



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 Dubuque: Overview

Dear Community Members & Stakeholders of Dubuque,

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 Dubuque ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Dubuque’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 Dubuque. 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
Obesity	45th	3rd	Taking BP Medication	33rd	4th
High Blood Pressure	116th	5th	Obesity	72nd	4th
Arthritis	117th	7th	Arthritis	97th	1st
Mammography	157th	8th	Cervical Cancer Screening	142nd	4th
Dental Visit	206th	3rd	High Blood Pressure	144th	2nd

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	825th	2nd	Vision Disability	676th	4th
Mental Health	788th	3rd	Diabetes	652nd	5th
Cognitive Disability	774th	4th	Self-care Disability	637th	4th
Current Asthma	716th	3rd	Chronic Kidney Disease	623rd	6th
Health Insurance	633rd	4th	Independent Living Disability	616th	5th

Please review the rest of the report to learn more about your community and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Dubuque.

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

With a population of 59,315, Dubuque’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

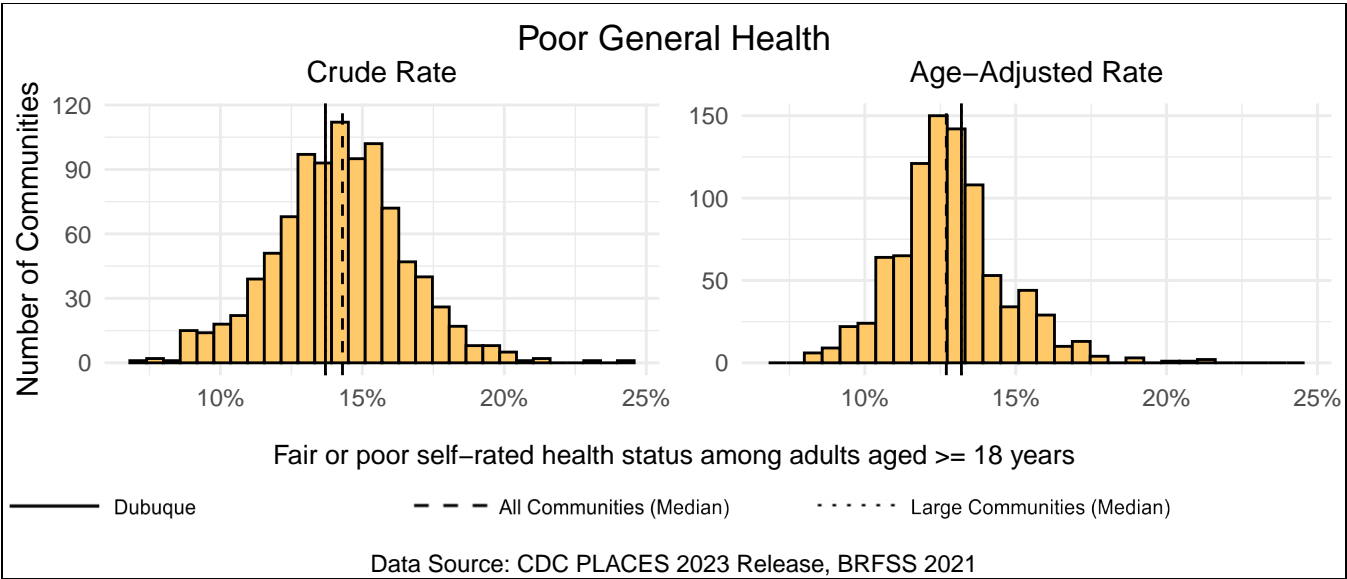
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Dubuque has a crude rate of 13.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 375th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Dubuque is 13.2%, which ranks 552nd out of 905 Iowa communities (6th out of 11 large communities).

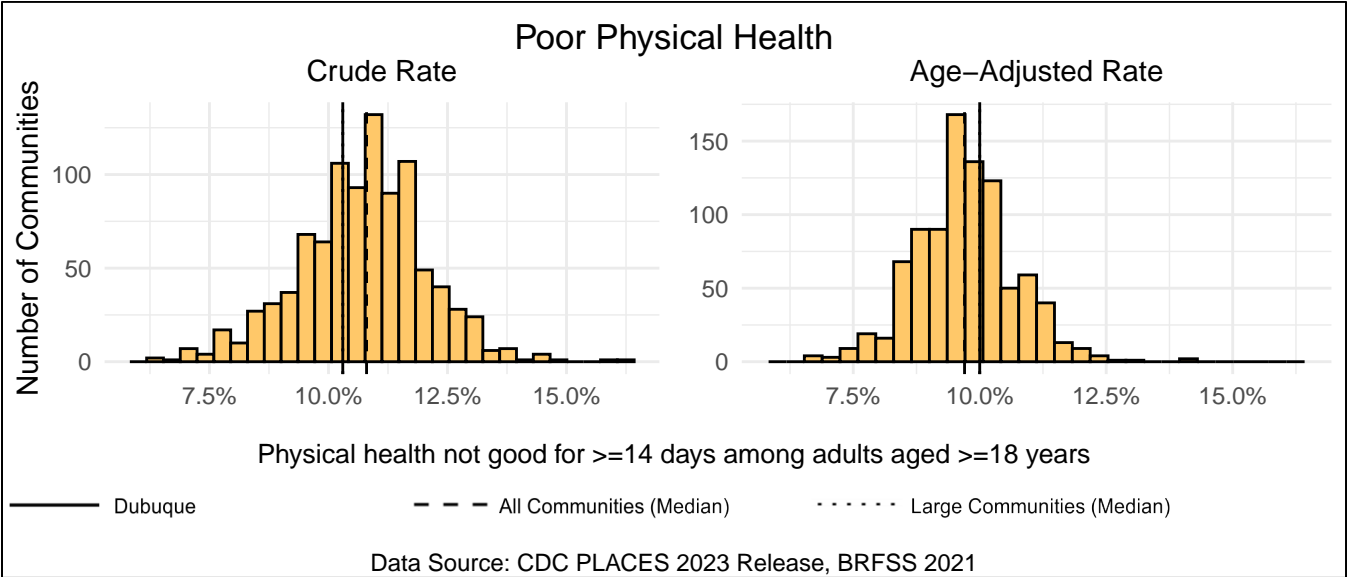
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	13.7%	14.3%	13.7%
Age-Adjusted	13.2%	12.7%	13.2%



Poor Physical Health

Dubuque has a crude rate of 10.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 323rd out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Dubuque is 10.0%, which ranks 559th out of 905 Iowa communities (6th out of 11 large communities).

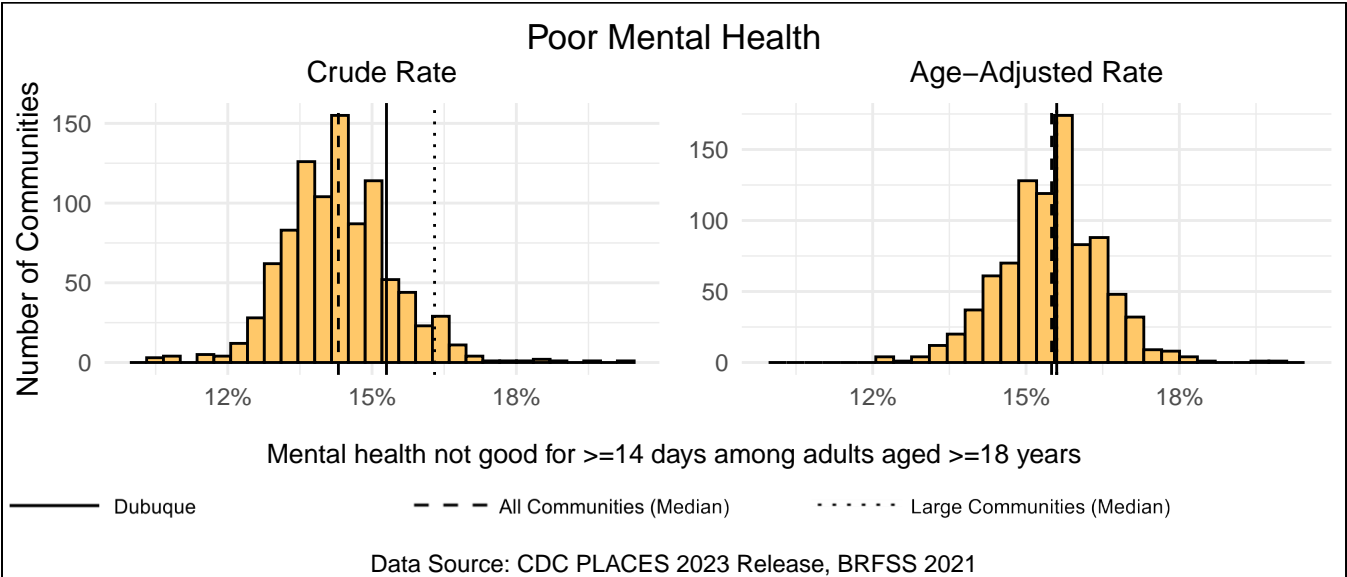
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	10.3%	10.8%	10.3%
Age-Adjusted	10.0%	9.7%	10.0%



Poor Mental Health

Dubuque has a crude rate of 15.3% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 788th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Dubuque is 15.6%, which ranks 457th out of 905 Iowa communities (5th out of 11 large communities).

Measure Type	Dubuque	All Comm.	Large Comm.
Crude	15.3%	14.3%	16.3%
Age-Adjusted	15.6%	15.5%	15.6%



Health Risk Behaviors

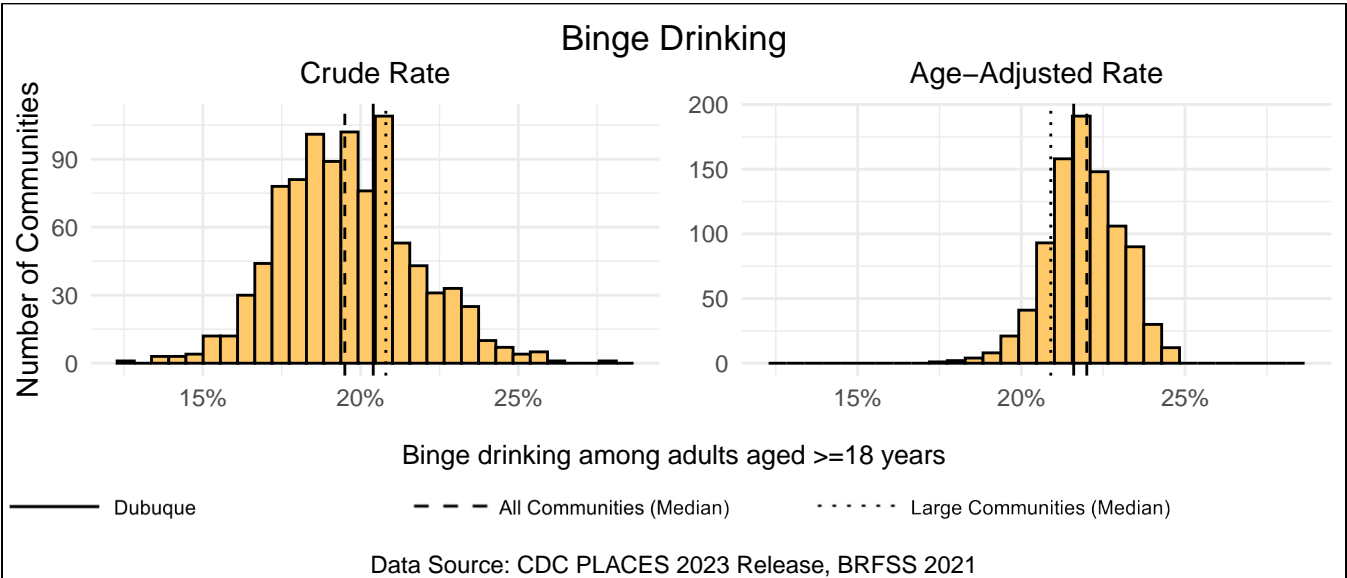
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Dubuque has a crude rate of 20.4% for binge drinking among adults aged ≥ 18 years, which ranks 626th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Dubuque is 21.6%, which ranks 329th out of 905 Iowa communities (8th out of 11 large communities).

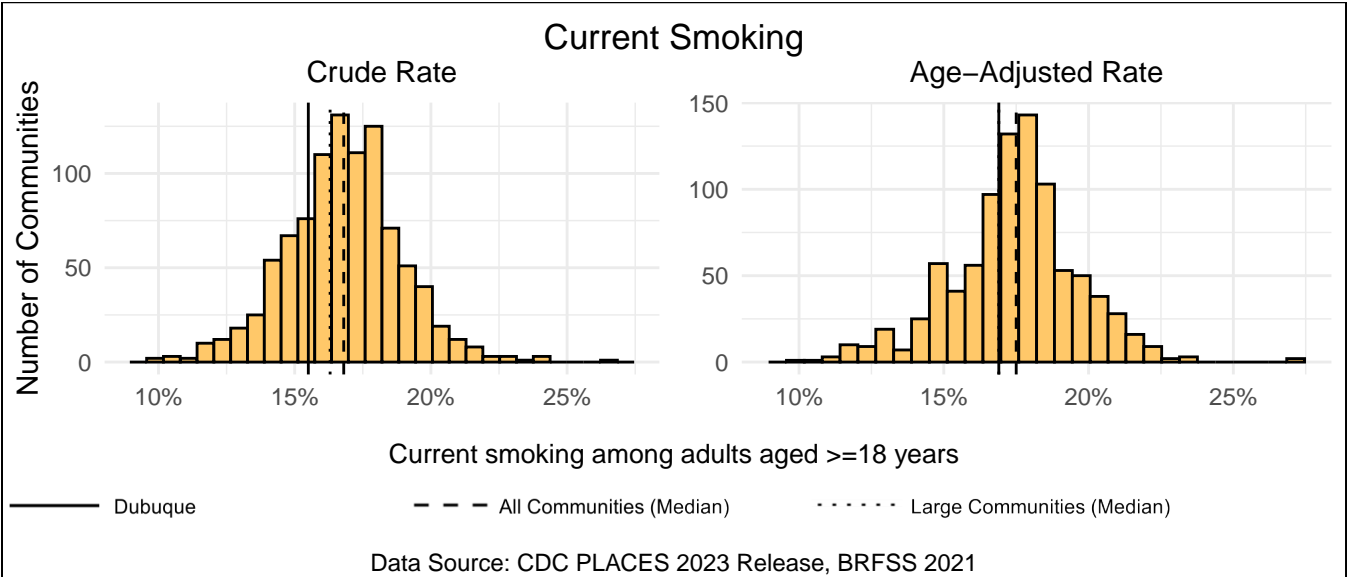
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	20.4%	19.5%	20.8%
Age-Adjusted	21.6%	22.0%	20.9%



Current Smoking

Dubuque has a crude rate of 15.5% for current smoking among adults aged >=18 years, which ranks 233rd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Dubuque is 16.9%, which ranks 311th out of 905 Iowa communities (5th out of 11 large communities).

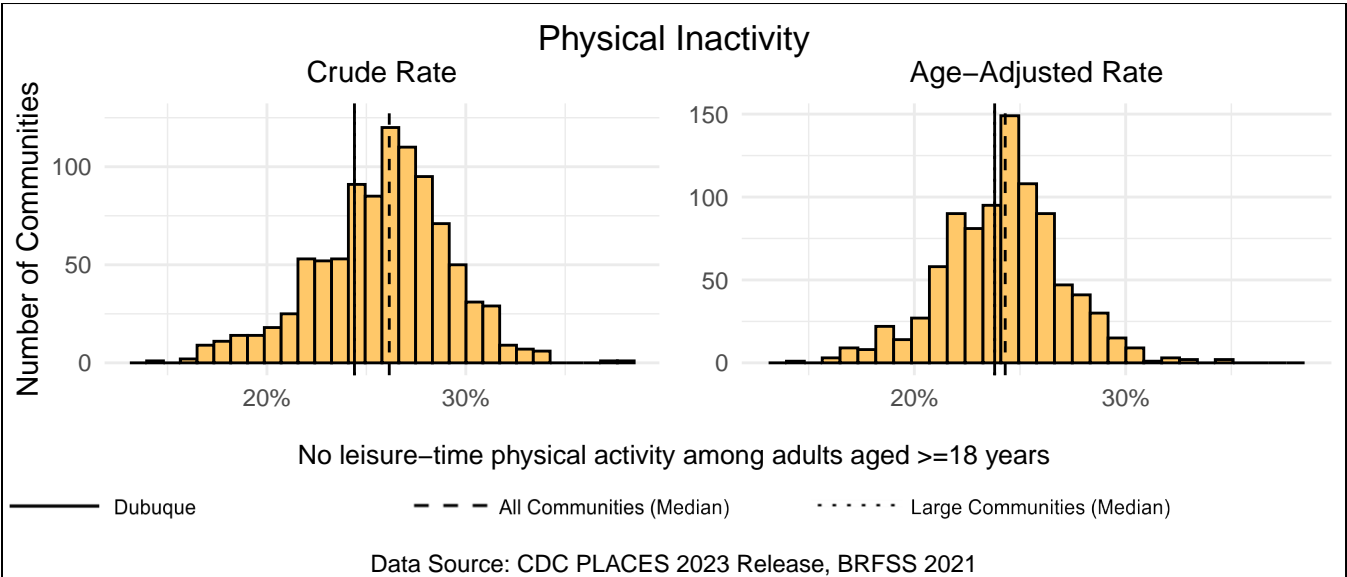
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	15.5%	16.8%	16.3%
Age-Adjusted	16.9%	17.5%	16.9%



Physical Inactivity

Dubuque has a crude rate of 24.4% for no leisure-time physical activity among adults aged >=18 years, which ranks 279th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Dubuque is 23.8%, which ranks 368th out of 905 Iowa communities (6th out of 11 large communities).

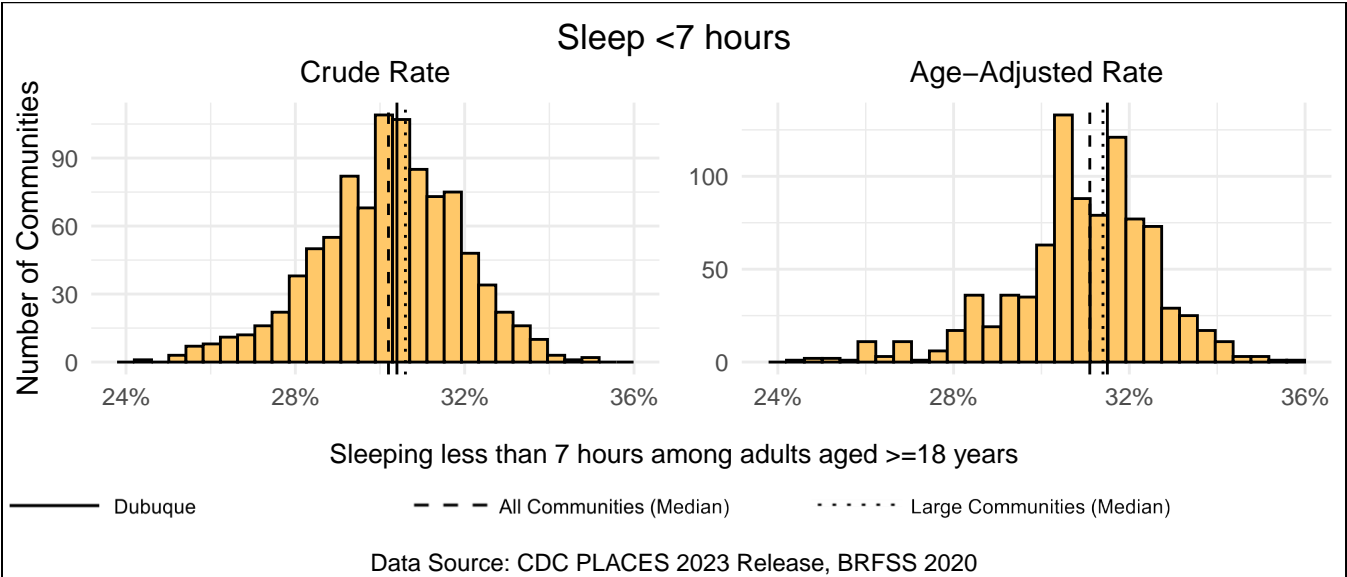
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	24.4%	26.1%	24.4%
Age-Adjusted	23.8%	24.3%	23.8%



Sleep <7 hours

Dubuque has a crude rate of 30.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 498th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Dubuque is 31.5%, which ranks 522nd out of 905 Iowa communities (7th out of 11 large communities).

Measure Type	Dubuque	All Comm.	Large Comm.
Crude	30.4%	30.2%	30.6%
Age-Adjusted	31.5%	31.1%	31.4%



Health Outcomes

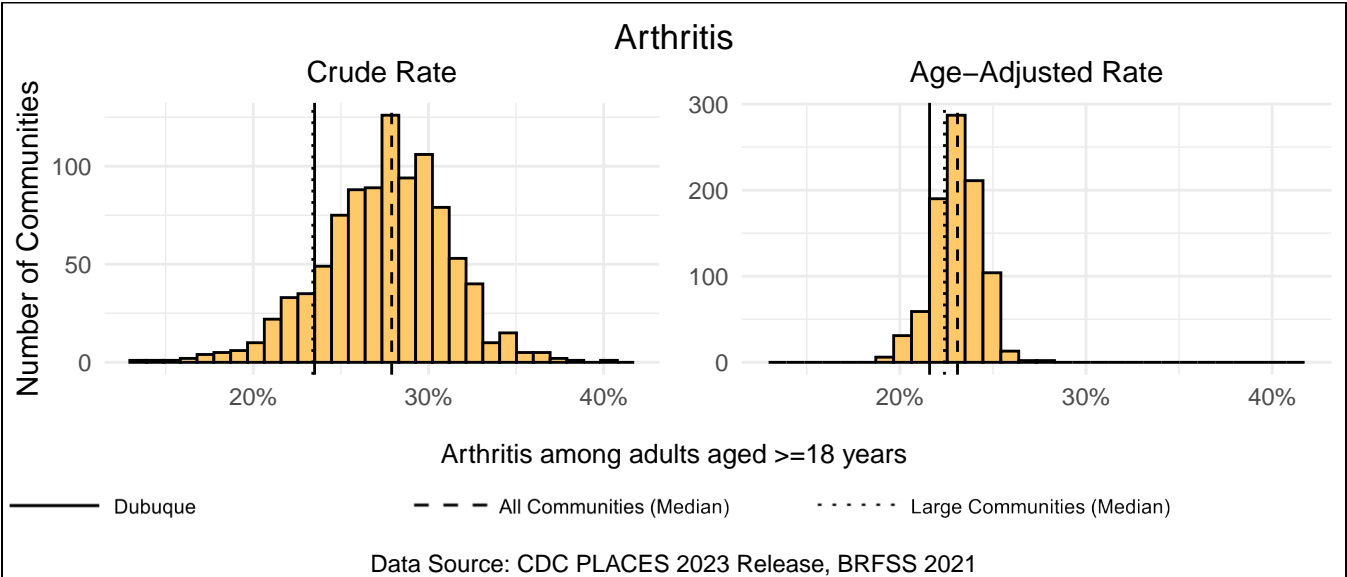
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Dubuque has a crude rate of 23.5% for arthritis among adults aged ≥ 18 years, which ranks 117th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Dubuque is 21.6%, which ranks 97th out of 905 Iowa communities (1st out of 11 large communities).

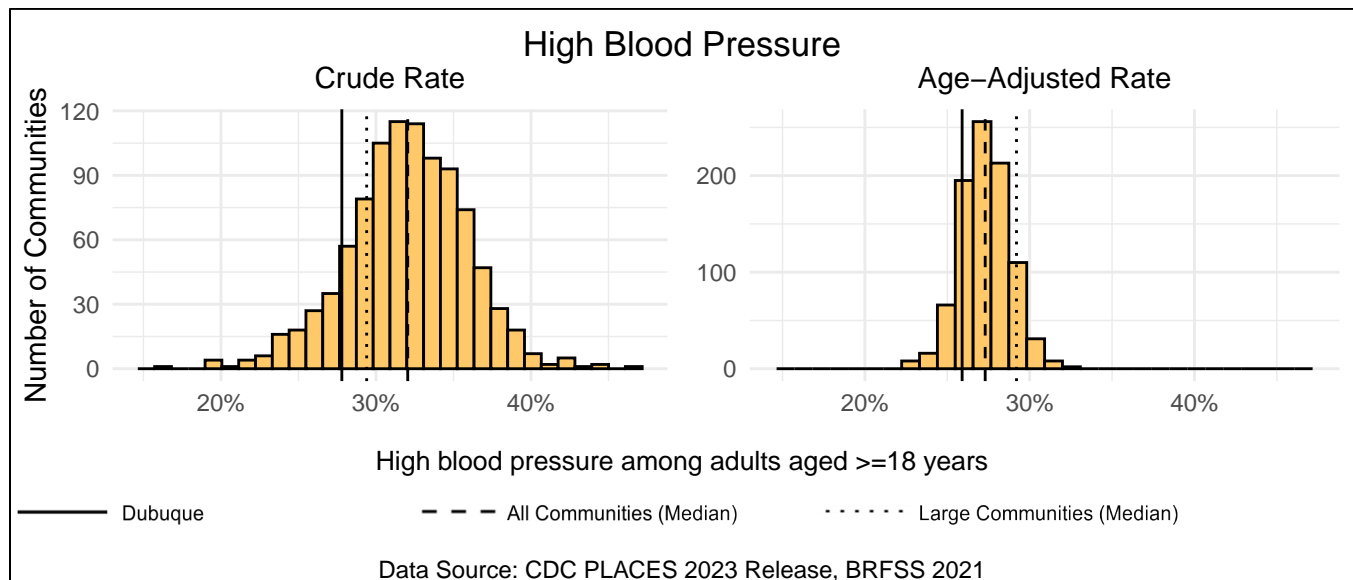
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	23.5%	27.9%	23.4%
Age-Adjusted	21.6%	23.1%	22.4%



High Blood Pressure

Dubuque has a crude rate of 27.8% for high blood pressure among adults aged ≥ 18 years, which ranks 116th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Dubuque is 25.9%, which ranks 144th out of 905 Iowa communities (2nd out of 11 large communities).

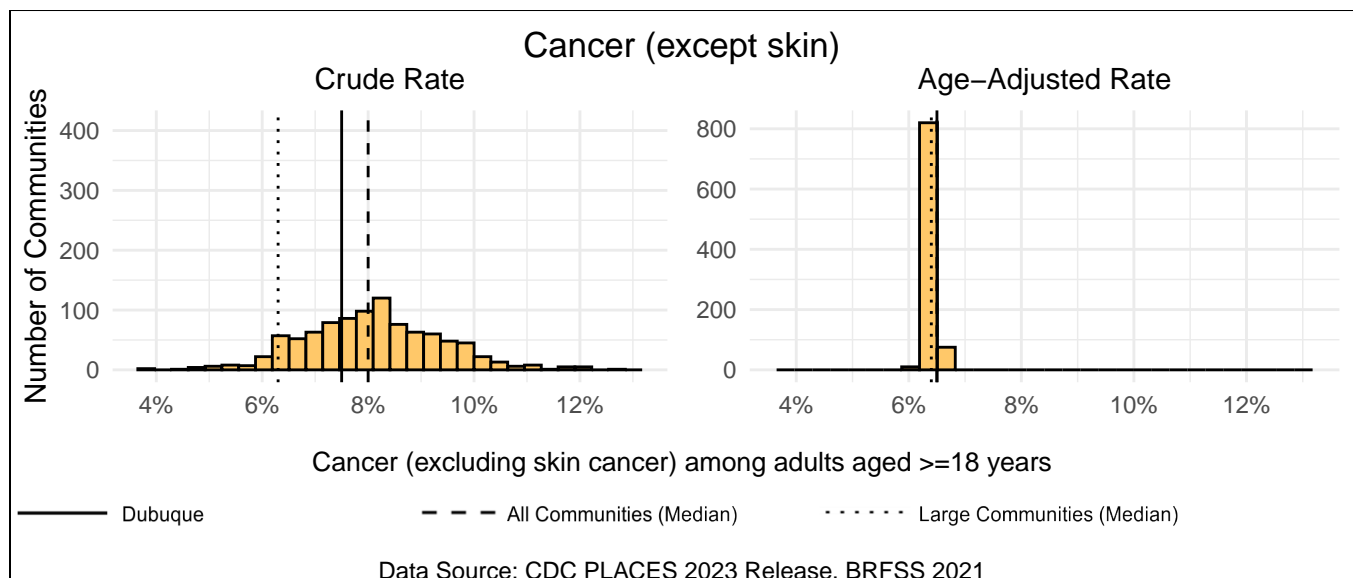
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	27.8%	32.0%	29.4%
Age-Adjusted	25.9%	27.3%	29.2%



Cancer (except skin)

Dubuque has a crude rate of 7.5% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 302nd out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Dubuque is 6.5%, which ranks 418th out of 905 Iowa communities (9th out of 11 large communities).

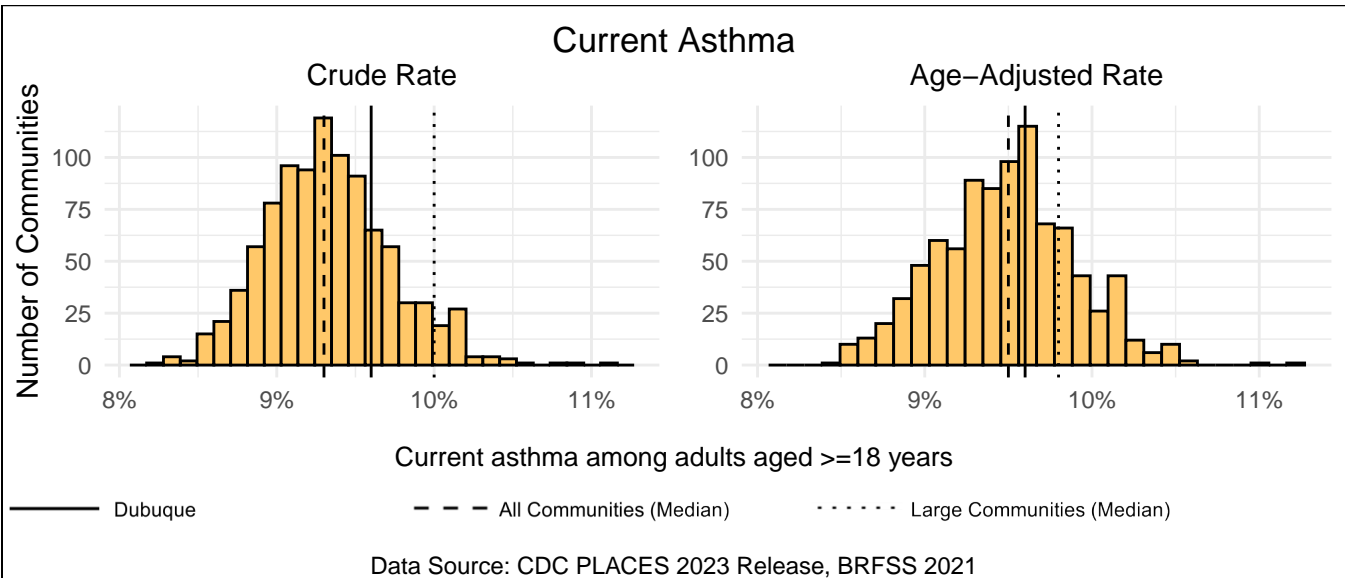
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	7.5%	8.0%	6.3%
Age-Adjusted	6.5%	6.5%	6.4%



Current Asthma

Dubuque has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Dubuque is 9.6%, which ranks 513th out of 905 Iowa communities (4th out of 11 large communities).

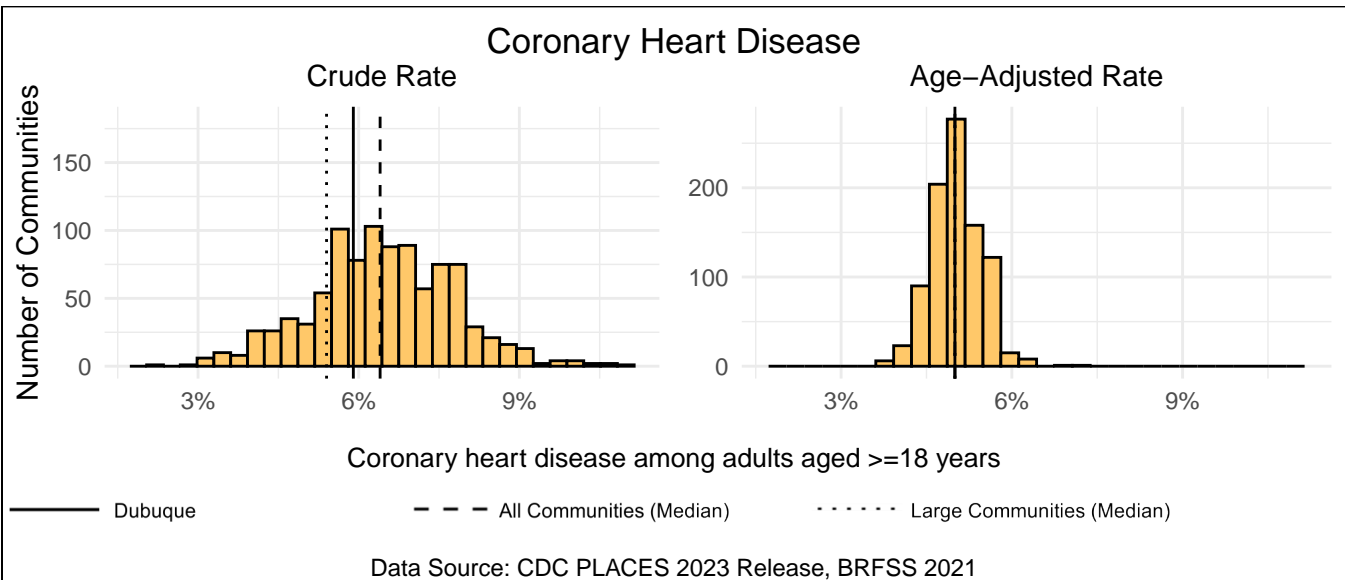
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	9.6%	9.3%	10.0%
Age-Adjusted	9.6%	9.5%	9.8%



Coronary Heart Disease

Dubuque has a crude rate of 5.9% for coronary heart disease among adults aged ≥ 18 years, which ranks 300th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Dubuque is 5.0%, which ranks 419th out of 905 Iowa communities (5th out of 11 large communities).

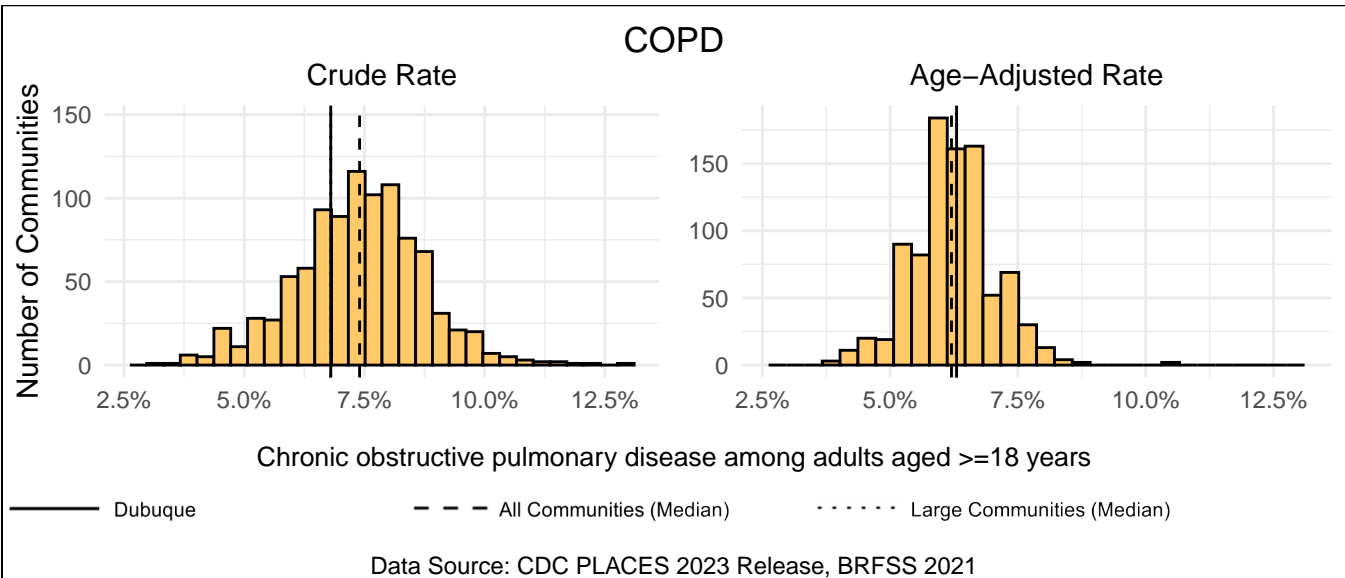
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	5.9%	6.4%	5.4%
Age-Adjusted	5.0%	5.0%	5.0%



COPD

Dubuque 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 Dubuque is 6.3%, which ranks 459th out of 905 Iowa communities (6th out of 11 large communities).

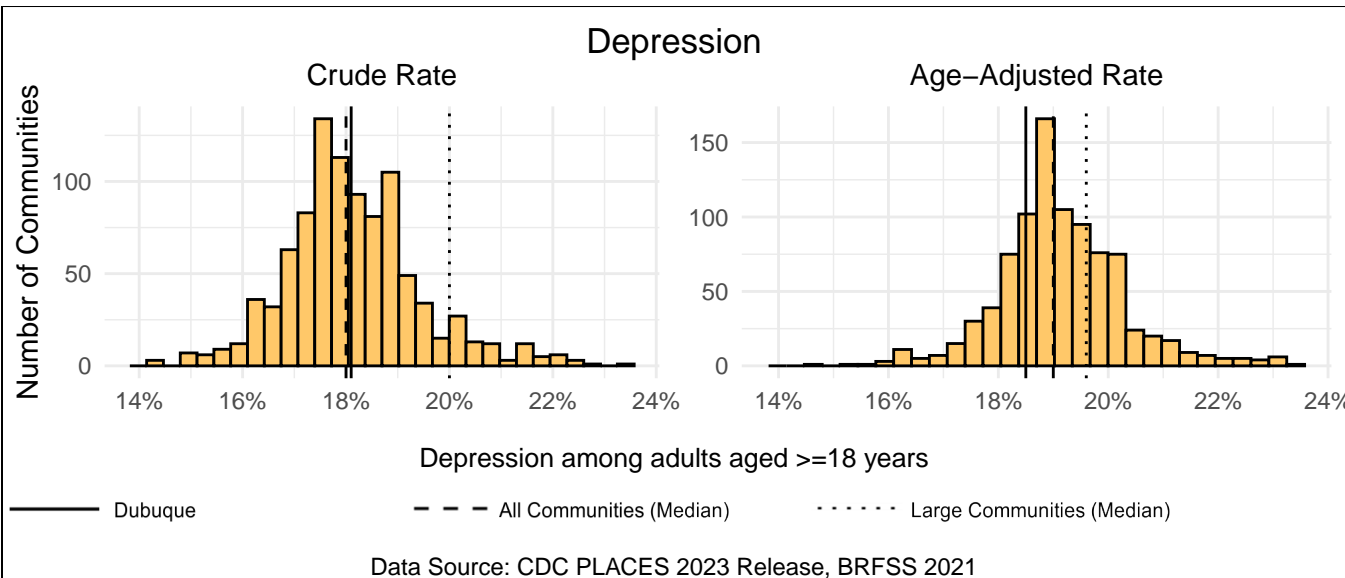
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	6.8%	7.4%	6.8%
Age-Adjusted	6.3%	6.2%	6.3%



Depression

Dubuque has a crude rate of 18.1% for depression among adults aged ≥ 18 years, which ranks 499th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Dubuque is 18.5%, which ranks 218th out of 905 Iowa communities (2nd out of 11 large communities).

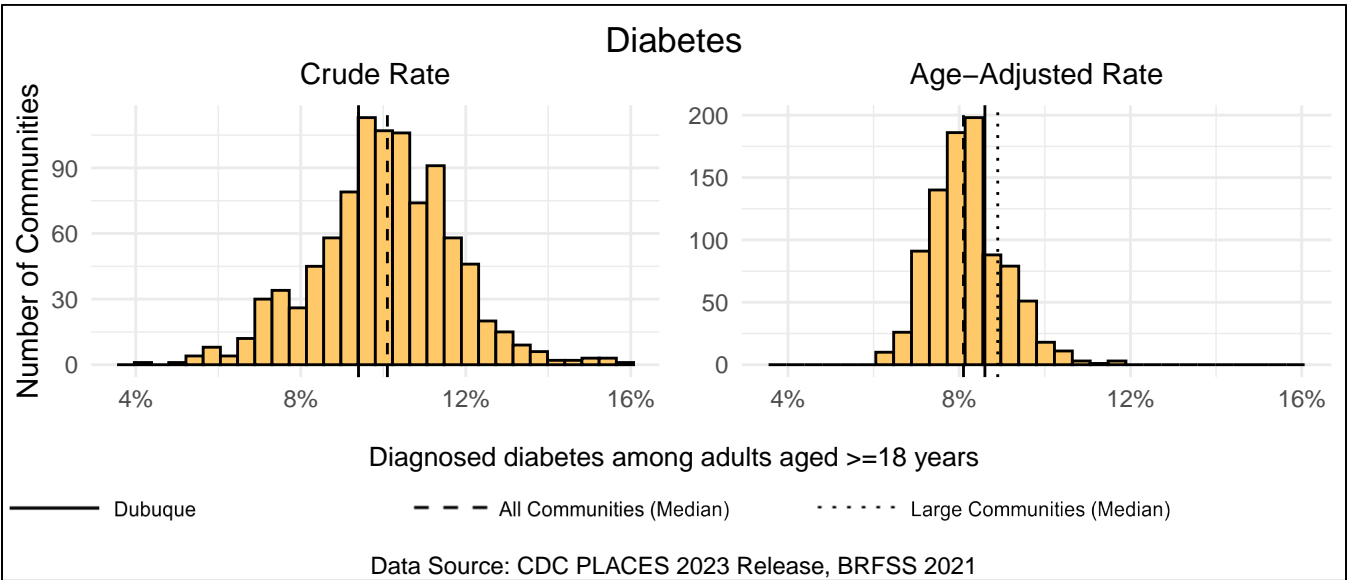
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	18.1%	18.0%	20.0%
Age-Adjusted	18.5%	19.0%	19.6%



Diabetes

Dubuque has a crude rate of 9.4% for diagnosed diabetes among adults aged >=18 years, which ranks 303rd out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Dubuque is 8.6%, which ranks 652nd out of 905 Iowa communities (5th out of 11 large communities).

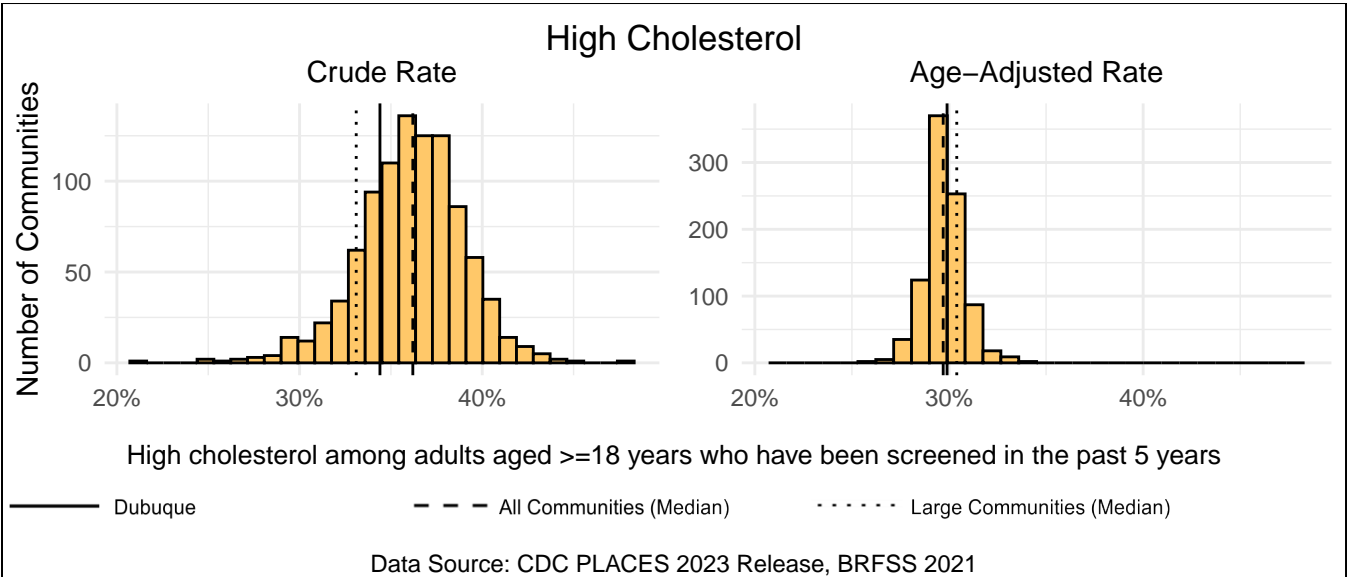
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	9.4%	10.1%	9.4%
Age-Adjusted	8.6%	8.1%	8.9%



High Cholesterol

Dubuque has a crude rate of 34.4% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 231st out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Dubuque is 29.9%, which ranks 501st out of 905 Iowa communities (5th out of 11 large communities).

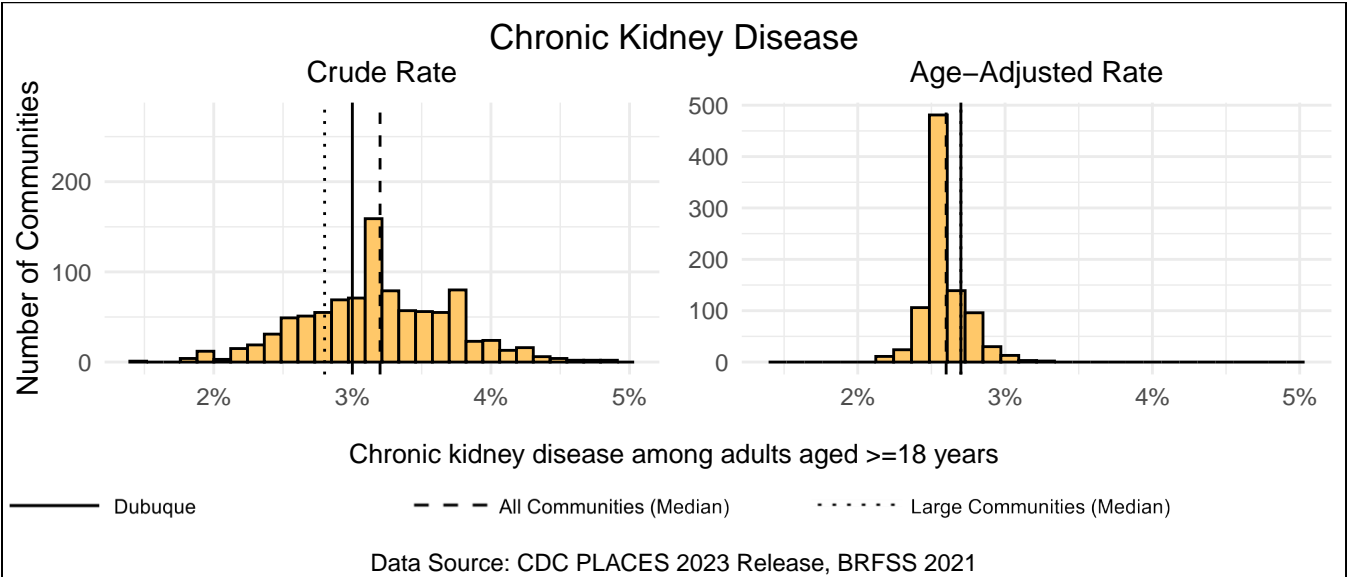
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	34.4%	36.2%	33.1%
Age-Adjusted	29.9%	29.7%	30.4%



Chronic Kidney Disease

Dubuque has a crude rate of 3.0% for chronic kidney disease among adults aged ≥ 18 years, which ranks 310th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Dubuque is 2.7%, which ranks 623rd out of 905 Iowa communities (6th out of 11 large communities).

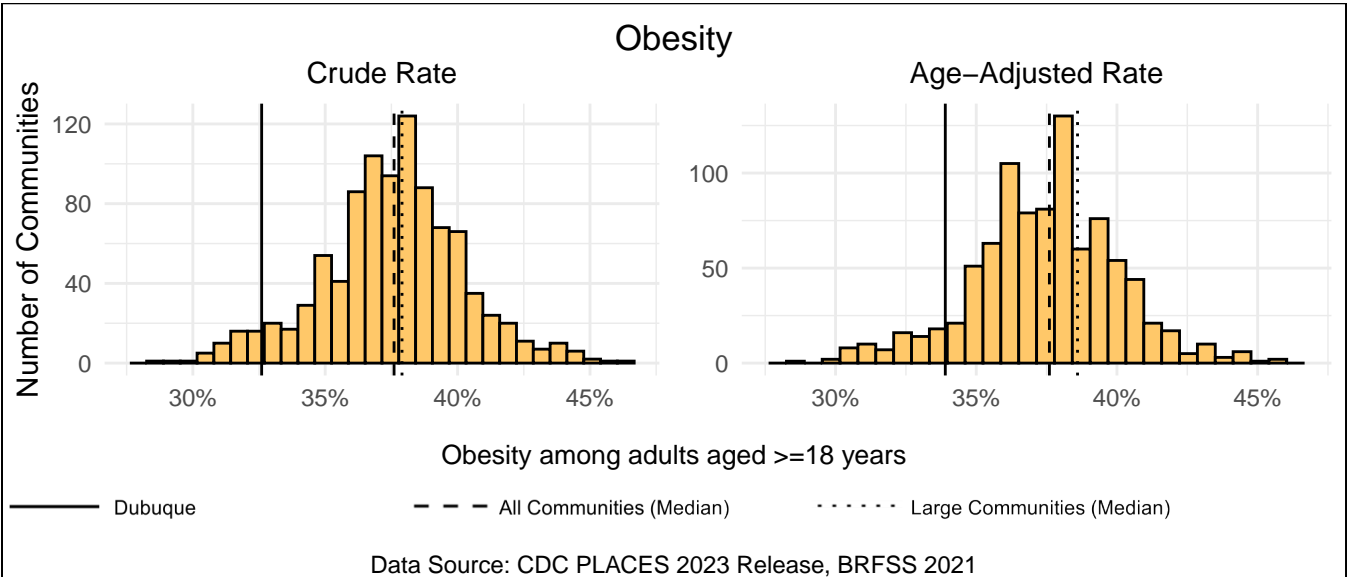
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	3.0%	3.2%	2.8%
Age-Adjusted	2.7%	2.6%	2.7%



Obesity

Dubuque has a crude rate of 32.6% for obesity among adults aged ≥ 18 years, which ranks 45th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Dubuque is 33.9%, which ranks 72nd out of 905 Iowa communities (4th out of 11 large communities).

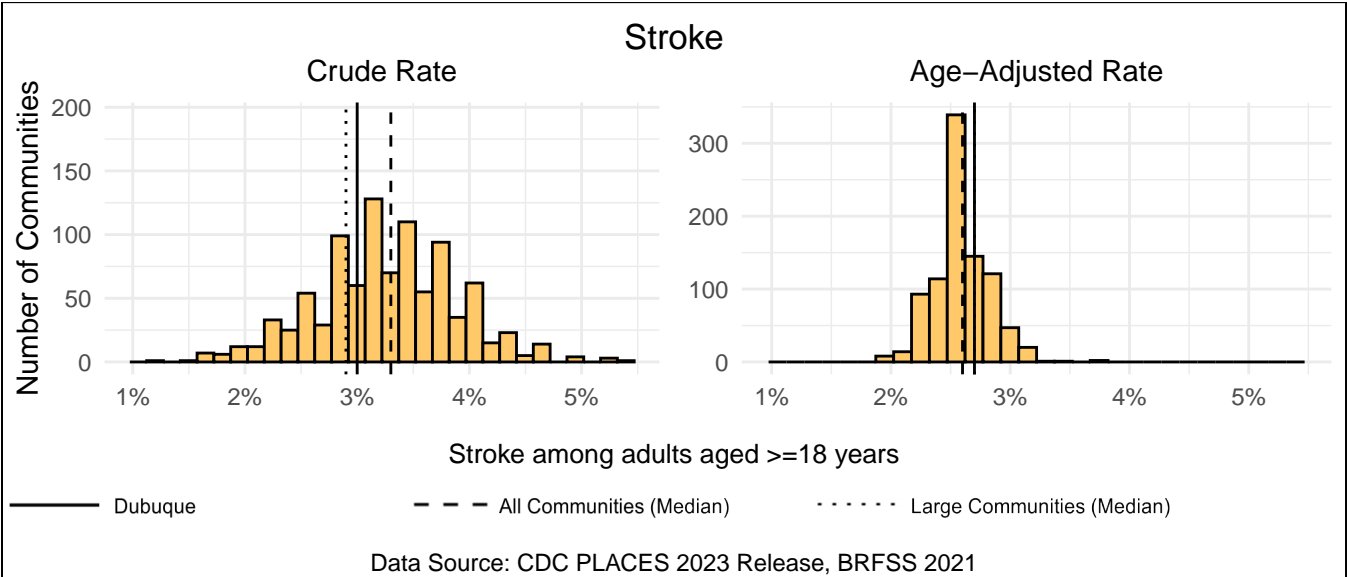
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	32.6%	37.6%	37.9%
Age-Adjusted	33.9%	37.6%	38.6%



Stroke

Dubuque has a crude rate of 3.0% for stroke among adults aged ≥ 18 years, which ranks 280th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Dubuque is 2.7%, which ranks 569th out of 905 Iowa communities (6th out of 11 large communities).

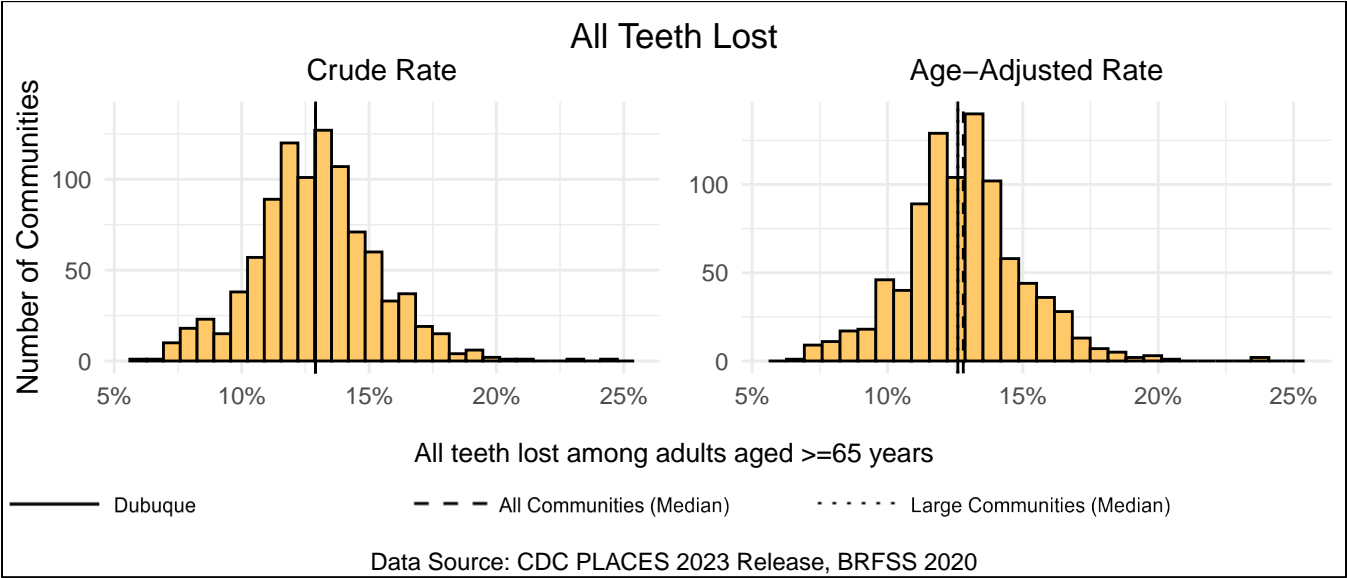
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	3.0%	3.3%	2.9%
Age-Adjusted	2.7%	2.6%	2.7%



All Teeth Lost

Dubuque has a crude rate of 12.9% for all teeth lost among adults aged ≥ 65 years, which ranks 474th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Dubuque is 12.6%, which ranks 413th out of 905 Iowa communities (6th out of 11 large communities).

Measure Type	Dubuque	All Comm.	Large Comm.
Crude	12.9%	12.9%	12.9%
Age-Adjusted	12.6%	12.8%	12.6%



Prevention

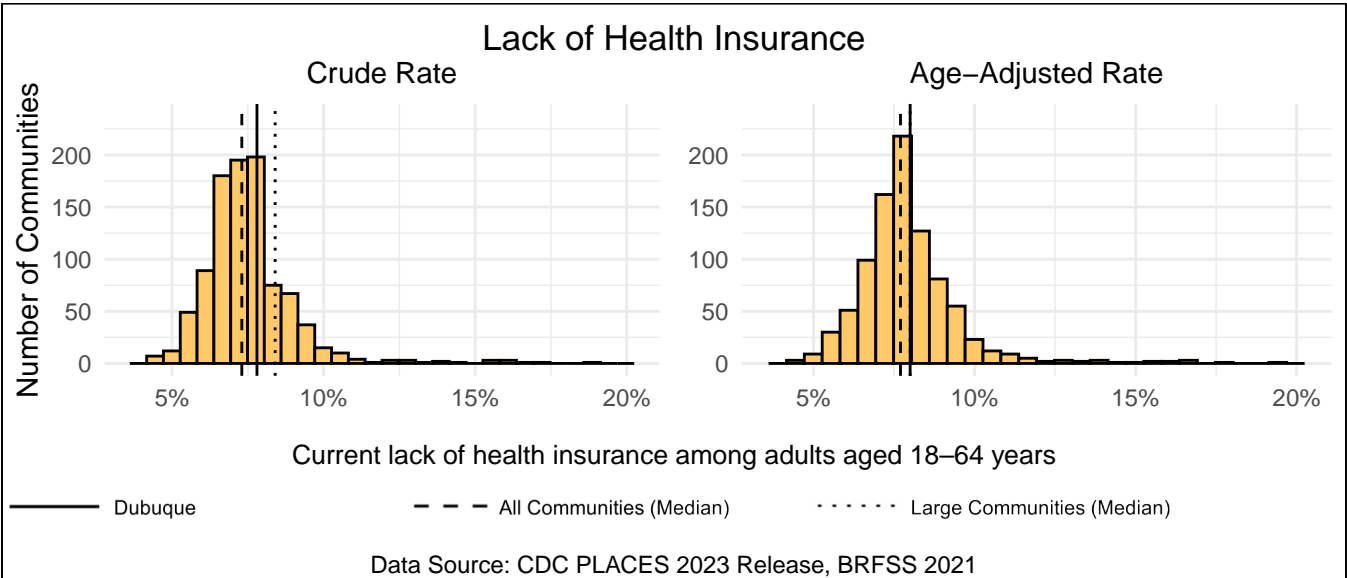
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Dubuque has a crude rate of 7.8% for current lack of health insurance among adults aged 18–64 years, which ranks 633rd out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Dubuque is 8.0%, which ranks 538th out of 905 Iowa communities (6th out of 11 large communities).

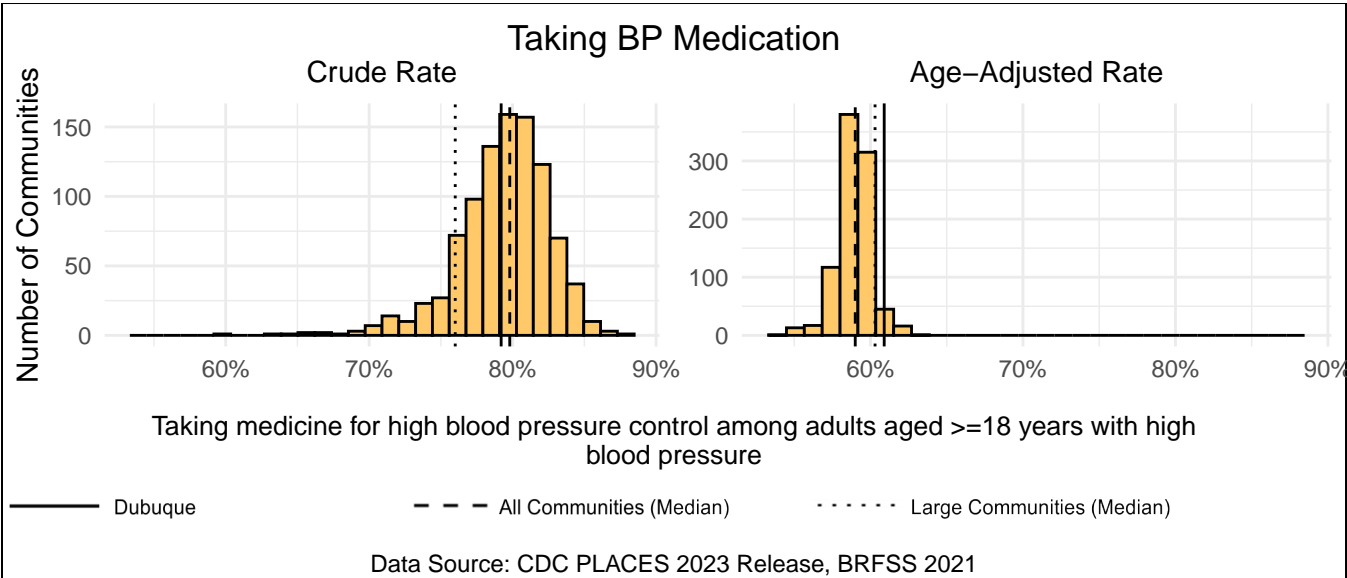
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	7.8%	7.3%	8.4%
Age-Adjusted	8.0%	7.7%	8.0%



Taking BP Medication

Dubuque has a crude rate of 79.2% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 535th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Dubuque is 60.9%, which ranks 33rd out of 905 Iowa communities (4th out of 11 large communities).

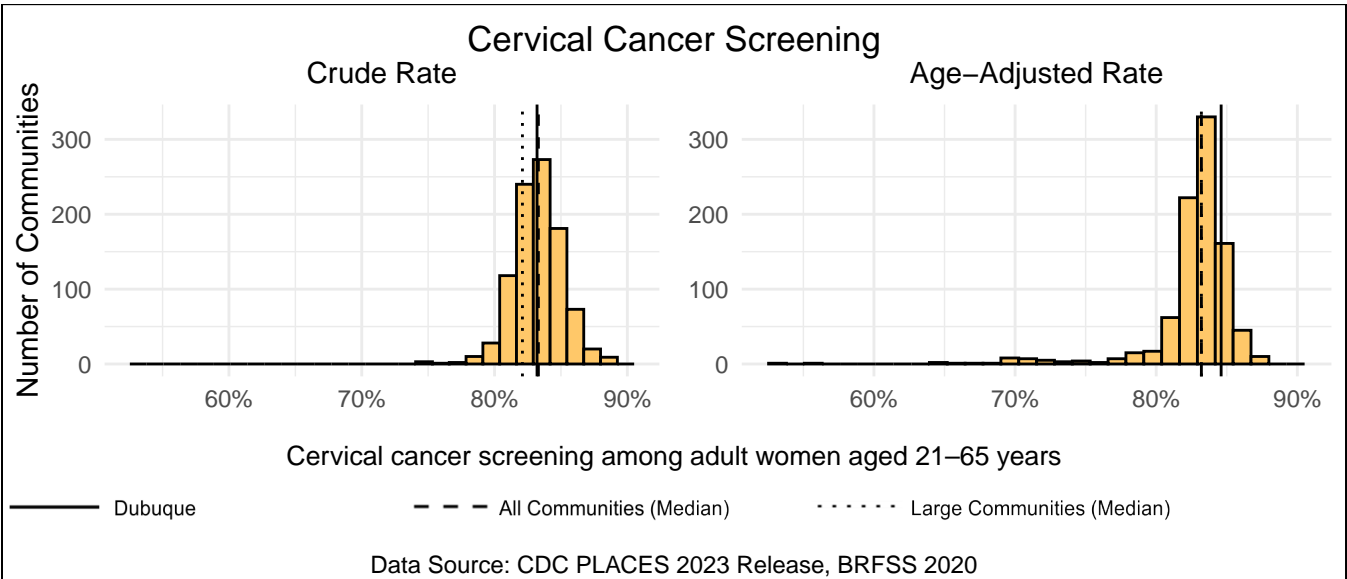
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	79.2%	79.8%	76.0%
Age-Adjusted	60.9%	59.0%	60.3%



Cervical Cancer Screening

Dubuque has a crude rate of 83.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 488th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Dubuque is 84.6%, which ranks 142nd out of 905 Iowa communities (4th out of 11 large communities).

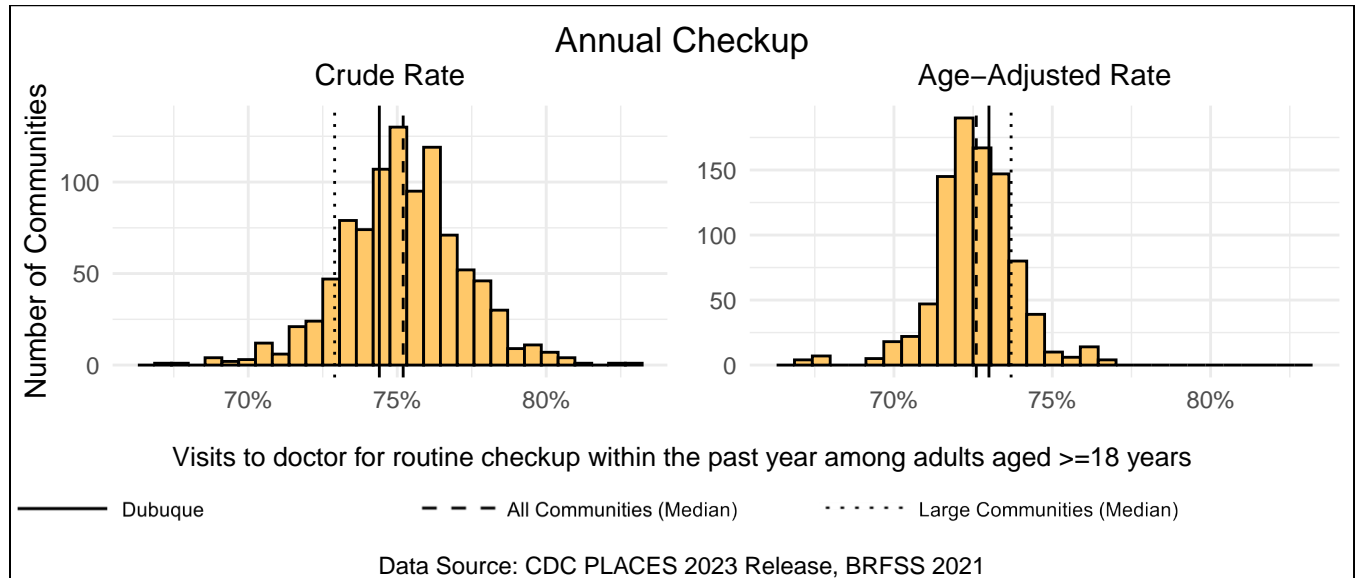
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	83.2%	83.3%	82.1%
Age-Adjusted	84.6%	83.2%	83.2%



Annual Checkup

Dubuque has a crude rate of 74.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 630th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Dubuque is 73.0%, which ranks 301st out of 905 Iowa communities (9th out of 11 large communities).

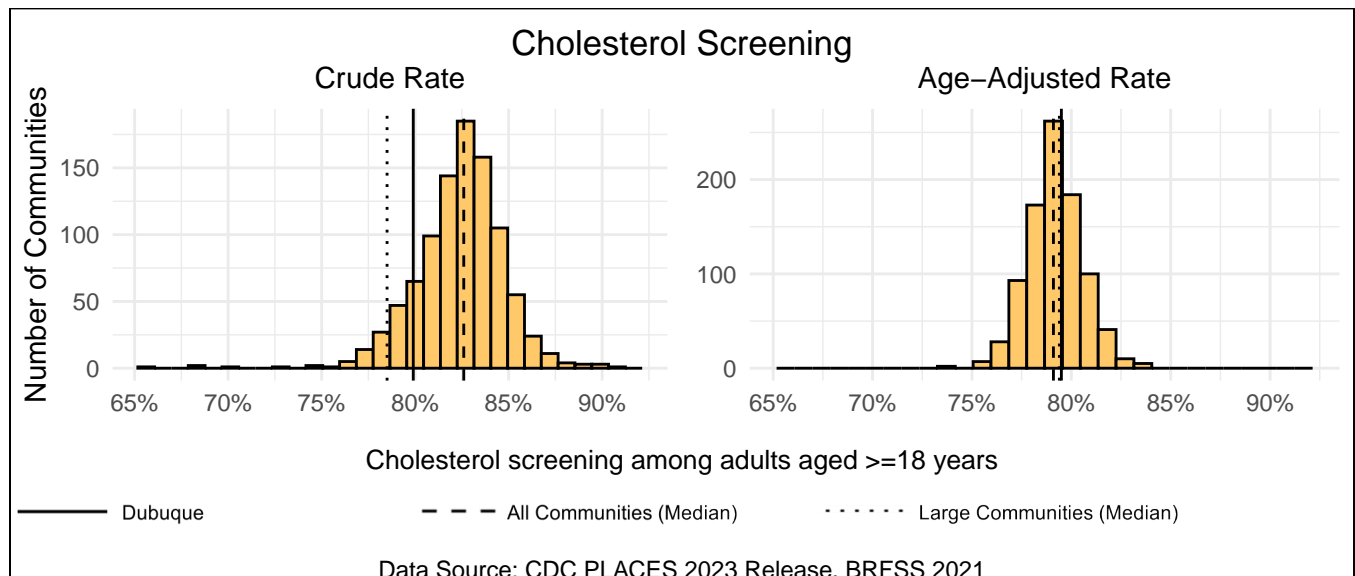
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	74.4%	75.2%	72.9%
Age-Adjusted	73.0%	72.6%	73.7%



Cholesterol Screening

Dubuque has a crude rate of 79.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 825th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Dubuque is 79.5%, which ranks 341st out of 905 Iowa communities (5th out of 11 large communities).

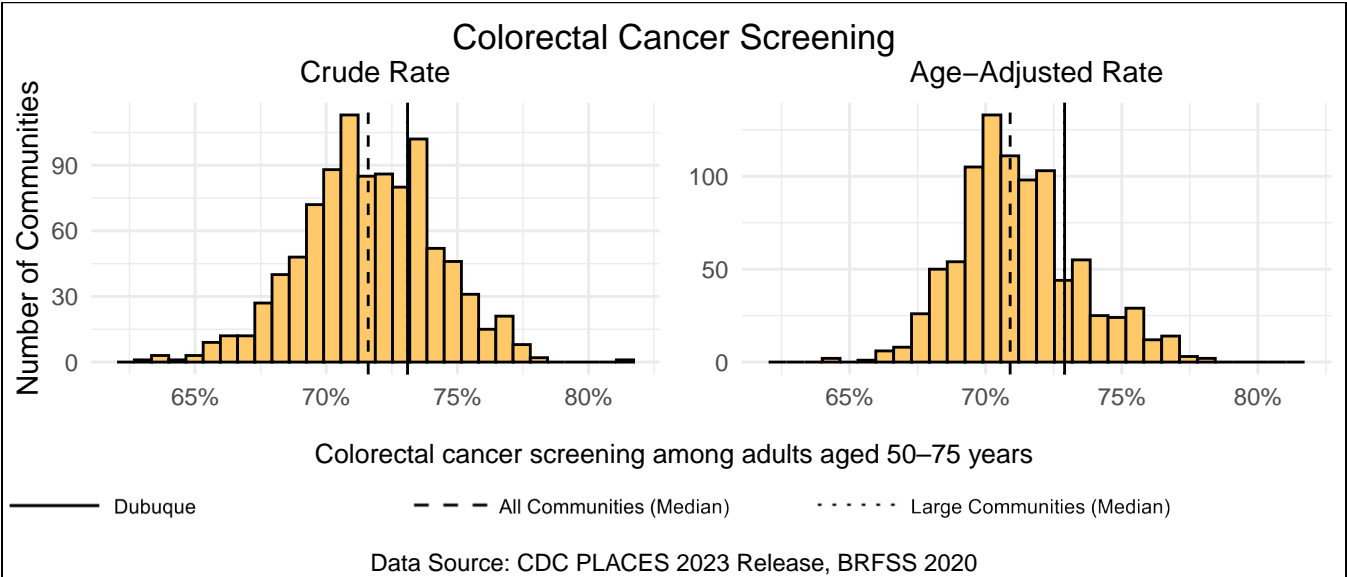
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	79.9%	82.6%	78.5%
Age-Adjusted	79.5%	79.1%	79.4%



Colorectal Cancer Screening

Dubuque has a crude rate of 73.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 279th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Dubuque is 72.9%, which ranks 176th out of 905 Iowa communities (6th out of 11 large communities).

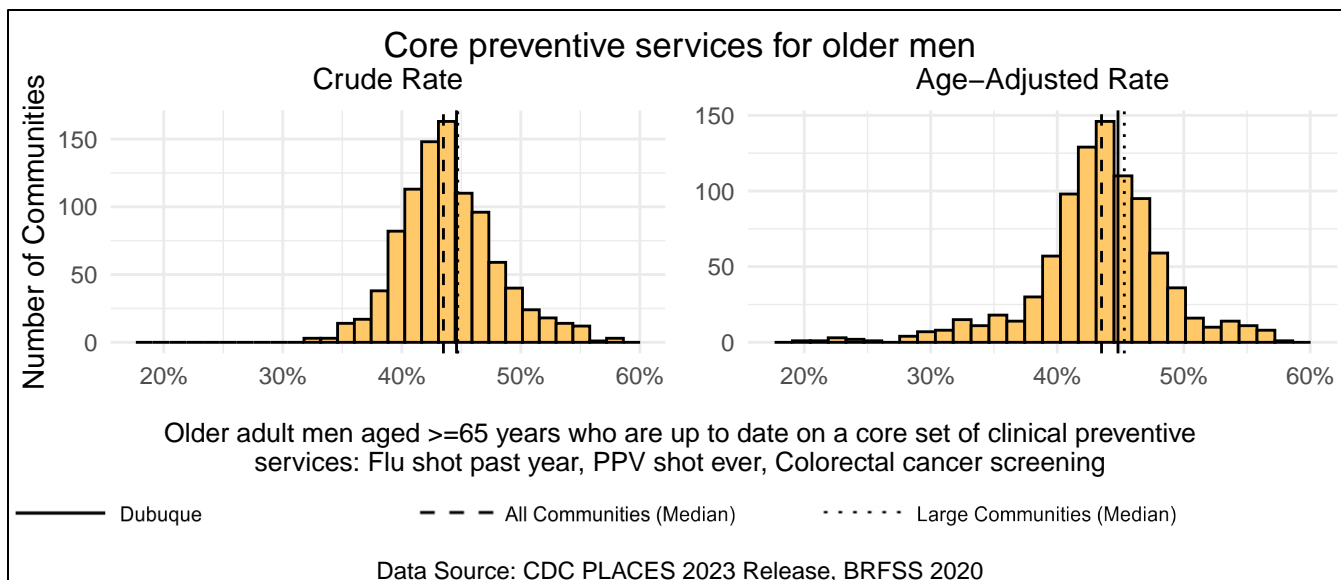
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	73.1%	71.6%	73.1%
Age-Adjusted	72.9%	70.9%	72.9%



Core preventive services for older men

Dubuque has a crude rate of 44.6% 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 359th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Dubuque is 44.8%, which ranks 332nd out of 905 Iowa communities (7th out of 11 large communities).

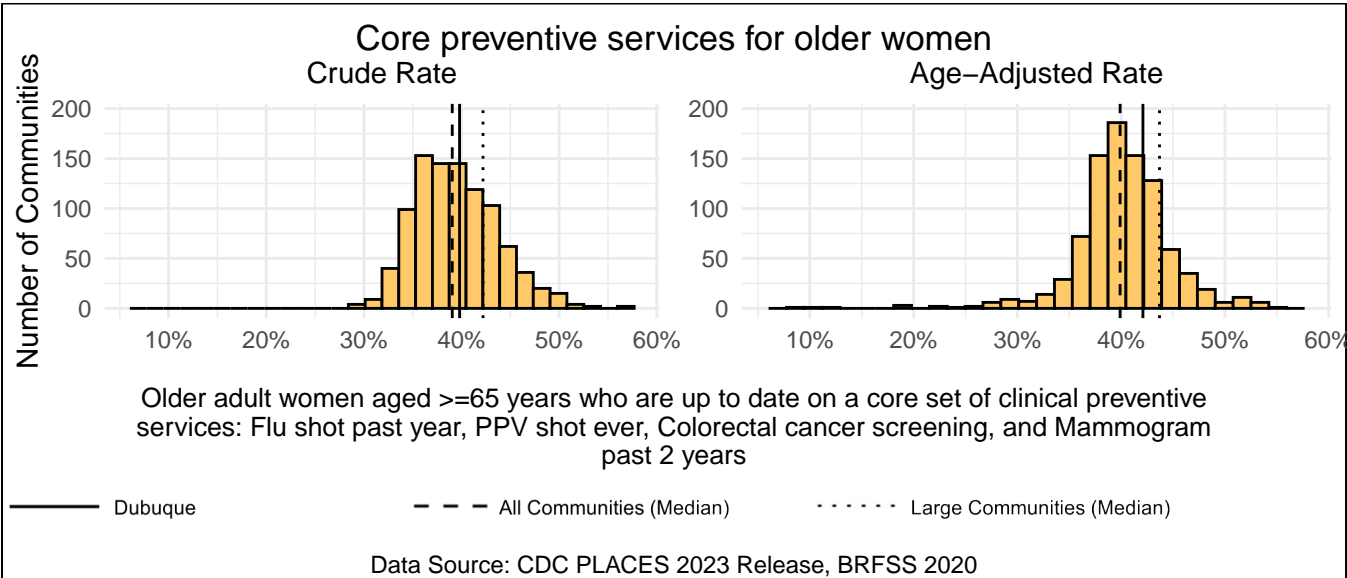
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	44.6%	43.5%	44.7%
Age-Adjusted	44.8%	43.5%	45.3%



Core preventive services for older women

Dubuque has a crude rate of 39.8% 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 407th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Dubuque is 42.1%, which ranks 266th out of 905 Iowa communities (9th out of 11 large communities).

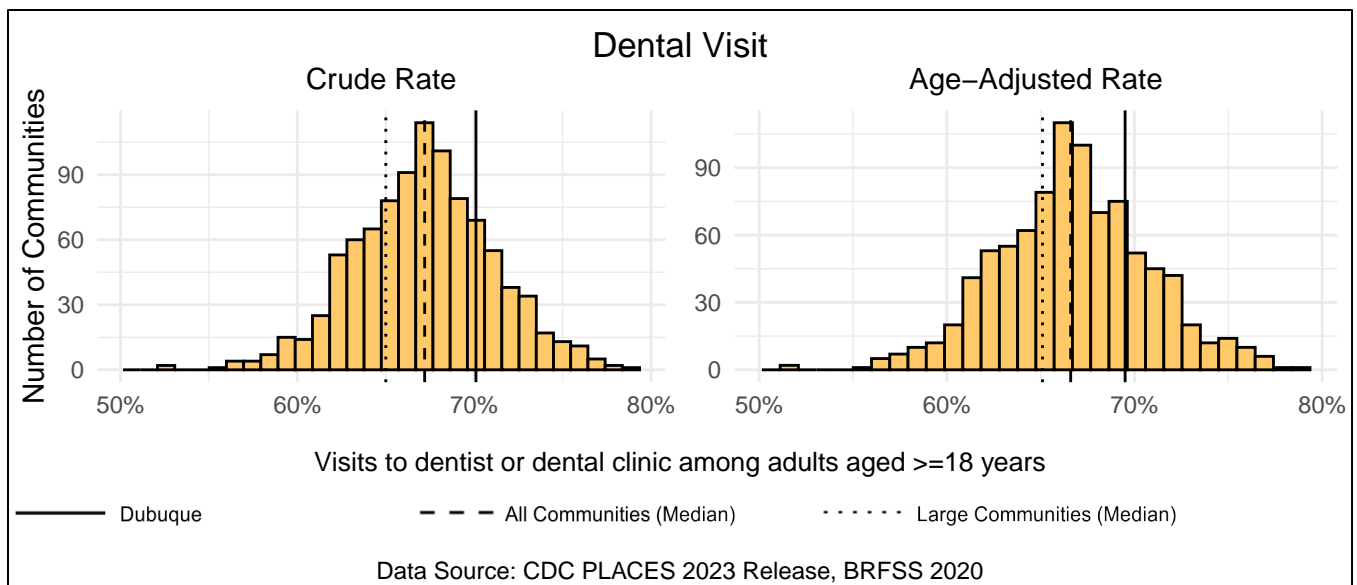
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	39.8%	39.0%	42.2%
Age-Adjusted	42.1%	39.9%	43.7%



Dental Visit

Dubuque has a crude rate of 70.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 206th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Dubuque is 69.5%, which ranks 211th out of 905 Iowa communities (3rd out of 11 large communities).

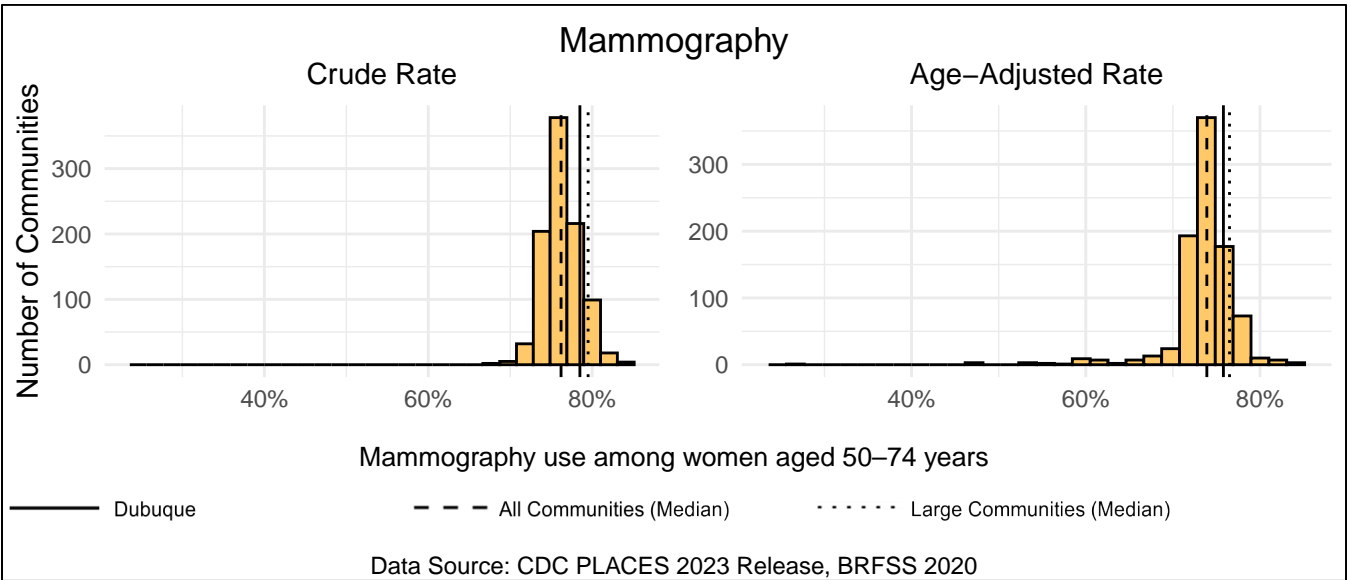
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	70.1%	67.2%	65.0%
Age-Adjusted	69.5%	66.6%	65.1%



Mammography

Dubuque has a crude rate of 78.5% for mammography use among women aged 50–74 years, which ranks 157th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Dubuque is 75.8%, which ranks 174th out of 905 Iowa communities (8th out of 11 large communities).

Measure Type	Dubuque	All Comm.	Large Comm.
Crude	78.5%	76.2%	79.5%
Age-Adjusted	75.8%	73.9%	76.5%



Disability

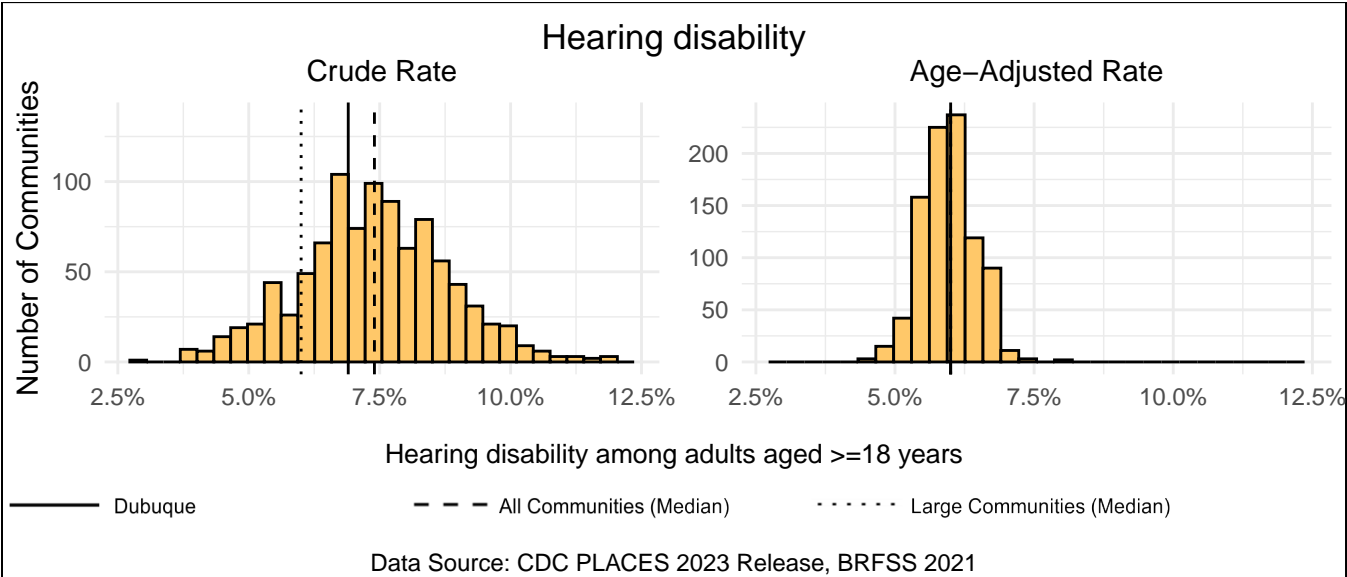
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Dubuque has a crude rate of 6.9% for hearing disability among adults aged ≥ 18 years, which ranks 333rd out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Dubuque is 6.0%, which ranks 444th out of 905 Iowa communities (6th out of 11 large communities).

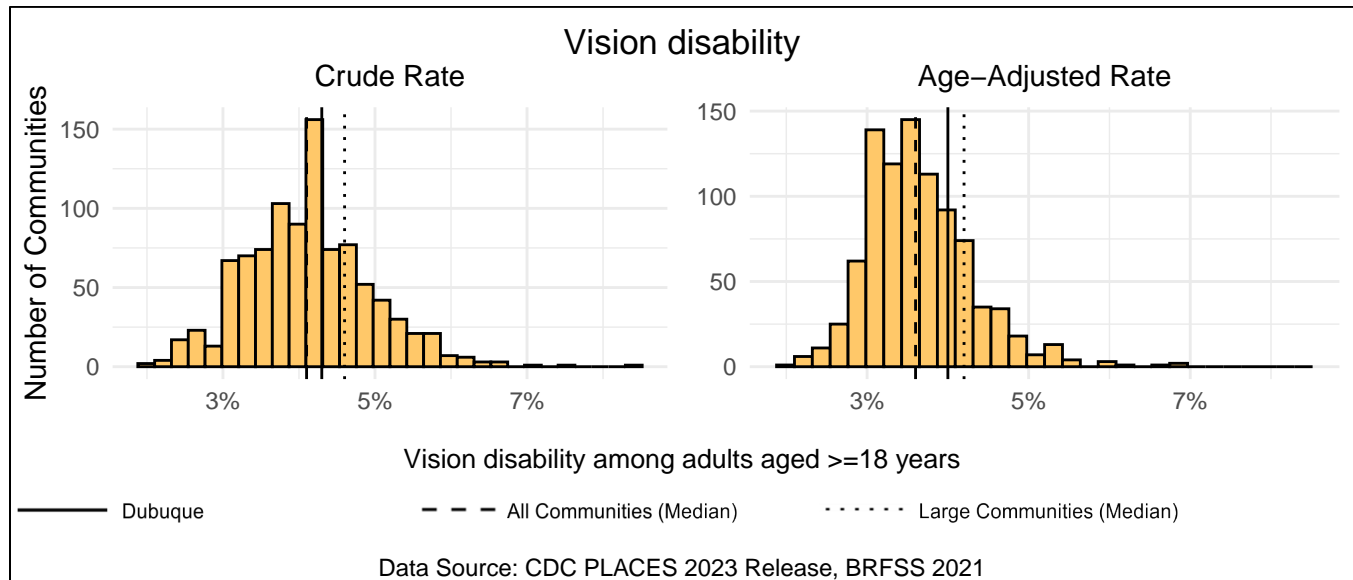
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	6.9%	7.4%	6.0%
Age-Adjusted	6.0%	6.0%	6.0%



Vision disability

Dubuque has a crude rate of 4.3% for vision disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Dubuque is 4.0%, which ranks 676th out of 905 Iowa communities (4th out of 11 large communities).

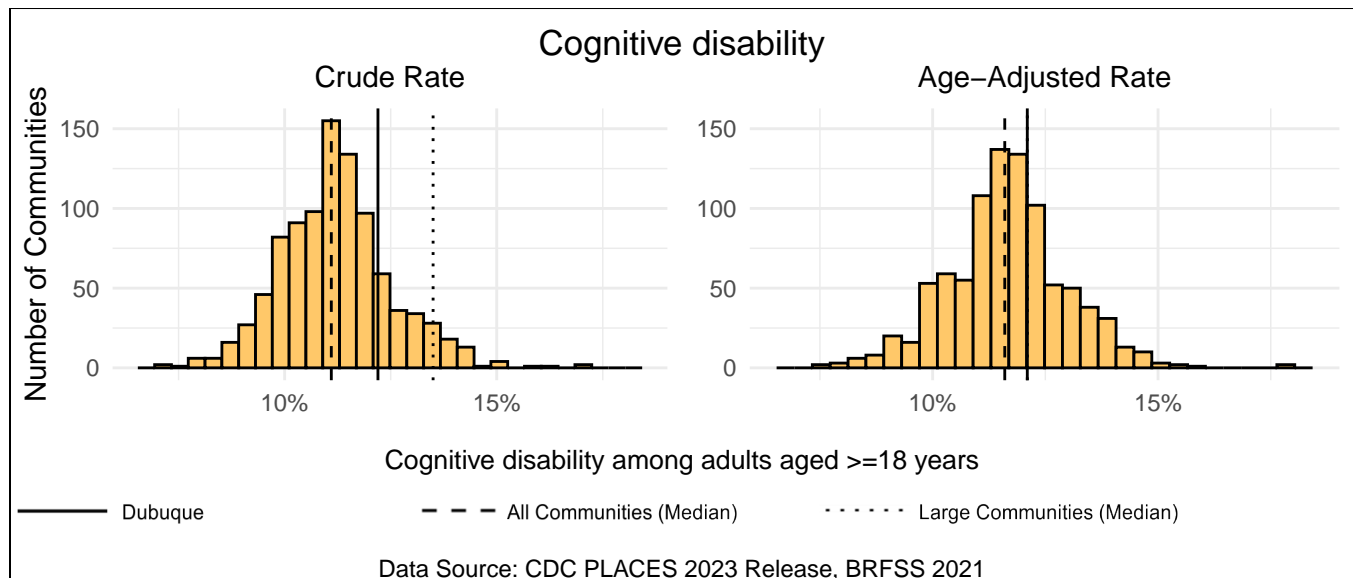
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	4.3%	4.1%	4.6%
Age-Adjusted	4.0%	3.6%	4.2%



Cognitive disability

Dubuque has a crude rate of 12.2% for cognitive disability among adults aged ≥ 18 years, which ranks 774th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Dubuque is 12.1%, which ranks 602nd out of 905 Iowa communities (6th out of 11 large communities).

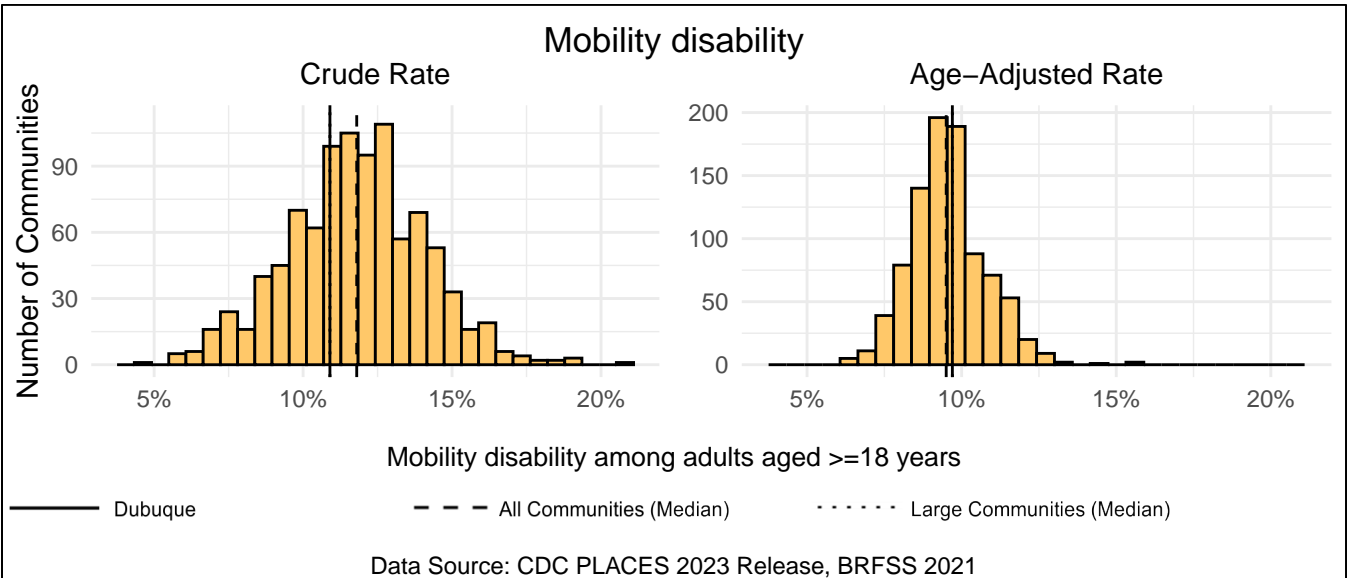
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	12.2%	11.1%	13.5%
Age-Adjusted	12.1%	11.6%	12.1%



Mobility disability

Dubuque has a crude rate of 10.9% for mobility disability among adults aged ≥ 18 years, which ranks 315th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Dubuque is 9.7%, which ranks 502nd out of 905 Iowa communities (6th out of 11 large communities).

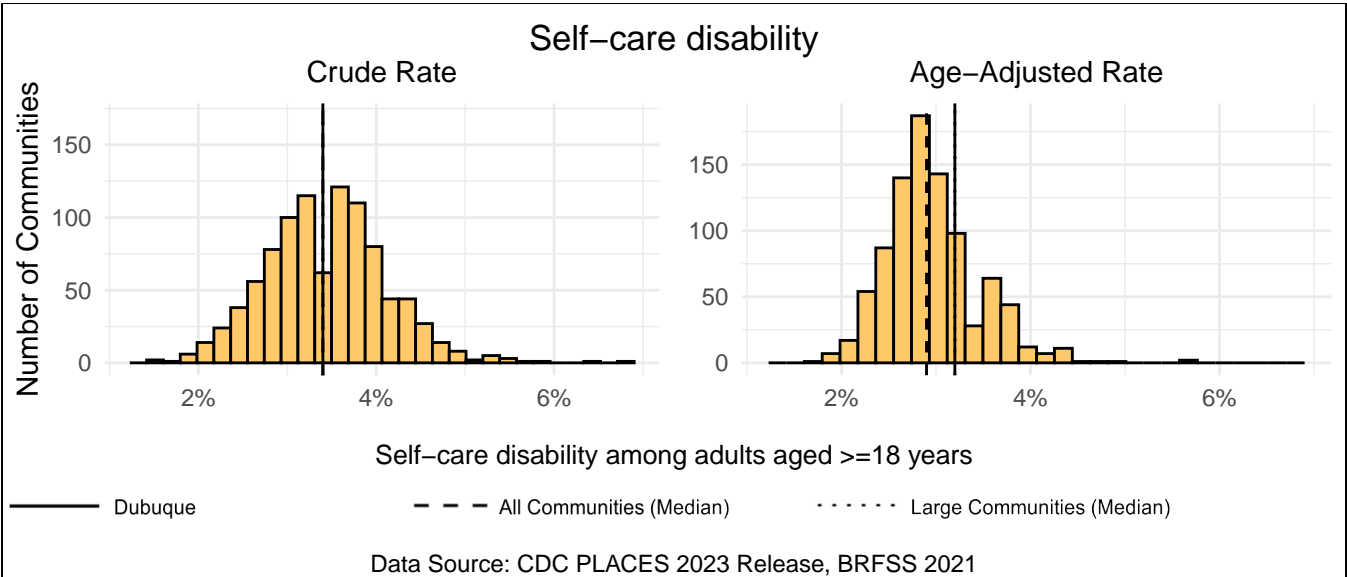
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	10.9%	11.8%	10.9%
Age-Adjusted	9.7%	9.5%	9.7%



Self-care disability

Dubuque has a crude rate of 3.4% for self-care disability among adults aged ≥ 18 years, which ranks 435th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Dubuque is 3.2%, which ranks 637th out of 905 Iowa communities (4th out of 11 large communities).

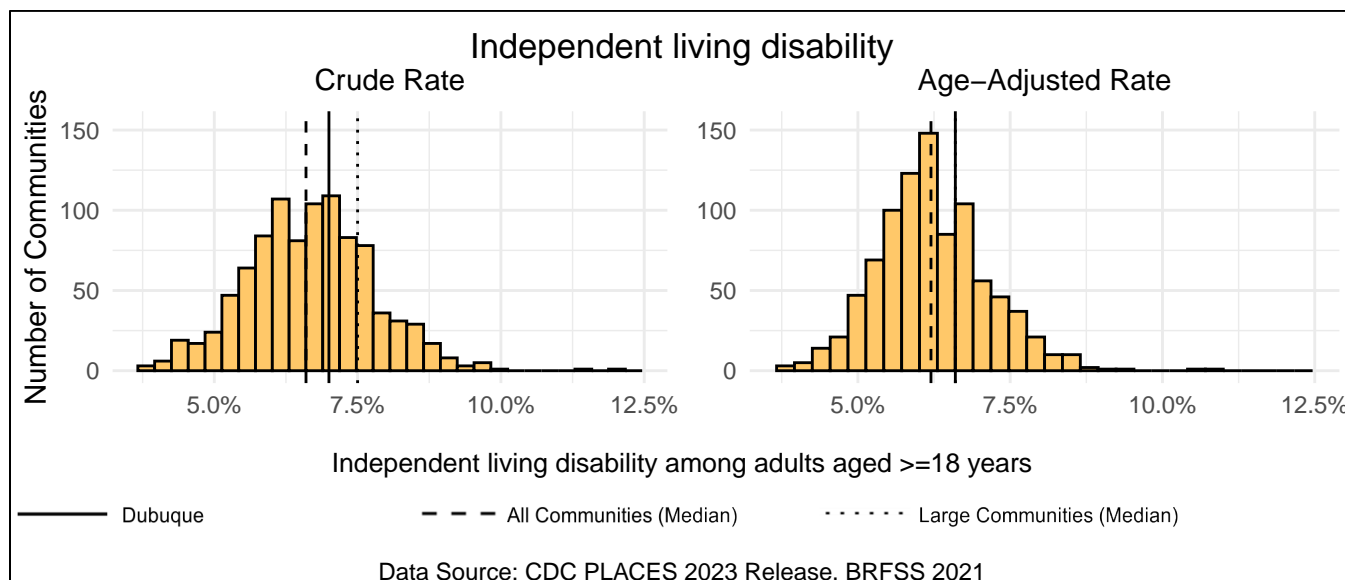
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	3.4%	3.4%	3.4%
Age-Adjusted	3.2%	2.9%	3.2%



Independent living disability

Dubuque has a crude rate of 7.0% for independent living disability among adults aged ≥ 18 years, which ranks 599th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Dubuque is 6.6%, which ranks 616th out of 905 Iowa communities (5th out of 11 large communities).

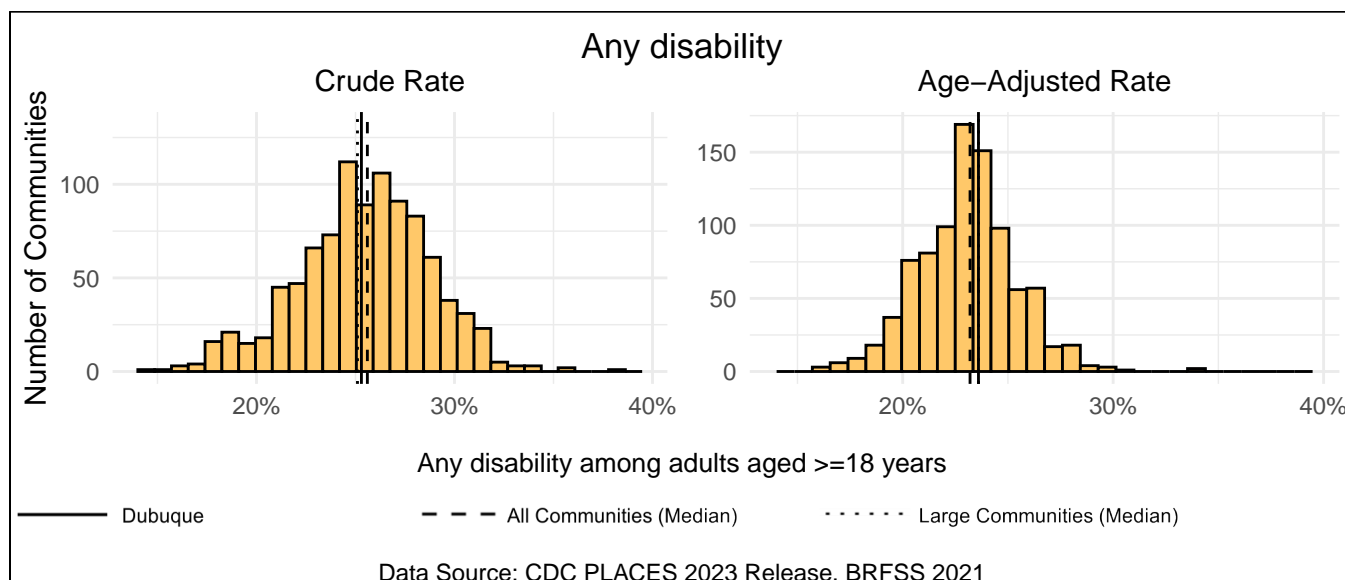
Measure Type	Dubuque	All Comm.	Large Comm.
Crude	7.0%	6.6%	7.5%
Age-Adjusted	6.6%	6.2%	6.6%



Any disability

Dubuque has a crude rate of 25.3% for any disability among adults aged ≥ 18 years, which ranks 449th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Dubuque is 23.6%, which ranks 551st out of 905 Iowa communities (6th out of 11 large communities).

Measure Type	Dubuque	All Comm.	Large Comm.
Crude	25.3%	25.6%	25.1%
Age-Adjusted	23.6%	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: Dubuque 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	323	10.3% (9.1% - 11.6%)	559	10.0% (8.7% - 11.3%)
Health Status	General Health	375	13.7% (12.1% - 15.6%)	552	13.2% (11.6% - 14.9%)
Health Status	Mental Health	788	15.3% (13.4% - 17.3%)	457	15.6% (13.7% - 17.6%)
Health Risk Behaviors	Binge Drinking	626	20.4% (17.1% - 23.9%)	329	21.6% (18.2% - 25.4%)
Health Risk Behaviors	Current Smoking	233	15.5% (13.2% - 18.1%)	311	16.9% (14.4% - 19.5%)
Health Risk Behaviors	Sleep <7 hours	498	30.4% (30.0% - 30.8%)	522	31.5% (31.0% - 31.9%)
Health Risk Behaviors	Physical Inactivity	279	24.4% (20.8% - 28.2%)	368	23.8% (20.2% - 27.5%)
Health Outcomes	Current Asthma	716	9.6% (8.5% - 10.8%)	513	9.6% (8.5% - 10.9%)
Health Outcomes	Obesity	45	32.6% (27.0% - 38.5%)	72	33.9% (28.1% - 40.0%)
Health Outcomes	Depression	499	18.1% (15.1% - 21.5%)	218	18.5% (15.4% - 22.0%)
Health Outcomes	Stroke	280	3.0% (2.8% - 3.3%)	569	2.7% (2.4% - 2.9%)
Health Outcomes	Chronic Kidney Disease	310	3.0% (2.7% - 3.2%)	623	2.7% (2.4% - 2.9%)
Health Outcomes	High Blood Pressure	116	27.8% (24.5% - 31.4%)	144	25.9% (22.6% - 29.4%)
Health Outcomes	COPD	274	6.8% (6.0% - 7.8%)	459	6.3% (5.5% - 7.2%)
Health Outcomes	All Teeth Lost	474	12.9% (11.4% - 14.6%)	413	12.6% (11.2% - 14.0%)
Health Outcomes	Arthritis	117	23.5% (20.4% - 26.9%)	97	21.6% (18.6% - 24.9%)
Health Outcomes	Diabetes	303	9.4% (8.1% - 10.9%)	652	8.6% (7.4% - 10.0%)
Health Outcomes	High Cholesterol	231	34.4% (30.4% - 38.4%)	501	29.9% (25.9% - 34.1%)
Health Outcomes	Cancer (except skin)	302	7.5% (6.8% - 8.2%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Coronary Heart Disease	300	5.9% (5.2% - 6.6%)	419	5.0% (4.5% - 5.6%)
Prevention	Annual Checkup	630	74.4% (69.8% - 78.6%)	301	73.0% (68.2% - 77.4%)
Prevention	Core preventive services for older men	359	44.6% (42.6% - 46.7%)	332	44.8% (42.8% - 46.9%)
Prevention	Health Insurance	633	7.8% (6.7% - 9.1%)	538	8.0% (6.9% - 9.4%)
Prevention	Mammography	157	78.5% (77.7% - 79.5%)	174	75.8% (74.8% - 76.9%)
Prevention	Colorectal Cancer Screening	279	73.1% (72.3% - 73.8%)	176	72.9% (72.1% - 73.6%)
Prevention	Dental Visit	206	70.1% (69.2% - 70.9%)	211	69.5% (68.6% - 70.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	535	79.2% (76.0% - 82.0%)	33	60.9% (55.9% - 65.7%)
Prevention	Core preventive services for older women	407	39.8% (37.8% - 41.9%)	266	42.1% (40.2% - 44.1%)
Prevention	Cervical Cancer Screening	488	83.2% (82.5% - 83.9%)	142	84.6% (84.0% - 85.2%)
Prevention	Cholesterol Screening	825	79.9% (76.8% - 82.7%)	341	79.5% (76.4% - 82.5%)
Disability	Hearing Disability	333	6.9% (6.2% - 7.7%)	444	6.0% (5.3% - 6.7%)
Disability	Self-care Disability	435	3.4% (3.1% - 3.8%)	637	3.2% (2.9% - 3.5%)
Disability	Cognitive Disability	774	12.2% (10.7% - 13.7%)	602	12.1% (10.7% - 13.6%)
Disability	Vision Disability	562	4.3% (3.9% - 4.8%)	676	4.0% (3.6% - 4.5%)
Disability	Mobility Disability	315	10.9% (9.6% - 12.4%)	502	9.7% (8.5% - 11.1%)
Disability	Independent Living Disability	599	7.0% (6.2% - 7.8%)	616	6.6% (5.9% - 7.4%)
Disability	Any Disability	449	25.3% (22.2% - 28.7%)	551	23.6% (20.6% - 26.7%)

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+)

Dubuque 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