

Public health funding: Strong investments in public health allow a state to carry out programs that improve health. Iowa receives \$21.70 per person in funding from CDC (25th in the nation) and \$24.48 per person from HRSA (32nd in the nation). The Prevention and Public Health Fund has awarded over \$55 million in grants to Iowa since 2010 for community and clinical prevention efforts and improvements to public health infrastructure.

Access to care: 5.0 percent of people in Iowa do not have health insurance coverage, which is well below the national uninsured rate of 9.4 percent. The number of practicing primary care physicians is also an important measure of health care availability. Iowa has 139.1 active primary care physicians per 100,000 people. Nationally, there are 145.3 practicing primary care physicians per 100,000 people.

Notable health measures

- **High school graduation:** Iowa has the highest high school graduation rate in the U.S. with 90.8 percent of students graduating from high school. This is a notable measure as there is a strong connection between education and health. People with higher levels of education are more likely to adopt healthy behaviors.
- **Drug deaths:** Iowa has the 4th lowest rate of deaths due to drug injury in the nation with 8.9 deaths per 100,000 people.
- **Infant mortality:** Iowa has the 3rd lowest infant mortality rate in the nation. Infant mortality decreased 12 percent from 5.1 deaths per 1,000 live births in 2012 to 4.5 deaths per 1,000 live births in 2016. The state also boasts a low prevalence of low birthweight.

The challenges ahead

- **Excessive drinking:** 21 percent of the adult population in Iowa reports drinking excessively, ranking the state 7th highest in the nation. Excessive alcohol use can lead to fetal damage, liver diseases, high blood pressure, cardiovascular diseases and other major health problems.
- **Obesity and physical inactivity:** Obesity contributes to poor general health and is a leading factor in preventable diseases. The obesity rate has steadily increased over the decades with 32.1 percent of adults in Iowa obese. Each year, an estimated \$190.2 billion is spent on obesity-related health issues in the U.S., accounting for 21 percent of annual medical spending. Of additional concern, in the past year, physical inactivity increased 16 percent from 22.6 percent to 26.3 percent of adults.

Sources: Trust for America's Health, Investing in America's Health; Trust for America's Health, Prevention and Public Health Fund at Work in States; U.S. Census Bureau, 2013, 2014, and 2015 1-Year American Community Surveys; United Health Foundation, America's Health Rankings.