



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 Denver: Overview

Dear Community Members & Stakeholders of Denver,

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 Denver ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Denver'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 Denver. 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
Colorectal Cancer Screening	17th	3rd	Colorectal Cancer Screening	26th	7th
Mammography	61st	10th	High Cholesterol	33rd	9th
Dental Visit	68th	12th	Mammography	38th	6th
Sleep <7 hours	81st	16th	Dental Visit	61st	14th
Health Insurance	87th	14th	Health Insurance	64th	16th

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
Taking BP Medication	625th	98th	Taking BP Medication	758th	111th
Annual Checkup	614th	101st	Binge Drinking	520th	73rd
Binge Drinking	592nd	90th	Annual Checkup	498th	80th
Cancer (except skin)	449th	49th	Cancer (except skin)	418th	41st
Arthritis	349th	46th	Arthritis	376th	52nd

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 Denver.

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

With a population of 1,921, Denver’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

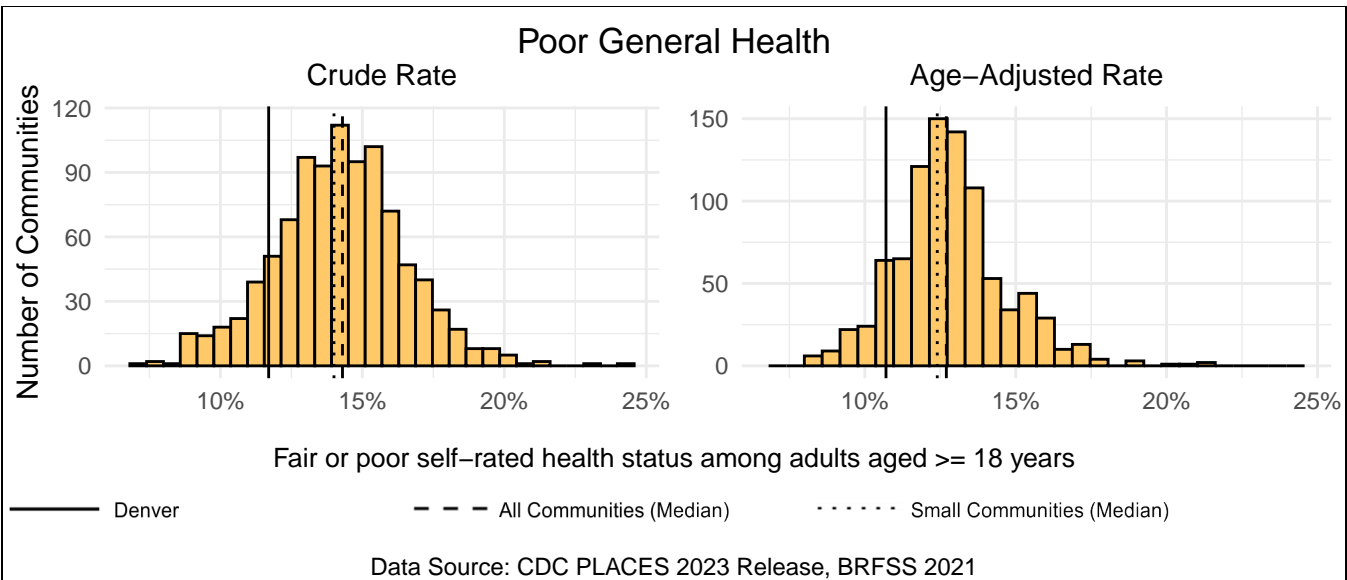
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Denver has a crude rate of 11.7% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 120th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Denver is 10.7%, which ranks 95th out of 905 Iowa communities (18th out of 138 small communities).

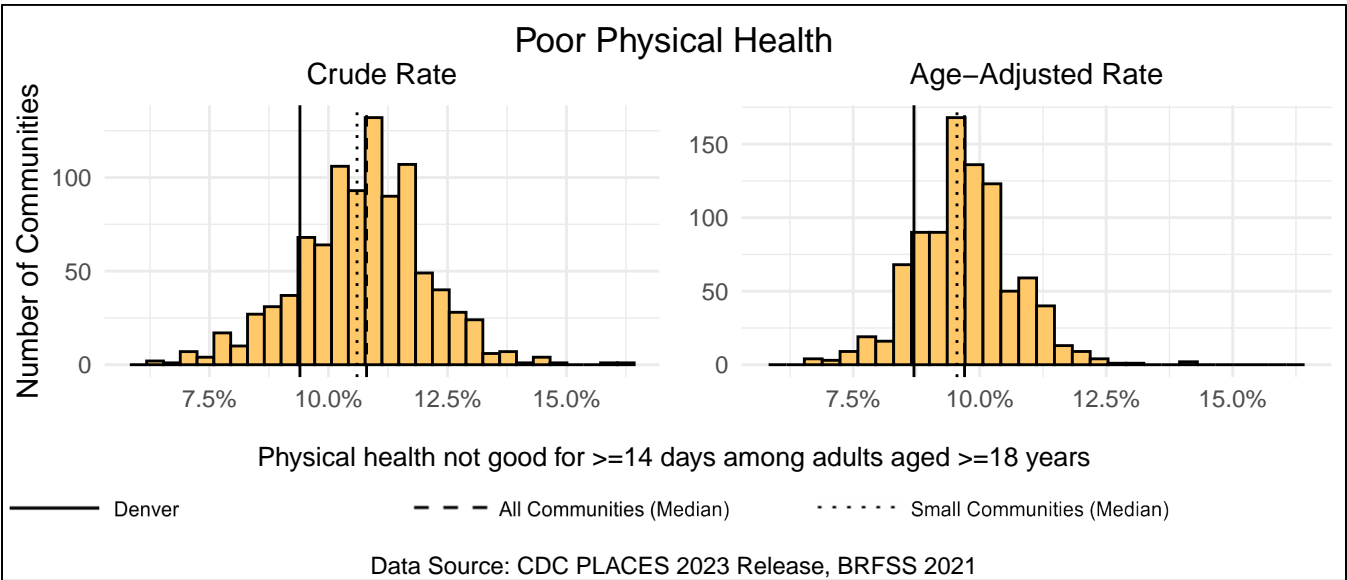
Measure Type	Denver	All Comm.	Small Comm.
Crude	11.7%	14.3%	14.0%
Age-Adjusted	10.7%	12.7%	12.4%



Poor Physical Health

Denver has a crude rate of 9.4% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Denver is 8.7%, which ranks 120th out of 905 Iowa communities (21st out of 138 small communities).

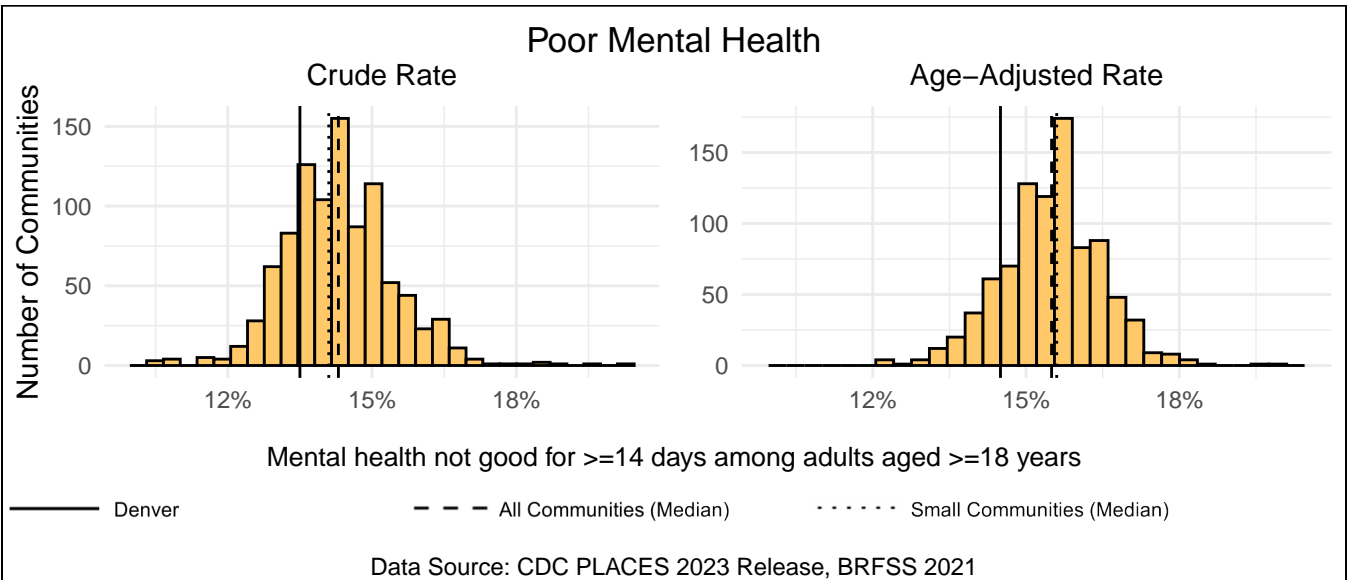
Measure Type	Denver	All Comm.	Small Comm.
Crude	9.4%	10.8%	10.6%
Age-Adjusted	8.7%	9.7%	9.6%



Poor Mental Health

Denver has a crude rate of 13.5% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 202nd out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Denver is 14.5%, which ranks 121st out of 905 Iowa communities (21st out of 138 small communities).

Measure Type	Denver	All Comm.	Small Comm.
Crude	13.5%	14.3%	14.1%
Age-Adjusted	14.5%	15.5%	15.6%



Health Risk Behaviors

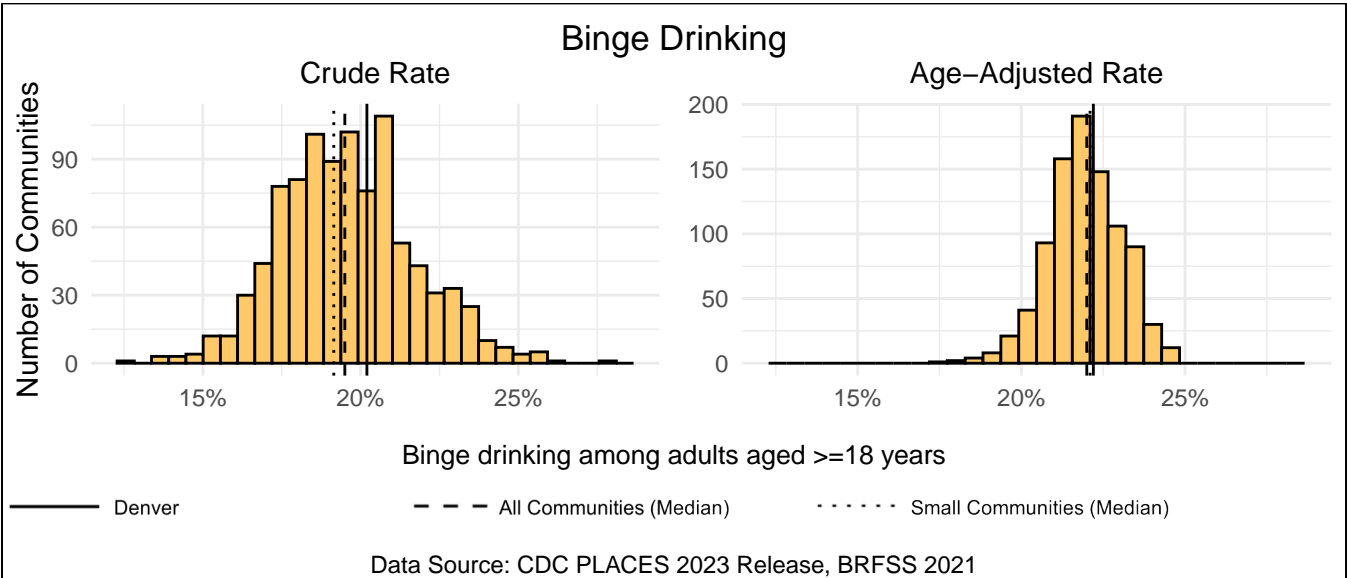
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Denver has a crude rate of 20.2% for binge drinking among adults aged ≥ 18 years, which ranks 592nd out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Denver is 22.2%, which ranks 520th out of 905 Iowa communities (73rd out of 138 small communities).

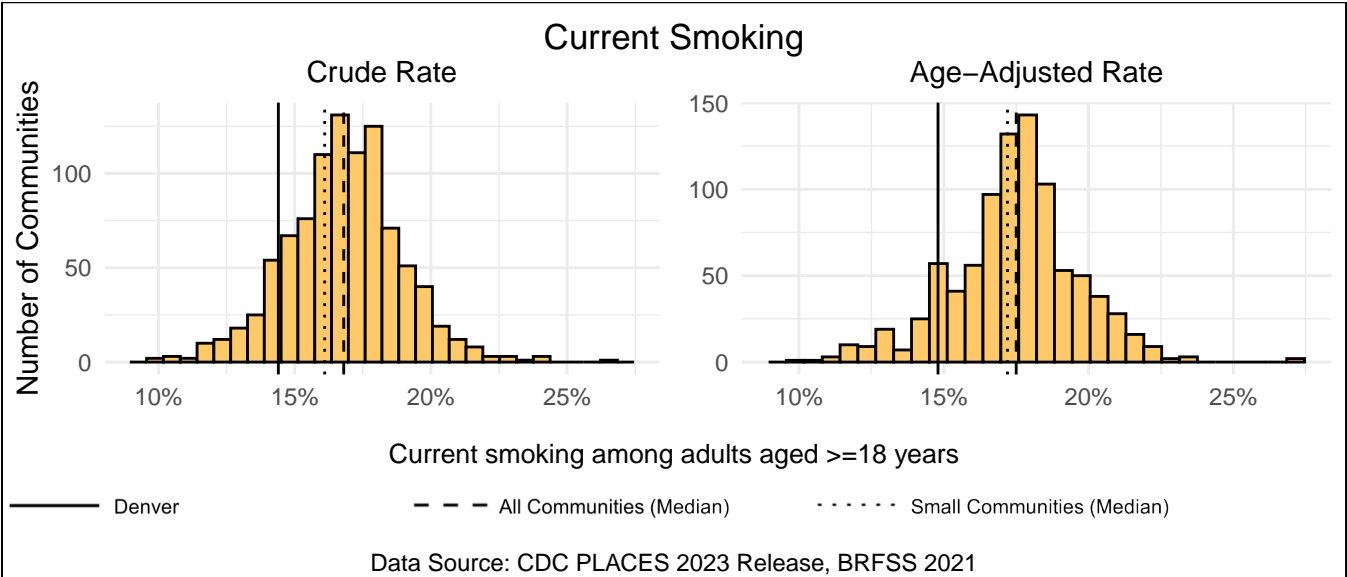
Measure Type	Denver	All Comm.	Small Comm.
Crude	20.2%	19.5%	19.1%
Age-Adjusted	22.2%	22.0%	22.1%



Current Smoking

Denver has a crude rate of 14.4% for current smoking among adults aged >=18 years, which ranks 103rd out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Denver is 14.8%, which ranks 97th out of 905 Iowa communities (19th out of 138 small communities).

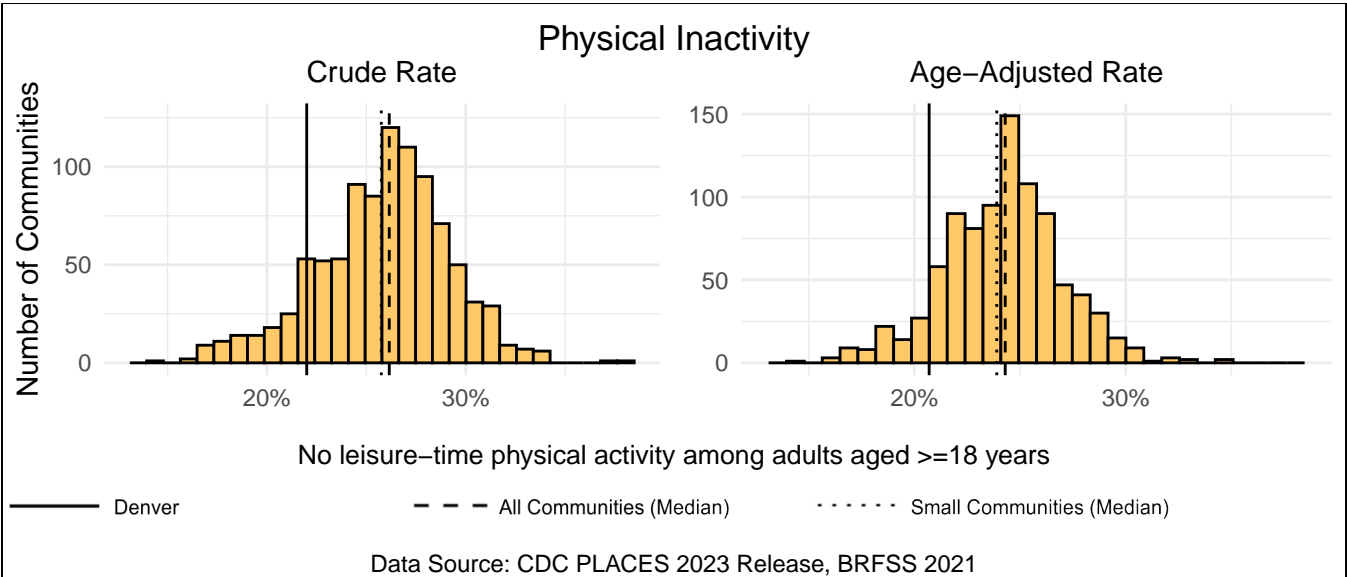
Measure Type	Denver	All Comm.	Small Comm.
Crude	14.4%	16.8%	16.1%
Age-Adjusted	14.8%	17.5%	17.2%



Physical Inactivity

Denver has a crude rate of 22.0% for no leisure-time physical activity among adults aged >=18 years, which ranks 116th out of 958 Iowa communities (22nd out of 138 small communities). The age-adjusted rate for Denver is 20.7%, which ranks 79th out of 905 Iowa communities (17th out of 138 small communities).

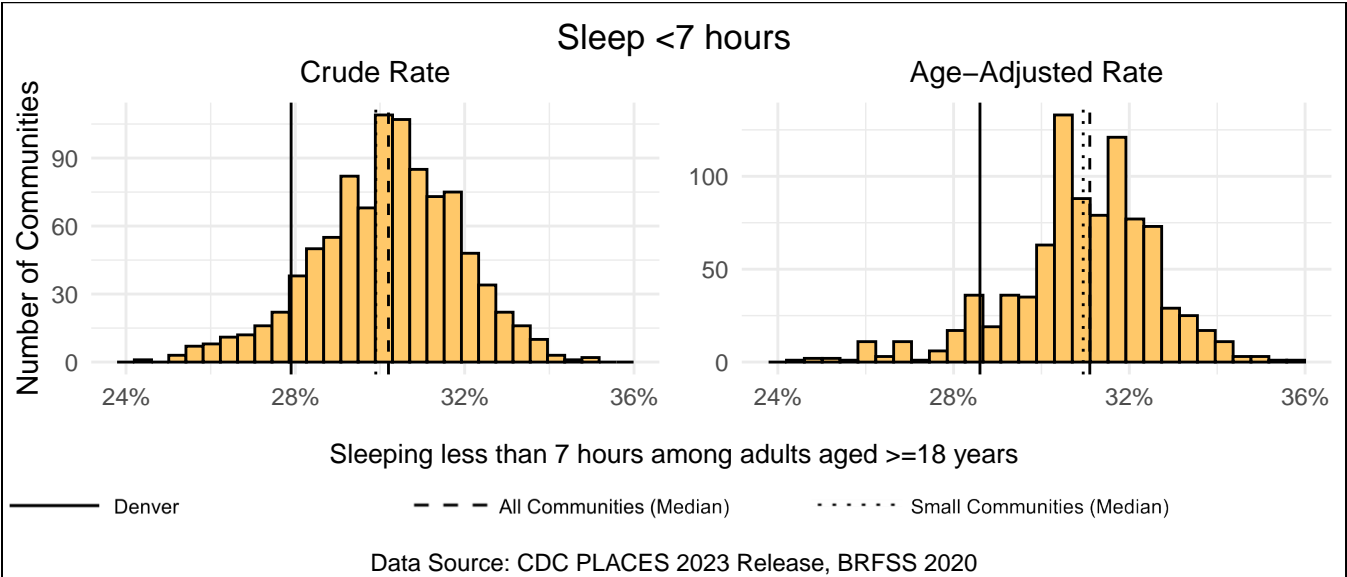
Measure Type	Denver	All Comm.	Small Comm.
Crude	22.0%	26.1%	25.8%
Age-Adjusted	20.7%	24.3%	23.9%



Sleep <7 hours

Denver has a crude rate of 27.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 81st out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Denver is 28.6%, which ranks 79th out of 905 Iowa communities (13th out of 138 small communities).

Measure Type	Denver	All Comm.	Small Comm.
Crude	27.9%	30.2%	29.9%
Age-Adjusted	28.6%	31.1%	31.0%



Health Outcomes

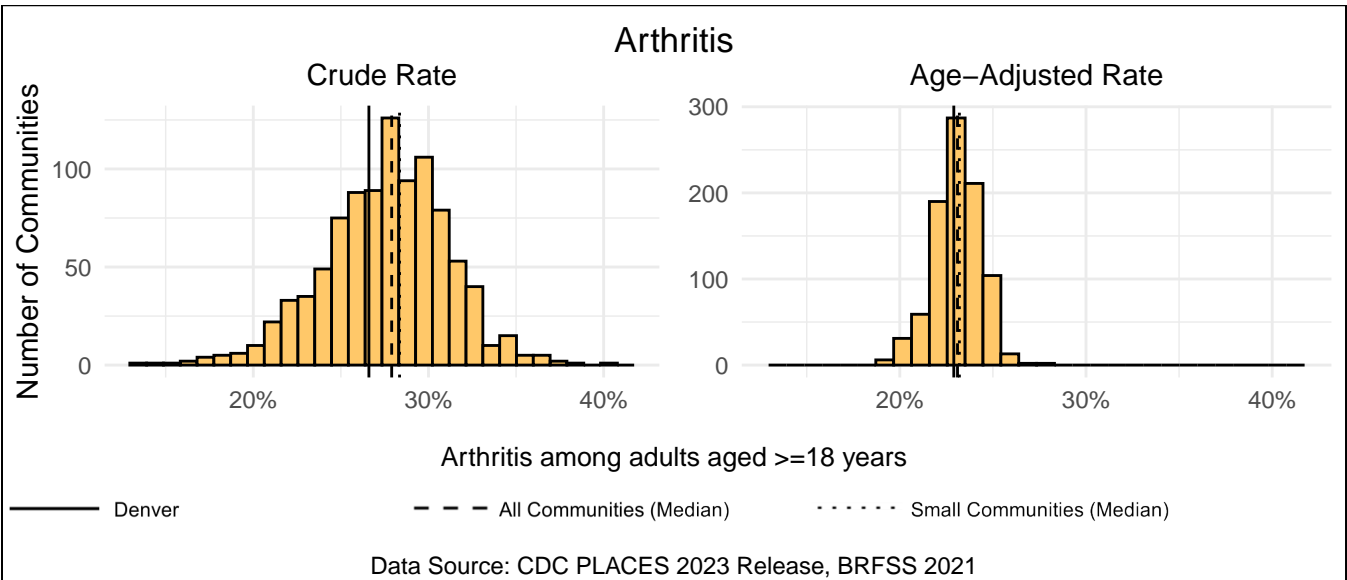
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Denver has a crude rate of 26.6% for arthritis among adults aged ≥ 18 years, which ranks 349th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Denver is 22.9%, which ranks 376th out of 905 Iowa communities (52nd out of 138 small communities).

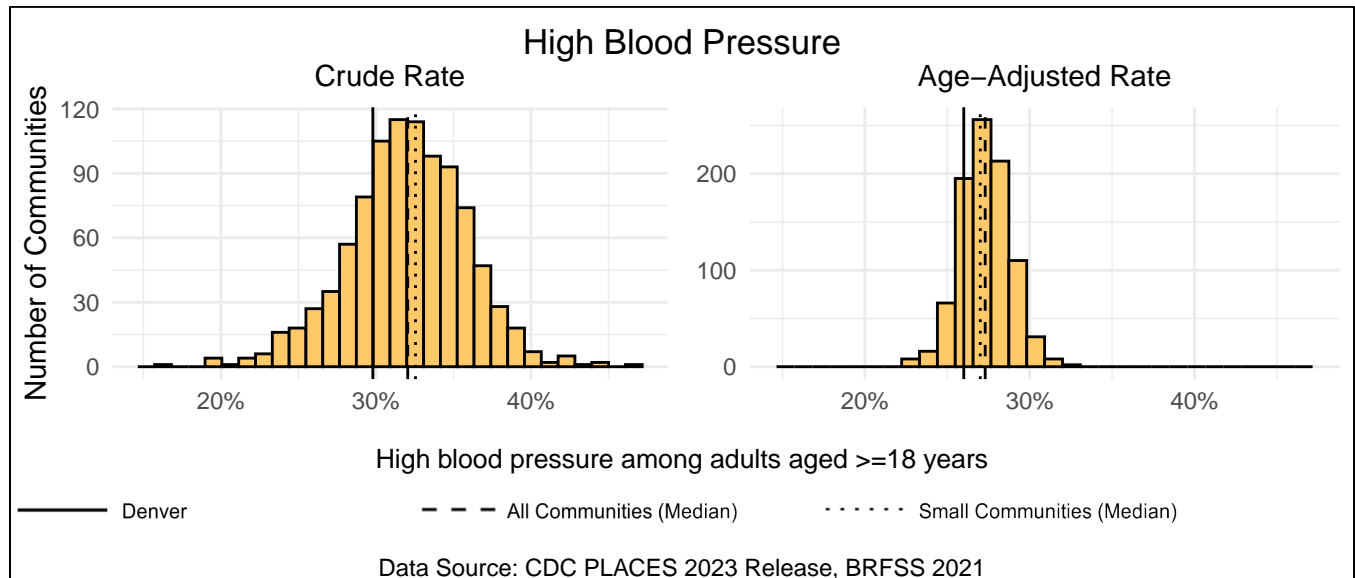
Measure Type	Denver	All Comm.	Small Comm.
Crude	26.6%	27.9%	28.4%
Age-Adjusted	22.9%	23.1%	23.2%



High Blood Pressure

Denver has a crude rate of 29.8% for high blood pressure among adults aged ≥ 18 years, which ranks 238th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Denver is 26.0%, which ranks 165th out of 905 Iowa communities (29th out of 138 small communities).

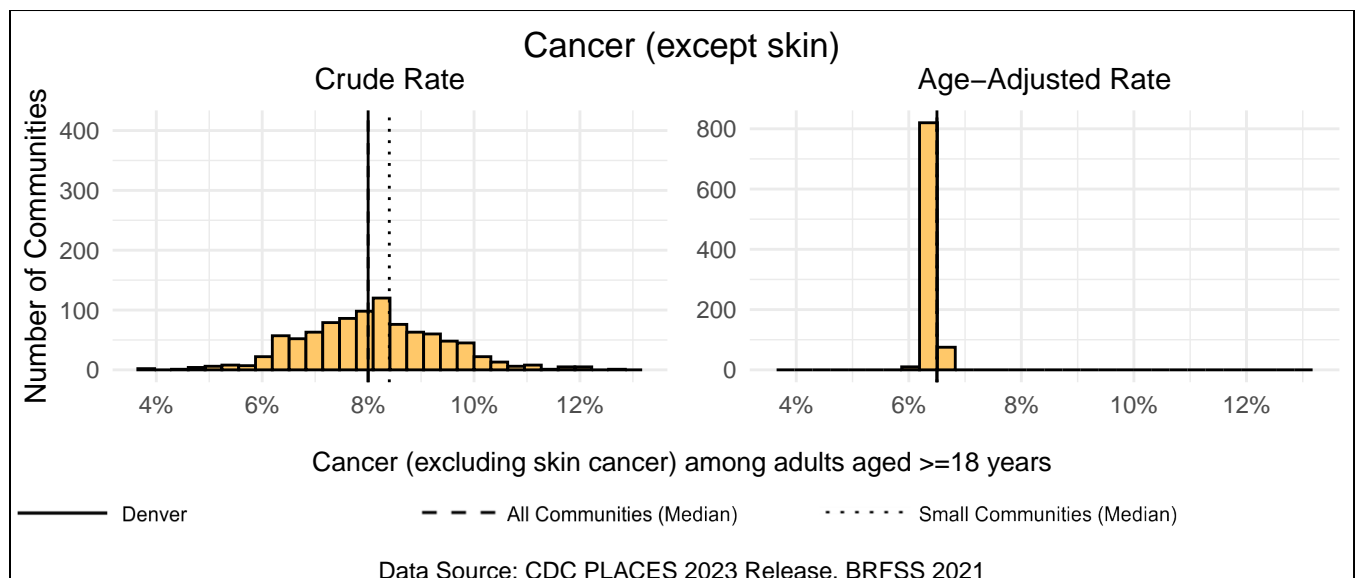
Measure Type	Denver	All Comm.	Small Comm.
Crude	29.8%	32.0%	32.5%
Age-Adjusted	26.0%	27.3%	27.0%



Cancer (except skin)

Denver has a crude rate of 8.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 449th out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Denver is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

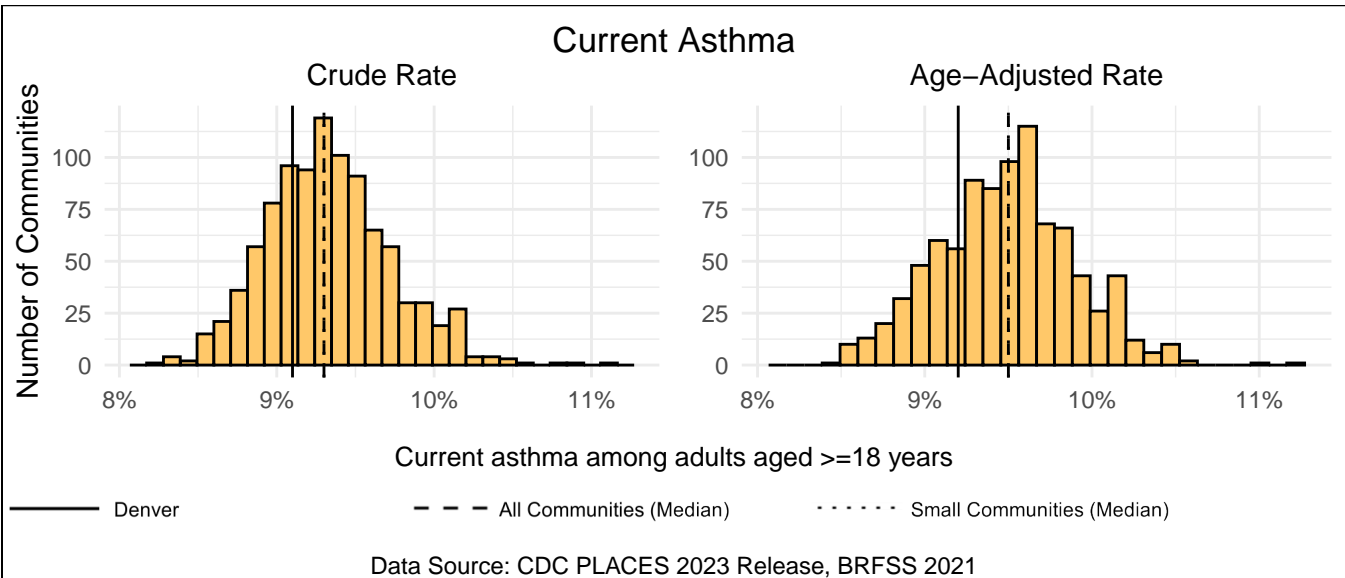
Measure Type	Denver	All Comm.	Small Comm.
Crude	8.0%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Denver has a crude rate of 9.1% for current asthma among adults aged ≥ 18 years, which ranks 215th out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Denver is 9.2%, which ranks 185th out of 905 Iowa communities (26th out of 138 small communities).

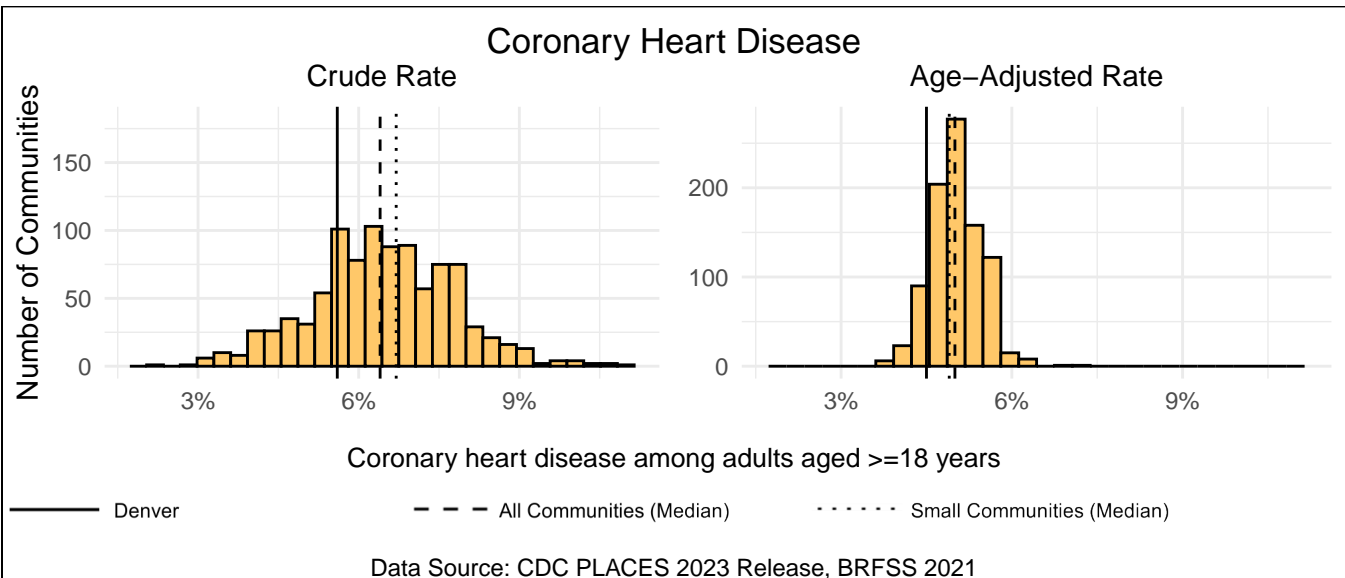
Measure Type	Denver	All Comm.	Small Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.2%	9.5%	9.5%



Coronary Heart Disease

Denver has a crude rate of 5.6% for coronary heart disease among adults aged ≥ 18 years, which ranks 220th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Denver is 4.5%, which ranks 78th out of 905 Iowa communities (14th out of 138 small communities).

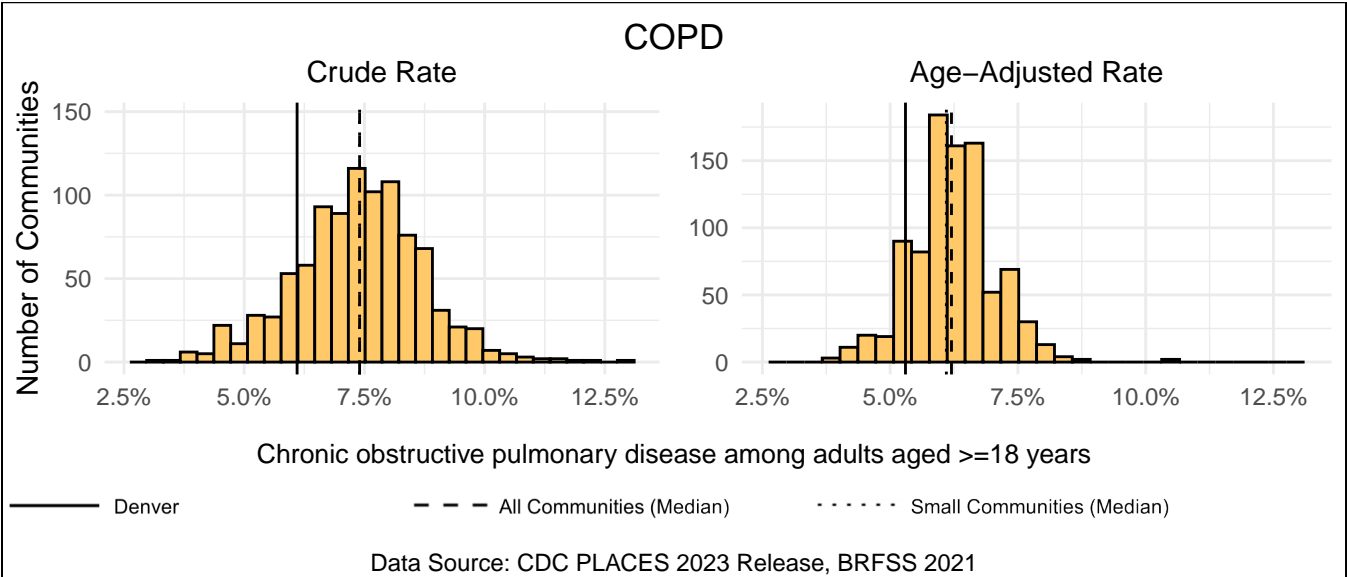
Measure Type	Denver	All Comm.	Small Comm.
Crude	5.6%	6.4%	6.7%
Age-Adjusted	4.5%	5.0%	4.9%



COPD

Denver has a crude rate of 6.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Denver is 5.3%, which ranks 93rd out of 905 Iowa communities (18th out of 138 small communities).

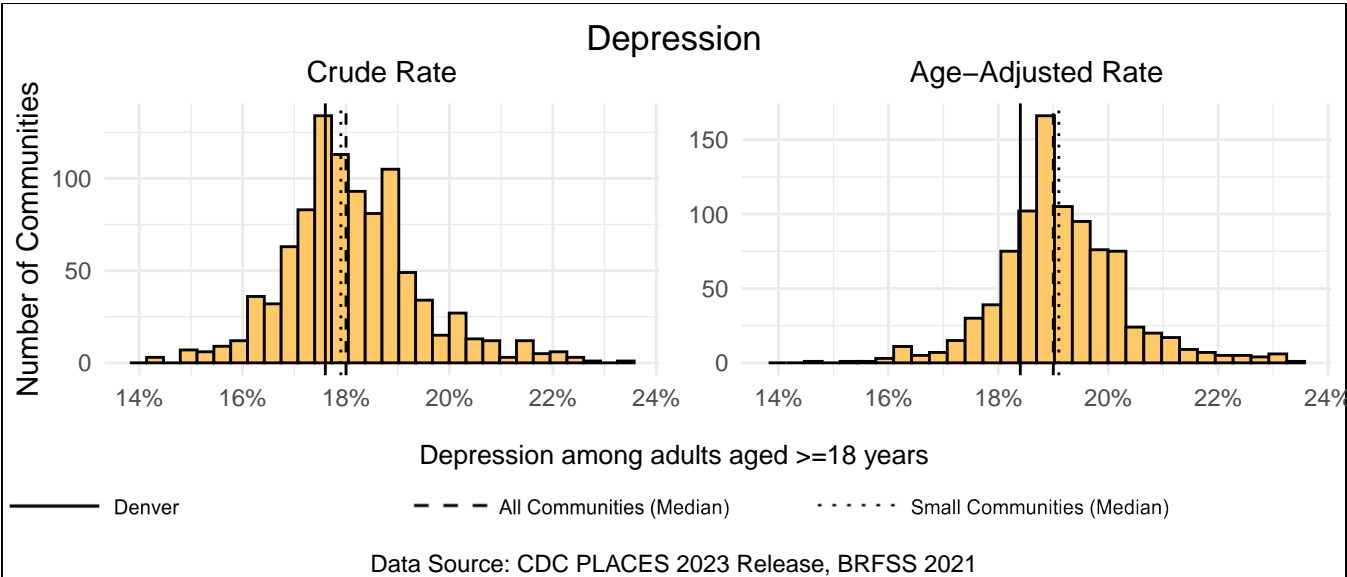
Measure Type	Denver	All Comm.	Small Comm.
Crude	6.1%	7.4%	7.4%
Age-Adjusted	5.3%	6.2%	6.1%



Depression

Denver has a crude rate of 17.6% for depression among adults aged ≥ 18 years, which ranks 326th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Denver is 18.4%, which ranks 189th out of 905 Iowa communities (23rd out of 138 small communities).

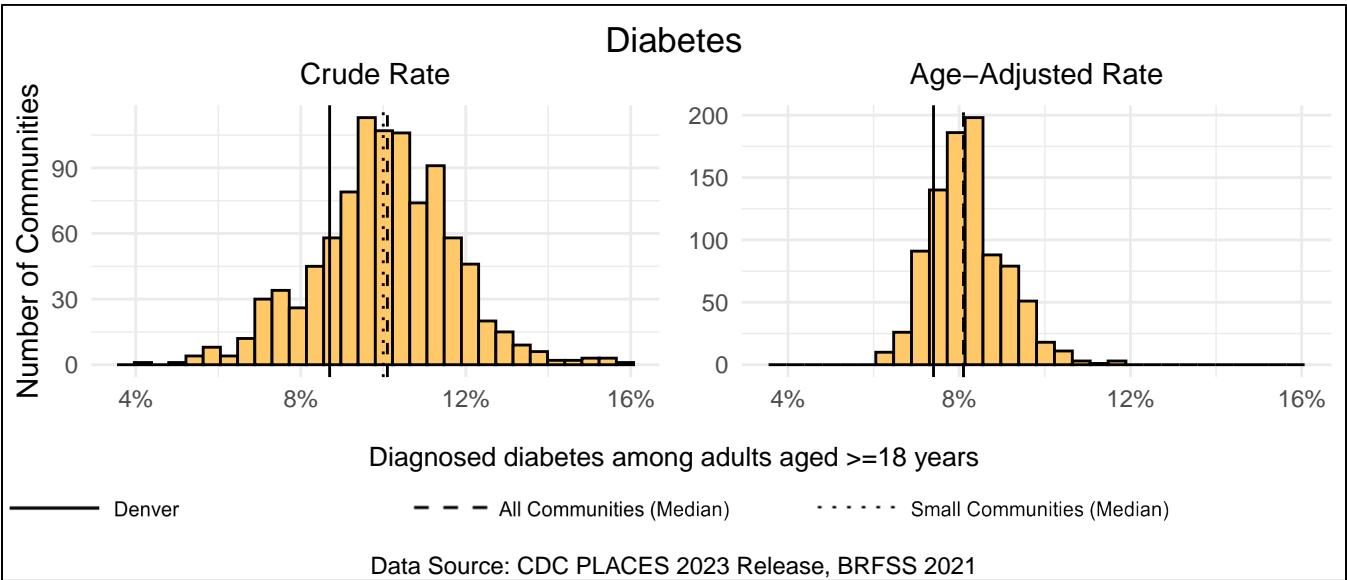
Measure Type	Denver	All Comm.	Small Comm.
Crude	17.6%	18.0%	17.9%
Age-Adjusted	18.4%	19.0%	19.1%



Diabetes

Denver has a crude rate of 8.7% for diagnosed diabetes among adults aged >=18 years, which ranks 176th out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Denver is 7.4%, which ranks 128th out of 905 Iowa communities (23rd out of 138 small communities).

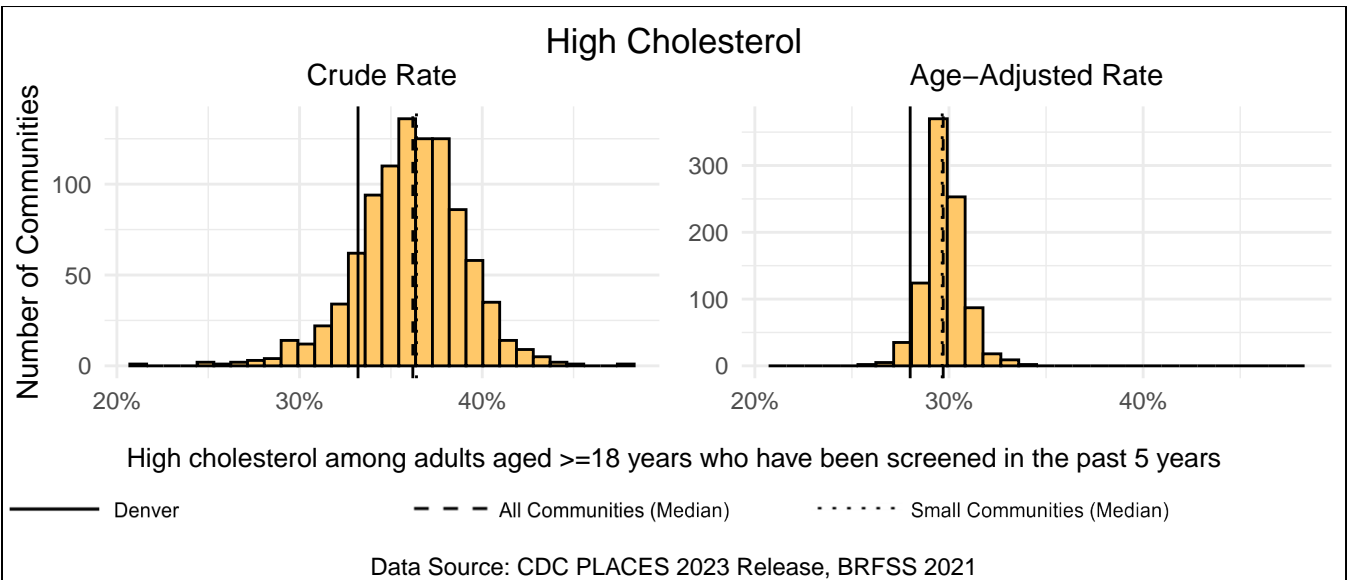
Measure Type	Denver	All Comm.	Small Comm.
Crude	8.7%	10.1%	10.0%
Age-Adjusted	7.4%	8.1%	8.1%



High Cholesterol

Denver has a crude rate of 33.2% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 127th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Denver is 28.0%, which ranks 33rd out of 905 Iowa communities (9th out of 138 small communities).

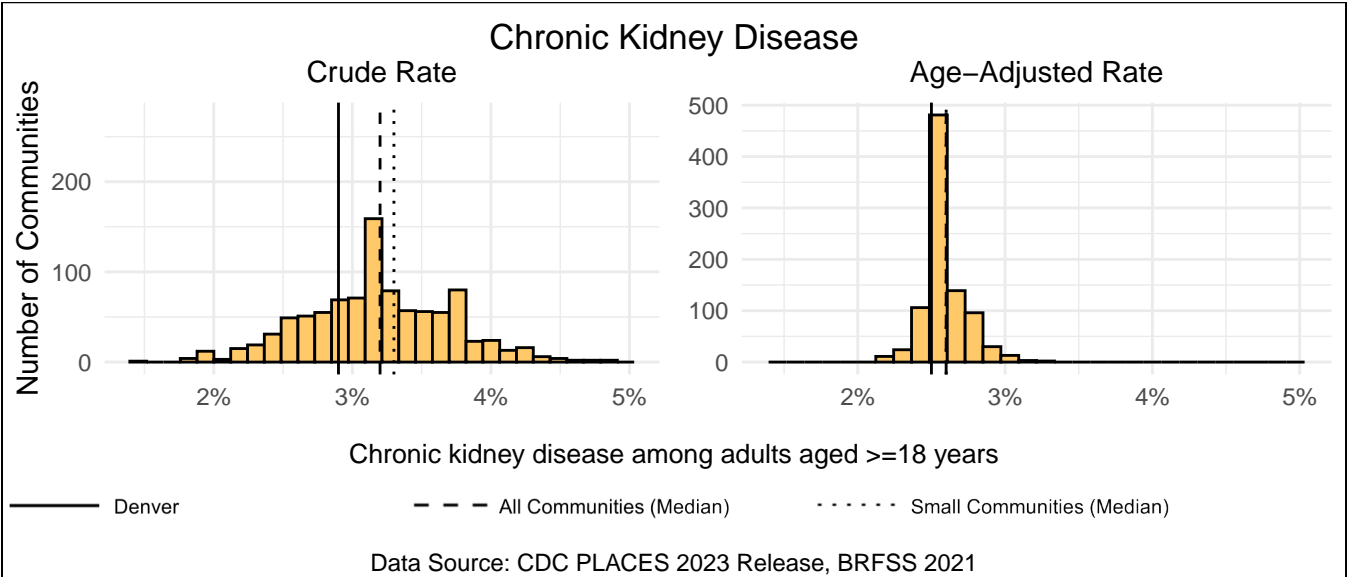
Measure Type	Denver	All Comm.	Small Comm.
Crude	33.2%	36.2%	36.4%
Age-Adjusted	28.0%	29.7%	29.6%



Chronic Kidney Disease

Denver has a crude rate of 2.9% for chronic kidney disease among adults aged ≥ 18 years, which ranks 241st out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Denver is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

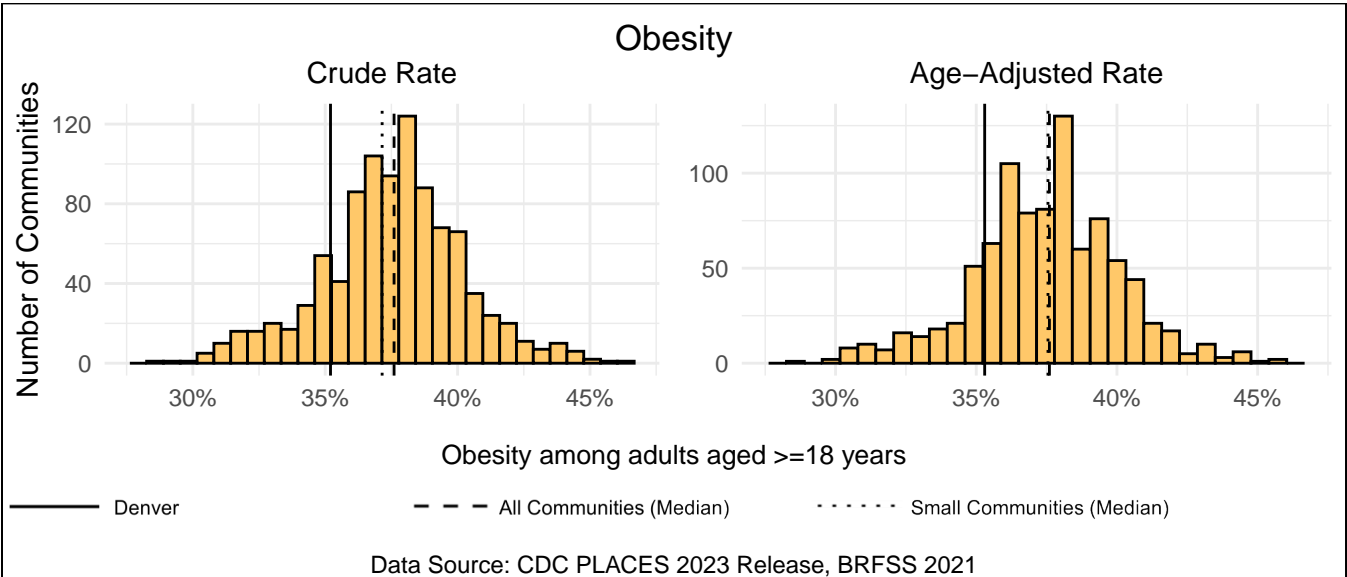
Measure Type	Denver	All Comm.	Small Comm.
Crude	2.9%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Denver has a crude rate of 35.2% for obesity among adults aged ≥ 18 years, which ranks 162nd out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Denver is 35.3%, which ranks 149th out of 905 Iowa communities (25th out of 138 small communities).

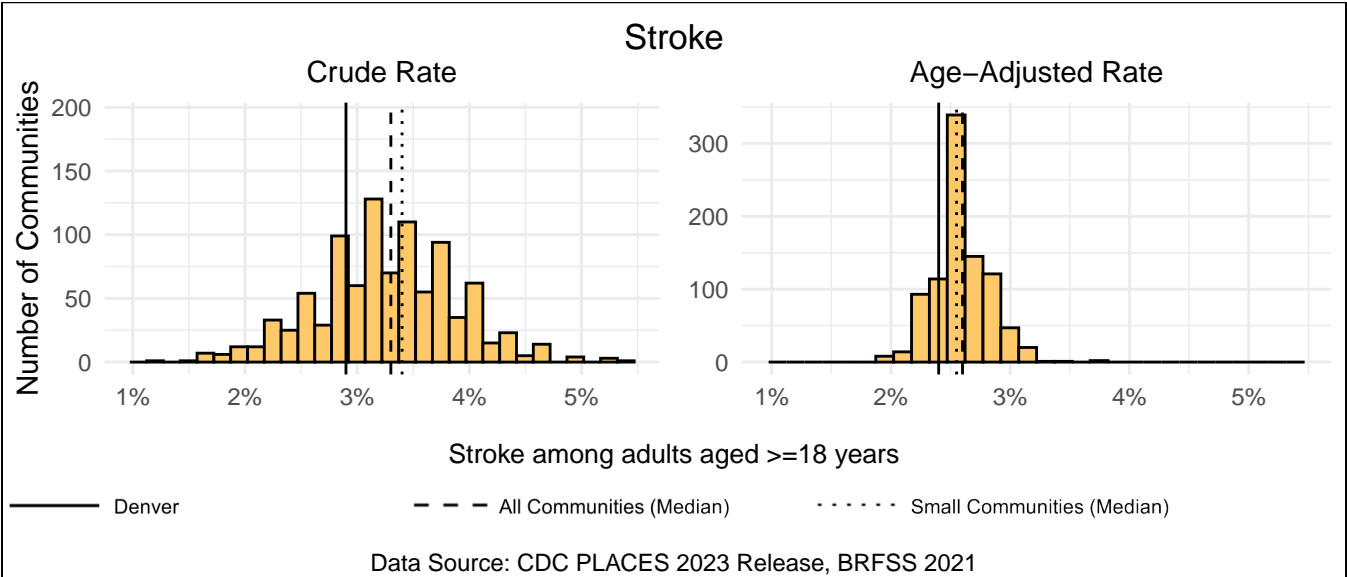
Measure Type	Denver	All Comm.	Small Comm.
Crude	35.2%	37.6%	37.2%
Age-Adjusted	35.3%	37.6%	37.5%



Stroke

Denver has a crude rate of 2.9% for stroke among adults aged ≥ 18 years, which ranks 233rd out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Denver is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

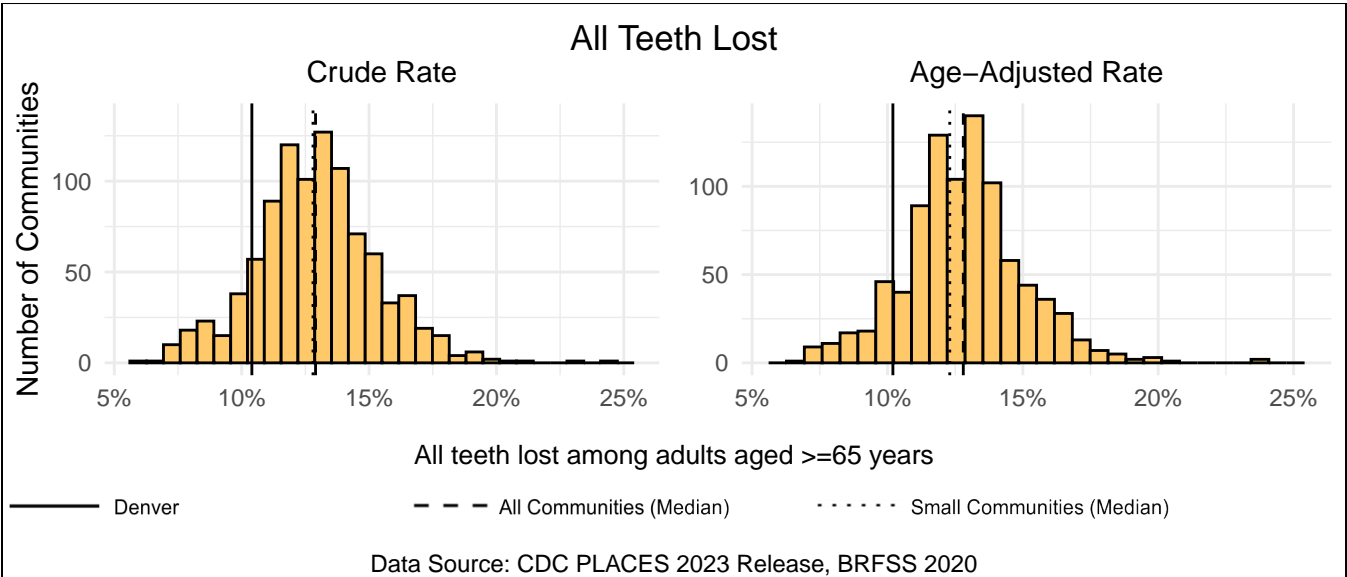
Measure Type	Denver	All Comm.	Small Comm.
Crude	2.9%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



All Teeth Lost

Denver has a crude rate of 10.4% for all teeth lost among adults aged ≥ 65 years, which ranks 117th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Denver is 10.2%, which ranks 95th out of 905 Iowa communities (17th out of 138 small communities).

Measure Type	Denver	All Comm.	Small Comm.
Crude	10.4%	12.9%	12.8%
Age-Adjusted	10.2%	12.8%	12.3%



Prevention

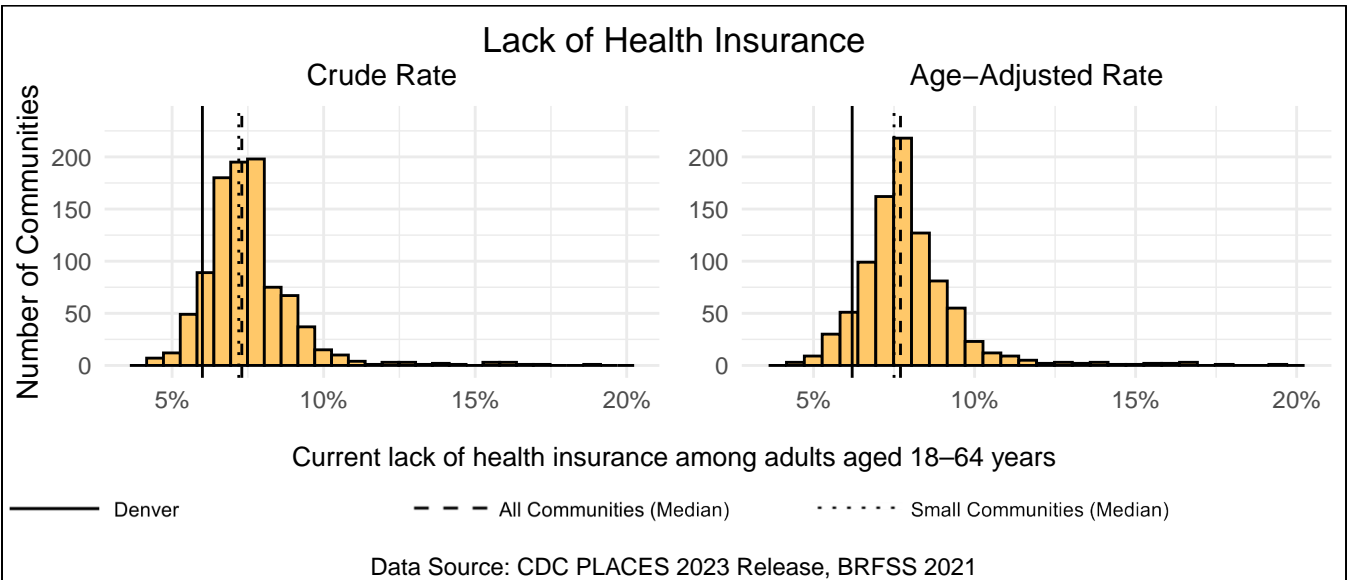
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Denver has a crude rate of 6.0% for current lack of health insurance among adults aged 18–64 years, which ranks 87th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Denver is 6.2%, which ranks 64th out of 905 Iowa communities (16th out of 138 small communities).

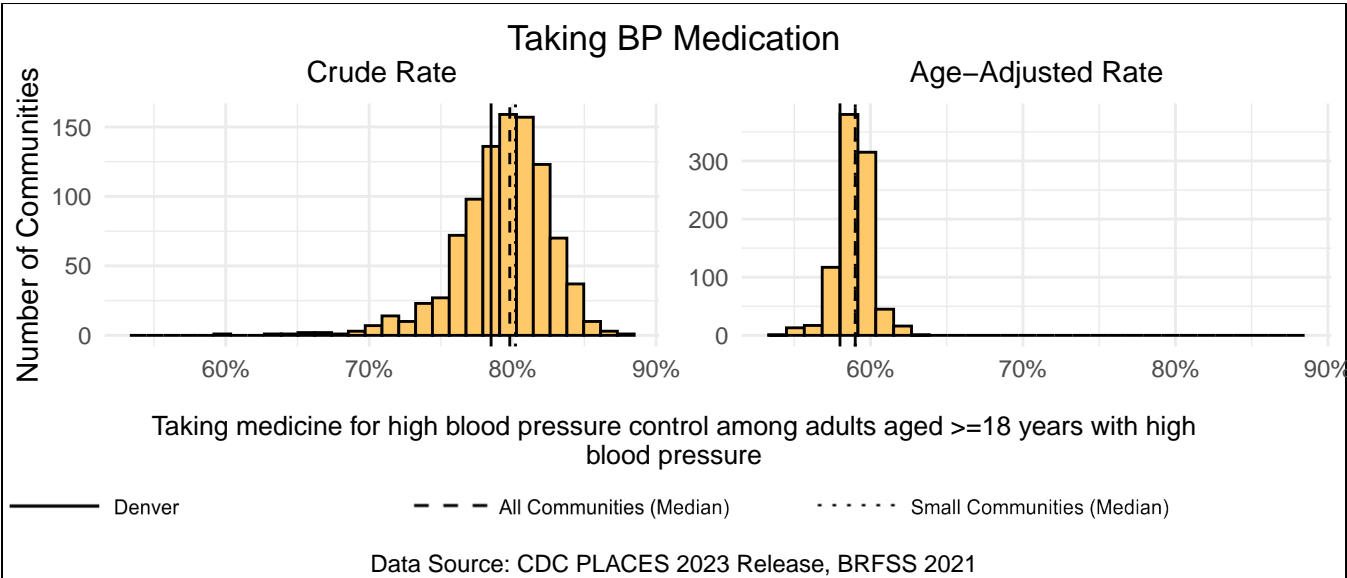
Measure Type	Denver	All Comm.	Small Comm.
Crude	6.0%	7.3%	7.2%
Age-Adjusted	6.2%	7.7%	7.5%



Taking BP Medication

Denver has a crude rate of 78.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 625th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Denver is 58.0%, which ranks 758th out of 905 Iowa communities (111th out of 138 small communities).

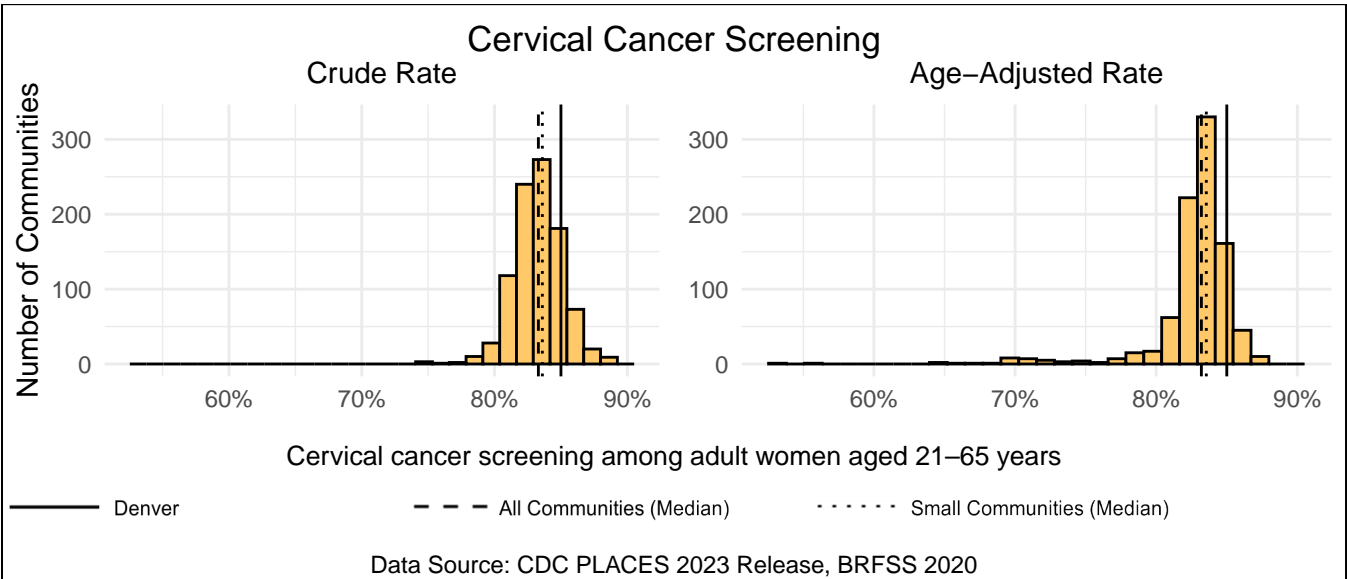
Measure Type	Denver	All Comm.	Small Comm.
Crude	78.5%	79.8%	80.2%
Age-Adjusted	58.0%	59.0%	59.0%



Cervical Cancer Screening

Denver has a crude rate of 85.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 142nd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Denver is 85.0%, which ranks 87th out of 905 Iowa communities (21st out of 138 small communities).

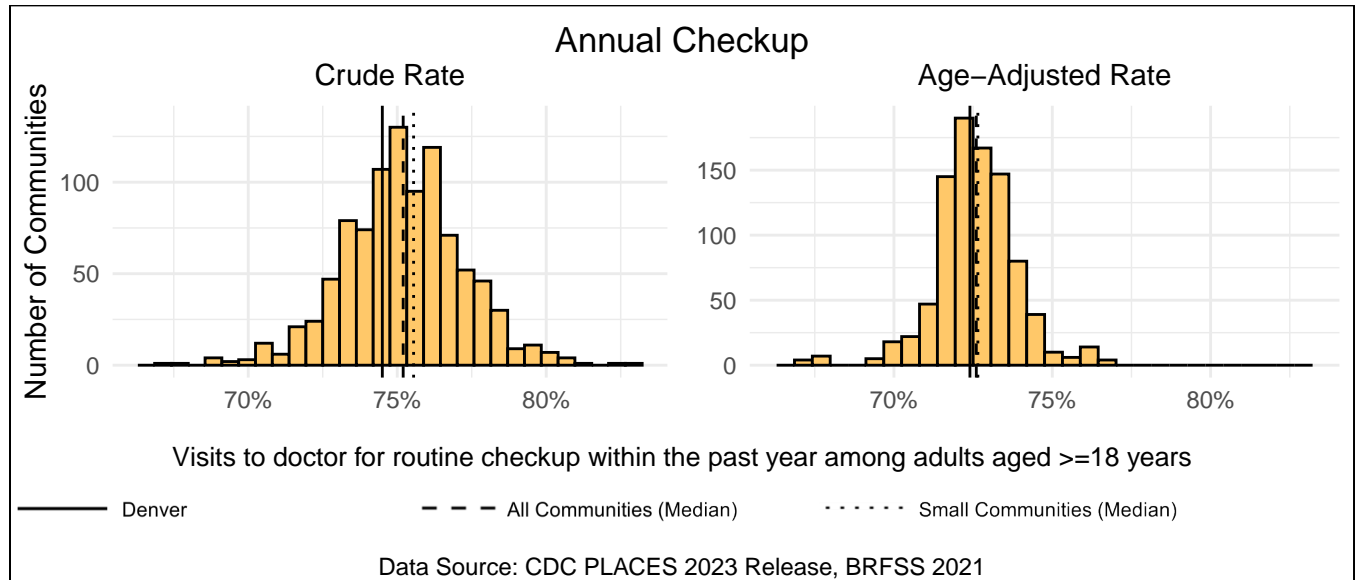
Measure Type	Denver	All Comm.	Small Comm.
Crude	85.0%	83.3%	83.6%
Age-Adjusted	85.0%	83.2%	83.5%



Annual Checkup

Denver has a crude rate of 74.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 614th out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Denver is 72.4%, which ranks 498th out of 905 Iowa communities (80th out of 138 small communities).

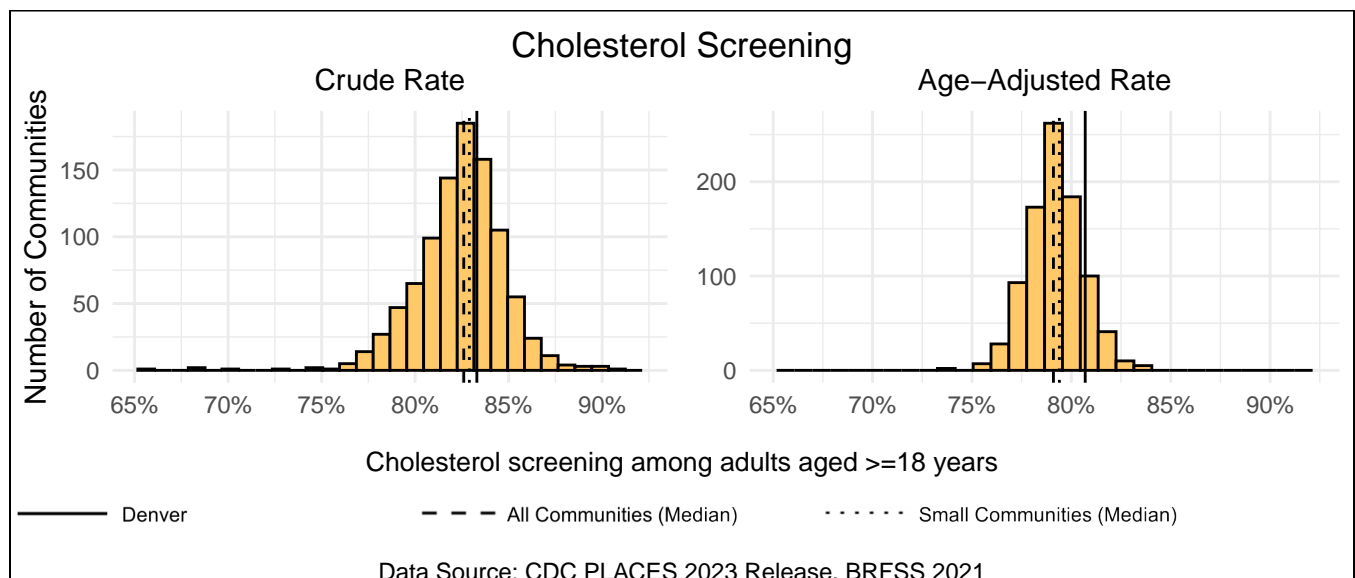
Measure Type	Denver	All Comm.	Small Comm.
Crude	74.5%	75.2%	75.5%
Age-Adjusted	72.4%	72.6%	72.6%



Cholesterol Screening

Denver has a crude rate of 83.3% for cholesterol screening among adults aged ≥ 18 years, which ranks 332nd out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Denver is 80.7%, which ranks 113th out of 905 Iowa communities (21st out of 138 small communities).

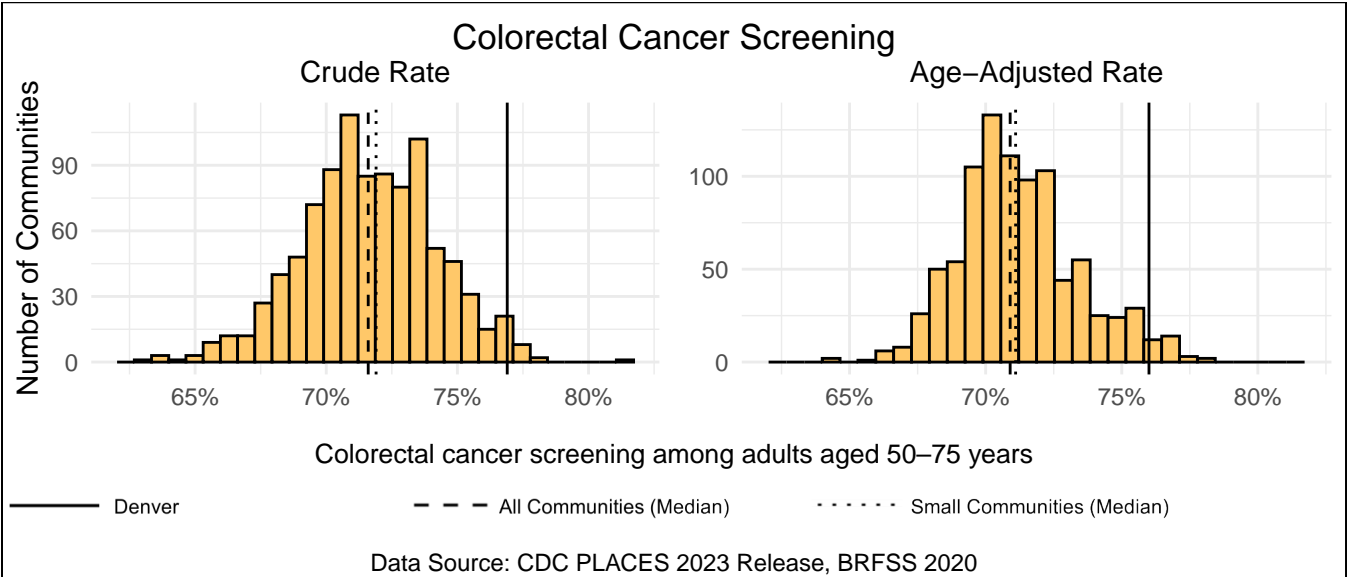
Measure Type	Denver	All Comm.	Small Comm.
Crude	83.3%	82.6%	82.9%
Age-Adjusted	80.7%	79.1%	79.4%



Colorectal Cancer Screening

Denver has a crude rate of 76.9% for colorectal cancer screening among adults aged 50–75 years, which ranks 17th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Denver is 76.0%, which ranks 26th out of 905 Iowa communities (7th out of 138 small communities).

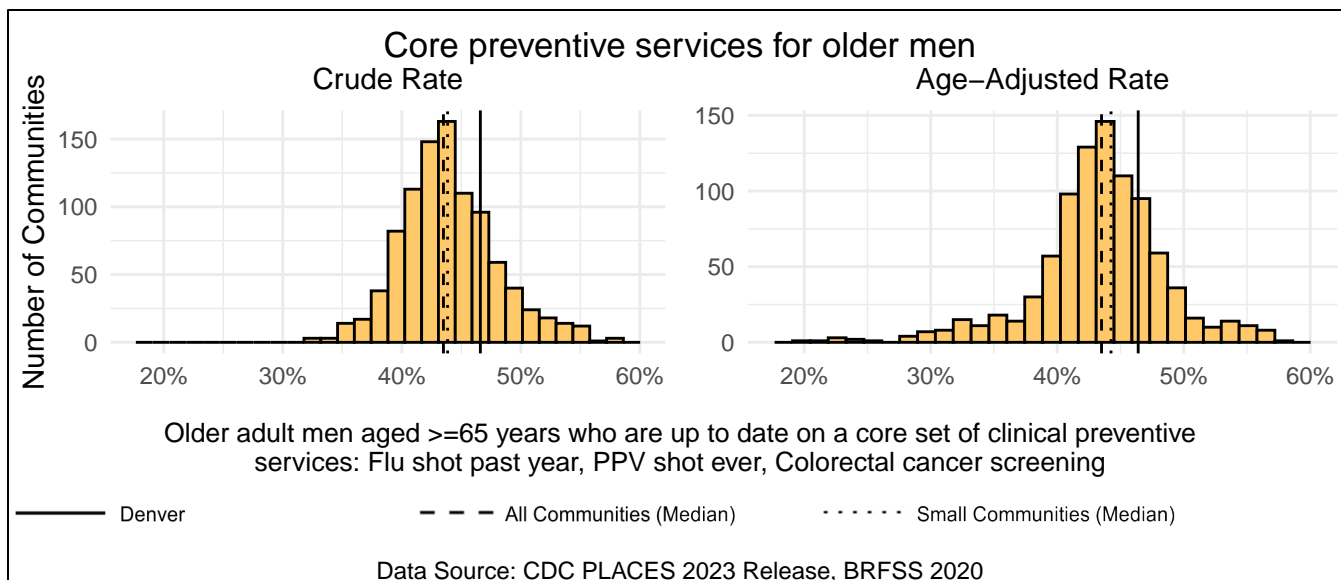
Measure Type	Denver	All Comm.	Small Comm.
Crude	76.9%	71.6%	71.9%
Age-Adjusted	76.0%	70.9%	71.1%



Core preventive services for older men

Denver has a crude rate of 46.6% 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 212th out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Denver is 46.4%, which ranks 217th out of 905 Iowa communities (36th out of 138 small communities).

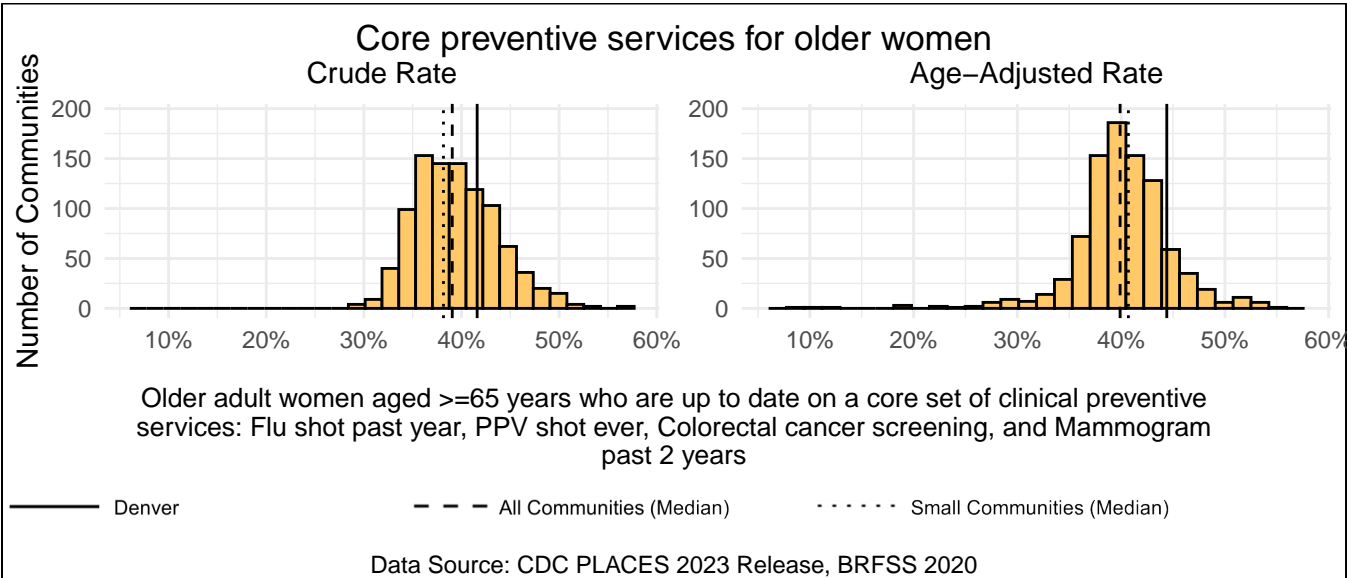
Measure Type	Denver	All Comm.	Small Comm.
Crude	46.6%	43.5%	43.8%
Age-Adjusted	46.4%	43.5%	44.2%



Core preventive services for older women

Denver has a crude rate of 41.6% 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 280th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Denver is 44.4%, which ranks 115th out of 905 Iowa communities (27th out of 138 small communities).

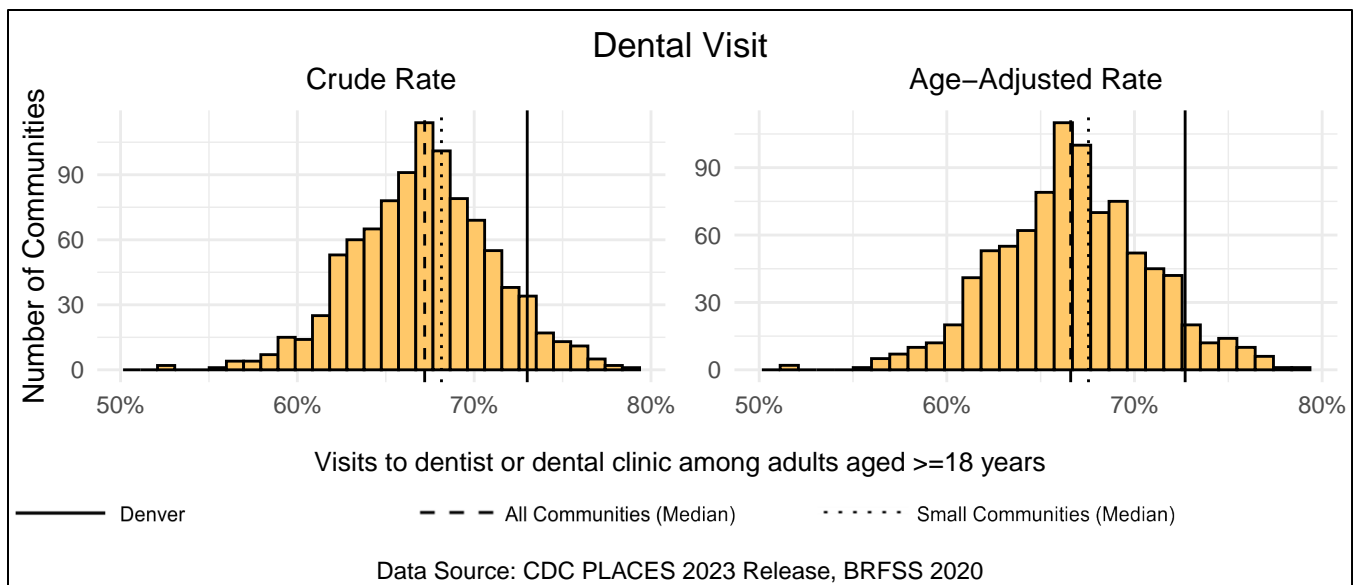
Measure Type	Denver	All Comm.	Small Comm.
Crude	41.6%	39.0%	38.2%
Age-Adjusted	44.4%	39.9%	40.7%



Dental Visit

Denver has a crude rate of 73.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 68th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Denver is 72.7%, which ranks 61st out of 905 Iowa communities (14th out of 138 small communities).

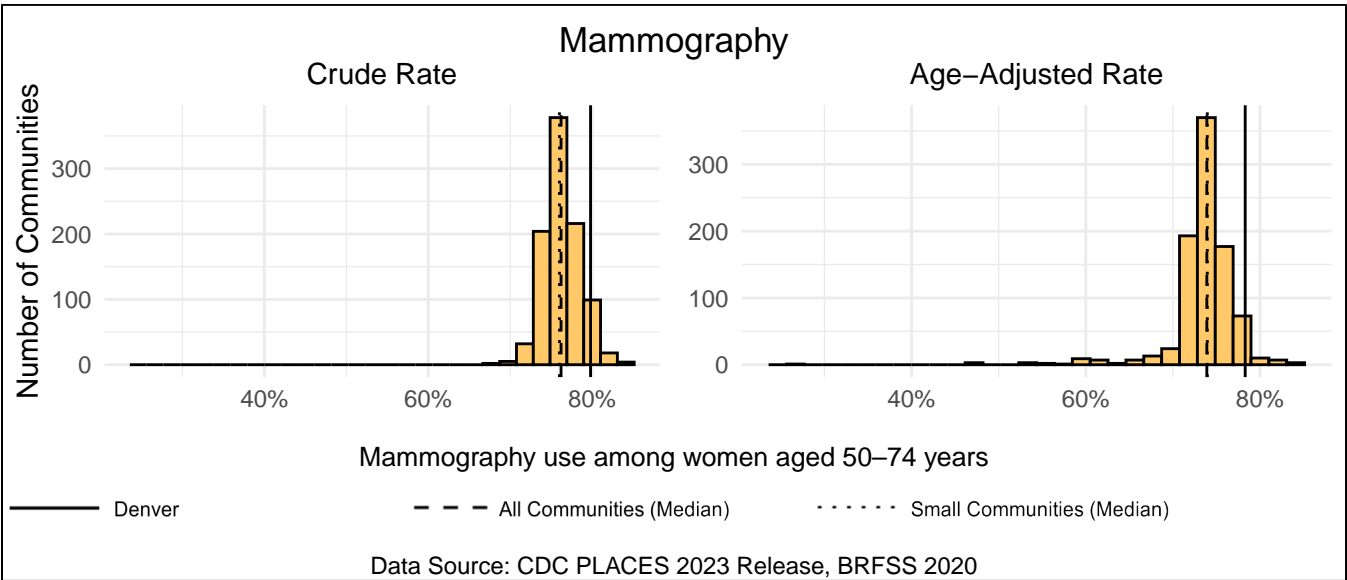
Measure Type	Denver	All Comm.	Small Comm.
Crude	73.0%	67.2%	68.2%
Age-Adjusted	72.7%	66.6%	67.5%



Mammography

Denver has a crude rate of 79.8% for mammography use among women aged 50–74 years, which ranks 61st out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Denver is 78.3%, which ranks 38th out of 905 Iowa communities (6th out of 138 small communities).

Measure Type	Denver	All Comm.	Small Comm.
Crude	79.8%	76.2%	76.0%
Age-Adjusted	78.3%	73.9%	74.0%



Disability

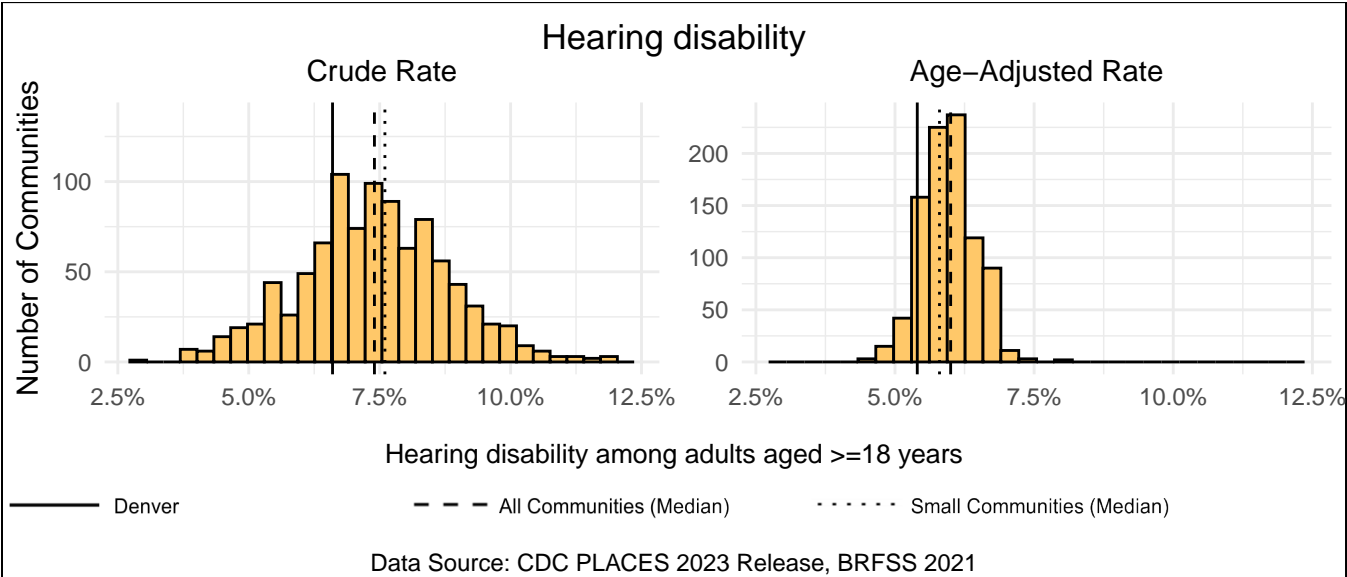
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Denver has a crude rate of 6.6% for hearing disability among adults aged ≥ 18 years, which ranks 254th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Denver is 5.4%, which ranks 79th out of 905 Iowa communities (16th out of 138 small communities).

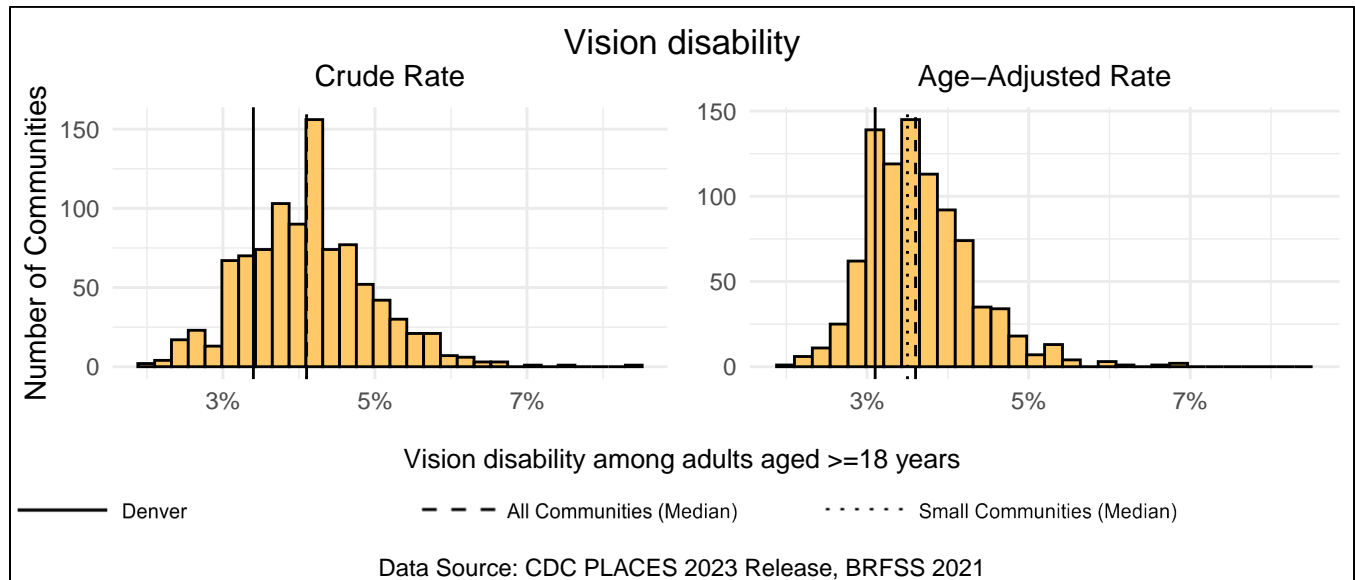
Measure Type	Denver	All Comm.	Small Comm.
Crude	6.6%	7.4%	7.6%
Age-Adjusted	5.4%	6.0%	5.8%



Vision disability

Denver has a crude rate of 3.4% for vision disability among adults aged ≥ 18 years, which ranks 158th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Denver is 3.1%, which ranks 135th out of 905 Iowa communities (22nd out of 138 small communities).

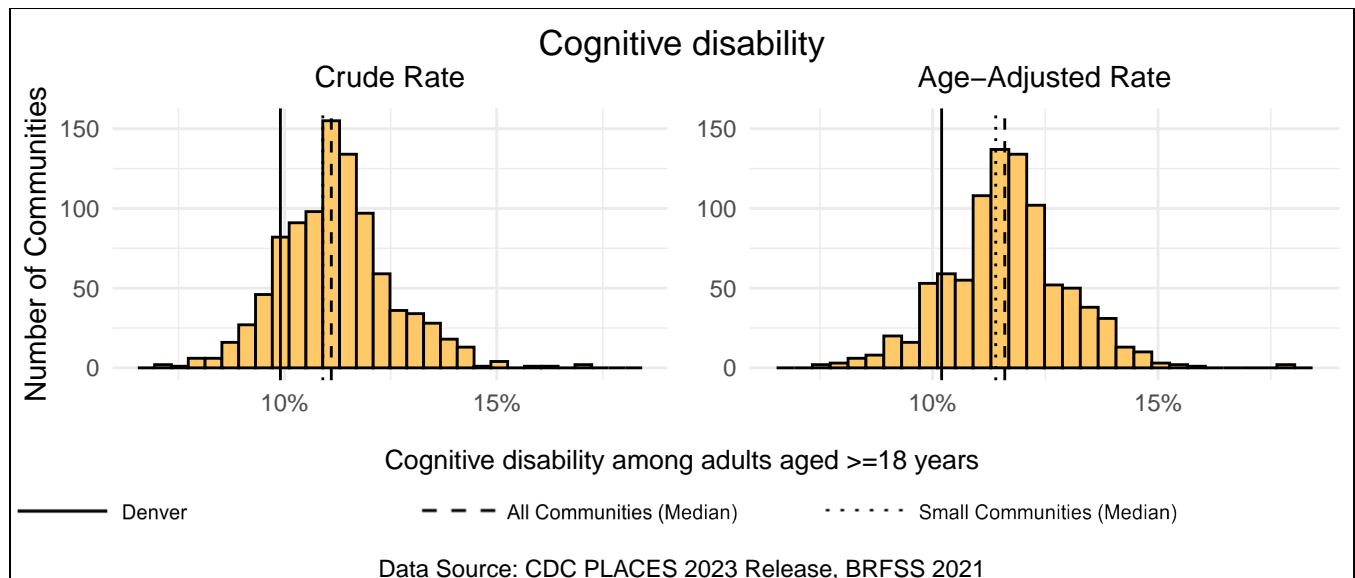
Measure Type	Denver	All Comm.	Small Comm.
Crude	3.4%	4.1%	4.1%
Age-Adjusted	3.1%	3.6%	3.5%



Cognitive disability

Denver has a crude rate of 9.9% for cognitive disability among adults aged ≥ 18 years, which ranks 128th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Denver is 10.2%, which ranks 109th out of 905 Iowa communities (19th out of 138 small communities).

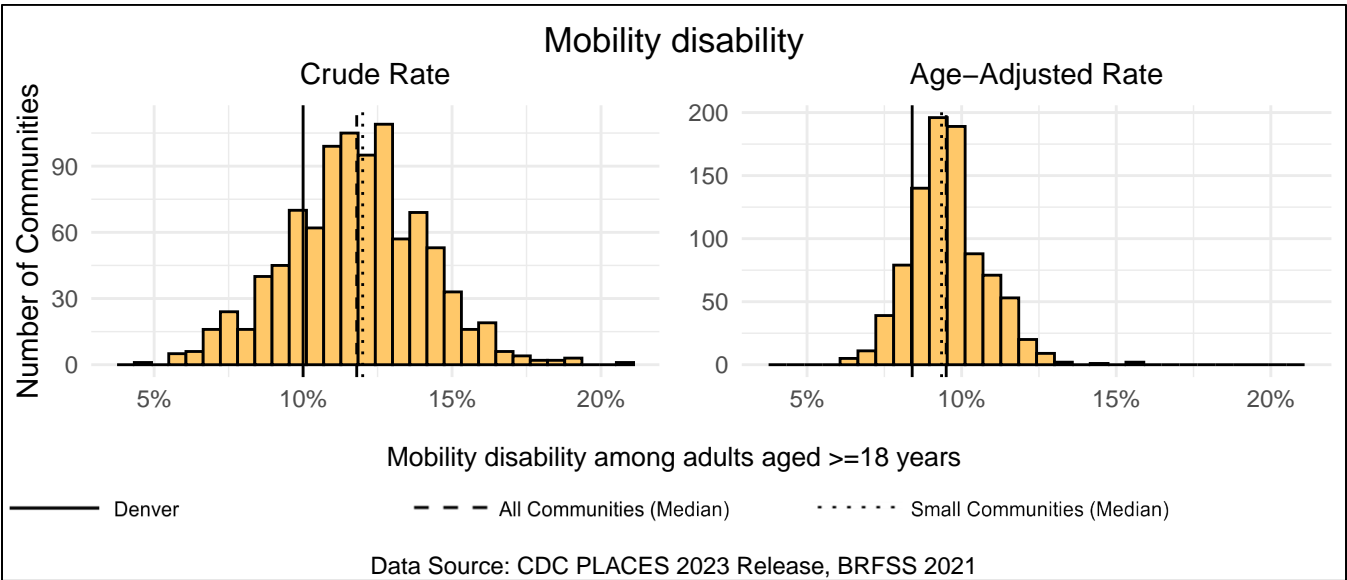
Measure Type	Denver	All Comm.	Small Comm.
Crude	9.9%	11.1%	10.9%
Age-Adjusted	10.2%	11.6%	11.4%



Mobility disability

Denver has a crude rate of 10.0% for mobility disability among adults aged >=18 years, which ranks 203rd out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Denver is 8.4%, which ranks 135th out of 905 Iowa communities (23rd out of 138 small communities).

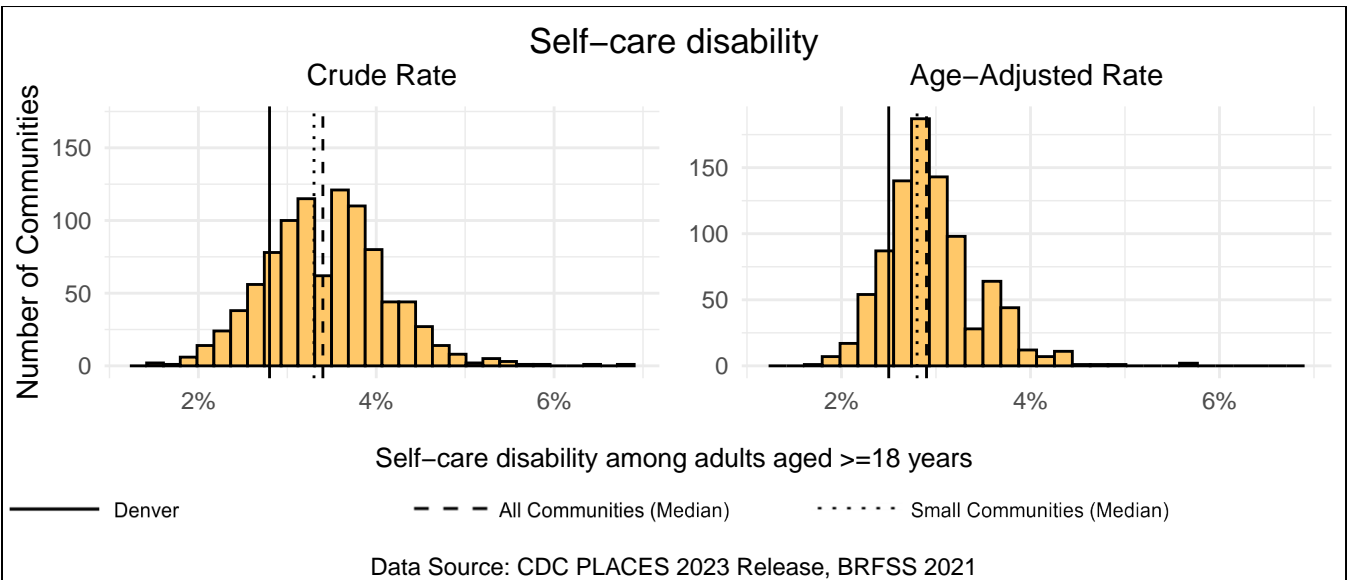
Measure Type	Denver	All Comm.	Small Comm.
Crude	10.0%	11.8%	12.0%
Age-Adjusted	8.4%	9.5%	9.4%



Self-care disability

Denver has a crude rate of 2.8% for self-care disability among adults aged >=18 years, which ranks 142nd out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Denver is 2.5%, which ranks 123rd out of 905 Iowa communities (22nd out of 138 small communities).

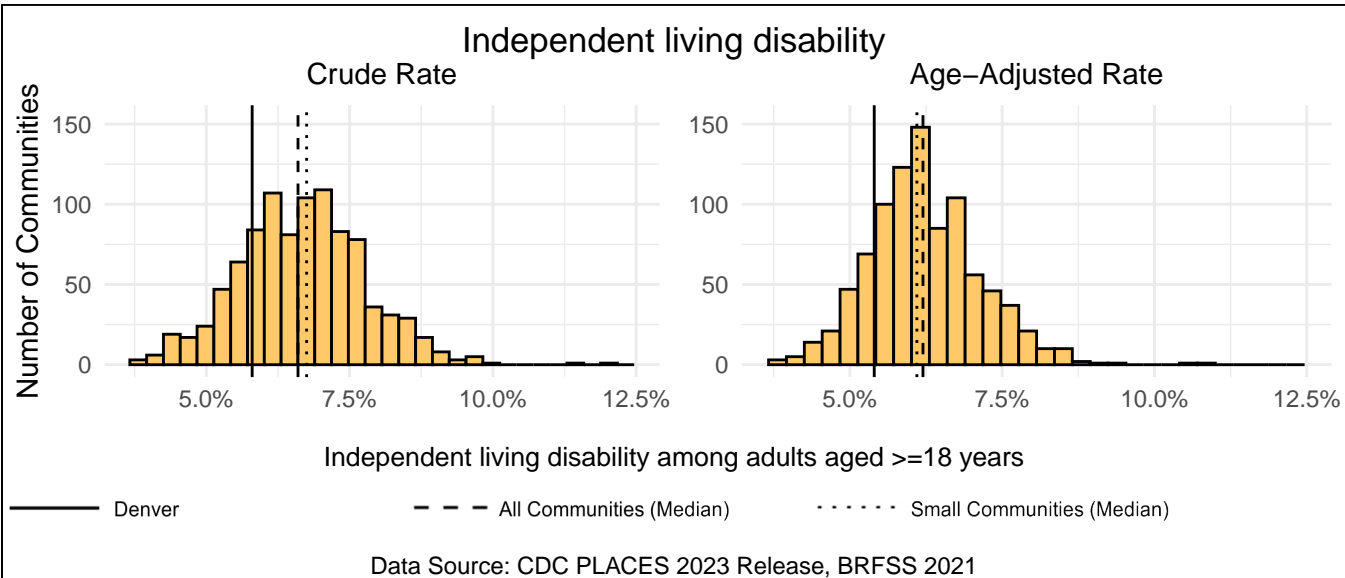
Measure Type	Denver	All Comm.	Small Comm.
Crude	2.8%	3.4%	3.3%
Age-Adjusted	2.5%	2.9%	2.8%



Independent living disability

Denver has a crude rate of 5.8% for independent living disability among adults aged ≥ 18 years, which ranks 181st out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Denver is 5.4%, which ranks 133rd out of 905 Iowa communities (21st out of 138 small communities).

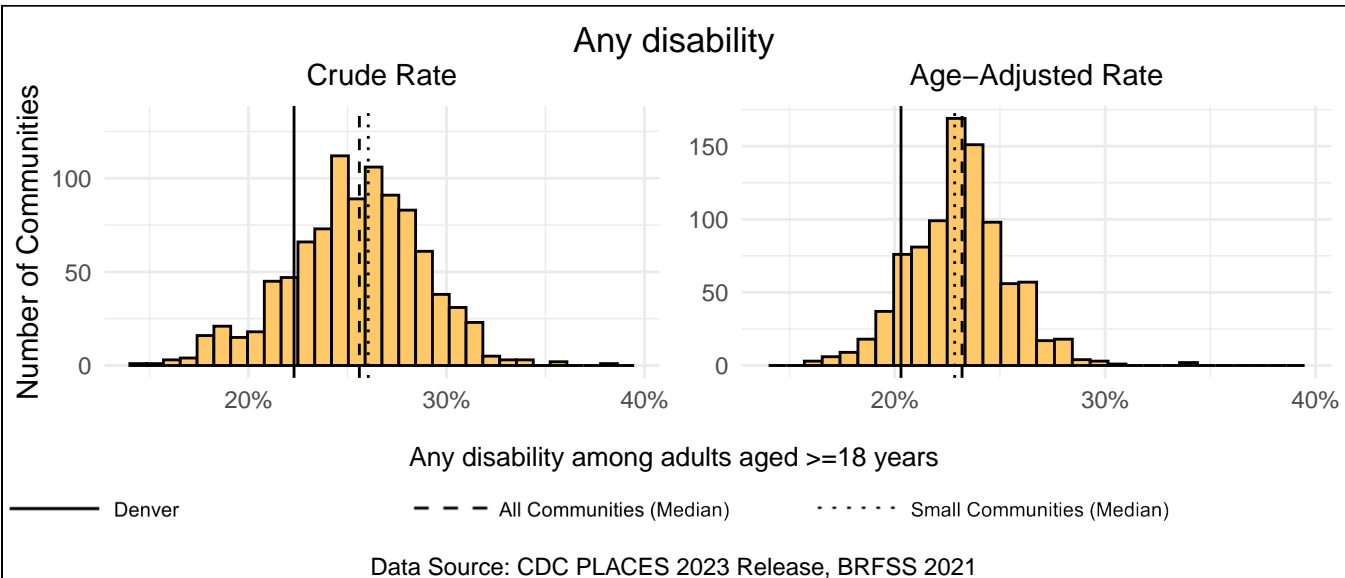
Measure Type	Denver	All Comm.	Small Comm.
Crude	5.8%	6.6%	6.8%
Age-Adjusted	5.4%	6.2%	6.1%



Any disability

Denver has a crude rate of 22.3% for any disability among adults aged ≥ 18 years, which ranks 159th out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Denver is 20.3%, which ranks 82nd out of 905 Iowa communities (16th out of 138 small communities).

Measure Type	Denver	All Comm.	Small Comm.
Crude	22.3%	25.6%	26.0%
Age-Adjusted	20.3%	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: Denver PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	120	11.7% (9.5% - 14.1%)	95	10.7% (8.8% - 12.9%)
Health Status	Mental Health	202	13.5% (11.4% - 15.7%)	121	14.5% (12.3% - 16.8%)
Health Status	Physical Health	137	9.4% (7.8% - 11.1%)	120	8.7% (7.2% - 10.2%)
Health Risk Behaviors	Binge Drinking	592	20.2% (16.9% - 23.9%)	520	22.2% (18.6% - 26.2%)
Health Risk Behaviors	Current Smoking	103	14.4% (10.9% - 18.0%)	97	14.8% (11.3% - 18.9%)
Health Risk Behaviors	Physical Inactivity	116	22.0% (17.4% - 26.8%)	79	20.7% (16.5% - 25.7%)
Health Risk Behaviors	Sleep <7 hours	81	27.9% (26.2% - 29.6%)	79	28.6% (26.8% - 30.4%)
Health Outcomes	Cancer (except skin)	449	8.0% (7.2% - 8.8%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Depression	326	17.6% (14.3% - 21.1%)	189	18.4% (15.2% - 22.0%)
Health Outcomes	Obesity	162	35.2% (28.3% - 42.4%)	149	35.3% (28.6% - 42.6%)
Health Outcomes	COPD	137	6.1% (4.9% - 7.5%)	93	5.3% (4.4% - 6.5%)
Health Outcomes	High Cholesterol	127	33.2% (28.9% - 37.7%)	33	28.0% (23.9% - 32.3%)
Health Outcomes	Stroke	233	2.9% (2.4% - 3.3%)	116	2.4% (2.0% - 2.7%)
Health Outcomes	Chronic Kidney Disease	241	2.9% (2.6% - 3.3%)	142	2.5% (2.2% - 2.7%)
Health Outcomes	Coronary Heart Disease	220	5.6% (4.8% - 6.5%)	78	4.5% (3.9% - 5.2%)
Health Outcomes	Diabetes	176	8.7% (7.3% - 10.2%)	128	7.4% (6.2% - 8.7%)
Health Outcomes	All Teeth Lost	117	10.4% (5.9% - 15.9%)	95	10.2% (6.1% - 15.2%)
Health Outcomes	Current Asthma	215	9.1% (8.0% - 10.3%)	185	9.2% (8.1% - 10.5%)
Health Outcomes	High Blood Pressure	238	29.8% (25.9% - 33.8%)	165	26.0% (22.5% - 29.9%)
Health Outcomes	Arthritis	349	26.6% (22.7% - 30.7%)	376	22.9% (19.4% - 26.6%)
Prevention	Cervical Cancer Screening	142	85.0% (82.6% - 87.4%)	87	85.0% (82.5% - 87.4%)
Prevention	Mammography	61	79.8% (76.1% - 83.5%)	38	78.3% (74.0% - 82.1%)
Prevention	Core preventive services for older women	280	41.6% (33.8% - 50.0%)	115	44.4% (37.2% - 52.0%)
Prevention	Health Insurance	87	6.0% (4.4% - 8.0%)	64	6.2% (4.5% - 8.2%)
Prevention	Annual Checkup	614	74.5% (69.7% - 78.9%)	498	72.4% (67.3% - 77.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	17	76.9% (73.8% - 79.8%)	26	76.0% (72.8% - 79.0%)
Prevention	Cholesterol Screening	332	83.3% (80.2% - 86.1%)	113	80.7% (77.1% - 84.0%)
Prevention	Core preventive services for older men	212	46.6% (38.0% - 55.4%)	217	46.4% (37.9% - 54.8%)
Prevention	Taking BP Medication	625	78.5% (74.9% - 81.6%)	758	58.0% (53.0% - 63.1%)
Prevention	Dental Visit	68	73.0% (69.5% - 76.3%)	61	72.7% (69.0% - 76.1%)
Disability	Cognitive Disability	128	9.9% (8.1% - 11.7%)	109	10.2% (8.3% - 12.2%)
Disability	Self-care Disability	142	2.8% (2.3% - 3.4%)	123	2.5% (2.1% - 3.0%)
Disability	Independent Living Disability	181	5.8% (4.8% - 6.9%)	133	5.4% (4.5% - 6.4%)
Disability	Any Disability	159	22.3% (18.5% - 26.1%)	82	20.3% (17.0% - 24.1%)
Disability	Vision Disability	158	3.4% (2.8% - 4.0%)	135	3.1% (2.6% - 3.6%)
Disability	Mobility Disability	203	10.0% (8.1% - 12.1%)	135	8.4% (6.9% - 10.0%)
Disability	Hearing Disability	254	6.6% (5.7% - 7.6%)	79	5.4% (4.8% - 6.2%)

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

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

Denver 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		