# How Does Iowa's Health Rank?

Healthy Iowans 2017 State Health Assessment Supplement









Coordinated by the Bureau of Planning Services lowa Department of Public Health

## Iowa's health issues with indicators ranked in the bottom 20 states

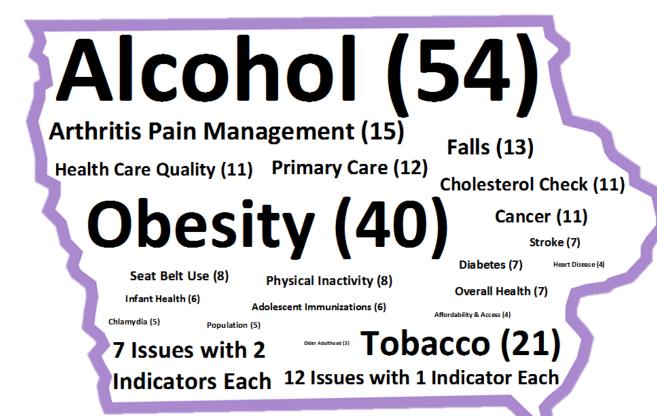
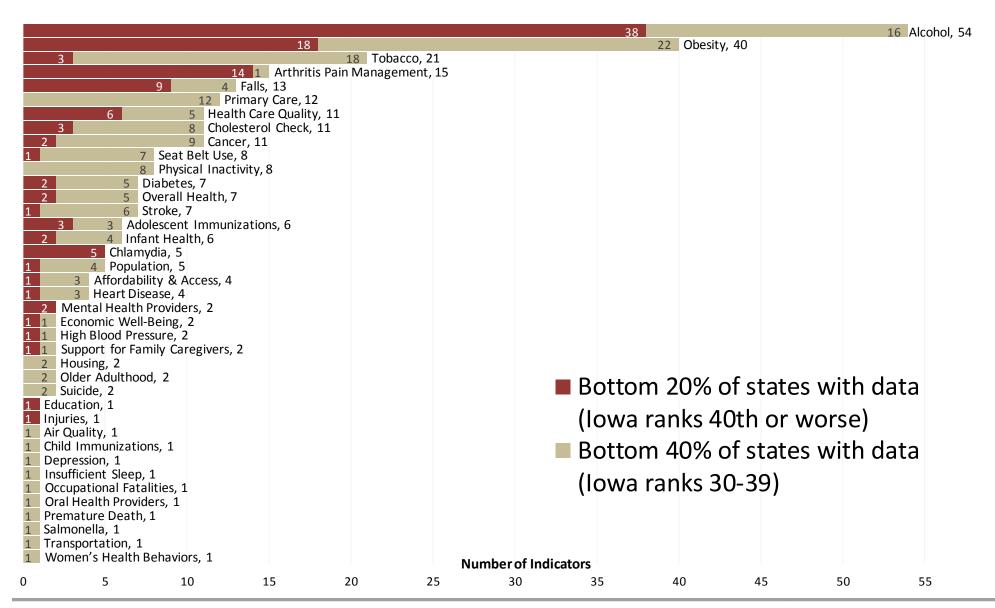


Figure 1. Health issues where Iowa has indicators ranked in the bottom 20 states. The size of text reflects the number of indicators (also in parentheses after the health issue) for which Iowa ranked 30<sup>th</sup> or Iower when compared with all states (Appendix A). Based on analysis conducted by the Bureau of Planning Services of more than 1,350 health-related indicators from six national health ranking reports and scorecards:

- America's Health Rankings® Annual Report, 2017
- America's Health Rankings® Senior Report: A Call to Action for Individuals and Their Communities, 2017
- America's Health Rankings 2016 Health of Women and Children Report
- Commonwealth Fund Scorecard on State Health System Performance, 2017 Edition
- County Health Rankings and Roadmaps, 2017
- Long-Term Services & Supports State Scorecard, 2017

# **Iowa Health Issues by the Number of Low-Ranking Indicators**



**Figure 2.** Iowa Health Issues by the Number of Low-Ranking Indicators. This figure shows the total number of indicators where Iowa ranked 30<sup>th</sup> or Iower, broken down by the number of indicators with performance that is poor (ranks 30-39) and very poor (ranking of 40<sup>th</sup> or Iower).

## Iowa's Health Indicators: Who's Affected?

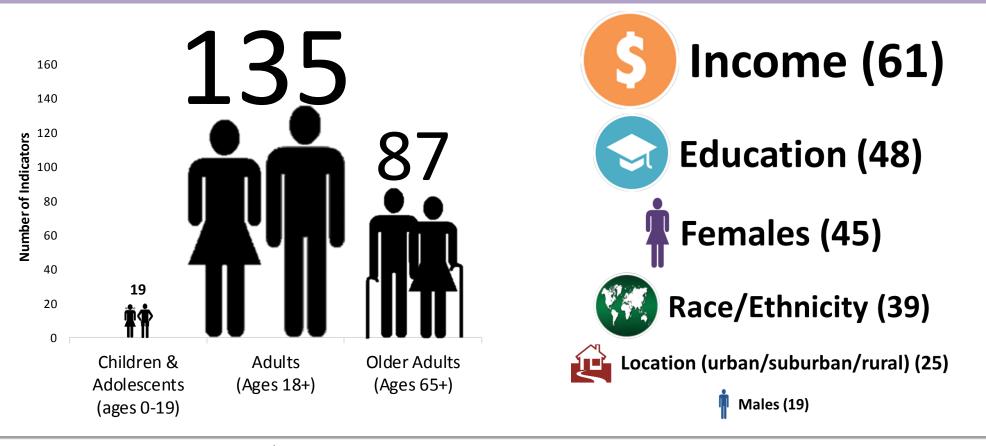


Figure 3. Iowa's Health Indicators: Who's Affected? These graphics represent the number of indicators with low rankings by age groups (children & adolescents ages 0-19, adults 18 and older, and older adults ages 65 and older), income groups, education levels, gender, race/ethnicity (e.g., Black, Hispanic, White), and location (urban, suburban, or rural).

¹ Categories may overlap. For age groups, an indicator was classified in only one of the three categories. For example, suicides for ages 15-19 were included only in the Children & Adolescents category despite including 18 and 19 year olds. In addition, older adults ages 65+ only included indicators that specifically referred to adults over age 65. If the indicator included all ages 18 and older, the indicator was classified in the adult category only. For the non-age related categories, the number of indicators is listed in parentheses after the category name. A single indicator could be in more than one category. For example, an indicator affecting low-income Hispanic males would be classified in the Income, Race/Ethnicity, and Males categories. In addition, not every indicator could be classified into one of these groups. Thus, totals for the categories do not equal the total number of indicators.

#### Recommendations and use of this document

In the end, this document should generate as many questions as answers about Iowa's top health issues. Using these six reports to compare Iowa's performance on a nationally recognized set of health-related indicators with the performance of other states and the nation is one of many steps we can take to identify important health-related issues. Other considerations include studying trends over time; making comparisons with other achievable benchmarks; exploring additional disparities; reviewing other reports, topics, and data sources; and having ongoing conversations with those interested in improving health in Iowa and the nation.

Additionally, the three infographics (pages 1-3) and Appendix A (pages 7-30) in this document add to the ongoing assessment of lowa's top health issues. They reflect additional evidence for 39 health issues and provide details about 279 health indicators for which lowa ranks 30th or lower when compared with all states. The identified issues should be *considered* by lowans and professionals working to improve health in lowa for inclusion in Healthy lowans: lowa's State Health Improvement Plan. In addition, the issues represent possible topics for additional research, planning or other interventions. In particular, five health issues represent more than half (51%) of the indicators for which lowa performs poorly compared with other states:

- 1. Alcohol Use (54 of the 279 total indicators ranking 30th or below)
- 2. Obesity (40)
- 3. Tobacco Use (21)
- 4. Arthritis Pain Management (15)
- 5. Falls (13)

Of these five, only Arthritis Pain Management is not currently in <u>Healthy Iowans: Iowa's State Health Improvement Plan</u>. Given the growing concern of opioid overuse and abuse (often beginning as part of pain management), this issue should be considered for inclusion in Healthy Iowans. Other issues that are not currently in Healthy Iowans include several related to cardiovascular disease, specifically, cholesterol screening (11 indicators), stroke (7), and high blood pressure (2). Heart disease is currently the focus for *Healthy Iowans*. Perhaps these related issues warrant attention as well. <u>Appendix A</u> provides details about these and other issues not currently in Healthy Iowans (highlighted RED).

The five top issues also include important health equity and life course indicators. The 143 indicators in these five issues reflect majorities of indicators related to females (78%), education (69%), income (64%), location (64%), adults (64%), and older adults (61%). Because of this review, indicators highlighted GREEN in Appendix A were proposed to Healthy Iowans stakeholders, revised based on feedback, and will be included as measures of health improvement with targets in the 2018 revision of Healthy Iowans. However, not all of the health equity subcategories (income, education, race/ethnicity, etc.) will be included yet, mainly because the data do not show disparities within Iowa for those indicators. For example, for some indicators nearly all subgroups have similar (poor) values. Thus, improvement for all subgroups is necessary to achieve health improvement for the state instead of focusing on particular subgroups or disparities. Obesity is a good example with nearly no subgroups performing well. As a result, it is necessary to prevent and reduce obesity in all populations rather than a more targeted approach. Thus, Healthy Iowans sets an obesity target for all adults. A target for obesity in adults with disabilities is also included as a population that is not included in these other subgroups.

## Methodology

An important piece of assessing lowa's health is to compare lowa's performance on health-related indicators with the performance of other states and the nation. Six national health rankings and scorecard reports (Appendix A) were selected for review and analysis based on the breadth of their analysis [i.e., they included non-health indicators that directly affect health (e.g., education, income, housing)], availability of downloadable datasets, and consistency in measurement over time. Overall, the reports included data for lowa and at least 35 other states for 1,356 indicators. lowa's ranking was determined simply by comparing the absolute values for each indicator with comparable values for other states. The definitions for each indicator reflect those used in the specific report. Categories for comparing differences by income, education, race/ethnicity, age groups, etc., were determined by the report and may not be the same across indicators. The Bureau of Planning Services categorized indicators by the Healthy lowans focus areas and into descriptive health issue categories.

Based on this methodology, there are several caveats.

- 1. Iowa's ranking for each indicator was determined simply by comparing the absolute value rather than by evaluating for statistical or practical differences. This means that for some indicators Iowa may have ranked lower than another state even if its value for a specific indicator was essentially the same as the higher ranked state. Thus, the rankings for individual indicators and the health issues highlighted in this report should be used as rationale to begin other analyses rather than to make final decisions about whether or not Iowa is performing well.
- 2. Ranking states may not identify issues where every state is performing poorly. Obesity is an example of an issue where nearly no states are performing well.

  Thus, a rank of 10 versus 30 might mislead one into deciding that obesity is not an important health issue for that state. For obesity, Iowa has many rankings below 30 so the issue is identified as an important one, but further analysis is necessary to determine whether indicators with ranks 1-29 merit attention as well.
- 3. The issues identified reflect only those included in the six reports. While these reports include a mixture of indicators relating to different age groups; chronic and acute diseases; behavioral, clinical, environmental and policy factors; and population demographics, they do not include an equal number of indicators for these factors nor every possible topic that affects health. Thus, this report should not be used to claim these issues are the only ones of importance to lowa.

#### **Suggested Citation:**

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## **Appendix A. National Health Rankings & Scorecard Reports**

	# of indicators	
Ranking Report or Scorecard	with Iowa data	Accessed At
America's Health Rankings® Annual Report, 2017	554	https://www.americashealthrankings.org/
America's Health Rankings® Senior Report: A Call to Action for Individuals and Their	263	https://www.americashealthrankings.org/
Communities, 2017		
America's Health Rankings® 2016 Health of Women and Children Report	385	https://www.americashealthrankings.org/
Commonwealth Fund Scorecard on State Health System Performance, 2017 Edition	60	http://datacenter.commonwealthfund.org
County Health Rankings and Roadmaps, 2017	70	http://www.countyhealthrankings.org/
Long-Term Services & Supports State Scorecard, 2017	24	http://longtermscorecard.org/

### Indicators where Iowa ranks 30th or below (sorted by Iowa Rank)

Green highlighted rows include indicators that are substantially the same 2 as those included in the 2018 Healthy Iowans revision to be published in spring 2018. Red highlighted rows indicate Health Issues not currently included in Healthy Iowans.

Healthy Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	lowa Value	Best State Value	Worst State Value	US Value	Data Source	URL	Data Year
Addictive Behaviors	Alcohol	Binge Drinking	College Grad: Ages 25+	Percentage who reported having four or more (women) or five or more (men) drinks on one occasion in the past month	50	22.6	8.7	22.6	16.6	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Excessive Drinking	College Grad: Ages 25+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	50	23.4	9.6	23.4	18.4	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Health System Improvement	Health Care Quality	Effective Transitions	Ages under 65	Percent of people with 90+ day nursing home stays successfully transitioning back to the community	50	4.1	14.9	4.1	7.4	Long-Term Services & Supports State Scorecard	http://longtermscorecard.org /2017-scorecard	2012
Health System Improvement	Arthritis Pain Management	Pain Management	Urban: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit their usual activities	49 of 49	36.6	56.5	36.6	46.4	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015

<sup>&</sup>lt;sup>2</sup> Indicators in Healthy Iowans may use different data sources for an indicator (e.g., where possible, the original data source is used rather than a ranking report) or have minor wording variations, changes in age groupings, race/ethnicity categories, or other changes that reflect the original data sources.

Healthy Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	Iowa Value	Best State Value	Worst State Value	US Value	Data Source	URL	Data Year
Addictive Behaviors	Alcohol	Binge Drinking	Income \$75,000 or More: Ages 25+	Percentage who reported having four or more (women) or five or more (men) drinks on one occasion in the past month	49	27.7	12.6	28.6	20.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Excessive Drinking	Females: Ages 18-24	Percentage who reported either binge drinking (having four or more drinks on one occasion in the past month) or chronic drinking (having eight or more drinks per week)	49	32.2	13.4	38.5	21.1	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Addictive Behaviors	Alcohol	Excessive Drinking	Females: Ages 18-44	Percentage who reported either binge drinking (having four or more drinks on one occasion in the past month) or chronic drinking (having eight or more drinks per week)	49	24.3	10.7	28.7	17.7	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Addictive Behaviors	Alcohol	Excessive Drinking	Income \$75,000 or More: Ages 25+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	49	29.1	13.5	30.6	22.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Excessive Drinking	Some College: Females ages 18-44	Percentage who reported either binge drinking (having four or more drinks on one occasion in the past month) or chronic drinking (having eight or more drinks per week)	49	26	9.5	28.9	16.6	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Health System Improvement	Affordability & Access	Affordability & Access	All, Disabilities, Older adults	Aging and Disability Resource Center / No Wrong Door Functions (composite indicator, scale 0-100%)	49	0	92	0	60	Long-Term Services & Supports State Scorecard	http://longtermscorecard.org /2017-scorecard	2016
Healthy Living	Chlamydia	Chlamydia	Black / African American	Number of new cases of chlamydia per 100,000 population	49	2167	160	2201	1115	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Healthy Living	Obesity	Obesity	Males: Ages 65+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	49	36.4	19.1	36.8	28.2	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Addictive Behaviors	Tobacco	Smoking	Black: Ages 18+	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	36 of 37	28.4	11.3	32.4	18.4	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Binge Drinking	Ages 18-44	Percentage who reported having four or more (women) or five or more (men) drinks on one occasion in the past month	48	31	16.9	34.8	24.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Binge Drinking	Some College: Ages 25+	Percentage who reported having four or more (women) or five or more (men) drinks on one occasion in the past month	48	20.7	9.7	26	16.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016

Healthy Iowans Focus		Short Indicator	Who's		lowa	lowa	Best State	Worst State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Addictive	Alcohol	Excessive	Females:	Percentage who reported either binge	48	19.7	8.4	19.8	13.6	America's Health	https://www.americashealthr	2013-
Behaviors		Drinking	Ages 35-44	drinking (having four or more drinks on						Rankings 2016	ankings.org/explore/2016-	2014
			0	one occasion in the past month) or						Health of Women	health-of-women-and-	
				chronic drinking (having eight or more						and Children Report	children-report/state/ALL	
				drinks perweek)						•		
Addictive	Alcohol	Excessive	White:	Percentage who reported either binge	48	26.8	10.5	28.9	20.8	America's Health	https://www.americashealthr	2013-
Behaviors		Drinking	Females	drinking (having four or more drinks on						Rankings 2016	ankings.org/explore/2016-	2014
			ages 18-44	one occasion in the past month) or						Health of Women	health-of-women-and-	
				chronic drinking (having eight or more						and Children Report	children-report/state/ALL	
				drinks perweek)								
Chronic	Diabetes	Diabetes	Income Less	Percentage who reported being told by a	48	9.8	3.1	11.6	6.3	America's Health	https://www.americashealthr	2013-
Disease			than	health professional that they have						Rankings 2016	ankings.org/explore/2016-	2014
			\$25,000:	diabetes (excludes prediabetes and						Health of Women	health-of-women-and-	
			Females	gestational diabetes)						and Children Report	children-report/state/ALL	
Hoalth System	Arthritic Dain	Pain	ages 18-44	Darcantage with arthritis who reported	48	40.1	57.5	36.6	47.9	Amorica's Hoalth	https://www.amoricach.calthr	2015
Health System	Arthritis Pain		Females: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit	48	40.1	57.5	30.0	47.9	America's Health Rankings 2017	https://www.americashealthr ankings.org/explore/2017-	2015
Improvement	Management	Management	Ages 03+	their usual activities						Senior Report	senior-report/state/ALL	
Health System	Arthritis Pain	Pain	Income Less	Percentage with arthritis who reported	48	42.2	64.4	39.2	54.4	America's Health	https://www.americashealthr	2015
Improvement	Management	Management	Than	that arthritis or joint pain does not limit	'0	12.2	•	33.2	3	Rankings 2017	ankings.org/explore/2017-	2013
provenicine	a.iageineile	a.a.gee.ic	\$25,000:	their usual activities						Senior Report	senior-report/state/ALL	
			Ages 65+									
Healthy Living	Obesity	Obesity	Income \$50-	Percentage with a body mass index of	48	36.8	25.9	43.8	32.7	America's Health	https://www.americashealthr	2016
			\$74,999:	30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
			Ages 25+	and weight						Annual Report	annual-report/state/ALL	
Chronic	Cholesterol	Cholesterol	Black: Ages	Percentage who reported having their	39 of	66.8	85.1	56.4	78.2	America's Health	https://www.americashealthr	2015
Disease	Check	Check	18+	blood cholesterol checked within the past	41					Rankings 2017	ankings.org/explore/2017-	
				five years						Annual Report	annual-report/state/ALL	
Addictive	Alcohol	Binge Drinking	Ages 18+	Percentage who reported having four or	47	21.2	11.3	24.8	16.9	America's Health	https://www.americashealthr	2016
Behaviors				more (women) or five or more (men)						Rankings 2017	ankings.org/explore/2017-	
A 1 1: .:	AL 1 1	D: D: I:		drinks on one occasion in the past month	47	45.4	6.2	40.5	12	Annual Report	annual-report/state/ALL	2016
Addictive	Alcohol	Binge Drinking	Females:	Percentage who reported having four or	47	15.4	6.2	19.5	12	America's Health	https://www.americashealthrankings.org/explore/2017-	2016
Behaviors			Ages 18+	more (women) or five or more (men) drinks on one occasion in the past month						Rankings 2017 Annual Report	annual-report/state/ALL	
Addictive	Alcohol	Binge Drinking	Males: Ages	Percentage who reported having four or	47	27.1	16.3	32.1	22.1	America's Health	https://www.americashealthr	2016
Behaviors	AICOTO	bilige Dillikilig	18+	more (women) or five or more (men)	4/	27.1	10.5	32.1	22.1	Rankings 2017	ankings.org/explore/2017-	2010
Dellaviois			10.	drinks on one occasion in the past month						Annual Report	annual-report/state/ALL	
Addictive	Alcohol	Binge Drinking	White: Ages	Percentage who reported having four or	47	22	11.3	24.9	17.9	America's Health	https://www.americashealthr	2016
Behaviors	711001101	Dilige Dilliking	18+	more (women) or five or more (men)	.,		11.5	21.3	17.5	Rankings 2017	ankings.org/explore/2017-	2010
				drinks on one occasion in the past month						Annual Report	annual-report/state/ALL	
Addictive	Alcohol	Excessive	Ages 18+	Percentage who reported either binge	47	22.1	11.8	26.2	18.5	America's Health	https://www.americashealthr	2016
Behaviors		Drinking		drinking (having four or more [women] or						Rankings 2017	ankings.org/explore/2017-	
				five or more [men] drinks on one						Annual Report	annual-report/state/ALL	
				occasion in the past month) or chronic								
				drinking (having eight or more [women]								
				or 15 or more [men] drinks per week)								

Healthy							Best	Worst				
Iowans Focus		Short Indicator	Who's		lowa	lowa	State	State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Addictive	Alcohol	Excessive	Ages 18-44	Percentage who reported either binge	47	31.2	17.6	35.8	25.2	America's Health	https://www.americashealthr	2016
Behaviors		Drinking		drinking (having four or more [women] or five or more [men] drinks on one						Rankings 2017 Annual Report	ankings.org/explore/2017- annual-report/state/ALL	
				occasion in the past month) or chronic						Aimuai Keport	attitual-report/state/ALL	
				drinking (having eight or more [women]								
				or 15 or more [men] drinks per week)								
Addictive	Alcohol	Excessive	Females:	Percentage who reported either binge	47	16.8	6.6	21.3	13.9	America's Health	https://www.americashealthr	2016
Behaviors	711001101	Drinking	Ages 18+	drinking (having four or more [women] or	''	10.0	0.0	21.5	13.3	Rankings 2017	ankings.org/explore/2017-	2010
5611411010		2	7.665 20	five or more [men] drinks on one						Annual Report	annual-report/state/ALL	
				occasion in the past month) or chronic								
				drinking (having eight or more [women]								
				or 15 or more [men] drinks per week)								
Addictive	Alcohol	Excessive	Income	Percentage who reported either binge	47	24.3	9	25.5	20.1	America's Health	https://www.americashealthr	2013-
Behaviors		Drinking	\$75,000 or	drinking (having four or more drinks on						Rankings 2016	ankings.org/explore/2016-	2014
			More:	one occasion in the past month) or						Health of Women	health-of-women-and-	
			Females	chronic drinking (having eight or more						and Children Report	children-report/state/ALL	
			ages 18-44	drinks perweek)								
Addictive	Alcohol	Excessive	Some	Percentage who reported either binge	47	21.9	10.3	27.5	17.9	America's Health	https://www.americashealthr	2016
Behaviors		Drinking	College:	drinking (having four or more [women] or						Rankings 2017	ankings.org/explore/2017-	
			Ages 25+	five or more [men] drinks on one						Annual Report	annual-report/state/ALL	
				occasion in the past month) or chronic								
				drinking (having eight or more [women]								
	A .1 D .			or 15 or more [men] drinks per week)	47	40.0	540	27.2	46.5	A		2045
Health System	Arthritis Pain	Pain	Ages 65+	Percentage with arthritis who reported	47	40.0	54.9	37.2	46.5	America's Health	https://www.americashealthr	2015
Improvement	Management	Management		that arthritis or joint pain does not limit their usual activities						Rankings 2017 Senior Report	ankings.org/explore/2017- senior-report/state/ALL	
Health System	Arthritis Pain	Pain	White: Ages	Percentage with arthritis who reported	47	40.4	56.8	36.9	45.5	America's Health	https://www.americashealthr	2015
Improvement	Management	Management	65+	that arthritis or joint pain does not limit	4/	40.4	30.8	30.9	43.3	Rankings 2017	ankings.org/explore/2017-	2013
improvement	Management	iviariagement	051	their usual activities						Senior Report	senior-report/state/ALL	
Injury &	Falls	Falls	Income	Percentage who reported they had fallen	47	29.8	18.1	30.9	24.8	America's Health	https://www.americashealthr	2014
Violence	14115	luns	\$75.000 or	in the past 12 months	''	25.0	10.1	30.3	21.0	Rankings 2017	ankings.org/explore/2017-	2011
			More: Ages							Senior Report	senior-report/state/ALL	
			65+									
Chronic	Diabetes	Diabetes	Less than	Percentage who reported being told by a	45 of	9.4	2.1	11.5	6.2	America's Health	https://www.americashealthr	2013-
Disease			High School:	health professional that they have	48					Rankings 2016	ankings.org/explore/2016-	2014
			Females	diabetes (excludes prediabetes and						Health of Women	health-of-women-and-	
			ages 18-44	gestational diabetes)						and Children Report	children-report/state/ALL	
Healthy Living	Obesity	Obesity	Suburban:	Percentage with a body mass index of	44 of	35.3	18.7	39.8	26.6	America's Health	https://www.americashealthr	2015
			Ages 65+	30.0 or higher based on reported height	47					Rankings 2017	ankings.org/explore/2017-	
				and weight						Senior Report	senior-report/state/ALL	
Healthy Living	Obesity	Obesity	Hispanic:	Percentage with a body mass index of	37 of	34.8	14.8	50.5	29.1	America's Health	https://www.americashealthr	2013-
			Females	30.0 or higher based on reported height	40					Rankings 2016	ankings.org/explore/2016-	2014
			ages 18-44	and weight						Health of Women	health-of-women-and-	
A -1 -1: - + :	A1 I '	Din D : I:	A 45 C4	Barragha and a U. S. C.	1.5	47.7	0.0	24.5	1.1.1	and Children Report	children-report/state/ALL	2045
Addictive	Alcohol	Binge Drinking	Ages 45-64	Percentage who reported having four or	46	17.7	9.2	21.5	14.1	America's Health	https://www.americashealthr	2016
Behaviors				more (women) or five or more (men)						Rankings 2017	ankings.org/explore/2017- annual-report/state/ALL	
				drinks on one occasion in the past month						Annual Report	amiual-report/State/ALL	

Healthy Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	lowa Value	Best State Value	Worst State Value	US Value	Data Source	URL	Data Year
Addictive Behaviors	Alcohol	Excessive Drinking	Ages 45-64	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	46	19.1	9.8	23.3	15.9	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Excessive Drinking	Males: Ages 18+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	46	27.6	17.3	32.9	23.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Excessive Drinking	White: Ages 18+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	46	23	11.8	26.4	19.7	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Health Equity	Population	Population	All non- Hispanic White	Percent of population <sup>3</sup>	46	86.7	93.6	22.9	N/A	County Health Rankings and Roadmaps, 2017	http://www.countyhealthrankings.org/	2015
Health System Improvement	Arthritis Pain Management	Pain Management	College Grad: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit their usual activities	46	37.4	50.8	33	42	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Healthy Living	Chlamydia	Chlamydia	Hispanic / Latino	Number of new cases of chlamydia per 100,000 population	46	538	51.7	772	372	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Healthy Living	Obesity	Obesity	Income \$25- \$49,999: Ages 65+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	46	35.2	16.9	45.3	29.8	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Healthy Living	Obesity	Obesity	Some College: Ages 65+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	46	33.9	19	37.9	28	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Addictive Behaviors	Alcohol	Binge Drinking	Black: Ages 18+	Percentage who reported having four or more (women) or five or more (men) drinks on one occasion in the past month	33 of 36	18	9.6	28	13.7	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Acute Disease	Adolescent Immunizations	Immunization Tdap	Ages 13-17	Percentage who received ≥1 dose of tetanus-diphtheria-acellular pertussis (Tdap) since age 10 years	45	76.7	94.8	70.8	87.6	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2014

<sup>&</sup>lt;sup>3</sup> For this indicator, the "Best" state has the highest percentage of non-Hispanic whites. The higher the percentage, the greater the need for health policies targeting non-Hispanic whites. Iowa has the nation's fifth highest rate. However, this concentration also indicates the importance of health equity policies to ensure the needs of minority populations are not overlooked.

Healthy							Best	Worst				
Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	Iowa Value	State Value	State Value	US Value	Data Source	URL	Data Year
Addictive Behaviors	Alcohol	Excessive Drinking	Income \$25- \$49,999: Females ages 18-44	Percentage who reported either binge drinking (having four or more drinks on one occasion in the past month) or chronic drinking (having eight or more drinks per week)	45	23.6	8.6	26.7	17	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Chronic Disease	Cholesterol Check	Cholesterol Check	College Grad: Ages 25+	Percentage who reported having their blood cholesterol checked within the past five years	45	84.9	91.5	81.7	88.3	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Health Equity	Education	Education - Seniors	Ages 65+	Percentage who reported having a college degree	45	19.7	36.5	15.6	25.8	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health System Improvement	Arthritis Pain Management	Pain Management	Income \$75,000 or More: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit their usual activities	45	33.4	55.8	26.7	39.5	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health System Improvement	Health Care Quality	Overuse- Mammography	Females: Ages 75+	Percentage of Medicare enrollees who had at least one screening mammogram	45	26.7	18.3	29.8	23.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Health System Improvement	Support for Family Caregivers	Support for Family Caregivers	All	Person- and Family-Centered Care (composite indicator, scale 0-5.5)	45	1	4.3		2.41	Long-Term Services & Supports State Scorecard	http://longtermscorecard.org/2017-scorecard	2016
Healthy Living	Chlamydia	Chlamydia	Asian	Number of new cases of chlamydia per 100,000 population	45	256	12.7	521	116	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Healthy Living	Chlamydia	Chlamydia	White	Number of new cases of chlamydia per 100,000 population	45	290	19.7	345	189	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Healthy Living	Obesity	Obesity	Income Less Than \$25,000: Females ages 18-44	Percentage with a body mass index of 30.0 or higher based on reported height and weight	45	47.1	29.8	50.2	39.5	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Healthy Living	Obesity	Obesity	Less than High School: Ages 25+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	45	41.3	27.4	44.1	37	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Healthy Living	Obesity	Obesity	Males: Ages 18+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	45	33.8	22.4	37.9	29.6	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Healthy Living	Obesity	Obesity	Some College: Females ages 18-44	Percentage with a body mass index of 30.0 or higher based on reported height and weight	45	37.9	26.1	42.1	33.4	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Healthy Living	Obesity	Obesity	White: Ages 65+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	45	30.8	17.7	33	26.5	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015

Healthy Iowans Focus		Short Indicator	Who's		lowa	lowa	Best State	Worst State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Injury &	Falls	Falls	College	Percentage who reported they had fallen	45	32.5	20.9	36.8	28	America's Health	https://www.americashealthr	2014
Violence			Grad: Ages	in the past 12 months						Rankings 2017	ankings.org/explore/2017-	
			65+							Senior Report	senior-report/state/ALL	
Mental	Mental Health	Mental Health	All	Ratio of population to mental health	45	819	197	1258	500	County Health	http://www.countyhealthran	2014
Health, Illness,	Providers	Providers		providers						Rankings and	kings.org/	
& Suicide										Roadmaps, 2017		
Health Equity;	Overall health	High Health	Less than	Percentage who reported their health is	43 of	16.3	32.8	13.7	20.7	America's Health	https://www.americashealthr	2015
Life Course		Status	High School:	very good or excellent	48					Rankings 2017	ankings.org/explore/2017-	
			Ages 65+							Senior Report	senior-report/state/ALL	
Health System	Arthritis Pain	Pain	Less than	Percentage with arthritis who reported	41 of	39.0	64.5	31.8	53.7	America's Health	https://www.americashealthr	2015
Improvement	Management	Management	High School:	that arthritis or joint pain does not limit	46					Rankings 2017	ankings.org/explore/2017-	
			Ages 65+	their usual activities						Senior Report	senior-report/state/ALL	
Acute Disease	Adolescent	Immunization	Ages 13-17	Percentage who received ≥1 dose of	44	64.4	95.2	46	79.3	America's Health	https://www.americashealthr	2014
	Immunizations	Meningococcal		meningococcal conjugate vaccine						Rankings 2016	ankings.org/explore/2016-	
				(MenACWY)						Health of Women	health-of-women-and-	
Acute Disease	A d a l a a a a a b	las as conica di sa s	A 12 17	Nana a sana aftha maraantana wha	4.4	1 1	1 21	2	NI/A	and Children Report	children-report/state/ALL	2014
Acute Disease	Adolescent Immunizations	Immunizations	Ages 13-17	Mean z score of the percentage who received ≥1 dose of Tdap since age 10	44	-1.1	1.31	-2	N/A	America's Health Rankings 2016	https://www.americashealthrankings.org/explore/2016-	2014
	IIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIIII			years, ≥1 dose of meningococcal						Health of Women	health-of-women-and-	
				conjugate vaccine, and ≥3 doses of HPV						and Children Report	children-report/state/ALL	
				vaccine (females and males)						and Children Report	<u>criticien-report/state/ALL</u>	
Addictive	Alcohol	Binge Drinking	Income \$25-	Percentage who reported having four or	44	18.6	8	20.5	15.4	America's Health	https://www.americashealthr	2016
Behaviors	Alcohol	Dilige Dilliking	\$49,999:	more (women) or five or more (men)	44	10.0		20.5	15.4	Rankings 2017	ankings.org/explore/2017-	2010
Della VIOIS			Ages 25+	drinks on one occasion in the past month						Annual Report	annual-report/state/ALL	
Addictive	Alcohol	Binge Drinking	Income \$50-	Percentage who reported having four or	44	21.9	12	27.5	17.9	America's Health	https://www.americashealthr	2016
Behaviors	Aiconoi	Dilige Dilliking	\$74,999:	more (women) or five or more (men)		21.5	12	27.5	17.5	Rankings 2017	ankings.org/explore/2017-	2010
5011411010			Ages 25+	drinks on one occasion in the past month						Annual Report	annual-report/state/ALL	
Health System	Arthritis Pain	Pain	Some	Percentage with arthritis who reported	44	40.6	60.1	38	46.6	America's Health	https://www.americashealthr	2015
Improvement	Management	Management	College:	that arthritis or joint pain does not limit						Rankings 2017	ankings.org/explore/2017-	
			Ages 65+	their usual activities						Senior Report	senior-report/state/ALL	
Healthy Living	Obesity	Obesity	Ages 65+	Percentage with a body mass index of	44	31.1	17.9	34.7	27.6	America's Health	https://www.americashealthr	2015
				30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
				and weight						Senior Report	senior-report/state/ALL	
Life Course	Health Care	Effective	Older	Percentage of nursing home residents	44	17	3.8	24.3	11.7	America's Health	https://www.americashealthr	2015
	Quality	Transitions	Adults;	who do not require physical assistance						Rankings 2017	ankings.org/explore/2017-	
			Disabilities	for late-loss activities of daily living						Senior Report	senior-report/state/ALL	
Mental	Mental Health	Mental Health	All	Number of psychiatrists, psychologists,	44	135	547	85	218	America's Health	https://www.americashealthr	2013
Health, Illness,	Providers	Providers		licensed clinical social workers,						Rankings 2017	ankings.org/explore/2017-	
& Suicide				counselors, marriage and family						Annual Report	annual-report/state/ALL	
				therapists, providers that treat alcohol								
				and other drug abuse and advanced								
				practice nurses specializing in mental								
		=55		health care per 100,000 population	10.5							
Health System	Health Care	Effective	Ages 65+	Percent of nursing home residents with	43 of	16.8	4.1		11.2	Long-Term Services	http://longtermscore.card.org	2014
Improvement	Quality	Transitions		low care needs	49					& Supports State	/2017-scorecard	
										Scorecard		

Healthy Iowans Focus	Hardin Issue	Short Indicator	Who's	Full by the same	lowa	lowa	Best State	Worst State	US	Data Carrier	LID	Data
Area Addictive Behaviors	Health Issue Alcohol	Description Chronic Drinking	Affected Males: Ages 18+	Full Indicator  Percentage who reported having eight or more (women) or 15 or more (men) drinks perweek	Rank 43	Value 8.1	Value 4.4	Value 9.6	Value 6.9	Data Source America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	Year 2016
Addictive Behaviors	Alcohol	Excessive Drinking	High School Grad: Females ages 18-44	Percentage who reported either binge drinking (having four or more drinks on one occasion in the past month) or chronic drinking (having eight or more drinks perweek)	43	18.5	5.5	23.4	14.6	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Addictive Behaviors	Alcohol	Excessive Drinking	Income \$25- \$49,999: Ages 25+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	43	19.4	8.6	22.4	16.9	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Injury & Violence	Falls	Falls	Males: Ages 65+	Percentage who reported they had fallen in the past 12 months	43	31.5	17.4	33.6	26.5	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Life Course	Infant Health	Maternity Care Practices in Infant and Nutrition Care (mPINC)	Infants; Mothers	Maternity Practices in Infant and Nutrition Care survey score based on seven birth facility policies and practices with higher scores denoting better maternity care practices and policies related to breastfeeding	43	69	91	59	75	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2014
Healthy Living	Chlamydia	Chlamydia	American Indian / Alaska Native	Number of new cases of chlamydia per 100,000 population	40 of 47	1023	45.5	2358	655	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Chronic Disease	Cardiovascular Disease	Cardiovascular Deaths	Asian / Pacific Islander	Age-adjusted number of deaths due to all cardiovascular diseases including heart disease and stroke per 100,000 population	38 of 45	161	73.4	214	153	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2013- 2015
Addictive Behaviors	Alcohol	Chronic Drinking	Ages 18-44	Percentage who reported having eight or more (women) or 15 or more (men) drinks perweek	42	8.4	4.5	11.1	7.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Chronic Drinking	Income \$25- \$49,999: Ages 25+	Percentage who reported having eight or more (women) or 15 or more (men) drinks perweek	42	8.2	2.7	10	6.6	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Excessive Drinking	Income \$50- \$74,999: Ages 25+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	42	22.7	12.7	29.4	19.5	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016

Healthy Iowans Focus		Short Indicator	Who's		lowa	lowa	Best State	Worst State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Addictive Behaviors	Alcohol	Excessive Drinking	Income \$50- \$74,999: Females ages 18-44	Percentage who reported either binge drinking (having four or more drinks on one occasion in the past month) or chronic drinking (having eight or more drinks perweek)	42	22.5	9.2	30.1	18.2	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Addictive Behaviors	Tobacco	Smoking	Males: Ages 65+	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	42	11.5	6.1	15.5	9.5	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health System Improvement	Arthritis Pain Management	Pain Management	Income \$25- \$49,999: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit their usual activities	42	40.5	55.4	33.2	45.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health System Improvement	Arthritis Pain Management	Pain Management	Income \$50- \$74,999: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit their usual activities	42	36.6	52.5	30.9	40.3	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health System Improvement	Arthritis Pain Management	Pain Management	Males: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit their usual activities	42	39.8	57.3	35.8	44.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health System Improvement	Health Care Quality	Prevention & Treatment	Ages 65+	Risk-adjusted 30-day mortality among Medicare beneficiaries hospitalized for heart attack, heart failure, pneumonia, or stroke	42	15.1	13.1	15.7	14.5	Commonwealth Fund	http://datacenter.commonw ealthfund.org	07/2012 - 06/2015
Healthy Living	Obesity	Obesity	Income Less Than \$25,000: Ages 65+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	42	34.9	16.8	44.4	31.8	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Life Course	Infant Health	Baby-Friendly Facility	Infants	Percentage of live births occurring at facilities that adhere to 10 Steps to Successful Breastfeeding and are designated baby-friendly by Baby-Friendly USA	42	0.1	36	0	7.8	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2014
Health Equity	Economic well-being	Poverty	Hispanic: Ages 65+	Percentage who live in households at or below 100 percent of the poverty threshold	34 of 41	21.8	3.9	26.4	18.5	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Addictive Behaviors	Alcohol	Binge Drinking	Rural: Ages 18+	Percentage who reported having four or more (women) or five or more (men) drinks on one occasion in the past month	38 of 46	13.6	4.7	18.2	10	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Health System Improvement	Arthritis Pain Management	Pain Management	Suburban: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit their usual activities	37 of 45	40.8	60.7	34.7	45.6	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health System Improvement	Arthritis Pain Management	Pain Management	High School Grad: Ages 65+	Percentage with arthritis who reported that arthritis or joint pain does not limit their usual activities	41	40.7	57	30.4	45.2	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health System Improvement	Health Care Quality	Effective Transitions	Medicare & Medicaid patients	Percent of home health patients with a hospital admission	41	26.1	18.3		24.4	Long-Term Services & Supports State Scorecard	http://longtermscorecard.org /2017-scorecard	2015

Healthy Iowans Focus		Short Indicator	Who's		lowa	lowa	Best State	Worst State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Healthy Living	Obesity	Obesity	Ages 65+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	41	30.9	16	35.3	28	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Healthy Living	Obesity	Obesity	High School Grad: Ages 65+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	41	31.3	16.7	35.7	29.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Healthy Living	Obesity	Obesity	Income Less Than \$25,000: Ages 25+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	41	39	29	44.9	36.6	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Healthy Living	Obesity	Obesity	White: Ages 18+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	41	31.9	18	37.6	28.6	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Injury & Violence	Falls	Falls	Income \$50- \$74,999: Ages 65+	Percentage who reported they had fallen in the past 12 months	41	30.5	16.8	32.3	26.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Injury & Violence	Falls	Falls	Less Than High School: Ages 65+	Percentage who reported they had fallen in the past 12 months	41	34.5	17.9	43.8	30.2	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Addictive Behaviors	Alcohol	Binge Drinking	Suburban: Ages 18+	Percentage who reported having four or more (women) or five or more (men) drinks on one occasion in the past month	36 of 44	13.6	5.8	22.3	10.9	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Tobacco	Smoking	Less than High School: Ages 65+	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	36 of 44	17.4	6.4	21.4	12.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Injury & Violence	Seat Belt Use	Seat Belt Use	Suburban: Ages 18+	Percentage who reported always using a seat belt when driving or riding in a car	40 of 49	84	95.3	73.4	90.3	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Health Equity; Life Course	Overall health	High Health Status	Suburban: Ages 65+	Percentage who reported their health is very good or excellent	39 of 48	36.4	53	28.4	41.5	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Injury & Violence	Injuries	Injury Deaths	Asian / Pacific Islander	Age-adjusted number of deaths due to injury per 100,000 population	33 of 41	34	17.7	46.6	25.1	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2013- 2015
Chronic Disease	Cancer	Cancer Deaths	Asian / Pacific Islander	Age-adjusted number of deaths due to all causes of cancer per 100,000 population	37 of 46	128	54.8	163	116	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2013- 2015
Addictive Behaviors	Alcohol	Chronic Drinking	High School Grad: Ages 25+	Percentage who reported having eight or more (women) or 15 or more (men) drinks perweek	40	7.9	3.2	8.9	6.6	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016

Healthy Iowans Focus		Short Indicator	Who's		lowa	lowa	Best State	Worst State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Chronic Disease	Cancer	Health Screenings	College Grad: Ages 65-75	Percentage of women aged 65 to 74 years who reported receiving a mammogram in the past two years and the percentage of a dults aged 65 to 75 years who reported receiving colorectal	40	77.1	87.6	68.9	80.4	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
				cancer screening within the recommended time period								
Chronic Disease	Cholesterol Check	Cholesterol Check	Ages 18-44	Percentage who reported having their blood cholesterol checked within the past five years	40	56.3	70.7	52	62.3	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017. annual report/state/ALL	2015
Chronic Disease	High Blood Pressure	High Blood Pressure	Suburban: Ages 18+	Percentage who reported being told by a health professional that they have high blood pressure	40	43.3	27.4	56.1	40.1	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual report/state/ALL	2015
Healthy Living	Obesity	Obesity	White: Females ages 18-44	Percentage with a body mass index of 30.0 or higher based on reported height and weight	40	26.6	16.5	34.1	23.3	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Injury & Violence	Falls	Falls	Ages 65+	Percentage who reported they had fallen in the past 12 months	40	31.6	20.6	34.3	28.7	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Injury & Violence	Falls	Falls	High School Grad: Ages 65+	Percentage who reported they had fallen in the past 12 months	40	29.9	18.7	34	27.2	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Injury & Violence	Falls	Falls	Income Less Than \$25,000: Ages 65+	Percentage who reported they had fallen in the past 12 months	40	36	23.4	40.6	32.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Injury & Violence	Falls	Falls	Some College: Ages 65+	Percentage who reported they had fallen in the past 12 months	40	32.3	22.7	34.4	29.9	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Health System Improvement	Primary Care	Dedicated Health Care Provider	Income \$25- \$49,999: Ages 65+	Percentage who reported having a personal doctor or health care provider	38 of 48	92.8	98.4	89	95	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Acute Disease	Child Immunizations	Immunizations	Low income: Ages 19-35 months	Percentage without all recommended vaccines	39	39	17	44	28	Commonwealth Fund	http://datacenter.commonw ealthfund.org	2014
Addictive Behaviors	Tobacco	Smoking	Income \$25- \$49,999: Ages 25+	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	39	22.6	11.4	26.1	19.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Tobacco	Smoking	Income Less Than \$25,000: Females ages 18-44	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	39	43.1	11.1	56.7	28.4	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014

Healthy Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	lowa Value	Best State Value	Worst State Value	US Value	Data Source	URL	Data Year
Chronic Disease	Cholesterol Check	Cholesterol Check	White: Ages 18+	Percentage who reported having their blood cholesterol checked within the past five years	39	77.3	86.6	69.9	81	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Chronic Disease	Diabetes	Diabetes	Females: Ages 35-44	Percentage who reported being told by a health professional that they have diabetes (excludes prediabetes and gestational diabetes)	39	6.4	2.5	8.8	5.2	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Chronic Disease	Diabetes	Diabetes	High School Grad: Females ages 18-44	Percentage who reported being told by a health professional that they have diabetes (excludes prediabetes and gestational diabetes)	39	5.8	1.5	8.4	4.8	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Health Equity	Population	Population	All	Percent of population living in a rural area <sup>4</sup>	39	36	61.3	5	N/A	County Health Rankings and Roadmaps, 2017	http://www.countyhealthrankings.org/	2015
Health System Improvement	Affordability & Access	Geriatrician Shortfall	Older Adults	Percentage of geriatricians required to meet estimated need (estimated geriatrician shortfall as a percentage of the minimum number required in each state)	39	78.8	22.7	89.2	65.7	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2016
Healthy Living	Obesity	Obesity	Females: Ages 35-44	Percentage with a body mass index of 30.0 or higher based on reported height and weight	39	36.1	21.3	41.8	31.5	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Addictive Behaviors	Alcohol	Excessive Drinking	Suburban: Ages 18+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	34 of 44	14.5	7	22.5	12.8	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Chronic Disease	Cholesterol Check	Cholesterol Check	Hispanic: Ages 18+	Percentage who reported having their blood cholesterol checked within the past five years	37 of 48	57.3	80.3	48.5	67	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Environmental Health	Air Quality	Air Pollution	All	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)	37 of 48	9.6	5.4	11.3	8.7	County Health Rankings and Roadmaps, 2017	http://www.countyhealthran kings.org/	2012
Addictive Behaviors	Alcohol	Excessive Drinking	Rural: Ages 18+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	35 of 46	14.8	5.6	20.3	11.4	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016

<sup>&</sup>lt;sup>4</sup> For this indicator, the "Best" state has the highest percentage of population living in rural areas. The higher the percentage, the greater the need for health policies targeting rural areas. Iowa has the nation's 12th highest rate.

Healthy Iowans Focus		Short Indicator	Who's		lowa	lowa	Best State	Worst State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Chronic Disease	Cancer	Health Screenings	Less than High School: Ages 65-75	Percentage of women aged 65 to 74 years who reported receiving a mammogram in the past two years and the percentage of adults aged 65 to 75 years who reported receiving colorectal cancer screening within the	35 of 46	49.9	76.8	37.7	59.2	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
			12.17	recommended time period	20	74.0	06.4	543	02.2			2046
Acute Disease	Adolescent Immunizations	Immunization Meningococcal	Ages 13-17	Percentage who received >=1 dose of meningococcal conjugate vaccine (MenACWY)	38	74.9	96.4	54.2	82.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Tobacco	Cigarette use	Low income: Ages 18+	Percentage reporting smoking	38	31	12	40	23	Commonwealth Fund	http://datacenter.commonw ealthfund.org	2015
Chronic Disease	Cholesterol Check	Cholesterol Check	Females: Ages 18+	Percentage who reported having their blood cholesterol checked within the past five years	38	77.9	86.4	70.4	80.5	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Chronic Disease	Cholesterol Check	Cholesterol Check	Income \$50- \$74,999: Ages 25+	Percentage who reported having their blood cholesterol checked within the past five years	38	82	90.5	75.7	84.9	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Chronic Disease	Diabetes	Diabetes Management	Black: Ages 65-75	Percentage of Medicare enrollees with diabetes receiving a blood lipids test	38	70.3	83.3	59	75.2	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Chronic Disease	Heart Attack	Heart Attack	Income Less Than \$25,000: Ages 25+	Percentage who reported being told by a health professional that they had a heart attack (myocardial infarction)	38	9.7	5	12.4	7.9	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Health System Improvement	Affordability & Access	Affordability & Access	Ages 65+	Median annual home care private pay cost as a percentage of median household income ages 65+	38	88	46	102	81	Long-Term Services & Supports State Scorecard	http://longtermscore.card.org /2017-scorecard	2015- 2016
Health System Improvement	Health Care Quality	Avoidable Hospital Use & Cost	Ages 65+	Home health patients also enrolled in Medicare with a hospital admission	38	17	13.9	17.9	16.2	Commonwealth Fund	http://datacenter.commonw ealthfund.org	2015
Health System Improvement	Health Care Quality	Avoidable Hospital Use & Cost	Low income: Ages 65+	Hospital admissions among Medicare beneficiaries for ambulatory care— sensitive conditions per 1,000 beneficiaries	38	103	41	128	88	Commonwealth Fund	http://datacenter.commonw ealthfund.org	2014
Health System Improvement	Health Care Quality	Effective Transitions	Ages 65+	Percent of nursing home residents with moderate to severe dementia with one or more potentially burdensome transitions at end of life	38	25.5	9.1		23.8	Long-Term Services & Supports State Scorecard	http://longtermscorecard.org /2017-scorecard	2013
Injury & Violence	Falls	Falls	White: Ages 65+	Percentage who reported they had fallen in the past 12 months	38	31.4	24.4	34	29.6	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Injury & Violence	Seat Belt Use	Seat Belt Use	Ages 65+	Percentage who reported always using a seat belt when driving or riding in a car	38	86.2	95.9	72.2	90.7	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015

Healthy							Best	Worst				
Iowans Focus		Short Indicator	Who's		lowa	lowa	State	State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Life Course	Older	Behaviors -	Older Adults	Sum of weighted z-scores of all	38	-0.1	0.22	-0.2	N/A	America's Health	https://www.americashealthr	2017
	Adulthood	Seniors		Behaviors-Seniors measures						Rankings 2017	ankings.org/explore/2017-	
	D : 0	5 11 1 1	DI I A		24 (	70.4	07.7	- 4	77.0	Senior Report	senior-report/state/ALL	2016
Health System	Primary Care	Dedicated	Black: Ages	Percentage who reported having a	31 of	72.1	87.7	51	77.9	America's Health	https://www.americashealthr	2016
Improvement		Health Care	18+	personal doctor or health care provider	41					Rankings 2017	ankings.org/explore/2017-	
A al ali antico	Al l l	Provider	A C.F.	Demonstrate and the standard forms of	27		4.7	0.6	4.0	Annual Report	annual-report/state/ALL	2016
Addictive	Alcohol	Binge Drinking	Ages 65+	Percentage who reported having four or	37	5.7	1.7	8.6	4.9	America's Health	https://www.americashealthr	2016
Behaviors				more (women) or five or more (men)						Rankings 2017	ankings.org/explore/2017- annual-report/state/ALL	
Churcui -	Carrellian sandan	Canalia va a sa dan	Dis st. /	drinks on one occasion in the past month	27	220	77.4	400	220	Annual Report		2042
Chronic	Cardiovascular	Cardiovascular Deaths	Black/	Age-adjusted number of deaths due to all	37	339	77.1	409	328	America's Health	https://www.americashealthr	2013-
Disease	Disease	Deaths	African	cardiovascular diseases including heart						Rankings 2017	ankings.org/explore/2017-	2015
			American	disease and stroke per 100,000 population						Annual Report	annual-report/state/ALL	
Chronic	Cholesterol	Cholesterol	Urban: Ages	Percentage who reported having their	37	85.8	91.3	77.7	87.8	America's Health	https://www.americashealthr	2015
Disease	Check	Check	18+	blood cholesterol checked within the past	, ,	03.0	31.3	,,,,	07.0	Rankings 2017	ankings.org/explore/2017-	2013
Biscusc	Circon	Circon	10.	five years						Annual Report	annual-report/state/ALL	
Health Equity	Population	Population	Ages 65+	Percent of population <sup>5</sup>	37	16.1	19.4	9.9	N/A	County Health	http://www.countyhealthran	2015
,				Percent of population	•				,	Rankings and	kings.org/	
										Roadmaps, 2017		
Health System	Health Care	Prevention &	All	Home health patients whose wounds	37	88	95	77	90	Commonwealth	http://datacenter.commonw	2015
Improvement	Quality	Treatment		improved or healed after an operation						Fund	ealthfund.org	
Health System	Primary Care	Dedicated	White: Ages	Percentage who reported having a	37	94.2	98.3	89.4	95.4	America's Health	https://www.americashealthr	2015
Improvement	,	Health Care	65+	personal doctor or health care provider						Rankings 2017	ankings.org/explore/2017-	
		Provider								Senior Report	senior-report/state/ALL	
Healthy Living	Obesity	Obesity	Ages 18+	Percentage with a body mass index of	37	32	22.3	37.7	29.9	America's Health	https://www.americashealthr	2016
				30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
				and weight						Annual Report	annual-report/state/ALL	
Healthy Living	Obesity	Obesity	Ages 18-64	Adults who are obese (BMI >= 30)	37	32	20	37	29	Commonwealth	http://datacenter.commonw	2015
										Fund	ealthfund.org	
Healthy Living	Obesity	Obesity	College	Percentage with a body mass index of	37	27.6	15.4	33.2	22.8	America's Health	https://www.americashealthr	2016
			Grad: Ages	30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
			25+	and weight						Annual Report	annual-report/state/ALL	
Healthy Living	Obesity	Obesity	Less than	Percentage with a body mass index of	37	35.7	17.2	55.9	33.4	America's Health	https://www.americashealthr	2015
			High School:	30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
			Ages 65+	and weight						Senior Report	senior-report/state/ALL	
Healthy Living	Physical	Physical	Income \$25-	Percentage who reported doing no	37	30	19	35.9	28.4	America's Health	https://www.americashealthr	2016
	Inactivity	Inactivity	\$49,999:	physical activity or exercise other than						Rankings 2017	ankings.org/explore/2017-	
		2 11 1 6	Ages 25+	their regular job in the past 30 days	0.5		0.15			Annual Report	annual-report/state/ALL	2215
Life Course	Infant Health	Policy - Infants	Infants	Weighted sum of the number of standard	37	-0	0.13	-0.1	N/A	America's Health	https://www.americashealthr	2016
				deviations each Policy-Infants measure is						Rankings 2016	ankings.org/explore/2016-	
				from the national average						Health of Women	health-of-women-and- children-report/state/ALL	
										and Children Report	cimuren-report/state/ALL	

<sup>&</sup>lt;sup>5</sup> For this indicator, the "Best" state has the highest percentage of adults ages 65+. The higher the percentage, the greater the need for health policies targeting adults ages 65+. Iowa has the nation's 13th highest rate.

Healthy							Best	Worst				
Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	Iowa Value	State Value	State Value	US Value	Data Source	URL	Data Year
Life Course	Infant Health	Well-Baby	Ages 0-2	Percentage who had a well-baby checkup	37	89.8	96.8	86.4	90.9	America's Health	https://www.americashealthr	2011-
		Check		in the past 12 months	•					Rankings 2016	ankings.org/explore/2016-	2012
				·						Health of Women	health-of-women-and-	
										and Children Report	children-report/state/ALL	
Health System	Primary Care	Dedicated	Some	Percentage who reported having a	36 of	94.2	98.4	88.3	95.1	America's Health	https://www.americashealthr	2015
Improvement		Health Care	College:	personal doctor or health care provider	49					Rankings 2017	ankings.org/explore/2017-	
	1	Provider	Ages 65+							Senior Report	senior-report/state/ALL	
Health System	Arthritis Pain	Pain	Rural: Ages	Percentage with arthritis who reported	33 of	44.7	63.1	38.5	49.2	America's Health	https://www.americashealthr	2015
Improvement	Management	Management	65+	that arthritis or joint pain does not limit their usual activities	45					Rankings 2017 Senior Report	ankings.org/explore/2017- senior-report/state/ALL	
Chronic	Stroke	Stroke	Urban: Ages	Percentage who reported being told by a	35 of	5.7	2	7.7	4.6	America's Health	https://www.americashealthr	2016
Disease			18+	health professional that they had a stroke	48					Rankings 2017	ankings.org/explore/2017-	
					0.5	40.0	2.2	0	17.0	Annual Report	annual-report/state/ALL	2015
Acute Disease	Salmonella	Salmonella	All	Number of new cases of Salmonella per	36	19.8	9.3	35.7	17.2	America's Health	https://www.americashealthr	2015
				100,000 population						Rankings 2017 Annual Report	ankings.org/explore/2017- annual-report/state/ALL	
Addictive	Tobacco	Smoking	College	Percentage who are smokers (reported	36	8.2	2.6	17.1	7.2	America's Health	https://www.americashealthr	2013-
Behaviors	Tobacco	Sillokilig	Grad:	smoking at least 100 ciga rettes in their	30	0.2	2.0	17.1	7.2	Rankings 2016	ankings.org/explore/2016-	2013
Bellaviois			Females	lifetime and currently smoke every or						Health of Women	health-of-women-and-	2011
			ages 18-44	some days)						and Children Report	children-report/state/ALL	
Addictive	Tobacco	Smoking	Income \$25-	Percentage who are smokers (reported	36	10.4	6	15.8	9.1	America's Health	https://www.americashealthr	2015
Behaviors			\$49,999:	smoking at least 100 ciga rettes in their						Rankings 2017	ankings.org/explore/2017-	
			Ages 65+	lifetime and currently smoke every or						Senior Report	senior-report/state/ALL	
				some days)								
Addictive	Tobacco	Smoking	White: Ages	Percentage who are smokers (reported	36	9.3	4.6	13.6	8.5	America's Health	https://www.americashealthr	2015
Behaviors			65+	smoking at least 100 ciga rettes in their						Rankings 2017	ankings.org/explore/2017-	
				lifetime and currently smoke every or						Senior Report	senior-report/state/ALL	
Addictive	Tobacco	Tobacco Use	Ages 12-17	some days)  Percentage who used a tobacco product	36	9.4	5	12.5	7.4	America's Health	https://www.americashealthr	2013-
Behaviors	Tobacco	Tobacco ose	Ages 12-17	in the past month	30	3.4	J	12.5	7.4	Rankings 2016	ankings.org/explore/2016-	2013
Demaviors				in the past month						Health of Women	health-of-women-and-	2011
										and Children Report	children-report/state/ALL	
Chronic	Cancer	Cancer	All	Colorectal cancer deaths per 100,000	36	15.5	10.9	19.3	14.3	Commonwealth	http://datacenter.commonw	2014
Disease				population						Fund	ealthfund.org	
Chronic	Cancer	Health	Income Less	Percentage of women a ged 65 to 74	36	58.1	73.7	41.7	61.9	America's Health	https://www.americashealthr	2014
Disease		Screenings	Than	years who reported receiving a						Rankings 2017	ankings.org/explore/2017-	
			\$25,000:	mammogram in the past two years and						Senior Report	senior-report/state/ALL	
			Ages 65-75	the percentage of a dults a ged 65 to 75								
				years who reported receiving colorectal								
				cancer screening within the								
Chronic	Cholesterol	Cholesterol	Income \$25-	recommended time period	36	79	86.2	71.9	80.5	America's Health	https://www.americashealthr	2015
Disease	Check	Check	\$49,999:	Percentage who reported having their blood cholesterol checked within the past	30	79	80.2	71.9	80.5	Rankings 2017	ankings.org/explore/2017-	2015
Discase	CHECK	CHECK	Ages 25+	five years						Annual Report	annual-report/state/ALL	
Healthy Living	Obesity	Obesity	Ages 18-44	Percentage with a body mass index of	36	28.7	19.6	36.3	26.5	America's Health	https://www.americashealthr	2016
, -8	,	,		30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
				and weight						Annual Report	annual-report/state/ALL	

Healthy							Best	Worst				
lowans Focus		Short Indicator	Who's		lowa	Iowa	State	State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Healthy Living	Obesity	Obesity	Income	Percentage with a body mass index of	36	21.7	13.1	29.8	18.3	America's Health	https://www.americashealthr	2013-
			\$75,000 or	30.0 or higher based on reported height						Rankings 2016	ankings.org/explore/2016-	2014
			More:	and weight						Health of Women	<u>health-of-women-and-</u>	
			Females							and Children Report	children-report/state/ALL	
			ages 18-44									
Healthy Living	Physical	Physical	College	Percentage who reported doing no	36	13.4	7.3	20.1	12.5	America's Health	https://www.americashealthr	2016
	Inactivity	Inactivity	Grad: Ages	physical activity or exercise other than						Rankings 2017	ankings.org/explore/2017-	
			25+	their regular job in the past 30 days						Annual Report	annual-report/state/ALL	
Chronic	Cancer	Health	Suburban:	Percentage of women aged 65 to 74	33 of	71.2	81.8	61.5	73.4	America's Health	https://www.americashealthr	2014
Disease		Screenings	Ages 65-75	years who reported receiving a	46					Rankings 2017	ankings.org/explore/2017-	
				mammogram in the past two years and						Senior Report	senior-report/state/ALL	
				the percentage of a dults a ged 65 to 75								
				years who reported receiving colorectal								
				cancer screening within the								
				recommended time period								
Chronic	Cancer	Cancer Deaths	American	Age-adjusted number of deaths due to all	31 of	154	28.8	287	127	America's Health	https://www.americashealthr	2013-
Disease			Indian /	causes of cancer per 100,000 population	44					Rankings 2017	ankings.org/explore/2017-	2015
			Alaska							Annual Report	annual-report/state/ALL	
			Native							•		
Health System	Primary Care	Dedicated	Rural: Ages	Percentage who reported having a	31 of	92.9	97.1	88	94.2	America's Health	https://www.americashealthr	2015
Improvement		Health Care	65+	personal doctor or health care provider	44					Rankings 2017	ankings.org/explore/2017-	
		Provider								Senior Report	senior-report/state/ALL	
Addictive	Alcohol	Binge Drinking	High School	Percentage who reported having four or	35	17.2	8.8	24.1	15.8	America's Health	https://www.americashealthr	2016
Behaviors			Grad: Ages	more (women) or five or more (men)						Rankings 2017	ankings.org/explore/2017-	
			25+	drinks on one occasion in the past month						Annual Report	annual-report/state/ALL	
Addictive	Alcohol	Chronic	Ages 18+	Percentage who reported having eight or	35	6.9	3.5	9.1	6.5	America's Health	https://www.americashealthr	2016
Behaviors		Drinking		more (women) or 15 or more (men)						Rankings 2017	ankings.org/explore/2017-	
				drinks per week						Annual Report	annual-report/state/ALL	
Addictive	Alcohol	Excessive	Females:	Percentage who reported either binge	35	22.1	10.2	27.8	19.1	America's Health	https://www.americashealthr	2013-
Behaviors		Drinking	Ages 25-34	drinking (having four or more drinks on						Rankings 2016	ankings.org/explore/2016-	2014
			1 800 20 0	one occasion in the past month) or						Health of Women	health-of-women-and-	
				chronic drinking (having eight or more						and Children Report	children-report/state/ALL	
				drinks perweek)								
Addictive	Tobacco	Smoking	Income Less	Percentage who are smokers (reported	35	15.4	7.9	21.9	13.1	America's Health	https://www.americashealthr	2015
Behaviors			Than	smoking at least 100 ciga rettes in their						Rankings 2017	ankings.org/explore/2017-	
			\$25,000:	lifetime and currently smoke every or						Senior Report	senior-report/state/ALL	
			Ages 65+	some days)								
Addictive	Tobacco	Smoking	Some	Percentage who are smokers (reported	35	25.2	8.8	33.1	21.7	America's Health	https://www.americashealthr	2013-
Behaviors			College:	smoking at least 100 ciga rettes in their						Rankings 2016	ankings.org/explore/2016-	2014
			Females	lifetime and currently smoke every or						Health of Women	health-of-women-and-	
			ages 18-44	some days)						and Children Report	children-report/state/ALL	
Health Equity;	Overall health	High Health	White: Ages	Percentage who reported their health is	35	42.5	55.9	32	44.7	America's Health	https://www.americashealthr	2015
Life Course	Overan nearan	Status	65+	very good or excellent		12.3	33.3	32	,	Rankings 2017	ankings.org/explore/2017-	2015
554.56			55 *	12.7,000.0.						Senior Report	senior-report/state/ALL	
Healthy Living	Obesity	Obesity	Income \$50-	Percentage with a body mass index of	35	30.9	14.9	37	27.3	America's Health	https://www.americashealthr	2015
ricaltily Living	Obesity	Obesity	\$74,999:	30.0 or higher based on reported height	33	30.5	14.9	3/	27.3	Rankings 2017	ankings.org/explore/2017-	2013
			Ages 65+	and weight						Senior Report	senior-report/state/ALL	
	1	l .	∨gcs ∩⊃±	and weight		1				Jemoi Neport	3emor-report/state/ALL	

Healthy Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	Iowa Rank	lowa Value	Best State Value	Worst State Value	US Value	Data Source	URL	Data Year
Healthy Living	Obesity	Obesity	Income \$75,000 or More: Ages 25+	Percentage with a body mass index of 30.0 or higher based on reported height and weight	35	30.2	20.7	36.5	26.7	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Healthy Living	Physical Inactivity	Physical Inactivity	Ages 20+	Percentage reporting no leisure-time physical activity	35	23.6	14.4	31.9	22	County Health Rankings and Roadmaps, 2017	http://www.countyhealthrankings.org/	2013
Injury & Violence	Falls	Falls	Urban: Ages 65+	Percentage who reported they had fallen in the past 12 months	35	30	22.1	40.8	28.8	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Injury & Violence	Occupational Fatalities	Occupational Fatalities	Workforce	Number of fatal occupational injuries in construction, manufacturing, trade, transportation, utilities and professional and business services per 100,000 workers	35	5.5	2	12.6	4.3	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2013- 2015
Life Course	Infant Health	All Determinants- Infants	Infants	Weighted sum of the number of standard deviations each Determinants-Infants measure is from the national average	35	-0	0.28	-0.2	N/A	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2016
Life Course	Older Adulthood	Policy - Seniors	Older Adults	Sum of weighted z-scores of all Policy- Senior measures	35	-0.1	1.82	-0.2	N/A	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2017
Health Equity; Life Course	Overall health	High Health Status	Hispanic: Ages 25+	Percentage who reported their health is very good or excellent	34 of 49	37.1	66.4	32.1	37.9	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Health System Improvement	Primary Care	Dedicated Health Care Provider	Males: Ages 65+	Percentage who reported having a personal doctor or health care provider	34 of 49	92.4	98.3	88	93.5	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Addictive Behaviors	Alcohol	Excessive Drinking	Income \$75,000 or More: Ages 65+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	33 of 48	12.6	4.4	16.2	11.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Chronic Disease	Diabetes	Diabetes	Urban: Females ages 18-44	Percentage who reported being told by a health professional that they have dia betes (excludes predia betes and gestational dia betes)	33 of 48	4.1	1.6	8.7	3.5	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Health System Improvement	Primary Care	Dedicated Health Care Provider	High School Grad: Ages 65+	Percentage who reported having a personal doctor or health care provider	33 of 48	93.8	97.7	89.6	95.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Addictive Behaviors	Tobacco	Smoking	Urban: Ages 65+	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	32 of 47	9.4	2.8	12.9	7.7	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015

Healthy Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	lowa Value	Best State Value	Worst State Value	US Value	Data Source	URL	Data Year
Addictive Behaviors	Alcohol	Alcohol During Pregnancy	Pregnant women ages 18-44	Percentage who reported having at least one alcoholic beverage in the past 30 days	34	11.2	2.2	17.5	10	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2011- 2014
Addictive Behaviors	Alcohol	Excessive Drinking	High School Grad: Ages 25+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	34	18.7	9.2	25.2	17.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Tobacco	Smoking	Ages 65+	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	34	9.7	5.2	13.8	8.7	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Chronic Disease	Cancer	Health Screenings	Income \$50- \$74,999: Ages 65-75	Percentage of womenages 65 to 74 years who reported receiving a mammogram in the past two years and the percentage of adults ages 65 to 75 years who reported receiving colorectal cancer screening within the recommended time period	34	76.9	90.5	66.7	78.3	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2014
Chronic Disease	Stroke	Stroke	Males: Ages 18+	Percentage who reported being told by a health professional that they had a stroke	34	3.4	1.8	4.8	3.1	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Health Equity	Economic well-being	SNAP Reach	Low income: Ages 60+	Number who participate in Supplemental Nutrition Assistance Program (SNAP) as a percentage of a dults ages 60 years and older living in poverty	34	57.3	119	20.5	70.1	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Health Equity	Tobacco	Household Smoke	Ages 0-17	Percentage who live in households in which someone uses cigarettes, cigars, or pipe tobacco	34	28.9	12.4	41	24.1	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2011- 2012
Health Equity	Women's Health	Behaviors - Women	Females	Weighted sum of the number of standard deviations each Behavior-Women measure is from the national average	34	-0	0.1	-0.1	N/A	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2016
Health Equity; Life Course	Overall health	High Health Status	Males: Ages 65+	Percentage who reported their health is very good or excellent	34	38	51.7	29.6	40.7	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Healthy Living	Obesity	Obesity	Females: Ages 25-34	Percentage with a body mass index of 30.0 or higher based on reported height and weight	34	30.2	21.4	41.1	27.7	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Healthy Living	Oral Health Providers	Dentists	All	Number of practicing dentists per 100,000 population	34	51.9	80.7	41.2	60.8	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016

Healthy Iowans Focus		Short Indicator	Who's		lowa	lowa	Best State	Worst State	US			Data
Area	Health Issue	Description	Affected	Full Indicator	Rank	Value	Value	Value	Value	Data Source	URL	Year
Health System	Primary Care	Dedicated	Suburban:	Percentage who reported having a	28 of	95.2	98.9	91.1	96	America's Health	https://www.americashealthr	2015
Improvement		Health Care	Ages 65+	personal doctor or health care provider	42					Rankings 2017	ankings.org/explore/2017-	
		Provider								Senior Report	senior-report/state/ALL	
Addictive	Alcohol	Chronic	Income	Percentage who reported having eight or	33	8.1	4.2	10.7	7.7	America's Health	https://www.americashealthr	2016
Behaviors		Drinking	\$75,000 or More: Ages 25+	more (women) or 15 or more (men) drinks perweek						Rankings 2017 Annual Report	ankings.org/explore/2017- annual-report/state/ALL	
Addictive	Tobacco	Smoking	High School	Percentage who are smokers (reported	33	34.1	8.7	44.6	26.8	America's Health	https://www.americashealthr	2013-
Behaviors			Grad:	smoking at least 100 ciga rettes in their						Rankings 2016	ankings.org/explore/2016-	2014
			Females	lifetime and currently smoke every or						Health of Women	health-of-women-and-	
			ages 18-44	some days)						and Children Report	children-report/state/ALL	
Addictive	Tobacco	Tobacco Use	Infants	Percentage of babies born to women who	33	14.6	1.8	27.1	8.4	America's Health	https://www.americashealthr	2014
Behaviors		During		used tobacco during pregnancy						Rankings 2016	ankings.org/explore/2016- health-of-women-and-	
		Pregnancy								Health of Women and Children Report	children-report/state/ALL	
Chronic	Cholesterol	Cholesterol	Ages 18+	Percentage who reported having their	33	75.7	83.7	68.3	77.7	America's Health	https://www.americashealthr	2015
Disease	Check	Check	Ages 10.	blood cholesterol checked within the past		, 5.7	03.7	00.5	,,.,	Rankings 2017	ankings.org/explore/2017-	2013
2.50050	Sireen	Siresik		five years						Annual Report	annual-report/state/ALL	
Chronic	Diabetes	Diabetes	White:	Percentage who reported being told by a	33	3.1	0.9	4.5	2.6	America's Health	https://www.americashealthr	2013-
Disease			Females	health professional that they have						Rankings 2016	ankings.org/explore/2016-	2014
			ages 18-44	diabetes (excludes prediabetes and						Health of Women	<u>health-of-women-and-</u>	
				gestational diabetes)						and Children Report	children-report/state/ALL	
Chronic	Stroke	Stroke	Ages 65+	Percentage who reported being told by a	33	8.2	4.7	11	7.6	America's Health	https://www.americashealthr	2016
Disease				health professional that they had a stroke						Rankings 2017	ankings.org/explore/2017-	
										Annual Report	annual-report/state/ALL	
Chronic	Stroke	Stroke	High School	Percentage who reported being told by a	33	4.6	2.5	6.3	4.2	America's Health	https://www.americashealthr	2016
Disease			Grad: Ages 25+	health professional that they had a stroke						Rankings 2017	ankings.org/explore/2017-	
Health Equity;	Overall health	High Health	College	Percentage who reported their health is	33	66.5	73.9	58.6	66.8	Annual Report America's Health	annual-report/state/ALL https://www.americashealthr	2016
Life Course	Overallilealui	Status	Grad: Ages	very good or excellent	33	00.5	73.3	36.0	00.8	Rankings 2017	ankings.org/explore/2017-	2010
Life Course		Status	25+	very good or executent						Annual Report	annual-report/state/ALL	
Health System	Affordability &	Affordability &	Low income:	Percent at or below 250% of poverty	33	50.5	78.1	38.8	53.4	Long-Term Services	http://longtermscore.card.org	2014-
Improvement	Access	Access	Adults ages	receiving Medicaid						& Supports State	/2017-scorecard	2015
			21+ with	_						Scorecard		
			Activities of									
			Daily Living									
			disabilities									
Health System	Primary Care	Dedicated	Ages 65+	Percentage who reported having a	33	94.2	98.1	87.4	94.8	America's Health	https://www.americashealthr	2015
Improvement		Health Care		personal doctor or health care provider						Rankings 2017	ankings.org/explore/2017-	
		Provider					200			Senior Report	senior-report/state/ALL	2010
Healthy Living	Obesity	Obesity	Ages 45-64	Percentage with a body mass index of	33	37.1	26.9	44.7	34.6	America's Health	https://www.americashealthr	2016
				30.0 or higher based on reported height						Rankings 2017 Annual Report	ankings.org/explore/2017- annual-report/state/ALL	
Healthy Living	Physical	Physical	High School	and weight Percentage with fair or better health	33	38.4	27.6	47.9	36.8	America's Health	https://www.americashealthr	2015
ricaltily Livilig	Inactivity	Inactivity	Grad: Ages	status who reported doing no physical	33	30.4	27.0	47.3	30.0	Rankings 2017	ankings.org/explore/2017-	2013
	machivity	Muchivity	65+	activity or exercise other than their						Senior Report	senior-report/state/ALL	
				regular job in the past 30 days						Semon Report	Semes report / State/ / NEL	
		I.	I	0 jou the past 50 days							I.	

Healthy		Chart Indicator	Whole		lawa	lows	Best	Worst State	US			Data
lowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	lowa Value	State Value	Value	Value	Data Source	URL	Year
Life Course	Infant Health	Community & Environment- Infants	Infants	Weighted sum of the number of standard deviations each Community & Environment-Infants measure is from the national average	33	-0	0.07	-0.1	N/A	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2016
Mental Health, Illness, & Suicide	Suicide	Teen Suicide	Males: Ages 15-19	Number of deaths by suicide per 100,000 adolescent males ages 15 to 19	31 of 47	18	6.7	48.5	12.7	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2012- 2014
Addictive Behaviors	Alcohol	Binge Drinking	Urban: Ages 18+	Percentage who reported having four or more (women) or five or more (men) drinks on one occasion in the past month	32 of 49	11.3	5	14.1	10.5	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Addictive Behaviors	Alcohol	Excessive Drinking	Income \$25- \$49,999: Ages 65+	Percentage who reported either binge drinking (having four or more [women] or five or more [men] drinks on one occasion in the past month) or chronic drinking (having eight or more [women] or 15 or more [men] drinks per week)	31 of 48	7.2	3.2	12.1	6.9	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Addictive Behaviors	Alcohol	Excessive Drinking	Income Less Than \$25,000: Females ages 18-44	Percentage who reported either binge drinking (having four or more drinks on one occasion in the past month) or chronic drinking (having eight or more drinks per week)	32	15	8.7	28.5	13.3	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Chronic Disease	Cancer	Colorectal Cancer Screening	Income \$50- \$74,999: Ages 50-75	Percentage who reported receiving one or more of the recommended colorectal cancer screening tests within the recommended time interval (fecal occult blood test (FOBT) within the past year, colonoscopy within the past 10 years, or sigmoidoscopy within five years and a home FOBT within the past three years)	32	69.2	83	59	71.3	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Chronic Disease	Cholesterol Check	Cholesterol Check	Males: Ages 18+	Percentage who reported having their blood cholesterol checked within the past five years	32	73.4	81.7	66.1	75.2	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Health Equity	Housing	Housing - Residential segregation	Black/ white	Index of dissimilarity where higher values indicate greater residential segregation between black and white county residents	32	63.8	41.4	77.7	N/A	County Health Rankings and Roadmaps, 2017	http://www.countyhealthran kings.org/	2011- 2015
Health Equity	Population	Population	Ages 0-17	Percent of population <sup>6</sup>	32	23.3	30.5	19.2	N/A	County Health Rankings and Roadmaps, 2017	http://www.countyhealthrankings.org/	2015
Healthy Living	Obesity	Obesity	College Grad: Females ages 18-44	Percentage with a body mass index of 30.0 or higher based on reported height and weight	32	21.5	12	33.1	18.2	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014

<sup>&</sup>lt;sup>6</sup> For this indicator, the "Best" state has the highest percentage of children under 18. The higher the percentage, the greater the need for health policies targeting children under 18. Iowa has the nation's 18th highest rate.

Healthy							Best	Worst				
Iowans Focus	Health Issue	Short Indicator	Who's Affected	Full Indicator	lowa	lowa Value	State Value	State Value	US Value	Data Source	URL	Data
Area Healthy Living	Obesity	Description Obesity	High School	Percentage with a body mass index of	Rank 32	36.2	27.9	42.1	value 35	America's Health	https://www.americashealthr	Year 2016
Tieditily Living	Obesity	Obesity	Grad: Ages	30.0 or higher based on reported height	32	30.2	27.5	42.1	33	Rankings 2017	ankings.org/explore/2017-	2010
			25+	and weight						Annual Report	annual-report/state/ALL	
Healthy Living	Obesity	Obesity	Income \$25-	Percentage with a body mass index of	32	35.1	23.4	42.8	33.6	America's Health	https://www.americashealthr	2016
			\$49,999:	30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
			Ages 25+	and weight						Annual Report	annual-report/state/ALL	
Healthy Living	Obesity	Obesity	Income \$25-	Percentage with a body mass index of	32	35.7	24.6	43.9	33.8	America's Health	https://www.americashealthr	2013-
			\$49,999:	30.0 or higher based on reported height						Rankings 2016	ankings.org/explore/2016-	2014
			Females	and weight						Health of Women	health-of-women-and-	
			ages 18-44							and Children Report	children-report/state/ALL	
Healthy Living	Physical	Physical	Income	Percentage who reported doing no	32	14.2	6.9	19	13.4	America's Health	https://www.americashealthr	2013-
	Inactivity	Inactivity	\$75,000 or	physical activity or exercise other than						Rankings 2016	ankings.org/explore/2016-	2014
			More:	their regular job in the past 30 days						Health of Women	health-of-women-and-	
			Females ages 18-44							and Children Report	children-report/state/ALL	
Injury &	Falls	Falls	Females:	Percentage who reported they had fallen	32	31.6	23.3	35.2	30.3	America's Health	https://www.americashealthr	2014
Violence			Ages 65+	in the past 12 months						Rankings 2017	ankings.org/explore/2017-	
				·						Senior Report	senior-report/state/ALL	
Injury &	Seat Belt Use	Seat Belt Use	Income	Percentage who reported a lways using a	32	86.9	95.2	67.2	90.1	America's Health	https://www.americashealthr	2015
Violence			\$75,000 or	seat belt when driving or riding in a car						Rankings 2017	ankings.org/explore/2017-	
			More: Ages							Annual Report	annual-report/state/ALL	
			25+									
Injury &	Seat Belt Use	Seat Belt Use	White: Ages	Percentage who reported a lways using a	32	84	94.3	63	86.6	America's Health	https://www.americashealthr	2015
Violence			18+	seat belt when driving or riding in a car						Rankings 2017	ankings.org/explore/2017-	
										Annual Report	annual-report/state/ALL	
Addictive	Alcohol	Excessive	Urban: Ages	Percentage who reported either binge	30 of	6.7	3.5	13	6.3	America's Health	https://www.americashealthr	2015
Behaviors		Drinking	65+	drinking (having four or more [women] or	47					Rankings 2017	ankings.org/explore/2017-	
				five or more [men] drinks on one						Senior Report	senior-report/state/ALL	
				occasion in the past month) or chronic								
				drinking (having eight or more [women] or 15 or more [men] drinks per week)								
Injury &	Falls	Falls	Suburban:	Percentage who reported they had fallen	30 of	30.4	22.3	41	28.4	America's Health	https://www.americashealthr	2014
Violence			Ages 65+	in the past 12 months	47	30				Rankings 2017	ankings.org/explore/2017-	
			0							Senior Report	senior-report/state/ALL	
Health Equity	Insufficient	Insufficient	Black: Ages	Percentage who reported sleeping less	26 of	46.1	27.3	54.4	44.7	America's Health	https://www.americashealthr	2016
	Sleep	Sleep	18+	than seven hours in a 24-hour period on	41					Rankings 2017	ankings.org/explore/2017-	
				average						Annual Report	annual-report/state/ALL	
Health System	Primary Care	Dedicated	Income	Percentage who reported having a	31 of	95.8	99.2	89.8	96.7	America's Health	https://www.americashealthr	2015
Improvement		Health Care	\$75,000 or	personal doctor or health care provider	49					Rankings 2017	ankings.org/explore/2017-	
		Provider	More: Ages							Senior Report	senior-report/state/ALL	
5:			65+		2.6	40 =	42.6		24.6			2011
Acute Disease	Adolescent	Immunization	Males: Ages	Percentage who received ≥3 doses of	31	18.7	42.9	9	21.6	America's Health	https://www.americashealthr	2014
	Immunizations	HPV	13-17	human papillomavirus (HPV) vaccine,						Rankings 2016	ankings.org/explore/2016-	
				either quadrivalent or bivalent						Health of Women and Children Report	health-of-women-and-	
										and Children Keport	<u>children-report/state/ALL</u>	

Healthy		61					Best	Worst				
Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	Iowa Value	State Value	State Value	US Value	Data Source	URL	Data Year
Addictive	Alcohol	Excessive	College	Percentage who reported either binge	31	21	8.2	26.2	19.8	America's Health	https://www.americashealthr	2013-
Behaviors		Drinking	Grad:	drinking (having four or more drinks on						Rankings 2016	ankings.org/explore/2016-	2014
			Females	one occasion in the past month) or						Health of Women	health-of-women-and-	
			ages 18-44	chronic drinking (having eight or more						and Children Report	children-report/state/ALL	
				drinks perweek)								
Addictive	Alcohol	Excessive	Urban: Ages	Percentage who reported either binge	31	12.8	5.9	17.9	12.2	America's Health	https://www.americashealthr	2016
Behaviors		Drinking	18+	drinking (having four or more [women] or						Rankings 2017	ankings.org/explore/2017-	
				five or more [men] drinks on one occasion in the past month) or chronic						Annual Report	annual-report/state/ALL	
				drinking (having eight or more [women]								
				or 15 or more [men] drinks per week)								
Addictive	Tobacco	Smoking	Females:	Percentage who are smokers (reported	31	18	5.9	29.3	14.4	America's Health	https://www.americashealthr	2013-
Behaviors			Ages 18-24	smoking at least 100 ciga rettes in their						Rankings 2016	ankings.org/explore/2016-	2014
				lifetime and currently smoke every or						Health of Women	health-of-women-and-	
				some days)						and Children Report	children-report/state/ALL	
Chronic	Heart Disease	Heart Disease	High School	Percentage who reported being told by a	31	5.8	3.1	9.8	5.4	America's Health	https://www.americashealthr	2016
Disease			Grad: Ages 25+	health professional that they have a ngina						Rankings 2017	ankings.org/explore/2017- annual-report/state/ALL	
Chronic	Stroke	Stroke	Income Less	or coronary heart disease  Percentage who reported being told by a	31	7.4	4.1	9.7	6.3	Annual Report America's Health	https://www.americashealthr	2016
Disease	Stroke	Stroke	Than	health professional that they had a stroke	31	7.4	7.1	3.7	0.5	Rankings 2017	ankings.org/explore/2017-	2010
2.50050			\$25,000:							Annual Report	annual-report/state/ALL	
			Ages 25+									
Health Equity;	Overall health	Overall health	Hispanic:	Percentage who report fair/poor health	31	34	26	40	30	Commonwealth	http://datacenter.commonw	2015
Life Course			Ages 18-64	or activity limitations because of physical,						Fund	<u>ealthfund.org</u>	
				mental, or emotional problems								
Health System	Support for	Support for	All	Supporting working caregivers	31	0	6.5		1	Long-Term Services	http://longtermscorecard.org	2014-
Improvement	Family	Family		(composite indicator, scale 0-9.0)						& Supports State	/2017-scorecard	2016
Health System	Caregivers	Caregivers	All	Percentage of the workforce that drives	31	80.6	53.2	85.4	76	Scorecard County Health	http://www.countyhealthran	2011-
Improvement	Transportation	Transportation	All	alone to work	31	80.0	55.2	85.4	76	Rankings and	kings.org/	2011-
mprovement				arone to work						Roadmaps, 2017	Kings.org/	2013
Healthy Living	Obesity	Obesity	Income \$50-	Percentage with a body mass index of	31	29.5	17.1	44.3	26.5	America's Health	https://www.americashealthr	2013-
	,	,	\$74,999:	30.0 or higher based on reported height						Rankings 2016	ankings.org/explore/2016-	2014
			Females	and weight						Health of Women	health-of-women-and-	
			ages 18-44							and Children Report	children-report/state/ALL	
Healthy Living	Obesity	Obesity	Low income:	Adults who are obese (BMI >= 30)	31	40	26	47	37	Commonwealth	http://datacenter.commonw	2015
			Ages 18-64							Fund	ealthfund.org	2015
Healthy Living	Obesity	Obesity	Some	Percentage with a body mass index of	31	35.8	26.2	43.2	33.9	America's Health	https://www.americashealthrankings.org/explore/2017-	2016
			College: Ages 25+	30.0 or higher based on reported height and weight						Rankings 2017 Annual Report	annual-report/state/ALL	
Healthy Living	Obesity	Obesity	Urban: Ages	Percentage with a body mass index of	31	32	20.1	41.2	29.8	America's Health	https://www.americashealthr	2016
ricarriy Living	Obesity	Obesity	18+	30.0 or higher based on reported height	31	32	20.1	41.2	23.0	Rankings 2017	ankings.org/explore/2017-	2010
			-3.	and weight						Annual Report	annual-report/state/ALL	
Healthy Living	Physical	Physical	High School	Percentage who reported doing no	31	33.2	21.6	39.4	32.4	America's Health	https://www.americashealthr	2016
	Inactivity	Inactivity	Grad: Ages	physical activity or exercise other than						Rankings 2017	ankings.org/explore/2017-	
			25+	their regular job in the past 30 days						Annual Report	annual-report/state/ALL	

Healthy Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	lowa Rank	lowa Value	Best State Value	Worst State Value	US Value	Data Source	URL	Data Year
Healthy Living	Physical Inactivity	Physical Inactivity	Income \$75,000 or More: Ages 25+	Percentage who reported doing no physical activity or exercise other than their regular job in the past 30 days	31	13.5	7.3	21.1	12.9	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2016
Mental Health, Illness, & Suicide	Suicide	Teen Suicide	Ages 15-19	Number of deaths by suicide per 100,000 adolescents ages 15 to 19	31	10.5	5	30.3	8.4	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2012- 2014
Chronic Disease	Cancer	Cancer Deaths	Black / African American	Age-adjusted number of deaths due to all causes of cancer per 100,000 population	29 of 47	223	92.7	264	218	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2013- 2015
Mental Health, Illness, & Suicide	Depression	Depression	Income \$50- \$74,999: Ages 65+	Percentage who reported being told by a health professional that they have a depressive disorder	30 of 49	14.2	7.8	21.1	13.8	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Acute Disease	Adolescent Immunizations	Immunization HPV	Females: Ages 13-17	Percentage who received ≥3 doses of human papillomavirus (HPV) vaccine, either quadrivalent or bivalent	30	37.6	54	20.1	39.7	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2014
Addictive Behaviors	Tobacco	Smoking	Females: Ages 35-44	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	30	20.9	8.5	32.2	17.3	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Addictive Behaviors	Tobacco	Smoking	High School Grad: Ages 65+	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	30	10.5	6.5	14.2	9.8	America's Health Rankings 2017 Senior Report	https://www.americashealthr ankings.org/explore/2017- senior-report/state/ALL	2015
Addictive Behaviors	Tobacco	Smoking	Income \$25- \$49,999: Females ages 18-44	Percentage who are smokers (reported smoking at least 100 ciga rettes in their lifetime and currently smoke every or some days)	30	23	9.9	30.9	19.9	America's Health Rankings 2016 Health of Women and Children Report	https://www.americashealthr ankings.org/explore/2016- health-of-women-and- children-report/state/ALL	2013- 2014
Chronic Disease	Cancer	Cancer Deaths	All	Age-adjusted number of deaths due to all causes of cancer per 100,000 population	30	195	151	234	190	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2013- 2015
Chronic Disease	High Blood Pressure	High Blood Pressure	Income Less Than \$25,000: Ages 25+	Percentage who reported being told by a health professional that they have high blood pressure	30	43.8	32	56.2	42.5	America's Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2015
Health Equity	Housing	Housing - Residential segregation	non-White / White	Index of dissimilarity where higher values indicate greater residential segregation between non-white and white county residents	30	48.8	28.3	62.6	N/A	County Health Rankings and Roadmaps, 2017	http://www.countyhealthrankings.org/	2011- 2015
Health Equity	Population	Population	All	Total population	30	3.12 million	39.14 million	0.59 million	N/A	County Health Rankings and Roadmaps, 2017	http://www.countyhealthrankings.org/	2015
Health System Improvement	Health Care Quality	Clinical Care	All	All Clinical Care measures	30	-0	0.18	-0.2	N/A	America s Health Rankings 2017 Annual Report	https://www.americashealthr ankings.org/explore/2017- annual-report/state/ALL	2017

Healthy Iowans Focus Area	Health Issue	Short Indicator Description	Who's Affected	Full Indicator	Iowa Rank	lowa Value	Best State Value	Worst State Value	US Value	Data Source	URL	Data Year
Health System	Primary Care	Primary Care	All	Ratio of population to primary care	30	1349	894	1896	1320	County Health	http://www.countyhealthran	2016
Improvement	, , , , , , , , , , , , , , , , , , , ,	, , , , , , , , , , , , , , , , , , , ,		physicians						Rankings and	kings.org/	
F				,,,,,,,						Roadmaps, 2017		
Health System	Primary Care	Primary Care	All	Ratio of population to primary care	30	1290	781	2346	N/A	County Health	http://www.countyhealthran	2016
Improvement				providers other than physicians						Rankings and	kings.org/	
										Roadmaps, 2017		
Healthy Living	Obesity	Obesity	College	Percentage with a body mass index of	30	23.5	13.7	32.8	21.1	America's Health	https://www.americashealthr	2015
			Grad: Ages	30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
			65+	and weight						Senior Report	senior-report/state/ALL	
Healthy Living	Obesity	Obesity	Females:	Percentage with a body mass index of	30	27.4	18.5	36.6	25.9	America's Health	https://www.americashealthr	2013-
			Ages 18-44	30.0 or higher based on reported height						Rankings 2016	ankings.org/explore/2016-	2014
				and weight						Health of Women	health-of-women-and-	
										and Children Report	children-report/state/ALL	
Healthy Living	Obesity	Obesity	Urban: Ages	Percentage with a body mass index of	30	28.5	12.4	34.6	26	America's Health	https://www.americashealthr	2015
			65+	30.0 or higher based on reported height						Rankings 2017	ankings.org/explore/2017-	
				and weight					24.0	Senior Report	senior-report/state/ALL	2015
Healthy Living	Physical	Physical	Males: Ages	Percentage who reported doing no	30	21.7	14.7	29.5	21.9	America's Health	https://www.americashealthr	2016
	Inactivity	Inactivity	18+	physical activity or exercise other than						Rankings 2017	ankings.org/explore/2017-	
L	C+ D- +	C+ D-I+II	C-11	their regular job in the past 30 days	20		05.7	76.0	04.6	Annual Report	annual-report/state/ALL https://www.americashealthr	2015
Injury & Violence	Seat Belt Use	Seat Belt Use	College	Percentage who reported a lways using a	30	89	95.7	76.9	91.6	America's Health		2015
violence			Grad: Ages 25+	seat belt when driving or riding in a car						Rankings 2017 Annual Report	ankings.org/explore/2017- annual-report/state/ALL	
Injury &	Seat Belt Use	Seat Belt Use	Income \$25-	Percentage who reported a lways using a	30	83	94.2	64.4	86.9	America's Health	https://www.americashealthr	2015
Violence	Seat Beil Ose	Seat Beil Use	\$49,999:	seat belt when driving or riding in a car	30	03	94.2	04.4	80.9	Rankings 2017	ankings.org/explore/2017-	2015
violetice			Ages 25+	seat beit when driving or riding in a car						Annual Report	annual-report/state/ALL	
Injury &	Seat Belt Use	Seat Belt Use	Income \$50-	Percentage who reported a lways using a	30	84.7	94	61.1	87.3	America's Health	https://www.americashealthr	2015
Violence	Seat Bert Ose	Seat Bell 03e	\$74,999:	seat belt when driving or riding in a car		01.7		01.1	07.5	Rankings 2017	ankings.org/explore/2017-	2013
			Ages 25+	Seat Seit Mien anning of Trangin a sai						Annual Report	annual-report/state/ALL	
Injury &	Seat Belt Use	Seat Belt Use	Males: Ages	Percentage who reported always using a	30	78.9	91.6	54.2	83.6	America's Health	https://www.americashealthr	2015
Violence			18+	seat belt when driving or riding in a car						Rankings 2017	ankings.org/explore/2017-	
										Annual Report	annual-report/state/ALL	
Life Course	Premature	Early Death	Ages 65-74	Deaths per 100,000 adults ages 65 to 74	30	1794	1426	2470	1797	America's Health	https://www.americashealthr	2015
	Death			years						Rankings 2017	ankings.org/explore/2017-	
										Senior Report	senior-report/state/ALL	