



## 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 Ankeny: Overview

Dear Community Members & Stakeholders of Ankeny,

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 Ankeny ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Ankeny'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 Ankeny. 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
Self-care Disability	10th	1st	Core preventive services for older men	18th	1st
Stroke	10th	2nd	Hearing Disability	19th	2nd
Diabetes	11th	3rd	Physical Health	22nd	2nd
Hearing Disability	11th	1st	Stroke	23rd	2nd
Physical Health	11th	2nd	COPD	24th	2nd

# 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
Taking BP Medication	949th	9th	Taking BP Medication	894th	11th
Binge Drinking	933rd	11th	Cancer (except skin)	831st	11th
Annual Checkup	914th	9th	High Cholesterol	818th	8th
Depression	903rd	7th	Depression	657th	7th
Cholesterol Screening	843rd	3rd	Binge Drinking	554th	11th

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 Ankeny.

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.

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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 Ankeny that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Ankeny, 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 Ankeny compares to the rest of the state and similarly-sized communities.

With a population of 68,392, Ankeny’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.



# Health Status

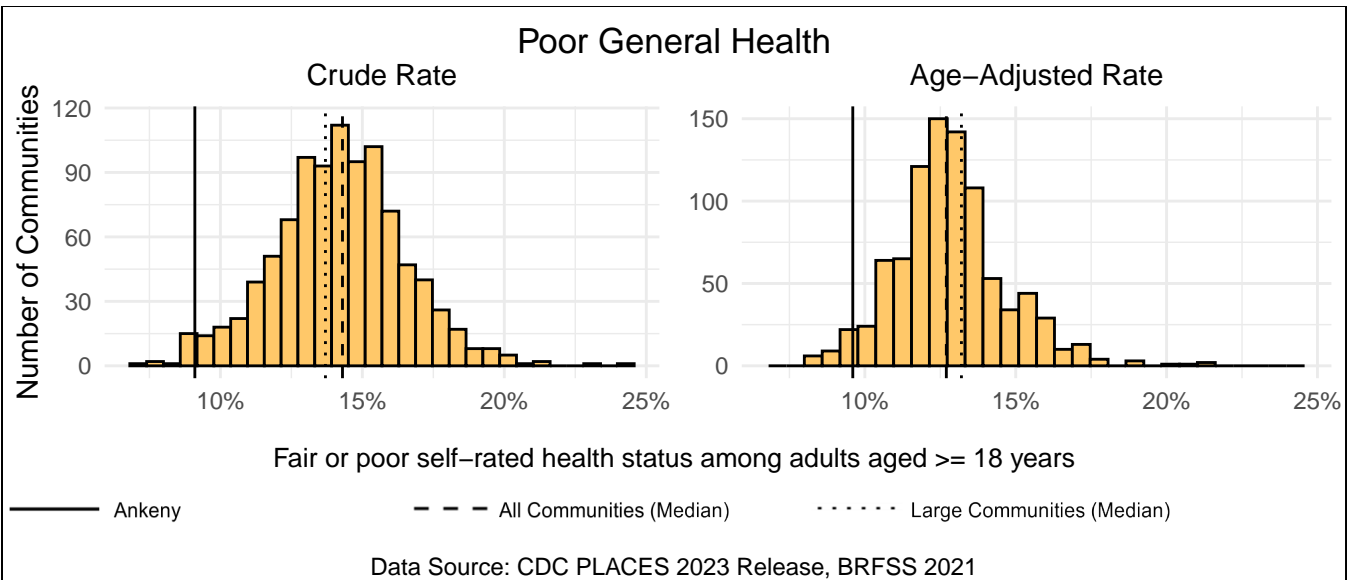
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Ankeny has a crude rate of 9.1% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 18th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 9.6%, which ranks 31st out of 905 Iowa communities (2nd out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	9.1%	14.3%	13.7%
Age-Adjusted	9.6%	12.7%	13.2%

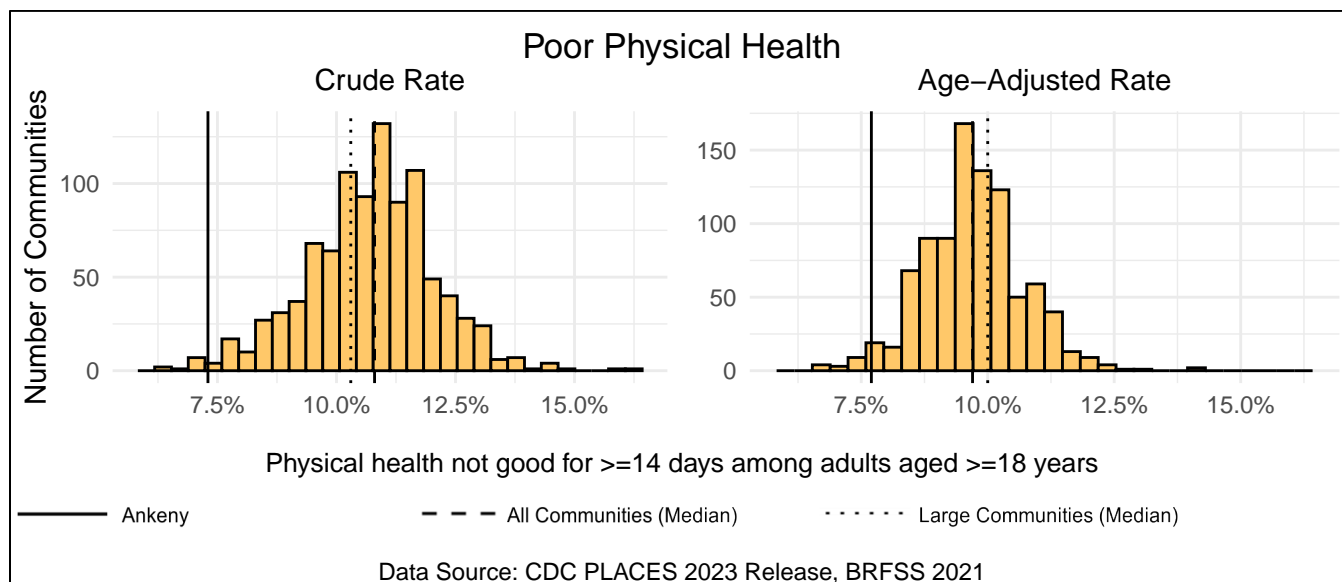




## Poor Physical Health

Ankeny has a crude rate of 7.3% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 11th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 7.7%, which ranks 22nd out of 905 Iowa communities (2nd out of 11 large communities).

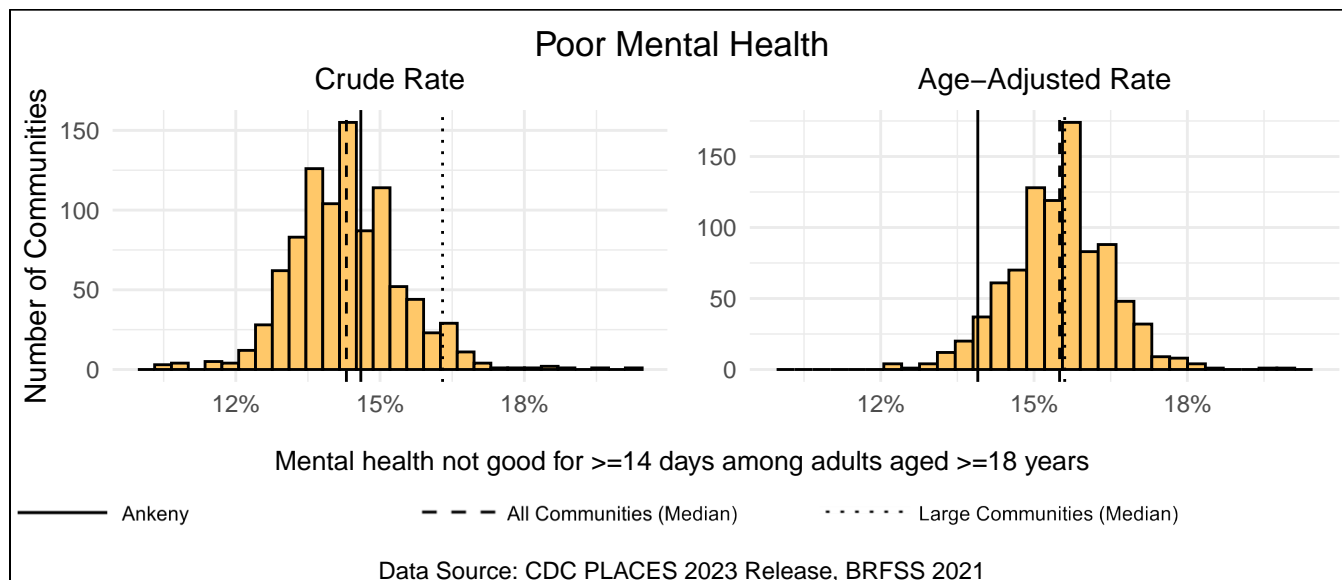
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	7.3%	10.8%	10.3%
Age-Adjusted	7.7%	9.7%	10.0%



## Poor Mental Health

Ankeny has a crude rate of 14.6% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 587th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 13.9%, which ranks 42nd out of 905 Iowa communities (2nd out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	14.6%	14.3%	16.3%
Age-Adjusted	13.9%	15.5%	15.6%



# Health Risk Behaviors

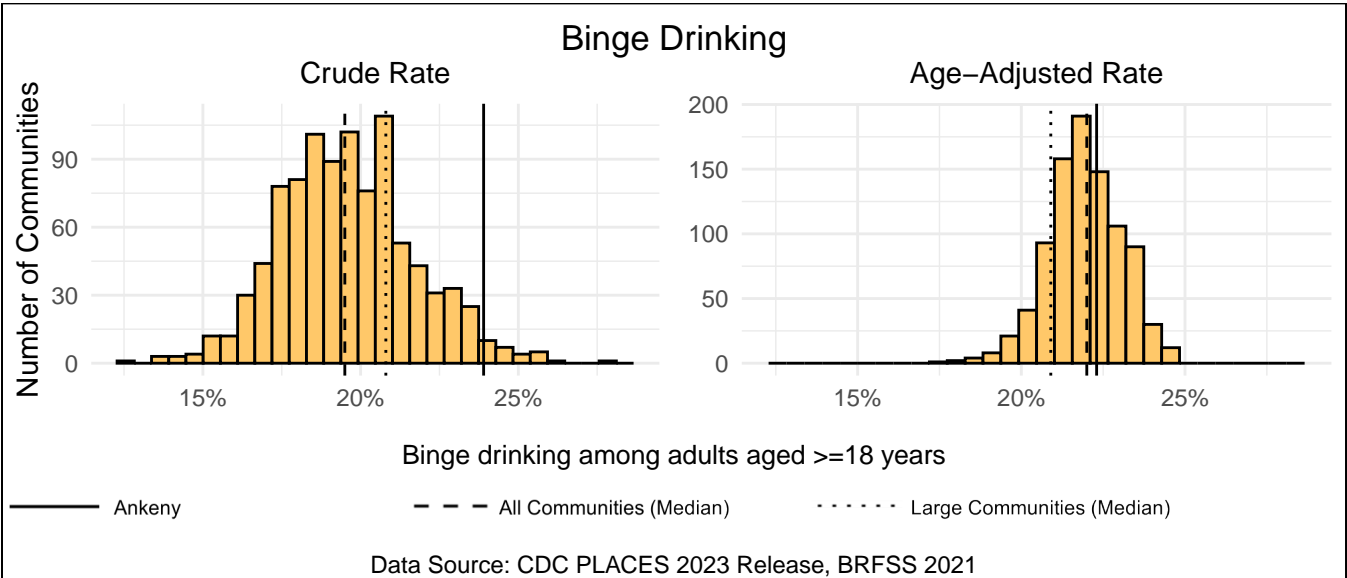
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Ankeny has a crude rate of 23.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 933rd out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Ankeny is 22.3%, which ranks 554th out of 905 Iowa communities (11th out of 11 large communities).

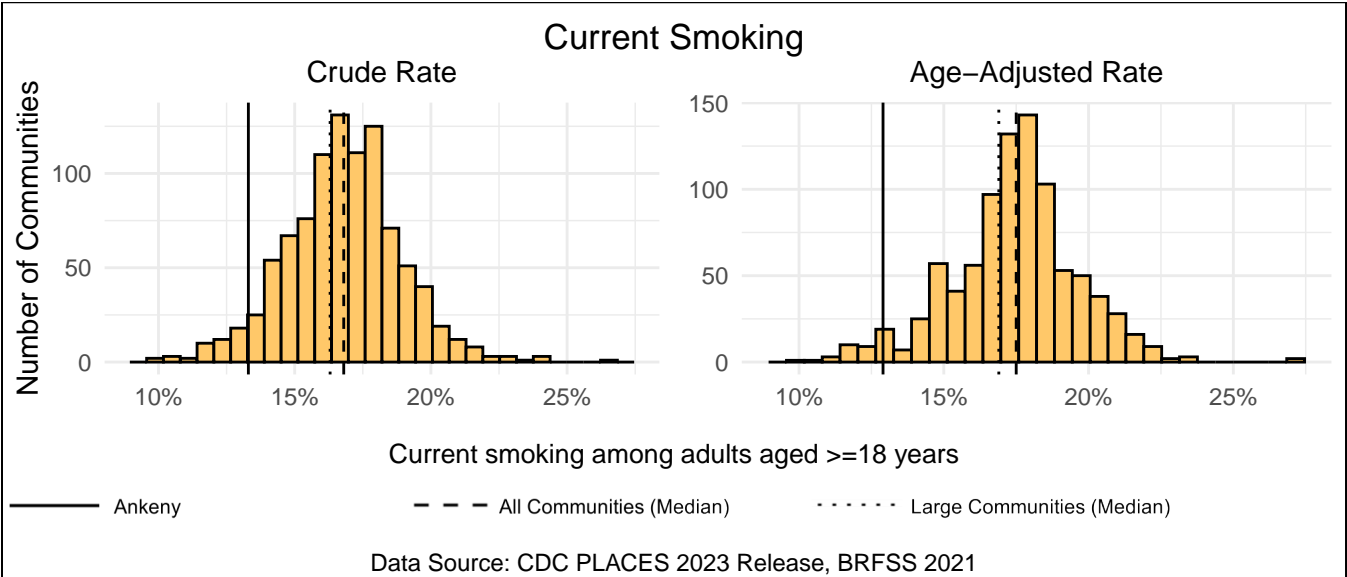
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	23.9%	19.5%	20.8%
Age-Adjusted	22.3%	22.0%	20.9%



# Current Smoking

Ankeny has a crude rate of 13.3% for current smoking among adults aged >=18 years, which ranks 48th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 12.9%, which ranks 28th out of 905 Iowa communities (2nd out of 11 large communities).

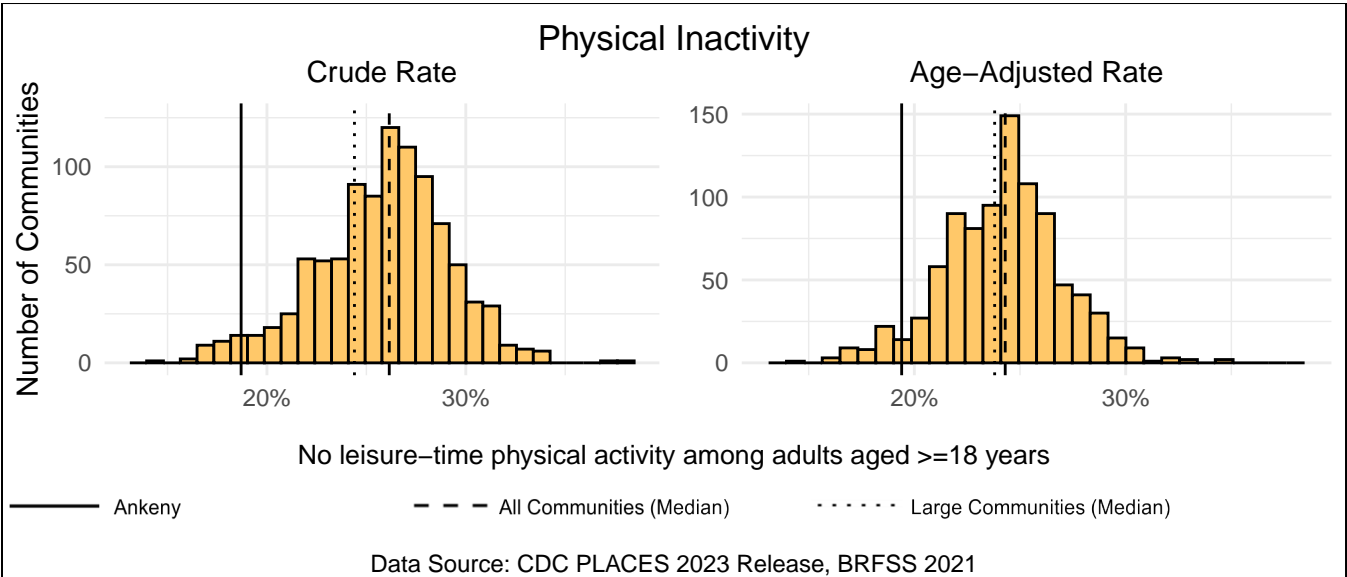
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	13.3%	16.8%	16.3%
Age-Adjusted	12.9%	17.5%	16.9%



# Physical Inactivity

Ankeny has a crude rate of 18.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 32nd out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 19.4%, which ranks 45th out of 905 Iowa communities (2nd out of 11 large communities).

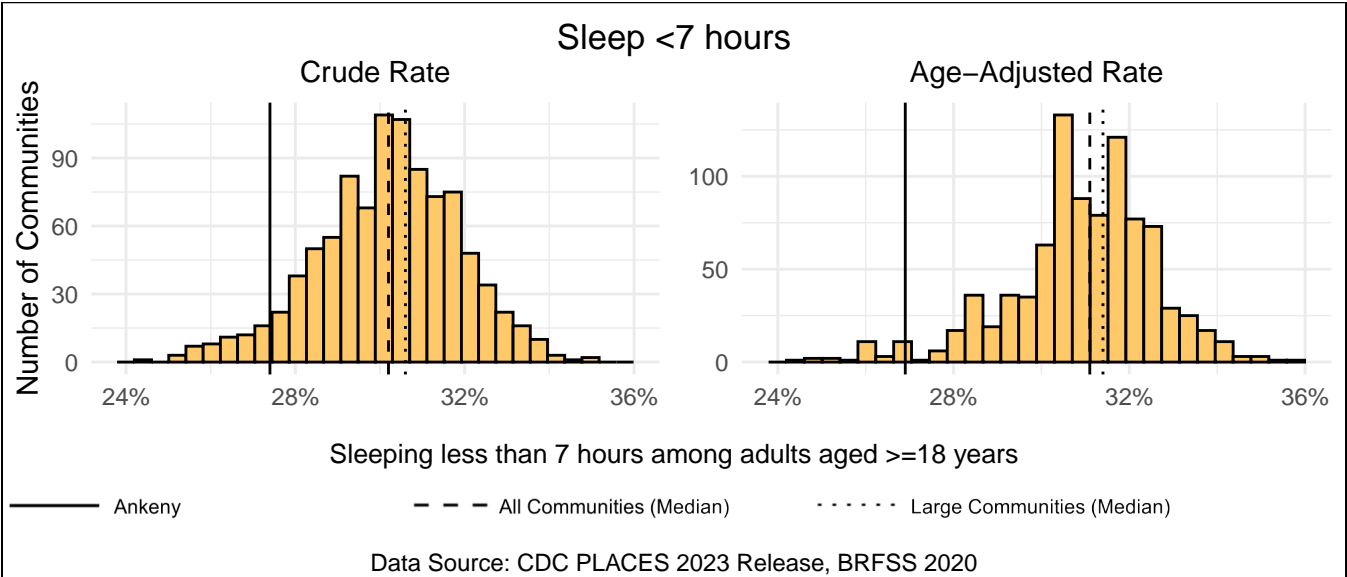
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	18.7%	26.1%	24.4%
Age-Adjusted	19.4%	24.3%	23.8%



# Sleep <7 hours

Ankeny has a crude rate of 27.4% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 56th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 26.9%, which ranks 27th out of 905 Iowa communities (2nd out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	27.4%	30.2%	30.6%
Age-Adjusted	26.9%	31.1%	31.4%



# Health Outcomes

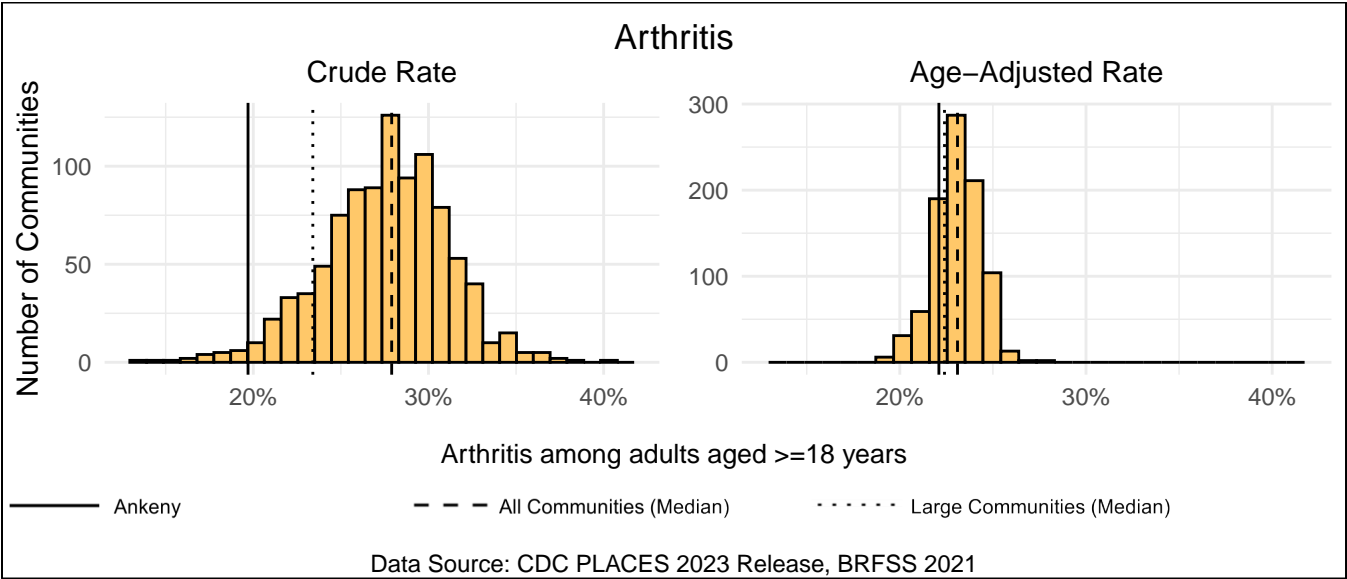
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Ankeny has a crude rate of 19.7% for arthritis among adults aged  $\geq 18$  years, which ranks 21st out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 22.1%, which ranks 176th out of 905 Iowa communities (4th out of 11 large communities).

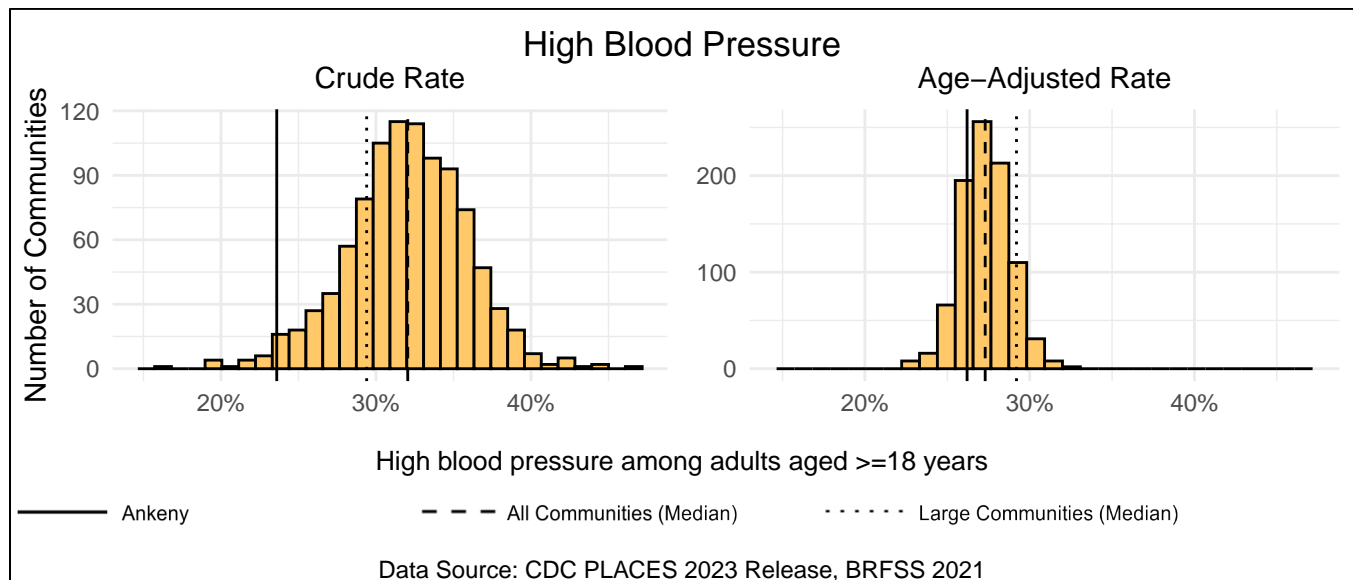
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	19.7%	27.9%	23.4%
Age-Adjusted	22.1%	23.1%	22.4%



## High Blood Pressure

Ankeny has a crude rate of 23.6% for high blood pressure among adults aged  $\geq 18$  years, which ranks 20th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 26.2%, which ranks 209th out of 905 Iowa communities (3rd out of 11 large communities).

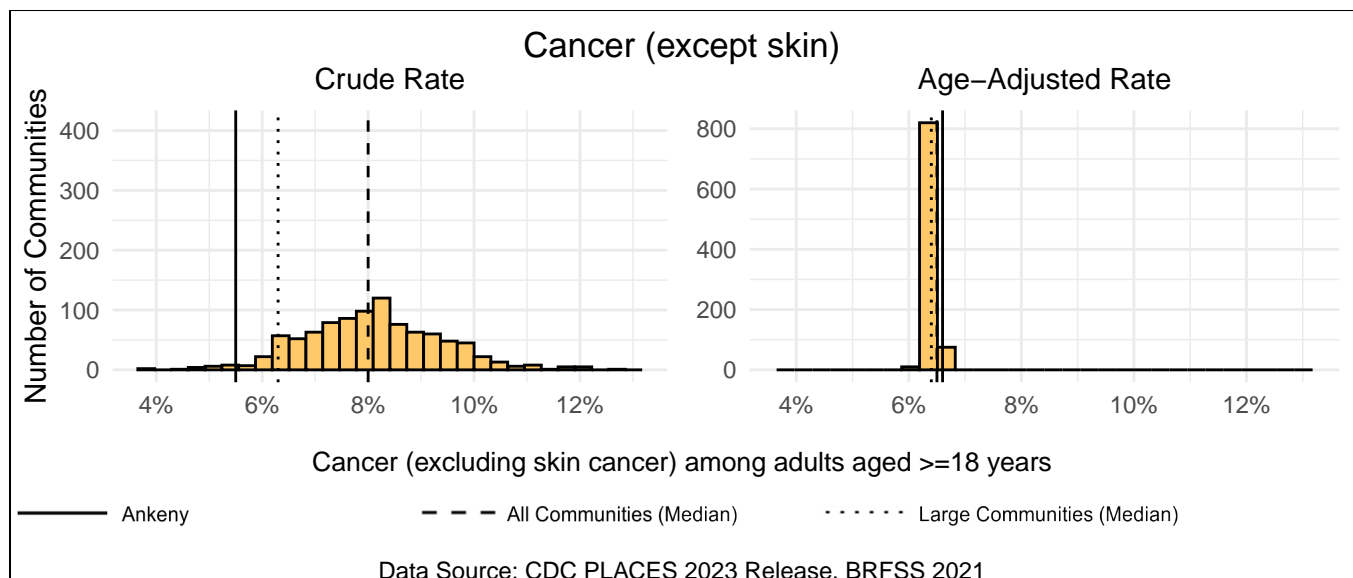
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	23.6%	32.0%	29.4%
Age-Adjusted	26.2%	27.3%	29.2%



## Cancer (except skin)

Ankeny has a crude rate of 5.5% for cancer (excluding skin cancer) 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 Ankeny is 6.6%, which ranks 831st out of 905 Iowa communities (11th out of 11 large communities).

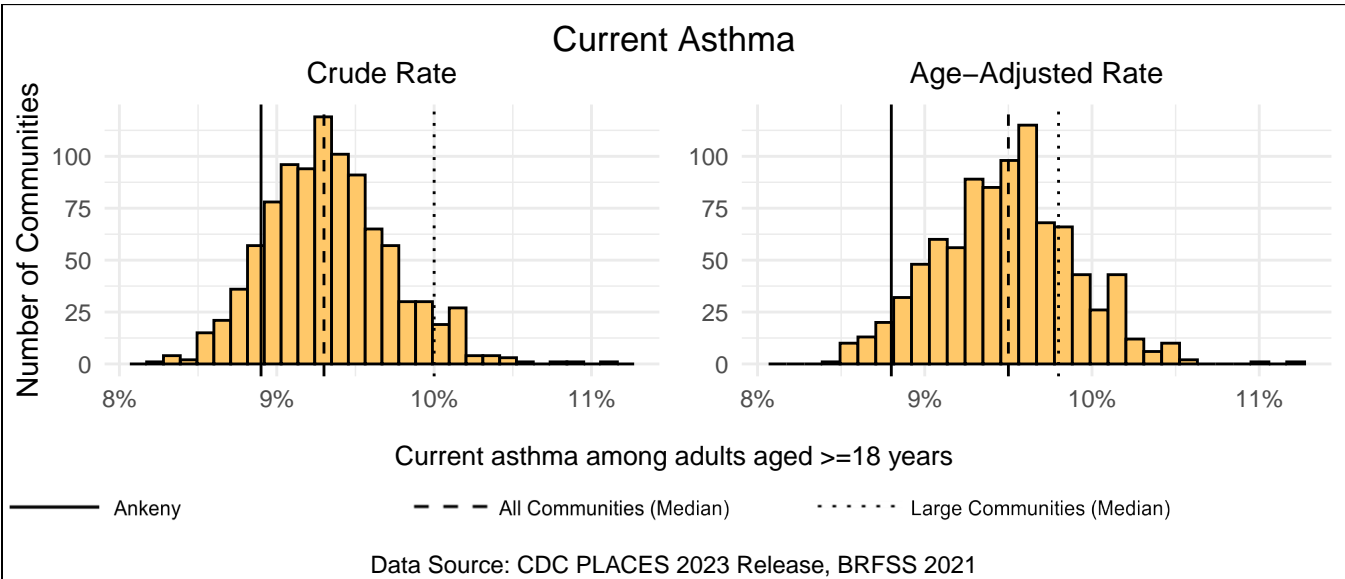
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	5.5%	8.0%	6.3%
Age-Adjusted	6.6%	6.5%	6.4%



## Current Asthma

Ankeny has a crude rate of 8.9% for current asthma among adults aged  $\geq 18$  years, which ranks 80th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 8.8%, which ranks 25th out of 905 Iowa communities (2nd out of 11 large communities).

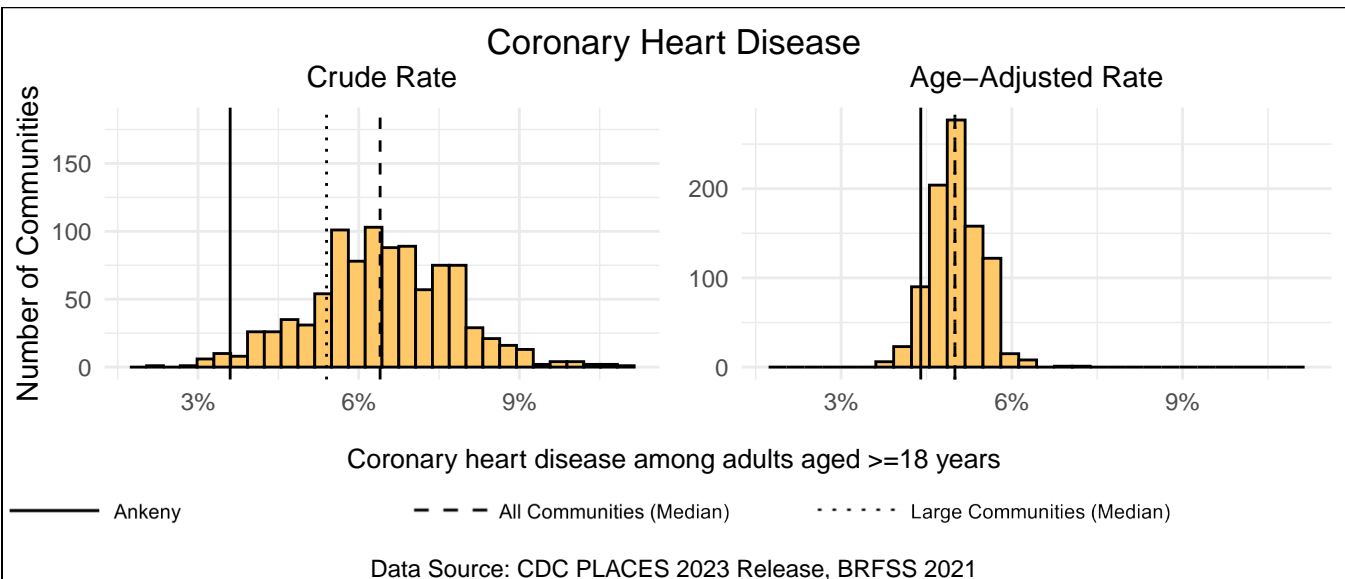
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	8.9%	9.3%	10.0%
Age-Adjusted	8.8%	9.5%	9.8%



## Coronary Heart Disease

Ankeny has a crude rate of 3.6% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 15th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 4.4%, which ranks 52nd out of 905 Iowa communities (2nd out of 11 large communities).

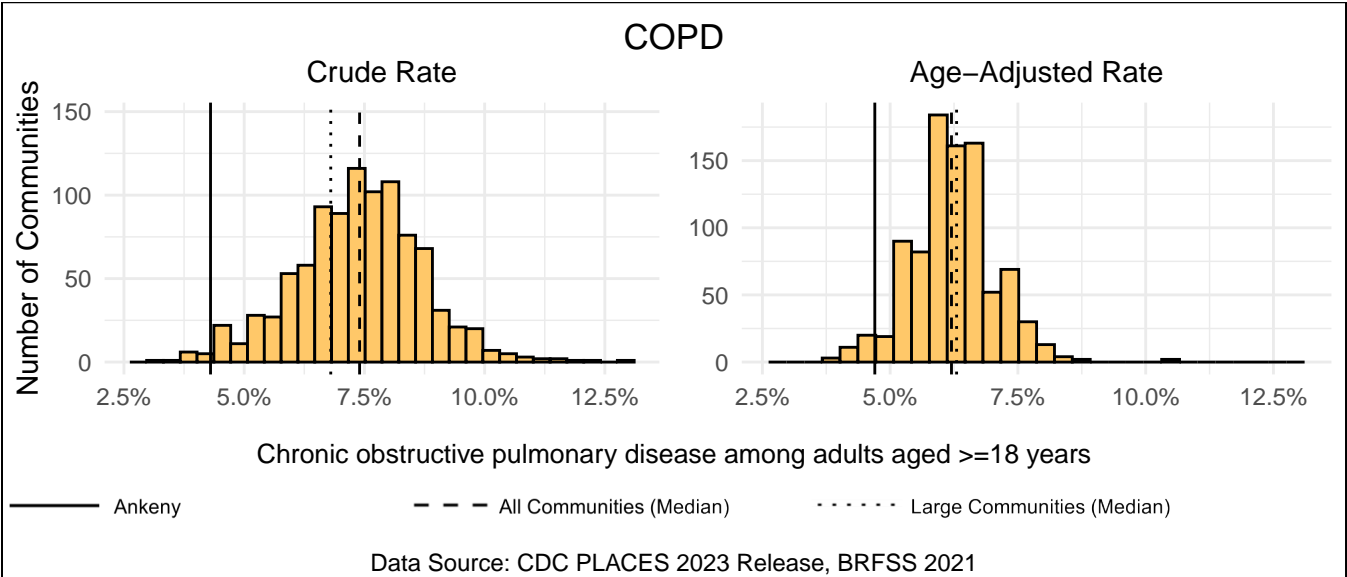
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	3.6%	6.4%	5.4%
Age-Adjusted	4.4%	5.0%	5.0%



# COPD

Ankeny has a crude rate of 4.3% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 13th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 4.7%, which ranks 24th out of 905 Iowa communities (2nd out of 11 large communities).

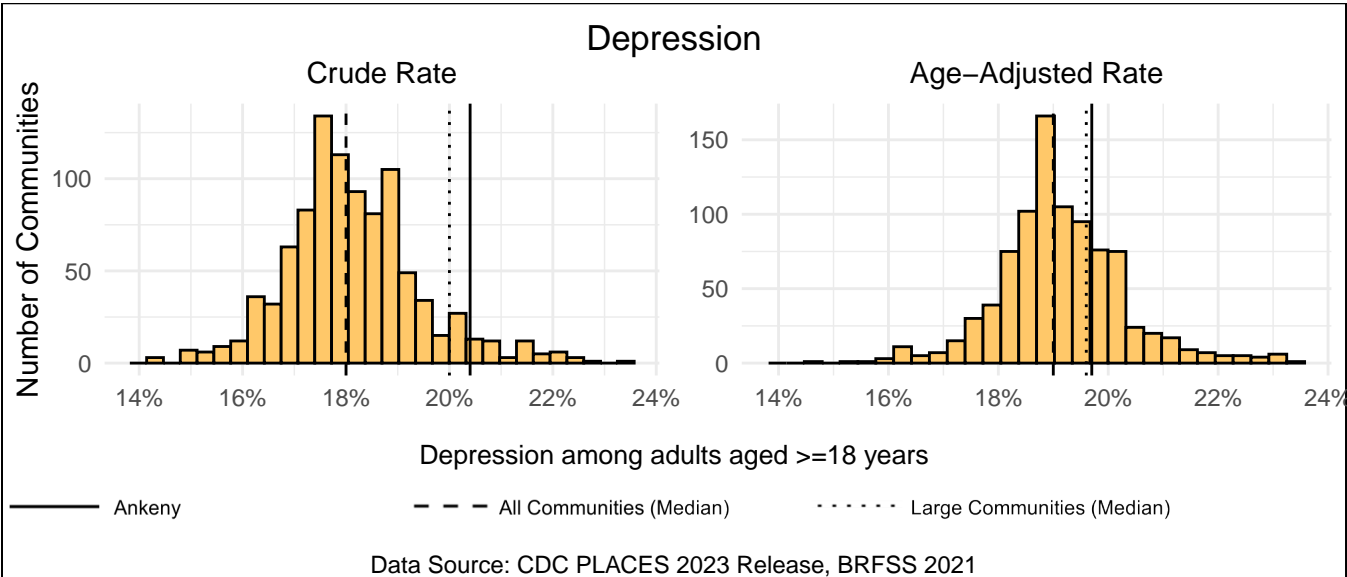
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	4.3%	7.4%	6.8%
Age-Adjusted	4.7%	6.2%	6.3%



# Depression

Ankeny has a crude rate of 20.4% for depression among adults aged  $\geq 18$  years, which ranks 903rd out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Ankeny is 19.7%, which ranks 657th out of 905 Iowa communities (7th out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	20.4%	18.0%	20.0%
Age-Adjusted	19.7%	19.0%	19.6%

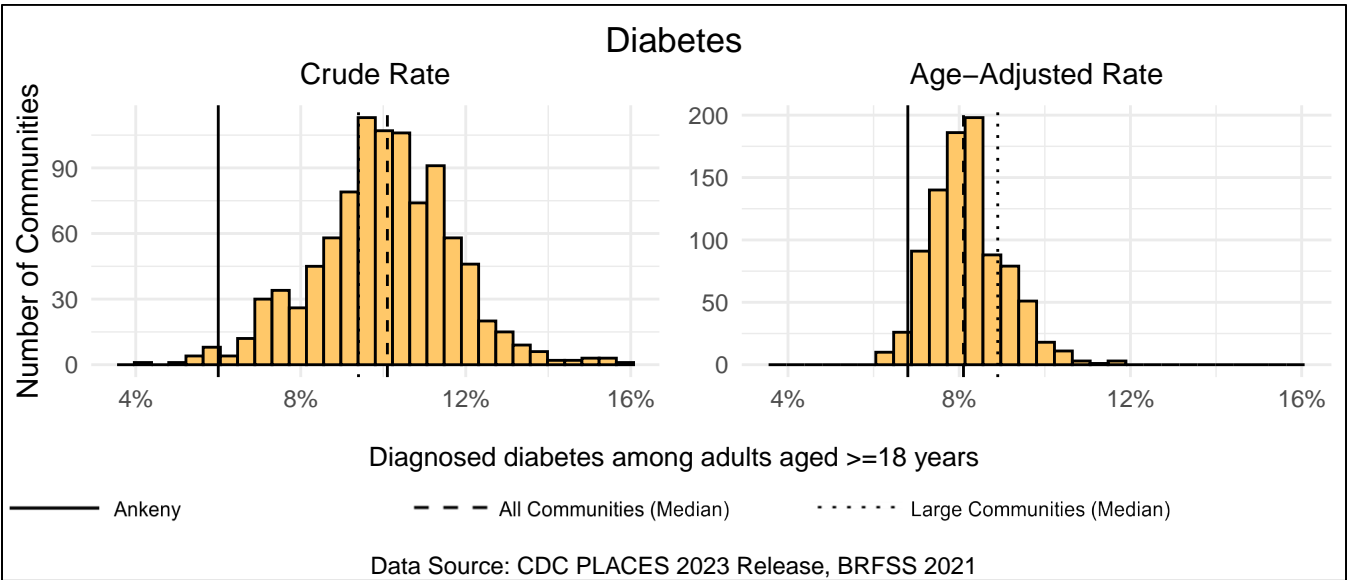




# Diabetes

Ankeny has a crude rate of 6.0% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 11th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 6.8%, which ranks 25th out of 905 Iowa communities (1st out of 11 large communities).

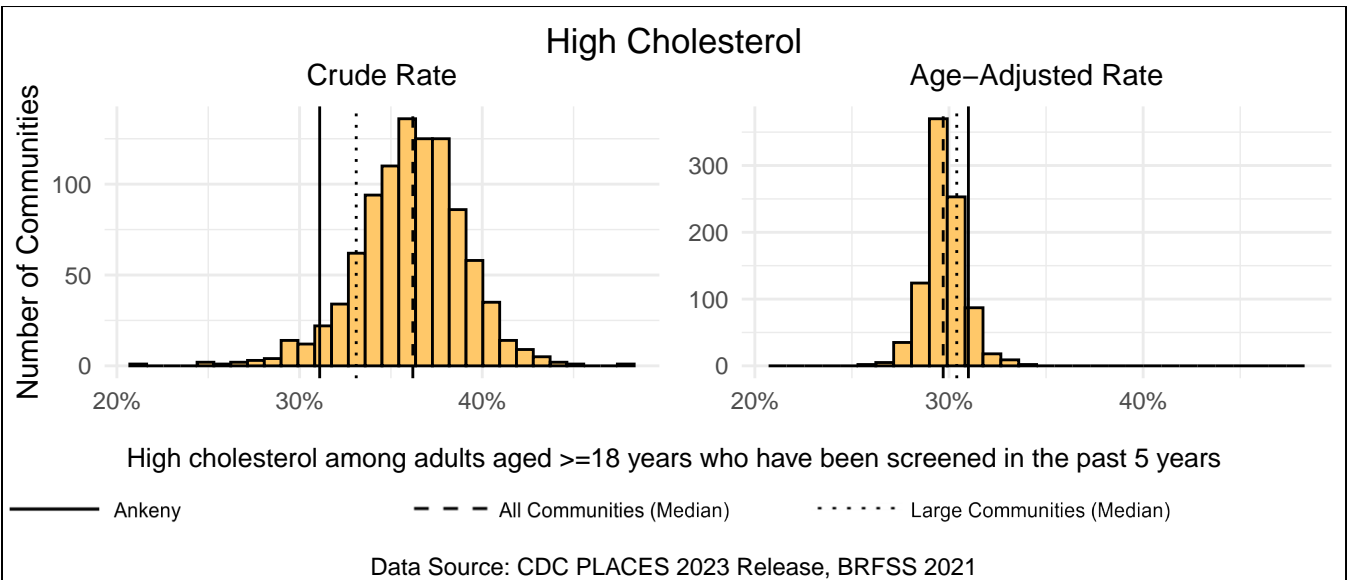
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	6.0%	10.1%	9.4%
Age-Adjusted	6.8%	8.1%	8.9%



# High Cholesterol

Ankeny has a crude rate of 31.1% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 47th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 31.0%, which ranks 818th out of 905 Iowa communities (8th out of 11 large communities).

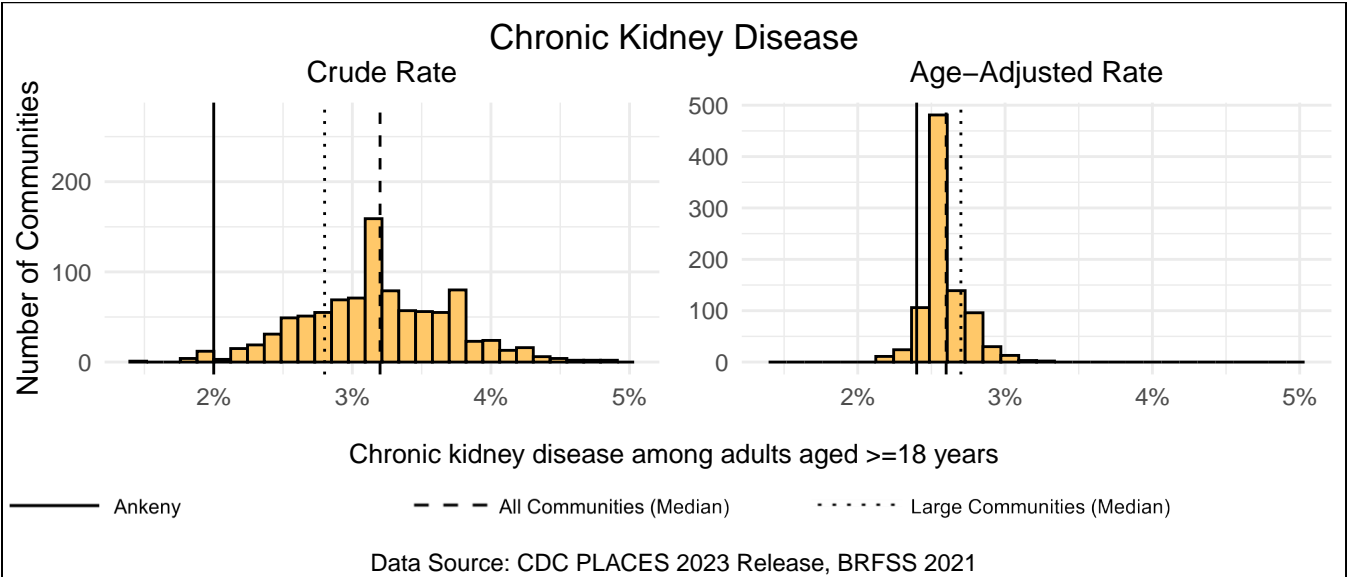
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	31.1%	36.2%	33.1%
Age-Adjusted	31.0%	29.7%	30.4%



# Chronic Kidney Disease

Ankeny has a crude rate of 2.0% for chronic kidney disease among adults aged >=18 years, which ranks 12th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 2.4%, which ranks 36th out of 905 Iowa communities (2nd out of 11 large communities).

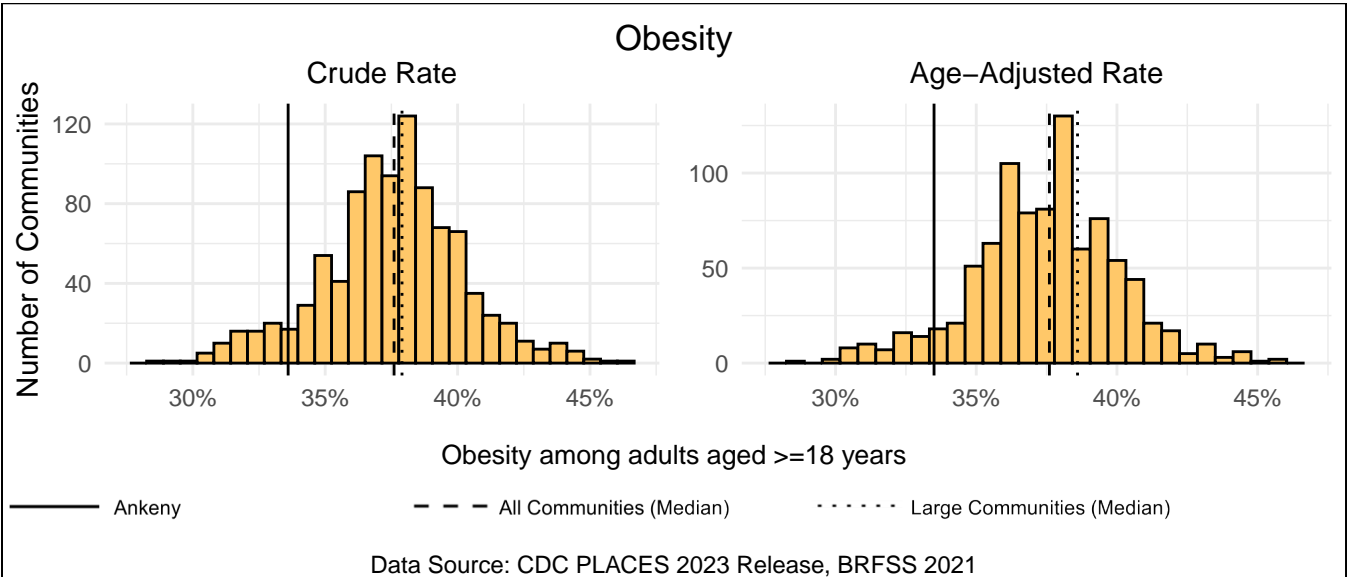
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	2.0%	3.2%	2.8%
Age-Adjusted	2.4%	2.6%	2.7%



# Obesity

Ankeny has a crude rate of 33.6% for obesity among adults aged >=18 years, which ranks 73rd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Ankeny is 33.5%, which ranks 62nd out of 905 Iowa communities (3rd out of 11 large communities).

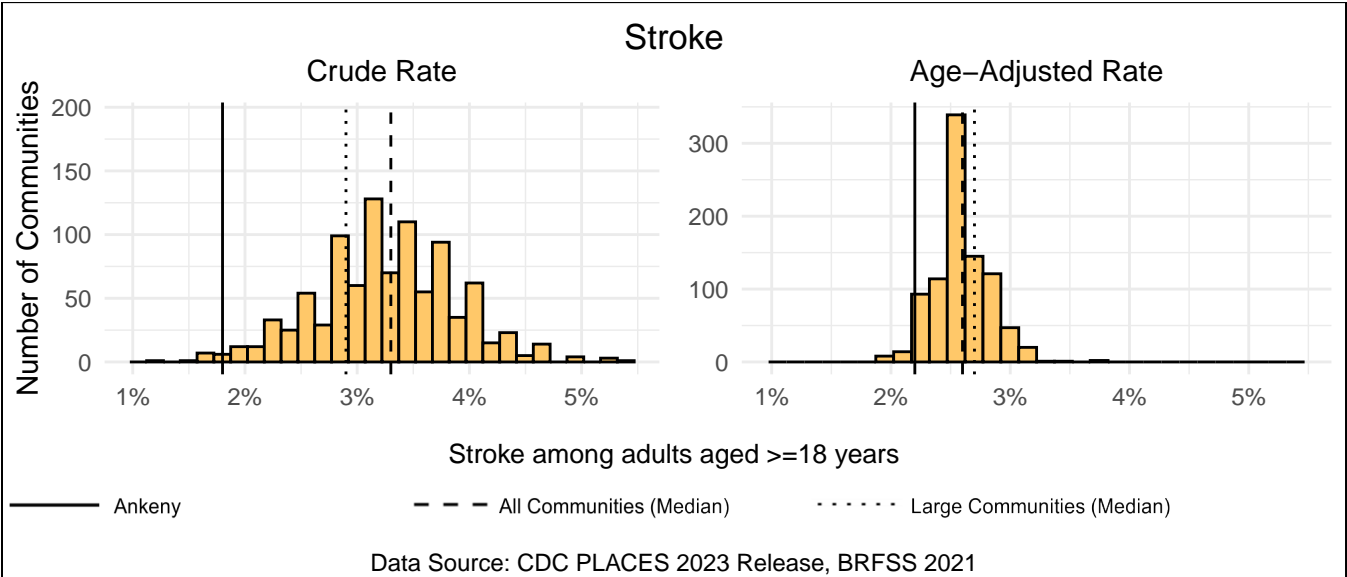
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	33.6%	37.6%	37.9%
Age-Adjusted	33.5%	37.6%	38.6%



# Stroke

Ankeny has a crude rate of 1.8% for stroke among adults aged  $\geq 18$  years, which ranks 10th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 2.2%, which ranks 23rd out of 905 Iowa communities (2nd out of 11 large communities).

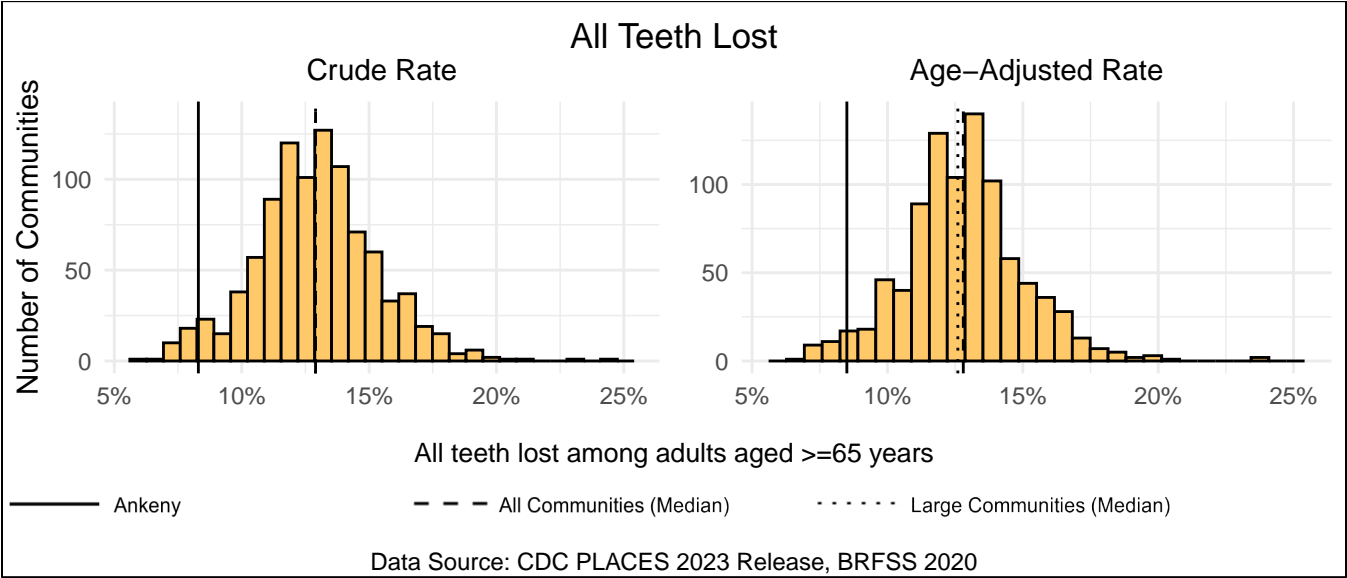
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	1.8%	3.3%	2.9%
Age-Adjusted	2.2%	2.6%	2.7%



# All Teeth Lost

Ankeny has a crude rate of 8.3% for all teeth lost among adults aged  $\geq 65$  years, which ranks 31st out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 8.5%, which ranks 27th out of 905 Iowa communities (2nd out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	8.3%	12.9%	12.9%
Age-Adjusted	8.5%	12.8%	12.6%



# Prevention

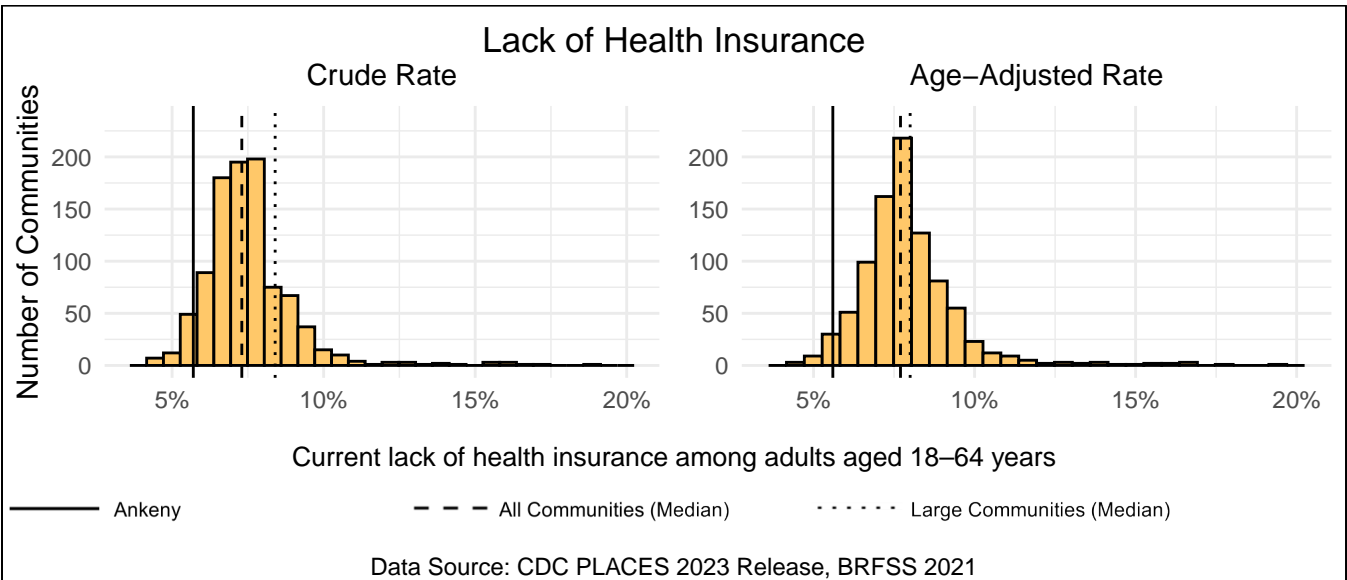
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Ankeny has a crude rate of 5.7% for current lack of health insurance among adults aged 18–64 years, which ranks 52nd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ankeny is 5.6%, which ranks 26th out of 905 Iowa communities (1st out of 11 large communities).

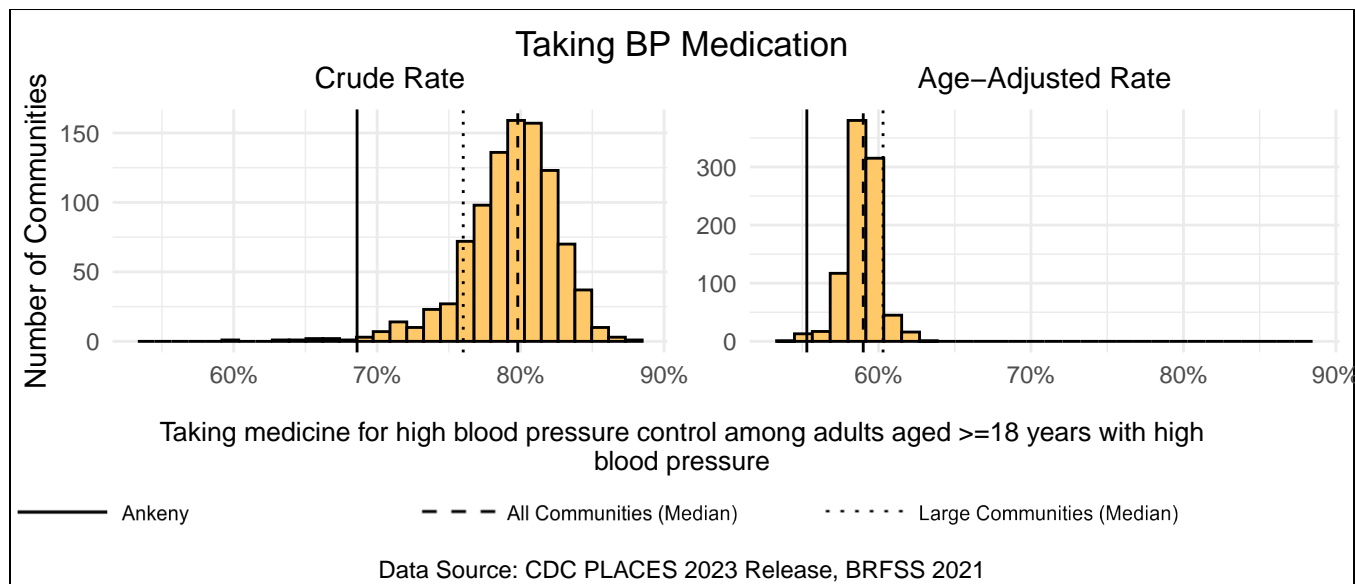
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	5.7%	7.3%	8.4%
Age-Adjusted	5.6%	7.7%	8.0%



## Taking BP Medication

Ankeny has a crude rate of 68.6% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 949th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Ankeny is 55.3%, which ranks 894th out of 905 Iowa communities (11th out of 11 large communities).

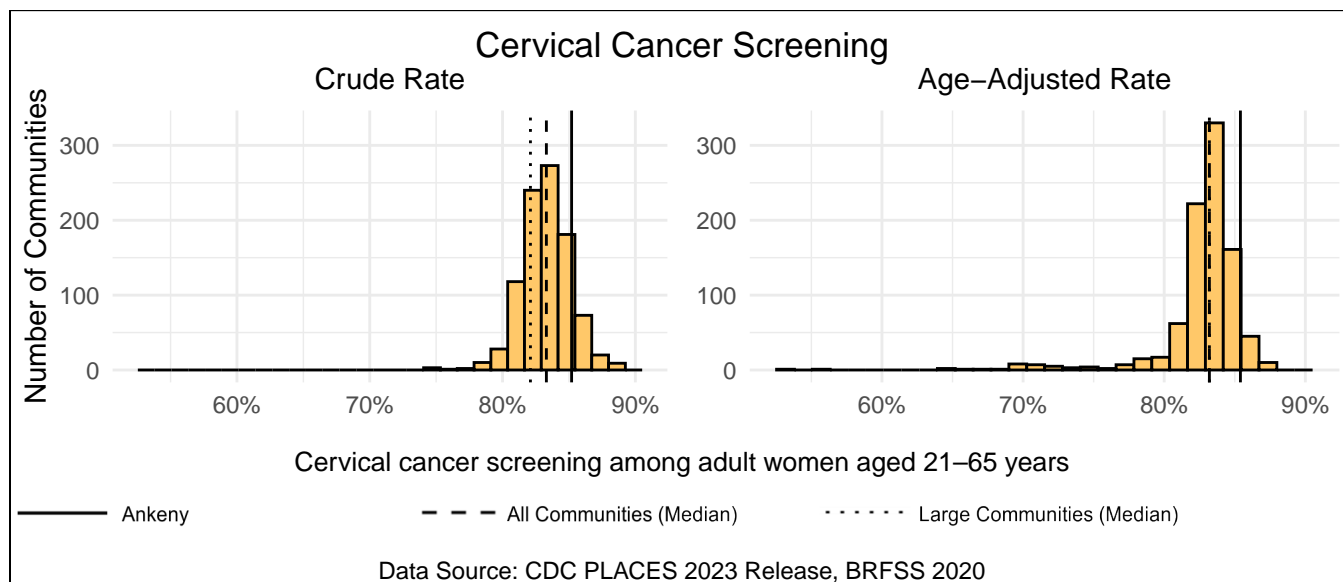
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	68.6%	79.8%	76.0%
Age-Adjusted	55.3%	59.0%	60.3%



## Cervical Cancer Screening

Ankeny has a crude rate of 85.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 124th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ankeny is 85.4%, which ranks 56th out of 905 Iowa communities (2nd out of 11 large communities).

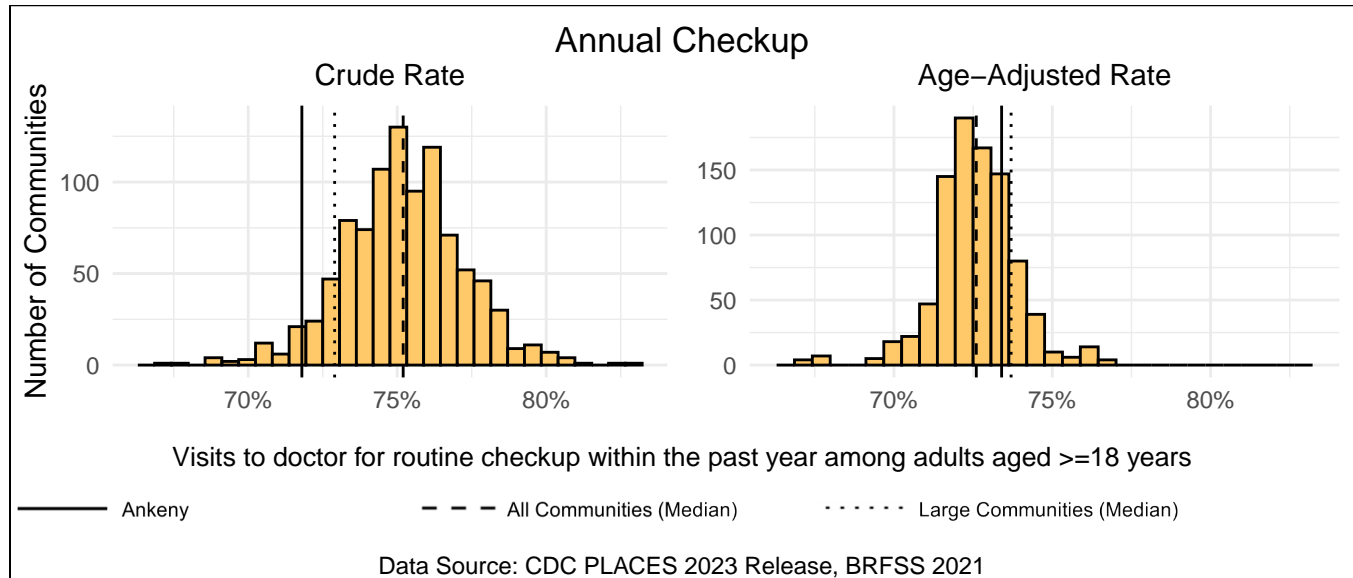
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	85.2%	83.3%	82.1%
Age-Adjusted	85.4%	83.2%	83.2%



## Annual Checkup

Ankeny has a crude rate of 71.8% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 914th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Ankeny is 73.4%, which ranks 190th out of 905 Iowa communities (7th out of 11 large communities).

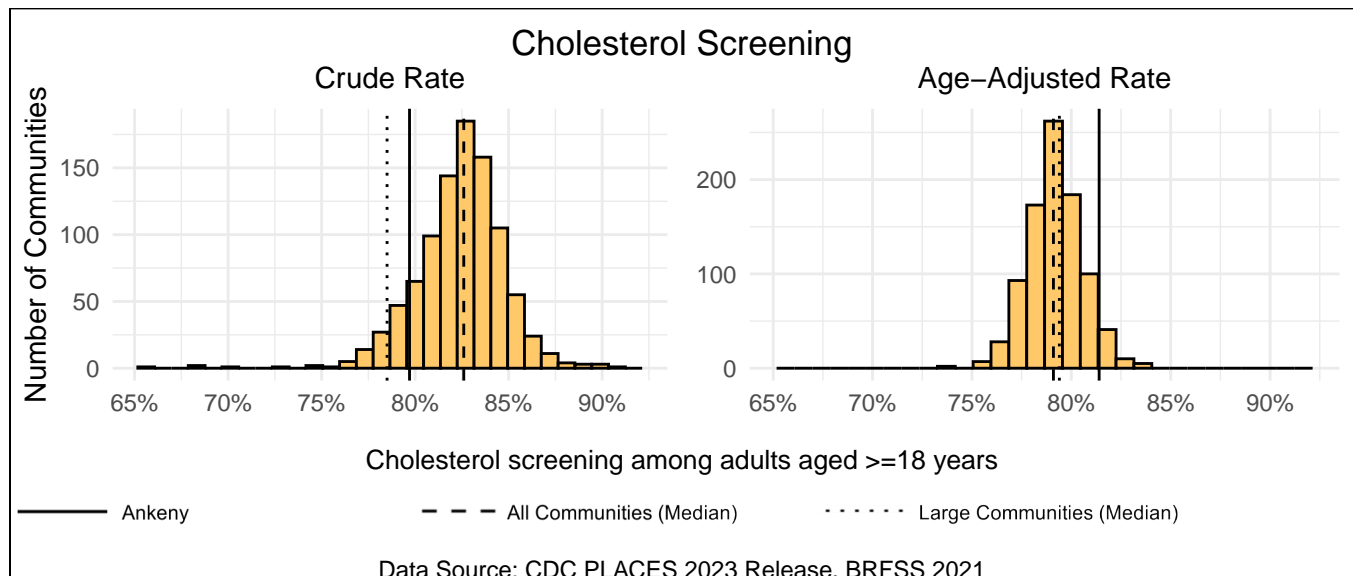
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	71.8%	75.2%	72.9%
Age-Adjusted	73.4%	72.6%	73.7%



## Cholesterol Screening

Ankeny has a crude rate of 79.7% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 843rd out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 81.4%, which ranks 51st out of 905 Iowa communities (2nd out of 11 large communities).

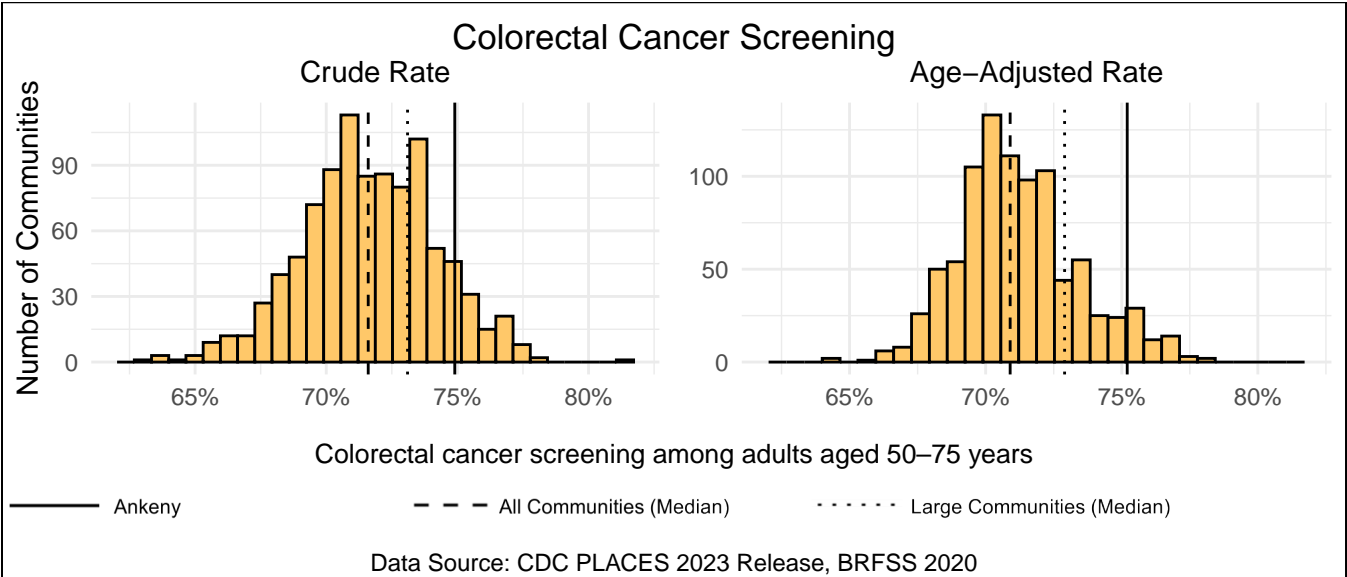
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	79.7%	82.6%	78.5%
Age-Adjusted	81.4%	79.1%	79.4%



# Colorectal Cancer Screening

Ankeny has a crude rate of 74.9% for colorectal cancer screening among adults aged 50–75 years, which ranks 89th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 75.2%, which ranks 54th out of 905 Iowa communities (2nd out of 11 large communities).

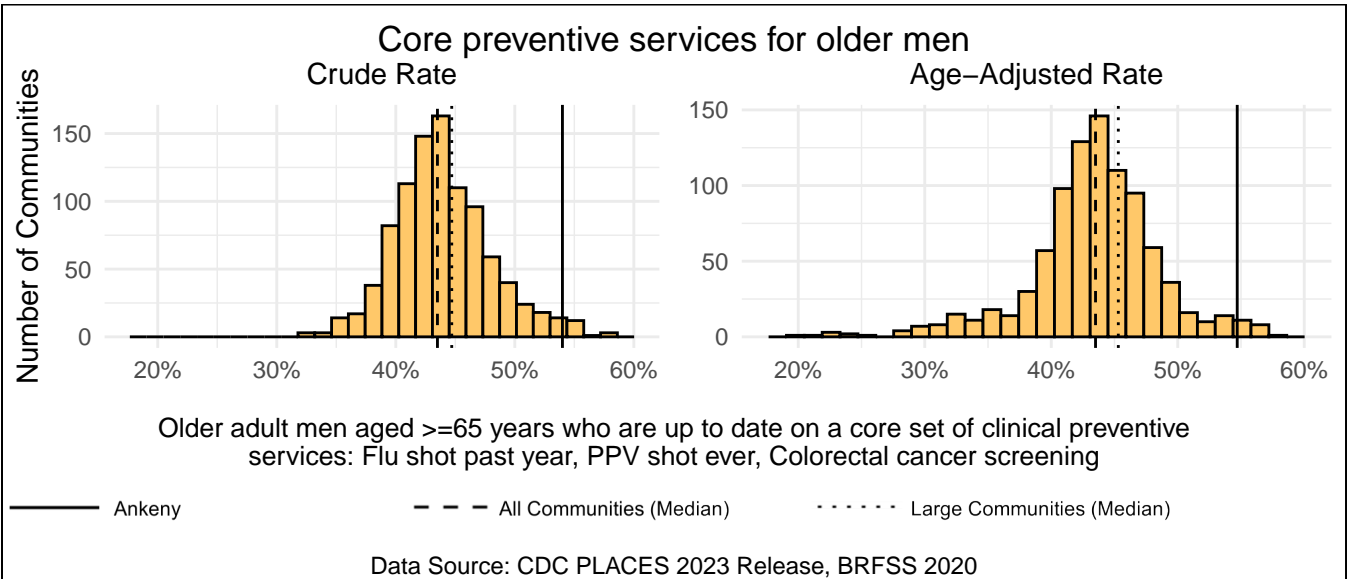
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	74.9%	71.6%	73.1%
Age-Adjusted	75.2%	70.9%	72.9%



# Core preventive services for older men

Ankeny has a crude rate of 54.0% 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 22nd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ankeny is 54.7%, which ranks 18th out of 905 Iowa communities (1st out of 11 large communities).

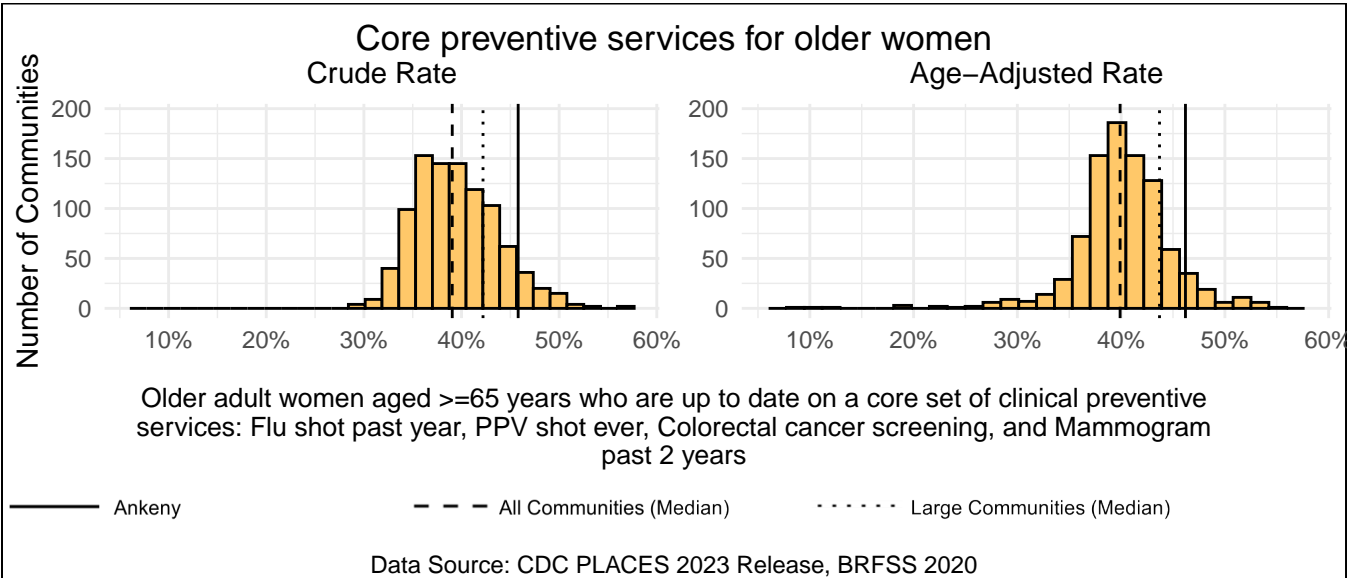
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	54.0%	43.5%	44.7%
Age-Adjusted	54.7%	43.5%	45.3%



### Core preventive services for older women

Ankeny has a crude rate of 45.8% 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 74th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 46.2%, which ranks 67th out of 905 Iowa communities (2nd out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	45.8%	39.0%	42.2%
Age-Adjusted	46.2%	39.9%	43.7%

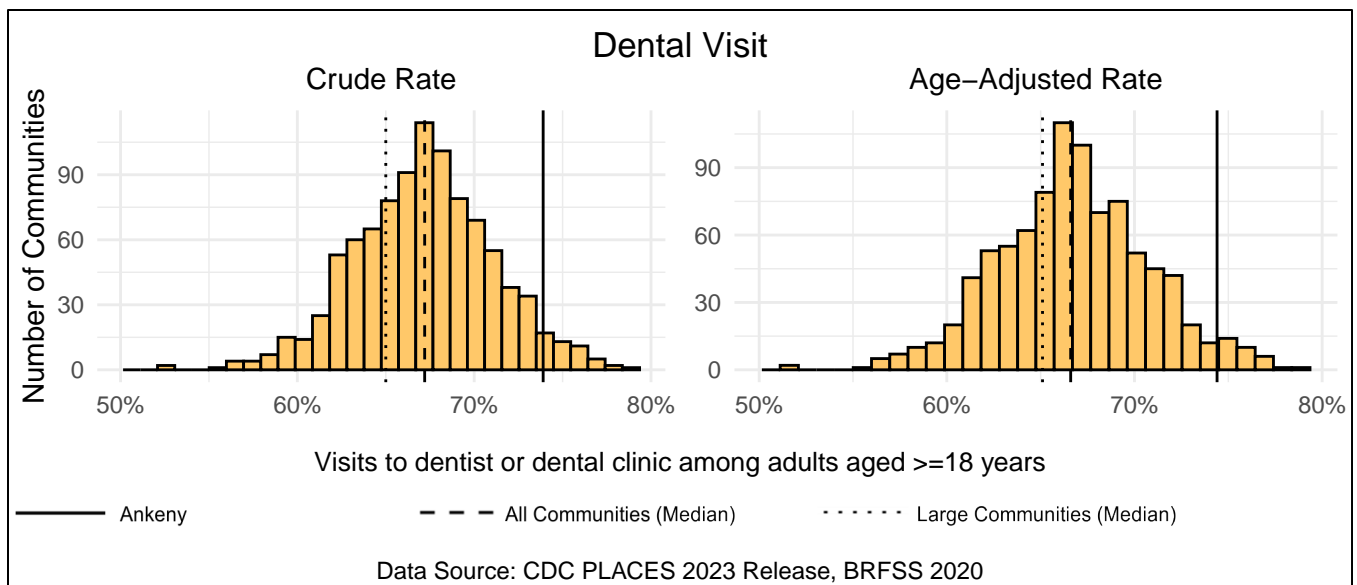


### Dental Visit

Ankeny has a crude rate of 73.9% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 41st out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 74.4%, which ranks 33rd out of 905 Iowa communities (2nd out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	73.9%	67.2%	65.0%
Age-Adjusted	74.4%	66.6%	65.1%

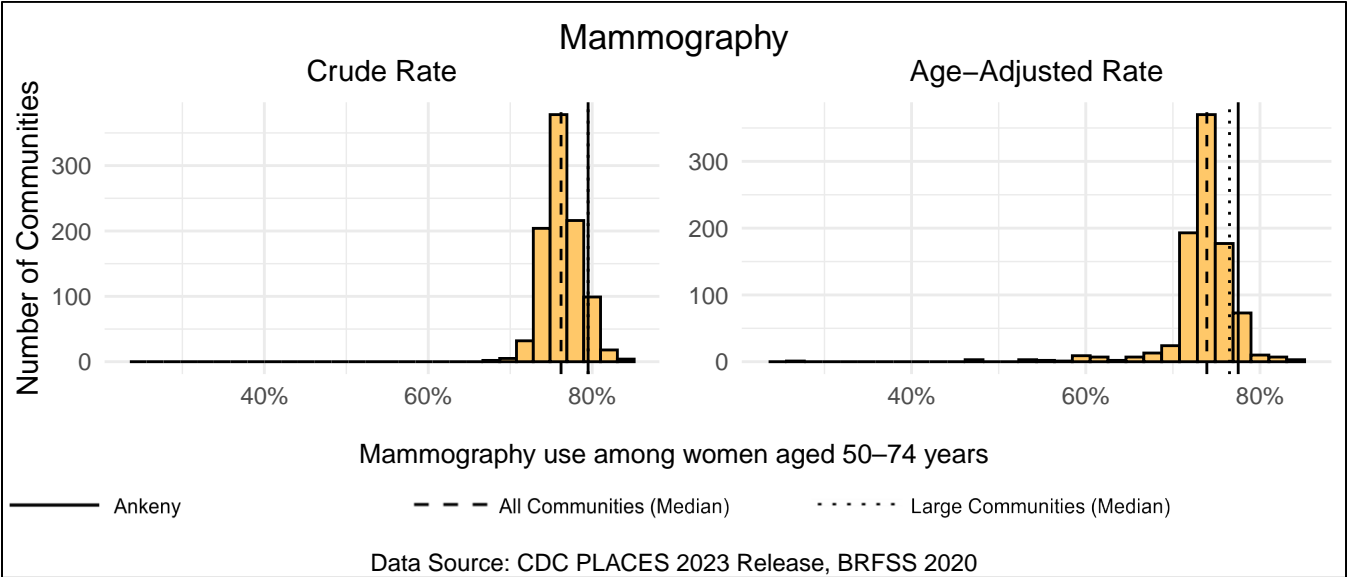




# Mammography

Ankeny has a crude rate of 79.5% for mammography use among women aged 50–74 years, which ranks 78th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Ankeny is 77.5%, which ranks 70th out of 905 Iowa communities (4th out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	79.5%	76.2%	79.5%
Age-Adjusted	77.5%	73.9%	76.5%



# Disability

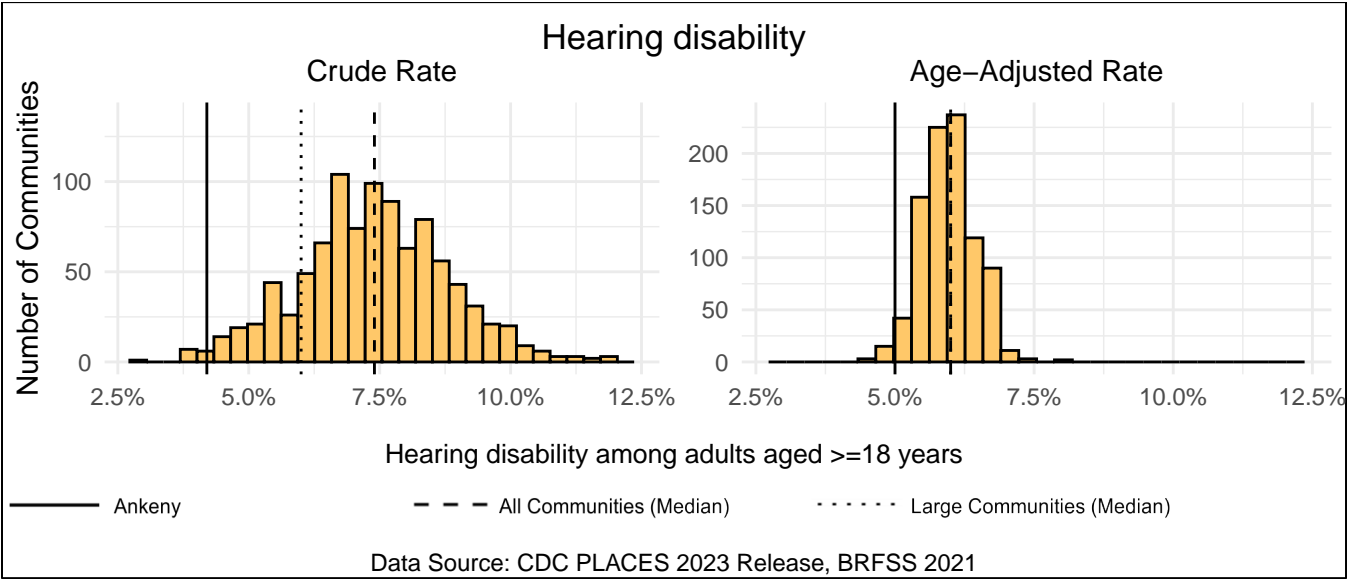
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Ankeny has a crude rate of 4.2% for hearing disability among adults aged  $\geq 18$  years, which ranks 11th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ankeny is 5.0%, which ranks 19th out of 905 Iowa communities (2nd out of 11 large communities).

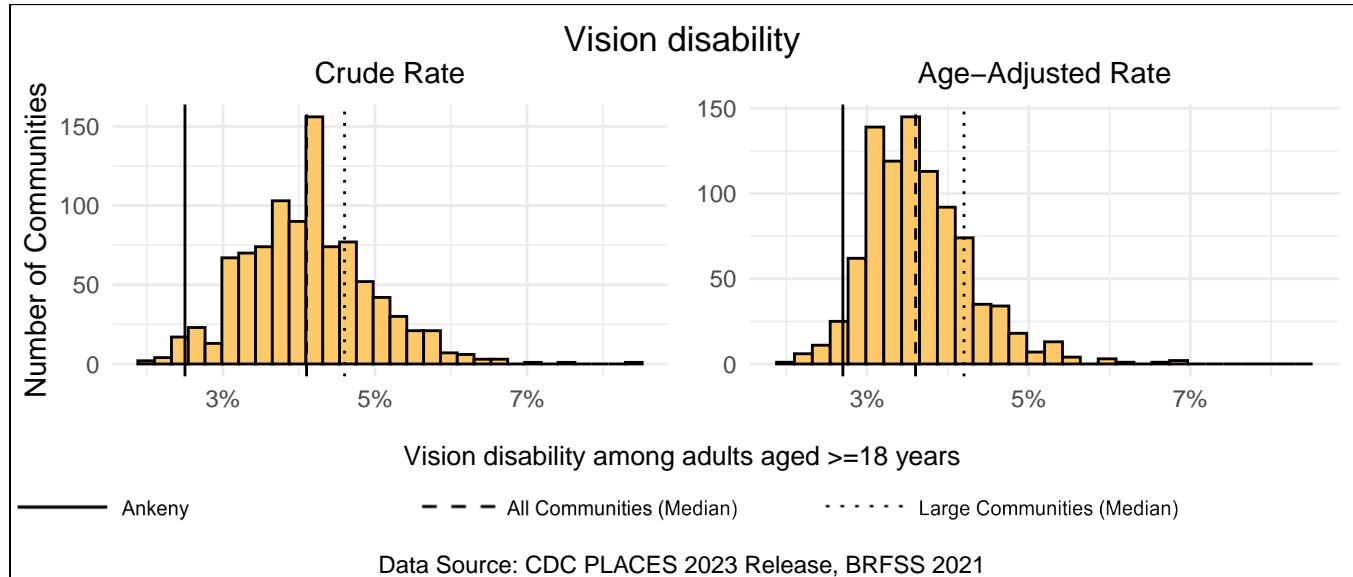
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	4.2%	7.4%	6.0%
Age-Adjusted	5.0%	6.0%	6.0%



## Vision disability

Ankeny has a crude rate of 2.5% for vision disability among adults aged  $\geq 18$  years, which ranks 16th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ankeny is 2.7%, which ranks 30th out of 905 Iowa communities (2nd out of 11 large communities).

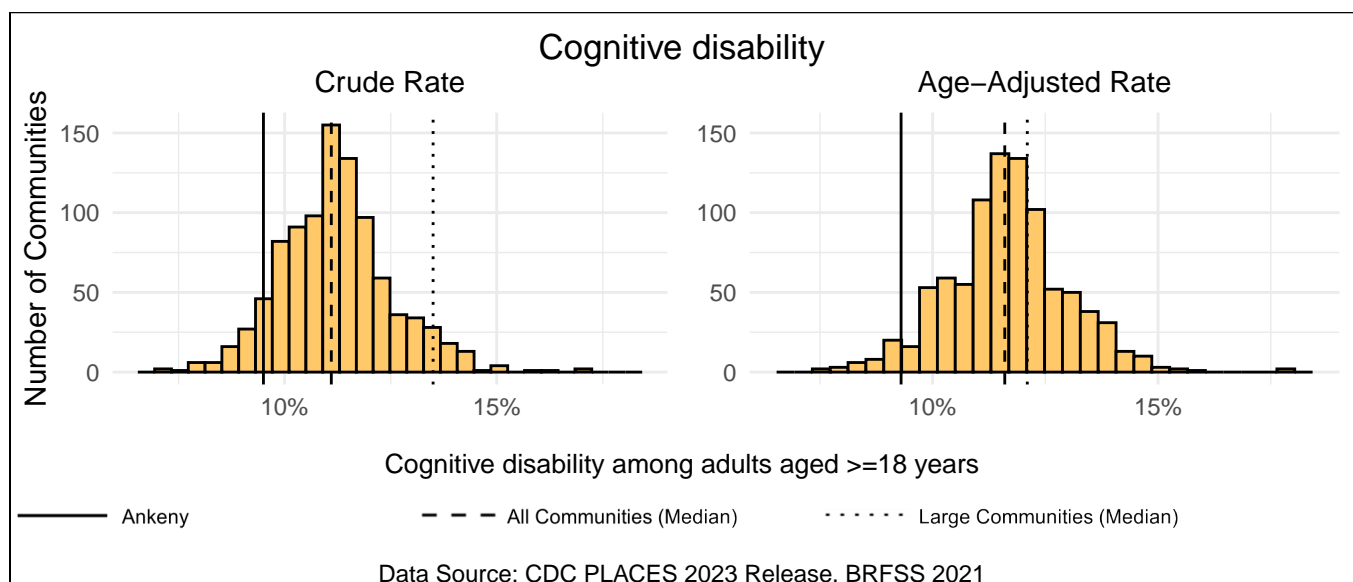
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	2.5%	4.1%	4.6%
Age-Adjusted	2.7%	3.6%	4.2%



## Cognitive disability

Ankeny has a crude rate of 9.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 75th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 9.3%, which ranks 33rd out of 905 Iowa communities (2nd out of 11 large communities).

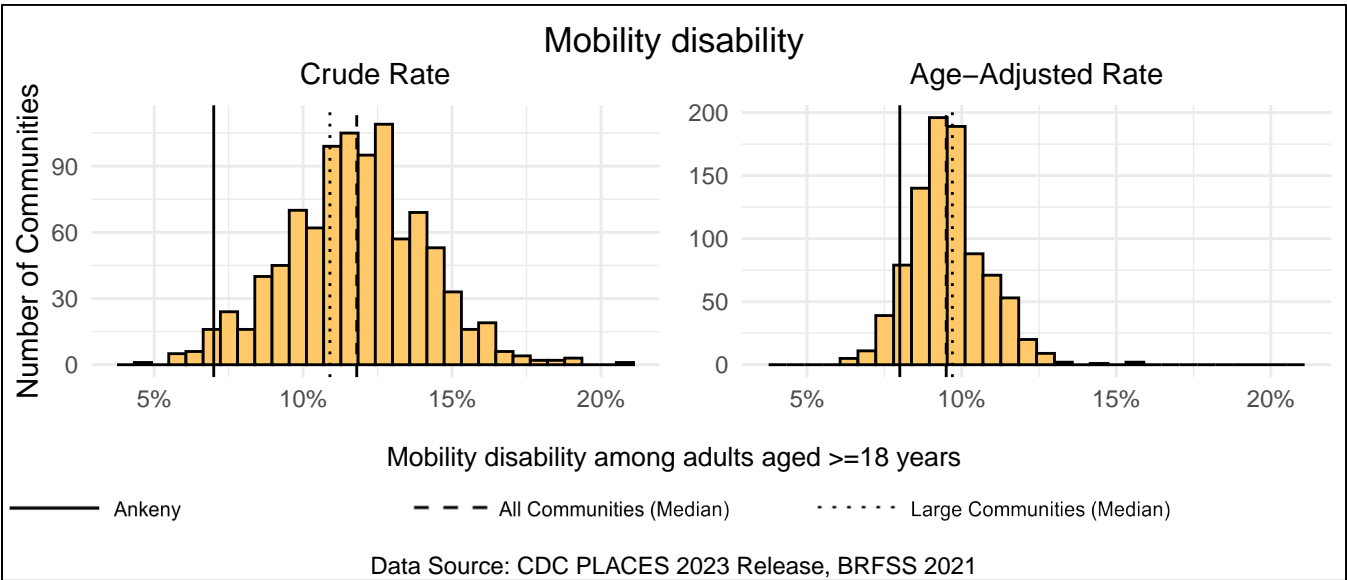
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	9.5%	11.1%	13.5%
Age-Adjusted	9.3%	11.6%	12.1%



### Mobility disability

Ankeny has a crude rate of 7.0% for mobility disability among adults aged  $\geq 18$  years, which ranks 20th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Ankeny is 8.0%, which ranks 73rd out of 905 Iowa communities (2nd out of 11 large communities).

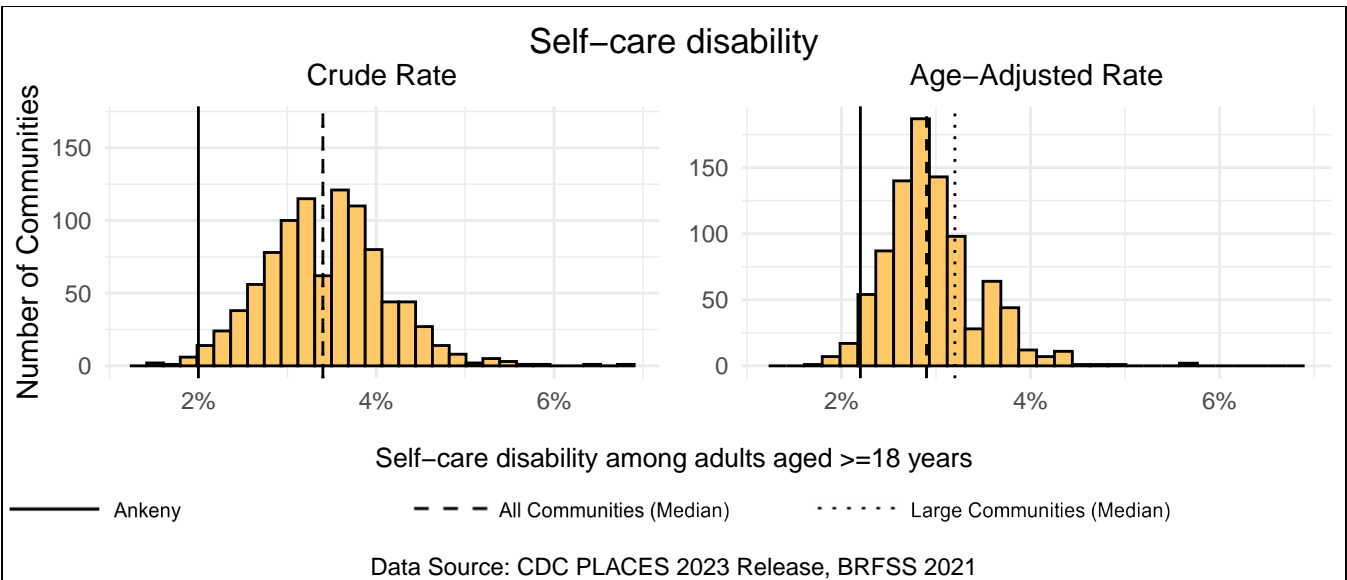
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	7.0%	11.8%	10.9%
Age-Adjusted	8.0%	9.5%	9.7%



### Self-care disability

Ankeny has a crude rate of 2.0% for self-care disability among adults aged  $\geq 18$  years, which ranks 10th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Ankeny is 2.2%, which ranks 26th out of 905 Iowa communities (2nd out of 11 large communities).

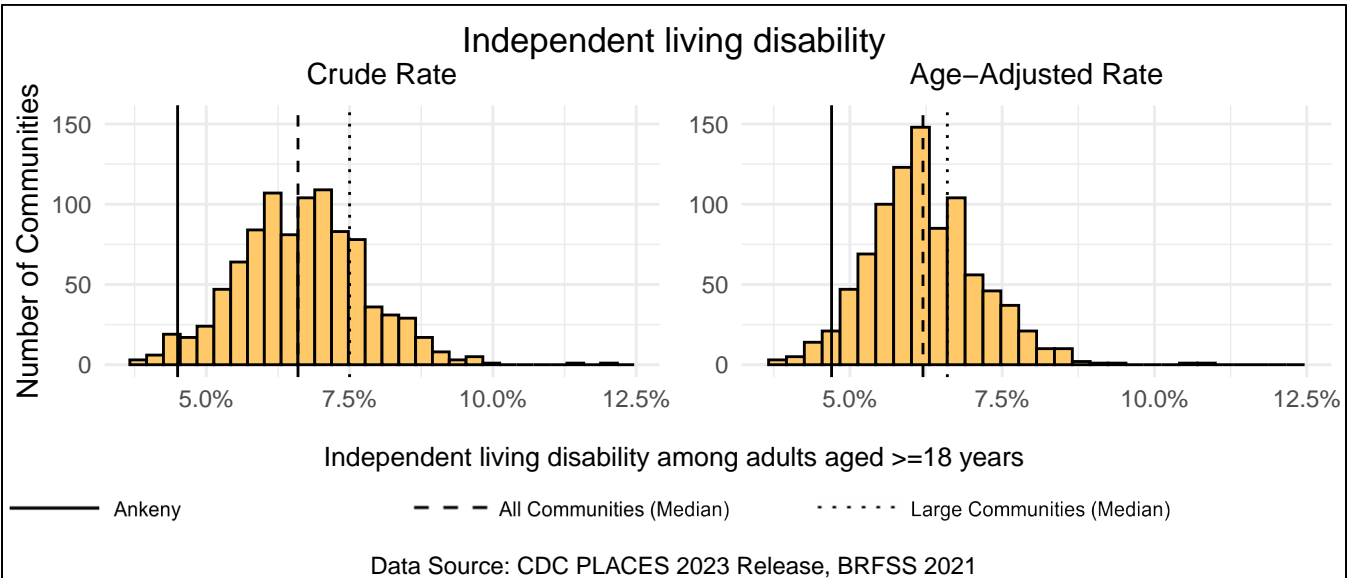
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	2.0%	3.4%	3.4%
Age-Adjusted	2.2%	2.9%	3.2%



### Independent living disability

Ankeny has a crude rate of 4.5% for independent living disability among adults aged  $\geq 18$  years, which ranks 22nd out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 4.7%, which ranks 26th out of 905 Iowa communities (2nd out of 11 large communities).

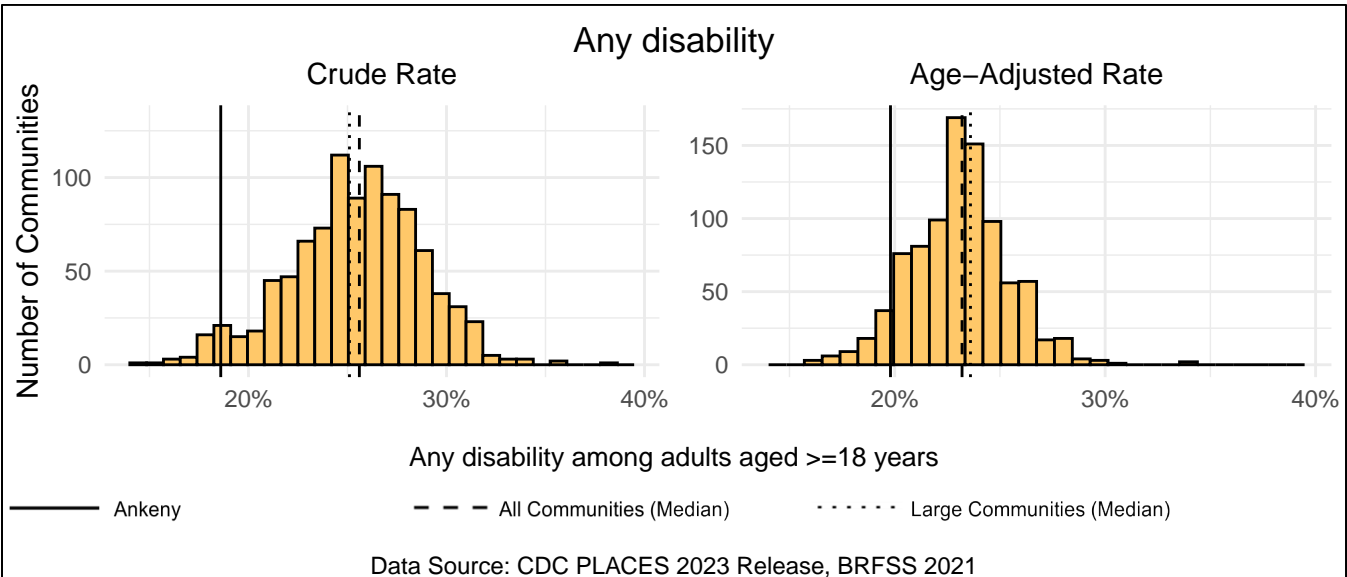
Measure Type	Ankeny	All Comm.	Large Comm.
Crude	4.5%	6.6%	7.5%
Age-Adjusted	4.7%	6.2%	6.6%



### Any disability

Ankeny has a crude rate of 18.6% for any disability among adults aged  $\geq 18$  years, which ranks 31st out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Ankeny is 19.8%, which ranks 57th out of 905 Iowa communities (2nd out of 11 large communities).

Measure Type	Ankeny	All Comm.	Large Comm.
Crude	18.6%	25.6%	25.1%
Age-Adjusted	19.8%	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: Ankeny 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	587	14.6% (13.0% - 16.3%)	42	13.9% (12.4% - 15.5%)
Health Status	General Health	18	9.1% (8.0% - 10.2%)	31	9.6% (8.5% - 10.8%)
Health Status	Physical Health	11	7.3% (6.5% - 8.2%)	22	7.7% (6.8% - 8.7%)
Health Risk Behaviors	Sleep <7 hours	56	27.4% (26.7% - 28.0%)	27	26.9% (26.3% - 27.5%)
Health Risk Behaviors	Physical Inactivity	32	18.7% (16.5% - 21.1%)	45	19.4% (17.0% - 21.8%)
Health Risk Behaviors	Binge Drinking	933	23.9% (21.2% - 26.6%)	554	22.3% (19.8% - 24.9%)
Health Risk Behaviors	Current Smoking	48	13.3% (11.4% - 15.4%)	28	12.9% (11.0% - 14.8%)
Health Outcomes	High Blood Pressure	20	23.6% (21.6% - 25.8%)	209	26.2% (24.1% - 28.5%)
Health Outcomes	Diabetes	11	6.0% (5.3% - 6.8%)	25	6.8% (6.0% - 7.7%)
Health Outcomes	Cancer (except skin)	19	5.5% (5.1% - 6.0%)	831	6.6% (6.0% - 7.1%)
Health Outcomes	Coronary Heart Disease	15	3.6% (3.3% - 4.0%)	52	4.4% (3.9% - 4.8%)
Health Outcomes	High Cholesterol	47	31.1% (28.6% - 33.6%)	818	31.0% (28.4% - 33.8%)
Health Outcomes	Chronic Kidney Disease	12	2.0% (1.9% - 2.2%)	36	2.4% (2.2% - 2.6%)
Health Outcomes	Arthritis	21	19.7% (17.9% - 21.7%)	176	22.1% (20.1% - 24.3%)
Health Outcomes	All Teeth Lost	31	8.3% (6.8% - 10.0%)	27	8.5% (7.0% - 10.4%)
Health Outcomes	Obesity	73	33.6% (30.3% - 37.1%)	62	33.5% (30.2% - 36.9%)
Health Outcomes	COPD	13	4.3% (3.7% - 4.8%)	24	4.7% (4.1% - 5.3%)
Health Outcomes	Depression	903	20.4% (18.1% - 22.9%)	657	19.7% (17.4% - 22.1%)
Health Outcomes	Current Asthma	80	8.9% (8.0% - 9.9%)	25	8.8% (7.9% - 9.8%)
Health Outcomes	Stroke	10	1.8% (1.7% - 2.0%)	23	2.2% (2.0% - 2.3%)
Prevention	Mammography	78	79.5% (78.2% - 80.6%)	70	77.5% (76.1% - 78.8%)
Prevention	Cervical Cancer Screening	124	85.2% (84.3% - 86.1%)	56	85.4% (84.5% - 86.3%)
Prevention	Core preventive services for older men	22	54.0% (51.3% - 56.5%)	18	54.7% (52.1% - 57.3%)
Prevention	Core preventive services for older women	74	45.8% (43.2% - 48.4%)	67	46.2% (43.6% - 48.8%)
Prevention	Dental Visit	41	73.9% (72.5% - 75.2%)	33	74.4% (73.2% - 75.7%)



Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	89	74.9% (73.9% - 75.9%)	54	75.2% (74.2% - 76.1%)
Prevention	Cholesterol Screening	843	79.7% (77.2% - 82.1%)	51	81.4% (79.2% - 83.6%)
Prevention	Health Insurance	52	5.7% (4.8% - 6.8%)	26	5.6% (4.8% - 6.7%)
Prevention	Taking BP Medication	949	68.6% (65.4% - 71.6%)	894	55.3% (51.5% - 59.0%)
Prevention	Annual Checkup	914	71.8% (68.6% - 74.7%)	190	73.4% (70.4% - 76.2%)
Disability	Independent Living Disability	22	4.5% (4.0% - 5.0%)	26	4.7% (4.1% - 5.2%)
Disability	Cognitive Disability	75	9.5% (8.4% - 10.7%)	33	9.3% (8.2% - 10.4%)
Disability	Mobility Disability	20	7.0% (6.2% - 8.0%)	73	8.0% (7.0% - 9.1%)
Disability	Self-care Disability	10	2.0% (1.8% - 2.2%)	26	2.2% (2.0% - 2.4%)
Disability	Hearing Disability	11	4.2% (3.8% - 4.7%)	19	5.0% (4.5% - 5.5%)
Disability	Any Disability	31	18.6% (16.7% - 20.7%)	57	19.8% (17.7% - 22.0%)
Disability	Vision Disability	16	2.5% (2.3% - 2.8%)	30	2.7% (2.4% - 3.0%)

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

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

Ankeny 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