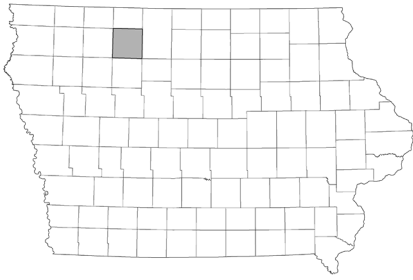


Data for Decision Makers



Palo Alto 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 Palo Alto County¹

	County			State		
	2019	2020	2021	2019	2020	2021
Smoking	17.2%	16.6%	16.7%	17.4%	16.8%	15.5%
Excessive Drinking	23.5%	25.6%	19.5%	24.6%	24.7%	23.1%
Obesity	36.1%	37.6%	38.7%	34.3%	37.2%	36.9%
Diabetes	8.6%	8.1%	8.2%	9.0%	8.9%	8.5%
Inactive	25.0%	22.0%	23.7%	26.1%	22.7%	23.8%
Insufficient Sleep	NA	30.1%	NA	NA	31.6%	NA

Years of Life Expectancy¹

	County		State	
	2015-17	2019-21	2015-17	2019-21
Life Expectancy	78.0	76.5	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

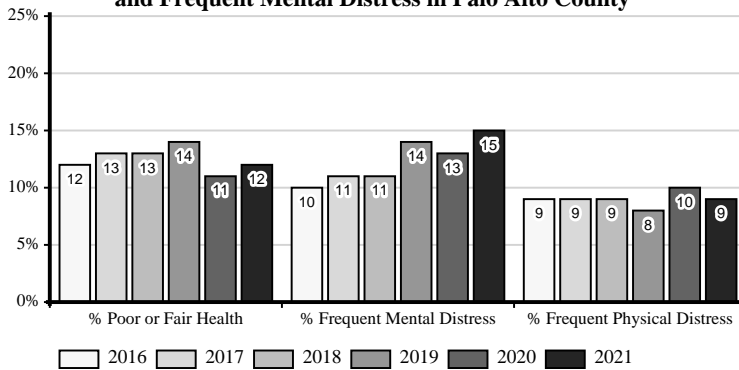
Melissa Rutat
26 South 17th St.
Estherville, IA 51334
mlutat@iastate.edu
712-362-3434

County Office

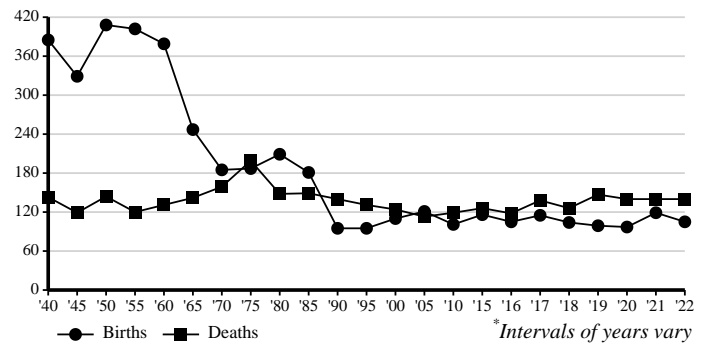
Kat Davis
2008 10 St.
Emmetsburg, IA 50536
kathyd@iastate.edu
712-852-2865

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

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



Number of Births and Deaths in Palo Alto 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	1,276	1,337	278,642	316,814
Alcohol** or Drugs	13	21	4,459	8,436
Suicides	12	19	3,695	4,955
Homicides	0	1	571	879
Transport Accidents	24	19	4,314	3,951
Other Accidents	37	41	8,179	12,085

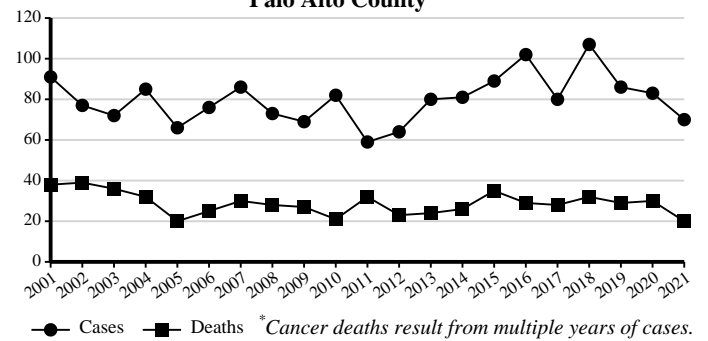
Average Annual Count (rounded)

	2004-13	2014-23	2004-13	2014-23
Total Deaths	128	134	27,864	31,681
Alcohol** or Drugs	1	2	446	844
Suicides	1	2	370	496
Homicides	0	0	57	88
Transport Accidents	2	2	431	395
Other Accidents	4	4	818	1,209

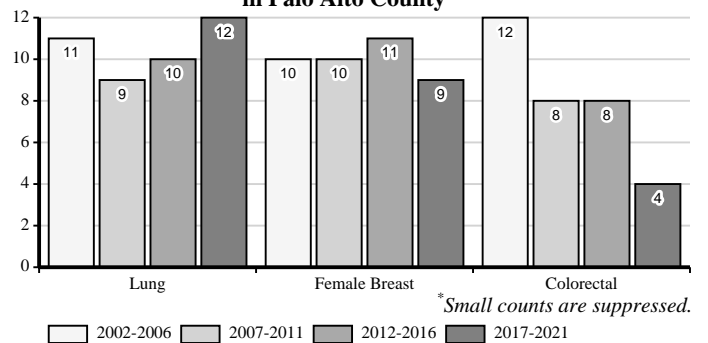
^{*}Small counts are suppressed. Deaths are by the county of residence of the decedent.

^{**}Alcohol deaths include alcohol abuse and alcohol related diseases.

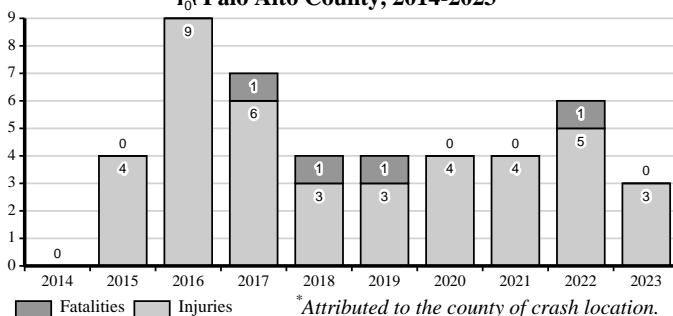
Number of All Cancer Cases and Cancer Deaths in Palo Alto County^{*2,5}



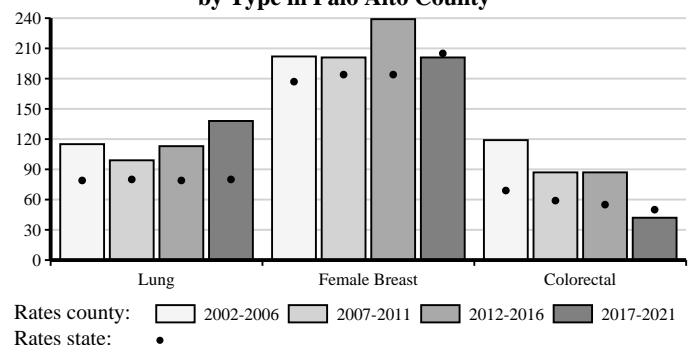
Estimated Annual Cancer Count by Type in Palo Alto County^{*5}



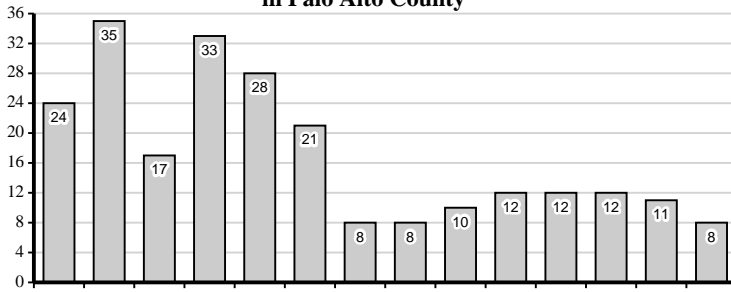
Number of Fatalities and Injuries in Vehicle Crashes Where Driver was Under the Influence of Drugs or Alcohol in Palo Alto County, 2014-2023^{*3}



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

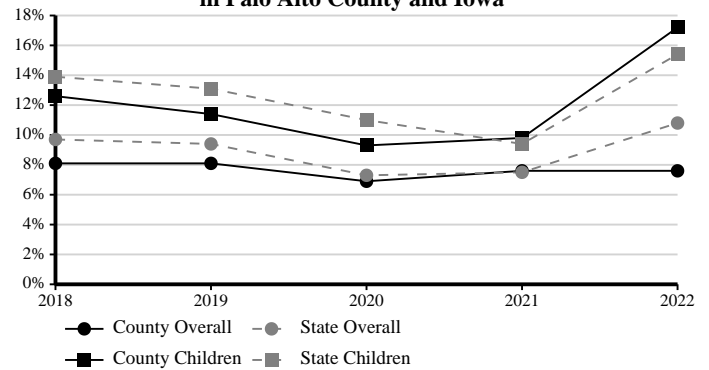


Number of ER Visits with a Primary Diagnosis of Asthma in Palo Alto County^{*6}

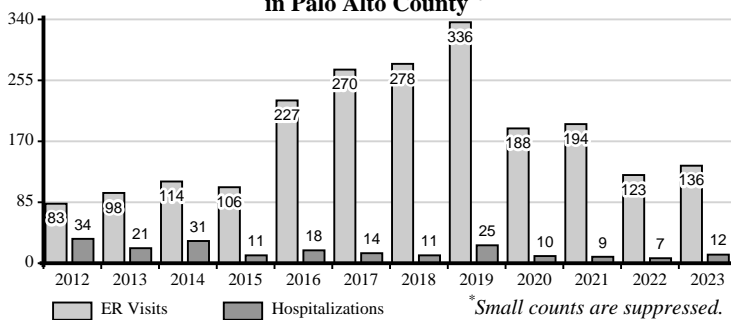


**Small counts are suppressed. If all years are suppressed, chart will be blank.*

Percent of Population Food Insecure in Palo Alto County and Iowa⁷



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

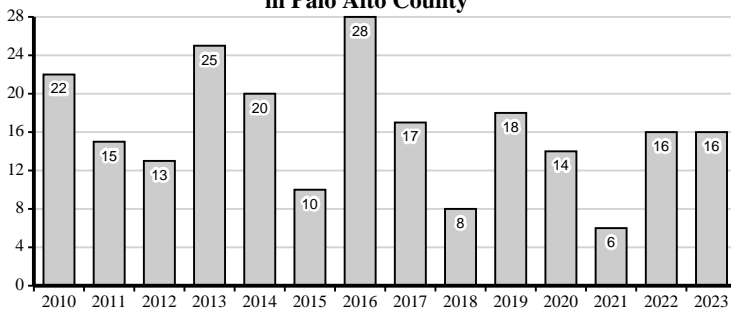


**Small counts are suppressed.*

Percent of Children Food Insecure, 2022⁷

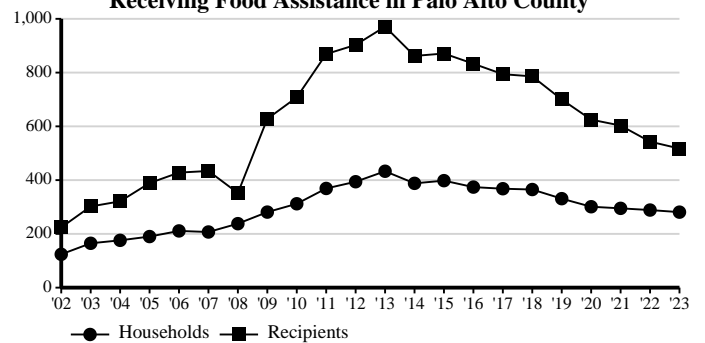


Number Hospitalizations with a Primary Diagnosis of Heart Attack in Palo Alto County^{*6}

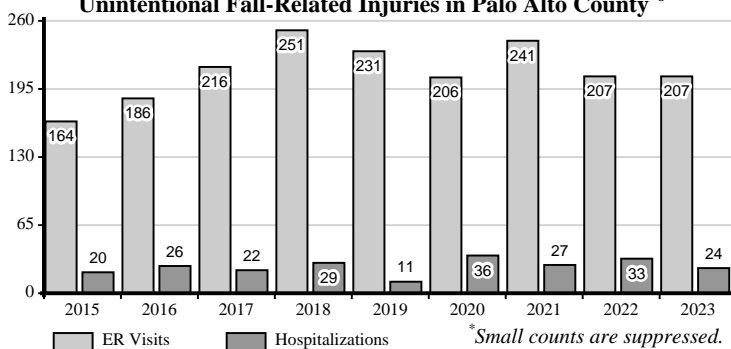


**Small counts are suppressed. If all years are suppressed, chart will be blank.*

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

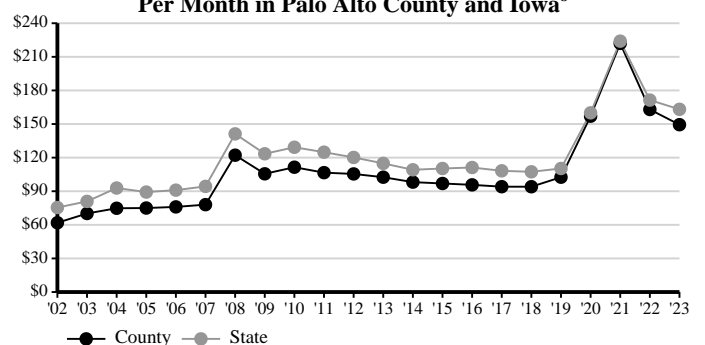


Number of ER Visits and Hospitalizations with a Diagnosis of Unintentional Fall-Related Injuries in Palo Alto County^{*6}

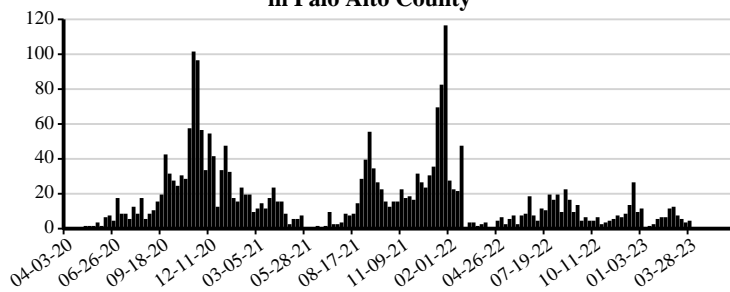


**Small counts are suppressed.*

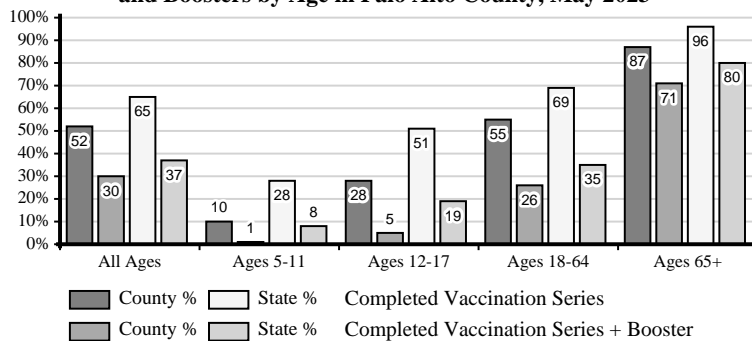
Average Food Assistance Benefits Paid Per Recipient Per Month in Palo Alto County and Iowa⁸



Number of Weekly Reported COVID-19 Cases in Palo Alto County⁹



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



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

	County Providers	County Population per Provider	State Providers	State Population per Provider
Primary Physicians				
2021	4	2,227	2,305	1,385
2020	4	2,211	2,331	1,357
2019	4	2,222	2,343	1,347
Dentists				
2022	2	4,382	2,268	1,411
2021	2	4,453	2,231	1,431
2020	2	4,423	2,203	1,436
Mental Health				
2023	10	876	6,358	503
2022	9	990	6,001	532
2021	9	983	5,555	569

Number of Hospitals, Nursing Facilities, and Beds in Palo Alto County and Iowa¹¹

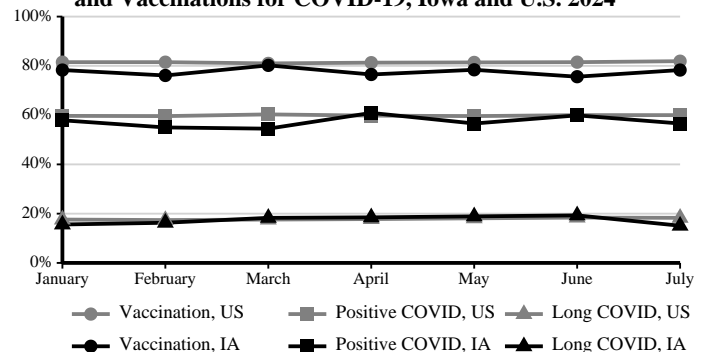
	County		State	
	2019	2021	2019	2021
Hospitals	1	1	122	120
Hospital Beds	47	47	11,771	11,423
Nursing Facilities	4	4	419	414
Nursing Facility Beds	198	196	29,581	28,474

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

	County	State
Cumulative Cases	2,428	908,936
Cumulative Rate *	26,990 / 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 Palo Alto 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	140	33,968
COVID-19 Deaths 2022	6	1,700
COVID-19 Deaths as % of all Deaths 2022	4.3%	5.0%
Total Deaths 2021	140	34,216
COVID-19 Deaths 2021	22	3,015
COVID-19 Deaths as % of all Deaths 2021	15.7%	8.8%
Total Deaths 2020	140	35,975
COVID-19 Deaths 2020	11	4,306
COVID-19 Deaths as % of all Deaths 2020	7.9%	12.0%

*Small counts are suppressed.

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

	County		State	
	2022	2023	2022	2023
Total Persons Treated	38	33	17,703	17,609
Alcohol	20	15	7,597	7,645
Marijuana/Hashish	6	*	3,163	3,127
Methamphetamine	10	12	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	8,743	+/-8	3,142,658	+/-508
With a Disability	14.3%	+/-1.7%	12.2%	+/-0.1%
Hearing	4.3%	+/-0.9%	3.8%	+/-0.1%
Vision	1.6%	+/-0.6%	1.9%	+/-0.1%
Cognitive	5.3%	+/-1.3%	4.9%	+/-0.1%
Ambulatory	6.8%	+/-1.3%	5.8%	+/-0.1%
Self care	1.3%	+/-0.5%	2.1%	+/-0.1%
Independent Living	5%	+/-1.4%	5.1%	+/-0.1%
Ages 18-64	4,836	+/-98	1,878,854	+/-1,559
With a Disability	11.6%	NA	7.2%	NA
Hearing	1.7%	+/-0.9%	2.1%	+/-0.1%
Vision	1.3%	+/-0.7%	1.6%	+/-0.1%
Cognitive	6.2%	+/-1.6%	4.7%	+/-0.1%
Ambulatory	4.9%	+/-1.7%	3.9%	+/-0.1%
Self care	1.1%	+/-0.8%	1.5%	+/-0.1%
Independent Living	4.1%	+/-1.3%	3.5%	+/-0.1%
Ages 65-74	1,047	+/-40	316,485	+/-730
With a Disability	21.4%	+/-6.8%	22%	+/-0.5%
Hearing	6.2%	+/-3.3%	9.3%	+/-0.3%
Vision	2.6%	+/-3.1%	3.2%	+/-0.2%
Cognitive	2%	+/-1.1%	3.9%	+/-0.2%
Ambulatory	11.4%	+/-5.4%	11.9%	+/-0.4%
Self care	2.8%	+/-1.4%	3.1%	+/-0.2%
Independent Living	4.8%	+/-4.1%	5.5%	+/-0.2%
Ages 75 and above	737	+/-17	218,340	+/-720
With a Disability	43.8%	+/-7.5%	43.3%	+/-0.6%
Hearing	28.5%	+/-7.8%	21.8%	+/-0.5%
Vision	3.7%	+/-2.3%	7.2%	+/-0.4%
Cognitive	3.8%	+/-1.9%	9.1%	+/-0.4%
Ambulatory	25.2%	+/-8%	25.4%	+/-0.6%
Self care	2.4%	+/-1.9%	8.5%	+/-0.3%
Independent Living	11.4%	+/-6.3%	18.2%	+/-0.5%

Educational Attainment, 2018-2022¹⁴

	County		State	
	Estimate	MOE [†]	Estimate	MOE [†]
Population 25 and older	6,058	+/-71	2,131,202	+/-967
High School Graduate or Higher	93%	+/-1.5%	93%	+/-0.1%
Bachelor's Degree or Higher	20.2%	+/-3%	30.3%	+/-0.3%

Percentage of Population by Age¹⁵

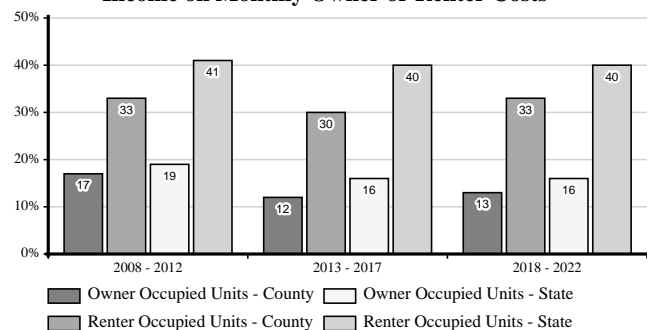
Age Groups	County		State	
	2010	2020	2010	2020
17 or younger	22.0%	22.5%	23.9%	23.2%
18 - 24	9.0%	7.6%	10.0%	9.8%
25 - 44	20.0%	21.2%	24.5%	24.6%
45 - 64	27.7%	25.3%	26.7%	24.5%
65 or older	21.3%	23.3%	14.9%	18.0%
65 - 84	17.1%	19.1%	12.4%	15.6%
85 or older	4.2%	4.3%	2.5%	2.4%
Median ^a age (years)	43.9	43.6	38.1	38.6
Age dependency ^b	76.4	84.7	63.4	69.9
Old-age	37.6	43.1	24.3	30.6
Child	38.8	41.6	39.1	39.4

Percentage of Population by Race/Hispanic Origin¹⁵

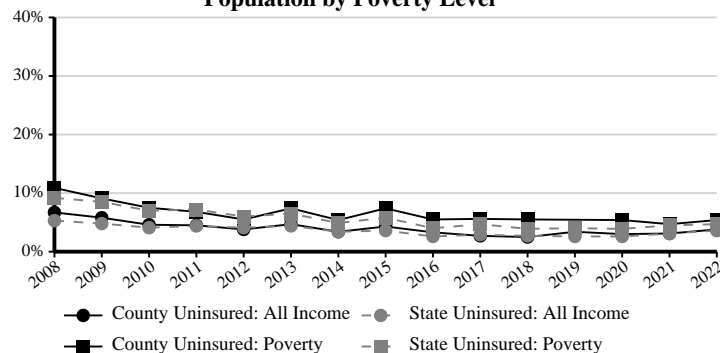
Race Groups	County		State	
	2010	2020	2010	2020
One race only	99.2%	96.6%	98.2%	94.4%
White	97.8%	94.1%	91.3%	84.5%
White alone, not Hispanic	96.7%	93.3%	88.7%	82.7%
Black or African American	0.5%	0.6%	2.9%	4.1%
Asian	0.3%	0.4%	1.7%	2.4%
American Indian	0.2%	0.3%	0.4%	0.5%
Hawaiian/Pacific Islander	0.1%	0.1%	0.1%	0.2%
Other	0.3%	1.2%	1.8%	2.8%
Two or more races	0.8%	3.4%	1.8%	5.6%
Hispanic origin ^a	1.6%	3.0%	5.0%	6.8%

^aHispanics can be of any race.

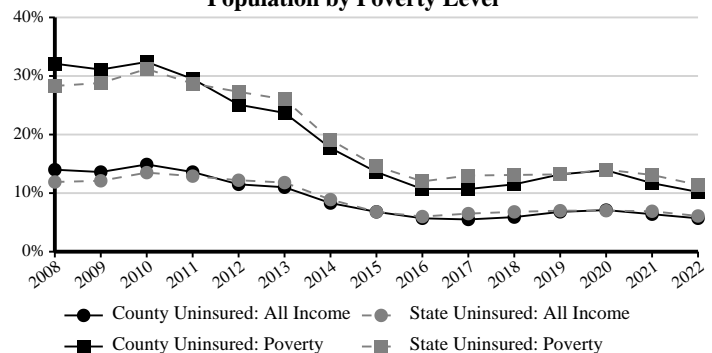
Percent of Households Spending 30% or More of Household Income on Monthly Owner or Renter Costs¹⁴



**Ages 0-18 Percent Health Uninsured
Population by Poverty Level¹⁶**



**Ages 18-64 Percent Health Uninsured
Population by Poverty Level¹⁶**

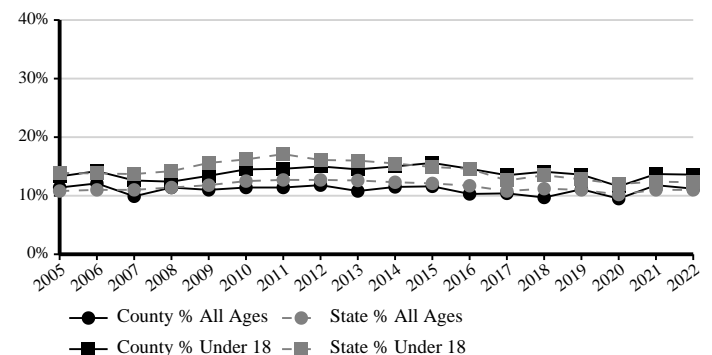


Median^a Household and Per Capita Income, 2018-2022¹⁴

	County		State	
	Estimate	MOE [†]	Estimate	MOE [†]
Total Households	3,635	+/- 151	1,290,139	+/- 4,032
Median Household Income	\$67,306	+/- \$5,588	\$70,571	+/- \$395
Median Family Income	\$86,020	+/- \$6,346	\$90,921	+/- \$579
Per Capita Income	\$33,517	+/- \$2,063	\$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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