Iowa Community Health Snapshot Series

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

May 2024

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Iowa Community Health Snapshot Series

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Health in Peosta: Overview

Dear Community Members & Stakeholders of Peosta,

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 Peosta ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Peosta'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 Peosta. 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
Mobility Disability	2nd	1st	Cervical Cancer Screening	7th	2nd
High Blood Pressure	2nd	1st	Arthritis	8th	1st
Chronic Kidney Disease	2nd	1st	High Blood Pressure	9th	2nd
Coronary Heart Disease	2nd	1st	Obesity	12th	4th
Hearing Disability	3rd	1st	Dental Visit	15th	4th

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
Binge Drinking	953rd	136th	Binge Drinking	753rd	117th
Taking BP Medication	951st	138th	Cancer (except skin)	418th	41st
Annual Checkup	944th	137th	Taking BP Medication	415th	67th
Cholesterol Screening	772nd	125th	Annual Checkup	259th	47th
Depression	673rd	104th	High Cholesterol	195th	35th

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 Peosta.

Sincerely,

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

How to Use this Report

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

With a population of 1,852, Peosta'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.

The table shows rates in your community compared with the state midpoint and the population group

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

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

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

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

Mental Health

Crude Rate

Age–Adjusted Rate

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

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

The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames's unique age distribution, Ames's poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

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

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

Poor General Health

Peosta has a crude rate of 8.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 12th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Peosta is 9.7%, which ranks 34th out of 905 Iowa communities (8th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	8.9%	14.3%	14.0%
Age-Adjusted	9.7%	12.7%	12.4%

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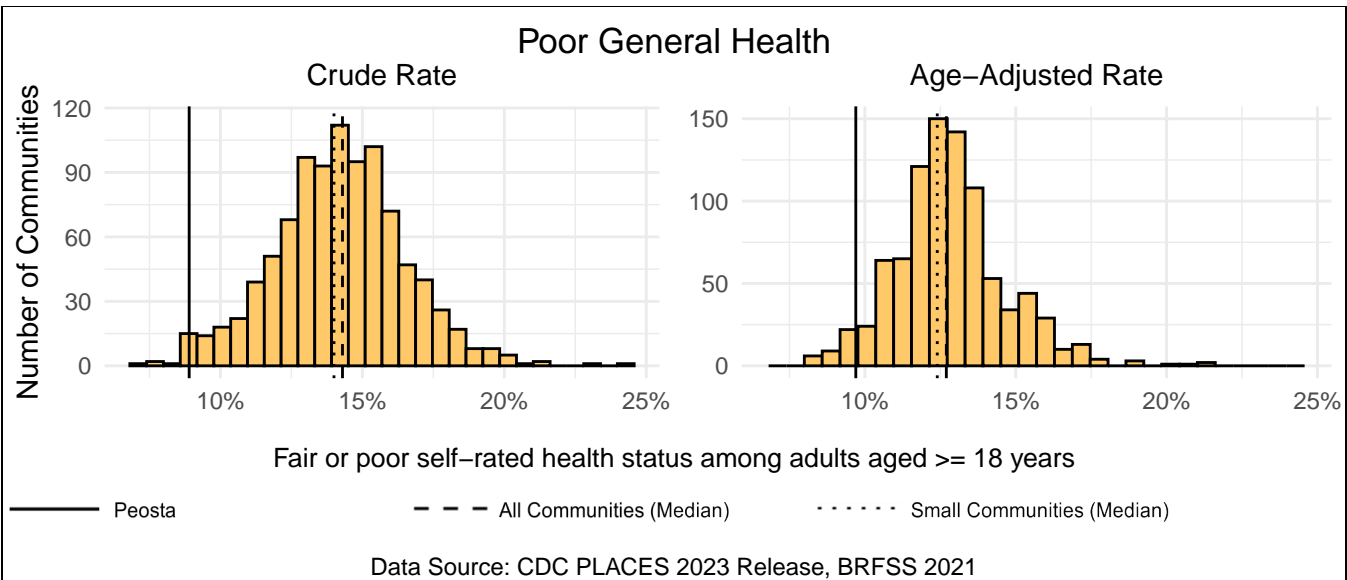
Poor Physical Health

Peosta has a crude rate of 7.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 14th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Peosta is 8.0%, which ranks 36th out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	7.4%	10.8%	10.6%
Age-Adjusted	8.0%	9.7%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Peosta has a crude rate of 14.6% for mental health not good for >=14 days among adults aged >=18 years, which ranks 587th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Peosta is 13.7%, which ranks 32nd out of 905 Iowa communities (9th out of 138 small communities).
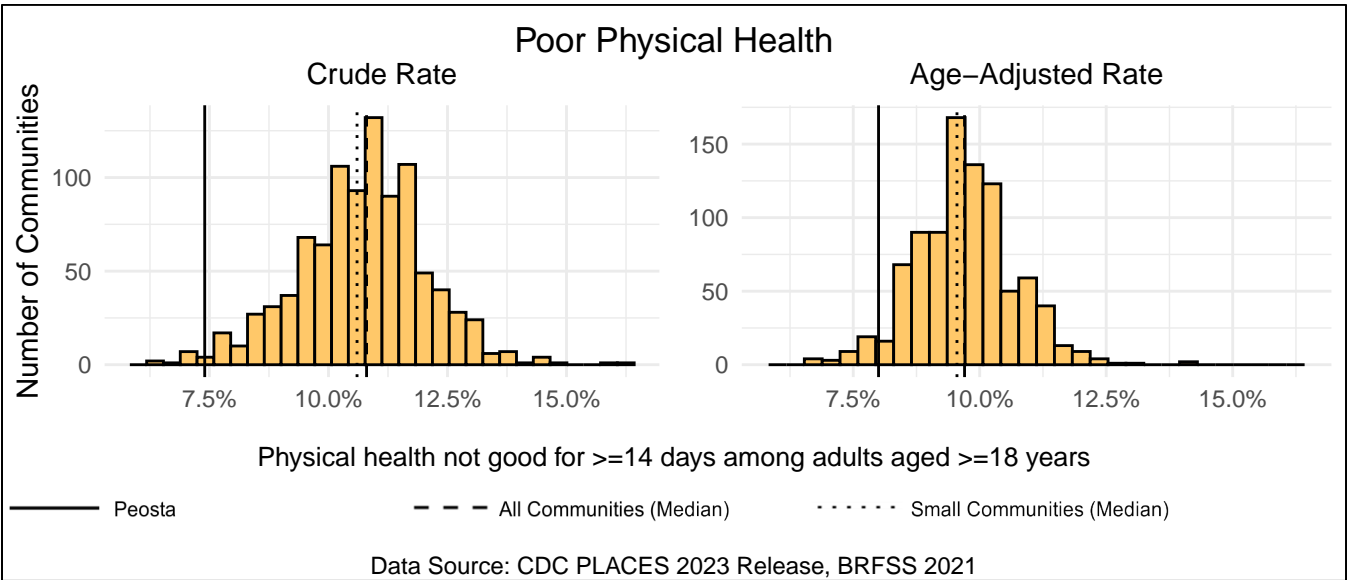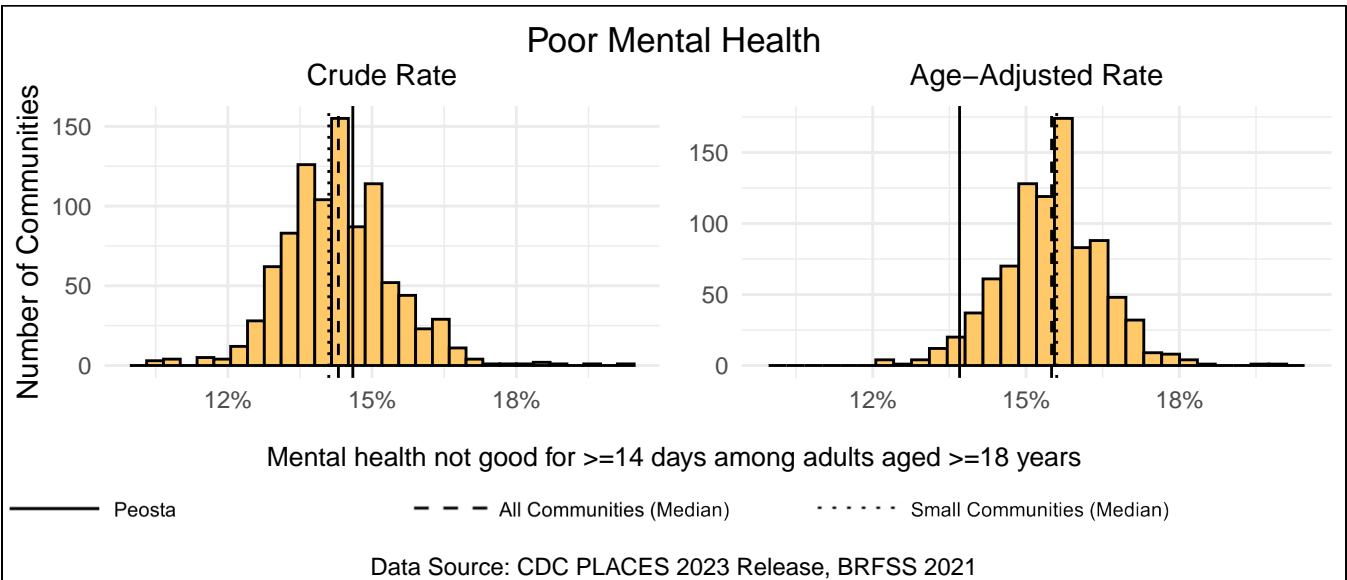
Measure Type	Peosta	All Comm.	Small Comm.
Crude	14.6%	14.3%	14.1%
Age-Adjusted	13.7%	15.5%	15.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Health Risk Behaviors

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

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

Binge Drinking

Peosta has a crude rate of 25.8% for binge drinking among adults aged >=18 years, which ranks 953rd out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Peosta is 23.1%, which ranks 753rd out of 905 Iowa communities (117th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	25.8%	19.5%	19.1%
Age-Adjusted	23.1%	22.0%	22.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
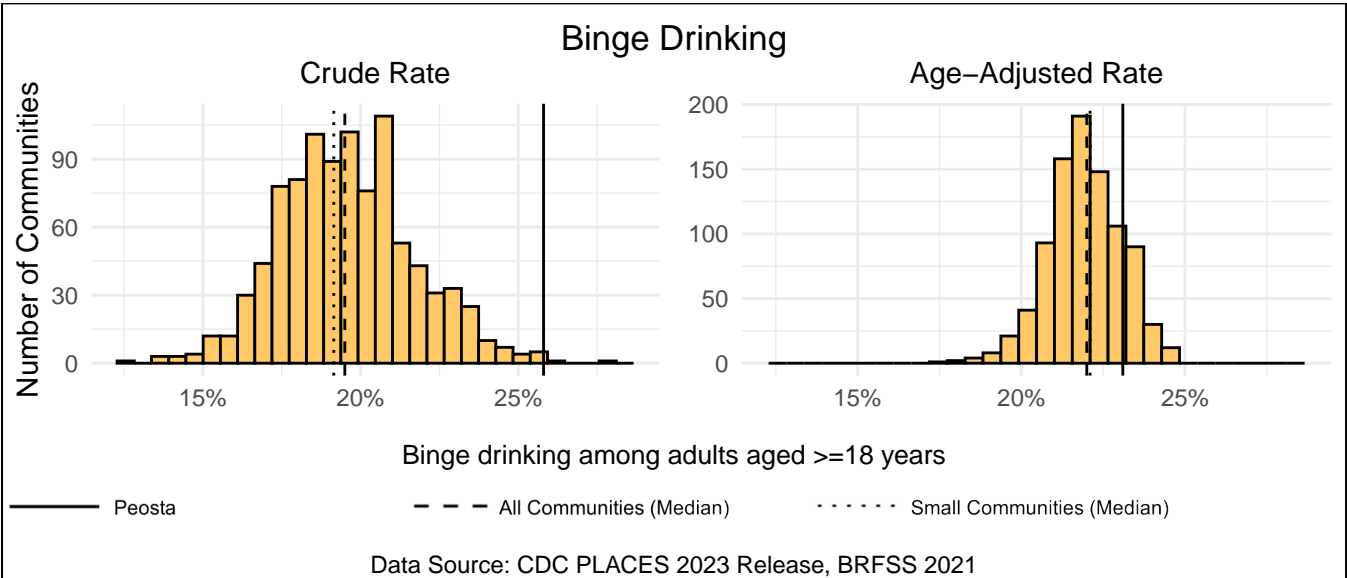
Current Smoking

Peosta has a crude rate of 14.6% for current smoking among adults aged >=18 years, which ranks 127th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Peosta is 12.8%, which ranks 27th out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	14.6%	16.8%	16.1%
Age-Adjusted	12.8%	17.5%	17.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
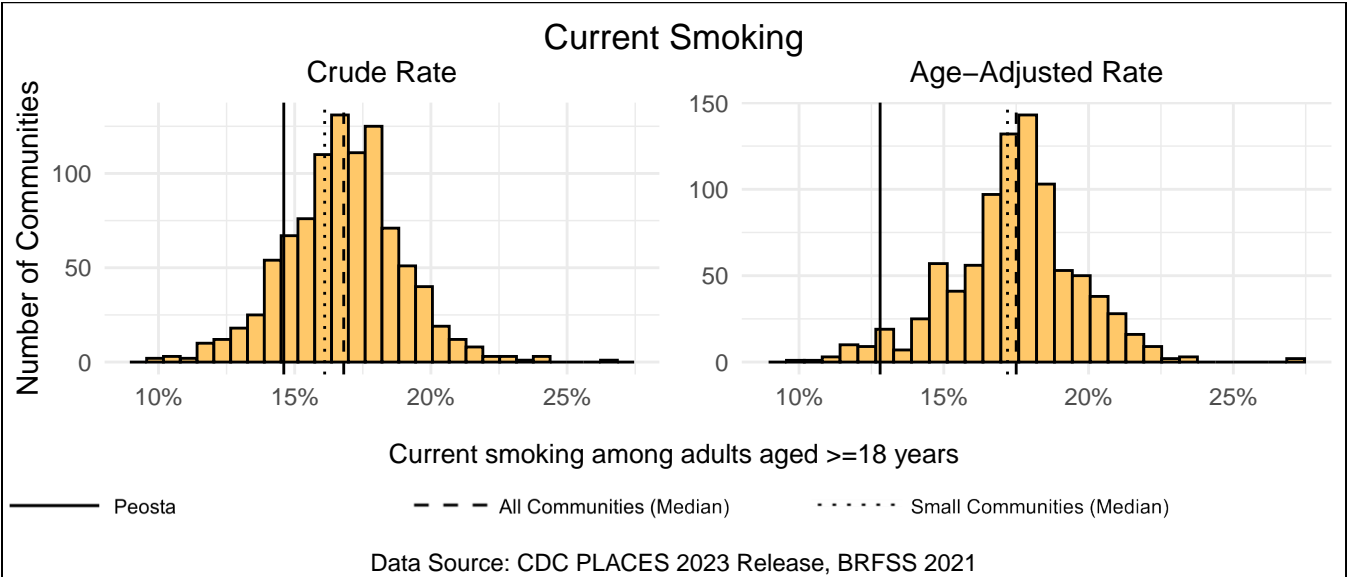
Physical Inactivity

Peosta has a crude rate of 17.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 14th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Peosta is 18.8%, which ranks 31st out of 905 Iowa communities (9th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	17.7%	26.1%	25.8%
Age-Adjusted	18.8%	24.3%	23.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Peosta has a crude rate of 31.0% for sleeping less than 7 hours among adults aged >=18 years, which ranks 630th out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Peosta is 29.3%, which ranks 132nd out of 905 Iowa communities (25th out of 138 small communities).
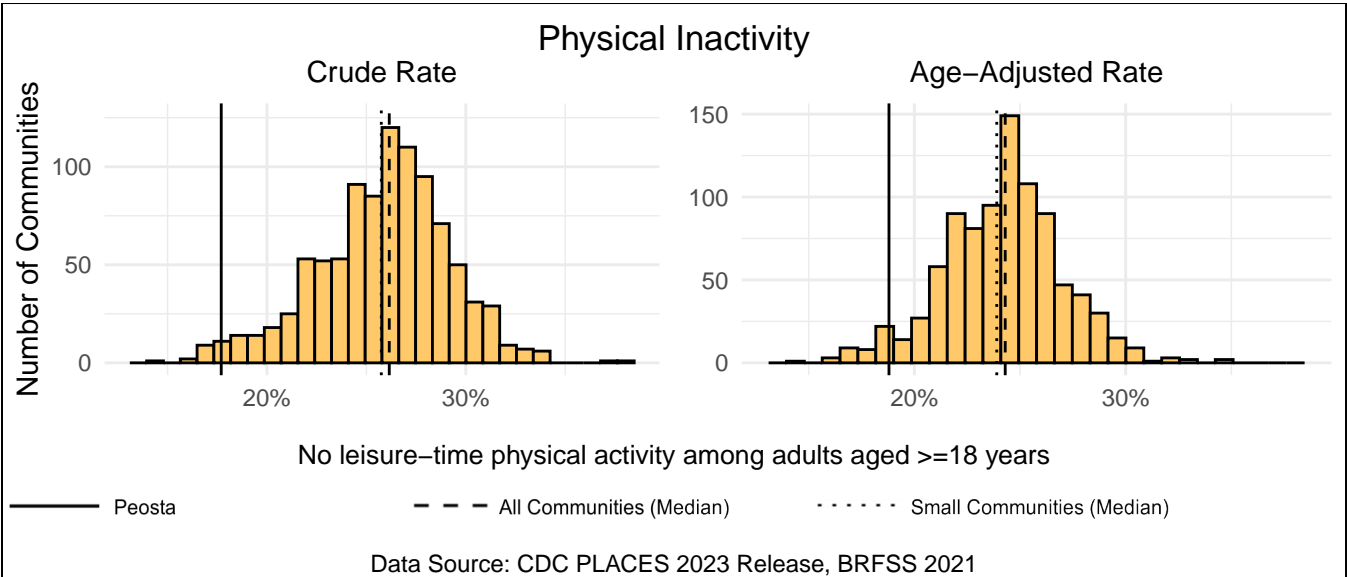
Measure Type	Peosta	All Comm.	Small Comm.
Crude	31.0%	30.2%	29.9%
Age-Adjusted	29.3%	31.1%	31.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
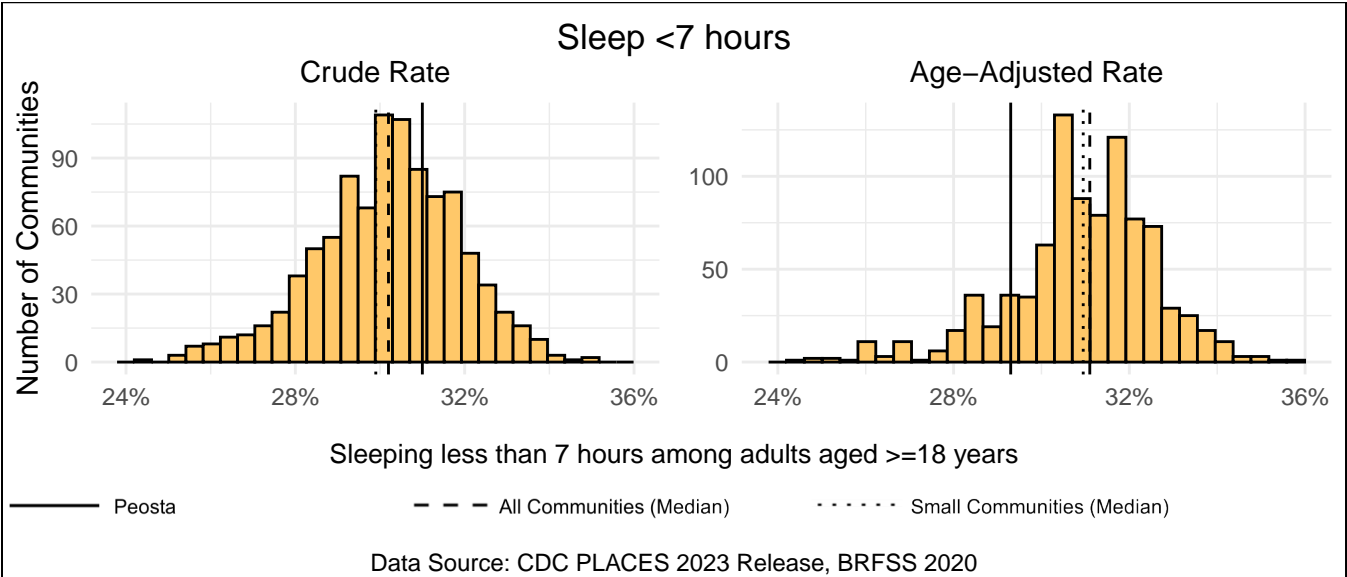
Health Outcomes

This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

https://www.cdc.gov/places/measure-definitions/health-outcomes/index.html

Arthritis

Peosta has a crude rate of 16.1% for arthritis among adults aged >=18 years, which ranks 4th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 19.8%, which ranks 8th out of 905 Iowa communities (1st out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	16.1%	27.9%	28.4%
Age-Adjusted	19.8%	23.1%	23.2%

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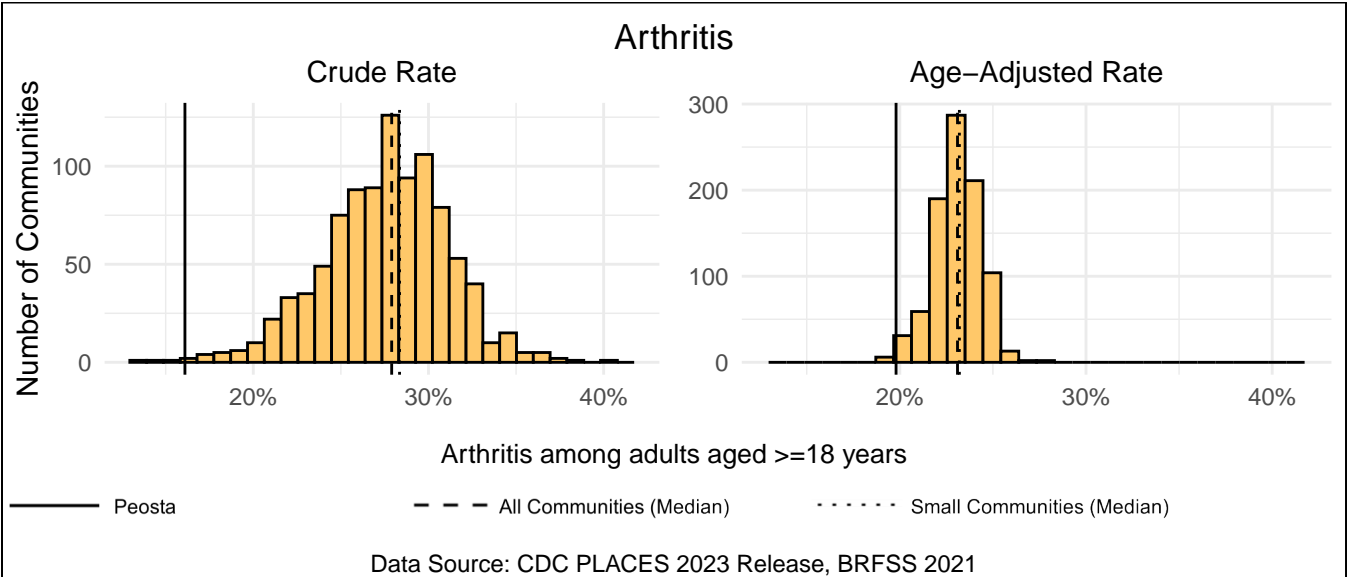
High Blood Pressure

Peosta has a crude rate of 19.2% for high blood pressure among adults aged >=18 years, which ranks 2nd out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 23.4%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	19.2%	32.0%	32.5%
Age-Adjusted	23.4%	27.3%	27.0%

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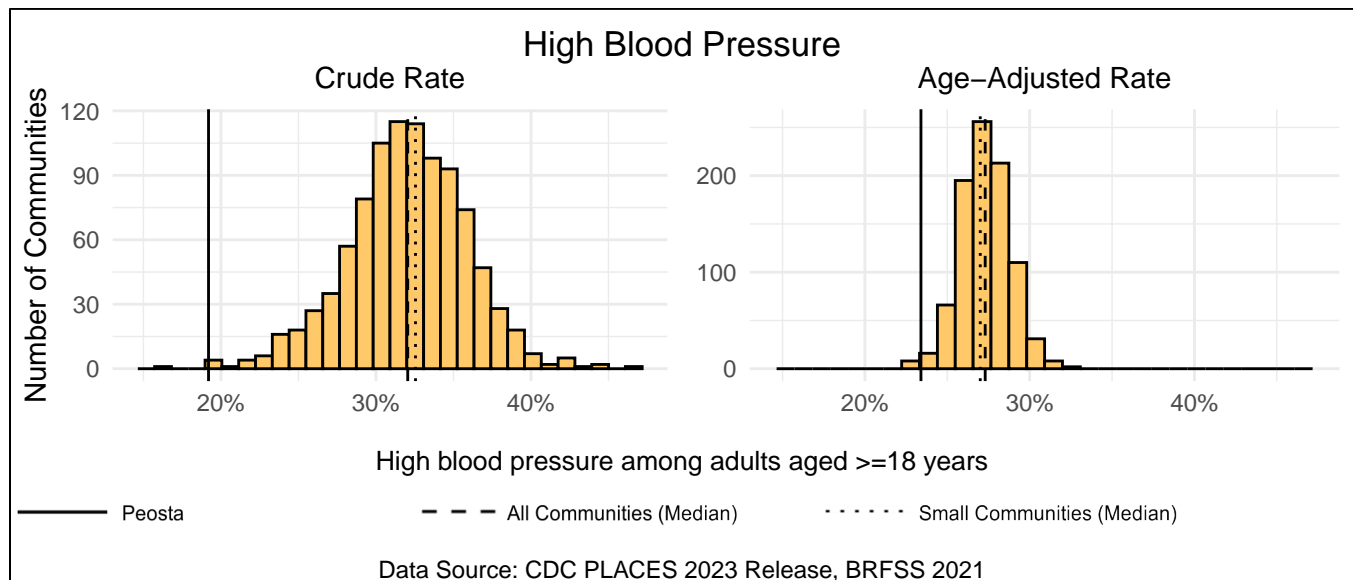
Cancer (except skin)

Peosta has a crude rate of 4.8% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 4th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	4.8%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Peosta has a crude rate of 9.2% for current asthma among adults aged >=18 years, which ranks 311th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Peosta is 9.0%, which ranks 77th out of 905 Iowa communities (10th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.0%	9.5%	9.5%
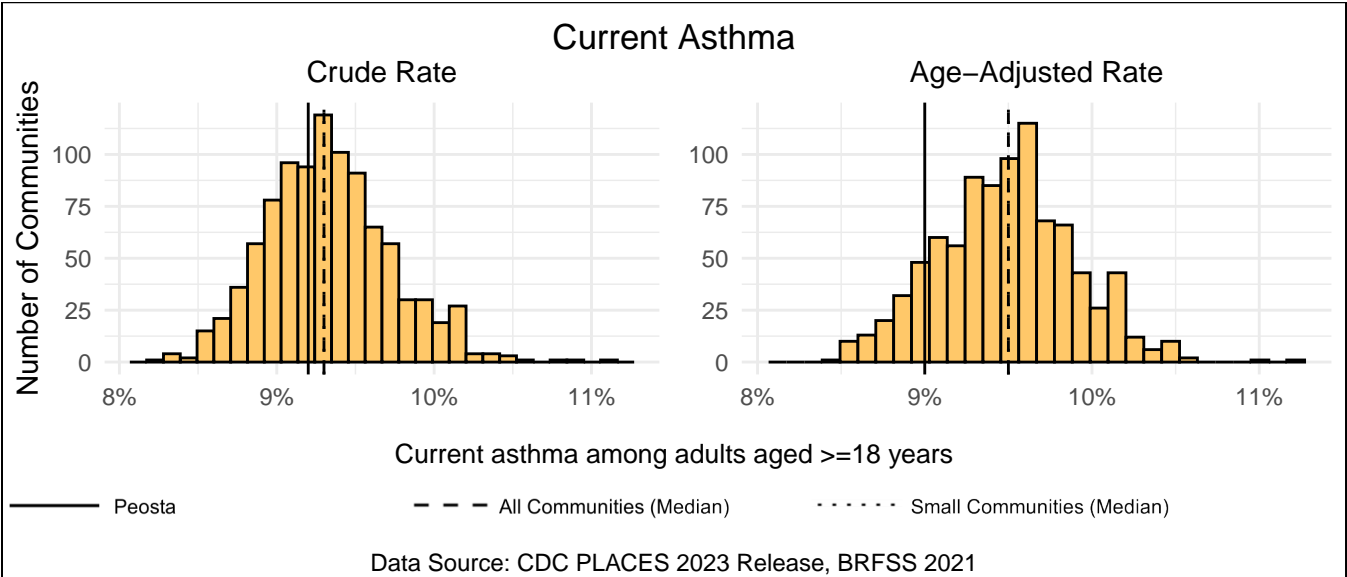
Coronary Heart Disease

Peosta has a crude rate of 2.9% for coronary heart disease among adults aged >=18 years, which ranks 2nd out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 4.4%, which ranks 52nd out of 905 Iowa communities (10th out of 138 small communities).
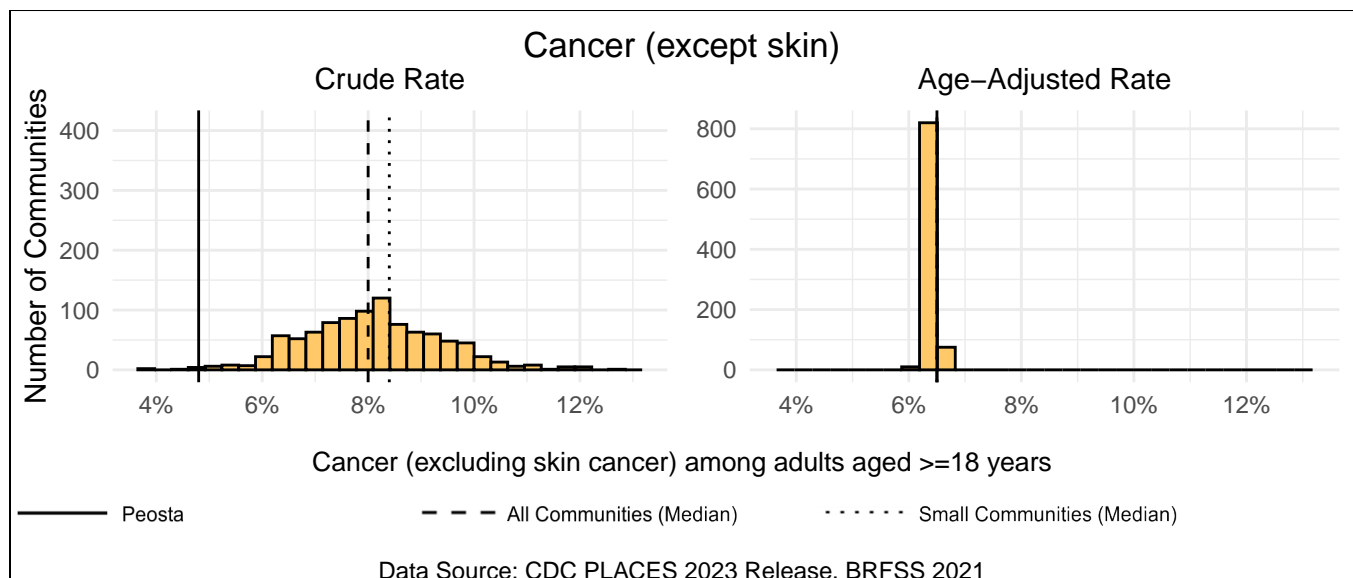
Measure Type	Peosta	All Comm.	Small Comm.
Crude	2.9%	6.4%	6.7%
Age-Adjusted	4.4%	5.0%	4.9%
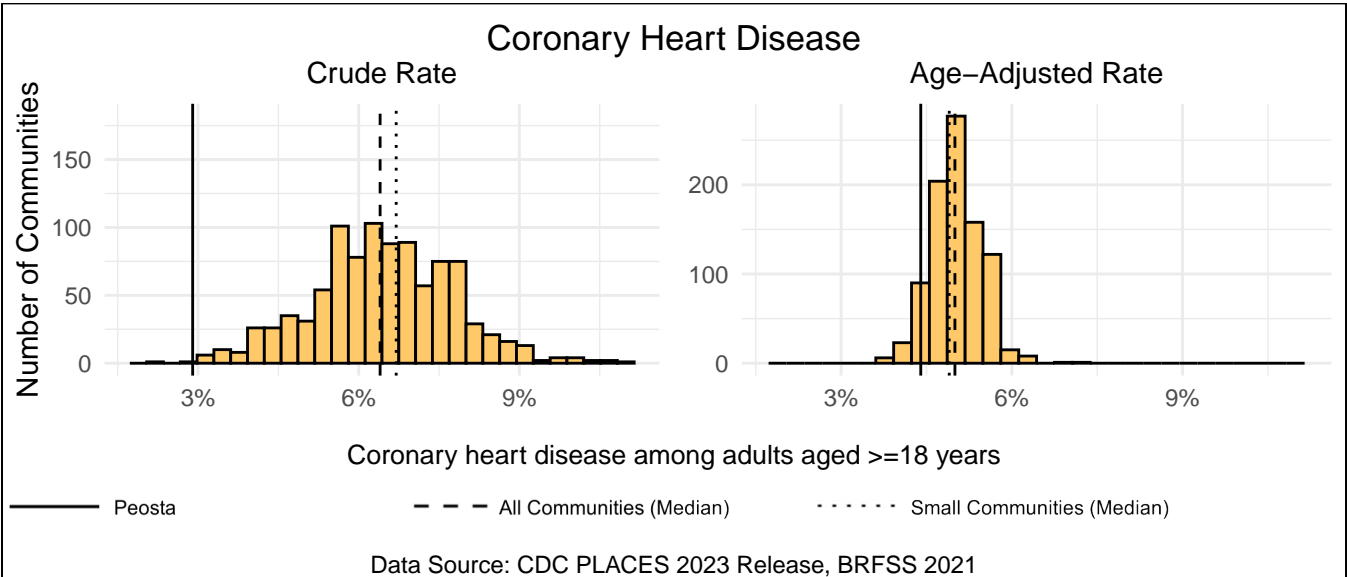
COPD

Peosta has a crude rate of 4.0% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 7th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Peosta is 4.8%, which ranks 35th out of 905 Iowa communities (8th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	4.0%	7.4%	7.4%
Age-Adjusted	4.8%	6.2%	6.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
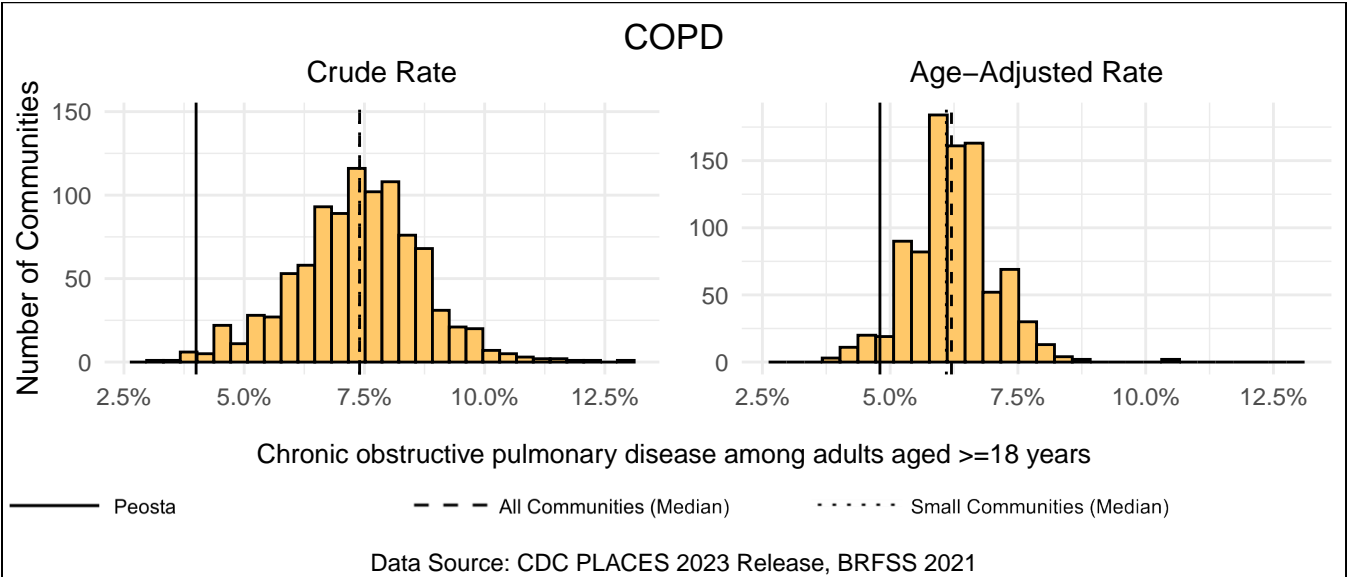
Depression

Peosta has a crude rate of 18.7% for depression among adults aged >=18 years, which ranks 673rd out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Peosta is 17.6%, which ranks 58th out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	18.7%	18.0%	17.9%
Age-Adjusted	17.6%	19.0%	19.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
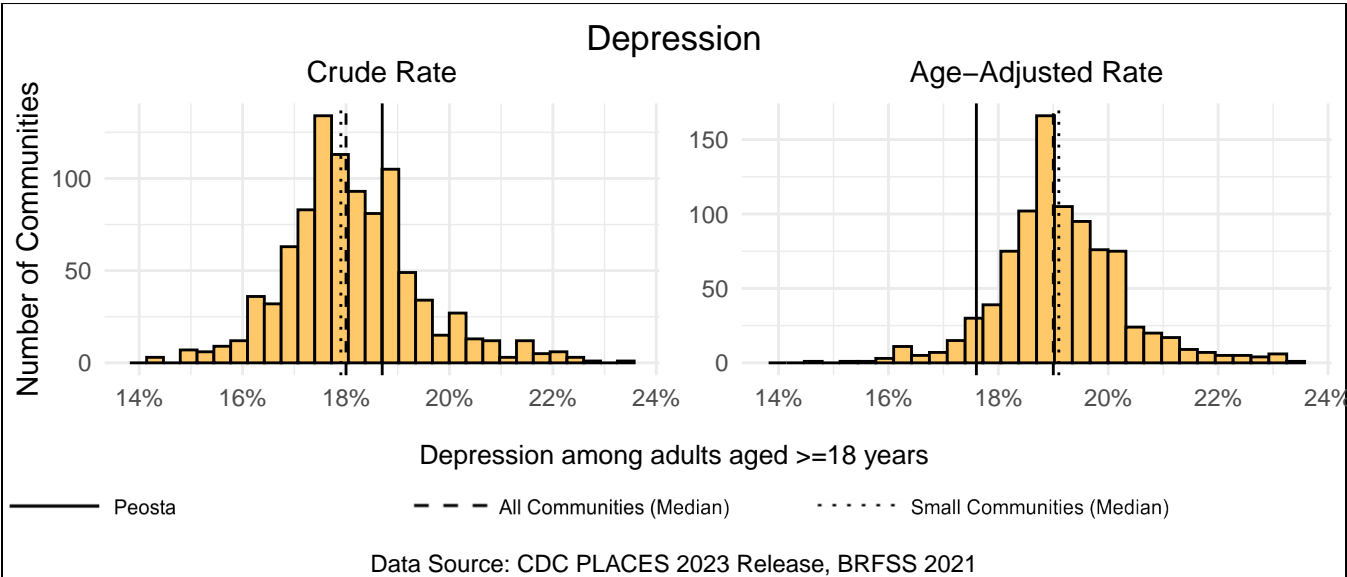
Diabetes

Peosta has a crude rate of 5.5% for diagnosed diabetes among adults aged >=18 years, which ranks 5th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 7.0%, which ranks 46th out of 905 Iowa communities (11th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	5.5%	10.1%	10.0%
Age-Adjusted	7.0%	8.1%	8.1%

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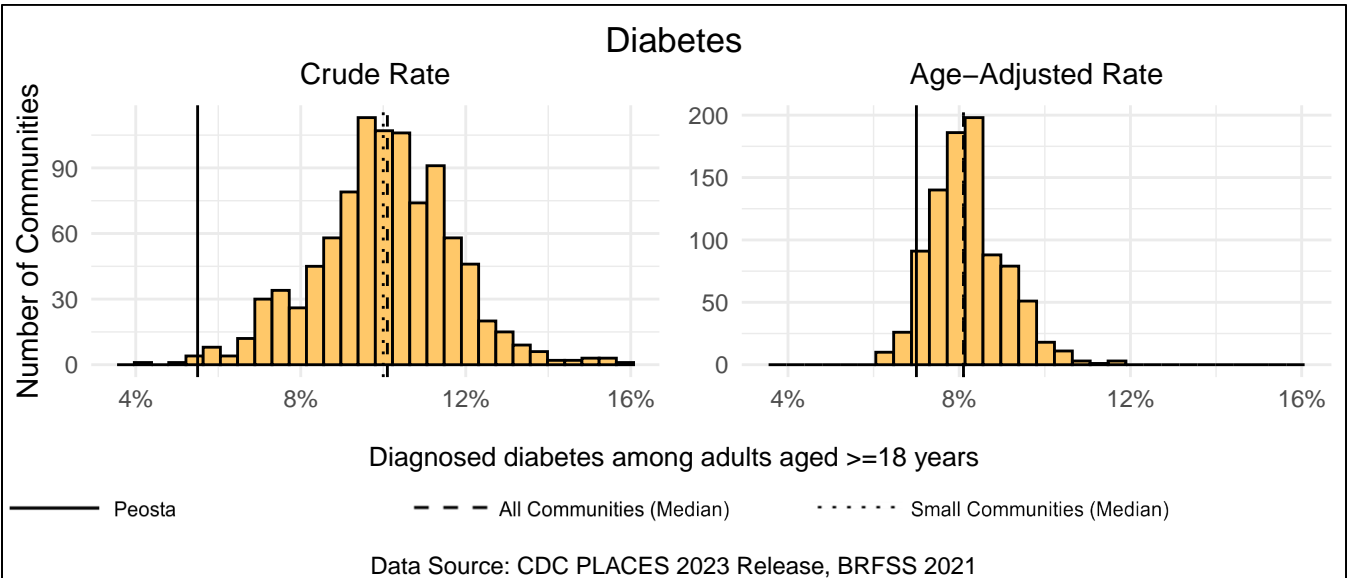
High Cholesterol

Peosta has a crude rate of 27.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 6th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 29.1%, which ranks 195th out of 905 Iowa communities (35th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	27.1%	36.2%	36.4%
Age-Adjusted	29.1%	29.7%	29.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Peosta has a crude rate of 1.8% for chronic kidney disease among adults aged >=18 years, which ranks 2nd out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	1.8%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
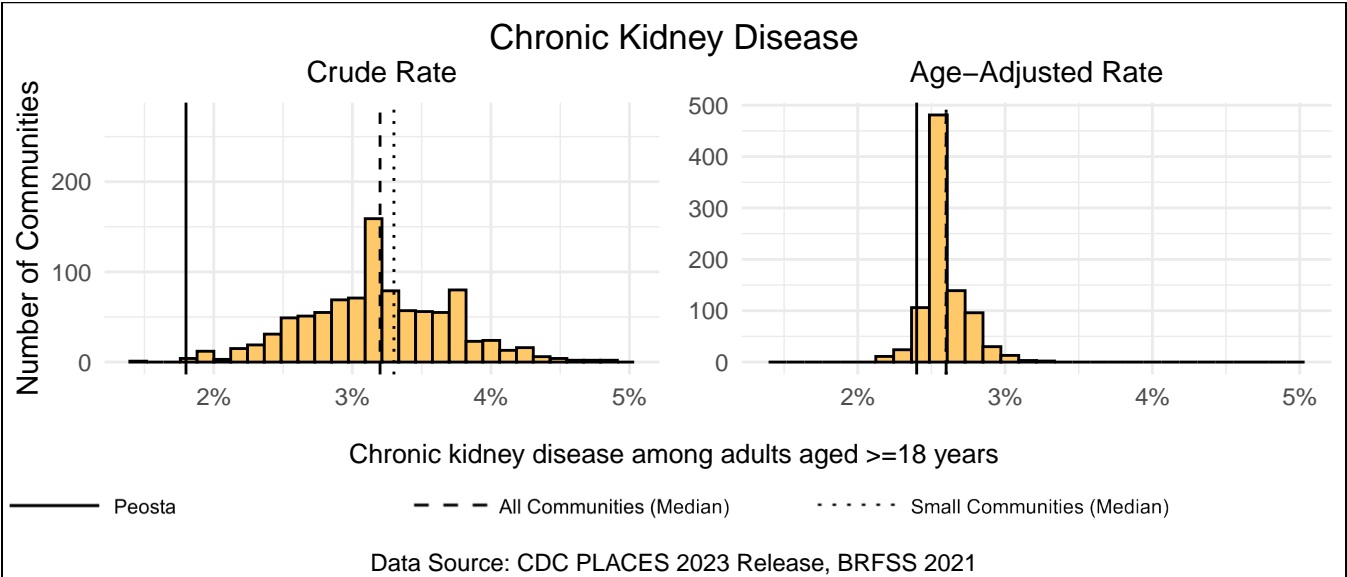
Obesity

Peosta has a crude rate of 32.0% for obesity among adults aged >=18 years, which ranks 33rd out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Peosta is 30.8%, which ranks 12th out of 905 Iowa communities (4th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	32.0%	37.6%	37.2%
Age-Adjusted	30.8%	37.6%	37.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
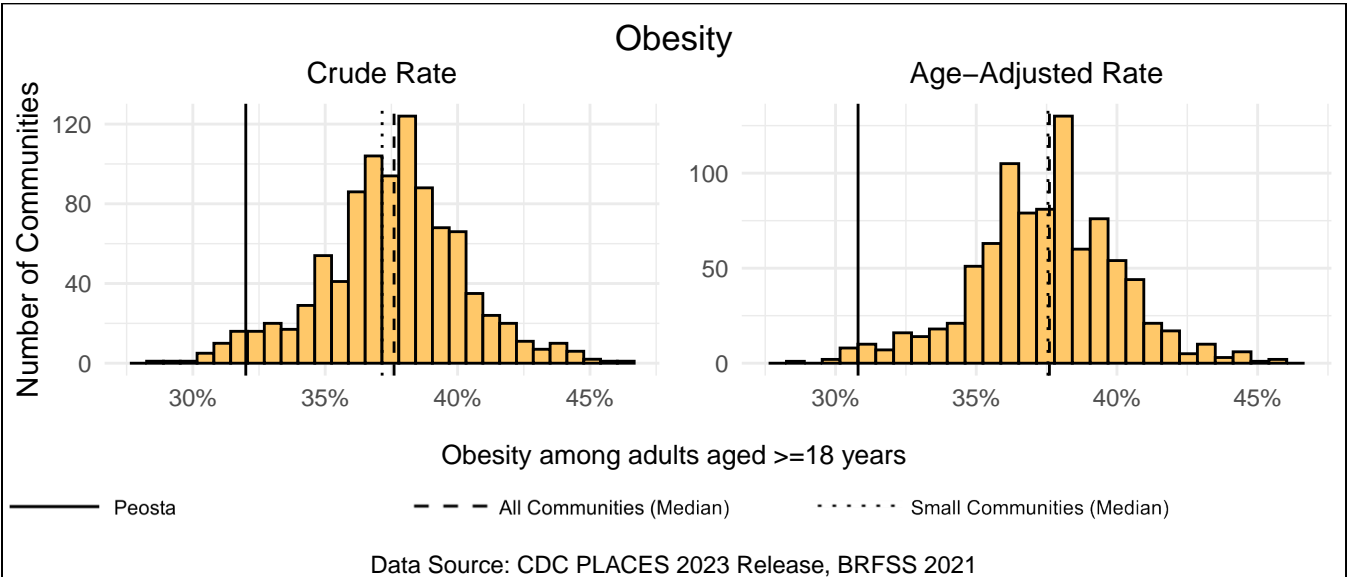
Stroke

Peosta has a crude rate of 1.6% for stroke among adults aged >=18 years, which ranks 3rd out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	1.6%	3.3%	3.4%
Age-Adjusted	2.2%	2.6%	2.5%

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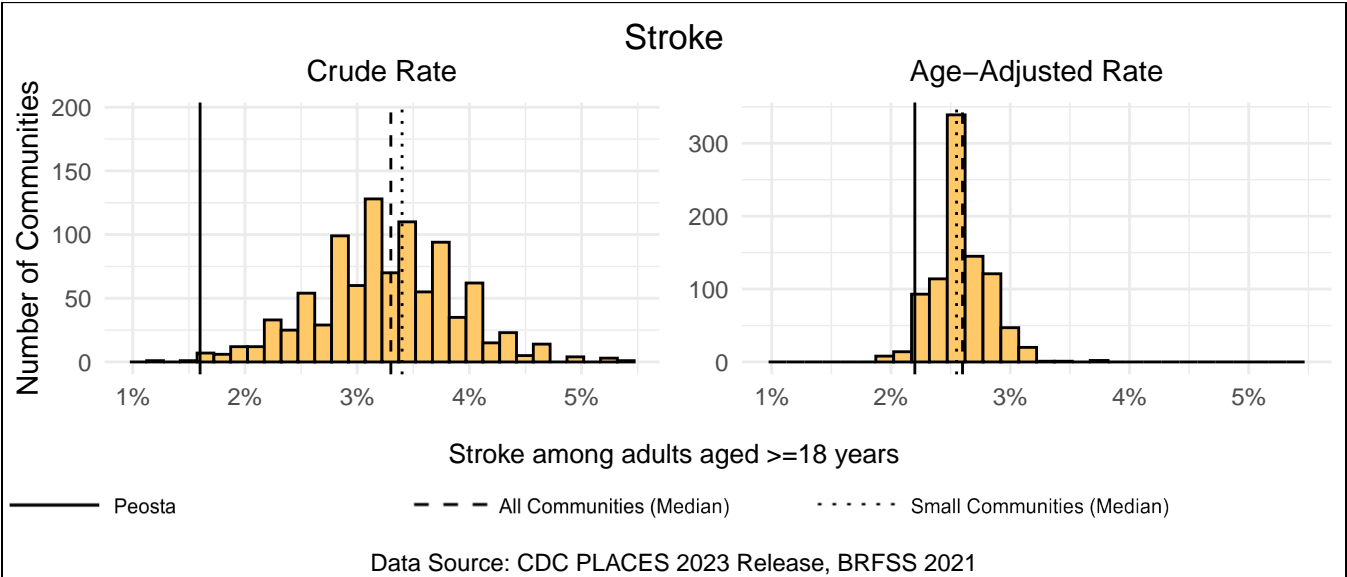
All Teeth Lost

Peosta has a crude rate of 8.4% for all teeth lost among adults aged >=65 years, which ranks 37th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Peosta is 9.0%, which ranks 39th out of 905 Iowa communities (10th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	8.4%	12.9%	12.8%
Age-Adjusted	9.0%	12.8%	12.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
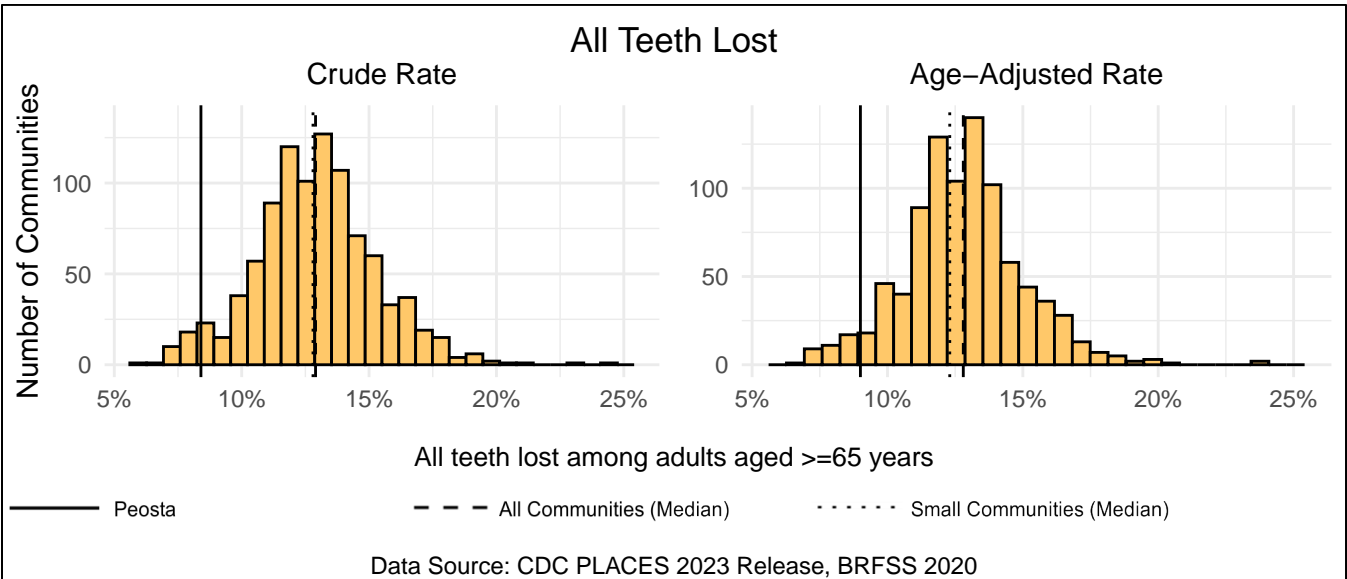
Prevention

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

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

Lack of Health Insurance

Peosta 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 (11th out of 138 small communities). The age-adjusted rate for Peosta is 5.6%, which ranks 26th out of 905 Iowa communities (8th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	5.9%	7.3%	7.2%
Age-Adjusted	5.6%	7.7%	7.5%

Lack of Health Insurance

Crude Rate — Age–Adjusted Rate

Number of Communities

Current lack of health insurance among adults aged 18–64 years

—— Peosta   – – – All Communities (Median)   ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
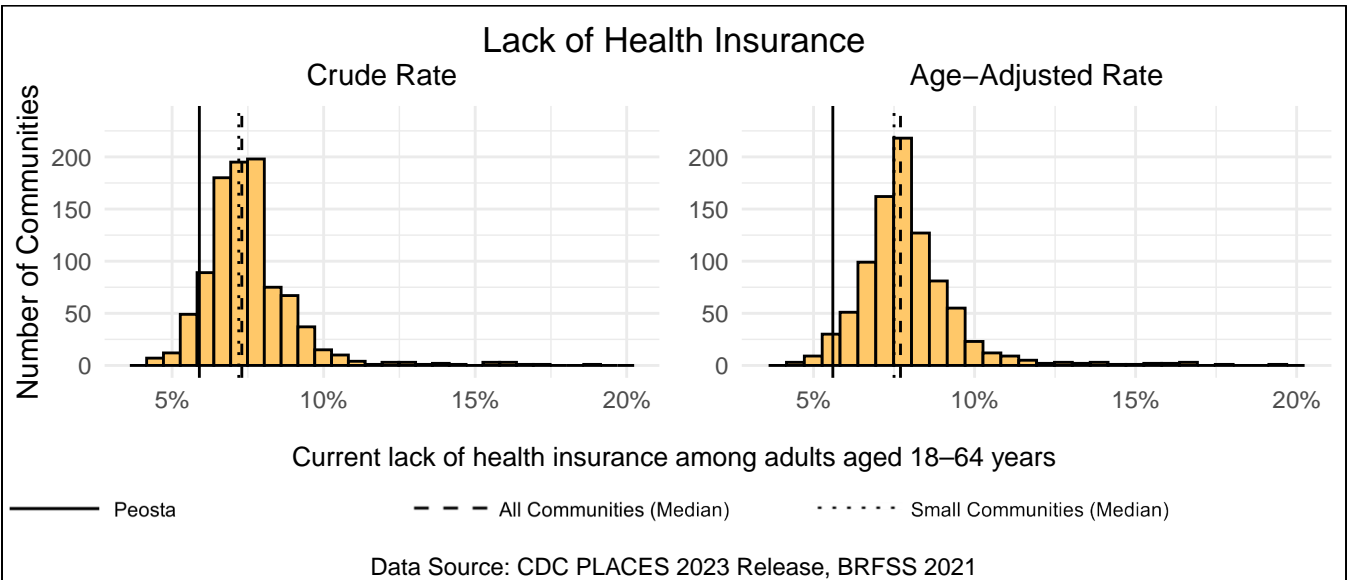
Taking BP Medication

Peosta has a crude rate of 68.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 951st out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Peosta is 59.0%, which ranks 415th out of 905 Iowa communities (67th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	68.5%	79.8%	80.2%
Age-Adjusted	59.0%	59.0%	59.0%

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

Peosta ——— All Communities (Median) – – – Small Communities (Median) · · · · · ·

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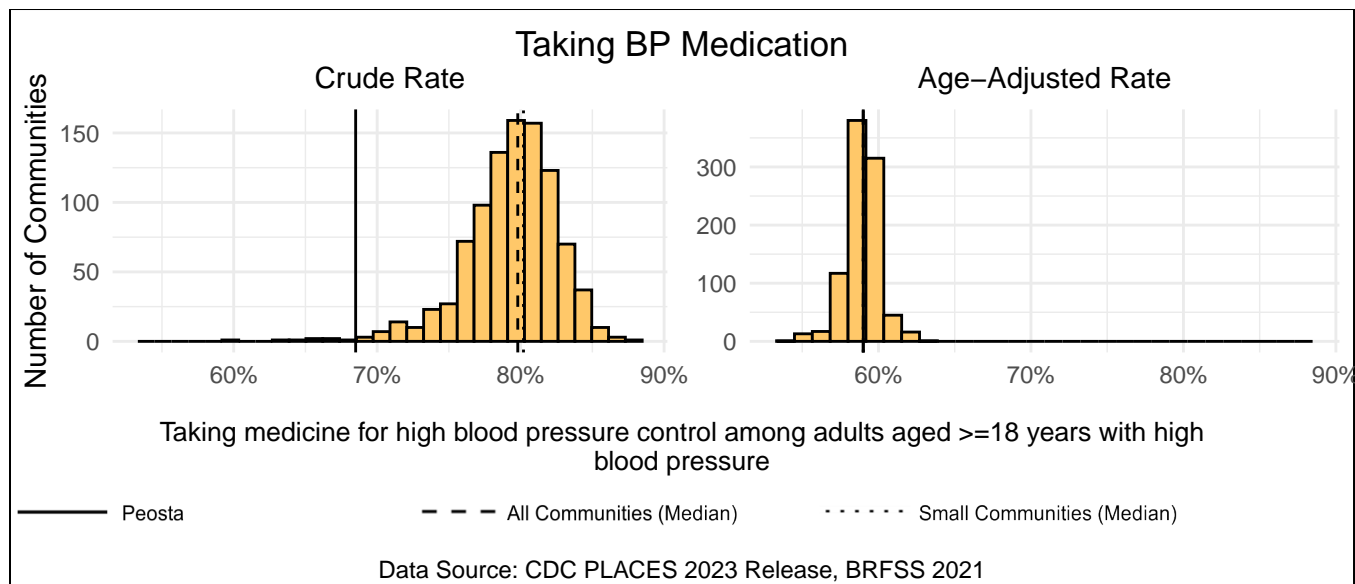
Cervical Cancer Screening

Peosta has a crude rate of 88.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 3rd out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 86.9%, which ranks 7th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	88.4%	83.3%	83.6%
Age-Adjusted	86.9%	83.2%	83.5%

Cervical cancer screening among adult women aged 21–65 years

Peosta ——— All Communities (Median) – – – Small Communities (Median) · · · · · ·

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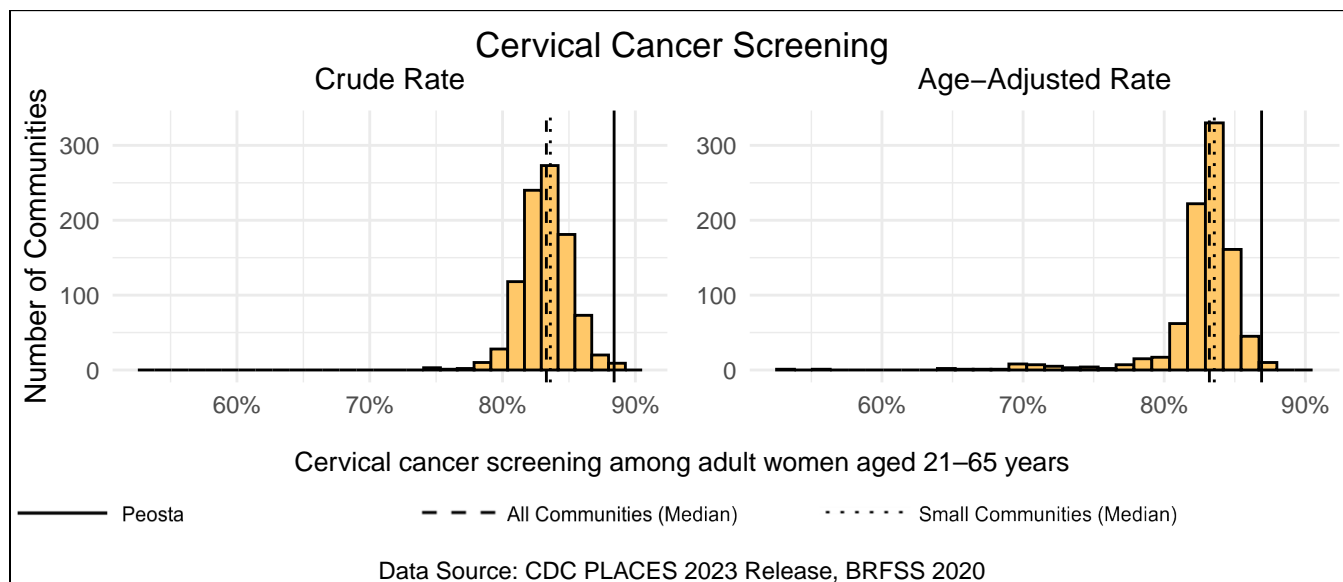
Annual Checkup

Peosta has a crude rate of 70.3% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 944th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Peosta is 73.1%, which ranks 259th out of 905 Iowa communities (47th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	70.3%	75.2%	75.5%
Age-Adjusted	73.1%	72.6%	72.6%

Annual Checkup

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Peosta has a crude rate of 80.6% for cholesterol screening among adults aged >=18 years, which ranks 772nd out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Peosta is 82.2%, which ranks 16th out of 905 Iowa communities (3rd out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	80.6%	82.6%	82.9%
Age-Adjusted	82.2%	79.1%	79.4%

Cholesterol Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Peosta has a crude rate of 74.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 108th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Peosta is 75.8%, which ranks 32nd out of 905 Iowa communities (8th out of 138 small communities).
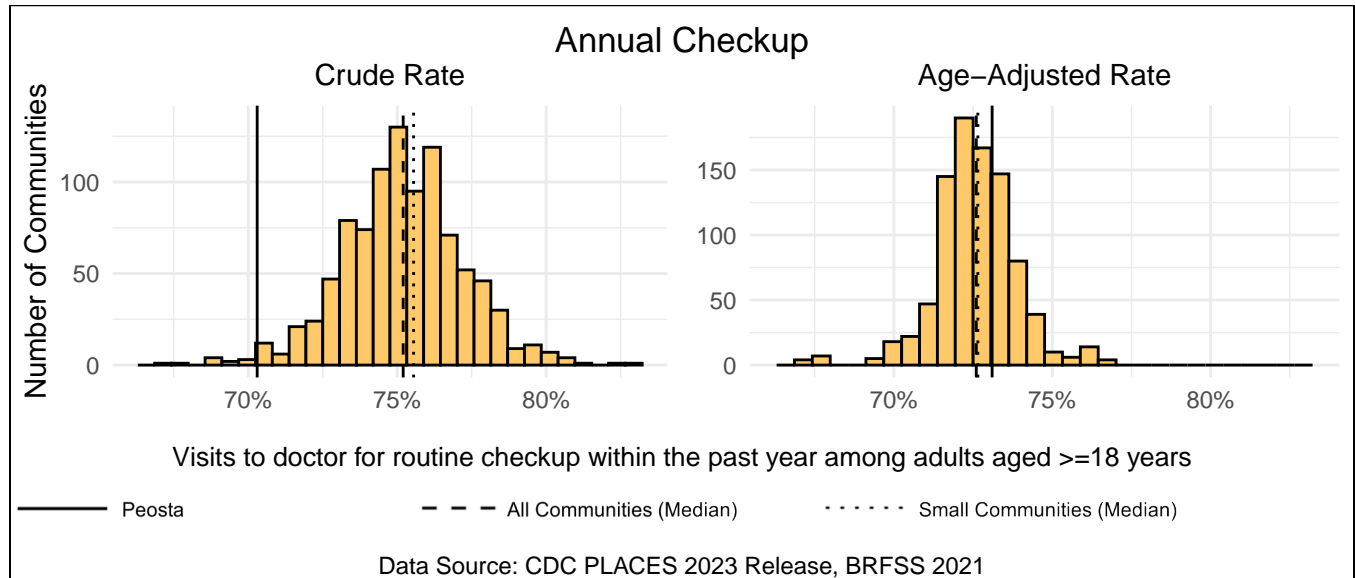
Measure Type	Peosta	All Comm.	Small Comm.
Crude	74.6%	71.6%	71.9%
Age-Adjusted	75.8%	70.9%	71.1%

Colorectal Cancer Screening

Crude Rate — Age–Adjusted Rate

Colorectal cancer screening among adults aged 50–75 years

Peosta — All Communities (Median) — Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Peosta has a crude rate of 47.0% 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 192nd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Peosta is 48.4%, which ranks 107th out of 905 Iowa communities (13th out of 138 small communities).
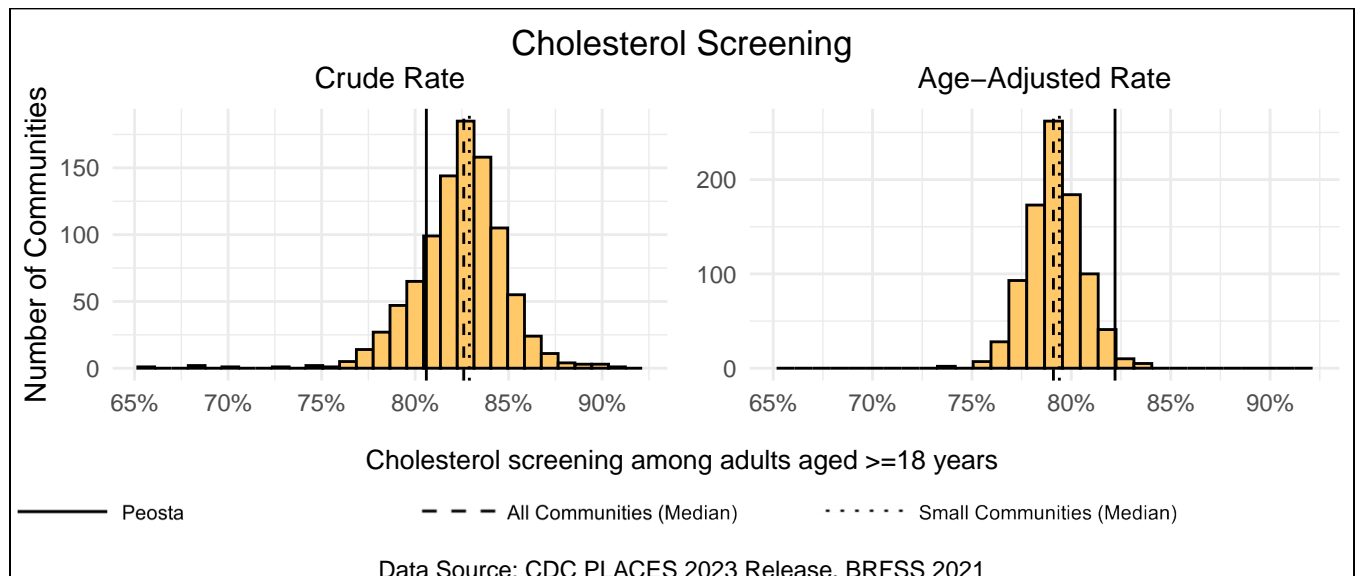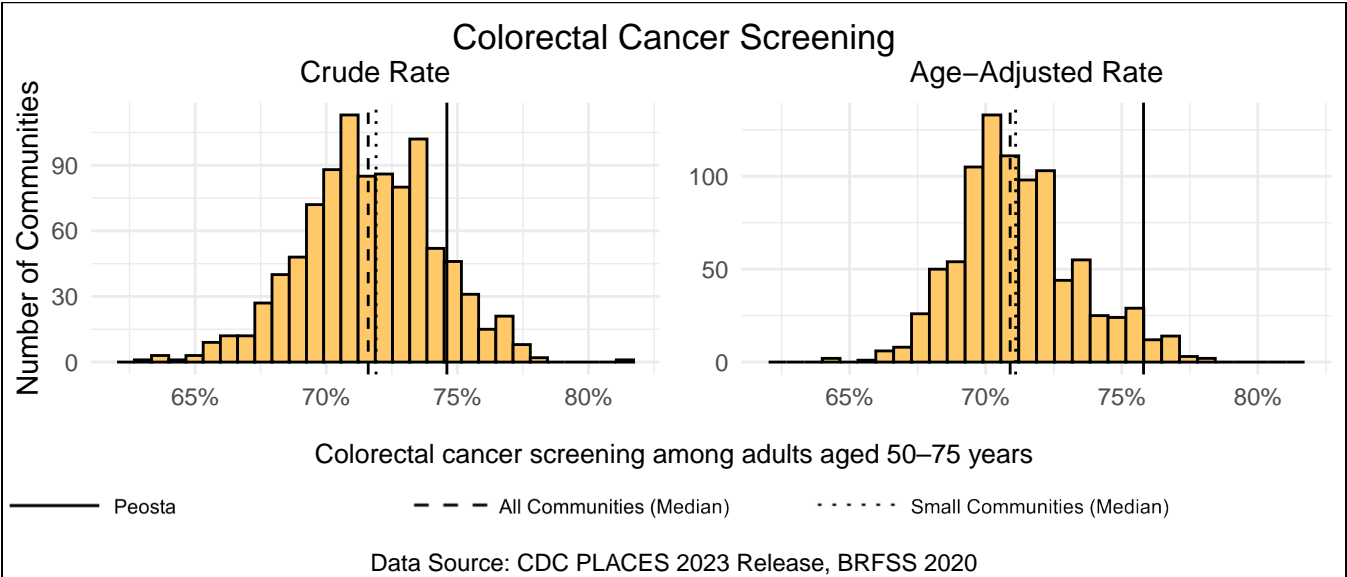
Measure Type	Peosta	All Comm.	Small Comm.
Crude	47.0%	43.5%	43.8%
Age-Adjusted	48.4%	43.5%	44.2%

Core preventive services for older men

Crude Rate

Age–Adjusted Rate

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

——— Peosta   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Peosta has a crude rate of 46.6% 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 62nd out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Peosta is 45.7%, which ranks 75th out of 905 Iowa communities (13th out of 138 small communities).
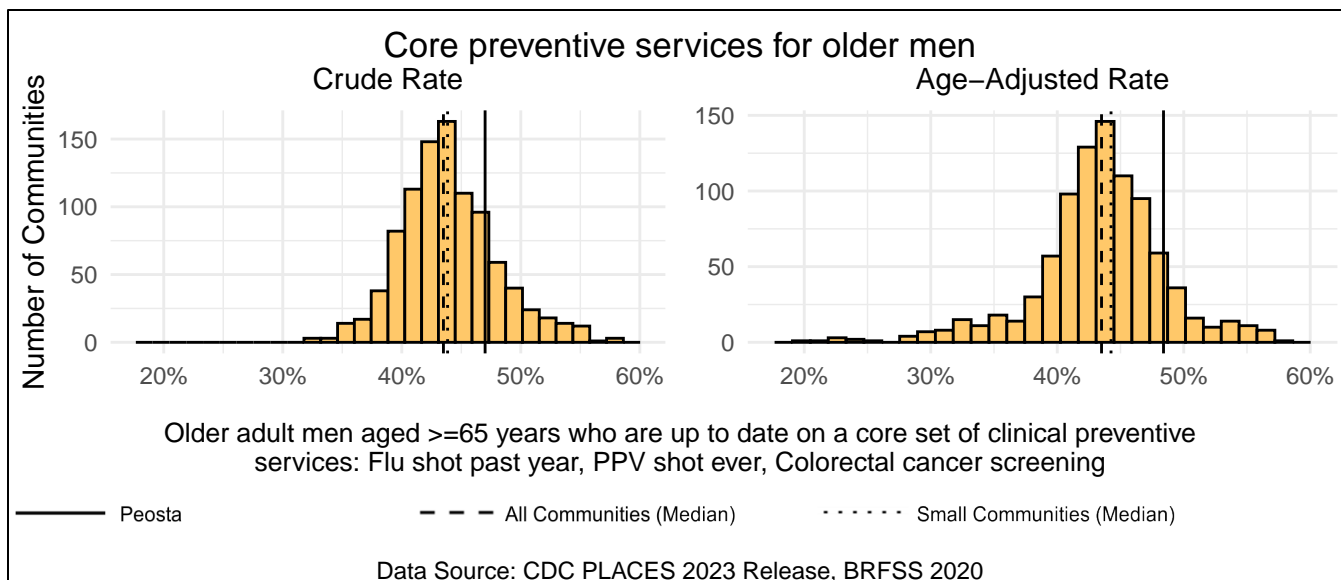
Measure Type	Peosta	All Comm.	Small Comm.
Crude	46.6%	39.0%	38.2%
Age-Adjusted	45.7%	39.9%	40.7%

Core preventive services for older women

Older adult women aged >=65 years who are up to date on a core set of clinical preventive services: Flu shot past year, PPV shot ever, Colorectal cancer screening, and Mammogram past 2 years

—— Peosta   – – – All Communities (Median)   ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Peosta has a crude rate of 74.8% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 30th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Peosta is 75.9%, which ranks 15th out of 905 Iowa communities (4th out of 138 small communities).
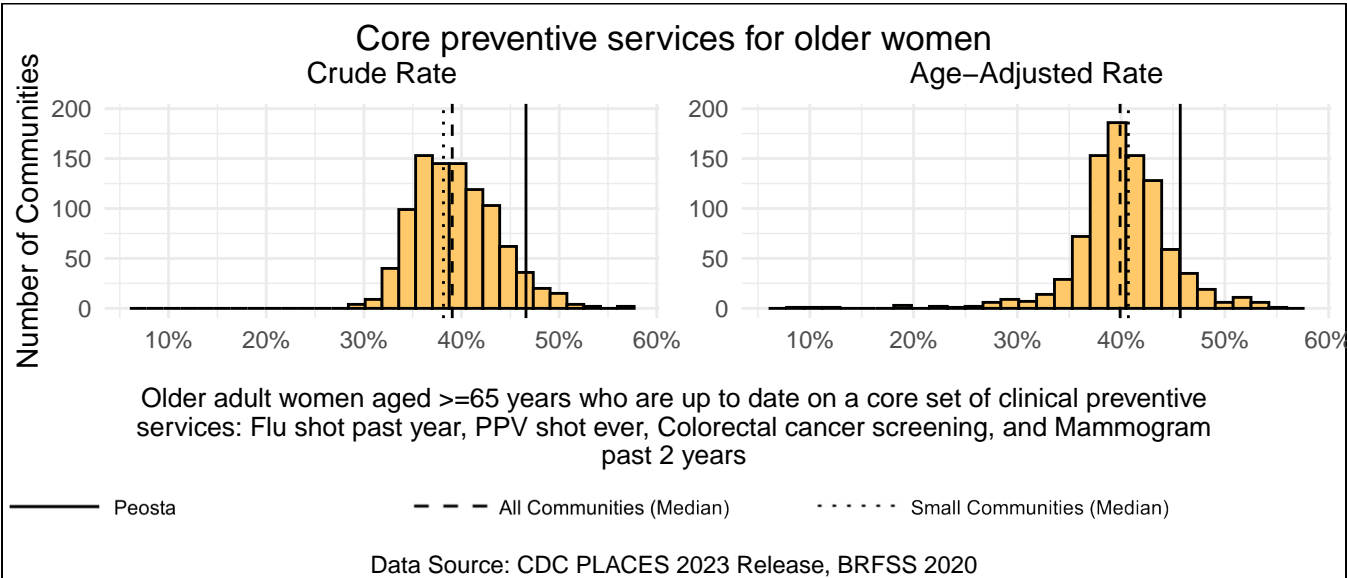
Measure Type	Peosta	All Comm.	Small Comm.
Crude	74.8%	67.2%	68.2%
Age-Adjusted	75.9%	66.6%	67.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

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

—— Peosta   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Peosta has a crude rate of 80.8% for mammography use among women aged 50–74 years, which ranks 27th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Peosta is 78.0%, which ranks 45th out of 905 Iowa communities (11th out of 138 small communities).
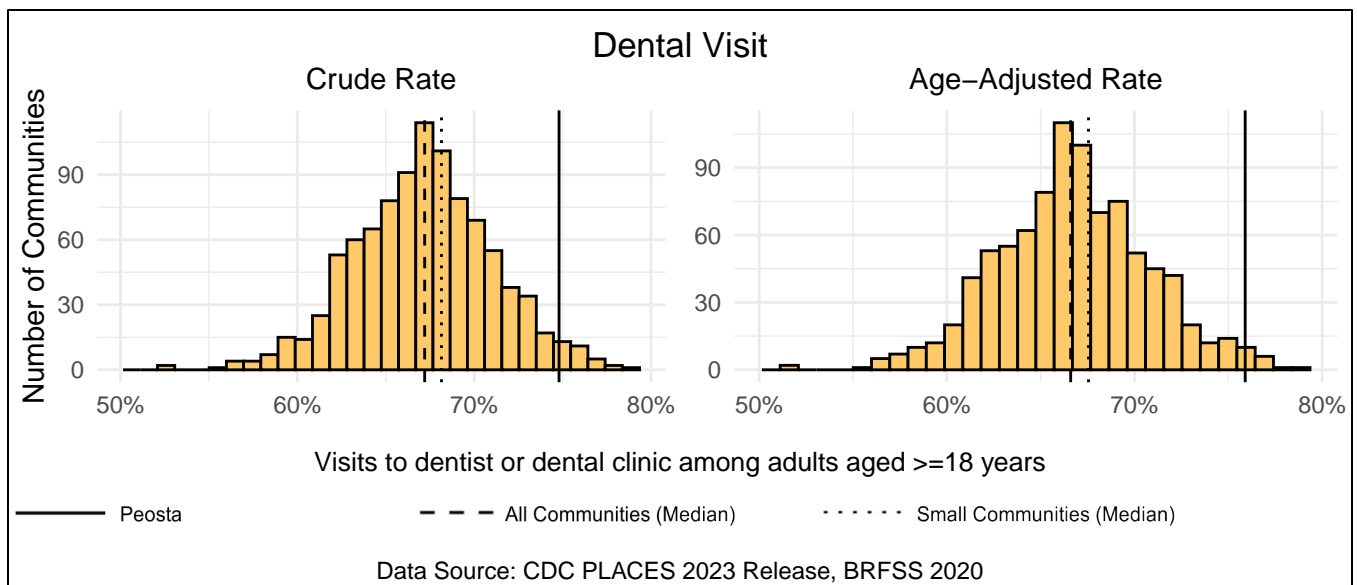
Measure Type	Peosta	All Comm.	Small Comm.
Crude	80.8%	76.2%	76.0%
Age-Adjusted	78.0%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
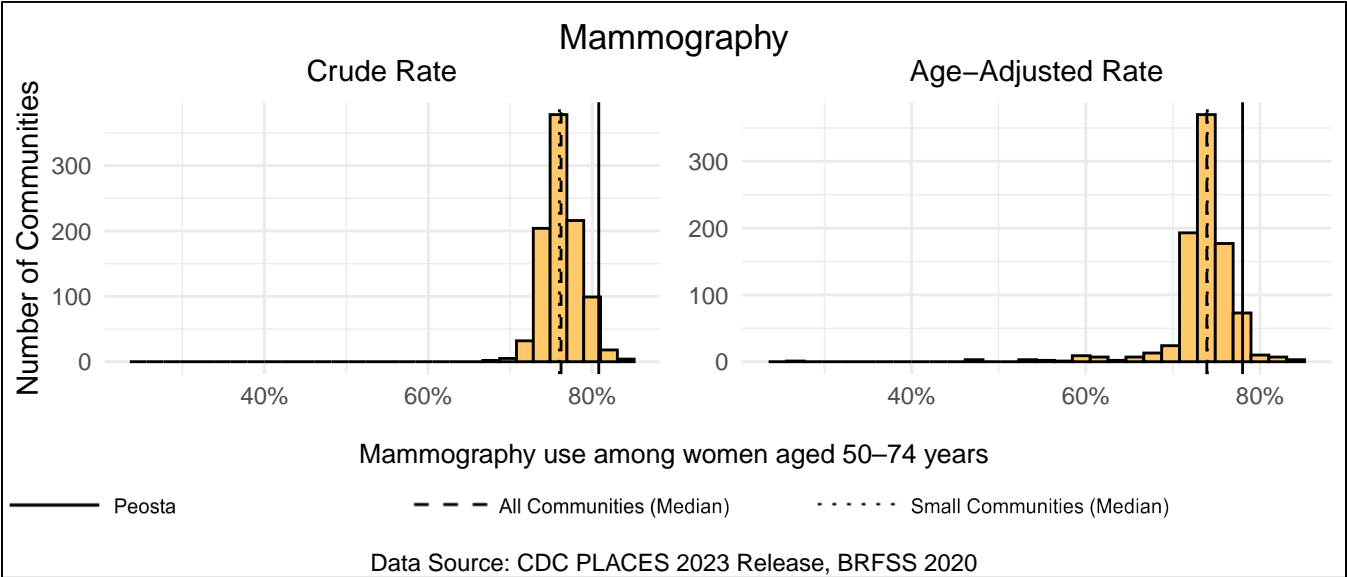
Disability

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

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

Hearing disability

Peosta has a crude rate of 3.8% for hearing disability among adults aged >=18 years, which ranks 3rd out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 5.3%, which ranks 61st out of 905 Iowa communities (11th out of 138 small communities).
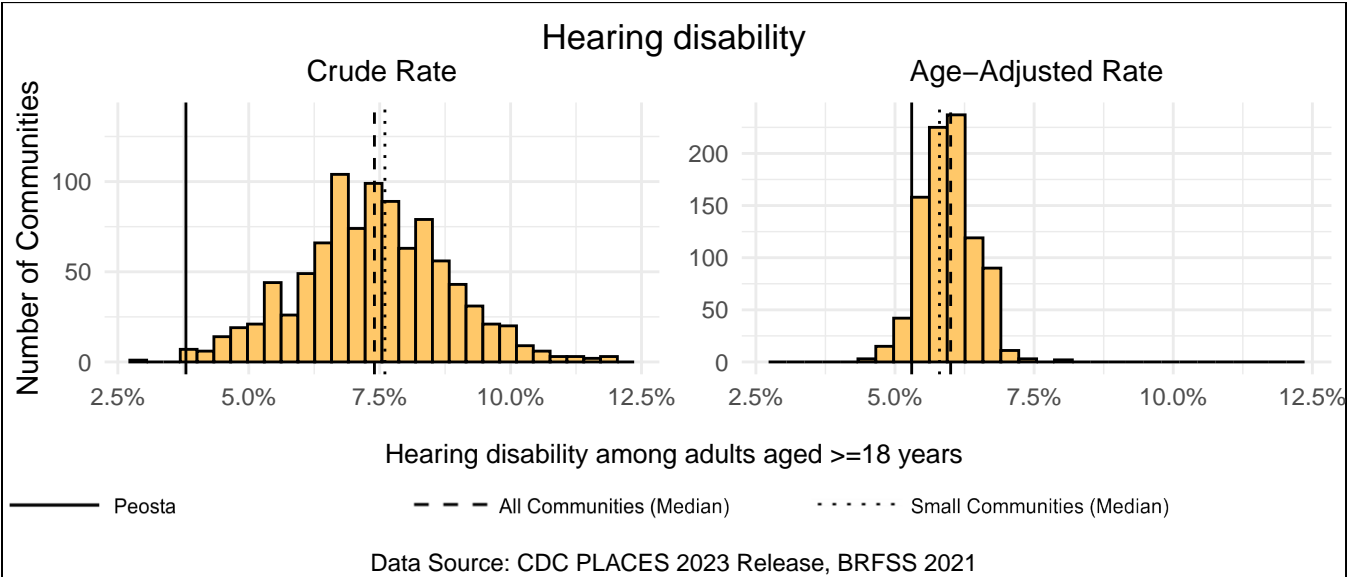
Measure Type	Peosta	All Comm.	Small Comm.
Crude	3.8%	7.4%	7.6%
Age-Adjusted	5.3%	6.0%	5.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Peosta has a crude rate of 2.4% for vision disability among adults aged >=18 years, which ranks 7th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Peosta is 2.8%, which ranks 44th out of 905 Iowa communities (9th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	2.4%	4.1%	4.1%
Age-Adjusted	2.8%	3.6%	3.5%

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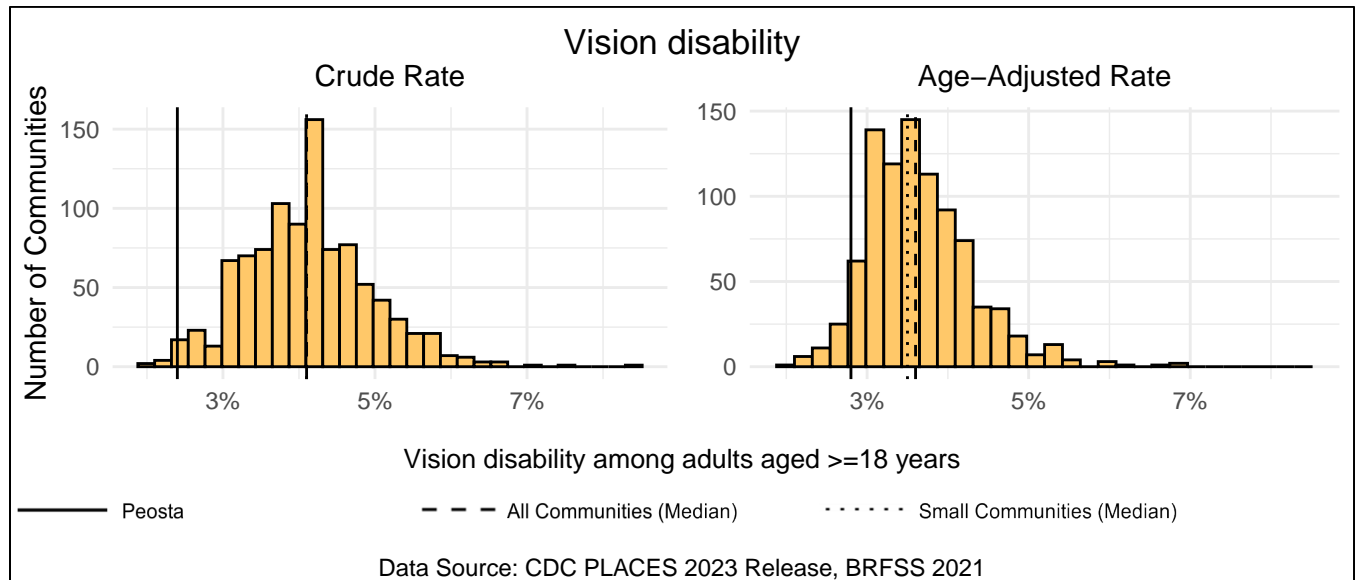
Cognitive disability

Peosta has a crude rate of 9.7% for cognitive disability among adults aged >=18 years, which ranks 96th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Peosta is 9.5%, which ranks 43rd out of 905 Iowa communities (9th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	9.7%	11.1%	10.9%
Age-Adjusted	9.5%	11.6%	11.4%

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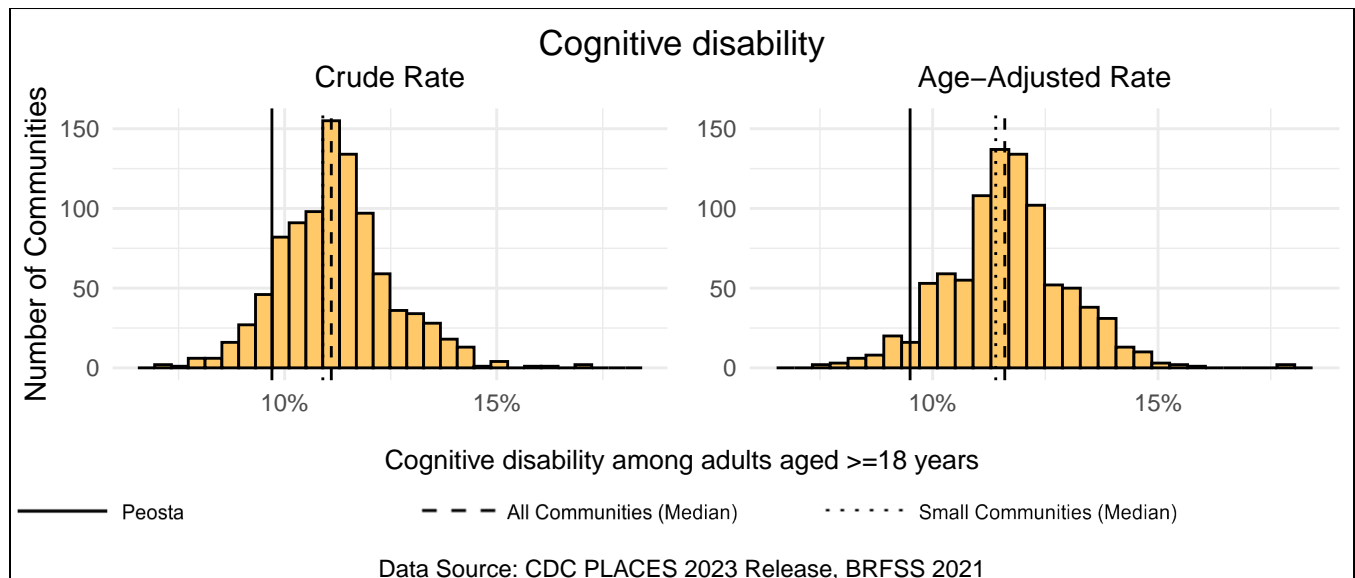
Mobility disability

Peosta has a crude rate of 5.8% for mobility disability among adults aged >=18 years, which ranks 2nd out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Peosta is 7.4%, which ranks 23rd out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	5.8%	11.8%	12.0%
Age-Adjusted	7.4%	9.5%	9.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Peosta has a crude rate of 2.0% for self-care disability among adults aged >=18 years, which ranks 10th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Peosta is 2.2%, which ranks 26th out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	2.0%	3.4%	3.3%
Age-Adjusted	2.2%	2.9%	2.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Peosta has a crude rate of 4.5% for independent living dis-
ability among adults aged >=18 years, which ranks 22nd
out of 958 Iowa communities (5th out of 138 small commu-
nities). The age-adjusted rate for Peosta is 4.8%, which
ranks 37th out of 905 Iowa communities (8th out of 138
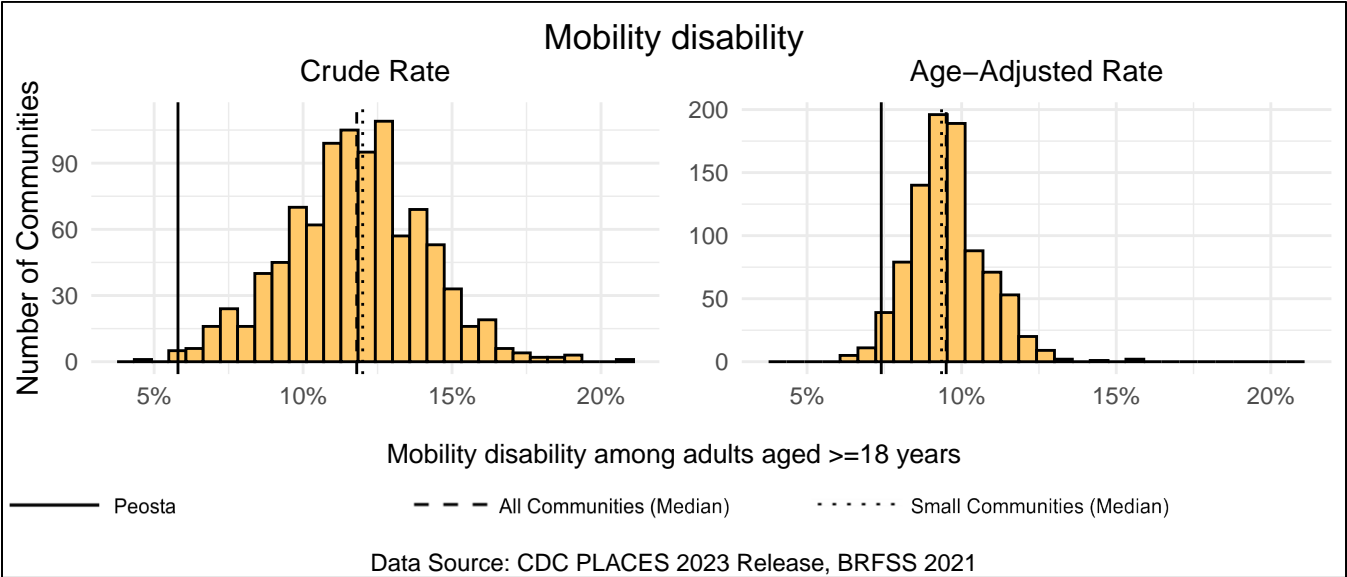small communities).

Measure Type	Peosta	All Comm.	Small Comm.
Crude	4.5%	6.6%	6.8%
Age-Adjusted	4.8%	6.2%	6.1%

Independent living disability among adults aged >=18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Peosta has a crude rate of 16.8% for any disability among
adults aged >=18 years, which ranks 9th out of 958 Iowa
communities (3rd out of 138 small communities). The age-
adjusted rate for Peosta is 19.1%, which ranks 34th out of
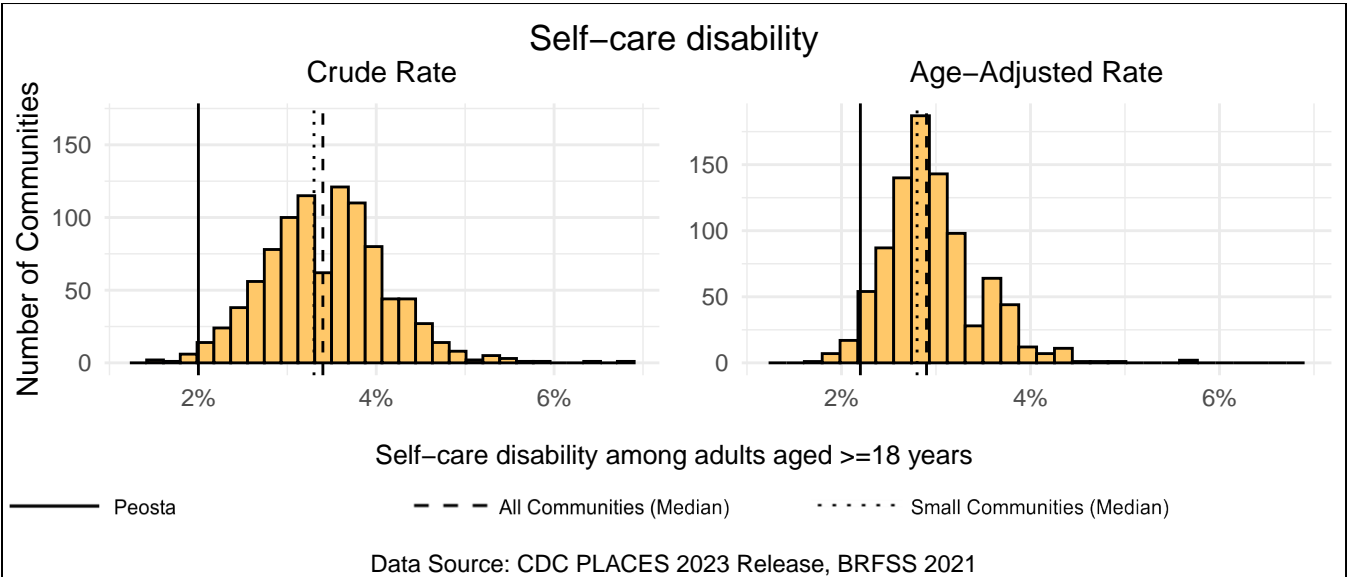905 Iowa communities (9th out of 138 small communities).
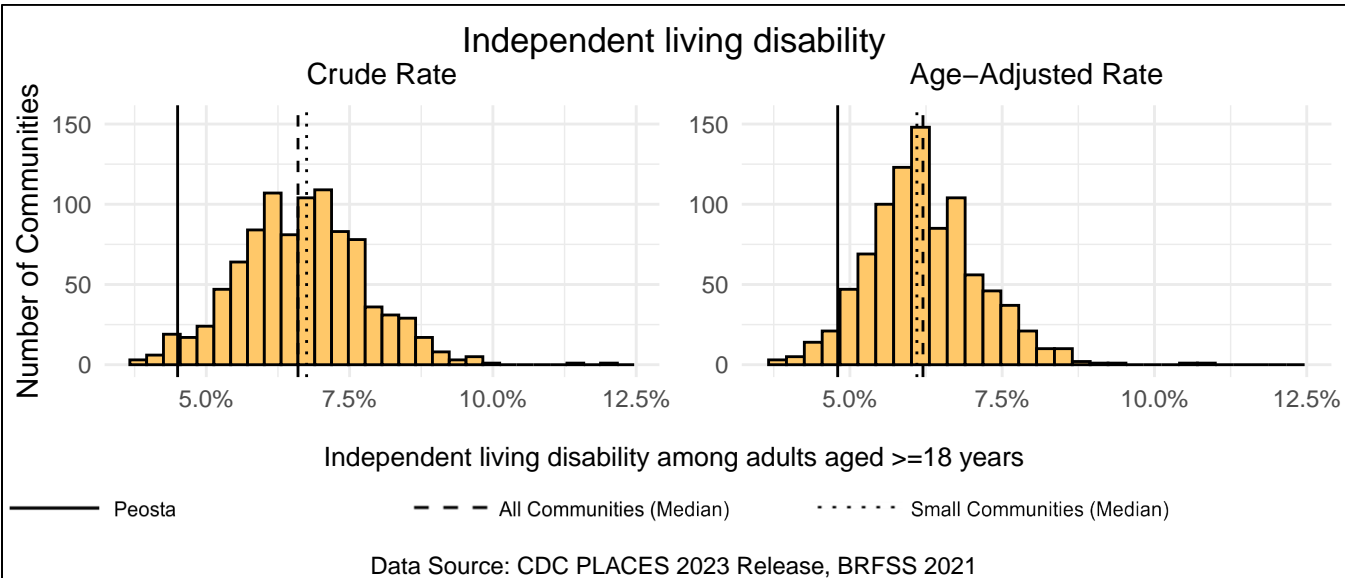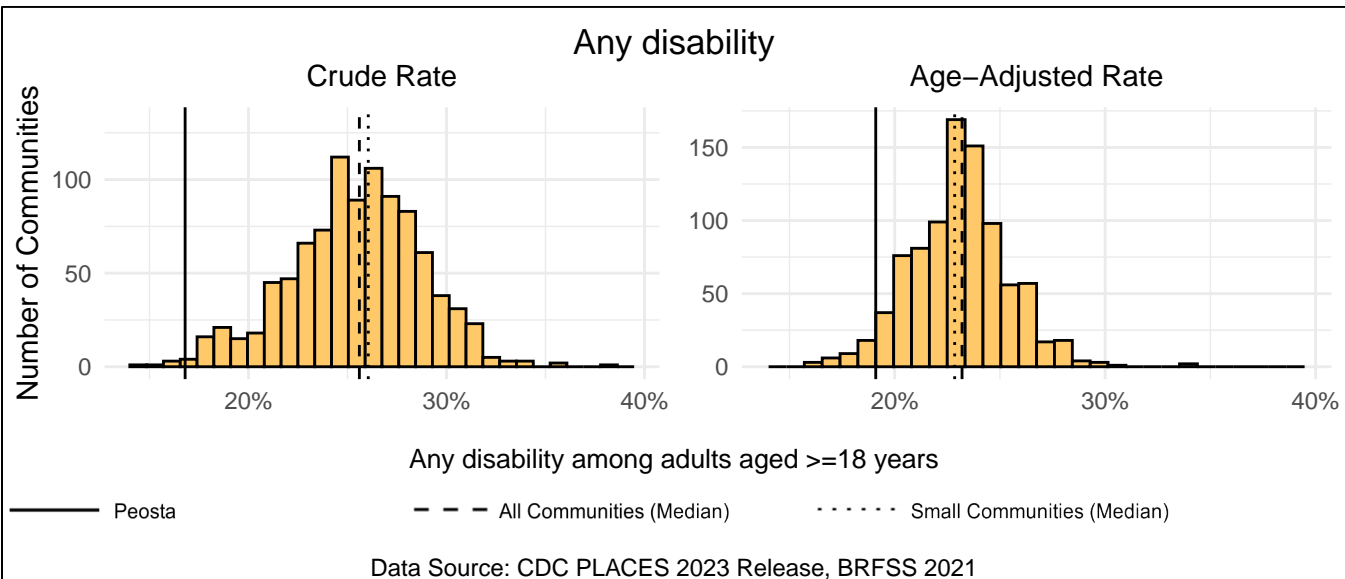
Measure Type	Peosta	All Comm.	Small Comm.
Crude	16.8%	25.6%	26.0%
Age-Adjusted	19.1%	23.2%	22.8%

Any disability among adults aged >=18 years

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

- PLACES Homepage
- Measure Definitions
- Methodology

Appendix 2: Peosta 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	12	8.9% (7.0% - 11.2%)	34	9.7% (8.0% - 11.7%)
Health Status	Mental Health	587	14.6% (12.3% - 17.1%)	32	13.7% (11.6% - 16.0%)
Health Status	Physical Health	14	7.4% (6.1% - 9.0%)	36	8.0% (6.7% - 9.6%)
Health Risk Behaviors	Sleep <7 hours	630	31.0% (28.6% - 33.2%)	132	29.3% (27.5% - 31.1%)
Health Risk Behaviors	Current Smoking	127	14.6% (10.5% - 19.3%)	27	12.8% (9.5% - 16.3%)
Health Risk Behaviors	Physical Inactivity	14	17.7% (13.9% - 22.0%)	31	18.8% (15.0% - 22.8%)
Health Risk Behaviors	Binge Drinking	953	25.8% (21.8% - 30.3%)	753	23.1% (19.3% - 27.0%)
Health Outcomes	Cancer (except skin)	4	4.8% (4.2% - 5.3%)	418	6.5% (5.9% - 7.3%)
Health Outcomes	COPD	7	4.0% (3.2% - 5.1%)	35	4.8% (3.8% - 5.8%)
Health Outcomes	High Blood Pressure	2	19.2% (16.4% - 22.5%)	9	23.4% (20.1% - 26.6%)
Health Outcomes	Arthritis	4	16.1% (13.5% - 19.0%)	8	19.8% (16.8% - 22.9%)
Health Outcomes	Current Asthma	311	9.2% (8.1% - 10.4%)	77	9.0% (7.9% - 10.2%)
Health Outcomes	Coronary Heart Disease	2	2.9% (2.5% - 3.4%)	52	4.4% (3.7% - 5.1%)
Health Outcomes	Diabetes	5	5.5% (4.5% - 6.6%)	46	7.0% (5.8% - 8.3%)
Health Outcomes	All Teeth Lost	37	8.4% (4.8% - 13.0%)	39	9.0% (5.2% - 13.6%)
Health Outcomes	Chronic Kidney Disease	2	1.8% (1.6% - 2.0%)	36	2.4% (2.1% - 2.6%)
Health Outcomes	Obesity	33	32.0% (26.5% - 38.3%)	12	30.8% (25.2% - 36.7%)
Health Outcomes	High Cholesterol	6	27.1% (23.6% - 31.0%)	195	29.1% (25.1% - 33.1%)
Health Outcomes	Stroke	3	1.6% (1.4% - 1.9%)	23	2.2% (1.9% - 2.6%)
Health Outcomes	Depression	673	18.7% (15.4% - 22.4%)	58	17.6% (14.6% - 20.9%)
Prevention	Mammography	27	80.8% (76.8% - 84.5%)	45	78.0% (73.9% - 81.5%)
Prevention	Dental Visit	30	74.8% (70.2% - 79.0%)	15	75.9% (72.2% - 79.3%)
Prevention	Health Insurance	69	5.9% (4.1% - 8.4%)	26	5.6% (4.0% - 7.7%)
Prevention	Cholesterol Screening	772	80.6% (76.8% - 84.2%)	16	82.2% (78.8% - 85.5%)
Prevention	Cervical Cancer Screening	3	88.4% (86.3% - 90.4%)	7	86.9% (84.6% - 89.1%)
Prevention	Colorectal Cancer Screening	108	74.6% (71.0% - 77.9%)	32	75.8% (72.5% - 78.8%)

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 men	192	47.0% (38.4% - 55.6%)	107	48.4% (40.5% - 56.6%)
Prevention	Annual Checkup	944	70.3% (65.0% - 75.3%)	259	73.1% (68.3% - 77.7%)
Prevention	Core preventive services for older women	62	46.6% (38.9% - 54.2%)	75	45.7% (38.9% - 52.6%)
Prevention	Taking BP Medication	951	68.5% (63.9% - 72.8%)	415	59.0% (54.0% - 64.0%)
Disability	Mobility Disability	2	5.8% (4.7% - 7.1%)	23	7.4% (6.0% - 8.8%)
Disability	Cognitive Disability	96	9.7% (7.7% - 12.2%)	43	9.5% (7.7% - 11.4%)
Disability	Self-care Disability	10	2.0% (1.6% - 2.4%)	26	2.2% (1.9% - 2.7%)
Disability	Independent Living Disability	22	4.5% (3.6% - 5.7%)	37	4.8% (3.9% - 5.7%)
Disability	Hearing Disability	3	3.8% (3.3% - 4.4%)	61	5.3% (4.6% - 6.0%)
Disability	Vision Disability	7	2.4% (2.0% - 2.9%)	44	2.8% (2.3% - 3.3%)
Disability	Any Disability	9	16.8% (13.6% - 20.7%)	34	19.1% (15.8% - 22.5%)

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)

Peosta 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		