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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Iowa Community Health Snapshot Series

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Health in Audubon: Overview

Dear Community Members & Stakeholders of Audubon,

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 Audubon ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Audubon'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 Audubon. 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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Binge Drinking	29th	3rd	Binge Drinking	124th	16th
Taking BP Medication	55th	8th	Taking BP Medication	126th	14th
Annual Checkup	81st	15th	Cancer (except skin)	418th	41st
Cholesterol Screening	317th	51st	Annual Checkup	435th	70th
Depression	424th	68th	High Cholesterol	669th	111th

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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Any Disability	945th	137th	Arthritis	855th	133rd
Mobility Disability	943rd	138th	Colorectal Cancer Screening	853rd	133rd
Chronic Kidney Disease	938th	137th	Cholesterol Screening	851st	134th
Stroke	937th	137th	Mental Health	850th	134th
COPD	937th	138th	Cognitive Disability	844th	132nd

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 Audubon.

Sincerely,

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

PUBLIC SCIENCE COLLABORATIVE   IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

How to Use this Report

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

With a population of 2,089, Audubon's similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small 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 table shows rates in your community compared with the state midpoint and the population group

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

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

Mental Health

Crude Rate

Age−Adjusted Rate

Mental health not good for >=14 days among adults aged >=18 years

——— Ames   − − − All Communities (Median)   · · · · · Large Communities (Median)

The legend shows the meaning of the solid, dashed, and dotted lines

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

Audubon has a crude rate of 18.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 930th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Audubon is 15.5%, which ranks 828th out of 905 Iowa communities (130th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	18.5%	14.3%	14.0%
Age-Adjusted	15.5%	12.7%	12.4%

Poor General Health — Crude Rate and Age-Adjusted Rate. Fair or poor self-rated health status among adults aged >= 18 years. Audubon; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
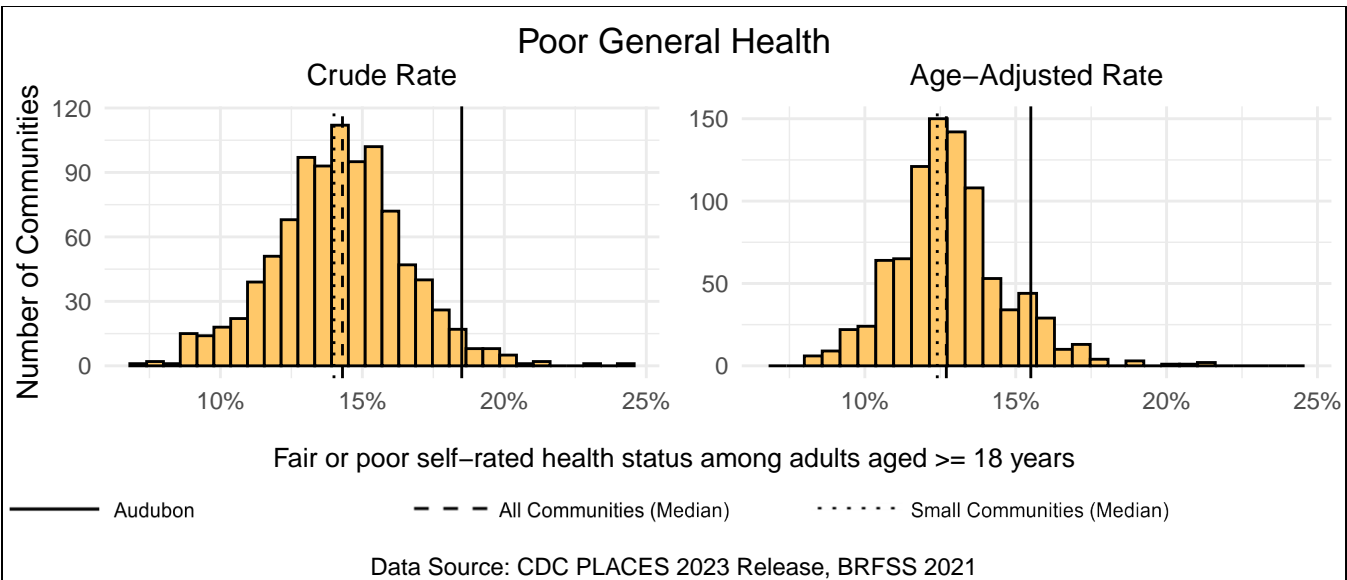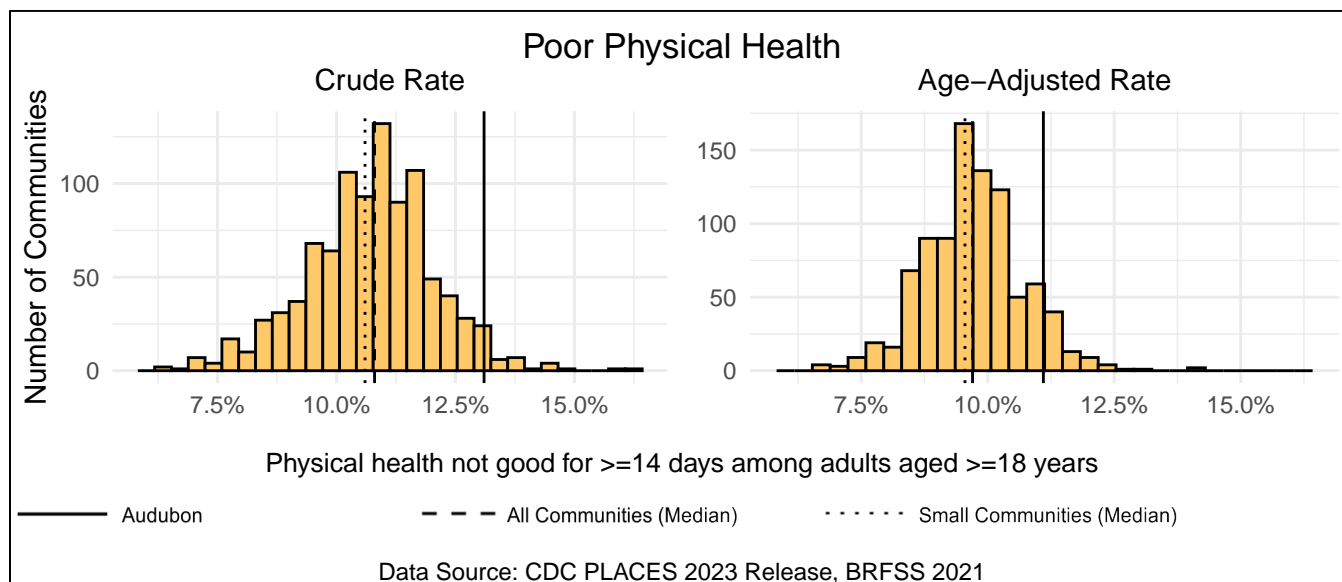
Poor Physical Health

Audubon has a crude rate of 13.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 929th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Audubon is 11.1%, which ranks 816th out of 905 Iowa communities (131st out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	13.1%	10.8%	10.6%
Age-Adjusted	11.1%	9.7%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Audubon has a crude rate of 14.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 514th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Audubon is 17.0%, which ranks 850th out of 905 Iowa communities (134th out of 138 small communities).
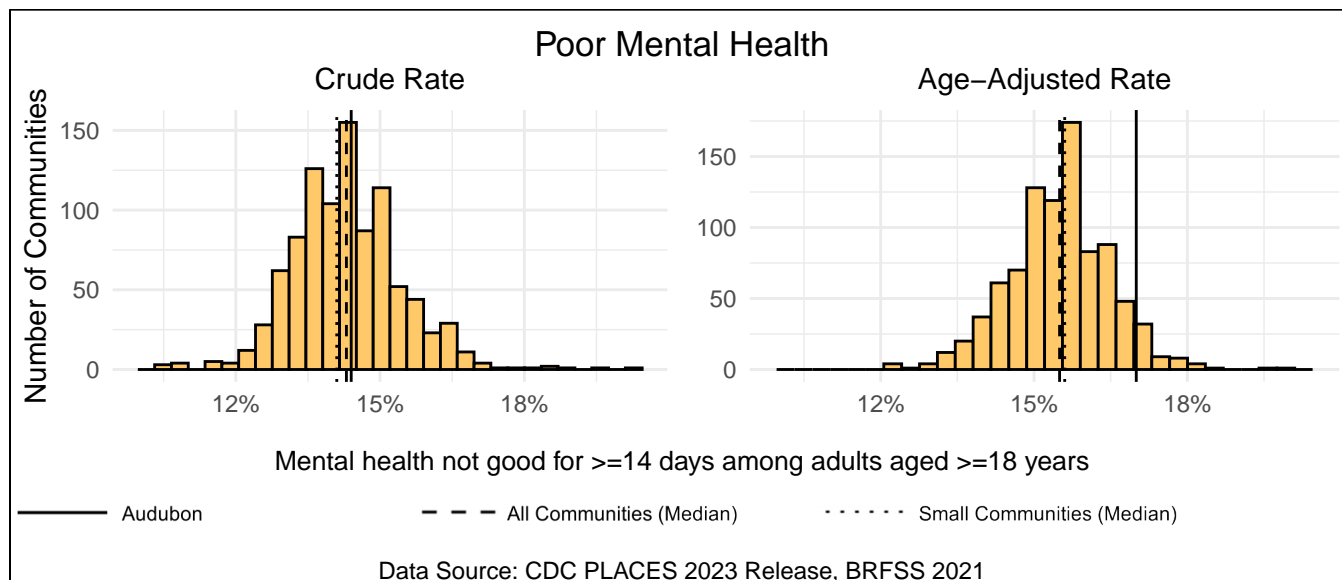
Measure Type	Audubon	All Comm.	Small Comm.
Crude	14.4%	14.3%	14.1%
Age-Adjusted	17.0%	15.5%	15.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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

Audubon has a crude rate of 16.0% for binge drinking among adults aged >=18 years, which ranks 29th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Audubon is 20.8%, which ranks 124th out of 905 Iowa communities (16th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	16.0%	19.5%	19.1%
Age-Adjusted	20.8%	22.0%	22.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
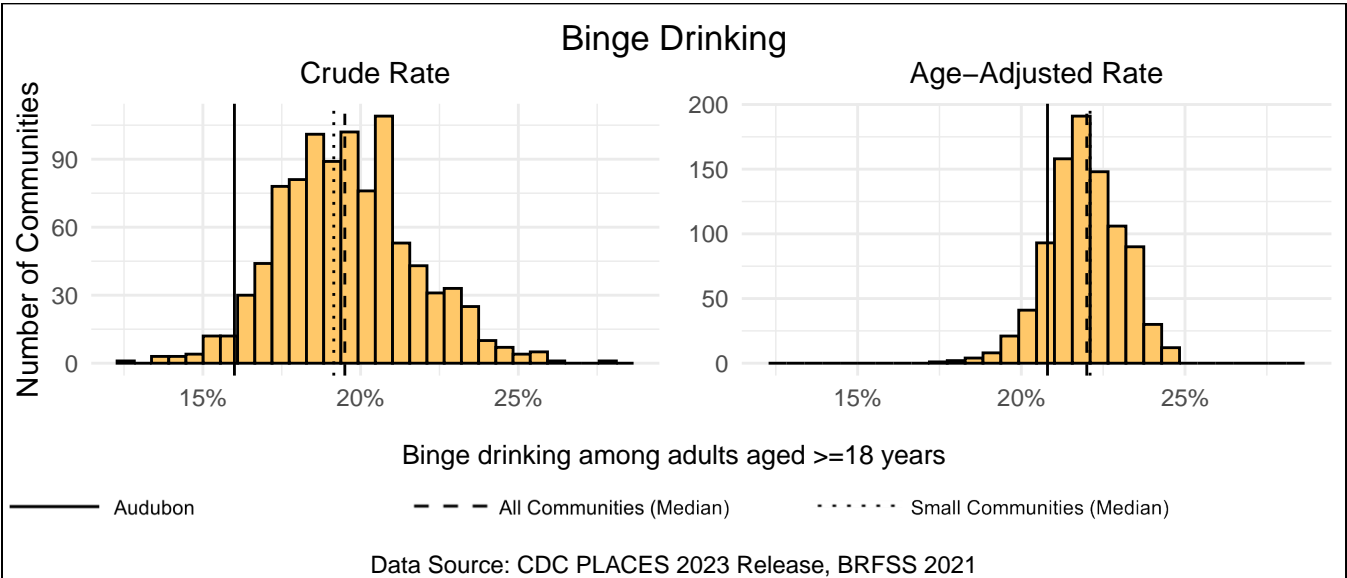
Current Smoking

Audubon has a crude rate of 18.0% for current smoking among adults aged >=18 years, which ranks 694th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Audubon is 20.5%, which ranks 840th out of 905 Iowa communities (133rd out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	18.0%	16.8%	16.1%
Age-Adjusted	20.5%	17.5%	17.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
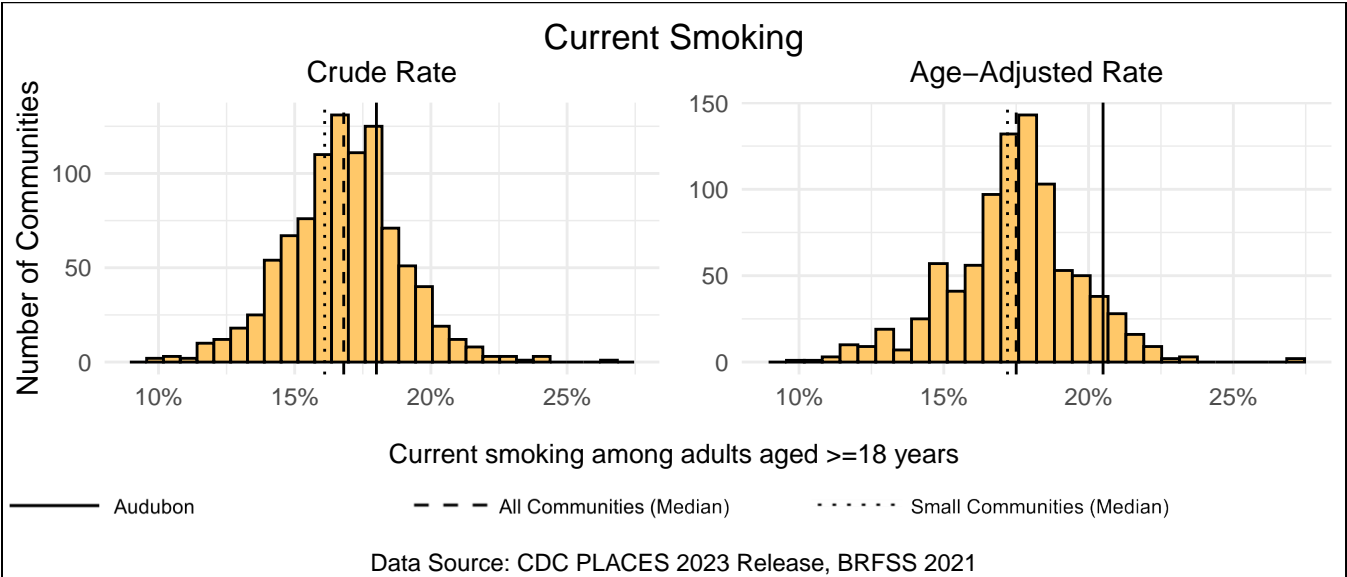
Physical Inactivity

Audubon has a crude rate of 31.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 917th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Audubon is 27.3%, which ranks 795th out of 905 Iowa communities (129th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	31.2%	26.1%	25.8%
Age-Adjusted	27.3%	24.3%	23.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
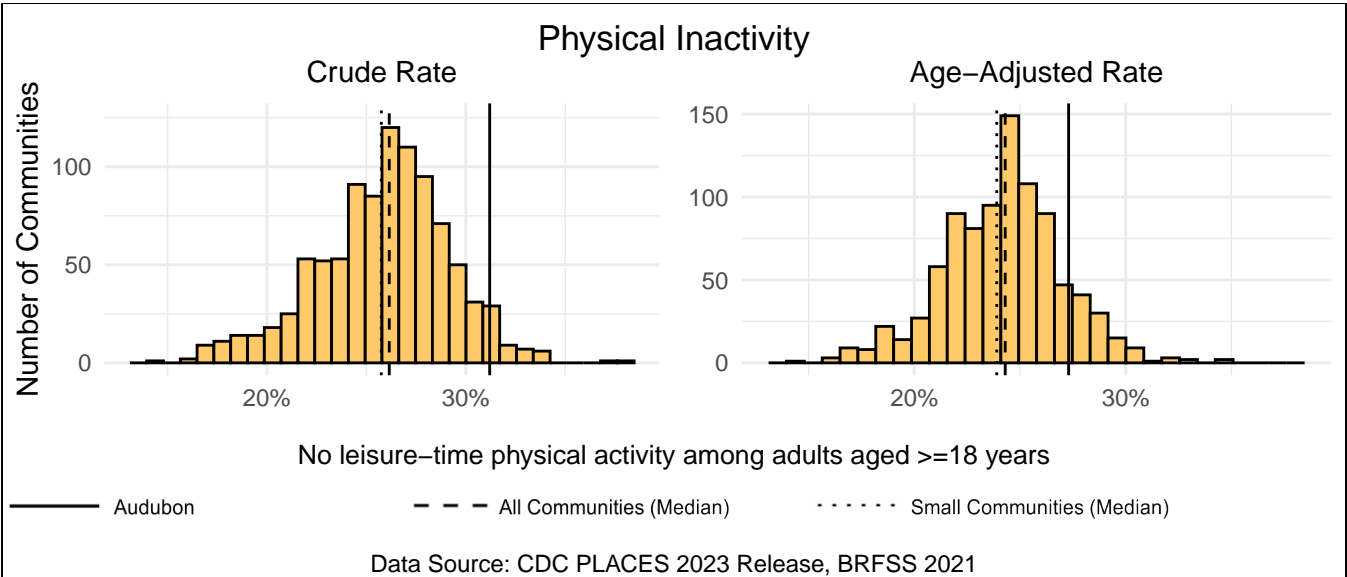
Sleep <7 hours

Audubon has a crude rate of 30.4% for sleeping less than 7 hours among adults aged >=18 years, which ranks 498th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Audubon is 32.6%, which ranks 794th out of 905 Iowa communities (125th out of 138 small communities).
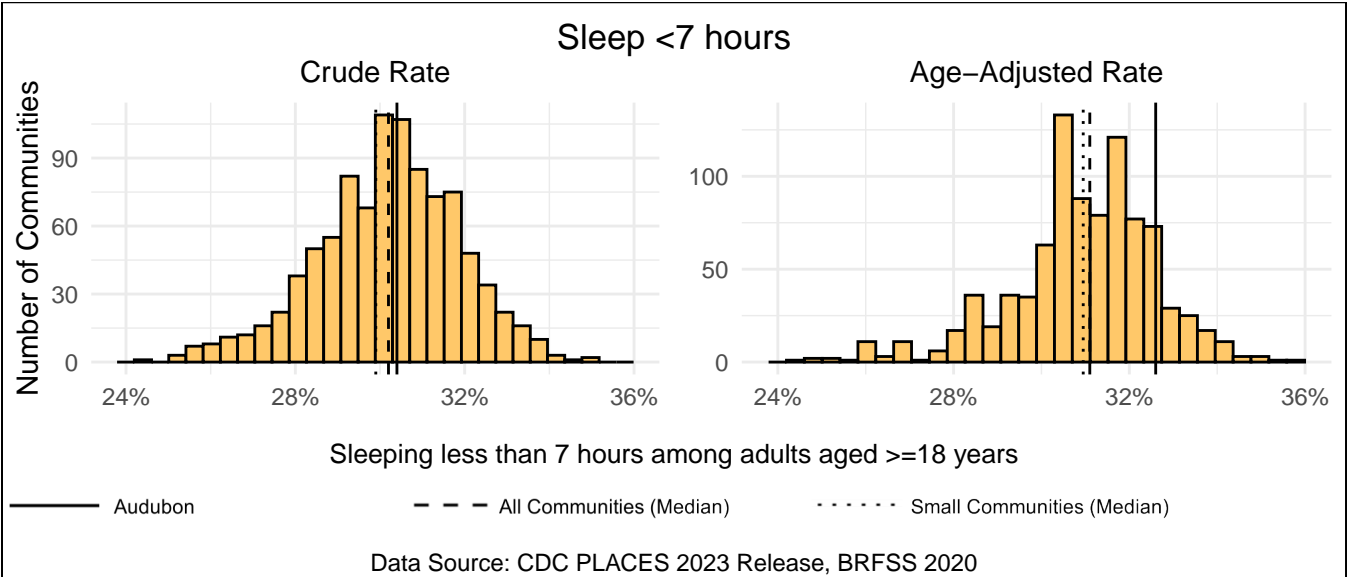
Measure Type	Audubon	All Comm.	Small Comm.
Crude	30.4%	30.2%	29.9%
Age-Adjusted	32.6%	31.1%	31.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Audubon has a crude rate of 34.2% for arthritis among adults aged >=18 years, which ranks 934th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Audubon is 25.0%, which ranks 855th out of 905 Iowa communities (133rd out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	34.2%	27.9%	28.4%
Age-Adjusted	25.0%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
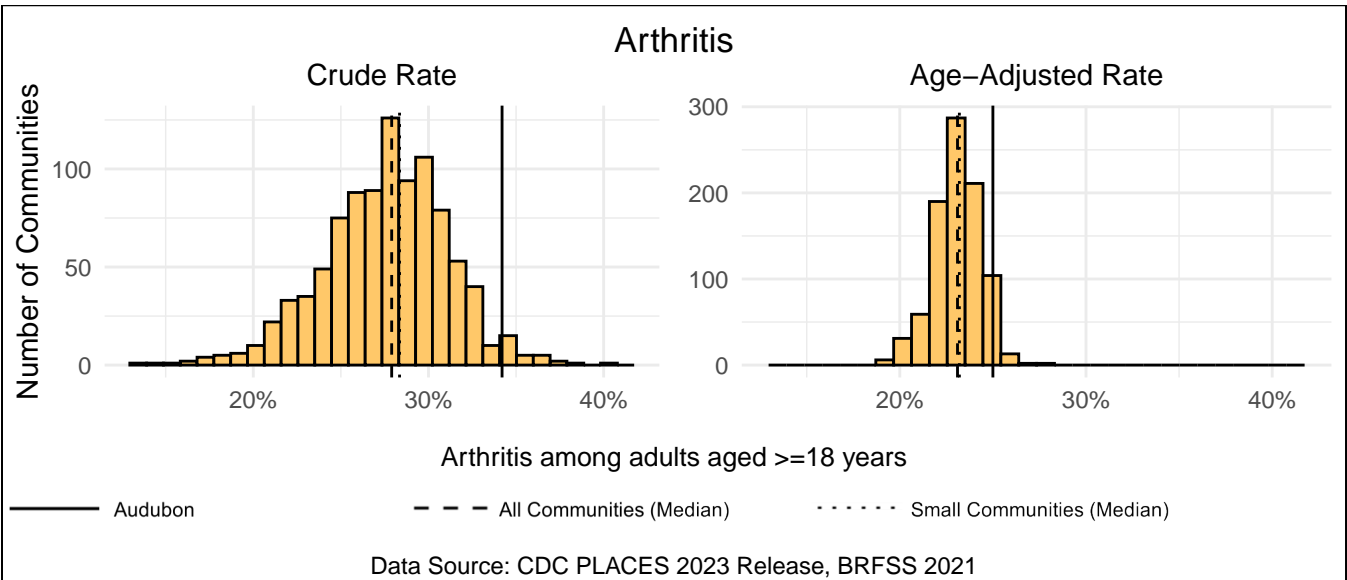
High Blood Pressure

Audubon has a crude rate of 38.8% for high blood pressure among adults aged >=18 years, which ranks 930th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Audubon is 29.2%, which ranks 798th out of 905 Iowa communities (127th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	38.8%	32.0%	32.5%
Age-Adjusted	29.2%	27.3%	27.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
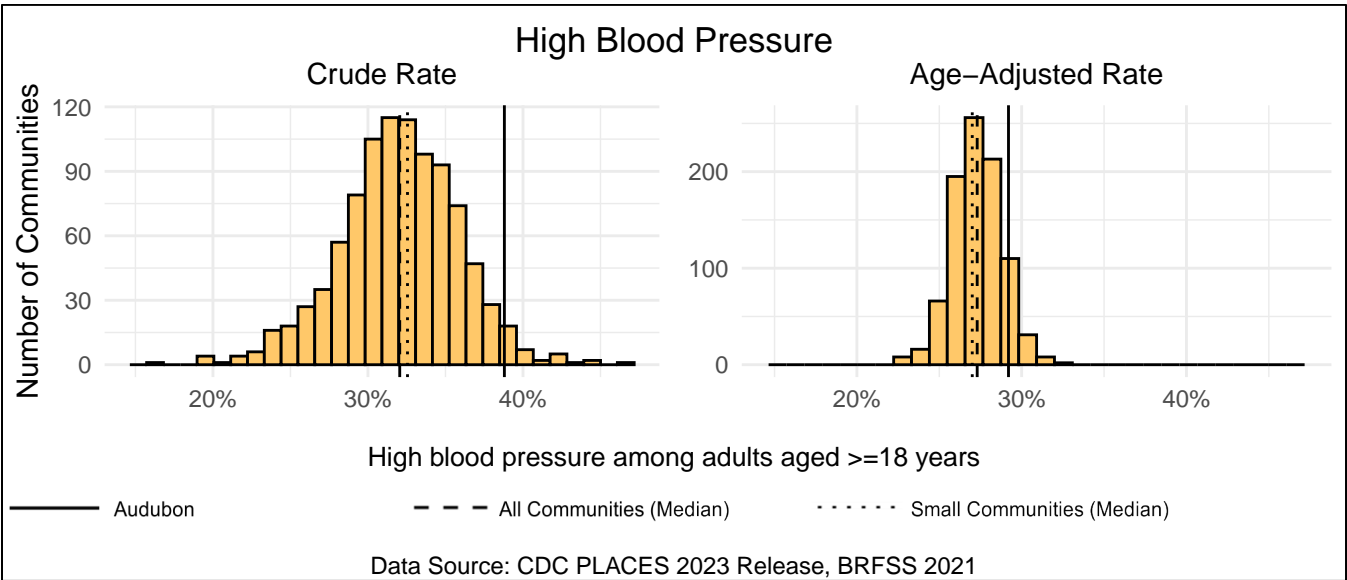
Cancer (except skin)

Audubon has a crude rate of 10.3% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 913th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Audubon is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	10.3%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Audubon has a crude rate of 9.5% for current asthma among adults aged >=18 years, which ranks 625th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Audubon is 10.0%, which ranks 805th out of 905 Iowa communities (129th out of 138 small communities).
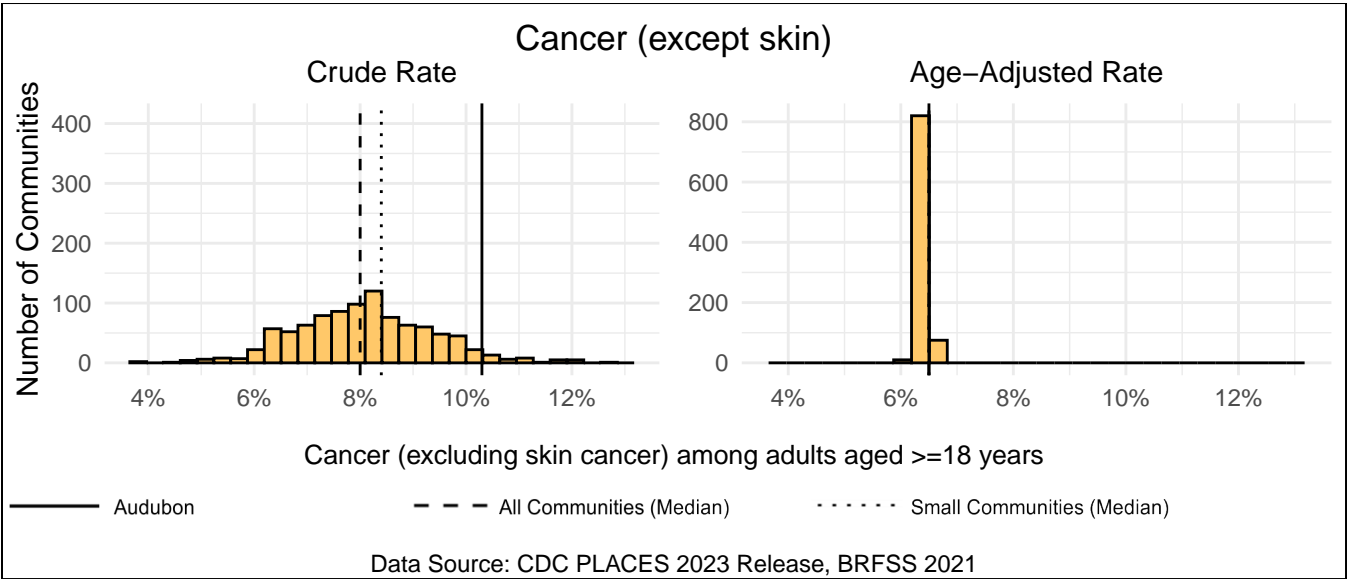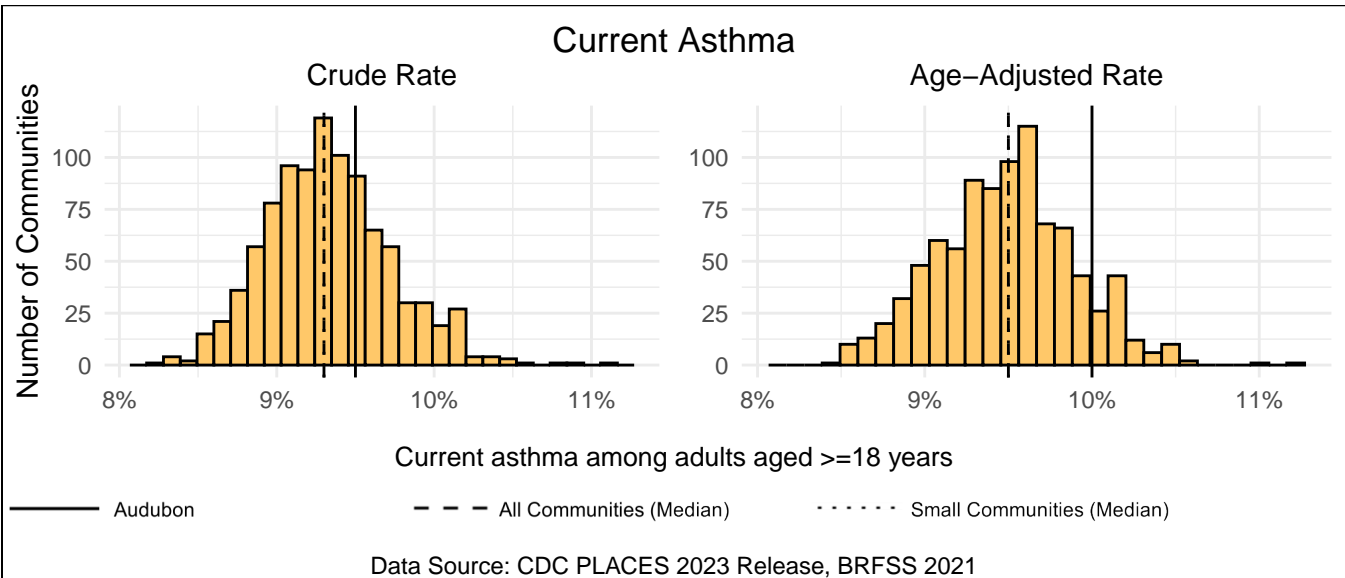
Measure Type	Audubon	All Comm.	Small Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	10.0%	9.5%	9.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Audubon has a crude rate of 9.1% for coronary heart disease among adults aged >=18 years, which ranks 935th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Audubon is 5.6%, which ranks 797th out of 905 Iowa communities (130th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	9.1%	6.4%	6.7%
Age-Adjusted	5.6%	5.0%	4.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Audubon has a crude rate of 10.0% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 937th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Audubon is 7.5%, which ranks 842nd out of 905 Iowa communities (133rd out of 138 small communities).
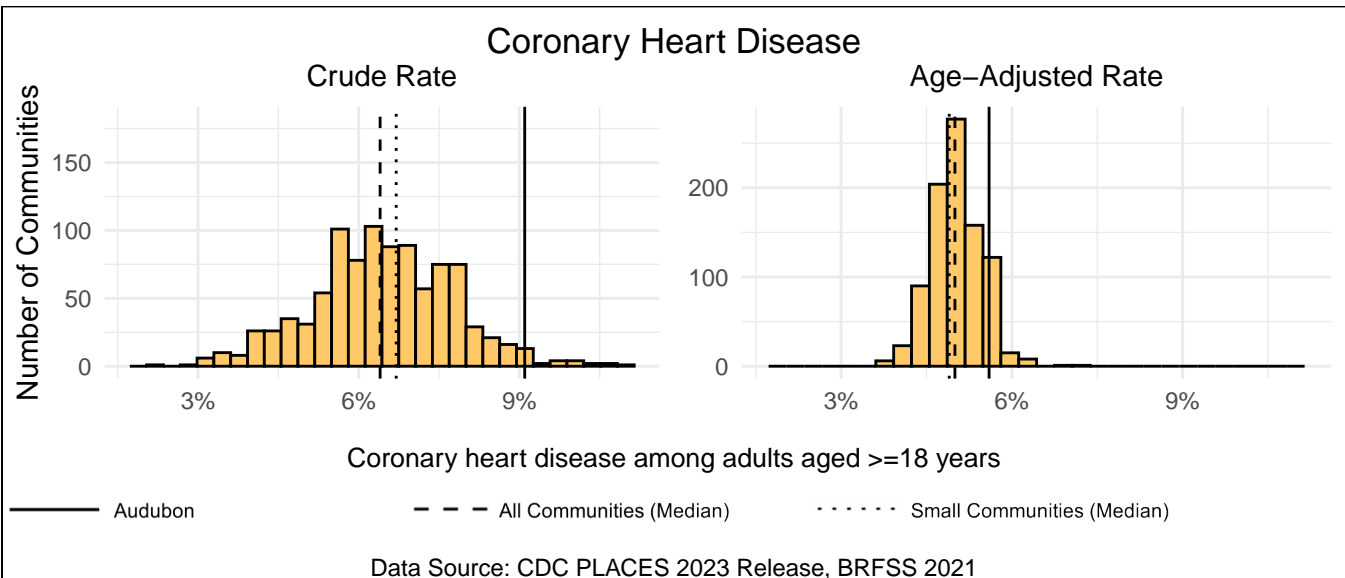
Measure Type	Audubon	All Comm.	Small Comm.
Crude	10.0%	7.4%	7.4%
Age-Adjusted	7.5%	6.2%	6.1%

COPD

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Audubon has a crude rate of 17.9% for depression among adults aged >=18 years, which ranks 424th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Audubon is 20.3%, which ranks 797th out of 905 Iowa communities (125th out of 138 small communities).
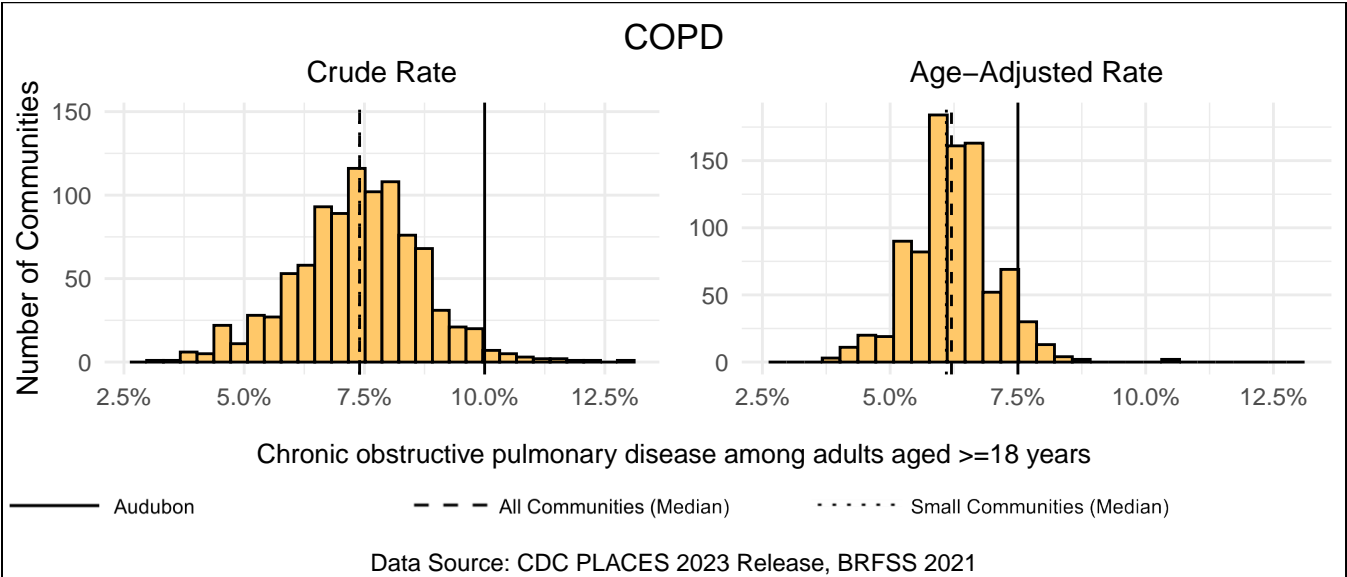
Measure Type	Audubon	All Comm.	Small Comm.
Crude	17.9%	18.0%	17.9%
Age-Adjusted	20.3%	19.0%	19.1%

Depression

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Audubon has a crude rate of 13.0% for diagnosed diabetes among adults aged >=18 years, which ranks 930th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Audubon is 9.3%, which ranks 802nd out of 905 Iowa communities (130th out of 138 small communities).
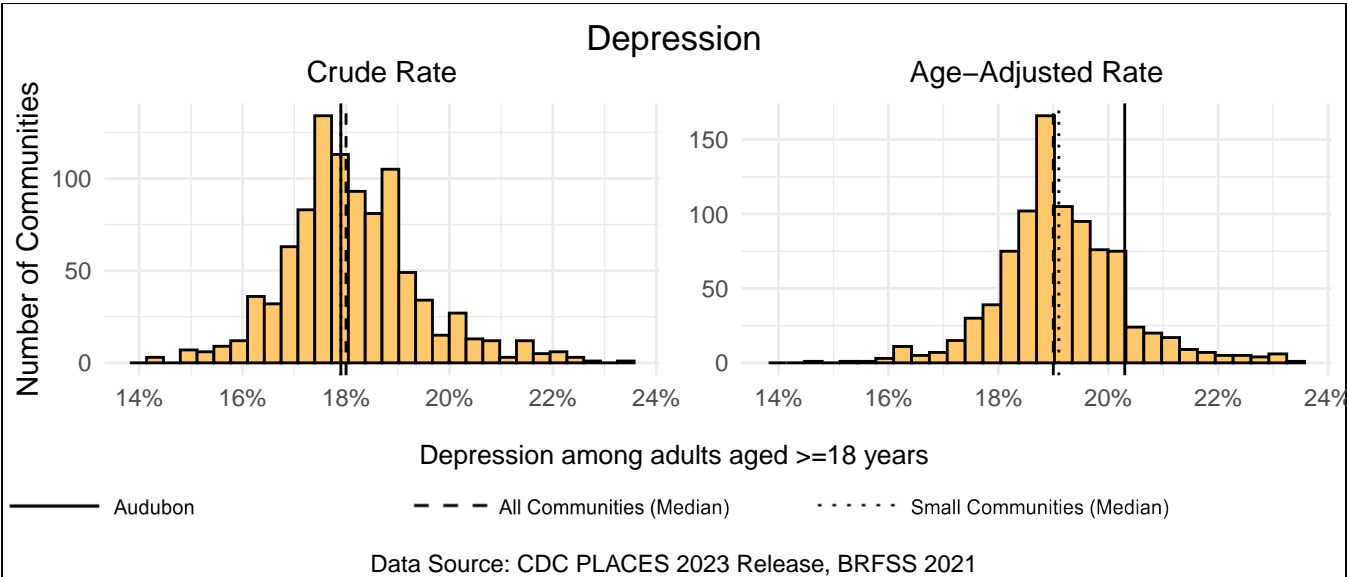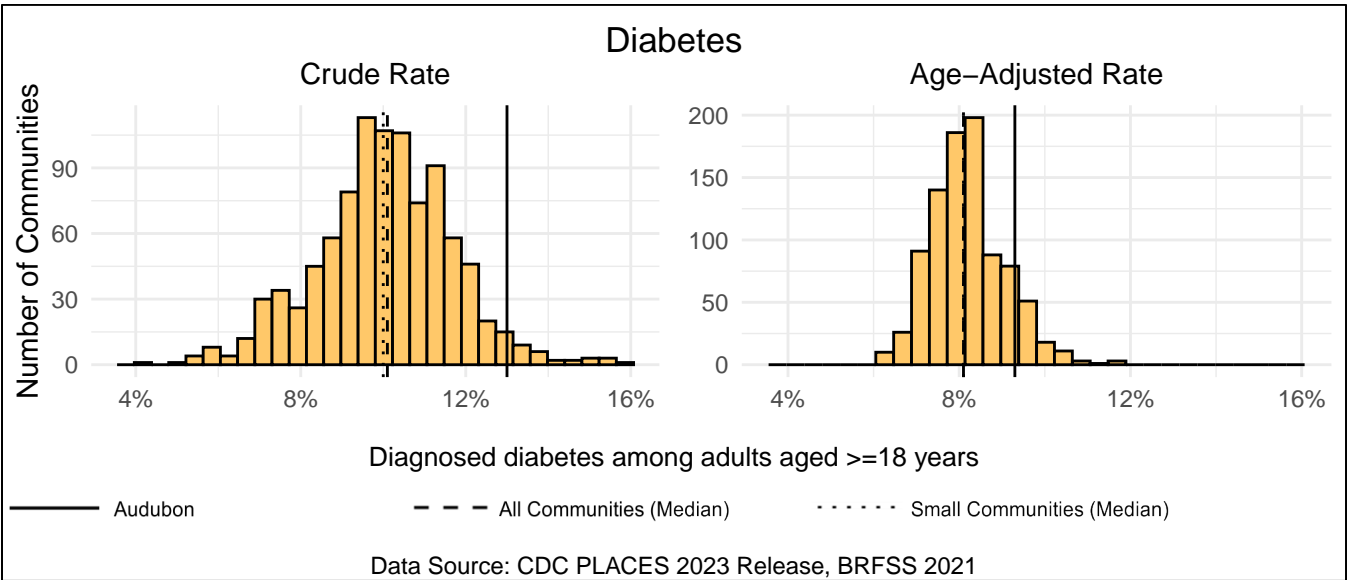
Measure Type	Audubon	All Comm.	Small Comm.
Crude	13.0%	10.1%	10.0%
Age-Adjusted	9.3%	8.1%	8.1%

Diabetes

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

Audubon has a crude rate of 40.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 892nd out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Audubon is 30.4%, which ranks 669th out of 905 Iowa communities (111th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	40.1%	36.2%	36.4%
Age-Adjusted	30.4%	29.7%	29.6%

High Cholesterol

Data Source: CDC PLACES 2023 Release, BRFSS 2021
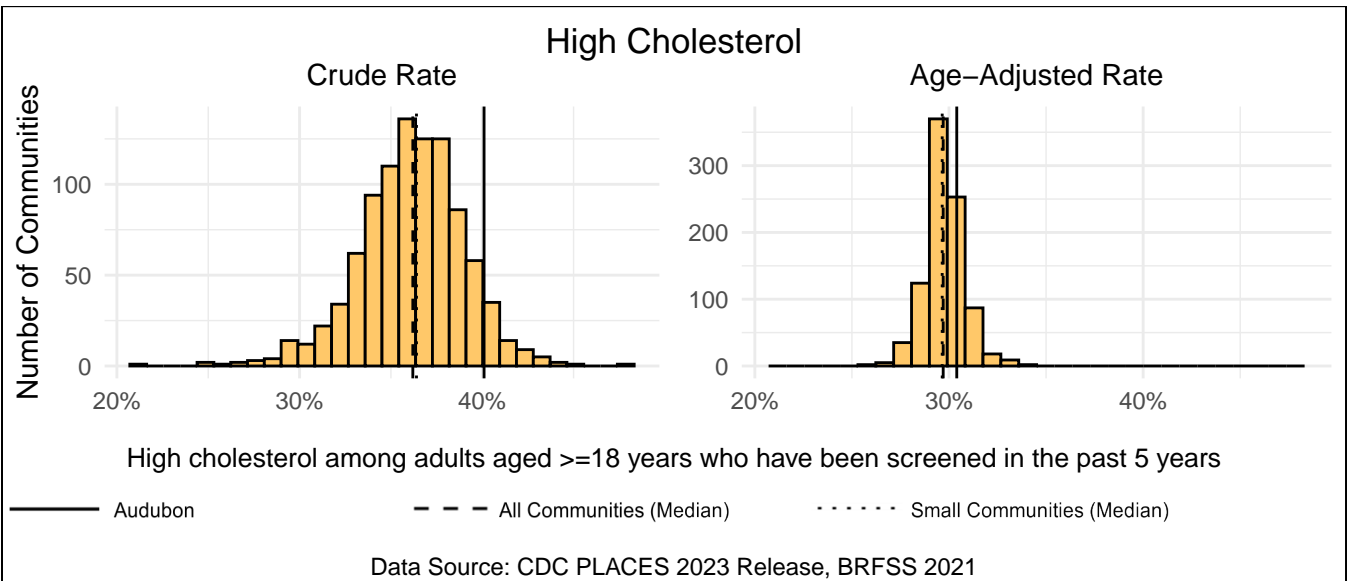
Chronic Kidney Disease

Audubon has a crude rate of 4.3% for chronic kidney disease among adults aged >=18 years, which ranks 938th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Audubon is 2.8%, which ranks 762nd out of 905 Iowa communities (125th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	4.3%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
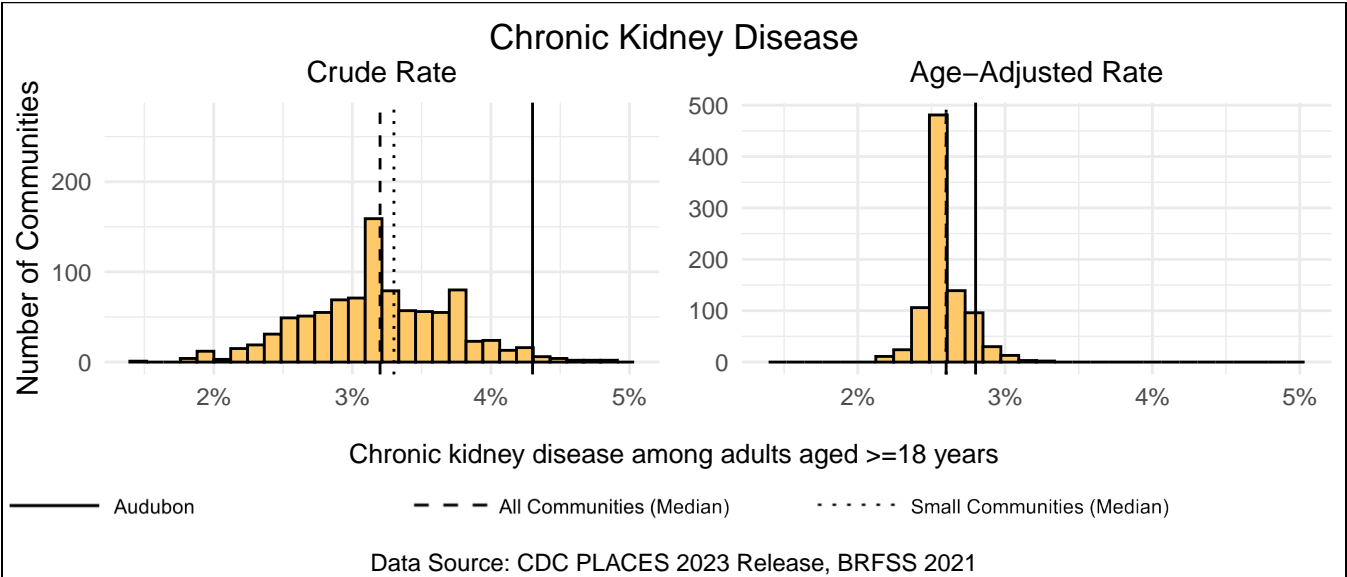
Obesity

Audubon has a crude rate of 38.3% for obesity among adults aged >=18 years, which ranks 586th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Audubon is 39.6%, which ranks 725th out of 905 Iowa communities (115th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	38.3%	37.6%	37.2%
Age-Adjusted	39.6%	37.6%	37.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
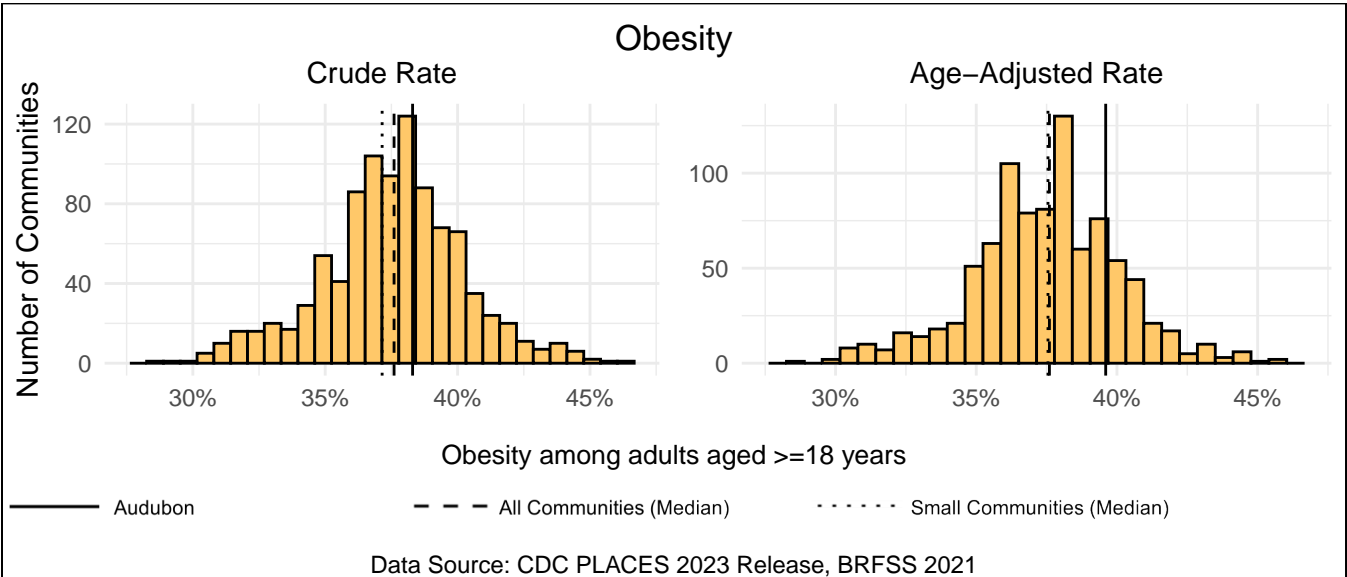
Stroke

Audubon has a crude rate of 4.6% for stroke among adults aged >=18 years, which ranks 937th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Audubon is 2.9%, which ranks 781st out of 905 Iowa communities (129th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	4.6%	3.3%	3.4%
Age-Adjusted	2.9%	2.6%	2.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
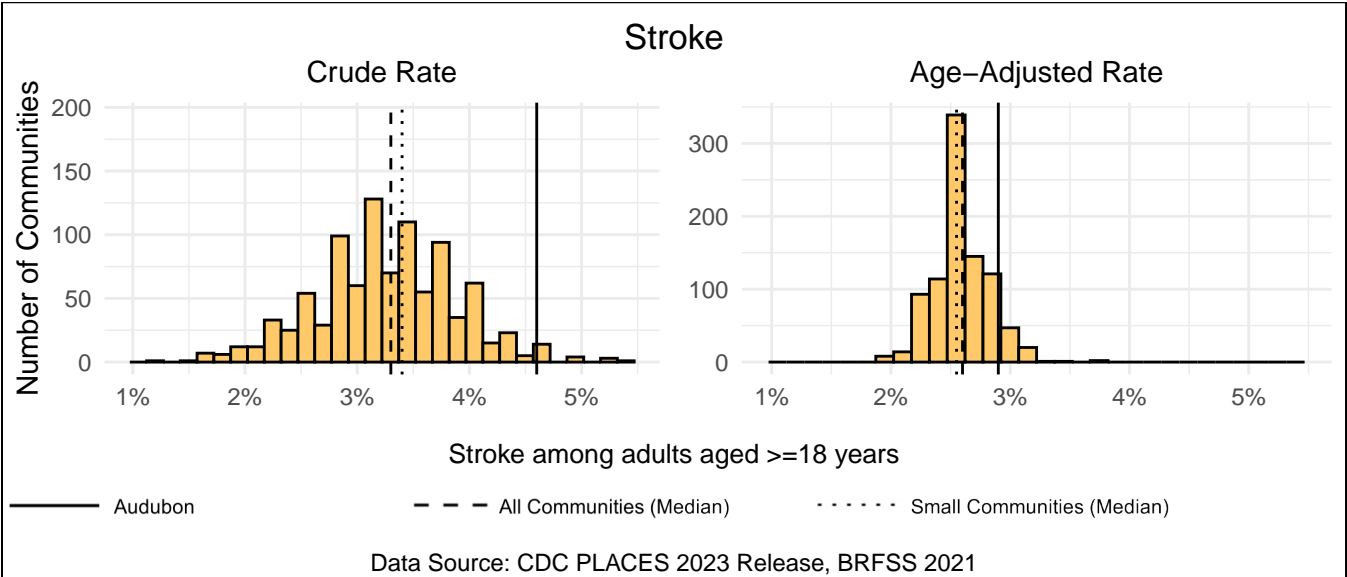
All Teeth Lost

Audubon has a crude rate of 16.5% for all teeth lost among adults aged >=65 years, which ranks 885th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Audubon is 15.8%, which ranks 820th out of 905 Iowa communities (132nd out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	16.5%	12.9%	12.8%
Age-Adjusted	15.8%	12.8%	12.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
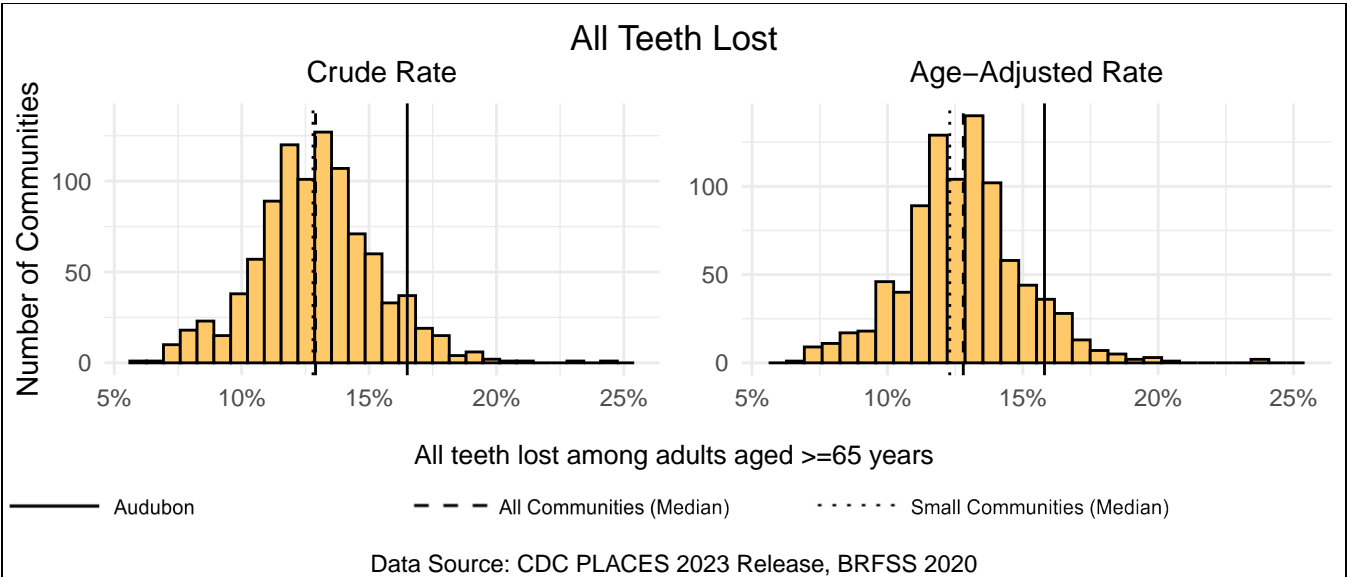
Prevention

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

Audubon has a crude rate of 8.9% for current lack of health insurance among adults aged 18–64 years, which ranks 841st out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Audubon is 9.3%, which ranks 788th out of 905 Iowa communities (127th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	8.9%	7.3%	7.2%
Age-Adjusted	9.3%	7.7%	7.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
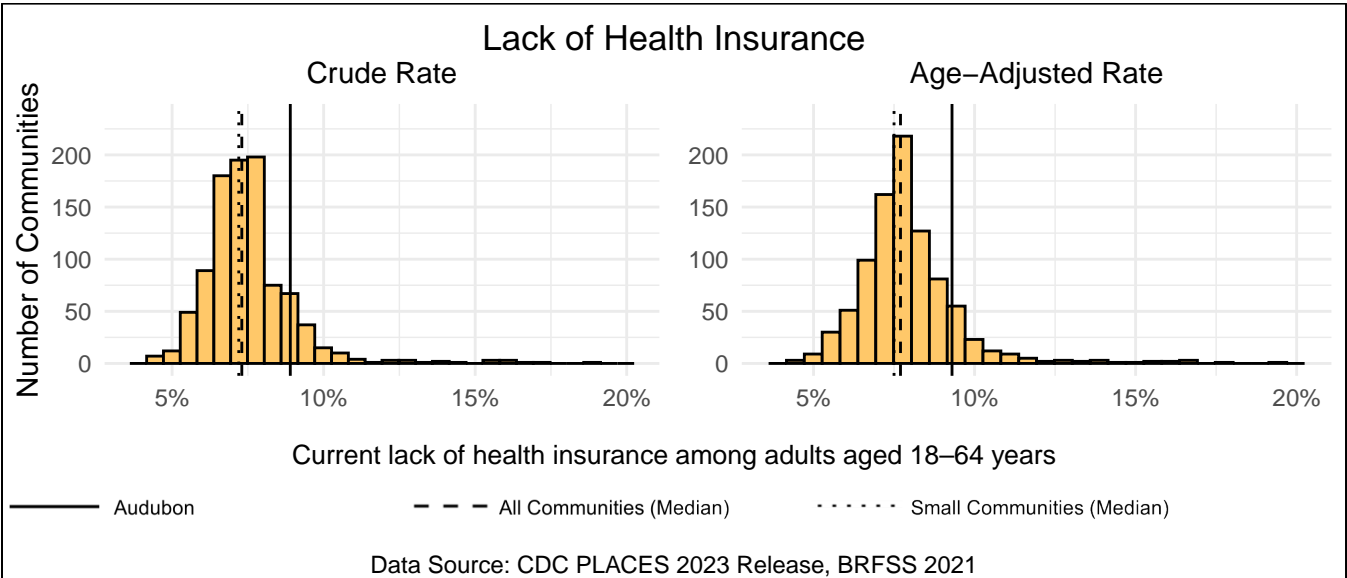
Taking BP Medication

Audubon has a crude rate of 83.6% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 55th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Audubon is 59.8%, which ranks 126th out of 905 Iowa communities (14th out of 138 small communities).

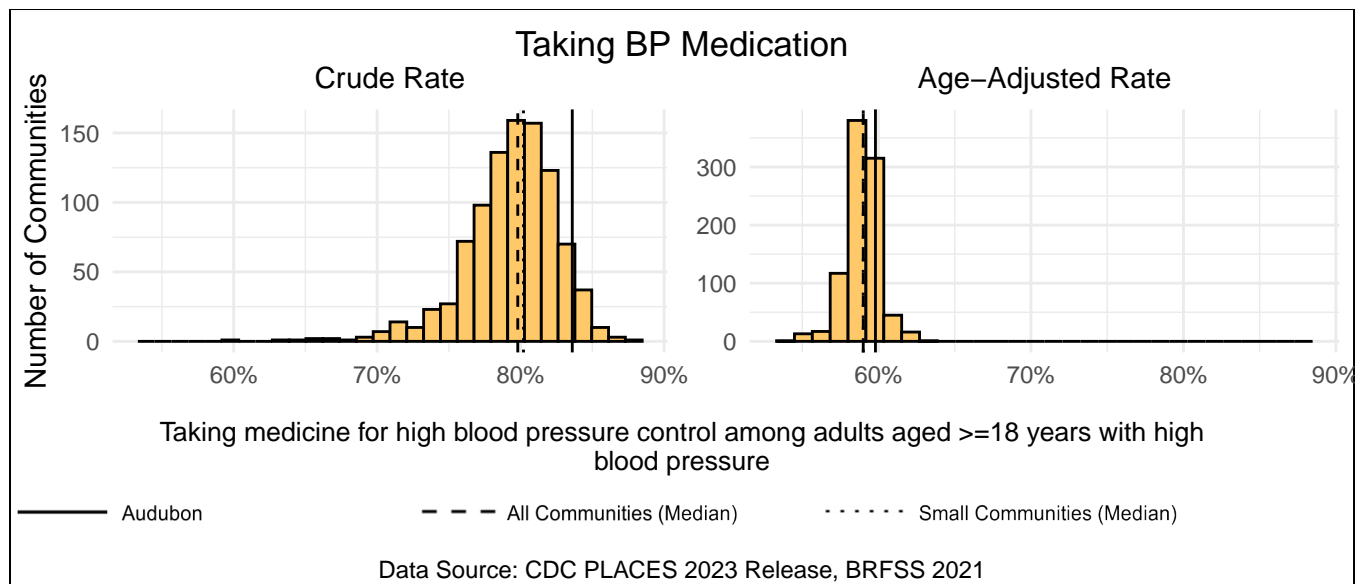| Measure Type	Audubon	All Comm.	Small Comm.
Crude	83.6%	79.8%	80.2%
Age-Adjusted	59.8%	59.0%	59.0%

Taking BP Medication

Crude Rate — Age–Adjusted Rate

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

—— Audubon   – – – All Communities (Median)   ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Audubon has a crude rate of 81.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 768th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Audubon is 81.7%, which ranks 762nd out of 905 Iowa communities (131st out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	81.8%	83.3%	83.6%
Age-Adjusted	81.7%	83.2%	83.5%

Cervical Cancer Screening

Crude Rate — Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

—— Audubon   – – – All Communities (Median)   ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
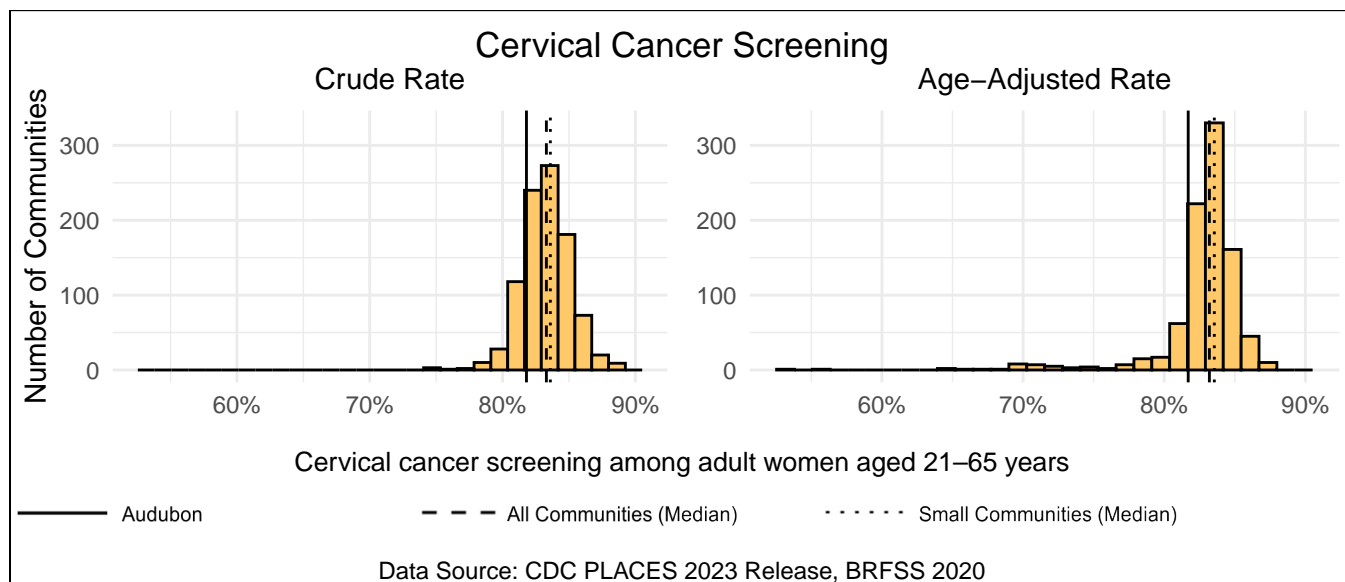
Annual Checkup

Audubon has a crude rate of 77.9% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 81st out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Audubon is 72.6%, which ranks 435th out of 905 Iowa communities (70th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	77.9%	75.2%	75.5%
Age-Adjusted	72.6%	72.6%	72.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Audubon has a crude rate of 83.4% for cholesterol screening among adults aged >=18 years, which ranks 317th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Audubon is 77.1%, which ranks 851st out of 905 Iowa communities (134th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	83.4%	82.6%	82.9%
Age-Adjusted	77.1%	79.1%	79.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Audubon has a crude rate of 70.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 643rd out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Audubon is 68.1%, which ranks 853rd out of 905 Iowa communities (133rd out of 138 small communities).
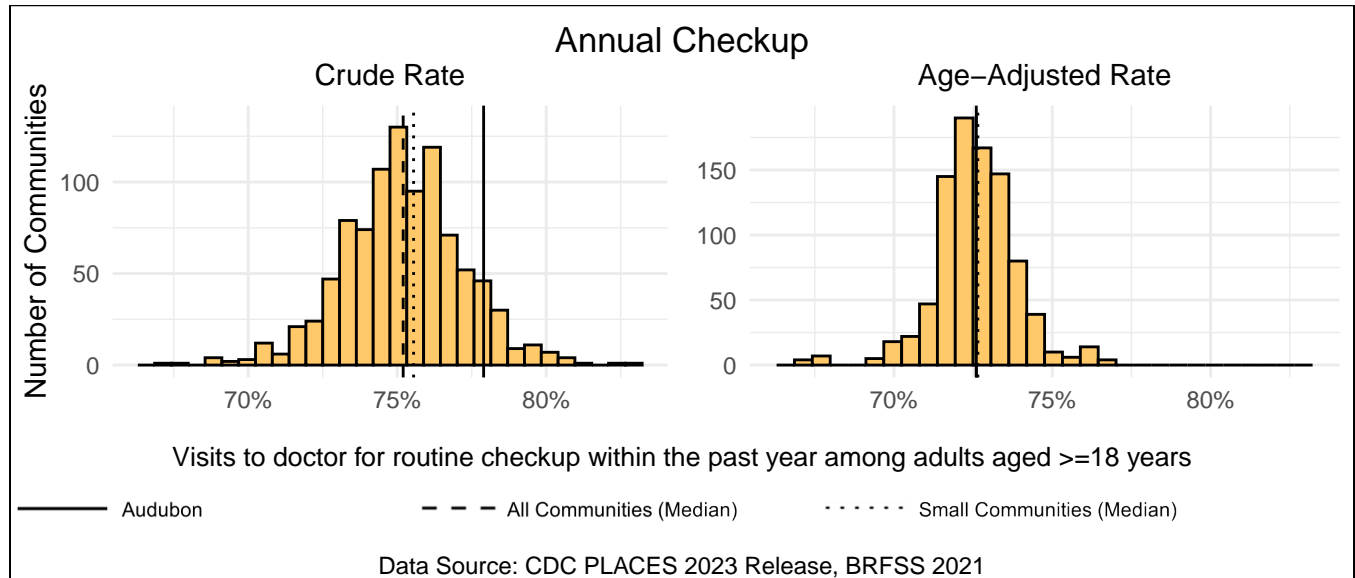
Measure Type	Audubon	All Comm.	Small Comm.
Crude	70.5%	71.6%	71.9%
Age-Adjusted	68.1%	70.9%	71.1%

Colorectal Cancer Screening
Crude Rate — Age–Adjusted Rate
Number of Communities
Colorectal cancer screening among adults aged 50–75 years
—— Audubon   — — — All Communities (Median)   · · · · · · Small Communities (Median)
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Audubon has a crude rate of 39.6% 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 848th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Audubon is 40.0%, which ranks 754th out of 905 Iowa communities (126th out of 138 small communities).
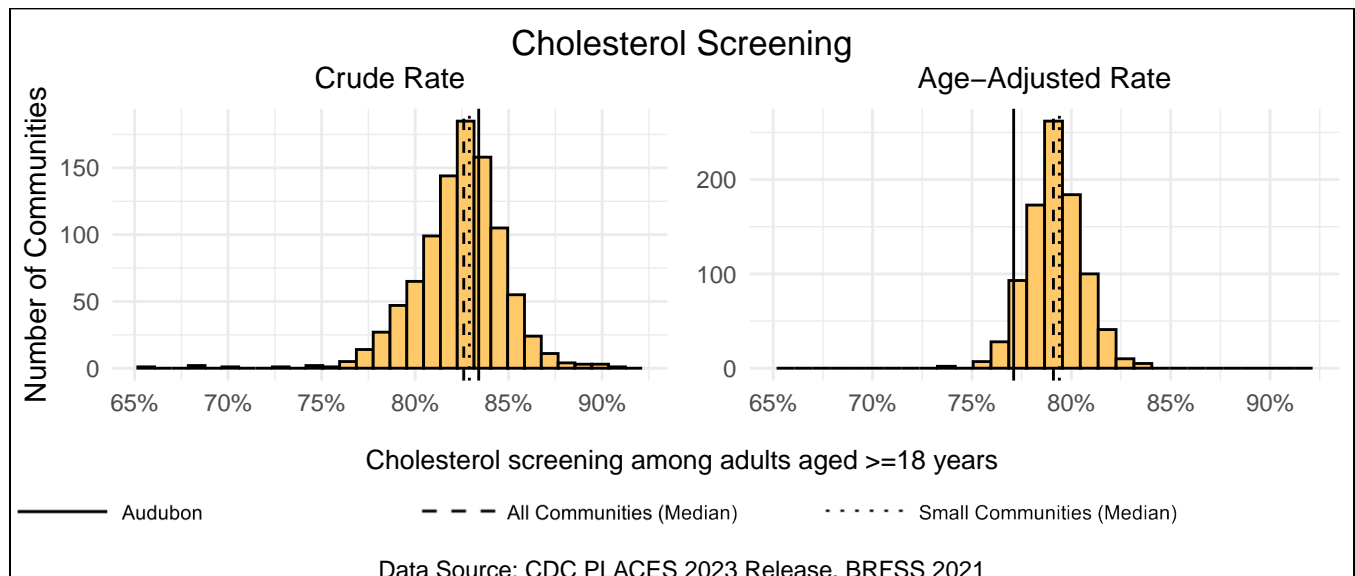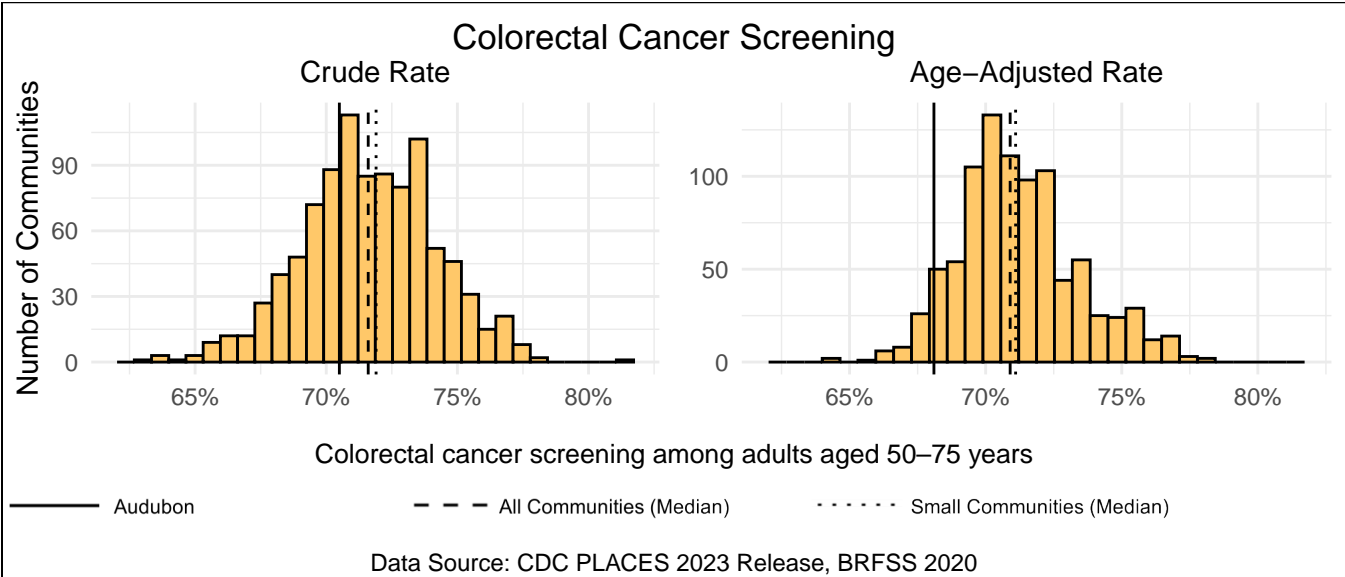
Measure Type	Audubon	All Comm.	Small Comm.
Crude	39.6%	43.5%	43.8%
Age-Adjusted	40.0%	43.5%	44.2%

Core preventive services for older men

Crude Rate | Age-Adjusted Rate

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

—— Audubon   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Audubon has a crude rate of 34.0% 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 886th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Audubon is 36.6%, which ranks 781st out of 905 Iowa communities (133rd out of 138 small communities).
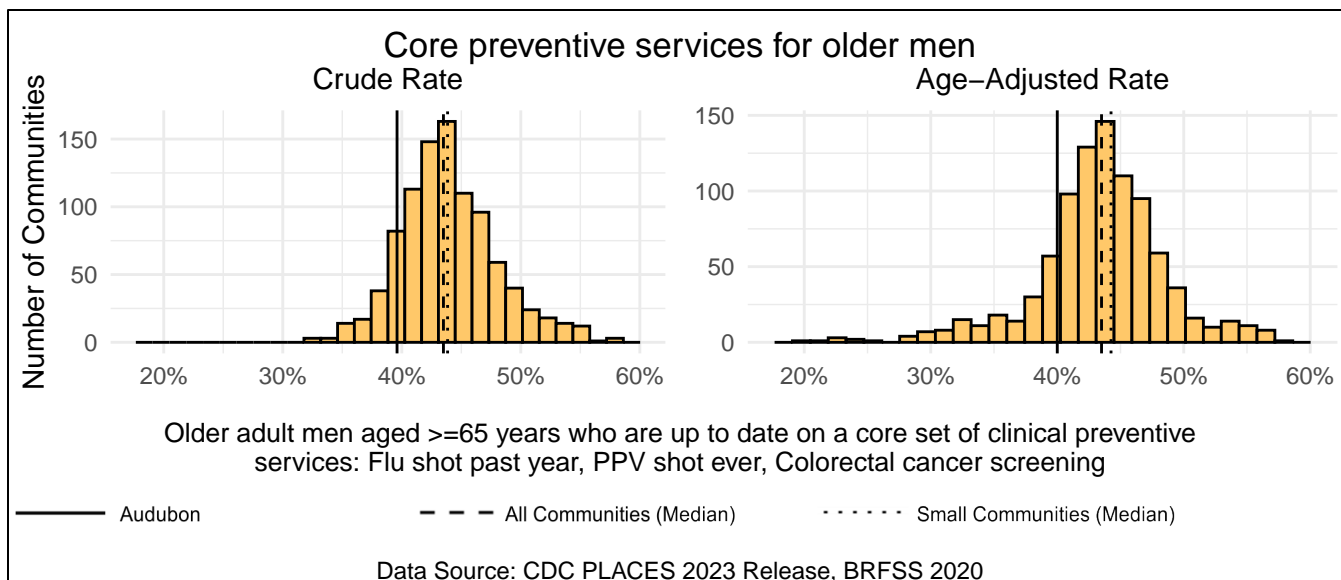
Measure Type	Audubon	All Comm.	Small Comm.
Crude	34.0%	39.0%	38.2%
Age-Adjusted	36.6%	39.9%	40.7%

Core preventive services for older women

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

Audubon — All Communities (Median) — Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
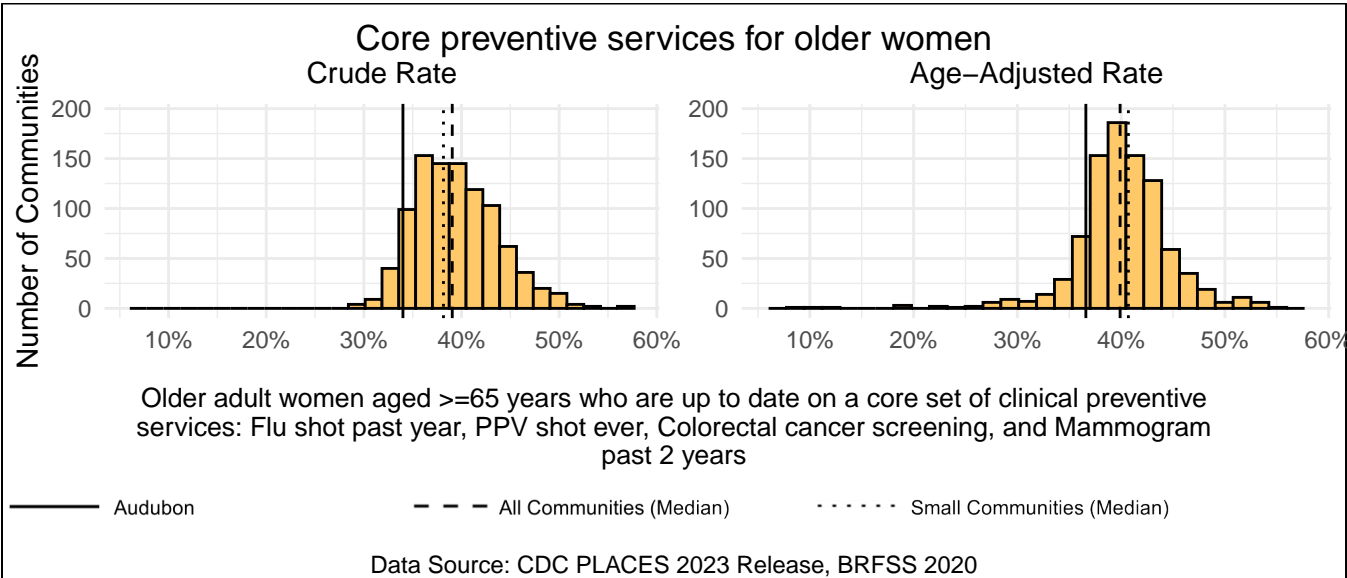
Dental Visit

Audubon has a crude rate of 62.1% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 874th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Audubon is 61.1%, which ranks 839th out of 905 Iowa communities (133rd out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	62.1%	67.2%	68.2%
Age-Adjusted	61.1%	66.6%	67.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

Visits to dentist or dental clinic among adults aged >=18 years

—— Audubon   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Audubon has a crude rate of 72.3% for mammography use among women aged 50–74 years, which ranks 929th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Audubon is 70.9%, which ranks 825th out of 905 Iowa communities (130th out of 138 small communities).
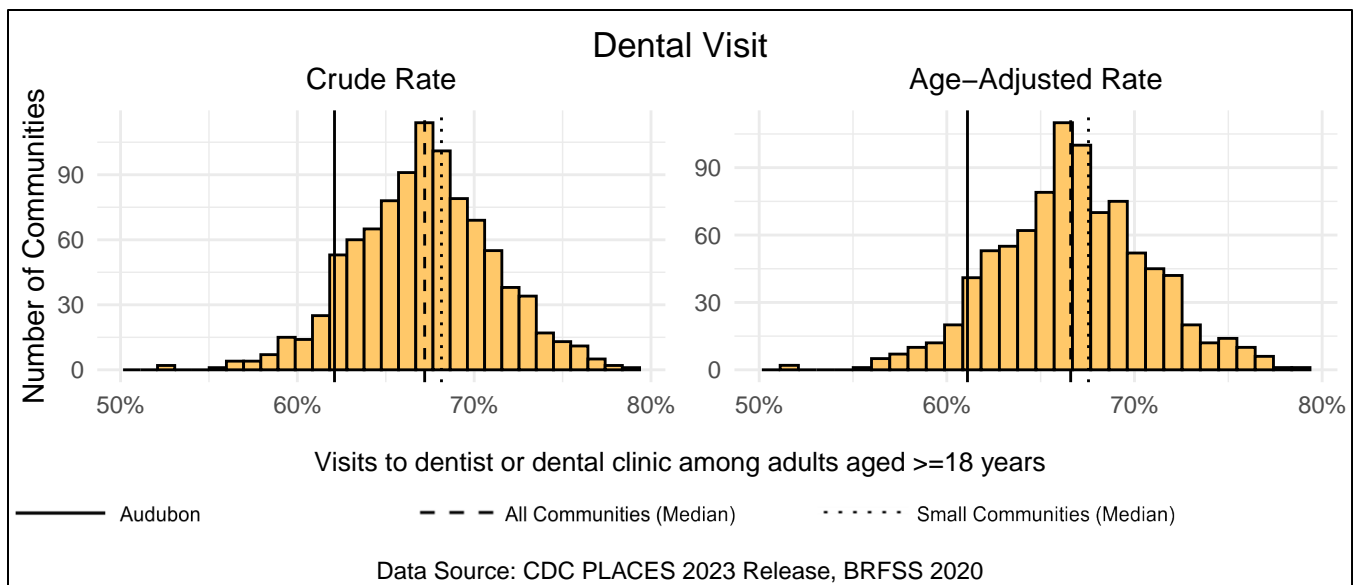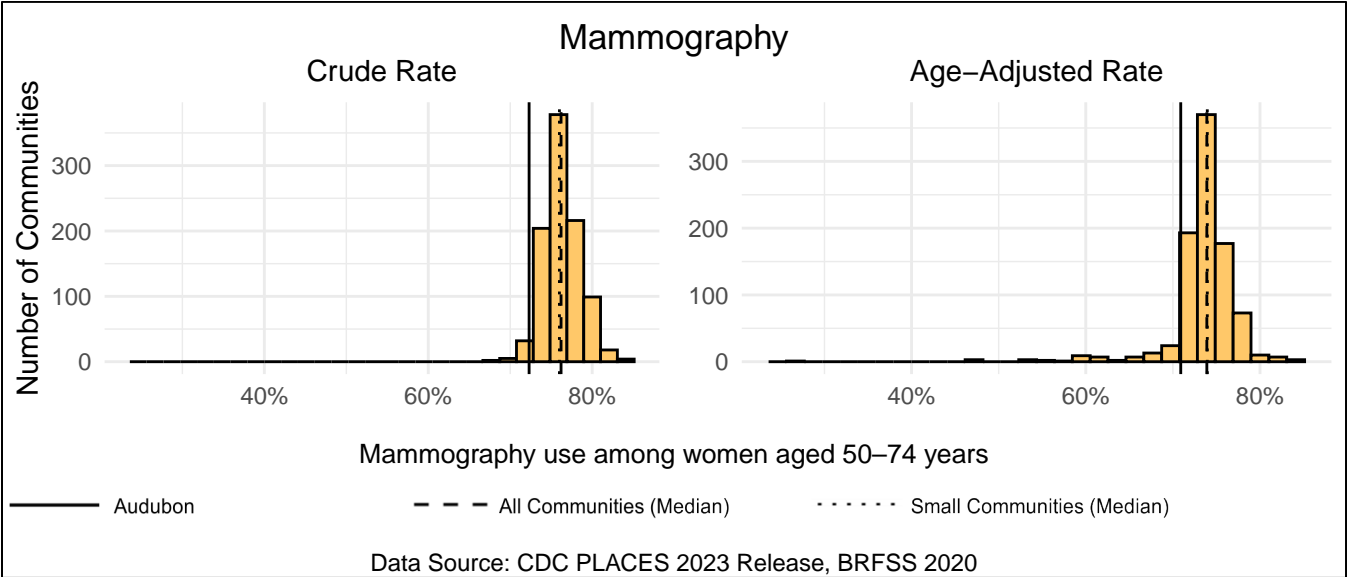
Measure Type	Audubon	All Comm.	Small Comm.
Crude	72.3%	76.2%	76.0%
Age-Adjusted	70.9%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Audubon has a crude rate of 10.3% for hearing disability among adults aged >=18 years, which ranks 935th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Audubon is 6.5%, which ranks 766th out of 905 Iowa communities (129th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	10.3%	7.4%	7.6%
Age-Adjusted	6.5%	6.0%	5.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
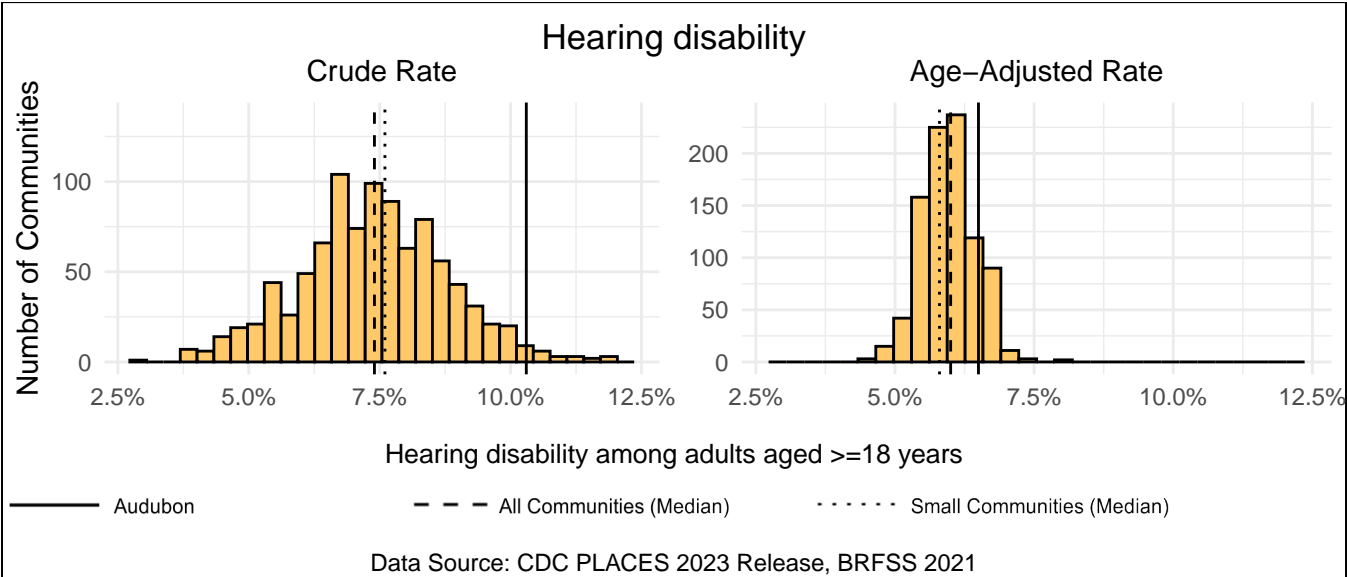
Vision disability

Audubon has a crude rate of 5.7% for vision disability among adults aged >=18 years, which ranks 916th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Audubon is 4.5%, which ranks 809th out of 905 Iowa communities (128th out of 138 small communities).
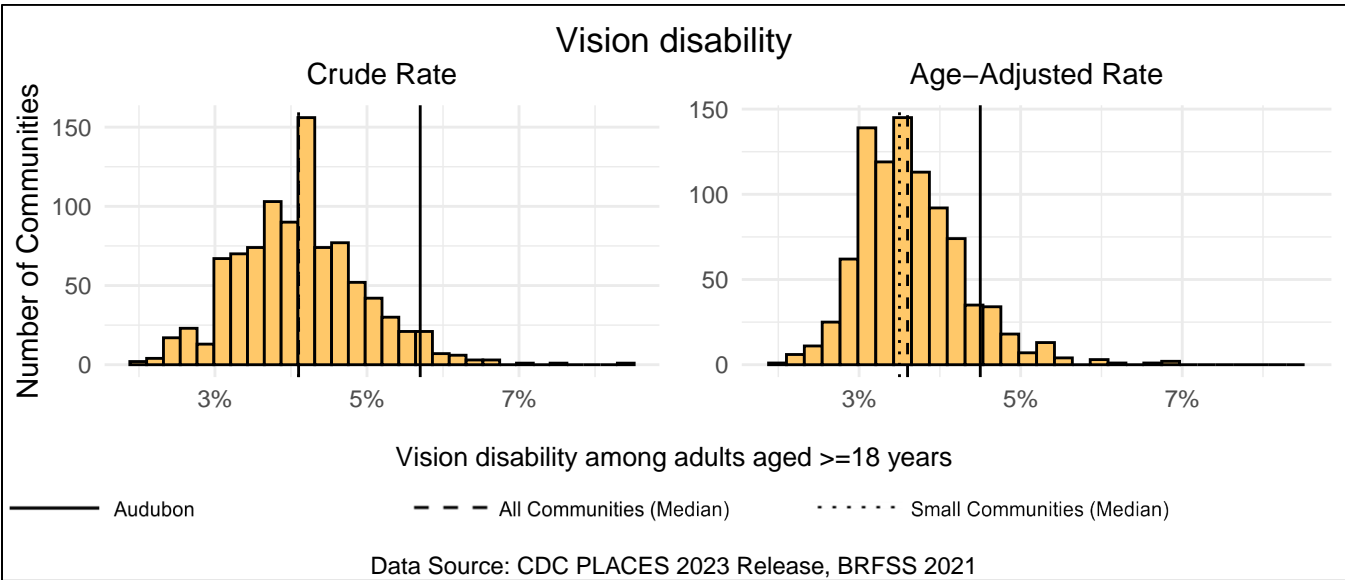
Measure Type	Audubon	All Comm.	Small Comm.
Crude	5.7%	4.1%	4.1%
Age-Adjusted	4.5%	3.6%	3.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Audubon has a crude rate of 12.7% for cognitive disability among adults aged >=18 years, which ranks 839th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Audubon is 13.7%, which ranks 844th out of 905 Iowa communities (132nd out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	12.7%	11.1%	10.9%
Age-Adjusted	13.7%	11.6%	11.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Audubon has a crude rate of 16.6% for mobility disability among adults aged >=18 years, which ranks 943rd out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Audubon is 11.3%, which ranks 819th out of 905 Iowa communities (131st out of 138 small communities).
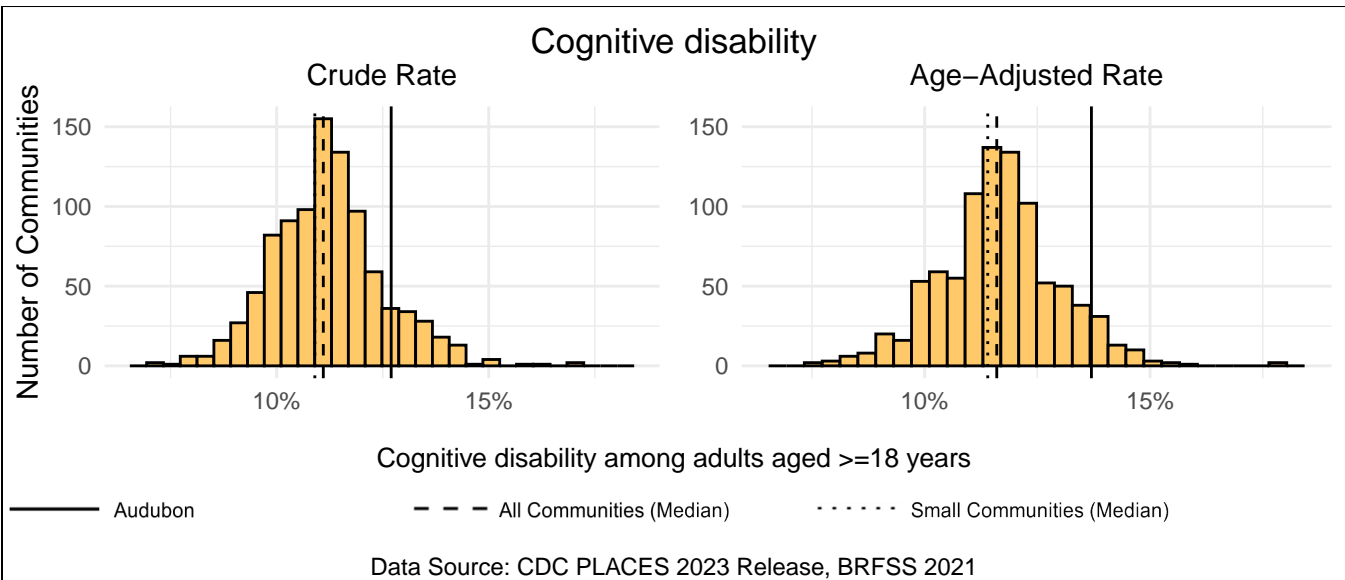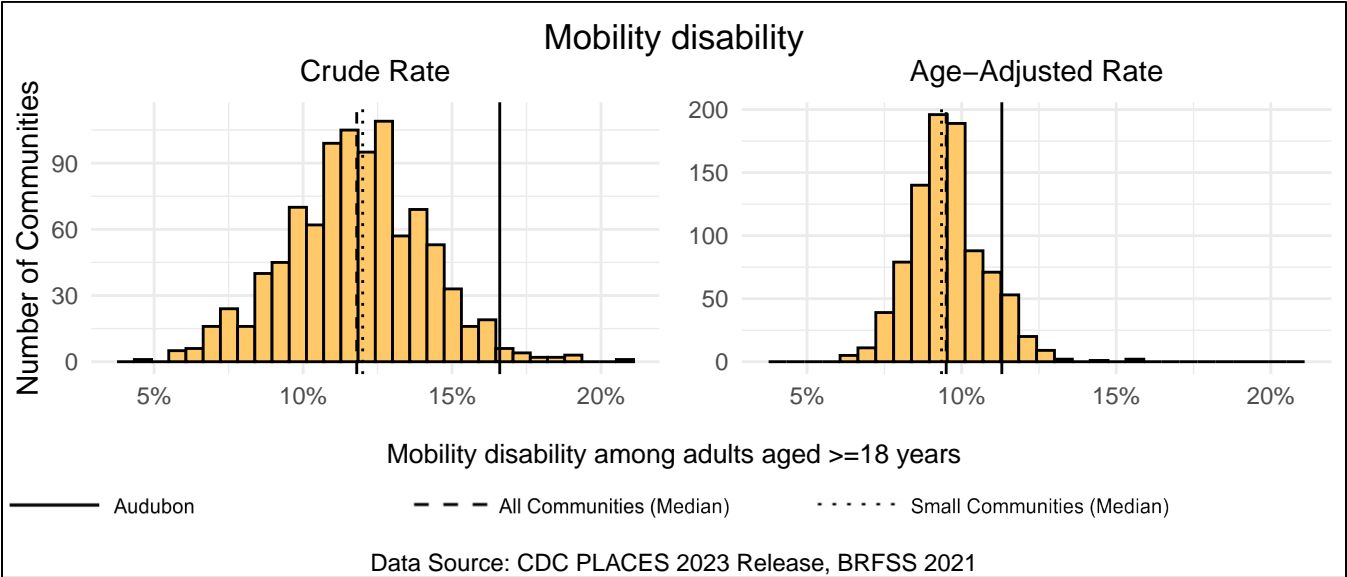
Measure Type	Audubon	All Comm.	Small Comm.
Crude	16.6%	11.8%	12.0%
Age-Adjusted	11.3%	9.5%	9.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Audubon has a crude rate of 4.7% for self-care disability among adults aged >=18 years, which ranks 923rd out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Audubon is 3.6%, which ranks 798th out of 905 Iowa communities (129th out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	4.7%	3.4%	3.3%
Age-Adjusted	3.6%	2.9%	2.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
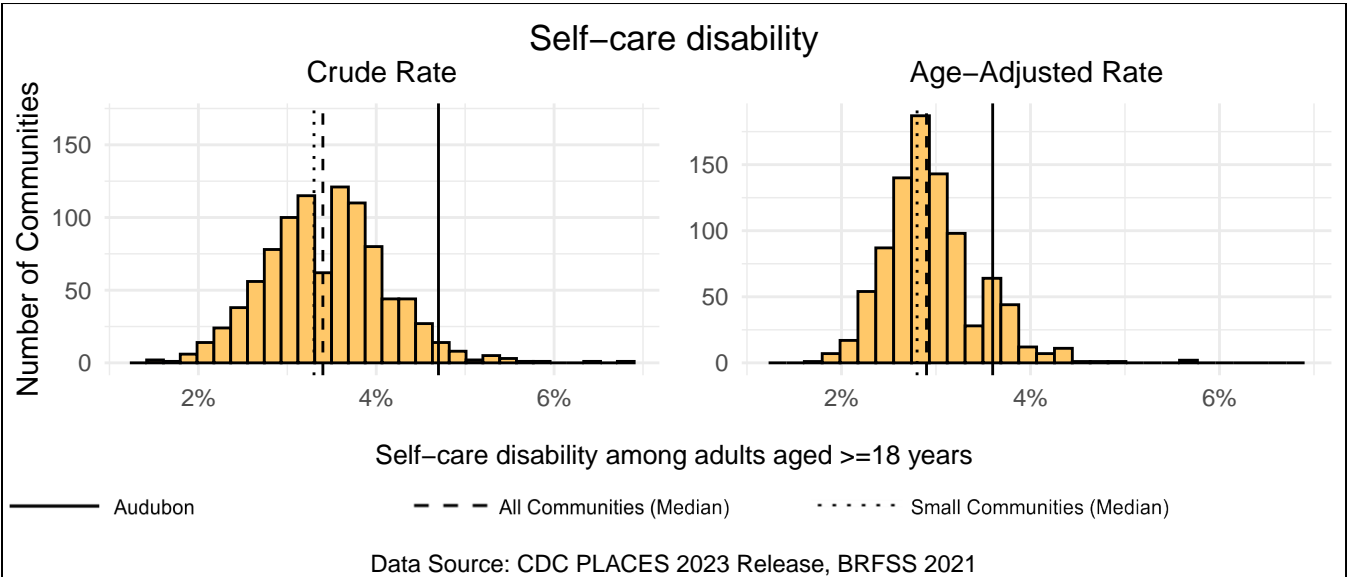
Independent living disability

Audubon has a crude rate of 8.8% for independent living disability among adults aged >=18 years, which ranks 932nd out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Audubon is 7.6%, which ranks 836th out of 905 Iowa communities (131st out of 138 small communities).

Measure Type	Audubon	All Comm.	Small Comm.
Crude	8.8%	6.6%	6.8%
Age-Adjusted	7.6%	6.2%	6.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Audubon has a crude rate of 32.1% for any disability among adults aged >=18 years, which ranks 945th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Audubon is 26.2%, which ranks 819th out of 905 Iowa communities (131st out of 138 small communities).
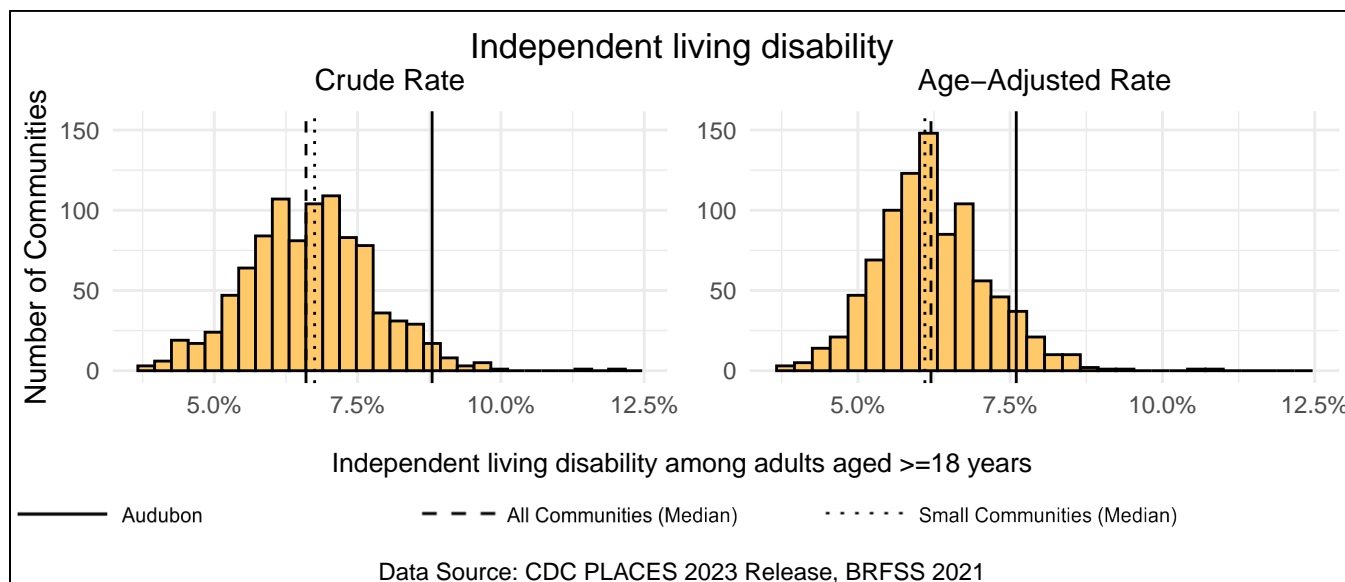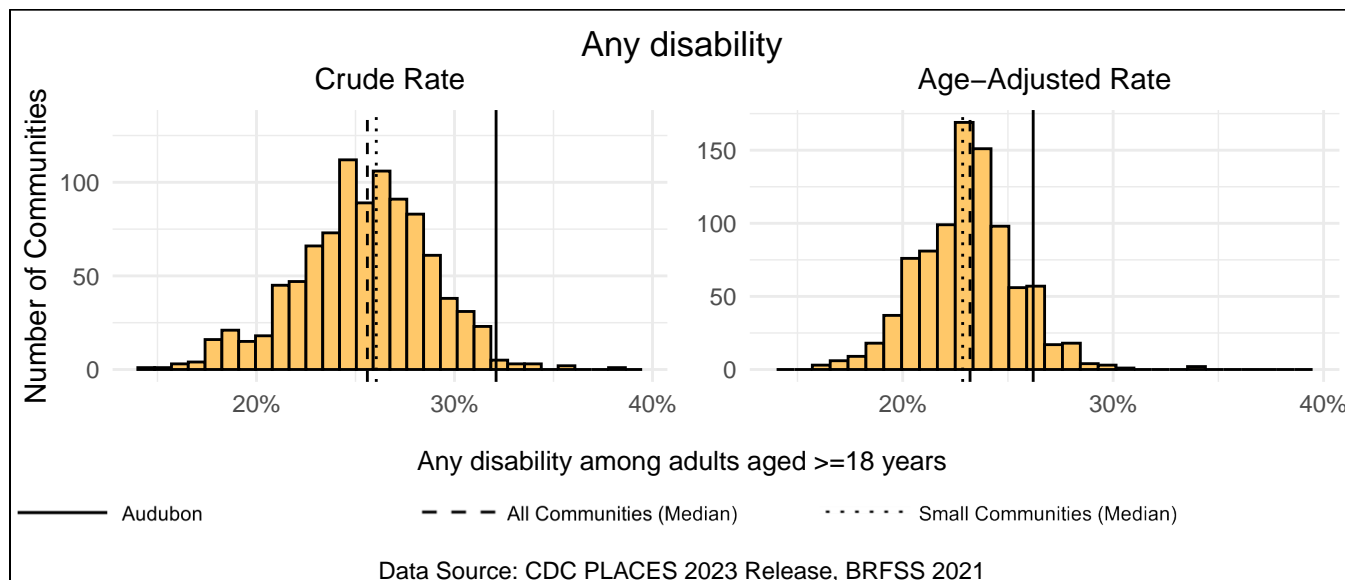
Measure Type	Audubon	All Comm.	Small Comm.
Crude	32.1%	25.6%	26.0%
Age-Adjusted	26.2%	23.2%	22.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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: Audubon PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	929	13.1% (11.1% - 15.3%)	816	11.1% (9.5% - 12.9%)
Health Status	Mental Health	514	14.4% (12.5% - 16.6%)	850	17.0% (14.7% - 19.6%)
Health Status	General Health	930	18.5% (15.1% - 22.2%)	828	15.5% (13.0% - 18.5%)
Health Risk Behaviors	Sleep <7 hours	498	30.4% (28.8% - 32.0%)	794	32.6% (30.9% - 34.2%)
Health Risk Behaviors	Physical Inactivity	917	31.2% (25.7% - 37.2%)	795	27.3% (22.4% - 32.7%)
Health Risk Behaviors	Binge Drinking	29	16.0% (13.1% - 19.2%)	124	20.8% (17.0% - 24.9%)
Health Risk Behaviors	Current Smoking	694	18.0% (14.3% - 21.6%)	840	20.5% (16.5% - 24.9%)
Health Outcomes	COPD	937	10.0% (8.2% - 12.2%)	842	7.5% (6.3% - 9.0%)
Health Outcomes	Stroke	937	4.6% (3.9% - 5.5%)	781	2.9% (2.5% - 3.3%)
Health Outcomes	Depression	424	17.9% (14.5% - 21.6%)	797	20.3% (16.5% - 24.3%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.9%)	805	10.0% (8.8% - 11.5%)
Health Outcomes	Coronary Heart Disease	935	9.1% (7.8% - 10.7%)	797	5.6% (4.8% - 6.3%)
Health Outcomes	Chronic Kidney Disease	938	4.3% (3.8% - 4.8%)	762	2.8% (2.5% - 3.1%)
Health Outcomes	Obesity	586	38.3% (30.4% - 46.7%)	725	39.6% (31.5% - 47.8%)
Health Outcomes	Diabetes	930	13.0% (11.1% - 15.2%)	802	9.3% (7.9% - 10.8%)
Health Outcomes	All Teeth Lost	885	16.5% (10.8% - 23.7%)	820	15.8% (10.7% - 21.7%)
Health Outcomes	Arthritis	934	34.2% (29.4% - 39.1%)	855	25.0% (21.2% - 29.1%)
Health Outcomes	High Blood Pressure	930	38.8% (34.2% - 43.5%)	798	29.2% (25.2% - 33.2%)
Health Outcomes	Cancer (except skin)	913	10.3% (9.2% - 11.5%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	High Cholesterol	892	40.1% (34.9% - 45.2%)	669	30.4% (25.8% - 35.2%)
Prevention	Health Insurance	841	8.9% (6.5% - 11.8%)	788	9.3% (7.0% - 12.2%)
Prevention	Dental Visit	874	62.1% (58.0% - 66.4%)	839	61.1% (56.7% - 65.3%)
Prevention	Taking BP Medication	55	83.6% (80.7% - 86.1%)	126	59.8% (54.9% - 64.8%)
Prevention	Mammography	929	72.3% (67.1% - 77.2%)	825	70.9% (65.9% - 75.8%)
Prevention	Core preventive services for older women	886	34.0% (26.7% - 42.7%)	781	36.6% (28.9% - 44.9%)
Prevention	Cholesterol Screening	317	83.4% (80.4% - 86.1%)	851	77.1% (73.1% - 80.8%)

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	848	39.6% (30.3% - 48.8%)	754	40.0% (31.2% - 49.1%)
Prevention	Annual Checkup	81	77.9% (73.2% - 82.1%)	435	72.6% (67.0% - 77.6%)
Prevention	Colorectal Cancer Screening	643	70.5% (67.3% - 73.6%)	853	68.1% (64.7% - 71.7%)
Prevention	Cervical Cancer Screening	768	81.8% (79.0% - 84.5%)	762	81.7% (79.0% - 84.4%)
Disability	Independent Living Disability	932	8.8% (7.2% - 10.8%)	836	7.6% (6.4% - 8.9%)
Disability	Mobility Disability	943	16.6% (13.8% - 19.9%)	819	11.3% (9.5% - 13.3%)
Disability	Cognitive Disability	839	12.7% (10.6% - 15.0%)	844	13.7% (11.5% - 16.2%)
Disability	Vision Disability	916	5.7% (4.7% - 6.9%)	809	4.5% (3.8% - 5.3%)
Disability	Any Disability	945	32.1% (27.4% - 36.9%)	819	26.2% (22.1% - 30.5%)
Disability	Hearing Disability	935	10.3% (8.9% - 11.8%)	766	6.5% (5.7% - 7.3%)
Disability	Self-care Disability	923	4.7% (3.9% - 5.7%)	798	3.6% (3.1% - 4.3%)

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: Small Communities (1,000-2,499)

Audubon falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 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	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		