

# Health: Community Issues/Indicator Trends



Indicator Name	Data Description	Year 1	Year 2	Year 3	Year 4	Year 5	Percent Change*	Overall Trendline**
Mental Health	Number of youth reporting feeling sad or hopeless 2 or more weeks in a row (Iowa) 1		2005 25.3%	2007 22.1%	2011 22.8%	2014 17.0%	-34.1%	
	Number of youth reporting seriously considering attempting suicide (Iowa) 1		2005 16.2%	2007 12.3%	2011 14.6%	2014 13.0%	-12.3%	
	Adults who report having 14 or more mentally unhealthy days (Iowa) 2		1995 9.5%	2000 6.6%	2005 8.8%	2010 7.1%	-23.9%	
Substance Abuse	Number of youth who report having at least one drink in the past 30 days (5 County) 3	1999 26%	2005 17%	2010 16%	2012 10%	2014 10%	0.0%	
	Number of adults who report binge or heavily drinking (Iowa) 4	2005 24.2%	2008 25.6%	2011 31.2%	2013 28.2%	2014 24.9%	-13.3%	
Access to Healthcare	Percent of children (birth - 19) below 250% FPL that are uninsured (5 County) 5	2009 7.1%	2010 5.8%	2011 5.3%	2012 5.8%	2013 6.2%	6.5%	
	Percent of women (18 - 64) below 250% FPL that are uninsured (5 County) 5	2008 21.7%	2009 20.4%	2010 20.6%	2012 22.0%	2013 18.7%	-17.6%	
Obesity	Percent of youth overweight and obese (< 85th percentile for BMI) (Iowa) 4			2005 26.9%	2007 24.3%	2011 27.7%	12.3%	
	Percentage of adults who are overweight and/or obese (Iowa) 4	1995 55.2%	2000 60.0%	2005 62.5%	2011 64.8%	2013 67.0%	3.3%	

\*Percent change is the percent increase (or decrease) of the most recent data point to the one before it. For example, an increase from 5 to 10 percentage points would be a 100% increase.

\*\* Trends calculate the overall change in data based on all currently available recent data. Positive trends are in green, negative in red, and neutral trends are yellow.

## Citations

- 1- Centers for Disease Control and Prevention, Youth Risk Behavioral Surveillance System (YRBSS)
- 2- Centers for Disease Control and Prevention, Health Related Quality of Life- Behavioral Risk Factor Surveillance System
- 3- Iowa Youth Survey
- 4- Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System (BRFSS)
- 5- U.S. Census Bureau, Small Area Health Insurance Estimates
- 6- Child Trends, National Center for Health Statistics