



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 Columbus Junction: Overview

Dear Community Members & Stakeholders of Columbus Junction,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Depression	34th	5th	Cancer (except skin)	1st	1st
Cancer (except skin)	66th	14th	Depression	7th	3rd
Current Asthma	80th	11th	Current Asthma	45th	7th
Arthritis	86th	20th	Mental Health	57th	12th
High Cholesterol	135th	26th	Binge Drinking	58th	4th

Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Health Insurance	953rd	138th	Health Insurance	901st	138th
Physical Inactivity	881st	128th	Physical Inactivity	887th	137th
Obesity	877th	136th	Diabetes	883rd	138th
Colorectal Cancer Screening	848th	130th	General Health	872nd	136th
Vision Disability	844th	125th	Vision Disability	867th	135th

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 Columbus Junction.

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

With a population of 2,029, Columbus Junction’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

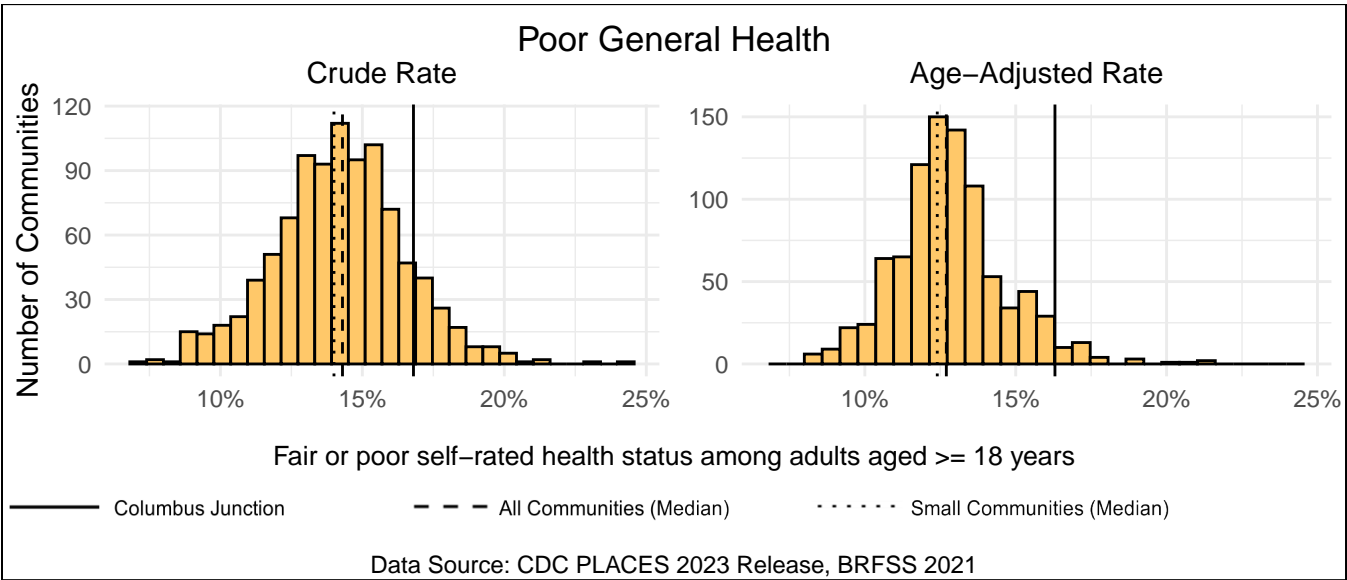
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Columbus Junction has a crude rate of 16.8% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 843rd out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Columbus Junction is 16.3%, which ranks 872nd out of 905 Iowa communities (136th out of 138 small communities).

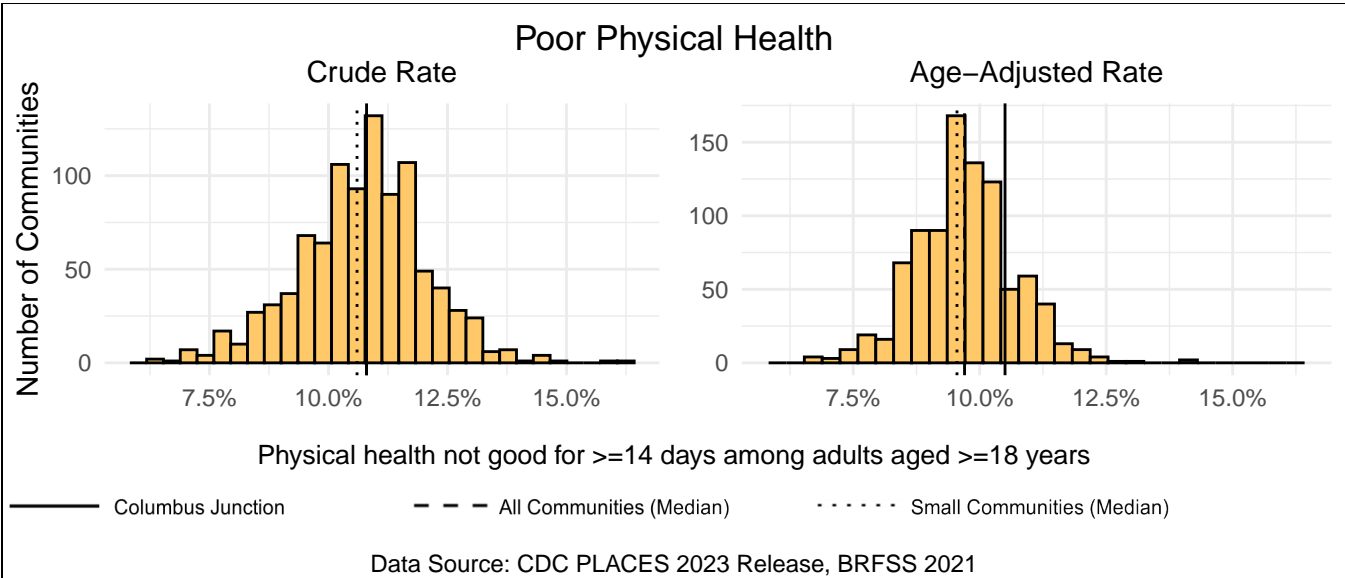
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	16.8%	14.3%	14.0%
Age-Adjusted	16.3%	12.7%	12.4%



Poor Physical Health

Columbus Junction has a crude rate of 10.8% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 468th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Columbus Junction is 10.5%, which ranks 727th out of 905 Iowa communities (119th out of 138 small communities).

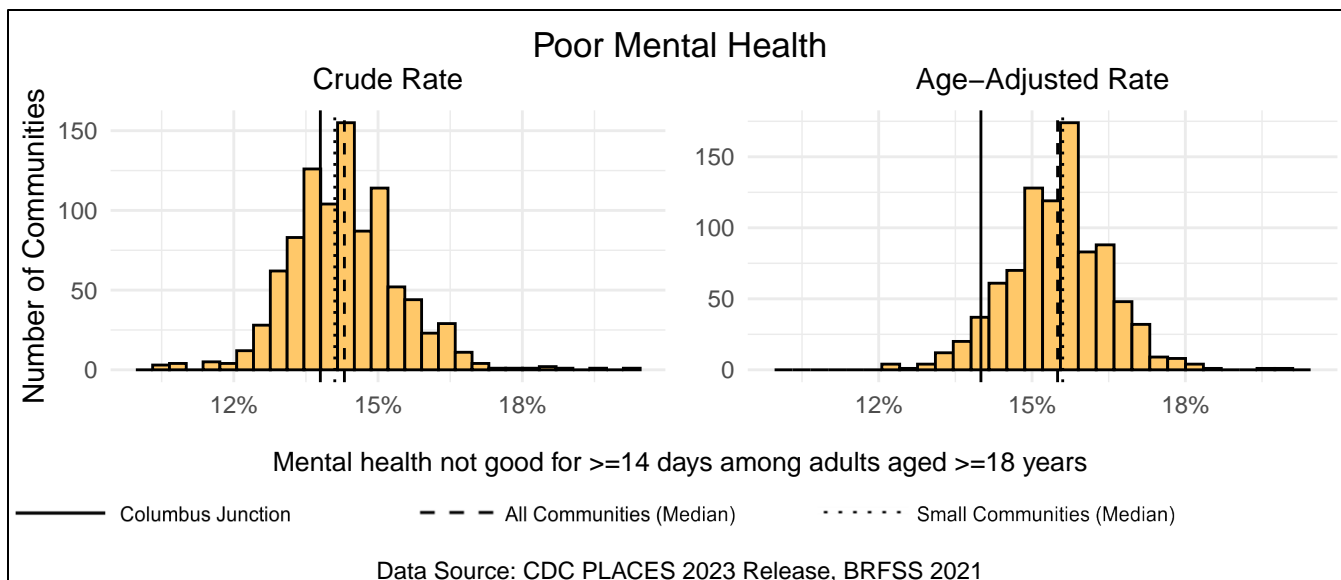
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	10.8%	10.8%	10.6%
Age-Adjusted	10.5%	9.7%	9.6%



Poor Mental Health

Columbus Junction has a crude rate of 13.8% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 291st out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Columbus Junction is 14.0%, which ranks 57th out of 905 Iowa communities (12th out of 138 small communities).

Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	13.8%	14.3%	14.1%
Age-Adjusted	14.0%	15.5%	15.6%



Health Risk Behaviors

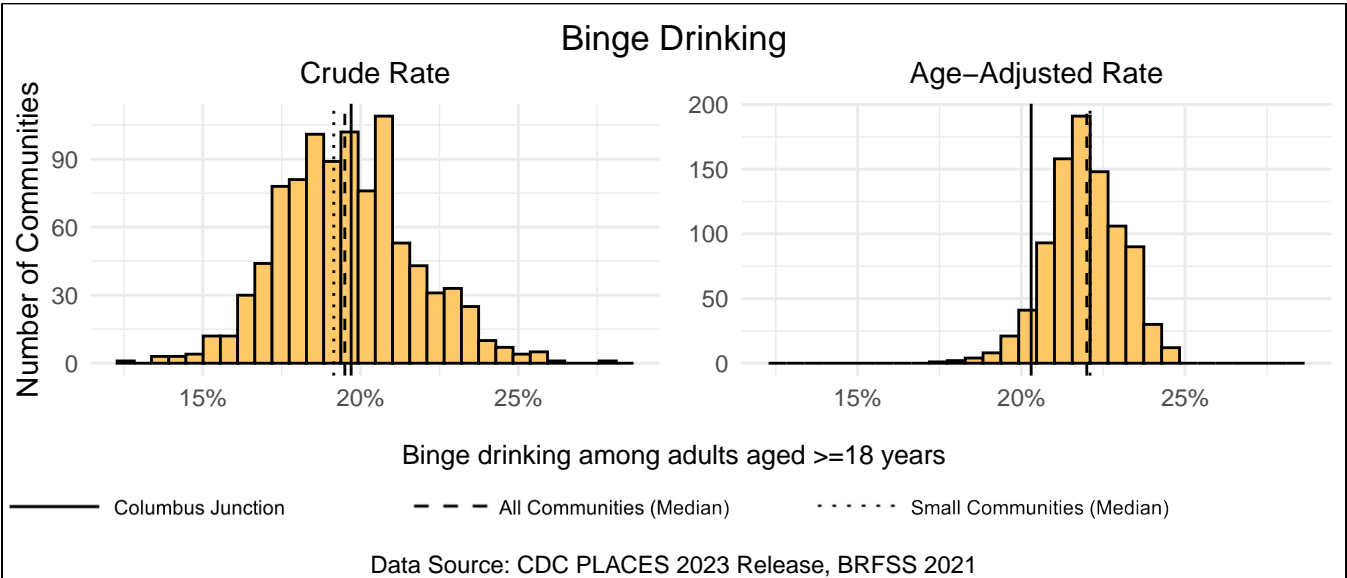
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Columbus Junction has a crude rate of 19.7% for binge drinking among adults aged ≥ 18 years, which ranks 511th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Columbus Junction is 20.3%, which ranks 58th out of 905 Iowa communities (4th out of 138 small communities).

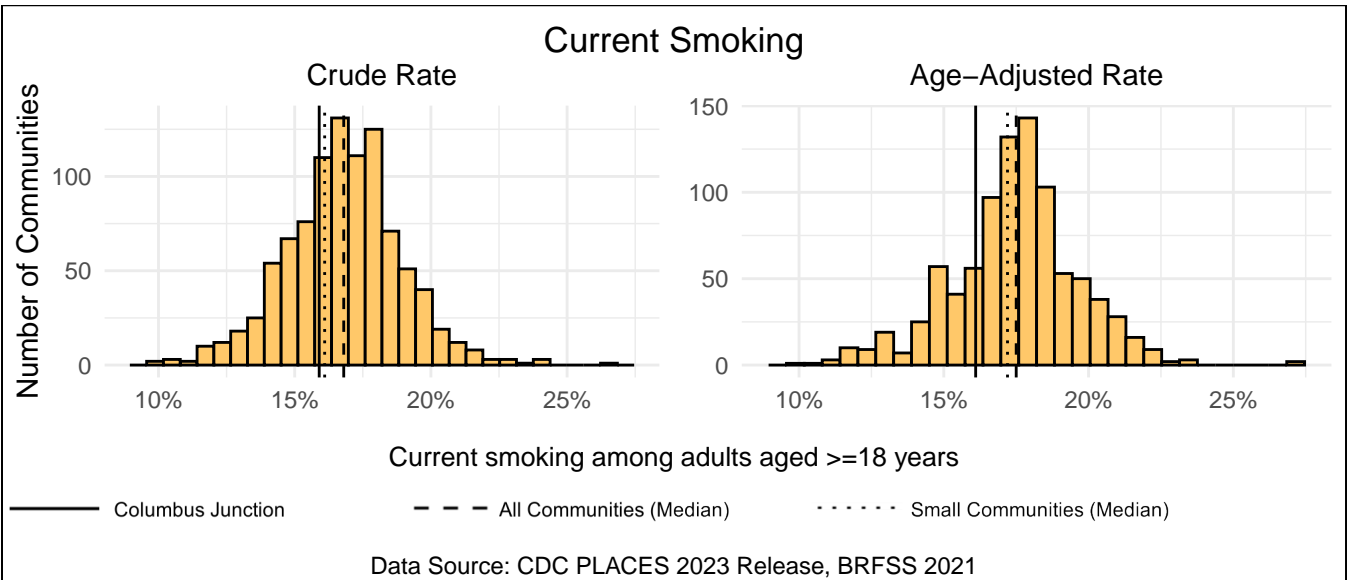
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	19.7%	19.5%	19.1%
Age-Adjusted	20.3%	22.0%	22.1%



Current Smoking

Columbus Junction has a crude rate of 15.9% for current smoking among adults aged >=18 years, which ranks 286th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Columbus Junction is 16.1%, which ranks 204th out of 905 Iowa communities (38th out of 138 small communities).

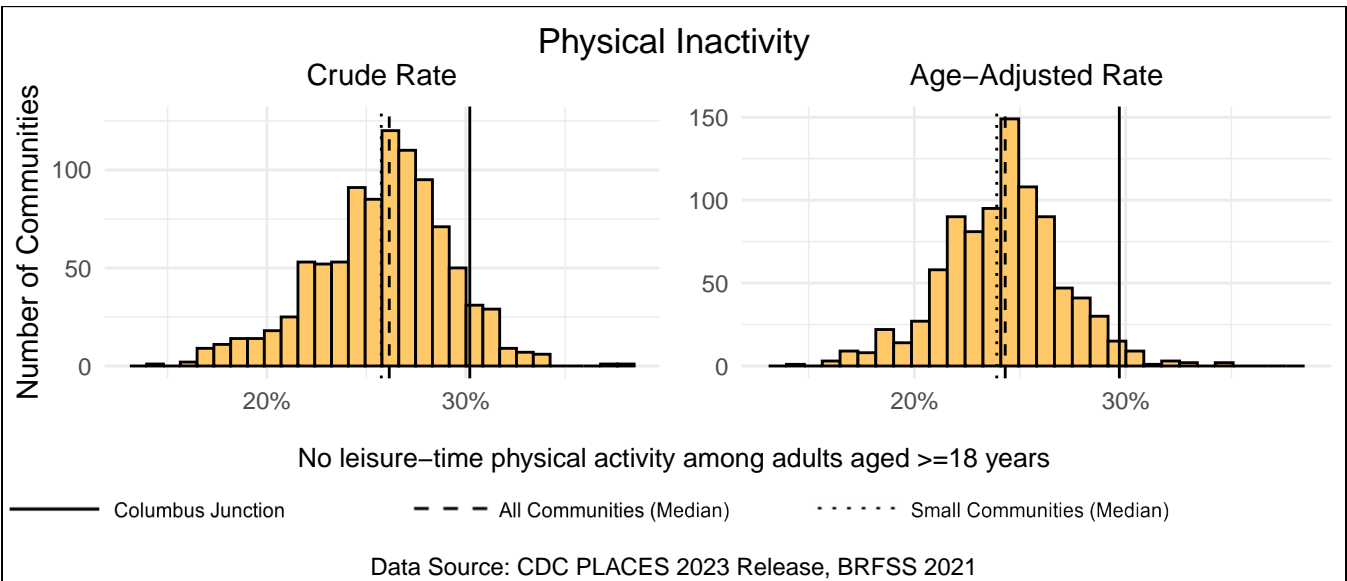
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	15.9%	16.8%	16.1%
Age-Adjusted	16.1%	17.5%	17.2%



Physical Inactivity

Columbus Junction has a crude rate of 30.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 881st out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Columbus Junction is 29.7%, which ranks 887th out of 905 Iowa communities (137th out of 138 small communities).

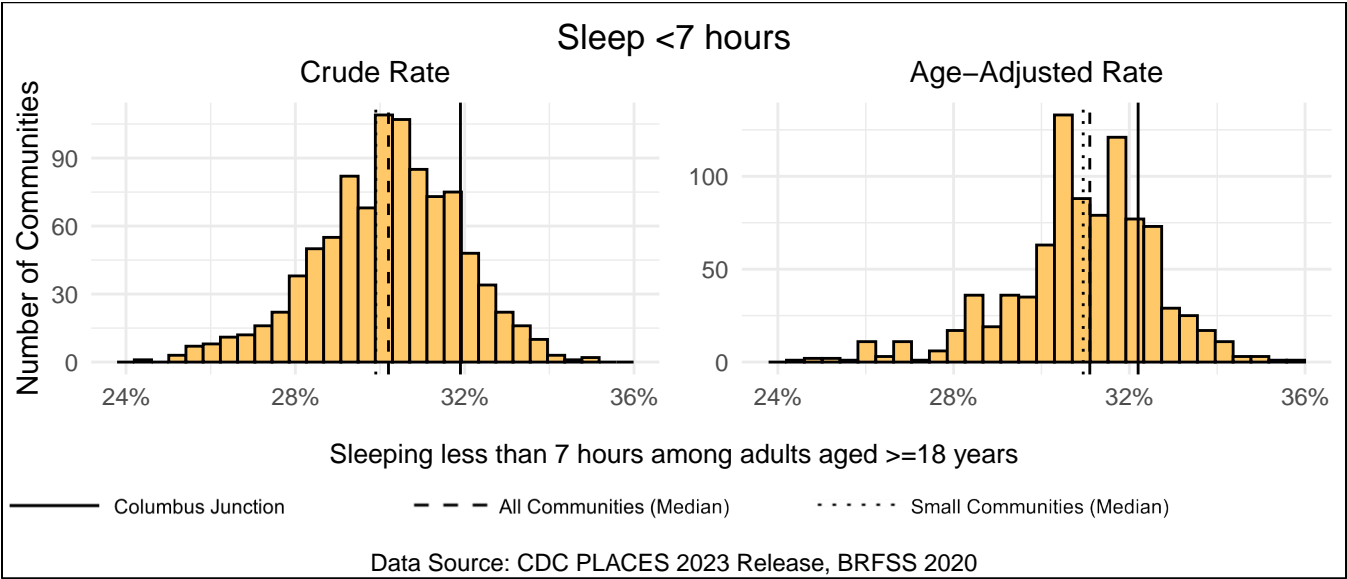
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	30.2%	26.1%	25.8%
Age-Adjusted	29.7%	24.3%	23.9%



Sleep <7 hours

Columbus Junction has a crude rate of 31.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 809th out of 958 Iowa communities (126th out of 138 small communities). The age-adjusted rate for Columbus Junction is 32.2%, which ranks 706th out of 905 Iowa communities (114th out of 138 small communities).

Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	31.9%	30.2%	29.9%
Age-Adjusted	32.2%	31.1%	31.0%



Health Outcomes

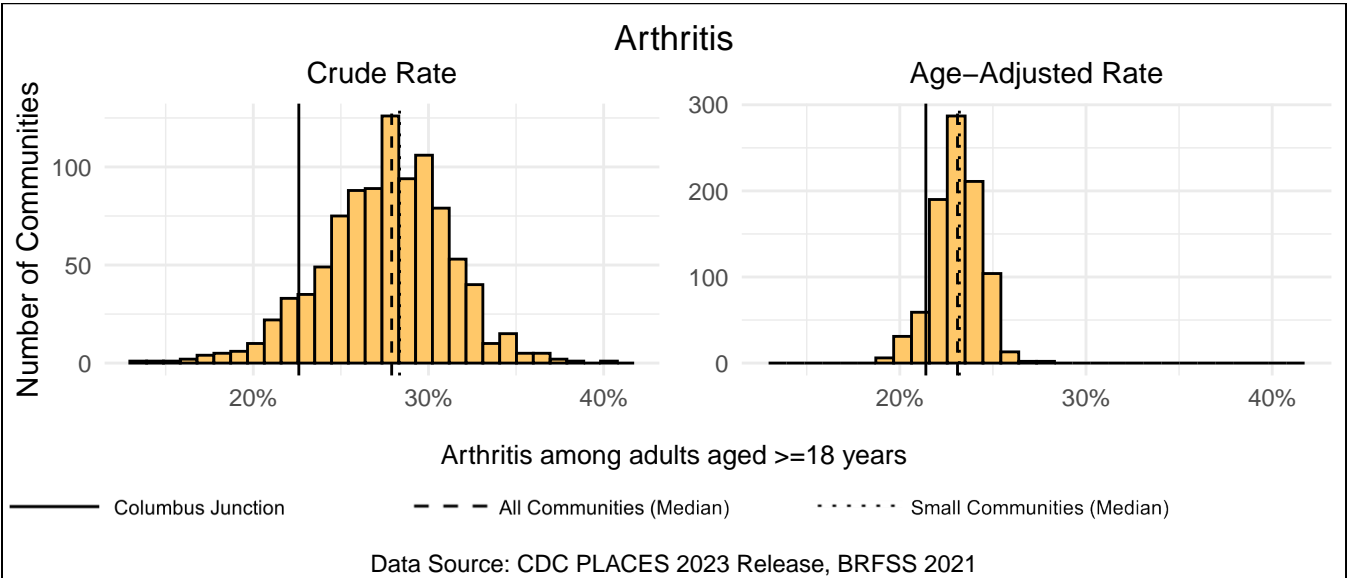
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Columbus Junction has a crude rate of 22.6% for arthritis among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Columbus Junction is 21.4%, which ranks 79th out of 905 Iowa communities (15th out of 138 small communities).

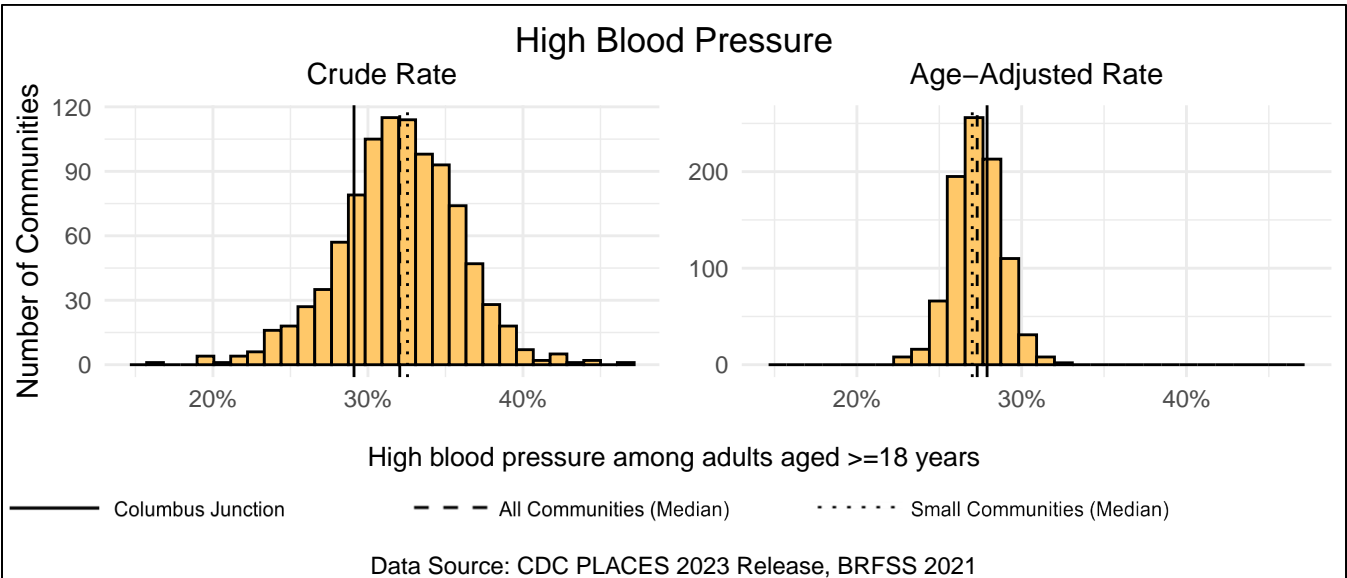
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	22.6%	27.9%	28.4%
Age-Adjusted	21.4%	23.1%	23.2%



High Blood Pressure

Columbus Junction has a crude rate of 29.1% for high blood pressure among adults aged ≥ 18 years, which ranks 193rd out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Columbus Junction is 27.9%, which ranks 602nd out of 905 Iowa communities (102nd out of 138 small communities).

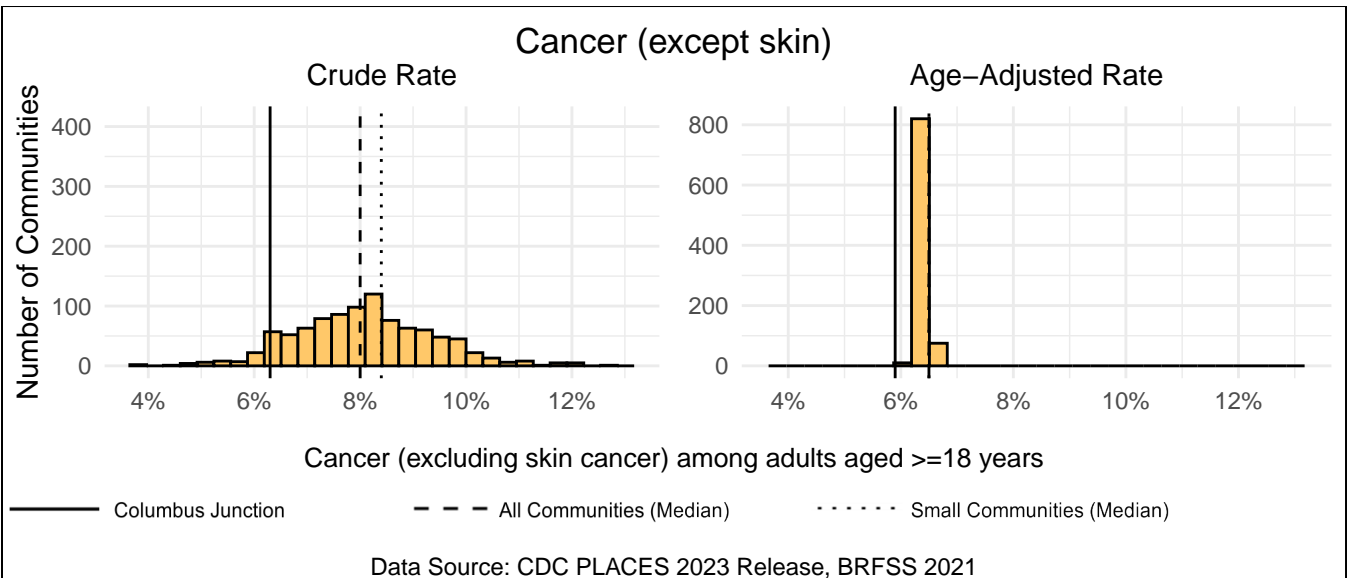
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	29.1%	32.0%	32.5%
Age-Adjusted	27.9%	27.3%	27.0%



Cancer (except skin)

Columbus Junction has a crude rate of 6.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 66th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Columbus Junction is 5.9%, which ranks 1st out of 905 Iowa communities (1st out of 138 small communities).

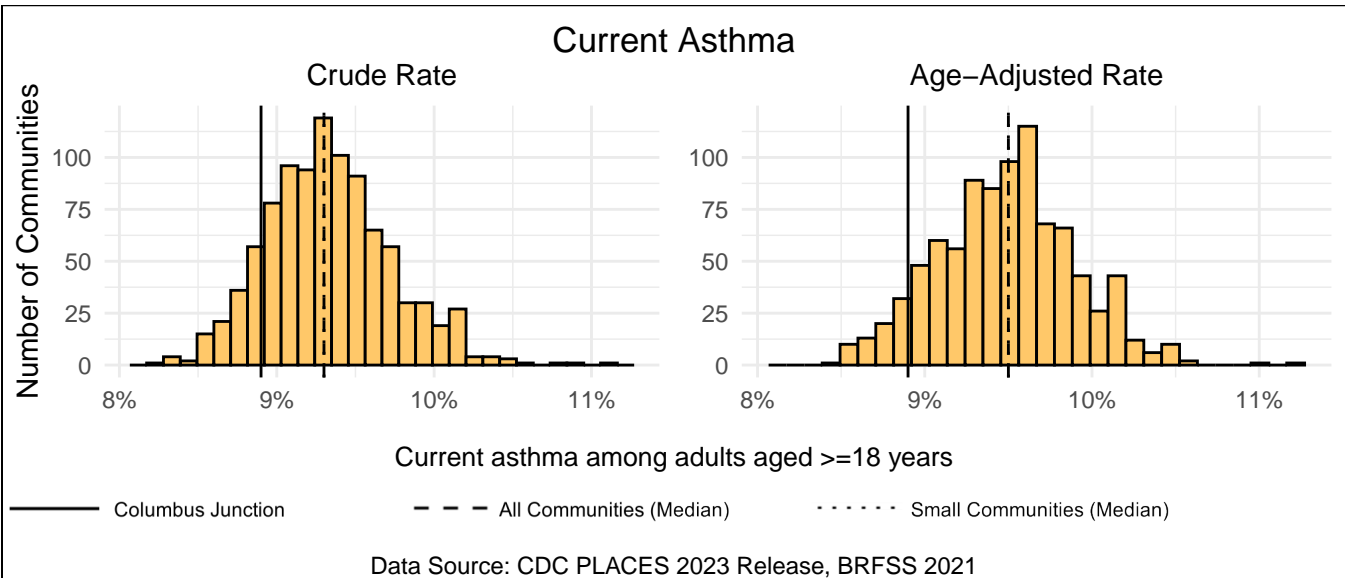
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	6.3%	8.0%	8.4%
Age-Adjusted	5.9%	6.5%	6.5%



Current Asthma

Columbus Junction has a crude rate of 8.9% for current asthma among adults aged ≥ 18 years, which ranks 80th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Columbus Junction is 8.9%, which ranks 45th out of 905 Iowa communities (7th out of 138 small communities).

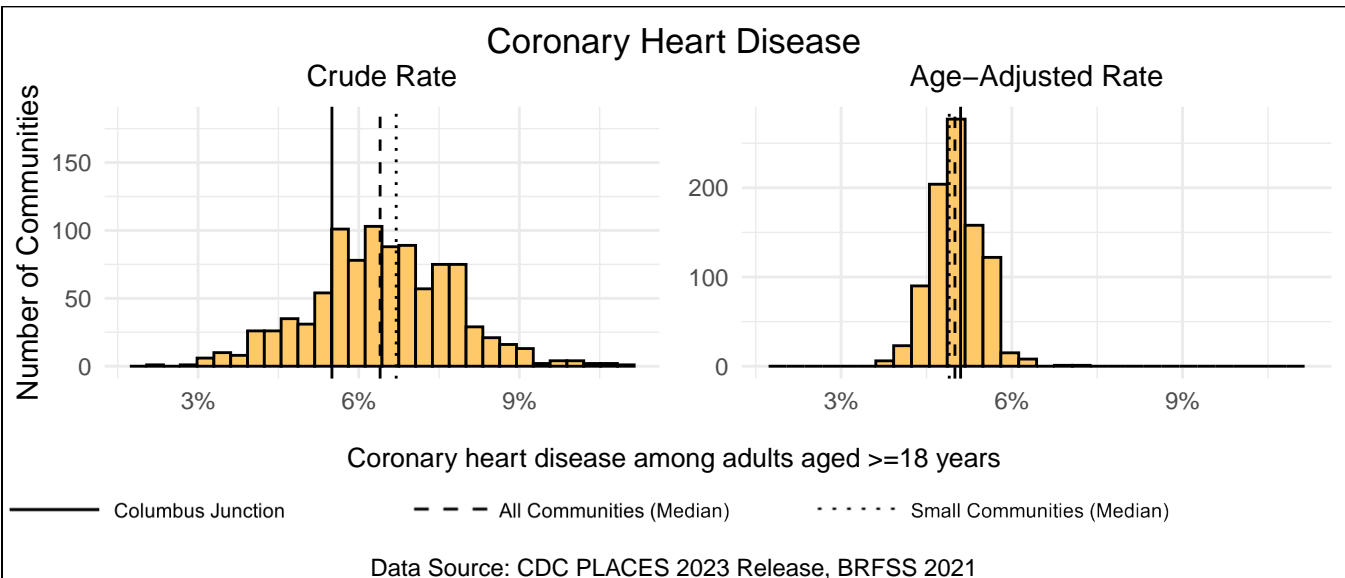
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	8.9%	9.3%	9.3%
Age-Adjusted	8.9%	9.5%	9.5%



Coronary Heart Disease

Columbus Junction has a crude rate of 5.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 199th out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Columbus Junction is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

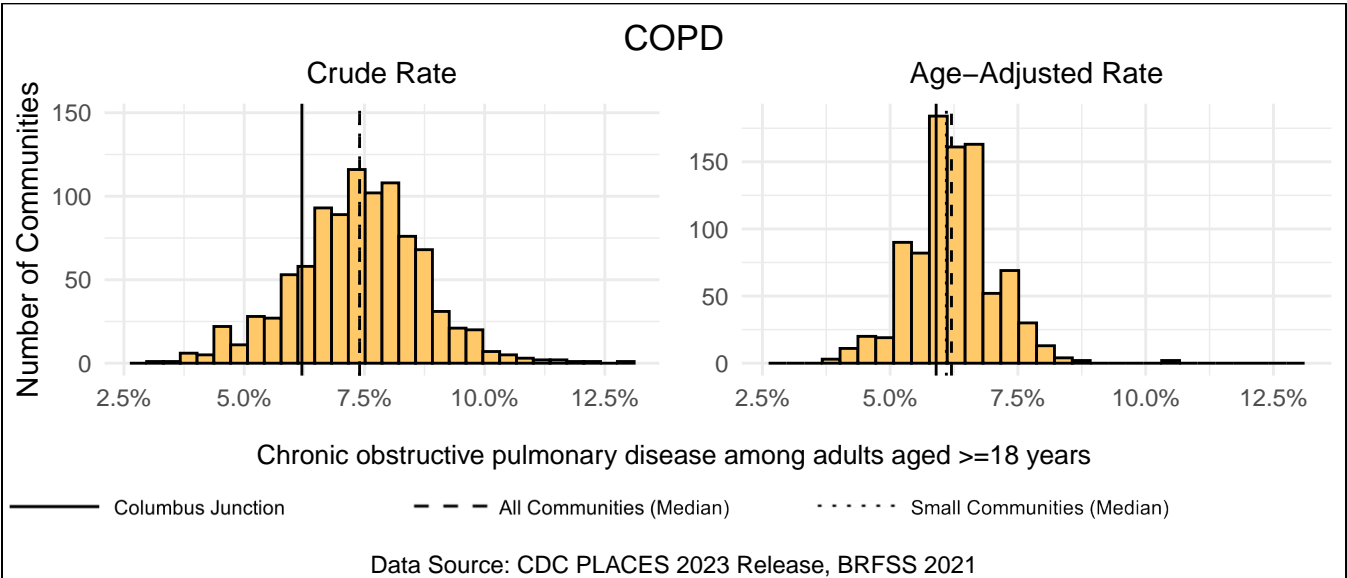
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	5.5%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%



COPD

Columbus Junction 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 (29th out of 138 small communities). The age-adjusted rate for Columbus Junction is 5.9%, which ranks 260th out of 905 Iowa communities (48th out of 138 small communities).

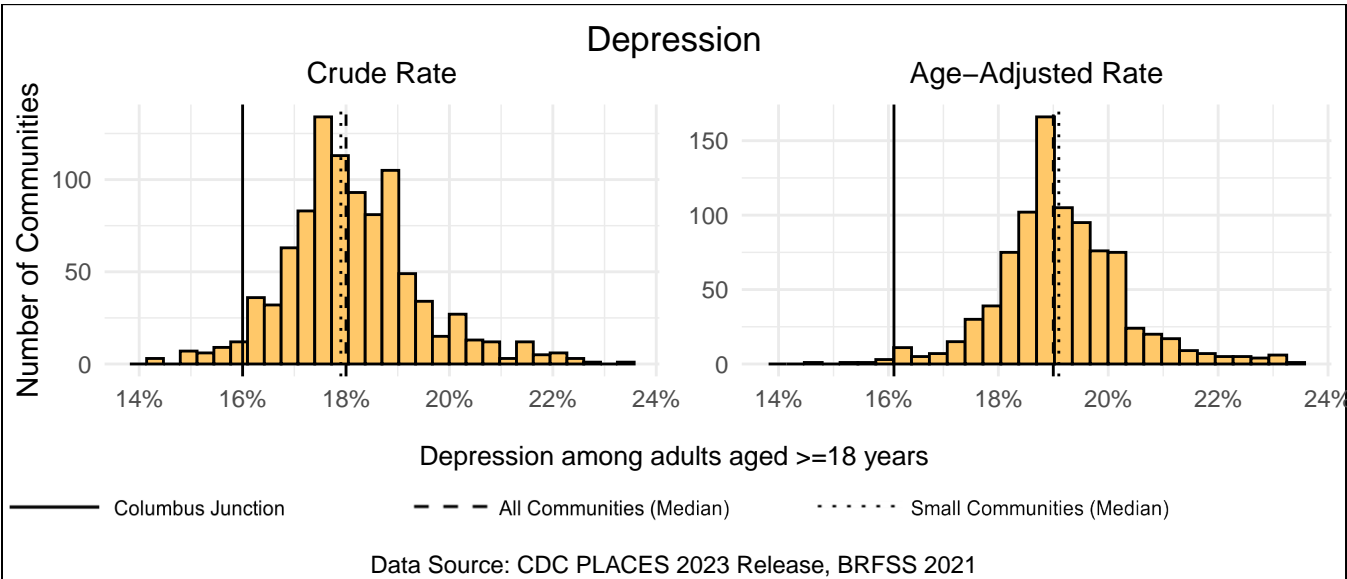
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	6.2%	7.4%	7.4%
Age-Adjusted	5.9%	6.2%	6.1%



Depression

Columbus Junction has a crude rate of 16.0% for depression among adults aged ≥ 18 years, which ranks 34th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Columbus Junction is 16.1%, which ranks 7th out of 905 Iowa communities (3rd out of 138 small communities).

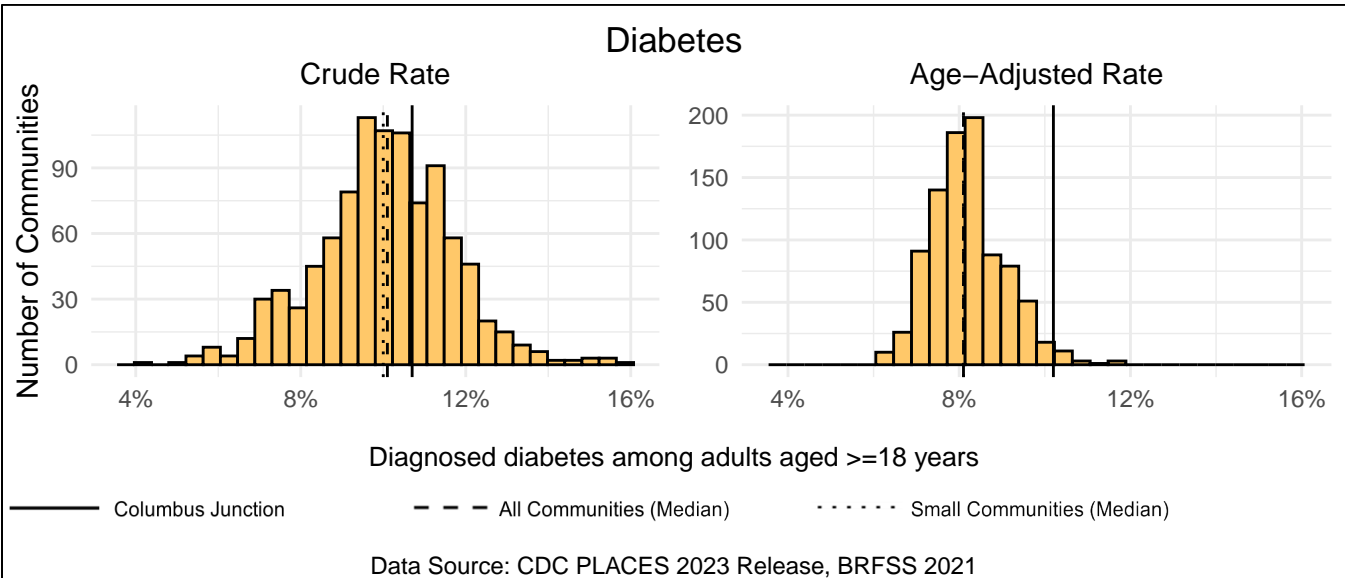
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	16.0%	18.0%	17.9%
Age-Adjusted	16.1%	19.0%	19.1%



Diabetes

Columbus Junction has a crude rate of 10.7% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 629th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Columbus Junction is 10.2%, which ranks 883rd out of 905 Iowa communities (138th out of 138 small communities).

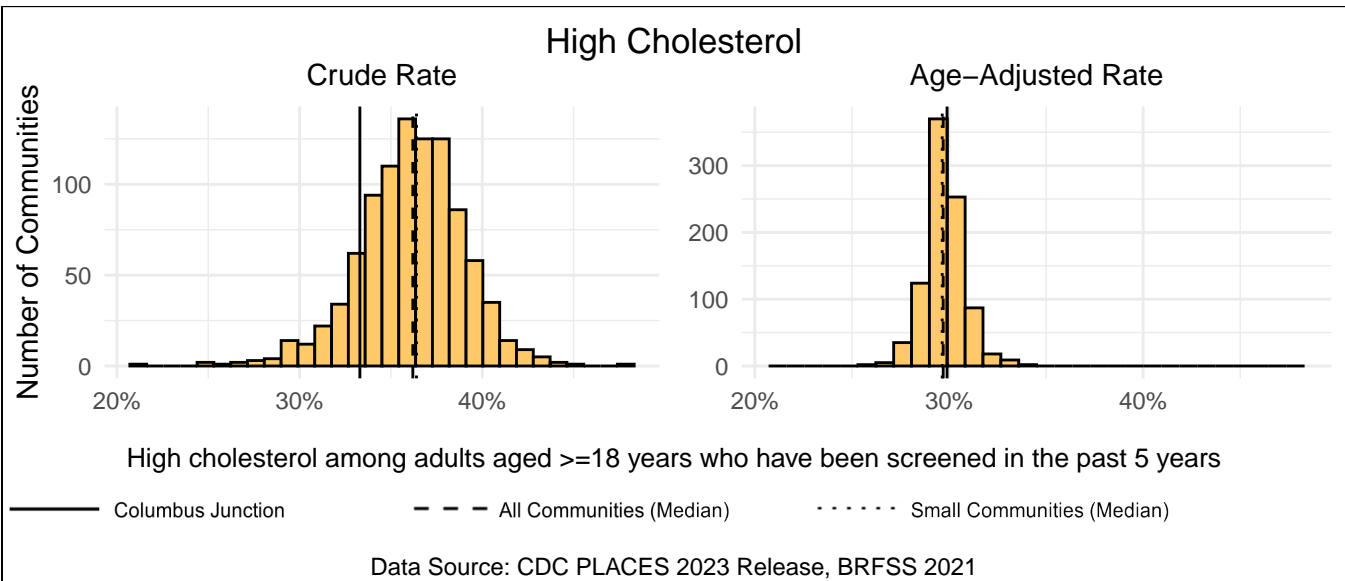
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	10.7%	10.1%	10.0%
Age-Adjusted	10.2%	8.1%	8.1%



High Cholesterol

Columbus Junction has a crude rate of 33.3% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 135th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Columbus Junction is 29.9%, which ranks 501st out of 905 Iowa communities (81st out of 138 small communities).

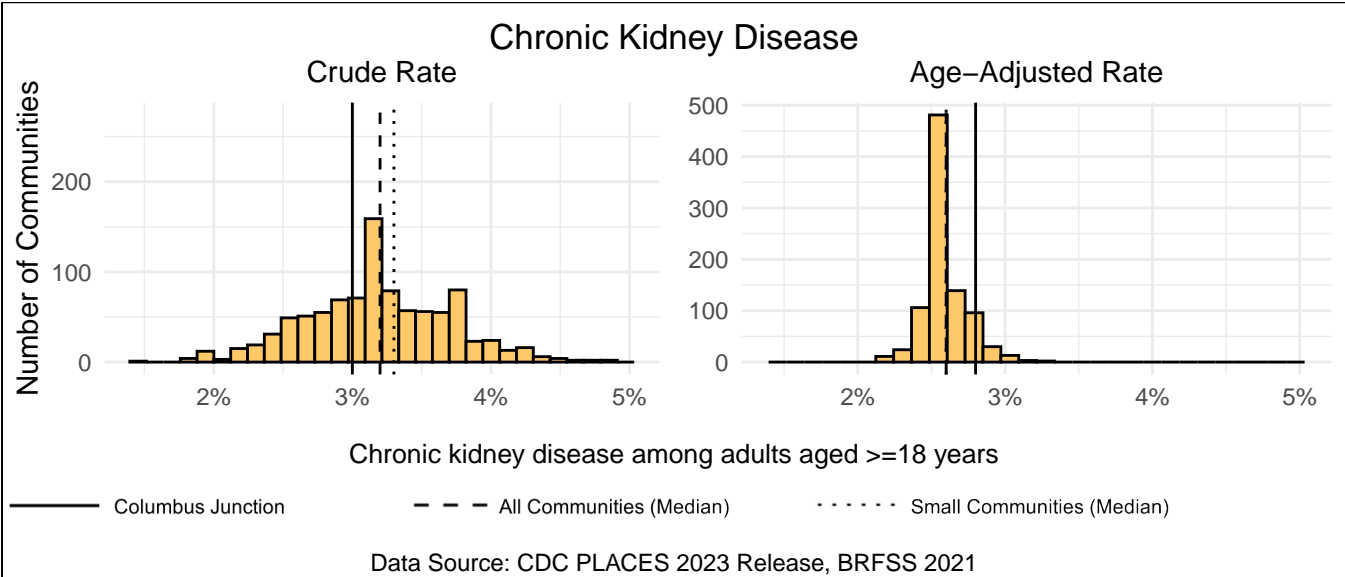
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	33.3%	36.2%	36.4%
Age-Adjusted	29.9%	29.7%	29.6%



Chronic Kidney Disease

Columbus Junction has a crude rate of 3.0% for chronic kidney disease among adults aged ≥ 18 years, which ranks 310th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Columbus Junction is 2.8%, which ranks 762nd out of 905 Iowa communities (125th out of 138 small communities).

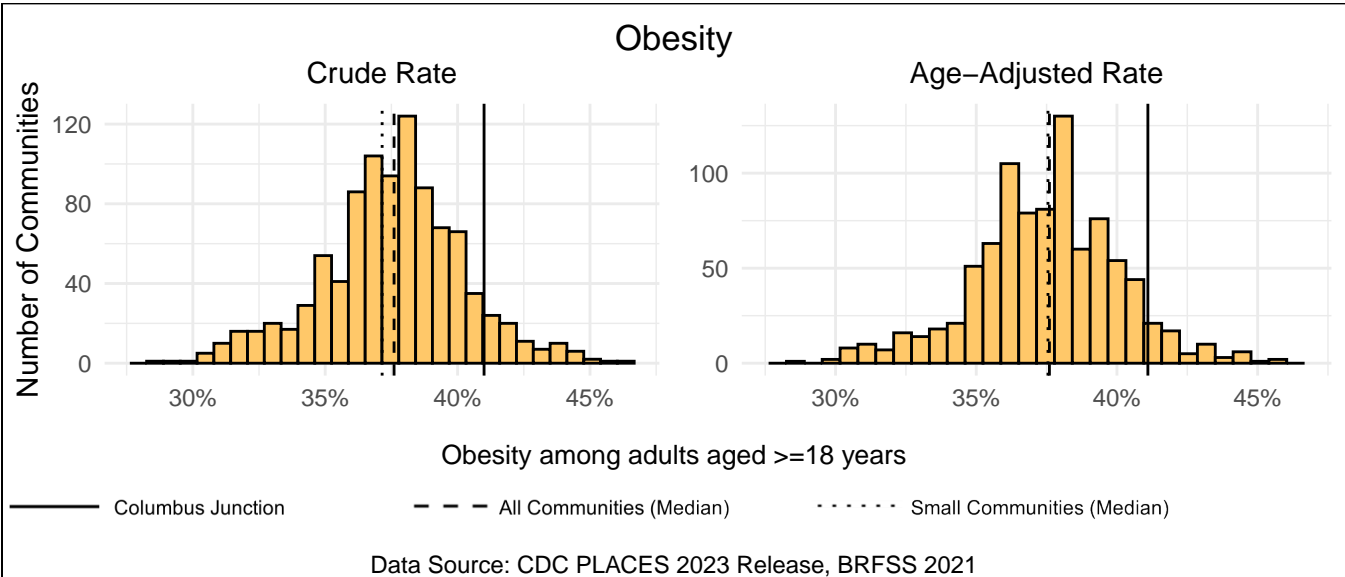
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	3.0%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Columbus Junction has a crude rate of 41.0% for obesity among adults aged ≥ 18 years, which ranks 877th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Columbus Junction is 41.1%, which ranks 845th out of 905 Iowa communities (133rd out of 138 small communities).

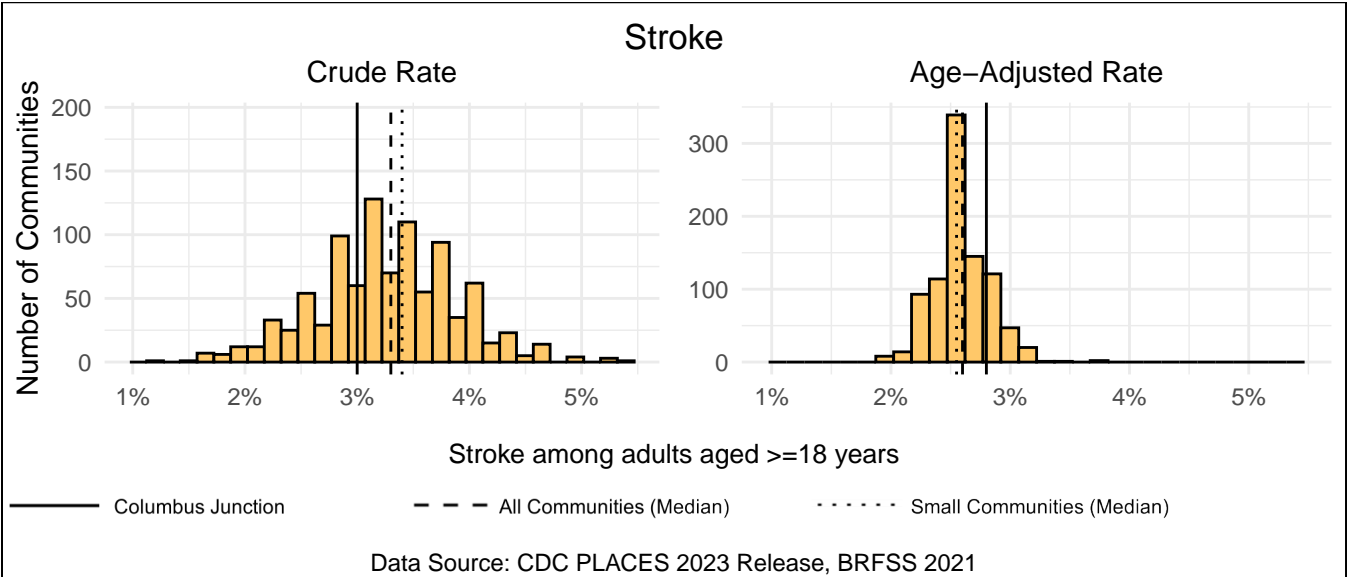
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	41.0%	37.6%	37.2%
Age-Adjusted	41.1%	37.6%	37.5%



Stroke

Columbus Junction has a crude rate of 3.0% for stroke among adults aged ≥ 18 years, which ranks 280th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Columbus Junction is 2.8%, which ranks 714th out of 905 Iowa communities (119th out of 138 small communities).

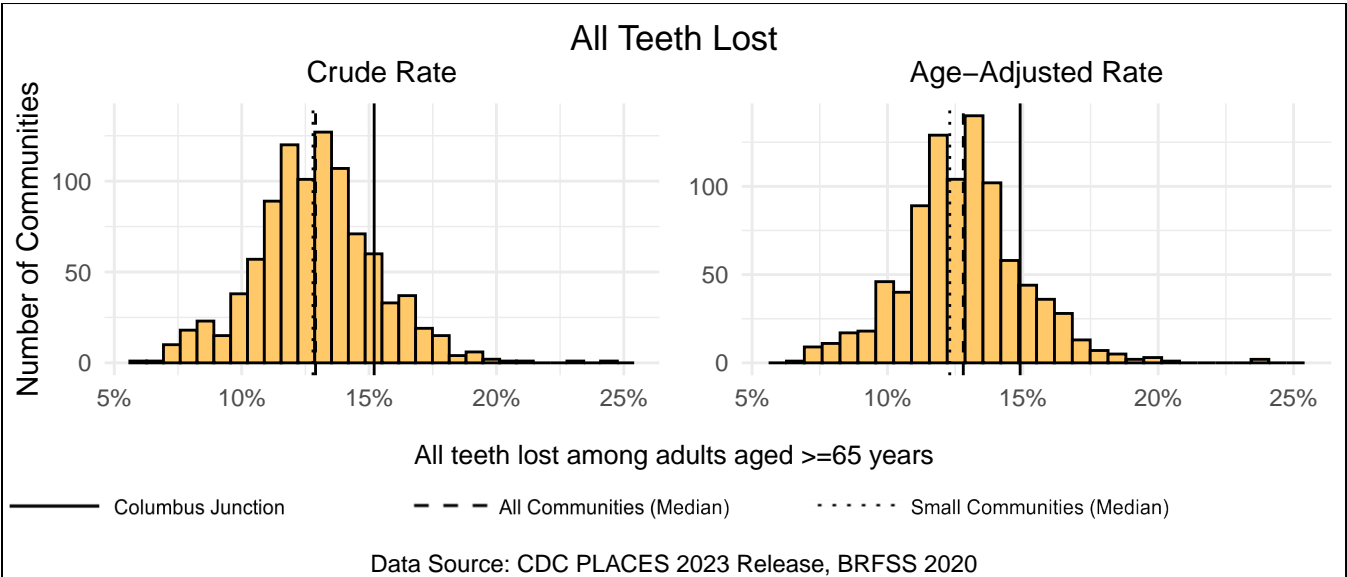
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	3.0%	3.3%	3.4%
Age-Adjusted	2.8%	2.6%	2.5%



All Teeth Lost

Columbus Junction has a crude rate of 15.2% for all teeth lost among adults aged ≥ 65 years, which ranks 803rd out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Columbus Junction is 14.9%, which ranks 765th out of 905 Iowa communities (125th out of 138 small communities).

Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	15.2%	12.9%	12.8%
Age-Adjusted	14.9%	12.8%	12.3%



Prevention

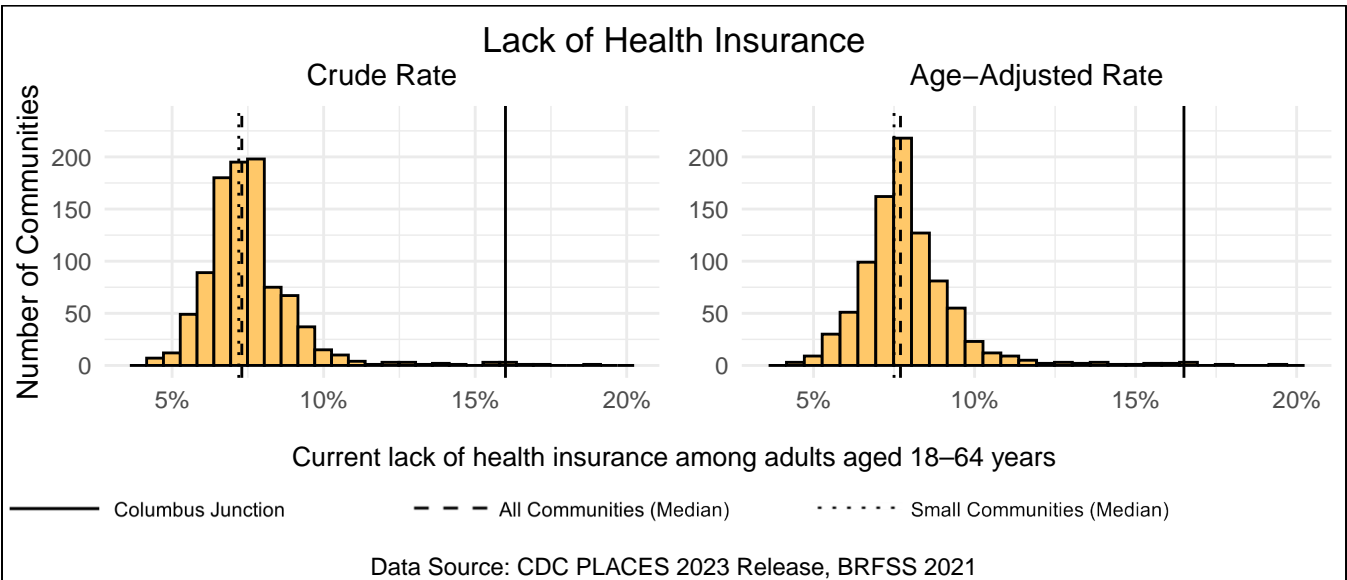
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Columbus Junction has a crude rate of 16.0% for current lack of health insurance among adults aged 18–64 years, which ranks 953rd out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Columbus Junction is 16.5%, which ranks 901st out of 905 Iowa communities (138th out of 138 small communities).

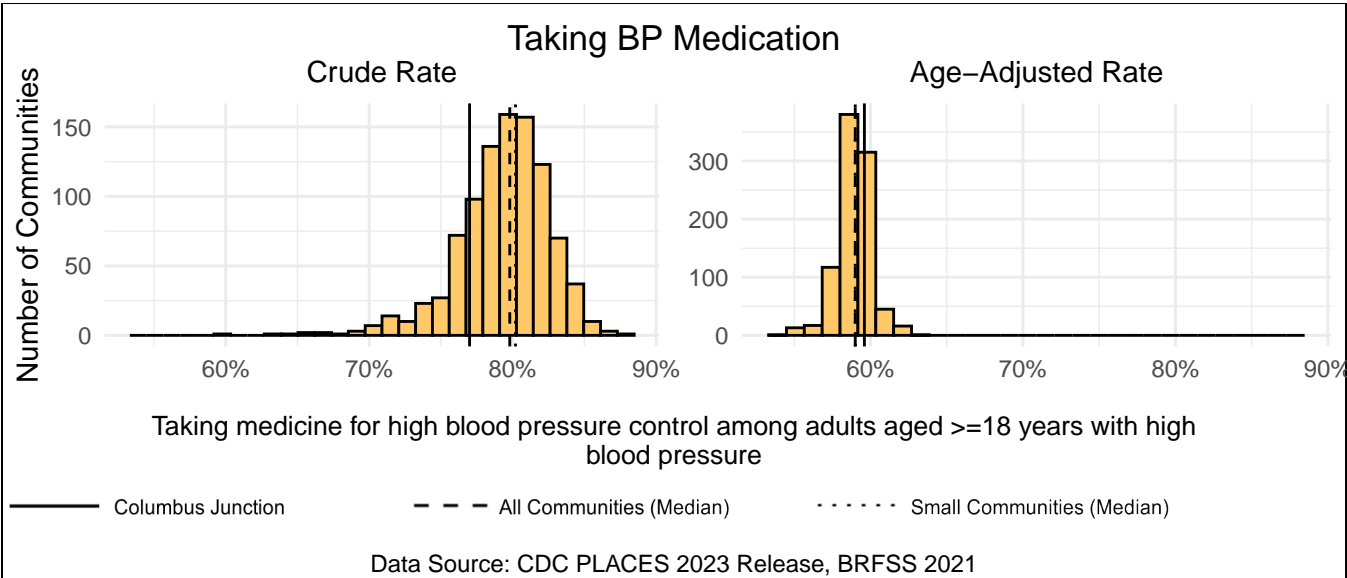
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	16.0%	7.3%	7.2%
Age-Adjusted	16.5%	7.7%	7.5%



Taking BP Medication

Columbus Junction has a crude rate of 77.0% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 774th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Columbus Junction is 59.6%, which ranks 179th out of 905 Iowa communities (22nd out of 138 small communities).

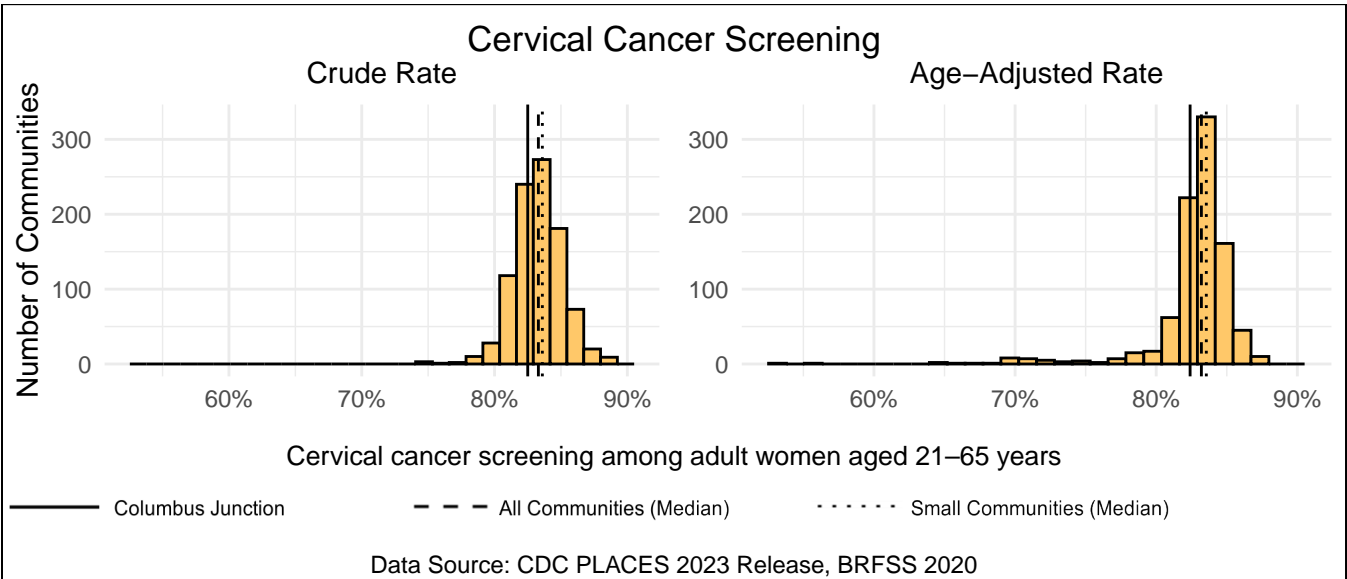
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	77.0%	79.8%	80.2%
Age-Adjusted	59.6%	59.0%	59.0%



Cervical Cancer Screening

Columbus Junction has a crude rate of 82.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 656th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Columbus Junction is 82.4%, which ranks 657th out of 905 Iowa communities (119th out of 138 small communities).

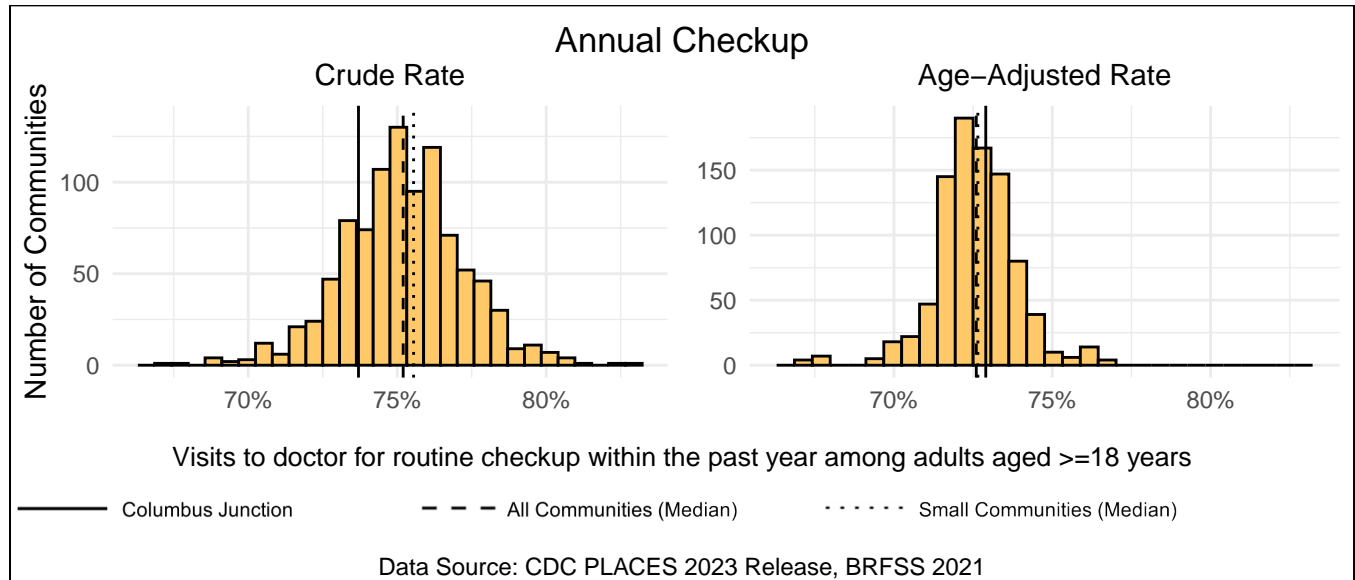
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	82.5%	83.3%	83.6%
Age-Adjusted	82.4%	83.2%	83.5%



Annual Checkup

Columbus Junction has a crude rate of 73.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 751st out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Columbus Junction is 72.9%, which ranks 333rd out of 905 Iowa communities (52nd out of 138 small communities).

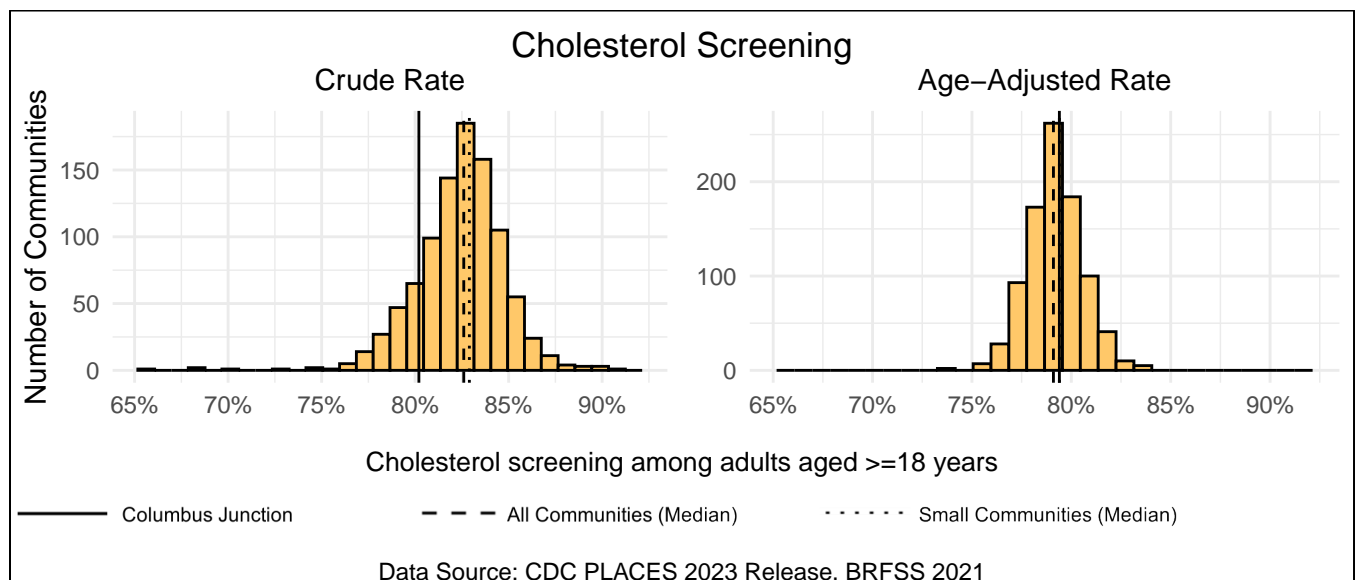
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	73.7%	75.2%	75.5%
Age-Adjusted	72.9%	72.6%	72.6%



Cholesterol Screening

Columbus Junction has a crude rate of 80.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Columbus Junction is 79.4%, which ranks 364th out of 905 Iowa communities (65th out of 138 small communities).

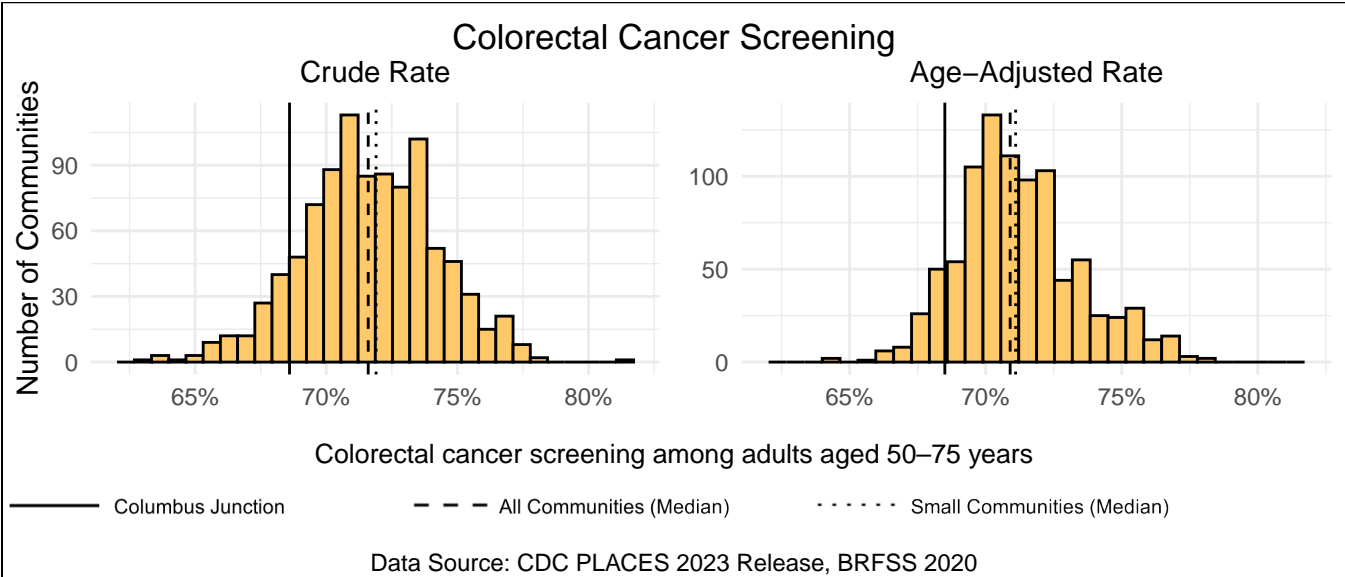
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	80.2%	82.6%	82.9%
Age-Adjusted	79.4%	79.1%	79.4%



Colorectal Cancer Screening

Columbus Junction has a crude rate of 68.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 848th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Columbus Junction is 68.5%, which ranks 813th out of 905 Iowa communities (130th out of 138 small communities).

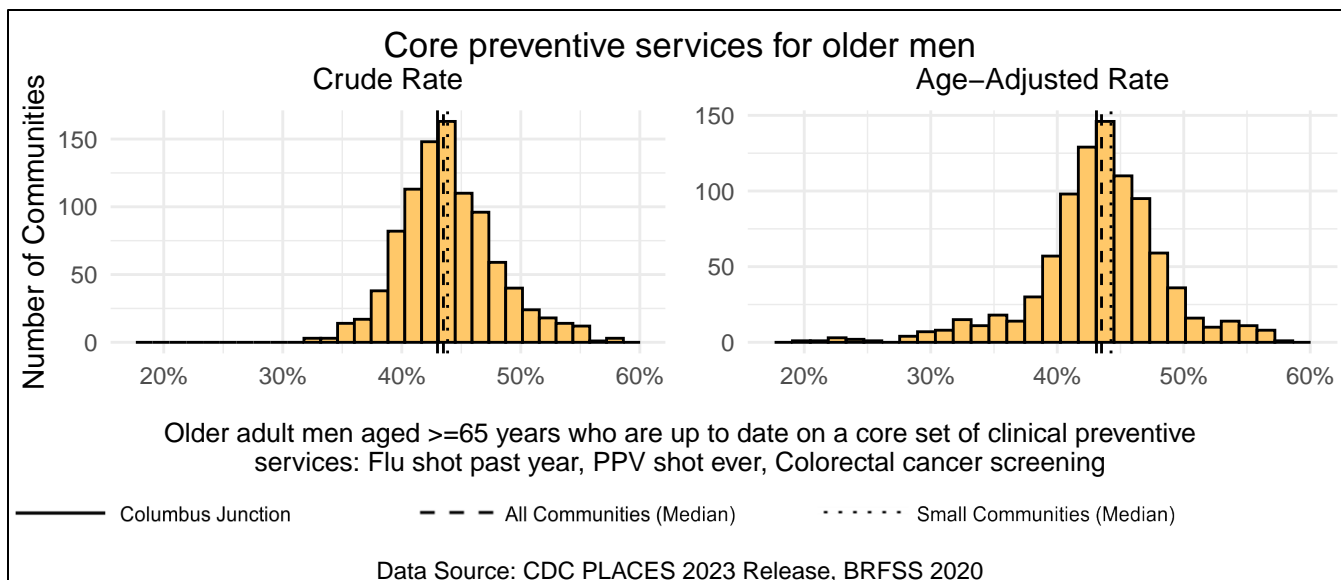
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	68.6%	71.6%	71.9%
Age-Adjusted	68.5%	70.9%	71.1%



Core preventive services for older men

Columbus Junction has a crude rate of 43.0% 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 541st out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Columbus Junction is 43.1%, which ranks 496th out of 905 Iowa communities (90th out of 138 small communities).

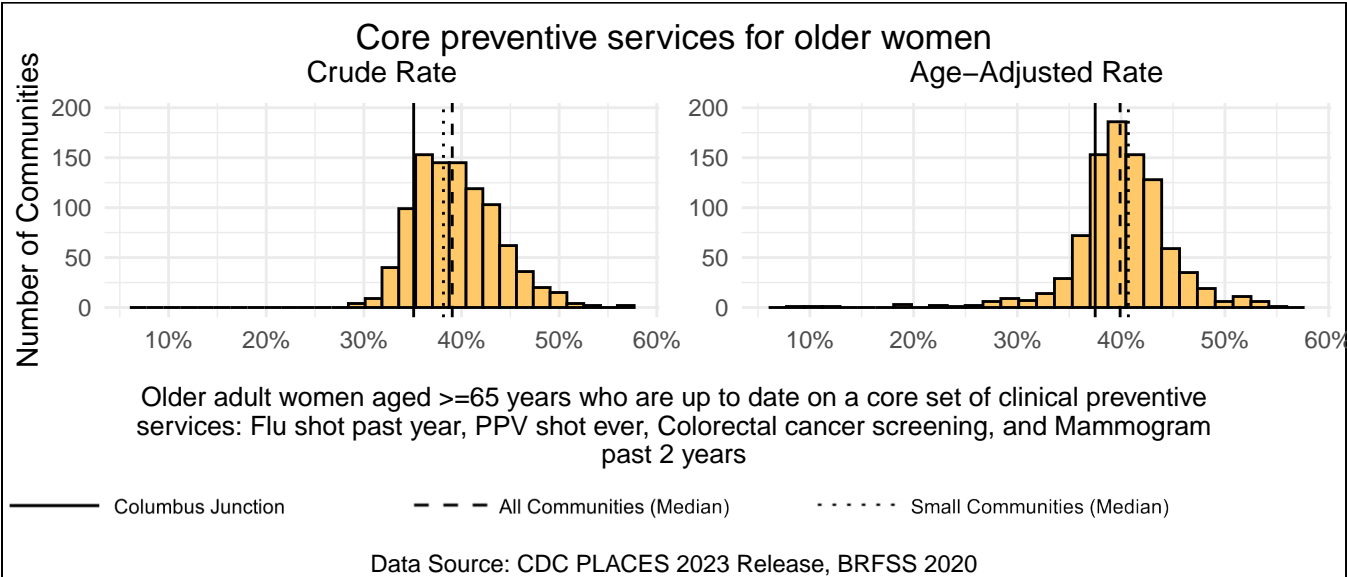
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	43.0%	43.5%	43.8%
Age-Adjusted	43.1%	43.5%	44.2%



Core preventive services for older women

Columbus Junction has a crude rate of 35.1% 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 814th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Columbus Junction is 37.5%, which ranks 717th out of 905 Iowa communities (127th out of 138 small communities).

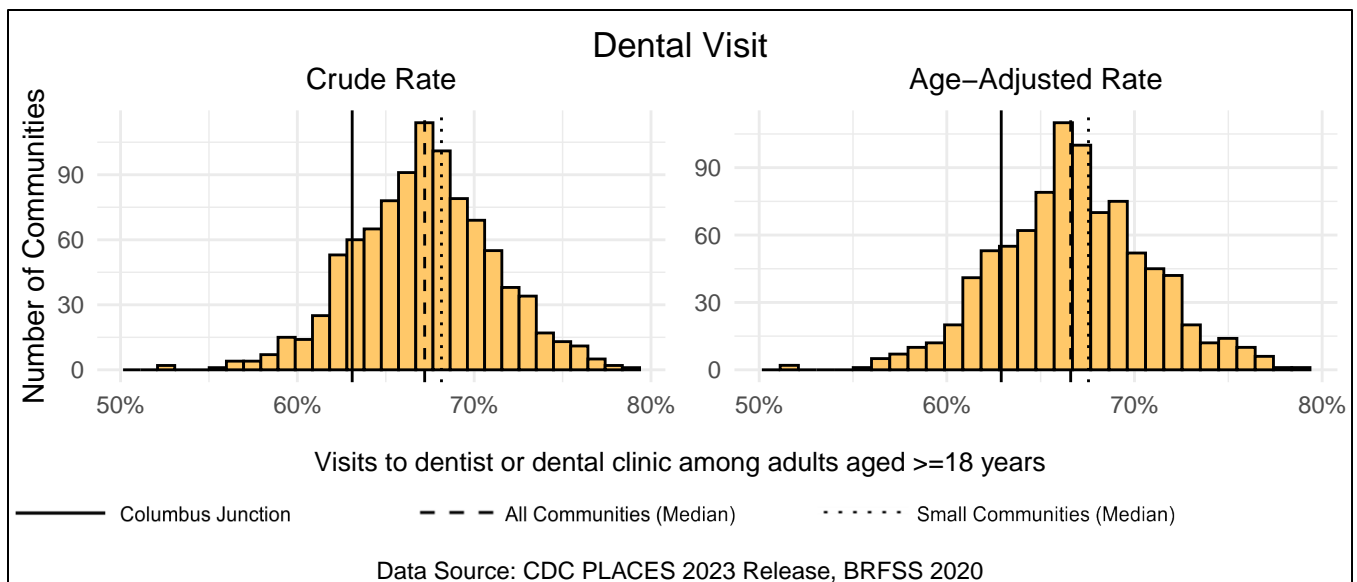
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	35.1%	39.0%	38.2%
Age-Adjusted	37.5%	39.9%	40.7%



Dental Visit

Columbus Junction has a crude rate of 63.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 817th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Columbus Junction is 62.9%, which ranks 748th out of 905 Iowa communities (122nd out of 138 small communities).

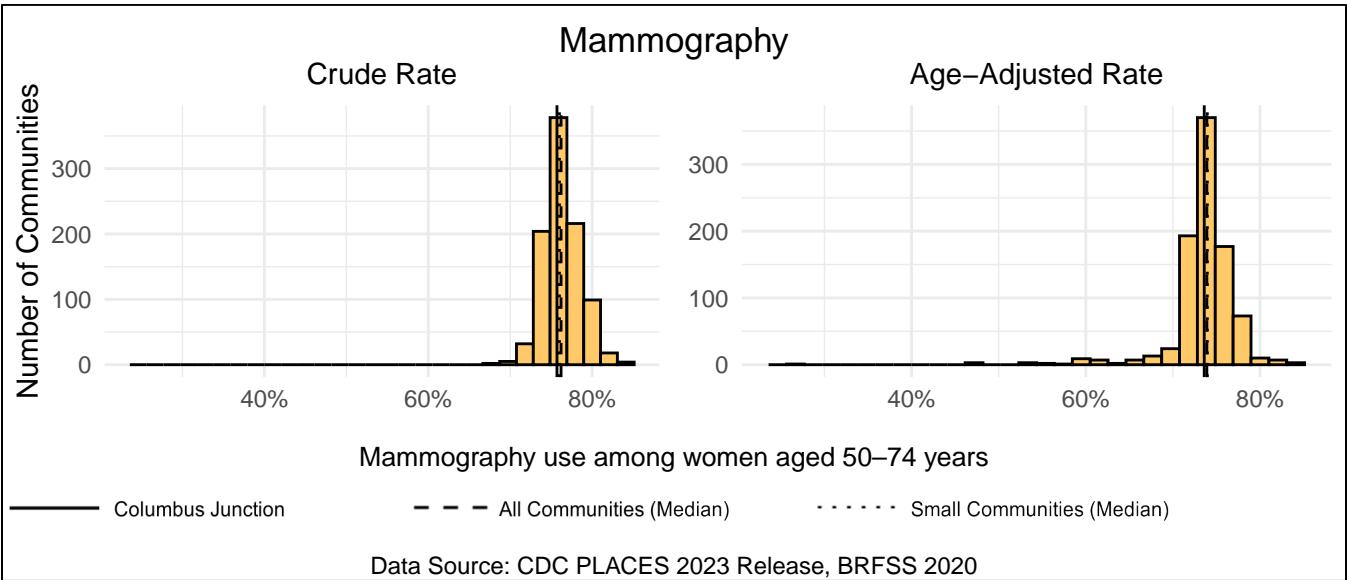
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	63.1%	67.2%	68.2%
Age-Adjusted	62.9%	66.6%	67.5%



Mammography

Columbus Junction has a crude rate of 75.7% for mammography use among women aged 50–74 years, which ranks 573rd out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Columbus Junction is 73.6%, which ranks 499th out of 905 Iowa communities (79th out of 138 small communities).

Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	75.7%	76.2%	76.0%
Age-Adjusted	73.6%	73.9%	74.0%



Disability

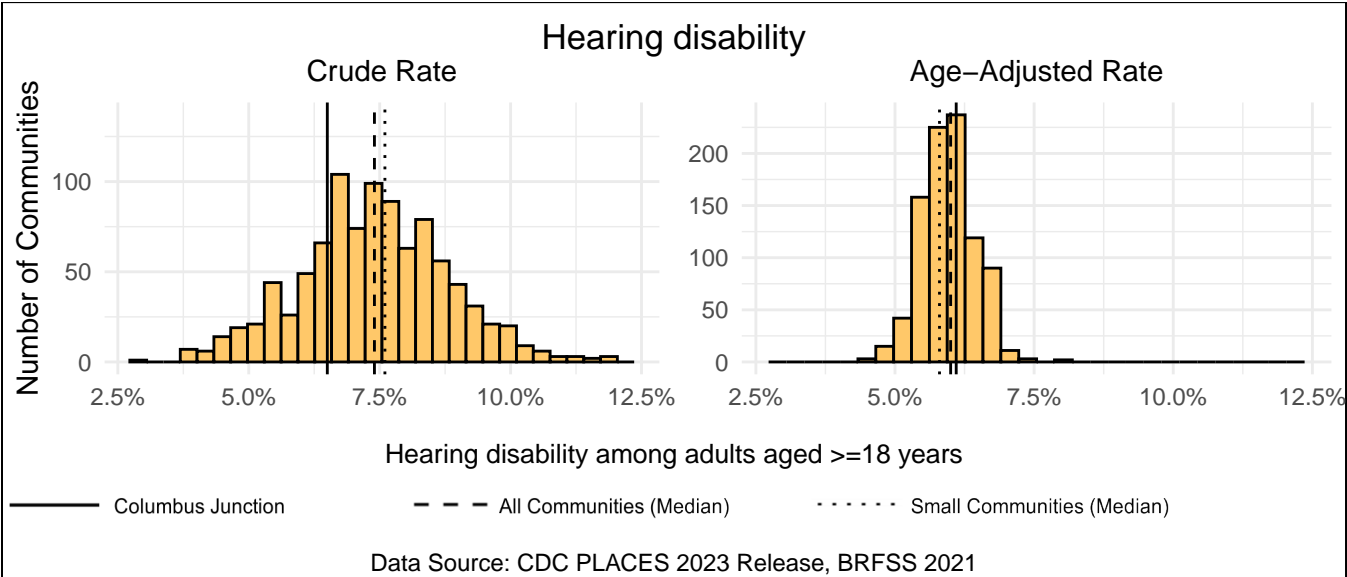
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Columbus Junction has a crude rate of 6.5% for hearing disability among adults aged ≥ 18 years, which ranks 232nd out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Columbus Junction is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

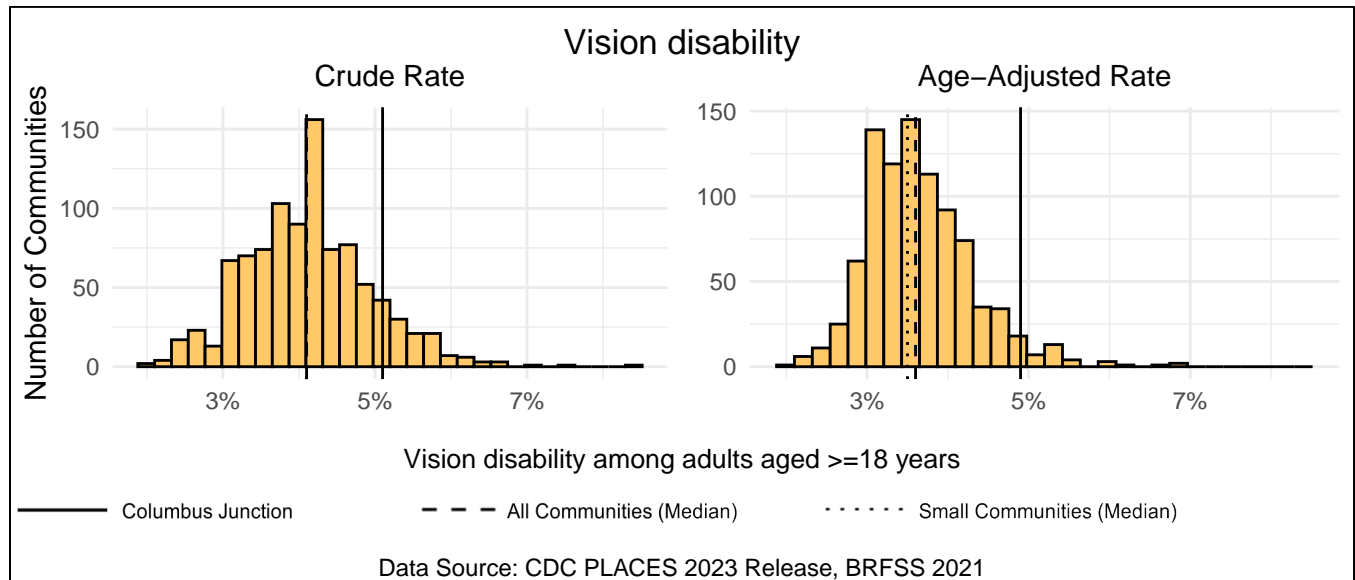
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	6.5%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%



Vision disability

Columbus Junction has a crude rate of 5.1% for vision disability among adults aged ≥ 18 years, which ranks 844th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Columbus Junction is 4.9%, which ranks 867th out of 905 Iowa communities (135th out of 138 small communities).

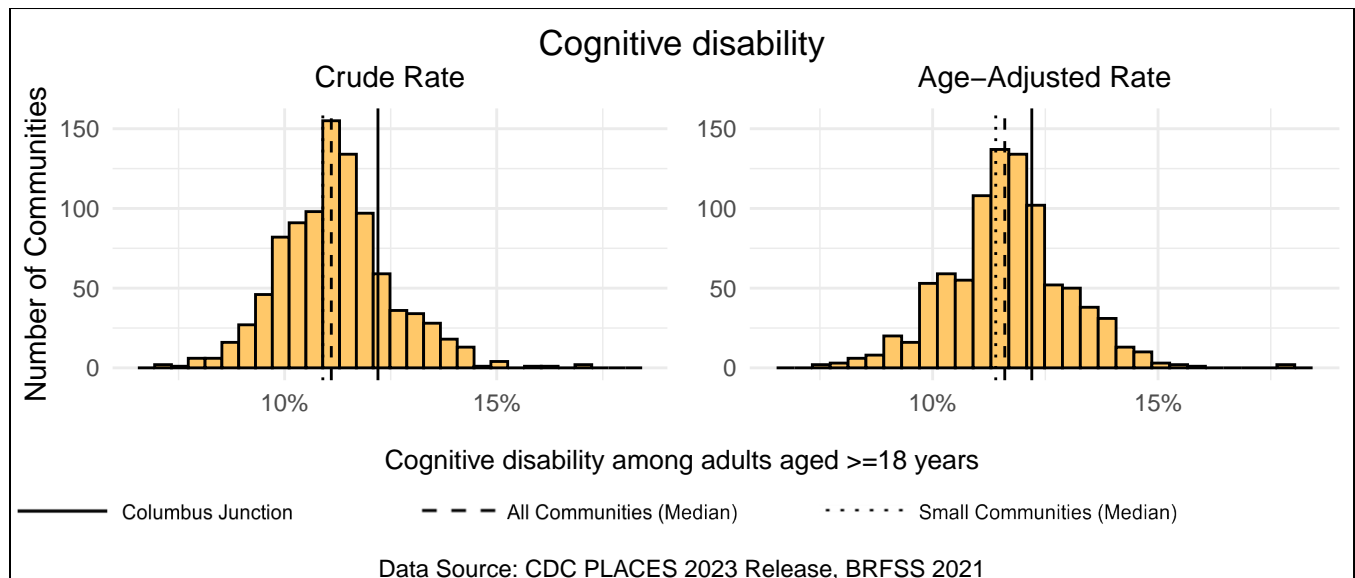
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	5.1%	4.1%	4.1%
Age-Adjusted	4.9%	3.6%	3.5%



Cognitive disability

Columbus Junction has a crude rate of 12.2% for cognitive disability among adults aged ≥ 18 years, which ranks 774th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Columbus Junction is 12.2%, which ranks 631st out of 905 Iowa communities (102nd out of 138 small communities).

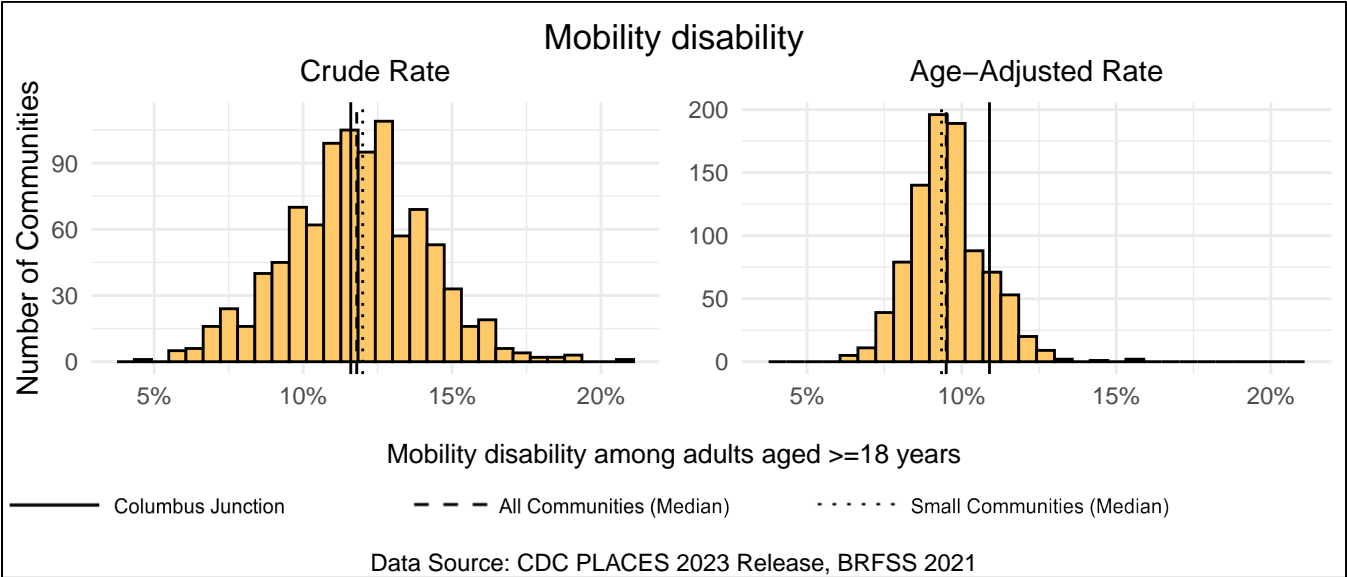
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	12.2%	11.1%	10.9%
Age-Adjusted	12.2%	11.6%	11.4%



Mobility disability

Columbus Junction has a crude rate of 11.6% for mobility disability among adults aged ≥ 18 years, which ranks 437th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Columbus Junction is 10.9%, which ranks 771st out of 905 Iowa communities (125th out of 138 small communities).

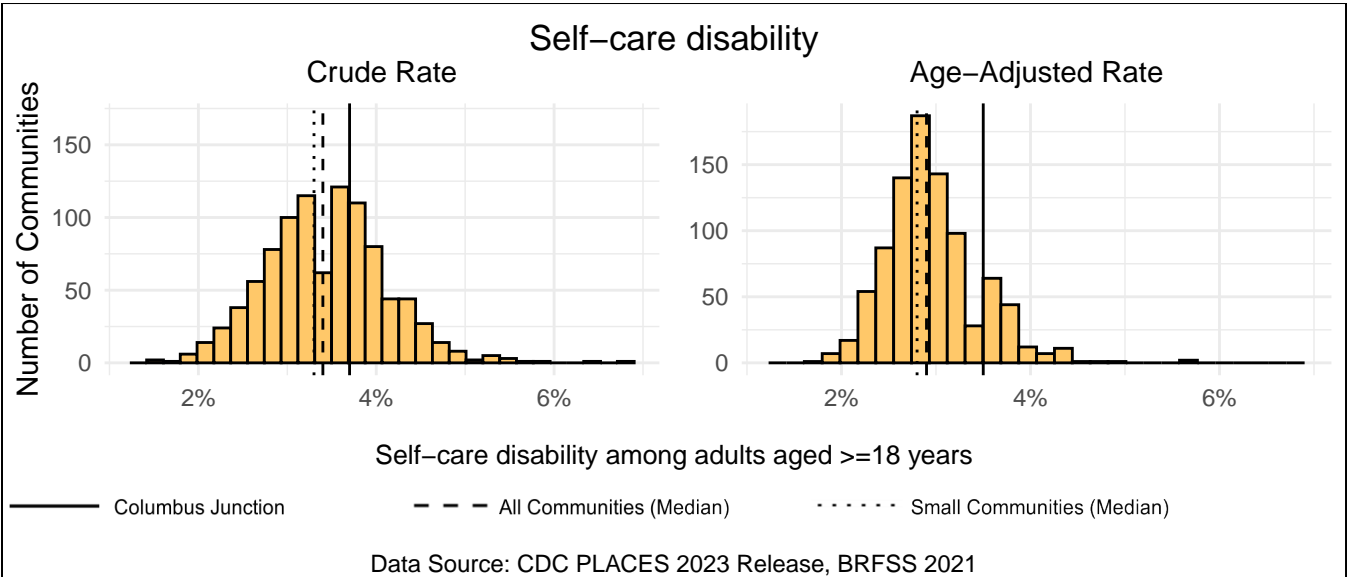
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	11.6%	11.8%	12.0%
Age-Adjusted	10.9%	9.5%	9.4%



Self-care disability

Columbus Junction has a crude rate of 3.7% for self-care disability among adults aged ≥ 18 years, which ranks 618th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Columbus Junction is 3.5%, which ranks 763rd out of 905 Iowa communities (125th out of 138 small communities).

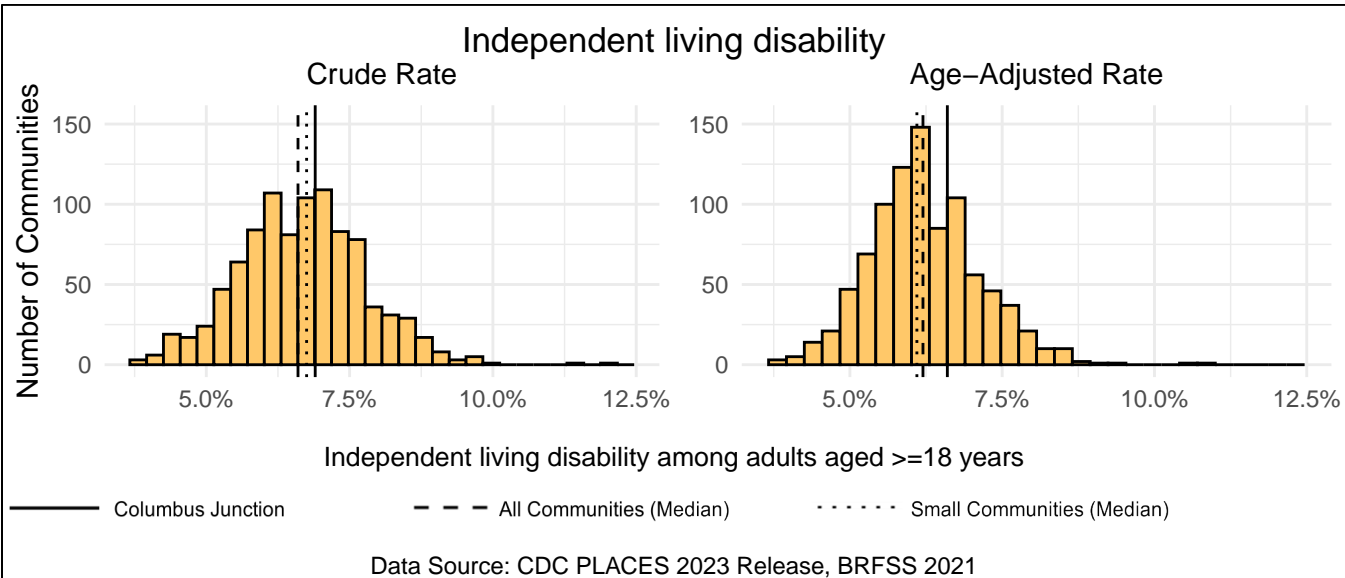
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	3.7%	3.4%	3.3%
Age-Adjusted	3.5%	2.9%	2.8%



Independent living disability

Columbus Junction has a crude rate of 6.9% for independent living disability among adults aged ≥ 18 years, which ranks 557th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Columbus Junction is 6.6%, which ranks 616th out of 905 Iowa communities (101st out of 138 small communities).

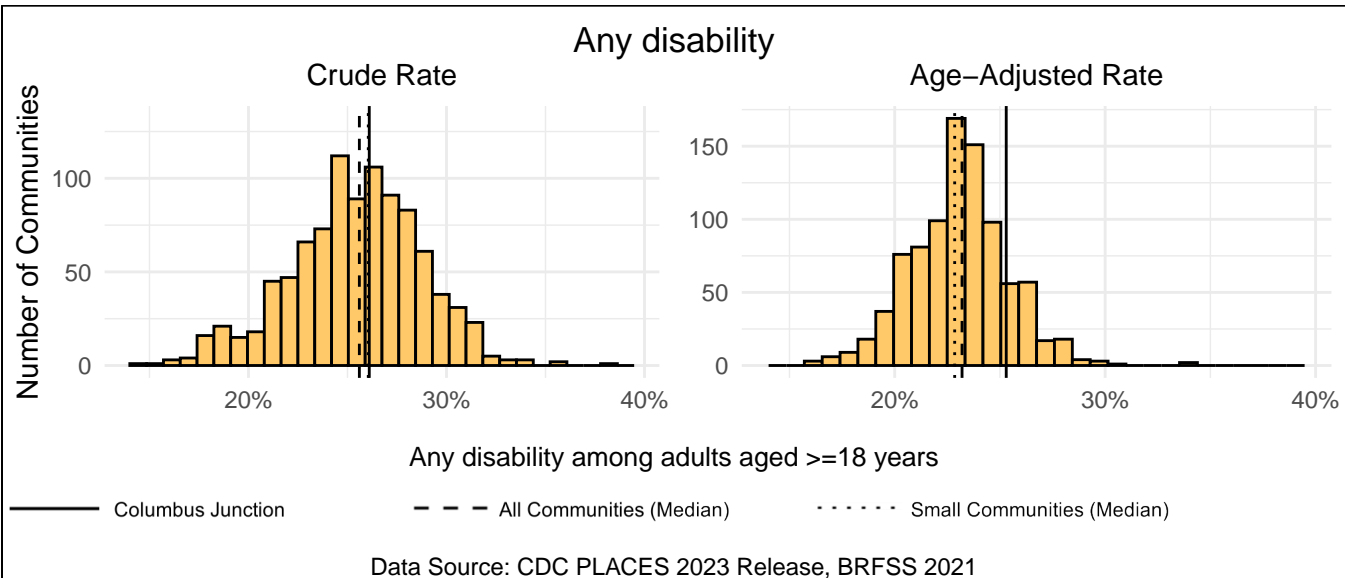
Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	6.9%	6.6%	6.8%
Age-Adjusted	6.6%	6.2%	6.1%



Any disability

Columbus Junction has a crude rate of 26.1% for any disability among adults aged ≥ 18 years, which ranks 534th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Columbus Junction is 25.3%, which ranks 758th out of 905 Iowa communities (124th out of 138 small communities).

Measure Type	Columbus Junction	All Comm.	Small Comm.
Crude	26.1%	25.6%	26.0%
Age-Adjusted	25.3%	23.2%	22.8%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Columbus Junction PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	468	10.8% (9.2% - 12.5%)	727	10.5% (9.0% - 12.2%)
Health Status	General Health	843	16.8% (14.1% - 19.8%)	872	16.3% (13.7% - 19.1%)
Health Status	Mental Health	291	13.8% (11.9% - 15.9%)	57	14.0% (12.1% - 16.1%)
Health Risk Behaviors	Sleep <7 hours	809	31.9% (30.7% - 33.3%)	706	32.2% (30.9% - 33.4%)
Health Risk Behaviors	Physical Inactivity	881	30.2% (25.3% - 35.6%)	887	29.7% (25.1% - 35.1%)
Health Risk Behaviors	Current Smoking	286	15.9% (12.9% - 19.2%)	204	16.1% (13.2% - 19.4%)
Health Risk Behaviors	Binge Drinking	511	19.7% (16.4% - 23.4%)	58	20.3% (16.9% - 24.2%)
Health Outcomes	Arthritis	86	22.6% (19.2% - 26.2%)	79	21.4% (18.2% - 24.9%)
Health Outcomes	High Cholesterol	135	33.3% (29.0% - 37.9%)	501	29.9% (25.7% - 34.4%)
Health Outcomes	High Blood Pressure	193	29.1% (25.3% - 33.1%)	602	27.9% (24.3% - 31.8%)
Health Outcomes	All Teeth Lost	803	15.2% (9.2% - 22.0%)	765	14.9% (9.5% - 21.0%)
Health Outcomes	Cancer (except skin)	66	6.3% (5.7% - 7.0%)	1	5.9% (5.3% - 6.6%)
Health Outcomes	Diabetes	629	10.7% (9.1% - 12.4%)	883	10.2% (8.7% - 11.9%)
Health Outcomes	Chronic Kidney Disease	310	3.0% (2.7% - 3.3%)	762	2.8% (2.6% - 3.2%)
Health Outcomes	Stroke	280	3.0% (2.5% - 3.4%)	714	2.8% (2.4% - 3.2%)
Health Outcomes	Depression	34	16.0% (13.0% - 19.3%)	7	16.1% (13.3% - 19.3%)
Health Outcomes	COPD	155	6.2% (5.1% - 7.4%)	260	5.9% (4.9% - 7.2%)
Health Outcomes	Obesity	877	41.0% (33.8% - 48.6%)	845	41.1% (34.1% - 48.5%)
Health Outcomes	Current Asthma	80	8.9% (7.9% - 10.1%)	45	8.9% (7.8% - 10.1%)
Health Outcomes	Coronary Heart Disease	199	5.5% (4.8% - 6.4%)	511	5.1% (4.4% - 5.9%)
Prevention	Annual Checkup	751	73.7% (68.7% - 78.2%)	333	72.9% (67.9% - 77.8%)
Prevention	Core preventive services for older women	814	35.1% (27.6% - 43.6%)	717	37.5% (29.9% - 45.4%)
Prevention	Colorectal Cancer Screening	848	68.6% (65.6% - 71.6%)	813	68.5% (65.5% - 71.5%)
Prevention	Cervical Cancer Screening	656	82.5% (80.2% - 84.7%)	657	82.4% (80.2% - 84.6%)
Prevention	Cholesterol Screening	805	80.2% (76.8% - 83.4%)	364	79.4% (75.8% - 82.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Dental Visit	817	63.1% (59.5% - 66.6%)	748	62.9% (59.4% - 66.2%)
Prevention	Core preventive services for older men	541	43.0% (34.3% - 51.8%)	496	43.1% (34.2% - 51.5%)
Prevention	Mammography	573	75.7% (71.7% - 79.5%)	499	73.6% (69.1% - 77.6%)
Prevention	Health Insurance	953	16.0% (12.7% - 19.5%)	901	16.5% (12.9% - 20.3%)
Prevention	Taking BP Medication	774	77.0% (73.6% - 80.2%)	179	59.6% (54.7% - 64.4%)
Disability	Mobility Disability	437	11.6% (9.7% - 13.7%)	771	10.9% (9.2% - 12.9%)
Disability	Cognitive Disability	774	12.2% (10.4% - 14.3%)	631	12.2% (10.3% - 14.2%)
Disability	Self-care Disability	618	3.7% (3.1% - 4.3%)	763	3.5% (3.0% - 4.1%)
Disability	Any Disability	534	26.1% (22.2% - 30.3%)	758	25.3% (21.8% - 29.2%)
Disability	Vision Disability	844	5.1% (4.4% - 6.1%)	867	4.9% (4.2% - 5.8%)
Disability	Hearing Disability	232	6.5% (5.7% - 7.3%)	544	6.1% (5.3% - 6.9%)
Disability	Independent Living Disability	557	6.9% (5.9% - 8.1%)	616	6.6% (5.7% - 7.8%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

Appendix 3: Small Communities (1,000-2,499)

Columbus Junction falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		