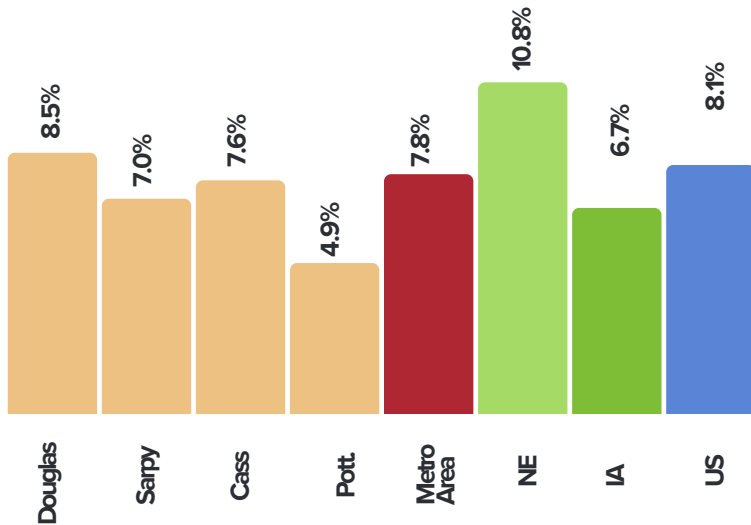


Pottawattamie County Specific Data

Access the full report by visiting: <https://tinyurl.com/MetroCHA>

ACCESS TO HEALTH SERVICES

Lack of Health Insurance Coverage



In Pottawattamie County, 4.9% of adults aged 18-64 do not have health insurance. This means they have no private insurance or government coverage (like Medicaid) to help pay for medical care.

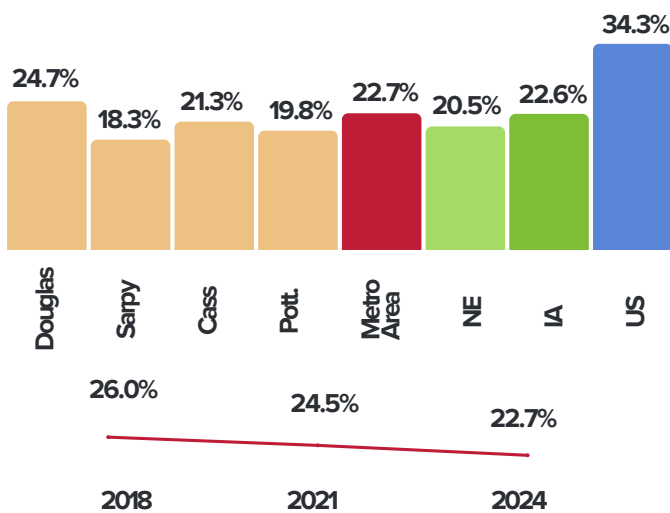
What does this mean for Pottawattamie County?

- Pottawattamie County has one of the lowest uninsured rates in the Metro Area.
- The number of people who are uninsured in Pottawattamie County is also lower than both the Iowa and US average.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 117]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2022 Nebraska and Iowa data.
 • 2023 PRC National Health Survey, PRC, Inc.
 • US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

SUBSTANCE USE

Excessive Drinking



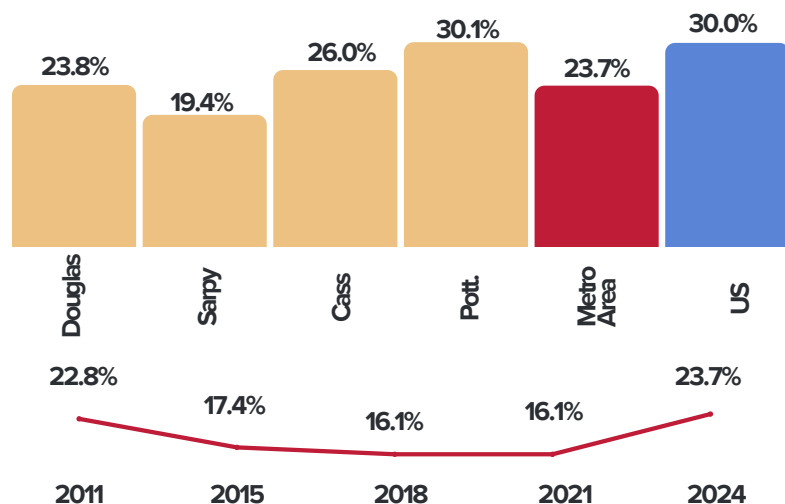
In Pottawattamie County, 19.8% of adults take part in excessive drinking, which includes both heavy and binge drinking. This is lower than the Metro Area, NE, and IA average.

- The rate of excessive drinking in the Metro Area has been decreasing since 2018, which is a positive trend.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 42]
 • 2023 PRC National Health Survey, PRC, Inc.

NUTRITION, PHYSICAL ACTIVITY, & WEIGHT

Find It "Very" or "Somewhat" Difficult to Buy Affordable Fresh Produce



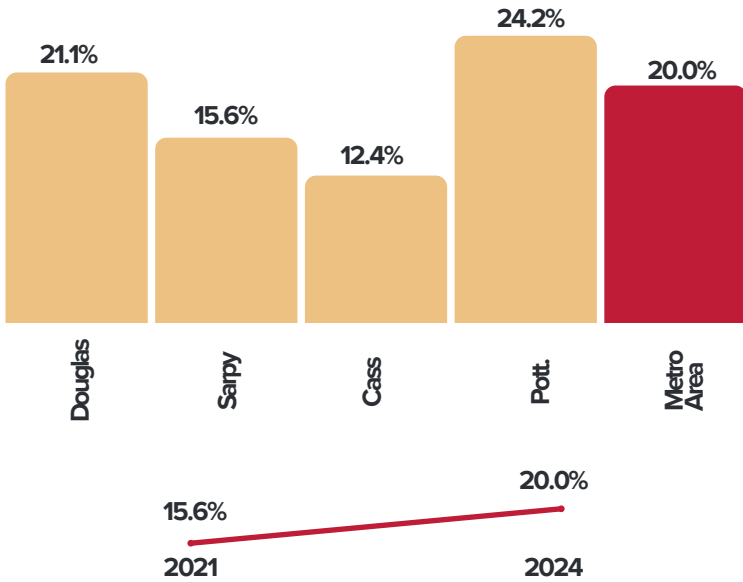
30.1% of adults in Pottawattamie county have a hard time finding affordable fresh fruits and vegetables.

- This is higher than the metro area average and higher than the U.S. average, meaning food access is a bigger challenge in Pottawattamie County than in many other places.
- Women, young adults, low-income households, Hispanic adults, Black/African American adults, those of diverse races, and LGBTQ+ respondents are most affected.

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 66]
 • 2023 PRC National Health Survey, PRC, Inc.

MENTAL HEALTH

Moderate to Severe Anxiety/Depression



At the time of the survey, 20% of Metro Area adults reported feeling symptoms of moderate-to-severe anxiety and/or depression. This was based on a Patient Health Questionnaire-4 (PHQ-4) score of 6 or higher.

The PHQ-4 is a short survey that screens for anxiety and depression symptoms. It doesn't diagnose but helps identify those who may need further evaluation. Participants reported how often, in the past two weeks, they felt anxious, worried, depressed, or lost interest in activities.

- These feelings have increased significantly since 2021.

What does this mean for Pottawattamie County?

- In Pottawattamie County, 24.2% of adults have moderate to severe anxiety or depression. This is higher than the Metro Area average.

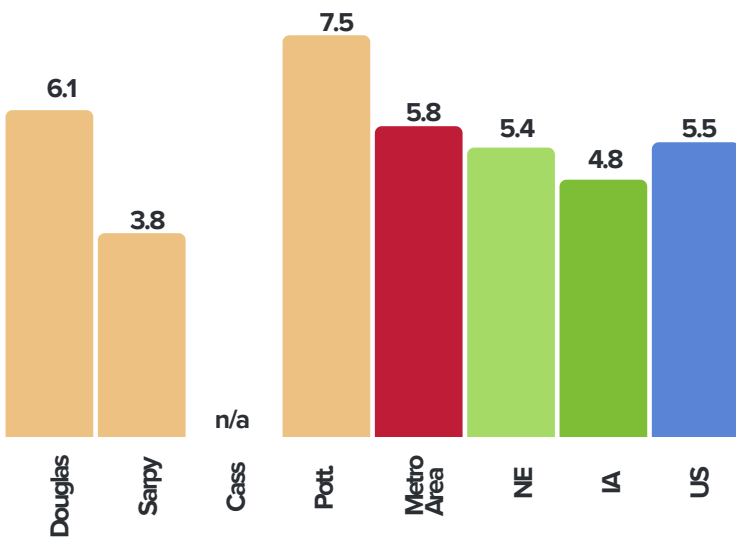
Who in our community is most affected?

- Young adults
- Women
- LGBTQ+ respondents
- Low-income households

Sources: • 2024 PRC Community Health Survey, PRC, Inc. [Item 357]

INFANT HEALTH & FAMILY PLANNING

Infant Mortality Rates



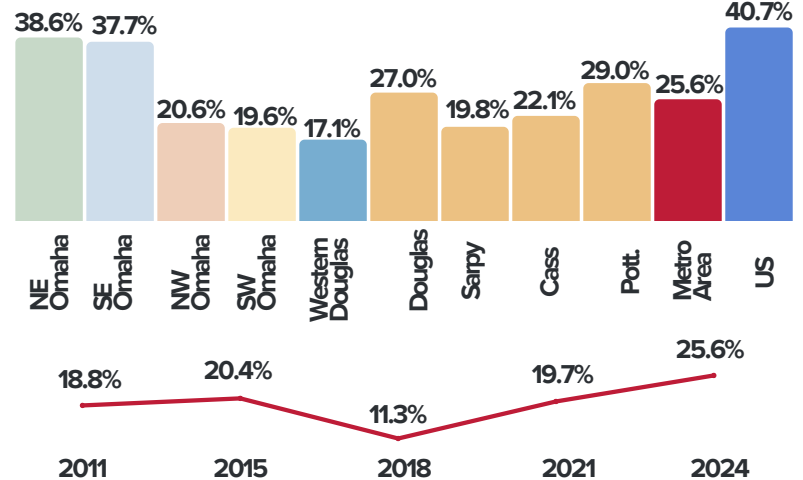
Between 2018 and 2020, 7.5 out of every 1,000 babies born in Pottawattamie County did not survive their first year. This is higher than the Nebraska, Iowa, and U.S. rates, meaning more infants are dying in Pottawattamie County compared to other places.

- This is much higher among Black infants compared to White or Hispanic infants in the Metro Area.

Sources: • CDC WONDER Online Query System. Centers for Disease Control and Prevention, National Center for Health Statistics, Division of Vital Statistics. Data extracted June 2024.
 • US Department of Health and Human Services. Healthy People 2030. <https://health.gov/healthypeople>

SOCIAL DETERMINANTS OF HEALTH

“Often” or “Sometimes” Worry About Food Running Out Before Having Money to Buy More



In Pottawattamie County, 29.0% people reported worrying about running out of food in the past year.

- Pottawattamie County's rate is higher than the Metro Area but lower than the national average.

Sources: • US Department of Agriculture, Economic Research Service, USDA - Food Access Research Atlas (FARA).
 • Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved June 2024 via SparkMap (sparkmap.org).