ❖ Physical Activity is one of the best things people can do to improve their health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death.²⁵
- ❖ In 2020, 23% of adults in Worth County reported participating in no physical activity outside of work³.

Adult Physical Inactivity Prevalence Map: Percentage of individuals that answered **NO** to “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”²⁶



³ <https://www.countyhealthrankings.org/explore-health-rankings/iowa/worth?year=2023>

²⁵ <https://www.cdc.gov/physicalactivity/about-physical-activity/index.html>

²⁶ <https://www.cdc.gov/physicalactivity/data/inactivity-prevalence-maps/index.html>

NUTRITION

Good nutrition is essential in keeping current and future generations of Americans healthy across the lifespan. Breastfeeding helps protect against childhood illnesses, including ear and respiratory infections, asthma, and sudden infant death syndrome (SIDS). People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.²⁷



Fewer than 1 in 10 adults eat recommended daily amount of vegetables²⁷.



Only 4 in 10 children and fewer than 1 in 7 adults eat enough fruit²⁷.

²⁷ <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>

SAFE DRIVING

Motor vehicle crashes are a public health concern both in the United States and abroad. In the United States, motor vehicle crashes are a leading cause of death, and kill over 100 people every day. However, motor vehicle crash injuries and deaths are preventable. There are proven strategies that can help prevent these injuries and deaths. Whether you are a driver, passenger, cyclist, or pedestrian, you can take steps to stay safe on the road.²⁸

In 2021, 711 child passengers ages 12 and younger were killed in motor vehicle crashes in the United States, and in 2020 more than 63,000 were injured. Of the children who were killed in a crash, 36% were not buckled up. Parents and caregivers can make a lifesaving difference by ensuring that their children are properly buckled on every trip.²⁹

Motor vehicle crashes are the leading cause of death for U.S. teens. About eight teens ages 13–19 die every day from motor vehicle crash injuries. Per mile driven, teen drivers ages 16–19 have a fatal crash rate almost three times as high as drivers ages 20 and older.³¹

In 2020, about 7,500 older adults were killed in traffic crashes, and almost 200,000 were treated in emergency departments for crash injuries. This means that each day, 20 older adults are killed and almost 540 are injured in crashes.³⁰



²⁸ <https://www.cdc.gov/mmwr/volumes/71/wr/mm7126a1.htm>

²⁹ https://www.cdc.gov/transportationsafety/child_passenger_safety/cps-factsheet.html

³⁰ https://www.cdc.gov/transportationsafety/older_adult_drivers/index.html

³¹ https://www.cdc.gov/transportationsafety/teen_drivers/index.html

FAMILY SUPPORT/RESOURCES

Iowa Assistance

The Iowa Department of Health and Human Services site (hhs.iowa.gov) provides information and access to many resources and assistance. There are many assistive programs and services at the federal, state, and local level.

Apply for Services



Assistance Programs



Medicaid



Your Life Iowa



Family Services



Aging



Child Advocacy Board



Human Rights



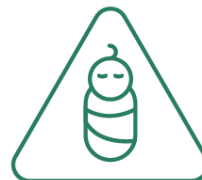
Early Childhood Iowa



Volunteer Iowa



Safe Haven



Disaster Assistance



³² <https://hhs.iowa.gov/>

ACCESS TO SERVICES

In the United States, many people do not receive timely and appropriate care. About one in four Americans lack a health center to receive regular medical services and a primary care provider, and almost one in five Americans under age 65 years do not have medical insurance coverage.³³



Several factors influence health care access. In some communities, there is a shortage of primary care physicians, nurses, community health workers (CHWs), pharmacists, paramedics, and/or physical/occupational therapists; in others, health care clinics, pharmacies, and hospitals are inaccessible due to their location. Health care affordability also affects one's ability to access health care.³⁴



Even where health care is accessible, widespread differences in the quality of care provided can lead to differential health outcomes. Moreover, factors such as health literacy—which is notably lower within non-White communities, older adults, and individuals with less education—affects patients' ability to make recommended healthy lifestyle changes and adhere to prescribed medication.³⁴



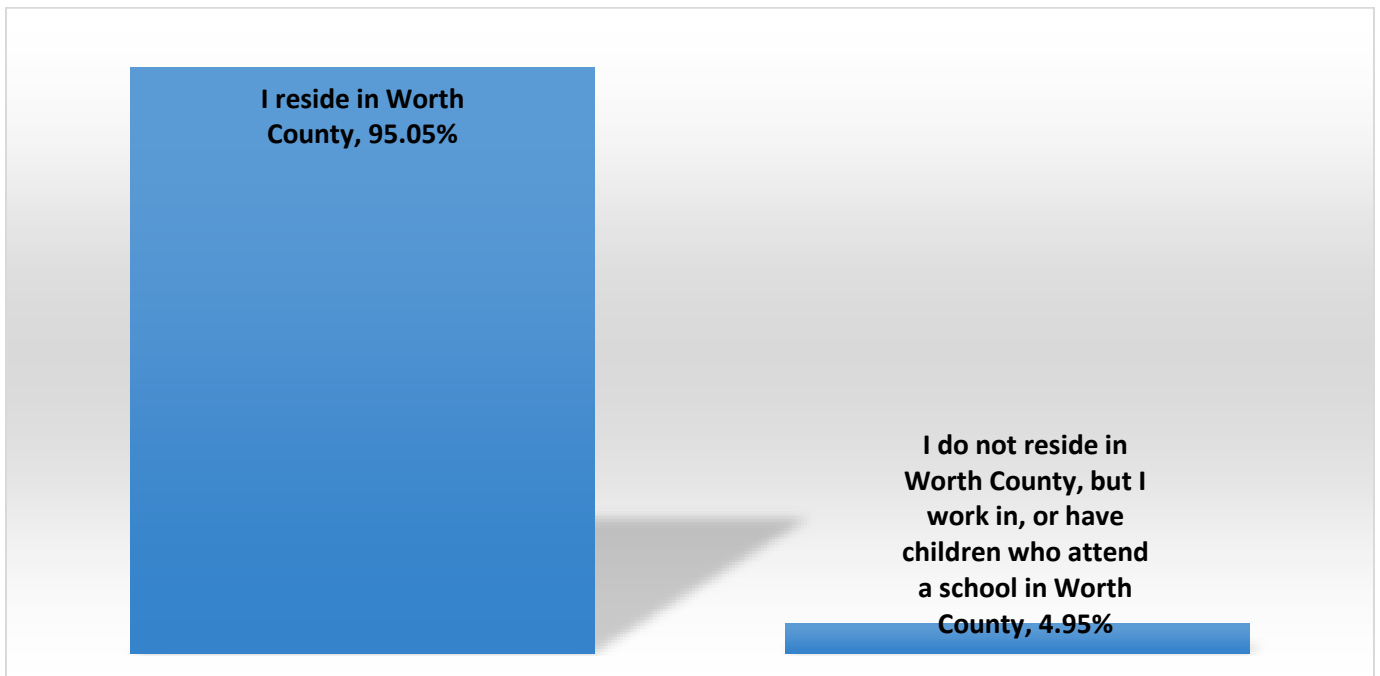
³³ <https://www.cdc.gov/phlp/publications/topic/hp2020/access.html>

³⁴ https://www.cdc.gov/dhdspl/health_equity/health-care-access.htm

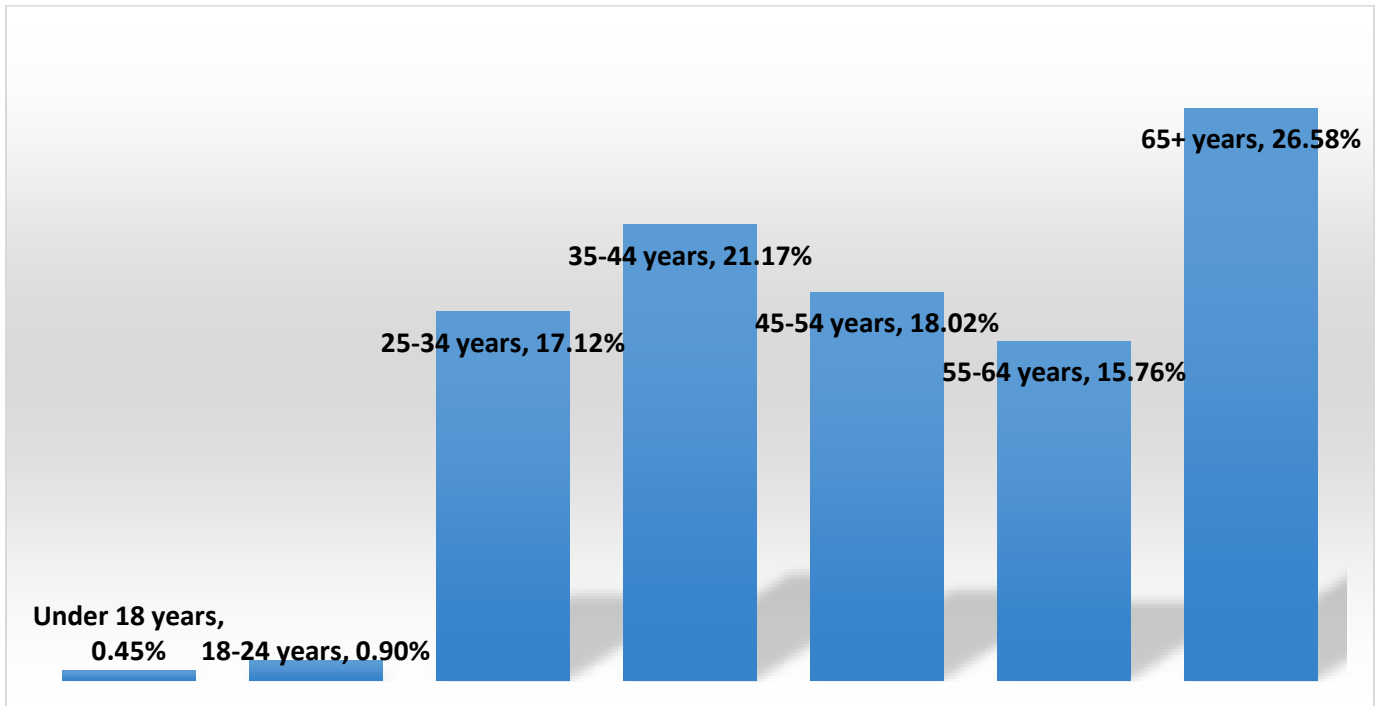
Worth County Community Survey Questions & Results

(222 surveys completed)

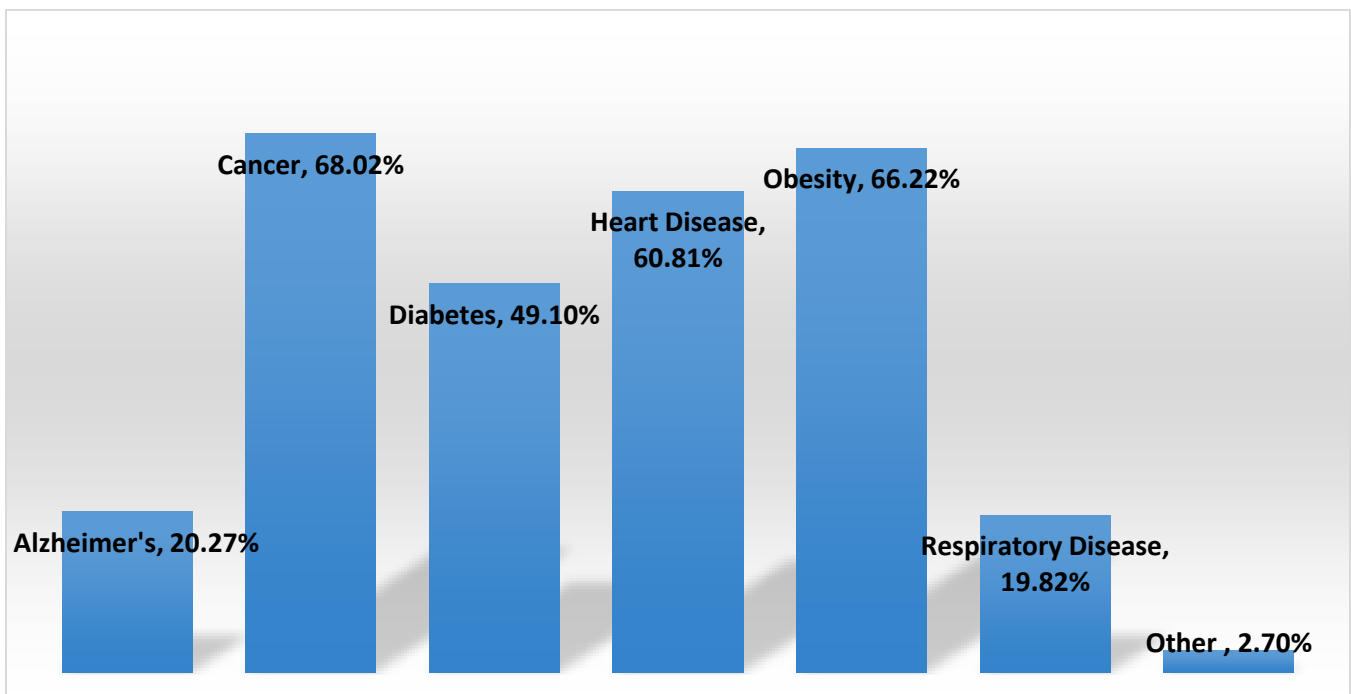
Question 1...Where do you reside?



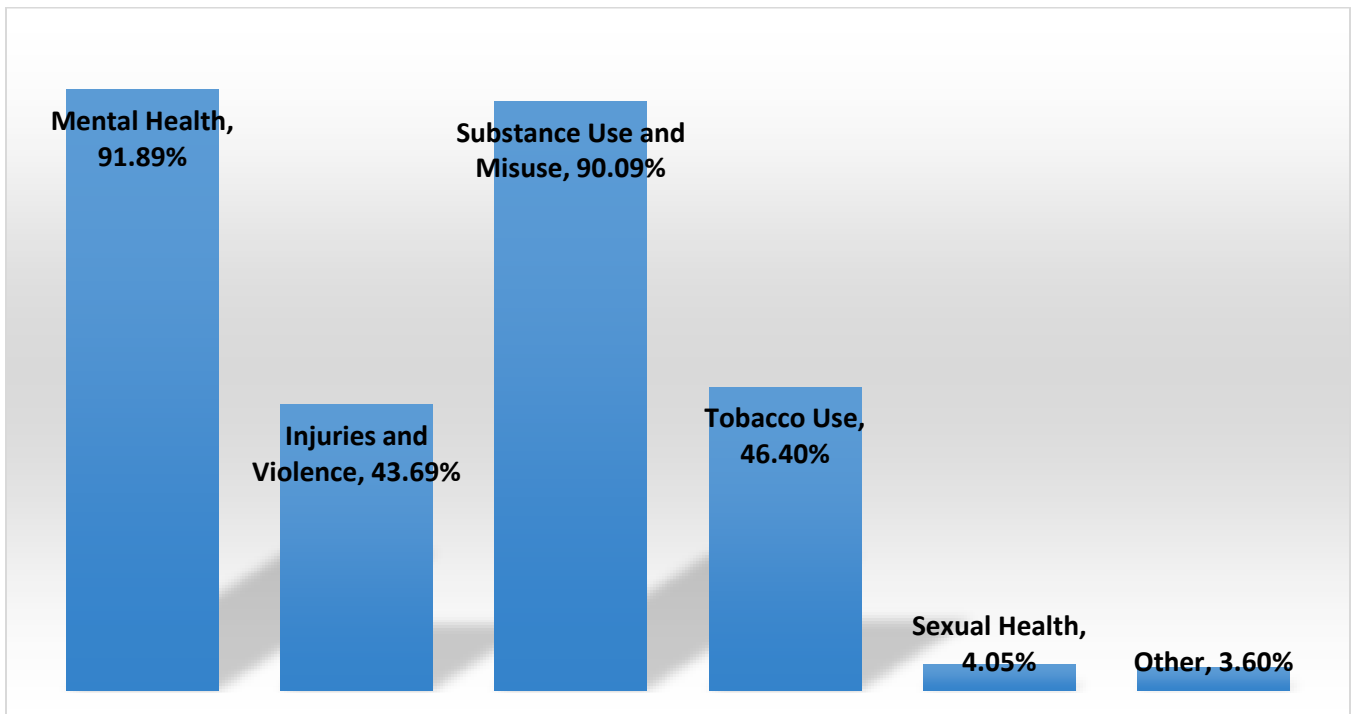
Question 2...Choose your age group.



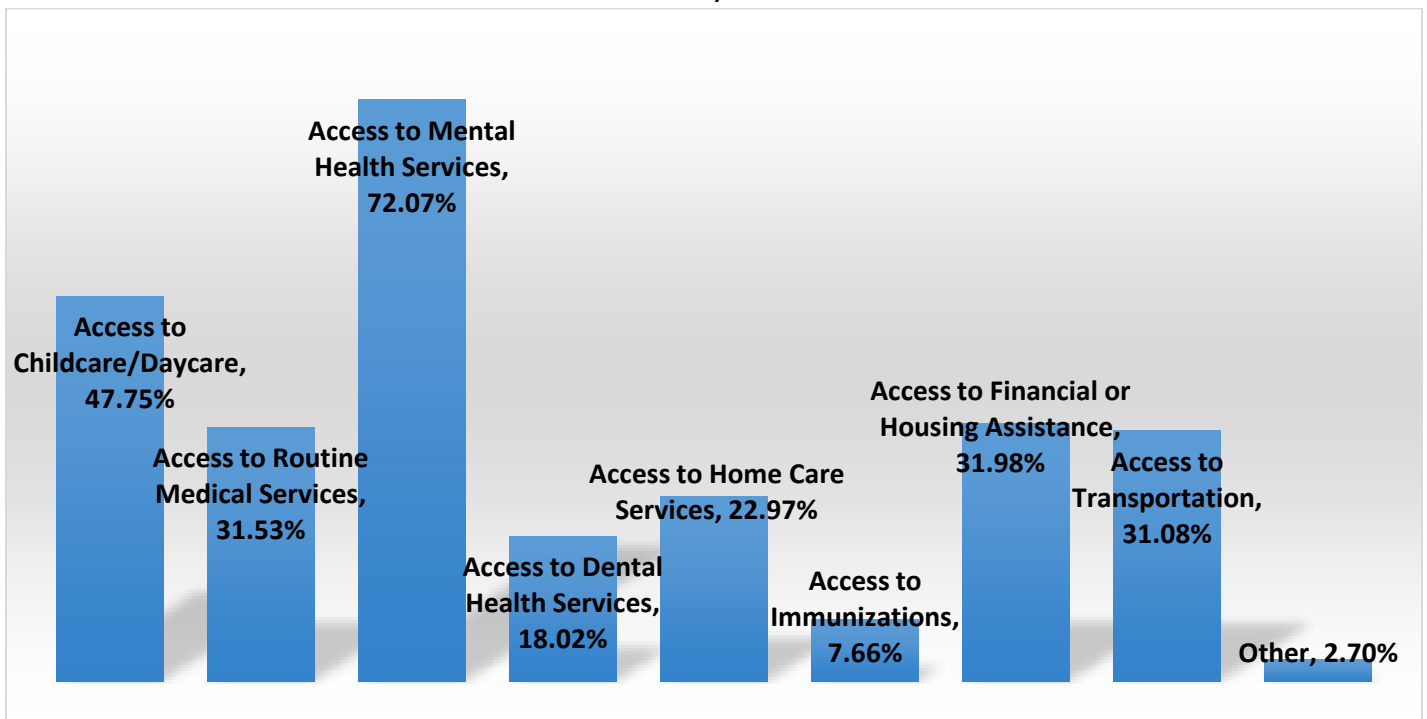
Question 3...Choose what you consider to be the top 3 health issues in Worth County.



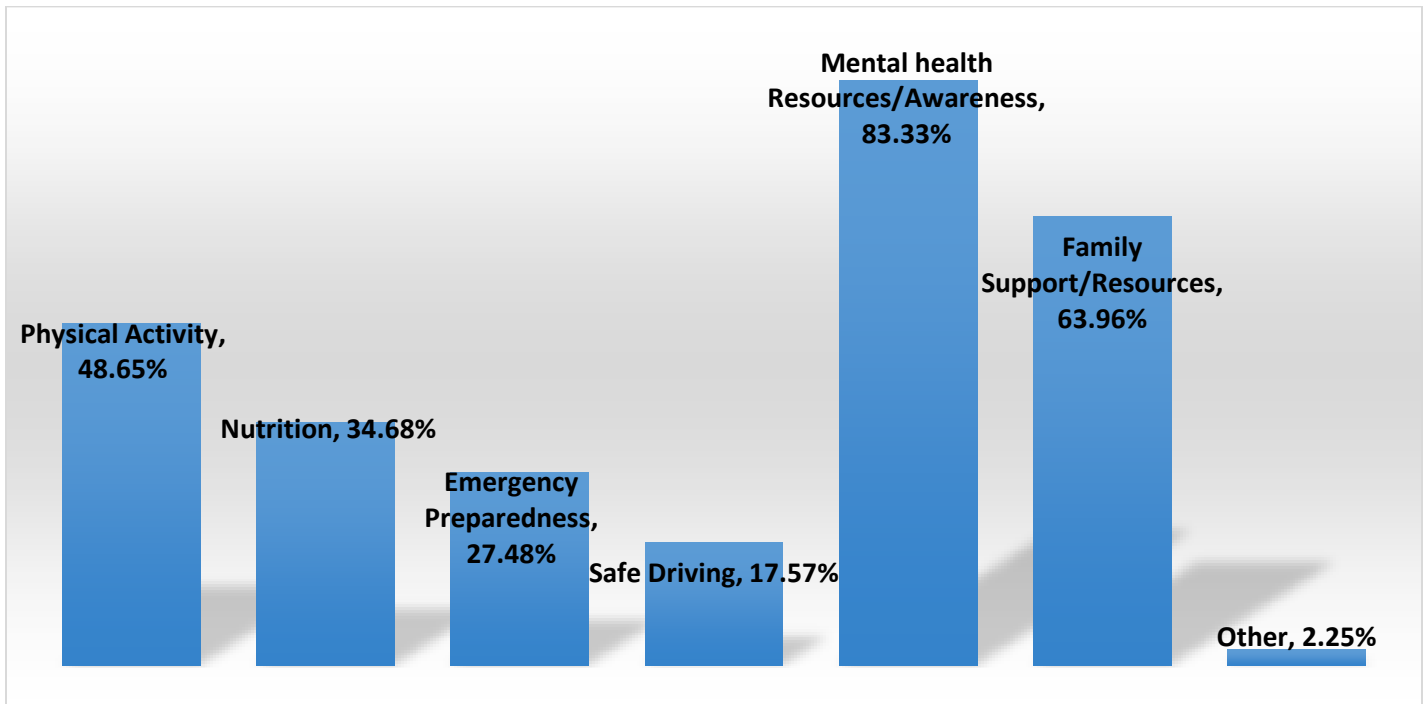
Question 4...Choose what you consider to be the top 3 concerns in Worth County.



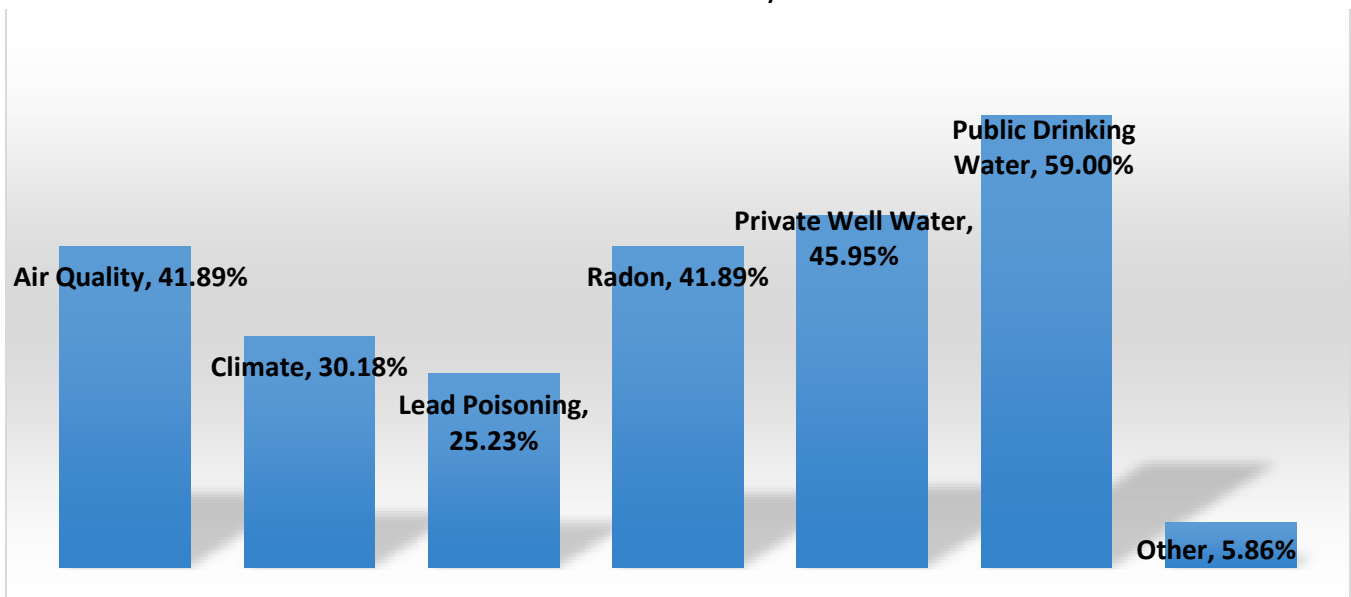
Question 5...Choose what you consider to be the top 3 accessibility issues in Worth County.



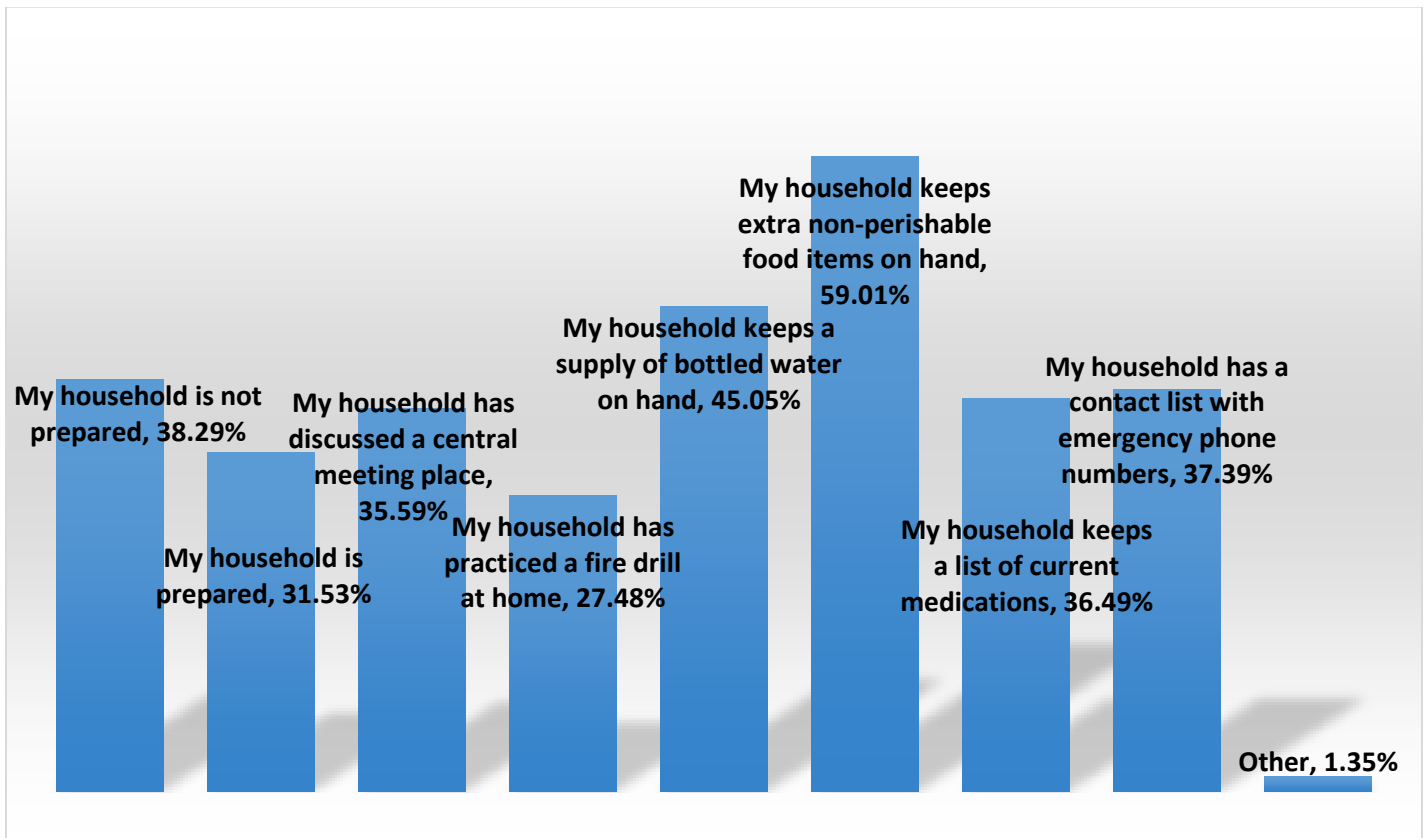
Question 6...Choose what you consider to be the top 3 areas needing improvement in Worth County.



Question 7...Choose what you consider to be the top 3 environmental health concerns in Worth County.



Question 8...Check all of the boxes that apply to you in regards to your level of preparedness for a natural or man-made disaster.



Top Health Priorities for Worth County Based on Community Survey Results

Top 2 Health Issues

1. Cancer (selected by 68.02% of survey participants)
2. Obesity (selected by 66.2% of survey participants)

Top 2 Concerns

1. Mental Health (selected by 91.89% of survey participants)
2. Substance Use and Misuse (selected by 90.09% of survey participants)

Top 2 Accessibility Issues

1. Access to Mental Health Services (selected by 72.07% of survey participants)
2. Access to Childcare/Daycare (selected by 47.75% of survey participants)

Top 2 Areas Needing Improvement

1. Mental Health Resources and Awareness (selected by 83.33% of survey participants)
2. Family Support/Resources (selected by 63.96% of survey participants)

Top 2 Environmental Health Concerns

1. Public Drinking Water (selected by 59% of survey participants)
2. Private Well Water (selected by 45.95% of survey participants)

Top Areas Needing Improvement for Household Emergency Preparedness

- ❖ 38.29% said that their household is not prepared
- ❖ 35.59% said that their household had discussed a central meeting place
- ❖ 27% said that they had practiced a fire drill at home
- ❖ 36.49% said that they keep a list of current medications in their home
- ❖ 37.39% said that they keep a contact list with emergency phone numbers in their home

After collecting and analyzing data and input from the community survey, community members, partners, and online sources, we are able to see what the top health and wellness priorities are for Worth County. This information will be used to build a Community Health Improvement Plan to address the top health and wellness priorities identified by our community members. The Worth County 2024-2026 Community Health Improvement Plan will be an ongoing effort from Worth County Public Health and the community to obtain the goal of improved health, wellness, and quality of life in Worth County.

“Enhance the quality of life within our community through innovative public health initiatives.”

WORTH COUNTY PUBLIC HEALTH-MISSION STATEMENT

1. Iowa Department of Health and Human Services
hhs.iowa.gov/cha-chip
2. United States Census Bureau
census.gov/quickfacts/fact/table/worthcountyiowa/PST045222
3. County Health Rankings & Roadmaps
<https://www.countyhealthrankings.org/explore-health-rankings/iowa/worth?year=2023>
4. Centers for Disease Control and Prevention; Alzheimer’s Disease and Healthy Aging
<https://www.cdc.gov/aging/aginginfo/alzheimers.htm>
5. Centers for Disease Control and Prevention; United States Cancer Statistics:Data Visualizations
<https://gis.cdc.gov/Cancer/USCS/#/AtAGlance/>
6. U.S. News & World Report
<https://www.usnews.com/news/healthiest-communities/iowa/worth-county>
7. Centers for Disease Control and Prevention; Diabetes
<https://www.cdc.gov/diabetes/basics/diabetes.html>
8. Centers for Disease Control and Prevention; Diabetes
<https://www.cdc.gov/diabetes/library/socialmedia/infographics/diabetes.html>
9. Centers for Disease Control and Prevention; Heart Disease
<https://www.cdc.gov/heartdisease/facts.htm>
10. Centers for Disease Control and Prevention; Overweight and Obesity
<https://www.cdc.gov/obesity/about-obesity/index.html>
11. Centers for Disease Control and Prevention; Overweight and Obesity
<https://www.cdc.gov/obesity/about-obesity/why-it-matters.html>
12. Centers for Disease Control and Prevention; Chronic Obstructive Pulmonary Disease
<https://www.cdc.gov/copd/basics-about.html>
13. Centers for Disease Control and Prevention; Mental Health
<https://www.cdc.gov/mentalhealth/learn/index.htm>
14. Centers for Disease Control and Prevention; Injury Prevention and Control
<https://www.cdc.gov/injury/wisqars/animated-leading-causes.html>
15. Centers for Disease Control and Prevention; Injury Prevention & Control
<https://www.cdc.gov/injury/wisqars/leadingcauses.html>

16. Centers for Disease Control and Prevention; National Center for Health Statistics
<https://www.cdc.gov/nchs/hus/sources-definitions/substance-use.htm>
17. Centers for Disease Control and Prevention; Stop Overdose
<https://www.cdc.gov/stopoverdose/polysubstance-use/index.html>
18. Centers for Disease Control and Prevention; Drug Overdose
<https://www.cdc.gov/drugoverdose/featured-topics/substance-use-disorders/index.html>
19. Centers for Disease Control and Prevention; Smoking & Tobacco Use
<https://www.cdc.gov/tobacco/about/osh/index.htm>
20. Centers for Disease Control and Prevention; Smoking & Tobacco Use
<https://www.cdc.gov/tobacco/stateandcommunity/state-fact-sheets/index.htm#1A>
21. Centers for Disease Control and Prevention; Sexual Health
<https://www.cdc.gov/sexualhealth/data.html>
22. Centers for Disease Control and Prevention; Sexually Transmitted Diseases
<https://www.cdc.gov/std/statistics/infographic.htm>
23. Centers for Disease Control and Prevention; Prepare Your Health
<https://www.cdc.gov/prepyourhealth/planahead/index.htm>
24. Centers for Disease Control and Prevention; Environmental Health Services
<https://www.cdc.gov/nceh/ehs/about.html>
25. Centers for Disease Control and Prevention; Physical Activity
<https://www.cdc.gov/physicalactivity/about-physical-activity/index.html>
26. Centers for Disease Control and Prevention; Physical Activity
<https://www.cdc.gov/physicalactivity/data/inactivity-prevalence-maps/index.html>
27. Centers for Disease Control and Prevention; Why It Matters
<https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>
28. Centers for Disease Control and Prevention; Morbidity and Mortality Weekly Report
<https://www.cdc.gov/mmwr/volumes/71/wr/mm7126a1.htm>
29. Centers for Disease Control and Prevention; Transportation Safety
https://www.cdc.gov/transportationsafety/child_passenger_safety/cps-factsheet.html
30. Centers for Disease Control and Prevention; Transportation Safety
https://www.cdc.gov/transportationsafety/older_adult_drivers/index.html
31. Centers for Disease Control and Prevention; Transportation Safety
https://www.cdc.gov/transportationsafety/teen_drivers/index.html

32. Iowa Department of Health and Human Services
hhs.iowa.gov
33. Centers for Disease Control and Prevention; Public Health Professionals Gateway
<https://www.cdc.gov/phlp/publications/topic/hp2020/access.html>
34. Centers for Disease Control and Prevention; Division for Heart Disease and Stroke Prevention
https://www.cdc.gov/dhdsp/health_equity/health-care-access.htm