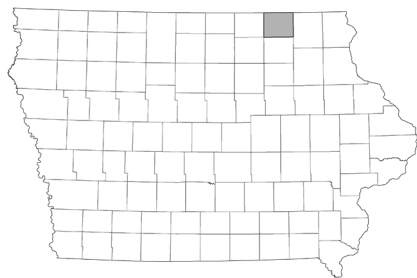# Data for Decision Makers

Howard County Health Profile

report created: 12/13/2024

Health Risk Factors

This Health *Data for Decision Makers* provides a wide range of county-level health data and information to help residents, health providers, and policy makers understand the health situations and needs of county residents. It can be a starting point for discussions on health issues and a guide to help shape future programming and policies. It is updated annually to provide the most current set of indicators and can be used to compare across counties, regions, and the state.

Selected Health Data in Howard County[1]

	County			State		
	2019	2020	2021	2019	2020	2021
Smoking	19.0%	18.4%	18.3%	17.4%	16.8%	15.5%
Excessive Drinking	23.6%	24.2%	19.6%	24.6%	24.7%	23.1%
Obesity	35.5%	39.4%	35.2%	34.3%	37.2%	36.9%
Diabetes	8.8%	8.4%	8.3%	9.0%	8.9%	8.5%
Inactive	28.1%	23.1%	24.5%	26.1%	22.7%	23.8%
Insufficient Sleep	NA	31.7%	NA	NA	31.6%	NA

Years of Life Expectancy[1]

	County		State	
	2015-17	2019-21	2015-17	2019-21
Life Expectancy	80.3	78.2	79.5	78.1

Years of Life Expectancy (2019-2021)[1]

Legend: 74.5 - 75.9 | 76.0 - 77.9 | 78.0 - 79.9 | 80 - 83.1

State: 78.1 Years

Percent Obese, 2021[1]

Legend: 32.6% - 35.4% | 35.5% - 37.4% | 37.5% - 38.9% | 39.0% - 43.0%

State: 36.9%

Contacts:

Regional Director
Bruce Arendt
2316 Sweet Parkway Rd.
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bparendt@iastate.edu
563-382-2949

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Susan Barnes
132 1st Ave. W
Cresco, IA 52136
skbarnes@iastate.edu
563-547-3001

https://indicators.extension.iastate.edu

Percent Poor or Fair Health, Frequent Physical Distress, and Frequent Mental Distress in Howard County[1]

Legend: 2016, 2017, 2018, 2019, 2020, 2021
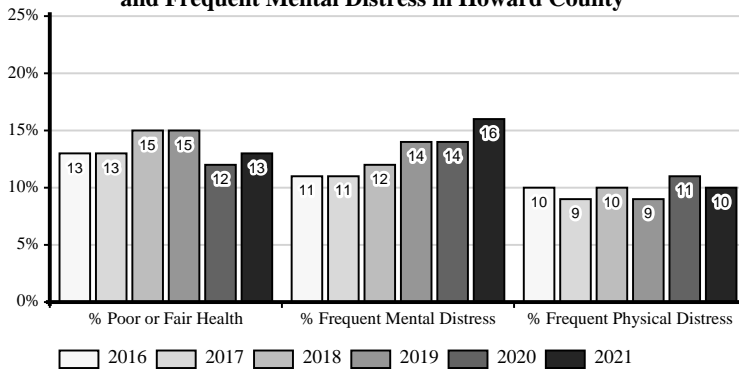
Number of Births and Deaths in Howard County[*4]

Births ● — Deaths ■   *Intervals of years vary*
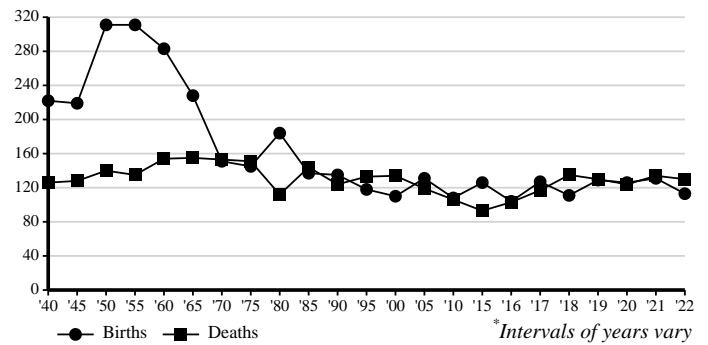
Ten-Year Counts of Selected Causes of Deaths[*2]

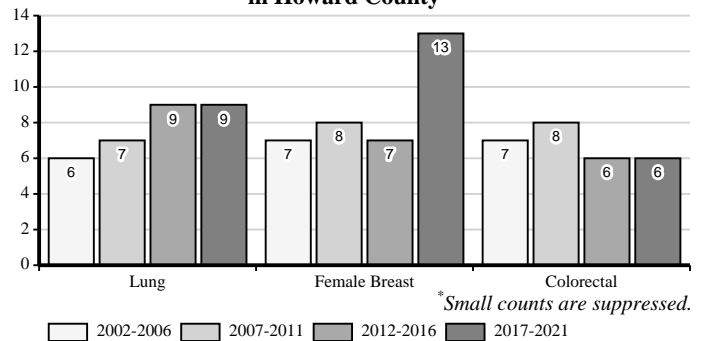|	County		State	
	2004-13	2014-23	2004-13	2014-23
Deaths, 10 Year Counts				
Total Deaths	1,160	1,194	278,642	316,814
Alcohol[**] or Drugs	7	13	4,459	8,436
Suicides	7	13	3,695	4,955
Homicides	0	0	571	879
Transport Accidents	24	14	4,314	3,951
Other Accidents	26	34	8,179	12,085
Average Annual Count (rounded)				
Total Deaths	116	119	27,864	31,681
Alcohol[**] or Drugs	1	1	446	844
Suicides	1	1	370	496
Homicides	0	0	57	88
Transport Accidents	2	1	431	395
Other Accidents	3	3	818	1,209

Small counts are suppressed. Deaths are by the county of residence of the decedent.
**Alcohol deaths include alcohol abuse and alcohol related diseases.*

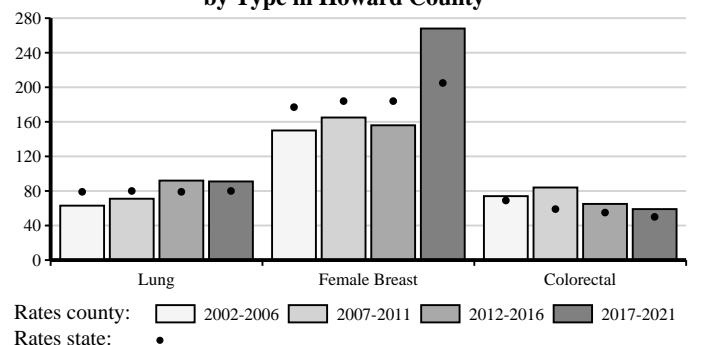**Number of All Cancer Cases and Cancer Deaths in Howard County[*2,5]**

Cases ● — Deaths ■   *Cancer deaths result from multiple years of cases.*
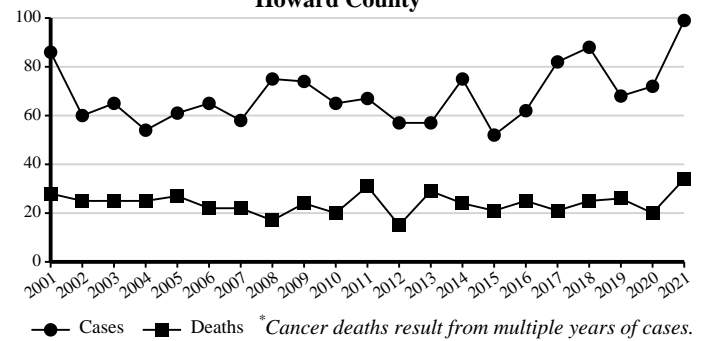
Estimated Annual Cancer Count by Type in Howard County[*5]

Legend: 2002-2006, 2007-2011, 2012-2016, 2017-2021

Small counts are suppressed.
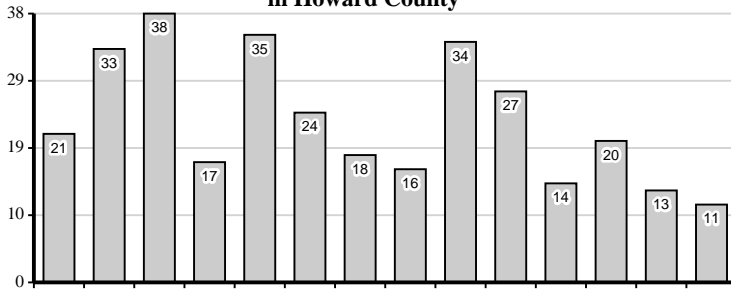
Number of Fatalities and Injuries in Vehicle Crashes Where Driver was Under the Influence of Drugs or Alcohol in Howard County, 2014-2023[*3]

Fatalities ▮ Injuries ▯   *Attributed to the county of crash location.*
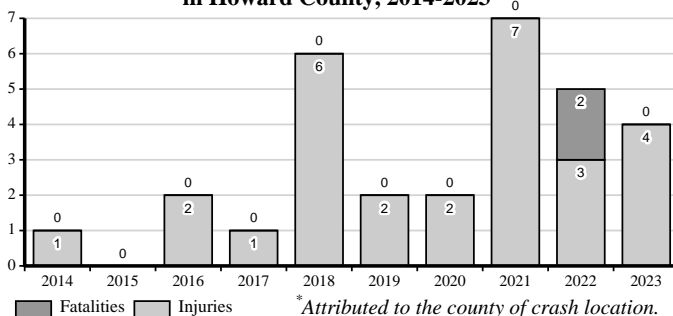
Five-Year Cancer Crude Rate per 100,000 Population at Risk by Type in Howard County[*5]

Rates county: 2002-2006, 2007-2011, 2012-2016, 2017-2021
Rates state: ●

Number of ER Visits with a Primary Diagnosis of Asthma in Howard County[*6]

Bar chart. Values by year:
- 2010: 21
- 2011: 33
- 2012: 38
- 2013: 17
- 2014: 35
- 2015: 24
- 2016: 18
- 2017: 16
- 2018: 34
- 2019: 27
- 2020: 14
- 2021: 20
- 2022: 13
- 2023: 11

Small counts are suppressed. If all years are suppressed, chart will be blank.

Number of ER Visits and Hospitalizations with a Primary Diagnosis of Chronic Obstructive Pulmonary Disease (COPD) in Howard County[*6]

Bar chart. ER Visits / Hospitalizations by year:
- 2012: 23 / 12
- 2013: 22 / 8
- 2014: 27 / 13
- 2015: 13 / 6
- 2016: 49 / 10
- 2017: 110 / 8
- 2018: 92 / 14
- 2019: 140 / 13
- 2020: — / —
- 2021: 83 / —
- 2022: 59 / 9
- 2023: 74 / 9

Legend: ER Visits | Hospitalizations   *Small counts are suppressed.*

Number Hospitalizations with a Primary Diagnosis of Heart Attack in Howard County[*6]

Bar chart. Values by year:
- 2010: 6
- 2011: 6
- 2012: 6
- 2013: (suppressed)
- 2014: (suppressed)
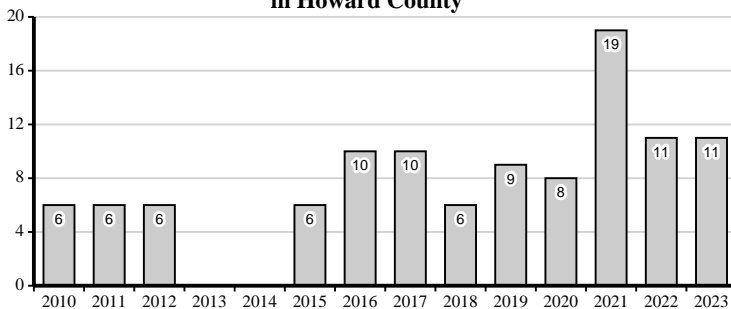- 2015: 6
- 2016: 10
- 2017: 10
- 2018: 6
- 2019: 9
- 2020: 8
- 2021: 19
- 2022: 11
- 2023: 11

Small counts are suppressed. If all years are suppressed, chart will be blank.

## Number of ER Visits and Hospitalizations with a Diagnosis of Unintentional Fall-Related Injuries in Howard County[*6]

Bar chart. ER Visits / Hospitalizations by year:
- 2015: 275 / 6
- 2016: 217 / 8
- 2017: 282 / 11
- 2018: 267 / 8
- 2019: 296 / 11
- 2020: 263 / 18
- 2021: 284 / 20
- 2022: 255 / 24
- 2023: 269 / 11

Legend: ER Visits | Hospitalizations   *Small counts are suppressed.*

Percent of Population Food Insecure in Howard County and Iowa[7]

Line chart, 2018–2022. Series: County Overall, State Overall, County Children, State Children.

Legend: County Overall | State Overall | County Children | State Children

Percent of Children Food Insecure, 2022[7]

Map legend: 8.5% - 11.9% | 12% - 15.9% | 16% - 19.9% | 20% - 22.5%

Average Monthly Number of Recipients and Households Receiving Food Assistance in Howard County[8]

Line chart, '02–'23. Series: Households, Recipients.

Legend: Households | Recipients

Average Food Assistance Benefits Paid Per Recipient Per Month in Howard County and Iowa[8]

Line chart, '02–'23. Series: County, State.

Legend: County | State
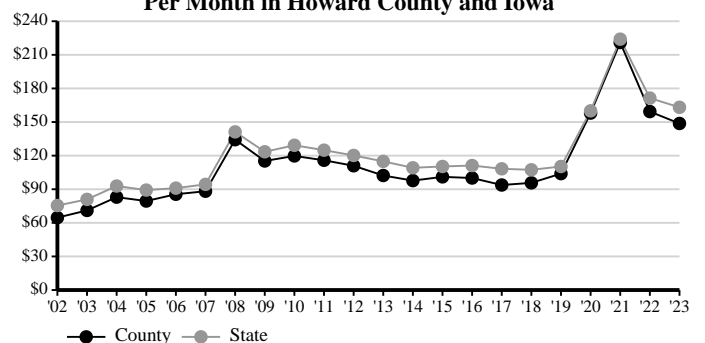
**Number of Weekly Reported COVID-19 Cases
in Howard County[9]**
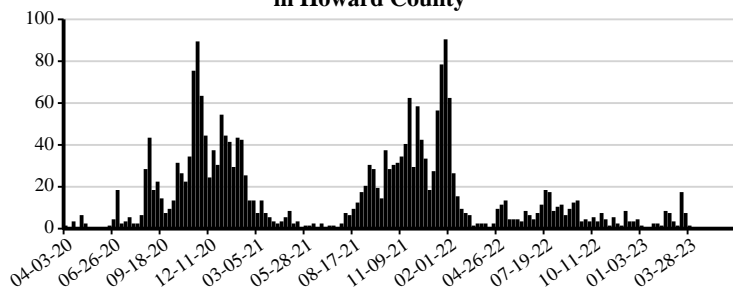
**Cumulative Percentage of Population with COVID-19 Vaccinations
and Boosters by Age in Howard County, May 2023[10]**

	County %	State %	Completed Vaccination Series
	County %	State %	Completed Vaccination Series + Booster
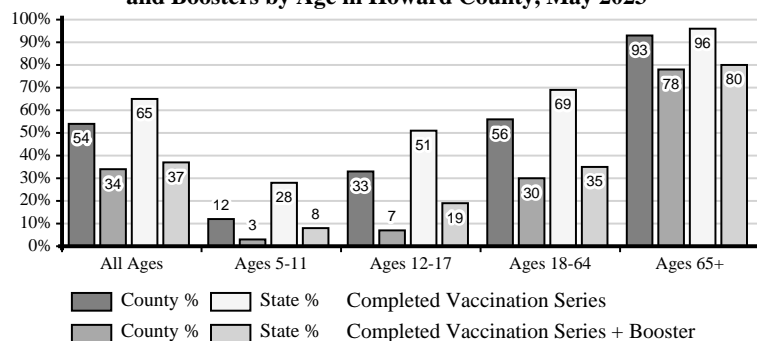
**Primary Care Physicians, Dentists, and Mental Health Providers
in Howard County and Iowa[1]**

	County Providers	County Population per Provider	State Providers	State Population per Provider
Primary Physicians				
2021	5	1,896	2,305	1,385
2020	5	1,835	2,331	1,357
2019	5	1,832	2,343	1,347
Dentists				
2022	2	4,767	2,268	1,411
2021	2	4,739	2,231	1,431
2020	2	4,588	2,203	1,436
Mental Health				
2023	5	1,907	6,358	503
2022	5	1,896	6,001	532
2021	4	2,294	5,555	569

**Number of Hospitals, Nursing Facilities, and Beds
in Howard County and Iowa[11]**

	County		State	
	2019	2021	2019	2021
Hospitals	1	1	122	120
Hospital Beds	19	19	11,771	11,423
Nursing Facilities	4	4	419	414
Nursing Facility Beds	192	173	29,581	28,474

**3-Year Cumulative Reported COVID-19 Cases
and Rates per 100,000, March 2020 - March 2023[9]**

	County	State
Cumulative Cases	2,337	908,936
Cumulative Rate*	24,681 / 100,000	28,490 / 100,000

Rate per 100,000 population

**Monthly Estimated Percent of Household Pulse Survey
Respondents Reporting Having Had COVID-19, long COVID,
and Vaccinations for COVID-19, Iowa and U.S. 2024[*12]**

Vaccination, US	Positive COVID, US	Long COVID, US
Vaccination, IA	Positive COVID, IA	Long COVID, IA

Population 18 and older. Percent estimates are considered experimental.

**Total Deaths and COVID-19 Deaths 2020-2023
in Howard County and Iowa[*4]**

	County	State
Total Deaths 2023	NA	NA
COVID-19 Deaths 2023	NA	NA
COVID-19 Deaths as % of all Deaths 2023	NA	NA
Total Deaths 2022	130	33,968
COVID-19 Deaths 2022	8	1,700
COVID-19 Deaths as % of all Deaths 2022	6.2%	5.0%
Total Deaths 2021	134	34,216
COVID-19 Deaths 2021	8	3,015
COVID-19 Deaths as % of all Deaths 2021	6.0%	8.8%
Total Deaths 2020	124	35,975
COVID-19 Deaths 2020	15	4,306
COVID-19 Deaths as % of all Deaths 2020	12.1%	12.0%

Small counts are suppressed.

**Number of Persons Receiving Substance Use Treatment
by Substance Type in Howard County and Iowa[*13]**

	County		State	
	2022	2023	2022	2023
Total Persons Treated	37	14	17,703	17,609
Alcohol	23	9	7,597	7,645
Marijuana/Hashish	*	*	3,163	3,127
Methamphetamine	10	*	4,899	4,687
Other Substances	0	0	1,501	1,686

Small treatment counts are suppressed.

Disability Characteristics, 2018-2022[14]

	County		State	
	Estimate	MOE[†]	Estimate	MOE[†]
Total Population	9,293	+/-8	3,142,658	+/-508
With a Disability	10.4%	+/-1.6%	12.2%	+/-0.1%
Hearing	3.6%	+/-1%	3.8%	+/-0.1%
Vision	2.1%	+/-0.8%	1.9%	+/-0.1%
Cognitive	3.5%	+/-1.4%	4.9%	+/-0.1%
Ambulatory	5.1%	+/-1.2%	5.8%	+/-0.1%
Self care	2.4%	+/-0.9%	2.1%	+/-0.1%
Independent Living	3.9%	+/-1.2%	5.1%	+/-0.1%
Ages 18-64	5,108	+/-48	1,878,854	+/-1,559
With a Disability	9.0%	NA	7.2%	NA
Hearing	2.7%	+/-1.3%	2.1%	+/-0.1%
Vision	1.8%	+/-1%	1.6%	+/-0.1%
Cognitive	3.7%	+/-1.6%	4.7%	+/-0.1%
Ambulatory	2.9%	+/-1.3%	3.9%	+/-0.1%
Self care	1.1%	+/-0.7%	1.5%	+/-0.1%
Independent Living	2.4%	+/-1.1%	3.5%	+/-0.1%
Ages 65-74	1,018	+/-19	316,485	+/-730
With a Disability	17.8%	+/-5.7%	22%	+/-0.5%
Hearing	5.5%	+/-3.8%	9.3%	+/-0.3%
Vision	1.4%	+/-1.4%	3.2%	+/-0.2%
Cognitive	6%	+/-4.6%	3.9%	+/-0.2%
Ambulatory	12.9%	+/-5.3%	11.9%	+/-0.4%
Self care	6.7%	+/-4.1%	3.1%	+/-0.2%
Independent Living	6.2%	+/-4%	5.5%	+/-0.2%
Ages 75 and above	750	+/-16	218,340	+/-720
With a Disability	40.1%	+/-9%	43.3%	+/-0.6%
Hearing	19.5%	+/-7.6%	21.8%	+/-0.5%
Vision	11.1%	+/-7.1%	7.2%	+/-0.4%
Cognitive	5.9%	+/-4.7%	9.1%	+/-0.4%
Ambulatory	21.2%	+/-7.1%	25.4%	+/-0.6%
Self care	11.5%	+/-6.3%	8.5%	+/-0.3%
Independent Living	10.7%	+/-5.1%	18.2%	+/-0.5%

Educational Attainment, 2018-2022[14]

	County		State	
	Estimate	MOE[†]	Estimate	MOE[†]
Population 25 and older	6,381	+/-47	2,131,202	+/-967
High School Graduate or Higher	92%	+/-1.9%	93%	+/-0.1%
Bachelor's Degree or Higher	19.2%	+/-3.2%	30.3%	+/-0.3%

Percentage of Population by Age[15]

	County		State	
Age Groups	2010	2020	2010	2020
17 or younger	25.2%	25.1%	23.9%	23.2%
18 - 24	6.5%	6.4%	10.0%	9.8%
25 - 44	21.7%	22.4%	24.5%	24.6%
45 - 64	27.3%	25.0%	26.7%	24.5%
65 or older	19.3%	21.3%	14.9%	18.0%
65 - 84	15.5%	17.7%	12.4%	15.6%
85 or older	3.8%	3.5%	2.5%	2.4%
Median[a] age (years)	42.1	41.7	38.1	38.6
Age dependency[b]	80.2	86.2	63.4	69.9
Old-age	34.8	39.6	24.3	30.6
Child	45.4	46.7	39.1	39.4

Percentage of Population by Race/Hispanic Origin[15]

	County		State	
Race Groups	2010	2020	2010	2020
One race only	99.2%	96.7%	98.2%	94.4%
White	98.1%	94.4%	91.3%	84.5%
White alone, not Hispanic	97.4%	93.9%	88.7%	82.7%
Black or African American	0.3%	0.2%	2.9%	4.1%
Asian	0.3%	0.3%	1.7%	2.4%
American Indian	0.1%	0.5%	0.4%	0.5%
Hawaiian/Pacific Islander	0.1%	0.1%	0.1%	0.2%
Other	0.4%	1.2%	1.8%	2.8%
Two or more races	0.8%	3.3%	1.8%	5.6%
Hispanic origin[a]	1.2%	2.7%	5.0%	6.8%

[a]*Hispanics can be of any race.*

Percent of Households Spending 30% or More of Household Income on Monthly Owner or Renter Costs[14]

| Owner Occupied Units - County | Owner Occupied Units - State |
| Renter Occupied Units - County | Renter Occupied Units - State |

2008 - 2012: 19, 45, 19, 41
2013 - 2017: 20, 34, 16, 40
2018 - 2022: 12, 29, 16, 40
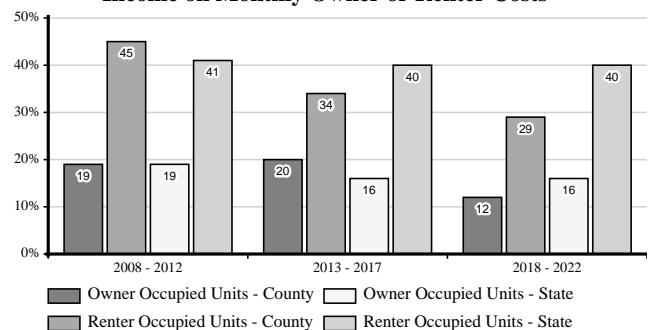
Ages 0-18 Percent Health Uninsured Population by Poverty Level[16]

Legend:
- County Uninsured: All Income
- State Uninsured: All Income
- County Uninsured: Poverty
- State Uninsured: Poverty
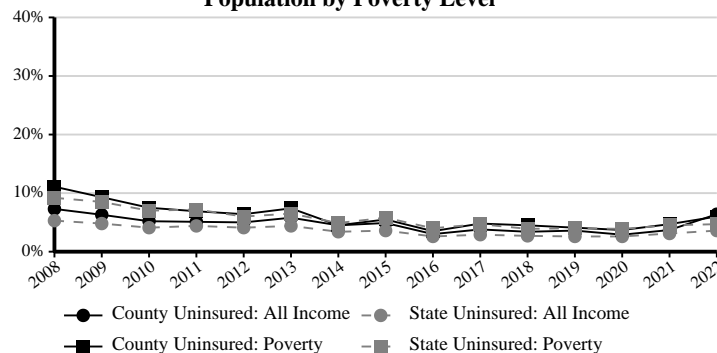
Ages 18-64 Percent Health Uninsured Population by Poverty Level[16]

Legend:
- County Uninsured: All Income
- State Uninsured: All Income
- County Uninsured: Poverty
- State Uninsured: Poverty
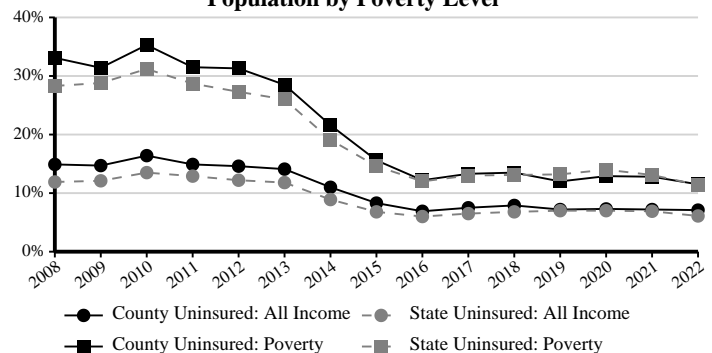
Median[a] Household and Per Capita Income, 2018-2022[14]

	County Estimate	County MOE[†]	State Estimate	State MOE[†]
Total Households	3,636	+/- 183	1,290,139	+/- 4,032
Median Household Income	$63,947	+/- $6,909	$70,571	+/- $395
Median Family Income	$81,250	+/- $6,353	$90,921	+/- $579
Per Capita Income	$32,033	+/- $3,035	$37,949	+/- $241

[†]*MOE = the margin of error for American Community Survey estimates is a numerical value that when added to or subtracted from the point estimate value gives the range of a 90% confidence interval around the estimate.*

Percent Below Poverty Level by Age[17]

Legend:
- County % All Ages
- State % All Ages
- County % Under 18
- State % Under 18
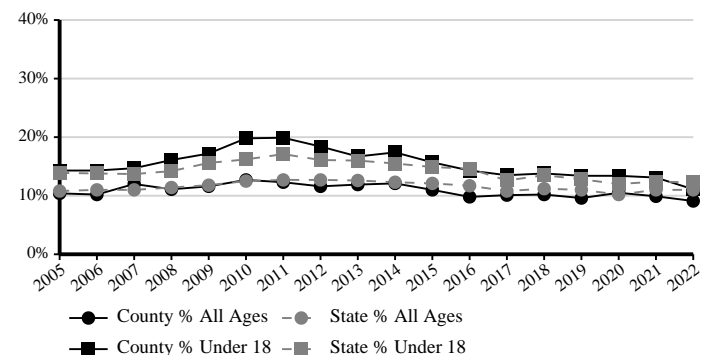
Information in this document was derived from:

[1]County Health Rankings and Roadmaps: https://www.countyhealthrankings.org/
[2]Centers for Disease Control and Prevention, CDC WONDER, Multiple Cause of Death: https://wonder.cdc.gov/mcd.html
[3]Iowa Dept of Transportation, Iowa Crash Analysis Tool: https://icat.iowadot.gov/
[4]Iowa Dept of Health and Human Services, Vital Statistics of Iowa Annual Report: https://hhs.iowa.gov/public-health/health-statistics
[5]Iowa Cancer Registry, special data request: https://shri.public-health.uiowa.edu/cancer-data/ and https://uiowa.qualtrics.com/jfe/form/SV_6G7RizlRVgVf1C6
[6]Iowa Public Health Tracking Portal: https://hhs.iowa.gov/public-health/data
[7]Feeding America, Map the Meal Gap, requested data: https://map.feedingamerica.org/ and https://www.feedingamerica.org/research/map-the-meal-gap/by-county
[8]Iowa Data Portal, Health and Human Services, Food Assistance: https://data.iowa.gov/Economic-Supports/Total-Food-Assistance-Allotments-and-Average-House/vhhz-nz4t/about_data
[9]Iowa Dept of Health and Human Services, previously Iowa Department of Public Health, 2020 - 2023: https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/COVID-19-Reporting/ and https://coronavirus.iowa.gov/
[10]Centers for Disease Control and Prevention, COVID-19 vaccinations, previous site last updated May, 12, 2023: https://data.cdc.gov/Vaccinations/COVID-19-Vaccinations-in-the-United-States-County/8xkx-amqh/
[11]Iowa Health Fact Book: https://iowahealthfactbook.org/

[12]U.S. Census Bureau, Household Pulse Survey, 2024 Data Tables, Phases 4.0, 4.1, Cycles 01 – 06 https://www.census.gov/programs-surveys/household-pulse-survey/data/tables.html
[13]Iowa Dept of Health and Human Services, Division of Behavioral Health, Iowa Behavioral Reporting System (IBHRS), special data request: https://hhs.iowa.gov/programs/mental-health/substance-use-disorder/behavioral-health-reporting-system
[14]American Community Survey, 5-year estimates, U.S. Census Bureau: https://www.census.gov/
[15]Decennial Censuses, U.S. Census Bureau: https://www.census.gov/programs-surveys/decennial-census/decade/2020/2020-census-main.html
[16]Small Area Health Insurance Estimates, U.S. Census Bureau: https://www.census.gov/programs-surveys/sahie.html
[17]Small Area Income and Poverty Estimates, U.S. Census Bureau: https://www.census.gov/programs-surveys/saipe.html/

[a]Median is the middle value of a distribution.
[b]The age dependency ratio compares, by age, those typically not in the labor force with those who typically are in the labor force. Old-age dependency is persons 65+ per 100 persons age 18-64. Child dependency is persons under age 18 per 100 persons age 18-64. The total age dependency ratio is persons under age 18 plus persons 65 or older per 100 persons age 18-64.

Community and Economic Development **Data for Decision Makers**