



## 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 Independence: Overview

Dear Community Members & Stakeholders of Independence,

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 Independence ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Independence’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 Independence. 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
Obesity	111th	21st	Cancer (except skin)	74th	11th
Depression	122nd	7th	Depression	114th	15th
Current Smoking	270th	41st	Obesity	135th	20th
Dental Visit	291st	37th	Chronic Kidney Disease	142nd	27th
Health Insurance	296th	35th	Hearing Disability	219th	39th

# 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
Binge Drinking	687th	74th	Binge Drinking	835th	95th
High Cholesterol	623rd	79th	High Cholesterol	757th	82nd
Core preventive services for older women	601st	52nd	Sleep <7 hours	666th	73rd
Sleep <7 hours	590th	69th	Arthritis	494th	52nd
Cancer (except skin)	578th	57th	Taking BP Medication	464th	55th

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 Independence.

Sincerely,



Shawn F. Dorius, PhD  
Iowa State University  
Public Science Collaborative



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

This project was supported by funding from Iowa State University’s Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University’s Presidential Strategic Initiative Plan 2022-2031.

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## How to Use this Report

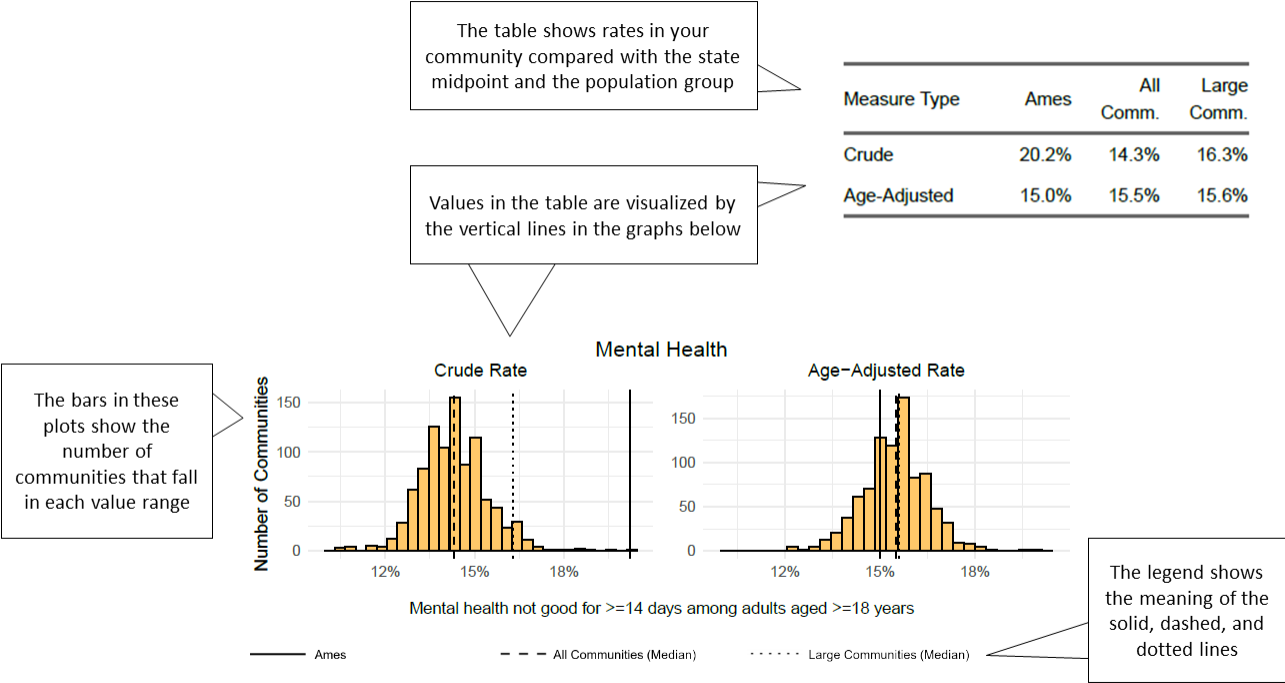
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Independence that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Independence, a review of risky behaviors 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 Independence compares to the rest of the state and similarly-sized communities.

With a population of 6,106, Independence’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.



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

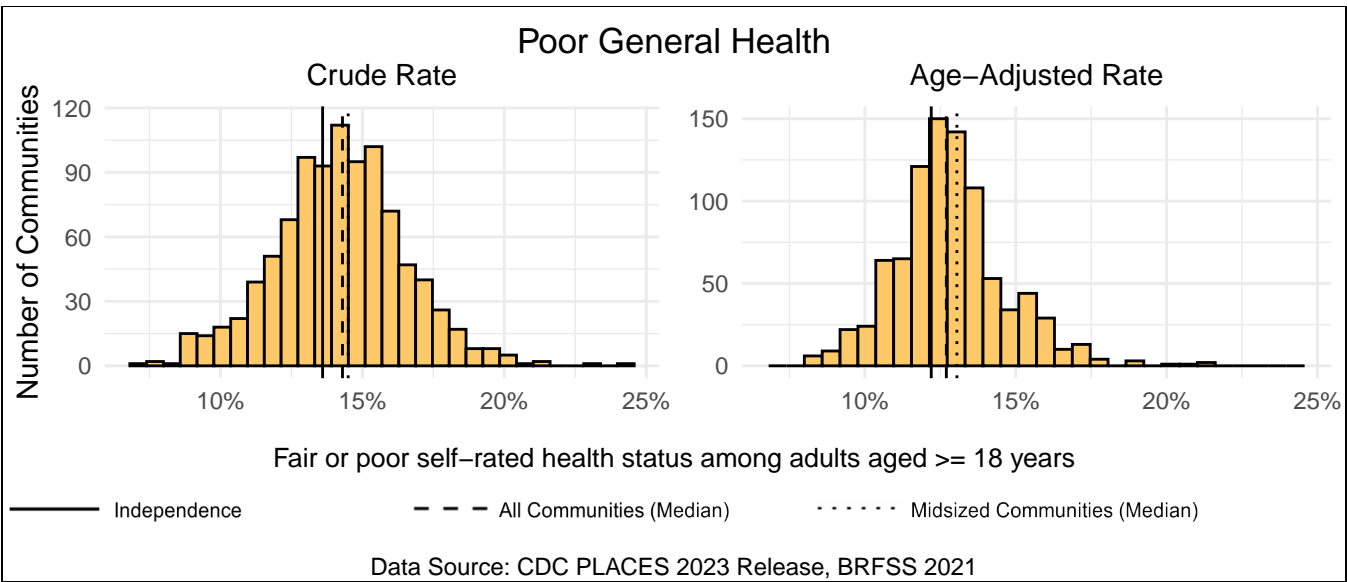
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Independence has a crude rate of 13.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 361st out of 958 Iowa communities (42nd out of 102 midsize communities). The age-adjusted rate for Independence is 12.2%, which ranks 312th out of 905 Iowa communities (38th out of 102 midsize communities).

Measure Type	Independence	All Comm.	Midsized Comm.
Crude	13.6%	14.3%	14.5%
Age-Adjusted	12.2%	12.7%	13.0%

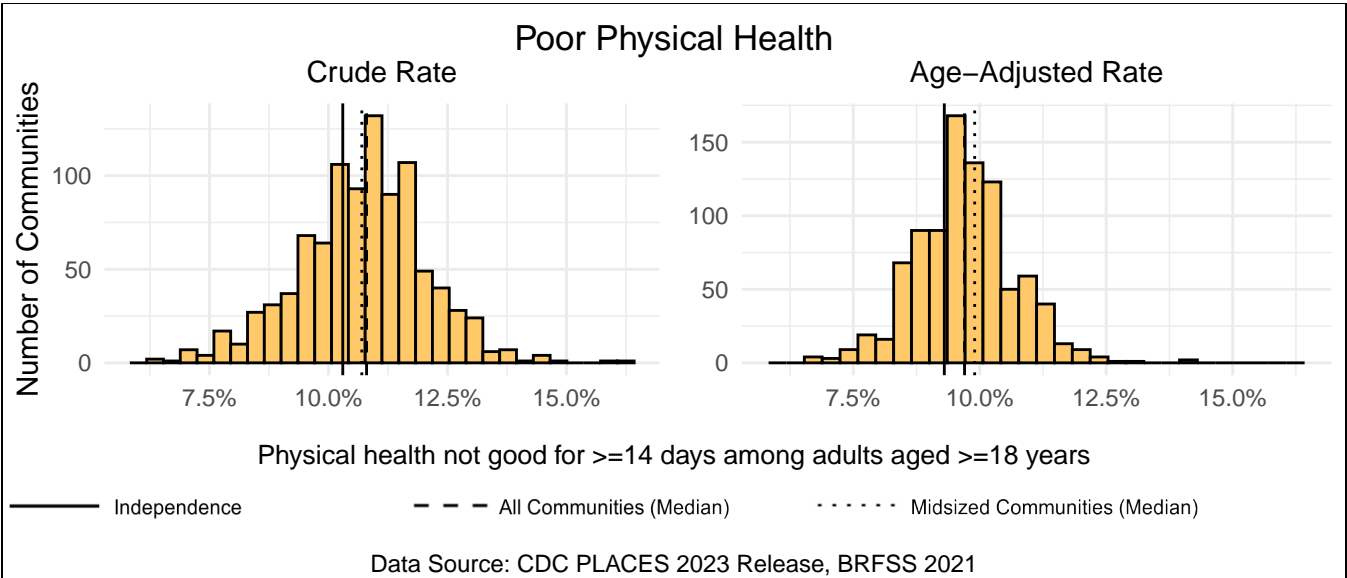




# Poor Physical Health

Independence 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 (41st out of 102 midsize communities). The age-adjusted rate for Independence is 9.3%, which ranks 265th out of 905 Iowa communities (37th out of 102 midsize communities).

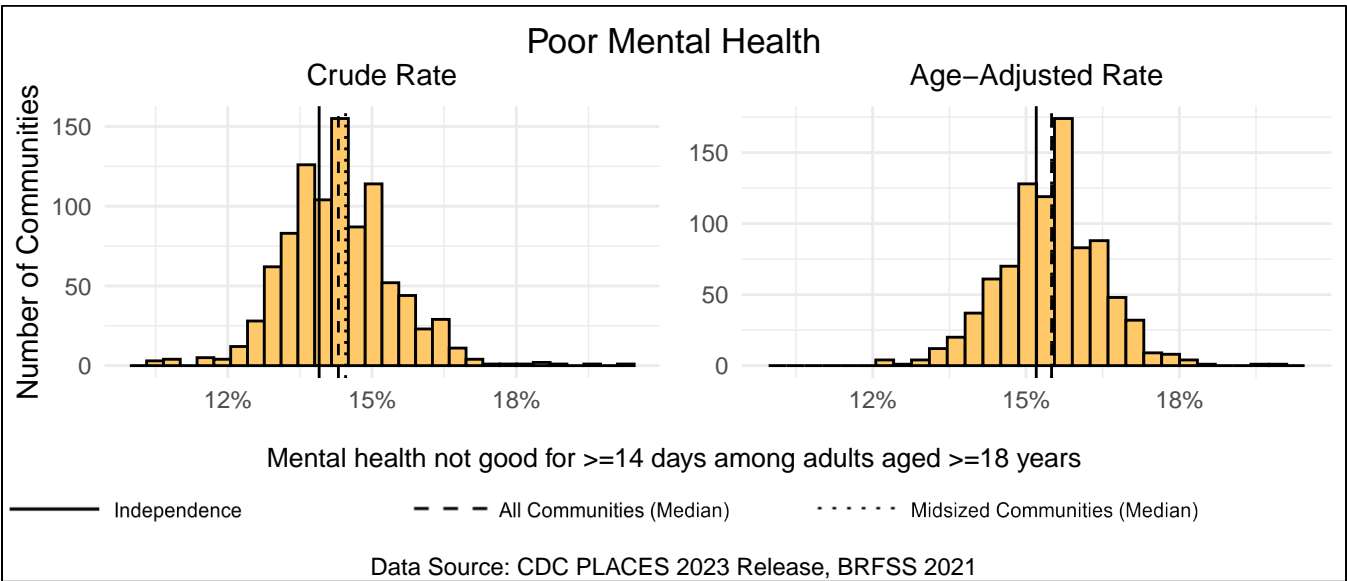
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	10.3%	10.8%	10.7%
Age-Adjusted	9.3%	9.7%	9.9%



# Poor Mental Health

Independence has a crude rate of 13.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 328th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Independence is 15.2%, which ranks 302nd out of 905 Iowa communities (41st out of 102 midsize communities).

Measure Type	Independence	All Comm.	Midsized Comm.
Crude	13.9%	14.3%	14.4%
Age-Adjusted	15.2%	15.5%	15.5%



# Health Risk Behaviors

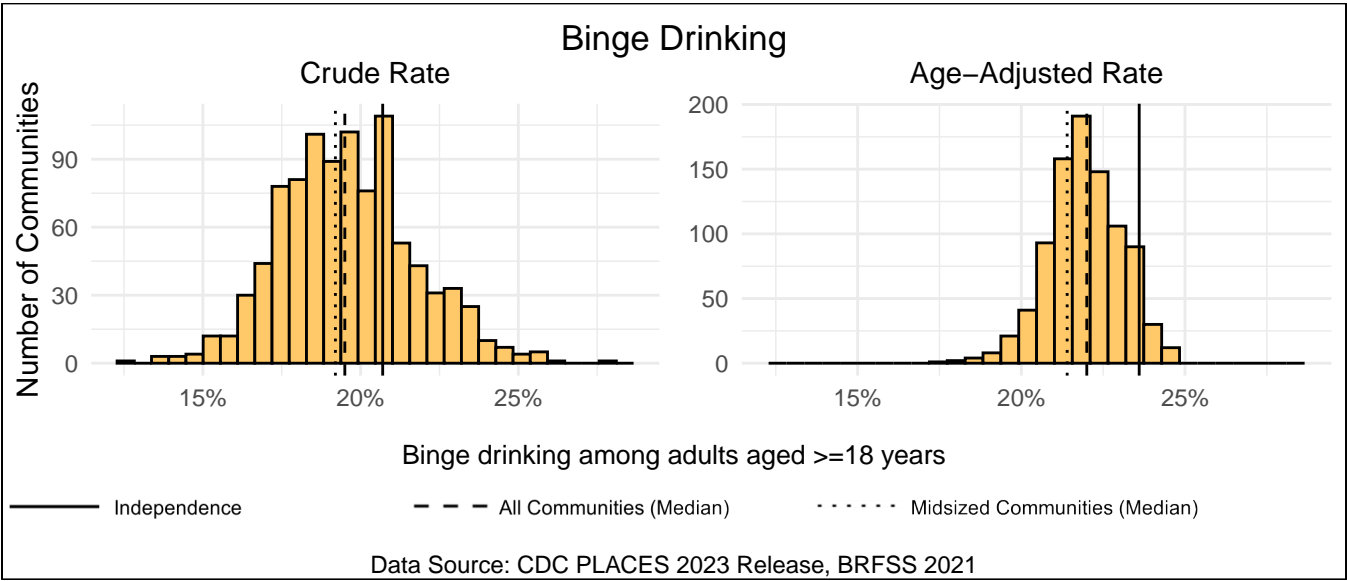
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Independence has a crude rate of 20.7% for binge drinking among adults aged  $\geq 18$  years, which ranks 687th out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Independence is 23.6%, which ranks 835th out of 905 Iowa communities (95th out of 102 mid-sized communities).

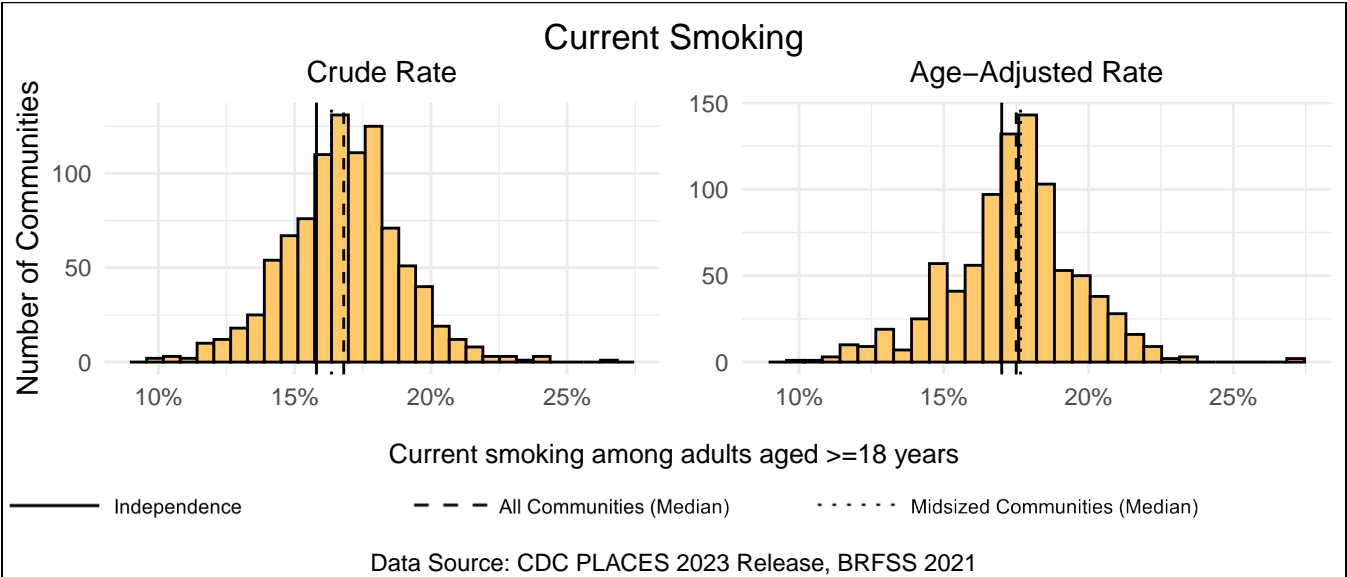
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	20.7%	19.5%	19.2%
Age-Adjusted	23.6%	22.0%	21.4%



# Current Smoking

Independence has a crude rate of 15.8% for current smoking among adults aged  $\geq 18$  years, which ranks 270th out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Independence is 17.0%, which ranks 327th out of 905 Iowa communities (43rd out of 102 midsized communities).

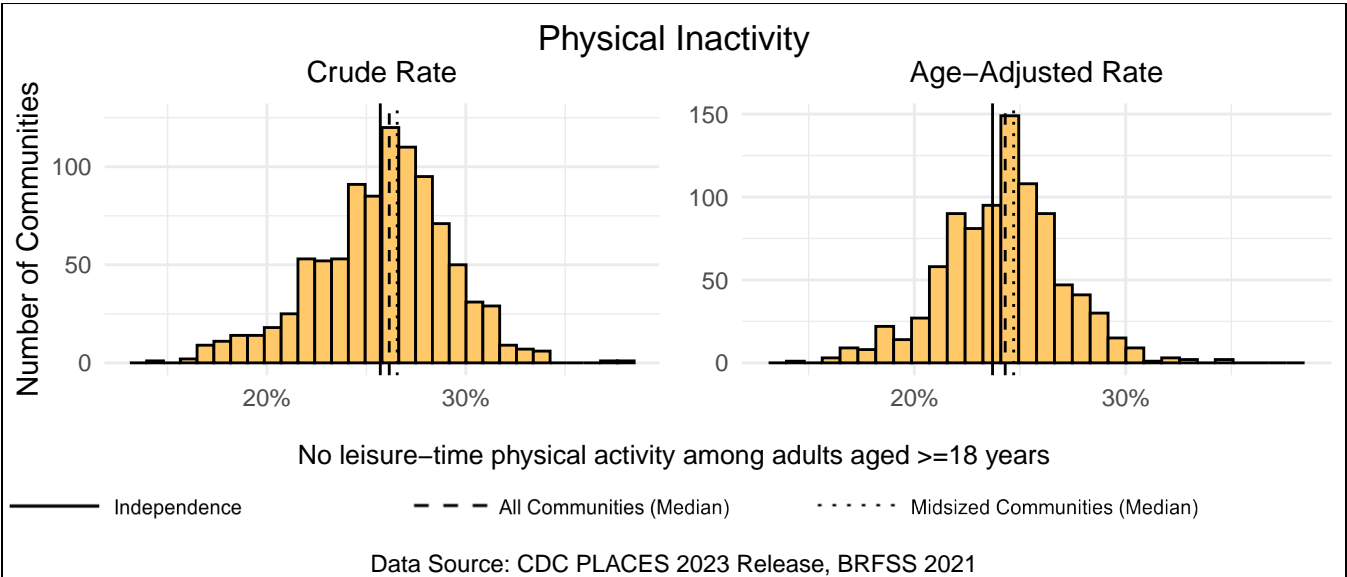
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	15.8%	16.8%	16.4%
Age-Adjusted	17.0%	17.5%	17.6%



# Physical Inactivity

Independence has a crude rate of 25.7% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 421st out of 958 Iowa communities (42nd out of 102 midsized communities). The age-adjusted rate for Independence is 23.7%, which ranks 353rd out of 905 Iowa communities (41st out of 102 midsized communities).

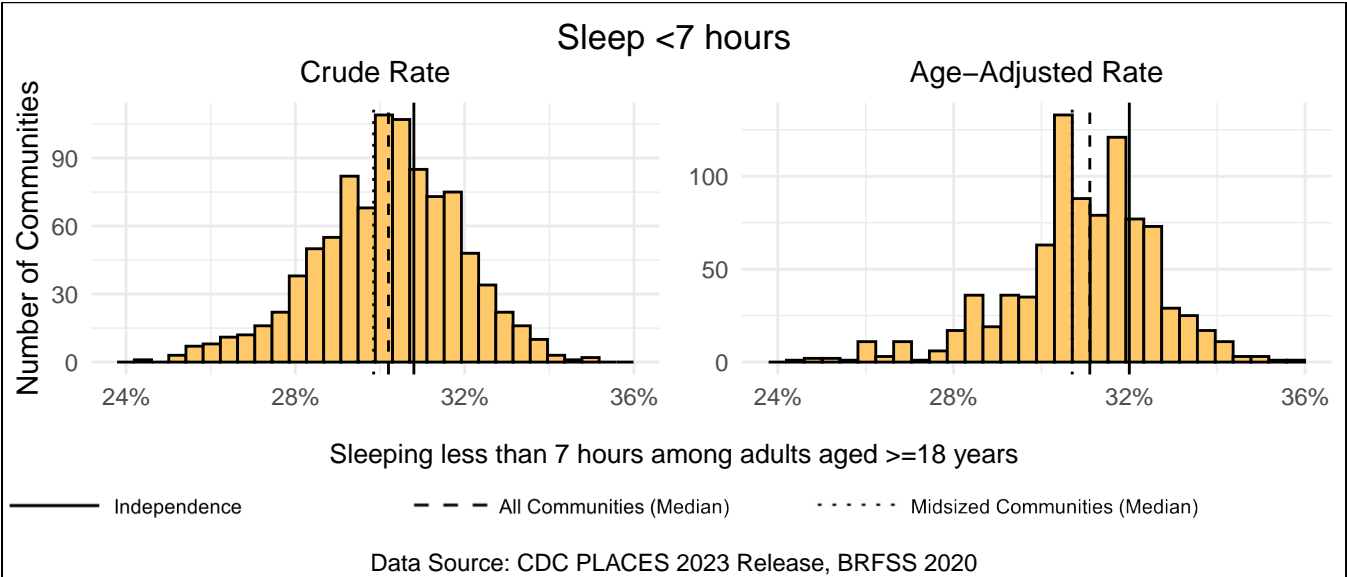
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	25.7%	26.1%	26.6%
Age-Adjusted	23.7%	24.3%	24.7%



### Sleep <7 hours

Independence has a crude rate of 30.8% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 590th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Independence is 32.0%, which ranks 666th out of 905 Iowa communities (73rd out of 102 mid-sized communities).

Measure Type	Independence	All Comm.	Midsized Comm.
Crude	30.8%	30.2%	29.8%
Age-Adjusted	32.0%	31.1%	30.7%



# Health Outcomes

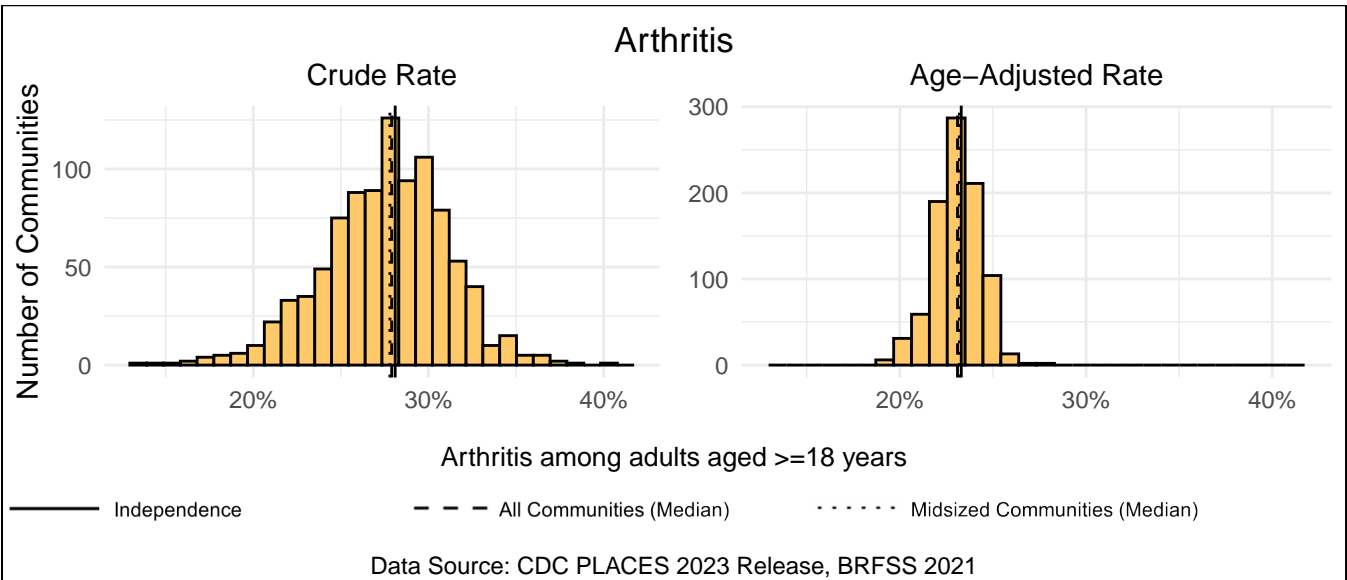
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Independence has a crude rate of 28.1% for arthritis among adults aged  $\geq 18$  years, which ranks 499th out of 958 Iowa communities (57th out of 102 midsize communities). The age-adjusted rate for Independence is 23.3%, which ranks 494th out of 905 Iowa communities (52nd out of 102 midsize communities).

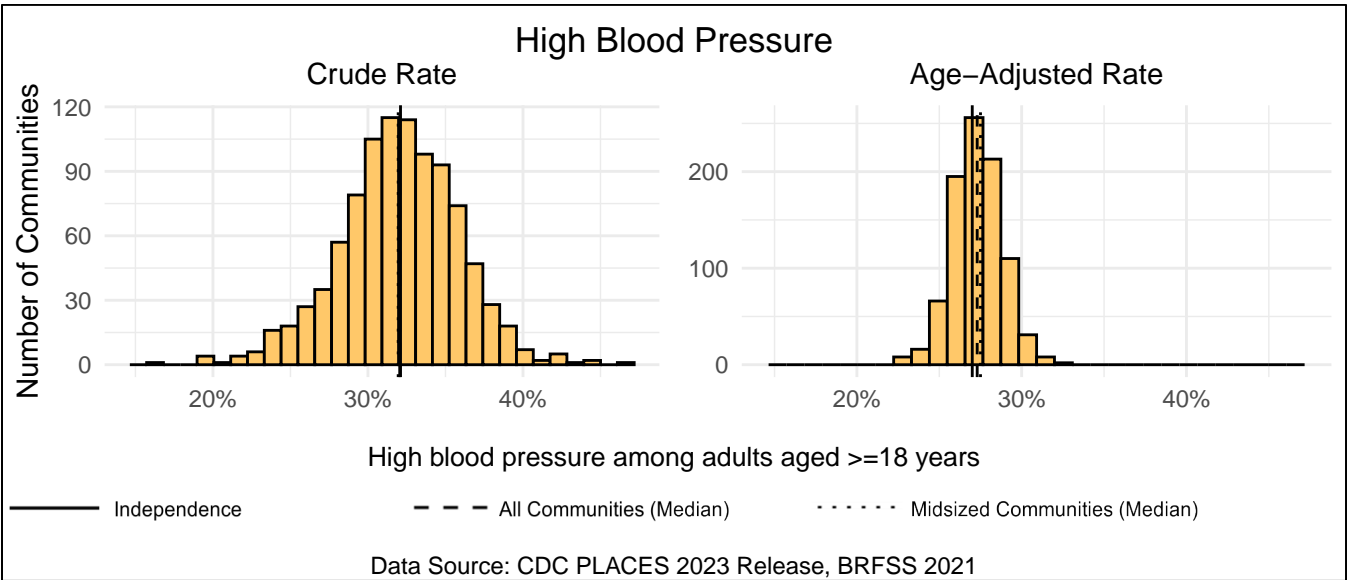
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	28.1%	27.9%	27.8%
Age-Adjusted	23.3%	23.1%	23.2%



# High Blood Pressure

Independence has a crude rate of 32.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 480th out of 958 Iowa communities (56th out of 102 mid-sized communities). The age-adjusted rate for Independence is 27.0%, which ranks 368th out of 905 Iowa communities (42nd out of 102 mid-sized communities).

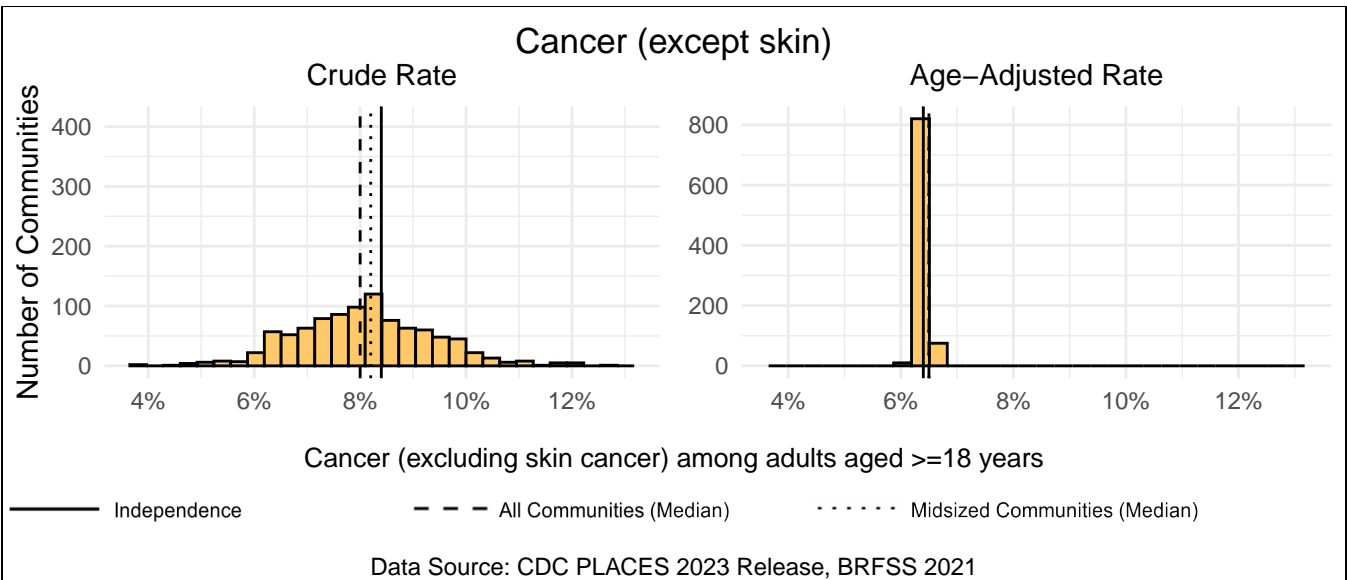
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	32.1%	32.0%	32.0%
Age-Adjusted	27.0%	27.3%	27.5%



# Cancer (except skin)

Independence has a crude rate of 8.4% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 578th out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Independence is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

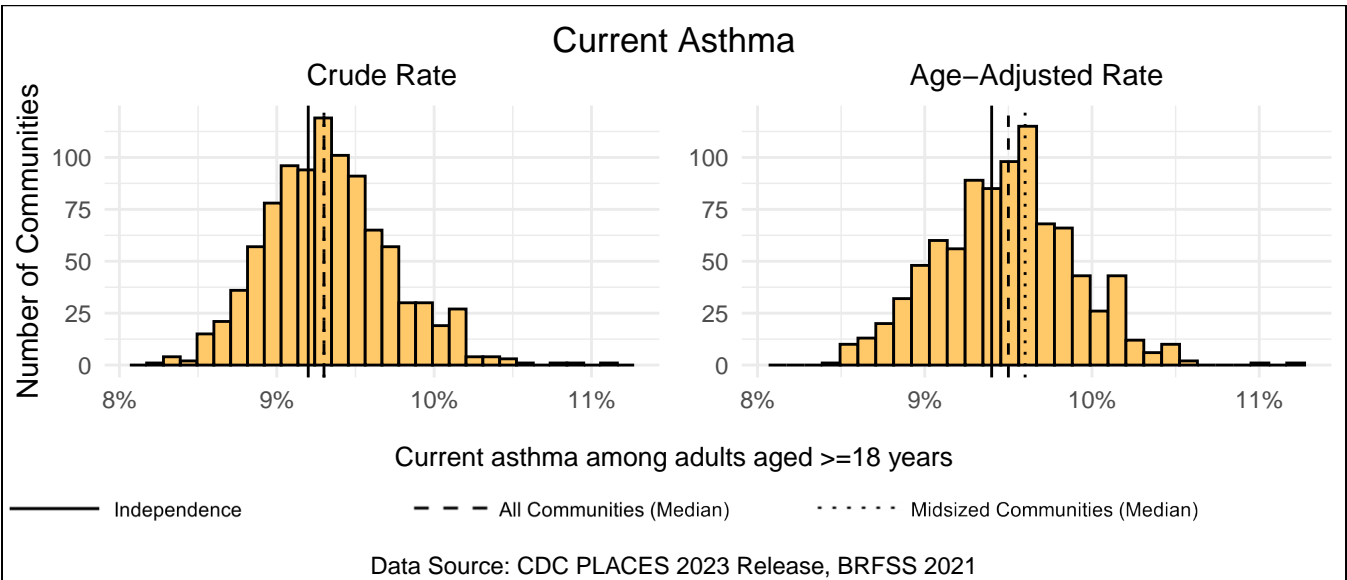
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	8.4%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



# Current Asthma

Independence has a crude rate of 9.2% for current asthma among adults aged  $\geq 18$  years, which ranks 311th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Independence is 9.4%, which ranks 330th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

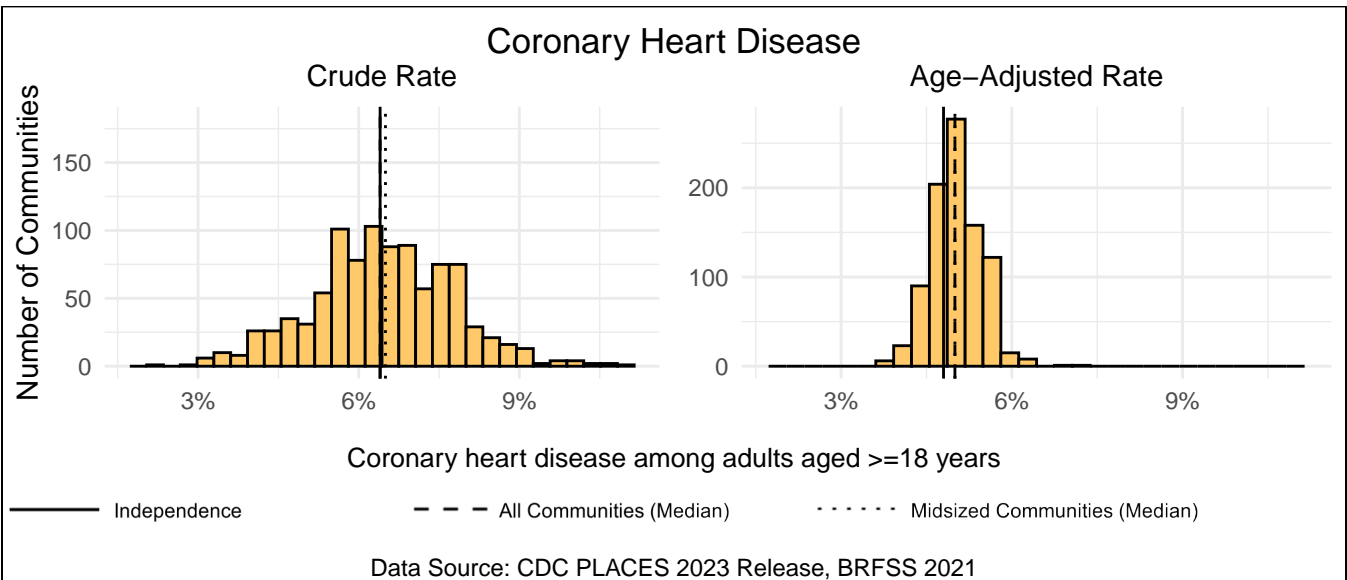
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.6%



# Coronary Heart Disease

Independence has a crude rate of 6.4% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 438th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Independence is 4.8%, which ranks 257th out of 905 Iowa communities (39th out of 102 mid-sized communities).

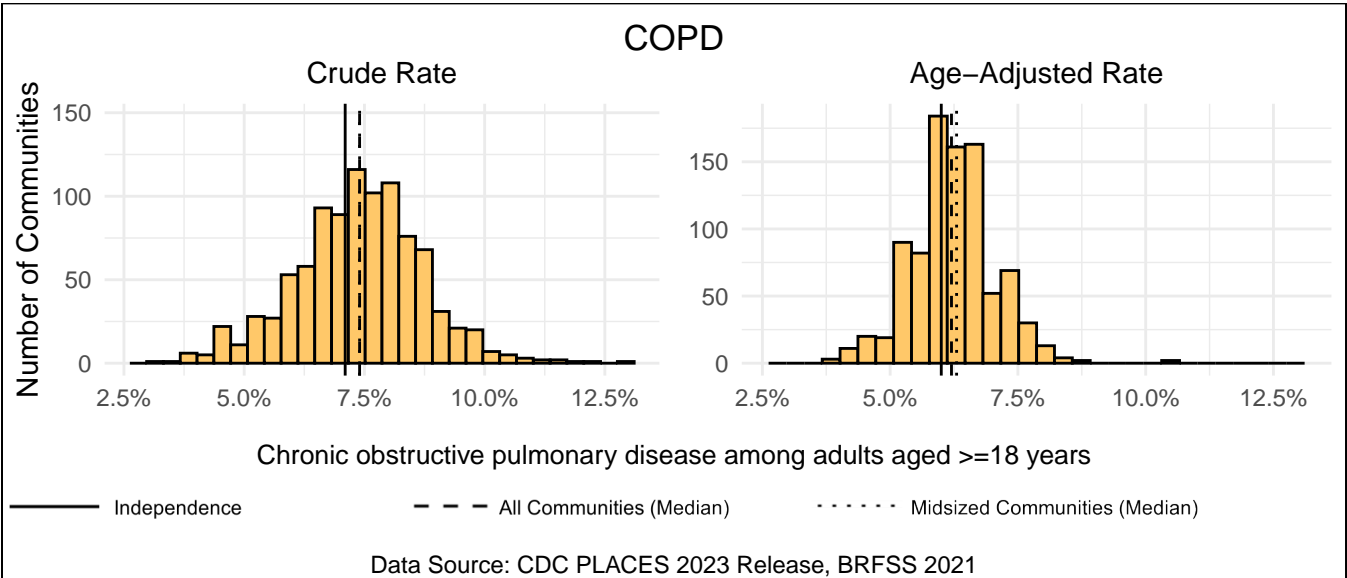
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	6.4%	6.4%	6.5%
Age-Adjusted	4.8%	5.0%	5.0%



# COPD

Independence has a crude rate of 7.1% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 363rd out of 958 Iowa communities (44th out of 102 midsize communities). The age-adjusted rate for Independence is 6.0%, which ranks 305th out of 905 Iowa communities (39th out of 102 midsize communities).

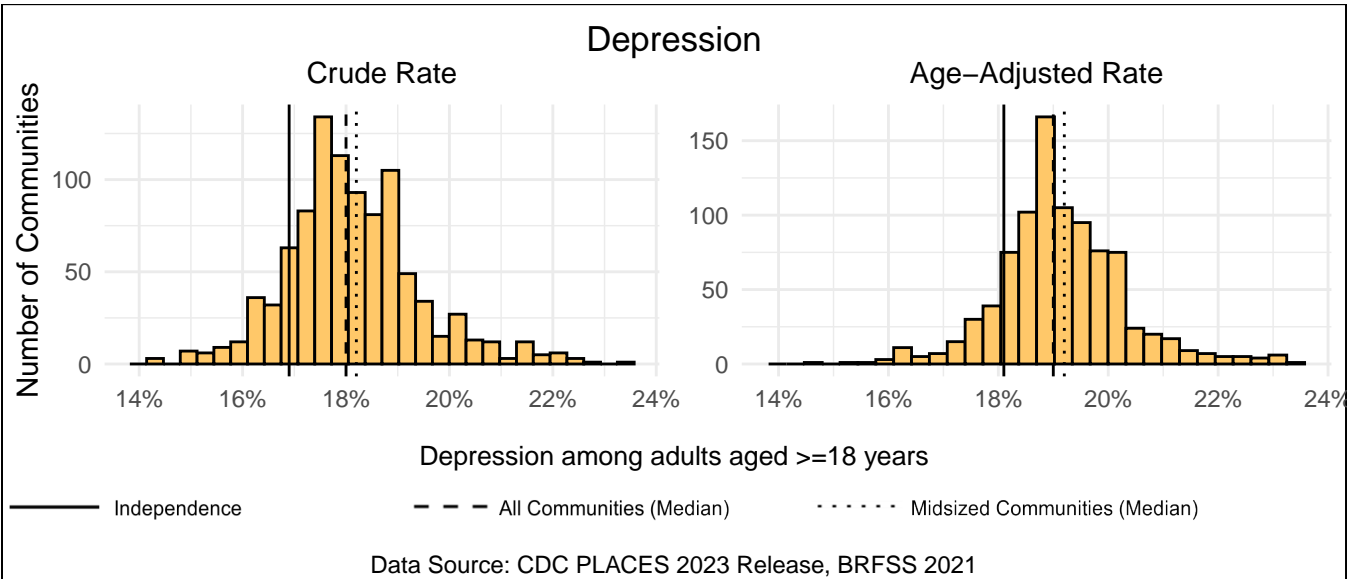
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	7.1%	7.4%	7.4%
Age-Adjusted	6.0%	6.2%	6.3%



# Depression

Independence has a crude rate of 16.9% for depression among adults aged  $\geq 18$  years, which ranks 122nd out of 958 Iowa communities (7th out of 102 midsize communities). The age-adjusted rate for Independence is 18.1%, which ranks 114th out of 905 Iowa communities (15th out of 102 midsize communities).

Measure Type	Independence	All Comm.	Midsized Comm.
Crude	16.9%	18.0%	18.2%
Age-Adjusted	18.1%	19.0%	19.2%

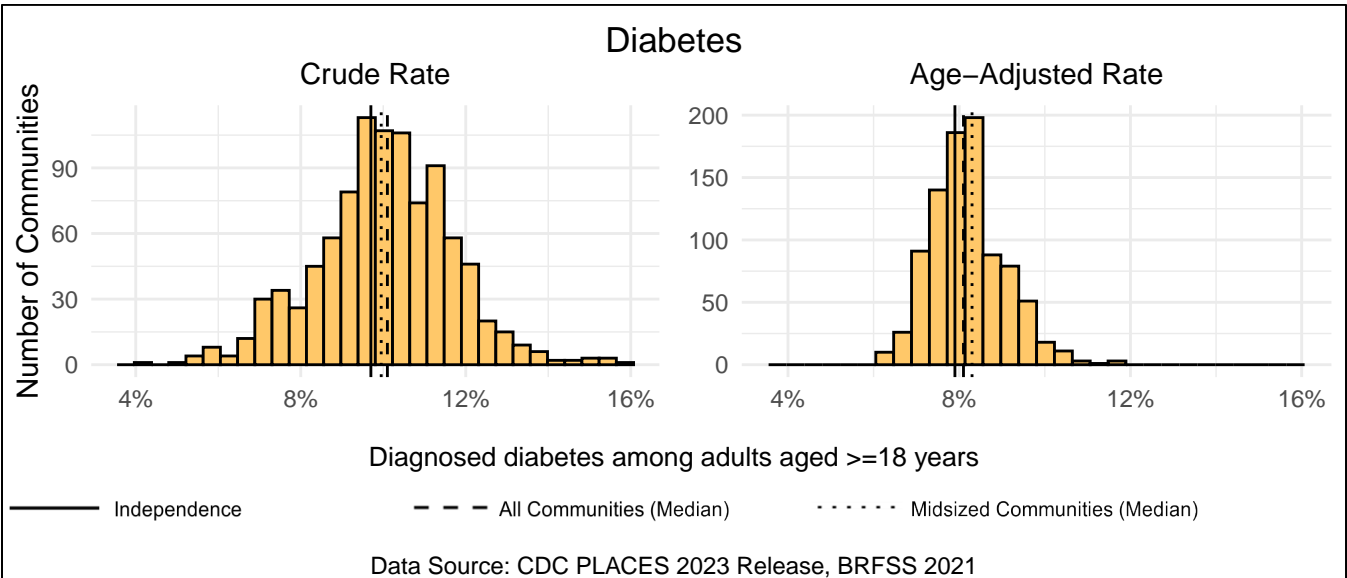




# Diabetes

Independence has a crude rate of 9.7% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 378th out of 958 Iowa communities (45th out of 102 midsized communities). The age-adjusted rate for Independence is 7.9%, which ranks 307th out of 905 Iowa communities (40th out of 102 midsized communities).

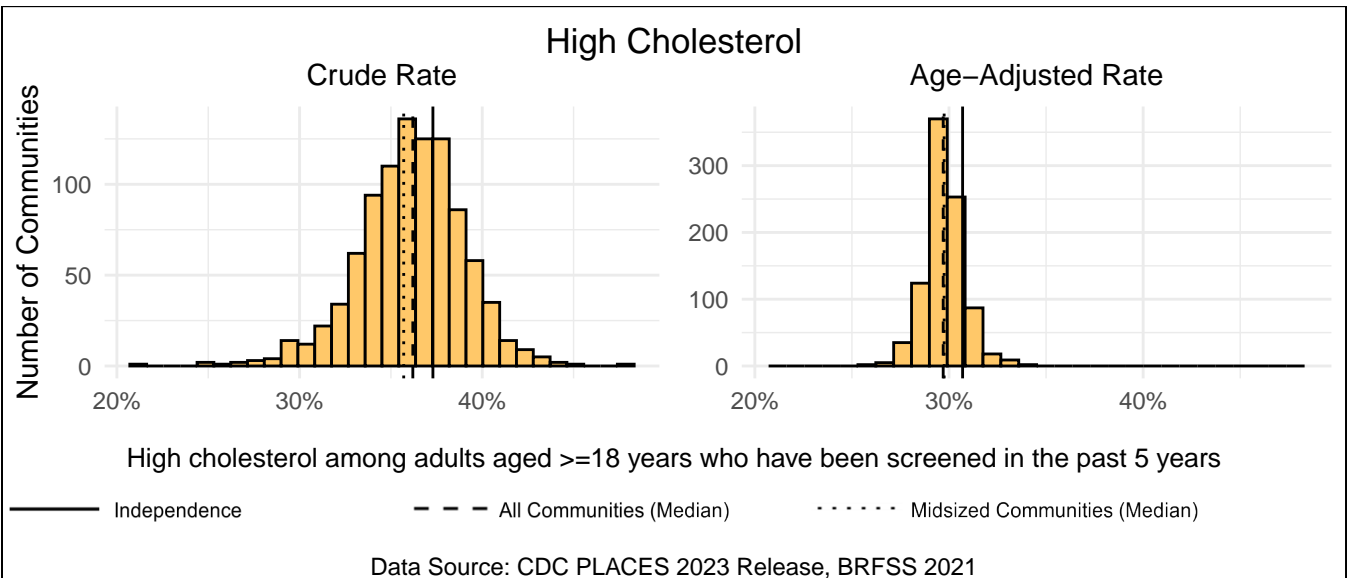
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	9.7%	10.1%	9.9%
Age-Adjusted	7.9%	8.1%	8.3%



# High Cholesterol

Independence has a crude rate of 37.3% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 623rd out of 958 Iowa communities (79th out of 102 midsized communities). The age-adjusted rate for Independence is 30.7%, which ranks 757th out of 905 Iowa communities (82nd out of 102 midsized communities).

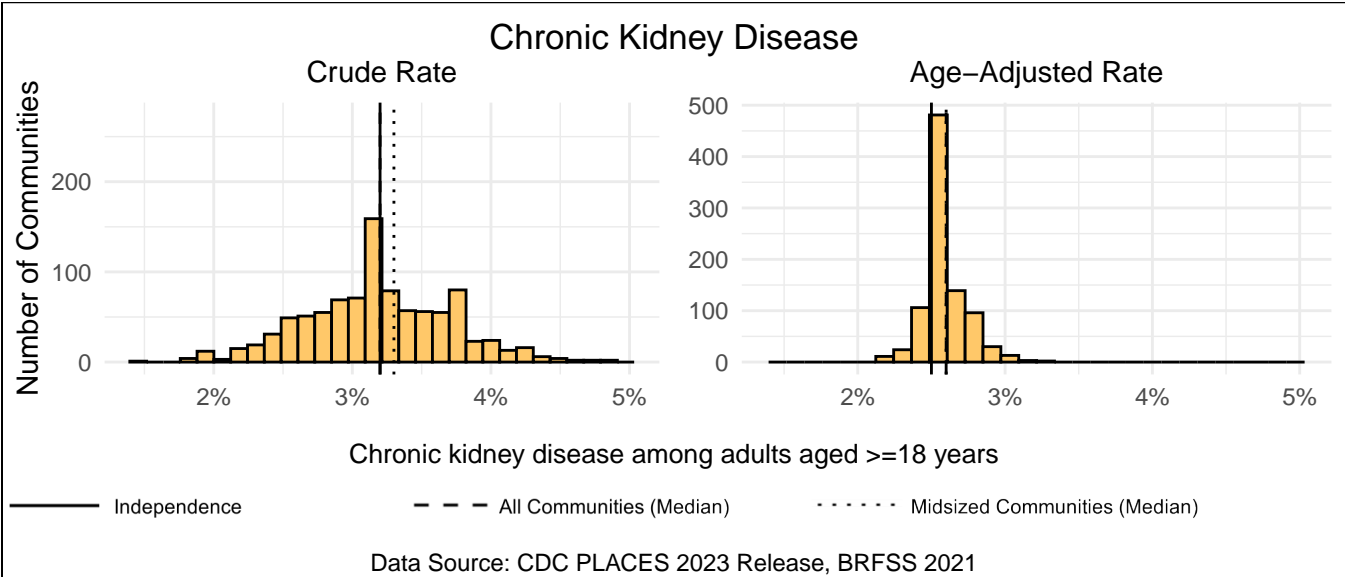
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	37.3%	36.2%	35.7%
Age-Adjusted	30.7%	29.7%	29.8%



## Chronic Kidney Disease

Independence has a crude rate of 3.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 446th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Independence is 2.5%, which ranks 142nd out of 905 Iowa communities (27th out of 102 midsized communities).

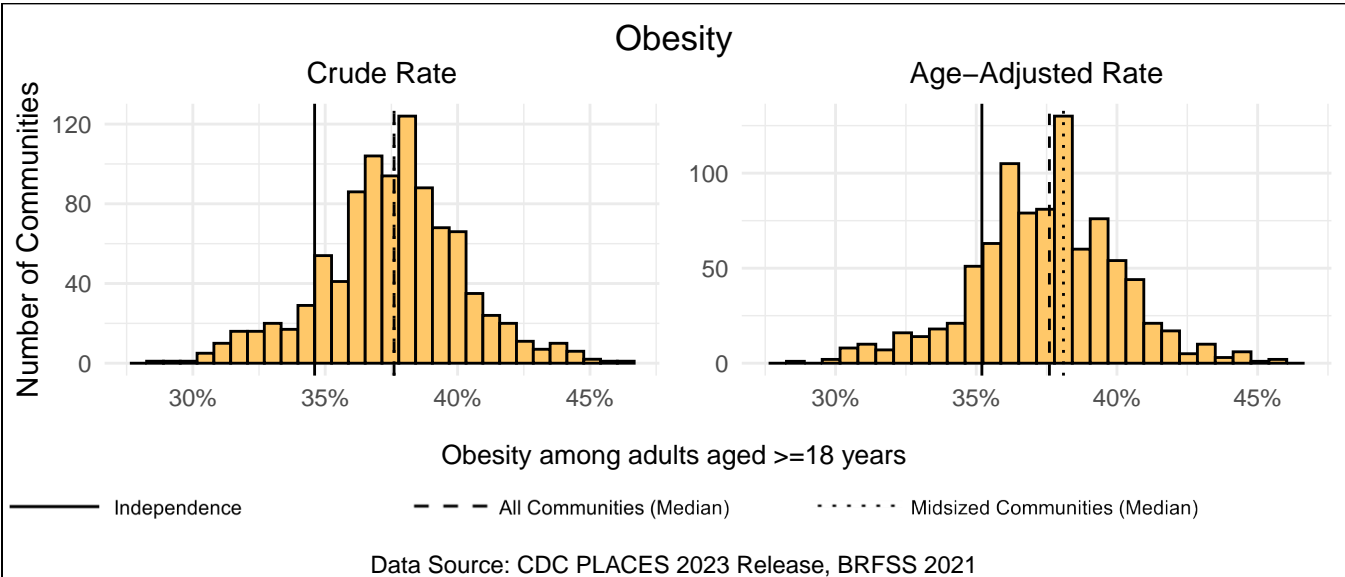
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



## Obesity

Independence has a crude rate of 34.6% for obesity among adults aged  $\geq 18$  years, which ranks 111th out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Independence is 35.2%, which ranks 135th out of 905 Iowa communities (20th out of 102 midsized communities).

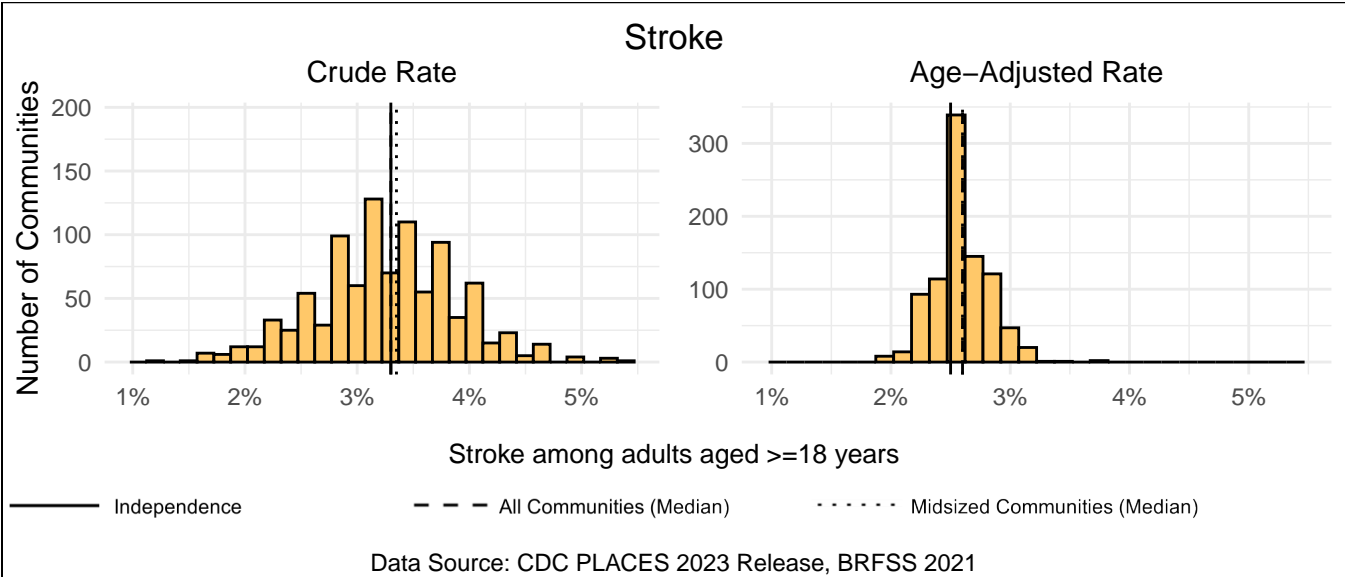
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	34.6%	37.6%	37.6%
Age-Adjusted	35.2%	37.6%	38.1%



# Stroke

Independence has a crude rate of 3.3% for stroke among adults aged  $\geq 18$  years, which ranks 468th out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Independence is 2.5%, which ranks 230th out of 905 Iowa communities (36th out of 102 mid-sized communities).

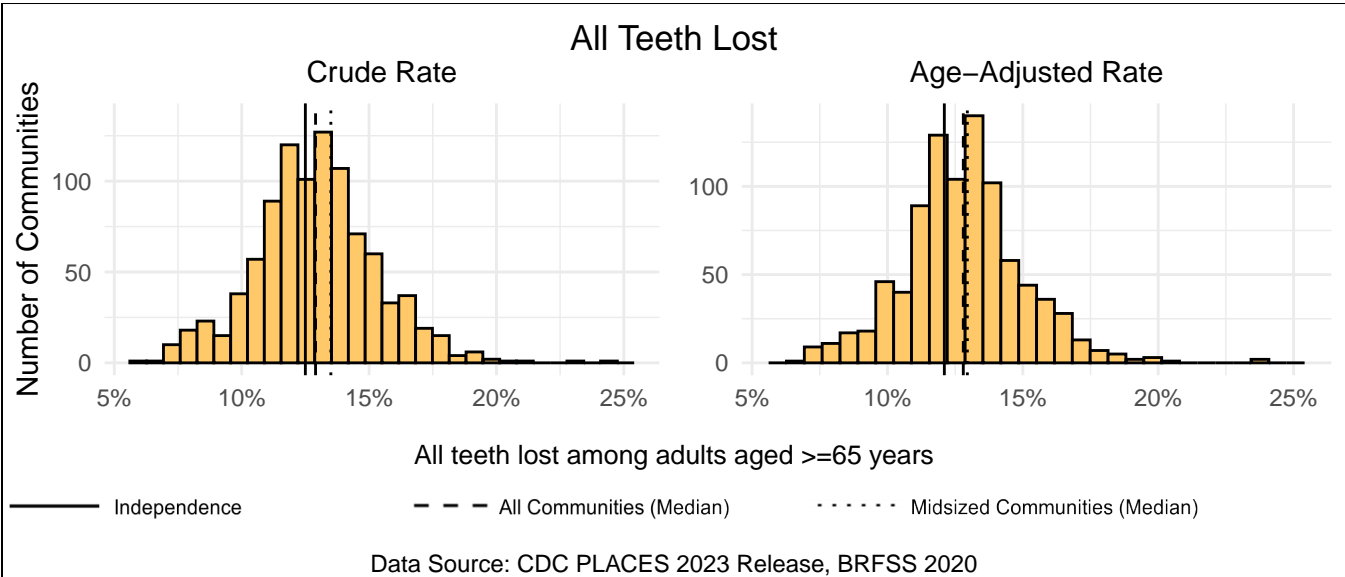
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	3.3%	3.3%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# All Teeth Lost

Independence has a crude rate of 12.5% for all teeth lost among adults aged  $\geq 65$  years, which ranks 396th out of 958 Iowa communities (39th out of 102 mid-sized communities). The age-adjusted rate for Independence is 12.1%, which ranks 314th out of 905 Iowa communities (39th out of 102 mid-sized communities).

Measure Type	Independence	All Comm.	Midsized Comm.
Crude	12.5%	12.9%	13.5%
Age-Adjusted	12.1%	12.8%	12.9%



# Prevention

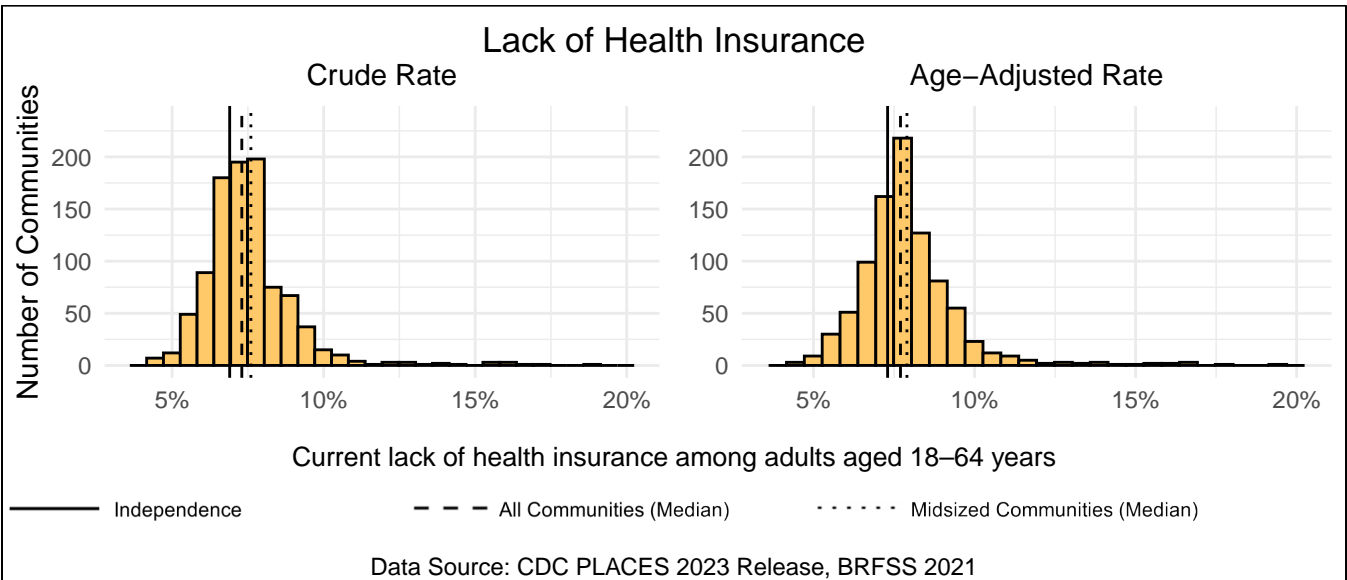
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Independence has a crude rate of 6.9% for current lack of health insurance among adults aged 18–64 years, which ranks 296th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Independence is 7.3%, which ranks 300th out of 905 Iowa communities (37th out of 102 mid-sized communities).

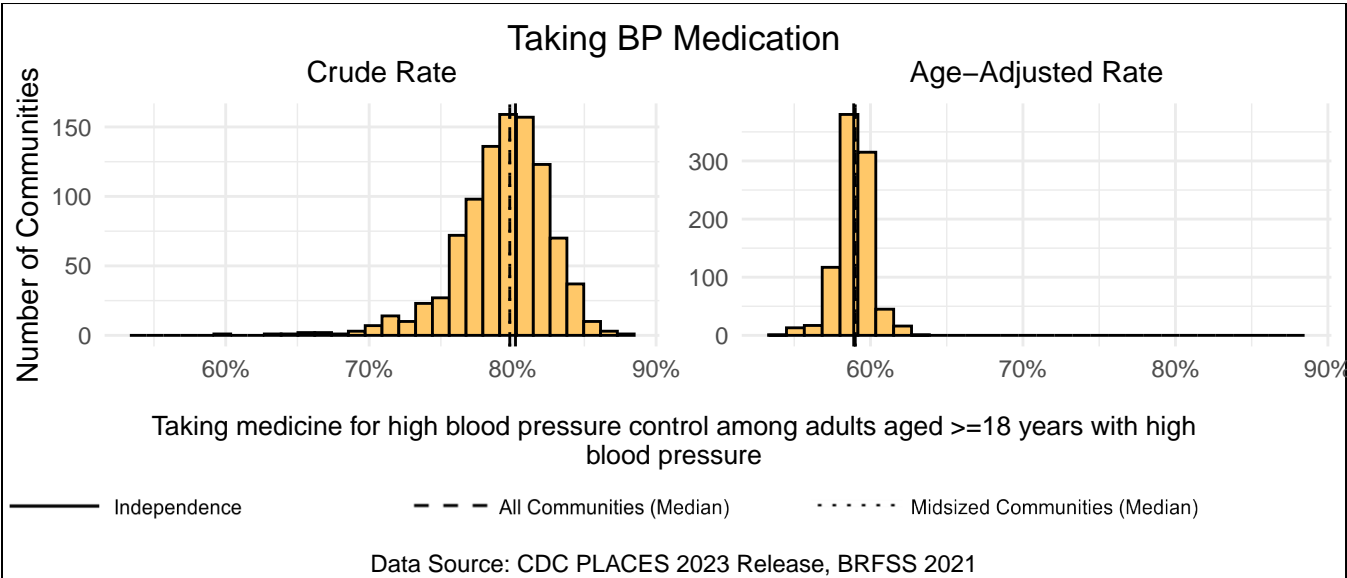
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	6.9%	7.3%	7.6%
Age-Adjusted	7.3%	7.7%	7.9%



## Taking BP Medication

Independence has a crude rate of 80.2% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 402nd out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Independence is 58.9%, which ranks 464th out of 905 Iowa communities (55th out of 102 mid-sized communities).

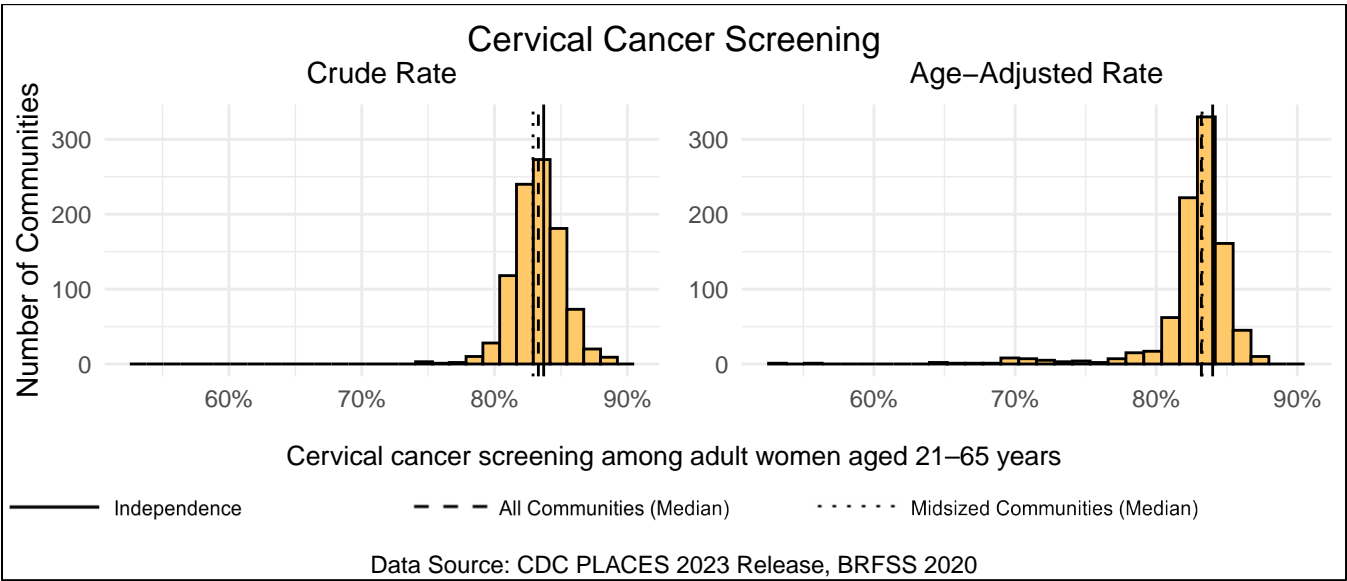
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	80.2%	79.8%	79.8%
Age-Adjusted	58.9%	59.0%	59.0%



## Cervical Cancer Screening

Independence has a crude rate of 83.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 378th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Independence is 84.0%, which ranks 232nd out of 905 Iowa communities (38th out of 102 mid-sized communities).

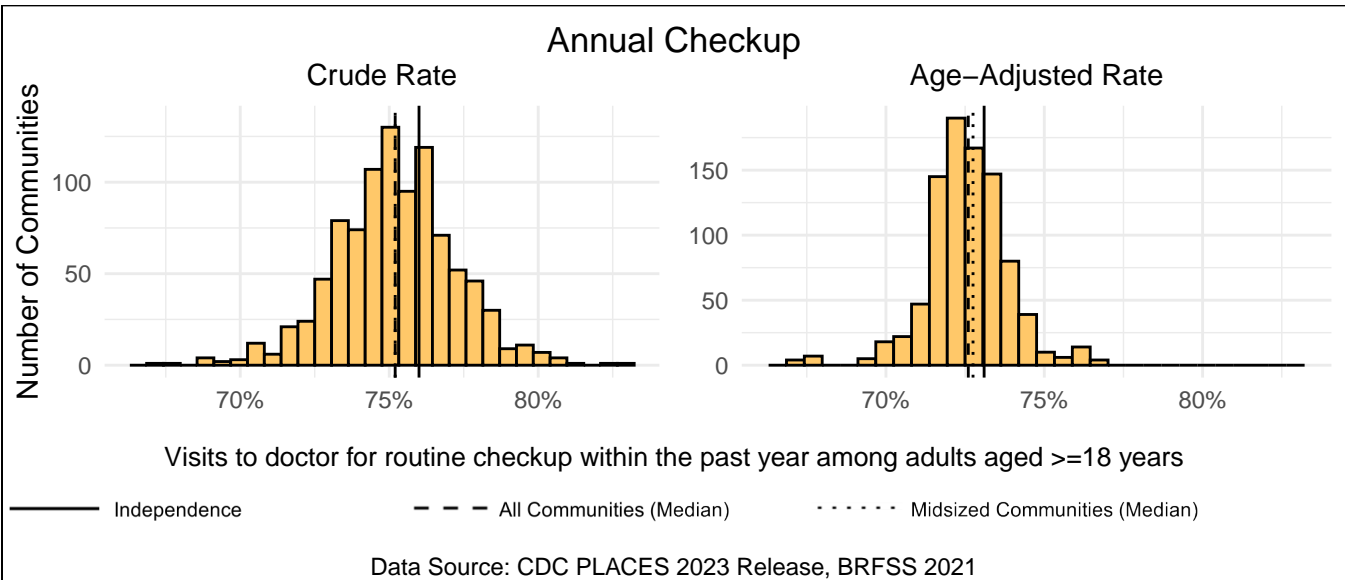
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	83.7%	83.3%	82.9%
Age-Adjusted	84.0%	83.2%	83.2%



## Annual Checkup

Independence has a crude rate of 76.0% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 312th out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Independence is 73.1%, which ranks 259th out of 905 Iowa communities (35th out of 102 mid-sized communities).

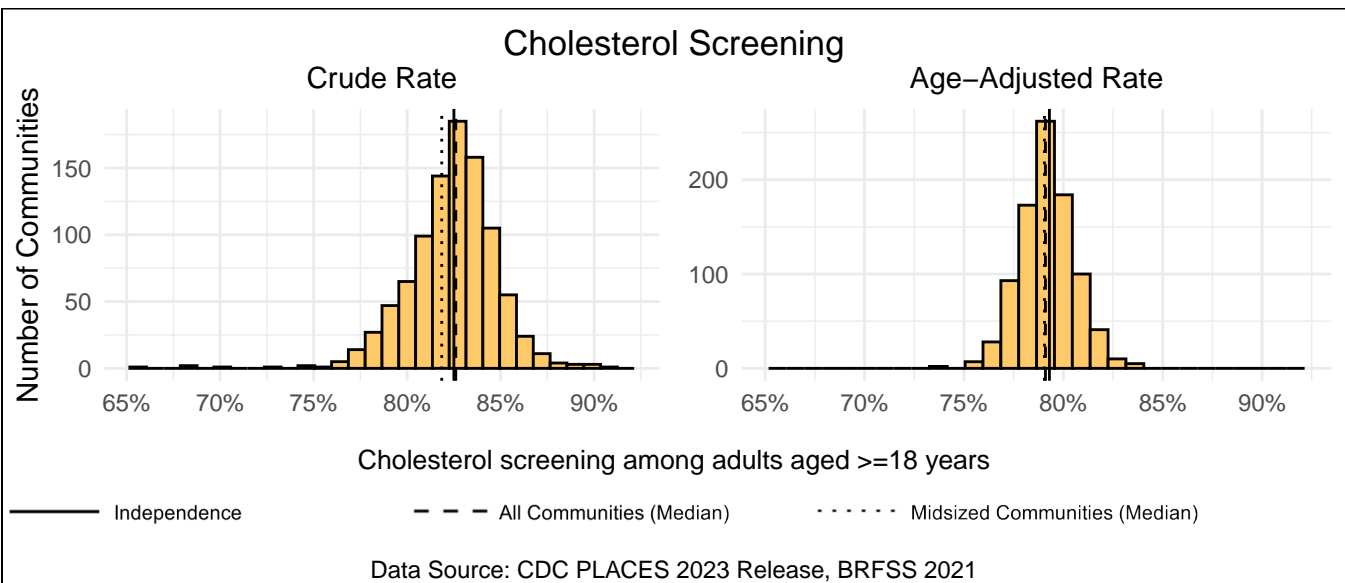
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	76.0%	75.2%	75.2%
Age-Adjusted	73.1%	72.6%	72.8%



## Cholesterol Screening

Independence has a crude rate of 82.5% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 501st out of 958 Iowa communities (37th out of 102 mid-sized communities). The age-adjusted rate for Independence is 79.3%, which ranks 388th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

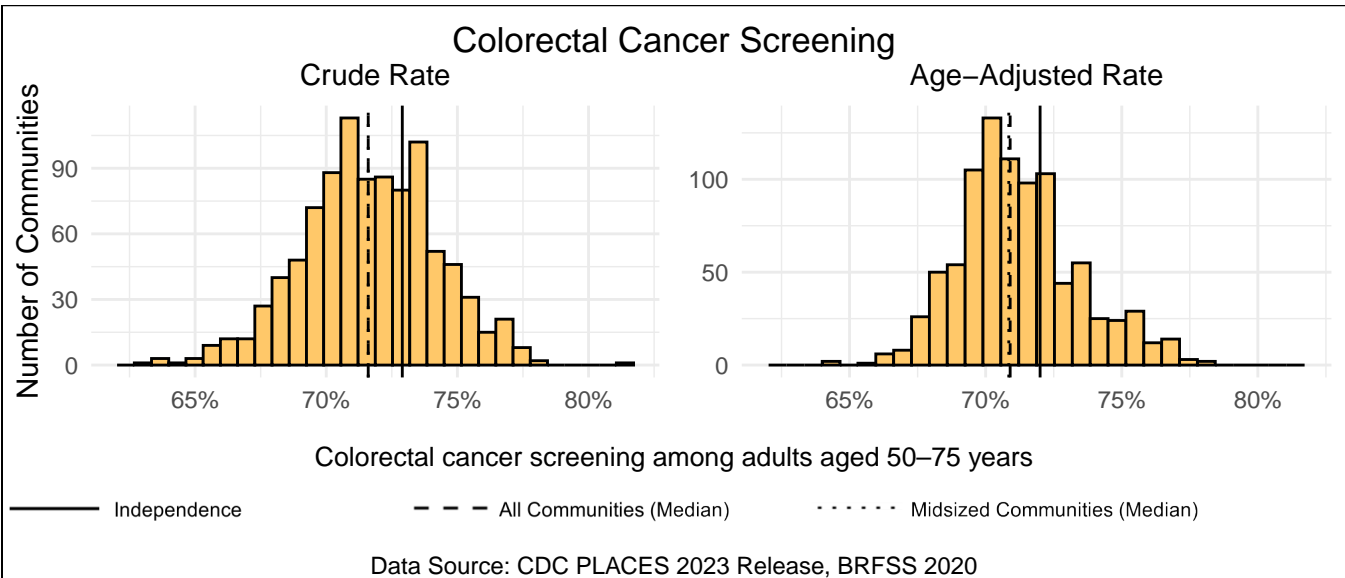
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	82.5%	82.6%	81.8%
Age-Adjusted	79.3%	79.1%	79.0%



## Colorectal Cancer Screening

Independence has a crude rate of 72.9% for colorectal cancer screening among adults aged 50–75 years, which ranks 301st out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Independence is 72.0%, which ranks 285th out of 905 Iowa communities (41st out of 102 midsized communities).

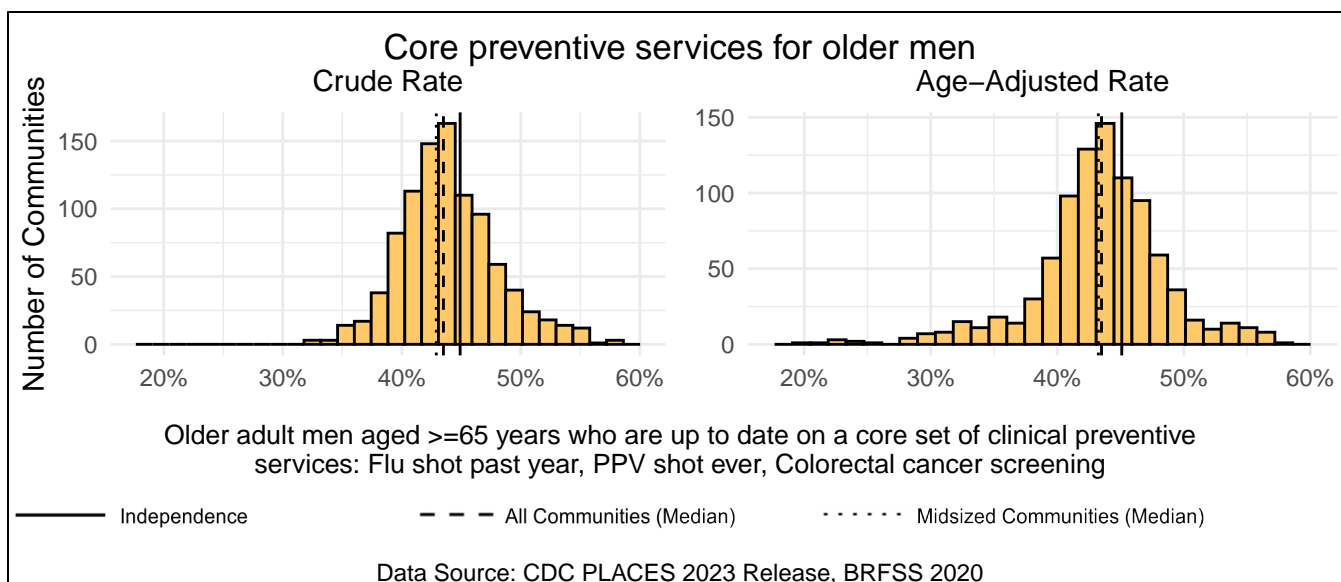
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	72.9%	71.6%	71.6%
Age-Adjusted	72.0%	70.9%	70.8%



## Core preventive services for older men

Independence has a crude rate of 44.9% for older adult men aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 336th out of 958 Iowa communities (33rd out of 102 midsized communities). The age-adjusted rate for Independence is 45.1%, which ranks 309th out of 905 Iowa communities (34th out of 102 midsized communities).

Measure Type	Independence	All Comm.	Midsized Comm.
Crude	44.9%	43.5%	42.9%
Age-Adjusted	45.1%	43.5%	43.2%

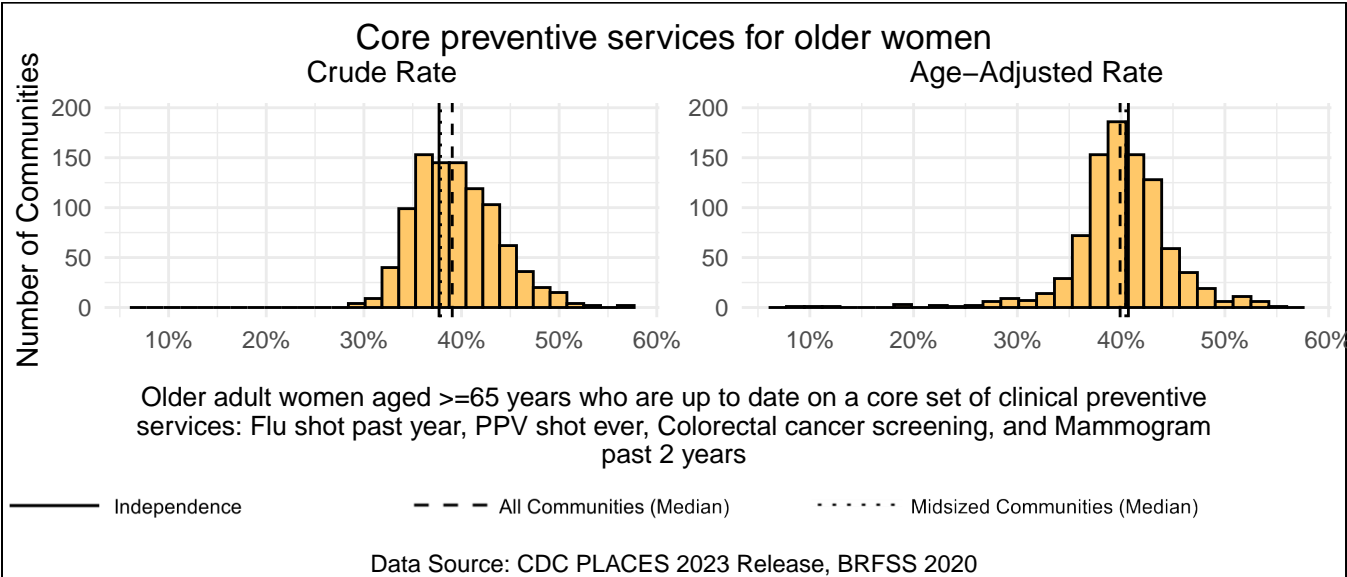




## Core preventive services for older women

Independence has a crude rate of 37.7% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 601st out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Independence is 40.7%, which ranks 395th out of 905 Iowa communities (48th out of 102 mid-sized communities).

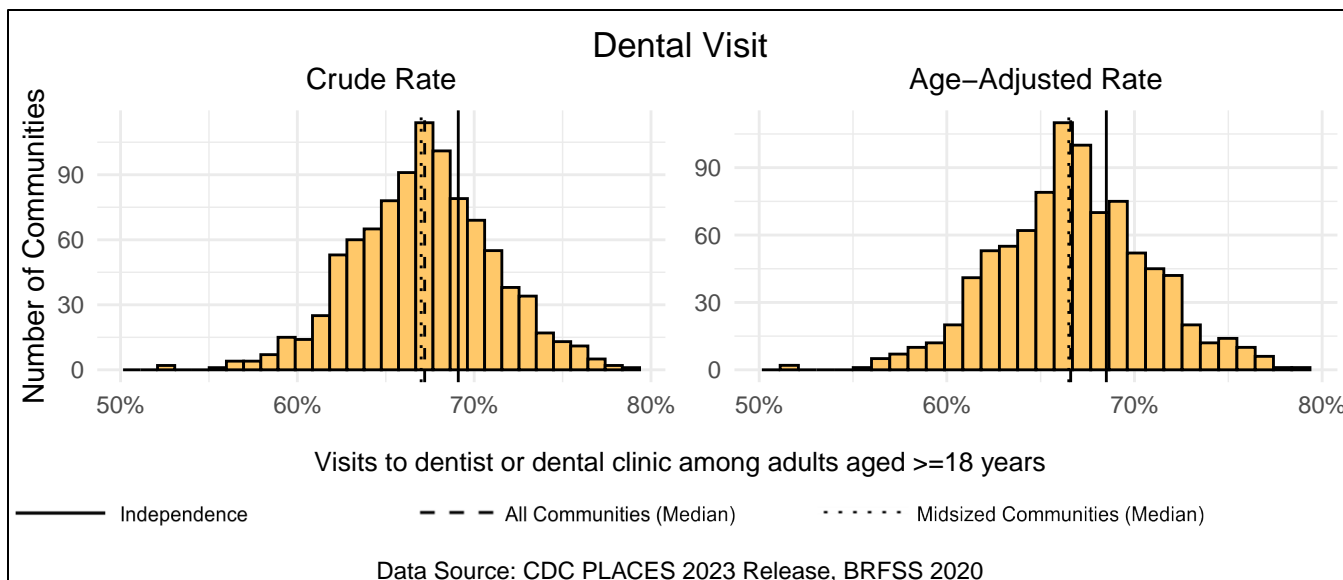
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	37.7%	39.0%	37.8%
Age-Adjusted	40.7%	39.9%	40.4%



## Dental Visit

Independence has a crude rate of 69.1% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 291st out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Independence is 68.5%, which ranks 284th out of 905 Iowa communities (37th out of 102 midsized communities).

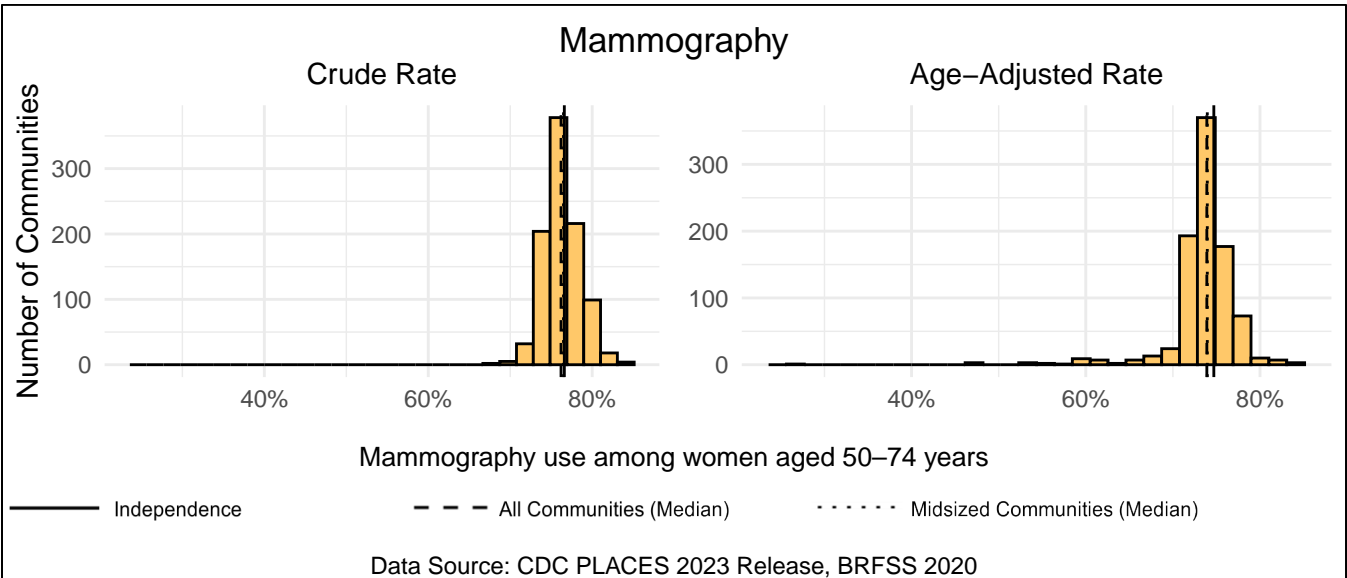
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	69.1%	67.2%	67.0%
Age-Adjusted	68.5%	66.6%	66.5%



## Mammography

Independence has a crude rate of 76.6% for mammography use among women aged 50–74 years, which ranks 391st out of 958 Iowa communities (47th out of 102 mid-sized communities). The age-adjusted rate for Independence is 74.7%, which ranks 285th out of 905 Iowa communities (42nd out of 102 mid-sized communities).

Measure Type	Independence	All Comm.	Midsized Comm.
Crude	76.6%	76.2%	76.5%
Age-Adjusted	74.7%	73.9%	74.0%



# Disability

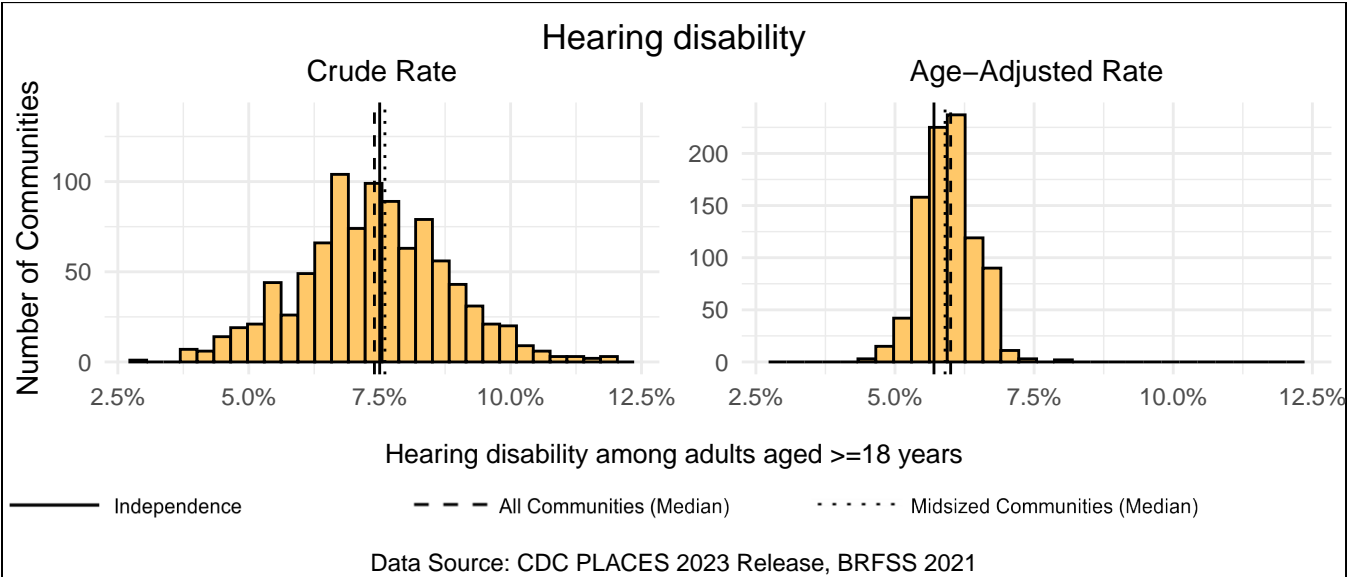
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Independence has a crude rate of 7.5% for hearing disability among adults aged  $\geq 18$  years, which ranks 497th out of 958 Iowa communities (46th out of 102 midsize communities). The age-adjusted rate for Independence is 5.7%, which ranks 219th out of 905 Iowa communities (39th out of 102 midsize communities).

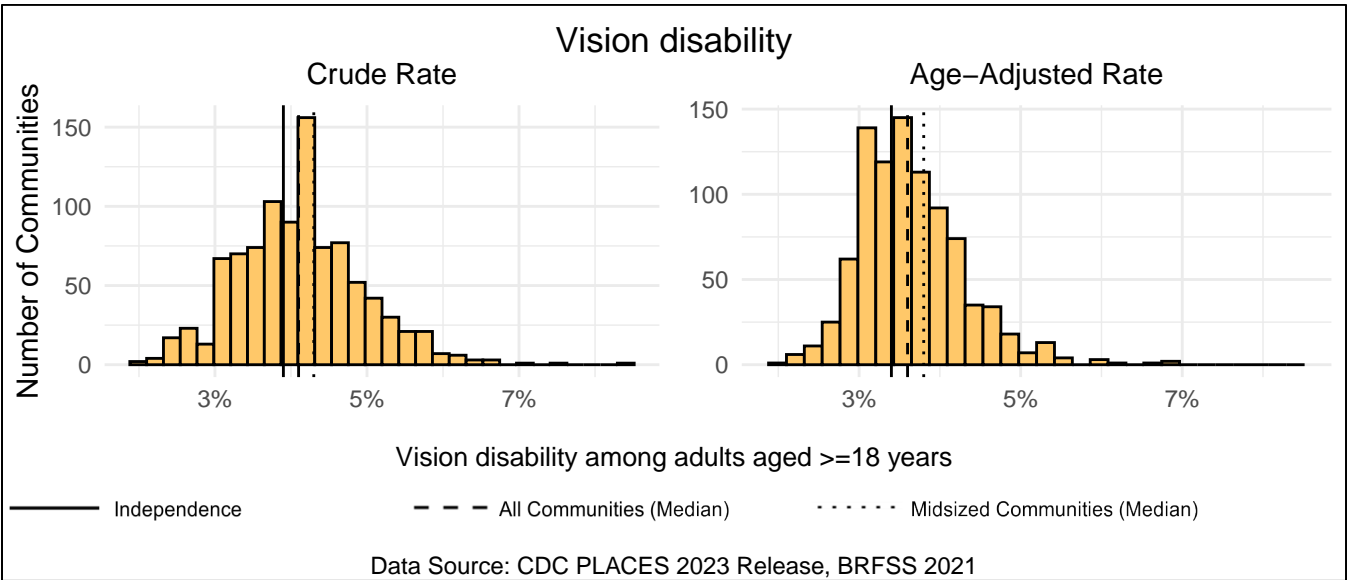
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	7.5%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.9%



# Vision disability

Independence has a crude rate of 3.9% for vision disability among adults aged >=18 years, which ranks 374th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Independence is 3.4%, which ranks 295th out of 905 Iowa communities (35th out of 102 midsize communities).

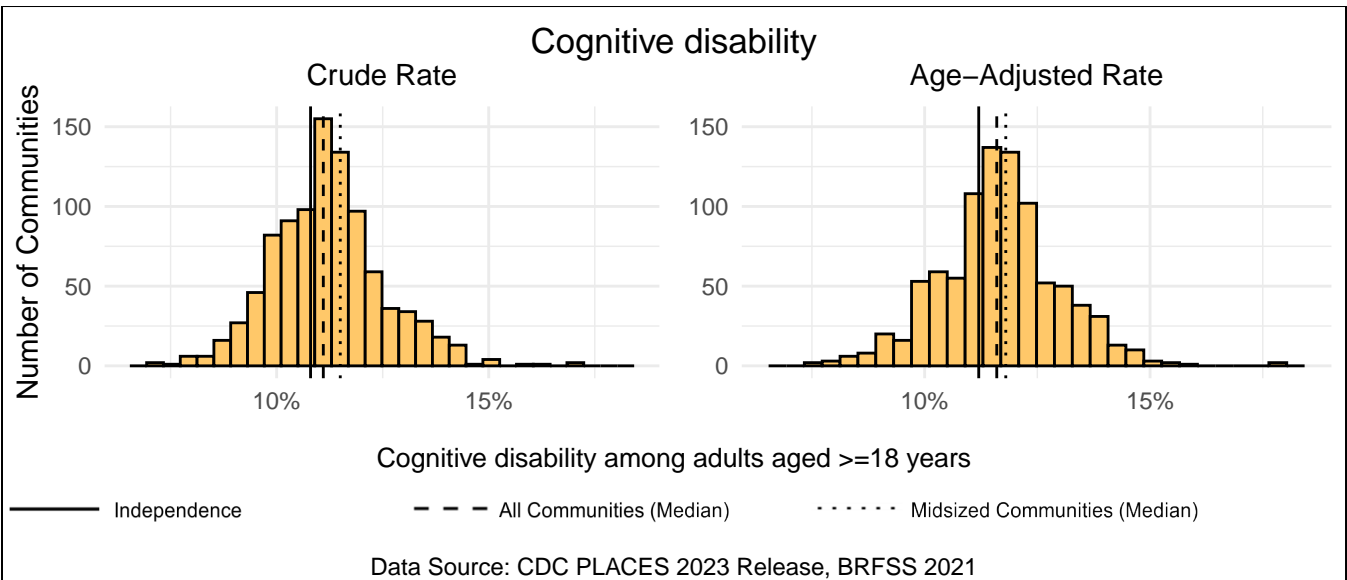
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	3.9%	4.1%	4.3%
Age-Adjusted	3.4%	3.6%	3.8%



# Cognitive disability

Independence has a crude rate of 10.8% for cognitive disability among adults aged >=18 years, which ranks 330th out of 958 Iowa communities (35th out of 102 midsize communities). The age-adjusted rate for Independence is 11.2%, which ranks 296th out of 905 Iowa communities (39th out of 102 midsize communities).

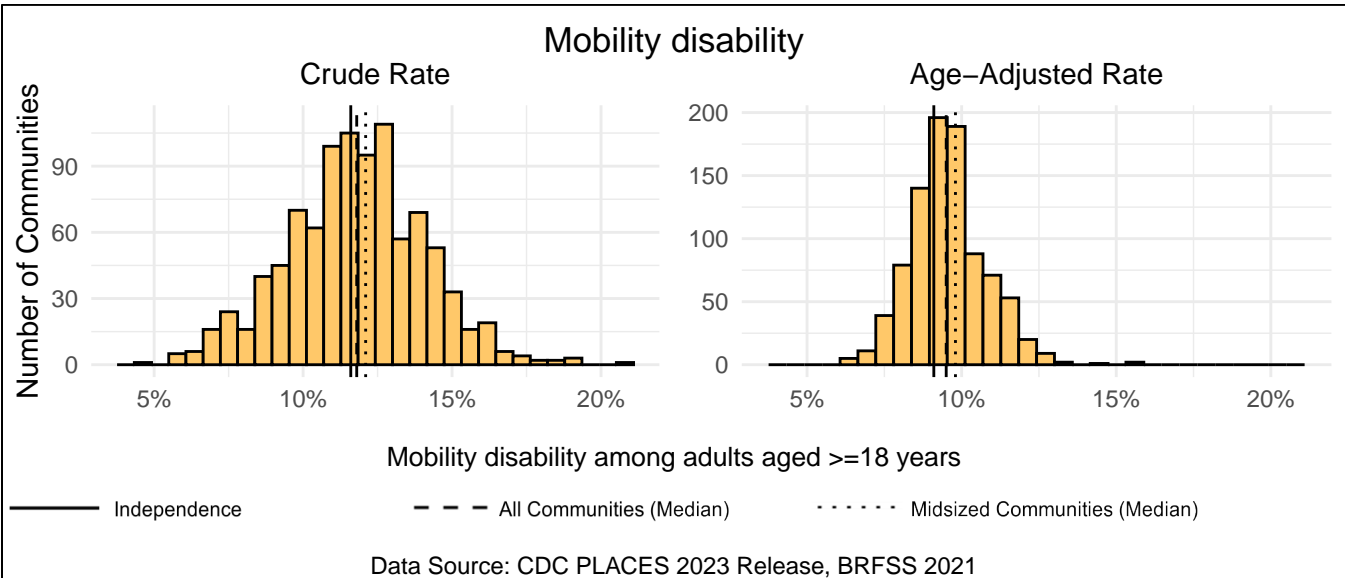
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	10.8%	11.1%	11.5%
Age-Adjusted	11.2%	11.6%	11.8%



## Mobility disability

Independence has a crude rate of 11.6% for mobility disability among adults aged  $\geq 18$  years, which ranks 437th out of 958 Iowa communities (43rd out of 102 midsized communities). The age-adjusted rate for Independence is 9.1%, which ranks 307th out of 905 Iowa communities (38th out of 102 midsized communities).

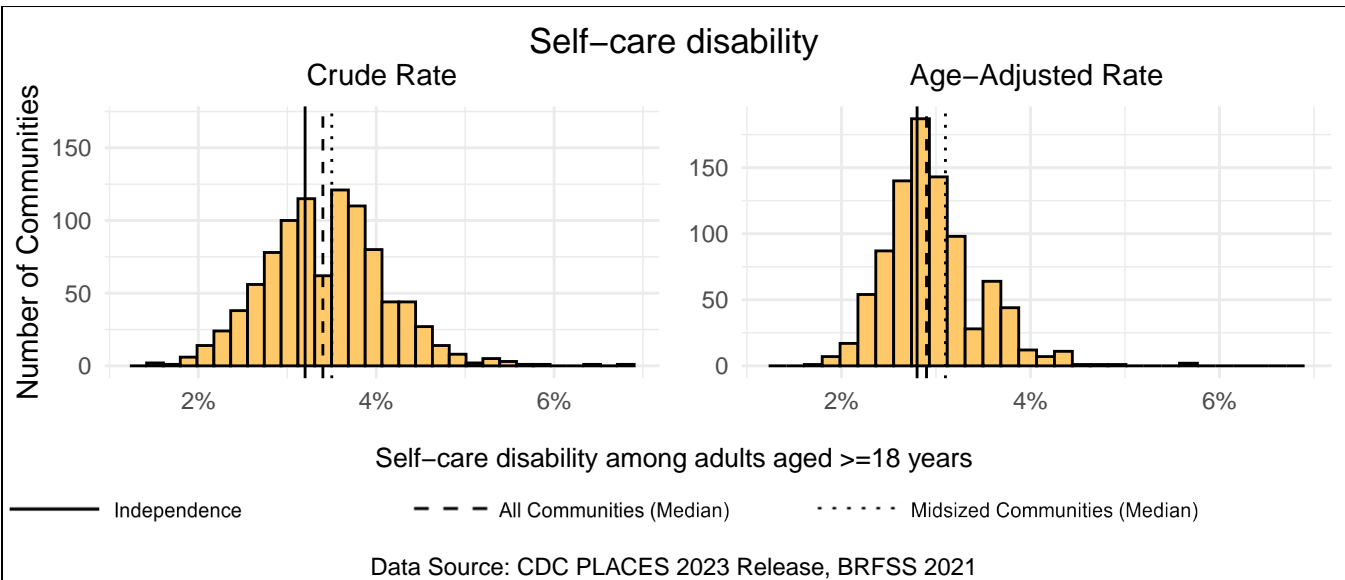
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	11.6%	11.8%	12.1%
Age-Adjusted	9.1%	9.5%	9.8%



## Self-care disability

Independence has a crude rate of 3.2% for self-care disability among adults aged  $\geq 18$  years, which ranks 320th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Independence is 2.8%, which ranks 307th out of 905 Iowa communities (37th out of 102 midsized communities).

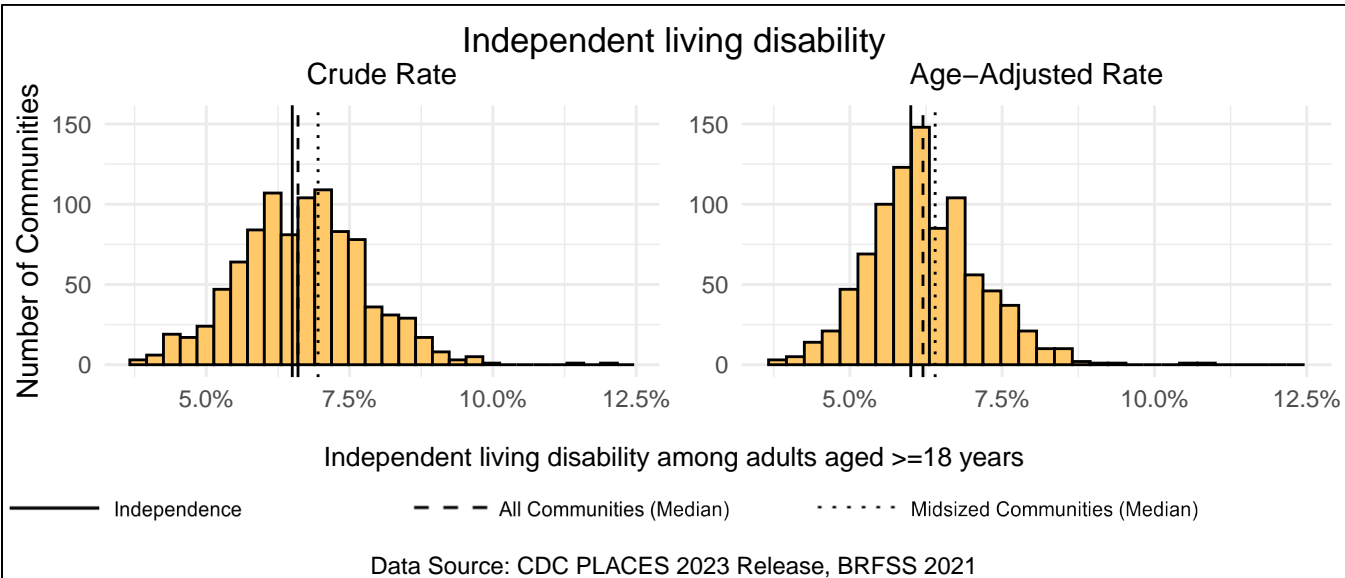
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	3.2%	3.4%	3.5%
Age-Adjusted	2.8%	2.9%	3.1%



### Independent living disability

Independence has a crude rate of 6.5% for independent living disability among adults aged  $\geq 18$  years, which ranks 413th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Independence is 6.0%, which ranks 331st out of 905 Iowa communities (39th out of 102 midsized communities).

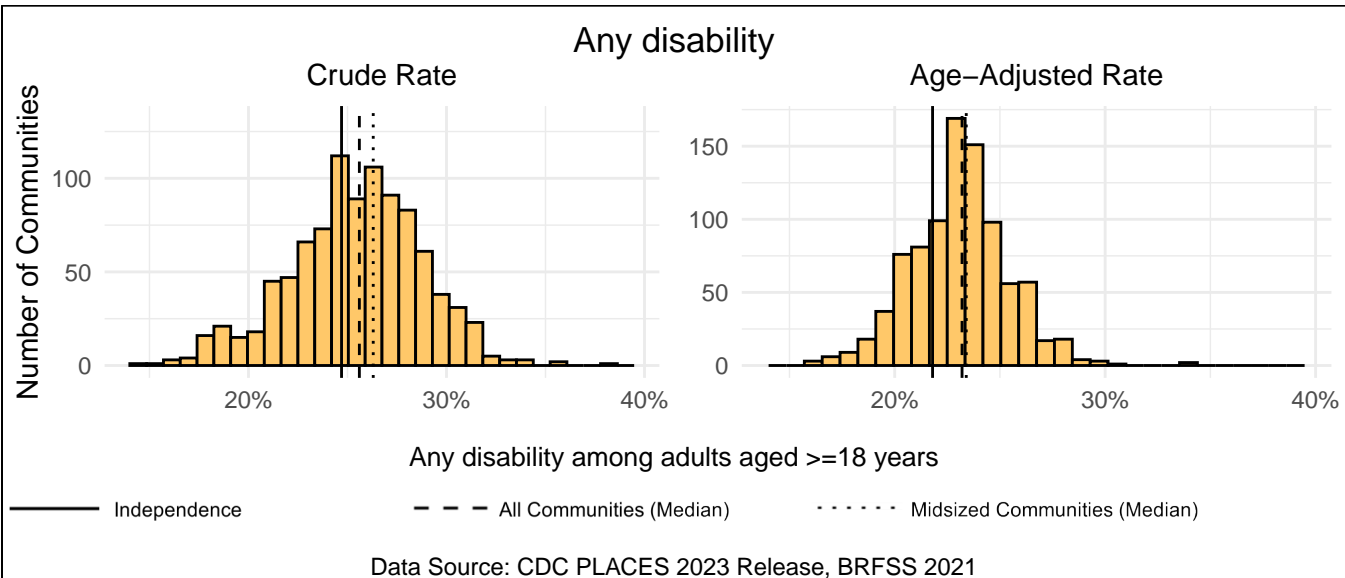
Measure Type	Independence	All Comm.	Midsized Comm.
Crude	6.5%	6.6%	7.0%
Age-Adjusted	6.0%	6.2%	6.4%



### Any disability

Independence has a crude rate of 24.7% for any disability among adults aged  $\geq 18$  years, which ranks 372nd out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Independence is 21.8%, which ranks 242nd out of 905 Iowa communities (37th out of 102 midsized communities).

Measure Type	Independence	All Comm.	Midsized Comm.
Crude	24.7%	25.6%	26.3%
Age-Adjusted	21.8%	23.2%	23.4%



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## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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





## Appendix 2: Independence 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% (8.9% - 11.9%)	265	9.3% (8.0% - 10.7%)
Health Status	Mental Health	328	13.9% (12.1% - 16.0%)	302	15.2% (13.2% - 17.4%)
Health Status	General Health	361	13.6% (11.5% - 15.9%)	312	12.2% (10.4% - 14.2%)
Health Risk Behaviors	Physical Inactivity	421	25.7% (21.2% - 30.4%)	353	23.7% (19.5% - 28.1%)
Health Risk Behaviors	Sleep <7 hours	590	30.8% (29.5% - 32.0%)	666	32.0% (30.5% - 33.2%)
Health Risk Behaviors	Binge Drinking	687	20.7% (17.3% - 24.5%)	835	23.6% (19.8% - 27.8%)
Health Risk Behaviors	Current Smoking	270	15.8% (12.7% - 19.0%)	327	17.0% (13.7% - 20.5%)
Health Outcomes	Stroke	468	3.3% (2.9% - 3.7%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	Depression	122	16.9% (13.9% - 20.3%)	114	18.1% (14.8% - 21.7%)
Health Outcomes	Current Asthma	311	9.2% (8.0% - 10.4%)	330	9.4% (8.3% - 10.6%)
Health Outcomes	Coronary Heart Disease	438	6.4% (5.6% - 7.4%)	257	4.8% (4.2% - 5.4%)
Health Outcomes	All Teeth Lost	396	12.5% (8.9% - 17.1%)	314	12.1% (8.9% - 15.9%)
Health Outcomes	Diabetes	378	9.7% (8.2% - 11.4%)	307	7.9% (6.7% - 9.2%)
Health Outcomes	Obesity	111	34.6% (27.9% - 41.6%)	135	35.2% (28.4% - 42.3%)
Health Outcomes	High Blood Pressure	480	32.1% (28.1% - 36.3%)	368	27.0% (23.4% - 30.9%)
Health Outcomes	High Cholesterol	623	37.3% (32.9% - 42.0%)	757	30.7% (26.5% - 35.3%)
Health Outcomes	Arthritis	499	28.1% (24.1% - 32.3%)	494	23.3% (19.9% - 26.8%)
Health Outcomes	COPD	363	7.1% (5.9% - 8.3%)	305	6.0% (5.1% - 7.0%)
Health Outcomes	Cancer (except skin)	578	8.4% (7.6% - 9.2%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.6%)	142	2.5% (2.3% - 2.8%)
Prevention	Colorectal Cancer Screening	301	72.9% (70.5% - 75.2%)	285	72.0% (69.5% - 74.3%)
Prevention	Taking BP Medication	402	80.2% (77.2% - 83.1%)	464	58.9% (54.0% - 63.9%)
Prevention	Dental Visit	291	69.1% (66.4% - 71.9%)	284	68.5% (65.8% - 71.4%)
Prevention	Core preventive services for older women	601	37.7% (32.1% - 43.8%)	395	40.7% (35.3% - 46.4%)
Prevention	Health Insurance	296	6.9% (5.4% - 8.8%)	300	7.3% (5.8% - 9.2%)
Prevention	Cholesterol Screening	501	82.5% (79.7% - 85.3%)	388	79.3% (76.0% - 82.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	336	44.9% (38.4% - 51.6%)	309	45.1% (38.8% - 51.8%)
Prevention	Mammography	391	76.6% (73.4% - 79.5%)	285	74.7% (71.1% - 77.9%)
Prevention	Cervical Cancer Screening	378	83.7% (81.8% - 85.5%)	232	84.0% (82.1% - 85.9%)
Prevention	Annual Checkup	312	76.0% (71.5% - 80.3%)	259	73.1% (68.3% - 77.9%)
Disability	Independent Living Disability	413	6.5% (5.6% - 7.6%)	331	6.0% (5.2% - 6.8%)
Disability	Hearing Disability	497	7.5% (6.6% - 8.5%)	219	5.7% (5.0% - 6.4%)
Disability	Vision Disability	374	3.9% (3.4% - 4.6%)	295	3.4% (3.0% - 3.9%)
Disability	Any Disability	372	24.7% (21.2% - 28.5%)	242	21.8% (18.6% - 25.3%)
Disability	Self-care Disability	320	3.2% (2.8% - 3.7%)	307	2.8% (2.4% - 3.1%)
Disability	Mobility Disability	437	11.6% (9.7% - 13.6%)	307	9.1% (7.7% - 10.6%)
Disability	Cognitive Disability	330	10.8% (9.2% - 12.5%)	296	11.2% (9.5% - 13.0%)

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)

Independence 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

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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

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