



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in Iowa Falls: Overview

Dear Community Members & Stakeholders of Iowa Falls,

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 Falls ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Iowa Falls’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 Falls. 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	117th	22nd	Taking BP Medication	107th	22nd
Current Smoking	194th	35th	Binge Drinking	202nd	41st
Sleep <7 hours	258th	38th	Annual Checkup	301st	39th
Binge Drinking	283rd	35th	Colorectal Cancer Screening	326th	43rd
Taking BP Medication	310th	28th	Obesity	338th	36th

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
Core preventive services for older women	774th	73rd	Arthritis	873rd	92nd
Cholesterol Screening	746th	67th	Current Asthma	696th	75th
Current Asthma	716th	69th	High Cholesterol	669th	72nd
Cervical Cancer Screening	710th	64th	Chronic Kidney Disease	623rd	60th
Arthritis	695th	82nd	Physical Inactivity	612th	62nd

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 Falls.

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

With a population of 5,095, Iowa Falls'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

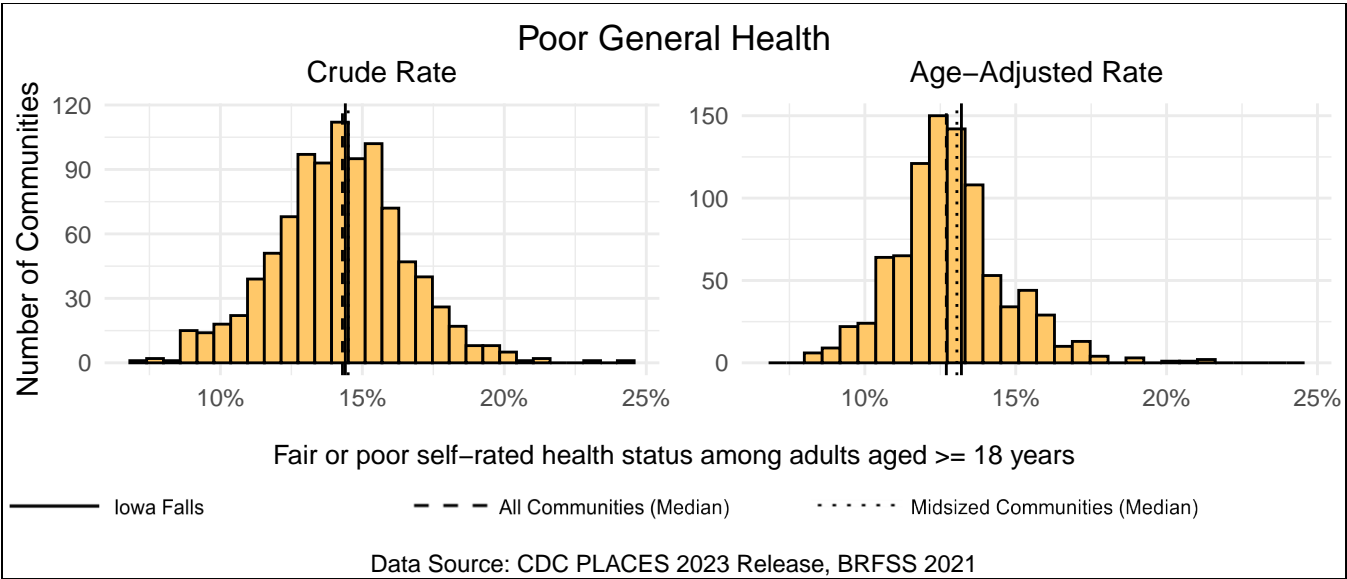
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Iowa Falls has a crude rate of 14.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 493rd out of 958 Iowa communities (48th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 13.2%, which ranks 552nd out of 905 Iowa communities (53rd out of 102 midsize communities).

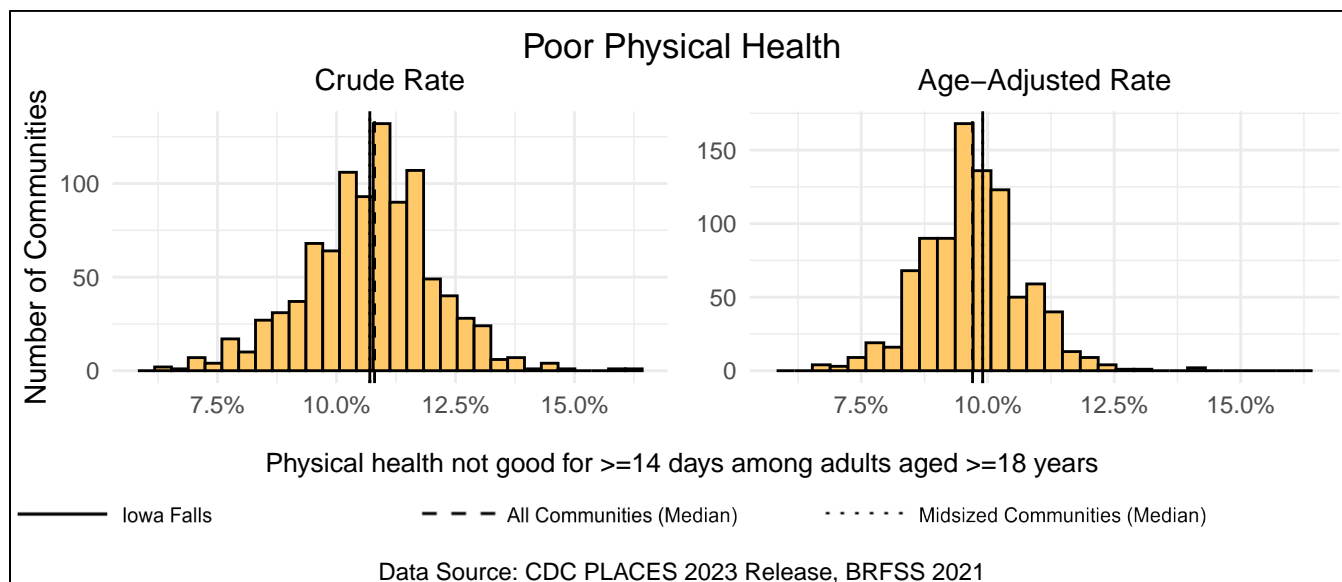
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	14.4%	14.3%	14.5%
Age-Adjusted	13.2%	12.7%	13.0%



Poor Physical Health

Iowa Falls has a crude rate of 10.7% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 435th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 9.9%, which ranks 518th out of 905 Iowa communities (51st out of 102 mid-sized communities).

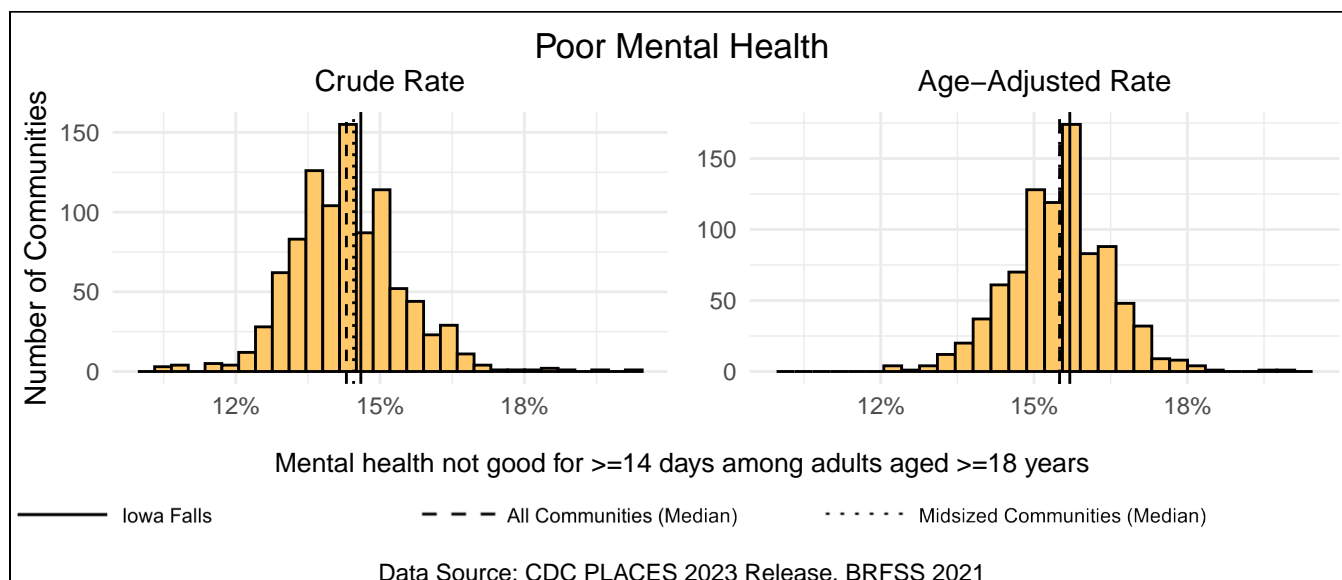
Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	10.7%	10.8%	10.7%
Age-Adjusted	9.9%	9.7%	9.9%



Poor Mental Health

Iowa Falls has a crude rate of 14.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 587th out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 15.7%, which ranks 516th out of 905 Iowa communities (59th out of 102 mid-sized communities).

Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	14.6%	14.3%	14.4%
Age-Adjusted	15.7%	15.5%	15.5%



Health Risk Behaviors

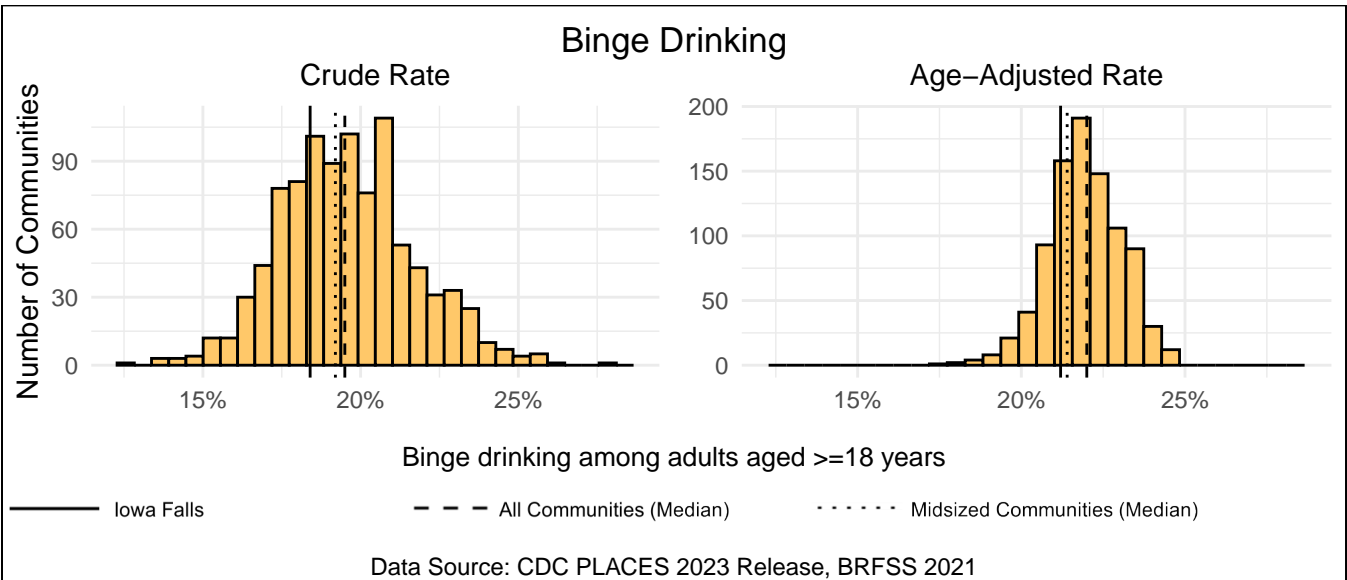
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Iowa Falls has a crude rate of 18.4% for binge drinking among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (35th out of 102 midsized communities). The age-adjusted rate for Iowa Falls is 21.2%, which ranks 202nd out of 905 Iowa communities (41st out of 102 midsized communities).

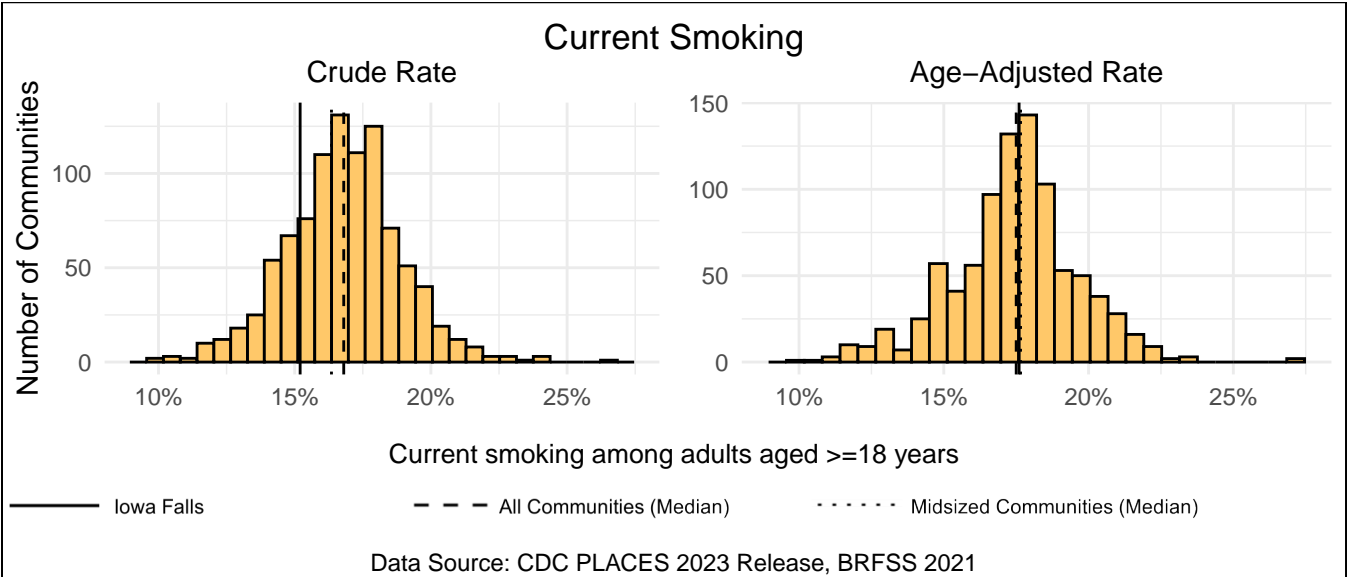
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	18.4%	19.5%	19.2%
Age-Adjusted	21.2%	22.0%	21.4%



Current Smoking

Iowa Falls has a crude rate of 15.2% for current smoking among adults aged >=18 years, which ranks 194th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 17.6%, which ranks 459th out of 905 Iowa communities (51st out of 102 mid-sized communities).

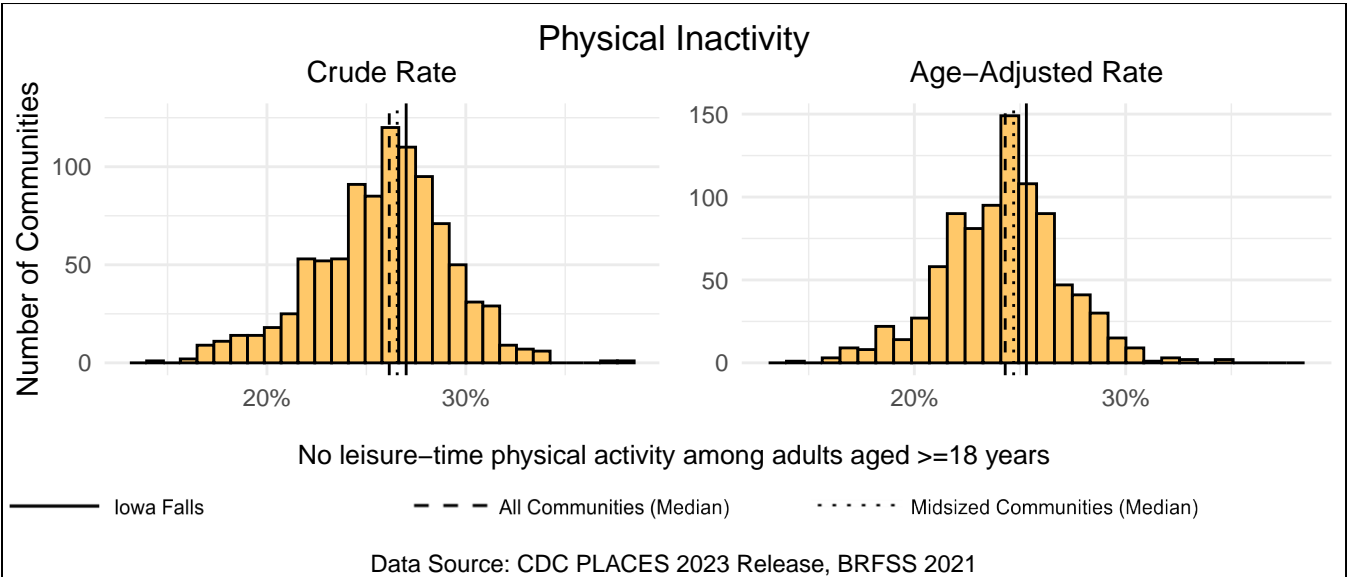
Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	15.2%	16.8%	16.4%
Age-Adjusted	17.6%	17.5%	17.6%



Physical Inactivity

Iowa Falls has a crude rate of 27.0% for no leisure-time physical activity among adults aged >=18 years, which ranks 594th out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 25.3%, which ranks 612th out of 905 Iowa communities (62nd out of 102 mid-sized communities).

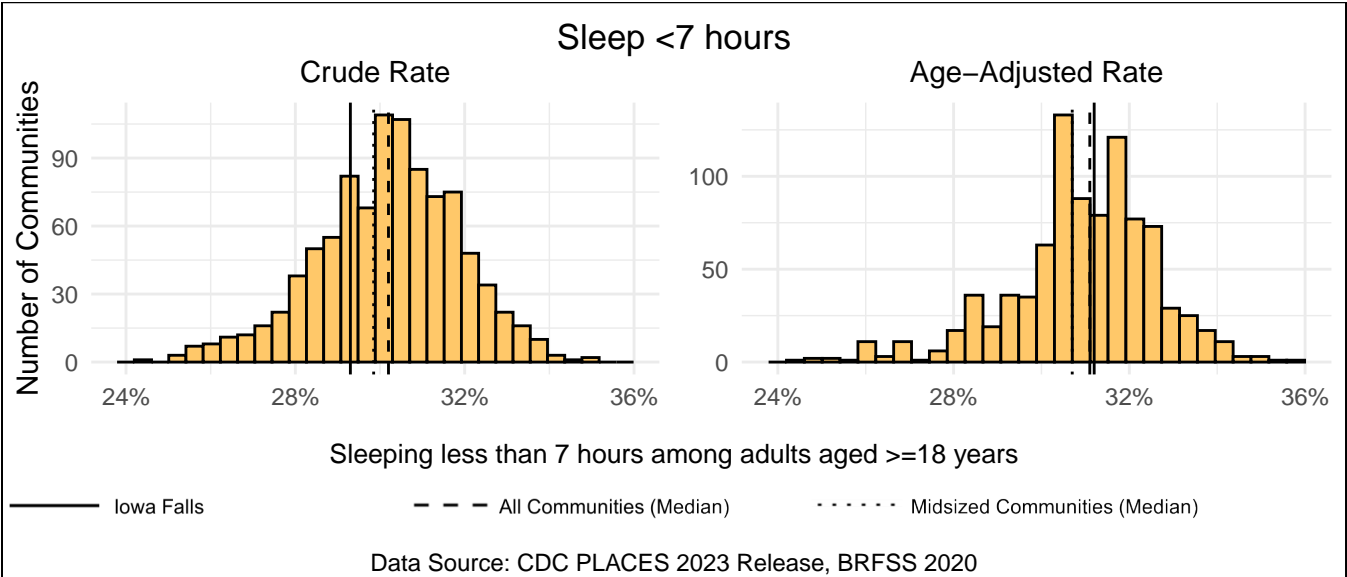
Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	27.0%	26.1%	26.6%
Age-Adjusted	25.3%	24.3%	24.7%



Sleep <7 hours

Iowa Falls has a crude rate of 29.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 258th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 31.2%, which ranks 466th out of 905 Iowa communities (59th out of 102 mid-sized communities).

Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	29.3%	30.2%	29.8%
Age-Adjusted	31.2%	31.1%	30.7%



Health Outcomes

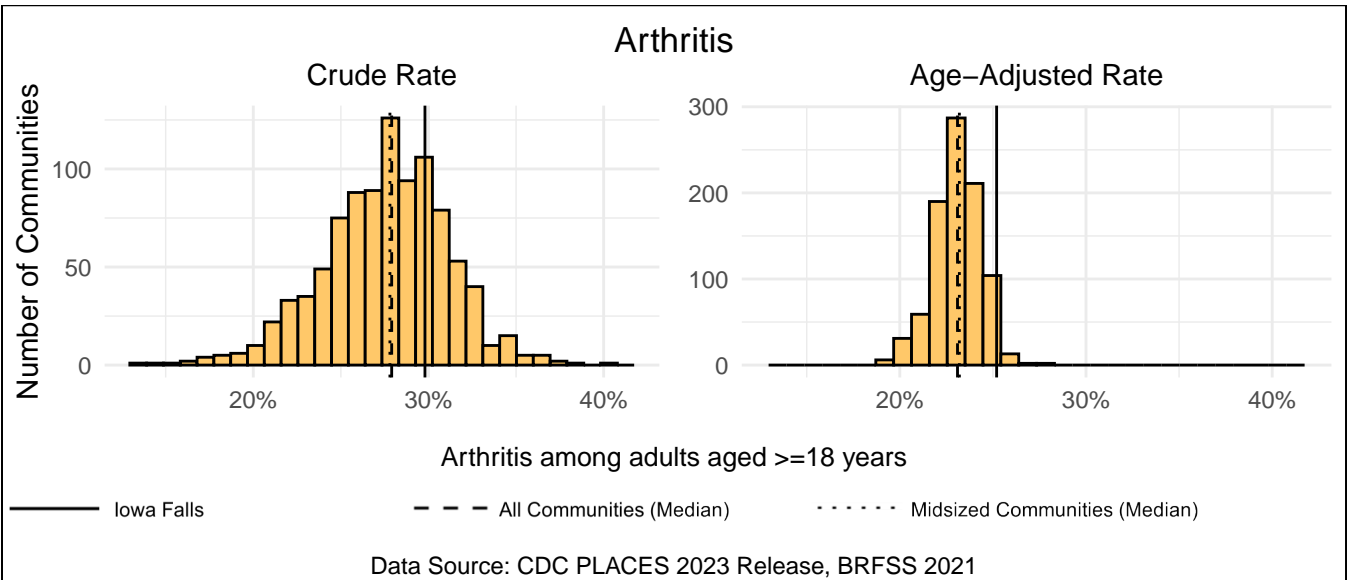
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Iowa Falls has a crude rate of 29.8% for arthritis among adults aged ≥ 18 years, which ranks 695th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Iowa Falls is 25.2%, which ranks 873rd out of 905 Iowa communities (92nd out of 102 midsized communities).

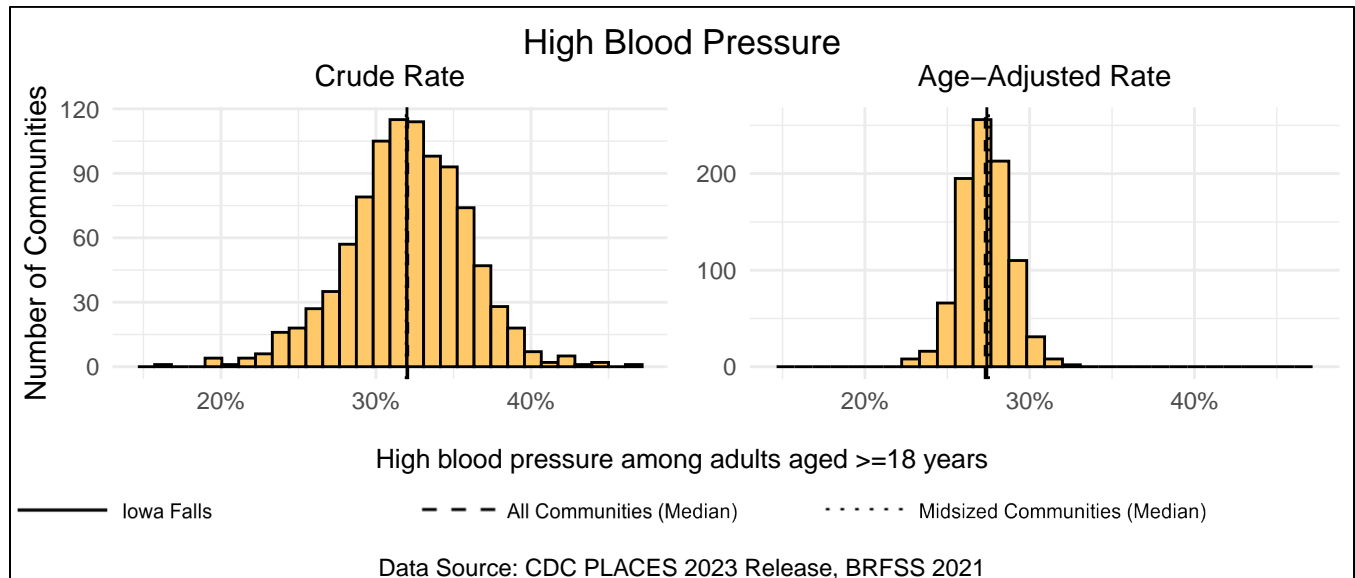
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	29.8%	27.9%	27.8%
Age-Adjusted	25.2%	23.1%	23.2%



High Blood Pressure

Iowa Falls has a crude rate of 32.0% for high blood pressure among adults aged ≥ 18 years, which ranks 469th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 27.4%, which ranks 469th out of 905 Iowa communities (49th out of 102 mid-sized communities).

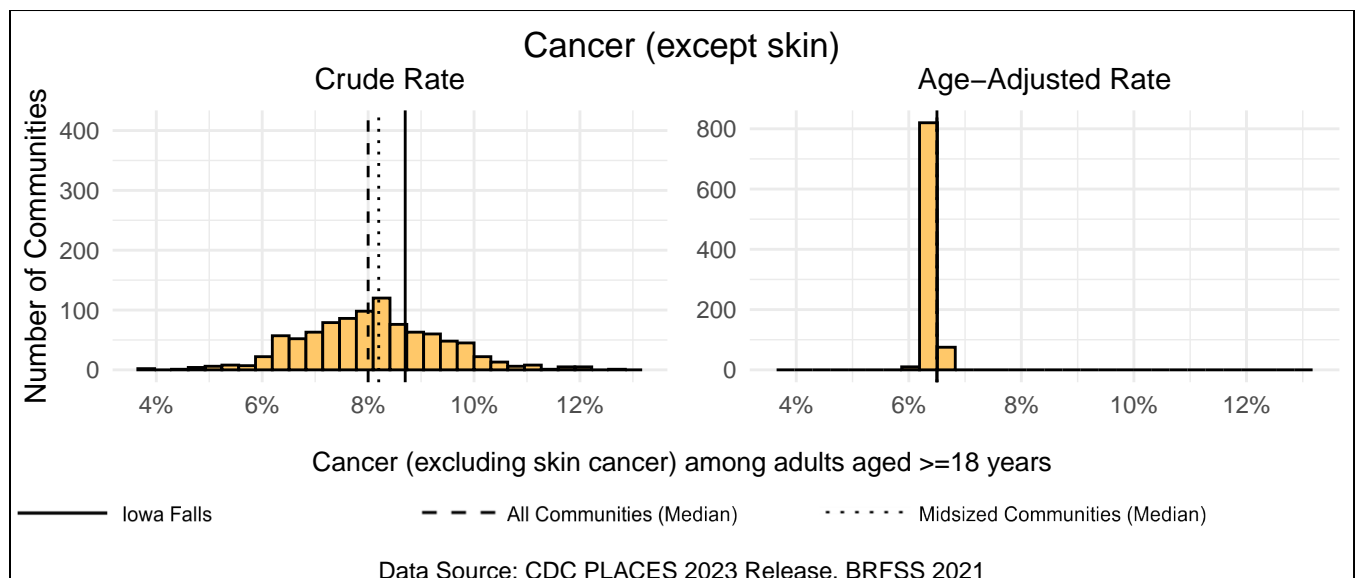
Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	32.0%	32.0%	32.0%
Age-Adjusted	27.4%	27.3%	27.5%



Cancer (except skin)

Iowa Falls has a crude rate of 8.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 658th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

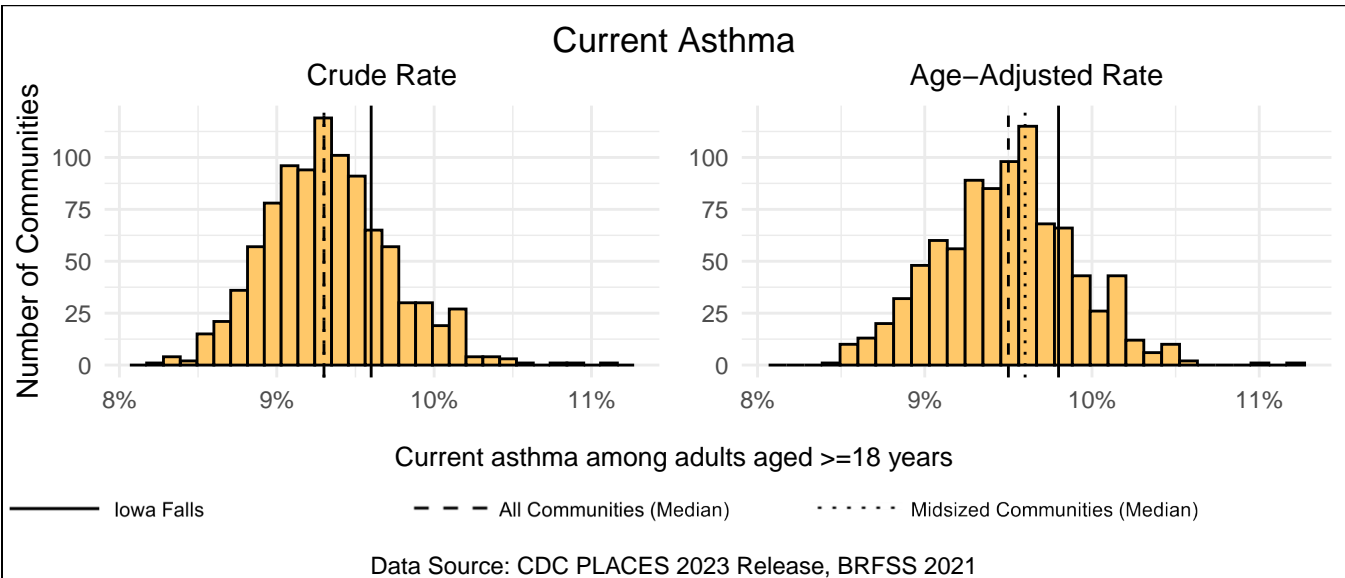
Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	8.7%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Iowa Falls has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 9.8%, which ranks 696th out of 905 Iowa communities (75th out of 102 midsize communities).

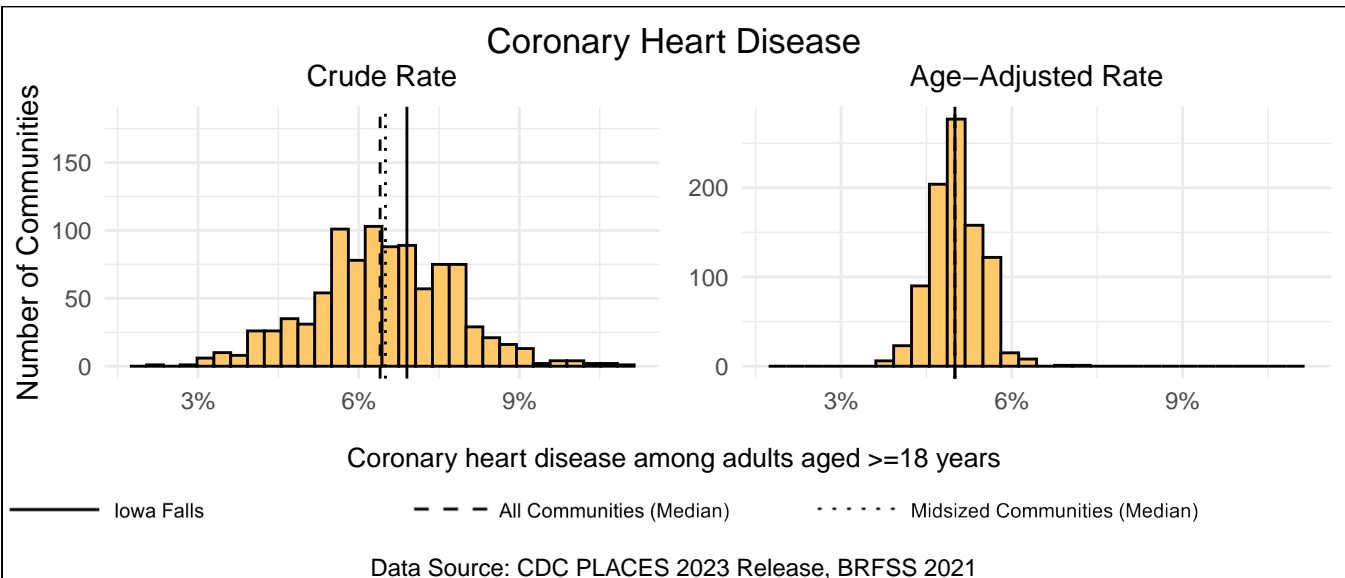
Measure Type	Iowa Falls	All Comm.	Midsize Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.6%



Coronary Heart Disease

Iowa Falls has a crude rate of 6.9% for coronary heart disease among adults aged ≥ 18 years, which ranks 608th out of 958 Iowa communities (65th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 5.0%, which ranks 419th out of 905 Iowa communities (49th out of 102 midsize communities).

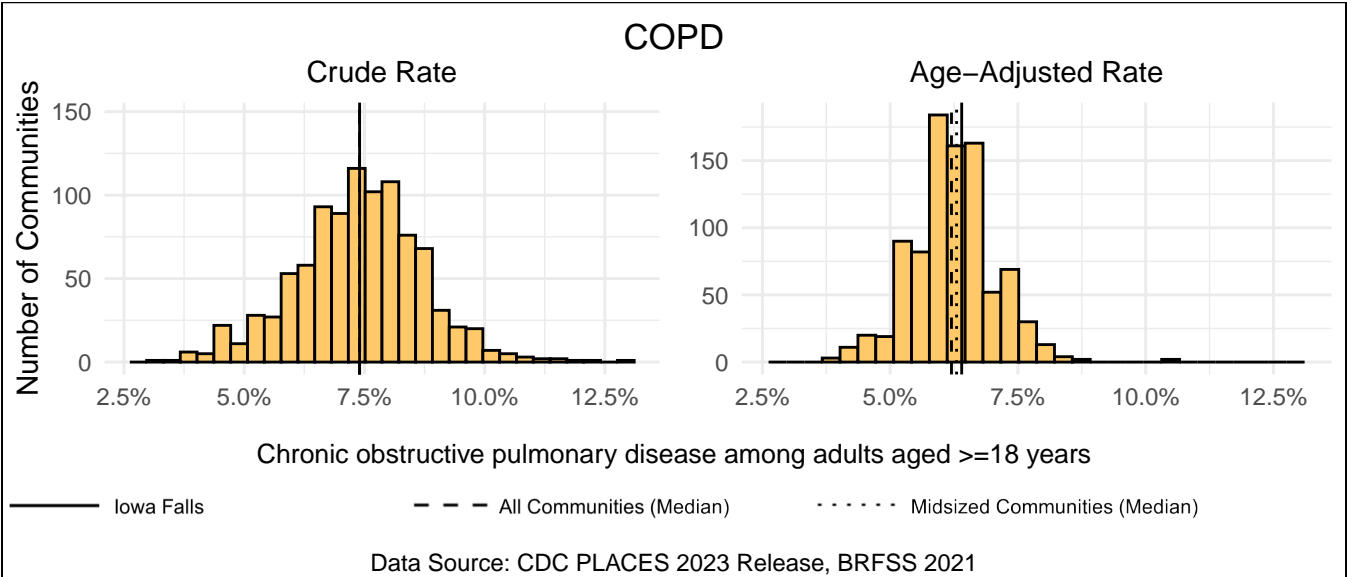
Measure Type	Iowa Falls	All Comm.	Midsize Comm.
Crude	6.9%	6.4%	6.5%
Age-Adjusted	5.0%	5.0%	5.0%



COPD

Iowa Falls has a crude rate of 7.4% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 448th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 6.4%, which ranks 513th out of 905 Iowa communities (53rd out of 102 mid-sized communities).

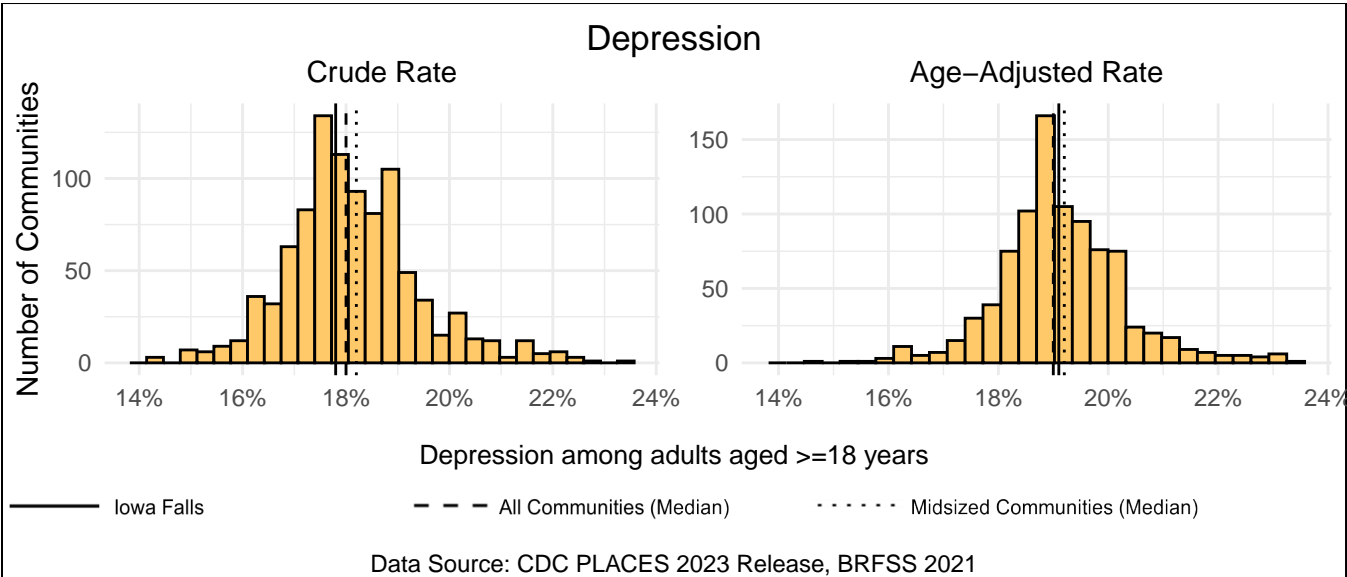
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	7.4%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.3%



Depression

Iowa Falls has a crude rate of 17.8% for depression among adults aged >=18 years, which ranks 386th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 19.1%, which ranks 457th out of 905 Iowa communities (49th out of 102 mid-sized communities).

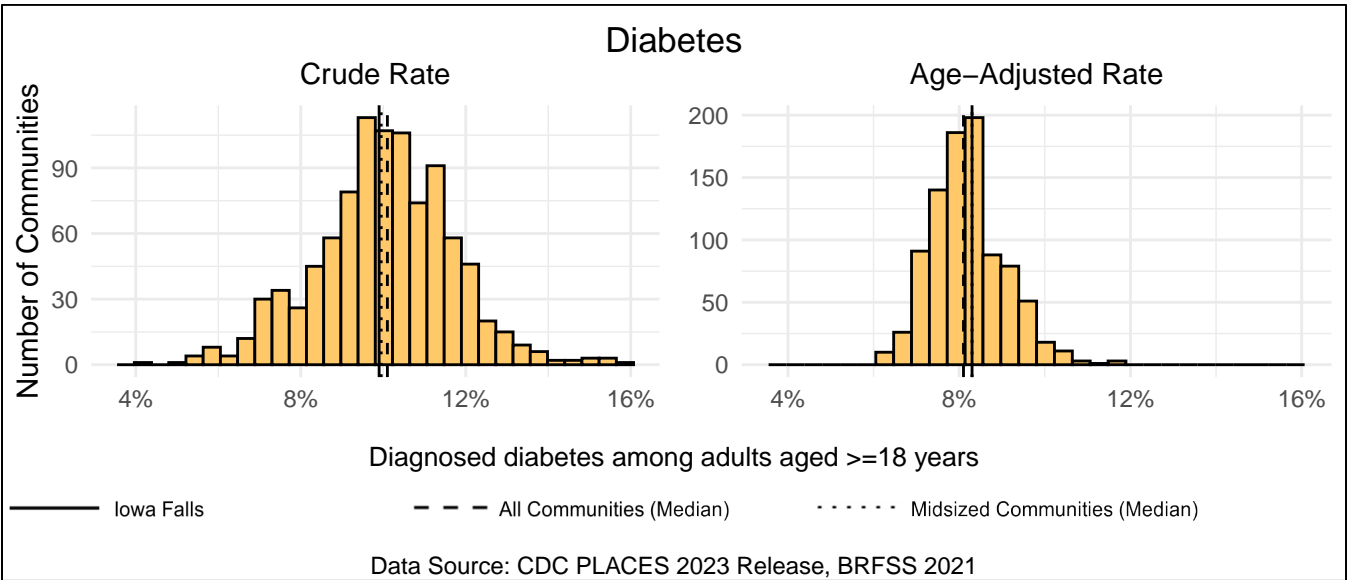
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	17.8%	18.0%	18.2%
Age-Adjusted	19.1%	19.0%	19.2%



Diabetes

Iowa Falls has a crude rate of 9.9% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 416th out of 958 Iowa communities (50th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 mid-sized communities).

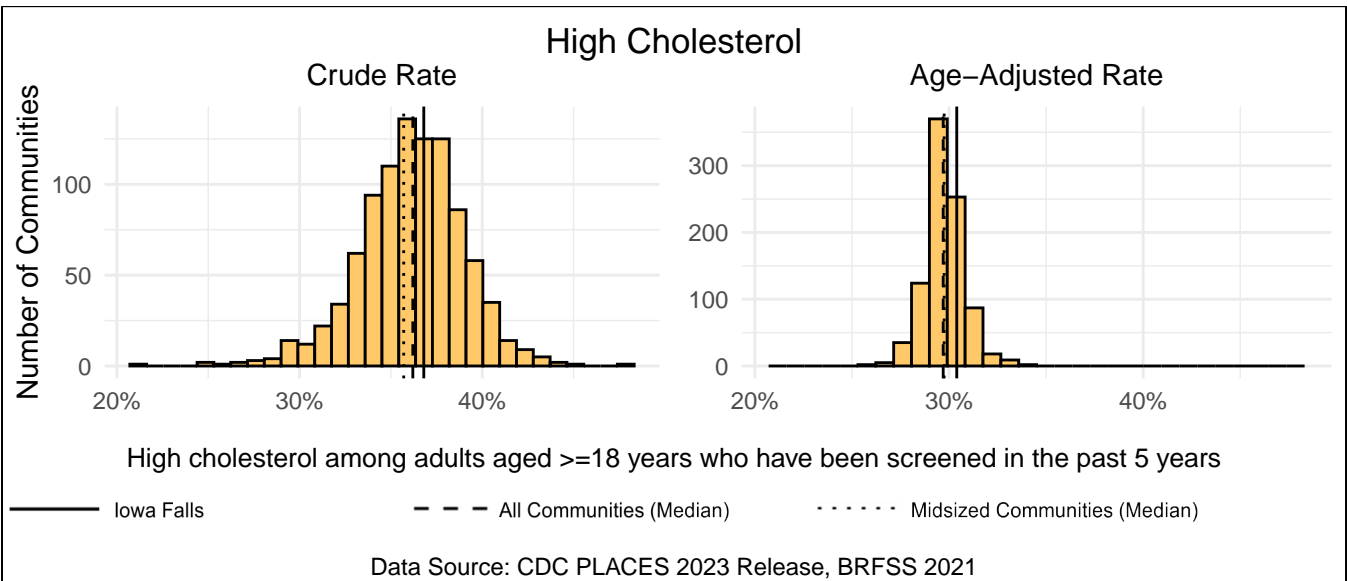
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	9.9%	10.1%	9.9%
Age-Adjusted	8.3%	8.1%	8.3%



High Cholesterol

Iowa Falls has a crude rate of 36.8% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 553rd out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 30.4%, which ranks 669th out of 905 Iowa communities (72nd out of 102 mid-sized communities).

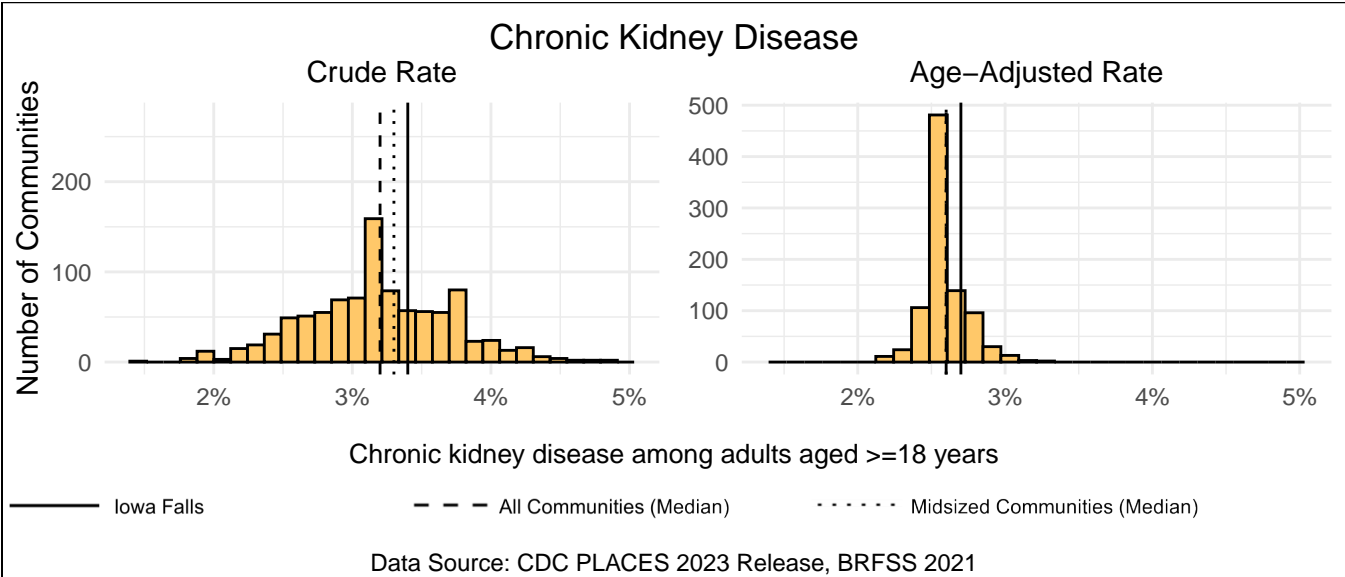
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	36.8%	36.2%	35.7%
Age-Adjusted	30.4%	29.7%	29.8%



Chronic Kidney Disease

Iowa Falls has a crude rate of 3.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 619th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Iowa Falls is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 midsized communities).

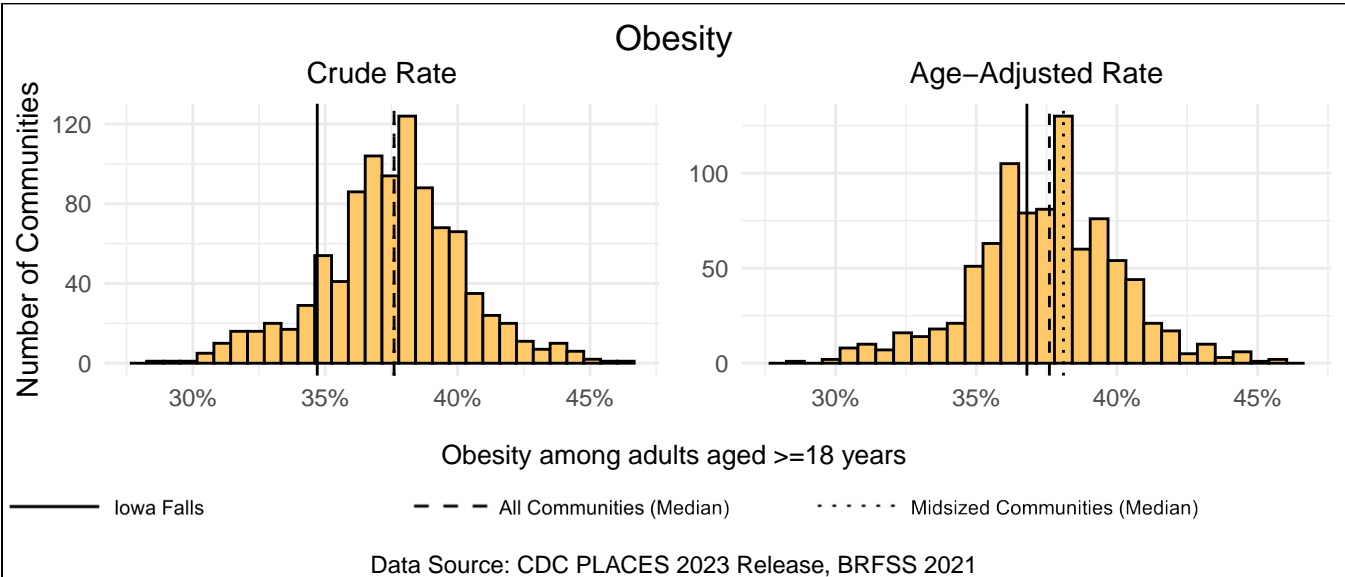
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	3.4%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Iowa Falls has a crude rate of 34.7% for obesity among adults aged ≥ 18 years, which ranks 117th out of 958 Iowa communities (22nd out of 102 midsized communities). The age-adjusted rate for Iowa Falls is 36.8%, which ranks 338th out of 905 Iowa communities (36th out of 102 midsized communities).

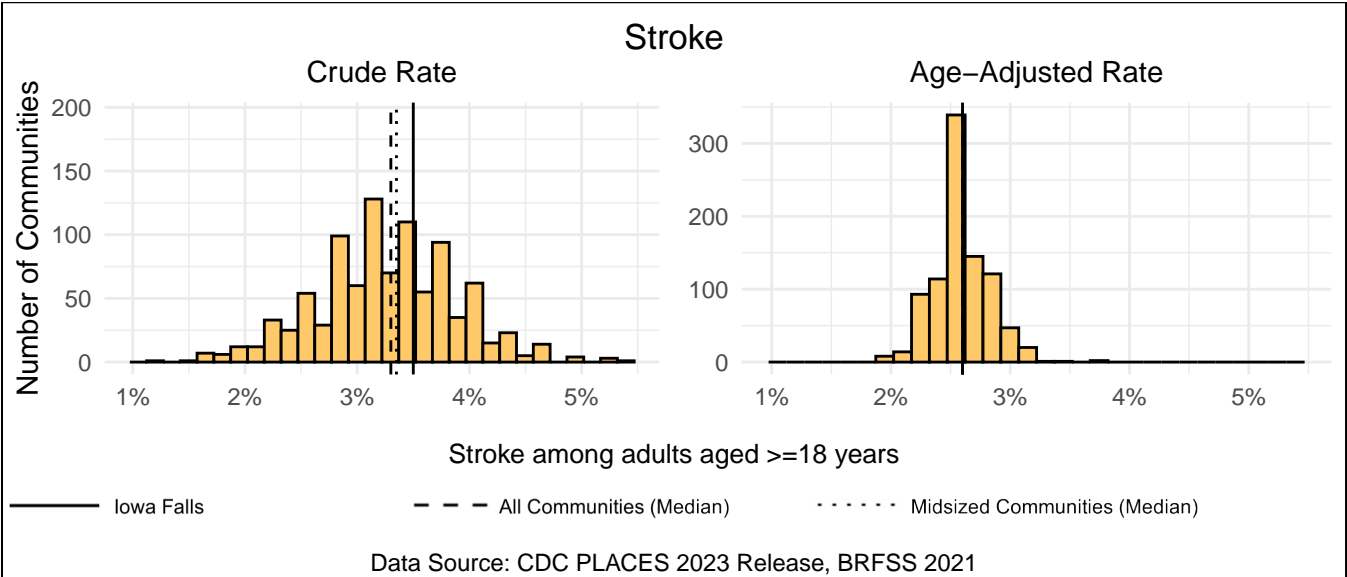
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	34.7%	37.6%	37.6%
Age-Adjusted	36.8%	37.6%	38.1%



Stroke

Iowa Falls has a crude rate of 3.5% for stroke among adults aged ≥ 18 years, which ranks 601st out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

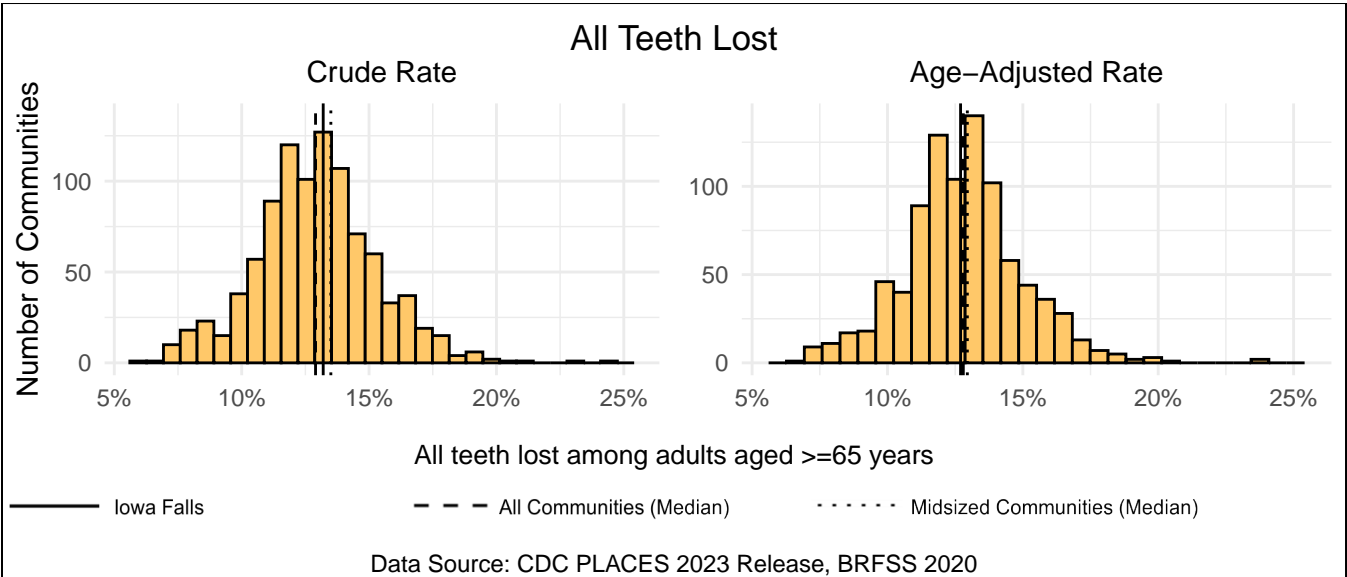
Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	3.5%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



All Teeth Lost

Iowa Falls has a crude rate of 13.2% for all teeth lost among adults aged ≥ 65 years, which ranks 522nd out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 12.7%, which ranks 431st out of 905 Iowa communities (45th out of 102 mid-sized communities).

Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	13.2%	12.9%	13.5%
Age-Adjusted	12.7%	12.8%	12.9%



Prevention

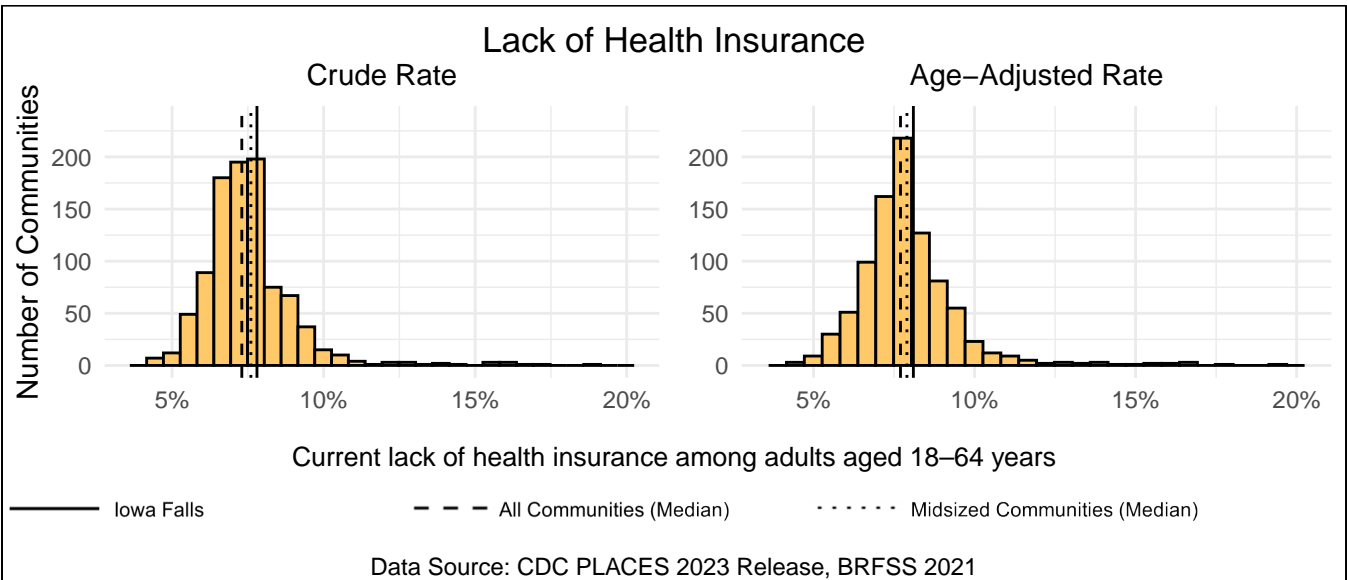
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Iowa Falls has a crude rate of 7.8% for current lack of health insurance among adults aged 18–64 years, which ranks 633rd out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 8.1%, which ranks 573rd out of 905 Iowa communities (53rd out of 102 midsize communities).

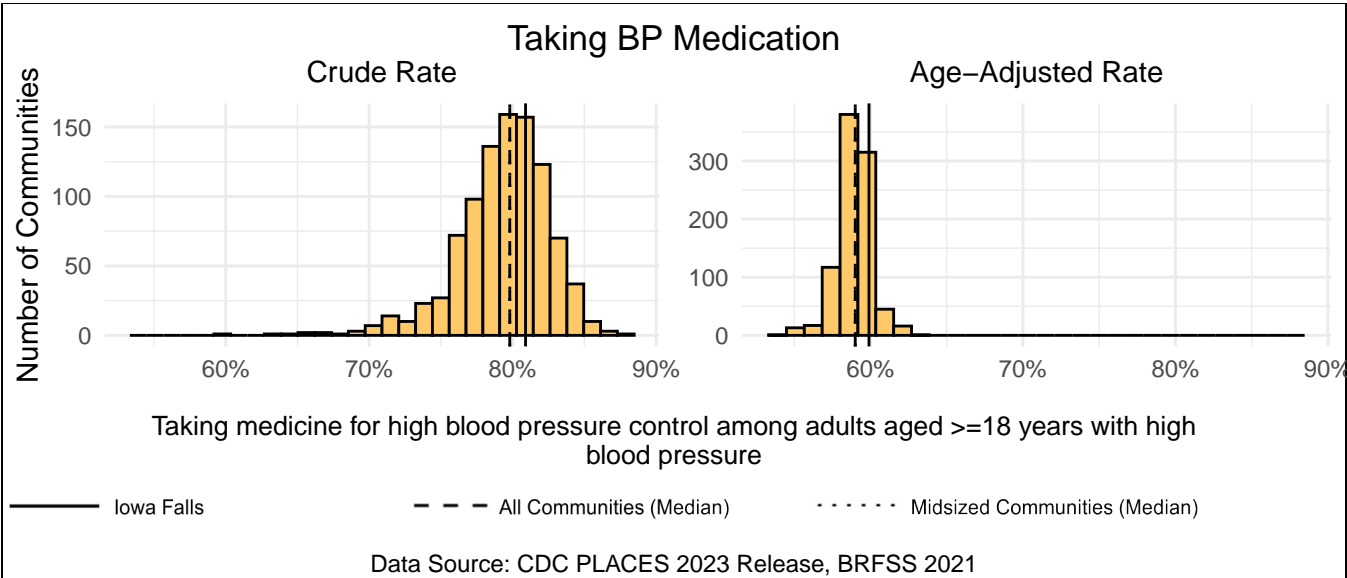
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	7.8%	7.3%	7.6%
Age-Adjusted	8.1%	7.7%	7.9%



Taking BP Medication

Iowa Falls has a crude rate of 80.9% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 310th out of 958 Iowa communities (28th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 59.9%, which ranks 107th out of 905 Iowa communities (22nd out of 102 midsize communities).

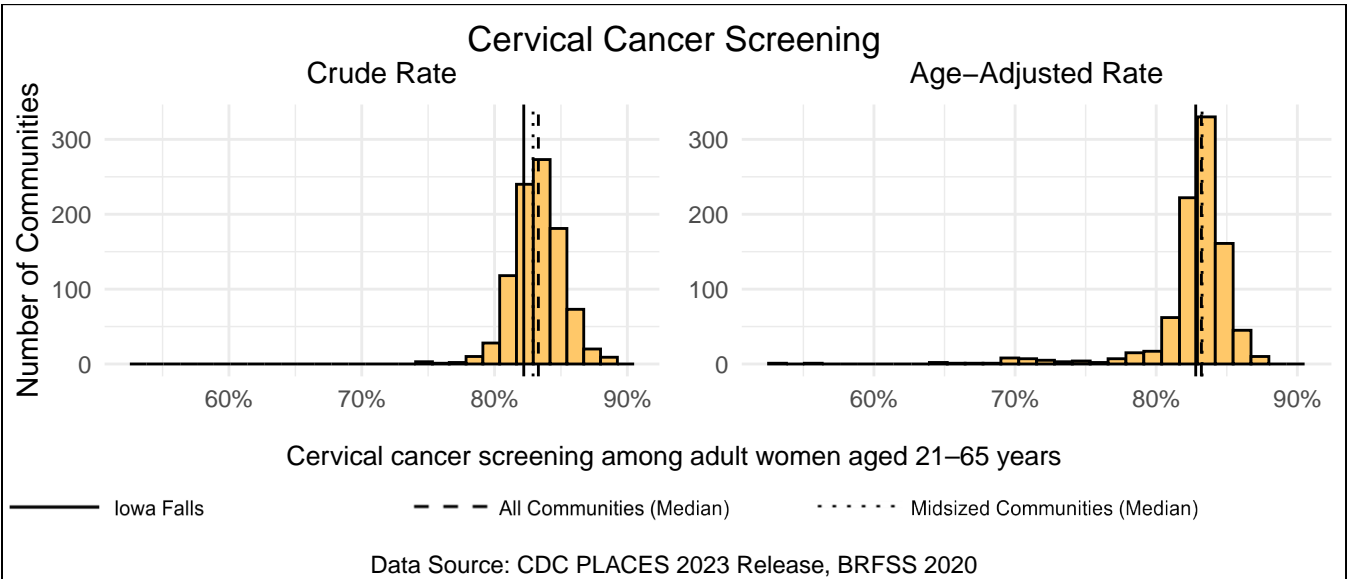
Measure Type	Iowa Falls	All Comm.	Midsize Comm.
Crude	80.9%	79.8%	79.8%
Age-Adjusted	59.9%	59.0%	59.0%



Cervical Cancer Screening

Iowa Falls has a crude rate of 82.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 710th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 82.8%, which ranks 579th out of 905 Iowa communities (65th out of 102 midsize communities).

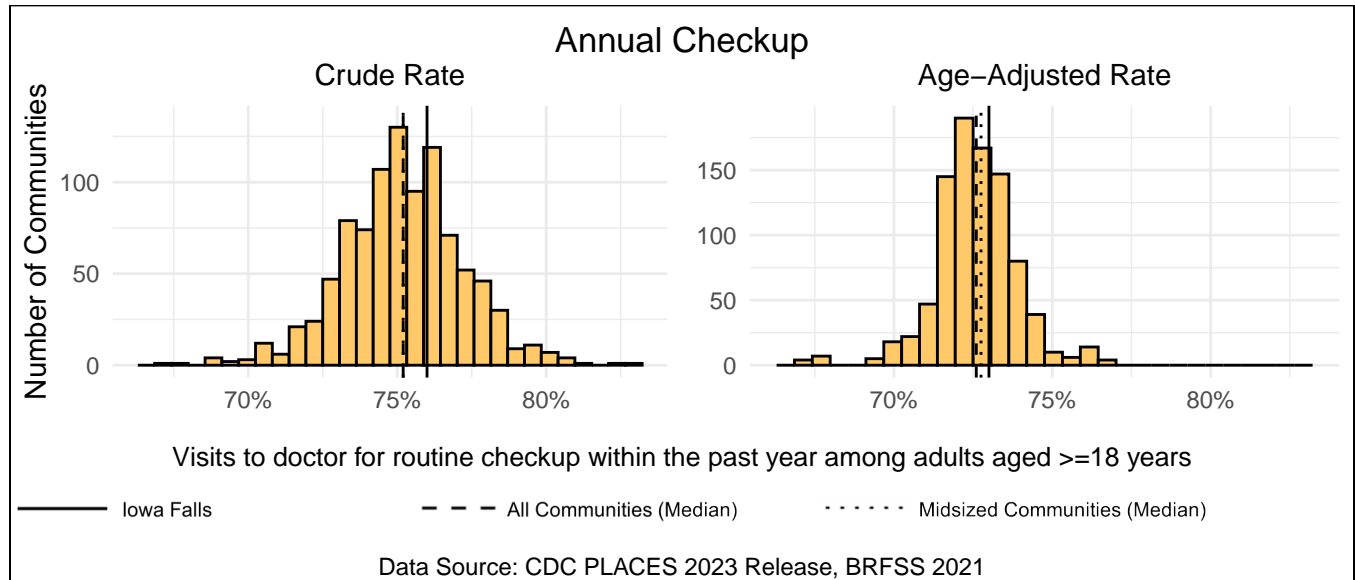
Measure Type	Iowa Falls	All Comm.	Midsize Comm.
Crude	82.2%	83.3%	82.9%
Age-Adjusted	82.8%	83.2%	83.2%



Annual Checkup

Iowa Falls has a crude rate of 76.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 312th out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 73.0%, which ranks 301st out of 905 Iowa communities (39th out of 102 mid-sized communities).

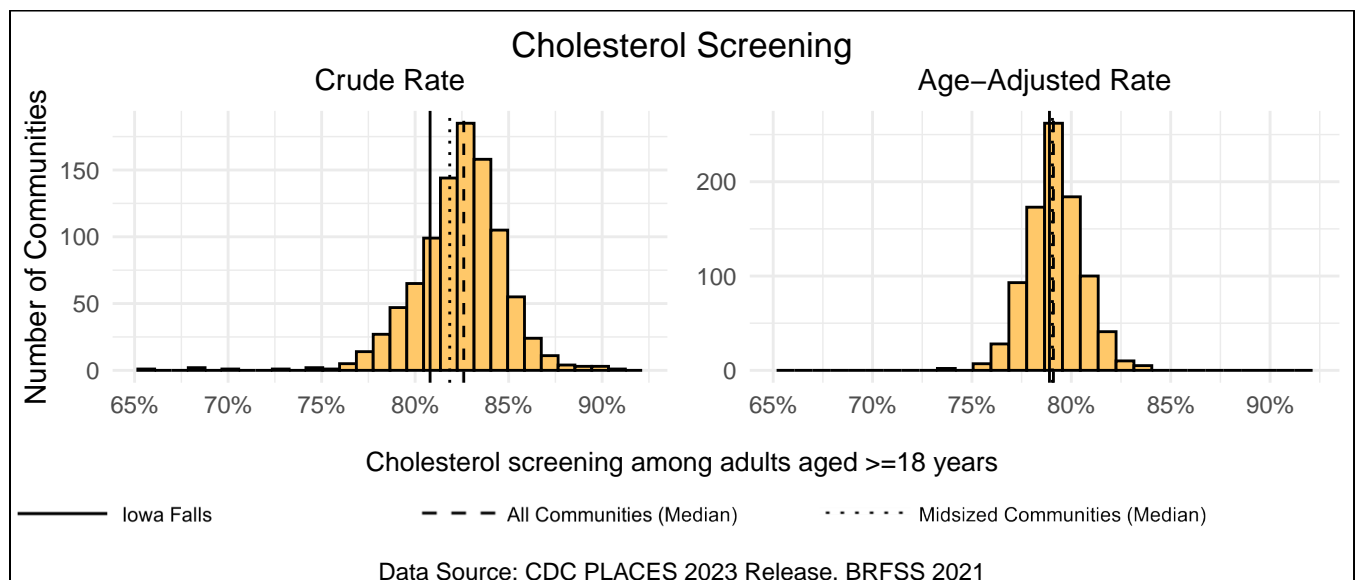
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	76.0%	75.2%	75.2%
Age-Adjusted	73.0%	72.6%	72.8%



Cholesterol Screening

Iowa Falls has a crude rate of 80.8% for cholesterol screening among adults aged ≥ 18 years, which ranks 746th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 78.9%, which ranks 501st out of 905 Iowa communities (56th out of 102 mid-sized communities).

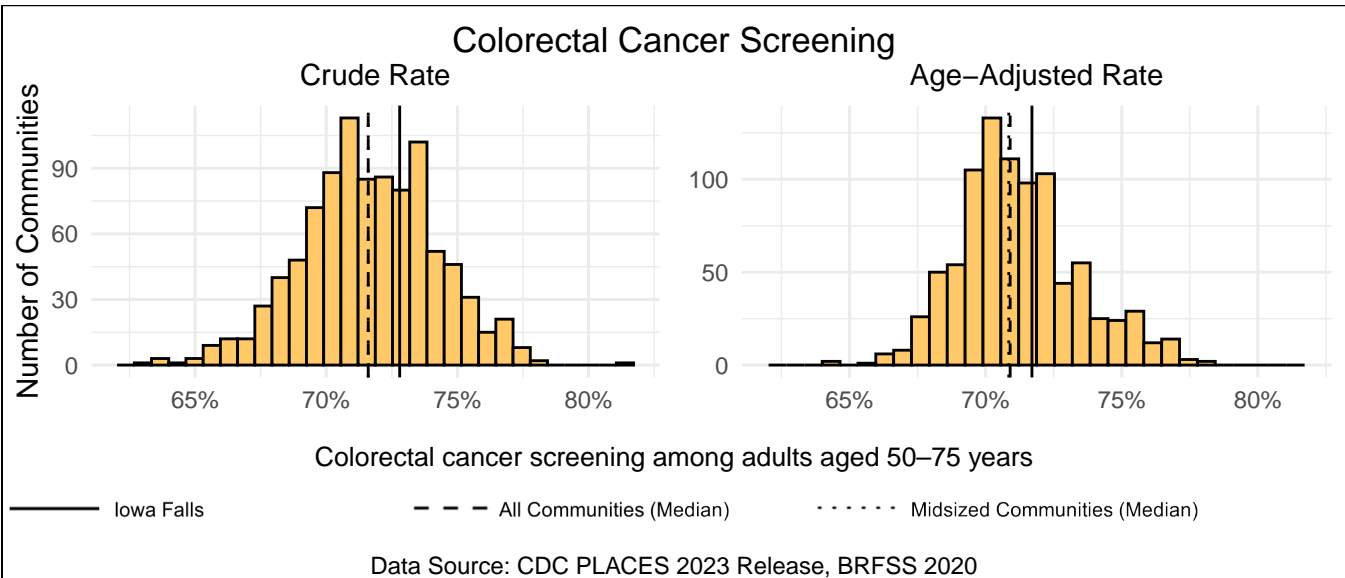
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	80.8%	82.6%	81.8%
Age-Adjusted	78.9%	79.1%	79.0%



Colorectal Cancer Screening

Iowa Falls has a crude rate of 72.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 314th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 71.7%, which ranks 326th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

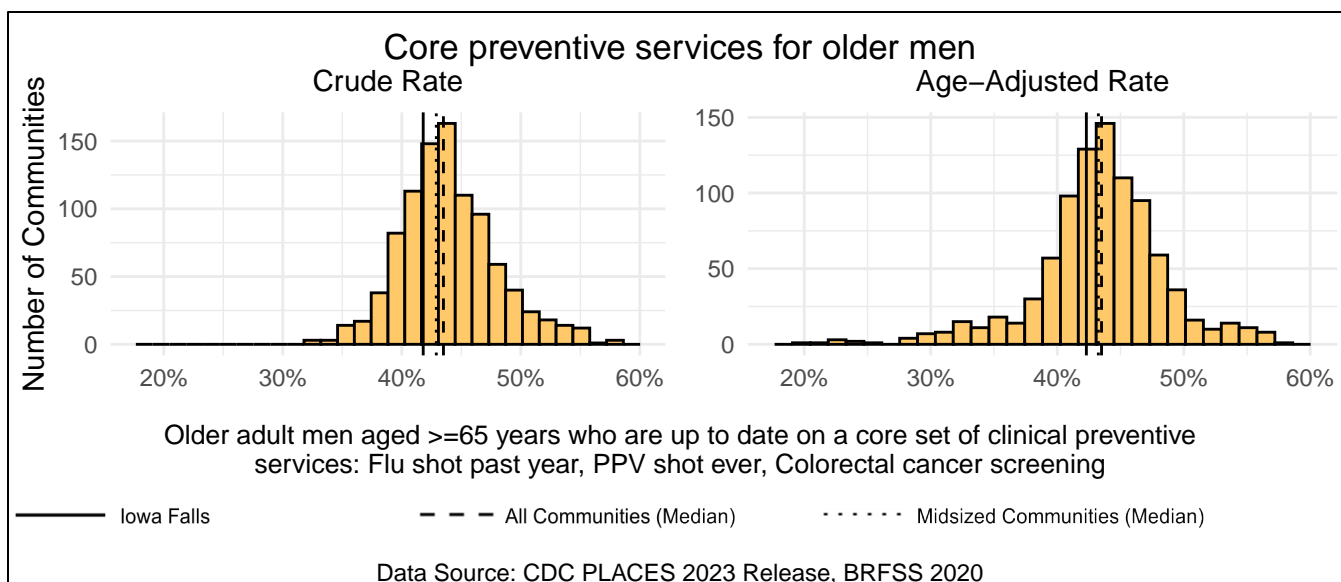
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	72.8%	71.6%	71.6%
Age-Adjusted	71.7%	70.9%	70.8%



Core preventive services for older men

Iowa Falls has a crude rate of 41.8% 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 672nd out of 958 Iowa communities (62nd out of 102 midsized communities). The age-adjusted rate for Iowa Falls is 42.3%, which ranks 568th out of 905 Iowa communities (61st out of 102 midsized communities).

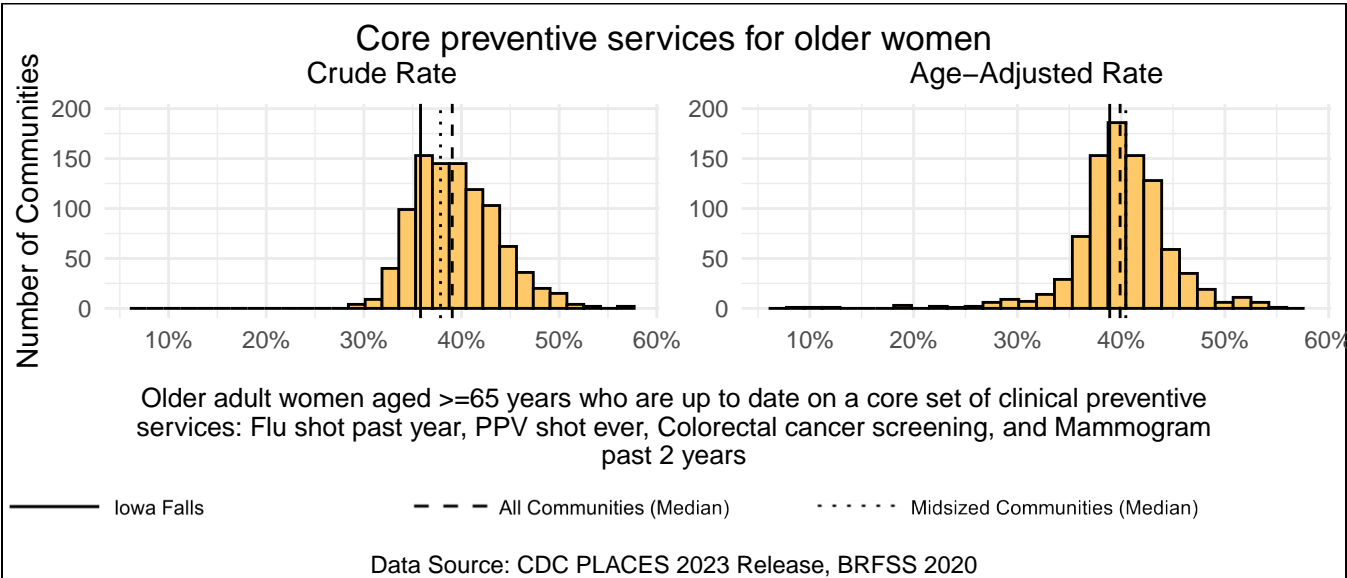
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	41.8%	43.5%	42.9%
Age-Adjusted	42.3%	43.5%	43.2%



Core preventive services for older women

Iowa Falls has a crude rate of 35.8% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 774th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 38.9%, which ranks 582nd out of 905 Iowa communities (66th out of 102 mid-sized communities).

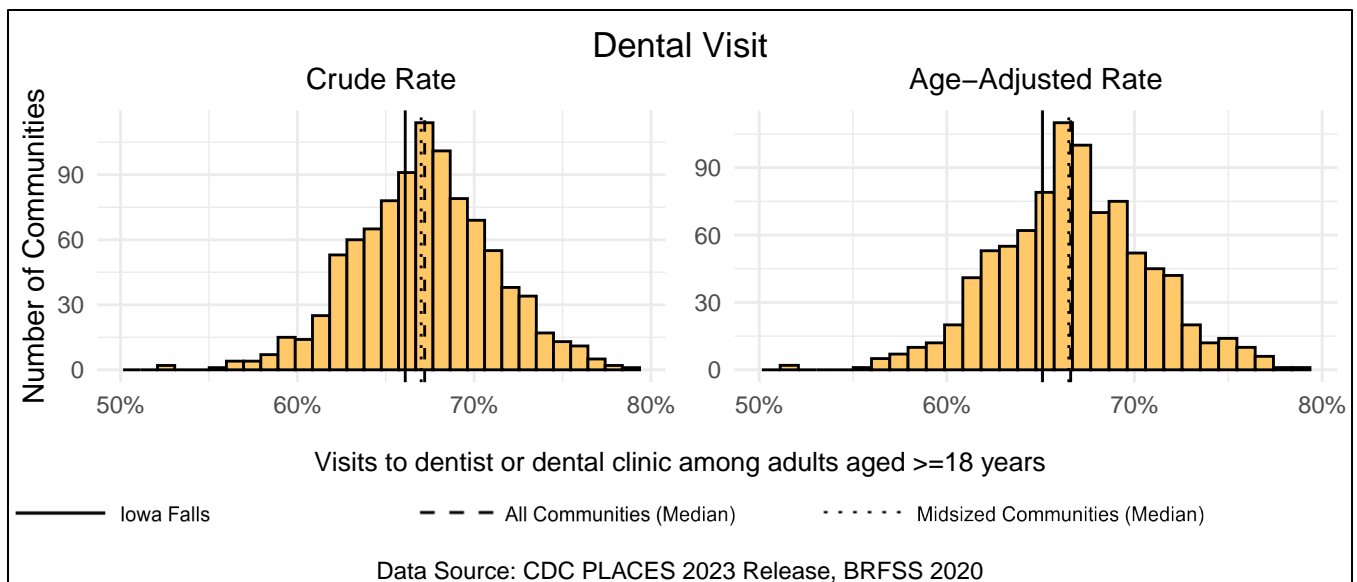
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	35.8%	39.0%	37.8%
Age-Adjusted	38.9%	39.9%	40.4%



Dental Visit

Iowa Falls has a crude rate of 66.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 592nd out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 65.1%, which ranks 607th out of 905 Iowa communities (61st out of 102 mid-sized communities).

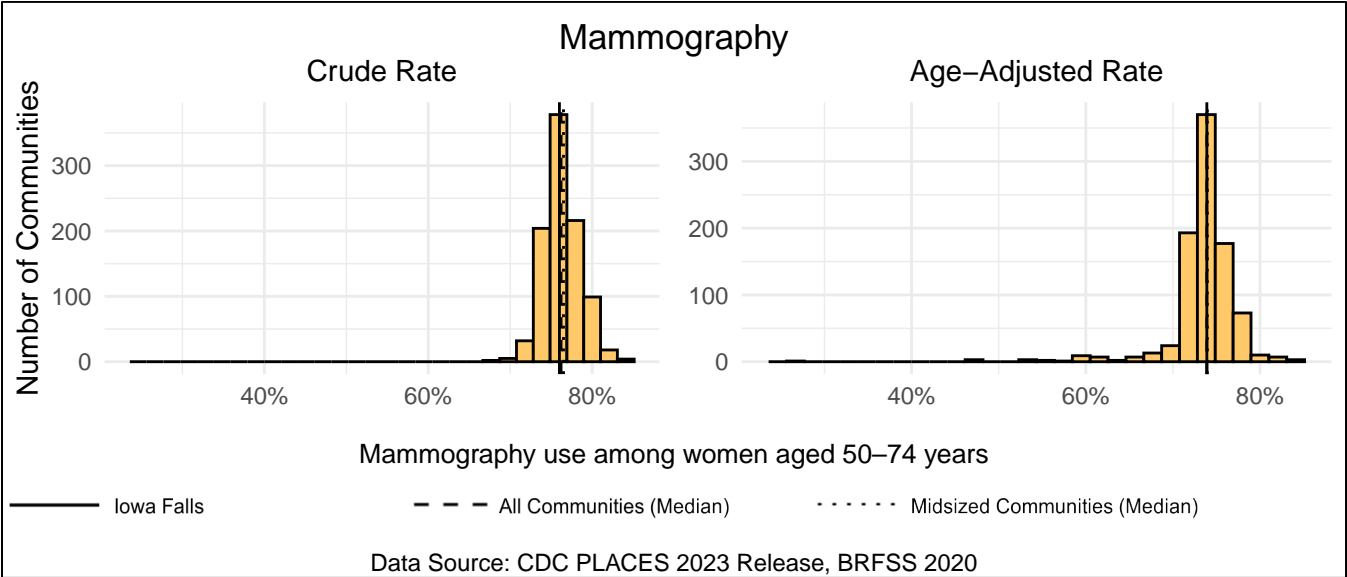
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	66.1%	67.2%	67.0%
Age-Adjusted	65.1%	66.6%	66.5%



Mammography

Iowa Falls has a crude rate of 76.0% for mammography use among women aged 50–74 years, which ranks 510th out of 958 Iowa communities (59th out of 102 midsized communities). The age-adjusted rate for Iowa Falls is 73.9%, which ranks 434th out of 905 Iowa communities (52nd out of 102 midsized communities).

Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	76.0%	76.2%	76.5%
Age-Adjusted	73.9%	73.9%	74.0%



Disability

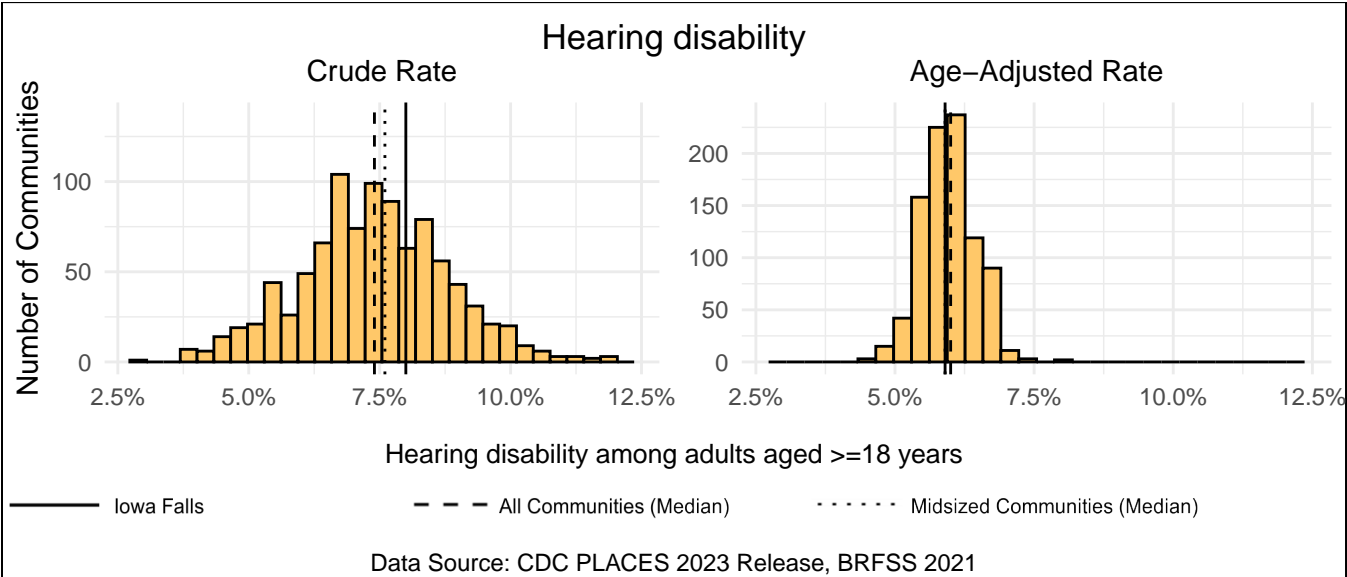
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Iowa Falls has a crude rate of 8.0% for hearing disability among adults aged ≥ 18 years, which ranks 645th out of 958 Iowa communities (66th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 5.9%, which ranks 360th out of 905 Iowa communities (44th out of 102 midsize communities).

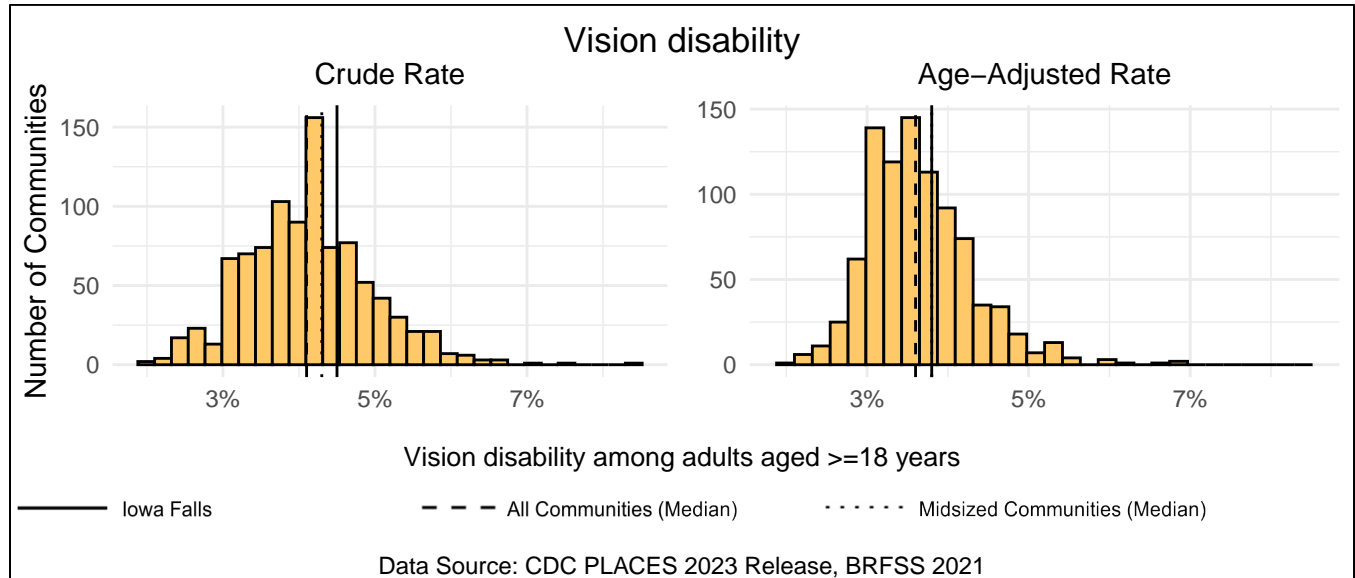
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	8.0%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.9%



Vision disability

Iowa Falls has a crude rate of 4.5% for vision disability among adults aged ≥ 18 years, which ranks 661st out of 958 Iowa communities (60th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 3.8%, which ranks 564th out of 905 Iowa communities (50th out of 102 midsize communities).

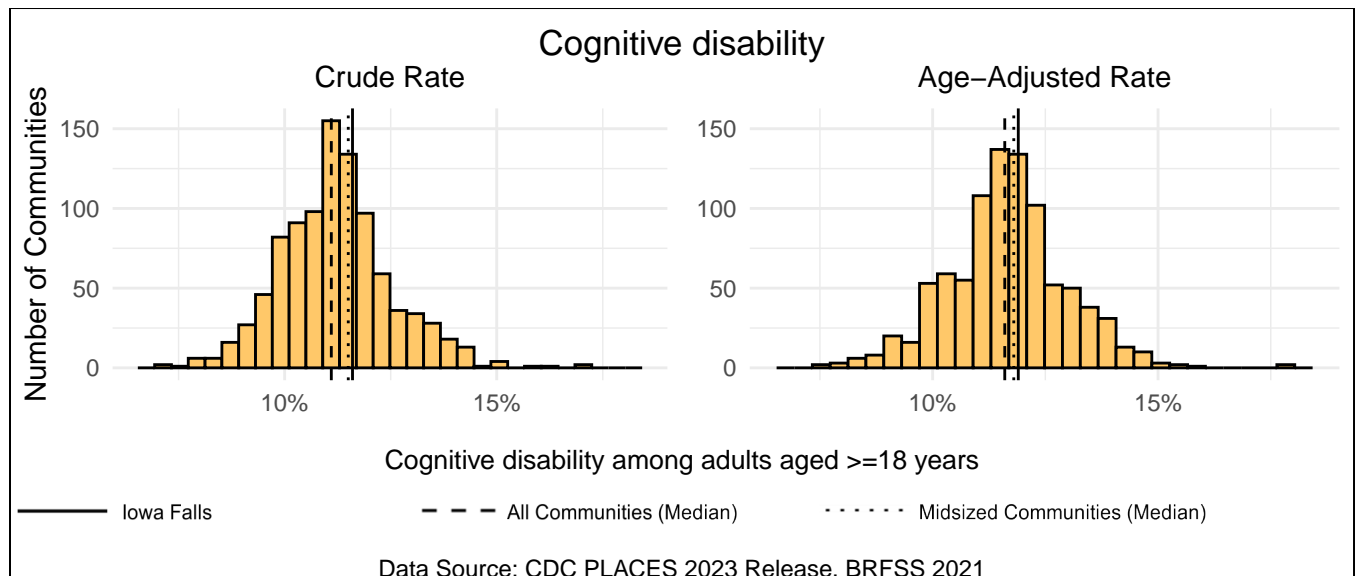
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	4.5%	4.1%	4.3%
Age-Adjusted	3.8%	3.6%	3.8%



Cognitive disability

Iowa Falls has a crude rate of 11.6% for cognitive disability among adults aged ≥ 18 years, which ranks 639th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Iowa Falls is 11.9%, which ranks 529th out of 905 Iowa communities (54th out of 102 midsize communities).

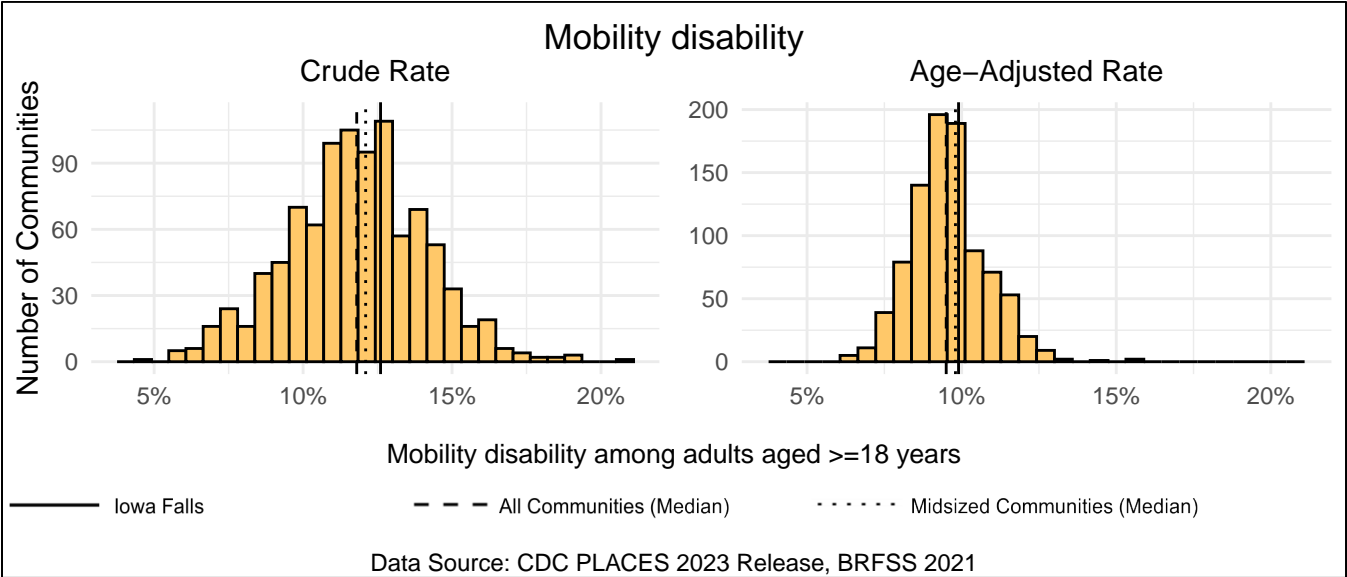
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	11.6%	11.1%	11.5%
Age-Adjusted	11.9%	11.6%	11.8%



Mobility disability

Iowa Falls has a crude rate of 12.6% for mobility disability among adults aged ≥ 18 years, which ranks 603rd out of 958 Iowa communities (60th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 9.9%, which ranks 577th out of 905 Iowa communities (55th out of 102 mid-sized communities).

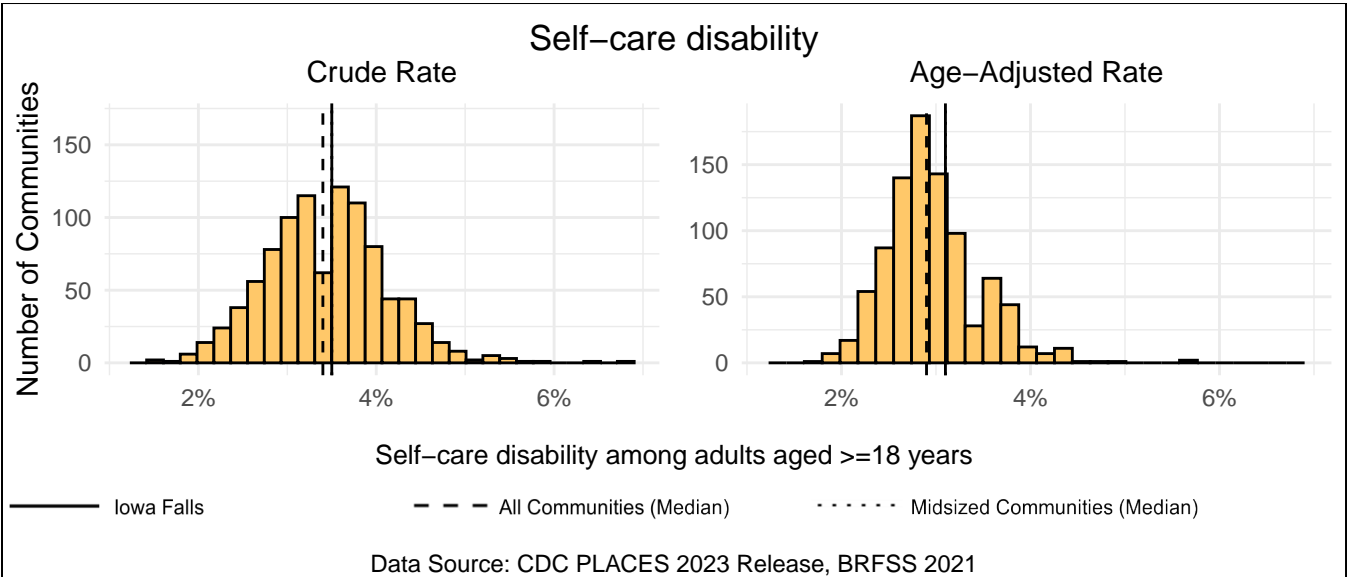
Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	12.6%	11.8%	12.1%
Age-Adjusted	9.9%	9.5%	9.8%



Self-care disability

Iowa Falls has a crude rate of 3.5% for self-care disability among adults aged ≥ 18 years, which ranks 497th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 mid-sized communities).

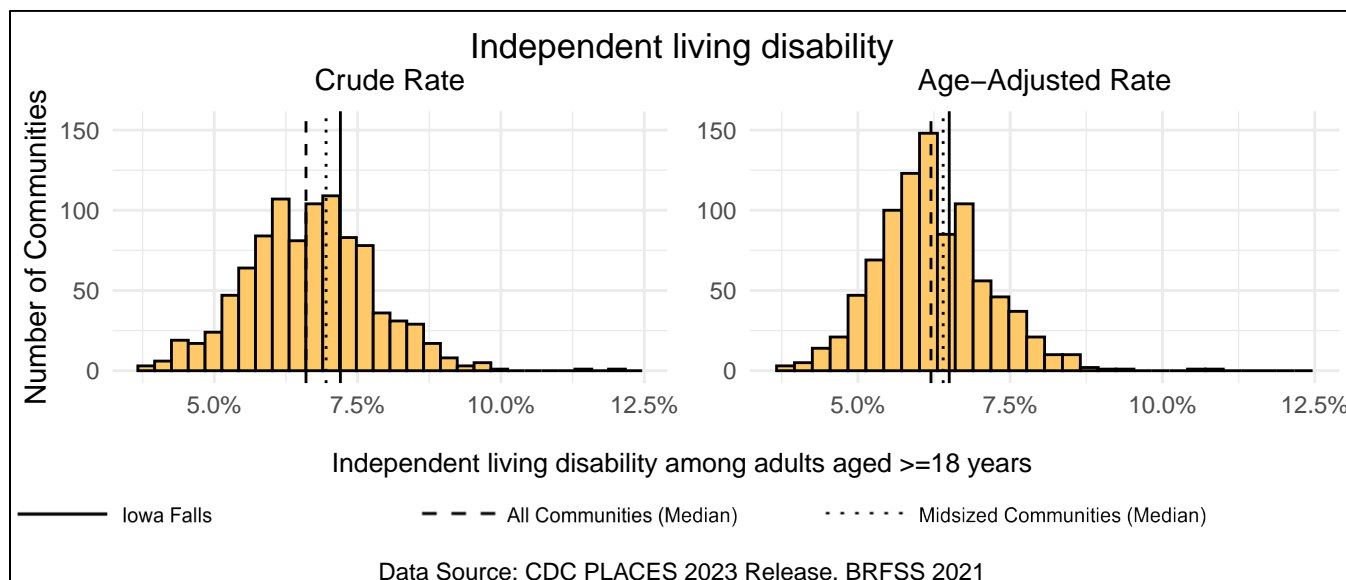
Measure Type	Iowa Falls	All Comm.	Mid-sized Comm.
Crude	3.5%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



Independent living disability

Iowa Falls has a crude rate of 7.2% for independent living disability among adults aged ≥ 18 years, which ranks 666th out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 6.5%, which ranks 570th out of 905 Iowa communities (57th out of 102 mid-sized communities).

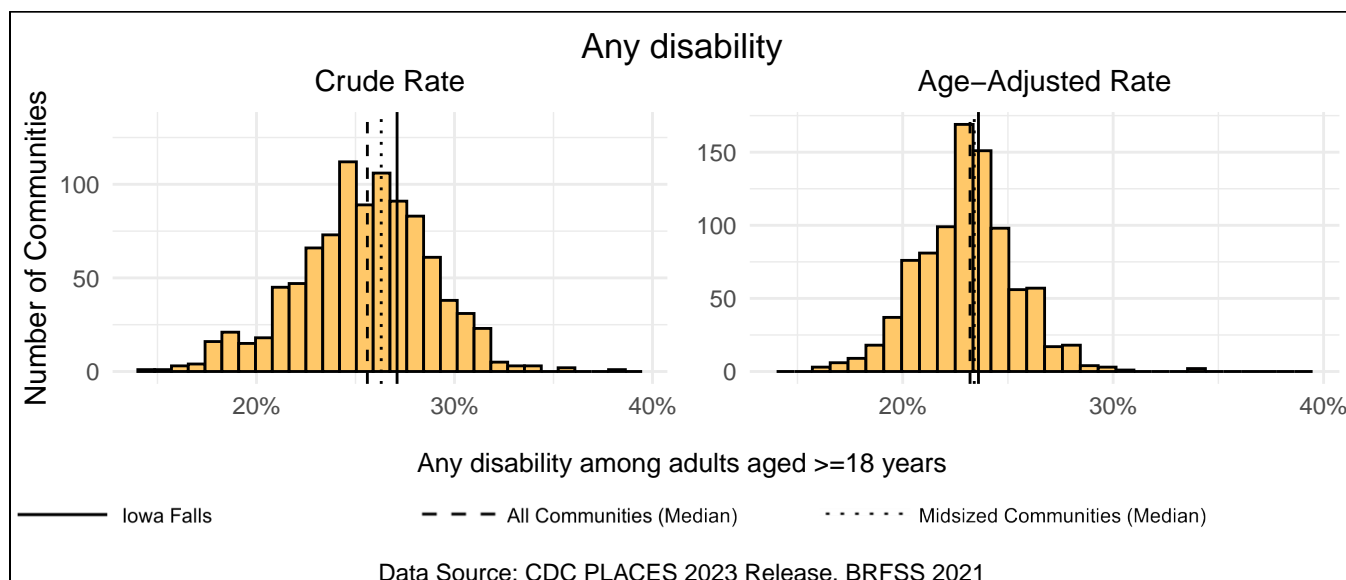
Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	7.2%	6.6%	7.0%
Age-Adjusted	6.5%	6.2%	6.4%



Any disability

Iowa Falls has a crude rate of 27.1% for any disability among adults aged ≥ 18 years, which ranks 647th out of 958 Iowa communities (60th out of 102 mid-sized communities). The age-adjusted rate for Iowa Falls is 23.6%, which ranks 551st out of 905 Iowa communities (58th out of 102 mid-sized communities).

Measure Type	Iowa Falls	All Comm.	Midsized Comm.
Crude	27.1%	25.6%	26.3%
Age-Adjusted	23.6%	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: Iowa Falls PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	493	14.4% (12.3% - 17.0%)	552	13.2% (11.1% - 15.3%)
Health Status	Physical Health	435	10.7% (9.2% - 12.4%)	518	9.9% (8.6% - 11.5%)
Health Status	Mental Health	587	14.6% (12.6% - 16.8%)	516	15.7% (13.5% - 18.0%)
Health Risk Behaviors	Sleep <7 hours	258	29.3% (28.0% - 30.5%)	466	31.2% (29.9% - 32.5%)
Health Risk Behaviors	Physical Inactivity	594	27.0% (22.4% - 32.0%)	612	25.3% (20.8% - 29.8%)
Health Risk Behaviors	Current Smoking	194	15.2% (12.5% - 18.3%)	459	17.6% (14.3% - 21.1%)
Health Risk Behaviors	Binge Drinking	283	18.4% (15.3% - 21.9%)	202	21.2% (17.6% - 25.1%)
Health Outcomes	High Cholesterol	553	36.8% (32.4% - 41.3%)	669	30.4% (26.0% - 34.9%)
Health Outcomes	Arthritis	695	29.8% (26.1% - 34.0%)	873	25.2% (21.6% - 29.0%)
Health Outcomes	All Teeth Lost	522	13.2% (9.0% - 18.2%)	431	12.7% (8.7% - 17.0%)
Health Outcomes	COPD	448	7.4% (6.2% - 8.9%)	513	6.4% (5.3% - 7.4%)
Health Outcomes	Cancer (except skin)	658	8.7% (7.8% - 9.6%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Diabetes	416	9.9% (8.5% - 11.6%)	508	8.3% (7.1% - 9.7%)
Health Outcomes	High Blood Pressure	469	32.0% (28.2% - 36.2%)	469	27.4% (23.6% - 31.2%)
Health Outcomes	Current Asthma	716	9.6% (8.3% - 10.8%)	696	9.8% (8.6% - 11.1%)
Health Outcomes	Coronary Heart Disease	608	6.9% (6.0% - 7.9%)	419	5.0% (4.4% - 5.6%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.1% - 3.8%)	623	2.7% (2.4% - 2.9%)
Health Outcomes	Stroke	601	3.5% (3.1% - 4.0%)	375	2.6% (2.4% - 3.0%)
Health Outcomes	Obesity	117	34.7% (27.8% - 41.9%)	338	36.8% (29.8% - 44.2%)
Health Outcomes	Depression	386	17.8% (14.6% - 21.3%)	457	19.1% (15.6% - 22.7%)
Prevention	Dental Visit	592	66.1% (63.4% - 68.9%)	607	65.1% (62.1% - 67.9%)
Prevention	Cholesterol Screening	746	80.8% (77.8% - 83.7%)	501	78.9% (75.6% - 82.0%)
Prevention	Core preventive services for older women	774	35.8% (30.4% - 41.4%)	582	38.9% (33.4% - 44.6%)
Prevention	Taking BP Medication	310	80.9% (78.0% - 83.5%)	107	59.9% (55.0% - 64.7%)
Prevention	Cervical Cancer Screening	710	82.2% (79.9% - 84.2%)	579	82.8% (80.6% - 84.7%)
Prevention	Annual Checkup	312	76.0% (71.4% - 80.3%)	301	73.0% (67.8% - 77.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	314	72.8% (70.2% - 75.0%)	326	71.7% (69.1% - 74.1%)
Prevention	Health Insurance	633	7.8% (6.3% - 9.7%)	573	8.1% (6.5% - 10.1%)
Prevention	Mammography	510	76.0% (72.6% - 79.1%)	434	73.9% (70.6% - 77.1%)
Prevention	Core preventive services for older men	672	41.8% (34.9% - 48.6%)	568	42.3% (35.6% - 49.2%)
Disability	Vision Disability	661	4.5% (3.8% - 5.2%)	564	3.8% (3.3% - 4.4%)
Disability	Any Disability	647	27.1% (23.4% - 31.2%)	551	23.6% (20.1% - 27.3%)
Disability	Mobility Disability	603	12.6% (10.7% - 14.8%)	577	9.9% (8.4% - 11.5%)
Disability	Independent Living Disability	666	7.2% (6.1% - 8.5%)	570	6.5% (5.6% - 7.5%)
Disability	Hearing Disability	645	8.0% (7.0% - 9.1%)	360	5.9% (5.2% - 6.7%)
Disability	Self-care Disability	497	3.5% (3.0% - 4.1%)	567	3.1% (2.7% - 3.6%)
Disability	Cognitive Disability	639	11.6% (9.9% - 13.6%)	529	11.9% (10.1% - 13.8%)

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)

Iowa Falls 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
