Health
Black Hawk County Health Department

40.6% of the respondents to the community health survey reported their community is less healthy, and 59.4% reported their community maintained health or is healthier.

The top perceived community health problems were reported as obesity, mental health, and diabetes.

**Mental Health**

**Adverse Childhood Experiences**
- 56% of Iowans reported at least 1 ACE and 14.5% reported 4 or more ACEs.
- 12.9% of Black Hawk County residents reported experiencing 4 or more ACEs.

**Feelings of Hopelessness**
- 22% of students in Black Hawk County had feelings of sadness or hopelessness in 2018.
- 40% of females and 25% of males in 11th grade reported feelings of sadness or hopelessness.

**Depression**
- 18% of Black Hawk County residents reported they had a depressive disorder.

**Requested Public Health Service**
- The most requested public health service was help with access to mental health care.

**Obesity**

Black Hawk County BRFSS Participants Categorized as Obese

Iowa was ranked one of the highest states for prevalence of self-reported obesity in 2018.

Obesity prevalence in Iowa in 2018 was 35.3%.

The average obesity prevalence for Black Hawk County from 2011 to 2018 was 30.3%.

The average obesity prevalence in Black Hawk County ranged from 29.3% to 49.6% depending on the racial group.

**Source**

Behavioral Risk Factor Surveillance System (BRFSS)
Community Health Survey
Iowa Youth Survey
ACEs 360