



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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By Matthew Voss & Shawn Dorius

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Iowa Community Health Snapshot Series

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Health in Eldridge: Overview

Dear Community Members & Stakeholders of Eldridge,

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 Eldridge ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Eldridge'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 Eldridge. 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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Mammography	8th	3rd	Mammography	7th	3rd
Any Disability	57th	15th	Core preventive services for older women	35th	9th
Vision Disability	60th	15th	Chronic Kidney Disease	36th	9th
Core preventive services for older women	67th	12th	Stroke	49th	14th
Physical Health	69th	17th	Coronary Heart Disease	52nd	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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Taking BP Medication	855th	89th	Core preventive services for older men	667th	69th
Binge Drinking	820th	86th	Binge Drinking	585th	69th
Sleep <7 hours	748th	82nd	Taking BP Medication	579th	70th
Core preventive services for older men	744th	71st	Sleep <7 hours	466th	59th
Annual Checkup	668th	71st	Cancer (except skin)	418th	41st

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 Eldridge.

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

With a population of 6,693, Eldridge’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized 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

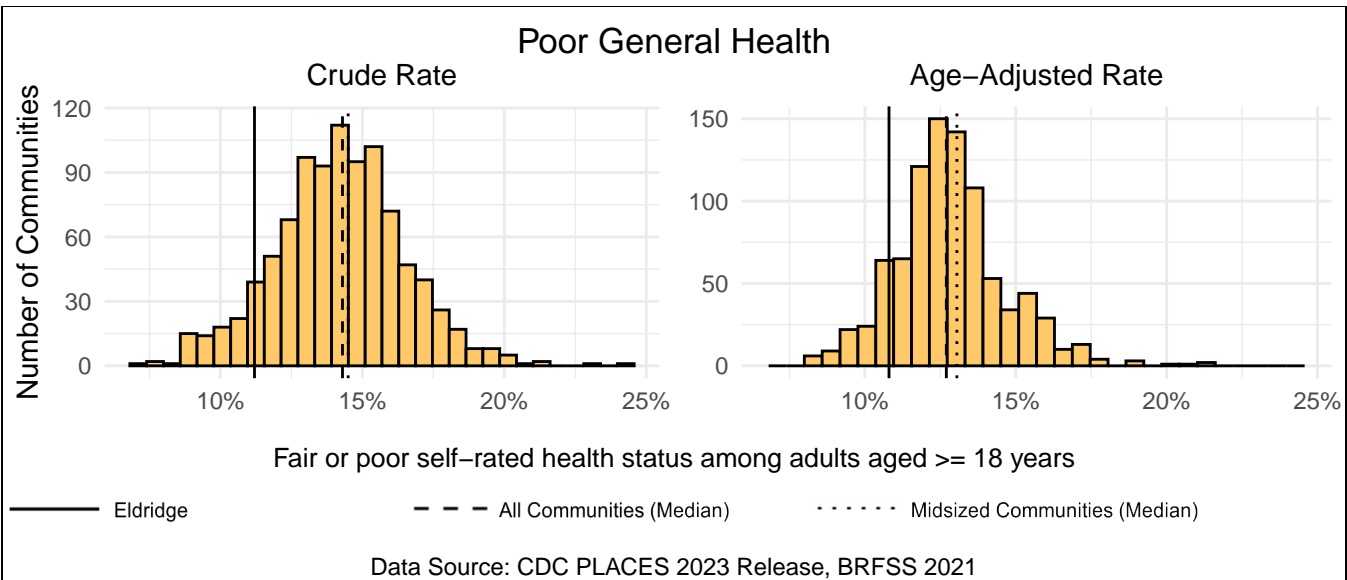
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Eldridge has a crude rate of 11.2% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 82nd out of 958 Iowa communities (17th out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 10.8%, which ranks 103rd out of 905 Iowa communities (20th out of 102 mid-sized communities).

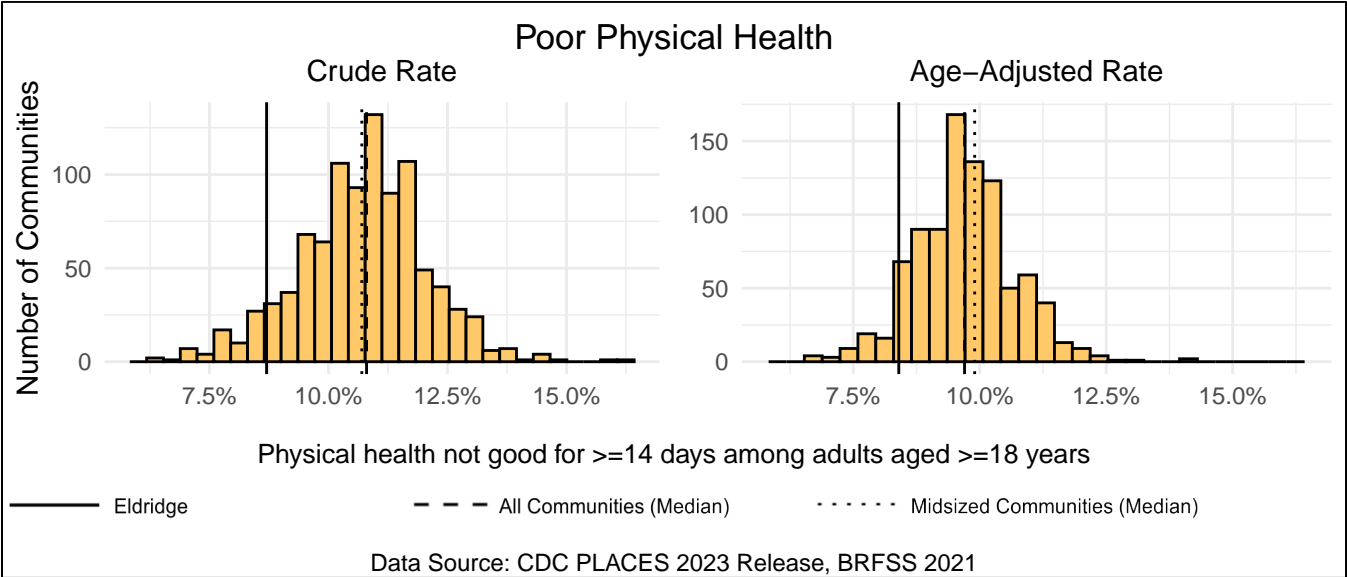
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	11.2%	14.3%	14.5%
Age-Adjusted	10.8%	12.7%	13.0%



Poor Physical Health

Eldridge has a crude rate of 8.7% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 69th out of 958 Iowa communities (17th out of 102 midsized communities). The age-adjusted rate for Eldridge is 8.4%, which ranks 70th out of 905 Iowa communities (19th out of 102 midsized communities).

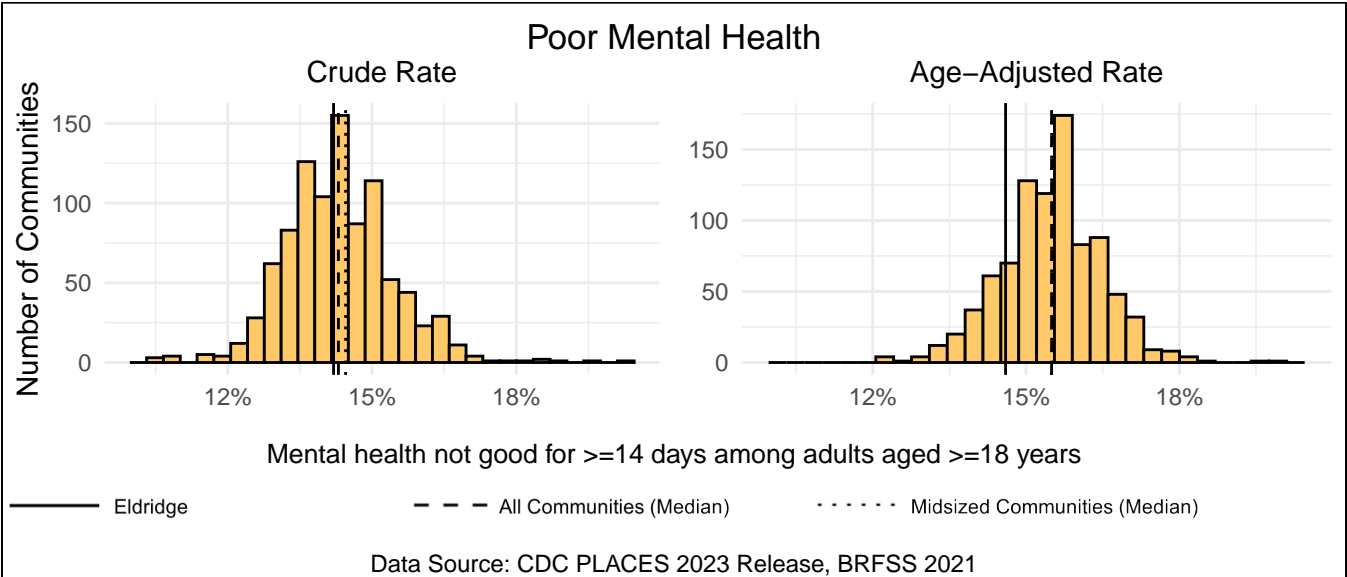
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	8.7%	10.8%	10.7%
Age-Adjusted	8.4%	9.7%	9.9%



Poor Mental Health

Eldridge has a crude rate of 14.2% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 432nd out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Eldridge is 14.6%, which ranks 140th out of 905 Iowa communities (24th out of 102 midsized communities).

Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	14.2%	14.3%	14.4%
Age-Adjusted	14.6%	15.5%	15.5%



Health Risk Behaviors

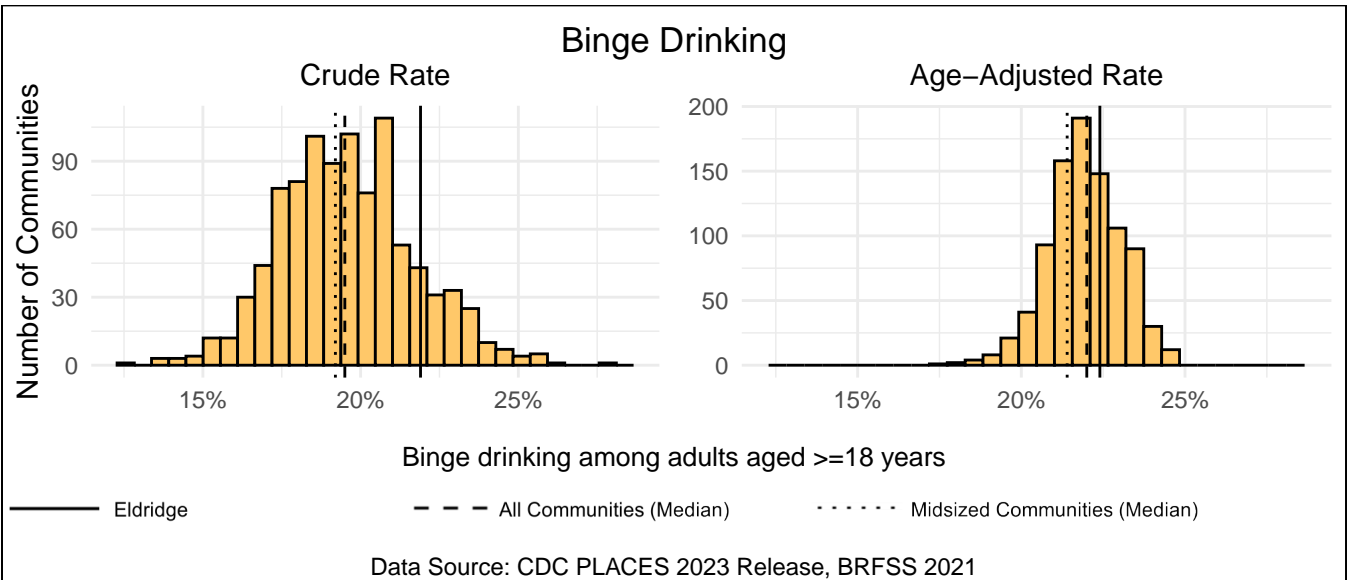
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Eldridge has a crude rate of 21.9% for binge drinking among adults aged ≥ 18 years, which ranks 820th out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Eldridge is 22.4%, which ranks 585th out of 905 Iowa communities (69th out of 102 midsized communities).

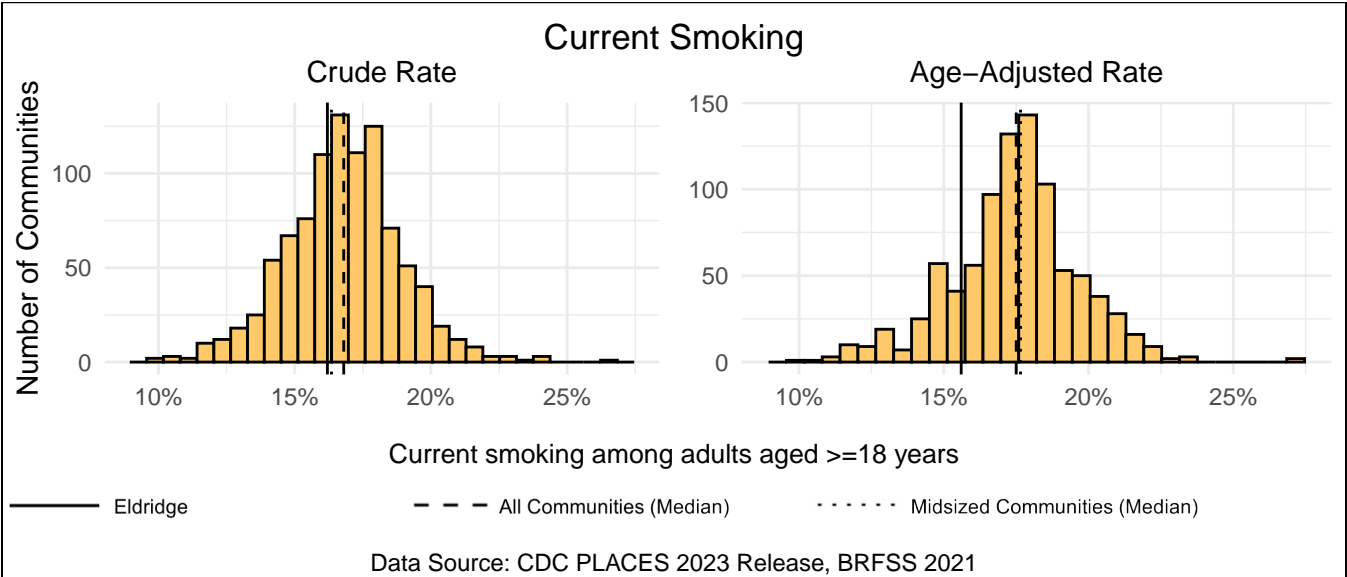
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	21.9%	19.5%	19.2%
Age-Adjusted	22.4%	22.0%	21.4%



Current Smoking

Eldridge has a crude rate of 16.2% for current smoking among adults aged ≥ 18 years, which ranks 337th out of 958 Iowa communities (47th out of 102 midsize communities). The age-adjusted rate for Eldridge is 15.6%, which ranks 161st out of 905 Iowa communities (28th out of 102 midsize communities).

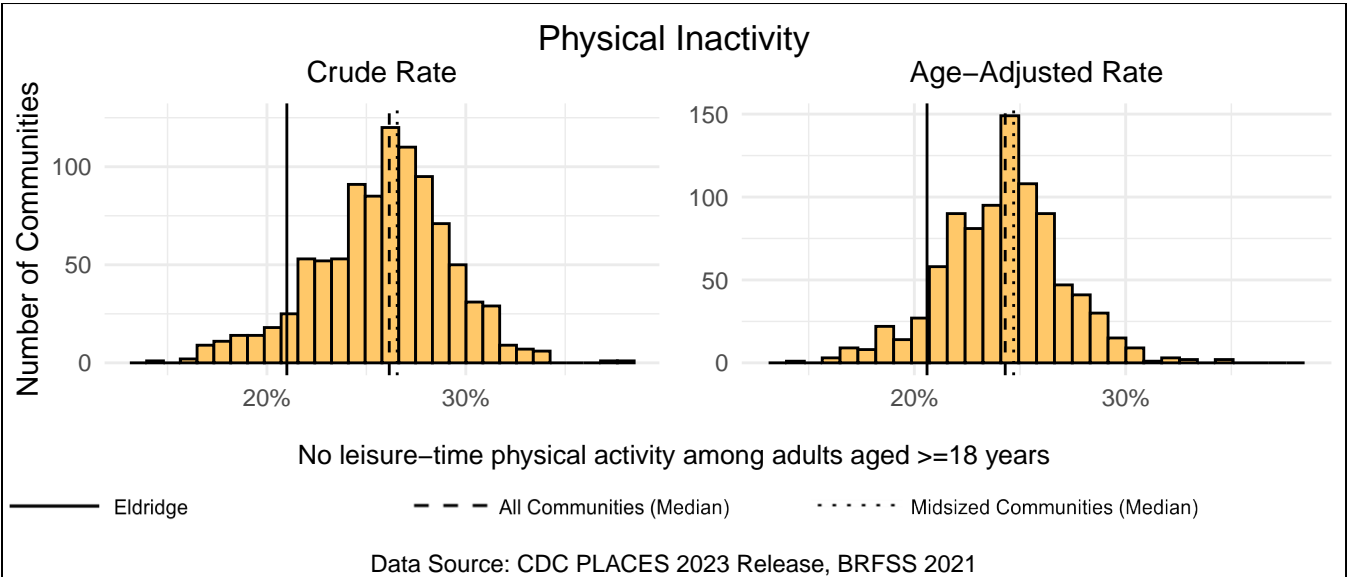
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	16.2%	16.8%	16.4%
Age-Adjusted	15.6%	17.5%	17.6%



Physical Inactivity

Eldridge has a crude rate of 21.0% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 75th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Eldridge is 20.6%, which ranks 74th out of 905 Iowa communities (16th out of 102 midsize communities).

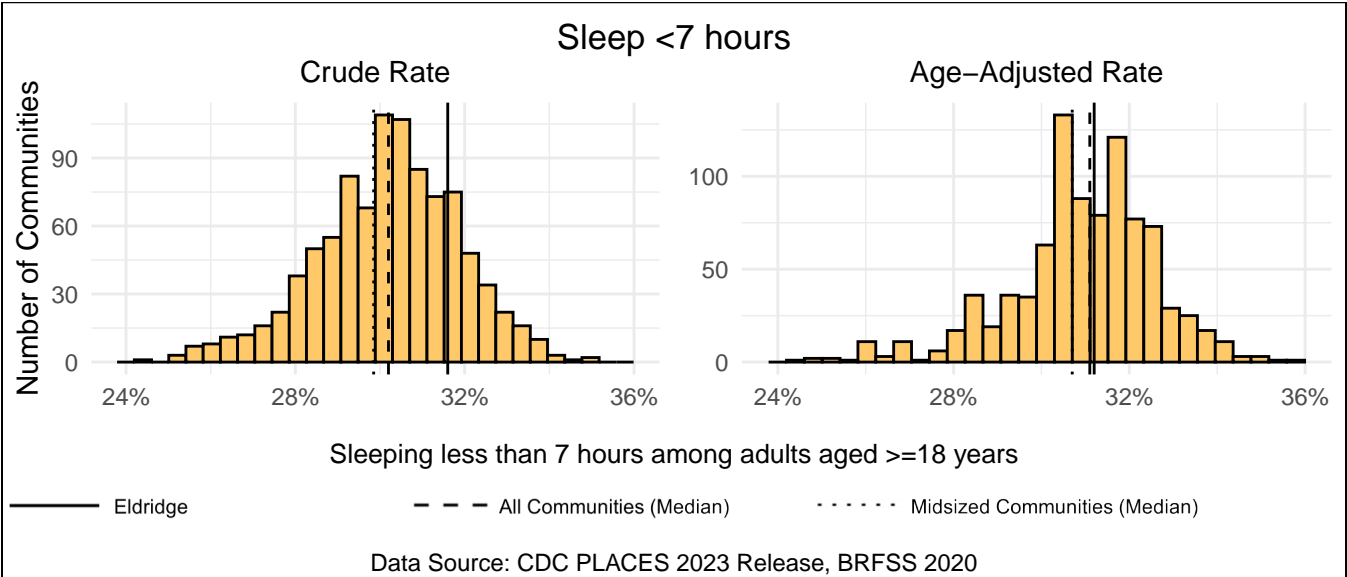
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	21.0%	26.1%	26.6%
Age-Adjusted	20.6%	24.3%	24.7%



Sleep <7 hours

Eldridge has a crude rate of 31.6% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 748th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 31.2%, which ranks 466th out of 905 Iowa communities (59th out of 102 mid-sized communities).

Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	31.6%	30.2%	29.8%
Age-Adjusted	31.2%	31.1%	30.7%



Health Outcomes

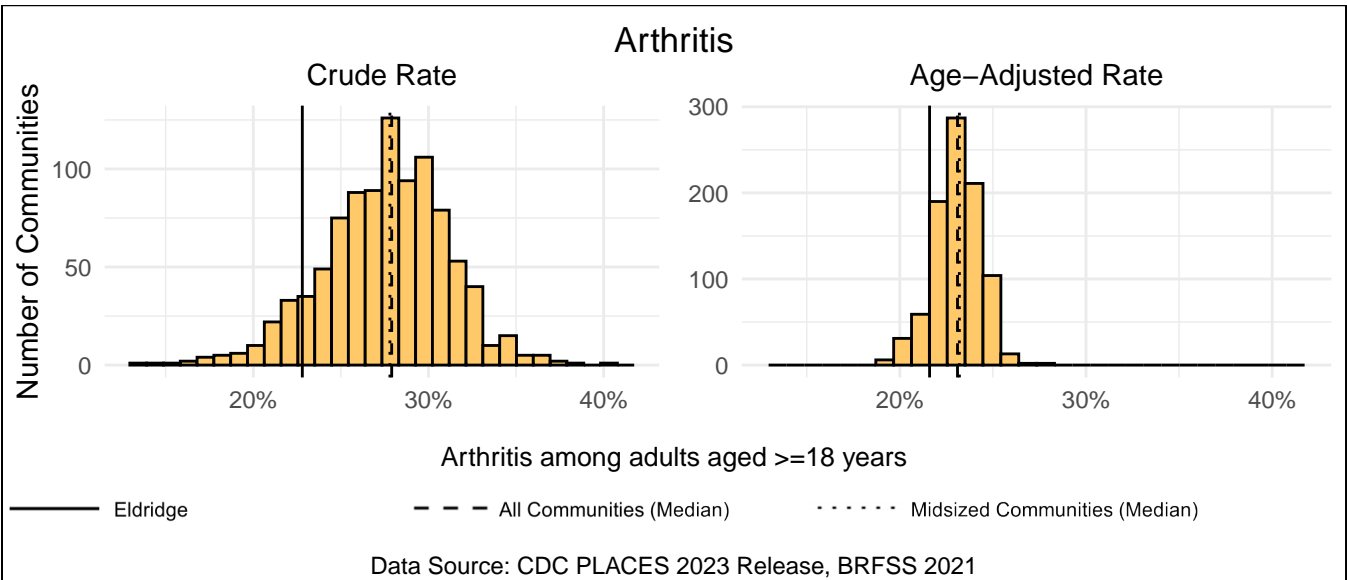
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Eldridge has a crude rate of 22.8% for arthritis among adults aged ≥ 18 years, which ranks 92nd out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Eldridge is 21.6%, which ranks 97th out of 905 Iowa communities (18th out of 102 midsized communities).

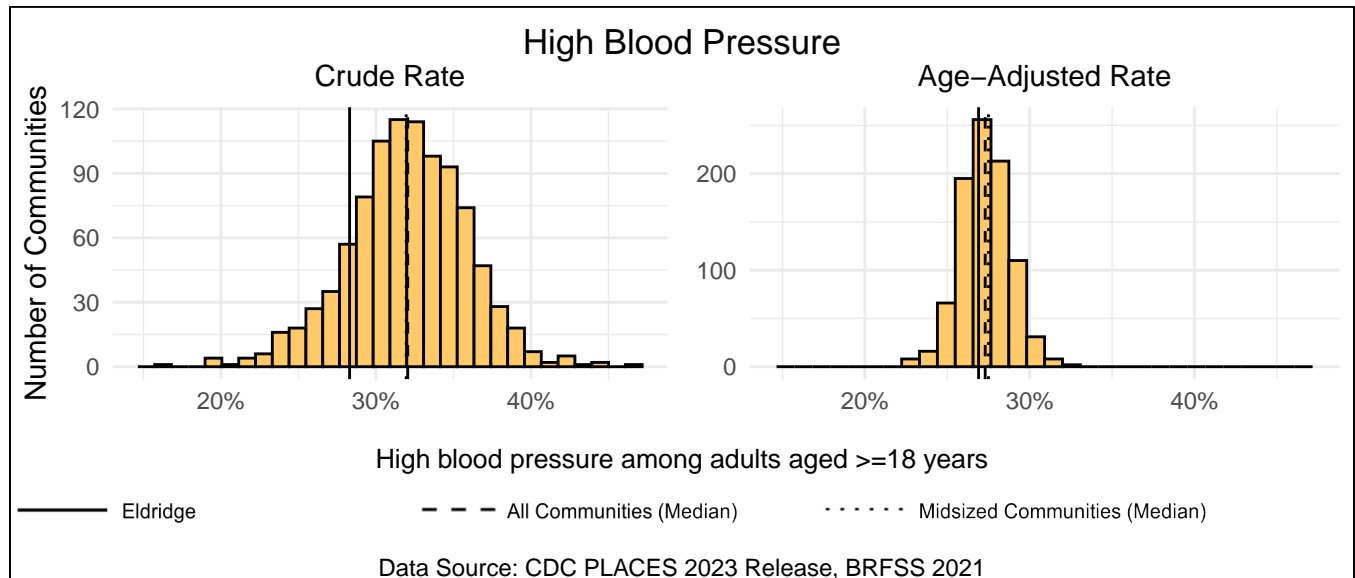
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	22.8%	27.9%	27.8%
Age-Adjusted	21.6%	23.1%	23.2%



High Blood Pressure

Eldridge has a crude rate of 28.3% for high blood pressure among adults aged ≥ 18 years, which ranks 136th out of 958 Iowa communities (21st out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 26.9%, which ranks 342nd out of 905 Iowa communities (40th out of 102 mid-sized communities).

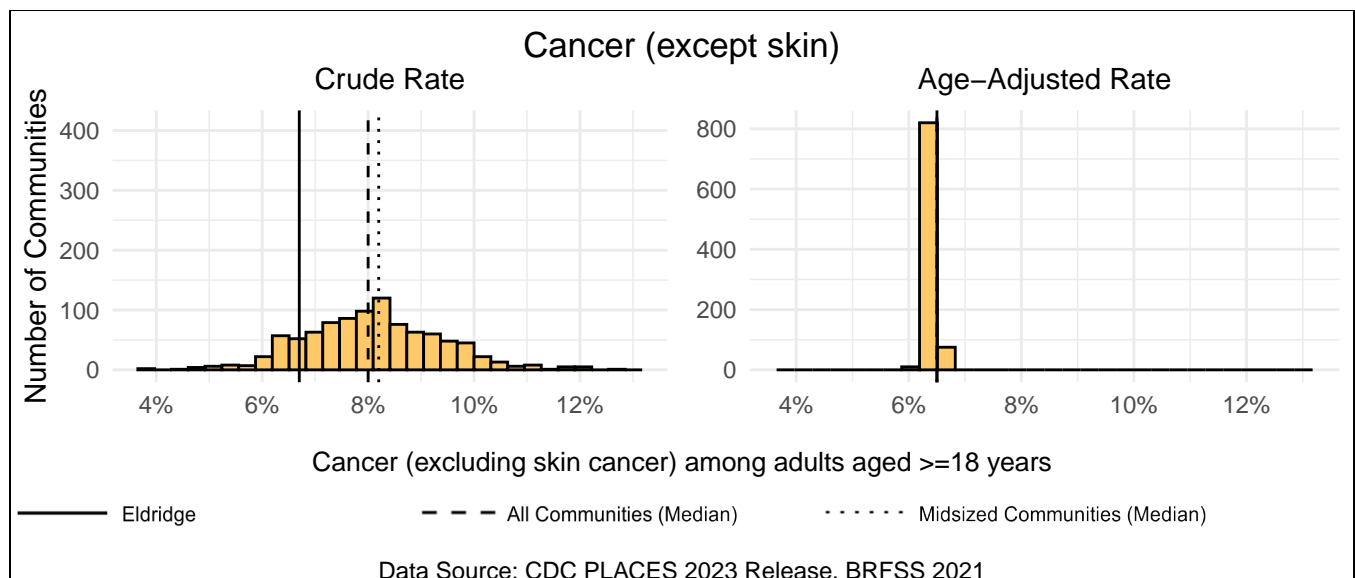
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	28.3%	32.0%	32.0%
Age-Adjusted	26.9%	27.3%	27.5%



Cancer (except skin)

Eldridge has a crude rate of 6.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 126th out of 958 Iowa communities (16th out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

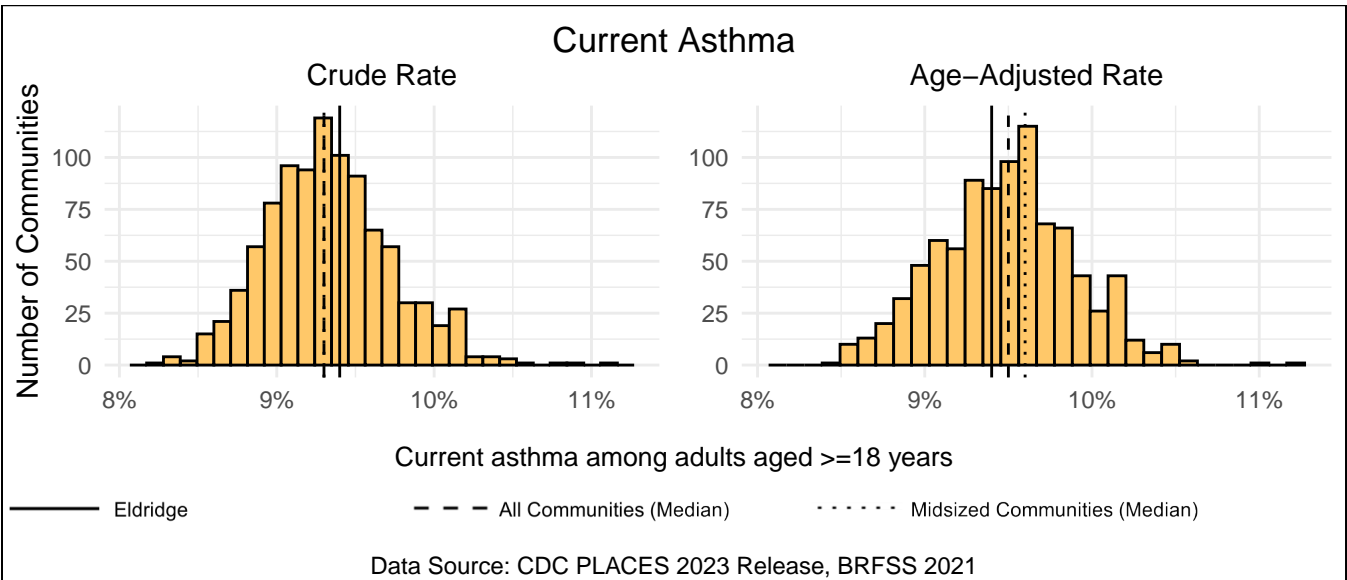
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	6.7%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Eldridge has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Eldridge is 9.4%, which ranks 330th out of 905 Iowa communities (33rd out of 102 midsize communities).

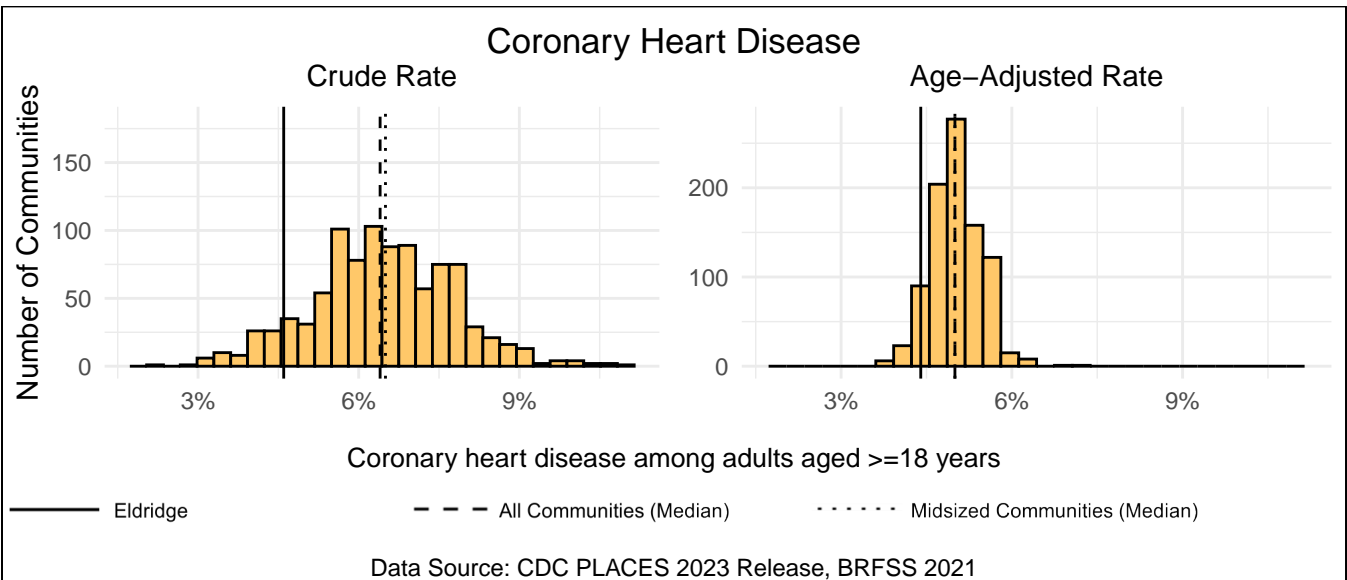
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.6%



Coronary Heart Disease

Eldridge has a crude rate of 4.6% for coronary heart disease among adults aged ≥ 18 years, which ranks 79th out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Eldridge is 4.4%, which ranks 52nd out of 905 Iowa communities (16th out of 102 midsize communities).

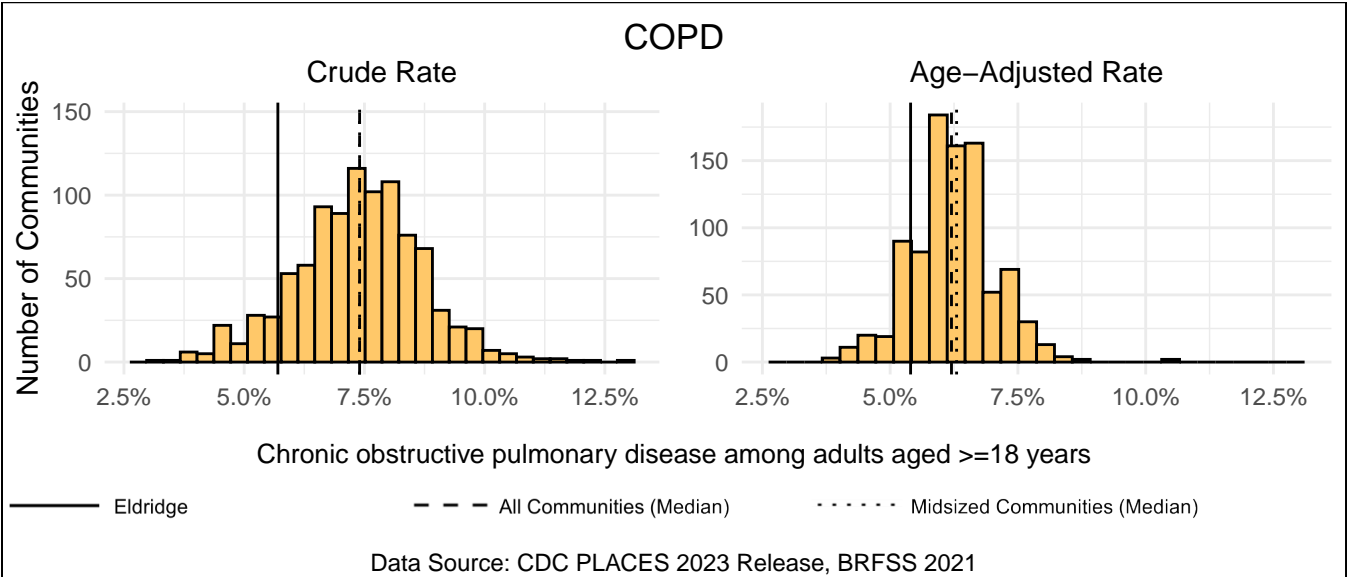
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	4.6%	6.4%	6.5%
Age-Adjusted	4.4%	5.0%	5.0%



COPD

Eldridge has a crude rate of 5.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 94th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Eldridge is 5.4%, which ranks 120th out of 905 Iowa communities (23rd out of 102 midsize communities).

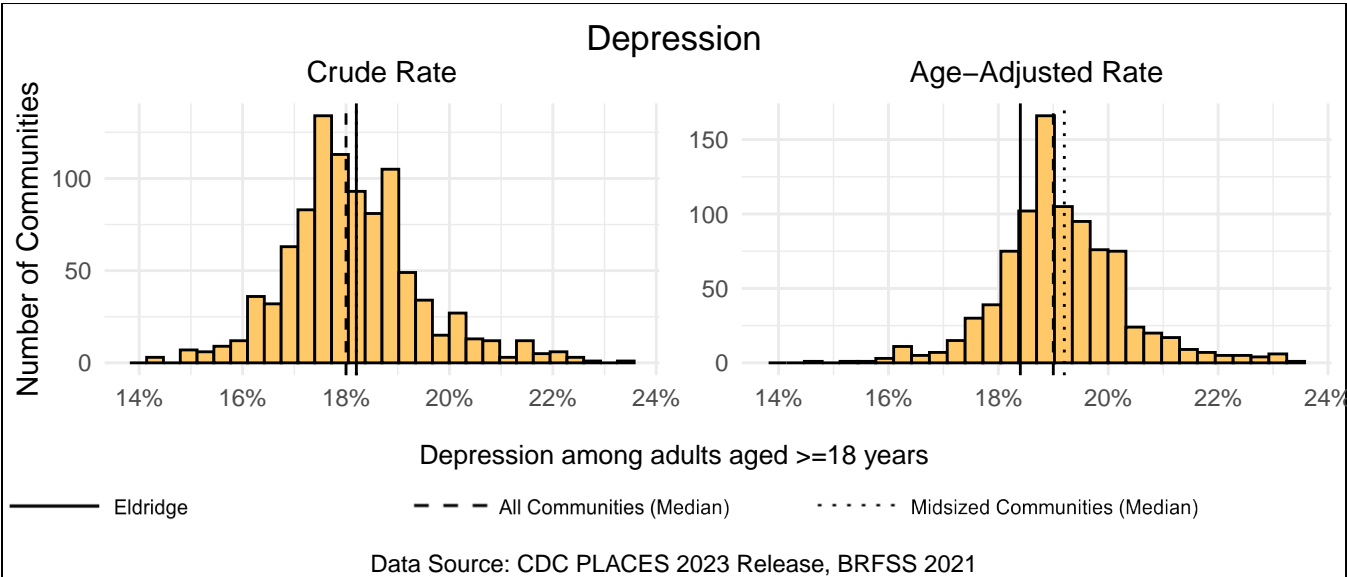
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	5.7%	7.4%	7.4%
Age-Adjusted	5.4%	6.2%	6.3%



Depression

Eldridge has a crude rate of 18.2% for depression among adults aged ≥ 18 years, which ranks 537th out of 958 Iowa communities (48th out of 102 midsize communities). The age-adjusted rate for Eldridge is 18.4%, which ranks 189th out of 905 Iowa communities (19th out of 102 midsize communities).

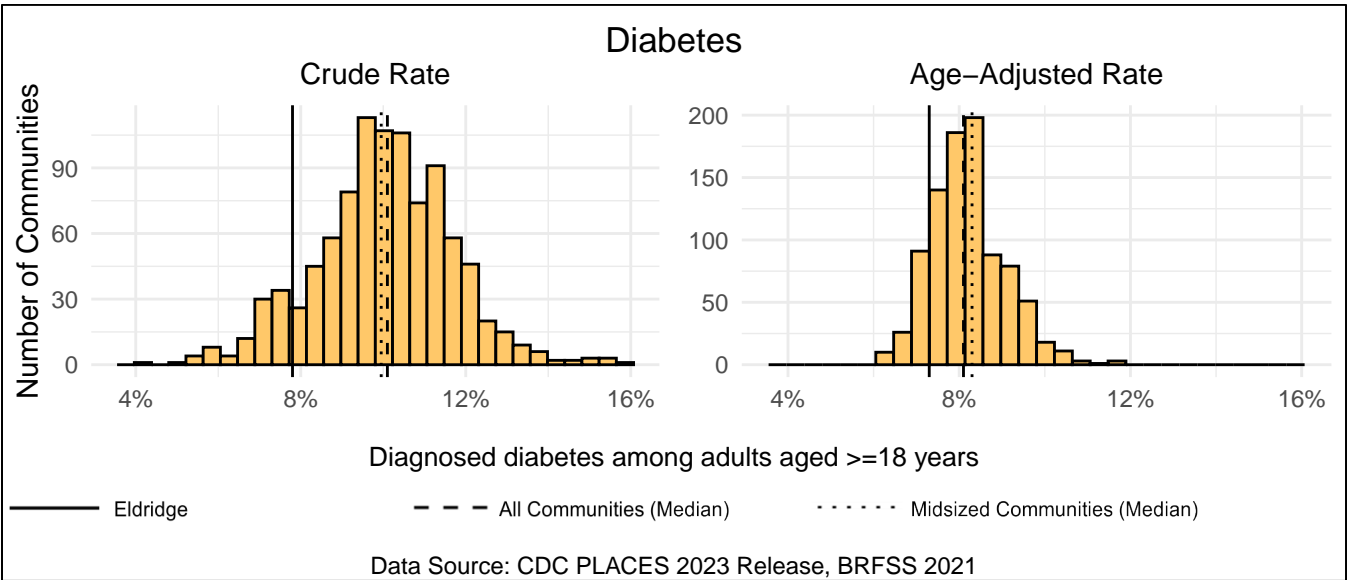
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	18.2%	18.0%	18.2%
Age-Adjusted	18.4%	19.0%	19.2%



Diabetes

Eldridge has a crude rate of 7.8% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 95th out of 958 Iowa communities (19th out of 102 midsize communities). The age-adjusted rate for Eldridge is 7.3%, which ranks 103rd out of 905 Iowa communities (18th out of 102 midsize communities).

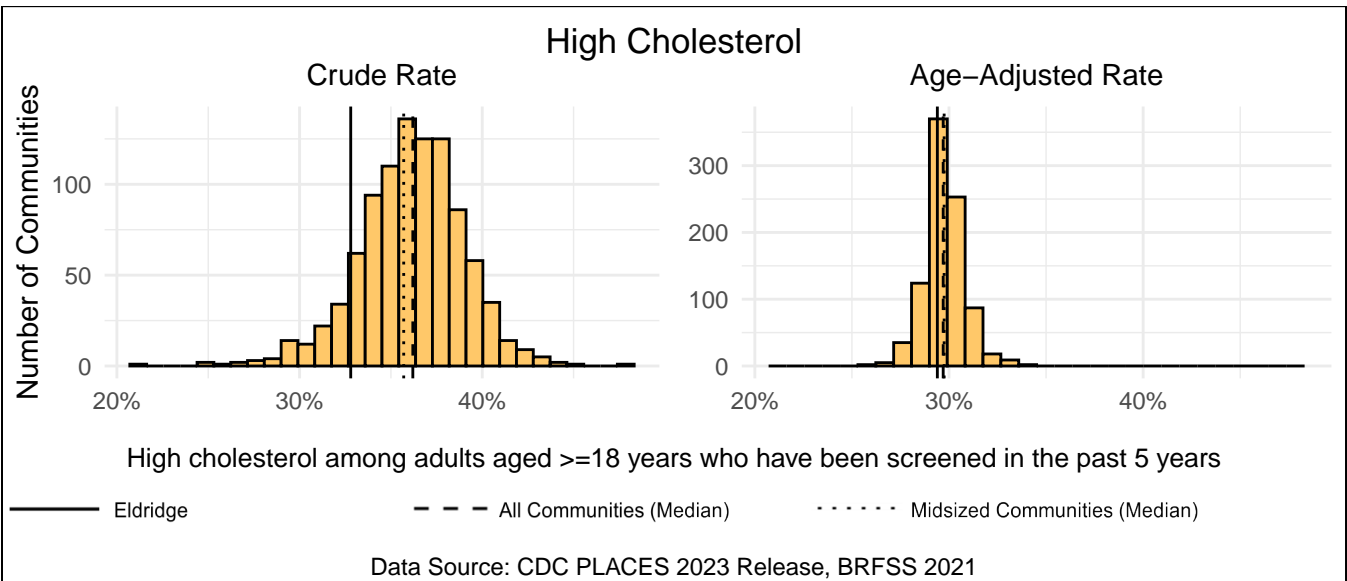
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	7.8%	10.1%	9.9%
Age-Adjusted	7.3%	8.1%	8.3%



High Cholesterol

Eldridge has a crude rate of 32.8% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 100th out of 958 Iowa communities (17th out of 102 midsize communities). The age-adjusted rate for Eldridge is 29.4%, which ranks 301st out of 905 Iowa communities (32nd out of 102 midsize communities).

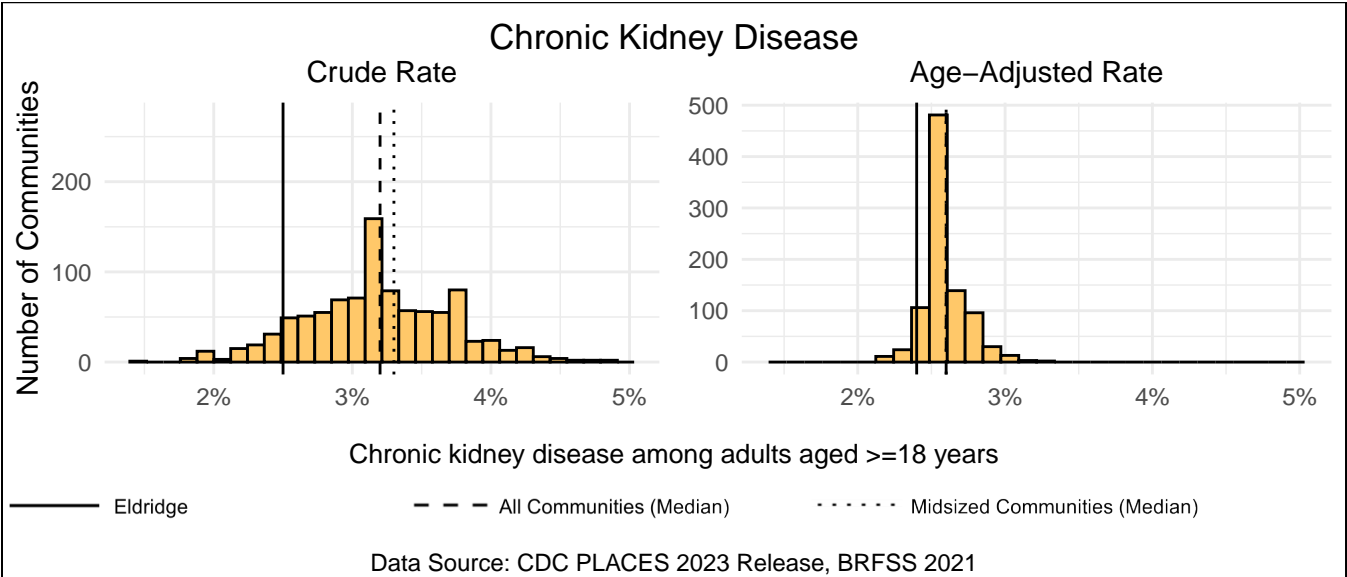
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	32.8%	36.2%	35.7%
Age-Adjusted	29.4%	29.7%	29.8%



Chronic Kidney Disease

Eldridge has a crude rate of 2.5% for chronic kidney disease among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Eldridge is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

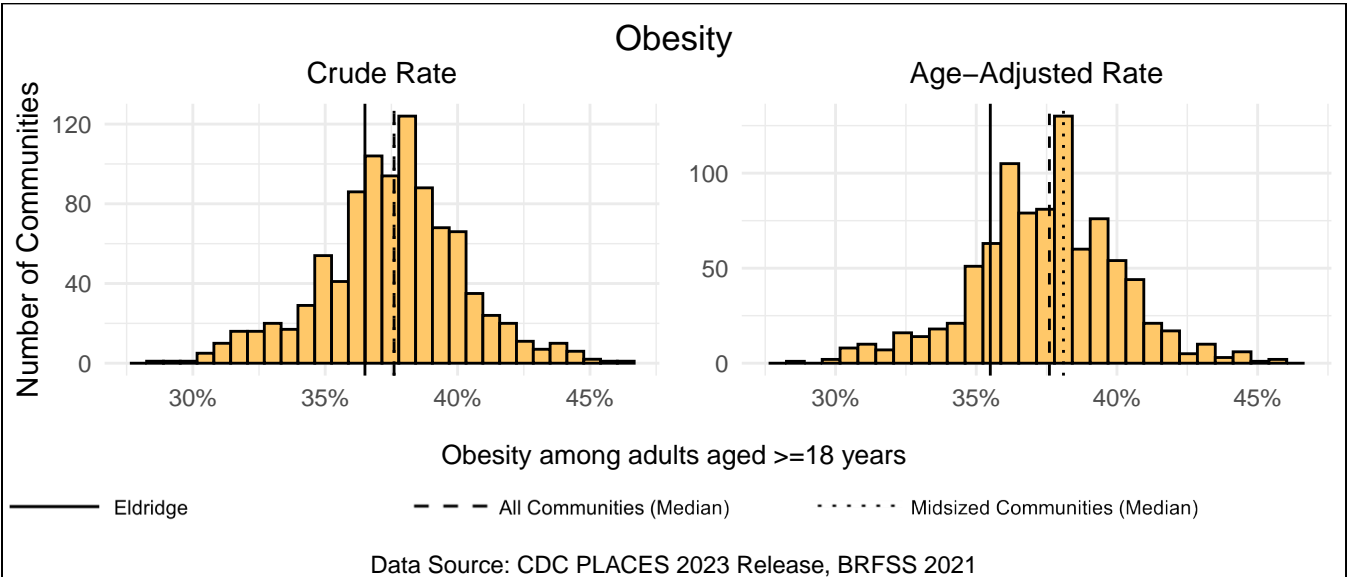
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	2.5%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Eldridge has a crude rate of 36.5% for obesity among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (40th out of 102 midsized communities). The age-adjusted rate for Eldridge is 35.5%, which ranks 171st out of 905 Iowa communities (25th out of 102 midsized communities).

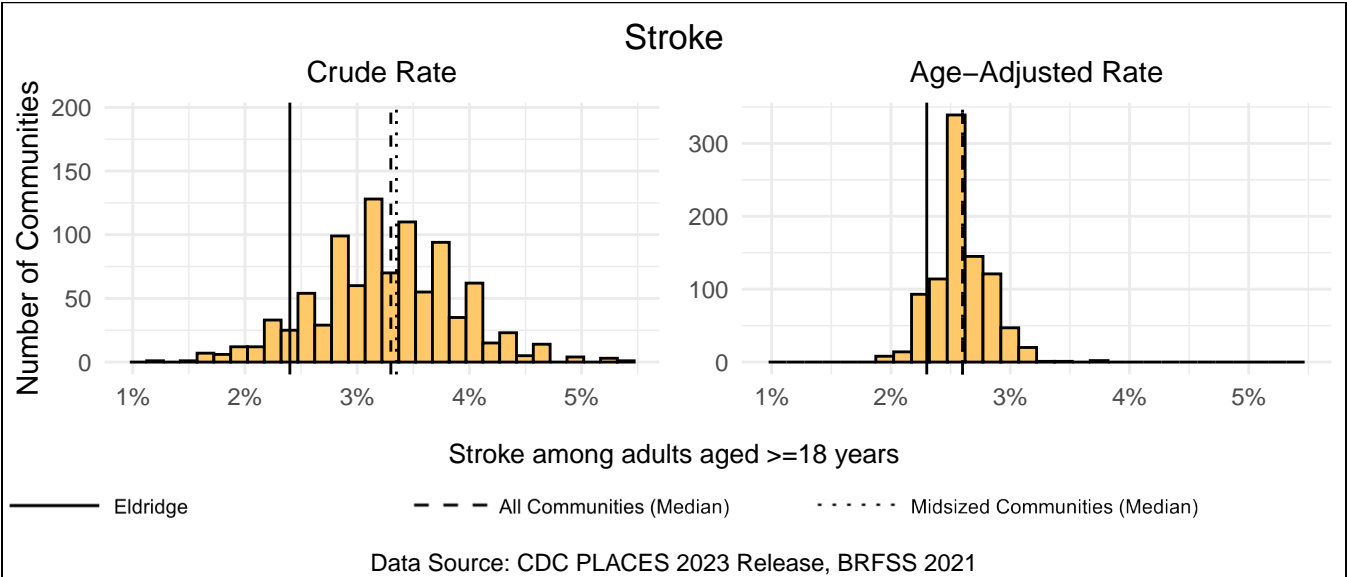
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	36.5%	37.6%	37.6%
Age-Adjusted	35.5%	37.6%	38.1%



Stroke

Eldridge has a crude rate of 2.4% for stroke among adults aged ≥ 18 years, which ranks 73rd out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Eldridge is 2.3%, which ranks 49th out of 905 Iowa communities (14th out of 102 midsize communities).

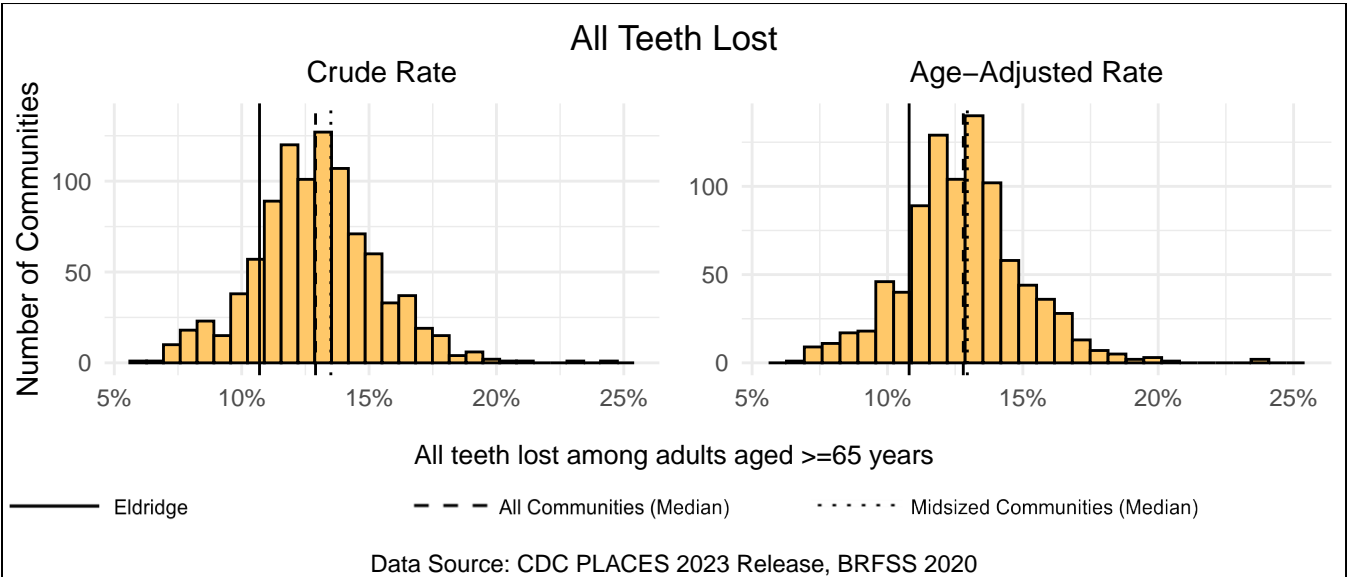
Measure Type	Eldridge	All Comm.	Midsize Comm.
Crude	2.4%	3.3%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



All Teeth Lost

Eldridge has a crude rate of 10.7% for all teeth lost among adults aged ≥ 65 years, which ranks 140th out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Eldridge is 10.8%, which ranks 135th out of 905 Iowa communities (25th out of 102 midsize communities).

Measure Type	Eldridge	All Comm.	Midsize Comm.
Crude	10.7%	12.9%	13.5%
Age-Adjusted	10.8%	12.8%	12.9%



Prevention

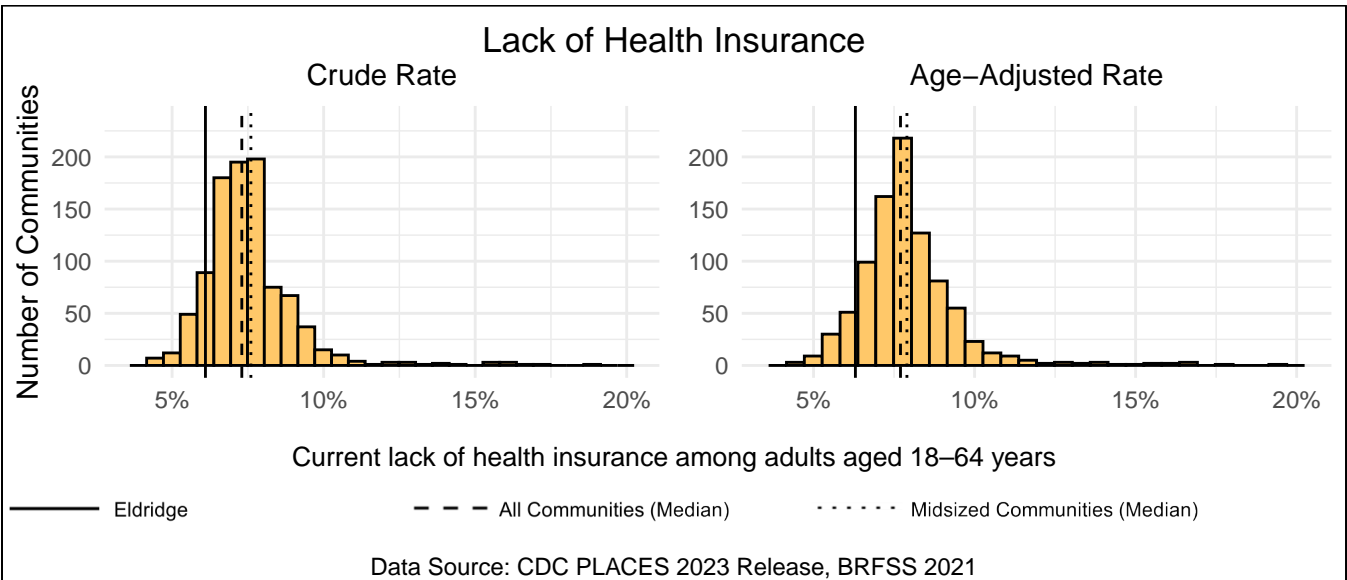
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Eldridge has a crude rate of 6.1% for current lack of health insurance among adults aged 18–64 years, which ranks 103rd out of 958 Iowa communities (19th out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 6.3%, which ranks 71st out of 905 Iowa communities (17th out of 102 mid-sized communities).

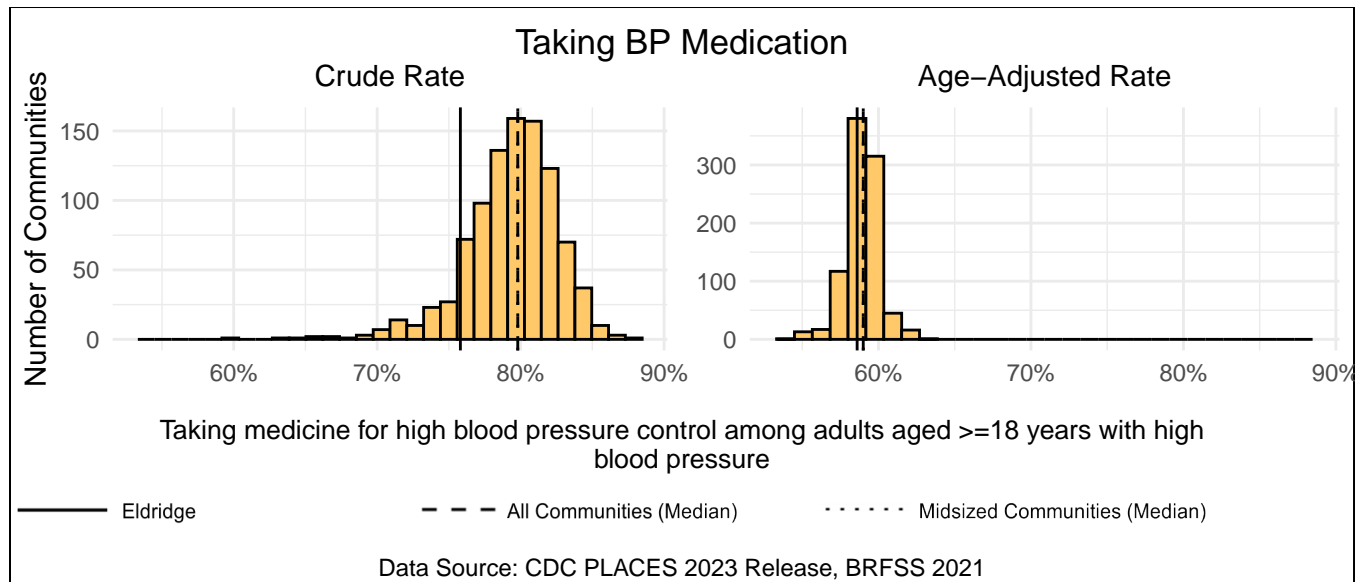
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	6.1%	7.3%	7.6%
Age-Adjusted	6.3%	7.7%	7.9%



Taking BP Medication

Eldridge has a crude rate of 75.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 855th out of 958 Iowa communities (89th out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 58.6%, which ranks 579th out of 905 Iowa communities (70th out of 102 mid-sized communities).

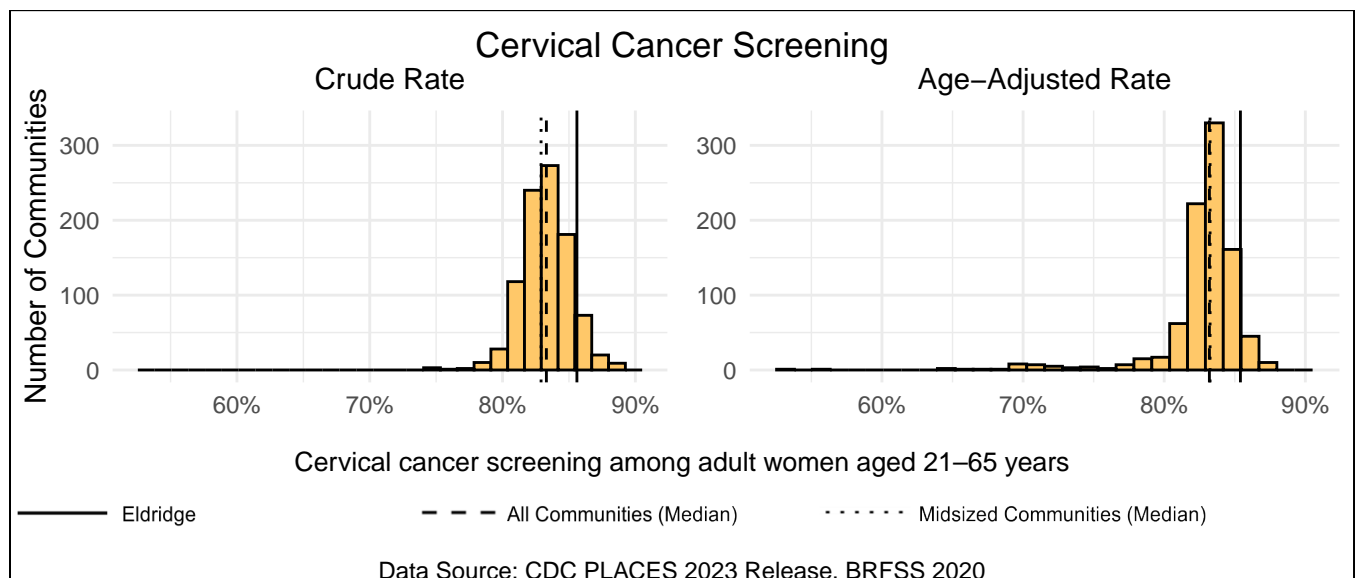
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	75.8%	79.8%	79.8%
Age-Adjusted	58.6%	59.0%	59.0%



Cervical Cancer Screening

Eldridge has a crude rate of 85.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 86th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 85.4%, which ranks 56th out of 905 Iowa communities (15th out of 102 mid-sized communities).

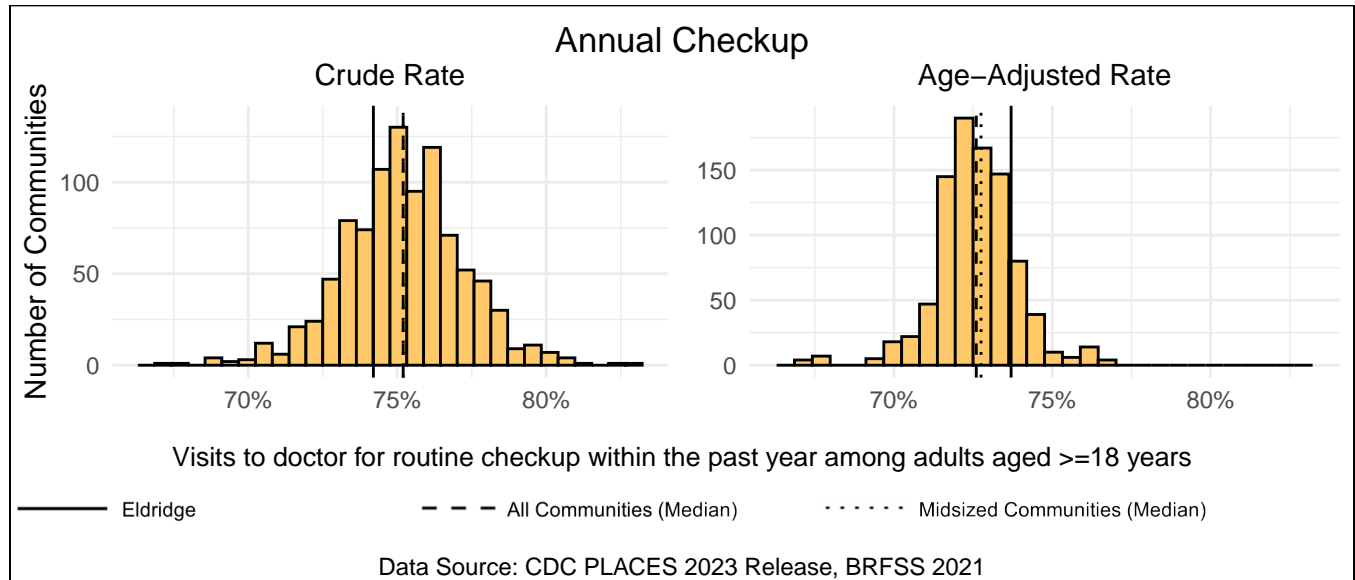
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	85.6%	83.3%	82.9%
Age-Adjusted	85.4%	83.2%	83.2%



Annual Checkup

Eldridge has a crude rate of 74.2% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 668th out of 958 Iowa communities (71st out of 102 midsize communities). The age-adjusted rate for Eldridge is 73.7%, which ranks 127th out of 905 Iowa communities (17th out of 102 midsize communities).

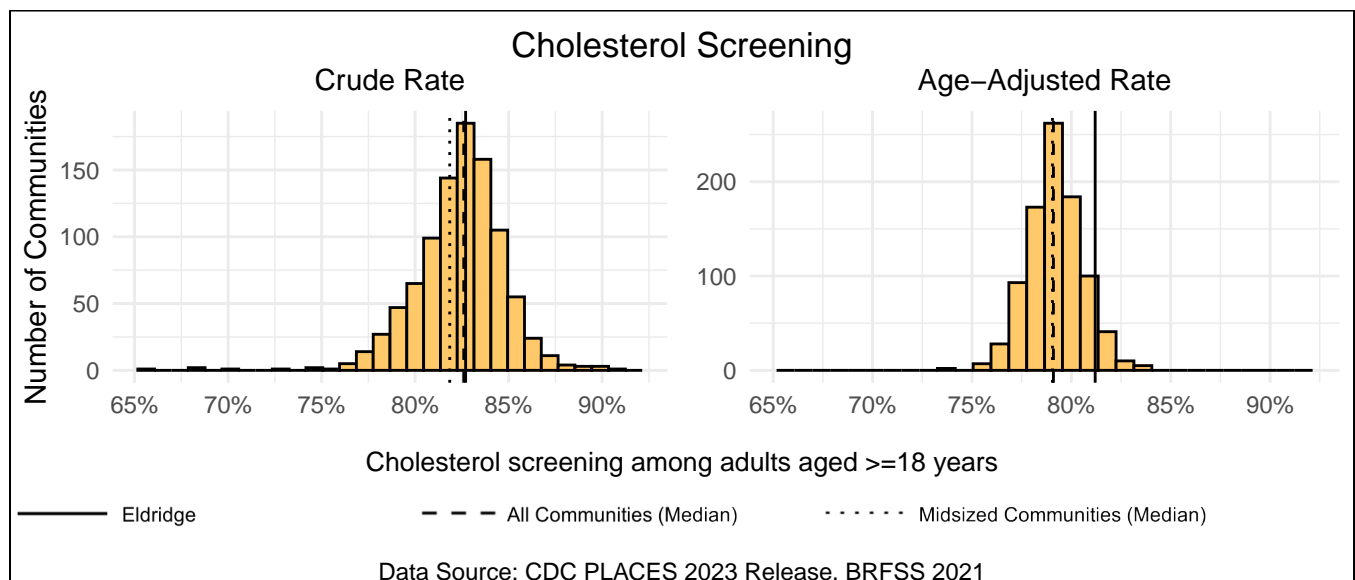
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	74.2%	75.2%	75.2%
Age-Adjusted	73.7%	72.6%	72.8%



Cholesterol Screening

Eldridge has a crude rate of 82.7% for cholesterol screening among adults aged ≥ 18 years, which ranks 451st out of 958 Iowa communities (33rd out of 102 midsize communities). The age-adjusted rate for Eldridge is 81.2%, which ranks 64th out of 905 Iowa communities (17th out of 102 midsize communities).

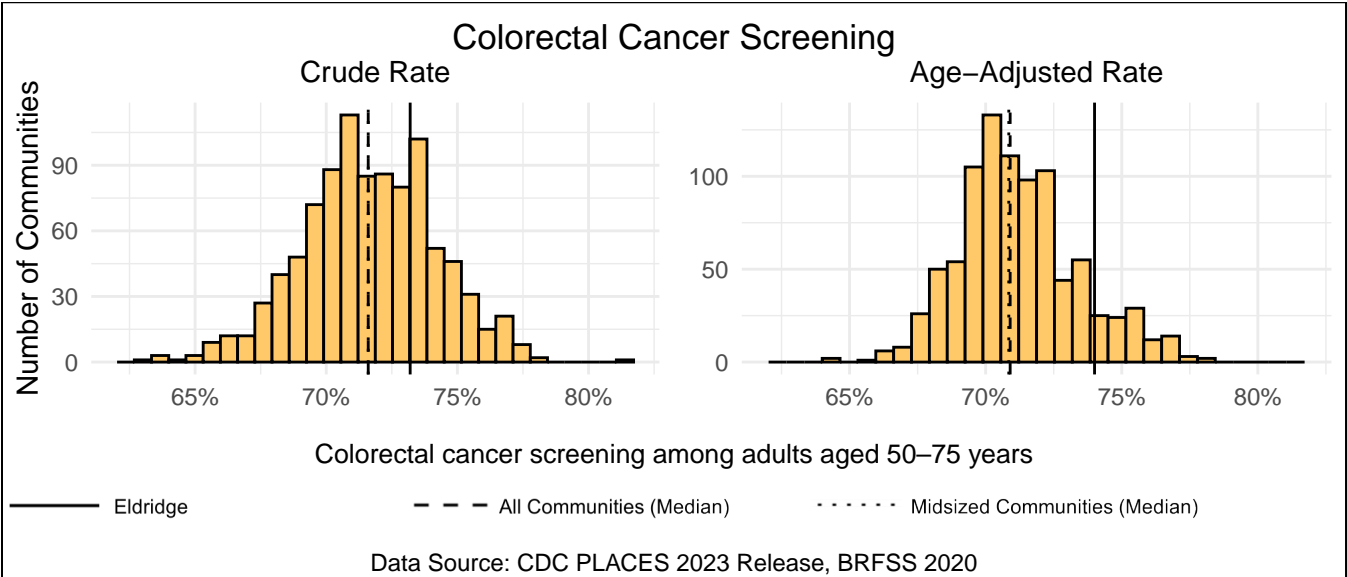
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	82.7%	82.6%	81.8%
Age-Adjusted	81.2%	79.1%	79.0%



Colorectal Cancer Screening

Eldridge has a crude rate of 73.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 260th out of 958 Iowa communities (33rd out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 74.0%, which ranks 100th out of 905 Iowa communities (24th out of 102 mid-sized communities).

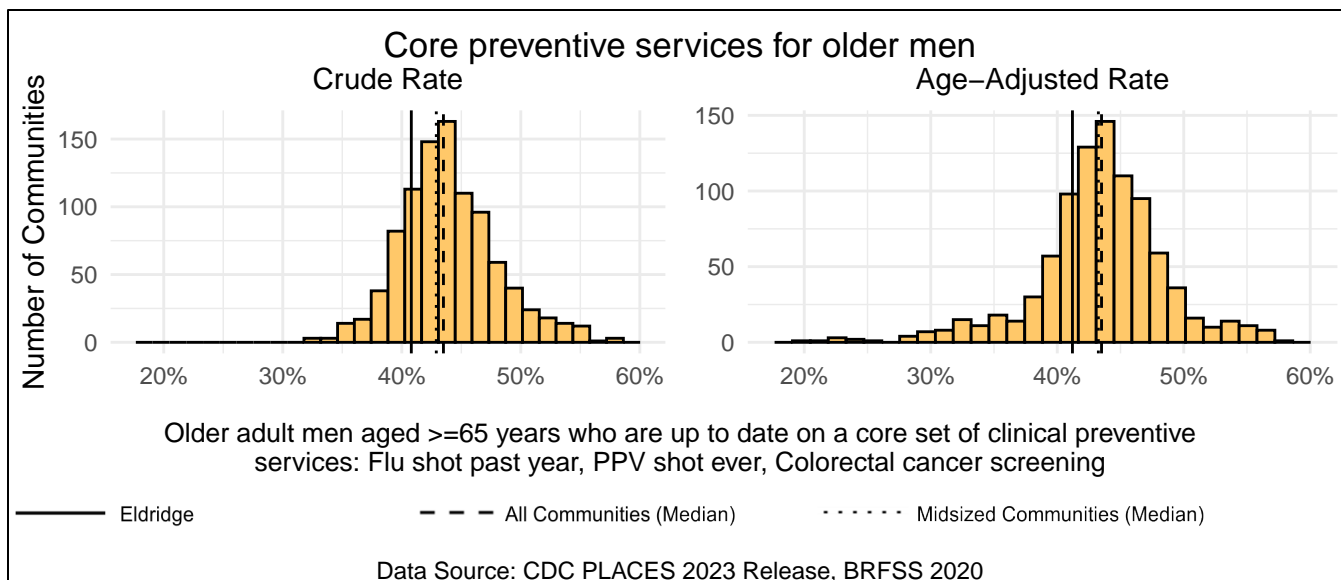
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	73.2%	71.6%	71.6%
Age-Adjusted	74.0%	70.9%	70.8%



Core preventive services for older men

Eldridge has a crude rate of 40.8% 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 744th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 41.2%, which ranks 667th out of 905 Iowa communities (69th out of 102 mid-sized communities).

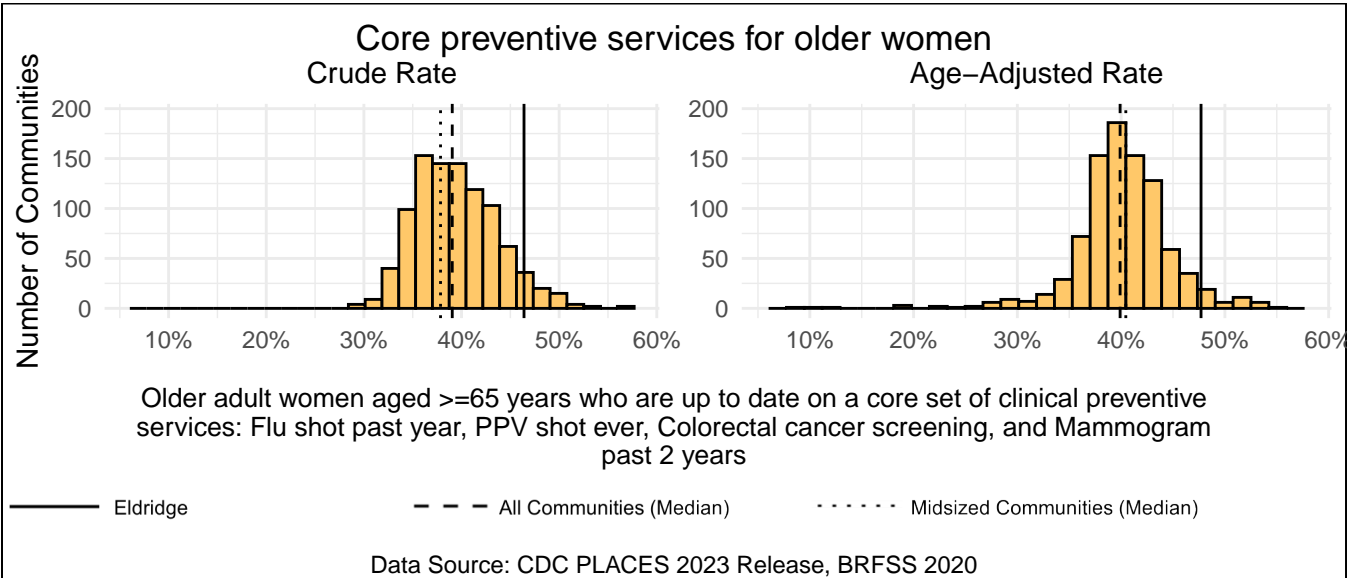
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	40.8%	43.5%	42.9%
Age-Adjusted	41.2%	43.5%	43.2%



Core preventive services for older women

Eldridge has a crude rate of 46.4% 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 67th out of 958 Iowa communities (12th out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 47.7%, which ranks 35th out of 905 Iowa communities (9th out of 102 mid-sized communities).

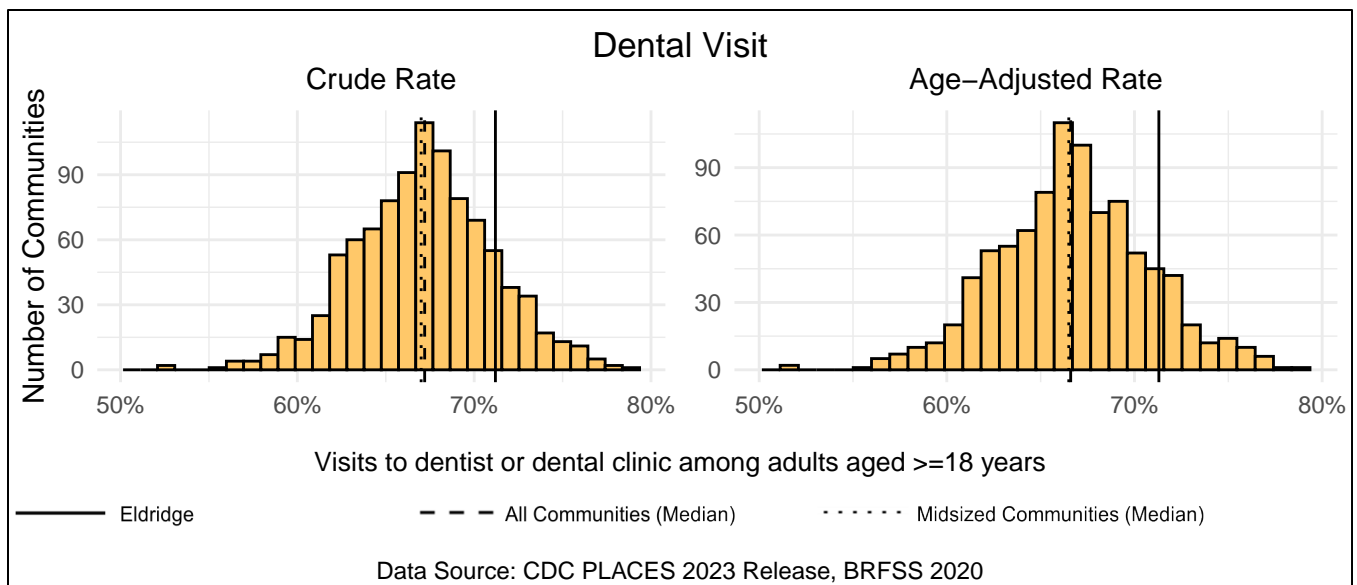
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	46.4%	39.0%	37.8%
Age-Adjusted	47.7%	39.9%	40.4%



Dental Visit

Eldridge has a crude rate of 71.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 140th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 71.3%, which ranks 120th out of 905 Iowa communities (23rd out of 102 mid-sized communities).

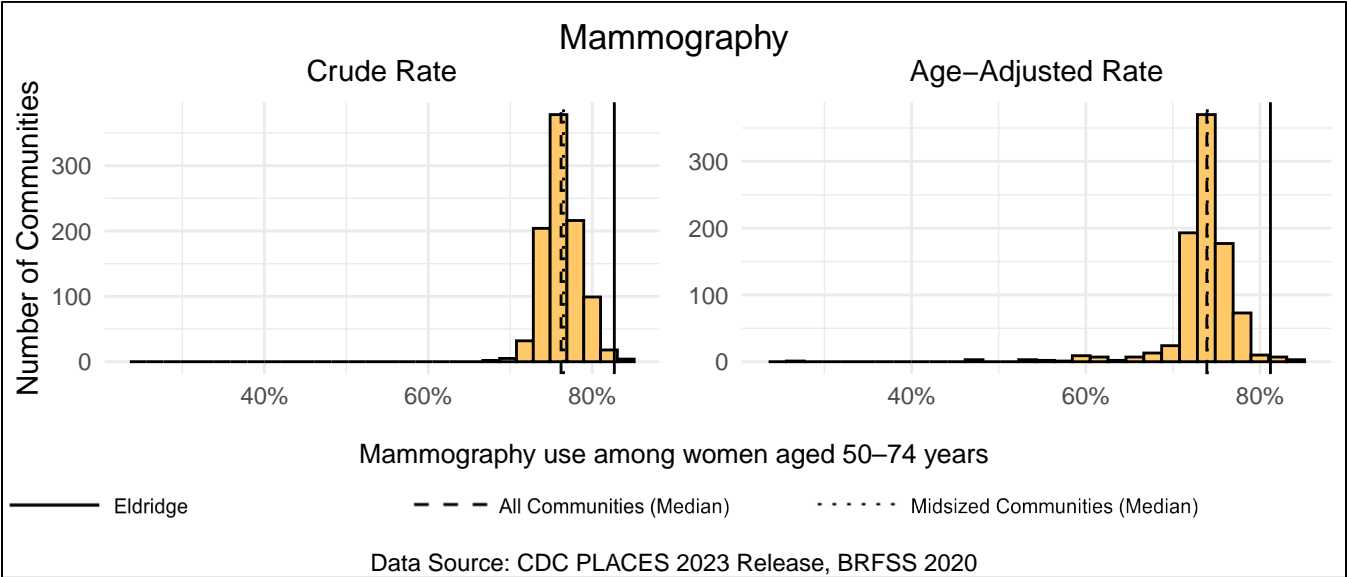
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	71.2%	67.2%	67.0%
Age-Adjusted	71.3%	66.6%	66.5%



Mammography

Eldridge has a crude rate of 82.7% for mammography use among women aged 50–74 years, which ranks 8th out of 958 Iowa communities (3rd out of 102 mid-sized communities). The age-adjusted rate for Eldridge is 81.2%, which ranks 7th out of 905 Iowa communities (3rd out of 102 mid-sized communities).

Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	82.7%	76.2%	76.5%
Age-Adjusted	81.2%	73.9%	74.0%



Disability

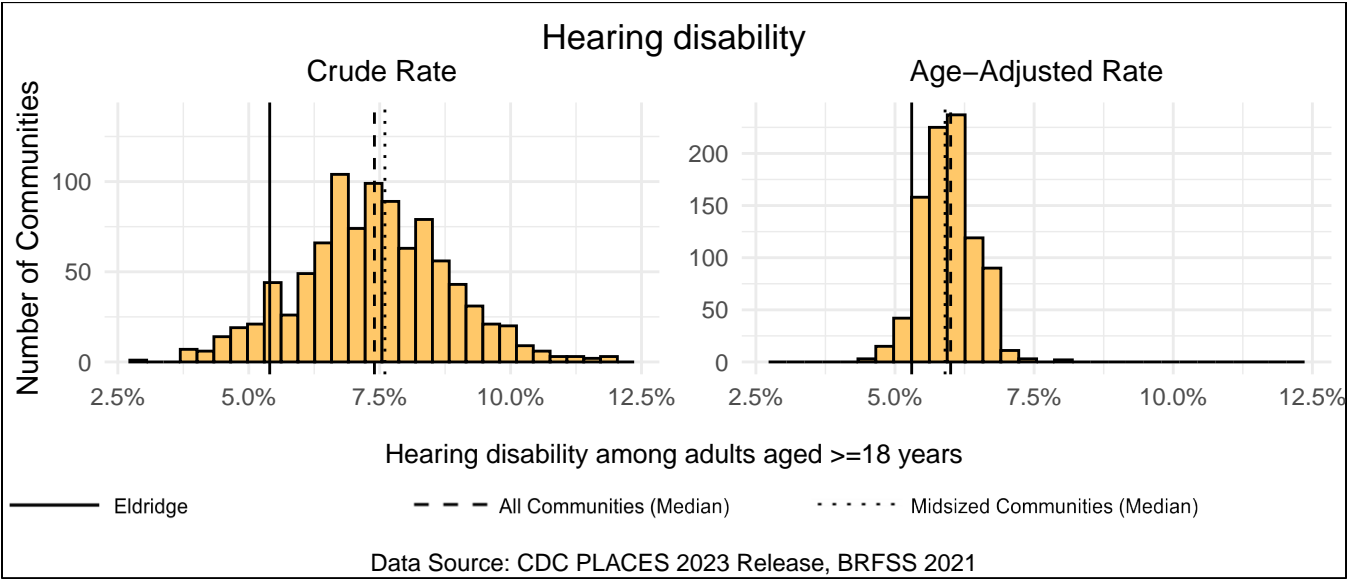
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Eldridge has a crude rate of 5.4% for hearing disability among adults aged ≥ 18 years, which ranks 76th out of 958 Iowa communities (14th out of 102 midsize communities). The age-adjusted rate for Eldridge is 5.3%, which ranks 61st out of 905 Iowa communities (19th out of 102 midsize communities).

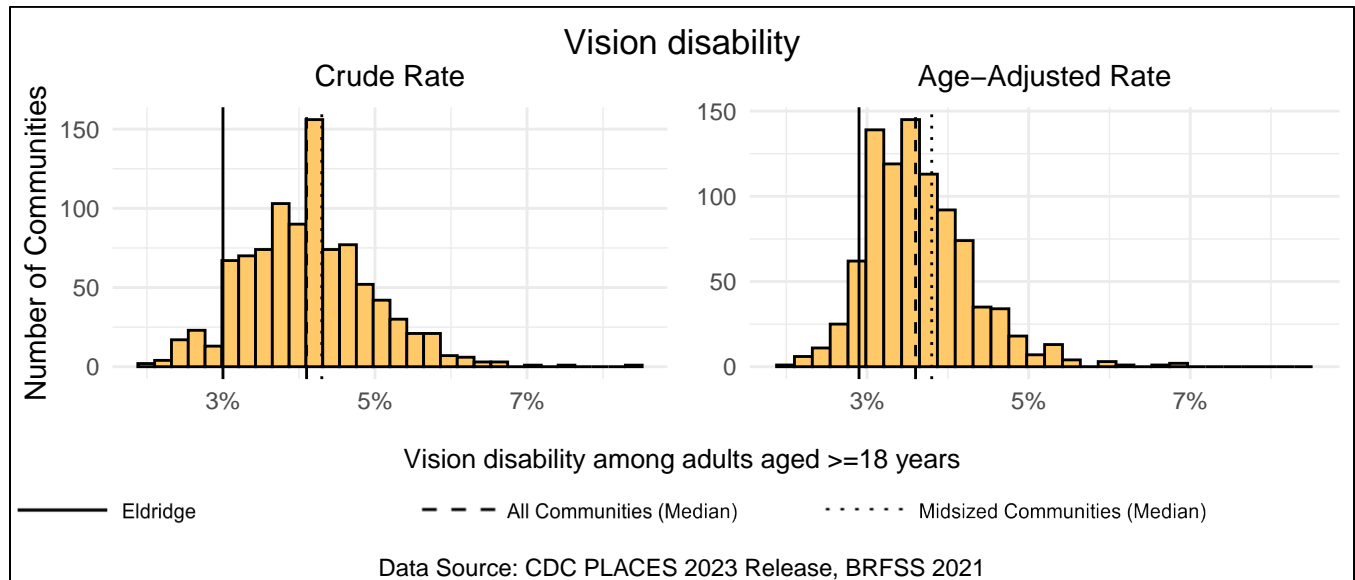
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	5.4%	7.4%	7.6%
Age-Adjusted	5.3%	6.0%	5.9%



Vision disability

Eldridge has a crude rate of 3.0% for vision disability among adults aged ≥ 18 years, which ranks 60th out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Eldridge is 2.9%, which ranks 70th out of 905 Iowa communities (16th out of 102 midsize communities).

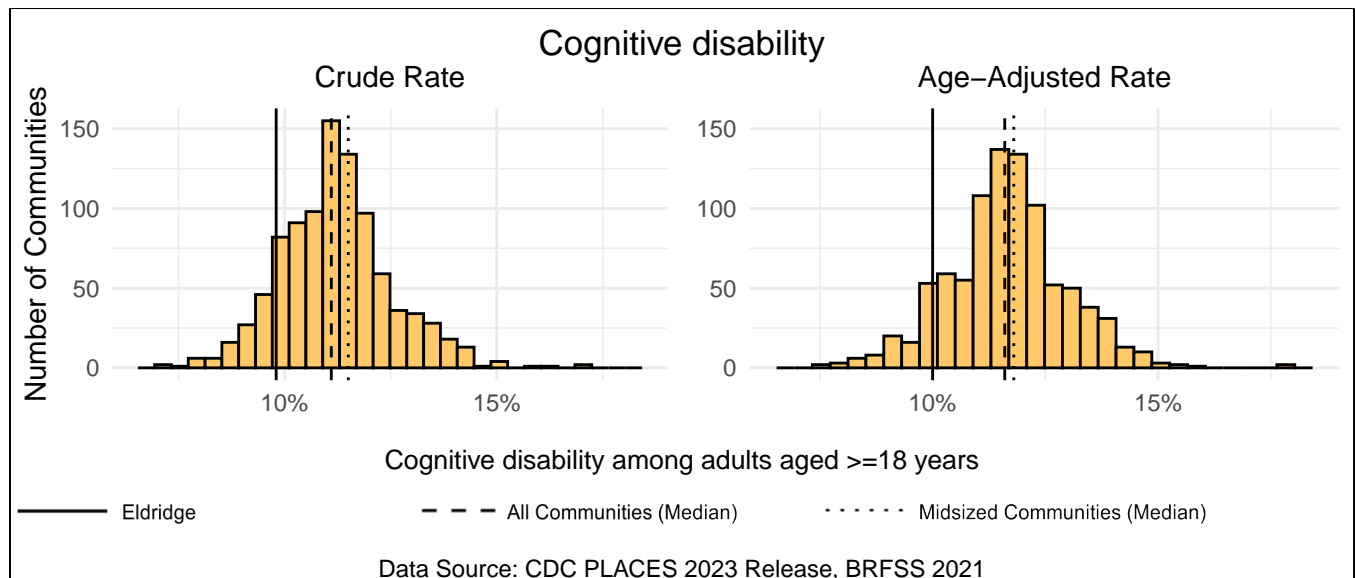
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	3.0%	4.1%	4.3%
Age-Adjusted	2.9%	3.6%	3.8%



Cognitive disability

Eldridge has a crude rate of 9.8% for cognitive disability among adults aged ≥ 18 years, which ranks 105th out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Eldridge is 10.0%, which ranks 82nd out of 905 Iowa communities (19th out of 102 midsize communities).

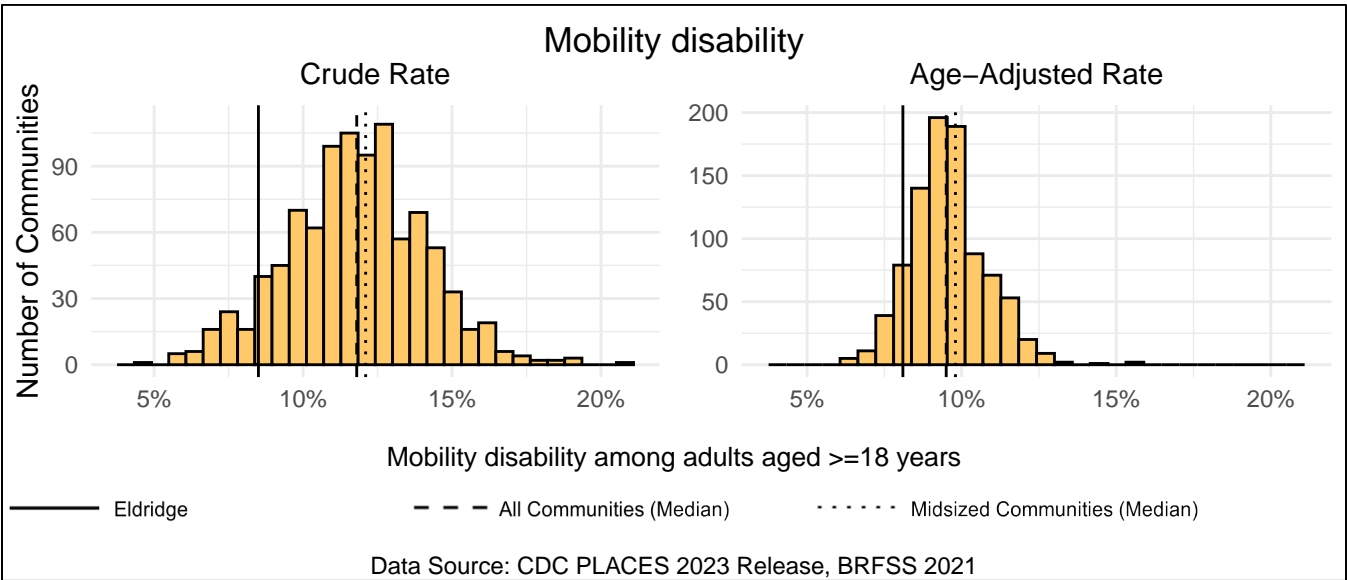
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	9.8%	11.1%	11.5%
Age-Adjusted	10.0%	11.6%	11.8%



Mobility disability

Eldridge has a crude rate of 8.5% for mobility disability among adults aged ≥ 18 years, which ranks 73rd out of 958 Iowa communities (17th out of 102 midsize communities). The age-adjusted rate for Eldridge is 8.1%, which ranks 89th out of 905 Iowa communities (18th out of 102 midsize communities).

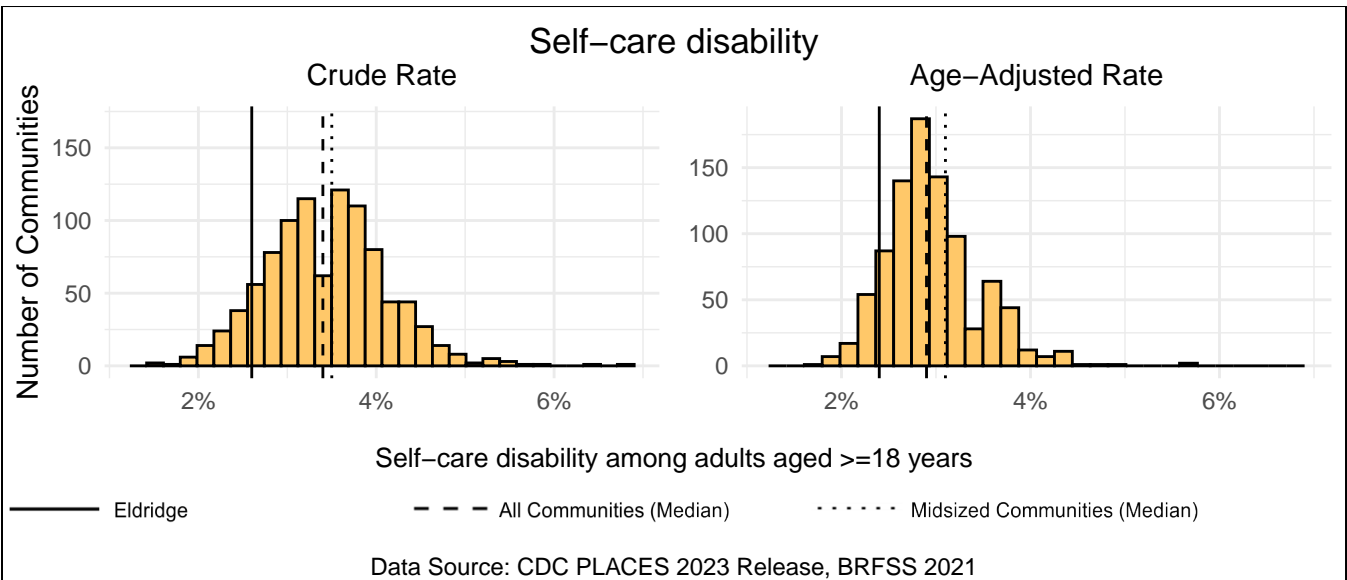
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	8.5%	11.8%	12.1%
Age-Adjusted	8.1%	9.5%	9.8%



Self-care disability

Eldridge has a crude rate of 2.6% for self-care disability among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Eldridge is 2.4%, which ranks 80th out of 905 Iowa communities (18th out of 102 midsize communities).

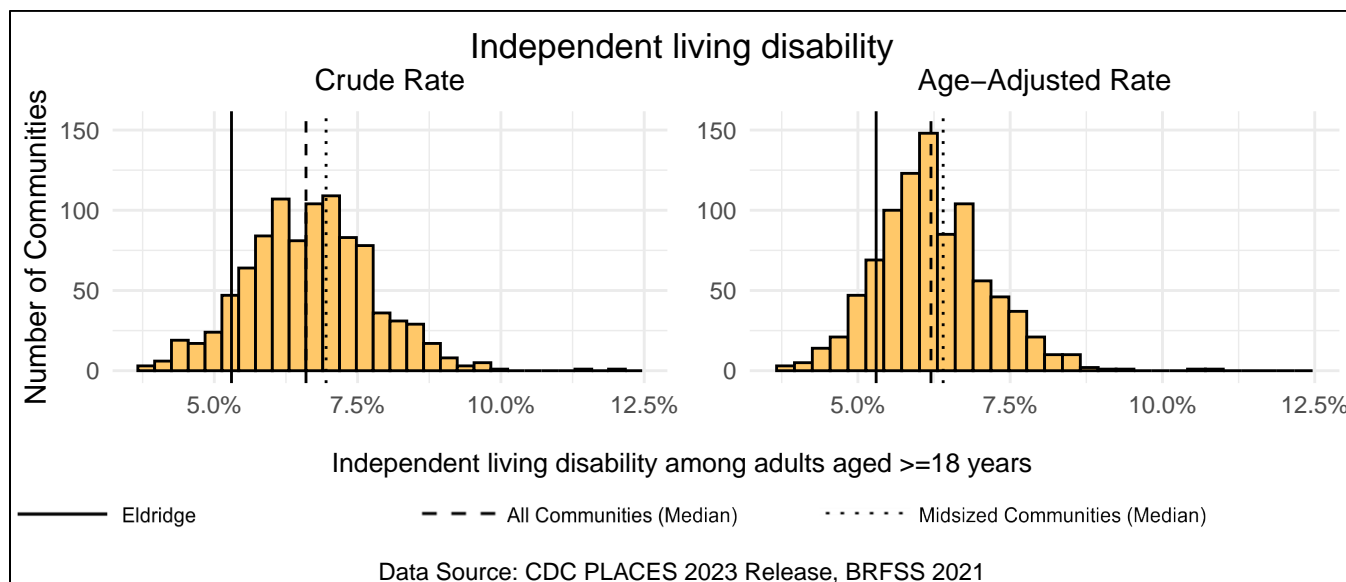
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	2.6%	3.4%	3.5%
Age-Adjusted	2.4%	2.9%	3.1%



Independent living disability

Eldridge has a crude rate of 5.3% for independent living disability among adults aged ≥ 18 years, which ranks 84th out of 958 Iowa communities (17th out of 102 midsized communities). The age-adjusted rate for Eldridge is 5.3%, which ranks 111th out of 905 Iowa communities (21st out of 102 midsized communities).

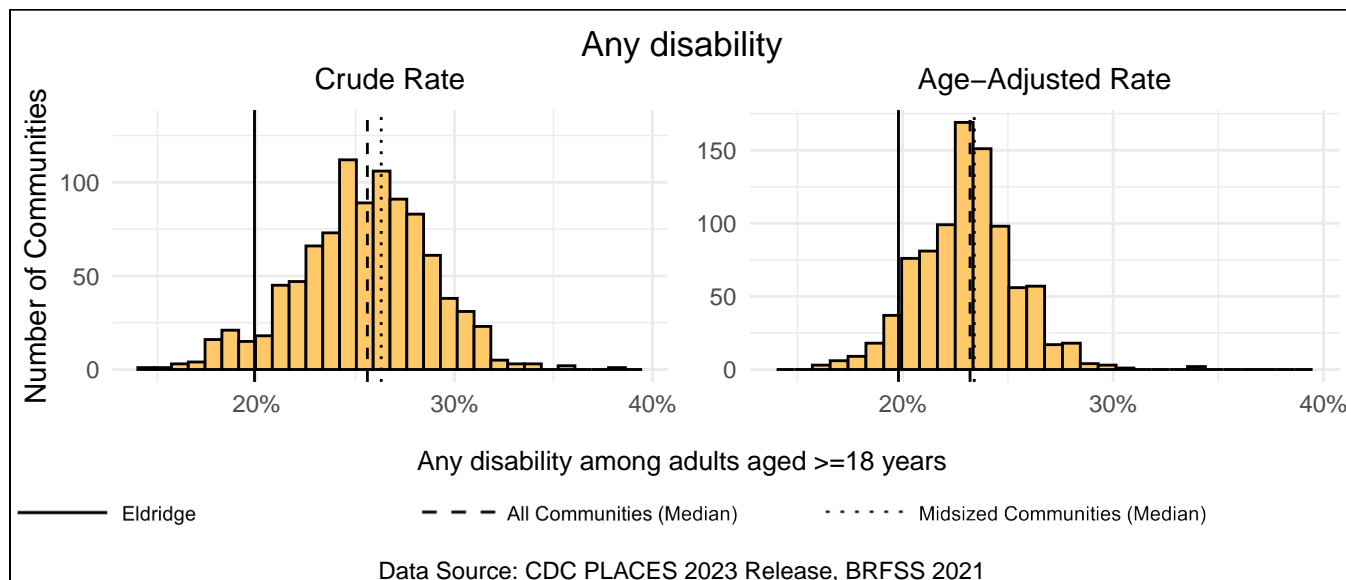
Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	5.3%	6.6%	7.0%
Age-Adjusted	5.3%	6.2%	6.4%



Any disability

Eldridge has a crude rate of 19.9% for any disability among adults aged ≥ 18 years, which ranks 57th out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Eldridge is 19.8%, which ranks 57th out of 905 Iowa communities (13th out of 102 midsized communities).

Measure Type	Eldridge	All Comm.	Midsized Comm.
Crude	19.9%	25.6%	26.3%
Age-Adjusted	19.8%	23.2%	23.4%



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: Eldridge 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	432	14.2% (12.1% - 16.5%)	140	14.6% (12.6% - 16.8%)
Health Status	Physical Health	69	8.7% (7.3% - 10.3%)	70	8.4% (7.1% - 9.8%)
Health Status	General Health	82	11.2% (9.3% - 13.5%)	103	10.8% (9.0% - 13.0%)
Health Risk Behaviors	Physical Inactivity	75	21.0% (17.1% - 25.4%)	74	20.6% (17.0% - 24.6%)
Health Risk Behaviors	Sleep <7 hours	748	31.6% (30.0% - 33.1%)	466	31.2% (29.6% - 32.8%)
Health Risk Behaviors	Binge Drinking	820	21.9% (18.7% - 25.6%)	585	22.4% (19.1% - 26.0%)
Health Risk Behaviors	Current Smoking	337	16.2% (12.6% - 20.2%)	161	15.6% (12.3% - 19.4%)
Health Outcomes	Arthritis	92	22.8% (19.9% - 26.2%)	97	21.6% (18.7% - 24.7%)
Health Outcomes	Stroke	73	2.4% (2.1% - 2.7%)	49	2.3% (2.0% - 2.6%)
Health Outcomes	Current Asthma	524	9.4% (8.2% - 10.6%)	330	9.4% (8.2% - 10.6%)
Health Outcomes	High Cholesterol	100	32.8% (29.2% - 36.7%)	301	29.4% (26.0% - 33.3%)
Health Outcomes	Depression	537	18.2% (15.2% - 21.6%)	189	18.4% (15.5% - 21.5%)
Health Outcomes	Coronary Heart Disease	79	4.6% (3.9% - 5.3%)	52	4.4% (3.8% - 5.0%)
Health Outcomes	COPD	94	5.7% (4.7% - 6.9%)	120	5.4% (4.4% - 6.5%)
Health Outcomes	Chronic Kidney Disease	86	2.5% (2.2% - 2.8%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	Obesity	283	36.5% (31.3% - 42.2%)	171	35.5% (30.4% - 40.7%)
Health Outcomes	Diabetes	95	7.8% (6.6% - 9.2%)	103	7.3% (6.2% - 8.6%)
Health Outcomes	High Blood Pressure	136	28.3% (25.0% - 31.9%)	342	26.9% (23.9% - 30.2%)
Health Outcomes	All Teeth Lost	140	10.7% (6.5% - 15.5%)	135	10.8% (6.6% - 15.5%)
Health Outcomes	Cancer (except skin)	126	6.7% (6.0% - 7.4%)	418	6.5% (5.8% - 7.2%)
Prevention	Cholesterol Screening	451	82.7% (79.4% - 85.6%)	64	81.2% (77.7% - 84.3%)
Prevention	Dental Visit	140	71.2% (67.7% - 74.4%)	120	71.3% (67.8% - 74.6%)
Prevention	Taking BP Medication	855	75.8% (72.2% - 79.3%)	579	58.6% (54.2% - 63.3%)
Prevention	Core preventive services for older women	67	46.4% (39.6% - 53.5%)	35	47.7% (40.9% - 54.7%)
Prevention	Colorectal Cancer Screening	260	73.2% (70.0% - 76.2%)	100	74.0% (71.0% - 76.8%)
Prevention	Annual Checkup	668	74.2% (70.1% - 78.2%)	127	73.7% (69.4% - 78.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	744	40.8% (33.6% - 47.9%)	667	41.2% (33.9% - 48.3%)
Prevention	Mammography	8	82.7% (79.4% - 85.6%)	7	81.2% (78.0% - 84.2%)
Prevention	Health Insurance	103	6.1% (4.6% - 8.1%)	71	6.3% (4.7% - 8.3%)
Prevention	Cervical Cancer Screening	86	85.6% (83.3% - 88.0%)	56	85.4% (83.1% - 87.8%)
Disability	Vision Disability	60	3.0% (2.6% - 3.6%)	70	2.9% (2.5% - 3.5%)
Disability	Hearing Disability	76	5.4% (4.8% - 6.2%)	61	5.3% (4.7% - 6.1%)
Disability	Any Disability	57	19.9% (16.8% - 23.5%)	57	19.8% (16.7% - 23.1%)
Disability	Independent Living Disability	84	5.3% (4.4% - 6.3%)	111	5.3% (4.4% - 6.3%)
Disability	Mobility Disability	73	8.5% (7.0% - 10.2%)	89	8.1% (6.7% - 9.6%)
Disability	Cognitive Disability	105	9.8% (8.1% - 11.8%)	82	10.0% (8.3% - 12.0%)
Disability	Self-care Disability	86	2.6% (2.2% - 3.0%)	80	2.4% (2.0% - 2.8%)

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

Appendix 3: Midsized Communities (2,500-9,999)

Eldridge falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 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
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
