



Where children are born can affect their chances for a strong start in life. Babies need Good Health, Strong Families, and Positive Early Learning Experiences to foster their healthy brain development and help them realize their full potential.

This state profile provides a snapshot of how infants, toddlers, and their families are faring in each of these three policy domains. Within each domain, view data for selected child, family, and policy indicators compared to national averages. The profile begins with a demographic description of the state's babies and families to offer the broadest context for exploring what may be very different experiences of the state's youngest children.



Iowa's Rankings

KEY



Getting Started



Reaching Forward



Improving Outcomes



Working Effectively

Overall

G R O W

Working Effectively

Good Health

G R O W

Working Effectively

Strong Families

G R O W

Working Effectively

Positive Early Learning Experiences

G R O W

Reaching Forward



Demographics

Infants and toddlers in Iowa

Overview

Iowa is home to 117,367 babies, representing 3.7 percent of the state's population. As many as 38.2 percent live in households with incomes less than twice the federal poverty line (in 2018, about \$50,000 a year for a family of four), placing them at economic disadvantage. America's youngest children are diverse and are raised in a variety of family contexts. In Iowa, 23.9 percent of babies are children of color and 21.5 percent of the state's infants and toddlers live in rural areas. A broad array of policies and services are required to ensure all of them have an equitable start in life.

■ IOWA ■ NATIONAL AVERAGE

Race/ethnicity of infants and toddlers

Non-Hispanic White ■ 76.1% ■ 49.3%

Hispanic ■ 10.7% ■ 26.2%

Non-Hispanic Black ■ 5.6% ■ 13.7%

Non-Hispanic Other ■ 4.8% ■ 5.9%

Non-Hispanic Asian ■ 2.8% ■ 4.9%

American Indian/Alaska Native ■ 0.4% ■ 0.8%

Working moms

Mothers in the Labor Force ■ 74.5% ■ 61.6%

Poverty status of infants and toddlers

Above Low-Income ■ 61.8% ■ 57.9%

Low-Income ■ 23.2% ■ 22.3%

In Poverty ■ 15.1% ■ 19.8%

Infants and toddlers in poverty, by race

Non-Hispanic Other ■ 23.2% ■ 16.9%

Hispanic ■ 23.0% ■ 27.2%

Non-Hispanic White ■ 11.3% ■ 12.3%

Non-Hispanic Black ■ N/A ■ 37.0%

Family structure

2-Parent Family ■ 74.4% ■ 76.7%

1-Parent Family ■ 21.8% ■ 20.9%

No Parents Present ■ 3.8% ■ 2.4%

Grandparent-headed households

■ 8.4% ■ 8.5%

Rural/Non-metro area

Living Outside of a Metro Area ■ 21.5% ■ 8.6%

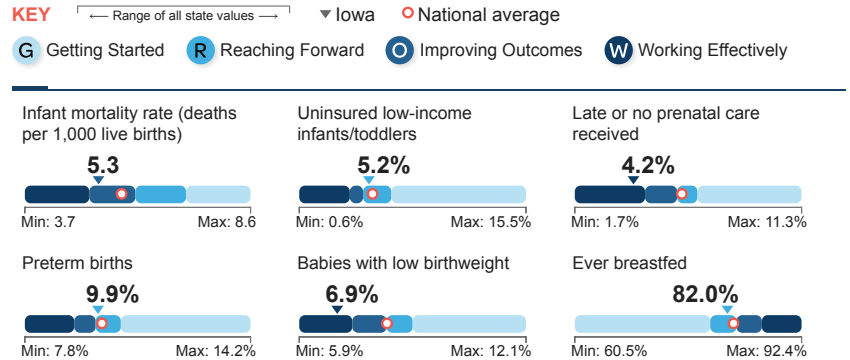


What is Good Health?

Good physical and mental health provide the foundation for babies to develop physically, cognitively, emotionally, and socially. The rate of brain growth is faster in the first 3 years than at any later stage of life, and this growth sets the stage for subsequent development. Access to good nutrition and affordable maternal, pediatric, and family health care is essential to ensure that babies receive the nourishment and care they need for a strong start in life.

Iowa falls in the Working Effectively (W) tier for the Good Health domain. A state's ranking is based on indicators of maternal and child health, including health care coverage, prenatal care, birth outcomes, and receipt of recommended preventive care as well as food security, nutrition, and mental health. Iowa performs better than national averages on key indicators, such as the percentages of women receiving late or no prenatal care and babies experiencing food insecurity. The state is performing worse than national averages on indicators such as the percentages of babies breastfed at 6 months and mothers reporting less than favorable mental health. Iowa is a Medicaid expansion state. The state Medicaid program covers 5 of 5 screenings and services that support socioemotional well-being and maternal and infant and early childhood mental health (IECMH).

Six Key Indicators of Good Health



Good Health Policy in Iowa

Medicaid expansion state	Yes <input checked="" type="checkbox"/>
State Medicaid policy for maternal depression screening in well-child visits	Recommended
Medicaid plan covers social-emotional screening for young children	Yes <input checked="" type="checkbox"/>
Medicaid plan covers IECMH services at home	Yes <input checked="" type="checkbox"/>
Medicaid plan covers IECMH services at pediatric/family medicine practices	Yes <input checked="" type="checkbox"/>
Medicaid plan covers IECMH services in early childhood education settings	Yes <input checked="" type="checkbox"/>

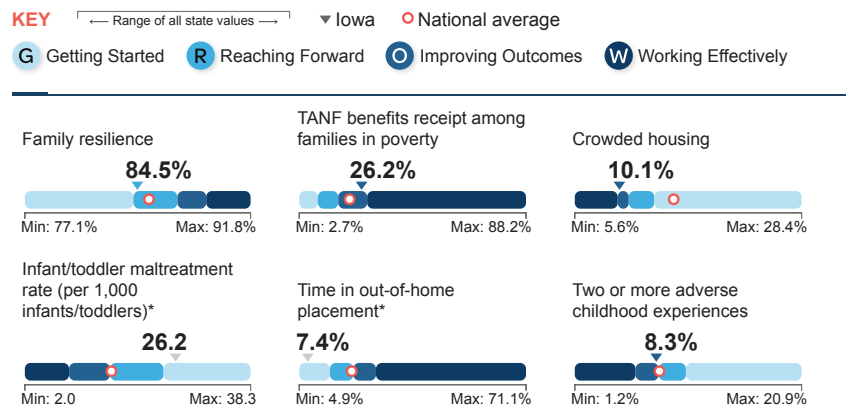


What Defines Strong Families?

Young children develop in the context of their families, where stability, safety, and supportive relationships nurture their growth. All families benefit from parenting supports, and many—particularly those challenged by economic instability—require access to additional resources that help them meet their children's daily and developmental needs. Key supports include safe and stable housing, home visiting services, family-friendly employer policies, economic support for families with low income, and tax credits that benefit families with young children.

Iowa falls in the Working Effectively (W) tier of states when it comes to indicators of Strong Families. The state's ranking in this domain reflects indicators on which it is performing better than the national average, such as the percentages of families in poverty with babies receiving TANF and babies living in crowded housing. Iowa is doing worse than the national average on indicators such as parents who report being resilient. Policy-wise, the state has implemented 1 of 5 policies that promote strong families, such as paid sick and family leave, Temporary Assistance to Needy Families (TANF) options, the Child Tax Credit, and Earned Income Tax Credit.

Six Key Indicators of Strong Families



Strong Families Policy in Iowa

Paid family leave	No <input checked="" type="checkbox"/>
Paid sick time that covers care for child	No <input checked="" type="checkbox"/>
TANF Work Exemption	No <input checked="" type="checkbox"/>
State Child Tax Credit	No <input checked="" type="checkbox"/>
State Earned Income Tax Credit (EITC)	Yes <input checked="" type="checkbox"/>



Positive Early Learning Experiences

In Iowa

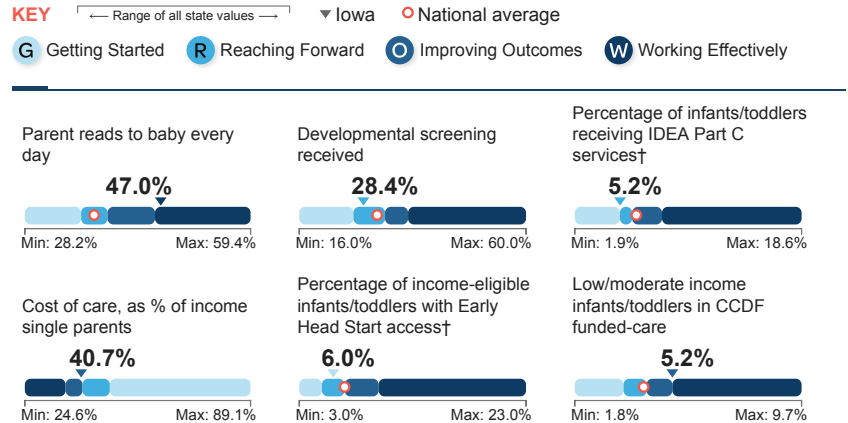


What Defines Positive Early Learning Experiences?

Infants and toddlers learn through play, active exploration of their environment, and, most importantly, through interactions with the significant adults in their lives. The quality of babies' early learning experiences at home and in other care settings impacts how prepared they are for life-long learning and success. Parents who work or attend school require access to affordable, high-quality care options that foster their babies' development. During this rapid period of growth, access to screening and early intervention is essential to address potential developmental delays.

Iowa scores in the Reaching Forward (R) tier for Positive Early Learning Experiences. The state's ranking in this domain reflects indicators on which it is performing better than the national average, such as the higher percentages of parents who read to their babies daily and babies in families with low/moderate income who receive CCDF-funded care. Iowa is doing worse than the national average on indicators such as the lower percentages of parents who sing/tell stories to their babies daily and babies who receive IDEA Part C services. Infant care costs as a percentage of the state's median income for single and married parents also contribute to the ranking. The state does not offer child care subsidy assistance to families with incomes above 200 percent of the Federal Poverty Level.

Six Key Indicators of Positive Early Learning Experiences



Positive Early Learning Experiences Policy in Iowa

Families above 200% of FPL eligible for child care subsidy	No <input checked="" type="checkbox"/>
Allocated CCDBG funds	Yes <input checked="" type="checkbox"/>
Group size requirements meet or exceed EHS standards	No age group
Adult/child ratio requirements meet or exceed EHS standards	2 age groups
Level of teacher qualification required by the state	High school diploma
Infant/toddler credential adopted	No <input checked="" type="checkbox"/>
State reimburses center based child care at/above 75th percentile of market rates	No <input checked="" type="checkbox"/>
State includes 'at-risk' children as eligible for IDEA Part C services	No <input checked="" type="checkbox"/>












All indicators for Iowa

G Getting Started **R** Reaching Forward **O** Improving Outcomes **W** Working Effectively











Good Health

W Eligibility limit (% FPL) for pregnant women in Medicaid	380.0 National average: 200.0	R Uninsured low-income infants/toddlers	5.2% National average: 5.4%
W Low or very low food security	6.8% National average: 15.9%	R Ever breastfed	82.0% National average: 82.9%
R Infants breastfed at 6 months	52.0% National average: 54.6%	G WIC coverage	64.9% National average: 85.9%
G High weight-for-length among WIC recipients	14.0% National average: N/A	W Late or no prenatal care received	4.2% National average: 6.2%
R Mothers reporting less than optimal mental health	26.6% National average: 19.8%	O Infant mortality rate (deaths per 1,000 live births)	5.3 National average: 5.8
W Babies with low birthweight	6.9% National average: 8.3%	R Preterm births	9.9% National average: 10.0%
O Preventive medical care received	93.5% National average: 91.1%	W Preventive dental care received	39.9% National average: 31.9%
O Received recommended vaccines	72.8% National average: 70.4%		

Strong Families

 TANF benefits receipt among families in poverty	26.2% National average: 21.7%	 Housing instability	1.8% National average: 2.7%
 Crowded housing	10.1% National average: 15.5%	 Unsafe neighborhoods	1.6% National average: 5.8%
 Family resilience	84.5% National average: 85.2%	 One adverse childhood experience	18.4% National average: 22.4%
 Two or more adverse childhood experiences	8.3% National average: 8.6%	 Infant/toddler maltreatment rate (per 1,000 infants/toddlers)*	26.2 National average: 15.9
 Time in out-of-home placement*	7.4% National average: 20.2%	 Infants/toddlers exiting foster care to permanency*	100.0% National average: 98.6%
 Potential home visiting beneficiaries served	4.2% National average: 1.9%		

Positive Early Learning Experiences

 Parent reads to baby every day	47.0% National average: 37.8%	 Parent sings to baby every day	53.2% National average: 57.6%
 Percentage of income-eligible infants/toddlers with Early Head Start access†	6.0% National average: 7.0%	 Cost of care, as % of income married families	11.8% National average: N/A
 Cost of care, as % of income single parents	40.7% National average: N/A	 Low/moderate income infants/toddlers in CCDF funded-care	5.2% National average: 4.2%
 Developmental screening received	28.4% National average: 31.1%	 Infants/toddlers with developmental delay*	0.0% National average: 1.0%
 Percentage of infants/toddlers receiving IDEA Part C services†	5.2% National average: 6.4%	 Timeliness of Part C services	99.6% National average: N/A

*This indicator is not factored into the GROW tier rankings. | Note: N/A indicates Not Available.
†Data for this indicator revised as of December 2020.