



Support for the First Thousand Days After Birth

State Spotlight: Iowa

Information current as of December 2025.

1. Care Coordination and Pregnancy Support

1.1 Pregnancy Support

More Options for Maternal Support (MOMS) Program

This is Iowa's alternatives-to-abortion program. This program was created in June 2022 through a law signed by Governor Kim Reynolds. In fiscal year 2023-24, the Iowa legislature passed SF [561](#), which allocated \$1 million for the program. It seeks to promote healthy pregnancies and childbirth by providing funding to pregnancy help organizations and reducing the number of abortions in the state by providing financial, prenatal, and medical support for mothers in need.

1.2 Care Coordination

Title V Doula Project

This project is funded by the Maternal and Child Health Service Block Grant and run by the Iowa Department of Health and Human Services (HHS). It aims to reduce the disparities in maternal health outcomes among African American women in Iowa by providing doulas for African American families in need. The doulas provide emotional and physical support to pregnant women before, during, and after childbirth. This program is available in Black Hawk, Dubuque, Polk, and Scott counties.

1.3 Miscellaneous

Promoting Opportunities for Parents Program

This program was created by Iowa Health and Human Services to assist parents in overcoming financial, physical, and emotional barriers that interfere with caring for their children. It is a component of Iowa's Child Support Services, and it partners with community providers to provide fatherhood classes and employment resources.

2. Women's Health

2.1 Prenatal and Postpartum Medical Care

No applicable and/or known programs.

2.2 Prenatal and Postpartum Support

WIC Breastfeeding Information and Support

Iowa's Women, Infants, and Children (WIC) program provides mothers with their own WIC peer counselor and/or a certified lactation specialist.

Better Choices, Better Health

This program is also known as the Chronic Disease Self-Management Program. It helps adults and their caregivers manage their chronic diseases such as heart disease, arthritis, diabetes, depression, asthma, bronchitis, etc. The program provides participants with 2.5-hour classes per week for 6 weeks on coping and managing their chronic conditions.

Evidence-Based Home Visiting (EBHV) Programs

Iowa's home visiting programs are funded by federal Maternal, Infant, and Early Childhood Visiting Program (MIECHV) dollars. The state's home visiting programs focus on maternal and child health, childhood injury prevention, school readiness and achievement, crime or domestic violence prevention and intervention, and family economic self-sufficiency. MIECHV funds support one home visiting model in Iowa:

- [Healthy Families America](#) - Services are available in six counties: Floyd, Black Hawk, Tama, Clinton, Des Moines, and Lee. This model provides family support services through home visits to at-risk families during pregnancy and for children through three years of age.

2.3 General Medical Care for Women

Care for Yourself (Breast and Cervical Cancer Early Detection Program)

This program provides low-income women with free or low-cost breast cancer screenings (clinical breast exams and mammograms) and cervical cancer screenings (pap testing and HPV testing). Females between 21 and 64 years of age who meet monthly income limits.

Medicaid

Iowa's main Medicaid program is called [Iowa Health Link](#). It's managed care program, Iowa Total Care, covers many of the state's eligibility groups. Medicaid coverage includes physical and mental health services as well as vision services. Only dental procedures performed in a hospital setting are covered by Iowa Total Care plans. If Iowa Total Care members would like to get dental coverage they can enroll in a fee-for-service dental plan or the state's Dental Wellness Plan. Applicants can also apply for the ISmile and ISmile-Silver programs (see below). Eligibility for the Iowa Total Care

program includes residency, citizenship or immigration, and income requirements. Coverage groups eligible for Iowa Total Care [include](#):

- Parents and caretakers - Parents and other caretakers with children (under the age of 19) living in their home who also meet resident, citizenship, and income requirements are eligible for full coverage Medicaid. Income limits can be found [here](#).
- Pregnant women - Pregnant women are eligible for full-coverage Medicaid as long as they meet certain family size and income limits ([at or below 220% of the FPL](#)).¹ As a result of the passage of [SF 2251](#) in May 2024 and CMS' subsequent approval of Iowa's extension request in January 2025, postpartum Iowa women now receive Medicaid coverage for one year after birth instead of 60 days.
- Expansion group - Adults whose income is at or below 138% of the FPL are eligible for full-coverage Medicaid.² This eligibility group doesn't have co-pays if the stipulations of the [Healthy Behaviors](#) requirements are met.
- Care for Yourself enrollees - Those who have been diagnosed with breast or cervical cancer can be eligible to have their treatment covered by Medicaid if they were diagnosed through the Care for Yourself program (see above) or with funds from family planning centers, community health centers, or non-profit organizations.
- [Family Planning Program](#) - This is an entirely state-funded program for Iowa residents and is specifically for those transitioning out of full coverage Medicaid or those who are ages 13 to 55 with an income at or below 300% of the FPL. This program only covers family planning services. Some of the services covered include birth-control exams and supplies, pelvic exams, pap smears, etc. Women whose labor and delivery were covered by Medicaid will have family planning services covered for 12 months postpartum.

Lastly, those who would otherwise be eligible for Medicaid apart from their citizenship status can receive Medicaid coverage for [emergency services only](#).

For more information on disability-specific Medicaid programs, see section 6.1, section 7.2 for child-specific Medicaid programs, section 7.4 for adoption-specific Medicaid programs, and 7.5 for foster-care-specific programs.

[HF 2489 \(2024\)](#)

This bill requires all Iowa Medicaid health insurance plans to cover mammograms and diagnostic breast exams.

[I-Smile and I-Smile Silver Dental Programs](#)

I-Smile is a statewide program that connects children and pregnant women with dental, medical, and community resources related to health wellness. Dental hygienists provide dental screenings, fluoride treatments, and educational services for children at WIC clinics, Head Start centers,

¹ The 5% difference between the stated income limits for different eligibility groups within the linked Iowa document and the amount listed in this document is because the Iowa document didn't account for the 5% disregard that applies to Medicaid eligibility groups.

² Ibid

preschools, childcare sites, and schools. It also helps coordinate dental appointments, find payment sources for dental care, and helps set up transportation. This program is administered in all 99 Iowa counties. [I-Smile silver](#) connects adults living in 10 Iowa counties participating in this pilot program with dental, medical and community resources. It is available in Calhoun, Des Moines, Hamilton, Humboldt, Lee, Pocahontas, Scott, Van Buren, Webster, and Wright Counties. Regional I-Smile coordinators partner with schools to make sure that all students get the mandatory screening required for newly enrolled Kindergartners and ninth graders.

3. Finances, Work, and Education

3.1 Help Paying Bills

Family Investment Program (FIP)

This is Iowa's Temporary Assistance to Needy Families (TANF) program. It provides cash assistance to low-income families so they can become self-sufficient and care for their children in their own homes. This program is also available to relatives caring for children in their homes. Eligibility requirements can be found [here](#). To receive assistance from this program, recipients must be enrolled in the PROMISE JOBS Program described below.

3.2 Employment Support

PROMISE JOBS Program

To get cash assistance from the state's TANF program, able-bodied participants must work with PROMISE JOBS and sign a Family Investment Agreement. PROMISE JOBS is a work and training program that focuses on self-sufficiency. The program helps individuals find jobs, keep their jobs, start their own business, or complete work-readiness training. Lastly, this program provides participants with supportive reimbursements for childcare, transportation, and educational activities. A component of this financial support is the Family Self-Sufficiency Grant which provides immediate short-term assistance to PROMISE JOBS enrollees to remove barriers related to getting or keeping a job. Part of this program is about helping eligible and interested participants complete their GED, enroll in adult basic education classes, learn English as a second language, or enroll in post-secondary education programs like truck-driving or nursing-assistant or four-year college programs.

SNAP Employment & Training

This is a voluntary component of the state's SNAP (see section 4.2) program. It assists enrollees in achieving their educational, career, and/or employment goals through occupational and vocational education programs, skills training, and supportive services. It provides education services, industry-specific training programs, job-search assistance, and assistance paying for expenses related to these activities such as childcare or transportation. This component of SNAP is a collaboration between the Iowa Department of Health and Human Services, the Iowa Workforce Development, and community organizations. To be eligible one must be a SNAP enrollee and meet all the following eligibility requirements:

- Be 18 or older or 16-17 and already have a high school diploma or be working toward one.
- Not receiving FIPS PROMISE JOBS services.
- Be able and ready to work within one year of education/training completion.

3.3 Education and Training

No applicable and/or known programs.

3.4 Financial Advice or Education

No applicable and/or known programs.

4. Material or Legal Support

4.1 Transportation

Non-Emergency Transportation (NET)

This is a benefit for those enrolled in the Iowa Total Care Medicaid program. It provides transportation to routine medical appointments at no cost or reimburses for these travel expenses. Buses, cars, taxis, vans, and wheelchair accessible vehicles are available. Family members or friends who drive Medicaid members to an appointment can be eligible for mileage reimbursement. Furthermore, if a Medicaid member must travel more than 50 miles to an appointment, they can also be eligible for meals and lodging reimbursement.

4.2 Food and Nutrition

WIC

This is a federally funded program run by the state and available to Iowa residents who meet income guidelines. It provides healthy foods, health care referrals, and nutrition education to low-income pregnant, breastfeeding, and postpartum women and their children (up to age 5) who are at nutritional risk.

SNAP

The Supplemental Nutrition Assistance Program (SNAP) is funded by the federal government but run by the state. It provides assistance to low-income families' monthly food budgets. To receive assistance from this program, Iowa residents must meet all the following eligibility requirements:

- Be a U.S. citizen, U.S. non-citizen national, or an eligible non-citizen
- Meet income guidelines

The amount of money one receives from SNAP depends on their household income, deductible expenses, and household size.

Special Nutrition Programs

National School Lunch Program and School Breakfast Program

These federally funded programs are run by the state and provide needy children with free or reduced-cost breakfast and lunch at participating schools.

- [Afterschool Snack Program](#): This is a component of the federal National School Lunch program and is administered at the state level. The federal government reimburses schools for providing low-income, eligible students enrolled in afterschool activities with free or reduced cost afterschool snacks.

[Summer Food Service Program](#)

This federally funded program is run by the state. It provides free meals to children 18 years or younger in participating communities and day camps.

[The Emergency Food Assistance Program \(TEFAP\)](#)

TEFAP is a federally funded program that provides states with 100% American grown foods that are allocated to participating food banks, pantries, and soup kitchens. Low-income individuals and families can go and receive supplemental food boxes from these entities. These supplemental food boxes contain three to five days' worth of food. Eligible households must meet income limits. Participating food pantries are in the counties of Woodbury, Black Hawk, Polk, Scott, and Linn.

[Special Milk Program](#)

This is a federally funded program run by the state and provides milk to low-income children in public and private schools, childcare institutions, and camps that do not participate in other federal child nutrition meal service programs.

[Child and Adult Food Care Program](#)

This federally funded program is run by the state and provides reimbursement for meals to childcare centers that take care of children through age 18 in lower income areas. Family day care homes, at-risk afterschool meals programs, outside-of-school-hours care centers, emergency shelters, and adult day care centers are also eligible to receive reimbursement from this program. Children aged 0-12 in childcare centers and family day care homes are eligible and children aged 18 and under are eligible when participating in afterschool programs or living at an emergency shelter. Children of migrant workers are eligible through age 15 and disabled persons being cared for in a center or home are eligible for this program's services as well.

[Fresh Fruit and Vegetable Program](#)

This is a federally funded program that provides elementary schools with a wider variety of produce than the National School Lunch Program does.

4.3 Clothing, Household Goods, and Baby Supplies

[SF 2367 \(2022\)](#)

This legislation eliminated sales and use taxes on feminine hygiene products and child and adult diapers.

4.4 Housing, Shelters, and Maternity Homes

Low-Income Home Energy Assistance Program (LIHEAP)

This federally funded program is run by the state. Individuals can apply for it at local community action agencies in Iowa. It provides a one-time heating utility payment to homeowners or renters who are within the federal poverty guidelines.

Weatherization Assistance Program

This is a federally funded program run by the state. It helps low-income Iowans make their homes more energy efficient. Energy efficient homes lower household energy bills for homeowners.

Rent Reimbursement

If Iowa residents are aged 65 or older or a low-income (less than \$26,219 in 2024) disabled adult, they could be eligible under this program for a partial reimbursement of their rent.

HF 2276 (2024)

This legislation requires all cities and localities to treat maternity homes as permitted in all residential zones or districts and prohibits cities from requiring maternity homes to obtain special permits. The aim of this bill is to make it easier for people or nonprofit organizations to build maternity homes and thus increase the number available for expecting mothers in need of housing.

4.5 Legal Support

No applicable and/or known programs.

5. Recovery and Mental Health

5.1 Addiction Recovery

No applicable and/or known programs.

5.2 Domestic violence, Sexual Assault and Trafficking Recovery

No applicable and/or known programs.

5.3 Mental Health

No applicable and/or known programs.

5.4 Abortion Recovery and Healing

No applicable and/or known programs.

5.5 Miscellaneous

Certified Community Behavioral Health Clinics (CCBHC)

Iowa's Department of Health was awarded a \$1 million federal grant in 2023 to create and implement a CCBHC program. The program is in the process of certifying providers that meet federal criteria for treating mental health issues and seeks to focus on helping Medicaid patients.

Projects for Assistance in Transition from Homelessness (PATH)

This is a federally and state-funded outreach program in which PATH workers reach out to homeless adults with mental illness, substance abuse, or trauma and offer them resources including housing, treatment, and recovery services. The program is available statewide through the Department of Health and Human Services. In Waterloo, Cedar Rapids, Davenport, Iowa City, and Dubuque, PATH services are provided by Iowa HHS' behavioral health division.

Your Life Iowa

This is Iowa's free statewide crisis line that provides callers with information and referrals in crisis situations.

6. Disability Assistance

Early ACCESS

This is Iowa's early intervention services system. It is available to infants and toddlers from birth to three who have a health condition that may affect his or her growth and development or have developmental delays that impact his or her ability to play, think, talk, or move. This intervention system focuses on helping parents help their children overcome these disabilities.

State Supplementary Assistance (SSA)

This is a state-funded program that provides financial assistance to meet the additional special needs of aged, blind, and disabled Iowans who are not covered by Supplemental Security Income (SSI). The six categories of special needs that are covered by SSA include:

- Blind allowance.
- Dependent person allowance.
- Family life home assistance.
- In-home health-related care assistance.
- Residential care facility assistance.
- Supplement for Medicare and Medicaid-eligible adults.

Disability-Specific Medicaid Programs

In Iowa, Medicaid offers Home and Community-Based Services (HCBS) waivers to individuals who require full, comprehensive coverage and additional long-term support services that allow disabled individuals to live at home instead of a long-term care facility. Iowa HCBS waivers [include](#):

- IA Elderly Waiver - For those 65 and older who need a nursing facility level of care. Examples of covered services include adult day health services, assisted living services, and mental health outreach services.
- IA Children's Mental Health Waiver - This waiver is for children up to 18 years old with a diagnosed serious emotional disturbance. Examples of covered services include family therapy, medical day care, and respite services.
- IA Brain Injury (BI) Waiver - For those of any age with a brain injury that requires a nursing facility or ICF/IID level of care. Examples of covered services include the provision of specialized medical equipment, case management services, and medical monitoring services.
- IA Health and Disability (HD) Waiver - For those with physical disabilities ages 0-64 who need a nursing facility or ICF/IID level of care. Examples of covered services include home health aides, adult day care, and home delivered meals.
- IA Physical Disability Waiver - For those with physical disabilities ages 18-64 who need a nursing facility level of care. Examples of the services covered include vehicle and home modifications as well as financial management services.
- IA AIDS/HIV Waiver - For those of all ages with HIV/AIDS who need hospital or nursing-facility level of care. Examples of covered services include home health aides, financial management services, and adult day care.
- IA Intellectual Disabilities Waiver - For those of any age with intellectual disabilities who need an ICF/IID level of care. Examples of covered services include day habilitation services, home health aides, and vehicle modifications.

[Medicaid for Kids with Special Needs \(MKSN\)](#) gives health coverage to children with special needs through Iowa's [Health Link](#) program. Families can choose what managed-care organization they get coverage through. Families covered under this program include the MKSN child and family members who live with that child and are not fully covered by another Medicaid program. Family members include the parents (including stepparents), all unmarried siblings under the age of 19, any children of the MKSN child, and the spouse of the MKSN child. To be eligible for this program, children must meet all the following requirements:

- Be under the age of 19.
- Be disabled according to the standards of the Social Security Administration.
- Be income eligible (no more than 300% of the FPL for their family size).
- U.S. citizen.

[Iowa Neuromuscular and Related Disorders Program](#)

This is a state-funded program that provides service through outreach clinics across the state run by the Iowa Neuromuscular Multispecialty Clinic at the University of Iowa Stead Family Children's

Hospital. It provides neuromuscular health care, case management, referral services, and education outreach services for individuals and families in Iowa.

Autism Support Program

This program provides funding for applied behavior analysis services to children under 14 who aren't eligible to receive these services through Medicaid or private health insurance plans and meet certain diagnostic and financial requirements. There could be a co-pay for services based on a family's income. Recipients of this program's assistance must meet all the following criteria:

- Child is under 14 at the time of application.
- Child has a diagnosis on the autism spectrum made by a child psychiatrist, developmental pediatrician, or clinical psychologist
- The diagnosis was within 24 months of the date of application.
- The child doesn't qualify for Medicaid or any other public funding for Applied Behavior Analysis (ABA) services or any private insurance carriers.
- The child's family meets the income guidelines for the program.

7. Care for Children

7.1 Childcare

Child Care Assistance

This assistance is available to the children of income-eligible parents who are employed or in school, vocational training, or activities approved by the PROMISE JOBS program. Assistance may also be available for a limited time to the children of a parent seeking employment. Children who are under the age of 13 (or 19 if the child has special needs) are eligible for this program as well as children whose family is a TANF-participating household. Childcare assistance for children with protective needs is provided without regard to income.

HF 707 (2023)

This legislation increased the maximum income eligibility threshold for childcare assistance from 145% of the FPL to 160%. It also increased reimbursement rates for participating providers to incentivize more providers and reward existing ones.

HF 2564 (2022)

This legislation created a new childcare tax credit for employers that provide childcare benefits to employees.

7.2 Children's Health Care

Medicaid for Children

Iowa residents under 19 can qualify for full-coverage Medicaid through Iowa Total Care if they meet citizenship or immigration criteria as well as income guidelines. Newborns are eligible for Medicaid

if their mothers are and the income limit for children ages one through 18 is at or below 172% of the FPL.³

Iowa's Early Periodic Screening, Diagnosis and Treatment ([EPSDT](#)) program provides health coverage for well-child visits and diagnostic screenings for all Medicaid-enrolled children with actual or potential health issues, from birth to age 21. This mandated Medicaid benefit screens children with actual or potential health problems to treat them before they become permanent disabilities. Preventive health services are also available to Medicaid-eligible children under age 21.

[Healthy and Well Kids in Iowa \(Hawki\)](#)

This is Iowa's version of CHIP. It offers health and dental insurance through a managed care organization to uninsured children of working families who make too much money to qualify for Medicaid but not enough to pay for private insurance. No family pays more than \$40 a month while some families pay nothing at all. Income guidelines can be found [here](#). There are differing income thresholds and corresponding co-pay amounts that can be found in the previous hyperlink.

[Newborn Screening Program](#)

Newborn screening is required by law in Iowa for all babies born in Iowa hospitals. Babies are screened for certain inherited conditions 24 to 48 hours after birth as well as for hearing loss/disorders and critical congenital heart disease. It is important to note that while this program is required, parents pay for these services as a part of the cost to deliver their child. However, the state facilitates the program and provides payment options for low-income families

[Early Hearing and Detection and Intervention Program](#)

This program connects families whose babies suffer from hearing loss with educational and treatment resources.

[Project Linking Actions for Unmet Needs in Children's Health \(LAUNCH\)](#)

This is a five-year federal grant program run by the Iowa Department of Public Health. It focuses on direct service providers fostering the healthy mental development of children (birth to 8 years old) via the creation of nurturing relationships with the children's parents.

[Vaccines for Children Program](#)

This is a federal program run at the state level, and it provides participating doctors' offices with free vaccines to administer to Iowa residents under the age of 19 whose families could otherwise not afford to vaccinate their children. To be eligible to receive vaccines from this program children must be a part of one or more of the following groups:

- American Indian or Alaska Native
- Medicaid-eligible
- Uninsured
- Underinsured

³ Ibid.

1st Five

This is a program administered by the Iowa Department of Health and Human Services that focuses on connecting needy families with early intervention services and community resources for referred children. Children are referred by primary care providers who screen for developmental issues and family stress. If concerns are identified, the child is referred to their local 1st Five agency, and a support specialist connects the parent/caregiver with appropriate intervention services. Case management and follow-up services are included.

7.3 Family and Parenting Education

Iowa Head Start and Early Head Start

This is a federally funded program that coordinates with service sites to educate low-income parents of children aged birth to five on child development and school readiness. Head Start typically serves children between three and five, and Early Head Start serves infants, toddlers, and pregnant women. The program is free for low-income families at or below federal [poverty guidelines](#). Children whose families receive public assistance, are in foster care, or are experiencing homelessness are also eligible regardless of income. The state's Head Start program is administered by the federally funded Iowa Head Start Collaboration Office.

Shared Visions Parent Support Program

This program provides educational support services to parents of at-risk children (birth through five years old) with a special emphasis on serving parents of at-risk children from birth to age three.

Family Development and Self-Sufficiency Program

This is a program administered by the Iowa Department of Health and Human Services that contracts statewide agencies to provide parenting classes in all 99 Iowa counties. The program focuses on reducing familial stress, strengthening families' life skills, and creating healthy relationships between parents and their children. The program includes home visits, assessments and screenings, and resource referrals.

Statewide Voluntary Preschool for Four-Year-Old Children

This is a state program focused on expanding the opportunity for all young Iowans to be enrolled in voluntary preschool programs so that they are ready for kindergarten. Preschool programs are staffed by licensed teachers who provide participating children with at least 10 hours a week of preschool instruction and community programming.

7.4 Adoption

Adoption Subsidy Program

This program provides adoptive families of special needs children adopted from the state's foster care system with monthly subsidies. The point of this program is to encourage prospective adoptive families to adopt special-needs children from within the foster care system, so the children don't

remain in the system for long periods of time. This program also can provide families with medical coverage and a one-time payment for adoption-related expenses like legal fees.

Adoption Tax Credit

Iowa has a \$5,000 tax credit for unreimbursed adoption-related expenses.

Medicaid

In Iowa, children [who are eligible](#) for federal Title IV adoption assistance automatically become eligible for Medicaid (income is not considered). Children who receive benefits from the state's adoption subsidy program (described above), as opposed to the federal adoption assistance program, also qualify for Iowa Medicaid.

7.5 Foster, Kinship, and Short-term Care

Aftercare Services Program

This is a case management program for youth exiting the foster care system. It provides the former foster youth with support and guidance through regular meetings with a self-sufficiency advocate who helps the youth develop a self-sufficiency plan. Recipients of this program's assistance must meet all the following criteria

- Age 18 through 22
- Are no longer in foster care
- Are Iowa residents

And meet one of the following requirements:

- Were in foster care at age 18
- Exited foster care between 17.5-18 years of age and had been in care for at least six months immediately prior to exiting care
- Were adopted from foster care or exited foster care with support from the Subsidized Guardianship Program on or after age 16
- Were in the State Training School or court-ordered detention when they reached 18 or exited such circumstances between 17.5 and 18

Education and Training Voucher Program (ETV)

This federally funded program provides those who are in foster care when they turn 16 and those in the state's kinship-guardianship program with college tuition waivers. Youth can receive up to \$5,000 a year for tuition or other qualified school-related expenses. Other eligibility requirements include:

- Youth must be enrolled in an accredited college or vocational/technical training program and make progress toward completion of their degree.
- ETV funds can be accessed for a maximum of five years until the youth's 26th birthday and the youth must apply annually for the voucher.

Medicaid

All children in the foster care system in Iowa are [eligible for Medicaid](#). Former foster care children are also [eligible](#) for Iowa Medicaid if they were enrolled in Medicaid when they aged out of foster care. Income is not considered for former foster children receiving Iowa Medicaid.

Parent Partners

This program provides mentors to families whose children are in foster and kinship care or in custody of Child Protective Services. Reunification of the child with their biological parents is the main goal of this program. Mentors visit the family's home four times per month and maintain contact between visits via phone. Mentors have experienced child-protection involvement and experienced successful reunification or resolution after termination of their parental rights.

7.6 Safe Haven and/or Baby Boxes

Safe Haven Law

This law allows parents to surrender their baby up to 90 days after birth without fear of arrest or prosecution for abandonment at a designated facility. Designated facilities include hospitals, health care facilities, fire stations, adoption service providers, 911/first responders, and Baby Box devices.

Miscellaneous

Choose Life License Plate Program

Iowa drivers can purchase a “Choose Life” random-numbered vanity plate at a local county treasurer’s office and personalized plates online through the Iowa Department of Transportation. [Proceeds](#) from the sales of these plates go to roadwork.

Maternal Prenatal Screening Program

This is a program in which prenatal health care providers offer prenatal testing to women to screen for an increased risk of the baby having certain birth defects. Screening is intended to give the prenatal care team and the mother advanced notice of potential issues so that the baby can get special care as soon as it’s born. The screening is primarily for Down syndrome, Trisomy 18, abdominal wall defects, and neural tube defects.

This is a non-exhaustive list of programs, current as of January 2026, intended to make information easily accessible to moms and families. Program details are subject to change. Readers should always consult with the appropriate state agency for the most accurate and recent information. The information in this summary is for educational purposes only. CLI does not take a position on the merits of any specific program.

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