

Iowa's People

Increase in Iowa's population since 2010

6.4%

2024	3,241,488
2020	3,190,369
2010	3,046,355

Age

2023

Age Group	Iowa Population	Percent
0 to 5 years	225,279	7%
6 to 11 years	244,223	8%
12 to 17 years	260,620	8%
18 to 24 years	319,124	10%
25 to 34 years	400,063	12%
35 to 44 years	404,474	13%
45 to 54 years	361,790	11%
55 to 64 years	395,594	12%
65+ years	595,837	19%

Source: US Census Bureau, American Community Survey

Living with Disability

2023

Type	Iowa Population	Percent
Any disability	418,159	13.2%
With an ambulatory difficulty	175,062	5.9%
With a cognitive difficulty	164,328	5.5%
With a hearing difficulty	118,645	3.8%
With an independent living difficulty	129,311	5.3%
With a self-care difficulty	60,913	2.0%
With a vision difficulty	69,083	2.2%

Source: US Census Bureau, American Community Survey

By age	Iowa Population	Percent
Under 5 years	1,304	0.7%
5 to 17 years	33,951	6.3%
18 to 34 years	65,217	9.2%
35 to 64 years	148,966	12.8%
65 to 74 years	73,841	21.7%
75 years and over	94,880	41.5%

Source: US Census Bureau, American Community Survey

Overall Health Profile

Overall Health Status - Very Good to Excellent

Age Group	Iowa	U.S.	Healthiest State	Rank	#States	
Children (0-17) - CSHCN	80.5%	75.3%	85.0%	8	50	2022-2023
Children (0-17) - Non-CSHCN	95.8%	95.2%	98.1%	30	50	2022-2023
Adults 18+ - With any Disability	24.7%	24.6%	30.2%	24	48	2023
Adults 18+ - Without a Disability	54.7%	56.8%	63.5%	42	48	2023

Sources: National Survey of Children's Health, Behavioral Risk Factor Surveillance System (BRFSS)

* Children with Special Health Care Needs (CSHCN) have or are at increased risk for having chronic physical, developmental, behavioral, or emotional conditions. They have conditions such as asthma, sickle cell disease, epilepsy, anxiety, autism, and learning disorders. They may require more specialized health and educational services to thrive, even though each child's needs may vary.

Maternal and Child Health Bureau, Health Resources and Services Administration, US Department of Health and Human Services.

Adverse Childhood Experiences*

2022-2023

Age Group	Iowa	U.S.	Healthiest State	Rank	#States
Children (0-17) - CSHCN	35.1%	31.8%	22.3%	29	50
Children (0-17) - Non-CSHCN	13.4%	12.1%	7.5%	31	50
Children (0-17) - CSHCN - Treated unfairly because of a health condition or disability	13.0%	9.3%	5.5%	47	50

Source: National Survey of Children's Health

* Percent of children, ages 0 through 17, who have experienced 2 or more of the following Adverse Childhood Experiences: hard to cover basics on family's income; parent or guardian divorced or separated; parent or guardian died; parent or guardian served time in jail; saw or heard parents or adults slap, hit, kick punch one another in the home; was a victim of violence or witnessed violence in their neighborhood; lived with anyone who was mentally ill, suicidal, or severely depressed; lived with anyone who had a problem with alcohol or drugs; treated or judged unfairly due to race/ethnicity (ACE10); and treated unfairly because of a health condition or disability.

Obesity

Age Group	Iowa	U.S.	Healthiest State	Rank	#States	
Children (6-17) - CSHCN	26.6%	20.6%	11.0%	47	50	2022-2023
Children (6-17) - Non-CSHCN	12.6%	15.4%	8.6%	15	50	2022-2023
Adults 18+ - With any Disability	44.0%	41.3%	31.9%	38	48	2023
Adults 18+ - Without a Disability	35.6%	29.9%	22.0%	42	48	2023

Sources: National Survey of Children's Health, Behavioral Risk Factor Surveillance System (BRFSS)

Multiple Chronic Conditions*

2023

Age Group	Iowa	U.S.	Healthiest State	Rank	#States
Adults 18+ - With any Disability	24.3%	25.4%	18.8%	19	48
Adults 18+ - Without a Disability	5.3%	4.5%	3.1%	34	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

* Three or more of the following chronic health conditions: arthritis, asthma, chronic kidney disease, chronic obstructive pulmonary disease, cardiovascular disease (heart disease, heart attack or stroke), cancer (excluding non-melanoma skin cancer), depression or diabetes

Access to Care

Children with Special Health Care Needs

2022-2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
Percent of children ages 0-17	24.3%	26.2%	20.0%	9	50
Estimated number of children ages 0-17 (Iowa only)	175,995				

Source: National Survey of Children's Health

* CSHCN have 1 or more of 5 "impacts" that are due to an ongoing health condition, including (1) the need and use of prescription medication, (2) above-routine use of medical, mental health, or educational services, (3) the presence of functional limitations, (4) the need and use of specialized therapies, and (5) the need and use of treatment or counseling for an emotional, behavioral, or developmental condition, in addition to the presence of a related physical, mental, behavioral, or other health condition that has or is expected to last at least 12 months OR Children with at least 1 diagnosed condition of the 22 assessed AND at least 1 functional difficulty of the 12 specific functional difficulties assessed.

Developmental Screening

Percent of children ages 9-35 months whose parent completed a standardized developmental screening tool in the past 12 months

2022-2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
Developmental Screening - CSHCN	23.9%	48.9%	73.3%	45	45
Developmental Screening - Non-CSHCN	34.1%	33.6%	51.5%	27	50

Source: National Survey of Children's Health

Medical Home

*Percent of Iowa children who have a medical home**

2022-2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
Children (0-17) - CSHCN	42.9%	39.3%	52.6%	20	50
Children (0-17) - Non-CSHCN	54.7%	47.4%	64.1%	7	50

Source: National Survey of Children's Health

* Percent of children ages 0-17 who received coordinated, ongoing and comprehensive care within a medical home that served as a consistent, non-emergency source of care and where they had a personal doctor or nurse and access to family-centered care, referrals when needed, and effective care coordination

Percent of Iowa adults who reported having a personal doctor or health care provider

2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	85.8%	86.0%	93.3%	27	48
Without a Disability	81.1%	82.6%	91.7%	35	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Cost

Percent of adults reporting needing to see a doctor but could not because of cost

2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	12.0%	17.3%	10.8%	2	48
Without a Disability	5.5%	8.1%	4.3%	4	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Dental Care

Percent of adults who reported visiting a dentist or dental clinic within the past year

2022

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	57.1%	55.5%	65.0%	19	50
Without a Disability	72.8%	68.3%	77.9%	12	49

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Providers

Pediatricians

2023	Iowa	U.S.	Healthiest State	Rank	#States
Rate per 100,000 population ages 0-21	85.0	113.2	221.0	37	50
Population ratio per physician	1176:1	883:1	452:1	37	50
Number (Iowa only)	685 (2025)				

Source: Centers for Medicare & Medicaid Services, National Plan & Provider Enumeration System

Primary care physicians

2021	Iowa	U.S.	Healthiest State	Rank	#States
Rate per 100,000 population	72.2	74.9	111.2	32	50
Population ratio per physician	1385:1	1334:1	899:1	32	50
Number (Iowa only)	2,305				

Source: Health Resources and Services Administration, Area Health Resource File

Other primary care providers

2024	Iowa	U.S.	Healthiest State	Rank	#States
Rate per 100,000 population	142.7	140.0	205.2	31	50
Population ratio per physician	701:1	714:1	487:1	31	50
Number (Iowa only)	4,575				

Source: Centers for Medicare & Medicaid Services, National Plan & Provider Enumeration System

Dentists

2022	Iowa	U.S.	Healthiest State	Rank	#States
Rate per 100,000 population	50.7	60.4	80.2	34	50
Population ratio per dentist	1972:1	1656:1	1247:1	34	50
Number (Iowa only)	1,265				

Source: American Dental Association (ADA) masterfile

Economic Stability and Income

Education

Iowa High School 4-Year Graduation Rates

Class of 2024

Student Group	Percent
Overall	88.3%
Students with an Individualized Education Program	70.3%

Source: Iowa Department of Education

Unemployment

Ages 18-64

2023

Group	Iowa	U.S.
Overall	2.8%	4.3%
With any disability	7.1%	9.3%
No disability	2.4%	3.9%

Source: U.S. Census, American Community Survey

Poverty

Poverty for All Ages

Group	Iowa	U.S.	Healthiest State
Overall	11.3%	12.5%	7.2%
Under 18 years	13.1%	16.0%	8.0%
18 to 64 years	11.0%	11.5%	6.8%
65 years and over	9.4%	11.3%	7.2%
With any disability	19.9%	20.6%	15.0%
No disability	10.0%	11.2%	5.9%

Source: U.S. Census, American Community Survey

Housing

Housing Instability

Percent of children, ages 0 through 11, who experienced housing instability in the past year
2022-2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
Child ages 0-11 - CSHCN	20.1%	24.0%	15.0%	10	50
Child ages 0-11 - Non-CSHCN	13.0%	14.3%	8.9%	17	50

Source: National Survey of Children's Health

Housing Insecurity

Percent of adults who could not pay mortgage, rent, or utility bill at some time in the past 12 months
2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	85.8%	86.0%	93.3%	27	48
Without a Disability	81.1%	82.6%	91.7%	35	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Mental Health & Mental Disorders

Access and Providers

Mental Health Providers

2024

	Iowa	U.S.	Healthiest State	Rank	#States
Rate per 100,000 population	214.4	332.5	768.6	44	50
Population ratio per physician	466:1	301:1	130:1	44	50
Number (Iowa only)	6,876				

Source: Centers for Medicare and Medicaid Services, National Provider Identification Registry

Depression/Anxiety

Percent of adolescents, ages 12 through 17, who have depression or anxiety

2022-2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
Adolescents - CSHCN	55.2%	43.8%	32.8%	45	50
Adolescents - Non-CSHCN	4.1%	4.4%	2.0%	18	50

Source: National Survey of Children's Health

Percent of adults who reported ever being told by a health professional that they have a depressive disorder, including depression, major depression, minor depression or dysthymia

2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	36.1%	40.0%	28.0%	14	48
Without a Disability	13.0%	13.1%	9.0%	16	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Frequent Mental Distress

Percent of adults who reported their mental health was not good 14 or more days in the past 30 days.

2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	32.0%	31.6%	25.4%	27	48
Without a Disability	9.0%	9.2%	7.5%	21	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Social & Emotional Support

Percent of children ages 0-5 who are flourishing*

2022-2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
Children - CSHCN	64.1%	64.1%	72.9%	26	50
Children - Non-CSHCN	84.9%	81.9%	88.8%	23	50

Source: National Survey of Children's Health

* Children ages 0-5 who are affectionate and tender, bounce back quickly when things do not go their way, show interest and curiosity in learning new things, and smile and laugh.

Percent of children & adolescents ages 6-17 who are flourishing*

2022-2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
Children & Adolescents - CSHCN	38.6%	38.6%	45.0%	24	50
Children & Adolescents - Non-CSHCN	74.8%	71.3%	78.1%	4	50

Source: National Survey of Children's Health

* Children & adolescents ages 6-17 who show interest and curiosity in learning new things, work to finish tasks they start, and stay calm and in control when faced with a challenge.

Percent of adults who reported they sometimes, rarely, or never receive the social and emotional support they need
2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	34.1%	34.3%	26.0%	14	33
Without a Disability	16.8%	16.5%	12.4%	18	33

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Loneliness

Percent of adults who reported they always, usually, or sometimes feel lonely
2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	46.8%	46.8%	42.3%	17	33
Without a Disability	24.0%	24.0%	18.2%	15	33

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Active Living & Healthy Eating

Physical Activity

Percent of children ages 6-17 who were physically active at least 60 minutes every day in the past week
2022-2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
Child ages 6-17 - CSHCN	21.2%	16.1%	24.0%	10	50
Child ages 6-17 - Non-CSHCN	25.2%	21.0%	30.1%	12	50

Source: National Survey of Children's Health

Percent of adults who reported doing no physical activity or exercise other than their regular job in the past 30 days
2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	38.7%	38.7%	24.8%	25	48
Without a Disability	18.5%	18.6%	12.3%	28	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

*Percent of adults who reported meeting aerobic physical activity guidelines**
2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	45.8%	47.8%	56.9%	30	48
Without a Disability	64.0%	65.2%	72.9%	33	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

* At least 150 minutes a week of moderate-intensity aerobic physical activity or 75 minutes a week of vigorous-intensity aerobic physical activity.

*Percent of adults who reported meeting muscle strengthening physical activity guidelines**
2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	31.8%	36.4%	40.1%	42	48
Without a Disability	37.9%	43.0%	47.7%	44	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

* Engage in muscle-strengthening activities on 2 or more days a week.

Food Insecurity

*Percent of children, ages 0 through 11, whose households could always afford to eat good nutritious meals
2022-2023*

Group	Iowa	U.S.	Healthiest State	Rank	#States
Child ages 0-11 - CSHCN	55.6%	57.5%	73.6%	33	50
Child ages 0-11 - Non-CSHCN	69.9%	71.8%	80.7%	34	50

Source: National Survey of Children's Health

*Percent of adults reporting the food they bought always, usually, or sometimes did not last, and they did not have money to get more
2023*

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	20.8%	24.7%	18.7%	6	33
Without a Disability	7.5%	8.1%	4.5%	13	33

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Substance Use

Alcohol & Drug Use

Current Marijuana and Alcohol Use among Iowa High School Students 2021

Group	Current Alcohol Use	Current Binge Drinking	Ever Used Marijuana	Current Marijuana Use
Youth with a disability	27.3%	11.8%	31.5%	17.7%
Youth with no disabilities	14.4%	5.8%	10.8%	6.0%

Source: Youth Risk Behavior Surveillance System (YRBSS)

Tobacco & Nicotine Use

Percent of Iowa adults who are current smokers (cigarettes). 2023

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	19.0%	17.9%	10.2%	29	48
Without a Disability	11.5%	8.8%	4.2%	41	48

Source: Behavioral Risk Factor Surveillance System (BRFSS)

Cancer

Cancer Screening

Breast Cancer

Percent of women ages 40-74 who reported receiving a mammogram in the past two years

2022

Group	Iowa	U.S.	Healthiest State	Rank	#States
With any Disability	69.2%	66.6%	76.6%	15	50
Without a Disability	75.5%	74.0%	83.9%	23	50

Source: Behavioral Risk Factor Surveillance System (BRFSS)