



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in North Liberty: Overview

Dear Community Members & Stakeholders of North Liberty,

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 North Liberty ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify North Liberty’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 North Liberty. 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
Stroke	1st	1st	High Cholesterol	3rd	1st
Diabetes	1st	1st	High Blood Pressure	4th	1st
General Health	1st	1st	All Teeth Lost	5th	1st
Arthritis	1st	1st	Coronary Heart Disease	7th	2nd
Physical Health	1st	1st	Current Smoking	8th	3rd

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
Binge Drinking	958th	31st	Taking BP Medication	888th	28th
Annual Checkup	958th	31st	Cancer (except skin)	831st	28th
Taking BP Medication	958th	31st	Binge Drinking	792nd	30th
Cholesterol Screening	941st	28th	Annual Checkup	628th	27th
Depression	916th	27th	Depression	368th	11th

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 North Liberty.

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

With a population of 20,393, North Liberty’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.



Health Status

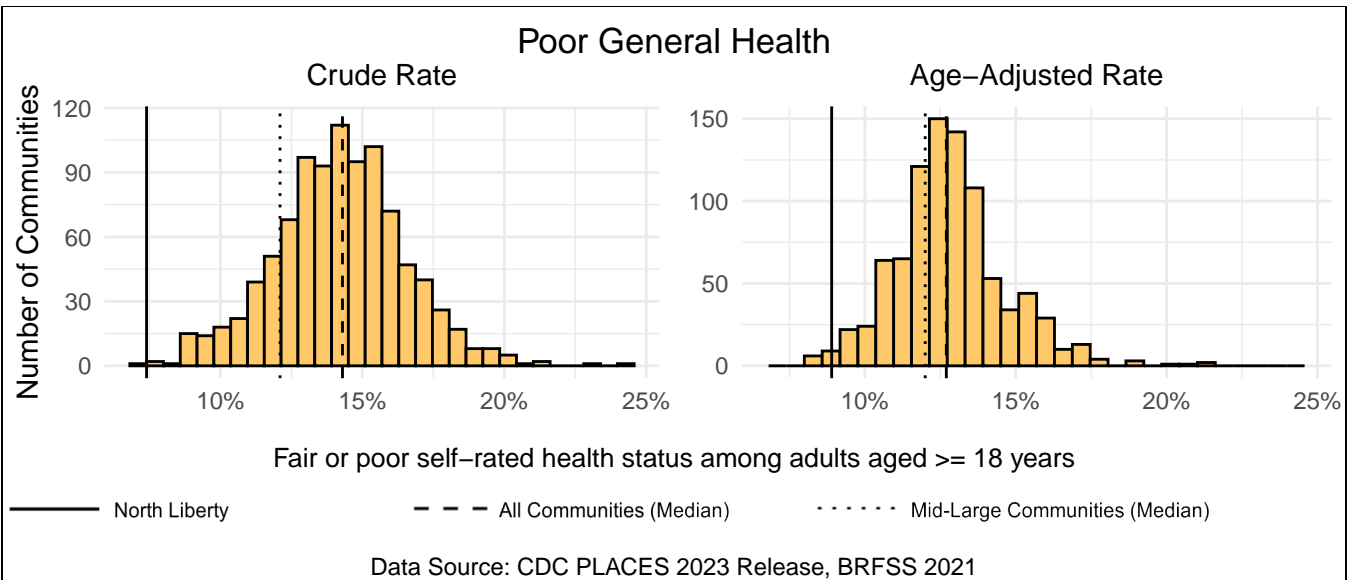
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

North Liberty has a crude rate of 7.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 8.9%, which ranks 13th out of 905 Iowa communities (3rd out of 31 mid-large communities).

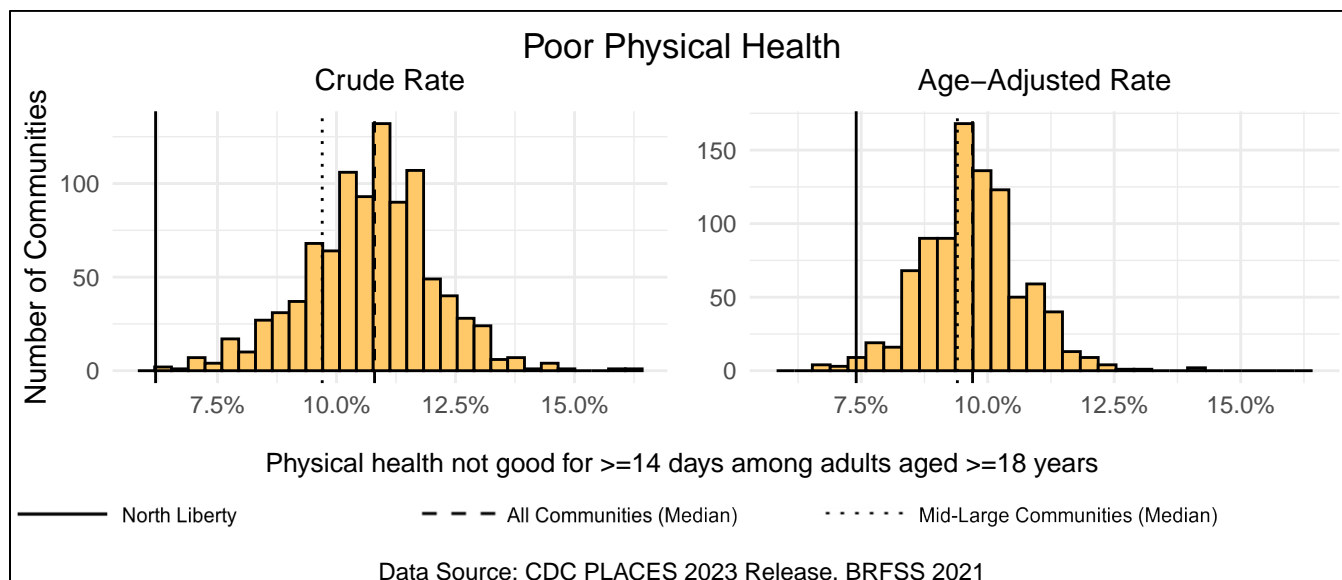
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	7.4%	14.3%	12.1%
Age-Adjusted	8.9%	12.7%	12.0%



Poor Physical Health

North Liberty has a crude rate of 6.2% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 7.4%, which ranks 12th out of 905 Iowa communities (3rd out of 31 mid-large communities).

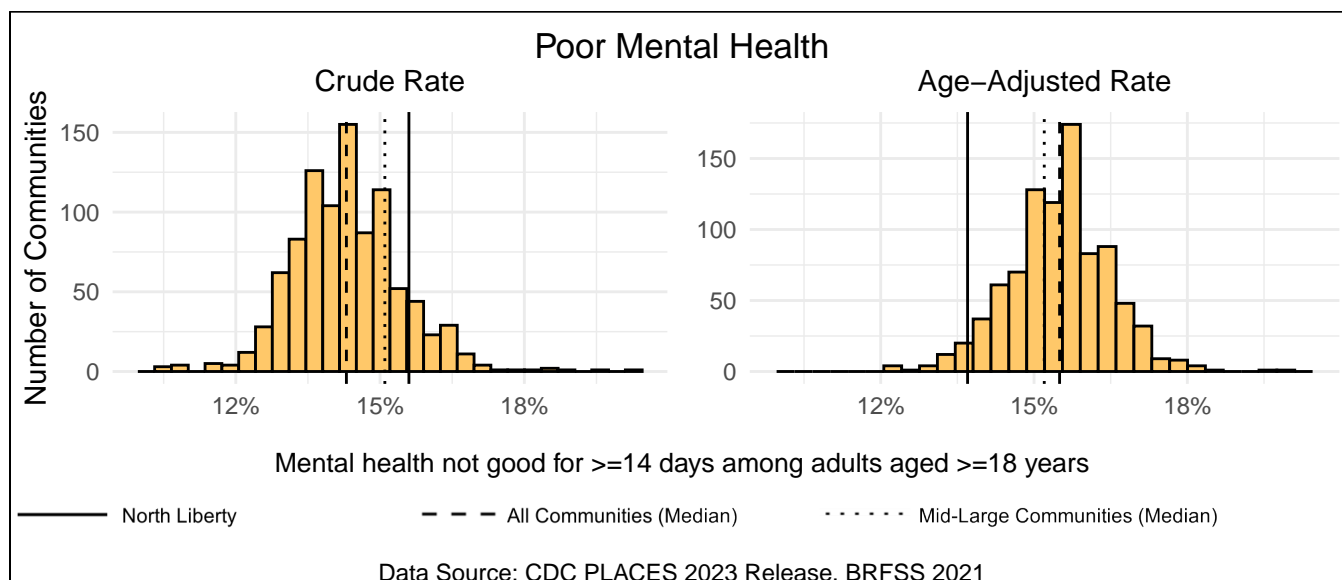
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	6.2%	10.8%	9.7%
Age-Adjusted	7.4%	9.7%	9.4%



Poor Mental Health

North Liberty has a crude rate of 15.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 840th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 13.7%, which ranks 32nd out of 905 Iowa communities (5th out of 31 mid-large communities).

Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	15.6%	14.3%	15.1%
Age-Adjusted	13.7%	15.5%	15.2%



Health Risk Behaviors

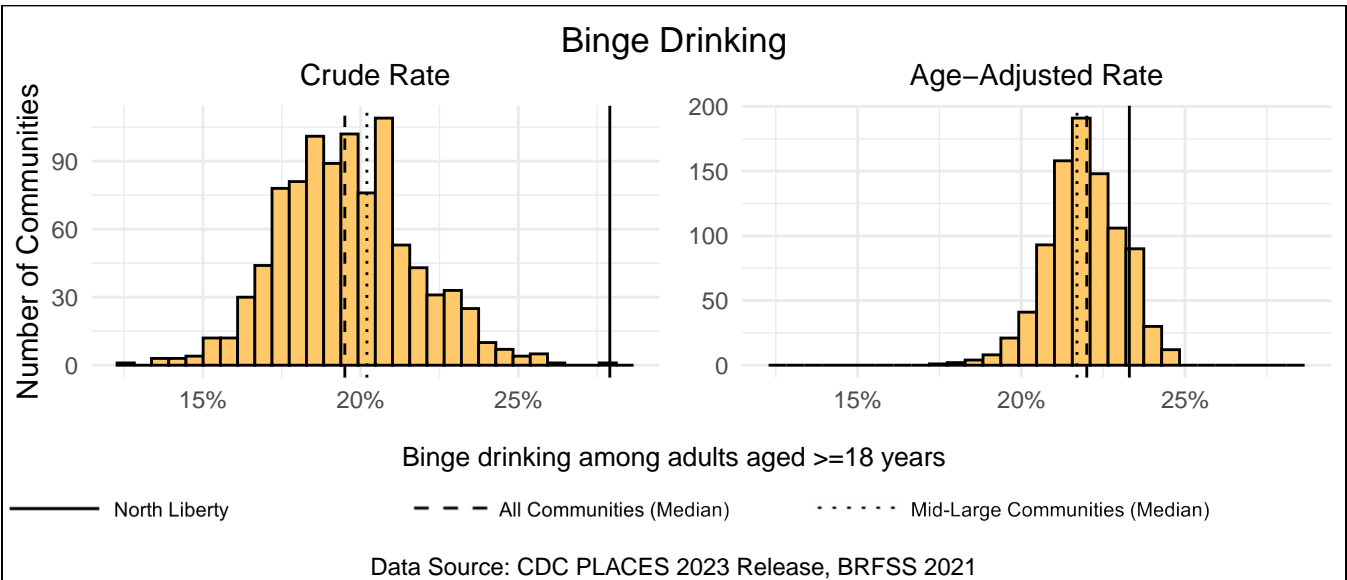
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

North Liberty has a crude rate of 27.9% for binge drinking among adults aged ≥ 18 years, which ranks 958th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 23.3%, which ranks 792nd out of 905 Iowa communities (30th out of 31 mid-large communities).

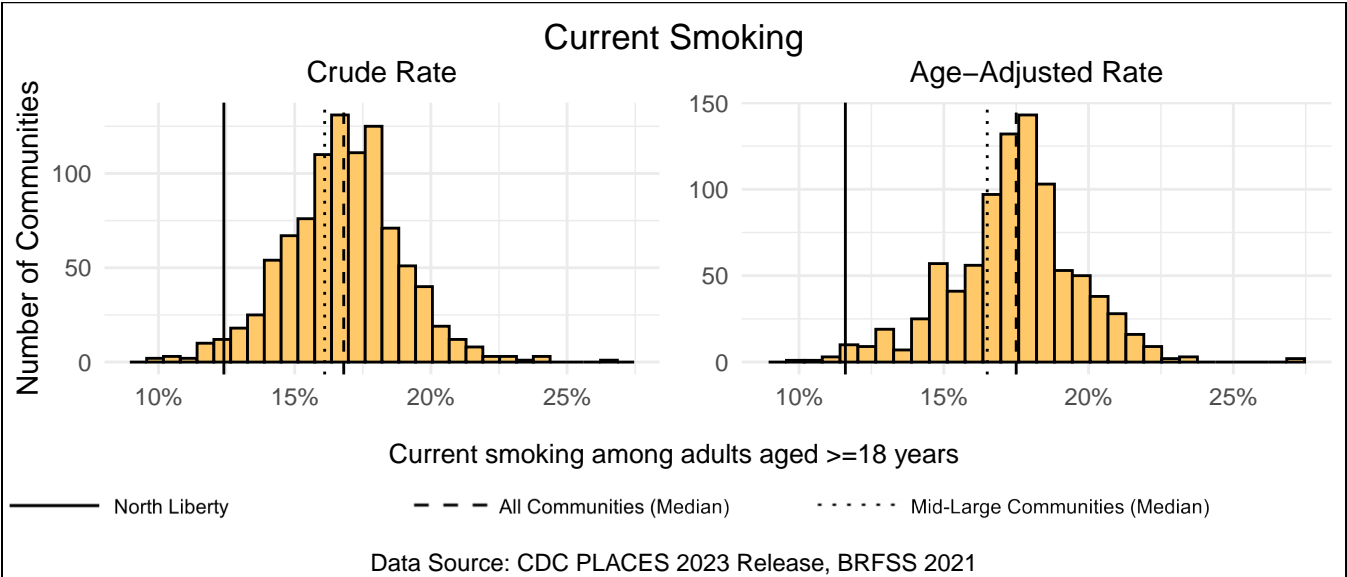
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	27.9%	19.5%	20.2%
Age-Adjusted	23.3%	22.0%	21.7%



Current Smoking

North Liberty has a crude rate of 12.4% for current smoking among adults aged ≥ 18 years, which ranks 22nd out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 11.6%, which ranks 8th out of 905 Iowa communities (3rd out of 31 mid-large communities).

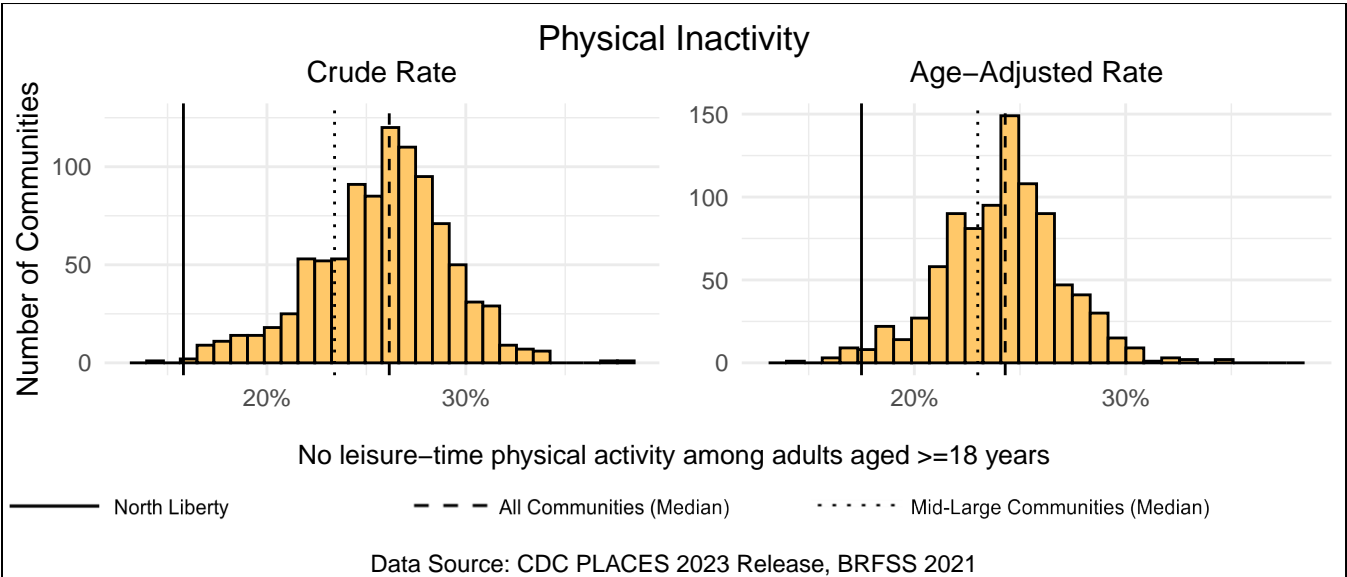
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	12.4%	16.8%	16.1%
Age-Adjusted	11.6%	17.5%	16.5%



Physical Inactivity

North Liberty has a crude rate of 15.8% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 2nd out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 17.5%, which ranks 14th out of 905 Iowa communities (2nd out of 31 mid-large communities).

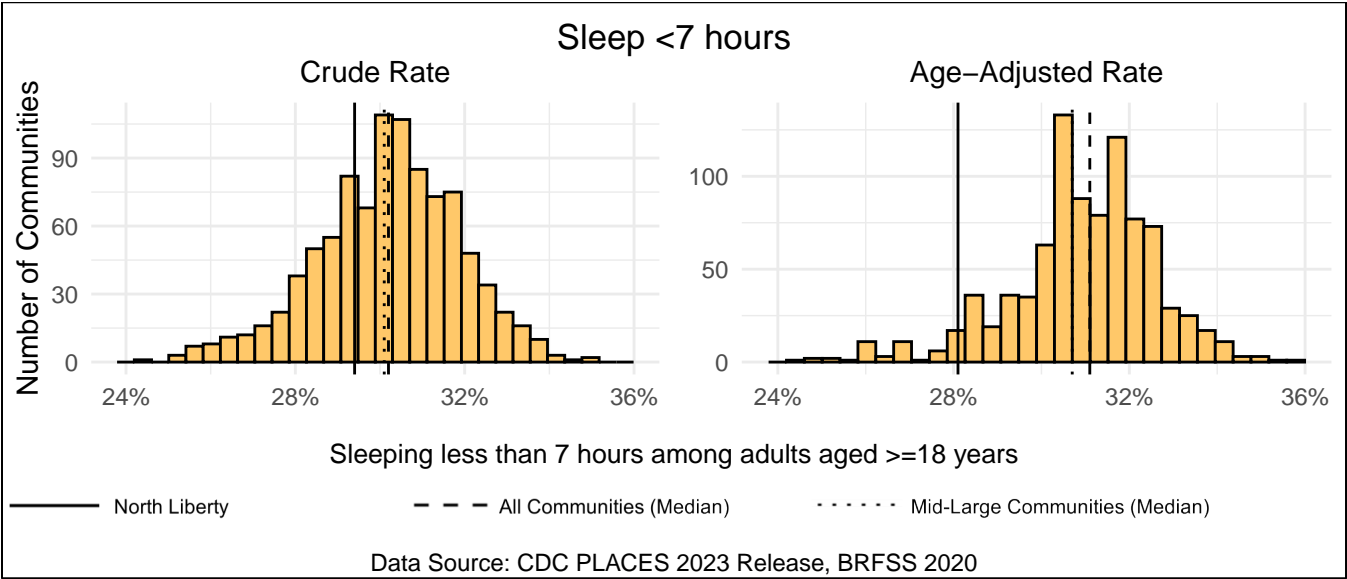
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	15.8%	26.1%	23.4%
Age-Adjusted	17.5%	24.3%	23.0%



Sleep <7 hours

North Liberty has a crude rate of 29.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 278th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 28.1%, which ranks 44th out of 905 Iowa communities (7th out of 31 mid-large communities).

Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	29.4%	30.2%	30.1%
Age-Adjusted	28.1%	31.1%	30.7%



Health Outcomes

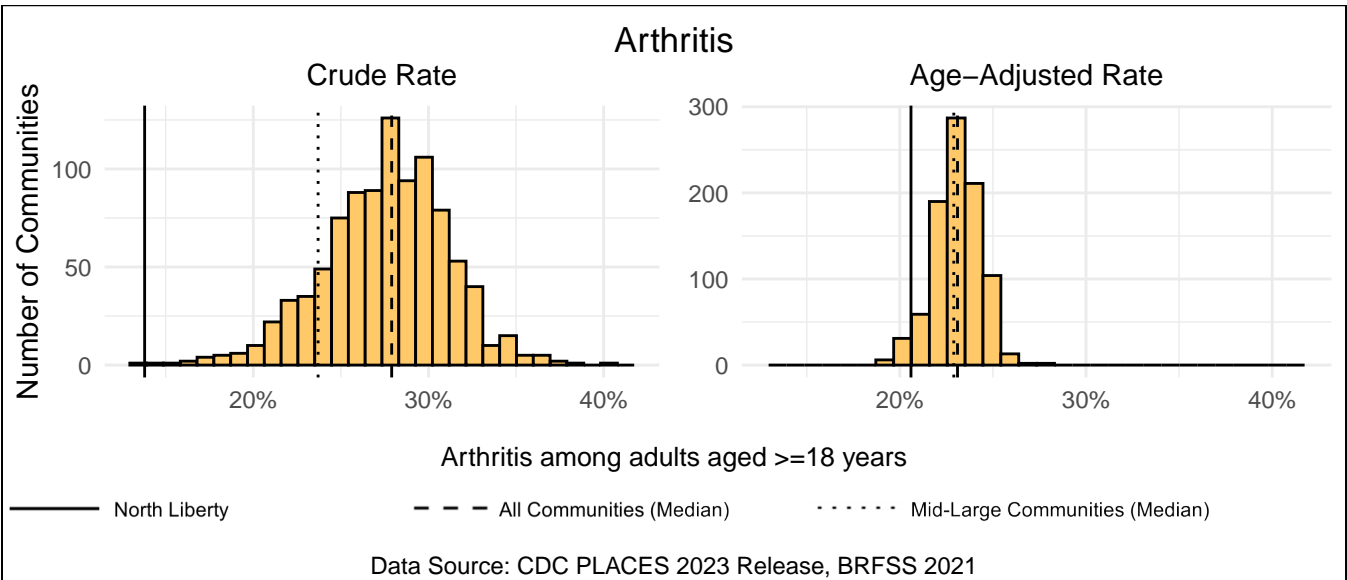
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

North Liberty has a crude rate of 13.8% for arthritis among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 20.6%, which ranks 32nd out of 905 Iowa communities (2nd out of 31 mid-large communities).

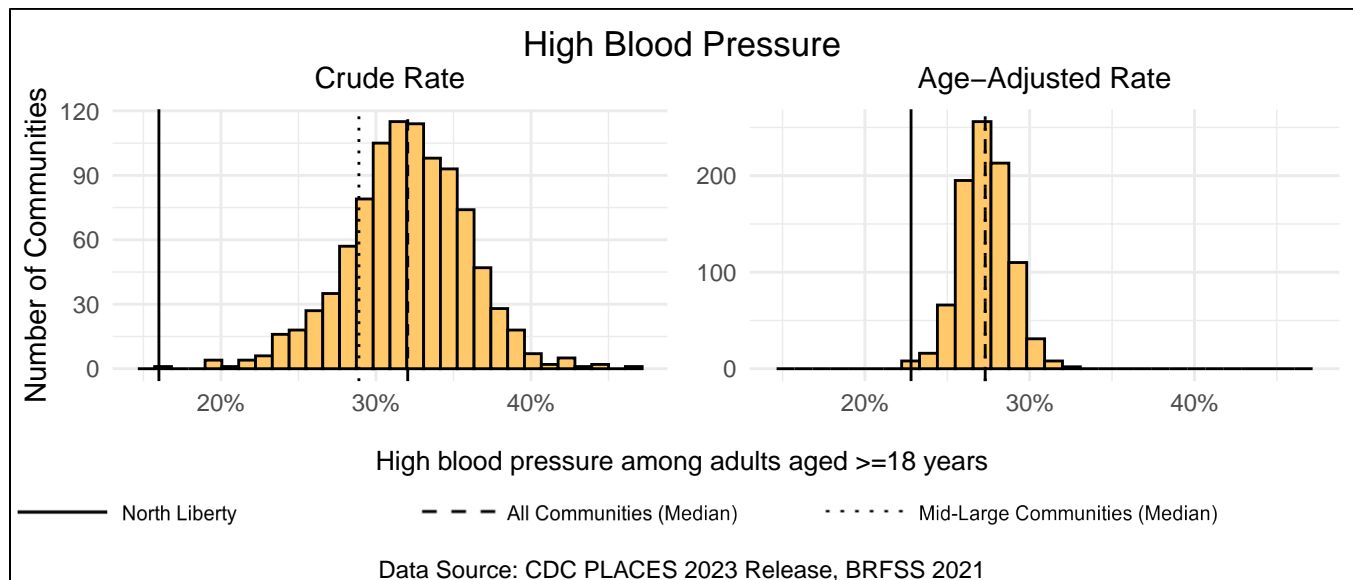
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	13.8%	27.9%	23.7%
Age-Adjusted	20.6%	23.1%	22.9%



High Blood Pressure

North Liberty has a crude rate of 16.0% for high blood pressure among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 22.8%, which ranks 4th out of 905 Iowa communities (1st out of 31 mid-large communities).

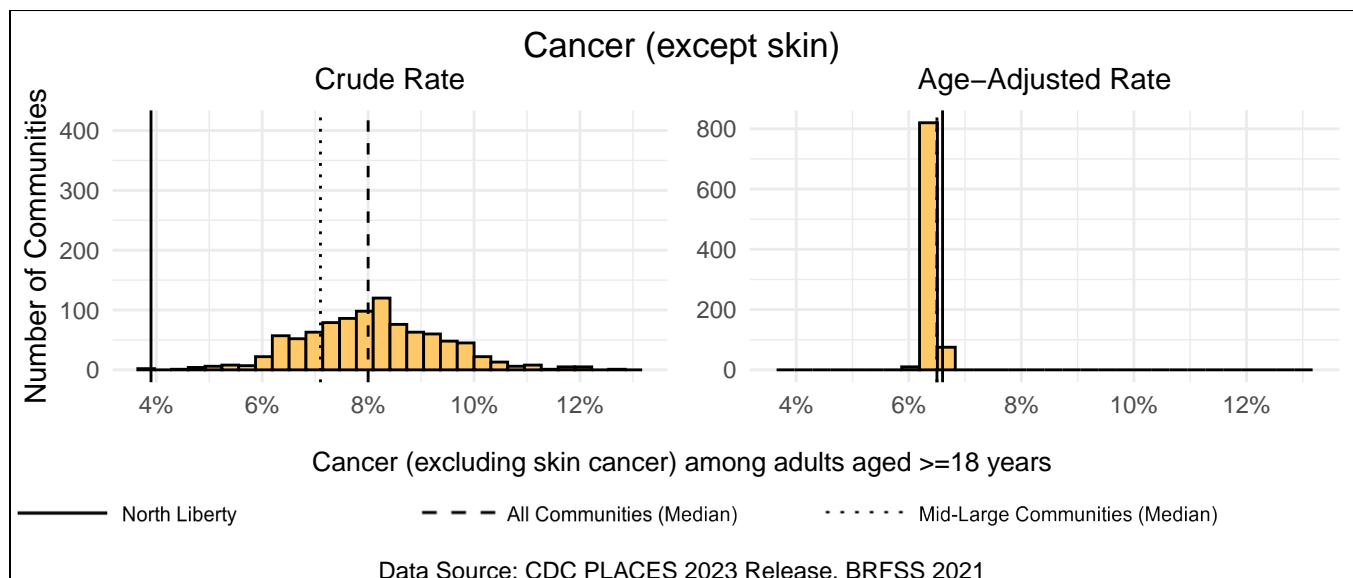
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	16.0%	32.0%	28.9%
Age-Adjusted	22.8%	27.3%	27.3%



Cancer (except skin)

North Liberty has a crude rate of 3.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 6.6%, which ranks 831st out of 905 Iowa communities (28th out of 31 mid-large communities).

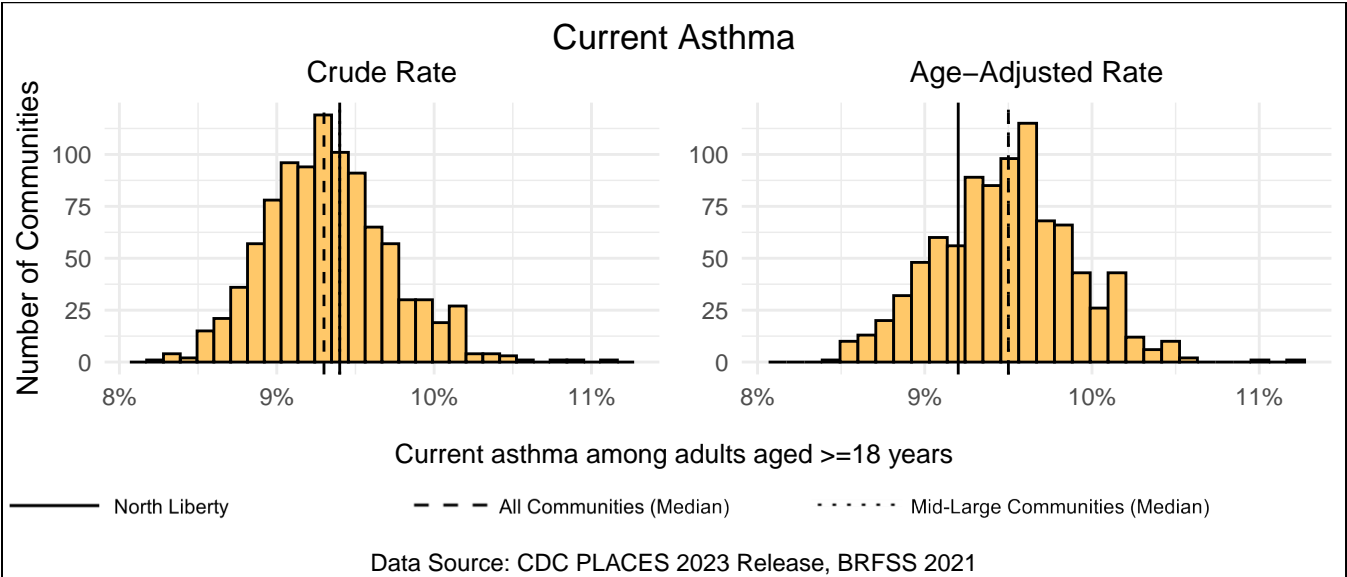
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	3.9%	8.0%	7.1%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

North Liberty has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 9.2%, which ranks 185th out of 905 Iowa communities (11th out of 31 mid-large communities).

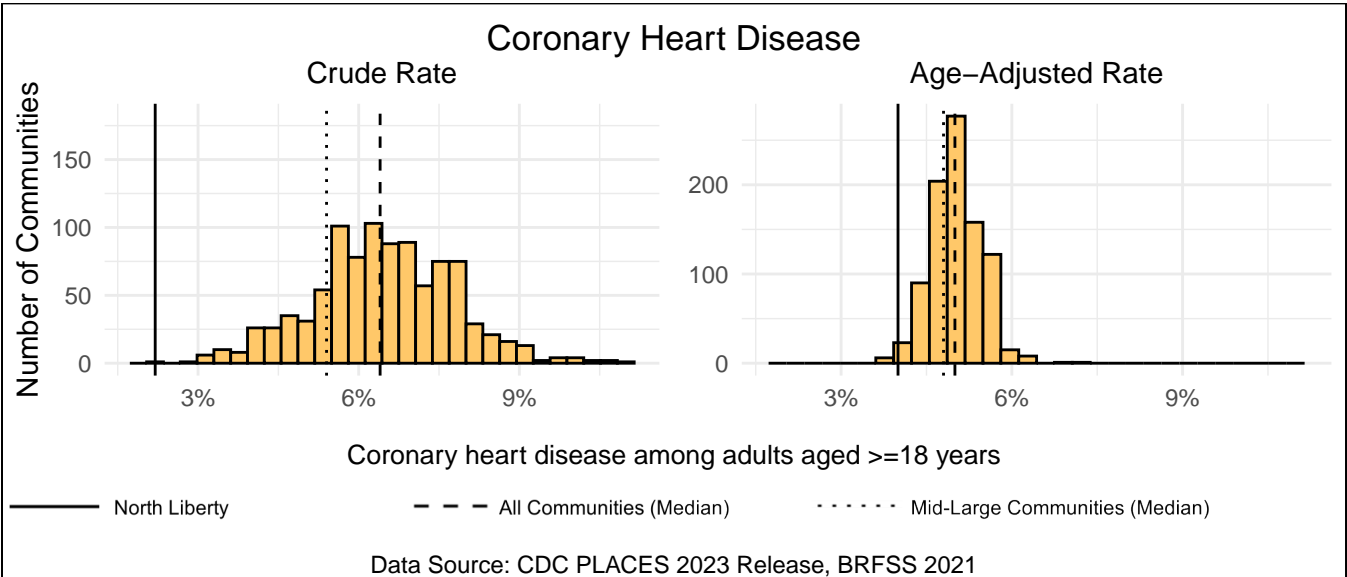
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	9.4%	9.3%	9.4%
Age-Adjusted	9.2%	9.5%	9.5%



Coronary Heart Disease

North Liberty has a crude rate of 2.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 4.0%, which ranks 7th out of 905 Iowa communities (2nd out of 31 mid-large communities).

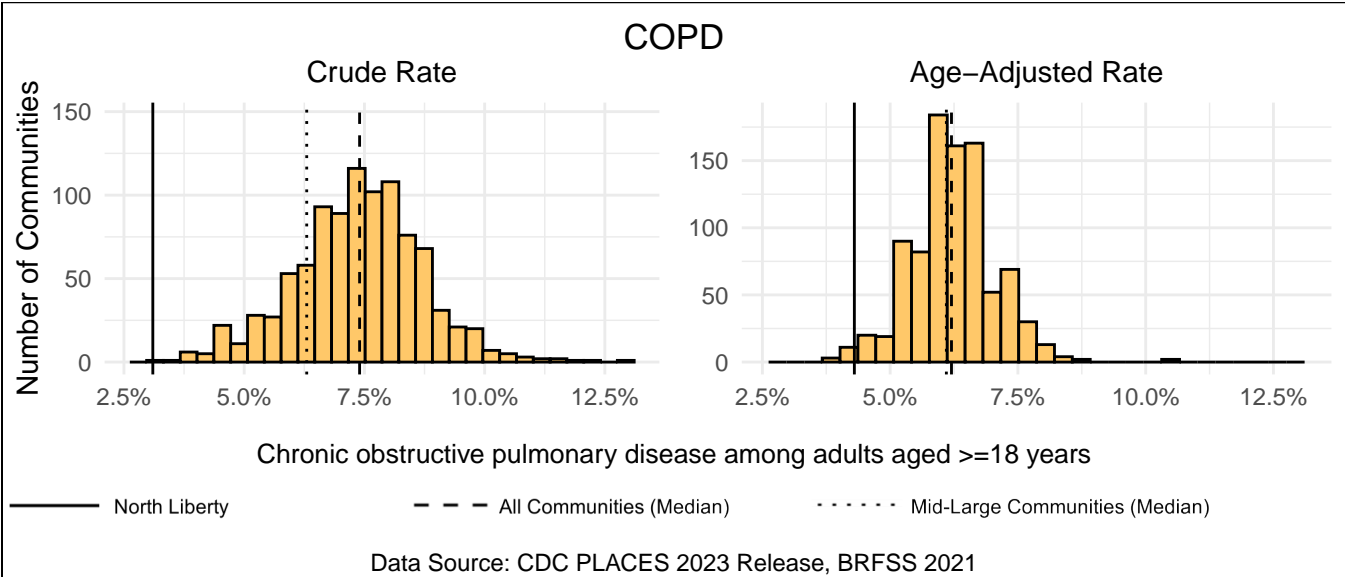
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	2.2%	6.4%	5.4%
Age-Adjusted	4.0%	5.0%	4.8%



COPD

North Liberty has a crude rate of 3.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 4.3%, which ranks 8th out of 905 Iowa communities (4th out of 31 mid-large communities).

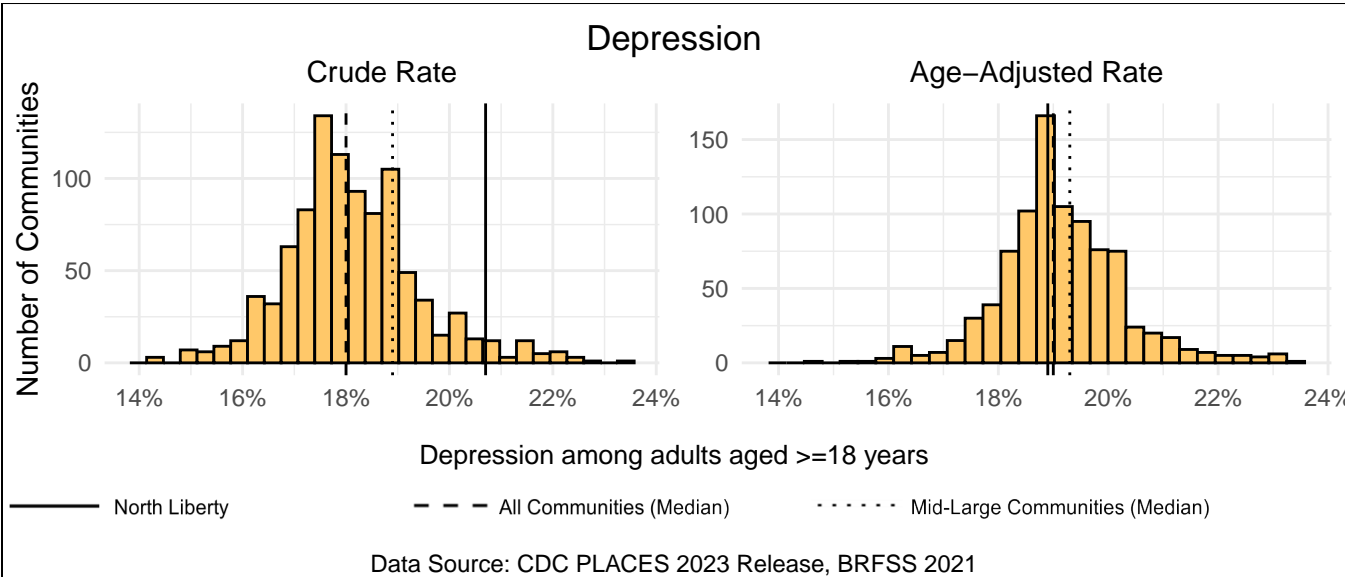
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	3.1%	7.4%	6.3%
Age-Adjusted	4.3%	6.2%	6.1%



Depression

North Liberty has a crude rate of 20.7% for depression among adults aged ≥ 18 years, which ranks 916th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 18.9%, which ranks 368th out of 905 Iowa communities (11th out of 31 mid-large communities).

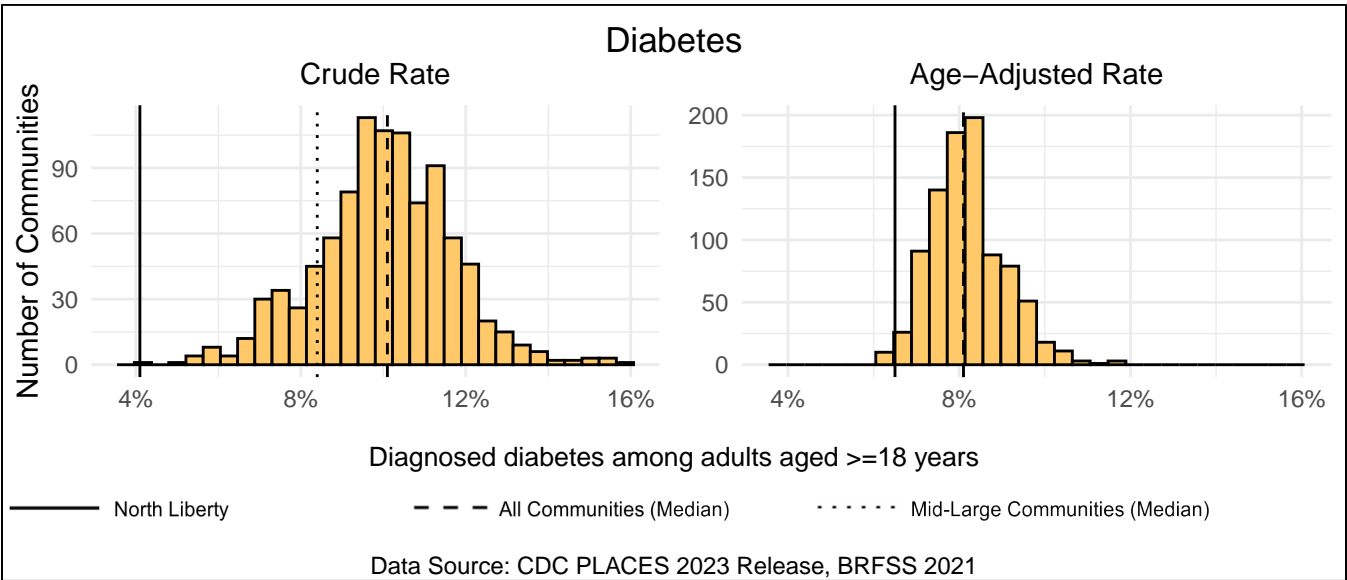
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	20.7%	18.0%	18.9%
Age-Adjusted	18.9%	19.0%	19.3%



Diabetes

North Liberty has a crude rate of 4.1% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 6.5%, which ranks 11th out of 905 Iowa communities (2nd out of 31 mid-large communities).

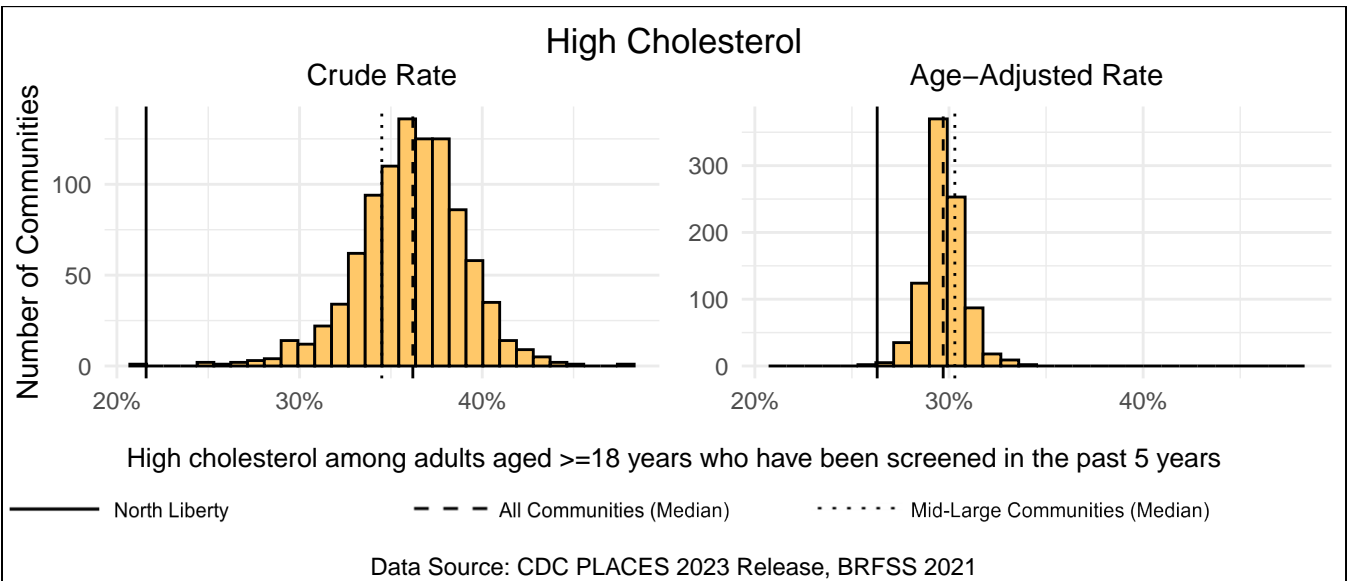
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	4.1%	10.1%	8.4%
Age-Adjusted	6.5%	8.1%	8.1%



High Cholesterol

North Liberty has a crude rate of 21.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 26.3%, which ranks 3rd out of 905 Iowa communities (1st out of 31 mid-large communities).

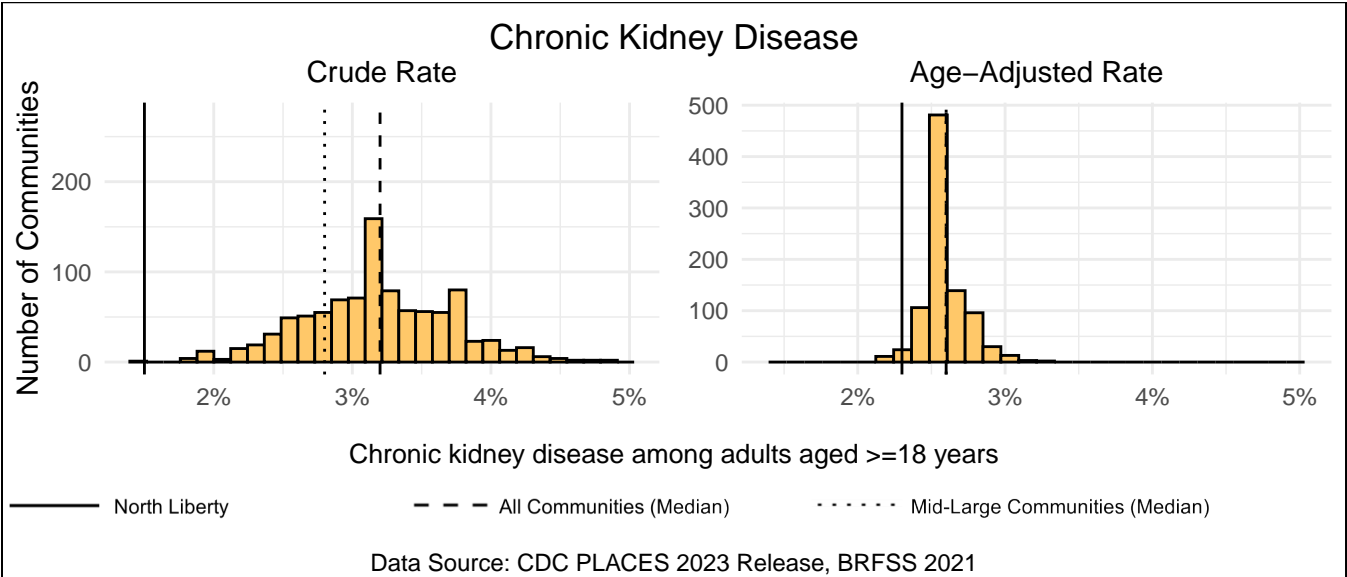
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	21.6%	36.2%	34.5%
Age-Adjusted	26.3%	29.7%	30.3%



Chronic Kidney Disease

North Liberty has a crude rate of 1.5% for chronic kidney disease among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 2.3%, which ranks 12th out of 905 Iowa communities (3rd out of 31 mid-large communities).

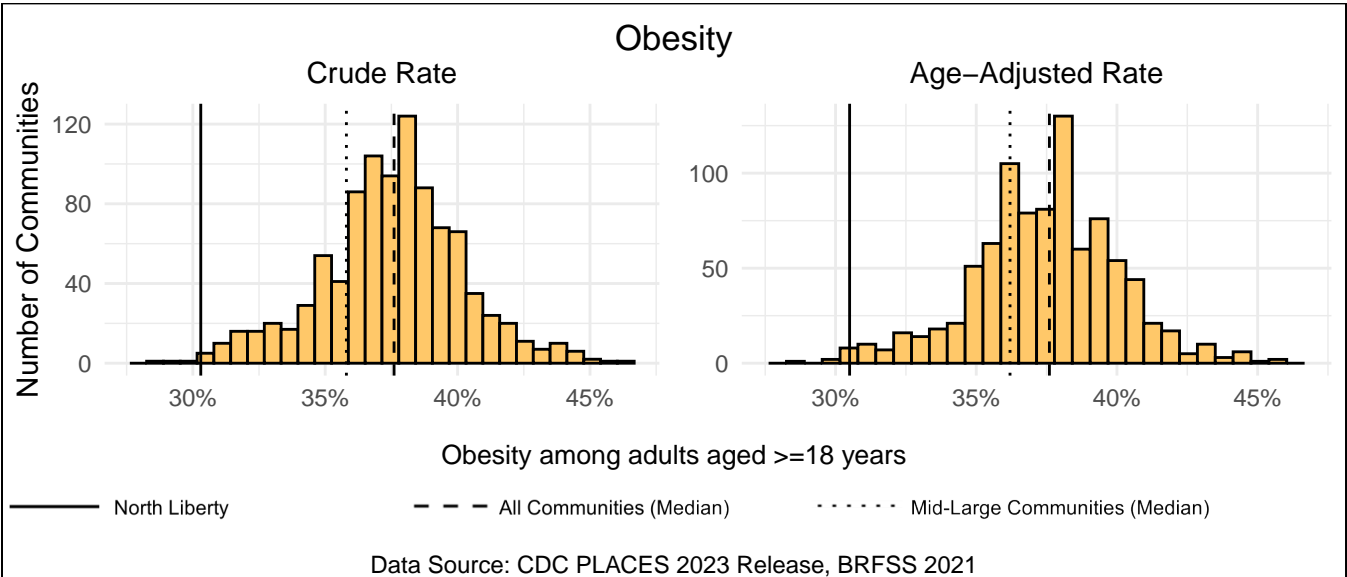
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	1.5%	3.2%	2.8%
Age-Adjusted	2.3%	2.6%	2.6%



Obesity

North Liberty has a crude rate of 30.3% for obesity among adults aged ≥ 18 years, which ranks 4th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 30.5%, which ranks 10th out of 905 Iowa communities (1st out of 31 mid-large communities).

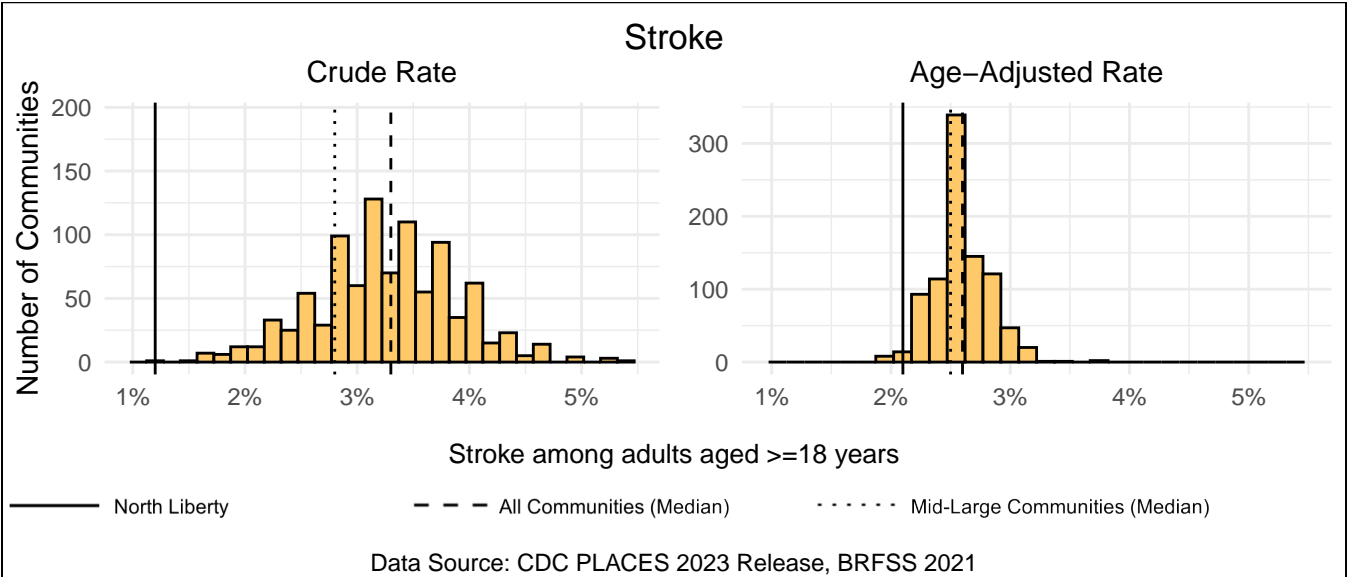
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	30.3%	37.6%	35.8%
Age-Adjusted	30.5%	37.6%	36.2%



Stroke

North Liberty has a crude rate of 1.2% for stroke among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 2.1%, which ranks 9th out of 905 Iowa communities (3rd out of 31 mid-large communities).

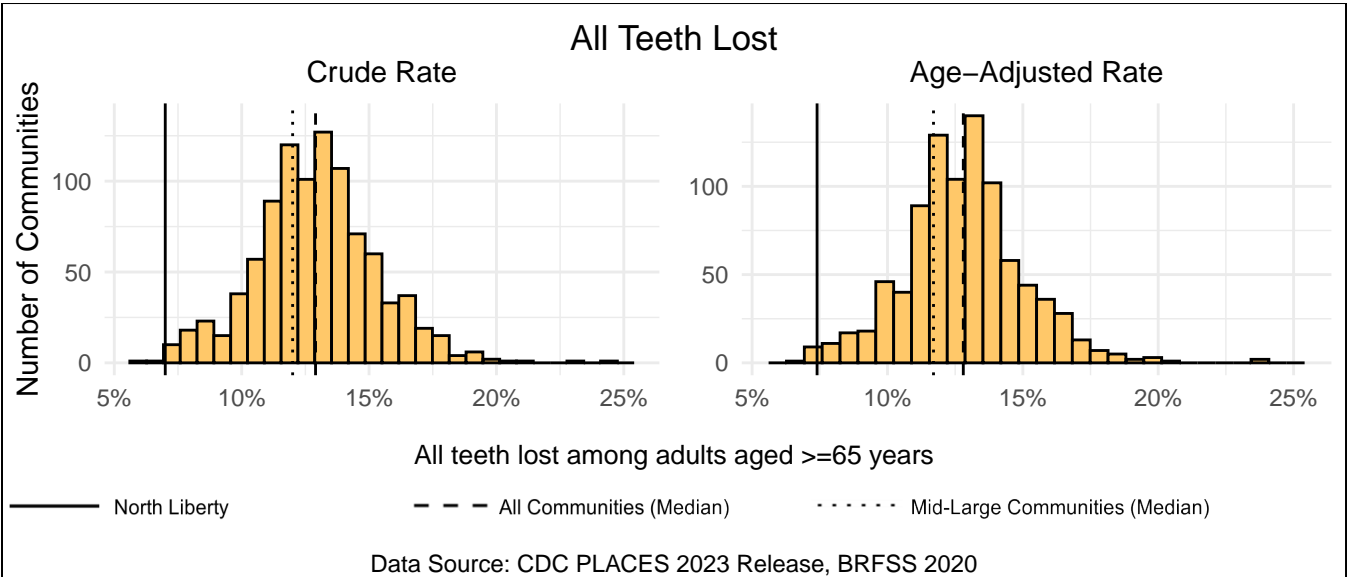
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	1.2%	3.3%	2.8%
Age-Adjusted	2.1%	2.6%	2.5%



All Teeth Lost

North Liberty has a crude rate of 7.0% for all teeth lost among adults aged ≥ 65 years, which ranks 3rd out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 7.4%, which ranks 5th out of 905 Iowa communities (1st out of 31 mid-large communities).

Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	7.0%	12.9%	12.0%
Age-Adjusted	7.4%	12.8%	11.7%



Prevention

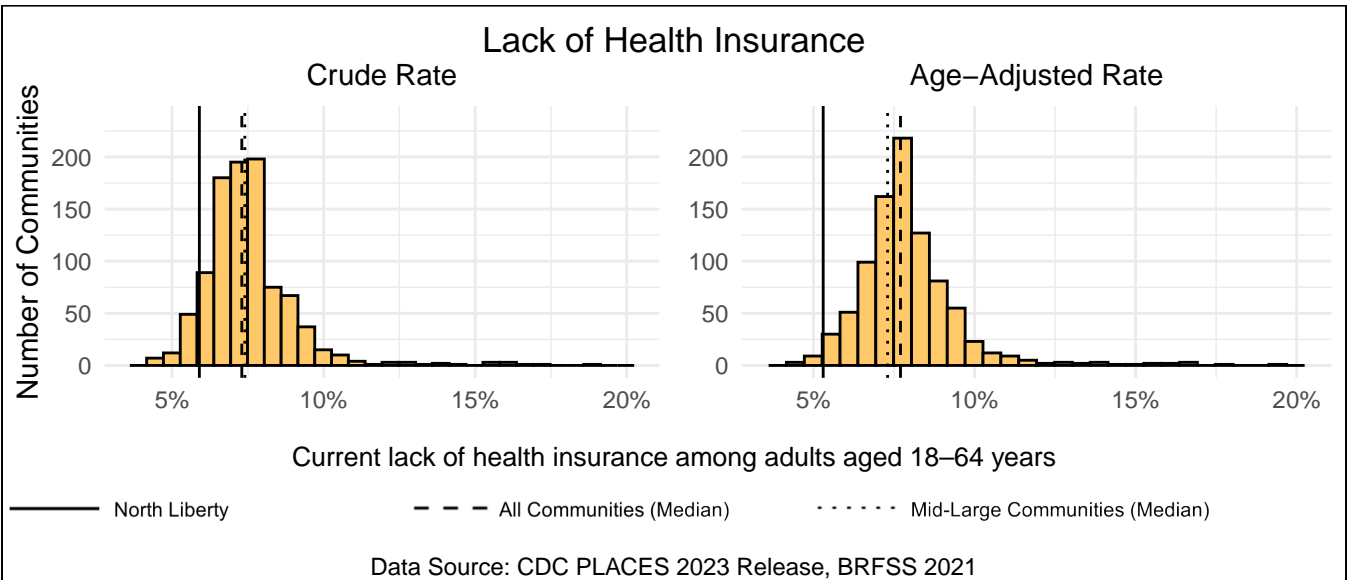
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

North Liberty has a crude rate of 5.9% for current lack of health insurance among adults aged 18–64 years, which ranks 69th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 5.3%, which ranks 13th out of 905 Iowa communities (3rd out of 31 mid-large communities).

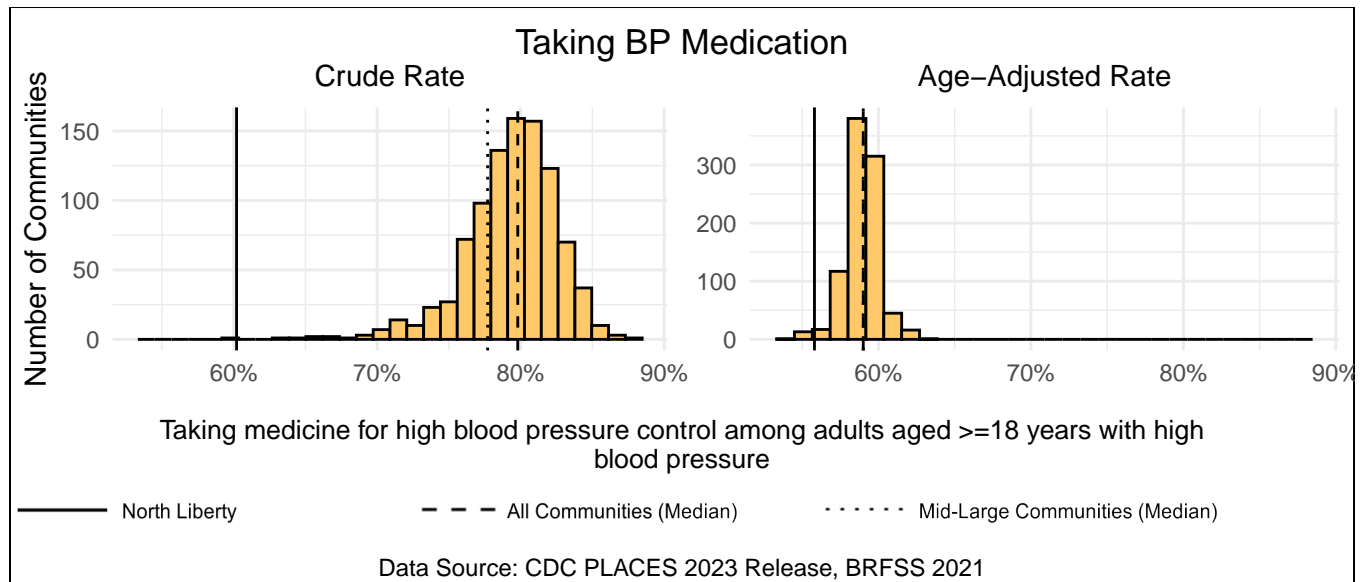
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	5.9%	7.3%	7.4%
Age-Adjusted	5.3%	7.7%	7.3%



Taking BP Medication

North Liberty has a crude rate of 60.2% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 958th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 55.8%, which ranks 888th out of 905 Iowa communities (28th out of 31 mid-large communities).

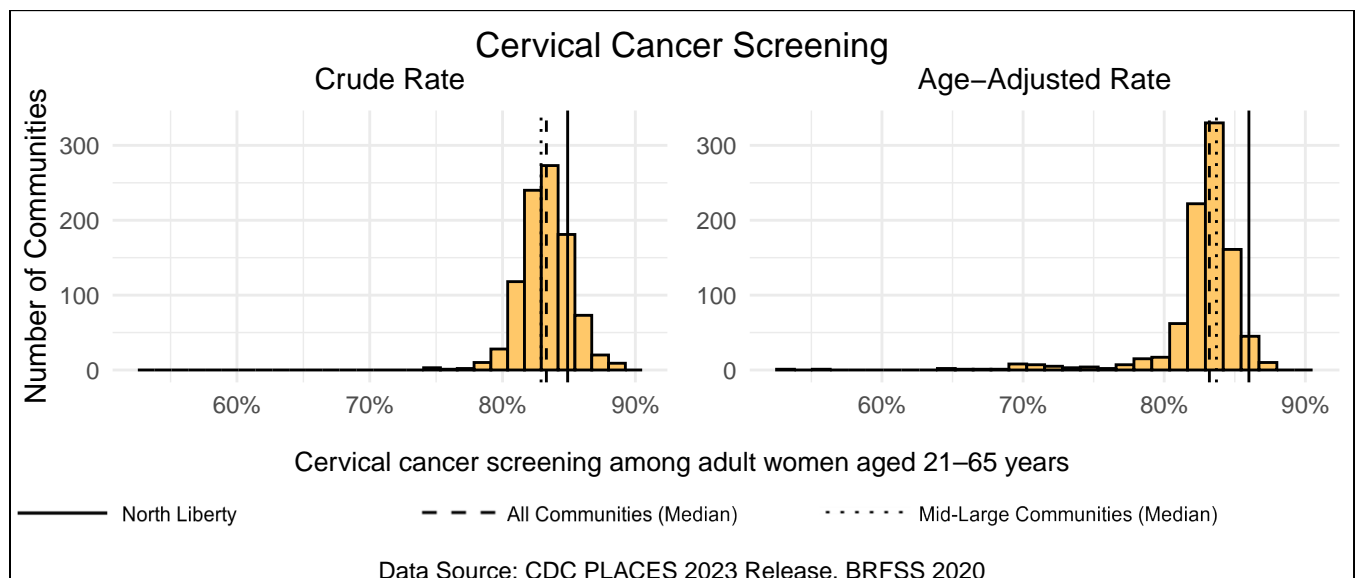
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	60.2%	79.8%	77.7%
Age-Adjusted	55.8%	59.0%	59.0%



Cervical Cancer Screening

North Liberty has a crude rate of 84.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 158th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 86.0%, which ranks 27th out of 905 Iowa communities (5th out of 31 mid-large communities).

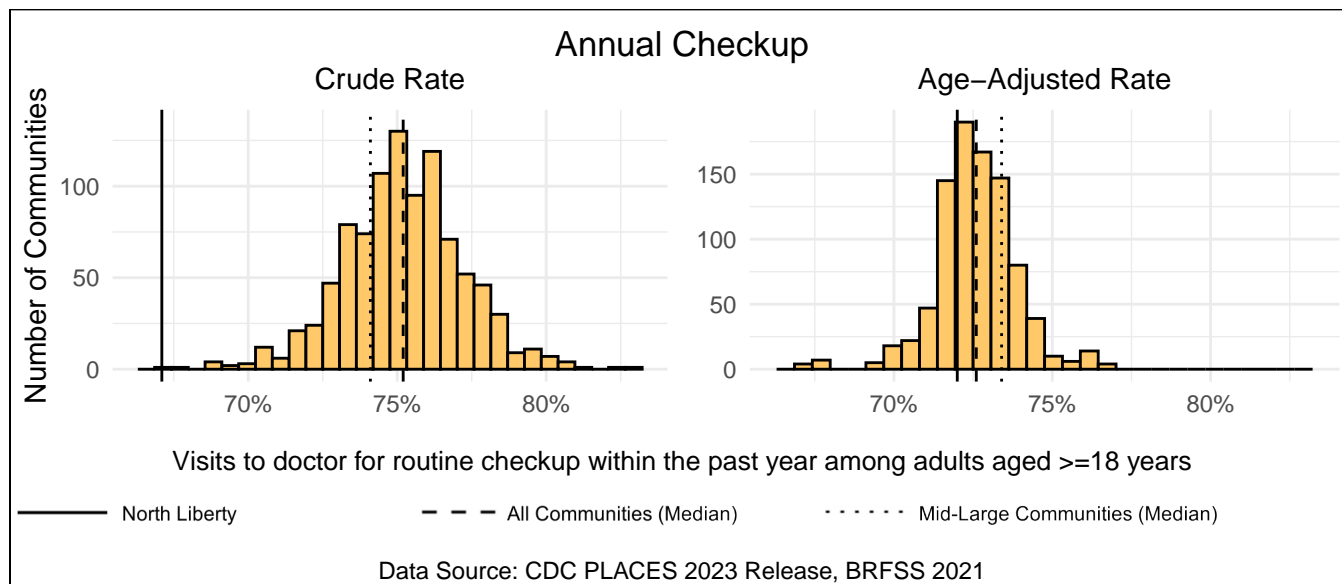
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	84.9%	83.3%	82.9%
Age-Adjusted	86.0%	83.2%	83.7%



Annual Checkup

North Liberty has a crude rate of 67.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 958th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 72.0%, which ranks 628th out of 905 Iowa communities (27th out of 31 mid-large communities).

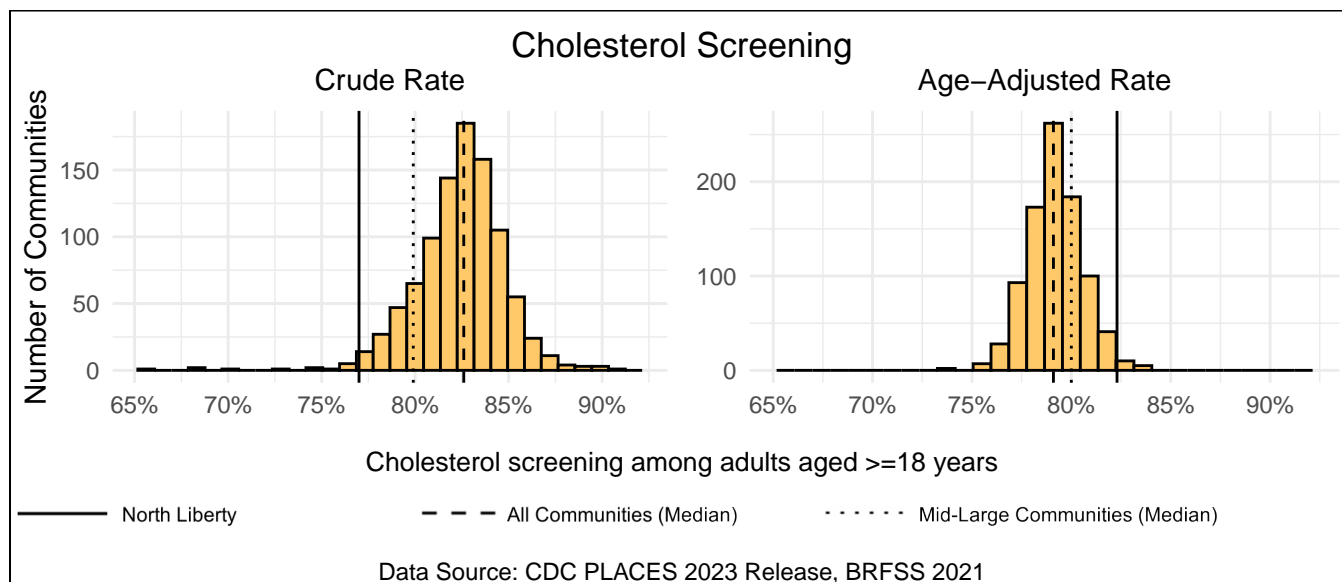
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	67.1%	75.2%	74.1%
Age-Adjusted	72.0%	72.6%	73.4%



Cholesterol Screening

North Liberty has a crude rate of 77.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 941st out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 82.3%, which ranks 13th out of 905 Iowa communities (3rd out of 31 mid-large communities).

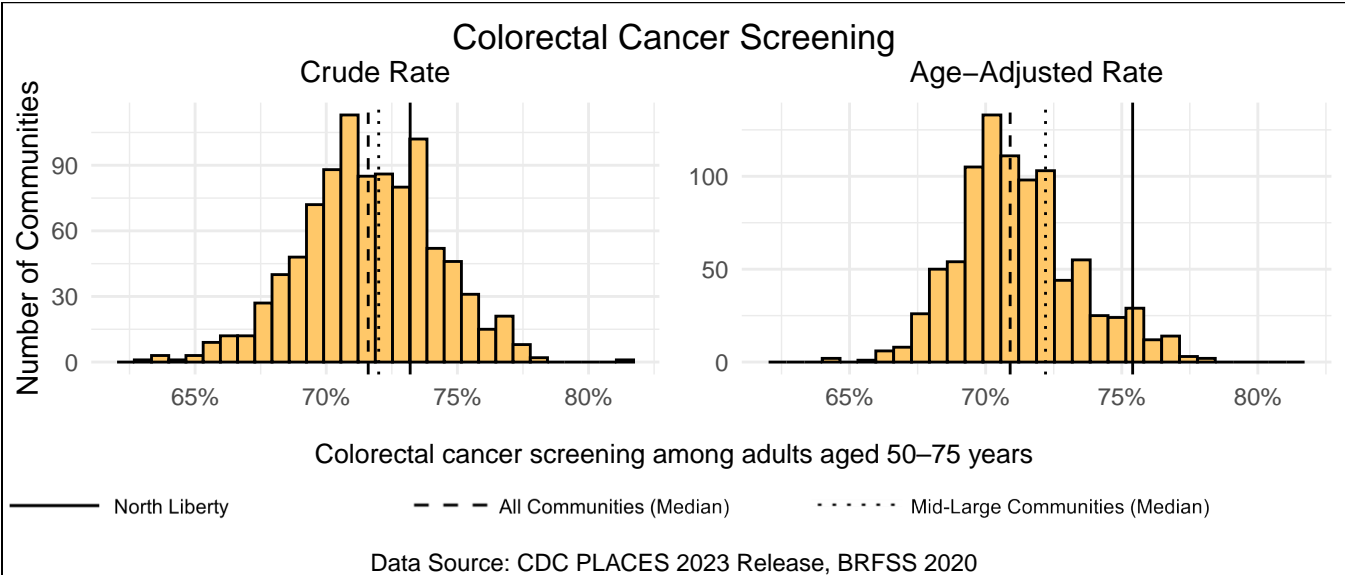
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	77.0%	82.6%	79.9%
Age-Adjusted	82.3%	79.1%	80.0%



Colorectal Cancer Screening

North Liberty has a crude rate of 73.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 260th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 75.4%, which ranks 47th out of 905 Iowa communities (7th out of 31 mid-large communities).

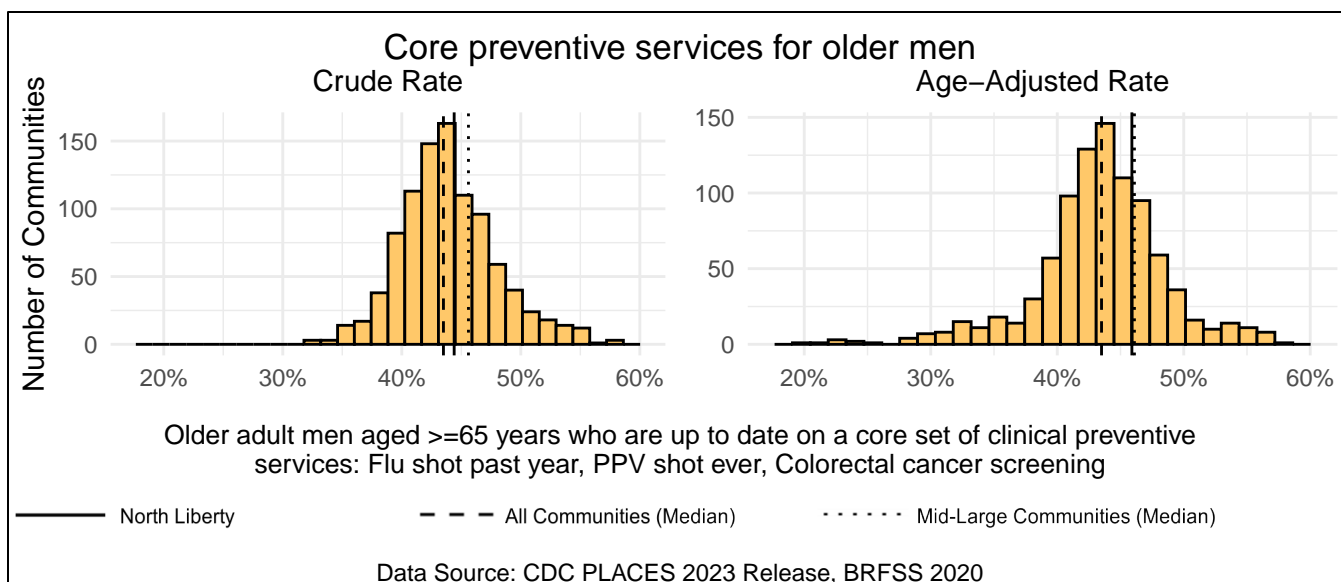
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	73.2%	71.6%	72.0%
Age-Adjusted	75.4%	70.9%	72.2%



Core preventive services for older men

North Liberty has a crude rate of 44.4% 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 378th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 45.9%, which ranks 251st out of 905 Iowa communities (17th out of 31 mid-large communities).

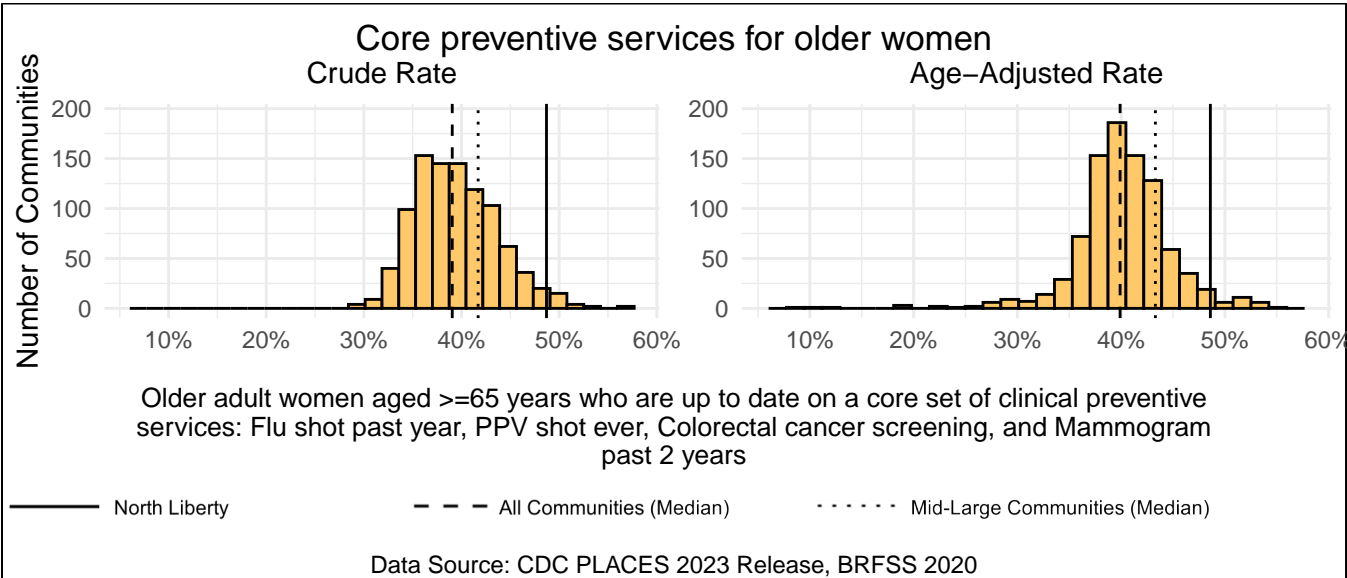
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	44.4%	43.5%	45.6%
Age-Adjusted	45.9%	43.5%	46.1%



Core preventive services for older women

North Liberty has a crude rate of 48.7% 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 27th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 48.6%, which ranks 26th out of 905 Iowa communities (3rd out of 31 mid-large communities).

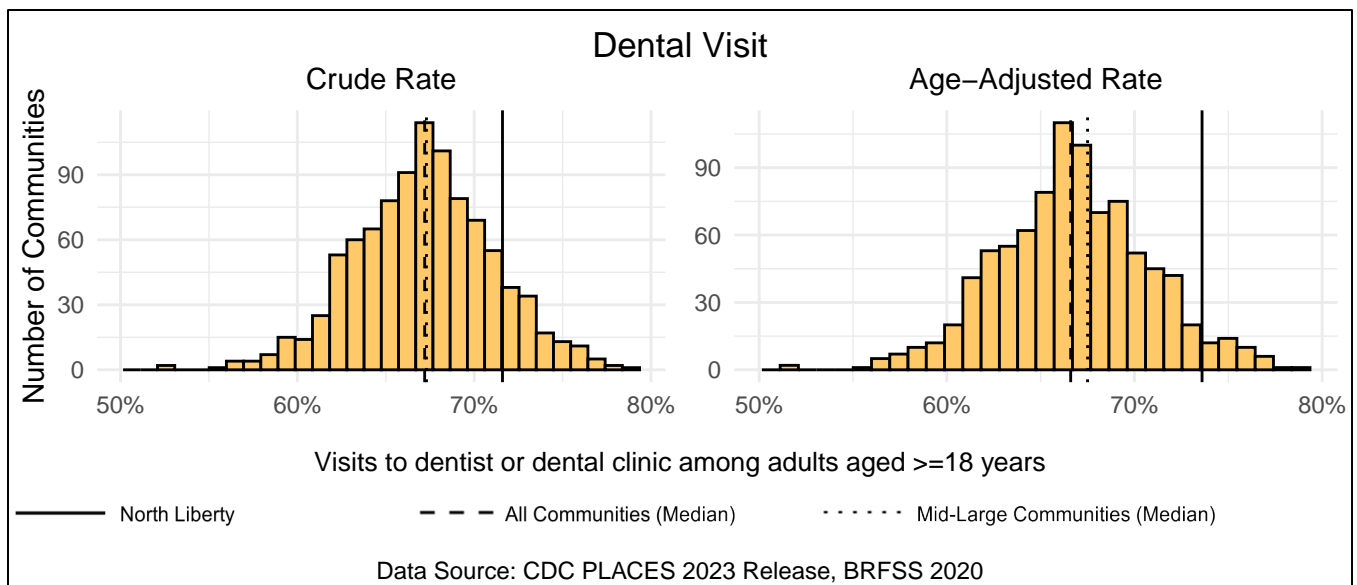
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	48.7%	39.0%	41.7%
Age-Adjusted	48.6%	39.9%	43.3%



Dental Visit

North Liberty has a crude rate of 71.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 118th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 73.6%, which ranks 41st out of 905 Iowa communities (6th out of 31 mid-large communities).

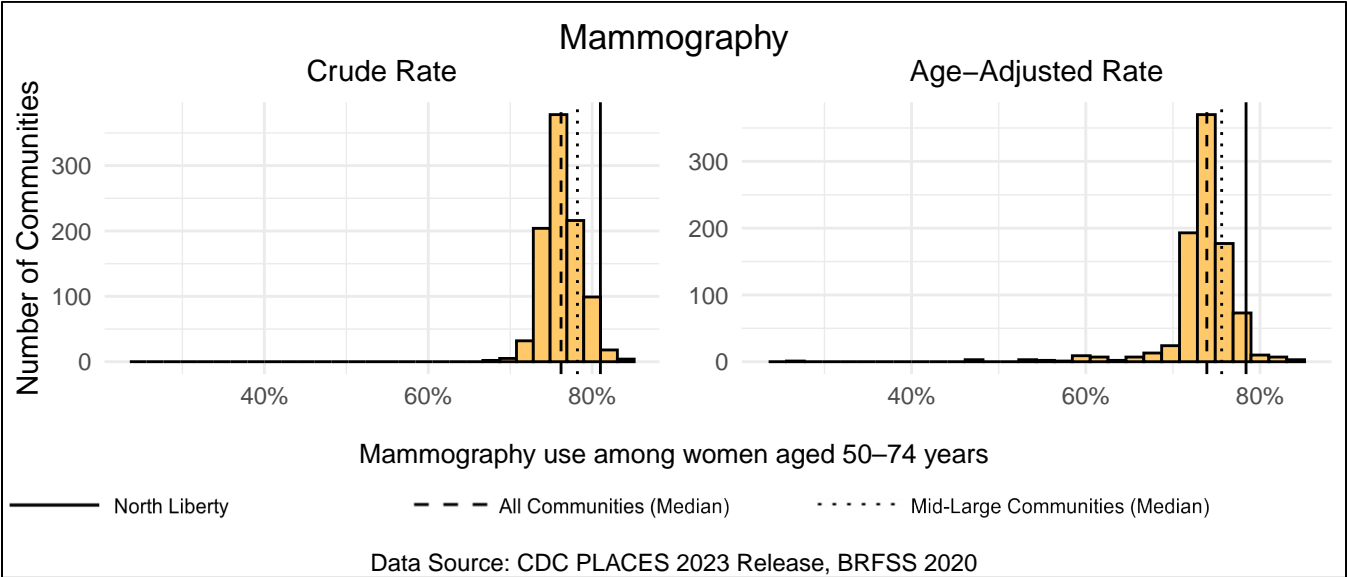
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	71.6%	67.2%	67.3%
Age-Adjusted	73.6%	66.6%	67.5%



Mammography

North Liberty has a crude rate of 81.0% for mammography use among women aged 50–74 years, which ranks 23rd out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for North Liberty is 78.4%, which ranks 30th out of 905 Iowa communities (5th out of 31 mid-large communities).

Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	81.0%	76.2%	78.2%
Age-Adjusted	78.4%	73.9%	75.6%



Disability

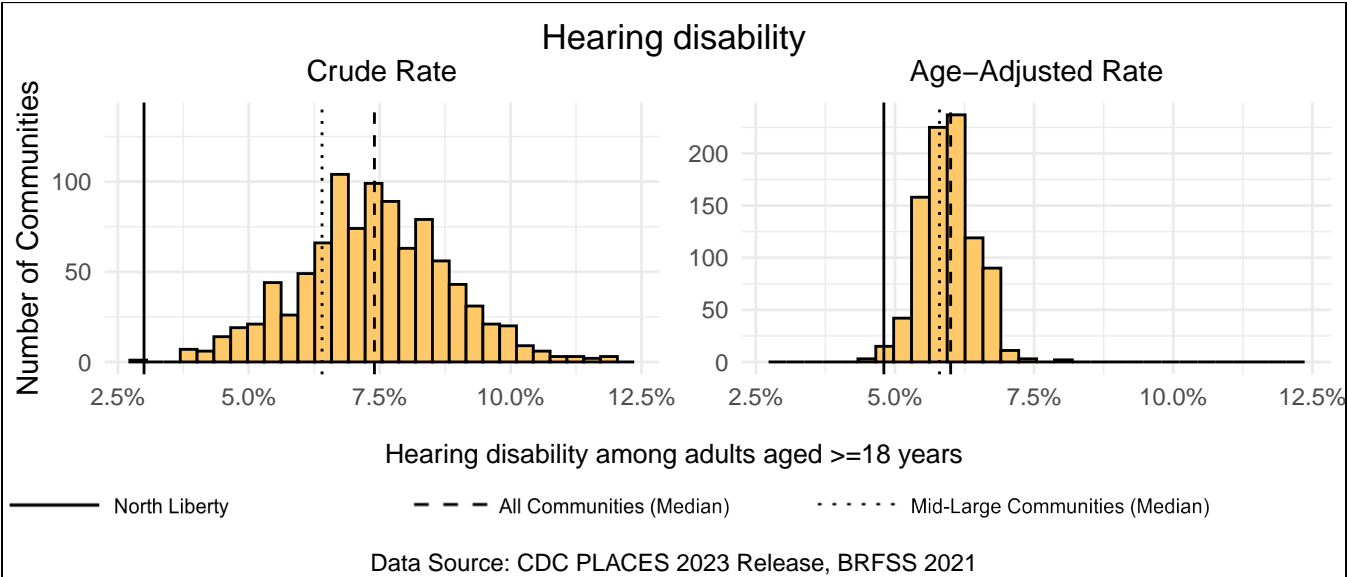
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

North Liberty has a crude rate of 3.0% for hearing disability among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 4.8%, which ranks 8th out of 905 Iowa communities (3rd out of 31 mid-large communities).

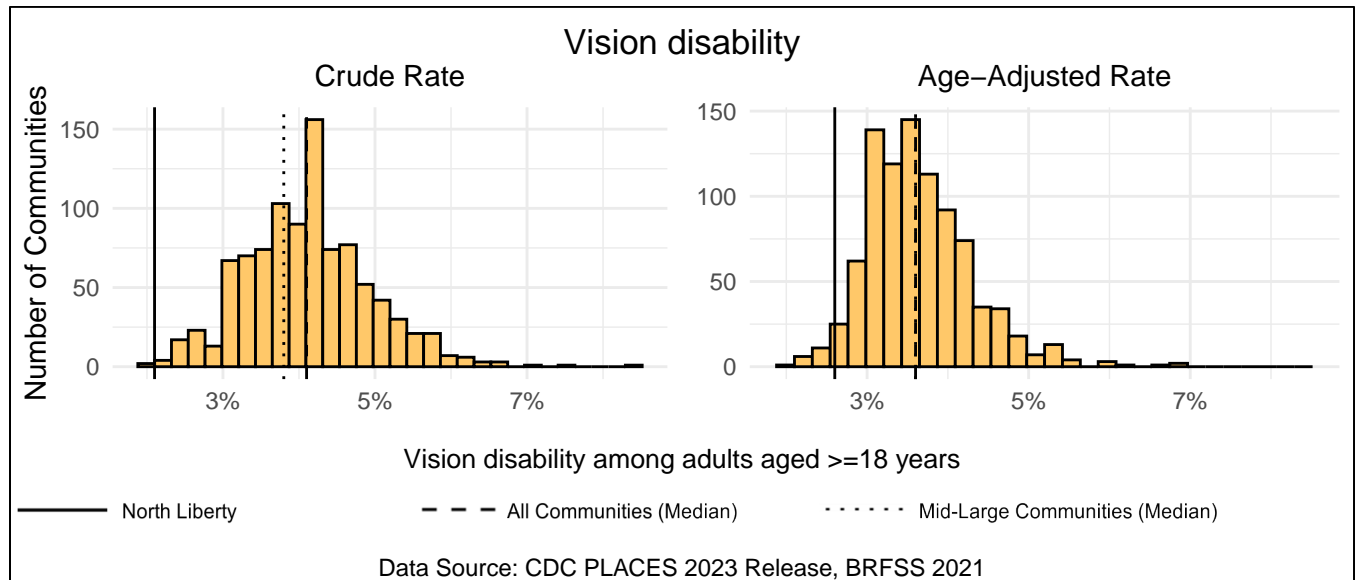
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	3.0%	7.4%	6.4%
Age-Adjusted	4.8%	6.0%	5.8%



Vision disability

North Liberty has a crude rate of 2.1% for vision disability among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 2.6%, which ranks 19th out of 905 Iowa communities (3rd out of 31 mid-large communities).

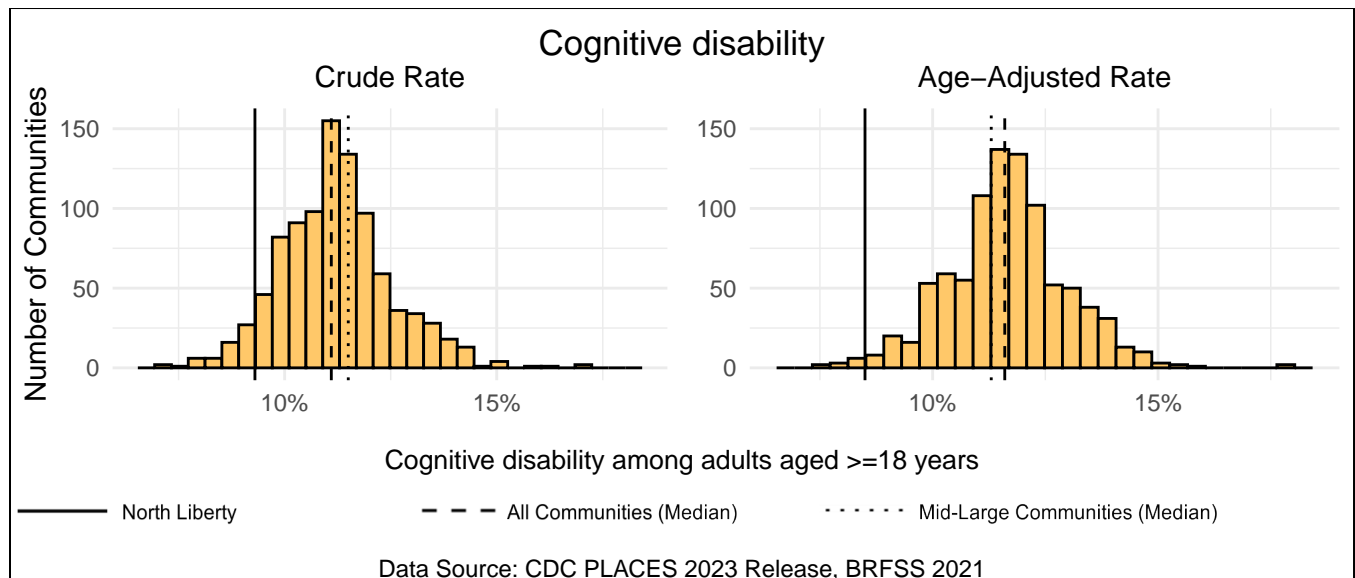
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	2.1%	4.1%	3.8%
Age-Adjusted	2.6%	3.6%	3.6%



Cognitive disability

North Liberty has a crude rate of 9.3% for cognitive disability among adults aged ≥ 18 years, which ranks 49th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for North Liberty is 8.5%, which ranks 10th out of 905 Iowa communities (3rd out of 31 mid-large communities).

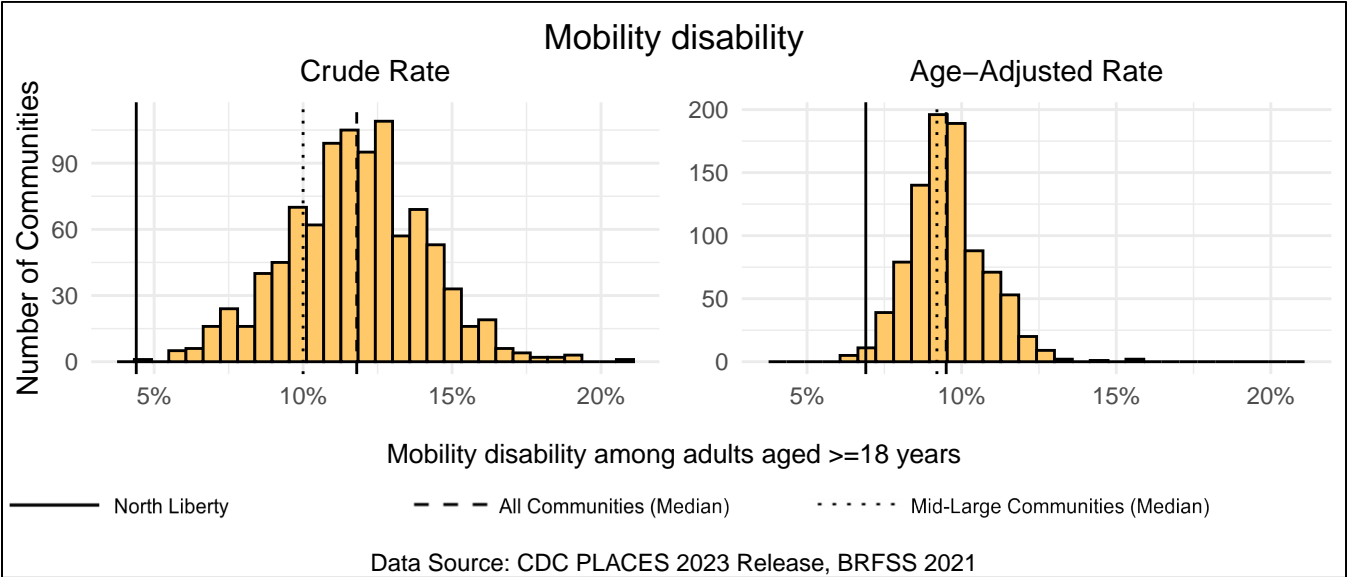
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	9.3%	11.1%	11.5%
Age-Adjusted	8.5%	11.6%	11.3%



Mobility disability

North Liberty has a crude rate of 4.4% for mobility disability among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 6.9%, which ranks 10th out of 905 Iowa communities (2nd out of 31 mid-large communities).

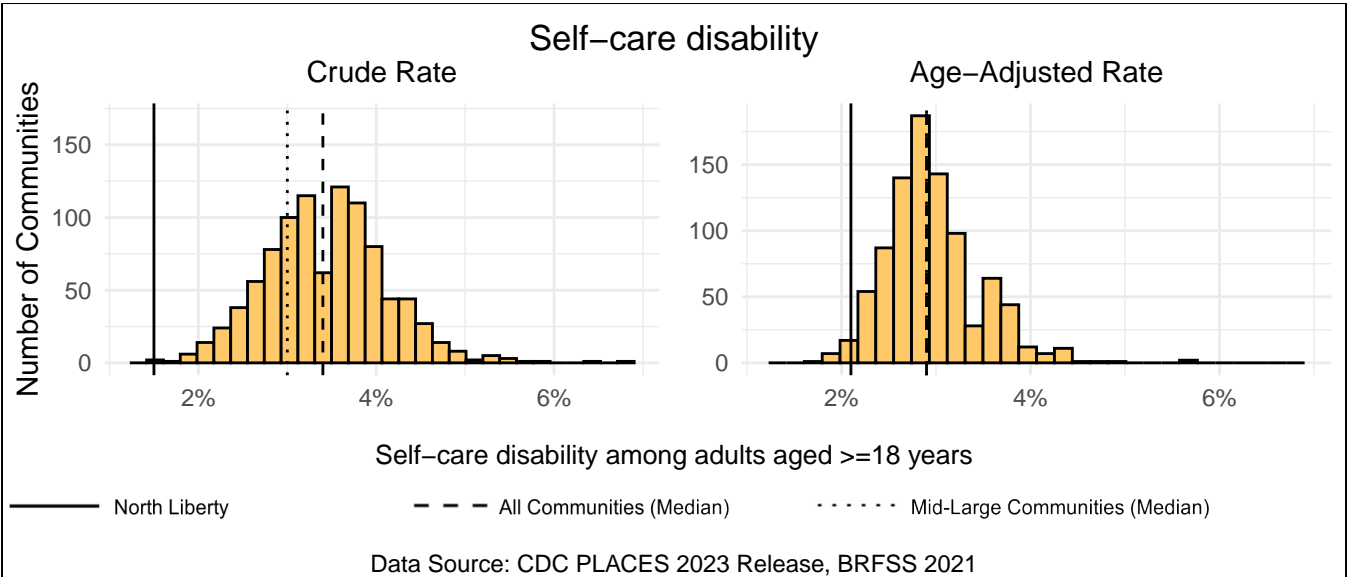
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	4.4%	11.8%	10.0%
Age-Adjusted	6.9%	9.5%	9.2%



Self-care disability

North Liberty has a crude rate of 1.5% for self-care disability among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 2.1%, which ranks 18th out of 905 Iowa communities (3rd out of 31 mid-large communities).

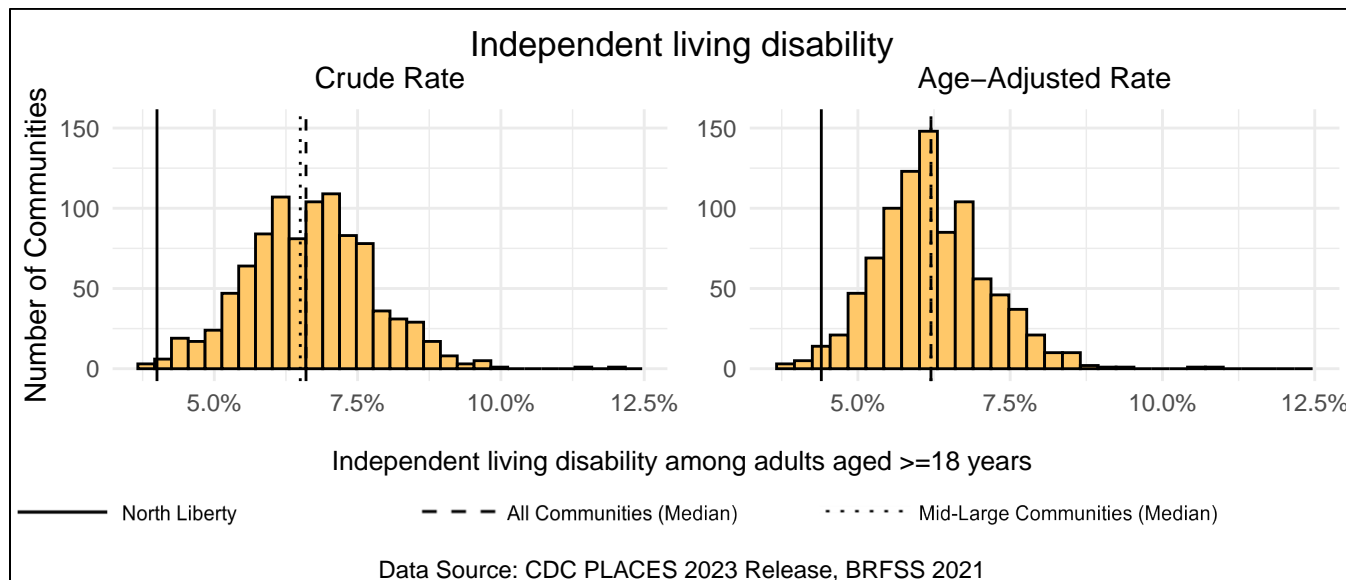
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	1.5%	3.4%	3.0%
Age-Adjusted	2.1%	2.9%	2.9%



Independent living disability

North Liberty has a crude rate of 4.0% for independent living disability among adults aged ≥ 18 years, which ranks 4th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 4.4%, which ranks 13th out of 905 Iowa communities (3rd out of 31 mid-large communities).

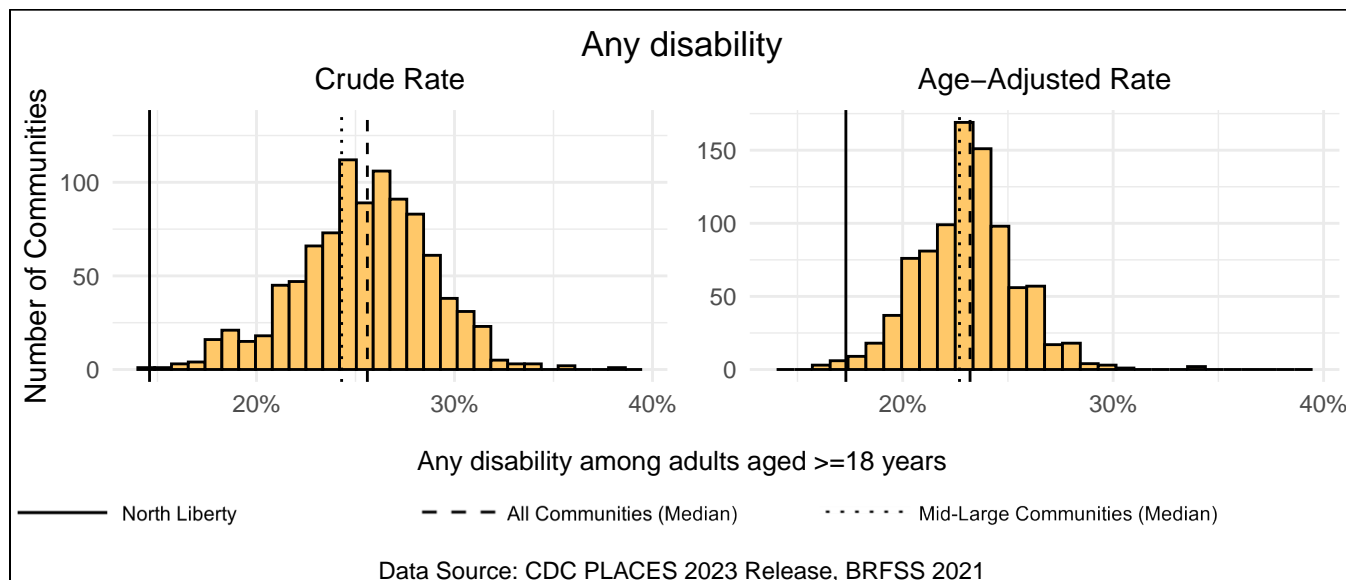
Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	4.0%	6.6%	6.5%
Age-Adjusted	4.4%	6.2%	6.2%



Any disability

North Liberty has a crude rate of 14.6% for any disability among adults aged ≥ 18 years, which ranks 1st out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for North Liberty is 17.3%, which ranks 9th out of 905 Iowa communities (2nd out of 31 mid-large communities).

Measure Type	North Liberty	All Comm.	Mid-Large Comm.
Crude	14.6%	25.6%	24.3%
Age-Adjusted	17.3%	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: North Liberty PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	840	15.6% (13.4% - 18.0%)	32	13.7% (11.8% - 15.8%)
Health Status	General Health	1	7.4% (6.2% - 8.8%)	13	8.9% (7.4% - 10.5%)
Health Status	Physical Health	1	6.2% (5.2% - 7.3%)	12	7.4% (6.3% - 8.6%)
Health Risk Behaviors	Sleep <7 hours	278	29.4% (28.1% - 30.9%)	44	28.1% (27.0% - 29.4%)
Health Risk Behaviors	Binge Drinking	958	27.9% (24.1% - 31.8%)	792	23.3% (20.0% - 26.7%)
Health Risk Behaviors	Current Smoking	22	12.4% (9.7% - 15.5%)	8	11.6% (9.1% - 14.5%)
Health Risk Behaviors	Physical Inactivity	2	15.8% (12.9% - 19.2%)	14	17.5% (14.5% - 20.9%)
Health Outcomes	Stroke	1	1.2% (1.1% - 1.4%)	9	2.1% (1.9% - 2.3%)
Health Outcomes	Chronic Kidney Disease	1	1.5% (1.3% - 1.6%)	12	2.3% (2.1% - 2.5%)
Health Outcomes	All Teeth Lost	3	7.0% (4.7% - 10.4%)	5	7.4% (5.0% - 10.8%)
Health Outcomes	Obesity	4	30.3% (25.6% - 35.3%)	10	30.5% (25.9% - 35.4%)
Health Outcomes	Diabetes	1	4.1% (3.5% - 4.8%)	11	6.5% (5.4% - 7.5%)
Health Outcomes	Depression	916	20.7% (17.7% - 24.2%)	368	18.9% (16.0% - 22.1%)
Health Outcomes	Arthritis	1	13.8% (11.8% - 16.0%)	32	20.6% (17.8% - 23.6%)
Health Outcomes	Cancer (except skin)	1	3.9% (3.5% - 4.3%)	831	6.6% (5.9% - 7.2%)
Health Outcomes	High Cholesterol	1	21.6% (18.8% - 24.6%)	3	26.3% (22.9% - 29.8%)
Health Outcomes	High Blood Pressure	1	16.0% (13.7% - 18.4%)	4	22.8% (20.1% - 25.9%)
Health Outcomes	COPD	1	3.1% (2.6% - 3.7%)	8	4.3% (3.5% - 5.1%)
Health Outcomes	Coronary Heart Disease	1	2.2% (1.9% - 2.5%)	7	4.0% (3.5% - 4.5%)
Health Outcomes	Current Asthma	524	9.4% (8.3% - 10.7%)	185	9.2% (8.1% - 10.4%)
Prevention	Cervical Cancer Screening	158	84.9% (82.8% - 86.9%)	27	86.0% (84.4% - 87.7%)
Prevention	Colorectal Cancer Screening	260	73.2% (70.6% - 75.5%)	47	75.4% (73.2% - 77.4%)
Prevention	Dental Visit	118	71.6% (68.2% - 74.6%)	41	73.6% (71.0% - 75.9%)
Prevention	Annual Checkup	958	67.1% (62.5% - 71.3%)	628	72.0% (67.8% - 75.9%)
Prevention	Core preventive services for older men	378	44.4% (38.6% - 49.8%)	251	45.9% (40.3% - 50.9%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	27	48.7% (43.4% - 54.0%)	26	48.6% (43.8% - 53.5%)
Prevention	Health Insurance	69	5.9% (4.5% - 7.7%)	13	5.3% (4.1% - 6.7%)
Prevention	Mammography	23	81.0% (78.2% - 83.5%)	30	78.4% (75.7% - 81.0%)
Prevention	Taking BP Medication	958	60.2% (55.7% - 64.4%)	888	55.8% (51.0% - 60.3%)
Prevention	Cholesterol Screening	941	77.0% (73.5% - 80.4%)	13	82.3% (79.5% - 84.8%)
Disability	Cognitive Disability	49	9.3% (7.7% - 11.1%)	10	8.5% (7.2% - 10.0%)
Disability	Mobility Disability	1	4.4% (3.7% - 5.3%)	10	6.9% (5.8% - 8.2%)
Disability	Self-care Disability	1	1.5% (1.3% - 1.8%)	18	2.1% (1.8% - 2.4%)
Disability	Any Disability	1	14.6% (12.4% - 17.3%)	9	17.3% (14.7% - 20.2%)
Disability	Vision Disability	1	2.1% (1.8% - 2.4%)	19	2.6% (2.2% - 2.9%)
Disability	Independent Living Disability	4	4.0% (3.4% - 4.8%)	13	4.4% (3.7% - 5.2%)
Disability	Hearing Disability	1	3.0% (2.7% - 3.5%)	8	4.8% (4.2% - 5.4%)

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)

North Liberty 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		