



Iowa Community Health Snapshot Series

*275 community reports prepared for the Iowa State University
Extension and Outreach Community and Economic
Development Unit*



May 2024

By Matthew Voss & Shawn Dorius

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.

Iowa Community Health Snapshot Series

Table of contents

Health in Des Moines: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Des Moines PLACES Data	32
Appendix 3: Large Communities (50,000+)	34

Health in Des Moines: Overview

Dear Community Members & Stakeholders of Des Moines,

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 Des Moines ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Des Moines’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 Des Moines. 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
Cancer (except skin)	38th	5th	Cancer (except skin)	16th	3rd
Arthritis	127th	9th	Binge Drinking	18th	1st
Hearing Disability	139th	5th	Core preventive services for older men	139th	4th
Coronary Heart Disease	172nd	6th	Annual Checkup	190th	7th
Core preventive services for older men	183rd	4th	Mammography	338th	9th

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	950th	9th	High Blood Pressure	897th	11th
Mental Health	949th	9th	High Cholesterol	890th	10th
Health Insurance	937th	10th	Mobility Disability	889th	11th
Cognitive Disability	933rd	9th	Vision Disability	882nd	10th
Depression	925th	8th	Health Insurance	880th	10th

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 Des Moines.

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

With a population of 213,164, Des Moines’s similarly sized communities are defined as large communities. In Iowa, large communities have an average population of 91,321, and there are 11 communities that are considered large communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

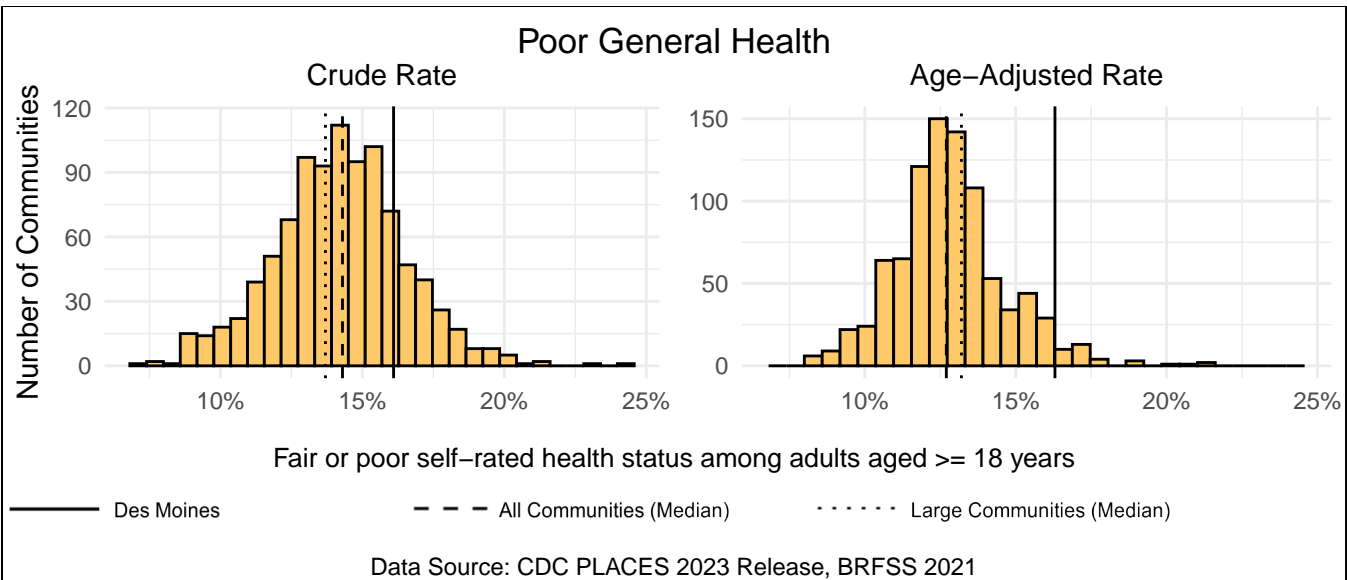
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Des Moines has a crude rate of 16.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 785th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 16.3%, which ranks 872nd out of 905 Iowa communities (9th out of 11 large communities).

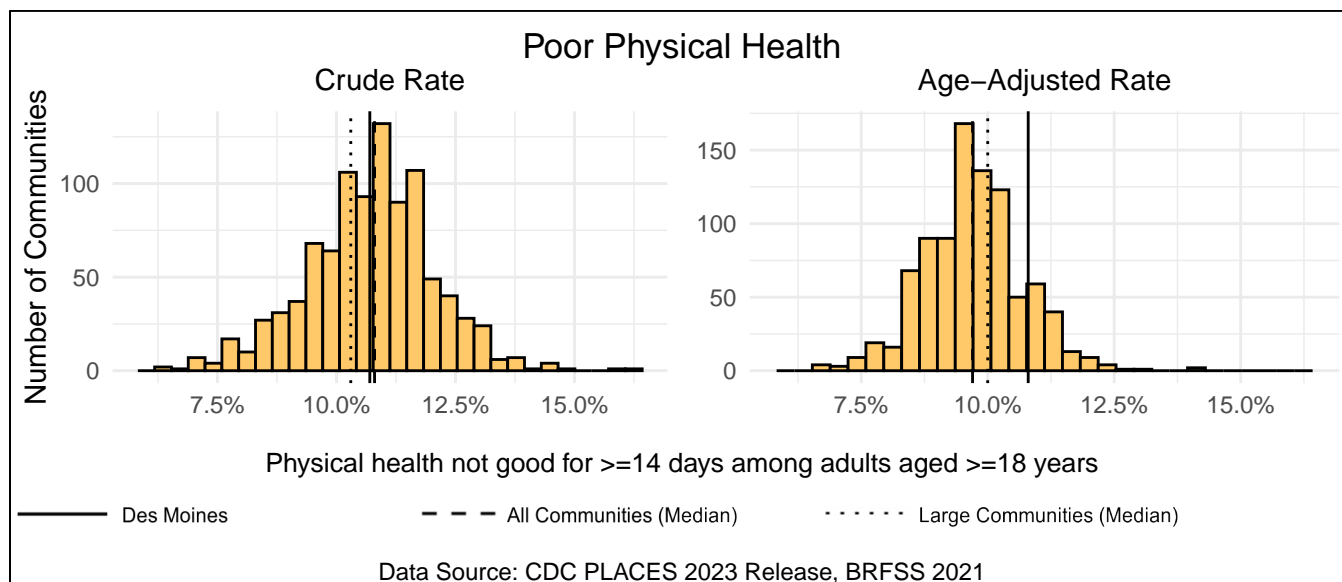
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	16.1%	14.3%	13.7%
Age-Adjusted	16.3%	12.7%	13.2%



Poor Physical Health

Des Moines has a crude rate of 10.7% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 435th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Des Moines is 10.8%, which ranks 777th out of 905 Iowa communities (8th out of 11 large communities).

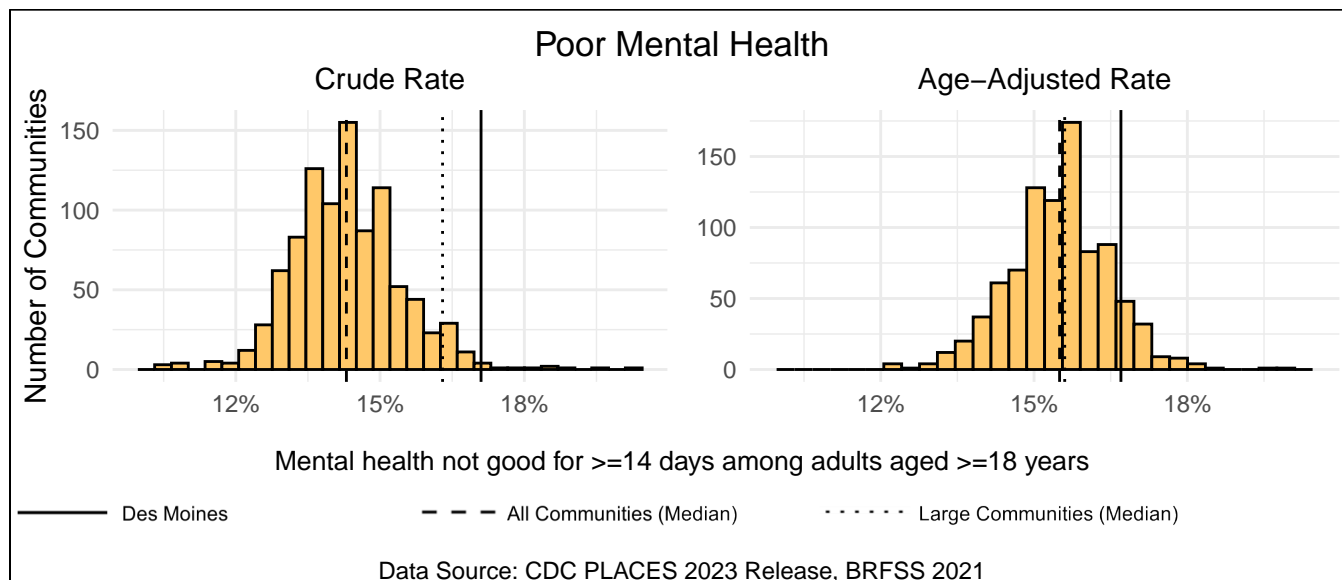
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	10.7%	10.8%	10.3%
Age-Adjusted	10.8%	9.7%	10.0%



Poor Mental Health

Des Moines has a crude rate of 17.1% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 949th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 16.7%, which ranks 802nd out of 905 Iowa communities (10th out of 11 large communities).

Measure Type	Des Moines	All Comm.	Large Comm.
Crude	17.1%	14.3%	16.3%
Age-Adjusted	16.7%	15.5%	15.6%



Health Risk Behaviors

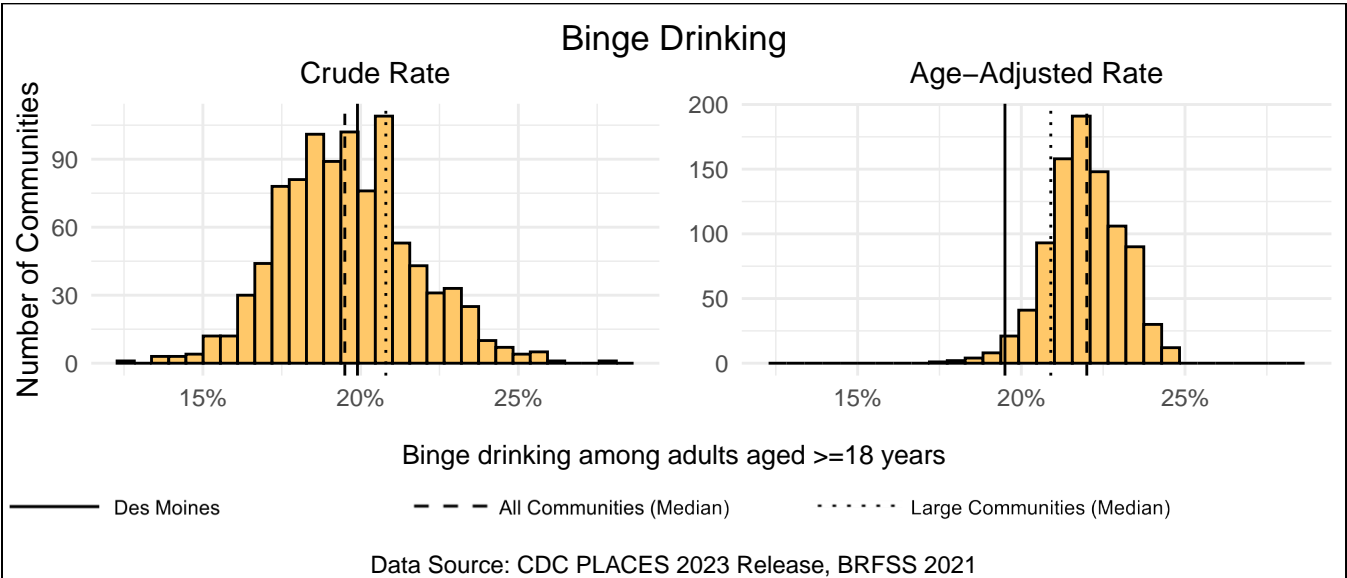
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Des Moines has a crude rate of 19.9% for binge drinking among adults aged ≥ 18 years, which ranks 549th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Des Moines is 19.5%, which ranks 18th out of 905 Iowa communities (1st out of 11 large communities).

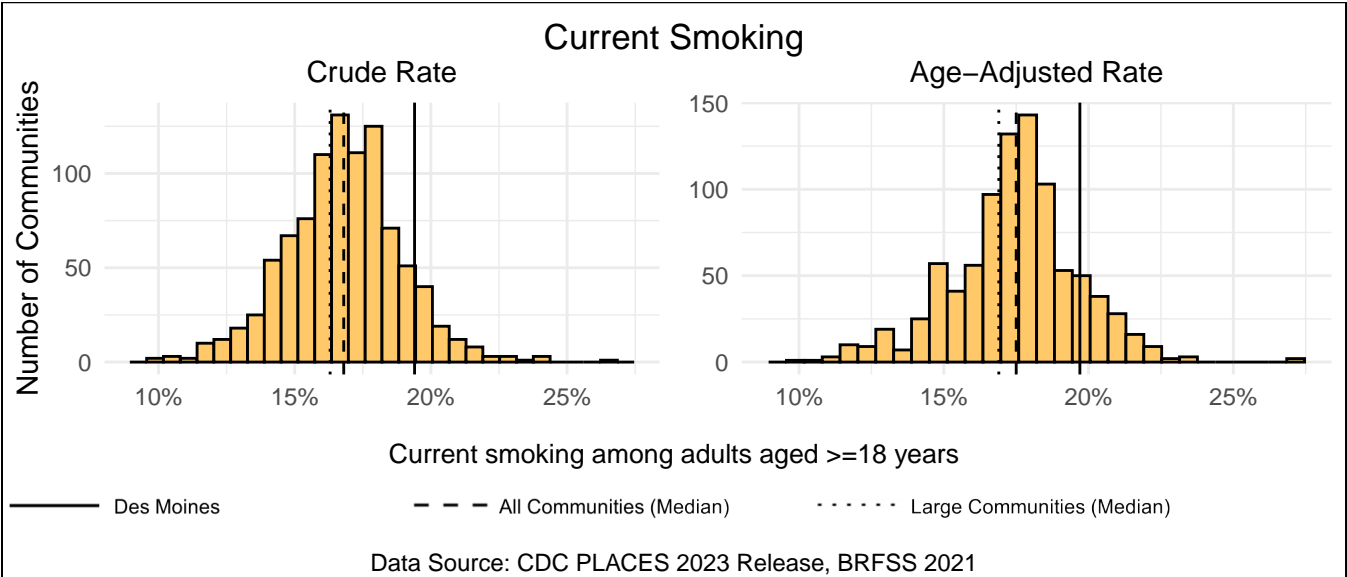
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	19.9%	19.5%	20.8%
Age-Adjusted	19.5%	22.0%	20.9%



Current Smoking

Des Moines has a crude rate of 19.4% for current smoking among adults aged >=18 years, which ranks 860th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 19.7%, which ranks 771st out of 905 Iowa communities (8th out of 11 large communities).

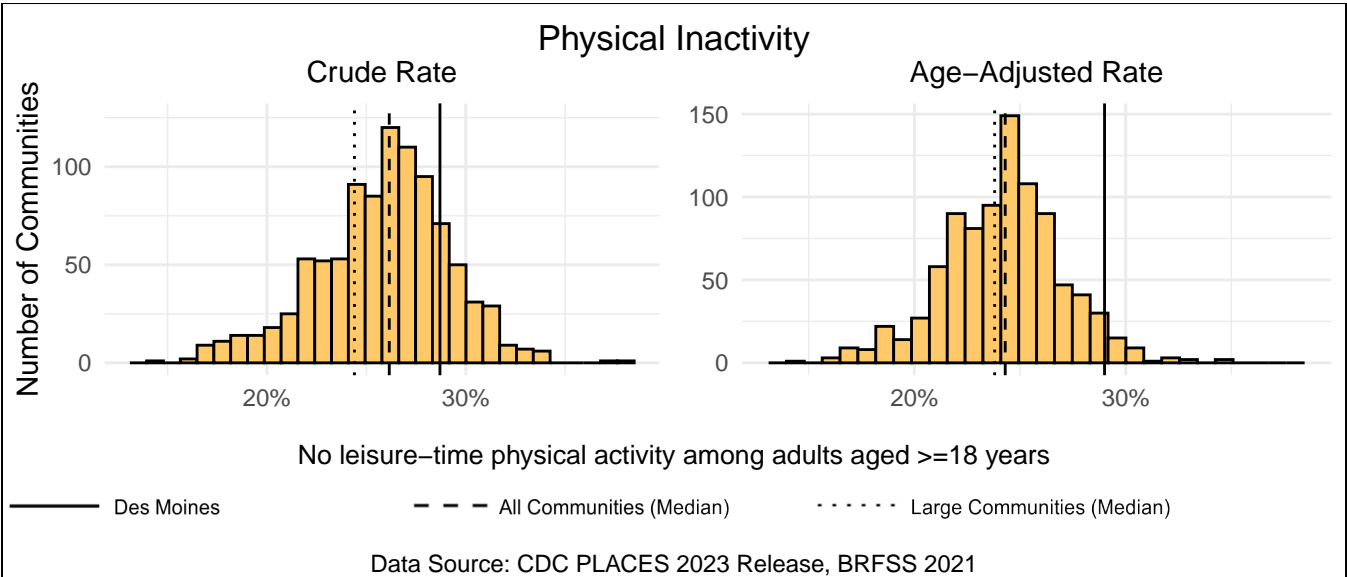
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	19.4%	16.8%	16.3%
Age-Adjusted	19.7%	17.5%	16.9%



Physical Inactivity

Des Moines has a crude rate of 28.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 781st out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 29.0%, which ranks 868th out of 905 Iowa communities (10th out of 11 large communities).

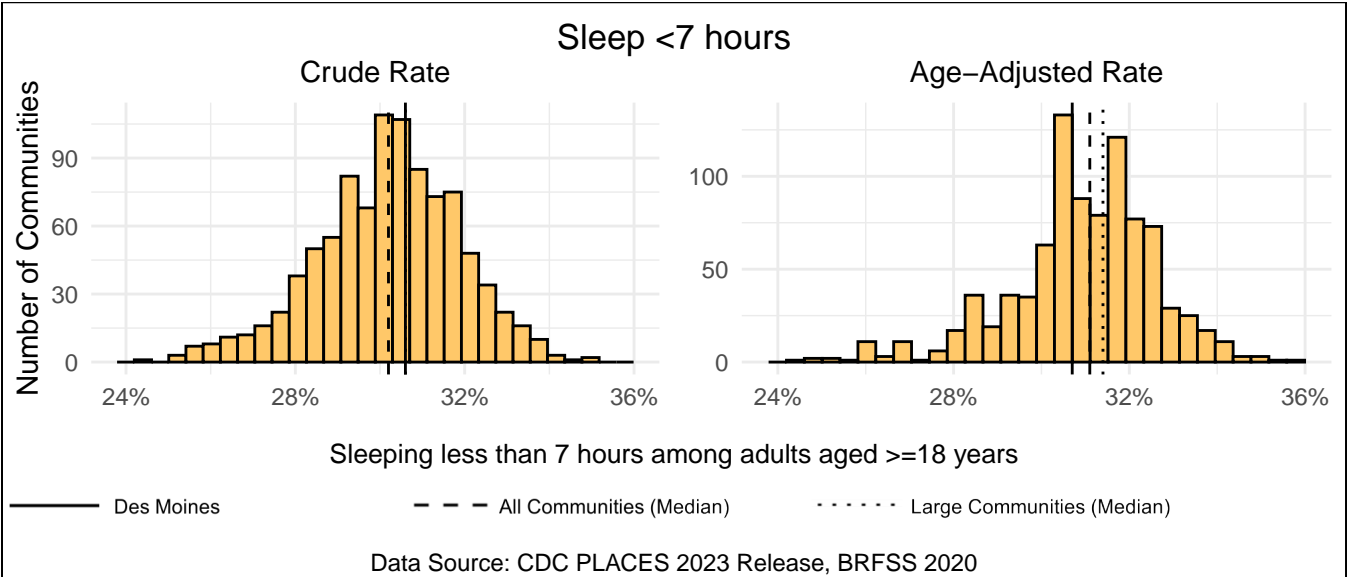
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	28.7%	26.1%	24.4%
Age-Adjusted	29.0%	24.3%	23.8%



Sleep <7 hours

Des Moines has a crude rate of 30.6% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 535th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Des Moines is 30.7%, which ranks 354th out of 905 Iowa communities (5th out of 11 large communities).

Measure Type	Des Moines	All Comm.	Large Comm.
Crude	30.6%	30.2%	30.6%
Age-Adjusted	30.7%	31.1%	31.4%



Health Outcomes

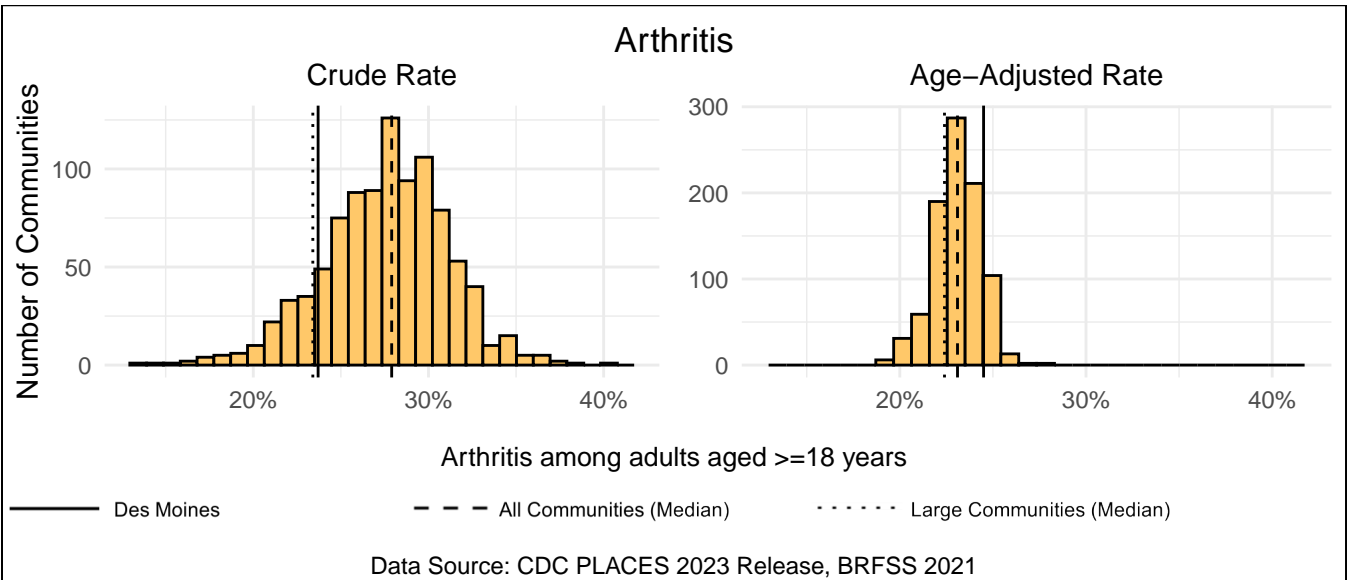
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Des Moines has a crude rate of 23.7% for arthritis among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 24.5%, which ranks 785th out of 905 Iowa communities (9th out of 11 large communities).

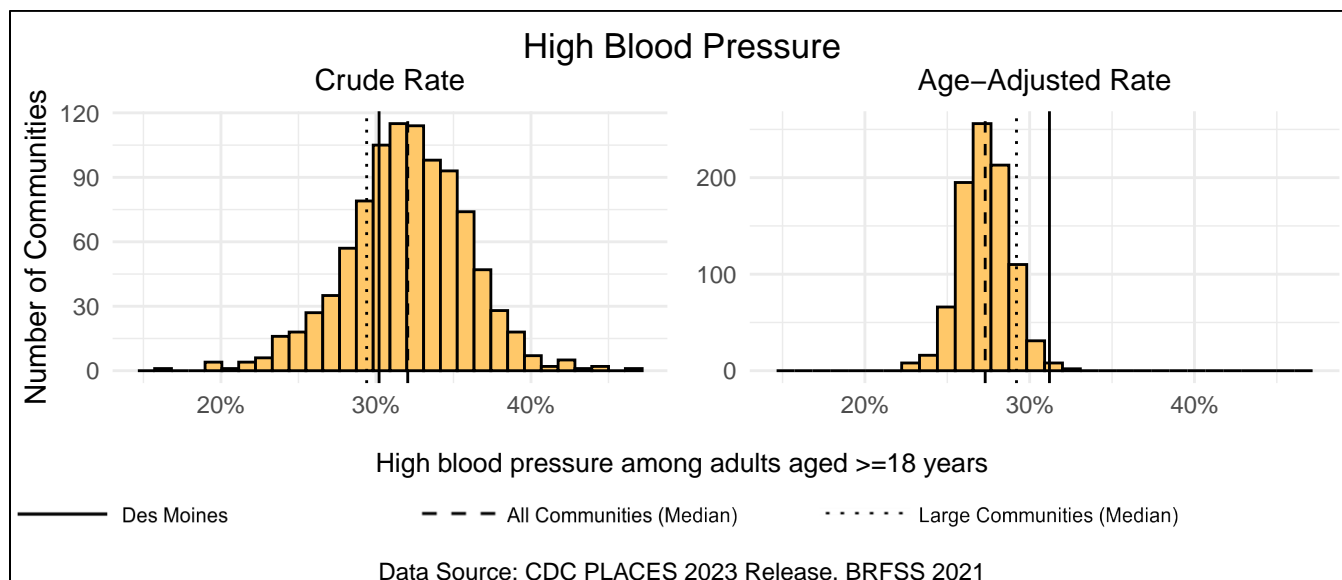
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	23.7%	27.9%	23.4%
Age-Adjusted	24.5%	23.1%	22.4%



High Blood Pressure

Des Moines has a crude rate of 30.2% for high blood pressure among adults aged ≥ 18 years, which ranks 273rd out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Des Moines is 31.2%, which ranks 897th out of 905 Iowa communities (11th out of 11 large communities).

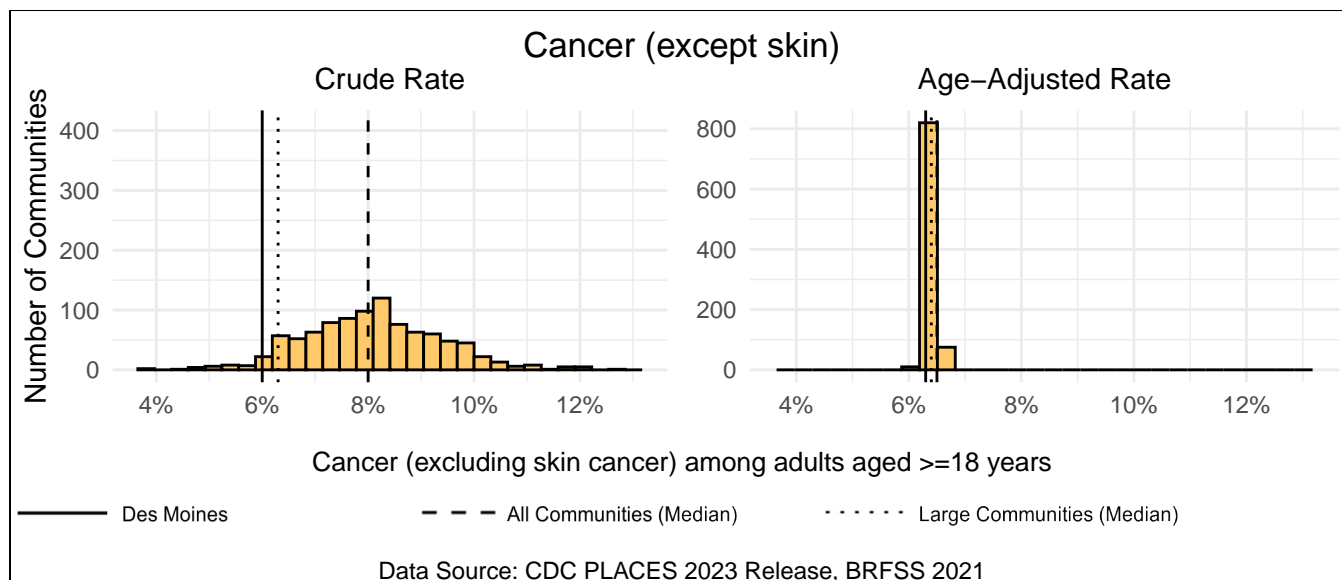
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	30.2%	32.0%	29.4%
Age-Adjusted	31.2%	27.3%	29.2%



Cancer (except skin)

Des Moines has a crude rate of 6.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 38th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Des Moines is 6.3%, which ranks 16th out of 905 Iowa communities (3rd out of 11 large communities).

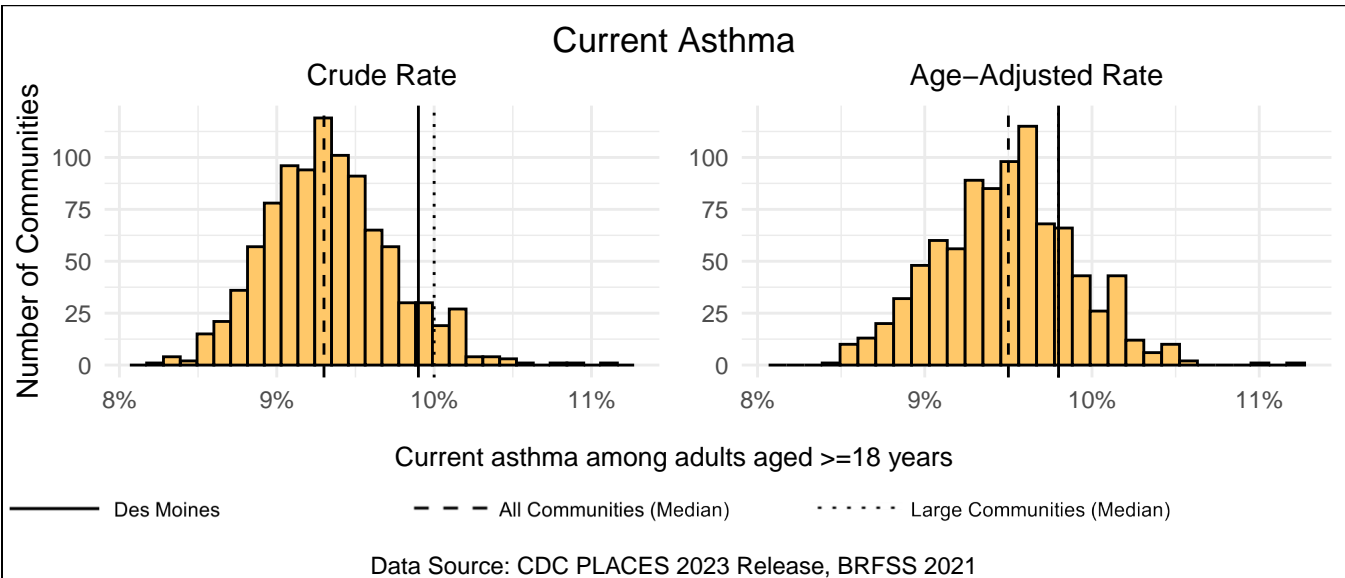
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	6.0%	8.0%	6.3%
Age-Adjusted	6.3%	6.5%	6.4%



Current Asthma

Des Moines has a crude rate of 9.9% for current asthma among adults aged ≥ 18 years, which ranks 868th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Des Moines is 9.8%, which ranks 696th out of 905 Iowa communities (6th out of 11 large communities).

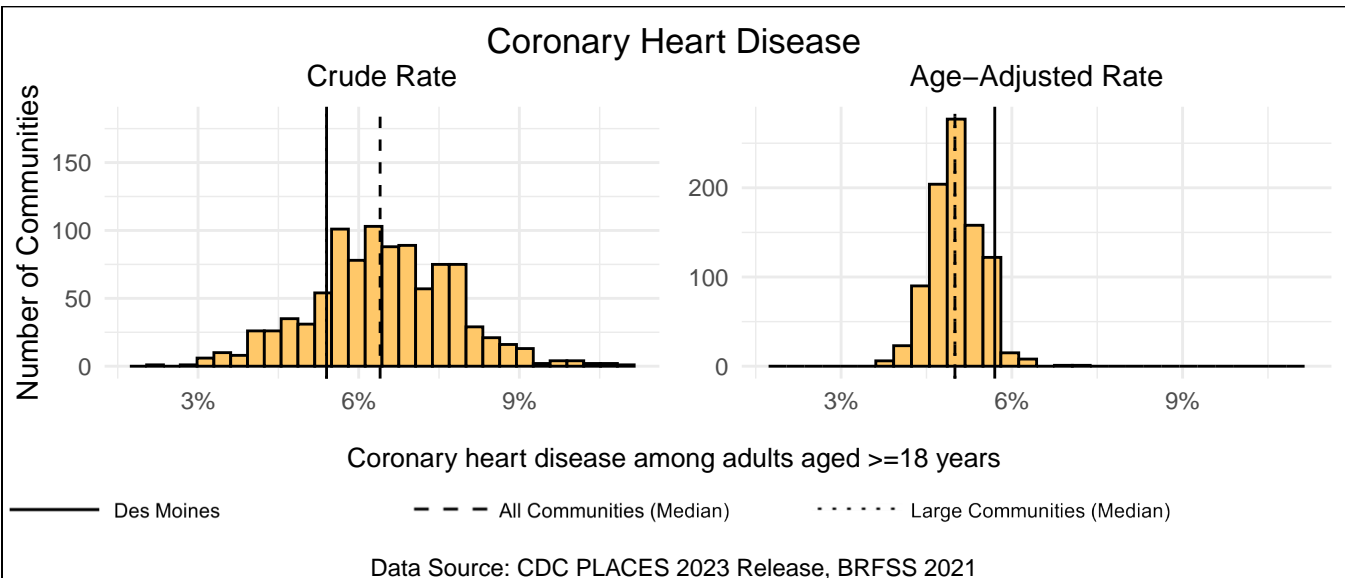
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	9.9%	9.3%	10.0%
Age-Adjusted	9.8%	9.5%	9.8%



Coronary Heart Disease

Des Moines has a crude rate of 5.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 172nd out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Des Moines is 5.7%, which ranks 836th out of 905 Iowa communities (11th out of 11 large communities).

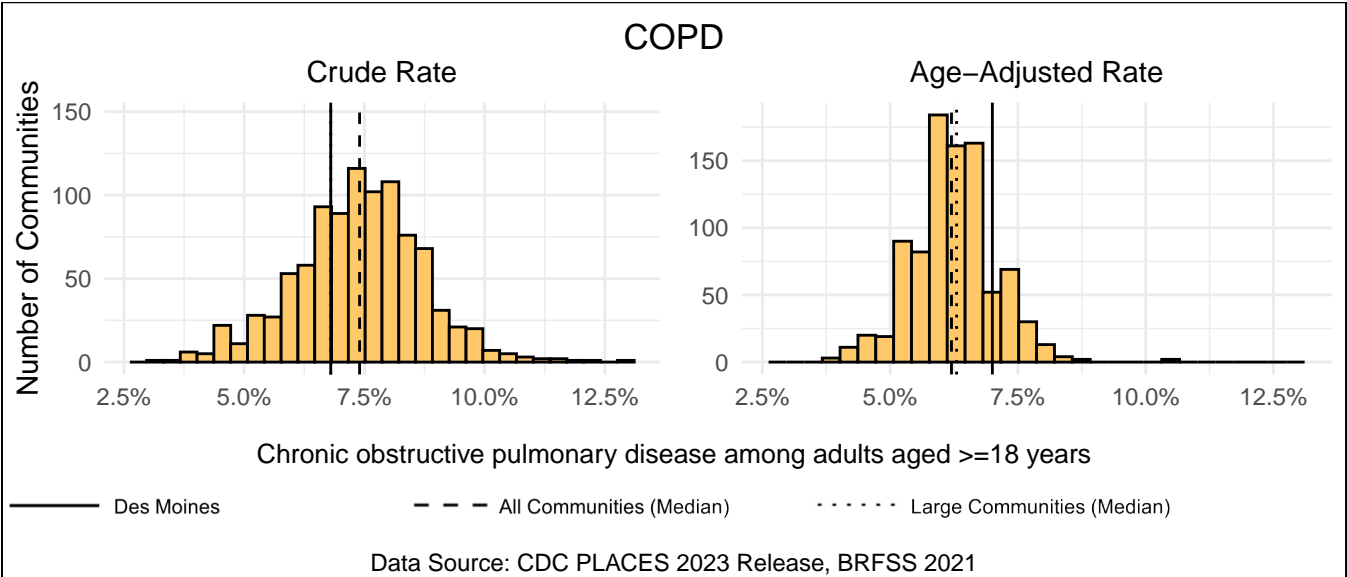
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	5.4%	6.4%	5.4%
Age-Adjusted	5.7%	5.0%	5.0%



COPD

Des Moines has a crude rate of 6.8% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 274th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Des Moines is 7.0%, which ranks 753rd out of 905 Iowa communities (8th out of 11 large communities).

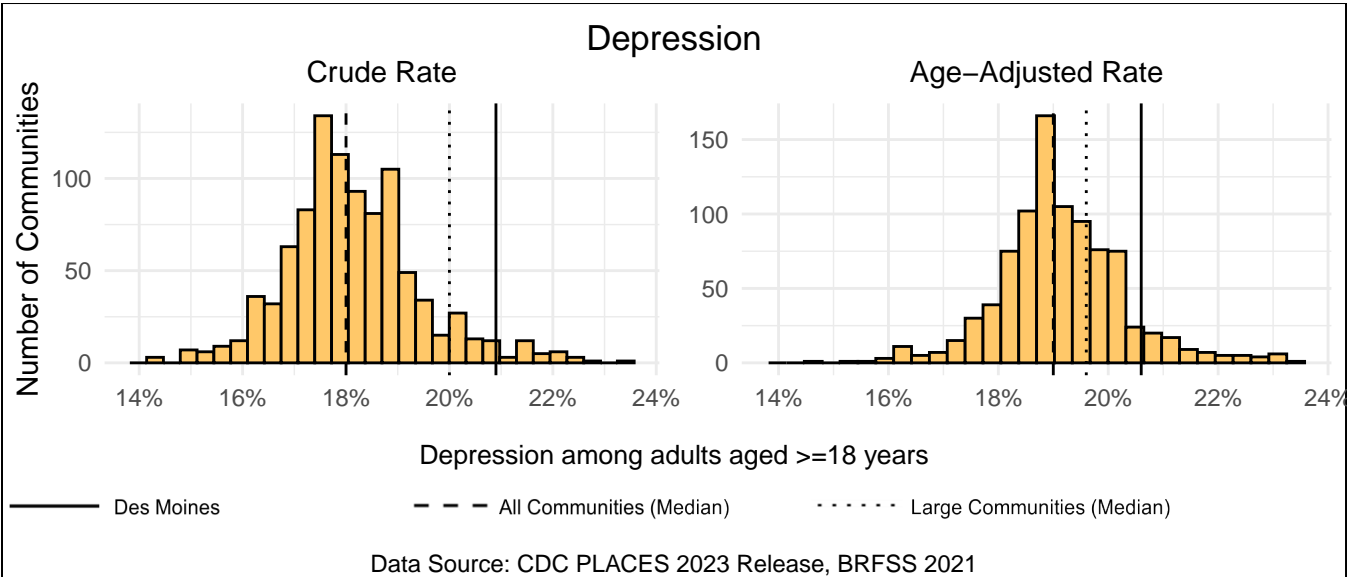
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	6.8%	7.4%	6.8%
Age-Adjusted	7.0%	6.2%	6.3%



Depression

Des Moines has a crude rate of 20.9% for depression among adults aged ≥ 18 years, which ranks 925th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Des Moines is 20.6%, which ranks 824th out of 905 Iowa communities (10th out of 11 large communities).

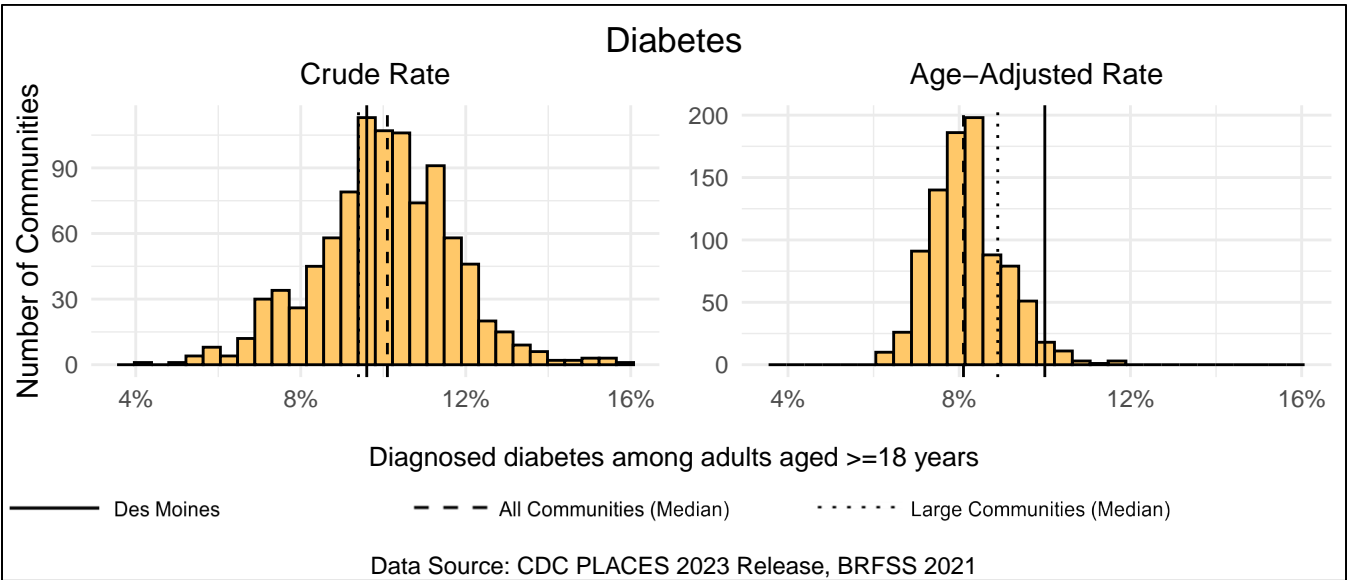
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	20.9%	18.0%	20.0%
Age-Adjusted	20.6%	19.0%	19.6%



Diabetes

Des Moines has a crude rate of 9.6% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 355th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Des Moines is 10.0%, which ranks 877th out of 905 Iowa communities (9th out of 11 large communities).

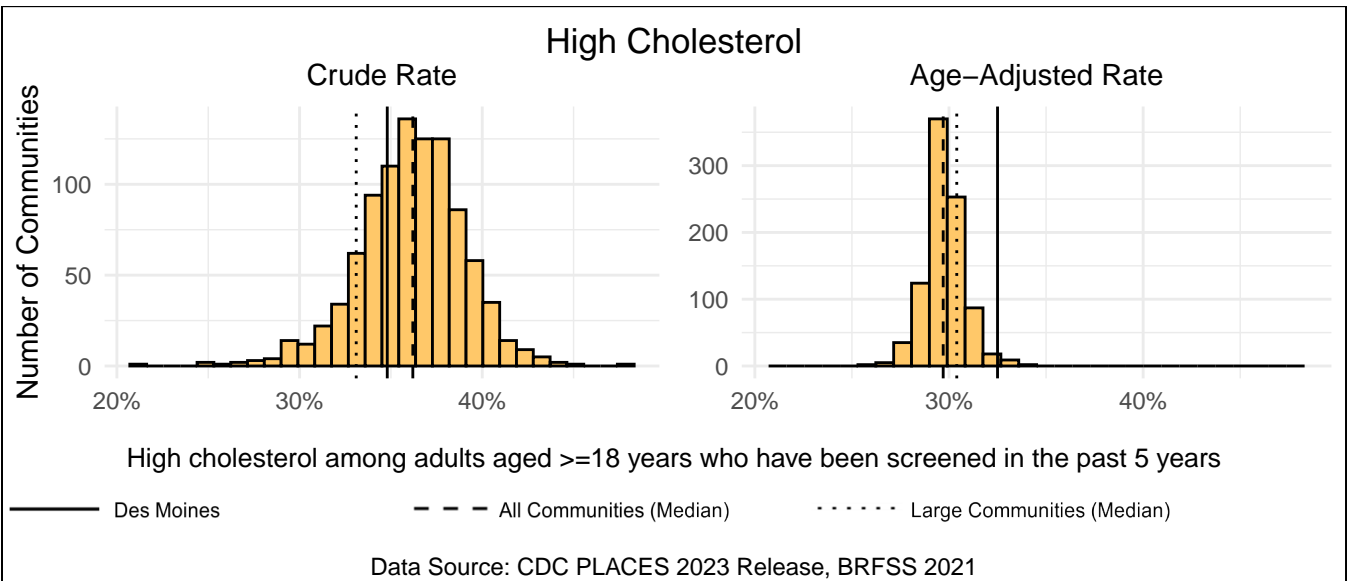
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	9.6%	10.1%	9.4%
Age-Adjusted	10.0%	8.1%	8.9%



High Cholesterol

Des Moines has a crude rate of 34.8% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 271st out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 32.5%, which ranks 890th out of 905 Iowa communities (10th out of 11 large communities).

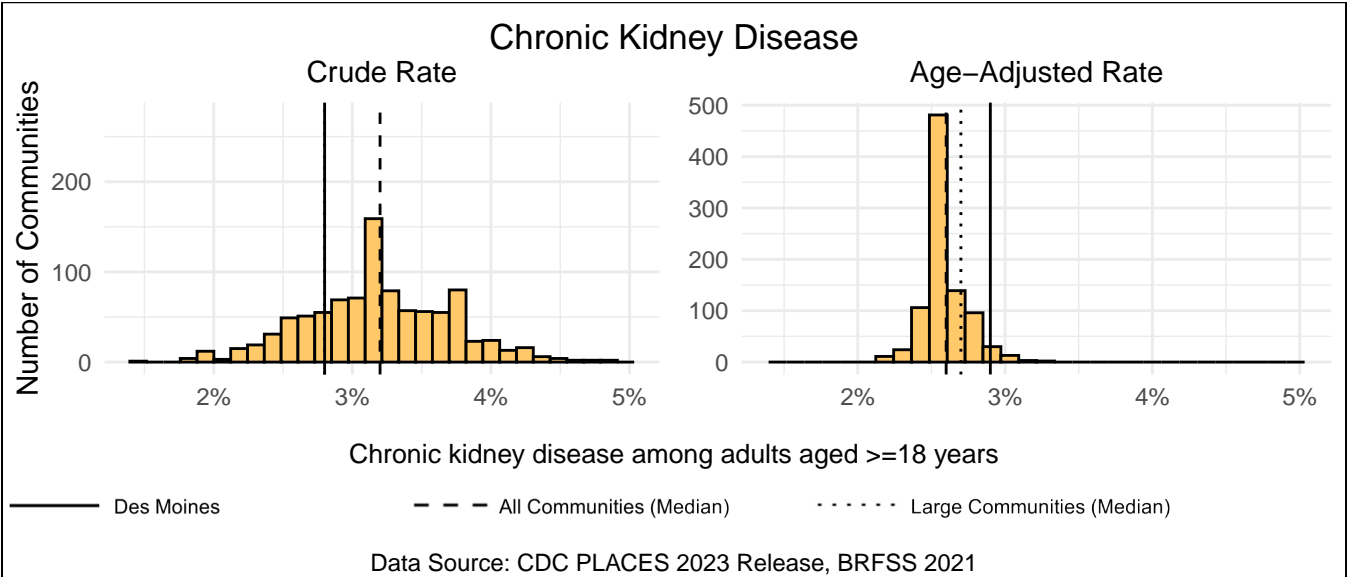
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	34.8%	36.2%	33.1%
Age-Adjusted	32.5%	29.7%	30.4%



Chronic Kidney Disease

Des Moines has a crude rate of 2.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 186th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Des Moines is 2.9%, which ranks 858th out of 905 Iowa communities (9th out of 11 large communities).

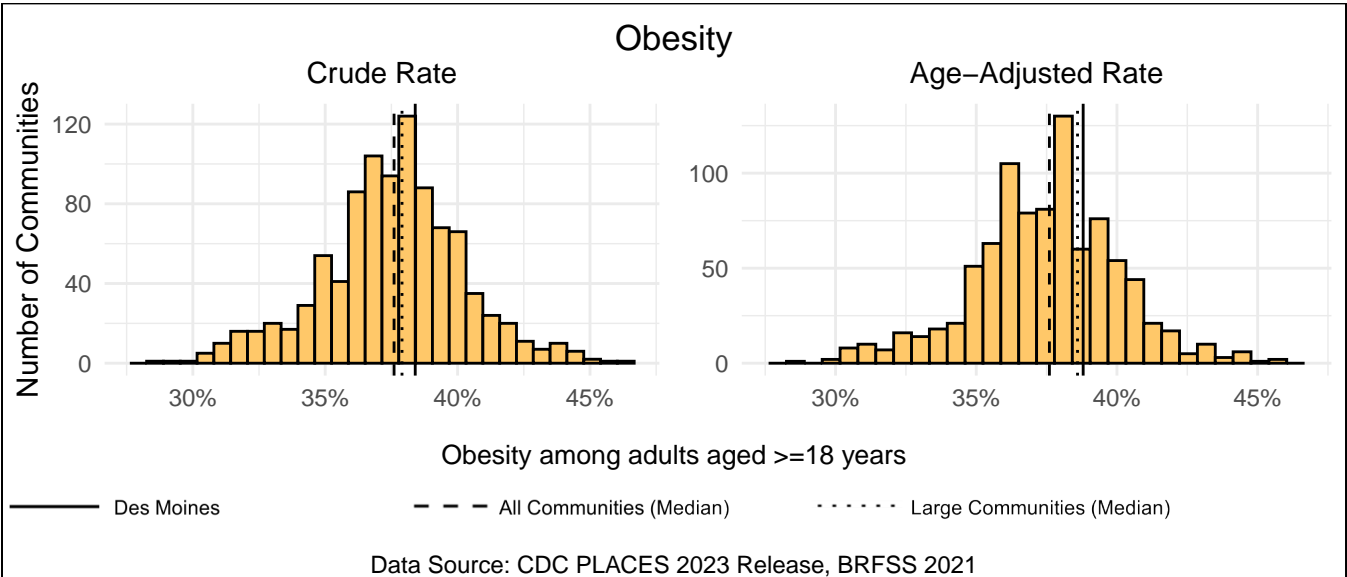
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	2.8%	3.2%	2.8%
Age-Adjusted	2.9%	2.6%	2.7%



Obesity

Des Moines has a crude rate of 38.4% for obesity among adults aged ≥ 18 years, which ranks 601st out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Des Moines is 38.8%, which ranks 635th out of 905 Iowa communities (7th out of 11 large communities).

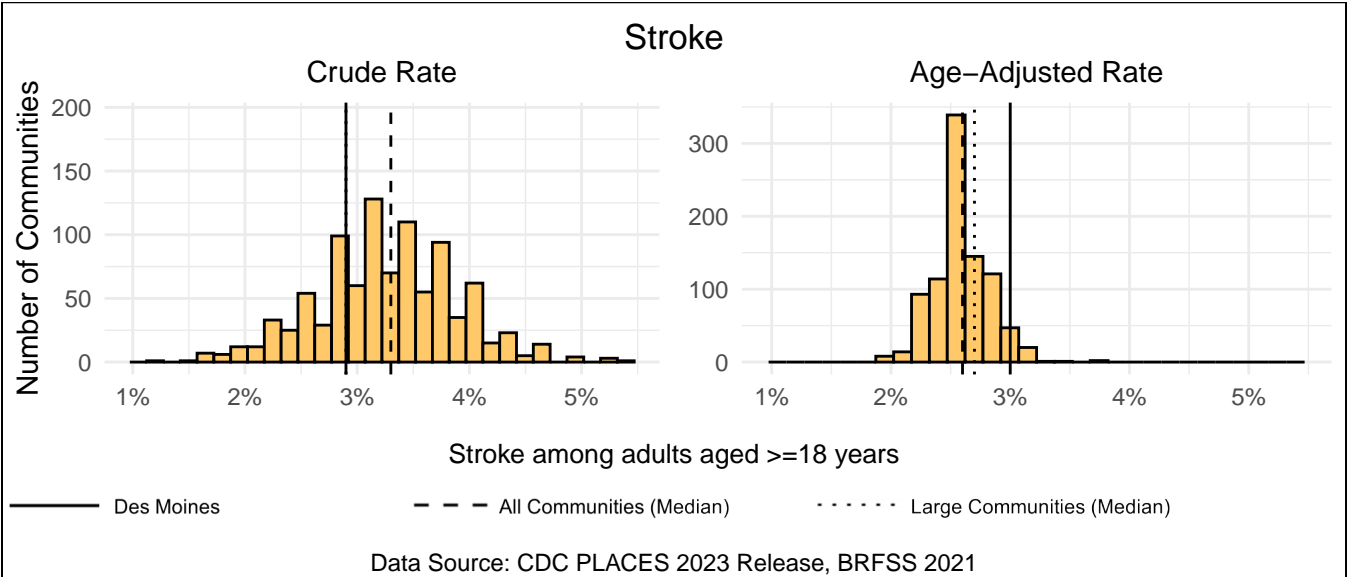
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	38.4%	37.6%	37.9%
Age-Adjusted	38.8%	37.6%	38.6%



Stroke

Des Moines has a crude rate of 2.9% for stroke among adults aged >=18 years, which ranks 233rd out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Des Moines is 3.0%, which ranks 835th out of 905 Iowa communities (10th out of 11 large communities).

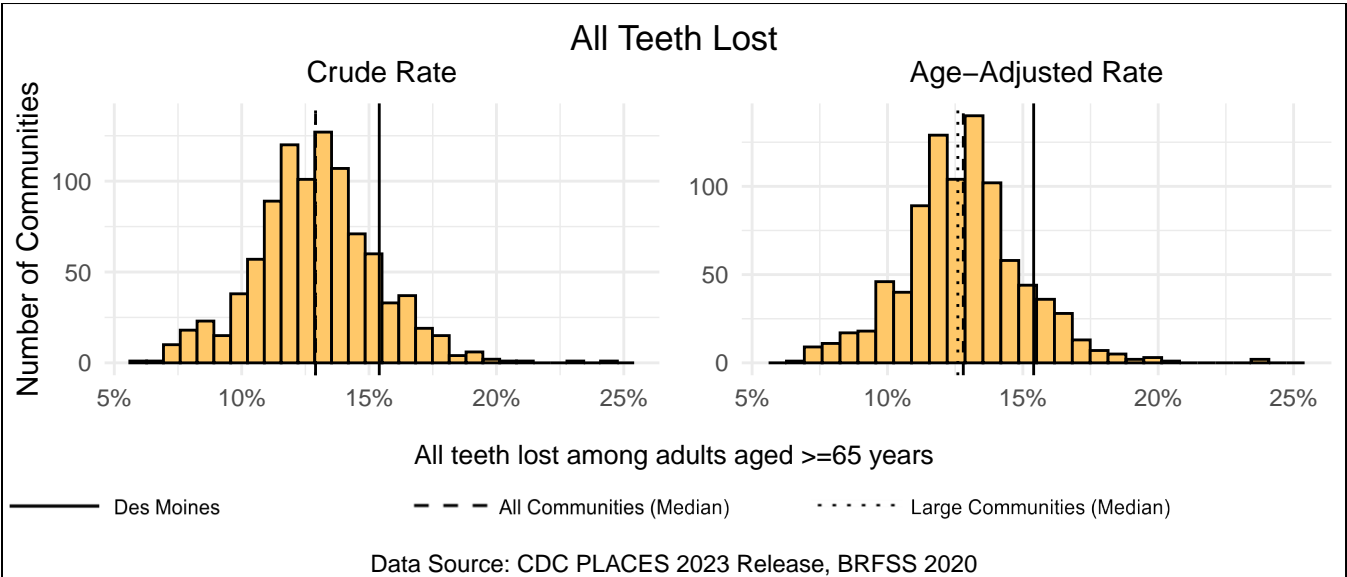
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	2.9%	3.3%	2.9%
Age-Adjusted	3.0%	2.6%	2.7%



All Teeth Lost

Des Moines has a crude rate of 15.4% for all teeth lost among adults aged >=65 years, which ranks 821st out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Des Moines is 15.4%, which ranks 798th out of 905 Iowa communities (11th out of 11 large communities).

Measure Type	Des Moines	All Comm.	Large Comm.
Crude	15.4%	12.9%	12.9%
Age-Adjusted	15.4%	12.8%	12.6%



Prevention

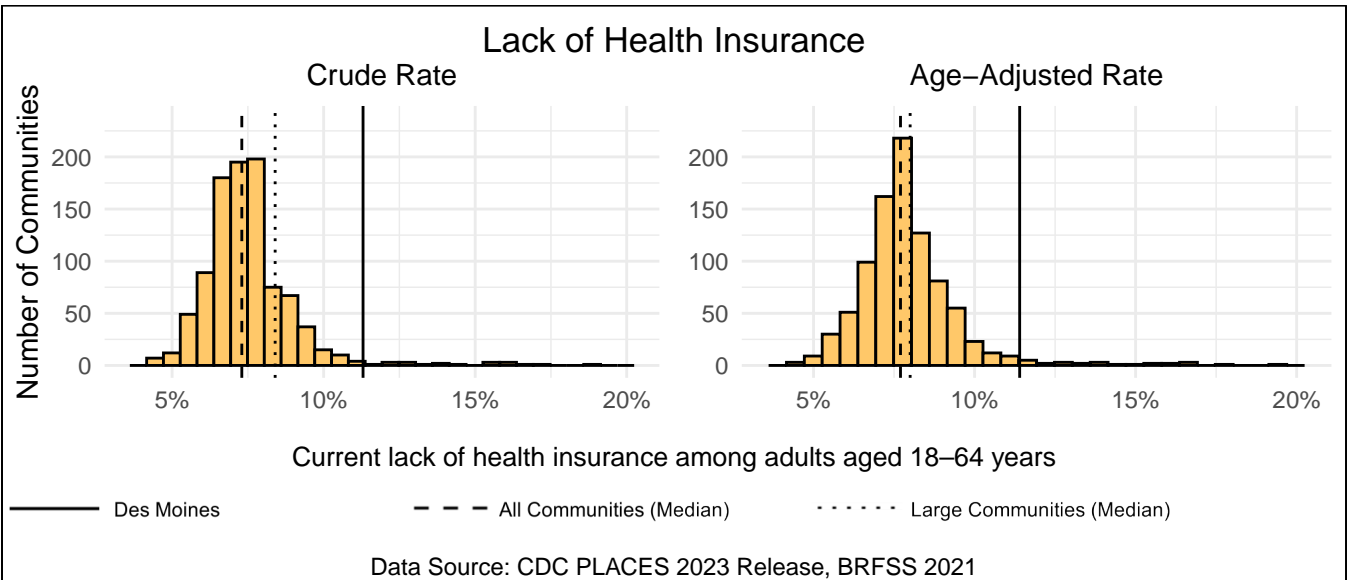
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Des Moines has a crude rate of 11.3% for current lack of health insurance among adults aged 18–64 years, which ranks 937th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Des Moines is 11.4%, which ranks 880th out of 905 Iowa communities (10th out of 11 large communities).

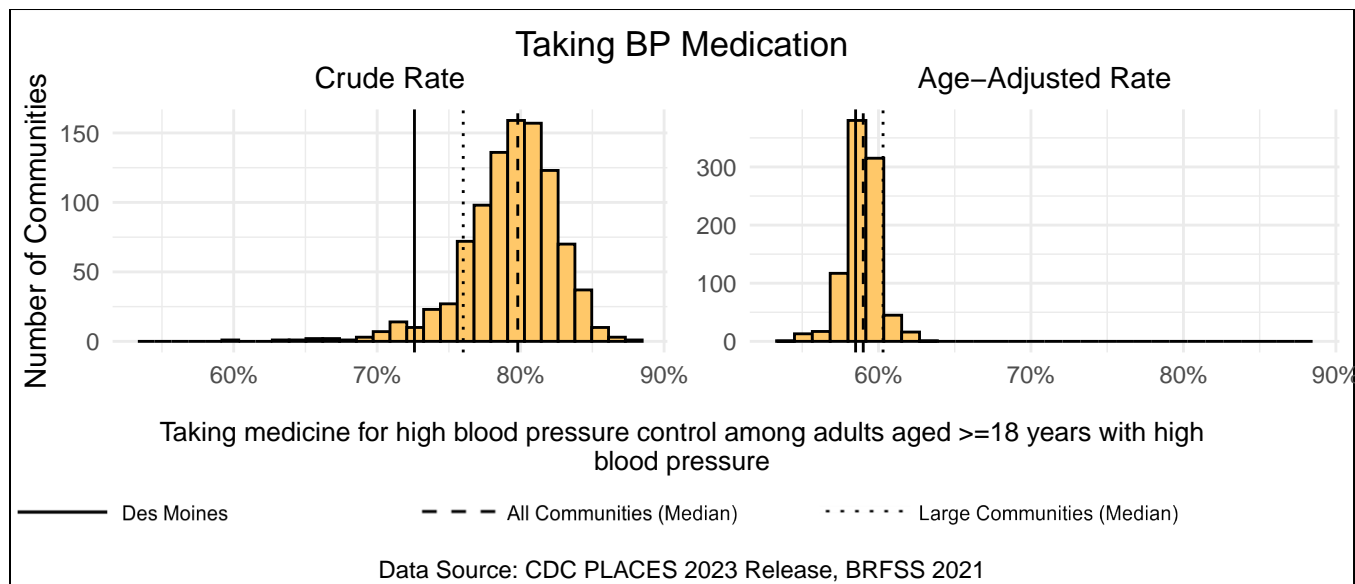
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	11.3%	7.3%	8.4%
Age-Adjusted	11.4%	7.7%	8.0%



Taking BP Medication

Des Moines has a crude rate of 72.6% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 925th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Des Moines is 58.5%, which ranks 631st out of 905 Iowa communities (9th out of 11 large communities).

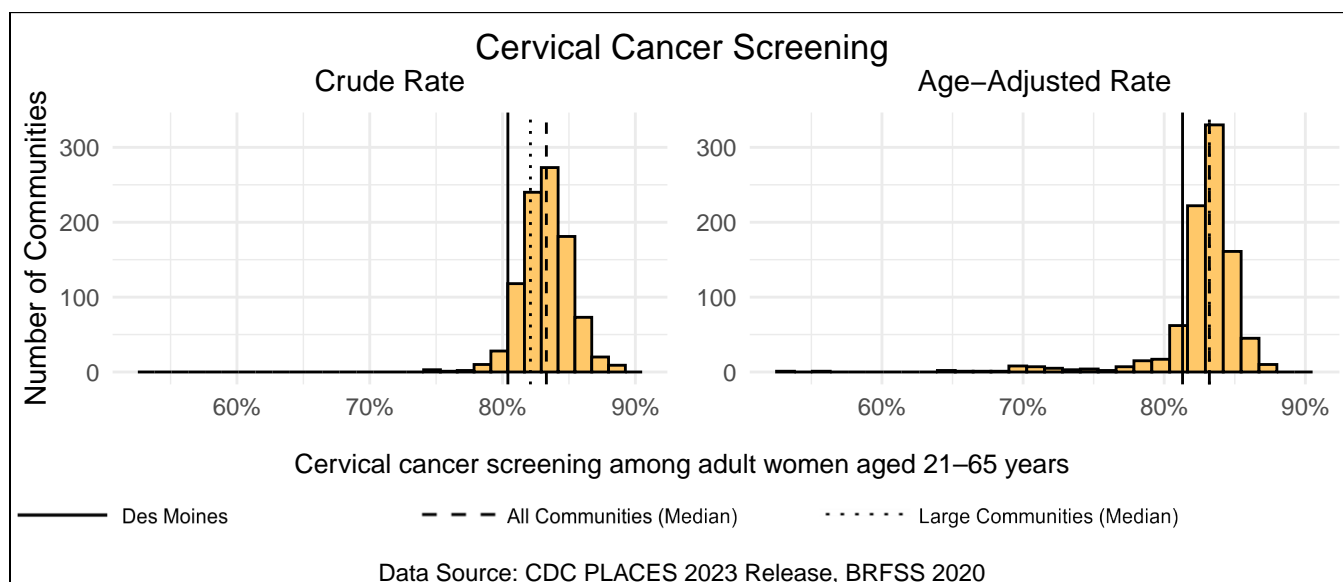
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	72.6%	79.8%	76.0%
Age-Adjusted	58.5%	59.0%	60.3%



Cervical Cancer Screening

Des Moines has a crude rate of 80.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 909th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 81.3%, which ranks 795th out of 905 Iowa communities (11th out of 11 large communities).

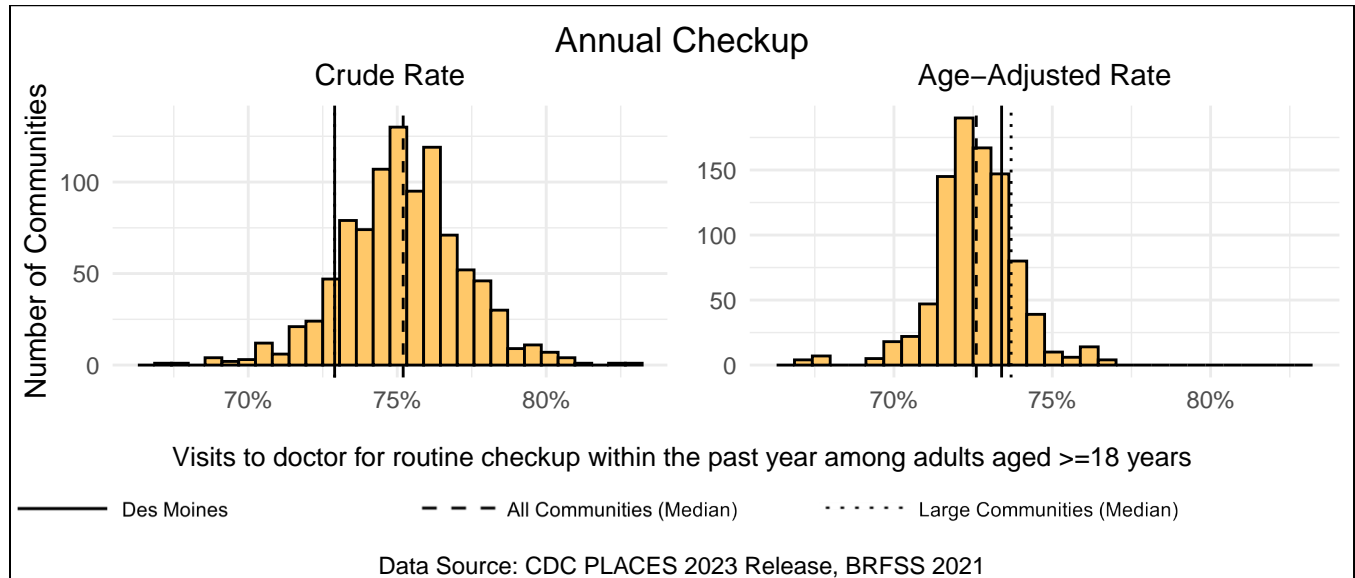
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	80.4%	83.3%	82.1%
Age-Adjusted	81.3%	83.2%	83.2%



Annual Checkup

Des Moines has a crude rate of 72.9% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 848th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Des Moines is 73.4%, which ranks 190th out of 905 Iowa communities (7th out of 11 large communities).

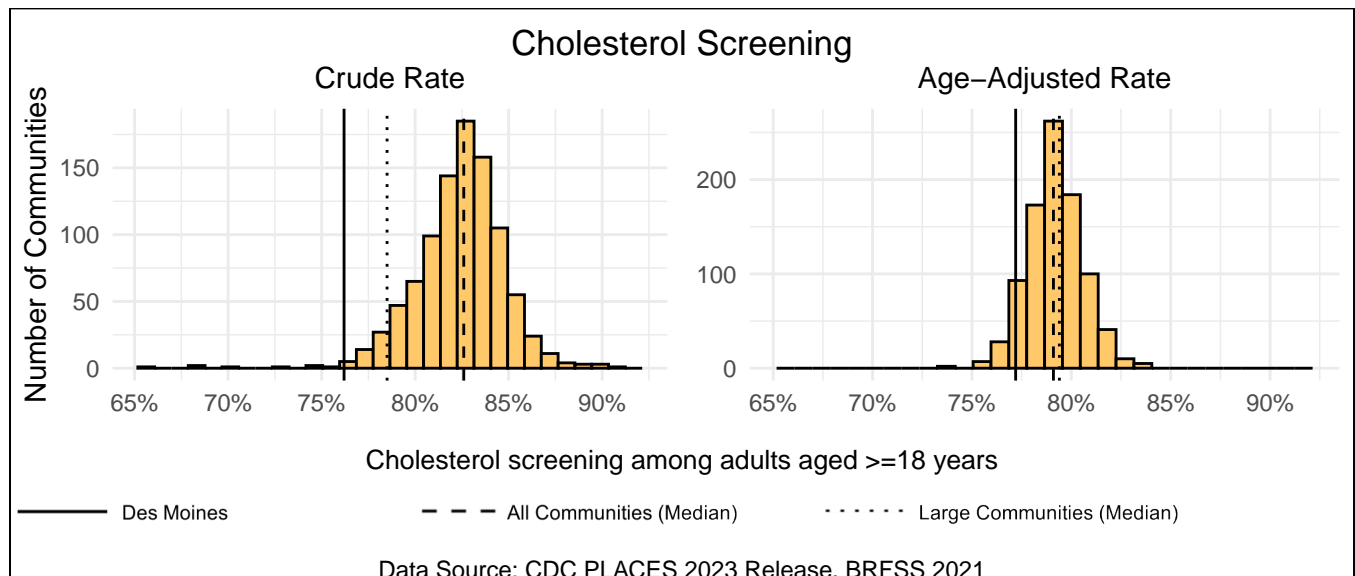
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	72.9%	75.2%	72.9%
Age-Adjusted	73.4%	72.6%	73.7%



Cholesterol Screening

Des Moines has a crude rate of 76.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 950th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 77.2%, which ranks 842nd out of 905 Iowa communities (11th out of 11 large communities).

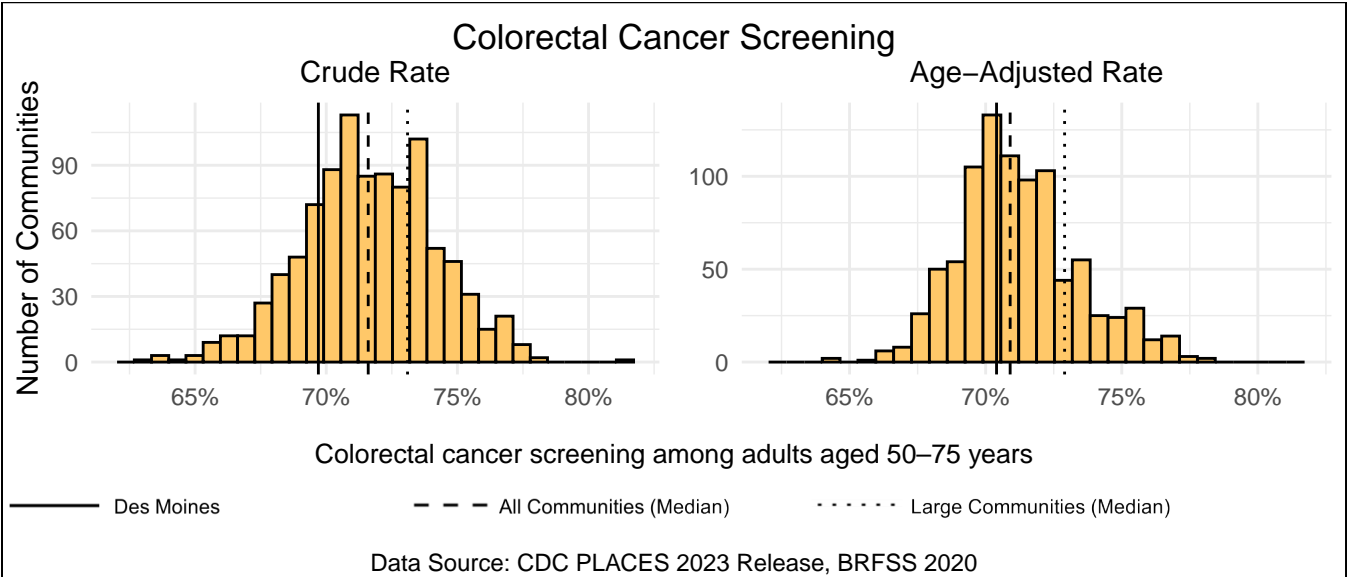
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	76.2%	82.6%	78.5%
Age-Adjusted	77.2%	79.1%	79.4%



Colorectal Cancer Screening

Des Moines has a crude rate of 69.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 746th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Des Moines is 70.4%, which ranks 538th out of 905 Iowa communities (9th out of 11 large communities).

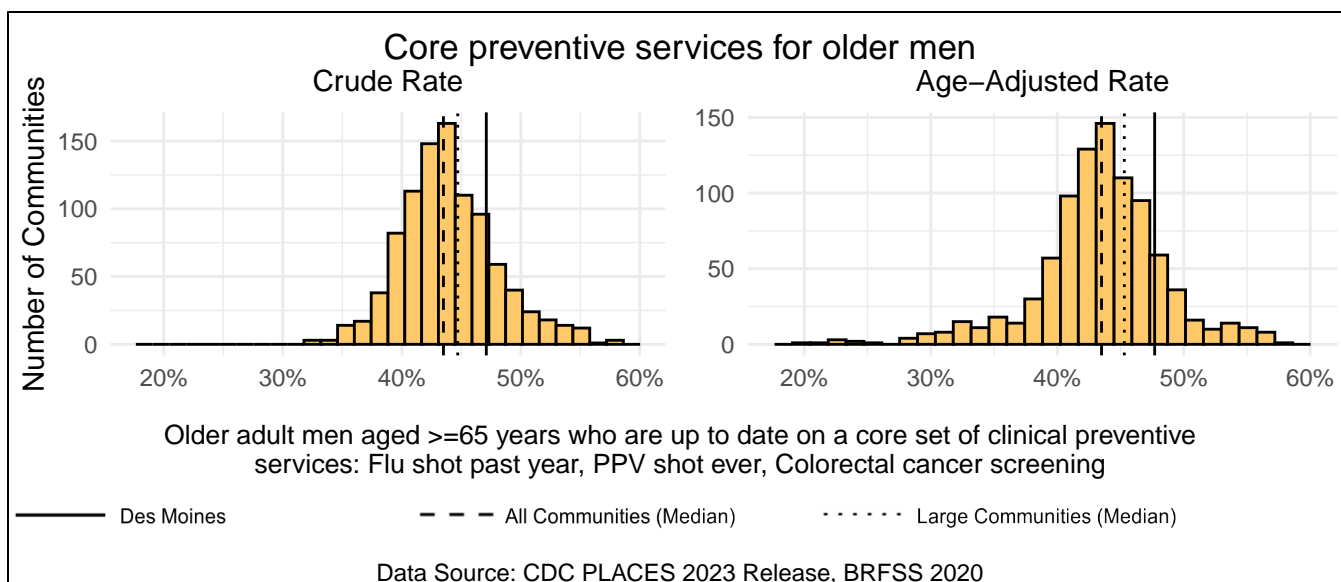
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	69.7%	71.6%	73.1%
Age-Adjusted	70.4%	70.9%	72.9%



Core preventive services for older men

Des Moines has a crude rate of 47.1% 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 183rd out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Des Moines is 47.7%, which ranks 139th out of 905 Iowa communities (4th out of 11 large communities).

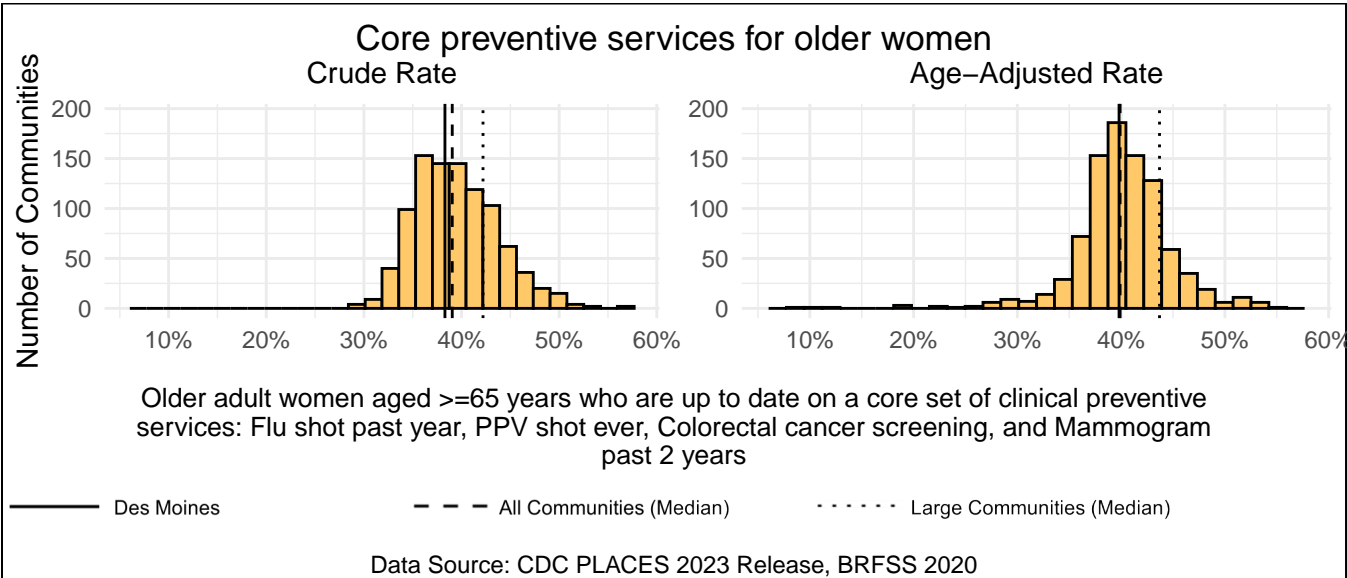
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	47.1%	43.5%	44.7%
Age-Adjusted	47.7%	43.5%	45.3%



Core preventive services for older women

Des Moines has a crude rate of 38.3% 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 548th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Des Moines is 39.8%, which ranks 460th out of 905 Iowa communities (10th out of 11 large communities).

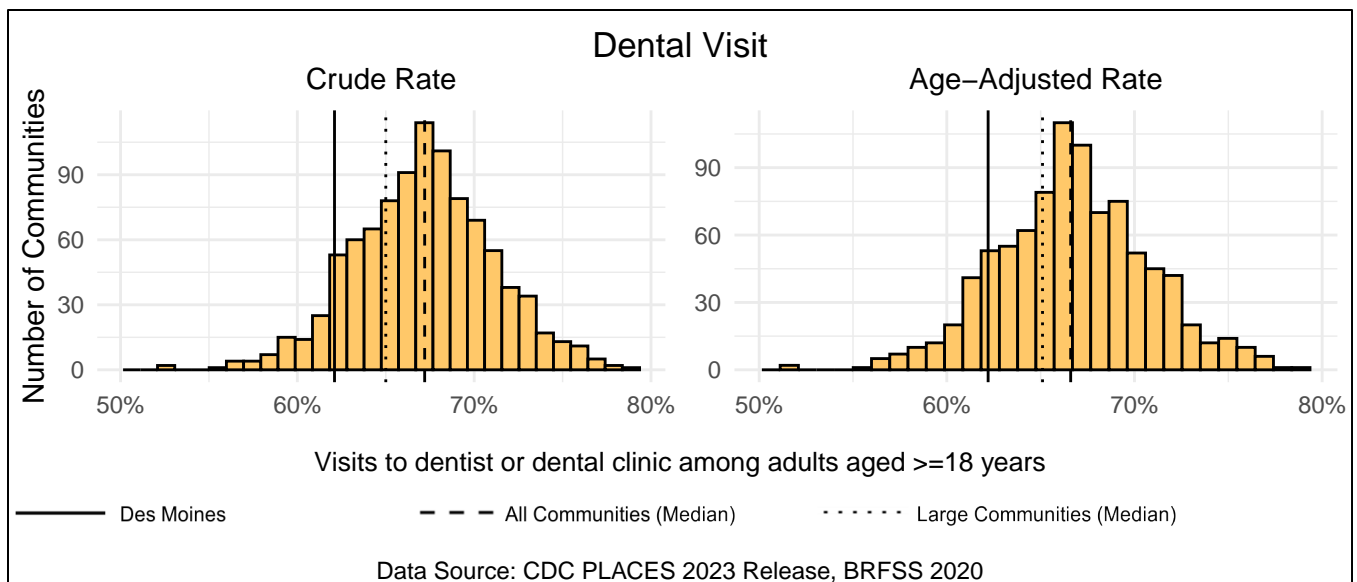
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	38.3%	39.0%	42.2%
Age-Adjusted	39.8%	39.9%	43.7%



Dental Visit

Des Moines has a crude rate of 62.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 874th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Des Moines is 62.2%, which ranks 788th out of 905 Iowa communities (10th out of 11 large communities).

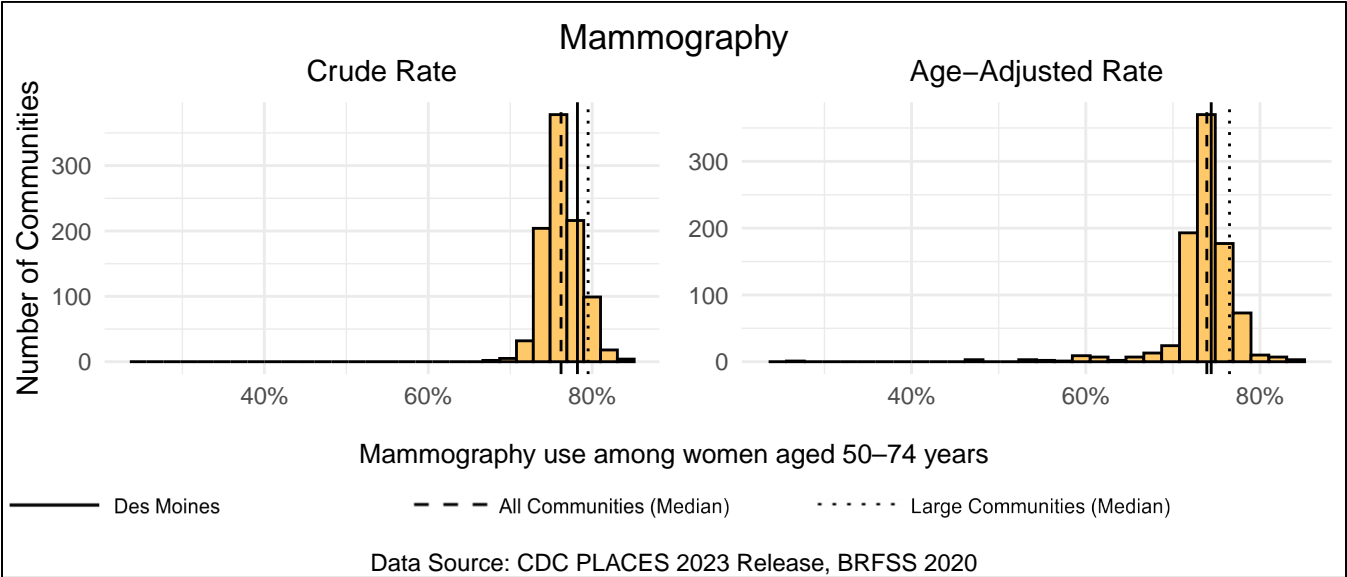
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	62.1%	67.2%	65.0%
Age-Adjusted	62.2%	66.6%	65.1%



Mammography

Des Moines has a crude rate of 78.2% for mammography use among women aged 50–74 years, which ranks 191st out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 74.4%, which ranks 338th out of 905 Iowa communities (9th out of 11 large communities).

Measure Type	Des Moines	All Comm.	Large Comm.
Crude	78.2%	76.2%	79.5%
Age-Adjusted	74.4%	73.9%	76.5%



Disability

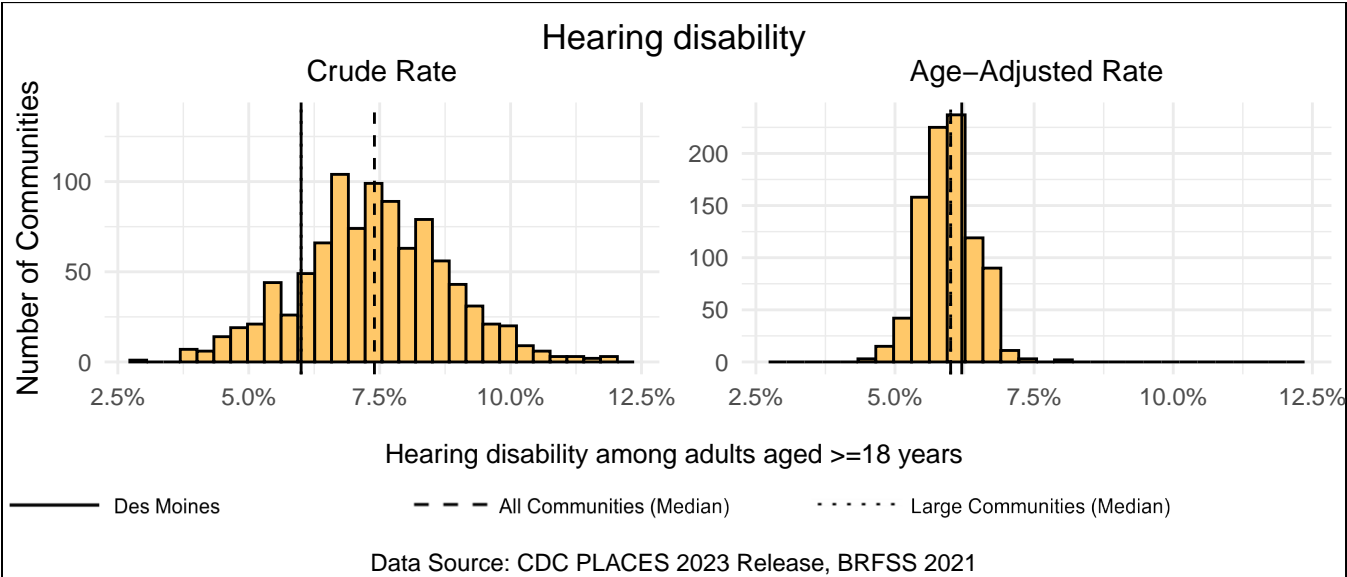
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Des Moines has a crude rate of 6.0% for hearing disability among adults aged ≥ 18 years, which ranks 139th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Des Moines is 6.2%, which ranks 621st out of 905 Iowa communities (8th out of 11 large communities).

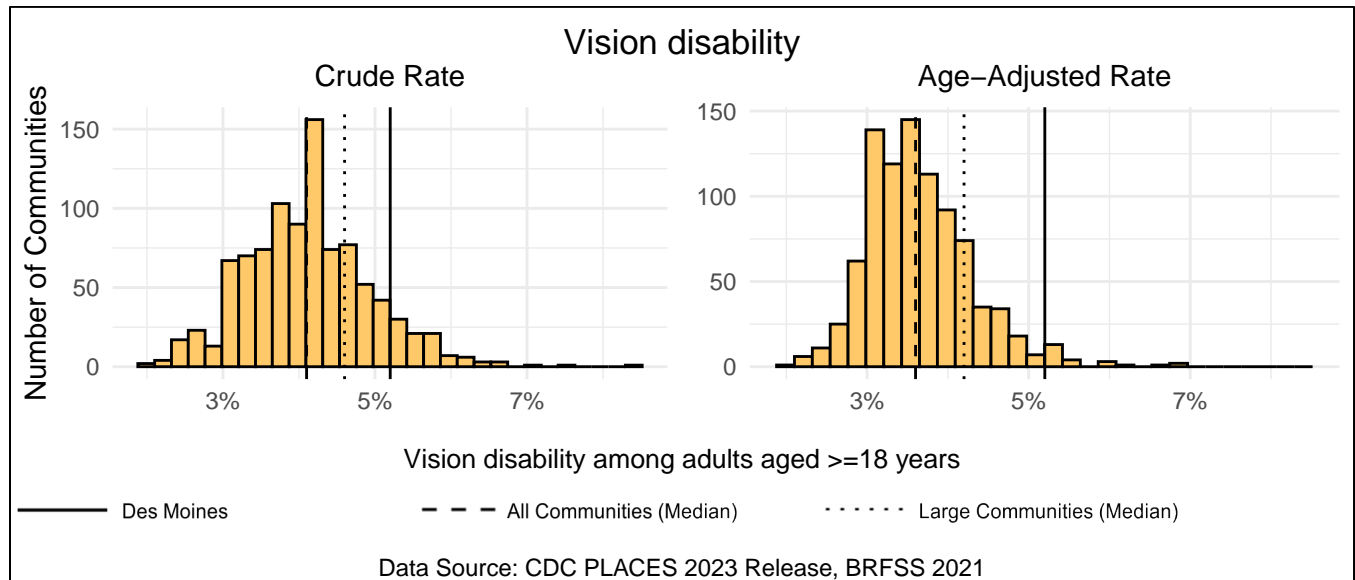
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	6.0%	7.4%	6.0%
Age-Adjusted	6.2%	6.0%	6.0%



Vision disability

Des Moines has a crude rate of 5.2% for vision disability among adults aged ≥ 18 years, which ranks 865th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Des Moines is 5.2%, which ranks 882nd out of 905 Iowa communities (10th out of 11 large communities).

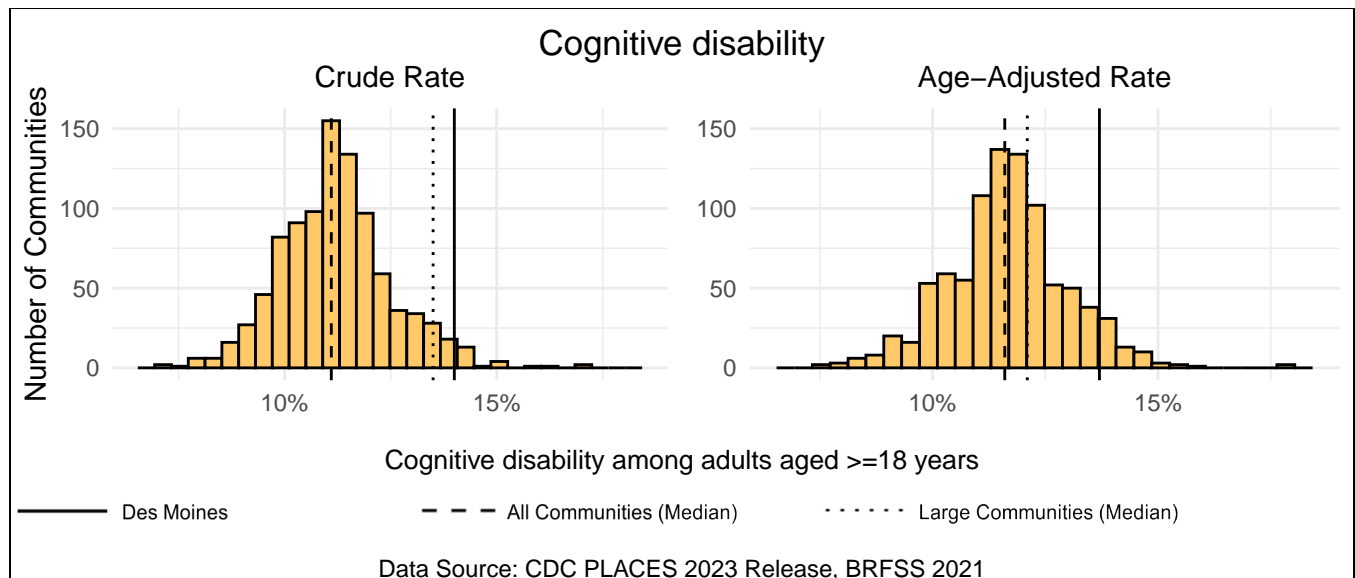
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	5.2%	4.1%	4.6%
Age-Adjusted	5.2%	3.6%	4.2%



Cognitive disability

Des Moines has a crude rate of 14.0% for cognitive disability among adults aged ≥ 18 years, which ranks 933rd out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 13.7%, which ranks 844th out of 905 Iowa communities (10th out of 11 large communities).

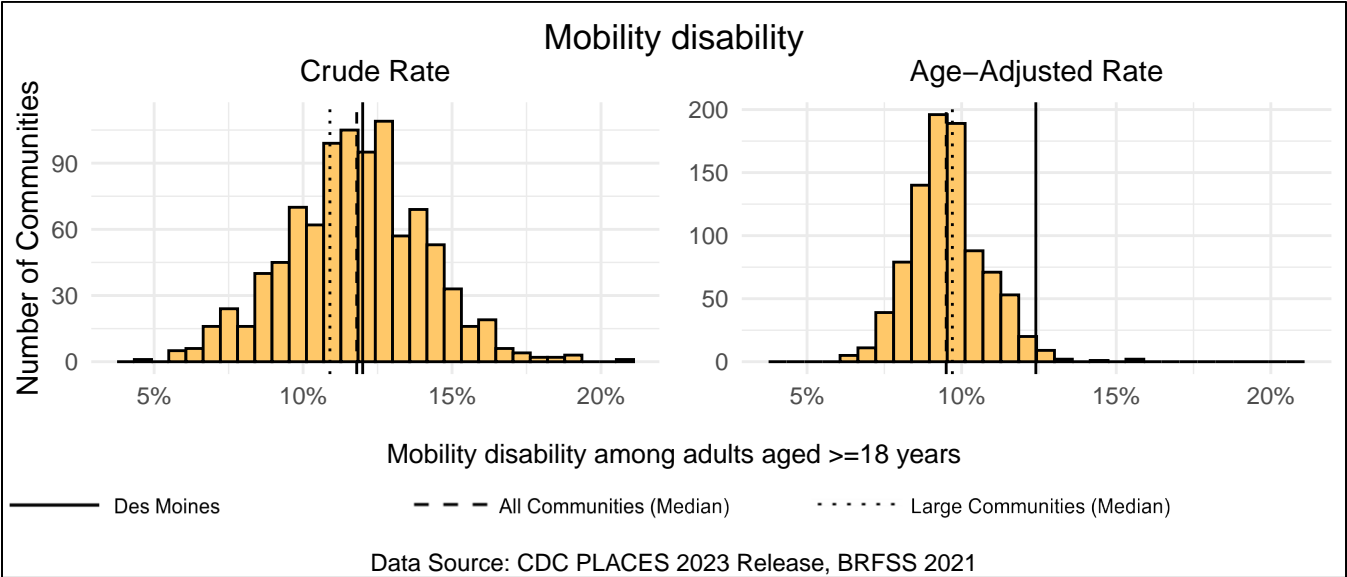
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	14.0%	11.1%	13.5%
Age-Adjusted	13.7%	11.6%	12.1%



Mobility disability

Des Moines has a crude rate of 12.0% for mobility disability among adults aged ≥ 18 years, which ranks 511th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Des Moines is 12.4%, which ranks 889th out of 905 Iowa communities (11th out of 11 large communities).

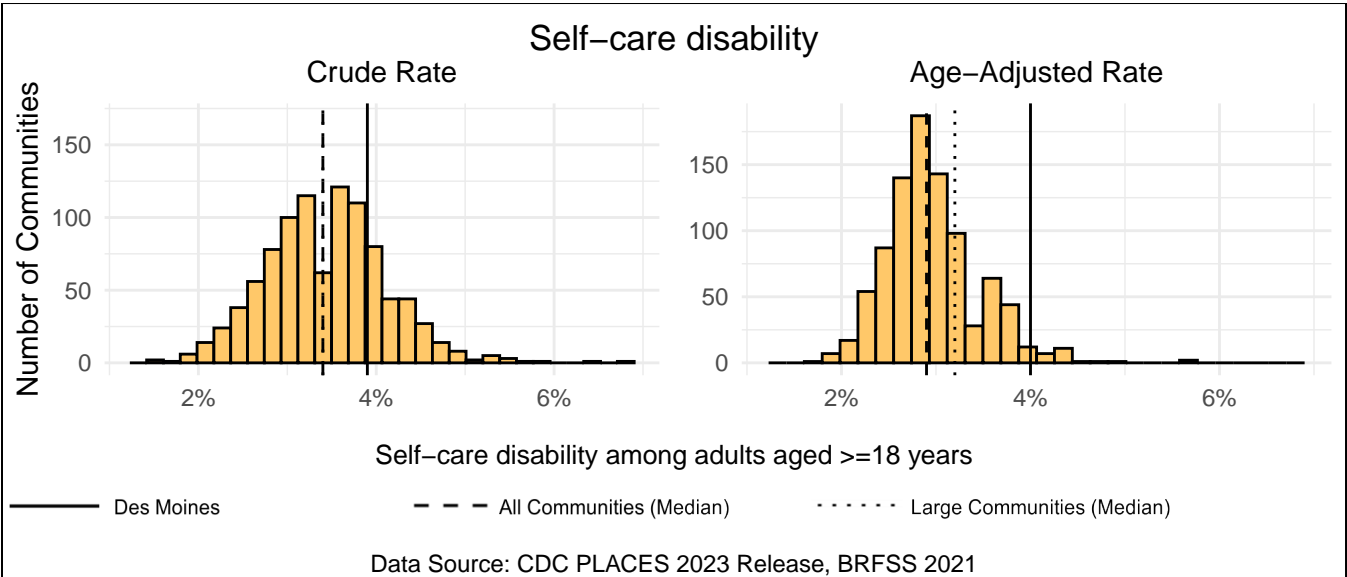
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	12.0%	11.8%	10.9%
Age-Adjusted	12.4%	9.5%	9.7%



Self-care disability

Des Moines has a crude rate of 3.9% for self-care disability among adults aged ≥ 18 years, which ranks 728th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Des Moines is 4.0%, which ranks 873rd out of 905 Iowa communities (10th out of 11 large communities).

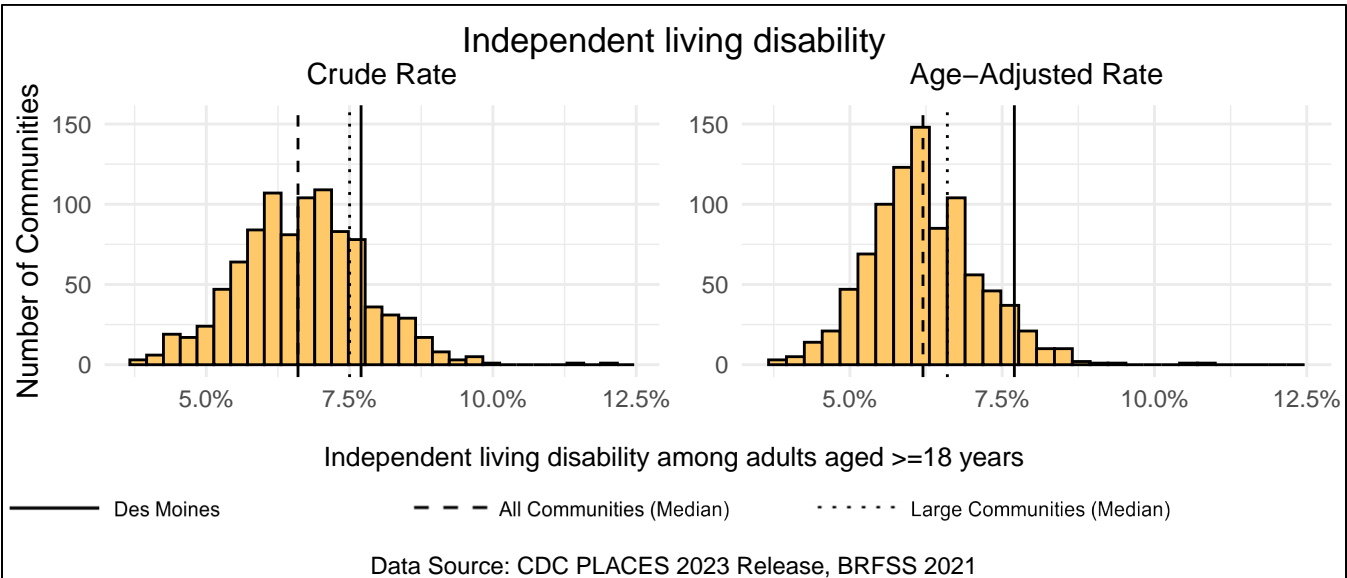
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	3.9%	3.4%	3.4%
Age-Adjusted	4.0%	2.9%	3.2%



Independent living disability

Des Moines has a crude rate of 7.7% for independent living disability among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Des Moines is 7.7%, which ranks 844th out of 905 Iowa communities (10th out of 11 large communities).

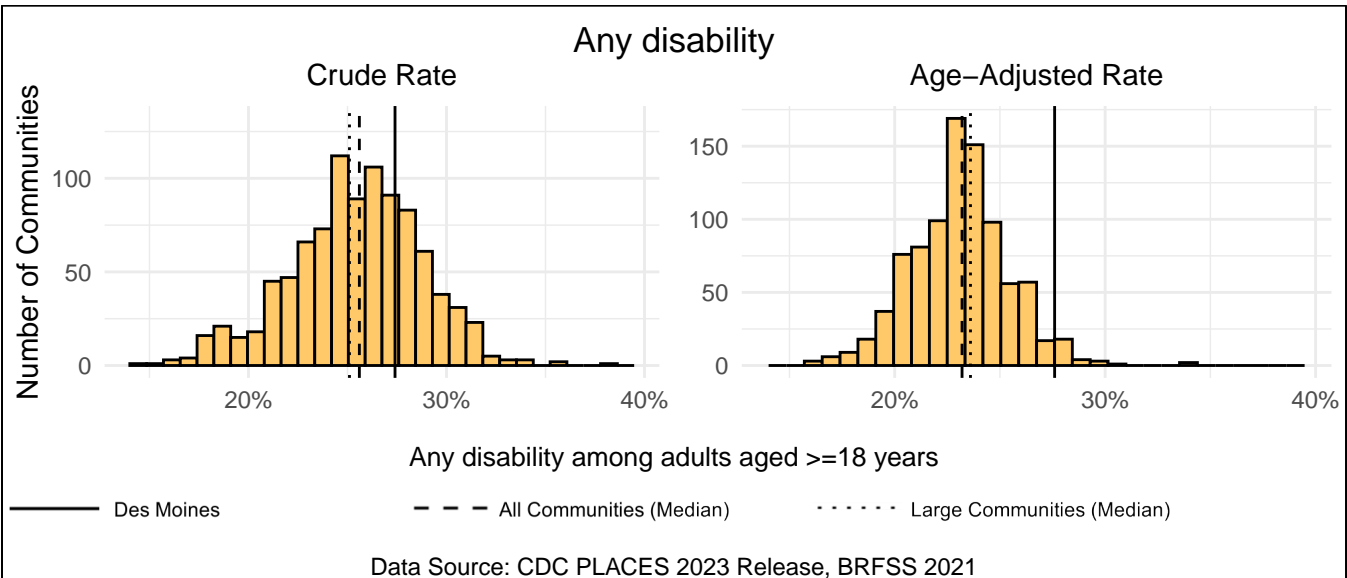
Measure Type	Des Moines	All Comm.	Large Comm.
Crude	7.7%	6.6%	7.5%
Age-Adjusted	7.7%	6.2%	6.6%



Any disability

Des Moines has a crude rate of 27.4% for any disability among adults aged ≥ 18 years, which ranks 688th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Des Moines is 27.6%, which ranks 878th out of 905 Iowa communities (11th out of 11 large communities).

Measure Type	Des Moines	All Comm.	Large Comm.
Crude	27.4%	25.6%	25.1%
Age-Adjusted	27.6%	23.2%	23.6%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Des Moines PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	949	17.1% (15.4% - 18.9%)	802	16.7% (15.1% - 18.4%)
Health Status	Physical Health	435	10.7% (9.6% - 11.9%)	777	10.8% (9.7% - 12.0%)
Health Status	General Health	785	16.1% (14.6% - 17.6%)	872	16.3% (14.8% - 17.8%)
Health Risk Behaviors	Sleep <7 hours	535	30.6% (30.5% - 30.8%)	354	30.7% (30.5% - 30.8%)
Health Risk Behaviors	Current Smoking	860	19.4% (17.3% - 21.6%)	771	19.7% (17.6% - 21.9%)
Health Risk Behaviors	Physical Inactivity	781	28.7% (26.1% - 31.4%)	868	29.0% (26.3% - 31.7%)
Health Risk Behaviors	Binge Drinking	549	19.9% (17.6% - 22.3%)	18	19.5% (17.2% - 21.8%)
Health Outcomes	Coronary Heart Disease	172	5.4% (4.9% - 6.0%)	836	5.7% (5.2% - 6.2%)
Health Outcomes	Obesity	601	38.4% (35.0% - 41.9%)	635	38.8% (35.4% - 42.3%)
Health Outcomes	Depression	925	20.9% (18.5% - 23.3%)	824	20.6% (18.3% - 23.0%)
Health Outcomes	Current Asthma	868	9.9% (8.9% - 11.0%)	696	9.8% (8.8% - 10.9%)
Health Outcomes	Arthritis	127	23.7% (21.6% - 25.8%)	785	24.5% (22.5% - 26.7%)
Health Outcomes	Stroke	233	2.9% (2.7% - 3.1%)	835	3.0% (2.8% - 3.2%)
Health Outcomes	COPD	274	6.8% (6.1% - 7.6%)	753	7.0% (6.3% - 7.8%)
Health Outcomes	Chronic Kidney Disease	186	2.8% (2.6% - 3.0%)	858	2.9% (2.7% - 3.1%)
Health Outcomes	Diabetes	355	9.6% (8.6% - 10.8%)	877	10.0% (8.9% - 11.2%)
Health Outcomes	High Cholesterol	271	34.8% (32.2% - 37.3%)	890	32.5% (29.7% - 35.2%)
Health Outcomes	Cancer (except skin)	38	6.0% (5.5% - 6.5%)	16	6.3% (5.7% - 6.8%)
Health Outcomes	All Teeth Lost	821	15.4% (14.6% - 16.2%)	798	15.4% (14.6% - 16.1%)
Health Outcomes	High Blood Pressure	273	30.2% (27.8% - 32.5%)	897	31.2% (28.8% - 33.6%)
Prevention	Mammography	191	78.2% (77.8% - 78.6%)	338	74.4% (73.9% - 74.9%)
Prevention	Core preventive services for older women	548	38.3% (37.3% - 39.2%)	460	39.8% (38.9% - 40.7%)
Prevention	Dental Visit	874	62.1% (61.6% - 62.5%)	788	62.2% (61.8% - 62.7%)
Prevention	Taking BP Medication	925	72.6% (69.7% - 75.3%)	631	58.5% (54.7% - 62.1%)
Prevention	Health Insurance	937	11.3% (10.1% - 12.7%)	880	11.4% (10.1% - 12.7%)
Prevention	Core preventive services for older men	183	47.1% (46.2% - 48.0%)	139	47.7% (46.8% - 48.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	746	69.7% (69.4% - 70.1%)	538	70.4% (70.1% - 70.8%)
Prevention	Cervical Cancer Screening	909	80.4% (80.0% - 80.7%)	795	81.3% (81.0% - 81.6%)
Prevention	Annual Checkup	848	72.9% (69.9% - 75.8%)	190	73.4% (70.4% - 76.2%)
Prevention	Cholesterol Screening	950	76.2% (73.7% - 78.5%)	842	77.2% (74.8% - 79.6%)
Disability	Any Disability	688	27.4% (25.1% - 29.8%)	878	27.6% (25.2% - 30.0%)
Disability	Mobility Disability	511	12.0% (10.9% - 13.3%)	889	12.4% (11.2% - 13.7%)
Disability	Cognitive Disability	933	14.0% (12.7% - 15.4%)	844	13.7% (12.4% - 15.1%)
Disability	Vision Disability	865	5.2% (4.7% - 5.6%)	882	5.2% (4.8% - 5.7%)
Disability	Hearing Disability	139	6.0% (5.4% - 6.6%)	621	6.2% (5.6% - 6.8%)
Disability	Independent Living Disability	805	7.7% (7.0% - 8.5%)	844	7.7% (7.0% - 8.4%)
Disability	Self-care Disability	728	3.9% (3.6% - 4.2%)	873	4.0% (3.7% - 4.3%)

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

Appendix 3: Large Communities (50,000+)

Des Moines 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