



## 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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*By Matthew Voss & Shawn Dorius*

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# Iowa Community Health Snapshot Series

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# Health in Pleasant Hill: Overview

Dear Community Members & Stakeholders of Pleasant Hill,

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 Pleasant Hill ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Pleasant Hill’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 Pleasant Hill. 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
Core preventive services for older men	45th	6th	Core preventive services for older men	39th	6th
Hearing Disability	69th	10th	Hearing Disability	61st	10th
Stroke	73rd	11th	Sleep <7 hours	68th	9th
COPD	82nd	15th	Cancer (except skin)	74th	4th
Physical Health	83rd	15th	Stroke	116th	13th

# Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Taking BP Medication	922nd	24th	Taking BP Medication	885th	27th
Depression	888th	23rd	High Cholesterol	862nd	28th
Annual Checkup	799th	24th	Depression	758th	23rd
Binge Drinking	799th	19th	High Blood Pressure	469th	18th
Cholesterol Screening	781st	12th	Arthritis	376th	15th

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 Pleasant Hill.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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## How to Use this Report

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

With a population of 10,456, Pleasant Hill’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

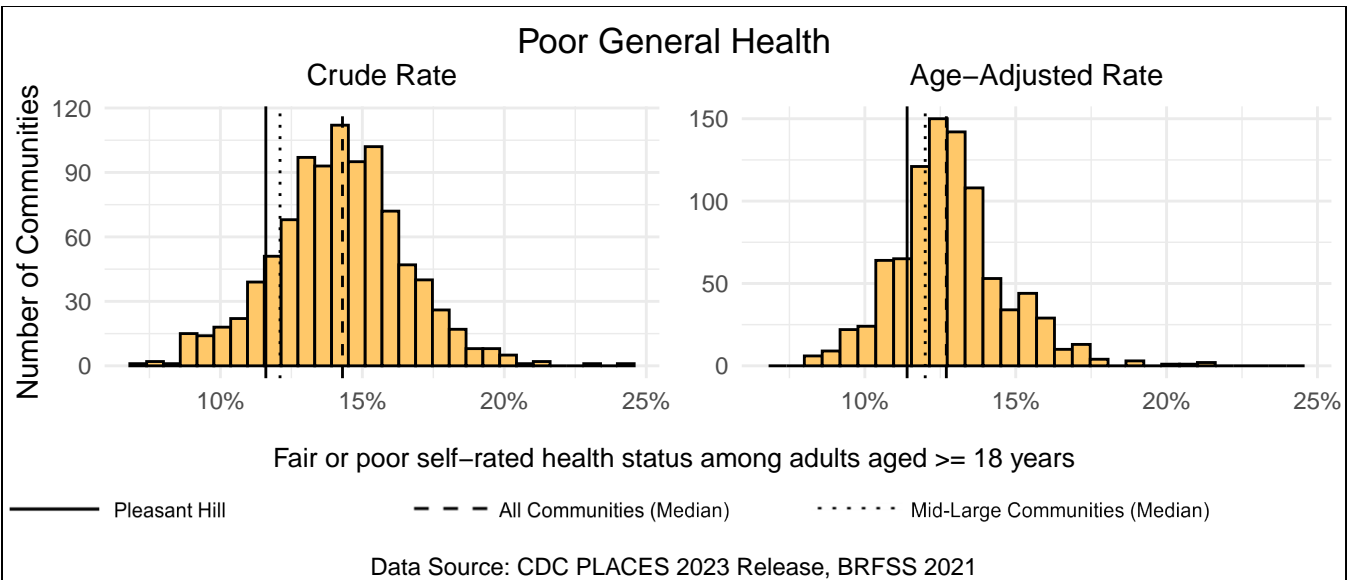
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Pleasant Hill has a crude rate of 11.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 113th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 11.4%, which ranks 169th out of 905 Iowa communities (13th out of 31 mid-large communities).

Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	11.6%	14.3%	12.1%
Age-Adjusted	11.4%	12.7%	12.0%

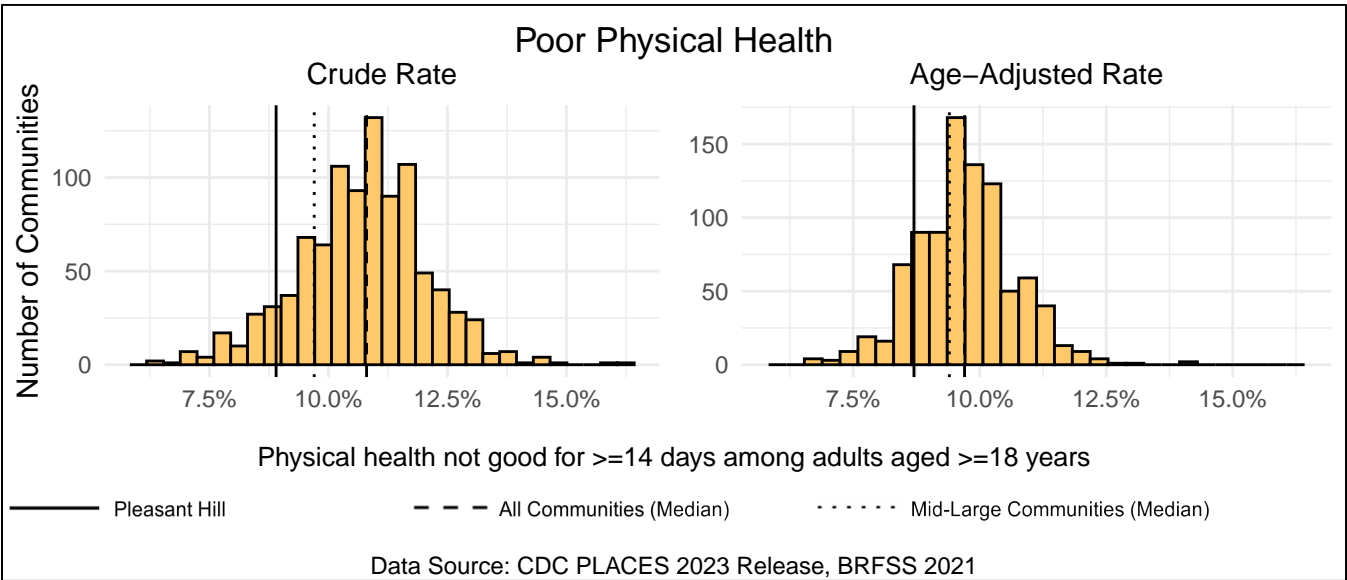




# Poor Physical Health

Pleasant Hill has a crude rate of 8.9% for physical health not good for >=14 days among adults aged >=18 years, which ranks 83rd out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 8.7%, which ranks 120th out of 905 Iowa communities (14th out of 31 mid-large communities).

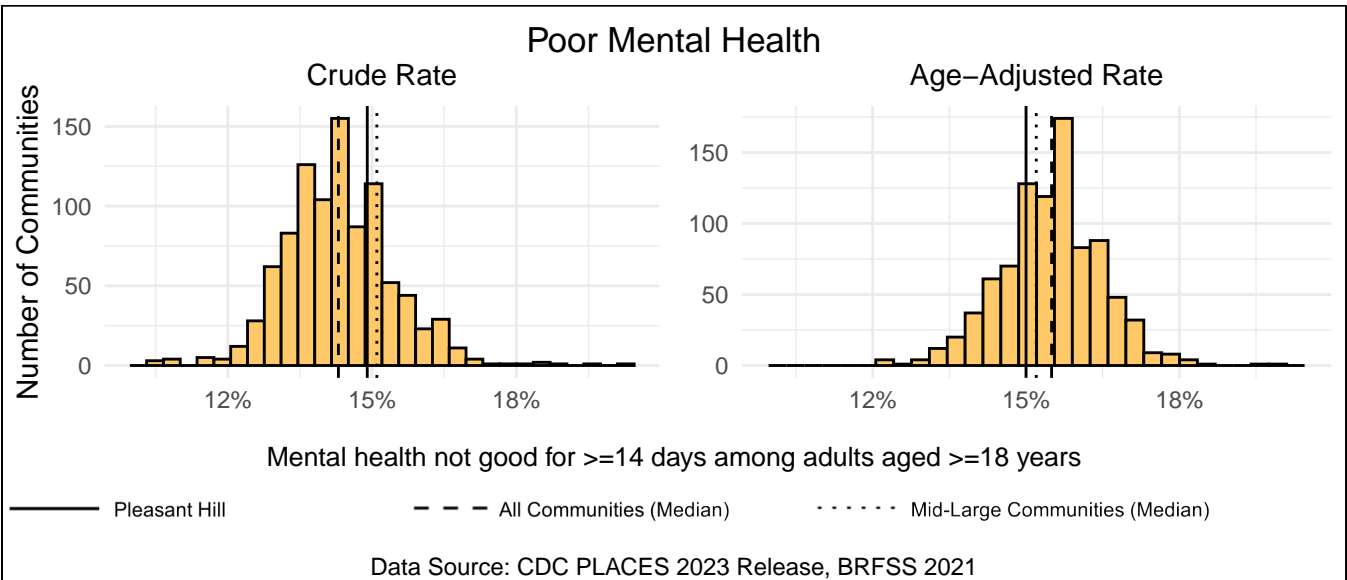
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	8.9%	10.8%	9.7%
Age-Adjusted	8.7%	9.7%	9.4%



# Poor Mental Health

Pleasant Hill has a crude rate of 14.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 674th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 15.0%, which ranks 241st out of 905 Iowa communities (15th out of 31 mid-large communities).

Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	14.9%	14.3%	15.1%
Age-Adjusted	15.0%	15.5%	15.2%



# Health Risk Behaviors

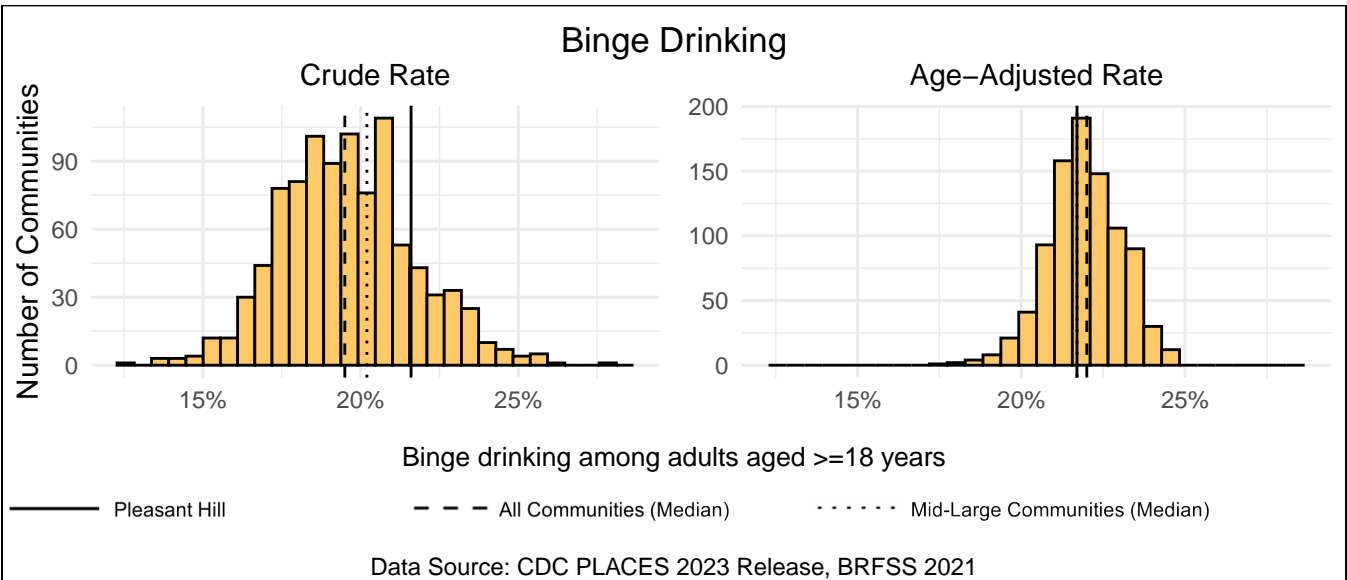
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Pleasant Hill has a crude rate of 21.6% for binge drinking among adults aged  $\geq 18$  years, which ranks 799th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 21.7%, which ranks 358th out of 905 Iowa communities (16th out of 31 mid-large communities).

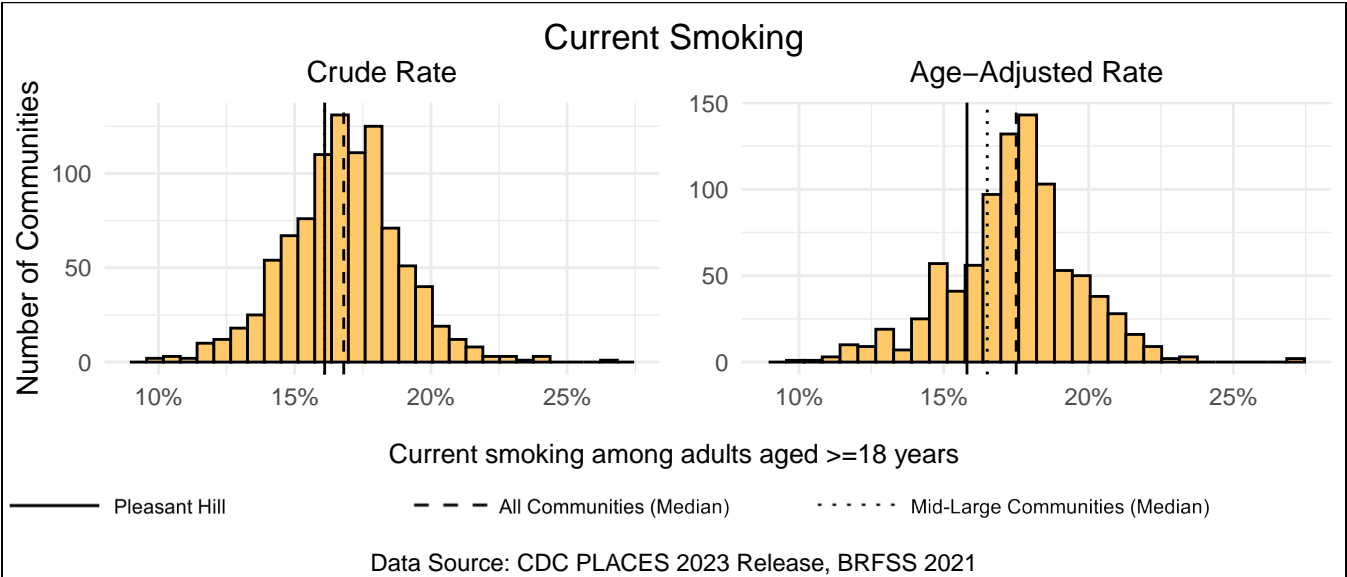
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	21.6%	19.5%	20.2%
Age-Adjusted	21.7%	22.0%	21.7%



# Current Smoking

Pleasant Hill has a crude rate of 16.1% for current smoking among adults aged  $\geq 18$  years, which ranks 316th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 15.8%, which ranks 174th out of 905 Iowa communities (15th out of 31 mid-large communities).

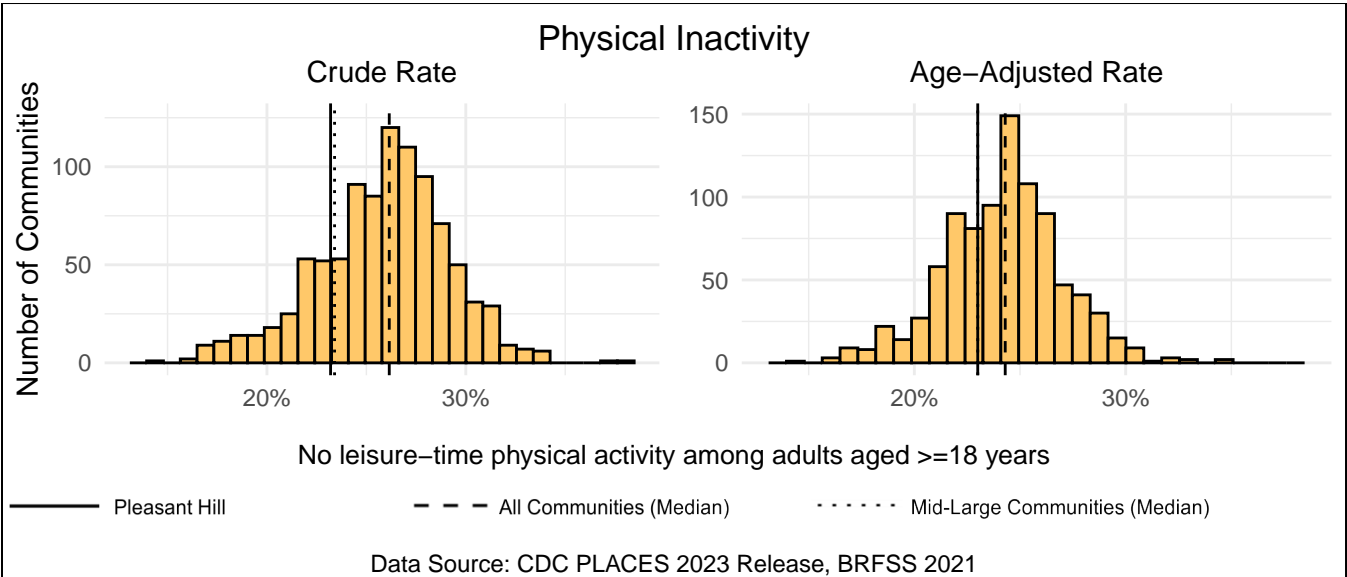
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	16.1%	16.8%	16.1%
Age-Adjusted	15.8%	17.5%	16.5%



# Physical Inactivity

Pleasant Hill has a crude rate of 23.2% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 194th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 23.0%, which ranks 288th out of 905 Iowa communities (16th out of 31 mid-large communities).

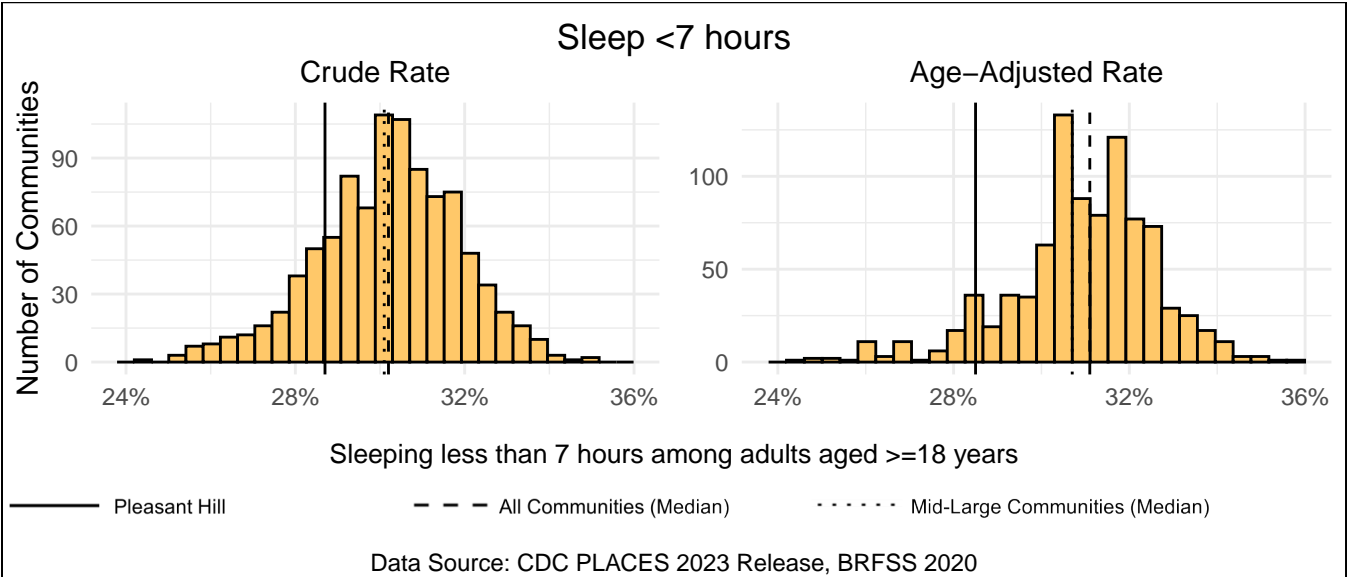
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	23.2%	26.1%	23.4%
Age-Adjusted	23.0%	24.3%	23.0%



# Sleep <7 hours

Pleasant Hill has a crude rate of 28.7% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 169th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 28.5%, which ranks 68th out of 905 Iowa communities (9th out of 31 mid-large communities).

Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	28.7%	30.2%	30.1%
Age-Adjusted	28.5%	31.1%	30.7%



# Health Outcomes

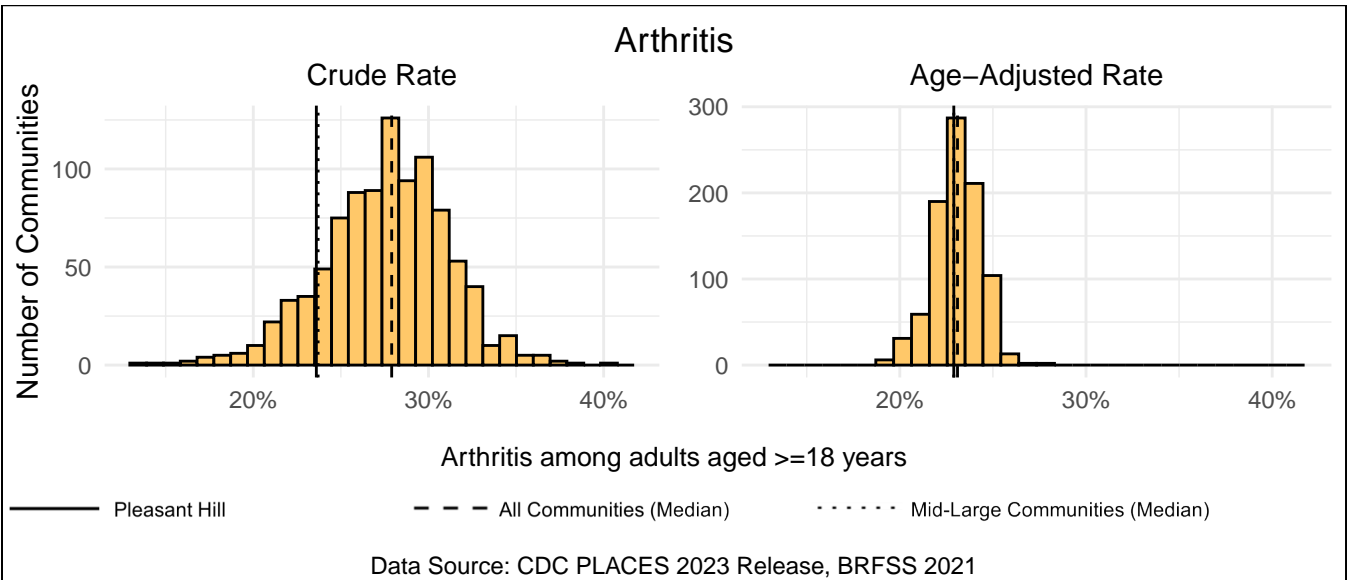
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Pleasant Hill has a crude rate of 23.6% for arthritis among adults aged  $\geq 18$  years, which ranks 121st out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 22.9%, which ranks 376th out of 905 Iowa communities (15th out of 31 mid-large communities).

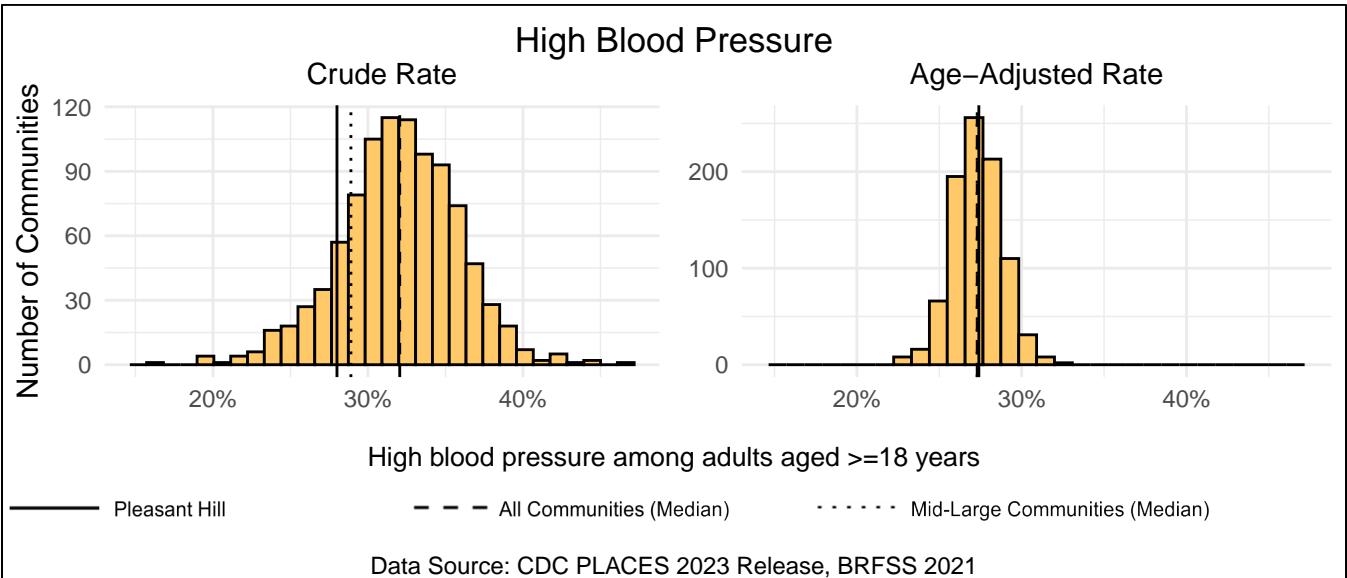
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	23.6%	27.9%	23.7%
Age-Adjusted	22.9%	23.1%	22.9%



## High Blood Pressure

Pleasant Hill has a crude rate of 28.0% for high blood pressure among adults aged  $\geq 18$  years, which ranks 123rd out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 27.4%, which ranks 469th out of 905 Iowa communities (18th out of 31 mid-large communities).

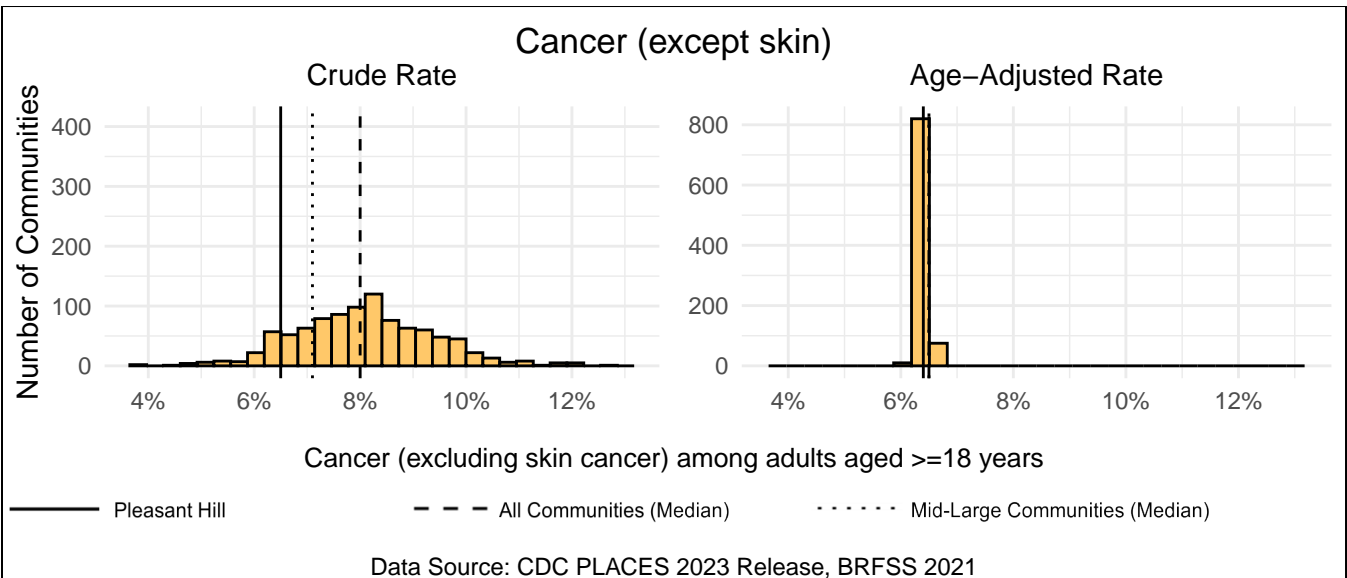
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	28.0%	32.0%	28.9%
Age-Adjusted	27.4%	27.3%	27.3%



## Cancer (except skin)

Pleasant Hill has a crude rate of 6.5% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 93rd out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 31 mid-large communities).

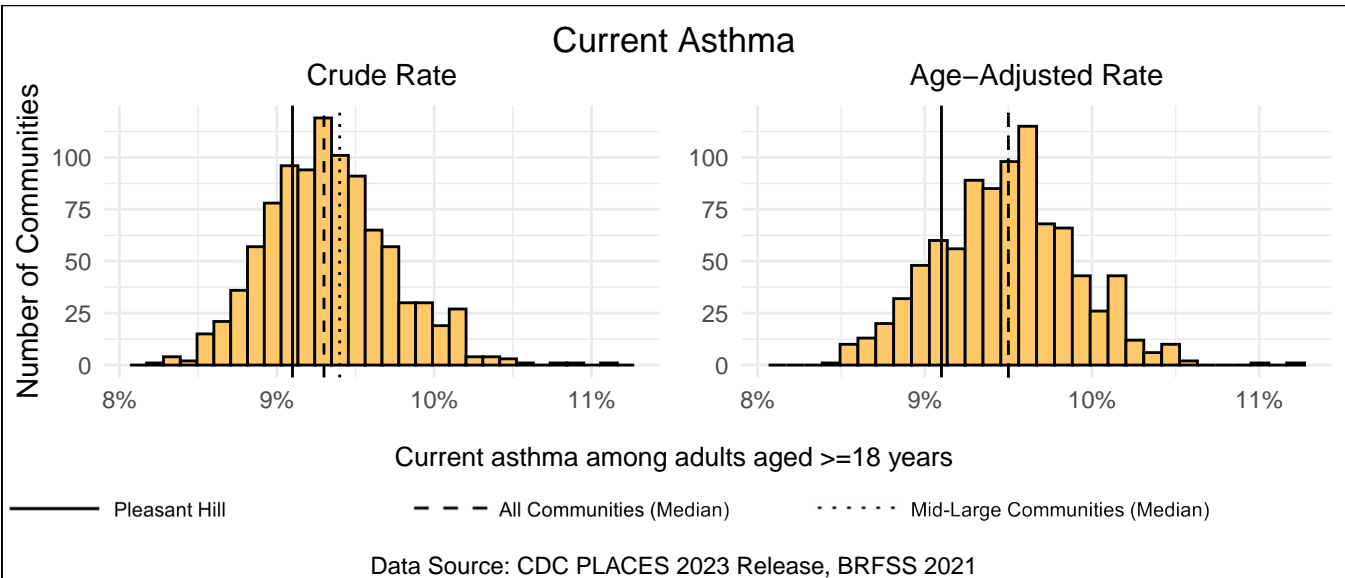
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	6.5%	8.0%	7.1%
Age-Adjusted	6.4%	6.5%	6.5%



## Current Asthma

Pleasant Hill has a crude rate of 9.1% for current asthma among adults aged  $\geq 18$  years, which ranks 215th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 9.1%, which ranks 125th out of 905 Iowa communities (8th out of 31 mid-large communities).

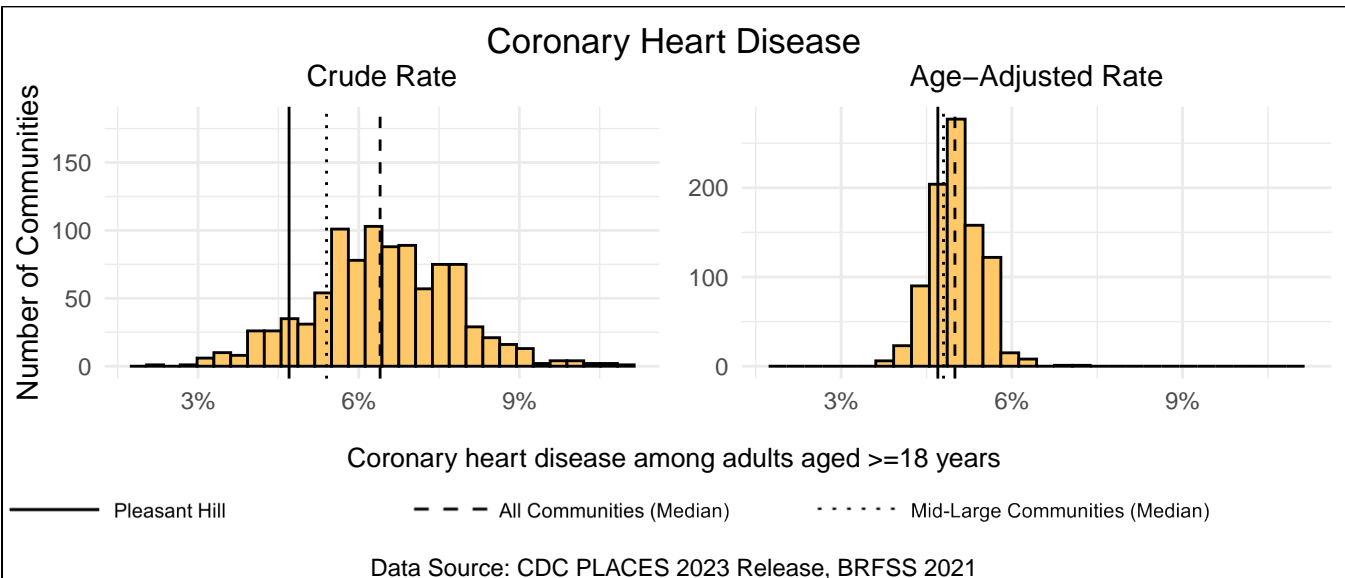
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	9.1%	9.3%	9.4%
Age-Adjusted	9.1%	9.5%	9.5%



## Coronary Heart Disease

Pleasant Hill has a crude rate of 4.7% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 88th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 4.7%, which ranks 187th out of 905 Iowa communities (13th out of 31 mid-large communities).

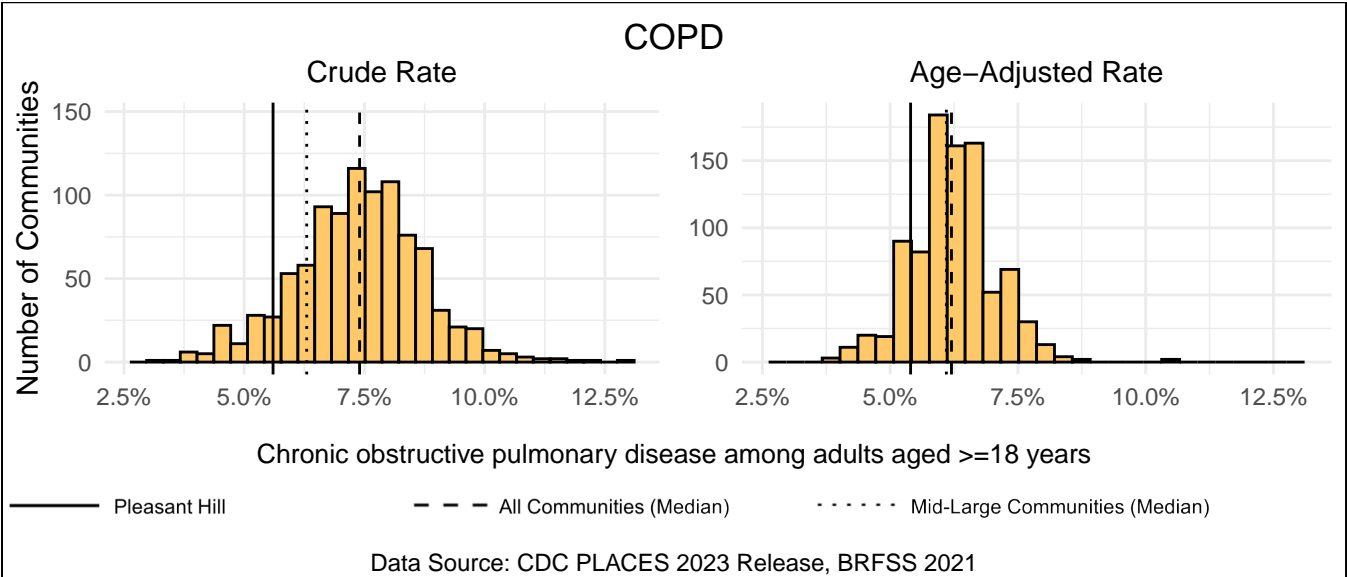
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	4.7%	6.4%	5.4%
Age-Adjusted	4.7%	5.0%	4.8%



# COPD

Pleasant Hill has a crude rate of 5.6% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 82nd out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 5.4%, which ranks 120th out of 905 Iowa communities (13th out of 31 mid-large communities).

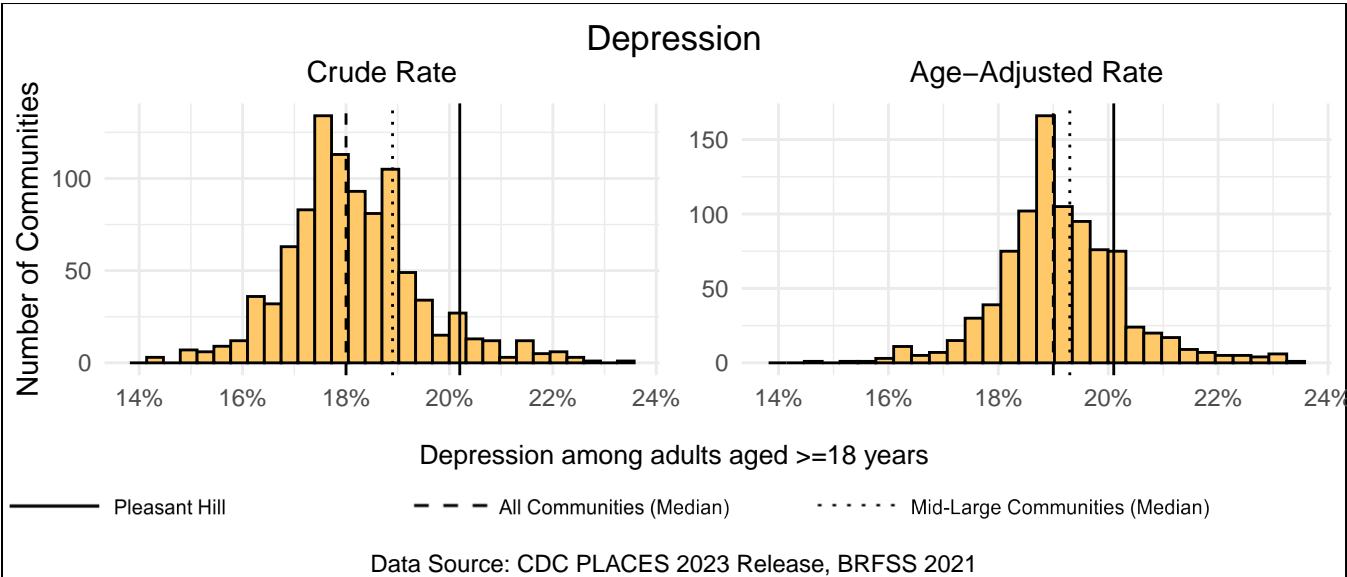
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	5.6%	7.4%	6.3%
Age-Adjusted	5.4%	6.2%	6.1%



# Depression

Pleasant Hill has a crude rate of 20.2% for depression among adults aged  $\geq 18$  years, which ranks 888th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 20.1%, which ranks 758th out of 905 Iowa communities (23rd out of 31 mid-large communities).

Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	20.2%	18.0%	18.9%
Age-Adjusted	20.1%	19.0%	19.3%

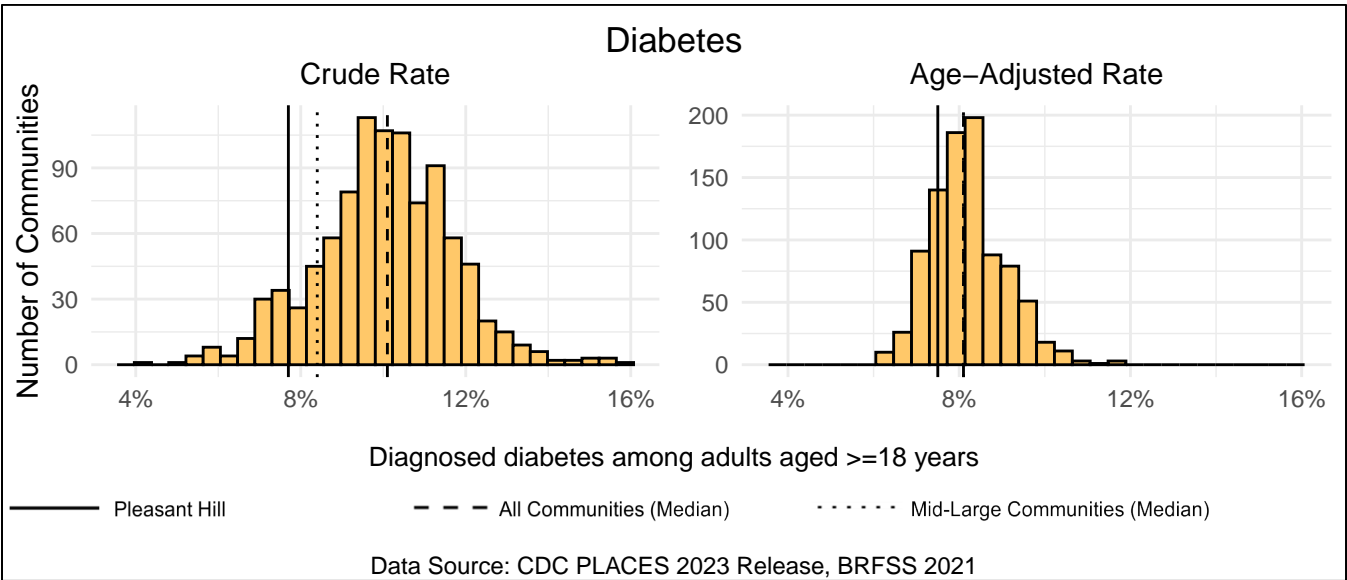




# Diabetes

Pleasant Hill has a crude rate of 7.7% for diagnosed diabetes among adults aged >=18 years, which ranks 84th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 7.5%, which ranks 147th out of 905 Iowa communities (12th out of 31 mid-large communities).

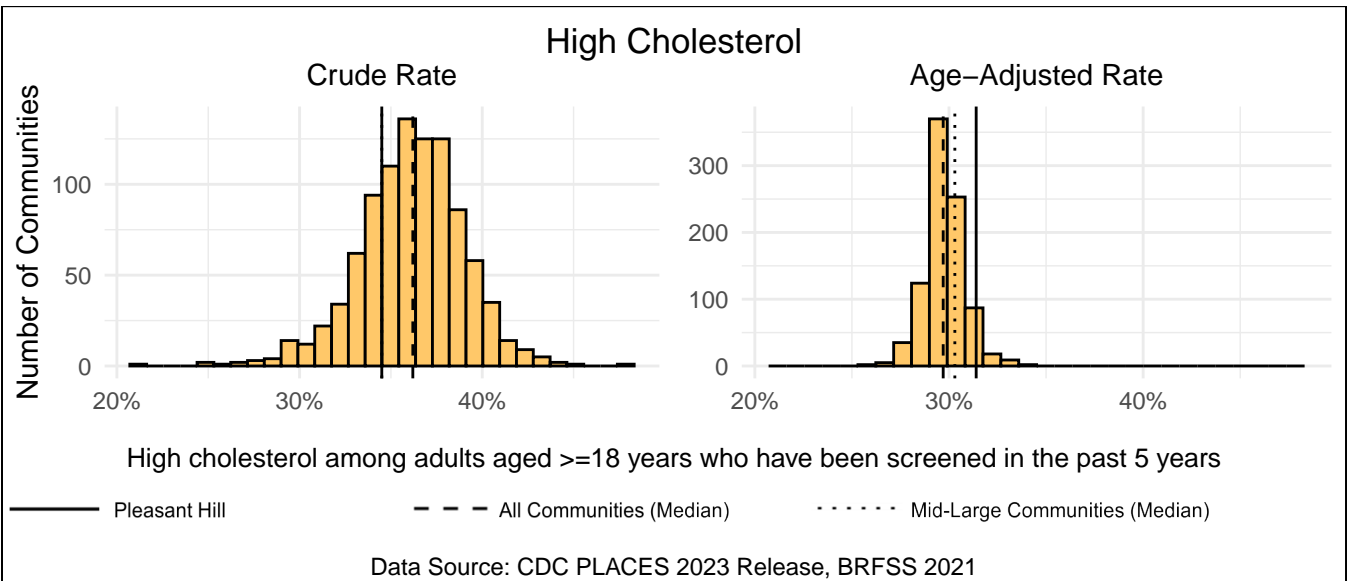
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	7.7%	10.1%	8.4%
Age-Adjusted	7.5%	8.1%	8.1%



# High Cholesterol

Pleasant Hill has a crude rate of 34.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 243rd out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 31.4%, which ranks 862nd out of 905 Iowa communities (28th out of 31 mid-large communities).

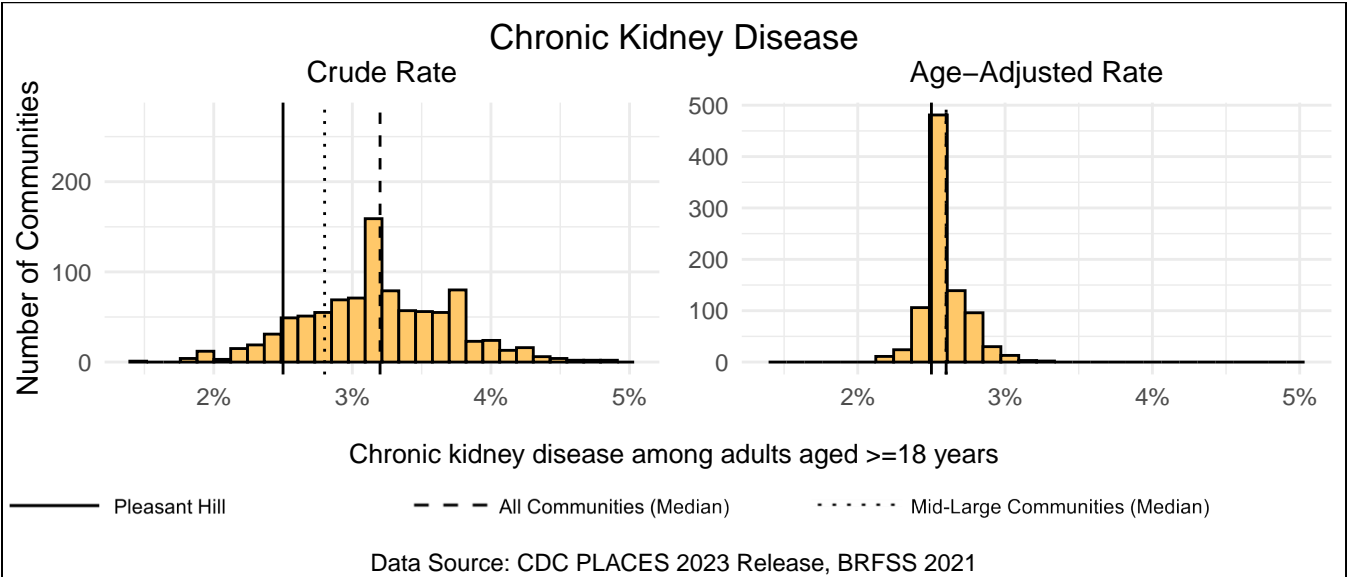
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	34.5%	36.2%	34.5%
Age-Adjusted	31.4%	29.7%	30.3%



# Chronic Kidney Disease

Pleasant Hill has a crude rate of 2.5% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 86th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 2.5%, which ranks 142nd out of 905 Iowa communities (11th out of 31 mid-large communities).

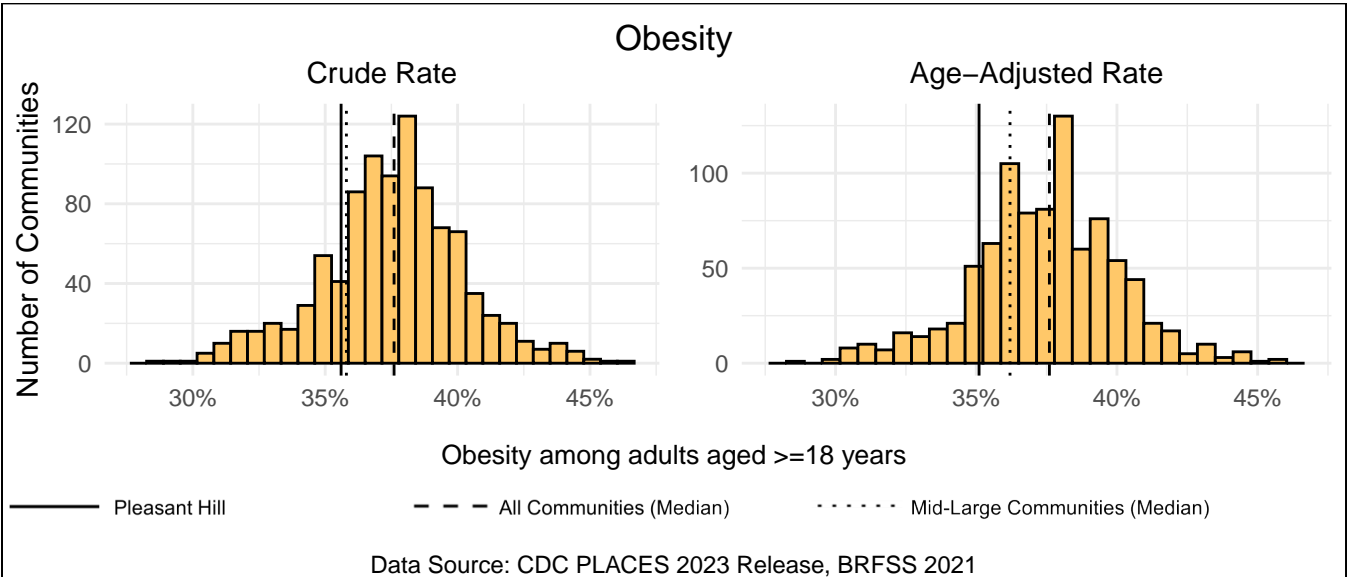
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	2.5%	3.2%	2.8%
Age-Adjusted	2.5%	2.6%	2.6%



# Obesity

Pleasant Hill has a crude rate of 35.6% for obesity among adults aged  $\geq 18$  years, which ranks 188th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 35.1%, which ranks 131st out of 905 Iowa communities (12th out of 31 mid-large communities).

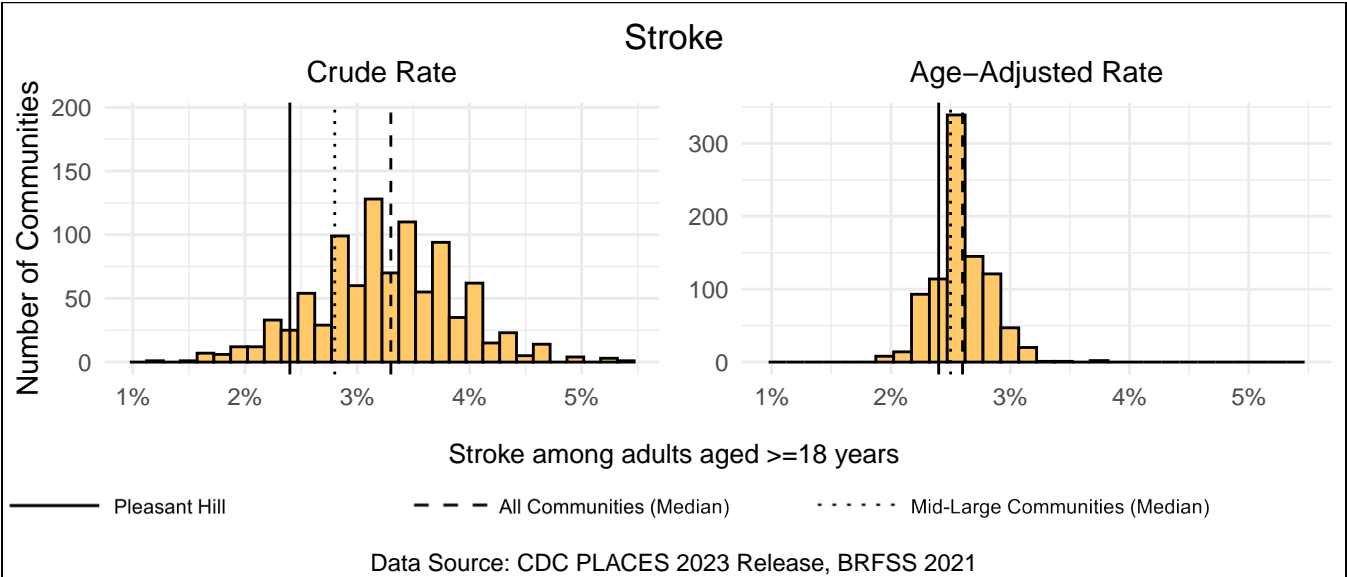
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	35.6%	37.6%	35.8%
Age-Adjusted	35.1%	37.6%	36.2%



# Stroke

Pleasant Hill has a crude rate of 2.4% for stroke among adults aged  $\geq 18$  years, which ranks 73rd out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 2.4%, which ranks 116th out of 905 Iowa communities (13th out of 31 mid-large communities).

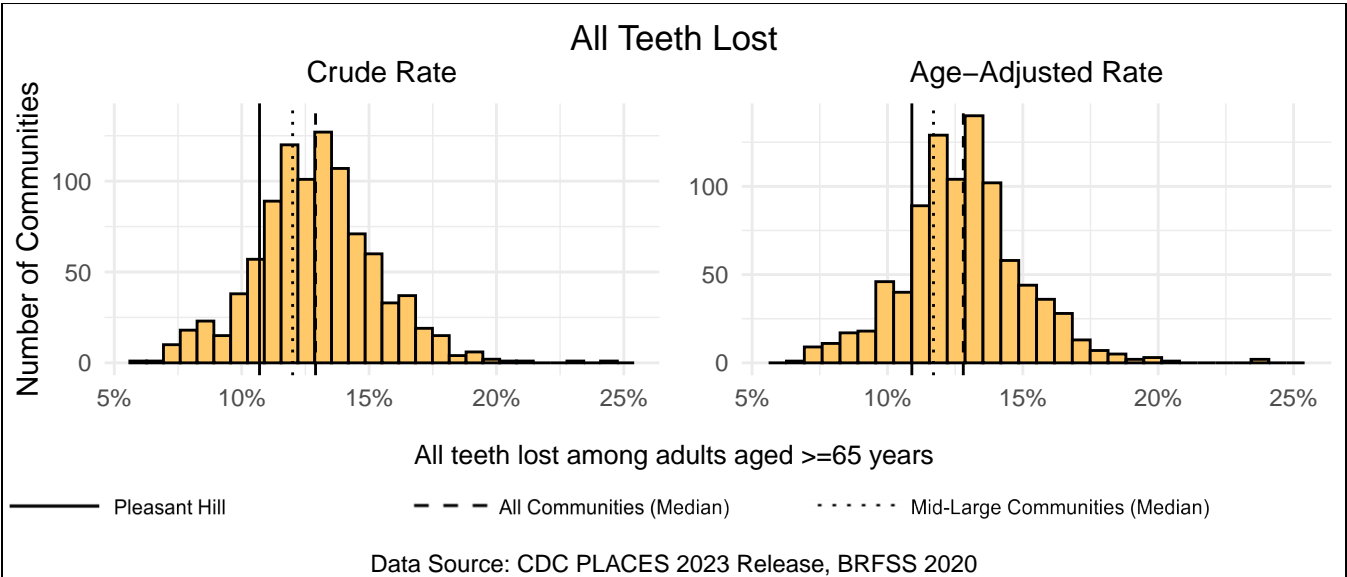
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	2.4%	3.3%	2.8%
Age-Adjusted	2.4%	2.6%	2.5%



# All Teeth Lost

Pleasant Hill has a crude rate of 10.7% for all teeth lost among adults aged  $\geq 65$  years, which ranks 140th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 10.9%, which ranks 143rd out of 905 Iowa communities (15th out of 31 mid-large communities).

Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	10.7%	12.9%	12.0%
Age-Adjusted	10.9%	12.8%	11.7%



# Prevention

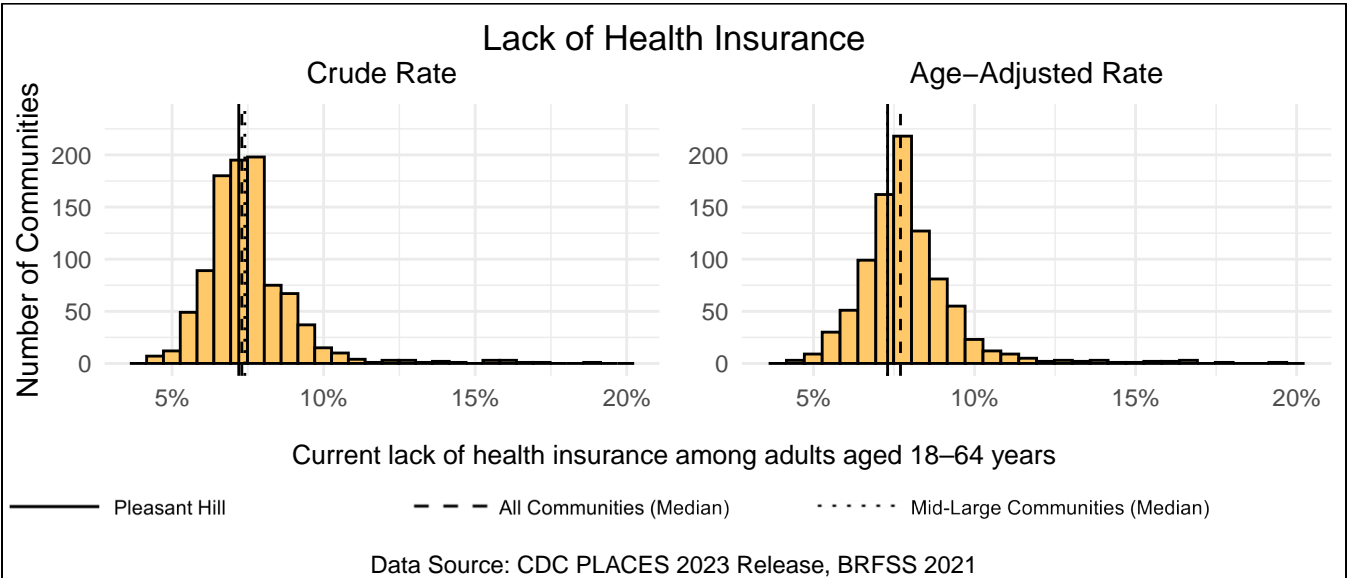
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Pleasant Hill has a crude rate of 7.2% for current lack of health insurance among adults aged 18–64 years, which ranks 415th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 7.3%, which ranks 300th out of 905 Iowa communities (16th out of 31 mid-large communities).

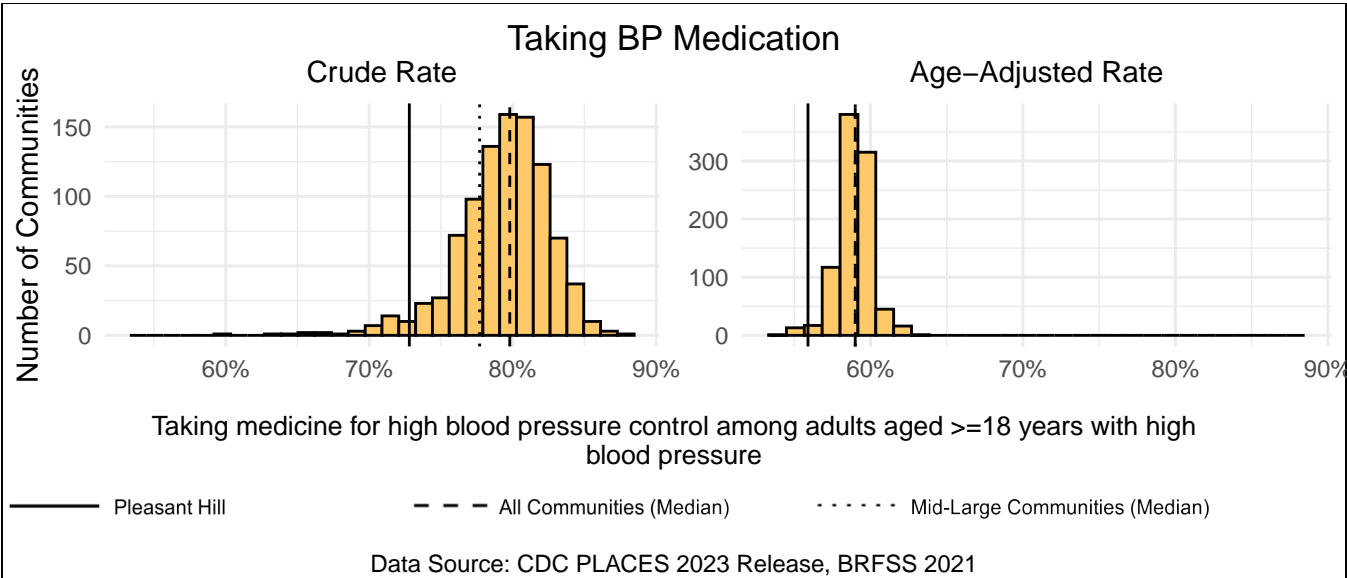
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	7.2%	7.3%	7.4%
Age-Adjusted	7.3%	7.7%	7.3%



# Taking BP Medication

Pleasant Hill has a crude rate of 72.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 922nd out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 55.9%, which ranks 885th out of 905 Iowa communities (27th out of 31 mid-large communities).

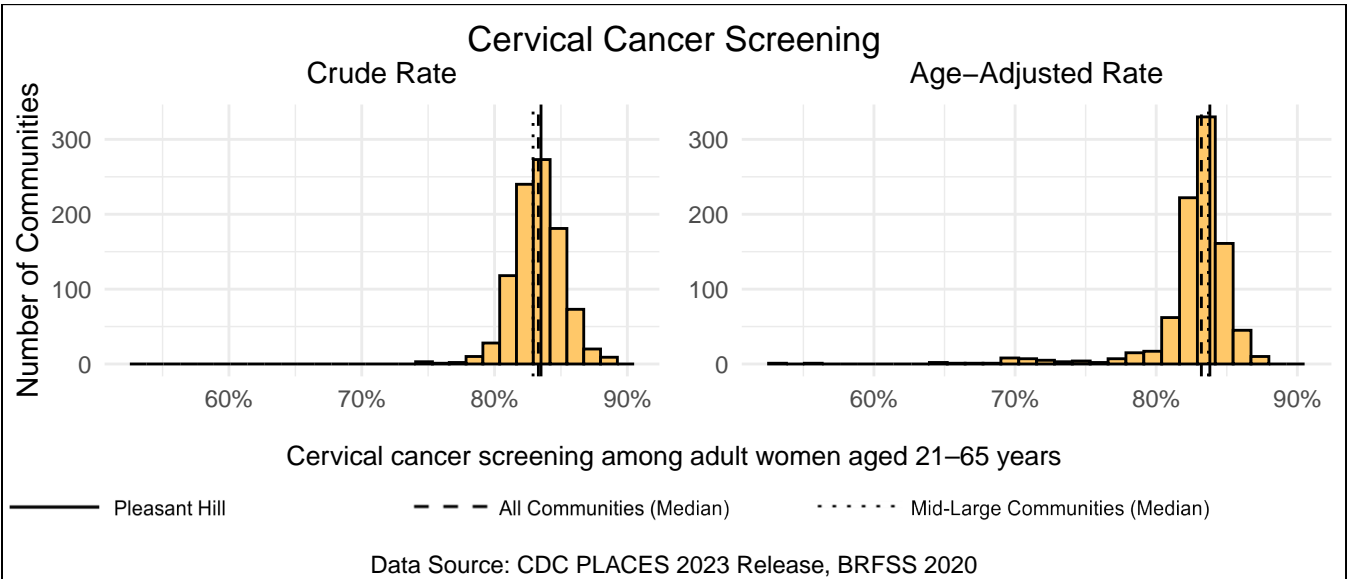
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	72.8%	79.8%	77.7%
Age-Adjusted	55.9%	59.0%	59.0%



# Cervical Cancer Screening

Pleasant Hill has a crude rate of 83.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 422nd out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 83.8%, which ranks 268th out of 905 Iowa communities (14th out of 31 mid-large communities).

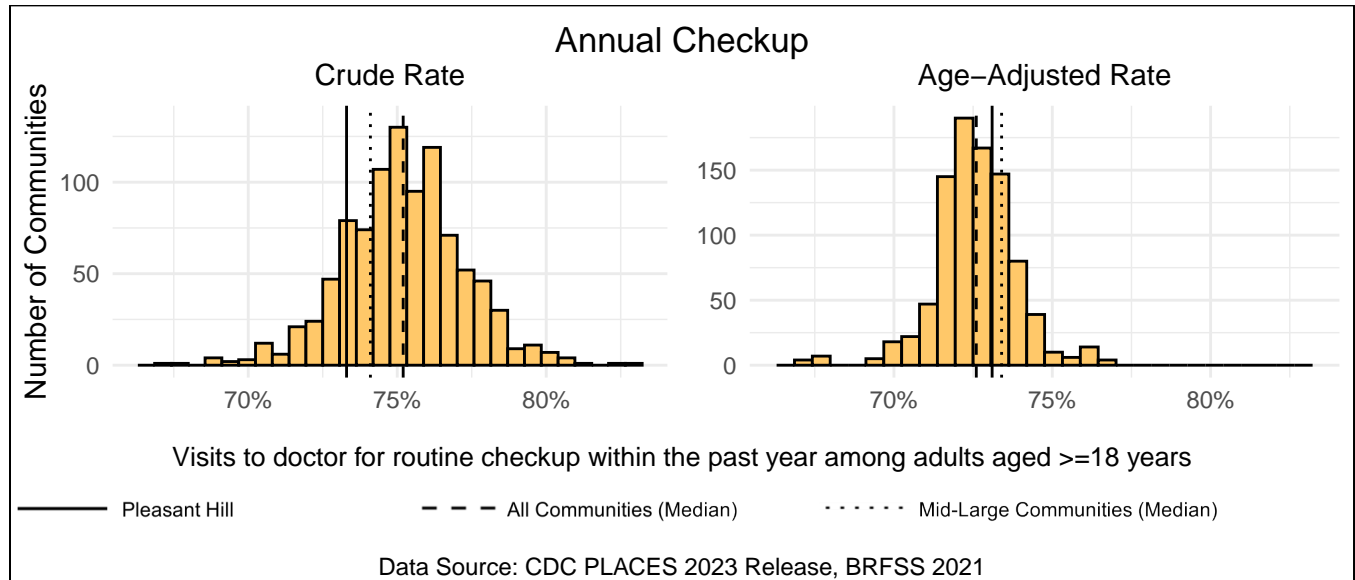
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	83.5%	83.3%	82.9%
Age-Adjusted	83.8%	83.2%	83.7%



## Annual Checkup

Pleasant Hill has a crude rate of 73.3% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 799th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 73.1%, which ranks 259th out of 905 Iowa communities (18th out of 31 mid-large communities).

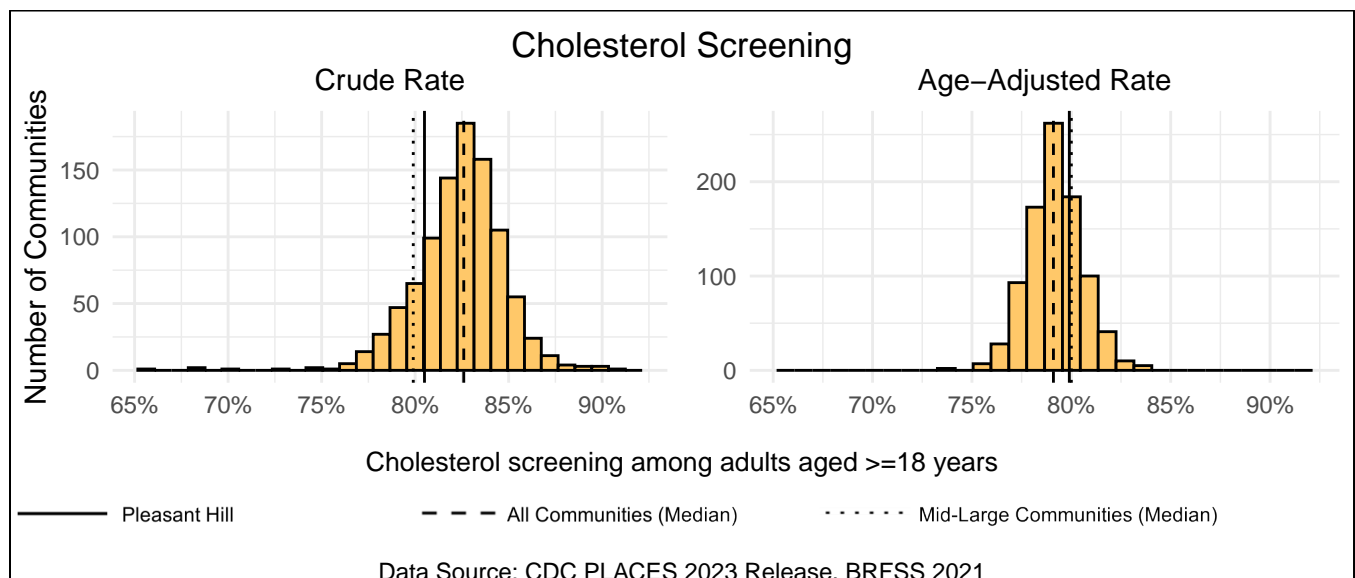
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	73.3%	75.2%	74.1%
Age-Adjusted	73.1%	72.6%	73.4%



## Cholesterol Screening

Pleasant Hill has a crude rate of 80.5% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 781st out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 79.9%, which ranks 258th out of 905 Iowa communities (17th out of 31 mid-large communities).

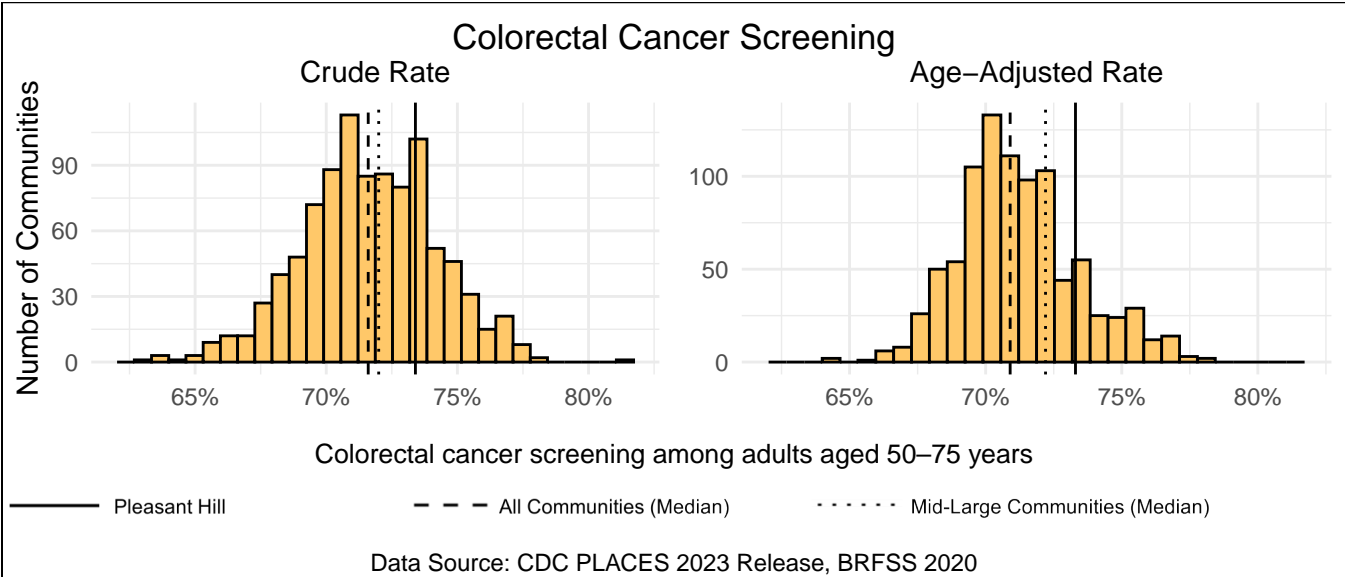
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	80.5%	82.6%	79.9%
Age-Adjusted	79.9%	79.1%	80.0%



## Colorectal Cancer Screening

Pleasant Hill has a crude rate of 73.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 234th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 73.3%, which ranks 147th out of 905 Iowa communities (14th out of 31 mid-large communities).

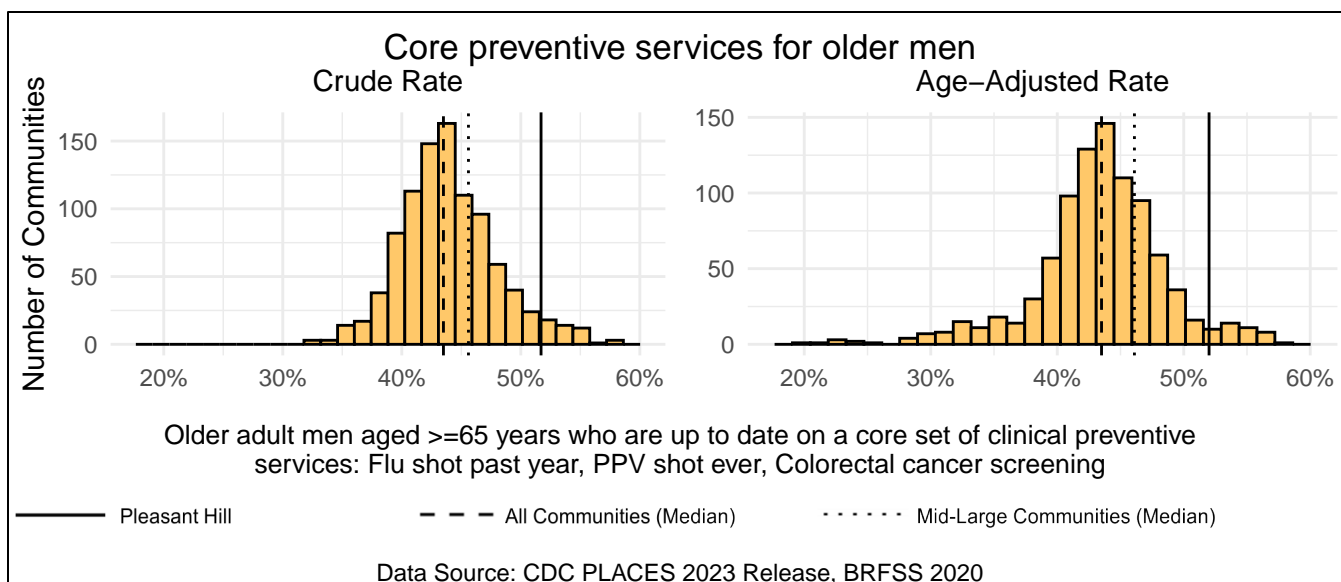
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	73.4%	71.6%	72.0%
Age-Adjusted	73.3%	70.9%	72.2%



## Core preventive services for older men

Pleasant Hill has a crude rate of 51.7% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 45th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 52.0%, which ranks 39th out of 905 Iowa communities (6th out of 31 mid-large communities).

Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	51.7%	43.5%	45.6%
Age-Adjusted	52.0%	43.5%	46.1%

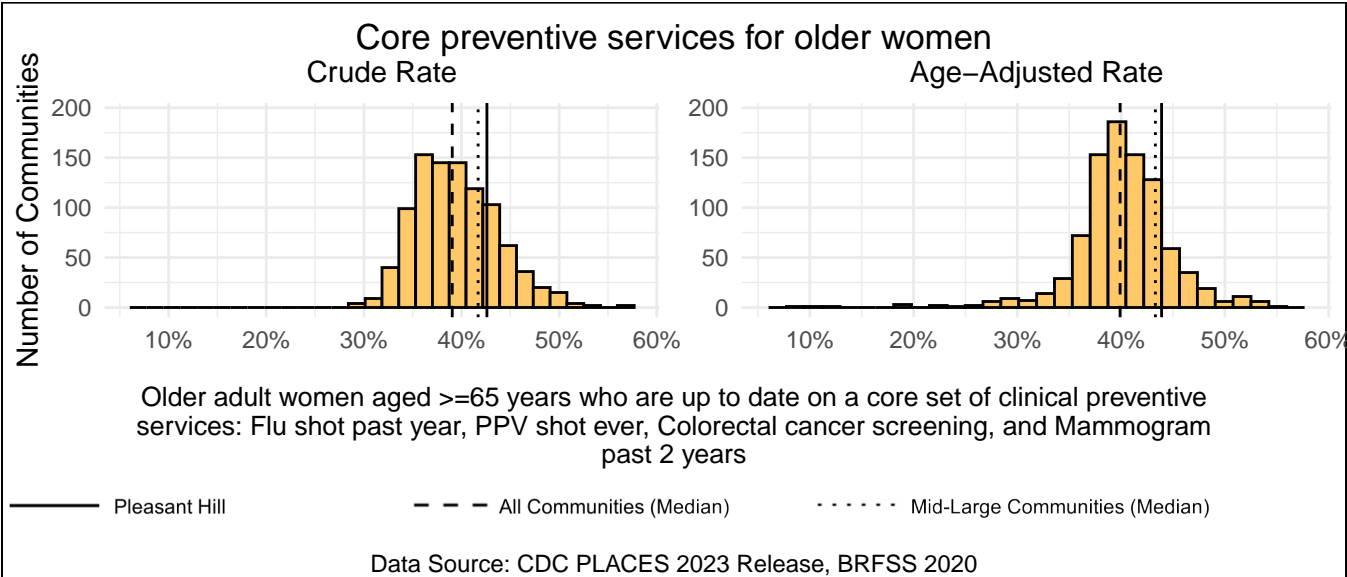




### Core preventive services for older women

Pleasant Hill has a crude rate of 42.6% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 210th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 43.9%, which ranks 138th out of 905 Iowa communities (14th out of 31 mid-large communities).

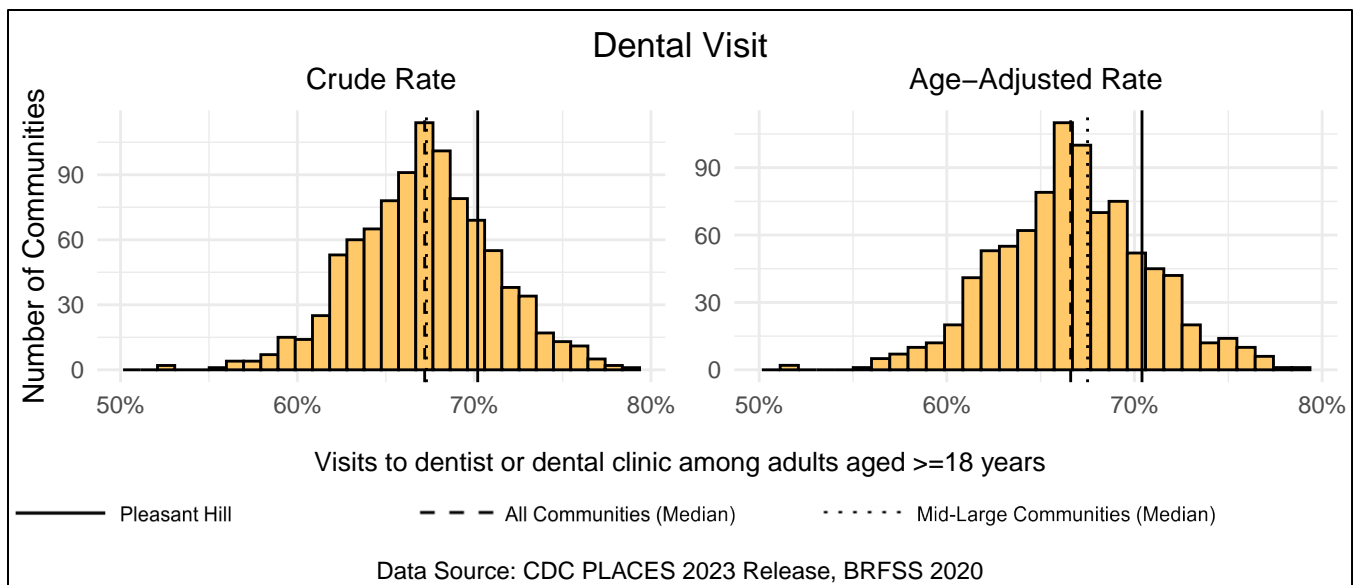
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	42.6%	39.0%	41.7%
Age-Adjusted	43.9%	39.9%	43.3%



### Dental Visit

Pleasant Hill has a crude rate of 70.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 195th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 70.4%, which ranks 155th out of 905 Iowa communities (14th out of 31 mid-large communities).

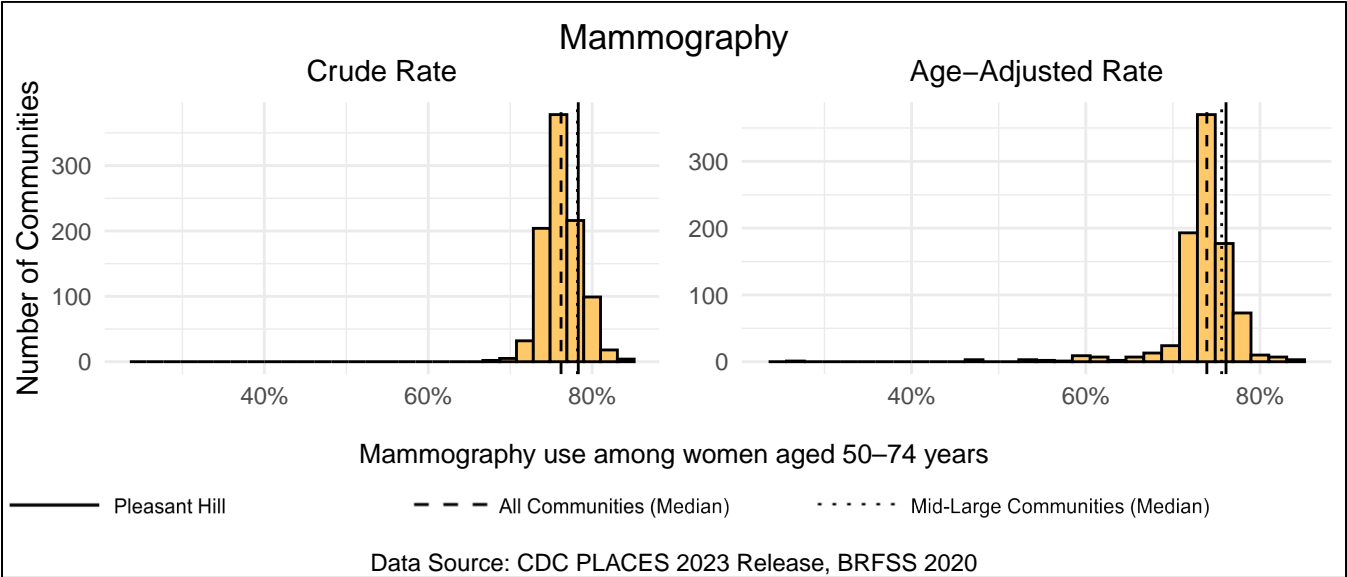
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	70.2%	67.2%	67.3%
Age-Adjusted	70.4%	66.6%	67.5%



# Mammography

Pleasant Hill has a crude rate of 78.3% for mammography use among women aged 50–74 years, which ranks 184th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 76.1%, which ranks 146th out of 905 Iowa communities (15th out of 31 mid-large communities).

Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	78.3%	76.2%	78.2%
Age-Adjusted	76.1%	73.9%	75.6%



# Disability

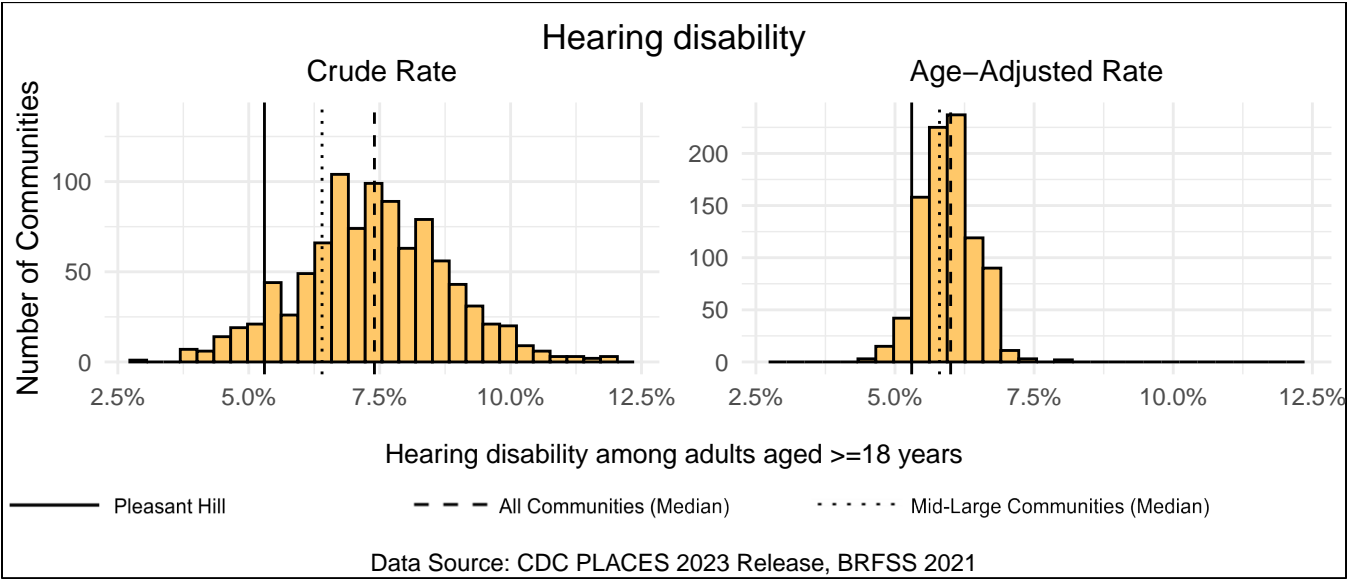
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Pleasant Hill has a crude rate of 5.3% for hearing disability among adults aged  $\geq 18$  years, which ranks 69th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 5.3%, which ranks 61st out of 905 Iowa communities (10th out of 31 mid-large communities).

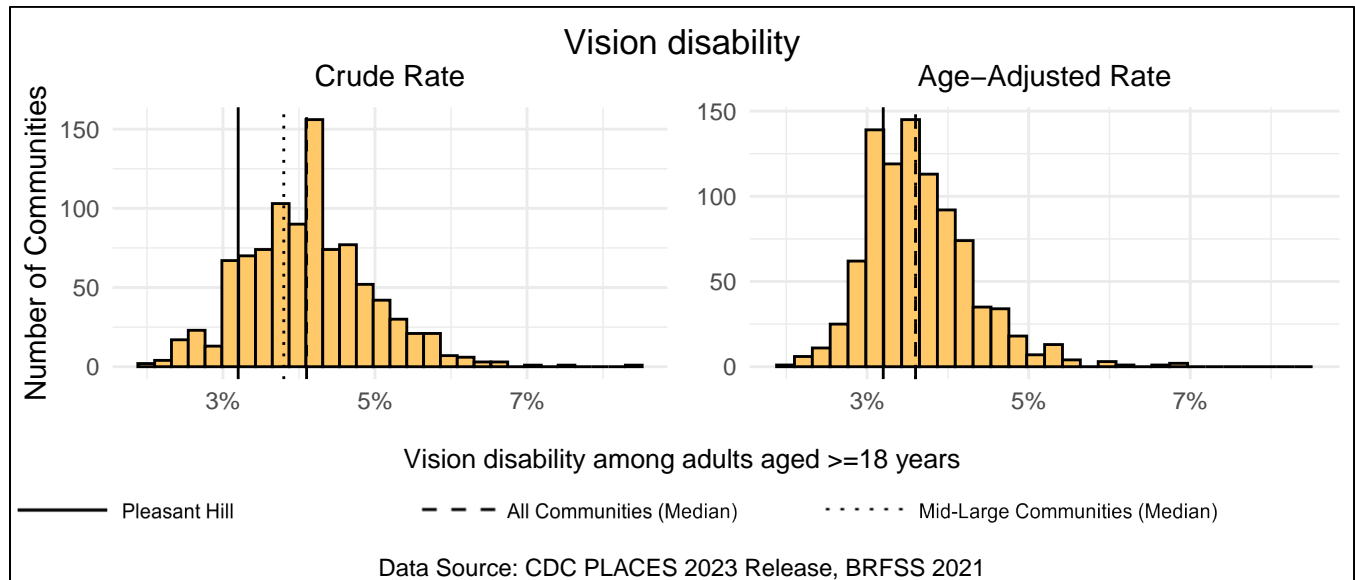
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	5.3%	7.4%	6.4%
Age-Adjusted	5.3%	6.0%	5.8%



## Vision disability

Pleasant Hill has a crude rate of 3.2% for vision disability among adults aged  $\geq 18$  years, which ranks 105th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 3.2%, which ranks 176th out of 905 Iowa communities (13th out of 31 mid-large communities).

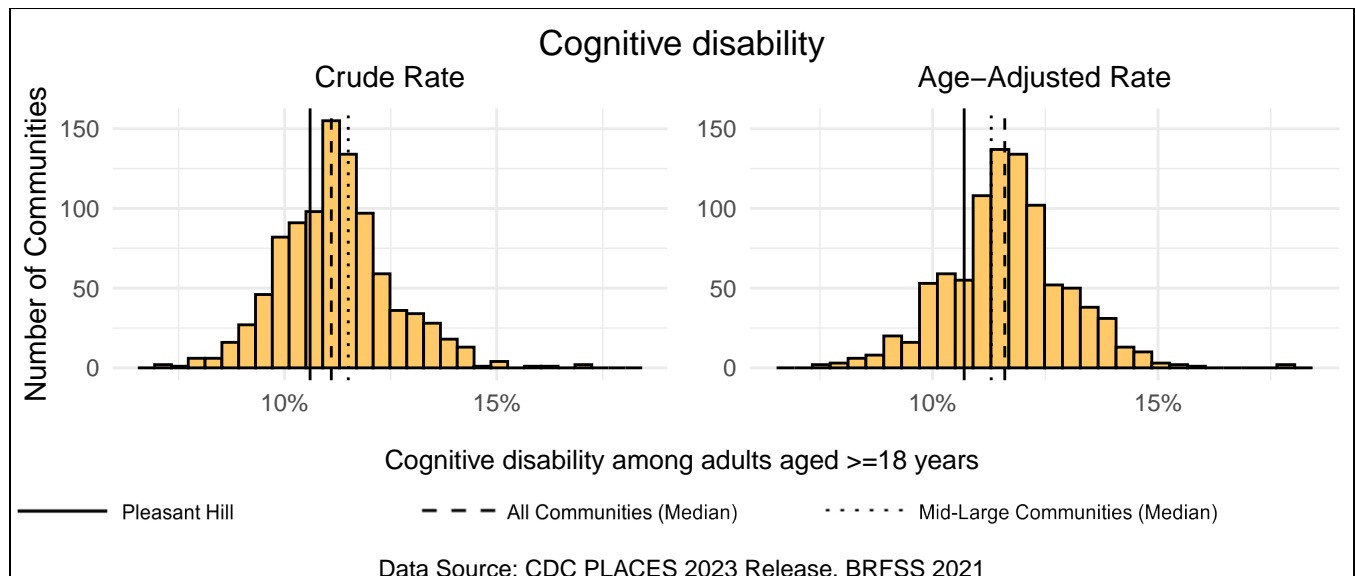
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	3.2%	4.1%	3.8%
Age-Adjusted	3.2%	3.6%	3.6%



## Cognitive disability

Pleasant Hill has a crude rate of 10.6% for cognitive disability among adults aged  $\geq 18$  years, which ranks 278th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 10.7%, which ranks 189th out of 905 Iowa communities (14th out of 31 mid-large communities).

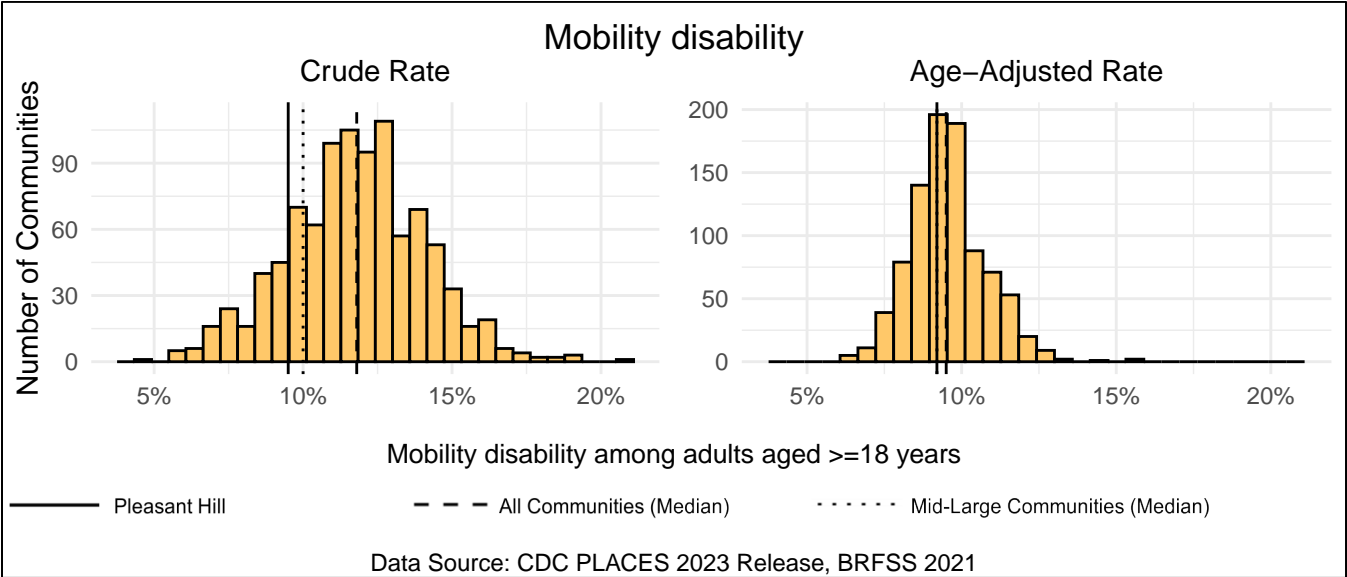
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	10.6%	11.1%	11.5%
Age-Adjusted	10.7%	11.6%	11.3%



## Mobility disability

Pleasant Hill has a crude rate of 9.5% for mobility disability among adults aged  $\geq 18$  years, which ranks 147th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 9.2%, which ranks 327th out of 905 Iowa communities (15th out of 31 mid-large communities).

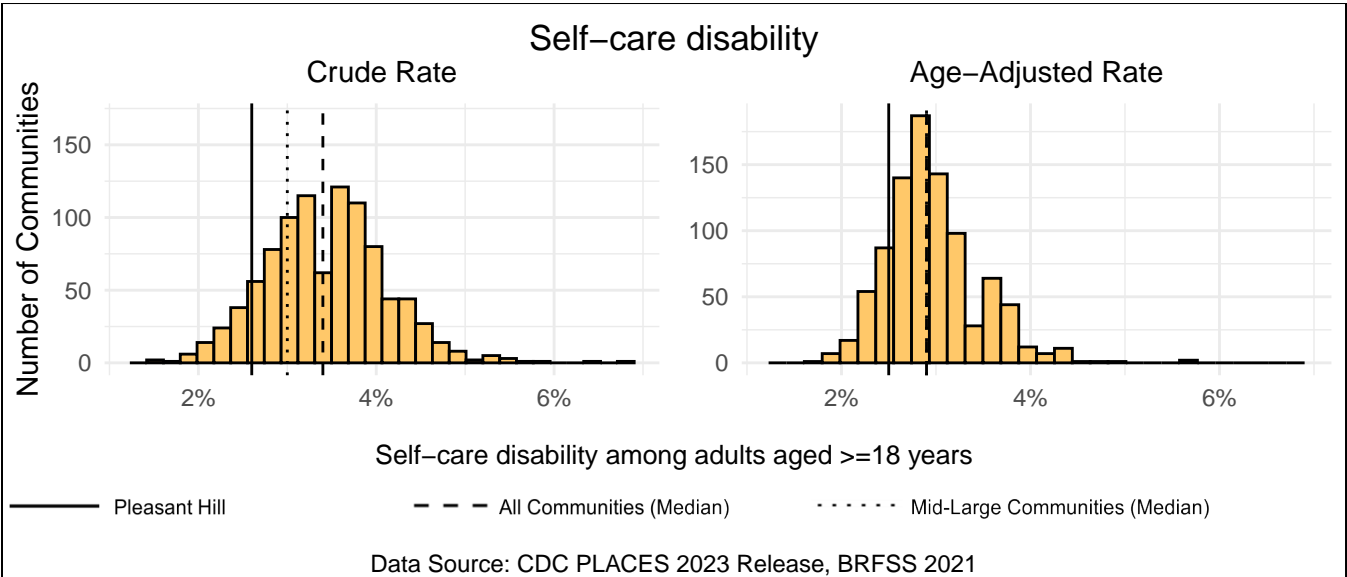
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	9.5%	11.8%	10.0%
Age-Adjusted	9.2%	9.5%	9.2%



## Self-care disability

Pleasant Hill has a crude rate of 2.6% for self-care disability among adults aged  $\geq 18$  years, which ranks 86th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 2.5%, which ranks 123rd out of 905 Iowa communities (12th out of 31 mid-large communities).

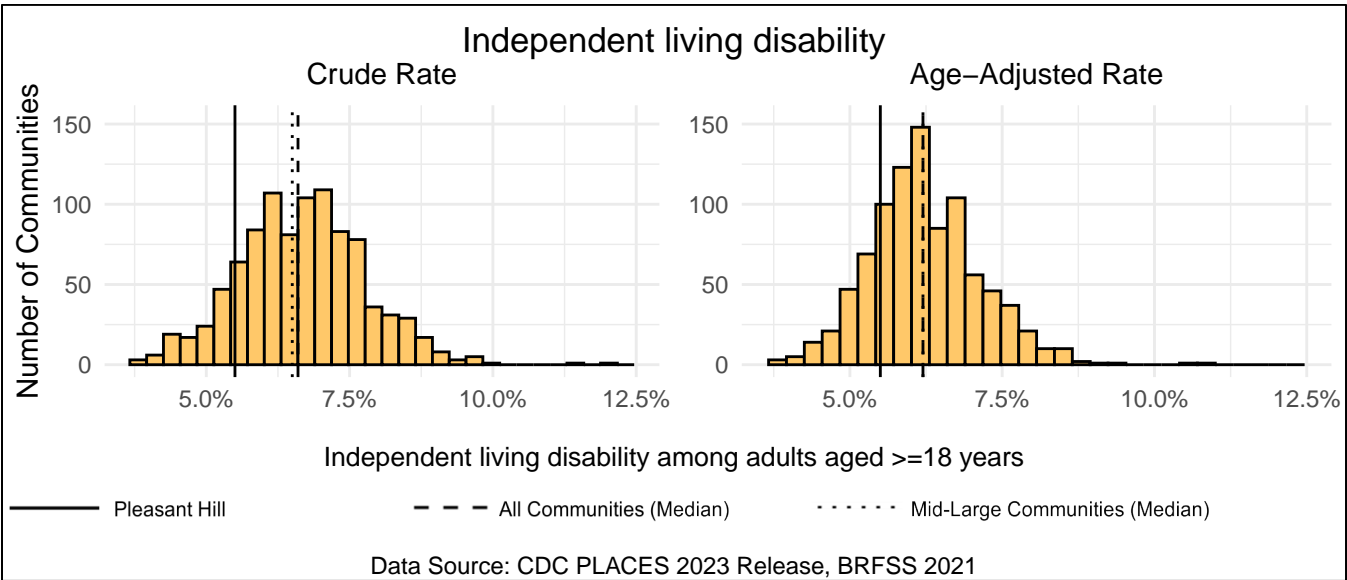
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	2.6%	3.4%	3.0%
Age-Adjusted	2.5%	2.9%	2.9%



### Independent living disability

Pleasant Hill has a crude rate of 5.5% for independent living disability among adults aged  $\geq 18$  years, which ranks 117th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 5.5%, which ranks 160th out of 905 Iowa communities (13th out of 31 mid-large communities).

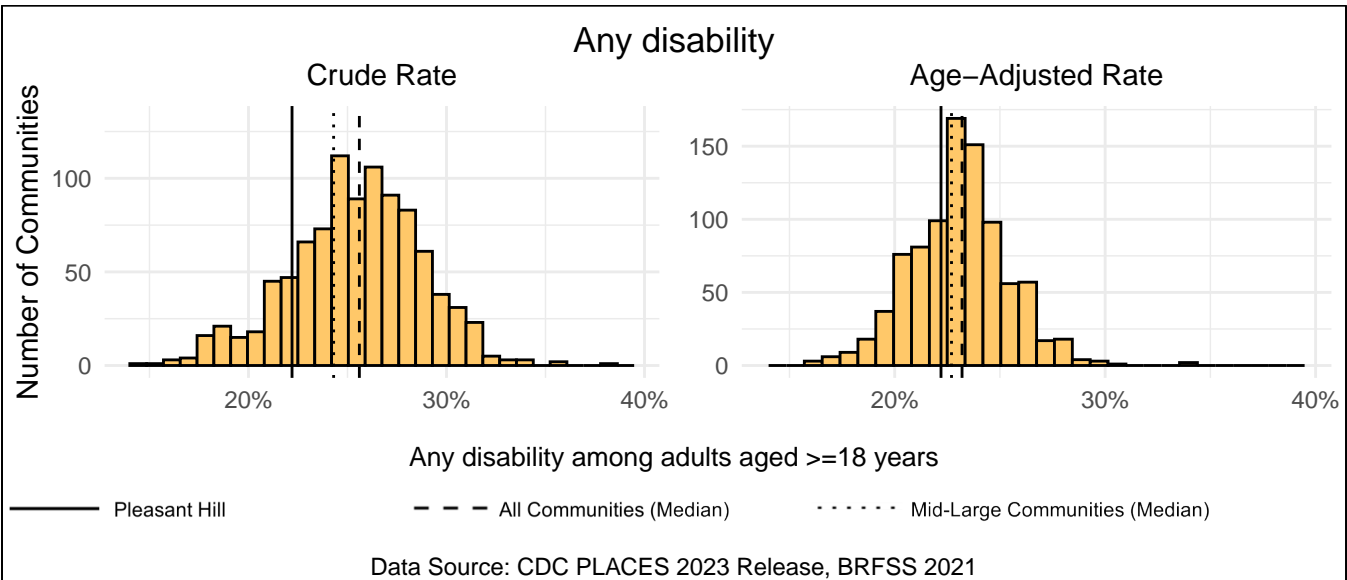
Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	5.5%	6.6%	6.5%
Age-Adjusted	5.5%	6.2%	6.2%



### Any disability

Pleasant Hill has a crude rate of 22.2% for any disability among adults aged  $\geq 18$  years, which ranks 147th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pleasant Hill is 22.2%, which ranks 277th out of 905 Iowa communities (15th out of 31 mid-large communities).

Measure Type	Pleasant Hill	All Comm.	Mid-Large Comm.
Crude	22.2%	25.6%	24.3%
Age-Adjusted	22.2%	23.2%	22.7%



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## 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: Pleasant Hill 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	113	11.6% (10.1% - 13.3%)	169	11.4% (9.9% - 13.0%)
Health Status	Mental Health	674	14.9% (13.2% - 16.7%)	241	15.0% (13.2% - 16.8%)
Health Status	Physical Health	83	8.9% (7.8% - 10.1%)	120	8.7% (7.6% - 9.8%)
Health Risk Behaviors	Sleep <7 hours	169	28.7% (27.8% - 29.6%)	68	28.5% (27.5% - 29.4%)
Health Risk Behaviors	Binge Drinking	799	21.6% (19.2% - 24.2%)	358	21.7% (19.2% - 24.3%)
Health Risk Behaviors	Physical Inactivity	194	23.2% (20.3% - 26.2%)	288	23.0% (20.1% - 25.9%)
Health Risk Behaviors	Current Smoking	316	16.1% (13.6% - 18.8%)	174	15.8% (13.3% - 18.5%)
Health Outcomes	Chronic Kidney Disease	86	2.5% (2.3% - 2.7%)	142	2.5% (2.3% - 2.7%)
Health Outcomes	Cancer (except skin)	93	6.5% (5.9% - 7.1%)	74	6.4% (5.9% - 7.0%)
Health Outcomes	COPD	82	5.6% (4.8% - 6.5%)	120	5.4% (4.7% - 6.3%)
Health Outcomes	High Cholesterol	243	34.5% (32.0% - 37.2%)	862	31.4% (28.6% - 34.1%)
Health Outcomes	Stroke	73	2.4% (2.2% - 2.6%)	116	2.4% (2.1% - 2.6%)
Health Outcomes	Arthritis	121	23.6% (21.5% - 25.8%)	376	22.9% (20.8% - 25.2%)
Health Outcomes	Depression	888	20.2% (17.9% - 22.7%)	758	20.1% (17.8% - 22.7%)
Health Outcomes	Obesity	188	35.6% (32.1% - 39.2%)	131	35.1% (31.6% - 38.6%)
Health Outcomes	Current Asthma	215	9.1% (8.2% - 10.2%)	125	9.1% (8.1% - 10.1%)
Health Outcomes	Diabetes	84	7.7% (6.8% - 8.8%)	147	7.5% (6.5% - 8.5%)
Health Outcomes	Coronary Heart Disease	88	4.7% (4.2% - 5.3%)	187	4.7% (4.1% - 5.2%)
Health Outcomes	High Blood Pressure	123	28.0% (25.7% - 30.4%)	469	27.4% (25.1% - 29.7%)
Health Outcomes	All Teeth Lost	140	10.7% (8.2% - 13.6%)	143	10.9% (8.4% - 13.7%)
Prevention	Cervical Cancer Screening	422	83.5% (82.0% - 85.1%)	268	83.8% (82.3% - 85.3%)
Prevention	Annual Checkup	799	73.3% (70.2% - 76.1%)	259	73.1% (70.0% - 75.9%)
Prevention	Dental Visit	195	70.2% (67.9% - 72.4%)	155	70.4% (68.0% - 72.5%)
Prevention	Mammography	184	78.3% (76.1% - 80.5%)	146	76.1% (73.8% - 78.2%)
Prevention	Core preventive services for older women	210	42.6% (39.0% - 46.2%)	138	43.9% (40.1% - 47.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	234	73.4% (71.5% - 75.2%)	147	73.3% (71.5% - 75.2%)
Prevention	Core preventive services for older men	45	51.7% (47.4% - 56.3%)	39	52.0% (47.8% - 56.4%)
Prevention	Health Insurance	415	7.2% (5.9% - 8.9%)	300	7.3% (6.0% - 8.9%)
Prevention	Cholesterol Screening	781	80.5% (78.0% - 83.0%)	258	79.9% (77.4% - 82.4%)
Prevention	Taking BP Medication	922	72.8% (69.7% - 75.7%)	885	55.9% (52.2% - 59.6%)
Disability	Mobility Disability	147	9.5% (8.3% - 10.8%)	327	9.2% (8.1% - 10.5%)
Disability	Cognitive Disability	278	10.6% (9.3% - 12.2%)	189	10.7% (9.2% - 12.3%)
Disability	Self-care Disability	86	2.6% (2.3% - 2.9%)	123	2.5% (2.2% - 2.8%)
Disability	Any Disability	147	22.2% (19.8% - 24.8%)	277	22.2% (19.6% - 24.8%)
Disability	Hearing Disability	69	5.3% (4.7% - 5.9%)	61	5.3% (4.7% - 5.9%)
Disability	Vision Disability	105	3.2% (2.8% - 3.6%)	176	3.2% (2.8% - 3.6%)
Disability	Independent Living Disability	117	5.5% (4.8% - 6.3%)	160	5.5% (4.8% - 6.2%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

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## Appendix 3: Mid-Large Communities (10,000-49,999)

Pleasant Hill 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		