

2026 Prenatal-to-3 State Policy Roadmap

A Roadmap to Strengthen Your State's Prenatal-to-3 System of Care

Grounded in the science of the developing child and based on comprehensive reviews of the most rigorous evidence available, this Prenatal-to-3 State Policy Roadmap provides evidence-based policy solutions that foster the nurturing environments infants and toddlers need to thrive.

The annual Roadmap includes:

- Policy profiles that summarize the research and related impacts on child and family outcomes, and the progress states have made towards full and equitable implementation, and
- State profiles that track implementation of each effective Roadmap policy and strategy, and 19 child and family outcome measures that assess the wellbeing of its infants and toddlers.

Few States Are Doing It All, But Many Are Moving Forward

Four states fully implemented new Roadmap policies to strengthen their prenatal-to-3 system of care in the last year — Delaware, Maine, Minnesota, and Pennsylvania.

Number of Implemented Effective Roadmap Policies by State

4 out of 4	CA	CO	CT	DC	ME	MA	NJ	NY	OR	RI	WA	11 States
3 out of 4	DE	HI	IL	MD	MI	MN	MT	NE	NM	VT	VA	11 States
2 out of 4	AK	AZ	AR	IN	IA	MO	NV	OH	PA	SD		10 States
1 out of 4	FL	ID	KS	KY	LA	NH	NC	ND	OK	UT	WV	11 States
0 out of 4	AL	GA	MS	SC	TN	TX	WI	WY				8 States

State newly implemented at least one effective policy since October 1, 2025

Explore Iowa's Roadmap.

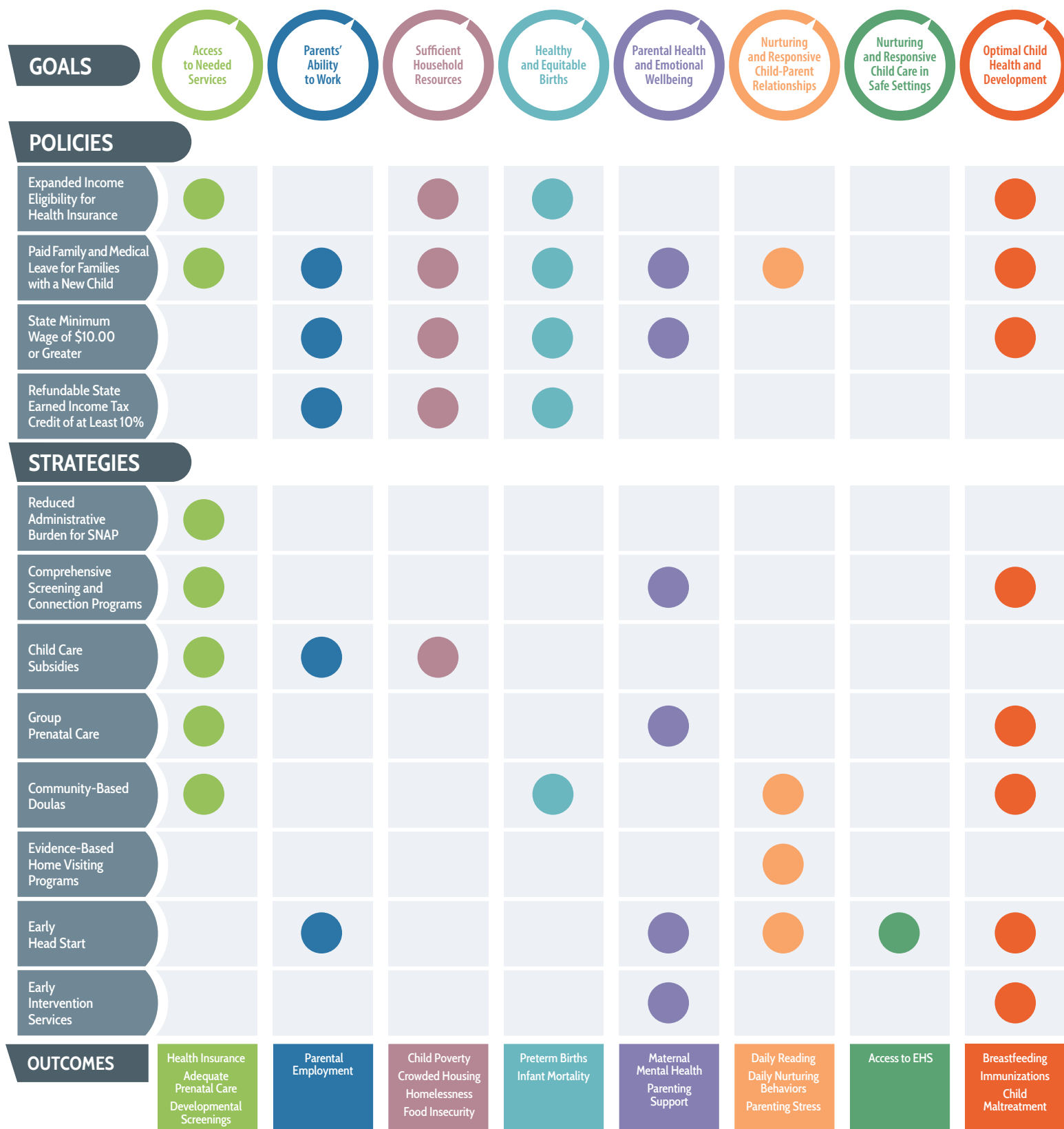
pn3policy.org/roadmap/ia

Contact us to inquire about our state services at pn3center@vanderbilt.edu or submit a request for our services online at pn3policy.org/state-services.



Prenatal-to-3 State Policy Roadmap

Align Policy Goals with Effective Policy Solutions Proven to Impact Outcomes



2026 Iowa Roadmap Summary

IOWA

Explore a summary of your state's progress implementing effective policies and strategies.

Effective Roadmap Policy

2026 Policy Snapshot



Expanded Income Eligibility for Health Insurance to 138%

138%
of the FPL

Iowa has expanded Medicaid eligibility under the Affordable Care Act; thus, parents earning up to 138% of the FPL are eligible for Medicaid coverage in IA.

Paid Family and Medical Leave for Families with a New Child

0
weeks

Iowa does not have a statewide paid family and medical leave program, but it does have a paid family leave program for eligible state employees.

State Minimum Wage of \$10.00 or Greater

\$7.25
per hour

The current state minimum wage in Iowa is \$7.25. Iowa state statute indicates the state minimum wage will either be \$7.25 or the federal minimum, whichever is higher.



Refundable State Earned Income Tax Credit of at Least 10%

15%
of the federal credit

Iowa has a refundable state EITC equal to 15% of the federal credit.



State has adopted and fully implemented the policy



State has newly adopted and fully implemented the policy since October 1, 2025

Effective Roadmap Strategy

2026 Strategy Snapshot

Reduced Administrative Burden for SNAP



12-month
Certification Period



Simplified Income
Reporting



Online Case
Management

Comprehensive Screening and Connection Programs



Statewide Goal



Medicaid Funding



State Funding

Child Care Subsidies



Income Eligibility
(85% SMI)



Limit Family
Copayments



Equitable
Reimbursement Rates

Group Prenatal Care



Enhanced Medicaid
Reimbursement Rate



State Funding

Community-Based Doulas



Medicaid
Coverage



Fund Training and
Credentialing

Evidence-Based Home Visiting Programs



Medicaid
Funding



Early Head Start



State Support

Early Intervention Services



Very Low Birthweight
Qualification



At-Risk
Qualification



Eliminate
Family Fees



State implemented all key policy levers



State has met the criteria for the lever



State has met criteria for the lever since October 1, 2025



State has not met the criteria for the lever

Policy Goal	Outcome Measure	Worst State		Best State	Rank
Access to Needed Services	% Low-Income Women Uninsured	41.8%	15.1% IA	1.5%	21
	% Births to Women Not Receiving Adequate Prenatal Care	26.2%	11.6% IA	6.6%	12
	% Children < 3 Not Receiving Developmental Screening	75.2%	54.8% IA	39.1%	22
Parents' Ability to Work	% Children < 3 Without Any Full-Time Working Parent	36.0%	19.7% IA	14.6%	6
Sufficient Household Resources	% Children < 3 in Poverty	28.8%	12.5% IA	8.4%	17
	% Children < 3 Living in Crowded Households	35.3%	10.0% IA	6.1%	3
	% Children < 3 Experiencing Homelessness	9.1%	1.7% IA	1.1%	7
	% Households Reporting Child Food Insecurity	17.0%	6.1% IA	2.8%	19
Healthy and Equitable Births	% Babies Born Preterm (< 37 Weeks)	15.0%	10.1% IA	7.9%	24
	# of Infant Deaths per 1,000 Births	9.7	4.5 IA	3.0	8
Parental Health and Emotional Wellbeing	% Children < 3 Whose Mother Reports Fair/Poor Mental Health	12.7%	6.0% IA	3.3%	12
	% Children < 3 Whose Parent Lacks Parenting Support	26.0%	8.7% IA	5.4%	5
Nurturing and Responsive Child-Parent Relationships	% Children < 3 Not Read to Daily	74.1%	53.8% IA	40.2%	14
	% Children < 3 Not Nurtured Daily	50.2%	38.4% IA	24.9%	22
	% Children < 3 Whose Parent Reports Not Coping Very Well	49.3%	39.3% IA	29.6%	39
Nurturing and Responsive Child Care in Safe Settings	% Children Without Access to EHS	95.9%	86.8% IA	59.1%	19
Optimal Child Health and Development	% Children Whose Mother Reported Never Breastfeeding	29.3%	13.0% IA	6.0%	28
	% Children < 3 Not Up to Date on Immunizations	44.6%	20.1% IA	14.9%	5
	Maltreatment Rate per 1,000 Children < 3	27.4	23.9 IA	1.8	47

Data marked with a * should be interpreted with caution. For additional information regarding calculation details, data quality, and source data please refer to Methods and Sources.