



## 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 Cedar Falls: Overview

Dear Community Members & Stakeholders of Cedar Falls,

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 Cedar Falls ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Cedar Falls’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 Cedar Falls. 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
High Blood Pressure	15th	5th	Annual Checkup	5th	1st
Mammography	17th	2nd	Mammography	20th	2nd
Obesity	20th	2nd	Core preventive services for older women	20th	1st
Cancer (except skin)	22nd	4th	Colorectal Cancer Screening	24th	5th
Colorectal Cancer Screening	33rd	3rd	Cervical Cancer Screening	46th	6th

## 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
Cholesterol Screening	954th	31st	Arthritis	803rd	24th
Mental Health	953rd	31st	Depression	675th	21st
Depression	938th	29th	High Cholesterol	669th	17th
Current Asthma	934th	28th	Taking BP Medication	660th	19th
Taking BP Medication	933rd	26th	Sleep <7 hours	545th	19th

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 Cedar Falls.

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

With a population of 40,686, Cedar Falls’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

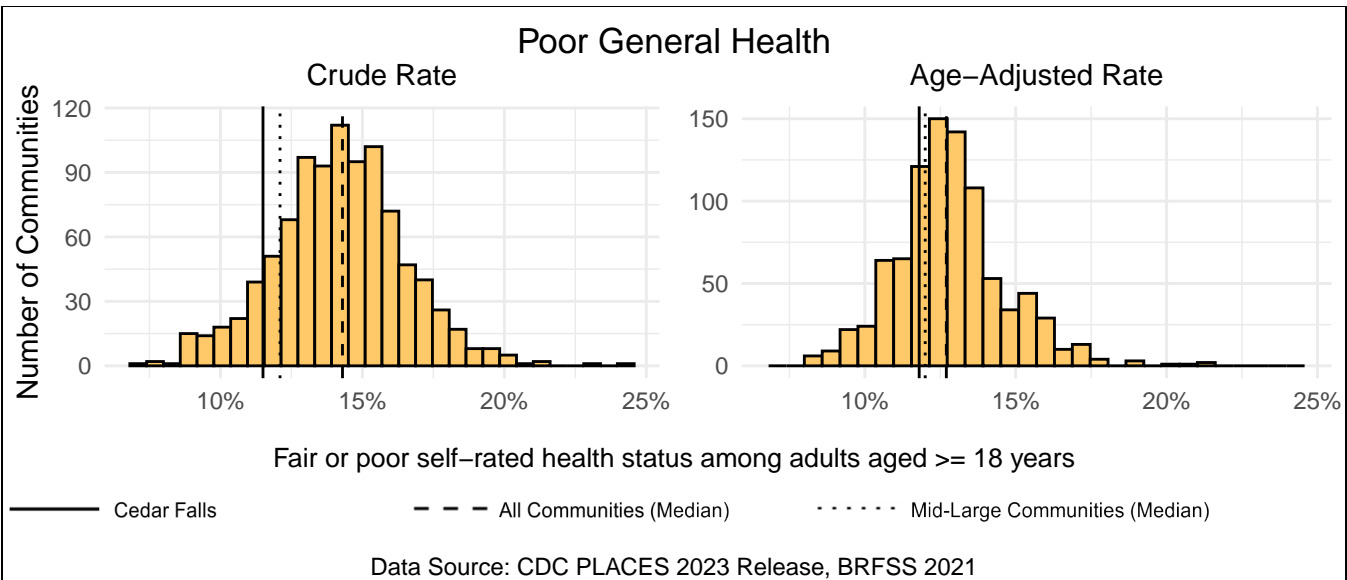
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Cedar Falls has a crude rate of 11.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 103rd out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 11.8%, which ranks 238th out of 905 Iowa communities (15th out of 31 mid-large communities).

Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	11.5%	14.3%	12.1%
Age-Adjusted	11.8%	12.7%	12.0%

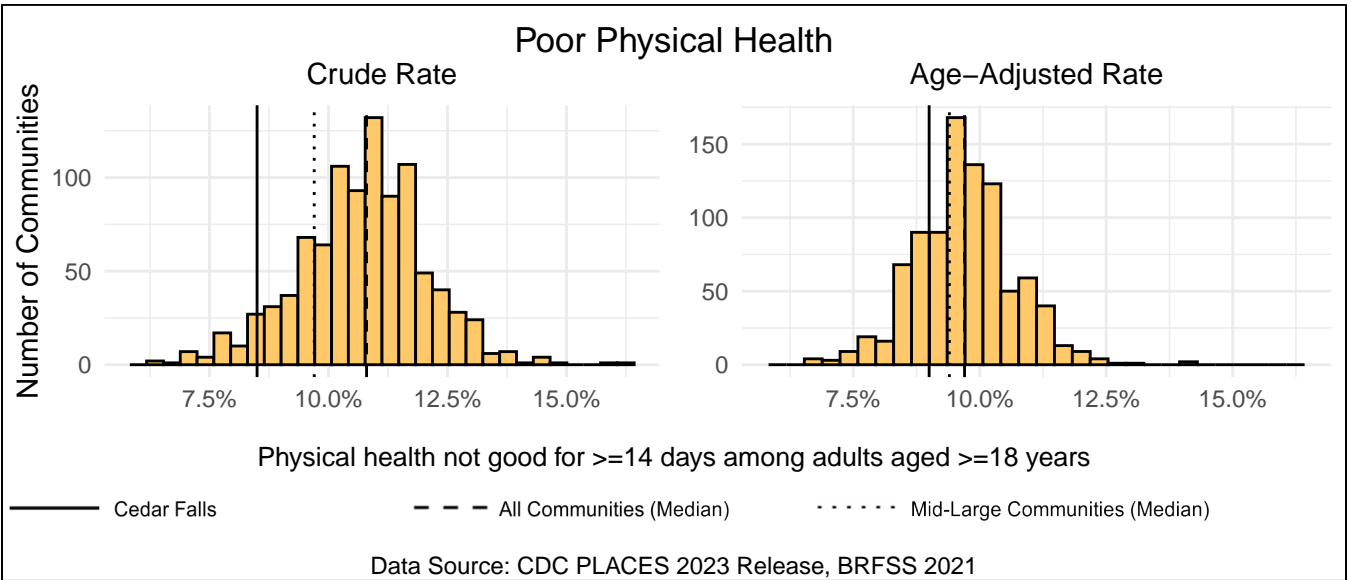




# Poor Physical Health

Cedar Falls has a crude rate of 8.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 52nd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 9.0%, which ranks 181st out of 905 Iowa communities (15th out of 31 mid-large communities).

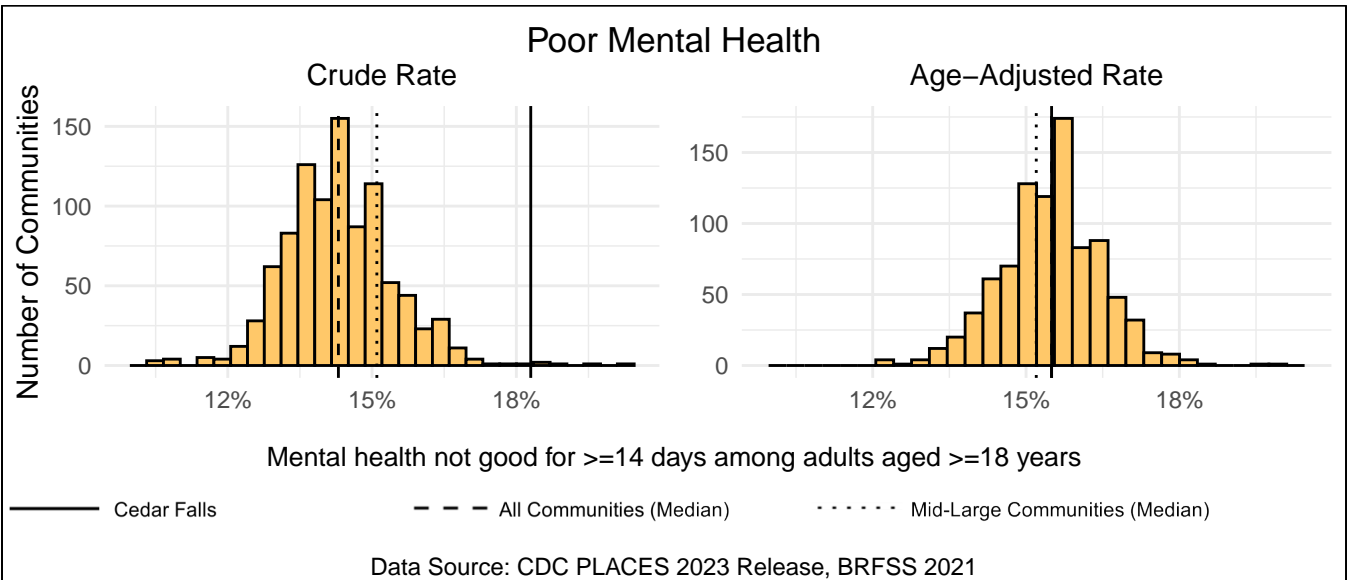
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	8.5%	10.8%	9.7%
Age-Adjusted	9.0%	9.7%	9.4%



# Poor Mental Health

Cedar Falls has a crude rate of 18.3% for mental health not good for >=14 days among adults aged >=18 years, which ranks 953rd out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 15.5%, which ranks 405th out of 905 Iowa communities (17th out of 31 mid-large communities).

Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	18.3%	14.3%	15.1%
Age-Adjusted	15.5%	15.5%	15.2%



# Health Risk Behaviors

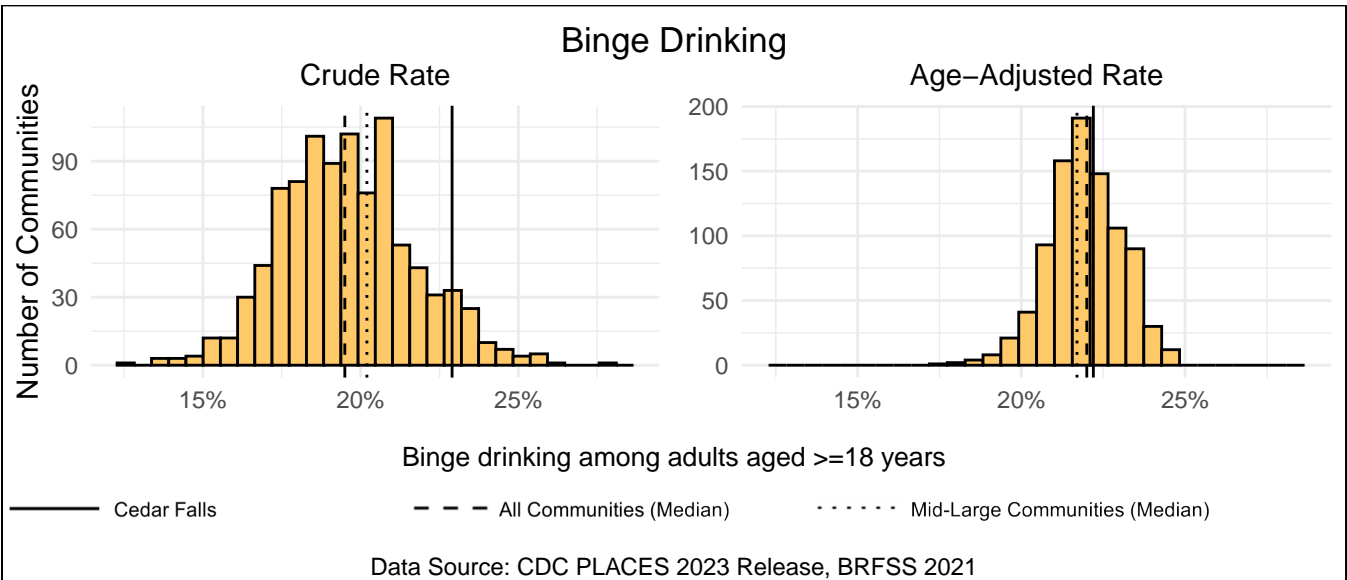
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Cedar Falls has a crude rate of 22.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 888th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 22.2%, which ranks 520th out of 905 Iowa communities (20th out of 31 mid-large communities).

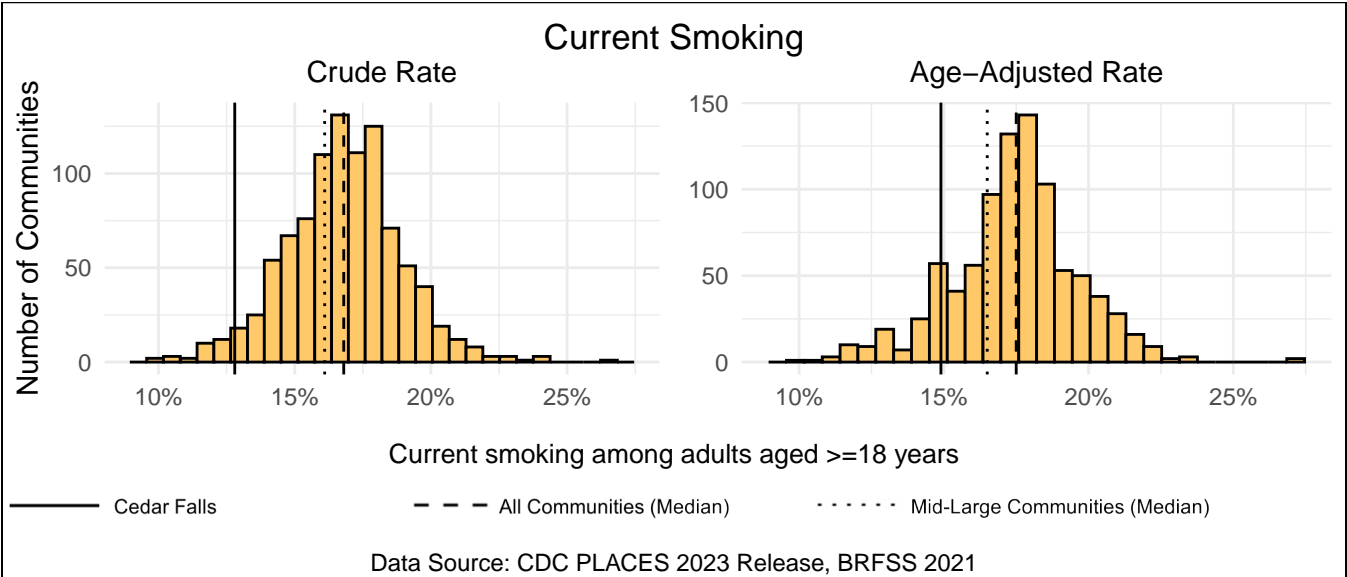
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	22.9%	19.5%	20.2%
Age-Adjusted	22.2%	22.0%	21.7%



## Current Smoking

Cedar Falls has a crude rate of 12.8% for current smoking among adults aged  $\geq 18$  years, which ranks 34th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 14.9%, which ranks 106th out of 905 Iowa communities (13th out of 31 mid-large communities).

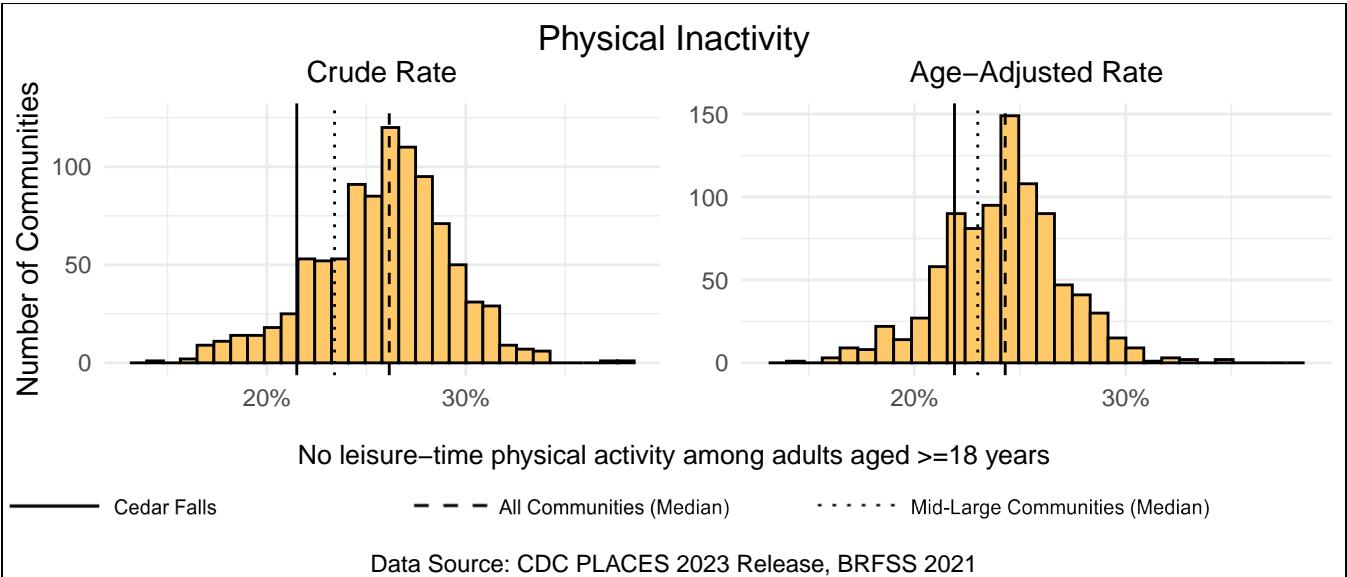
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	12.8%	16.8%	16.1%
Age-Adjusted	14.9%	17.5%	16.5%



## Physical Inactivity

Cedar Falls has a crude rate of 21.5% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 92nd out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 21.9%, which ranks 168th out of 905 Iowa communities (13th out of 31 mid-large communities).

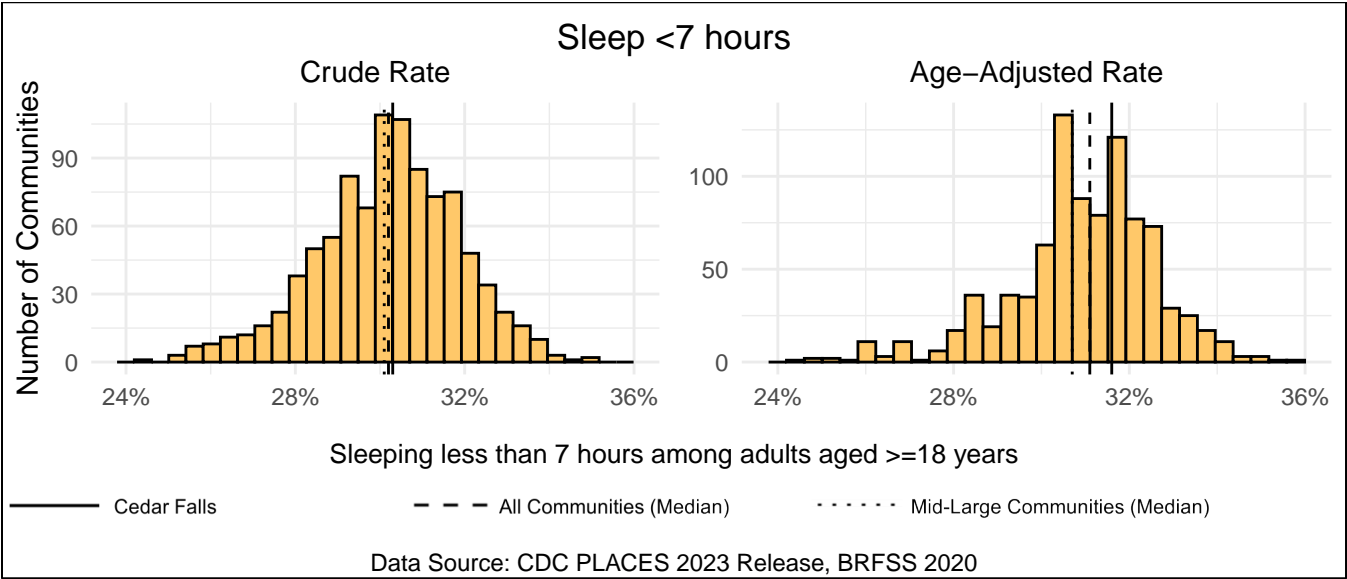
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	21.5%	26.1%	23.4%
Age-Adjusted	21.9%	24.3%	23.0%



Sleep <7 hours

Cedar Falls 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 Cedar Falls is 31.6%, which ranks 545th out of 905 Iowa communities (19th out of 31 mid-large communities).

Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	30.3%	30.2%	30.1%
Age-Adjusted	31.6%	31.1%	30.7%



# Health Outcomes

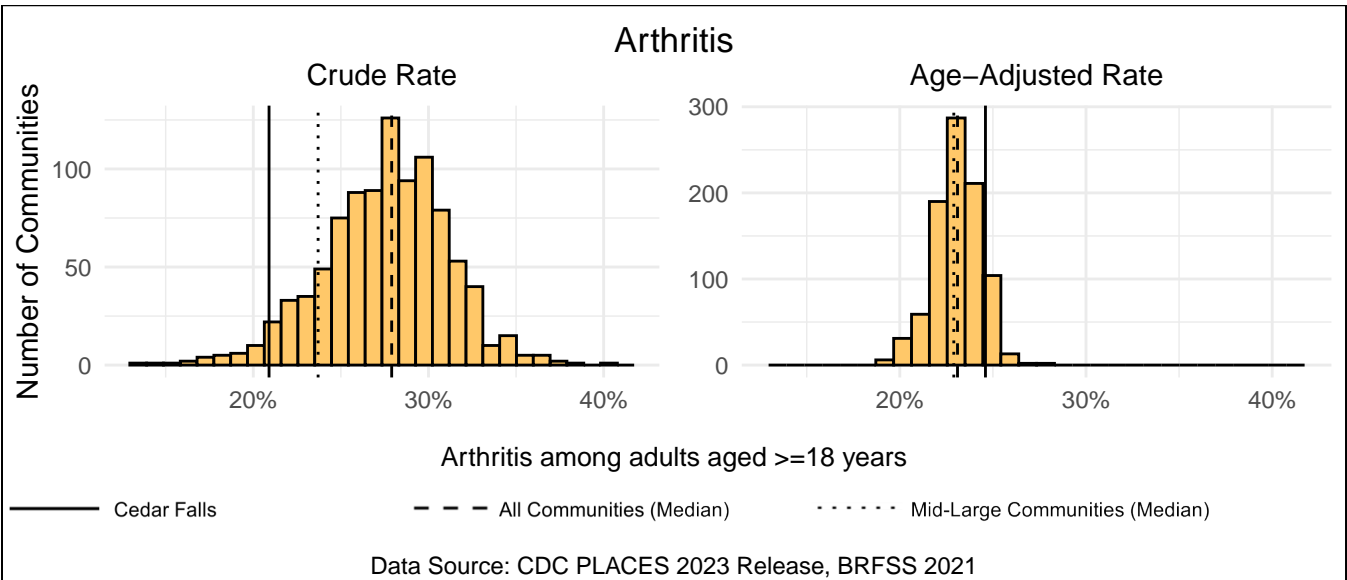
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Cedar Falls has a crude rate of 20.9% for arthritis among adults aged  $\geq 18$  years, which ranks 38th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 24.6%, which ranks 803rd out of 905 Iowa communities (24th out of 31 mid-large communities).

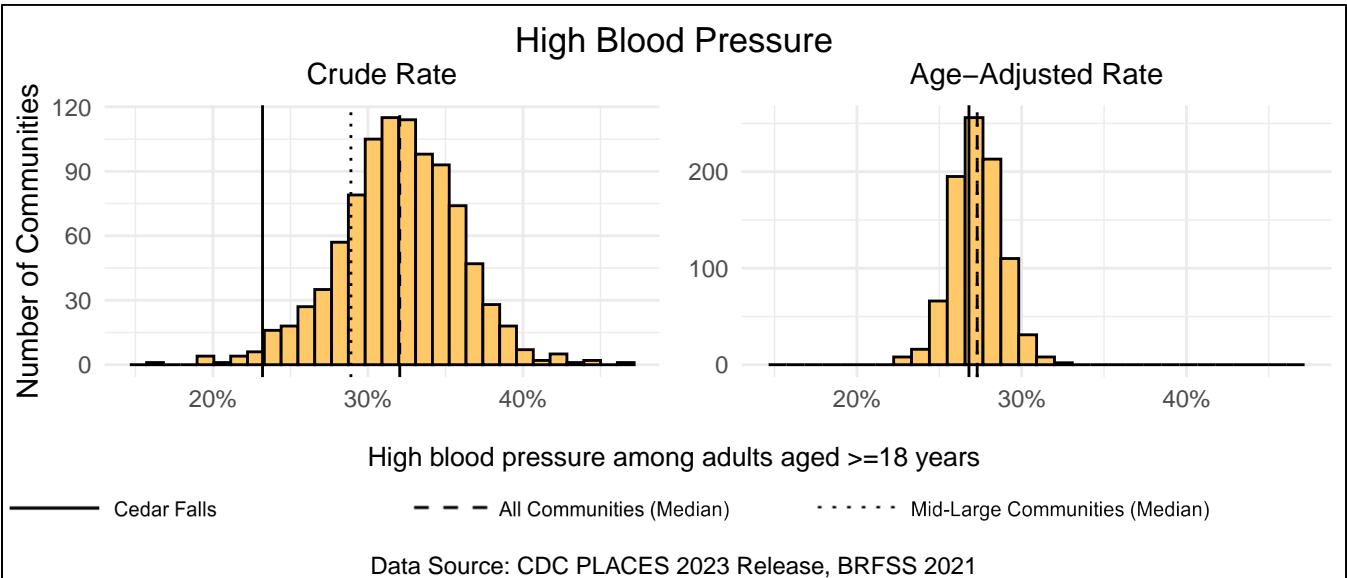
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	20.9%	27.9%	23.7%
Age-Adjusted	24.6%	23.1%	22.9%



## High Blood Pressure

Cedar Falls has a crude rate of 23.2% for high blood pressure among adults aged  $\geq 18$  years, which ranks 15th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 26.8%, which ranks 319th out of 905 Iowa communities (12th out of 31 mid-large communities).

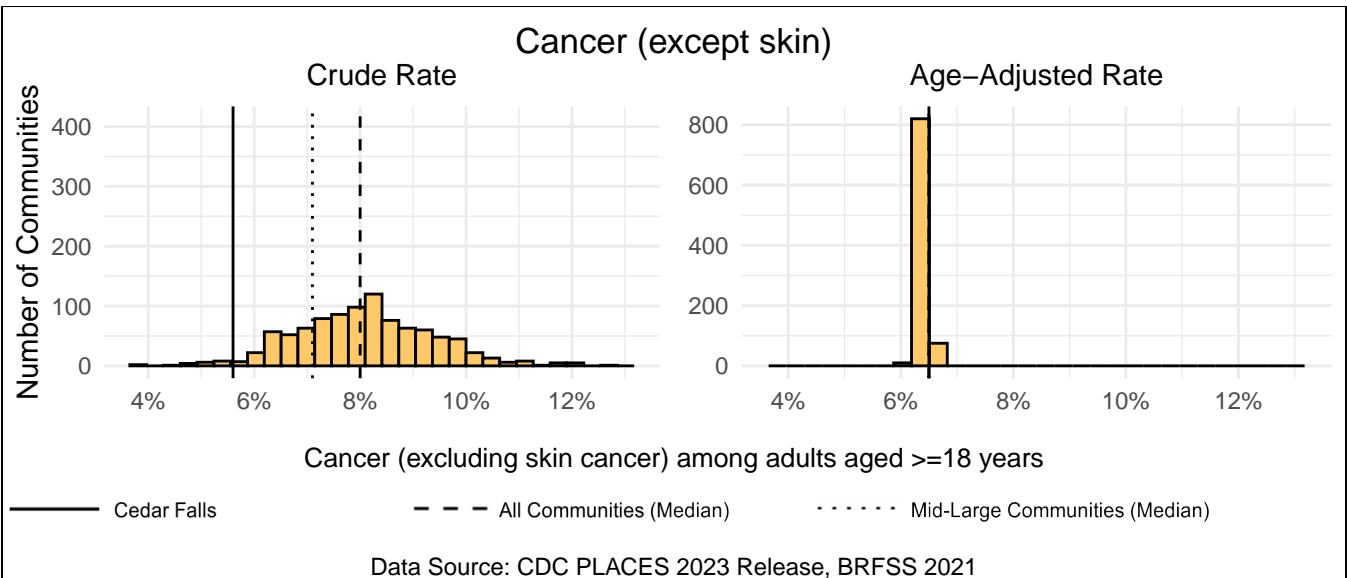
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	23.2%	32.0%	28.9%
Age-Adjusted	26.8%	27.3%	27.3%



## Cancer (except skin)

Cedar Falls has a crude rate of 5.6% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 22nd out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

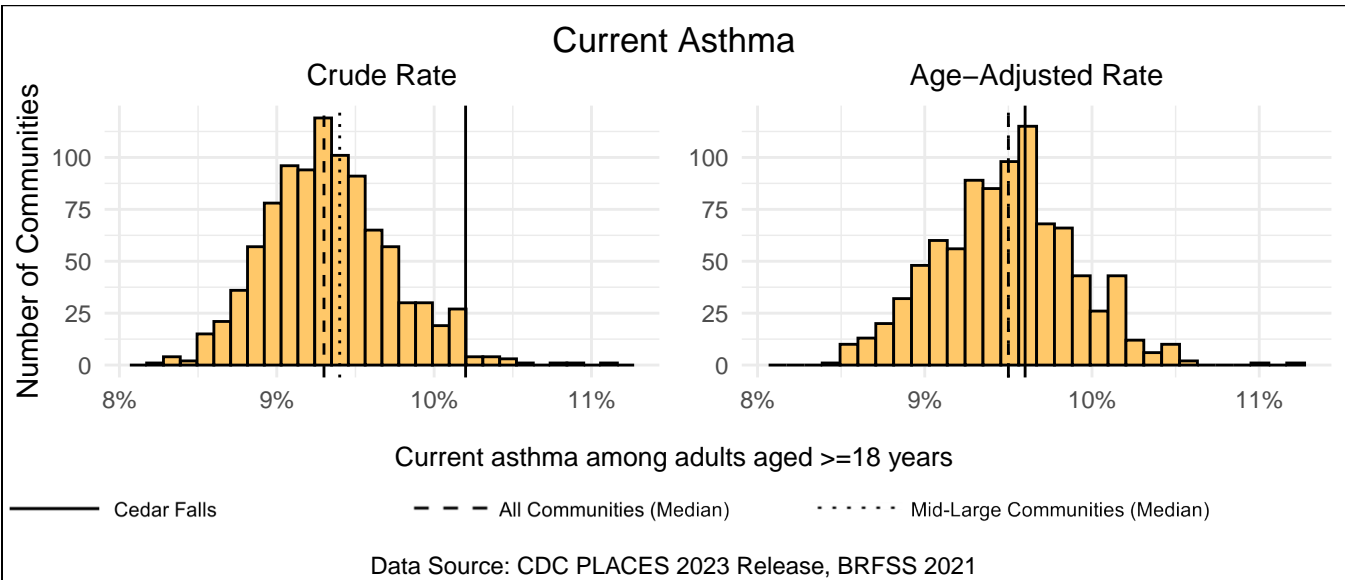
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	5.6%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Cedar Falls has a crude rate of 10.2% for current asthma among adults aged  $\geq 18$  years, which ranks 934th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 9.6%, which ranks 513th out of 905 Iowa communities (17th out of 31 mid-large communities).

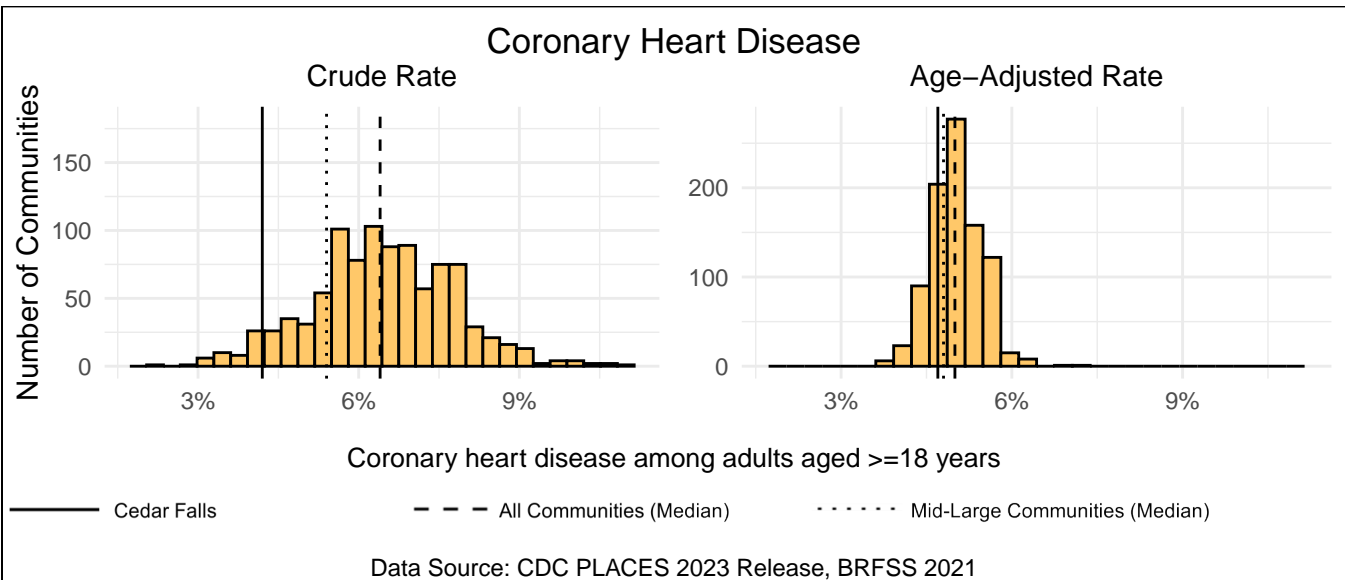
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	10.2%	9.3%	9.4%
Age-Adjusted	9.6%	9.5%	9.5%



## Coronary Heart Disease

Cedar Falls has a crude rate of 4.2% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 42nd out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 4.7%, which ranks 187th out of 905 Iowa communities (13th out of 31 mid-large communities).

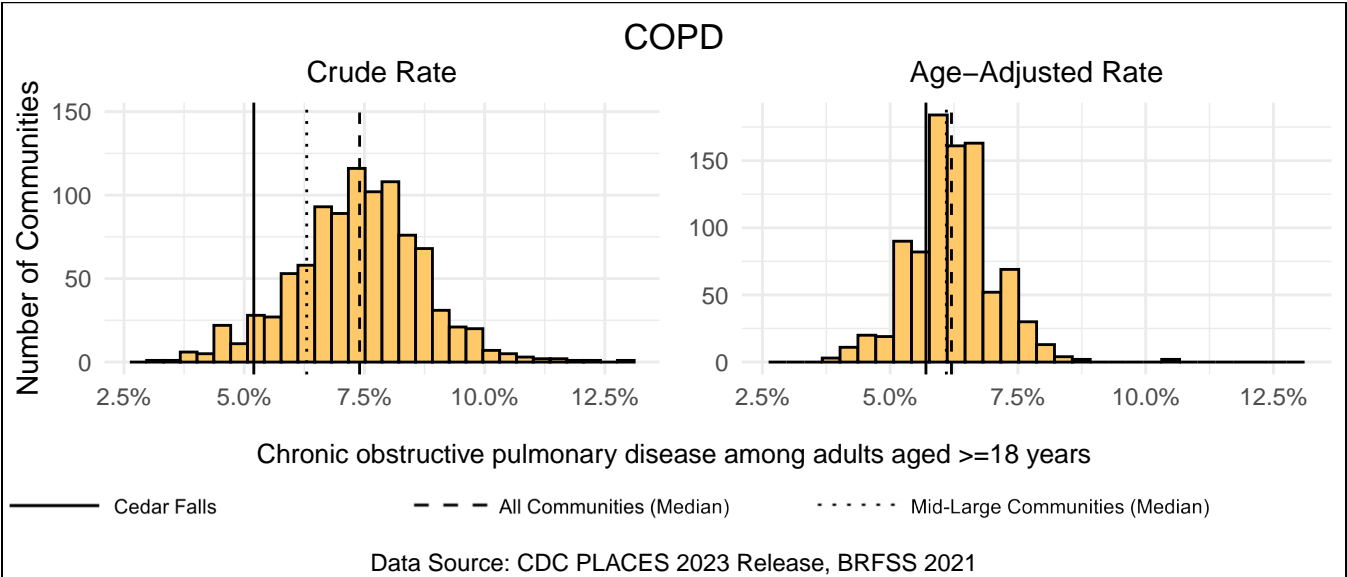
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	4.2%	6.4%	5.4%
Age-Adjusted	4.7%	5.0%	4.8%



# COPD

Cedar Falls has a crude rate of 5.2% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 52nd out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 5.7%, which ranks 183rd out of 905 Iowa communities (15th out of 31 mid-large communities).

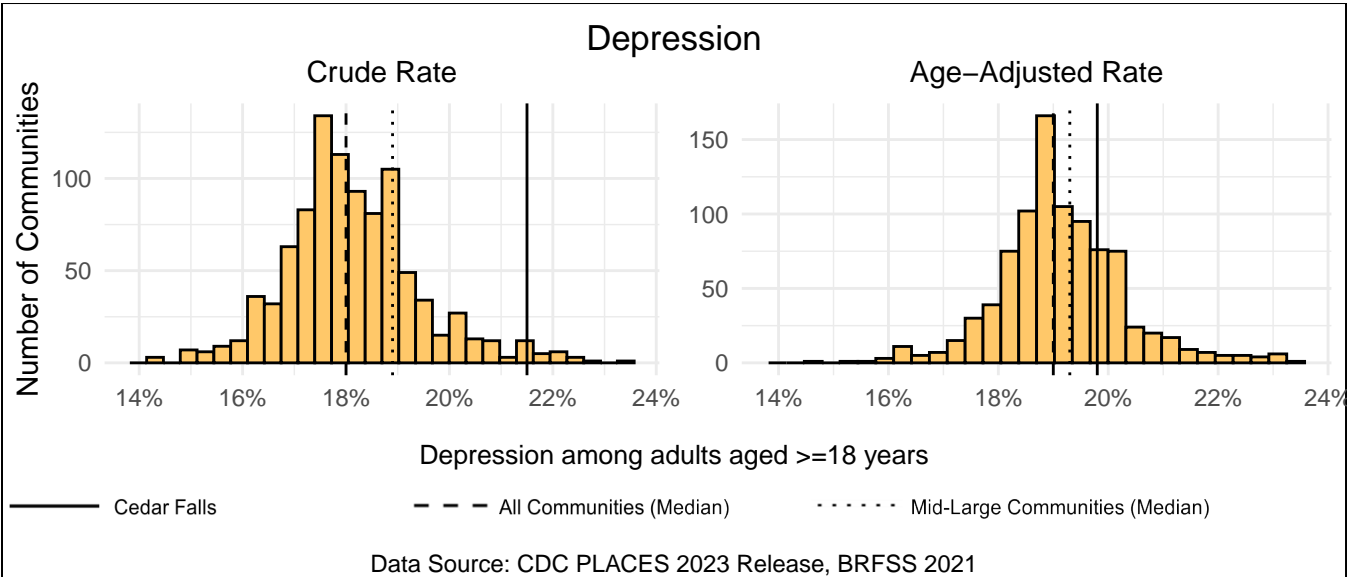
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	5.2%	7.4%	6.3%
Age-Adjusted	5.7%	6.2%	6.1%



# Depression

Cedar Falls has a crude rate of 21.5% for depression among adults aged  $\geq 18$  years, which ranks 938th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 19.8%, which ranks 675th out of 905 Iowa communities (21st out of 31 mid-large communities).

Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	21.5%	18.0%	18.9%
Age-Adjusted	19.8%	19.0%	19.3%

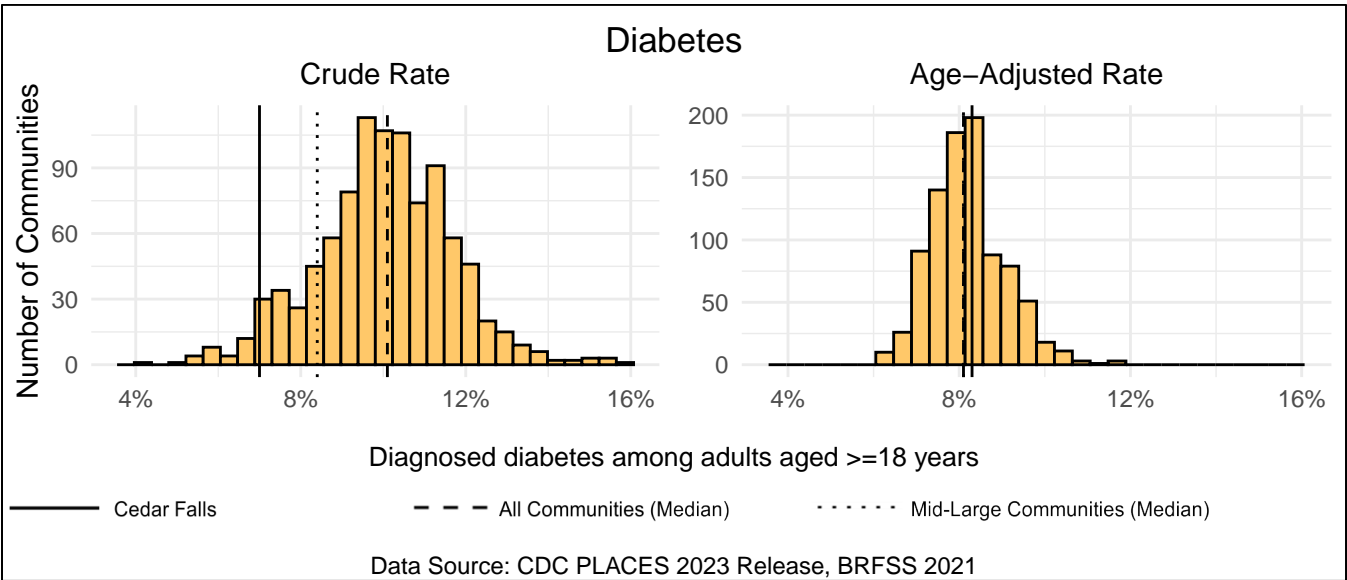




# Diabetes

Cedar Falls has a crude rate of 7.0% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 39th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 8.3%, which ranks 508th out of 905 Iowa communities (17th out of 31 mid-large communities).

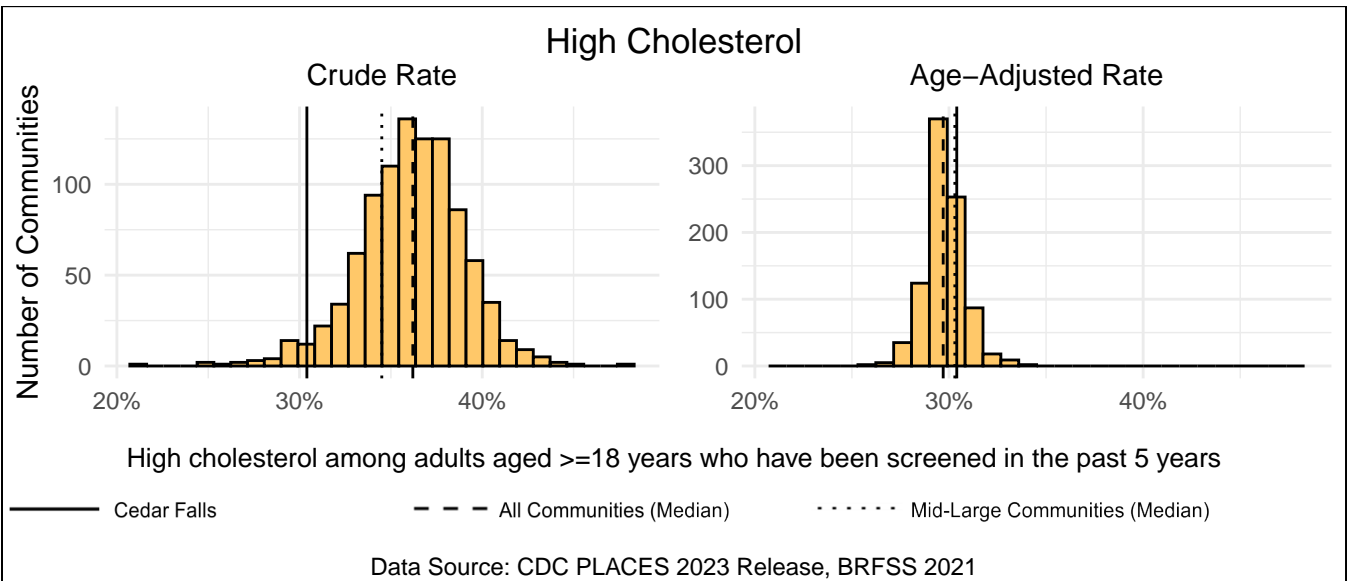
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	7.0%	10.1%	8.4%
Age-Adjusted	8.3%	8.1%	8.1%



# High Cholesterol

Cedar Falls has a crude rate of 30.4% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 37th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 30.4%, which ranks 669th out of 905 Iowa communities (17th out of 31 mid-large communities).

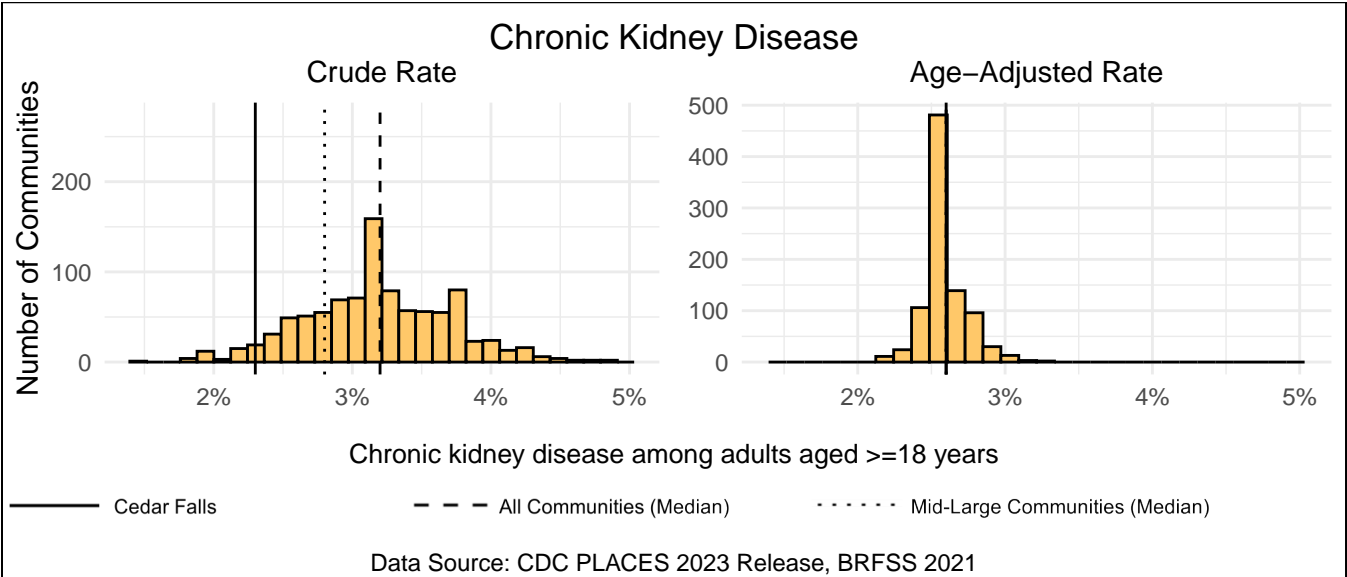
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	30.4%	36.2%	34.5%
Age-Adjusted	30.4%	29.7%	30.3%



# Chronic Kidney Disease

Cedar Falls has a crude rate of 2.3% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 36th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 2.6%, which ranks 349th out of 905 Iowa communities (14th out of 31 mid-large communities).

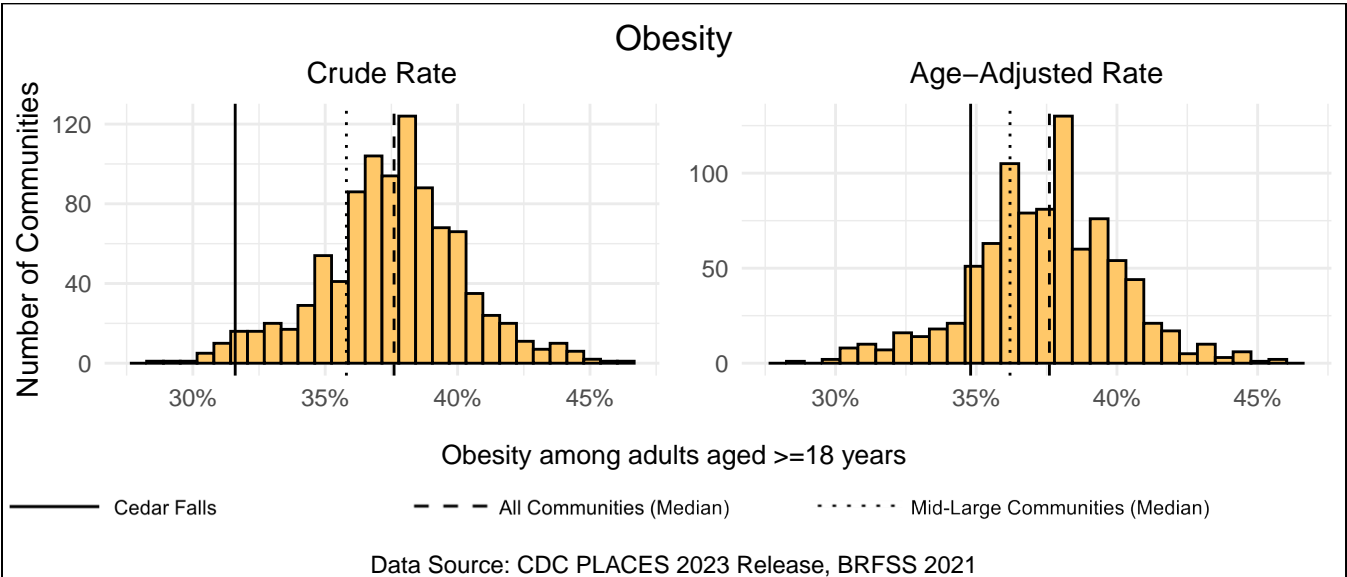
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	2.3%	3.2%	2.8%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Cedar Falls has a crude rate of 31.6% for obesity among adults aged  $\geq 18$  years, which ranks 20th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 34.8%, which ranks 105th out of 905 Iowa communities (9th out of 31 mid-large communities).

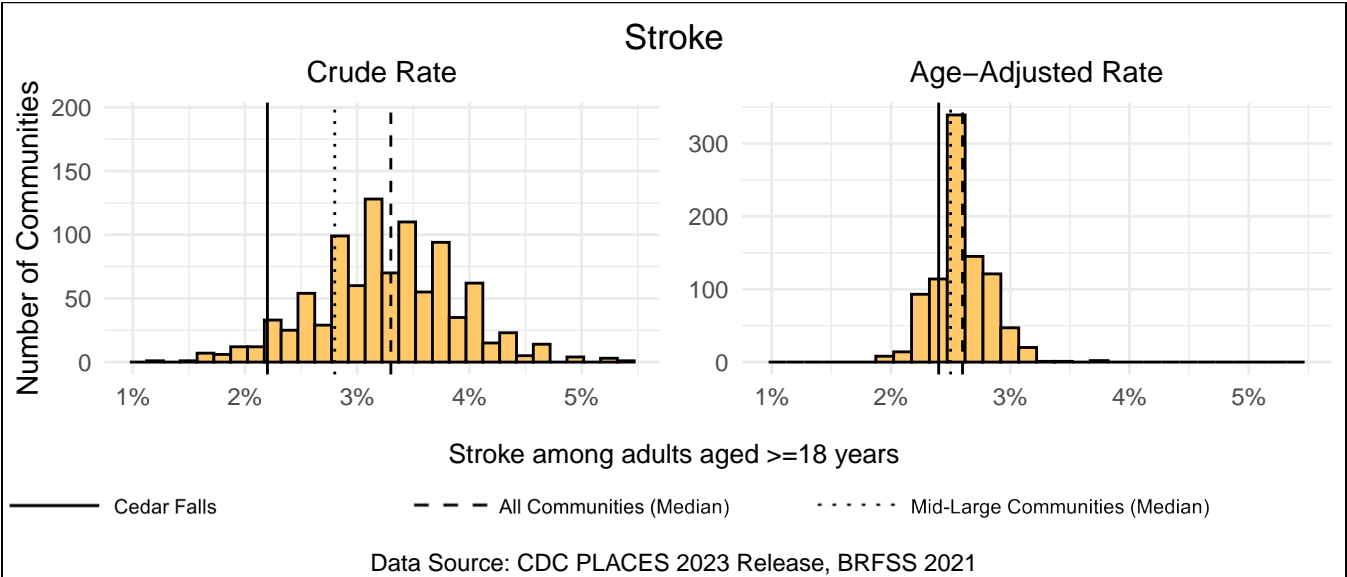
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	31.6%	37.6%	35.8%
Age-Adjusted	34.8%	37.6%	36.2%



# Stroke

Cedar Falls has a crude rate of 2.2% for stroke among adults aged >=18 years, which ranks 40th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 2.4%, which ranks 116th out of 905 Iowa communities (13th out of 31 mid-large communities).

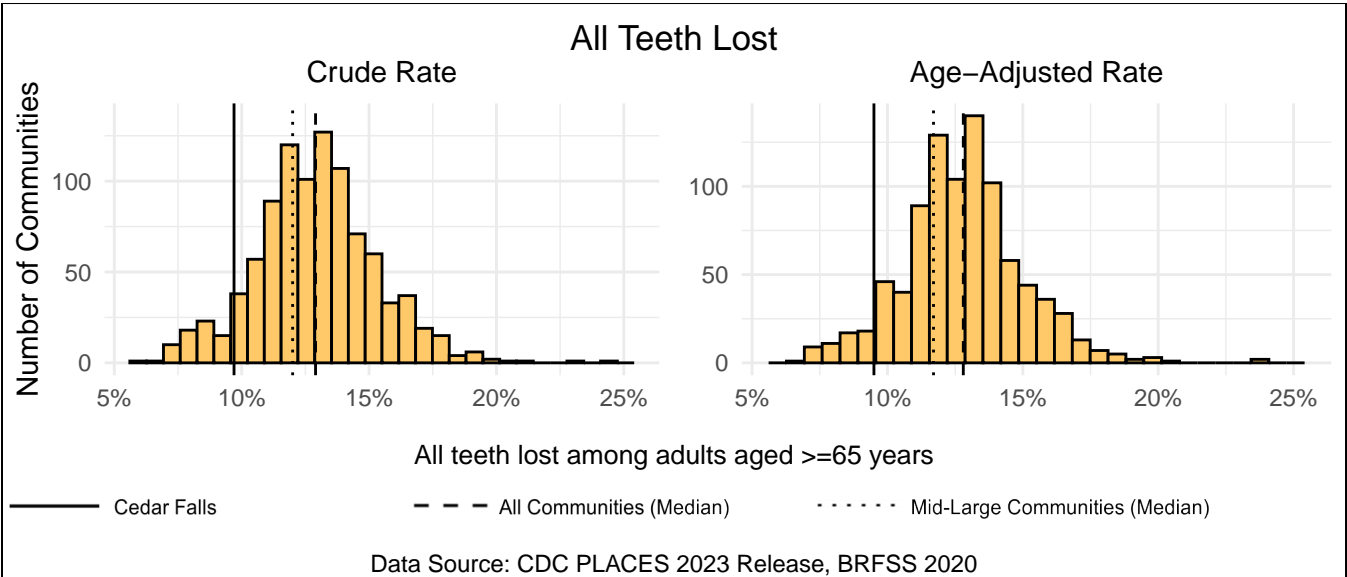
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	2.2%	3.3%	2.8%
Age-Adjusted	2.4%	2.6%	2.5%



# All Teeth Lost

Cedar Falls has a crude rate of 9.7% for all teeth lost among adults aged >=65 years, which ranks 74th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 9.5%, which ranks 53rd out of 905 Iowa communities (9th out of 31 mid-large communities).

Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	9.7%	12.9%	12.0%
Age-Adjusted	9.5%	12.8%	11.7%



# Prevention

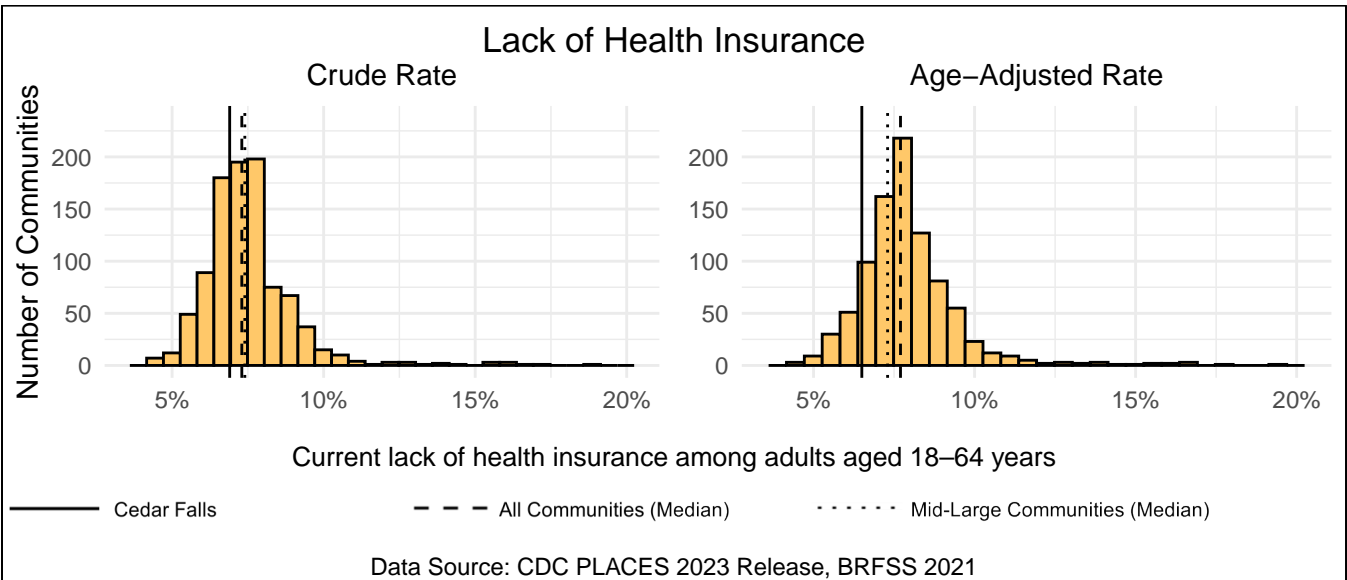
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Cedar Falls has a crude rate of 6.9% for current lack of health insurance among adults aged 18–64 years, which ranks 296th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 6.5%, which ranks 107th out of 905 Iowa communities (11th out of 31 mid-large communities).

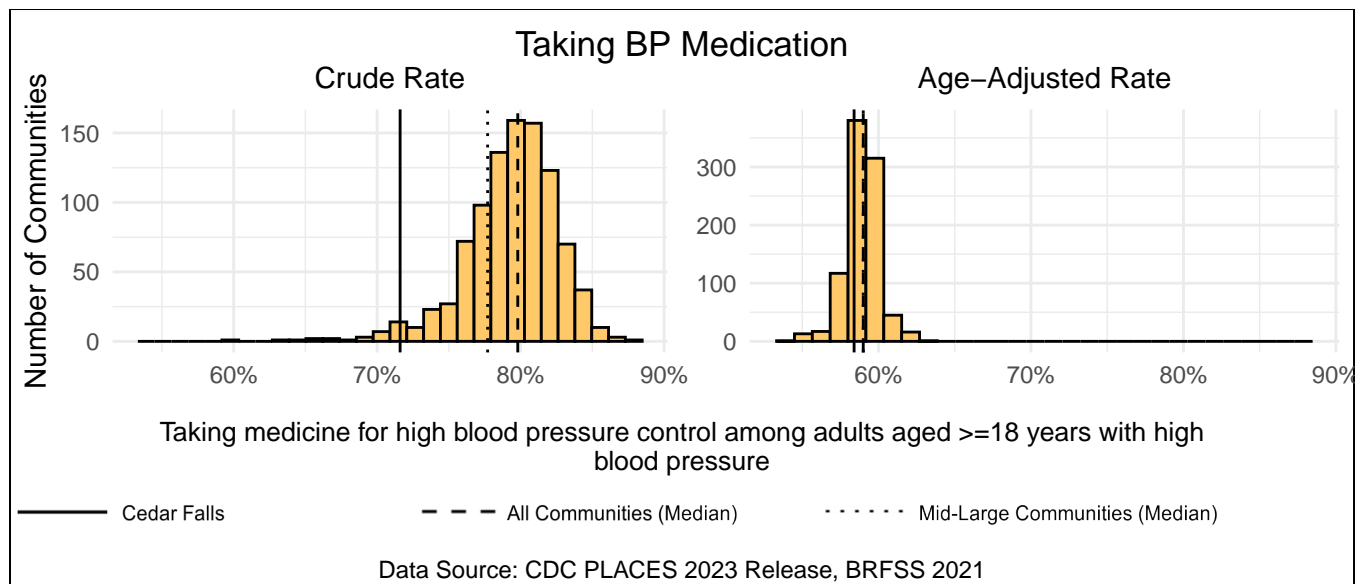
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	6.9%	7.3%	7.4%
Age-Adjusted	6.5%	7.7%	7.3%



## Taking BP Medication

Cedar Falls has a crude rate of 71.6% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 933rd out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 58.4%, which ranks 660th out of 905 Iowa communities (19th out of 31 mid-large communities).

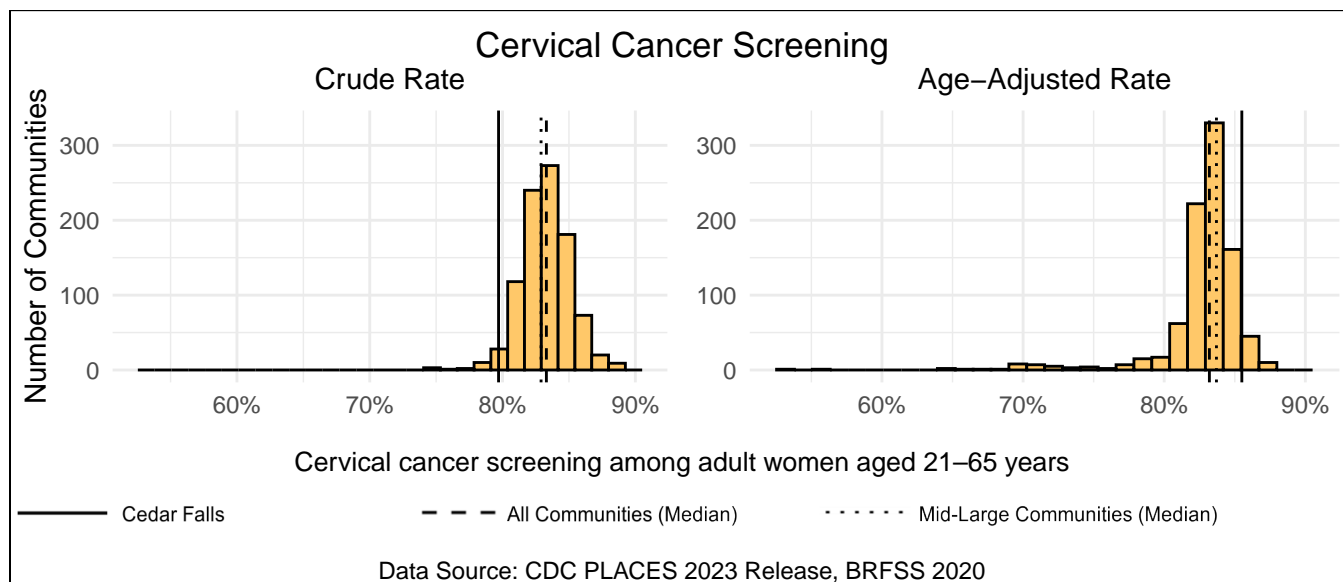
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	71.6%	79.8%	77.7%
Age-Adjusted	58.4%	59.0%	59.0%



## Cervical Cancer Screening

Cedar Falls has a crude rate of 79.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 932nd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 85.5%, which ranks 46th out of 905 Iowa communities (6th out of 31 mid-large communities).

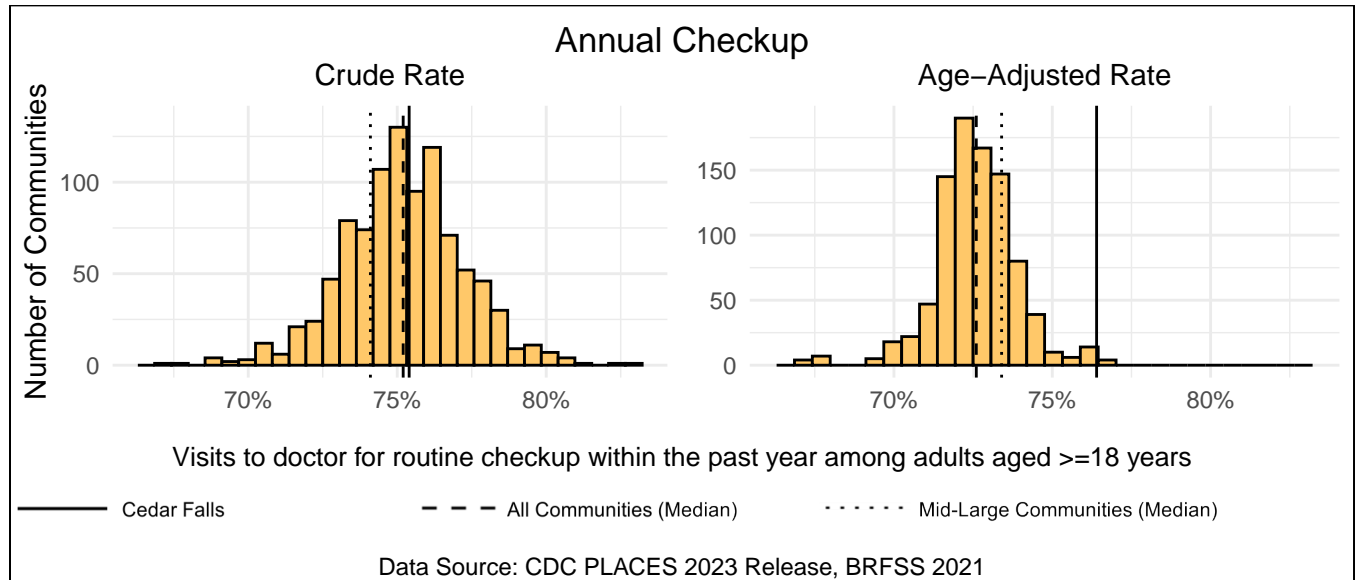
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	79.7%	83.3%	82.9%
Age-Adjusted	85.5%	83.2%	83.7%



## Annual Checkup

Cedar Falls has a crude rate of 75.4% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 428th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 76.4%, which ranks 5th out of 905 Iowa communities (1st out of 31 mid-large communities).

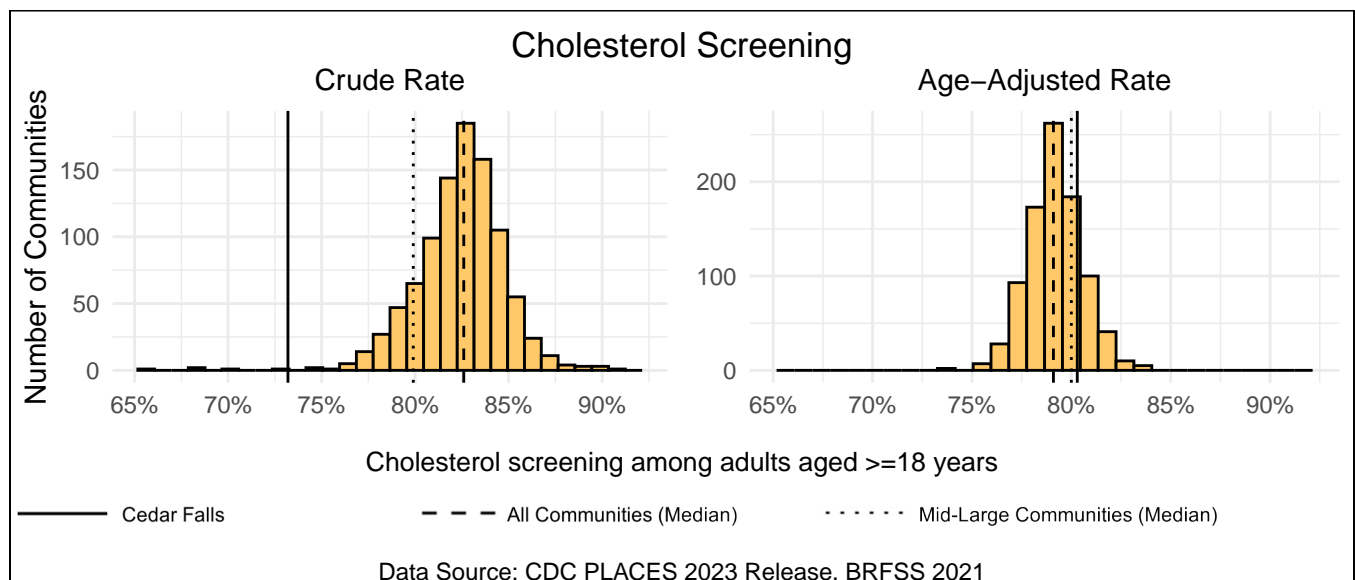
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	75.4%	75.2%	74.1%
Age-Adjusted	76.4%	72.6%	73.4%



## Cholesterol Screening

Cedar Falls has a crude rate of 73.2% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 954th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 80.3%, which ranks 179th out of 905 Iowa communities (13th out of 31 mid-large communities).

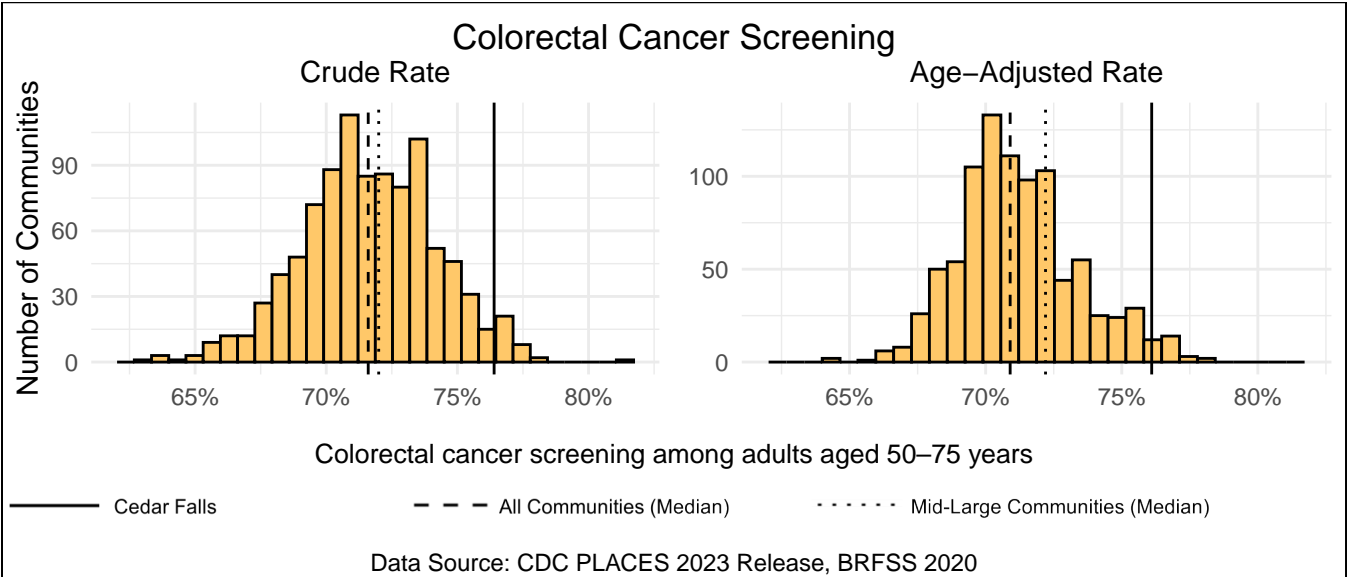
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	73.2%	82.6%	79.9%
Age-Adjusted	80.3%	79.1%	80.0%



## Colorectal Cancer Screening

Cedar Falls has a crude rate of 76.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 33rd out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 76.1%, which ranks 24th out of 905 Iowa communities (5th out of 31 mid-large communities).

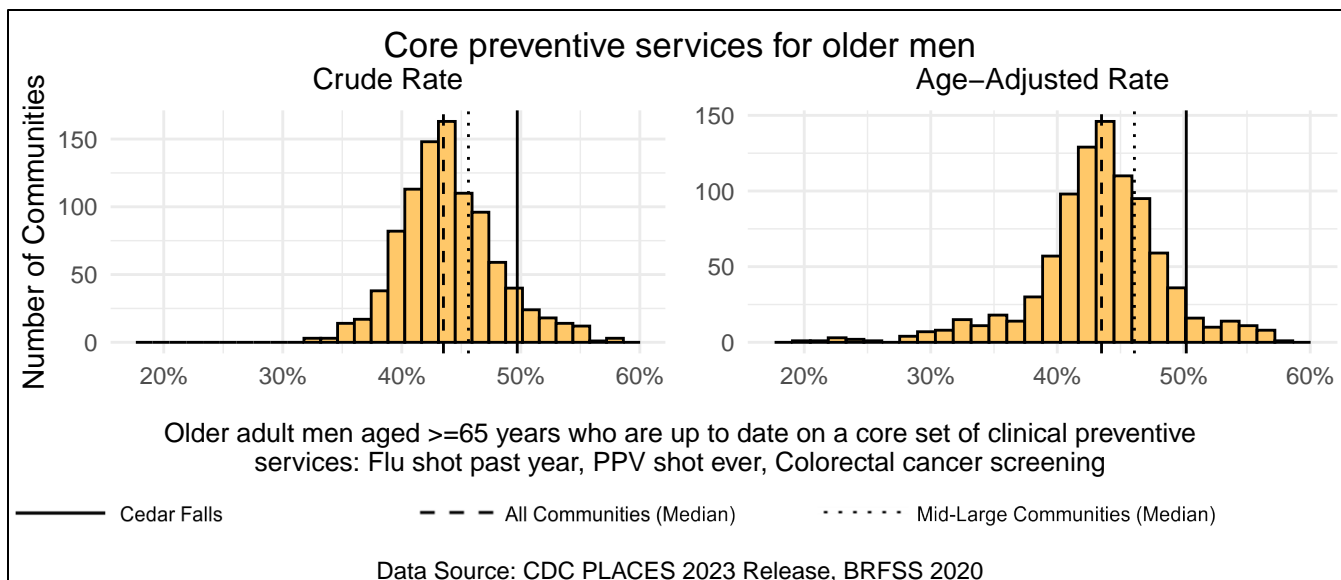
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	76.4%	71.6%	72.0%
Age-Adjusted	76.1%	70.9%	72.2%



## Core preventive services for older men

Cedar Falls has a crude rate of 49.7% for older adult men 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, which ranks 80th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 50.2%, which ranks 55th out of 905 Iowa communities (8th out of 31 mid-large communities).

Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	49.7%	43.5%	45.6%
Age-Adjusted	50.2%	43.5%	46.1%

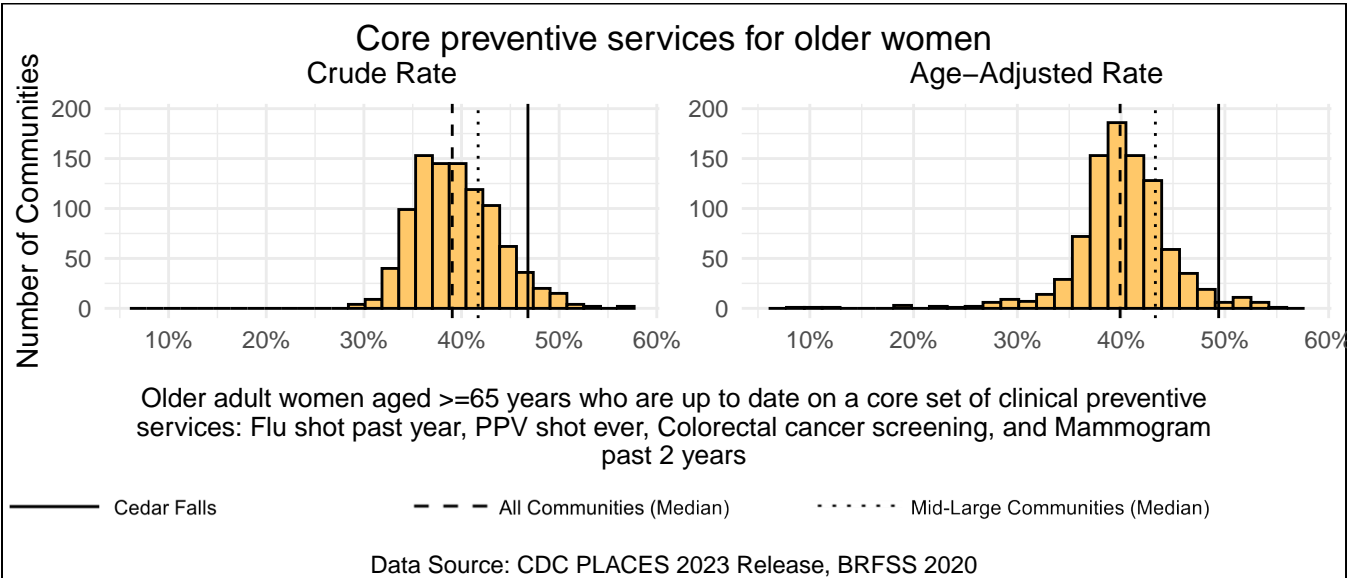




### Core preventive services for older women

Cedar Falls has a crude rate of 46.8% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 57th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 49.4%, which ranks 20th out of 905 Iowa communities (1st out of 31 mid-large communities).

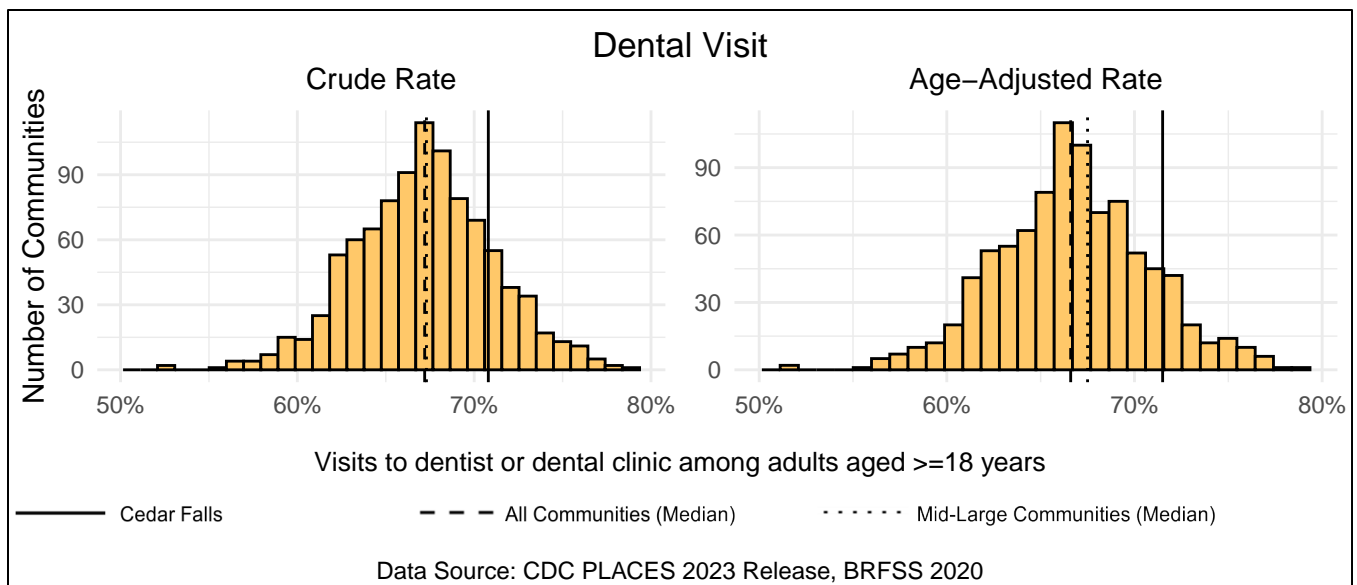
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	46.8%	39.0%	41.7%
Age-Adjusted	49.4%	39.9%	43.3%



### Dental Visit

Cedar Falls has a crude rate of 70.8% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 161st out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 71.5%, which ranks 107th out of 905 Iowa communities (11th out of 31 mid-large communities).

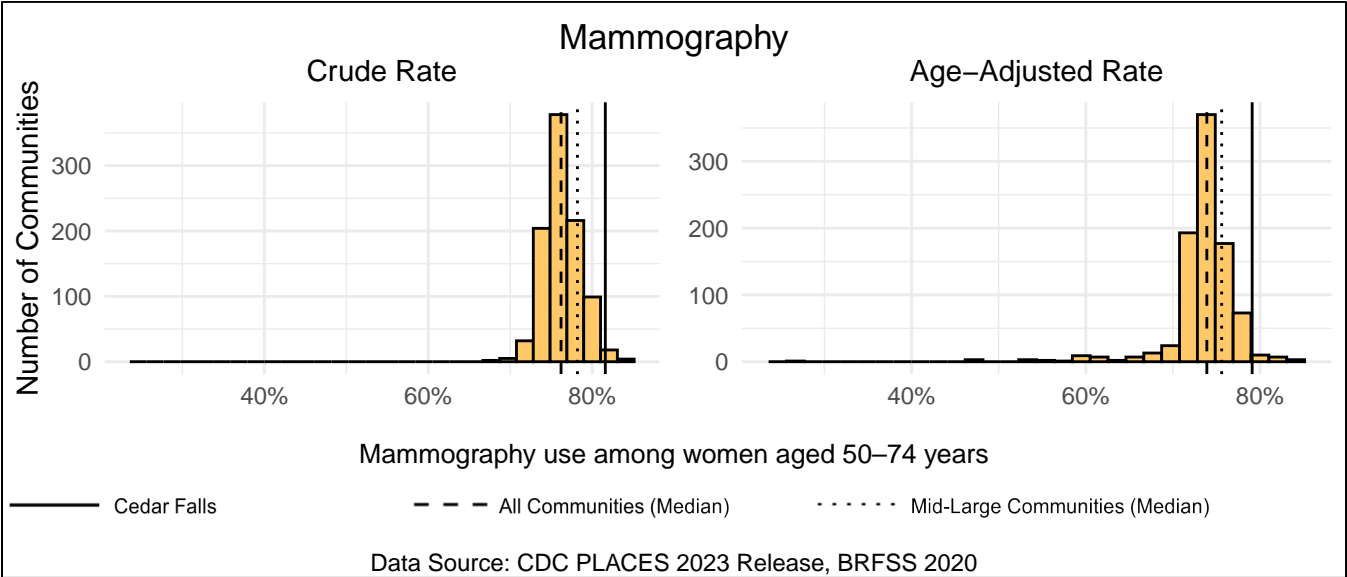
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	70.8%	67.2%	67.3%
Age-Adjusted	71.5%	66.6%	67.5%



# Mammography

Cedar Falls has a crude rate of 81.6% for mammography use among women aged 50–74 years, which ranks 17th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 79.1%, which ranks 20th out of 905 Iowa communities (2nd out of 31 mid-large communities).

Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	81.6%	76.2%	78.2%
Age-Adjusted	79.1%	73.9%	75.6%



# Disability

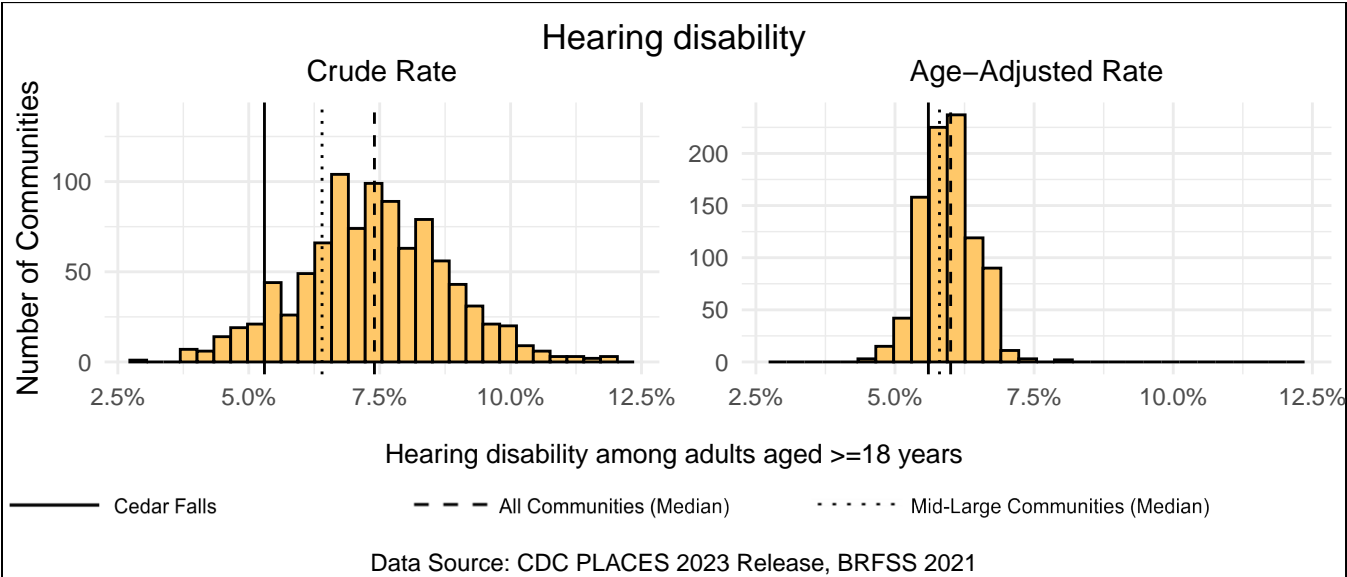
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Cedar Falls has a crude rate of 5.3% for hearing disability among adults aged  $\geq 18$  years, which ranks 69th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 5.6%, which ranks 163rd out of 905 Iowa communities (15th out of 31 mid-large communities).

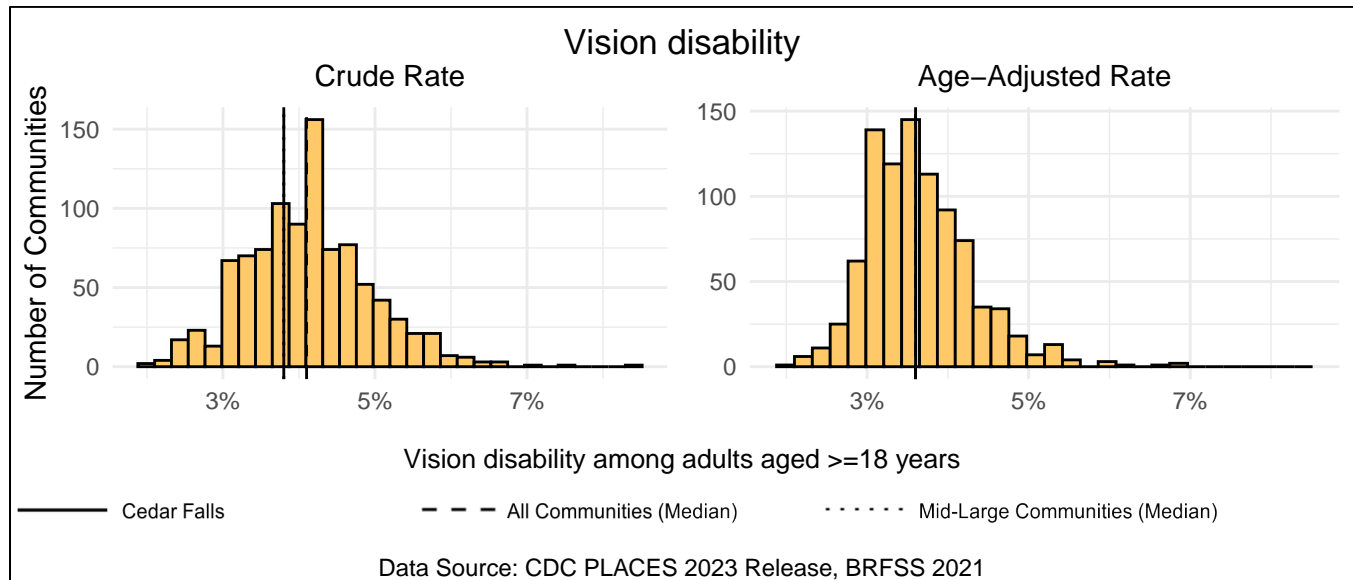
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	5.3%	7.4%	6.4%
Age-Adjusted	5.6%	6.0%	5.8%



## Vision disability

Cedar Falls has a crude rate of 3.8% for vision disability among adults aged  $\geq 18$  years, which ranks 317th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 3.6%, which ranks 431st out of 905 Iowa communities (15th out of 31 mid-large communities).

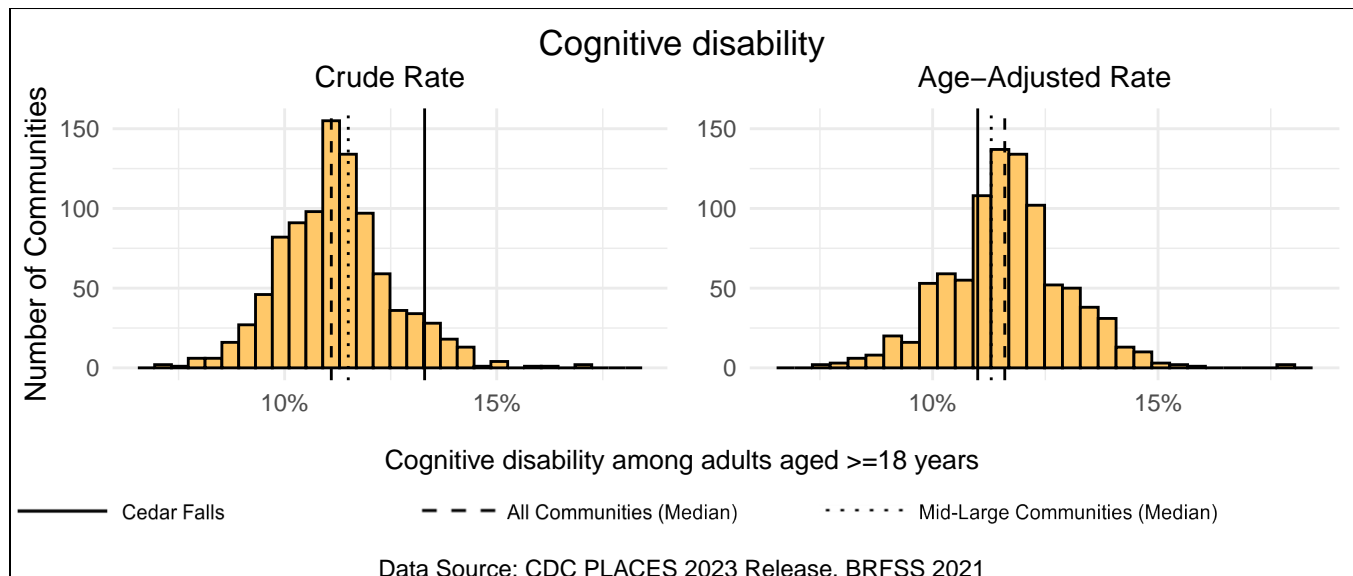
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	3.8%	4.1%	3.8%
Age-Adjusted	3.6%	3.6%	3.6%



## Cognitive disability

Cedar Falls has a crude rate of 13.3% for cognitive disability among adults aged  $\geq 18$  years, which ranks 891st out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 11.0%, which ranks 246th out of 905 Iowa communities (15th out of 31 mid-large communities).

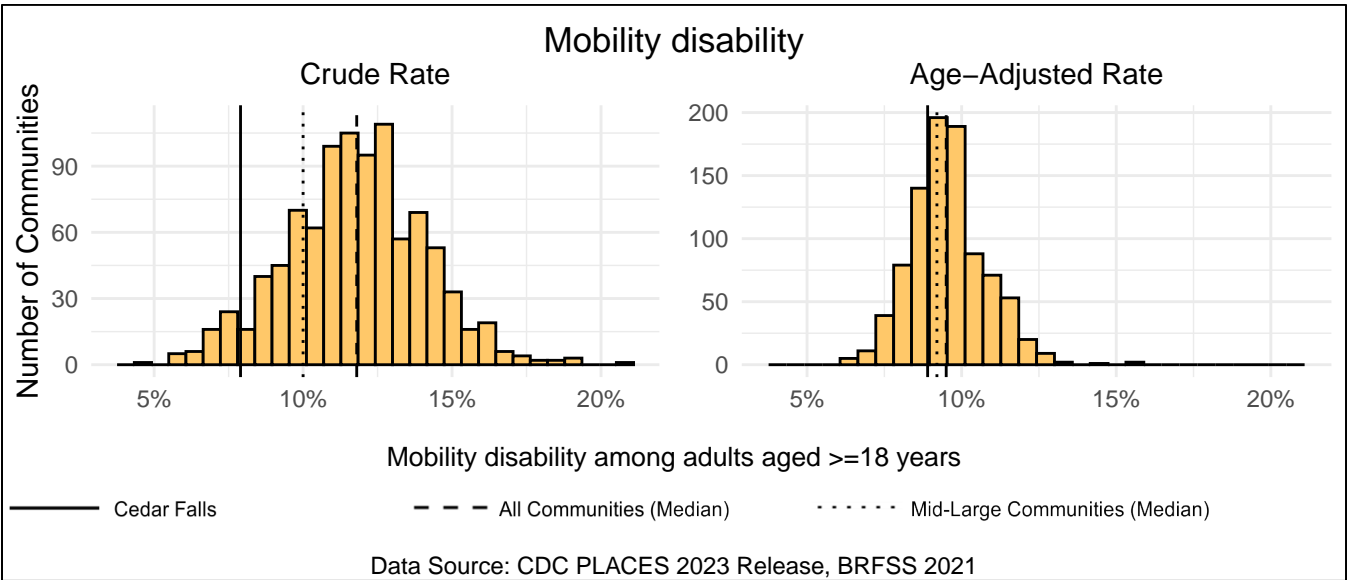
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	13.3%	11.1%	11.5%
Age-Adjusted	11.0%	11.6%	11.3%



## Mobility disability

Cedar Falls has a crude rate of 7.9% for mobility disability among adults aged  $\geq 18$  years, which ranks 53rd out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 8.9%, which ranks 248th out of 905 Iowa communities (13th out of 31 mid-large communities).

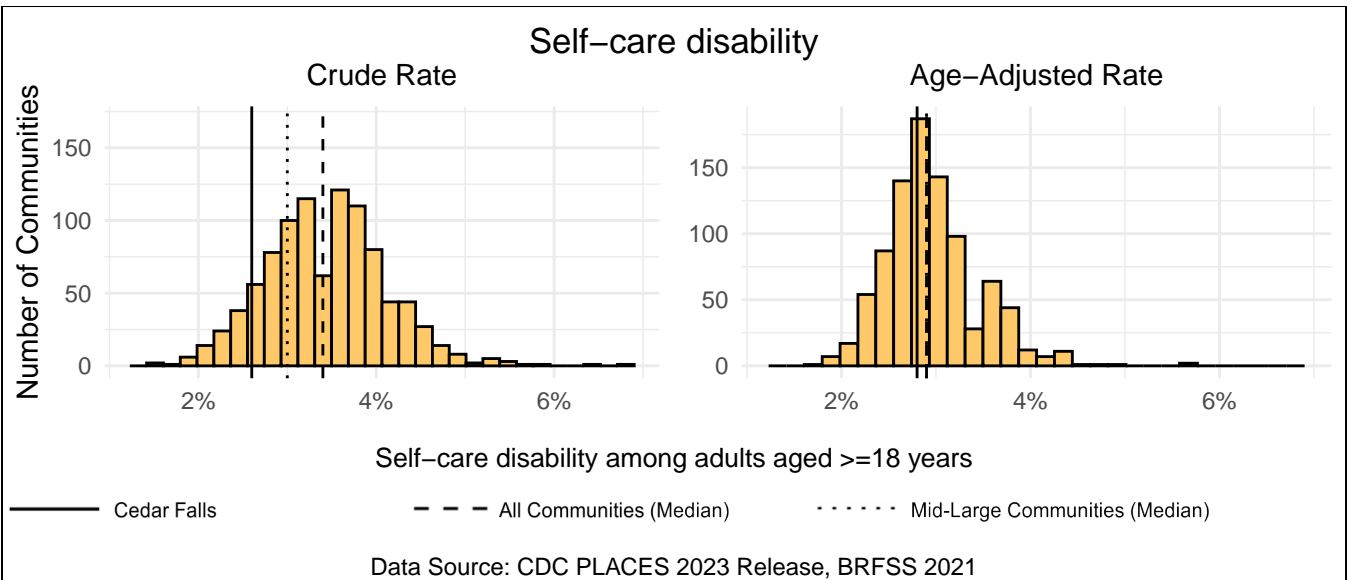
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	7.9%	11.8%	10.0%
Age-Adjusted	8.9%	9.5%	9.2%



## Self-care disability

Cedar Falls has a crude rate of 2.6% for self-care disability among adults aged  $\geq 18$  years, which ranks 86th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 2.8%, which ranks 307th out of 905 Iowa communities (14th out of 31 mid-large communities).

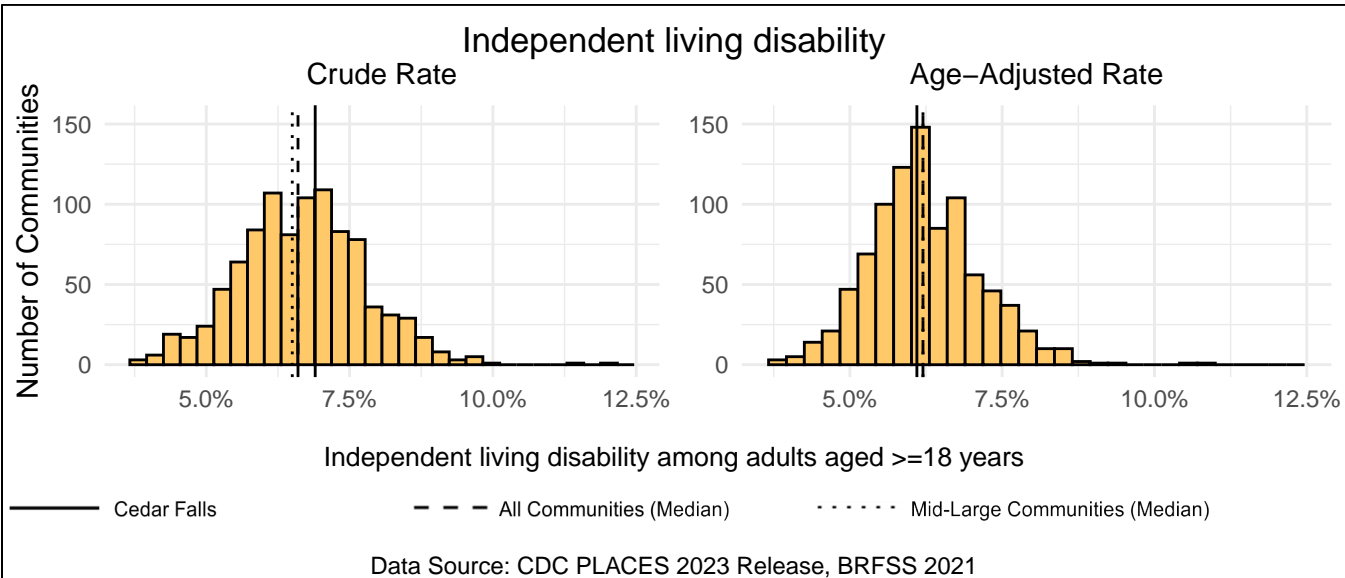
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	2.6%	3.4%	3.0%
Age-Adjusted	2.8%	2.9%	2.9%



### Independent living disability

Cedar Falls has a crude rate of 6.9% for independent living disability among adults aged  $\geq 18$  years, which ranks 557th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 6.1%, which ranks 383rd out of 905 Iowa communities (15th out of 31 mid-large communities).

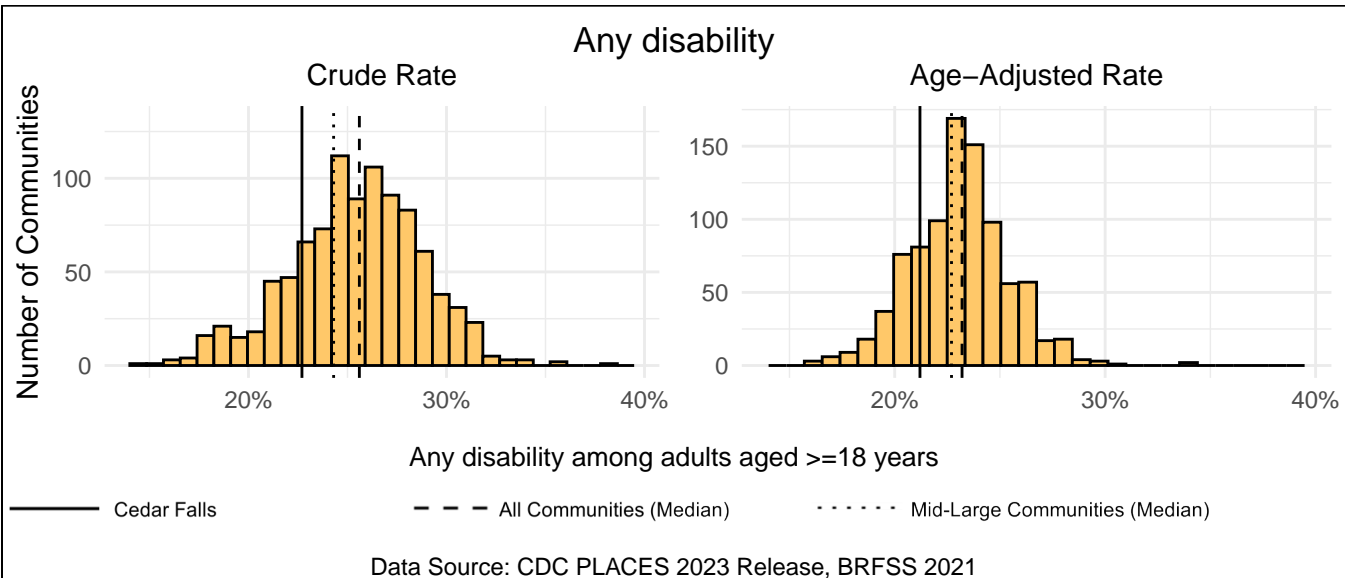
Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	6.9%	6.6%	6.5%
Age-Adjusted	6.1%	6.2%	6.2%



### Any disability

Cedar Falls has a crude rate of 22.7% for any disability among adults aged  $\geq 18$  years, which ranks 183rd out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Cedar Falls is 21.2%, which ranks 175th out of 905 Iowa communities (13th out of 31 mid-large communities).

Measure Type	Cedar Falls	All Comm.	Mid-Large Comm.
Crude	22.7%	25.6%	24.3%
Age-Adjusted	21.2%	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: Cedar Falls PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	103	11.5% (10.0% - 13.1%)	238	11.8% (10.3% - 13.5%)
Health Status	Mental Health	953	18.3% (16.0% - 20.6%)	405	15.5% (13.6% - 17.5%)
Health Status	Physical Health	52	8.5% (7.4% - 9.6%)	181	9.0% (7.8% - 10.2%)
Health Risk Behaviors	Sleep <7 hours	483	30.3% (29.4% - 31.1%)	545	31.6% (30.9% - 32.3%)
Health Risk Behaviors	Binge Drinking	888	22.9% (19.4% - 26.5%)	520	22.2% (18.9% - 25.8%)
Health Risk Behaviors	Current Smoking	34	12.8% (10.7% - 15.1%)	106	14.9% (12.5% - 17.5%)
Health Risk Behaviors	Physical Inactivity	92	21.5% (18.3% - 25.1%)	168	21.9% (18.6% - 25.3%)
Health Outcomes	Arthritis	38	20.9% (18.2% - 23.6%)	803	24.6% (21.5% - 27.9%)
Health Outcomes	Diabetes	39	7.0% (6.0% - 8.1%)	508	8.3% (7.0% - 9.5%)
Health Outcomes	High Blood Pressure	15	23.2% (20.5% - 26.1%)	319	26.8% (23.5% - 30.1%)
Health Outcomes	Chronic Kidney Disease	36	2.3% (2.1% - 2.5%)	349	2.6% (2.3% - 2.8%)
Health Outcomes	Obesity	20	31.6% (26.7% - 36.5%)	105	34.8% (29.7% - 40.1%)
Health Outcomes	COPD	52	5.2% (4.5% - 6.0%)	183	5.7% (5.0% - 6.5%)
Health Outcomes	Coronary Heart Disease	42	4.2% (3.7% - 4.7%)	187	4.7% (4.1% - 5.2%)
Health Outcomes	Current Asthma	934	10.2% (9.0% - 11.6%)	513	9.6% (8.4% - 10.8%)
Health Outcomes	All Teeth Lost	74	9.7% (8.1% - 11.7%)	53	9.5% (8.0% - 11.2%)
Health Outcomes	Stroke	40	2.2% (2.0% - 2.4%)	116	2.4% (2.2% - 2.7%)
Health Outcomes	Depression	938	21.5% (18.3% - 24.9%)	675	19.8% (16.7% - 23.1%)
Health Outcomes	Cancer (except skin)	22	5.6% (5.1% - 6.2%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	High Cholesterol	37	30.4% (27.2% - 33.8%)	669	30.4% (26.5% - 34.4%)
Prevention	Dental Visit	161	70.8% (69.1% - 72.4%)	107	71.5% (70.2% - 72.8%)
Prevention	Annual Checkup	428	75.4% (71.2% - 79.2%)	5	76.4% (72.4% - 80.1%)
Prevention	Mammography	17	81.6% (80.3% - 82.9%)	20	79.1% (77.7% - 80.4%)
Prevention	Core preventive services for older men	80	49.7% (46.8% - 52.4%)	55	50.2% (47.4% - 52.9%)
Prevention	Core preventive services for older women	57	46.8% (43.8% - 49.8%)	20	49.4% (46.5% - 52.1%)
Prevention	Taking BP Medication	933	71.6% (68.5% - 74.5%)	660	58.4% (53.4% - 63.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Health Insurance	296	6.9% (5.7% - 8.4%)	107	6.5% (5.5% - 7.6%)
Prevention	Colorectal Cancer Screening	33	76.4% (75.3% - 77.4%)	24	76.1% (75.0% - 77.1%)
Prevention	Cholesterol Screening	954	73.2% (69.6% - 76.4%)	179	80.3% (77.3% - 82.9%)
Prevention	Cervical Cancer Screening	932	79.7% (78.2% - 81.1%)	46	85.5% (84.6% - 86.3%)
Disability	Hearing Disability	69	5.3% (4.7% - 5.9%)	163	5.6% (5.0% - 6.2%)
Disability	Cognitive Disability	891	13.3% (11.6% - 15.1%)	246	11.0% (9.6% - 12.4%)
Disability	Mobility Disability	53	7.9% (6.9% - 9.1%)	248	8.9% (7.7% - 10.2%)
Disability	Independent Living Disability	557	6.9% (6.1% - 7.8%)	383	6.1% (5.4% - 6.8%)
Disability	Self-care Disability	86	2.6% (2.3% - 2.9%)	307	2.8% (2.6% - 3.1%)
Disability	Any Disability	183	22.7% (19.7% - 25.7%)	175	21.2% (18.3% - 24.1%)
Disability	Vision Disability	317	3.8% (3.4% - 4.3%)	431	3.6% (3.2% - 3.9%)

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)

Cedar Falls 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		