



Healthy Iowans: Iowa's Health Improvement Plan 2017-2021

Is Iowa's Health Improving?

Executive Summary

Bureau of Public Health Performance
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Protecting and Improving the Health of Iowans



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Table of Contents

Executive Summary	4
Summary of Progress on Measures of Health Improvement.....	4
Progress in Health Equity and the Social Determinants of Health	6
Progress in Addressing the Life Course	8
Progress in Health System Improvement.....	9
Progress in Acute Disease: Vaccinations	10
Progress in Addictive Behaviors	10
Progress in Chronic Disease.....	11
Progress in Disaster Preparedness	13
Progress in Environmental Health: Water Quality	13
Progress in Healthy Living.....	14
Progress in Injury & Violence	18
Progress in Mental Health, Illness, & Suicide	20

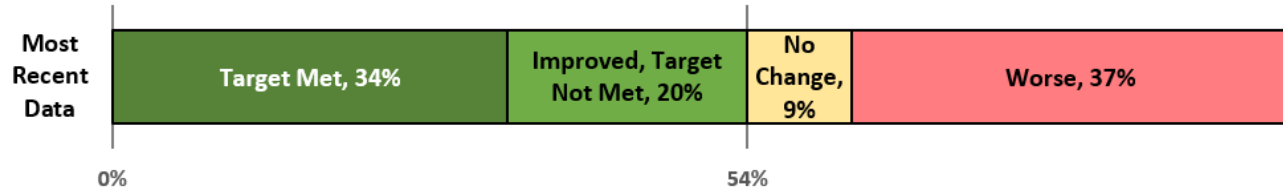
Executive Summary

This report documents progress on measures of Iowa’s health status and shows areas where there is a need for continued concern. A companion report, [Taking Action to Improve Health in Iowa](#), details the work of more than 90 partners that have taken on responsibility for objectives and strategies in the plan.

Summary of Progress on Measures of Health Improvement

Because health outcomes take time to change, it is still too early to assess the full impact that the actions from the [Healthy Iowans 2017-2021 state health improvement plan](#) have had on the measures of health improvement. However, it is encouraging to note that almost 54% of the measures of health improvement (138 measures) have already met their 2021 targets or have moved toward achieving their target (Figure 1).

Figure 1. Progress on Healthy Iowans' 256 Measures of Health Improvement



Twenty-three (23) measures (9%) have not changed much from their baseline values. On the other hand, current data for 95 measures (37%) shows movement away from the target, including 26 (10%) that are more than 15% worse than their baseline values. Figure 2 specifies the 26 measures that are substantially worse than their baseline. Table 1 shows 42 measures where Iowa’s values are in the bottom 10 states. Pages 8-22 show positive progress, areas of concern, and disparities for each focus area. The *Full Progress Report for Measures of Health Improvement*, beginning on page 24, includes all the newest data available, changes since 2016, comparisons with states that are performing well or not so well, and national comparisons for all 256 measures of health improvement included in Healthy Iowans.

Figure 2. Twenty-six (26) Health Improvement Measures with Large Negative Trends

Measures more than 15% worse than their baseline value

Sexually transmitted diseases: Gonorrhea rate (measure number [HL-18](#))

- overall – 85% ↑ increase
- Black/African American – 75% ↑ increase
- American Indian/Alaskan Native – 58% ↑ increase

Overweight: ages 10-17 ([HL-1](#)) – 48% ↑ increase

Work-related deaths: agriculture, forestry, fishing & hunting industry ([IV-8](#)) – 47% ↑ increase

Physical activity: adolescents ages 12-17 ([HL-8](#))

- females – 39% ↓ decrease
- overall – 17% ↓ decrease

Suicides ([MH-4](#))

- ages 15-19 – 38% ↑ increase
- ages 30-39 – 23% ↑ increase
- ages 20-29 – 20% ↑ increase

Infant Mortality ([LC-3](#))

- Black/African American – 36% ↑ increase
- overall – 23% ↑ increase

Child maltreatment: ages 0-17 ([IV-5](#)) – 33% ↑ increase

Premature death (before age 75): American Indian/Alaskan Native ([LC-5](#)) – 33% ↑ increase

Frequent mental health distress ([MH-1](#))

- adults ages 18-44 – 31% ↑ increase
- adults overall – 23% ↑ increase
- adult females – 19% ↑ increase

Diabetes ([CD-10](#))

- adults with incomes under \$15,000 – 29% ↑ increase
- adults with incomes \$15,000-\$24,999 – 23% ↑ increase

Youth deaths: ages 5-9 ([LC-4](#)) – 27% ↑ increase

Obesity WIC children ages 2-4: American Indian/Alaska Native ([HL-2](#)) – 21% ↑ increase

Youth alcohol use ([AB-2](#)) – 21% ↑ increase

Personal healthcare provider: Hispanic ([HSI-5](#)) – 19% ↓ decrease

Overall health: Adults with a disability ([LC-7](#)) – 17% ↓ decrease

Youth illicit drug use ([AB-2](#)) – 16% ↑ increase

Dental visit during pregnancy: income less than 185% of poverty ([HL-16](#)) – 15% ↓ decrease

Table 1. Measures where Iowa ranks in the bottom 10 states

Iowa Rank	Measure Number	Measure Short Description
50	AB 3.3	Excessive Drinking - ages 18-44
50	AB 3.4	Excessive Drinking- adults ages 18+, income \$75,000+
49	ESD 1.2	Poverty - Black/African American alone
49	IV 3.2	Fall Occurrence - Hispanic or Non-White ages 65+
48	AB 2.1	Youth Alcohol Use (%) - ages 12-17
48	IV 6.3	Juvenile Detention ages 10-17 - Black
48	LC 1.4	Teen Birth Rate - Non-Hispanic Black
46	AB 3.1	Excessive Drinking - overall adults ages 18+
46	AB 3.2	Excessive Drinking - male adults ages 18+
45	CD 7.1	Colorectal Cancer Incidence Rate - overall
45	ESD 2.2	Poverty Children - Black/ African American
44	HL 1.6	Overweight - ages 10-17
44	HL 7.2	Vegetables ≥1 per day - male adults ages 18+
44	MH 2	Mental Health Providers rate
43	CD 5.1	Cancer Incidence Rate - overall
43	CD 7.2	Colorectal Cancer Incidence Rate - male
43	HL 1.1	Overweight - WIC ages 2-4
43	HL 2.2	Obesity - WIC ages 2-4, Hispanic
43	HL 7.3	Vegetables ≥1 per day - ages 18-24
42	CD 5.2	Cancer Incidence Rate - male
42	CD 12.3	Coronary Heart Disease Death Rate - male
42	HL 5.2	Fruit & Vegetables 5+ per day - male adults ages 18+
41	CD 9.1	Skin Melanomas Incidence Rate - overall
41	CD 10.4	Diabetes – adults ages 18+, income \$15,000 - \$24,999
41	HL 7.1	Vegetables ≥1 per day – overall adults ages 18+
40	IV 6.2	Juvenile Detention ages 10-17 - Male
48 of 48	HL 18.7	Gonorrhea - Black/African American
47 of 48	CD 1.3	Cancer Death Rate - Black, non-Hispanic
47 of 48	HL 18.4	Chlamydia - Black/African American female ages 15-24
47 of 47	LC 7.2	Overall health - Hispanic adults ages 18+
41 of 46	HL 10.6	Aerobic PA - Hispanic adults ages 18+
40 of 45	CD 5.3	Cancer Incidence Rate - Black, non-Hispanic male
40 of 45	HL 2.3	Obesity - WIC ages 2-4, American Indian/Alaska Native
39 of 44	LC 4.6	Child/Teen Death Rate - ages 10-14
38 of 39	CD 6.3	Lung Cancer Incidence Rate - Black, non-Hispanic
37 of 42	CD 2.3	Lung Cancer Death Rate - Black, non-Hispanic
35 of 37	AB 5.2	Smoking - Black, non-Hispanic adults ages 18+
34 of 37	CD 6.4	Lung Cancer Incidence Rate - Black, non-Hispanic Male
33 of 36	HL 17.4	Dental Visit - Asian, non-Hispanic adults ages 18+
32 of 36	CD 6.5	Lung Cancer Incidence Rate - Black, non-Hispanic female
29 of 33	HL 18.6	Gonorrhea -American Indian/Alaska Native
24 of 31	HSI 5.4	Personal Provider - Asian, non-Hispanic adults ages 18+

Progress in Health Equity and the Social Determinants of Health

Poverty decreased from 2016 to 2019 for all the demographic groups in Healthy Iowans.

Poverty is much higher for Iowa's people of color.

Iowa's Disparities in Poverty (%). [ESD-1](#) & [ESD-2](#).

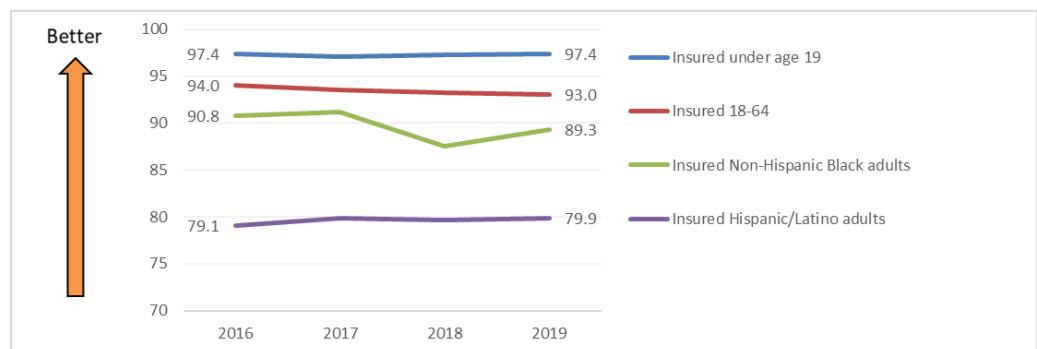
Iowans in Poverty Overall: 11.5% Rank: 18	Race/Ethnicity	Iowa Children in Poverty Overall: 13.8% Rank: 13
9.5% Rank: 25	White, non-Hispanic	9.8% Rank: 22
20.9% Rank: 26	Hispanic/Latino	26.7% Rank: 27
24.5% Rank: 32	Native American/ Alaska Native	32.5% Rank: 36
31.9% Rank: 49	Black/African American	42.9% Rank: 45

Health Insurance Coverage

Iowa's Disparities in Health Insurance Coverage (%)

Iowa ranks in the **top 15** nationally in health insurance coverage for all of the demographic groups in Healthy Iowans

[ESD-3](#)



The percentage of Iowa's non-elderly, non-Hispanic Black adults who have health insurance is **4% lower** than the overall state rate. Insurance coverage for Iowa's non-elderly Hispanic adults is **14% lower** than the overall state rate. [ESD-3](#)

Education

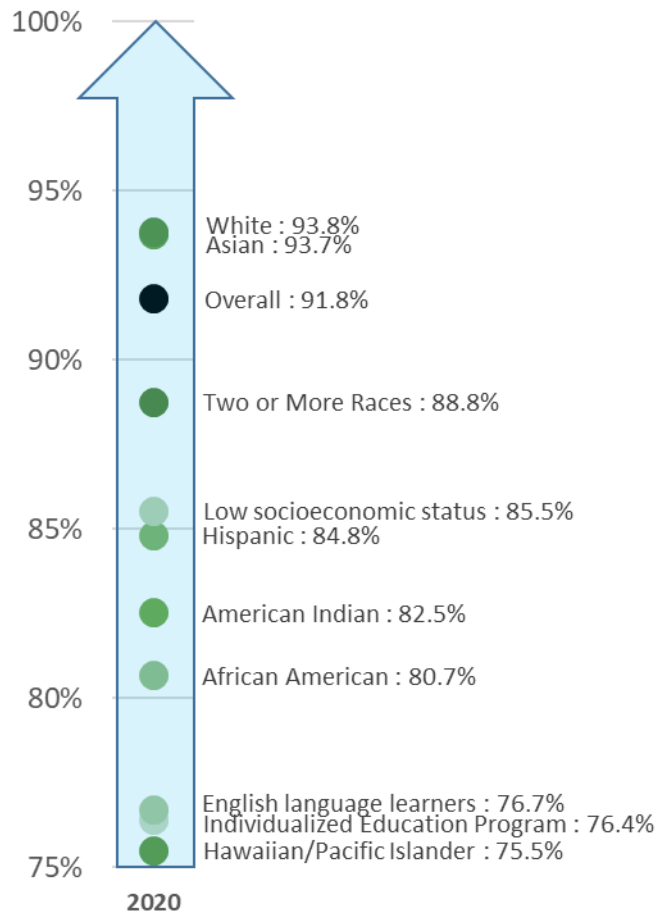
4 Year High School Graduation Rates (%) ESD-4



91.8%

Iowa's overall 4-year high school graduation rate is the highest in the nation (2018-19 school year).

Iowa's Disparities in High School Graduation Rates (%)



Not all Iowa students get as far on the path to success.

Neighborhood, the Built Environment and Safe, Affordable Housing



#3

Ranking nationally in the fewest substandard housing units (23% have one or more housing problems, e.g., high costs, overcrowding). ESD-5

14%

Iowa parents who reported their children lived in neighborhoods with poorly kept or rundown housing. ESD-6



Social and Community Context



5 in 8

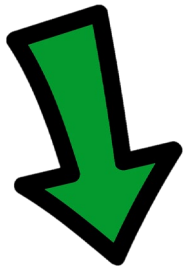
Iowa parents say their children *live in supportive neighborhoods* – **lower incomes** are a major factor for those who don't. ESD-7

More Iowa parents are reporting that their children live in neighborhoods with supportive amenities like parks/playgrounds, sidewalks/walking paths, a library/bookmobile and a community/recreation center/boys' and girls' club. ESD-8



Progress in Addressing the Life Course

Teen Births



Fewer teen mothers

Teen birth rates continued to decrease from 2016 to 2019 for all the demographic groups in Healthy Iowans. [LC-1](#)

Disparities in Iowa's Teen Births

2.3x to 3.3x
higher

Teen birth rates for racial and ethnic minority Iowa teens.

White, Non-Hispanic: 11.5

American Indian/Alaska Native: 27

Hispanic/Latino: 35

Black/African American, Non-Hispanic: 38

National Rankings

#48

Iowa has the third highest birth rate for non-Hispanic Black teens.

#37

Iowa has the 14th highest birth rate for Hispanic/Latino teens.

Low Birthweight

Almost 2x higher

Percent of Iowa's non-Hispanic Black babies born with low birthweight (12%) compared to Iowa's non-Hispanic White babies (6.2%). [LC-2](#)

Infant Mortality Trends



Iowa's infant mortality rate **increased** overall from 2015 to 2018 and for all the demographic groups in Healthy Iowans. [LC-3](#)

Disparities in Iowa's Infant Mortality

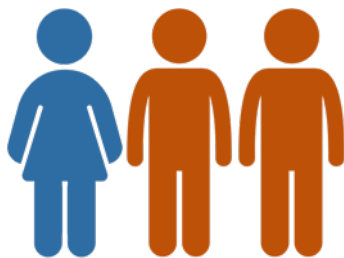
2.3x more likely

Iowa's Black, non-Hispanic parents were more likely to suffer the loss of an infant in 2018 than for all other Iowa parents combined.

1.6x more likely

Younger mothers (ages 15-19) were also more likely to suffer the loss of an infant (than all other ages combined).

Child/Teen Deaths



Nearly **2 of every 3** of Iowa's child/teen deaths in 2019 were males. [LC-4](#)

Ages at Higher Risk

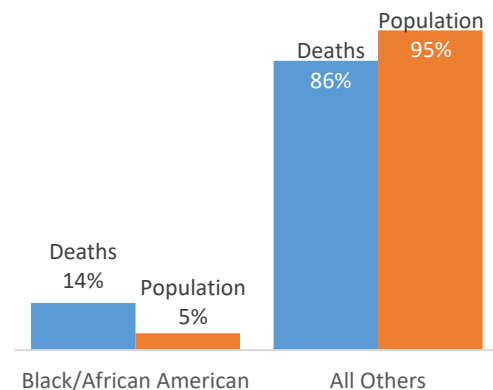
More than half:

Iowa's child/teen deaths in 2019 that were ages 15-19.

Nearly **3 of every 4** deaths were ages 10-19.



Disparities in Iowa's Child/Teen Deaths



14% of all Iowa children/teens who died in 2019 were non-Hispanic Black/African American children/teens despite being only **5%** of Iowa's total child/teen population.

Self-Reported Health

#37

Iowa's national rank in the percent of Iowa parents who rate their child/teen's health as very good or excellent. [LC-6](#)



Adult self-reported health status has **decreased** since 2016 for every demographic group in Healthy Iowans. [LC-7](#)

#50

While Iowa's national rank for every demographic group has gotten **worse** since 2016, Iowa ranks **last** for Hispanic/Latino adults who report very good or excellent health.

Iowa's Disparities in Premature Death

Iowa's rate of years of life lost to premature death is **2x higher** for Iowans who identify as non-Hispanic American Indian/Alaskan Native and **1.75x higher** for Iowans who identify as Black/African American. [LC-5](#)

33%

Increase since 2016 in Iowa's rate of years of life lost to premature death for Iowans who identify as non-Hispanic American Indian/Alaskan Native.

Progress in Health System Improvement

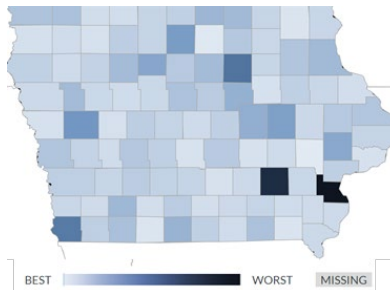
Avoidable Hospital Care



Preventable hospitalizations for Iowa's Medicare enrollees **decreased** from 2015 to 2018. [HSI-2](#)

Healthcare Access & Affordability

Iowa is in the **bottom 20** states for the number of primary care physicians (74) per 100,000 people. Wide **disparities** exist county-to-county. [HSI-4](#)



Iowa's Disparities in Healthcare Access



Iowa adults in racial and ethnic minority groups are **less likely** to have a regular health care provider coordinating their care. [HSI-5](#)

Preventable hospitalizations in 2018 for Iowa's non-Hispanic Black Medicare enrollees were **70% higher** than Iowa's overall rate.

More Iowa adults in 2019 reported being **unable to afford to see a doctor**. [HSI-3](#)



Iowa's younger adults (18-44) and adult males are **less likely** to get an annual health check. [HSI-6](#)



Positive **increases** from 2016 to 2019 in Iowa adolescents and adults getting annual health checks. [HSI-6](#) & [HSI-7](#)



Progress in Acute Disease: Vaccinations

Adolescents



Adolescents getting vaccinations for HPV and meningococcal has **increased** substantially since 2016.

AD-1 & AD-2

Flu Rankings

Top 20 nationally

Iowa's rates for flu vaccinations for each of the demographic groups in Healthy Iowans. AD-3

Iowa's Disparities in Flu Vaccinations

Younger adults (18-64), especially male, Hispanic, and non-Hispanic Black/African American Iowans, are **much less likely** to get their flu shots.



Progress in Addictive Behaviors

Youth Alcohol Use

#48

Iowa has the nation's third highest estimate of youth alcohol use (11.4%).

Use has **increased 21%** since 2015-2016. AB-2

Adult Alcohol Use

#46

Iowa has the nation's **fifth highest** percentage of adults who drink alcohol excessively (22.5%). AB-3

Iowa's Disparities in Alcohol Use

#50

Iowa has the nation's **highest** percentage of adults with higher incomes (32%) and adults ages 18-44 (29%) who drink alcohol excessively.

Trends in Tobacco Use



16% decrease in youth cigarette use. AB-2

Iowa Disparities in Tobacco Use

Men and Iowans with lower incomes are least likely to report never smoking. AB-4



Trends in Illicit Drug Use



16% increase in youth illicit drug use. AB-2

While **Iowans 18-24** are most likely to have never smoked, the **rate hasn't changed** much since 2016. AB-4









Smoking is higher among Iowa adults with **lower incomes, Black, non-Hispanic Iowans, and Iowa adults with a disability.**






AB-5

Iowa had the nation's **fifth lowest** opioid-related death rate in 2019. AB-1

#5

Progress in Chronic Disease

New Cancer Diagnoses (Incidence) <u>CD-5</u>	Cancer Deaths <u>CD-1</u>	Iowa Disparities in Cancer Deaths
 Iowa's cancer incidence rate stayed about the same from 2010 to 2017	Overall, Iowa's cancer death rate decreased since 2016. 	The death rate for non-Hispanic Black Iowans is about 35% higher than Iowa's overall rate.
Iowa males overall and specifically Iowa's non-Hispanic Black males are most likely to be diagnosed with cancer.	 Iowa's cancer death rate is higher than the U.S. average.	Iowa's cancer death rate was the second highest nationally for non-Hispanic Black people from 2017 to 2019. 
Iowa's incidence rates are among the highest nationally : Overall: 8th highest Male: 9th highest Black, non-Hispanic Male: 6th highest of 45 states with data available		

New Lung Cancer Diagnoses (Incidence) <u>CD-6</u>	Lung Cancer Deaths <u>CD-2</u>	Iowa Disparities in Lung Cancer
 > U.S. Iowa's rates are much higher than the national average for all the demographic groups in Healthy Iowans.	Iowa's lung cancer death rates decreased substantially from 2016 to 2019. 	#37 of 42 Iowa's lung cancer death rate was the sixth highest nationally for non-Hispanic Black people from 2015 to 2019.
New lung cancer diagnoses decreased substantially from 2010 to 2017 for Iowa's non-Hispanic Black females. 	 > U.S. Iowa's rates still are higher than the national average for all the demographic groups in Healthy Iowans.	101 to 63 The lung cancer incidence rate for Iowa's non-Hispanic Black males is about 60% higher than the overall rate for the state. 

New Colorectal Cancer Diagnoses (incidence) CD-7

Colorectal Cancer Deaths CD-3

Iowa Disparities in Colorectal Cancer Deaths

Iowa's colorectal cancer incidence rate **decreased** from 2010 to 2017.

Iowa's colorectal cancer death rates have **decreased** slightly overall and for men.

The death rate for non-Hispanic Black Iowans is about **37% higher** than Iowa's overall rate.

#45

Iowa's overall incidence rate was **sixth highest** nationally for 2013 to 2017 and

Iowa's colorectal cancer death rates are **higher** than the national average for all the demographic groups in Healthy Iowans.



eighth highest among males.

#43

New Female Breast Cancer Diagnoses (Incidence) CD-8

Female Breast Cancer Deaths CD-4



Iowa's incidence rate **increased 5%** from 2010 to 2017.



Female deaths due to breast cancer have **decreased 5%** since 2016.

New Diagnoses of Skin Melanomas (Incidence) CD-9



The rate of new diagnoses of skin melanomas is **increasing**.

Iowa had the **10th highest** rate of newly diagnosed skin melanomas nationally for 2013 to 2017.

#41

Iowa Adults with Diabetes CD-10



Diabetes rates among adults **increased** overall from 2016 to 2019, especially for **Iowans with lower incomes**.

Iowa adults with a disability and adults with lower incomes have diabetes rates nearly **2x higher** than Iowa's overall rate.



Coronary Heart Disease (CHD) Death Rates *CD-12*



Decreased 18% for all non-Hispanic, Black lowans from 2014 to 2019.

Decreased 21% for non-Hispanic Black male lowans from 2014 to 2019.

The 2017-2019 rate for all Iowa males was **40% higher** than Iowa's overall rate.

2017-2019 rate was still **42% higher** for non-Hispanic Black male lowans than Iowa's overall rate.



Iowa's rates are among the **15 highest nationally** for each of the demographic groups in Healthy Iowans.

Progress in Disaster Preparedness

Overall Preparedness



7.1 vs. 6.8

As of 2019, Iowa was **one of 15 states** with a score **better than the national average.** *DP-1*

Community Planning and Engagement Coordination domain

Iowa was **one of 21 states worse than the national average.** *DP-1*



5.3 vs. 4.8

Progress in Environmental Health: Water Quality *EH-1 & EH-2*

Rivers & Streams



More than **8 of every 10** of the 995 assessed in 2020 did not fully meet water quality standards.

Lakes & Reservoirs



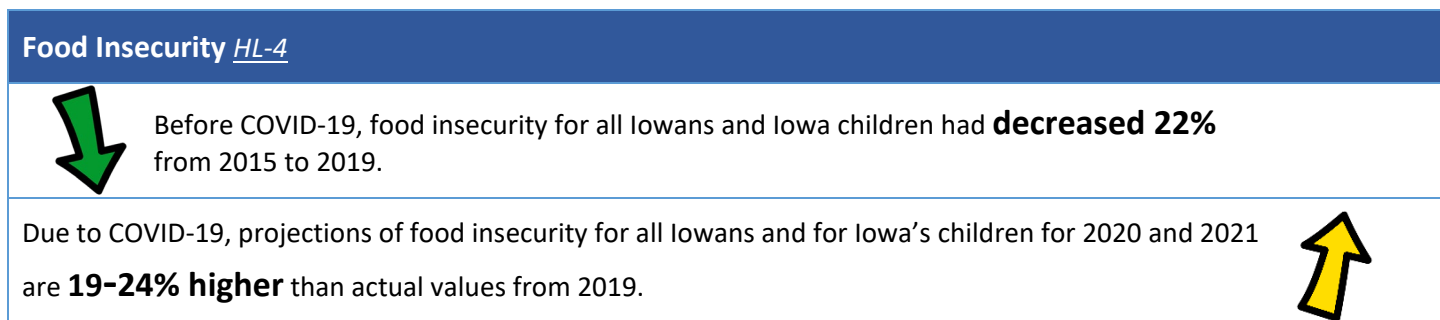
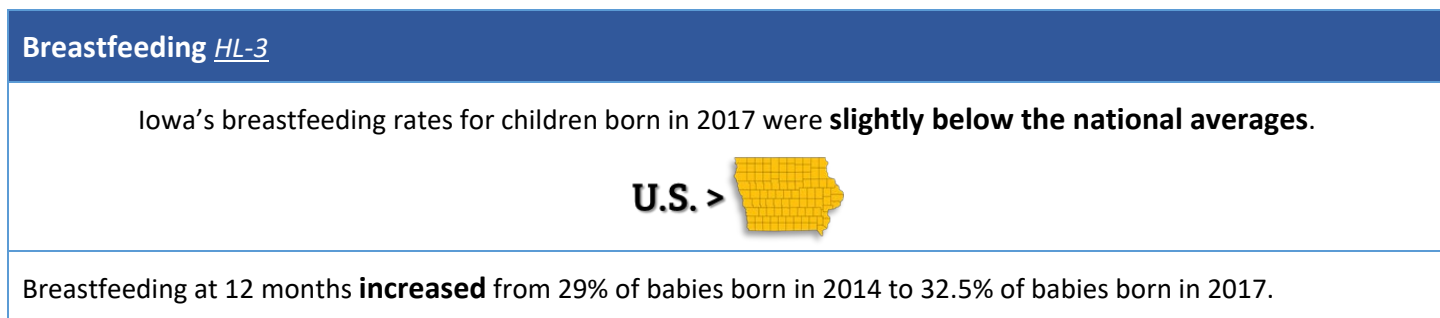
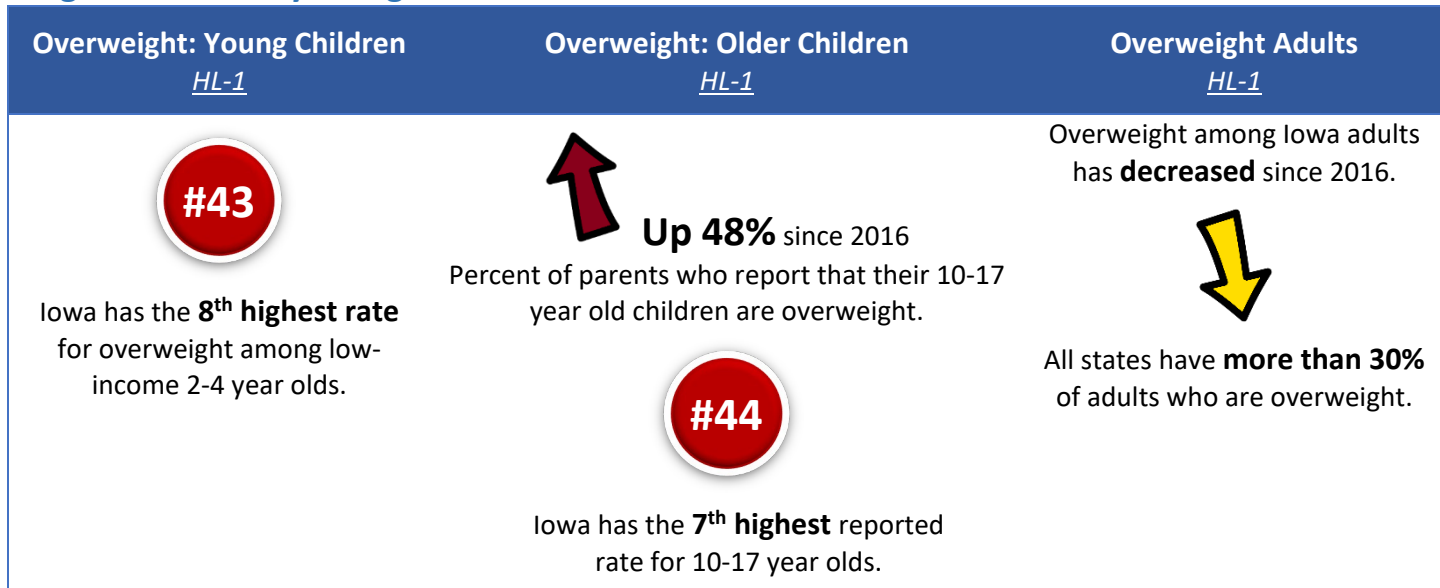
7 of every 10 of the 177 assessed in 2020 did not fully meet water quality standards.

Wetlands



Almost half of the 128 assessed in 2020 did not fully meet water quality standards

Progress in Healthy Living



Fruit & Vegetable Consumption [HL-5](#), [HL-6](#) & [HL-7](#)

Increased from 2015 to 2019 for most of the groups of Iowa adults in Healthy Iowans.

Iowa ranks in the **bottom half** of states for almost all of the groups of Iowa adults in Healthy Iowans.

Lowest among younger adults, men, and Iowans with lower incomes.



Non-Hispanic Black Iowa adults reported a **large increase in fruit consumption** – from 48% in 2015 to 61% in 2019.

Active Children (ages 6-11) [HL-8](#)

Overall, up 20% since 2016.



Females up 47%.

Active Adolescents (ages 12-17) [HL-8](#)

Overall, down 17% since 2016.



Females down 39%.

Active Adults (ages 18+) [HL-9](#)

Lowest for Iowa adults with a disability and Iowa adults with lower incomes.



25 states have more people who live close to somewhere they can be physically active than Iowa does. [HL-12](#)

Physical Activity Guidelines



Less than half of Iowa adults met aerobic physical activity guidelines in 2019 – about the same as in 2015. It's **even lower** for Iowa adults with lower incomes, adults with a disability, and adult Hispanic Iowans. [HL-10](#)

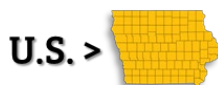
Iowa adults who met muscle-strengthening guidelines **increased substantially** from 2015 to 2019 for all the demographic groups in Healthy Iowans. [HL-11](#)



2 out of every 3 Iowa adults still don't meet muscle-strengthening guidelines. Even fewer of Iowa's older adults, adults with a disability, or adults with lower incomes meet the guidelines.

Adults who Met Aerobic and Muscle Strengthening Guidelines:

Iowa is **below the national average** overall and for nearly all the demographic groups in Healthy Iowans.



Children's Teeth Condition HL-13

Disparity in Children's Teeth Condition

#9



Iowa's rank nationally in parents who say their children's (ages 1-17) teeth are in very good or excellent condition.

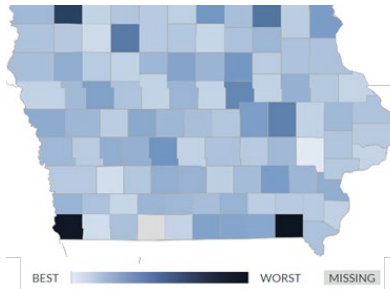
Still, more than **1 in 6** Iowa parents rate the condition of their children's teeth as good, fair, or poor. It's almost **1 in 4 for lower income** Iowa parents.



Access to Dentists HL-14

Iowa's overall rate of dentists has **increased** since 2016.

Still, wide disparities exist county-to-county.



Child Preventive Dental Care HL-15

Disparities in Preventive Dental Care

Dental Care During Pregnancy HL-16

#3

Overall, Iowa does well in preventive dental visits for children and youth (ages 1-17).

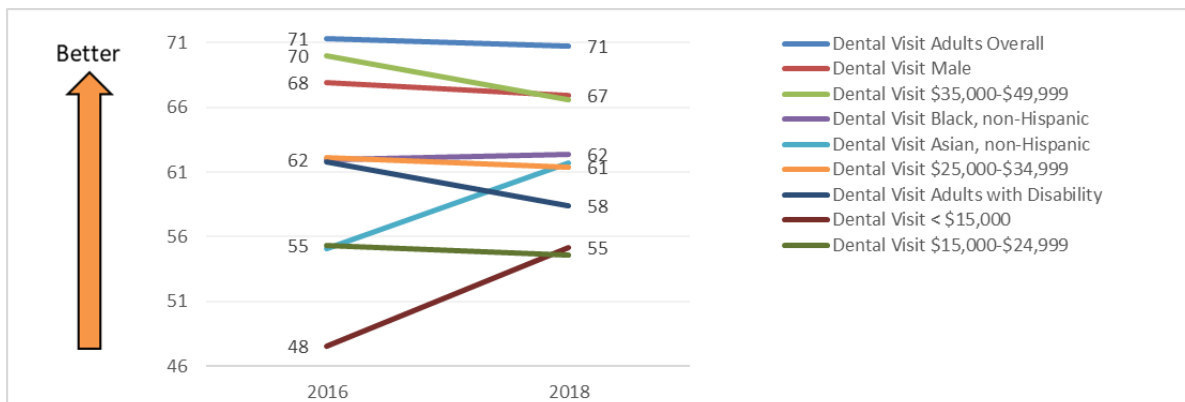
Children **ages 1-5** and children of all ages in families with **lower incomes** are **less likely** to see a dentist to prevent issues.



53% to 42%

Iowa mothers with a dental visit during pregnancy overall versus lower income mothers.

Disparities in Iowa adult dental visits (%) HL-17





Up **13%** from 2016 to 2018.

7x

higher for females ages 15-24

9x

higher for American Indian/ Alaska Native females ages 15-24

25x

higher for Black/African American females ages 15-24



states with data. Iowa's rate was the **second highest** nationally for Black/African American females ages 15-24.



Up **85%** from 2016 to 2018.

4.6x higher

for Iowa's American Indian/Alaska Native people

7.8x higher

for Iowa's Black/African American people



states with data. Iowa's rate was the highest nationally for Black/African American people.

Primary, Secondary & Early Latent Syphilis Rate

[HL-18](#)



Up **14%** from 2016-2018.

Males: Almost **2x** higher.

Progress in Injury & Violence

Fall Trends

18% decrease: Fewer of Iowa's older adults reported having one or more falls in the last year. [IV-3](#)



Iowa Disparities in Falls (Ages 65+) [IV-3](#)

Iowa's older people of color were **1.5x more likely** to report falling in 2018 than Iowa's overall rate.



11% increase in the rate of Iowa's older adults who were hospitalized due to a fall. [IV-2](#)



#49

Iowa's percentage of older people of color who reported falling was the **second highest** nationally.



12% decrease in Iowa's rate of older adults who die due to a fall. [IV-1](#)



Iowa older adults with a disability were **1.3x more likely** to report falling in 2018 than Iowa's overall rate.

Iowa Deaths from Motor Vehicle Crashes [IV-4](#)



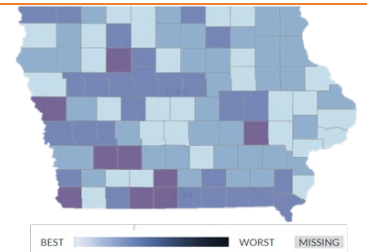
19% decrease in the rate for all Iowans from 2016 to 2019.

18% decrease in the rate for Iowa males from 2016 to 2019.



Rates for males: **48% higher** than Iowa's overall rate.

Rates for rural Iowans: **45% higher**.



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Youth Adverse Experiences



Up 33%

Confirmed child maltreatment was higher in 2018 than in 2016. [IV-5](#)

#39

Iowa has **one of the higher rates** of confirmed child maltreatment in the nation.

Juvenile Detention



Down 19% Overall

Iowa youth in juvenile detention is decreasing. [IV-6](#)

#39

Iowa has **one of the higher rates** of juvenile detention in the nation.

92.3% to 81.5%

Parents of children who have had **fewer** than two adverse childhood experiences (ACEs) were **more likely** to report their child's health was very good or excellent. [IV-7](#)

Iowa's rate of Black youth in juvenile detention was

5.6x higher in 2017 than Iowa's overall rate.

#48

Iowa's rate is **third highest** in the nation for Black youth.

Non-Fatal Worker Injuries & Illnesses [IV-9](#)



Iowa's rate in agriculture, forestry, fishing & hunting **decreased substantially** from 2016 to 2019.

Worker Deaths [IV-8](#)



47% increase in Iowa's rate in agriculture, forestry, fishing & hunting.

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Mental Health Distress MH-1



Iowa adults experiencing frequent mental health distress **increased** from 2016 to 2019 for every demographic group in Healthy Iowans.

Disparities in Mental Health Distress

Women, younger adults, adults with lower incomes, and adults with a disability are the **most likely** Iowa adults to experience frequent mental health distress.



Access to Mental Health Providers: All Iowans MH-2



28% increase in mental health providers per 100,000 Iowa residents.

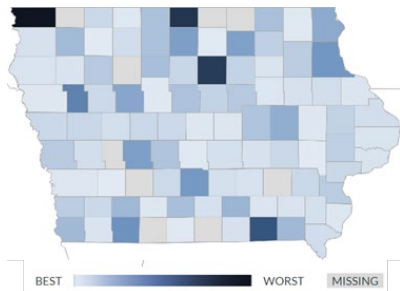
Access to Mental Health Treatment: Children & Youth (ages 3-17) MH-3



Highest percentage nationally of children/youth who get needed treatment or counseling when diagnosed with a mental/behavioral health condition.



Iowa's rate was 7th lowest nationally in 2019; **wide disparities** exist county-to-county.



32,000

More than one of every three Iowa children/youth diagnosed with a mental/behavioral health condition **does not receive needed treatment.**

Suicide Rates Overall MH-4



Increased from 2016 to 2019 for Iowans overall and for every demographic group in Healthy Iowans except 40-49 year olds.

Suicide: Ages 15 to 19

Rates fluctuate, but the rate for Iowa's 15-19 year olds was **higher** in 2017, 2018, and 2019 than it was in 2016. The **increase** from 2016 to 2019 was **higher** than for any other age group.

Suicide: Males & Ages 20+

Iowa **males** of all ages and Iowans **ages 20-59** have the **highest** rates of suicide.

Of Iowa's 528 suicides in 2019:



MALES:

AGES 20-59: 7 of 10