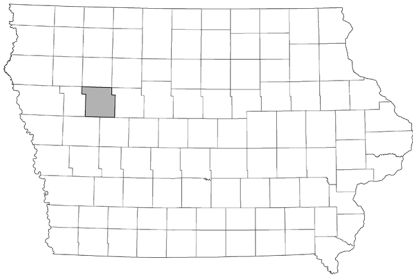


# Data for Decision Makers



## Sac 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 Sac County<sup>1</sup>

	County			State		
	2019	2020	2021	2019	2020	2021
Smoking	18.5%	18.8%	17.5%	17.4%	16.8%	15.5%
Excessive Drinking	23.3%	24.5%	19.1%	24.6%	24.7%	23.1%
Obesity	35.0%	41.2%	38.9%	34.3%	37.2%	36.9%
Diabetes	8.8%	8.8%	8.4%	9.0%	8.9%	8.5%
Inactive	26.5%	24.6%	24.7%	26.1%	22.7%	23.8%
Insufficient Sleep	NA	31.7%	NA	NA	31.6%	NA

Years of Life Expectancy<sup>1</sup>

	County		State	
	2015-17	2019-21	2015-17	2019-21
Life Expectancy	78.3	78.4	79.5	78.1

Years of Life Expectancy (2019-2021)<sup>1</sup>



74.5 - 75.9 76.0 - 77.9 78.0 - 79.9 80 - 83.1

State: 78.1 Years

Percent Obese, 2021<sup>1</sup>



32.6% - 35.4% 35.5% - 37.4% 37.5% - 38.9% 39.0% - 43.0%

State: 36.9%

### Contacts:

#### Regional Director

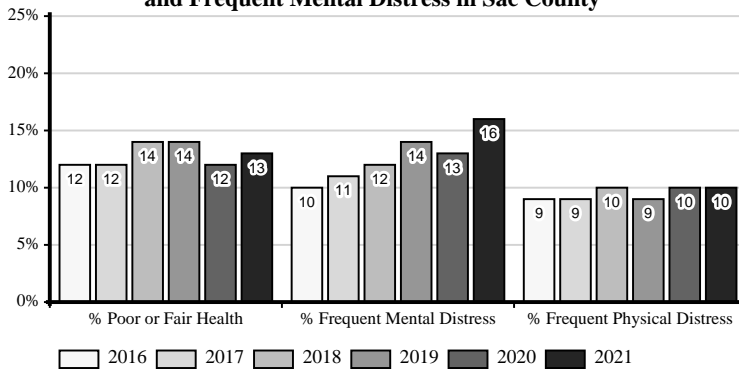
Terry Janssen  
209 Centennial Dr., Ste A  
Cherokee, IA 51012  
tjans@iastate.edu  
712-225-6196

#### County Office

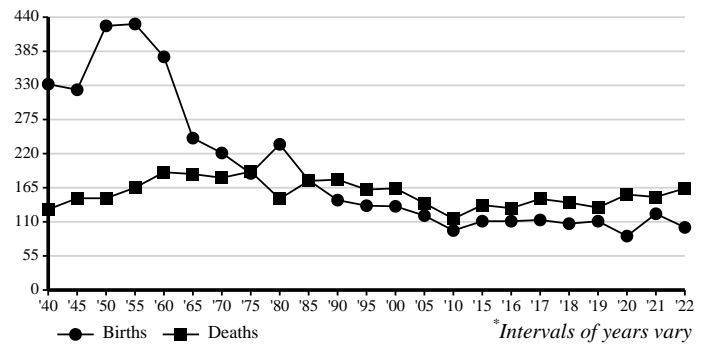
Crystal Hanrahan  
620 Park Ave.  
Sac City, IA 50583  
hcrystal@iastate.edu  
712-662-7131

<https://indicators.extension.iastate.edu>

**Percent Poor or Fair Health, Frequent Physical Distress, and Frequent Mental Distress in Sac County<sup>1</sup>**



**Number of Births and Deaths in Sac County<sup>\*4</sup>**



**Ten-Year Counts of Selected Causes of Deaths<sup>\*2</sup>**

	County		State	
	2004-13	2014-23	2004-13	2014-23
<b>Deaths, 10 Year Counts</b>				
Total Deaths	1,398	1,426	278,642	316,814
Alcohol** or Drugs	19	17	4,459	8,436
Suicides	19	14	3,695	4,955
Homicides	1	1	571	879
Transport Accidents	28	23	4,314	3,951
Other Accidents	28	36	8,179	12,085

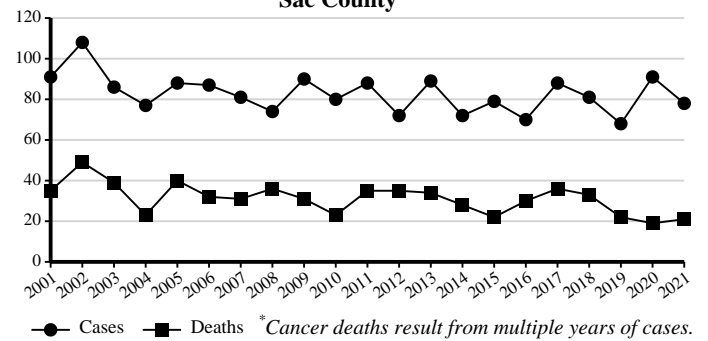
**Average Annual Count (rounded)**

	2004-13	2014-23	2004-13	2014-23
Total Deaths	140	143	27,864	31,681
Alcohol** or Drugs	2	2	446	844
Suicides	2	1	370	496
Homicides	0	0	57	88
Transport Accidents	3	2	431	395
Other Accidents	3	4	818	1,209

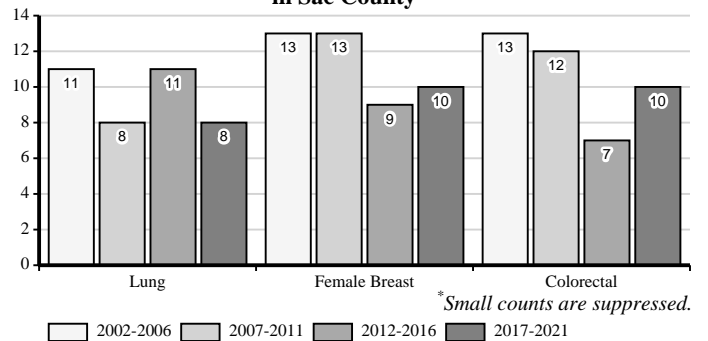
*\*Small counts are suppressed. Deaths are by the county of residence of the decedent.*

*\*\*Alcohol deaths include alcohol abuse and alcohol related diseases.*

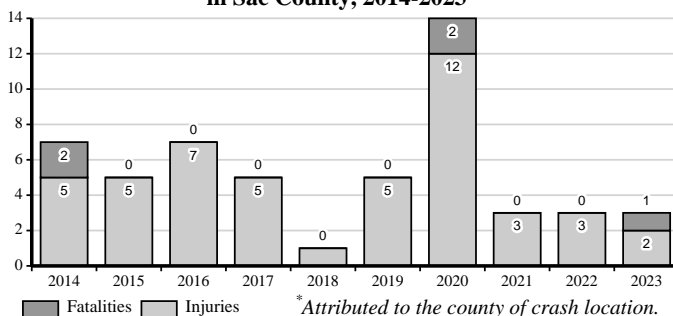
**Number of All Cancer Cases and Cancer Deaths in Sac County<sup>\*2,5</sup>**



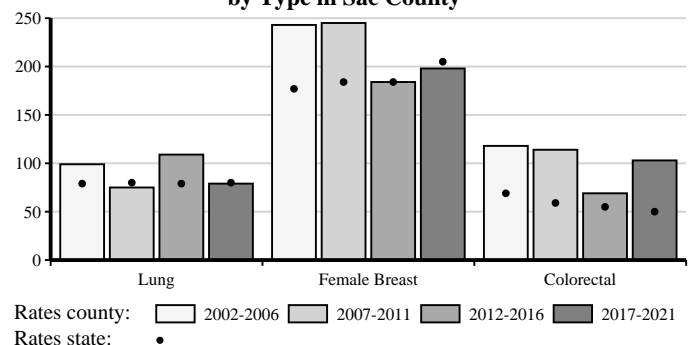
**Estimated Annual Cancer Count by Type in Sac County<sup>\*5</sup>**



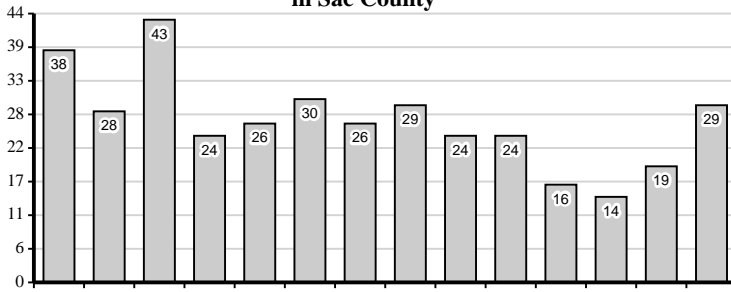
**Number of Fatalities and Injuries in Vehicle Crashes Where Driver was Under the Influence of Drugs or Alcohol in Sac County, 2014-2023<sup>\*3</sup>**



**Five-Year Cancer Crude Rate per 100,000 Population at Risk by Type in Sac County<sup>\*5</sup>**

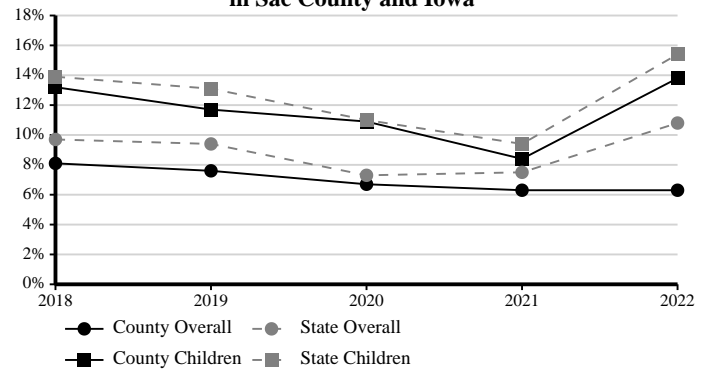


**Number of ER Visits with a Primary Diagnosis of Asthma in Sac County<sup>\*6</sup>**

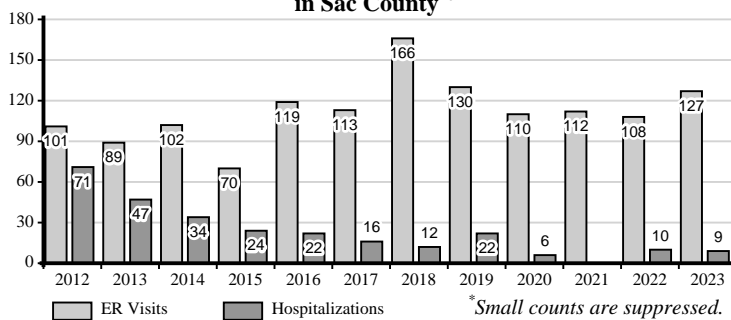


*\*Small counts are suppressed. If all years are suppressed, chart will be blank.*

**Percent of Population Food Insecure in Sac County and Iowa<sup>7</sup>**



**Number of ER Visits and Hospitalizations with a Primary Diagnosis of Chronic Obstructive Pulmonary Disease (COPD) in Sac County<sup>\*6</sup>**

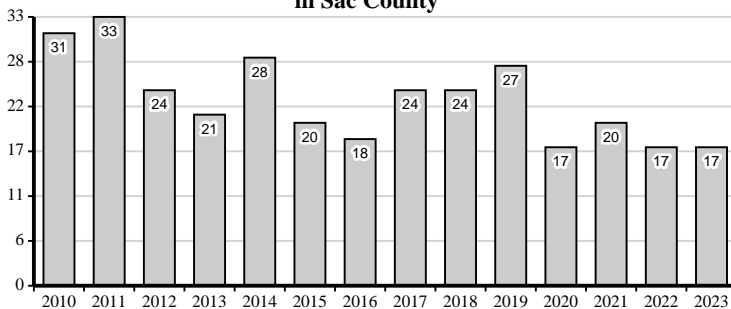


*\*Small counts are suppressed.*

**Percent of Children Food Insecure, 2022<sup>7</sup>**

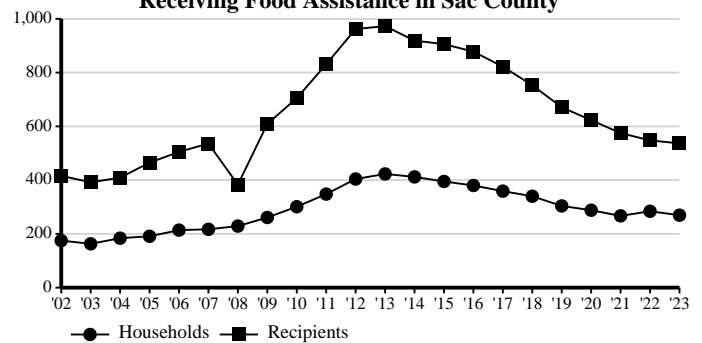


**Number Hospitalizations with a Primary Diagnosis of Heart Attack in Sac County<sup>\*6</sup>**

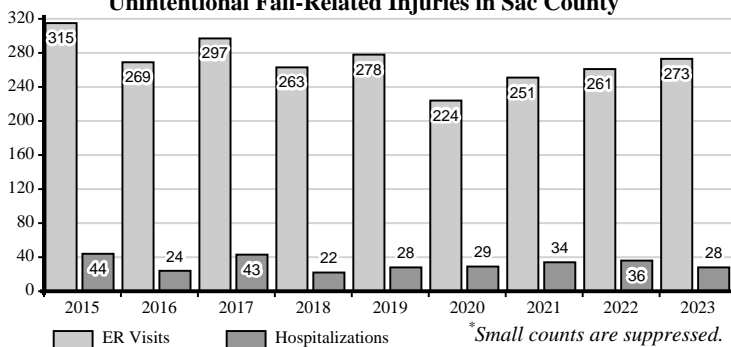


*\*Small counts are suppressed. If all years are suppressed, chart will be blank.*

**Average Monthly Number of Recipients and Households Receiving Food Assistance in Sac County<sup>8</sup>**

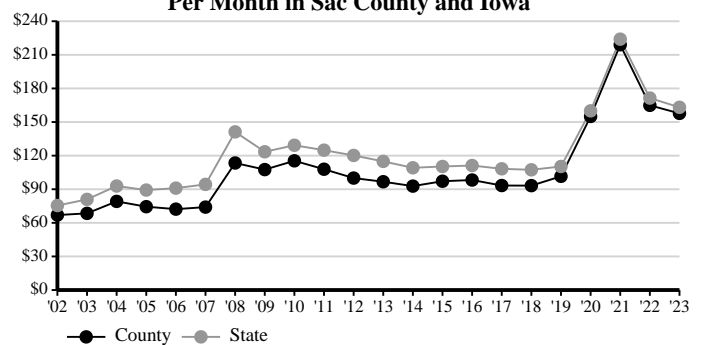


**Number of ER Visits and Hospitalizations with a Diagnosis of Unintentional Fall-Related Injuries in Sac County<sup>\*6</sup>**

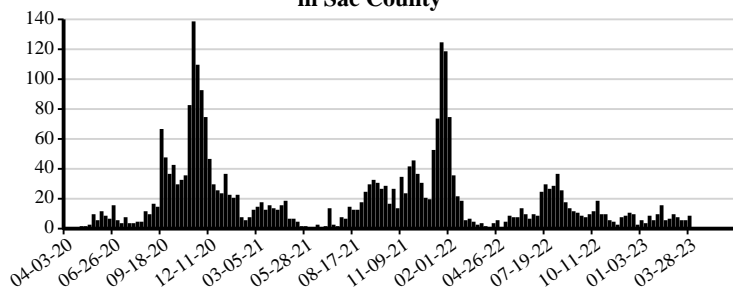


*\*Small counts are suppressed.*

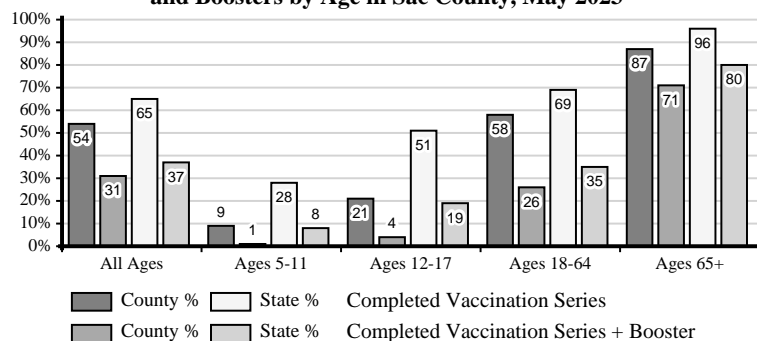
**Average Food Assistance Benefits Paid Per Recipient Per Month in Sac County and Iowa<sup>8</sup>**



**Number of Weekly Reported COVID-19 Cases in Sac County<sup>9</sup>**



**Cumulative Percentage of Population with COVID-19 Vaccinations and Boosters by Age in Sac County, May 2023<sup>10</sup>**



**Primary Care Physicians, Dentists, and Mental Health Providers in Sac County and Iowa<sup>1</sup>**

	County Providers	County Population per Provider	State Providers	State Population per Provider
<b>Primary Physicians</b>				
2021	6	1,625	2,305	1,385
2020	6	1,601	2,331	1,357
2019	6	1,620	2,343	1,347
<b>Dentists</b>				
2022	3	3,224	2,268	1,411
2021	3	3,251	2,231	1,431
2020	3	3,201	2,203	1,436
<b>Mental Health</b>				
2023	7	1,382	6,358	503
2022	7	1,393	6,001	532
2021	7	1,372	5,555	569

**Number of Hospitals, Nursing Facilities, and Beds in Sac County and Iowa<sup>11</sup>**

	County		State	
	2019	2021	2019	2021
Hospitals	1	1	122	120
Hospital Beds	25	25	11,771	11,423
Nursing Facilities	4	4	419	414
Nursing Facility Beds	214	206	29,581	28,474

**3-Year Cumulative Reported COVID-19 Cases and Rates per 100,000, March 2020 - March 2023<sup>9</sup>**

	County	State
Cumulative Cases	2,906	908,936
Cumulative Rate *	29,611 / 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<sup>12</sup>**



\*Population 18 and older. Percent estimates are considered experimental.

**Total Deaths and COVID-19 Deaths 2020-2023 in Sac County and Iowa<sup>4</sup>**

	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	164	33,968
COVID-19 Deaths 2022	9	1,700
COVID-19 Deaths as % of all Deaths 2022	5.5%	5.0%
Total Deaths 2021	150	34,216
COVID-19 Deaths 2021	12	3,015
COVID-19 Deaths as % of all Deaths 2021	8.0%	8.8%
Total Deaths 2020	154	35,975
COVID-19 Deaths 2020	15	4,306
COVID-19 Deaths as % of all Deaths 2020	9.7%	12.0%

\*Small counts are suppressed.

**Number of Persons Receiving Substance Use Treatment by Substance Type in Sac County and Iowa<sup>13</sup>**

	County		State	
	2022	2023	2022	2023
Total Persons Treated	53	57	17,703	17,609
Alcohol	26	28	7,597	7,645
Marijuana/Hashish	8	11	3,163	3,127
Methamphetamine	18	14	4,899	4,687
Other Substances	0	0	1,501	1,686

\*Small treatment counts are suppressed.

Disability Characteristics, 2018-2022<sup>14</sup>

	County		State	
	Estimate	MOE <sup>†</sup>	Estimate	MOE <sup>†</sup>
<b>Total Population</b>	9,606	+/-19	3,142,658	+/-508
With a Disability	11%	+/-1.2%	12.2%	+/-0.1%
Hearing	4.4%	+/-0.8%	3.8%	+/-0.1%
Vision	1.4%	+/-0.5%	1.9%	+/-0.1%
Cognitive	3.5%	+/-0.8%	4.9%	+/-0.1%
Ambulatory	5%	+/-0.9%	5.8%	+/-0.1%
Self care	1.6%	+/-0.6%	2.1%	+/-0.1%
Independent Living	3.6%	+/-1.1%	5.1%	+/-0.1%
<b>Ages 18-64</b>	5,280	+/-64	1,878,854	+/-1,559
With a Disability	7.1%	NA	7.2%	NA
Hearing	1.1%	+/-0.7%	2.1%	+/-0.1%
Vision	0.9%	+/-0.4%	1.6%	+/-0.1%
Cognitive	3.8%	+/-1.3%	4.7%	+/-0.1%
Ambulatory	3.3%	+/-0.9%	3.9%	+/-0.1%
Self care	0.7%	+/-0.4%	1.5%	+/-0.1%
Independent Living	2.4%	+/-1.2%	3.5%	+/-0.1%
<b>Ages 65-74</b>	1,244	+/-29	316,485	+/-730
With a Disability	24.6%	+/-5.6%	22%	+/-0.5%
Hearing	15%	+/-5%	9.3%	+/-0.3%
Vision	1.8%	+/-1.7%	3.2%	+/-0.2%
Cognitive	1.9%	+/-1.1%	3.9%	+/-0.2%
Ambulatory	8.3%	+/-4%	11.9%	+/-0.4%
Self care	4.5%	+/-3.3%	3.1%	+/-0.2%
Independent Living	3.6%	+/-2.5%	5.5%	+/-0.2%
<b>Ages 75 and above</b>	914	+/-22	218,340	+/-720
With a Disability	33.6%	+/-4.7%	43.3%	+/-0.6%
Hearing	18.4%	+/-4.5%	21.8%	+/-0.5%
Vision	4.2%	+/-2.3%	7.2%	+/-0.4%
Cognitive	6.6%	+/-3.4%	9.1%	+/-0.4%
Ambulatory	18.1%	+/-4.1%	25.4%	+/-0.6%
Self care	5%	+/-2.6%	8.5%	+/-0.3%
Independent Living	10%	+/-3.3%	18.2%	+/-0.5%

Educational Attainment, 2018-2022<sup>14</sup>

	County		State	
	Estimate	MOE <sup>†</sup>	Estimate	MOE <sup>†</sup>
Population 25 and older	6,902	+/-41	2,131,202	+/-967
High School Graduate or Higher	93.7%	+/-1.4%	93%	+/-0.1%
Bachelor's Degree or Higher	21.6%	+/-2.3%	30.3%	+/-0.3%

Percentage of Population by Age<sup>15</sup>

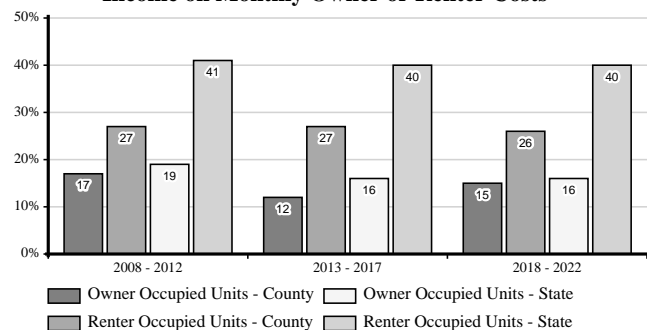
Age Groups	County		State	
	2010	2020	2010	2020
17 or younger	22.5%	22.4%	23.9%	23.2%
18 - 24	5.5%	5.8%	10.0%	9.8%
25 - 44	19.9%	20.7%	24.5%	24.6%
45 - 64	30.0%	26.5%	26.7%	24.5%
65 or older	22.1%	24.5%	14.9%	18.0%
65 - 84	17.4%	20.4%	12.4%	15.6%
85 or older	4.7%	4.1%	2.5%	2.4%
Median <sup>a</sup> age (years)	46.6	46.3	38.1	38.6
Age dependency <sup>b</sup>	80.5	88.5	63.4	69.9
Old-age	39.9	46.2	24.3	30.6
Child	40.6	42.3	39.1	39.4

Percentage of Population by Race/Hispanic Origin<sup>15</sup>

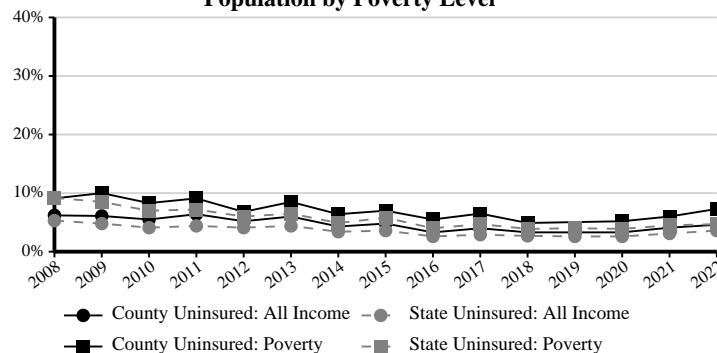
Race Groups	County		State	
	2010	2020	2010	2020
One race only	99.2%	97.1%	98.2%	94.4%
White	97.8%	94.5%	91.3%	84.5%
White alone, not Hispanic	96.9%	93.3%	88.7%	82.7%
Black or African American	0.3%	0.5%	2.9%	4.1%
Asian	0.2%	0.3%	1.7%	2.4%
American Indian	0.1%	0.1%	0.4%	0.5%
Hawaiian/Pacific Islander	0.0%	0.1%	0.1%	0.2%
Other	0.8%	1.6%	1.8%	2.8%
Two or more races	0.8%	2.9%	1.8%	5.6%
Hispanic origin <sup>a</sup>	1.9%	3.6%	5.0%	6.8%

<sup>a</sup>Hispanics can be of any race.

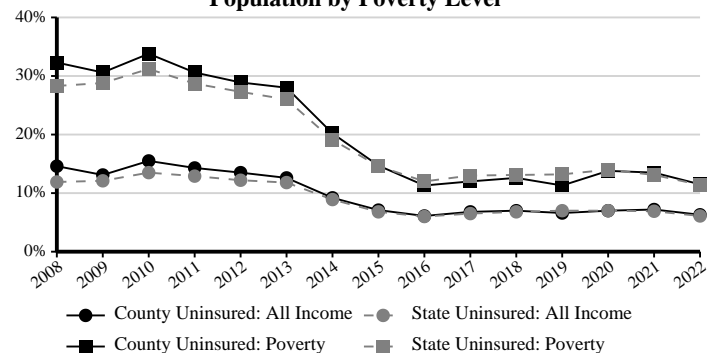
Percent of Households Spending 30% or More of Household Income on Monthly Owner or Renter Costs<sup>14</sup>



**Ages 0-18 Percent Health Uninsured Population by Poverty Level<sup>16</sup>**



**Ages 18-64 Percent Health Uninsured Population by Poverty Level<sup>16</sup>**

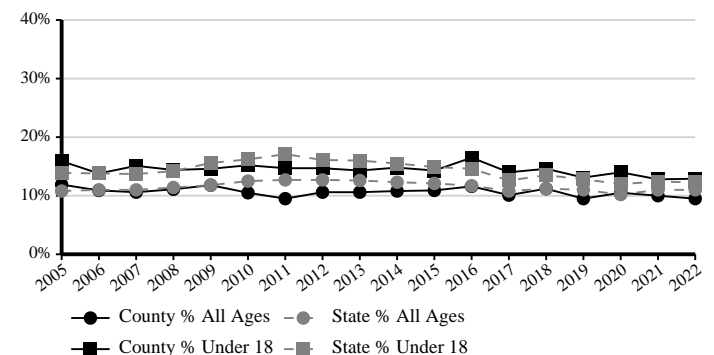


**Median<sup>a</sup> Household and Per Capita Income, 2018-2022<sup>14</sup>**

	County		State	
	Estimate	MOE <sup>†</sup>	Estimate	MOE <sup>†</sup>
Total Households	4,210	+/- 125	1,290,139	+/- 4,032
Median Household Income	\$68,778	+/- \$4,041	\$70,571	+/- \$395
Median Family Income	\$87,162	+/- \$6,152	\$90,921	+/- \$579
Per Capita Income	\$38,596	+/- \$2,092	\$37,949	+/- \$241

<sup>†</sup>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<sup>17</sup>**



## Information in this document was derived from:

<sup>1</sup>County Health Rankings and Roadmaps:

<https://www.countyhealthrankings.org/>

<sup>2</sup>Centers for Disease Control and Prevention, CDC WONDER, Multiple Cause of Death: <https://wonder.cdc.gov/mcd.html>

<sup>3</sup>Iowa Dept of Transportation, Iowa Crash Analysis Tool:

<https://icat.iowadot.gov/>

<sup>4</sup>Iowa Dept of Health and Human Services, Vital Statistics of Iowa Annual Report: <https://hhs.iowa.gov/public-health/health-statistics>

<sup>5</sup>Iowa Cancer Registry, special data request: <https://shri.public-health.uiowa.edu/cancer-data/> and

[https://uiowa.qualtrics.com/jfe/form/SV\\_6G7RizLRVgVf1C6](https://uiowa.qualtrics.com/jfe/form/SV_6G7RizLRVgVf1C6)

<sup>6</sup>Iowa Public Health Tracking Portal: <https://hhs.iowa.gov/public-health/data>

<sup>7</sup>Feeding America, Map the Meal Gap, requested data:

<https://map.feedingamerica.org/> and

<https://www.feedingamerica.org/research/map-the-meal-gap/by-county>

<sup>8</sup>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](https://data.iowa.gov/Economic-Supports/Total-Food-Assistance-Allotments-and-Average-House/vhhz-nz4t/about_data)

<sup>9</sup>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/>

<sup>10</sup>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/>

<sup>11</sup>Iowa Health Fact Book: <https://iowahealthfactbook.org/>

<sup>12</sup>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>

<sup>13</sup>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>

<sup>14</sup>American Community Survey, 5-year estimates, U.S. Census Bureau:

<https://www.census.gov/>

<sup>15</sup>Decennial Censuses, U.S. Census Bureau: <https://www.census.gov/programs-surveys/decennial-census/decade/2020/2020-census-main.html>

<sup>16</sup>Small Area Health Insurance Estimates, U.S. Census Bureau:

<https://www.census.gov/programs-surveys/sahie.html>

<sup>17</sup>Small Area Income and Poverty Estimates, U.S. Census Bureau:

<https://www.census.gov/programs-surveys/saie.html/>

<sup>a</sup>Median is the middle value of a distribution.

<sup>b</sup>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.

## This series was prepared by:

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