



# Iowa

## 2024 Head Start & Early Head Start Profile



### SNAPSHOT

“I give a tremendous amount of credit to Head Start for helping me to achieve my career goals. I’ve met people in the community who saw my potential and recognized that I was striving for more, for both for myself and my daughter. Without Head Start, I don’t believe I’d be nearly as successful as I have been in achieving my career dreams.”

*Lisa Reid, Creston*



### BY THE NUMBERS

\$89,452,690

FY23 Funding

7,125

Funded Seats Statewide

5,422

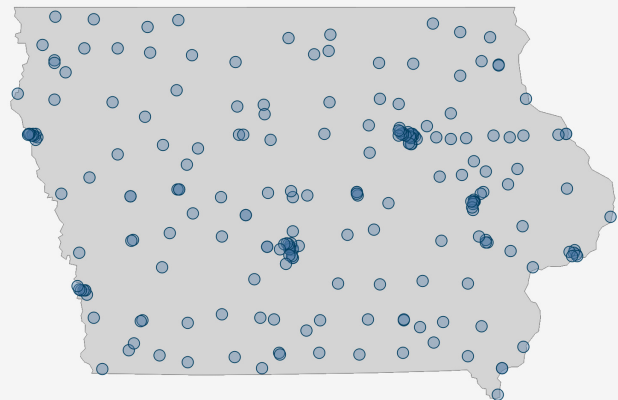
Funded Head Start Seats

1,703

Funded Early Head Start Seats

215

Head Start and Early Head Start Centers Statewide



Visit [nhsa.org/locator](https://nhsa.org/locator) to view maps in detail with congressional districts.



The National Head Start Association is committed to the belief that every child, regardless of circumstances at birth, has the ability to succeed in life. Since 1974, NHSA has worked for policy changes that ensure all income-eligible children have access to the Head Start model.

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For citations and additional fact sheets, visit [go.nhsa.org/state-profile](https://go.nhsa.org/state-profile)



# HEAD START'S MODEL

Nationwide, Comprehensive, Multi-Generational

In the nearly six decades since its founding, Head Start and Early Head Start has served nearly 40 million children and their families. Innovators and small business owners, police officers and members of the military, nurses and teachers, and even members of Congress—our alumni represent the vast and diverse fabric of our country. From early math and reading skills, to confidence and resilience, Head Start and Early Head Start helps children build the skills they need to be successful in school and life.

Head Start and Early Head Start takes a comprehensive approach to meeting the needs of young children and their families.

### There are four pillars in every program.

**Education:** Learning experiences support intellectual, social, and emotional growth

**Health Services:** Immunizations, dental, medical, and mental health support, nutritional services, and early screenings ensure healthy development

**Family Involvement:** Opportunities for parents and caregivers to be involved in decision making, participate in classes, and volunteer in the program strengthen families

**Wraparound Support:** Tailored services meet local and individual needs and link children and families to community supports.



## CHILDREN

51,408 Home Visits Conducted Throughout the Year

148 Pregnant Women Served

3,471 Newly Enrolled Children Completed Behavioral Screenings

839 Children Received Care for a Chronic Health Condition

6,341 Children Received Preventative Dental Care

5,851 Children Up-to-Date on Early and Periodic Screening, Diagnostic and Treatment Screenings

**Participation in Head Start improves the likelihood of educational success**, including a “2.7% increase in high school completion, an 8.5% increase in college enrollment, and a 39% increase in college completion. These estimates imply sizable, long-term returns to investments in means-tested, public preschool programs.”

*Prep School for Poor Kids: The Long-Run Impacts of Head Start on Human Capital and Economic Self-Sufficiency (2021)*



## FAMILIES

586 Homeless Families Served

5,716 Families Received Services that Promote Family Outcomes

2,342 Fathers Involved in their Child’s Educational Experiences

“The key takeaway is that **the benefits of Head Start appear to transfer from one generation to the next** in a substantial way... These results imply that cost-benefit analyses of Head Start and similar early childhood interventions underestimate the benefits of such programs by ignoring the transmission of positive effects across generations.”

*Breaking the Cycle? Intergenerational Effects of an Antipoverty Program in Early Childhood. (2022)*



## COMMUNITIES

543 Head Start and Early Head Start Classrooms

2,331 Total Head Start and Early Head Start Staff

5,302 Parents Employed, in School, or in Job Training

“Head Start generates a net present value of \$1,204 per child who attends”, far exceeding the costs of the program. Additionally, “25 years after participation, **Head Start reduces the incidence of poor health**. These health impacts have large economic significance, as the U.S. annually spends \$144 billion on health conditions that limit work.”

*The physical and mental health returns of Head Start 25 years after participation: evidence from income eligibility cutoffs. (2023)*