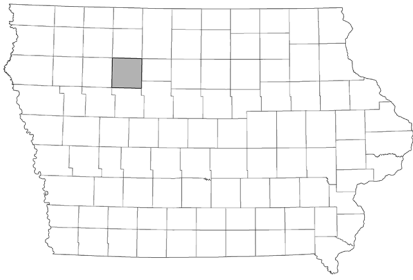


Data for Decision Makers



Pocahontas 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 Pocahontas County¹

	County			State		
	2019	2020	2021	2019	2020	2021
Smoking	20.6%	19.5%	19.3%	17.4%	16.8%	15.5%
Excessive Drinking	24.5%	24.1%	18.0%	24.6%	24.7%	23.1%
Obesity	35.6%	37.2%	39.5%	34.3%	37.2%	36.9%
Diabetes	9.2%	9.2%	8.9%	9.0%	8.9%	8.5%
Inactive	30.3%	26.0%	27.0%	26.1%	22.7%	23.8%
Insufficient Sleep	NA	32.0%	NA	NA	31.6%	NA

Years of Life Expectancy¹

	County		State	
	2015-17	2019-21	2015-17	2019-21
Life Expectancy	78.6	77.3	79.5	78.1

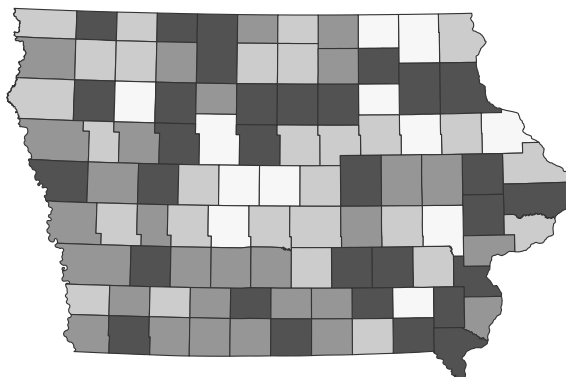
Years of Life Expectancy (2019-2021)¹



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

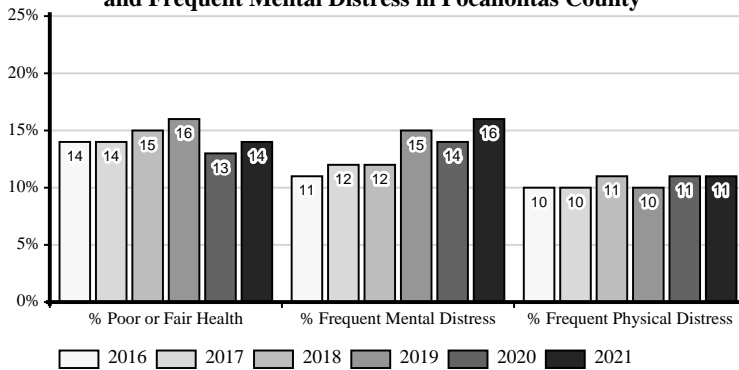
Michelle Sackville
822 Central Ave., Ste 102
Fort Dodge, IA 50501
sackvill@iastate.edu
515-576-2119

County Office

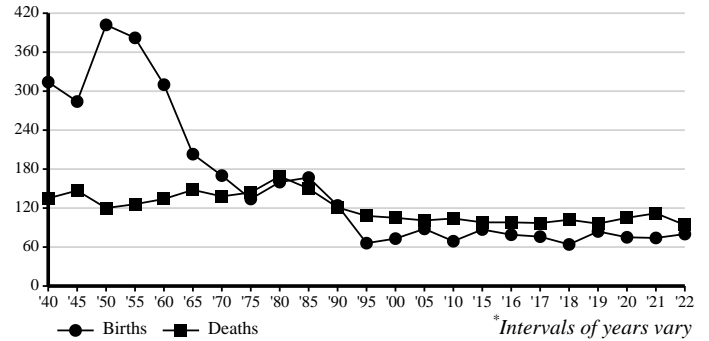
Erica Svuba
305 N Main St, PO Box 209
Pocahontas, IA 50574
esvuba@iastate.edu
712-335-3103

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

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



Number of Births and Deaths in Pocahontas 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	1,026	996	278,642	316,814
Alcohol** or Drugs	7	13	4,459	8,436
Suicides	17	9	3,695	4,955
Homicides	0	0	571	879
Transport Accidents	14	8	4,314	3,951
Other Accidents	20	26	8,179	12,085

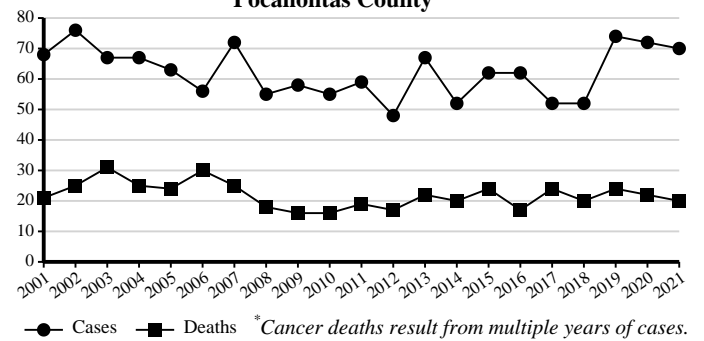
Average Annual Count (rounded)

	2004-13	2014-23	2004-13	2014-23
Total Deaths	103	100	27,864	31,681
Alcohol** or Drugs	1	1	446	844
Suicides	2	1	370	496
Homicides	0	0	57	88
Transport Accidents	1	1	431	395
Other Accidents	2	3	818	1,209

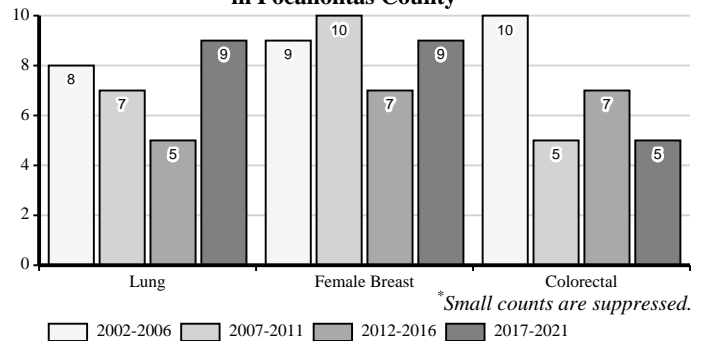
*Small counts are suppressed. Deaths are by the county of residence of the decedent.

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

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

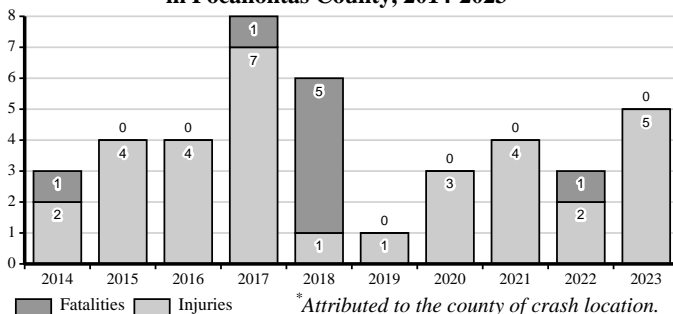


Estimated Annual Cancer Count by Type in Pocahontas County^{*5}



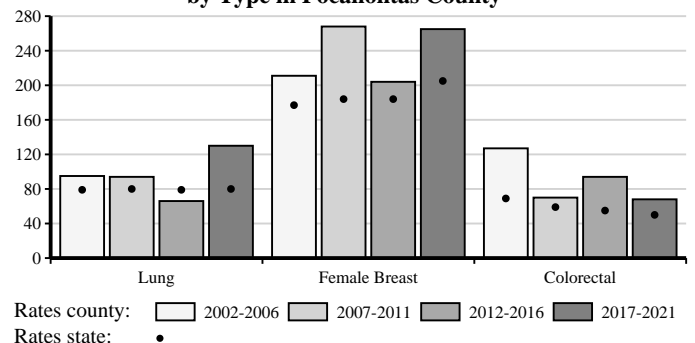
*Small counts are suppressed.

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



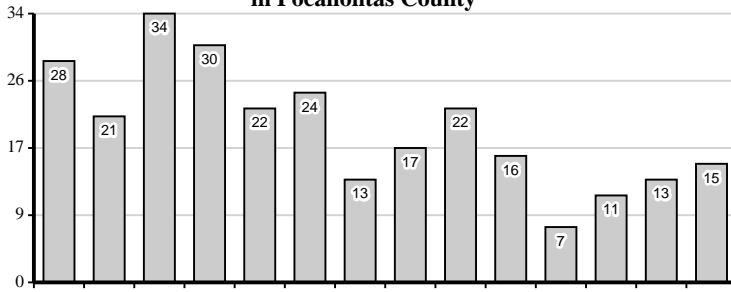
*Attributed to the county of crash location.

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



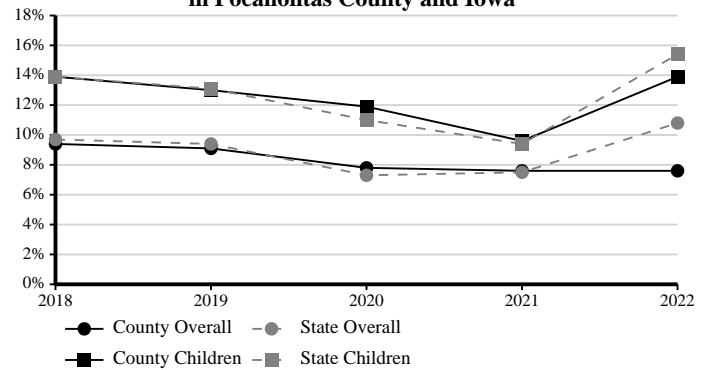
Rates county: Rates state: •

Number of ER Visits with a Primary Diagnosis of Asthma in Pocahontas County*⁶

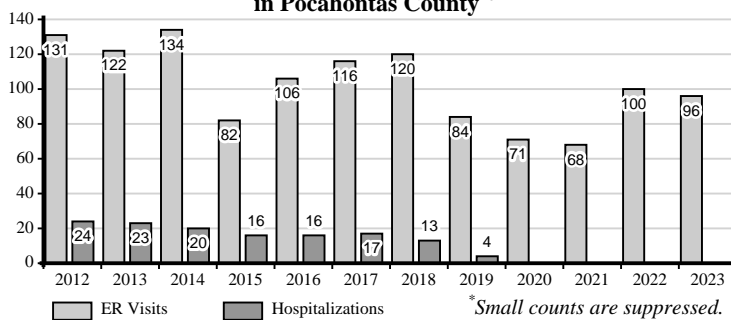


*Small counts are suppressed. If all years are suppressed, chart will be blank.

Percent of Population Food Insecure in Pocahontas County and Iowa⁷

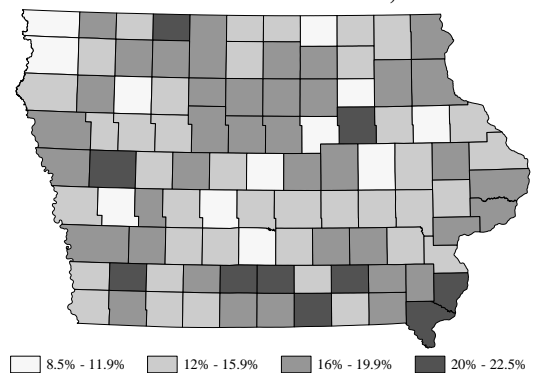


Number of ER Visits and Hospitalizations with a Primary Diagnosis of Chronic Obstructive Pulmonary Disease (COPD) in Pocahontas County*⁶

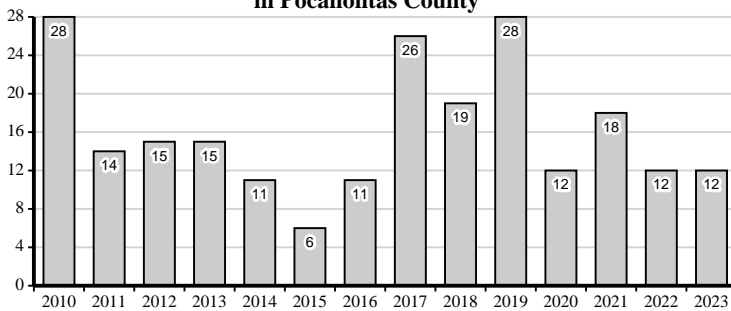


*Small counts are suppressed.

Percent of Children Food Insecure, 2022⁷

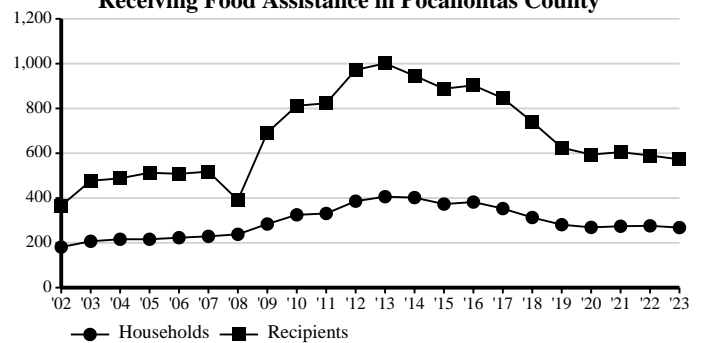


Number Hospitalizations with a Primary Diagnosis of Heart Attack in Pocahontas County*⁶

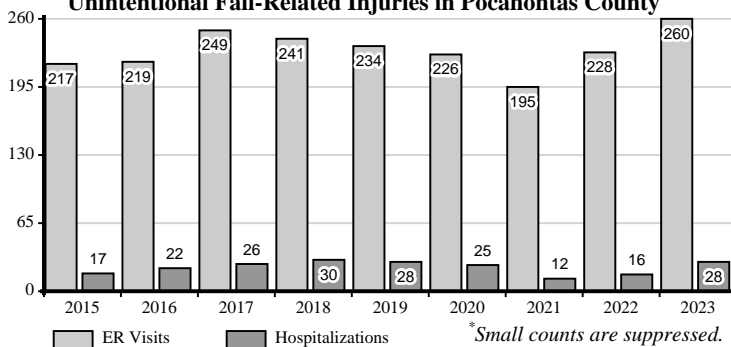


*Small counts are suppressed. If all years are suppressed, chart will be blank.

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

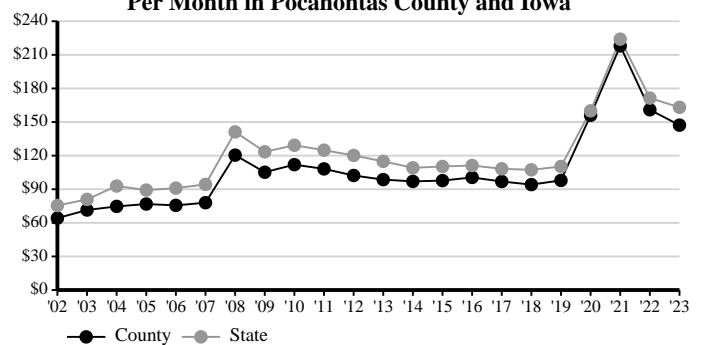


Number of ER Visits and Hospitalizations with a Diagnosis of Unintentional Fall-Related Injuries in Pocahontas County*⁶

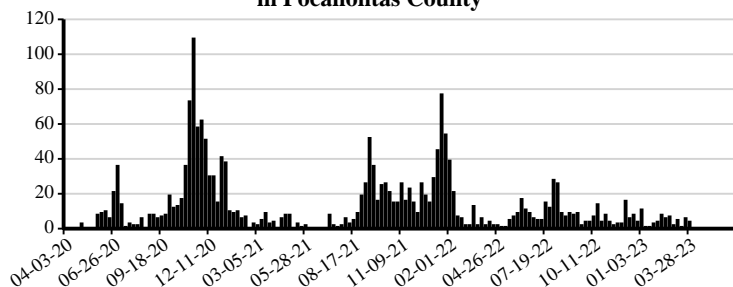


*Small counts are suppressed.

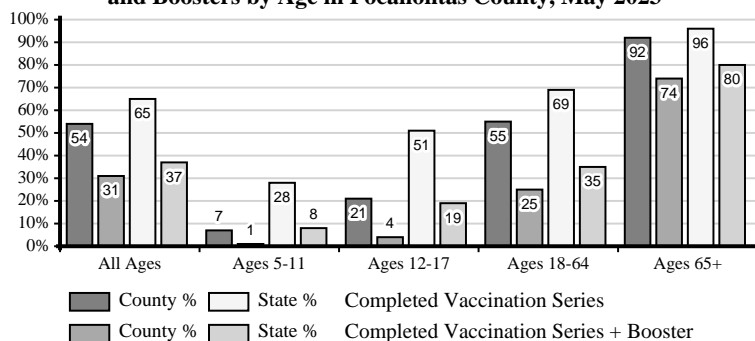
Average Food Assistance Benefits Paid Per Recipient Per Month in Pocahontas County and Iowa⁸



Number of Weekly Reported COVID-19 Cases in Pocahontas County⁹



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



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

	County Providers	County Population per Provider	State Providers	State Population per Provider
Primary Physicians				
2021	2	3,537	2,305	1,385
2020	2	3,304	2,331	1,357
2019	2	3,310	2,343	1,347
Dentists				
2022	4	1,763	2,268	1,411
2021	4	1,769	2,231	1,431
2020	5	1,321	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 Pocahontas County and Iowa¹¹

	County		State	
	2019	2021	2019	2021
Hospitals	1	1	122	120
Hospital Beds	25	25	11,771	11,423
Nursing Facilities	3	3	419	414
Nursing Facility Beds	129	129	29,581	28,474

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

	County	State
Cumulative Cases	1,953	908,936
Cumulative Rate *	27,593 / 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 Pocahontas 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	94	33,968
COVID-19 Deaths 2022	*	1,700
COVID-19 Deaths as % of all Deaths 2022	*	5.0%
Total Deaths 2021	112	34,216
COVID-19 Deaths 2021	10	3,015
COVID-19 Deaths as % of all Deaths 2021	8.9%	8.8%
Total Deaths 2020	105	35,975
COVID-19 Deaths 2020	15	4,306
COVID-19 Deaths as % of all Deaths 2020	14.3%	12.0%

*Small counts are suppressed.

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

	County		State	
	2022	2023	2022	2023
Total Persons Treated	31	26	17,703	17,609
Alcohol	14	10	7,597	7,645
Marijuana/Hashish	7	*	3,163	3,127
Methamphetamine	8	11	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	6,923	+/-18	3,142,658	+/-508
With a Disability	14.8%	+/-1.9%	12.2%	+/-0.1%
Hearing	4.9%	+/-1.2%	3.8%	+/-0.1%
Vision	1.4%	+/-0.7%	1.9%	+/-0.1%
Cognitive	5.4%	+/-1.1%	4.9%	+/-0.1%
Ambulatory	7.9%	+/-1.4%	5.8%	+/-0.1%
Self care	2.5%	+/-0.9%	2.1%	+/-0.1%
Independent Living	5.4%	+/-1.4%	5.1%	+/-0.1%
Ages 18-64	3,821	+/-89	1,878,854	+/-1,559
With a Disability	13.3%	NA	7.2%	NA
Hearing	2.7%	+/-1%	2.1%	+/-0.1%
Vision	1.6%	+/-1.1%	1.6%	+/-0.1%
Cognitive	5.1%	+/-1.5%	4.7%	+/-0.1%
Ambulatory	7.5%	+/-1.8%	3.9%	+/-0.1%
Self care	2.4%	+/-1.2%	1.5%	+/-0.1%
Independent Living	3.8%	+/-1.4%	3.5%	+/-0.1%
Ages 65-74	831	+/-21	316,485	+/-730
With a Disability	13%	+/-4.5%	22%	+/-0.5%
Hearing	6.4%	+/-3%	9.3%	+/-0.3%
Vision	1.9%	+/-1.3%	3.2%	+/-0.2%
Cognitive	2.5%	+/-1.6%	3.9%	+/-0.2%
Ambulatory	7.2%	+/-3.5%	11.9%	+/-0.4%
Self care	3.1%	+/-2.2%	3.1%	+/-0.2%
Independent Living	5.2%	+/-2.8%	5.5%	+/-0.2%
Ages 75 and above	701	+/-22	218,340	+/-720
With a Disability	40.2%	+/-8.3%	43.3%	+/-0.6%
Hearing	22.4%	+/-7.9%	21.8%	+/-0.5%
Vision	2%	+/-1.2%	7.2%	+/-0.4%
Cognitive	5.4%	+/-3.6%	9.1%	+/-0.4%
Ambulatory	22.4%	+/-5.9%	25.4%	+/-0.6%
Self care	6%	+/-3.1%	8.5%	+/-0.3%
Independent Living	14.4%	+/-6.9%	18.2%	+/-0.5%

Educational Attainment, 2018-2022¹⁴

	County		State	
	Estimate	MOE [†]	Estimate	MOE [†]
Population 25 and older	4,946	+/-57	2,131,202	+/-967
High School Graduate or Higher	91.5%	+/-1.9%	93%	+/-0.1%
Bachelor's Degree or Higher	17.1%	+/-2.3%	30.3%	+/-0.3%

Percentage of Population by Age¹⁵

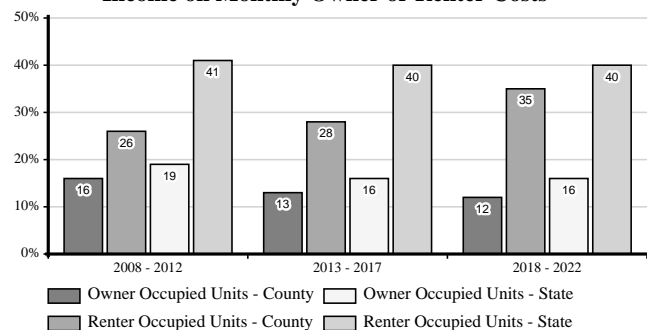
Age Groups	County		State	
	2010	2020	2010	2020
17 or younger	21.5%	22.7%	23.9%	23.2%
18 - 24	6.1%	5.8%	10.0%	9.8%
25 - 44	18.4%	21.1%	24.5%	24.6%
45 - 64	31.9%	26.4%	26.7%	24.5%
65 or older	22.1%	24.0%	14.9%	18.0%
65 - 84	17.9%	20.4%	12.4%	15.6%
85 or older	4.2%	3.5%	2.5%	2.4%
Median ^a age (years)	47.6	45.3	38.1	38.6
Age dependency ^b	77.3	87.6	63.4	69.9
Old-age	39.2	45.0	24.3	30.6
Child	38.1	42.6	39.1	39.4

Percentage of Population by Race/Hispanic Origin¹⁵

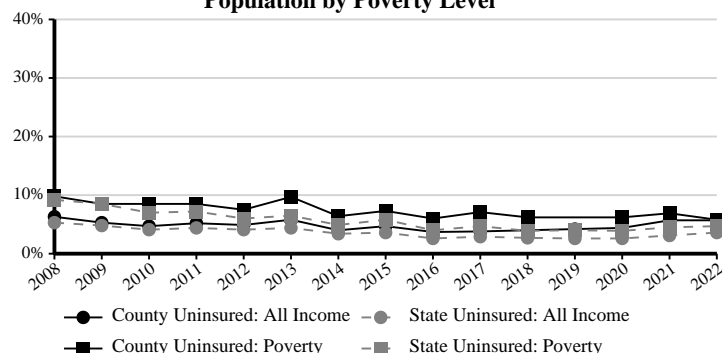
Race Groups	County		State	
	2010	2020	2010	2020
One race only	98.9%	95.8%	98.2%	94.4%
White	97.5%	91.3%	91.3%	84.5%
White alone, not Hispanic	96.3%	90.2%	88.7%	82.7%
Black or African American	0.4%	0.9%	2.9%	4.1%
Asian	0.2%	0.4%	1.7%	2.4%
American Indian	0.2%	0.3%	0.4%	0.5%
Hawaiian/Pacific Islander	0.1%	0.3%	0.1%	0.2%
Other	0.6%	2.6%	1.8%	2.8%
Two or more races	1.1%	4.2%	1.8%	5.6%
Hispanic origin ^a	2.3%	5.0%	5.0%	6.8%

^aHispanics can be of any race.

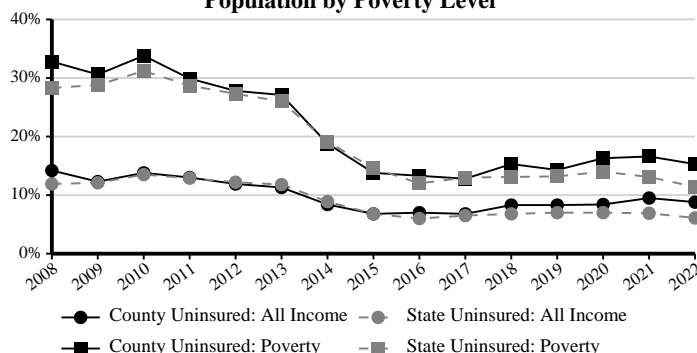
Percent of Households Spending 30% or More of Household Income on Monthly Owner or Renter Costs¹⁴



Ages 0-18 Percent Health Uninsured Population by Poverty Level¹⁶



Ages 18-64 Percent Health Uninsured Population by Poverty Level¹⁶

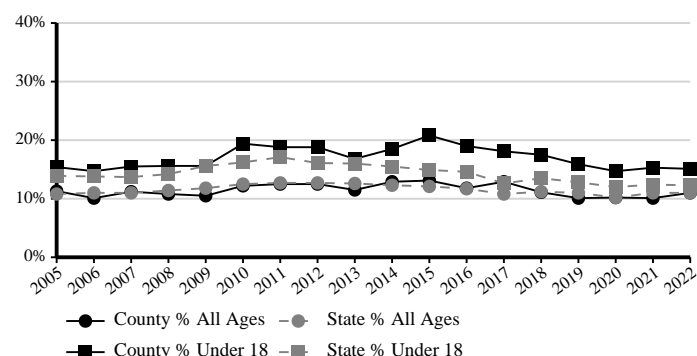


Median^a Household and Per Capita Income, 2018-2022¹⁴

	County		State	
	Estimate	MOE [†]	Estimate	MOE [†]
Total Households	3,083	+/- 96	1,290,139	+/- 4,032
Median Household Income	\$61,434 +/- \$3,811		\$70,571 +/- \$395	
Median Family Income	\$82,009 +/- \$7,707		\$90,921 +/- \$579	
Per Capita Income	\$33,918 +/- \$2,075		\$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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