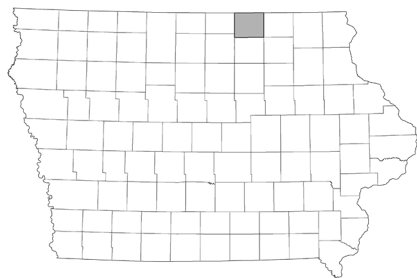


Data for Decision Makers



Mitchell 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.

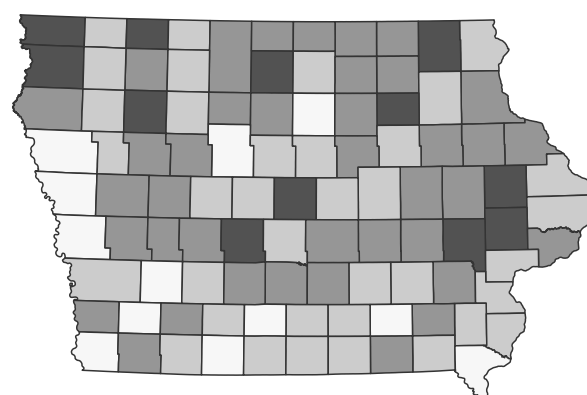
Selected Health Data in Mitchell County¹

	County			State		
	2019	2020	2021	2019	2020	2021
Smoking	18.9%	18.0%	16.9%	17.4%	16.8%	15.5%
Excessive Drinking	23.1%	23.6%	20.0%	24.6%	24.7%	23.1%
Obesity	34.9%	36.9%	37.8%	34.3%	37.2%	36.9%
Diabetes	9.0%	8.3%	8.4%	9.0%	8.9%	8.5%
Inactive	29.3%	23.2%	23.1%	26.1%	22.7%	23.8%
Insufficient Sleep	NA	29.4%	NA	NA	31.6%	NA

Years of Life Expectancy¹

	County		State	
	2015-17	2019-21	2015-17	2019-21
Life Expectancy	80.9	79.6	79.5	78.1

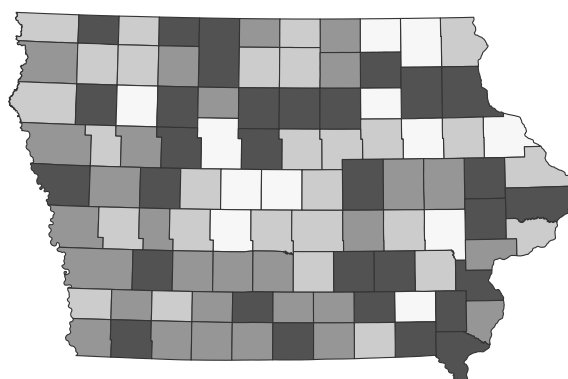
Years of Life Expectancy (2019-2021)¹



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

State: 78.1 Years

Percent Obese, 2021¹



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

State: 36.9%

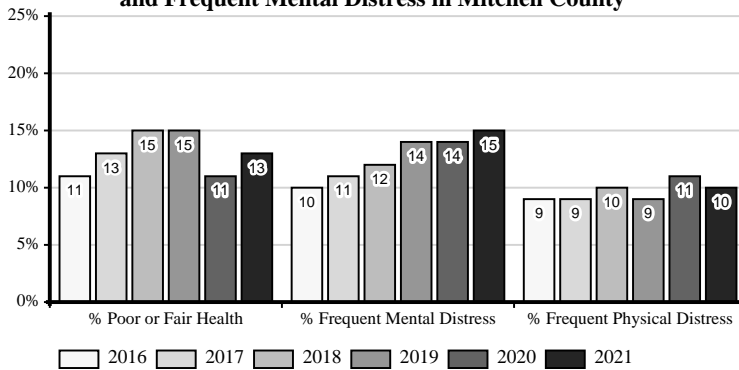
Contacts:

Regional Director
Sarah Merrifield
601 S Illinois Ave.
Mason City, IA 50401
merrifie@iastate.edu
651-751-8112

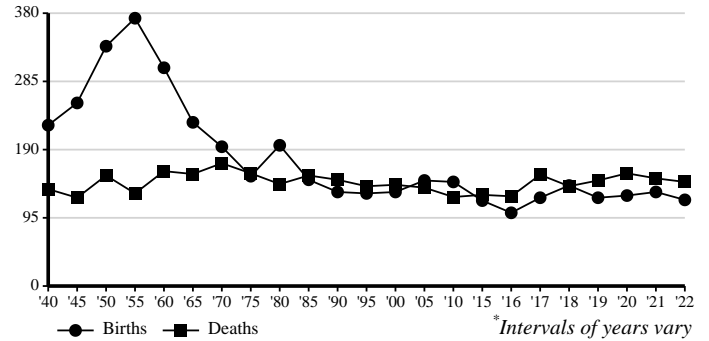
County Office
Darla Olson
315 Main St.
Osage, IA 50461
daolson@iastate.edu
641-732-5574

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

Percent Poor or Fair Health, Frequent Physical Distress, and Frequent Mental Distress in Mitchell County¹



Number of Births and Deaths in Mitchell County^{*4}



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	1,294	1,418	278,642	316,814
Alcohol** or Drugs	7	18	4,459	8,436
Suicides	7	9	3,695	4,955
Homicides	1	0	571	879
Transport Accidents	23	19	4,314	3,951
Other Accidents	32	40	8,179	12,085

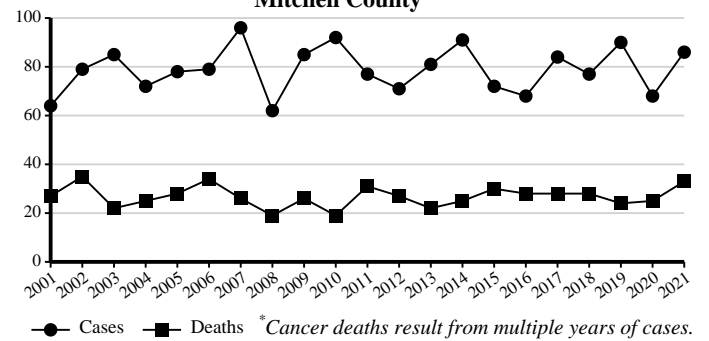
Average Annual Count (rounded)

	2004-13	2014-23	2004-13	2014-23
Total Deaths	129	142	27,864	31,681
Alcohol** or Drugs	1	2	446	844
Suicides	1	1	370	496
Homicides	0	0	57	88
Transport Accidents	2	2	431	395
Other Accidents	3	4	818	1,209

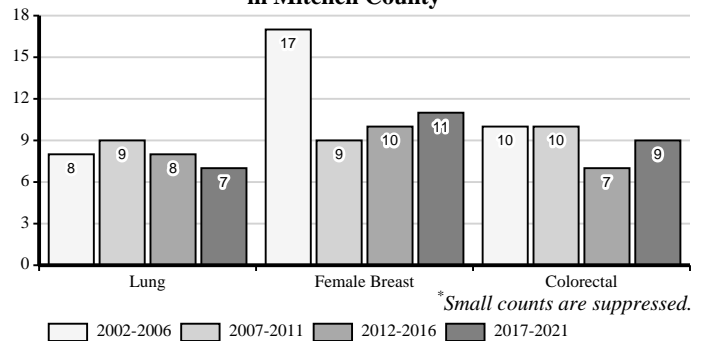
*Small counts are suppressed. Deaths are by the county of residence of the decedent.

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

Number of All Cancer Cases and Cancer Deaths in Mitchell County^{*2,5}

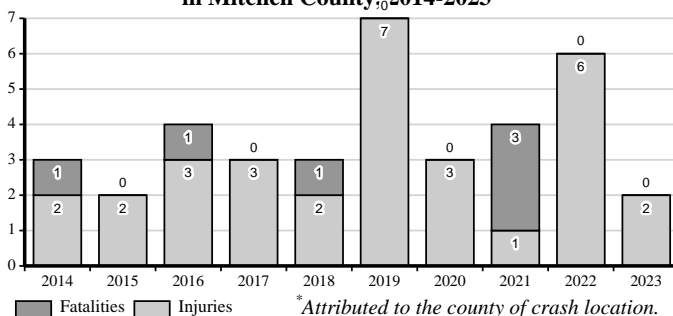


Estimated Annual Cancer Count by Type in Mitchell County^{*5}



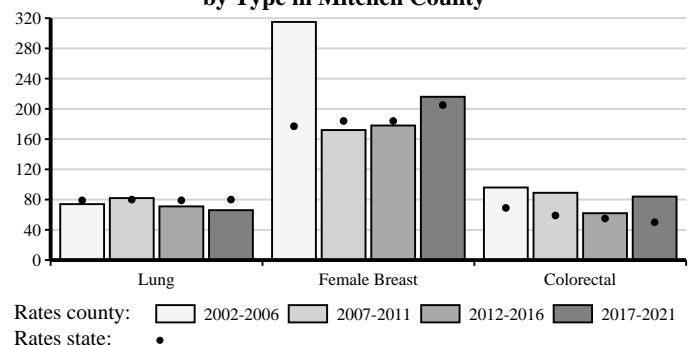
*Small counts are suppressed.

Number of Fatalities and Injuries in Vehicle Crashes Where Driver was Under the Influence of Drugs or Alcohol in Mitchell County¹⁰ 2014-2023^{*3}



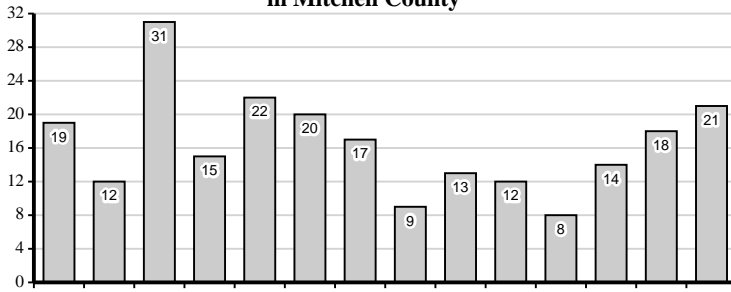
*Attributed to the county of crash location.

Five-Year Cancer Crude Rate per 100,000 Population at Risk by Type in Mitchell County^{*5}



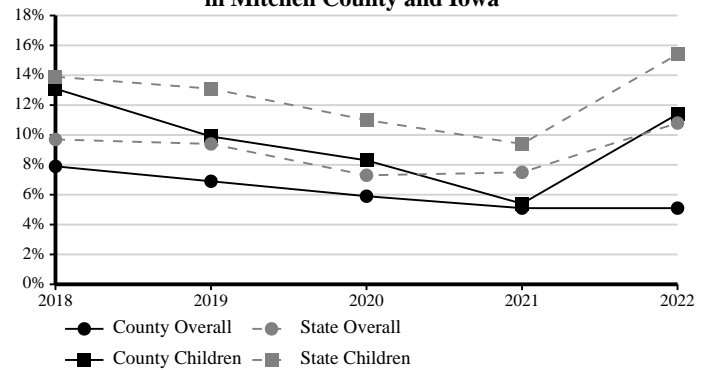
Rates county: Rates state:

Number of ER Visits with a Primary Diagnosis of Asthma in Mitchell County^{*6}

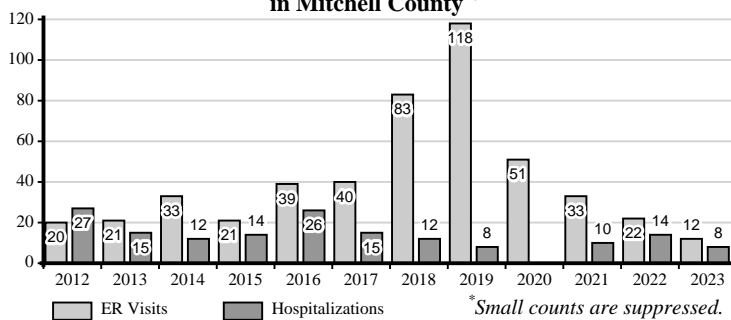


**Small counts are suppressed. If all years are suppressed, chart will be blank.*

Percent of Population Food Insecure in Mitchell County and Iowa⁷

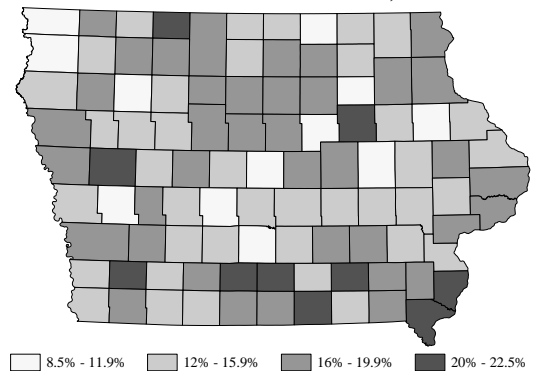


Number of ER Visits and Hospitalizations with a Primary Diagnosis of Chronic Obstructive Pulmonary Disease (COPD) in Mitchell County^{*6}

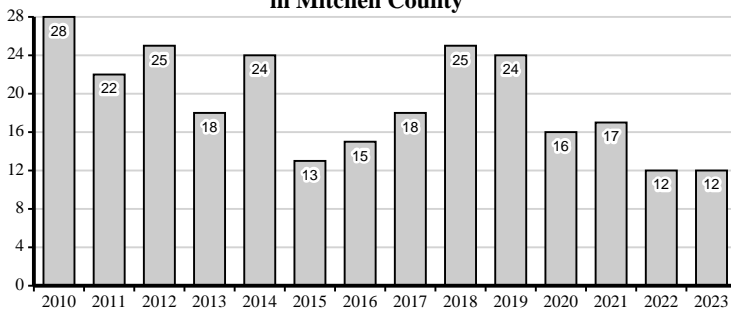


**Small counts are suppressed.*

Percent of Children Food Insecure, 2022⁷

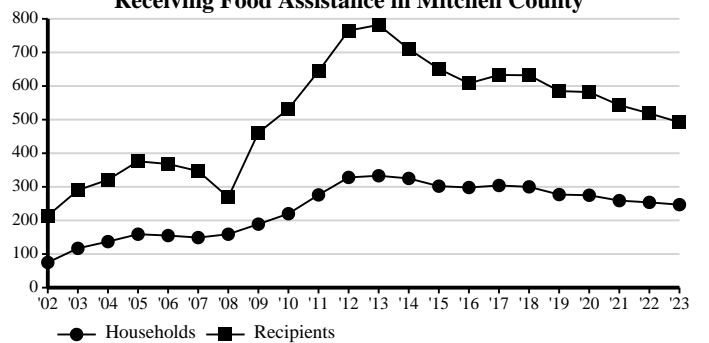


Number Hospitalizations with a Primary Diagnosis of Heart Attack in Mitchell County^{*6}

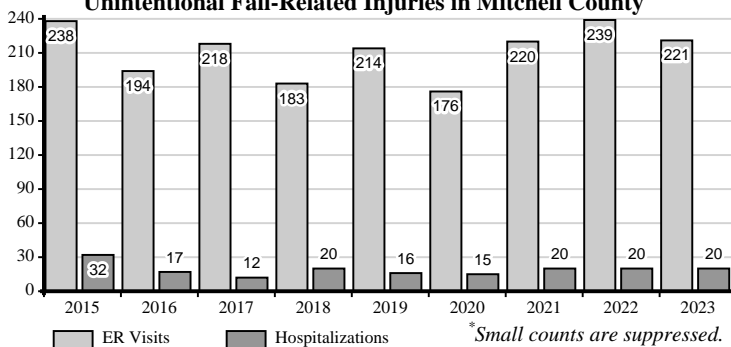


**Small counts are suppressed. If all years are suppressed, chart will be blank.*

Average Monthly Number of Recipients and Households Receiving Food Assistance in Mitchell County⁸

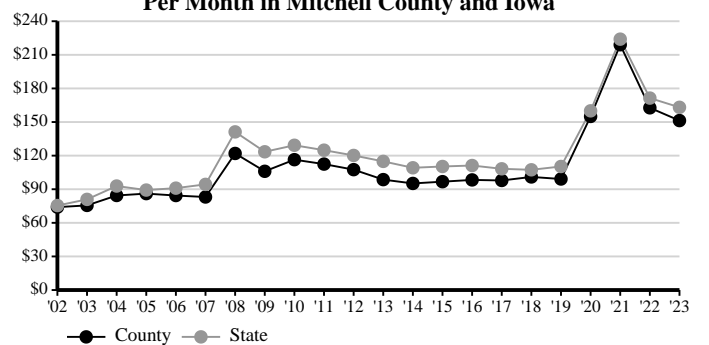


Number of ER Visits and Hospitalizations with a Diagnosis of Unintentional Fall-Related Injuries in Mitchell County^{*6}

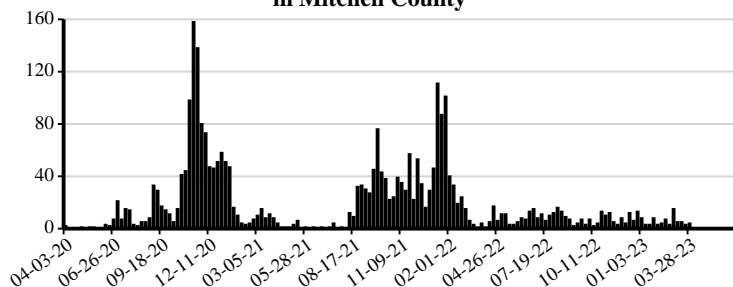


**Small counts are suppressed.*

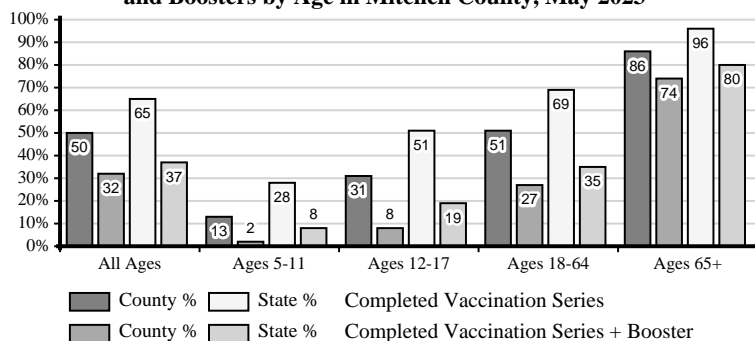
Average Food Assistance Benefits Paid Per Recipient Per Month in Mitchell County and Iowa⁸



Number of Weekly Reported COVID-19 Cases in Mitchell County⁹



Cumulative Percentage of Population with COVID-19 Vaccinations and Boosters by Age in Mitchell County, May 2023¹⁰



Primary Care Physicians, Dentists, and Mental Health Providers in Mitchell County and Iowa¹

	County Providers	County Population per Provider	State Providers	State Population per Provider
Primary Physicians				
2021	3	3,518	2,305	1,385
2020	3	3,549	2,331	1,357
2019	3	3,529	2,343	1,347
Dentists				
2022	5	2,106	2,268	1,411
2021	5	2,111	2,231	1,431
2020	5	2,129	2,203	1,436
Mental Health				
2023	0	0	6,358	503
2022	0	0	6,001	532
2021	0	0	5,555	569

Number of Hospitals, Nursing Facilities, and Beds in Mitchell County and Iowa¹¹

	County		State	
	2019	2021	2019	2021
Hospitals	1	1	122	120
Hospital Beds	25	25	11,771	11,423
Nursing Facilities	5	5	419	414
Nursing Facility Beds	219	216	29,581	28,474

3-Year Cumulative Reported COVID-19 Cases and Rates per 100,000, March 2020 - March 2023⁹

	County	State
Cumulative Cases	2,851	908,936
Cumulative Rate *	26,985 / 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. 2024¹²



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

Total Deaths and COVID-19 Deaths 2020-2023 in Mitchell County and Iowa⁴

	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	145	33,968
COVID-19 Deaths 2022	*	1,700
COVID-19 Deaths as % of all Deaths 2022	*	5.0%
Total Deaths 2021	150	34,216
COVID-19 Deaths 2021	7	3,015
COVID-19 Deaths as % of all Deaths 2021	4.7%	8.8%
Total Deaths 2020	157	35,975
COVID-19 Deaths 2020	37	4,306
COVID-19 Deaths as % of all Deaths 2020	23.6%	12.0%

*Small counts are suppressed.

Number of Persons Receiving Substance Use Treatment by Substance Type in Mitchell County and Iowa¹³

	County		State	
	2022	2023	2022	2023
Total Persons Treated	31	27	17,703	17,609
Alcohol	17	16	7,597	7,645
Marijuana/Hashish	*	*	3,163	3,127
Methamphetamine	*	7	4,899	4,687
Other Substances	0	0	1,501	1,686

*Small treatment counts are suppressed.

Disability Characteristics, 2018-2022¹⁴

	County		State	
	Estimate	MOE [†]	Estimate	MOE [†]
Total Population	10,333	+/-4	3,142,658	+/-508
With a Disability	11.4%	+/-1.4%	12.2%	+/-0.1%
Hearing	4.3%	+/-1%	3.8%	+/-0.1%
Vision	2.2%	+/-0.8%	1.9%	+/-0.1%
Cognitive	3.1%	+/-0.9%	4.9%	+/-0.1%
Ambulatory	5.2%	+/-1.1%	5.8%	+/-0.1%
Self care	1.7%	+/-0.5%	2.1%	+/-0.1%
Independent Living	3.3%	+/-0.8%	5.1%	+/-0.1%
Ages 18-64	5,774	+/-81	1,878,854	+/-1,559
With a Disability	7.9%	NA	7.2%	NA
Hearing	2.6%	+/-1.3%	2.1%	+/-0.1%
Vision	1.5%	+/-1%	1.6%	+/-0.1%
Cognitive	1.8%	+/-0.8%	4.7%	+/-0.1%
Ambulatory	3.1%	+/-1.4%	3.9%	+/-0.1%
Self care	0.9%	+/-0.5%	1.5%	+/-0.1%
Independent Living	1.2%	+/-0.7%	3.5%	+/-0.1%
Ages 65-74	1,101	+/-26	316,485	+/-730
With a Disability	21.8%	+/-5.3%	22%	+/-0.5%
Hearing	12.9%	+/-4.4%	9.3%	+/-0.3%
Vision	2.2%	+/-2.1%	3.2%	+/-0.2%
Cognitive	2.5%	+/-2.9%	3.9%	+/-0.2%
Ambulatory	8.7%	+/-3.5%	11.9%	+/-0.4%
Self care	1.1%	+/-1.3%	3.1%	+/-0.2%
Independent Living	2.3%	+/-1.9%	5.5%	+/-0.2%
Ages 75 and above	972	+/-33	218,340	+/-720
With a Disability	39.9%	+/-6.3%	43.3%	+/-0.6%
Hearing	15.6%	+/-5.2%	21.8%	+/-0.5%
Vision	9.3%	+/-4.7%	7.2%	+/-0.4%
Cognitive	10%	+/-4.6%	9.1%	+/-0.4%
Ambulatory	23.6%	+/-5.9%	25.4%	+/-0.6%
Self care	10.1%	+/-3.7%	8.5%	+/-0.3%
Independent Living	17.2%	+/-5.2%	18.2%	+/-0.5%

Educational Attainment, 2018-2022¹⁴

	County		State	
	Estimate	MOE [†]	Estimate	MOE [†]
Population 25 and older	7,240	+/-51	2,131,202	+/-967
High School Graduate or Higher	92.3%	+/-1.7%	93%	+/-0.1%
Bachelor's Degree or Higher	21.4%	+/-2.9%	30.3%	+/-0.3%

Percentage of Population by Age¹⁵

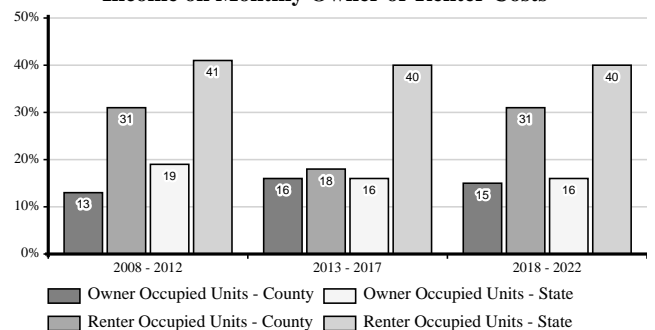
Age Groups	County		State	
	2010	2020	2010	2020
17 or younger	24.7%	23.5%	23.9%	23.2%
18 - 24	6.8%	6.9%	10.0%	9.8%
25 - 44	19.6%	20.9%	24.5%	24.6%
45 - 64	27.2%	25.7%	26.7%	24.5%
65 or older	21.7%	23.0%	14.9%	18.0%
65 - 84	17.3%	18.9%	12.4%	15.6%
85 or older	4.4%	4.2%	2.5%	2.4%
Median ^a age (years)	44.0	43.6	38.1	38.6
Age dependency ^b	86.7	86.9	63.4	69.9
Old-age	40.6	43.0	24.3	30.6
Child	46.2	43.9	39.1	39.4

Percentage of Population by Race/Hispanic Origin¹⁵

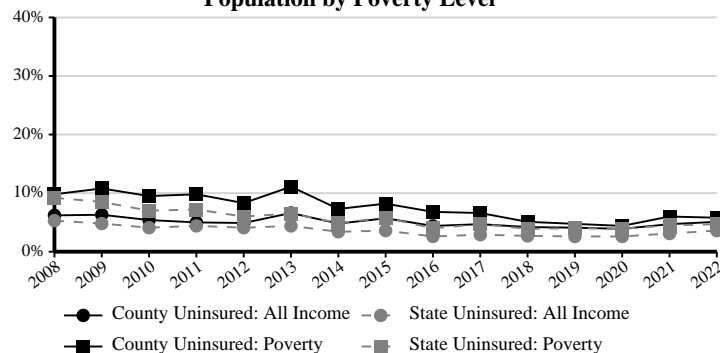
Race Groups	County		State	
	2010	2020	2010	2020
One race only	99.5%	97.5%	98.2%	94.4%
White	98.6%	95.7%	91.3%	84.5%
White alone, not Hispanic	98.0%	95.4%	88.7%	82.7%
Black or African American	0.2%	0.4%	2.9%	4.1%
Asian	0.3%	0.4%	1.7%	2.4%
American Indian	0.1%	0.1%	0.4%	0.5%
Hawaiian/Pacific Islander	0.0%	0.0%	0.1%	0.2%
Other	0.4%	0.8%	1.8%	2.8%
Two or more races	0.5%	2.5%	1.8%	5.6%
Hispanic origin ^a	1.0%	1.8%	5.0%	6.8%

^aHispanics can be of any race.

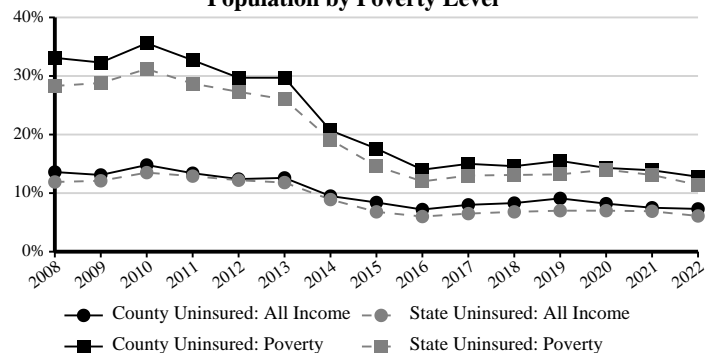
Percent of Households Spending 30% or More of Household Income on Monthly Owner or Renter Costs¹⁴



Ages 0-18 Percent Health Uninsured Population by Poverty Level¹⁶



Ages 18-64 Percent Health Uninsured Population by Poverty Level¹⁶

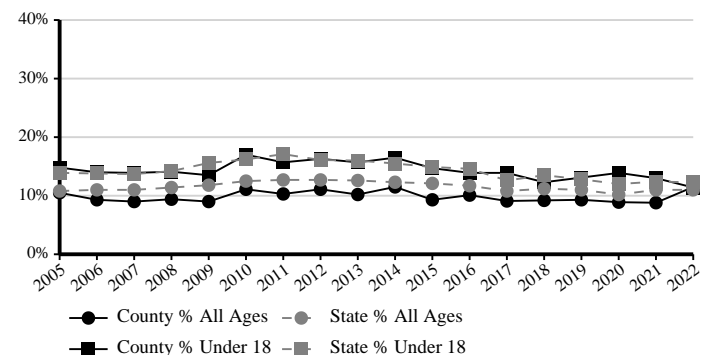


Median^a Household and Per Capita Income, 2018-2022¹⁴

	County		State	
	Estimate	MOE [†]	Estimate	MOE [†]
Total Households	4,505	+/- 139	1,290,139	+/- 4,032
Median Household Income	\$66,056	+/- \$5,753	\$70,571	+/- \$395
Median Family Income	\$88,707	+/- \$11,020	\$90,921	+/- \$579
Per Capita Income	\$36,006	+/- \$2,271	\$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 Age¹⁷



Information in this document was derived from:

¹County Health Rankings and Roadmaps:

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

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

³Iowa Dept of Transportation, Iowa Crash Analysis Tool: <https://icat.iowadot.gov/>

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

⁵Iowa Cancer Registry, special data request: <https://shri.public-health.uiowa.edu/cancer-data/> and https://uiowa.qualtrics.com/jfe/form/SV_6G7RizLRVgVf1C6

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

⁷Feeding America, Map the Meal Gap, requested data: <https://map.feedingamerica.org/> and <https://www.feedingamerica.org/research/map-the-meal-gap/by-county>

⁸Iowa 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

⁹Iowa 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/>

¹⁰Centers 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/>

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

¹²U.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>

¹³Iowa 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>

¹⁴American Community Survey, 5-year estimates, U.S. Census Bureau: <https://www.census.gov/>

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

¹⁶Small Area Health Insurance Estimates, U.S. Census Bureau: <https://www.census.gov/programs-surveys/sahie.html>

¹⁷Small Area Income and Poverty Estimates, U.S. Census Bureau: <https://www.census.gov/programs-surveys/saie.html/>

^aMedian is the middle value of a distribution.

^bThe 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.

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