



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

Table of contents

Health in Missouri Valley: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
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
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	22
Cholesterol Screening	22

Colorectal Cancer Screening	23
Core preventive services for older men	23
Core preventive services for older women	25
Dental Visit	25
Mammography	27
Disability	28
Hearing disability	28
Vision disability	29
Cognitive disability	29
Mobility disability	30
Self-care disability	30
Independent living disability	31
Any disability	31
Appendix 1: CDC PLACES Data	32
Appendix 2: Missouri Valley PLACES Data	33
Appendix 3: Midsized Communities (2,500-9,999)	35

Health in Missouri Valley: Overview

Dear Community Members & Stakeholders of Missouri Valley,

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 Missouri Valley ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Missouri Valley'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 Missouri Valley. 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
Binge Drinking	356th	42nd	Taking BP Medication	39th	7th
Taking BP Medication	402nd	45th	Cancer (except skin)	74th	11th
Cancer (except skin)	486th	50th	Binge Drinking	136th	30th
High Cholesterol	606th	77th	Core preventive services for older men	542nd	58th
Annual Checkup	614th	65th	Annual Checkup	597th	75th

Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Core preventive services for older women	938th	99th	Mental Health	895th	99th
Cognitive Disability	937th	97th	Current Smoking	890th	98th
Mental Health	936th	98th	Any Disability	889th	98th
Current Smoking	928th	98th	Cognitive Disability	888th	96th
Independent Living Disability	923rd	91st	COPD	888th	97th

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 Missouri Valley.

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

With a population of 2,692, Missouri Valley’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community’s crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.



Health Status

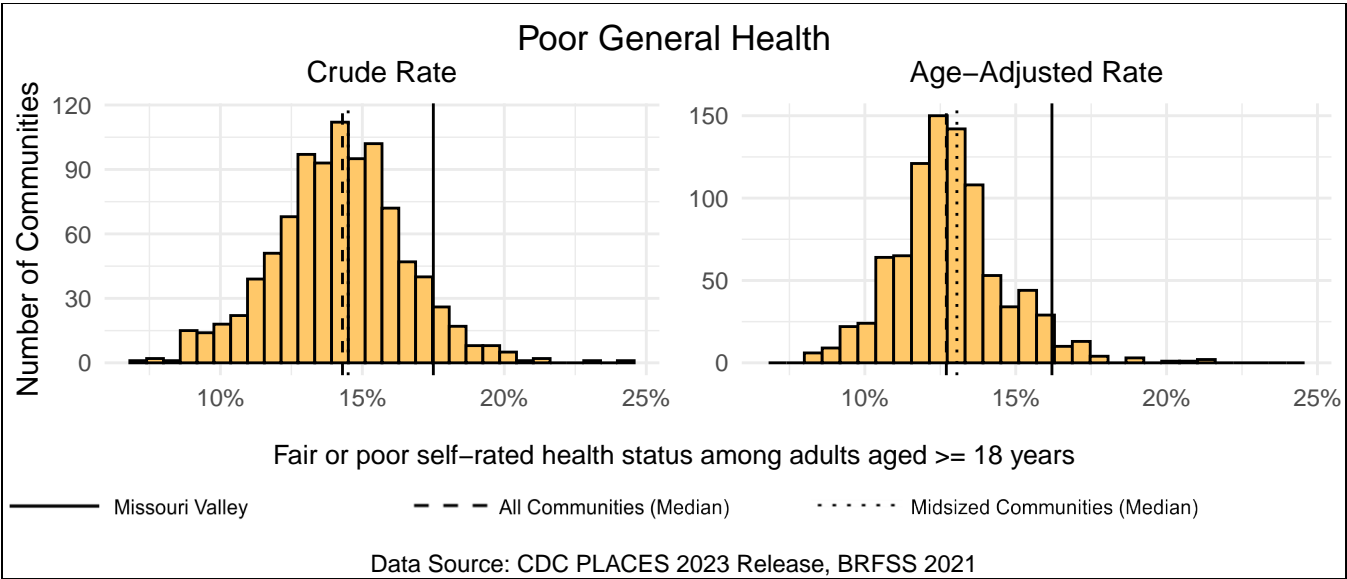
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of “excellent,” “very good,” “good,” “fair,” or “poor,” from which the respondents who answer “fair” or “poor” are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-status/index.html>

Poor General Health

Missouri Valley has a crude rate of 17.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 890th out of 958 Iowa communities (86th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 16.2%, which ranks 869th out of 905 Iowa communities (91st out of 102 midsize communities).

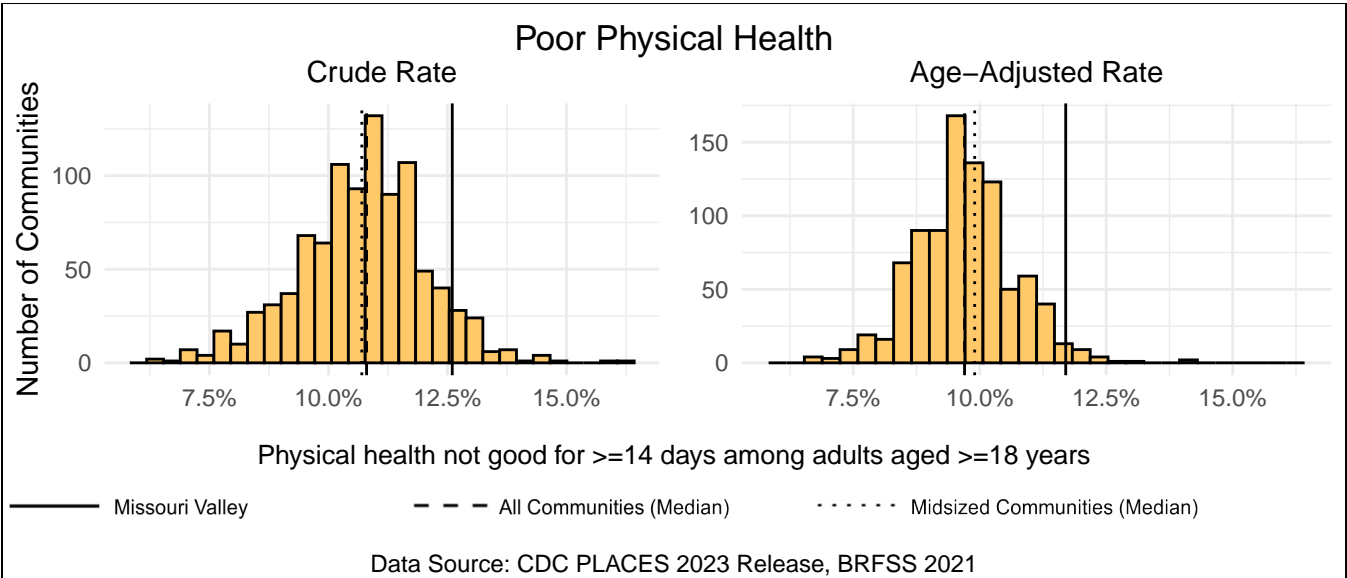
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	17.5%	14.3%	14.5%
Age-Adjusted	16.2%	12.7%	13.0%



Poor Physical Health

Missouri Valley has a crude rate of 12.6% for physical health not good for >=14 days among adults aged >=18 years, which ranks 886th out of 958 Iowa communities (90th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 11.7%, which ranks 884th out of 905 Iowa communities (94th out of 102 midsize communities).

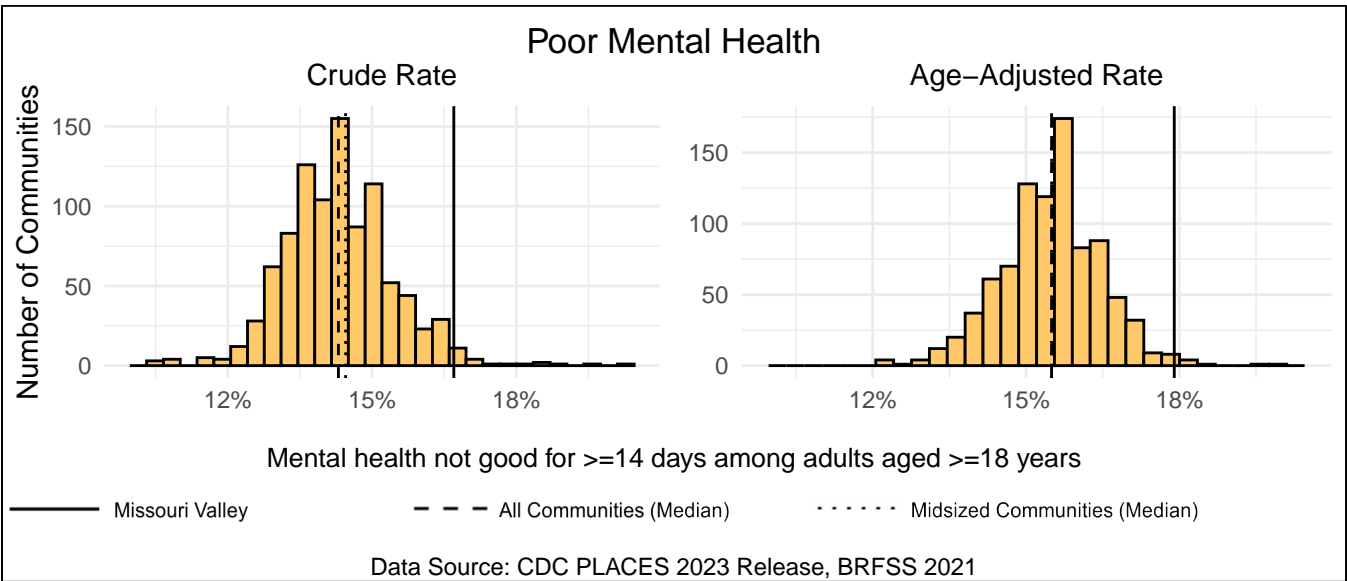
Measure Type	Missouri Valley	All Comm.	Midsize Comm.
Crude	12.6%	10.8%	10.7%
Age-Adjusted	11.7%	9.7%	9.9%



Poor Mental Health

Missouri Valley has a crude rate of 16.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 936th out of 958 Iowa communities (98th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 17.9%, which ranks 895th out of 905 Iowa communities (99th out of 102 midsize communities).

Measure Type	Missouri Valley	All Comm.	Midsize Comm.
Crude	16.7%	14.3%	14.4%
Age-Adjusted	17.9%	15.5%	15.5%



Health Risk Behaviors

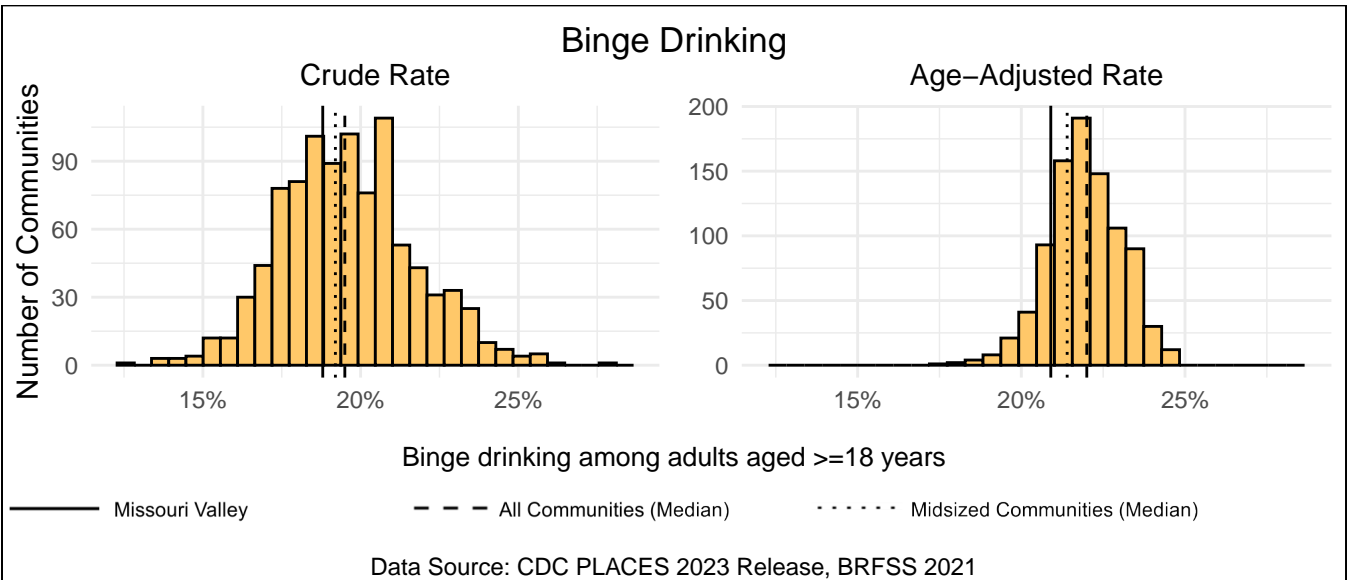
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Missouri Valley has a crude rate of 18.8% for binge drinking among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (42nd out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 20.9%, which ranks 136th out of 905 Iowa communities (30th out of 102 midsized communities).

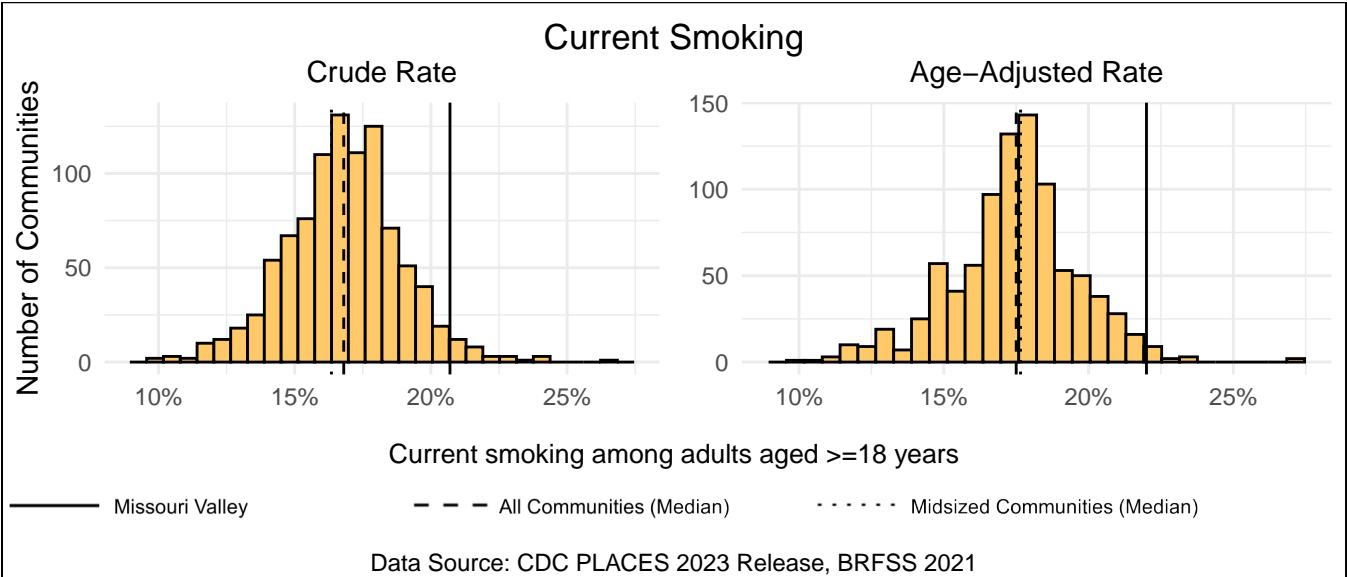
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	18.8%	19.5%	19.2%
Age-Adjusted	20.9%	22.0%	21.4%



Current Smoking

Missouri Valley has a crude rate of 20.7% for current smoking among adults aged ≥ 18 years, which ranks 928th out of 958 Iowa communities (98th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 22.0%, which ranks 890th out of 905 Iowa communities (98th out of 102 midsized communities).

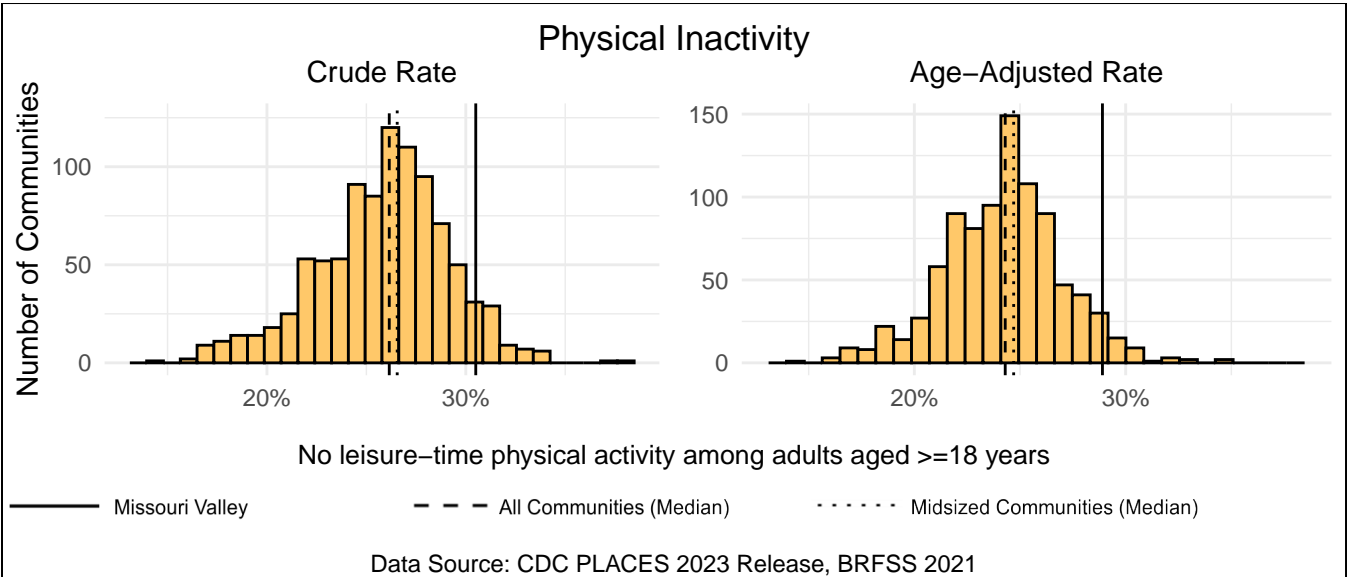
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	20.7%	16.8%	16.4%
Age-Adjusted	22.0%	17.5%	17.6%



Physical Inactivity

Missouri Valley has a crude rate of 30.5% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 891st out of 958 Iowa communities (84th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 28.9%, which ranks 864th out of 905 Iowa communities (91st out of 102 midsized communities).

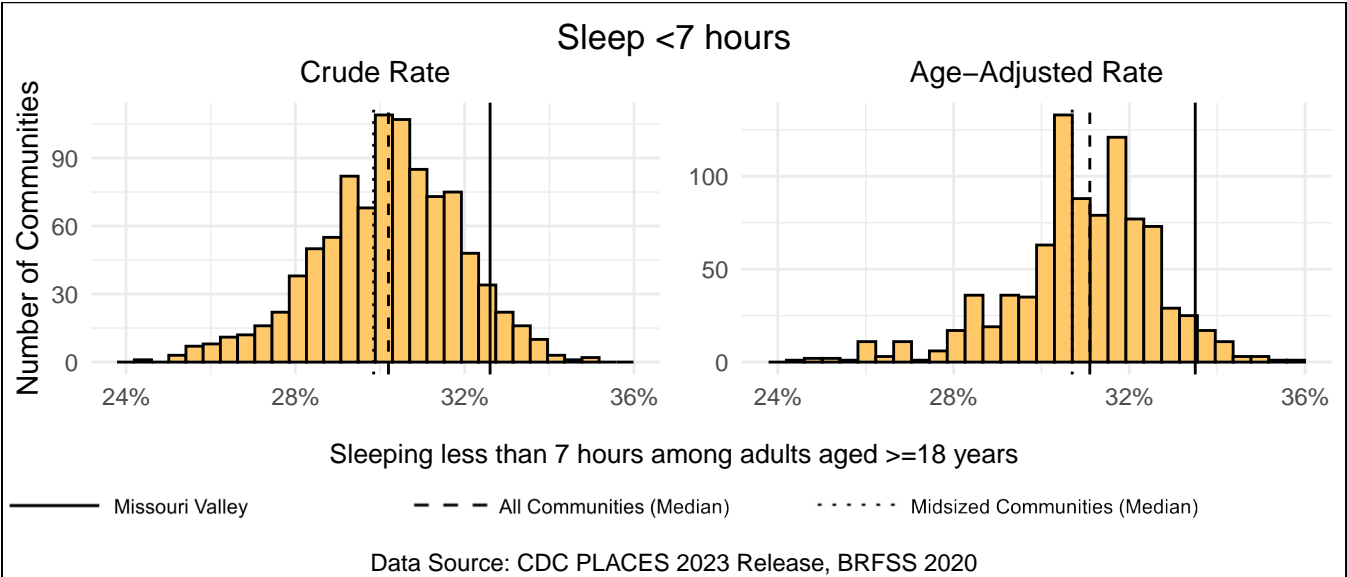
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	30.5%	26.1%	26.6%
Age-Adjusted	28.9%	24.3%	24.7%



Sleep <7 hours

Missouri Valley has a crude rate of 32.6% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 890th out of 958 Iowa communities (94th out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 33.5%, which ranks 864th out of 905 Iowa communities (93rd out of 102 mid-sized communities).

Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	32.6%	30.2%	29.8%
Age-Adjusted	33.5%	31.1%	30.7%



Health Outcomes

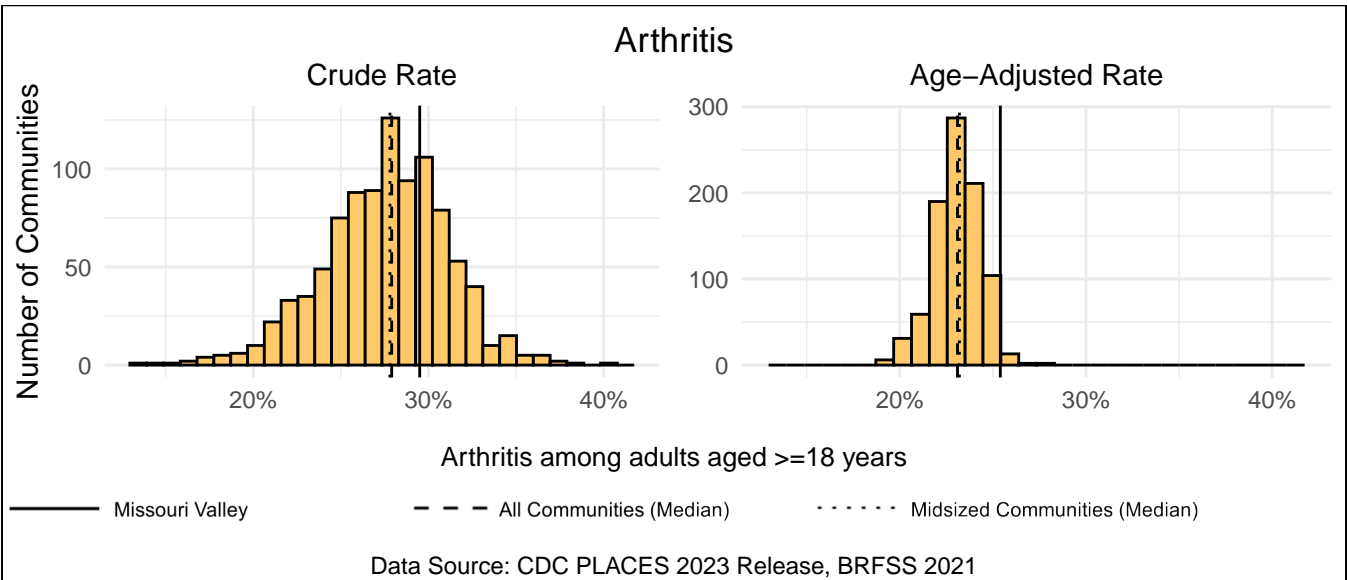
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Missouri Valley has a crude rate of 29.5% for arthritis among adults aged ≥ 18 years, which ranks 654th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 25.4%, which ranks 882nd out of 905 Iowa communities (93rd out of 102 midsize communities).

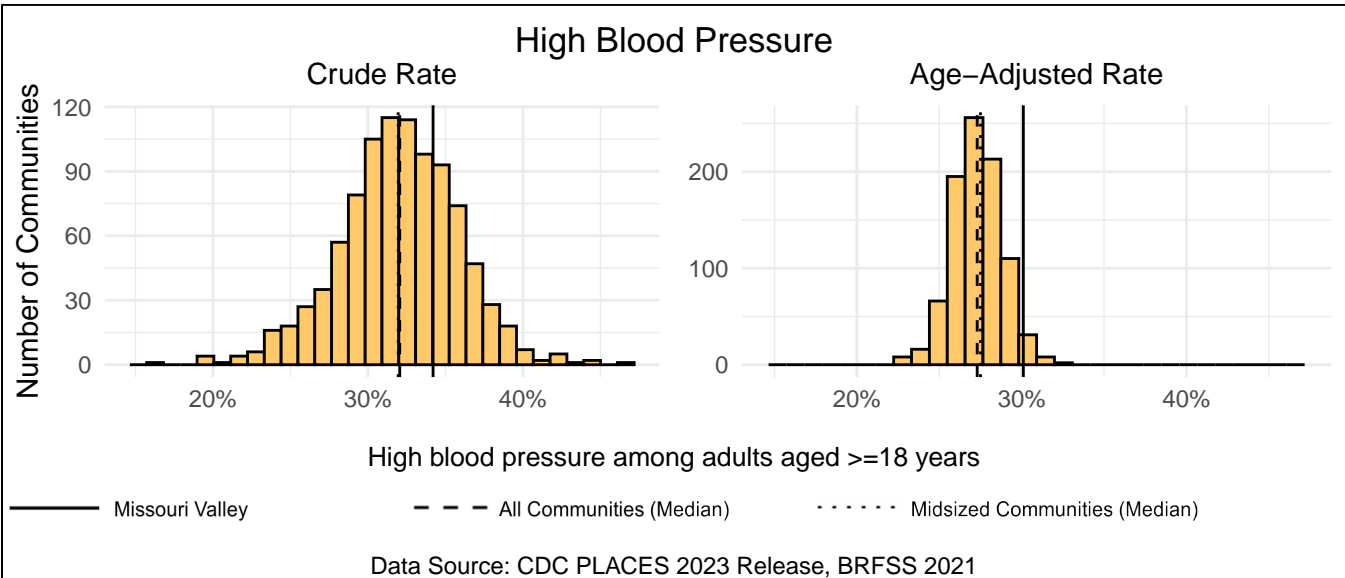
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	29.5%	27.9%	27.8%
Age-Adjusted	25.4%	23.1%	23.2%



High Blood Pressure

Missouri Valley has a crude rate of 34.2% for high blood pressure among adults aged ≥ 18 years, which ranks 681st out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 30.1%, which ranks 878th out of 905 Iowa communities (94th out of 102 mid-sized communities).

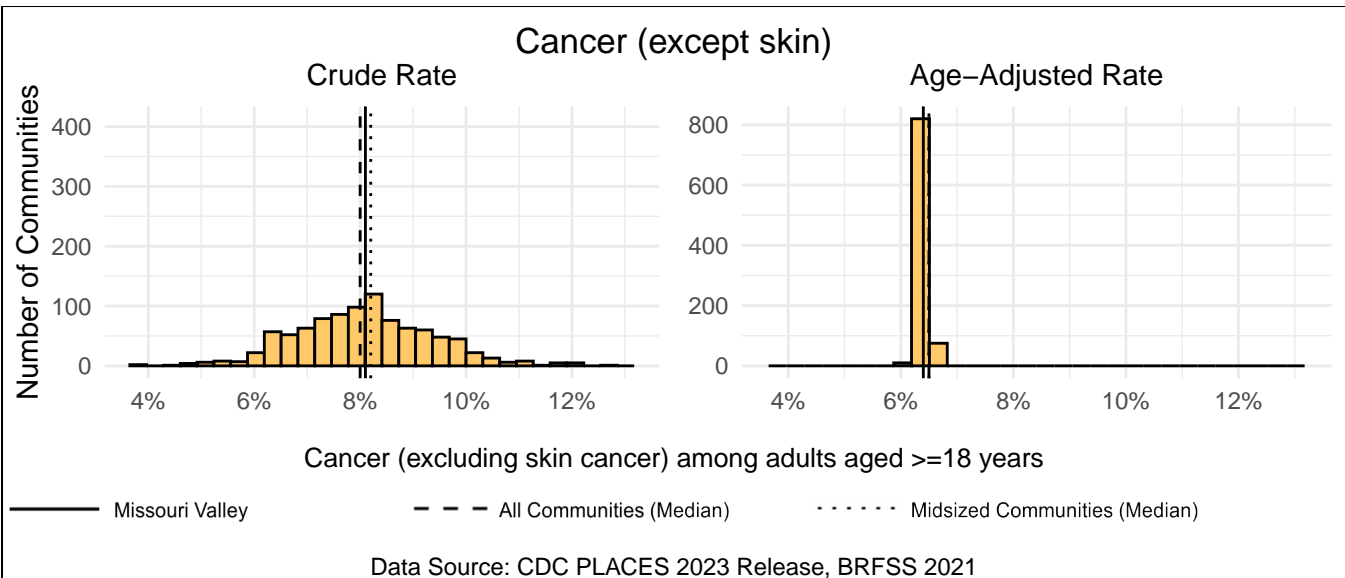
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	34.2%	32.0%	32.0%
Age-Adjusted	30.1%	27.3%	27.5%



Cancer (except skin)

Missouri Valley has a crude rate of 8.1% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 486th out of 958 Iowa communities (50th out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

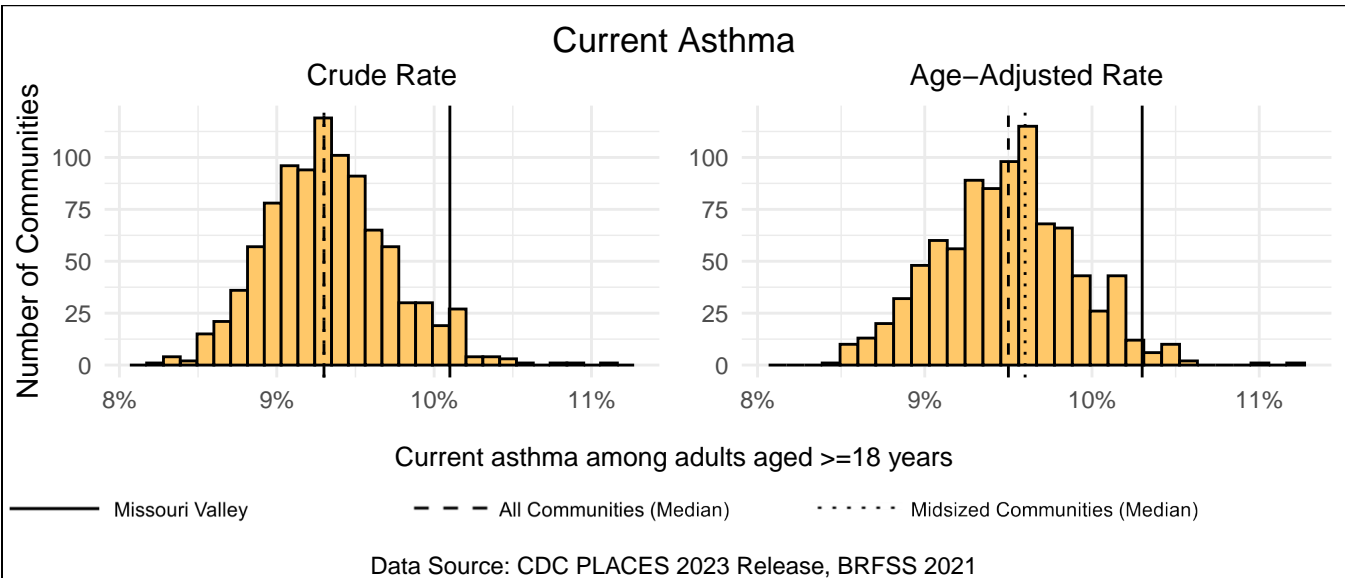
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	8.1%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Missouri Valley has a crude rate of 10.1% for current asthma among adults aged ≥ 18 years, which ranks 917th out of 958 Iowa communities (94th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 10.3%, which ranks 874th out of 905 Iowa communities (96th out of 102 midsized communities).

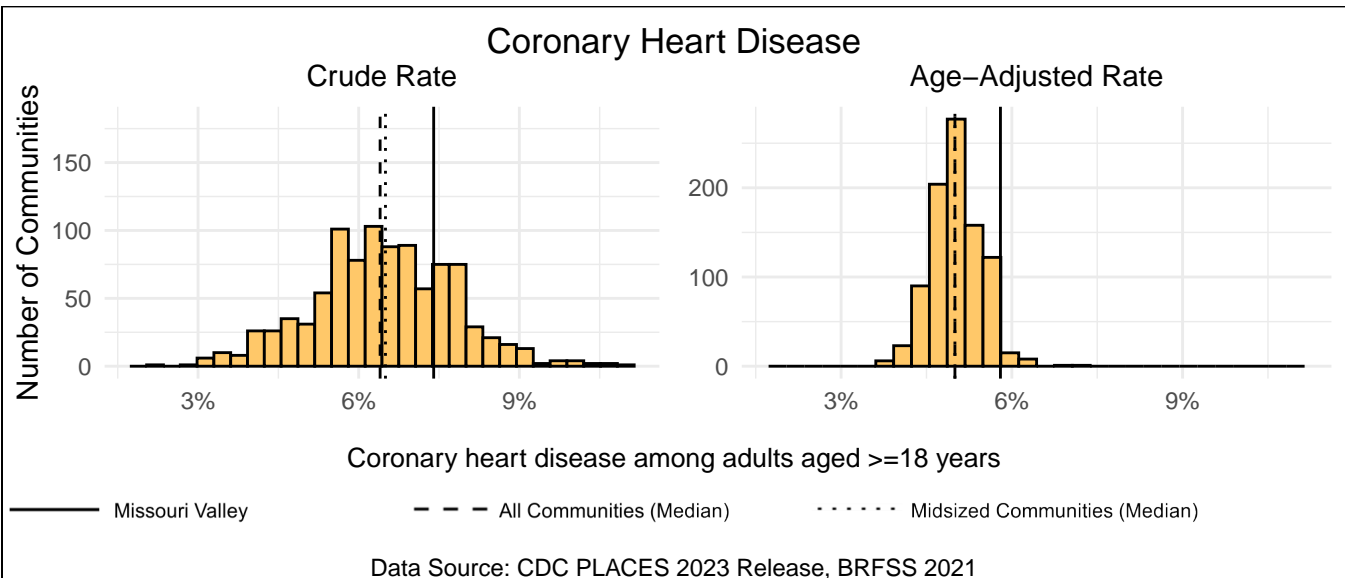
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	10.1%	9.3%	9.3%
Age-Adjusted	10.3%	9.5%	9.6%



Coronary Heart Disease

Missouri Valley has a crude rate of 7.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 715th out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 5.8%, which ranks 865th out of 905 Iowa communities (93rd out of 102 midsized communities).

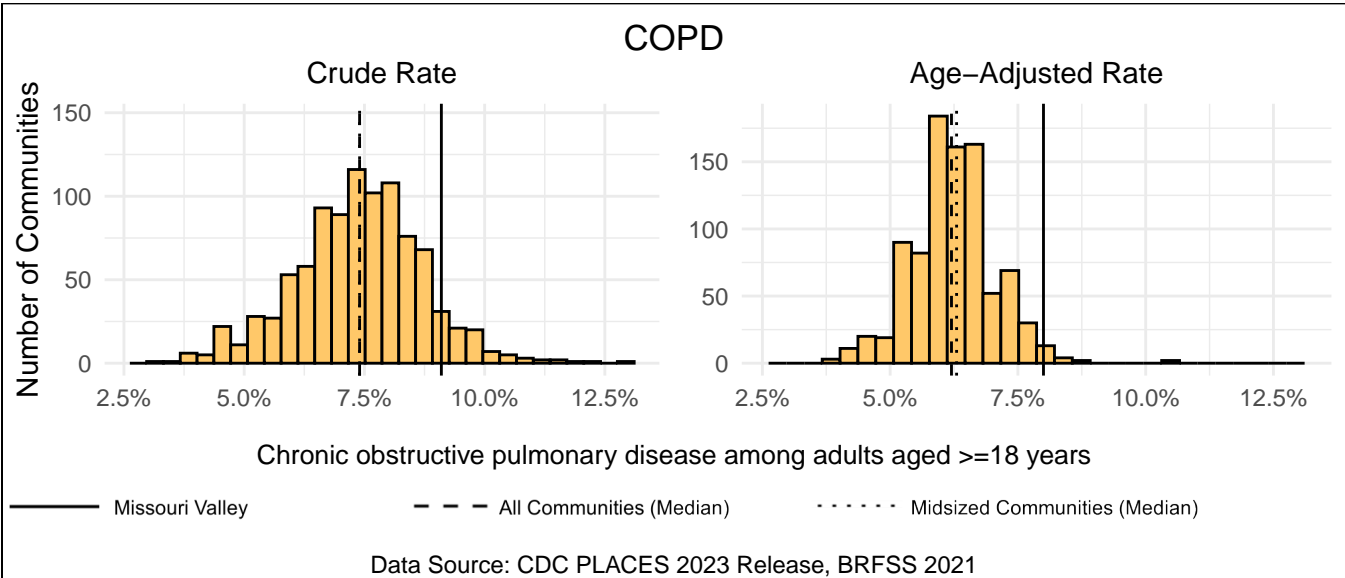
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	7.4%	6.4%	6.5%
Age-Adjusted	5.8%	5.0%	5.0%



COPD

Missouri Valley has a crude rate of 9.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 878th out of 958 Iowa communities (91st out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 8.0%, which ranks 888th out of 905 Iowa communities (97th out of 102 midsize communities).

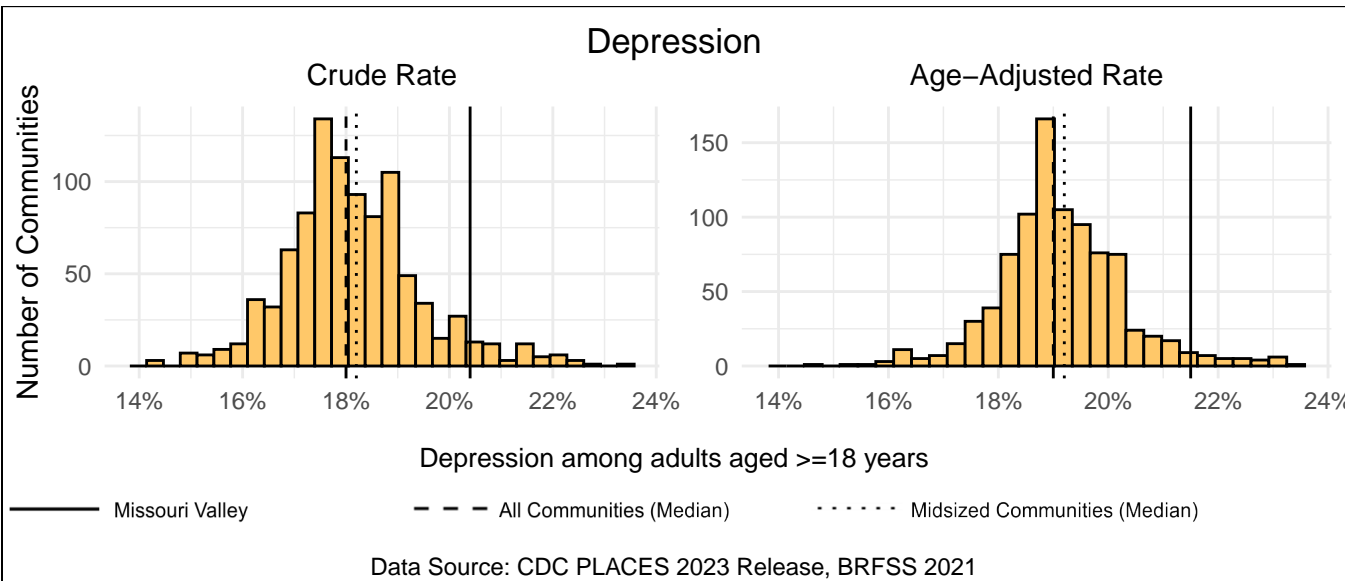
Measure Type	Missouri Valley	All Comm.	Midsize Comm.
Crude	9.1%	7.4%	7.4%
Age-Adjusted	8.0%	6.2%	6.3%



Depression

Missouri Valley has a crude rate of 20.4% for depression among adults aged ≥ 18 years, which ranks 903rd out of 958 Iowa communities (96th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 21.5%, which ranks 873rd out of 905 Iowa communities (98th out of 102 midsize communities).

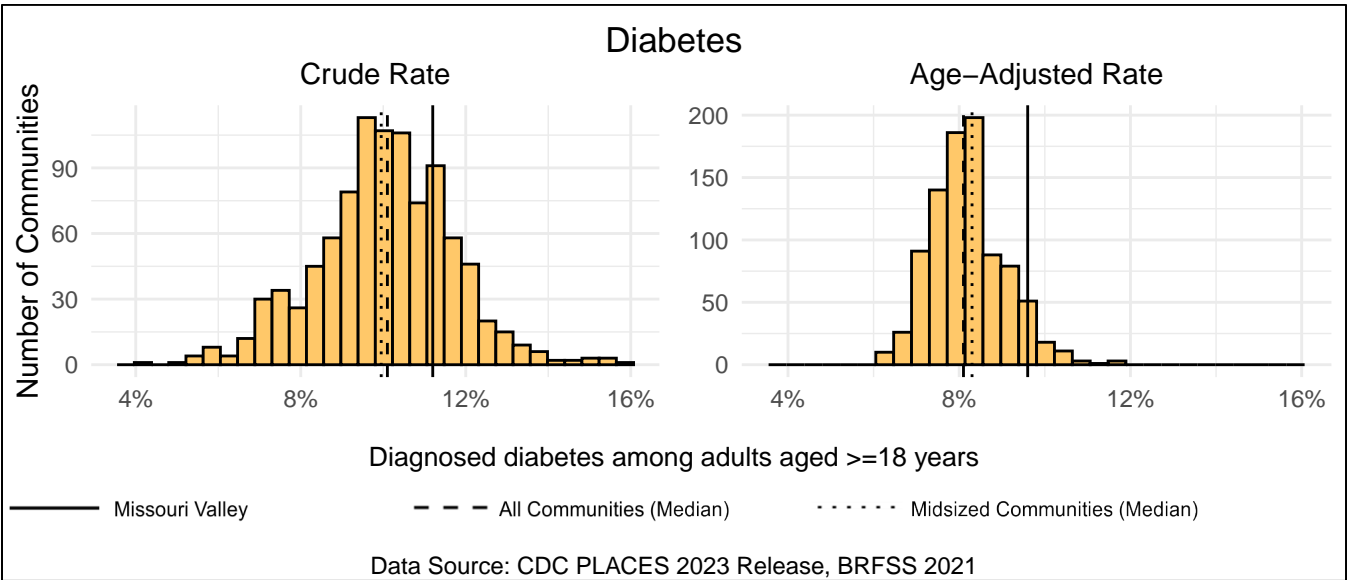
Measure Type	Missouri Valley	All Comm.	Midsize Comm.
Crude	20.4%	18.0%	18.2%
Age-Adjusted	21.5%	19.0%	19.2%



Diabetes

Missouri Valley has a crude rate of 11.2% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 736th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 9.6%, which ranks 848th out of 905 Iowa communities (84th out of 102 midsized communities).

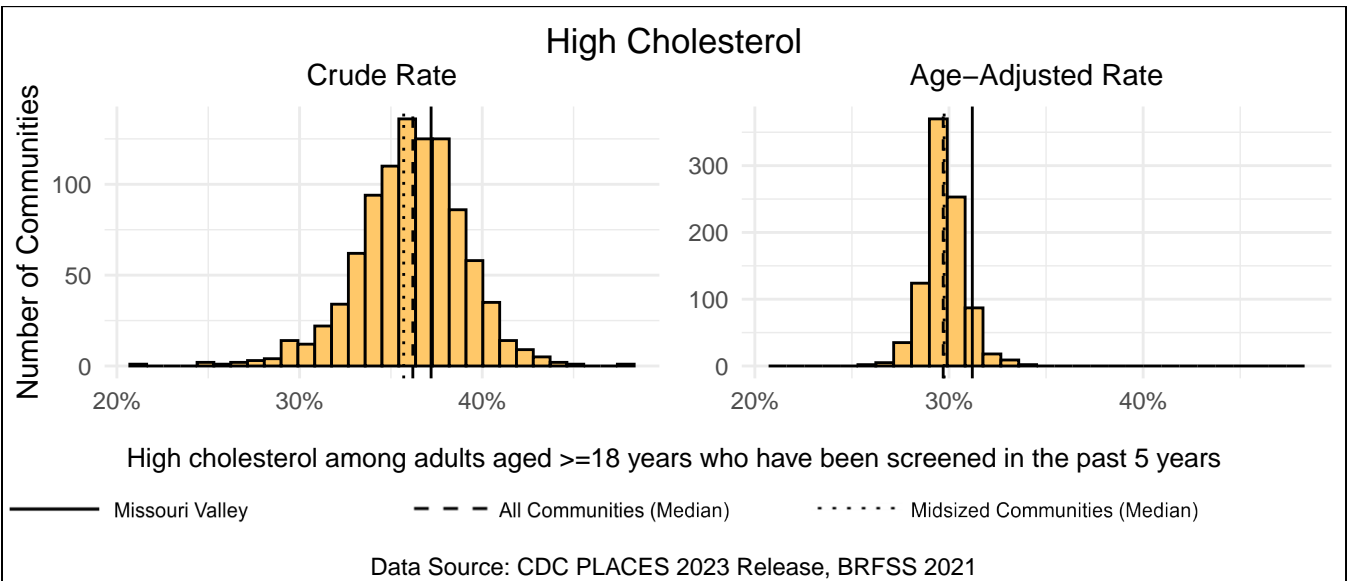
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	11.2%	10.1%	9.9%
Age-Adjusted	9.6%	8.1%	8.3%



High Cholesterol

Missouri Valley has a crude rate of 37.2% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 606th out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 31.2%, which ranks 851st out of 905 Iowa communities (96th out of 102 midsized communities).

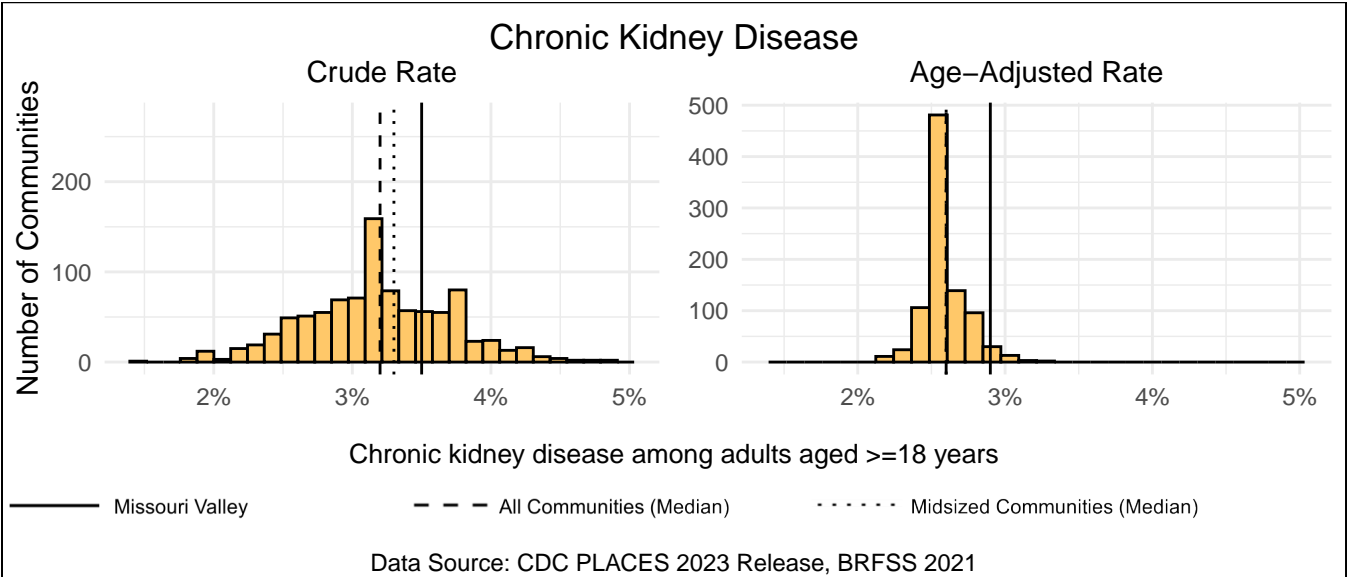
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	37.2%	36.2%	35.7%
Age-Adjusted	31.2%	29.7%	29.8%



Chronic Kidney Disease

Missouri Valley has a crude rate of 3.5% for chronic kidney disease among adults aged ≥ 18 years, which ranks 676th out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 midsized communities).

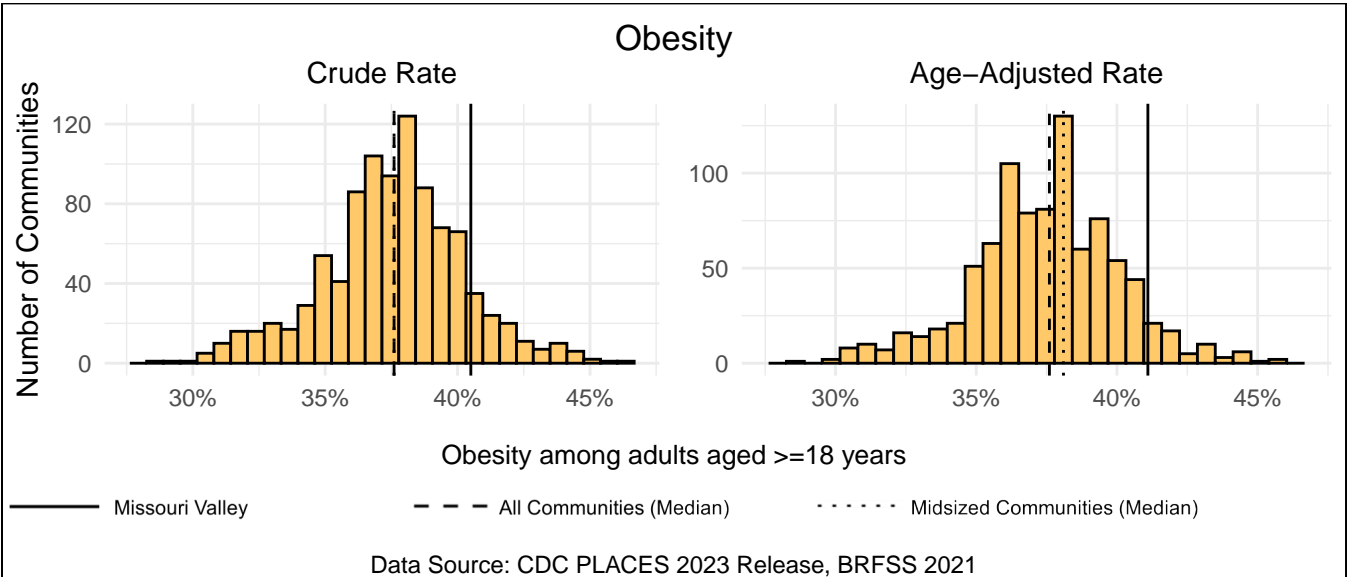
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Missouri Valley has a crude rate of 40.5% for obesity among adults aged ≥ 18 years, which ranks 848th out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 41.1%, which ranks 845th out of 905 Iowa communities (88th out of 102 midsized communities).

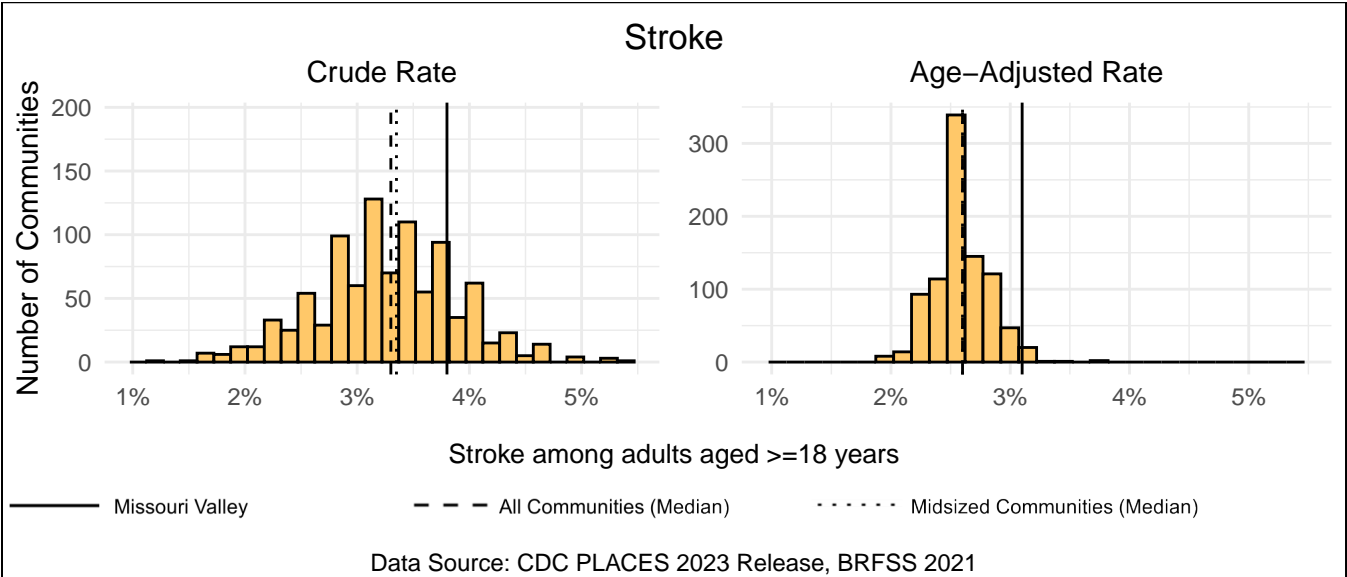
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	40.5%	37.6%	37.6%
Age-Adjusted	41.1%	37.6%	38.1%



Stroke

Missouri Valley 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 mid-sized communities). The age-adjusted rate for Missouri Valley is 3.1%, which ranks 882nd out of 905 Iowa communities (94th out of 102 mid-sized communities).

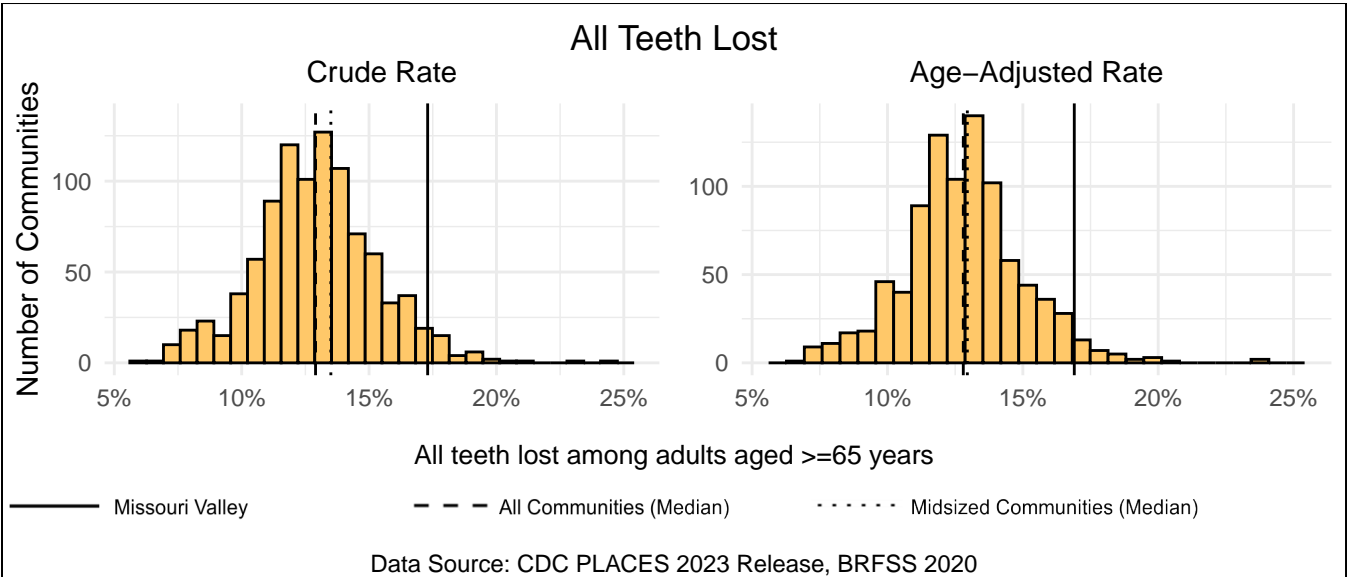
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	3.8%	3.3%	3.3%
Age-Adjusted	3.1%	2.6%	2.6%



All Teeth Lost

Missouri Valley has a crude rate of 17.3% for all teeth lost among adults aged >=65 years, which ranks 921st out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 16.9%, which ranks 873rd out of 905 Iowa communities (92nd out of 102 mid-sized communities).

Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	17.3%	12.9%	13.5%
Age-Adjusted	16.9%	12.8%	12.9%



Prevention

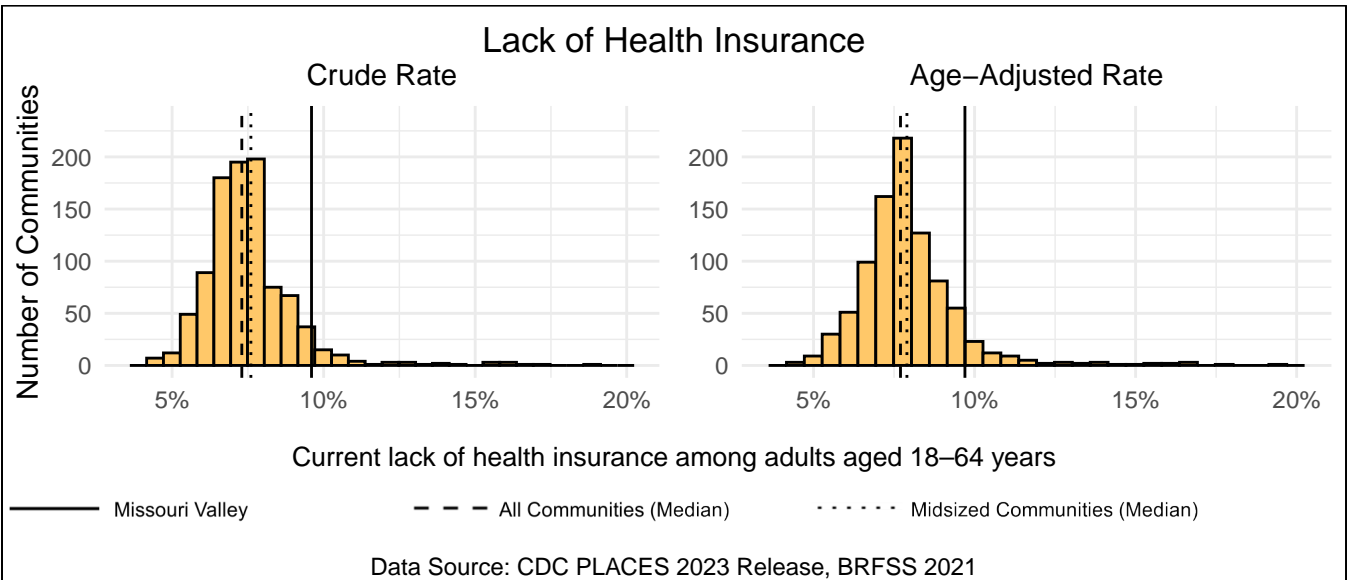
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

Lack of Health Insurance

Missouri Valley has a crude rate of 9.6% for current lack of health insurance among adults aged 18–64 years, which ranks 898th out of 958 Iowa communities (87th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 9.7%, which ranks 830th out of 905 Iowa communities (82nd out of 102 midsize communities).

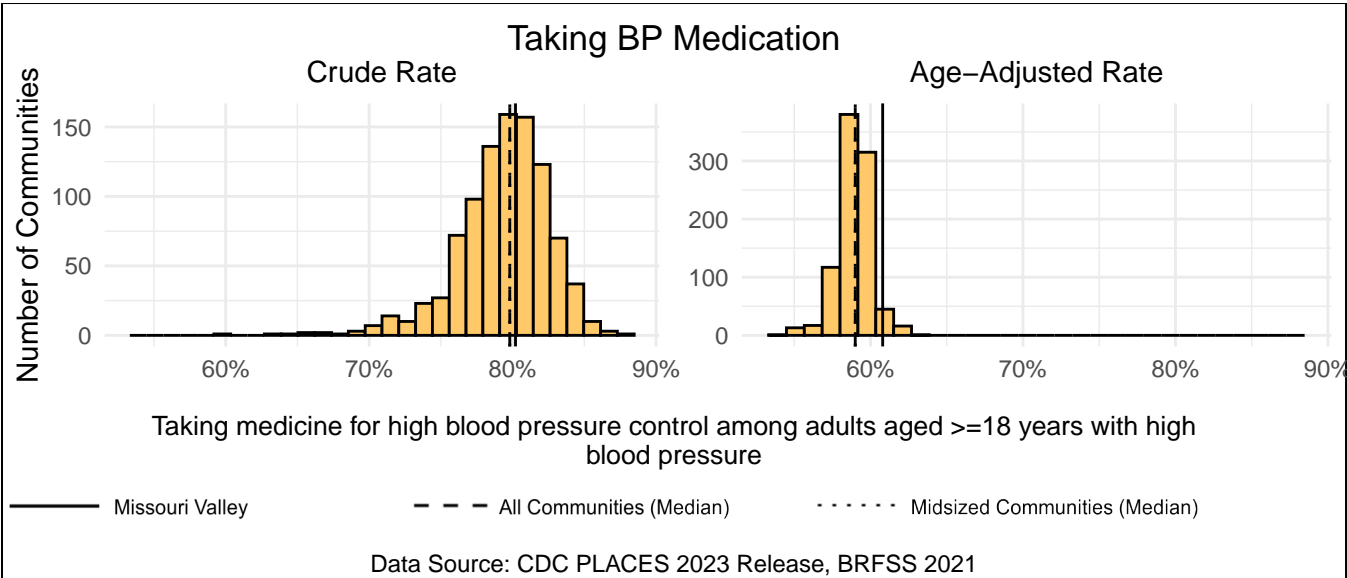
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	9.6%	7.3%	7.6%
Age-Adjusted	9.7%	7.7%	7.9%



Taking BP Medication

Missouri Valley has a crude rate of 80.2% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 402nd out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 60.8%, which ranks 39th out of 905 Iowa communities (7th out of 102 mid-sized communities).

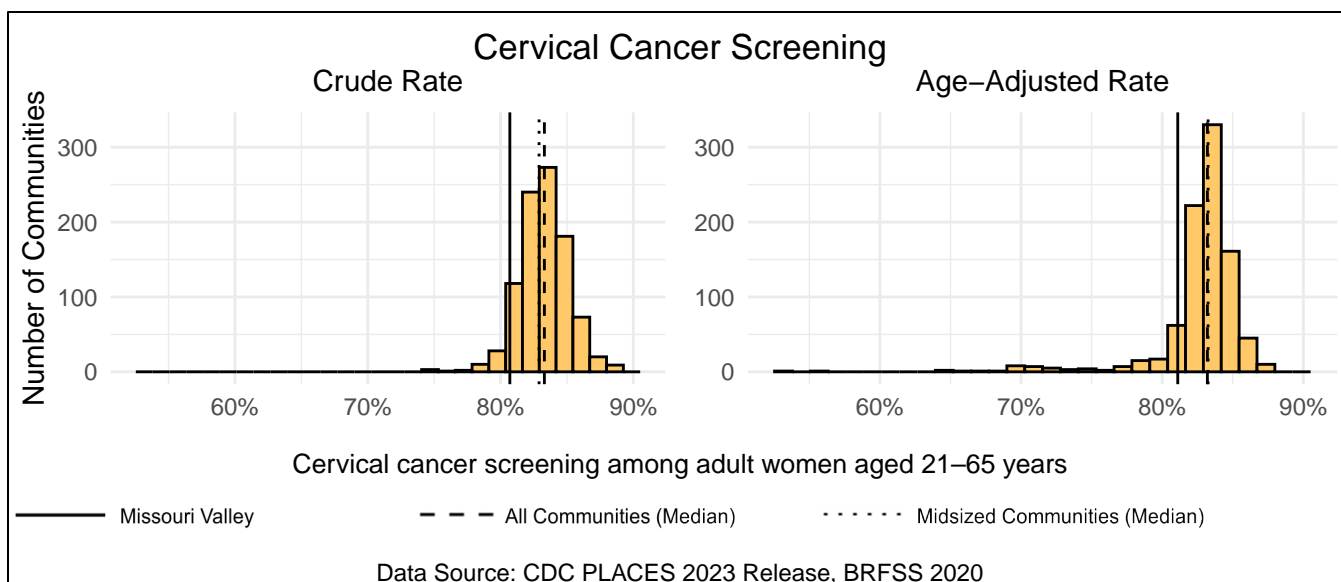
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	80.2%	79.8%	79.8%
Age-Adjusted	60.8%	59.0%	59.0%



Cervical Cancer Screening

Missouri Valley has a crude rate of 80.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 889th out of 958 Iowa communities (89th out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 81.1%, which ranks 812th out of 905 Iowa communities (93rd out of 102 mid-sized communities).

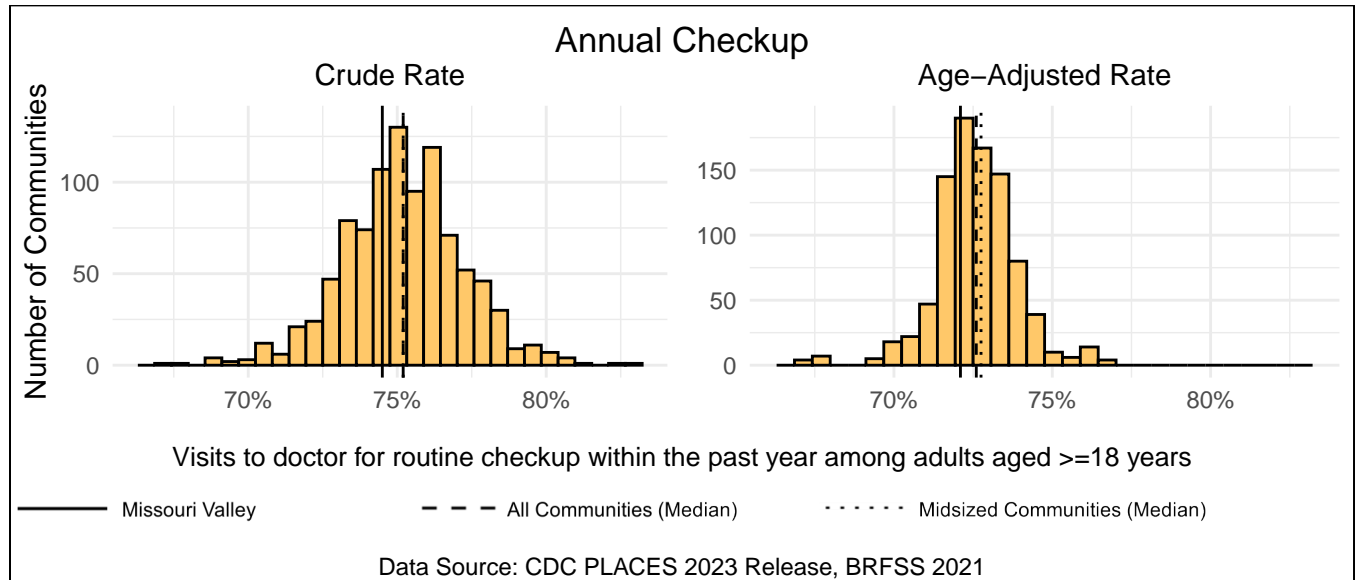
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	80.7%	83.3%	82.9%
Age-Adjusted	81.1%	83.2%	83.2%



Annual Checkup

Missouri Valley has a crude rate of 74.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 614th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 72.1%, which ranks 597th out of 905 Iowa communities (75th out of 102 mid-sized communities).

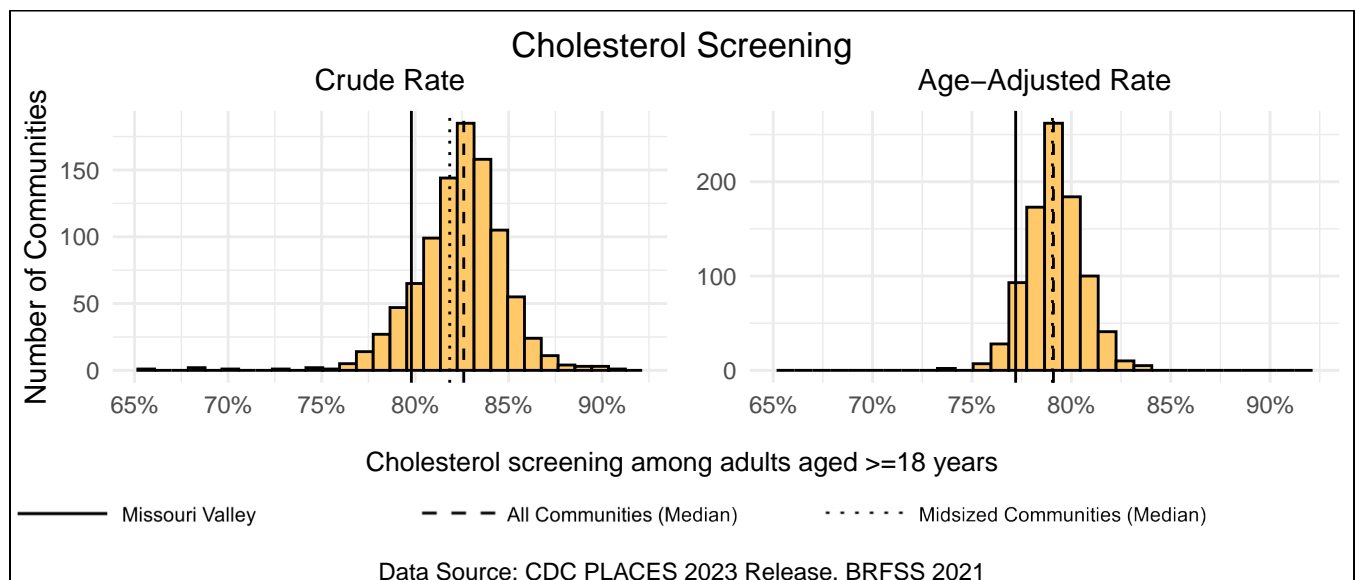
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	74.5%	75.2%	75.2%
Age-Adjusted	72.1%	72.6%	72.8%



Cholesterol Screening

Missouri Valley has a crude rate of 79.8% for cholesterol screening among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 77.2%, which ranks 842nd out of 905 Iowa communities (84th out of 102 mid-sized communities).

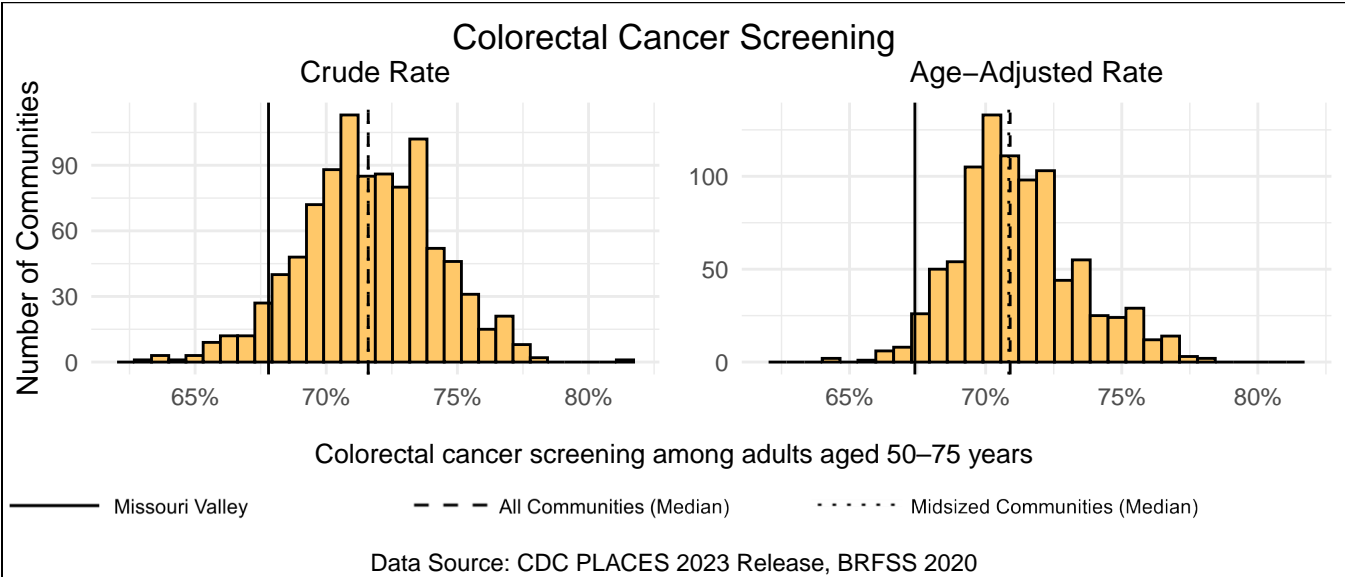
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	79.8%	82.6%	81.8%
Age-Adjusted	77.2%	79.1%	79.0%



Colorectal Cancer Screening

Missouri Valley has a crude rate of 67.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 896th out of 958 Iowa communities (99th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 67.4%, which ranks 885th out of 905 Iowa communities (98th out of 102 midsize communities).

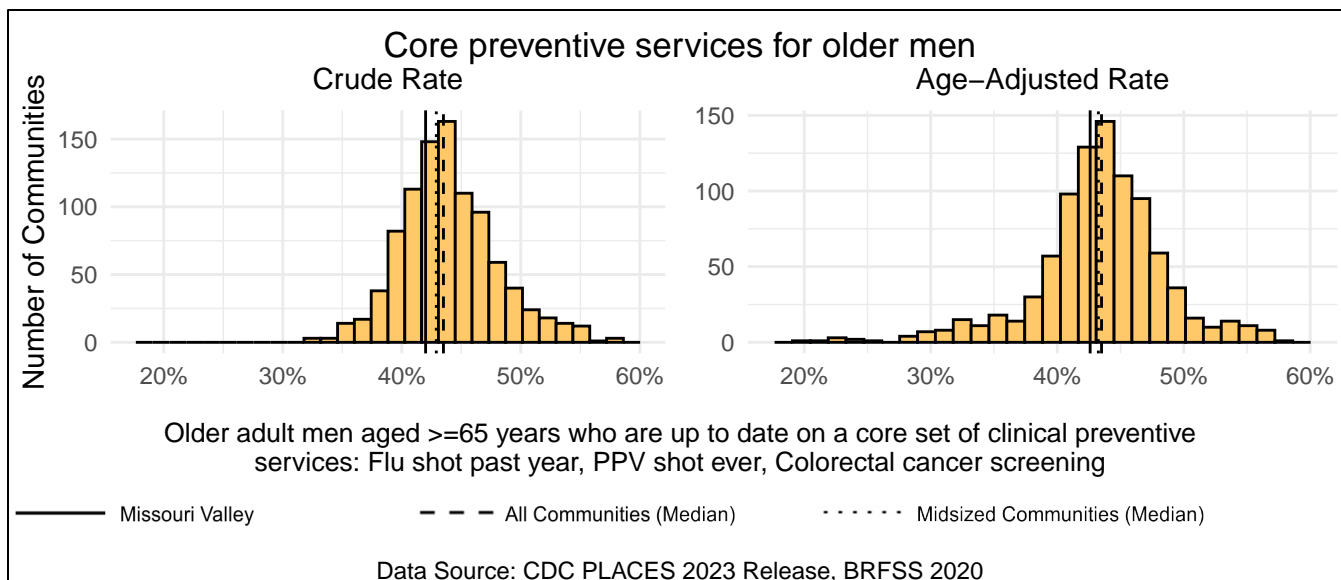
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	67.8%	71.6%	71.6%
Age-Adjusted	67.4%	70.9%	70.8%



Core preventive services for older men

Missouri Valley has a crude rate of 42.0% 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 653rd out of 958 Iowa communities (60th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 42.6%, which ranks 542nd out of 905 Iowa communities (58th out of 102 midsize communities).

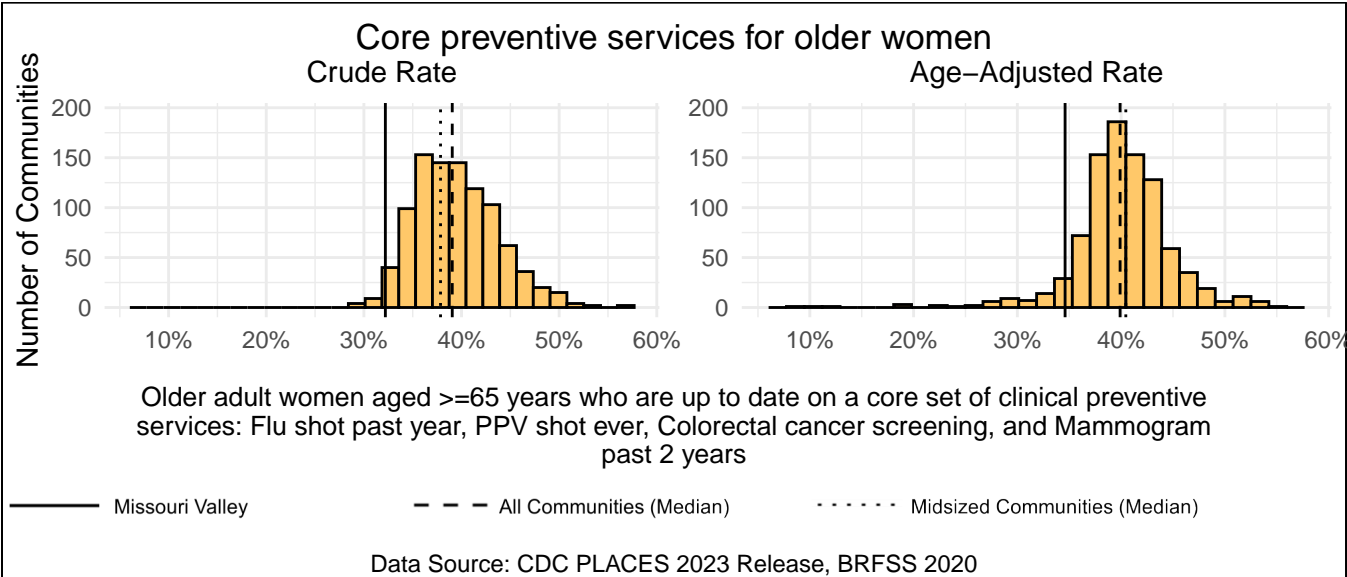
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	42.0%	43.5%	42.9%
Age-Adjusted	42.6%	43.5%	43.2%



Core preventive services for older women

Missouri Valley has a crude rate of 32.2% 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 938th out of 958 Iowa communities (99th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 34.6%, which ranks 842nd out of 905 Iowa communities (100th out of 102 midsize communities).

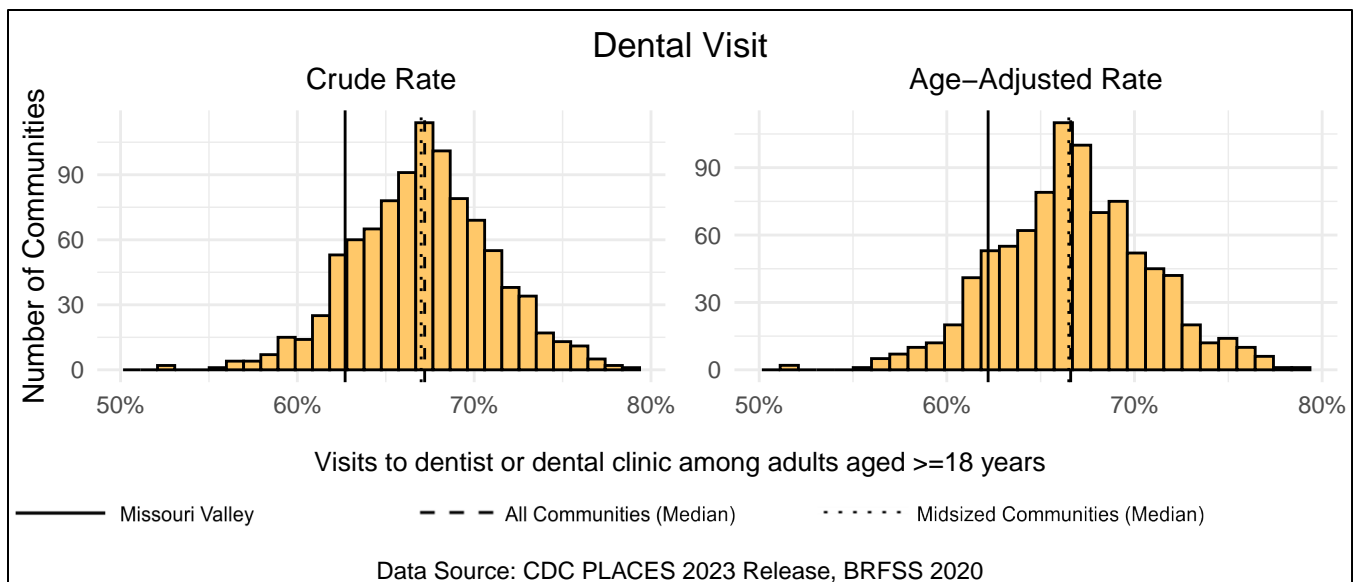
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	32.2%	39.0%	37.8%
Age-Adjusted	34.6%	39.9%	40.4%



Dental Visit

Missouri Valley has a crude rate of 62.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 842nd out of 958 Iowa communities (78th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 62.2%, which ranks 788th out of 905 Iowa communities (76th out of 102 midsize communities).

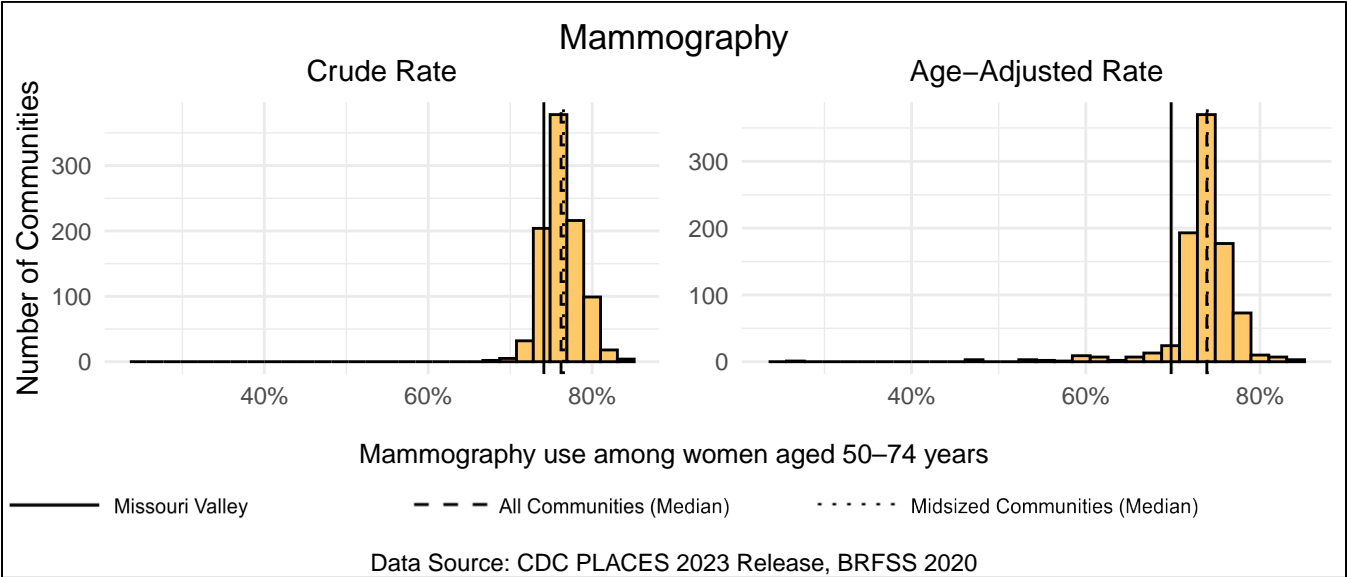
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	62.7%	67.2%	67.0%
Age-Adjusted	62.2%	66.6%	66.5%



Mammography

Missouri Valley has a crude rate of 74.1% for mammography use among women aged 50–74 years, which ranks 822nd out of 958 Iowa communities (97th out of 102 mid-sized communities). The age-adjusted rate for Missouri Valley is 69.8%, which ranks 844th out of 905 Iowa communities (98th out of 102 mid-sized communities).

Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	74.1%	76.2%	76.5%
Age-Adjusted	69.8%	73.9%	74.0%



Disability

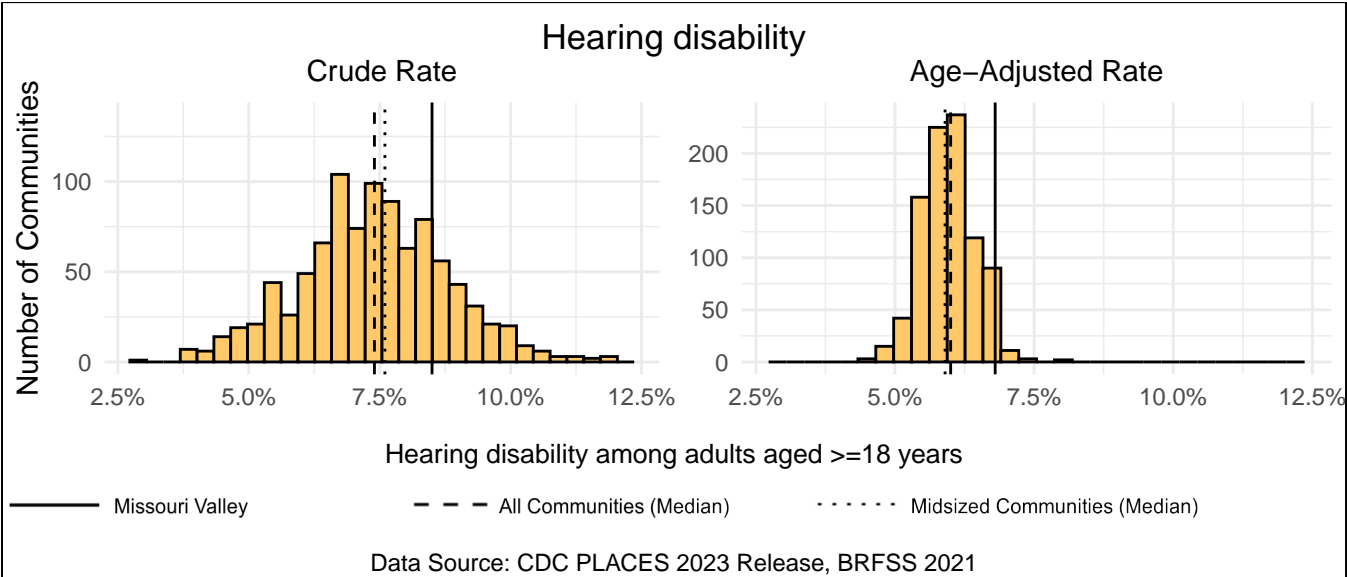
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Missouri Valley has a crude rate of 8.5% for hearing disability among adults aged ≥ 18 years, which ranks 744th out of 958 Iowa communities (78th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 6.8%, which ranks 868th out of 905 Iowa communities (95th out of 102 midsize communities).

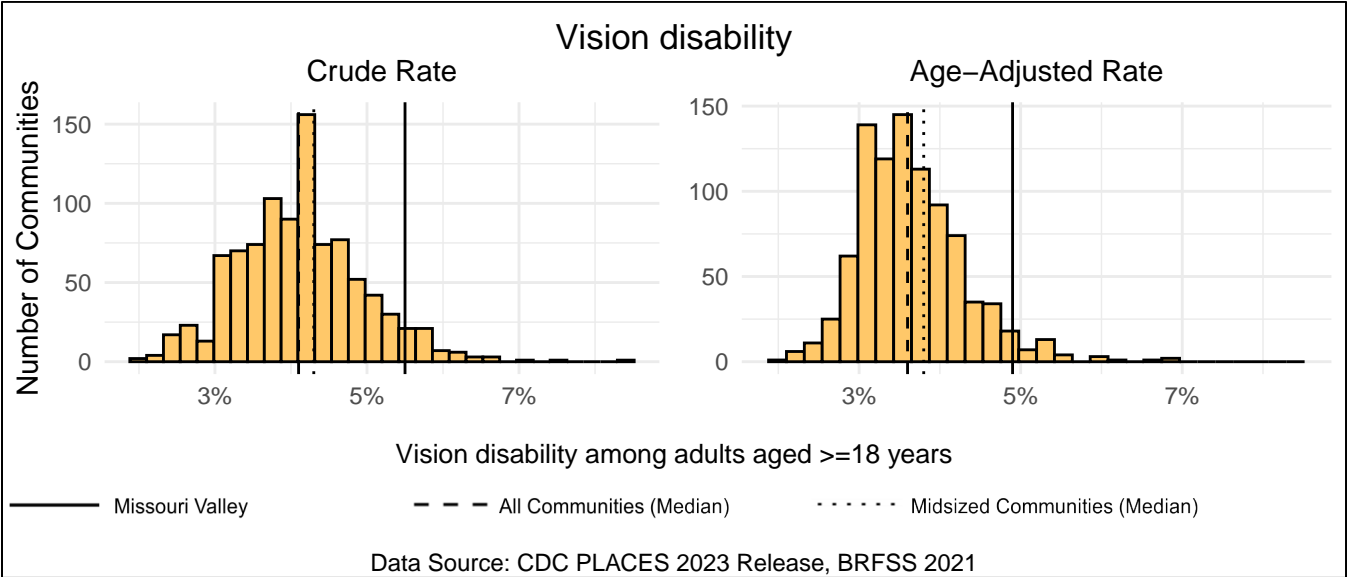
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	8.5%	7.4%	7.6%
Age-Adjusted	6.8%	6.0%	5.9%



Vision disability

Missouri Valley has a crude rate of 5.5% for vision disability among adults aged >=18 years, which ranks 895th out of 958 Iowa communities (84th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 4.9%, which ranks 867th out of 905 Iowa communities (88th out of 102 midsize communities).

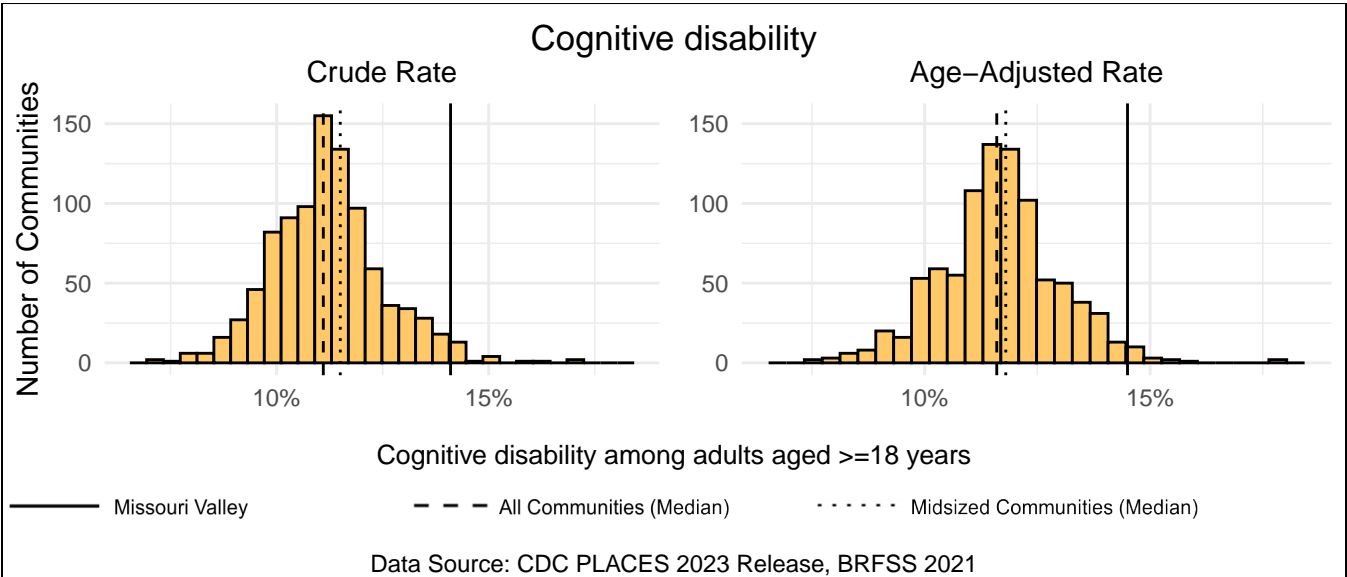
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	5.5%	4.1%	4.3%
Age-Adjusted	4.9%	3.6%	3.8%



Cognitive disability

Missouri Valley has a crude rate of 14.1% for cognitive disability among adults aged >=18 years, which ranks 937th out of 958 Iowa communities (97th out of 102 midsize communities). The age-adjusted rate for Missouri Valley is 14.5%, which ranks 888th out of 905 Iowa communities (96th out of 102 midsize communities).

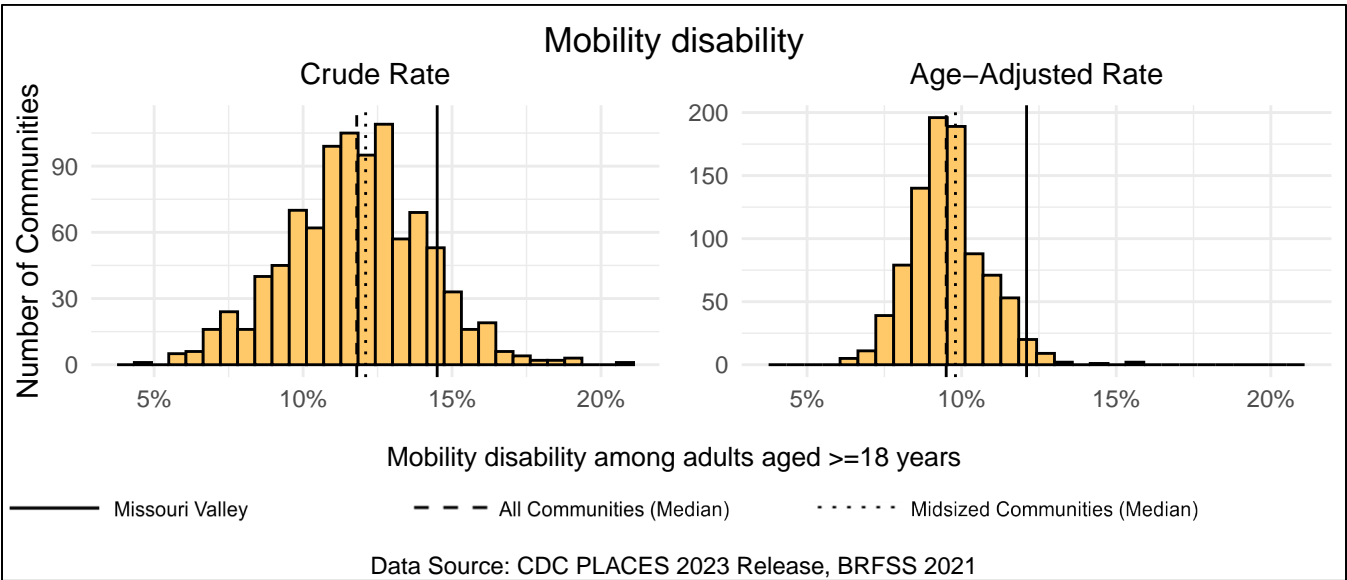
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	14.1%	11.1%	11.5%
Age-Adjusted	14.5%	11.6%	11.8%



Mobility disability

Missouri Valley has a crude rate of 14.5% for mobility disability among adults aged >=18 years, which ranks 849th out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 12.1%, which ranks 881st out of 905 Iowa communities (94th out of 102 midsized communities).

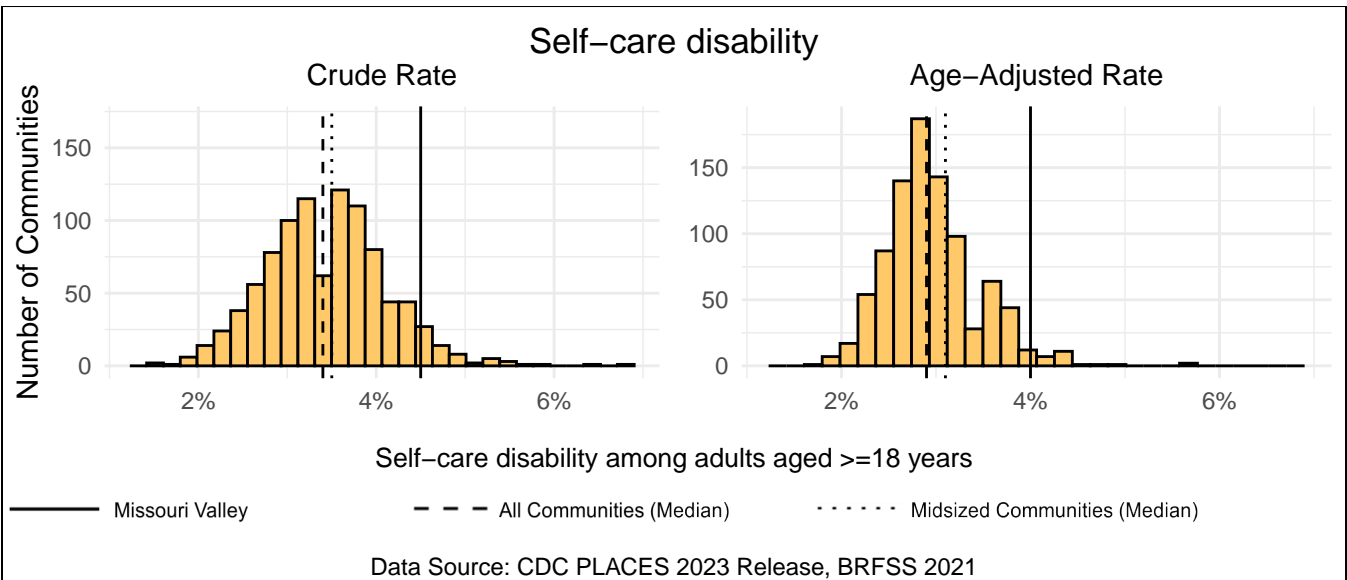
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	14.5%	11.8%	12.1%
Age-Adjusted	12.1%	9.5%	9.8%



Self-care disability

Missouri Valley has a crude rate of 4.5% for self-care disability among adults aged >=18 years, which ranks 896th out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 4.0%, which ranks 873rd out of 905 Iowa communities (92nd out of 102 midsized communities).

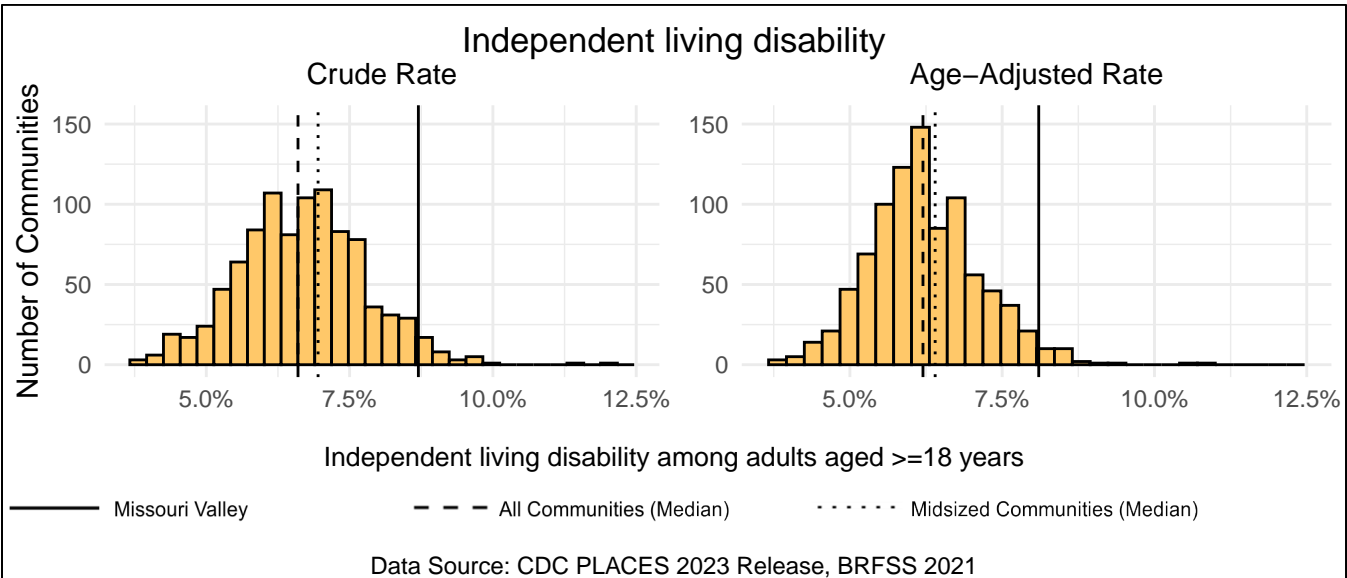
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	4.5%	3.4%	3.5%
Age-Adjusted	4.0%	2.9%	3.1%



Independent living disability

Missouri Valley has a crude rate of 8.7% for independent living disability among adults aged ≥ 18 years, which ranks 923rd out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 8.1%, which ranks 880th out of 905 Iowa communities (93rd out of 102 midsized communities).

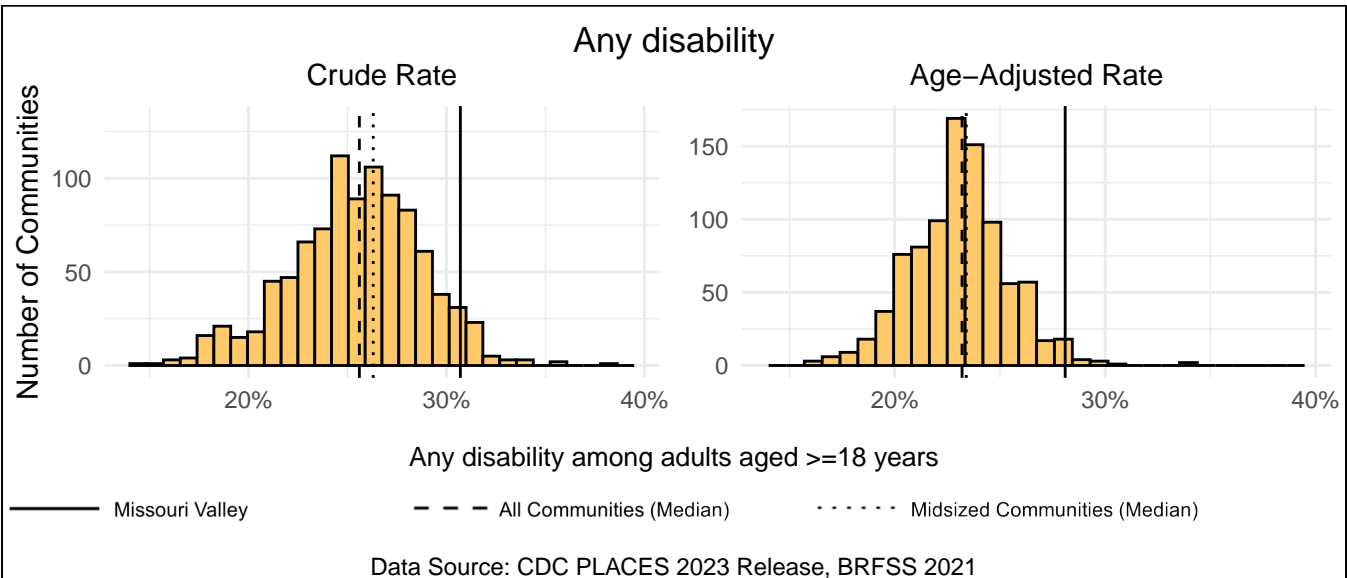
Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	8.7%	6.6%	7.0%
Age-Adjusted	8.1%	6.2%	6.4%



Any disability

Missouri Valley has a crude rate of 30.7% for any disability among adults aged ≥ 18 years, which ranks 910th out of 958 Iowa communities (93rd out of 102 midsized communities). The age-adjusted rate for Missouri Valley is 28.1%, which ranks 889th out of 905 Iowa communities (98th out of 102 midsized communities).

Measure Type	Missouri Valley	All Comm.	Midsized Comm.
Crude	30.7%	25.6%	26.3%
Age-Adjusted	28.1%	23.2%	23.4%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Missouri Valley 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	890	17.5% (14.5% - 20.5%)	869	16.2% (13.6% - 19.2%)
Health Status	Mental Health	936	16.7% (14.5% - 19.2%)	895	17.9% (15.5% - 20.6%)
Health Status	Physical Health	886	12.6% (10.7% - 14.6%)	884	11.7% (10.0% - 13.6%)
Health Risk Behaviors	Binge Drinking	356	18.8% (15.7% - 22.4%)	136	20.9% (17.5% - 24.9%)
Health Risk Behaviors	Sleep <7 hours	890	32.6% (30.8% - 34.3%)	864	33.5% (31.7% - 35.2%)
Health Risk Behaviors	Current Smoking	928	20.7% (16.6% - 25.0%)	890	22.0% (17.7% - 26.4%)
Health Risk Behaviors	Physical Inactivity	891	30.5% (25.2% - 35.9%)	864	28.9% (23.8% - 34.2%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.1% - 3.9%)	858	2.9% (2.6% - 3.2%)
Health Outcomes	Diabetes	736	11.2% (9.5% - 13.0%)	848	9.6% (8.1% - 11.1%)
Health Outcomes	All Teeth Lost	921	17.3% (11.3% - 24.9%)	873	16.9% (11.3% - 23.7%)
Health Outcomes	High Blood Pressure	681	34.2% (30.3% - 38.3%)	878	30.1% (26.4% - 34.1%)
Health Outcomes	Depression	903	20.4% (16.8% - 24.3%)	873	21.5% (17.9% - 25.6%)
Health Outcomes	COPD	878	9.1% (7.6% - 10.8%)	888	8.0% (6.7% - 9.6%)
Health Outcomes	Cancer (except skin)	486	8.1% (7.3% - 8.9%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Stroke	760	3.8% (3.3% - 4.4%)	882	3.1% (2.7% - 3.5%)
Health Outcomes	High Cholesterol	606	37.2% (32.8% - 41.6%)	851	31.2% (27.0% - 35.8%)
Health Outcomes	Current Asthma	917	10.1% (8.9% - 11.5%)	874	10.3% (9.1% - 11.8%)
Health Outcomes	Coronary Heart Disease	715	7.4% (6.5% - 8.6%)	865	5.8% (5.1% - 6.7%)
Health Outcomes	Obesity	848	40.5% (33.6% - 47.9%)	845	41.1% (33.9% - 48.7%)
Health Outcomes	Arthritis	654	29.5% (25.5% - 33.5%)	882	25.4% (21.9% - 29.3%)
Prevention	Annual Checkup	614	74.5% (69.8% - 79.1%)	597	72.1% (67.1% - 77.0%)
Prevention	Health Insurance	898	9.6% (7.2% - 12.6%)	830	9.7% (7.2% - 12.6%)
Prevention	Mammography	822	74.1% (69.3% - 78.7%)	844	69.8% (64.3% - 74.6%)
Prevention	Cervical Cancer Screening	889	80.7% (77.9% - 83.6%)	812	81.1% (78.2% - 83.9%)
Prevention	Taking BP Medication	402	80.2% (77.2% - 82.9%)	39	60.8% (56.1% - 65.5%)
Prevention	Core preventive services for older men	653	42.0% (32.8% - 51.5%)	542	42.6% (33.3% - 52.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	896	67.8% (64.1% - 71.5%)	885	67.4% (63.6% - 71.1%)
Prevention	Cholesterol Screening	834	79.8% (76.4% - 83.1%)	842	77.2% (73.3% - 80.9%)
Prevention	Core preventive services for older women	938	32.2% (25.5% - 39.8%)	842	34.6% (27.4% - 42.1%)
Prevention	Dental Visit	842	62.7% (58.7% - 66.6%)	788	62.2% (58.1% - 66.2%)
Disability	Cognitive Disability	937	14.1% (11.8% - 16.6%)	888	14.5% (12.2% - 17.1%)
Disability	Mobility Disability	849	14.5% (12.1% - 17.1%)	881	12.1% (10.3% - 14.3%)
Disability	Self-care Disability	896	4.5% (3.8% - 5.3%)	873	4.0% (3.4% - 4.7%)
Disability	Hearing Disability	744	8.5% (7.5% - 9.6%)	868	6.8% (6.0% - 7.7%)
Disability	Vision Disability	895	5.5% (4.6% - 6.6%)	867	4.9% (4.1% - 5.7%)
Disability	Any Disability	910	30.7% (26.5% - 35.3%)	889	28.1% (24.0% - 32.6%)
Disability	Independent Living Disability	923	8.7% (7.3% - 10.3%)	880	8.1% (6.9% - 9.6%)

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)

Missouri Valley 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
