



Review Fact Sheets Below Take the [Survey](#)

How has the health of our community changed over the past three years?

Review the fact sheets below on mental health & trauma, healthy eating, and equity along with emerging health issues. Then complete a [short survey](#) providing feedback on the current priorities for community health as well as how COVID-19 impacted these priorities. **Please complete the survey by June 13, 2022.**

The Community Health Improvement Steering Committee which includes representation from Black Hawk County Public Health, MercyOne, Peoples Community Health Clinic, and UnityPoint Health will use the survey responses to inform future planning for priority health issues. We are working together to ensure that all people have equitable opportunities and resources to lead healthier, more fulfilled lives.

Click [here](#) for more information about community health improvement.



Health Equity

Black Hawk County Health Department
2022

Education

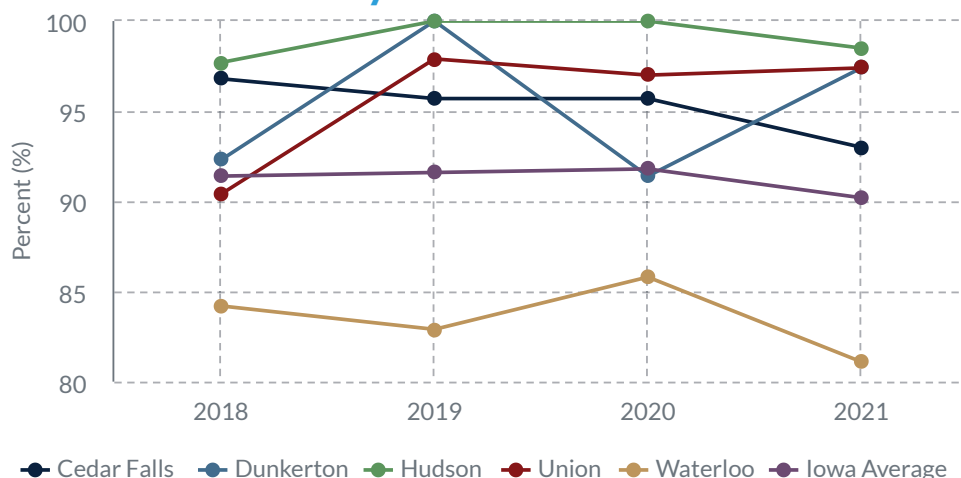
In 2020, Waterloo schools had an average graduation rate of **85.8%**, compared to 80.3% in 2015.

Other Black Hawk County school districts' graduation rates ranged from **91.4-100.0%** in 2020.

Between 2018-2021, Waterloo schools had lower graduation rates than other Black Hawk County schools.

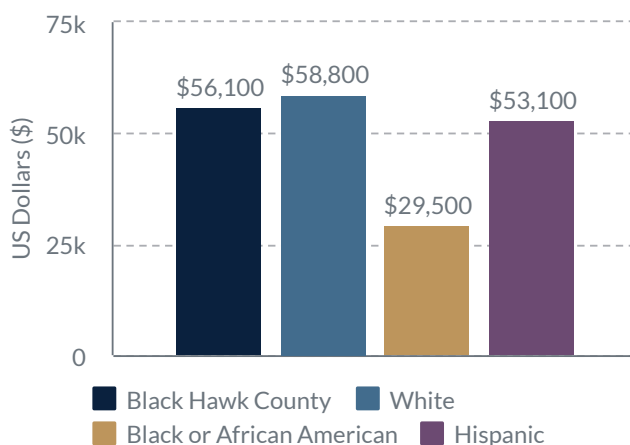
In 2021, Waterloo, Cedar Falls, and Hudson schools all saw a decrease in graduation rates.

Black Hawk County Graduation Rates by School District

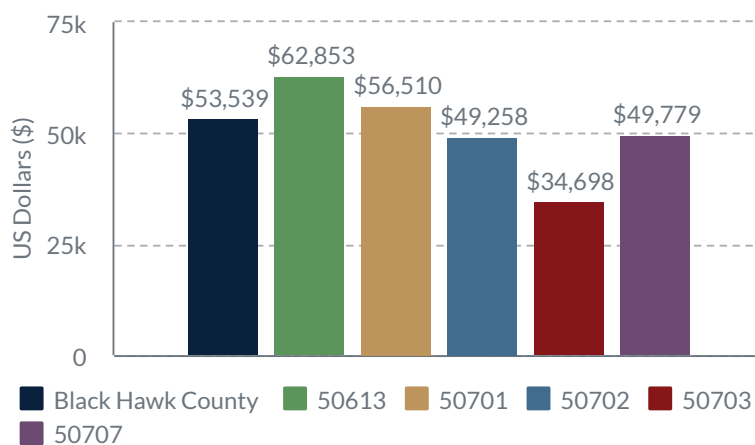


Poverty

Median Household Income by Race and Ethnicity, 2020

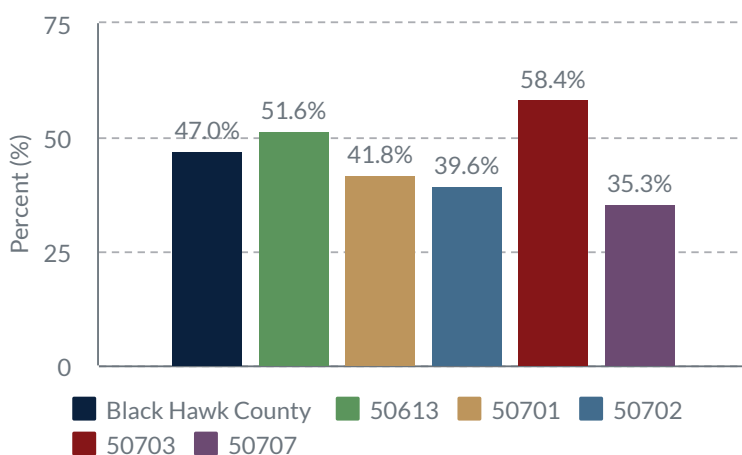


Median Household Income by ZIP Code, 2015-2019



Rent Burden

Percent of Households Experiencing Rent Burden by ZIP Code, 2015-2019



From 2015-2019, the average poverty rate for Black Hawk County was **15.8%**. Disparities were identified among ZIP codes, race, and ethnicity.

In 2019, the **median household income for Black or African American individuals** was almost **half** the rate for White individuals. The median household income for Hispanic individuals was also lower than the rate for White individuals.

The **Waterloo 50703** ZIP code had a median household income that was about **two thirds** the median household income of the county.

Rent burden is when 30% or more of household income is spent on rent.

The Waterloo 50703 ZIP code had the highest percentage of households paying 30% or more of their income for rent.

Sources

US Census Bureau

Iowa Department of Education

Mental Health & Trauma

Black Hawk County Health Department

2022



Sources

Behavioral Risk Factor Surveillance System

Iowa Hospital Association

Iowa ACEs 360

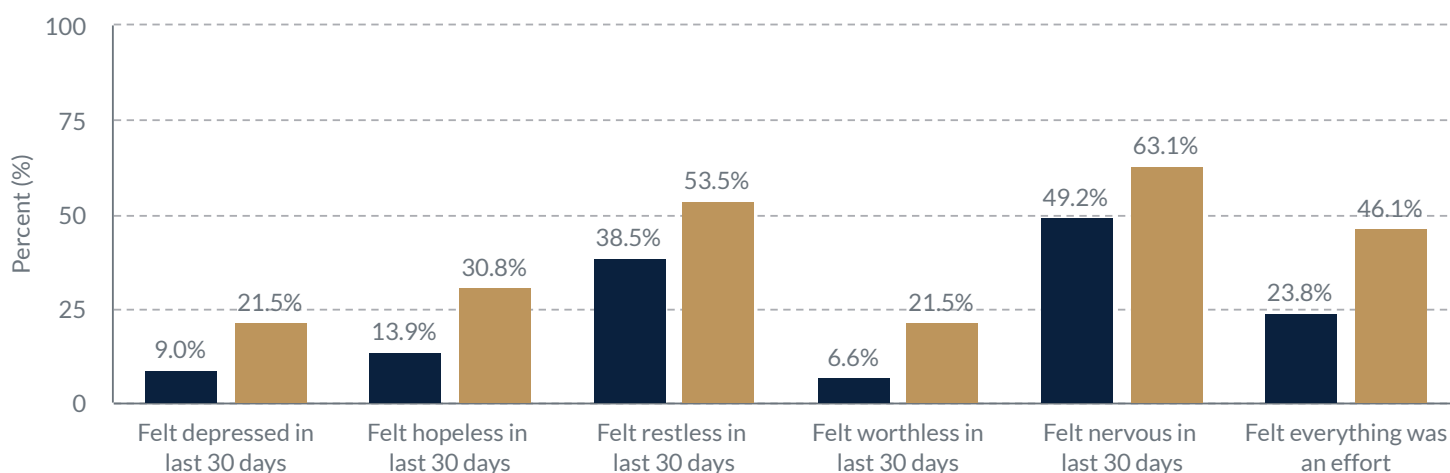
Behavioral Risk Factor Surveillance System (BRFSS)

Mental wellbeing of Black Hawk County BRFSS respondents worsened from 2017 to 2019.

The average number of days mental health was not good in the last 30 days increased from **2.4 days** in 2016 to **4.4 days** in 2020.

Mental Wellbeing in Last 30 Days

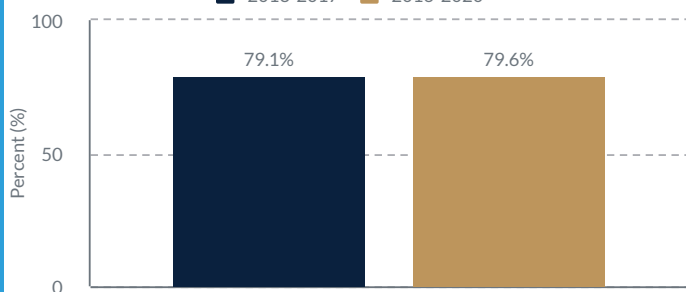
■ 2017 ■ 2019



Inpatient Admissions with Primary Mental Health Diagnoses

Admissions Seen Through the ER

■ 2013-2017 ■ 2016-2020



A primary diagnosis is the condition that caused the patient to visit a healthcare provider.

79.6% of Black Hawk County residents that were admitted to a hospital with a primary mental health diagnosis were seen through the ER. There was a slight increase from the 5-year data over 2013-2017 compared to the 5-year data over 2016-2020.

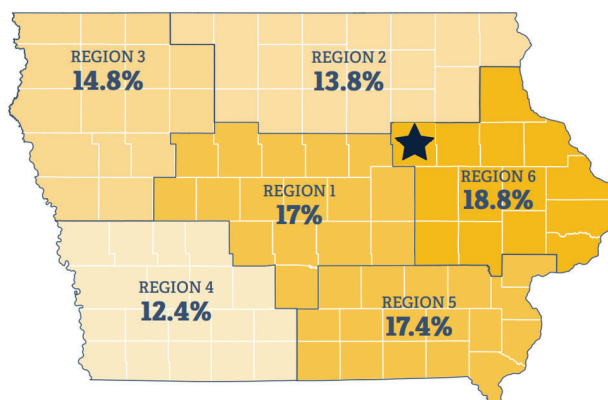
Between the years 2016-2020, a higher proportion of residents from the 50703 ZIP code were diagnosed with a substance use disorder than expected relative to the ZIP code population size.

Adverse Childhood Experiences (ACEs)

ACEs can have lasting, negative effects on health, wellbeing, and life opportunities such as education and job potential. These experiences can increase the risks of injury, sexually transmitted infections, maternal and child health problems, involvement in sex trafficking, and a wide range of chronic diseases.

Region 6, a 14-county region that includes Black Hawk County (noted with a **star**), had a higher proportion of individuals reporting 4 or more ACEs than all other regions.

Respondents Reporting 4 or More ACEs 2020



Nutrition

Black Hawk County Health Department
2022



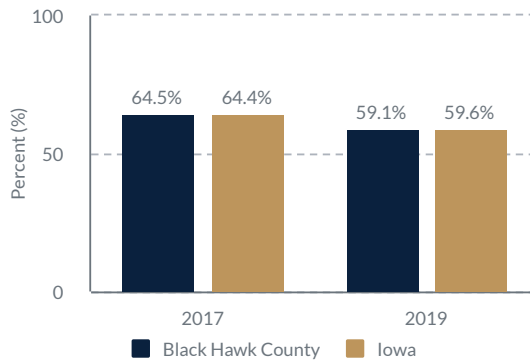
Healthy Food Choices

Eating healthy food is an important way to reduce the risk of health problems later in life.

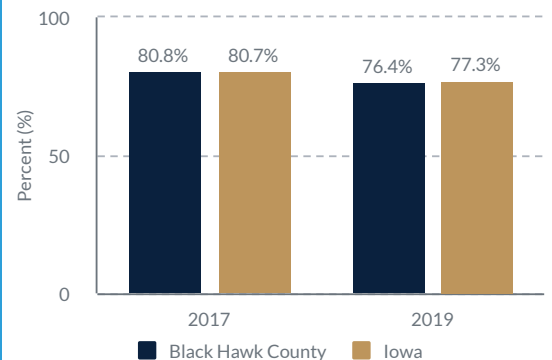
Adults should consume 1.5–2 cups of fruit and 2–3 cups of vegetables a day.

From 2017 to 2019, Black Hawk County residents reported eating fewer fruit and vegetable servings.

People Eating One or More Fruits a Day

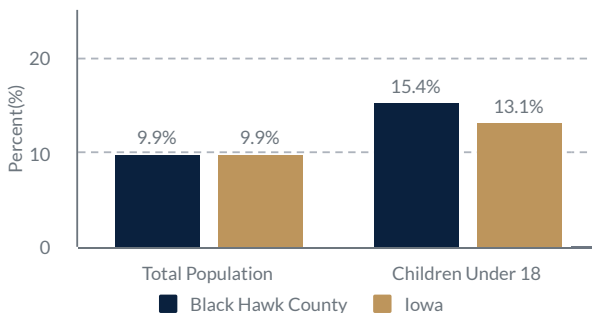


People Eating One or More Vegetables a Day



Food Insecurity

Food Insecurity Rates, 2019



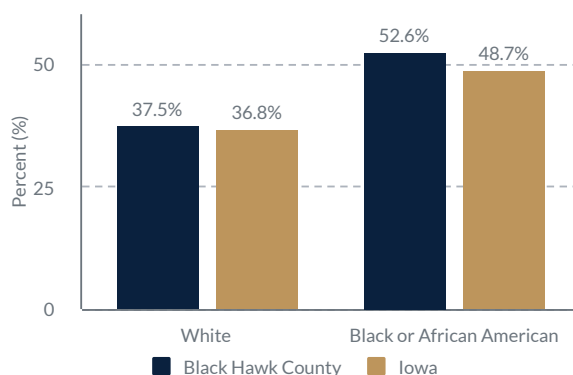
Those who experience food insecurity have reduced access to healthy food. In 2019, **9.9%** of Black Hawk County residents and **15.4%** of Black Hawk County children under 18 were food insecure.

Average Meal Price

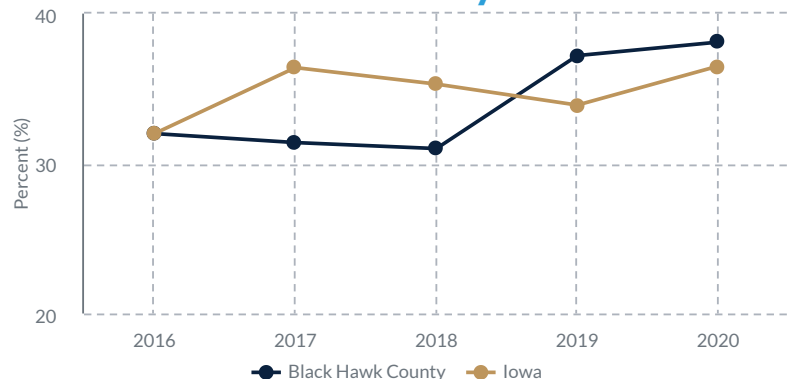
In 2019, the average meal price in Black Hawk County was **\$2.95**, compared to the Iowa average of **\$2.88**.

Obesity

Obesity by Race, 2020



5-Year Obesity Trend



The overall prevalence of obesity has been increasing at the local, state, and national levels.

Iowa ranked 7th in the US in overall self-reported obesity prevalence in 2020, with **36.5%** of people reporting that they are obese.

In 2020, the overall obesity rate for Black Hawk County was **38.1%**, while the rate for White individuals was **37.5%** and the rate for Black or African American individuals was **52.6%**.

Sources

Behavioral Risk Factor
Surveillance System

CDC

Feeding America

Emerging Health Issues

Black Hawk County Health Department

2022



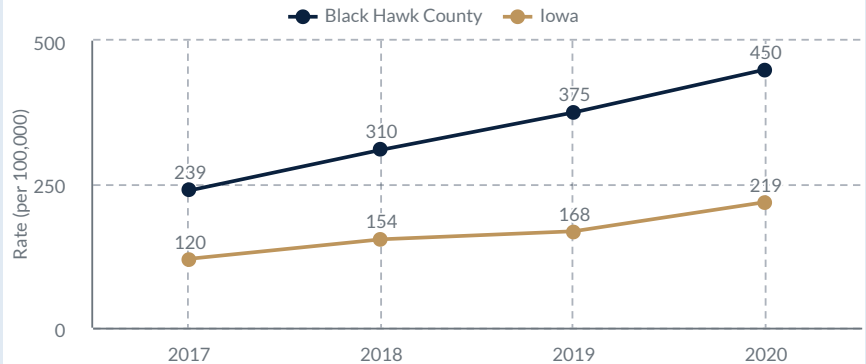
Sexually Transmitted Infections

Rates of sexually transmitted infections are increasing. The gonorrhea rate in Black Hawk County almost doubled from 2017 to 2020.

Chlamydia rates have been steady from 2017 to 2020, but Black Hawk County rates are higher than the Iowa average. In 2020 Black Hawk County's rate per 100,000 was **767** compared to **478** for Iowa.

Syphilis rates increased statewide from 2018 to 2020. The Black Hawk County rate per 100,000 doubled from **11** in 2018 to **22** in 2020.

Gonorrhea Rates per 100,000



Other Increasing Trends

Asthma

Hospitalizations due to asthma in 5-14 year-olds are **over three times higher** in Black Hawk County than the state.

Melanoma

The age-adjusted incidence rate increased from **26.8 to 48.6** per 100,000. (2012-2016 to 2014-2018)

Child Poverty

has increased **43.5%** since 2000.

Nitrates

Private wells testing positive for nitrates increased from **9.8% to 20.3%** from 2019 to 2020.

Healthcare Costs

Between 2016 and 2020, the percent of people who couldn't see a doctor because of cost increased from **4.8% to 7.3%**.

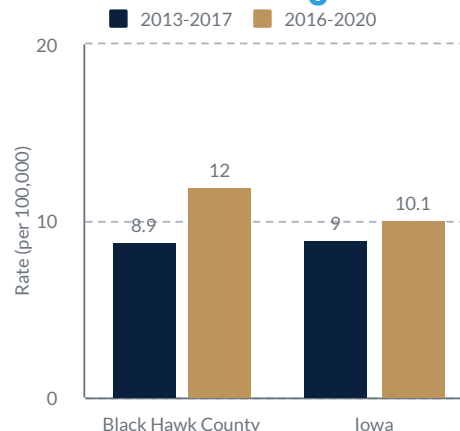
Mortality

The 5-year poisoning and firearm mortality rates have increased nationwide.

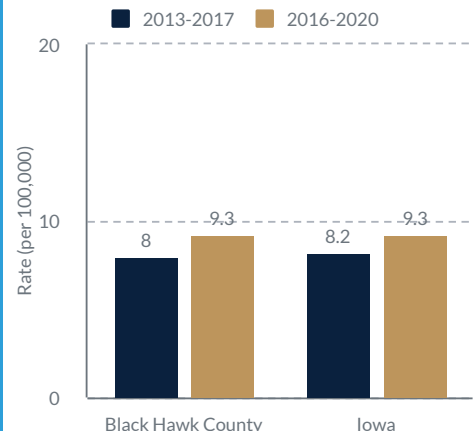
Recent poisoning issues include: suicide, substance use, and accidental exposure to fentanyl.

In 2020, **54%** of all gun-related deaths in the U.S. were suicides, while **43%** were murders.

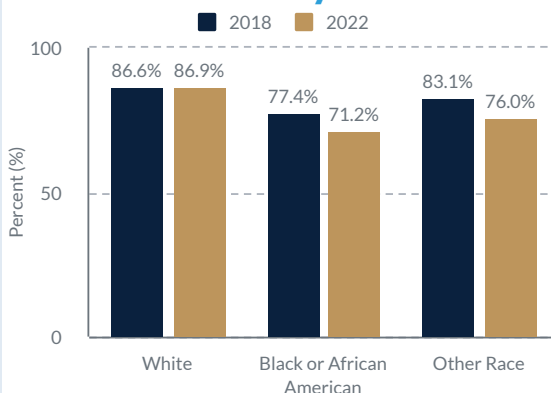
Age-Adjusted Mortality Rates - Poisoning



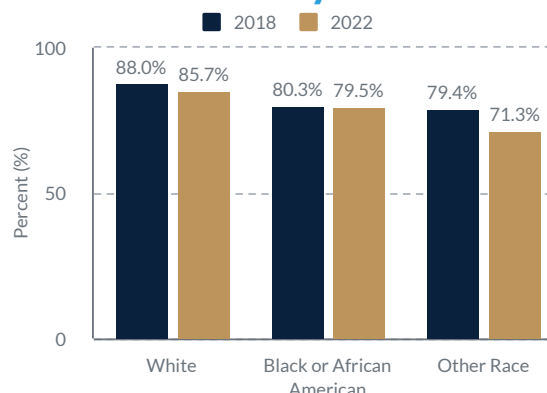
Age-Adjusted Mortality Rates - Firearms



2-Year Old Immunization Rates by Race



Adolescent Immunization Rates by Race



Sources

Census Bureau

Behavioral Risk Factor Surveillance System

Iowa Department of Public Health

CDC