



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 Sergeant Bluff: Overview

Dear Community Members & Stakeholders of Sergeant Bluff,

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 Sergeant Bluff ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sergeant Bluff'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 Sergeant Bluff. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community's strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Dental Visit	20th	8th	Annual Checkup	1st	1st
Independent Living Disability	31st	8th	Cholesterol Screening	6th	2nd
Vision Disability	33rd	9th	Mental Health	14th	4th
Self-care Disability	35th	11th	Cancer (except skin)	16th	6th
Cervical Cancer Screening	39th	8th	Mobility Disability	17th	5th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	895th	91st	High Cholesterol	868th	100th
Taking BP Medication	718th	67th	Binge Drinking	792nd	88th
Current Asthma	716th	69th	Current Asthma	513th	48th
Depression	673rd	67th	Depression	291st	29th
Sleep <7 hours	613th	71st	Sleep <7 hours	265th	39th

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 Sergeant Bluff.

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

With a population of 5,007, Sergeant Bluff’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



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

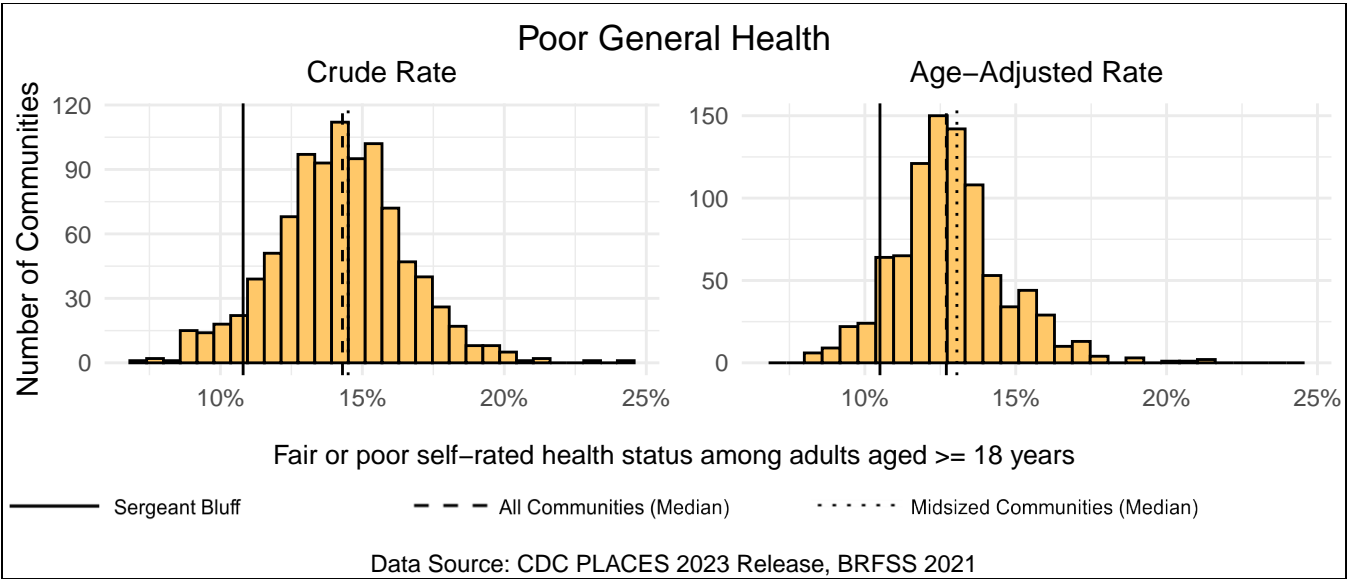
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Sergeant Bluff has a crude rate of 10.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 62nd out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 10.5%, which ranks 74th out of 905 Iowa communities (16th out of 102 midsize communities).

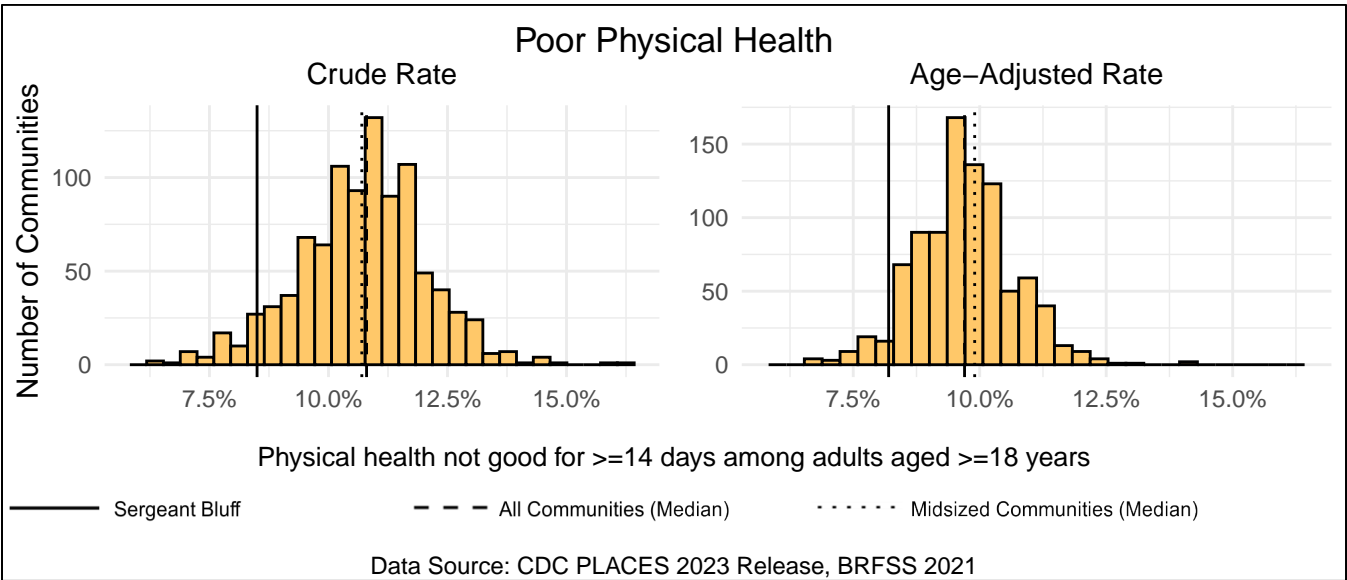
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	10.8%	14.3%	14.5%
Age-Adjusted	10.5%	12.7%	13.0%



Poor Physical Health

Sergeant Bluff has a crude rate of 8.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 52nd out of 958 Iowa communities (13th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 8.2%, which ranks 44th out of 905 Iowa communities (12th out of 102 midsize communities).

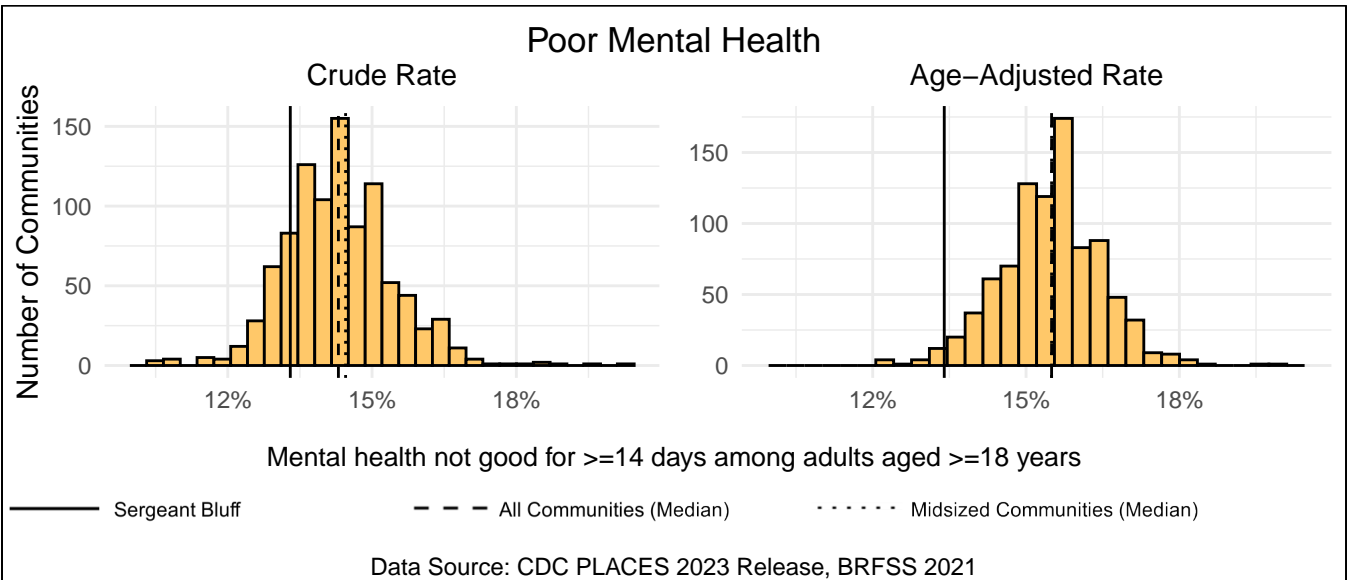
Measure Type	Sergeant Bluff	All Comm.	Midsize Comm.
Crude	8.5%	10.8%	10.7%
Age-Adjusted	8.2%	9.7%	9.9%



Poor Mental Health

Sergeant Bluff has a crude rate of 13.3% for mental health not good for >=14 days among adults aged >=18 years, which ranks 141st out of 958 Iowa communities (13th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 13.4%, which ranks 14th out of 905 Iowa communities (4th out of 102 midsize communities).

Measure Type	Sergeant Bluff	All Comm.	Midsize Comm.
Crude	13.3%	14.3%	14.4%
Age-Adjusted	13.4%	15.5%	15.5%



Health Risk Behaviors

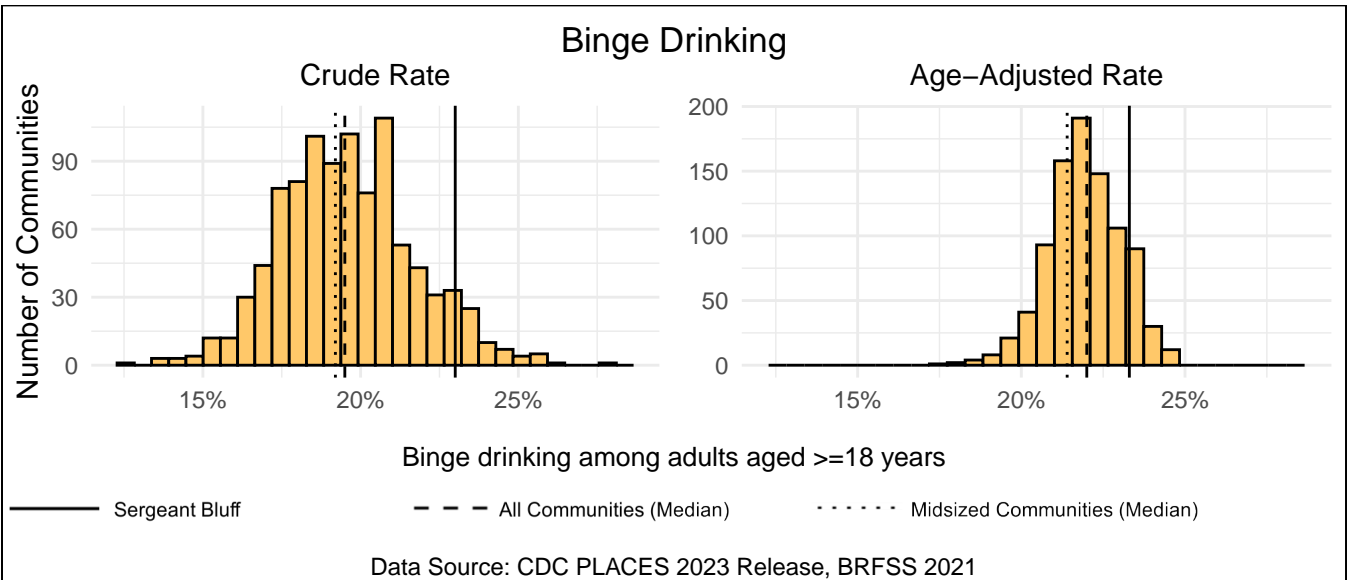
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Sergeant Bluff has a crude rate of 23.0% for binge drinking among adults aged ≥ 18 years, which ranks 895th out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 23.3%, which ranks 792nd out of 905 Iowa communities (88th out of 102 midsized communities).

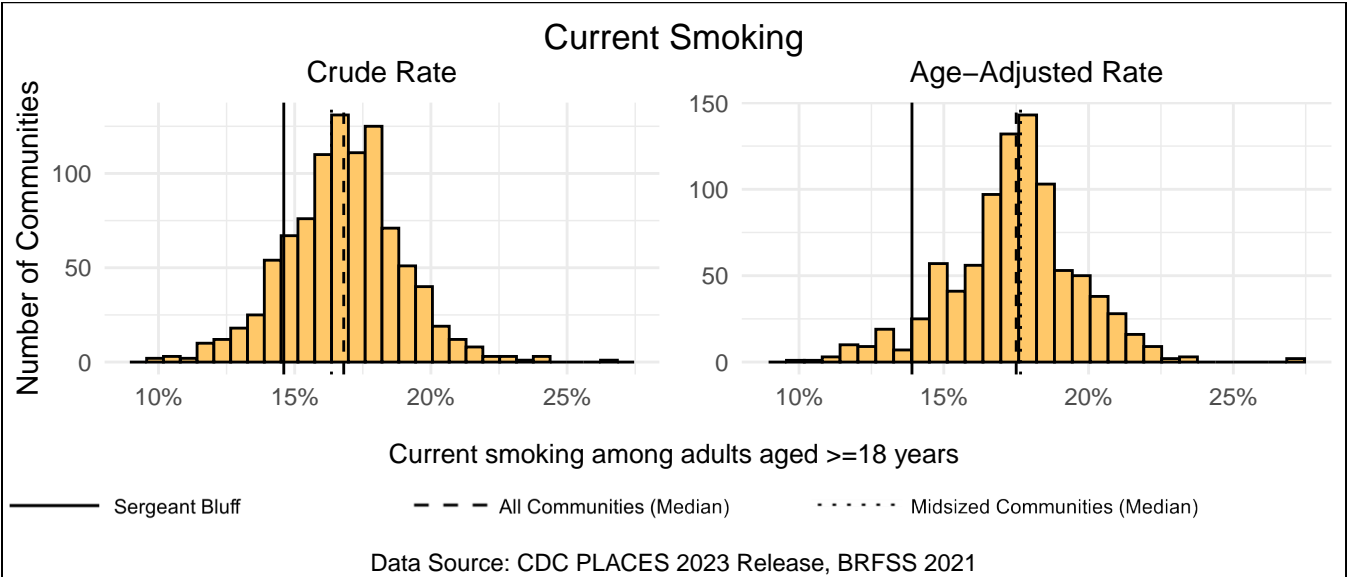
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	23.0%	19.5%	19.2%
Age-Adjusted	23.3%	22.0%	21.4%



Current Smoking

Sergeant Bluff has a crude rate of 14.6% for current smoking among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (25th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 13.9%, which ranks 51st out of 905 Iowa communities (15th out of 102 midsize communities).

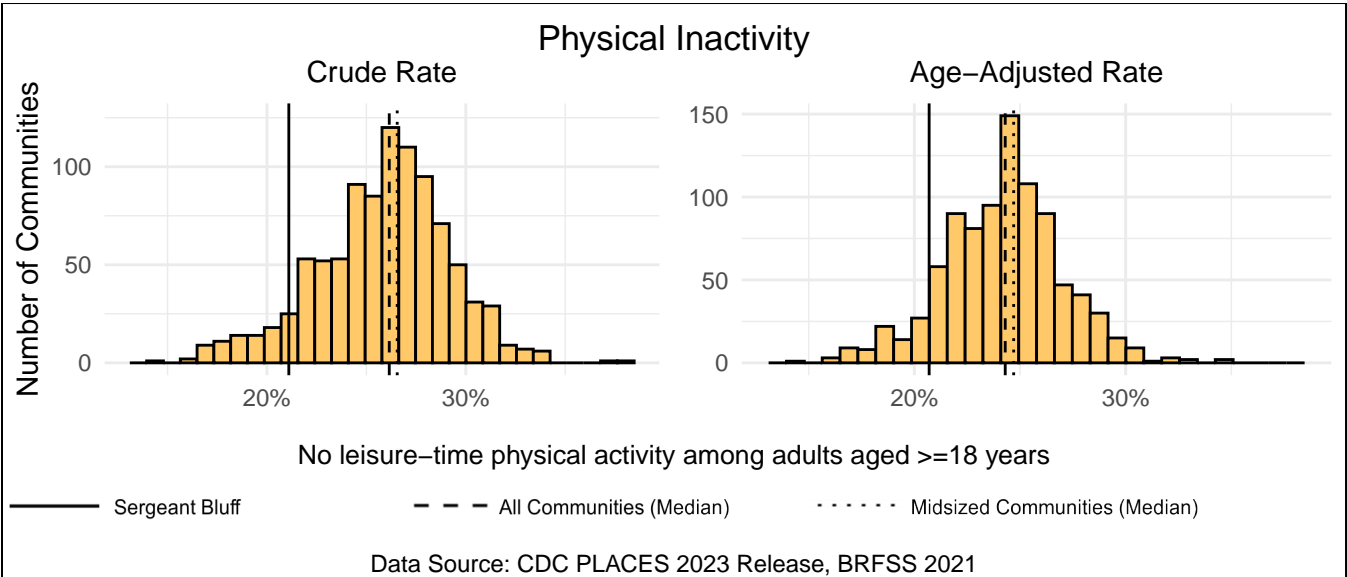
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	14.6%	16.8%	16.4%
Age-Adjusted	13.9%	17.5%	17.6%



Physical Inactivity

Sergeant Bluff has a crude rate of 21.1% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 78th out of 958 Iowa communities (20th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 20.7%, which ranks 79th out of 905 Iowa communities (18th out of 102 midsize communities).

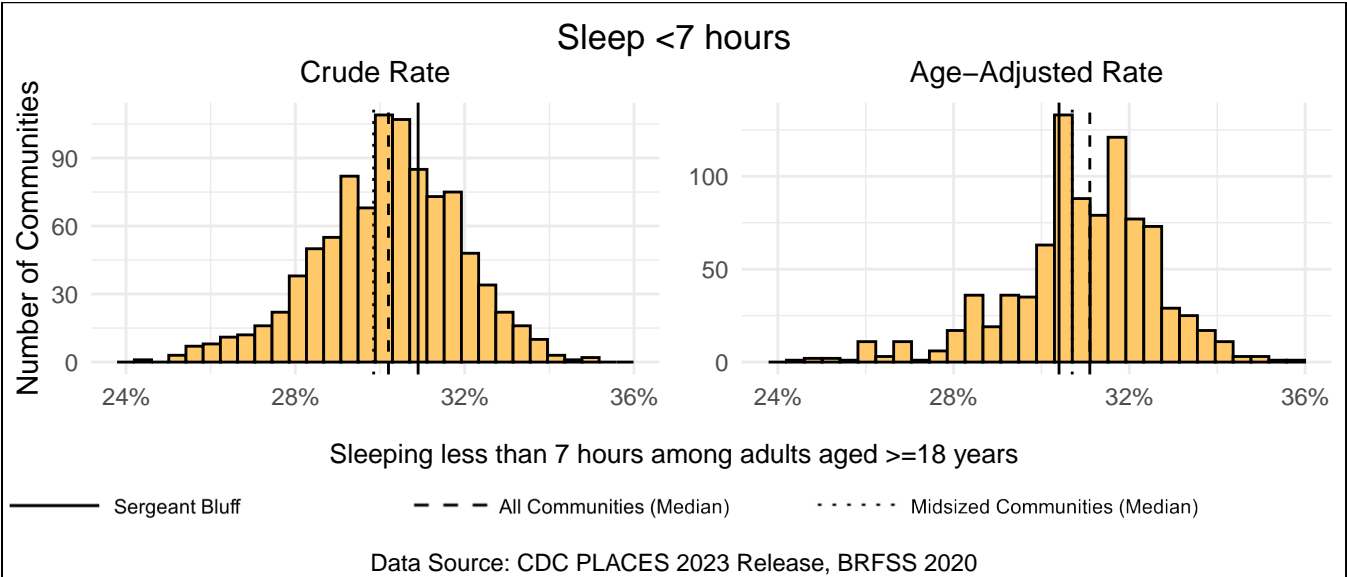
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	21.1%	26.1%	26.6%
Age-Adjusted	20.7%	24.3%	24.7%



Sleep <7 hours

Sergeant Bluff has a crude rate of 30.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 613th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Sergeant Bluff is 30.4%, which ranks 265th out of 905 Iowa communities (39th out of 102 mid-sized communities).

Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	30.9%	30.2%	29.8%
Age-Adjusted	30.4%	31.1%	30.7%



Health Outcomes

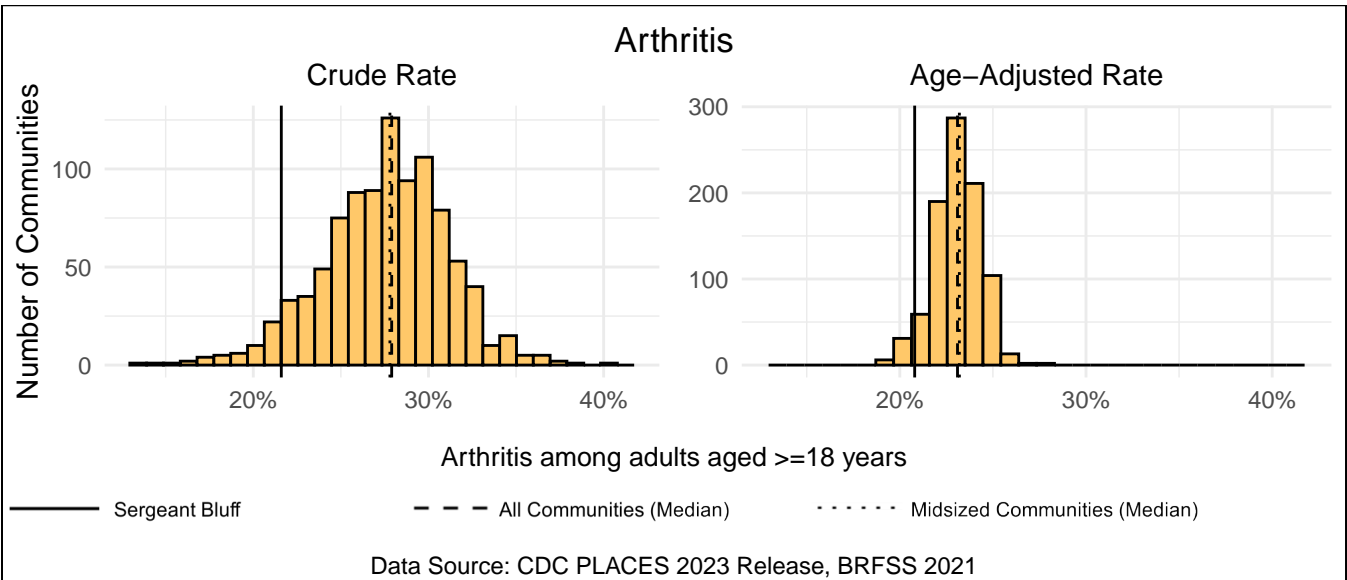
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Sergeant Bluff has a crude rate of 21.6% for arthritis among adults aged ≥ 18 years, which ranks 53rd out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 20.8%, which ranks 41st out of 905 Iowa communities (10th out of 102 midsize communities).

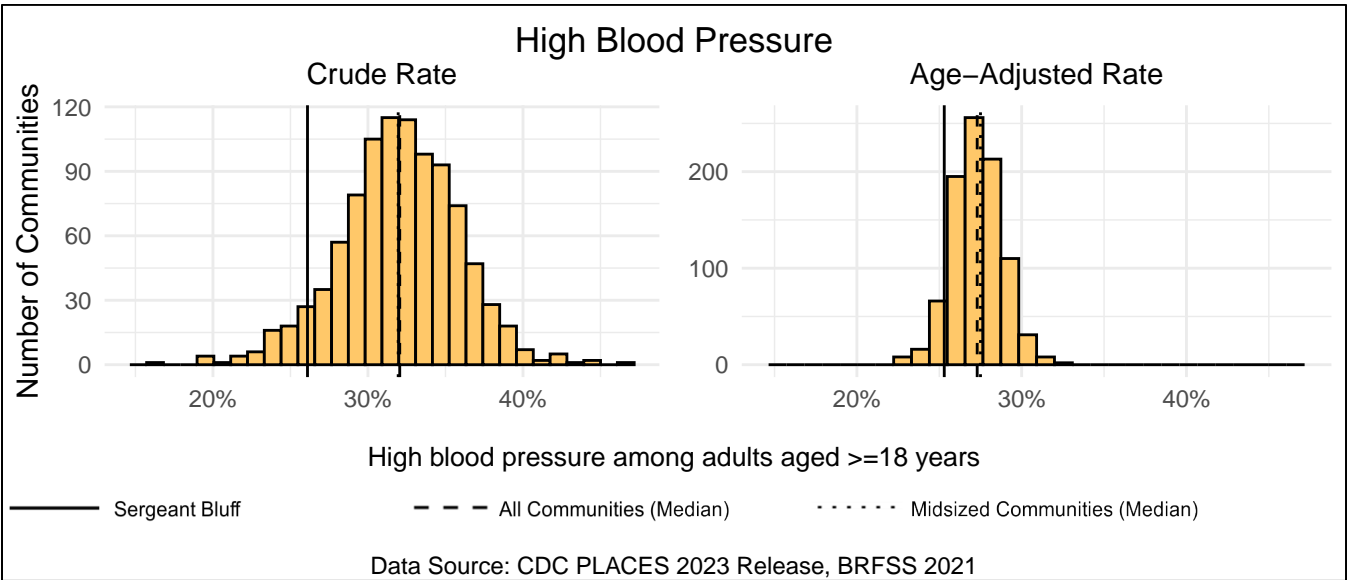
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	21.6%	27.9%	27.8%
Age-Adjusted	20.8%	23.1%	23.2%



High Blood Pressure

Sergeant Bluff has a crude rate of 26.1% for high blood pressure among adults aged ≥ 18 years, which ranks 63rd out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 25.3%, which ranks 69th out of 905 Iowa communities (13th out of 102 midsize communities).

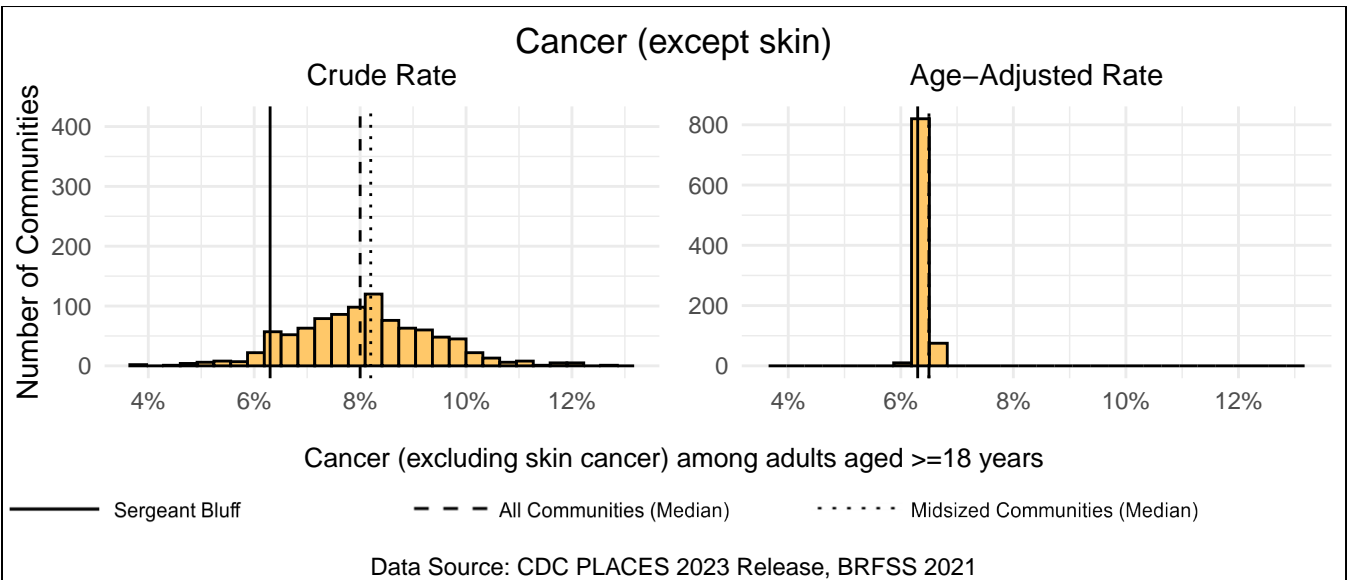
Measure Type	Sergeant Bluff	All Comm.	Midsize Comm.
Crude	26.1%	32.0%	32.0%
Age-Adjusted	25.3%	27.3%	27.5%



Cancer (except skin)

Sergeant Bluff has a crude rate of 6.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 66th out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 6.3%, which ranks 16th out of 905 Iowa communities (6th out of 102 midsize communities).

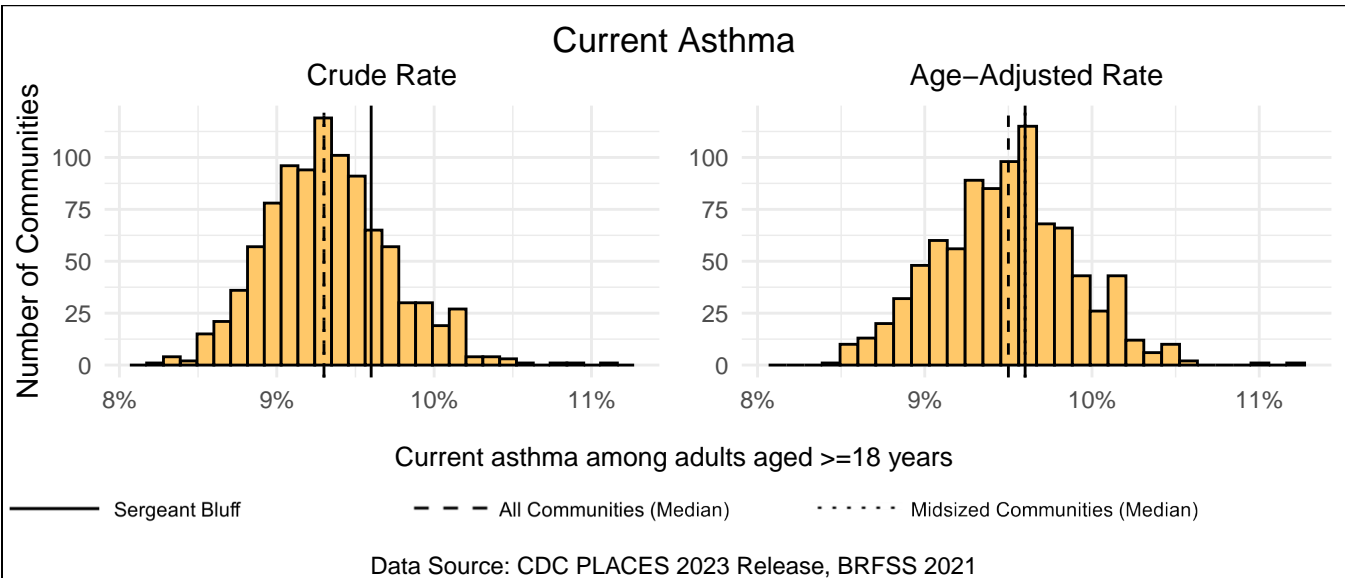
Measure Type	Sergeant Bluff	All Comm.	Midsize Comm.
Crude	6.3%	8.0%	8.2%
Age-Adjusted	6.3%	6.5%	6.5%



Current Asthma

Sergeant Bluff has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

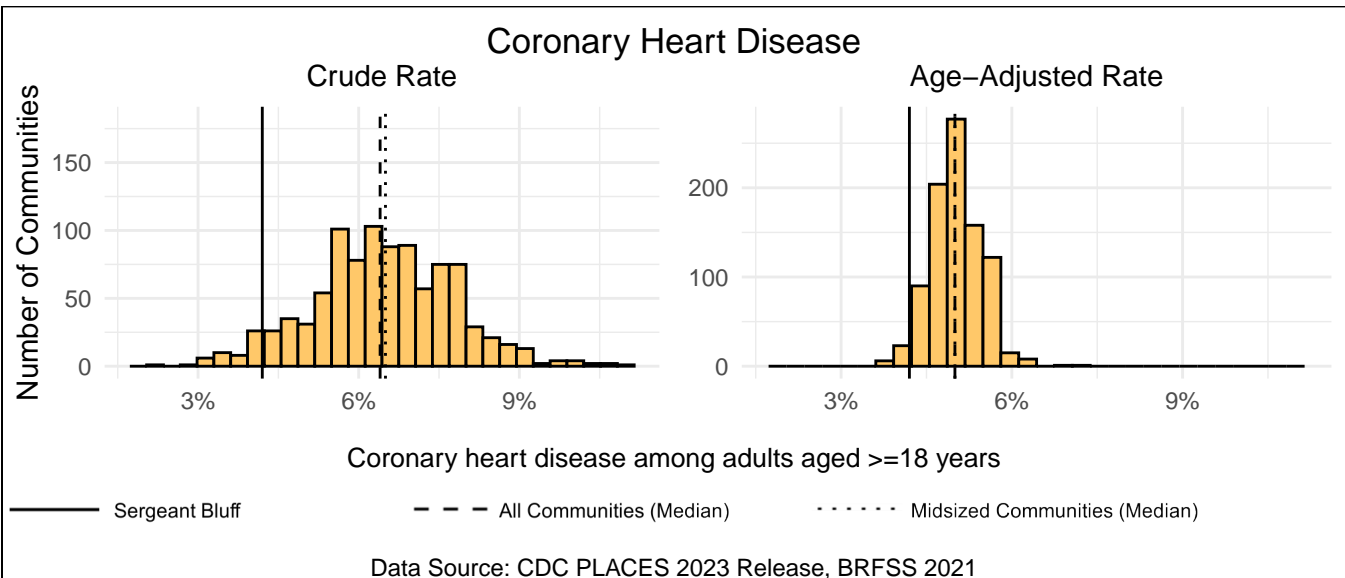
Measure Type	Sergeant Bluff	All Comm.	Midsize Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

Sergeant Bluff has a crude rate of 4.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 42nd out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 4.2%, which ranks 20th out of 905 Iowa communities (5th out of 102 midsize communities).

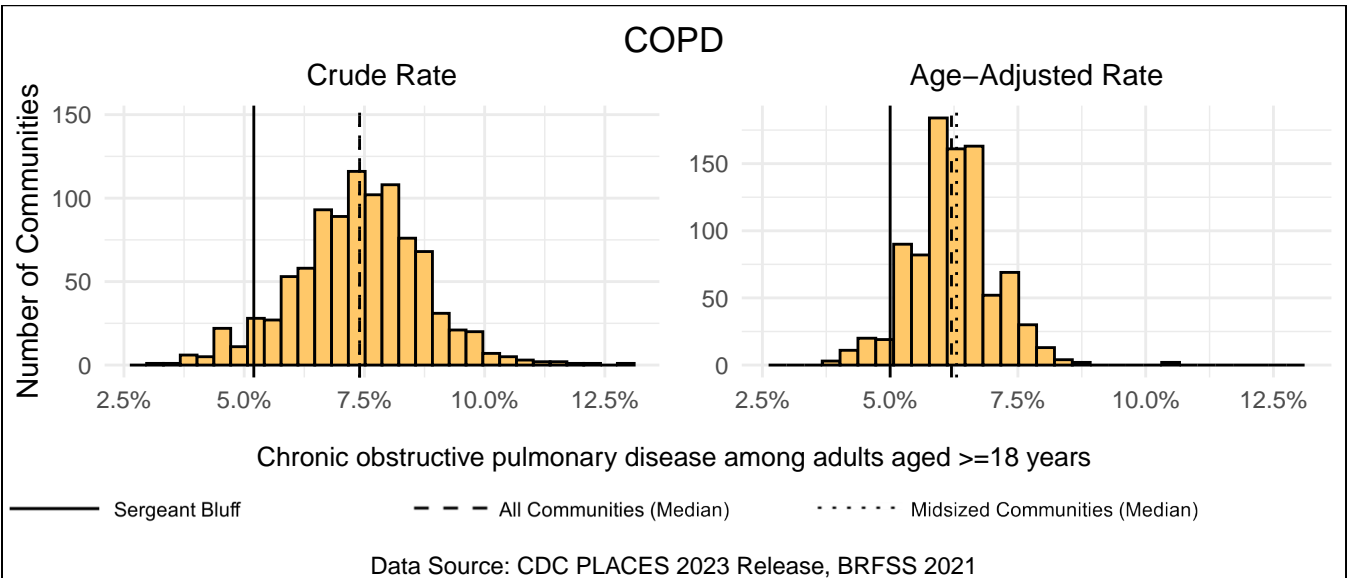
Measure Type	Sergeant Bluff	All Comm.	Midsize Comm.
Crude	4.2%	6.4%	6.5%
Age-Adjusted	4.2%	5.0%	5.0%



COPD

Sergeant Bluff has a crude rate of 5.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 52nd out of 958 Iowa communities (14th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 5.0%, which ranks 45th out of 905 Iowa communities (12th out of 102 midsize communities).

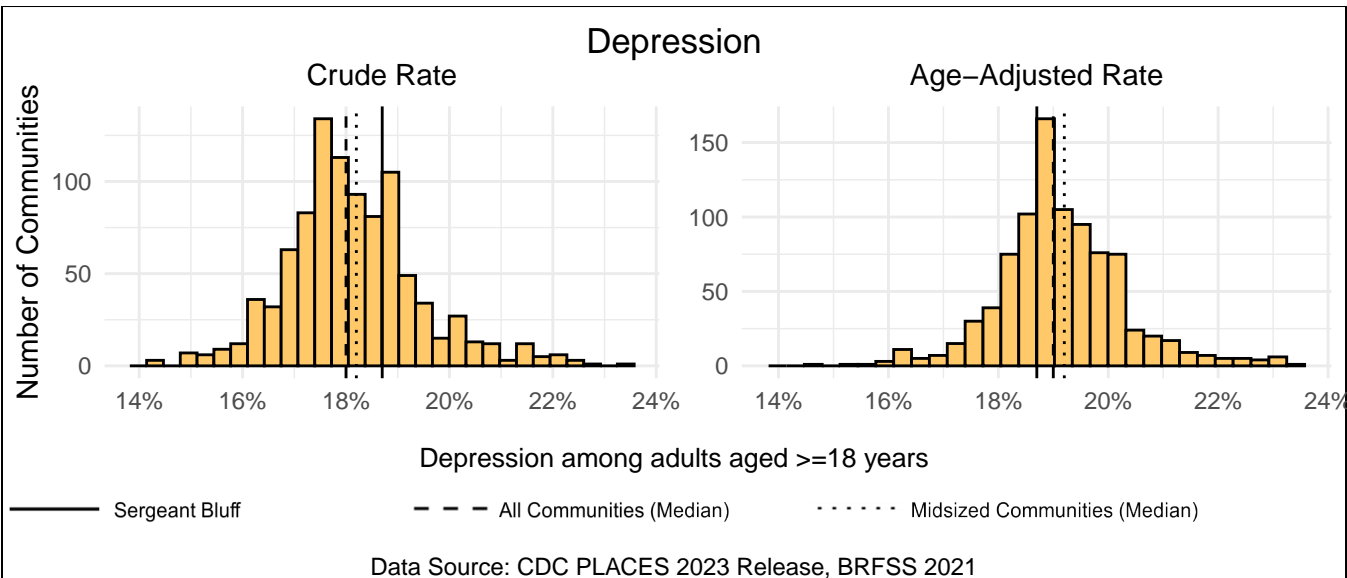
Measure Type	Sergeant Bluff	All Comm.	Midsize Comm.
Crude	5.2%	7.4%	7.4%
Age-Adjusted	5.0%	6.2%	6.3%



Depression

Sergeant Bluff has a crude rate of 18.7% for depression among adults aged ≥ 18 years, which ranks 673rd out of 958 Iowa communities (67th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 18.7%, which ranks 291st out of 905 Iowa communities (29th out of 102 midsize communities).

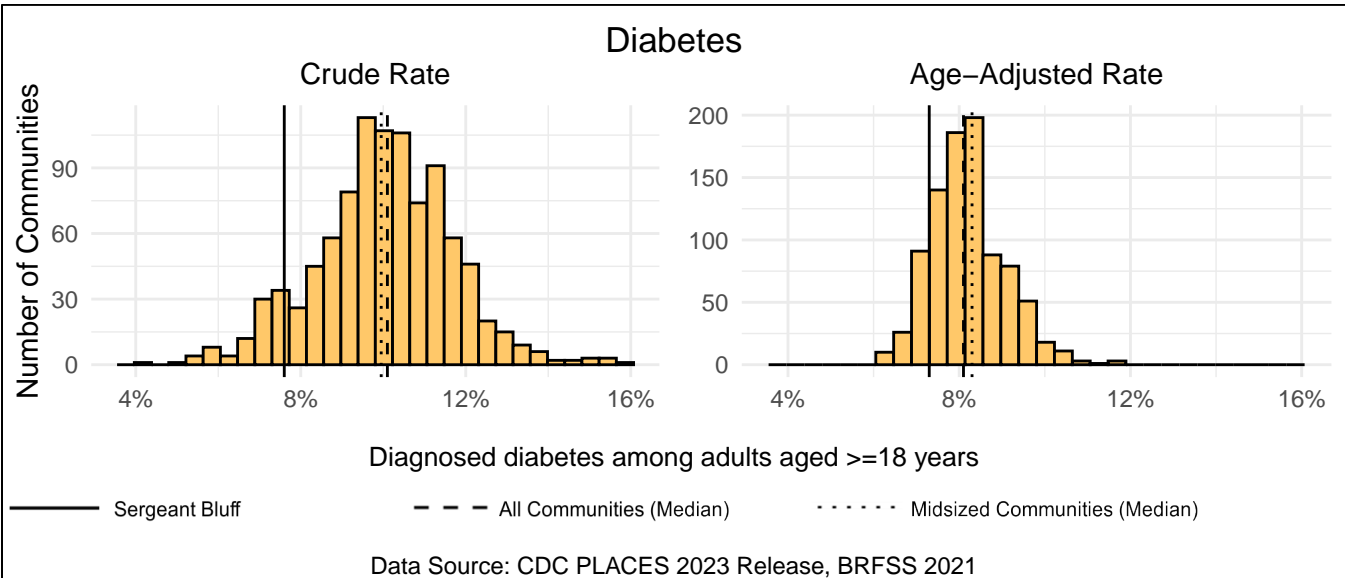
Measure Type	Sergeant Bluff	All Comm.	Midsize Comm.
Crude	18.7%	18.0%	18.2%
Age-Adjusted	18.7%	19.0%	19.2%



Diabetes

Sergeant Bluff has a crude rate of 7.6% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 73rd out of 958 Iowa communities (17th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 7.3%, which ranks 103rd out of 905 Iowa communities (18th out of 102 midsize communities).

Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	7.6%	10.1%	9.9%
Age-Adjusted	7.3%	8.1%	8.3%



High Cholesterol

Sergeant Bluff has a crude rate of 34.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 252nd out of 958 Iowa communities (34th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 31.5%, which ranks 868th out of 905 Iowa communities (100th out of 102 midsize communities).

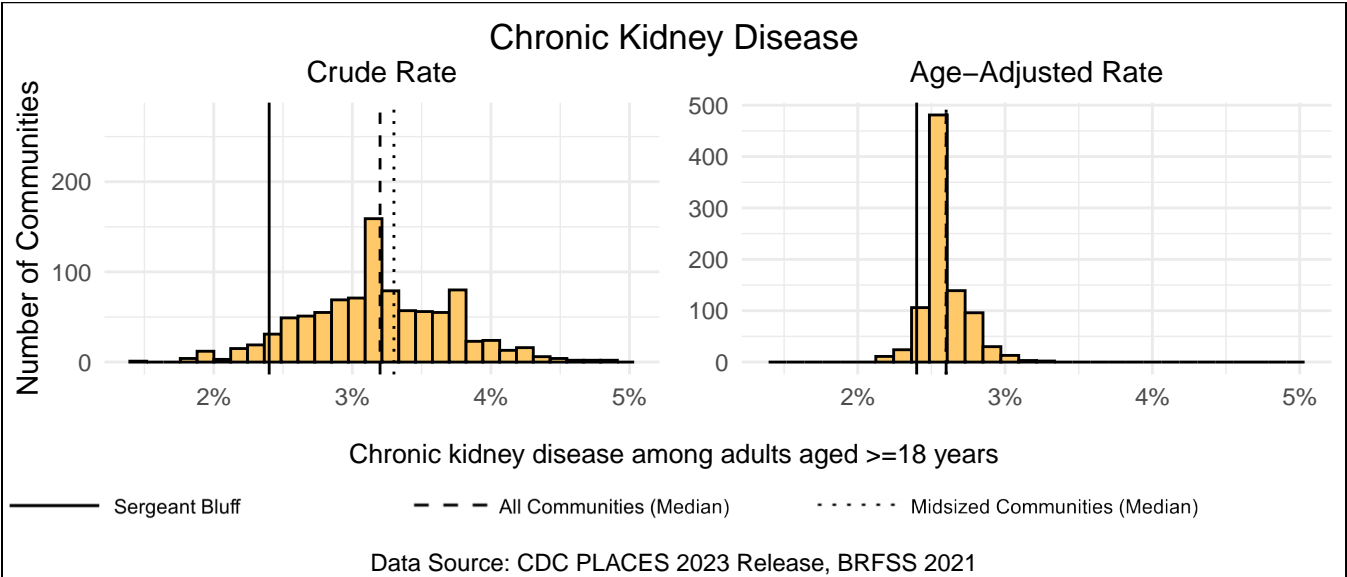
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	34.6%	36.2%	35.7%
Age-Adjusted	31.5%	29.7%	29.8%



Chronic Kidney Disease

Sergeant Bluff has a crude rate of 2.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

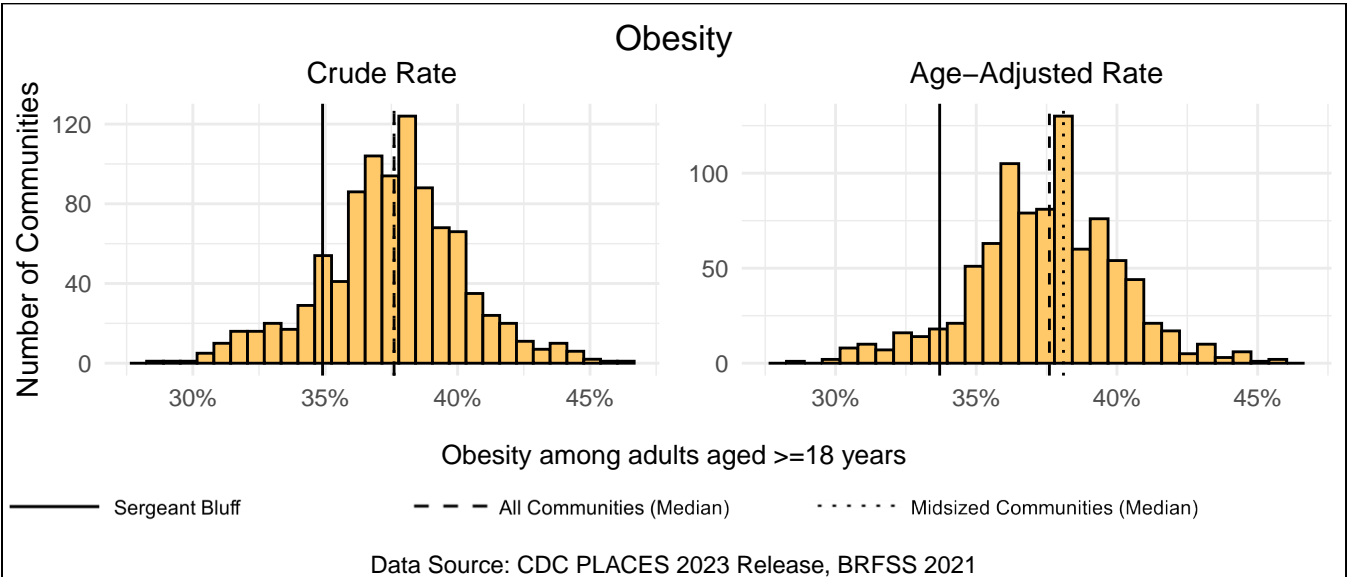
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	2.4%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Sergeant Bluff has a crude rate of 34.9% for obesity among adults aged ≥ 18 years, which ranks 131st out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 33.7%, which ranks 67th out of 905 Iowa communities (14th out of 102 midsized communities).

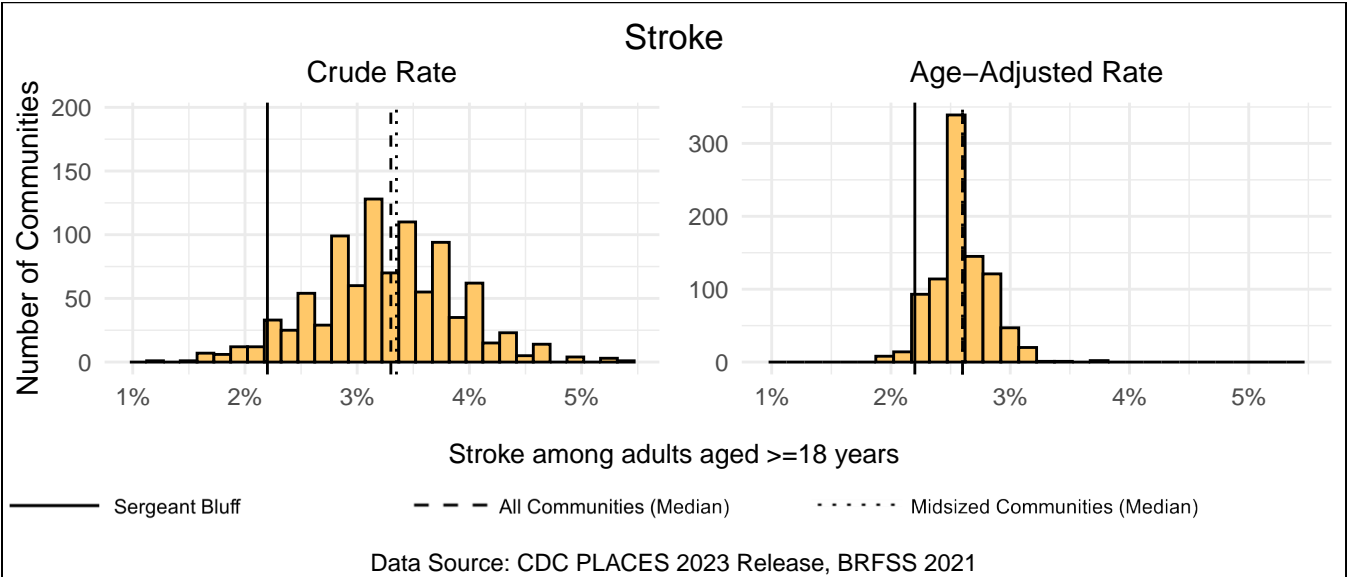
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	34.9%	37.6%	37.6%
Age-Adjusted	33.7%	37.6%	38.1%



Stroke

Sergeant Bluff has a crude rate of 2.2% for stroke among adults aged ≥ 18 years, which ranks 40th out of 958 Iowa communities (9th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 102 midsized communities).

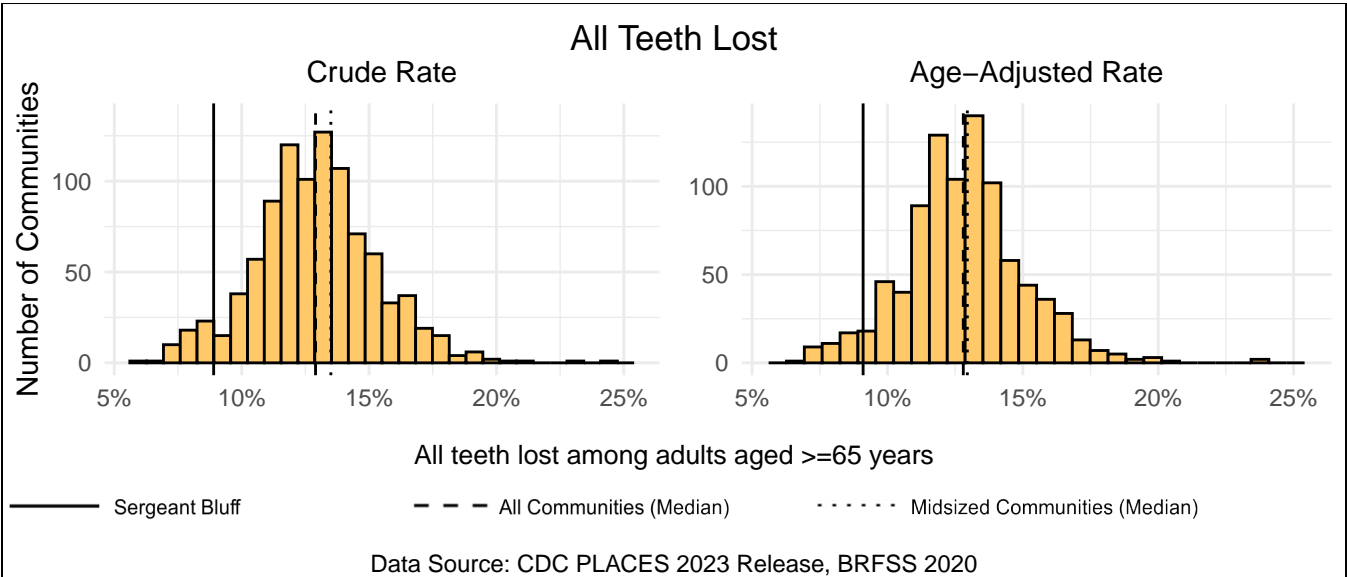
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	2.2%	3.3%	3.3%
Age-Adjusted	2.2%	2.6%	2.6%



All Teeth Lost

Sergeant Bluff has a crude rate of 8.9% for all teeth lost among adults aged ≥ 65 years, which ranks 49th out of 958 Iowa communities (13th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 9.1%, which ranks 43rd out of 905 Iowa communities (14th out of 102 midsized communities).

Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	8.9%	12.9%	13.5%
Age-Adjusted	9.1%	12.8%	12.9%



Prevention

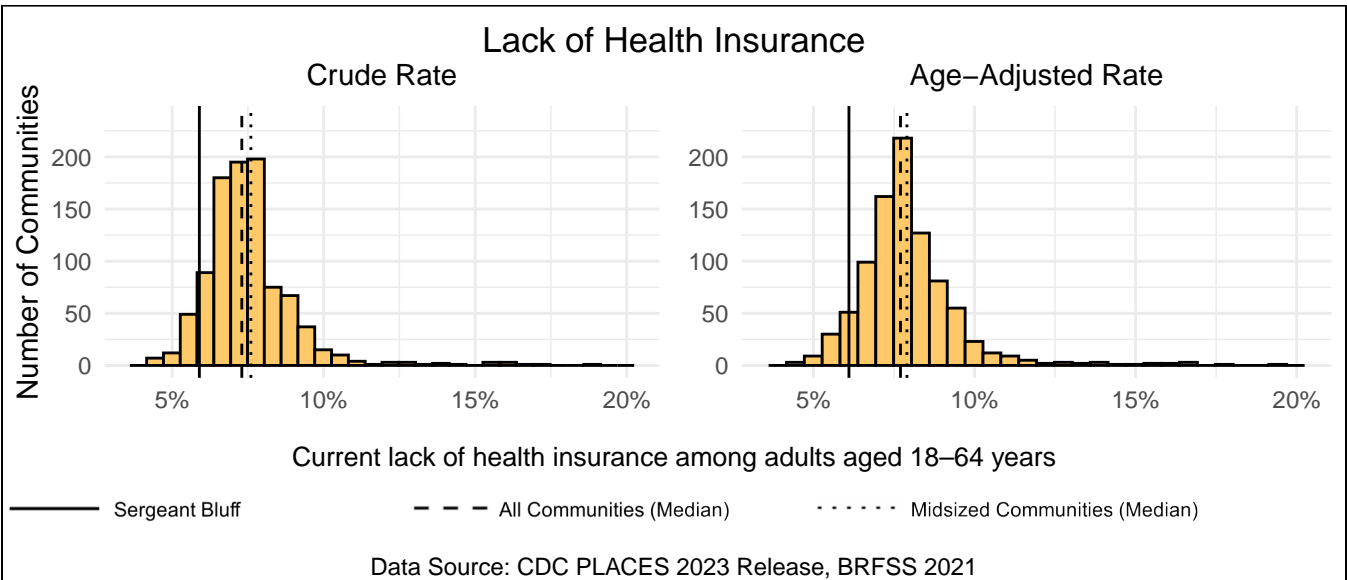
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Sergeant Bluff 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 (13th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 6.1%, which ranks 57th out of 905 Iowa communities (14th out of 102 midsize communities).

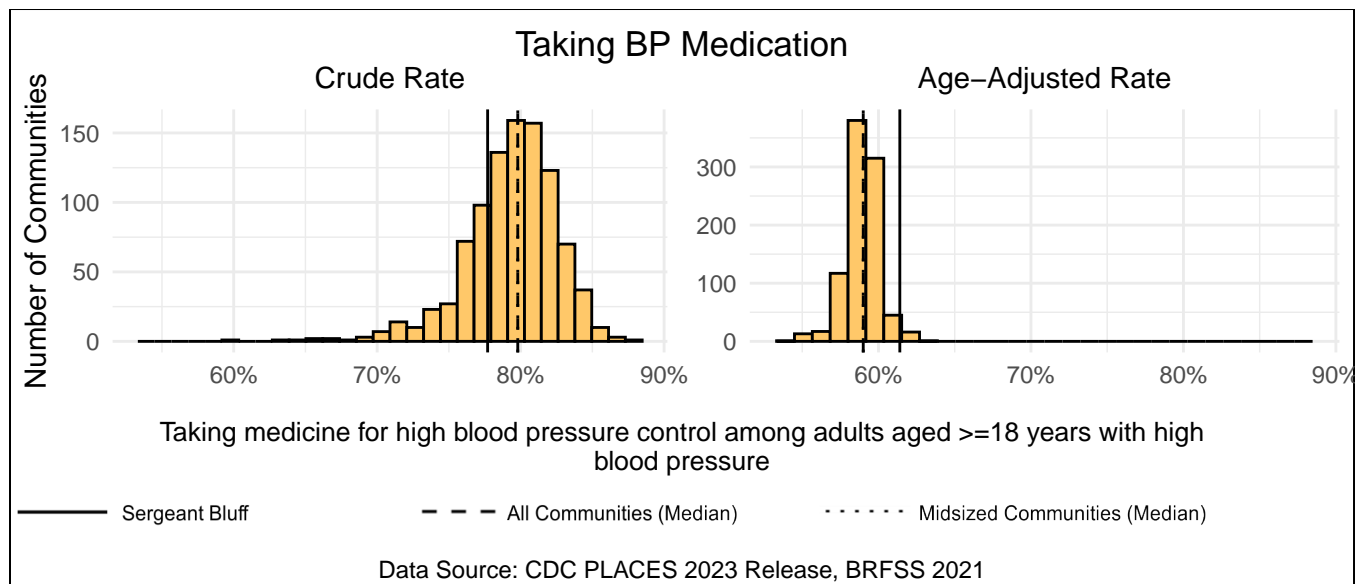
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	5.9%	7.3%	7.6%
Age-Adjusted	6.1%	7.7%	7.9%



Taking BP Medication

Sergeant Bluff has a crude rate of 77.7% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 718th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Sergeant Bluff is 61.4%, which ranks 22nd out of 905 Iowa communities (3rd out of 102 mid-sized communities).

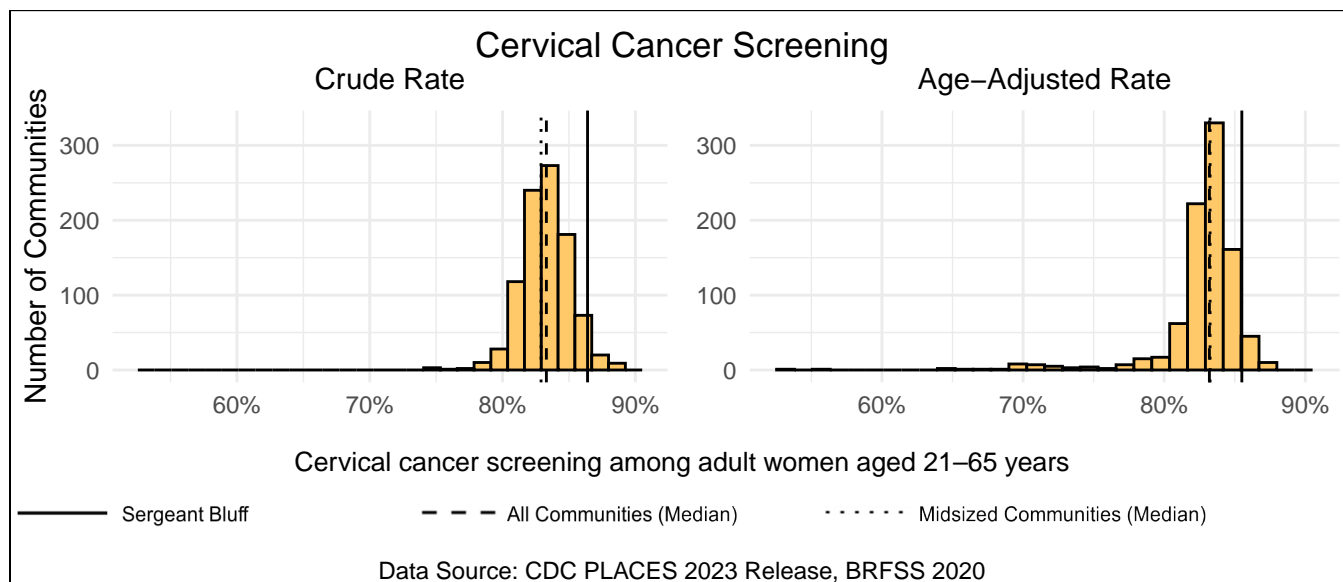
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	77.7%	79.8%	79.8%
Age-Adjusted	61.4%	59.0%	59.0%



Cervical Cancer Screening

Sergeant Bluff has a crude rate of 86.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 39th out of 958 Iowa communities (8th out of 102 mid-sized communities). The age-adjusted rate for Sergeant Bluff is 85.5%, which ranks 46th out of 905 Iowa communities (12th out of 102 mid-sized communities).

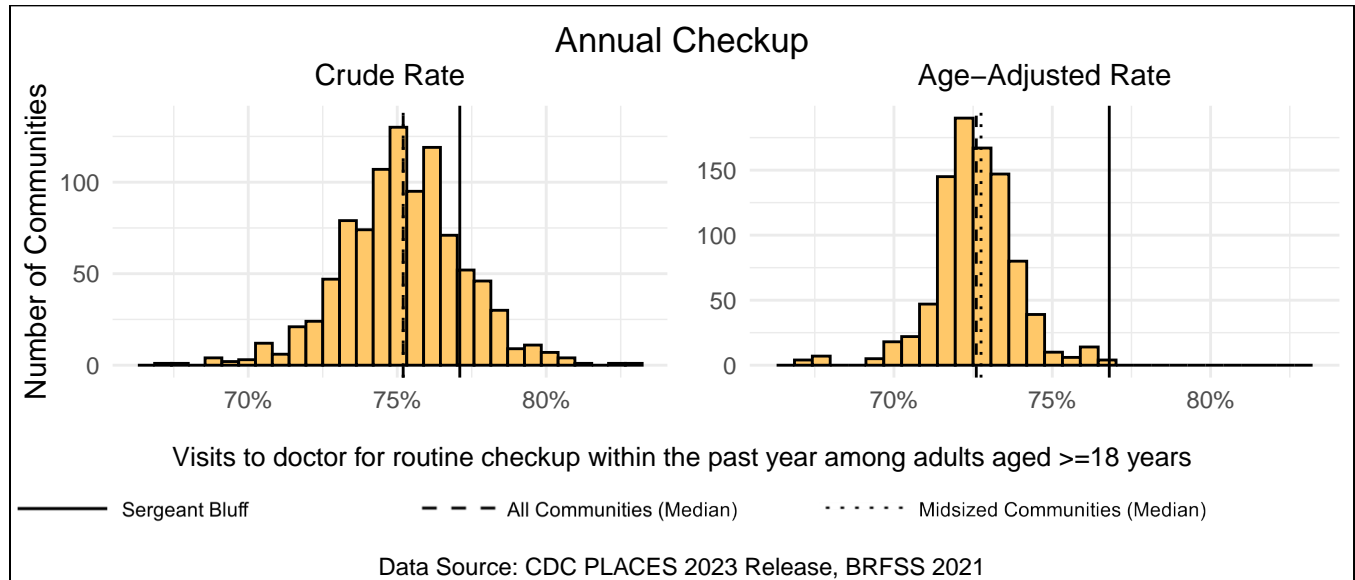
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	86.4%	83.3%	82.9%
Age-Adjusted	85.5%	83.2%	83.2%



Annual Checkup

Sergeant Bluff has a crude rate of 77.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 151st out of 958 Iowa communities (9th out of 102 mid-sized communities). The age-adjusted rate for Sergeant Bluff is 76.8%, which ranks 1st out of 905 Iowa communities (1st out of 102 mid-sized communities).

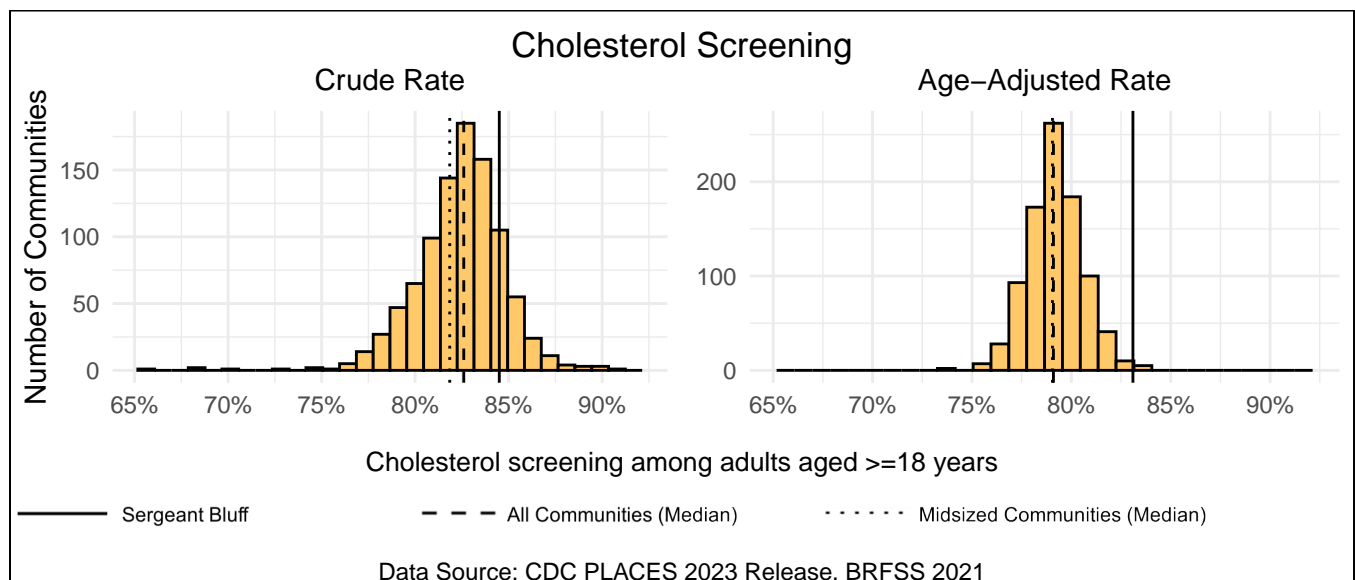
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	77.1%	75.2%	75.2%
Age-Adjusted	76.8%	72.6%	72.8%



Cholesterol Screening

Sergeant Bluff has a crude rate of 84.5% for cholesterol screening among adults aged ≥ 18 years, which ranks 151st out of 958 Iowa communities (7th out of 102 mid-sized communities). The age-adjusted rate for Sergeant Bluff is 83.1%, which ranks 6th out of 905 Iowa communities (2nd out of 102 mid-sized communities).

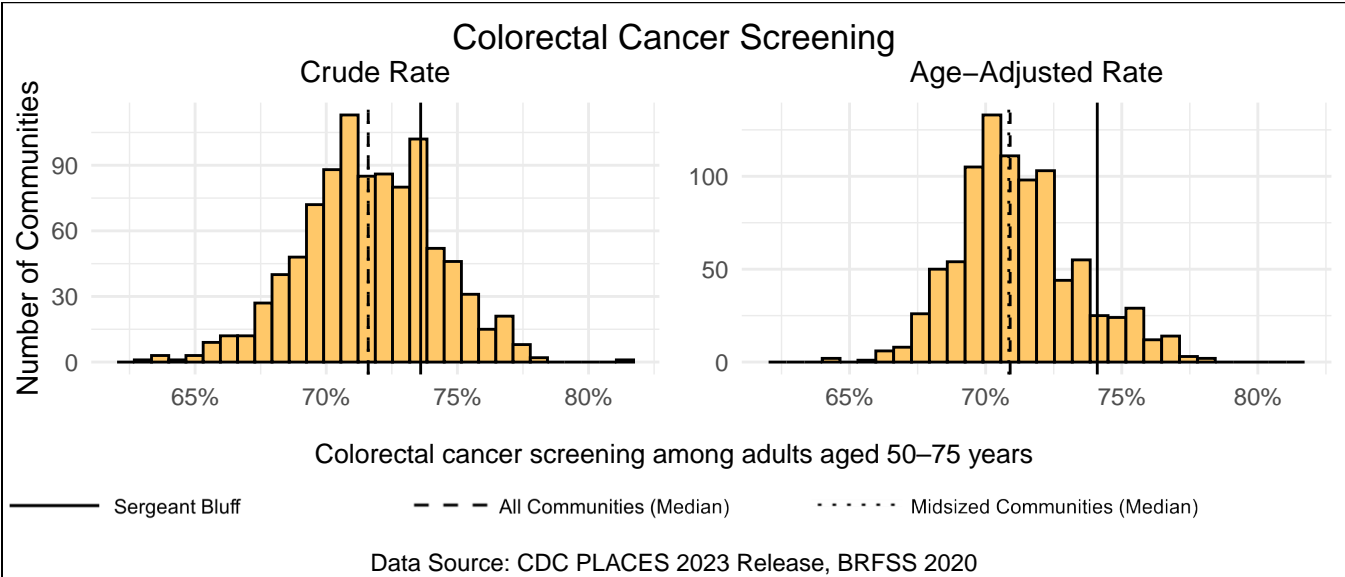
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	84.5%	82.6%	81.8%
Age-Adjusted	83.1%	79.1%	79.0%



Colorectal Cancer Screening

Sergeant Bluff has a crude rate of 73.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 211th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 74.1%, which ranks 95th out of 905 Iowa communities (22nd out of 102 midsized communities).

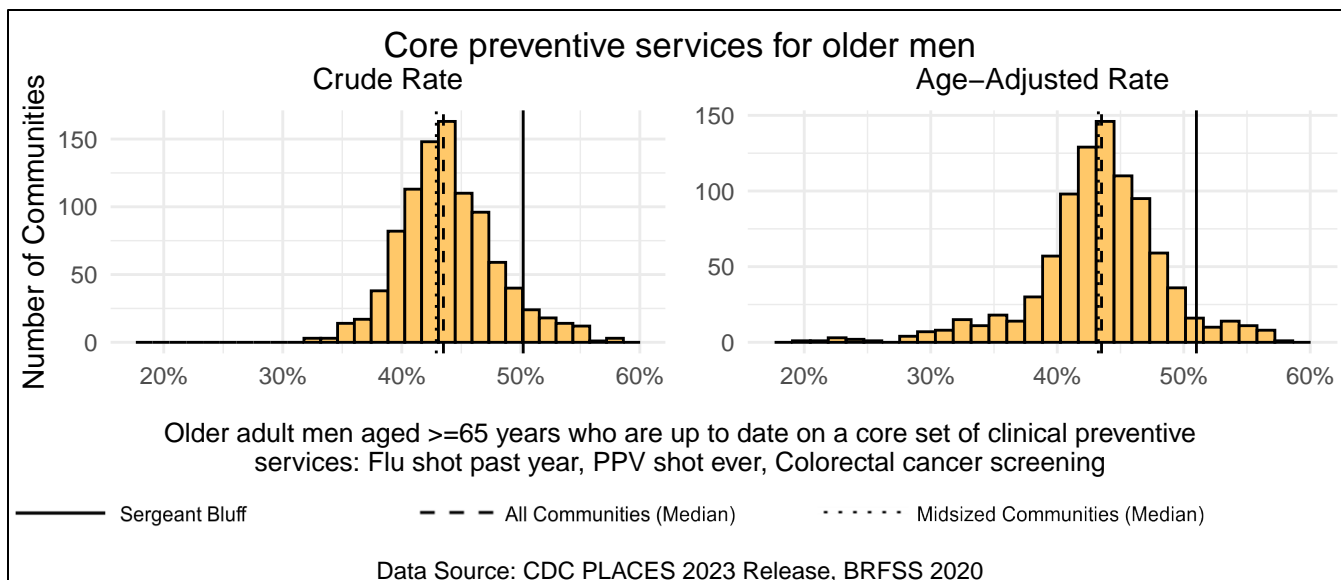
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	73.6%	71.6%	71.6%
Age-Adjusted	74.1%	70.9%	70.8%



Core preventive services for older men

Sergeant Bluff has a crude rate of 50.2% 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 71st out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 51.0%, which ranks 47th out of 905 Iowa communities (10th out of 102 midsized communities).

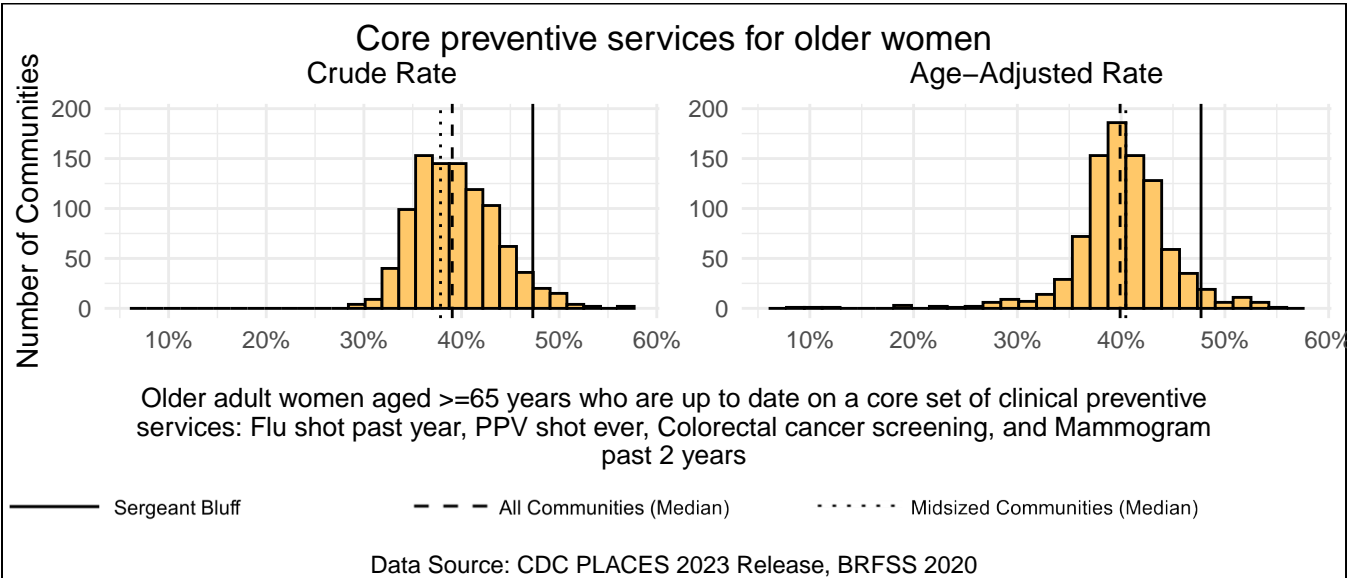
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	50.2%	43.5%	42.9%
Age-Adjusted	51.0%	43.5%	43.2%



Core preventive services for older women

Sergeant Bluff has a crude rate of 47.3% 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 44th out of 958 Iowa communities (7th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 47.7%, which ranks 35th out of 905 Iowa communities (9th out of 102 midsized communities).

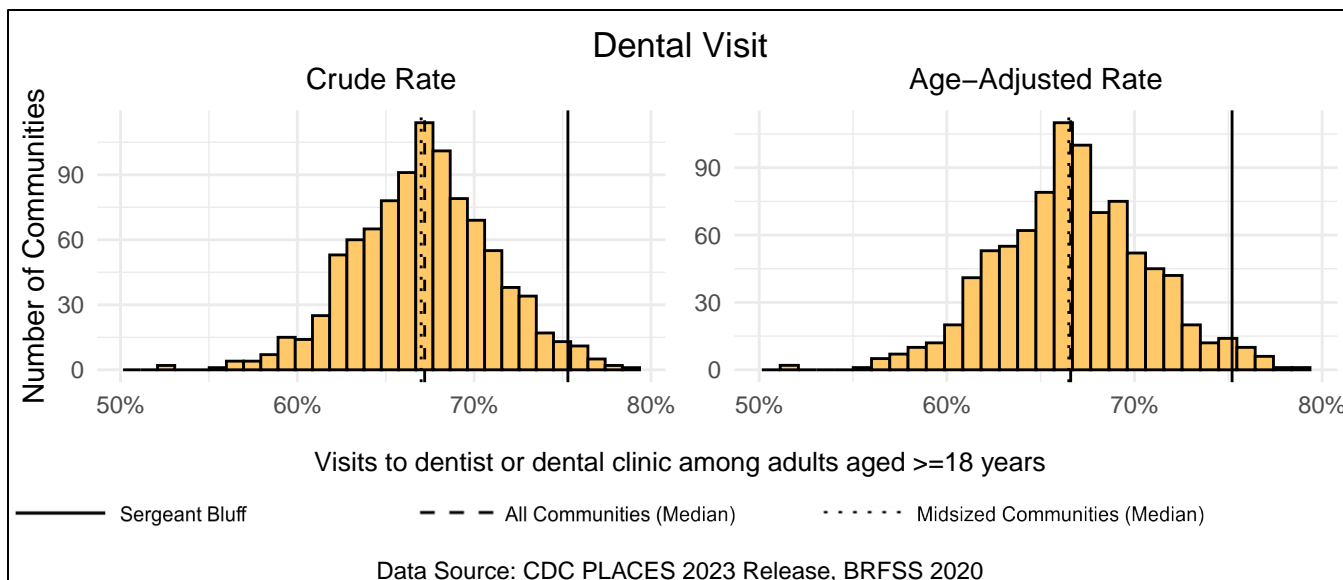
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	47.3%	39.0%	37.8%
Age-Adjusted	47.7%	39.9%	40.4%



Dental Visit

Sergeant Bluff has a crude rate of 75.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 20th out of 958 Iowa communities (8th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 75.2%, which ranks 20th out of 905 Iowa communities (7th out of 102 midsized communities).

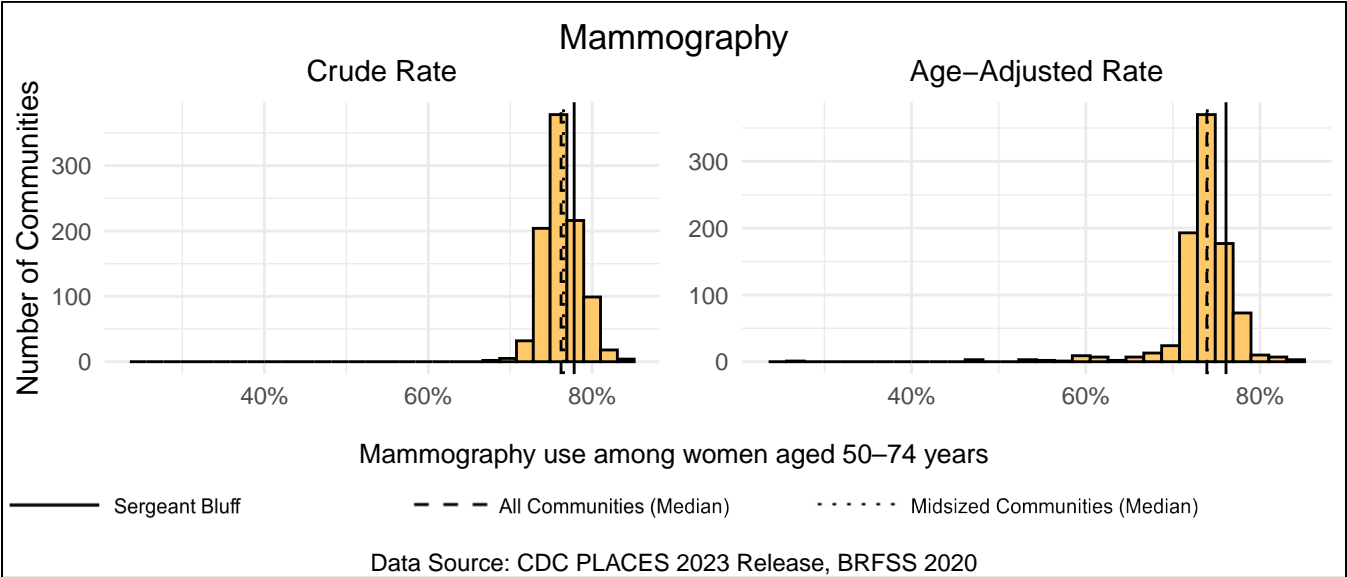
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	75.3%	67.2%	67.0%
Age-Adjusted	75.2%	66.6%	66.5%



Mammography

Sergeant Bluff has a crude rate of 77.8% for mammography use among women aged 50–74 years, which ranks 230th out of 958 Iowa communities (31st out of 102 mid-sized communities). The age-adjusted rate for Sergeant Bluff is 76.1%, which ranks 146th out of 905 Iowa communities (28th out of 102 mid-sized communities).

Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	77.8%	76.2%	76.5%
Age-Adjusted	76.1%	73.9%	74.0%



Disability

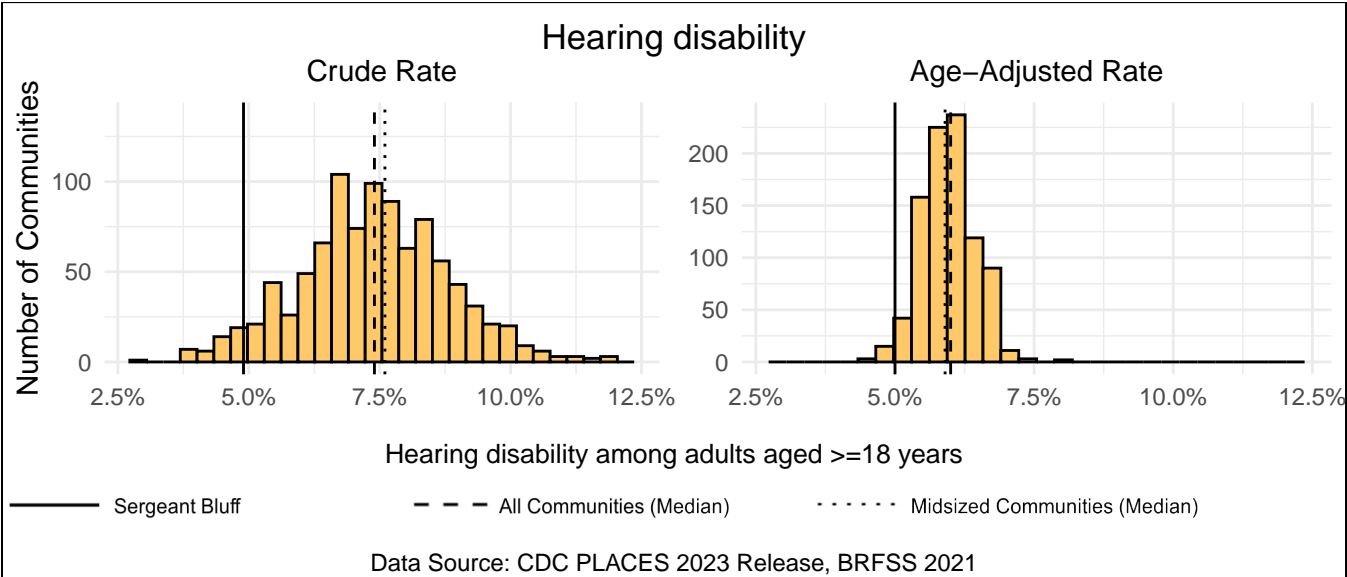
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Sergeant Bluff has a crude rate of 4.9% for hearing disability among adults aged ≥ 18 years, which ranks 42nd out of 958 Iowa communities (10th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 5.0%, which ranks 19th out of 905 Iowa communities (6th out of 102 midsize communities).

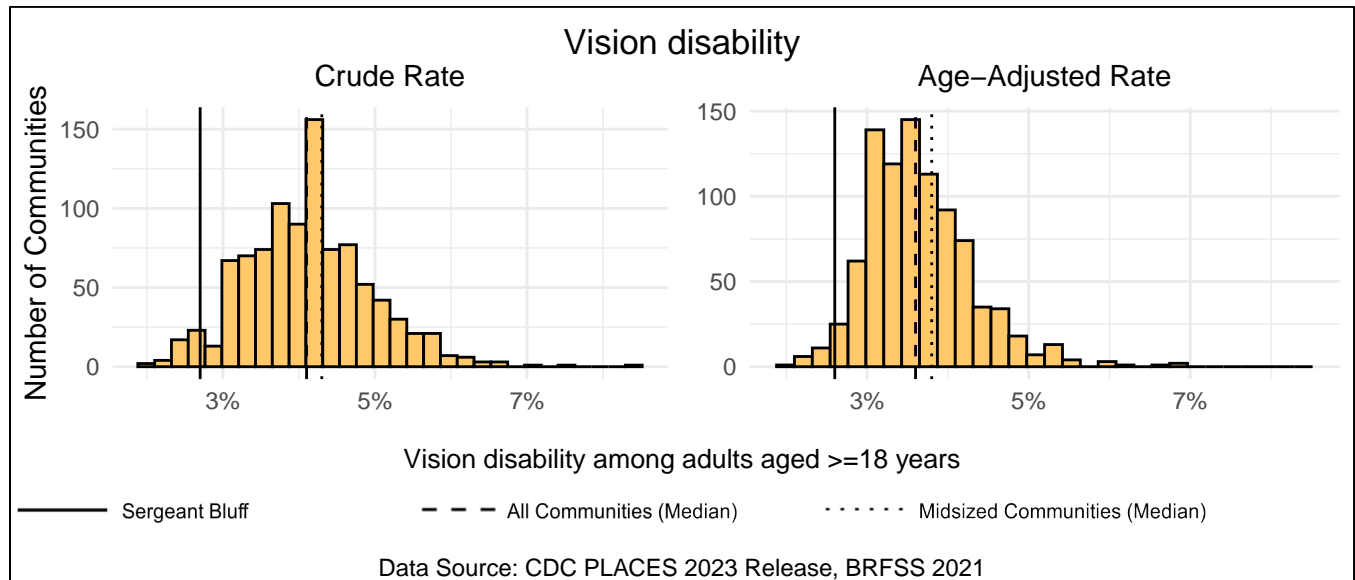
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	4.9%	7.4%	7.6%
Age-Adjusted	5.0%	6.0%	5.9%



Vision disability

Sergeant Bluff has a crude rate of 2.7% for vision disability among adults aged ≥ 18 years, which ranks 33rd out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 2.6%, which ranks 19th out of 905 Iowa communities (5th out of 102 midsize communities).

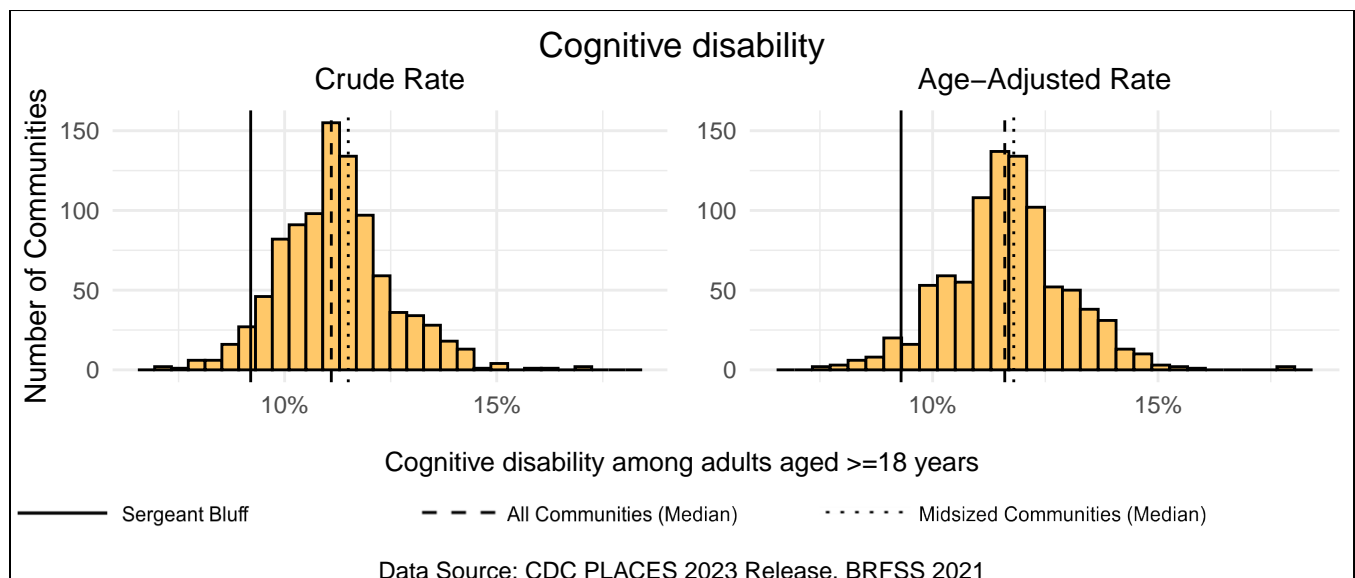
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	2.7%	4.1%	4.3%
Age-Adjusted	2.6%	3.6%	3.8%



Cognitive disability

Sergeant Bluff has a crude rate of 9.2% for cognitive disability among adults aged ≥ 18 years, which ranks 42nd out of 958 Iowa communities (8th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 9.3%, which ranks 33rd out of 905 Iowa communities (9th out of 102 midsize communities).

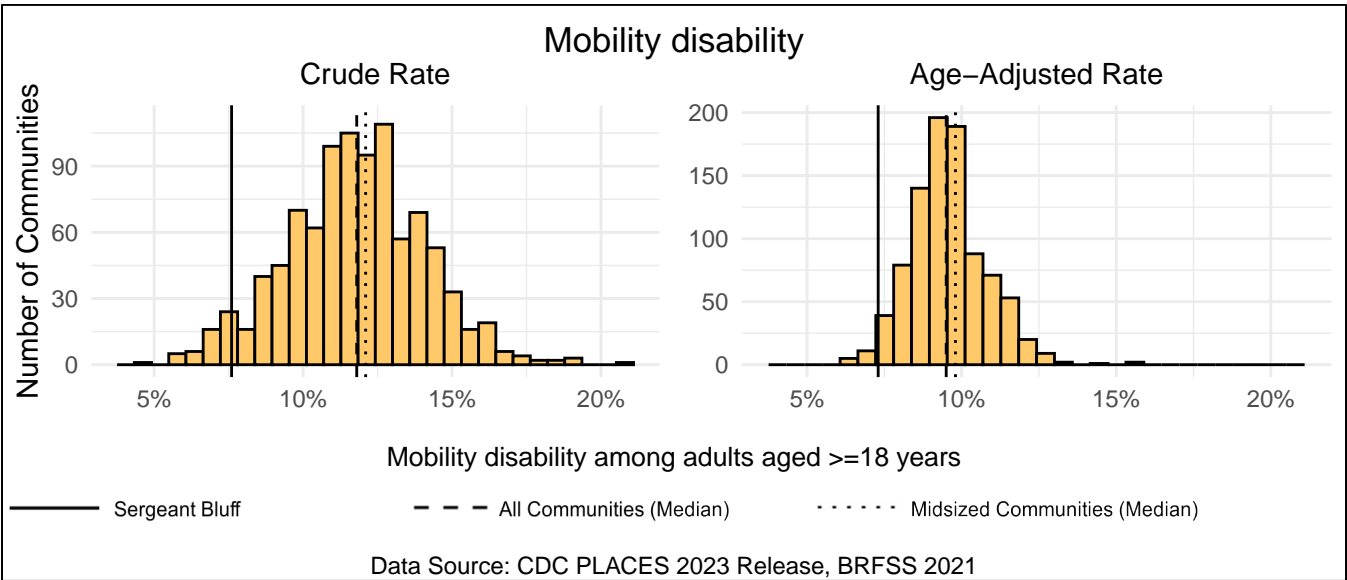
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	9.2%	11.1%	11.5%
Age-Adjusted	9.3%	11.6%	11.8%



Mobility disability

Sergeant Bluff has a crude rate of 7.6% for mobility disability among adults aged ≥ 18 years, which ranks 40th out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 7.3%, which ranks 17th out of 905 Iowa communities (5th out of 102 midsize communities).

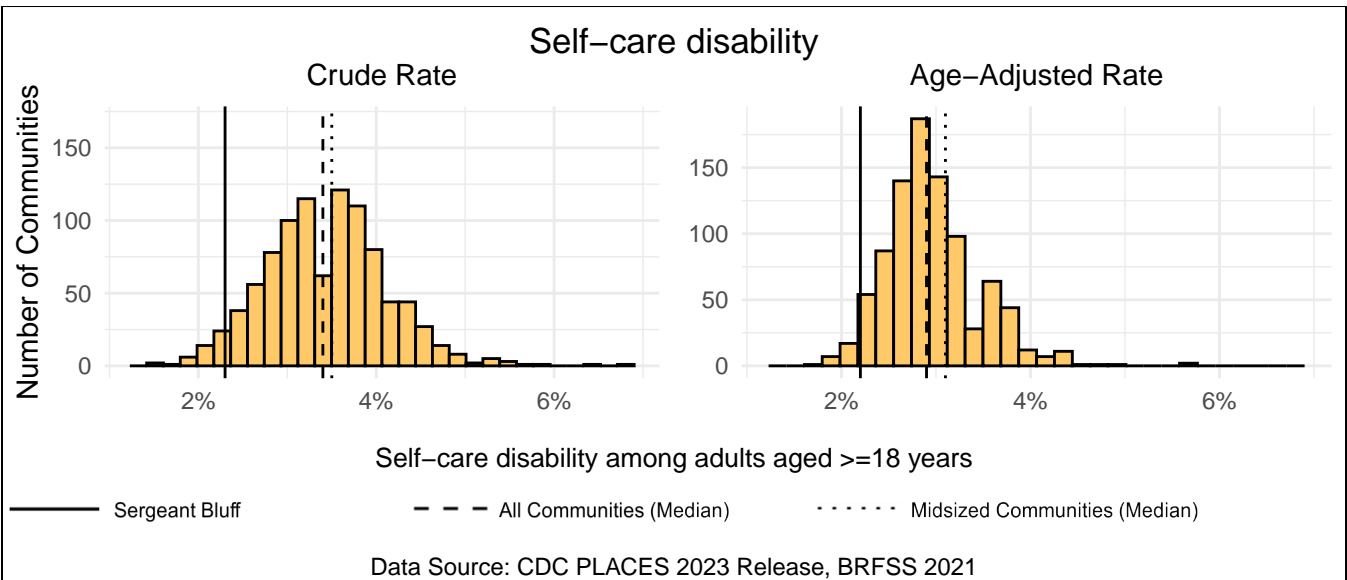
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	7.6%	11.8%	12.1%
Age-Adjusted	7.3%	9.5%	9.8%



Self-care disability

Sergeant Bluff has a crude rate of 2.3% for self-care disability among adults aged ≥ 18 years, which ranks 35th out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for Sergeant Bluff is 2.2%, which ranks 26th out of 905 Iowa communities (7th out of 102 midsize communities).

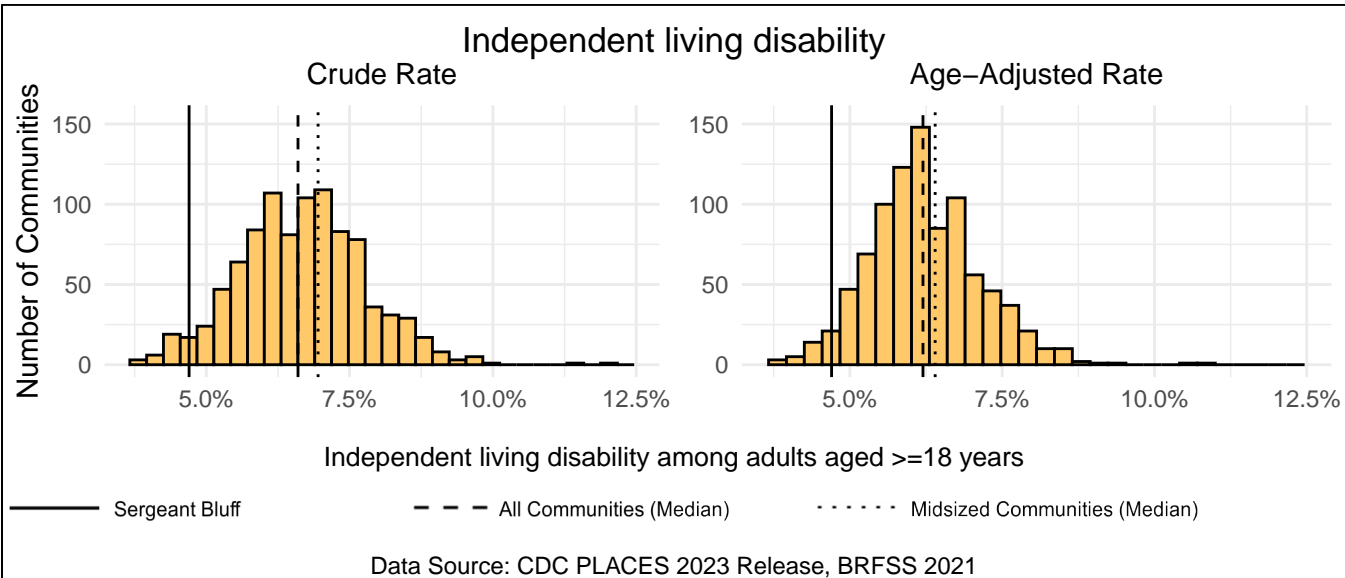
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	2.3%	3.4%	3.5%
Age-Adjusted	2.2%	2.9%	3.1%



Independent living disability

Sergeant Bluff has a crude rate of 4.7% for independent living disability among adults aged ≥ 18 years, which ranks 31st out of 958 Iowa communities (8th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 4.7%, which ranks 26th out of 905 Iowa communities (7th out of 102 midsized communities).

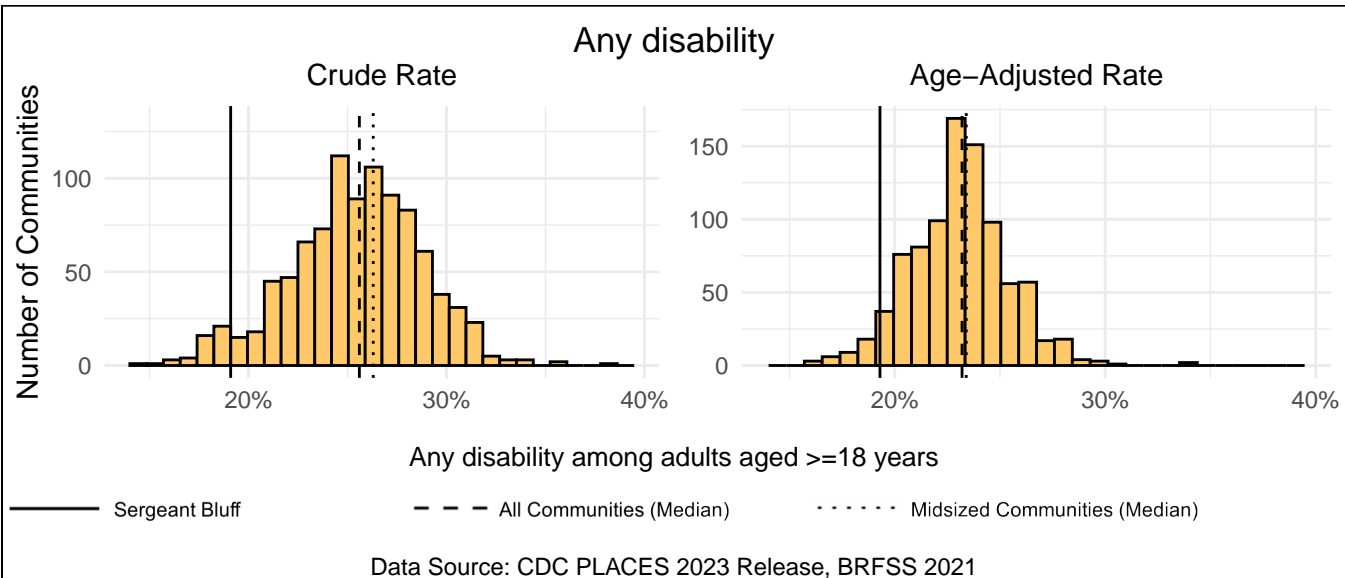
Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	4.7%	6.6%	7.0%
Age-Adjusted	4.7%	6.2%	6.4%



Any disability

Sergeant Bluff has a crude rate of 19.1% for any disability among adults aged ≥ 18 years, which ranks 41st out of 958 Iowa communities (10th out of 102 midsized communities). The age-adjusted rate for Sergeant Bluff is 19.3%, which ranks 39th out of 905 Iowa communities (10th out of 102 midsized communities).

Measure Type	Sergeant Bluff	All Comm.	Midsized Comm.
Crude	19.1%	25.6%	26.3%
Age-Adjusted	19.3%	23.2%	23.4%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Sergeant Bluff 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	62	10.8% (8.8% - 13.1%)	74	10.5% (8.7% - 12.7%)
Health Status	Physical Health	52	8.5% (7.1% - 10.0%)	44	8.2% (6.9% - 9.7%)
Health Status	Mental Health	141	13.3% (11.3% - 15.2%)	14	13.4% (11.5% - 15.4%)
Health Risk Behaviors	Sleep <7 hours	613	30.9% (29.3% - 32.7%)	265	30.4% (28.6% - 32.1%)
Health Risk Behaviors	Physical Inactivity	78	21.1% (17.4% - 24.8%)	79	20.7% (17.5% - 24.2%)
Health Risk Behaviors	Binge Drinking	895	23.0% (20.4% - 25.7%)	792	23.3% (20.7% - 25.9%)
Health Risk Behaviors	Current Smoking	127	14.6% (11.3% - 18.5%)	51	13.9% (10.7% - 17.4%)
Health Outcomes	Current Asthma	716	9.6% (8.5% - 10.9%)	513	9.6% (8.5% - 10.8%)
Health Outcomes	Diabetes	73	7.6% (6.6% - 8.9%)	103	7.3% (6.2% - 8.4%)
Health Outcomes	All Teeth Lost	49	8.9% (5.3% - 13.7%)	43	9.1% (5.5% - 14.1%)
Health Outcomes	Arthritis	53	21.6% (19.1% - 24.2%)	41	20.8% (18.4% - 23.0%)
Health Outcomes	Cancer (except skin)	66	6.3% (5.7% - 7.0%)	16	6.3% (5.8% - 7.0%)
Health Outcomes	COPD	52	5.2% (4.2% - 6.4%)	45	5.0% (4.0% - 6.1%)
Health Outcomes	High Blood Pressure	63	26.1% (23.4% - 28.8%)	69	25.3% (22.9% - 27.8%)
Health Outcomes	Coronary Heart Disease	42	4.2% (3.6% - 4.9%)	20	4.2% (3.6% - 4.9%)
Health Outcomes	Chronic Kidney Disease	55	2.4% (2.1% - 2.6%)	36	2.4% (2.1% - 2.7%)
Health Outcomes	Stroke	40	2.2% (1.9% - 2.5%)	23	2.2% (1.9% - 2.6%)
Health Outcomes	Depression	673	18.7% (16.2% - 21.5%)	291	18.7% (16.3% - 21.3%)
Health Outcomes	High Cholesterol	252	34.6% (31.6% - 37.5%)	868	31.5% (28.6% - 34.2%)
Health Outcomes	Obesity	131	34.9% (31.1% - 38.6%)	67	33.7% (30.2% - 37.2%)
Prevention	Annual Checkup	151	77.1% (74.1% - 79.7%)	1	76.8% (73.9% - 79.5%)
Prevention	Mammography	230	77.8% (73.6% - 81.4%)	146	76.1% (72.1% - 80.0%)
Prevention	Dental Visit	20	75.3% (71.8% - 78.6%)	20	75.2% (71.7% - 78.4%)
Prevention	Cholesterol Screening	151	84.5% (82.0% - 86.9%)	6	83.1% (80.3% - 85.7%)
Prevention	Core preventive services for older women	44	47.3% (39.9% - 54.1%)	35	47.7% (40.4% - 54.5%)
Prevention	Cervical Cancer Screening	39	86.4% (84.0% - 88.5%)	46	85.5% (83.0% - 87.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	718	77.7% (74.6% - 80.7%)	22	61.4% (57.2% - 65.3%)
Prevention	Health Insurance	69	5.9% (4.3% - 7.8%)	57	6.1% (4.4% - 8.1%)
Prevention	Colorectal Cancer Screening	211	73.6% (70.0% - 76.8%)	95	74.1% (70.7% - 77.1%)
Prevention	Core preventive services for older men	71	50.2% (42.7% - 57.7%)	47	51.0% (43.8% - 58.3%)
Disability	Cognitive Disability	42	9.2% (7.6% - 11.1%)	33	9.3% (7.6% - 11.2%)
Disability	Independent Living Disability	31	4.7% (3.9% - 5.7%)	26	4.7% (3.9% - 5.7%)
Disability	Mobility Disability	40	7.6% (6.1% - 9.0%)	17	7.3% (6.1% - 8.8%)
Disability	Hearing Disability	42	4.9% (4.2% - 5.6%)	19	5.0% (4.4% - 5.8%)
Disability	Vision Disability	33	2.7% (2.2% - 3.2%)	19	2.6% (2.2% - 3.2%)
Disability	Any Disability	41	19.1% (16.3% - 22.4%)	39	19.3% (16.6% - 22.3%)
Disability	Self-care Disability	35	2.3% (1.9% - 2.7%)	26	2.2% (1.8% - 2.6%)

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

Appendix 3: Midsized Communities (2,500-9,999)

Sergeant Bluff falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
