



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in Burlington: Overview

Dear Community Members & Stakeholders of Burlington,

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 Burlington ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Burlington’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 Burlington. 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	297th	17th	Cancer (except skin)	74th	4th
High Cholesterol	328th	21st	Taking BP Medication	91st	9th
Cancer (except skin)	388th	26th	Core preventive services for older men	238th	16th
Mammography	410th	21st	Binge Drinking	249th	12th
Binge Drinking	476th	11th	High Cholesterol	336th	10th

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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Mental Health	945th	29th	Arthritis	901st	31st
Cognitive Disability	940th	30th	Mental Health	898th	31st
Depression	940th	30th	Any Disability	894th	29th
Dental Visit	938th	31st	Cognitive Disability	894th	31st
Current Asthma	934th	28th	Depression	892nd	30th

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 Burlington.

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

With a population of 23,976, Burlington’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

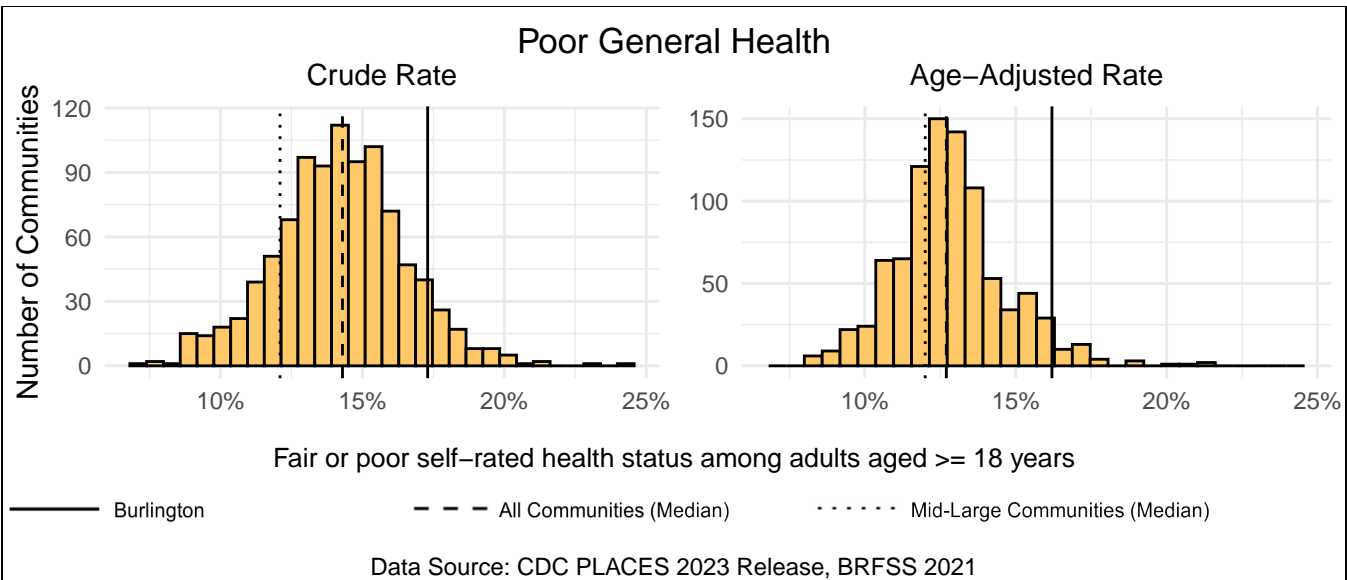
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Burlington has a crude rate of 17.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 877th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Burlington is 16.2%, which ranks 869th out of 905 Iowa communities (26th out of 31 mid-large communities).

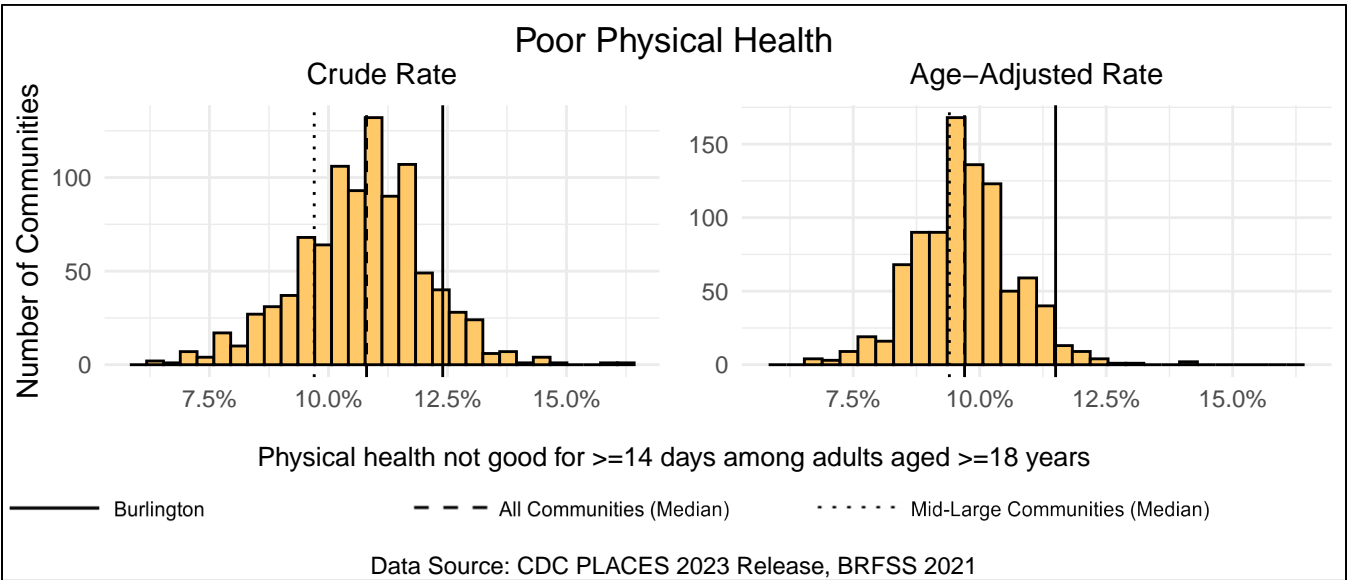
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	17.3%	14.3%	12.1%
Age-Adjusted	16.2%	12.7%	12.0%



Poor Physical Health

Burlington has a crude rate of 12.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 867th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Burlington is 11.5%, which ranks 876th out of 905 Iowa communities (28th out of 31 mid-large communities).

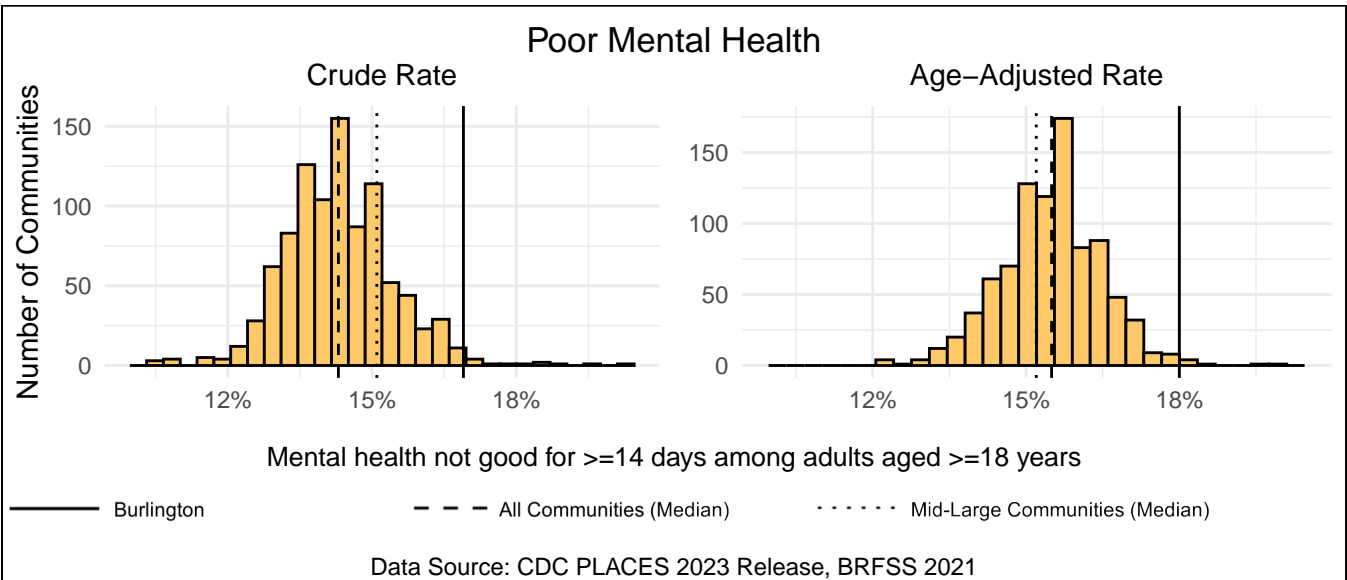
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	12.4%	10.8%	9.7%
Age-Adjusted	11.5%	9.7%	9.4%



Poor Mental Health

Burlington has a crude rate of 16.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 945th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 18.0%, which ranks 898th out of 905 Iowa communities (31st out of 31 mid-large communities).

Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	16.9%	14.3%	15.1%
Age-Adjusted	18.0%	15.5%	15.2%



Health Risk Behaviors

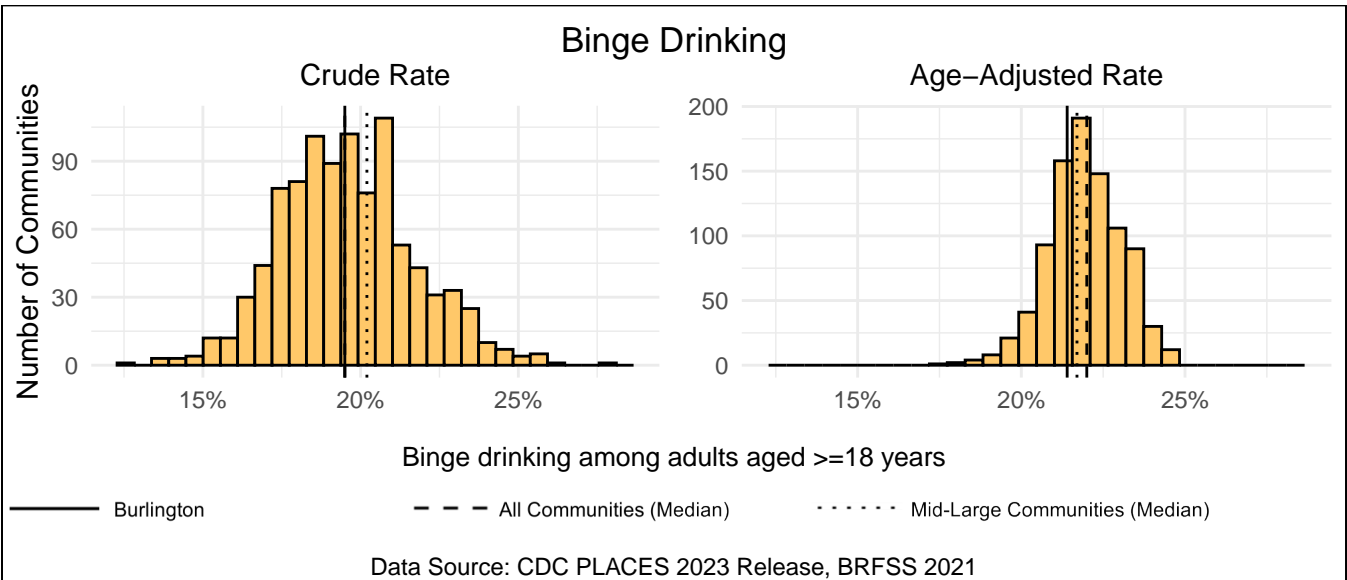
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Burlington has a crude rate of 19.5% for binge drinking among adults aged ≥ 18 years, which ranks 476th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Burlington is 21.4%, which ranks 249th out of 905 Iowa communities (12th out of 31 mid-large communities).

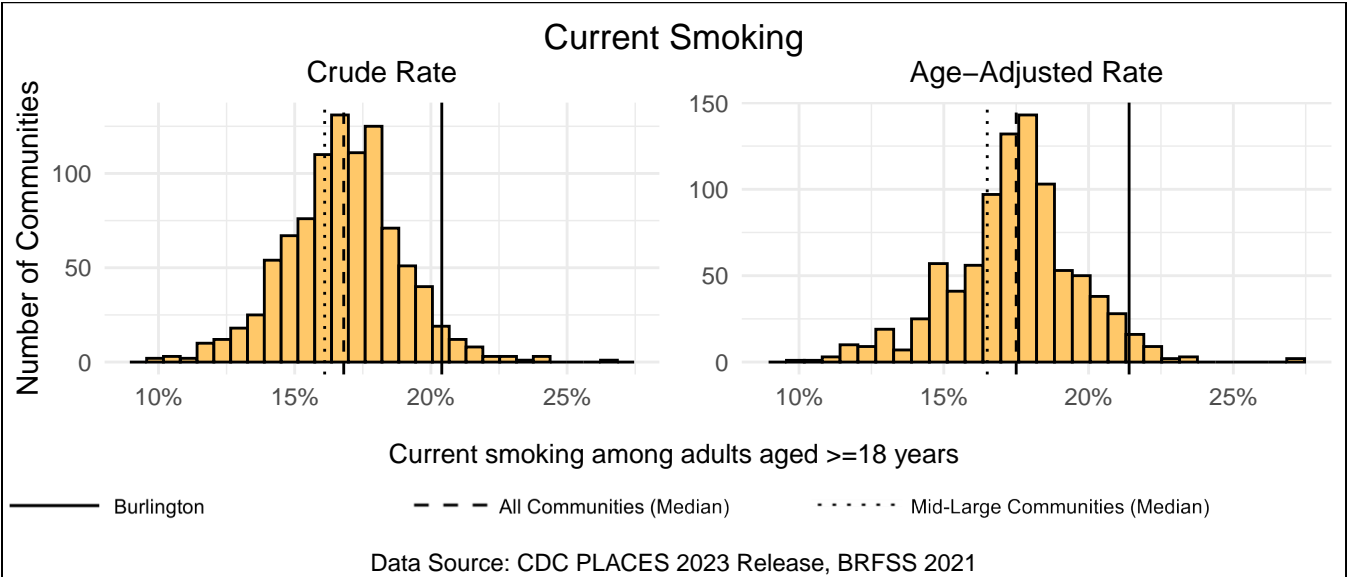
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	19.5%	19.5%	20.2%
Age-Adjusted	21.4%	22.0%	21.7%



Current Smoking

Burlington has a crude rate of 20.4% for current smoking among adults aged >=18 years, which ranks 922nd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Burlington is 21.4%, which ranks 880th out of 905 Iowa communities (29th out of 31 mid-large communities).

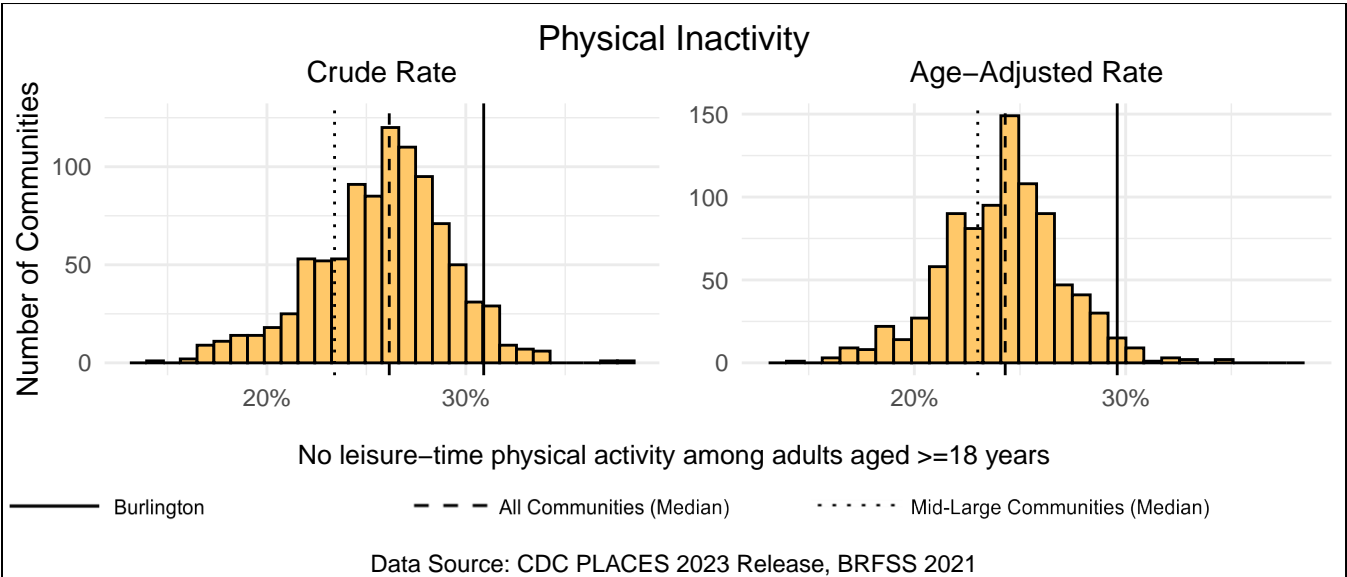
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	20.4%	16.8%	16.1%
Age-Adjusted	21.4%	17.5%	16.5%



Physical Inactivity

Burlington has a crude rate of 30.9% for no leisure-time physical activity among adults aged >=18 years, which ranks 906th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 29.6%, which ranks 884th out of 905 Iowa communities (29th out of 31 mid-large communities).

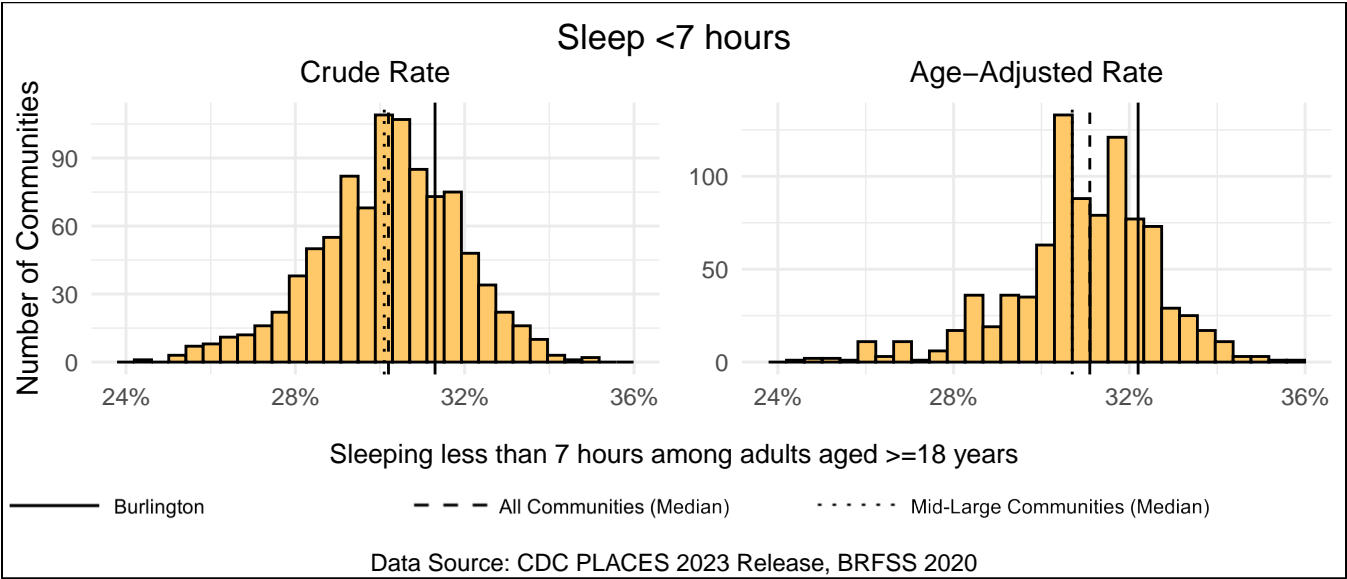
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	30.9%	26.1%	23.4%
Age-Adjusted	29.6%	24.3%	23.0%



Sleep <7 hours

Burlington has a crude rate of 31.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 690th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Burlington is 32.2%, which ranks 706th out of 905 Iowa communities (24th out of 31 mid-large communities).

Measure Type	Burlington	All	Mid-Large
		Comm.	Comm.
Crude	31.3%	30.2%	30.1%
Age-Adjusted	32.2%	31.1%	30.7%



Health Outcomes

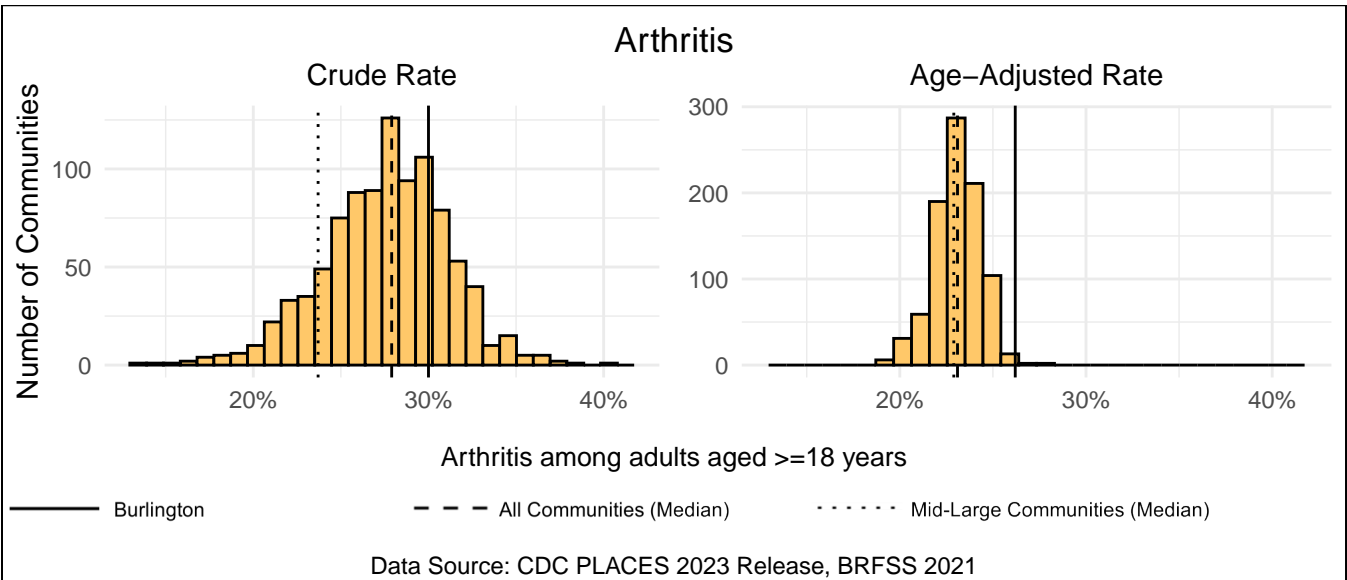
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Burlington has a crude rate of 30.0% for arthritis among adults aged ≥ 18 years, which ranks 714th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Burlington is 26.2%, which ranks 901st out of 905 Iowa communities (31st out of 31 mid-large communities).

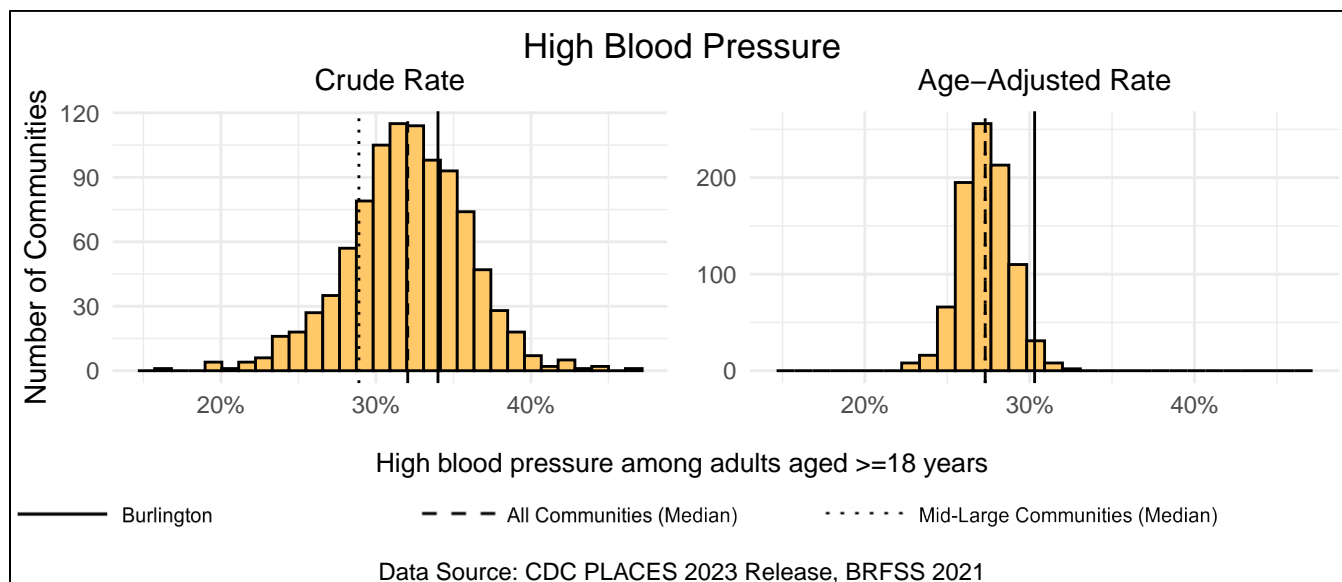
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	30.0%	27.9%	23.7%
Age-Adjusted	26.2%	23.1%	22.9%



High Blood Pressure

Burlington has a crude rate of 34.0% for high blood pressure among adults aged ≥ 18 years, which ranks 665th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Burlington is 30.3%, which ranks 886th out of 905 Iowa communities (30th out of 31 mid-large communities).

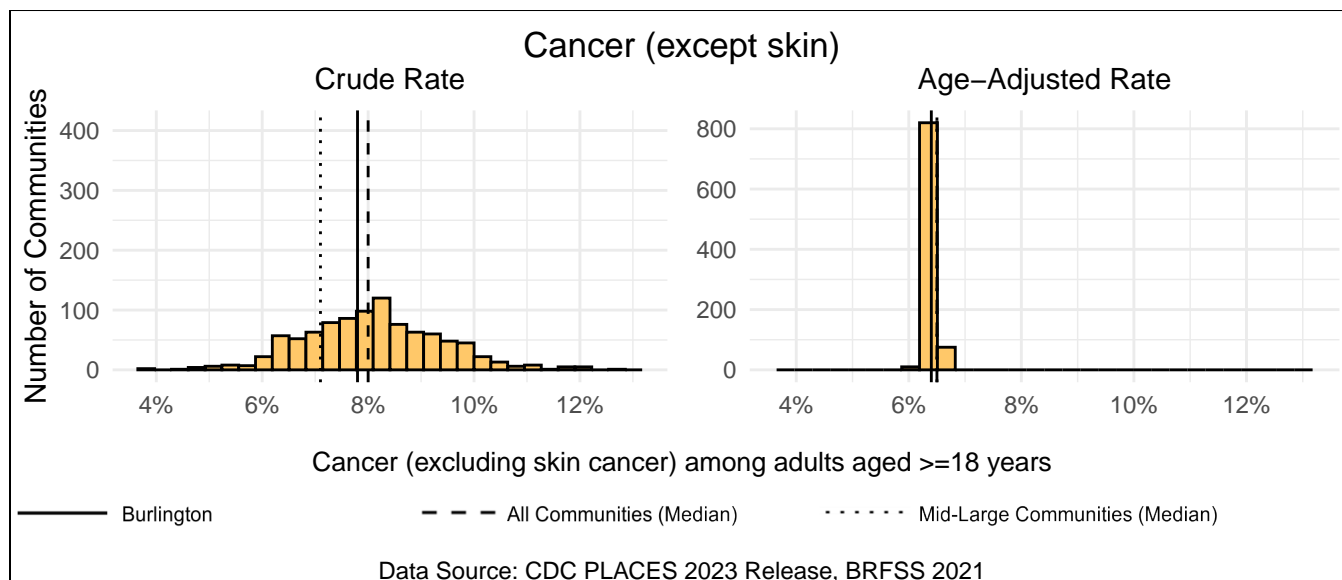
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	34.0%	32.0%	28.9%
Age-Adjusted	30.3%	27.3%	27.3%



Cancer (except skin)

Burlington has a crude rate of 7.8% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 388th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Burlington is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 31 mid-large communities).

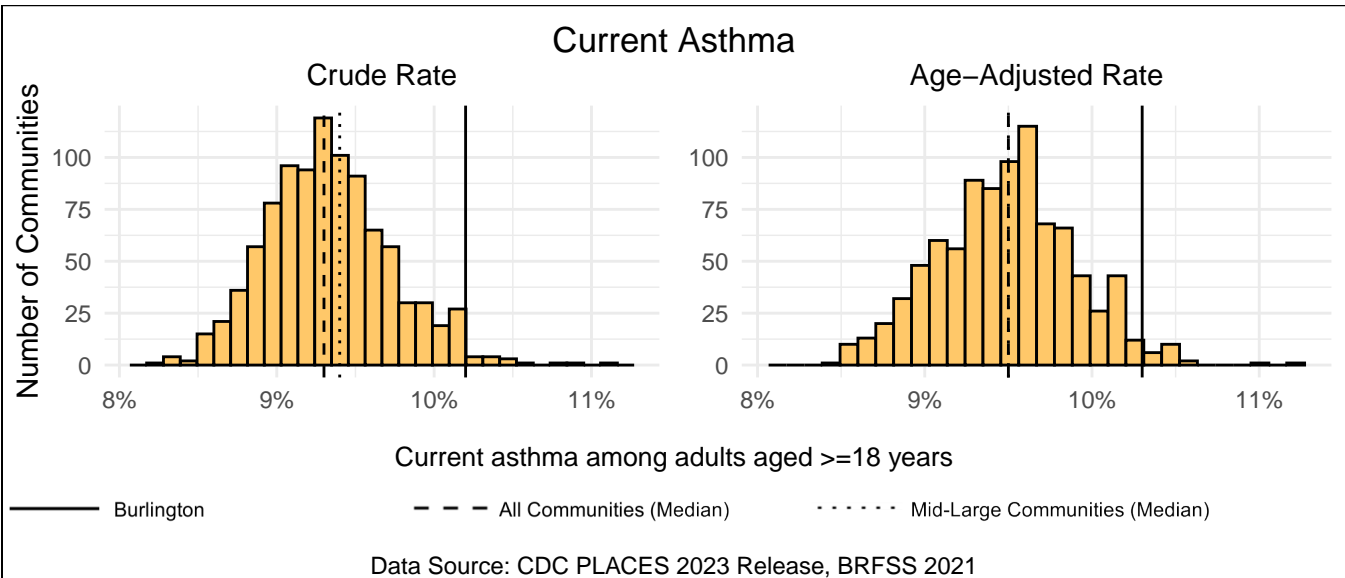
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	7.8%	8.0%	7.1%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Burlington has a crude rate of 10.2% for current asthma among adults aged ≥ 18 years, which ranks 934th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Burlington is 10.3%, which ranks 874th out of 905 Iowa communities (29th out of 31 mid-large communities).

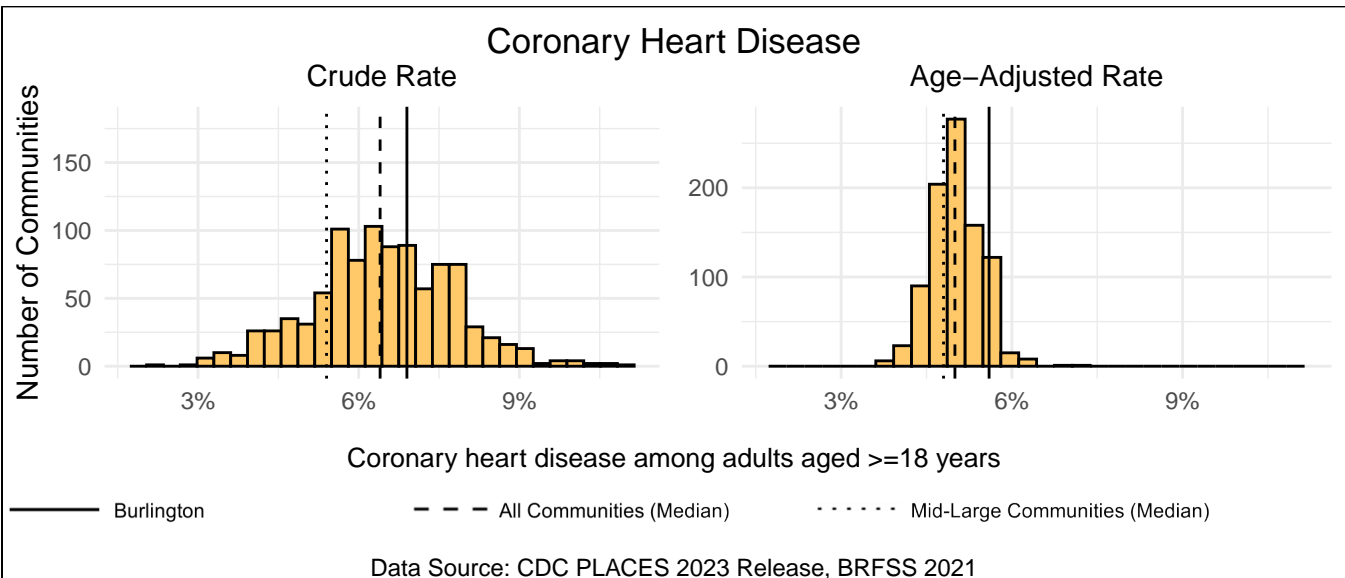
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	10.2%	9.3%	9.4%
Age-Adjusted	10.3%	9.5%	9.5%



Coronary Heart Disease

Burlington has a crude rate of 6.9% for coronary heart disease among adults aged ≥ 18 years, which ranks 608th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 5.6%, which ranks 797th out of 905 Iowa communities (25th out of 31 mid-large communities).

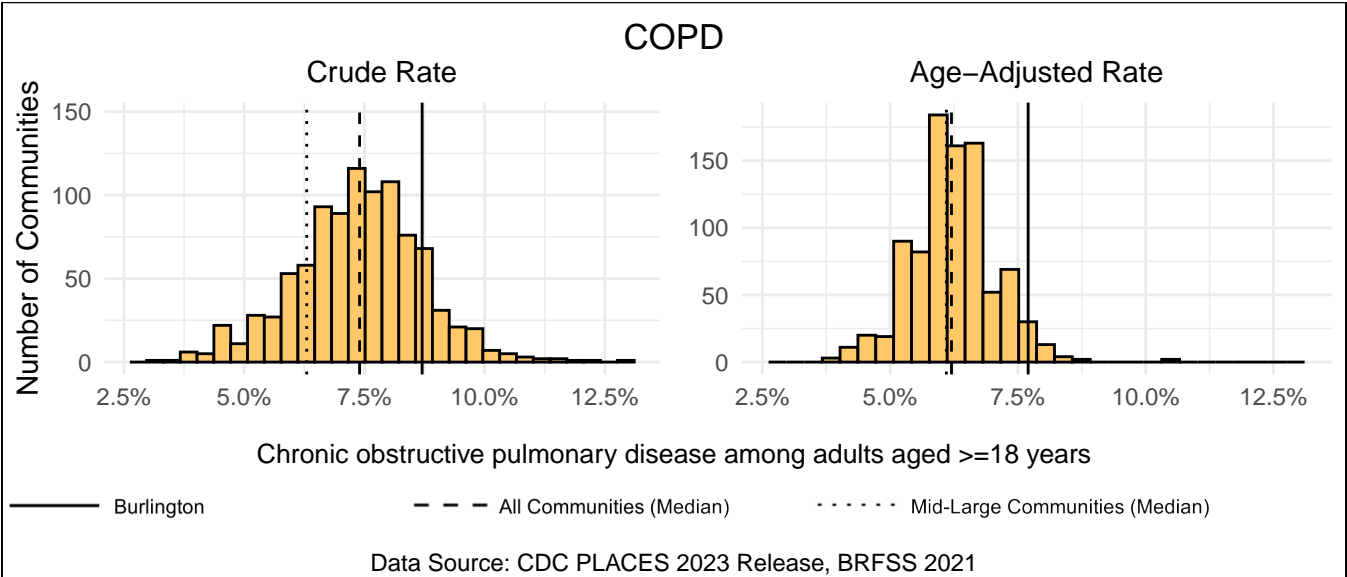
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	6.9%	6.4%	5.4%
Age-Adjusted	5.6%	5.0%	4.8%



COPD

Burlington has a crude rate of 8.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 815th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 7.7%, which ranks 865th out of 905 Iowa communities (29th out of 31 mid-large communities).

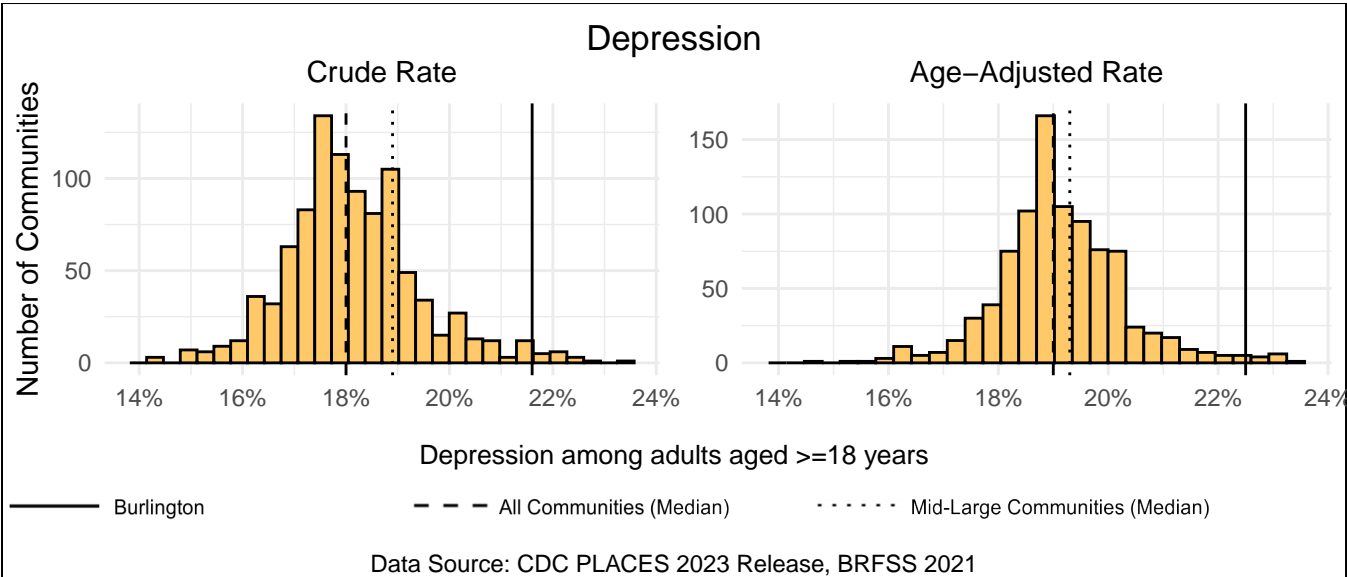
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	8.7%	7.4%	6.3%
Age-Adjusted	7.7%	6.2%	6.1%



Depression

Burlington has a crude rate of 21.6% for depression among adults aged ≥ 18 years, which ranks 940th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Burlington is 22.5%, which ranks 892nd out of 905 Iowa communities (30th out of 31 mid-large communities).

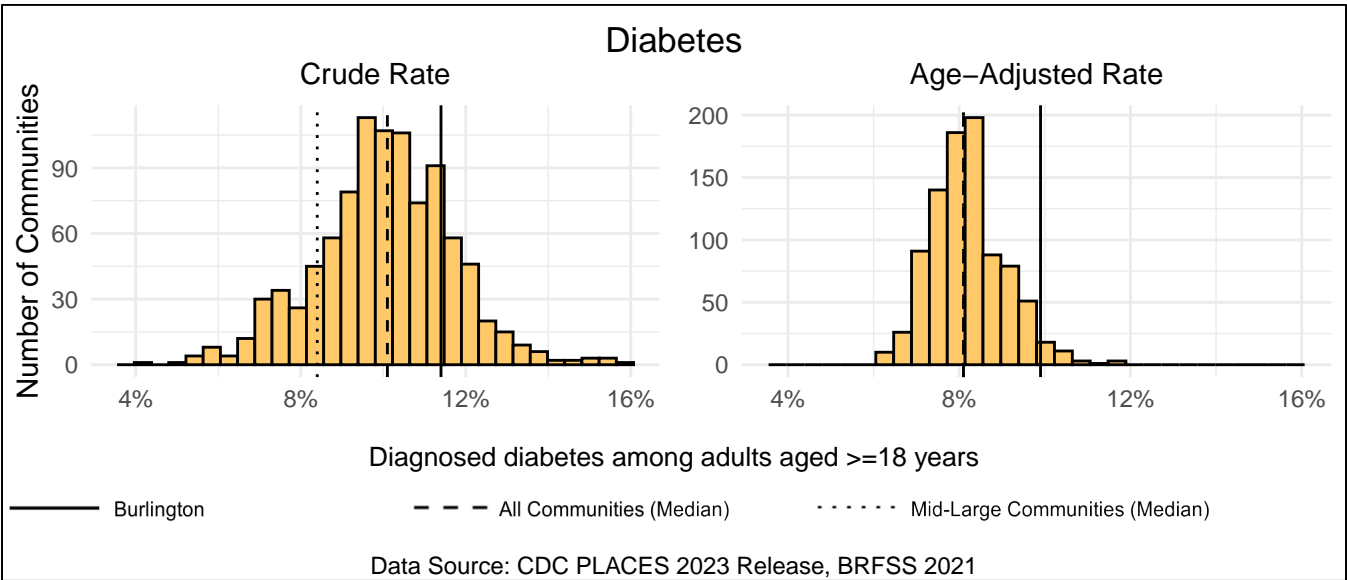
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	21.6%	18.0%	18.9%
Age-Adjusted	22.5%	19.0%	19.3%



Diabetes

Burlington has a crude rate of 11.4% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 9.9%, which ranks 870th out of 905 Iowa communities (26th out of 31 mid-large communities).

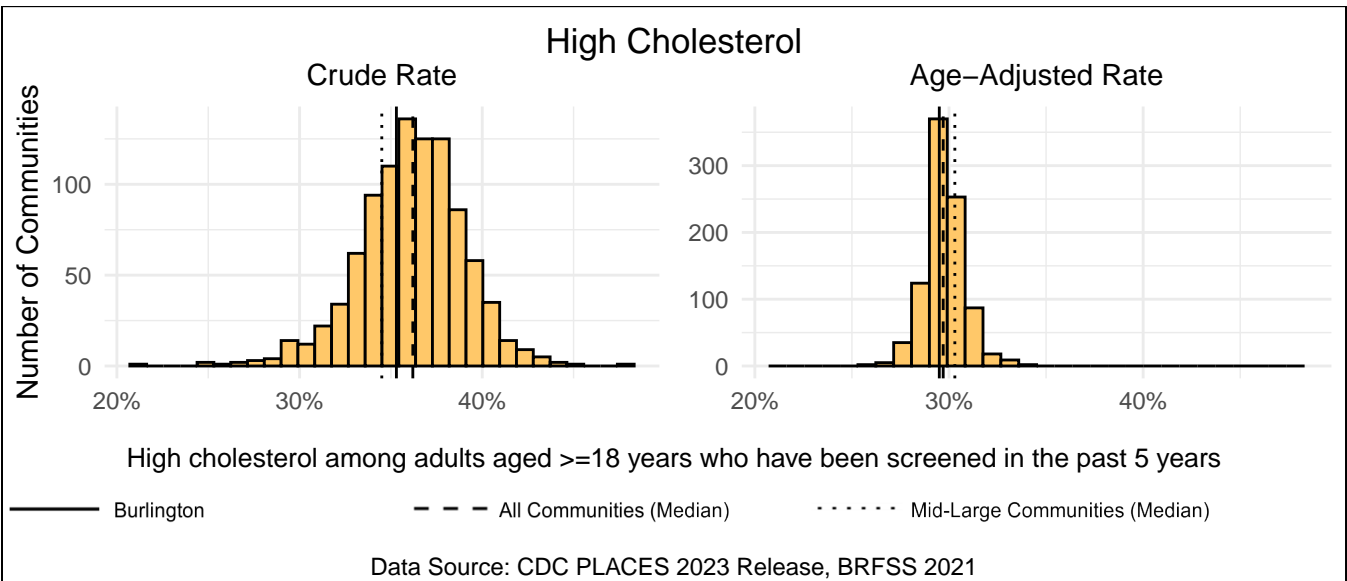
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	11.4%	10.1%	8.4%
Age-Adjusted	9.9%	8.1%	8.1%



High Cholesterol

Burlington has a crude rate of 35.3% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 328th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Burlington is 29.5%, which ranks 336th out of 905 Iowa communities (10th out of 31 mid-large communities).

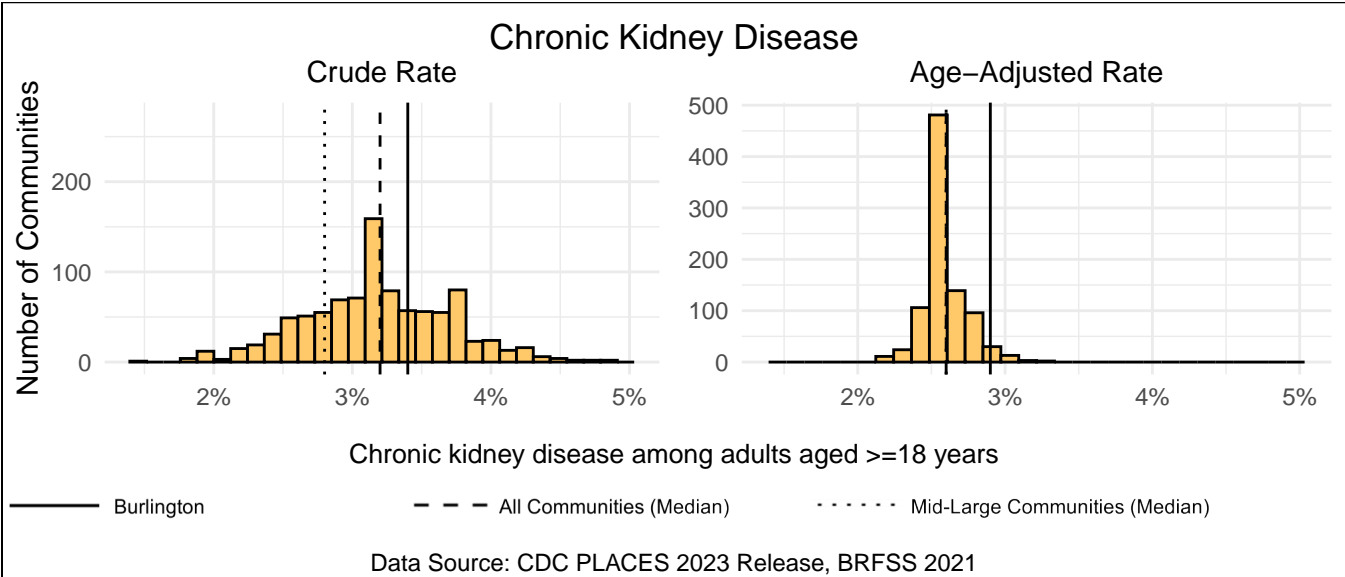
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	35.3%	36.2%	34.5%
Age-Adjusted	29.5%	29.7%	30.3%



Chronic Kidney Disease

Burlington has a crude rate of 3.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 619th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Burlington is 2.9%, which ranks 858th out of 905 Iowa communities (25th out of 31 mid-large communities).

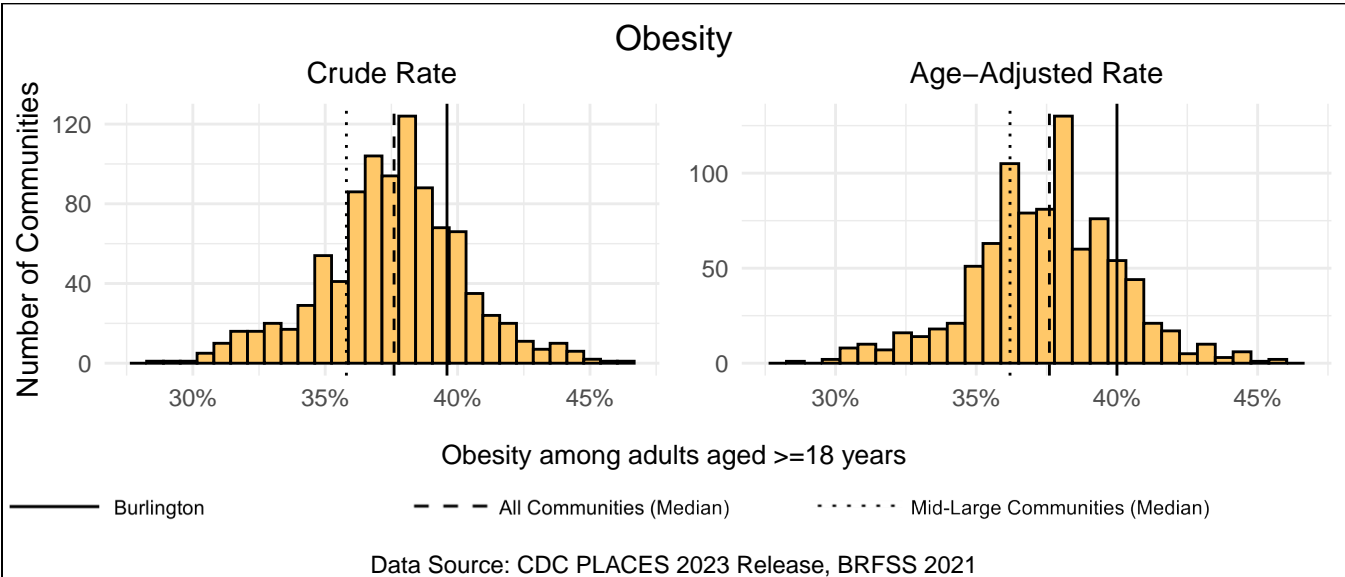
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	3.4%	3.2%	2.8%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Burlington has a crude rate of 39.6% for obesity among adults aged ≥ 18 years, which ranks 766th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Burlington is 40.0%, which ranks 772nd out of 905 Iowa communities (27th out of 31 mid-large communities).

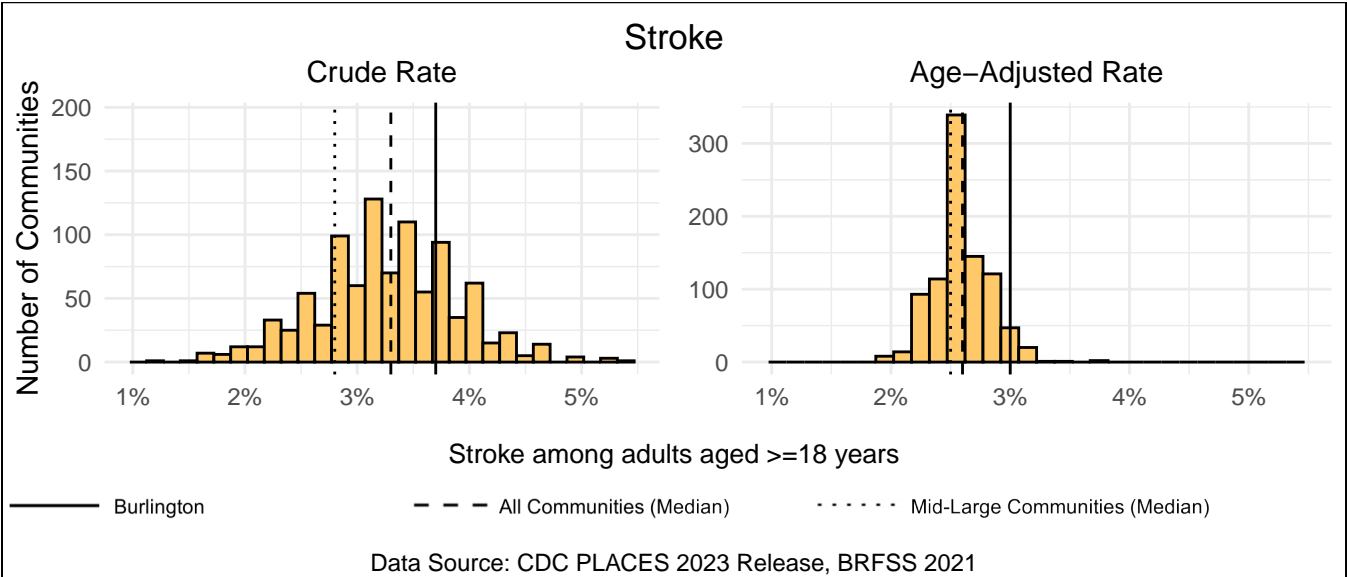
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	39.6%	37.6%	35.8%
Age-Adjusted	40.0%	37.6%	36.2%



Stroke

Burlington has a crude rate of 3.7% for stroke among adults aged ≥ 18 years, which ranks 703rd out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Burlington is 3.0%, which ranks 835th out of 905 Iowa communities (25th out of 31 mid-large communities).

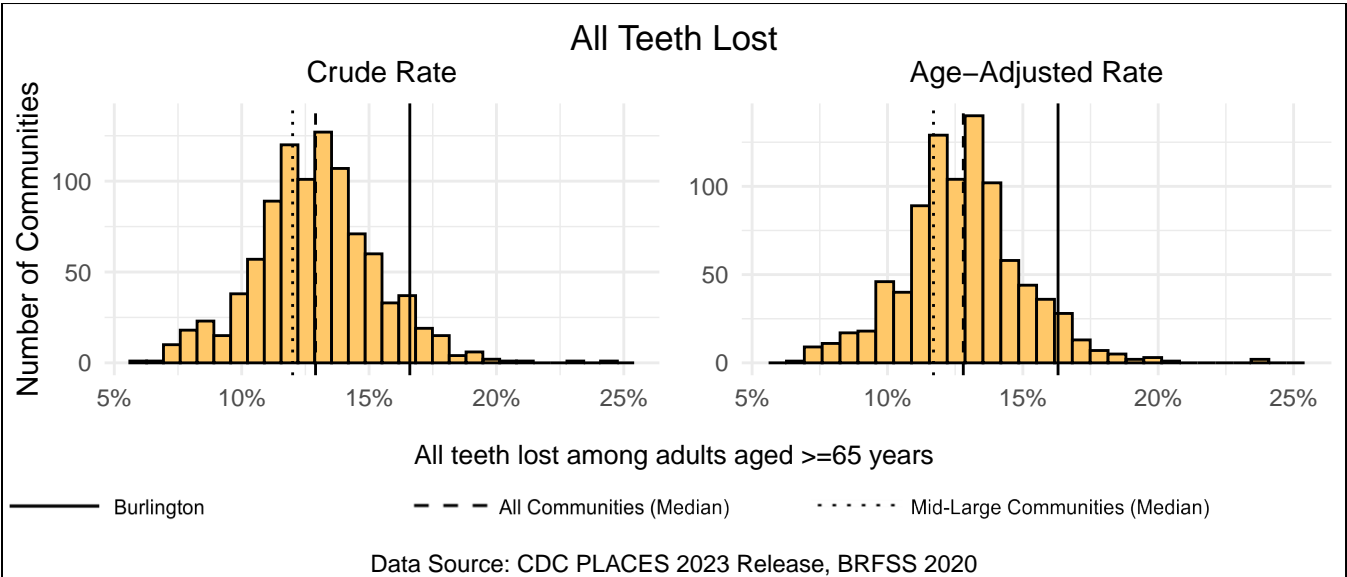
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	3.7%	3.3%	2.8%
Age-Adjusted	3.0%	2.6%	2.5%



All Teeth Lost

Burlington has a crude rate of 16.6% for all teeth lost among adults aged ≥ 65 years, which ranks 892nd out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 16.3%, which ranks 851st out of 905 Iowa communities (29th out of 31 mid-large communities).

Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	16.6%	12.9%	12.0%
Age-Adjusted	16.3%	12.8%	11.7%



Prevention

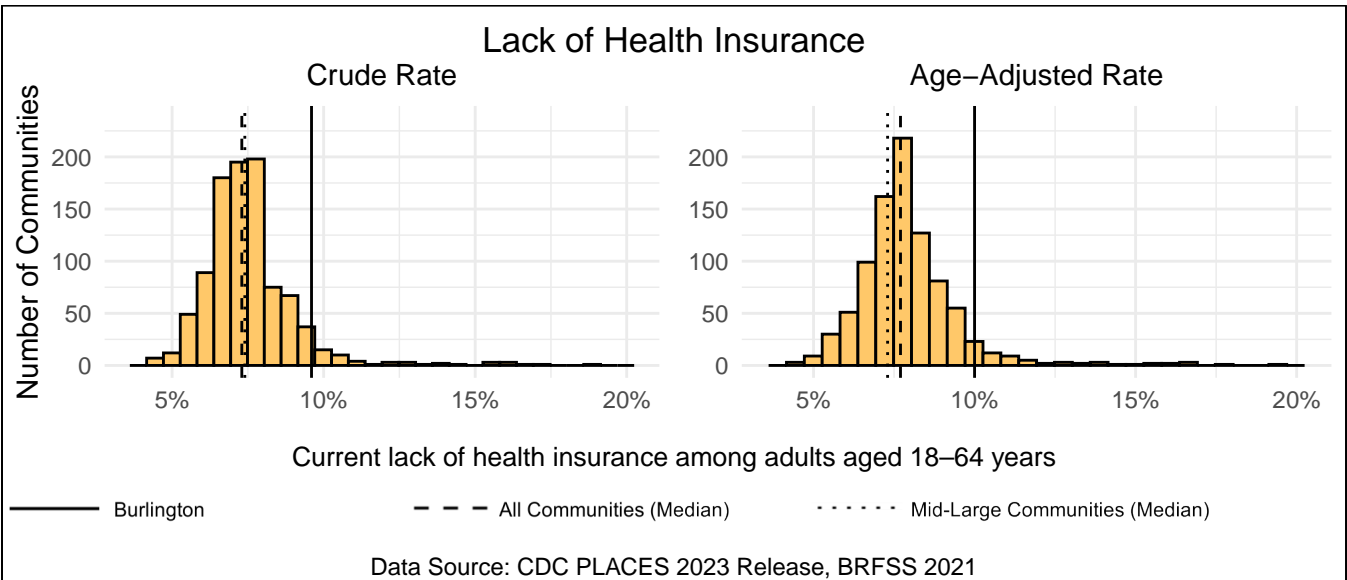
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Burlington has a crude rate of 9.6% for current lack of health insurance among adults aged 18–64 years, which ranks 898th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Burlington is 10.0%, which ranks 842nd out of 905 Iowa communities (24th out of 31 mid-large communities).

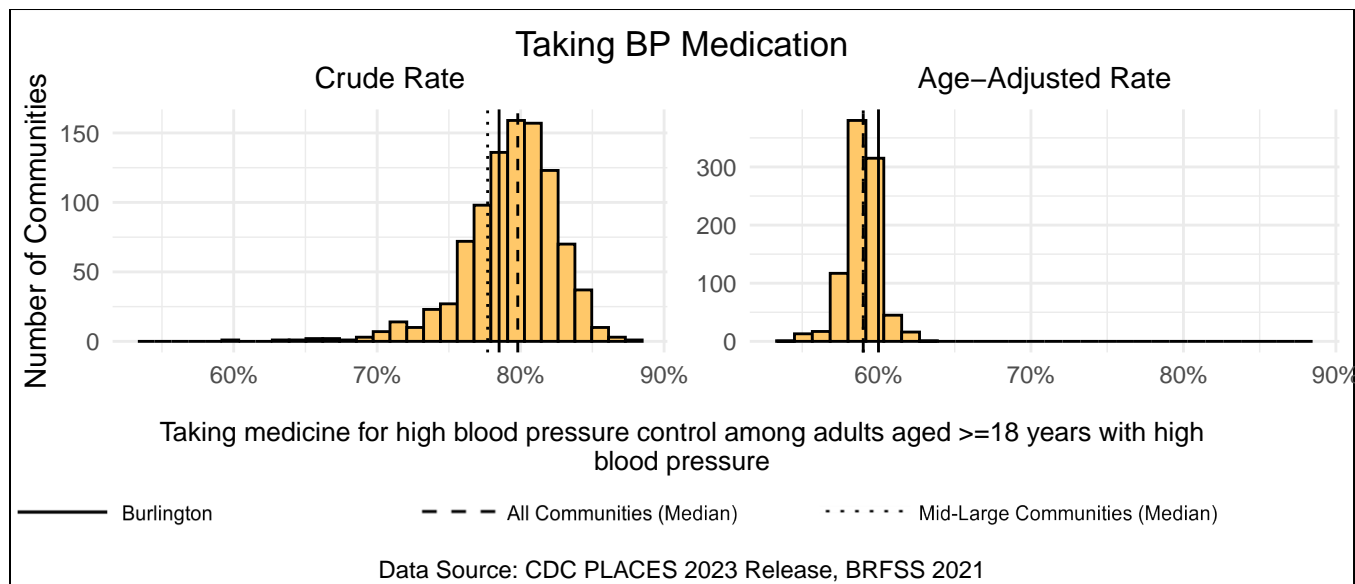
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	9.6%	7.3%	7.4%
Age-Adjusted	10.0%	7.7%	7.3%



Taking BP Medication

Burlington has a crude rate of 78.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 625th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Burlington is 60.0%, which ranks 91st out of 905 Iowa communities (9th out of 31 mid-large communities).

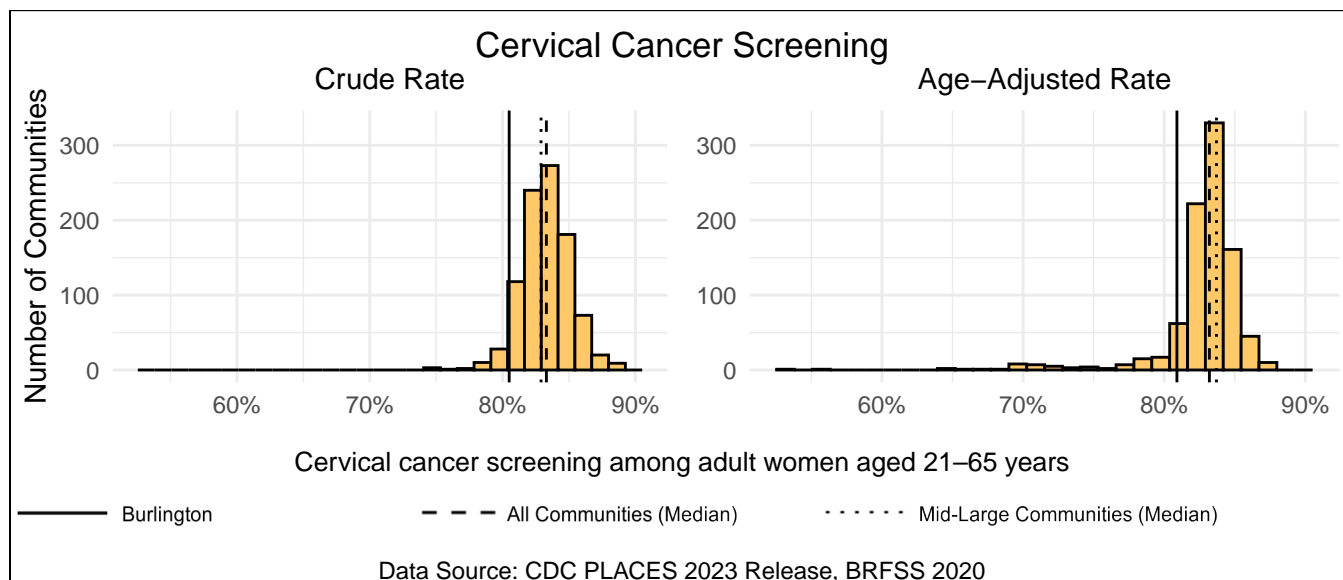
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	78.5%	79.8%	77.7%
Age-Adjusted	60.0%	59.0%	59.0%



Cervical Cancer Screening

Burlington has a crude rate of 80.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 903rd out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Burlington is 80.9%, which ranks 819th out of 905 Iowa communities (30th out of 31 mid-large communities).

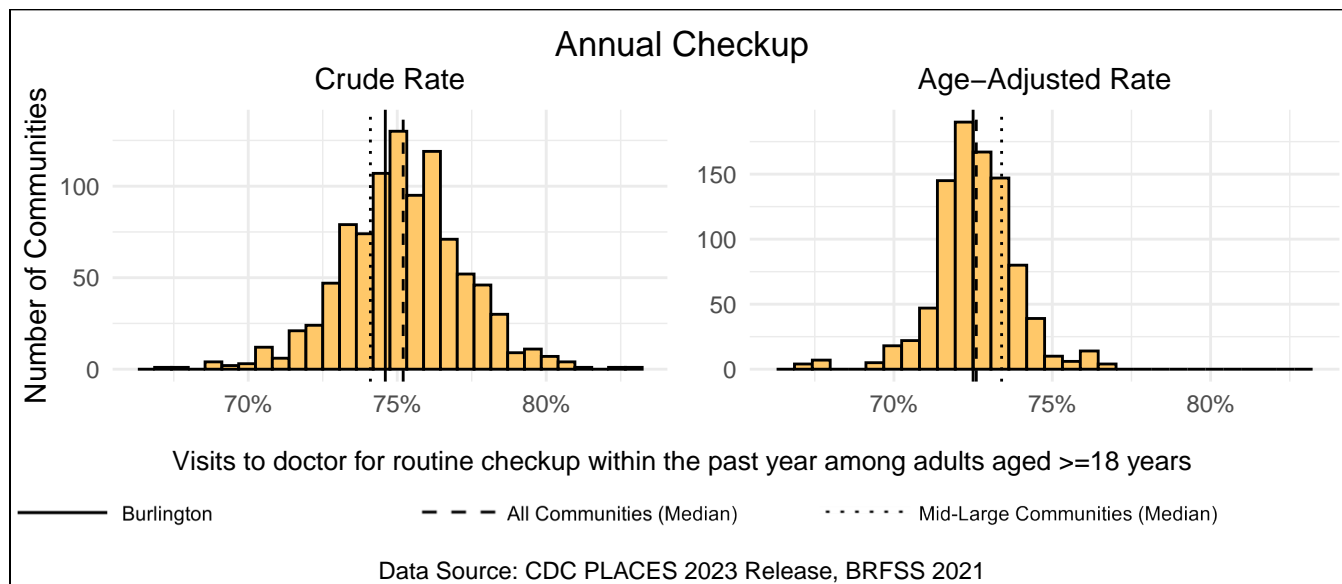
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	80.5%	83.3%	82.9%
Age-Adjusted	80.9%	83.2%	83.7%



Annual Checkup

Burlington has a crude rate of 74.6% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 596th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Burlington is 72.5%, which ranks 468th out of 905 Iowa communities (20th out of 31 mid-large communities).

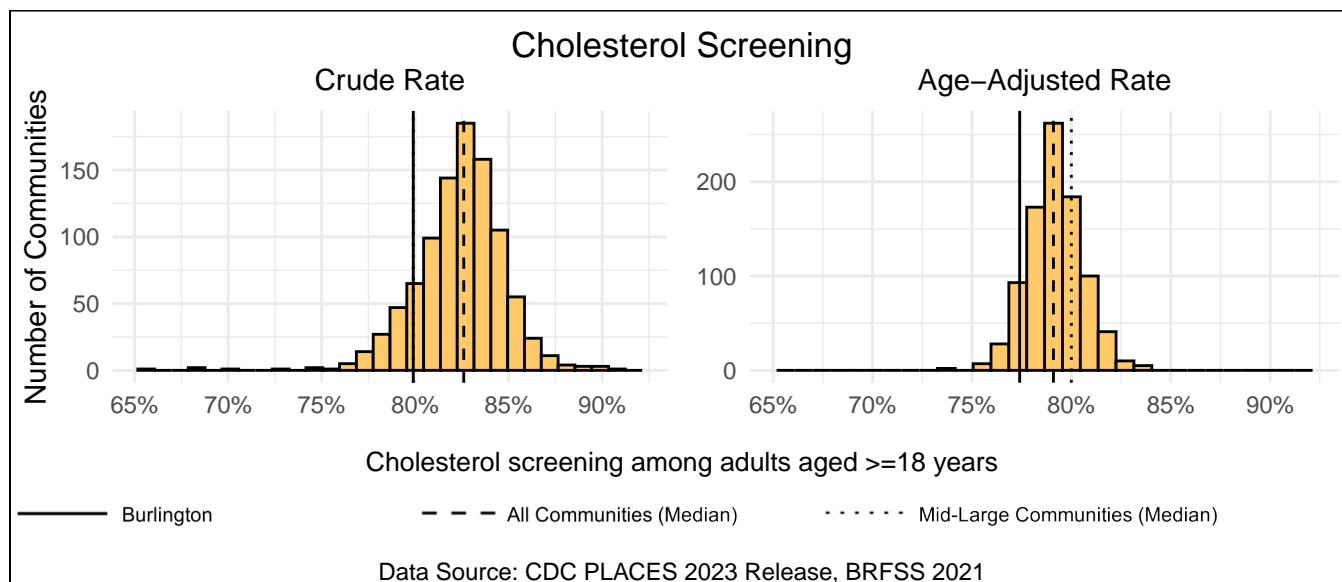
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	74.6%	75.2%	74.1%
Age-Adjusted	72.5%	72.6%	73.4%



Cholesterol Screening

Burlington has a crude rate of 79.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 825th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Burlington is 77.4%, which ranks 822nd out of 905 Iowa communities (29th out of 31 mid-large communities).

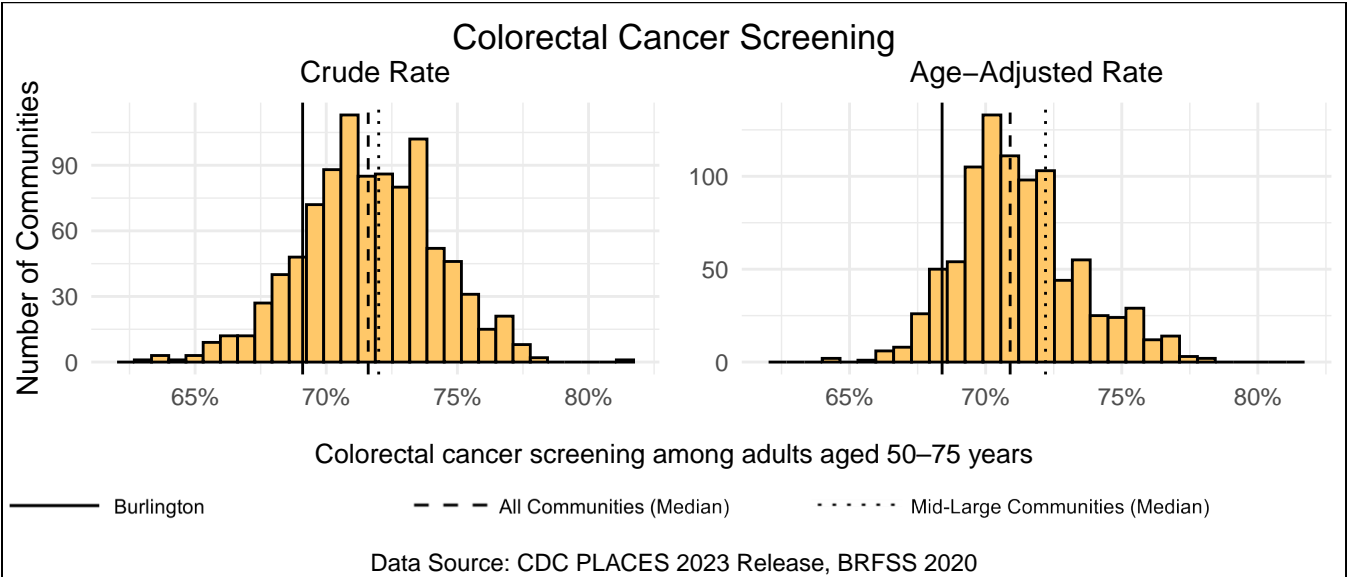
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	79.9%	82.6%	79.9%
Age-Adjusted	77.4%	79.1%	80.0%



Colorectal Cancer Screening

Burlington has a crude rate of 69.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 815th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Burlington is 68.4%, which ranks 824th out of 905 Iowa communities (25th out of 31 mid-large communities).

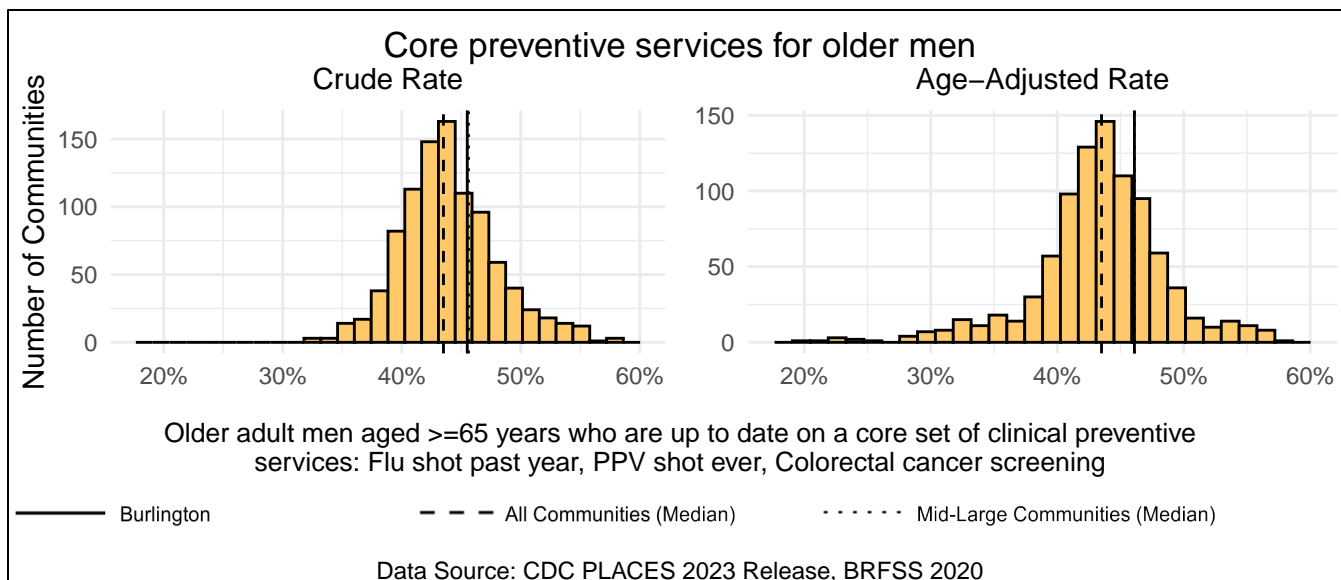
Measure Type	Burlington	All	Mid-Large
		Comm.	Comm.
Crude	69.1%	71.6%	72.0%
Age-Adjusted	68.4%	70.9%	72.2%



Core preventive services for older men

Burlington has a crude rate of 45.5% 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 297th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Burlington is 46.1%, which ranks 238th out of 905 Iowa communities (16th out of 31 mid-large communities).

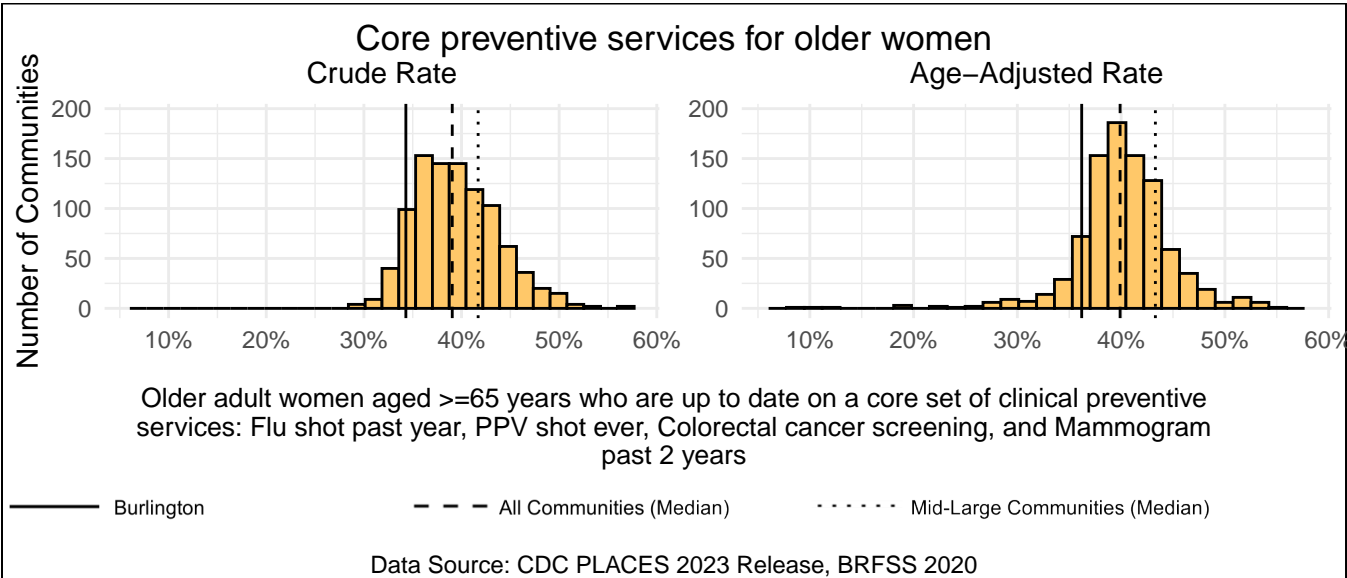
Measure Type	Burlington	All	Mid-Large
		Comm.	Comm.
Crude	45.5%	43.5%	45.6%
Age-Adjusted	46.1%	43.5%	46.1%



Core preventive services for older women

Burlington has a crude rate of 34.3% 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 876th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Burlington is 36.2%, which ranks 804th out of 905 Iowa communities (29th out of 31 mid-large communities).

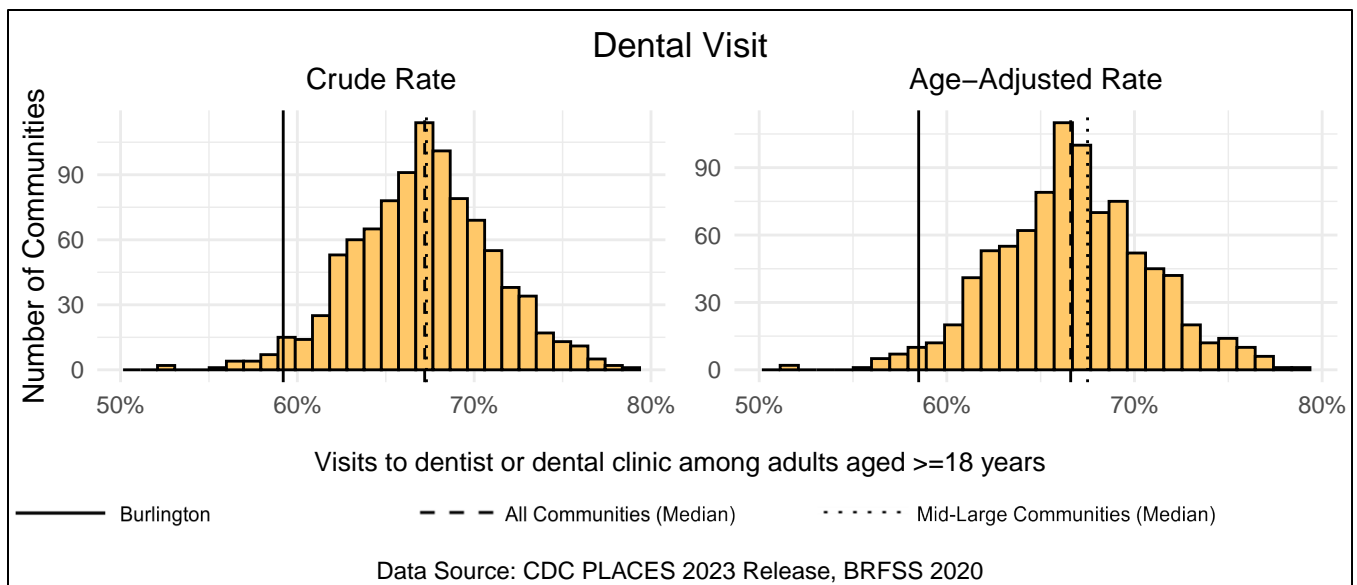
Measure Type	Burlington	All	Mid-Large
		Comm.	Comm.
Crude	34.3%	39.0%	41.7%
Age-Adjusted	36.2%	39.9%	43.3%



Dental Visit

Burlington has a crude rate of 59.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 938th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Burlington is 58.5%, which ranks 886th out of 905 Iowa communities (30th out of 31 mid-large communities).

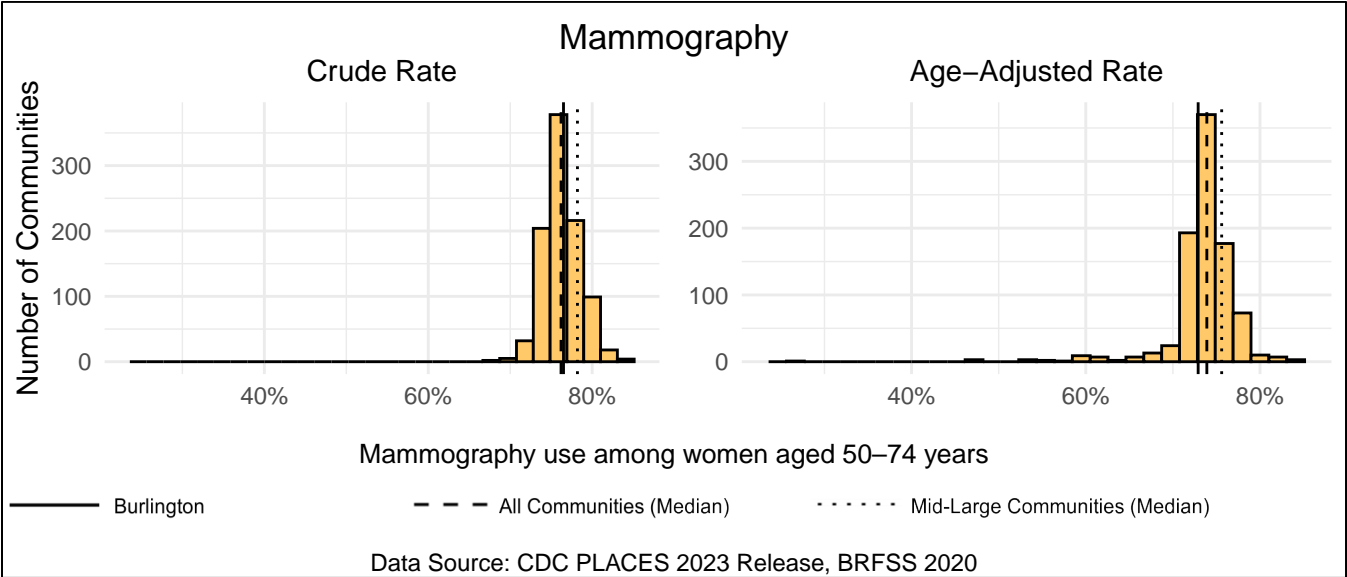
Measure Type	Burlington	All	Mid-Large
		Comm.	Comm.
Crude	59.2%	67.2%	67.3%
Age-Adjusted	58.5%	66.6%	67.5%



Mammography

Burlington has a crude rate of 76.5% for mammography use among women aged 50–74 years, which ranks 410th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Burlington is 72.9%, which ranks 628th out of 905 Iowa communities (24th out of 31 mid-large communities).

Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	76.5%	76.2%	78.2%
Age-Adjusted	72.9%	73.9%	75.6%



Disability

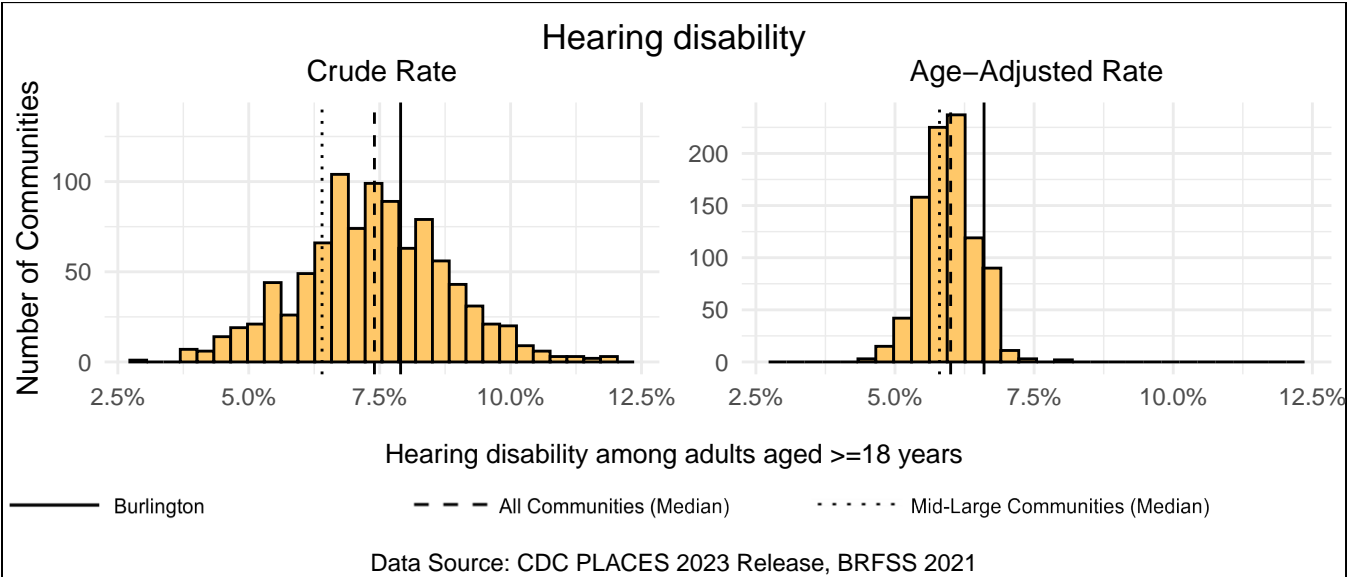
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Burlington has a crude rate of 7.9% for hearing disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Burlington is 6.6%, which ranks 800th out of 905 Iowa communities (26th out of 31 mid-large communities).

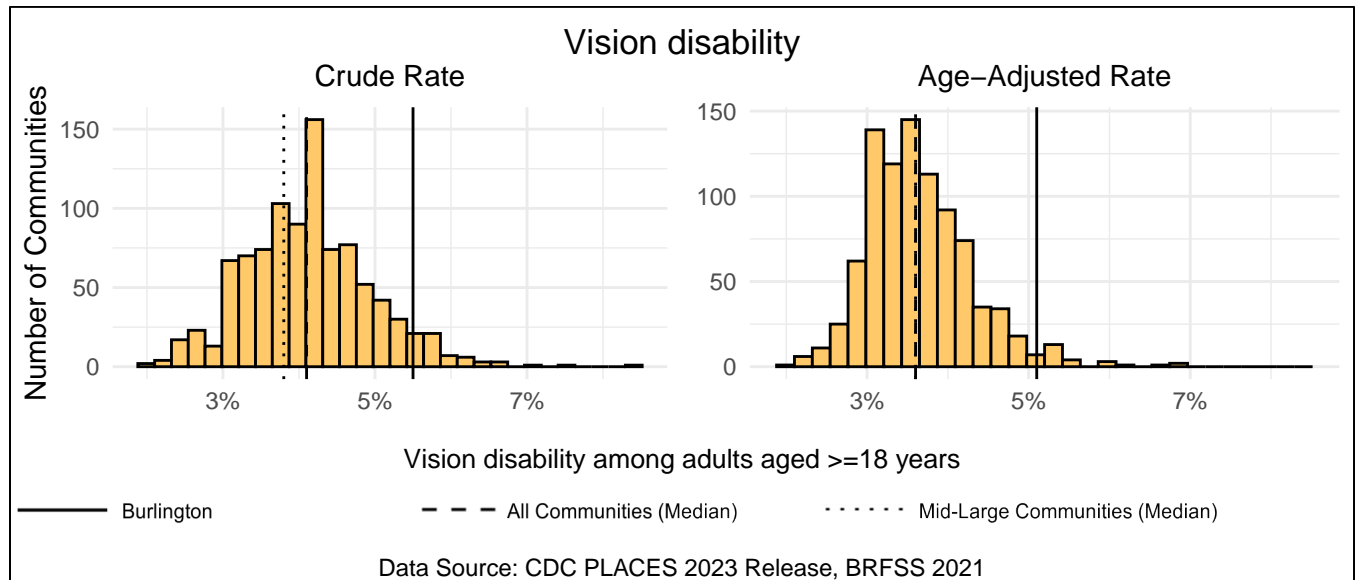
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	7.9%	7.4%	6.4%
Age-Adjusted	6.6%	6.0%	5.8%



Vision disability

Burlington has a crude rate of 5.5% for vision disability among adults aged ≥ 18 years, which ranks 895th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Burlington is 5.1%, which ranks 878th out of 905 Iowa communities (28th out of 31 mid-large communities).

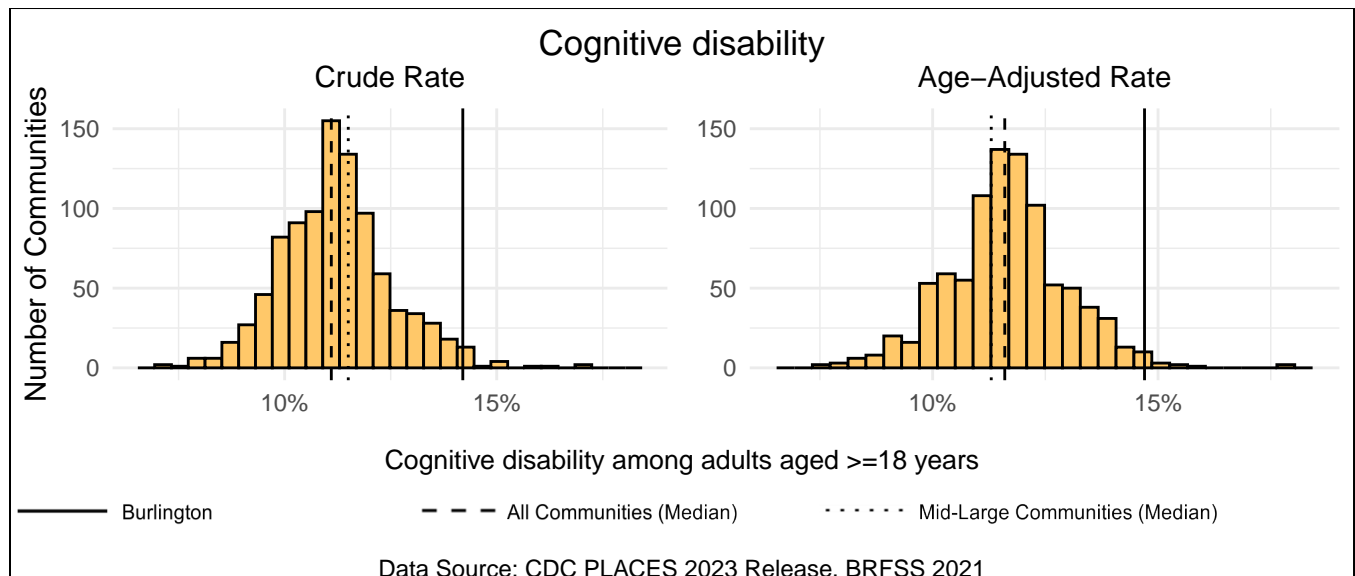
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	5.5%	4.1%	3.8%
Age-Adjusted	5.1%	3.6%	3.6%



Cognitive disability

Burlington has a crude rate of 14.2% for cognitive disability among adults aged ≥ 18 years, which ranks 940th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Burlington is 14.7%, which ranks 894th out of 905 Iowa communities (31st out of 31 mid-large communities).

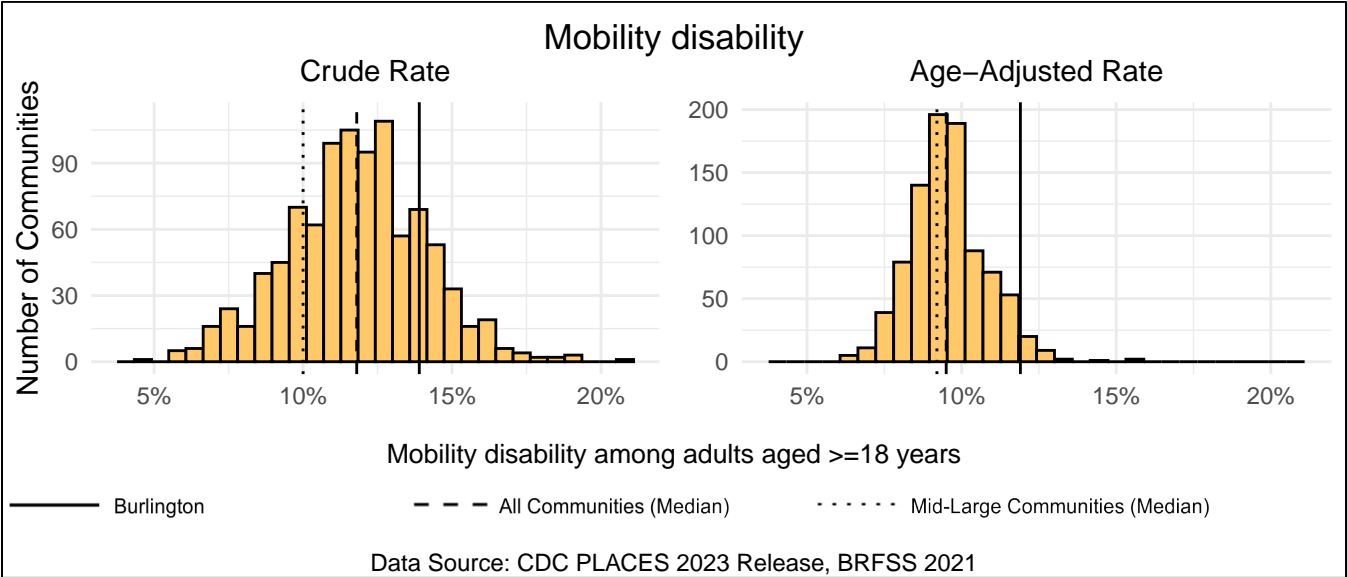
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	14.2%	11.1%	11.5%
Age-Adjusted	14.7%	11.6%	11.3%



Mobility disability

Burlington has a crude rate of 13.9% for mobility disability among adults aged ≥ 18 years, which ranks 788th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 11.9%, which ranks 872nd out of 905 Iowa communities (27th out of 31 mid-large communities).

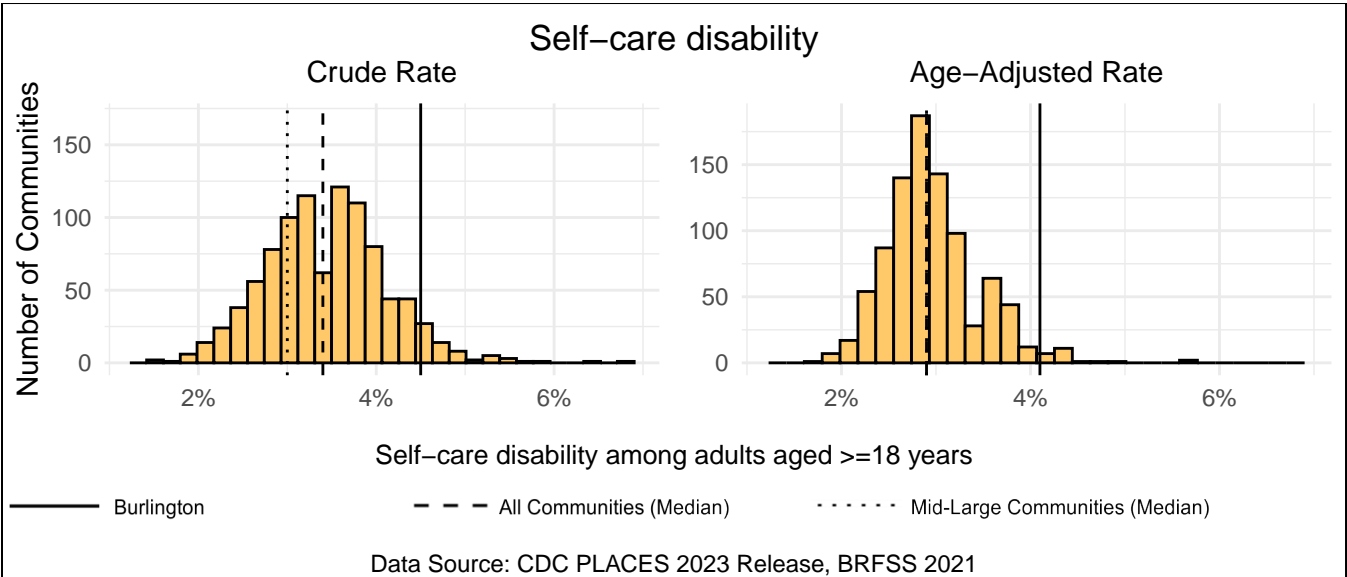
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	13.9%	11.8%	10.0%
Age-Adjusted	11.9%	9.5%	9.2%



Self-care disability

Burlington has a crude rate of 4.5% for self-care disability among adults aged ≥ 18 years, which ranks 896th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 4.1%, which ranks 883rd out of 905 Iowa communities (29th out of 31 mid-large communities).

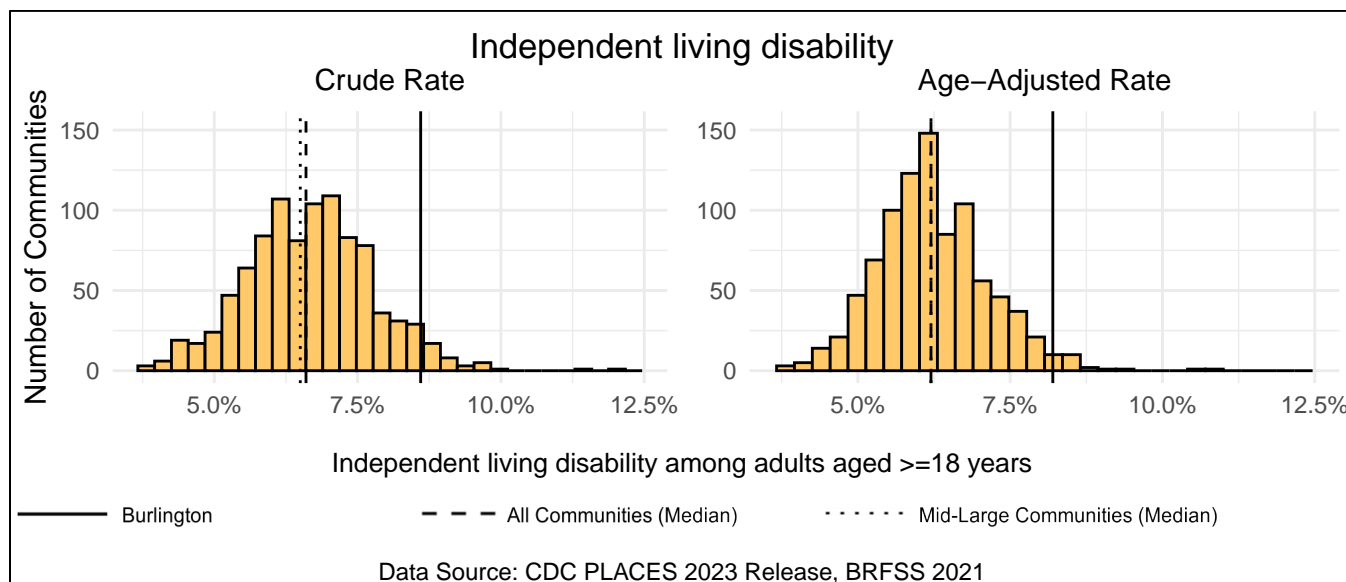
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	4.5%	3.4%	3.0%
Age-Adjusted	4.1%	2.9%	2.9%



Independent living disability

Burlington has a crude rate of 8.6% for independent living disability among adults aged ≥ 18 years, which ranks 913th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Burlington is 8.2%, which ranks 882nd out of 905 Iowa communities (29th out of 31 mid-large communities).

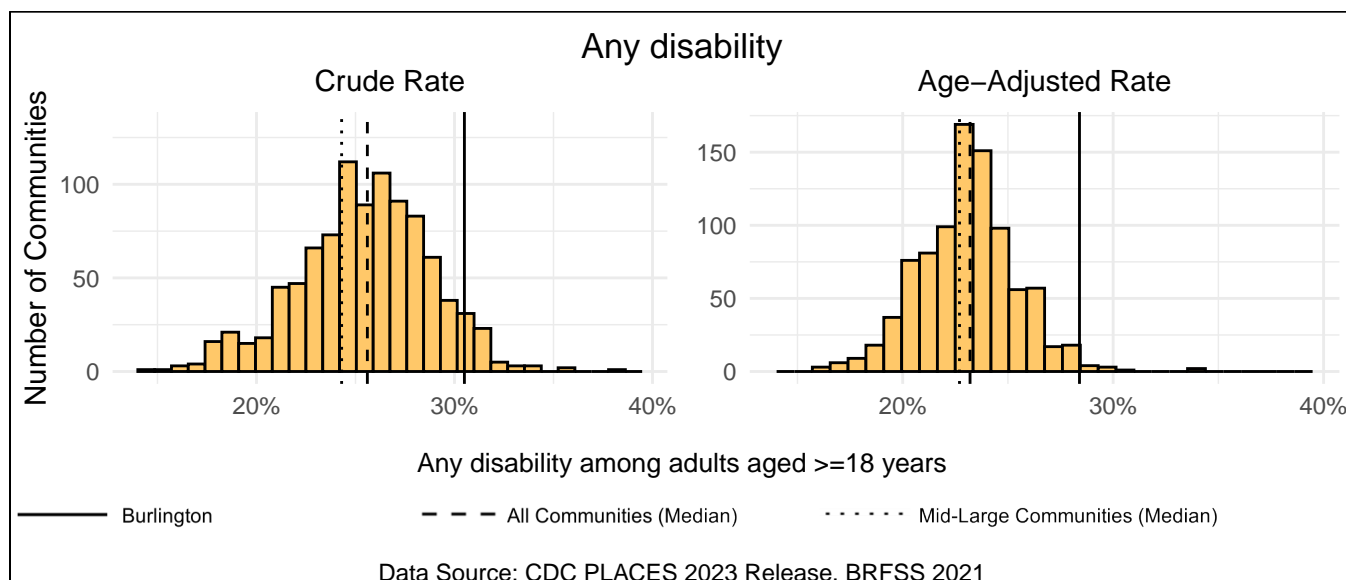
Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	8.6%	6.6%	6.5%
Age-Adjusted	8.2%	6.2%	6.2%



Any disability

Burlington has a crude rate of 30.5% for any disability among adults aged ≥ 18 years, which ranks 907th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Burlington is 28.4%, which ranks 894th out of 905 Iowa communities (29th out of 31 mid-large communities).

Measure Type	Burlington	All Comm.	Mid-Large Comm.
Crude	30.5%	25.6%	24.3%
Age-Adjusted	28.4%	23.2%	22.7%



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: Burlington 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	867	12.4% (11.0% - 14.0%)	876	11.5% (10.1% - 13.0%)
Health Status	General Health	877	17.3% (15.2% - 19.3%)	869	16.2% (14.3% - 18.2%)
Health Status	Mental Health	945	16.9% (14.9% - 19.1%)	898	18.0% (15.9% - 20.3%)
Health Risk Behaviors	Binge Drinking	476	19.5% (16.4% - 23.0%)	249	21.4% (17.9% - 25.2%)
Health Risk Behaviors	Current Smoking	922	20.4% (17.4% - 23.6%)	880	21.4% (18.5% - 24.6%)
Health Risk Behaviors	Sleep <7 hours	690	31.3% (30.8% - 31.8%)	706	32.2% (31.6% - 32.7%)
Health Risk Behaviors	Physical Inactivity	906	30.9% (26.6% - 35.5%)	884	29.6% (25.6% - 34.0%)
Health Outcomes	Stroke	703	3.7% (3.4% - 4.0%)	835	3.0% (2.8% - 3.3%)
Health Outcomes	Current Asthma	934	10.2% (9.0% - 11.5%)	874	10.3% (9.2% - 11.7%)
Health Outcomes	COPD	815	8.7% (7.6% - 9.9%)	865	7.7% (6.8% - 8.7%)
Health Outcomes	Coronary Heart Disease	608	6.9% (6.1% - 7.7%)	797	5.6% (5.0% - 6.2%)
Health Outcomes	Arthritis	714	30.0% (26.0% - 33.9%)	901	26.2% (22.7% - 29.9%)
Health Outcomes	Depression	940	21.6% (18.0% - 25.4%)	892	22.5% (19.0% - 26.5%)
Health Outcomes	High Blood Pressure	665	34.0% (30.0% - 37.9%)	886	30.3% (26.7% - 34.1%)
Health Outcomes	All Teeth Lost	892	16.6% (14.3% - 19.0%)	851	16.3% (14.2% - 18.6%)
Health Outcomes	Cancer (except skin)	388	7.8% (7.1% - 8.6%)	74	6.4% (5.8% - 7.0%)
Health Outcomes	Diabetes	771	11.4% (9.8% - 13.1%)	870	9.9% (8.6% - 11.4%)
Health Outcomes	High Cholesterol	328	35.3% (31.2% - 39.6%)	336	29.5% (25.4% - 33.7%)
Health Outcomes	Obesity	766	39.6% (33.0% - 46.3%)	772	40.0% (33.6% - 46.7%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.1% - 3.7%)	858	2.9% (2.7% - 3.1%)
Prevention	Core preventive services for older men	297	45.5% (42.3% - 48.8%)	238	46.1% (43.0% - 49.3%)
Prevention	Mammography	410	76.5% (74.9% - 78.0%)	628	72.9% (71.2% - 74.5%)
Prevention	Taking BP Medication	625	78.5% (75.2% - 81.4%)	91	60.0% (55.2% - 64.8%)
Prevention	Core preventive services for older women	876	34.3% (31.4% - 37.3%)	804	36.2% (33.4% - 39.0%)
Prevention	Dental Visit	938	59.2% (57.8% - 60.4%)	886	58.5% (57.1% - 59.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	903	80.5% (79.4% - 81.4%)	819	80.9% (80.0% - 81.9%)
Prevention	Colorectal Cancer Screening	815	69.1% (68.0% - 70.2%)	824	68.4% (67.2% - 69.6%)
Prevention	Annual Checkup	596	74.6% (70.1% - 78.9%)	468	72.5% (67.7% - 77.0%)
Prevention	Health Insurance	898	9.6% (8.1% - 11.2%)	842	10.0% (8.5% - 11.7%)
Prevention	Cholesterol Screening	825	79.9% (76.9% - 82.7%)	822	77.4% (74.1% - 80.5%)
Disability	Any Disability	907	30.5% (26.8% - 34.2%)	894	28.4% (25.1% - 32.1%)
Disability	Mobility Disability	788	13.9% (12.3% - 15.7%)	872	11.9% (10.4% - 13.4%)
Disability	Vision Disability	895	5.5% (5.0% - 6.1%)	878	5.1% (4.6% - 5.6%)
Disability	Hearing Disability	620	7.9% (7.1% - 8.7%)	800	6.6% (5.9% - 7.3%)
Disability	Cognitive Disability	940	14.2% (12.5% - 16.0%)	894	14.7% (13.0% - 16.4%)
Disability	Independent Living Disability	913	8.6% (7.7% - 9.6%)	882	8.2% (7.4% - 9.1%)
Disability	Self-care Disability	896	4.5% (4.1% - 5.0%)	883	4.1% (3.7% - 4.5%)

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

Burlington 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		
Waukeke	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		