



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 Rapids: Overview

Dear Community Members & Stakeholders of Cedar Rapids,

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 Rapids ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Cedar Rapids’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 Rapids. 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	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Arthritis	72nd	5th	Annual Checkup	27th	3rd
High Cholesterol	96th	5th	Taking BP Medication	63rd	6th
Colorectal Cancer Screening	100th	4th	Colorectal Cancer Screening	64th	4th
Mammography	101st	7th	Cancer (except skin)	74th	5th
Cancer (except skin)	108th	8th	Cervical Cancer Screening	87th	3rd

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	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Depression	931st	9th	Depression	869th	11th
Taking BP Medication	843rd	5th	High Blood Pressure	842nd	8th
Cholesterol Screening	843rd	3rd	Obesity	702nd	10th
Mental Health	840th	4th	Core preventive services for older men	696th	10th
Binge Drinking	814th	7th	Current Asthma	628th	5th

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 Rapids.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

With a population of 136,929, Cedar Rapids's similarly sized communities are defined as large communities. In Iowa, large communities have an average population of 91,321, and there are 11 communities that are considered 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

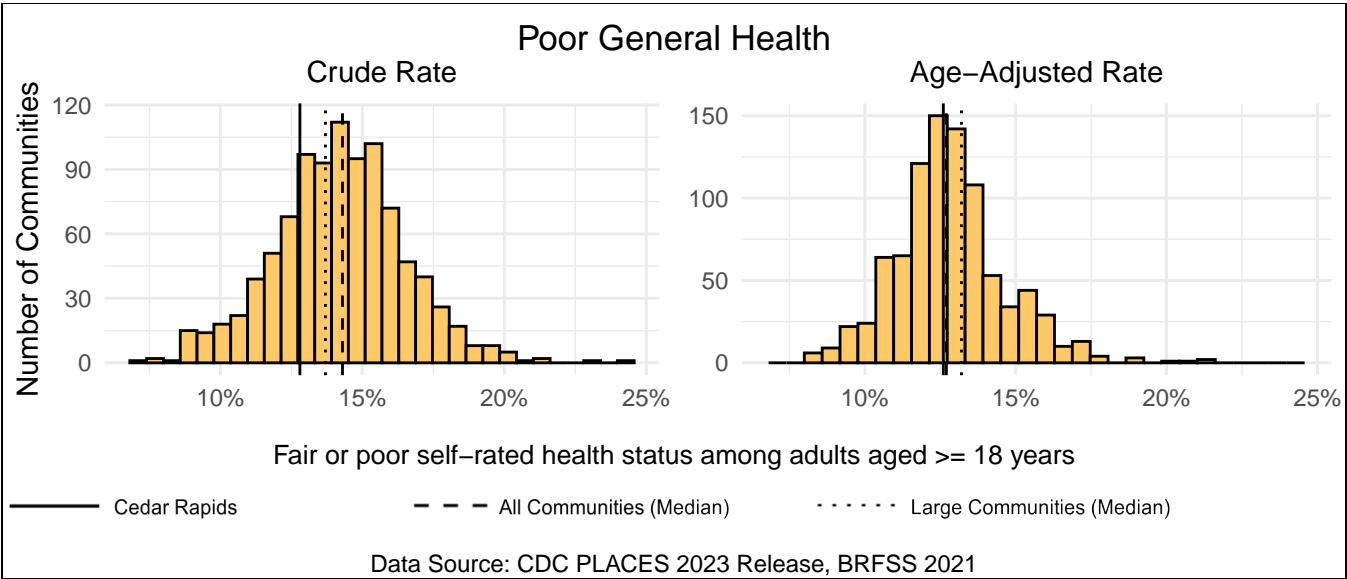
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health 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 Rapids has a crude rate of 12.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 232nd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 12.6%, which ranks 410th out of 905 Iowa communities (4th out of 11 large communities).

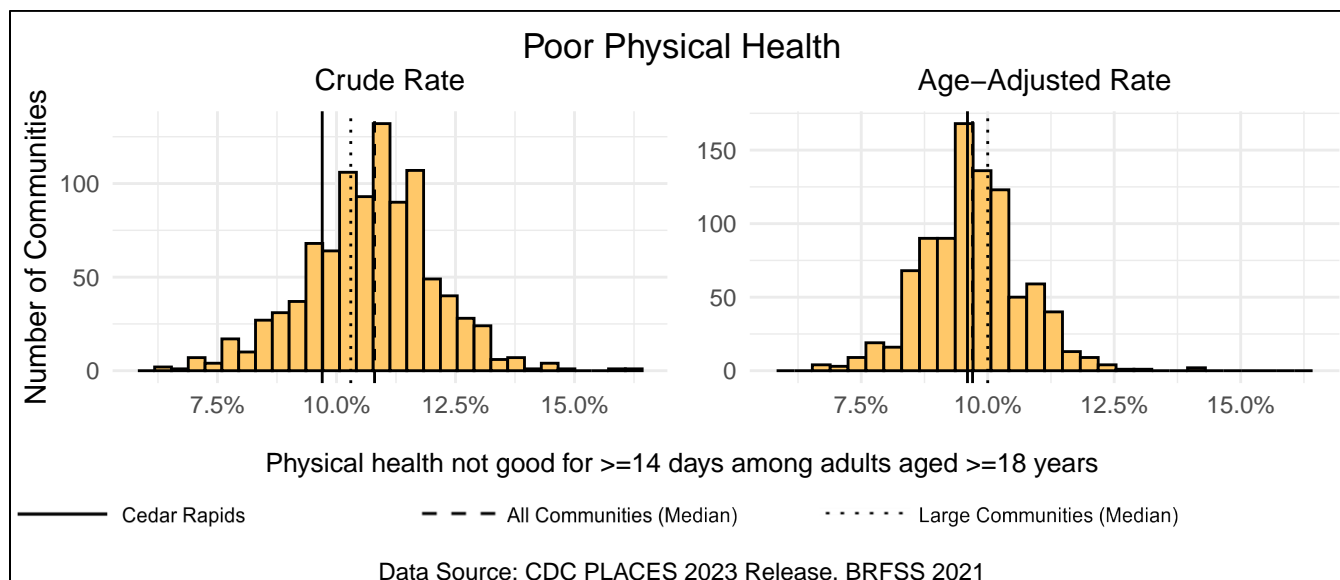
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	12.8%	14.3%	13.7%
Age-Adjusted	12.6%	12.7%	13.2%



Poor Physical Health

Cedar Rapids has a crude rate of 9.7% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 183rd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 9.6%, which ranks 377th out of 905 Iowa communities (5th out of 11 large communities).

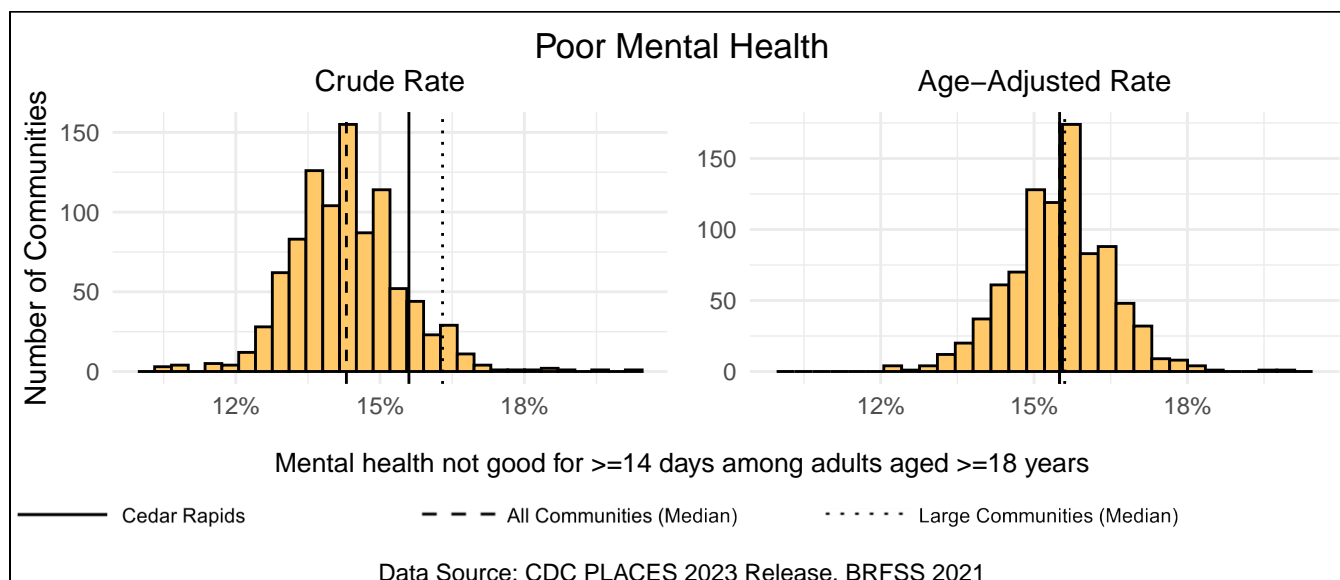
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	9.7%	10.8%	10.3%
Age-Adjusted	9.6%	9.7%	10.0%



Poor Mental Health

Cedar Rapids has a crude rate of 15.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 840th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 15.5%, which ranks 405th out of 905 Iowa communities (4th out of 11 large communities).

Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	15.6%	14.3%	16.3%
Age-Adjusted	15.5%	15.5%	15.6%



Health Risk Behaviors

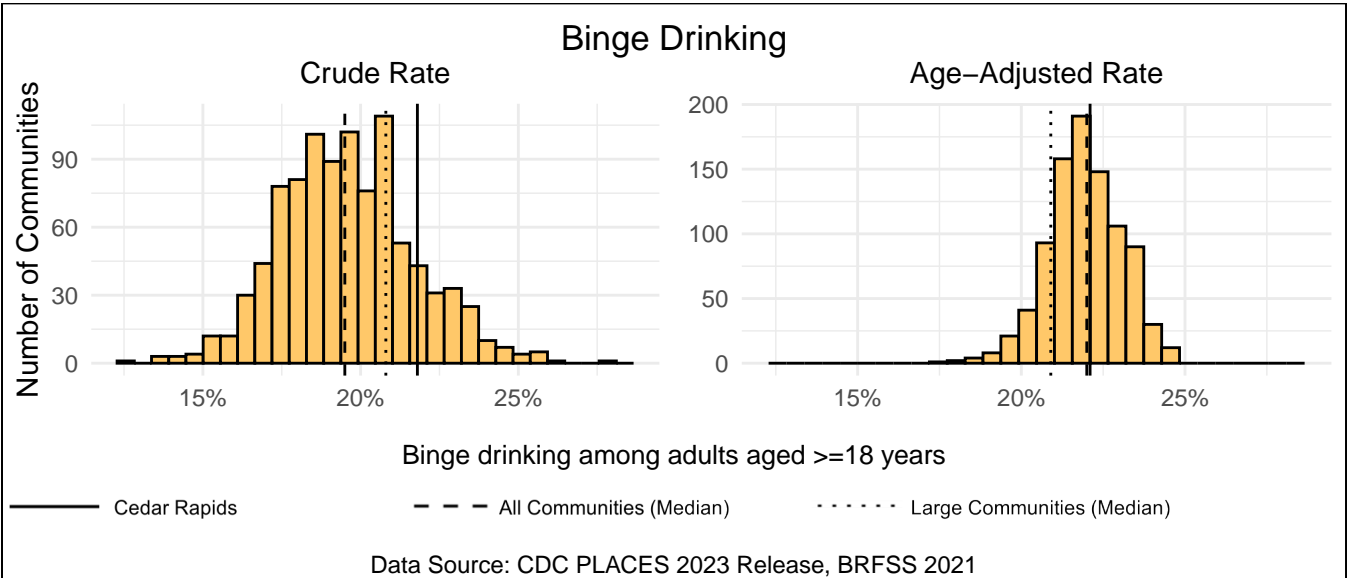
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Cedar Rapids has a crude rate of 21.8% for binge drinking among adults aged ≥ 18 years, which ranks 814th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 22.1%, which ranks 478th out of 905 Iowa communities (10th out of 11 large communities).

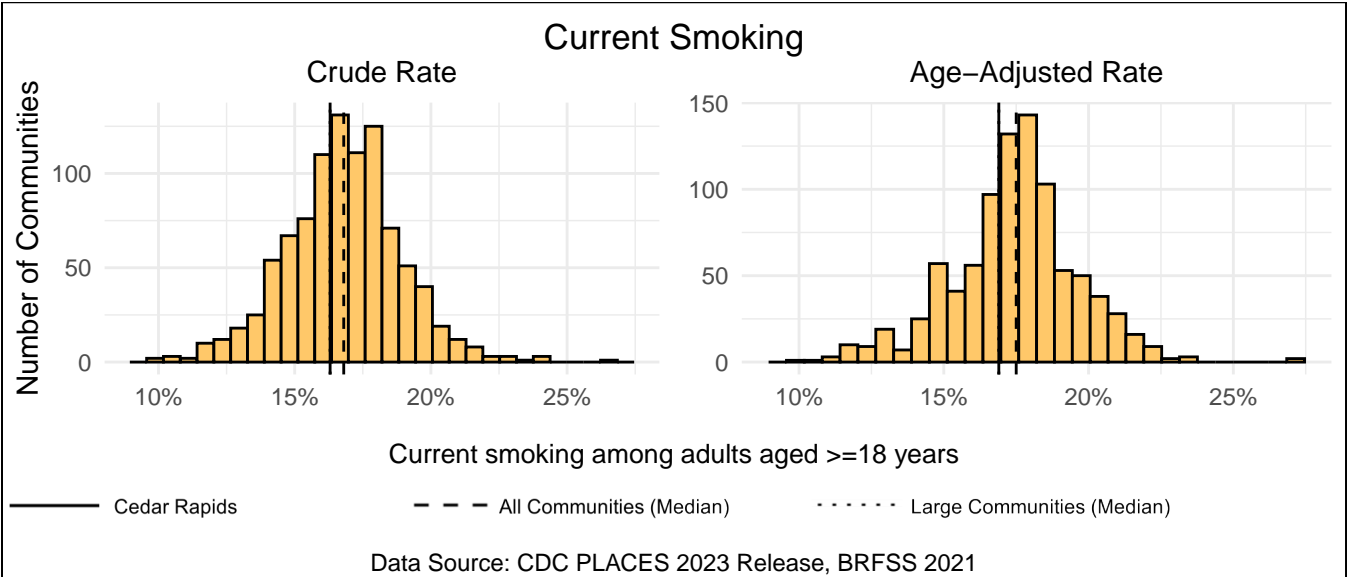
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	21.8%	19.5%	20.8%
Age-Adjusted	22.1%	22.0%	20.9%



Current Smoking

Cedar Rapids has a crude rate of 16.3% for current smoking among adults aged ≥ 18 years, which ranks 353rd out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 16.9%, which ranks 311th out of 905 Iowa communities (5th out of 11 large communities).

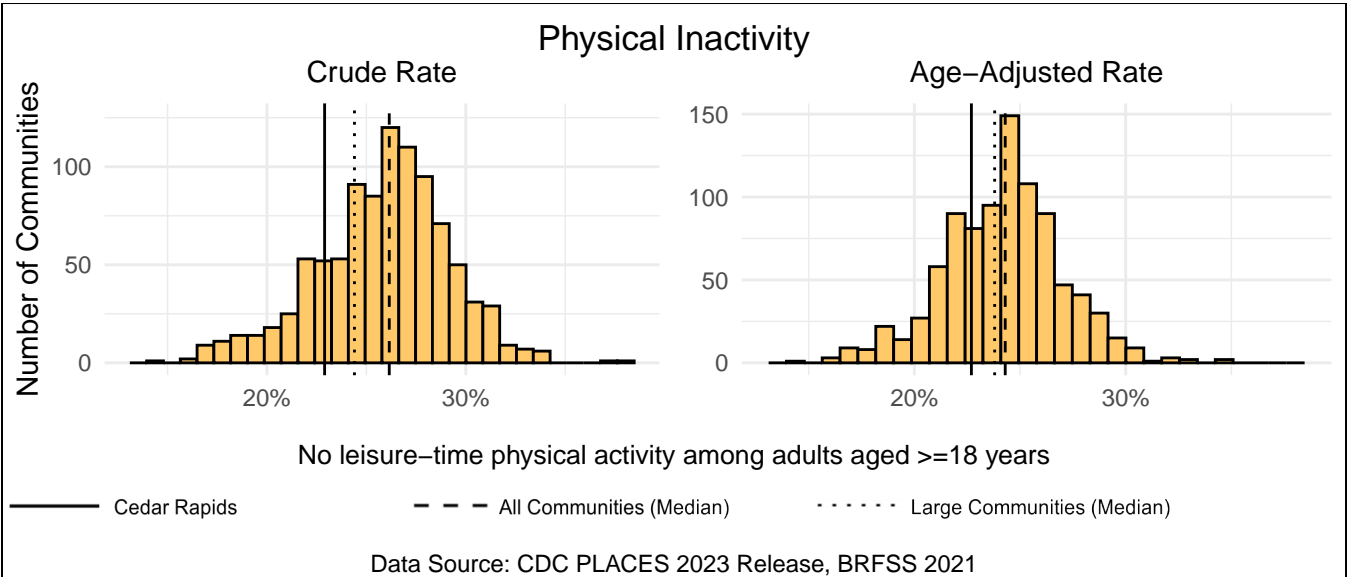
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	16.3%	16.8%	16.3%
Age-Adjusted	16.9%	17.5%	16.9%



Physical Inactivity

Cedar Rapids has a crude rate of 22.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 167th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 22.7%, which ranks 255th out of 905 Iowa communities (4th out of 11 large communities).

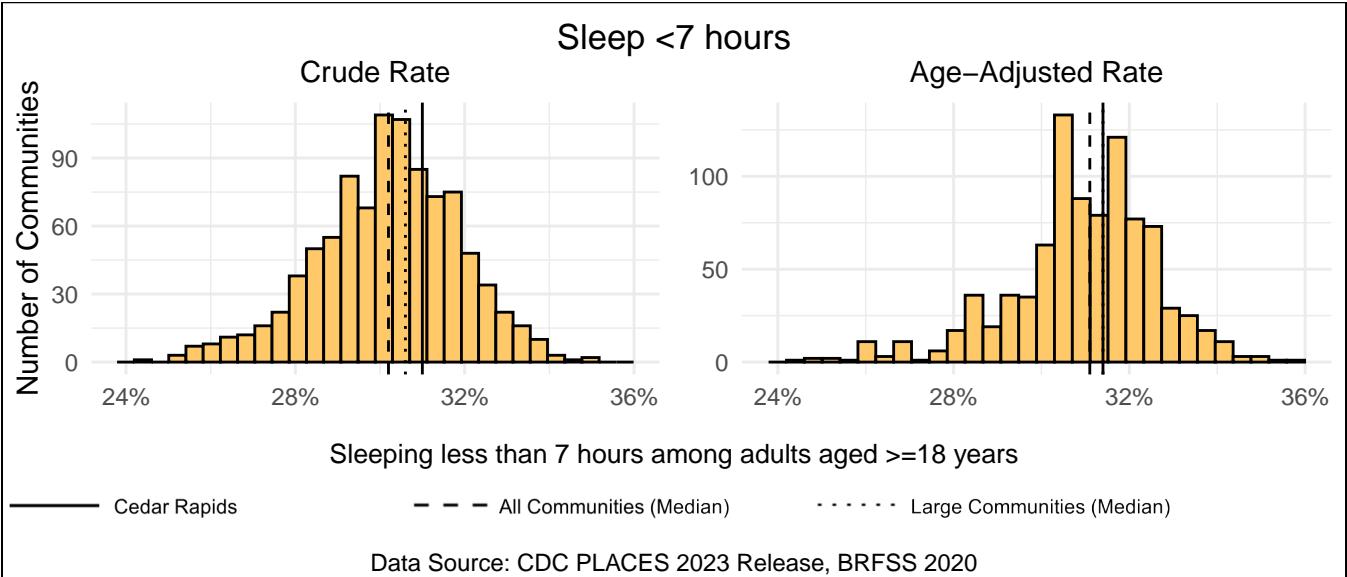
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	22.9%	26.1%	24.4%
Age-Adjusted	22.7%	24.3%	23.8%



Sleep <7 hours

Cedar Rapids has a crude rate of 31.0% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 630th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 31.4%, which ranks 506th out of 905 Iowa communities (6th out of 11 large communities).

Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	31.0%	30.2%	30.6%
Age-Adjusted	31.4%	31.1%	31.4%



Health Outcomes

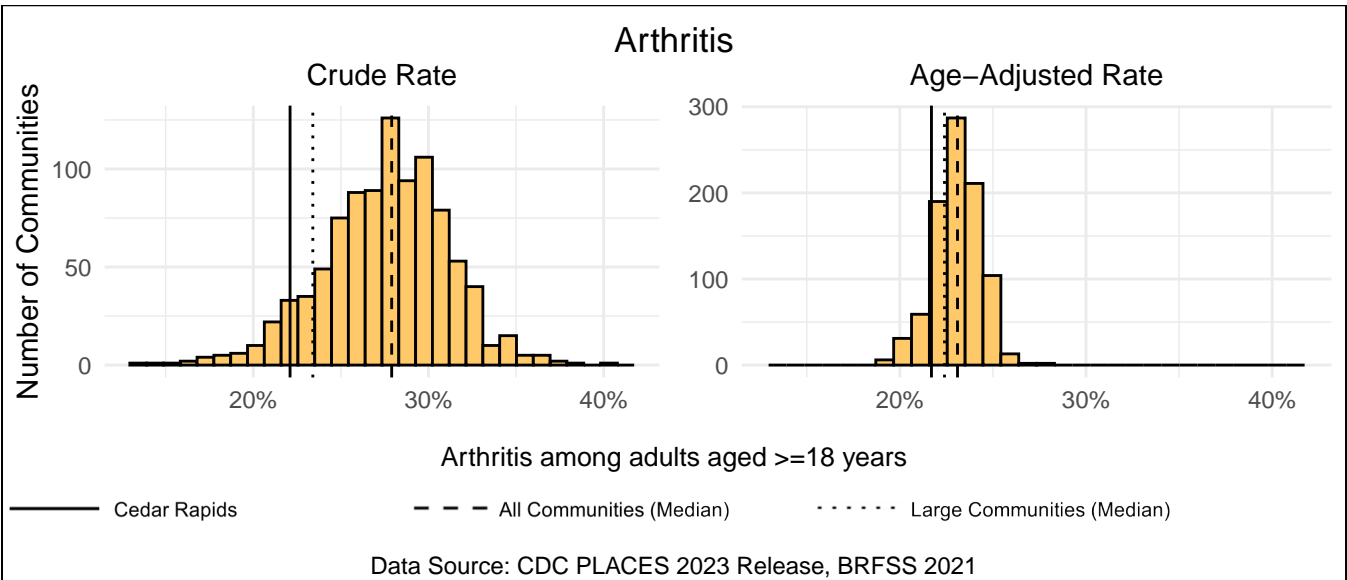
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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 Rapids has a crude rate of 22.1% for arthritis among adults aged ≥ 18 years, which ranks 72nd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 21.7%, which ranks 110th out of 905 Iowa communities (3rd out of 11 large communities).

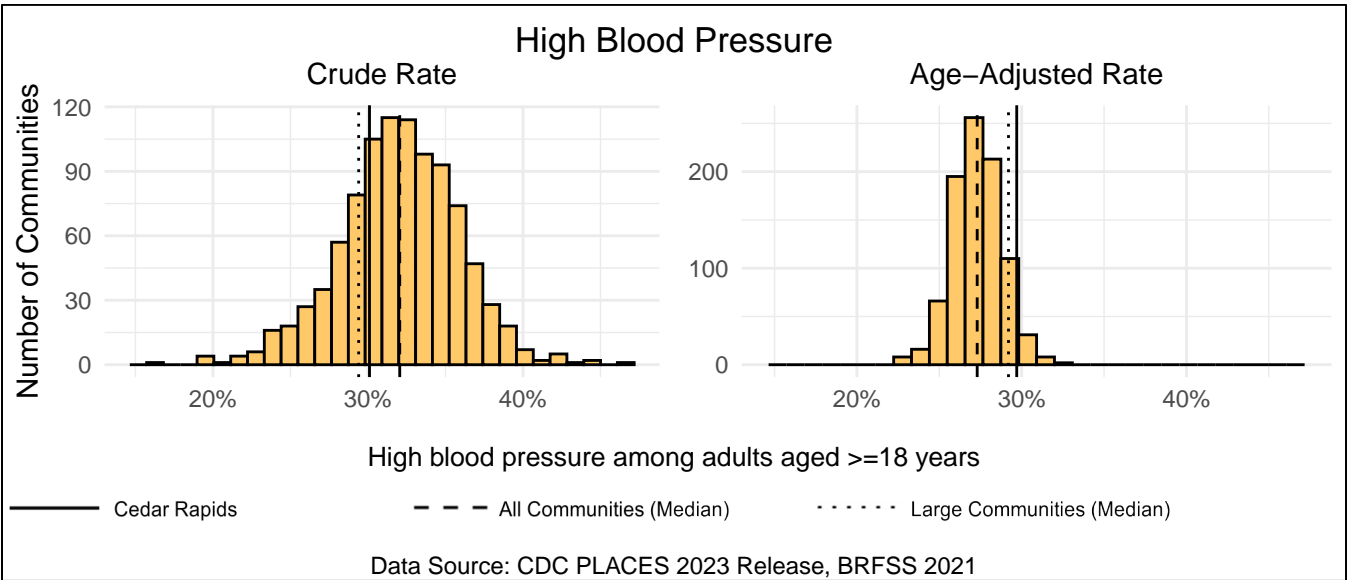
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	22.1%	27.9%	23.4%
Age-Adjusted	21.7%	23.1%	22.4%



High Blood Pressure

Cedar Rapids has a crude rate of 30.1% for high blood pressure among adults aged ≥ 18 years, which ranks 269th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 29.7%, which ranks 842nd out of 905 Iowa communities (8th out of 11 large communities).

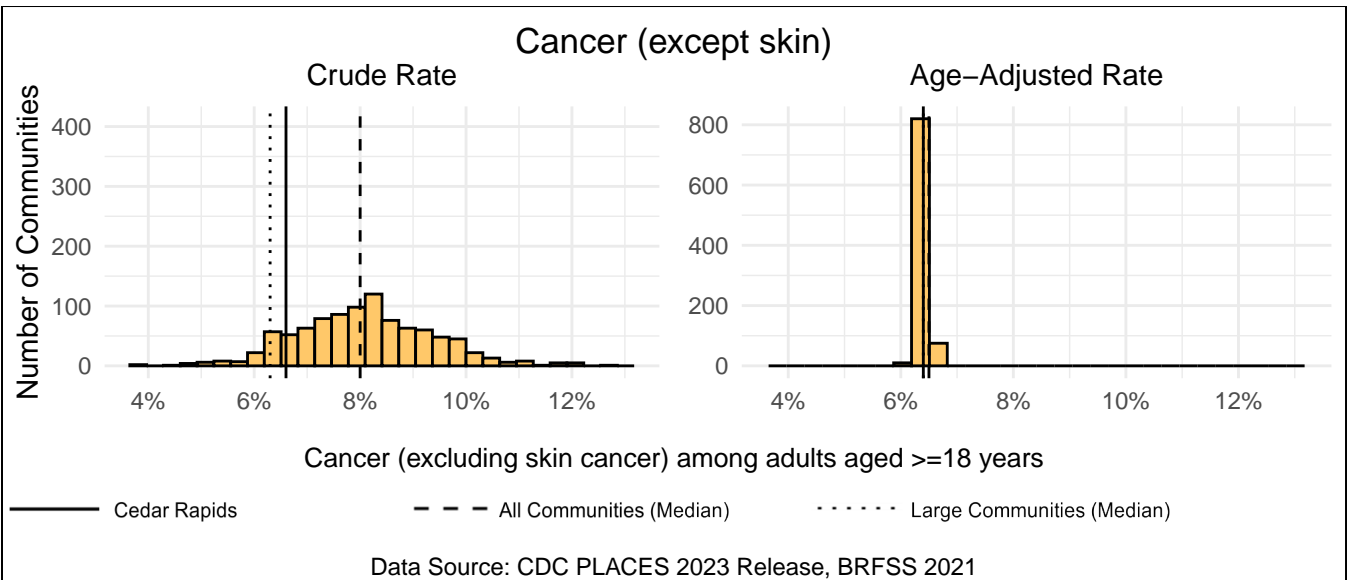
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	30.1%	32.0%	29.4%
Age-Adjusted	29.7%	27.3%	29.2%



Cancer (except skin)

Cedar Rapids has a crude rate of 6.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 108th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 6.4%, which ranks 74th out of 905 Iowa communities (5th out of 11 large communities).

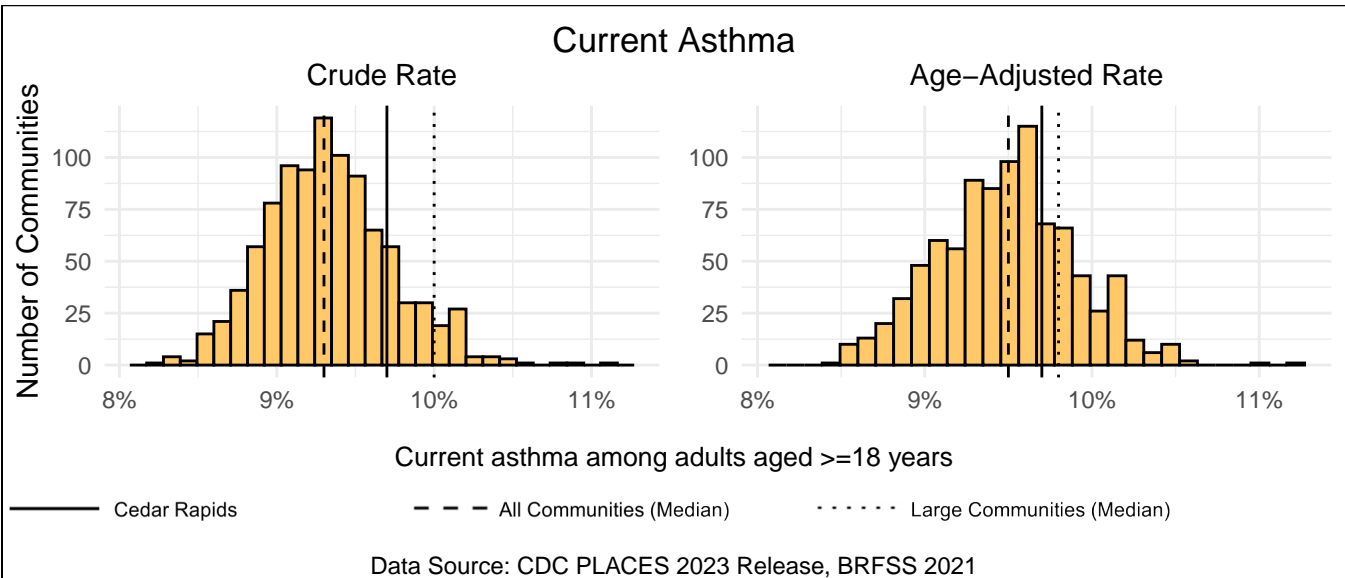
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	6.6%	8.0%	6.3%
Age-Adjusted	6.4%	6.5%	6.4%



Current Asthma

Cedar Rapids has a crude rate of 9.7% for current asthma among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 9.7%, which ranks 628th out of 905 Iowa communities (5th out of 11 large communities).

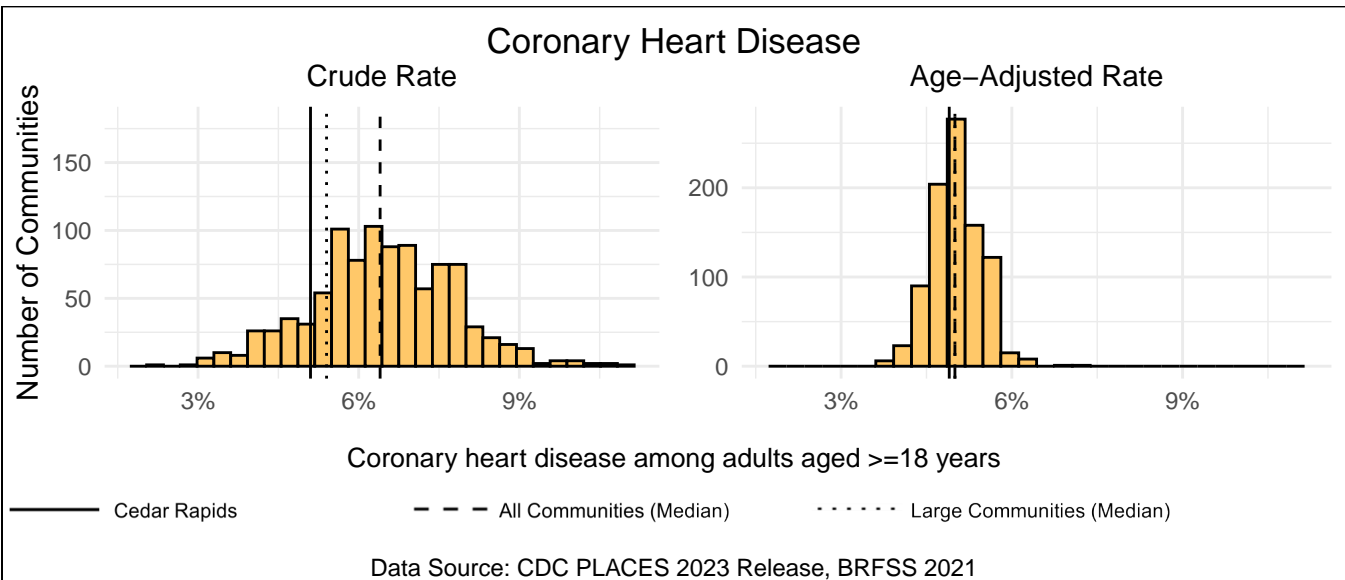
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	9.7%	9.3%	10.0%
Age-Adjusted	9.7%	9.5%	9.8%



Coronary Heart Disease

Cedar Rapids has a crude rate of 5.1% for coronary heart disease among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 4.9%, which ranks 324th out of 905 Iowa communities (3rd out of 11 large communities).

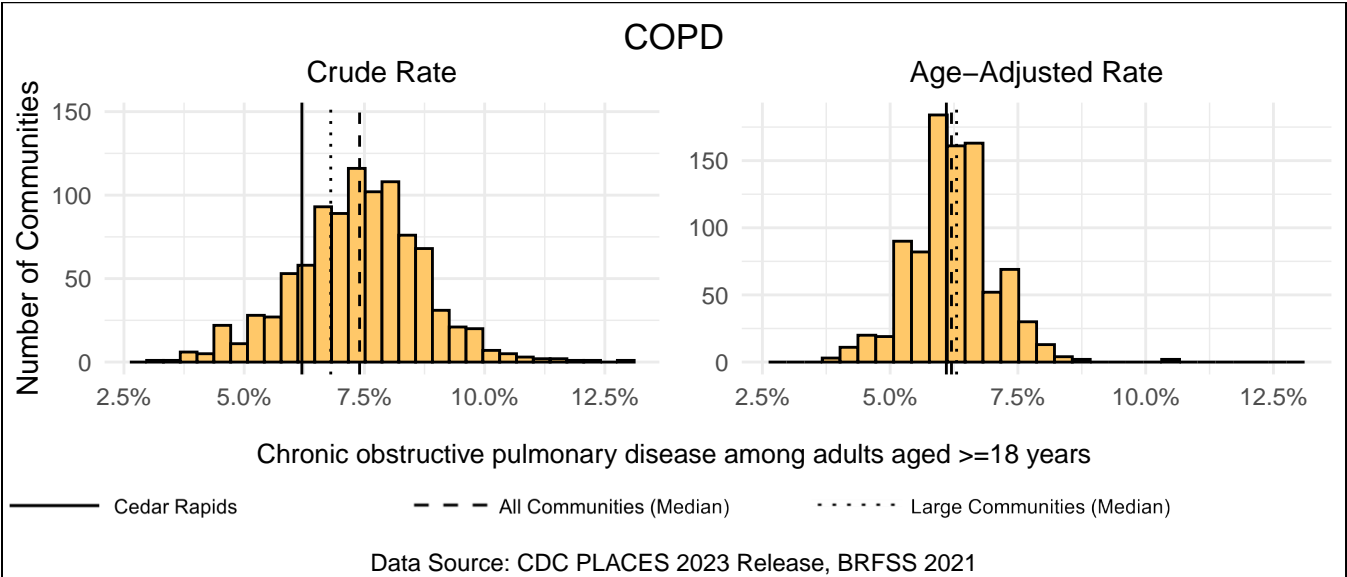
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	5.1%	6.4%	5.4%
Age-Adjusted	4.9%	5.0%	5.0%



COPD

Cedar Rapids has a crude rate of 6.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 155th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 6.1%, which ranks 346th out of 905 Iowa communities (5th out of 11 large communities).

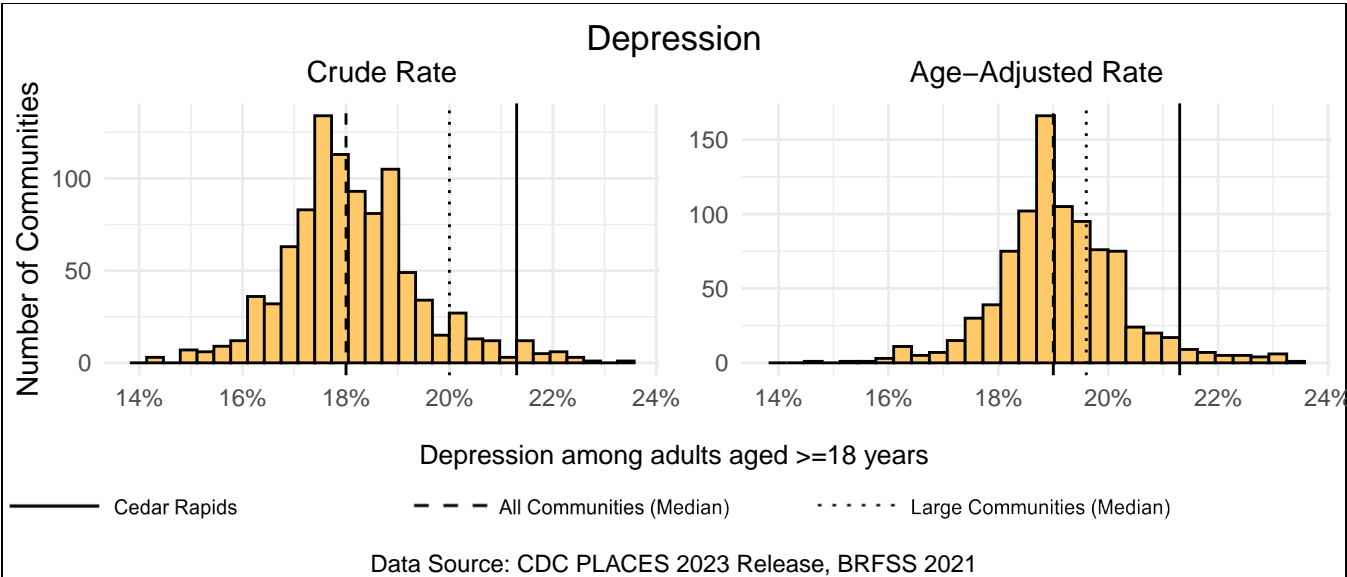
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	6.2%	7.4%	6.8%
Age-Adjusted	6.1%	6.2%	6.3%



Depression

Cedar Rapids has a crude rate of 21.3% for depression among adults aged ≥ 18 years, which ranks 931st out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 21.3%, which ranks 869th out of 905 Iowa communities (11th out of 11 large communities).

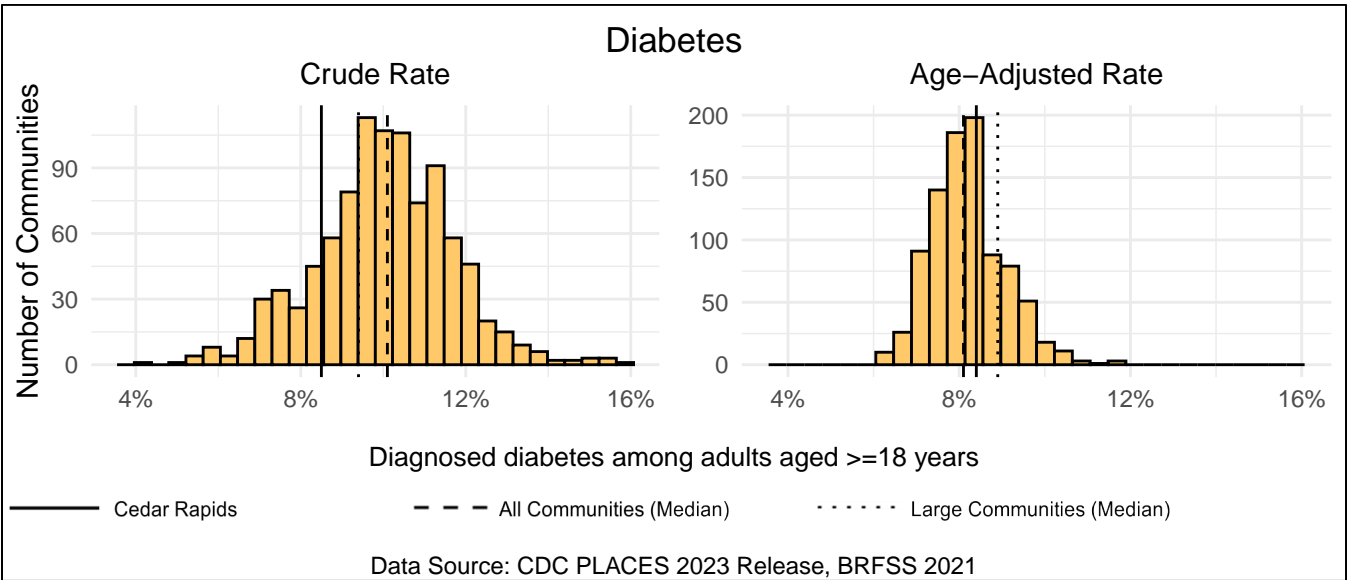
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	21.3%	18.0%	20.0%
Age-Adjusted	21.3%	19.0%	19.6%



Diabetes

Cedar Rapids has a crude rate of 8.5% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 154th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 8.4%, which ranks 567th out of 905 Iowa communities (3rd out of 11 large communities).

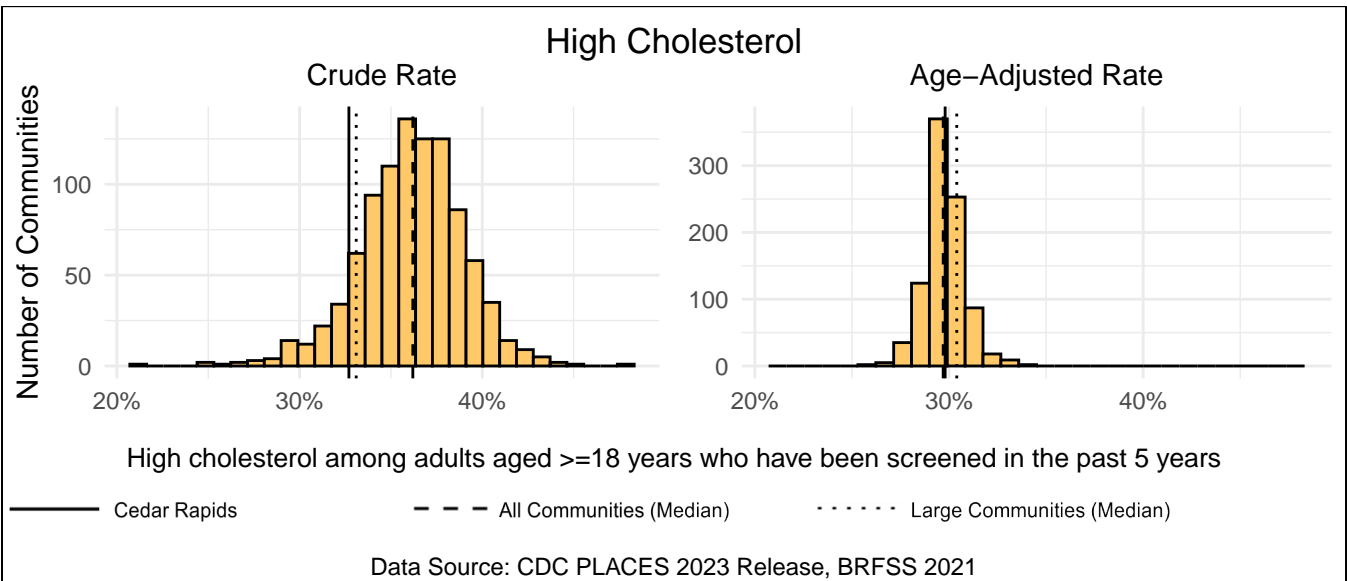
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	8.5%	10.1%	9.4%
Age-Adjusted	8.4%	8.1%	8.9%



High Cholesterol

Cedar Rapids has a crude rate of 32.7% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 96th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 29.8%, which ranks 467th out of 905 Iowa communities (3rd out of 11 large communities).

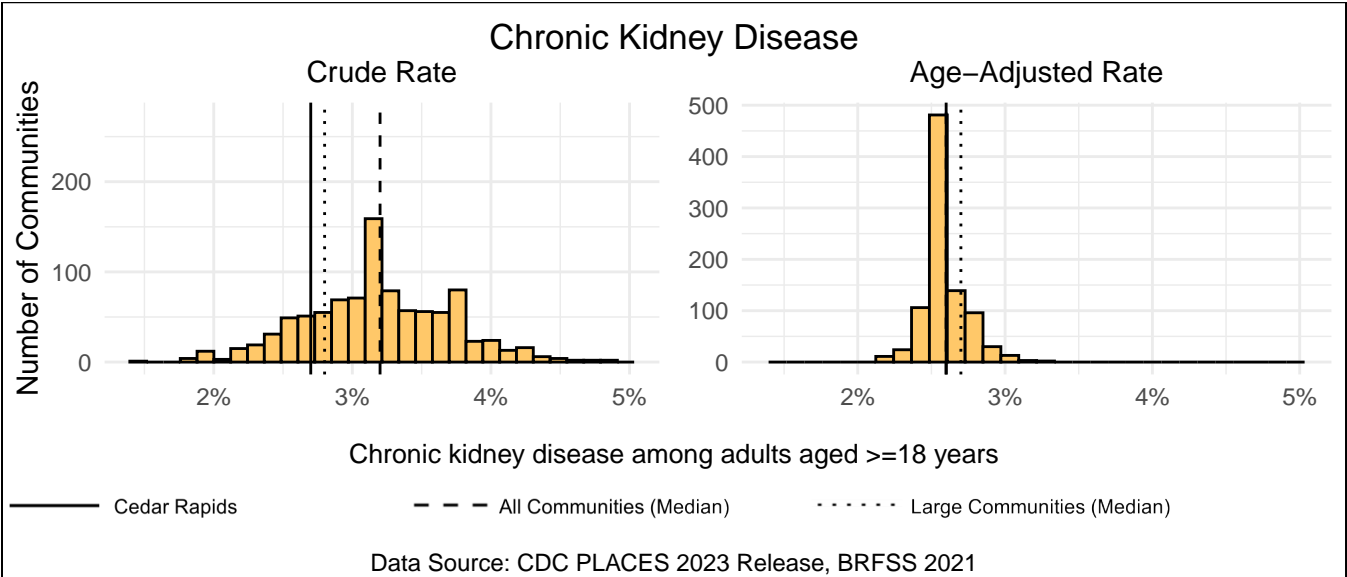
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	32.7%	36.2%	33.1%
Age-Adjusted	29.8%	29.7%	30.4%



Chronic Kidney Disease

Cedar Rapids has a crude rate of 2.7% for chronic kidney disease among adults aged >=18 years, which ranks 135th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 2.6%, which ranks 349th out of 905 Iowa communities (3rd out of 11 large communities).

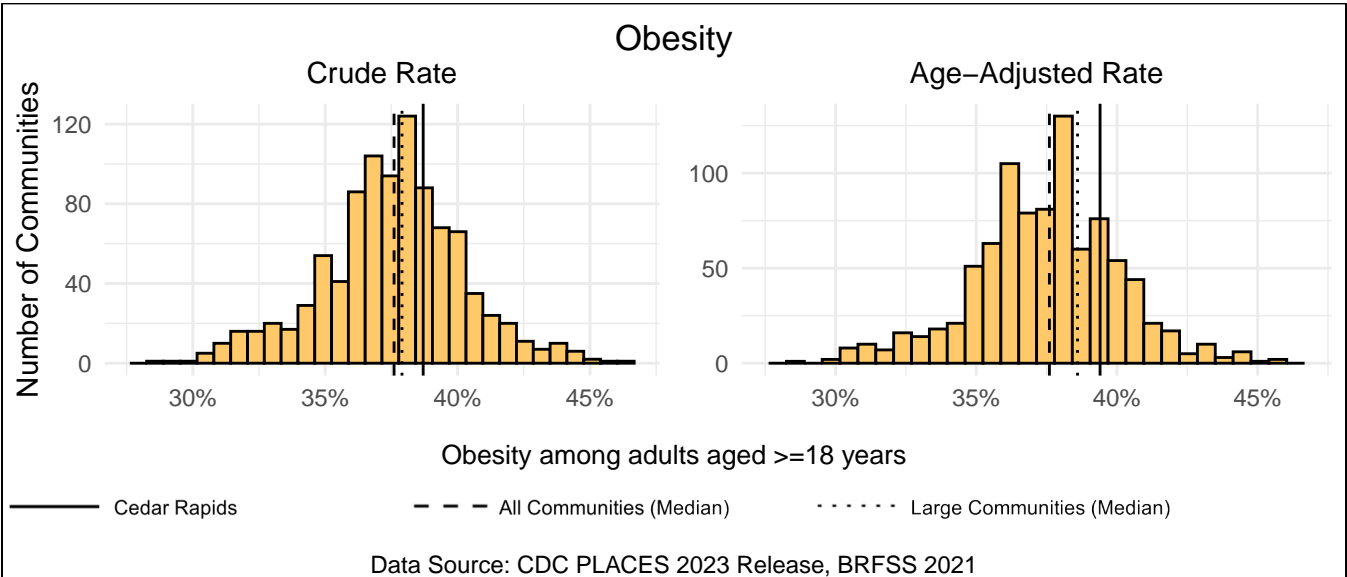
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	2.7%	3.2%	2.8%
Age-Adjusted	2.6%	2.6%	2.7%



Obesity

Cedar Rapids has a crude rate of 38.7% for obesity among adults aged >=18 years, which ranks 650th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 39.4%, which ranks 702nd out of 905 Iowa communities (10th out of 11 large communities).

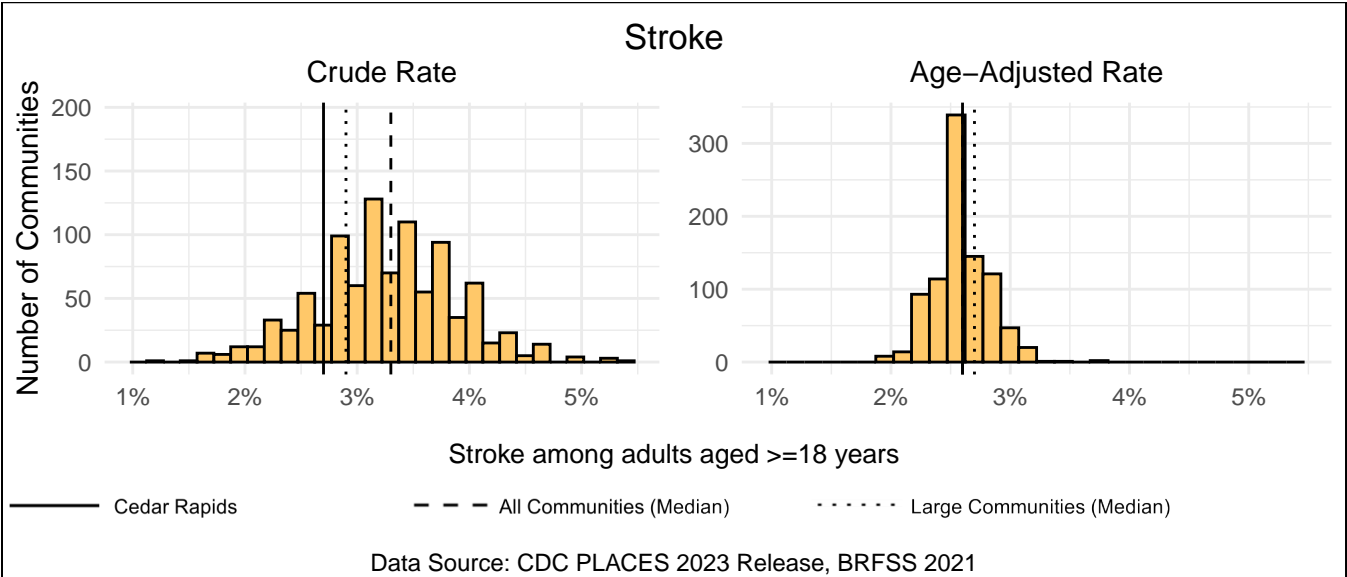
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	38.7%	37.6%	37.9%
Age-Adjusted	39.4%	37.6%	38.6%



Stroke

Cedar Rapids has a crude rate of 2.7% for stroke among adults aged ≥ 18 years, which ranks 152nd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 2.6%, which ranks 375th out of 905 Iowa communities (5th out of 11 large communities).

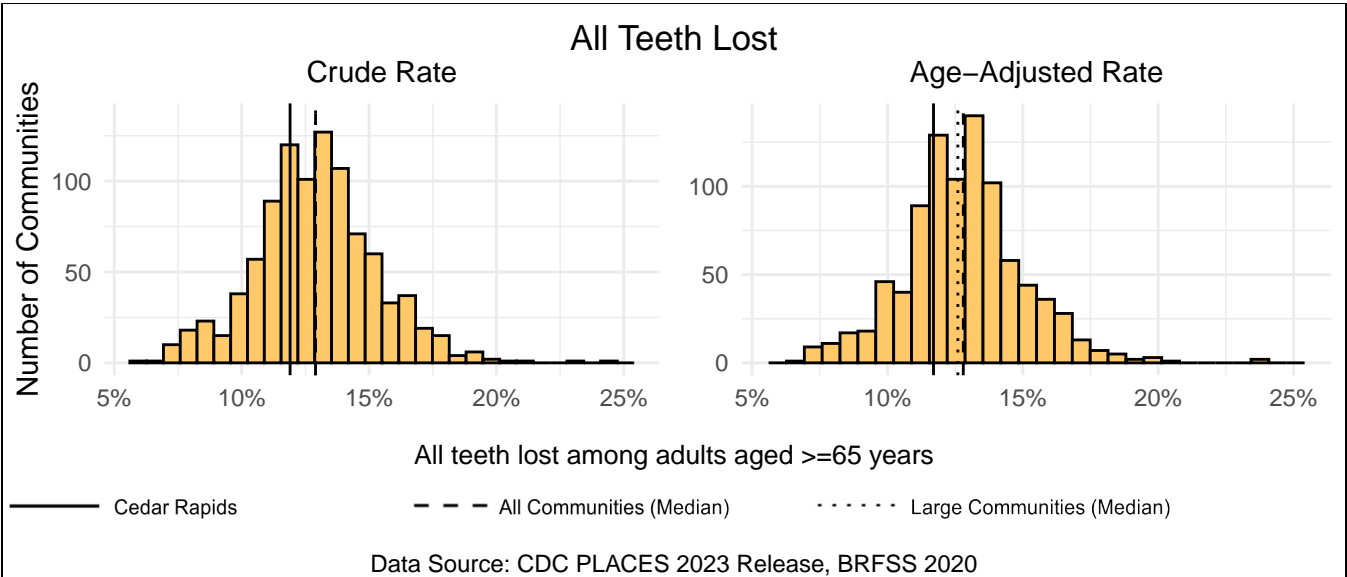
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	2.7%	3.3%	2.9%
Age-Adjusted	2.6%	2.6%	2.7%



All Teeth Lost

Cedar Rapids has a crude rate of 11.9% for all teeth lost among adults aged ≥ 65 years, which ranks 300th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 11.7%, which ranks 242nd out of 905 Iowa communities (5th out of 11 large communities).

Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	11.9%	12.9%	12.9%
Age-Adjusted	11.7%	12.8%	12.6%



Prevention

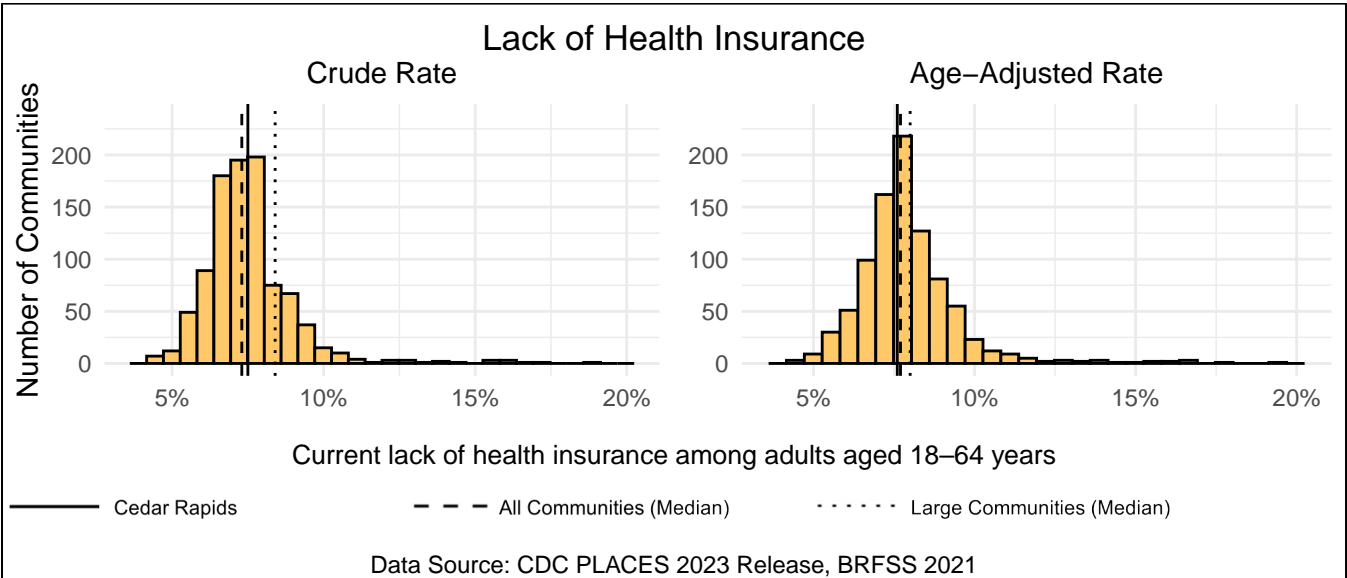
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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 Rapids has a crude rate of 7.5% for current lack of health insurance among adults aged 18–64 years, which ranks 533rd out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Cedar Rapids is 7.6%, which ranks 397th out of 905 Iowa communities (5th out of 11 large communities).

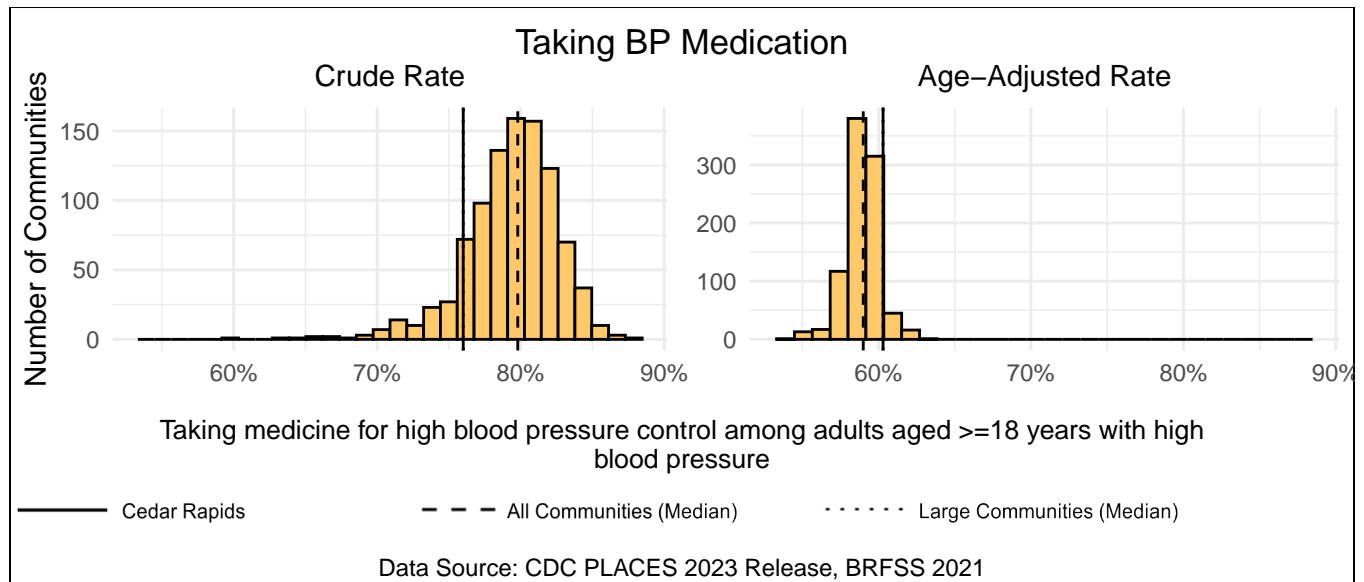
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	7.5%	7.3%	8.4%
Age-Adjusted	7.6%	7.7%	8.0%



Taking BP Medication

Cedar Rapids has a crude rate of 76.0% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 843rd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 60.3%, which ranks 63rd out of 905 Iowa communities (6th out of 11 large communities).

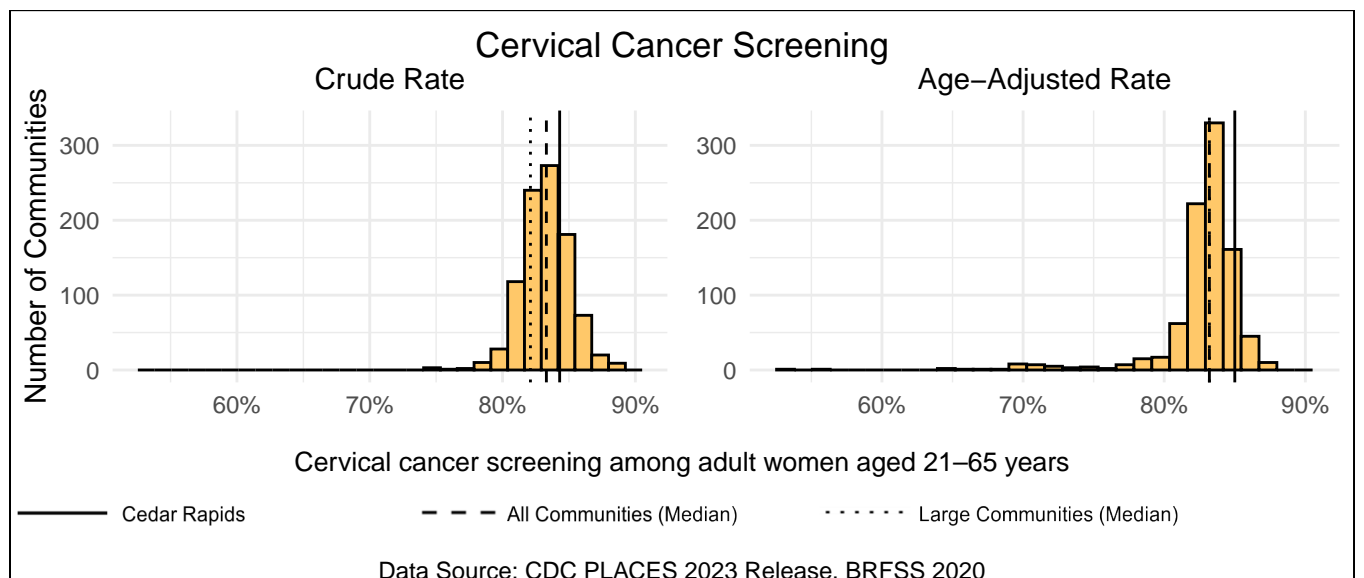
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	76.0%	79.8%	76.0%
Age-Adjusted	60.3%	59.0%	60.3%



Cervical Cancer Screening

Cedar Rapids has a crude rate of 84.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 254th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Cedar Rapids is 85.0%, which ranks 87th out of 905 Iowa communities (3rd out of 11 large communities).

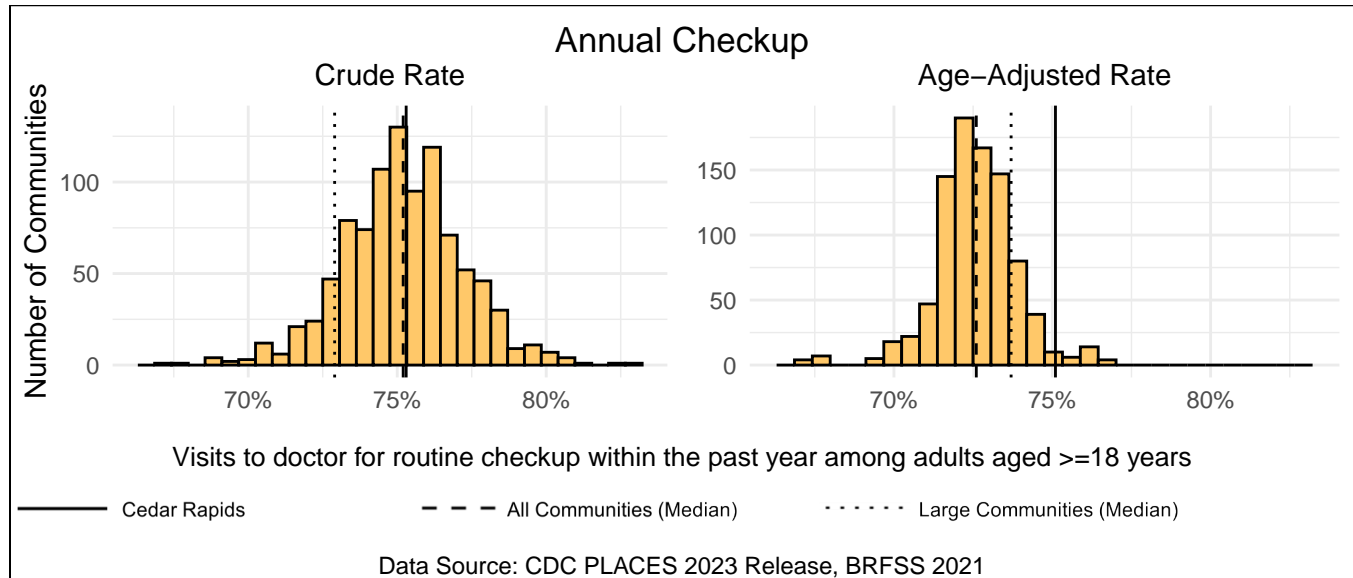
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	84.3%	83.3%	82.1%
Age-Adjusted	85.0%	83.2%	83.2%



Annual Checkup

Cedar Rapids has a crude rate of 75.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 448th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Cedar Rapids is 75.1%, which ranks 27th out of 905 Iowa communities (3rd out of 11 large communities).

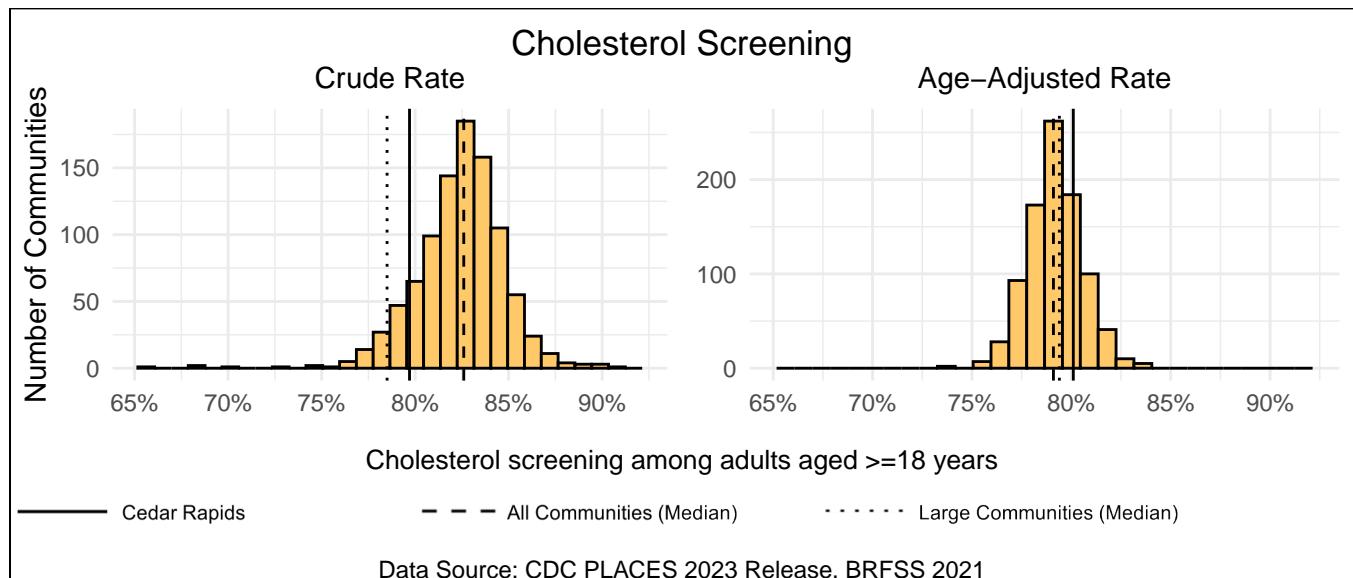
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	75.3%	75.2%	72.9%
Age-Adjusted	75.1%	72.6%	73.7%



Cholesterol Screening

Cedar Rapids has a crude rate of 79.7% for cholesterol screening among adults aged ≥ 18 years, which ranks 843rd out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Cedar Rapids is 80.1%, which ranks 212th out of 905 Iowa communities (3rd out of 11 large communities).

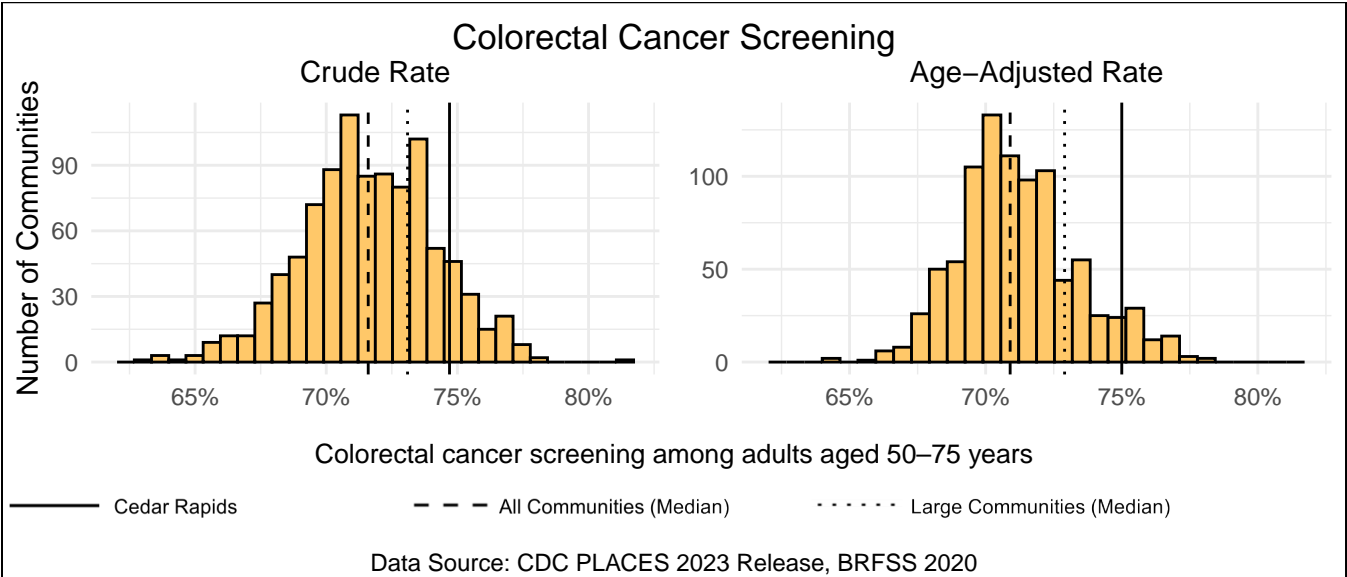
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	79.7%	82.6%	78.5%
Age-Adjusted	80.1%	79.1%	79.4%



Colorectal Cancer Screening

Cedar Rapids has a crude rate of 74.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 100th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 75.0%, which ranks 64th out of 905 Iowa communities (4th out of 11 large communities).

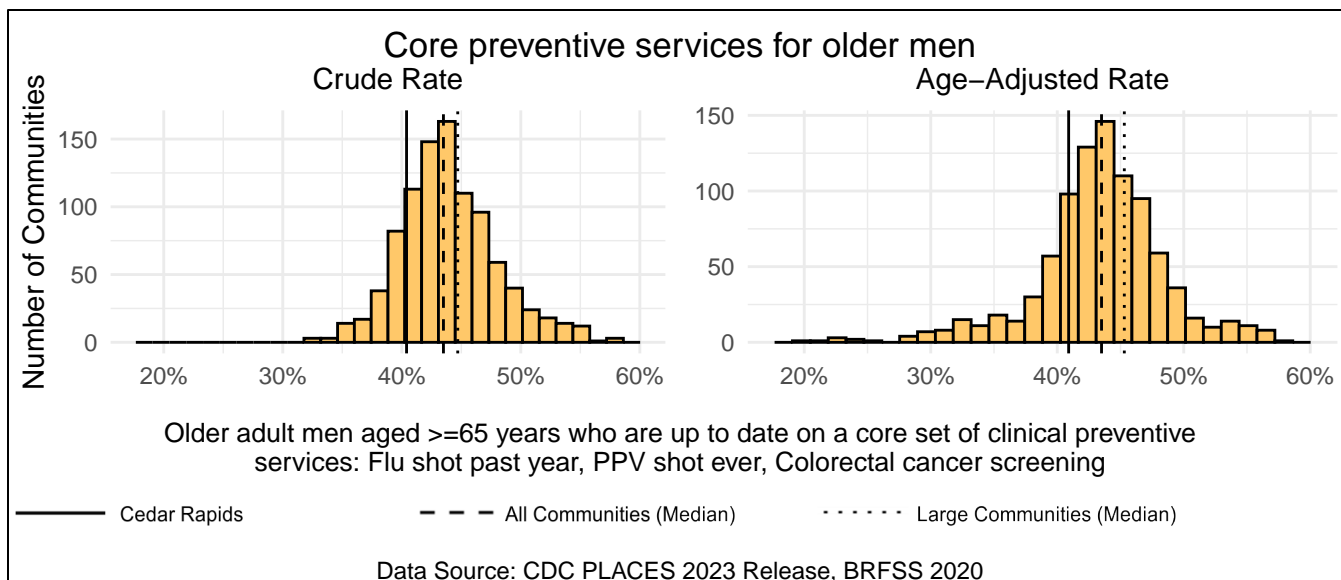
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	74.7%	71.6%	73.1%
Age-Adjusted	75.0%	70.9%	72.9%



Core preventive services for older men

Cedar Rapids has a crude rate of 40.4% for older adult men aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 787th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 40.9%, which ranks 696th out of 905 Iowa communities (10th out of 11 large communities).

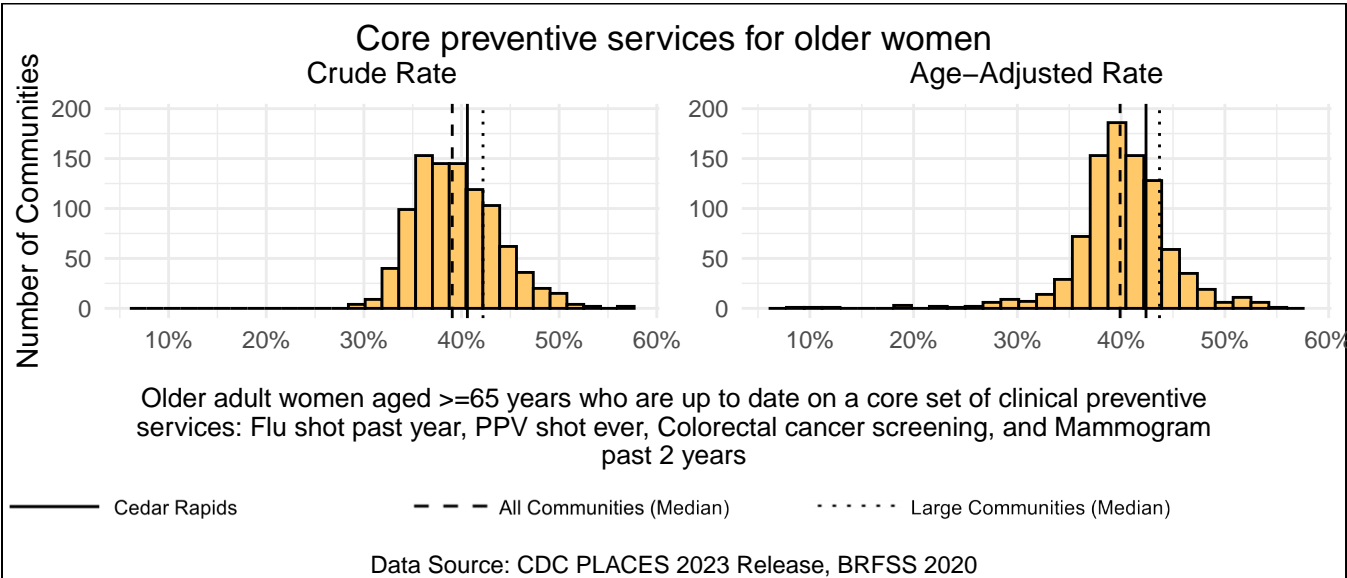
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	40.4%	43.5%	44.7%
Age-Adjusted	40.9%	43.5%	45.3%



Core preventive services for older women

Cedar Rapids has a crude rate of 40.6% 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 352nd out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 42.4%, which ranks 249th out of 905 Iowa communities (7th out of 11 large communities).

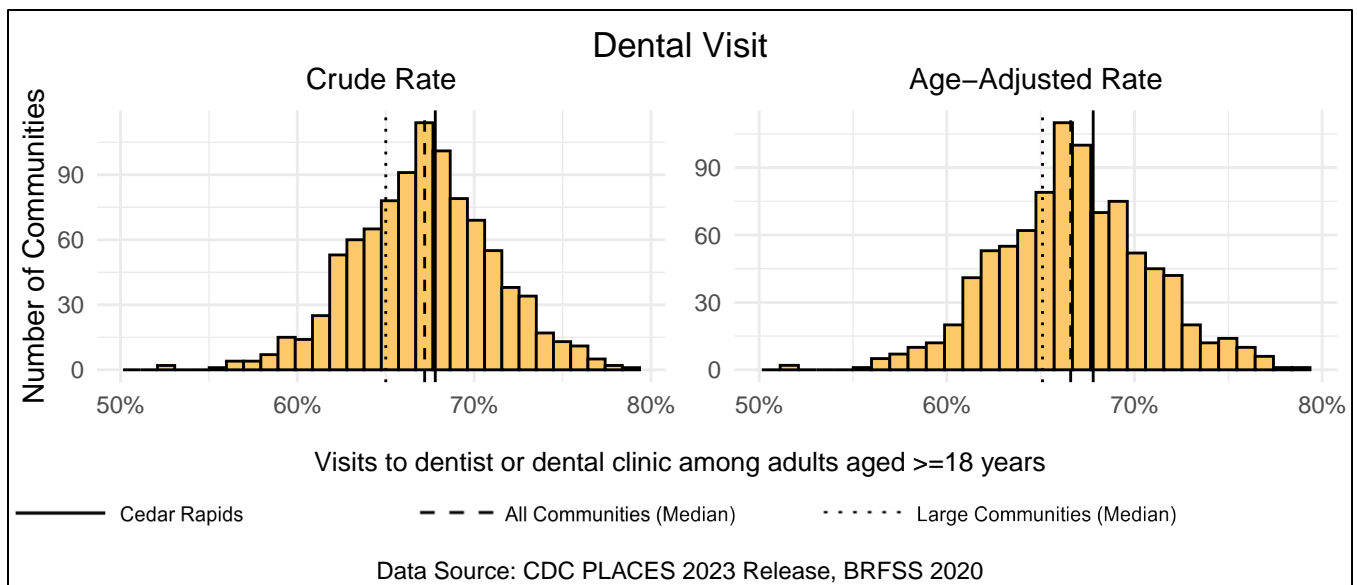
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	40.6%	39.0%	42.2%
Age-Adjusted	42.4%	39.9%	43.7%



Dental Visit

Cedar Rapids has a crude rate of 67.8% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 407th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 67.8%, which ranks 330th out of 905 Iowa communities (5th out of 11 large communities).

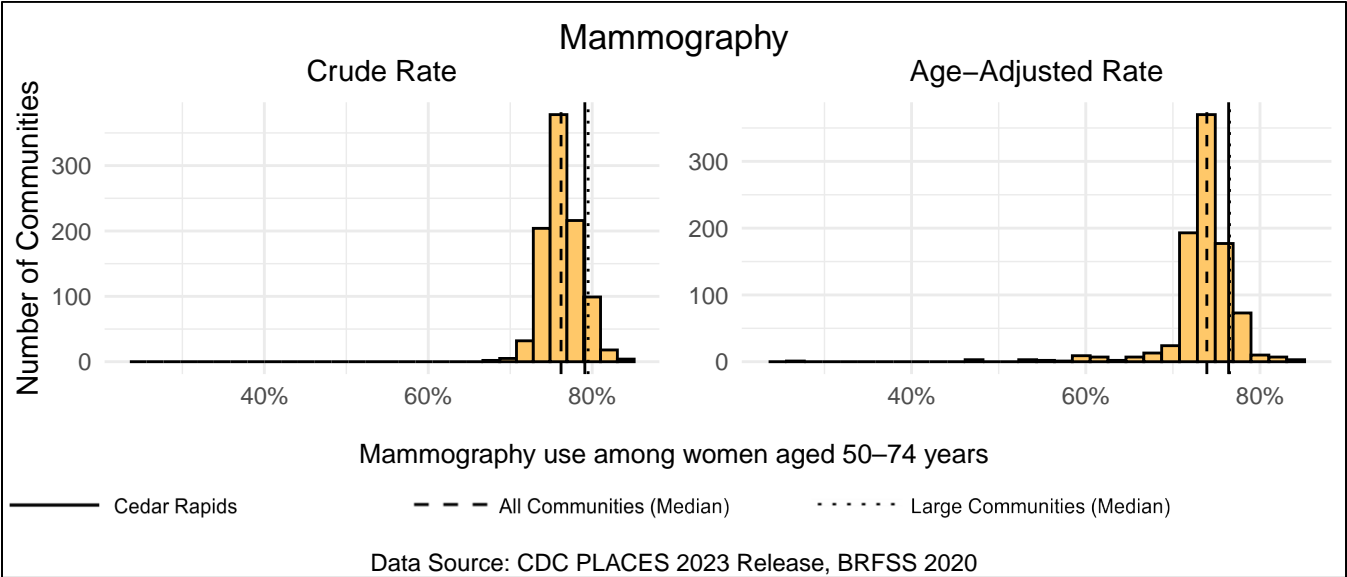
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	67.8%	67.2%	65.0%
Age-Adjusted	67.8%	66.6%	65.1%



Mammography

Cedar Rapids has a crude rate of 79.1% for mammography use among women aged 50–74 years, which ranks 101st out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 76.4%, which ranks 127th out of 905 Iowa communities (7th out of 11 large communities).

Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	79.1%	76.2%	79.5%
Age-Adjusted	76.4%	73.9%	76.5%



Disability

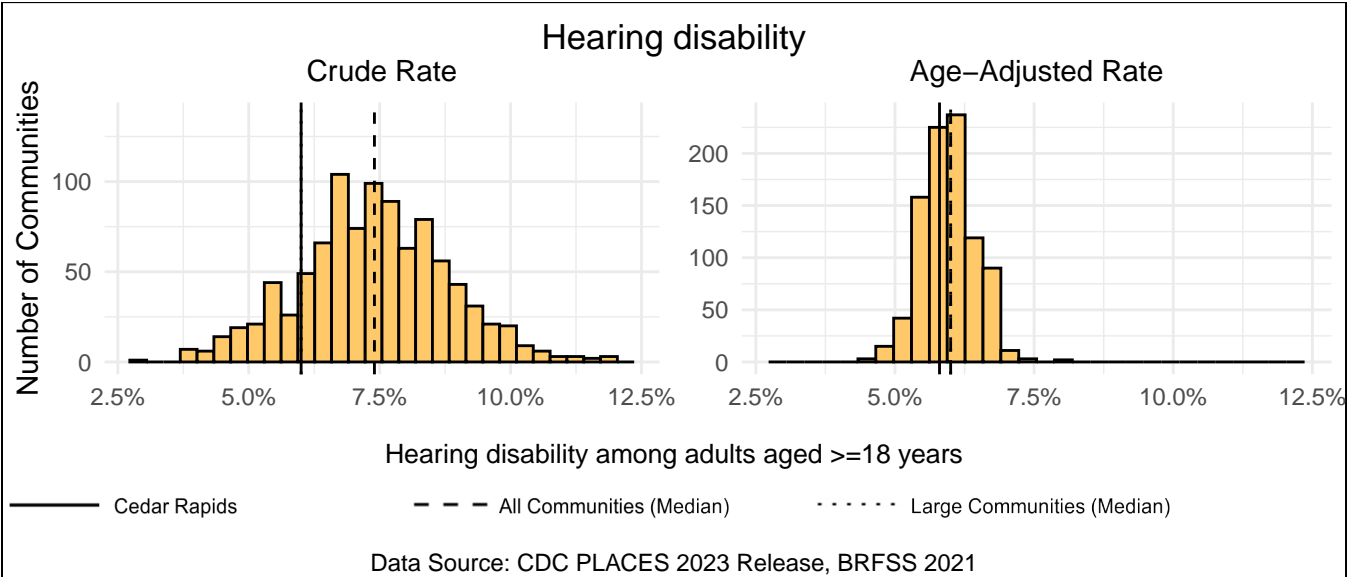
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Cedar Rapids has a crude rate of 6.0% for hearing disability among adults aged ≥ 18 years, which ranks 139th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 5.8%, which ranks 287th out of 905 Iowa communities (3rd out of 11 large communities).

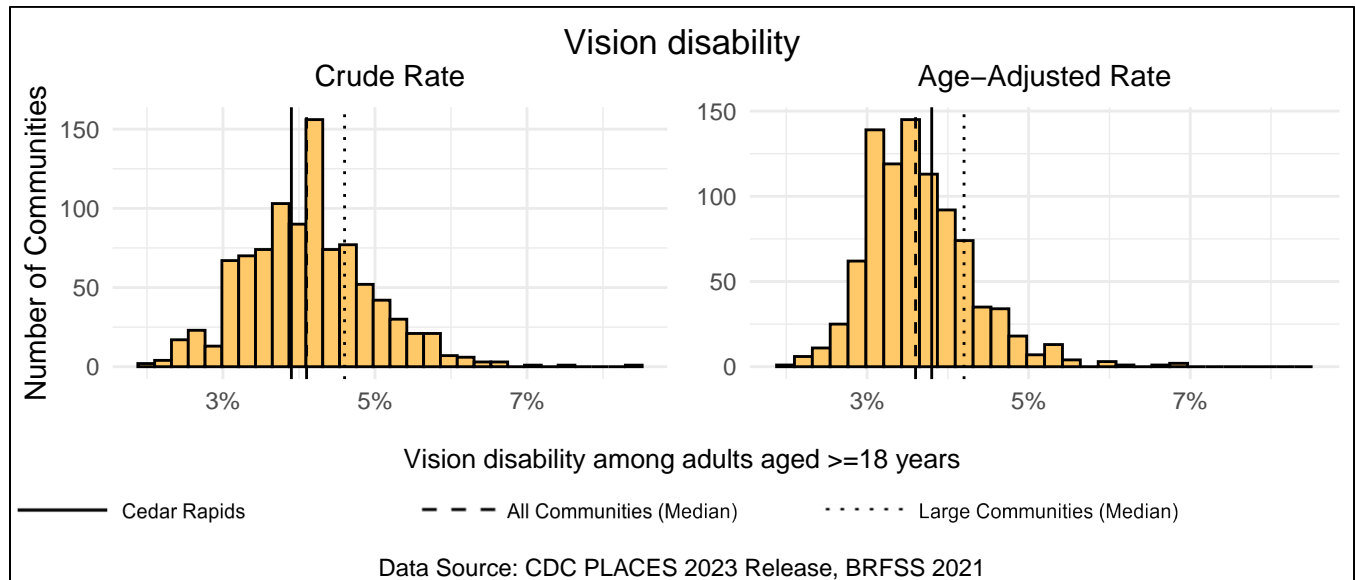
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	6.0%	7.4%	6.0%
Age-Adjusted	5.8%	6.0%	6.0%



Vision disability

Cedar Rapids has a crude rate of 3.9% for vision disability among adults aged ≥ 18 years, which ranks 374th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Cedar Rapids is 3.8%, which ranks 564th out of 905 Iowa communities (3rd out of 11 large communities).

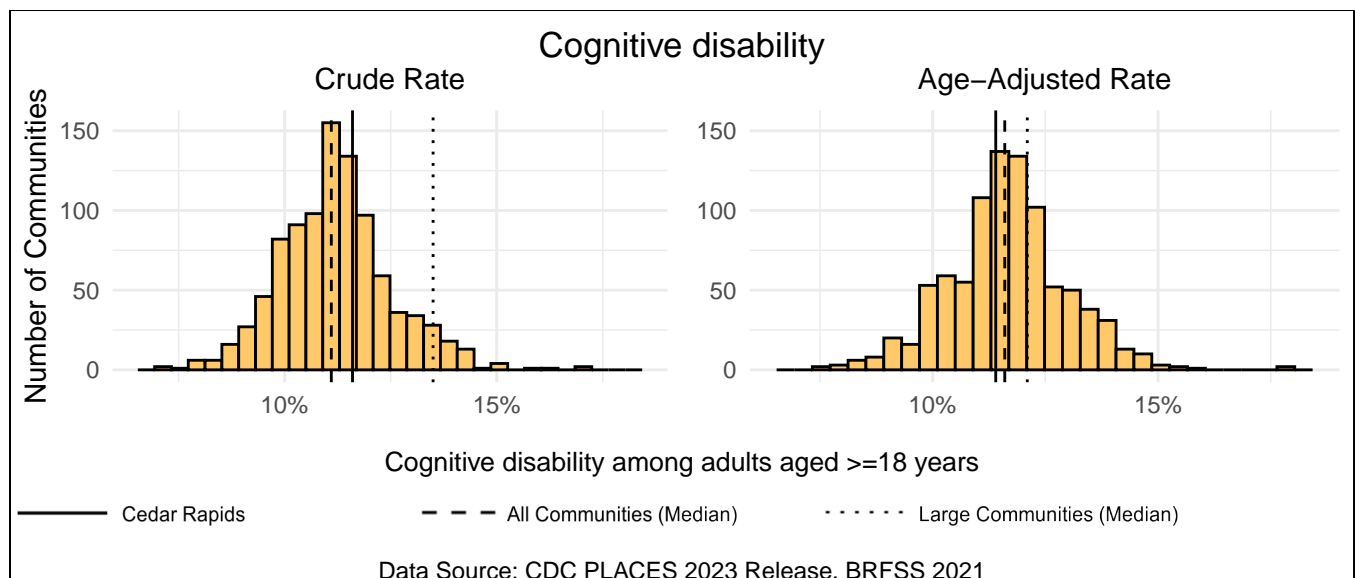
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	3.9%	4.1%	4.6%
Age-Adjusted	3.8%	3.6%	4.2%



Cognitive disability

Cedar Rapids has a crude rate of 11.6% for cognitive disability among adults aged ≥ 18 years, which ranks 639th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Cedar Rapids is 11.4%, which ranks 359th out of 905 Iowa communities (4th out of 11 large communities).

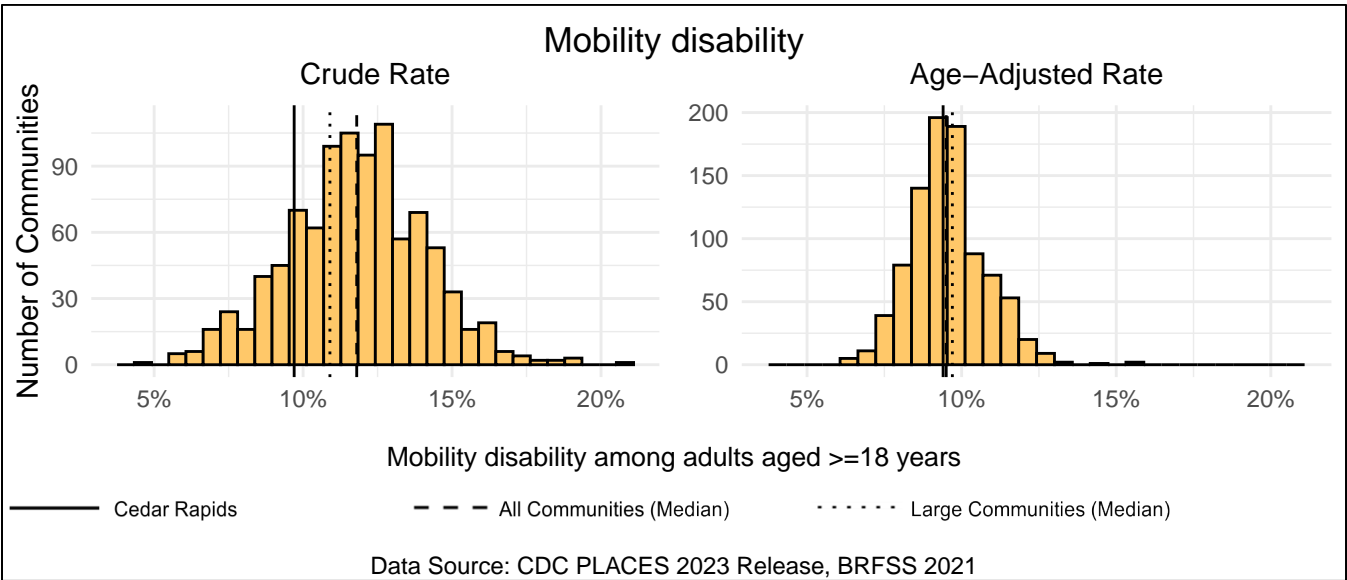
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	11.6%	11.1%	13.5%
Age-Adjusted	11.4%	11.6%	12.1%



Mobility disability

Cedar Rapids has a crude rate of 9.7% for mobility disability among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 9.4%, which ranks 398th out of 905 Iowa communities (5th out of 11 large communities).

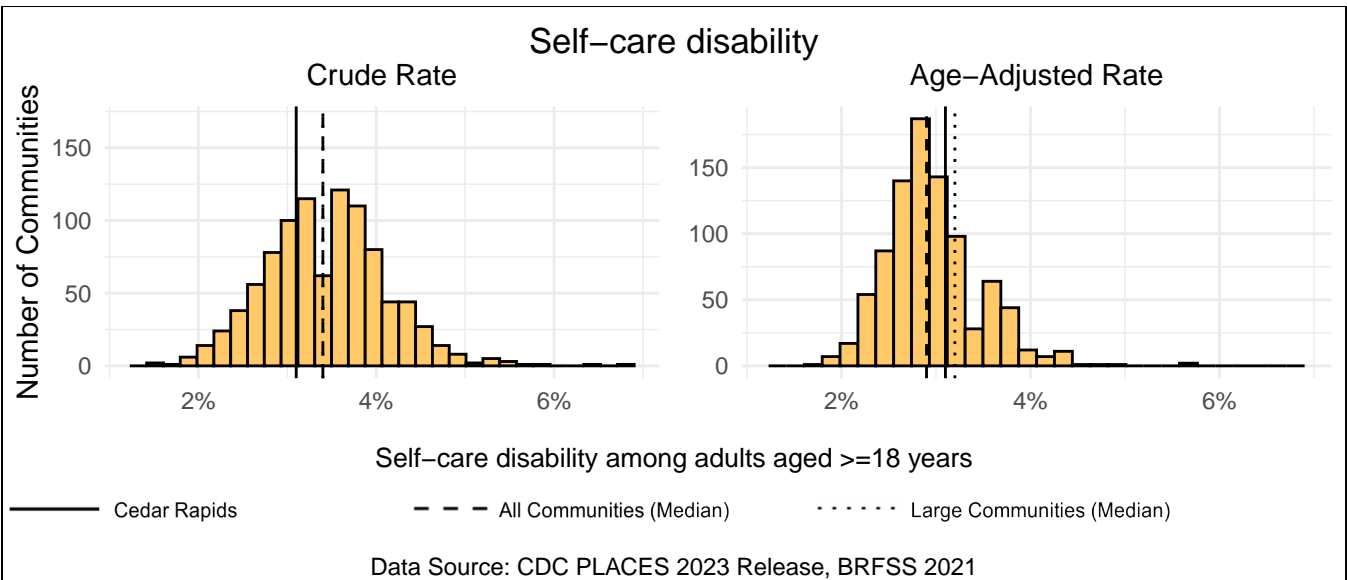
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	9.7%	11.8%	10.9%
Age-Adjusted	9.4%	9.5%	9.7%



Self-care disability

Cedar Rapids has a crude rate of 3.1% for self-care disability among adults aged ≥ 18 years, which ranks 267th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 3.1%, which ranks 567th out of 905 Iowa communities (3rd out of 11 large communities).

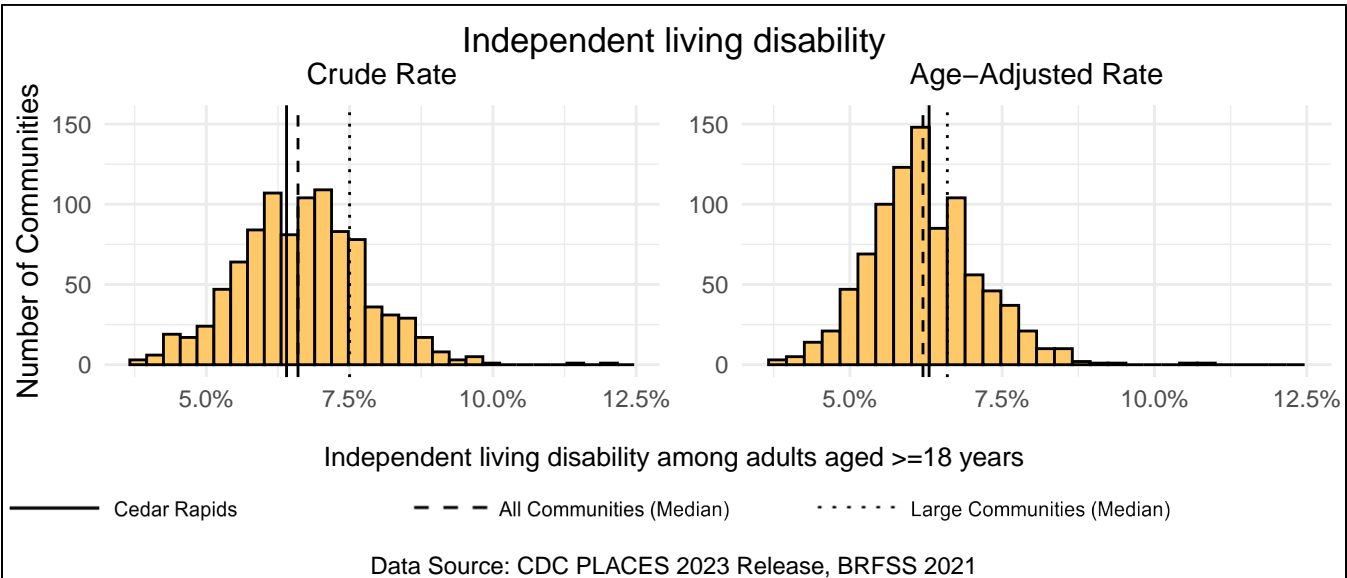
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	3.1%	3.4%	3.4%
Age-Adjusted	3.1%	2.9%	3.2%



Independent living disability

Cedar Rapids has a crude rate of 6.4% for independent living disability among adults aged ≥ 18 years, which ranks 372nd out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Cedar Rapids is 6.3%, which ranks 485th out of 905 Iowa communities (3rd out of 11 large communities).

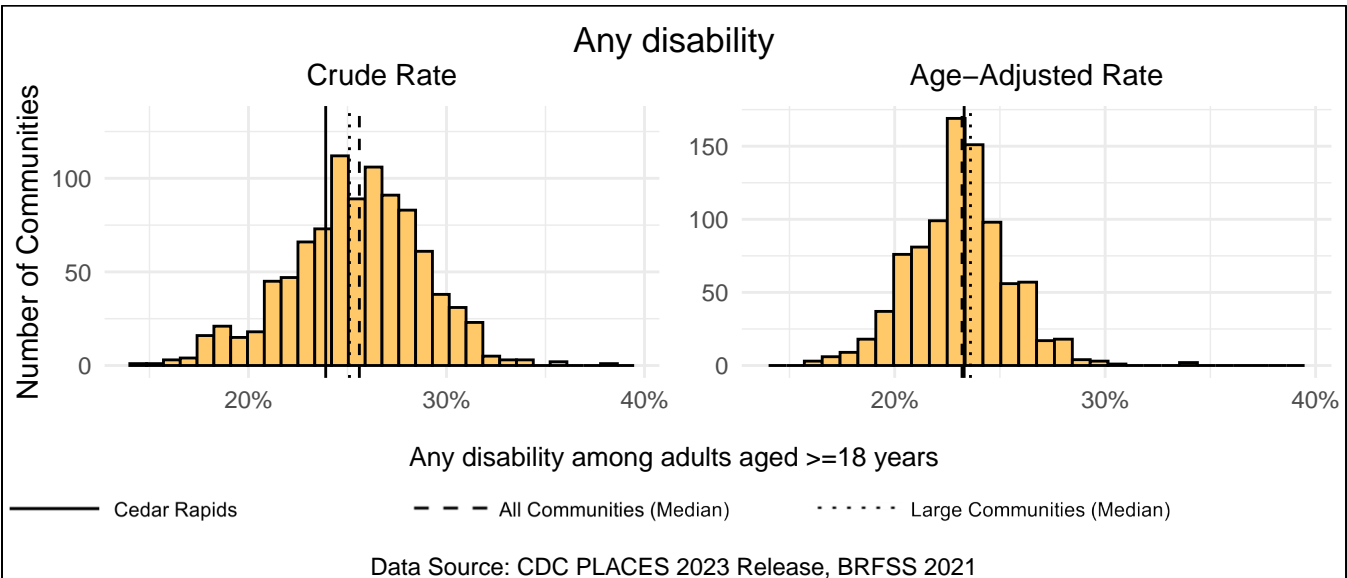
Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	6.4%	6.6%	7.5%
Age-Adjusted	6.3%	6.2%	6.6%



Any disability

Cedar Rapids has a crude rate of 23.9% for any disability among adults aged ≥ 18 years, which ranks 280th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Cedar Rapids is 23.3%, which ranks 476th out of 905 Iowa communities (5th out of 11 large communities).

Measure Type	Cedar Rapids	All Comm.	Large Comm.
Crude	23.9%	25.6%	25.1%
Age-Adjusted	23.3%	23.2%	23.6%



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 Rapids PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	840	15.6% (13.8% - 17.5%)	405	15.5% (13.8% - 17.4%)
Health Status	General Health	232	12.8% (11.4% - 14.2%)	410	12.6% (11.2% - 14.1%)
Health Status	Physical Health	183	9.7% (8.6% - 10.9%)	377	9.6% (8.6% - 10.8%)
Health Risk Behaviors	Binge Drinking	814	21.8% (18.9% - 24.9%)	478	22.1% (19.1% - 25.2%)
Health Risk Behaviors	Sleep <7 hours	630	31.0% (30.7% - 31.3%)	506	31.4% (31.1% - 31.6%)
Health Risk Behaviors	Current Smoking	353	16.3% (14.2% - 18.6%)	311	16.9% (14.7% - 19.2%)
Health Risk Behaviors	Physical Inactivity	167	22.9% (19.9% - 25.9%)	255	22.7% (19.9% - 25.8%)
Health Outcomes	Stroke	152	2.7% (2.5% - 2.9%)	375	2.6% (2.4% - 2.8%)
Health Outcomes	High Cholesterol	96	32.7% (29.6% - 35.9%)	467	29.8% (26.5% - 33.1%)
Health Outcomes	Obesity	650	38.7% (34.3% - 43.3%)	702	39.4% (34.8% - 43.9%)
Health Outcomes	Coronary Heart Disease	137	5.1% (4.6% - 5.7%)	324	4.9% (4.4% - 5.5%)
Health Outcomes	Arthritis	72	22.1% (19.6% - 24.7%)	110	21.7% (19.2% - 24.3%)
Health Outcomes	Diabetes	154	8.5% (7.5% - 9.8%)	567	8.4% (7.3% - 9.6%)
Health Outcomes	Current Asthma	781	9.7% (8.6% - 10.8%)	628	9.7% (8.6% - 10.8%)
Health Outcomes	High Blood Pressure	269	30.1% (27.2% - 33.1%)	842	29.7% (26.8% - 32.7%)
Health Outcomes	COPD	155	6.2% (5.5% - 7.0%)	346	6.1% (5.4% - 6.8%)
Health Outcomes	All Teeth Lost	300	11.9% (10.9% - 12.9%)	242	11.7% (10.8% - 12.6%)
Health Outcomes	Chronic Kidney Disease	135	2.7% (2.5% - 2.9%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Cancer (except skin)	108	6.6% (6.0% - 7.2%)	74	6.4% (5.8% - 7.0%)
Health Outcomes	Depression	931	21.3% (18.5% - 24.4%)	869	21.3% (18.4% - 24.4%)
Prevention	Taking BP Medication	843	76.0% (73.1% - 78.8%)	63	60.3% (55.9% - 64.6%)
Prevention	Core preventive services for older men	787	40.4% (39.1% - 41.7%)	696	40.9% (39.6% - 42.1%)
Prevention	Mammography	101	79.1% (78.4% - 79.7%)	127	76.4% (75.7% - 77.1%)
Prevention	Colorectal Cancer Screening	100	74.7% (74.2% - 75.2%)	64	75.0% (74.4% - 75.5%)
Prevention	Dental Visit	407	67.8% (67.1% - 68.6%)	330	67.8% (67.1% - 68.5%)
Prevention	Annual Checkup	448	75.3% (71.8% - 78.6%)	27	75.1% (71.5% - 78.4%)

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 women	352	40.6% (39.3% - 42.0%)	249	42.4% (41.1% - 43.7%)
Prevention	Health Insurance	533	7.5% (6.5% - 8.6%)	397	7.6% (6.6% - 8.7%)
Prevention	Cholesterol Screening	843	79.7% (77.2% - 82.3%)	212	80.1% (77.5% - 82.6%)
Prevention	Cervical Cancer Screening	254	84.3% (83.8% - 84.7%)	87	85.0% (84.6% - 85.4%)
Disability	Independent Living Disability	372	6.4% (5.8% - 7.1%)	485	6.3% (5.6% - 6.9%)
Disability	Vision Disability	374	3.9% (3.6% - 4.3%)	564	3.8% (3.5% - 4.2%)
Disability	Self-care Disability	267	3.1% (2.9% - 3.4%)	567	3.1% (2.8% - 3.3%)
Disability	Hearing Disability	139	6.0% (5.4% - 6.6%)	287	5.8% (5.2% - 6.4%)
Disability	Any Disability	280	23.9% (21.4% - 26.6%)	476	23.3% (20.7% - 26.0%)
Disability	Cognitive Disability	639	11.6% (10.3% - 12.9%)	359	11.4% (10.2% - 12.7%)
Disability	Mobility Disability	169	9.7% (8.6% - 10.9%)	398	9.4% (8.3% - 10.6%)

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: Large Communities (50,000+)

Cedar Rapids falls into the group of large communities, which have a population of 50,000+. In this data, 11 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 Group	Population
Des Moines	Large (50,000+)	213,164
Cedar Rapids	Large (50,000+)	136,929
Davenport	Large (50,000+)	101,448
Sioux City	Large (50,000+)	85,469
Iowa City	Large (50,000+)	74,878
West Des Moines	Large (50,000+)	68,744
Ankeny	Large (50,000+)	68,392
Waterloo	Large (50,000+)	67,256
Ames	Large (50,000+)	66,265
Council Bluffs	Large (50,000+)	62,670
Dubuque	Large (50,000+)	59,315