



## 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 Council Bluffs: Overview

Dear Community Members & Stakeholders of Council Bluffs,

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 Council Bluffs ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Council Bluffs'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 Council Bluffs. 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
High Cholesterol	119th	6th	Cancer (except skin)	74th	5th
Cancer (except skin)	126th	9th	Binge Drinking	230th	7th
Chronic Kidney Disease	241st	7th	High Cholesterol	301st	2nd
Arthritis	245th	10th	Taking BP Medication	330th	7th
Coronary Heart Disease	248th	9th	Depression	368th	5th

## 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
Cholesterol Screening	932nd	8th	Dental Visit	867th	11th
Mental Health	931st	7th	Any Disability	854th	10th
Dental Visit	919th	11th	Sleep <7 hours	840th	8th
Cognitive Disability	906th	6th	Mammography	839th	11th
Health Insurance	905th	8th	Health Insurance	837th	8th

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 Council Bluffs.

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

With a population of 62,670, Council Bluffs’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.



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

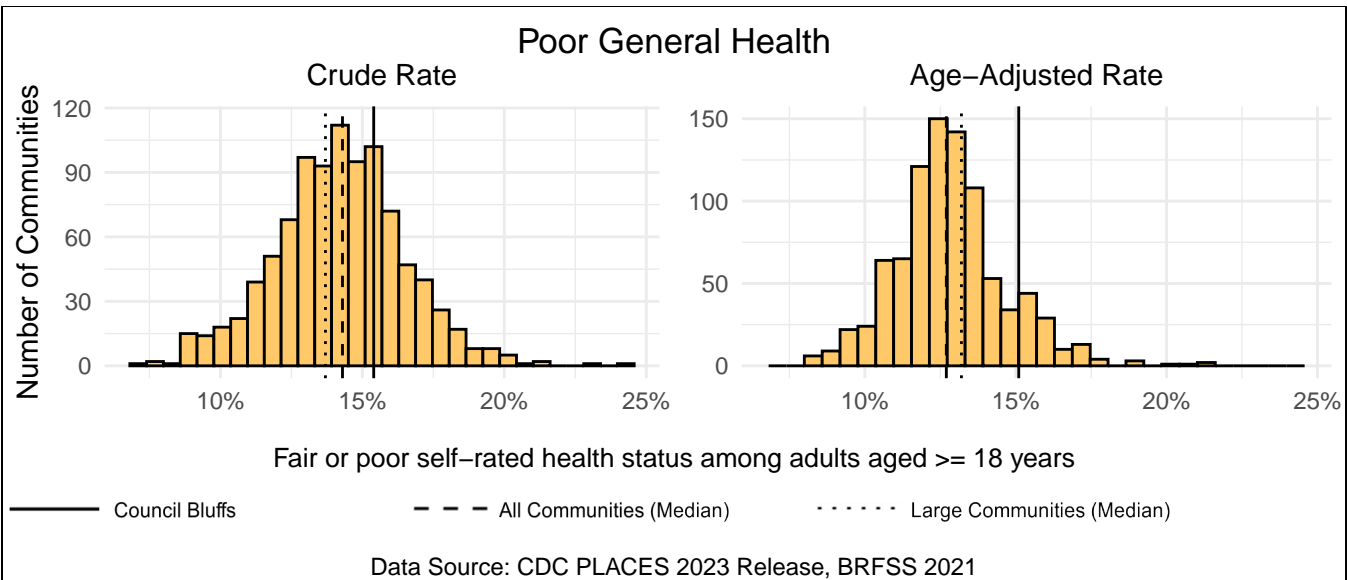
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Council Bluffs has a crude rate of 15.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 682nd out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 15.1%, which ranks 799th out of 905 Iowa communities (7th out of 11 large communities).

Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	15.4%	14.3%	13.7%
Age-Adjusted	15.1%	12.7%	13.2%

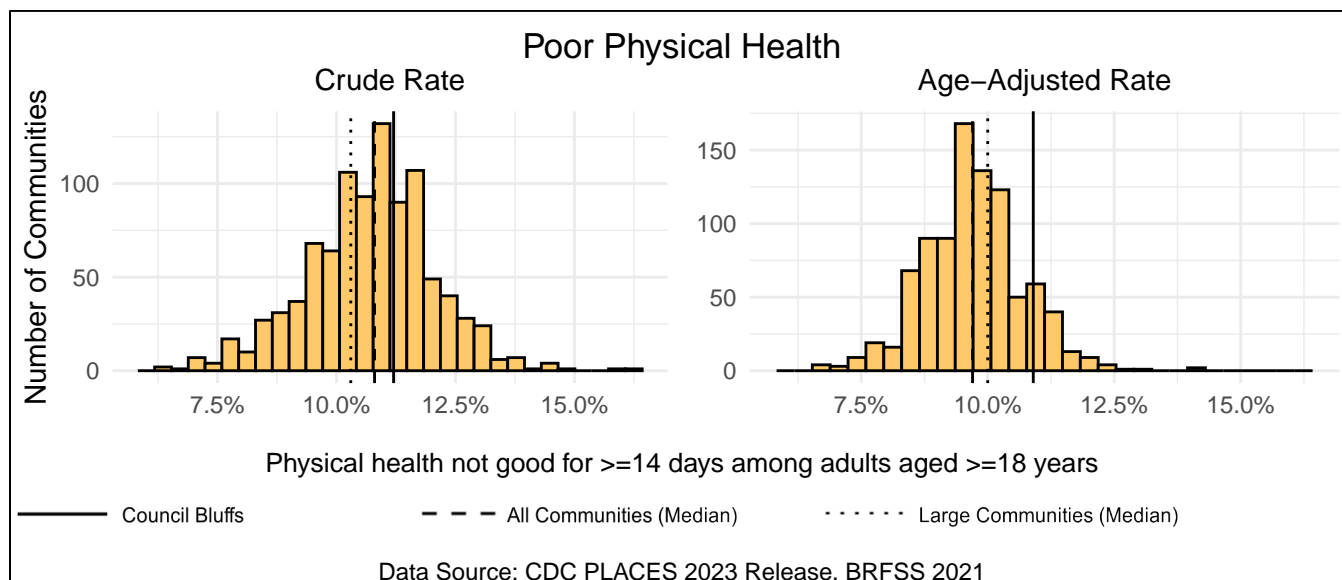




## Poor Physical Health

Council Bluffs has a crude rate of 11.2% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 600th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Council Bluffs is 10.9%, which ranks 795th out of 905 Iowa communities (9th out of 11 large communities).

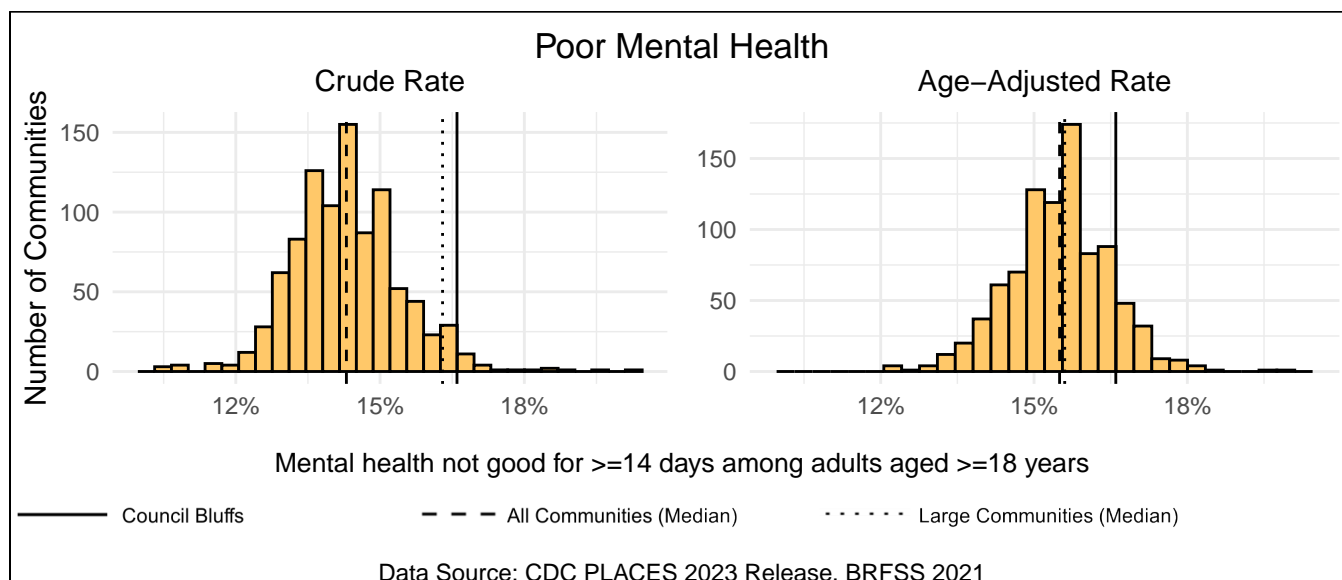
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	11.2%	10.8%	10.3%
Age-Adjusted	10.9%	9.7%	10.0%



## Poor Mental Health

Council Bluffs has a crude rate of 16.6% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 931st out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 16.6%, which ranks 792nd out of 905 Iowa communities (9th out of 11 large communities).

Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	16.6%	14.3%	16.3%
Age-Adjusted	16.6%	15.5%	15.6%



# Health Risk Behaviors

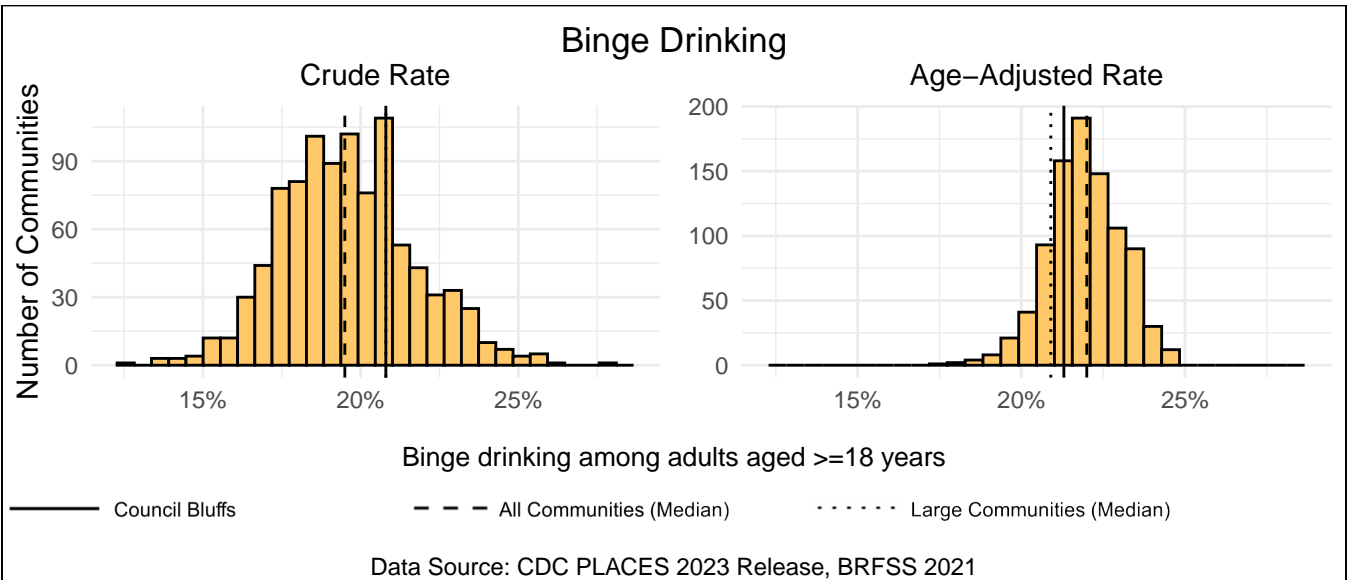
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Council Bluffs has a crude rate of 20.8% for binge drinking among adults aged  $\geq 18$  years, which ranks 706th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Council Bluffs is 21.3%, which ranks 230th out of 905 Iowa communities (7th out of 11 large communities).

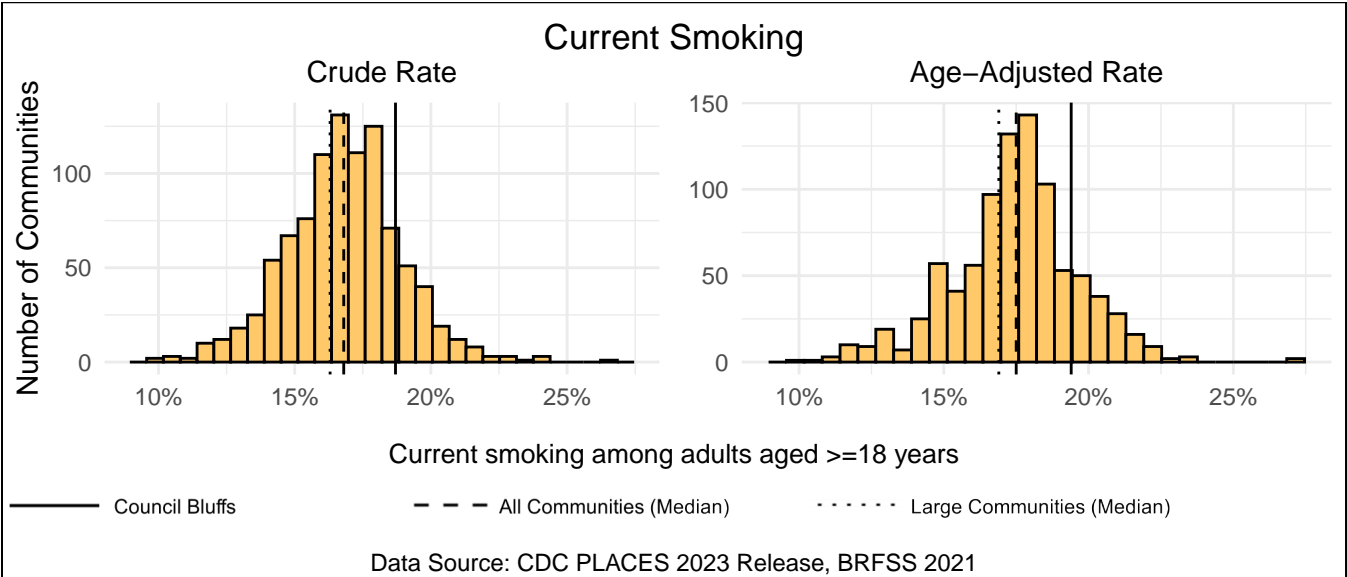
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	20.8%	19.5%	20.8%
Age-Adjusted	21.3%	22.0%	20.9%



## Current Smoking

Council Bluffs has a crude rate of 18.7% for current smoking among adults aged  $\geq 18$  years, which ranks 798th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 19.4%, which ranks 750th out of 905 Iowa communities (7th out of 11 large communities).

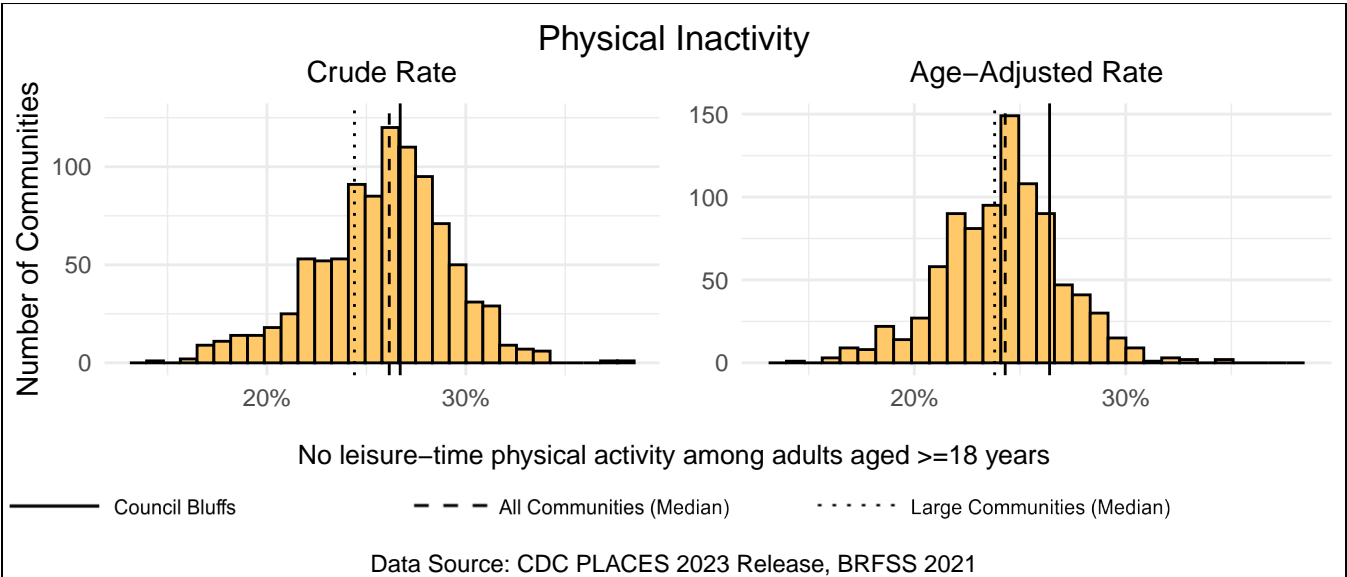
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	18.7%	16.8%	16.3%
Age-Adjusted	19.4%	17.5%	16.9%



## Physical Inactivity

Council Bluffs has a crude rate of 26.7% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 549th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Council Bluffs is 26.4%, which ranks 735th out of 905 Iowa communities (7th out of 11 large communities).

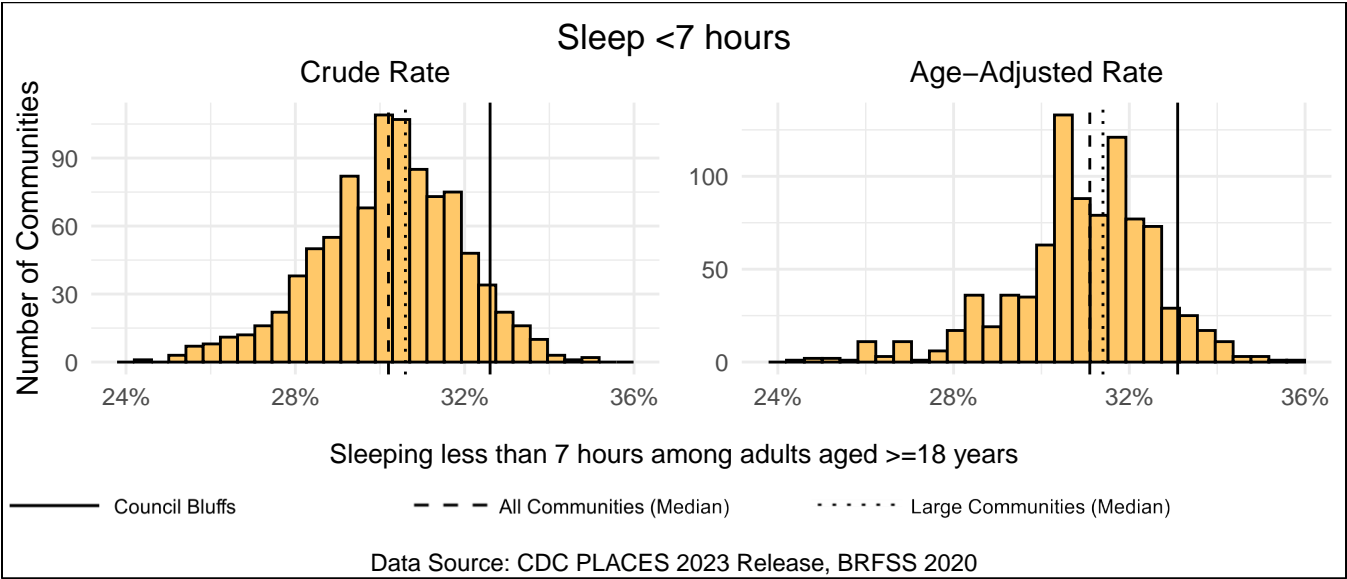
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	26.7%	26.1%	24.4%
Age-Adjusted	26.4%	24.3%	23.8%



**Sleep <7 hours**

Council Bluffs has a crude rate of 32.6% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 890th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Council Bluffs is 33.1%, which ranks 840th out of 905 Iowa communities (8th out of 11 large communities).

Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	32.6%	30.2%	30.6%
Age-Adjusted	33.1%	31.1%	31.4%



# Health Outcomes

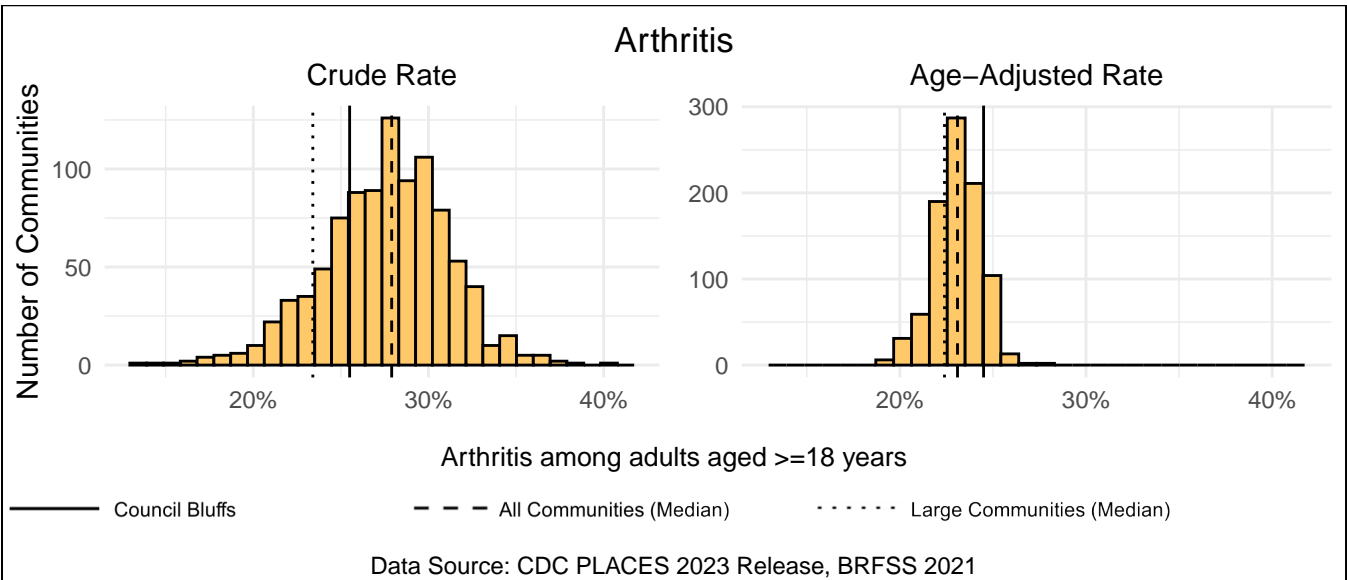
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Council Bluffs has a crude rate of 25.5% for arthritis among adults aged  $\geq 18$  years, which ranks 245th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Council Bluffs is 24.5%, which ranks 785th out of 905 Iowa communities (9th out of 11 large communities).

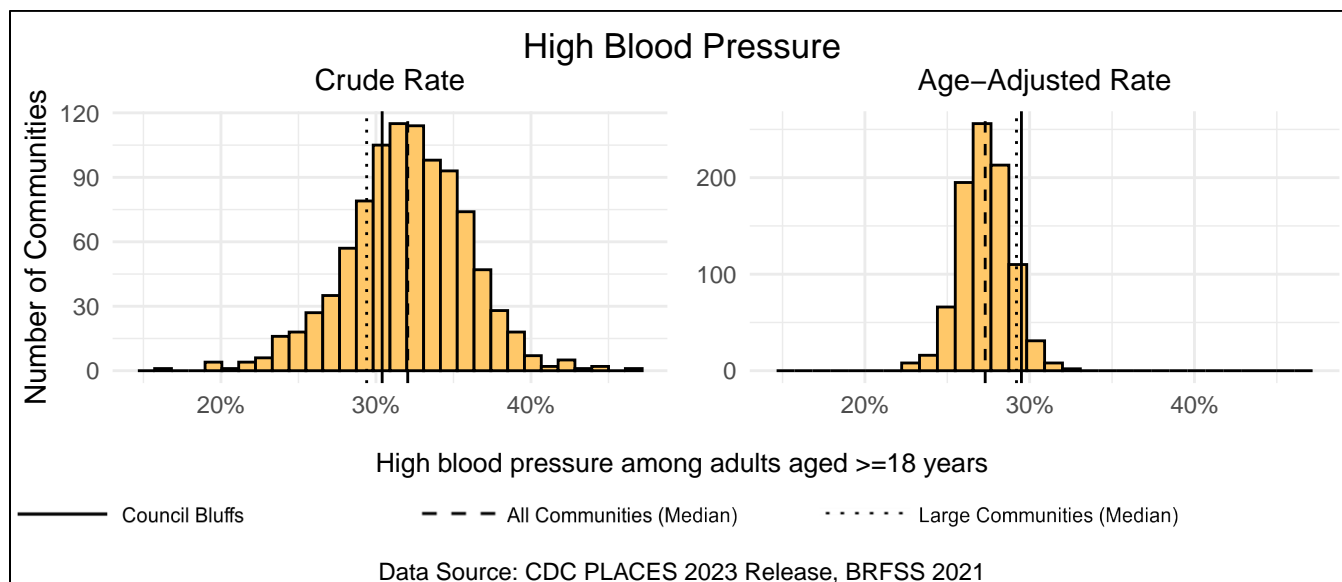
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	25.5%	27.9%	23.4%
Age-Adjusted	24.5%	23.1%	22.4%



## High Blood Pressure

Council Bluffs has a crude rate of 30.4% for high blood pressure among adults aged  $\geq 18$  years, which ranks 293rd out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Council Bluffs is 29.5%, which ranks 829th out of 905 Iowa communities (7th out of 11 large communities).

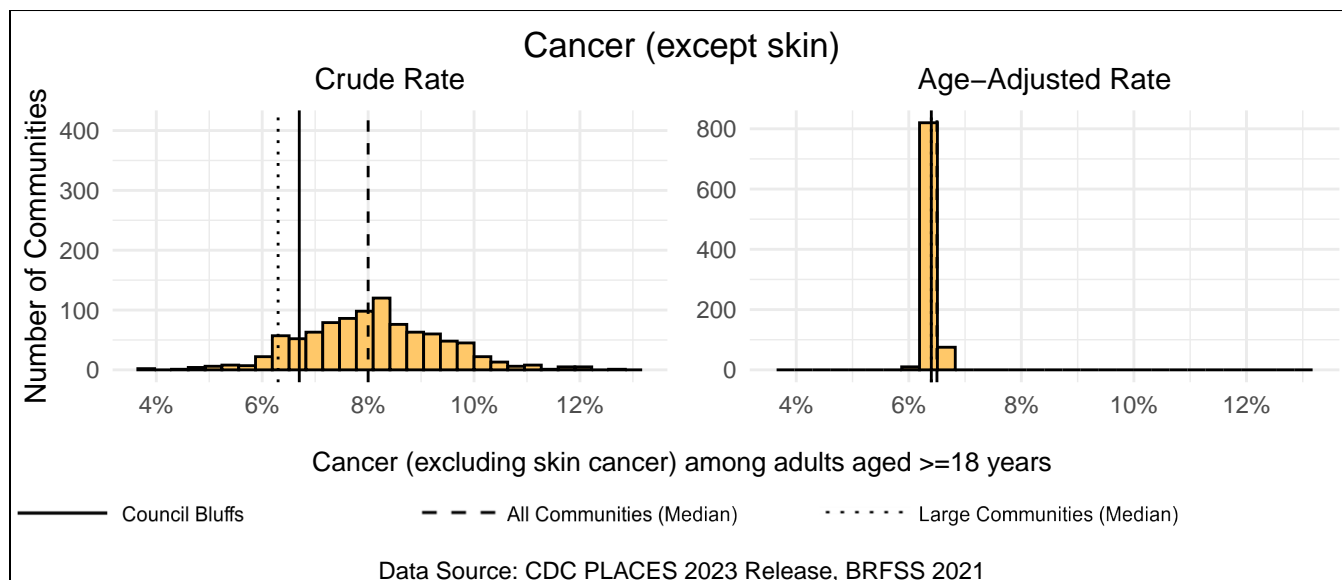
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	30.4%	32.0%	29.4%
Age-Adjusted	29.5%	27.3%	29.2%



## Cancer (except skin)

Council Bluffs has a crude rate of 6.7% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 126th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Council Bluffs is 6.4%, which ranks 74th out of 905 Iowa communities (5th out of 11 large communities).

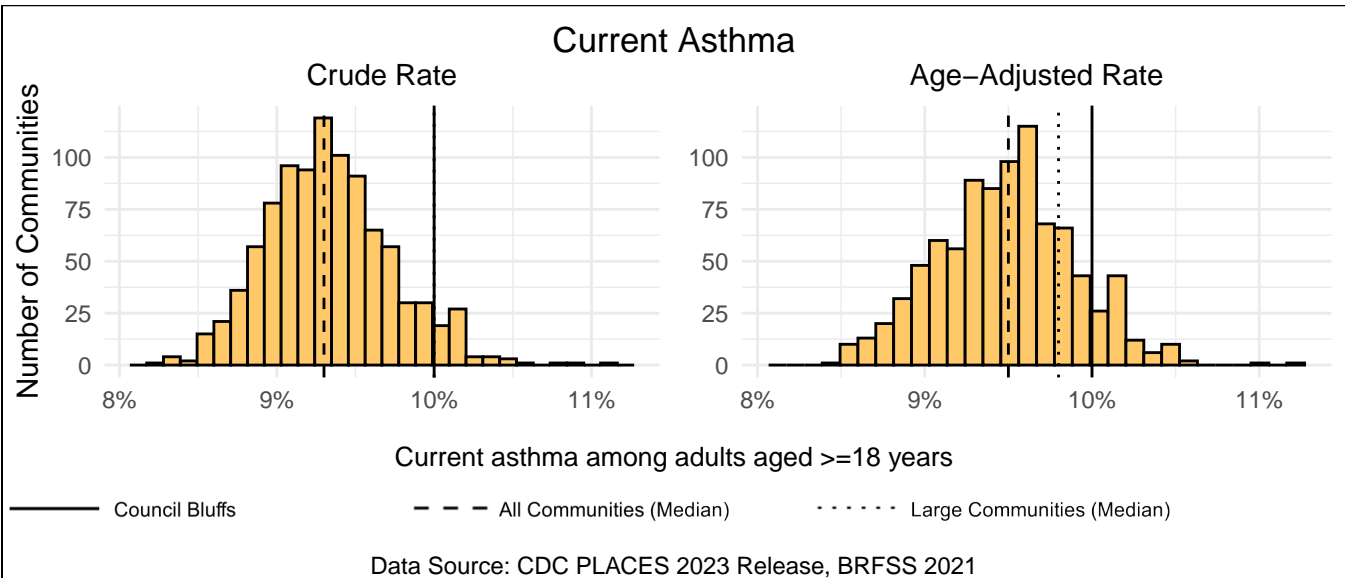
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	6.7%	8.0%	6.3%
Age-Adjusted	6.4%	6.5%	6.4%



## Current Asthma

Council Bluffs has a crude rate of 10.0% for current asthma among adults aged  $\geq 18$  years, which ranks 898th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Council Bluffs is 10.0%, which ranks 805th out of 905 Iowa communities (8th out of 11 large communities).

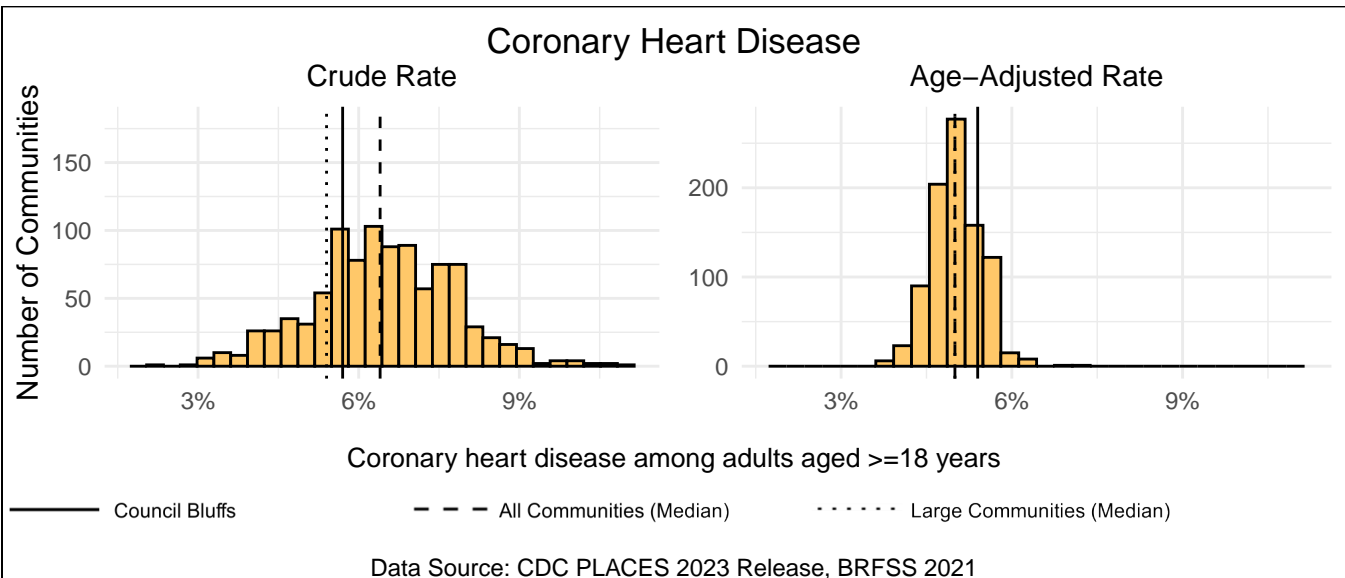
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	10.0%	9.3%	10.0%
Age-Adjusted	10.0%	9.5%	9.8%



## Coronary Heart Disease

Council Bluffs has a crude rate of 5.7% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 248th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Council Bluffs is 5.4%, which ranks 729th out of 905 Iowa communities (9th out of 11 large communities).

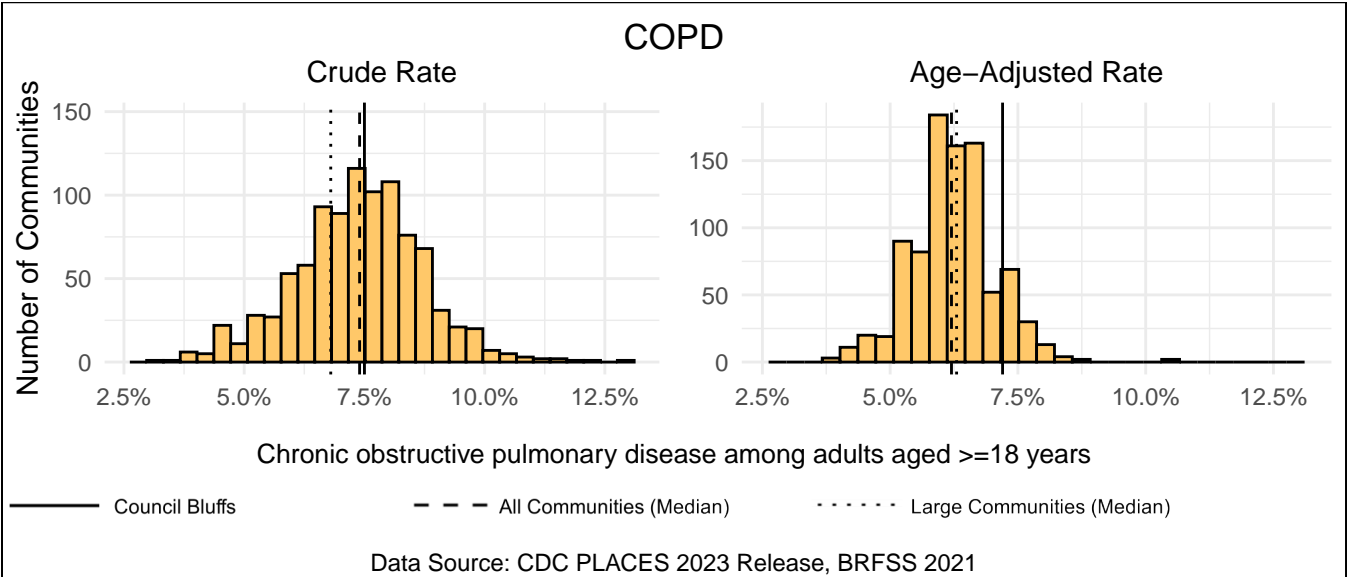
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	5.7%	6.4%	5.4%
Age-Adjusted	5.4%	5.0%	5.0%



# COPD

Council Bluffs has a crude rate of 7.5% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 483rd out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Council Bluffs is 7.2%, which ranks 786th out of 905 Iowa communities (9th out of 11 large communities).

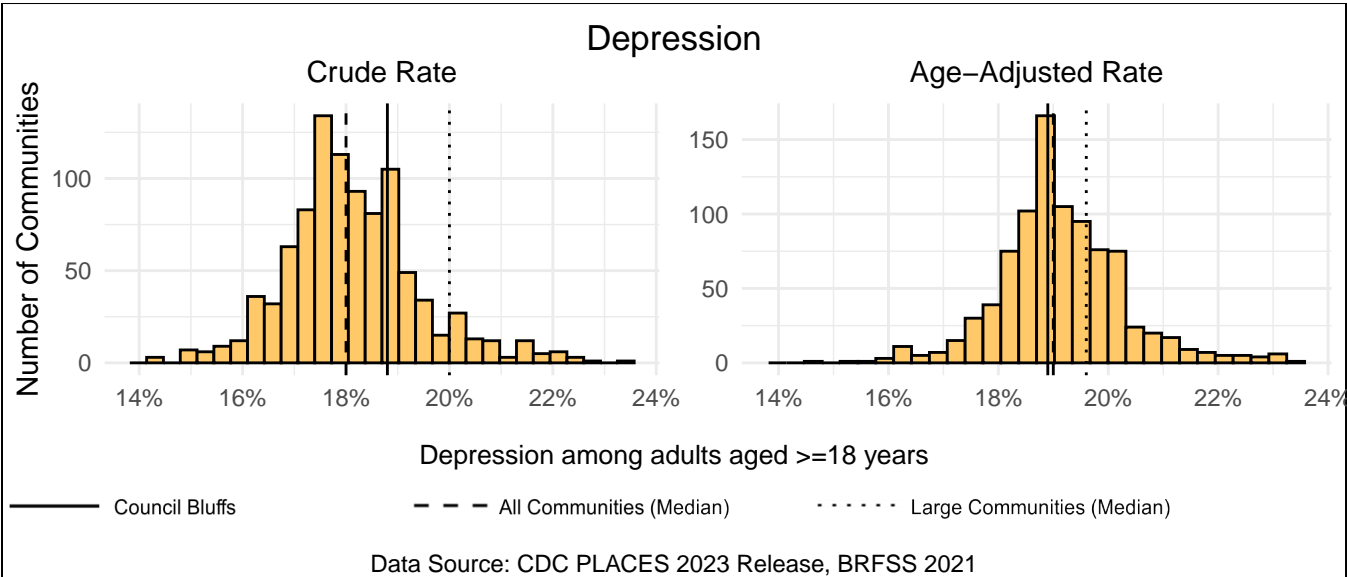
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	7.5%	7.4%	6.8%
Age-Adjusted	7.2%	6.2%	6.3%



# Depression

Council Bluffs has a crude rate of 18.8% for depression among adults aged  $\geq 18$  years, which ranks 708th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Council Bluffs is 18.9%, which ranks 368th out of 905 Iowa communities (5th out of 11 large communities).

Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	18.8%	18.0%	20.0%
Age-Adjusted	18.9%	19.0%	19.6%

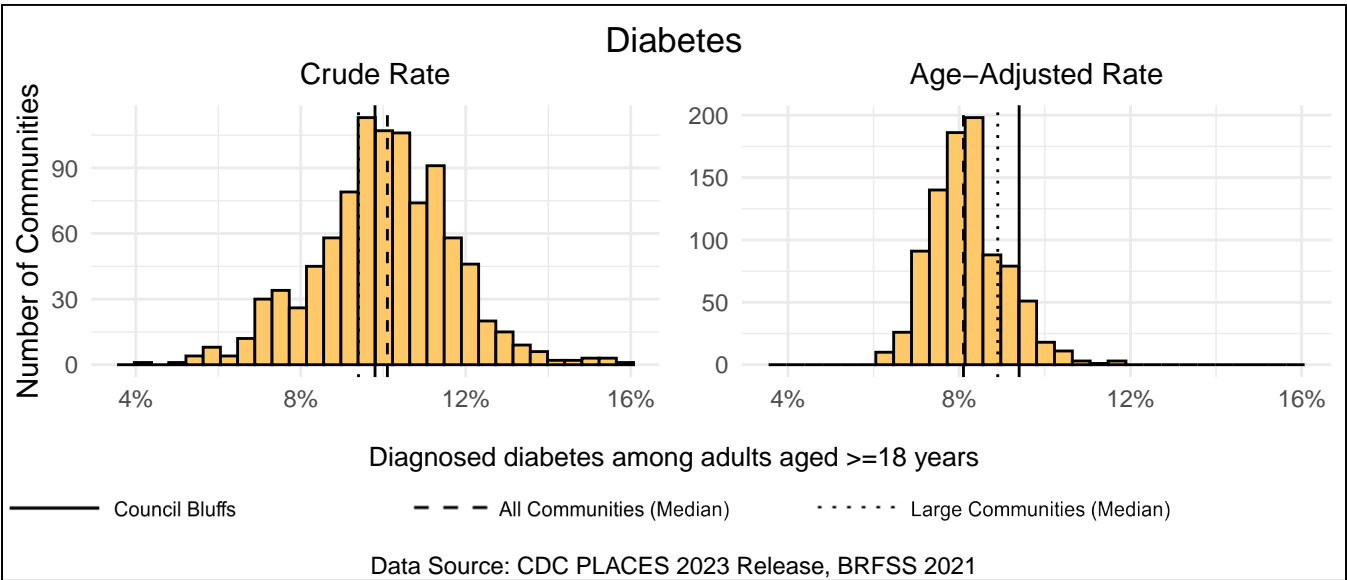




# Diabetes

Council Bluffs has a crude rate of 9.8% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 397th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Council Bluffs is 9.4%, which ranks 819th out of 905 Iowa communities (7th out of 11 large communities).

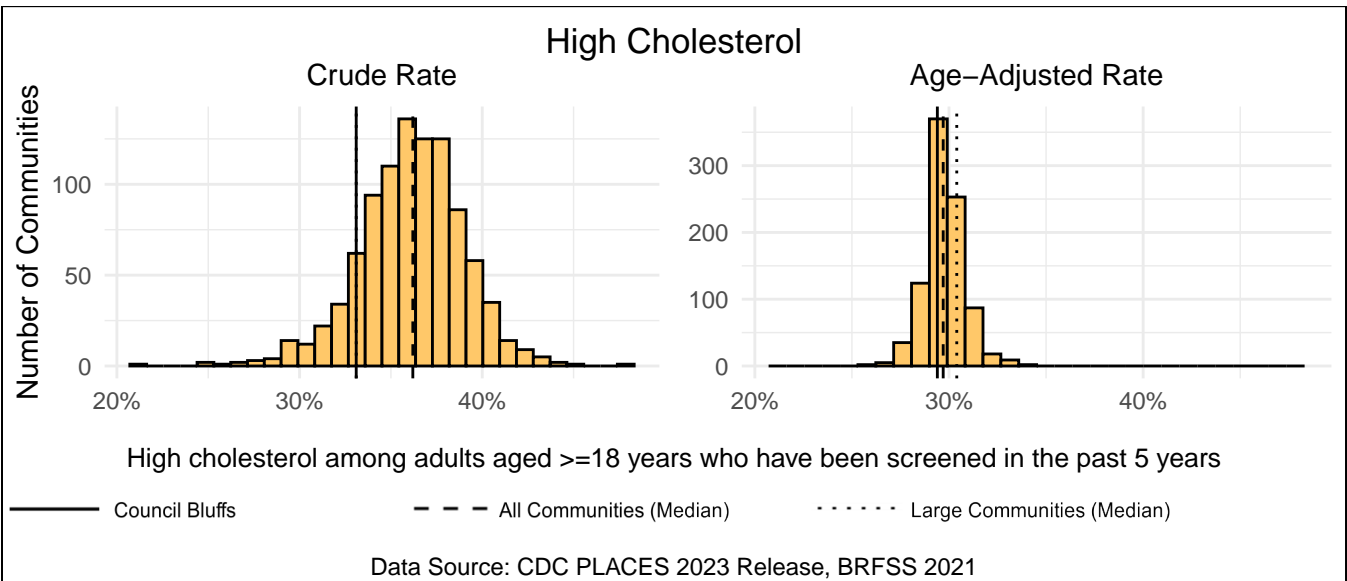
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	9.8%	10.1%	9.4%
Age-Adjusted	9.4%	8.1%	8.9%



# High Cholesterol

Council Bluffs has a crude rate of 33.1% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 119th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Council Bluffs is 29.4%, which ranks 301st out of 905 Iowa communities (2nd out of 11 large communities).

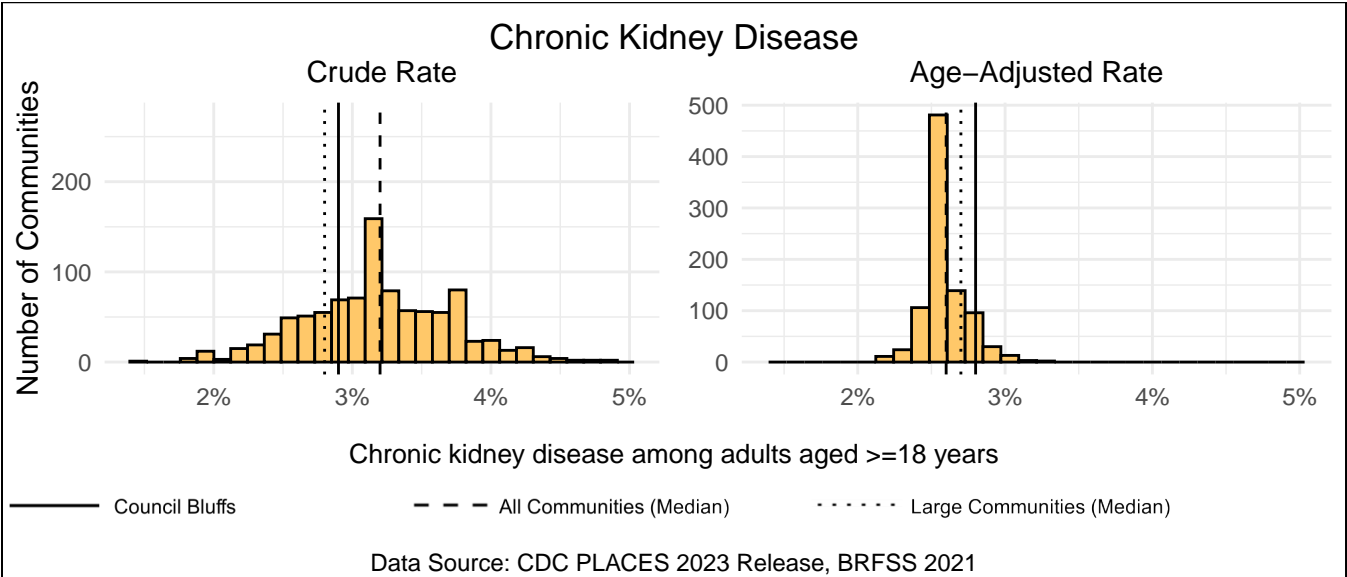
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	33.1%	36.2%	33.1%
Age-Adjusted	29.4%	29.7%	30.4%



# Chronic Kidney Disease

Council Bluffs has a crude rate of 2.9% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 241st out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 2.8%, which ranks 762nd out of 905 Iowa communities (7th out of 11 large communities).

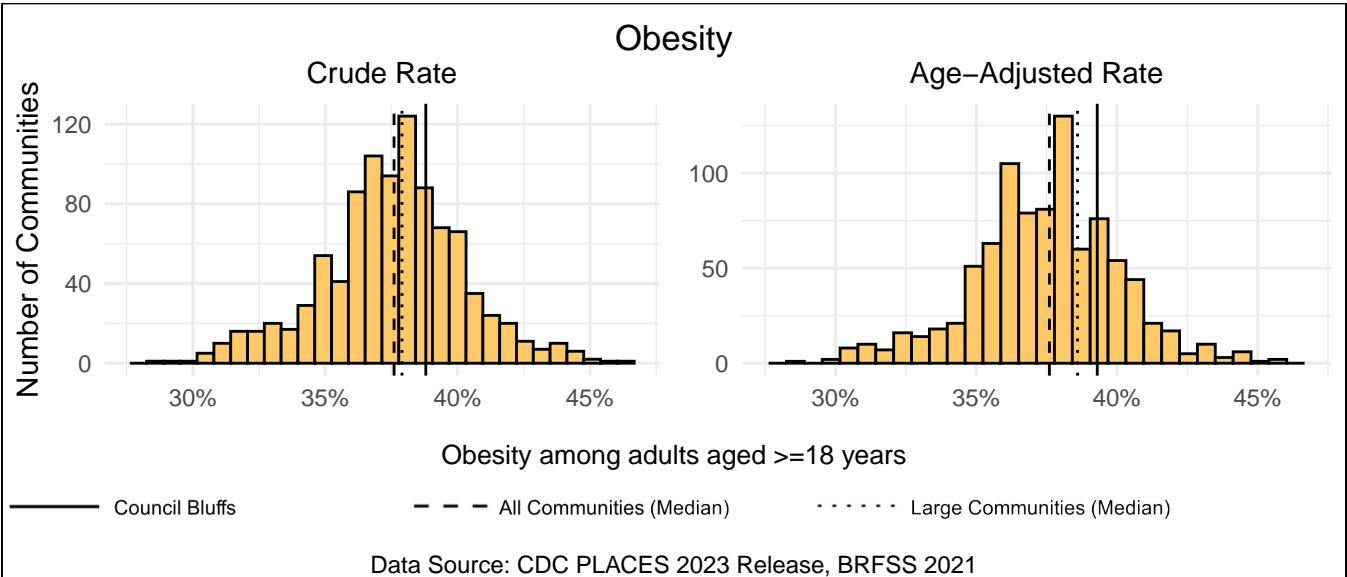
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	2.9%	3.2%	2.8%
Age-Adjusted	2.8%	2.6%	2.7%



# Obesity

Council Bluffs has a crude rate of 38.8% for obesity among adults aged  $\geq 18$  years, which ranks 666th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Council Bluffs is 39.3%, which ranks 688th out of 905 Iowa communities (9th out of 11 large communities).

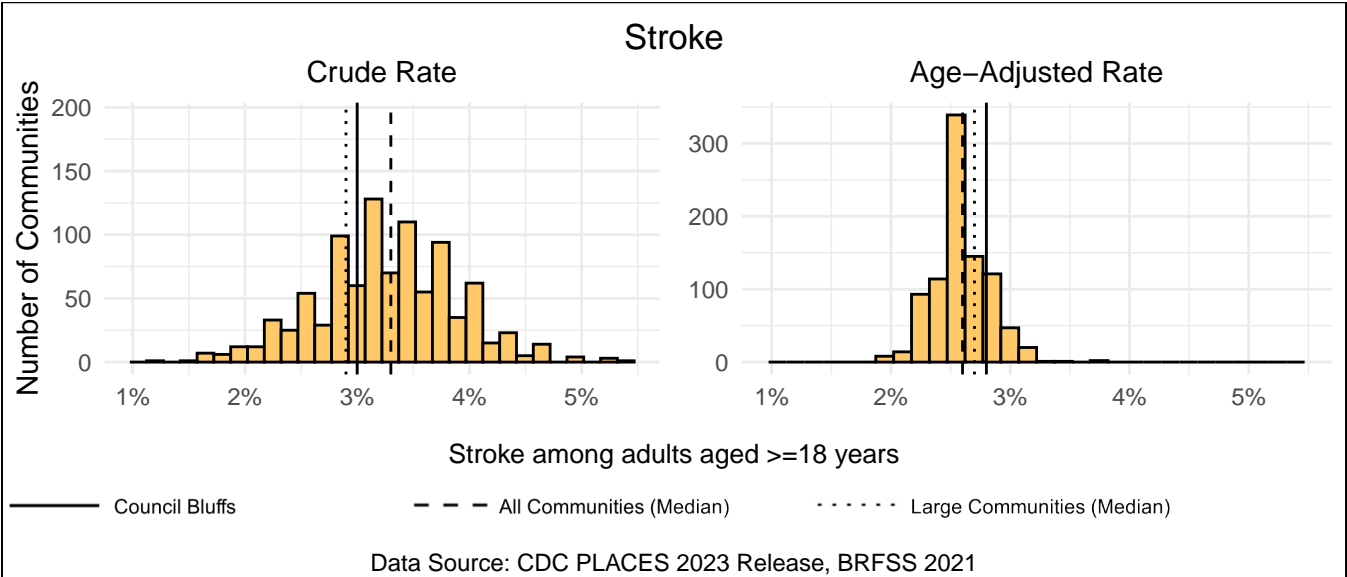
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	38.8%	37.6%	37.9%
Age-Adjusted	39.3%	37.6%	38.6%



# Stroke

Council Bluffs has a crude rate of 3.0% for stroke among adults aged  $\geq 18$  years, which ranks 280th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 2.8%, which ranks 714th out of 905 Iowa communities (7th out of 11 large communities).

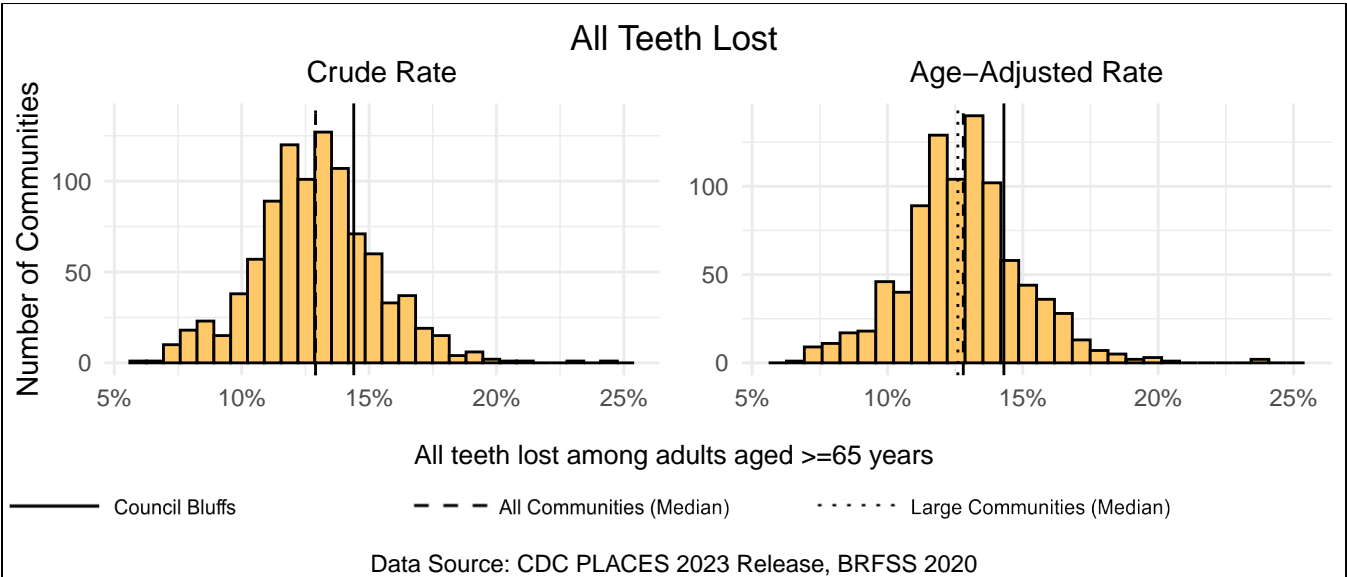
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	3.0%	3.3%	2.9%
Age-Adjusted	2.8%	2.6%	2.7%



# All Teeth Lost

Council Bluffs has a crude rate of 14.4% for all teeth lost among adults aged  $\geq 65$  years, which ranks 725th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 14.3%, which ranks 718th out of 905 Iowa communities (7th out of 11 large communities).

Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	14.4%	12.9%	12.9%
Age-Adjusted	14.3%	12.8%	12.6%



# Prevention

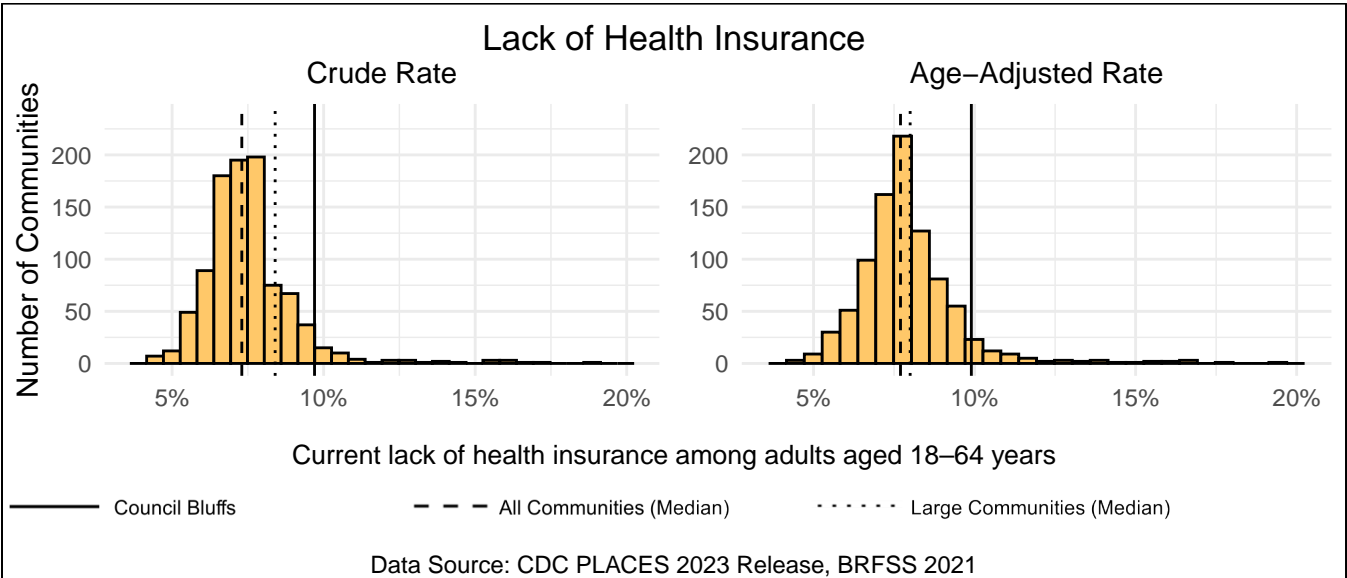
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Council Bluffs has a crude rate of 9.7% for current lack of health insurance among adults aged 18–64 years, which ranks 905th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Council Bluffs is 9.9%, which ranks 837th out of 905 Iowa communities (8th out of 11 large communities).

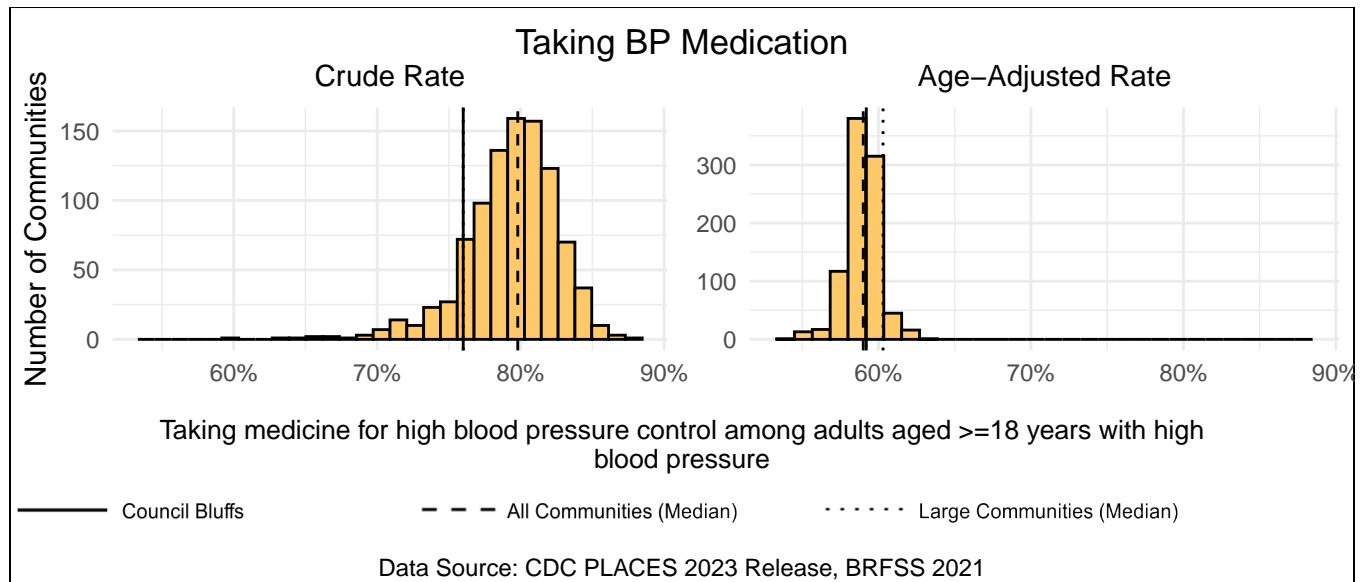
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	9.7%	7.3%	8.4%
Age-Adjusted	9.9%	7.7%	8.0%



## Taking BP Medication

Council Bluffs has a crude rate of 76.0% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 843rd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Council Bluffs is 59.2%, which ranks 330th out of 905 Iowa communities (7th out of 11 large communities).

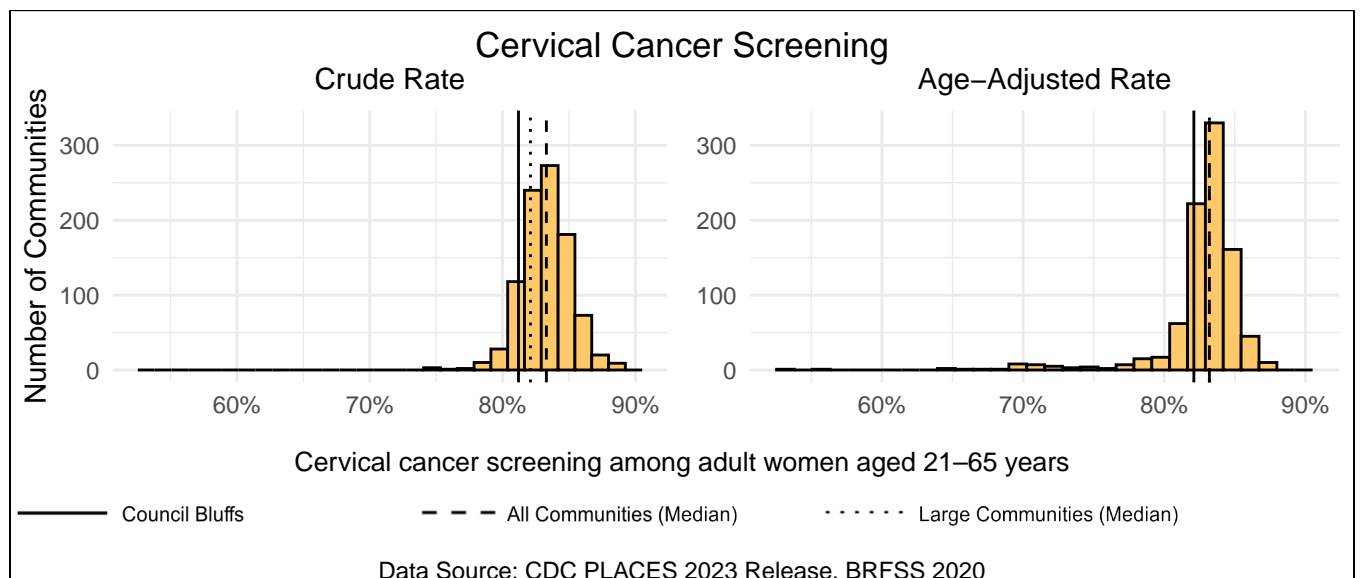
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	76.0%	79.8%	76.0%
Age-Adjusted	59.2%	59.0%	60.3%



## Cervical Cancer Screening

Council Bluffs has a crude rate of 81.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 849th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 82.1%, which ranks 700th out of 905 Iowa communities (9th out of 11 large communities).

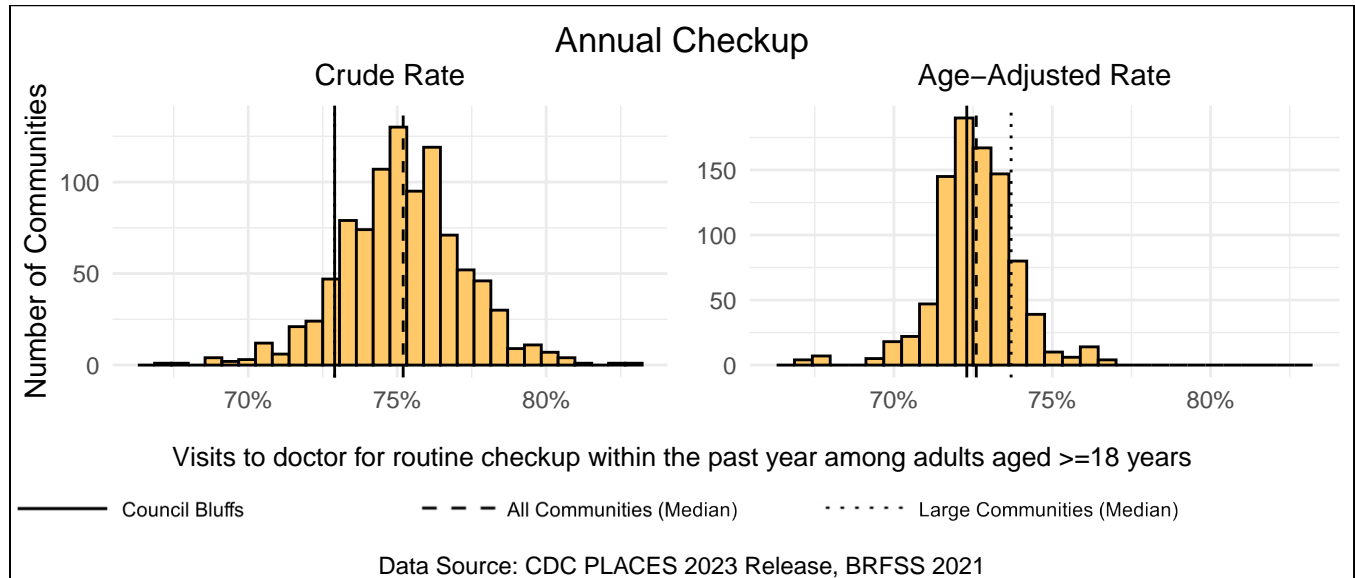
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	81.2%	83.3%	82.1%
Age-Adjusted	82.1%	83.2%	83.2%



## Annual Checkup

Council Bluffs has a crude rate of 72.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 848th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Council Bluffs is 72.3%, which ranks 530th out of 905 Iowa communities (10th out of 11 large communities).

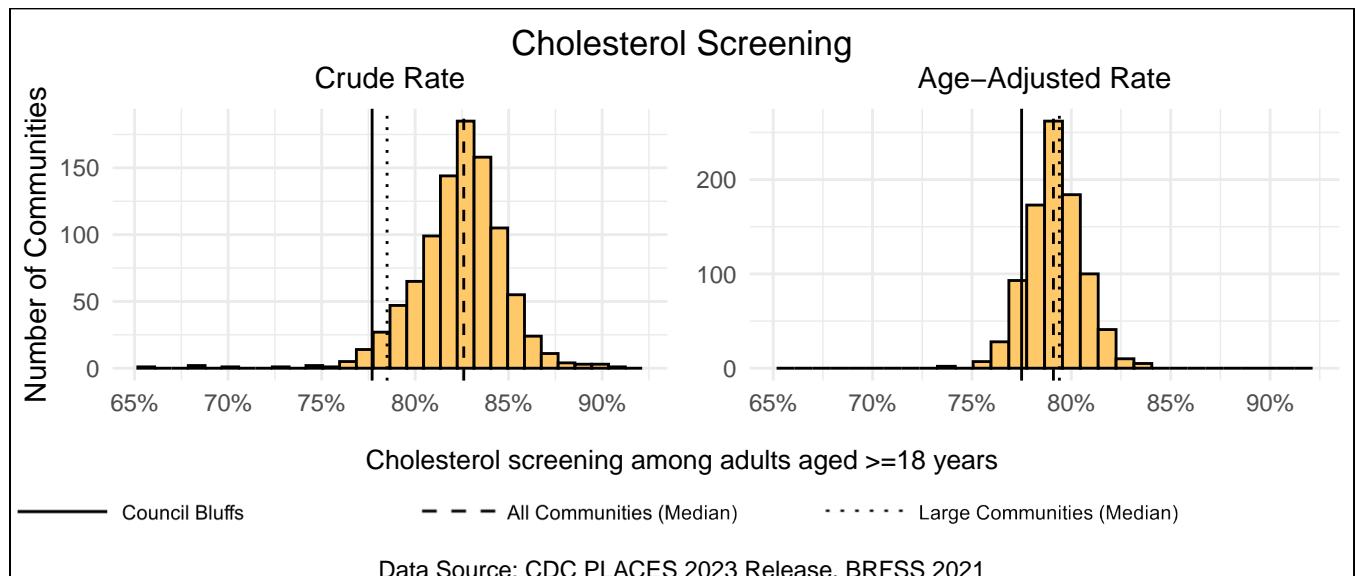
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	72.9%	75.2%	72.9%
Age-Adjusted	72.3%	72.6%	73.7%



## Cholesterol Screening

Council Bluffs has a crude rate of 77.7% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 932nd out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Council Bluffs is 77.5%, which ranks 805th out of 905 Iowa communities (10th out of 11 large communities).

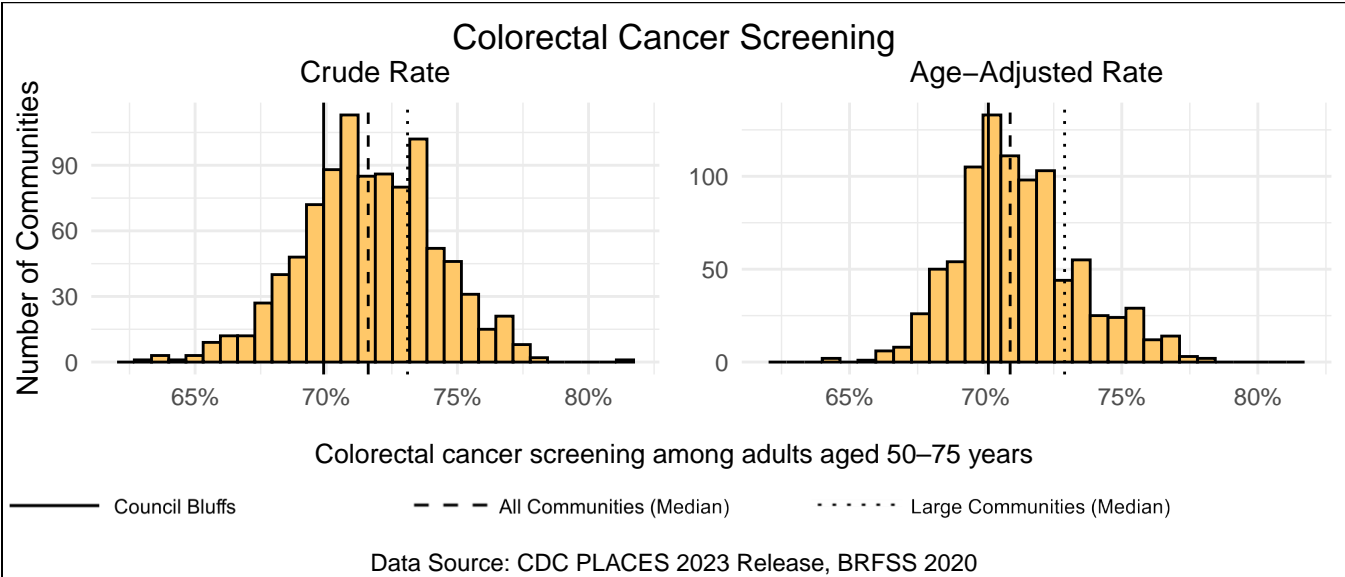
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	77.7%	82.6%	78.5%
Age-Adjusted	77.5%	79.1%	79.4%



## Colorectal Cancer Screening

Council Bluffs has a crude rate of 69.9% for colorectal cancer screening among adults aged 50–75 years, which ranks 731st out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Council Bluffs is 70.1%, which ranks 597th out of 905 Iowa communities (10th out of 11 large communities).

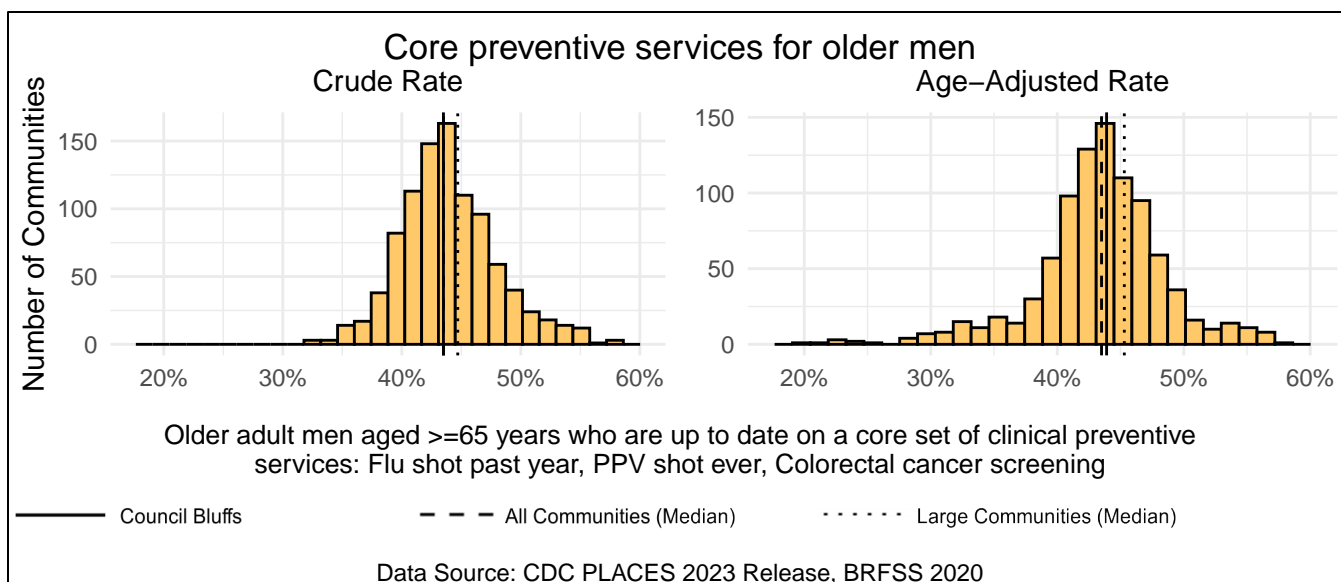
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	69.9%	71.6%	73.1%
Age-Adjusted	70.1%	70.9%	72.9%



## Core preventive services for older men

Council Bluffs has a crude rate of 43.5% 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 475th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Council Bluffs is 43.9%, which ranks 407th out of 905 Iowa communities (8th out of 11 large communities).

Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	43.5%	43.5%	44.7%
Age-Adjusted	43.9%	43.5%	45.3%

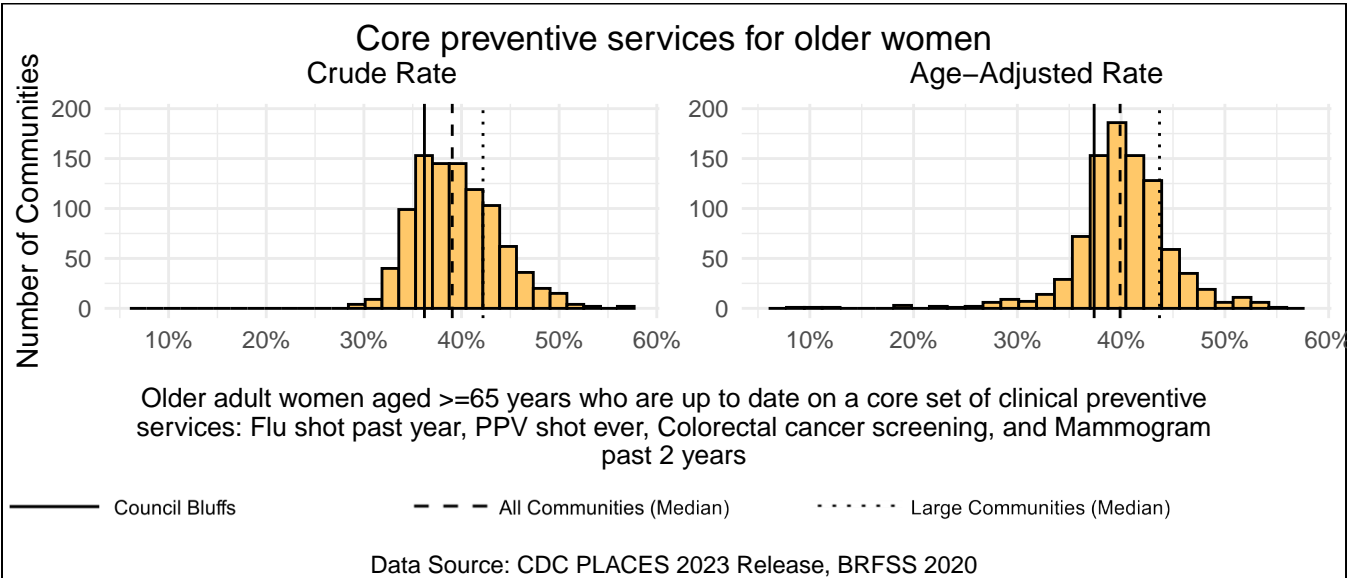




### Core preventive services for older women

Council Bluffs has a crude rate of 36.2% 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 736th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Council Bluffs is 37.4%, which ranks 724th out of 905 Iowa communities (11th out of 11 large communities).

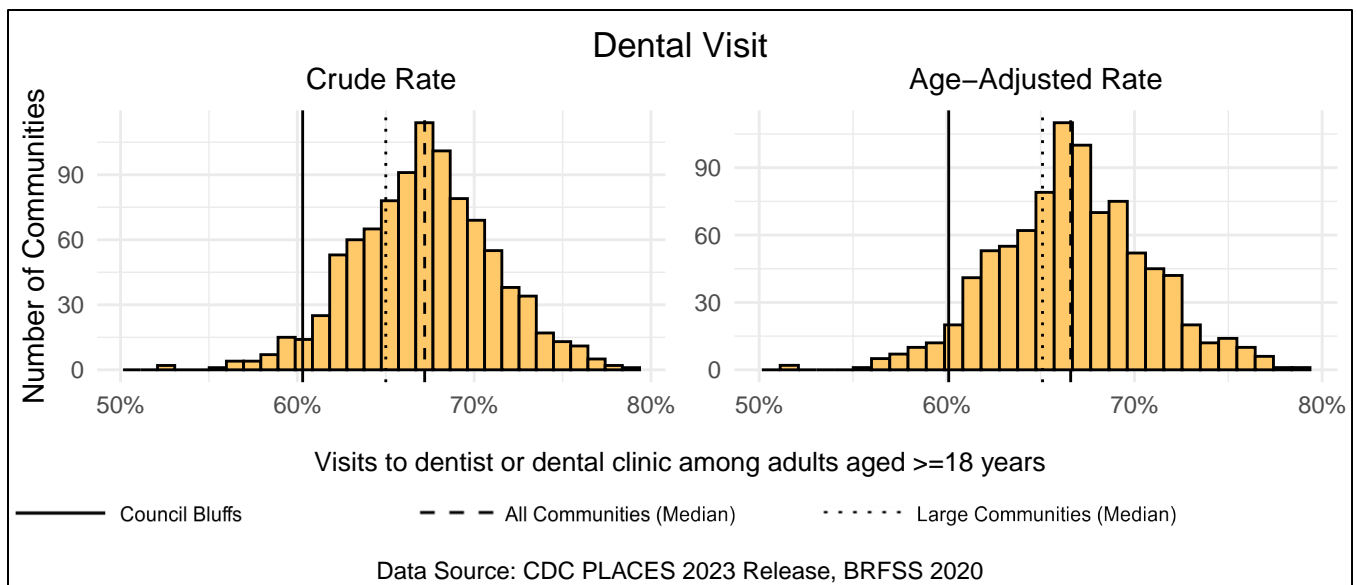
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	36.2%	39.0%	42.2%
Age-Adjusted	37.4%	39.9%	43.7%



### Dental Visit

Council Bluffs has a crude rate of 60.3% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 919th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Council Bluffs is 60.1%, which ranks 867th out of 905 Iowa communities (11th out of 11 large communities).

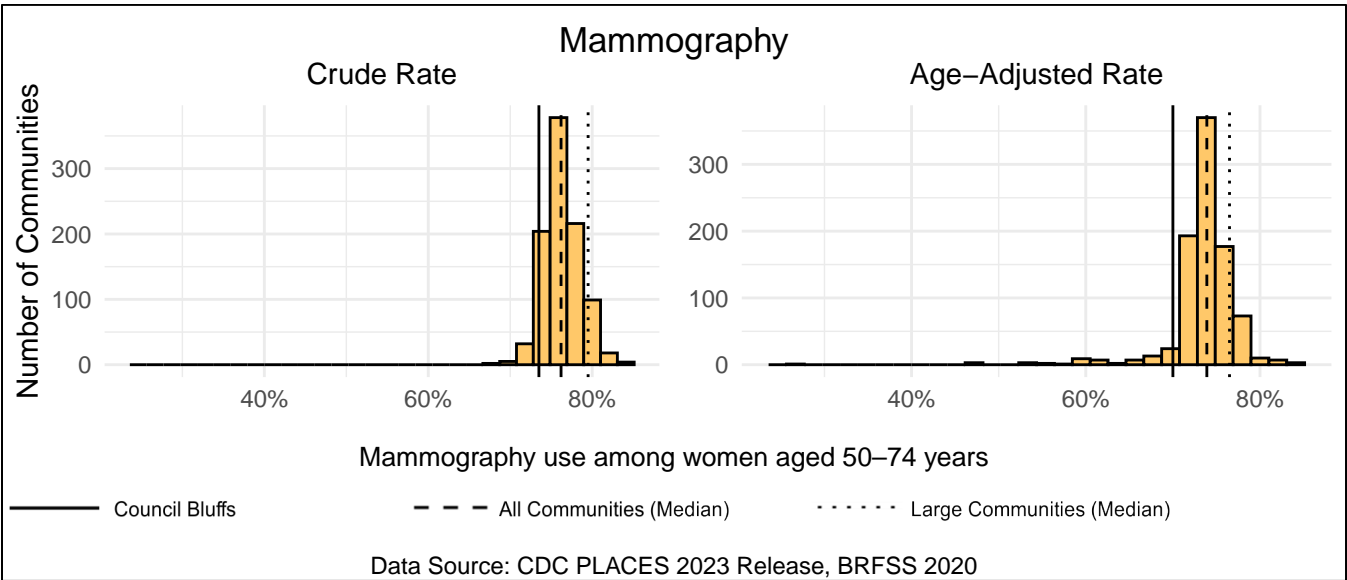
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	60.3%	67.2%	65.0%
Age-Adjusted	60.1%	66.6%	65.1%



# Mammography

Council Bluffs has a crude rate of 73.5% for mammography use among women aged 50–74 years, which ranks 873rd out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Council Bluffs is 70.0%, which ranks 839th out of 905 Iowa communities (11th out of 11 large communities).

Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	73.5%	76.2%	79.5%
Age-Adjusted	70.0%	73.9%	76.5%



# Disability

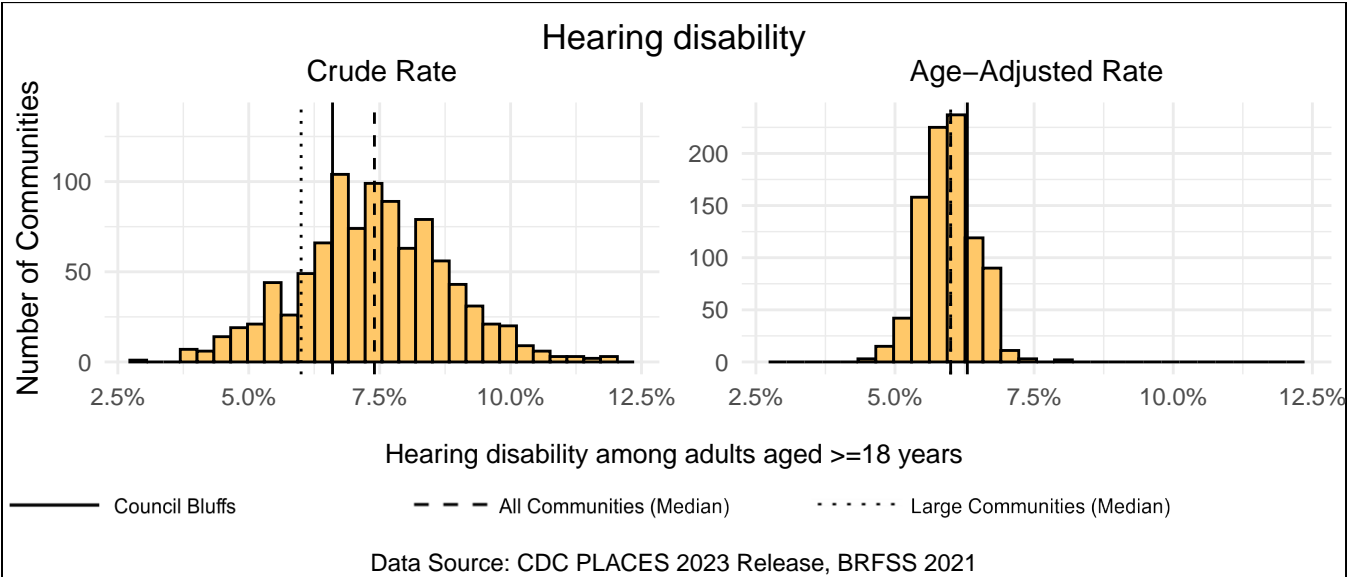
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Council Bluffs has a crude rate of 6.6% for hearing disability among adults aged  $\geq 18$  years, which ranks 254th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Council Bluffs is 6.3%, which ranks 681st out of 905 Iowa communities (11th out of 11 large communities).

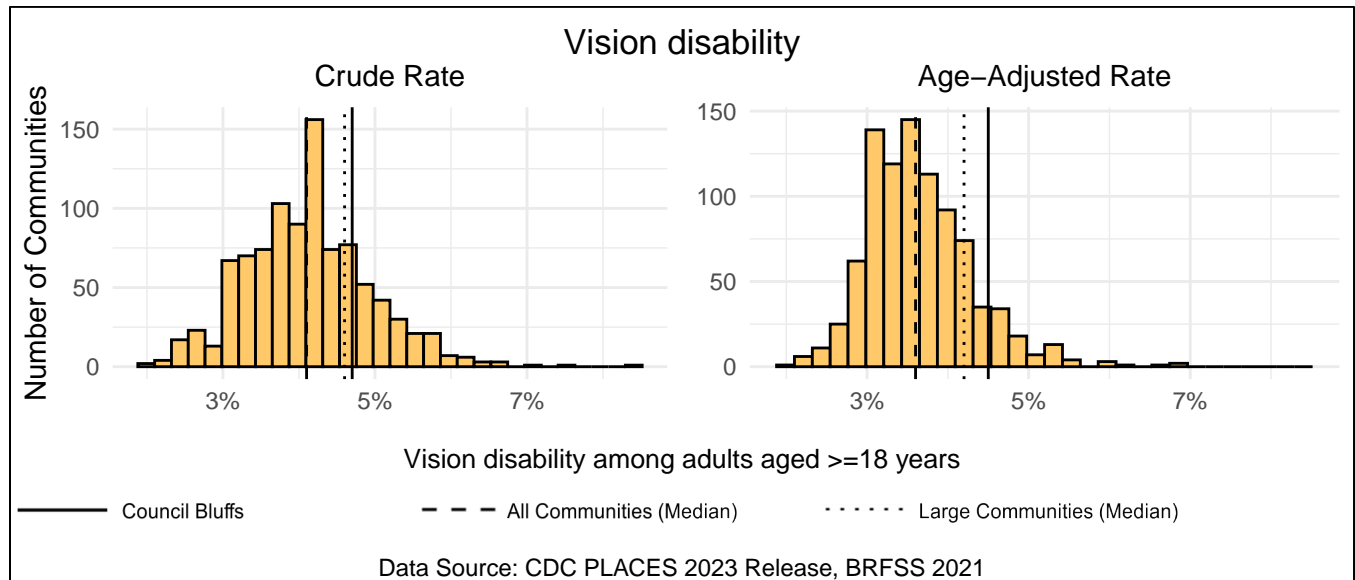
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	6.6%	7.4%	6.0%
Age-Adjusted	6.3%	6.0%	6.0%



## Vision disability

Council Bluffs has a crude rate of 4.7% for vision disability among adults aged  $\geq 18$  years, which ranks 733rd out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 4.5%, which ranks 809th out of 905 Iowa communities (7th out of 11 large communities).

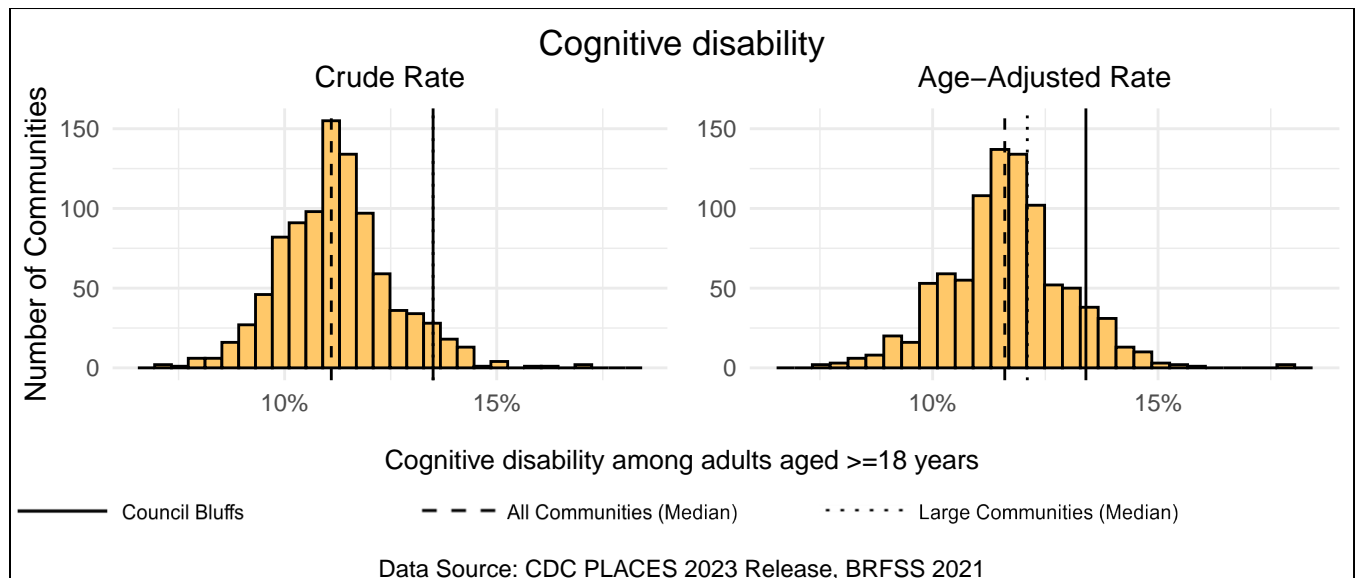
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	4.7%	4.1%	4.6%
Age-Adjusted	4.5%	3.6%	4.2%



## Cognitive disability

Council Bluffs has a crude rate of 13.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 906th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Council Bluffs is 13.4%, which ranks 815th out of 905 Iowa communities (8th out of 11 large communities).

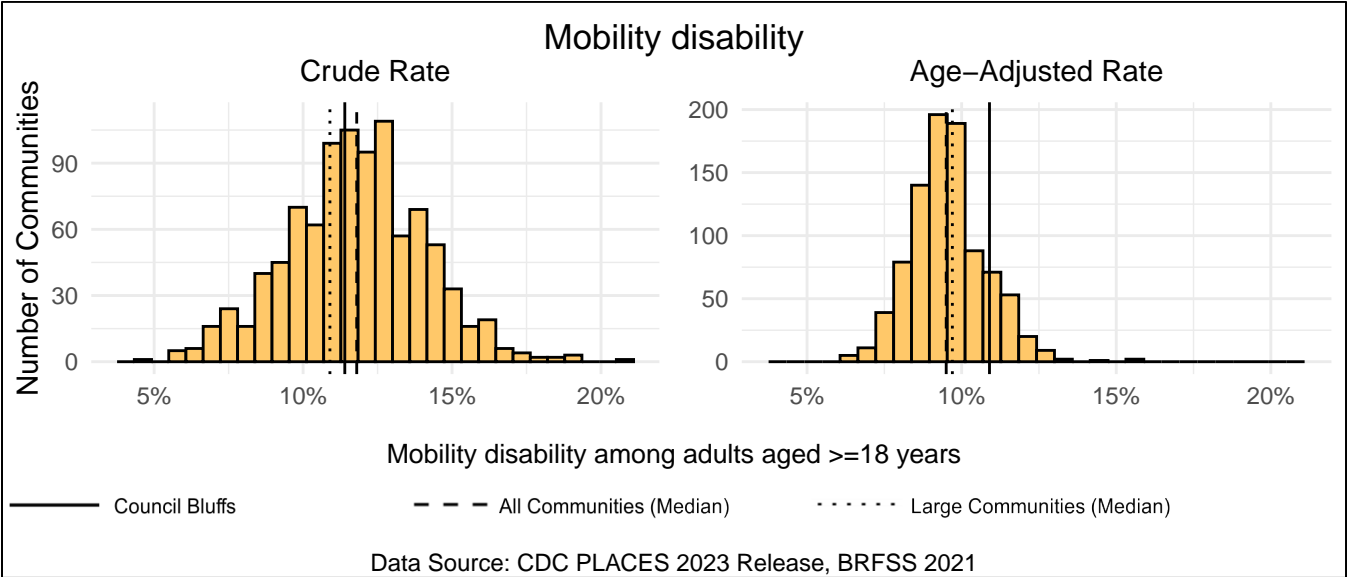
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	13.5%	11.1%	13.5%
Age-Adjusted	13.4%	11.6%	12.1%



## Mobility disability

Council Bluffs has a crude rate of 11.4% for mobility disability among adults aged  $\geq 18$  years, which ranks 398th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Council Bluffs is 10.9%, which ranks 771st out of 905 Iowa communities (7th out of 11 large communities).

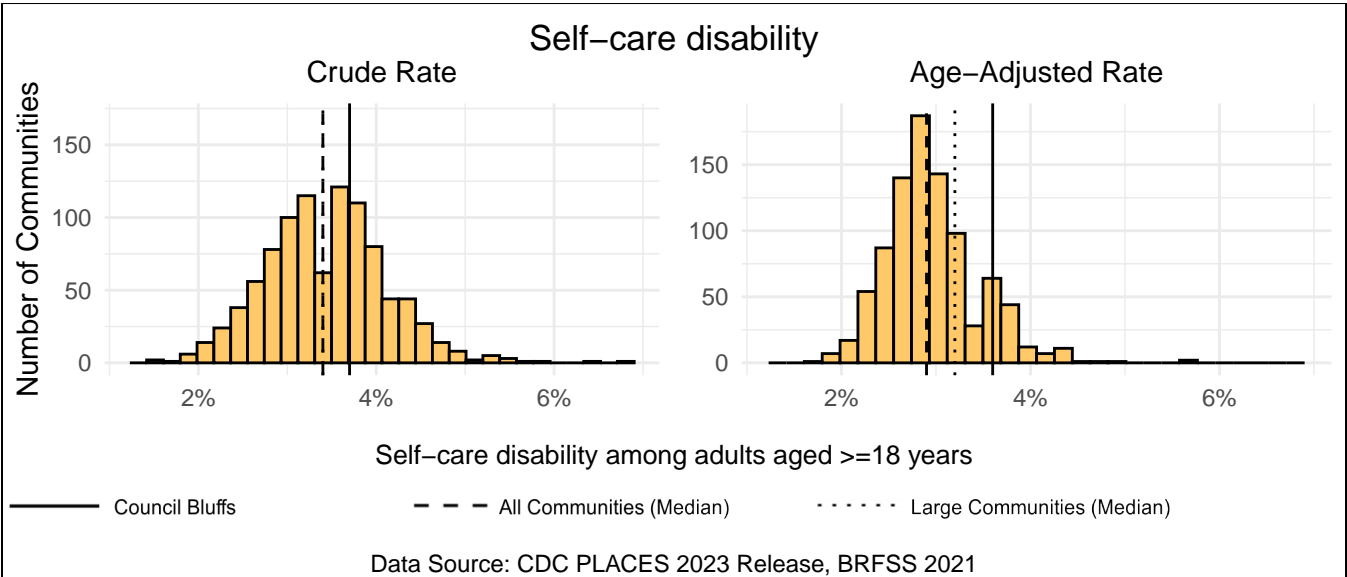
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	11.4%	11.8%	10.9%
Age-Adjusted	10.9%	9.5%	9.7%



## Self-care disability

Council Bluffs has a crude rate of 3.7% for self-care disability among adults aged  $\geq 18$  years, which ranks 618th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Council Bluffs is 3.6%, which ranks 798th out of 905 Iowa communities (7th out of 11 large communities).

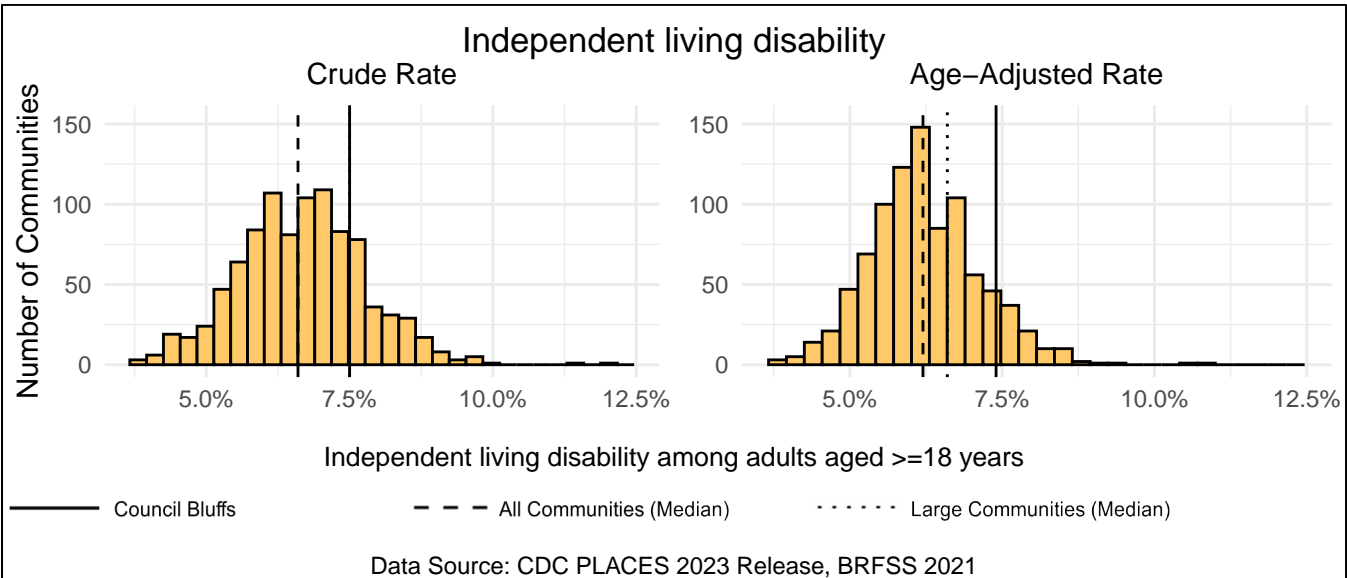
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	3.7%	3.4%	3.4%
Age-Adjusted	3.6%	2.9%	3.2%



### Independent living disability

Council Bluffs has a crude rate of 7.5% for independent living disability among adults aged  $\geq 18$  years, which ranks 749th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Council Bluffs is 7.4%, which ranks 809th out of 905 Iowa communities (7th out of 11 large communities).

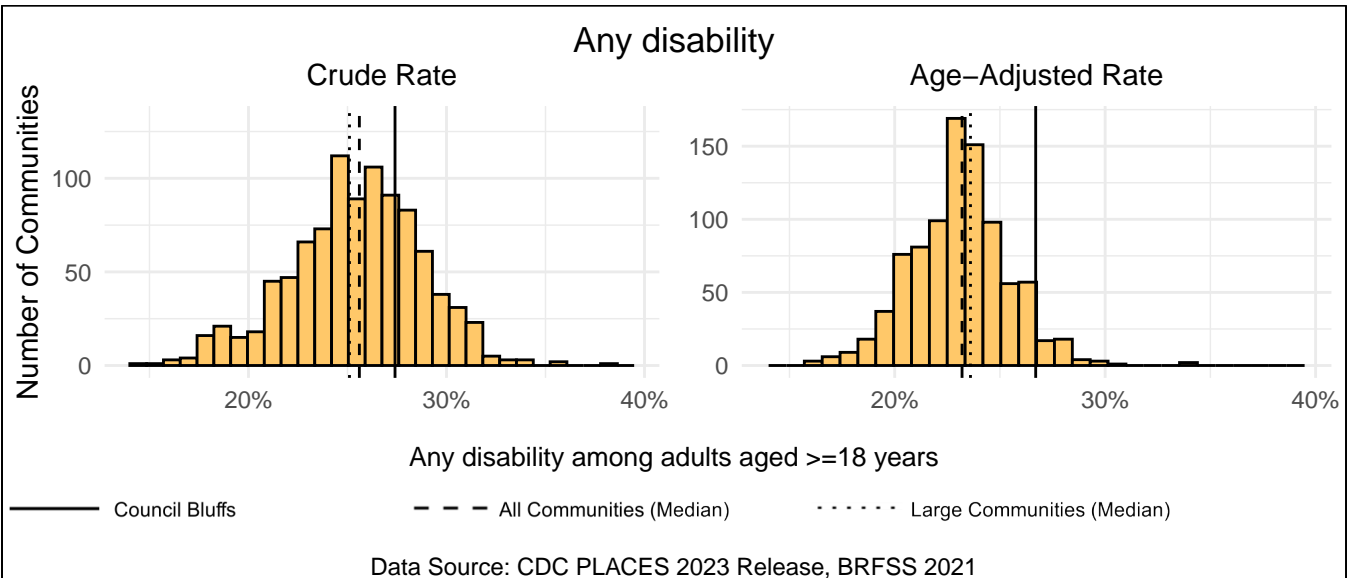
Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	7.5%	6.6%	7.5%
Age-Adjusted	7.4%	6.2%	6.6%



### Any disability

Council Bluffs has a crude rate of 27.4% for any disability among adults aged  $\geq 18$  years, which ranks 688th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Council Bluffs is 26.7%, which ranks 854th out of 905 Iowa communities (10th out of 11 large communities).

Measure Type	Council Bluffs	All Comm.	Large Comm.
Crude	27.4%	25.6%	25.1%
Age-Adjusted	26.7%	23.2%	23.6%



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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: Council Bluffs 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	600	11.2% (9.9% - 12.5%)	795	10.9% (9.7% - 12.3%)
Health Status	Mental Health	931	16.6% (14.6% - 18.6%)	792	16.6% (14.7% - 18.7%)
Health Status	General Health	682	15.4% (13.7% - 17.3%)	799	15.1% (13.5% - 16.9%)
Health Risk Behaviors	Binge Drinking	706	20.8% (17.7% - 24.2%)	230	21.3% (18.2% - 24.7%)
Health Risk Behaviors	Current Smoking	798	18.7% (16.3% - 21.5%)	750	19.4% (16.8% - 22.2%)
Health Risk Behaviors	Physical Inactivity	549	26.7% (23.3% - 30.4%)	735	26.4% (22.9% - 30.1%)
Health Risk Behaviors	Sleep <7 hours	890	32.6% (32.3% - 32.9%)	840	33.1% (32.7% - 33.4%)
Health Outcomes	High Cholesterol	119	33.1% (29.6% - 36.8%)	301	29.4% (25.8% - 33.2%)
Health Outcomes	Cancer (except skin)	126	6.7% (6.1% - 7.4%)	74	6.4% (5.9% - 7.0%)
Health Outcomes	Depression	708	18.8% (16.0% - 21.9%)	368	18.9% (16.1% - 22.1%)
Health Outcomes	Stroke	280	3.0% (2.8% - 3.2%)	714	2.8% (2.6% - 3.1%)
Health Outcomes	Chronic Kidney Disease	241	2.9% (2.7% - 3.1%)	762	2.8% (2.5% - 3.0%)
Health Outcomes	Coronary Heart Disease	248	5.7% (5.2% - 6.3%)	729	5.4% (4.8% - 6.0%)
Health Outcomes	COPD	483	7.5% (6.6% - 8.4%)	786	7.2% (6.3% - 8.1%)
Health Outcomes	High Blood Pressure	293	30.4% (27.2% - 33.9%)	829	29.5% (26.3% - 32.9%)
Health Outcomes	Current Asthma	898	10.0% (8.9% - 11.3%)	805	10.0% (8.9% - 11.3%)
Health Outcomes	Obesity	666	38.8% (33.6% - 44.3%)	688	39.3% (34.0% - 44.8%)
Health Outcomes	All Teeth Lost	725	14.4% (13.2% - 15.8%)	718	14.3% (13.1% - 15.6%)
Health Outcomes	Diabetes	397	9.8% (8.5% - 11.3%)	819	9.4% (8.1% - 10.7%)
Health Outcomes	Arthritis	245	25.5% (22.4% - 28.7%)	785	24.5% (21.6% - 27.7%)
Prevention	Annual Checkup	848	72.9% (68.6% - 76.9%)	530	72.3% (68.2% - 76.3%)
Prevention	Health Insurance	905	9.7% (8.4% - 11.1%)	837	9.9% (8.7% - 11.3%)
Prevention	Colorectal Cancer Screening	731	69.9% (69.1% - 70.6%)	597	70.1% (69.3% - 70.8%)
Prevention	Taking BP Medication	843	76.0% (72.8% - 78.9%)	330	59.2% (54.5% - 63.7%)
Prevention	Cervical Cancer Screening	849	81.2% (80.7% - 81.8%)	700	82.1% (81.6% - 82.6%)

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	736	36.2% (34.5% - 38.0%)	724	37.4% (35.8% - 39.2%)
Prevention	Cholesterol Screening	932	77.7% (74.8% - 80.5%)	805	77.5% (74.5% - 80.3%)
Prevention	Mammography	873	73.5% (72.5% - 74.4%)	839	70.0% (69.1% - 71.0%)
Prevention	Core preventive services for older men	475	43.5% (41.5% - 45.5%)	407	43.9% (42.0% - 45.9%)
Prevention	Dental Visit	919	60.3% (59.4% - 61.2%)	867	60.1% (59.2% - 60.9%)
Disability	Any Disability	688	27.4% (24.4% - 30.7%)	854	26.7% (23.6% - 30.0%)
Disability	Vision Disability	733	4.7% (4.3% - 5.2%)	809	4.5% (4.1% - 5.0%)
Disability	Self-care Disability	618	3.7% (3.4% - 4.0%)	798	3.6% (3.3% - 3.9%)
Disability	Cognitive Disability	906	13.5% (12.0% - 15.0%)	815	13.4% (11.9% - 15.0%)
Disability	Hearing Disability	254	6.6% (5.9% - 7.3%)	681	6.3% (5.6% - 7.0%)
Disability	Mobility Disability	398	11.4% (10.1% - 12.9%)	771	10.9% (9.6% - 12.3%)
Disability	Independent Living Disability	749	7.5% (6.8% - 8.4%)	809	7.4% (6.6% - 8.2%)

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: Large Communities (50,000+)

Council Bluffs 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