



## 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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*By Matthew Voss & Shawn Dorius*

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# Iowa Community Health Snapshot Series

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# Health in Boone: Overview

Dear Community Members & Stakeholders of Boone,

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 Boone ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Boone'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 Boone. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

## Strengths

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

| Crude                                  |                          |                          | Age-Adjusted                           |                          |                          |
|--|--------------------------|--------------------------|--|--------------------------|--------------------------|
| Health Domain                          | Statewide Community Rank | Mid-Large Community Rank | Health Domain                          | Statewide Community Rank | Mid-Large Community Rank |
| Core preventive services for older men | 183rd                    | 12th                     | Taking BP Medication                   | 79th                     | 8th                      |
| Obesity                                | 269th                    | 17th                     | Core preventive services for older men | 161st                    | 12th                     |
| High Cholesterol                       | 308th                    | 20th                     | Binge Drinking                         | 249th                    | 12th                     |
| High Blood Pressure                    | 324th                    | 19th                     | Cervical Cancer Screening              | 294th                    | 16th                     |
| Cancer (except skin)                   | 335th                    | 23rd                     | Colorectal Cancer Screening            | 295th                    | 18th                     |

## 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<br>Community<br>Rank | Mid-Large<br>Community<br>Rank | Health Domain                               | Statewide<br>Community<br>Rank | Mid-Large<br>Community<br>Rank |
| Mental Health                               | 856th                          | 20th                           | Cancer (except skin)                        | 831st                          | 28th                           |
| Core preventive services<br>for older women | 798th                          | 25th                           | Arthritis                                   | 803rd                          | 24th                           |
| Cholesterol Screening                       | 793rd                          | 13th                           | Core preventive services<br>for older women | 743rd                          | 26th                           |
| Current Asthma                              | 781st                          | 22nd                           | Dental Visit                                | 716th                          | 21st                           |
| Dental Visit                                | 774th                          | 22nd                           | Mental Health                               | 714th                          | 22nd                           |

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 Boone.

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

With a population of 12,482, Boone’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



# Health Status

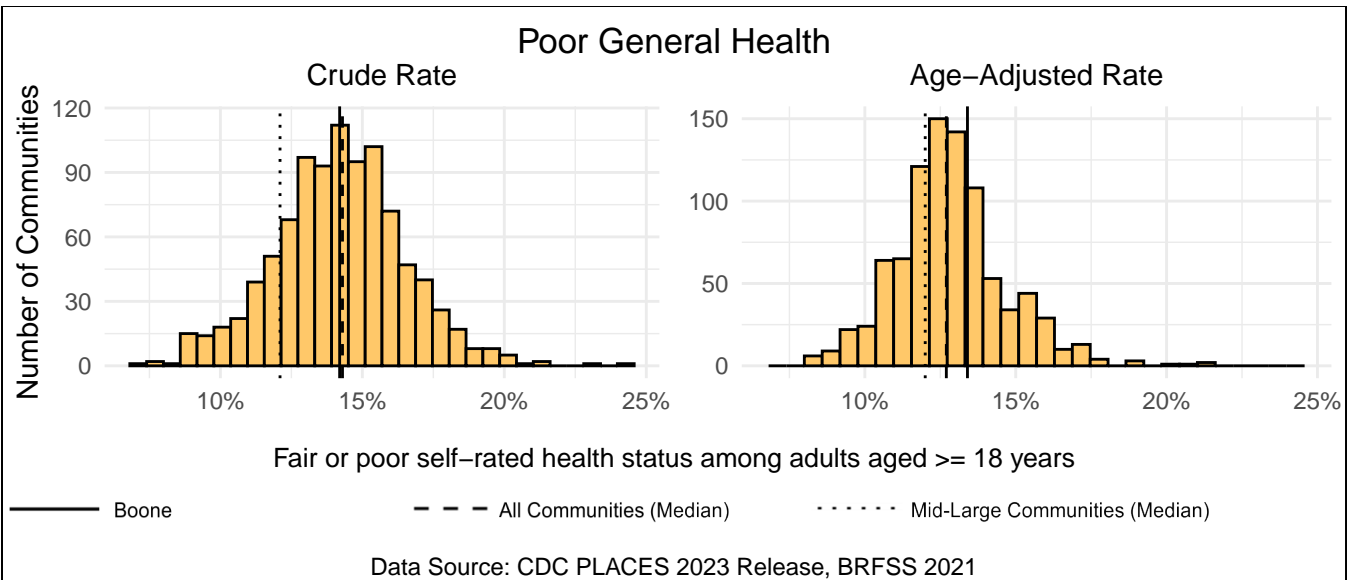
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

## Poor General Health

Boone has a crude rate of 14.2% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 457th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 13.4%, which ranks 604th out of 905 Iowa communities (20th out of 31 mid-large communities).

| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 14.2% | 14.3%     | 12.1%           |
| Age-Adjusted | 13.4% | 12.7%     | 12.0%           |

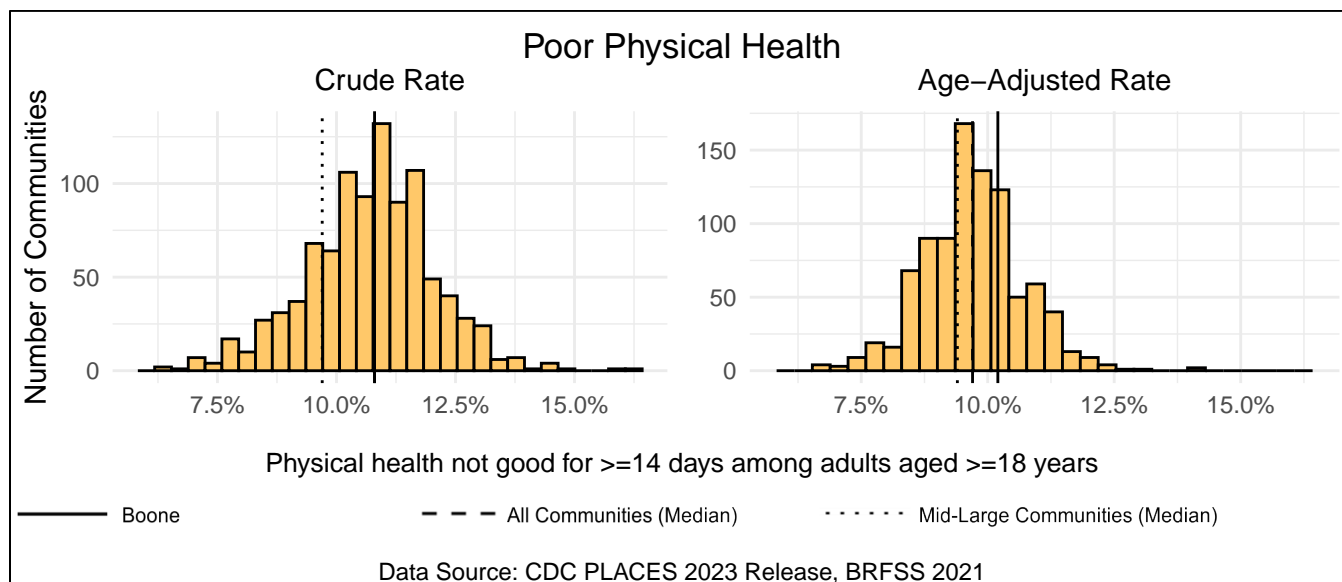




## Poor Physical Health

Boone has a crude rate of 10.8% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 468th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 10.2%, which ranks 644th out of 905 Iowa communities (20th out of 31 mid-large communities).

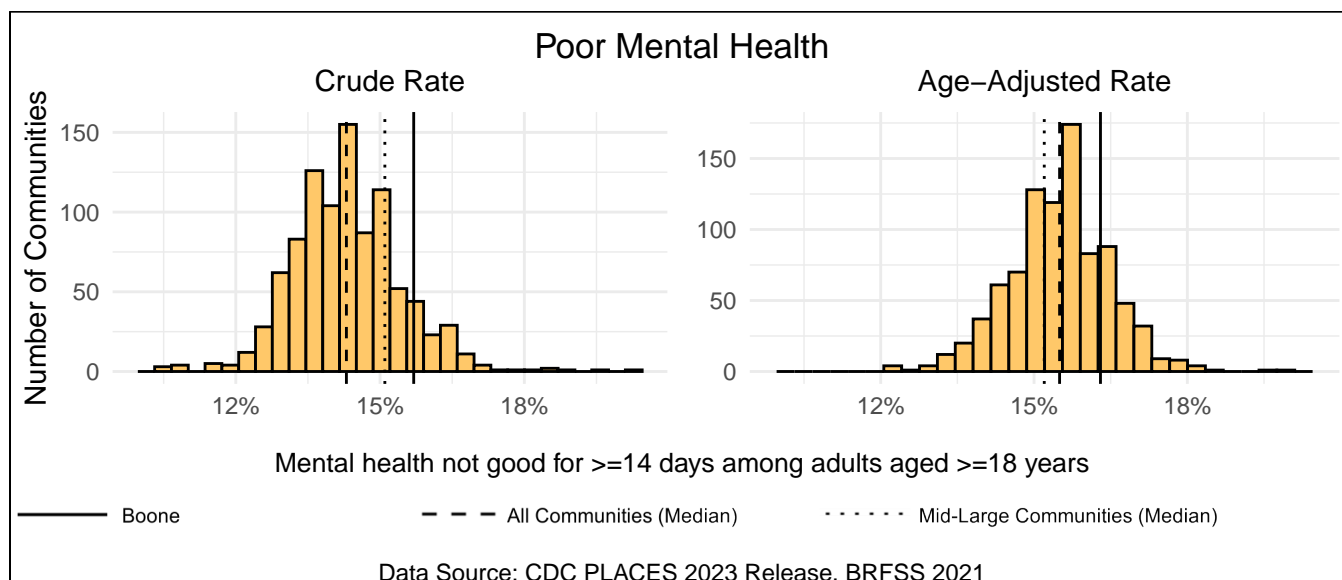
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 10.8% | 10.8%     | 9.7%            |
| Age-Adjusted | 10.2% | 9.7%      | 9.4%            |



## Poor Mental Health

Boone has a crude rate of 15.7% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 856th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Boone is 16.3%, which ranks 714th out of 905 Iowa communities (22nd out of 31 mid-large communities).

| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 15.7% | 14.3%     | 15.1%           |
| Age-Adjusted | 16.3% | 15.5%     | 15.2%           |



# Health Risk Behaviors

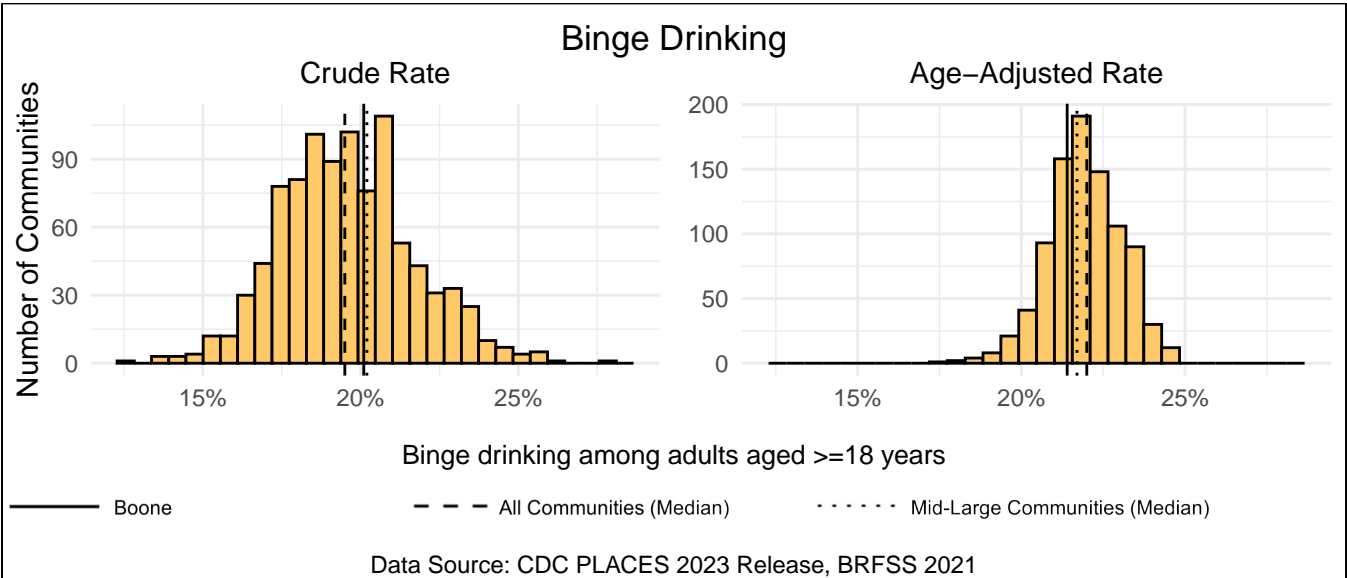
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

## Binge Drinking

Boone has a crude rate of 20.1% for binge drinking among adults aged  $\geq 18$  years, which ranks 572nd out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Boone is 21.4%, which ranks 249th out of 905 Iowa communities (12th out of 31 mid-large communities).

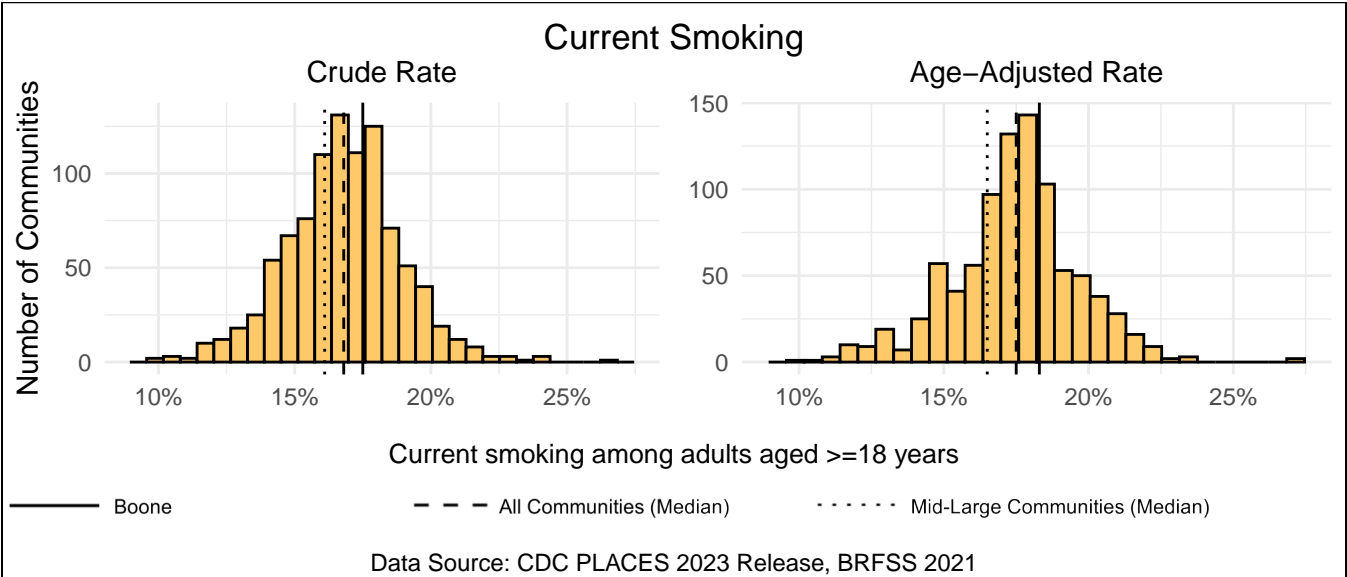
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 20.1% | 19.5%     | 20.2%           |
| Age-Adjusted | 21.4% | 22.0%     | 21.7%           |



# Current Smoking

Boone has a crude rate of 17.5% for current smoking among adults aged  $\geq 18$  years, which ranks 607th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Boone is 18.3%, which ranks 602nd out of 905 Iowa communities (21st out of 31 mid-large communities).

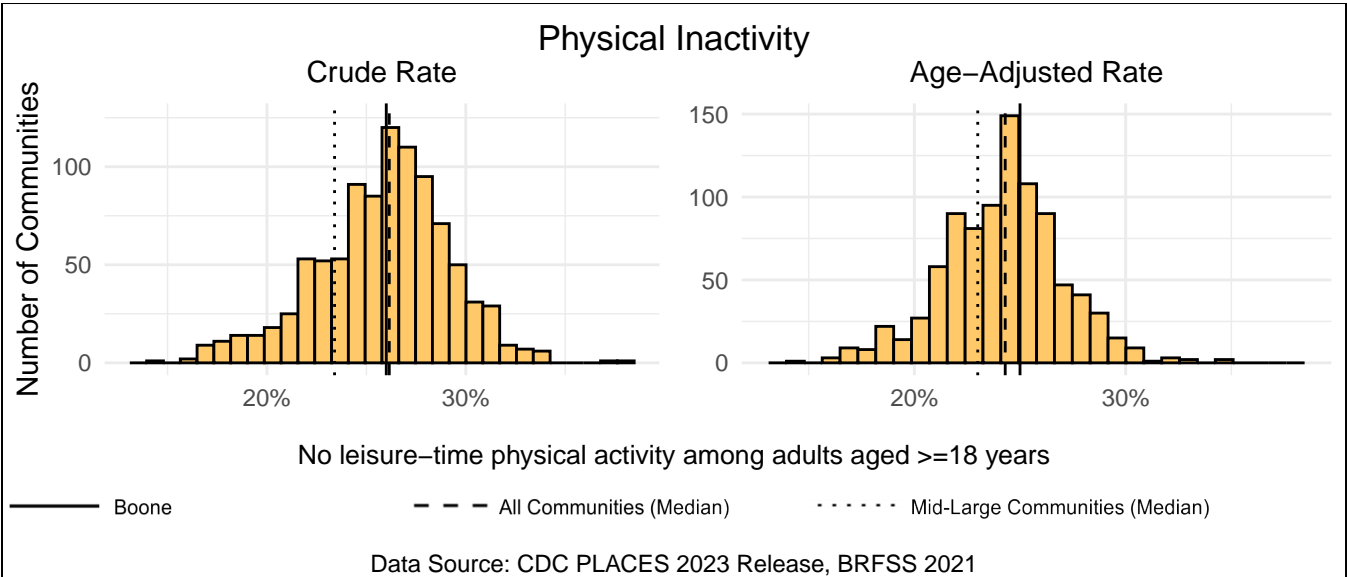
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 17.5% | 16.8%     | 16.1%           |
| Age-Adjusted | 18.3% | 17.5%     | 16.5%           |



# Physical Inactivity

Boone has a crude rate of 26.0% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 459th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 25.0%, which ranks 558th out of 905 Iowa communities (19th out of 31 mid-large communities).

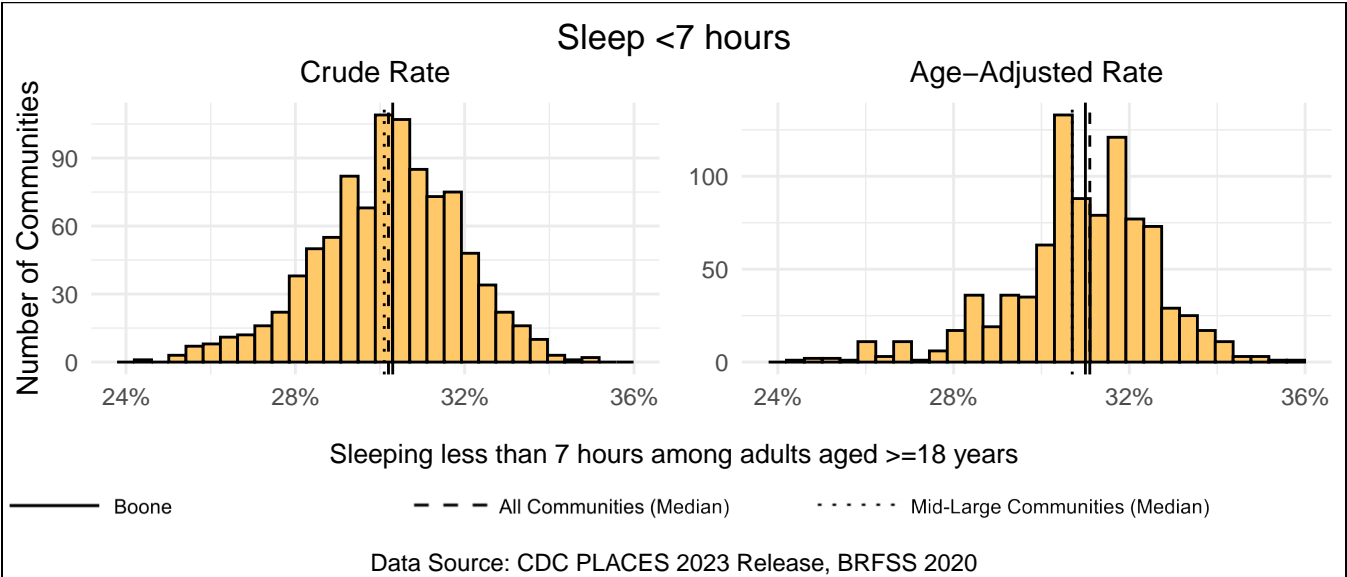
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 26.0% | 26.1%     | 23.4%           |
| Age-Adjusted | 25.0% | 24.3%     | 23.0%           |



### Sleep <7 hours

Boone has a crude rate of 30.3% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 483rd out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Boone is 31.0%, which ranks 417th out of 905 Iowa communities (17th out of 31 mid-large communities).

| Measure Type | Boone | All Mid-Large |       |
|--------------|-------|---------------|-------|
|              |       | Comm.         | Comm. |
| Crude        | 30.3% | 30.2%         | 30.1% |
| Age-Adjusted | 31.0% | 31.1%         | 30.7% |



# Health Outcomes

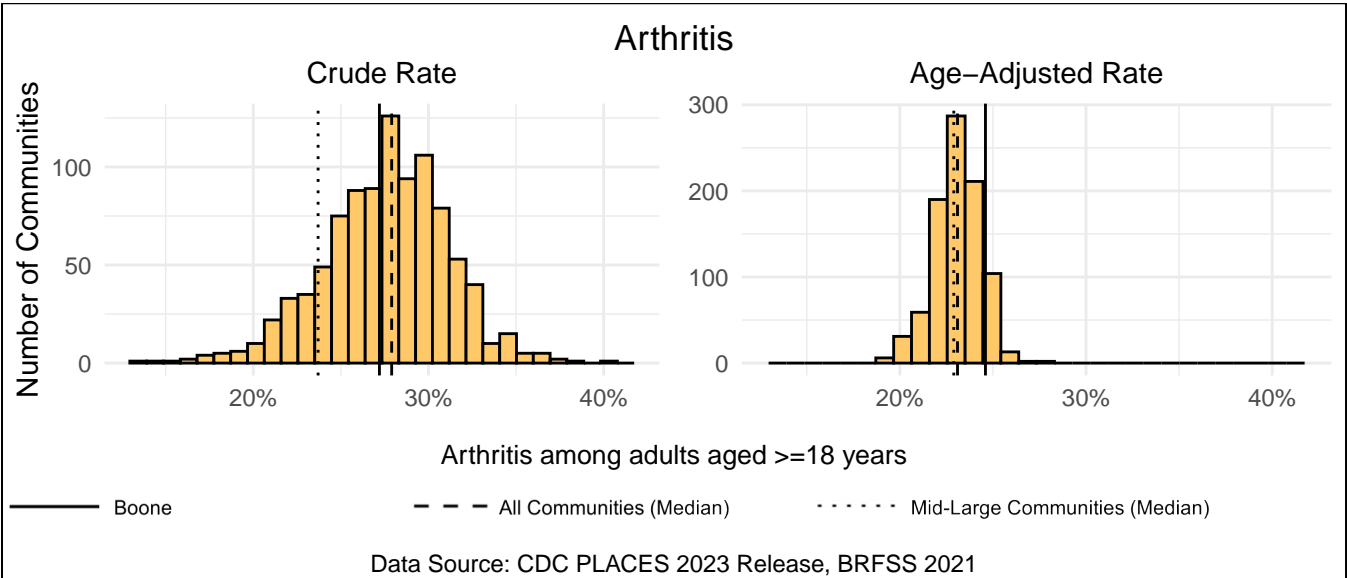
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

## Arthritis

Boone has a crude rate of 27.2% for arthritis among adults aged  $\geq 18$  years, which ranks 402nd out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Boone is 24.6%, which ranks 803rd out of 905 Iowa communities (24th out of 31 mid-large communities).

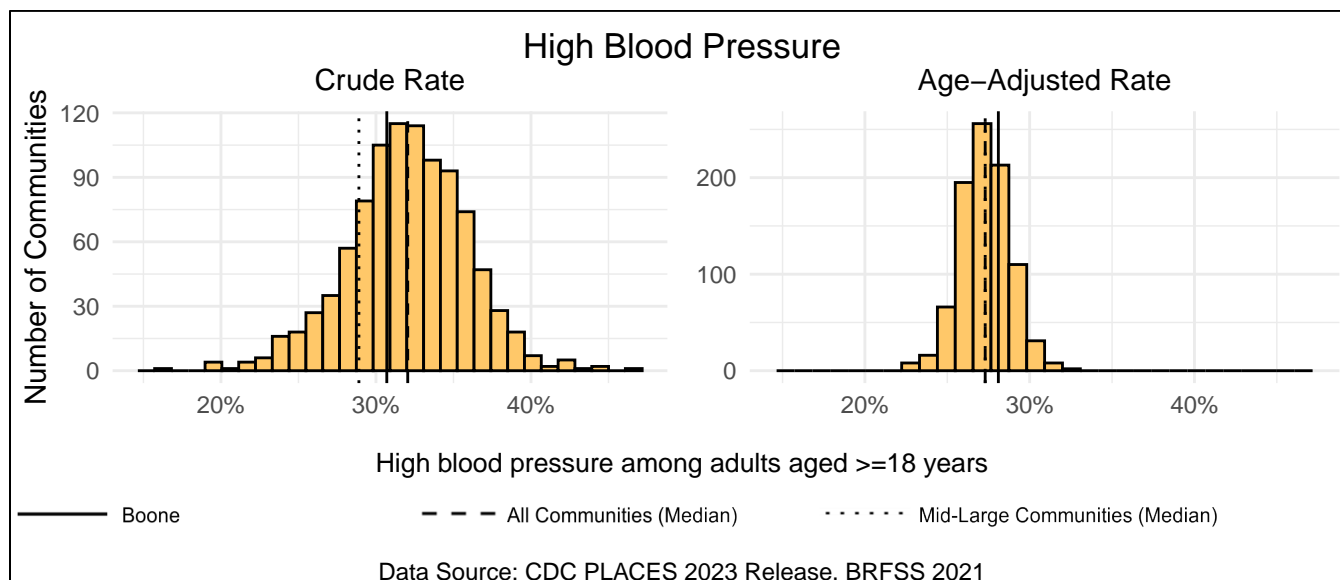
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 27.2% | 27.9%     | 23.7%           |
| Age-Adjusted | 24.6% | 23.1%     | 22.9%           |



## High Blood Pressure

Boone has a crude rate of 30.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 324th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Boone is 28.1%, which ranks 644th out of 905 Iowa communities (23rd out of 31 mid-large communities).

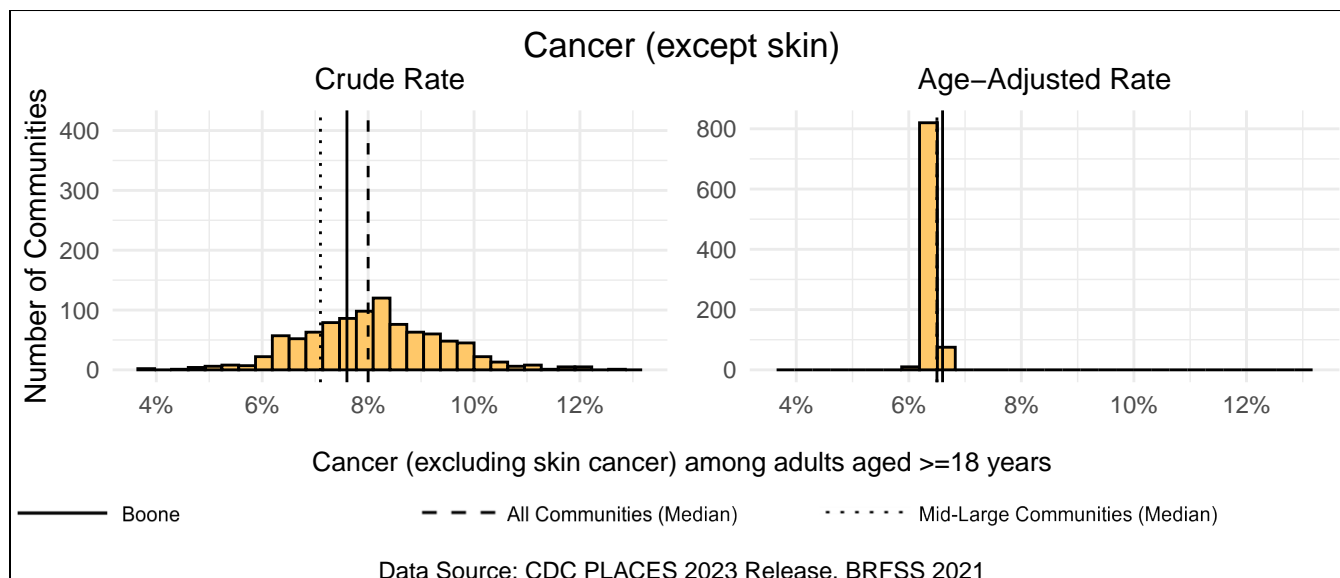
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 30.7% | 32.0%     | 28.9%           |
| Age-Adjusted | 28.1% | 27.3%     | 27.3%           |



## Cancer (except skin)

Boone has a crude rate of 7.6% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 335th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Boone is 6.6%, which ranks 831st out of 905 Iowa communities (28th out of 31 mid-large communities).

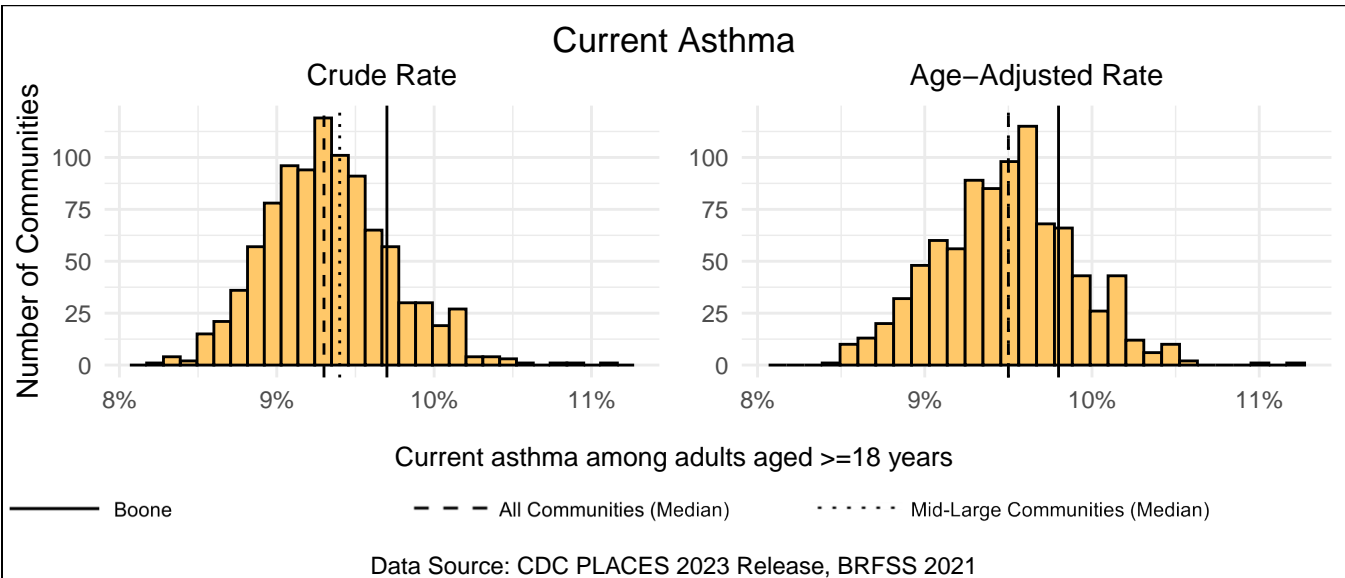
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 7.6%  | 8.0%      | 7.1%            |
| Age-Adjusted | 6.6%  | 6.5%      | 6.5%            |



## Current Asthma

Boone has a crude rate of 9.7% for current asthma among adults aged  $\geq 18$  years, which ranks 781st out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Boone is 9.8%, which ranks 696th out of 905 Iowa communities (25th out of 31 mid-large communities).

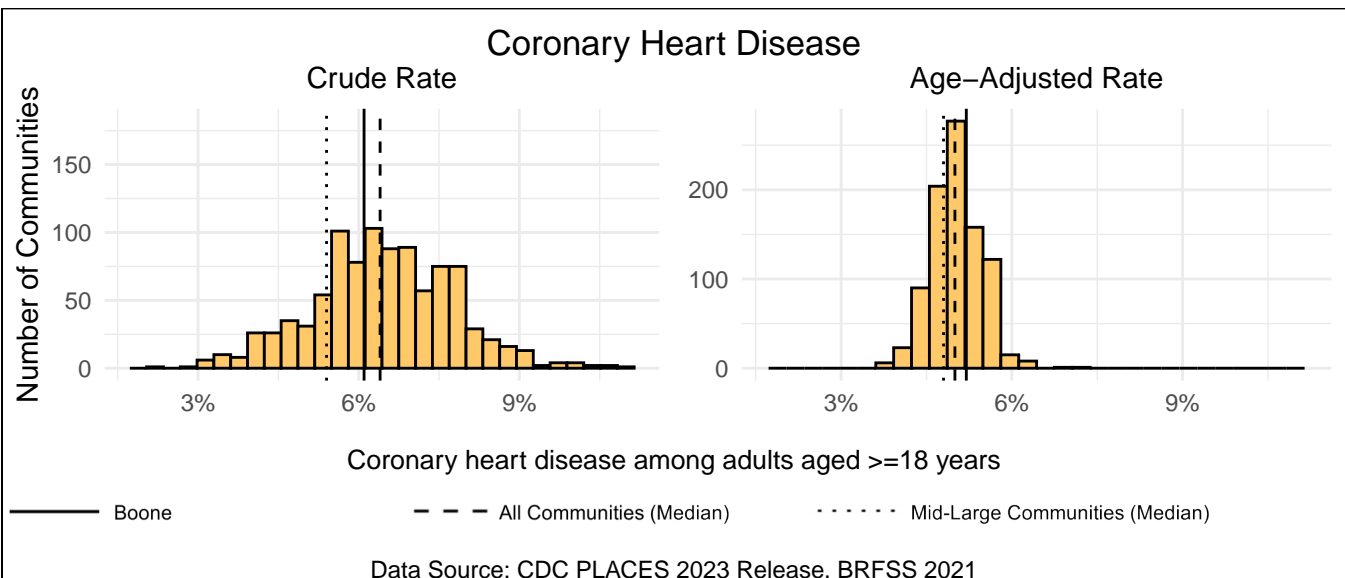
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 9.7%  | 9.3%      | 9.4%            |
| Age-Adjusted | 9.8%  | 9.5%      | 9.5%            |



## Coronary Heart Disease

Boone has a crude rate of 6.1% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 353rd out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Boone is 5.2%, which ranks 601st out of 905 Iowa communities (21st out of 31 mid-large communities).

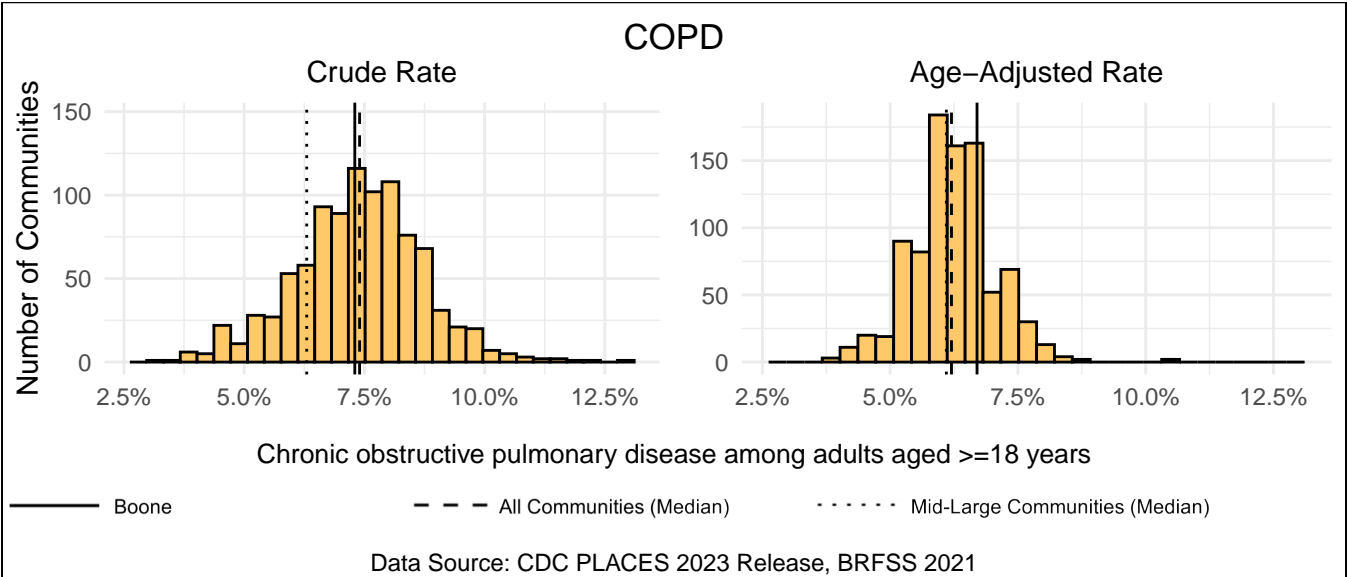
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 6.1%  | 6.4%      | 5.4%            |
| Age-Adjusted | 5.2%  | 5.0%      | 4.8%            |



# COPD

Boone has a crude rate of 7.3% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 423rd out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Boone is 6.7%, which ranks 661st out of 905 Iowa communities (21st out of 31 mid-large communities).

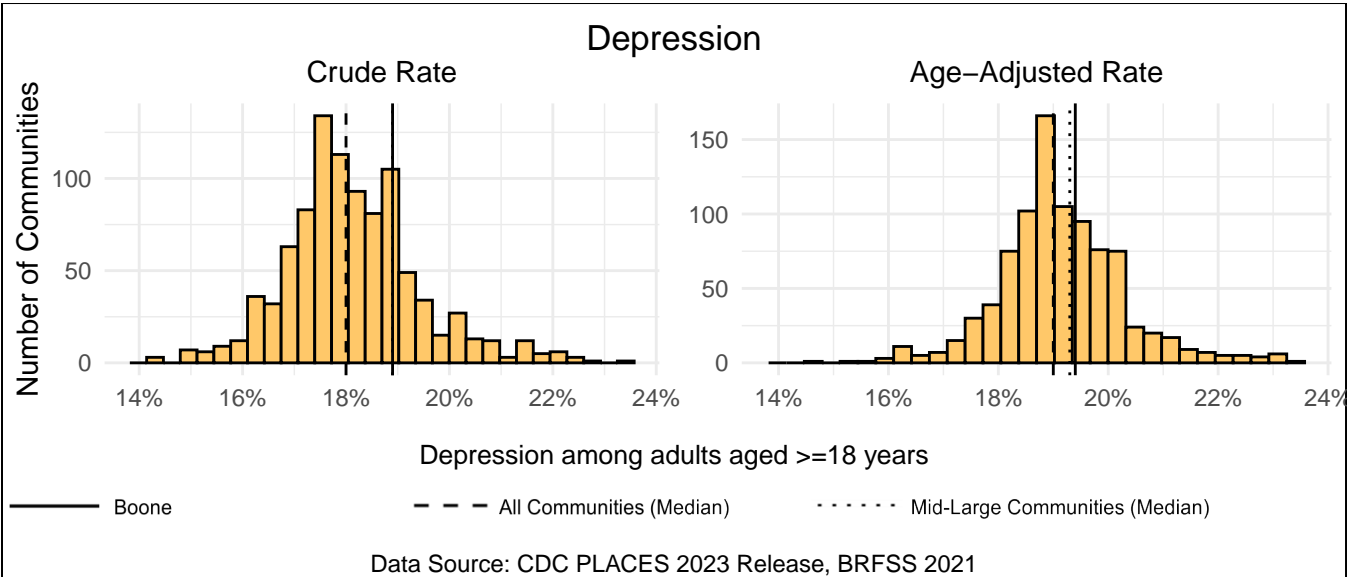
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 7.3%  | 7.4%      | 6.3%            |
| Age-Adjusted | 6.7%  | 6.2%      | 6.1%            |



# Depression

Boone has a crude rate of 18.9% for depression among adults aged  $\geq 18$  years, which ranks 730th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Boone is 19.4%, which ranks 562nd out of 905 Iowa communities (18th out of 31 mid-large communities).

| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 18.9% | 18.0%     | 18.9%           |
| Age-Adjusted | 19.4% | 19.0%     | 19.3%           |

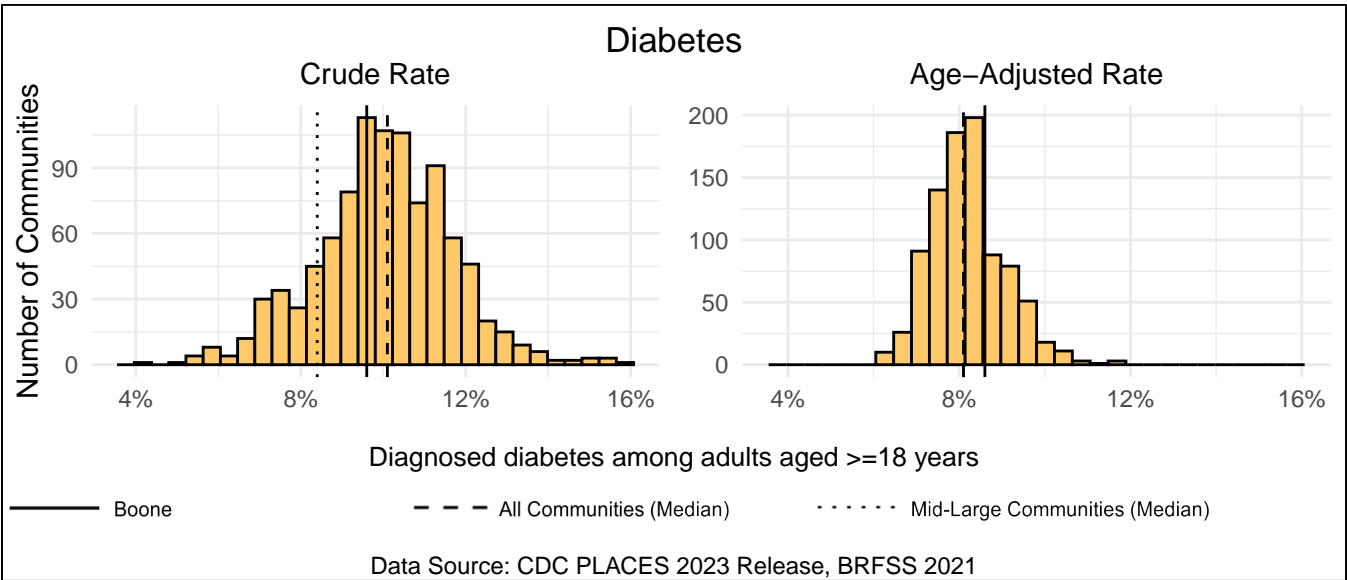




# Diabetes

Boone has a crude rate of 9.6% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 355th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 8.6%, which ranks 652nd out of 905 Iowa communities (20th out of 31 mid-large communities).

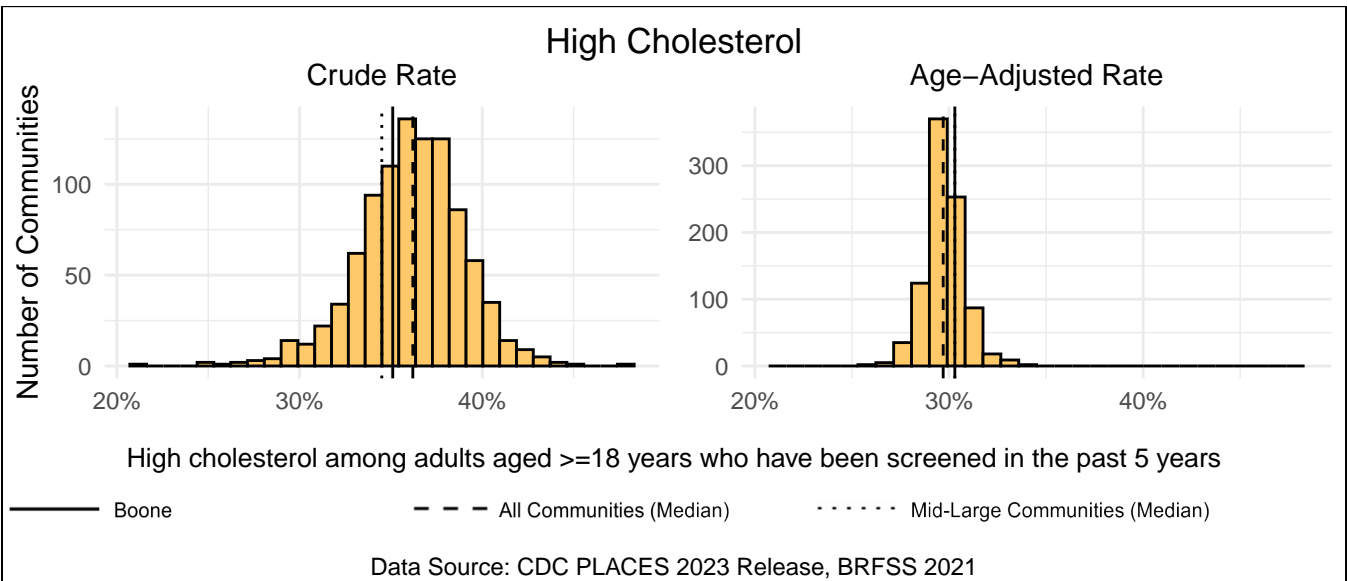
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 9.6%  | 10.1%     | 8.4%            |
| Age-Adjusted | 8.6%  | 8.1%      | 8.1%            |



# High Cholesterol

Boone has a crude rate of 35.1% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 308th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Boone is 30.3%, which ranks 634th out of 905 Iowa communities (15th out of 31 mid-large communities).

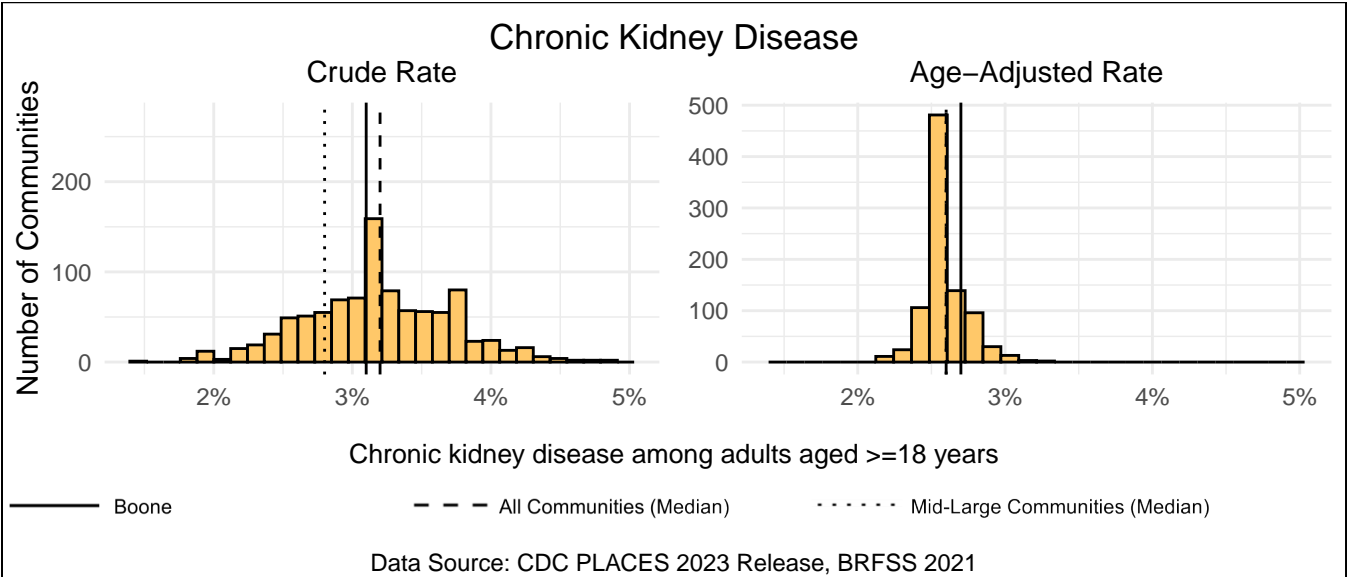
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 35.1% | 36.2%     | 34.5%           |
| Age-Adjusted | 30.3% | 29.7%     | 30.3%           |



# Chronic Kidney Disease

Boone has a crude rate of 3.1% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 381st out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Boone is 2.7%, which ranks 623rd out of 905 Iowa communities (20th out of 31 mid-large communities).

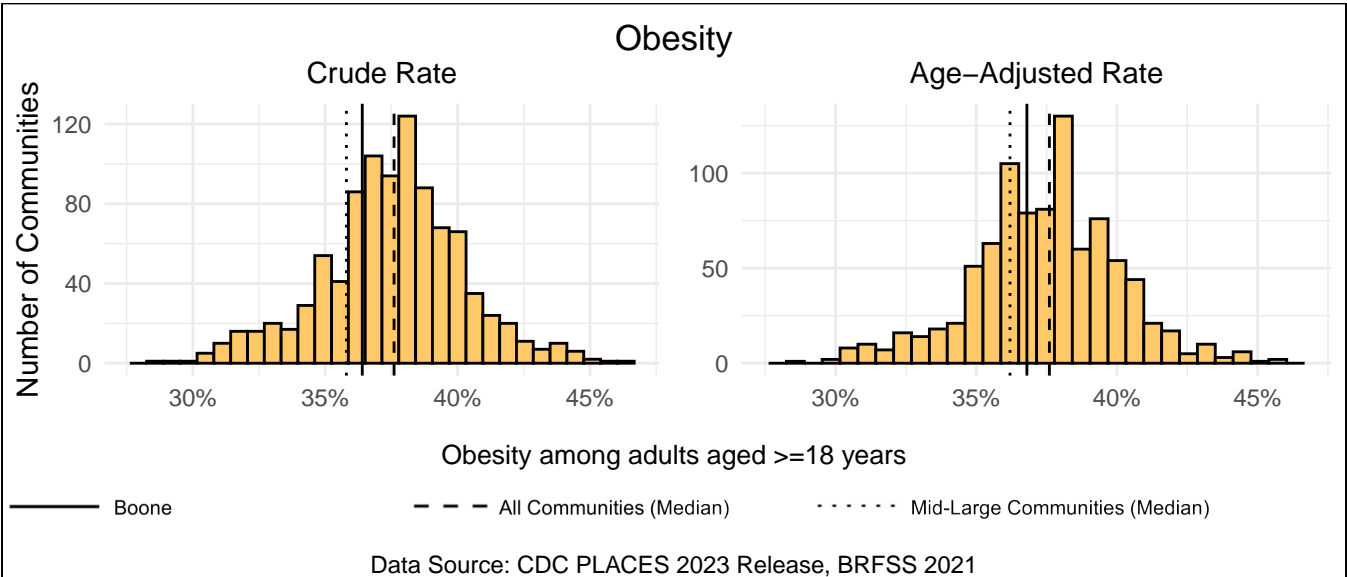
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 3.1%  | 3.2%      | 2.8%            |
| Age-Adjusted | 2.7%  | 2.6%      | 2.6%            |



# Obesity

Boone has a crude rate of 36.4% for obesity among adults aged  $\geq 18$  years, which ranks 269th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Boone is 36.8%, which ranks 338th out of 905 Iowa communities (19th out of 31 mid-large communities).

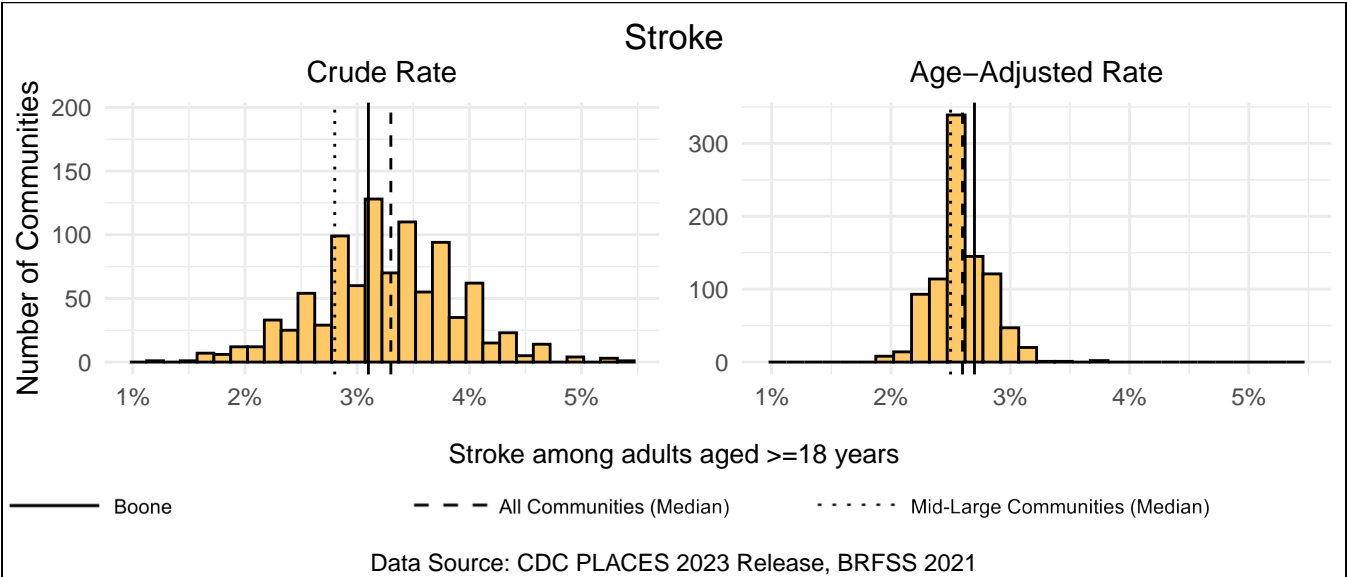
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 36.4% | 37.6%     | 35.8%           |
| Age-Adjusted | 36.8% | 37.6%     | 36.2%           |



# Stroke

Boone has a crude rate of 3.1% for stroke among adults aged  $\geq 18$  years, which ranks 340th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Boone is 2.7%, which ranks 569th out of 905 Iowa communities (20th out of 31 mid-large communities).

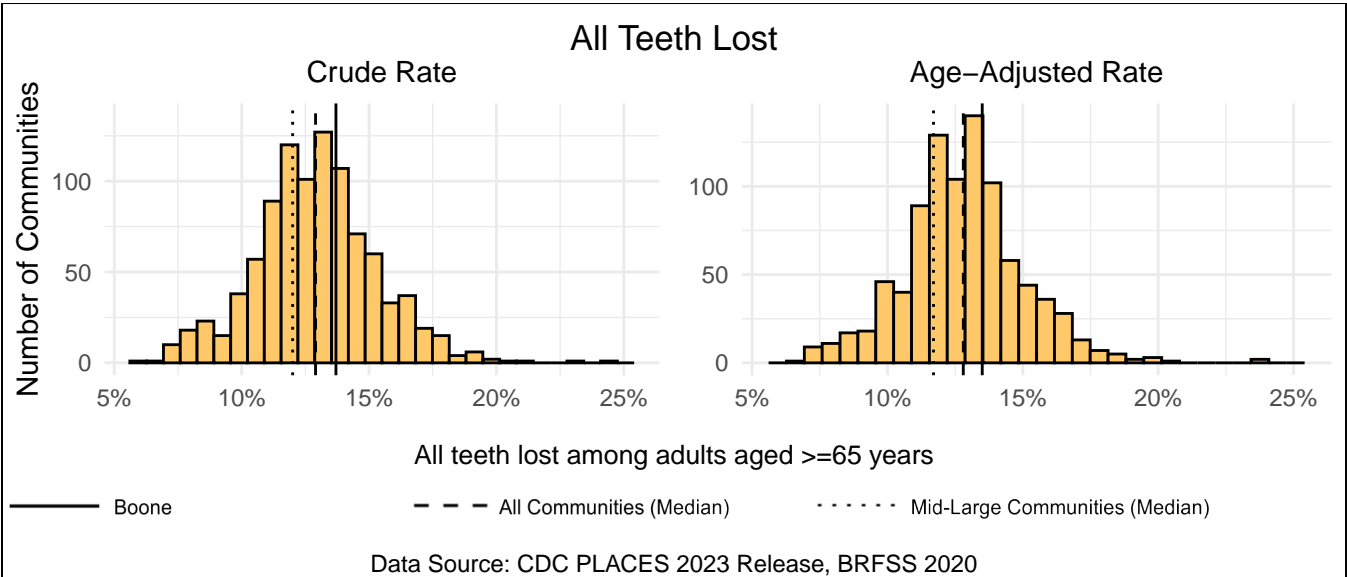
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 3.1%  | 3.3%      | 2.8%            |
| Age-Adjusted | 2.7%  | 2.6%      | 2.5%            |



# All Teeth Lost

Boone has a crude rate of 13.7% for all teeth lost among adults aged  $\geq 65$  years, which ranks 620th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Boone is 13.5%, which ranks 579th out of 905 Iowa communities (21st out of 31 mid-large communities).

| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 13.7% | 12.9%     | 12.0%           |
| Age-Adjusted | 13.5% | 12.8%     | 11.7%           |



# Prevention

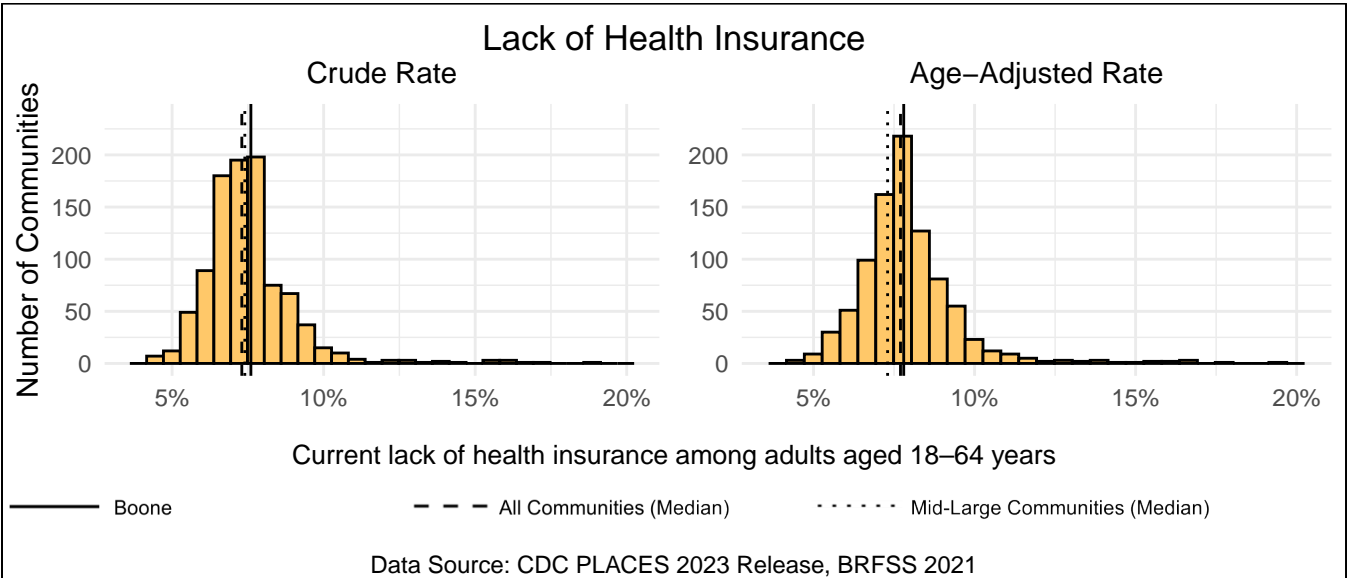
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

## Lack of Health Insurance

Boone has a crude rate of 7.6% for current lack of health insurance among adults aged 18–64 years, which ranks 570th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 7.8%, which ranks 458th out of 905 Iowa communities (17th out of 31 mid-large communities).

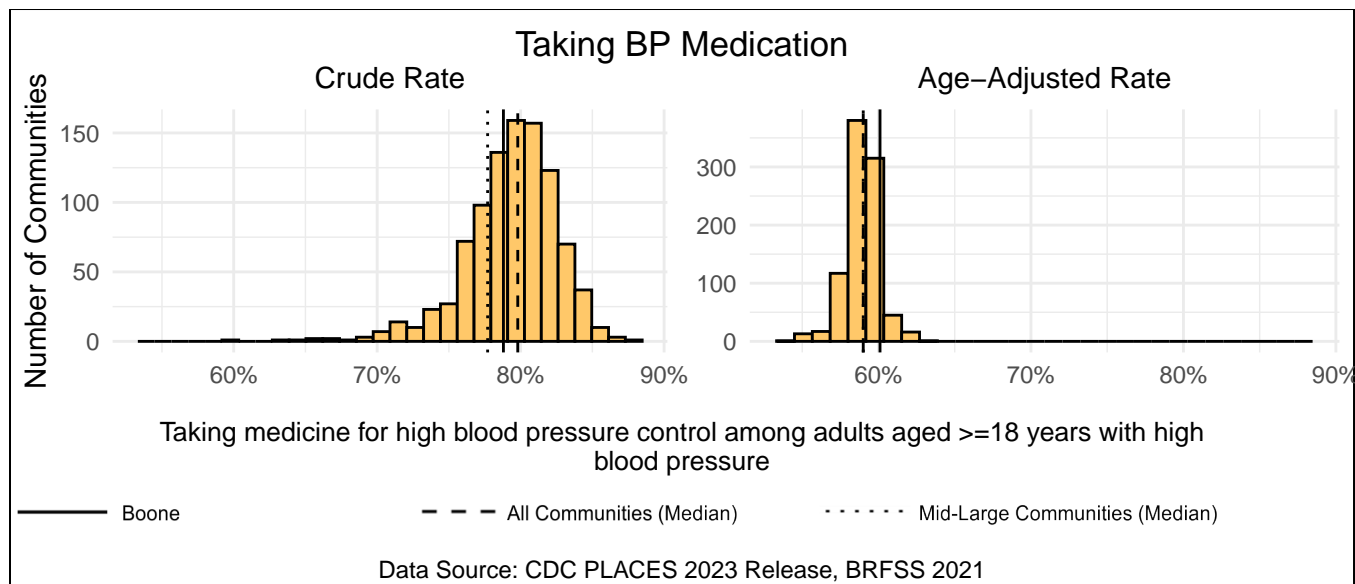
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 7.6%  | 7.3%      | 7.4%            |
| Age-Adjusted | 7.8%  | 7.7%      | 7.3%            |



## Taking BP Medication

Boone has a crude rate of 78.8% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 591st out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Boone is 60.1%, which ranks 79th out of 905 Iowa communities (8th out of 31 mid-large communities).

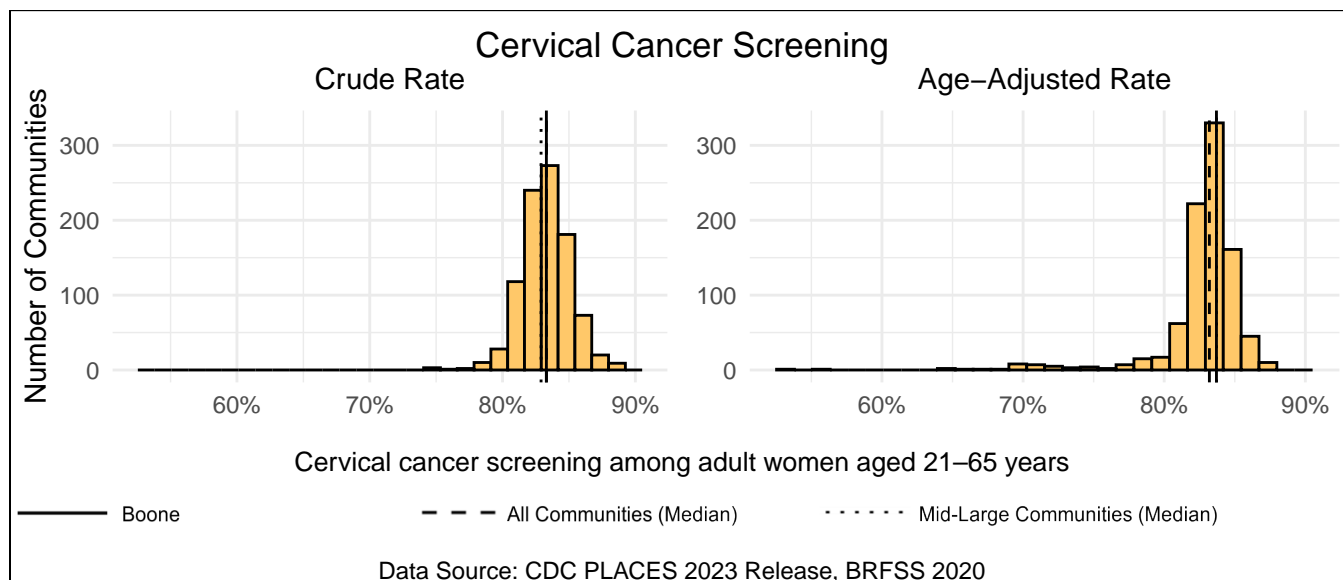
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 78.8% | 79.8%     | 77.7%           |
| Age-Adjusted | 60.1% | 59.0%     | 59.0%           |



## Cervical Cancer Screening

Boone has a crude rate of 83.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 462nd out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Boone is 83.7%, which ranks 294th out of 905 Iowa communities (16th out of 31 mid-large communities).

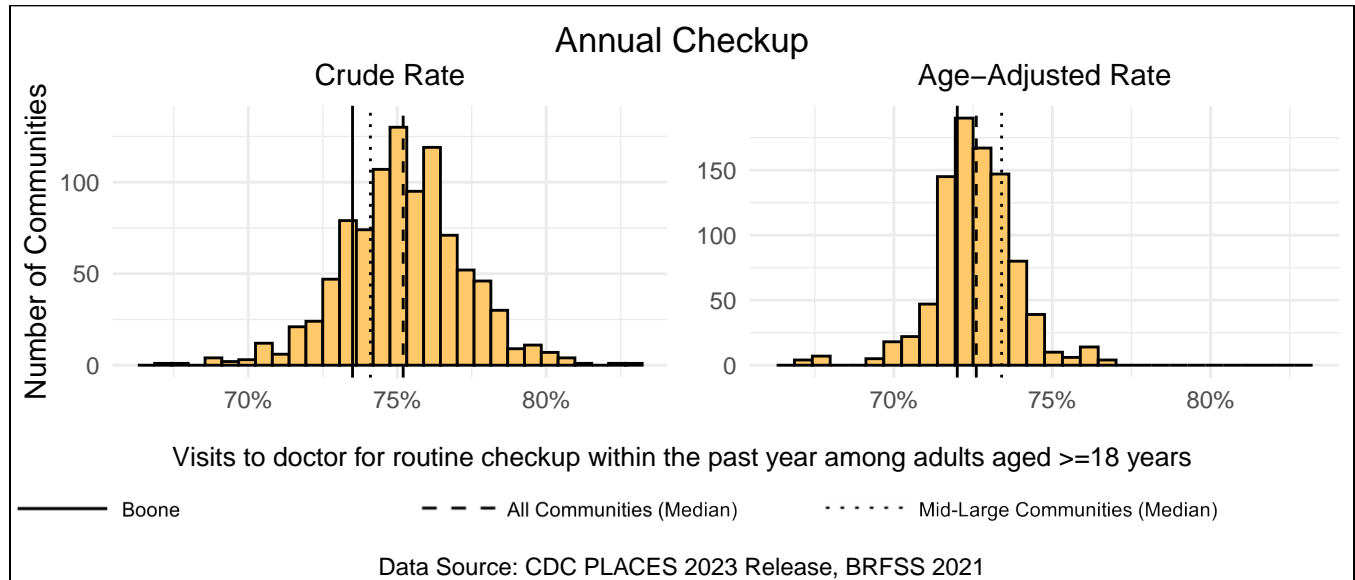
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 83.3% | 83.3%     | 82.9%           |
| Age-Adjusted | 83.7% | 83.2%     | 83.7%           |



## Annual Checkup

Boone has a crude rate of 73.5% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 771st out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Boone is 72.0%, which ranks 628th out of 905 Iowa communities (27th out of 31 mid-large communities).

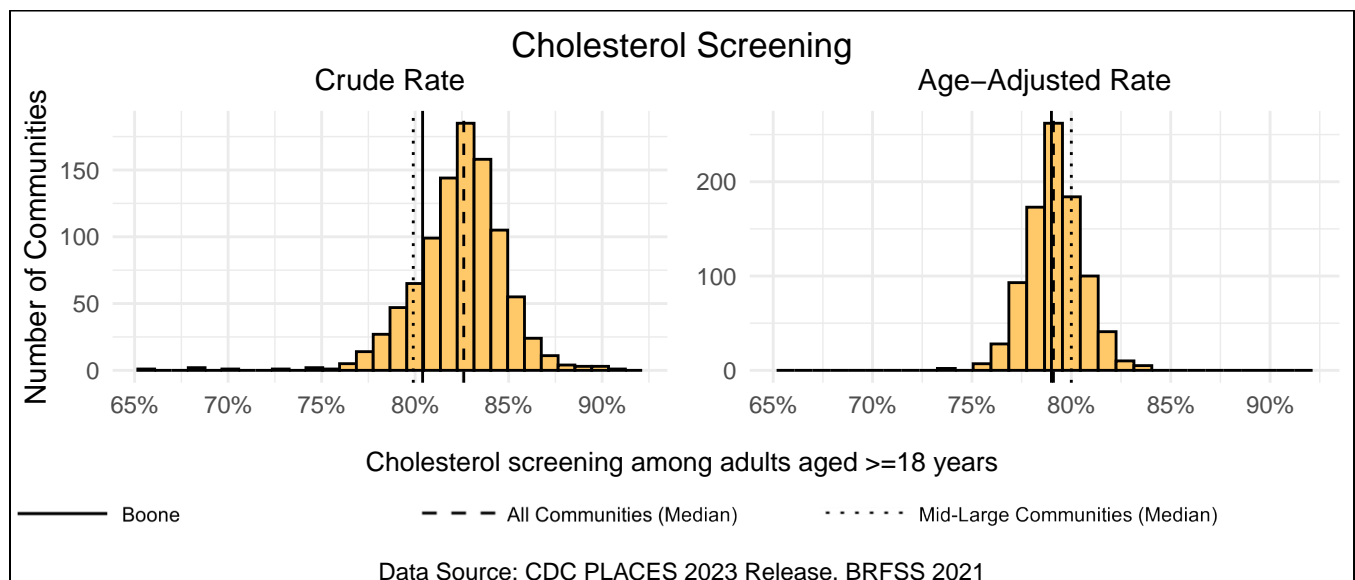
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 73.5% | 75.2%     | 74.1%           |
| Age-Adjusted | 72.0% | 72.6%     | 73.4%           |



## Cholesterol Screening

Boone has a crude rate of 80.4% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 793rd out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Boone is 79.0%, which ranks 470th out of 905 Iowa communities (20th out of 31 mid-large communities).

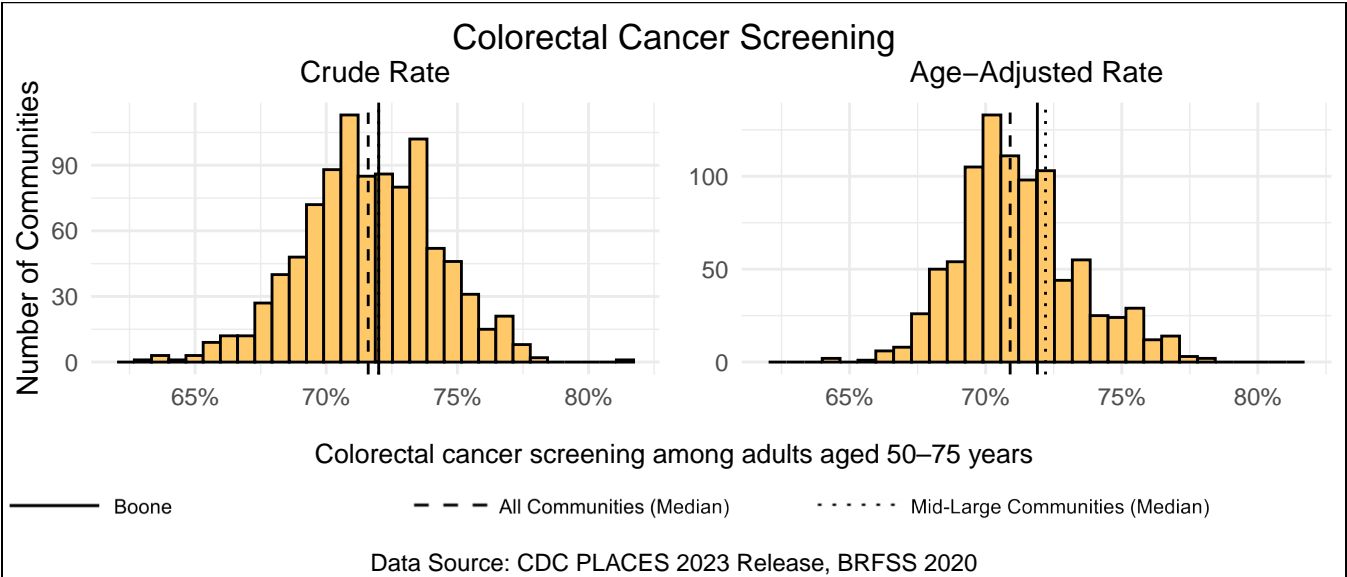
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 80.4% | 82.6%     | 79.9%           |
| Age-Adjusted | 79.0% | 79.1%     | 80.0%           |



## Colorectal Cancer Screening

Boone has a crude rate of 72.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 411th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Boone is 71.9%, which ranks 295th out of 905 Iowa communities (18th out of 31 mid-large communities).

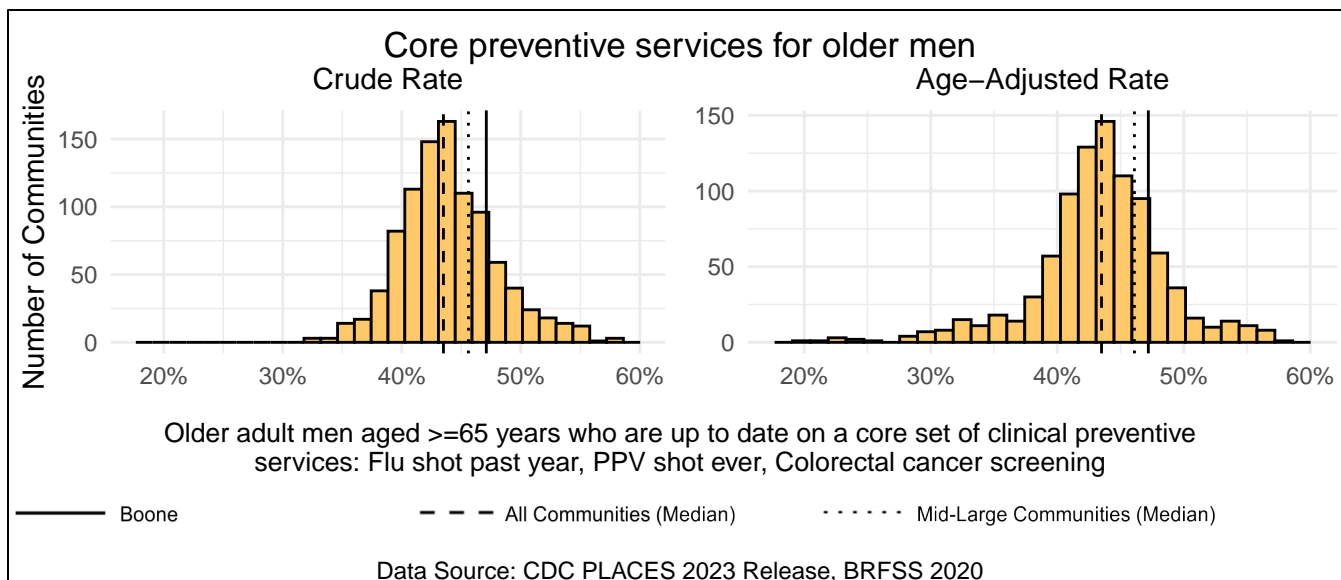
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 72.0% | 71.6%     | 72.0%           |
| Age-Adjusted | 71.9% | 70.9%     | 72.2%           |



## Core preventive services for older men

Boone has a crude rate of 47.1% 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 183rd out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Boone is 47.2%, which ranks 161st out of 905 Iowa communities (12th out of 31 mid-large communities).

| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 47.1% | 43.5%     | 45.6%           |
| Age-Adjusted | 47.2% | 43.5%     | 46.1%           |

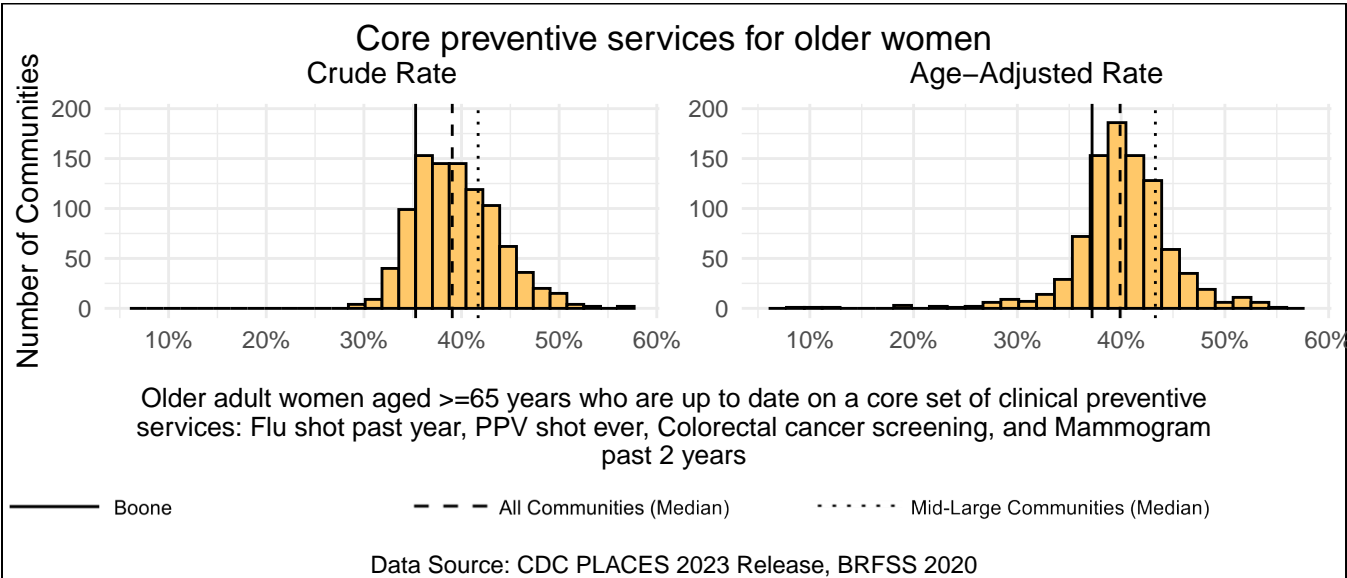




### Core preventive services for older women

Boone has a crude rate of 35.3% 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 798th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Boone is 37.2%, which ranks 743rd out of 905 Iowa communities (26th out of 31 mid-large communities).

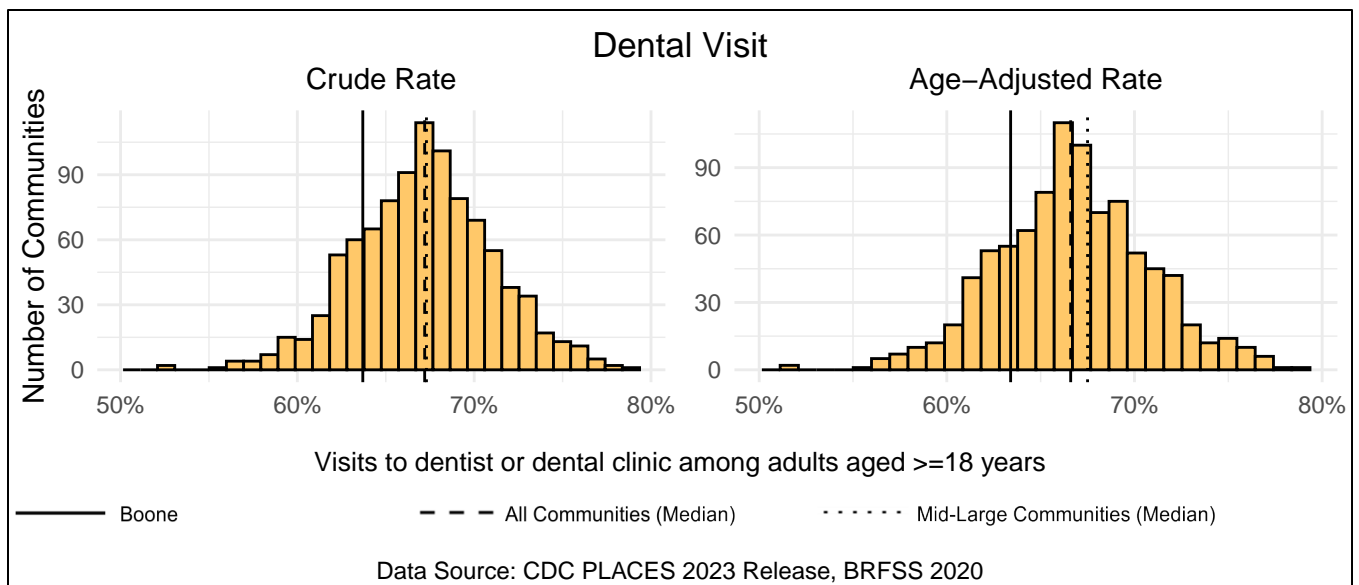
| Measure Type | Boone | All   | Mid-Large |
|--------------|-------|-------|-----------|
|              |       | Comm. | Comm.     |
| Crude        | 35.3% | 39.0% | 41.7%     |
| Age-Adjusted | 37.2% | 39.9% | 43.3%     |



### Dental Visit

Boone has a crude rate of 63.7% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 774th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Boone is 63.4%, which ranks 716th out of 905 Iowa communities (21st out of 31 mid-large communities).

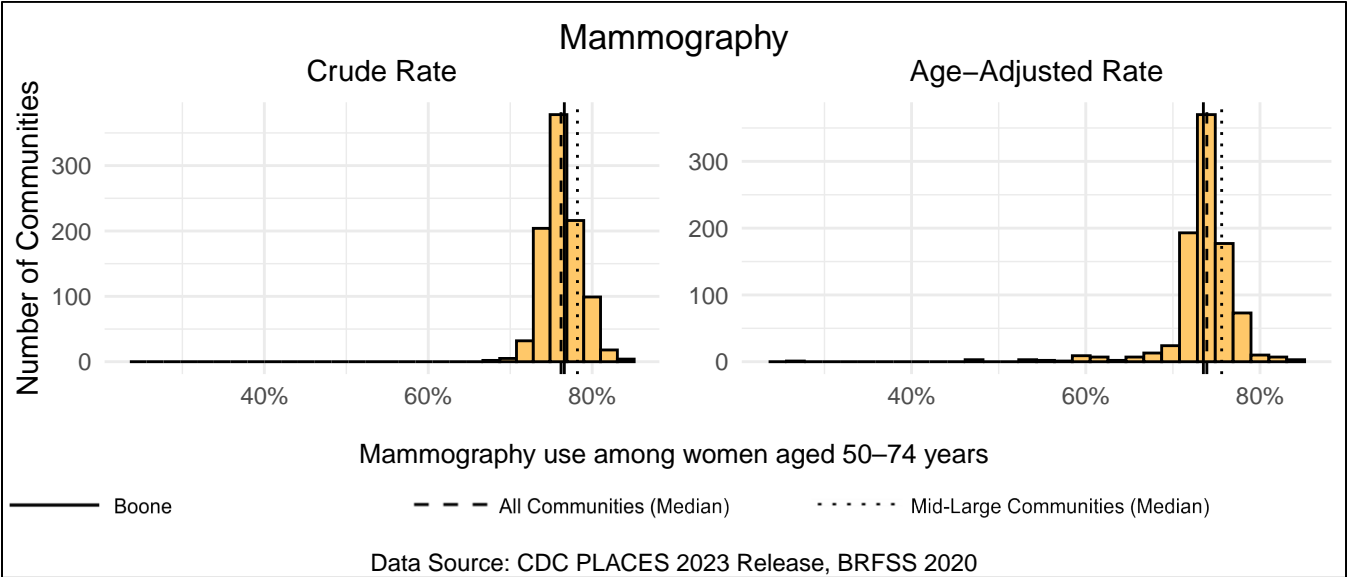
| Measure Type | Boone | All   | Mid-Large |
|--------------|-------|-------|-----------|
|              |       | Comm. | Comm.     |
| Crude        | 63.7% | 67.2% | 67.3%     |
| Age-Adjusted | 63.4% | 66.6% | 67.5%     |



# Mammography

Boone has a crude rate of 76.6% for mammography use among women aged 50–74 years, which ranks 391st out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Boone is 73.5%, which ranks 519th out of 905 Iowa communities (21st out of 31 mid-large communities).

| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 76.6% | 76.2%     | 78.2%           |
| Age-Adjusted | 73.5% | 73.9%     | 75.6%           |



# Disability

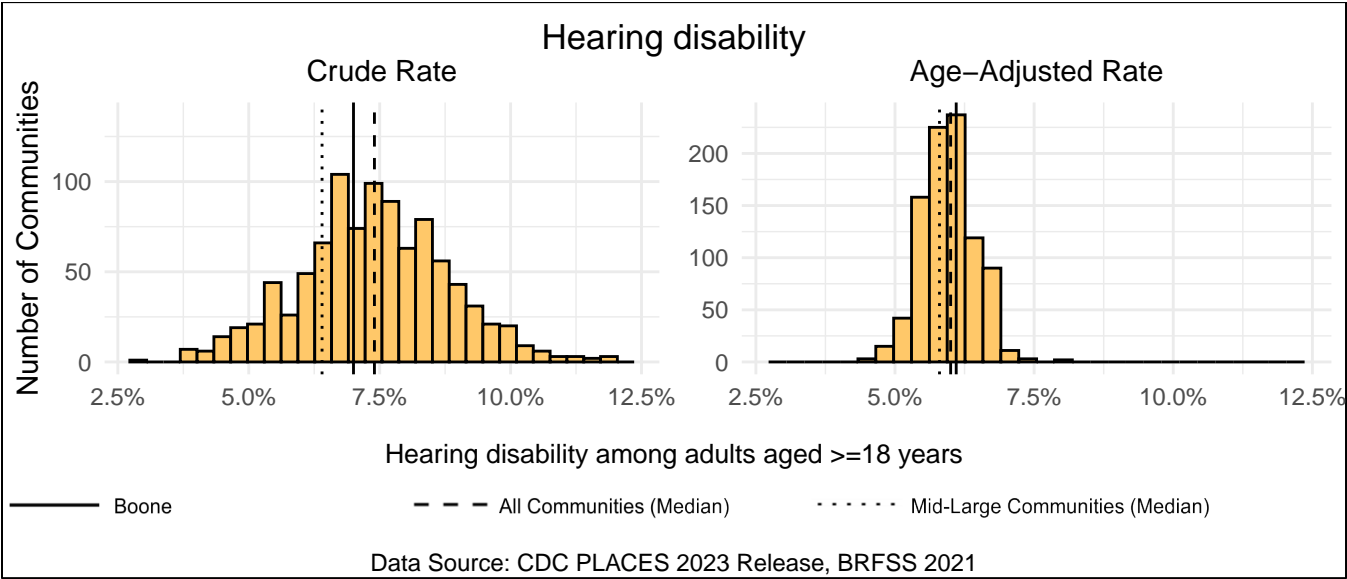
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Boone has a crude rate of 7.0% for hearing disability among adults aged  $\geq 18$  years, which ranks 358th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 6.1%, which ranks 544th out of 905 Iowa communities (21st out of 31 mid-large communities).

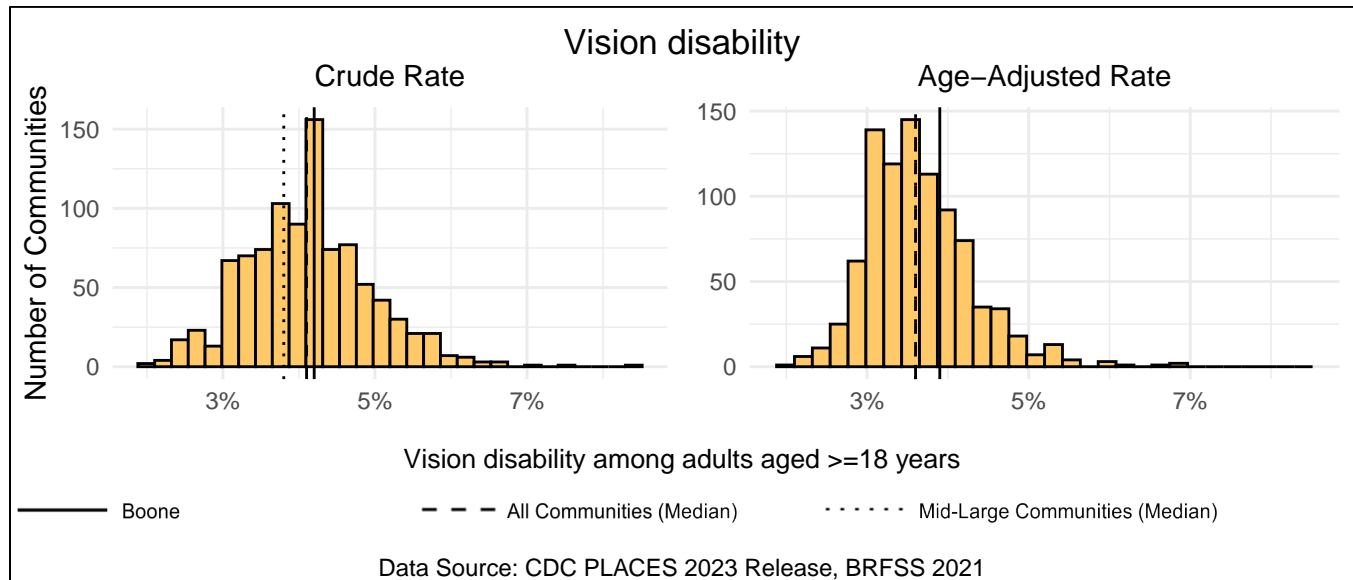
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 7.0%  | 7.4%      | 6.4%            |
| Age-Adjusted | 6.1%  | 6.0%      | 5.8%            |



## Vision disability

Boone has a crude rate of 4.2% for vision disability among adults aged  $\geq 18$  years, which ranks 516th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 3.9%, which ranks 622nd out of 905 Iowa communities (20th out of 31 mid-large communities).

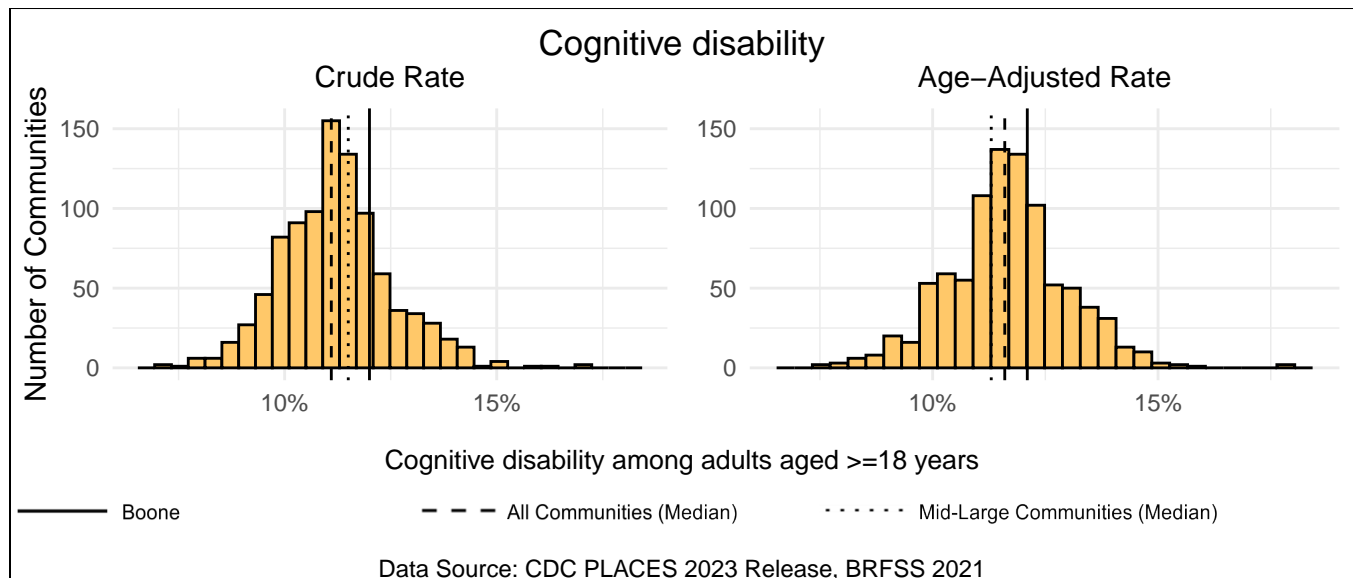
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 4.2%  | 4.1%      | 3.8%            |
| Age-Adjusted | 3.9%  | 3.6%      | 3.6%            |



## Cognitive disability

Boone has a crude rate of 12.0% for cognitive disability among adults aged  $\geq 18$  years, which ranks 735th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Boone is 12.1%, which ranks 602nd out of 905 Iowa communities (20th out of 31 mid-large communities).

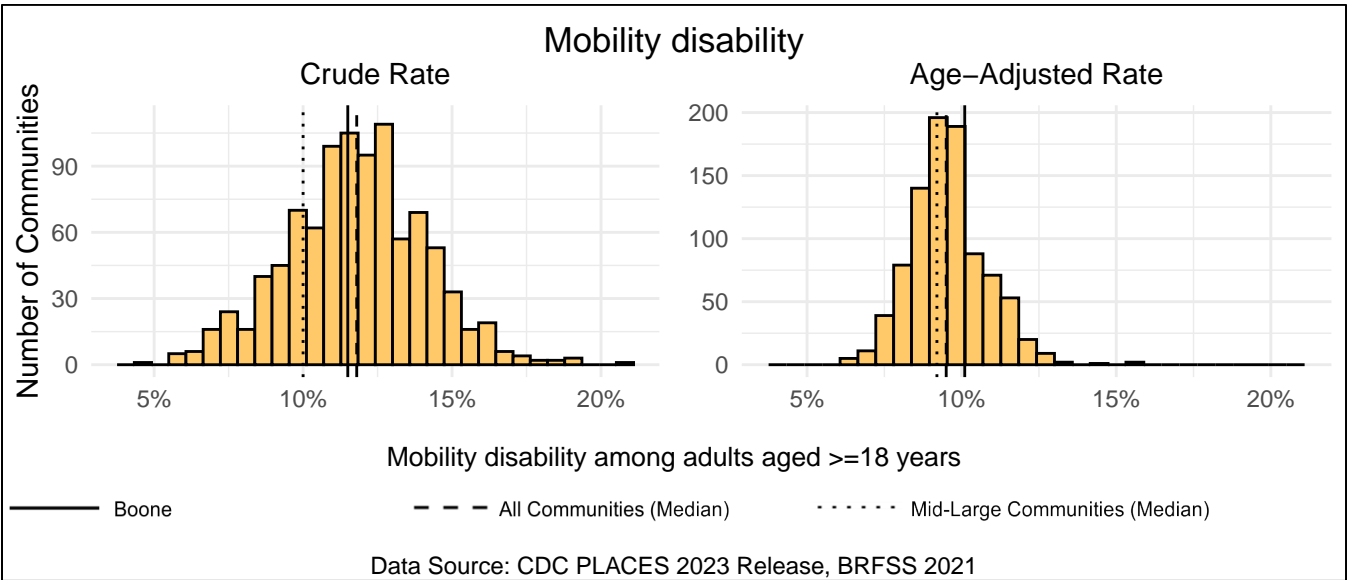
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 12.0% | 11.1%     | 11.5%           |
| Age-Adjusted | 12.1% | 11.6%     | 11.3%           |



# Mobility disability

Boone has a crude rate of 11.5% for mobility disability among adults aged  $\geq 18$  years, which ranks 417th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 10.1%, which ranks 632nd out of 905 Iowa communities (20th out of 31 mid-large communities).

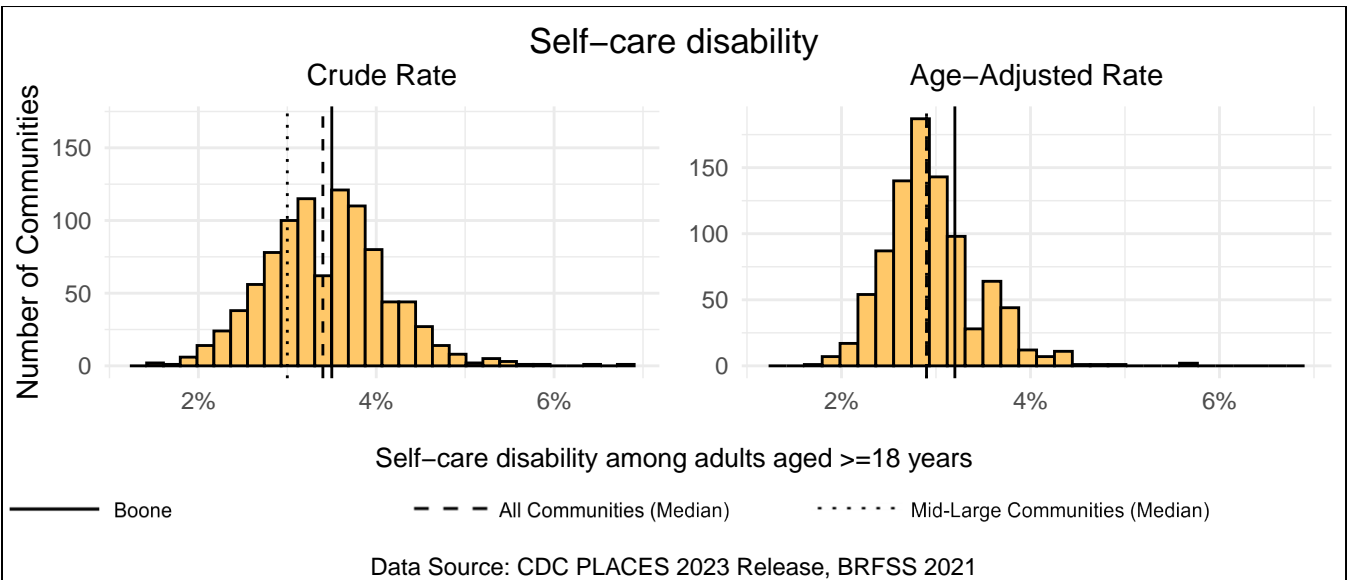
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 11.5% | 11.8%     | 10.0%           |
| Age-Adjusted | 10.1% | 9.5%      | 9.2%            |



# Self-care disability

Boone has a crude rate of 3.5% for self-care disability among adults aged  $\geq 18$  years, which ranks 497th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 3.2%, which ranks 637th out of 905 Iowa communities (20th out of 31 mid-large communities).

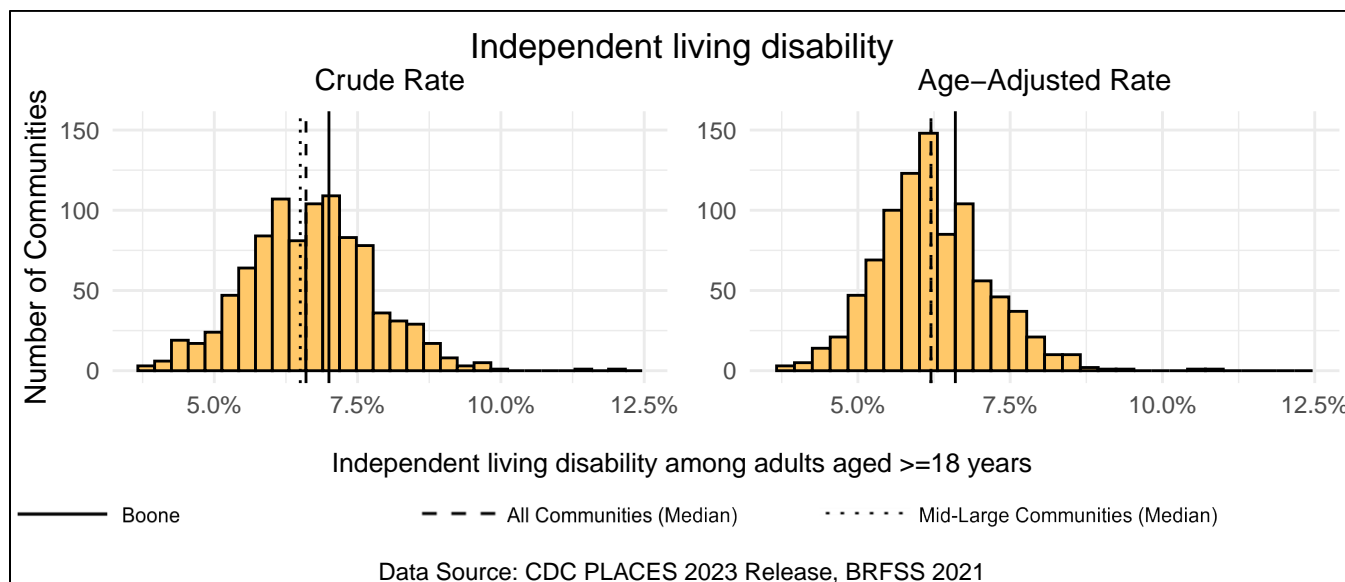
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 3.5%  | 3.4%      | 3.0%            |
| Age-Adjusted | 3.2%  | 2.9%      | 2.9%            |



## Independent living disability

Boone has a crude rate of 7.0% for independent living disability among adults aged  $\geq 18$  years, which ranks 599th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Boone is 6.6%, which ranks 616th out of 905 Iowa communities (20th out of 31 mid-large communities).

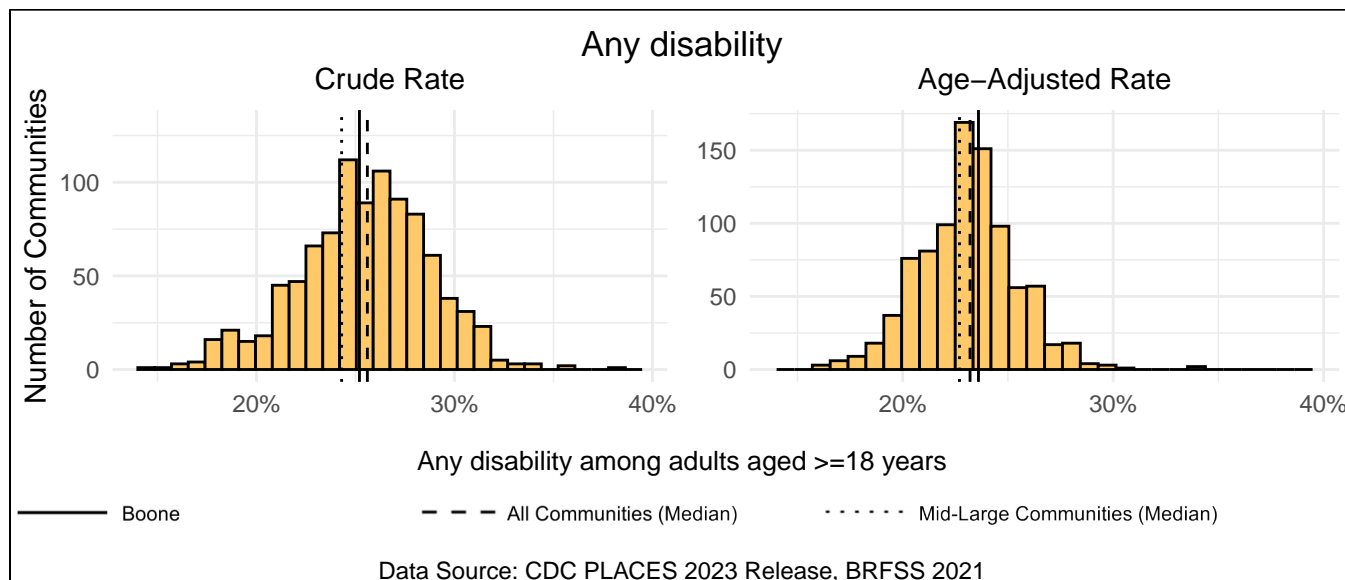
| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 7.0%  | 6.6%      | 6.5%            |
| Age-Adjusted | 6.6%  | 6.2%      | 6.2%            |



## Any disability

Boone has a crude rate of 25.2% for any disability among adults aged  $\geq 18$  years, which ranks 440th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Boone is 23.6%, which ranks 551st out of 905 Iowa communities (21st out of 31 mid-large communities).

| Measure Type | Boone | All Comm. | Mid-Large Comm. |
|--------------|-------|-----------|-----------------|
| Crude        | 25.2% | 25.6%     | 24.3%           |
| Age-Adjusted | 23.6% | 23.2%     | 22.7%           |



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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: Boone 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                          | 468             | 10.8% (9.4% - 12.2%)  | 644                | 10.2% (8.9% - 11.6%)   |
| Health Status         | Mental Health                            | 856             | 15.7% (13.7% - 17.9%) | 714                | 16.3% (14.2% - 18.5%)  |
| Health Status         | General Health                           | 457             | 14.2% (12.3% - 16.4%) | 604                | 13.4% (11.6% - 15.3%)  |
| Health Risk Behaviors | Sleep <7 hours                           | 483             | 30.3% (29.3% - 31.4%) | 417                | 31.0% (29.9% - 32.0%)  |
| Health Risk Behaviors | Binge Drinking                           | 572             | 20.1% (16.7% - 23.7%) | 249                | 21.4% (18.0% - 25.2%)  |
| Health Risk Behaviors | Physical Inactivity                      | 459             | 26.0% (21.9% - 30.4%) | 558                | 25.0% (20.8% - 29.4%)  |
| Health Risk Behaviors | Current Smoking                          | 607             | 17.5% (14.6% - 20.8%) | 602                | 18.3% (15.2% - 21.6%)  |
| Health Outcomes       | Arthritis                                | 402             | 27.2% (23.3% - 31.0%) | 803                | 24.6% (21.0% - 28.2%)  |
| Health Outcomes       | Depression                               | 730             | 18.9% (15.7% - 22.5%) | 562                | 19.4% (16.0% - 22.9%)  |
| Health Outcomes       | High Cholesterol                         | 308             | 35.1% (30.8% - 39.4%) | 634                | 30.3% (26.2% - 34.7%)  |
| Health Outcomes       | COPD                                     | 423             | 7.3% (6.3% - 8.5%)    | 661                | 6.7% (5.7% - 7.6%)     |
| Health Outcomes       | Stroke                                   | 340             | 3.1% (2.8% - 3.4%)    | 569                | 2.7% (2.4% - 3.0%)     |
| Health Outcomes       | Coronary Heart Disease                   | 353             | 6.1% (5.4% - 6.9%)    | 601                | 5.2% (4.6% - 5.8%)     |
| Health Outcomes       | Obesity                                  | 269             | 36.4% (29.6% - 43.5%) | 338                | 36.8% (30.1% - 43.9%)  |
| Health Outcomes       | High Blood Pressure                      | 324             | 30.7% (26.9% - 34.6%) | 644                | 28.1% (24.6% - 31.8%)  |
| Health Outcomes       | Chronic Kidney Disease                   | 381             | 3.1% (2.8% - 3.4%)    | 623                | 2.7% (2.5% - 2.9%)     |
| Health Outcomes       | Current Asthma                           | 781             | 9.7% (8.6% - 10.9%)   | 696                | 9.8% (8.6% - 11.0%)    |
| Health Outcomes       | All Teeth Lost                           | 620             | 13.7% (10.5% - 17.5%) | 579                | 13.5% (10.4% - 16.8%)  |
| Health Outcomes       | Diabetes                                 | 355             | 9.6% (8.2% - 11.1%)   | 652                | 8.6% (7.3% - 9.9%)     |
| Health Outcomes       | Cancer (except skin)                     | 335             | 7.6% (6.9% - 8.3%)    | 831                | 6.6% (6.0% - 7.2%)     |
| Prevention            | Dental Visit                             | 774             | 63.7% (61.3% - 66.0%) | 716                | 63.4% (60.9% - 65.7%)  |
| Prevention            | Cervical Cancer Screening                | 462             | 83.3% (81.8% - 84.9%) | 294                | 83.7% (82.2% - 85.2%)  |
| Prevention            | Core preventive services for older women | 798             | 35.3% (30.5% - 40.0%) | 743                | 37.2% (32.2% - 42.0%)  |
| Prevention            | Taking BP Medication                     | 591             | 78.8% (75.6% - 81.6%) | 79                 | 60.1% (55.2% - 64.7%)  |
| Prevention            | Cholesterol Screening                    | 793             | 80.4% (77.4% - 83.2%) | 470                | 79.0% (75.9% - 82.0%)  |
| Prevention            | Health Insurance                         | 570             | 7.6% (6.3% - 9.3%)    | 458                | 7.8% (6.4% - 9.5%)     |

| 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 | 183             | 47.1% (41.7% - 52.7%) | 161                | 47.2% (41.8% - 52.8%)  |
| Prevention | Colorectal Cancer Screening            | 411             | 72.0% (70.0% - 73.9%) | 295                | 71.9% (70.0% - 73.9%)  |
| Prevention | Annual Checkup                         | 771             | 73.5% (68.7% - 78.0%) | 628                | 72.0% (66.9% - 76.7%)  |
| Prevention | Mammography                            | 391             | 76.6% (74.0% - 79.0%) | 519                | 73.5% (70.8% - 76.1%)  |
| Disability | Cognitive Disability                   | 735             | 12.0% (10.4% - 13.8%) | 602                | 12.1% (10.5% - 13.8%)  |
| Disability | Vision Disability                      | 516             | 4.2% (3.7% - 4.8%)    | 622                | 3.9% (3.4% - 4.4%)     |
| Disability | Any Disability                         | 440             | 25.2% (21.6% - 28.9%) | 551                | 23.6% (20.2% - 27.0%)  |
| Disability | Mobility Disability                    | 417             | 11.5% (10.0% - 13.2%) | 632                | 10.1% (8.7% - 11.5%)   |
| Disability | Independent Living Disability          | 599             | 7.0% (6.1% - 8.0%)    | 616                | 6.6% (5.8% - 7.5%)     |
| Disability | Self-care Disability                   | 497             | 3.5% (3.1% - 3.9%)    | 637                | 3.2% (2.8% - 3.6%)     |
| Disability | Hearing Disability                     | 358             | 7.0% (6.2% - 7.8%)    | 544                | 6.1% (5.4% - 6.8%)     |

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

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

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