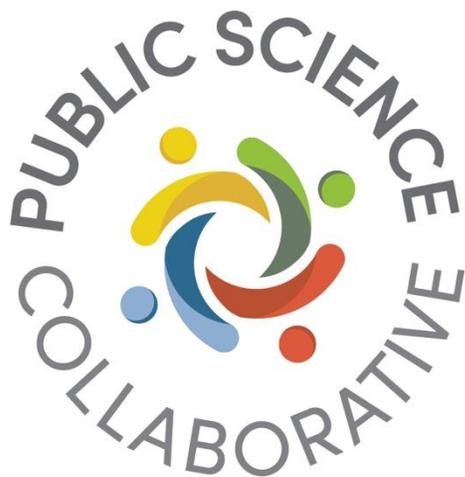




Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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.

Iowa Community Health Snapshot Series

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Health in Johnston: Overview

Dear Community Members & Stakeholders of Johnston,

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 Johnston ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Johnston’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 Johnston. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
General Health	5th	3rd	Chronic Kidney Disease	1st	1st
Core preventive services for older men	5th	1st	Current Asthma	2nd	1st
Cognitive Disability	5th	1st	Stroke	3rd	1st
Physical Health	5th	3rd	Current Smoking	3rd	2nd
Independent Living Disability	6th	3rd	COPD	4th	1st

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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Taking BP Medication	931st	25th	Taking BP Medication	900th	31st
Binge Drinking	850th	23rd	High Cholesterol	757th	22nd
Annual Checkup	719th	18th	Binge Drinking	585th	25th
Depression	592nd	10th	Cancer (except skin)	418th	15th
Cholesterol Screening	207th	2nd	Depression	251st	7th

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 Johnston.

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

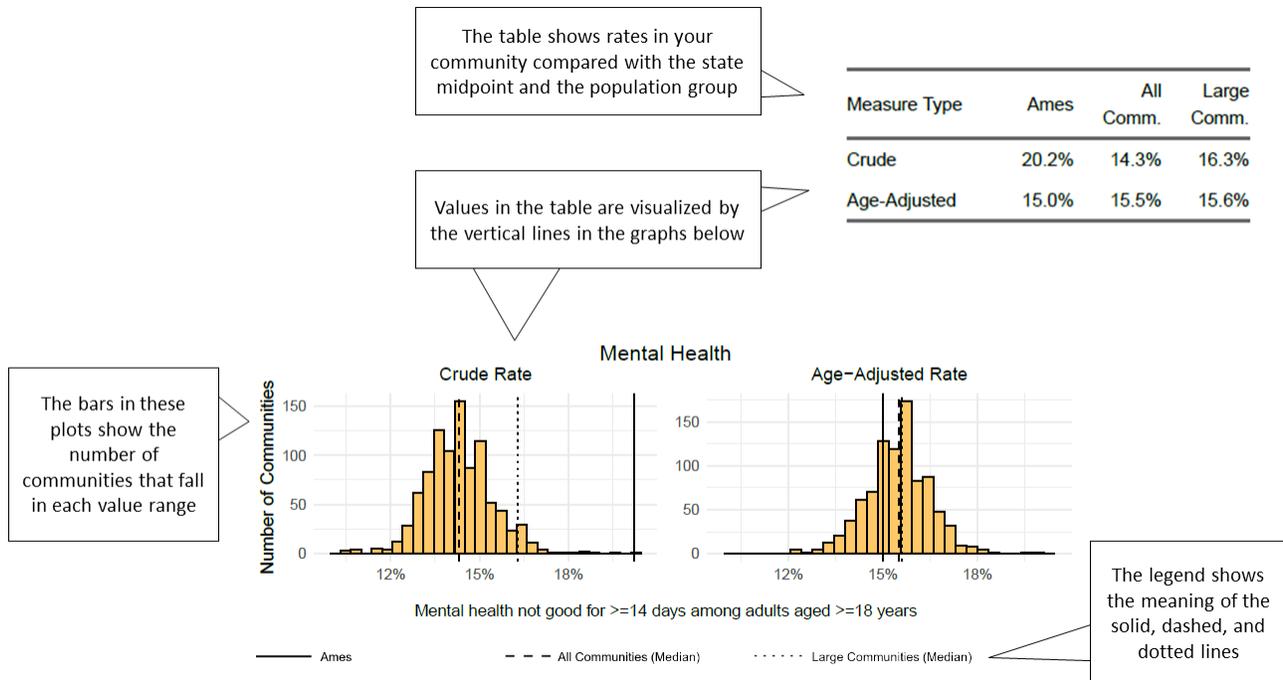
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Johnston that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Johnston, a review of risky behaviors in the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

With a population of 23,856, Johnston's similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-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

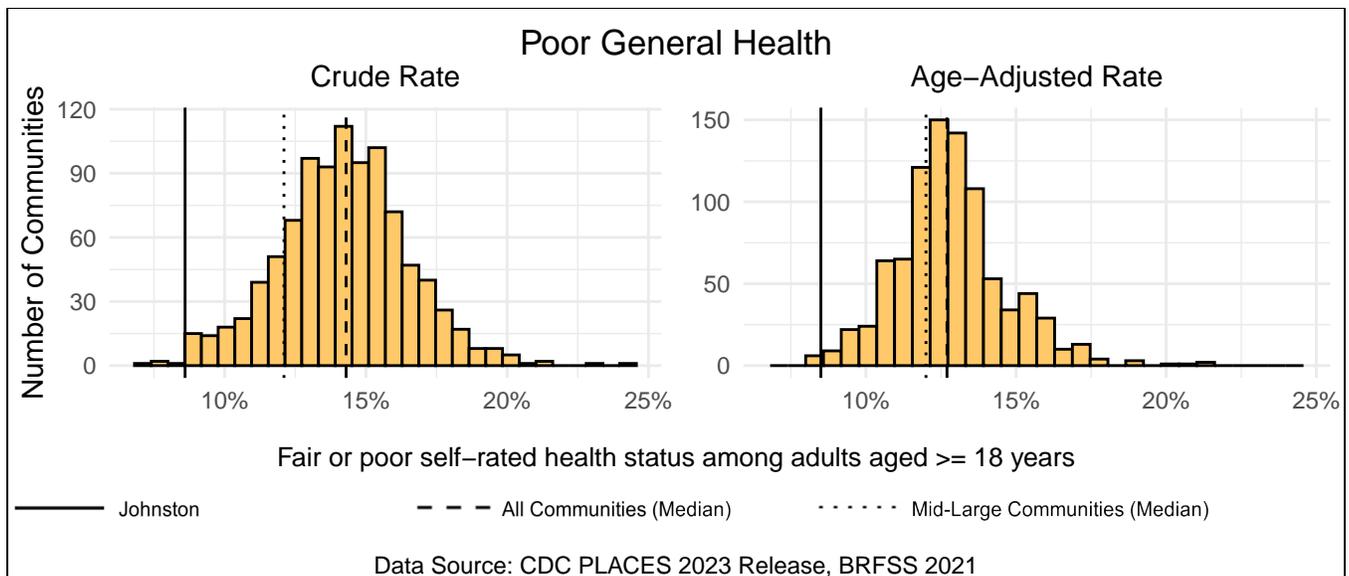
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Johnston has a crude rate of 8.6% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Johnston is 8.5%, which ranks 5th out of 905 Iowa communities (1st out of 31 mid-large communities).

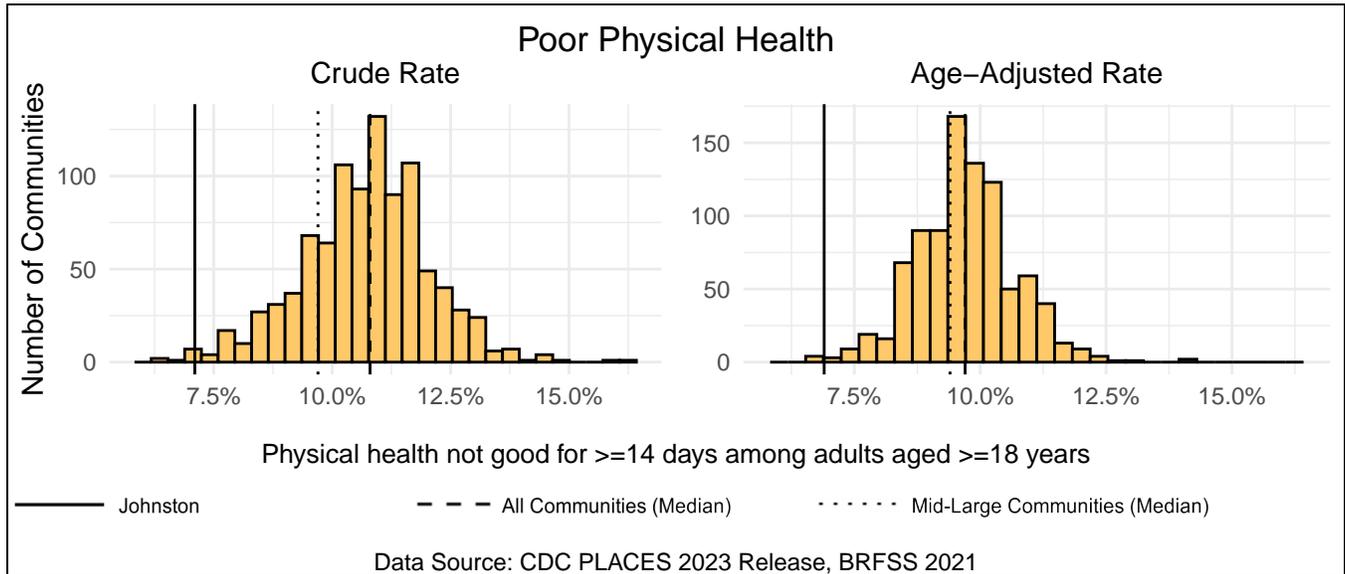
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	8.6%	14.3%	12.1%
Age-Adjusted	8.5%	12.7%	12.0%



Poor Physical Health

Johnston has a crude rate of 7.1% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Johnston is 6.9%, which ranks 5th out of 905 Iowa communities (1st out of 31 mid-large communities).

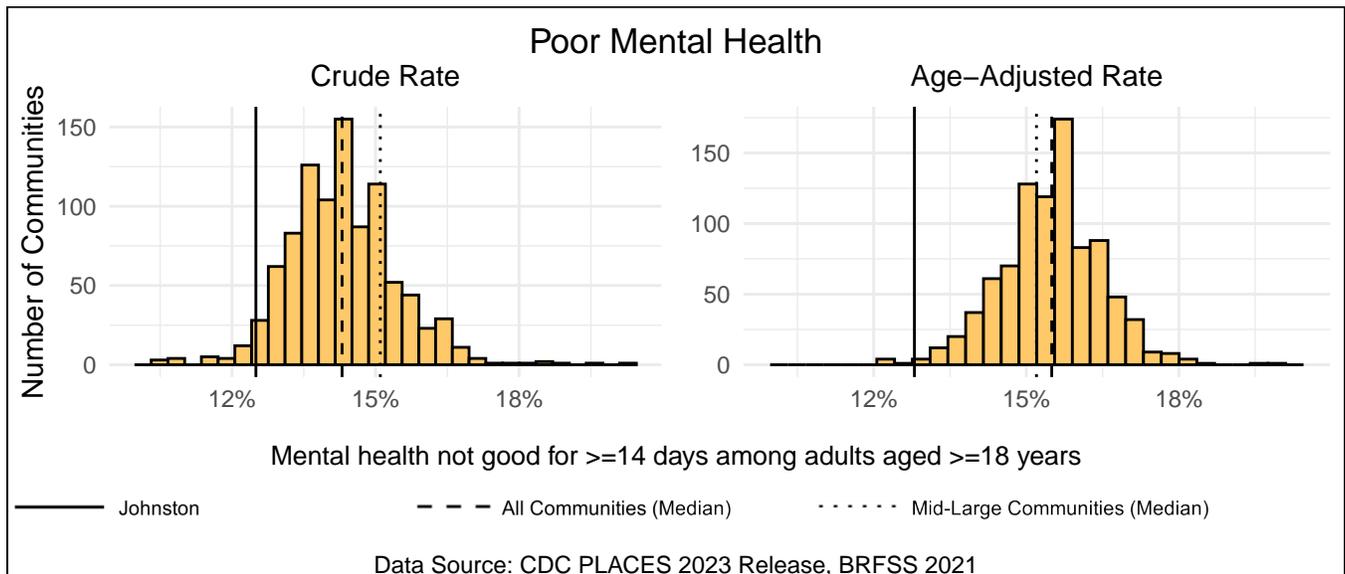
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	7.1%	10.8%	9.7%
Age-Adjusted	6.9%	9.7%	9.4%



Poor Mental Health

Johnston has a crude rate of 12.5% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 29th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Johnston is 12.8%, which ranks 6th out of 905 Iowa communities (2nd out of 31 mid-large communities).

Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	12.5%	14.3%	15.1%
Age-Adjusted	12.8%	15.5%	15.2%



Health Risk Behaviors

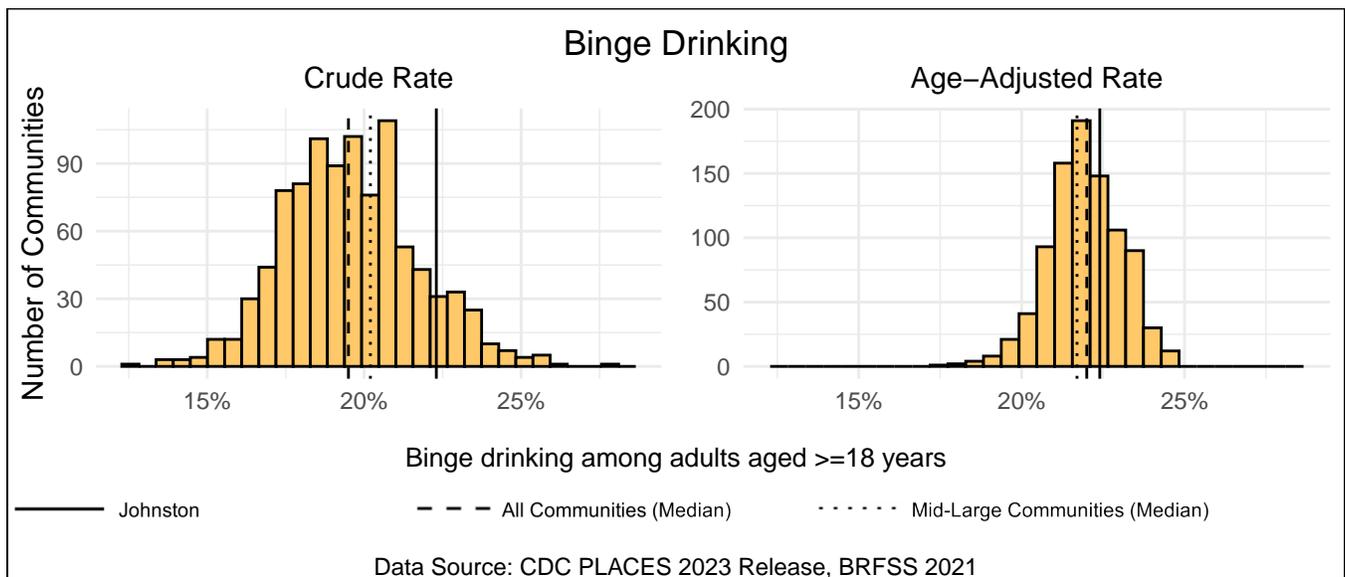
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Johnston has a crude rate of 22.3% for binge drinking among adults aged ≥ 18 years, which ranks 850th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Johnston is 22.4%, which ranks 585th out of 905 Iowa communities (25th out of 31 mid-large communities).

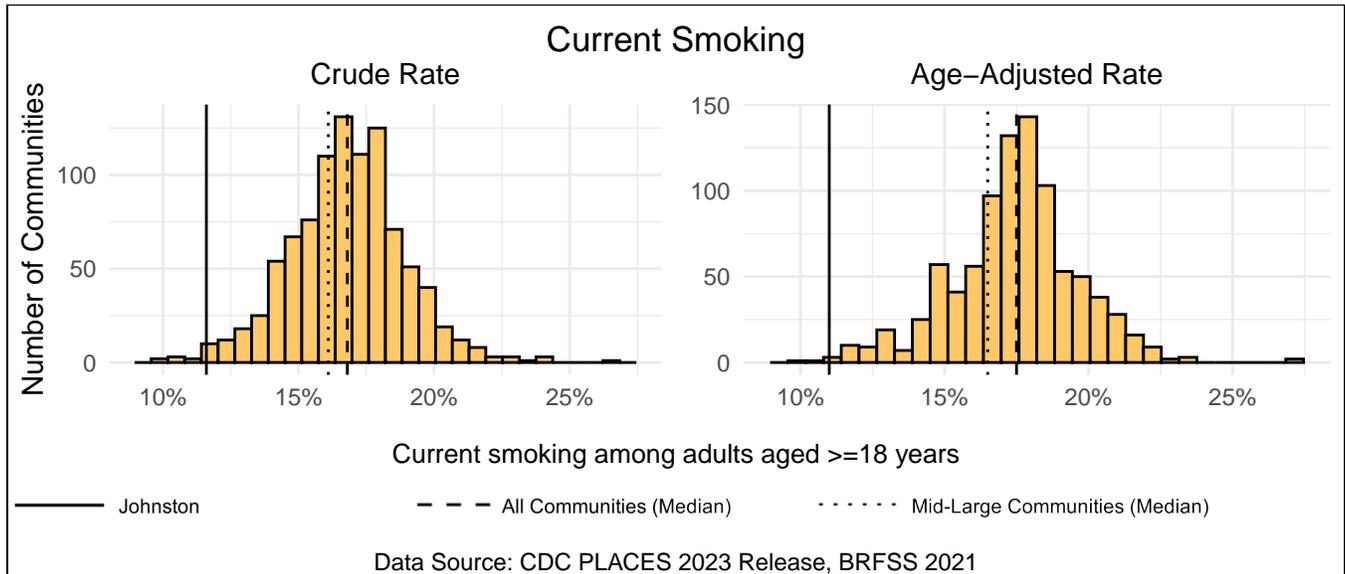
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	22.3%	19.5%	20.2%
Age-Adjusted	22.4%	22.0%	21.7%



Current Smoking

Johnston has a crude rate of 11.6% for current smoking among adults aged ≥ 18 years, which ranks 9th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Johnston is 11.0%, which ranks 3rd out of 905 Iowa communities (2nd out of 31 mid-large communities).

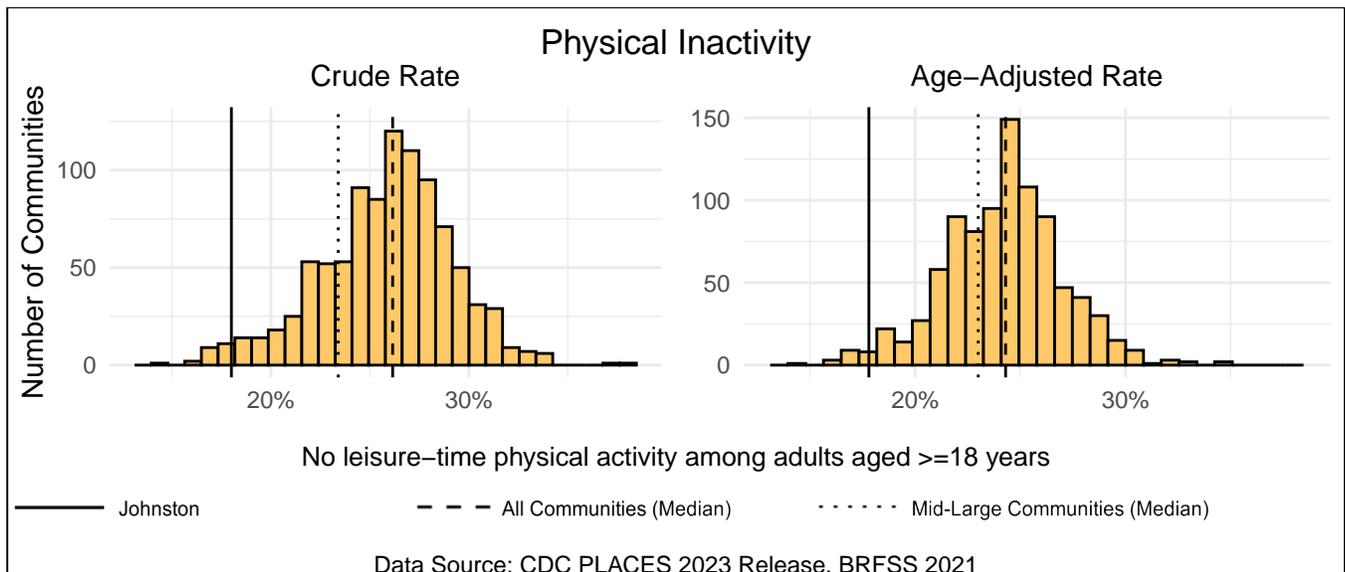
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	11.6%	16.8%	16.1%
Age-Adjusted	11.0%	17.5%	16.5%



Physical Inactivity

Johnston has a crude rate of 18.0% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 19th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Johnston is 17.8%, which ranks 17th out of 905 Iowa communities (3rd out of 31 mid-large communities).

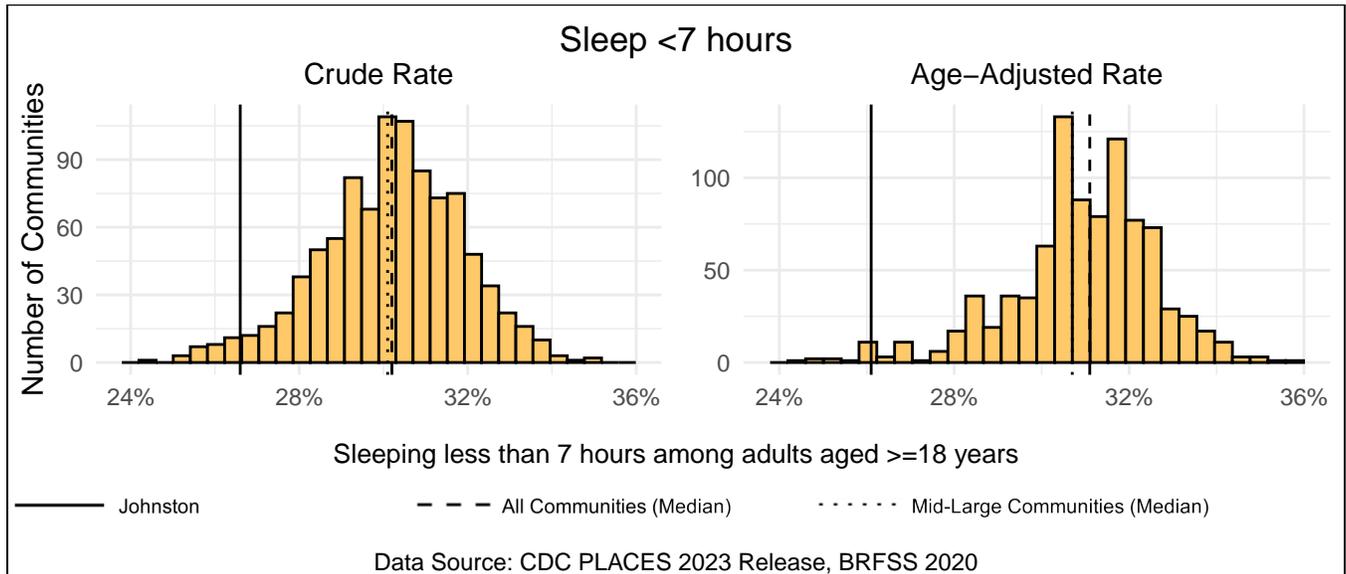
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	18.0%	26.1%	23.4%
Age-Adjusted	17.8%	24.3%	23.0%



Sleep <7 hours

Johnston has a crude rate of 26.6% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 28th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Johnston is 26.1%, which ranks 10th out of 905 Iowa communities (3rd out of 31 mid-large communities).

Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	26.6%	30.2%	30.1%
Age-Adjusted	26.1%	31.1%	30.7%



Health Outcomes

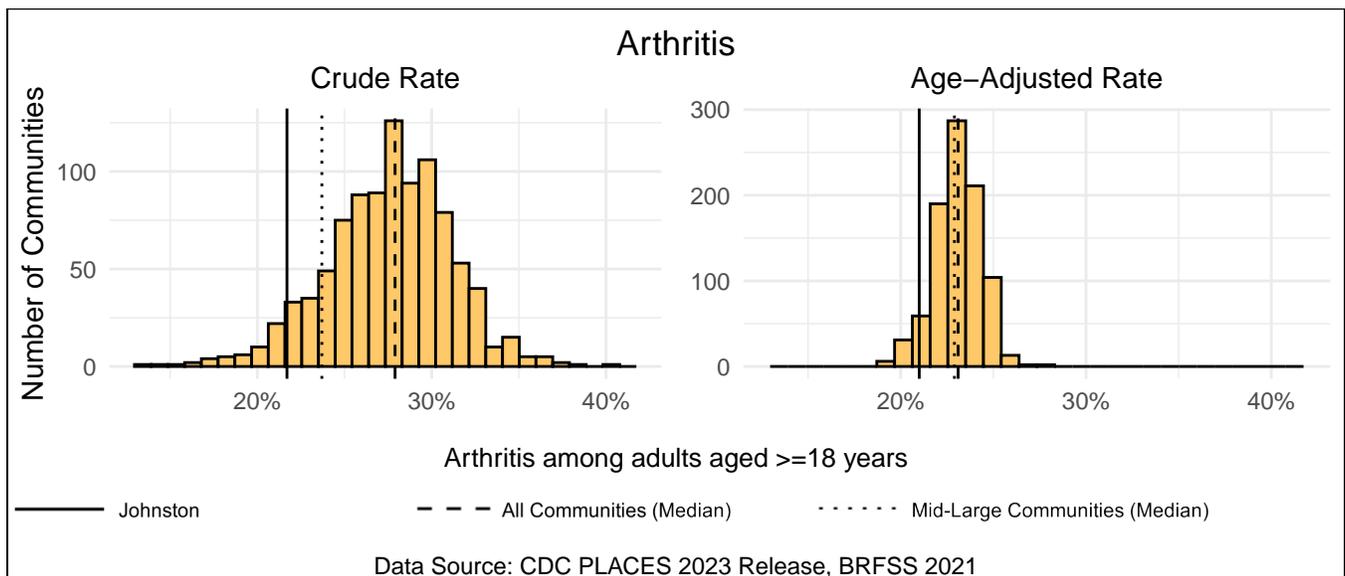
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Johnston has a crude rate of 21.7% for arthritis among adults aged ≥ 18 years, which ranks 56th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Johnston is 21.0%, which ranks 48th out of 905 Iowa communities (5th out of 31 mid-large communities).

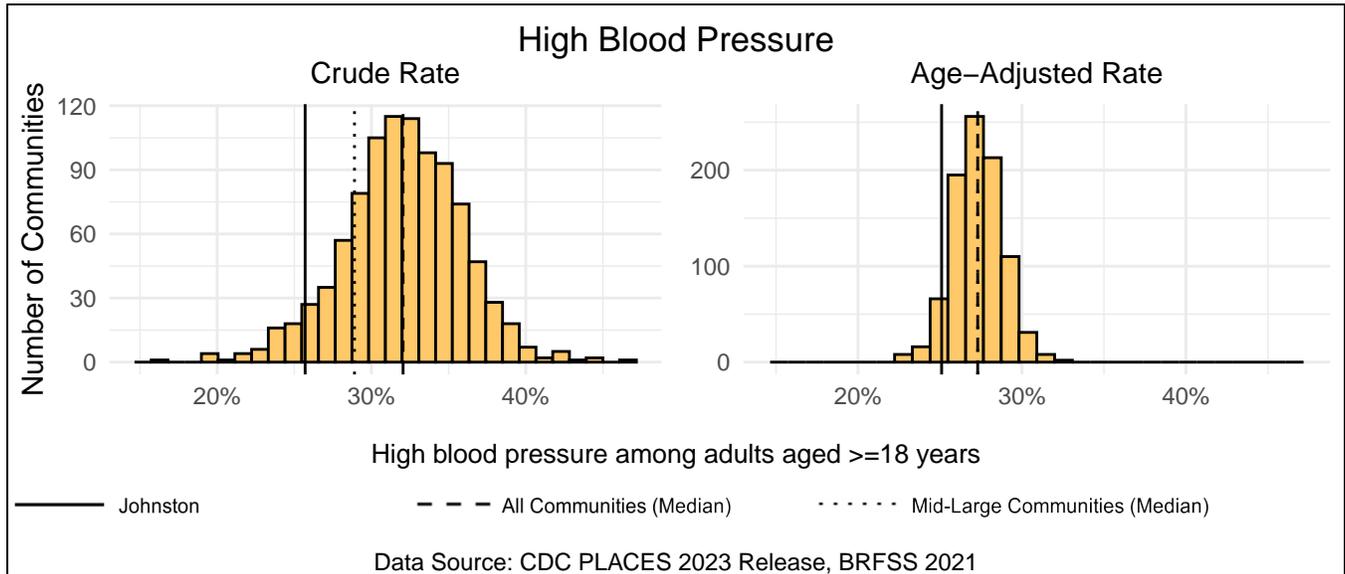
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	21.7%	27.9%	23.7%
Age-Adjusted	21.0%	23.1%	22.9%



High Blood Pressure

Johnston has a crude rate of 25.7% for high blood pressure among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Johnston is 25.1%, which ranks 46th out of 905 Iowa communities (4th out of 31 mid-large communities).

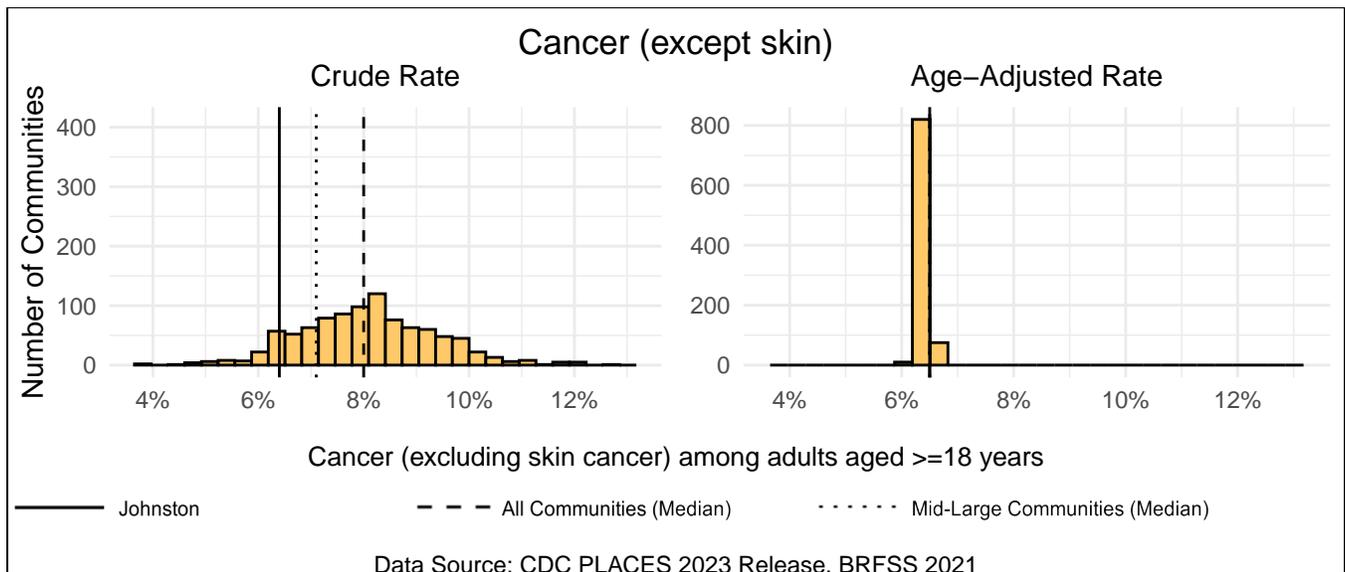
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	25.7%	32.0%	28.9%
Age-Adjusted	25.1%	27.3%	27.3%



Cancer (except skin)

Johnston has a crude rate of 6.4% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 80th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Johnston is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

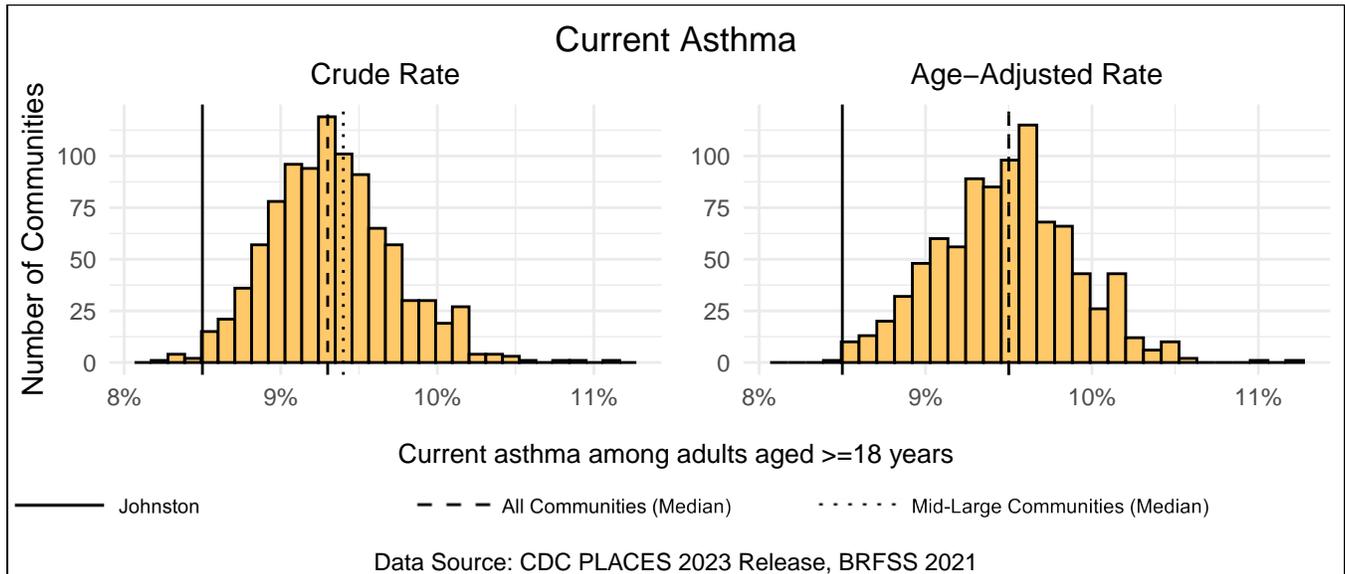
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	6.4%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Johnston has a crude rate of 8.5% for current asthma among adults aged ≥ 18 years, which ranks 8th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Johnston is 8.5%, which ranks 2nd out of 905 Iowa communities (1st out of 31 mid-large communities).

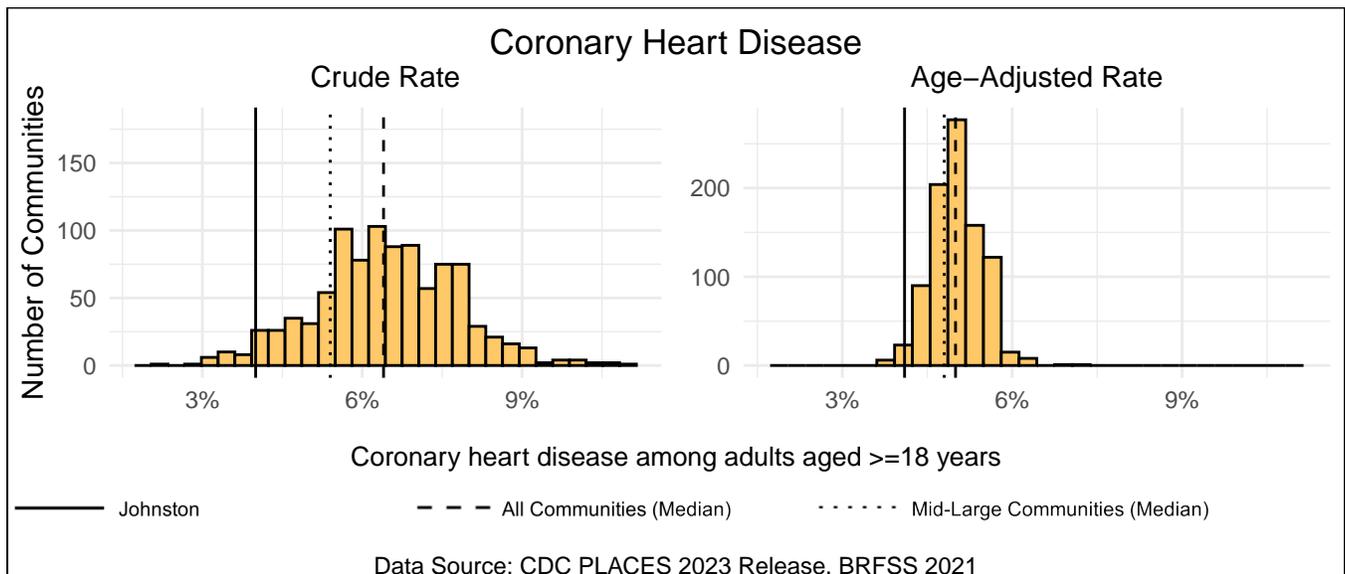
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	8.5%	9.3%	9.4%
Age-Adjusted	8.5%	9.5%	9.5%



Coronary Heart Disease

Johnston has a crude rate of 4.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 27th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Johnston is 4.1%, which ranks 12th out of 905 Iowa communities (3rd out of 31 mid-large communities).

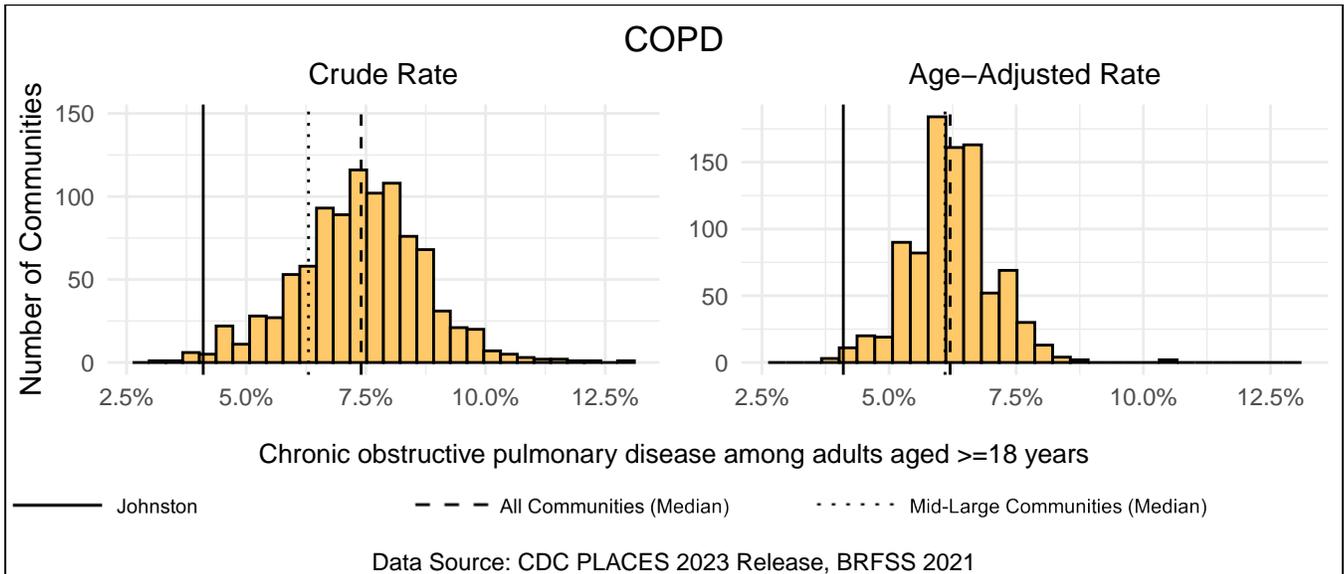
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	4.0%	6.4%	5.4%
Age-Adjusted	4.1%	5.0%	4.8%



COPD

Johnston has a crude rate of 4.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 9th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Johnston is 4.1%, which ranks 4th out of 905 Iowa communities (1st out of 31 mid-large communities).

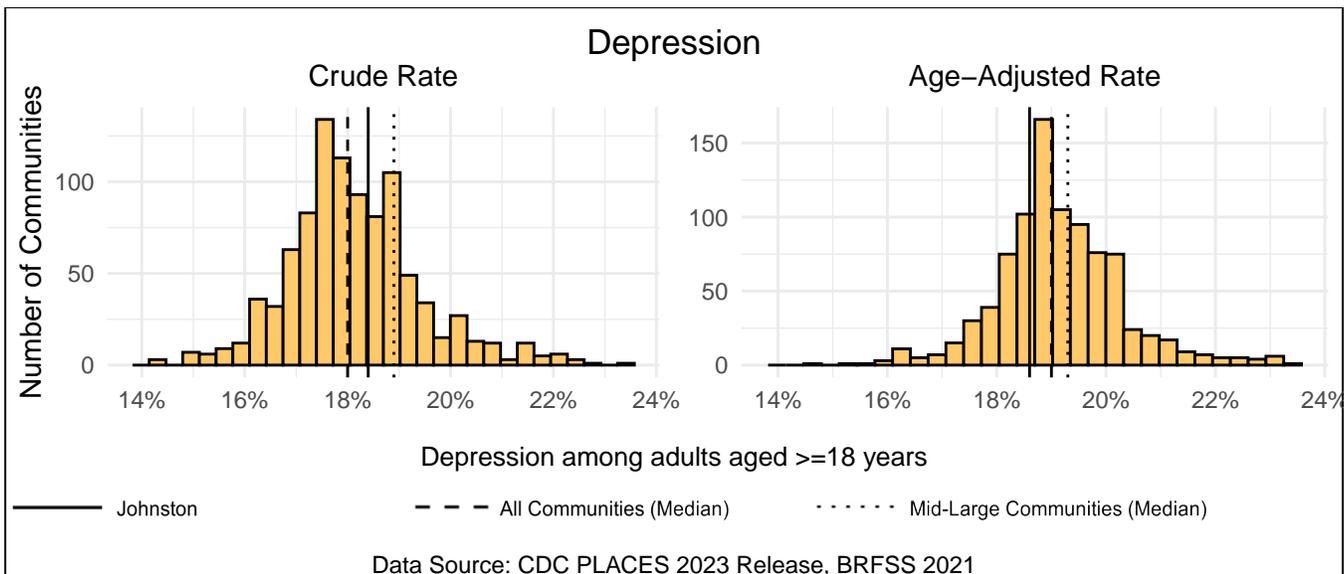
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	4.1%	7.4%	6.3%
Age-Adjusted	4.1%	6.2%	6.1%



Depression

Johnston has a crude rate of 18.4% for depression among adults aged ≥ 18 years, which ranks 592nd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Johnston is 18.6%, which ranks 251st out of 905 Iowa communities (7th out of 31 mid-large communities).

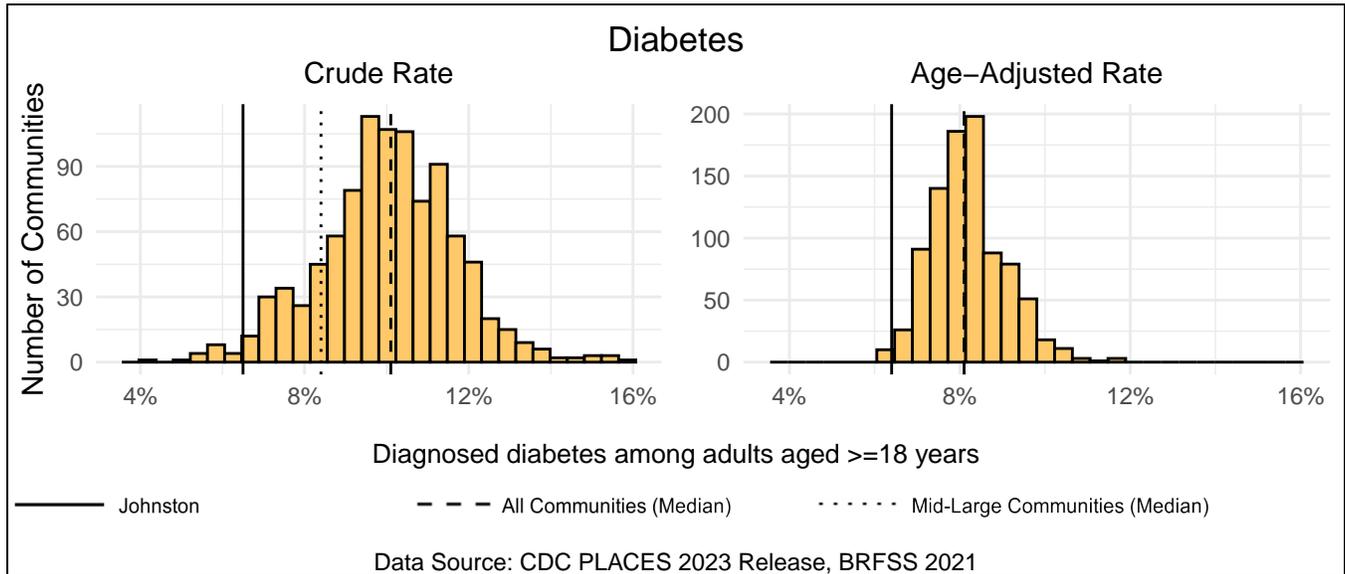
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	18.4%	18.0%	18.9%
Age-Adjusted	18.6%	19.0%	19.3%



Diabetes

Johnston has a crude rate of 6.5% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 19th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Johnston is 6.4%, which ranks 9th out of 905 Iowa communities (1st out of 31 mid-large communities).

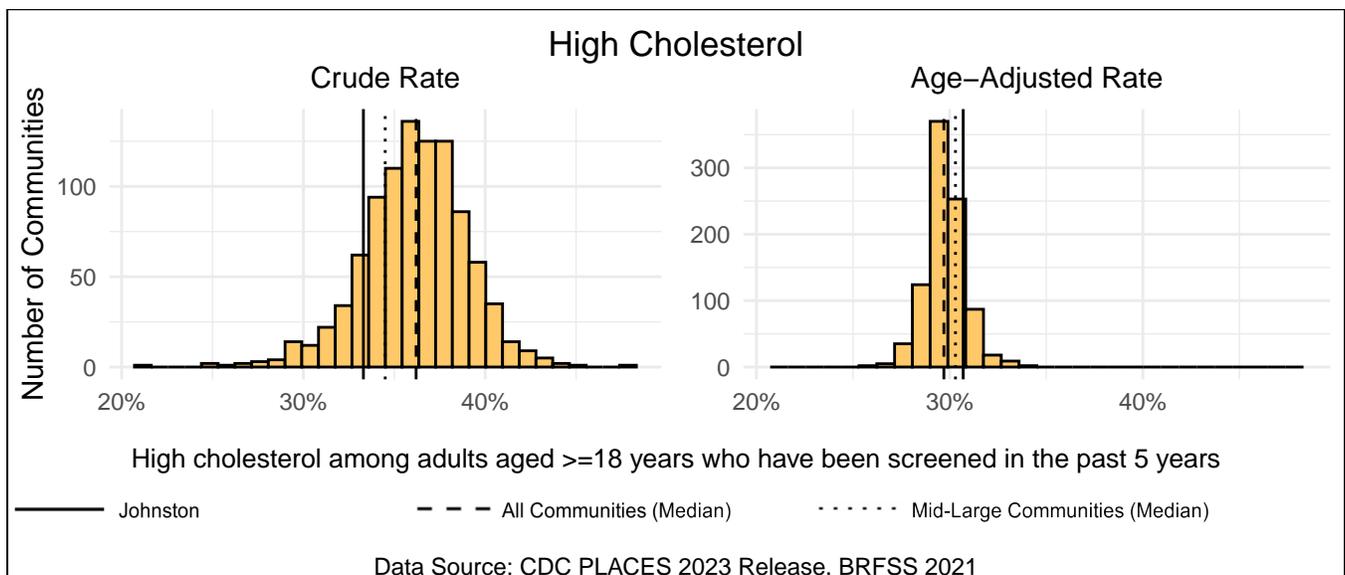
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	6.5%	10.1%	8.4%
Age-Adjusted	6.4%	8.1%	8.1%



High Cholesterol

Johnston has a crude rate of 33.3% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 135th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Johnston is 30.7%, which ranks 757th out of 905 Iowa communities (22nd out of 31 mid-large communities).

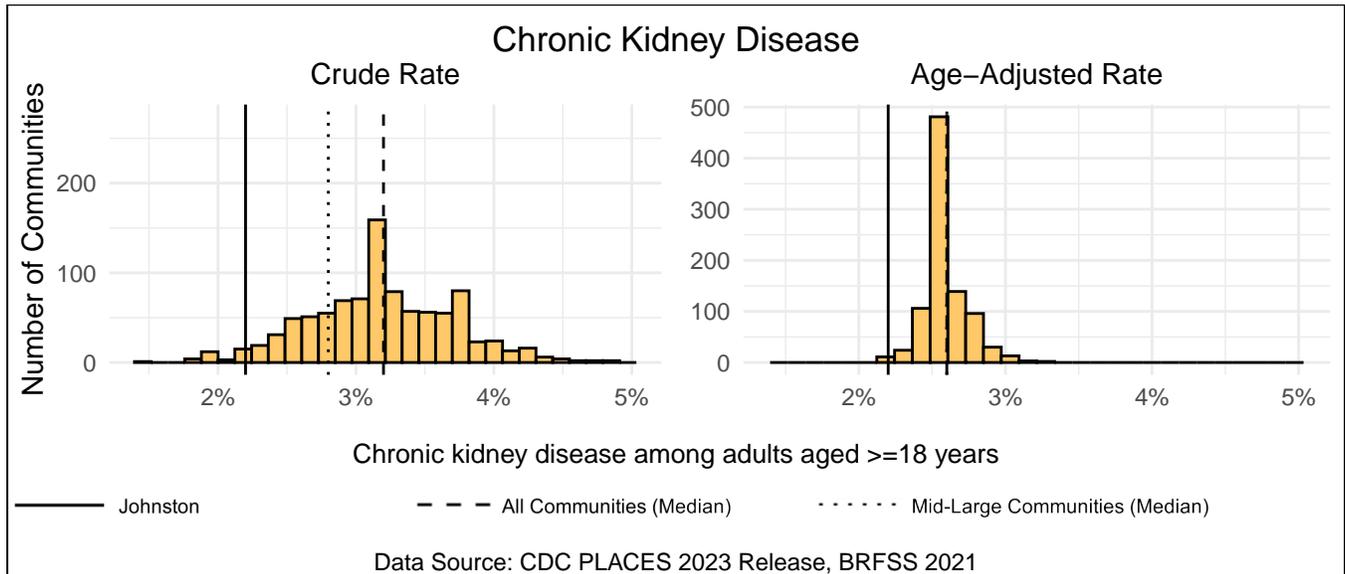
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	33.3%	36.2%	34.5%
Age-Adjusted	30.7%	29.7%	30.3%



Chronic Kidney Disease

Johnston has a crude rate of 2.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Johnston is 2.2%, which ranks 1st out of 905 Iowa communities (1st out of 31 mid-large communities).

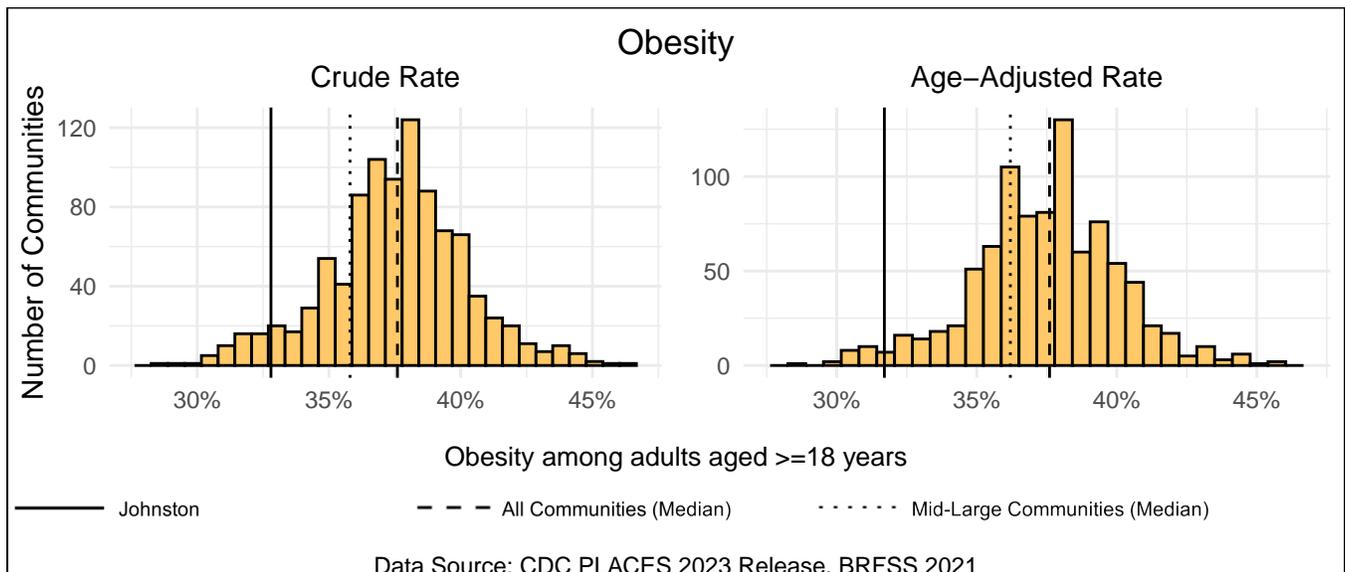
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	2.2%	3.2%	2.8%
Age-Adjusted	2.2%	2.6%	2.6%



Obesity

Johnston has a crude rate of 32.8% for obesity among adults aged ≥ 18 years, which ranks 51st out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Johnston is 31.7%, which ranks 24th out of 905 Iowa communities (2nd out of 31 mid-large communities).

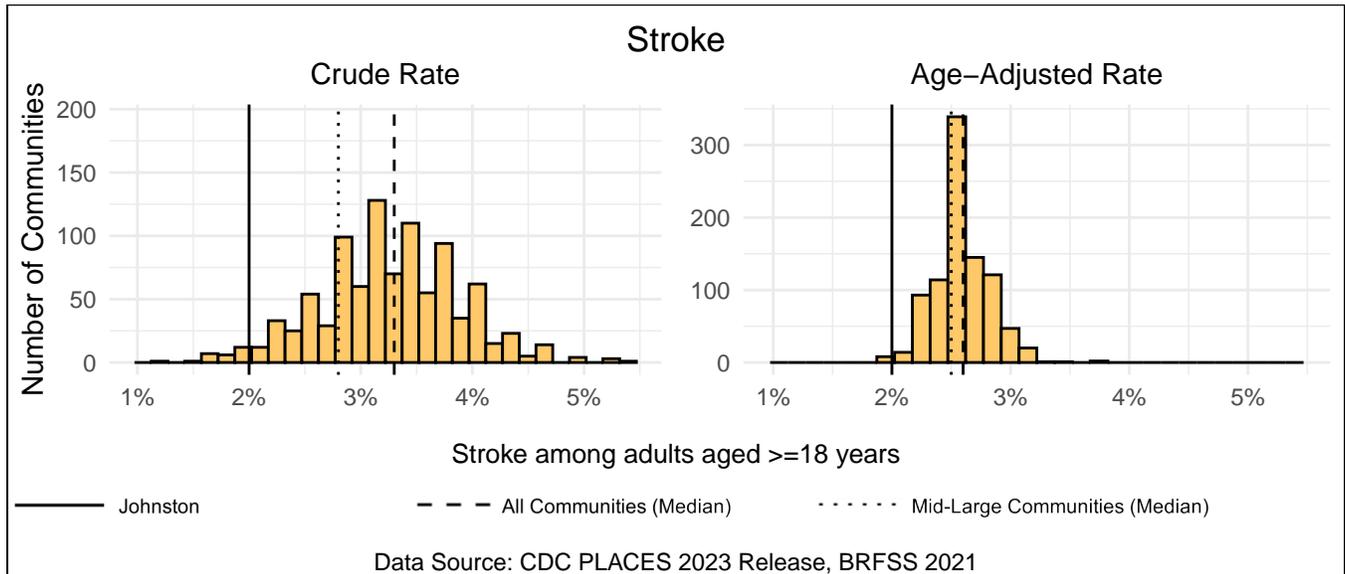
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	32.8%	37.6%	35.8%
Age-Adjusted	31.7%	37.6%	36.2%



Stroke

Johnston has a crude rate of 2.0% for stroke among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Johnston is 2.0%, which ranks 3rd out of 905 Iowa communities (1st out of 31 mid-large communities).

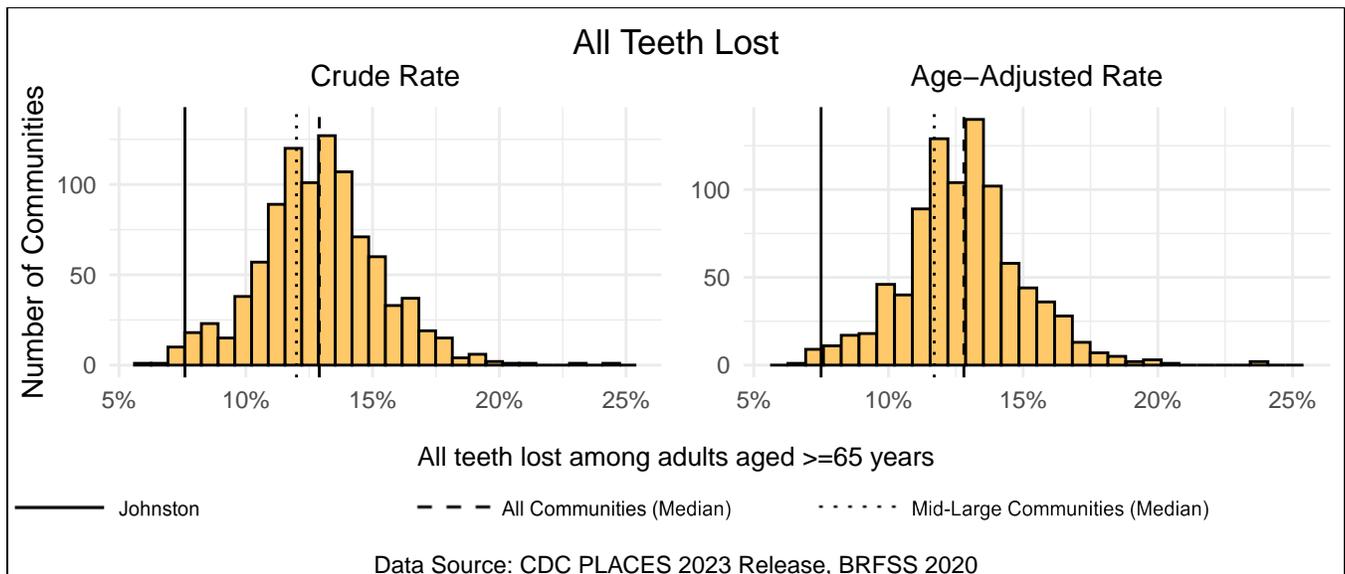
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	2.0%	3.3%	2.8%
Age-Adjusted	2.0%	2.6%	2.5%



All Teeth Lost

Johnston has a crude rate of 7.6% for all teeth lost among adults aged ≥ 65 years, which ranks 13th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Johnston is 7.5%, which ranks 6th out of 905 Iowa communities (2nd out of 31 mid-large communities).

Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	7.6%	12.9%	12.0%
Age-Adjusted	7.5%	12.8%	11.7%



Prevention

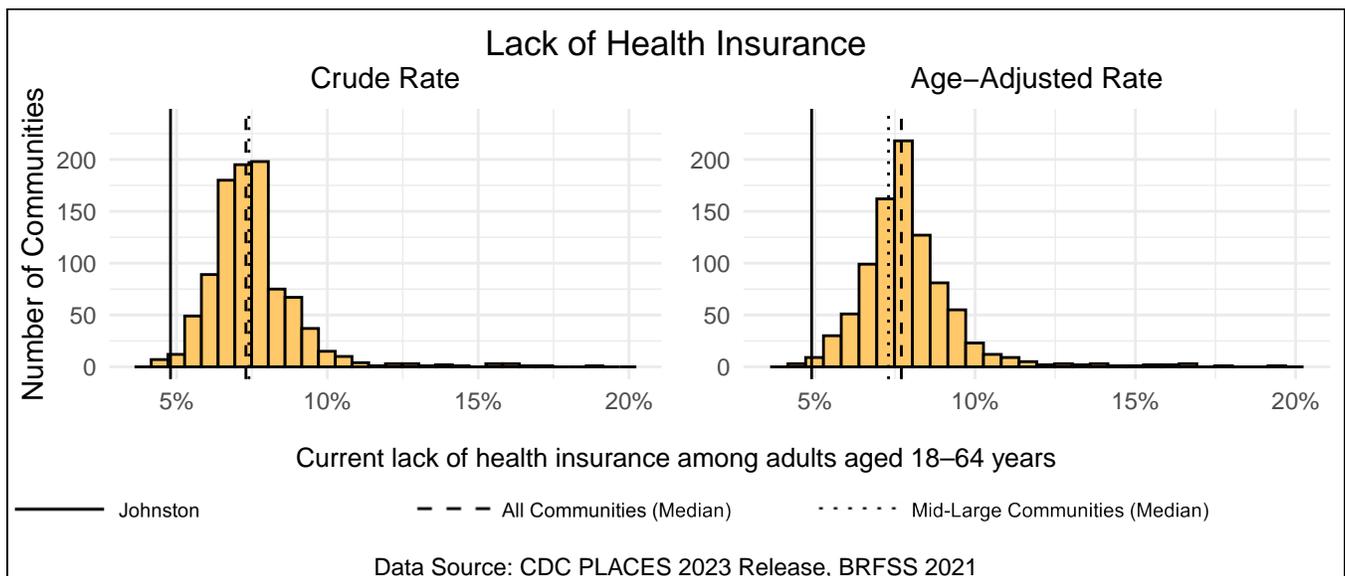
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Johnston has a crude rate of 4.8% for current lack of health insurance among adults aged 18–64 years, which ranks 8th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Johnston is 4.9%, which ranks 5th out of 905 Iowa communities (2nd out of 31 mid-large communities).

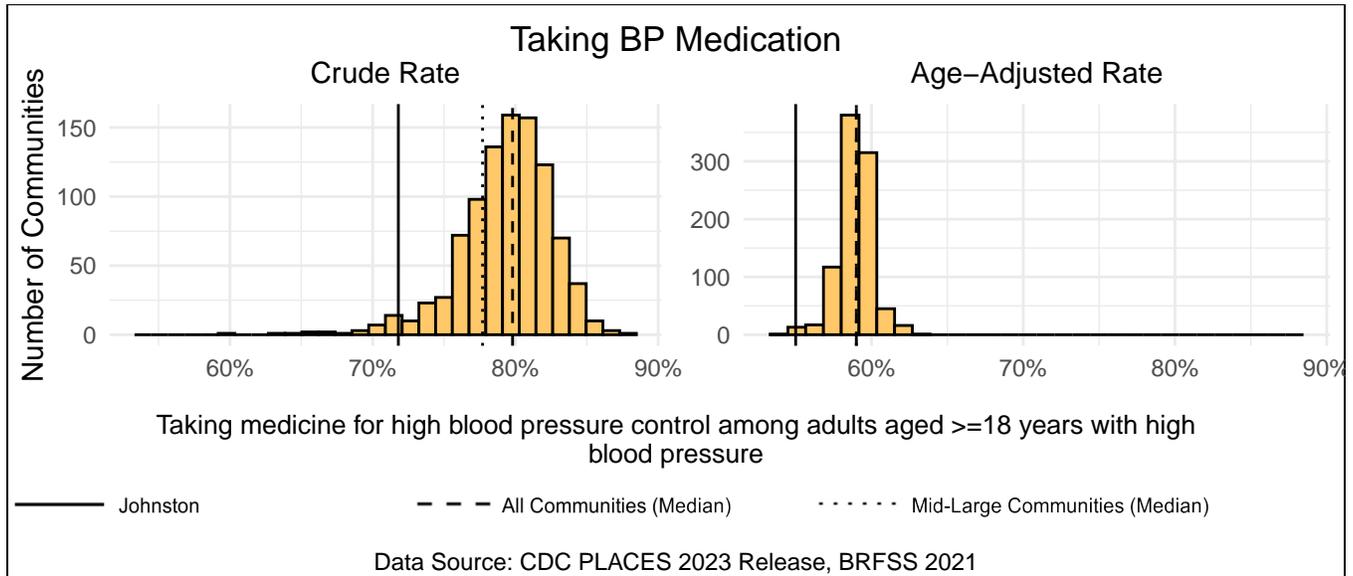
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	4.8%	7.3%	7.4%
Age-Adjusted	4.9%	7.7%	7.3%



Taking BP Medication

Johnston has a crude rate of 71.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 931st out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Johnston is 55.0%, which ranks 900th out of 905 Iowa communities (31st out of 31 mid-large communities).

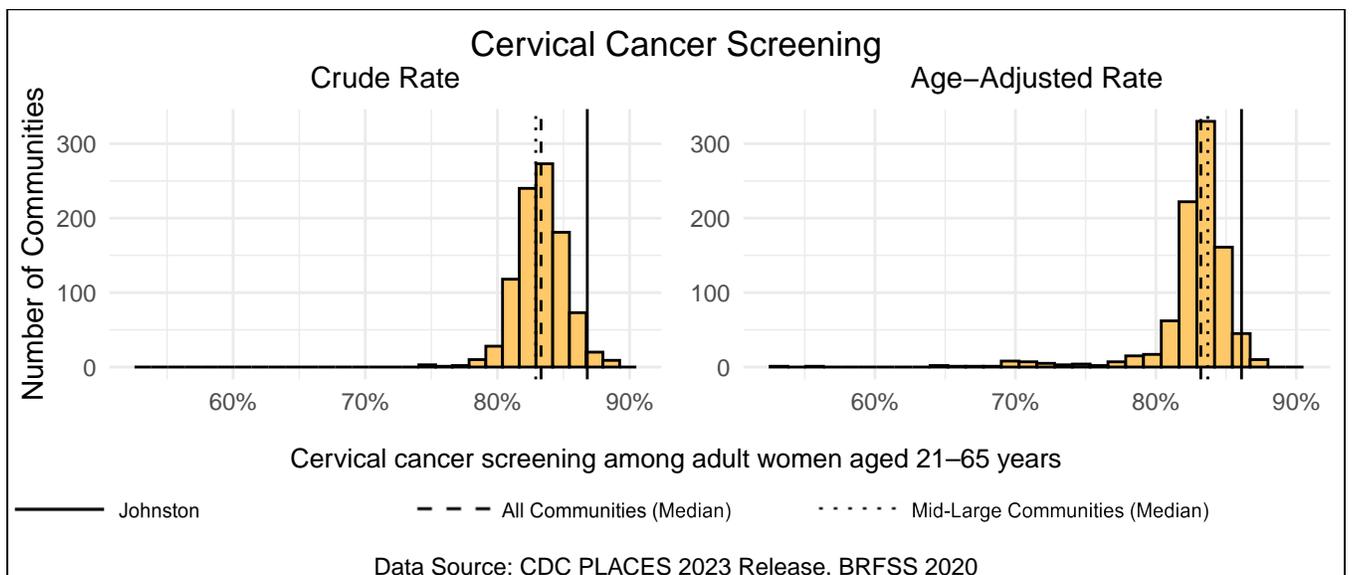
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	71.8%	79.8%	77.7%
Age-Adjusted	55.0%	59.0%	59.0%



Cervical Cancer Screening

Johnston has a crude rate of 86.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 26th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Johnston is 86.1%, which ranks 22nd out of 905 Iowa communities (3rd out of 31 mid-large communities).

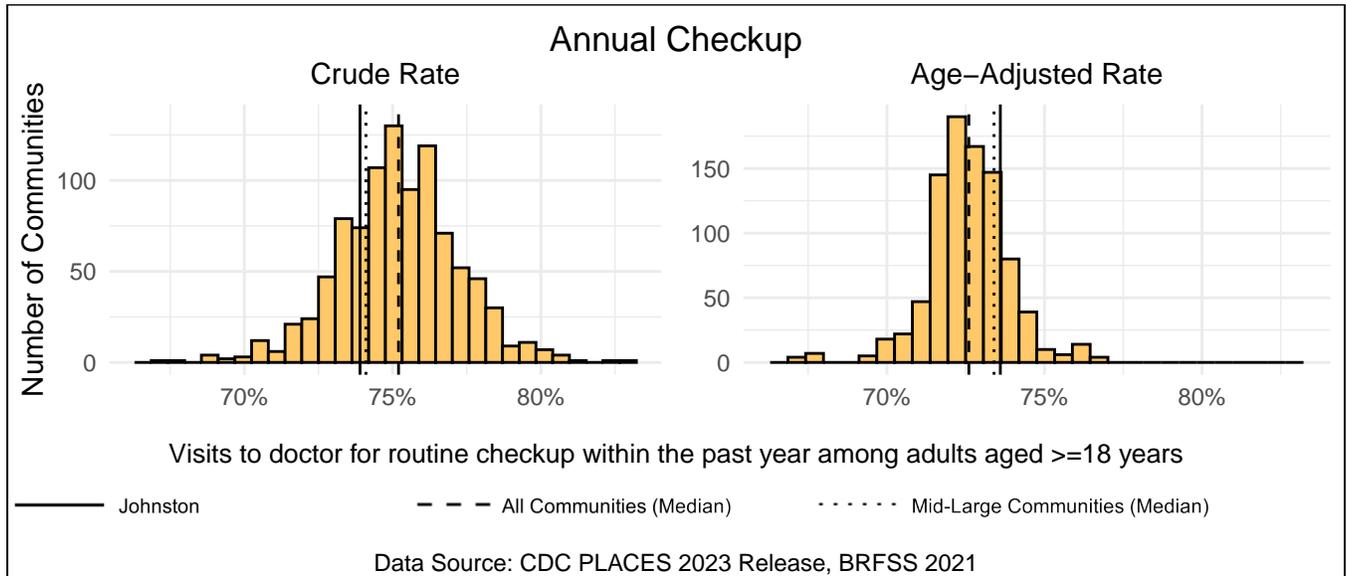
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	86.8%	83.3%	82.9%
Age-Adjusted	86.1%	83.2%	83.7%



Annual Checkup

Johnston has a crude rate of 73.9% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 719th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Johnston is 73.6%, which ranks 154th out of 905 Iowa communities (12th out of 31 mid-large communities).

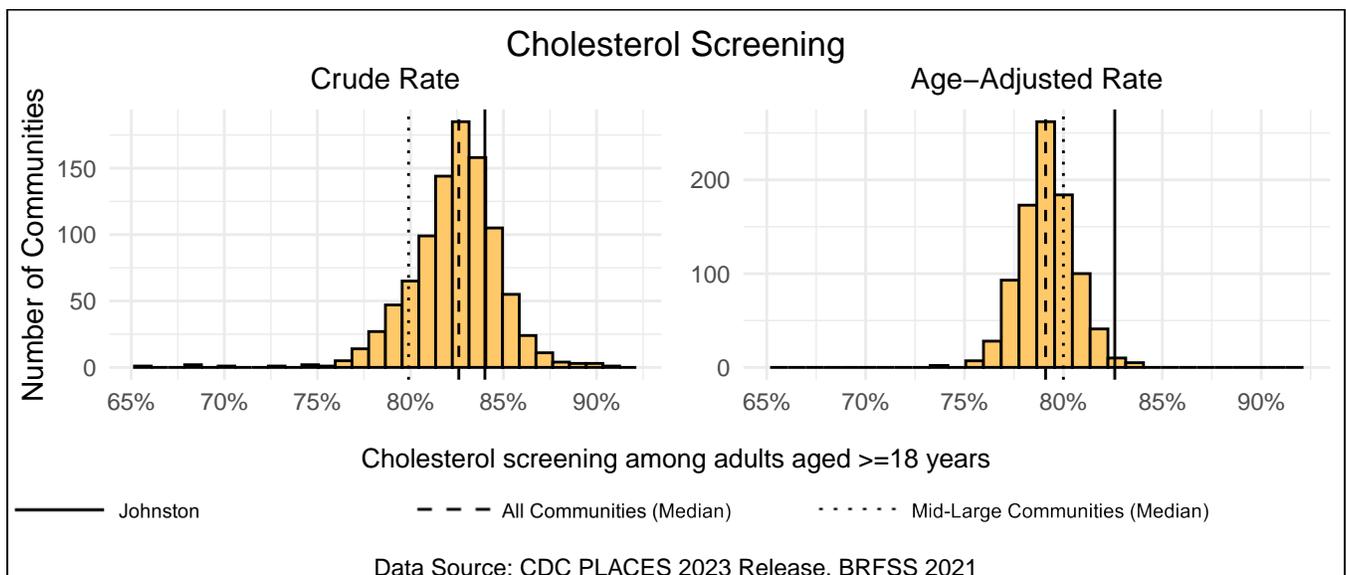
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	73.9%	75.2%	74.1%
Age-Adjusted	73.6%	72.6%	73.4%



Cholesterol Screening

Johnston has a crude rate of 84.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 207th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Johnston is 82.6%, which ranks 9th out of 905 Iowa communities (2nd out of 31 mid-large communities).

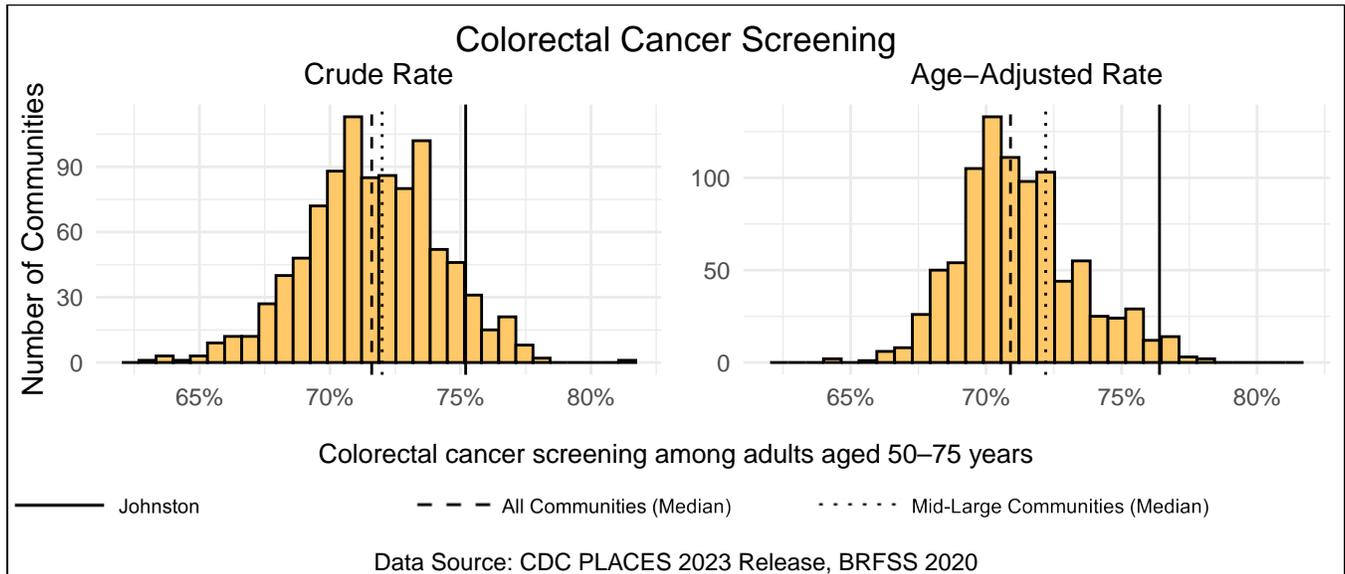
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	84.0%	82.6%	79.9%
Age-Adjusted	82.6%	79.1%	80.0%



Colorectal Cancer Screening

Johnston has a crude rate of 75.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 74th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Johnston is 76.4%, which ranks 20th out of 905 Iowa communities (3rd out of 31 mid-large communities).

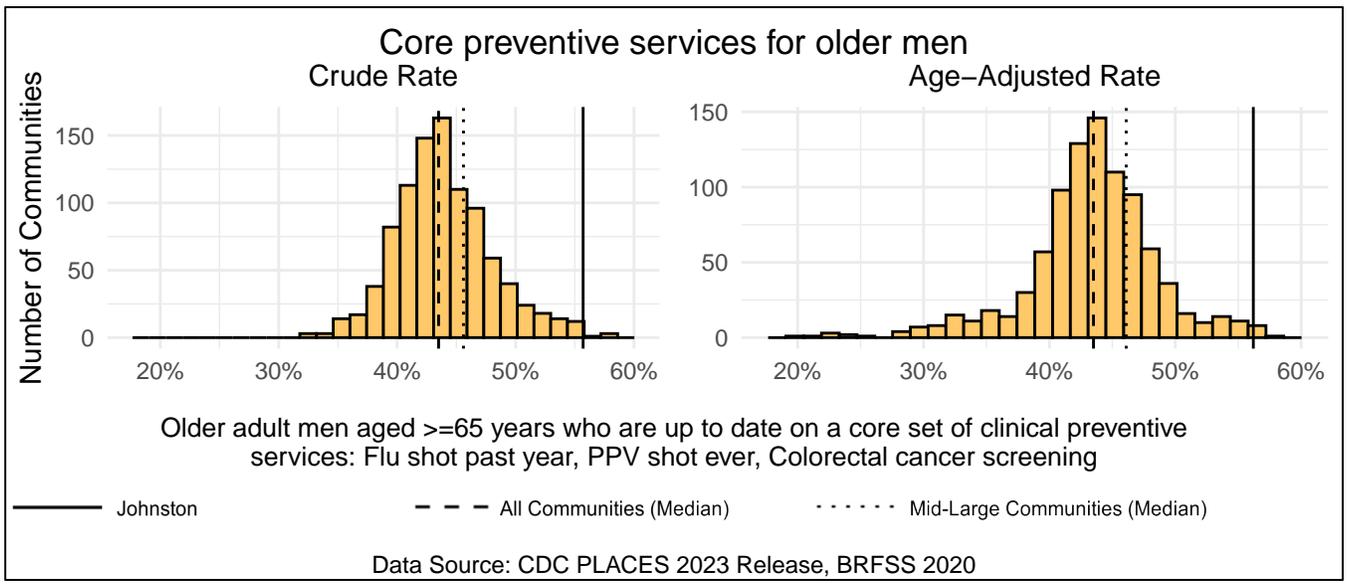
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	75.2%	71.6%	72.0%
Age-Adjusted	76.4%	70.9%	72.2%



Core preventive services for older men

Johnston has a crude rate of 55.7% 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 5th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Johnston is 56.2%, which ranks 7th out of 905 Iowa communities (1st out of 31 mid-large communities).

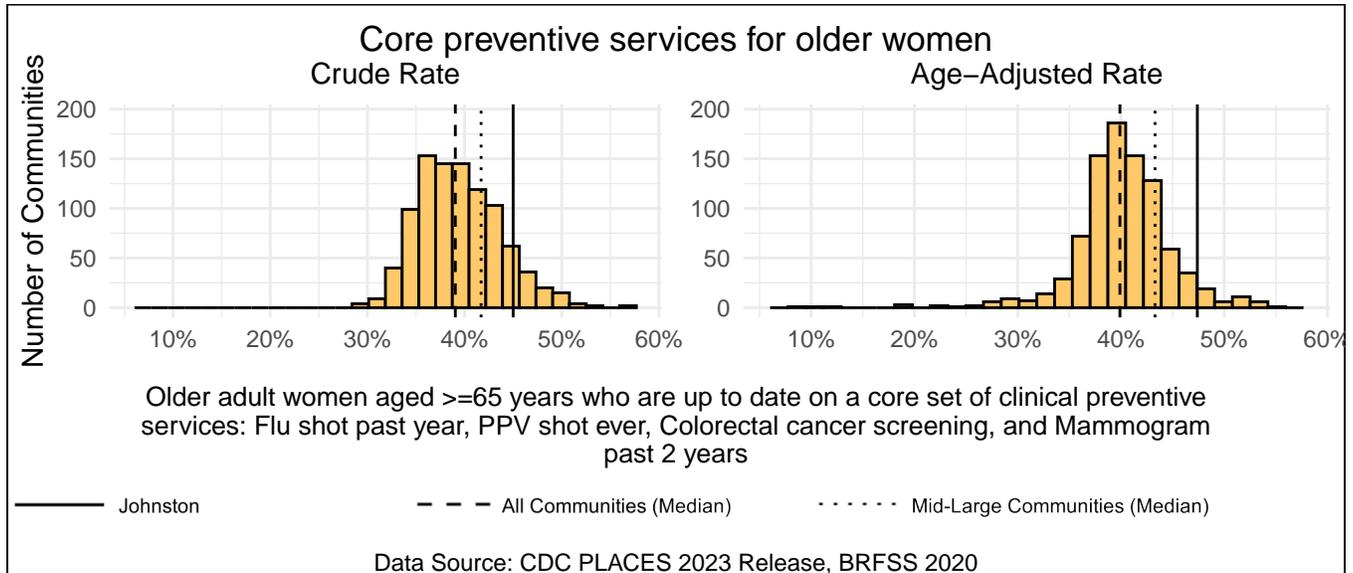
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	55.7%	43.5%	45.6%
Age-Adjusted	56.2%	43.5%	46.1%



Core preventive services for older women

Johnston has a crude rate of 45.0% 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 99th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Johnston is 47.4%, which ranks 43rd out of 905 Iowa communities (4th out of 31 mid-large communities).

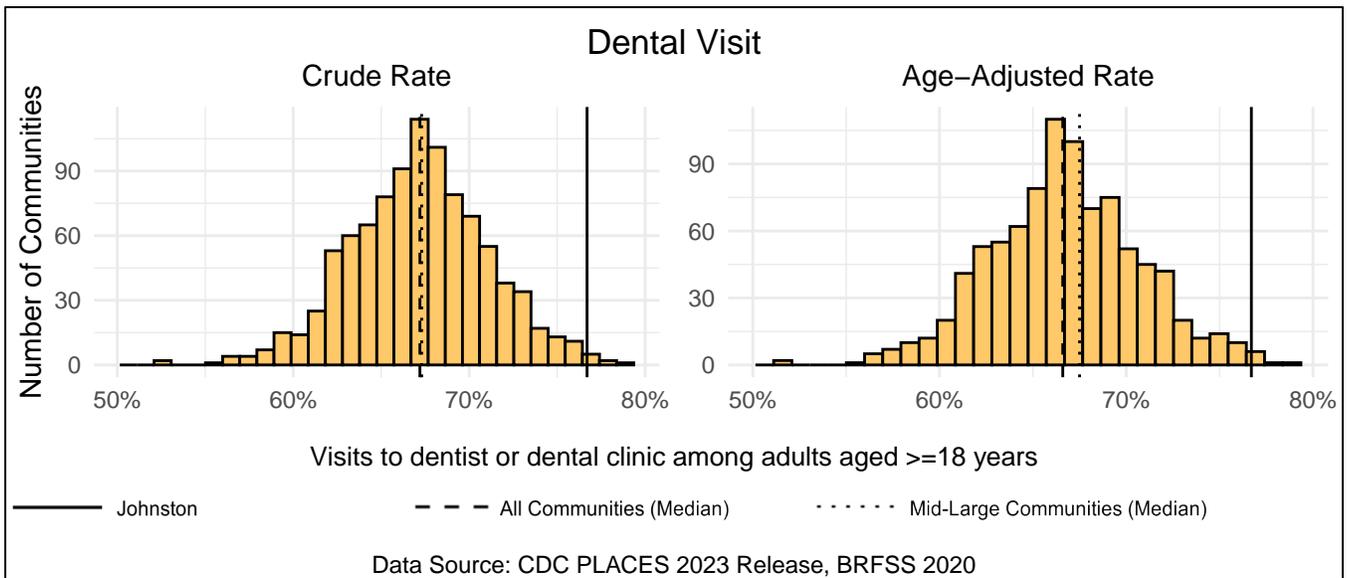
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	45.0%	39.0%	41.7%
Age-Adjusted	47.4%	39.9%	43.3%



Dental Visit

Johnston has a crude rate of 76.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 6th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Johnston is 76.7%, which ranks 6th out of 905 Iowa communities (2nd out of 31 mid-large communities).

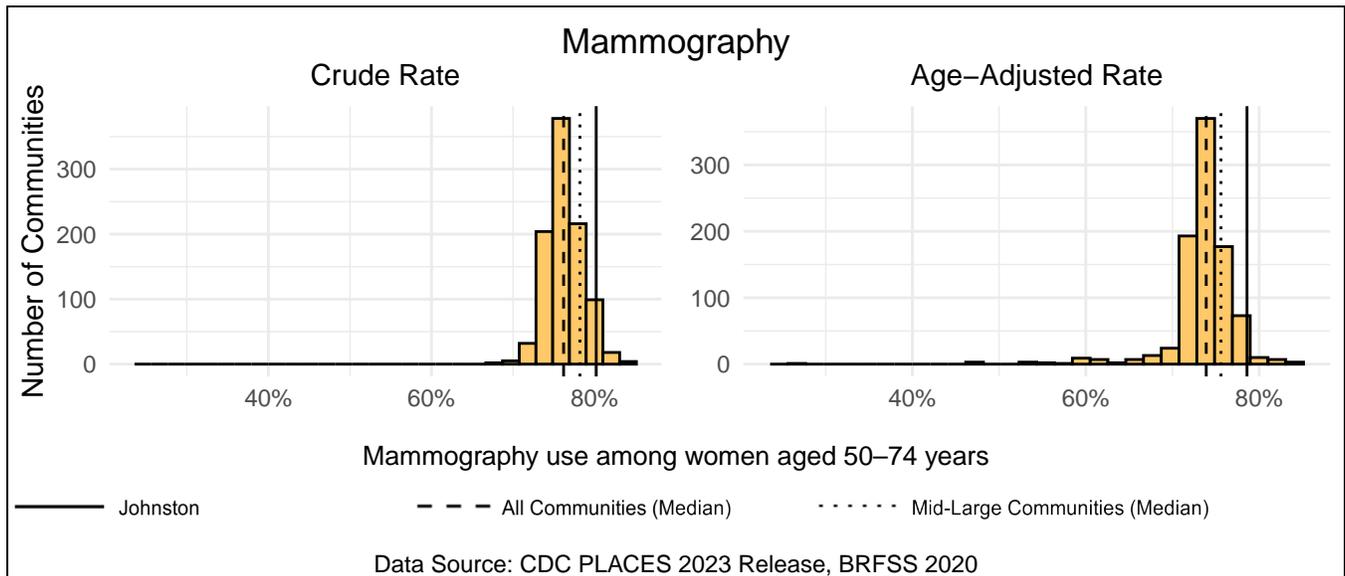
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	76.7%	67.2%	67.3%
Age-Adjusted	76.7%	66.6%	67.5%



Mammography

Johnston has a crude rate of 80.2% for mammography use among women aged 50–74 years, which ranks 47th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Johnston is 78.6%, which ranks 25th out of 905 Iowa communities (4th out of 31 mid-large communities).

Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	80.2%	76.2%	78.2%
Age-Adjusted	78.6%	73.9%	75.6%



Disability

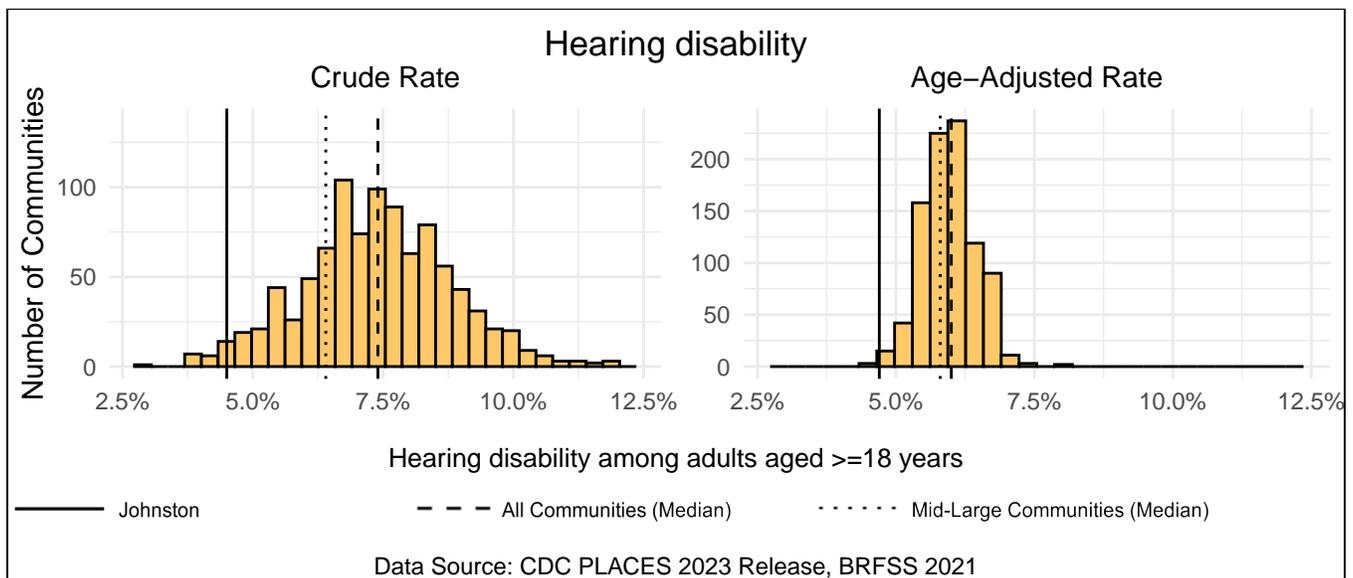
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Johnston has a crude rate of 4.5% for hearing disability among adults aged ≥ 18 years, which ranks 19th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Johnston is 4.7%, which ranks 4th out of 905 Iowa communities (2nd out of 31 mid-large communities).

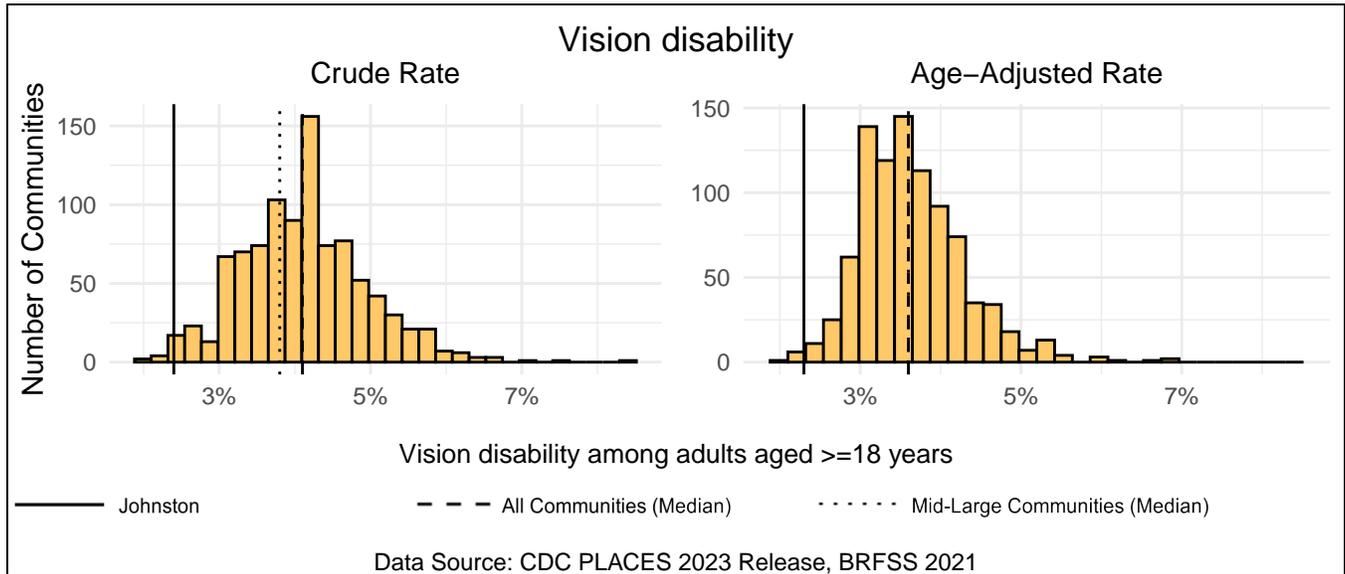
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	4.5%	7.4%	6.4%
Age-Adjusted	4.7%	6.0%	5.8%



Vision disability

Johnston has a crude rate of 2.4% for vision disability among adults aged ≥ 18 years, which ranks 7th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Johnston is 2.3%, which ranks 4th out of 905 Iowa communities (1st out of 31 mid-large communities).

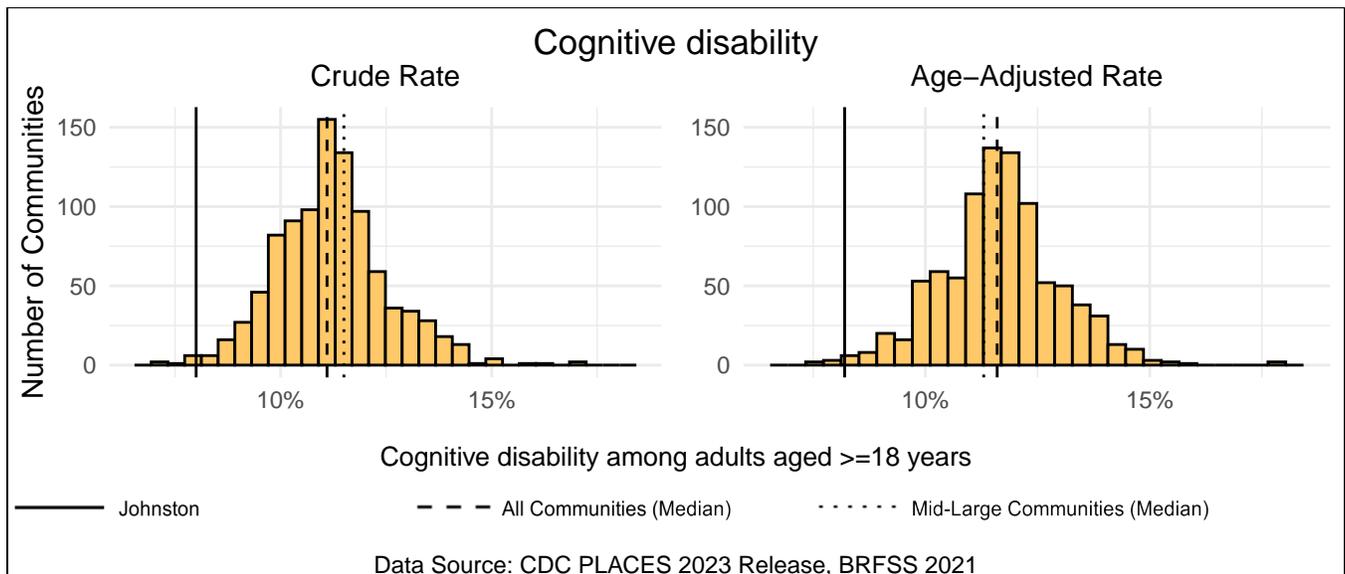
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	2.4%	4.1%	3.8%
Age-Adjusted	2.3%	3.6%	3.6%



Cognitive disability

Johnston has a crude rate of 8.0% for cognitive disability among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Johnston is 8.2%, which ranks 6th out of 905 Iowa communities (2nd out of 31 mid-large communities).

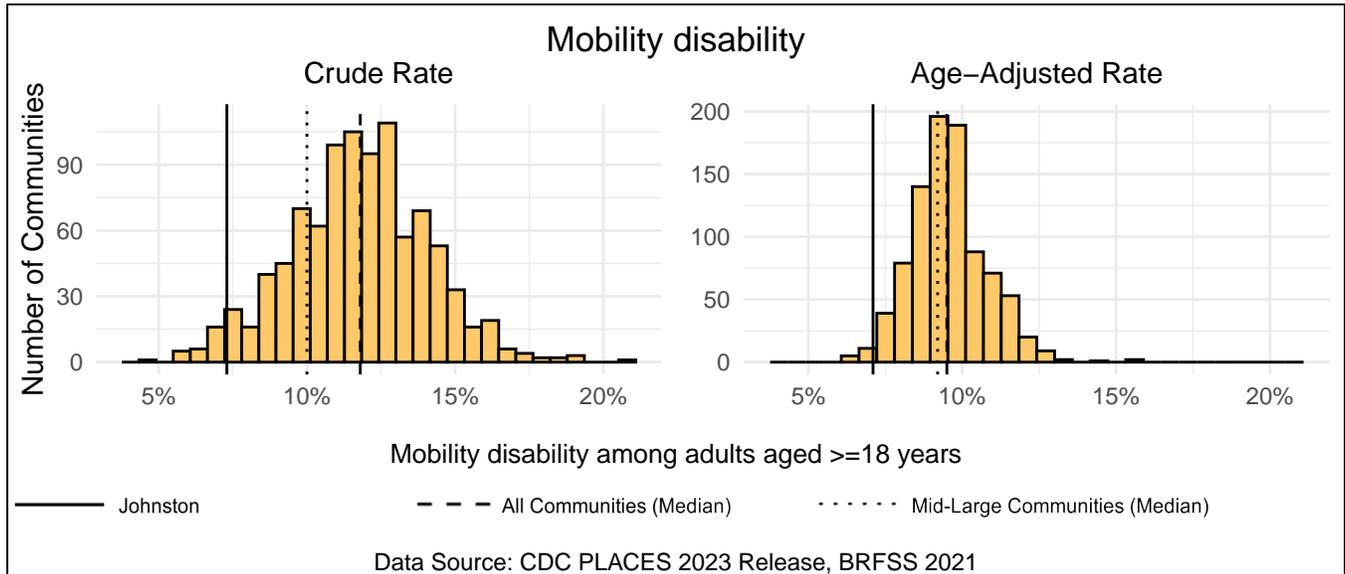
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	8.0%	11.1%	11.5%
Age-Adjusted	8.2%	11.6%	11.3%



Mobility disability

Johnston has a crude rate of 7.3% for mobility disability among adults aged ≥ 18 years, which ranks 29th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Johnston is 7.1%, which ranks 14th out of 905 Iowa communities (3rd out of 31 mid-large communities).

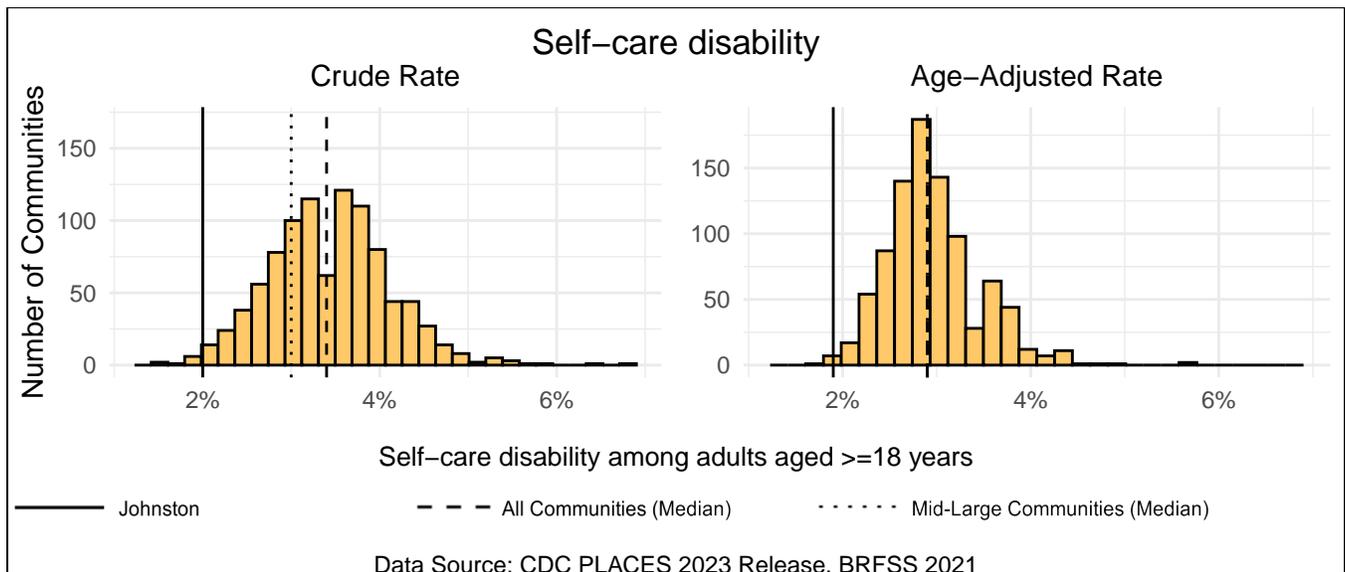
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	7.3%	11.8%	10.0%
Age-Adjusted	7.1%	9.5%	9.2%



Self-care disability

Johnston has a crude rate of 2.0% for self-care disability among adults aged ≥ 18 years, which ranks 10th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Johnston is 1.9%, which ranks 4th out of 905 Iowa communities (1st out of 31 mid-large communities).

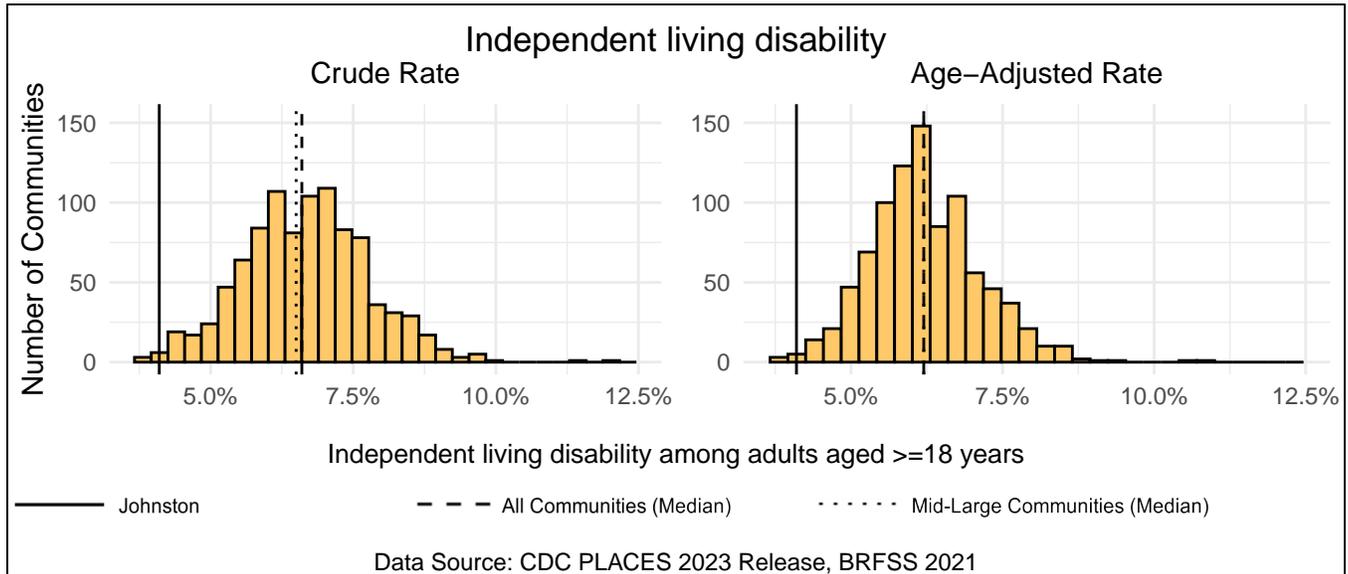
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	2.0%	3.4%	3.0%
Age-Adjusted	1.9%	2.9%	2.9%



Independent living disability

Johnston has a crude rate of 4.1% for independent living disability among adults aged ≥ 18 years, which ranks 6th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Johnston is 4.1%, which ranks 5th out of 905 Iowa communities (1st out of 31 mid-large communities).

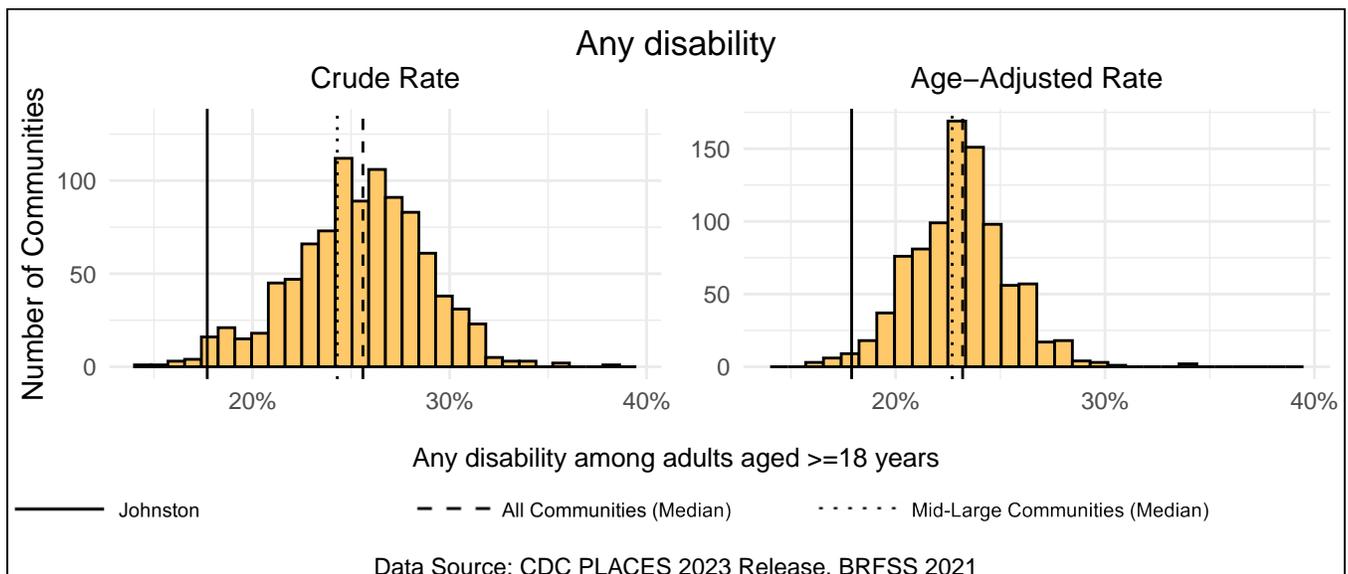
Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	4.1%	6.6%	6.5%
Age-Adjusted	4.1%	6.2%	6.2%



Any disability

Johnston has a crude rate of 17.7% for any disability among adults aged ≥ 18 years, which ranks 14th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Johnston is 17.9%, which ranks 10th out of 905 Iowa communities (3rd out of 31 mid-large communities).

Measure Type	Johnston	All Comm.	Mid-Large Comm.
Crude	17.7%	25.6%	24.3%
Age-Adjusted	17.9%	23.2%	22.7%



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: Johnston 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	5	8.6% (7.4% - 10.0%)	5	8.5% (7.3% - 9.8%)
Health Status	Mental Health	29	12.5% (11.1% - 14.2%)	6	12.8% (11.3% - 14.5%)
Health Status	Physical Health	5	7.1% (6.2% - 8.1%)	5	6.9% (6.0% - 7.9%)
Health Risk Behaviors	Physical Inactivity	19	18.0% (15.6% - 20.5%)	17	17.8% (15.4% - 20.6%)
Health Risk Behaviors	Sleep <7 hours	28	26.6% (25.7% - 27.6%)	10	26.1% (25.2% - 27.0%)
Health Risk Behaviors	Current Smoking	9	11.6% (9.5% - 14.0%)	3	11.0% (9.1% - 13.3%)
Health Risk Behaviors	Binge Drinking	850	22.3% (19.8% - 24.9%)	585	22.4% (19.9% - 25.0%)
Health Outcomes	Cancer (except skin)	80	6.4% (5.9% - 7.0%)	418	6.5% (5.9% - 7.1%)
Health Outcomes	High Blood Pressure	55	25.7% (23.4% - 28.1%)	46	25.1% (22.9% - 27.3%)
Health Outcomes	Arthritis	56	21.7% (19.5% - 23.9%)	48	21.0% (19.1% - 23.1%)
Health Outcomes	High Cholesterol	135	33.3% (30.6% - 36.0%)	757	30.7% (28.1% - 33.4%)
Health Outcomes	Coronary Heart Disease	27	4.0% (3.5% - 4.5%)	12	4.1% (3.6% - 4.6%)
Health Outcomes	COPD	9	4.1% (3.5% - 4.8%)	4	4.1% (3.5% - 4.8%)
Health Outcomes	All Teeth Lost	13	7.6% (5.1% - 11.3%)	6	7.5% (5.2% - 10.6%)
Health Outcomes	Diabetes	19	6.5% (5.7% - 7.5%)	9	6.4% (5.5% - 7.2%)
Health Outcomes	Chronic Kidney Disease	21	2.2% (2.0% - 2.4%)	1	2.2% (2.0% - 2.5%)
Health Outcomes	Obesity	51	32.8% (29.6% - 36.3%)	24	31.7% (28.4% - 35.1%)
Health Outcomes	Stroke	21	2.0% (1.8% - 2.2%)	3	2.0% (1.8% - 2.2%)
Health Outcomes	Current Asthma	8	8.5% (7.5% - 9.4%)	2	8.5% (7.5% - 9.4%)
Health Outcomes	Depression	592	18.4% (16.2% - 20.8%)	251	18.6% (16.3% - 20.9%)
Prevention	Cholesterol Screening	207	84.0% (81.8% - 86.1%)	9	82.6% (80.1% - 84.8%)
Prevention	Dental Visit	6	76.7% (74.8% - 78.3%)	6	76.7% (75.0% - 78.3%)
Prevention	Mammography	47	80.2% (78.2% - 82.0%)	25	78.6% (76.7% - 80.2%)
Prevention	Health Insurance	8	4.8% (3.9% - 5.8%)	5	4.9% (4.0% - 5.9%)
Prevention	Cervical Cancer Screening	26	86.8% (85.7% - 87.9%)	22	86.1% (84.9% - 87.2%)
Prevention	Annual Checkup	719	73.9% (70.9% - 76.7%)	154	73.6% (70.6% - 76.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	74	75.2% (73.6% - 76.7%)	20	76.4% (74.9% - 77.8%)
Prevention	Core preventive services for older men	5	55.7% (51.6% - 59.4%)	7	56.2% (52.4% - 60.0%)
Prevention	Taking BP Medication	931	71.8% (68.4% - 75.0%)	900	55.0% (51.2% - 58.8%)
Prevention	Core preventive services for older women	99	45.0% (40.7% - 49.1%)	43	47.4% (43.5% - 51.2%)
Disability	Cognitive Disability	5	8.0% (6.9% - 9.2%)	6	8.2% (7.1% - 9.5%)
Disability	Mobility Disability	29	7.3% (6.2% - 8.4%)	14	7.1% (6.1% - 8.3%)
Disability	Independent Living Disability	6	4.1% (3.5% - 4.7%)	5	4.1% (3.5% - 4.7%)
Disability	Self-care Disability	10	2.0% (1.7% - 2.2%)	4	1.9% (1.6% - 2.1%)
Disability	Any Disability	14	17.7% (15.5% - 20.0%)	10	17.9% (15.8% - 20.2%)
Disability	Vision Disability	7	2.4% (2.1% - 2.7%)	4	2.3% (2.1% - 2.7%)
Disability	Hearing Disability	19	4.5% (4.0% - 5.1%)	4	4.7% (4.1% - 5.2%)

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: Mid-Large Communities (10,000-49,999)

Johnston falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukee	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		