



## Iowa Community Health Snapshot Series

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



*May 2024*

*By Matthew Voss & Shawn Dorius*

---

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

# Iowa Community Health Snapshot Series

## Table of contents

<b>Health in Bedford: Overview</b>	<b>3</b>
Strengths . . . . .	3
Opportunities . . . . .	4
How to Use this Report . . . . .	5
Using Ames, IA as an Example . . . . .	6
<b>Health Status</b>	<b>7</b>
Poor General Health . . . . .	7
Poor Physical Health . . . . .	8
Poor Mental Health . . . . .	8
<b>Health Risk Behaviors</b>	<b>9</b>
Binge Drinking . . . . .	9
Current Smoking . . . . .	10
Physical Inactivity . . . . .	10
Sleep <7 hours . . . . .	11
<b>Health Outcomes</b>	<b>12</b>
Arthritis . . . . .	12
High Blood Pressure . . . . .	13
Cancer (except skin) . . . . .	13
Current Asthma . . . . .	14
Coronary Heart Disease . . . . .	14
COPD . . . . .	15
Depression . . . . .	15
Diabetes . . . . .	16
High Cholesterol . . . . .	16
Chronic Kidney Disease . . . . .	17
Obesity . . . . .	17
Stroke . . . . .	18
All Teeth Lost . . . . .	18
<b>Prevention</b>	<b>19</b>
Lack of Health Insurance . . . . .	19
Taking BP Medication . . . . .	20
Cervical Cancer Screening . . . . .	20
Annual Checkup . . . . .	21
Cholesterol Screening . . . . .	21

---

Colorectal Cancer Screening . . . . .	22
Core preventive services for older men . . . . .	22
Core preventive services for older women . . . . .	24
Dental Visit . . . . .	24
Mammography . . . . .	26
<b>Disability</b>	<b>27</b>
Hearing disability . . . . .	27
Vision disability . . . . .	28
Cognitive disability . . . . .	28
Mobility disability . . . . .	29
Self-care disability . . . . .	29
Independent living disability . . . . .	30
Any disability . . . . .	30
<b>Appendix 1: CDC PLACES Data</b>	<b>31</b>
<b>Appendix 2: Bedford PLACES Data</b>	<b>32</b>
<b>Appendix 3: Small Communities (1,000-2,499)</b>	<b>34</b>

# Health in Bedford: Overview

Dear Community Members & Stakeholders of Bedford,

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 Bedford ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Bedford'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 Bedford. 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
Annual Checkup	163rd	31st	Taking BP Medication	251st	36th
Taking BP Medication	163rd	36th	Binge Drinking	300th	47th
Binge Drinking	176th	33rd	Annual Checkup	333rd	52nd
Depression	461st	75th	Cancer (except skin)	418th	41st
Obesity	467th	84th	High Cholesterol	427th	70th

# 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	877th	124th	Sleep <7 hours	770th	121st
Mobility Disability	865th	123rd	Mental Health	765th	124th
Hearing Disability	861st	119th	Current Asthma	762nd	120th
Independent Living Disability	849th	123rd	Any Disability	758th	124th
Coronary Heart Disease	845th	119th	Current Smoking	758th	122nd

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 Bedford.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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

---

## How to Use this Report

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

With a population of 1,416, Bedford'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 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

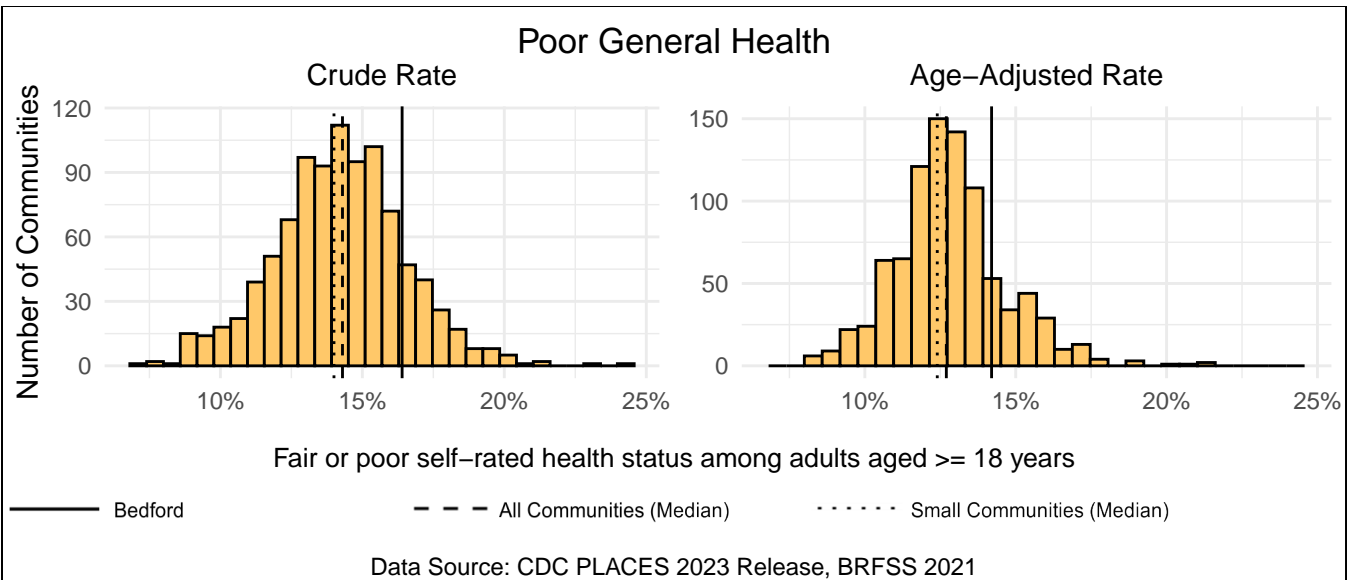
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Bedford has a crude rate of 16.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 811th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Bedford is 14.2%, which ranks 732nd out of 905 Iowa communities (119th out of 138 small communities).

Measure Type	Bedford	All Comm.	Small Comm.
Crude	16.4%	14.3%	14.0%
Age-Adjusted	14.2%	12.7%	12.4%

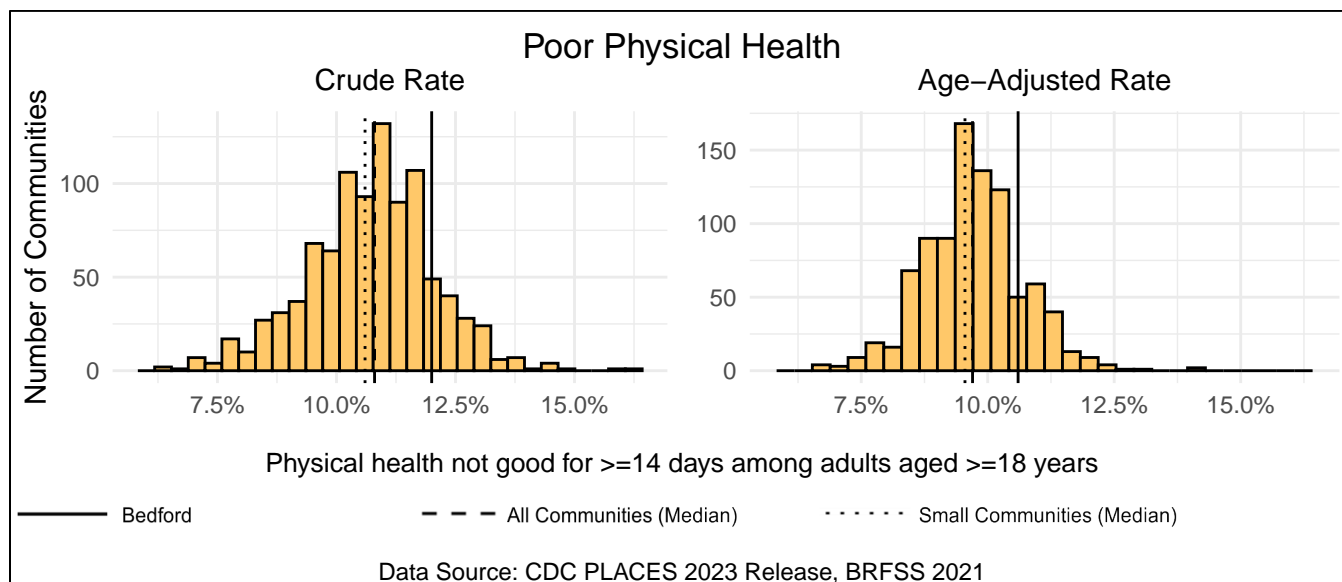




## Poor Physical Health

Bedford has a crude rate of 12.0% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 811th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Bedford is 10.6%, which ranks 742nd out of 905 Iowa communities (122nd out of 138 small communities).

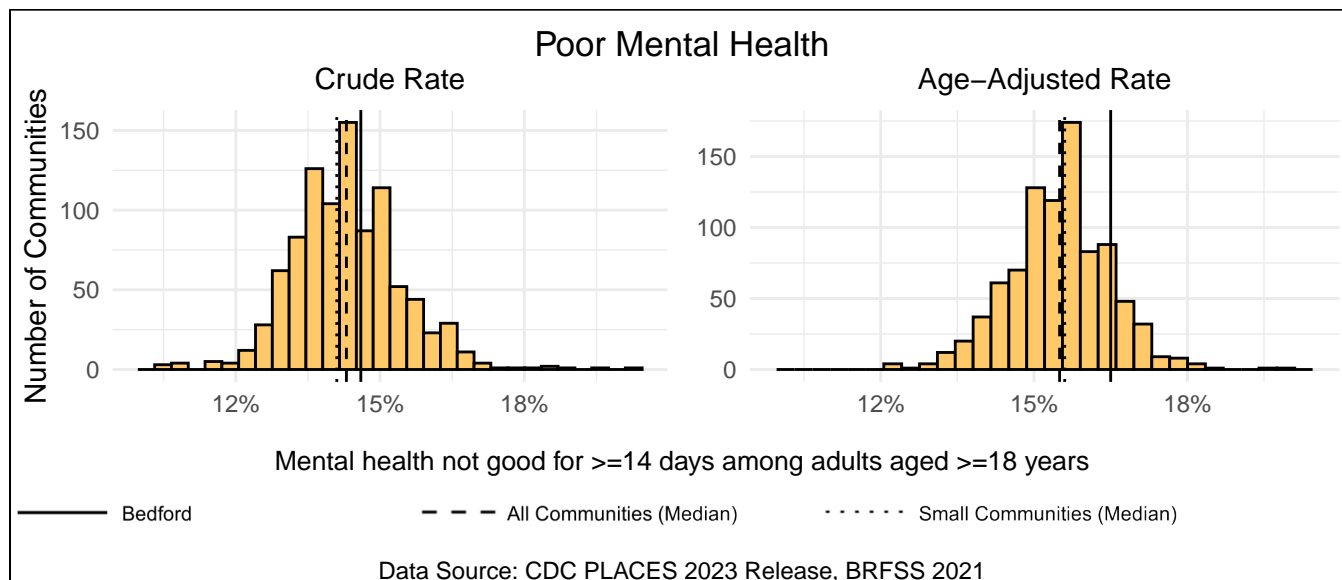
Measure Type	Bedford	All Comm.	Small Comm.
Crude	12.0%	10.8%	10.6%
Age-Adjusted	10.6%	9.7%	9.6%



## Poor Mental Health

Bedford 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 (98th out of 138 small communities). The age-adjusted rate for Bedford is 16.5%, which ranks 765th out of 905 Iowa communities (124th out of 138 small communities).

Measure Type	Bedford	All Comm.	Small Comm.
Crude	14.6%	14.3%	14.1%
Age-Adjusted	16.5%	15.5%	15.6%



# Health Risk Behaviors

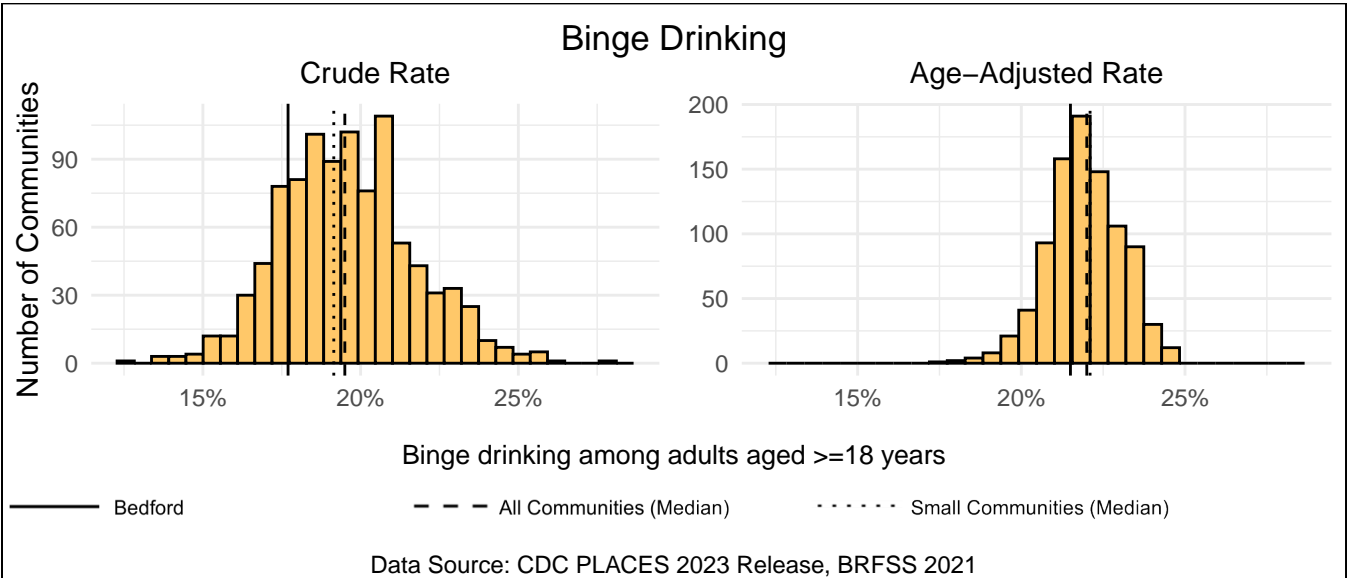
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Bedford has a crude rate of 17.7% for binge drinking among adults aged  $\geq 18$  years, which ranks 176th out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Bedford is 21.5%, which ranks 300th out of 905 Iowa communities (47th out of 138 small communities).

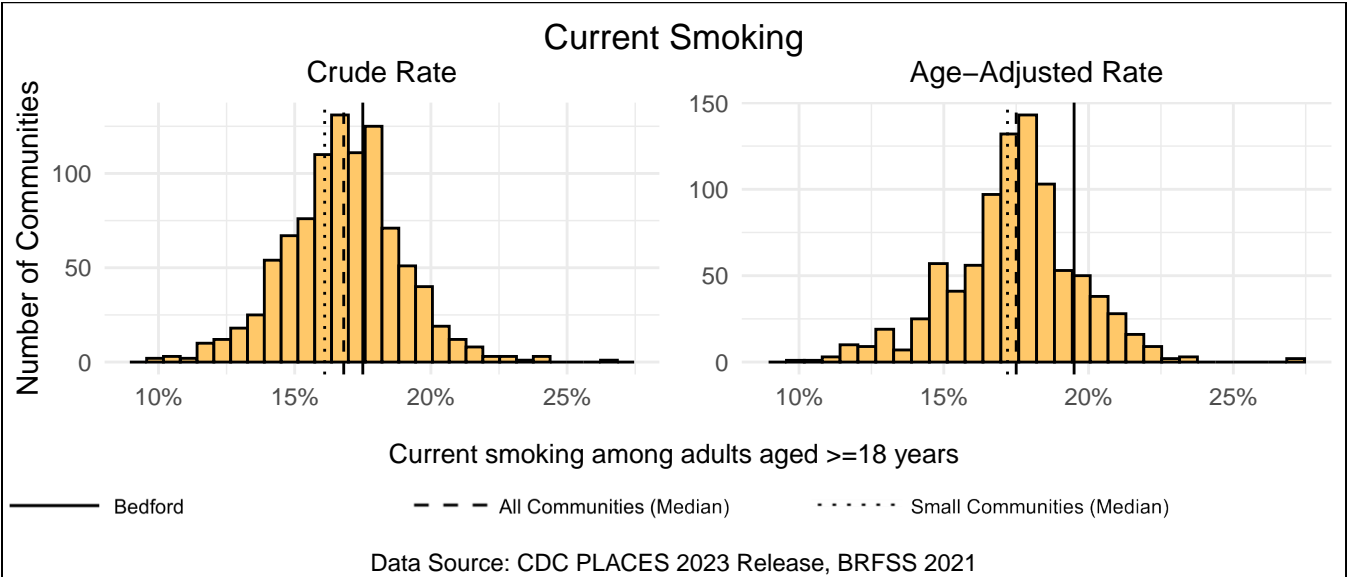
Measure Type	Bedford	All Comm.	Small Comm.
Crude	17.7%	19.5%	19.1%
Age-Adjusted	21.5%	22.0%	22.1%



# Current Smoking

Bedford has a crude rate of 17.5% for current smoking among adults aged  $\geq 18$  years, which ranks 607th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Bedford is 19.5%, which ranks 758th out of 905 Iowa communities (122nd out of 138 small communities).

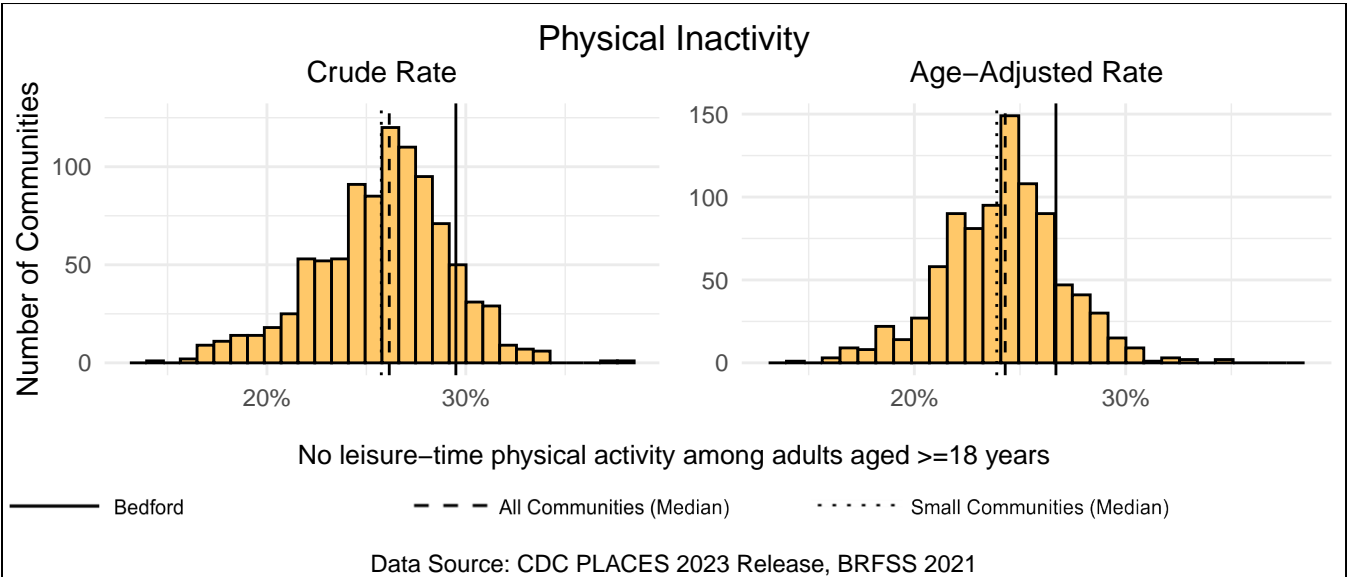
Measure Type	Bedford	All Comm.	Small Comm.
Crude	17.5%	16.8%	16.1%
Age-Adjusted	19.5%	17.5%	17.2%



# Physical Inactivity

Bedford has a crude rate of 29.5% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 840th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Bedford is 26.7%, which ranks 756th out of 905 Iowa communities (120th out of 138 small communities).

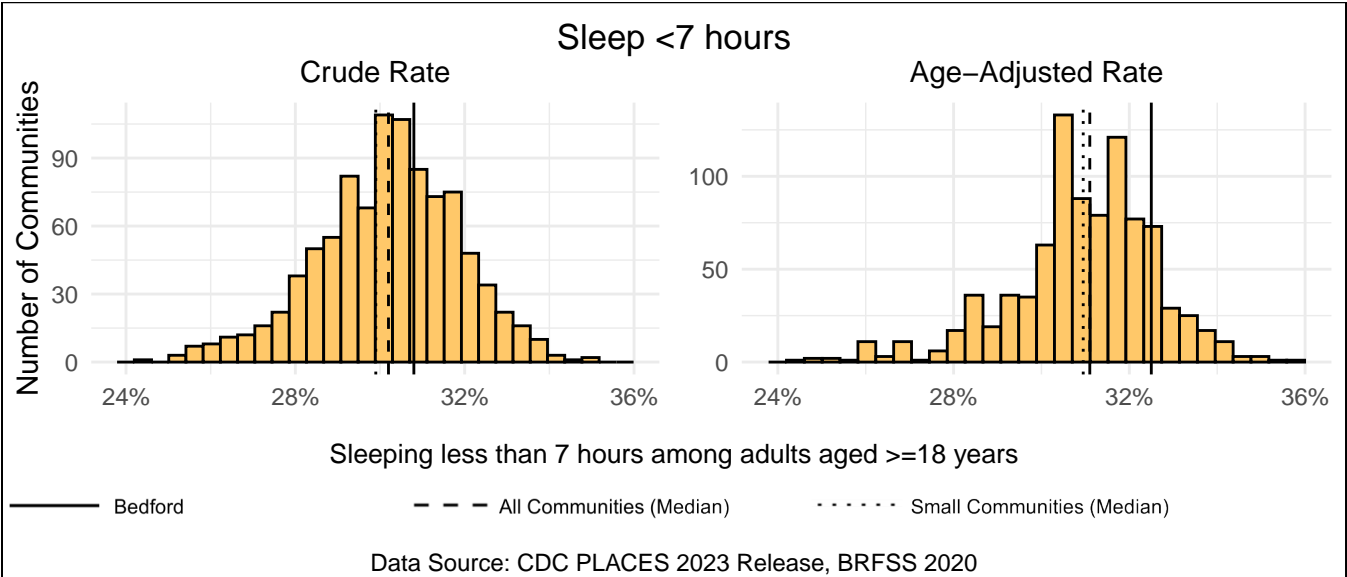
Measure Type	Bedford	All Comm.	Small Comm.
Crude	29.5%	26.1%	25.8%
Age-Adjusted	26.7%	24.3%	23.9%



### Sleep <7 hours

Bedford has a crude rate of 30.8% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 590th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Bedford is 32.5%, which ranks 770th out of 905 Iowa communities (121st out of 138 small communities).

Measure Type	Bedford	All Comm.	Small Comm.
Crude	30.8%	30.2%	29.9%
Age-Adjusted	32.5%	31.1%	31.0%



# Health Outcomes

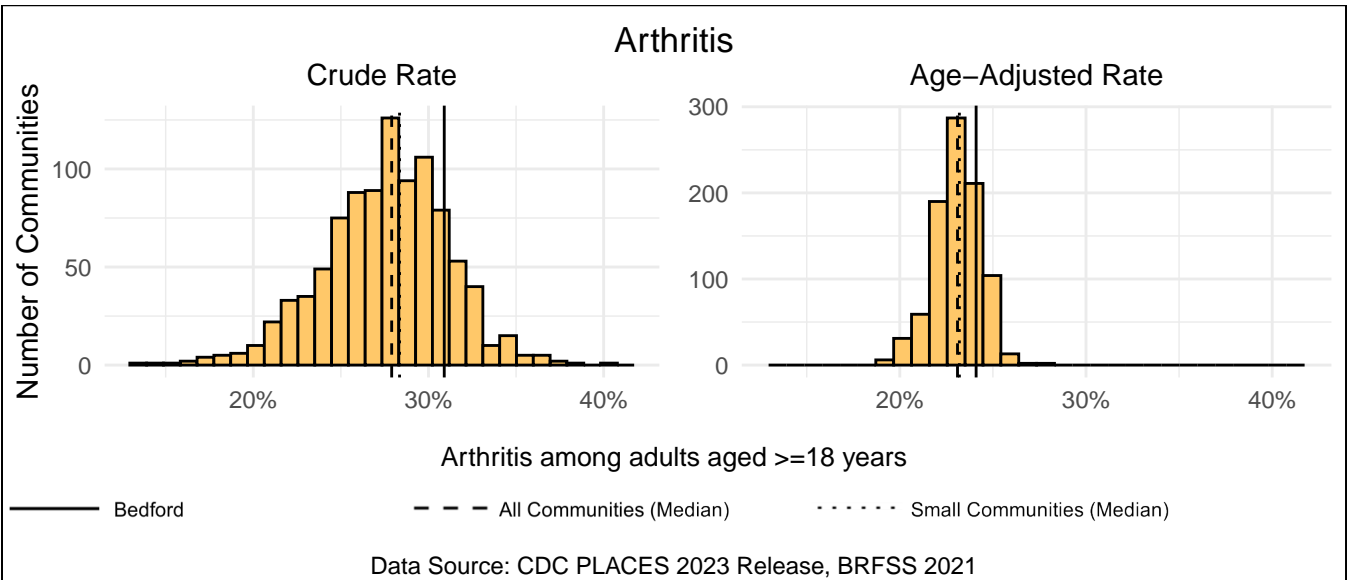
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Bedford has a crude rate of 30.9% for arthritis among adults aged  $\geq 18$  years, which ranks 803rd out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Bedford is 24.1%, which ranks 707th out of 905 Iowa communities (109th out of 138 small communities).

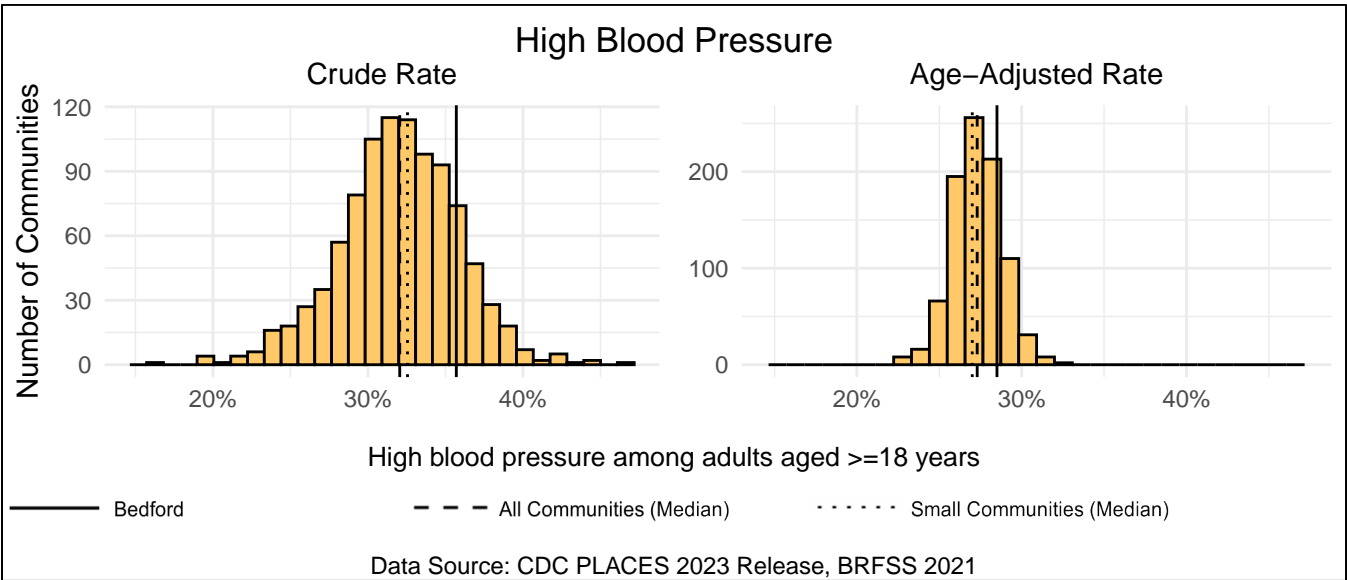
Measure Type	Bedford	All Comm.	Small Comm.
Crude	30.9%	27.9%	28.4%
Age-Adjusted	24.1%	23.1%	23.2%



## High Blood Pressure

Bedford has a crude rate of 35.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 803rd out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Bedford is 28.5%, which ranks 710th out of 905 Iowa communities (113th out of 138 small communities).

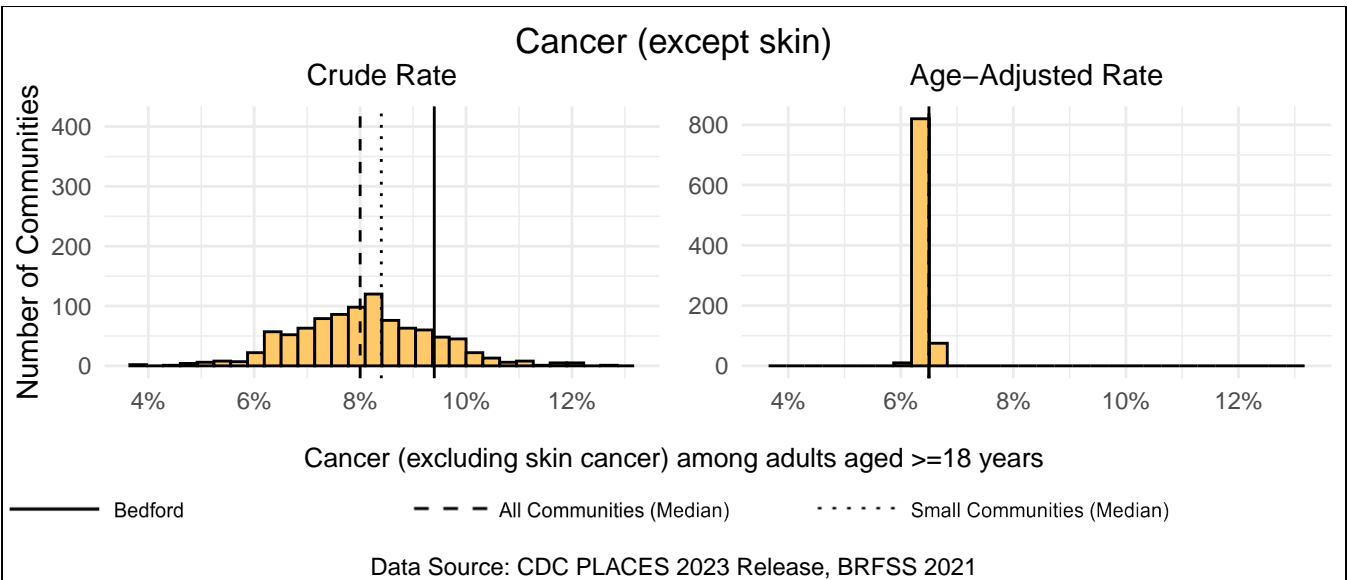
Measure Type	Bedford	All Comm.	Small Comm.
Crude	35.7%	32.0%	32.5%
Age-Adjusted	28.5%	27.3%	27.0%



## Cancer (except skin)

Bedford has a crude rate of 9.4% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 805th out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Bedford is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

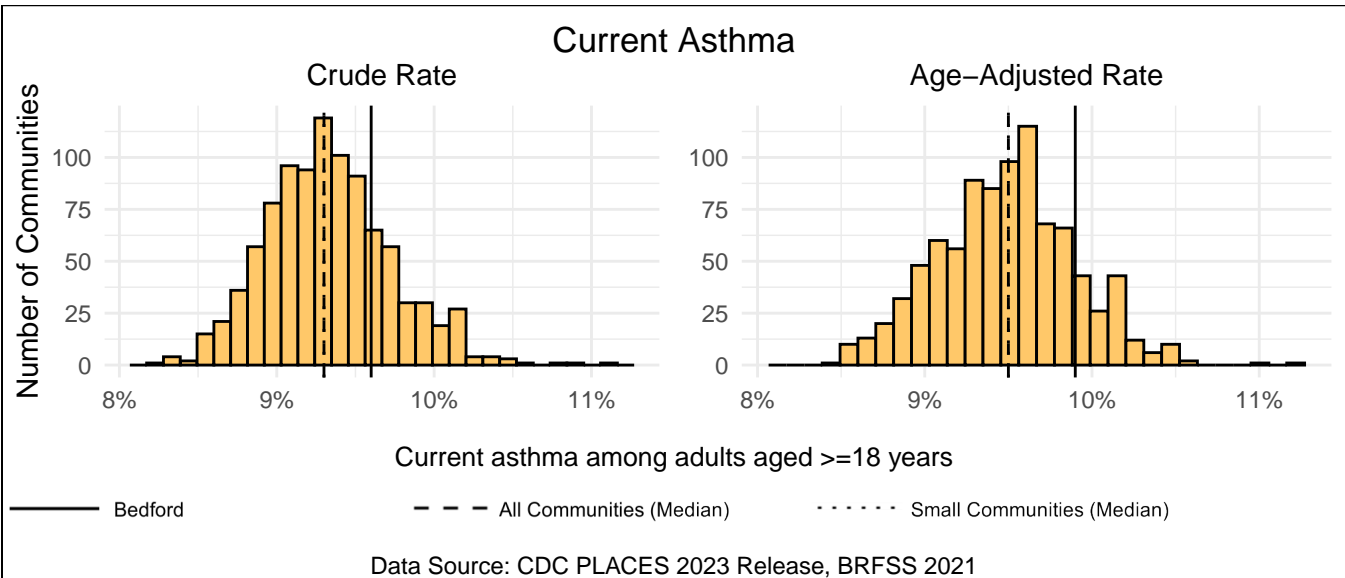
Measure Type	Bedford	All Comm.	Small Comm.
Crude	9.4%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Bedford has a crude rate of 9.6% for current asthma among adults aged  $\geq 18$  years, which ranks 716th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Bedford is 9.9%, which ranks 762nd out of 905 Iowa communities (120th out of 138 small communities).

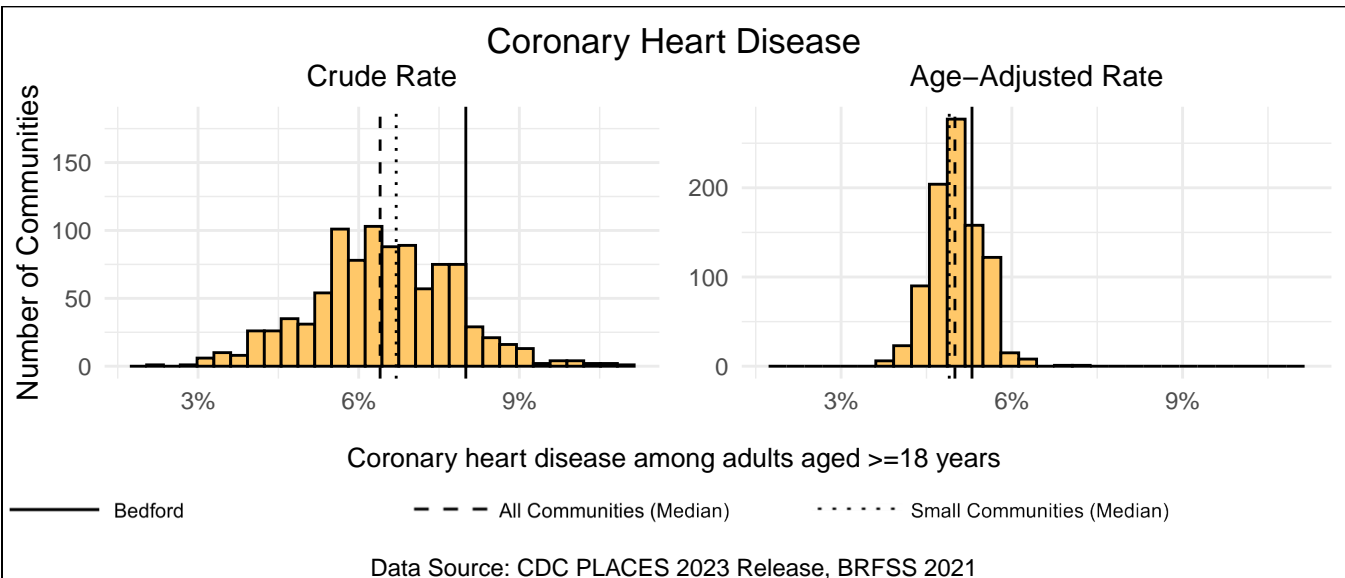
Measure Type	Bedford	All Comm.	Small Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.9%	9.5%	9.5%



## Coronary Heart Disease

Bedford has a crude rate of 8.0% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 845th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Bedford is 5.3%, which ranks 674th out of 905 Iowa communities (120th out of 138 small communities).

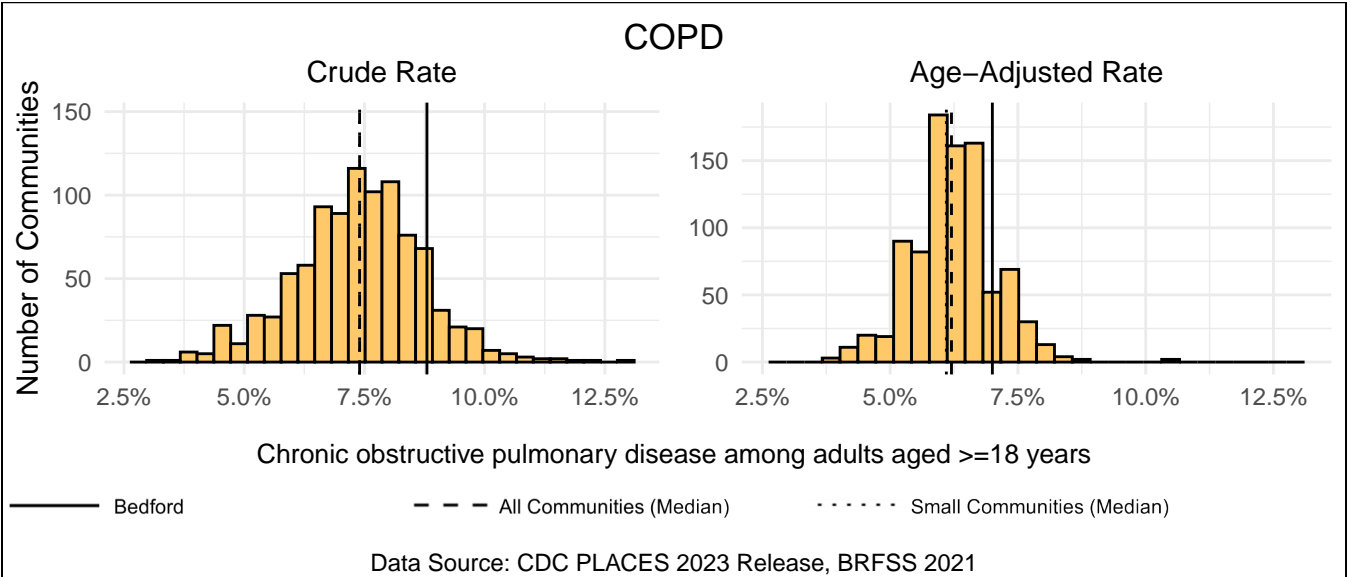
Measure Type	Bedford	All Comm.	Small Comm.
Crude	8.0%	6.4%	6.7%
Age-Adjusted	5.3%	5.0%	4.9%



# COPD

Bedford has a crude rate of 8.8% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 834th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Bedford is 7.0%, which ranks 753rd out of 905 Iowa communities (123rd out of 138 small communities).

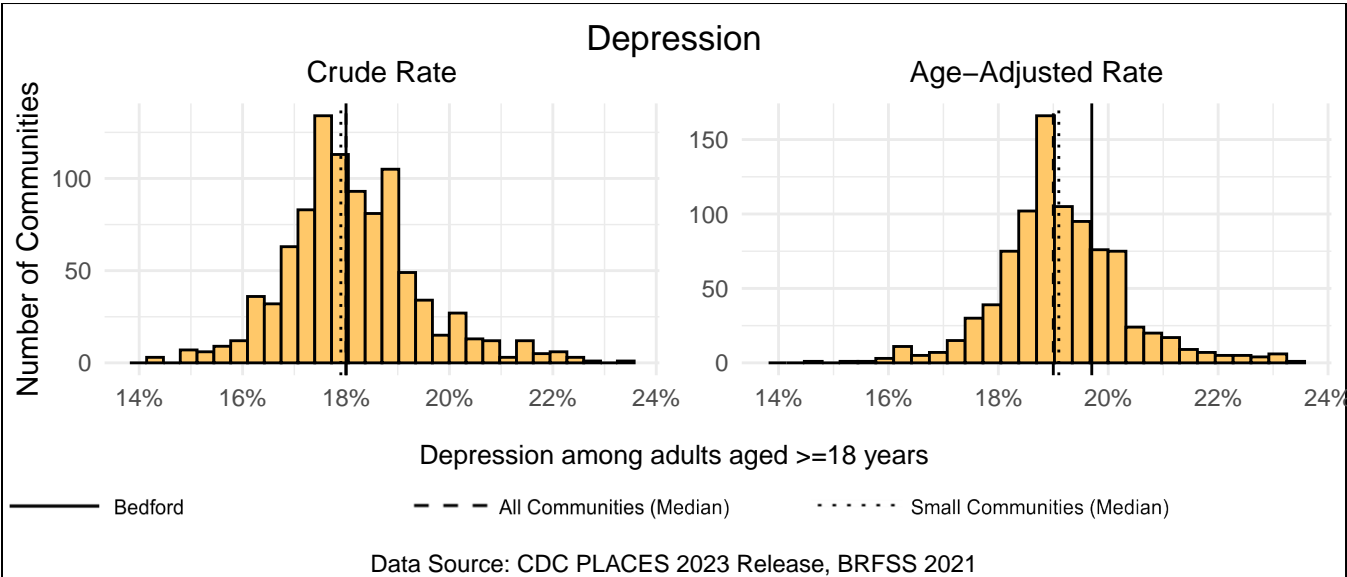
Measure Type	Bedford	All Comm.	Small Comm.
Crude	8.8%	7.4%	7.4%
Age-Adjusted	7.0%	6.2%	6.1%



# Depression

Bedford has a crude rate of 18.0% for depression among adults aged  $\geq 18$  years, which ranks 461st out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Bedford is 19.7%, which ranks 657th out of 905 Iowa communities (99th out of 138 small communities).

Measure Type	Bedford	All Comm.	Small Comm.
Crude	18.0%	18.0%	17.9%
Age-Adjusted	19.7%	19.0%	19.1%

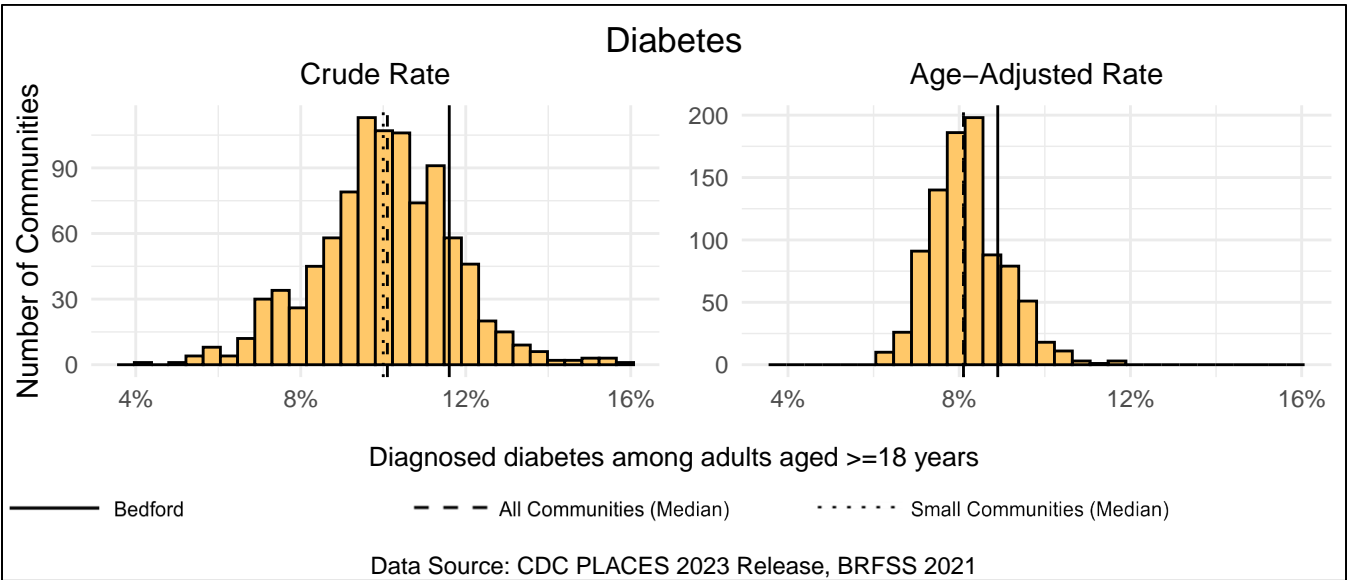




# Diabetes

Bedford has a crude rate of 11.6% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 806th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Bedford is 8.9%, which ranks 722nd out of 905 Iowa communities (119th out of 138 small communities).

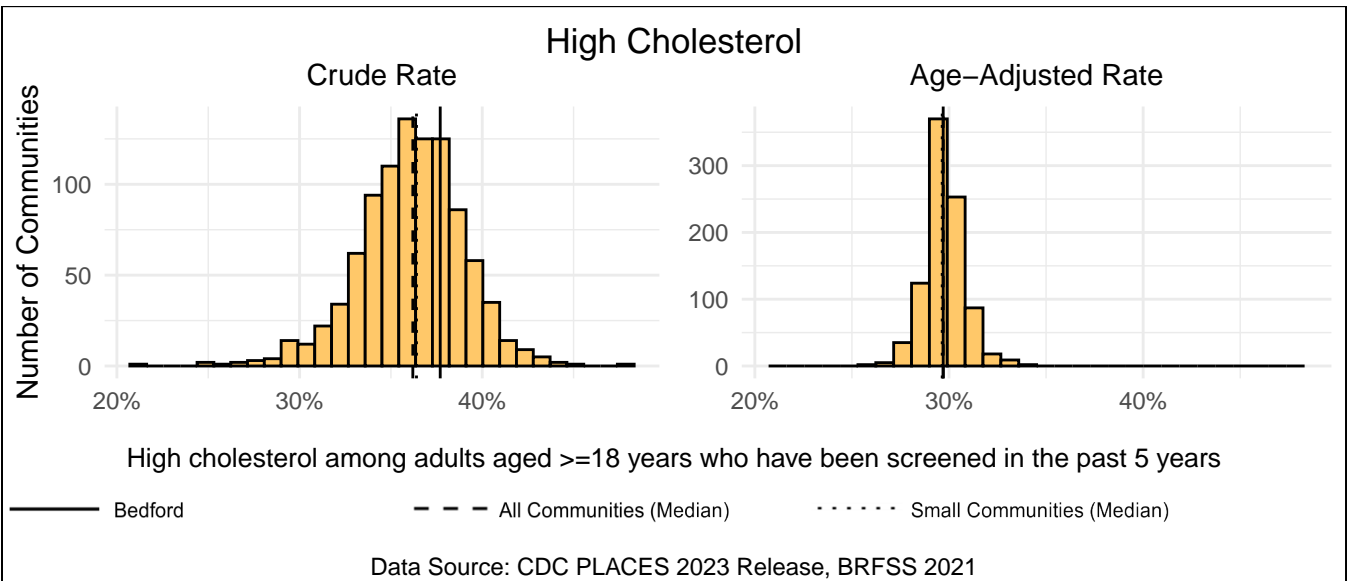
Measure Type	Bedford	All Comm.	Small Comm.
Crude	11.6%	10.1%	10.0%
Age-Adjusted	8.9%	8.1%	8.1%



# High Cholesterol

Bedford has a crude rate of 37.7% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 679th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Bedford is 29.7%, which ranks 427th out of 905 Iowa communities (70th out of 138 small communities).

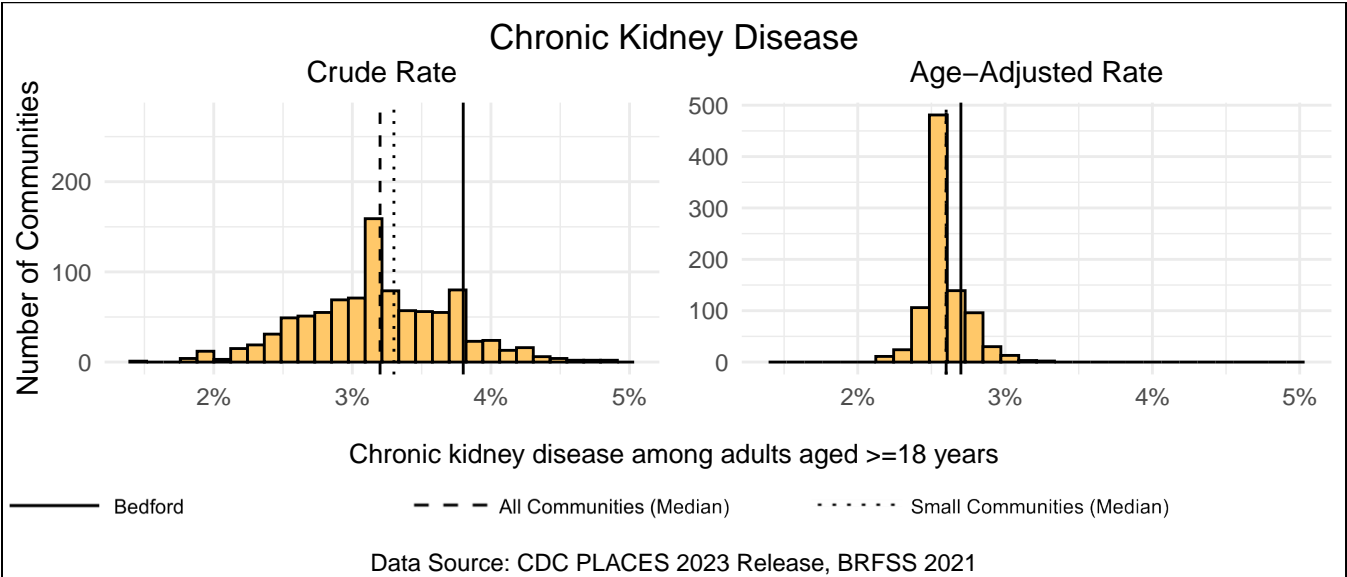
Measure Type	Bedford	All Comm.	Small Comm.
Crude	37.7%	36.2%	36.4%
Age-Adjusted	29.7%	29.7%	29.6%



## Chronic Kidney Disease

Bedford has a crude rate of 3.8% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 832nd out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Bedford is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

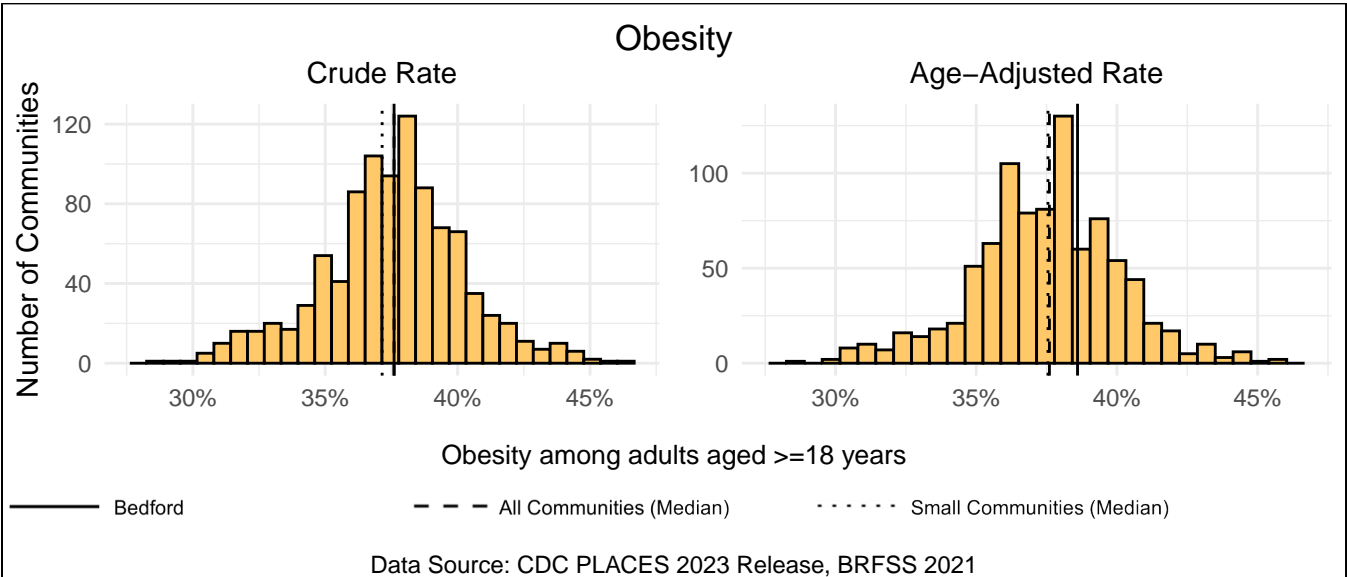
Measure Type	Bedford	All Comm.	Small Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



## Obesity

Bedford has a crude rate of 37.6% for obesity among adults aged  $\geq 18$  years, which ranks 467th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Bedford is 38.6%, which ranks 615th out of 905 Iowa communities (101st out of 138 small communities).

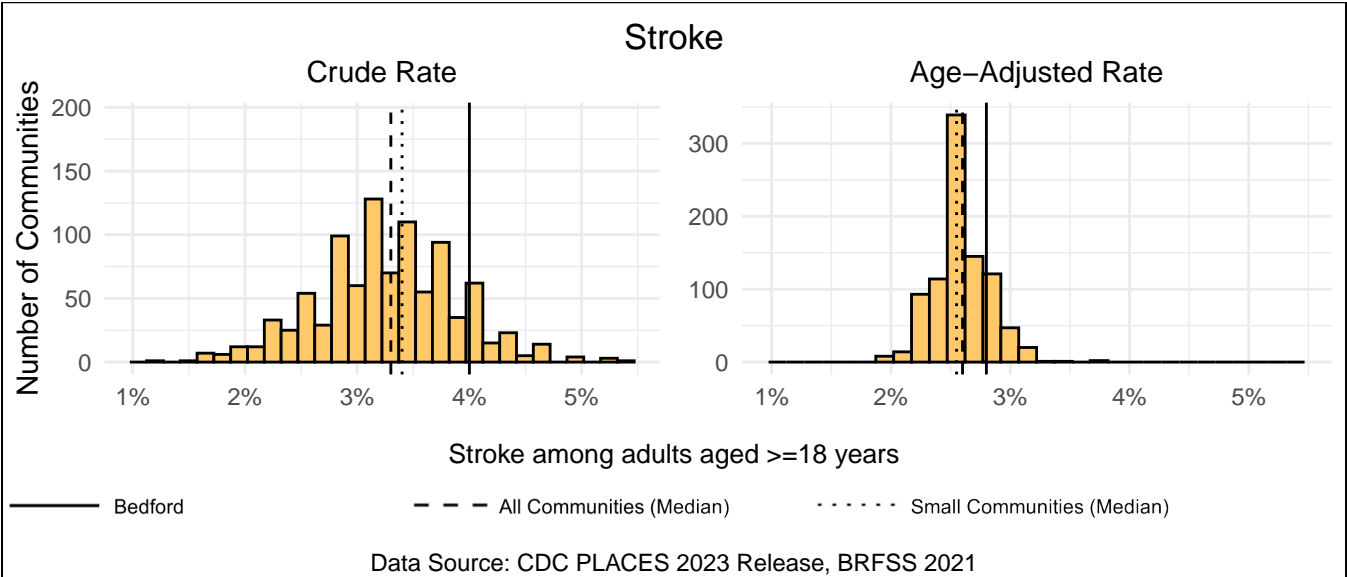
Measure Type	Bedford	All Comm.	Small Comm.
Crude	37.6%	37.6%	37.2%
Age-Adjusted	38.6%	37.6%	37.5%



# Stroke

Bedford has a crude rate of 4.0% for stroke among adults aged  $\geq 18$  years, which ranks 832nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Bedford is 2.8%, which ranks 714th out of 905 Iowa communities (119th out of 138 small communities).

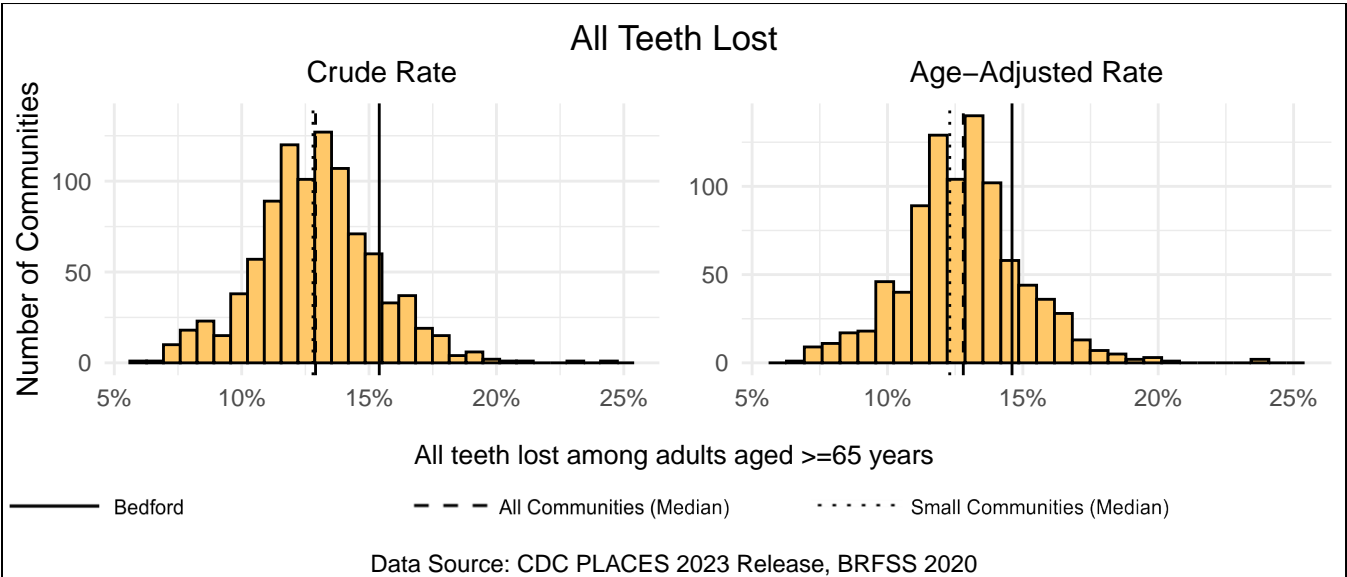
Measure Type	Bedford	All Comm.	Small Comm.
Crude	4.0%	3.3%	3.4%
Age-Adjusted	2.8%	2.6%	2.5%



# All Teeth Lost

Bedford has a crude rate of 15.4% for all teeth lost among adults aged  $\geq 65$  years, which ranks 821st out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Bedford is 14.6%, which ranks 744th out of 905 Iowa communities (120th out of 138 small communities).

Measure Type	Bedford	All Comm.	Small Comm.
Crude	15.4%	12.9%	12.8%
Age-Adjusted	14.6%	12.8%	12.3%



# Prevention

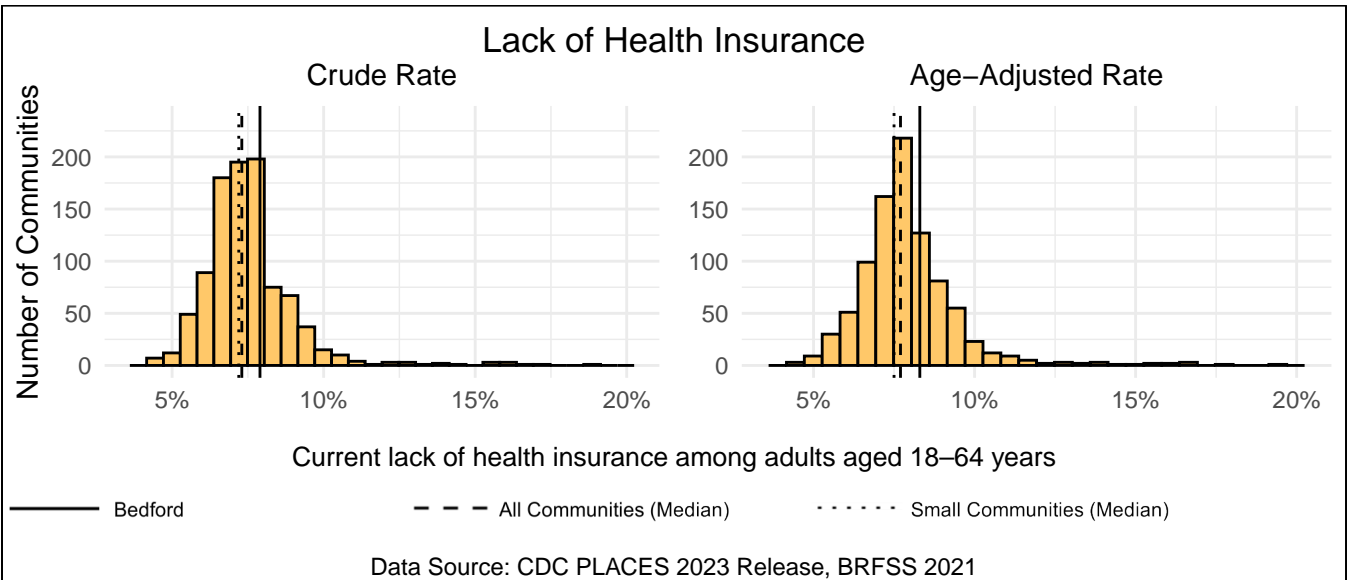
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Bedford has a crude rate of 7.9% for current lack of health insurance among adults aged 18–64 years, which ranks 674th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Bedford is 8.3%, which ranks 632nd out of 905 Iowa communities (111th out of 138 small communities).

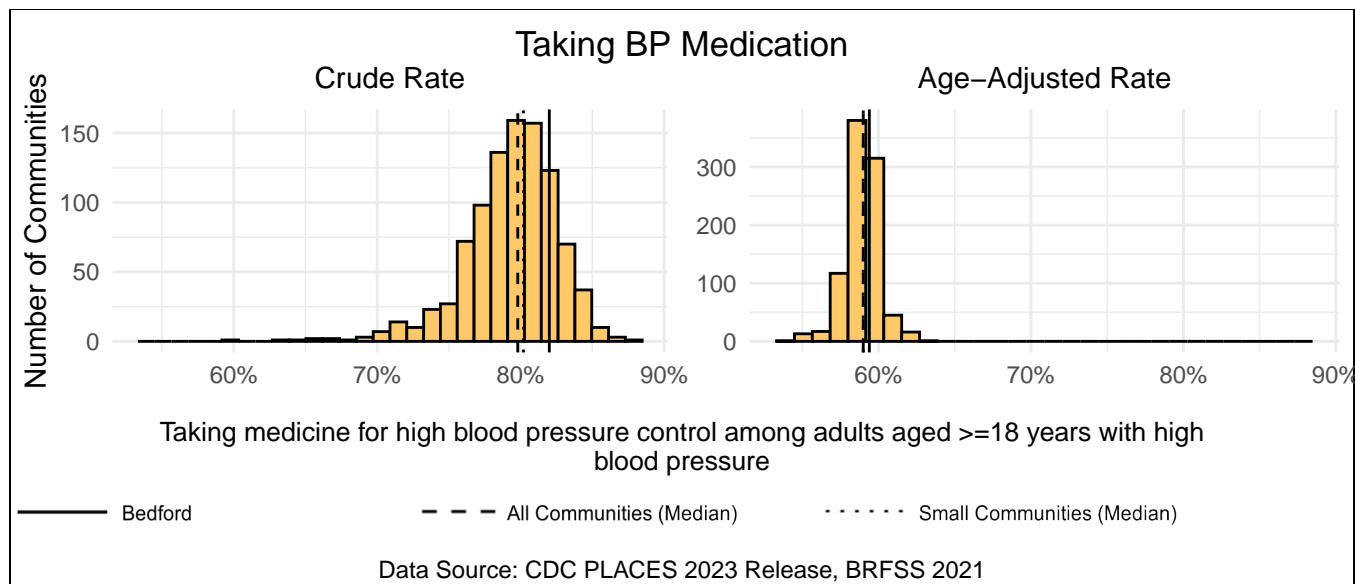
Measure Type	Bedford	All Comm.	Small Comm.
Crude	7.9%	7.3%	7.2%
Age-Adjusted	8.3%	7.7%	7.5%



## Taking BP Medication

Bedford has a crude rate of 82.0% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 163rd out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Bedford is 59.4%, which ranks 251st out of 905 Iowa communities (36th out of 138 small communities).

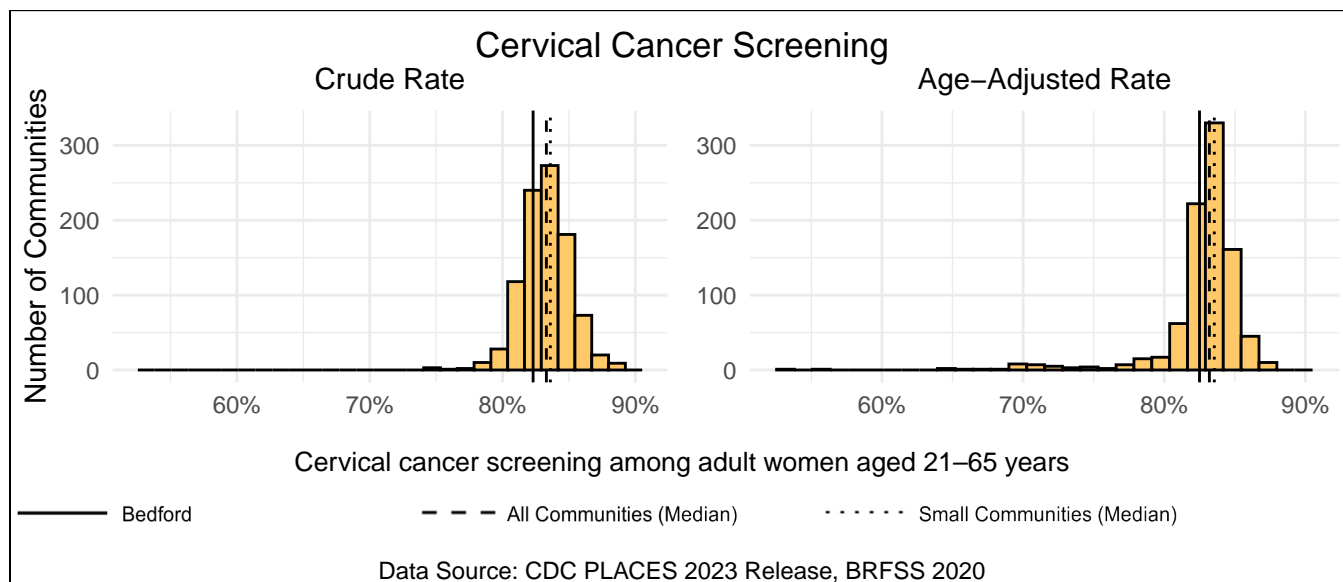
Measure Type	Bedford	All Comm.	Small Comm.
Crude	82.0%	79.8%	80.2%
Age-Adjusted	59.4%	59.0%	59.0%



## Cervical Cancer Screening

Bedford has a crude rate of 82.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 691st out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Bedford is 82.5%, which ranks 639th out of 905 Iowa communities (115th out of 138 small communities).

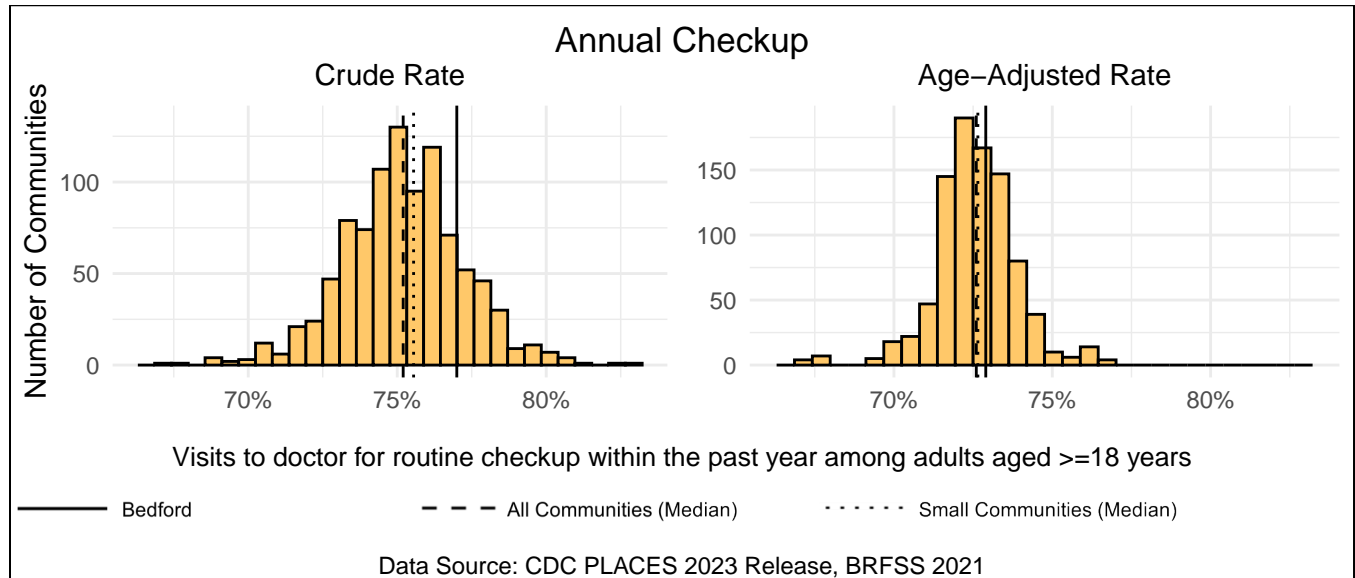
Measure Type	Bedford	All Comm.	Small Comm.
Crude	82.3%	83.3%	83.6%
Age-Adjusted	82.5%	83.2%	83.5%



## Annual Checkup

Bedford has a crude rate of 77.0% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 163rd out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Bedford is 72.9%, which ranks 333rd out of 905 Iowa communities (52nd out of 138 small communities).

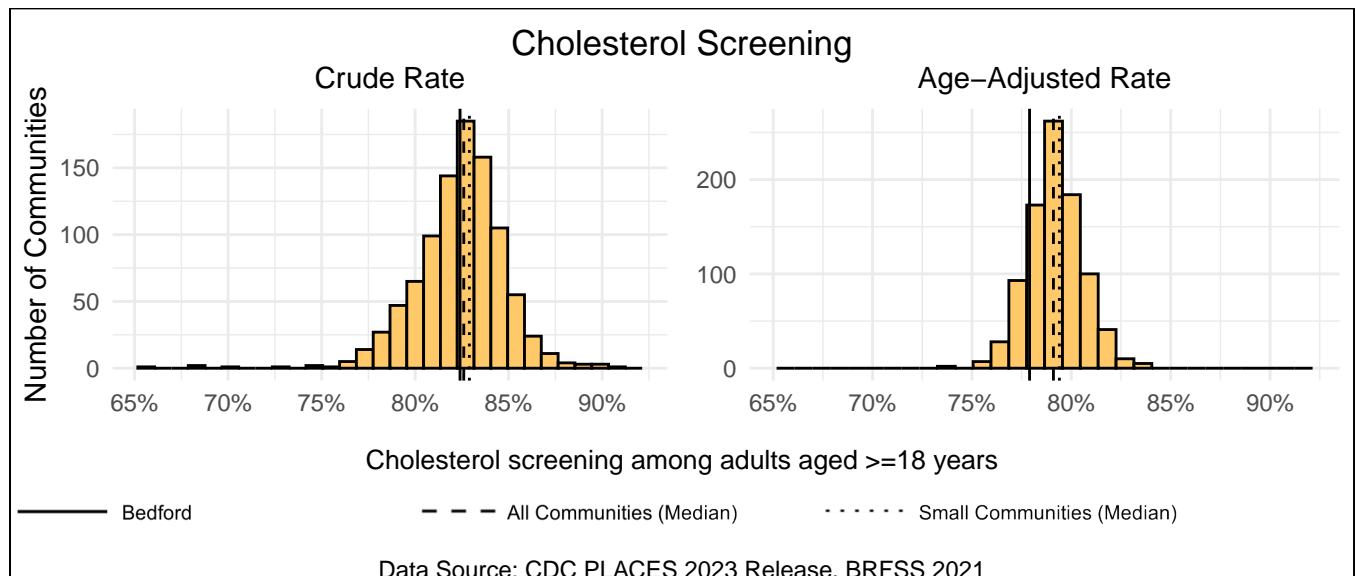
Measure Type	Bedford	All Comm.	Small Comm.
Crude	77.0%	75.2%	75.5%
Age-Adjusted	72.9%	72.6%	72.6%



## Cholesterol Screening

Bedford has a crude rate of 82.4% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 520th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Bedford is 77.9%, which ranks 747th out of 905 Iowa communities (121st out of 138 small communities).

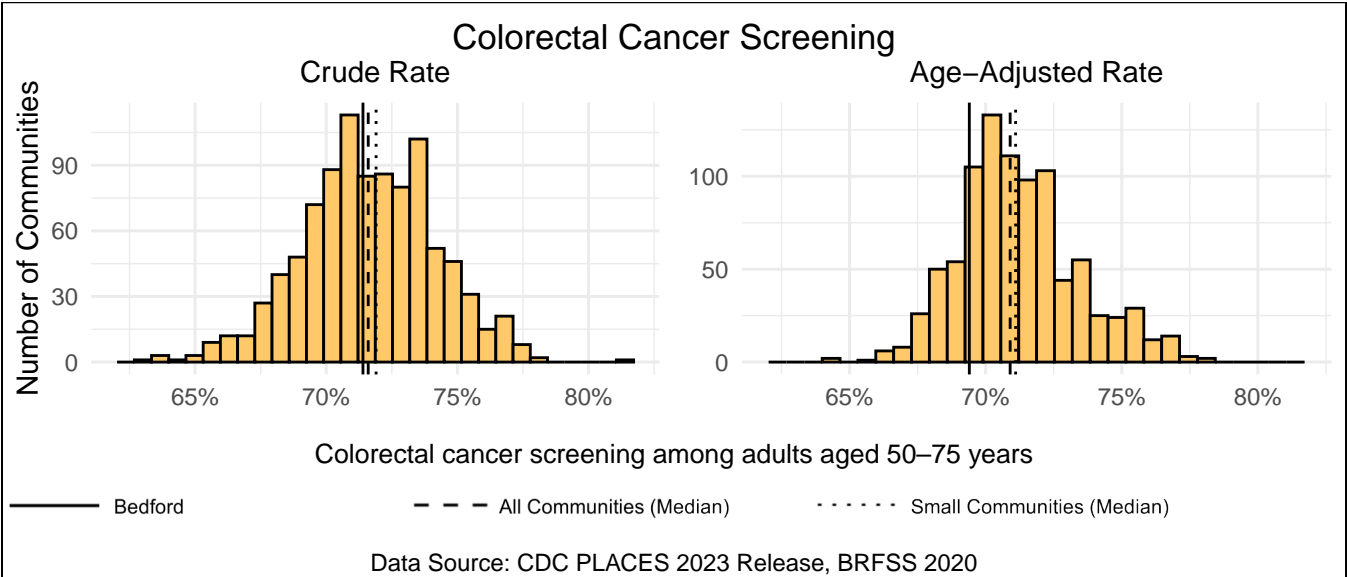
Measure Type	Bedford	All Comm.	Small Comm.
Crude	82.4%	82.6%	82.9%
Age-Adjusted	77.9%	79.1%	79.4%



## Colorectal Cancer Screening

Bedford has a crude rate of 71.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 501st out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Bedford is 69.4%, which ranks 729th out of 905 Iowa communities (122nd out of 138 small communities).

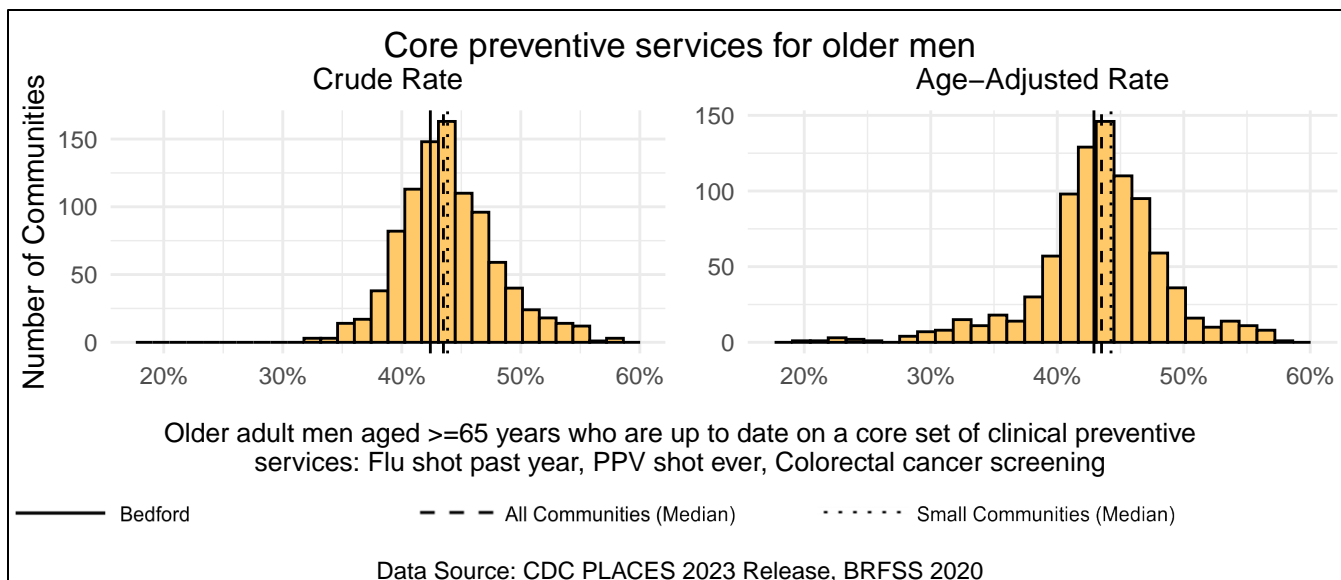
Measure Type	Bedford	All Comm.	Small Comm.
Crude	71.4%	71.6%	71.9%
Age-Adjusted	69.4%	70.9%	71.1%



## Core preventive services for older men

Bedford has a crude rate of 42.4% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 617th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Bedford is 42.9%, which ranks 516th out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Bedford	All Comm.	Small Comm.
Crude	42.4%	43.5%	43.8%
Age-Adjusted	42.9%	43.5%	44.2%

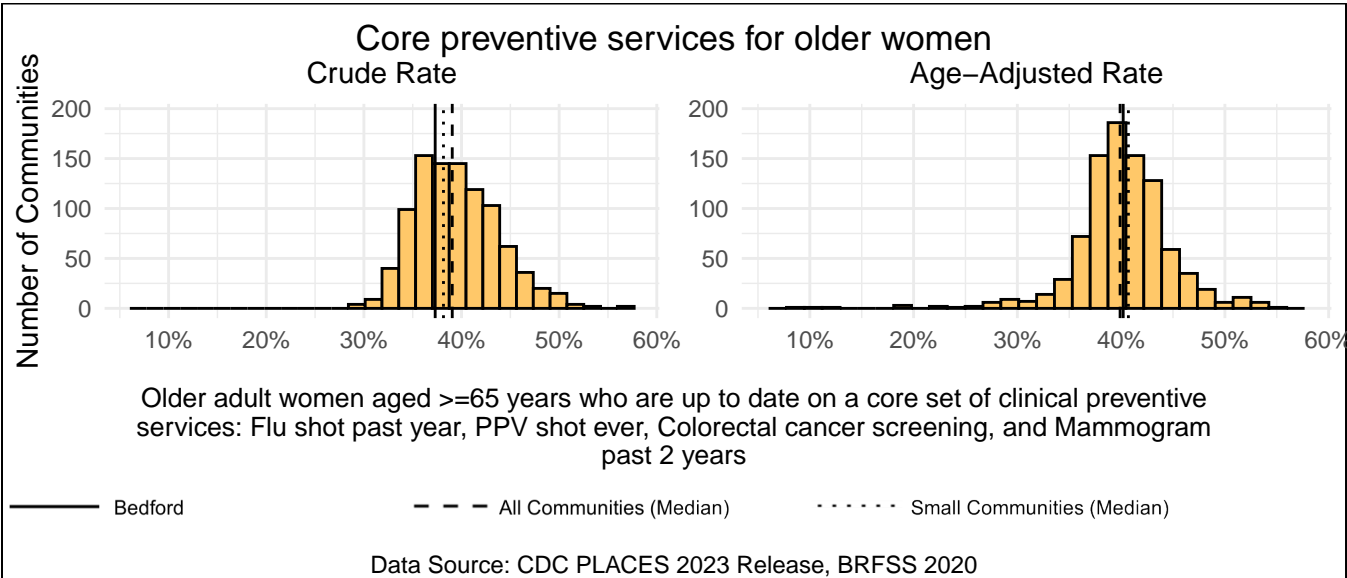




### Core preventive services for older women

Bedford has a crude rate of 37.3% 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 640th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Bedford is 40.2%, which ranks 427th out of 905 Iowa communities (74th out of 138 small communities).

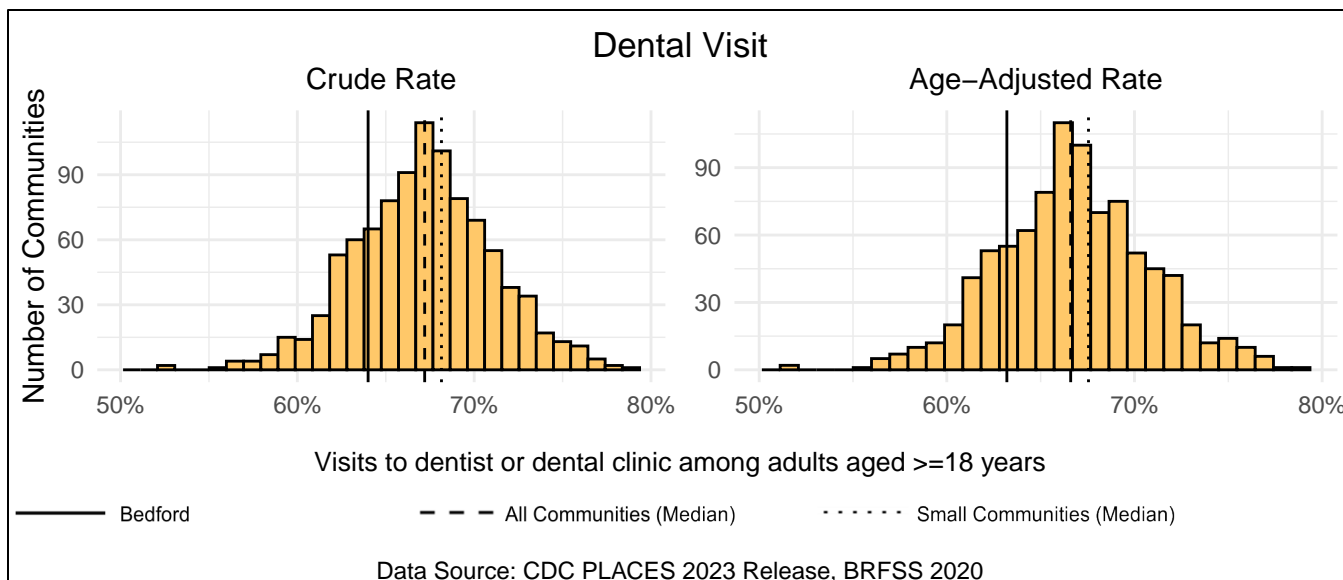
Measure Type	Bedford	All Comm.	Small Comm.
Crude	37.3%	39.0%	38.2%
Age-Adjusted	40.2%	39.9%	40.7%



### Dental Visit

Bedford has a crude rate of 64.0% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 755th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Bedford is 63.2%, which ranks 726th out of 905 Iowa communities (118th out of 138 small communities).

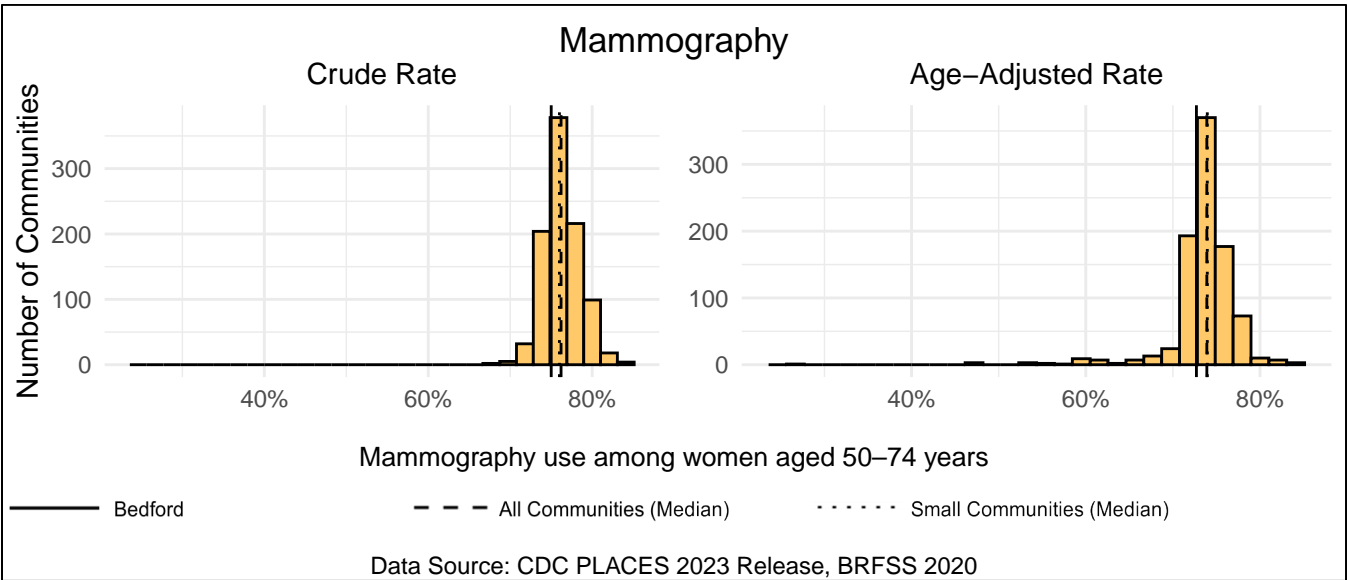
Measure Type	Bedford	All Comm.	Small Comm.
Crude	64.0%	67.2%	68.2%
Age-Adjusted	63.2%	66.6%	67.5%



# Mammography

Bedford has a crude rate of 75.0% for mammography use among women aged 50–74 years, which ranks 684th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Bedford is 72.7%, which ranks 655th out of 905 Iowa communities (100th out of 138 small communities).

Measure Type	Bedford	All Comm.	Small Comm.
Crude	75.0%	76.2%	76.0%
Age-Adjusted	72.7%	73.9%	74.0%



# Disability

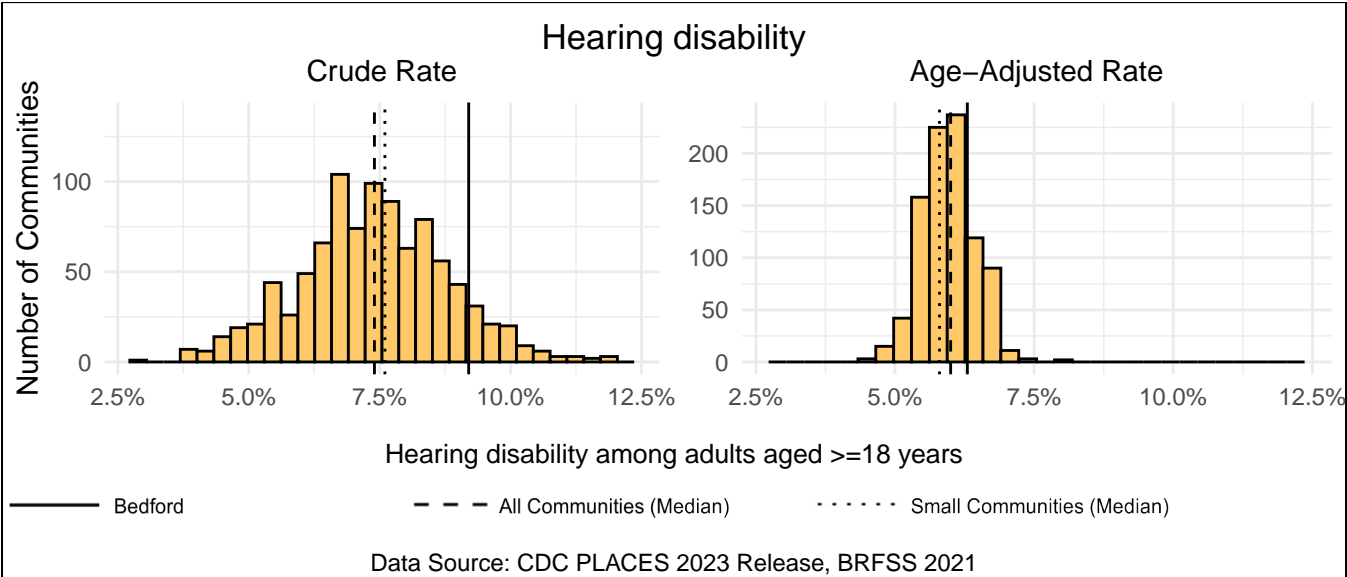
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Bedford has a crude rate of 9.2% for hearing disability among adults aged  $\geq 18$  years, which ranks 861st out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Bedford is 6.3%, which ranks 681st out of 905 Iowa communities (120th out of 138 small communities).

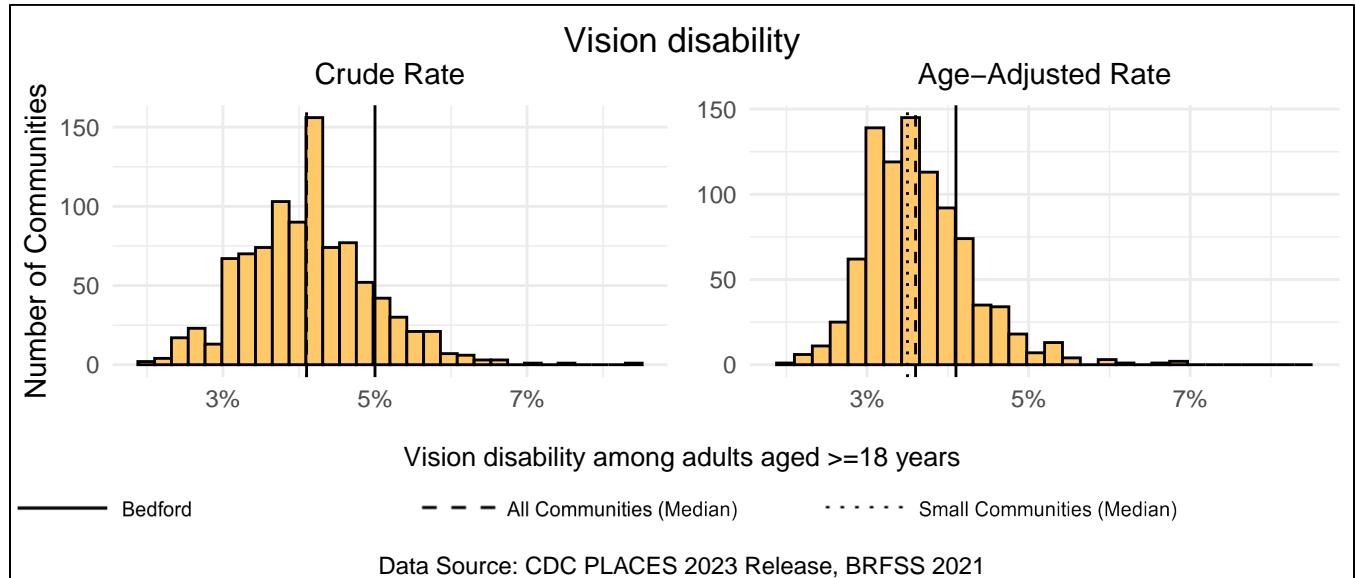
Measure Type	Bedford	All Comm.	Small Comm.
Crude	9.2%	7.4%	7.6%
Age-Adjusted	6.3%	6.0%	5.8%



## Vision disability

Bedford has a crude rate of 5.0% for vision disability among adults aged  $\geq 18$  years, which ranks 823rd out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Bedford is 4.1%, which ranks 714th out of 905 Iowa communities (117th out of 138 small communities).

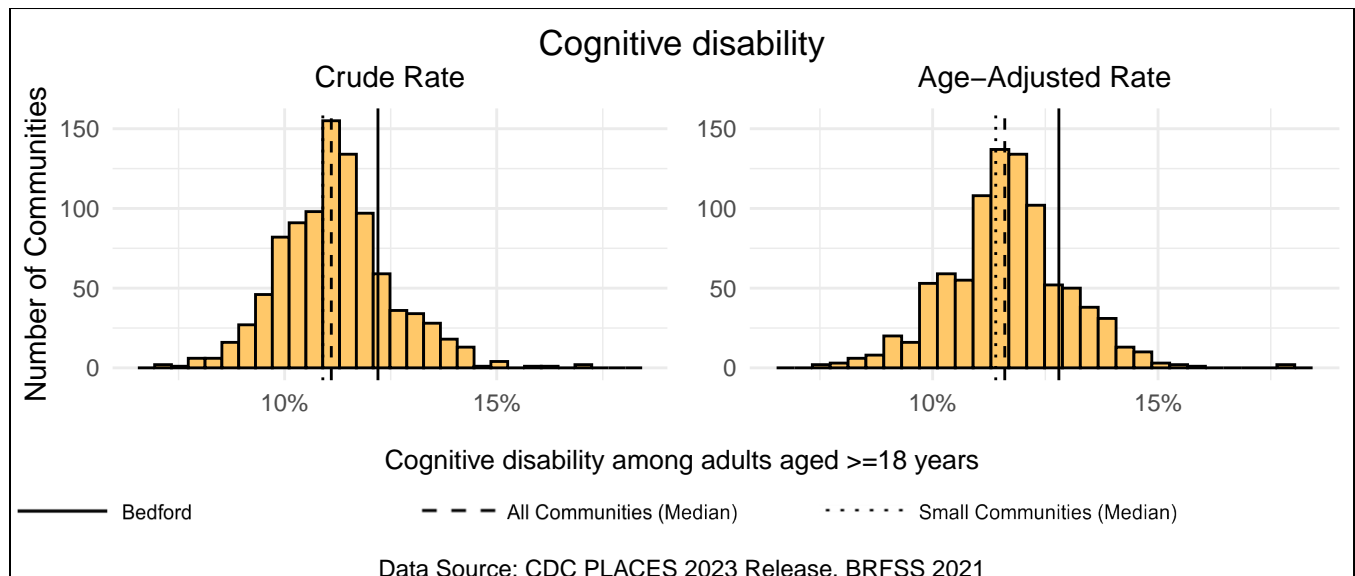
Measure Type	Bedford	All Comm.	Small Comm.
Crude	5.0%	4.1%	4.1%
Age-Adjusted	4.1%	3.6%	3.5%



## Cognitive disability

Bedford has a crude rate of 12.2% for cognitive disability among adults aged  $\geq 18$  years, which ranks 774th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Bedford is 12.8%, which ranks 746th out of 905 Iowa communities (124th out of 138 small communities).

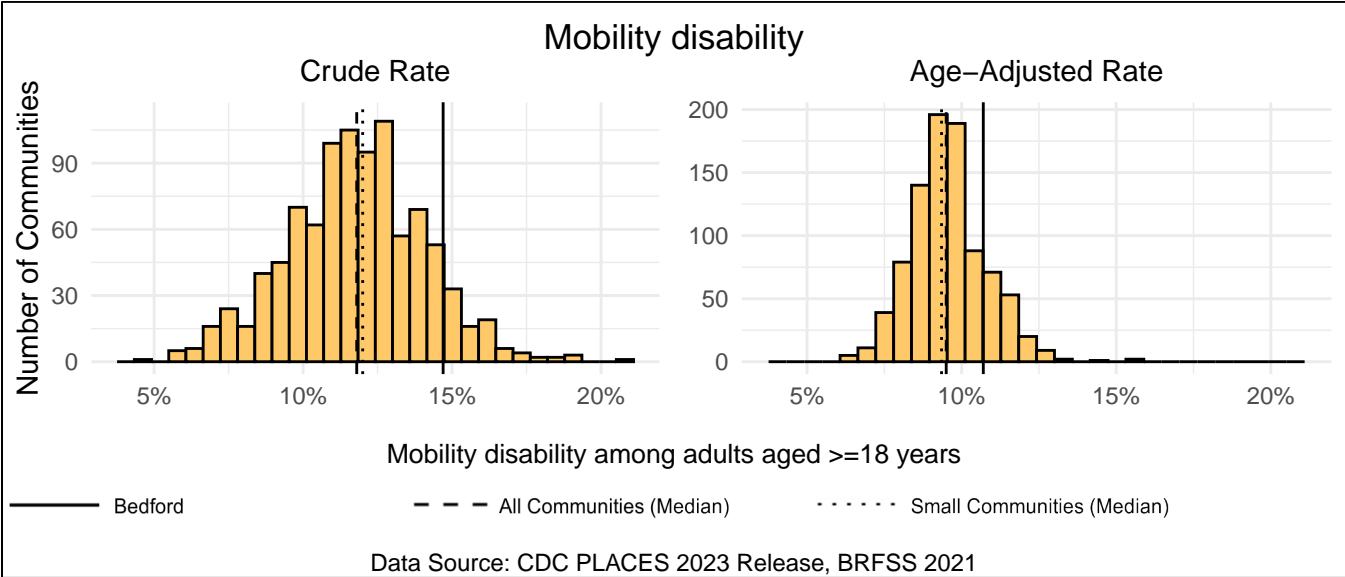
Measure Type	Bedford	All Comm.	Small Comm.
Crude	12.2%	11.1%	10.9%
Age-Adjusted	12.8%	11.6%	11.4%



## Mobility disability

Bedford has a crude rate of 14.7% for mobility disability among adults aged  $\geq 18$  years, which ranks 865th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Bedford is 10.7%, which ranks 748th out of 905 Iowa communities (123rd out of 138 small communities).

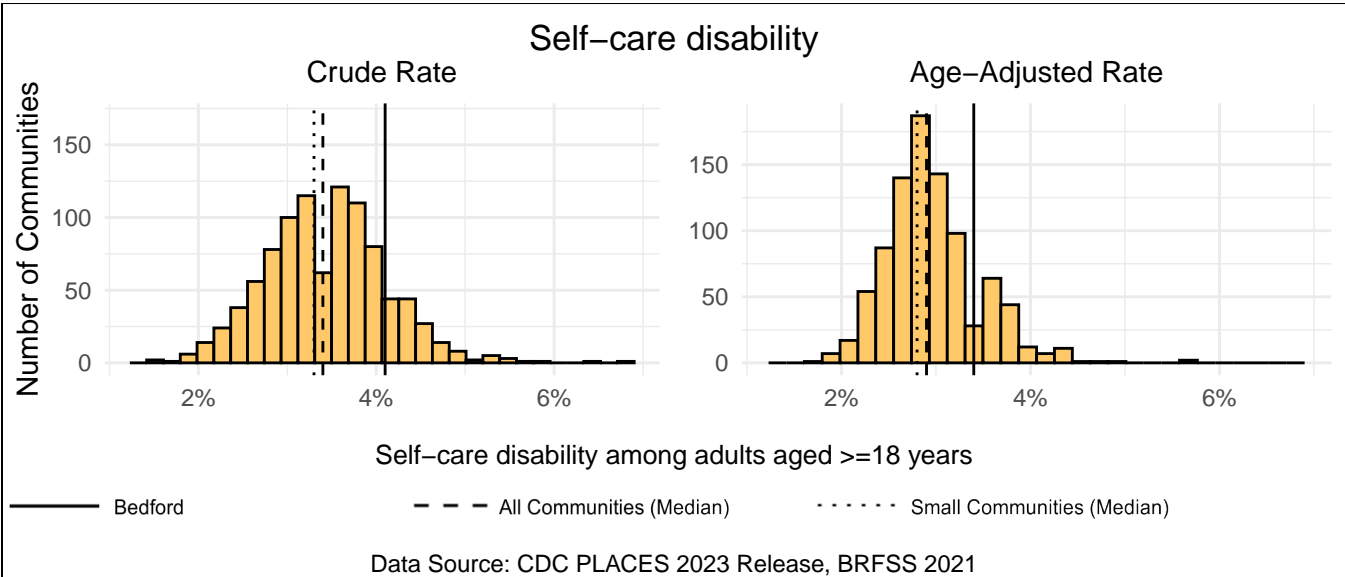
Measure Type	Bedford	All Comm.	Small Comm.
Crude	14.7%	11.8%	12.0%
Age-Adjusted	10.7%	9.5%	9.4%



## Self-care disability

Bedford has a crude rate of 4.1% for self-care disability among adults aged  $\geq 18$  years, which ranks 808th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Bedford is 3.4%, which ranks 735th out of 905 Iowa communities (121st out of 138 small communities).

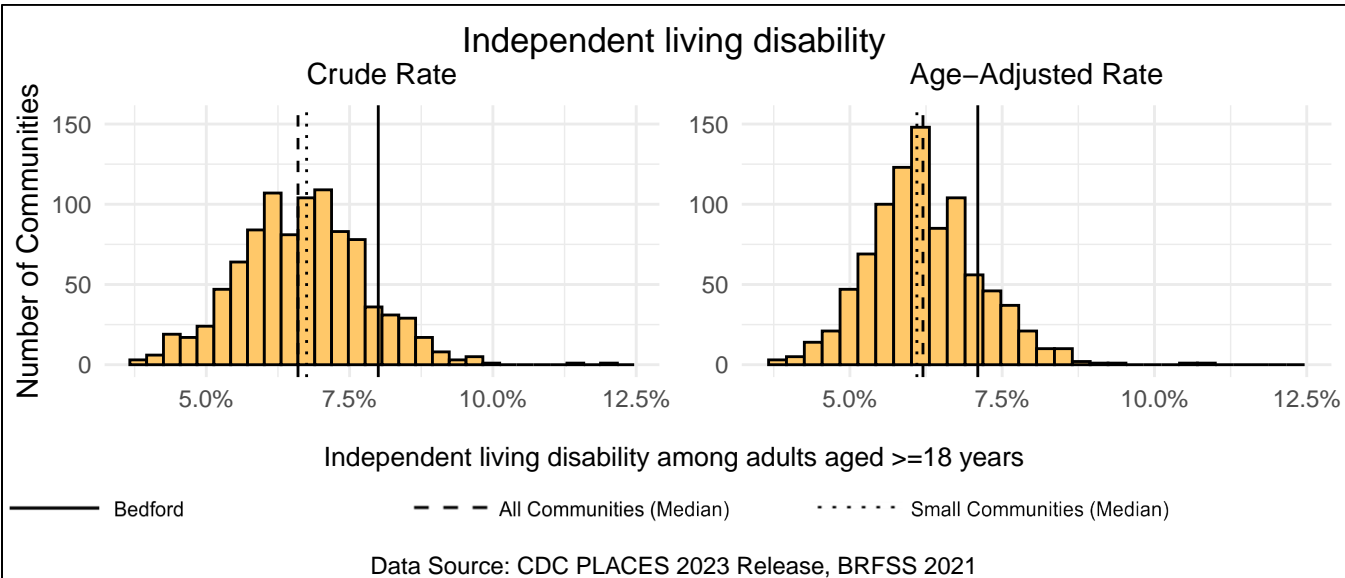
Measure Type	Bedford	All Comm.	Small Comm.
Crude	4.1%	3.4%	3.3%
Age-Adjusted	3.4%	2.9%	2.8%



### Independent living disability

Bedford has a crude rate of 8.0% for independent living disability among adults aged  $\geq 18$  years, which ranks 849th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Bedford is 7.1%, which ranks 754th out of 905 Iowa communities (124th out of 138 small communities).

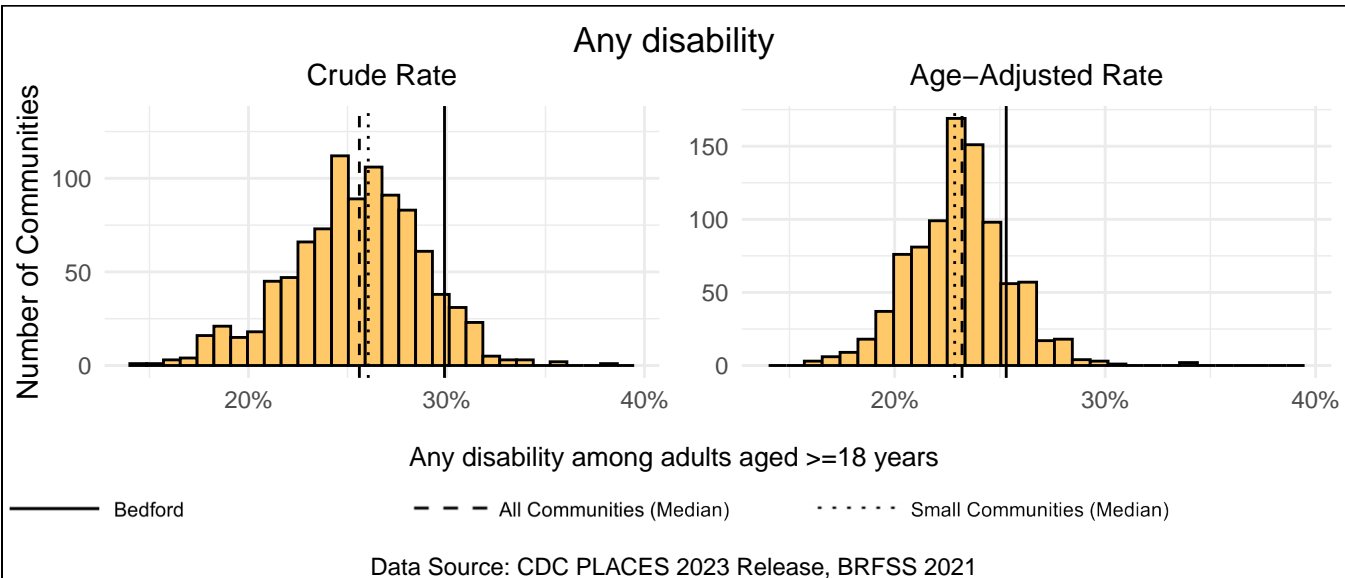
Measure Type	Bedford	All Comm.	Small Comm.
Crude	8.0%	6.6%	6.8%
Age-Adjusted	7.1%	6.2%	6.1%



### Any disability

Bedford has a crude rate of 29.9% for any disability among adults aged  $\geq 18$  years, which ranks 877th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Bedford is 25.3%, which ranks 758th out of 905 Iowa communities (124th out of 138 small communities).

Measure Type	Bedford	All Comm.	Small Comm.
Crude	29.9%	25.6%	26.0%
Age-Adjusted	25.3%	23.2%	22.8%



---

## 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: Bedford 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% (12.5% - 16.8%)	765	16.5% (14.1% - 19.1%)
Health Status	Physical Health	811	12.0% (10.1% - 14.0%)	742	10.6% (9.1% - 12.3%)
Health Status	General Health	811	16.4% (13.7% - 19.3%)	732	14.2% (11.7% - 16.9%)
Health Risk Behaviors	Sleep <7 hours	590	30.8% (29.1% - 32.4%)	770	32.5% (30.8% - 34.2%)
Health Risk Behaviors	Binge Drinking	176	17.7% (14.6% - 21.3%)	300	21.5% (17.8% - 25.7%)
Health Risk Behaviors	Current Smoking	607	17.5% (14.1% - 21.1%)	758	19.5% (15.2% - 24.1%)
Health Risk Behaviors	Physical Inactivity	840	29.5% (23.8% - 35.4%)	756	26.7% (21.5% - 32.3%)
Health Outcomes	Arthritis	803	30.9% (26.5% - 35.8%)	707	24.1% (20.3% - 28.1%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.4% - 4.3%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	Current Asthma	716	9.6% (8.3% - 10.9%)	762	9.9% (8.6% - 11.4%)
Health Outcomes	High Cholesterol	679	37.7% (32.9% - 42.8%)	427	29.7% (25.3% - 34.3%)
Health Outcomes	Obesity	467	37.6% (29.9% - 45.7%)	615	38.6% (30.9% - 47.1%)
Health Outcomes	Depression	461	18.0% (14.7% - 21.8%)	657	19.7% (15.9% - 23.8%)
Health Outcomes	Stroke	832	4.0% (3.5% - 4.7%)	714	2.8% (2.5% - 3.2%)
Health Outcomes	COPD	834	8.8% (7.3% - 10.5%)	753	7.0% (5.8% - 8.5%)
Health Outcomes	Diabetes	806	11.6% (9.9% - 13.5%)	722	8.9% (7.5% - 10.4%)
Health Outcomes	All Teeth Lost	821	15.4% (9.7% - 22.3%)	744	14.6% (9.5% - 20.3%)
Health Outcomes	High Blood Pressure	803	35.7% (31.3% - 40.4%)	710	28.5% (24.7% - 32.7%)
Health Outcomes	Cancer (except skin)	805	9.4% (8.4% - 10.4%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Coronary Heart Disease	845	8.0% (6.9% - 9.2%)	674	5.3% (4.7% - 6.1%)
Prevention	Colorectal Cancer Screening	501	71.4% (68.3% - 74.4%)	729	69.4% (66.0% - 72.6%)
Prevention	Annual Checkup	163	77.0% (72.3% - 81.5%)	333	72.9% (67.6% - 78.0%)
Prevention	Dental Visit	755	64.0% (60.2% - 67.7%)	726	63.2% (59.2% - 67.1%)
Prevention	Taking BP Medication	163	82.0% (79.0% - 84.7%)	251	59.4% (54.3% - 64.5%)
Prevention	Core preventive services for older men	617	42.4% (33.1% - 51.8%)	516	42.9% (34.1% - 52.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	691	82.3% (79.6% - 85.0%)	639	82.5% (80.0% - 85.1%)
Prevention	Mammography	684	75.0% (70.4% - 79.1%)	655	72.7% (68.2% - 77.4%)
Prevention	Core preventive services for older women	640	37.3% (29.6% - 46.0%)	427	40.2% (32.7% - 48.0%)
Prevention	Cholesterol Screening	520	82.4% (79.5% - 85.4%)	747	77.9% (74.2% - 81.5%)
Prevention	Health Insurance	674	7.9% (6.0% - 10.2%)	632	8.3% (6.3% - 10.9%)
Disability	Vision Disability	823	5.0% (4.2% - 6.1%)	714	4.1% (3.5% - 4.8%)
Disability	Any Disability	877	29.9% (25.4% - 34.6%)	758	25.3% (21.1% - 30.0%)
Disability	Hearing Disability	861	9.2% (8.0% - 10.4%)	681	6.3% (5.5% - 7.2%)
Disability	Cognitive Disability	774	12.2% (10.3% - 14.3%)	746	12.8% (10.6% - 15.2%)
Disability	Mobility Disability	865	14.7% (12.2% - 17.4%)	748	10.7% (8.9% - 12.7%)
Disability	Self-care Disability	808	4.1% (3.5% - 4.9%)	735	3.4% (2.9% - 3.9%)
Disability	Independent Living Disability	849	8.0% (6.7% - 9.4%)	754	7.1% (5.9% - 8.4%)

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)

Bedford 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		