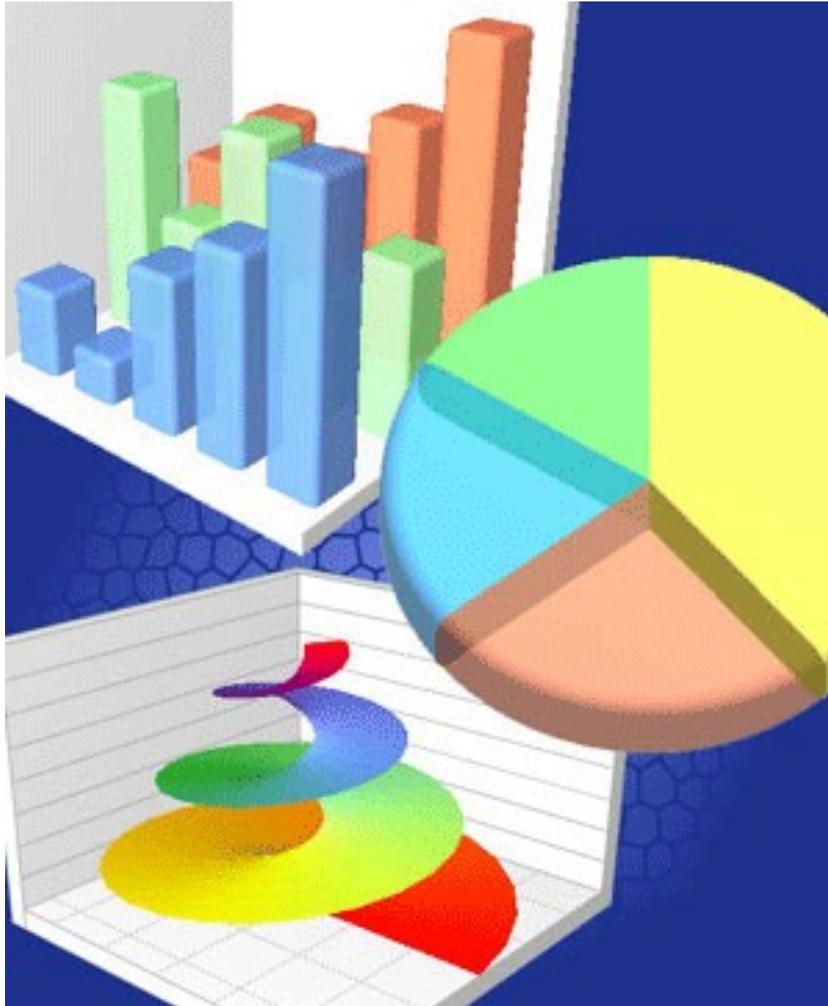


Polk County Health Chartbook: 2010 Edition



October 2010

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This *Chartbook* was created by the Child & Family Policy Center for the Polk County Health Department.

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Polk County Health Chartbook

Child & Family Policy Center
October 2010

Introduction

How healthy are Polk County residents? How can that health be maintained and improved?

Good information is needed to answer these questions and to take effective actions to improve health. This *Polk County Health Chartbook* brings together health information about Polk County residents from a variety of sources to begin to answer these questions. In some instances, where data on Polk County alone is not available, information is provided for Iowa as a whole. To put Polk County information in context, comparative information from Iowa and the country often is provided as well.

This 2010 edition of the *Polk County Health Chartbook* updates the 2008 edition with more recent data (usually replacing 2006 data with 2008 data). It also includes new information on child public health insurance coverage and a new appendix that summarizes the Health Policy Institute's county health rankings.

Chapter One – Demographics. The *Chartbook* begins with demographic information on the residents of Polk County that also provide insights into changes in the population that are likely to occur over the two next decades which must be recognized in developing actions to maintain and improve health. Three demographic trends are highlighted: (1) the growth dynamics within Polk County by geography; (2) the growing diversity of Polk County residents, led by the child population; and (3) the projected increase in the senior population within Polk County.

Chapter Two – Child Health and Well-Being. The *Chartbook* continues by providing information on the health of Polk County's child population, starting with birth. These include specific child health indicators and broader measures related to healthy child development. The child health indicators include: (1) low birthweight; (2) elevated blood lead levels; (3) asthma and obesity; and (4) adolescent smoking and drinking. The broader child well-being indicators include: (1) child abuse; and (2) fourth grade reading proficiency and high school completion.

Chapter Three – Child Health Services. The *Chartbook* then provides information on health services that contribute to child health and well-being. These include: (1) child public health insurance; (2) early entry into prenatal care; and (3) immunization levels. Due to both state and federal actions, the percentage of children covered by public health insurance (Medicaid and *hawk-i*) has increased dramatically.

Chapter Four – Adult Health and Well-Being and Adult Health Services. Next, the *Chartbook* looks at adult health and well-being measures and adult health services. Specific health measures include: (1) premature deaths; (2) obesity and diabetes; (3) smoking; (4) alcohol abuse and drug use; (5) sexually transmitted diseases and HIV/AIDS; and (6) mental health. Well-being

measures include: (1) unemployment; (2) educational attainment; and (3) violent crime. Health services measures include: (1) health insurance coverage; and (2) number of physicians.

Chapter Five – Household Factors. Next, the *Chartbook* looks at households and family information, factors that play a vital role in the health and well-being of individuals. These measures include: (1) poverty and low-income status; (2) single parenting; (3) grandparents raising children; (4) births to adolescents; (5) births to single mothers; and (6) home ownership.

Chapter Six – Neighborhood Factors. Finally, the *Chartbook* looks at neighborhoods within Polk County, particularly highlighting census tracts where the health and well-being of residents are most at risk. This includes both within county comparisons of neighborhoods and comparisons with the state as a whole in the prevalence of such neighborhoods.

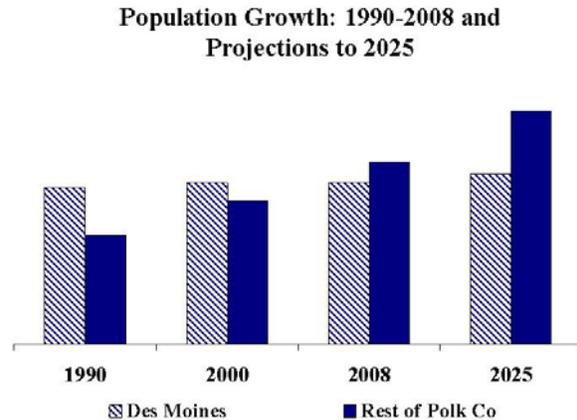
Appendix – Polk County’s Ranking in Iowa. The appendix provides information from the Population Health Institute (PHI) of the University of Wisconsin, which provides county health rankings within each state in the country, employing much of the same data reported in this *Chartbook*. According to PHI, Polk County ranks 64th among Iowa’s 99 counties in overall health outcomes, while ranking 12th on clinical care measures and 93rd on physical environment.

Chapter One – Demographics

Growth Dynamics

Polk County is growing and changing. By population, Polk County is the largest county in the state and its growth well outpaces that for the state as a whole. Des Moines is the largest city in Iowa and until 2005 still had the majority share of Polk County’s population, but the areas of highest growth have been outside Des Moines.

Between 1990 and 2008, Des Moines’ population grew by 3.5%, while the rest of Polk County’s population grew by 67.8%. Projections to 2025 show this continuation of differential growth, with the population outside Des Moines to represent nearly 60% of Polk County’s population in 2025.



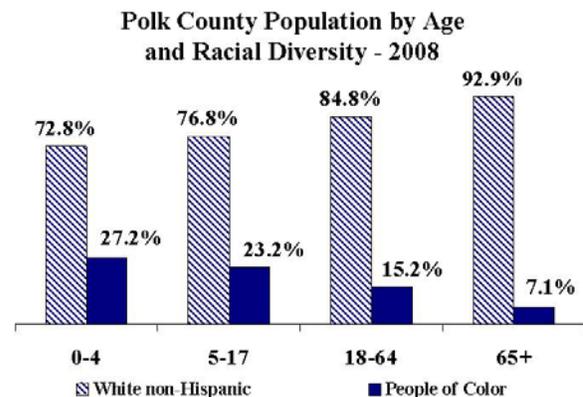
	1990	2000	2008	2025
Des Moines	193,187	198,682	200,010	210,182
Polk County	327,140	374,601	424,590	497,590
Iowa	2,776,755	2,926,324	3,002,144	3,250,144

Sources: for 1990, 2000, and 2008 are U.S. Census; for 2025 is Woods and Poole estimates

Diversity

Polk County also is much more racially and ethnically diverse than the state as a whole. Particularly since 1990, there has been a dramatic growth in the Hispanic population, particularly within Des Moines.

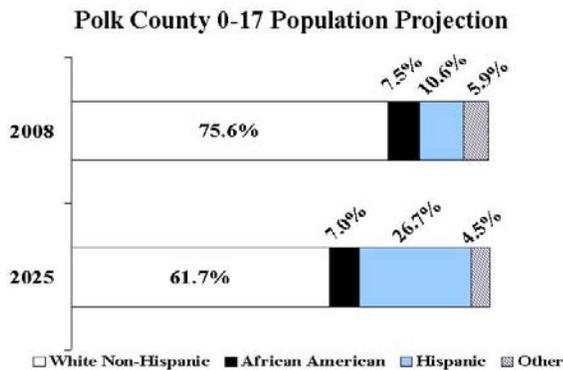
Further, children are leading the way in this diversity. As the first bar graph shows, while only 7.1% of Polk County seniors and 15.2% of working age adults are of color, 23.2% of school-age children and 27.2% of preschool children are of color.



Source: U.S. Census Bureau: 2005 American Community Survey

As this second bar graph shows, projections to 2025 show that the child population will grow primarily due to a growth in Hispanic children, with implications for both Polk County’s health care and education systems.

As the Table shows, Des Moines has grown much more diverse, while the rest of Polk County has not, and has a smaller proportion of residents of color than the state of Iowa as a whole.



Source: 2006 Woods and Poole Population Projections

	1990	2000	2008
Des Moines			
% White, Non-Hispanic	87.8%	79.6%	73.1%
% African American	7.1%	8.1%	9.9%
% Hispanic	2.5%	6.6%	10.8%
% Asian-Pacific Islander	2.4%	3.5%	4.6%
Rest of Polk County			
% White, Non-Hispanic	96.9%	94.2%	92.3%
% African American	0.8%	1.2%	1.5%
% Hispanic	1.1%	1.9%	3.0%
% Asian-Pacific Islander	1.0%	1.7%	2.2%

Seniors

Because people are living longer and baby-boomers are reaching retirement age, the country as a whole is aging. Polk County’s own growth since 1990 has been highest among those under 18 and those over 75. Overall, Polk County remains younger than the state as a whole (and more like the country as a whole). Particularly looking at future growth, however, Polk County is definitely aging. This aging has profound implications to the health care system, as seniors have the greatest health care needs and demands upon the system. It also has implications to Polk County’s overall economic system and the capacity of workers to support both children and seniors. The greatest growth from now until 2025 will be among those between 65 and 74, at more than four times the rate of those under 65. The working age population will be much smaller in relation to the child and senior population than at any other time in history.

	1990	2008	% Growth 1990 – 2008	2025	% Projected Growth 2008 – 2025
Polk County					
0 – 17	81,971	113,041	37.9%	132,410	17.1%
18 – 64	207,486	264,471	21.9%	294,360	11.3%
65 – 74	21,162	24,210	14.4%	40,690	68.1%
75+	16,521	23,056	39.6%	30,130	30.7%
Total	327,140	424,778	29.8%	497,590	17.1%

Chapter Two – Child Health and Well-Being

Children’s health and well-being is important not only for its present costs and consequences to society, but because child health is the foundation for healthy growth and development that extends into adult life. While the vast majority of health expenditures are at the other end of the life cycle, investments in children’s health, particularly in primary, preventive, and developmental health services, can have the highest long-term benefits to society, both in terms of a healthy community and in terms of health expenditures.

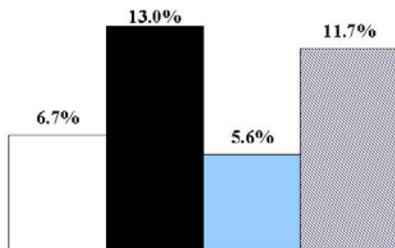
Low Birthweight

Low Birthweight					
	1990	2000	2005	2008	Change
Polk	6.6%	6.2%	7.5%	6.9%	4.5%
Iowa	5.4%	6.1%	7.2%	6.7%	24.1%
U.S.	7.0%	7.6%	8.1%	8.2%	17.1%

Source: Iowa Department of Public Health

Child health starts with a healthy birth. Children born at low birthweight (under 5.5 pounds) are most likely to have health complications and problems, often the result of prematurity. Low birthweight is related to maternal stress and lifestyle issues related to exercise, nutrition, and smoking. Like Iowa and the country as a whole, Polk County has experienced some increase in low birthweight over the last eighteen years, although at a much lower rate than the state or country as a whole.

Polk County Low Birthweight
2008 Vital Records



□ White non-Hispanic ■ Black □ Hispanic ▨ Asian/PI

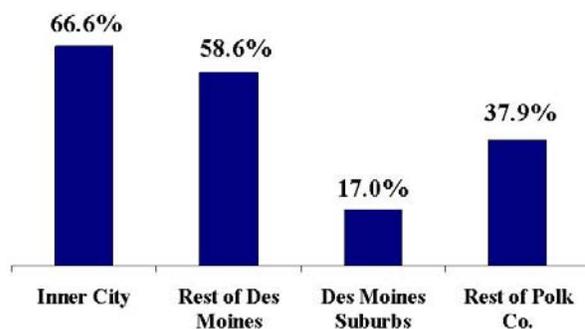
Source: Child & Family Policy Center analysis of Iowa Department of Public Health data

Low birthweight also is related to both income and race. Low birthweight generally is higher among women with low-incomes and women who do not have prenatal care. Like Iowa and the country, low birthweight (as well as infant mortality) is much higher among African American women. These differences exist across socio-economic and geographic lines.

Elevated Blood-Lead Levels

Lead poisoning has devastating effects upon children and their development. Very young children are particularly susceptible, and the effects of lead poisoning on brain development cannot be reversed. Fortunately, lead poisoning can be prevented and primarily is caused by lead paint from homes built prior to 1978.

% Housing Built Before 1960 by Geographic Area

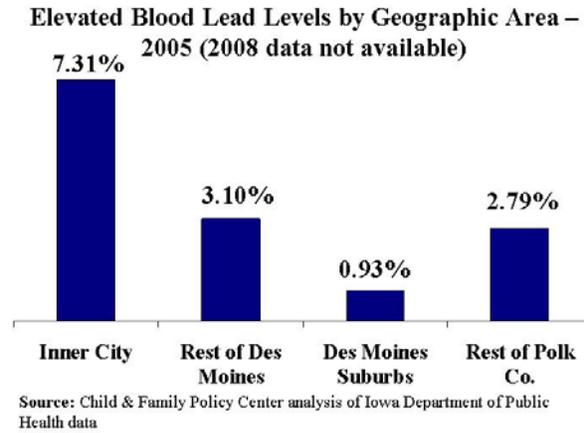


Source: Census 2000

Not all young children are tested for lead poisoning, but information for Polk County shows that, of those that are, one in fifty have blood-lead levels that compromise their development. While there has been a downward trend in the percentage of children with elevated blood-lead levels in Polk County, the state, and the nation, continued work needs to be done to reduce these figures down to zero.

Elevated Blood Lead Level Children Age 0-5				
	2000	2005	2008	Change
Polk	4.7%	4.3%	2.3%	-51.1%
Iowa	10.4%	6.6%	4.0%	-61.5%
U.S.	7.5%		4.4%	-41.3%

Source: Iowa Department of Public Health



Asthma and Obesity

Both asthma and obesity among children have been on the rise in this country. These not only are childhood concerns, but they have long-term health implications to society. Early identification and treatment of asthma, which can include actions to improve the child’s environment as well as to address the asthma itself, dramatically improve children’s health and development. Children form their eating and exercise patterns early in life, and the increase in obesity among children has consequences in adult obesity and diabetes. Diabetes itself has grown alarmingly among children.

While there is not an information source at the county level on the prevalence of asthma and obesity among children, state and national data indicate the growing nature of these concerns. A survey of residents in Des Moines’ Making Connections neighborhoods also has showed that the prevalence of asthma in Des Moines’ poorest neighborhoods is twice the rate for the state as a whole, potentially the result of older housing and air quality.

Overweight Children					
	1990	2000	2005	2007	Change
Iowa		13.6%	14.8%	13.5%	8.8%
U.S.	10.5%	14.8%	17.4%	17.9%	65.7%

Sources: Iowa Department of Public Health for ages 14-18 and Natural Health and Nutrition Exam Survey – Ages 12-19

Children with Asthma					
	1990	2000	2005	2008	Change
Iowa	5.5%	6.2%	6.7%	6.6%	20.0%
U.S.	5.8%	8.7%	8.9%	9.4%	62.0%

Sources: Iowa Department of Public Health for ages 14-18 and Behavioral Risk Factor Surveillance System

Adolescent Smoking and Drinking

Many Iowa schools administer the Youth Survey every three years, to gather important information directly from youth on a variety of educational and social issues. The Youth Survey asks about two behaviors that are very related to health – smoking and underage drinking. Most school districts in Polk County administer the survey and their reports are combined to provide the information here on both: smoking in the last thirty days and drinking in the last thirty days.

Adolescent Smoking and Drinking In Last 30 Days, 11 th Grade Children								
	Smoking				Drinking			
	2000	2005	2008	Change	2000	2005	2008	Change
Polk	19.6%	14.9%	12.0%	-38.8%	25.7%	24.2%	19.0%	-26.1%
Iowa	19.1%	13.5%	12.0%	-37.2%	26.1%	23.0%	19.0%	-27.2%
U.S.	25.9%	18.4%	19.5%	-19.5%	38.3%	34.2%	41.9%	9.1%
	(1999)	(2002)	(2008)		(1999)	(2002)	(2008)	

Source: Iowa Youth Survey

As the figures show, student smoking has declined substantially in Polk County over the last six years, and Polk County students are well below the national average for smoking, but one in eight students still are at least experimenting with cigarettes. Reported adolescent drinking also has declined, but experimentation with drinking is more prevalent than for smoking.

Suicide Risk Avoidance

Also on the Youth Survey are questions related to suicide: “In the last twelve months, did you make a plan about how you would attempt suicide? Have you ever tried to kill yourself?” Suicide is the second leading cause of death to 10- to 24-year-olds. While the number of actual suicides among young people is very small, suicide ideation is often a sign of other mental and social concerns, including isolation from positive supports. In Polk County and in Iowa, about one in five eleventh graders has consistently responded “yes” to the question about suicide risk. From an individual perspective, counseling often is needed to help these youth address their thoughts about suicide and about other mental health conditions that give rise to these thoughts. From a community perspective, positive youth development activities and opportunities can reduce adolescent isolation and depression that contributes to suicide risk.

Suicide Risk Among 11th Graders Last Year, Planning or Attempting Suicide					
	1999	2002	2005	2008	Change *
Polk	20.6%	23.5%	20.9%	18.5%	-10.2%
Iowa	20.7%	21.7%	20.5%	18.7%	-9.7%

Source: Iowa Youth Survey
* Because of sample size and methods of survey collection, year-to-year changes are not statistically significant.

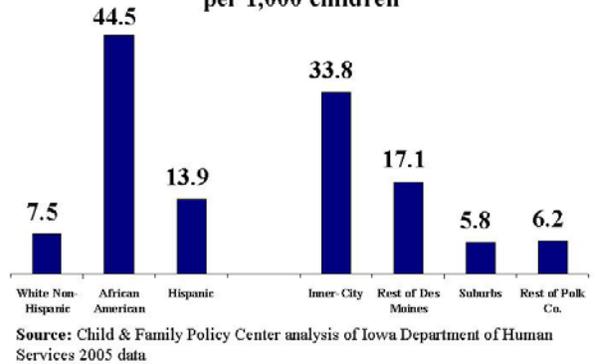
Child Abuse

Child abuse threatens a child’s health and well-being in a number of ways, ways that include but extend well beyond direct physical health concerns. Children who are abused have higher rates of school difficulties, depression, aggressive behaviors, and later social problems, including mental illness, homelessness, and substance abuse.

Confirmed cases of child abuse occur for a very small percentage of children. There is wide variation across counties and across the country in confirmed cases of child abused, which are related both to underlying conditions and to local enforcement practices. Recently, confirmed rates have declined very substantially in Polk County.

Confirmed child abuse rates also vary significantly by both race and location in Polk County, with rates three times higher for African American children and within inner-city neighborhoods (see Chapter 6) in Des Moines.

Children with Confirmed and Founded Child Abuse Reports by Race and Geographic Location per 1,000 children



Confirmed Child Abuse Per 1,000 children age 0-17					
	1990	2000	2005	2008	Change
Polk	18.0	16.1	19.8	11.5	-36.1%
Iowa	11.4	13.5	22.5	15.4	35.1%
U.S.	15.4	12.2	12.1	10.6	-31.2%

Source: Iowa Department of Human Services

Fourth Grade Reading and High School Completion

Children’s health and development is integrally related to educational success. Untreated health conditions are a significant factor for school difficulties, and children who are not successful in school are more likely to engage in risky behaviors that jeopardized health.

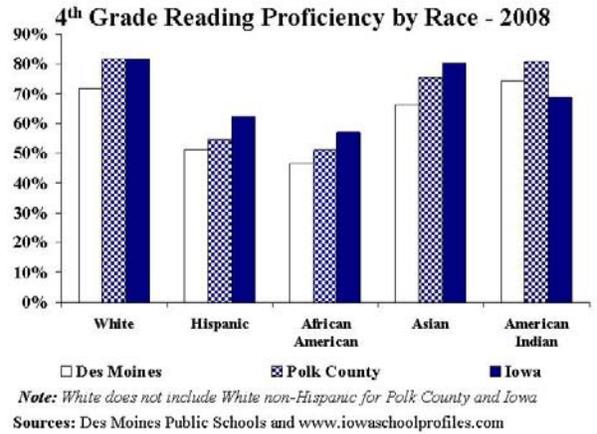
Fourth grade reading is a sentinel measure of educational success because it provides an early indication of school performance and because students not proficient in reading by fourth grade will have difficulty in other aspects of learning, as reading becomes fundamental to success in all subjects after that point.

Iowans take pride in having an educated population, and Polk County fourth grade proficiency rates are equivalent to those for the state as a whole. This average, however, masks significant disparities in education by both race and geography that present challenges to Polk County. Higher rates of poverty and a more diverse child population results in substantially lower rates in

4th Grade Reading Proficiency				
	2000	2005	2008	Change
Polk	75.4%	77.0%	75.7%	1.9%
Iowa	75.9%	77.6%	78.9%	3.3%

Source: Iowa Department of Education

these important areas in Des Moines than in the rest of the state, while the rest of Polk County has rates well above the state average. Currently, according to the National Assessment of Education Progress (NAEP) scores, which provide state and national comparisons, Iowa scores only average among states overall in fourth grade reading proficiency (26th), and well below the national average among White, non-Hispanic students (47th).



High school graduation rates can be calculated in a number of different ways. The U.S. Department of Education may require specific reporting standards. Currently, Iowa schools use a calculation based upon the number and percentage of public students entering ninth grade who graduate with their class four years later.

High School Completion					
	1990	2000	2005	2008	Change
Polk	80.6%	84.6%	87.3%	80.3%	-0.4%
Iowa	85.2%	88.7%	90.7%	88.7%	4.1%
U.S.	73.6%	71.7%	74.7%	75.4%	2.4%

Source: Iowa Department of Education

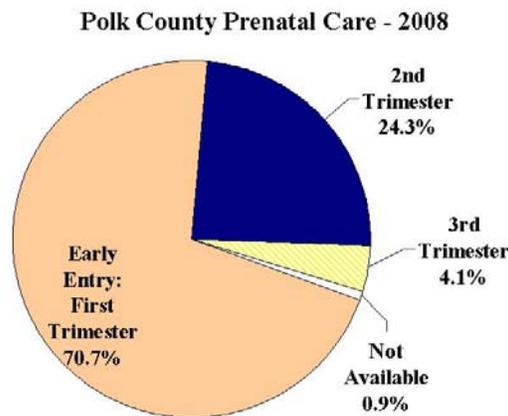
Other calculations have been employed, which typically lower the percentages. The calculation currently used in Iowa is comparable across school districts and over time, however. As shown, high school graduation rates in Polk County currently are below the state average and above the United States average. Again, Des Moines graduation rates are much below those for the rests of Polk County.

Chapter Three – Child Health Services

Health care services play an important role in supporting children’s healthy development. While health services alone cannot fully address many factors leading to child health, they can both respond to illness and injury and, through primary and preventive health services, make referrals to meet other needs and promote healthy lifestyles through information and advice to children and their families about healthy behaviors.

Early Entry Into Prenatal Care

Prenatal care is critical to identifying and addressing medical conditions that can compromise pregnancy and healthy births. It also can be an avenue for addressing lifestyle and stress issues that can affect healthy births. Early entry into regular prenatal care contributes to healthy births and a reduction in low birthweight, but it also starts the process of support for parents in regular infant check-ups and developing nurturing home environments for children.



In 2007, the Iowa Department of Public Health changed the calculations for determining entry into prenatal care, so figures from 2008 are not comparable to those for earlier years. In 2008, the pie chart shows the time of entry into prenatal care for Polk County.

Public Child Health Insurance Coverage

Between 2007 and 2010, both the state and federal government enacted major provisions to increase child health insurance coverage under Medicaid and *hawk-i*, Iowa’s Child Health Insurance Program (CHIP). Iowa expanded coverage of children under *hawk-i* to 300% of poverty and instituted presumptive and continuous eligibility for all children under both Medicaid and *hawk-i*. Iowa also took

Major Gains for Children’s Coverage Under Medicaid and <i>hawk-i</i>		
	Polk	Iowa
Medicaid and <i>hawk-i</i> enrollment – April 2007	27,549	202,741
Medicaid and <i>hawk-i</i> enrollment – April 2010	39,320	262,634
% Growth in Enrollment	42.7%	29.5%
% of All Children in State Receiving Title XIX/CHIP – 2007	24.4%	28.5%
% of All Children in State Receiving Title XIX/CHIP – 2010	34.8%	36.9%

Source: Iowa Department of Human Services

advantage of options under the federal Child Health Insurance Reauthorization Act (CHIPRA) to cover legally-residing immigrant children, to provide a dental benefit plan under *hawk-i* for children covered under private insurance but income-eligible for *hawk-i*, and to streamline enrollment and re-enrollment practices.

Since 2007, the enrollment of children in Medicaid and *hawk-i* in Polk County has grown by 42.7%, with 34.8% of all children in Polk County now receiving health coverage under Medicaid or *hawk-i*. Polk County experienced the greatest increase of the number of children covered and the eighth largest growth rate among Iowa's 99 counties for the period from 2007 to 2010.

Immunization Levels

All children should be immunized for infectious diseases, with those immunizations completed according to recognized guidelines. When immunization rates trend downward, there is a much greater likelihood for outbreaks or epidemics of these transmittable diseases. Since 2000, Polk County immunization rates of younger children (up-to-date immunizations at age two) have increased from under 85% to nearly 95%, well above the national average of a little over 75%, at least among assessments conducted at public health clinics. The big key to keeping immunization rates high is ensuring that children have a regular source of primary and preventive care, or medical home.

Immunization Rates				
	2000	2005	2008	Change
Polk	84.4%	93.4%	94.3%	11.7%
Iowa	85.9%	93.6%	94.3%	9.8%
U.S.	70.7%		76.4%	8.1%

Source: Iowa Department of Public Health

Chapter Four – Adult Health and Well-Being and Adult Health Services

Premature Deaths

Longevity is one measure of overall health, and the premature death rate (or deaths to people under 75 years of age) is an important adult health measure. Maintaining healthy lifestyles, and ensuring environmental safety are critical to keeping the premature death rate low. There has been a decline in premature deaths in Polk County since 1990, and Polk County's rates are lower than for the state or country as a whole.

Premature Death (before age 75) Per 1,000 population					
	1990	2000	2005	2008	Change
Polk	3.7	3.1	3.2	3.0	-18.9%
Iowa	3.8	3.3	3.2	3.7	-14.0%
U.S.	4.3	3.7	3.9	3.8	-12.6%

Source: Iowa Department of Public Health

Obesity and Diabetes

America is experiencing an obesity epidemic that represents one of the greatest threats to the future well-being of society. Obesity is a leading cause of heart disease, diabetes, and other debilitating and life-threatening conditions. The obesity rate has grown dramatically in just the last eight years, in Polk County, Iowa, and the United States as a whole. The data available on diabetes also shows a significant growth rate there, which tends to lag by several years the growth rate for obesity itself.

Obesity and Diabetes									
	Obesity					Diabetes			
	1990	2000	2005	2008	Change 2000-8	2000	2005	2007	Change
Polk		22.3%	24.0%	26.7%	19.7%	6.7%	6.0%	7.2%	7.5%
Iowa	14.0%	21.6%	25.4%	26.7%	23.6%	6.7%	6.8%	7.0%	4.5%
U.S.	23.3%	22.1% (2002)	24.4%	26.7%	20.8%	6.7% (2002)	7.3%	7.8%	16.4%

Source: Behavioral Risk Factor Surveillance System

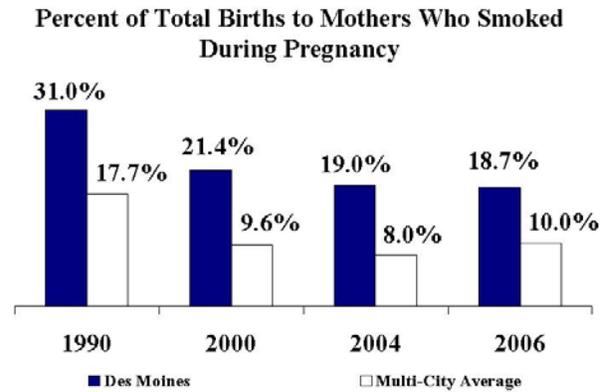
Smoking

Smoking is another lead cause of a variety of health disorders, including emphysema, cancer, and other respiratory diseases. While there has been a dramatic reduction of smoking among youth, there has been a much more modest reduction in smoking among adults in Iowa. Further, birth records data show that smoking among pregnant women (which affects low birthweight and fetal

Smoking					
	1990	2000	2005	2008	Change
Iowa	21.0%	23.2%	20.4%	18.8%	-10.5%
U.S.	23.0%	23.2%	20.6%	20.0%	-20.0%

Source: Behavioral Risk Factor Surveillance System

development as well as the health of the mother) is a major concern. Although the percentage has been declining, Des Moines ranks at the top among all large cities in smoking during pregnancy.



Source: Child Trends KIDS COUNT Special Report. Annie E. Casey Foundation

Alcohol Abuse/Binge Drinking

As with smoking, alcohol abuse and drug use affects health in multiple ways. Again, while Polk County statistics are not available, information from the Centers for Disease Control and the Iowa Department of Public Health shows that alcohol abuse, as measured by reported binge drinking among adults, is substantially higher in Iowa than the country as a whole, afflicts one-fifth of the adult population, and remains a major health threat in society.

Alcohol (Binge Drinking)/Drug Use					
	1995	2001	2005	2008	Change
Iowa	18.0%	16.2%	18.6%	20.2%	12.2%
U.S.	14.1%	14.8%	14.4%	15.6%	10.6%

Source: Behavioral Risk Factor Surveillance System

Sexually Transmitted Diseases and HIV/AIDS

The prevalence of sexually transmitted diseases among youth and young adults (15-24) is much higher in Polk County than the state of Iowa or the nation as a whole. In 2008, one in thirty young adults had a sexually transmitted disease in Polk County. National statistics indicate that the prevalence of sexually transmitted diseases has been on the increase, although STDs are truly preventable. The Polk County figures are a particular cause for concern.

Sexually Transmitted Diseases Age 15-24				
	2000	2004	2008	Change
Polk	2.0%	2.3%	3.1%	55.0%
Iowa	1.3%	1.4%	1.8%	38.5%
U.S.	1.9%	2.1%	2.5%	31.6%

Sources: Iowa Department of Public Health and the Center for Disease Control

Compared with other states, Iowa has few disease registries that track the prevalence of specific illnesses or health conditions. Iowa does have such a registry for HIV/AIDS, however, that includes county-level data.

While Iowa has much lower rates of HIV/AIDS than The country as a whole, there has been a continued growth in the prevalence of HIV/AIDS in Polk County and Iowa that requires attention and response. Between 2000 and 2008, HIV/AIDS has growth by over fifty percent in Polk County and is double the rate in the state as a whole.

HIV/AIDS				
Per 100,000 population				
	2000	2005	2008	Change
Polk	69.4	90.3	106.9	54.0%
Iowa	31.5	45.2	53.8	70.8%
U.S.	160.0	218.4	151.1 (2007)	-5.6%

Sources: Iowa Department of Public Health and the Center for Disease Control

Mental Health

There is not a great deal of data available on the mental health status of the population, but mental illness remains a major health concern that affects both the individual afflicted and the individual's family. Maternal depression has been shown to have profound effects on children's health and development. National survey data show that the prevalence of mental conditions – whether organic or situational – affects a large share of the Iowa population, although somewhat below that found nationally. In 2008, parents reported that over eight percent of Iowa adults reported 14 or more mentally unhealthy days in the previous month. This survey question is indicative of mental health problems that can require attention and treatment.

Adults with 14 or More Mentally Unhealthy Days in Previous Month				
	2000	2005	2008	Change
Iowa	6.6%	8.8%	8.1%	22.7%
U.S.	9.6%	10.0%	10.3%	7.3%

Source: Centers for Disease Control

Unemployment

Among adults, work is related to health and well-being, in the ability to economically provide for oneself and one's family and for the ability to socially and emotionally establish connections to the community. Persons actively seeking but unable to find work (what unemployment figures measure) are less likely to be able to secure health services and are more likely to need them. Historically, Polk County has had relatively low rates of unemployment, compared both with Iowa and the country. The current recession has raised Polk County's unemployment rate above the state average, more than doubling the rate since 1990. Polk County and Iowa still have overall unemployment rates below the national average.

Unemployment					
	1990	2000	2005	2010 (May)	Change
Polk	3.2%	2.0%	4.3%	6.9%	115.6%
Iowa	4.3%	2.6%	4.6%	6.8%	58.1%
U.S.	5.7%	4.0%	5.1%	9.7%	70.2%

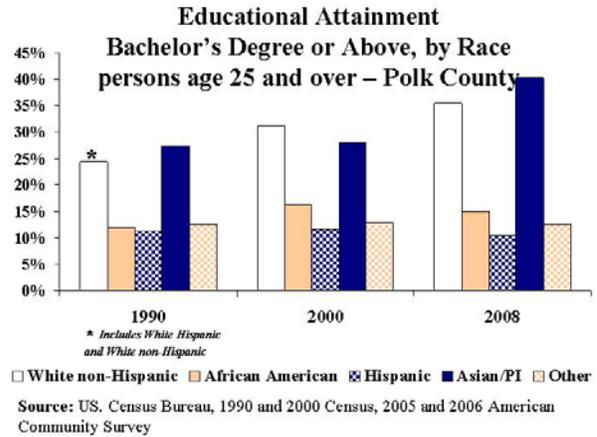
Sources: Iowa Workforce Development

Educational Attainment

High levels of education and skills are increasingly important in the 21st century economy. While Iowa leads the nation in the proportion of its adult population with at least a high school diploma, it lags the country as a whole in college-educated adults. The information here shows that nearly one-third of Polk County's adult population has at least a bachelor's degree, which is above the state and national figures as a whole. While this bodes well, for Polk County to continue to grow and be a healthy and vibrant community, this percentage will need to continue to grow.

Educational Attainment – BA+					
	1990	2000	2005	2008	Change
Polk	23.9%	29.7%	32.1%	33.4%	39.7%
Iowa	16.9%	21.2%	23.8%	24.3%	43.8%
U.S.	20.3%	24.4%	27.2%	29.7%	36.5%

Sources: U.S. Census Bureau



Violent Crime

Violent crimes represent a violation to personal and community health and safety, and the perpetrators of violent crime themselves often have significant mental health or substance abuse problems. Violent crime reports declined in Polk County from 1990 to 2000, but have shown some increase since that period and remain above the overall crime rate in Iowa, although well below the national level.

Violent Crime Reports Per 10,000 Population				
	1990	2000	2005	2008
Polk	56.7	28.3	38.1	33.1
Iowa	29.9	27.0	29.1	28.4
U.S.	73.2	51.0	47.0	45.5

Sources: National Archive of Criminal Justice Data, Uniform Crime Reporting Program Data and Federal Bureau of Investigation, Uniform Crime Reports

Health Insurance Coverage

As with child health insurance coverage, health coverage for adults is only available at the state and national levels. Health coverage for those over 65 is near universal, due to Medicare and Medicaid, but over one in ten Iowa adults currently are uninsured. While gains in public child health coverage have been made in Iowa, there have not been the policy changes in for adults that have gone into effect, although federal health reform includes significant provisions to

Health Insurance Coverage Uninsured – Age 18-64					
	1990	2000	2005	2008	Change
Iowa		10.9%	11.1%	12.4%	13.8%
U.S.	16.9%	17.2%	19.8%	19.8%	17.2%

Sources: U.S. Census Bureau

cover more adults, beginning in 2014, and young adults now will be eligible for coverage under parents' family coverage policies. These figures also do not show the number of Iowans who are underinsured or have high health expenditures, even when insured.

Number of Practitioners

One further measure of the availability of health services relates to the number of practicing physicians per 100,000 population. Polk County fares well compared to the state as a whole on the availability of practicing physicians, and the proportion has grown over the last eight years. Polk County could face challenges in the future in maintaining the needed practicing physician base, however, as the Polk County population ages.

Practicing Physicians per 100,000 Population				
	2001	2005	2009	Change
Polk	225	266	278	9.0%
Iowa	162	168	174	7.4%

Source: Iowa Healthy Fact Book

Chapter Five – Household Factors

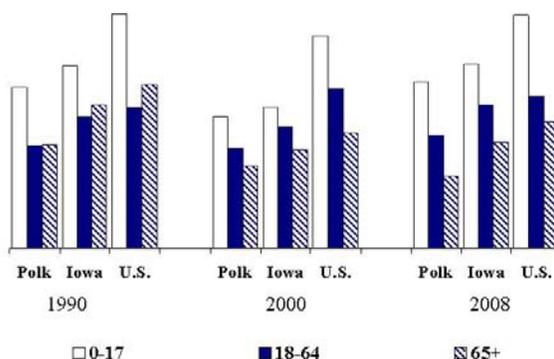
While health services are important to child, adult, and community health, there are social determinants of health that are even more important to overall health. These include supporting and nurturing families, safe and stable communities. While there are no direct measures of the degree to which individuals have consistent support and security in their lives, it is clear that there are risk factors related to income level and types of households that threaten healthy development.

Poverty and Low-Income Status

Individuals and families need sufficient resources to meet their basic needs – for food, shelter, and for accessing needed services, including health services. Generally, individuals living at or below the poverty level are dependent upon government services and supports (food stamps, medical benefits, and other income supports) or equivalent supports from family and community simply to get by and meet essential needs. They have no margin for error. Self-sufficiency studies show that until households have incomes at least at 185% of the poverty level, they are still likely to struggle to get by economically. Currently, children in Polk County are much more likely to live in poverty than either working-age adults or seniors. While declining between 1990 and 2000, the poverty rate among children has increased significantly in the last eight years.

An examination of households with children shows an equivalent increase in the percentage of such households living below 185% of the federal poverty level, with more than in four Polk County households in this category. Seniors are less likely to fall into poverty than children or working age adults during times of recession, as their social security and other retirement income is less affected than adult and parent wage income.

Poverty Status by Age

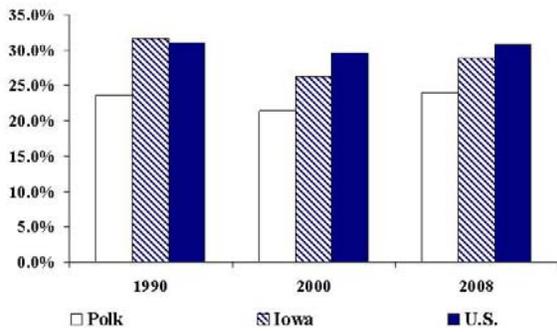


Poverty Status by Age

	1990	2000	2005	2008	Change
Age 0-17					
Polk	12.6%	10.3%	8.9%	13.0%	3.2%
Iowa	14.3%	11.0%	14.0%	14.4%	-.7%
U.S.	18.3%	16.6%	18.5%	18.2%	-.5%
Age 18-64					
Polk	8.0%	7.8%	6.0%	8.8%	10.0%
Iowa	10.3%	9.5%	10.4%	11.2%	8.7%
U.S.	11.0%	12.5%	11.9%	11.9%	8.2%
Age 65+					
Polk	8.1%	6.4%	3.6%	5.6%	-30.9%
Iowa	11.2%	7.7%	7.9%	8.3%	-25.9%
U.S.	12.8%	9.9%	9.9%	9.9%	-22.7%
Total					
Polk	8.4%	7.9%	6.5%	9.5%	13.1%
Iowa	10.3%	9.1%	10.9%	11.5%	11.7%
U.S.	11.6%	12.4%	13.3%	13.2%	13.8%

Source: U.S. Census Bureau

Total Households Living Below 185% Poverty



**Poverty Status by Age
<185% of Poverty**

	2000	2008	Change
Age 0-17			
Polk	26.8%	29.3%	9.3%
Iowa	32.0%	35.0%	9.4%
U.S.	37.8%	39.6%	4.8%
Age 18-64			
Polk	18.3%	21.2%	15.8%
Iowa	22.9%	25.6%	11.8%
U.S.	25.9%	27.3%	5.4%
Age 65+			
Polk	26.2%	26.7%	1.9%
Iowa	30.6%	32.5%	6.2%
U.S.	31.3%	31.9%	1.9%
Total			
Polk	21.4%	24.0%	12.1%
Iowa	26.3%	28.9%	9.9%
U.S.	29.6%	30.9%	4.4%

Source: U.S. Census Bureau

Single Parenting

Children do best in households where there are at least two sources of social and emotional support. Further, it generally requires two adult sources of economic support to raise a family. While many single parents do an excellent job in raising their children, many also struggle and the growth and high level of single parenting in America remains a source of major concern. As with Iowa and the country as a whole, three in ten Polk County families with children are headed by a single parent, and more children will live in a single parent home for at least part of their developing years.

Families with Children

Households Headed by Single Parent				
1990	2000	2005	2008	Change
24.5%	27.6%	28.4%	30.2%	23.3%
19.7%	24.9%	28.7%	29.3%	48.7%
25.8%	30.3%	33.1%	33.4%	29.5%

Source: U.S. Census Bureau

Grandparents Raising Children

The rate of single parenting tells only part of the story of changes in households, however. In addition to single parenting, there also has been a dramatic increase in the proportion of households where grandparents are raising their grandchildren. This has caused the United States Census Bureau to begin collecting information on grandparents living in households with children and grandparents responsible for raising their grandchildren in those households. Programs and services often are designed primarily for parents and their children; increasing

attention needs to be given to providing supports for grandparents who are the primary caregivers for their grandchildren, as well. In Polk County, nearly 2,000 children are being raised by their grandparents. The health needs of those grandparents also need to be given consideration.

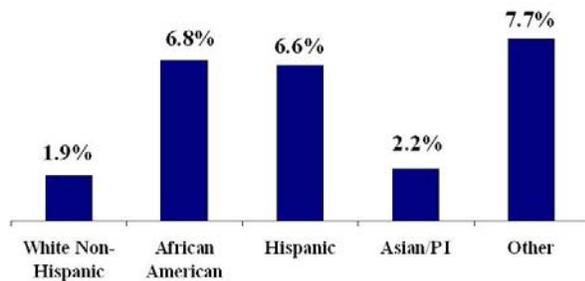
Grandchildren Under 18 Living with a Grandparent Householder -- 2008			
	Polk County	Iowa	U.S.
Children under 18 living with Grandparent	3,543	27,314	5,026,289
Children under 18 with Grandparent Responsible for Grandchildren	1,887	15,520	2,749,906
% of All Children with Grandparent Responsible	1.7%	2.2%	3.7%

Source: 2008 American Community Survey

Births to Adolescents

When adolescents (15- to 19-year-olds) have children, their own educational and maturational needs are disrupted and they generally are not prepared for parenthood. Even if married, these relationships often are not stable. Adolescent parents face many challenges, and their children’s healthy development often is very much jeopardized, as a result. Fortunately, the rate of adolescent parenting has been declining in Polk County, in Iowa, and in the country. Since 2000, Polk County’s adolescent birthrate (4.2%) has mirrored that for the country as a whole.

Births to Teen Mothers by Race - 2005



Births to Teens (Ages 15-19)					
	1990	2000	2005	2008	Change
Polk	5.1%	4.8%	4.2%	4.2%	-17.6%
Iowa	4.1%	3.4%	3.0%	3.4%	-17.1%
U.S.	6.0%	4.8%	4.2%	4.2%	-30.0%

Source: Iowa Department of Public Health

Source: Iowa Department of Public Health, 2005 Vital Statistics

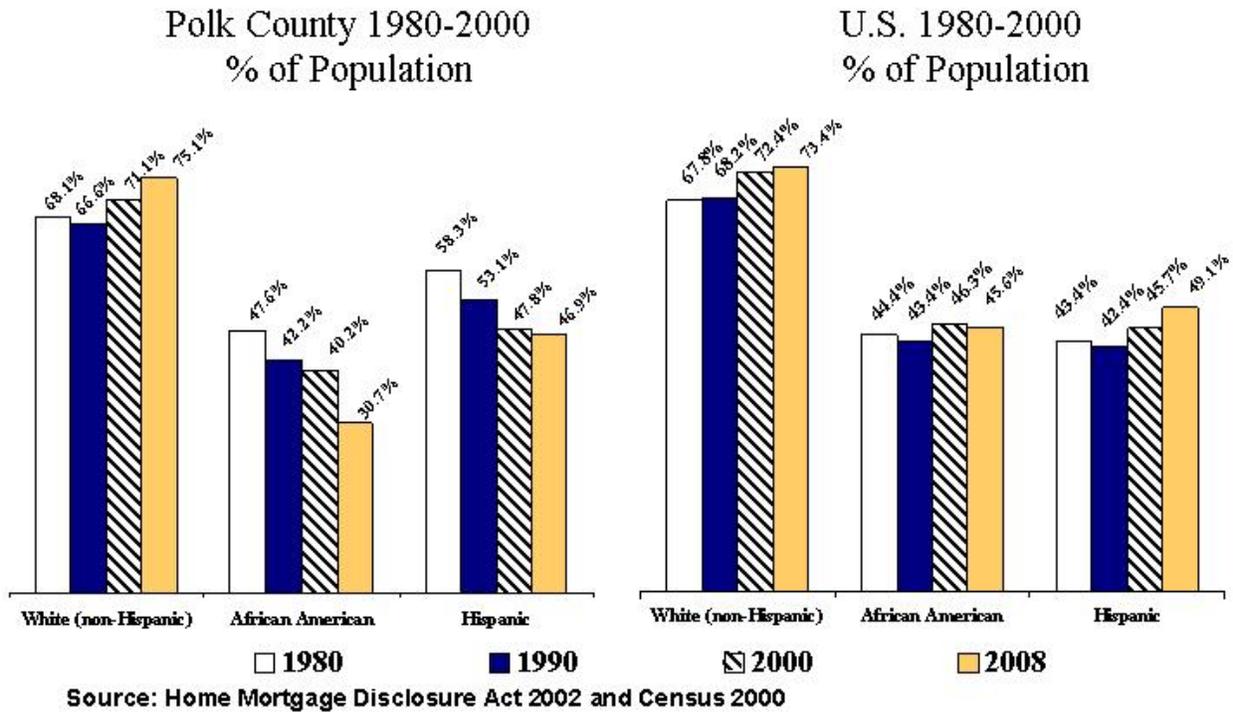
Home Ownership

In general, home ownership is a sign of stability and connectedness. It has been a primary means for households to establish roots, acquire wealth, and maintain a good credit status. The recent subprime mortgage crisis again has called attention to the fact that lower-income families have the most challenges in securing housing and home ownership as a means toward economic security.

In general, home ownership, as measured by the percentage of owner-occupied households, in Polk County has been at or above national rates, but trends over the last quarter century (1980-2008) show that home ownership among African American and Hispanic households has been on the sharp decline, which is not at all reflective of national trends.

The current subprime mortgage crisis is likely to have exacerbated this overall trend. One of the most immediate challenges Polk County faces in providing healthy environments for its residents is likely to be in addressing housing needs, particularly among lower- and moderate-income families (those below 185% of poverty).

Trends in Home Ownership in Polk County, Iowa and the U.S.



Chapter Six – Neighborhood Factors

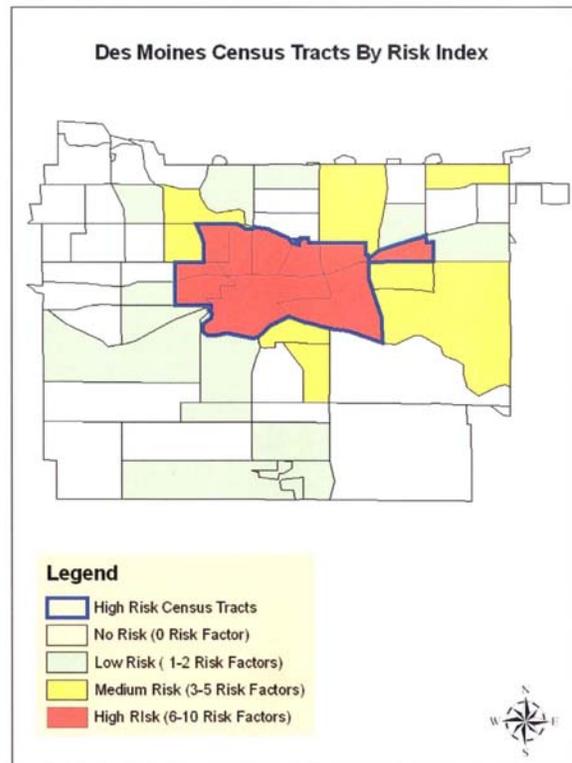
As some of the previous information has shown, Polk County is not monolithic. The city of Des Moines has very different demographics than the county as a whole. Health indicators differ substantially when examined by race and ethnicity.

In addition to city and county distinctions, there also are major differences within and across much smaller geographic areas. When census data is used to identify census tracts with high proportions of factors that reflect health, social, and economic vulnerability, certain census tracts – all in the inner-city of Des Moines – stand out.

In fact, using the 2000 census, Des Moines had 11 census tracts (of 49 statewide) that scored the highest in the state on 10 indicators of child-raising vulnerability available from the census tracts. The boundaries for these census tracts are shown in the map.

The Table below shows how these census tracts compare with the county and state on the ten child-raising vulnerability factors.

As Polk County seeks to maintain and improve its overall health, significant attention and focus will need to be provided specifically on these neighborhoods. Additional information available through the Local Learning Partnership (LLP) shows that rates for many of the indicators provided here (low birthweight, adolescent parenting, elevated blood lead levels, fourth grade reading proficiency, etc.) also are much higher in these specific census tracts than for the county as a whole.



Child and Family Vulnerability Factors				
High Risk	Des Moines	Polk County	Iowa	Indicator
46.6%	31.6%	24.4%	22.7%	Single Parent Family
27.7%	12.4%	8.3%	9.3%	Poor Families with Children
31.5%	17.0%	11.7%	13.9%	25+ no High School
12.6%	22.0%	29.7%	21.2%	25+ Bachelors or Higher
11.5%	7.0%	4.3%	3.0%	16-19 year-olds not in school and unemployed
14.0%	8.0%	5.6%	6.1%	Households with Public Assistance, incl. SSI
76.2%	80.5%	83.4%	77.3%	Households with Wage and Salary
19.2%	34.0%	40.4%	43.5%	Households with Earnings from Interest, Dividends, Rental Income
9.0%	4.0%	2.7%	1.3%	18+ Limited English or Do Not Speak at All
40.0%	61.3%	65.5%	67.5%	Owner Occupied Housing

In addition, while Des Moines represents 6.8% of the state population and Polk County represents 12.8% of the state population, Polk County has 27.6% of the state's population that resides in these highest vulnerability census tracts. State, as well as Polk County, attention needs to be given to addressing the needs of neighborhoods that include these census tracts – and Des Moines and Polk County have a disproportionate share of those neighborhoods.

Appendix: Population Health Institute County Rankings

According to the Population Health Institute, in 2010 Polk County ranked 64th among Iowa's 99 counties on overall community health. Using a framework that included 28 factors, Polk County scored well on clinical care (12th) and health behaviors (34th); average on social and economic factors (47th); and poorly on physical environment (93rd), mortality (61st), and morbidity (71st).

The Institute used the following framework to describe needed conditions for good health outcomes:

Physical Environment	10%
+ Social and Economic Factors	40%
+ Clinical Care	20%
+ Health Behaviors	30%
= Health Outcomes	100%

The 28 factors and Polk County and Iowa scores on them are shown in the table below.

Polk County Data on Which County Rankings Are Based					
	Polk	Iowa		Polk	Iowa
Mortality			Clinical Care		
Premature death	6,214	5,943	Uninsured adults	9%	10%
Morbidity			Primary care provider rate	93	100
Poor or fair health	12%	8%	Preventive hospital stays	63	69
Poor physical health days	3.0	2.8	Diabetic screening	83%	85%
Poor mental health days	2.9	2.7	Hospice use	43%	34%
Low birthweight	6.9%	6.7%	Social & Economic Factors		
Health Behaviors			High school graduation	84%	87%
Adult smoking	22%	21%	College degree	30%	21%
Adult obesity	26%	28%	Unemployment	4%	4%
Binge drinking	20%	20%	Children in poverty	12%	14%
Motor vehicle crash death rate	11	15	Income inequality	42	42
Chlamydia rate	473	290	Inadequate social support	16%	16%
Teen birth rate	44	32	Single-parent households	8%	8%
			Homicide rate	3	2
			Physical Environment		
			Air pollution-particulate matter days	5	2
			Air pollution – ozone days	1	0
			Access to healthy foods	24%	31%
			Liquor store density	0.3	0.4

Source: County University of Wisconsin Population Health Institute for the Robert Wood Johnson Foundation. Health Ratings: Mobilizing Action Toward Community Health. 2010 Iowa.

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