



## 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

## Table of contents

<b>Health in Lansing: Overview</b>	<b>3</b>
Strengths . . . . .	3
Opportunities . . . . .	4
How to Use this Report . . . . .	5
Using Ames, IA as an Example . . . . .	6
<b>Health Status</b>	<b>7</b>
Poor General Health . . . . .	7
Poor Physical Health . . . . .	8
Poor Mental Health . . . . .	8
<b>Health Risk Behaviors</b>	<b>9</b>
Binge Drinking . . . . .	9
Current Smoking . . . . .	10
Physical Inactivity . . . . .	10
Sleep <7 hours . . . . .	11
<b>Health Outcomes</b>	<b>12</b>
Arthritis . . . . .	12
High Blood Pressure . . . . .	13
Cancer (except skin) . . . . .	13
Current Asthma . . . . .	14
Coronary Heart Disease . . . . .	14
COPD . . . . .	15
Depression . . . . .	15
Diabetes . . . . .	16
High Cholesterol . . . . .	16
Chronic Kidney Disease . . . . .	17
Obesity . . . . .	17
Stroke . . . . .	18
All Teeth Lost . . . . .	18
<b>Prevention</b>	<b>19</b>
Lack of Health Insurance . . . . .	19
Taking BP Medication . . . . .	20
Cervical Cancer Screening . . . . .	20
Annual Checkup . . . . .	21
Cholesterol Screening . . . . .	21

---

Colorectal Cancer Screening . . . . .	22
Core preventive services for older men . . . . .	22
Core preventive services for older women . . . . .	24
Dental Visit . . . . .	24
Mammography . . . . .	26
<b>Disability</b>	<b>27</b>
Hearing disability . . . . .	27
Vision disability . . . . .	28
Cognitive disability . . . . .	28
Mobility disability . . . . .	29
Self-care disability . . . . .	29
Independent living disability . . . . .	30
Any disability . . . . .	30
<b>Appendix 1: CDC PLACES Data</b>	<b>31</b>
<b>Appendix 2: Lansing PLACES Data</b>	<b>32</b>
<b>Appendix 3: Small Communities (1,000-2,499)</b>	<b>34</b>

# Health in Lansing: Overview

Dear Community Members & Stakeholders of Lansing,

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 Lansing ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Lansing'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 Lansing. 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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Depression	48th	7th	Obesity	119th	19th
Mental Health	48th	5th	Depression	164th	17th
Cholesterol Screening	69th	4th	Current Asthma	241st	34th
Current Asthma	80th	11th	Sleep <7 hours	265th	43rd
Taking BP Medication	83rd	12th	Any Disability	294th	51st

# 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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
High Cholesterol	904th	136th	Annual Checkup	803rd	129th
Arthritis	888th	126th	Dental Visit	733rd	119th
Cancer (except skin)	887th	125th	Cholesterol Screening	649th	107th
High Blood Pressure	848th	124th	Core preventive services for older men	636th	111th
Coronary Heart Disease	845th	119th	Taking BP Medication	631st	98th

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 Lansing.

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

With a population of 1,053, Lansing’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small 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

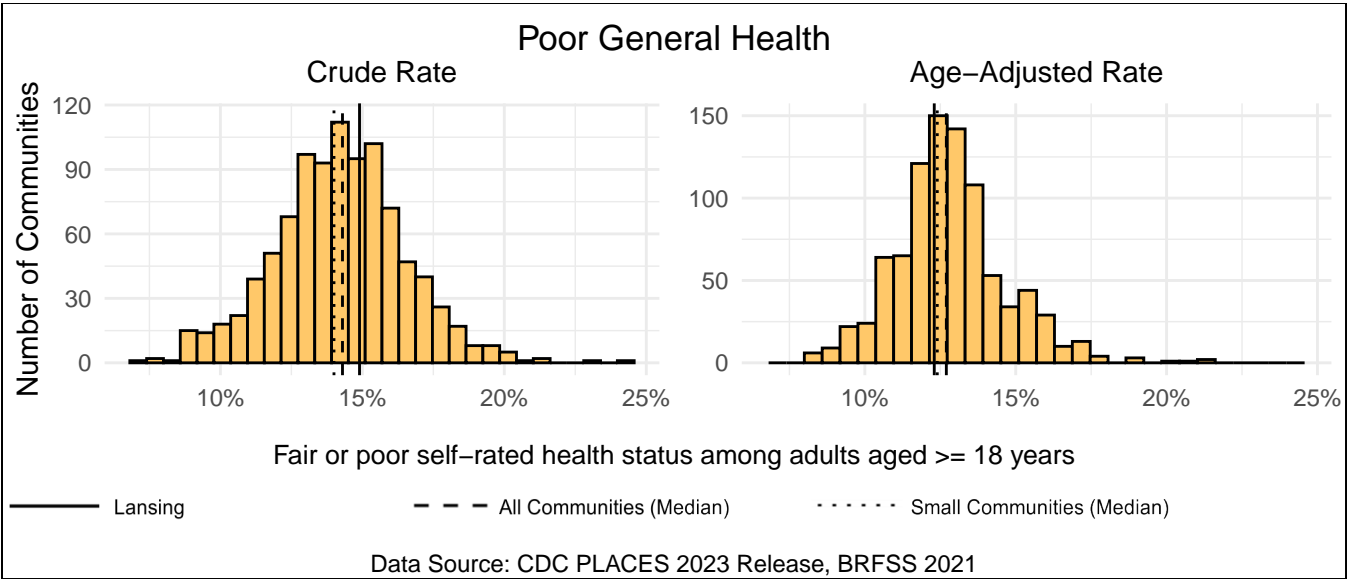
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Lansing has a crude rate of 14.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 595th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Lansing is 12.3%, which ranks 327th out of 905 Iowa communities (64th out of 138 small communities).

Measure Type	Lansing	All Comm.	Small Comm.
Crude	14.9%	14.3%	14.0%
Age-Adjusted	12.3%	12.7%	12.4%

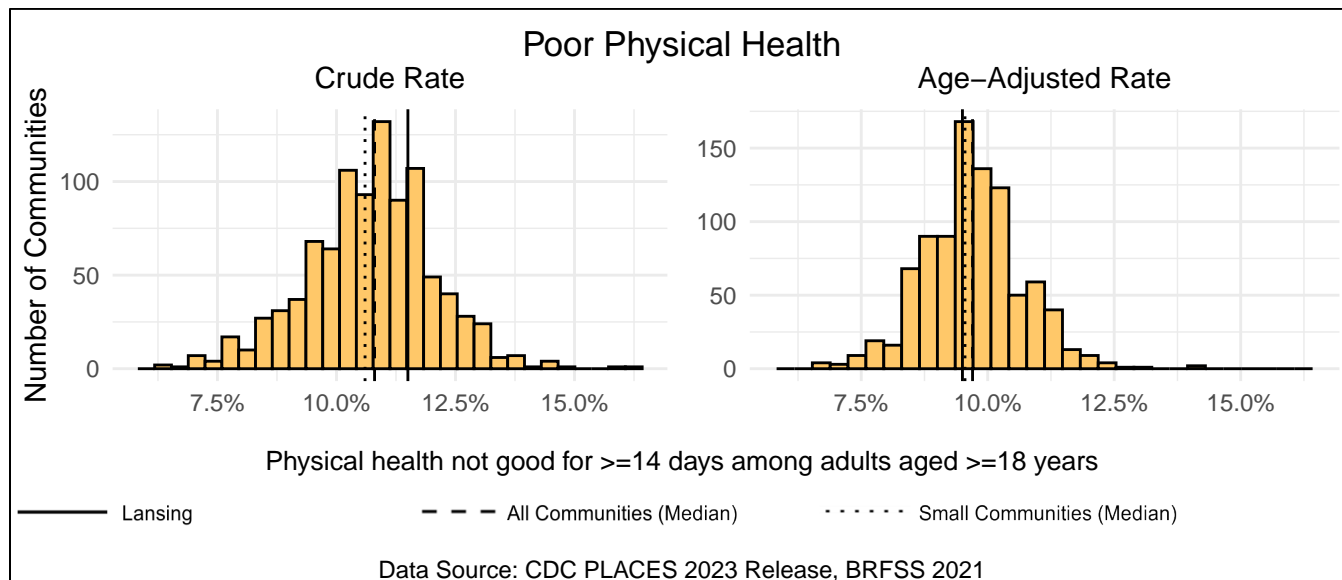




## Poor Physical Health

Lansing has a crude rate of 11.5% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 690th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Lansing is 9.5%, which ranks 342nd out of 905 Iowa communities (64th out of 138 small communities).

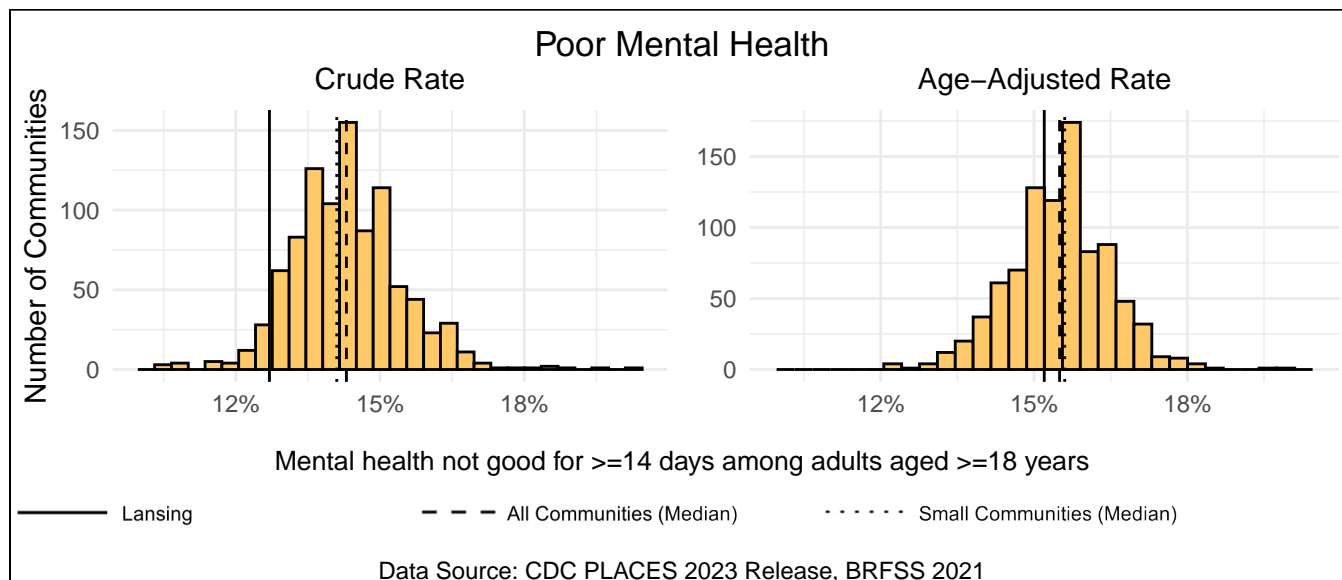
Measure Type	Lansing	All Comm.	Small Comm.
Crude	11.5%	10.8%	10.6%
Age-Adjusted	9.5%	9.7%	9.6%



## Poor Mental Health

Lansing has a crude rate of 12.7% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 48th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Lansing is 15.2%, which ranks 302nd out of 905 Iowa communities (52nd out of 138 small communities).

Measure Type	Lansing	All Comm.	Small Comm.
Crude	12.7%	14.3%	14.1%
Age-Adjusted	15.2%	15.5%	15.6%



# Health Risk Behaviors

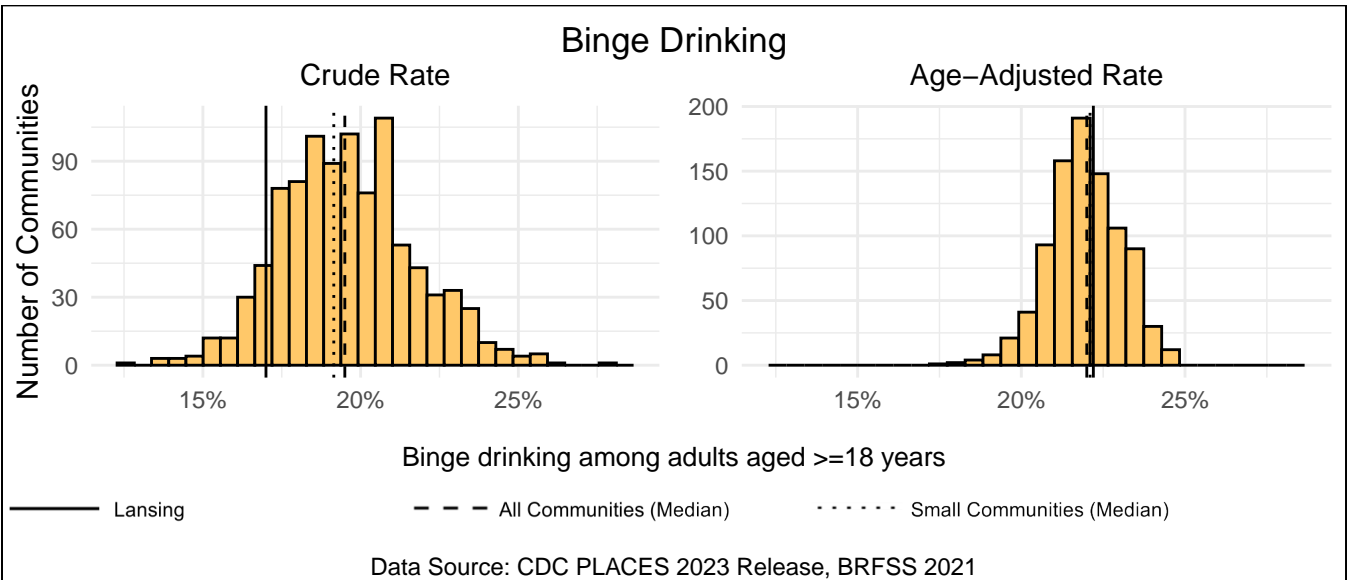
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

## Binge Drinking

Lansing has a crude rate of 17.0% for binge drinking among adults aged  $\geq 18$  years, which ranks 93rd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Lansing is 22.2%, which ranks 520th out of 905 Iowa communities (73rd out of 138 small communities).

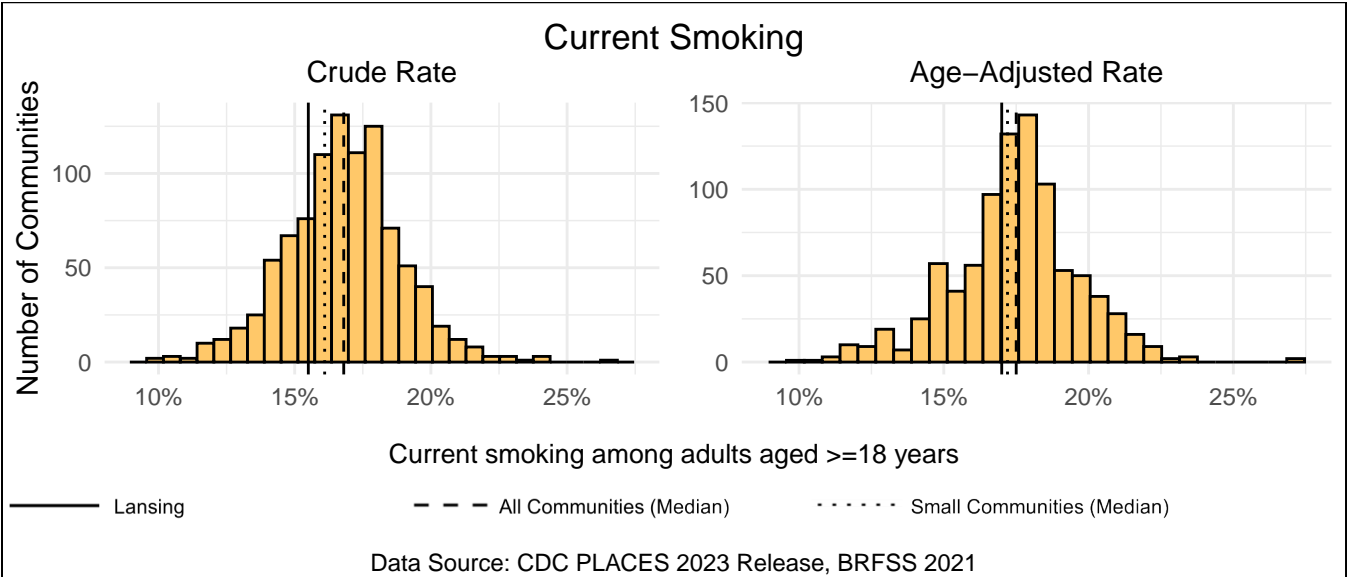
Measure Type	Lansing	All Comm.	Small Comm.
Crude	17.0%	19.5%	19.1%
Age-Adjusted	22.2%	22.0%	22.1%



# Current Smoking

Lansing has a crude rate of 15.5% for current smoking among adults aged >=18 years, which ranks 233rd out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Lansing is 17.0%, which ranks 327th out of 905 Iowa communities (64th out of 138 small communities).

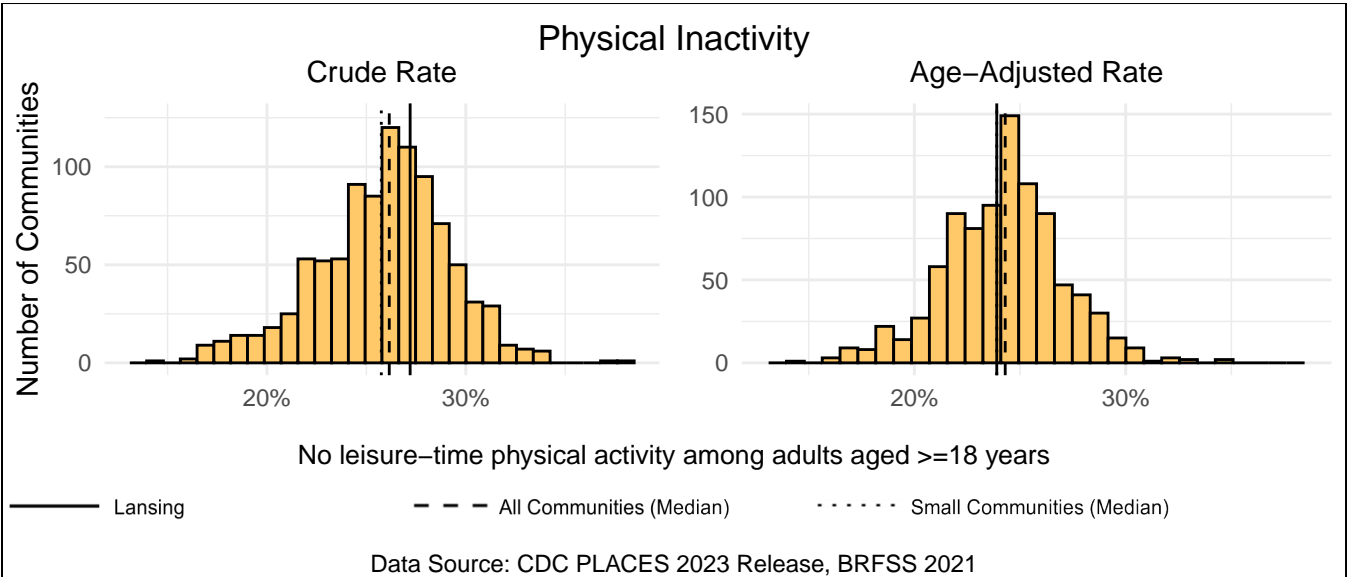
Measure Type	Lansing	All Comm.	Small Comm.
Crude	15.5%	16.8%	16.1%
Age-Adjusted	17.0%	17.5%	17.2%



# Physical Inactivity

Lansing has a crude rate of 27.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 616th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Lansing is 23.9%, which ranks 381st out of 905 Iowa communities (69th out of 138 small communities).

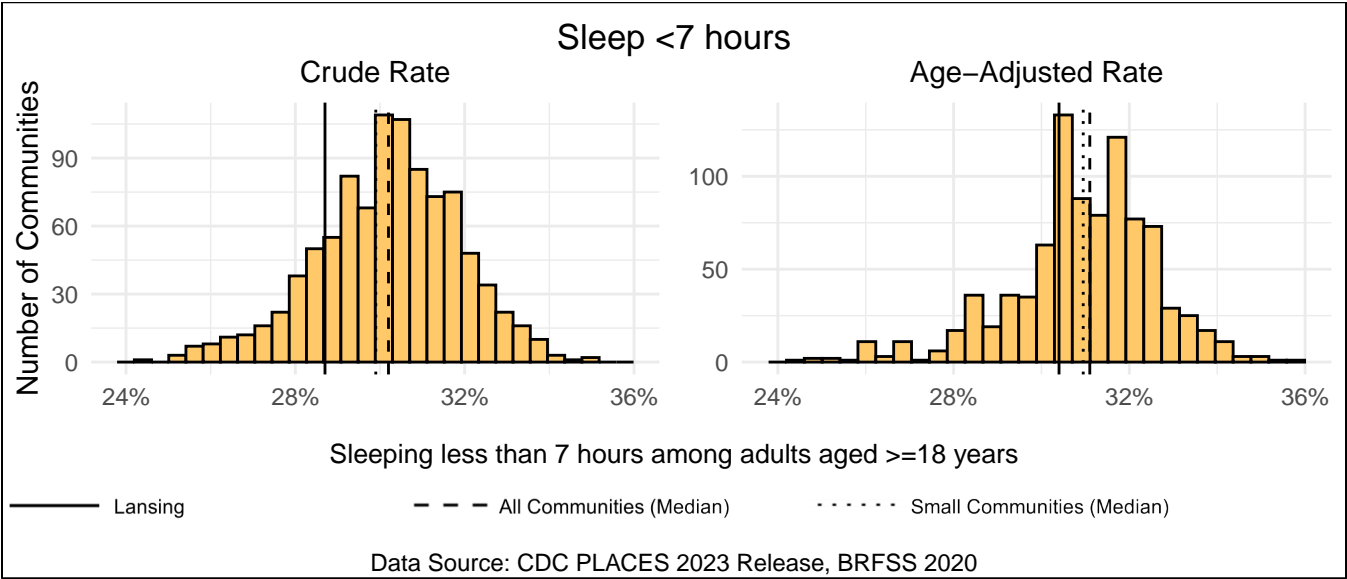
Measure Type	Lansing	All Comm.	Small Comm.
Crude	27.2%	26.1%	25.8%
Age-Adjusted	23.9%	24.3%	23.9%



Sleep <7 hours

Lansing has a crude rate of 28.7% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 169th out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Lansing is 30.4%, which ranks 265th out of 905 Iowa communities (43rd out of 138 small communities).

Measure Type	Lansing	All Comm.	Small Comm.
Crude	28.7%	30.2%	29.9%
Age-Adjusted	30.4%	31.1%	31.0%



# Health Outcomes

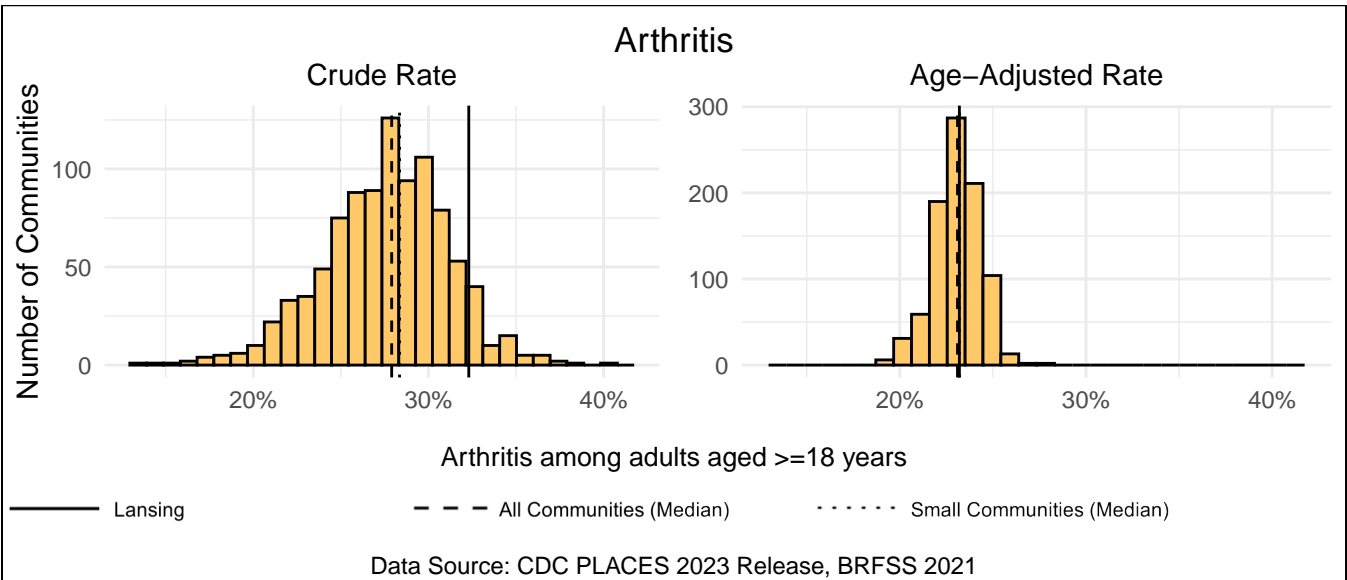
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Lansing has a crude rate of 32.3% for arthritis among adults aged  $\geq 18$  years, which ranks 888th out of 958 Iowa communities (126th out of 138 small communities). The age-adjusted rate for Lansing is 23.2%, which ranks 465th out of 905 Iowa communities (67th out of 138 small communities).

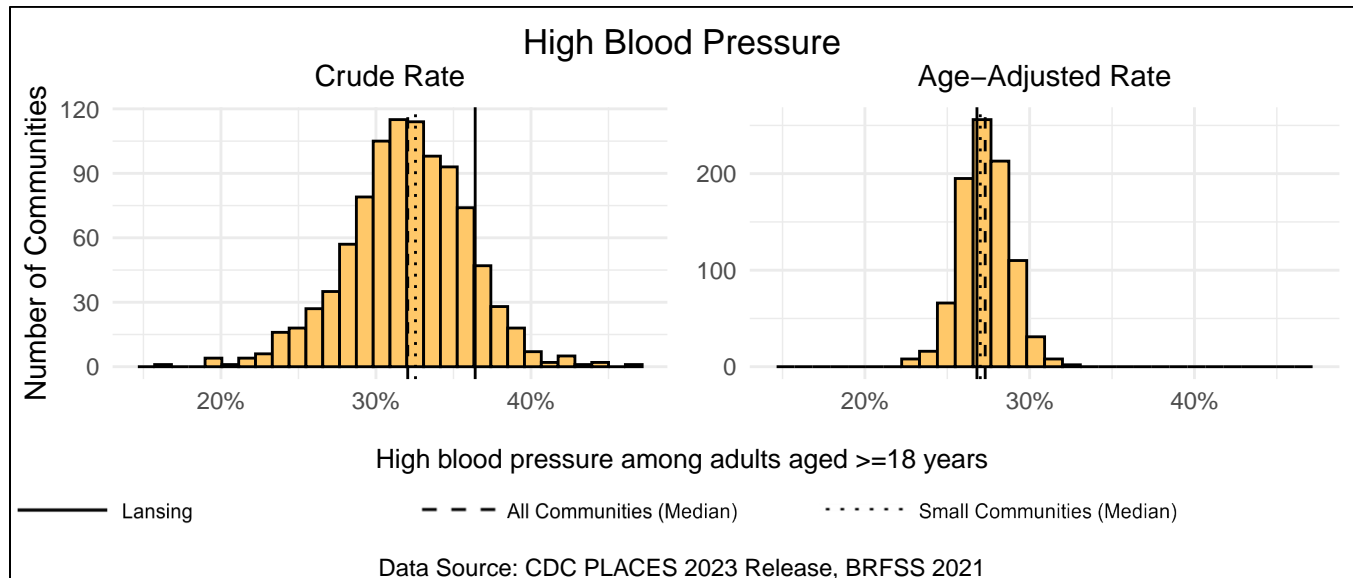
Measure Type	Lansing	All Comm.	Small Comm.
Crude	32.3%	27.9%	28.4%
Age-Adjusted	23.2%	23.1%	23.2%



## High Blood Pressure

Lansing has a crude rate of 36.4% for high blood pressure among adults aged  $\geq 18$  years, which ranks 848th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Lansing is 26.8%, which ranks 319th out of 905 Iowa communities (58th out of 138 small communities).

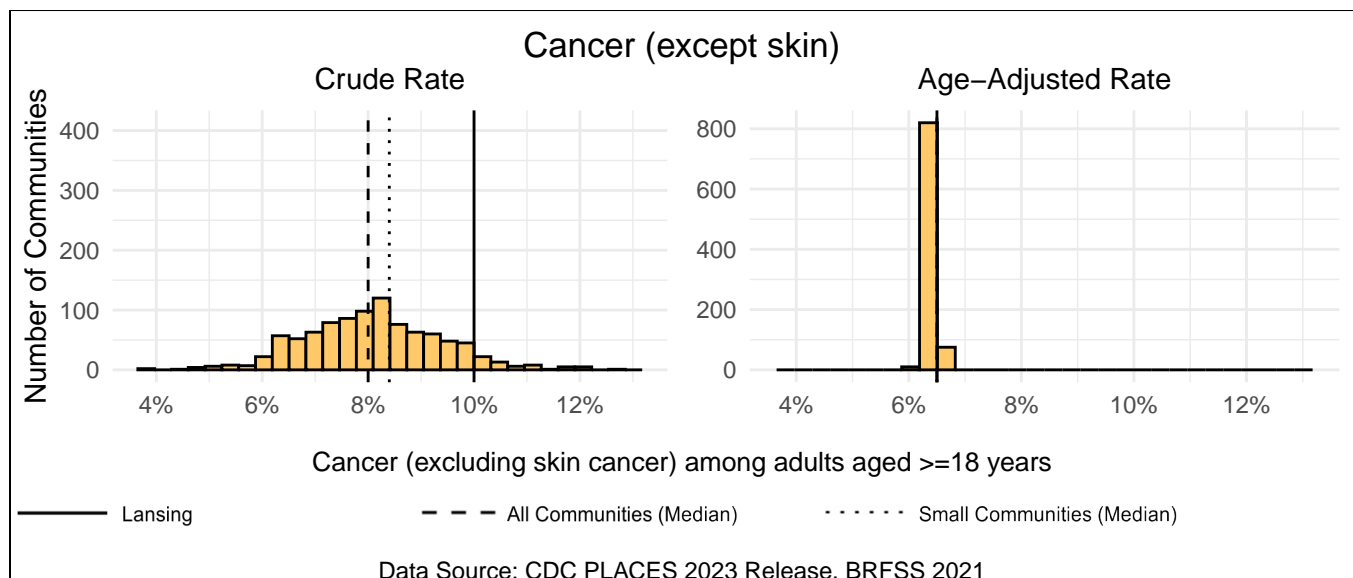
Measure Type	Lansing	All Comm.	Small Comm.
Crude	36.4%	32.0%	32.5%
Age-Adjusted	26.8%	27.3%	27.0%



## Cancer (except skin)

Lansing has a crude rate of 10.0% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 887th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Lansing is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

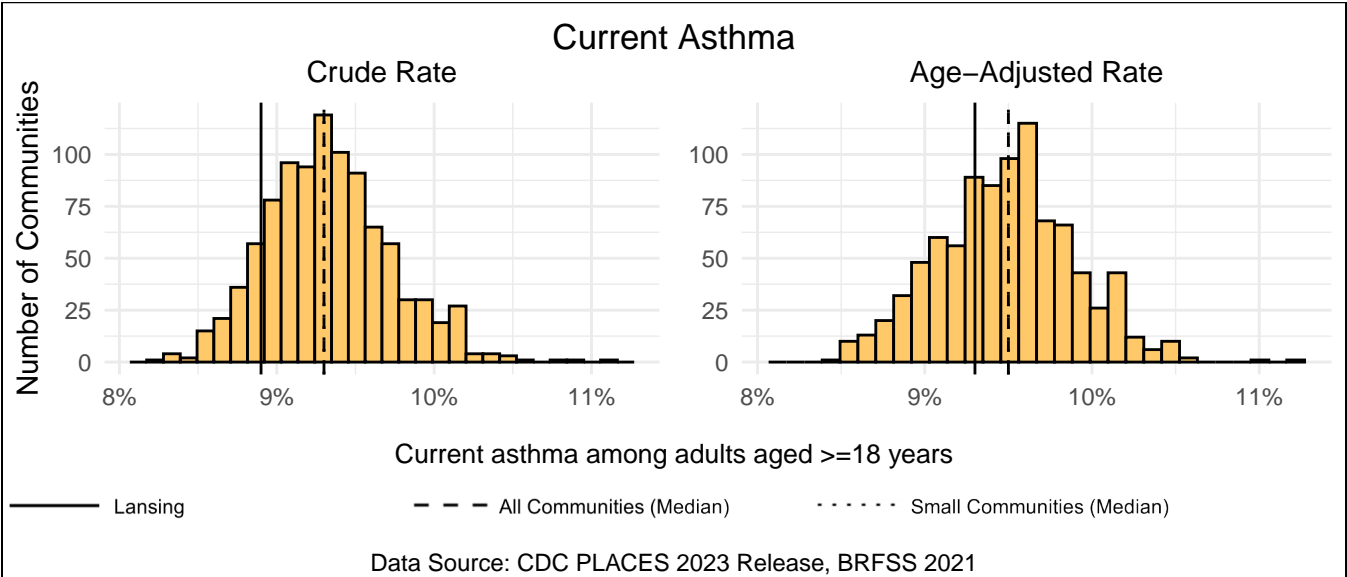
Measure Type	Lansing	All Comm.	Small Comm.
Crude	10.0%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



# Current Asthma

Lansing has a crude rate of 8.9% for current asthma among adults aged >=18 years, which ranks 80th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Lansing is 9.3%, which ranks 241st out of 905 Iowa communities (34th out of 138 small communities).

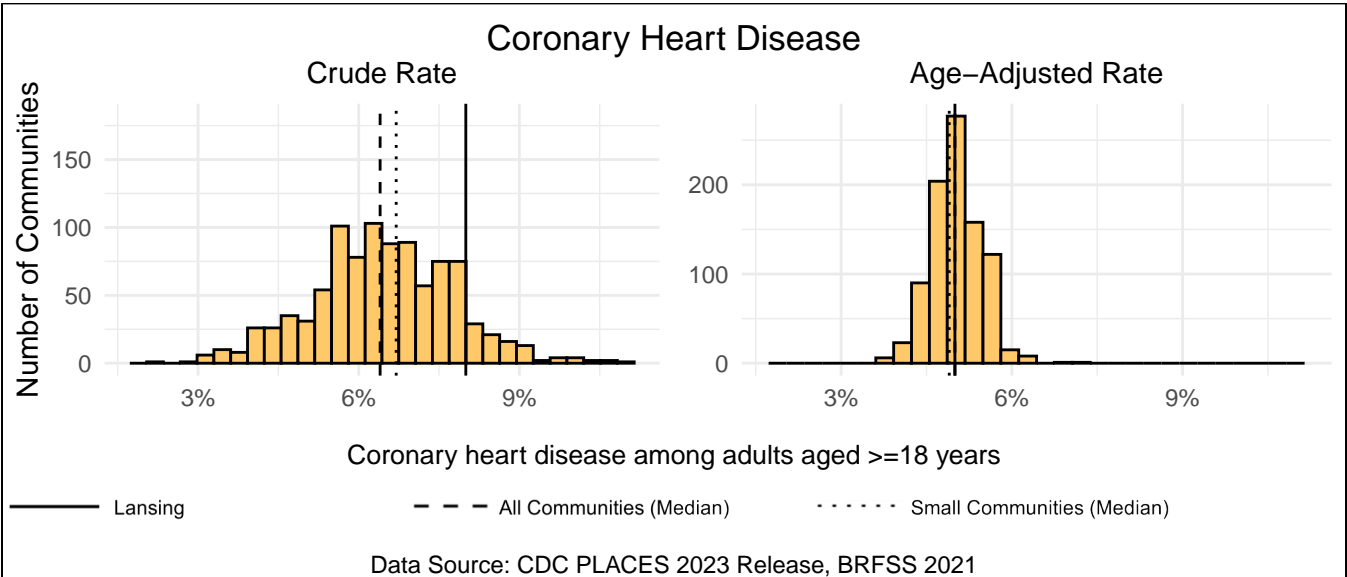
Measure Type	Lansing	All Comm.	Small Comm.
Crude	8.9%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.5%



# Coronary Heart Disease

Lansing has a crude rate of 8.0% for coronary heart disease among adults aged >=18 years, which ranks 845th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Lansing is 5.0%, which ranks 419th out of 905 Iowa communities (85th out of 138 small communities).

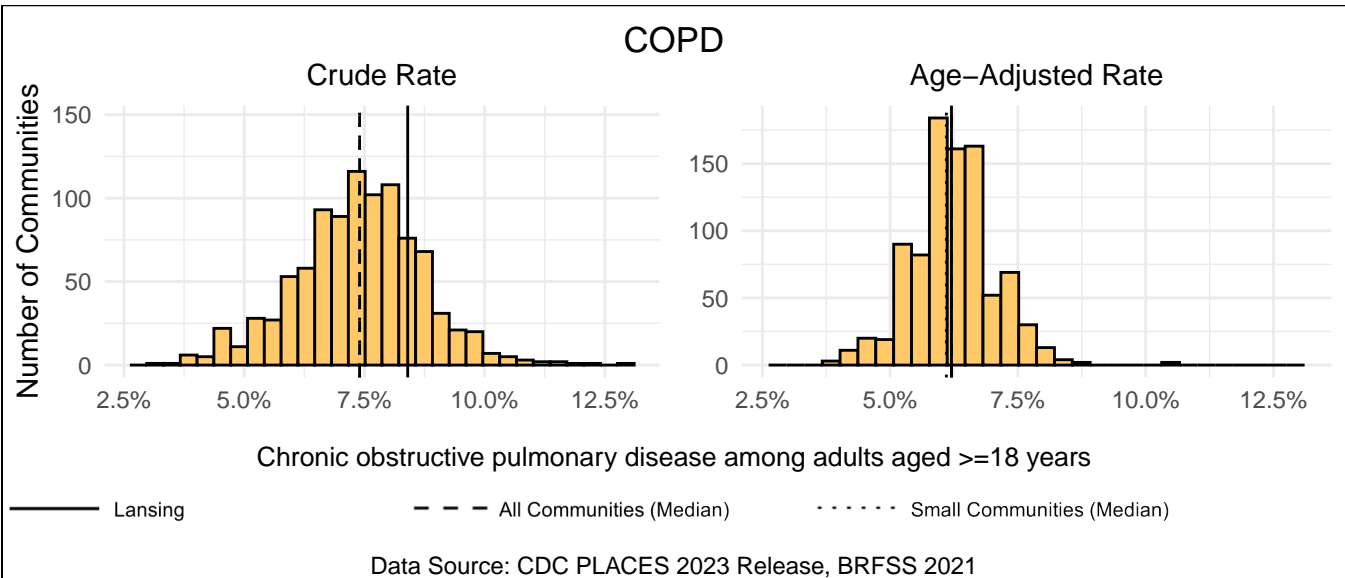
Measure Type	Lansing	All Comm.	Small Comm.
Crude	8.0%	6.4%	6.7%
Age-Adjusted	5.0%	5.0%	4.9%



## COPD

Lansing has a crude rate of 8.4% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 749th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Lansing is 6.2%, which ranks 410th out of 905 Iowa communities (74th out of 138 small communities).

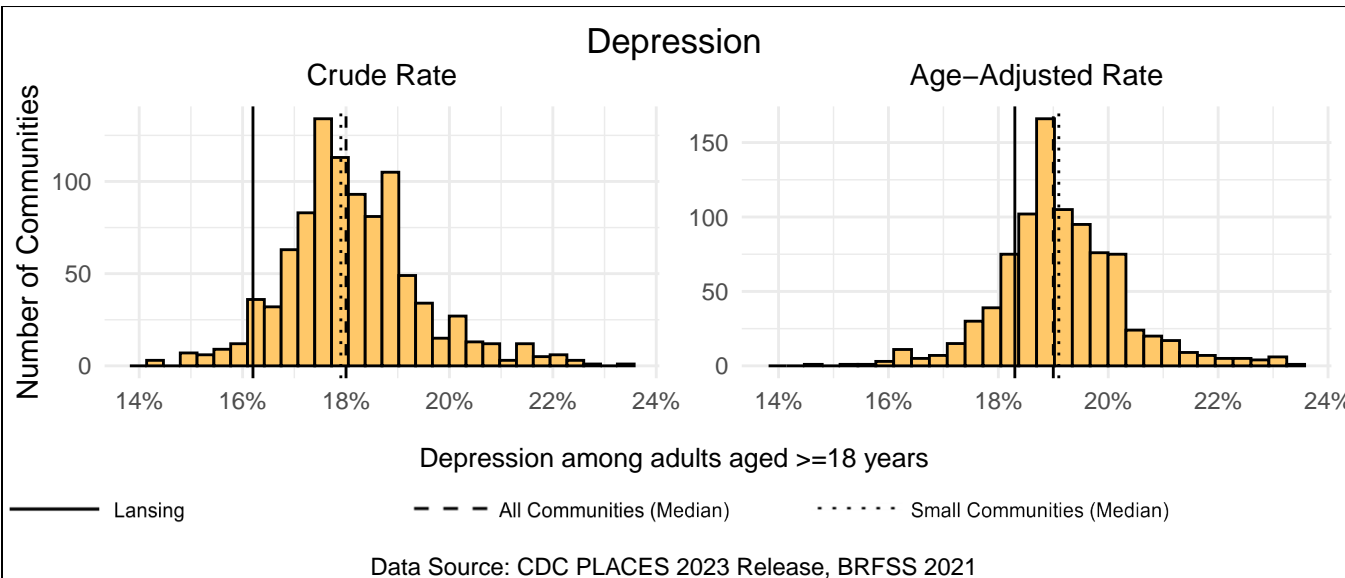
Measure Type	Lansing	All Comm.	Small Comm.
Crude	8.4%	7.4%	7.4%
Age-Adjusted	6.2%	6.2%	6.1%



## Depression

Lansing has a crude rate of 16.2% for depression among adults aged  $\geq 18$  years, which ranks 48th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Lansing is 18.3%, which ranks 164th out of 905 Iowa communities (17th out of 138 small communities).

Measure Type	Lansing	All Comm.	Small Comm.
Crude	16.2%	18.0%	17.9%
Age-Adjusted	18.3%	19.0%	19.1%

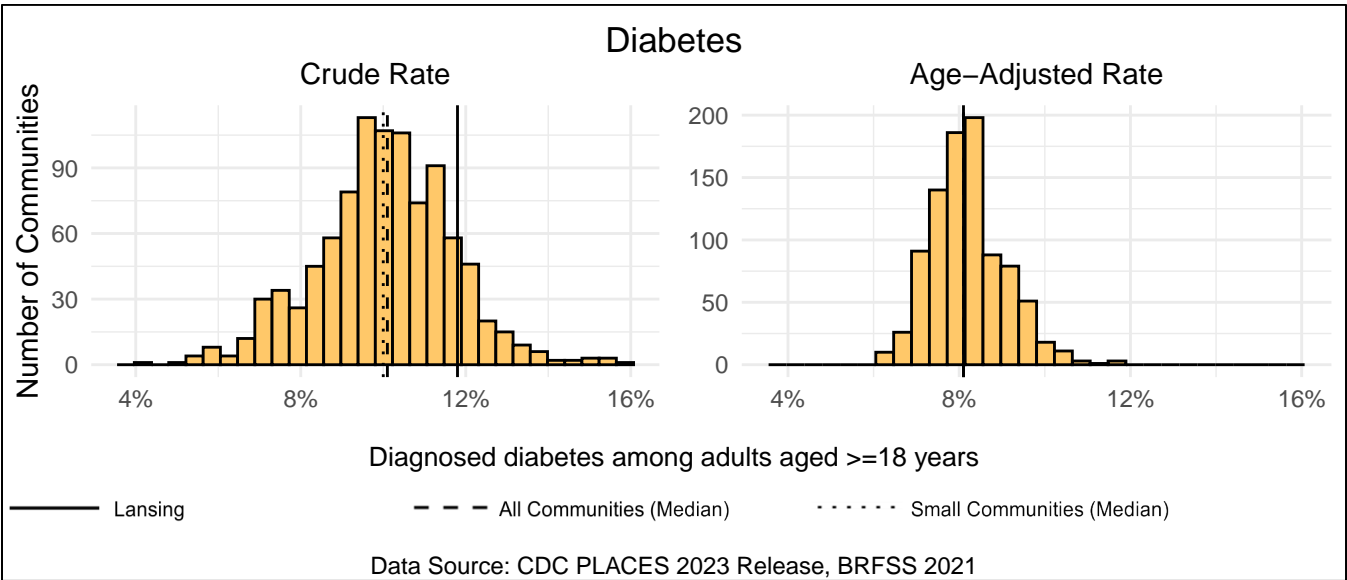




# Diabetes

Lansing has a crude rate of 11.8% for diagnosed diabetes among adults aged >=18 years, which ranks 840th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Lansing is 8.1%, which ranks 401st out of 905 Iowa communities (69th out of 138 small communities).

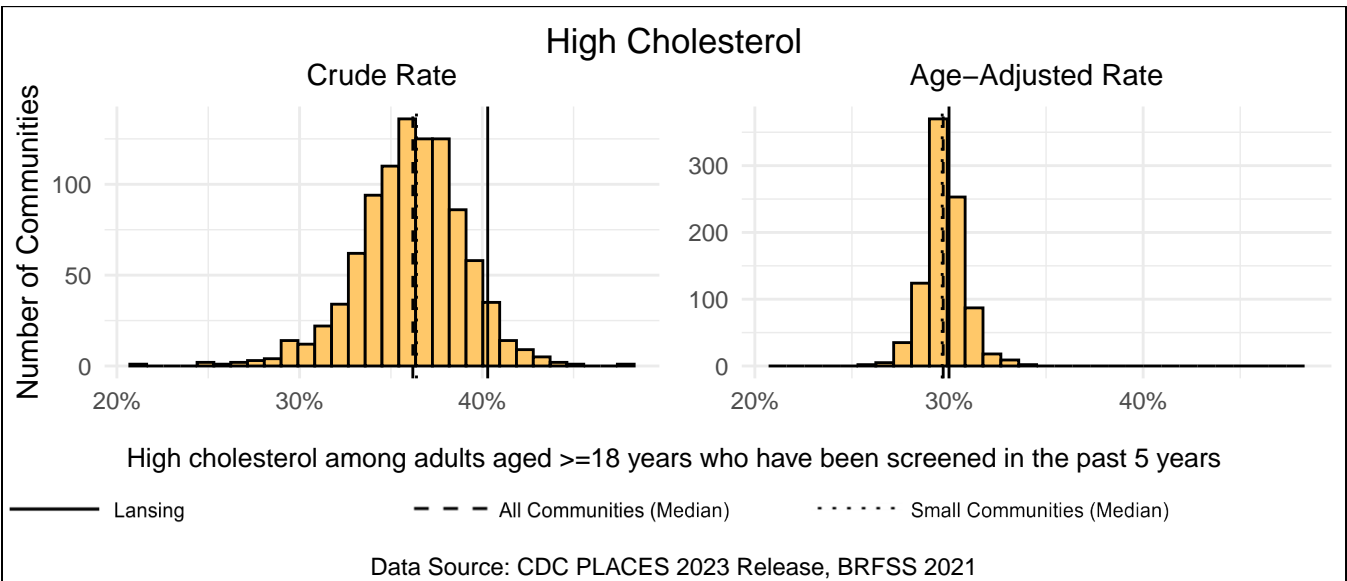
Measure Type	Lansing	All Comm.	Small Comm.
Crude	11.8%	10.1%	10.0%
Age-Adjusted	8.1%	8.1%	8.1%



# High Cholesterol

Lansing has a crude rate of 40.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 904th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Lansing is 30.0%, which ranks 537th out of 905 Iowa communities (85th out of 138 small communities).

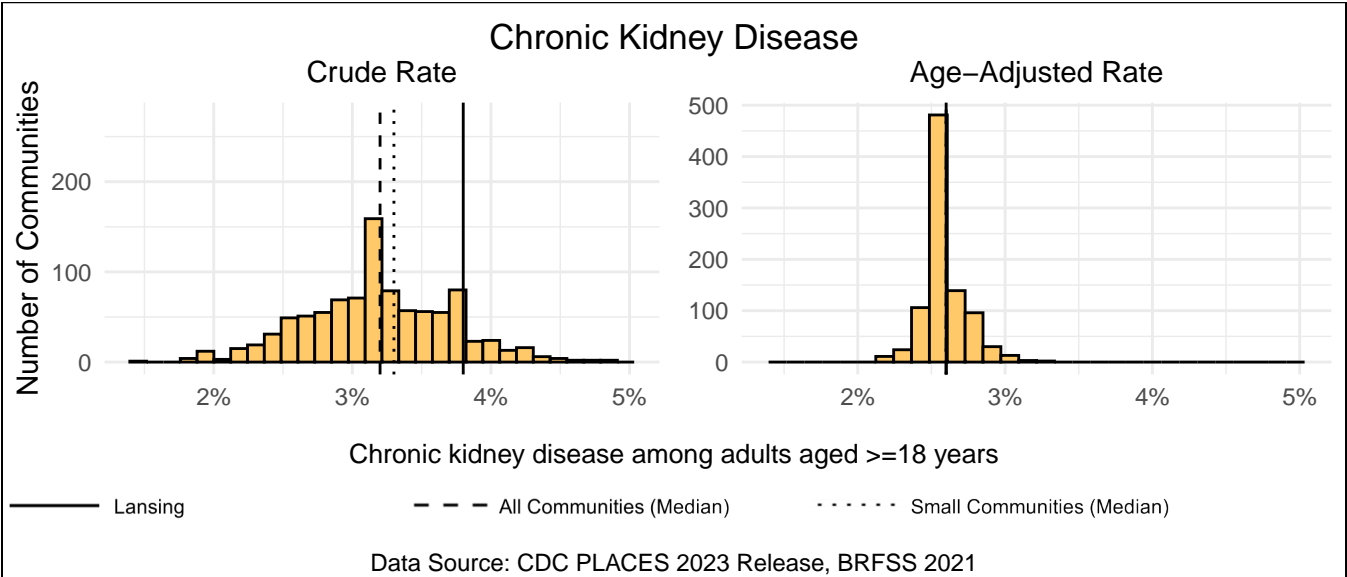
Measure Type	Lansing	All Comm.	Small Comm.
Crude	40.3%	36.2%	36.4%
Age-Adjusted	30.0%	29.7%	29.6%



## Chronic Kidney Disease

Lansing has a crude rate of 3.8% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 832nd out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Lansing is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

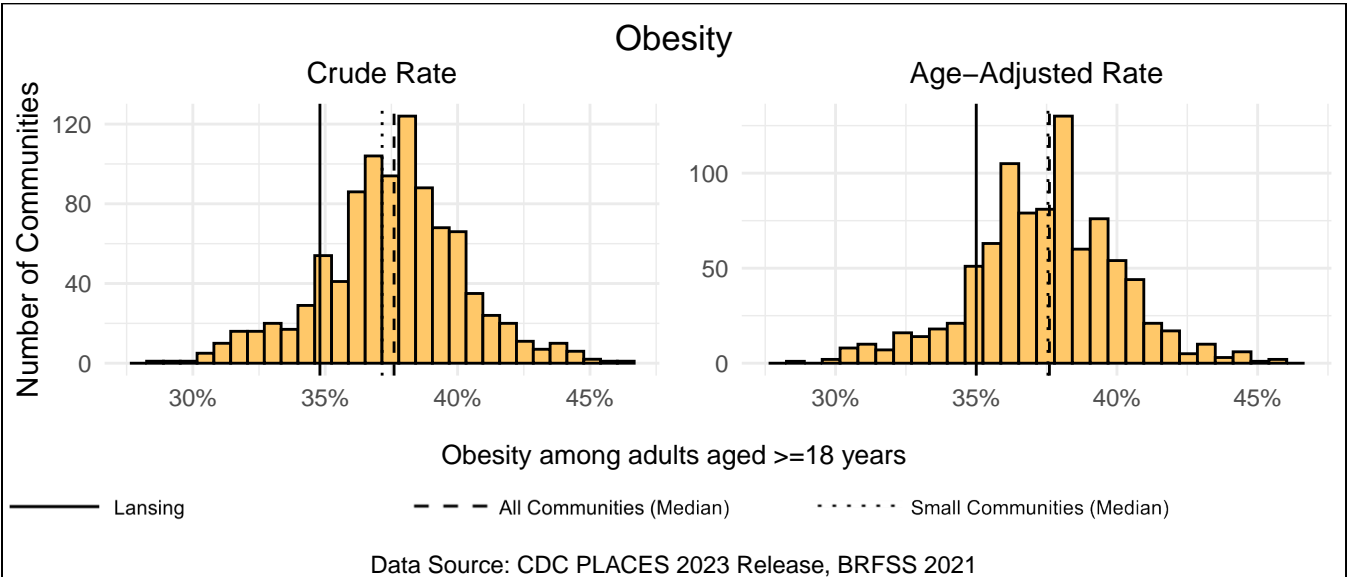
Measure Type	Lansing	All Comm.	Small Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



## Obesity

Lansing has a crude rate of 34.8% for obesity among adults aged  $\geq 18$  years, which ranks 123rd out of 958 Iowa communities (22nd out of 138 small communities). The age-adjusted rate for Lansing is 35.0%, which ranks 119th out of 905 Iowa communities (19th out of 138 small communities).

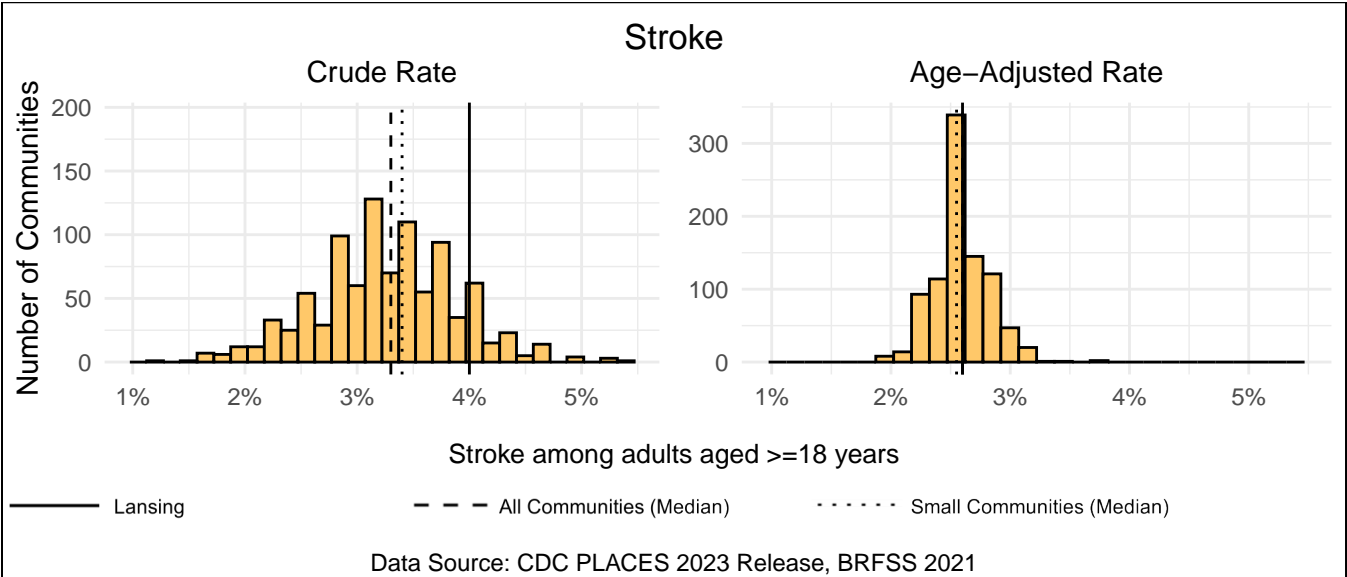
Measure Type	Lansing	All Comm.	Small Comm.
Crude	34.8%	37.6%	37.2%
Age-Adjusted	35.0%	37.6%	37.5%



# Stroke

Lansing has a crude rate of 4.0% for stroke among adults aged  $\geq 18$  years, which ranks 832nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Lansing is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

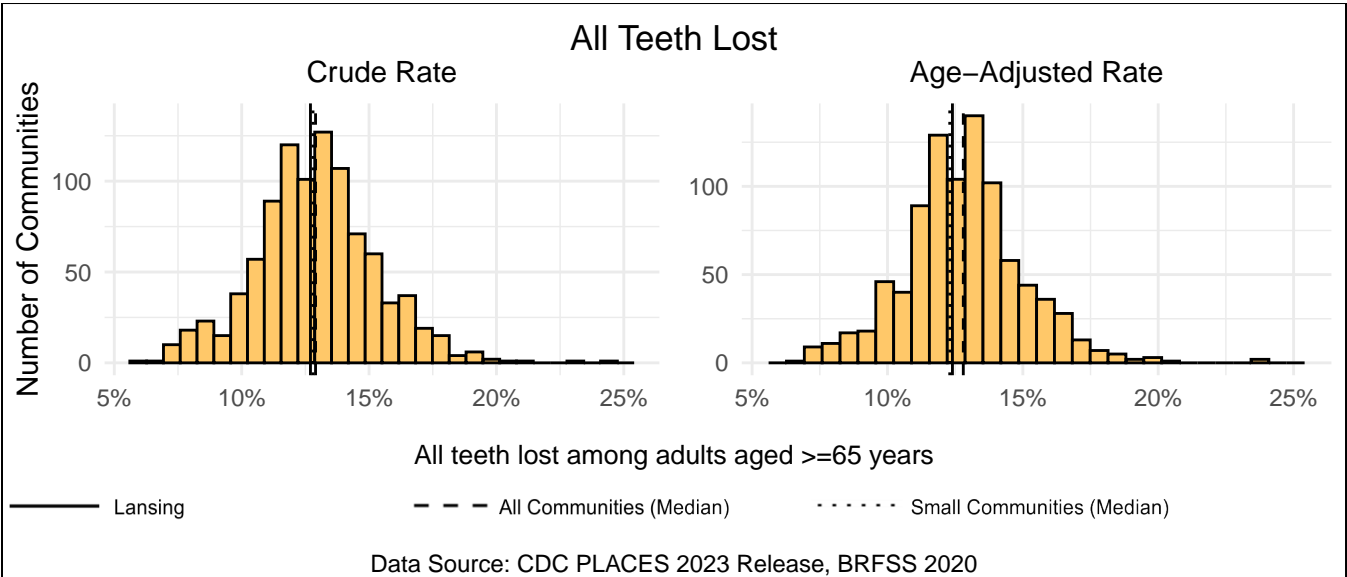
Measure Type	Lansing	All Comm.	Small Comm.
Crude	4.0%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Lansing has a crude rate of 12.7% for all teeth lost among adults aged  $\geq 65$  years, which ranks 433rd out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Lansing is 12.4%, which ranks 374th out of 905 Iowa communities (71st out of 138 small communities).

Measure Type	Lansing	All Comm.	Small Comm.
Crude	12.7%	12.9%	12.8%
Age-Adjusted	12.4%	12.8%	12.3%



# Prevention

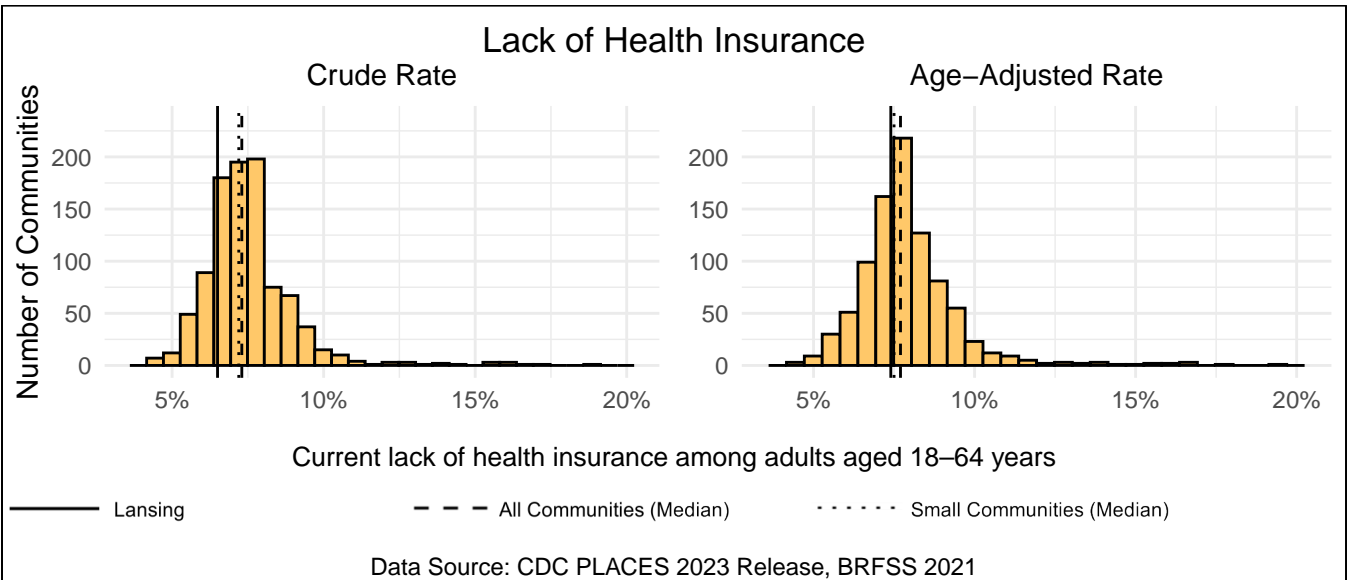
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Lansing has a crude rate of 6.5% for current lack of health insurance among adults aged 18–64 years, which ranks 178th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Lansing is 7.4%, which ranks 325th out of 905 Iowa communities (64th out of 138 small communities).

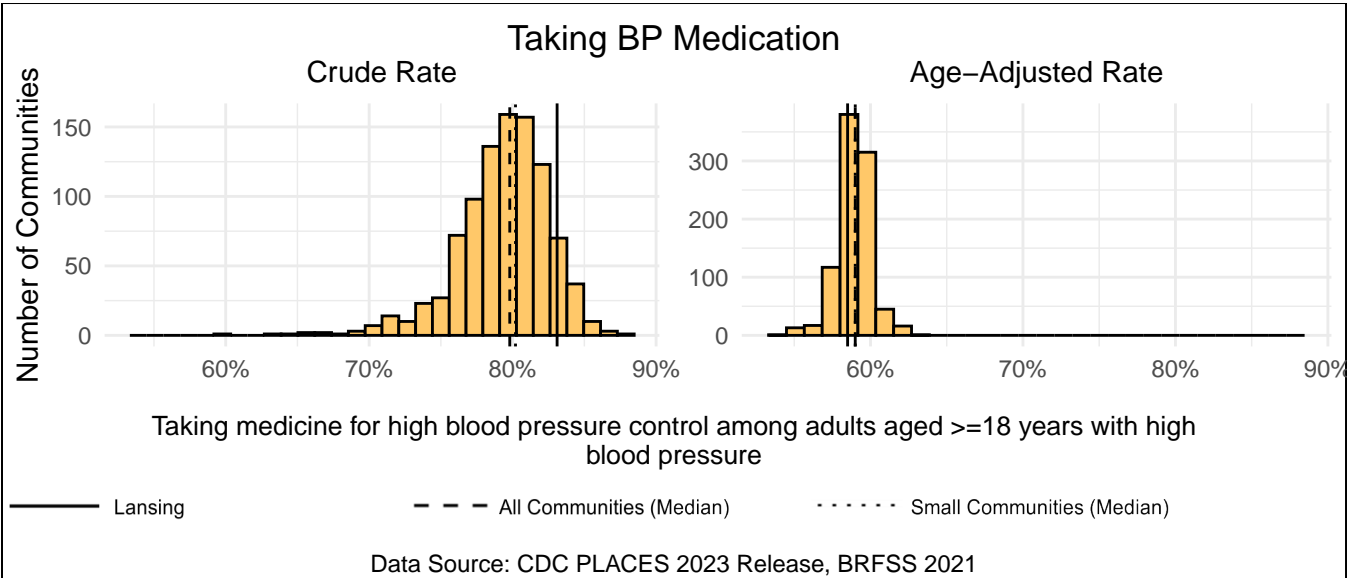
Measure Type	Lansing	All Comm.	Small Comm.
Crude	6.5%	7.3%	7.2%
Age-Adjusted	7.4%	7.7%	7.5%



# Taking BP Medication

Lansing has a crude rate of 83.1% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 83rd out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Lansing is 58.5%, which ranks 631st out of 905 Iowa communities (98th out of 138 small communities).

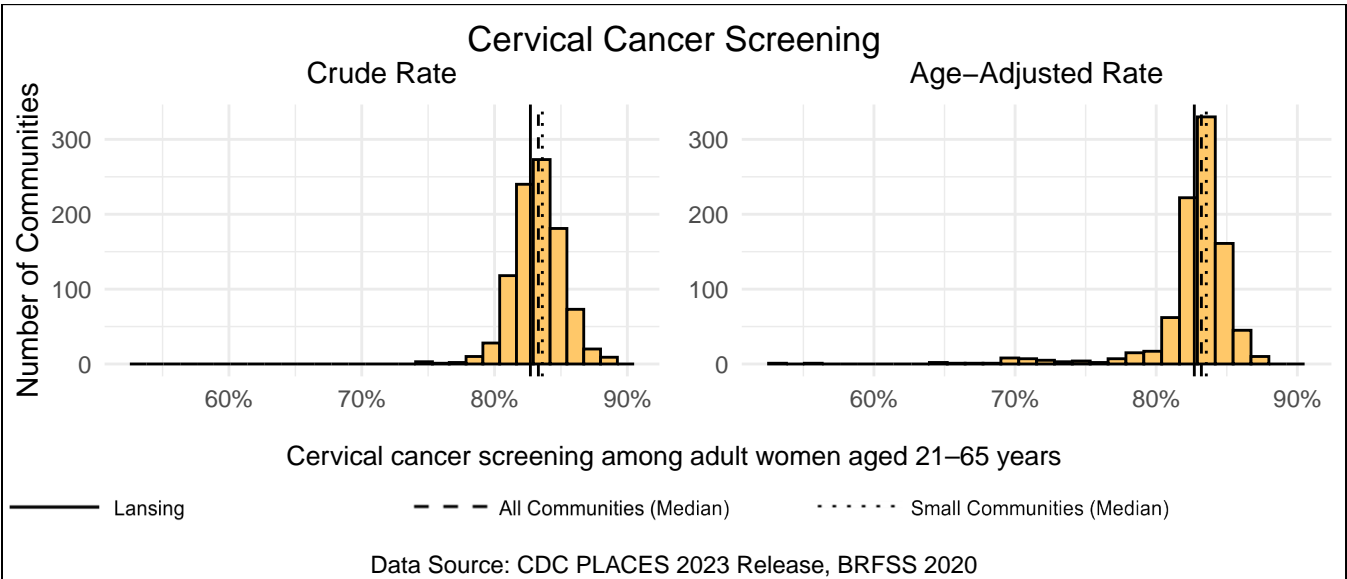
Measure Type	Lansing	All Comm.	Small Comm.
Crude	83.1%	79.8%	80.2%
Age-Adjusted	58.5%	59.0%	59.0%



# Cervical Cancer Screening

Lansing has a crude rate of 82.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 614th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Lansing is 82.7%, which ranks 603rd out of 905 Iowa communities (110th out of 138 small communities).

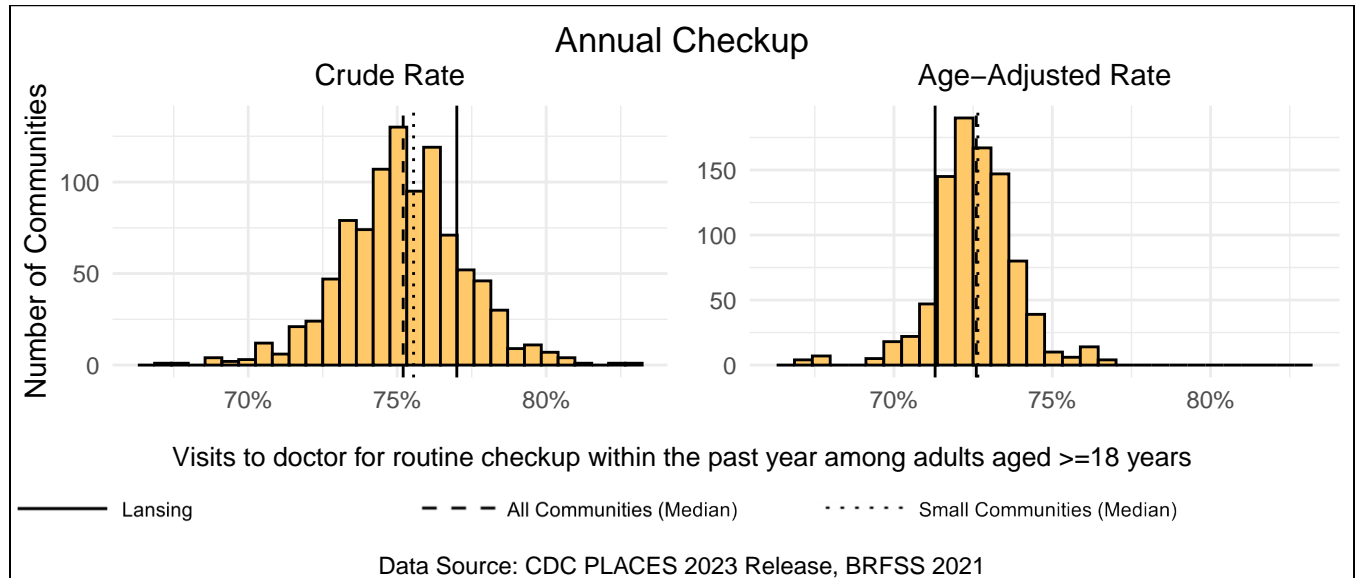
Measure Type	Lansing	All Comm.	Small Comm.
Crude	82.7%	83.3%	83.6%
Age-Adjusted	82.7%	83.2%	83.5%



## Annual Checkup

Lansing has a crude rate of 77.0% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 163rd out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Lansing is 71.3%, which ranks 803rd out of 905 Iowa communities (129th out of 138 small communities).

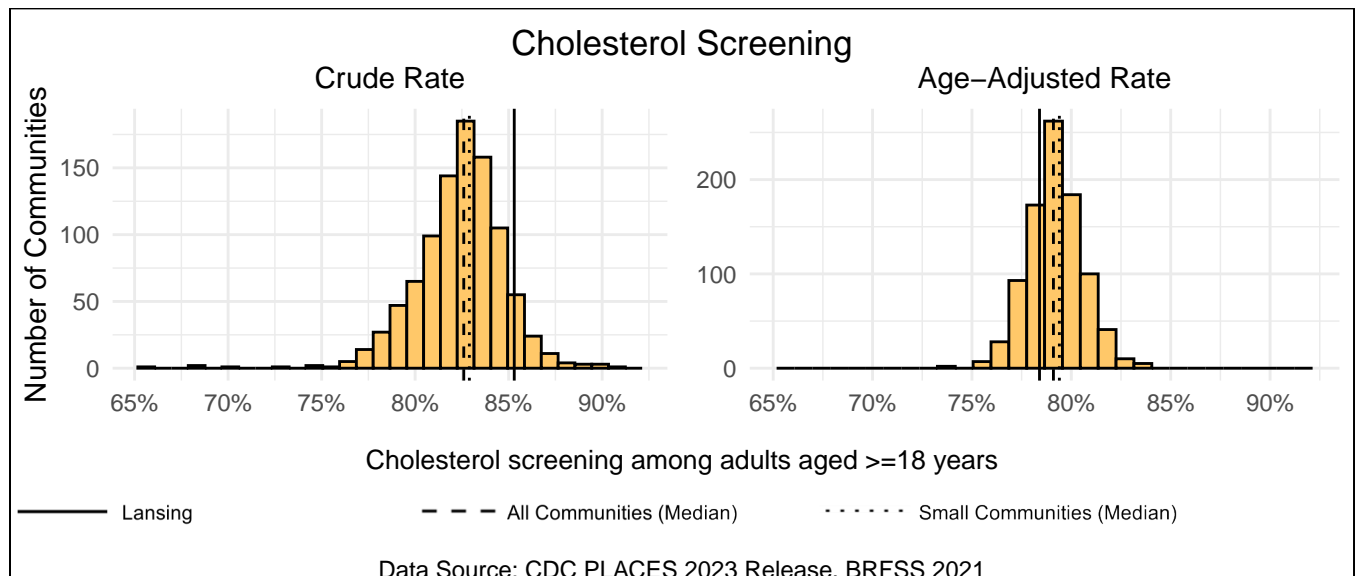
Measure Type	Lansing	All Comm.	Small Comm.
Crude	77.0%	75.2%	75.5%
Age-Adjusted	71.3%	72.6%	72.6%



## Cholesterol Screening

Lansing has a crude rate of 85.3% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 69th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Lansing is 78.4%, which ranks 649th out of 905 Iowa communities (107th out of 138 small communities).

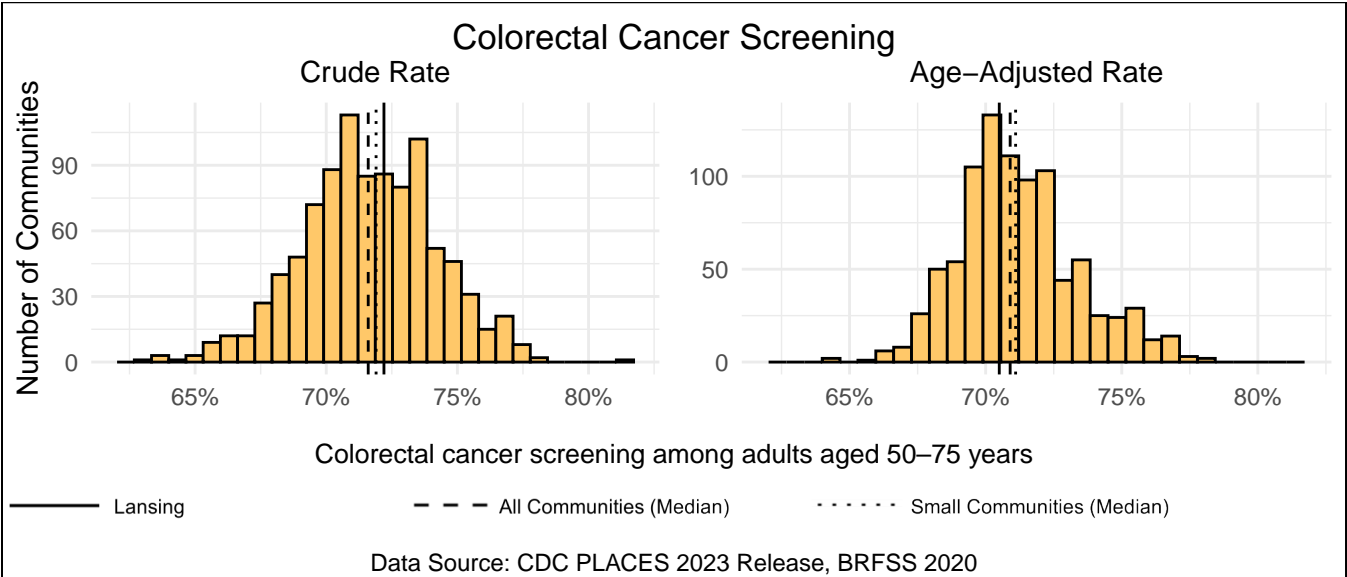
Measure Type	Lansing	All Comm.	Small Comm.
Crude	85.3%	82.6%	82.9%
Age-Adjusted	78.4%	79.1%	79.4%



## Colorectal Cancer Screening

Lansing has a crude rate of 72.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 386th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Lansing is 70.5%, which ranks 521st out of 905 Iowa communities (87th out of 138 small communities).

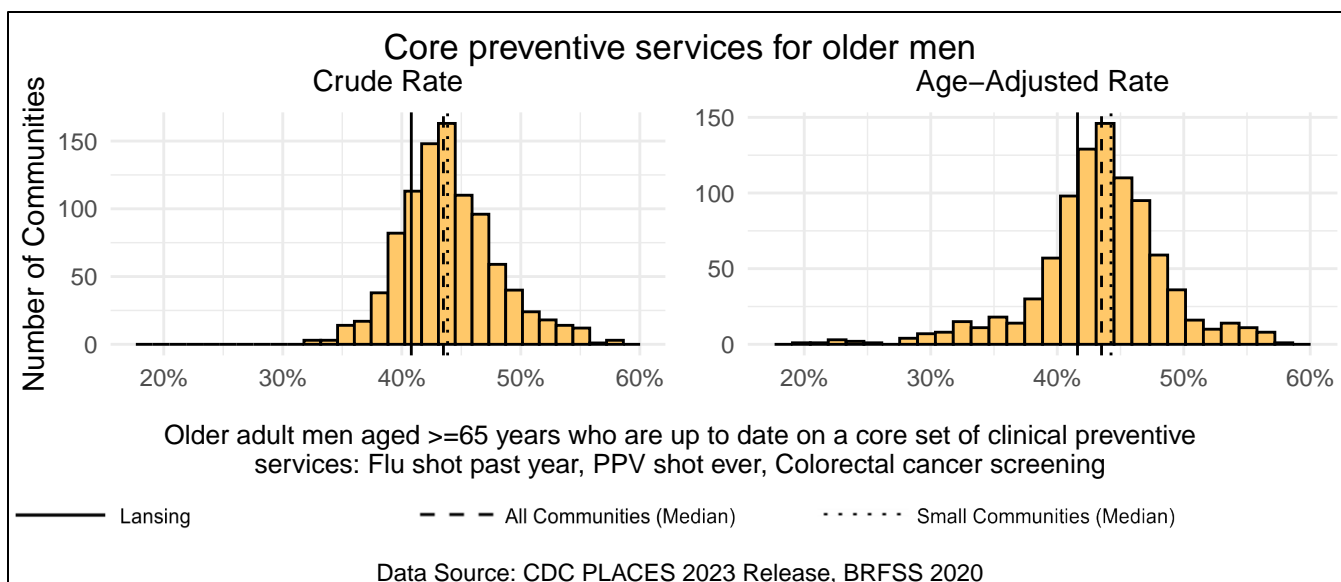
Measure Type	Lansing	All Comm.	Small Comm.
Crude	72.2%	71.6%	71.9%
Age-Adjusted	70.5%	70.9%	71.1%



## Core preventive services for older men

Lansing has a crude rate of 40.8% 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 744th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Lansing is 41.6%, which ranks 636th out of 905 Iowa communities (111th out of 138 small communities).

Measure Type	Lansing	All Comm.	Small Comm.
Crude	40.8%	43.5%	43.8%
Age-Adjusted	41.6%	43.5%	44.2%

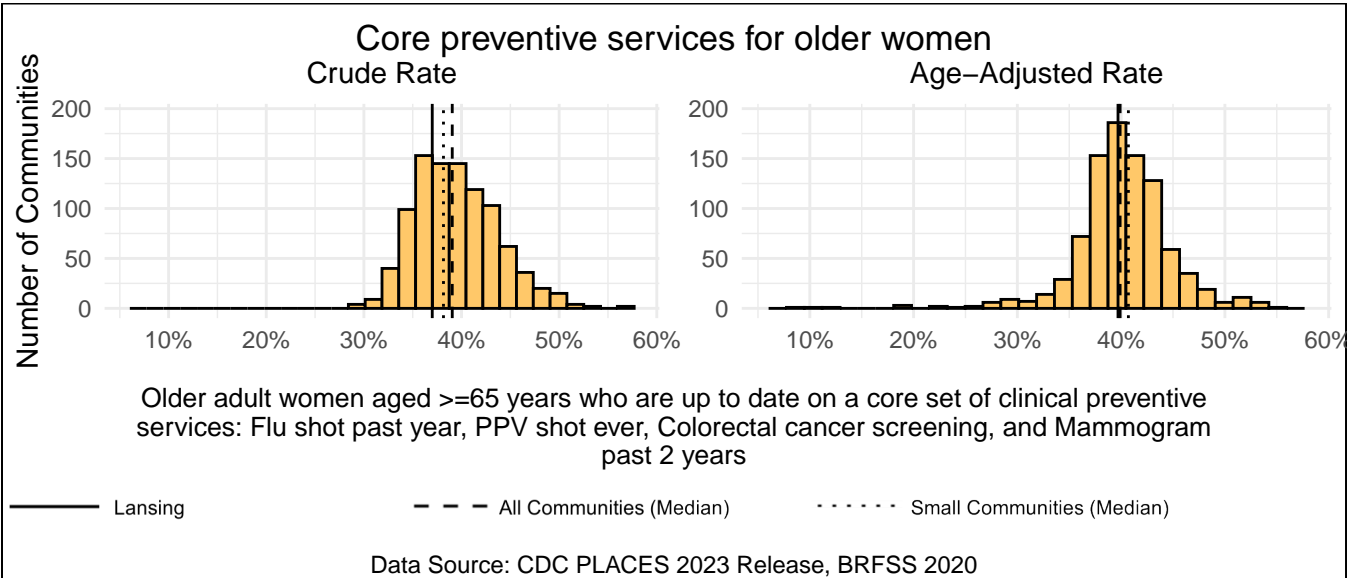




### Core preventive services for older women

Lansing has a crude rate of 37.0% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 654th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Lansing is 39.7%, which ranks 472nd out of 905 Iowa communities (79th out of 138 small communities).

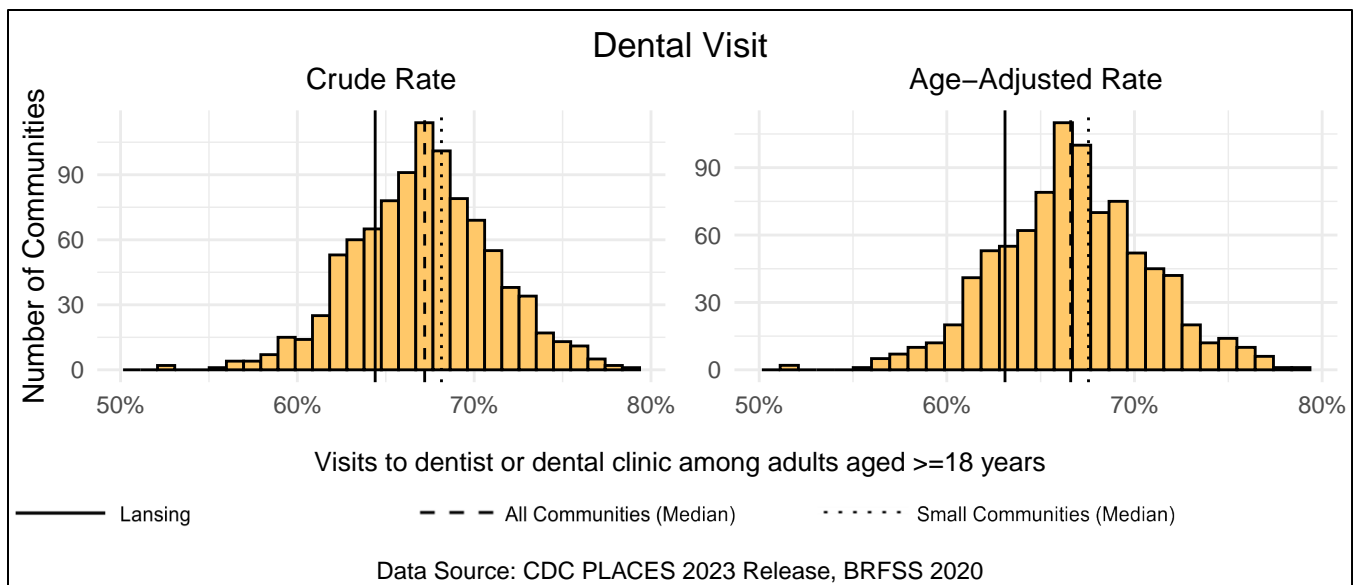
Measure Type	Lansing	All Comm.	Small Comm.
Crude	37.0%	39.0%	38.2%
Age-Adjusted	39.7%	39.9%	40.7%



### Dental Visit

Lansing has a crude rate of 64.4% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 732nd out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Lansing is 63.1%, which ranks 733rd out of 905 Iowa communities (119th out of 138 small communities).

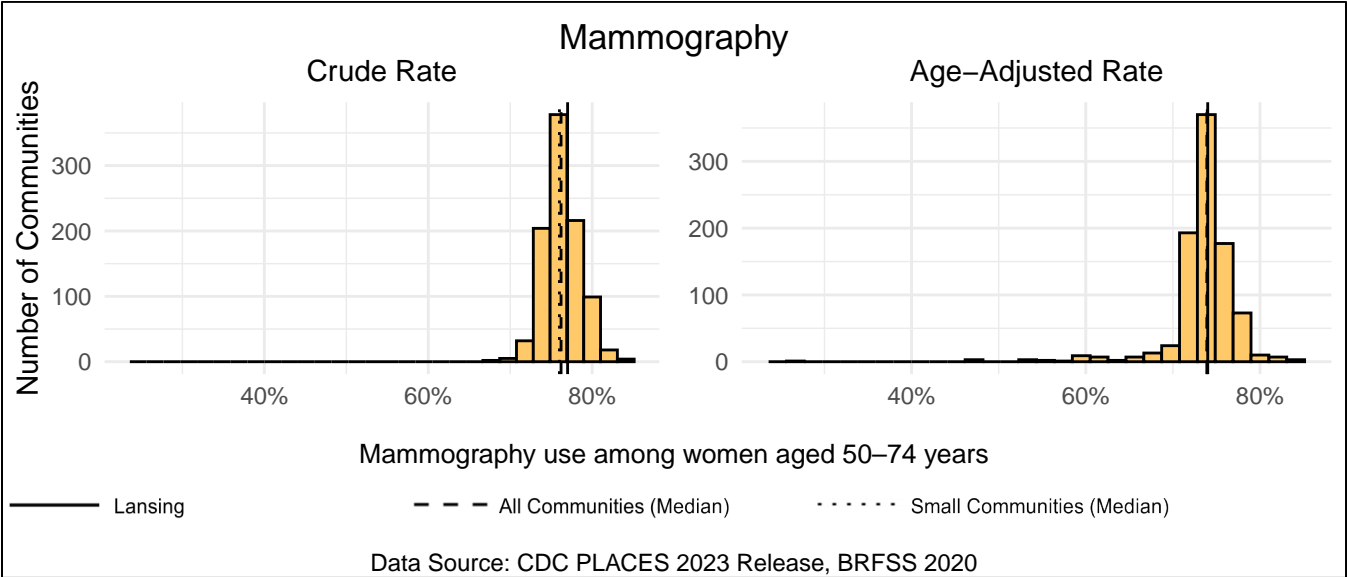
Measure Type	Lansing	All Comm.	Small Comm.
Crude	64.4%	67.2%	68.2%
Age-Adjusted	63.1%	66.6%	67.5%



# Mammography

Lansing has a crude rate of 77.0% for mammography use among women aged 50–74 years, which ranks 325th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Lansing is 74.0%, which ranks 415th out of 905 Iowa communities (68th out of 138 small communities).

Measure Type	Lansing	All Comm.	Small Comm.
Crude	77.0%	76.2%	76.0%
Age-Adjusted	74.0%	73.9%	74.0%



# Disability

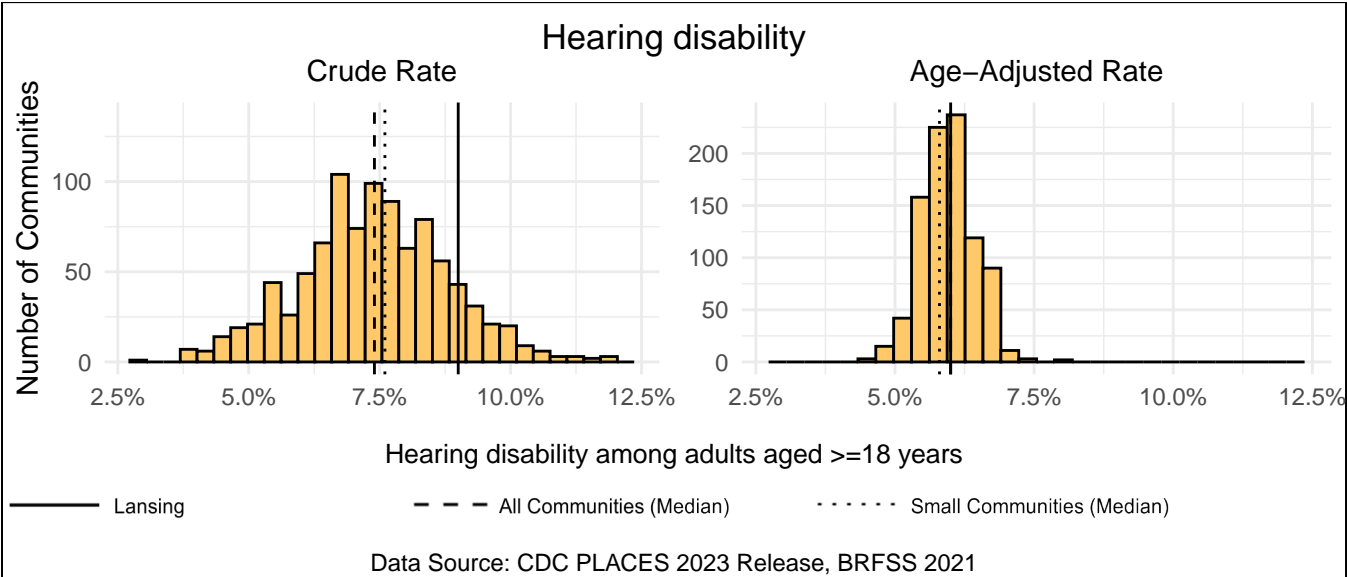
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Lansing has a crude rate of 9.0% for hearing disability among adults aged  $\geq 18$  years, which ranks 834th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Lansing is 6.0%, which ranks 444th out of 905 Iowa communities (85th out of 138 small communities).

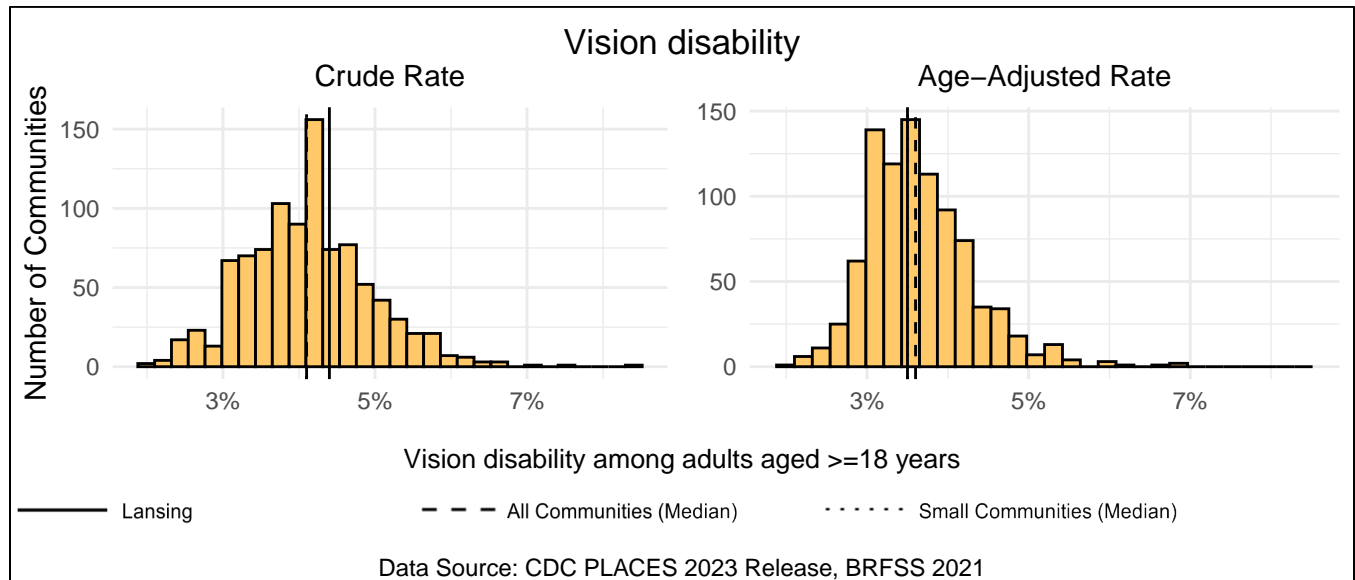
Measure Type	Lansing	All Comm.	Small Comm.
Crude	9.0%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.8%



## Vision disability

Lansing has a crude rate of 4.4% for vision disability among adults aged  $\geq 18$  years, which ranks 620th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Lansing is 3.5%, which ranks 364th out of 905 Iowa communities (68th out of 138 small communities).

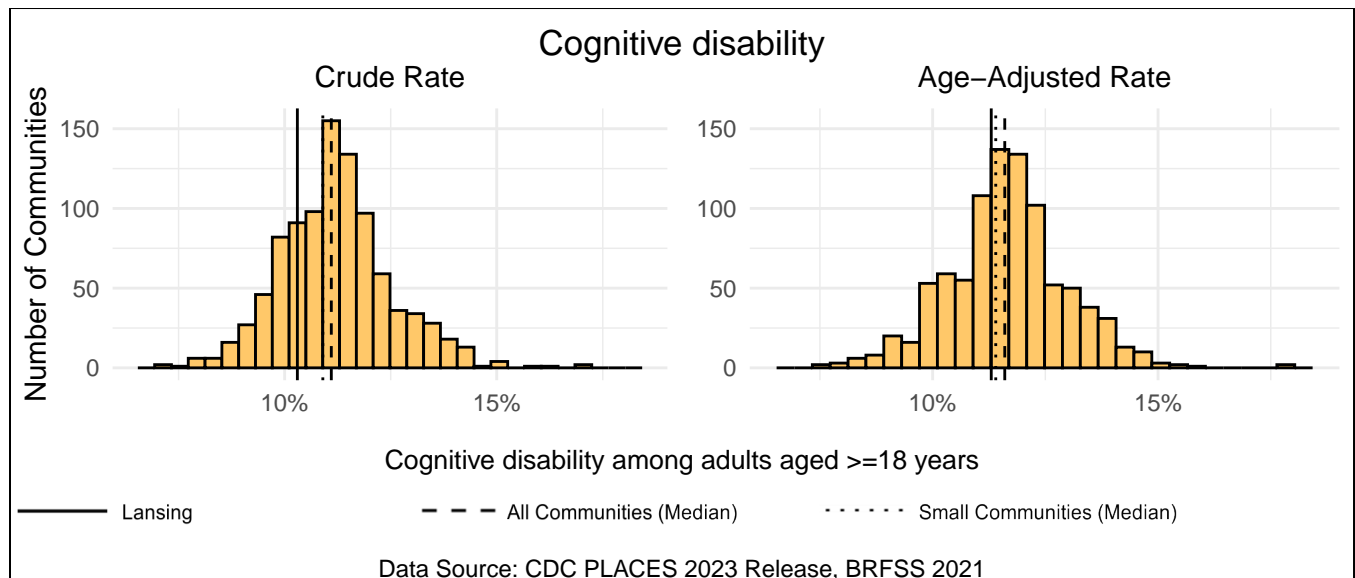
Measure Type	Lansing	All Comm.	Small Comm.
Crude	4.4%	4.1%	4.1%
Age-Adjusted	3.5%	3.6%	3.5%



## Cognitive disability

Lansing has a crude rate of 10.3% for cognitive disability among adults aged  $\geq 18$  years, which ranks 199th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Lansing is 11.3%, which ranks 331st out of 905 Iowa communities (60th out of 138 small communities).

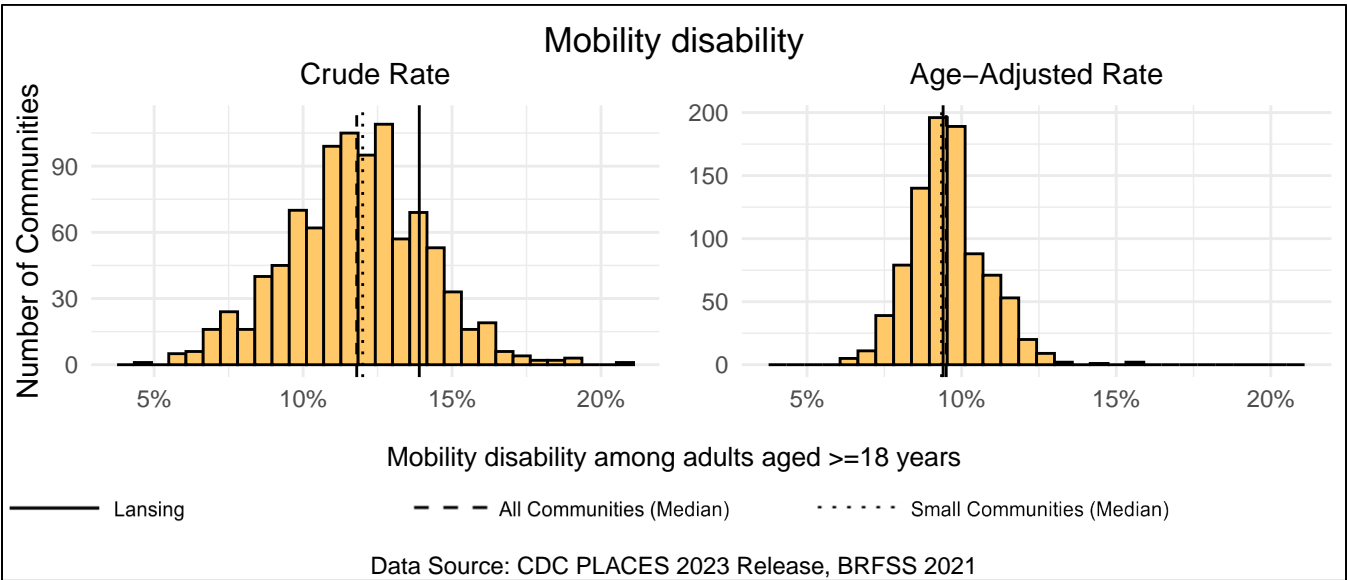
Measure Type	Lansing	All Comm.	Small Comm.
Crude	10.3%	11.1%	10.9%
Age-Adjusted	11.3%	11.6%	11.4%



# Mobility disability

Lansing has a crude rate of 13.9% for mobility disability among adults aged >=18 years, which ranks 788th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for Lansing is 9.4%, which ranks 398th out of 905 Iowa communities (70th out of 138 small communities).

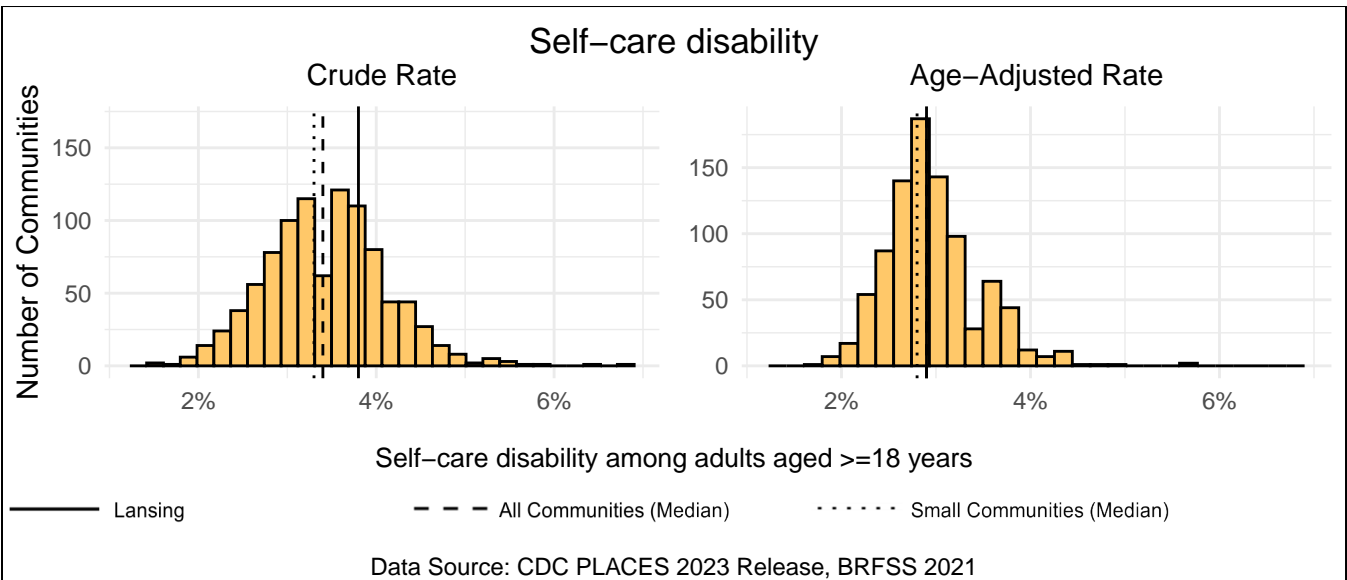
Measure Type	Lansing	All Comm.	Small Comm.
Crude	13.9%	11.8%	12.0%
Age-Adjusted	9.4%	9.5%	9.4%



# Self-care disability

Lansing has a crude rate of 3.8% for self-care disability among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Lansing is 2.9%, which ranks 397th out of 905 Iowa communities (72nd out of 138 small communities).

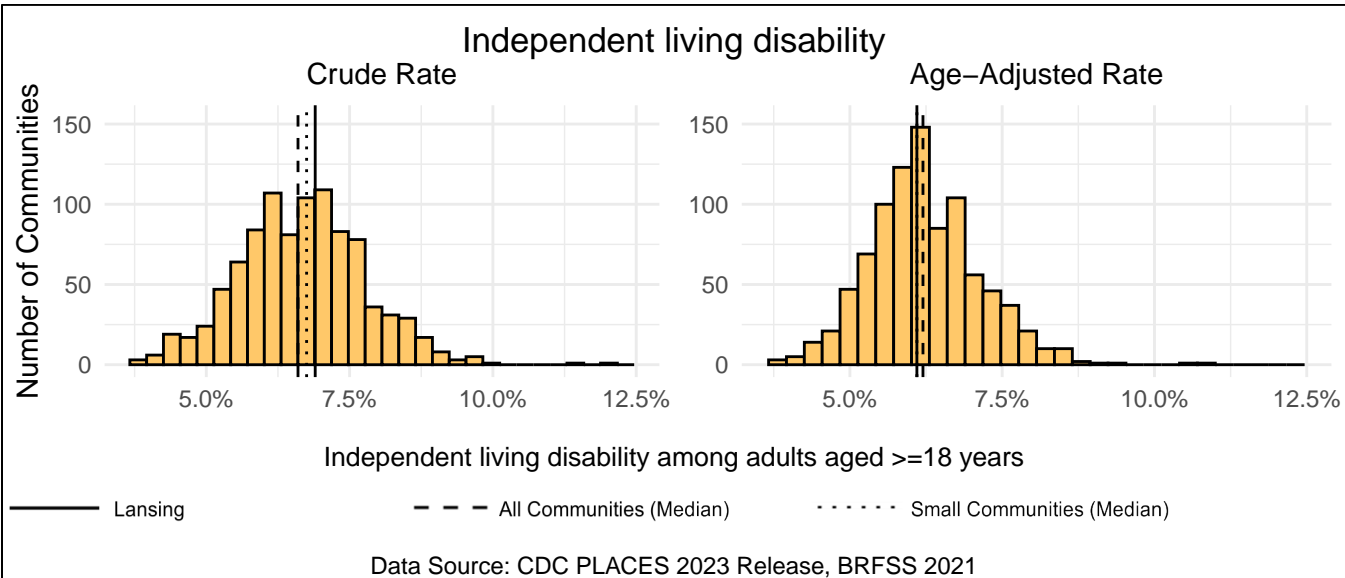
Measure Type	Lansing	All Comm.	Small Comm.
Crude	3.8%	3.4%	3.3%
Age-Adjusted	2.9%	2.9%	2.8%



## Independent living disability

Lansing has a crude rate of 6.9% for independent living disability among adults aged  $\geq 18$  years, which ranks 557th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Lansing is 6.1%, which ranks 383rd out of 905 Iowa communities (66th out of 138 small communities).

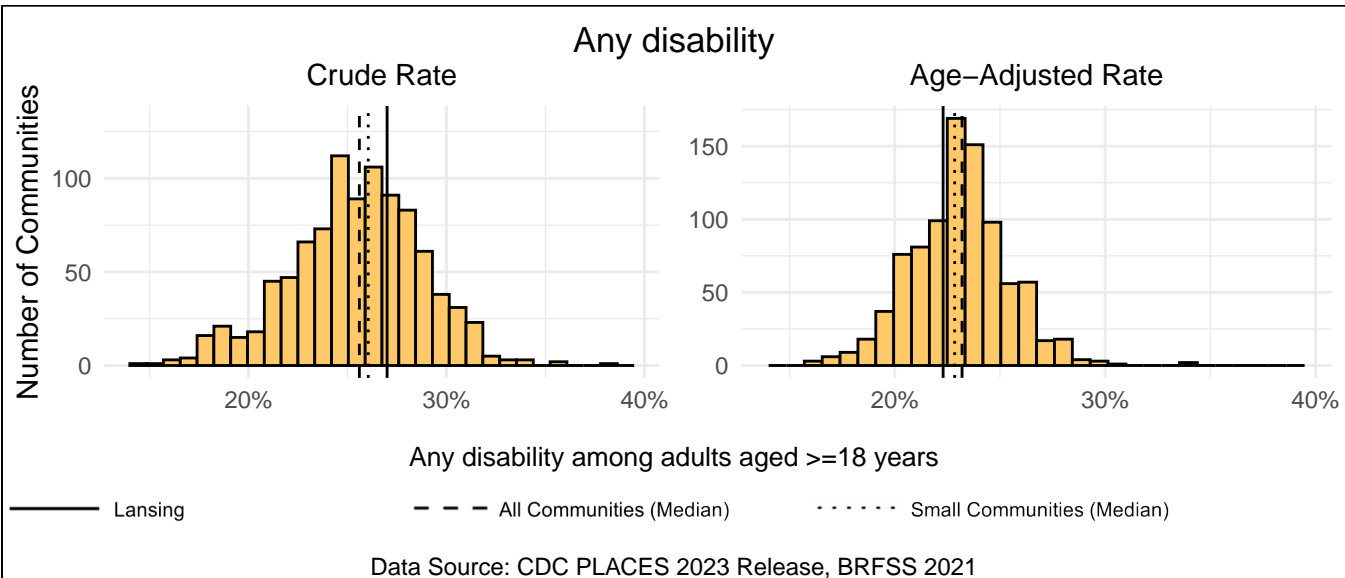
Measure Type	Lansing	All Comm.	Small Comm.
Crude	6.9%	6.6%	6.8%
Age-Adjusted	6.1%	6.2%	6.1%



## Any disability

Lansing has a crude rate of 27.0% for any disability among adults aged  $\geq 18$  years, which ranks 637th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Lansing is 22.3%, which ranks 294th out of 905 Iowa communities (51st out of 138 small communities).

Measure Type	Lansing	All Comm.	Small Comm.
Crude	27.0%	25.6%	26.0%
Age-Adjusted	22.3%	23.2%	22.8%



---

## 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: Lansing 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	595	14.9% (12.5% - 17.6%)	327	12.3% (10.2% - 14.5%)
Health Status	Mental Health	48	12.7% (10.8% - 14.6%)	302	15.2% (12.9% - 17.5%)
Health Status	Physical Health	690	11.5% (9.7% - 13.3%)	342	9.5% (8.2% - 11.1%)
Health Risk Behaviors	Sleep <7 hours	169	28.7% (26.9% - 30.4%)	265	30.4% (28.5% - 32.2%)
Health Risk Behaviors	Current Smoking	233	15.5% (12.4% - 19.2%)	327	17.0% (13.3% - 21.0%)
Health Risk Behaviors	Binge Drinking	93	17.0% (14.0% - 20.2%)	520	22.2% (18.5% - 26.3%)
Health Risk Behaviors	Physical Inactivity	616	27.2% (22.2% - 32.5%)	381	23.9% (19.3% - 28.9%)
Health Outcomes	High Blood Pressure	848	36.4% (32.0% - 41.0%)	319	26.8% (23.2% - 30.5%)
Health Outcomes	Coronary Heart Disease	845	8.0% (6.9% - 9.3%)	419	5.0% (4.3% - 5.7%)
Health Outcomes	Cancer (except skin)	887	10.0% (9.0% - 11.2%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Diabetes	840	11.8% (10.0% - 13.9%)	401	8.1% (6.9% - 9.5%)
Health Outcomes	Obesity	123	34.8% (27.7% - 42.0%)	119	35.0% (28.0% - 42.3%)
Health Outcomes	High Cholesterol	904	40.3% (35.3% - 45.3%)	537	30.0% (25.7% - 34.6%)
Health Outcomes	Arthritis	888	32.3% (27.8% - 37.1%)	465	23.2% (19.6% - 26.9%)
Health Outcomes	All Teeth Lost	433	12.7% (8.0% - 18.0%)	374	12.4% (8.0% - 17.2%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.4% - 4.2%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	Current Asthma	80	8.9% (7.8% - 10.2%)	241	9.3% (8.1% - 10.6%)
Health Outcomes	Depression	48	16.2% (13.3% - 19.6%)	164	18.3% (14.9% - 22.0%)
Health Outcomes	Stroke	832	4.0% (3.4% - 4.5%)	375	2.6% (2.2% - 2.9%)
Health Outcomes	COPD	749	8.4% (6.9% - 10.1%)	410	6.2% (5.1% - 7.3%)
Prevention	Mammography	325	77.0% (72.9% - 80.6%)	415	74.0% (69.1% - 78.5%)
Prevention	Core preventive services for older men	744	40.8% (32.5% - 49.9%)	636	41.6% (33.3% - 50.5%)
Prevention	Dental Visit	732	64.4% (60.6% - 68.5%)	733	63.1% (59.0% - 67.3%)
Prevention	Annual Checkup	163	77.0% (72.6% - 81.0%)	803	71.3% (65.9% - 76.3%)
Prevention	Cervical Cancer Screening	614	82.7% (79.5% - 85.4%)	603	82.7% (79.9% - 85.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	386	72.2% (69.0% - 75.5%)	521	70.5% (67.1% - 73.9%)
Prevention	Health Insurance	178	6.5% (5.0% - 8.4%)	325	7.4% (5.5% - 9.6%)
Prevention	Taking BP Medication	83	83.1% (80.1% - 85.9%)	631	58.5% (53.6% - 63.4%)
Prevention	Cholesterol Screening	69	85.3% (82.7% - 87.8%)	649	78.4% (74.8% - 82.0%)
Prevention	Core preventive services for older women	654	37.0% (30.1% - 45.0%)	472	39.7% (32.7% - 47.6%)
Disability	Cognitive Disability	199	10.3% (8.8% - 12.1%)	331	11.3% (9.4% - 13.3%)
Disability	Self-care Disability	676	3.8% (3.2% - 4.4%)	397	2.9% (2.5% - 3.3%)
Disability	Hearing Disability	834	9.0% (7.8% - 10.3%)	444	6.0% (5.2% - 6.8%)
Disability	Mobility Disability	788	13.9% (11.5% - 16.4%)	398	9.4% (7.8% - 11.1%)
Disability	Independent Living Disability	557	6.9% (5.8% - 8.2%)	383	6.1% (5.1% - 7.1%)
Disability	Any Disability	637	27.0% (23.0% - 31.5%)	294	22.3% (18.7% - 26.1%)
Disability	Vision Disability	620	4.4% (3.7% - 5.2%)	364	3.5% (3.0% - 4.1%)

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: Small Communities (1,000-2,499)

Lansing falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 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
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		