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 Jefferson: Overview

Dear Community Members & Stakeholders of Jefferson,

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 Jefferson ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Jefferson'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 Jefferson. 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	Obesity	201st	26th
Taking BP Medication	126th	5th	Core preventive services for older men	238th	28th
Binge Drinking	127th	15th	Arthritis	287th	35th
Annual Checkup	151st	9th	Binge Drinking	300th	53rd
Cholesterol Screening	184th	11th	High Blood Pressure	304th	35th

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
Cancer (except skin)	853rd	100th	High Cholesterol	565th	63rd
Hearing Disability	802nd	85th	Mammography	547th	66th
High Cholesterol	794th	98th	Any Disability	526th	54th
Chronic Kidney Disease	787th	83rd	Current Asthma	513th	48th
Coronary Heart Disease	769th	82nd	Vision Disability	509th	44th

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 Jefferson.

Sincerely,

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

How to Use this Report

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

With a population of 4,190, Jefferson'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 table shows rates in your community compared with the state midpoint and the population group

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

Mental Health

Crude Rate

Age-Adjusted Rate

Mental health not good for >=14 days among adults aged >=18 years

The legend shows the meaning of the solid, dashed, and dotted lines

— Ames   – – – All Communities (Median)   · · · · · Large Communities (Median)

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

Jefferson has a crude rate of 15.0% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 615th out of 958 Iowa communities (60th out of 102 midsized communities). The age-adjusted rate for Jefferson is 12.8%, which ranks 462nd out of 905 Iowa communities (45th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	15.0%	14.3%	14.5%
Age-Adjusted	12.8%	12.7%	13.0%

Poor General Health — Crude Rate / Age-Adjusted Rate. Fair or poor self-rated health status among adults aged >= 18 years. Jefferson; All Communities (Median); Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
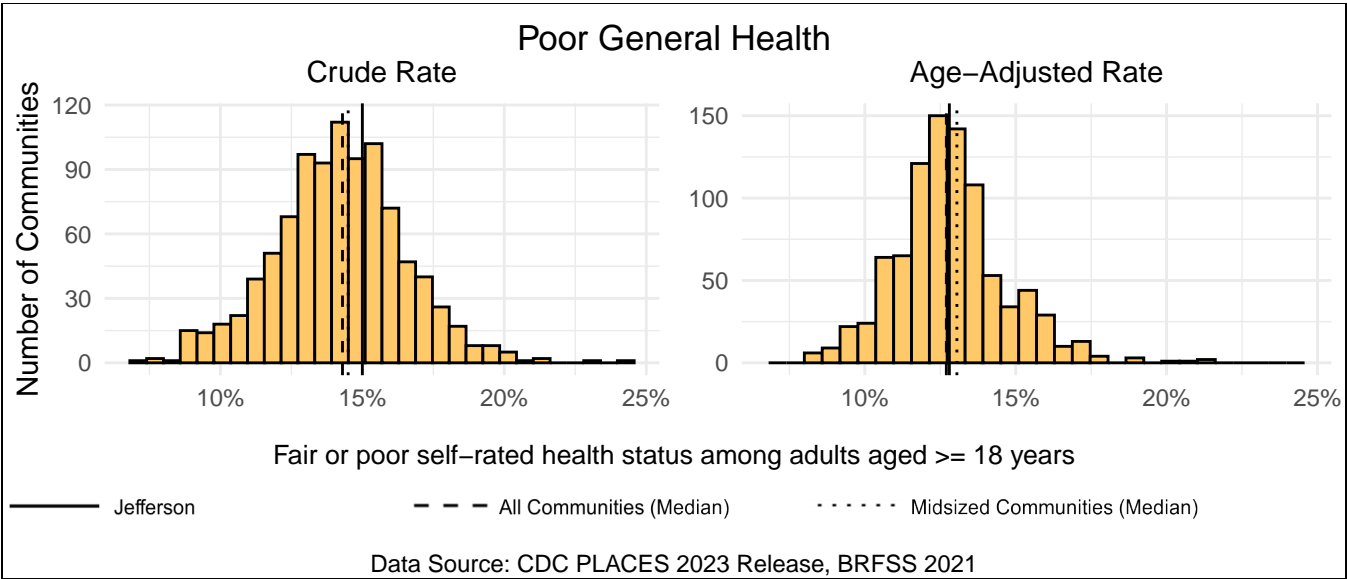
Poor Physical Health

Jefferson has a crude rate of 11.2% for physical health not good for >=14 days among adults aged >=18 years, which ranks 600th out of 958 Iowa communities (61st out of 102 midsized communities). The age-adjusted rate for Jefferson is 9.8%, which ranks 468th out of 905 Iowa communities (44th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	11.2%	10.8%	10.7%
Age-Adjusted	9.8%	9.7%	9.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Jefferson has a crude rate of 13.5% for mental health not good for >=14 days among adults aged >=18 years, which ranks 202nd out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Jefferson is 15.6%, which ranks 457th out of 905 Iowa communities (53rd out of 102 midsized communities).
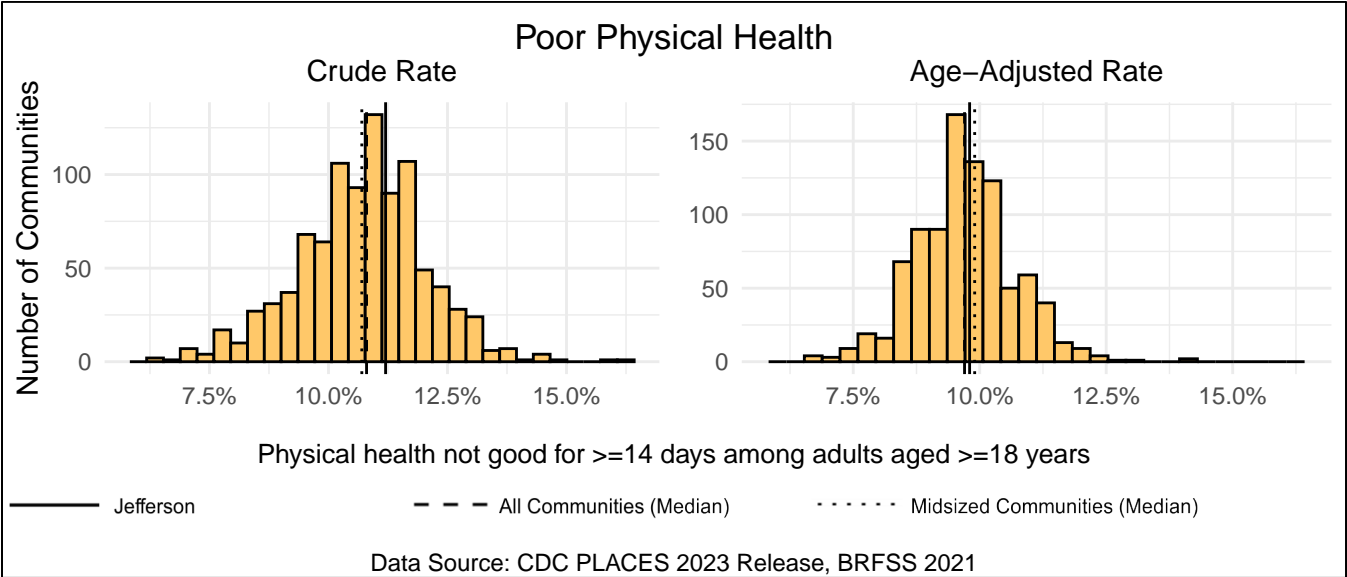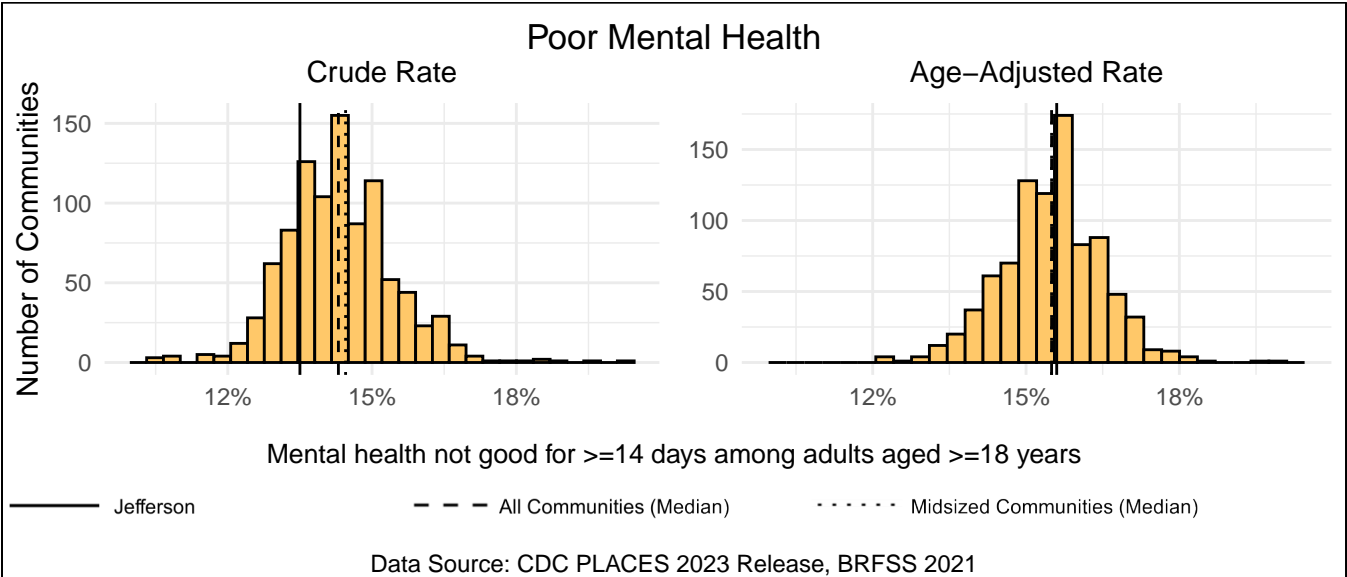
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	13.5%	14.3%	14.4%
Age-Adjusted	15.6%	15.5%	15.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
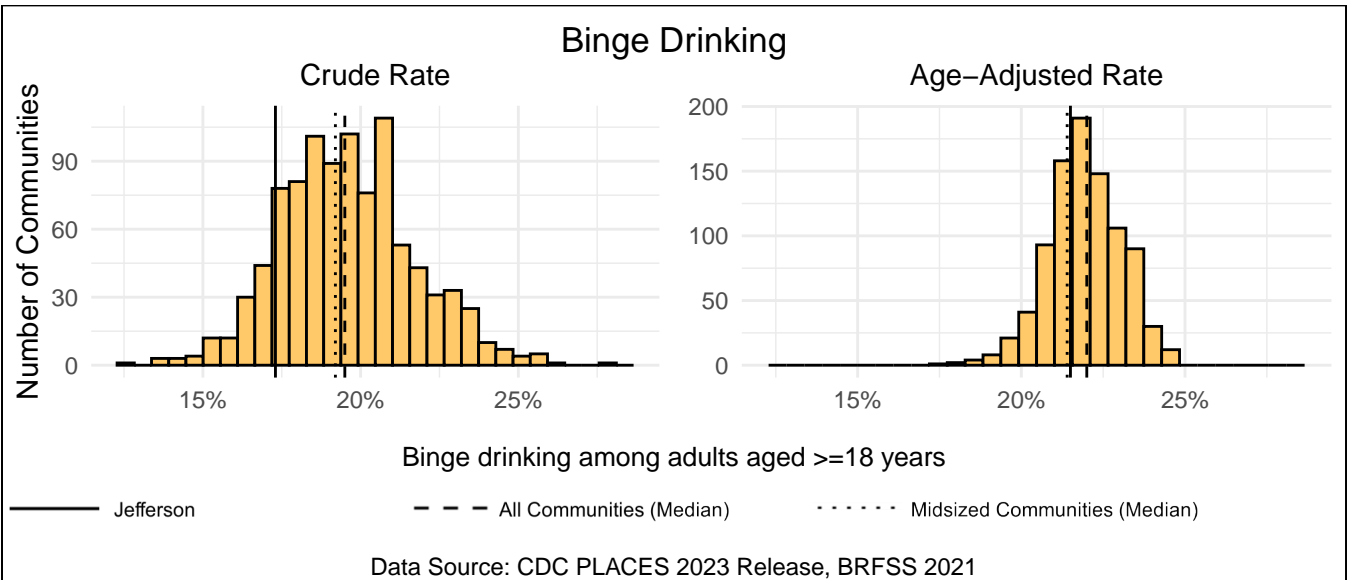
Health Risk Behaviors

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

Jefferson has a crude rate of 17.3% for binge drinking among adults aged >=18 years, which ranks 127th out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Jefferson is 21.5%, which ranks 300th out of 905 Iowa communities (53rd out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	17.3%	19.5%	19.2%
Age-Adjusted	21.5%	22.0%	21.4%

Binge Drinking

Crude Rate — Age-Adjusted Rate

Binge drinking among adults aged >=18 years

— Jefferson   - - - All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Jefferson has a crude rate of 15.4% for current smoking among adults aged >=18 years, which ranks 215th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Jefferson is 17.2%, which ranks 360th out of 905 Iowa communities (48th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	15.4%	16.8%	16.4%
Age-Adjusted	17.2%	17.5%	17.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

Jefferson has a crude rate of 27.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 678th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Jefferson is 24.7%, which ranks 504th out of 905 Iowa communities (51st out of 102 midsized communities).
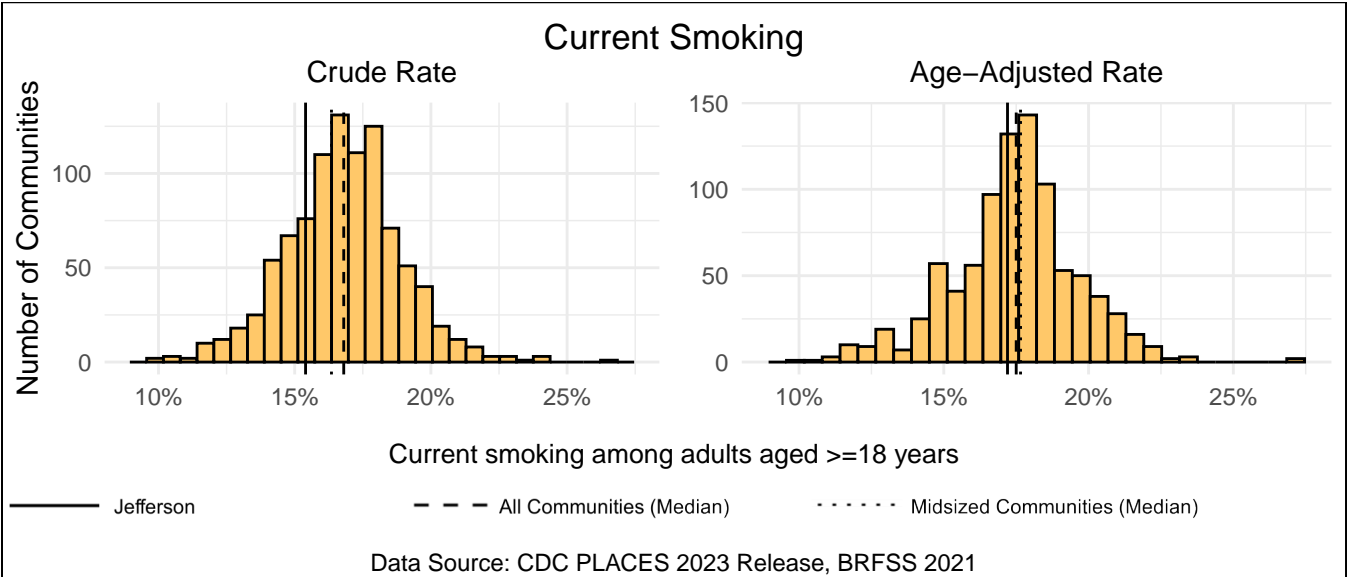
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	27.6%	26.1%	26.6%
Age-Adjusted	24.7%	24.3%	24.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Jefferson has a crude rate of 29.4% for sleeping less than 7 hours among adults aged >=18 years, which ranks 278th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Jefferson is 31.1%, which ranks 446th out of 905 Iowa communities (56th out of 102 midsized communities).
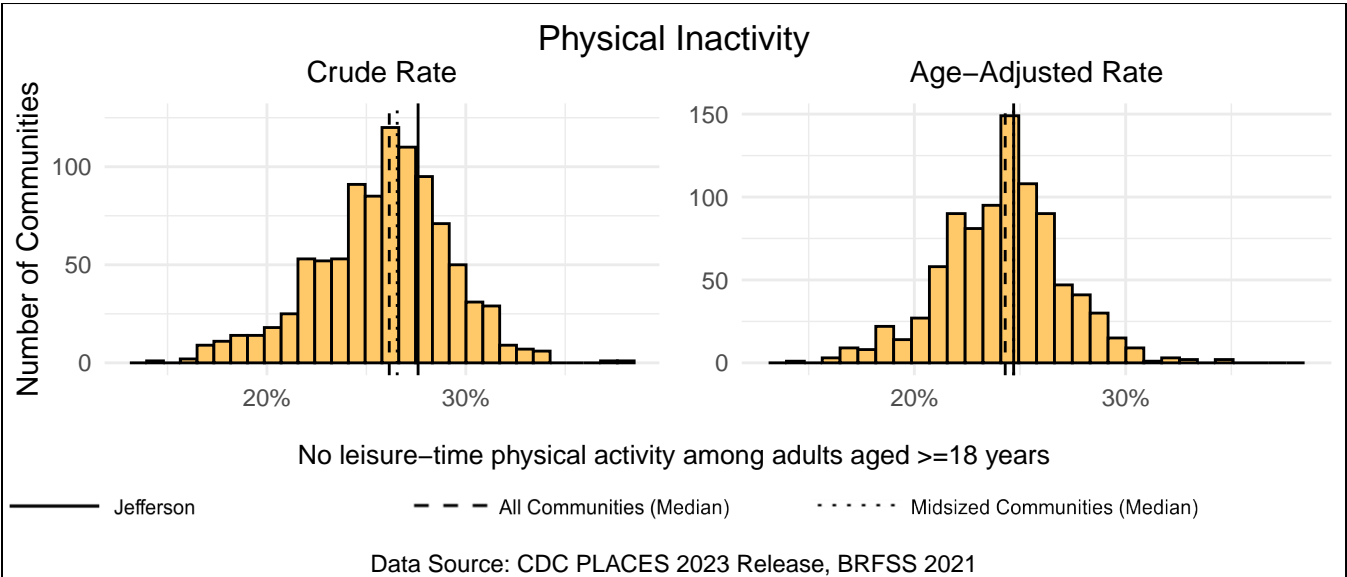
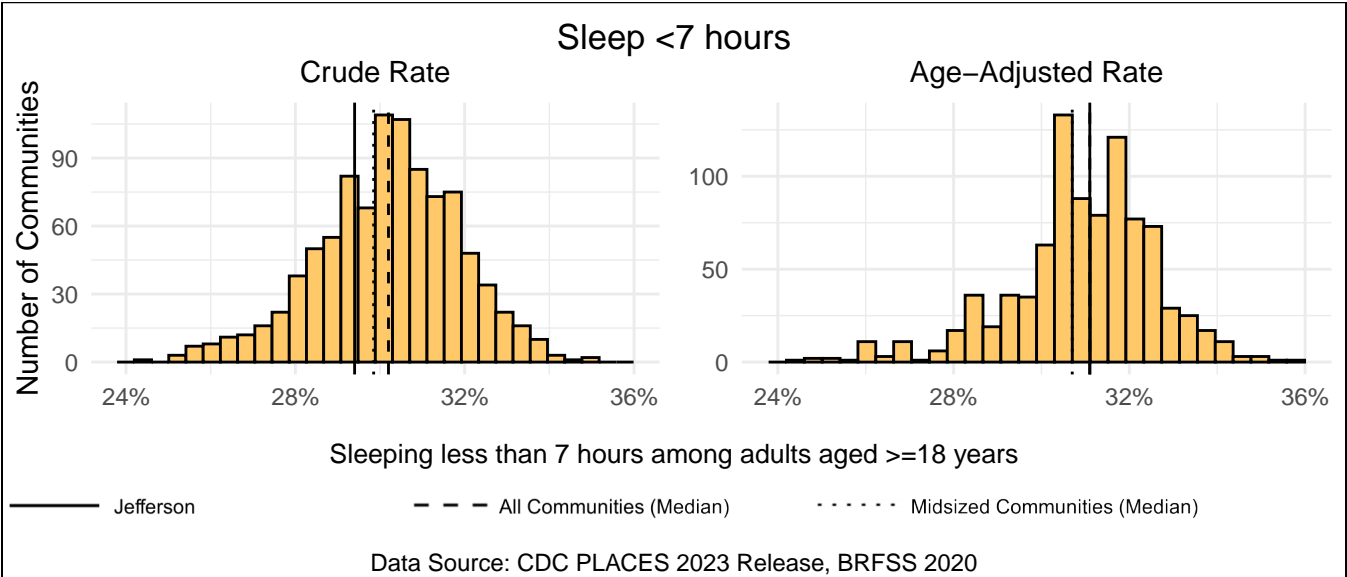| Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	29.4%	30.2%	29.8%
Age-Adjusted	31.1%	31.1%	30.7%

Sleep <7 hours

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Jefferson has a crude rate of 30.0% for arthritis among adults aged >=18 years, which ranks 714th out of 958 Iowa communities (84th out of 102 midsized communities). The age-adjusted rate for Jefferson is 22.6%, which ranks 287th out of 905 Iowa communities (35th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	30.0%	27.9%	27.8%
Age-Adjusted	22.6%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
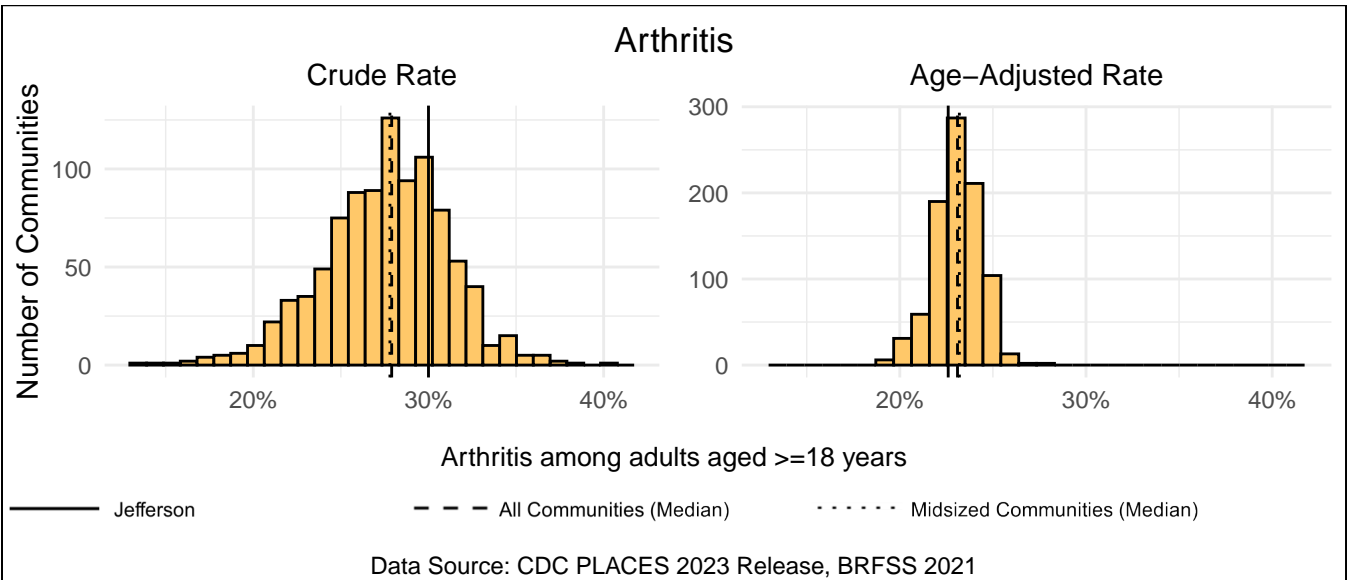
High Blood Pressure

Jefferson has a crude rate of 34.5% for high blood pressure among adults aged >=18 years, which ranks 709th out of 958 Iowa communities (81st out of 102 midsized communities). The age-adjusted rate for Jefferson is 26.7%, which ranks 304th out of 905 Iowa communities (35th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	34.5%	32.0%	32.0%
Age-Adjusted	26.7%	27.3%	27.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
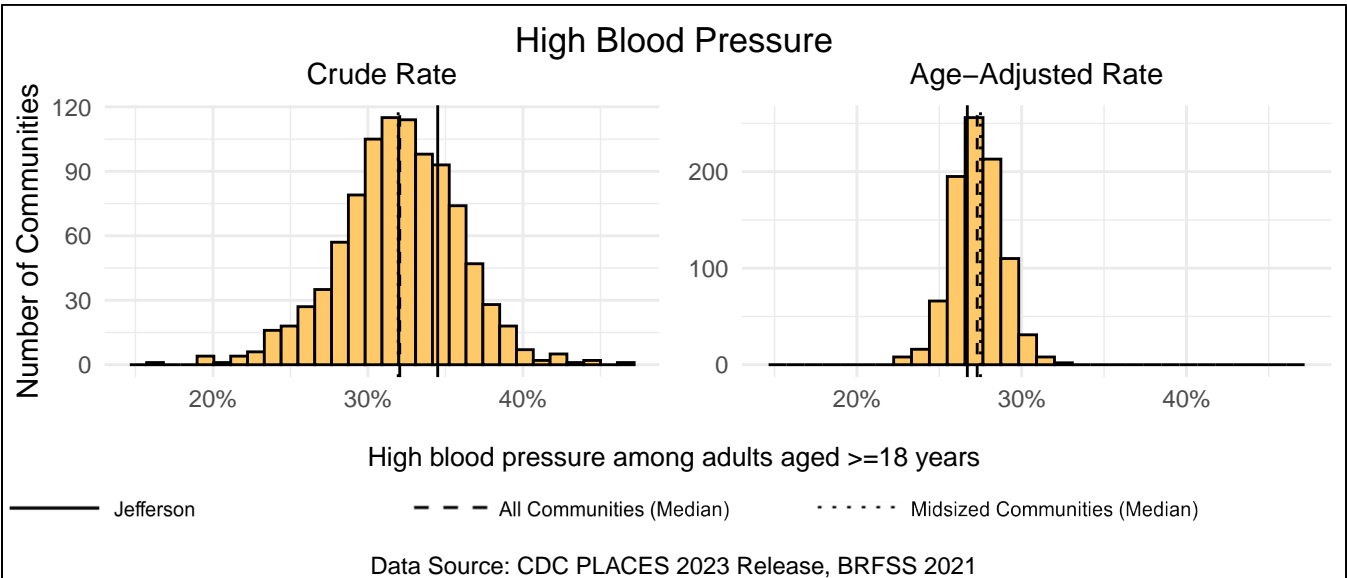
Cancer (except skin)

Jefferson has a crude rate of 9.7% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 853rd out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Jefferson is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	9.7%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Jefferson has a crude rate of 9.3% for current asthma among adults aged >=18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Jefferson is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsized communities).
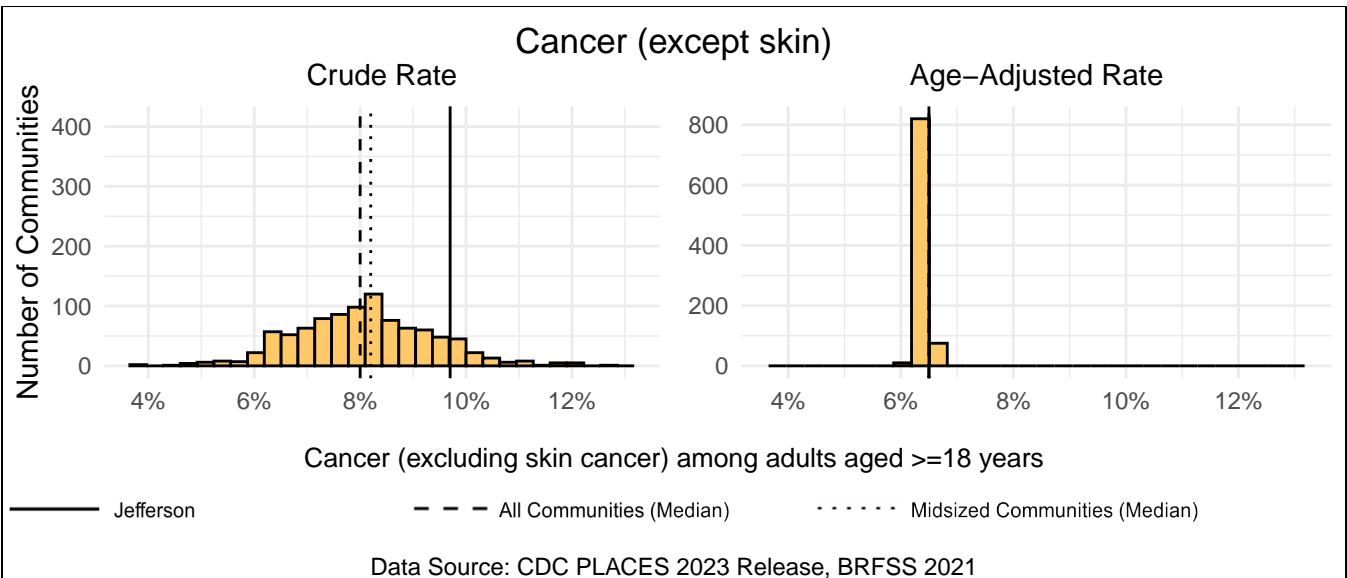
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
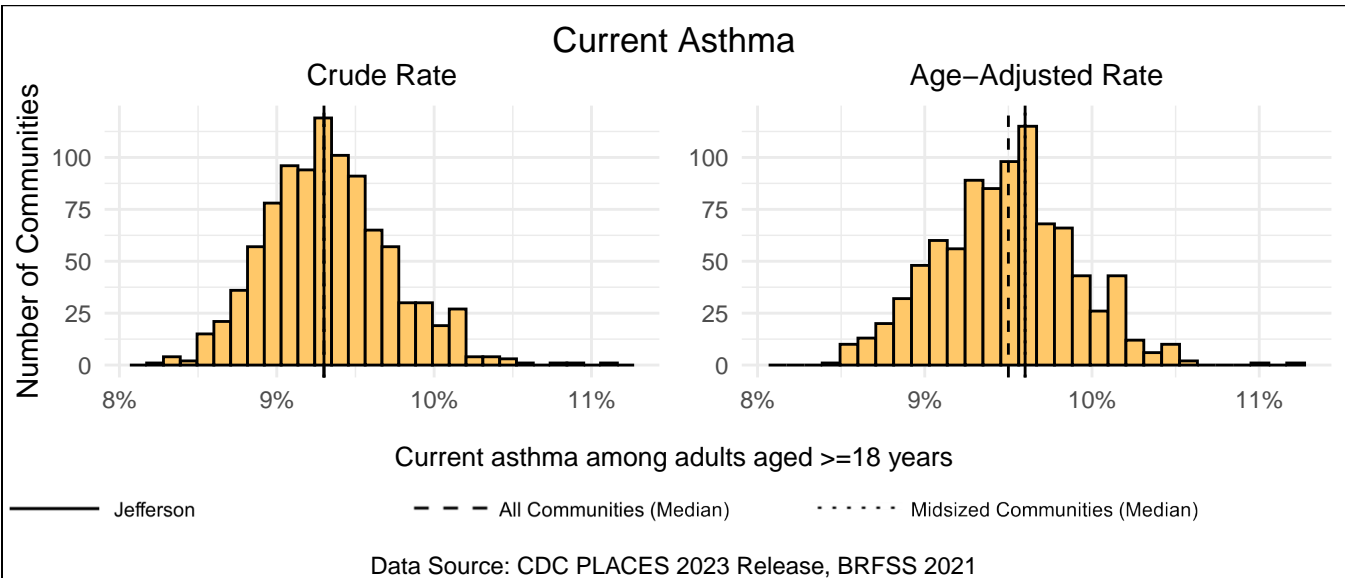
Coronary Heart Disease

Jefferson has a crude rate of 7.6% for coronary heart disease among adults aged >=18 years, which ranks 769th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Jefferson is 4.9%, which ranks 324th out of 905 Iowa communities (43rd out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	7.6%	6.4%	6.5%
Age-Adjusted	4.9%	5.0%	5.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Jefferson has a crude rate of 8.0% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 651st out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Jefferson is 6.3%, which ranks 459th out of 905 Iowa communities (46th out of 102 midsized communities).
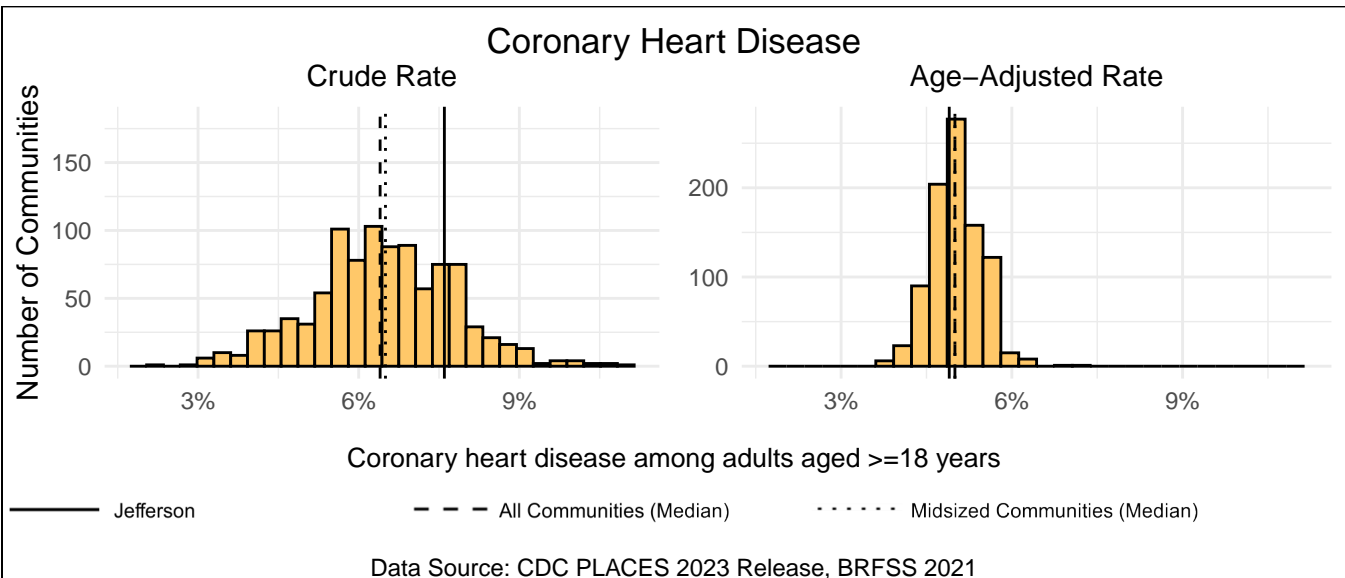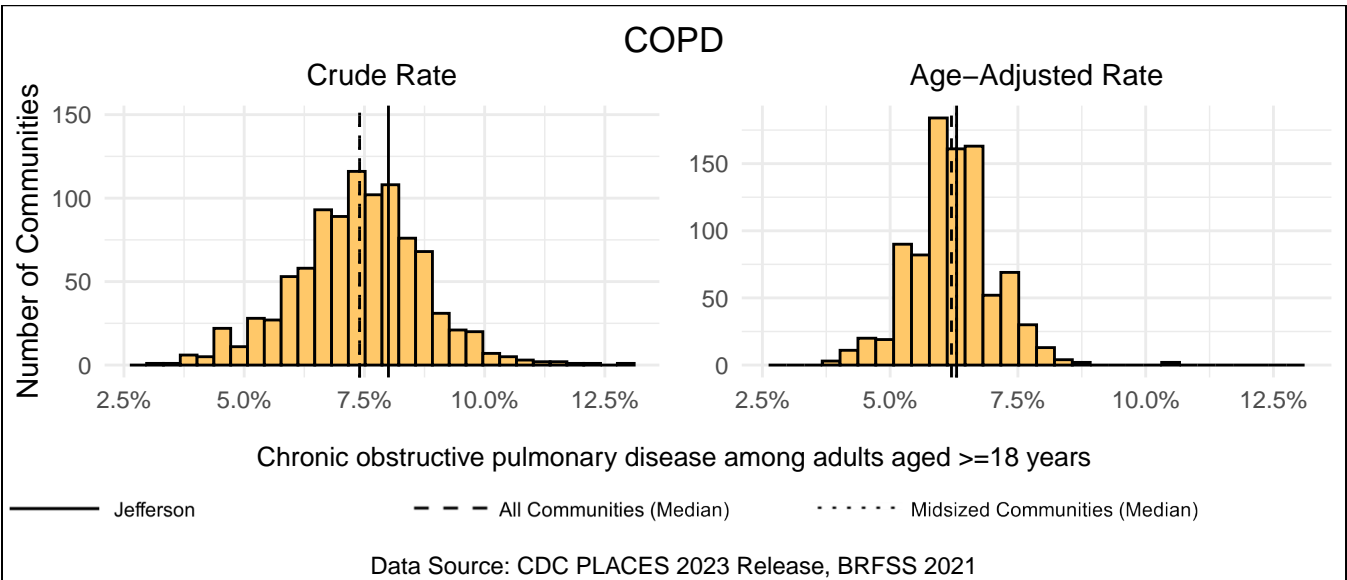
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	8.0%	7.4%	7.4%
Age-Adjusted	6.3%	6.2%	6.3%

COPD

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Jefferson has a crude rate of 17.3% for depression among adults aged >=18 years, which ranks 220th out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Jefferson is 19.2%, which ranks 489th out of 905 Iowa communities (51st out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	17.3%	18.0%	18.2%
Age-Adjusted	19.2%	19.0%	19.2%

Depression

Data Source: CDC PLACES 2023 Release, BRFSS 2021
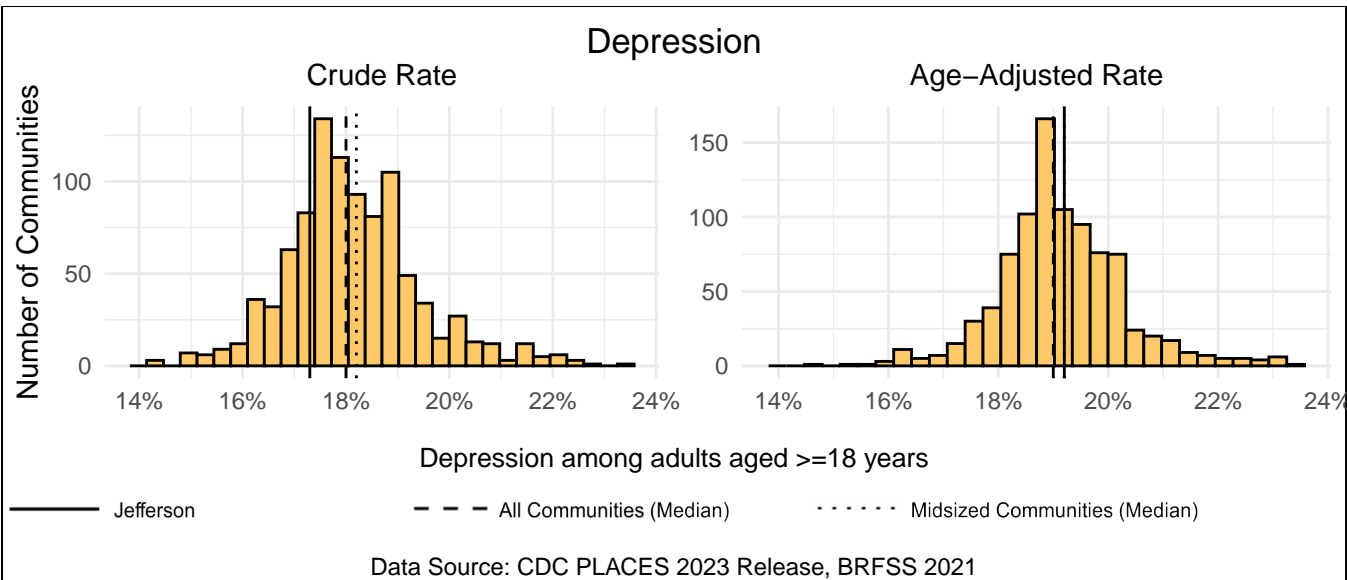
Diabetes

Jefferson has a crude rate of 11.1% for diagnosed diabetes among adults aged >=18 years, which ranks 703rd out of 958 Iowa communities (75th out of 102 midsized communities). The age-adjusted rate for Jefferson is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	11.1%	10.1%	9.9%
Age-Adjusted	8.3%	8.1%	8.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
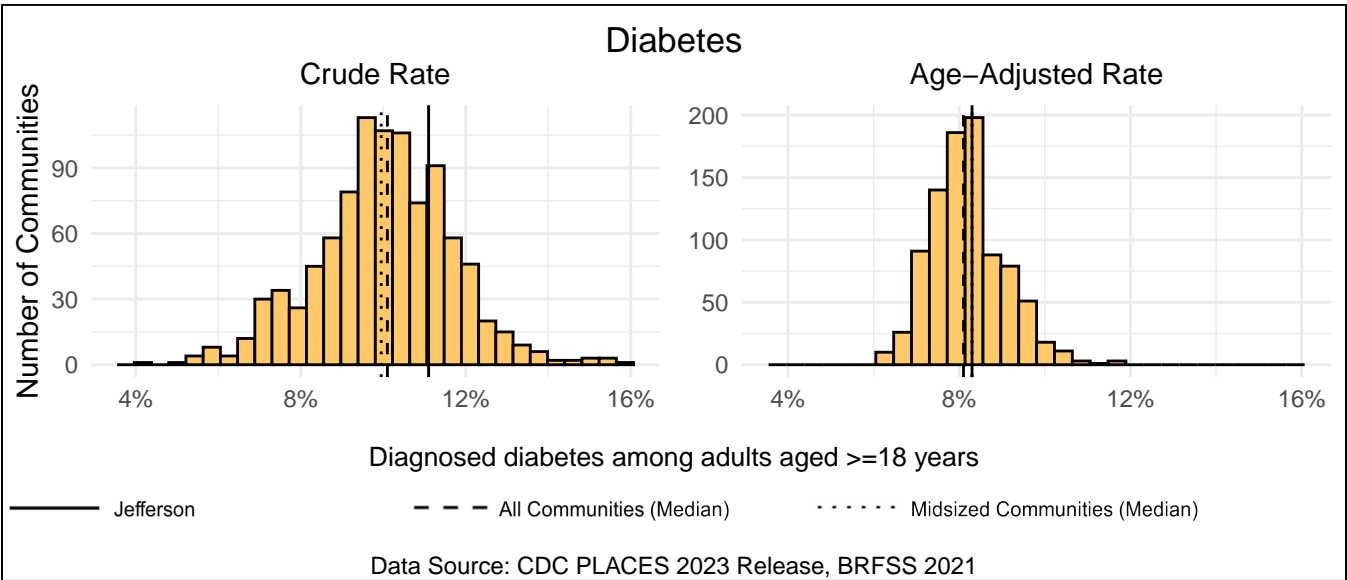
High Cholesterol

Jefferson has a crude rate of 38.7% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 794th out of 958 Iowa communities (98th out of 102 midsized communities). The age-adjusted rate for Jefferson is 30.1%, which ranks 565th out of 905 Iowa communities (63rd out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	38.7%	36.2%	35.7%
Age-Adjusted	30.1%	29.7%	29.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
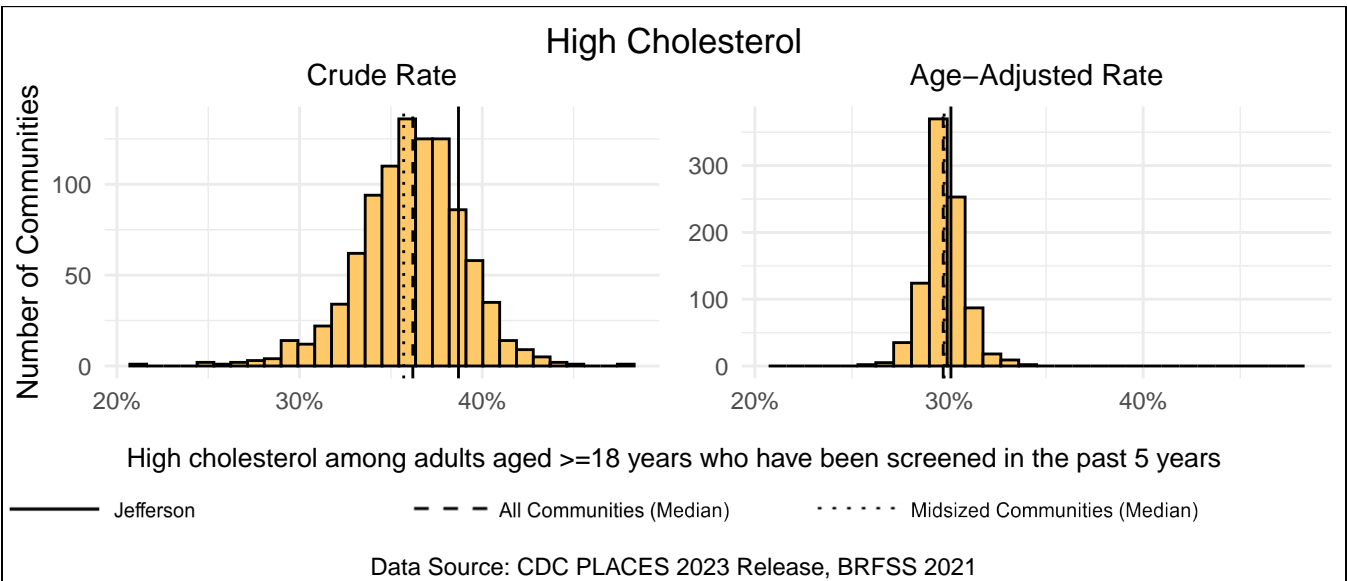
Chronic Kidney Disease

Jefferson has a crude rate of 3.7% for chronic kidney disease among adults aged >=18 years, which ranks 787th out of 958 Iowa communities (83rd out of 102 midsized communities). The age-adjusted rate for Jefferson is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	3.7%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
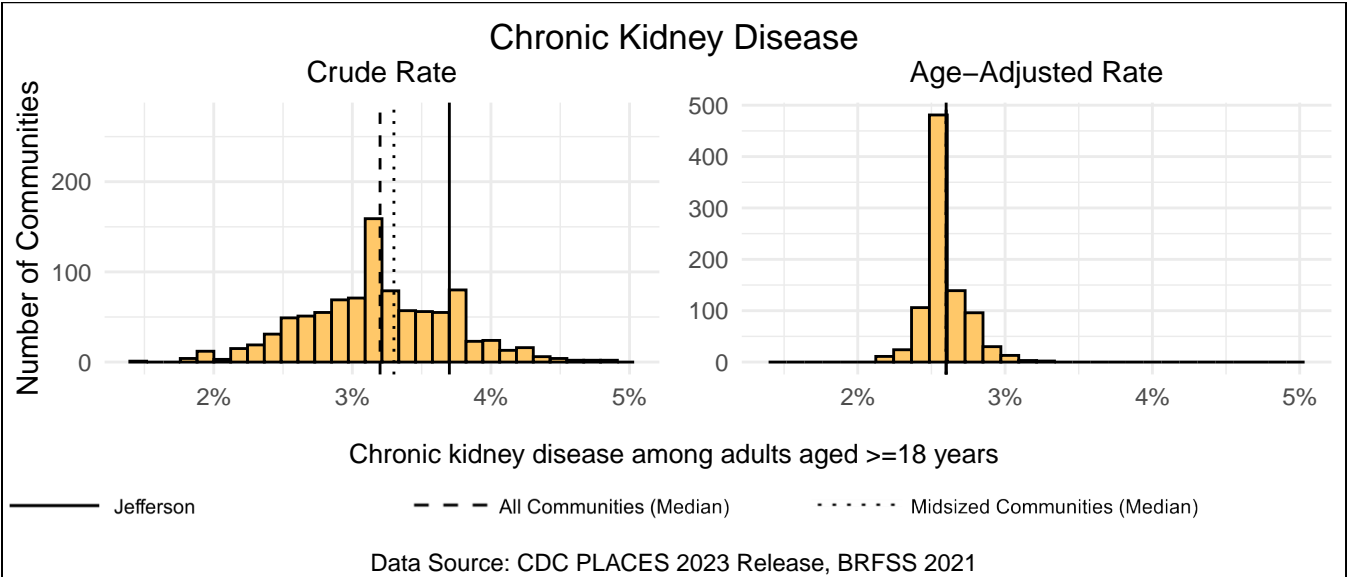
Obesity

Jefferson 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 Jefferson is 35.8%, which ranks 201st out of 905 Iowa communities (26th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	34.7%	37.6%	37.6%
Age-Adjusted	35.8%	37.6%	38.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
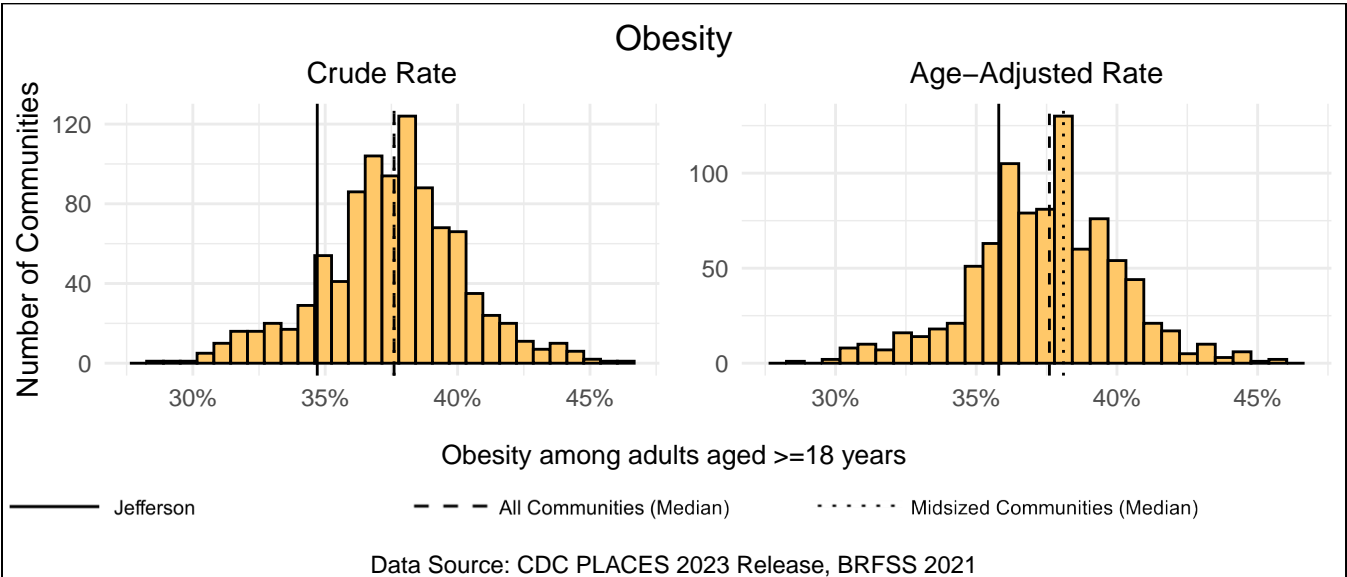
Stroke

Jefferson has a crude rate of 3.8% for stroke among adults aged >=18 years, which ranks 760th out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Jefferson is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	3.8%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
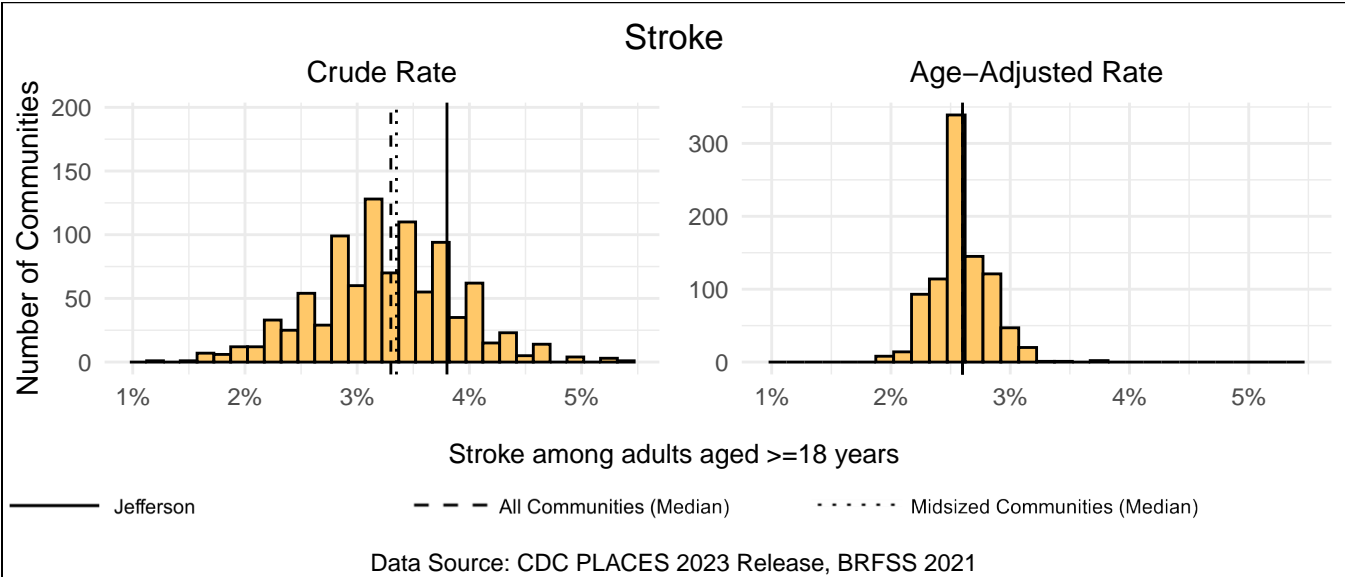
All Teeth Lost

Jefferson has a crude rate of 13.1% for all teeth lost among adults aged >=65 years, which ranks 501st out of 958 Iowa communities (43rd out of 102 midsized communities). The age-adjusted rate for Jefferson is 12.4%, which ranks 374th out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	13.1%	12.9%	13.5%
Age-Adjusted	12.4%	12.8%	12.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
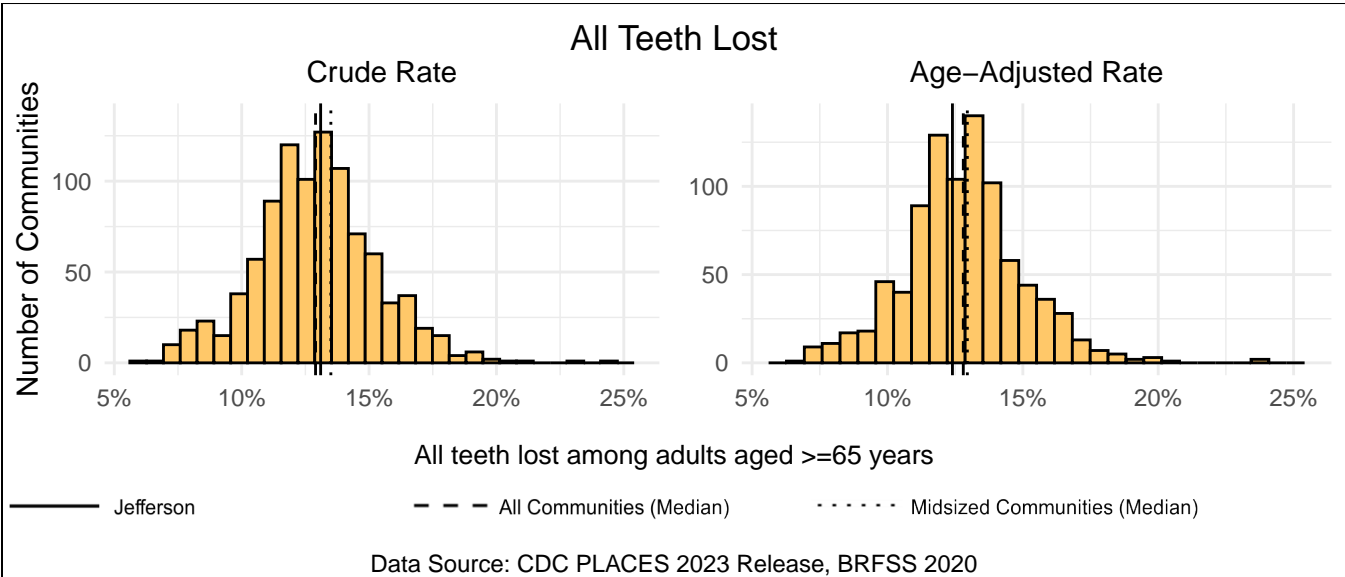
Prevention

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

Jefferson has a crude rate of 7.3% for current lack of health insurance among adults aged 18–64 years, which ranks 456th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Jefferson is 7.8%, which ranks 458th out of 905 Iowa communities (44th out of 102 midsized communities).

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

Lack of Health Insurance — Crude Rate and Age–Adjusted Rate. Number of Communities vs. Current lack of health insurance among adults aged 18–64 years. Jefferson; All Communities (Median); Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
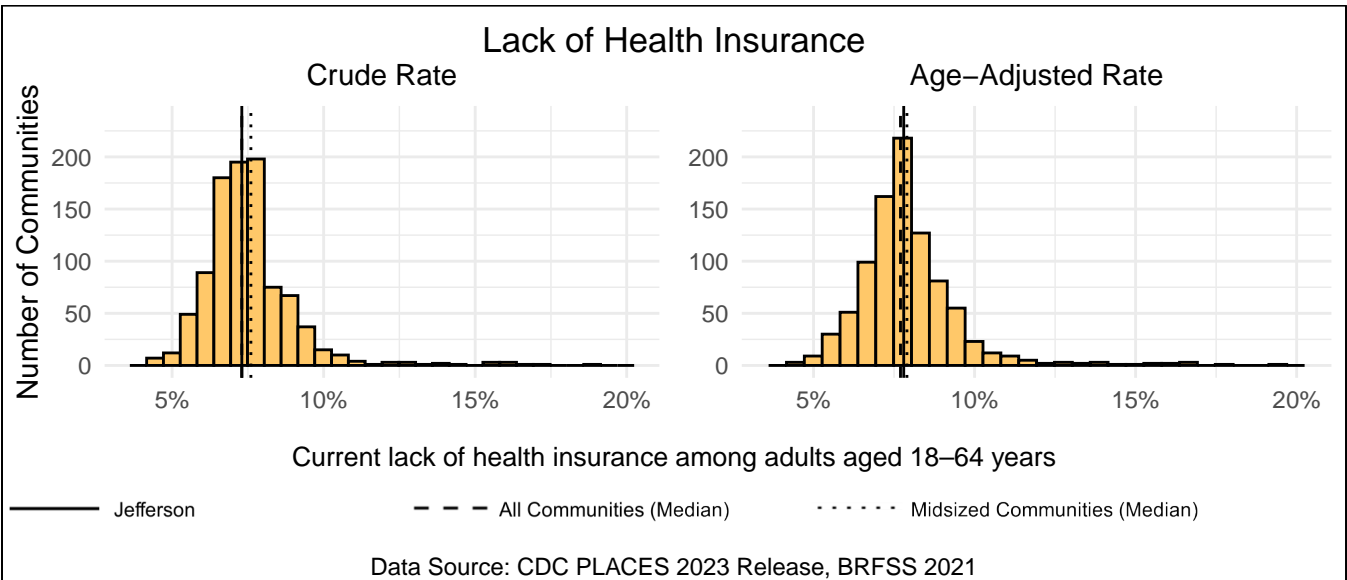
Taking BP Medication

Jefferson has a crude rate of 82.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 126th out of 958 Iowa communities (5th out of 102 midsized communities). The age-adjusted rate for Jefferson is 59.2%, which ranks 330th out of 905 Iowa communities (45th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	82.5%	79.8%	79.8%
Age-Adjusted	59.2%	59.0%	59.0%

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

——— Jefferson   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
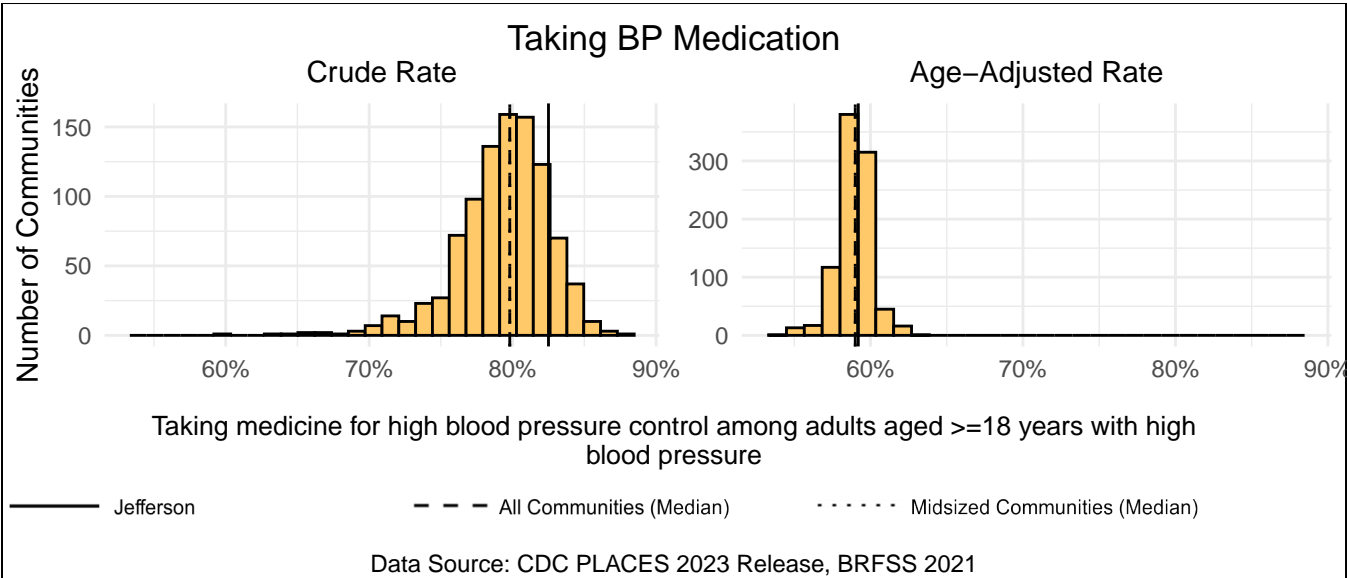
Cervical Cancer Screening

Jefferson has a crude rate of 83.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 535th out of 958 Iowa communities (49th out of 102 midsized communities). The age-adjusted rate for Jefferson is 83.2%, which ranks 442nd out of 905 Iowa communities (52nd out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	83.0%	83.3%	82.9%
Age-Adjusted	83.2%	83.2%	83.2%

Cervical cancer screening among adult women aged 21–65 years

——— Jefferson   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
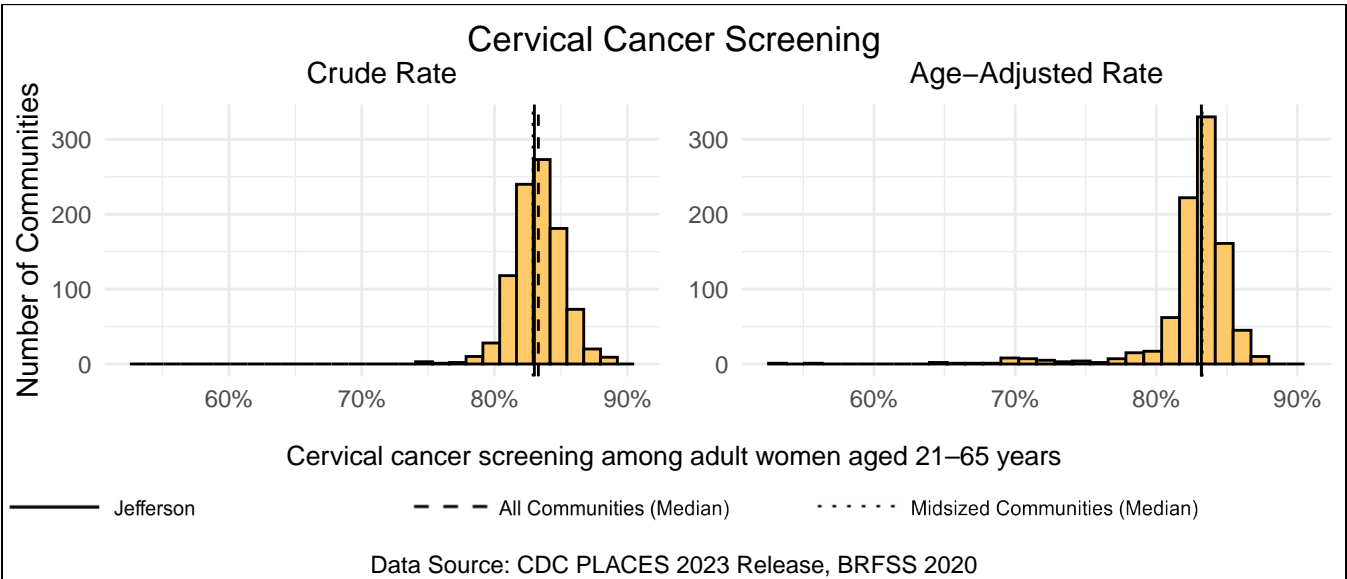
Annual Checkup

Jefferson has a crude rate of 77.1% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 151st out of 958 Iowa communities (9th out of 102 midsized communities). The age-adjusted rate for Jefferson is 72.6%, which ranks 435th out of 905 Iowa communities (56th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	77.1%	75.2%	75.2%
Age-Adjusted	72.6%	72.6%	72.8%

Annual Checkup

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Jefferson has a crude rate of 84.2% for cholesterol screening among adults aged >=18 years, which ranks 184th out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Jefferson is 79.2%, which ranks 408th out of 905 Iowa communities (47th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	84.2%	82.6%	81.8%
Age-Adjusted	79.2%	79.1%	79.0%

Cholesterol Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Jefferson 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 mid-sized communities). The age-adjusted rate for Jefferson is 71.8%, which ranks 312th out of 905 Iowa communities (42nd out of 102 midsized communities).
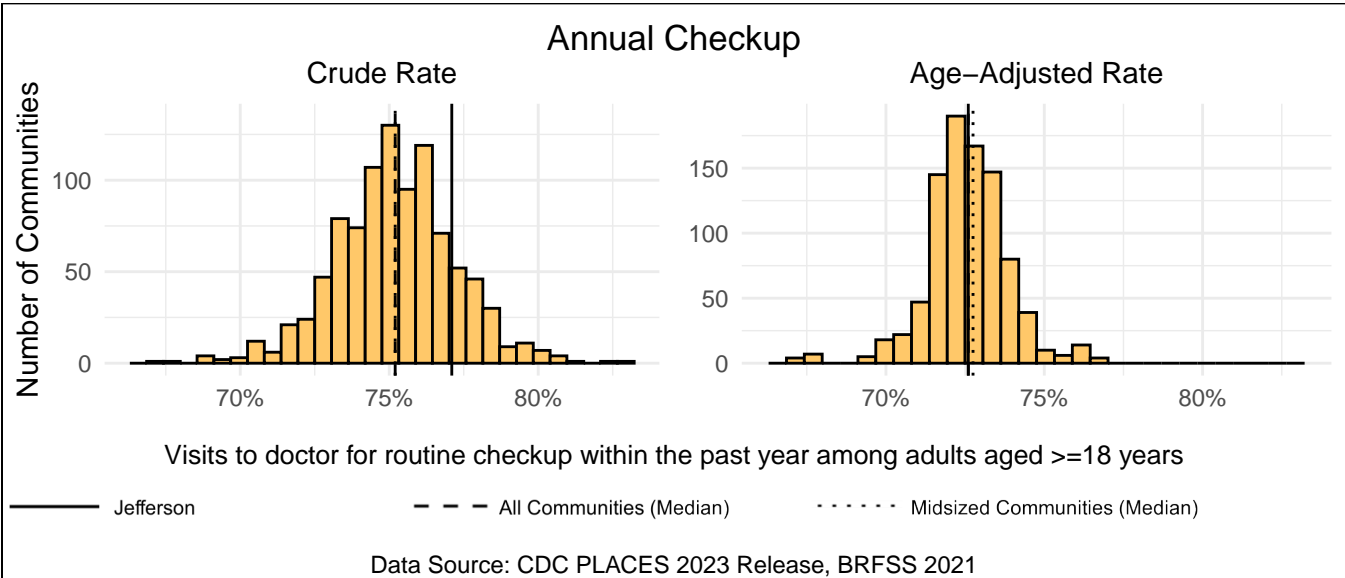
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	72.9%	71.6%	71.6%
Age-Adjusted	71.8%	70.9%	70.8%

Colorectal Cancer Screening

Crude Rate — Age–Adjusted Rate

Colorectal cancer screening among adults aged 50–75 years

Jefferson — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Jefferson has a crude rate of 45.7% 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 282nd out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Jefferson is 46.1%, which ranks 238th out of 905 Iowa communities (28th out of 102 midsized communities).
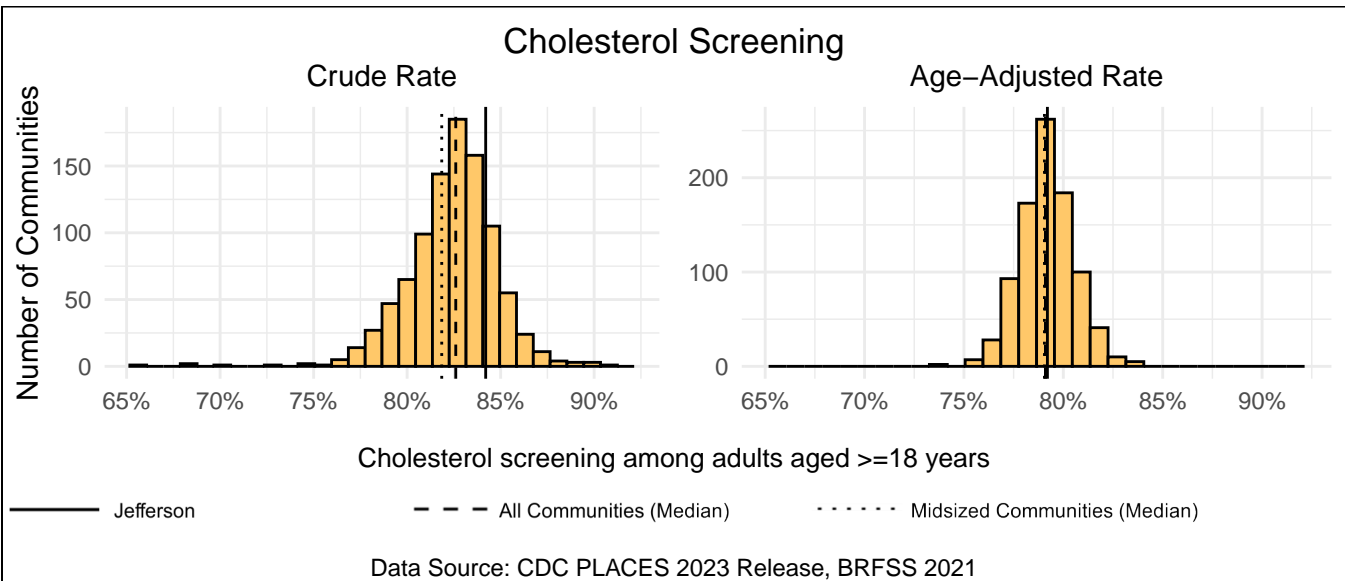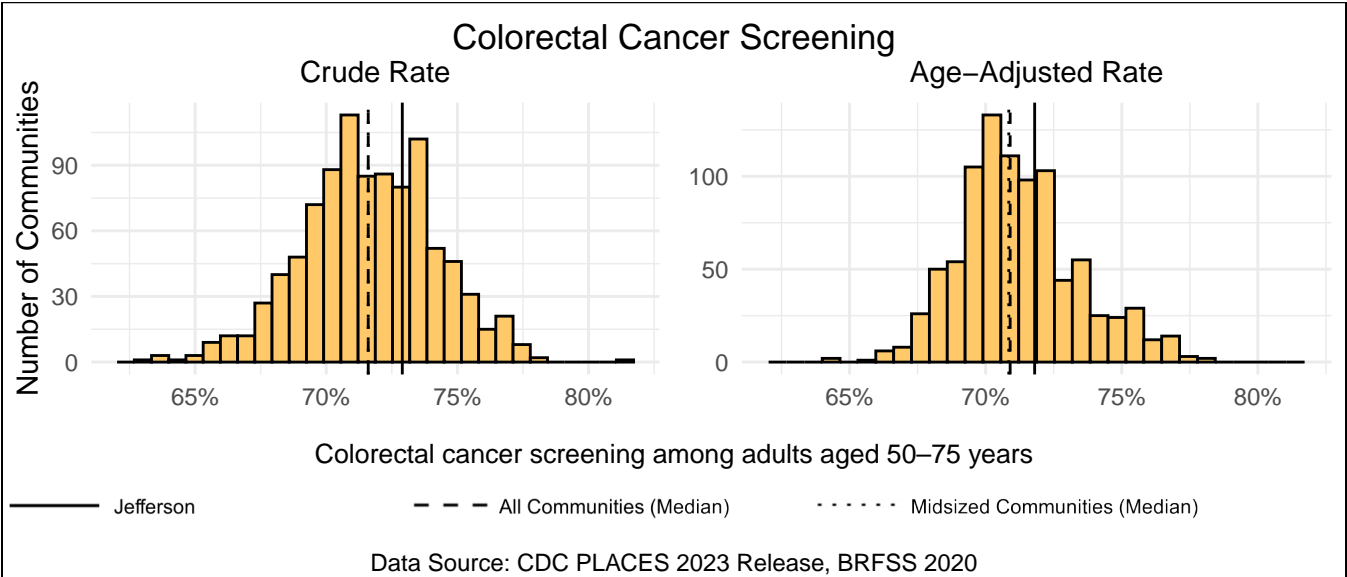
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	45.7%	43.5%	42.9%
Age-Adjusted	46.1%	43.5%	43.2%

Core preventive services for older men

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

—— Jefferson   — — — All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Jefferson has a crude rate of 37.5% 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 622nd out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Jefferson is 40.6%, which ranks 399th out of 905 Iowa communities (49th out of 102 midsized communities).
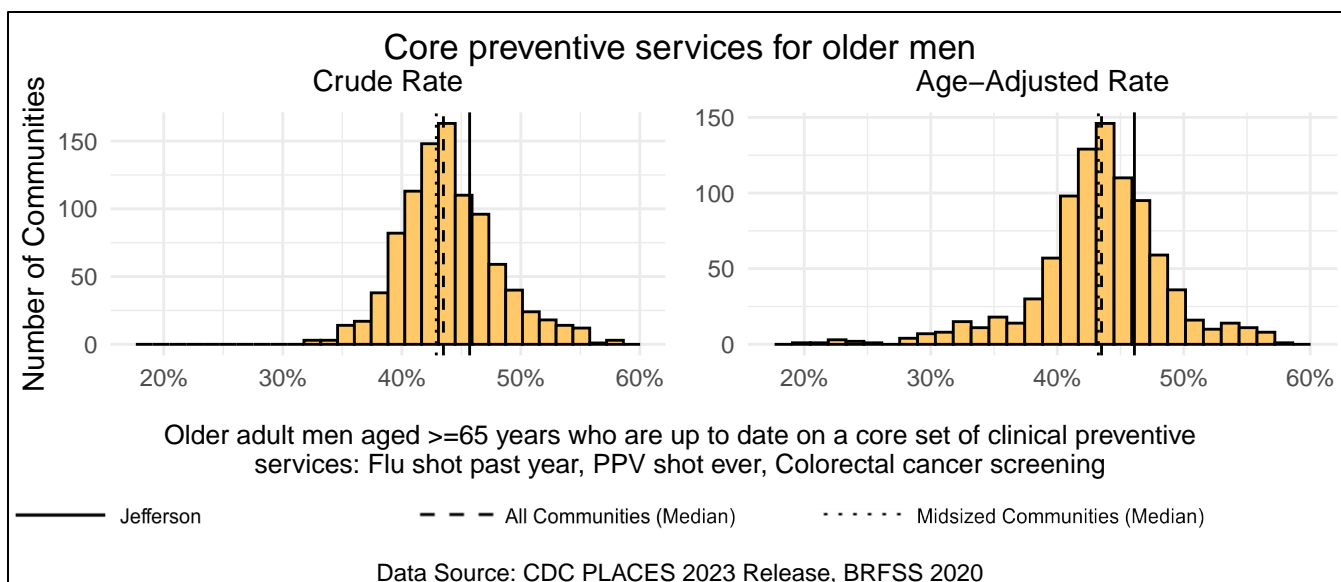
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	37.5%	39.0%	37.8%
Age-Adjusted	40.6%	39.9%	40.4%

Core preventive services for older women

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

Jefferson — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Jefferson has a crude rate of 68.1% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 374th out of 958 Iowa communities (43rd out of 102 midsized communities). The age-adjusted rate for Jefferson is 67.0%, which ranks 411th out of 905 Iowa communities (46th out of 102 midsized communities).
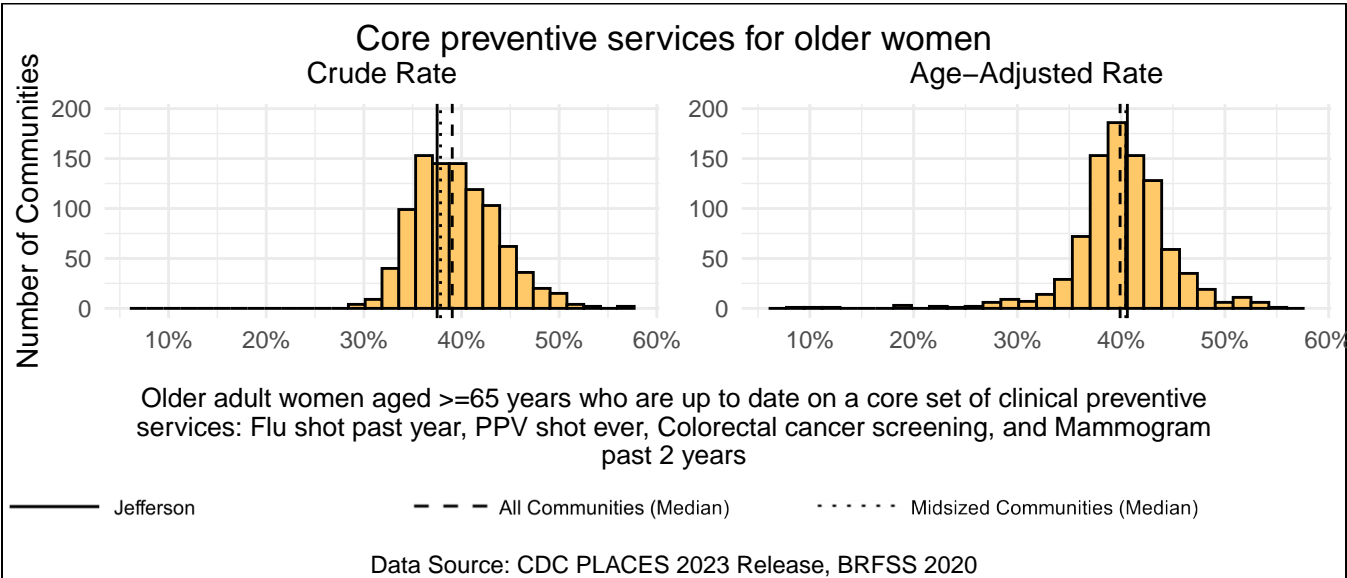
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	68.1%	67.2%	67.0%
Age-Adjusted	67.0%	66.6%	66.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

Visits to dentist or dental clinic among adults aged >=18 years

—— Jefferson   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Jefferson has a crude rate of 75.5% for mammography use among women aged 50–74 years, which ranks 603rd out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Jefferson is 73.4%, which ranks 547th out of 905 Iowa communities (66th out of 102 midsized communities).
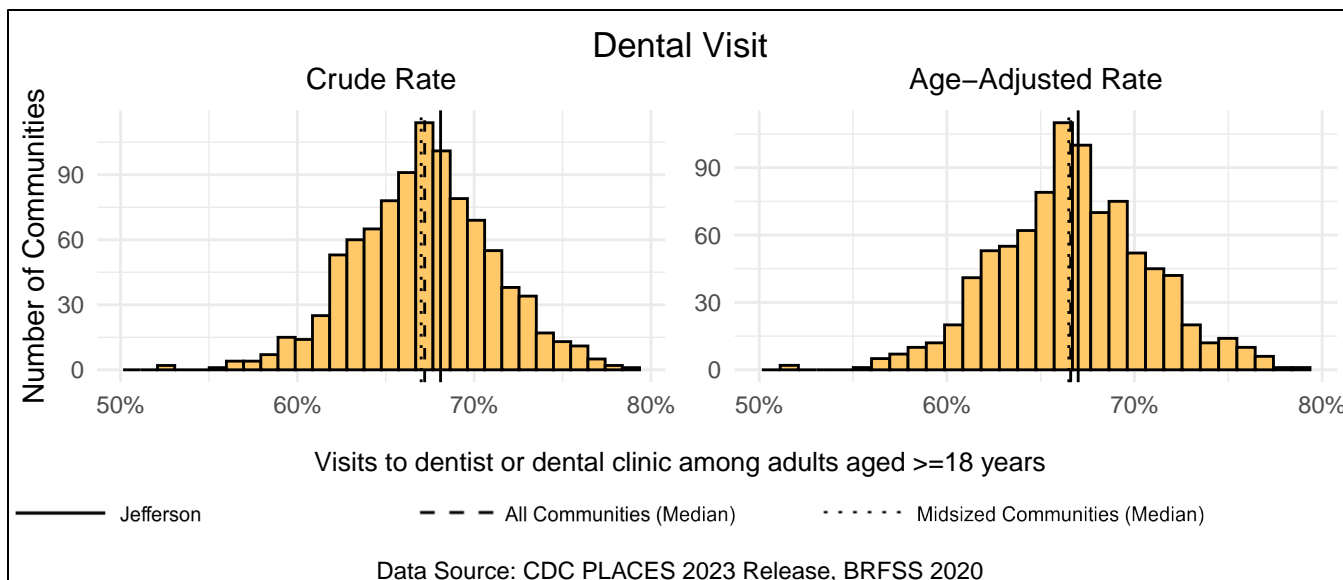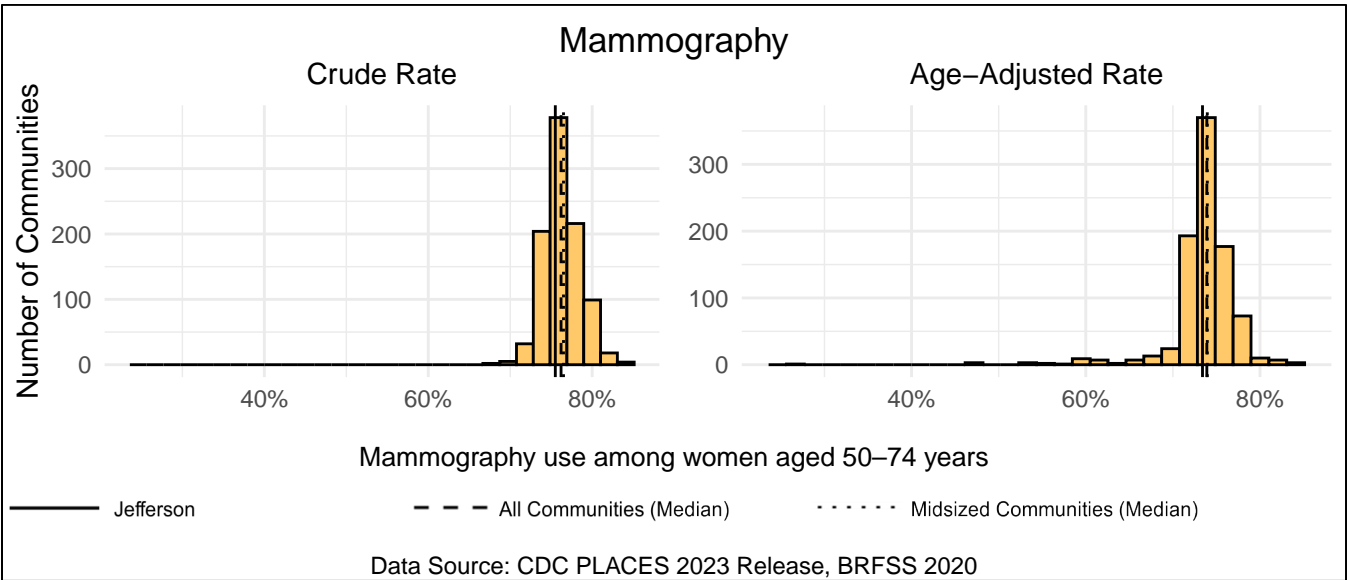
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	75.5%	76.2%	76.5%
Age-Adjusted	73.4%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Jefferson has a crude rate of 8.8% for hearing disability among adults aged >=18 years, which ranks 802nd out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for Jefferson is 5.9%, which ranks 360th out of 905 Iowa communities (44th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	8.8%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
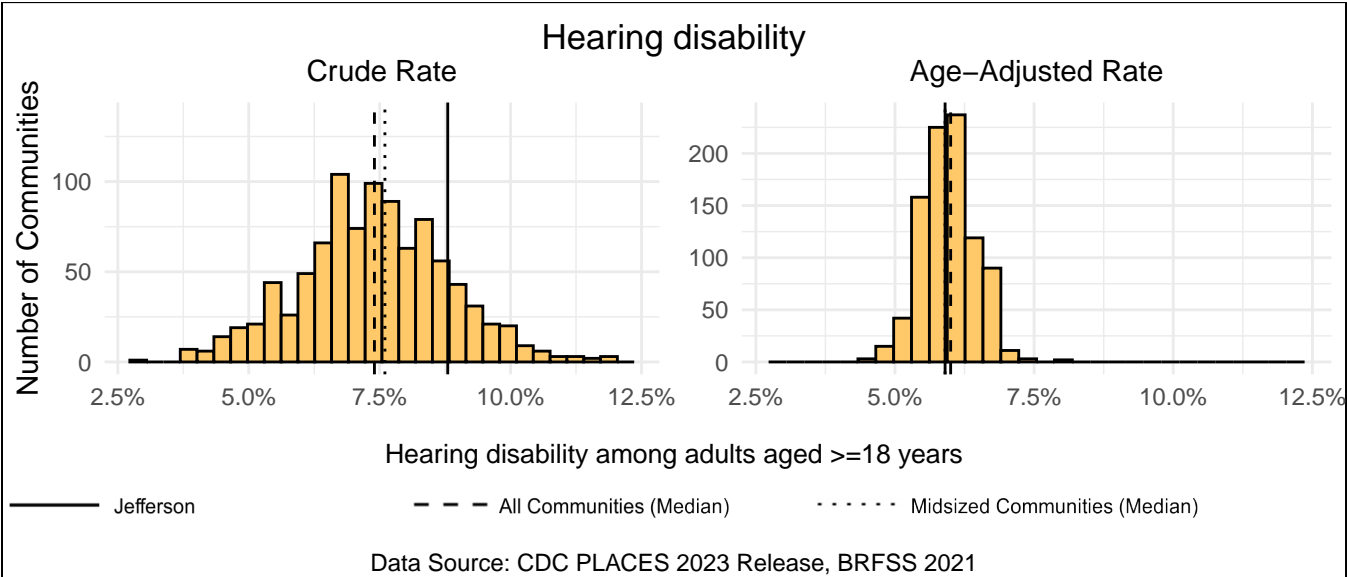
Vision disability

Jefferson 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 midsized communities). The age-adjusted rate for Jefferson is 3.7%, which ranks 509th out of 905 Iowa communities (44th out of 102 midsized communities).

Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	4.5%	4.1%	4.3%
Age-Adjusted	3.7%	3.6%	3.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Jefferson has a crude rate of 11.0% for cognitive disability among adults aged >=18 years, which ranks 413th out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Jefferson is 11.7%, which ranks 468th out of 905 Iowa communities (47th out of 102 midsized communities).
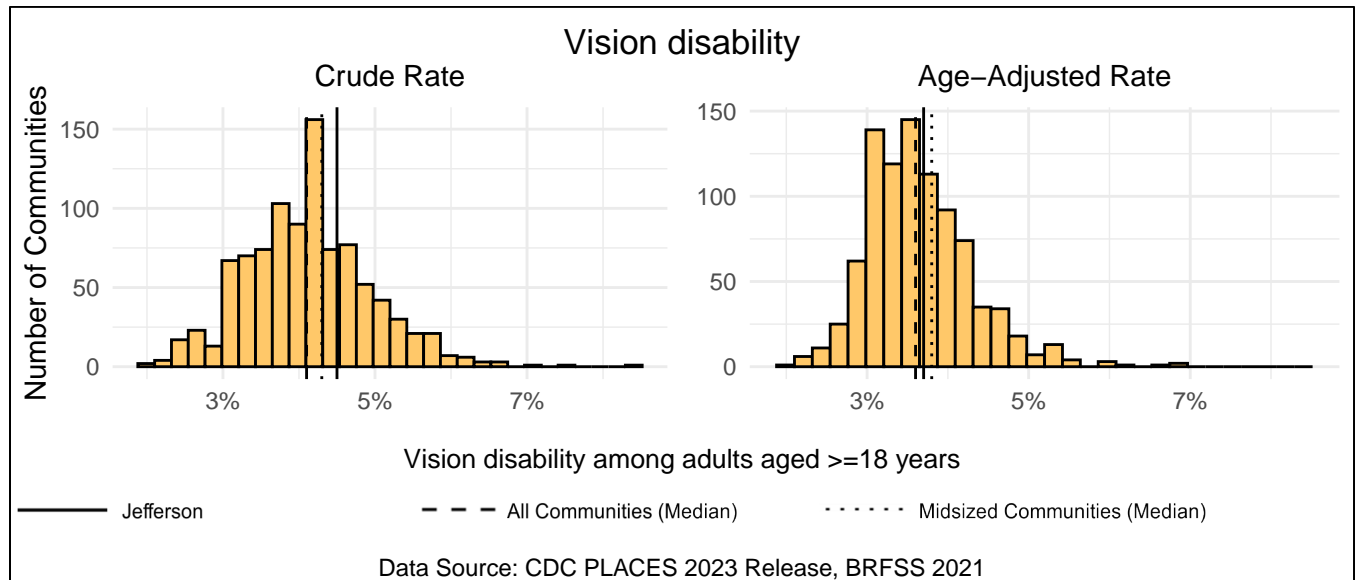
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	11.0%	11.1%	11.5%
Age-Adjusted	11.7%	11.6%	11.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Jefferson has a crude rate of 13.6% for mobility disability among adults aged >=18 years, which ranks 751st out of 958 Iowa communities (74th out of 102 midsized communities). The age-adjusted rate for Jefferson is 9.7%, which ranks 502nd out of 905 Iowa communities (45th out of 102 midsized communities).
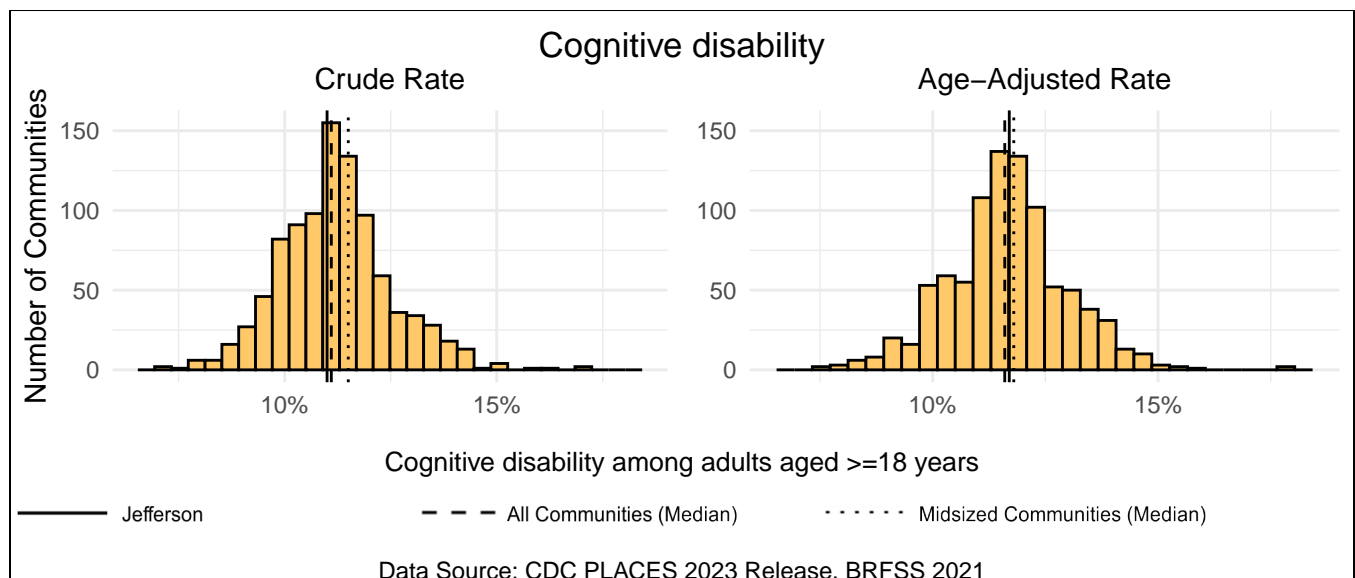
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	13.6%	11.8%	12.1%
Age-Adjusted	9.7%	9.5%	9.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Jefferson has a crude rate of 3.7% for self-care disability among adults aged >=18 years, which ranks 618th out of 958 Iowa communities (60th out of 102 midsized communities). The age-adjusted rate for Jefferson is 3.0%, which ranks 494th out of 905 Iowa communities (45th out of 102 midsized communities).
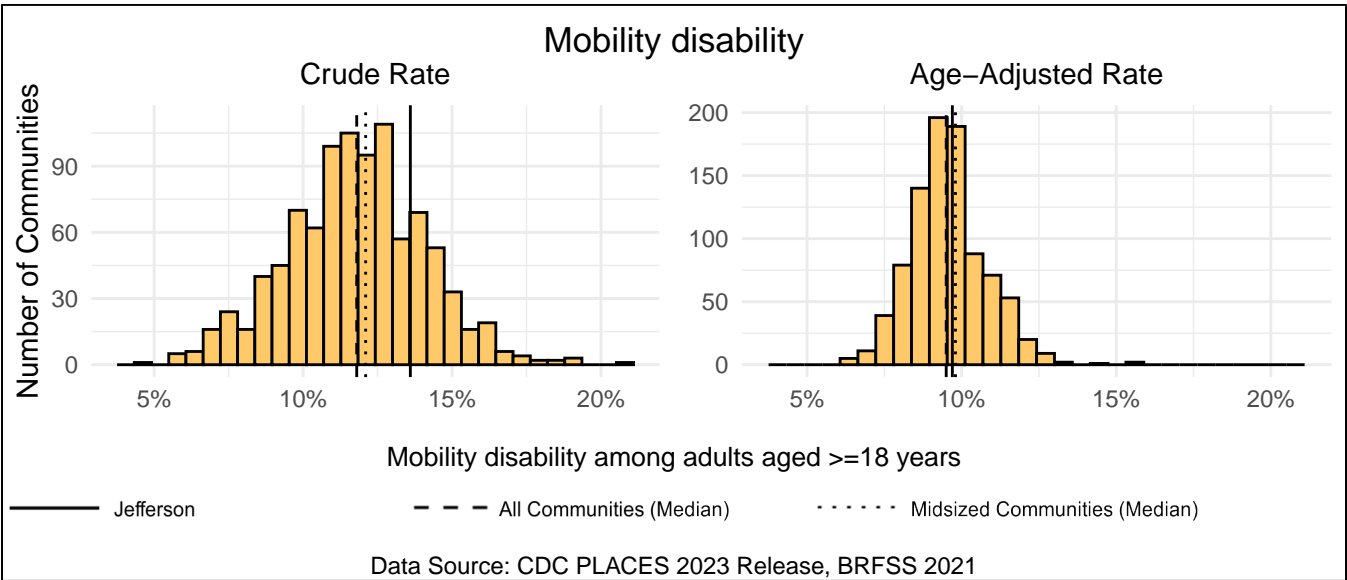
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	3.7%	3.4%	3.5%
Age-Adjusted	3.0%	2.9%	3.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Jefferson 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 midsized communities). The age-adjusted rate for Jefferson is 6.3%, which ranks 485th out of 905 Iowa communities (44th out of 102 midsized communities).
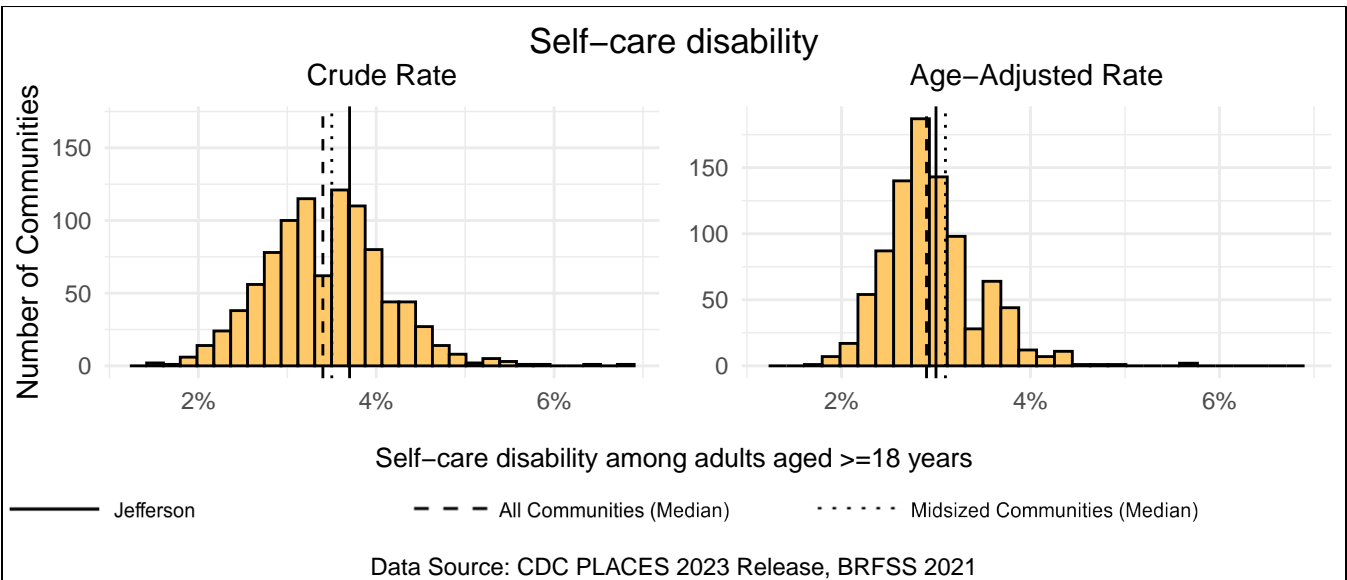
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	7.2%	6.6%	7.0%
Age-Adjusted	6.3%	6.2%	6.4%

Independent living disability
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Jefferson has a crude rate of 28.1% for any disability among adults aged >=18 years, which ranks 759th out of 958 Iowa communities (71st out of 102 midsized communities). The age-adjusted rate for Jefferson is 23.5%, which ranks 526th out of 905 Iowa communities (54th out of 102 midsized communities).
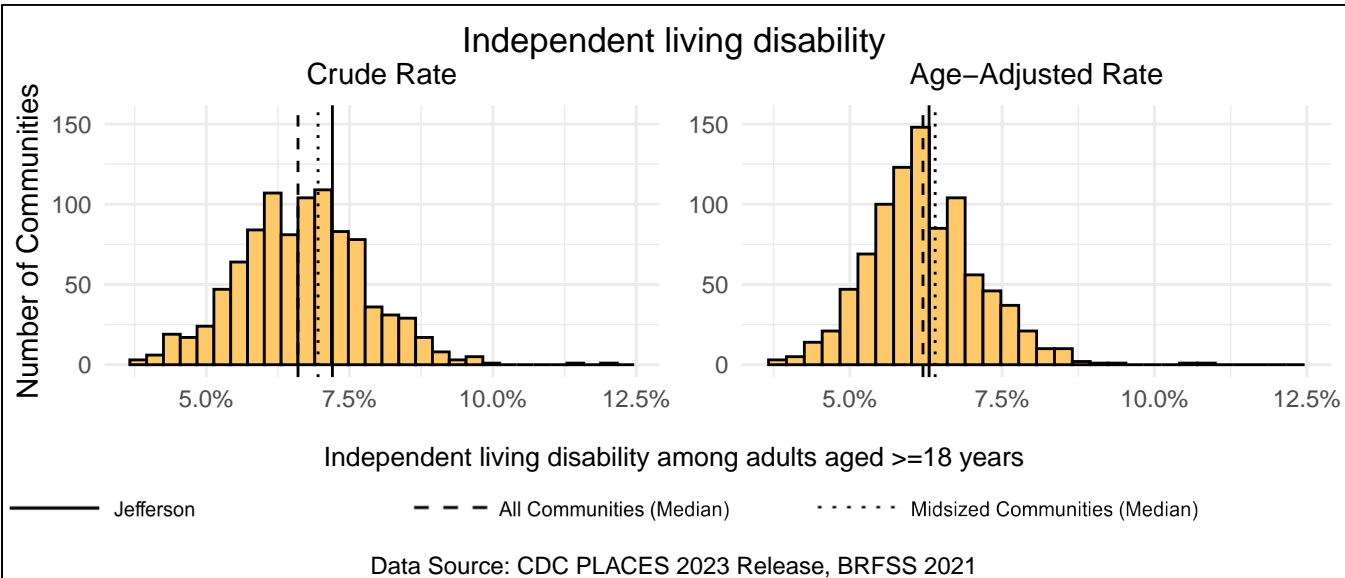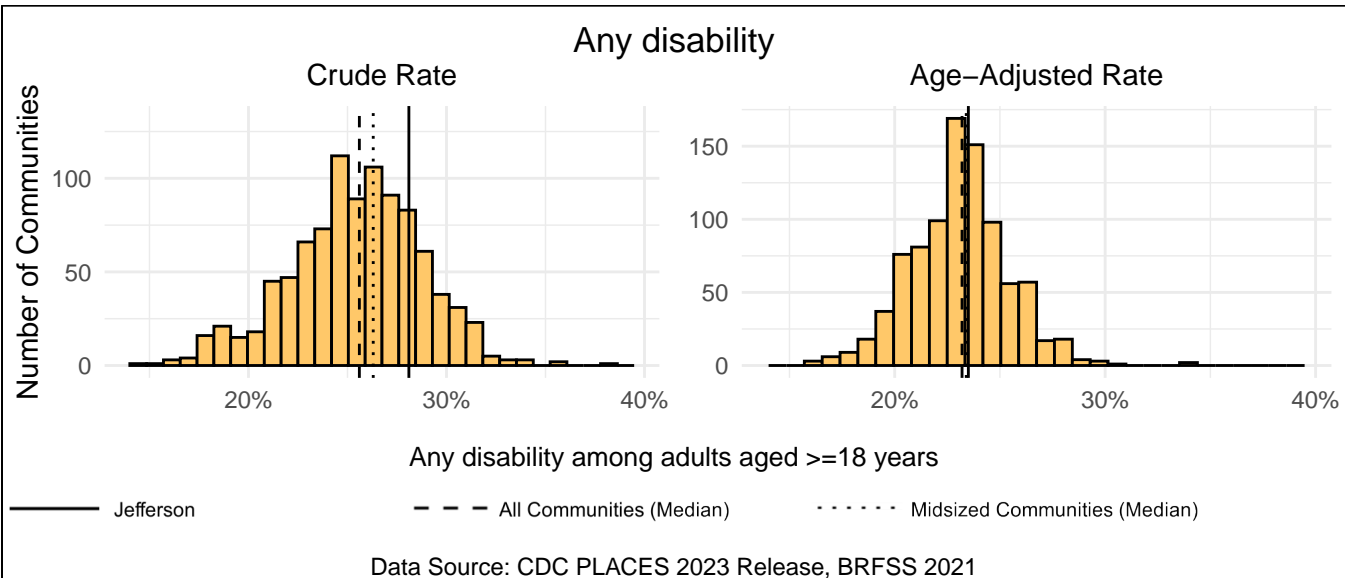
Measure Type	Jefferson	All Comm.	Midsized Comm.
Crude	28.1%	25.6%	26.3%
Age-Adjusted	23.5%	23.2%	23.4%

Any disability
Data Source: CDC PLACES 2023 Release, BRFSS 2021

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: Jefferson 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	600	11.2% (9.8% - 13.0%)	468	9.8% (8.5% - 11.3%)
Health Status	Mental Health	202	13.5% (11.8% - 15.6%)	457	15.6% (13.5% - 17.9%)
Health Status	General Health	615	15.0% (12.8% - 17.6%)	462	12.8% (10.8% - 14.9%)
Health Risk Behaviors	Physical Inactivity	678	27.6% (23.1% - 32.7%)	504	24.7% (20.2% - 29.4%)
Health Risk Behaviors	Sleep <7 hours	278	29.4% (28.1% - 30.6%)	446	31.1% (29.8% - 32.4%)
Health Risk Behaviors	Current Smoking	215	15.4% (12.7% - 18.6%)	360	17.2% (13.9% - 20.8%)
Health Risk Behaviors	Binge Drinking	127	17.3% (14.2% - 20.7%)	300	21.5% (17.8% - 25.6%)
Health Outcomes	Coronary Heart Disease	769	7.6% (6.7% - 8.6%)	324	4.9% (4.3% - 5.5%)
Health Outcomes	COPD	651	8.0% (6.8% - 9.4%)	459	6.3% (5.3% - 7.3%)
Health Outcomes	High Cholesterol	794	38.7% (33.6% - 43.8%)	565	30.1% (25.6% - 35.0%)
Health Outcomes	Arthritis	714	30.0% (25.7% - 34.8%)	287	22.6% (19.2% - 26.4%)
Health Outcomes	All Teeth Lost	501	13.1% (9.3% - 17.1%)	374	12.4% (9.3% - 15.7%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.5%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	Diabetes	703	11.1% (9.4% - 13.1%)	508	8.3% (7.0% - 9.6%)
Health Outcomes	Depression	220	17.3% (14.1% - 20.9%)	489	19.2% (15.6% - 23.2%)
Health Outcomes	Stroke	760	3.8% (3.4% - 4.3%)	375	2.6% (2.3% - 2.8%)
Health Outcomes	High Blood Pressure	709	34.5% (30.1% - 39.1%)	304	26.7% (22.9% - 30.7%)
Health Outcomes	Obesity	117	34.7% (27.7% - 42.5%)	201	35.8% (28.3% - 43.9%)
Health Outcomes	Chronic Kidney Disease	787	3.7% (3.3% - 4.1%)	349	2.6% (2.3% - 2.8%)
Health Outcomes	Cancer (except skin)	853	9.7% (8.8% - 10.7%)	418	6.5% (5.9% - 7.2%)
Prevention	Cholesterol Screening	184	84.2% (81.6% - 86.6%)	408	79.2% (75.8% - 82.4%)
Prevention	Taking BP Medication	126	82.5% (79.4% - 85.3%)	330	59.2% (54.0% - 64.2%)
Prevention	Dental Visit	374	68.1% (65.5% - 70.6%)	411	67.0% (64.3% - 69.8%)
Prevention	Cervical Cancer Screening	535	83.0% (80.9% - 84.9%)	442	83.2% (81.2% - 85.0%)
Prevention	Core preventive services for older women	622	37.5% (31.6% - 43.7%)	399	40.6% (35.0% - 46.2%)
Prevention	Health Insurance	456	7.3% (5.9% - 9.0%)	458	7.8% (6.3% - 9.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	301	72.9% (70.7% - 75.1%)	312	71.8% (69.5% - 74.1%)
Prevention	Mammography	603	75.5% (72.4% - 78.4%)	547	73.4% (70.0% - 76.9%)
Prevention	Core preventive services for older men	282	45.7% (39.0% - 52.8%)	238	46.1% (39.6% - 52.4%)
Prevention	Annual Checkup	151	77.1% (72.3% - 81.5%)	435	72.6% (67.2% - 77.6%)
Disability	Vision Disability	661	4.5% (3.8% - 5.2%)	509	3.7% (3.2% - 4.2%)
Disability	Any Disability	759	28.1% (24.1% - 32.4%)	526	23.5% (19.8% - 27.3%)
Disability	Independent Living Disability	666	7.2% (6.1% - 8.4%)	485	6.3% (5.4% - 7.3%)
Disability	Hearing Disability	802	8.8% (7.7% - 9.9%)	360	5.9% (5.2% - 6.6%)
Disability	Self-care Disability	618	3.7% (3.2% - 4.2%)	494	3.0% (2.6% - 3.4%)
Disability	Cognitive Disability	413	11.0% (9.5% - 12.7%)	468	11.7% (10.0% - 13.5%)
Disability	Mobility Disability	751	13.6% (11.6% - 15.9%)	502	9.7% (8.2% - 11.3%)

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)

Jefferson 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