

THE FACTS IOWA

Speak for Health

AN INITIATIVE OF THE
AMERICAN PUBLIC HEALTH ASSOCIATION

PUBLIC HEALTH FUNDING Strong investments in public health allow a state to carry out programs that improve health. Iowa receives \$161 total per person from the Centers for Disease Control and Prevention (CDC) and the Health Resources Services Administration (HRSA). In 2021 fiscal year, the Prevention and Public Health Fund awarded over \$6.41 million in grants to Iowa for community and clinical prevention efforts and improvements to public health infrastructure.

ACCESS TO CARE 4.8 percent of people in Iowa do not have health insurance coverage, which is well below the national uninsured rate of 8.6 percent. The number of practicing primary care providers is also an important measure of health care availability. Iowa has 266.5 active primary care providers per 100,000 people. Nationally, there are 265.3 practicing primary care providers per 100,000 people.

Notable Health Measures

- **High school graduation** Iowa has the 2nd highest high school graduation rate in the U.S. with 91.6 percent of students graduating from high school. This is a notable measure as there is a strong connection between education and health. People with higher levels of education are more likely to adopt healthy behaviors.
- **Drug deaths** Iowa has the 3rd lowest rate of deaths due to drug injury in the nation with 14.2 deaths per 100,000 people.
- **Air pollution** Iowa ranks 28th for air pollution nationally, with a measure of 7.8 micrograms of fine particles per cubic meter. Poor air quality can have severe health effects and impact a large number of people, particularly impacting young children and older adults.

The Challenges Ahead

- **Excessive drinking** 21.1 percent of the adult population in Iowa reports drinking excessively, ranking the state 4th highest in the nation. Excessive alcohol use can lead to fetal damage, liver diseases, high blood pressure, cardiovascular diseases and other major health problems.
- **Obesity and physical inactivity** Obesity contributes to poor general health and is a leading factor in preventable diseases. The obesity rate has steadily increased over the decades with 36.4 percent of adults in Iowa obese. Each year, an estimated \$190.2 billion is spent on obesity-related health issues in the U.S., accounting for 21 percent of annual medical spending.

Sources: America's Health Rankings analysis of Trust for America's Health, U.S. HHS, U.S. Census Bureau, Annual Estimates of the Resident Population, United Health Foundation, AmericasHealthRankings.org, Accessed 2023; Centers for Disease Control and Prevention. National Tobacco Control Program (NTCP) State Fact Sheets, (2023). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/stateandcommunity/state-fact-sheets/index.htm>; Centers for Disease Control and Prevention. Centers for Disease Control and Prevention. Fiscal Year 2023 Grant Funding Profiles Totals, (2023). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. <https://fundingprofiles.cdc.gov/>



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