



Iowa Quick Facts

IA Population: **3,207,004**

Medicaid coverage: **23.8%**

Adults with obesity: **37.4%**

Adults with diabetes: **11.6%**

The data used in this snapshot were extracted from state Medicaid manuals, fee schedules, statutes, regulations, preferred drug lists, and managed care coverage. Included are specific limitations and restrictions that often pose barriers to the utilization of these benefits. Visit the [STOP Obesity Alliance website](#) to download a more [detailed description of the limitations and restrictions \(PDF\)](#), as well as our [project methodology \(PDF\)](#).



Nutrition Counseling

Covered



Obesity Medication

Not covered



Intensive Behavioral Therapy

Covered



Metabolic & Bariatric Surgery

**Covered with limitations
and restrictions**

Limitations/restrictions:

- BMI
- Age
- Qualifying comorbidities
- Documentation of wt loss attempt
- Length of wt loss attempt
- Recency of wt loss attempt
- Number of wt loss attempts
- Mental health evaluation
- Wt loss program required

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Iowa Contacts & Resources

Medicaid office: 1-(800) 338-8366

[Iowa Medicaid Website](#)