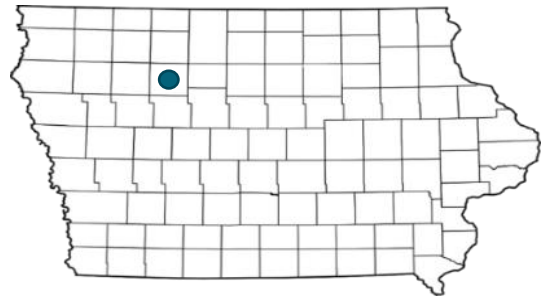


HHS SYSTEM SNAPSHOT POCAHONTAS COUNTY

Population	7,074
Life Expectancy	77.4 years
County Classification	Rural



STATE OF IOWA	
Population	3,200,517
Life Expectancy	78.7 years

ACCESS TO CARE



Pocahontas County is a **shortage** area for **Primary Care Physicians**



Pocahontas County is a **shortage** area for **Dental Care Providers**

Access to care includes the ability to navigate the health care system, find care locally, and pay for services. When someone lacks one or more of these abilities, disparities may emerge.

MENTAL HEALTH

4.2
Poor mental health days per month

*4.4 days/mo.
Iowa avg*

Poor mental health is associated with **smoking, physical inactivity, housing insecurity, food insecurity, and insufficient sleep**. Mental disorders like **depression and anxiety** can affect people's ability to take part in healthy behaviors.

Pocahontas County is a **shortage** area for **Mental Health Care Providers**

There are far fewer mental health providers in Iowa than the national average. There are wide differences in **access to mental health providers** across the state.

ADDICTIVE DISORDERS

24.1%
of adults report binge drinking

24.7% Iowa avg

Alcohol is the most commonly misused substance in Iowa. **Iowa's alcohol use rates** for almost every demographic **are among the highest in the nation**.

27
residents received substance use treatment in 2023

17,477 total patients admitted in Iowa

Substance use disorders involve misuse of one or more substances and may lead to social, physical, mental, and public health problems. Drug use rates in Iowa are similar to the rest of the nation.

Social, Economic and Environmental Factors

ECONOMIC STABILITY & INCOME

Economic stability is the connection between the financial resources people have and their physical and mental health.

People living in poverty are at greater risk for mental illness and chronic diseases.



10.2%

Live below the rate of poverty

11% Iowa avg



1,959

are enrolled in Medicaid

HOUSING & TRANSPORTATION

In Iowa, cost-burden, spending more than 30% of income on housing costs, is the most common housing problem.

Housing instability as well as unsafe, unhealthy, or unaffordable housing negatively affects mental and physical health. Transportation issues may result in missed or delayed health care appointments, increased health expenditures and overall poor health outcomes.



17.1%

Households spend 30% or more on housing

23% Iowa avg



4%

Households do not have a vehicle

5.6% Iowa avg

Healthy Behaviors and Outcomes

ACTIVE LIVING & HEALTHY EATING

Being overweight or obese can lead to serious health issues such as cardiovascular disease, diabetes, stroke, depression, and certain cancers. A lack of consistent access to healthy food can lead to chronic diseases, obesity, or developmental problems. In Iowa, 89 out of 99 counties have areas identified as having low food access.



39.5%

of adults have an unhealthy body weight (BMI of 30.0 or higher)

36.3% Iowa avg



540

Individuals experiencing food insecurity

CANCER

Many risk behaviors linked to cancer can be prevented such as excessive drinking, using tobacco products, physical inactivity, poor nutrition, and ultraviolet light exposure. Cancer screening tests can help detect cancer at earlier stages, making treatment easier and improving rates of survival.



541.5

County incidence rate for cancer (per 100,000 people)

486.8 Iowa avg



172.1

County death rate from cancer (per 100,000 people)

154.2 Iowa avg