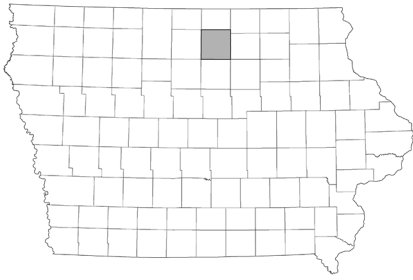


# Data for Decision Makers



## Cerro Gordo 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 Cerro Gordo County<sup>1</sup>

	County			State		
	2019	2020	2021	2019	2020	2021
Smoking	17.7%	17.7%	16.8%	17.4%	16.8%	15.5%
Excessive Drinking	23.5%	24.3%	18.5%	24.6%	24.7%	23.1%
Obesity	35.2%	35.6%	35.7%	34.3%	37.2%	36.9%
Diabetes	9.1%	8.9%	8.5%	9.0%	8.9%	8.5%
Inactive	25.2%	23.4%	24.6%	26.1%	22.7%	23.8%
Insufficient Sleep	NA	32.4%	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	76.4	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%

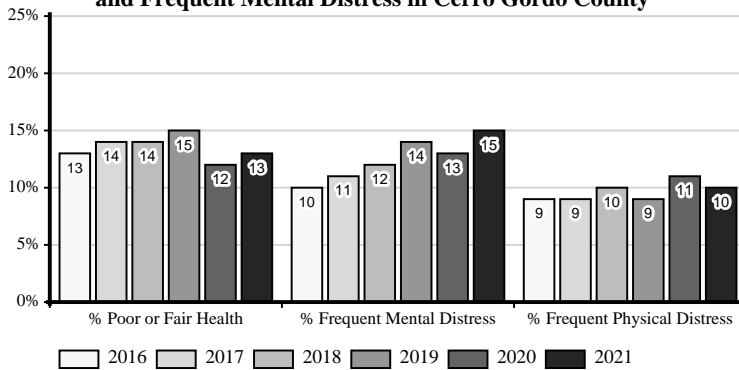
### Contacts:

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

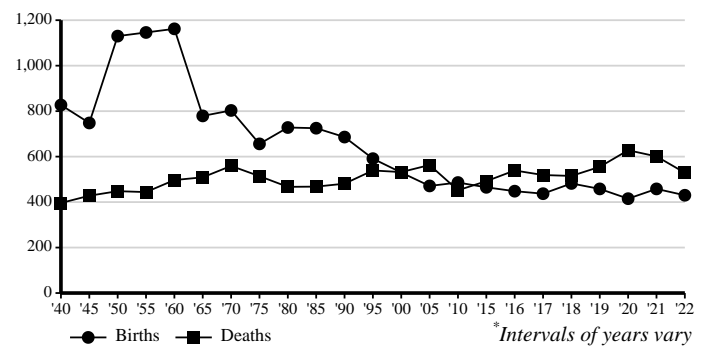
**County Office**  
Sarah DeBour  
601 S Illinois Ave.  
Mason City, IA 50401  
sdebou@iastate.edu  
641-423-0844

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

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



**Number of Births and Deaths in Cerro Gordo 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	4,942	5,440	278,642	316,814
Alcohol** or Drugs	75	167	4,459	8,436
Suicides	64	88	3,695	4,955
Homicides	9	14	571	879
Transport Accidents	54	63	4,314	3,951
Other Accidents	168	275	8,179	12,085

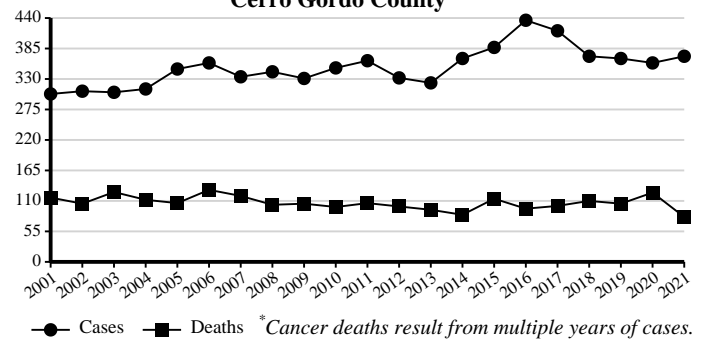
**Average Annual Count (rounded)**

	2004-13	2014-23	2004-13	2014-23
Total Deaths	494	544	27,864	31,681
Alcohol** or Drugs	8	17	446	844
Suicides	6	9	370	496
Homicides	1	1	57	88
Transport Accidents	5	6	431	395
Other Accidents	17	28	818	1,209

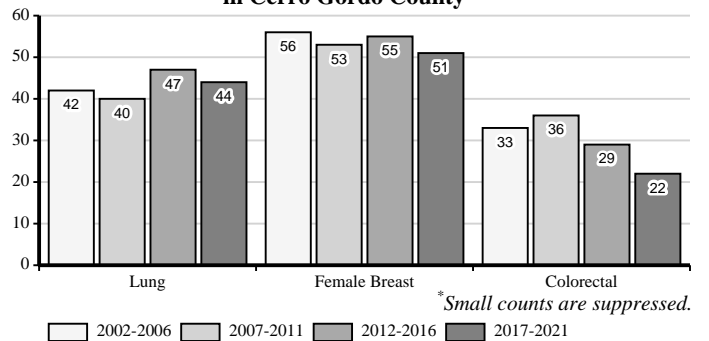
\*Small counts are suppressed. Deaths are by the county of residence of the decedent.

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

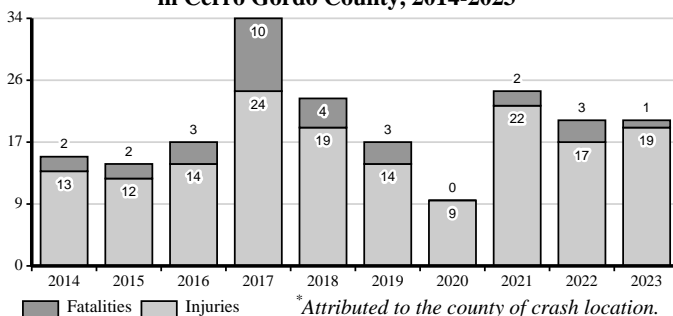
**Number of All Cancer Cases and Cancer Deaths in Cerro Gordo County<sup>\*2,5</sup>**



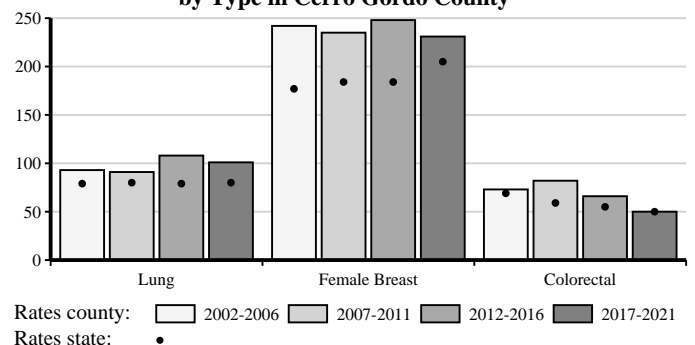
**Estimated Annual Cancer Count by Type in Cerro Gordo County<sup>\*5</sup>**



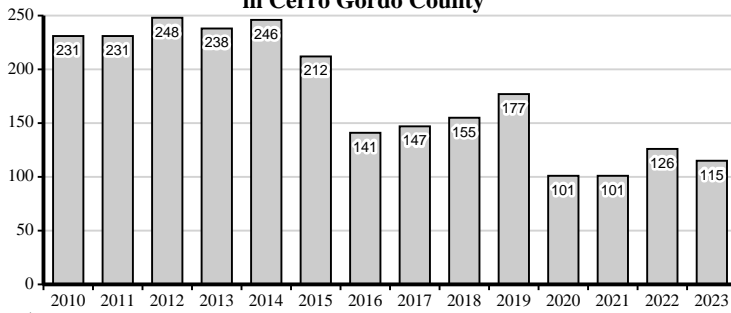
**Number of Fatalities and Injuries in Vehicle Crashes Where Driver was Under the Influence of Drugs or Alcohol in Cerro Gordo County, 2014-2023<sup>\*3</sup>**



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

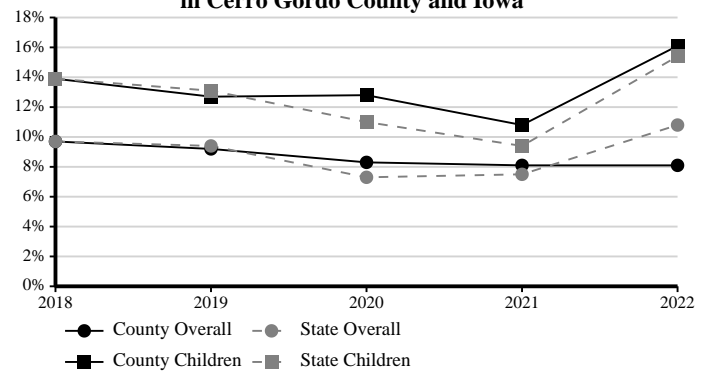


**Number of ER Visits with a Primary Diagnosis of Asthma in Cerro Gordo County<sup>\*6</sup>**

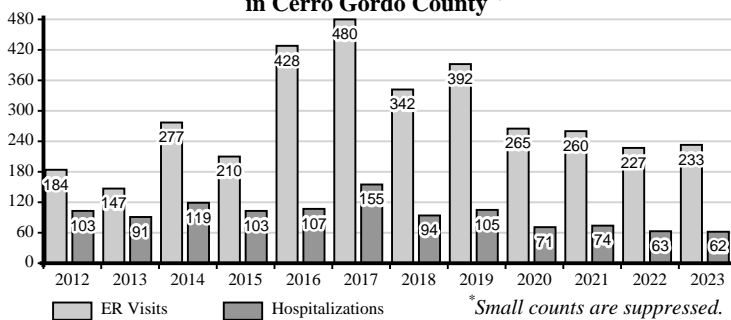


*\*Small counts are suppressed. If all years are suppressed, chart will be blank.*

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

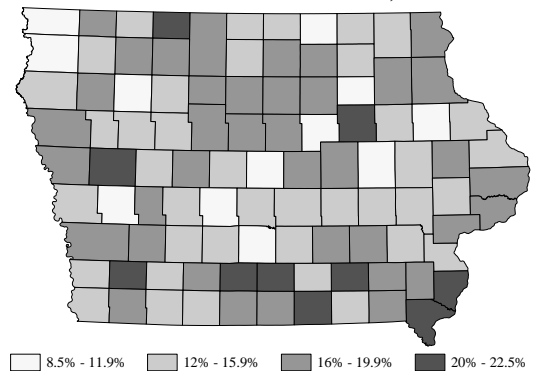


**Number of ER Visits and Hospitalizations with a Primary Diagnosis of Chronic Obstructive Pulmonary Disease (COPD) in Cerro Gordo County<sup>\*6</sup>**

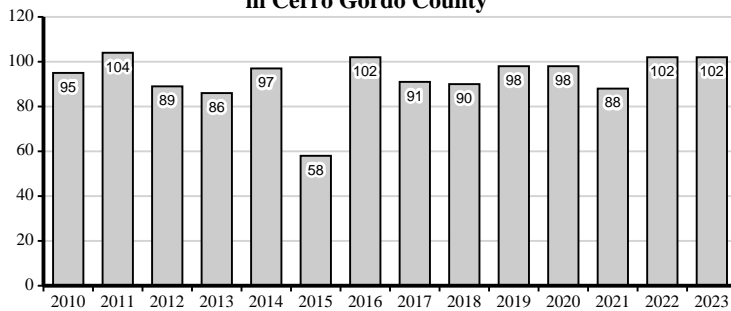


*\*Small counts are suppressed.*

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

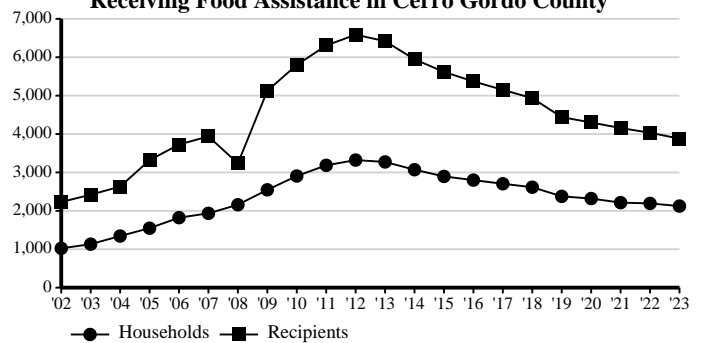


**Number Hospitalizations with a Primary Diagnosis of Heart Attack in Cerro Gordo County<sup>\*6</sup>**

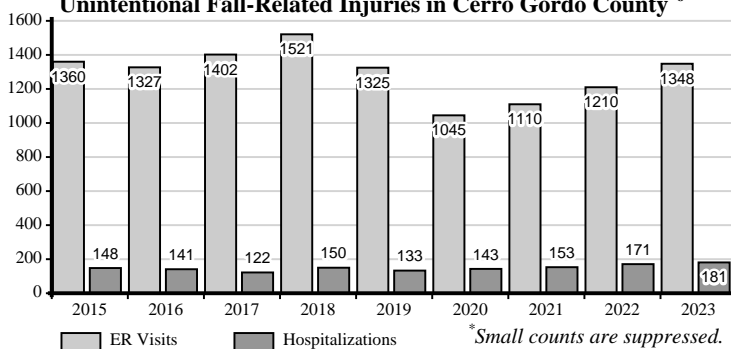


*\*Small counts are suppressed. If all years are suppressed, chart will be blank.*

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

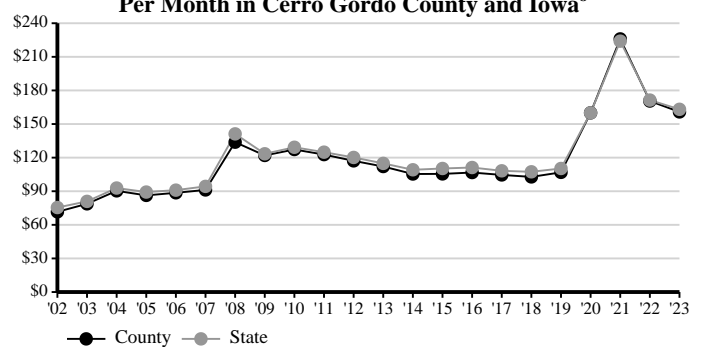


**Number of ER Visits and Hospitalizations with a Diagnosis of Unintentional Fall-Related Injuries in Cerro Gordo County<sup>\*6</sup>**

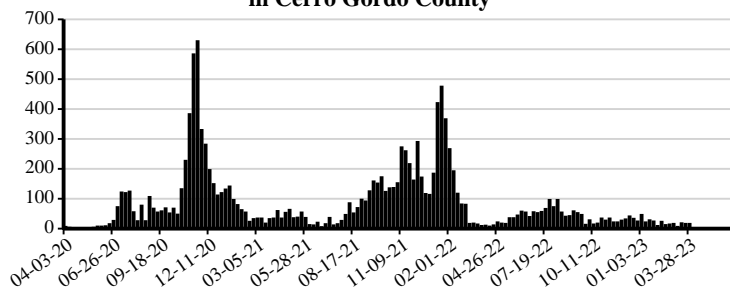


*\*Small counts are suppressed.*

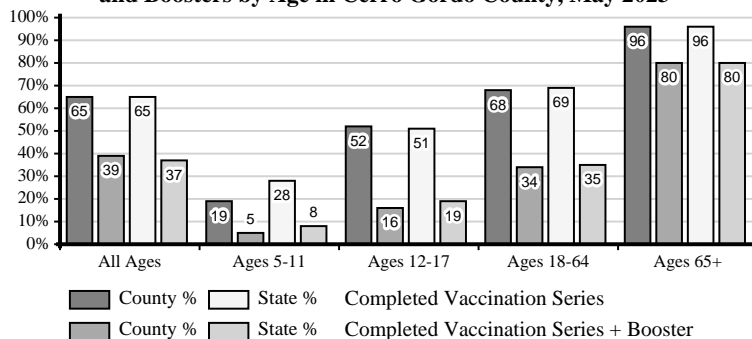
**Average Food Assistance Benefits Paid Per Recipient Per Month in Cerro Gordo County and Iowa<sup>8</sup>**



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



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



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

	County Providers	County Population per Provider	State Providers	State Population per Provider
<b>Primary Physicians</b>				
2021	61	700	2,305	1,385
2020	64	658	2,331	1,357
2019	67	634	2,343	1,347
<b>Dentists</b>				
2022	39	1,034	2,268	1,411
2021	39	1,095	2,231	1,431
2020	36	1,170	2,203	1,436
<b>Mental Health</b>				
2023	141	301	6,358	503
2022	133	321	6,001	532
2021	126	334	5,555	569

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

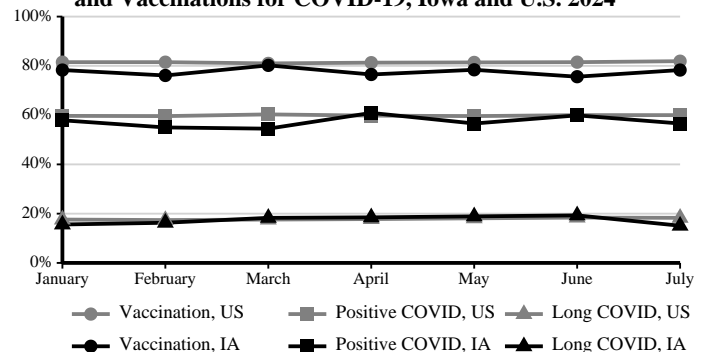
	County		State	
	2019	2021	2019	2021
Hospitals	1	1	122	120
Hospital Beds	346	346	11,771	11,423
Nursing Facilities	5	5	419	414
Nursing Facility Beds	521	521	29,581	28,474

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

	County	State
Cumulative Cases	12,819	908,936
Cumulative Rate *	29,724 / 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 Cerro Gordo 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	529	33,968
COVID-19 Deaths 2022	22	1,700
COVID-19 Deaths as % of all Deaths 2022	4.2%	5.0%
Total Deaths 2021	601	34,216
COVID-19 Deaths 2021	63	3,015
COVID-19 Deaths as % of all Deaths 2021	10.5%	8.8%
Total Deaths 2020	628	35,975
COVID-19 Deaths 2020	67	4,306
COVID-19 Deaths as % of all Deaths 2020	10.7%	12.0%

\*Small counts are suppressed.

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

	County		State	
	2022	2023	2022	2023
Total Persons Treated	568	536	17,703	17,609
Alcohol	249	270	7,597	7,645
Marijuana/Hashish	98	78	3,163	3,127
Methamphetamine	177	165	4,899	4,687
Other Substances	14	15	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>	42,374	+/-36	3,142,658	+/-508
With a Disability	13.9%	+/-1.3%	12.2%	+/-0.1%
Hearing	4.7%	+/-0.8%	3.8%	+/-0.1%
Vision	1.7%	+/-0.4%	1.9%	+/-0.1%
Cognitive	5.4%	+/-1%	4.9%	+/-0.1%
Ambulatory	5.9%	+/-0.9%	5.8%	+/-0.1%
Self care	1.6%	+/-0.4%	2.1%	+/-0.1%
Independent Living	4.9%	+/-0.8%	5.1%	+/-0.1%
<b>Ages 18-64</b>	24,325	+/-168	1,878,854	+/-1,559
With a Disability	11.5%	NA	7.2%	NA
Hearing	2.7%	+/-1.2%	2.1%	+/-0.1%
Vision	1.1%	+/-0.3%	1.6%	+/-0.1%
Cognitive	6.1%	+/-1.4%	4.7%	+/-0.1%
Ambulatory	3.5%	+/-0.9%	3.9%	+/-0.1%
Self care	1.2%	+/-0.6%	1.5%	+/-0.1%
Independent Living	2.8%	+/-0.8%	3.5%	+/-0.1%
<b>Ages 65-74</b>	5,350	+/-94	316,485	+/-730
With a Disability	23.4%	+/-4.2%	22%	+/-0.5%
Hearing	11%	+/-2.7%	9.3%	+/-0.3%
Vision	1.1%	+/-0.8%	3.2%	+/-0.2%
Cognitive	5.2%	+/-1.9%	3.9%	+/-0.2%
Ambulatory	9.1%	+/-2.7%	11.9%	+/-0.4%
Self care	1.1%	+/-1%	3.1%	+/-0.2%
Independent Living	3.9%	+/-1.9%	5.5%	+/-0.2%
<b>Ages 75 and above</b>	3,789	+/-75	218,340	+/-720
With a Disability	43.6%	+/-6.1%	43.3%	+/-0.6%
Hearing	20.1%	+/-4.6%	21.8%	+/-0.5%
Vision	10%	+/-4%	7.2%	+/-0.4%
Cognitive	7.3%	+/-2.6%	9.1%	+/-0.4%
Ambulatory	26.4%	+/-5.1%	25.4%	+/-0.6%
Self care	7.2%	+/-2.4%	8.5%	+/-0.3%
Independent Living	19.6%	+/-4.2%	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	30,790	+/-145	2,131,202	+/-967
High School Graduate or Higher	93.7%	+/-1%	93%	+/-0.1%
Bachelor's Degree or Higher	24%	+/-1.7%	30.3%	+/-0.3%

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

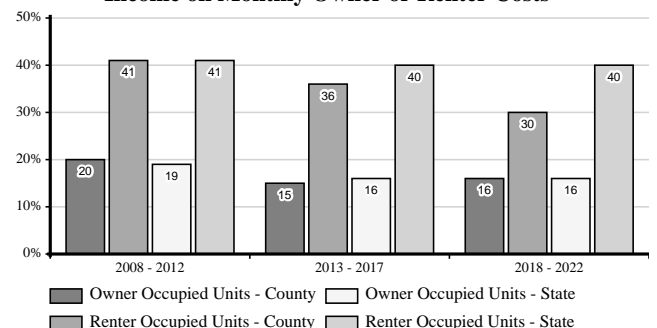
Age Groups	County		State	
	2010	2020	2010	2020
17 or younger	21.5%	20.2%	23.9%	23.2%
18 - 24	8.4%	7.5%	10.0%	9.8%
25 - 44	22.1%	22.5%	24.5%	24.6%
45 - 64	30.1%	26.5%	26.7%	24.5%
65 or older	17.9%	23.3%	14.9%	18.0%
65 - 84	14.9%	19.8%	12.4%	15.6%
85 or older	3.0%	3.5%	2.5%	2.4%
Median <sup>a</sup> age (years)	43.3	44.7	38.1	38.6
Age dependency <sup>b</sup>	65.0	77.0	63.4	69.9
Old-age	29.5	41.2	24.3	30.6
Child	35.5	35.8	39.1	39.4

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

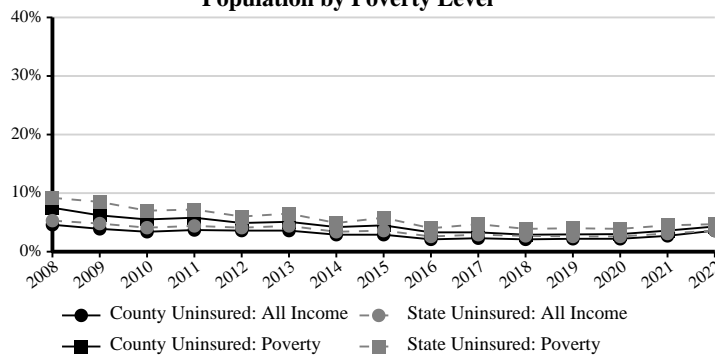
Race Groups	County		State	
	2010	2020	2010	2020
One race only	98.4%	95.0%	98.2%	94.4%
White	95.0%	89.5%	91.3%	84.5%
White alone, not Hispanic	92.6%	87.7%	88.7%	82.7%
Black or African American	1.3%	2.2%	2.9%	4.1%
Asian	0.9%	1.2%	1.7%	2.4%
American Indian	0.2%	0.3%	0.4%	0.5%
Hawaiian/Pacific Islander	0.0%	0.3%	0.1%	0.2%
Other	0.9%	1.4%	1.8%	2.8%
Two or more races	1.6%	5.0%	1.8%	5.6%
Hispanic origin <sup>a</sup>	3.8%	5.2%	5.0%	6.8%

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

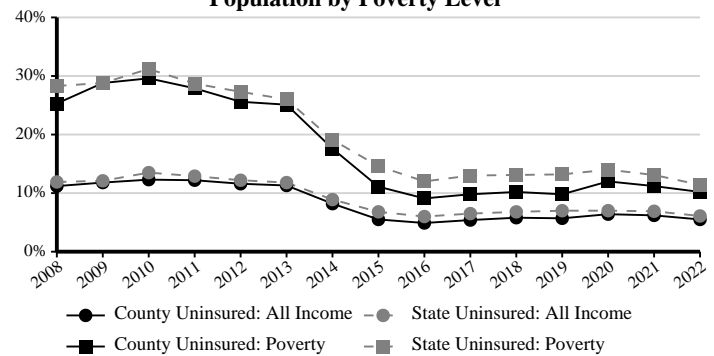
**Percent of Households Spending 30% or More of Household Income on Monthly Owner or Renter Costs<sup>14</sup>**



**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>**

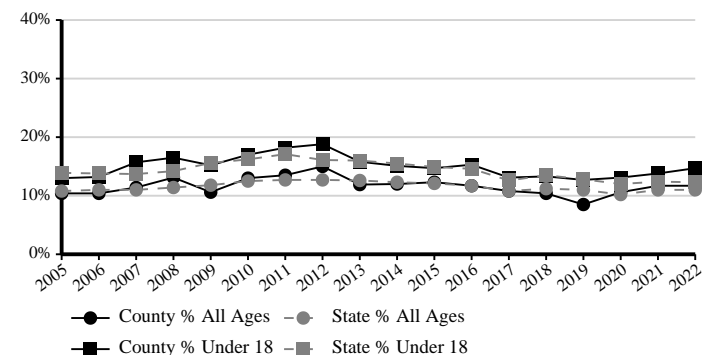


**Median<sup>a</sup> Household and Per Capita Income, 2018-2022<sup>14</sup>**

	County		State	
	Estimate	MOE <sup>†</sup>	Estimate	MOE <sup>†</sup>
Total Households	19,450	+/- 330	1,290,139	+/- 4,032
Median Household Income	\$63,149	+/- \$2,092	\$70,571	+/- \$395
Median Family Income	\$85,924	+/- \$6,143	\$90,921	+/- \$579
Per Capita Income	\$38,377	+/- \$2,450	\$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.

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