Girls’ Well-Being: Iowa vs. the United States

The State of Girls 2017

The State of Girls is the first research report to focus on the health and well-being of the 26 million girls living in the United States. The third edition of this report by the Girl Scout Research Institute focuses on changing demographics; economic, physical, and emotional health; education; and extracurricular/out-of-school time activities.

This profile summarizes recent trends in the well-being of girls living in Iowa, compared with girls living in the U.S.

Education

- Girls ages 16-19 who are high school dropouts: 4% in Iowa, 3% in the United States
- Girls ages 3-4 who are not enrolled in preschool: 55% in Iowa, 53% in the United States
- Fourth-grade girls who are not proficient in reading: 60% in Iowa, 61% in the United States
- Eighth-grade girls who are not proficient in math: 64% in Iowa, 67% in the United States

Iowa State Ranking

The state ranking is based on 13 national measures of girls’ well-being.*

21st

Extracurricular and Out-of-School Activities

- Girls ages 12-17 not involved in any community service or volunteer work: 15% in Iowa, 17% in the United States
- Girls ages 6-17 who do not participate in any organized activities: 12% in Iowa, 18% in the United States
- Girls ages 6-17 who watch TV or play video games 3+ hours per day: 19% in Iowa, 20% in the United States

Top ranked states for girls’ well-being:

1. New Hampshire
2. Utah
3. Minnesota
4. Vermont
5. South Dakota
6. Massachusetts
7. Nebraska
8. Connecticut
9. Maine
10. North Dakota
Physical and Emotional Health

- **Girls ages 6-17 with any emotional behavioral or developmental issues**: 10% in Iowa, 9% in the United States.
- **Girls ages 6-17 who do not feel safe at school**: 5% in Iowa, 7% in the United States.
- **Girls ages 10-17 who are overweight or obese**: 23% in Iowa, 28% in the United States.
- **Girls ages 6-17 who exercise less than four days per week**: 39% in Iowa, 38% in the United States.

Economic Well-Being

- **Girls ages 5-17 living in poverty**: 17% in Iowa, 19% in the United States, 30% in the United States.
- **Girls ages 5-17 in single-parent families**: 34% in the United States.

Girls’ Race/Ethnicity

- **White**: 80% in Iowa, 51% in the United States.
- **Latina**: 9% in Iowa, 25% in the United States.
- **Multiracial**: 3% in Iowa, 4% in the United States.
- **American Indian**: 0% in Iowa, 1% in the United States.
- **Asian**: 2% in Iowa, 5% in the United States.
- **Black**: 5% in Iowa, 14% in the United States.

Girls’ Immigrant Status

- **Girls ages 5-17 living in immigrant families**: 11% in Iowa, 26% in the United States.

Data is not destiny! As the premier leadership organization for girls, Girl Scouts is committed to ensuring that all girls develop to their full potential. To learn more, visit [www.girlscouts.org/research](http://www.girlscouts.org/research).

Source: PRB analysis of the U.S. Census Bureau’s American Community Survey (ACS), U.S. Census Bureau Population Estimates, National Survey of Children’s Health (NSCH), and National Assessment of Educational Progress (NAEP). ACS, NSCH, and NAEP estimates are based on surveys of the population and are subject to both sampling and nonsampling error. These measures represent the most recent data gathered from national and government sources for the period 2012-2015.

*The state ranking for girls’ well-being is a composite measure designed to summarize the well-being of girls in each of the 50 states across the 13 measures of well-being summarized in this fact sheet in education, economic well-being, extracurricular and out-of-school activities, and physical and emotional health.*
Girls’ Well-Being in Iowa: 2007 – Present

The State of Girls 2017

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This profile summarizes recent trends in the well-being of the 259,128 girls ages 5 to 17 living in Iowa across two time points: before and after the Great Recession, which took place from 2007 to 2009.

Education

- Girls ages 16-19 who are high school dropouts: 5% (2007) vs. 4% (2014-2015)
- Girls ages 3-4 who are not enrolled in preschool: 51% (2007) vs. 55% (2014-2015)
- Fourth-grade girls who are not proficient in reading: 60% (2007) vs. 60% (2014-2015)
- Eighth-grade girls who are not proficient in math: 67% (2007) vs. 64% (2014-2015)

The population of girls living in Iowa rose to 259,128 in 2014 from 256,368 in 2007.

Extracurricular and Out-of-School Activities

- Girls ages 12-17 not involved in any community service or volunteer work: 18% (2007) vs. 15% (2012)
- Girls ages 6-17 who do not participate in any organized activities: 13% (2007) vs. 12% (2012)
- Girls ages 6-17 who watch TV or play video games 3+ hours per day: 19% (2007) vs. 19% (2012)

Top ranked states for girls’ well-being:

2007
1. Vermont
2. Minnesota
3. New Jersey
4. Utah
5. New Hampshire
6. Connecticut
7. Massachusetts
8. North Dakota
9. Wyoming
10. Wisconsin
11. Iowa

2016
1. New Hampshire
2. Utah
3. Minnesota
4. Vermont
5. South Dakota
6. Massachusetts
7. Nebraska
8. Connecticut
9. Maine
10. North Dakota
11. Iowa

The state ranking is based on 13 national measures of girls’ well-being.*
Physical and Emotional Health

- Girls ages 6-17 with any emotional, behavioral or developmental issues: 6% (2007) to 10% (2012)
- Girls ages 6-17 who do not feel safe at school: 7% (2007) to 5% (2012)
- Girls ages 10-17 who are overweight or obese: 27% (2007) to 23% (2012)
- Girls ages 6-17 who exercise less than four days per week: 39% (2007) to 39% (2012)

Economic Well-Being

- Girls ages 5-17 living in poverty: 12% (2007) to 17% (2014)
- Girls ages 5-17 in single-parent families: 27% (2007) to 30% (2014)

Girls’ Race/Ethnicity

- White: 86% (2007) to 80% (2014)
- Latina: 6% (2007) to 9% (2014)
- Multiracial: 2% (2007) to 3% (2014)
- American Indian: 0% (2007) to 0% (2014)
- Asian: 2% (2007) to 2% (2014)
- Black: 4% (2007) to 5% (2014)

Girls’ Immigrant Status

- Girls ages 5-17 living in immigrant families: 8% (2007) to 11% (2014)

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Source: PRB analysis of the U.S. Census Bureau’s American Community Survey (ACS), U.S. Census Bureau Population Estimates, National Survey of Children’s Health (NSCH), and National Assessment of Educational Progress (NAEP). ACS, NSCH, and NAEP estimates are based on surveys of the population and are subject to both sampling and nonsampling error. Data sources range from 2012-2015.

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