PUBLIC HEALTH FUNDING  Strong investments in public health allow a state to carry out programs that improve health. Iowa receives $91.00 total per person from the Centers for Disease Control and Prevention (CDC) and the Health Resources Services Administration (HRSA). In 2018 fiscal year, the Prevention and Public Health Fund awarded over $8.5 million in grants to Iowa for community and clinical prevention efforts and improvements to public health infrastructure.

ACCESS TO CARE  4.7 percent of people in Iowa do not have health insurance coverage, which is well below the national uninsured rate of 8.8 percent. The number of practicing primary care physicians is also an important measure of health care availability. Iowa has 152.2 active primary care physicians per 100,000 people. Nationally, there are 159.6 practicing primary care physicians per 100,000 people.

Notable Health Measures

- **High school graduation**  Iowa has the highest high school graduation rate in the U.S. with 91.0 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 5th lowest rate of deaths due to drug injury in the nation with 10.6 deaths per 100,000 people.

- **Infant mortality**  Iowa has the 19th lowest rate of infant mortality at 5.1 infant deaths per 1,000 live births. This is lower than the national rate of 5.7 infant deaths per 1,000 people. Iowa’s low infant mortality rate could relate to their relatively low rate of low birthweight; in 2019, only 6.6 percent of infants were born less than 5 pounds 8 ounces. Low birthweight is of concern as it can make babies more susceptible to health issues at infancy.

The Challenges Ahead

- **Excessive drinking**  23.7 percent of the adult population in Iowa reports drinking excessively, ranking the state 3rd 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 35.3 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: Trust for America’s Health, Investing in America’s Health; Trust for America’s Health, Prevention and Public Health Fund at Work in States; U.S. Census Bureau, 2015, 2016, and 2017 1-Year American Community Surveys; United Health Foundation, America’s Health Rankings; Centers for Disease Control and Prevention, National Tobacco Control Program Funding.