



Iowa Community Health Snapshot Series

*275 community reports prepared for the Iowa State University
Extension and Outreach Community and Economic
Development Unit*



May 2024

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This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

Iowa Community Health Snapshot Series

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Health in Altoona: Overview

Dear Community Members & Stakeholders of Altoona,

We are pleased to share the Iowa Community Health Snapshot series, a set of reports designed in partnership with Iowa State University's Community Economic Development to assess the overall landscape of health and well-being across Iowa. The following pages include the health snapshot for your community. The snapshot can be used to see how Altoona ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Altoona's strengths and opportunities for growth by leveraging the Centers for Disease Control and Prevention PLACES dataset.

The report includes 37 health measures organized topically by general health status, risky behavior, health outcomes, prevention, and disability. We provide a general overview of each health topic, followed by a description of each health measure. Health measure descriptions include crude and age-adjusted rates and a ranking that tells you how your community ranks compared to all Iowa communities and communities of similar size to Altoona. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community's strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Stroke	28th	7th	Core preventive services for older men	35th	5th
Core preventive services for older men	35th	4th	Sleep <7 hours	44th	7th
Chronic Kidney Disease	36th	7th	Stroke	49th	9th
Hearing Disability	36th	8th	Hearing Disability	61st	10th
Cancer (except skin)	38th	6th	Self-care Disability	80th	9th

Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Taking BP Medication	943rd	27th	Taking BP Medication	891st	29th
Depression	916th	27th	High Cholesterol	859th	27th
Annual Checkup	889th	26th	Depression	808th	26th
Binge Drinking	888th	25th	Binge Drinking	520th	20th
Cholesterol Screening	825th	14th	Cancer (except skin)	418th	15th

Please review the rest of the report to learn more about your community and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Altoona.

Sincerely,



Shawn F. Dorius, PhD
Iowa State University
Public Science Collaborative



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

How to Use this Report

The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Altoona that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Altoona, a review of risky behaviors in the community, and information on various health outcomes, prevention measures, and disability needs. Each section includes an overview of the health domain, a breakdown of its underlying health measures, and data to see how Altoona compares to the rest of the state and similarly-sized communities.

With a population of 20,017, Altoona’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community’s crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.



Health Status

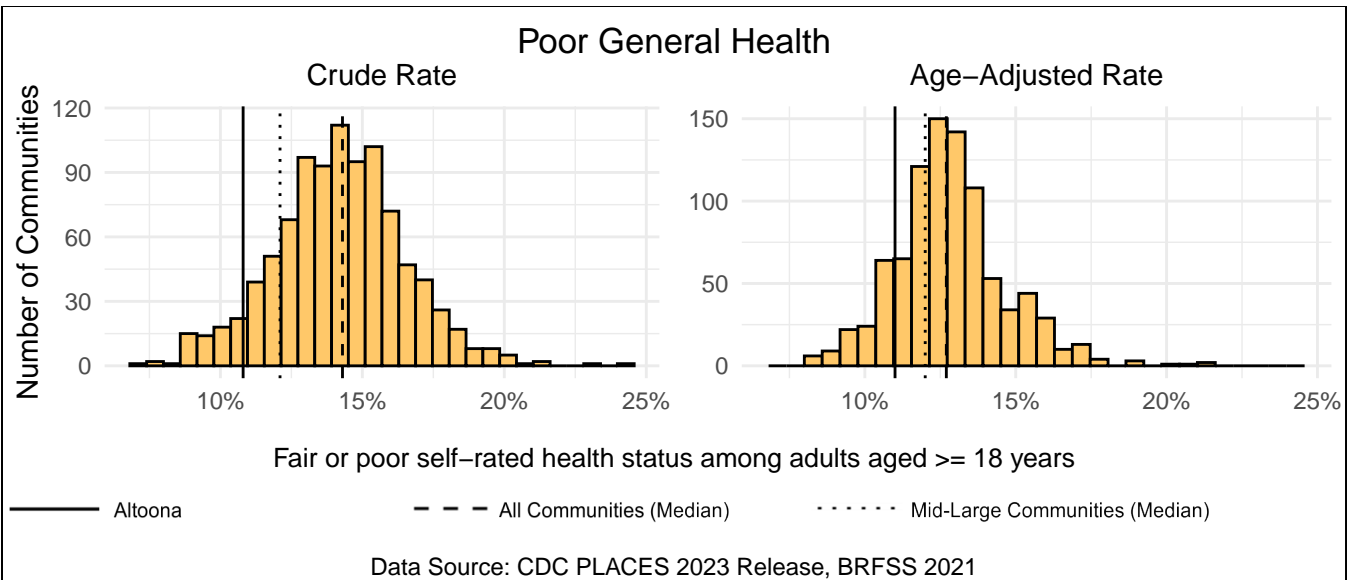
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of “excellent,” “very good,” “good,” “fair,” or “poor,” from which the respondents who answer “fair” or “poor” are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-status/index.html>

Poor General Health

Altoona has a crude rate of 10.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 62nd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Altoona is 11.0%, which ranks 126th out of 905 Iowa communities (12th out of 31 mid-large communities).

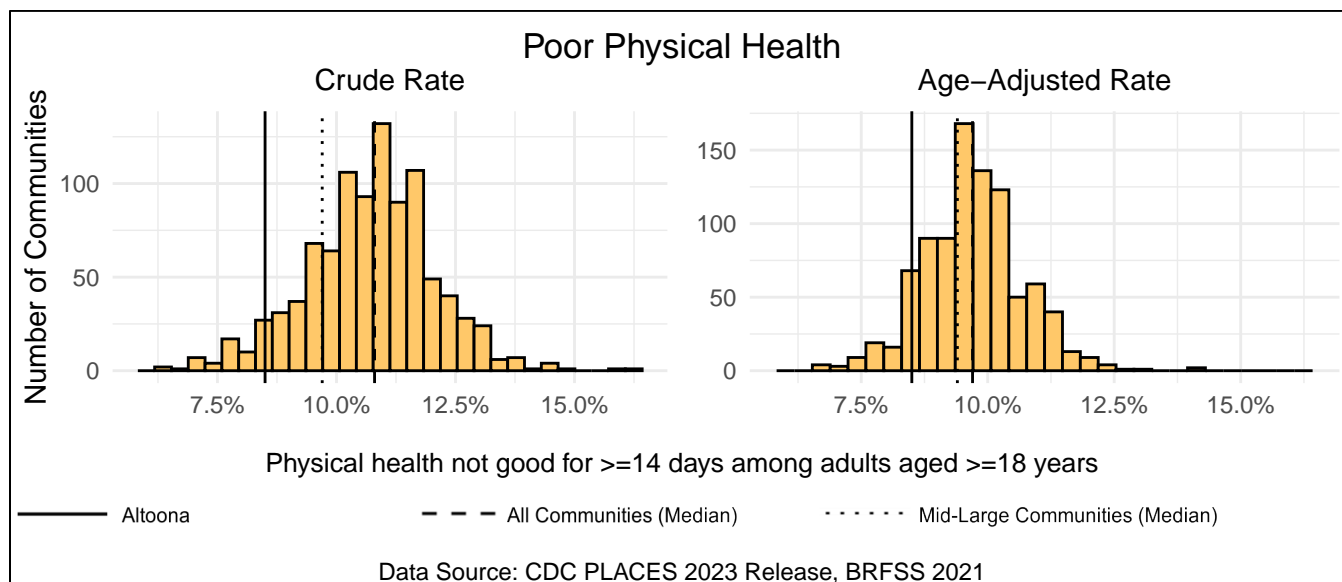
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	10.8%	14.3%	12.1%
Age-Adjusted	11.0%	12.7%	12.0%



Poor Physical Health

Altoona has a crude rate of 8.5% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 52nd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Altoona is 8.5%, which ranks 83rd out of 905 Iowa communities (10th out of 31 mid-large communities).

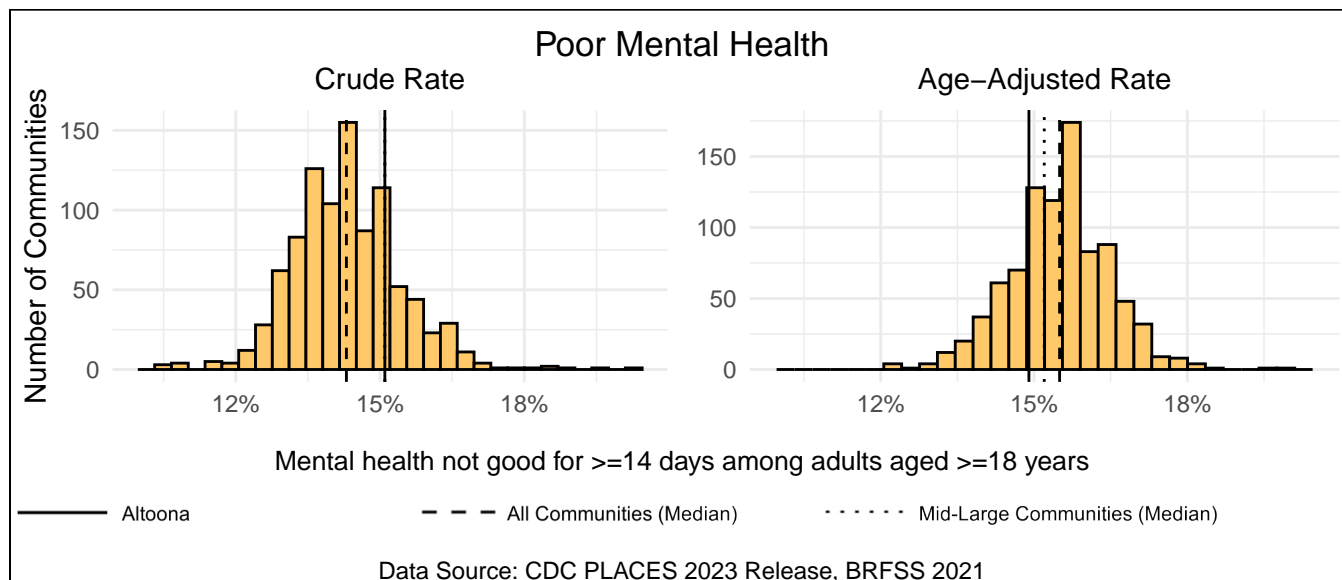
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	8.5%	10.8%	9.7%
Age-Adjusted	8.5%	9.7%	9.4%



Poor Mental Health

Altoona has a crude rate of 15.1% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 736th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Altoona is 14.9%, which ranks 210th out of 905 Iowa communities (13th out of 31 mid-large communities).

Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	15.1%	14.3%	15.1%
Age-Adjusted	14.9%	15.5%	15.2%



Health Risk Behaviors

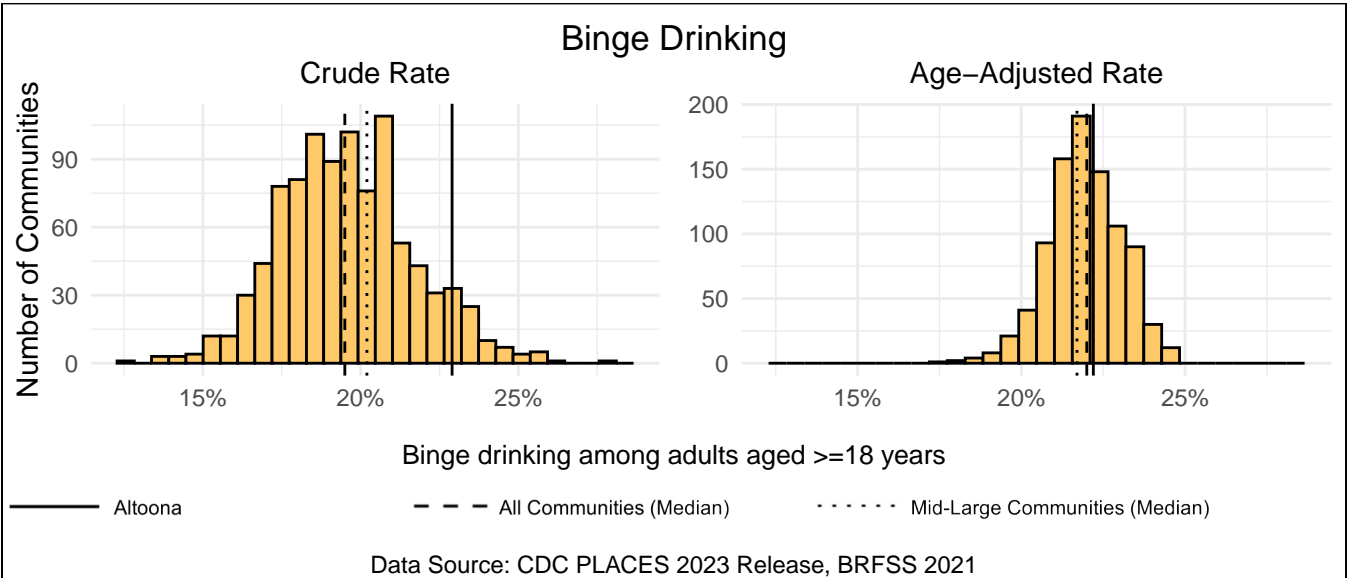
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/unhealthy-behaviors/index.html>

Binge Drinking

Altoona has a crude rate of 22.9% for binge drinking among adults aged ≥ 18 years, which ranks 888th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Altoona is 22.2%, which ranks 520th out of 905 Iowa communities (20th out of 31 mid-large communities).

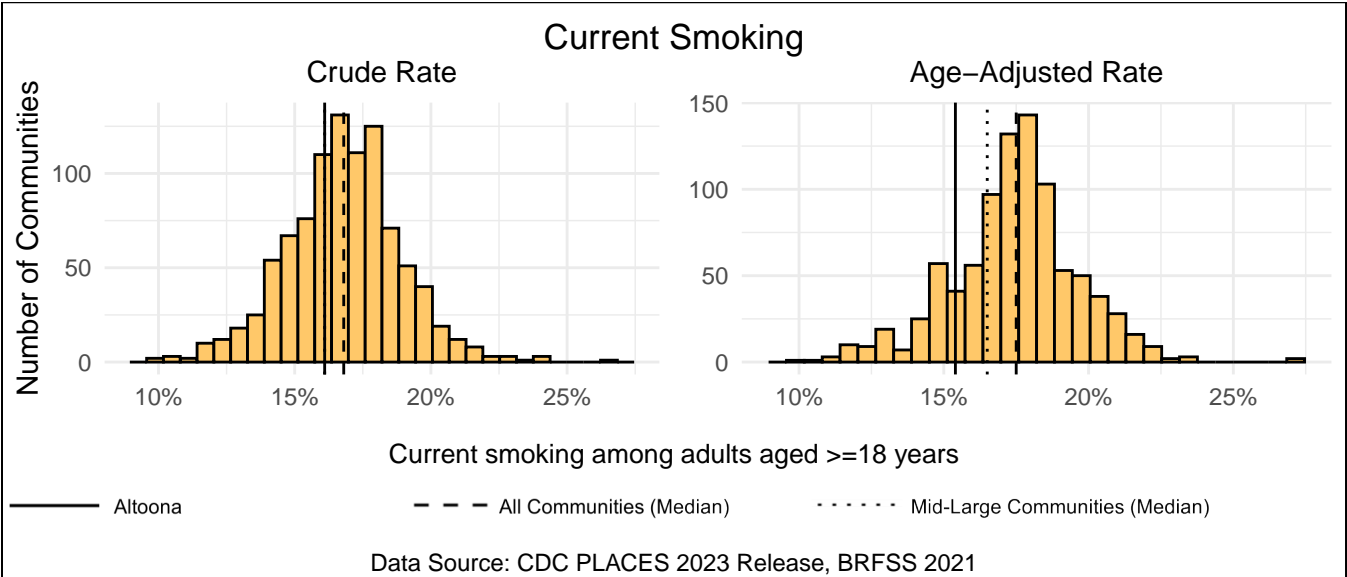
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	22.9%	19.5%	20.2%
Age-Adjusted	22.2%	22.0%	21.7%



Current Smoking

Altoona has a crude rate of 16.1% for current smoking among adults aged >=18 years, which ranks 316th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Altoona is 15.4%, which ranks 150th out of 905 Iowa communities (14th out of 31 mid-large communities).

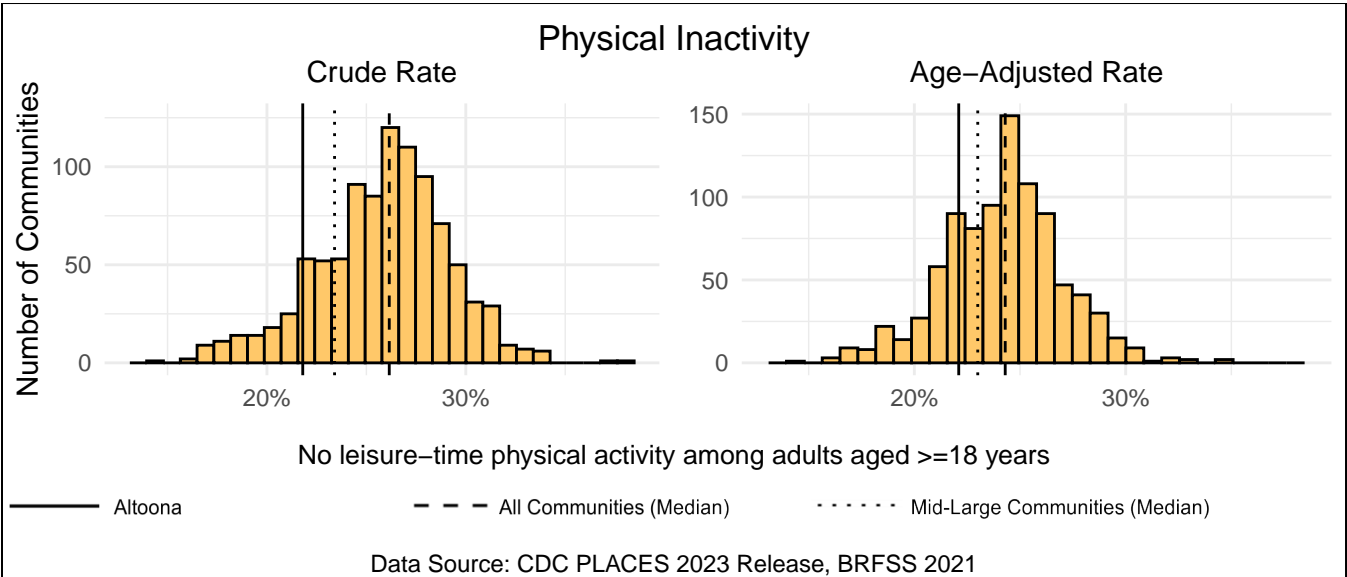
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	16.1%	16.8%	16.1%
Age-Adjusted	15.4%	17.5%	16.5%



Physical Inactivity

Altoona has a crude rate of 21.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 107th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Altoona is 22.1%, which ranks 185th out of 905 Iowa communities (14th out of 31 mid-large communities).

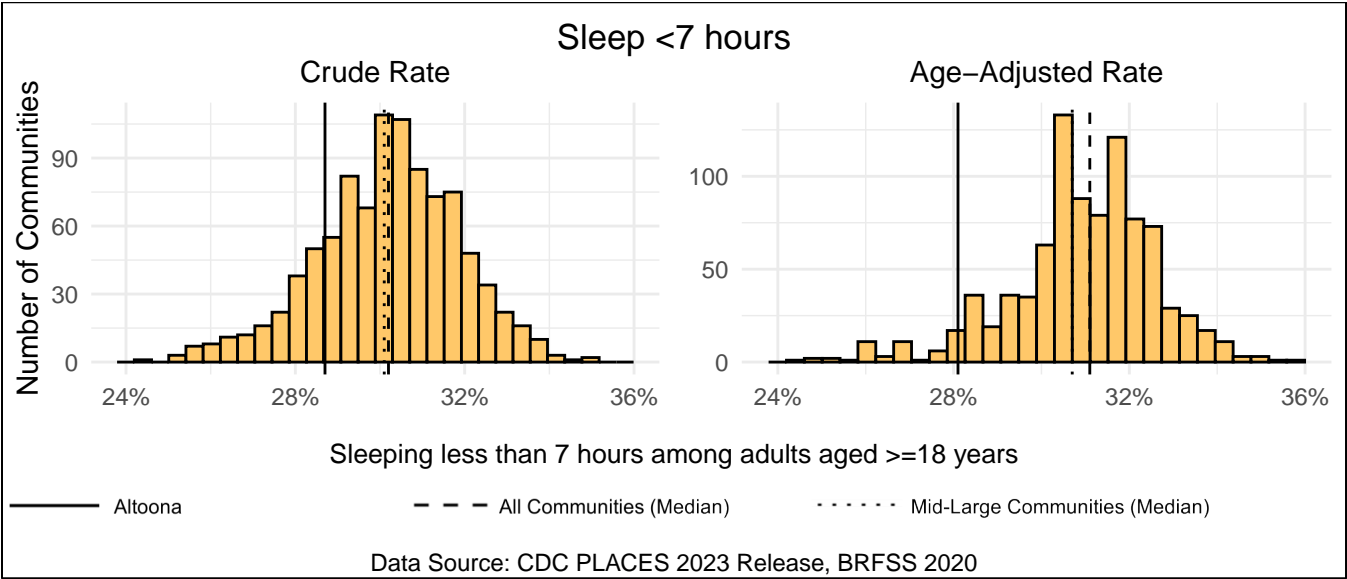
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	21.8%	26.1%	23.4%
Age-Adjusted	22.1%	24.3%	23.0%



Sleep <7 hours

Altoona has a crude rate of 28.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Altoona is 28.1%, which ranks 44th out of 905 Iowa communities (7th out of 31 mid-large communities).

Measure Type	Altoona	All	Mid-Large
		Comm.	Comm.
Crude	28.7%	30.2%	30.1%
Age-Adjusted	28.1%	31.1%	30.7%



Health Outcomes

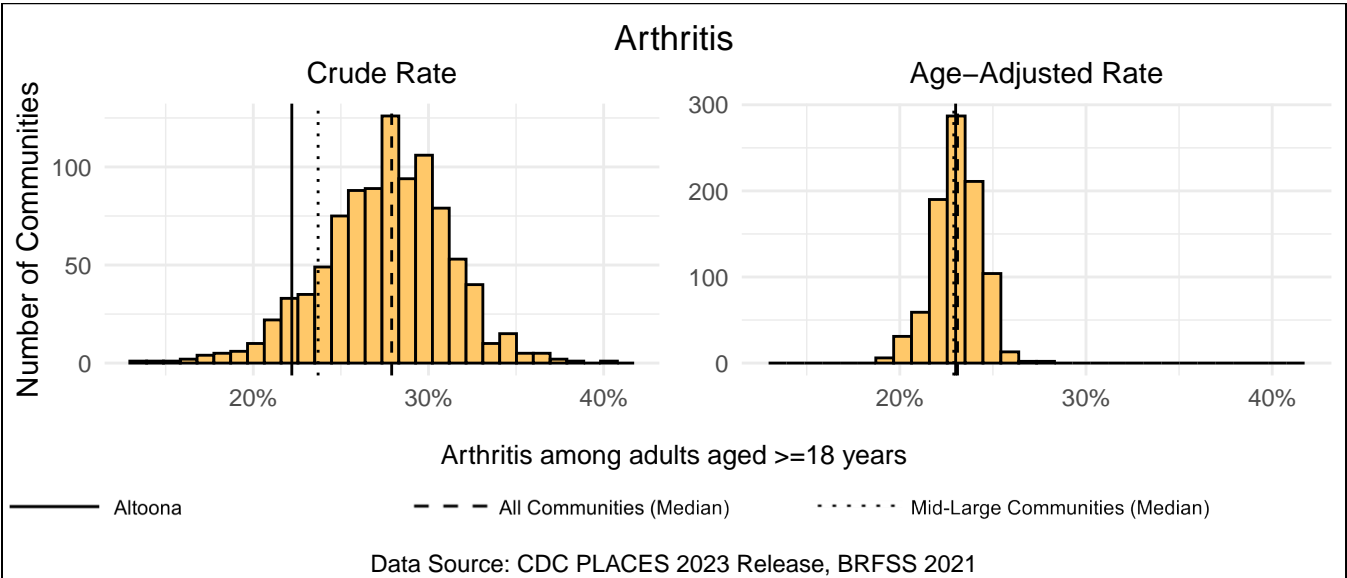
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-outcomes/index.html>

Arthritis

Altoona has a crude rate of 22.2% for arthritis among adults aged ≥ 18 years, which ranks 74th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Altoona is 23.0%, which ranks 401st out of 905 Iowa communities (17th out of 31 mid-large communities).

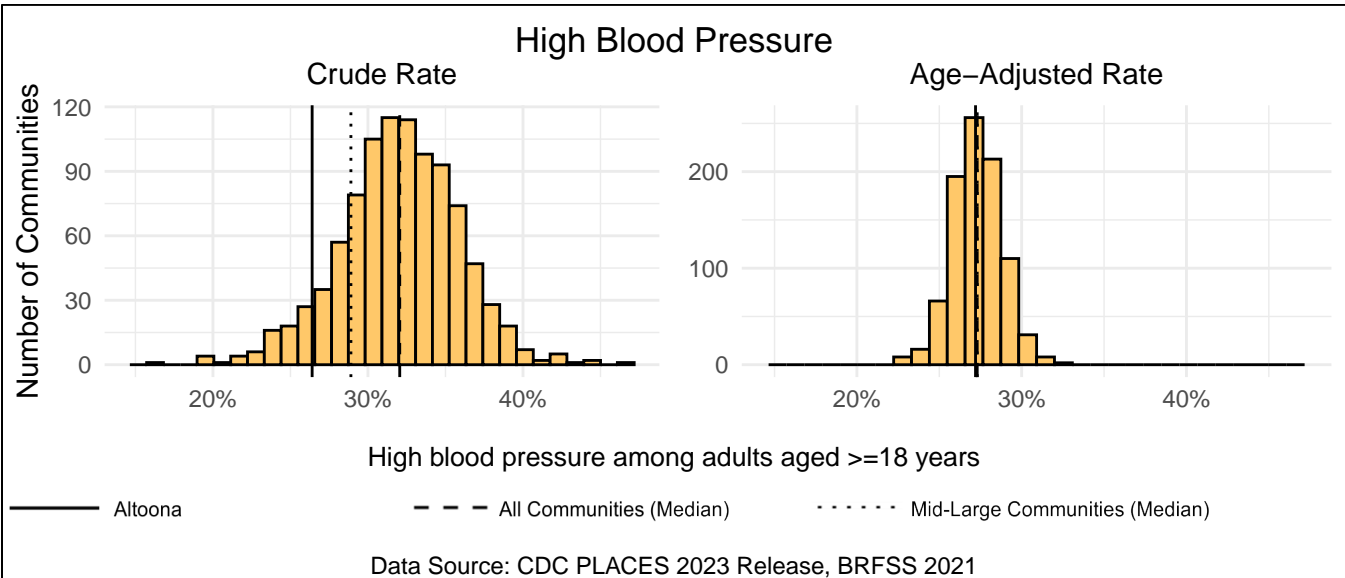
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	22.2%	27.9%	23.7%
Age-Adjusted	23.0%	23.1%	22.9%



High Blood Pressure

Altoona has a crude rate of 26.4% for high blood pressure among adults aged ≥ 18 years, which ranks 72nd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Altoona is 27.2%, which ranks 412th out of 905 Iowa communities (15th out of 31 mid-large communities).

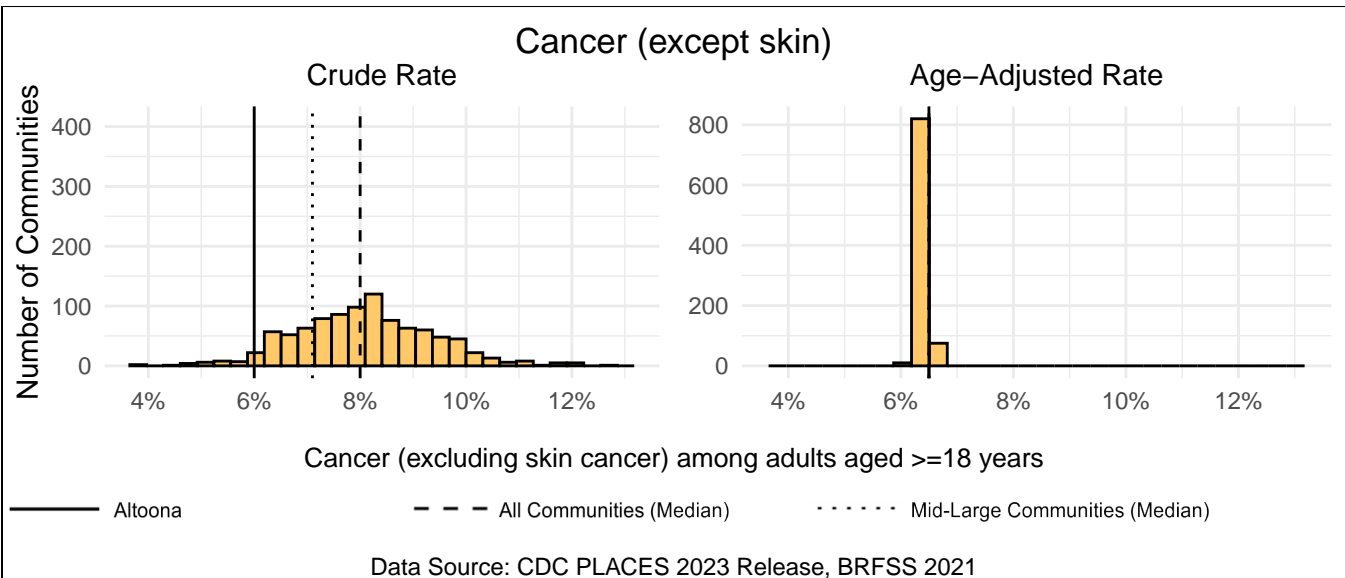
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	26.4%	32.0%	28.9%
Age-Adjusted	27.2%	27.3%	27.3%



Cancer (except skin)

Altoona has a crude rate of 6.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 38th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Altoona is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

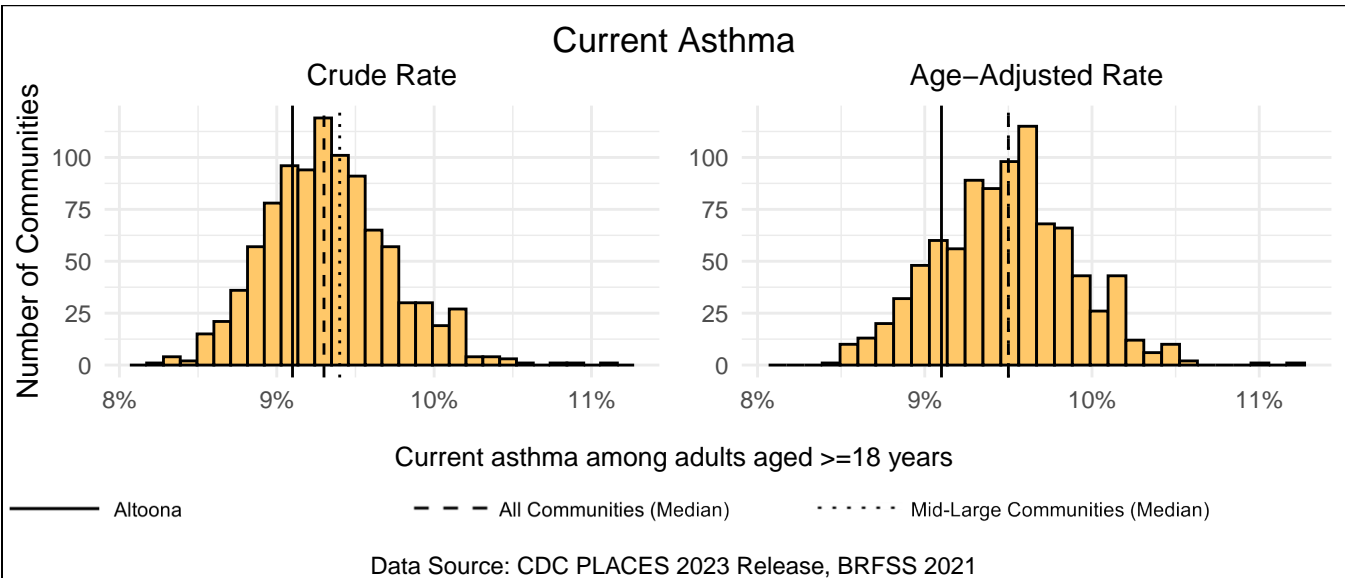
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	6.0%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Altoona has a crude rate of 9.1% for current asthma among adults aged ≥ 18 years, which ranks 215th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Altoona is 9.1%, which ranks 125th out of 905 Iowa communities (8th out of 31 mid-large communities).

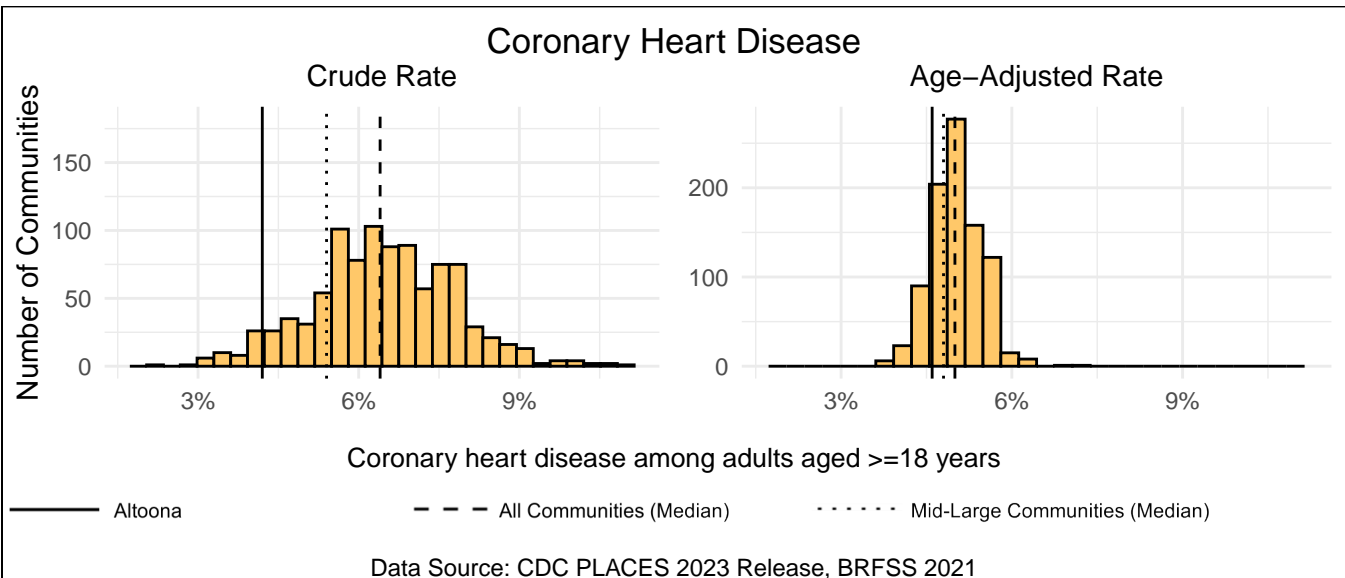
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	9.1%	9.3%	9.4%
Age-Adjusted	9.1%	9.5%	9.5%



Coronary Heart Disease

Altoona has a crude rate of 4.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 42nd out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Altoona is 4.6%, which ranks 120th out of 905 Iowa communities (12th out of 31 mid-large communities).

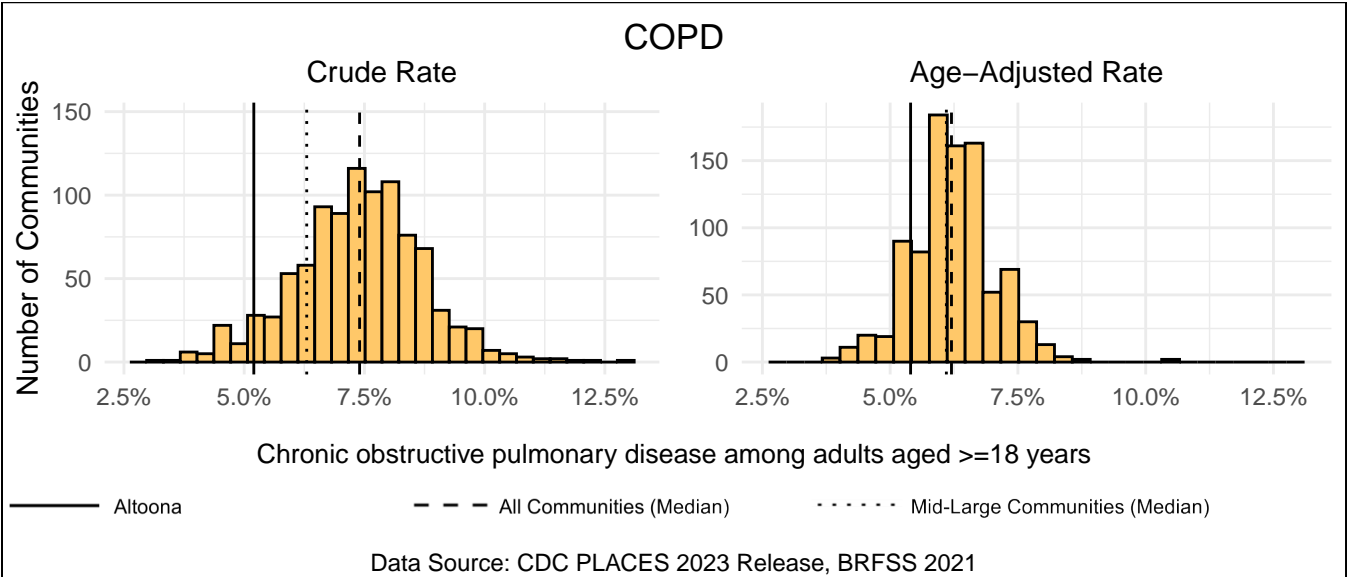
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	4.2%	6.4%	5.4%
Age-Adjusted	4.6%	5.0%	4.8%



COPD

Altoona has a crude rate of 5.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 52nd out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Altoona is 5.4%, which ranks 120th out of 905 Iowa communities (13th out of 31 mid-large communities).

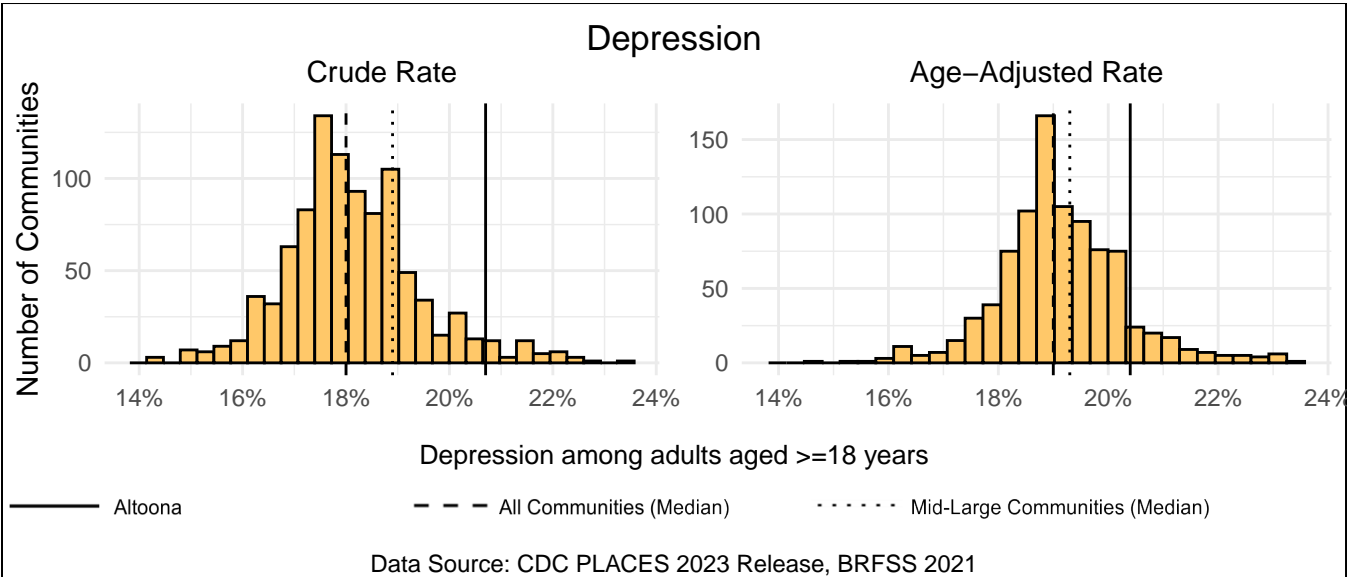
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	5.2%	7.4%	6.3%
Age-Adjusted	5.4%	6.2%	6.1%



Depression

Altoona has a crude rate of 20.7% for depression among adults aged ≥ 18 years, which ranks 916th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Altoona is 20.4%, which ranks 808th out of 905 Iowa communities (26th out of 31 mid-large communities).

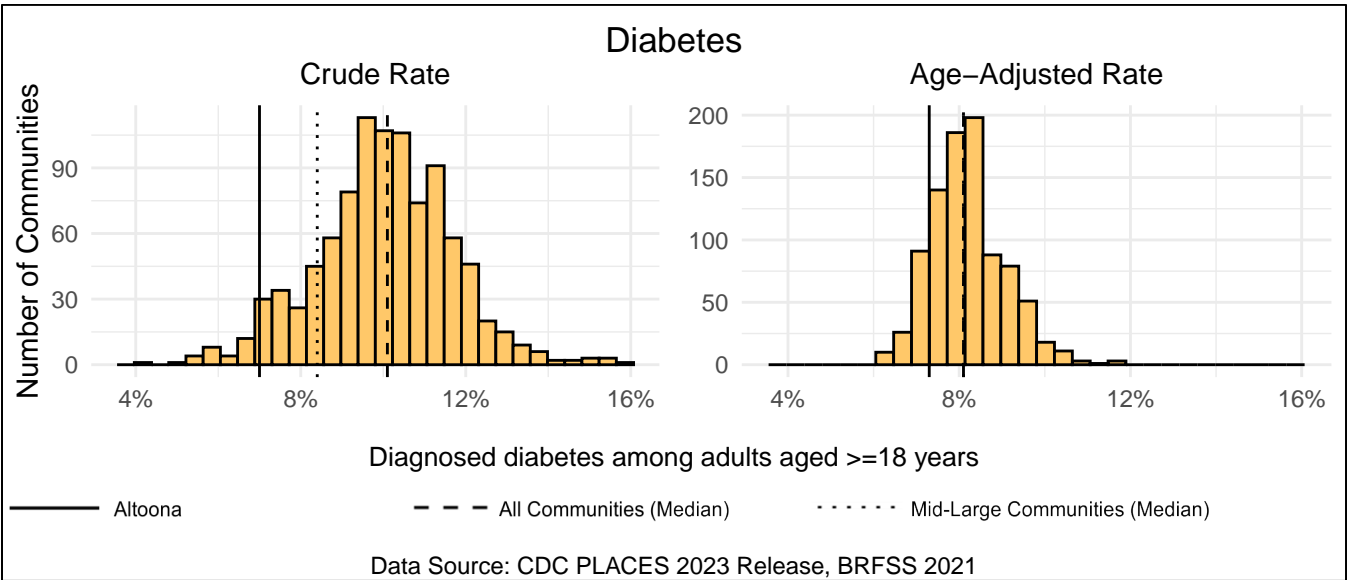
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	20.7%	18.0%	18.9%
Age-Adjusted	20.4%	19.0%	19.3%



Diabetes

Altoona has a crude rate of 7.0% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 39th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Altoona is 7.3%, which ranks 103rd out of 905 Iowa communities (10th out of 31 mid-large communities).

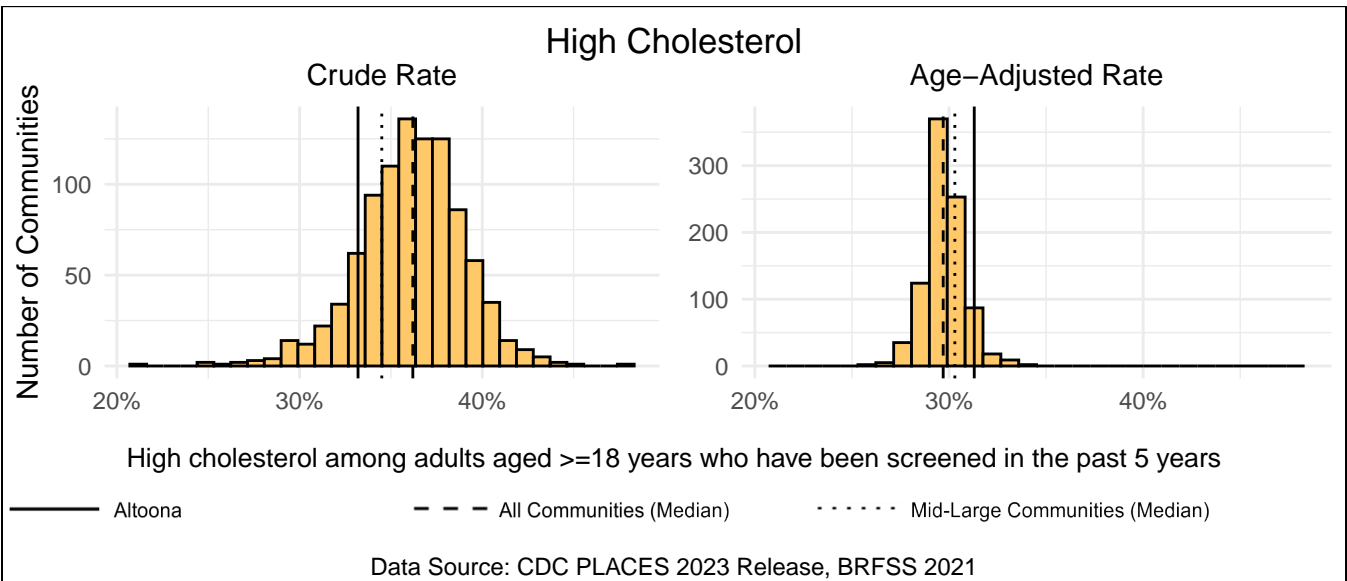
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	7.0%	10.1%	8.4%
Age-Adjusted	7.3%	8.1%	8.1%



High Cholesterol

Altoona has a crude rate of 33.2% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 127th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Altoona is 31.3%, which ranks 859th out of 905 Iowa communities (27th out of 31 mid-large communities).

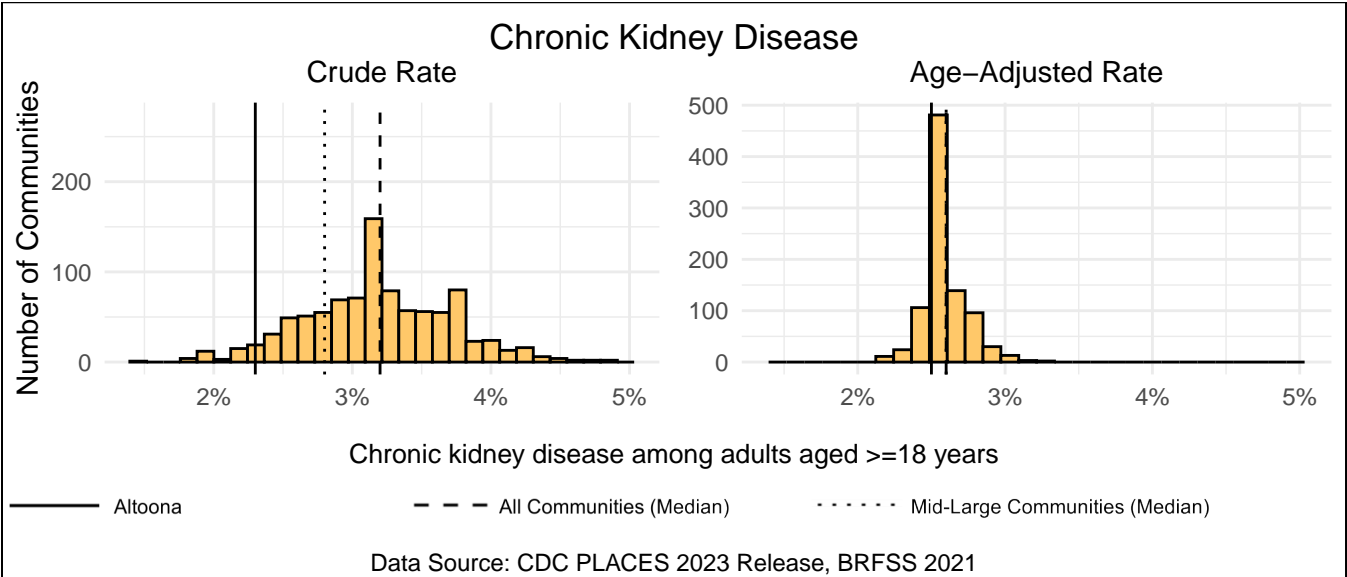
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	33.2%	36.2%	34.5%
Age-Adjusted	31.3%	29.7%	30.3%



Chronic Kidney Disease

Altoona has a crude rate of 2.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 36th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Altoona is 2.5%, which ranks 142nd out of 905 Iowa communities (11th out of 31 mid-large communities).

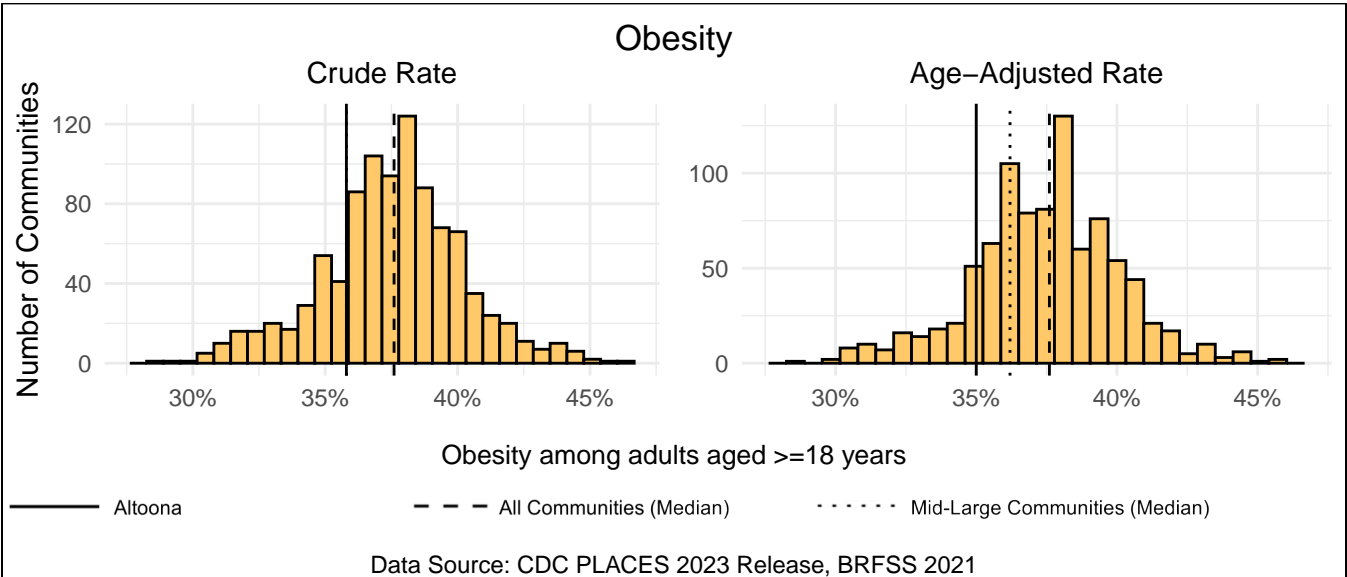
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	2.3%	3.2%	2.8%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Altoona has a crude rate of 35.8% for obesity among adults aged ≥ 18 years, which ranks 201st out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Altoona is 35.0%, which ranks 119th out of 905 Iowa communities (10th out of 31 mid-large communities).

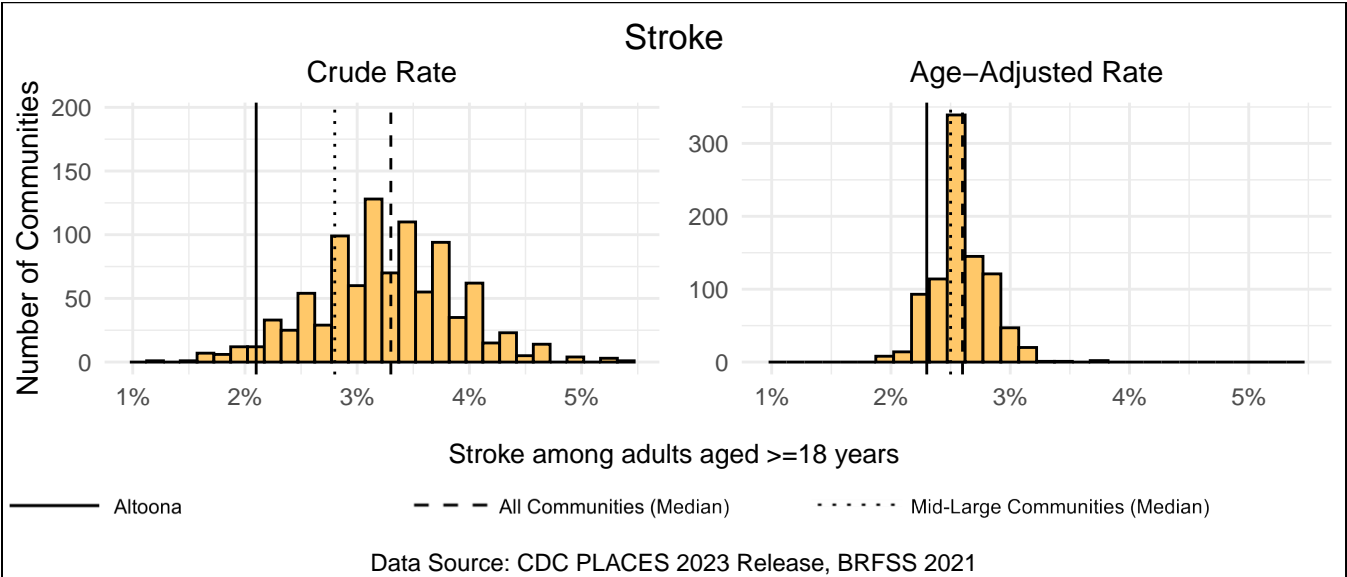
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	35.8%	37.6%	35.8%
Age-Adjusted	35.0%	37.6%	36.2%



Stroke

Altoona has a crude rate of 2.1% for stroke among adults aged ≥ 18 years, which ranks 28th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Altoona is 2.3%, which ranks 49th out of 905 Iowa communities (9th out of 31 mid-large communities).

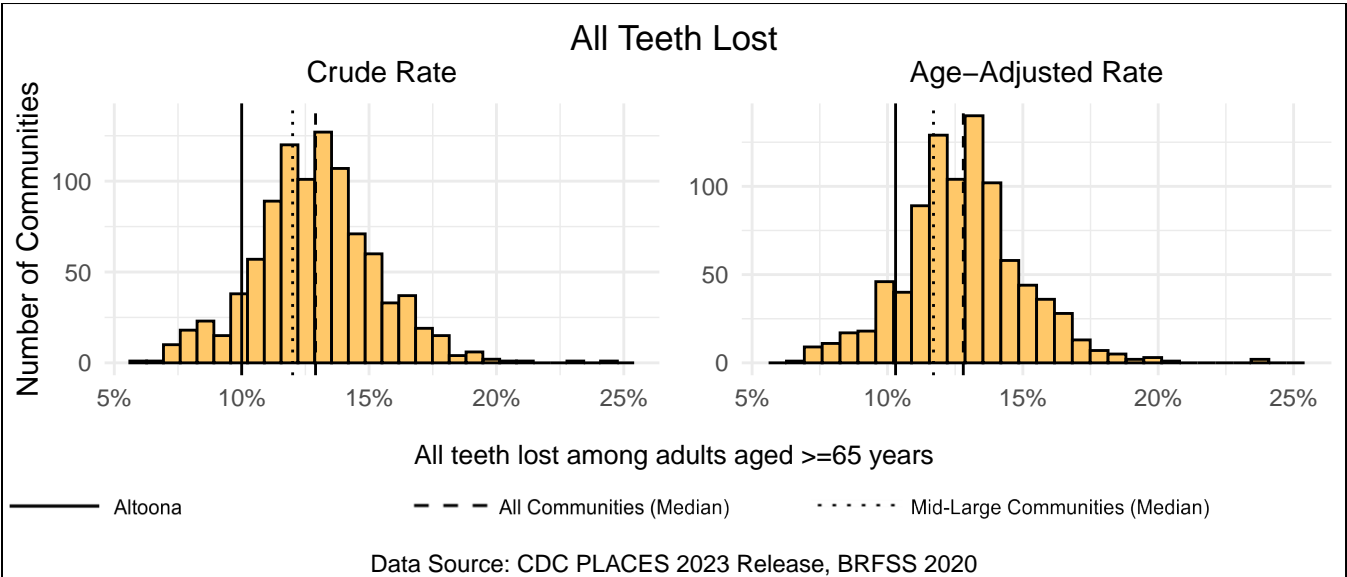
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	2.1%	3.3%	2.8%
Age-Adjusted	2.3%	2.6%	2.5%



All Teeth Lost

Altoona has a crude rate of 10.0% for all teeth lost among adults aged ≥ 65 years, which ranks 90th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Altoona is 10.3%, which ranks 103rd out of 905 Iowa communities (14th out of 31 mid-large communities).

Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	10.0%	12.9%	12.0%
Age-Adjusted	10.3%	12.8%	11.7%



Prevention

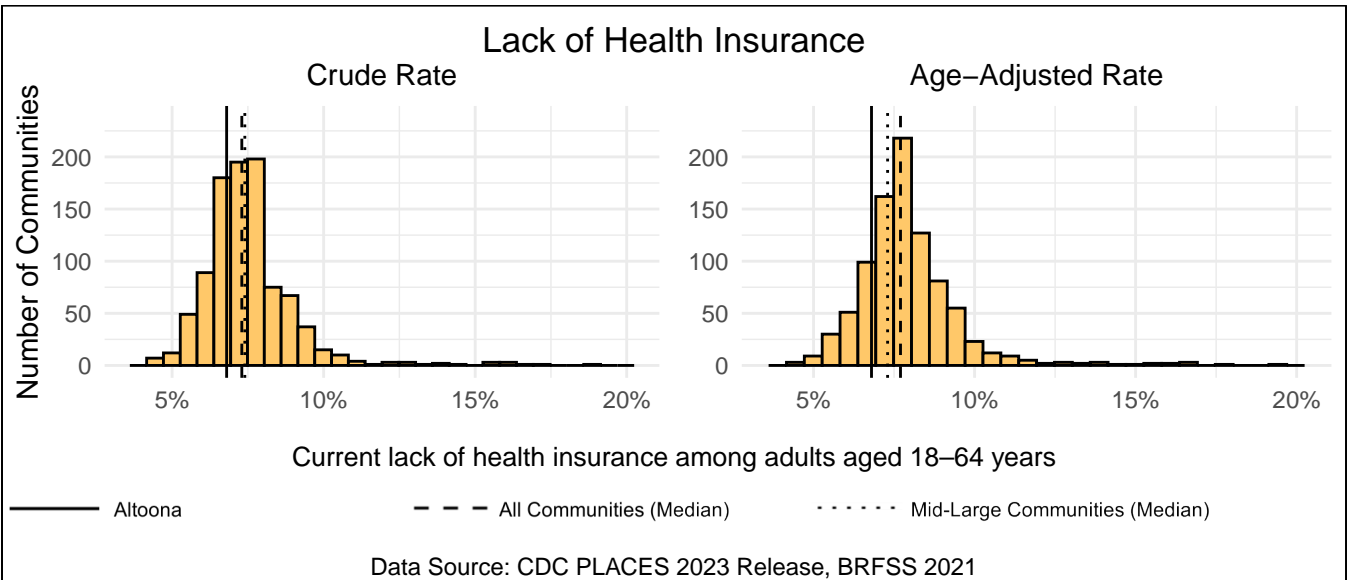
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/prevention/index.html>

Lack of Health Insurance

Altoona has a crude rate of 6.8% for current lack of health insurance among adults aged 18–64 years, which ranks 255th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Altoona is 6.8%, which ranks 143rd out of 905 Iowa communities (12th out of 31 mid-large communities).

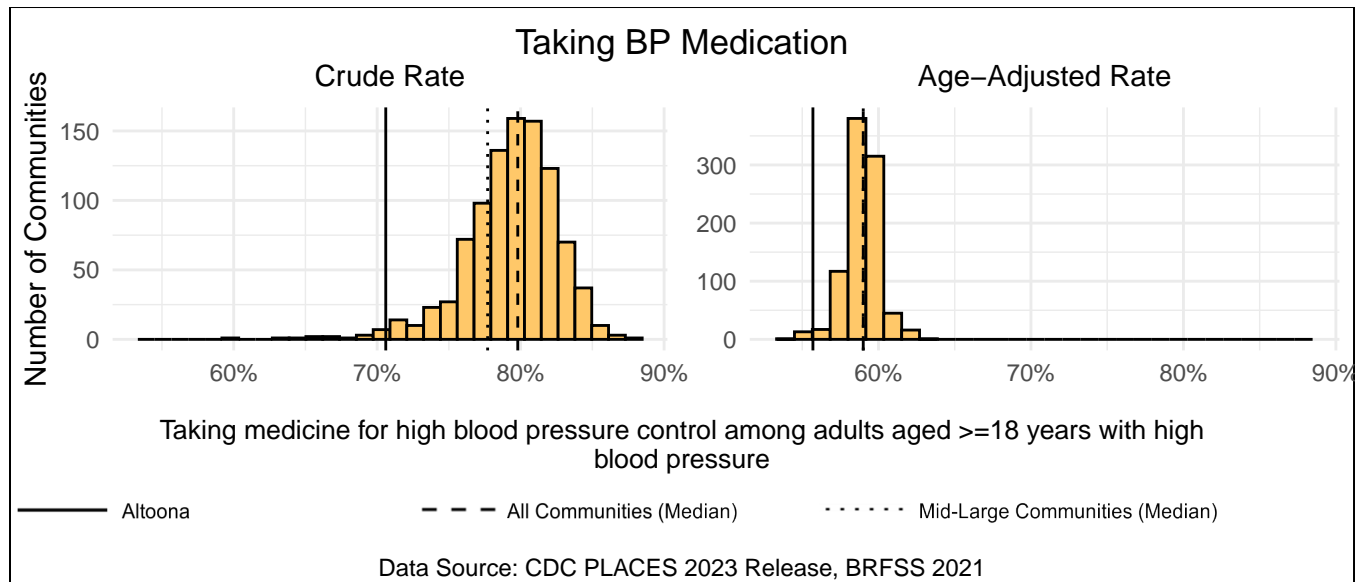
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	6.8%	7.3%	7.4%
Age-Adjusted	6.8%	7.7%	7.3%



Taking BP Medication

Altoona has a crude rate of 70.6% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 943rd out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Altoona is 55.7%, which ranks 891st out of 905 Iowa communities (29th out of 31 mid-large communities).

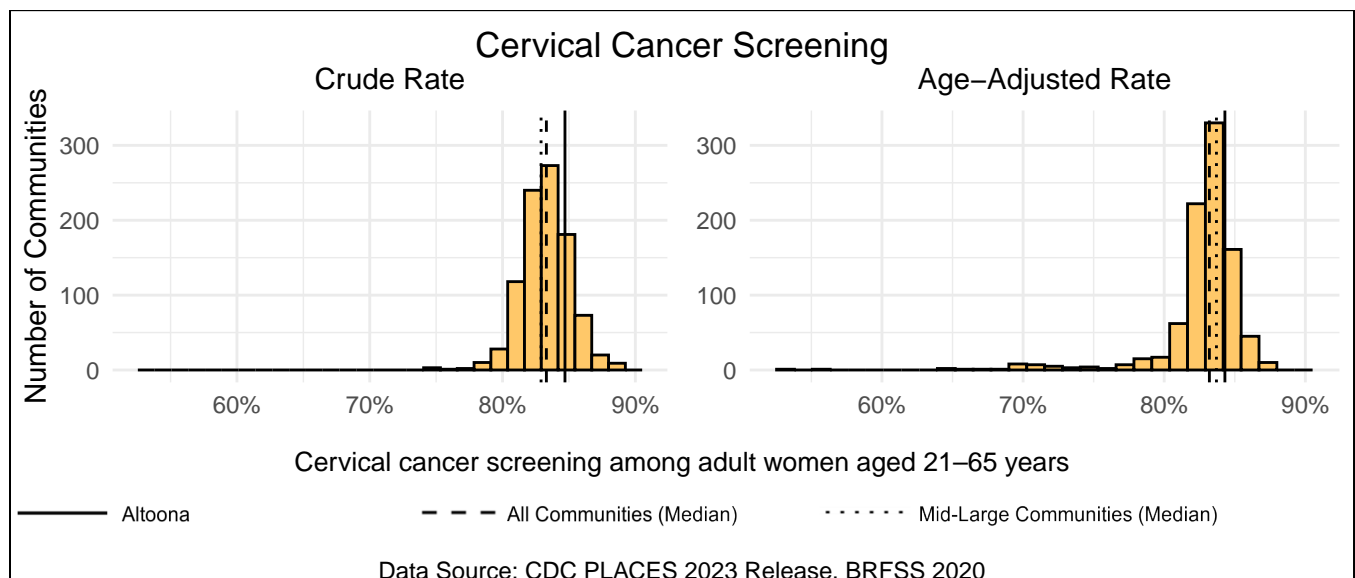
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	70.6%	79.8%	77.7%
Age-Adjusted	55.7%	59.0%	59.0%



Cervical Cancer Screening

Altoona has a crude rate of 84.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 180th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Altoona is 84.3%, which ranks 182nd out of 905 Iowa communities (13th out of 31 mid-large communities).

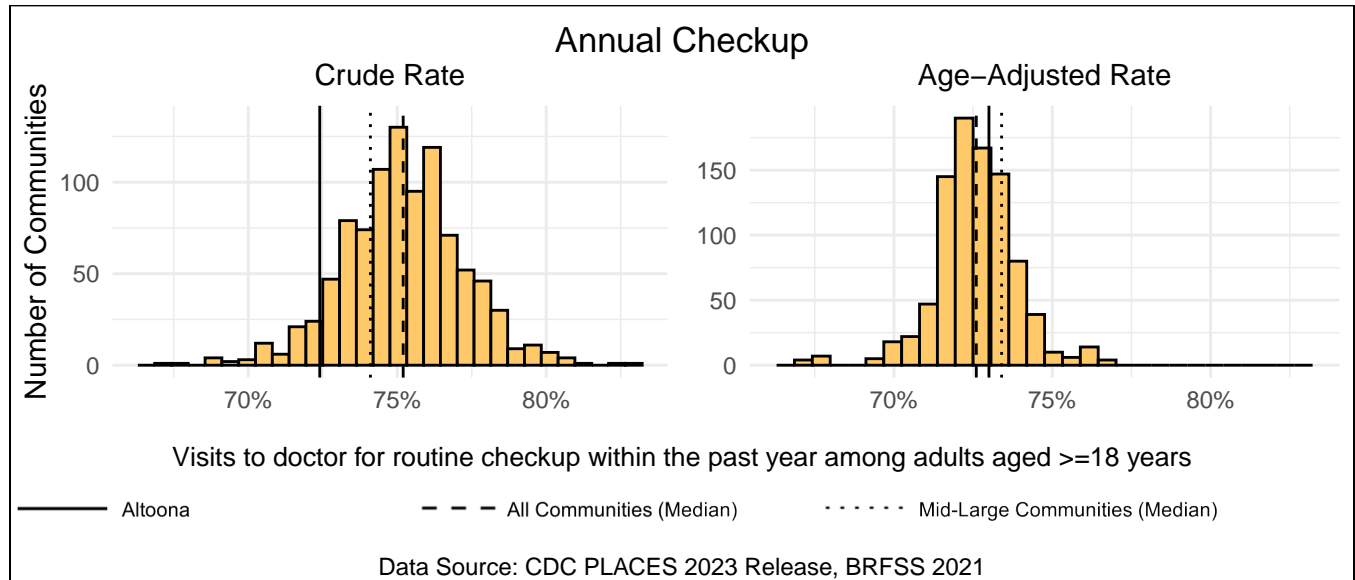
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	84.7%	83.3%	82.9%
Age-Adjusted	84.3%	83.2%	83.7%



Annual Checkup

Altoona has a crude rate of 72.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 889th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Altoona is 73.0%, which ranks 301st out of 905 Iowa communities (19th out of 31 mid-large communities).

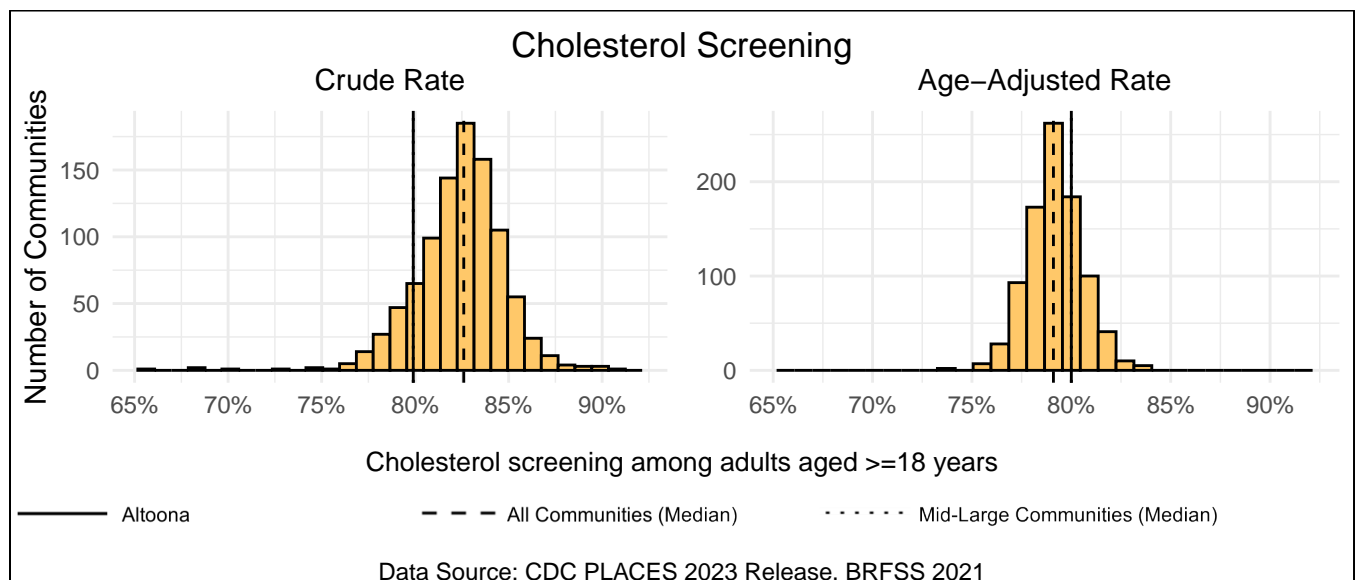
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	72.4%	75.2%	74.1%
Age-Adjusted	73.0%	72.6%	73.4%



Cholesterol Screening

Altoona has a crude rate of 79.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 825th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Altoona is 80.0%, which ranks 237th out of 905 Iowa communities (16th out of 31 mid-large communities).

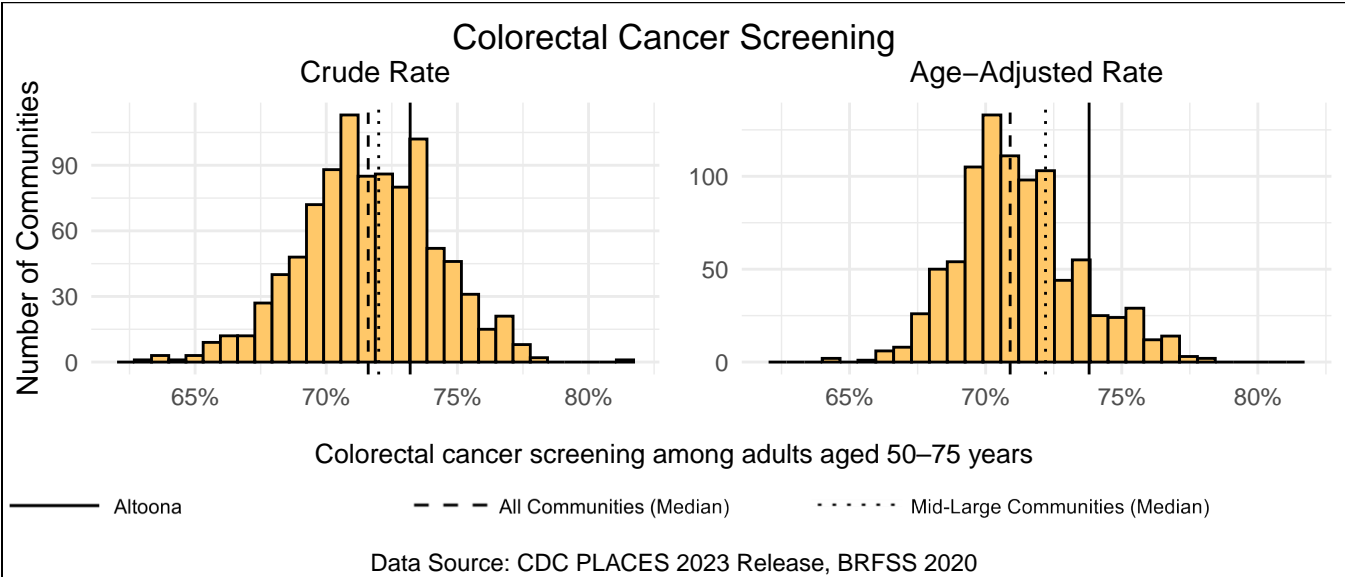
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	79.9%	82.6%	79.9%
Age-Adjusted	80.0%	79.1%	80.0%



Colorectal Cancer Screening

Altoona has a crude rate of 73.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 260th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Altoona is 73.8%, which ranks 110th out of 905 Iowa communities (12th out of 31 mid-large communities).

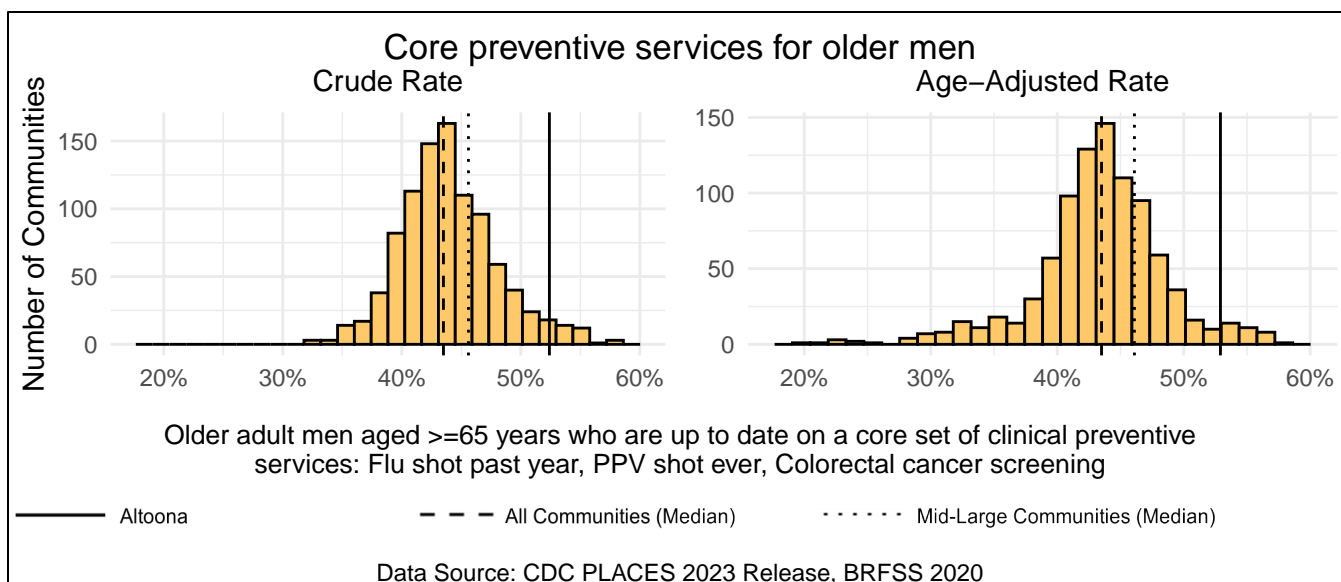
Measure Type	Altoona	All	Mid-Large
		Comm.	Comm.
Crude	73.2%	71.6%	72.0%
Age-Adjusted	73.8%	70.9%	72.2%



Core preventive services for older men

Altoona has a crude rate of 52.4% for older adult men aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 35th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Altoona is 52.9%, which ranks 35th out of 905 Iowa communities (5th out of 31 mid-large communities).

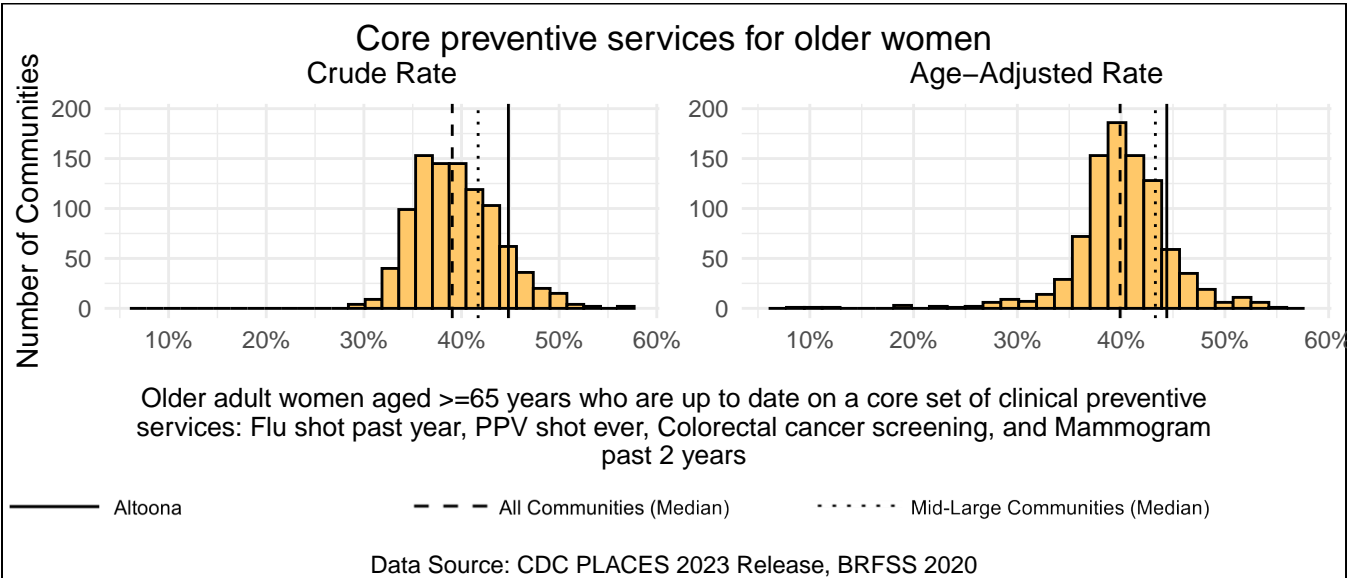
Measure Type	Altoona	All	Mid-Large
		Comm.	Comm.
Crude	52.4%	43.5%	45.6%
Age-Adjusted	52.9%	43.5%	46.1%



Core preventive services for older women

Altoona has a crude rate of 44.8% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 105th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Altoona is 44.4%, which ranks 115th out of 905 Iowa communities (10th out of 31 mid-large communities).

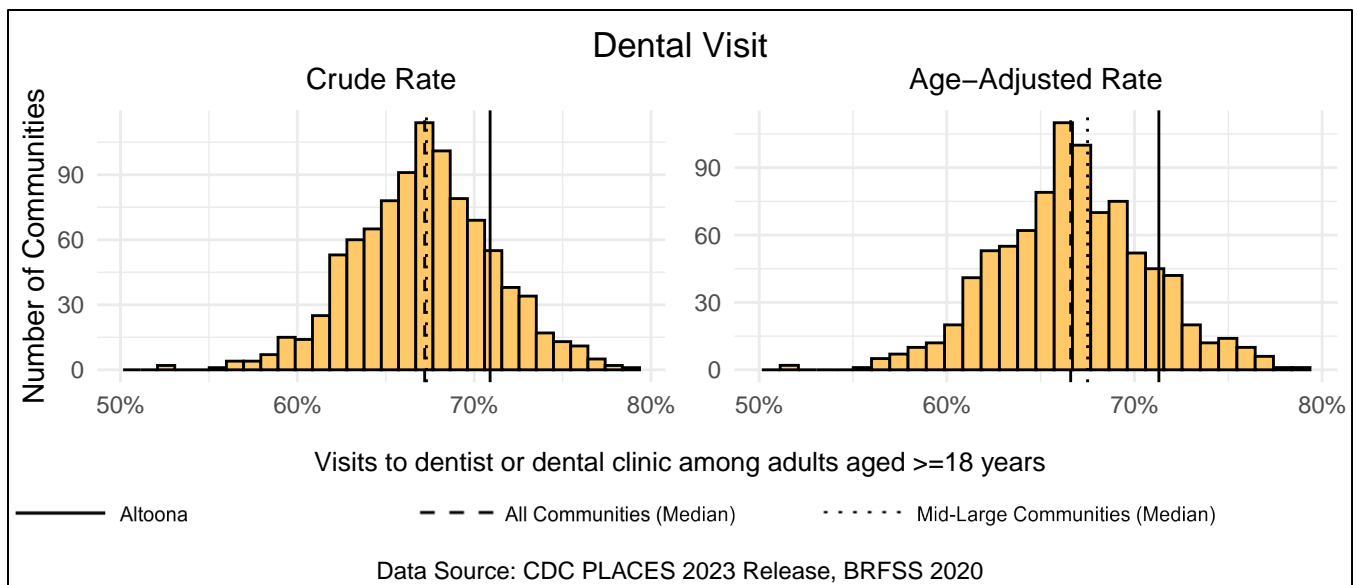
Measure Type	Altoona	All	Mid-Large
		Comm.	Comm.
Crude	44.8%	39.0%	41.7%
Age-Adjusted	44.4%	39.9%	43.3%



Dental Visit

Altoona has a crude rate of 70.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 156th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Altoona is 71.3%, which ranks 120th out of 905 Iowa communities (13th out of 31 mid-large communities).

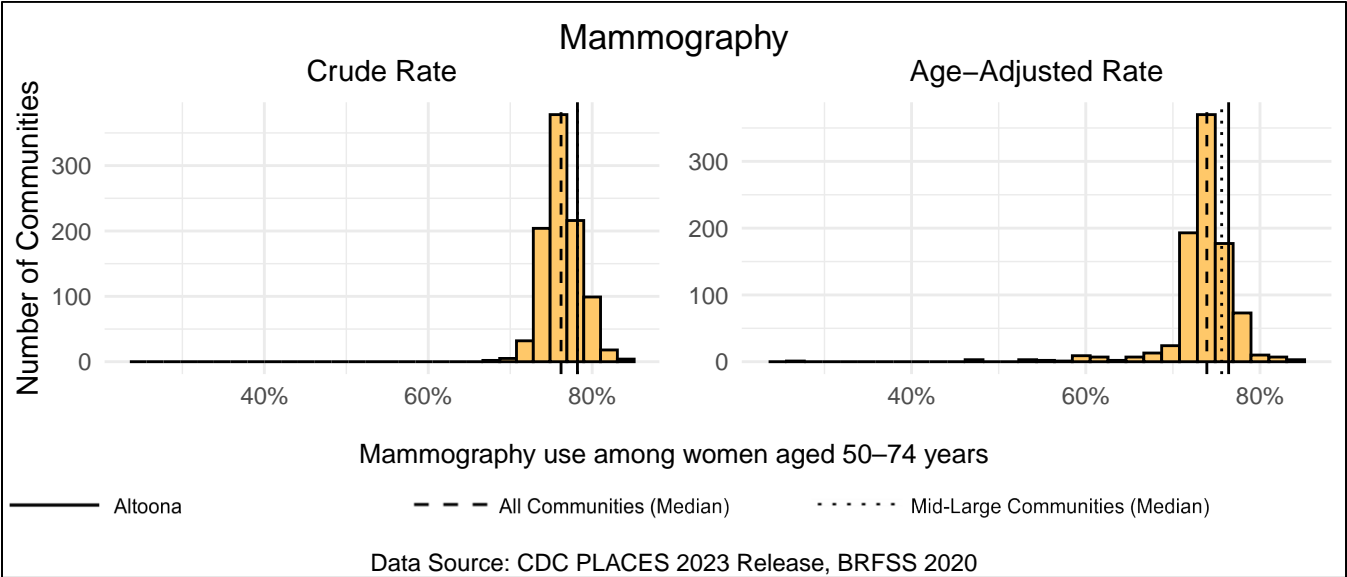
Measure Type	Altoona	All	Mid-Large
		Comm.	Comm.
Crude	70.9%	67.2%	67.3%
Age-Adjusted	71.3%	66.6%	67.5%



Mammography

Altoona has a crude rate of 78.2% for mammography use among women aged 50–74 years, which ranks 191st out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Altoona is 76.4%, which ranks 127th out of 905 Iowa communities (13th out of 31 mid-large communities).

Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	78.2%	76.2%	78.2%
Age-Adjusted	76.4%	73.9%	75.6%



Disability

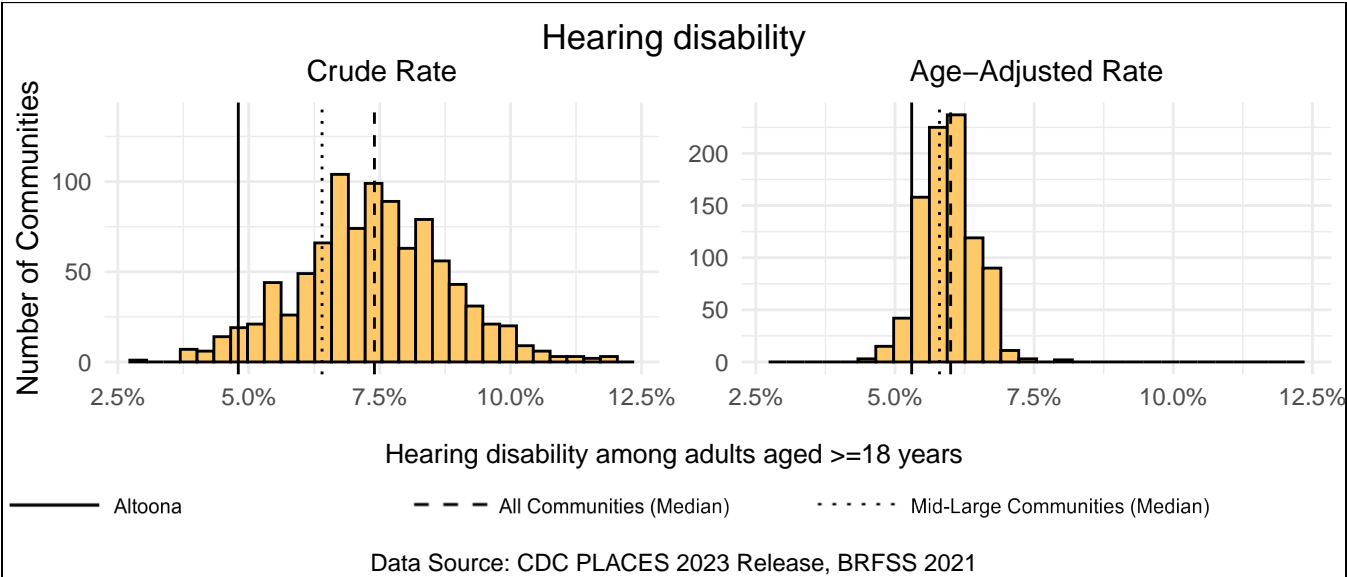
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/unhealthy-behaviors/index.html>

Hearing disability

Altoona has a crude rate of 4.8% for hearing disability among adults aged ≥ 18 years, which ranks 36th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Altoona is 5.3%, which ranks 61st out of 905 Iowa communities (10th out of 31 mid-large communities).

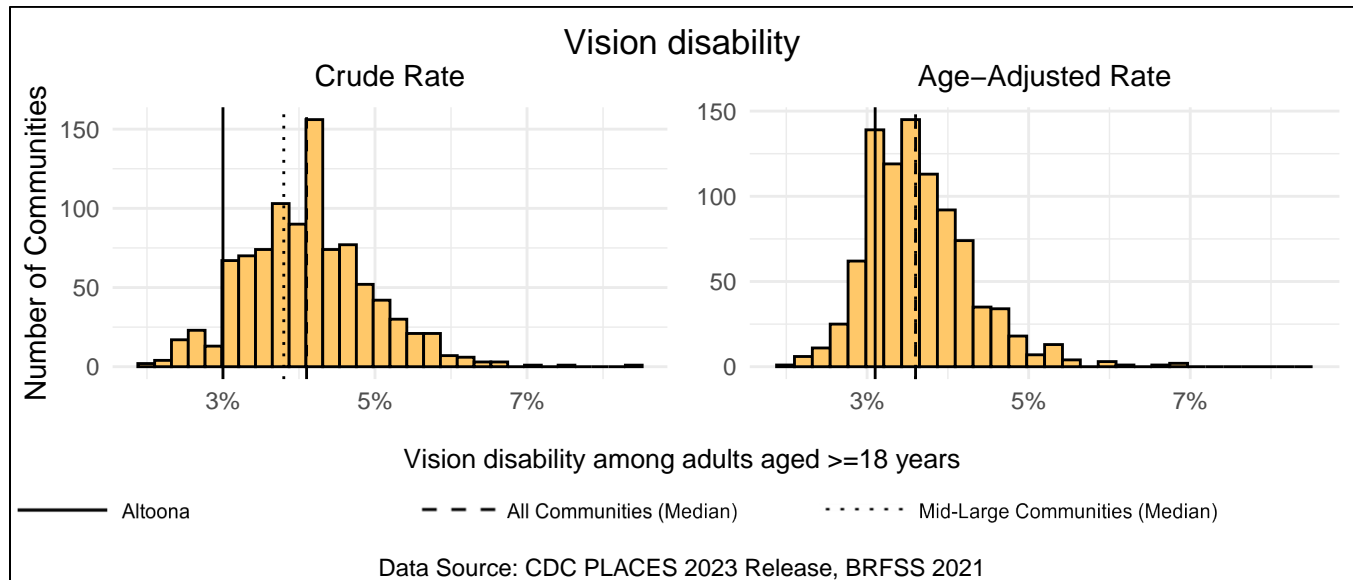
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	4.8%	7.4%	6.4%
Age-Adjusted	5.3%	6.0%	5.8%



Vision disability

Altoona has a crude rate of 3.0% for vision disability among adults aged ≥ 18 years, which ranks 60th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Altoona is 3.1%, which ranks 135th out of 905 Iowa communities (11th out of 31 mid-large communities).

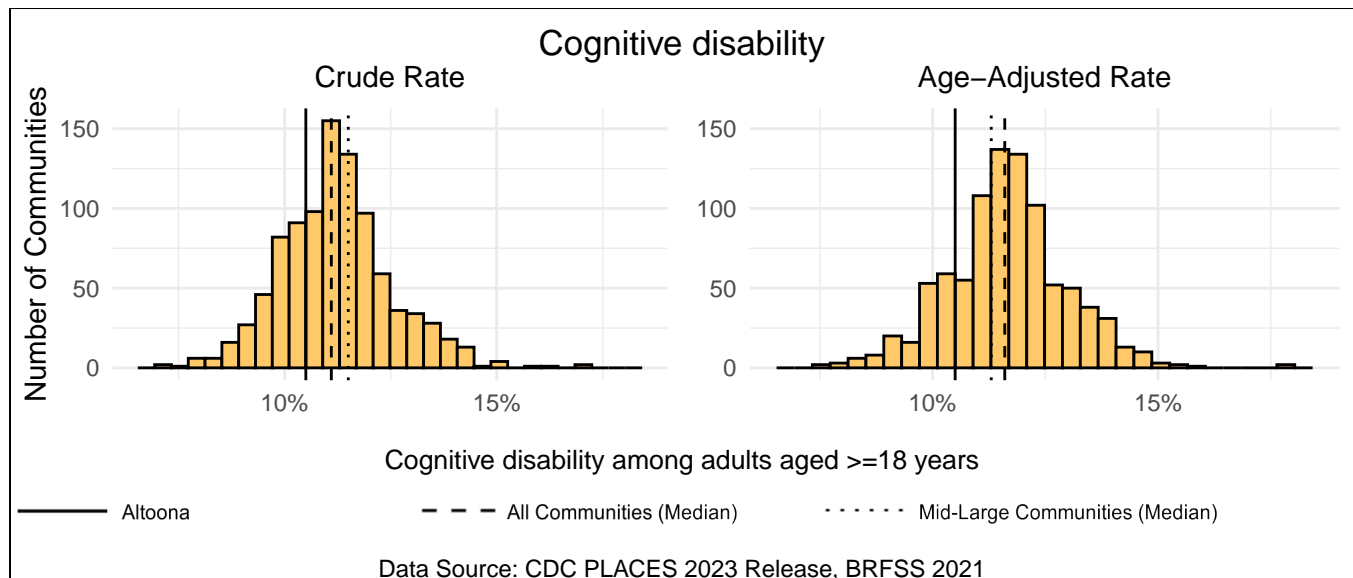
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	3.0%	4.1%	3.8%
Age-Adjusted	3.1%	3.6%	3.6%



Cognitive disability

Altoona has a crude rate of 10.5% for cognitive disability among adults aged ≥ 18 years, which ranks 253rd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Altoona is 10.5%, which ranks 156th out of 905 Iowa communities (13th out of 31 mid-large communities).

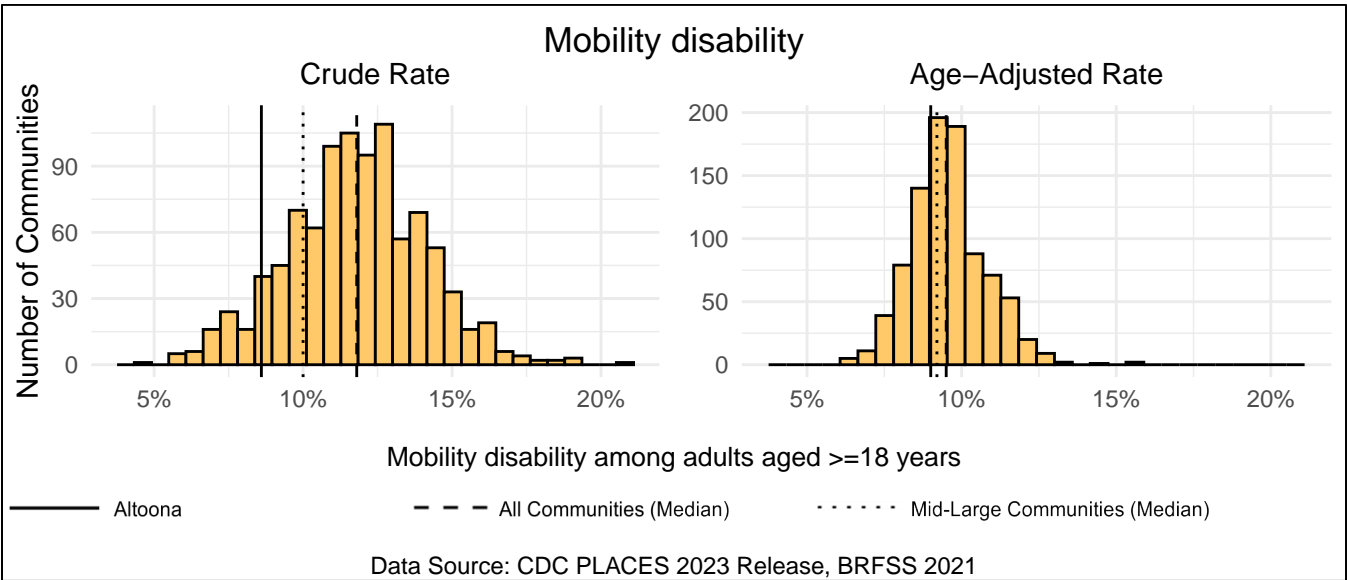
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	10.5%	11.1%	11.5%
Age-Adjusted	10.5%	11.6%	11.3%



Mobility disability

Altoona has a crude rate of 8.6% for mobility disability among adults aged ≥ 18 years, which ranks 80th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Altoona is 9.0%, which ranks 275th out of 905 Iowa communities (14th out of 31 mid-large communities).

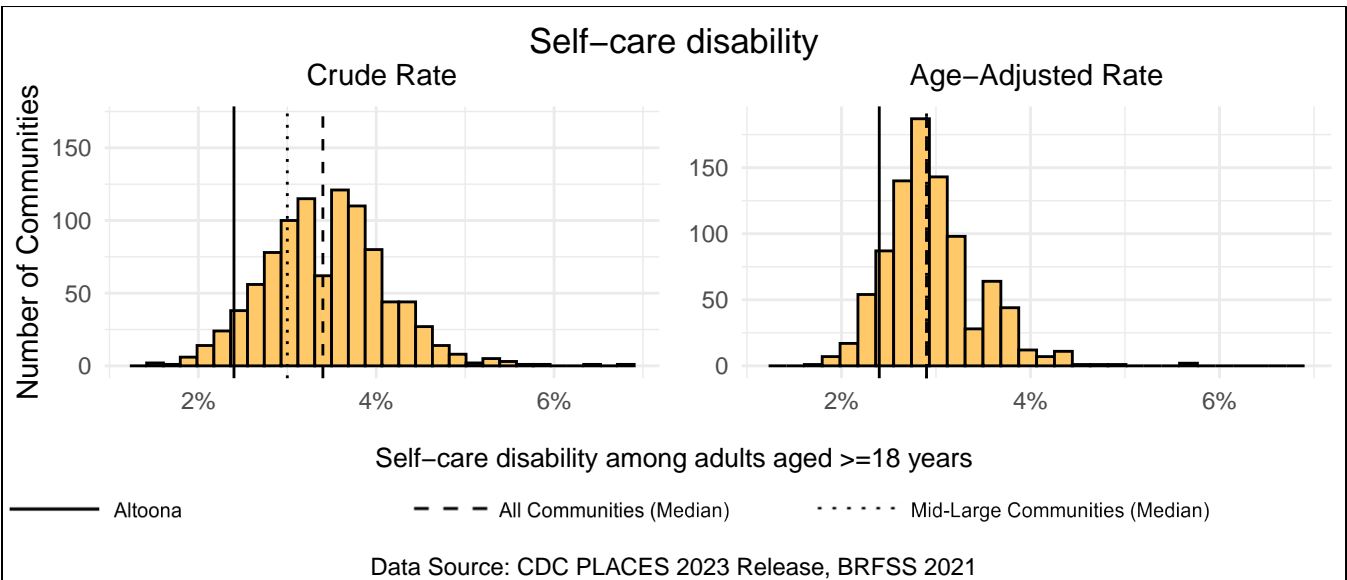
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	8.6%	11.8%	10.0%
Age-Adjusted	9.0%	9.5%	9.2%



Self-care disability

Altoona has a crude rate of 2.4% for self-care disability among adults aged ≥ 18 years, which ranks 48th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Altoona is 2.4%, which ranks 80th out of 905 Iowa communities (9th out of 31 mid-large communities).

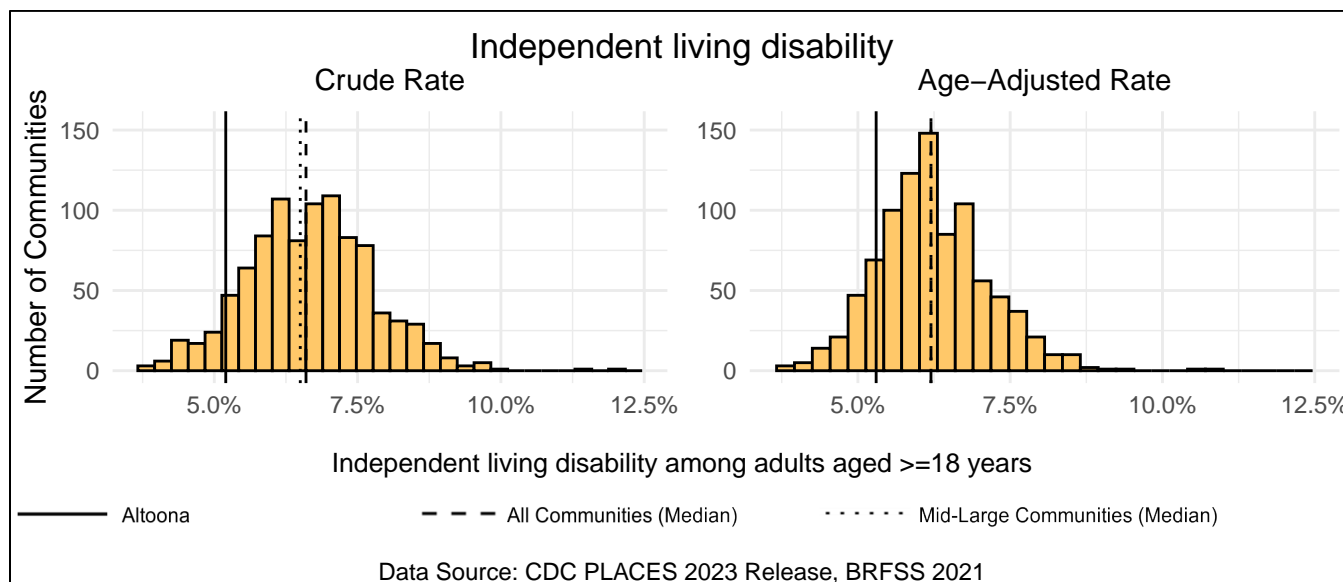
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	2.4%	3.4%	3.0%
Age-Adjusted	2.4%	2.9%	2.9%



Independent living disability

Altoona has a crude rate of 5.2% for independent living disability among adults aged ≥ 18 years, which ranks 70th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Altoona is 5.3%, which ranks 111th out of 905 Iowa communities (10th out of 31 mid-large communities).

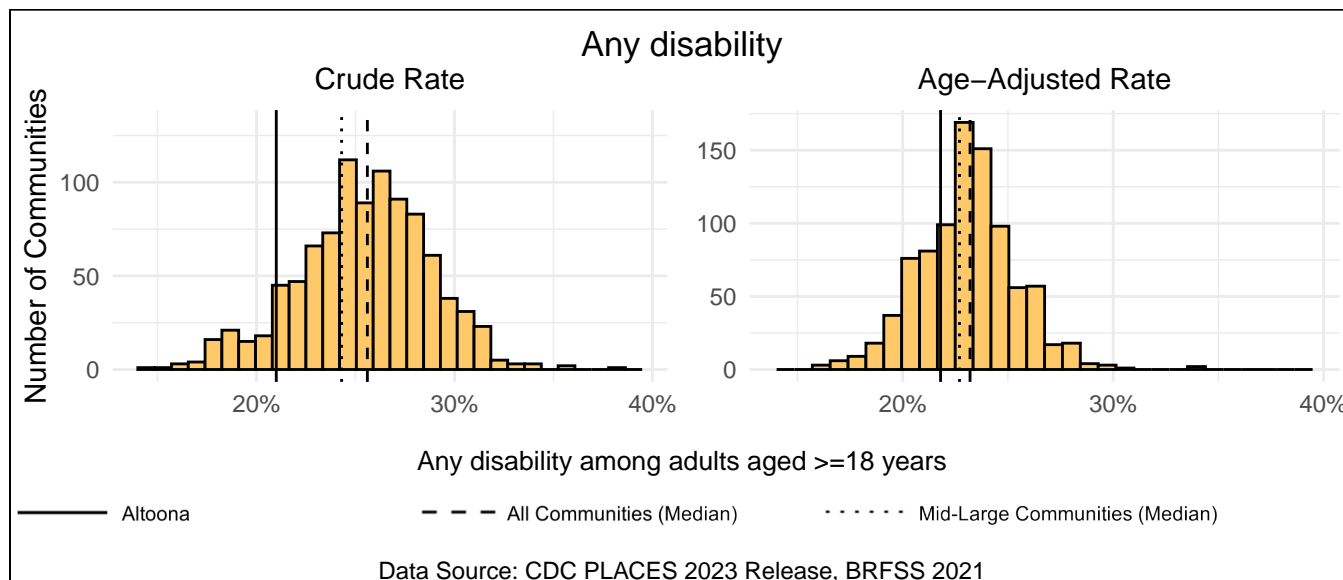
Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	5.2%	6.6%	6.5%
Age-Adjusted	5.3%	6.2%	6.2%



Any disability

Altoona has a crude rate of 21.0% for any disability among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Altoona is 21.8%, which ranks 242nd out of 905 Iowa communities (14th out of 31 mid-large communities).

Measure Type	Altoona	All Comm.	Mid-Large Comm.
Crude	21.0%	25.6%	24.3%
Age-Adjusted	21.8%	23.2%	22.7%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Altoona PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	736	15.1% (13.4% - 16.9%)	210	14.9% (13.2% - 16.8%)
Health Status	Physical Health	52	8.5% (7.5% - 9.6%)	83	8.5% (7.5% - 9.7%)
Health Status	General Health	62	10.8% (9.4% - 12.5%)	126	11.0% (9.6% - 12.4%)
Health Risk Behaviors	Binge Drinking	888	22.9% (20.3% - 25.5%)	520	22.2% (19.7% - 24.8%)
Health Risk Behaviors	Sleep <7 hours	169	28.7% (27.8% - 29.5%)	44	28.1% (27.2% - 28.9%)
Health Risk Behaviors	Physical Inactivity	107	21.8% (19.0% - 24.5%)	185	22.1% (19.3% - 24.9%)
Health Risk Behaviors	Current Smoking	316	16.1% (13.6% - 19.0%)	150	15.4% (13.0% - 17.9%)
Health Outcomes	Chronic Kidney Disease	36	2.3% (2.1% - 2.5%)	142	2.5% (2.2% - 2.7%)
Health Outcomes	Stroke	28	2.1% (2.0% - 2.4%)	49	2.3% (2.1% - 2.5%)
Health Outcomes	Depression	916	20.7% (18.3% - 23.3%)	808	20.4% (18.0% - 22.9%)
Health Outcomes	COPD	52	5.2% (4.5% - 6.0%)	120	5.4% (4.7% - 6.1%)
Health Outcomes	Current Asthma	215	9.1% (8.2% - 10.2%)	125	9.1% (8.1% - 10.1%)
Health Outcomes	All Teeth Lost	90	10.0% (7.7% - 12.5%)	103	10.3% (7.9% - 12.9%)
Health Outcomes	Arthritis	74	22.2% (20.2% - 24.5%)	401	23.0% (20.9% - 25.2%)
Health Outcomes	High Cholesterol	127	33.2% (30.6% - 35.7%)	859	31.3% (28.6% - 34.1%)
Health Outcomes	High Blood Pressure	72	26.4% (24.1% - 28.8%)	412	27.2% (24.9% - 29.5%)
Health Outcomes	Cancer (except skin)	38	6.0% (5.5% - 6.6%)	418	6.5% (6.0% - 7.1%)
Health Outcomes	Diabetes	39	7.0% (6.2% - 8.0%)	103	7.3% (6.4% - 8.3%)
Health Outcomes	Coronary Heart Disease	42	4.2% (3.8% - 4.7%)	120	4.6% (4.1% - 5.2%)
Health Outcomes	Obesity	201	35.8% (32.4% - 39.3%)	119	35.0% (31.7% - 38.7%)
Prevention	Taking BP Medication	943	70.6% (67.4% - 73.7%)	891	55.7% (51.9% - 59.5%)
Prevention	Annual Checkup	889	72.4% (69.3% - 75.3%)	301	73.0% (70.0% - 75.9%)
Prevention	Colorectal Cancer Screening	260	73.2% (71.4% - 75.0%)	110	73.8% (72.0% - 75.5%)
Prevention	Core preventive services for older women	105	44.8% (41.1% - 48.3%)	115	44.4% (40.8% - 48.0%)
Prevention	Dental Visit	156	70.9% (68.9% - 73.0%)	120	71.3% (69.3% - 73.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	180	84.7% (83.4% - 86.1%)	182	84.3% (82.9% - 85.7%)
Prevention	Health Insurance	255	6.8% (5.5% - 8.1%)	143	6.8% (5.6% - 8.3%)
Prevention	Mammography	191	78.2% (76.2% - 80.1%)	127	76.4% (74.3% - 78.5%)
Prevention	Cholesterol Screening	825	79.9% (77.2% - 82.3%)	237	80.0% (77.4% - 82.4%)
Prevention	Core preventive services for older men	35	52.4% (48.1% - 56.4%)	35	52.9% (48.7% - 56.9%)
Disability	Vision Disability	60	3.0% (2.6% - 3.3%)	135	3.1% (2.7% - 3.4%)
Disability	Hearing Disability	36	4.8% (4.3% - 5.4%)	61	5.3% (4.8% - 5.9%)
Disability	Any Disability	86	21.0% (18.7% - 23.6%)	242	21.8% (19.4% - 24.3%)
Disability	Mobility Disability	80	8.6% (7.5% - 9.7%)	275	9.0% (7.8% - 10.3%)
Disability	Cognitive Disability	253	10.5% (9.2% - 12.0%)	156	10.5% (9.1% - 12.0%)
Disability	Self-care Disability	48	2.4% (2.1% - 2.7%)	80	2.4% (2.2% - 2.7%)
Disability	Independent Living Disability	70	5.2% (4.6% - 5.9%)	111	5.3% (4.6% - 6.0%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

Appendix 3: Mid-Large Communities (10,000-49,999)

Altoona falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukee	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		