

FACT SHEET

Iowa



Iowa ranked as the second healthiest state for seniors thanks to some impressive consistency that saw the state rank among the top 13 for all five categories including a fourth-place finish in community well-being. Iowa also ranked:

- 3rd among the states with the least amount of hospital deaths for patients 65 and over at just 16%..
- 3rd for the percentage of able-bodied seniors, or those age 65 and over with no disability, at 68%.
- 7th in hospice care enrollment for those age 65 and over with a diagnosis of a health condition with a high probability of death, at 59%.
- 7th among the states with the lowest reported cases of mental health distress among residents 65 and over, at less than 6%.
- 8th in food insecurity, with less than 12% of residents 60 and over facing hunger.

Featured Cities

The following cities in Iowa scored highly in our analysis of health factors.

- Des Moines - Des Moines, the capital of Iowa, has relatively low air particle emissions and has the largest number of options for senior community living and home healthcare nursing. Des Moines was also rated by the Milken Institute as a Top 10 City for Successful Aging.
- Waterloo - With the highest Medicare reimbursement rate and prescription drug coverage, residents from Waterloo enjoy good health and a high ratio of hospital beds to patients.
- Cedar Rapids - Cedar Rapids scored highest in overall hospital patient satisfaction among all cities on our list and had relatively low readmission rates.