



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 Sioux Center: Overview

Dear Community Members & Stakeholders of Sioux Center,

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 Sioux Center ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sioux Center'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 Sioux Center. 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
High Cholesterol	14th	4th	Depression	14th	2nd
High Blood Pressure	19th	4th	Mental Health	42nd	10th
Current Smoking	21st	7th	High Cholesterol	49th	6th
Arthritis	21st	5th	Binge Drinking	51st	18th
Diabetes	28th	9th	Sleep <7 hours	56th	12th

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
Cholesterol Screening	952nd	102nd	Annual Checkup	881st	98th
Annual Checkup	952nd	100th	Health Insurance	788th	72nd
Cervical Cancer Screening	919th	95th	Taking BP Medication	758th	86th
Taking BP Medication	894th	93rd	Core preventive services for older men	667th	69th
Health Insurance	853rd	75th	Obesity	627th	61st

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 Sioux Center.

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

With a population of 8,227, Sioux Center’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

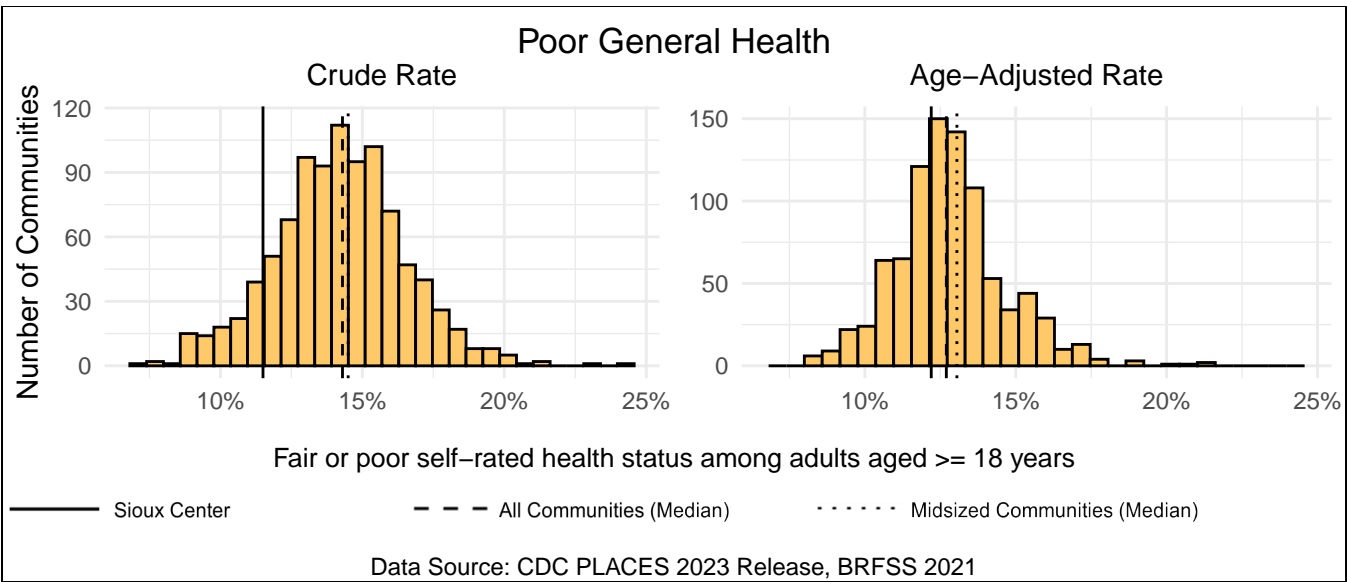
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Sioux Center has a crude rate of 11.5% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 103rd out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 12.2%, which ranks 312th out of 905 Iowa communities (38th out of 102 mid-sized communities).

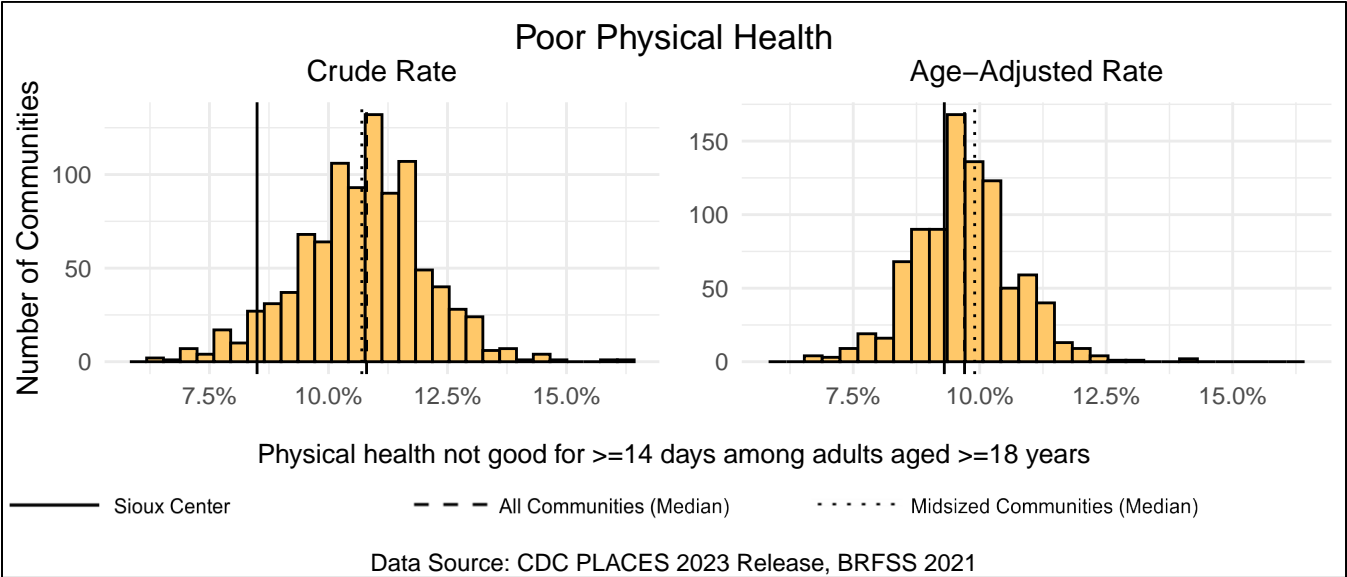
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	11.5%	14.3%	14.5%
Age-Adjusted	12.2%	12.7%	13.0%



Poor Physical Health

Sioux Center 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 mid-sized communities). The age-adjusted rate for Sioux Center is 9.3%, which ranks 265th out of 905 Iowa communities (37th out of 102 mid-sized communities).

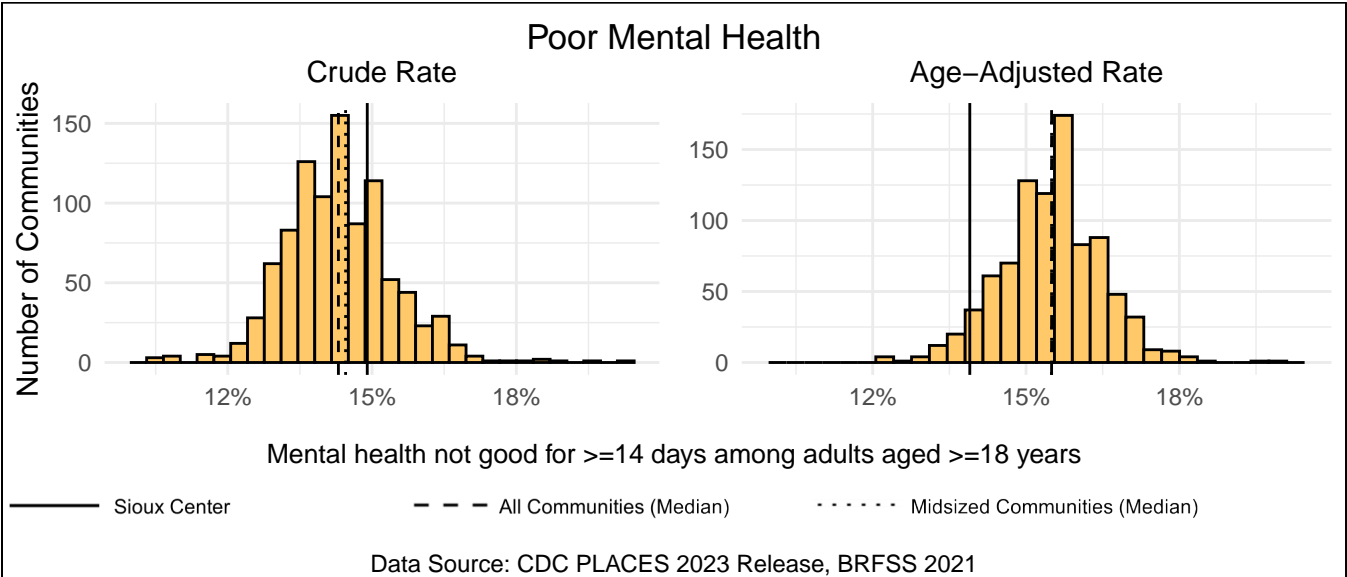
Measure Type	Sioux Center	All Comm.	Mid-sized Comm.
Crude	8.5%	10.8%	10.7%
Age-Adjusted	9.3%	9.7%	9.9%



Poor Mental Health

Sioux Center 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 (66th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 13.9%, which ranks 42nd out of 905 Iowa communities (10th out of 102 mid-sized communities).

Measure Type	Sioux Center	All Comm.	Mid-sized Comm.
Crude	14.9%	14.3%	14.4%
Age-Adjusted	13.9%	15.5%	15.5%



Health Risk Behaviors

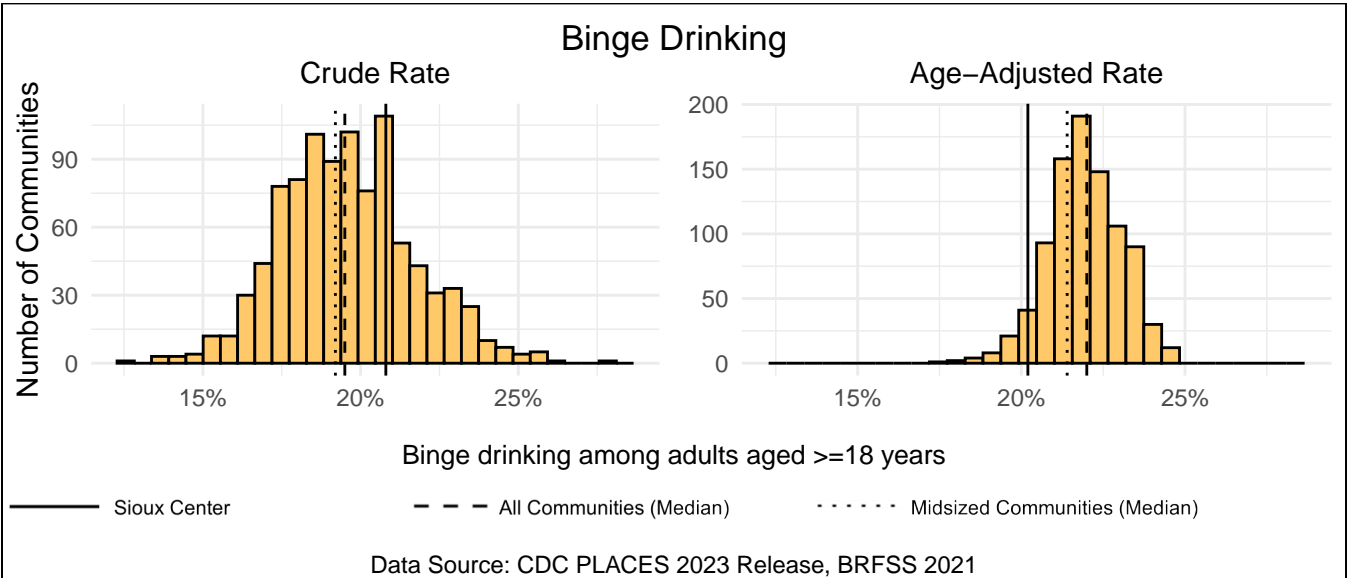
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Sioux Center has a crude rate of 20.8% for binge drinking among adults aged ≥ 18 years, which ranks 706th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 20.2%, which ranks 51st out of 905 Iowa communities (18th out of 102 midsize communities).

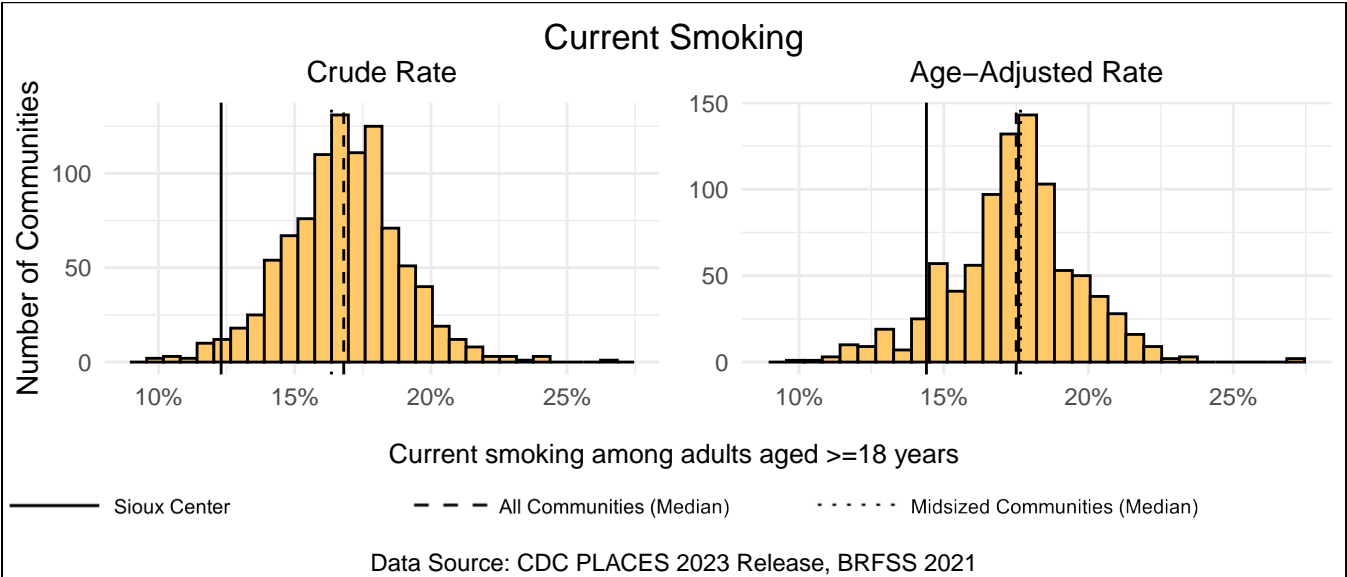
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	20.8%	19.5%	19.2%
Age-Adjusted	20.2%	22.0%	21.4%



Current Smoking

Sioux Center has a crude rate of 12.3% for current smoking among adults aged >=18 years, which ranks 21st out of 958 Iowa communities (7th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 14.4%, which ranks 70th out of 905 Iowa communities (17th out of 102 midsize communities).

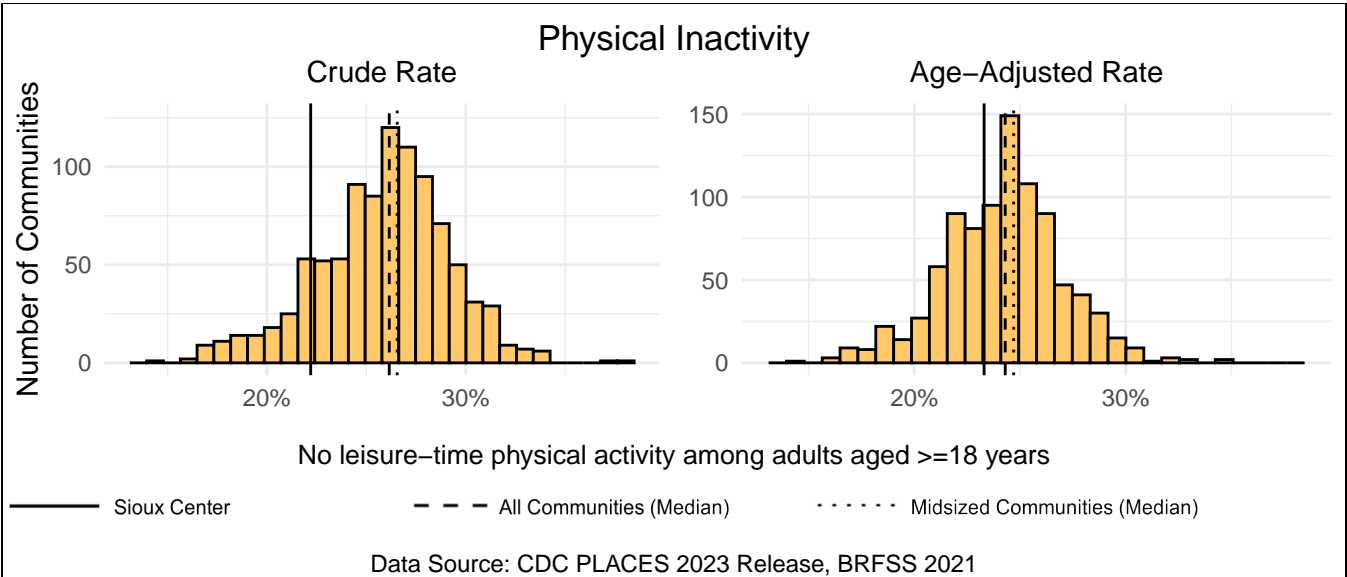
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	12.3%	16.8%	16.4%
Age-Adjusted	14.4%	17.5%	17.6%



Physical Inactivity

Sioux Center has a crude rate of 22.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 123rd out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Sioux Center is 23.3%, which ranks 314th out of 905 Iowa communities (37th out of 102 midsize communities).

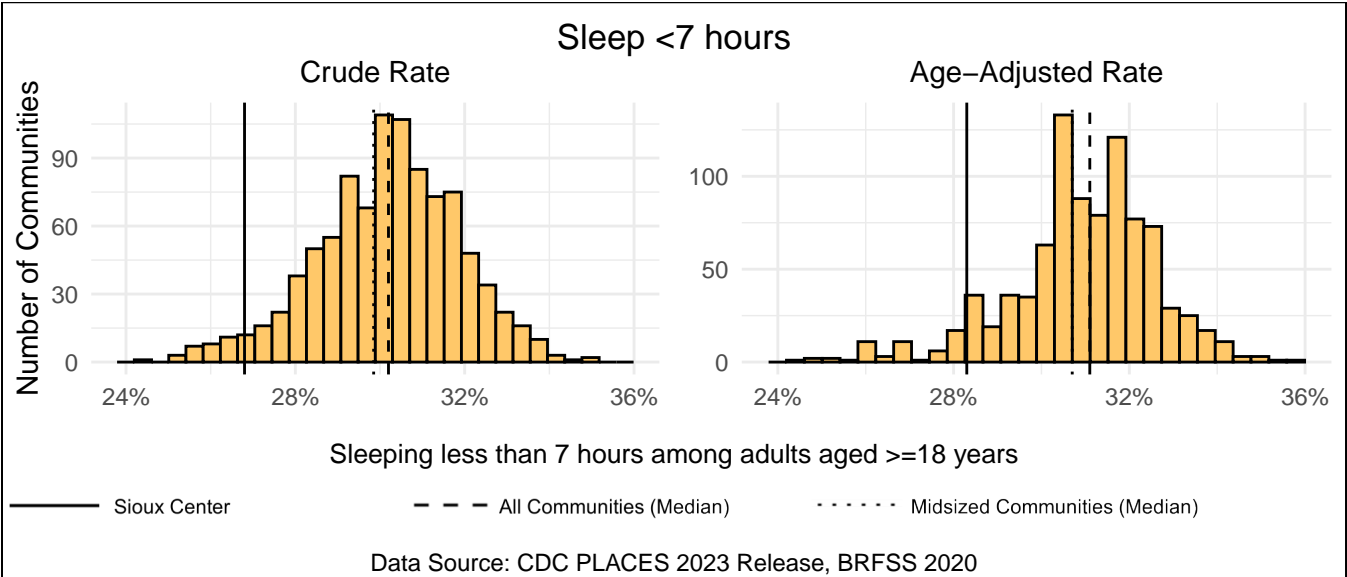
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	22.2%	26.1%	26.6%
Age-Adjusted	23.3%	24.3%	24.7%



Sleep <7 hours

Sioux Center has a crude rate of 26.8% for sleeping less than 7 hours among adults aged >=18 years, which ranks 33rd out of 958 Iowa communities (6th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 28.3%, which ranks 56th out of 905 Iowa communities (12th out of 102 mid-sized communities).

Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	26.8%	30.2%	29.8%
Age-Adjusted	28.3%	31.1%	30.7%



Health Outcomes

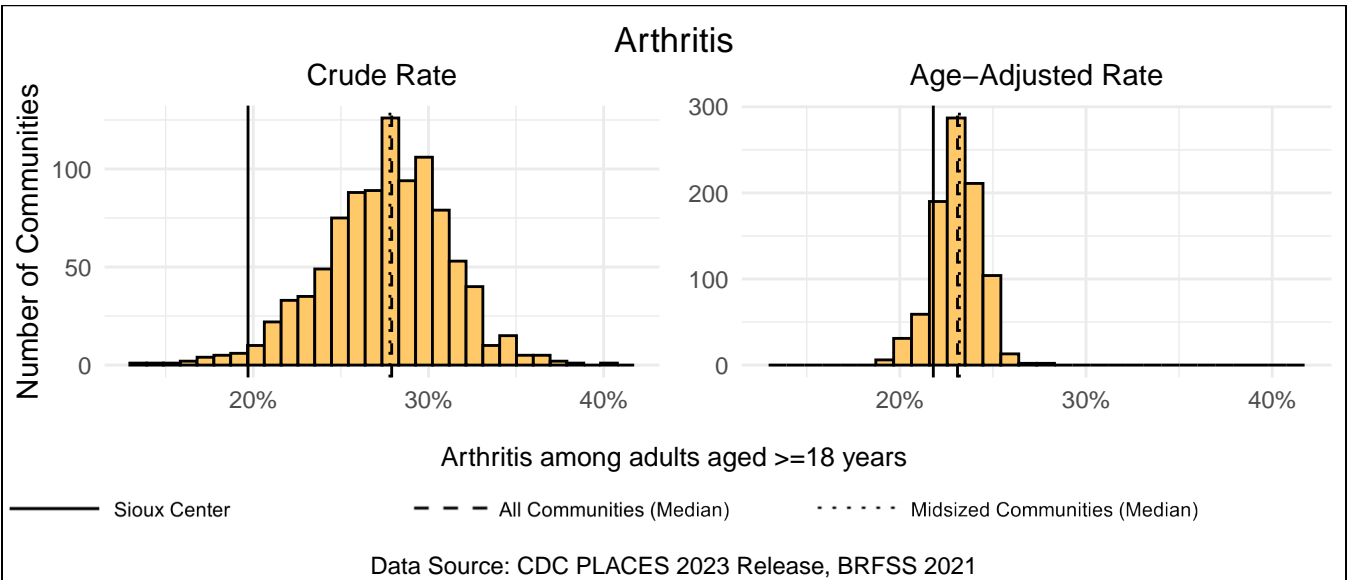
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Sioux Center has a crude rate of 19.7% for arthritis among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (5th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 21.8%, which ranks 124th out of 905 Iowa communities (20th out of 102 mid-sized communities).

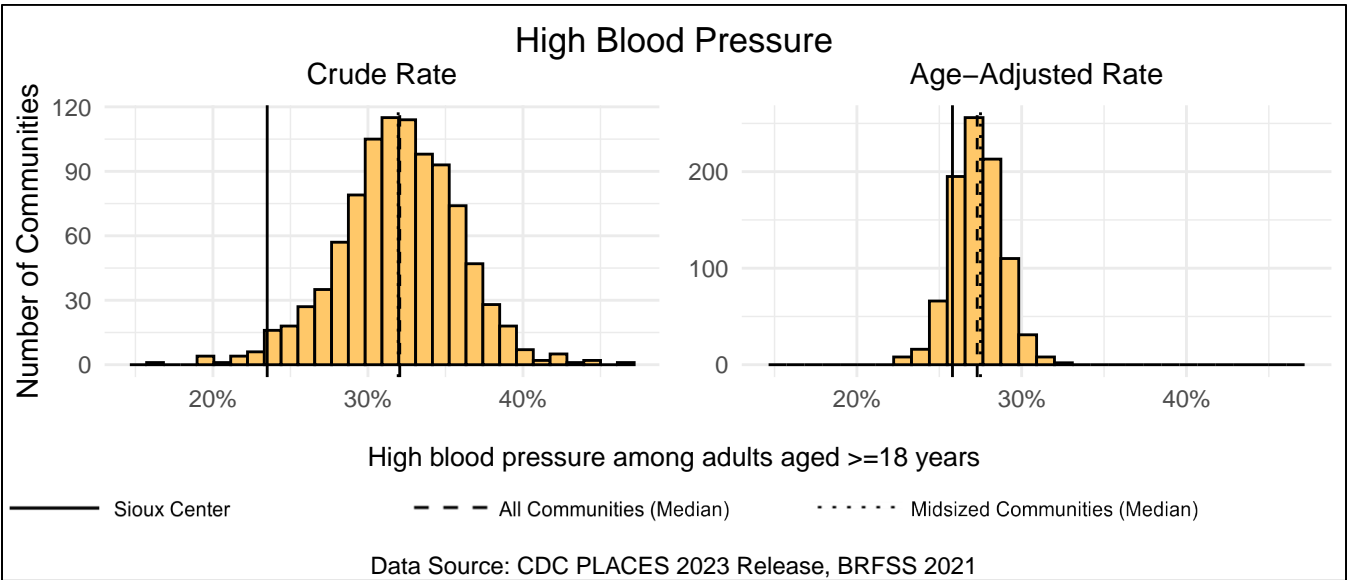
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	19.7%	27.9%	27.8%
Age-Adjusted	21.8%	23.1%	23.2%



High Blood Pressure

Sioux Center has a crude rate of 23.5% for high blood pressure among adults aged ≥ 18 years, which ranks 19th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 25.8%, which ranks 124th out of 905 Iowa communities (20th out of 102 midsize communities).

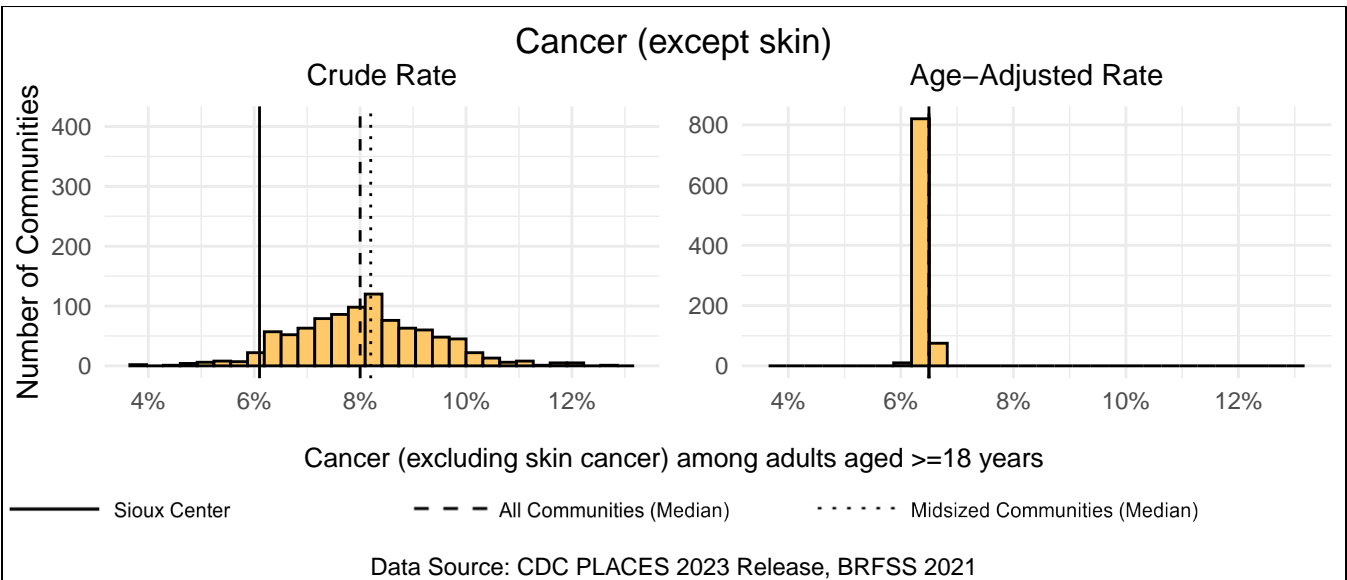
Measure Type	Sioux Center	All Comm.	Midsize Comm.
Crude	23.5%	32.0%	32.0%
Age-Adjusted	25.8%	27.3%	27.5%



Cancer (except skin)

Sioux Center has a crude rate of 6.1% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 45th out of 958 Iowa communities (8th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsize communities).

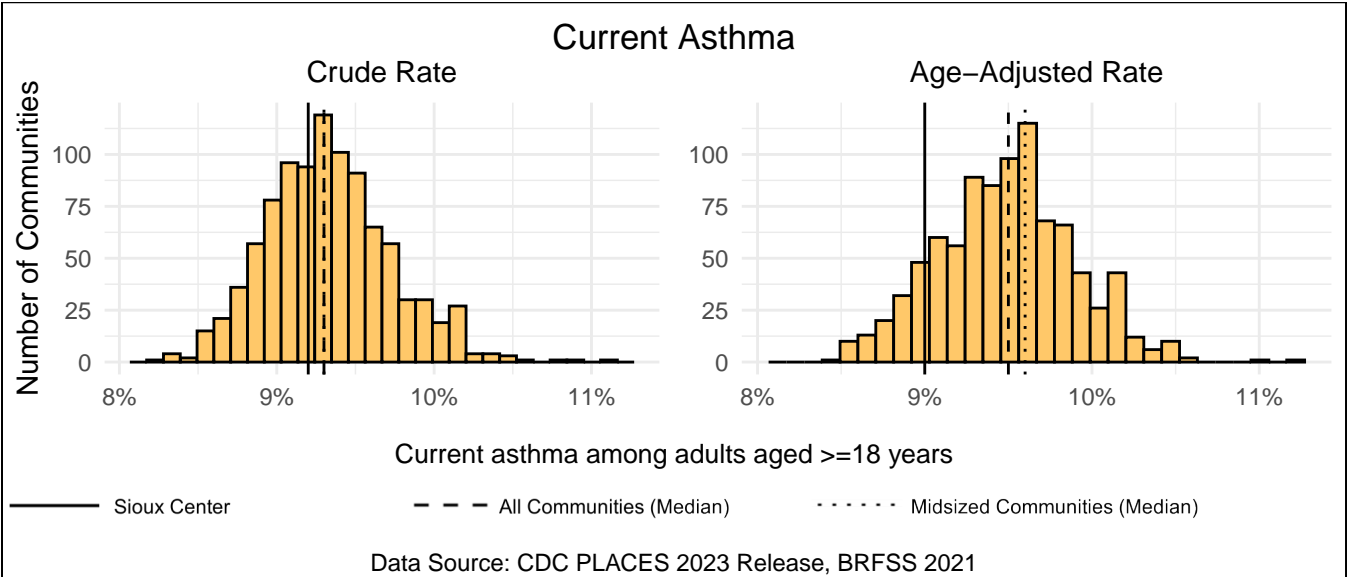
Measure Type	Sioux Center	All Comm.	Midsize Comm.
Crude	6.1%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Sioux Center has a crude rate of 9.2% for current asthma among adults aged ≥ 18 years, which ranks 311th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 9.0%, which ranks 77th out of 905 Iowa communities (10th out of 102 mid-sized communities).

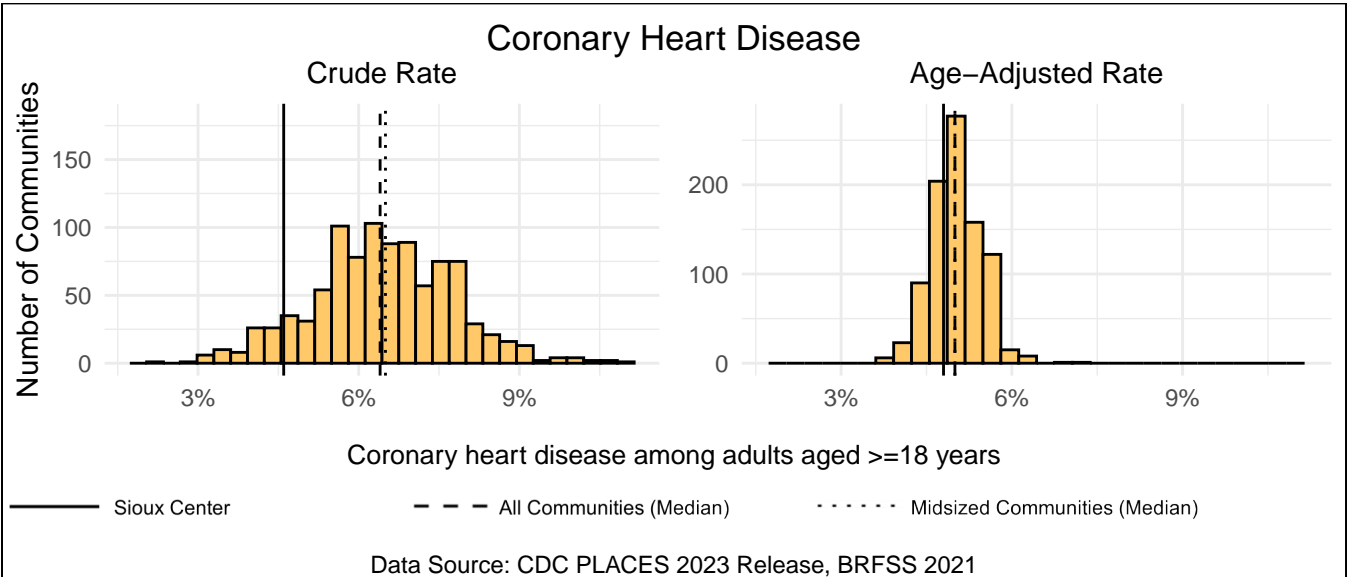
Measure Type	Sioux Center	All Comm.	Mid-sized Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.0%	9.5%	9.6%



Coronary Heart Disease

Sioux Center has a crude rate of 4.6% for coronary heart disease among adults aged ≥ 18 years, which ranks 79th out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 4.8%, which ranks 257th out of 905 Iowa communities (39th out of 102 mid-sized communities).

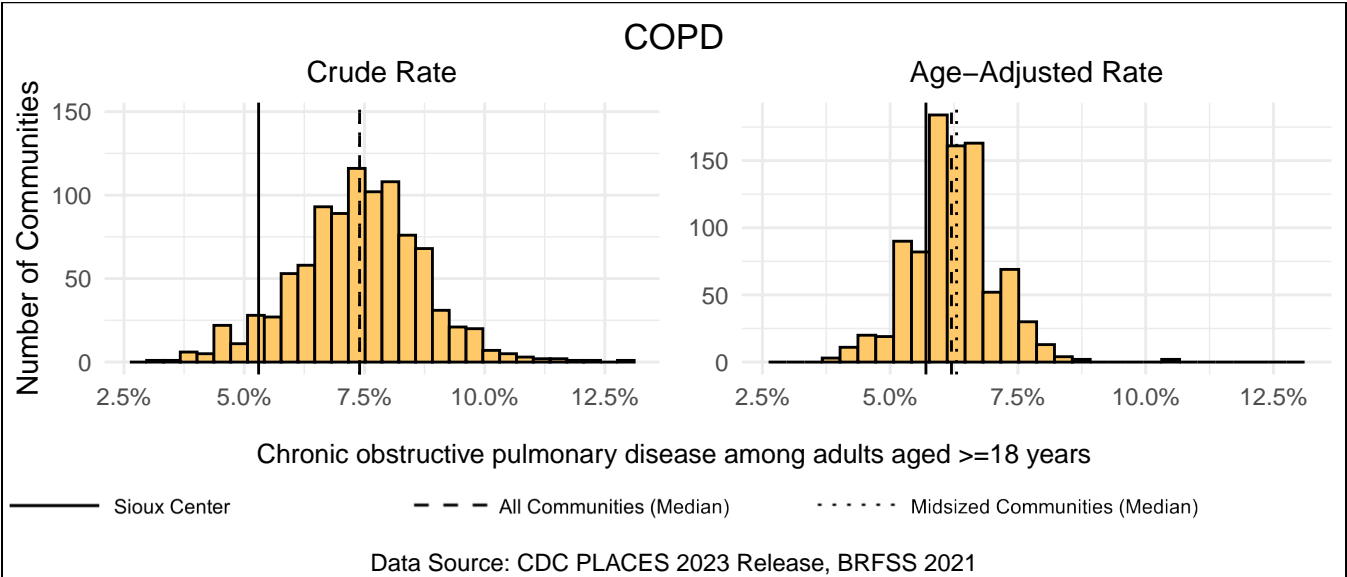
Measure Type	Sioux Center	All Comm.	Mid-sized Comm.
Crude	4.6%	6.4%	6.5%
Age-Adjusted	4.8%	5.0%	5.0%



COPD

Sioux Center has a crude rate of 5.3% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 61st out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 5.7%, which ranks 183rd out of 905 Iowa communities (30th out of 102 midsize communities).

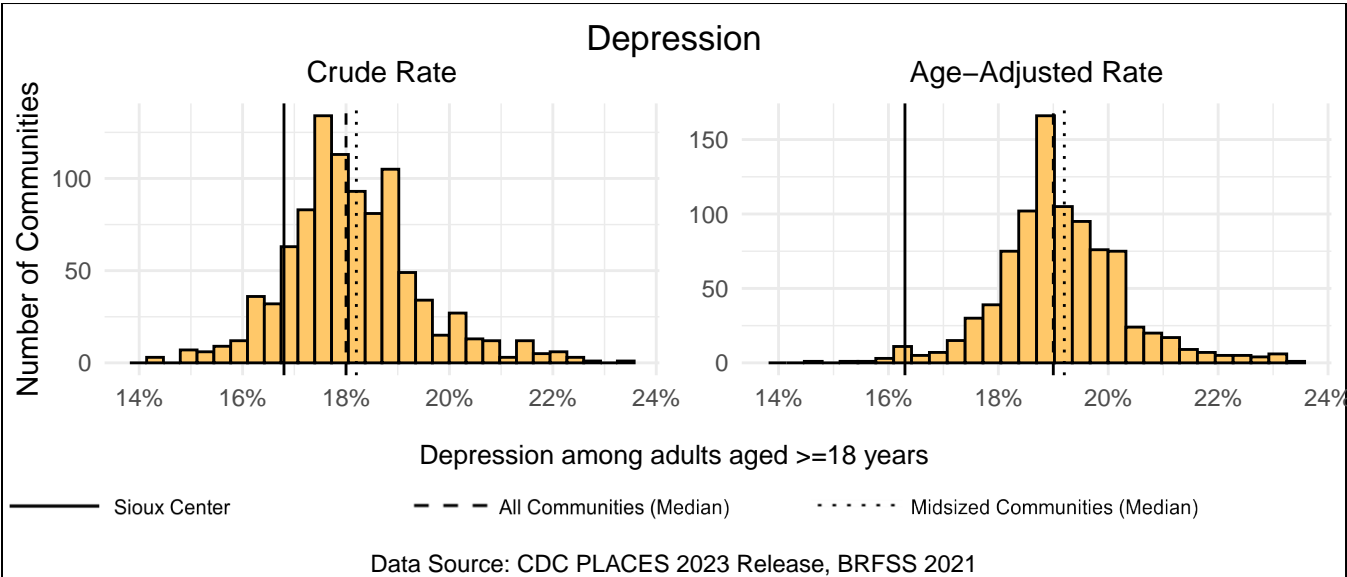
Measure Type	Sioux Center	All Comm.	Midsize Comm.
Crude	5.3%	7.4%	7.4%
Age-Adjusted	5.7%	6.2%	6.3%



Depression

Sioux Center has a crude rate of 16.8% for depression among adults aged ≥ 18 years, which ranks 106th out of 958 Iowa communities (6th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 16.3%, which ranks 14th out of 905 Iowa communities (2nd out of 102 midsize communities).

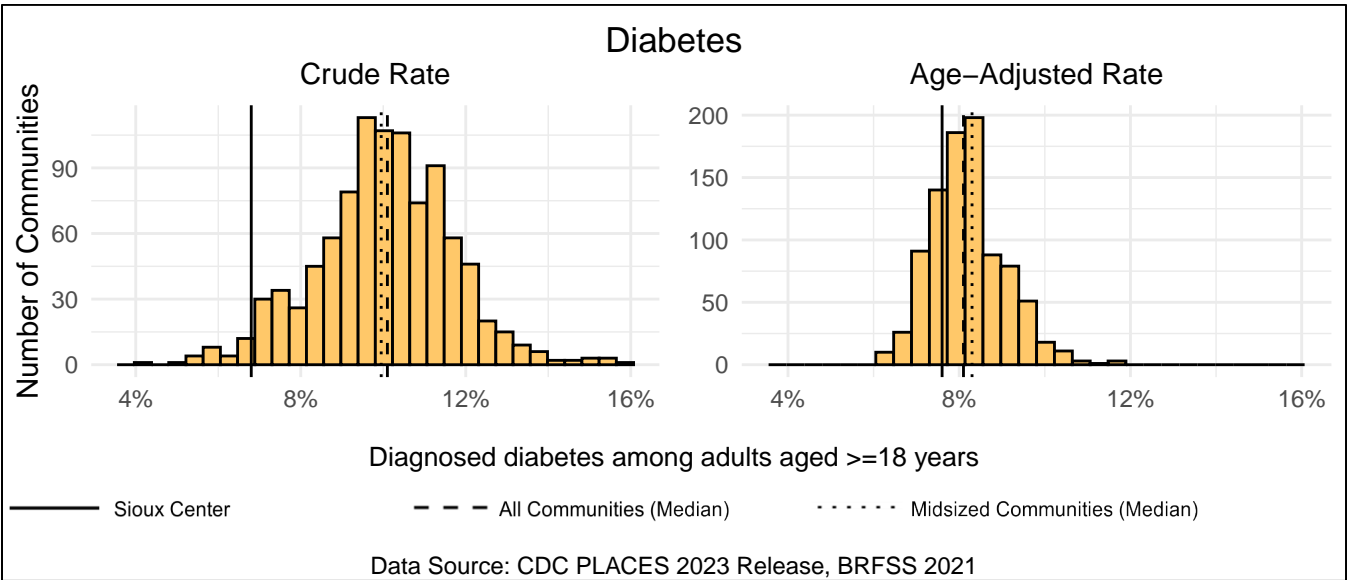
Measure Type	Sioux Center	All Comm.	Midsize Comm.
Crude	16.8%	18.0%	18.2%
Age-Adjusted	16.3%	19.0%	19.2%



Diabetes

Sioux Center has a crude rate of 6.8% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 28th out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 7.6%, which ranks 190th out of 905 Iowa communities (32nd out of 102 midsize communities).

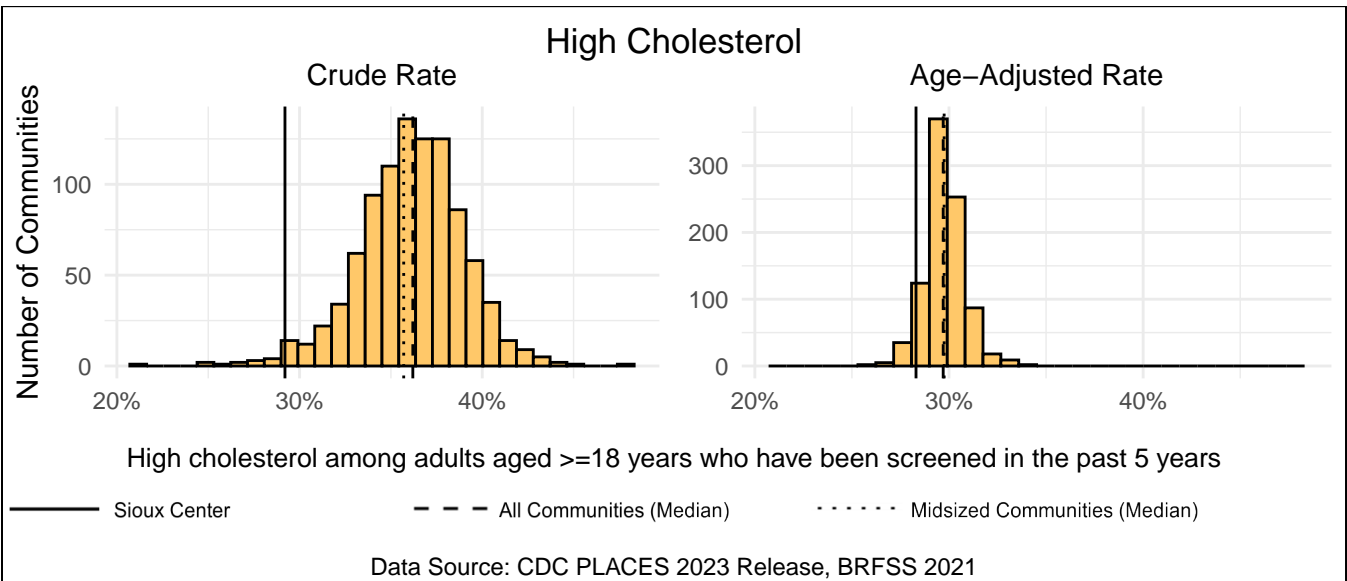
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	6.8%	10.1%	9.9%
Age-Adjusted	7.6%	8.1%	8.3%



High Cholesterol

Sioux Center has a crude rate of 29.2% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 14th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 28.3%, which ranks 49th out of 905 Iowa communities (6th out of 102 midsize communities).

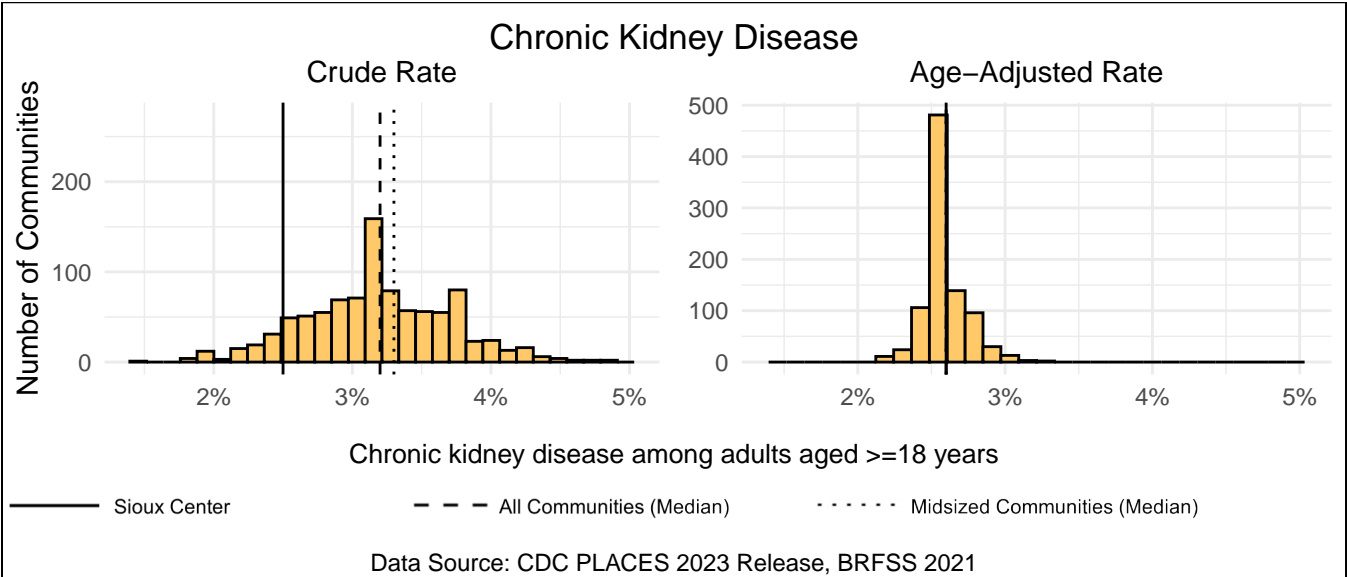
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	29.2%	36.2%	35.7%
Age-Adjusted	28.3%	29.7%	29.8%



Chronic Kidney Disease

Sioux Center has a crude rate of 2.5% for chronic kidney disease among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 mid-sized communities).

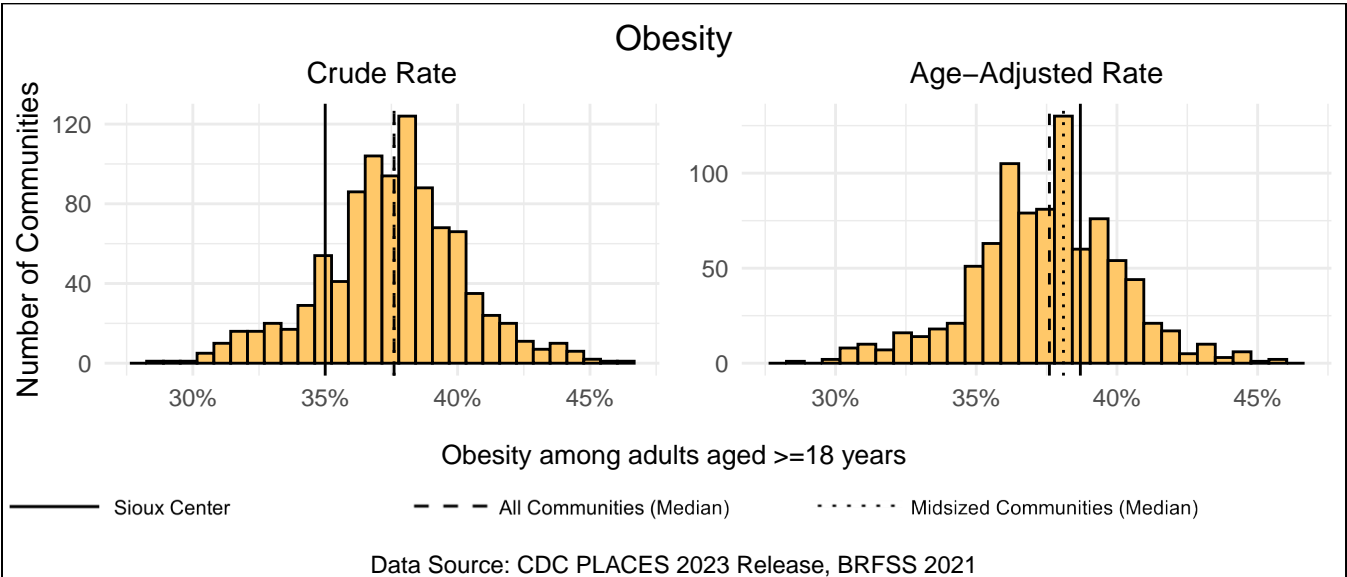
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	2.5%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Sioux Center has a crude rate of 35.0% for obesity among adults aged ≥ 18 years, which ranks 140th out of 958 Iowa communities (26th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 38.7%, which ranks 627th out of 905 Iowa communities (61st out of 102 mid-sized communities).

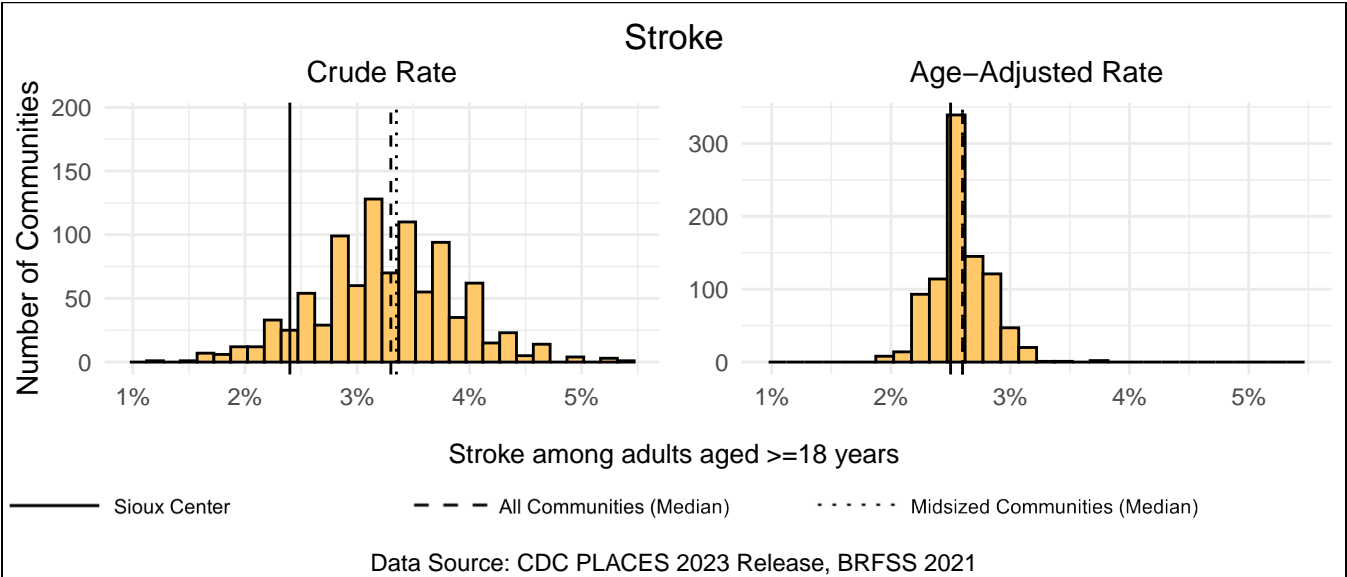
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	35.0%	37.6%	37.6%
Age-Adjusted	38.7%	37.6%	38.1%



Stroke

Sioux Center has a crude rate of 2.4% for stroke among adults aged >=18 years, which ranks 73rd out of 958 Iowa communities (16th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 2.5%, which ranks 230th out of 905 Iowa communities (36th out of 102 mid-sized communities).

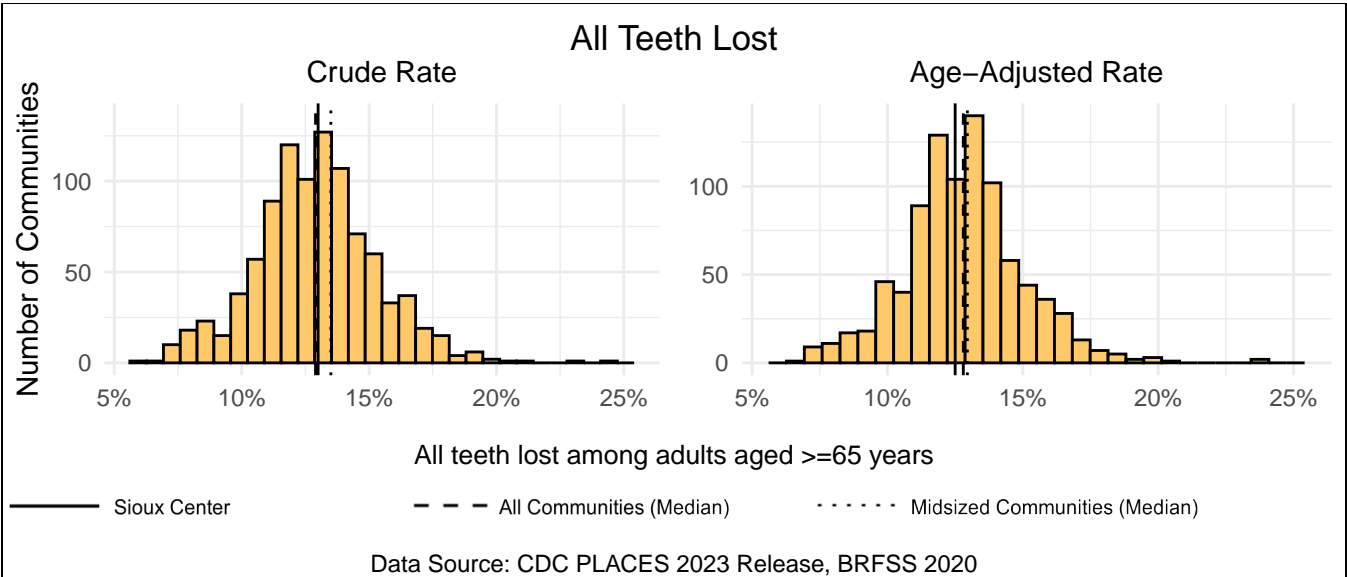
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	2.4%	3.3%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



All Teeth Lost

Sioux Center has a crude rate of 13.0% for all teeth lost among adults aged >=65 years, which ranks 487th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 12.5%, which ranks 397th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	13.0%	12.9%	13.5%
Age-Adjusted	12.5%	12.8%	12.9%



Prevention

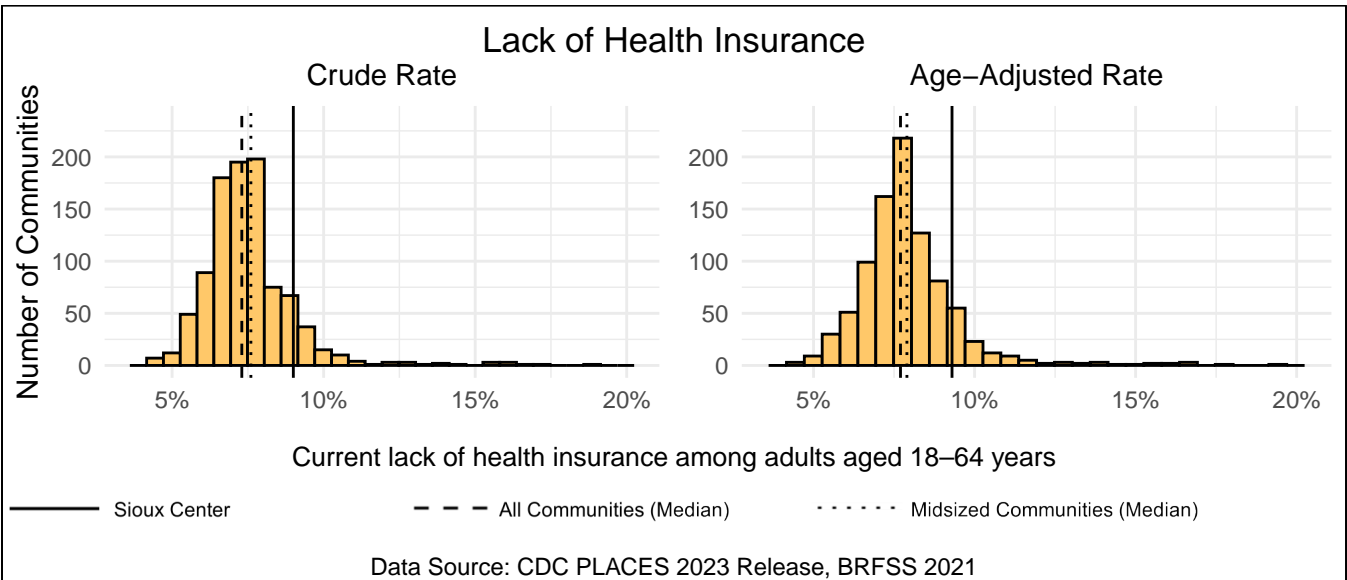
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Sioux Center has a crude rate of 9.0% for current lack of health insurance among adults aged 18–64 years, which ranks 853rd out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 9.3%, which ranks 788th out of 905 Iowa communities (72nd out of 102 mid-sized communities).

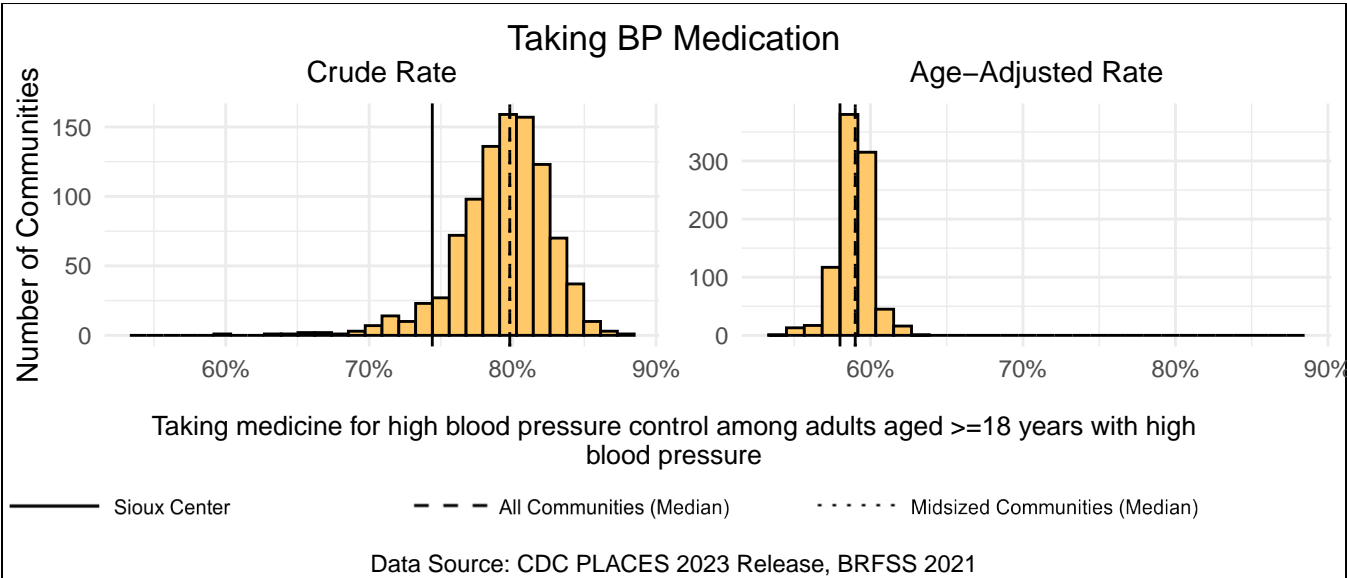
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	9.0%	7.3%	7.6%
Age-Adjusted	9.3%	7.7%	7.9%



Taking BP Medication

Sioux Center has a crude rate of 74.4% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 894th out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 58.0%, which ranks 758th out of 905 Iowa communities (86th out of 102 mid-sized communities).

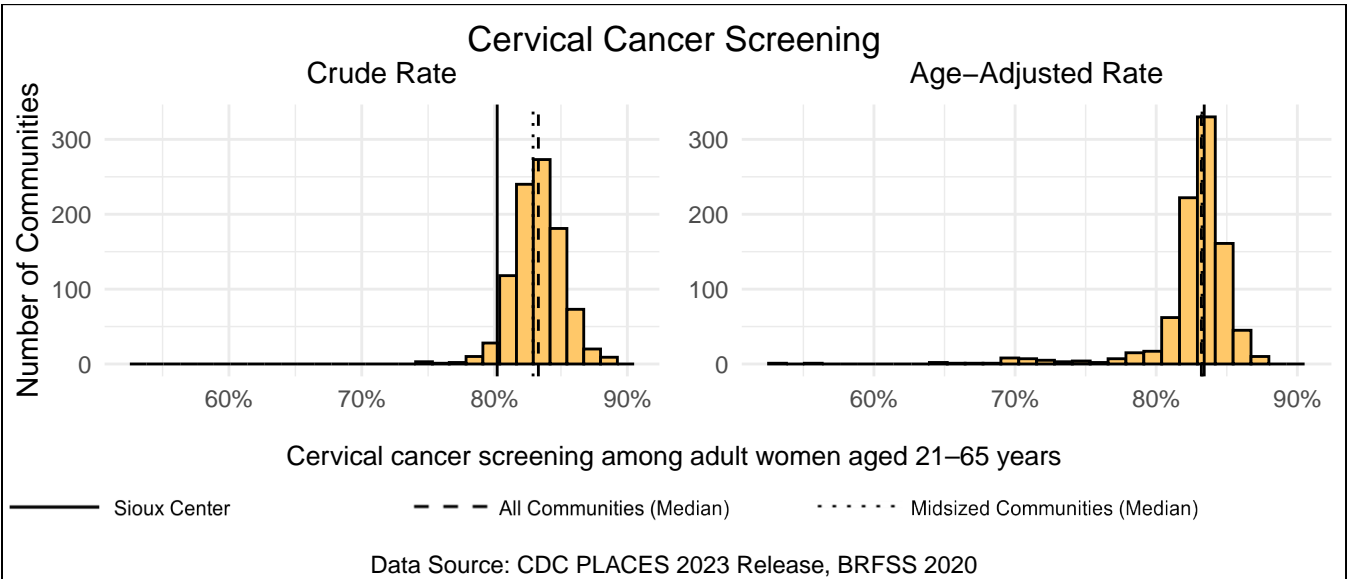
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	74.4%	79.8%	79.8%
Age-Adjusted	58.0%	59.0%	59.0%



Cervical Cancer Screening

Sioux Center has a crude rate of 80.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 919th out of 958 Iowa communities (95th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 83.4%, which ranks 372nd out of 905 Iowa communities (46th out of 102 mid-sized communities).

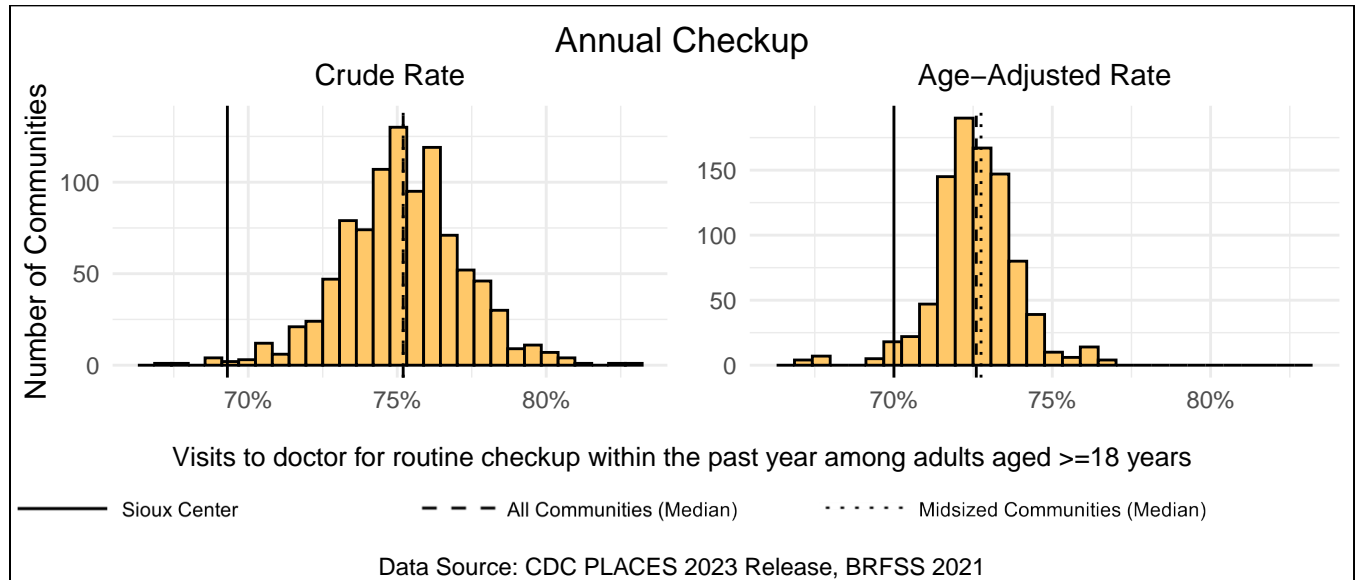
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	80.2%	83.3%	82.9%
Age-Adjusted	83.4%	83.2%	83.2%



Annual Checkup

Sioux Center has a crude rate of 69.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 952nd out of 958 Iowa communities (100th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 70.0%, which ranks 881st out of 905 Iowa communities (98th out of 102 mid-sized communities).

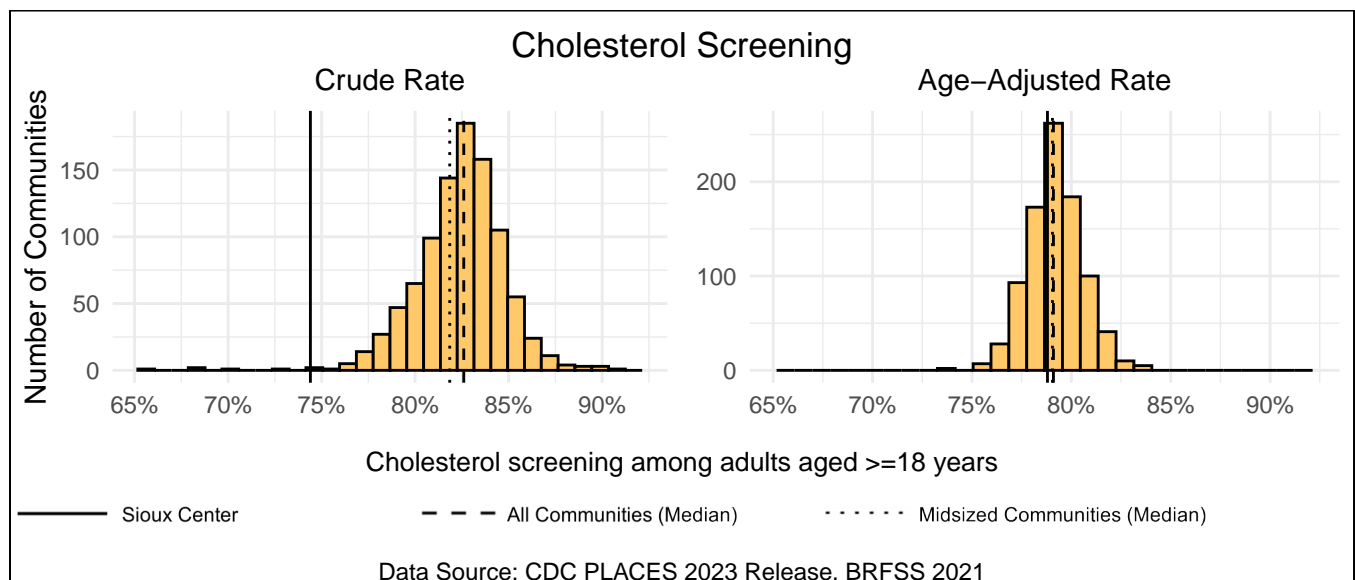
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	69.3%	75.2%	75.2%
Age-Adjusted	70.0%	72.6%	72.8%



Cholesterol Screening

Sioux Center has a crude rate of 74.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 952nd out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Sioux Center is 78.8%, which ranks 536th out of 905 Iowa communities (61st out of 102 midsized communities).

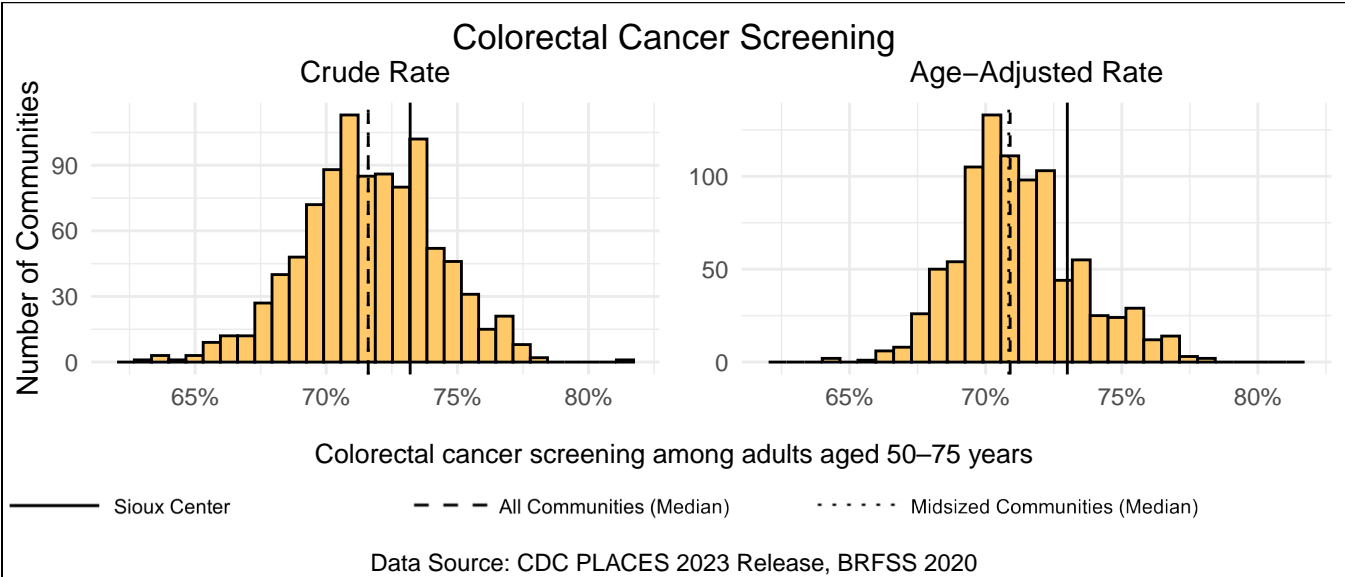
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	74.4%	82.6%	81.8%
Age-Adjusted	78.8%	79.1%	79.0%



Colorectal Cancer Screening

Sioux Center has a crude rate of 73.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 260th out of 958 Iowa communities (33rd out of 102 midsized communities). The age-adjusted rate for Sioux Center is 73.0%, which ranks 170th out of 905 Iowa communities (32nd out of 102 midsized communities).

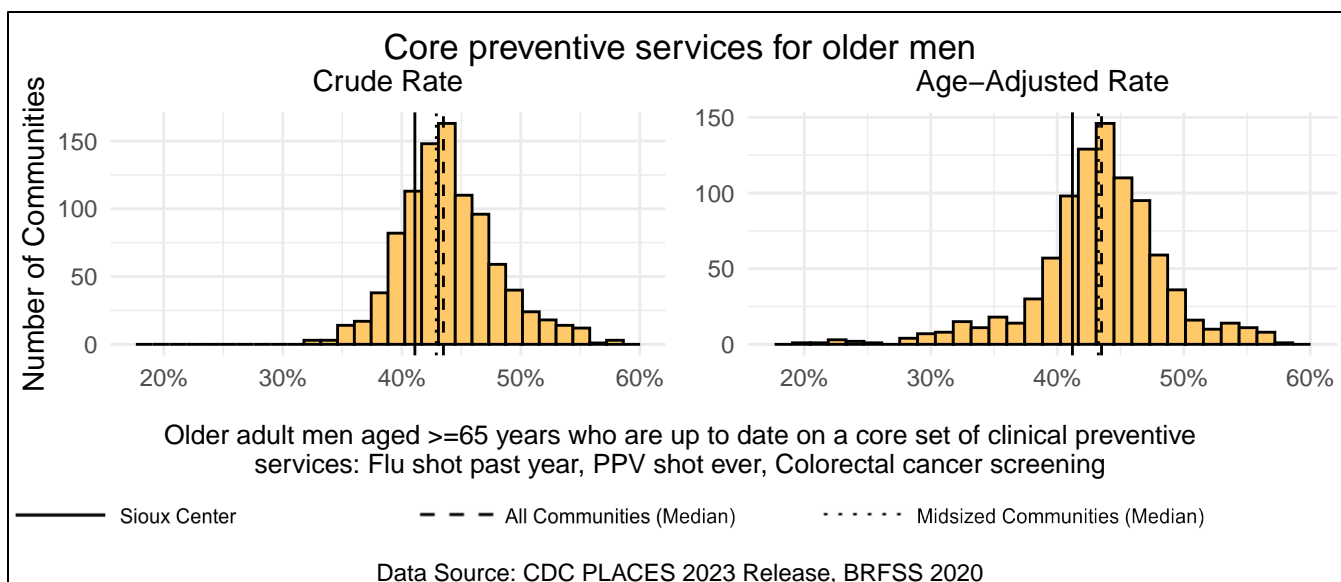
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	73.2%	71.6%	71.6%
Age-Adjusted	73.0%	70.9%	70.8%



Core preventive services for older men

Sioux Center has a crude rate of 41.1% 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 727th out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Sioux Center is 41.2%, which ranks 667th out of 905 Iowa communities (69th out of 102 midsized communities).

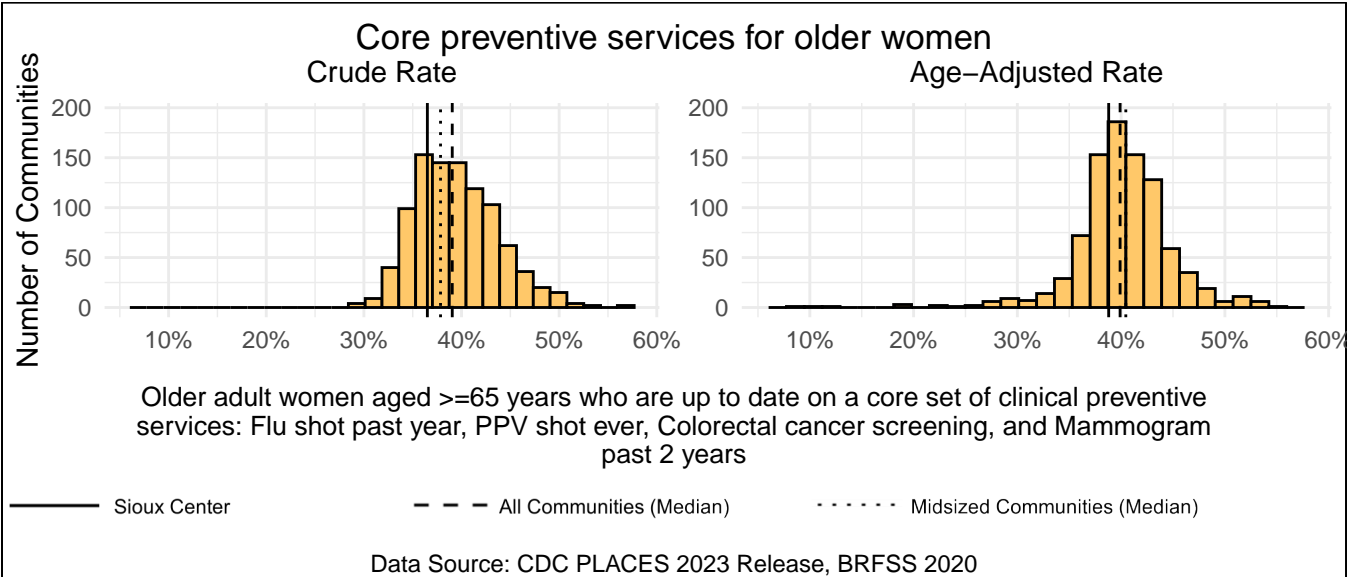
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	41.1%	43.5%	42.9%
Age-Adjusted	41.2%	43.5%	43.2%



Core preventive services for older women

Sioux Center has a crude rate of 36.5% 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 704th out of 958 Iowa communities (61st out of 102 midsized communities). The age-adjusted rate for Sioux Center is 38.8%, which ranks 596th out of 905 Iowa communities (68th out of 102 midsized communities).

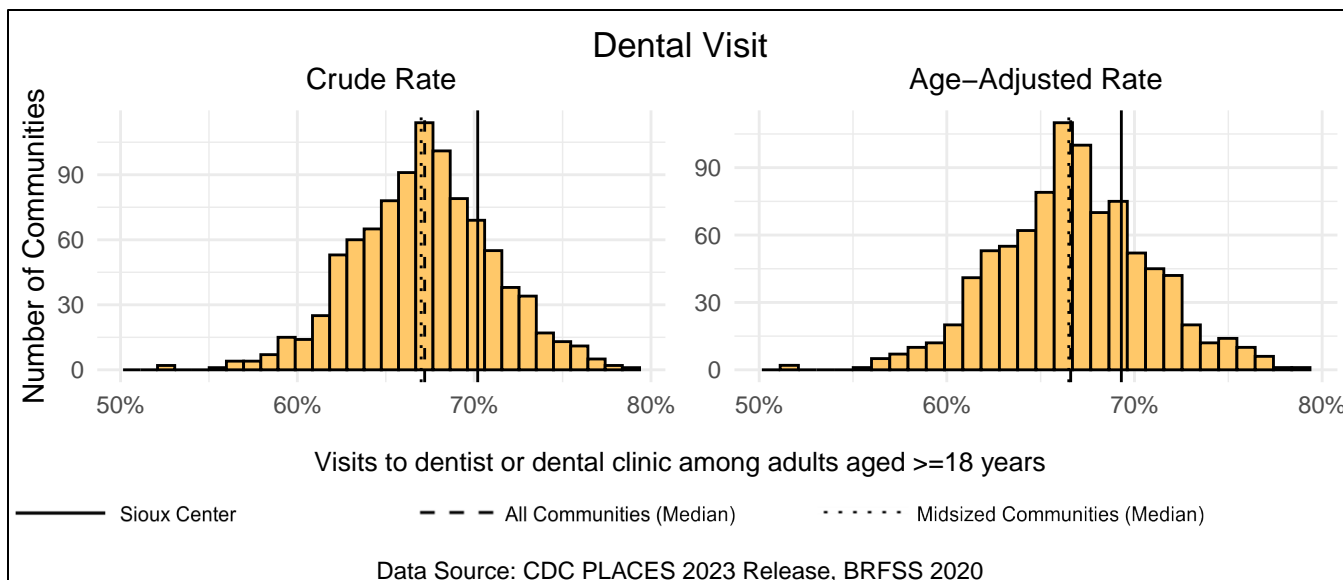
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	36.5%	39.0%	37.8%
Age-Adjusted	38.8%	39.9%	40.4%



Dental Visit

Sioux Center has a crude rate of 70.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 195th out of 958 Iowa communities (31st out of 102 midsized communities). The age-adjusted rate for Sioux Center is 69.3%, which ranks 221st out of 905 Iowa communities (35th out of 102 midsized communities).

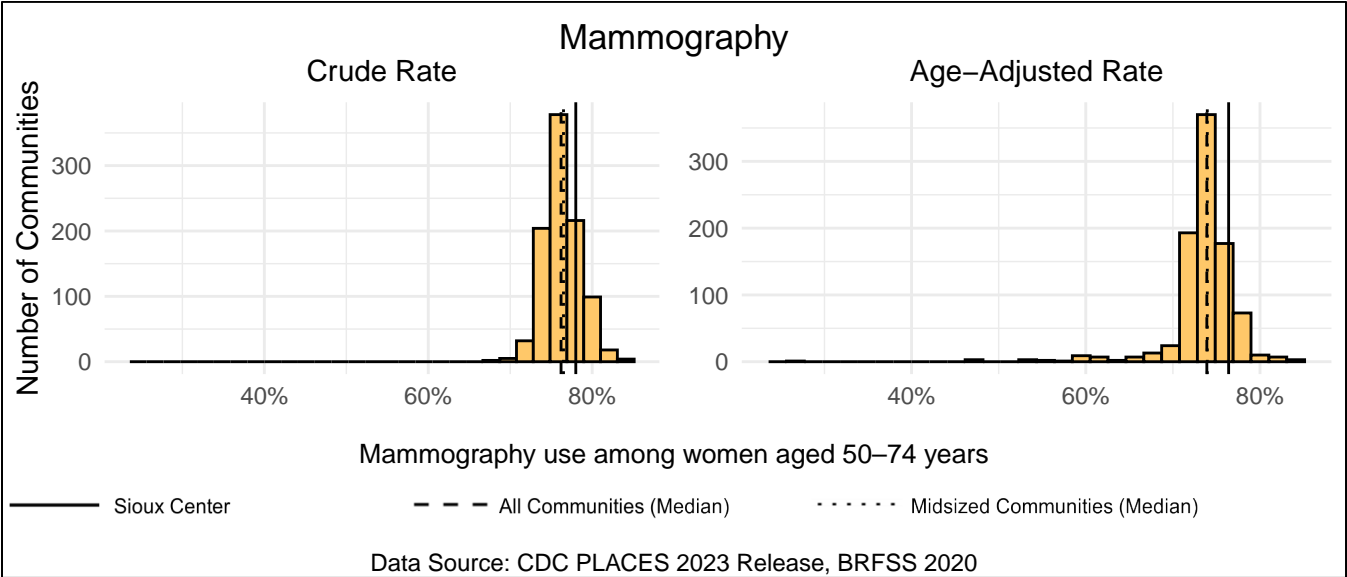
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	70.2%	67.2%	67.0%
Age-Adjusted	69.3%	66.6%	66.5%



Mammography

Sioux Center has a crude rate of 78.0% for mammography use among women aged 50–74 years, which ranks 212th out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 76.4%, which ranks 127th out of 905 Iowa communities (25th out of 102 midsize communities).

Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	78.0%	76.2%	76.5%
Age-Adjusted	76.4%	73.9%	74.0%



Disability

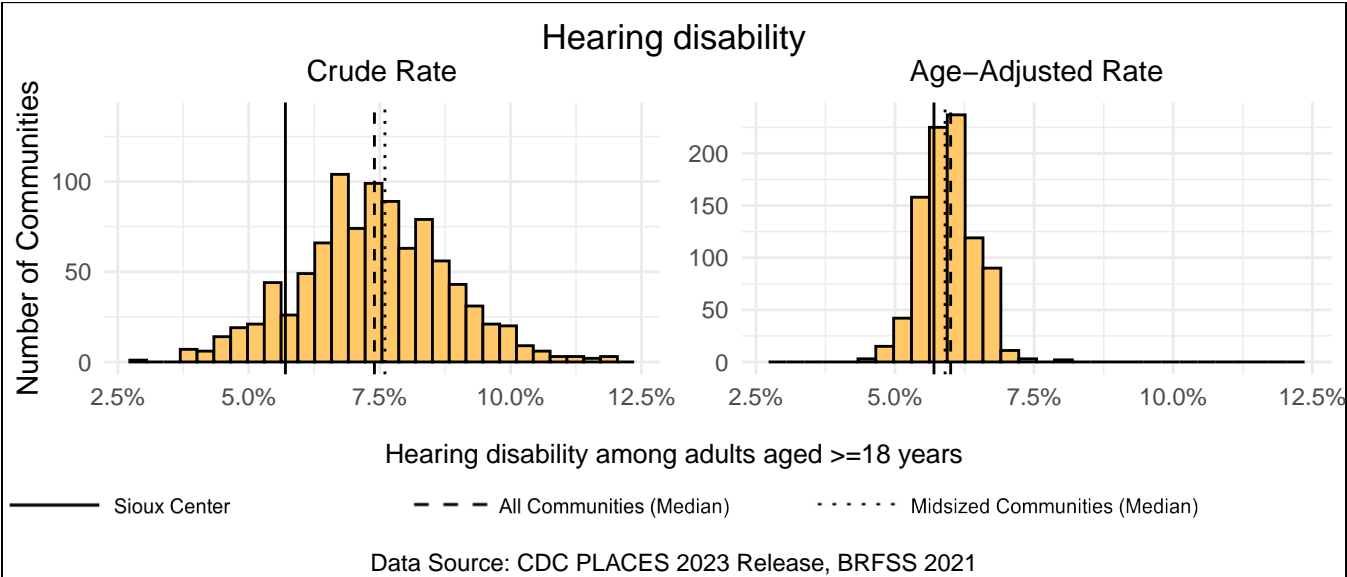
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Sioux Center has a crude rate of 5.7% for hearing disability among adults aged ≥ 18 years, which ranks 113th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 5.7%, which ranks 219th out of 905 Iowa communities (39th out of 102 midsize communities).

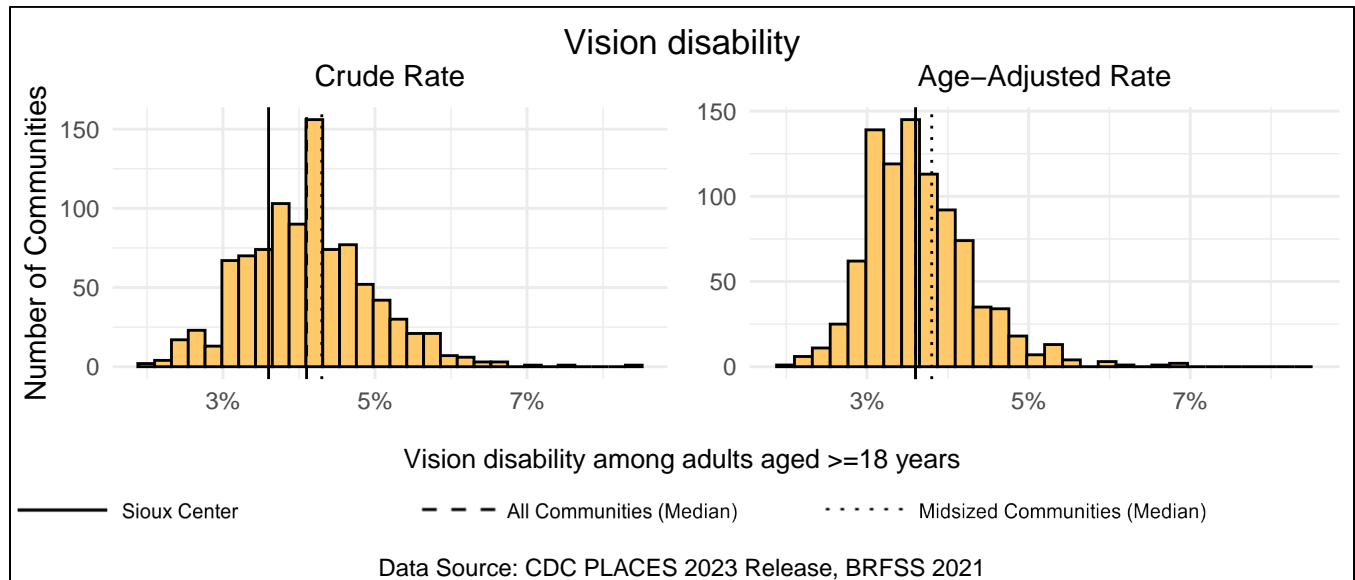
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	5.7%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.9%



Vision disability

Sioux Center has a crude rate of 3.6% for vision disability among adults aged ≥ 18 years, which ranks 229th out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 3.6%, which ranks 431st out of 905 Iowa communities (41st out of 102 midsize communities).

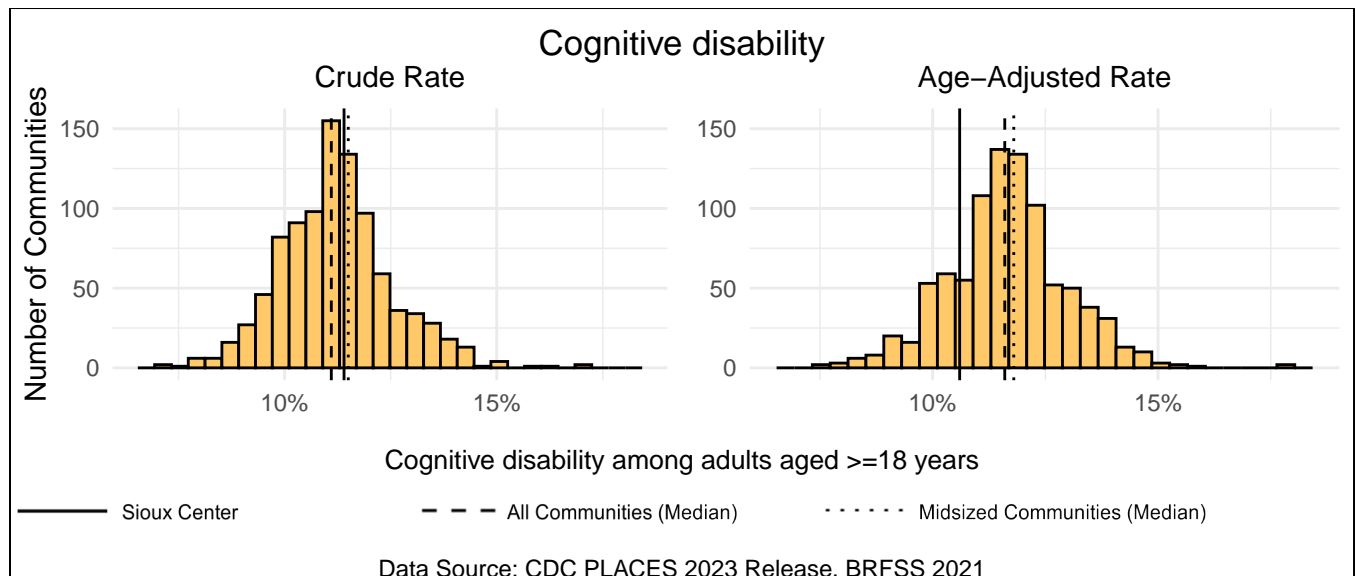
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	3.6%	4.1%	4.3%
Age-Adjusted	3.6%	3.6%	3.8%



Cognitive disability

Sioux Center has a crude rate of 11.4% for cognitive disability among adults aged ≥ 18 years, which ranks 568th out of 958 Iowa communities (46th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 10.6%, which ranks 168th out of 905 Iowa communities (26th out of 102 midsize communities).

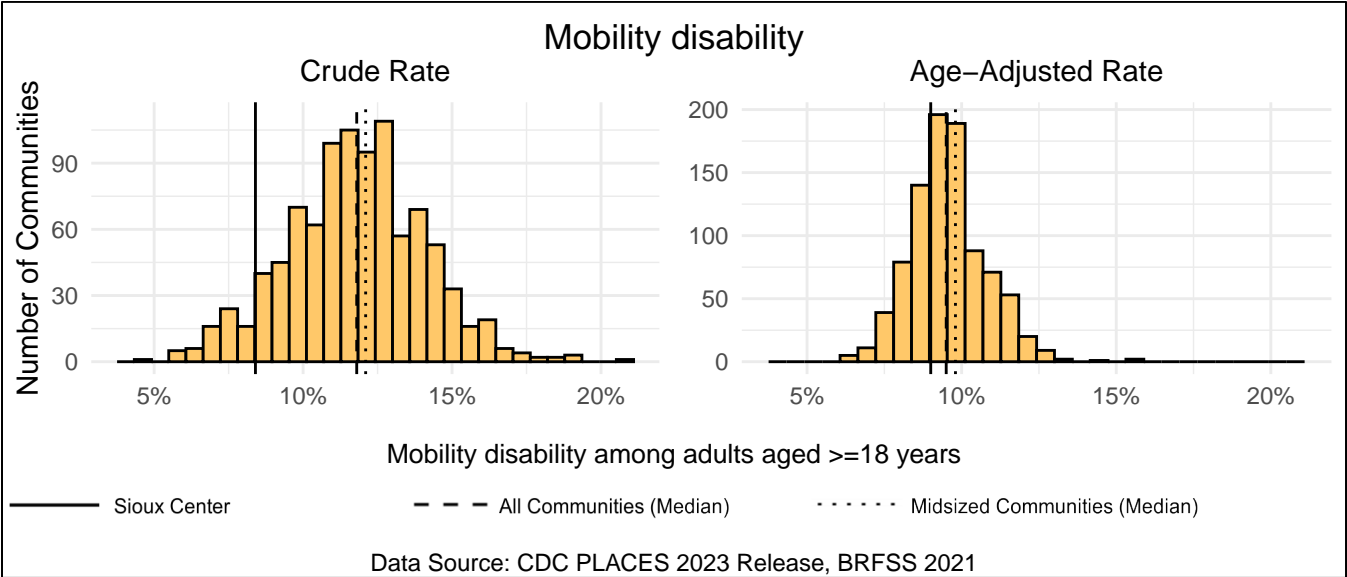
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	11.4%	11.1%	11.5%
Age-Adjusted	10.6%	11.6%	11.8%



Mobility disability

Sioux Center has a crude rate of 8.4% for mobility disability among adults aged ≥ 18 years, which ranks 69th out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 9.0%, which ranks 275th out of 905 Iowa communities (36th out of 102 midsize communities).

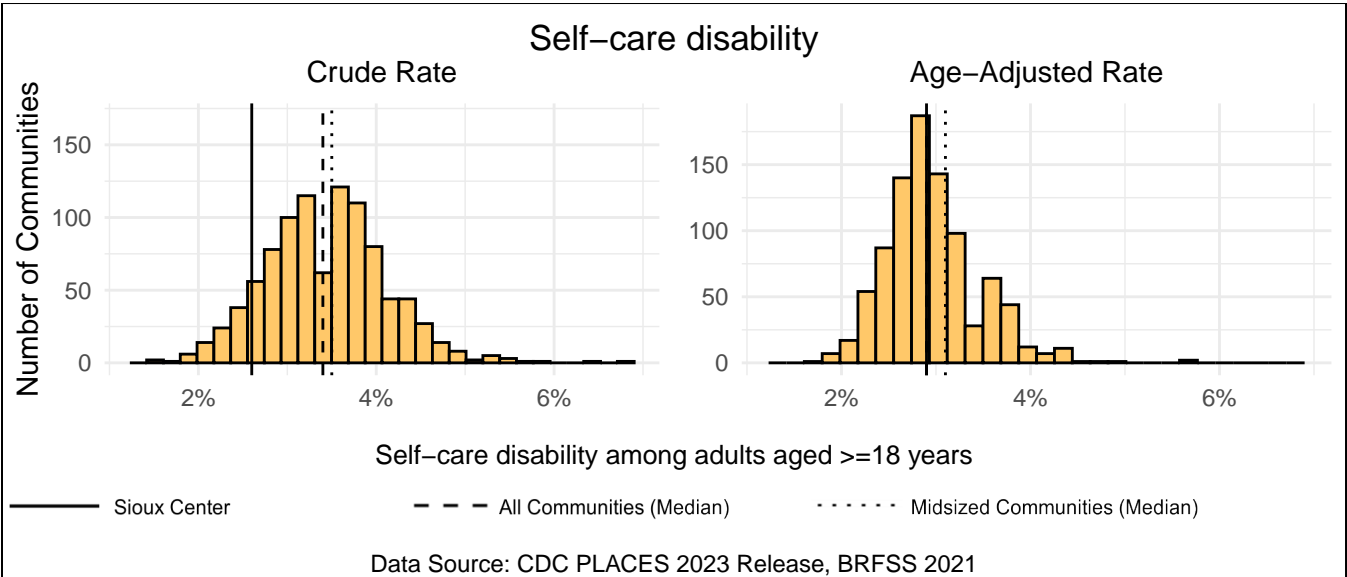
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	8.4%	11.8%	12.1%
Age-Adjusted	9.0%	9.5%	9.8%



Self-care disability

Sioux Center has a crude rate of 2.6% for self-care disability among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Sioux Center is 2.9%, which ranks 397th out of 905 Iowa communities (41st out of 102 midsize communities).

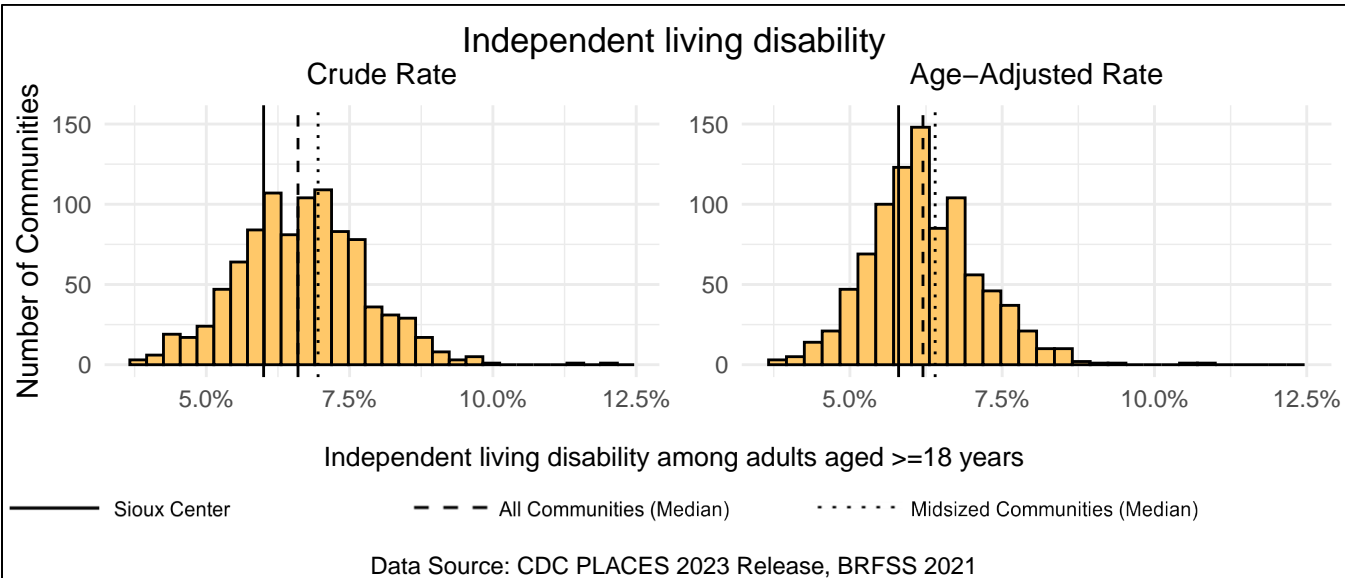
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	2.6%	3.4%	3.5%
Age-Adjusted	2.9%	2.9%	3.1%



Independent living disability

Sioux Center has a crude rate of 6.0% for independent living disability among adults aged ≥ 18 years, which ranks 227th out of 958 Iowa communities (28th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 5.8%, which ranks 260th out of 905 Iowa communities (35th out of 102 mid-sized communities).

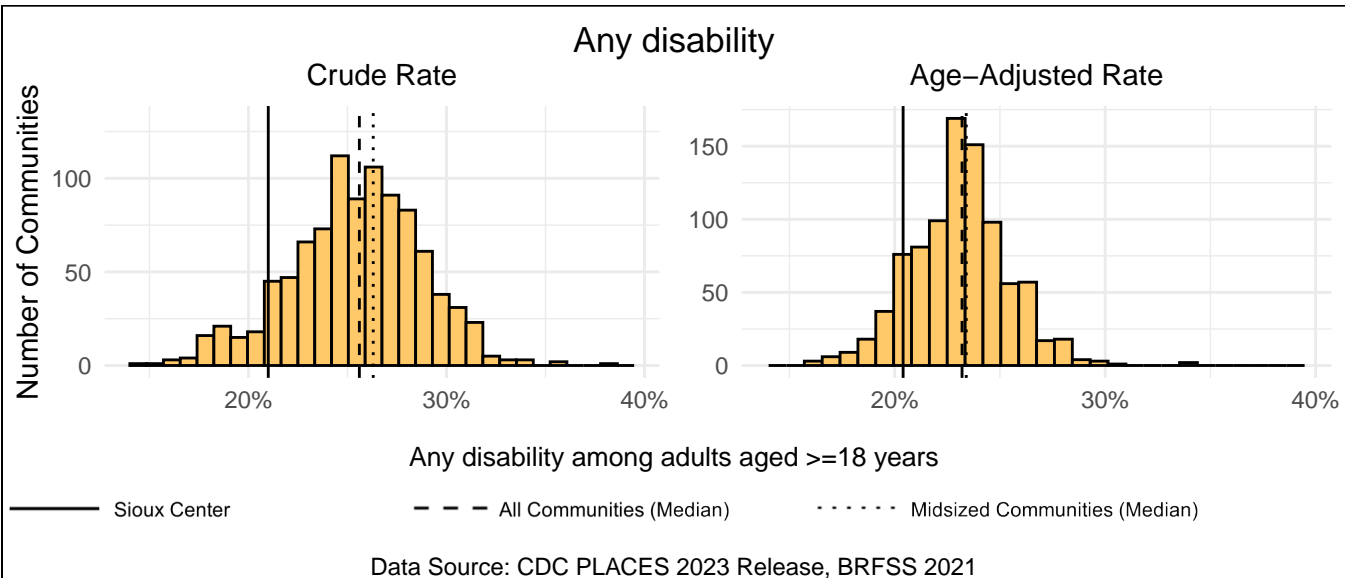
Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	6.0%	6.6%	7.0%
Age-Adjusted	5.8%	6.2%	6.4%



Any disability

Sioux Center has a crude rate of 21.0% for any disability among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (16th out of 102 mid-sized communities). The age-adjusted rate for Sioux Center is 20.4%, which ranks 91st out of 905 Iowa communities (19th out of 102 mid-sized communities).

Measure Type	Sioux Center	All Comm.	Midsized Comm.
Crude	21.0%	25.6%	26.3%
Age-Adjusted	20.4%	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: Sioux Center PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	674	14.9% (12.4% - 17.4%)	42	13.9% (11.8% - 16.1%)
Health Status	General Health	103	11.5% (9.2% - 14.2%)	312	12.2% (9.9% - 14.6%)
Health Status	Physical Health	52	8.5% (7.0% - 10.1%)	265	9.3% (7.8% - 10.9%)
Health Risk Behaviors	Sleep <7 hours	33	26.8% (25.2% - 28.7%)	56	28.3% (26.8% - 29.8%)
Health Risk Behaviors	Physical Inactivity	123	22.2% (17.9% - 26.5%)	314	23.3% (19.0% - 27.9%)
Health Risk Behaviors	Binge Drinking	706	20.8% (17.5% - 24.2%)	51	20.2% (17.0% - 23.6%)
Health Risk Behaviors	Current Smoking	21	12.3% (9.4% - 15.9%)	70	14.4% (11.1% - 18.0%)
Health Outcomes	Arthritis	21	19.7% (17.0% - 22.4%)	124	21.8% (18.8% - 24.9%)
Health Outcomes	High Cholesterol	14	29.2% (25.6% - 32.6%)	49	28.3% (24.6% - 32.1%)
Health Outcomes	Cancer (except skin)	45	6.1% (5.5% - 6.7%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	Coronary Heart Disease	79	4.6% (3.9% - 5.4%)	257	4.8% (4.1% - 5.6%)
Health Outcomes	All Teeth Lost	487	13.0% (7.4% - 20.8%)	397	12.5% (7.3% - 19.2%)
Health Outcomes	Current Asthma	311	9.2% (7.9% - 10.4%)	77	9.0% (7.8% - 10.2%)
Health Outcomes	Diabetes	28	6.8% (5.7% - 7.9%)	190	7.6% (6.4% - 8.8%)
Health Outcomes	High Blood Pressure	19	23.5% (20.6% - 26.3%)	124	25.8% (22.4% - 28.9%)
Health Outcomes	Obesity	140	35.0% (29.2% - 40.6%)	627	38.7% (32.8% - 44.4%)
Health Outcomes	Depression	106	16.8% (13.8% - 20.0%)	14	16.3% (13.4% - 19.4%)
Health Outcomes	Stroke	73	2.4% (2.0% - 2.8%)	230	2.5% (2.2% - 2.9%)
Health Outcomes	Chronic Kidney Disease	86	2.5% (2.2% - 2.8%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	COPD	61	5.3% (4.2% - 6.5%)	183	5.7% (4.6% - 6.9%)
Prevention	Colorectal Cancer Screening	260	73.2% (69.5% - 76.5%)	170	73.0% (69.3% - 76.3%)
Prevention	Cholesterol Screening	952	74.4% (69.8% - 78.5%)	536	78.8% (74.9% - 82.2%)
Prevention	Cervical Cancer Screening	919	80.2% (76.7% - 83.5%)	372	83.4% (80.6% - 85.9%)
Prevention	Dental Visit	195	70.2% (65.3% - 74.4%)	221	69.3% (65.2% - 73.0%)
Prevention	Core preventive services for older women	704	36.5% (29.3% - 44.6%)	596	38.8% (31.1% - 46.8%)

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	727	41.1% (33.0% - 49.4%)	667	41.2% (33.1% - 49.6%)
Prevention	Taking BP Medication	894	74.4% (71.3% - 77.4%)	758	58.0% (53.2% - 62.7%)
Prevention	Annual Checkup	952	69.3% (64.5% - 73.5%)	881	70.0% (65.4% - 74.3%)
Prevention	Health Insurance	853	9.0% (6.6% - 12.3%)	788	9.3% (6.9% - 11.9%)
Prevention	Mammography	212	78.0% (73.7% - 81.7%)	127	76.4% (72.0% - 80.4%)
Disability	Mobility Disability	69	8.4% (6.7% - 10.2%)	275	9.0% (7.4% - 10.8%)
Disability	Independent Living Disability	227	6.0% (4.7% - 7.5%)	260	5.8% (4.8% - 7.0%)
Disability	Any Disability	86	21.0% (17.1% - 25.5%)	91	20.4% (16.9% - 24.0%)
Disability	Vision Disability	229	3.6% (2.9% - 4.4%)	431	3.6% (3.0% - 4.3%)
Disability	Cognitive Disability	568	11.4% (8.8% - 14.5%)	168	10.6% (8.7% - 12.7%)
Disability	Self-care Disability	86	2.6% (2.1% - 3.1%)	397	2.9% (2.4% - 3.4%)
Disability	Hearing Disability	113	5.7% (4.9% - 6.6%)	219	5.7% (5.0% - 6.5%)

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

Sioux Center 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
