



## Iowa Community Health Snapshot Series

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



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# Iowa Community Health Snapshot Series

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# Health in Ames: Overview

Dear Community Members & Stakeholders of Ames,

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 Ames ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Ames'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 Ames. 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	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Cancer (except skin)	1st	1st	Core preventive services for older women	15th	1st
Arthritis	2nd	1st	Core preventive services for older men	22nd	2nd
Obesity	2nd	1st	Taking BP Medication	30th	3rd
Chronic Kidney Disease	2nd	1st	Sleep <7 hours	41st	3rd
High Cholesterol	4th	2nd	Obesity	44th	1st

# 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	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Mental Health	958th	11th	Vision Disability	742nd	5th
Cholesterol Screening	958th	11th	Diabetes	722nd	6th
Cervical Cancer Screening	958th	11th	Self-care Disability	637th	4th
Taking BP Medication	957th	11th	High Blood Pressure	628th	5th
Cognitive Disability	956th	11th	Independent Living Disability	616th	5th

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 Ames.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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## How to Use this Report

The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Ames that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Ames, 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 Ames compares to the rest of the state and similarly-sized communities.

With a population of 66,265, Ames’s similarly sized communities are defined as large communities. In Iowa, large communities have an average population of 91,321, and there are 11 communities that are considered 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.



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

# Health Status

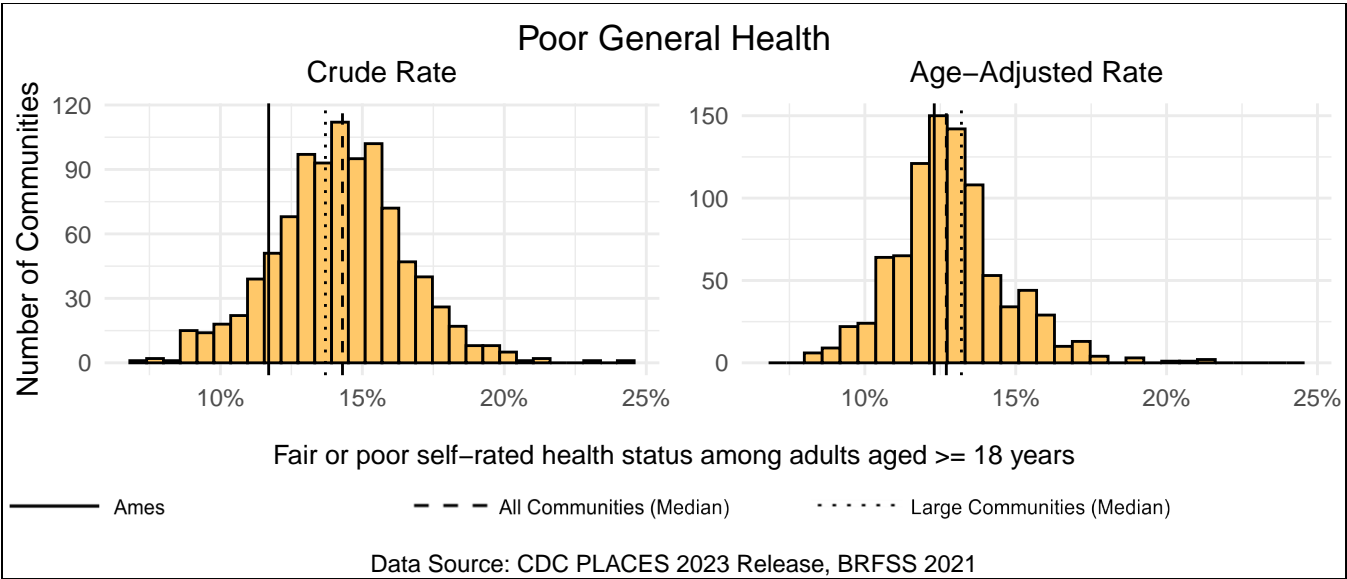
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health 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

Ames has a crude rate of 11.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 120th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Ames is 12.3%, which ranks 327th out of 905 Iowa communities (3rd out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	11.7%	14.3%	13.7%
Age-Adjusted	12.3%	12.7%	13.2%

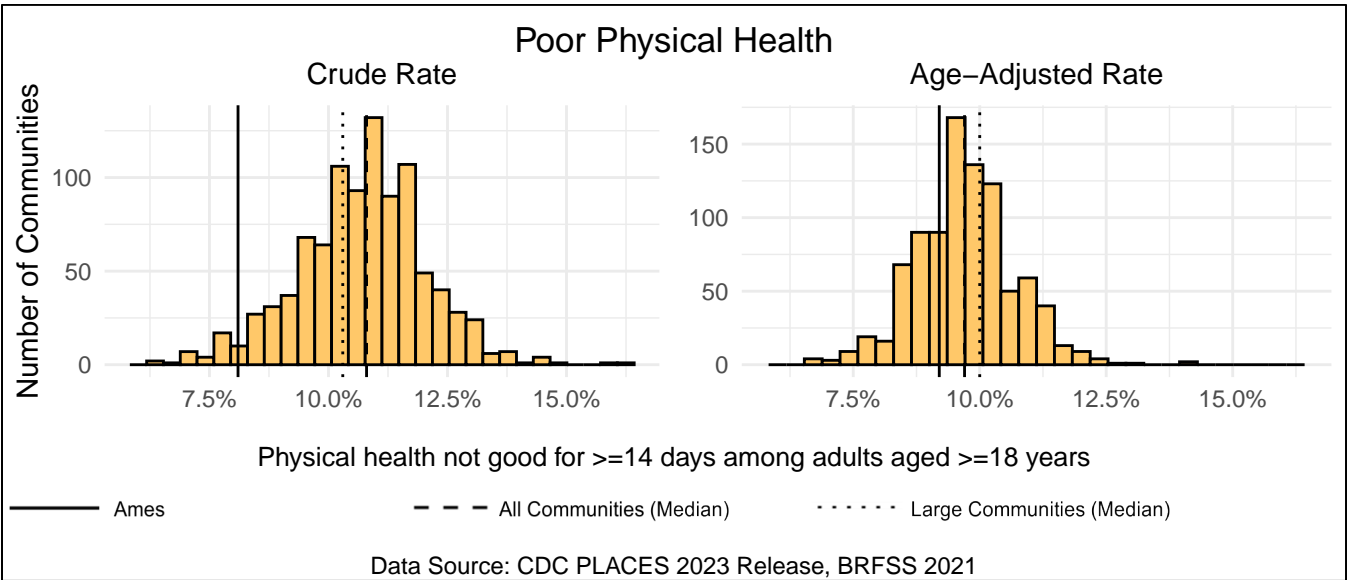




### Poor Physical Health

Ames has a crude rate of 8.1% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 36th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ames is 9.2%, which ranks 238th out of 905 Iowa communities (3rd out of 11 large communities).

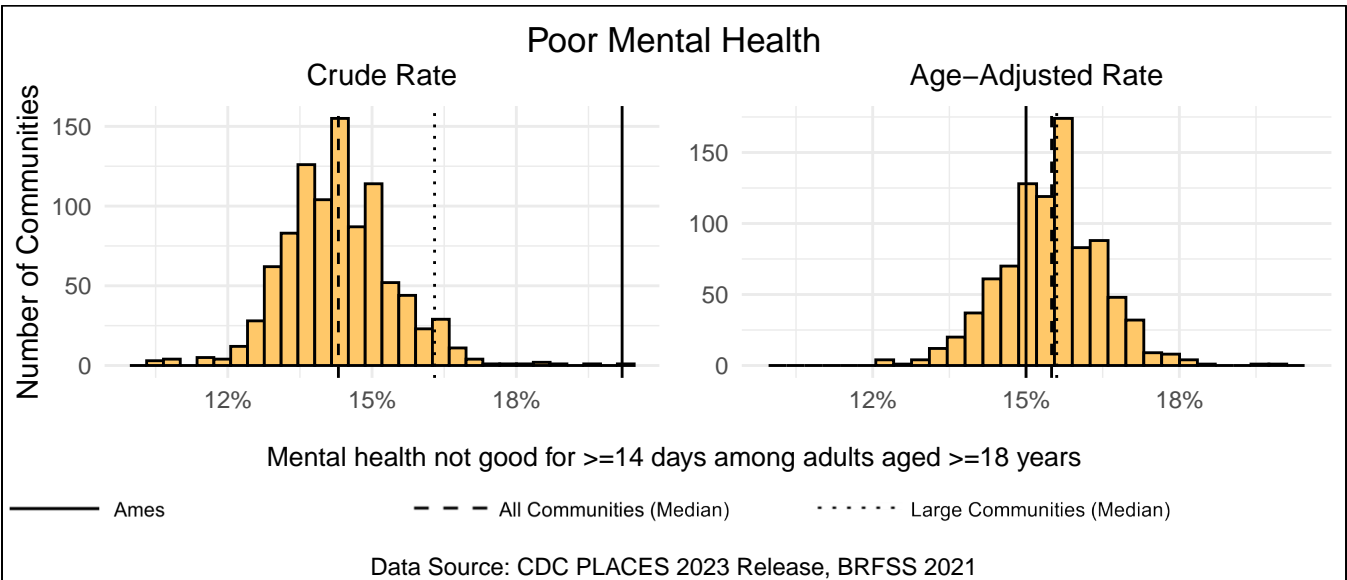
Measure Type	Ames	All Comm.	Large Comm.
Crude	8.1%	10.8%	10.3%
Age-Adjusted	9.2%	9.7%	10.0%



### Poor Mental Health

Ames has a crude rate of 20.2% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 958th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Ames is 15.0%, which ranks 241st out of 905 Iowa communities (3rd out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%



# Health Risk Behaviors

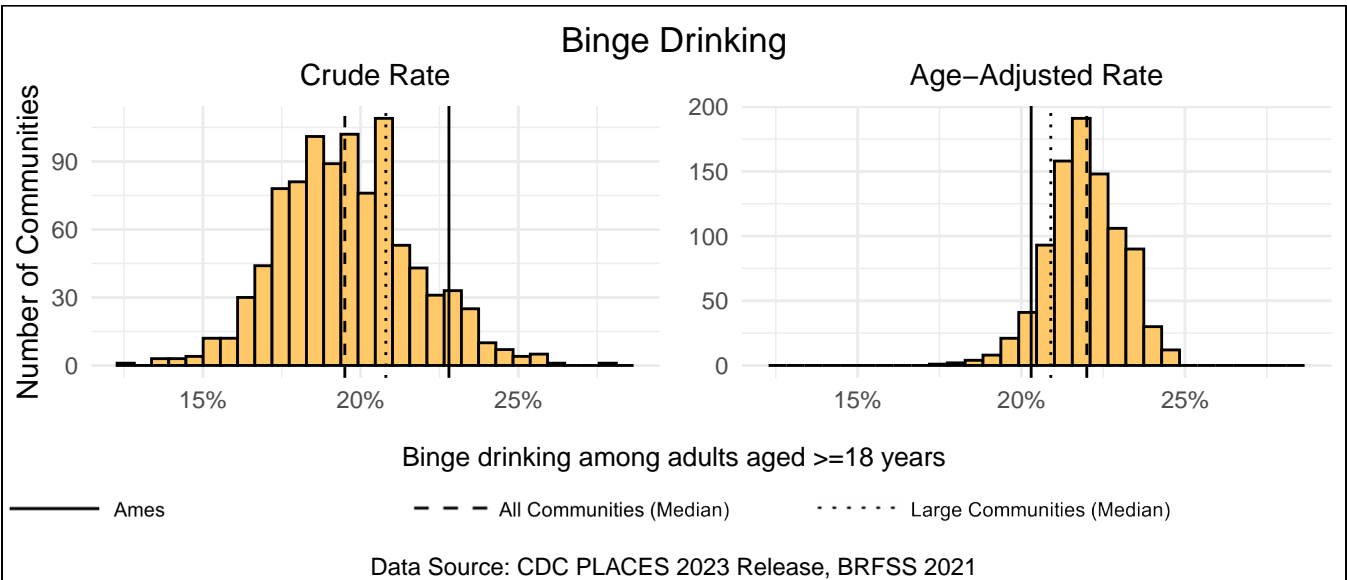
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives 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

Ames has a crude rate of 22.8% for binge drinking among adults aged  $\geq 18$  years, which ranks 881st out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Ames is 20.3%, which ranks 58th out of 905 Iowa communities (3rd out of 11 large communities).

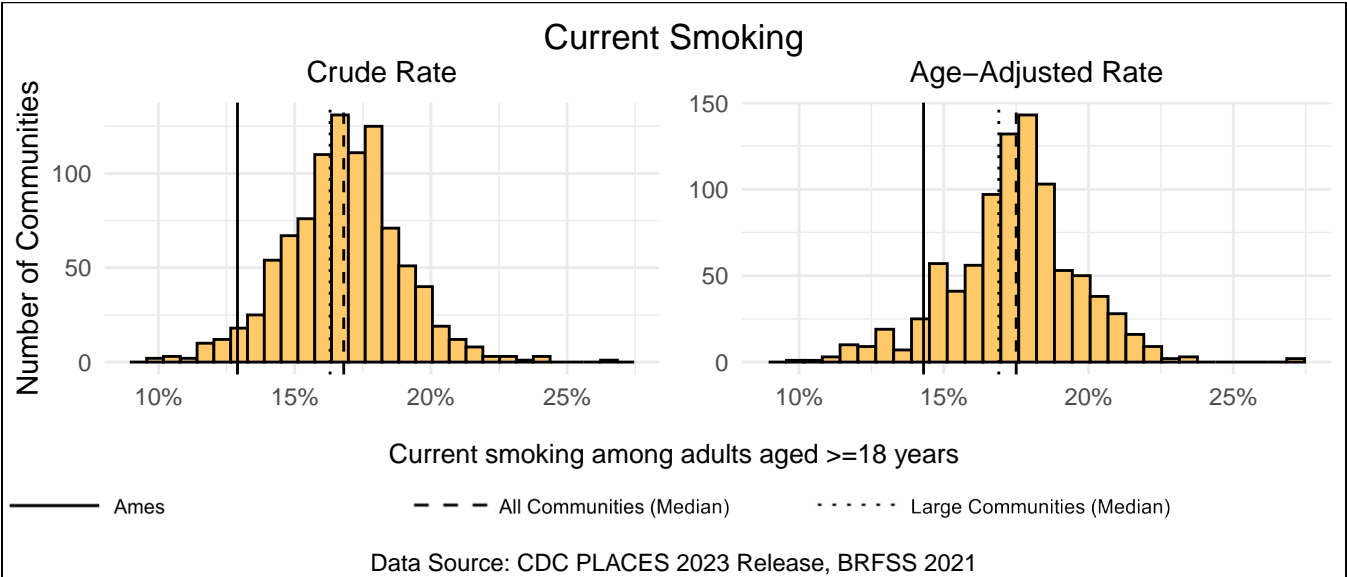
Measure Type	Ames	All Comm.	Large Comm.
Crude	22.8%	19.5%	20.8%
Age-Adjusted	20.3%	22.0%	20.9%



# Current Smoking

Ames has a crude rate of 12.9% for current smoking among adults aged  $\geq 18$  years, which ranks 36th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ames is 14.3%, which ranks 65th out of 905 Iowa communities (3rd out of 11 large communities).

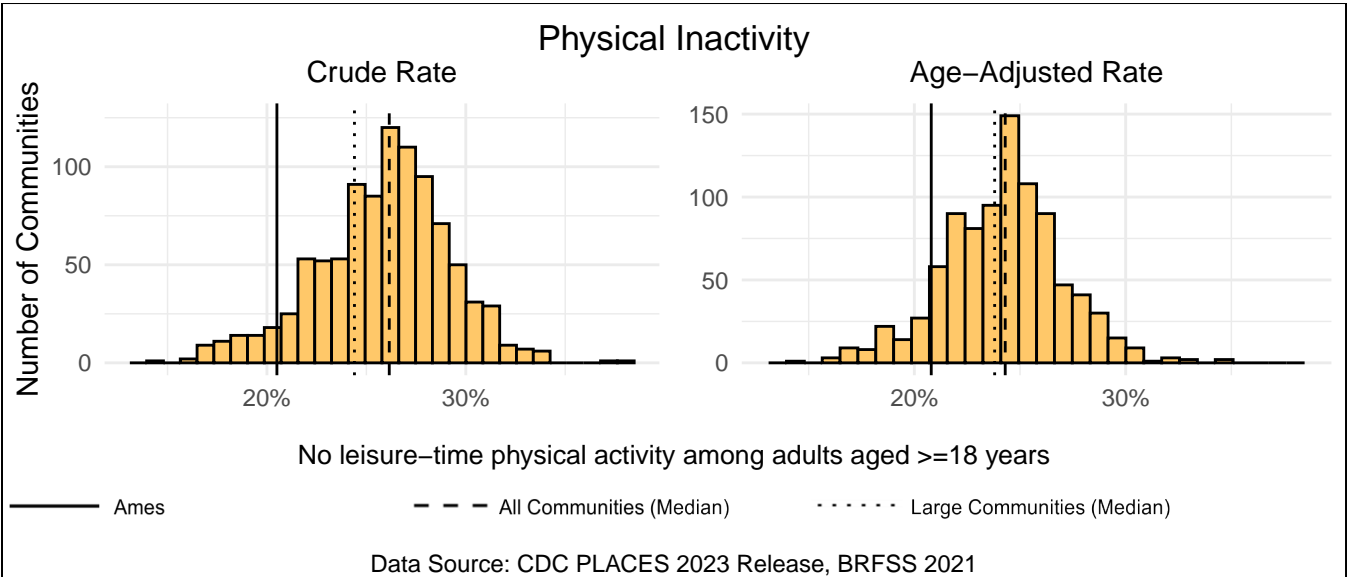
Measure Type	Ames	All Comm.	Large Comm.
Crude	12.9%	16.8%	16.3%
Age-Adjusted	14.3%	17.5%	16.9%



# Physical Inactivity

Ames has a crude rate of 20.5% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 65th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ames is 20.8%, which ranks 85th out of 905 Iowa communities (3rd out of 11 large communities).

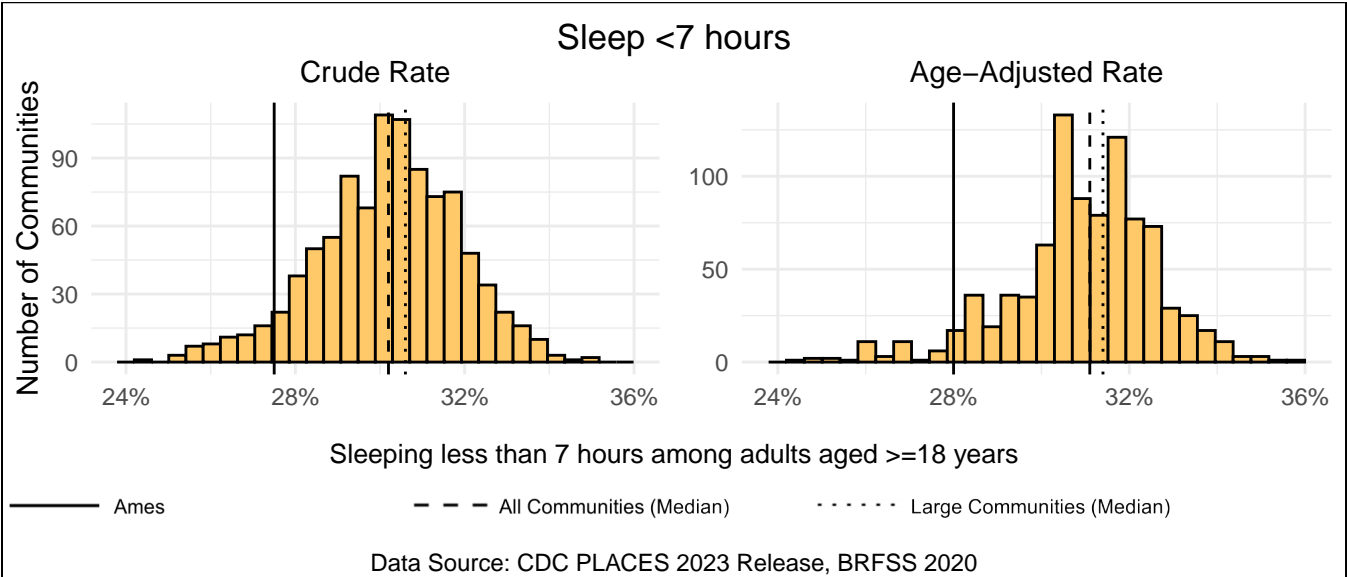
Measure Type	Ames	All Comm.	Large Comm.
Crude	20.5%	26.1%	24.4%
Age-Adjusted	20.8%	24.3%	23.8%



# Sleep <7 hours

Ames has a crude rate of 27.5% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 59th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ames is 28.0%, which ranks 41st out of 905 Iowa communities (3rd out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	27.5%	30.2%	30.6%
Age-Adjusted	28.0%	31.1%	31.4%



# Health Outcomes

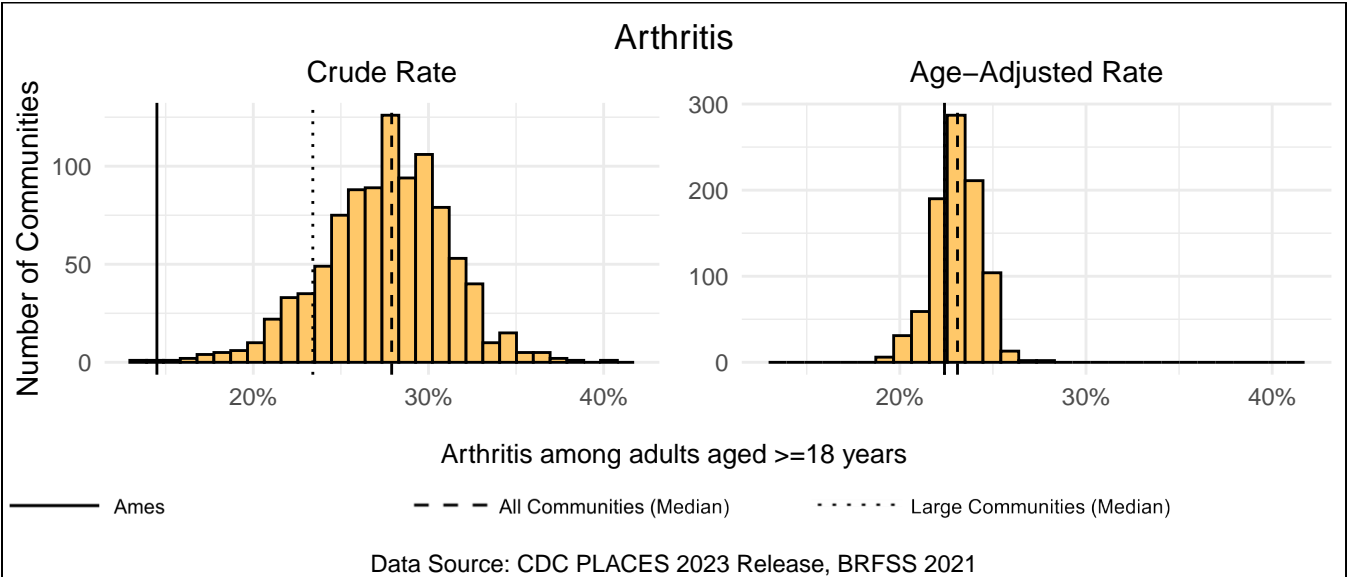
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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

Ames has a crude rate of 14.5% for arthritis among adults aged  $\geq 18$  years, which ranks 2nd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 22.4%, which ranks 230th out of 905 Iowa communities (6th out of 11 large communities).

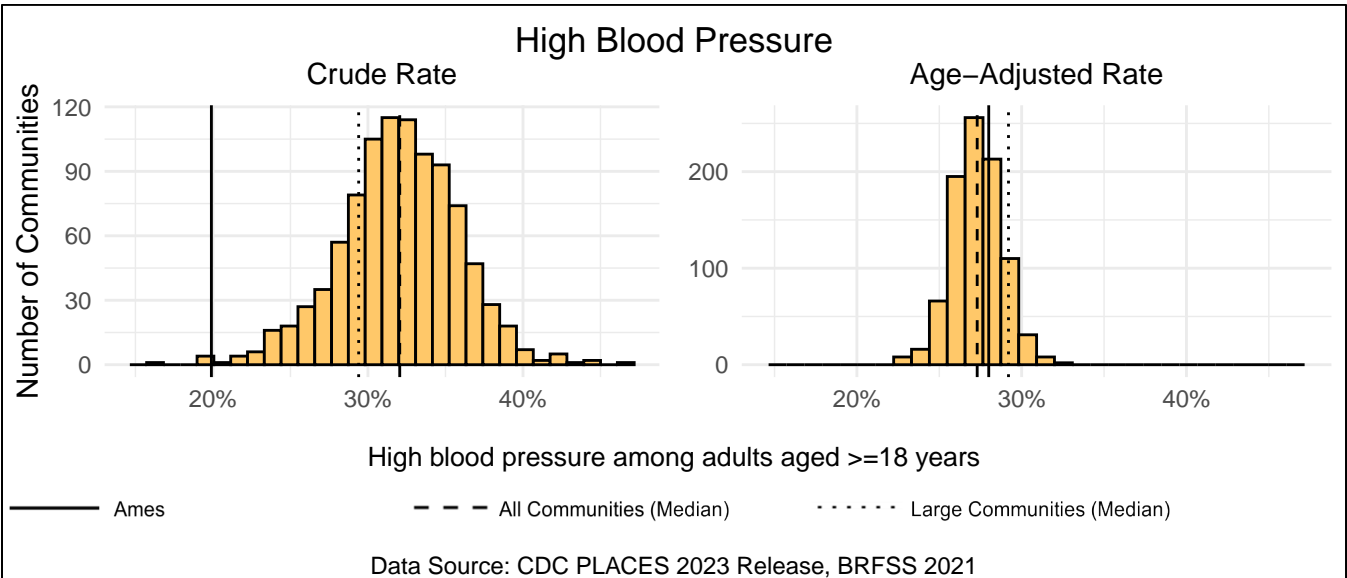
Measure Type	Ames	All Comm.	Large Comm.
Crude	14.5%	27.9%	23.4%
Age-Adjusted	22.4%	23.1%	22.4%



## High Blood Pressure

Ames has a crude rate of 19.9% for high blood pressure among adults aged  $\geq 18$  years, which ranks 5th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ames is 28.0%, which ranks 628th out of 905 Iowa communities (5th out of 11 large communities).

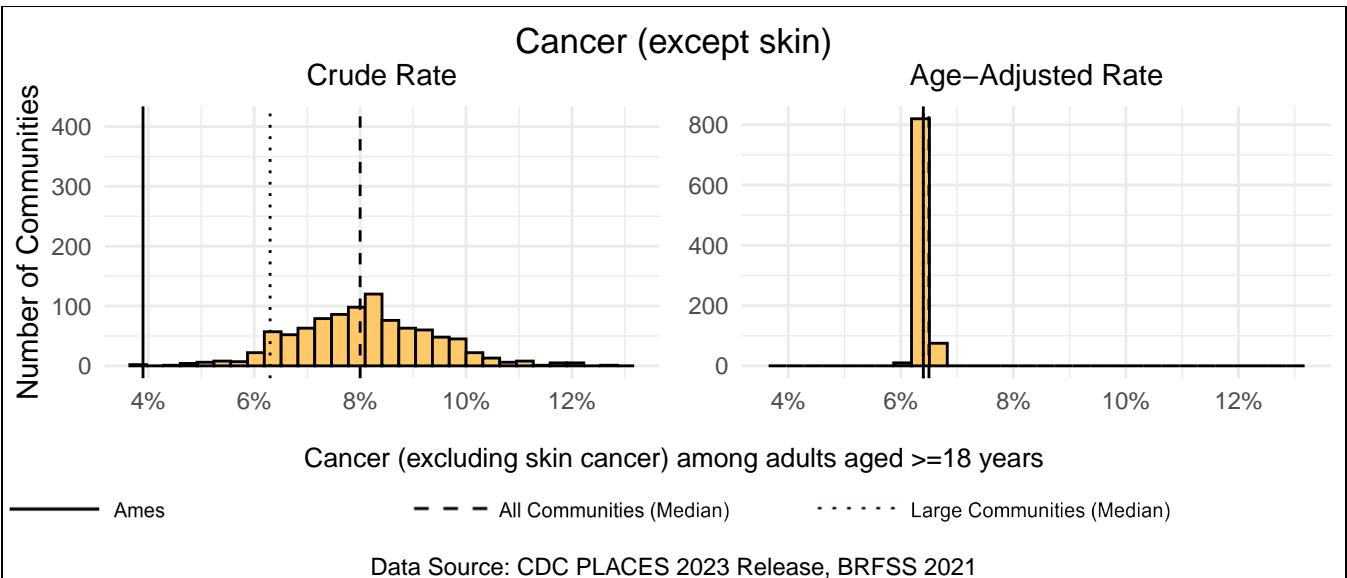
Measure Type	Ames	All Comm.	Large Comm.
Crude	19.9%	32.0%	29.4%
Age-Adjusted	28.0%	27.3%	29.2%



## Cancer (except skin)

Ames has a crude rate of 3.9% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 1st out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 6.4%, which ranks 74th out of 905 Iowa communities (5th out of 11 large communities).

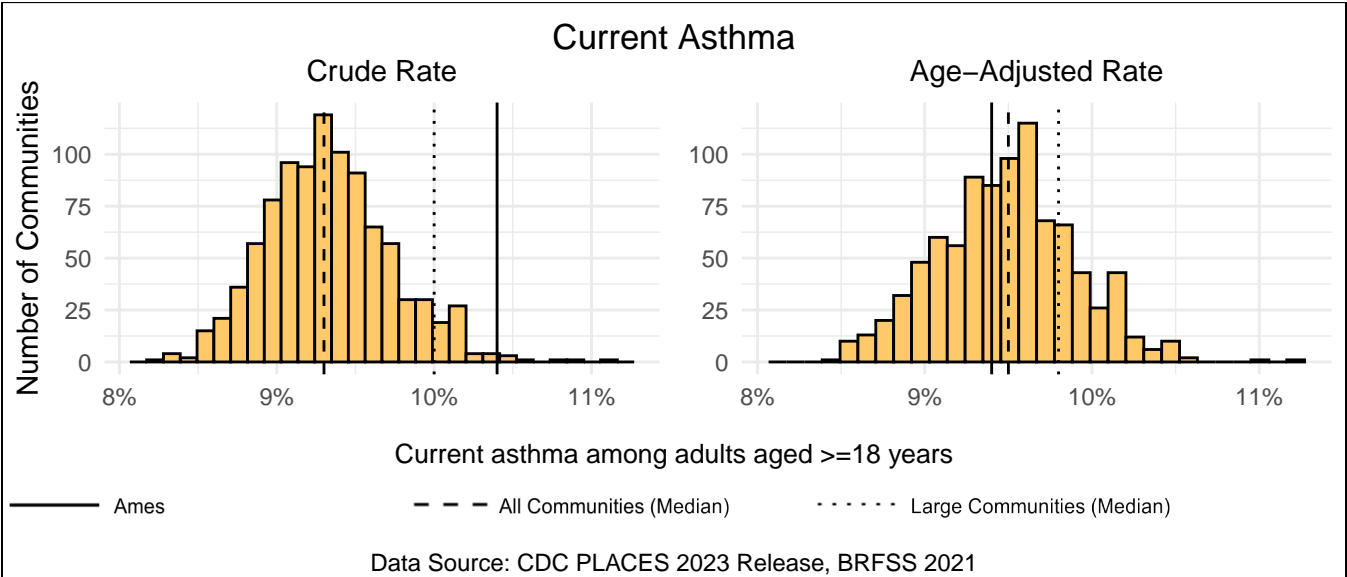
Measure Type	Ames	All Comm.	Large Comm.
Crude	3.9%	8.0%	6.3%
Age-Adjusted	6.4%	6.5%	6.4%



# Current Asthma

Ames has a crude rate of 10.4% for current asthma among adults aged  $\geq 18$  years, which ranks 948th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Ames is 9.4%, which ranks 330th out of 905 Iowa communities (3rd out of 11 large communities).

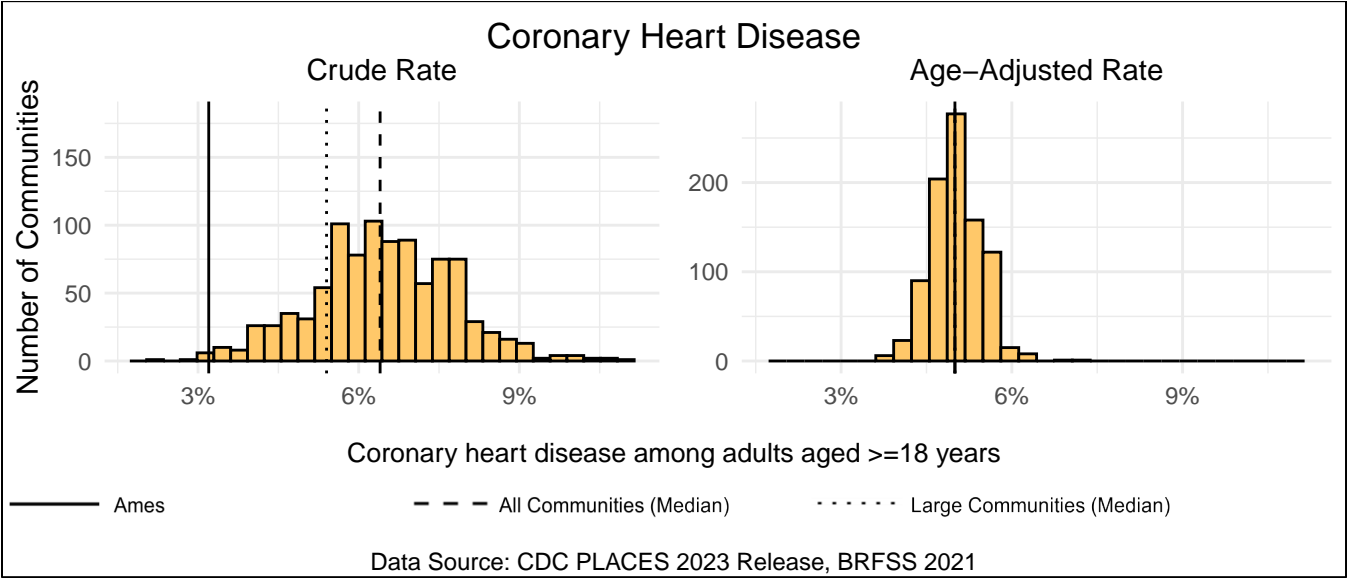
Measure Type	Ames	All Comm.	Large Comm.
Crude	10.4%	9.3%	10.0%
Age-Adjusted	9.4%	9.5%	9.8%



# Coronary Heart Disease

Ames has a crude rate of 3.2% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 5th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 5.0%, which ranks 419th out of 905 Iowa communities (5th out of 11 large communities).

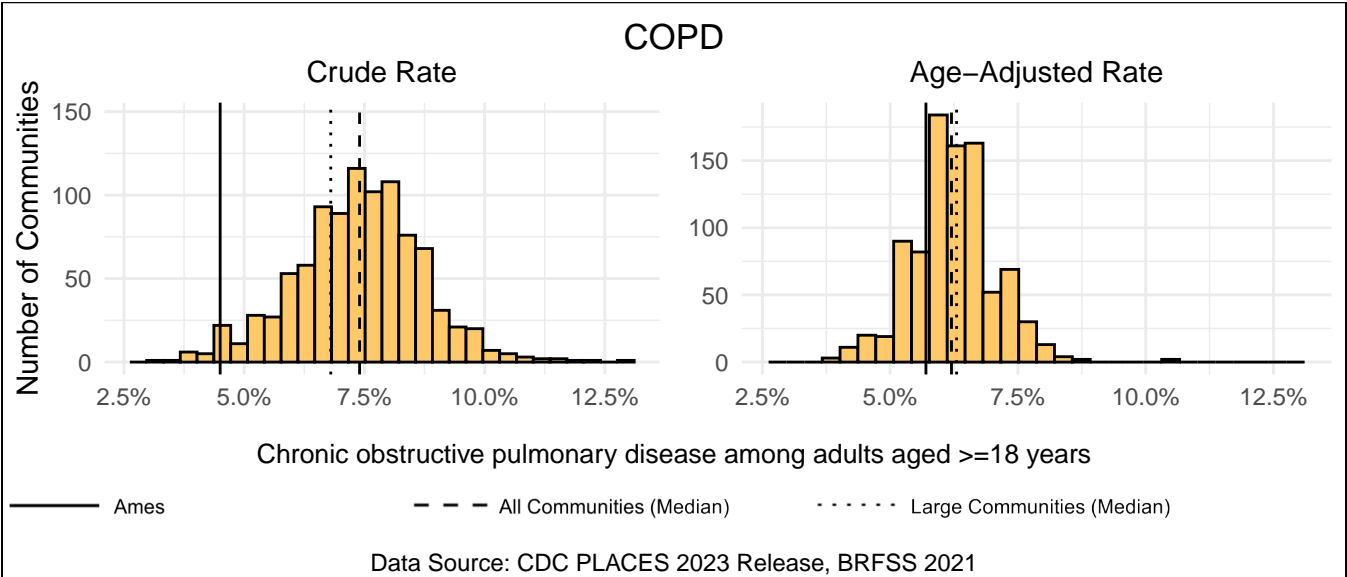
Measure Type	Ames	All Comm.	Large Comm.
Crude	3.2%	6.4%	5.4%
Age-Adjusted	5.0%	5.0%	5.0%



## COPD

Ames has a crude rate of 4.5% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 16th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ames is 5.7%, which ranks 183rd out of 905 Iowa communities (3rd out of 11 large communities).

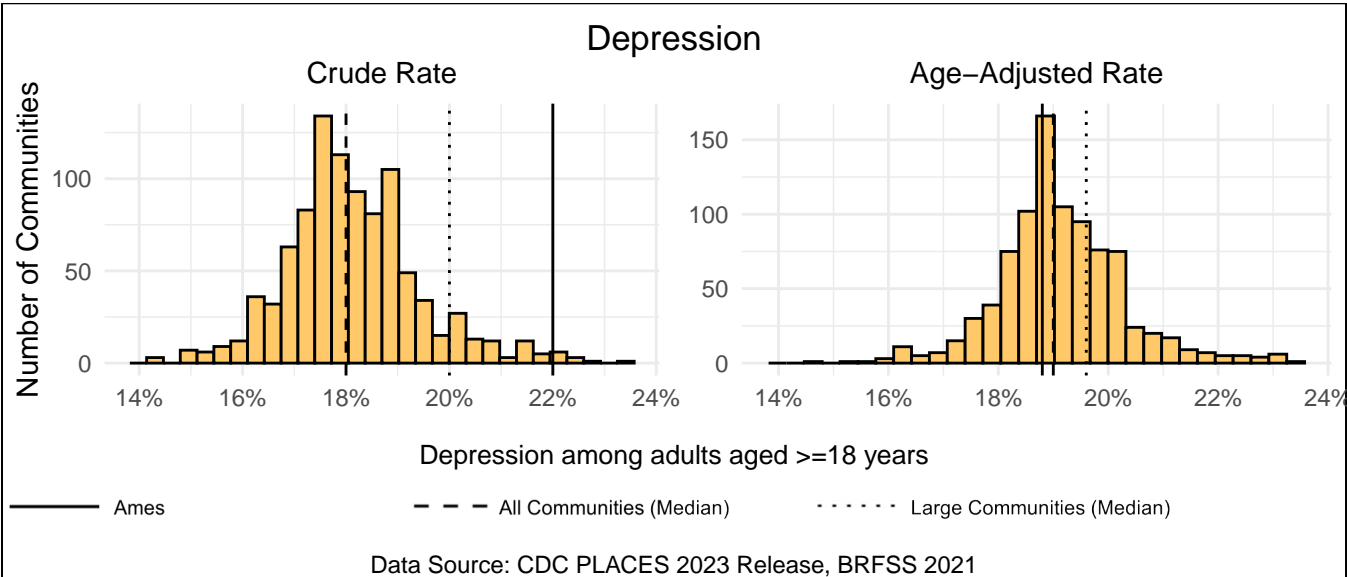
Measure Type	Ames	All Comm.	Large Comm.
Crude	4.5%	7.4%	6.8%
Age-Adjusted	5.7%	6.2%	6.3%



## Depression

Ames has a crude rate of 22.0% for depression among adults aged  $\geq 18$  years, which ranks 948th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Ames is 18.8%, which ranks 330th out of 905 Iowa communities (4th out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	22.0%	18.0%	20.0%
Age-Adjusted	18.8%	19.0%	19.6%

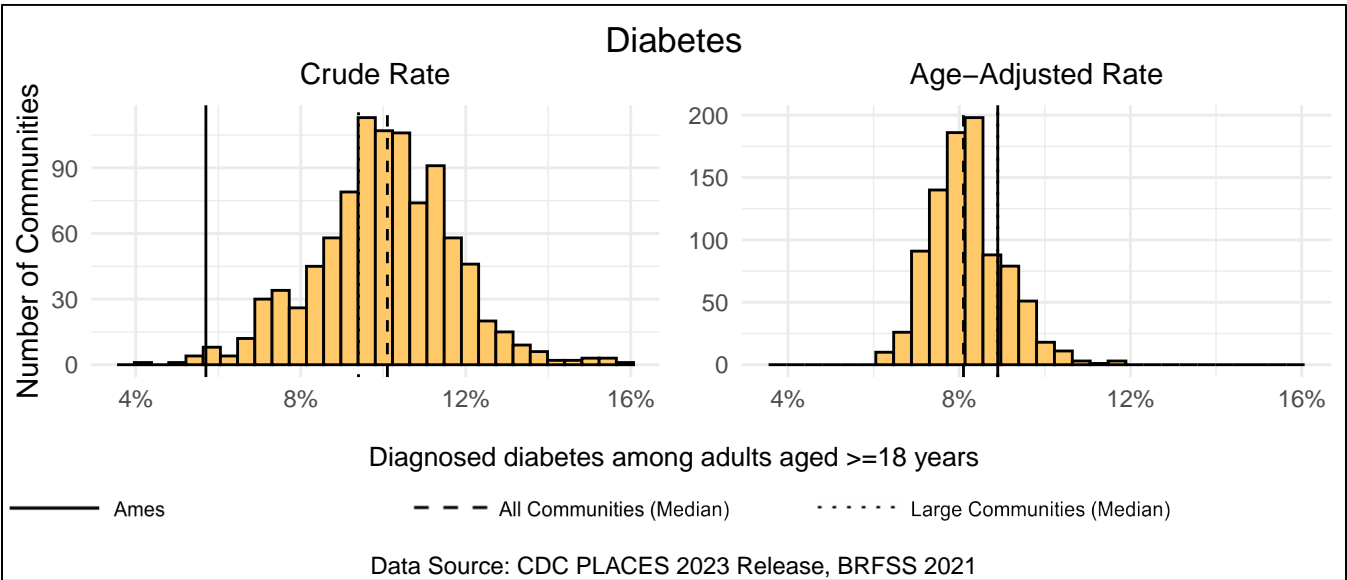




# Diabetes

Ames has a crude rate of 5.7% for diagnosed diabetes among adults aged >=18 years, which ranks 7th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 8.9%, which ranks 722nd out of 905 Iowa communities (6th out of 11 large communities).

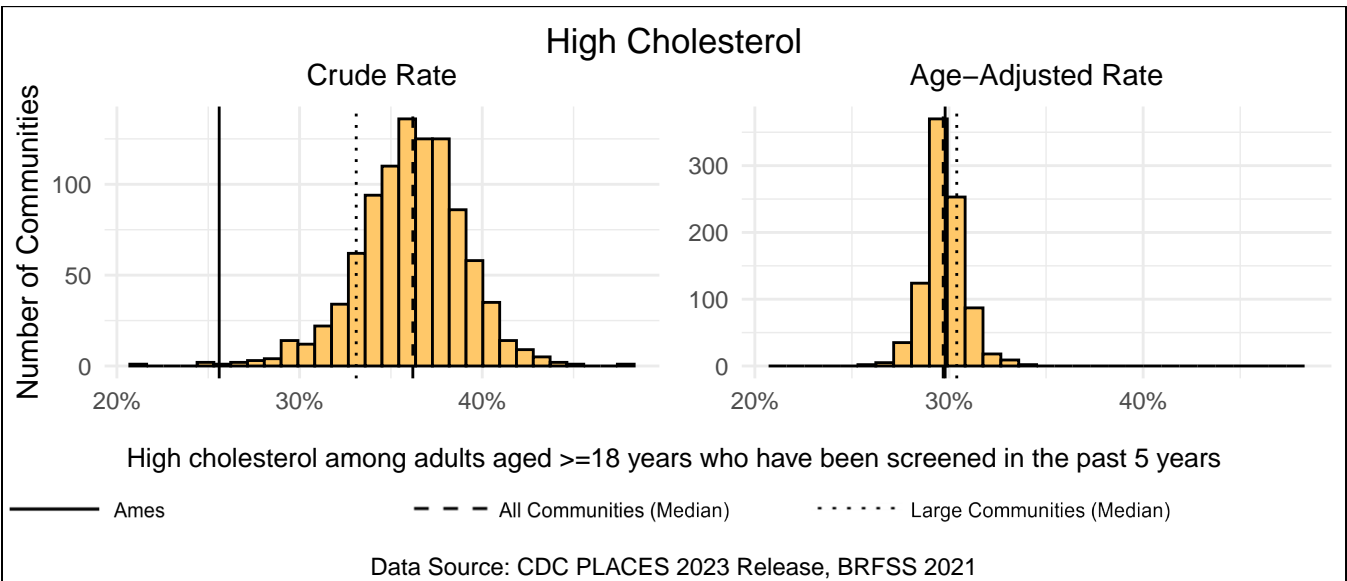
Measure Type	Ames	All Comm.	Large Comm.
Crude	5.7%	10.1%	9.4%
Age-Adjusted	8.9%	8.1%	8.9%



# High Cholesterol

Ames has a crude rate of 25.6% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 4th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ames is 29.8%, which ranks 467th out of 905 Iowa communities (3rd out of 11 large communities).

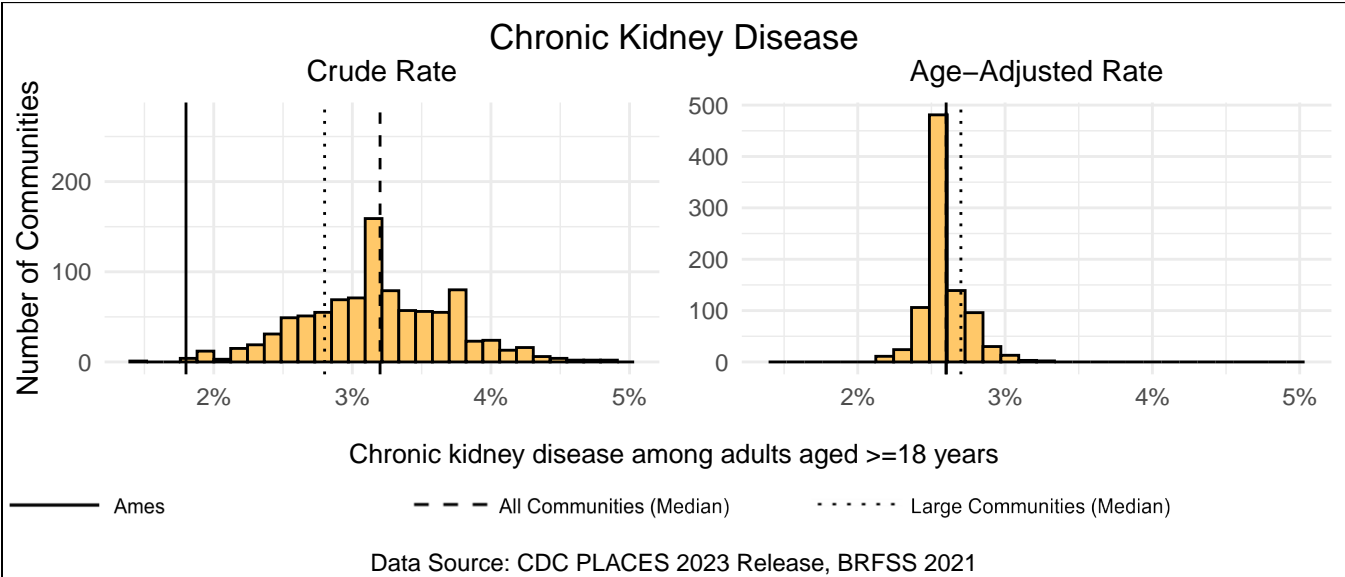
Measure Type	Ames	All Comm.	Large Comm.
Crude	25.6%	36.2%	33.1%
Age-Adjusted	29.8%	29.7%	30.4%



## Chronic Kidney Disease

Ames has a crude rate of 1.8% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 2nd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 2.6%, which ranks 349th out of 905 Iowa communities (3rd out of 11 large communities).

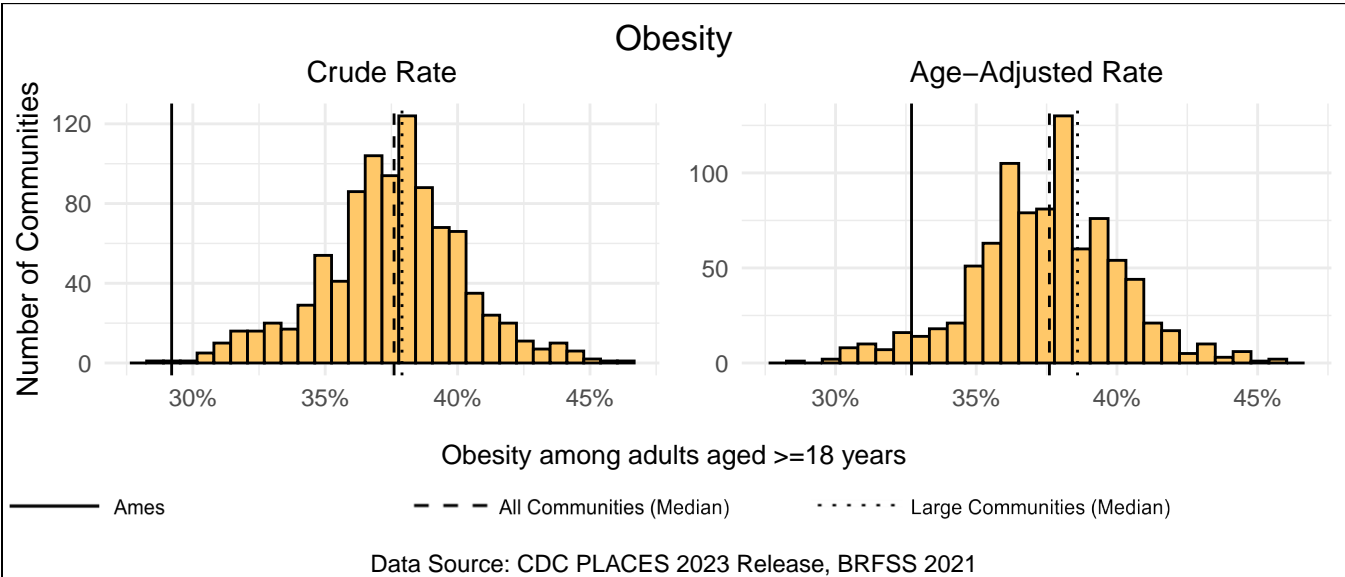
Measure Type	Ames	All Comm.	Large Comm.
Crude	1.8%	3.2%	2.8%
Age-Adjusted	2.6%	2.6%	2.7%



## Obesity

Ames has a crude rate of 29.2% for obesity among adults aged  $\geq 18$  years, which ranks 2nd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 32.7%, which ranks 44th out of 905 Iowa communities (1st out of 11 large communities).

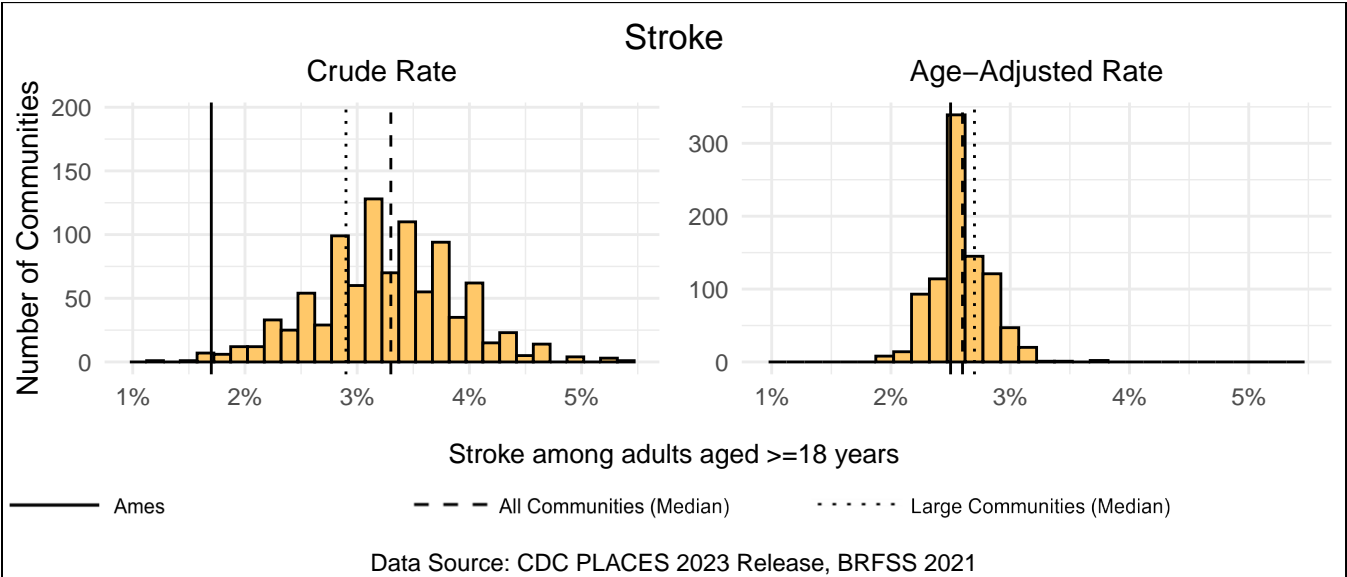
Measure Type	Ames	All Comm.	Large Comm.
Crude	29.2%	37.6%	37.9%
Age-Adjusted	32.7%	37.6%	38.6%



# Stroke

Ames has a crude rate of 1.7% for stroke among adults aged  $\geq 18$  years, which ranks 5th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 2.5%, which ranks 230th out of 905 Iowa communities (3rd out of 11 large communities).

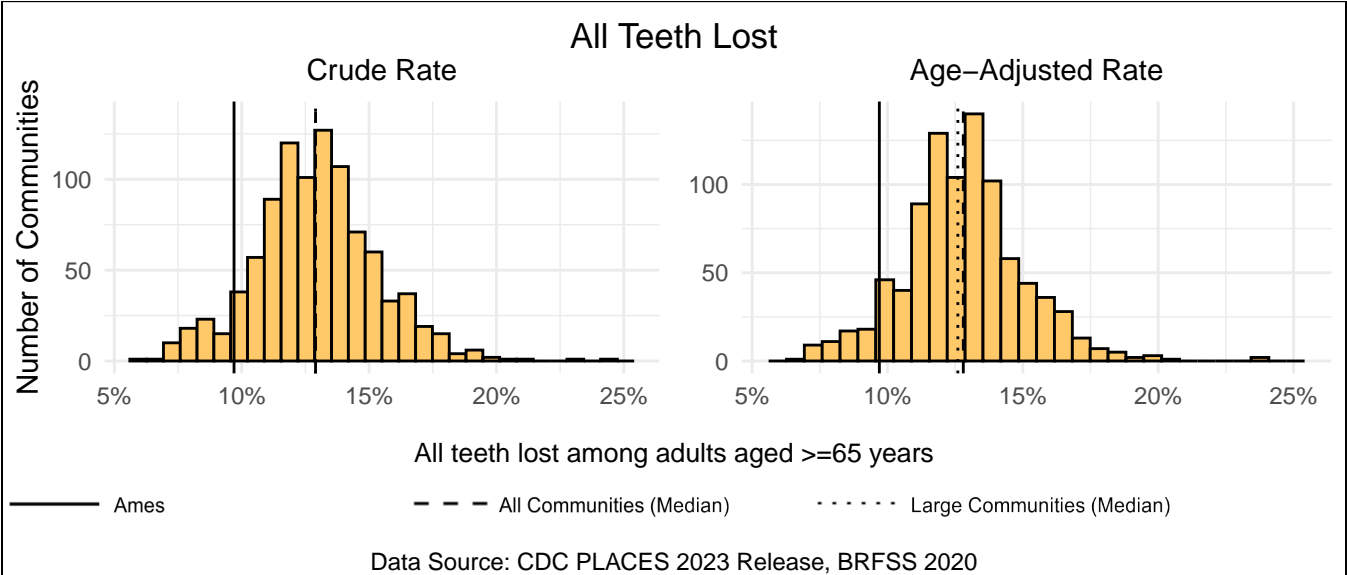
Measure Type	Ames	All Comm.	Large Comm.
Crude	1.7%	3.3%	2.9%
Age-Adjusted	2.5%	2.6%	2.7%



# All Teeth Lost

Ames has a crude rate of 9.7% for all teeth lost among adults aged  $\geq 65$  years, which ranks 74th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ames is 9.7%, which ranks 58th out of 905 Iowa communities (3rd out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	9.7%	12.9%	12.9%
Age-Adjusted	9.7%	12.8%	12.6%



# Prevention

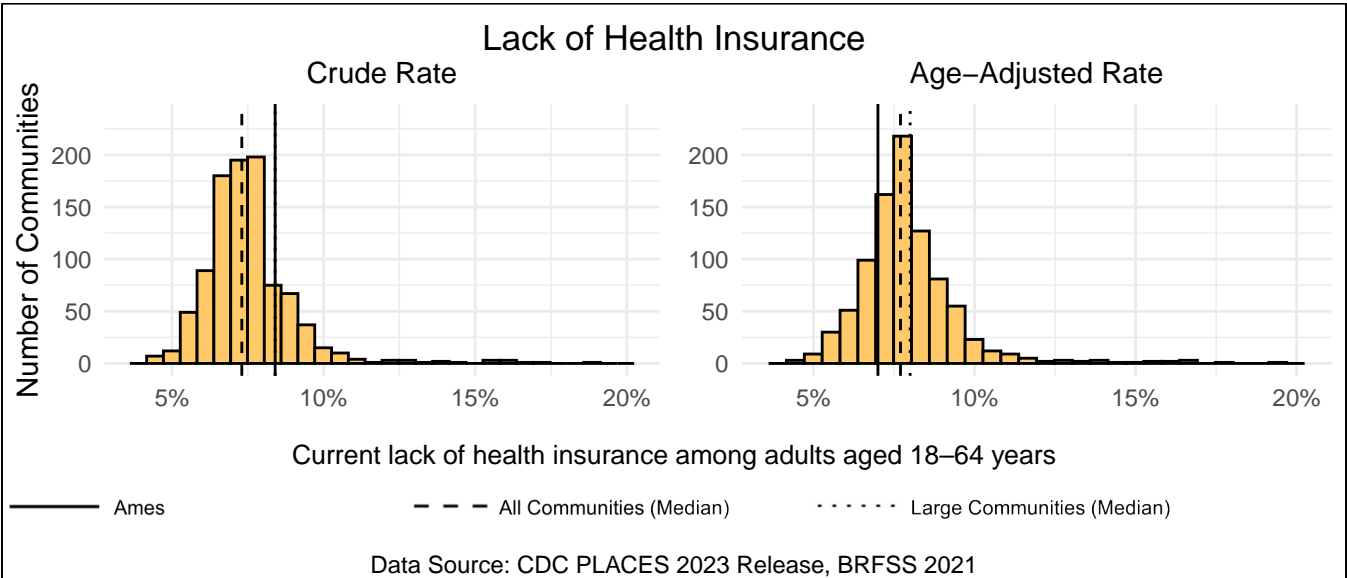
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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

Ames has a crude rate of 8.4% for current lack of health insurance among adults aged 18–64 years, which ranks 784th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Ames is 7.0%, which ranks 193rd out of 905 Iowa communities (3rd out of 11 large communities).

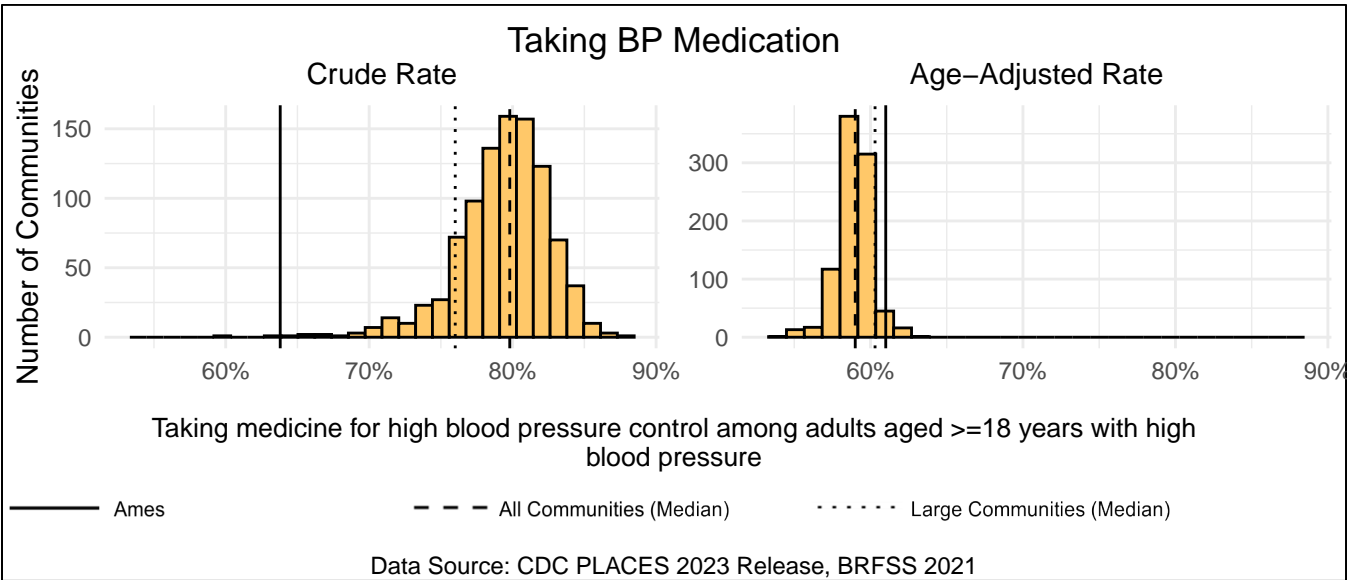
Measure Type	Ames	All Comm.	Large Comm.
Crude	8.4%	7.3%	8.4%
Age-Adjusted	7.0%	7.7%	8.0%



# Taking BP Medication

Ames has a crude rate of 63.8% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 957th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Ames is 61.0%, which ranks 30th out of 905 Iowa communities (3rd out of 11 large communities).

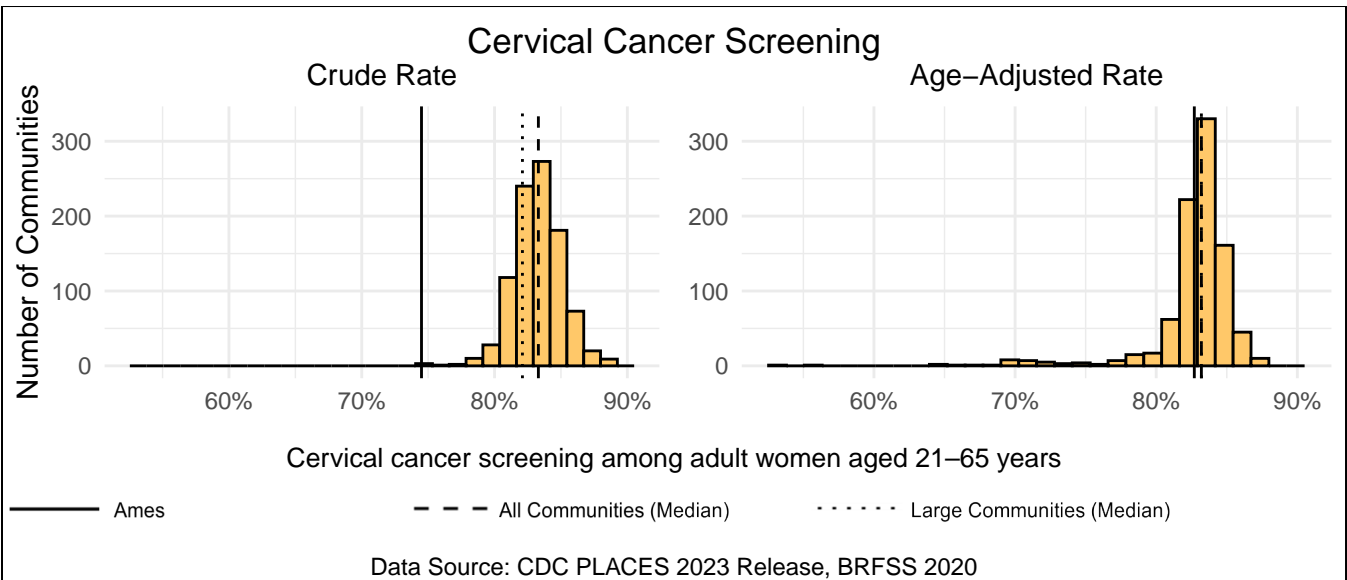
Measure Type	Ames	All Comm.	Large Comm.
Crude	63.8%	79.8%	76.0%
Age-Adjusted	61.0%	59.0%	60.3%



# Cervical Cancer Screening

Ames has a crude rate of 74.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 958th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Ames is 82.7%, which ranks 603rd out of 905 Iowa communities (7th out of 11 large communities).

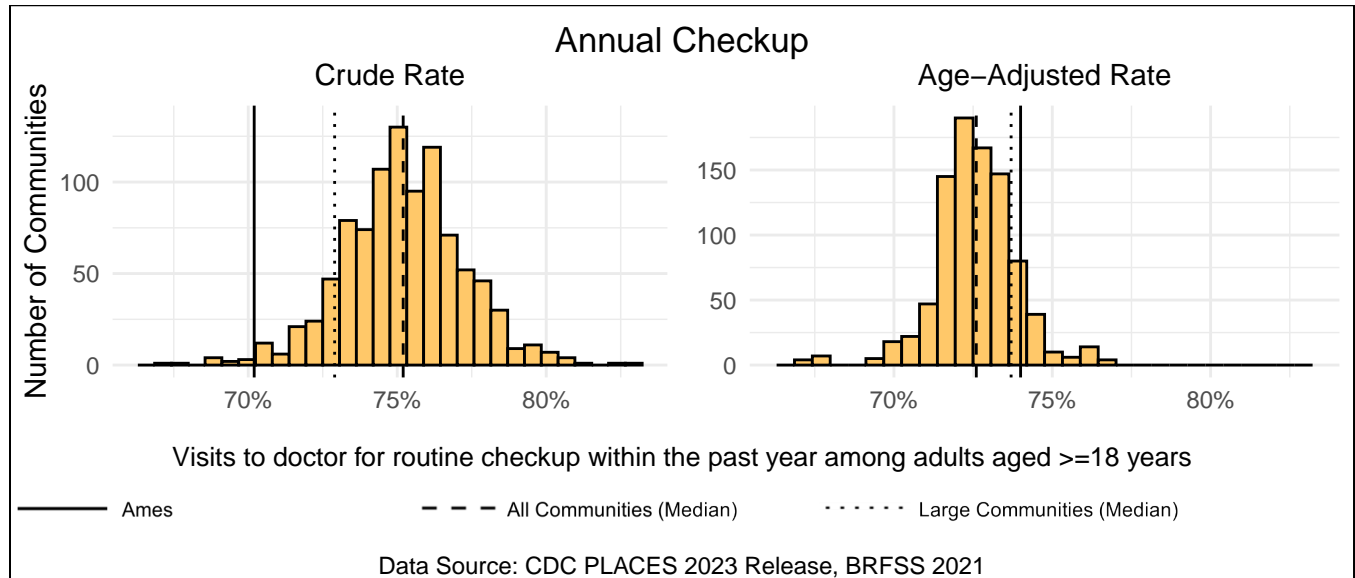
Measure Type	Ames	All Comm.	Large Comm.
Crude	74.5%	83.3%	82.1%
Age-Adjusted	82.7%	83.2%	83.2%



## Annual Checkup

Ames has a crude rate of 70.2% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 948th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Ames is 74.0%, which ranks 86th out of 905 Iowa communities (5th out of 11 large communities).

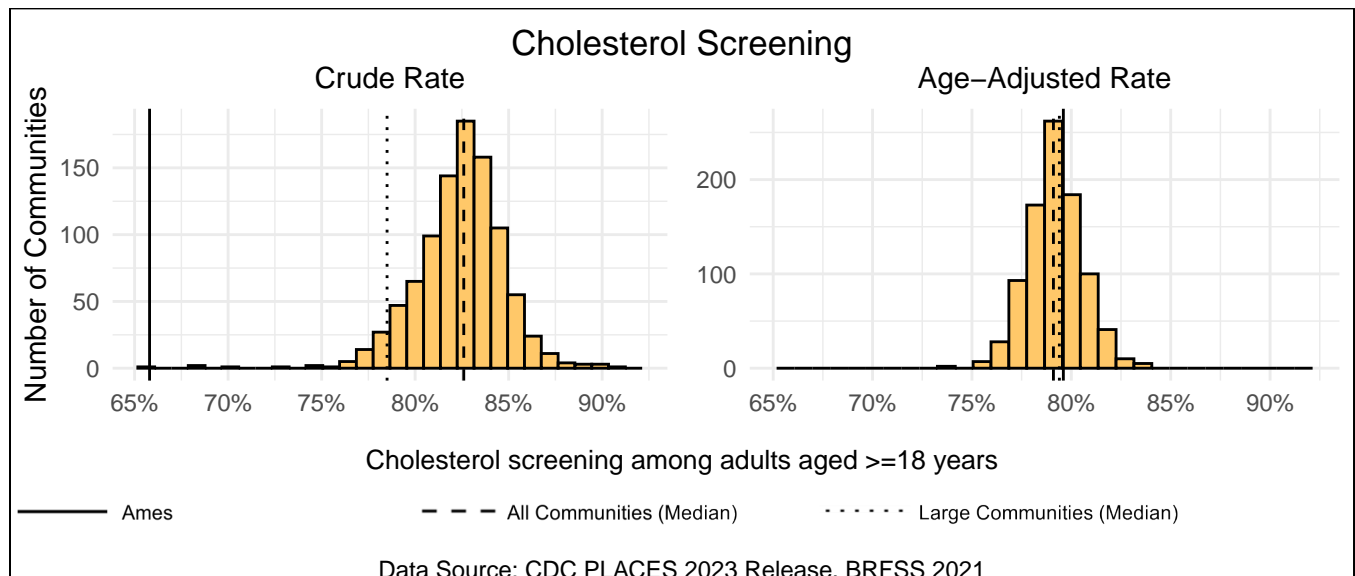
Measure Type	Ames	All Comm.	Large Comm.
Crude	70.2%	75.2%	72.9%
Age-Adjusted	74.0%	72.6%	73.7%



## Cholesterol Screening

Ames has a crude rate of 65.8% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 958th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Ames is 79.6%, which ranks 318th out of 905 Iowa communities (4th out of 11 large communities).

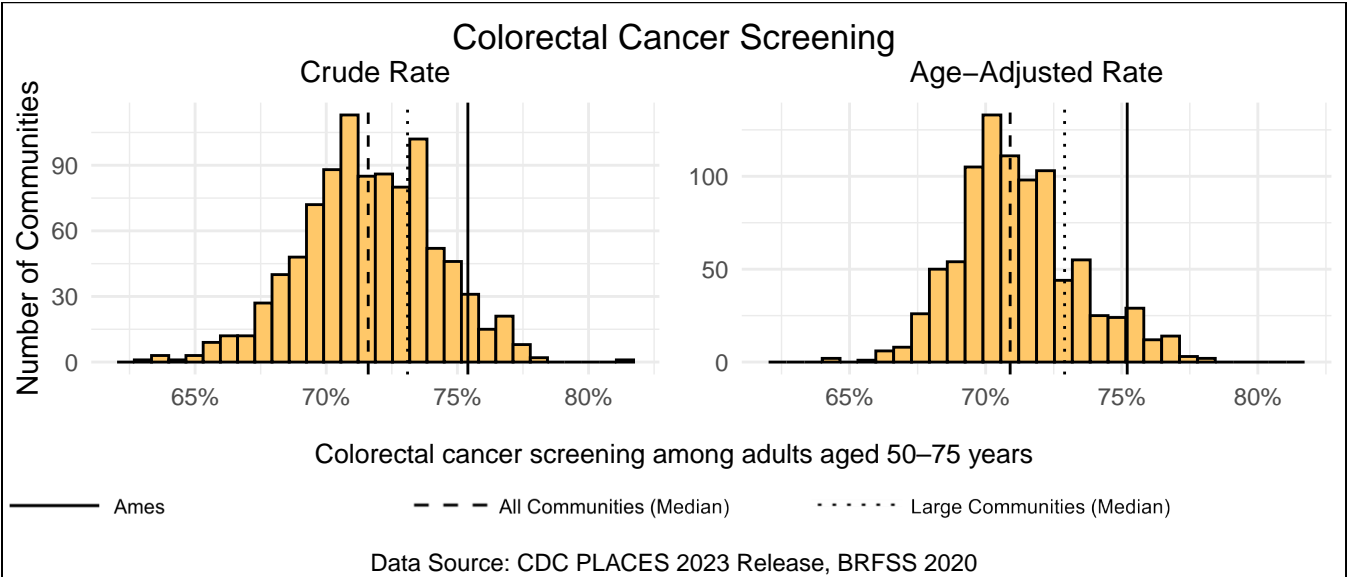
Measure Type	Ames	All Comm.	Large Comm.
Crude	65.8%	82.6%	78.5%
Age-Adjusted	79.6%	79.1%	79.4%



## Colorectal Cancer Screening

Ames has a crude rate of 75.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 65th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 75.2%, which ranks 54th out of 905 Iowa communities (2nd out of 11 large communities).

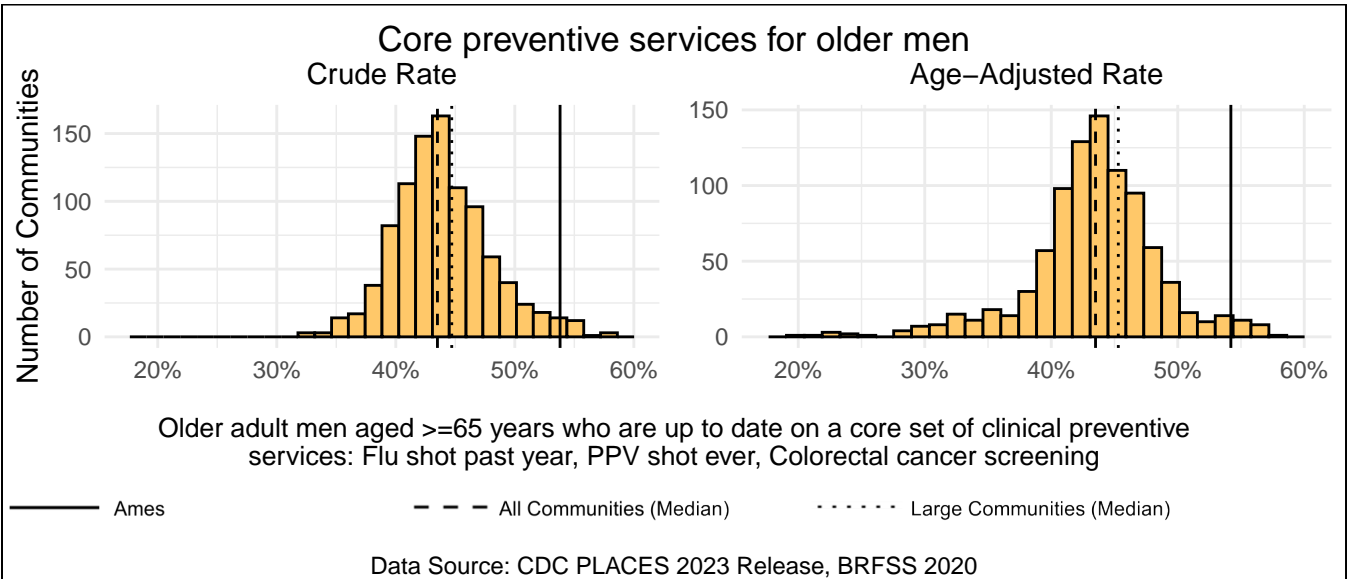
Measure Type	Ames	All Comm.	Large Comm.
Crude	75.4%	71.6%	73.1%
Age-Adjusted	75.2%	70.9%	72.9%



## Core preventive services for older men

Ames has a crude rate of 53.8% for older adult men aged  $\geq 65$  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 23rd out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ames is 54.2%, which ranks 22nd out of 905 Iowa communities (2nd out of 11 large communities).

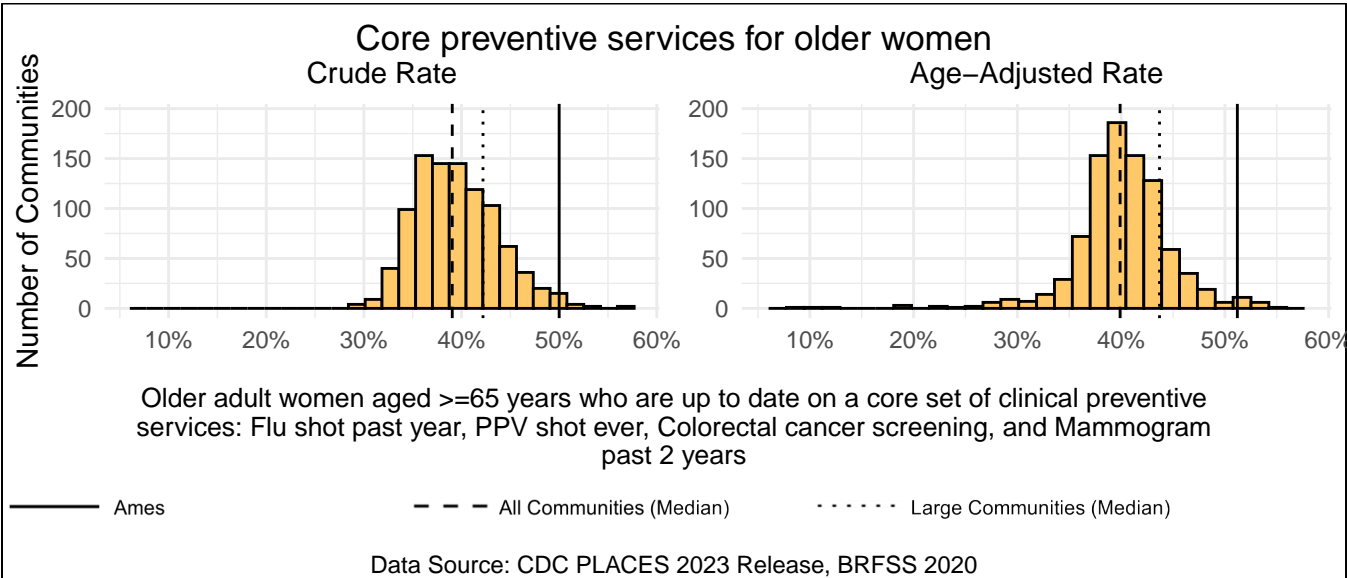
Measure Type	Ames	All Comm.	Large Comm.
Crude	53.8%	43.5%	44.7%
Age-Adjusted	54.2%	43.5%	45.3%



### Core preventive services for older women

Ames has a crude rate of 50.0% for older adult women aged  $\geq 65$  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 14th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 51.2%, which ranks 15th out of 905 Iowa communities (1st out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	50.0%	39.0%	42.2%
Age-Adjusted	51.2%	39.9%	43.7%

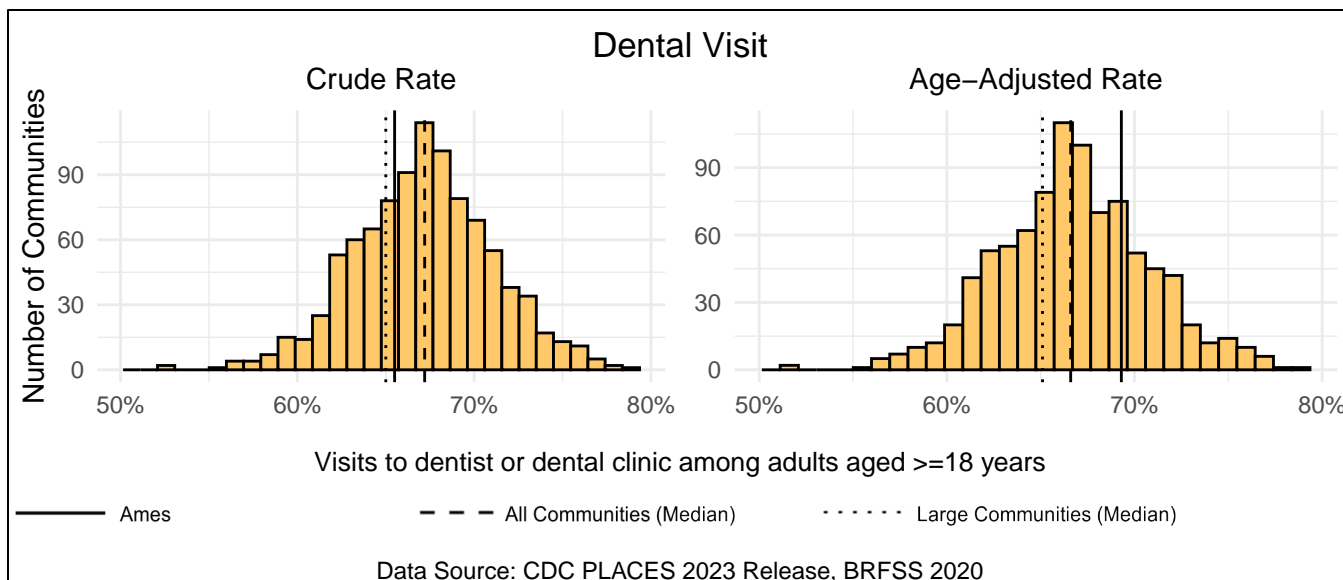


### Dental Visit

Ames has a crude rate of 65.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 648th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Ames is 69.3%, which ranks 221st out of 905 Iowa communities (4th out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	65.5%	67.2%	65.0%
Age-Adjusted	69.3%	66.6%	65.1%

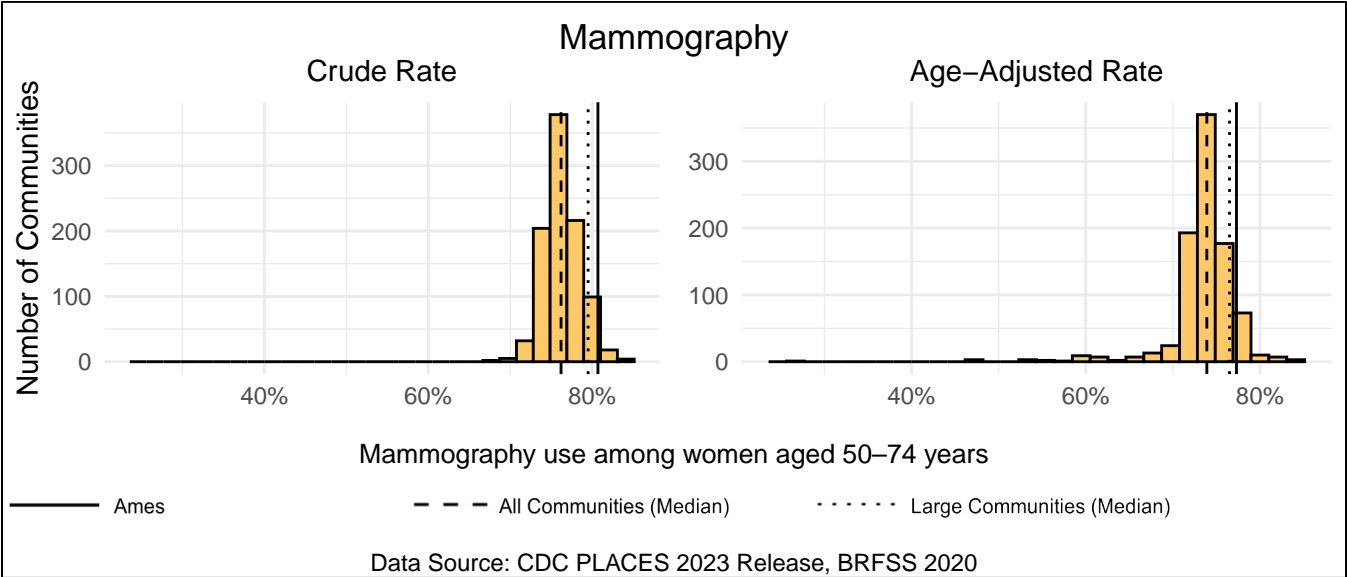




# Mammography

Ames has a crude rate of 80.7% for mammography use among women aged 50–74 years, which ranks 29th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ames is 77.3%, which ranks 80th out of 905 Iowa communities (5th out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	80.7%	76.2%	79.5%
Age-Adjusted	77.3%	73.9%	76.5%



# Disability

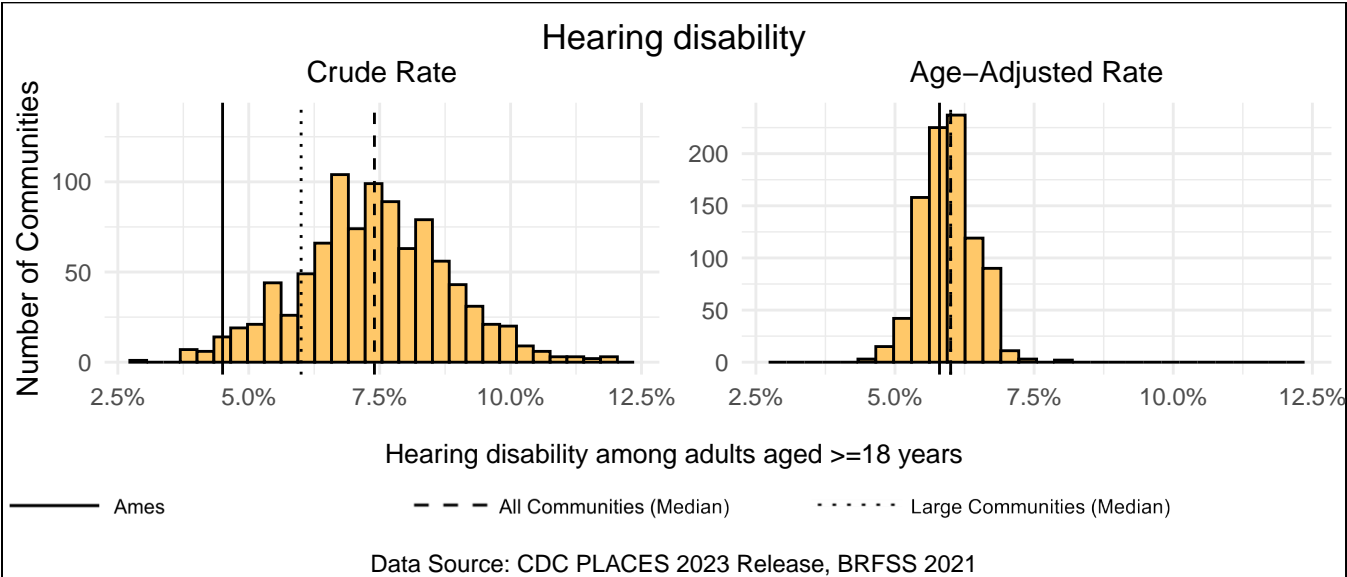
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Ames has a crude rate of 4.5% for hearing disability among adults aged  $\geq 18$  years, which ranks 19th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ames is 5.8%, which ranks 287th out of 905 Iowa communities (3rd out of 11 large communities).

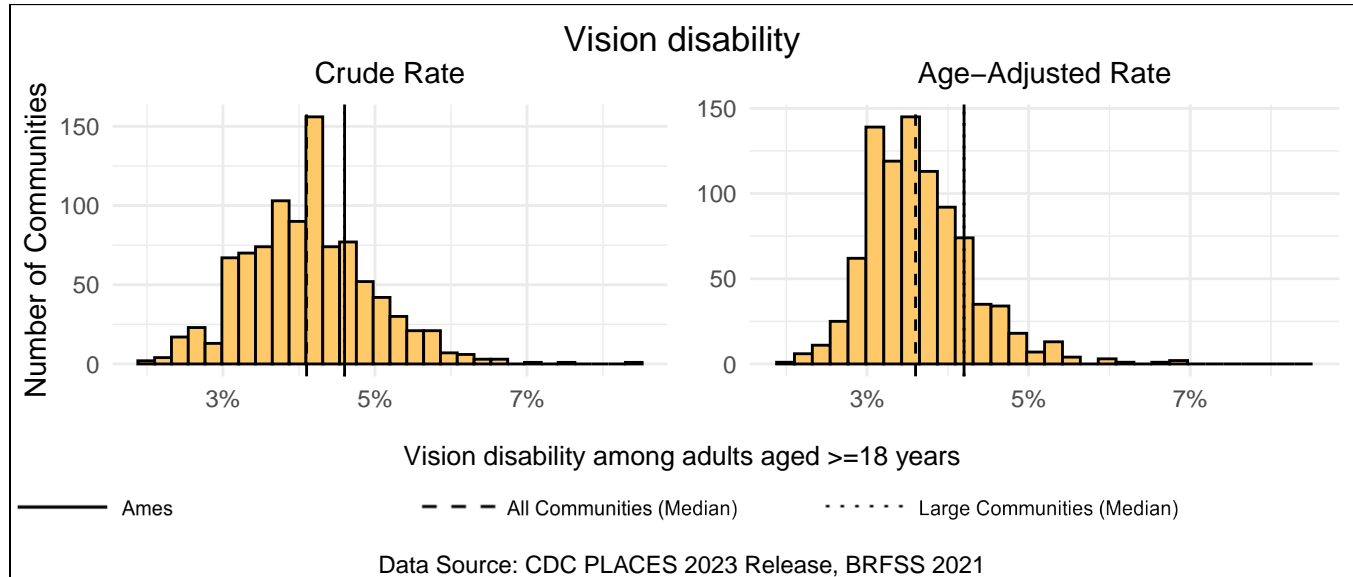
Measure Type	Ames	All Comm.	Large Comm.
Crude	4.5%	7.4%	6.0%
Age-Adjusted	5.8%	6.0%	6.0%



## Vision disability

Ames has a crude rate of 4.6% for vision disability among adults aged  $\geq 18$  years, which ranks 694th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Ames is 4.2%, which ranks 742nd out of 905 Iowa communities (5th out of 11 large communities).

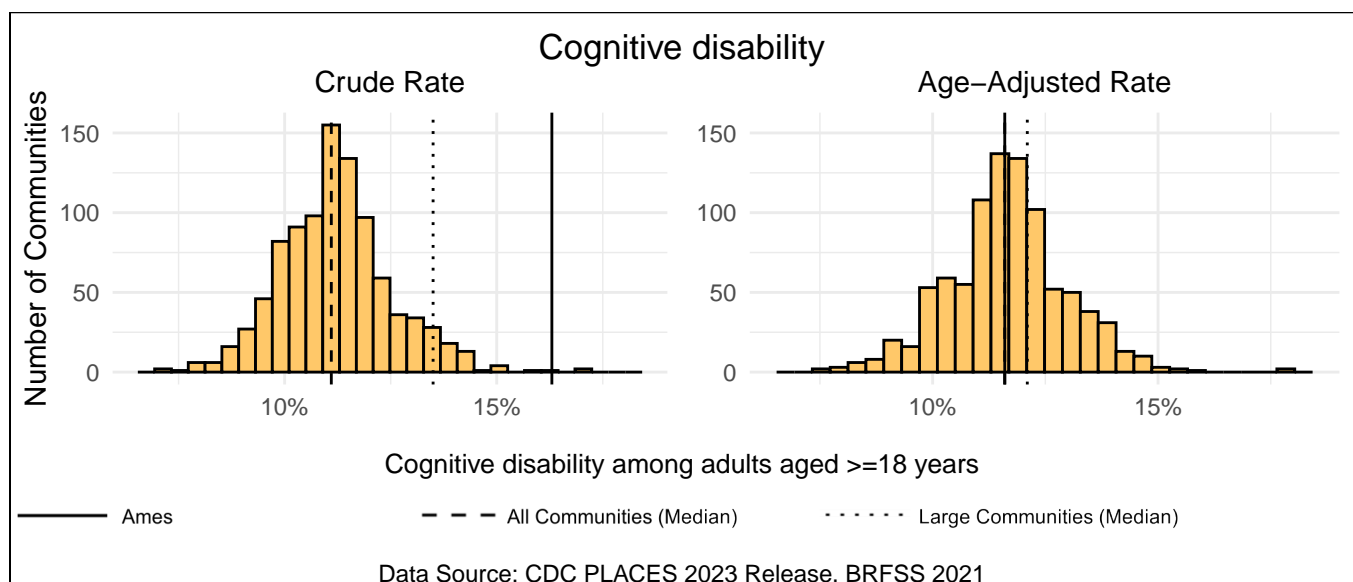
Measure Type	Ames	All Comm.	Large Comm.
Crude	4.6%	4.1%	4.6%
Age-Adjusted	4.2%	3.6%	4.2%



## Cognitive disability

Ames has a crude rate of 16.3% for cognitive disability among adults aged  $\geq 18$  years, which ranks 956th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Ames is 11.6%, which ranks 431st out of 905 Iowa communities (5th out of 11 large communities).

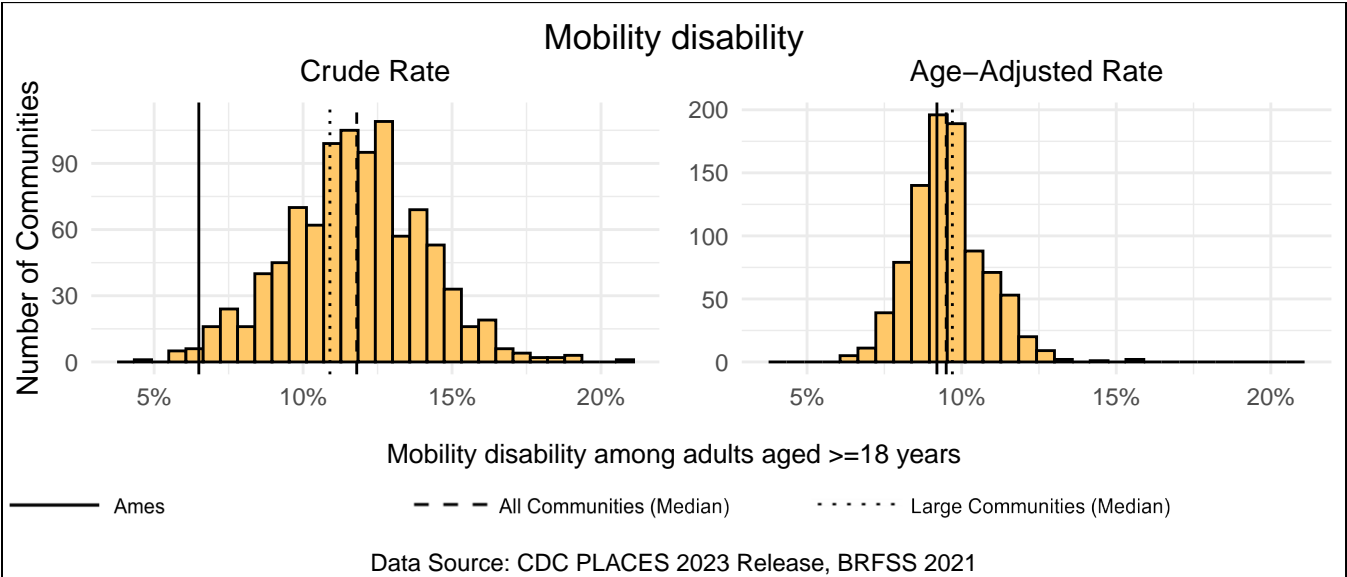
Measure Type	Ames	All Comm.	Large Comm.
Crude	16.3%	11.1%	13.5%
Age-Adjusted	11.6%	11.6%	12.1%



# Mobility disability

Ames has a crude rate of 6.5% for mobility disability among adults aged >=18 years, which ranks 11th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ames is 9.2%, which ranks 327th out of 905 Iowa communities (3rd out of 11 large communities).

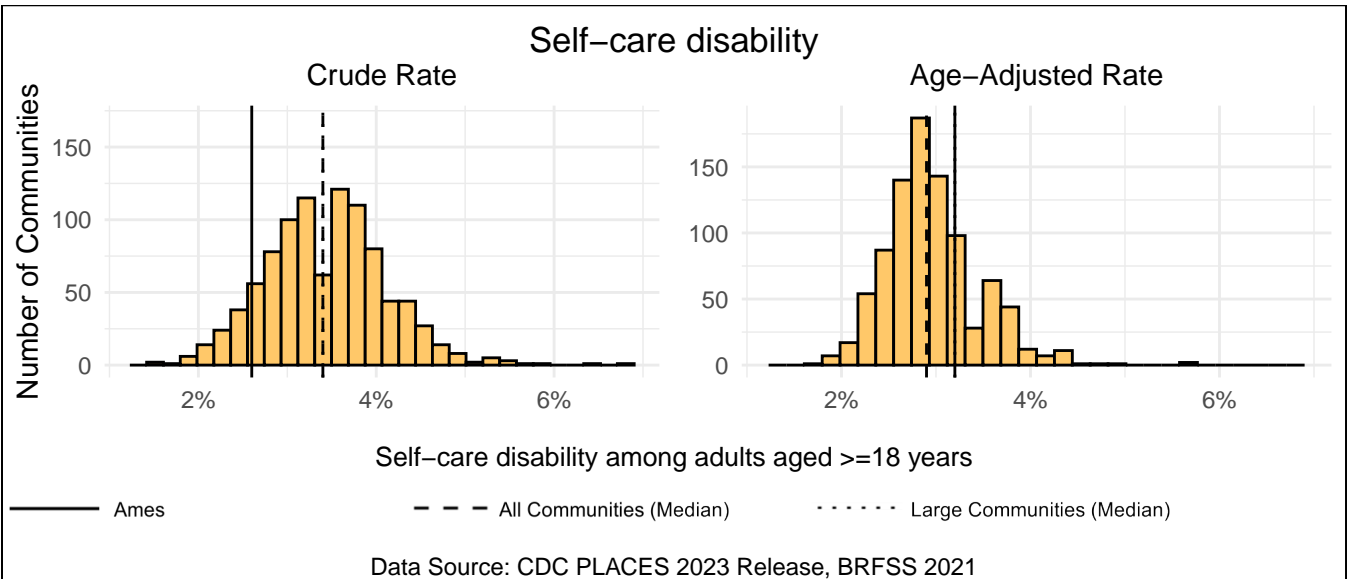
Measure Type	Ames	All Comm.	Large Comm.
Crude	6.5%	11.8%	10.9%
Age-Adjusted	9.2%	9.5%	9.7%



# Self-care disability

Ames has a crude rate of 2.6% for self-care disability among adults aged >=18 years, which ranks 86th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ames is 3.2%, which ranks 637th out of 905 Iowa communities (4th out of 11 large communities).

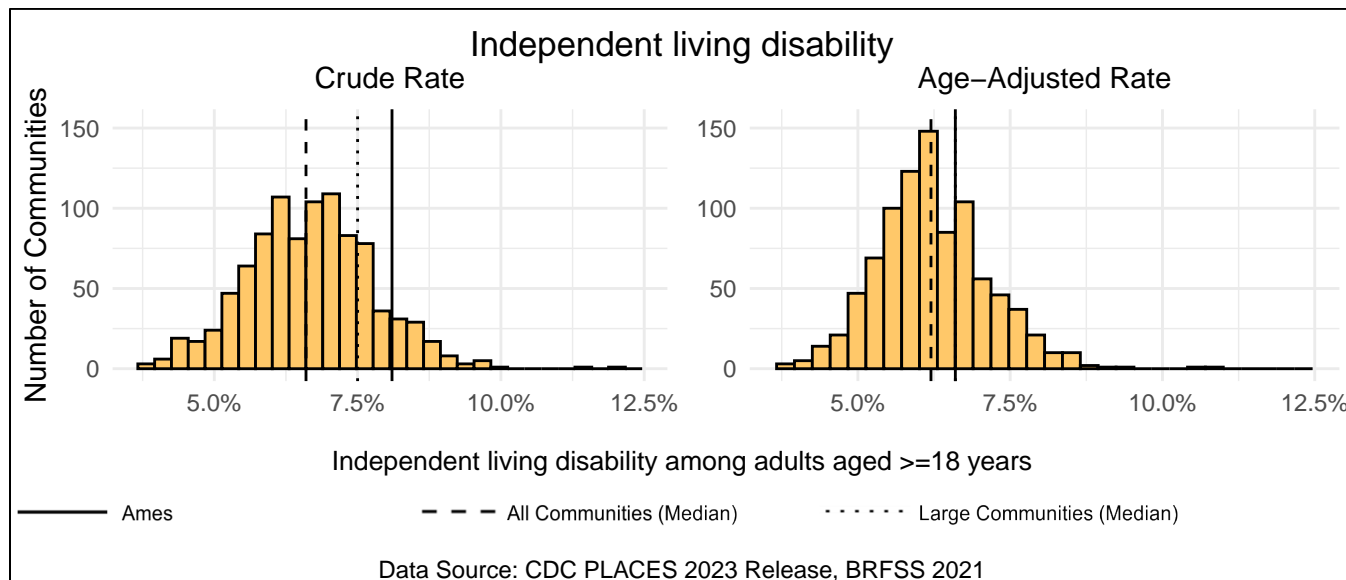
Measure Type	Ames	All Comm.	Large Comm.
Crude	2.6%	3.4%	3.4%
Age-Adjusted	3.2%	2.9%	3.2%



## Independent living disability

Ames has a crude rate of 8.1% for independent living disability among adults aged  $\geq 18$  years, which ranks 863rd out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Ames is 6.6%, which ranks 616th out of 905 Iowa communities (5th out of 11 large communities).

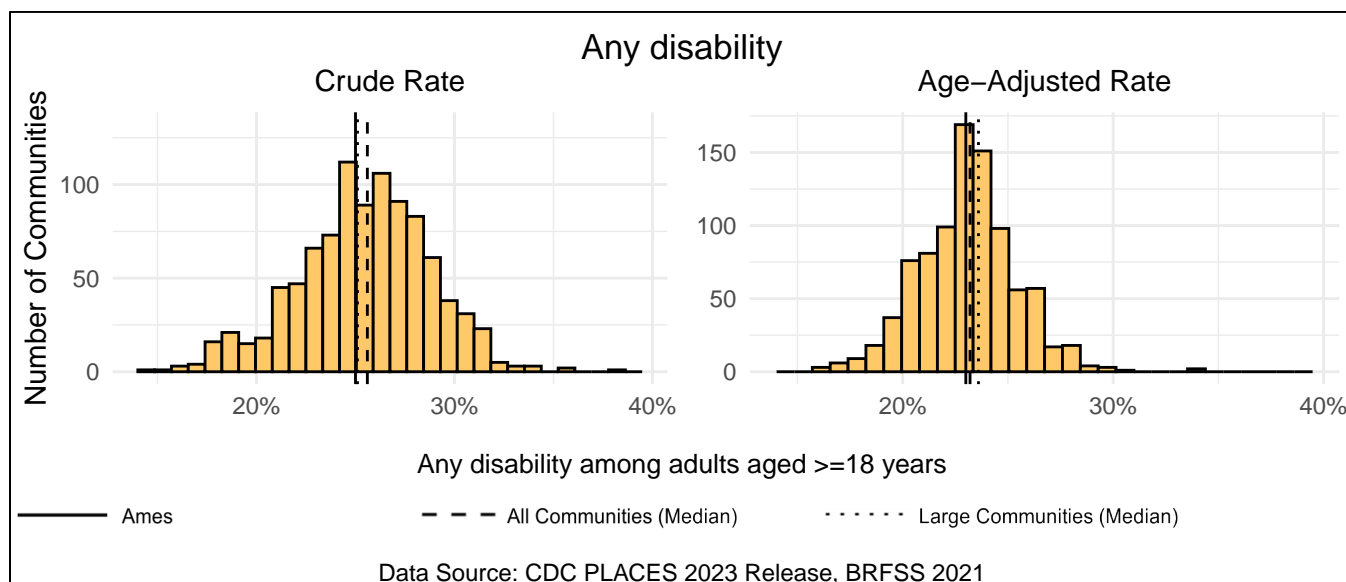
Measure Type	Ames	All Comm.	Large Comm.
Crude	8.1%	6.6%	7.5%
Age-Adjusted	6.6%	6.2%	6.6%



## Any disability

Ames has a crude rate of 25.0% for any disability among adults aged  $\geq 18$  years, which ranks 408th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Ames is 23.0%, which ranks 413th out of 905 Iowa communities (4th out of 11 large communities).

Measure Type	Ames	All Comm.	Large Comm.
Crude	25.0%	25.6%	25.1%
Age-Adjusted	23.0%	23.2%	23.6%



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## 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: Ames 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	958	20.2% (17.9% - 22.7%)	241	15.0% (13.2% - 17.0%)
Health Status	Physical Health	36	8.1% (7.1% - 9.2%)	238	9.2% (8.1% - 10.4%)
Health Status	General Health	120	11.7% (10.2% - 13.4%)	327	12.3% (10.8% - 13.9%)
Health Risk Behaviors	Sleep <7 hours	59	27.5% (26.7% - 28.3%)	41	28.0% (27.5% - 28.6%)
Health Risk Behaviors	Binge Drinking	881	22.8% (19.3% - 26.7%)	58	20.3% (17.1% - 23.9%)
Health Risk Behaviors	Physical Inactivity	65	20.5% (17.1% - 23.9%)	85	20.8% (17.5% - 24.2%)
Health Risk Behaviors	Current Smoking	36	12.9% (10.9% - 15.3%)	65	14.3% (12.1% - 16.7%)
Health Outcomes	Current Asthma	948	10.4% (9.1% - 11.7%)	330	9.4% (8.3% - 10.6%)
Health Outcomes	COPD	16	4.5% (3.9% - 5.1%)	183	5.7% (5.0% - 6.5%)
Health Outcomes	Coronary Heart Disease	5	3.2% (2.9% - 3.6%)	419	5.0% (4.5% - 5.6%)
Health Outcomes	Depression	948	22.0% (18.5% - 25.8%)	330	18.8% (15.7% - 22.2%)
Health Outcomes	Stroke	5	1.7% (1.6% - 1.8%)	230	2.5% (2.3% - 2.7%)
Health Outcomes	Arthritis	2	14.5% (12.4% - 16.8%)	230	22.4% (19.3% - 25.7%)
Health Outcomes	Obesity	2	29.2% (24.1% - 34.8%)	44	32.7% (27.1% - 38.6%)
Health Outcomes	Cancer (except skin)	1	3.9% (3.5% - 4.3%)	74	6.4% (5.8% - 7.0%)
Health Outcomes	High Blood Pressure	5	19.9% (17.2% - 22.8%)	628	28.0% (24.5% - 31.6%)
Health Outcomes	All Teeth Lost	74	9.7% (8.5% - 11.2%)	58	9.7% (8.5% - 11.1%)
Health Outcomes	Diabetes	7	5.7% (4.9% - 6.7%)	722	8.9% (7.6% - 10.2%)
Health Outcomes	Chronic Kidney Disease	2	1.8% (1.7% - 2.0%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	High Cholesterol	4	25.6% (22.6% - 28.9%)	467	29.8% (25.7% - 34.0%)
Prevention	Taking BP Medication	957	63.8% (60.7% - 66.9%)	30	61.0% (56.0% - 66.0%)
Prevention	Dental Visit	648	65.5% (63.9% - 67.2%)	221	69.3% (68.4% - 70.2%)
Prevention	Colorectal Cancer Screening	65	75.4% (74.6% - 76.2%)	54	75.2% (74.3% - 76.0%)
Prevention	Core preventive services for older women	14	50.0% (47.5% - 52.4%)	15	51.2% (48.7% - 53.5%)
Prevention	Cholesterol Screening	958	65.8% (62.2% - 69.6%)	318	79.6% (76.8% - 82.3%)



Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	23	53.8% (51.3% - 56.2%)	22	54.2% (51.8% - 56.6%)
Prevention	Health Insurance	784	8.4% (7.1% - 9.8%)	193	7.0% (6.0% - 8.1%)
Prevention	Cervical Cancer Screening	958	74.5% (72.9% - 76.1%)	603	82.7% (82.0% - 83.4%)
Prevention	Mammography	29	80.7% (79.7% - 81.7%)	80	77.3% (76.2% - 78.4%)
Prevention	Annual Checkup	948	70.2% (65.3% - 74.8%)	86	74.0% (69.7% - 78.2%)
Disability	Hearing Disability	19	4.5% (4.0% - 5.1%)	287	5.8% (5.2% - 6.5%)
Disability	Independent Living Disability	863	8.1% (7.1% - 9.1%)	616	6.6% (5.9% - 7.4%)
Disability	Vision Disability	694	4.6% (4.1% - 5.1%)	742	4.2% (3.8% - 4.6%)
Disability	Mobility Disability	11	6.5% (5.6% - 7.4%)	327	9.2% (8.0% - 10.5%)
Disability	Self-care Disability	86	2.6% (2.4% - 2.9%)	637	3.2% (3.0% - 3.5%)
Disability	Cognitive Disability	956	16.3% (14.3% - 18.3%)	431	11.6% (10.3% - 13.1%)
Disability	Any Disability	408	25.0% (21.8% - 28.5%)	413	23.0% (20.0% - 26.2%)

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

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## Appendix 3: Large Communities (50,000+)

Ames falls into the group of large communities, which have a population of 50,000+. In this data, 11 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 Group	Population
Des Moines	Large (50,000+)	213,164
Cedar Rapids	Large (50,000+)	136,929
Davenport	Large (50,000+)	101,448
Sioux City	Large (50,000+)	85,469
Iowa City	Large (50,000+)	74,878
West Des Moines	Large (50,000+)	68,744
Ankeny	Large (50,000+)	68,392
Waterloo	Large (50,000+)	67,256
Ames	Large (50,000+)	66,265
Council Bluffs	Large (50,000+)	62,670
Dubuque	Large (50,000+)	59,315