



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 Iowa City: Overview

Dear Community Members & Stakeholders of Iowa City,

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 Iowa City ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Iowa City’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 Iowa City. 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
High Cholesterol	2nd	1st	High Cholesterol	10th	1st
Arthritis	3rd	2nd	Binge Drinking	68th	4th
Cancer (except skin)	3rd	2nd	Obesity	72nd	4th
High Blood Pressure	4th	1st	All Teeth Lost	87th	4th
Chronic Kidney Disease	6th	2nd	Core preventive services for older women	101st	4th

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
Mental Health	957th	10th	Vision Disability	742nd	5th
Cholesterol Screening	956th	10th	Current Asthma	696th	6th
Cervical Cancer Screening	955th	10th	Self-care Disability	637th	4th
Taking BP Medication	954th	10th	Cervical Cancer Screening	626th	8th
Annual Checkup	953rd	11th	Depression	625th	6th

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 Iowa City.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

With a population of 74,878, Iowa City’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

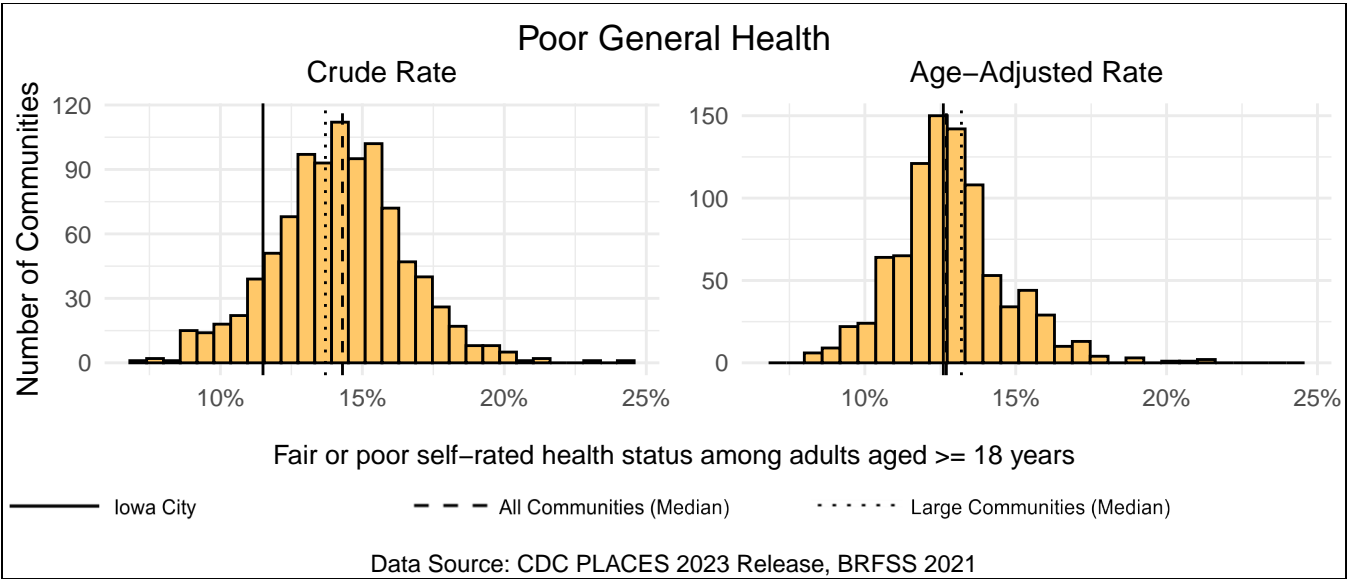
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Iowa City has a crude rate of 11.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 103rd out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Iowa City is 12.6%, which ranks 410th out of 905 Iowa communities (4th out of 11 large communities).

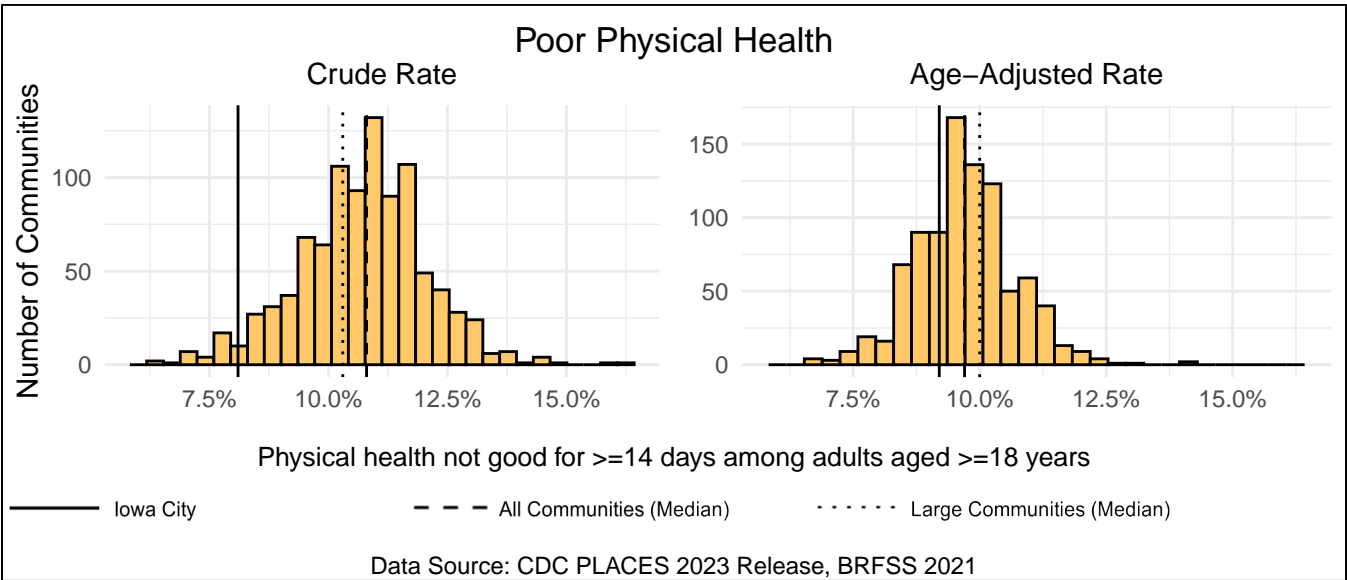
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	11.5%	14.3%	13.7%
Age-Adjusted	12.6%	12.7%	13.2%



Poor Physical Health

Iowa City has a crude rate of 8.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 36th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Iowa City is 9.2%, which ranks 238th out of 905 Iowa communities (3rd out of 11 large communities).

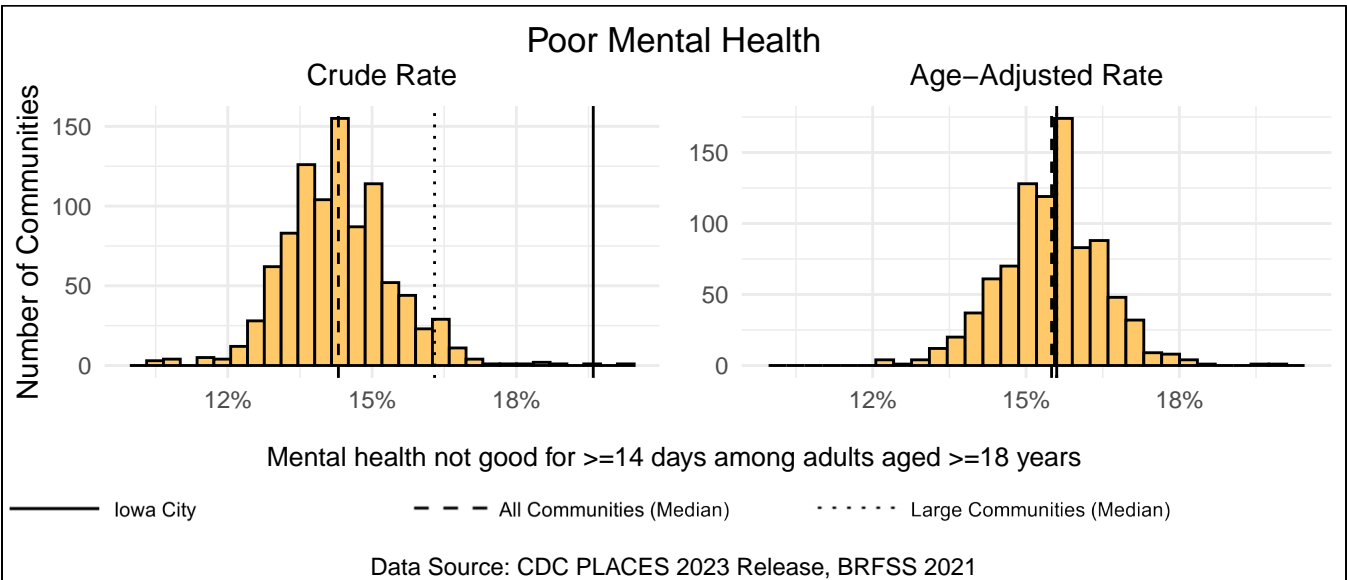
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	8.1%	10.8%	10.3%
Age-Adjusted	9.2%	9.7%	10.0%



Poor Mental Health

Iowa City has a crude rate of 19.6% for mental health not good for >=14 days among adults aged >=18 years, which ranks 957th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Iowa City is 15.6%, which ranks 457th out of 905 Iowa communities (5th out of 11 large communities).

Measure Type	Iowa City	All Comm.	Large Comm.
Crude	19.6%	14.3%	16.3%
Age-Adjusted	15.6%	15.5%	15.6%



Health Risk Behaviors

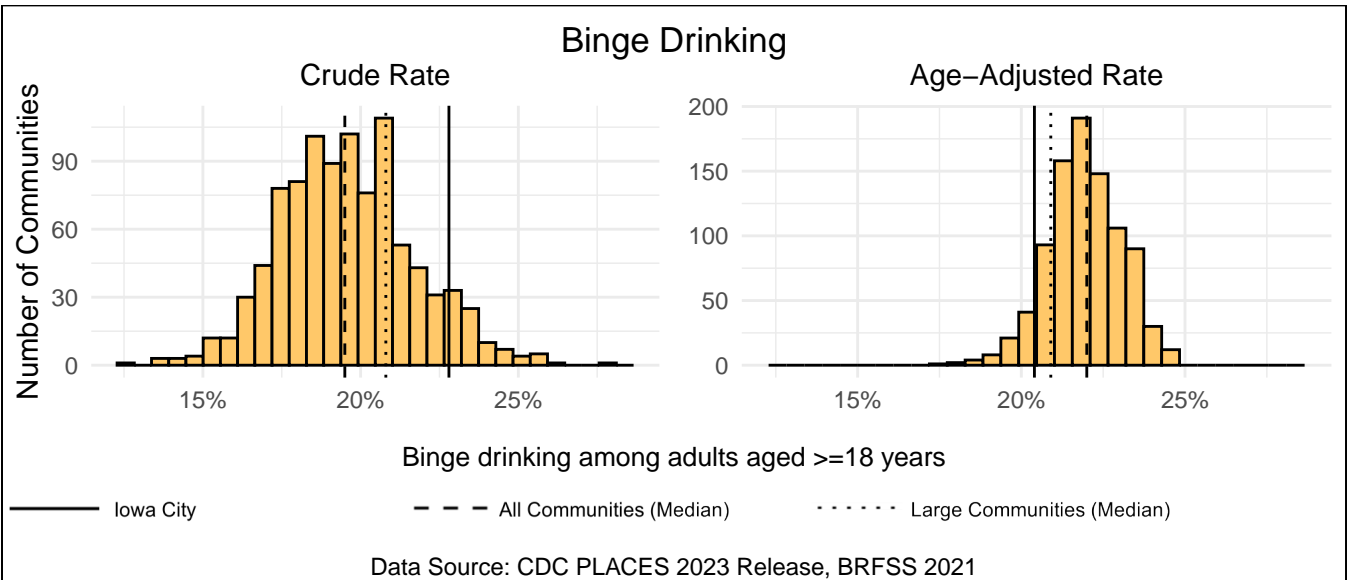
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Iowa City has a crude rate of 22.8% for binge drinking among adults aged ≥ 18 years, which ranks 881st out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Iowa City is 20.4%, which ranks 68th out of 905 Iowa communities (4th out of 11 large communities).

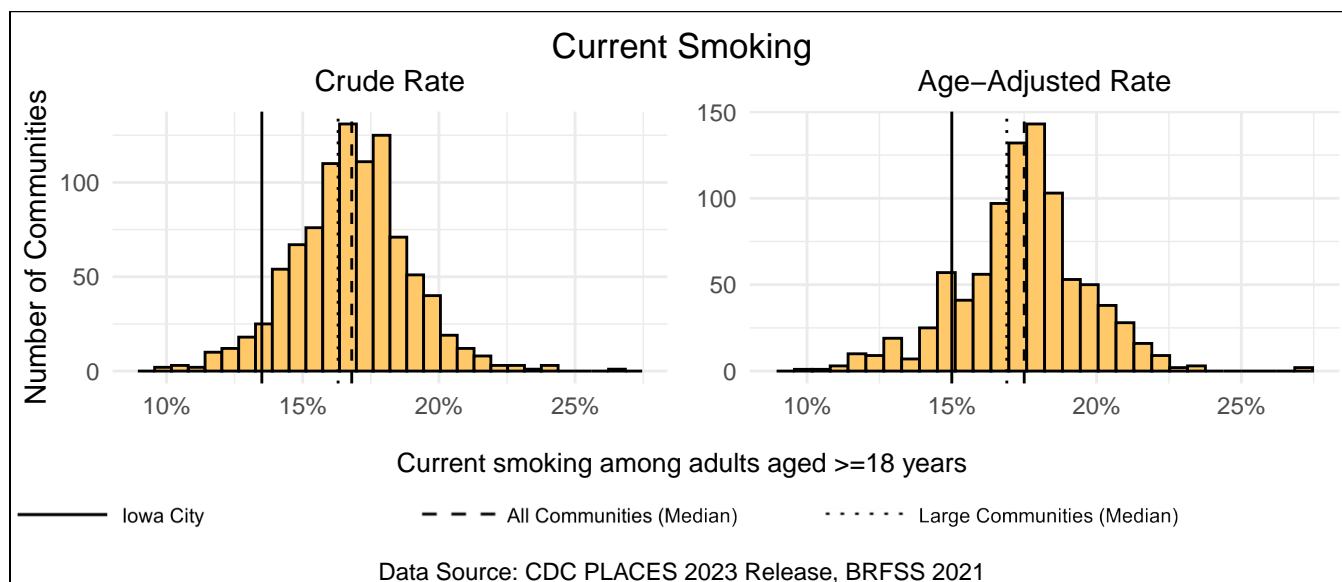
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	22.8%	19.5%	20.8%
Age-Adjusted	20.4%	22.0%	20.9%



Current Smoking

Iowa City has a crude rate of 13.5% for current smoking among adults aged ≥ 18 years, which ranks 58th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Iowa City is 15.0%, which ranks 113th out of 905 Iowa communities (4th out of 11 large communities).

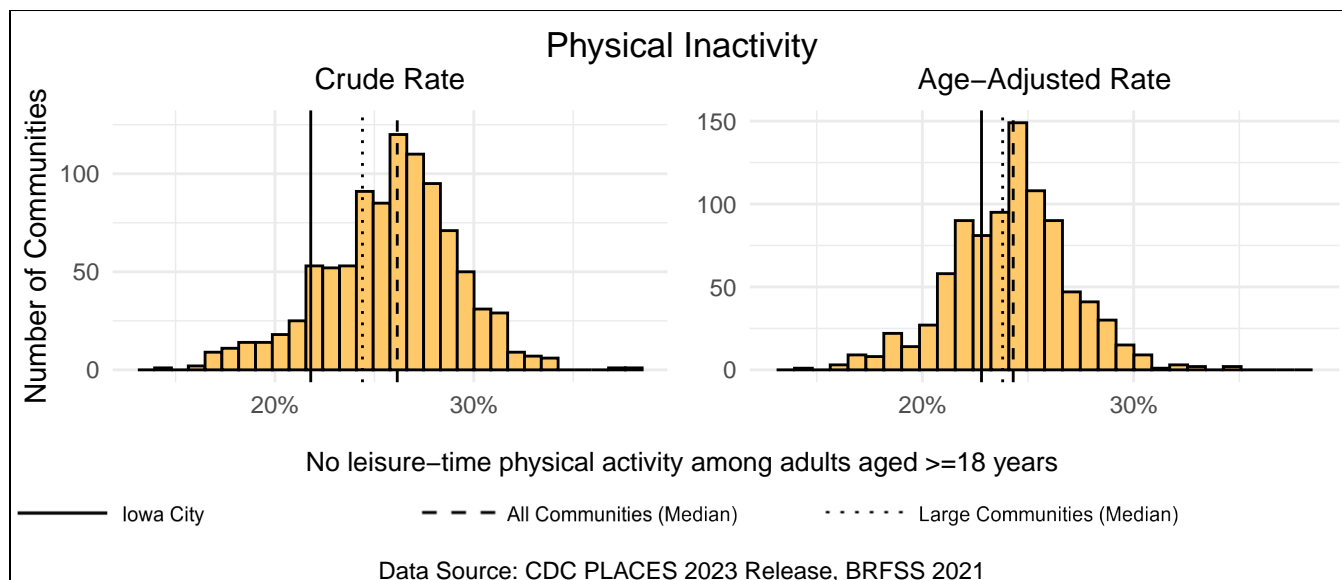
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	13.5%	16.8%	16.3%
Age-Adjusted	15.0%	17.5%	16.9%



Physical Inactivity

Iowa City has a crude rate of 21.8% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 107th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Iowa City is 22.8%, which ranks 261st out of 905 Iowa communities (5th out of 11 large communities).

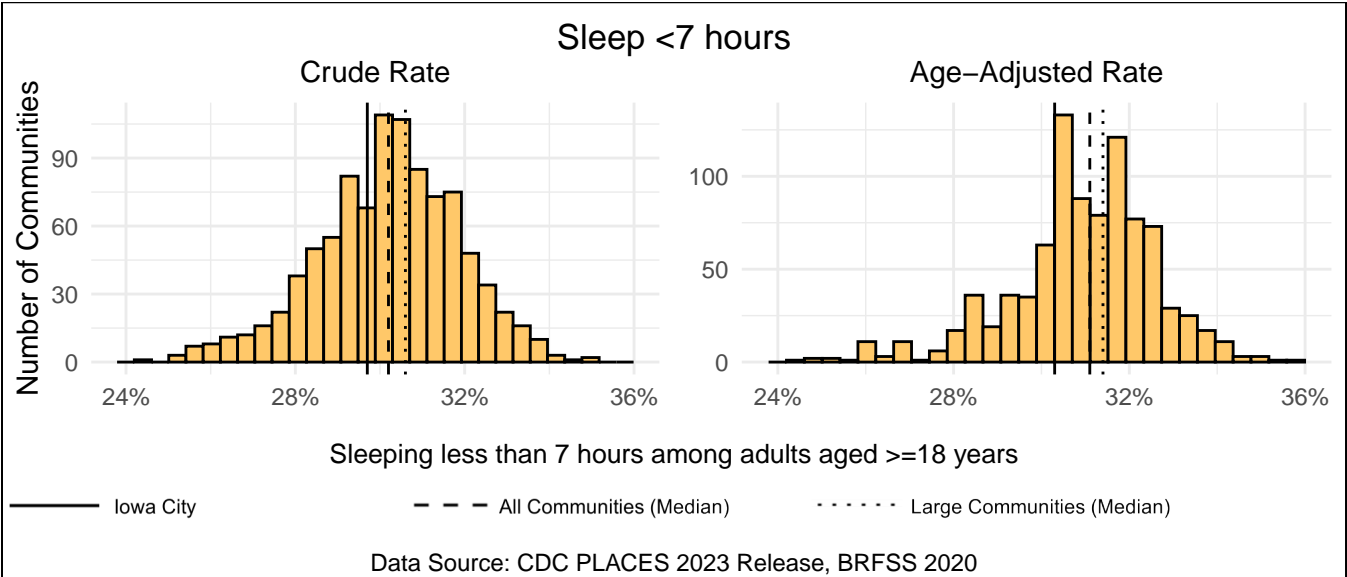
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	21.8%	26.1%	24.4%
Age-Adjusted	22.8%	24.3%	23.8%



Sleep <7 hours

Iowa City has a crude rate of 29.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 331st out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Iowa City is 30.3%, which ranks 245th out of 905 Iowa communities (4th out of 11 large communities).

Measure Type	Iowa City	All Comm.	Large Comm.
Crude	29.7%	30.2%	30.6%
Age-Adjusted	30.3%	31.1%	31.4%



Health Outcomes

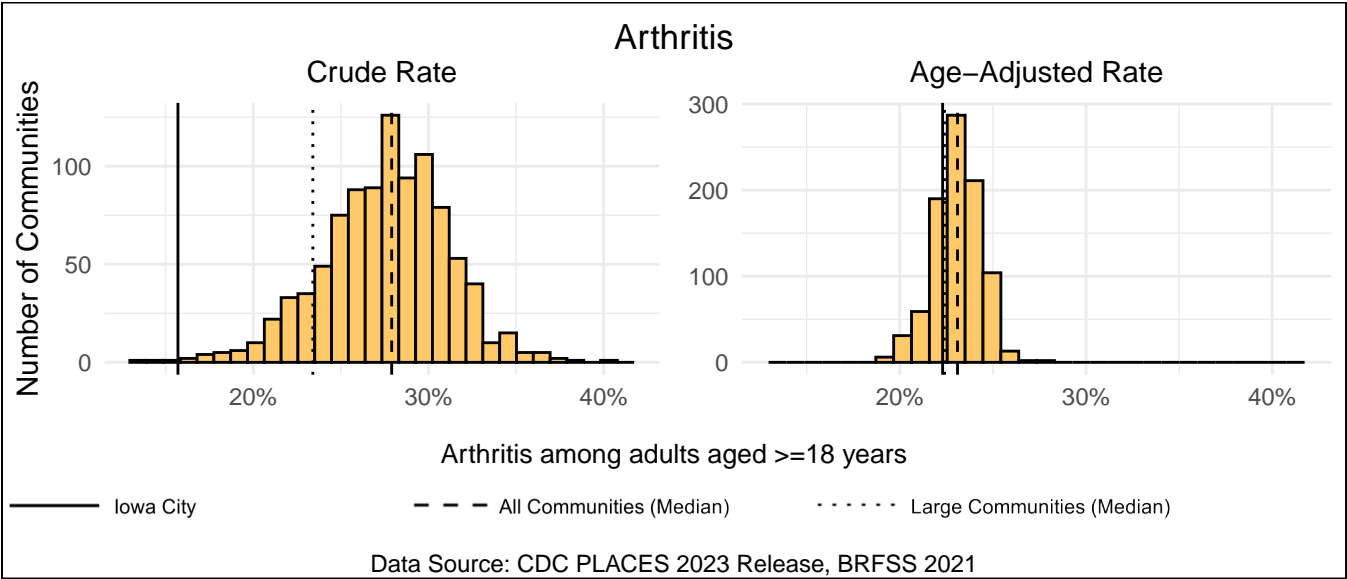
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Iowa City has a crude rate of 15.7% for arthritis among adults aged ≥ 18 years, which ranks 3rd out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Iowa City is 22.3%, which ranks 210th out of 905 Iowa communities (5th out of 11 large communities).

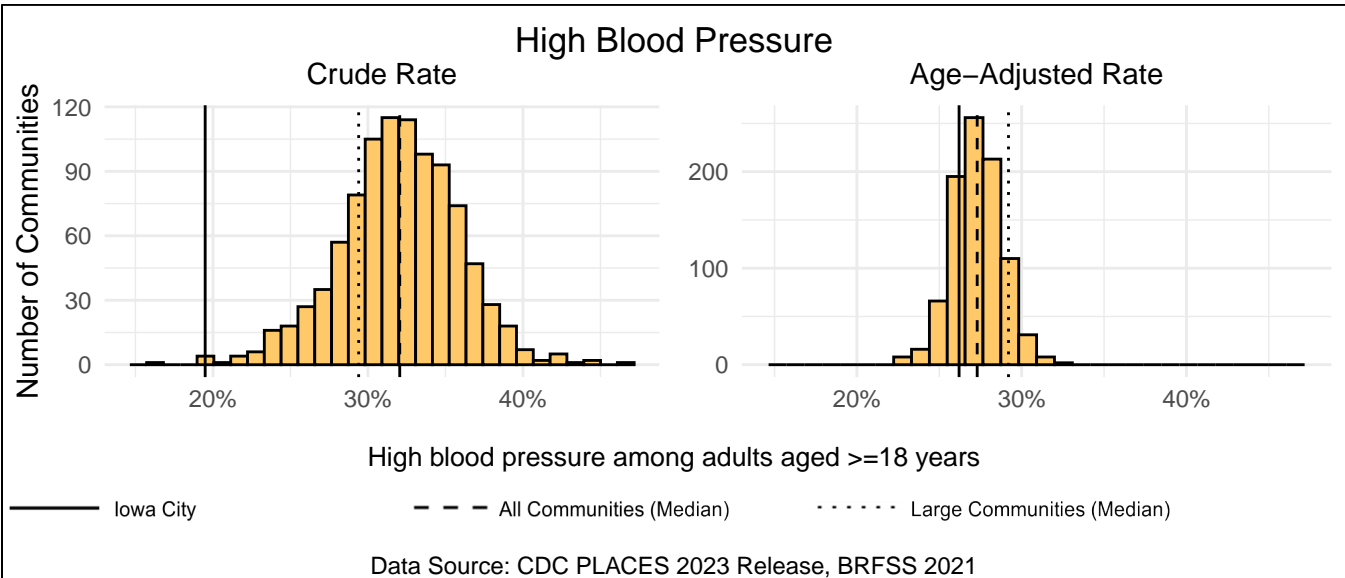
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	15.7%	27.9%	23.4%
Age-Adjusted	22.3%	23.1%	22.4%



High Blood Pressure

Iowa City has a crude rate of 19.5% for high blood pressure among adults aged ≥ 18 years, which ranks 4th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Iowa City is 26.2%, which ranks 209th out of 905 Iowa communities (3rd out of 11 large communities).

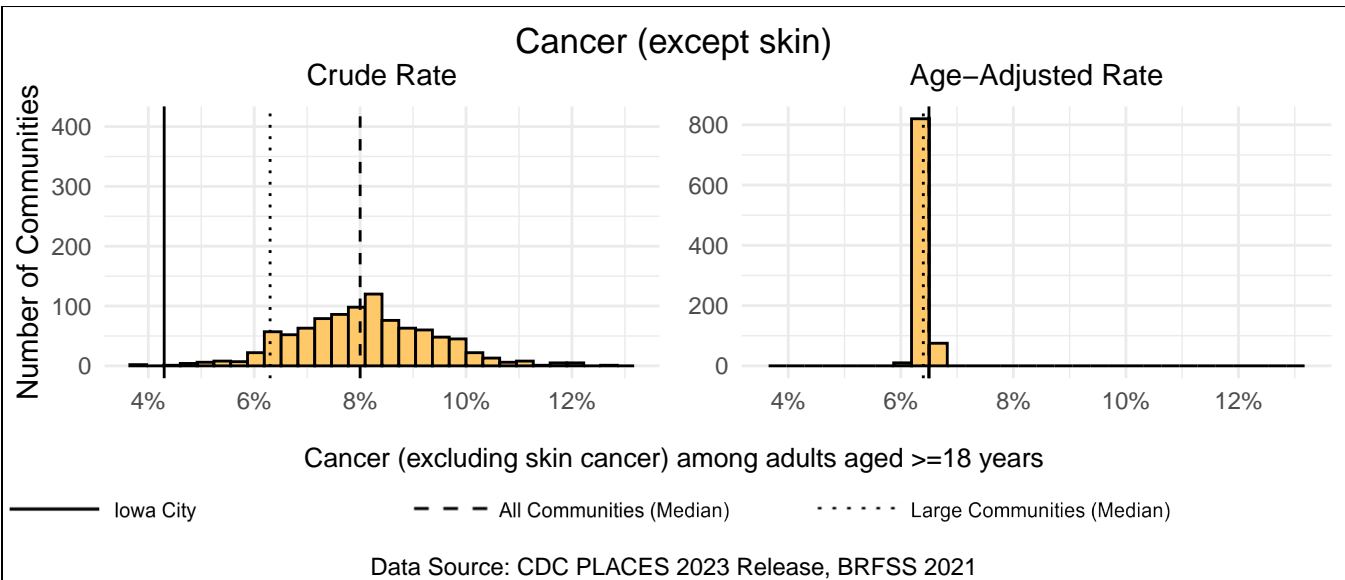
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	19.5%	32.0%	29.4%
Age-Adjusted	26.2%	27.3%	29.2%



Cancer (except skin)

Iowa City has a crude rate of 4.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 3rd out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Iowa City is 6.5%, which ranks 418th out of 905 Iowa communities (9th out of 11 large communities).

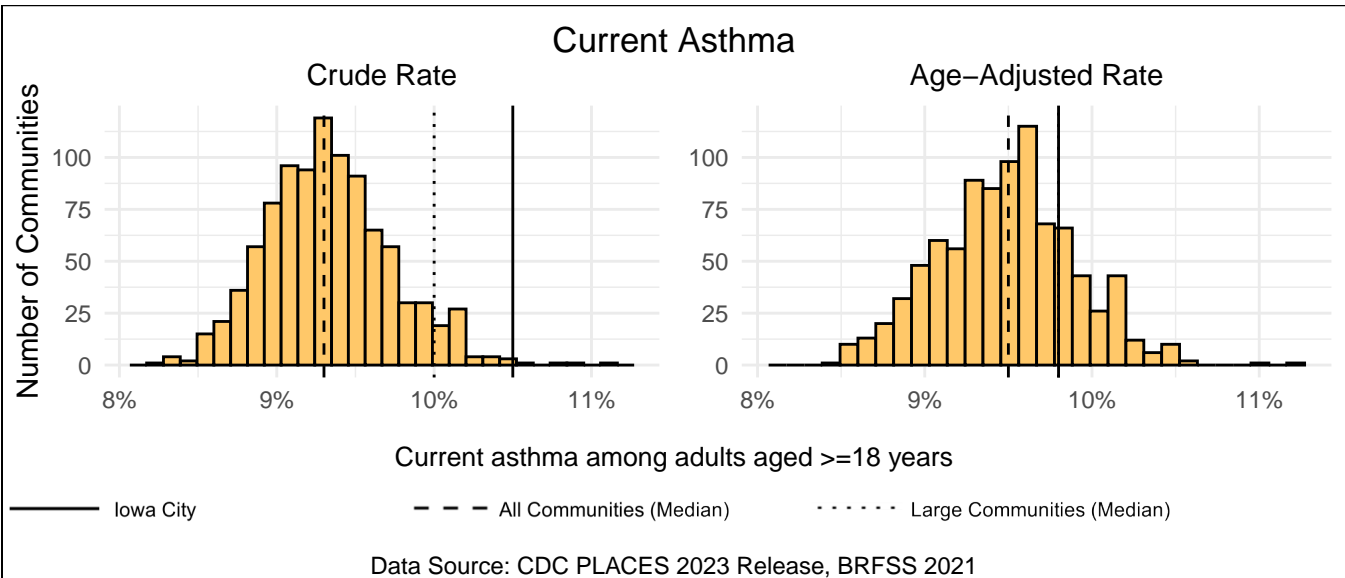
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	4.3%	8.0%	6.3%
Age-Adjusted	6.5%	6.5%	6.4%



Current Asthma

Iowa City has a crude rate of 10.5% for current asthma among adults aged ≥ 18 years, which ranks 952nd out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Iowa City is 9.8%, which ranks 696th out of 905 Iowa communities (6th out of 11 large communities).

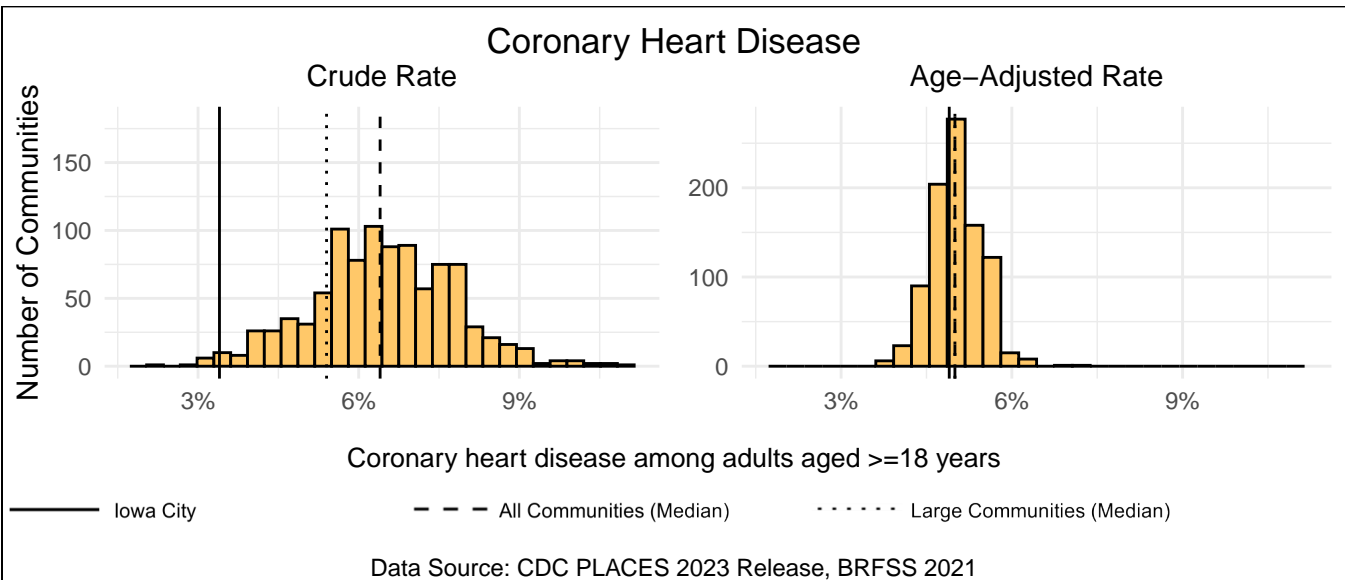
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	10.5%	9.3%	10.0%
Age-Adjusted	9.8%	9.5%	9.8%



Coronary Heart Disease

Iowa City has a crude rate of 3.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 11th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Iowa City is 4.9%, which ranks 324th out of 905 Iowa communities (3rd out of 11 large communities).

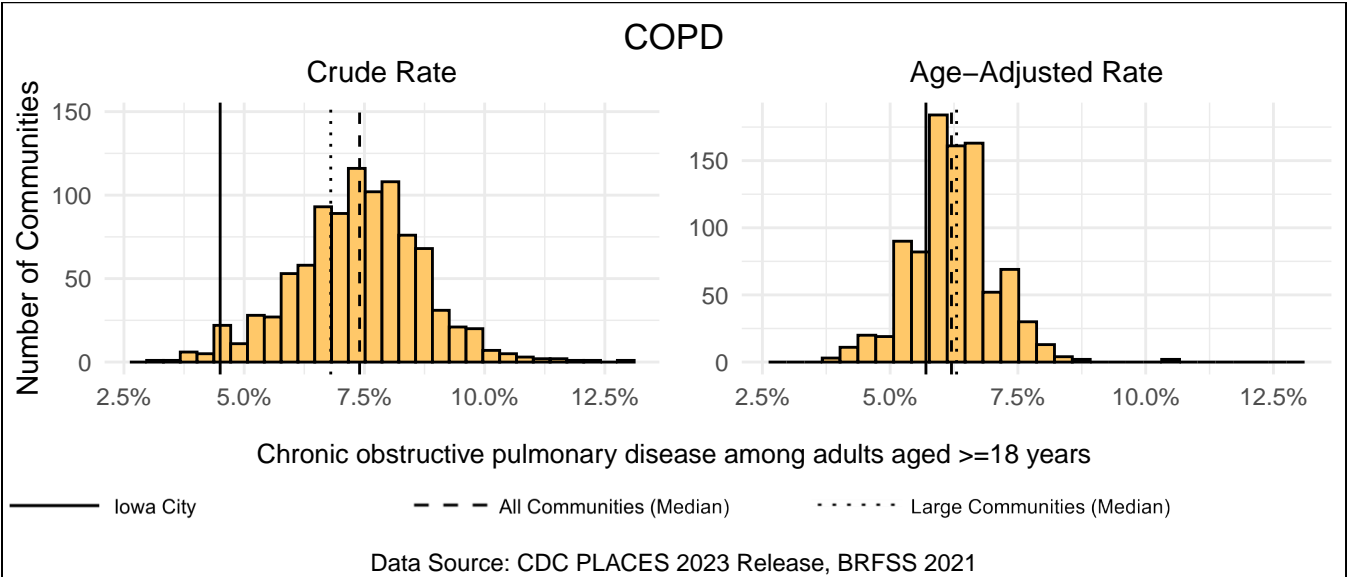
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	3.4%	6.4%	5.4%
Age-Adjusted	4.9%	5.0%	5.0%



COPD

Iowa City has a crude rate of 4.5% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 16th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Iowa City is 5.7%, which ranks 183rd out of 905 Iowa communities (3rd out of 11 large communities).

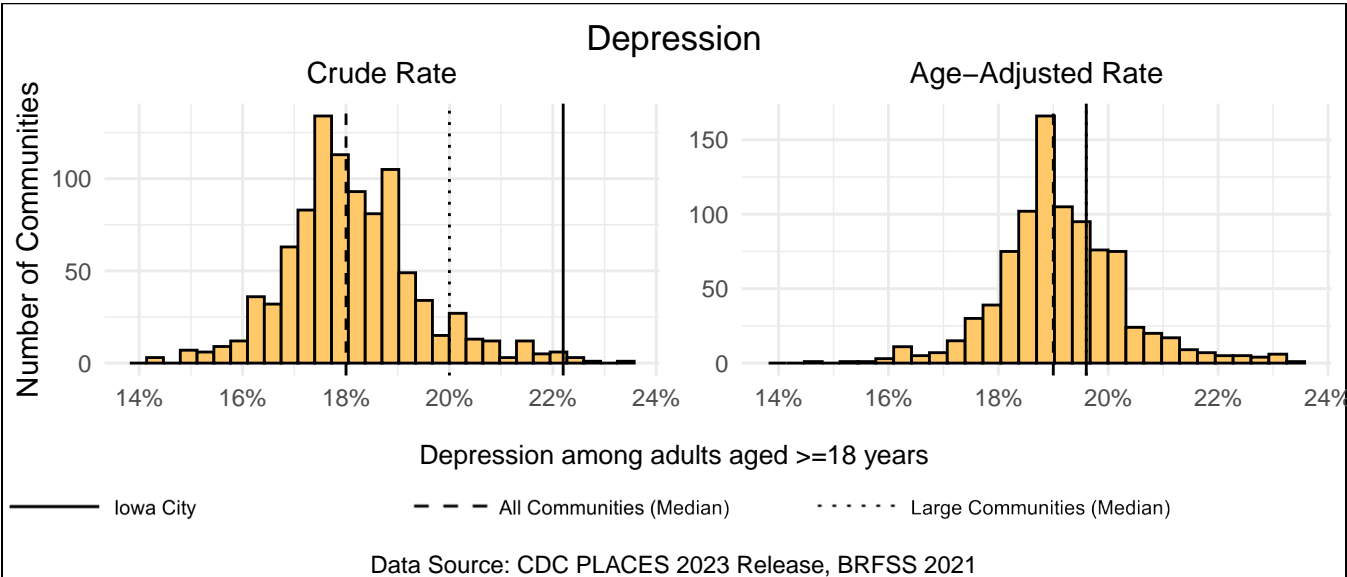
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	4.5%	7.4%	6.8%
Age-Adjusted	5.7%	6.2%	6.3%



Depression

Iowa City has a crude rate of 22.2% for depression among adults aged ≥ 18 years, which ranks 949th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Iowa City is 19.6%, which ranks 625th out of 905 Iowa communities (6th out of 11 large communities).

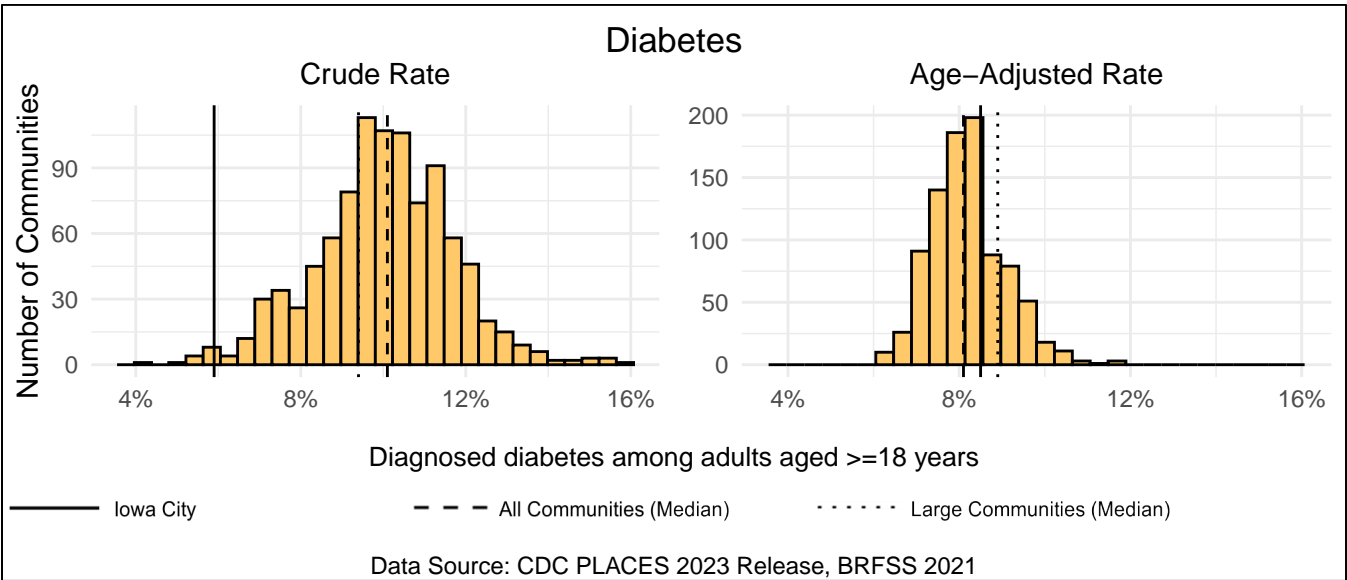
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	22.2%	18.0%	20.0%
Age-Adjusted	19.6%	19.0%	19.6%



Diabetes

Iowa City has a crude rate of 5.9% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 10th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Iowa City is 8.5%, which ranks 617th out of 905 Iowa communities (4th out of 11 large communities).

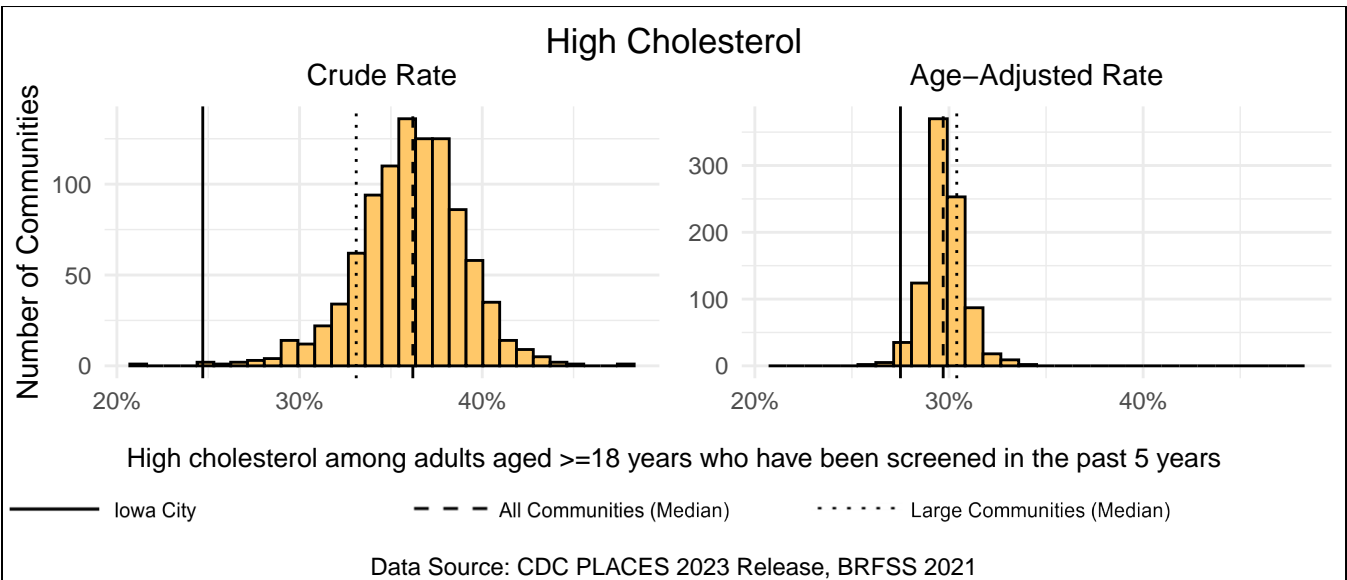
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	5.9%	10.1%	9.4%
Age-Adjusted	8.5%	8.1%	8.9%



High Cholesterol

Iowa City has a crude rate of 24.7% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 2nd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Iowa City is 27.5%, which ranks 10th out of 905 Iowa communities (1st out of 11 large communities).

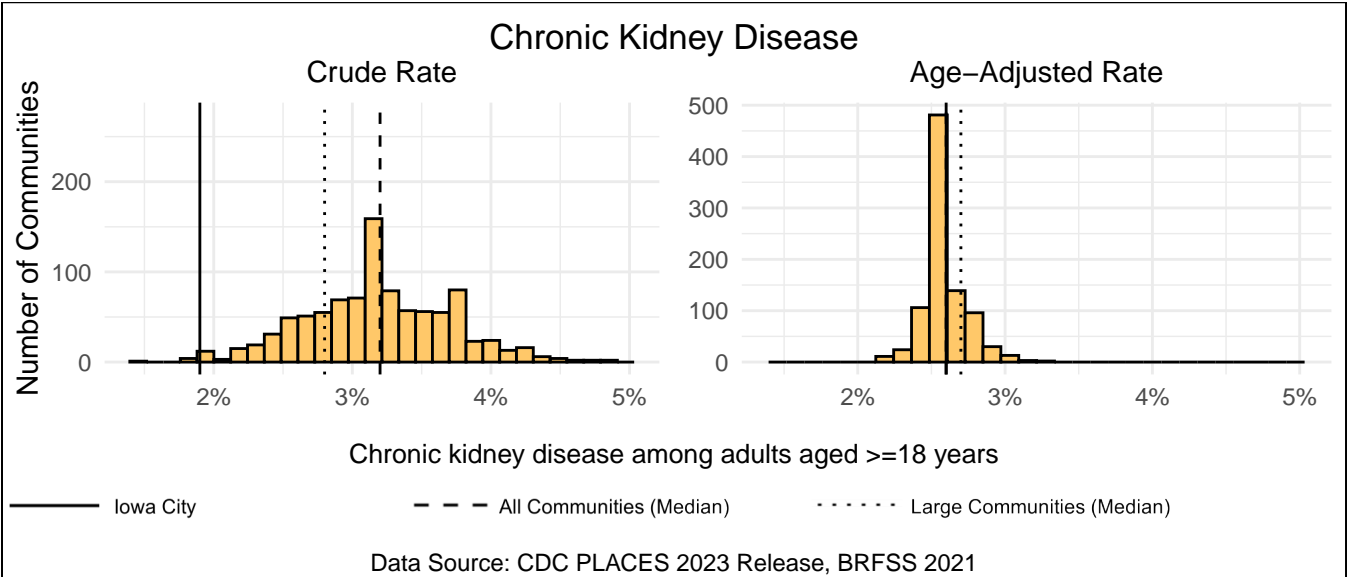
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	24.7%	36.2%	33.1%
Age-Adjusted	27.5%	29.7%	30.4%



Chronic Kidney Disease

Iowa City has a crude rate of 1.9% for chronic kidney disease among adults aged ≥ 18 years, which ranks 6th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Iowa City is 2.6%, which ranks 349th out of 905 Iowa communities (3rd out of 11 large communities).

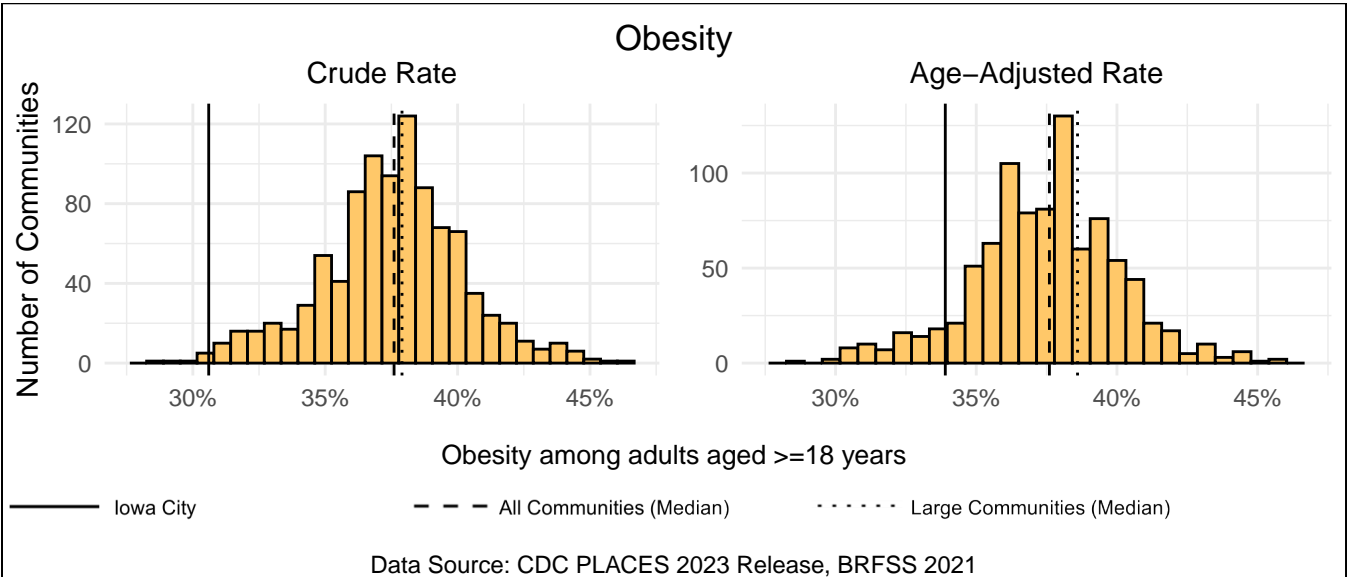
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	1.9%	3.2%	2.8%
Age-Adjusted	2.6%	2.6%	2.7%



Obesity

Iowa City has a crude rate of 30.6% for obesity among adults aged ≥ 18 years, which ranks 8th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Iowa City is 33.9%, which ranks 72nd out of 905 Iowa communities (4th out of 11 large communities).

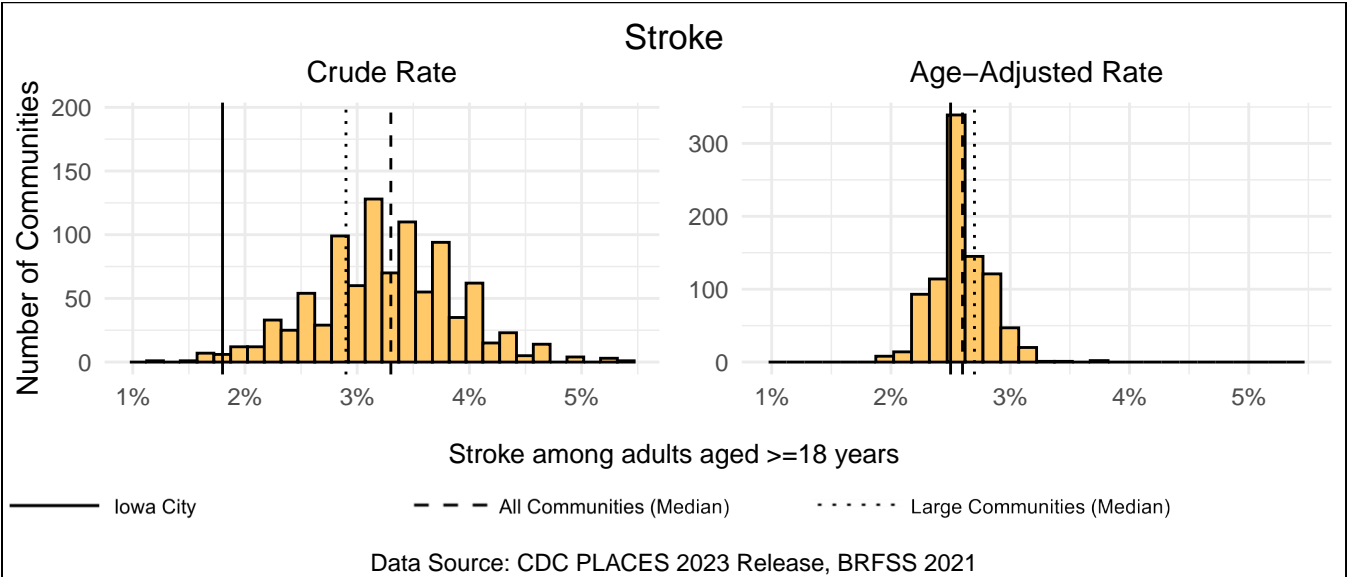
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	30.6%	37.6%	37.9%
Age-Adjusted	33.9%	37.6%	38.6%



Stroke

Iowa City has a crude rate of 1.8% for stroke among adults aged >=18 years, which ranks 10th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Iowa City is 2.5%, which ranks 230th out of 905 Iowa communities (3rd out of 11 large communities).

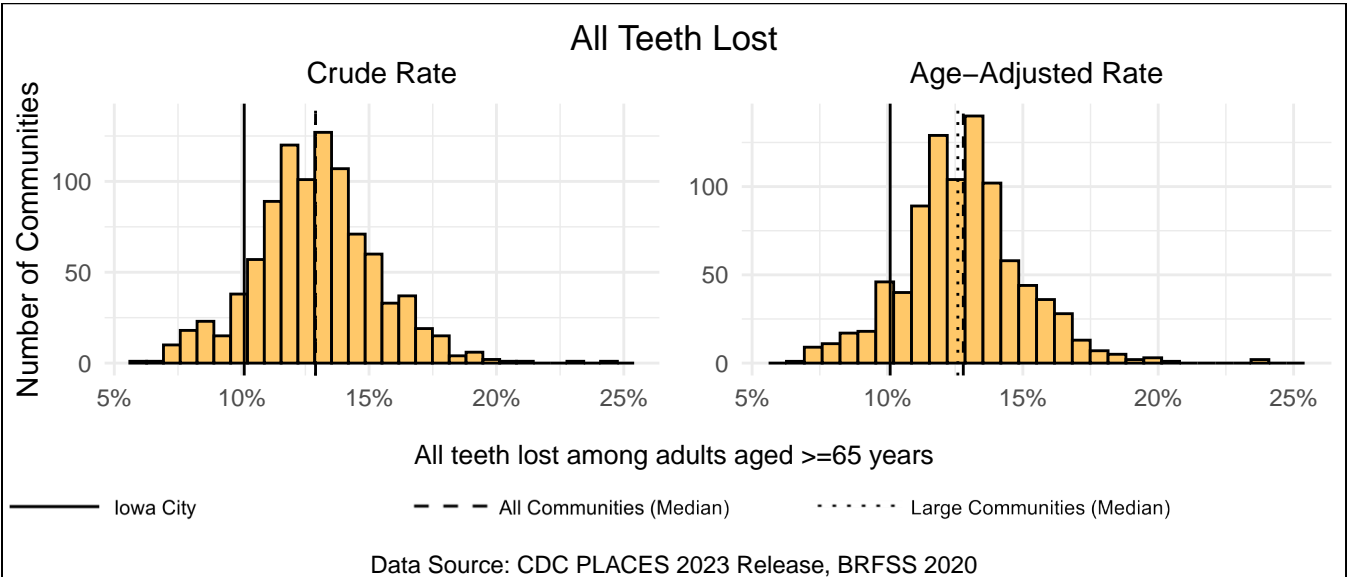
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	1.8%	3.3%	2.9%
Age-Adjusted	2.5%	2.6%	2.7%



All Teeth Lost

Iowa City has a crude rate of 10.1% for all teeth lost among adults aged >=65 years, which ranks 97th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Iowa City is 10.1%, which ranks 87th out of 905 Iowa communities (4th out of 11 large communities).

Measure Type	Iowa City	All Comm.	Large Comm.
Crude	10.1%	12.9%	12.9%
Age-Adjusted	10.1%	12.8%	12.6%



Prevention

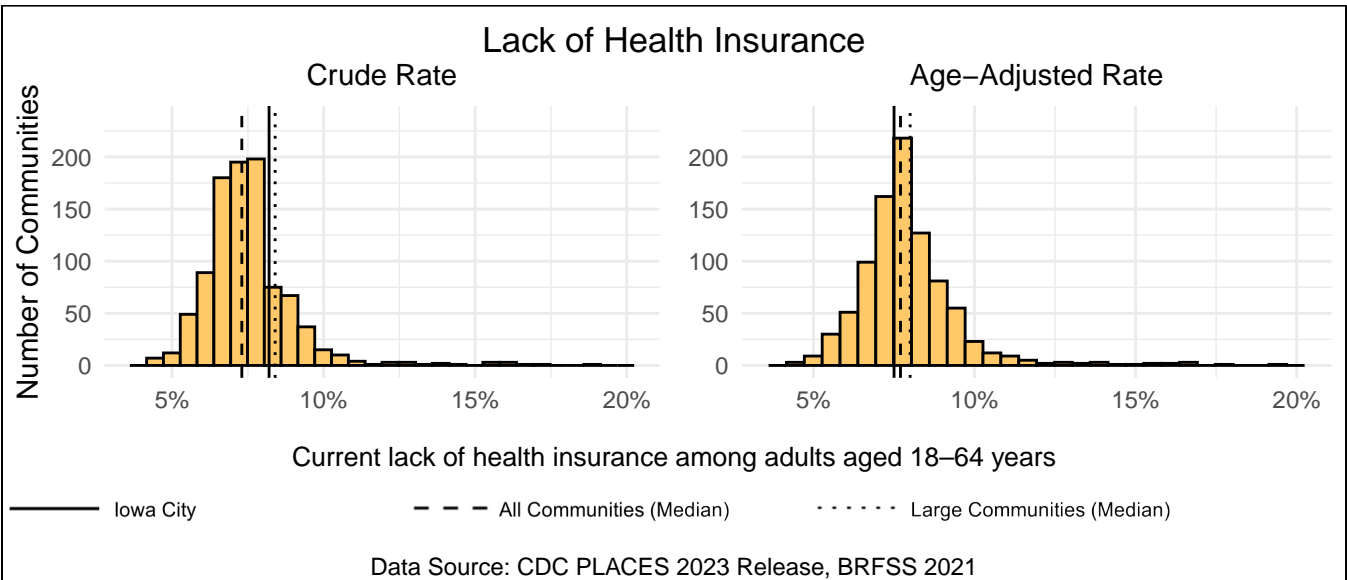
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Iowa City has a crude rate of 8.2% for current lack of health insurance among adults aged 18–64 years, which ranks 752nd out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Iowa City is 7.5%, which ranks 355th out of 905 Iowa communities (4th out of 11 large communities).

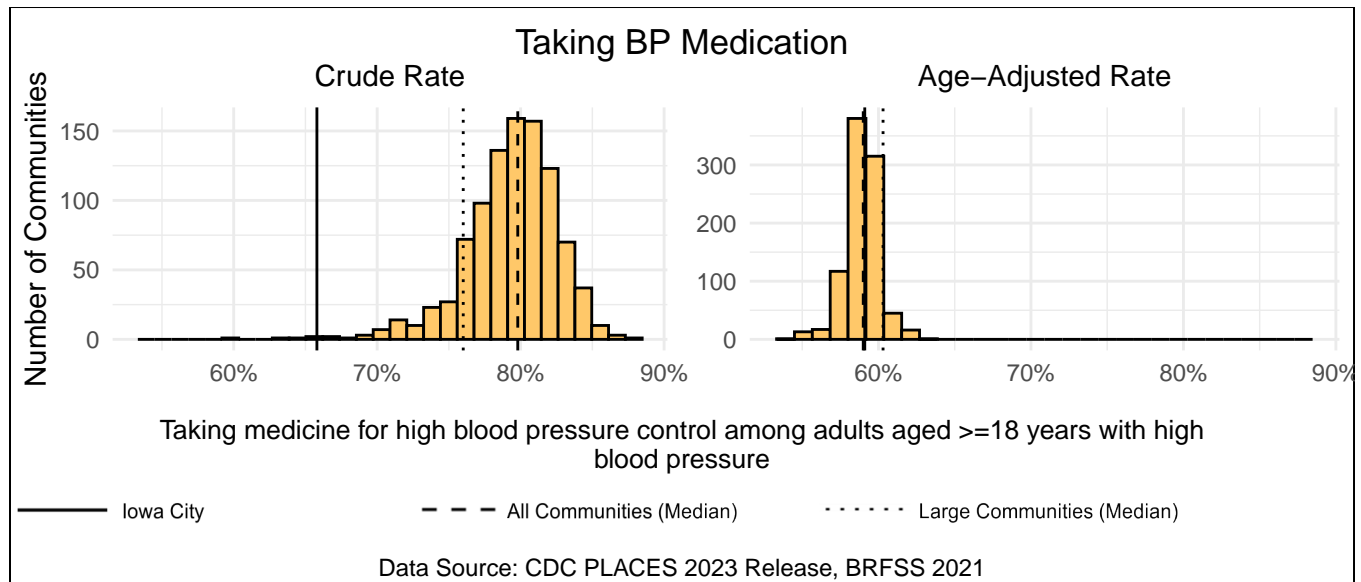
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	8.2%	7.3%	8.4%
Age-Adjusted	7.5%	7.7%	8.0%



Taking BP Medication

Iowa City has a crude rate of 65.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 954th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Iowa City is 59.1%, which ranks 378th out of 905 Iowa communities (8th out of 11 large communities).

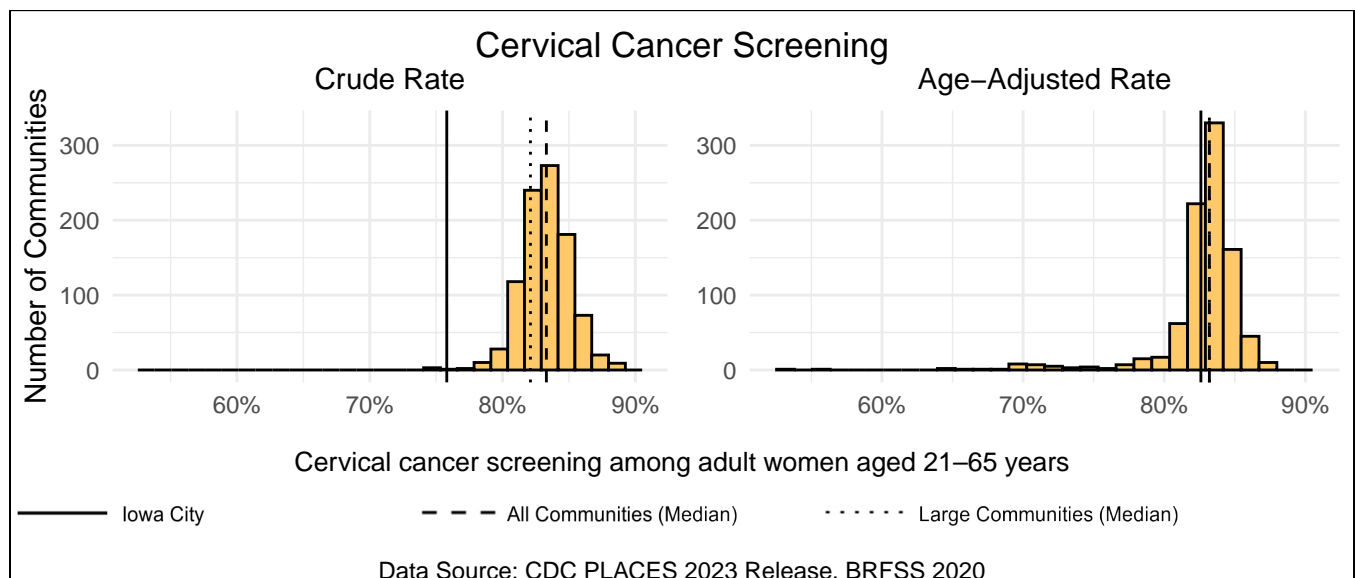
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	65.8%	79.8%	76.0%
Age-Adjusted	59.1%	59.0%	60.3%



Cervical Cancer Screening

Iowa City has a crude rate of 75.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 955th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Iowa City is 82.6%, which ranks 626th out of 905 Iowa communities (8th out of 11 large communities).

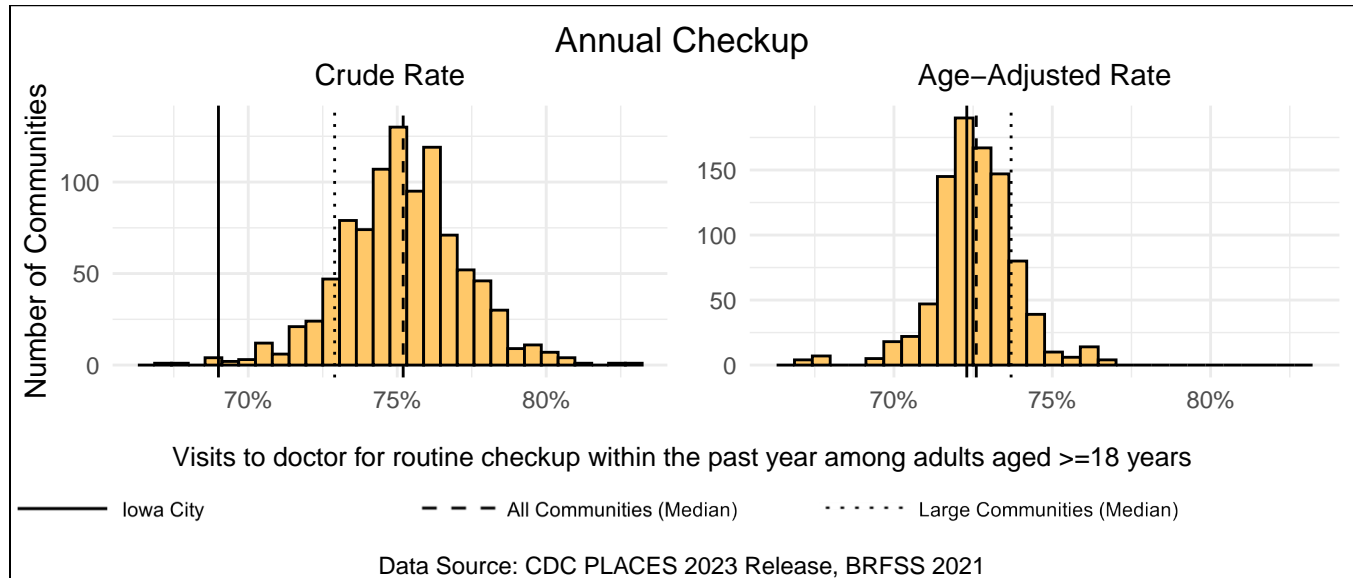
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	75.8%	83.3%	82.1%
Age-Adjusted	82.6%	83.2%	83.2%



Annual Checkup

Iowa City has a crude rate of 69.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 953rd out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Iowa City is 72.3%, which ranks 530th out of 905 Iowa communities (10th out of 11 large communities).

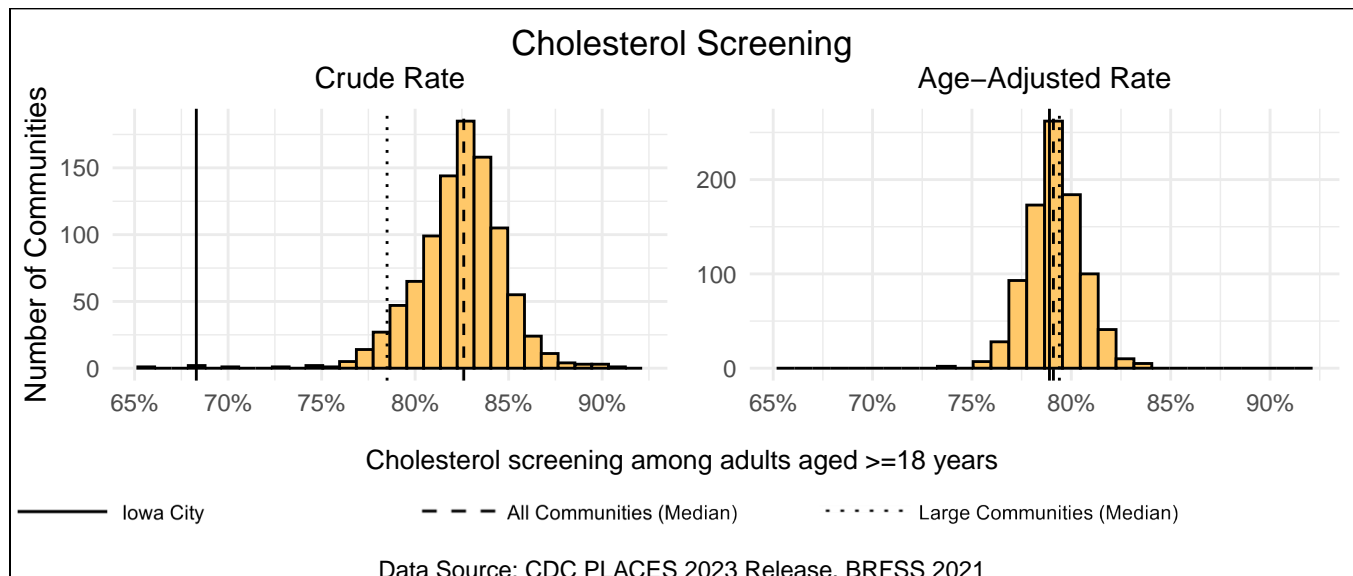
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	69.0%	75.2%	72.9%
Age-Adjusted	72.3%	72.6%	73.7%



Cholesterol Screening

Iowa City has a crude rate of 68.3% for cholesterol screening among adults aged ≥ 18 years, which ranks 956th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Iowa City is 78.9%, which ranks 501st out of 905 Iowa communities (7th out of 11 large communities).

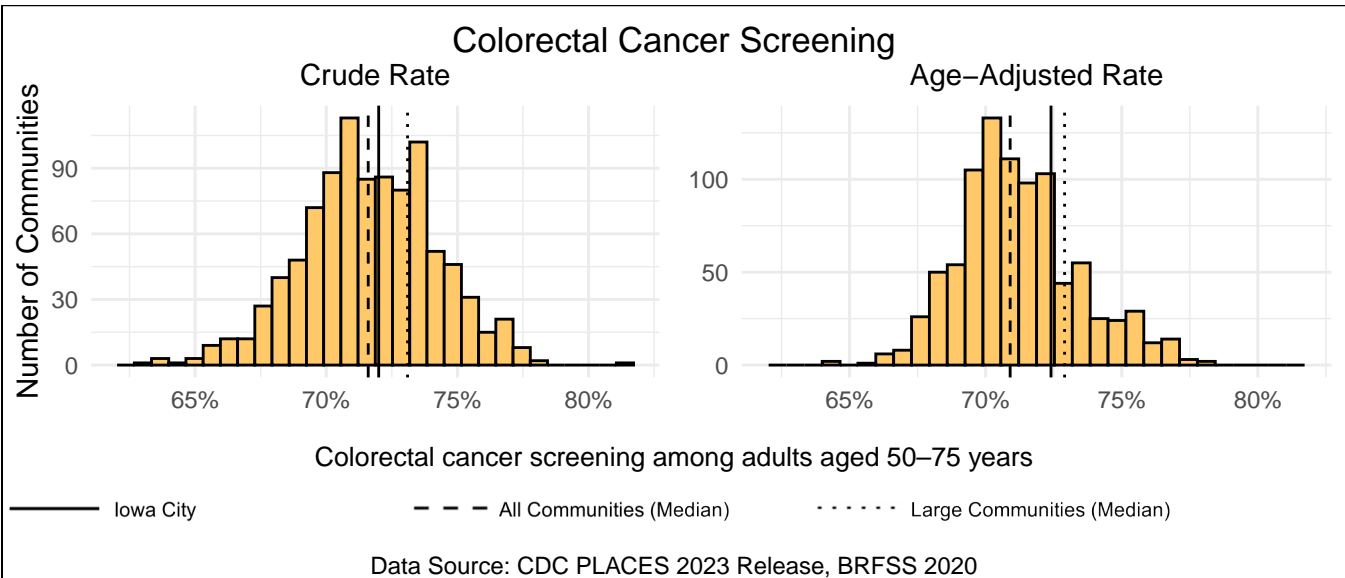
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	68.3%	82.6%	78.5%
Age-Adjusted	78.9%	79.1%	79.4%



Colorectal Cancer Screening

Iowa City has a crude rate of 72.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 411th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Iowa City is 72.4%, which ranks 223rd out of 905 Iowa communities (7th out of 11 large communities).

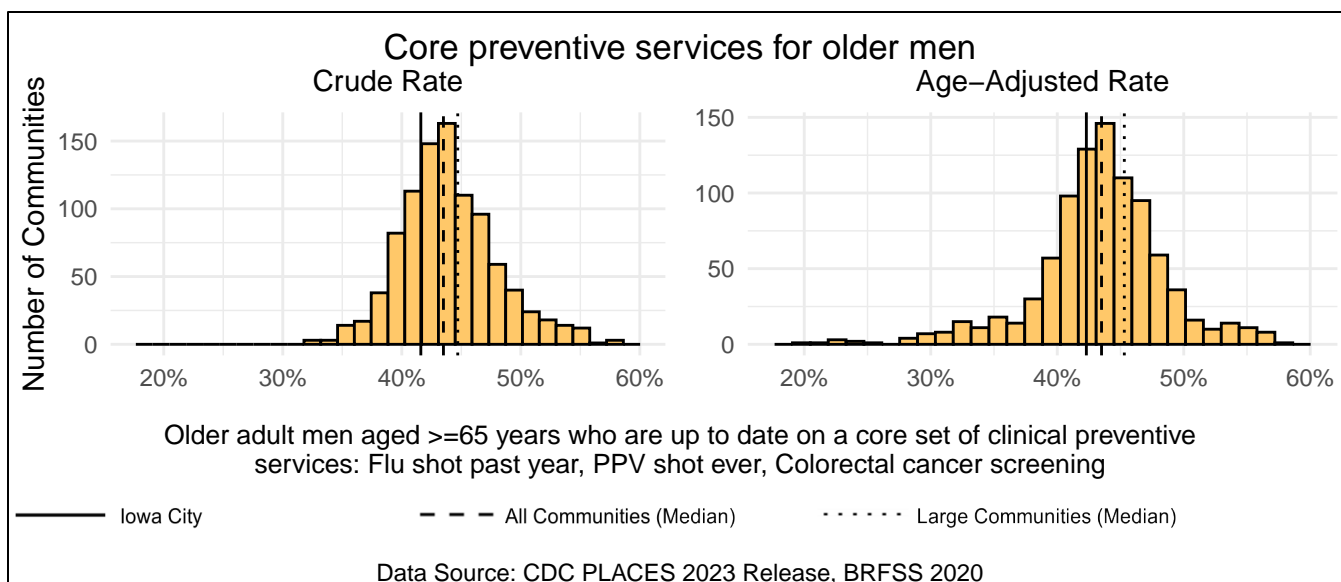
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	72.0%	71.6%	73.1%
Age-Adjusted	72.4%	70.9%	72.9%



Core preventive services for older men

Iowa City has a crude rate of 41.6% 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 689th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Iowa City is 42.3%, which ranks 568th out of 905 Iowa communities (9th out of 11 large communities).

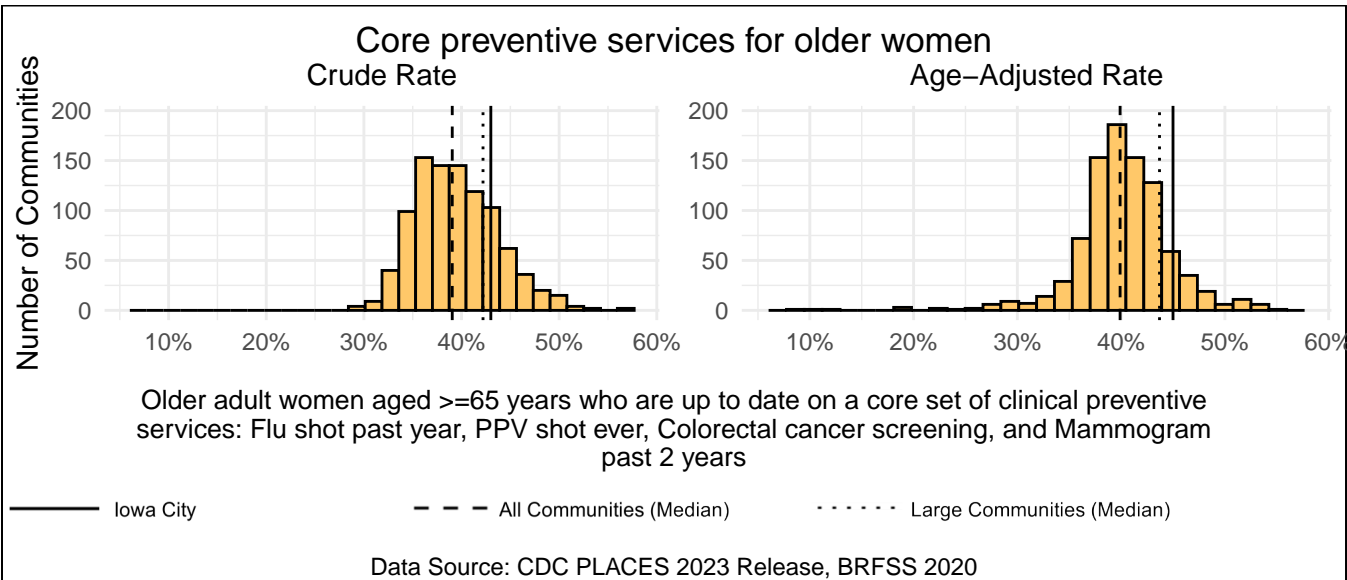
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	41.6%	43.5%	44.7%
Age-Adjusted	42.3%	43.5%	45.3%



Core preventive services for older women

Iowa City has a crude rate of 43.0% 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 190th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Iowa City is 45.0%, which ranks 101st out of 905 Iowa communities (4th out of 11 large communities).

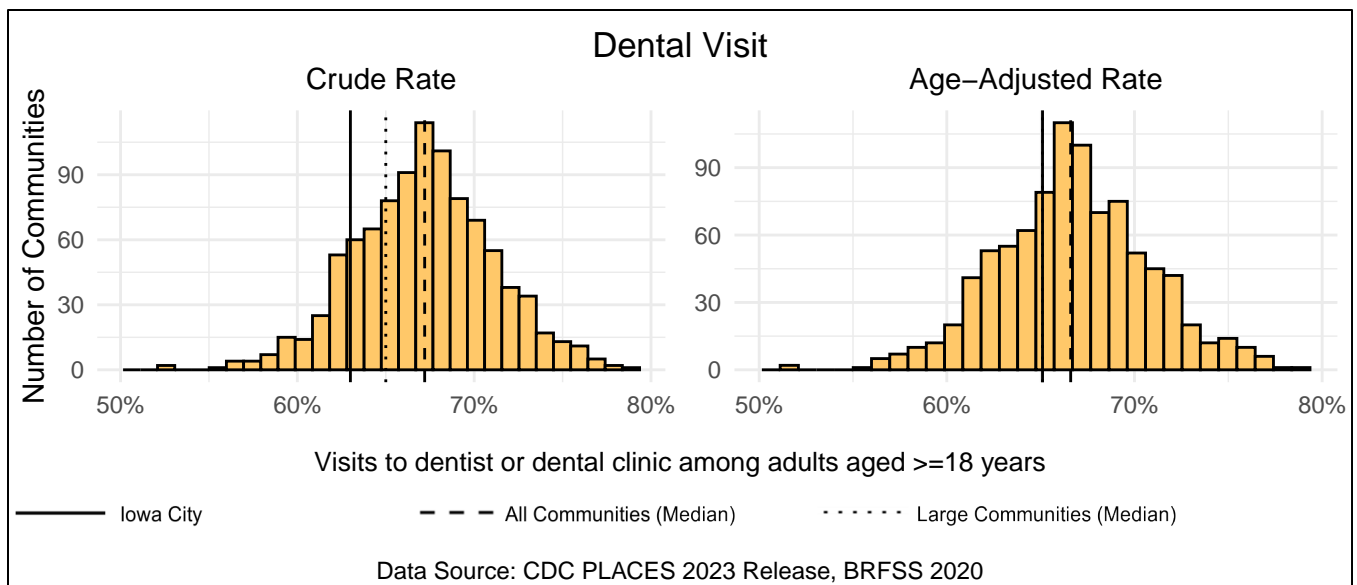
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	43.0%	39.0%	42.2%
Age-Adjusted	45.0%	39.9%	43.7%



Dental Visit

Iowa City has a crude rate of 63.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 822nd out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Iowa City is 65.1%, which ranks 607th out of 905 Iowa communities (6th out of 11 large communities).

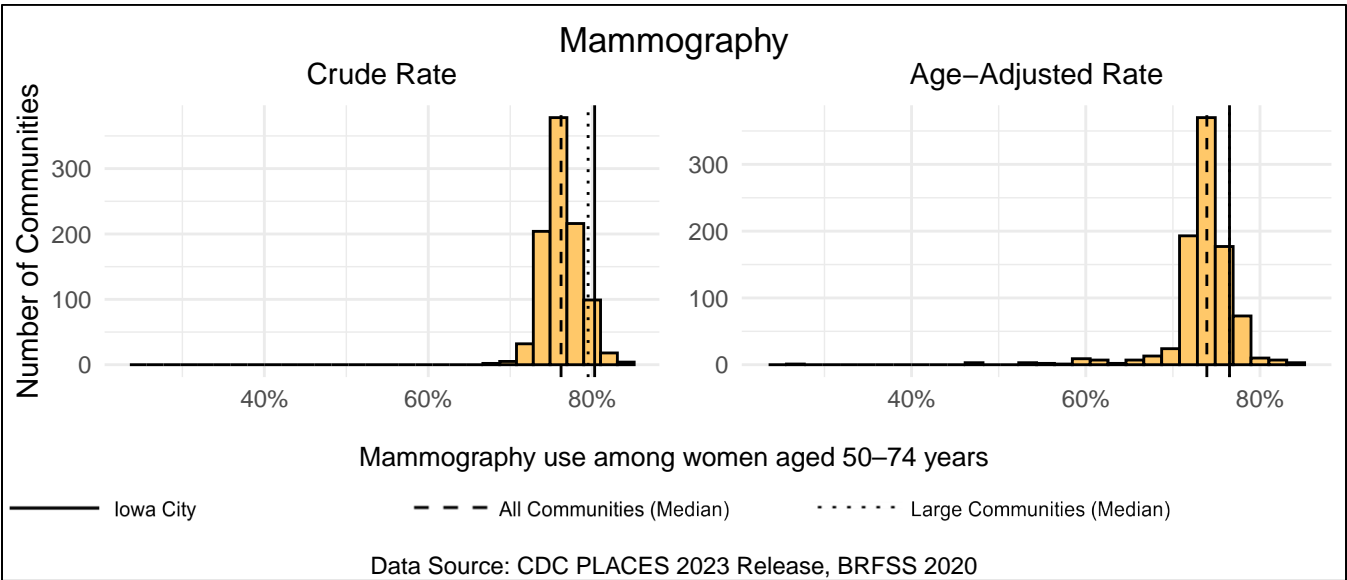
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	63.0%	67.2%	65.0%
Age-Adjusted	65.1%	66.6%	65.1%



Mammography

Iowa City has a crude rate of 80.3% for mammography use among women aged 50–74 years, which ranks 42nd out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Iowa City is 76.5%, which ranks 123rd out of 905 Iowa communities (6th out of 11 large communities).

Measure Type	Iowa City	All Comm.	Large Comm.
Crude	80.3%	76.2%	79.5%
Age-Adjusted	76.5%	73.9%	76.5%



Disability

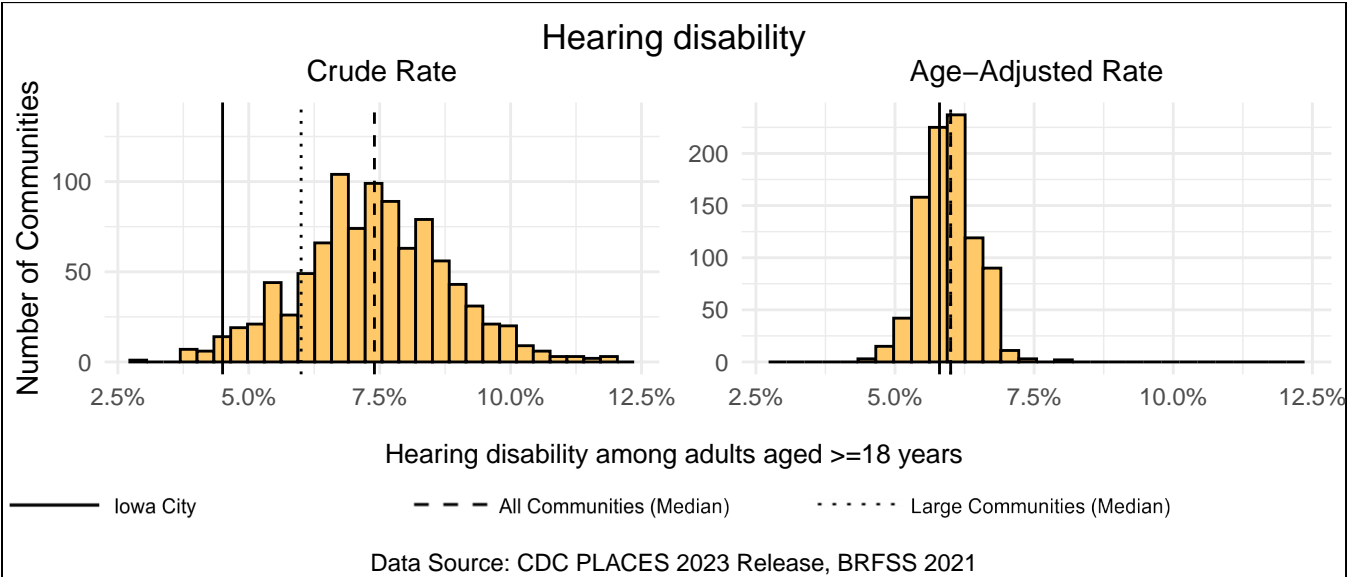
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Iowa City has a crude rate of 4.5% for hearing disability among adults aged ≥ 18 years, which ranks 19th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Iowa City is 5.8%, which ranks 287th out of 905 Iowa communities (3rd out of 11 large communities).

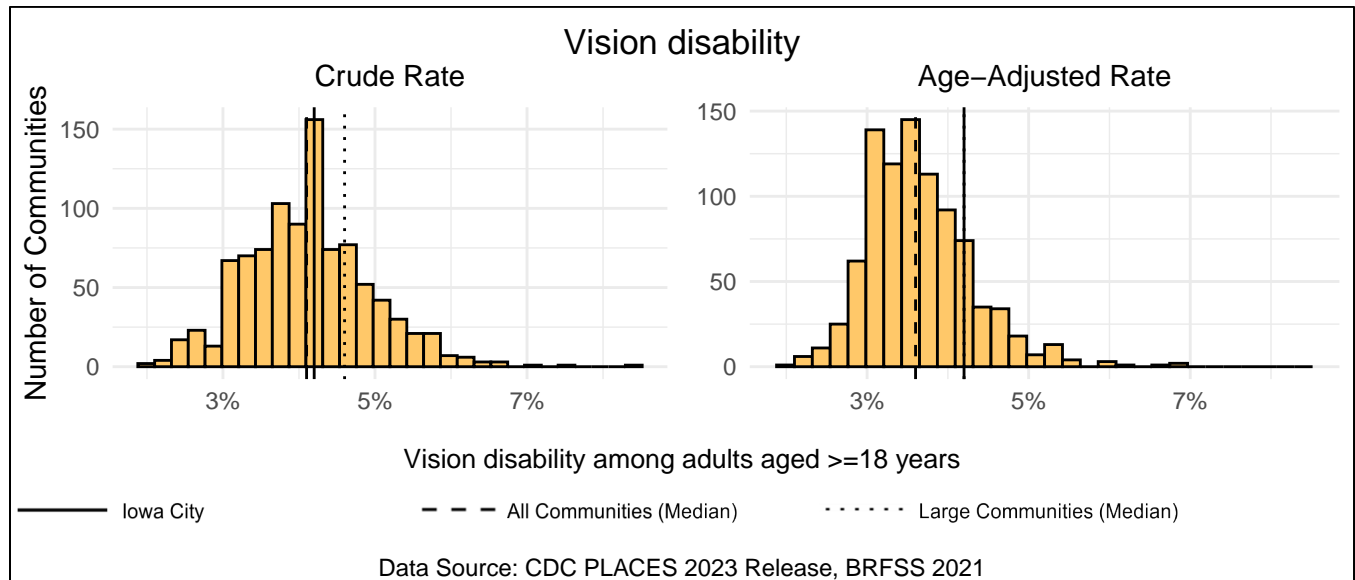
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	4.5%	7.4%	6.0%
Age-Adjusted	5.8%	6.0%	6.0%



Vision disability

Iowa City has a crude rate of 4.2% for vision disability among adults aged ≥ 18 years, which ranks 516th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Iowa City is 4.2%, which ranks 742nd out of 905 Iowa communities (5th out of 11 large communities).

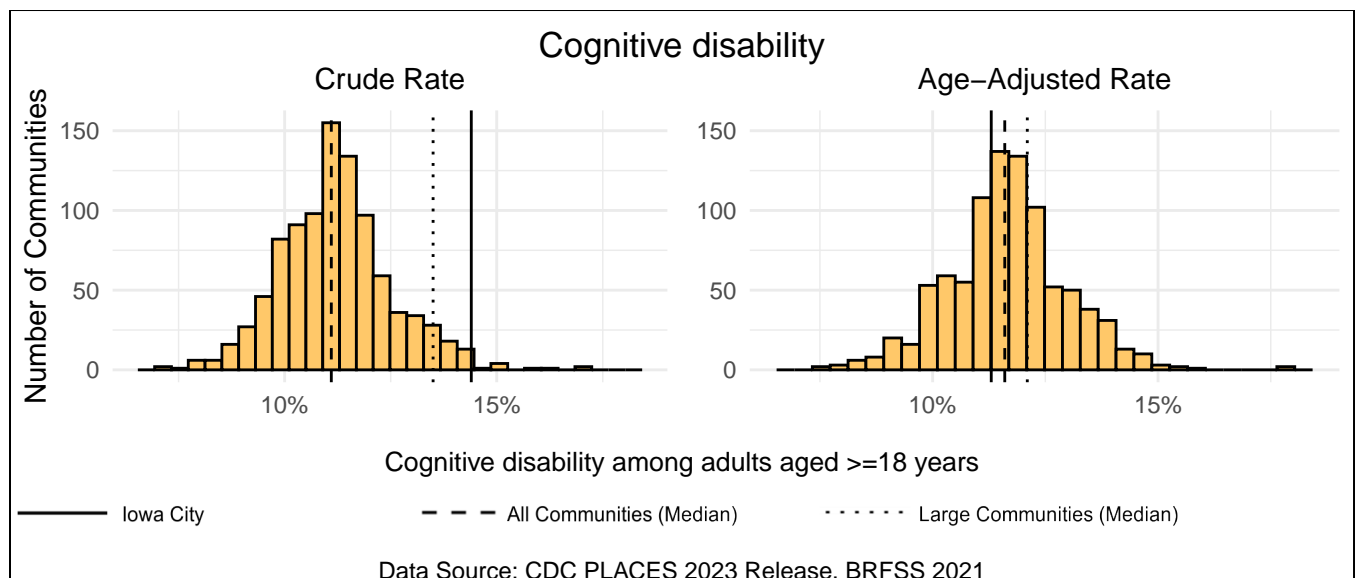
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	4.2%	4.1%	4.6%
Age-Adjusted	4.2%	3.6%	4.2%



Cognitive disability

Iowa City has a crude rate of 14.4% for cognitive disability among adults aged ≥ 18 years, which ranks 947th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Iowa City is 11.3%, which ranks 331st out of 905 Iowa communities (3rd out of 11 large communities).

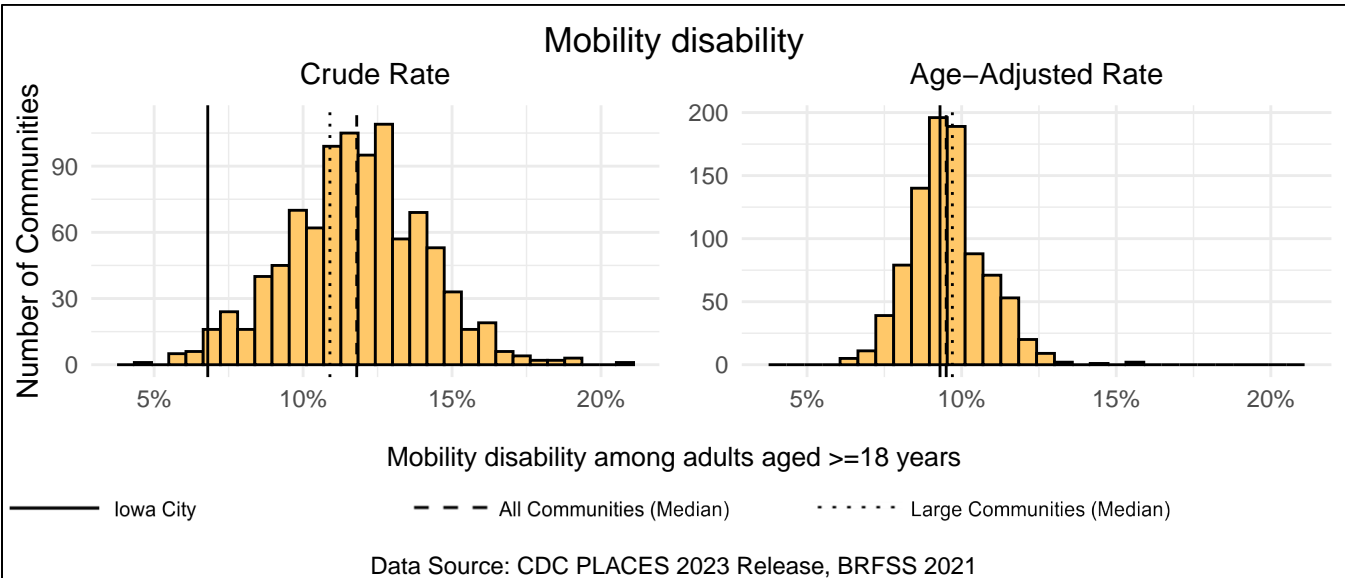
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	14.4%	11.1%	13.5%
Age-Adjusted	11.3%	11.6%	12.1%



Mobility disability

Iowa City has a crude rate of 6.8% for mobility disability among adults aged ≥ 18 years, which ranks 15th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Iowa City is 9.3%, which ranks 361st out of 905 Iowa communities (4th out of 11 large communities).

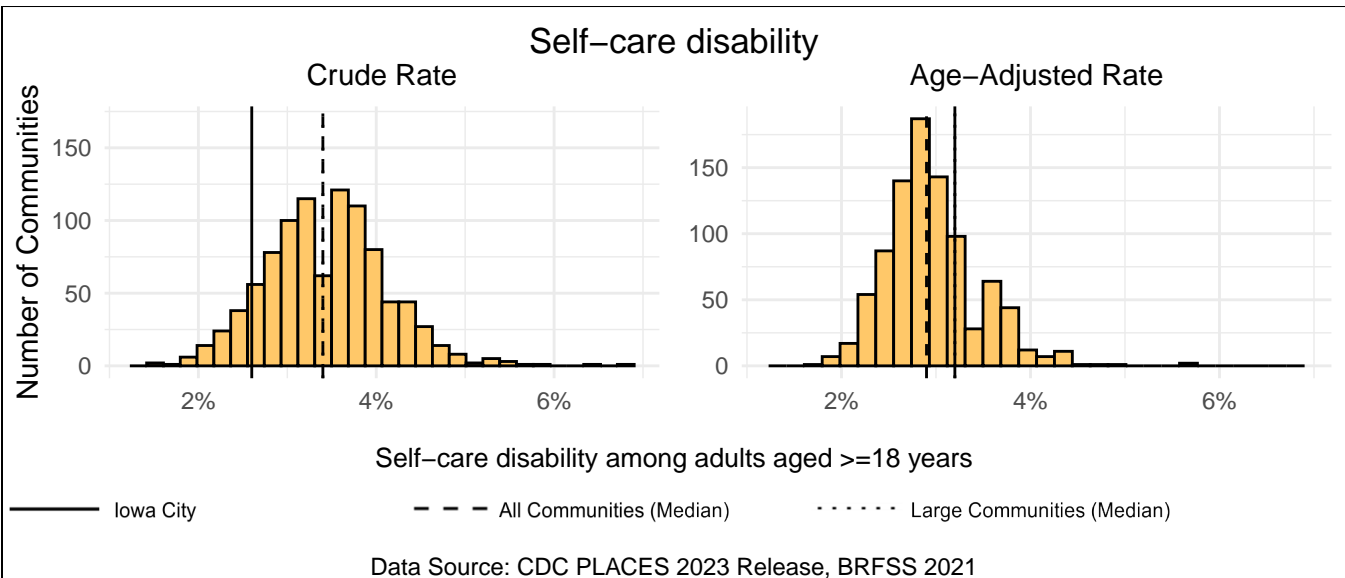
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	6.8%	11.8%	10.9%
Age-Adjusted	9.3%	9.5%	9.7%



Self-care disability

Iowa City has a crude rate of 2.6% for self-care disability among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Iowa City is 3.2%, which ranks 637th out of 905 Iowa communities (4th out of 11 large communities).

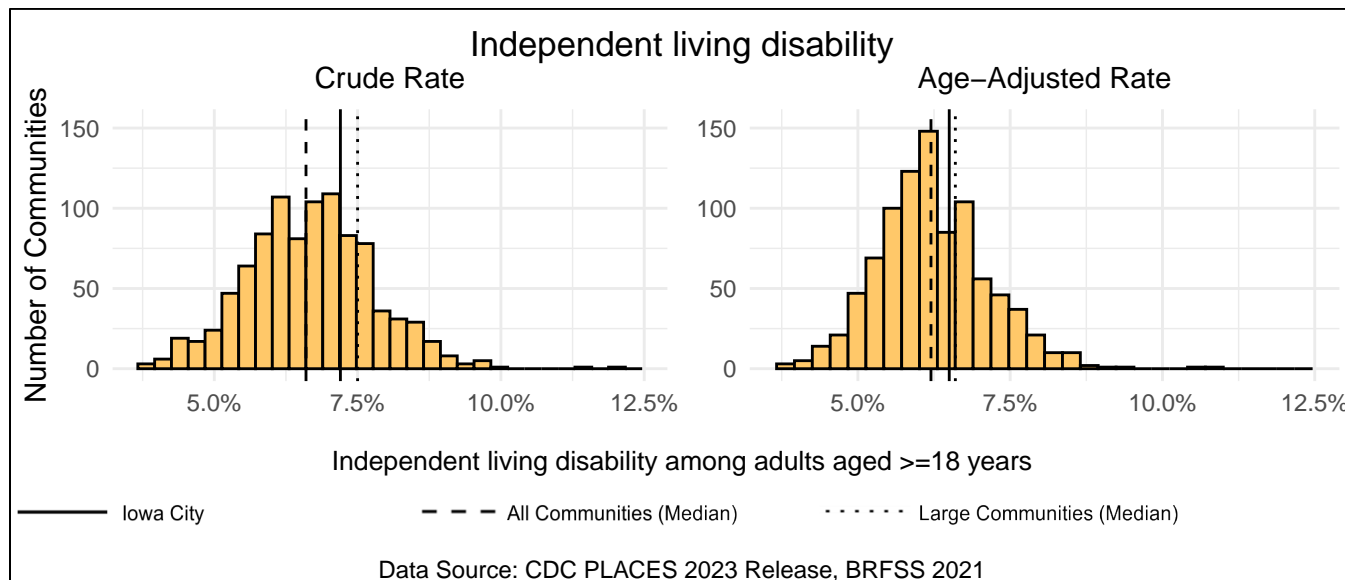
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	2.6%	3.4%	3.4%
Age-Adjusted	3.2%	2.9%	3.2%



Independent living disability

Iowa City has a crude rate of 7.2% for independent living disability among adults aged ≥ 18 years, which ranks 666th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Iowa City is 6.5%, which ranks 570th out of 905 Iowa communities (4th out of 11 large communities).

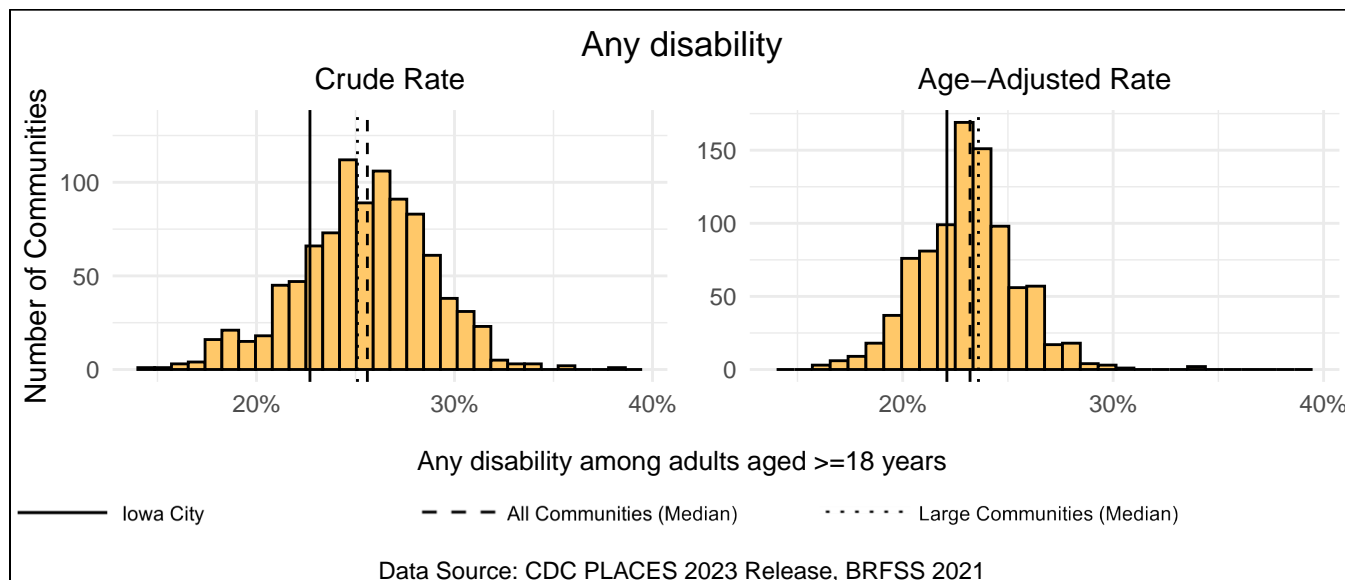
Measure Type	Iowa City	All Comm.	Large Comm.
Crude	7.2%	6.6%	7.5%
Age-Adjusted	6.5%	6.2%	6.6%



Any disability

Iowa City has a crude rate of 22.7% for any disability among adults aged ≥ 18 years, which ranks 183rd out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Iowa City is 22.1%, which ranks 265th out of 905 Iowa communities (3rd out of 11 large communities).

Measure Type	Iowa City	All Comm.	Large Comm.
Crude	22.7%	25.6%	25.1%
Age-Adjusted	22.1%	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: Iowa City 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	36	8.1% (7.1% - 9.2%)	238	9.2% (8.1% - 10.5%)
Health Status	Mental Health	957	19.6% (17.4% - 22.0%)	457	15.6% (13.8% - 17.5%)
Health Status	General Health	103	11.5% (10.1% - 13.1%)	410	12.6% (11.1% - 14.2%)
Health Risk Behaviors	Physical Inactivity	107	21.8% (18.7% - 25.1%)	261	22.8% (19.6% - 26.1%)
Health Risk Behaviors	Binge Drinking	881	22.8% (19.5% - 26.2%)	68	20.4% (17.5% - 23.5%)
Health Risk Behaviors	Sleep <7 hours	331	29.7% (28.9% - 30.3%)	245	30.3% (29.9% - 30.8%)
Health Risk Behaviors	Current Smoking	58	13.5% (11.4% - 15.6%)	113	15.0% (12.8% - 17.4%)
Health Outcomes	Chronic Kidney Disease	6	1.9% (1.8% - 2.1%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Current Asthma	952	10.5% (9.3% - 11.8%)	696	9.8% (8.6% - 10.9%)
Health Outcomes	Depression	949	22.2% (19.0% - 25.6%)	625	19.6% (16.6% - 22.7%)
Health Outcomes	Stroke	10	1.8% (1.7% - 2.0%)	230	2.5% (2.4% - 2.8%)
Health Outcomes	Coronary Heart Disease	11	3.4% (3.0% - 3.8%)	324	4.9% (4.4% - 5.4%)
Health Outcomes	Obesity	8	30.6% (26.2% - 35.3%)	72	33.9% (29.0% - 38.8%)
Health Outcomes	Arthritis	3	15.7% (13.6% - 17.9%)	210	22.3% (19.5% - 25.2%)
Health Outcomes	COPD	16	4.5% (4.0% - 5.1%)	183	5.7% (5.0% - 6.4%)
Health Outcomes	High Blood Pressure	4	19.5% (17.1% - 22.0%)	209	26.2% (23.1% - 29.3%)
Health Outcomes	Cancer (except skin)	3	4.3% (3.9% - 4.8%)	418	6.5% (5.9% - 7.1%)
Health Outcomes	All Teeth Lost	97	10.1% (9.0% - 11.7%)	87	10.1% (8.9% - 11.5%)
Health Outcomes	Diabetes	10	5.9% (5.1% - 6.8%)	617	8.5% (7.3% - 9.8%)
Health Outcomes	High Cholesterol	2	24.7% (22.0% - 27.7%)	10	27.5% (24.0% - 31.2%)
Prevention	Cholesterol Screening	956	68.3% (64.8% - 71.7%)	501	78.9% (76.1% - 81.4%)
Prevention	Core preventive services for older women	190	43.0% (41.0% - 44.9%)	101	45.0% (43.1% - 46.8%)
Prevention	Annual Checkup	953	69.0% (64.6% - 73.1%)	530	72.3% (68.2% - 76.1%)
Prevention	Cervical Cancer Screening	955	75.8% (74.4% - 77.2%)	626	82.6% (81.9% - 83.3%)
Prevention	Colorectal Cancer Screening	411	72.0% (71.2% - 72.8%)	223	72.4% (71.7% - 73.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	954	65.8% (62.6% - 69.0%)	378	59.1% (54.4% - 63.6%)
Prevention	Mammography	42	80.3% (79.4% - 81.1%)	123	76.5% (75.5% - 77.5%)
Prevention	Dental Visit	822	63.0% (61.4% - 64.5%)	607	65.1% (64.2% - 66.0%)
Prevention	Core preventive services for older men	689	41.6% (39.6% - 43.5%)	568	42.3% (40.4% - 44.1%)
Prevention	Health Insurance	752	8.2% (6.9% - 9.8%)	355	7.5% (6.4% - 8.7%)
Disability	Hearing Disability	19	4.5% (4.1% - 5.1%)	287	5.8% (5.2% - 6.4%)
Disability	Vision Disability	516	4.2% (3.8% - 4.8%)	742	4.2% (3.8% - 4.6%)
Disability	Any Disability	183	22.7% (19.7% - 25.7%)	265	22.1% (19.3% - 24.9%)
Disability	Independent Living Disability	666	7.2% (6.4% - 8.1%)	570	6.5% (5.8% - 7.2%)
Disability	Cognitive Disability	947	14.4% (12.7% - 16.2%)	331	11.3% (10.0% - 12.7%)
Disability	Mobility Disability	15	6.8% (5.9% - 7.8%)	361	9.3% (8.1% - 10.5%)
Disability	Self-care Disability	86	2.6% (2.4% - 2.9%)	637	3.2% (2.9% - 3.5%)

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+)

Iowa City 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