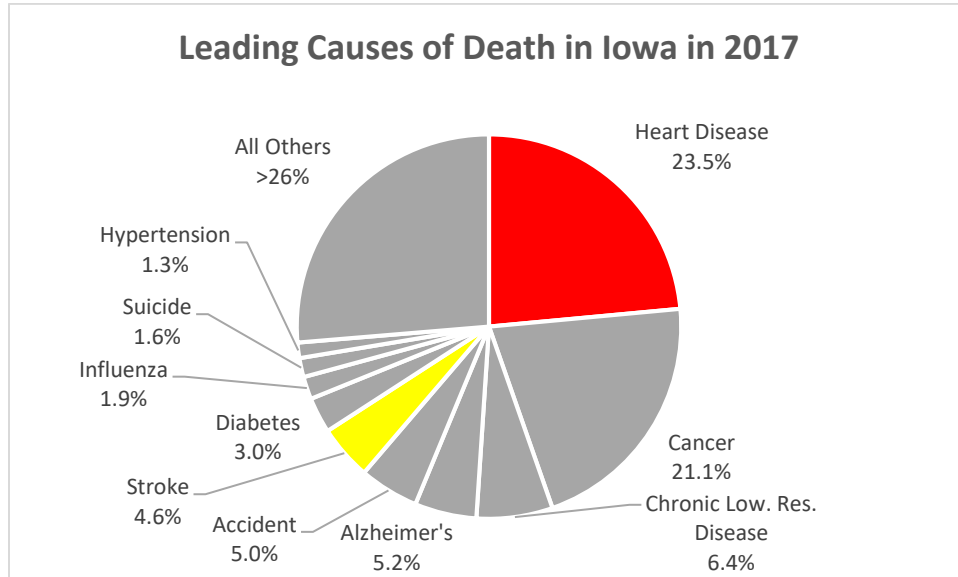




# Iowa State Fact Sheet



**Iowa has the 25<sup>th</sup> highest death rate from cardiovascular disease in the country.\*\***

- Heart disease is the no. 1 killer in Iowa\*
- Stroke is the no. 6 killer in Iowa\*
- 7,180 people in Iowa died of heart disease in 2017\*
- 1,416 in Iowa died of stroke in 2017\*

### Heart Disease and Stroke Risk Factors in Iowa\*\*\*

	<b>Iowa</b>	<b>US</b>
Adults who are current smokers	17.1%	17.5%
Adults who participate in 150+ min of aerobic physical activity per week	50.2%	51%
Adults who are overweight or obese+	70.1%	65.3%
Adults who have been told that they have had a heart attack	4%	4.2%
Adults who have been told that they have had a stroke	3.1%	2.9%
Adults who have been told that they have angina or coronary heart disease	4.1%	3.9%
Population of adults (18-64) who have some kind of health care coverage	92.8%	91%
High school Students who are obese++	15.3%	13.9%
Percentage of population covered by Medicaid/Chip+++	18%	20%

\* Based on total number of deaths in 2017. Centers for Disease Control and Prevention. WISQARS Leading Cause of Death Reports, 2017.  
 ^ Also known as COPD (Chronic Obstructive Pulmonary Disorder): COPD and allied conditions (including asthma); the term in the ICD/10 is "chronic lower respiratory diseases."  
 \*\* List includes Puerto Rico and D.C. Based on 2014-2016 age-adjusted death rates. American Heart Association. Heart Disease and Stroke Statistics: 2019 Update. A Report from the American Heart Association. Circulation.  
 \*\*\*Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey, 2017.  
 + Overweight is defined as having a body mass index (BMI) of 25.0-29.9. Obese is defined as having a body mass index of 30.0 or more.  
 ++ Students who were ≥ 95th percentile for body mass index, by age and sex. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System, 2017  
 +++ Kaiser Family Foundation US and State Medicaid Fact Sheets, 2016