



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 City: Overview

Dear Community Members & Stakeholders of Sioux City,

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 City ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sioux City’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 City. 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	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Cancer (except skin)	66th	6th	Taking BP Medication	1st	1st
Arthritis	113th	6th	Annual Checkup	5th	2nd
Coronary Heart Disease	199th	8th	Cancer (except skin)	11th	1st
Annual Checkup	202nd	2nd	Binge Drinking	136th	6th
Hearing Disability	207th	8th	Core preventive services for older women	249th	7th

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	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Current Asthma	955th	11th	High Cholesterol	897th	11th
Health Insurance	939th	11th	Current Asthma	892nd	11th
Sleep <7 hours	920th	9th	Health Insurance	885th	11th
Cognitive Disability	914th	7th	Physical Inactivity	884th	11th
Cholesterol Screening	896th	5th	General Health	882nd	10th

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 City.

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

With a population of 85,469, Sioux City’s similarly sized communities are defined as large communities. In Iowa, large communities have an average population of 91,321, and there are 11 communities that are considered 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

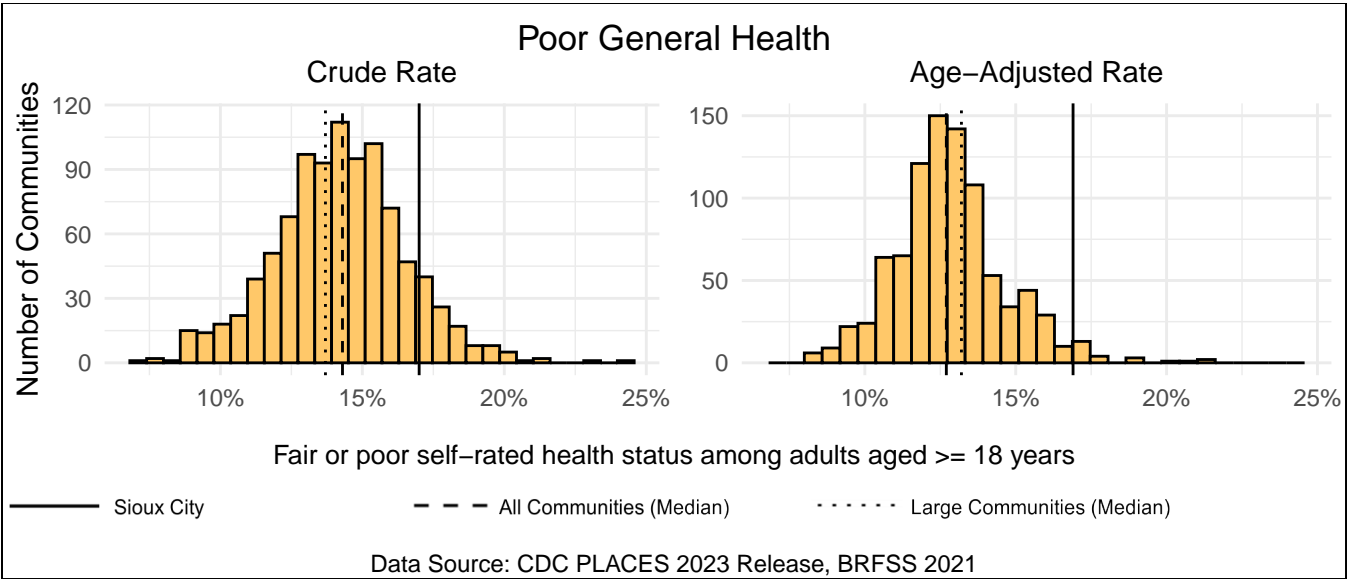
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Sioux City has a crude rate of 17.0% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 858th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Sioux City is 16.9%, which ranks 882nd out of 905 Iowa communities (10th out of 11 large communities).

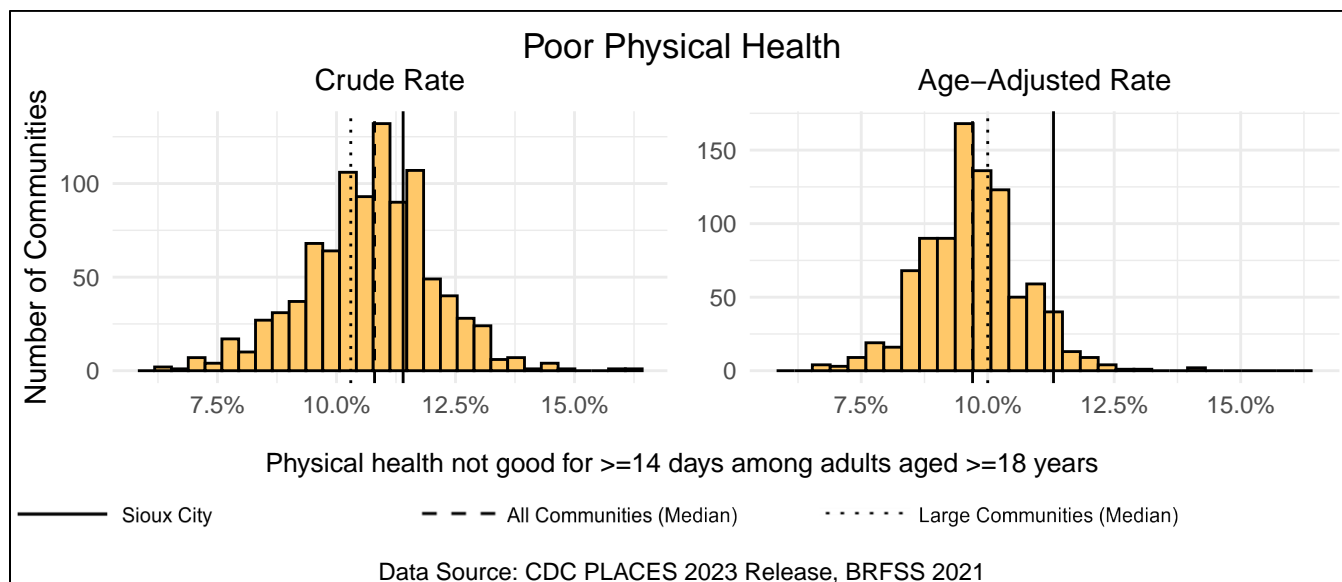
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	17.0%	14.3%	13.7%
Age-Adjusted	16.9%	12.7%	13.2%



Poor Physical Health

Sioux City has a crude rate of 11.4% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 656th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Sioux City is 11.3%, which ranks 848th out of 905 Iowa communities (10th out of 11 large communities).

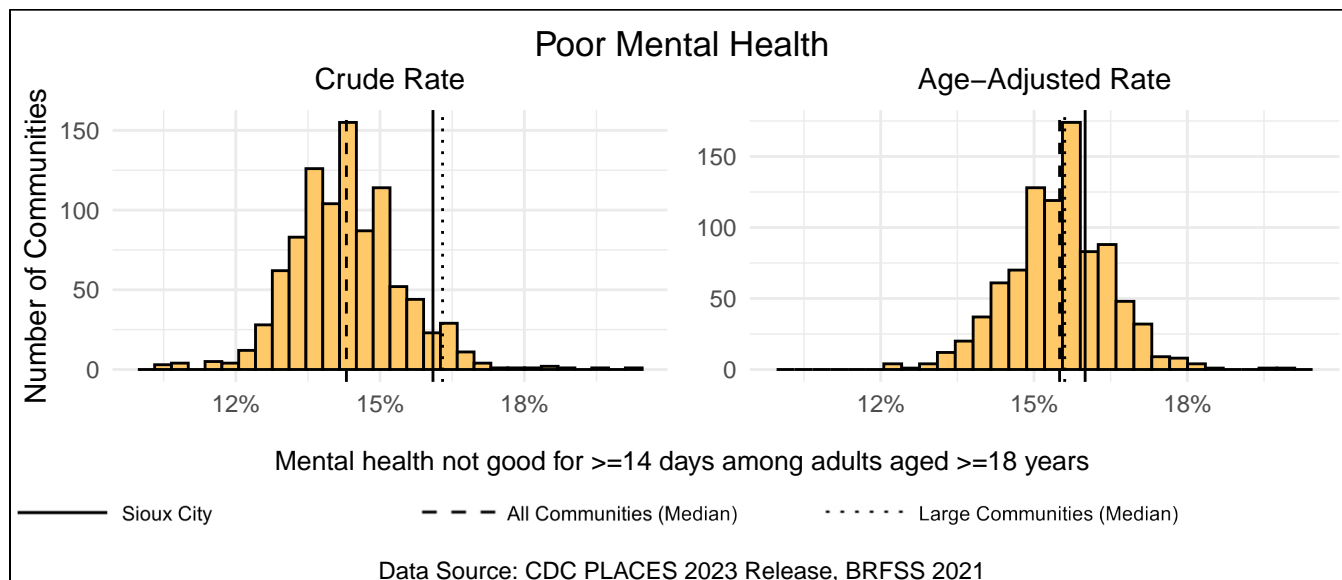
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	11.4%	10.8%	10.3%
Age-Adjusted	11.3%	9.7%	10.0%



Poor Mental Health

Sioux City has a crude rate of 16.1% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 886th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Sioux City is 16.0%, which ranks 631st out of 905 Iowa communities (7th out of 11 large communities).

Measure Type	Sioux City	All Comm.	Large Comm.
Crude	16.1%	14.3%	16.3%
Age-Adjusted	16.0%	15.5%	15.6%



Health Risk Behaviors

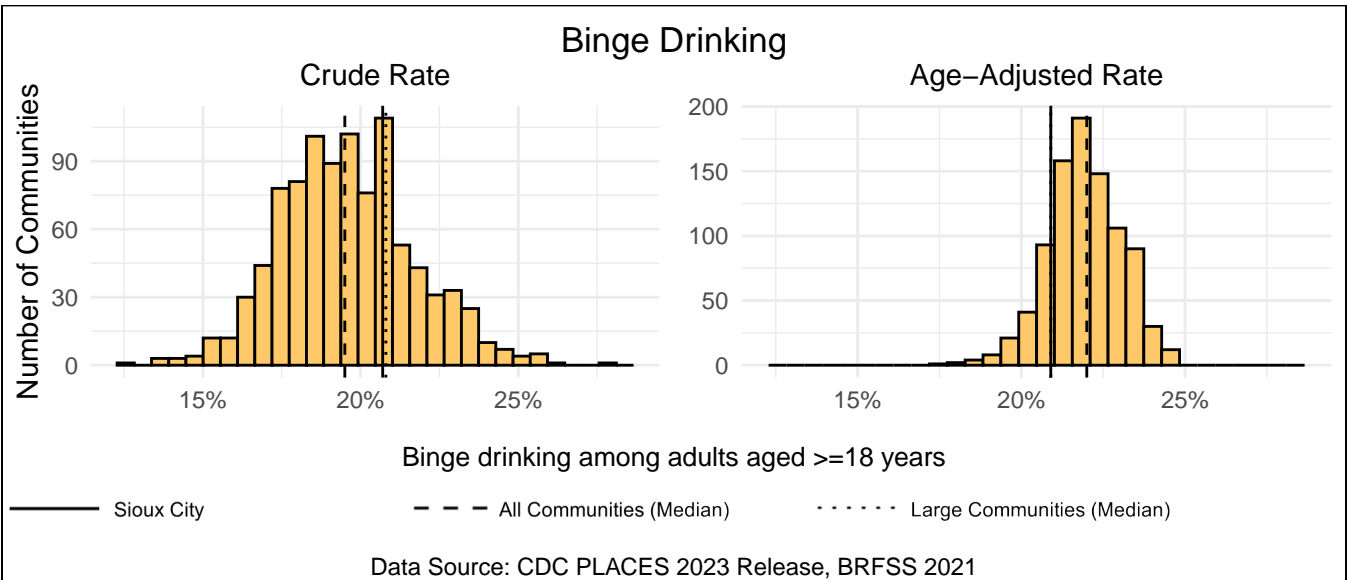
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives 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 City has a crude rate of 20.7% for binge drinking among adults aged ≥ 18 years, which ranks 687th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Sioux City is 20.9%, which ranks 136th out of 905 Iowa communities (6th out of 11 large communities).

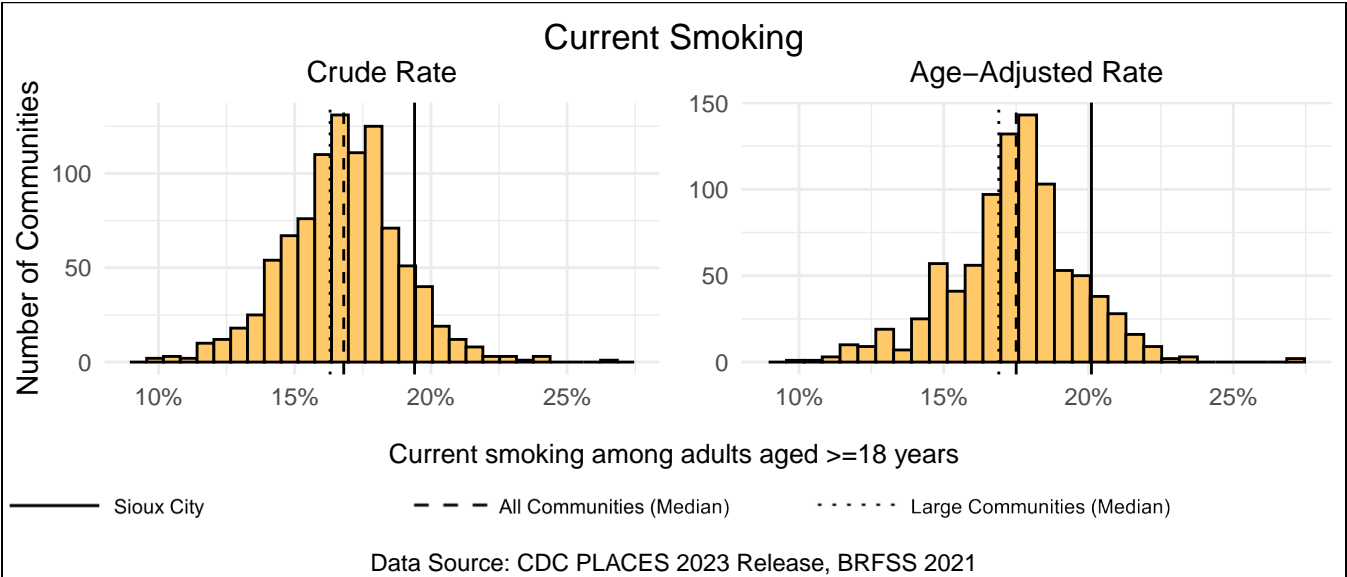
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	20.7%	19.5%	20.8%
Age-Adjusted	20.9%	22.0%	20.9%



Current Smoking

Sioux City has a crude rate of 19.4% for current smoking among adults aged >=18 years, which ranks 860th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Sioux City is 20.1%, which ranks 808th out of 905 Iowa communities (10th out of 11 large communities).

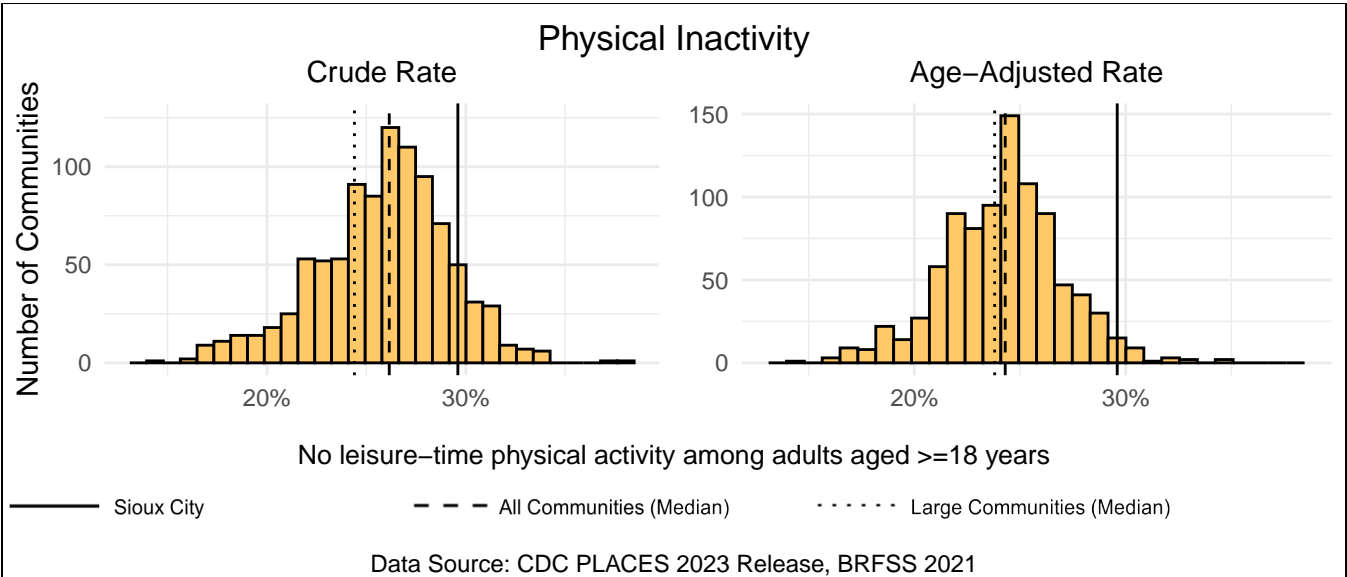
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	19.4%	16.8%	16.3%
Age-Adjusted	20.1%	17.5%	16.9%



Physical Inactivity

Sioux City has a crude rate of 29.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 847th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Sioux City is 29.6%, which ranks 884th out of 905 Iowa communities (11th out of 11 large communities).

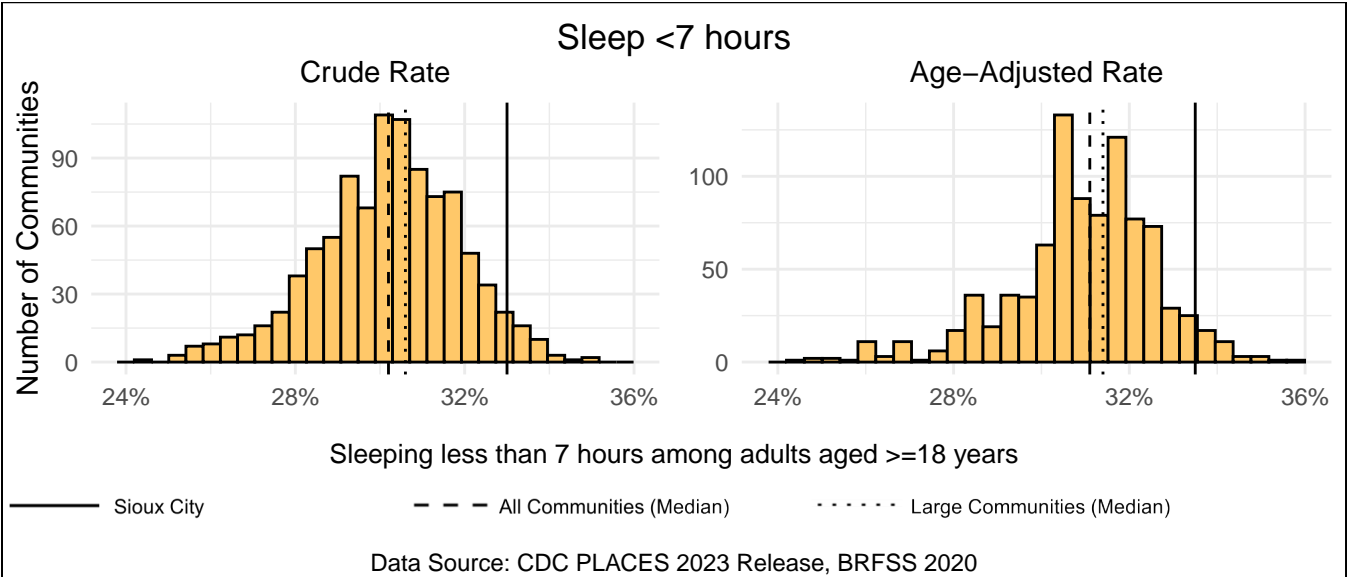
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	29.6%	26.1%	24.4%
Age-Adjusted	29.6%	24.3%	23.8%



Sleep <7 hours

Sioux City has a crude rate of 33.0% for sleeping less than 7 hours among adults aged >=18 years, which ranks 920th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Sioux City is 33.5%, which ranks 864th out of 905 Iowa communities (9th out of 11 large communities).

Measure Type	Sioux City	All Comm.	Large Comm.
Crude	33.0%	30.2%	30.6%
Age-Adjusted	33.5%	31.1%	31.4%



Health Outcomes

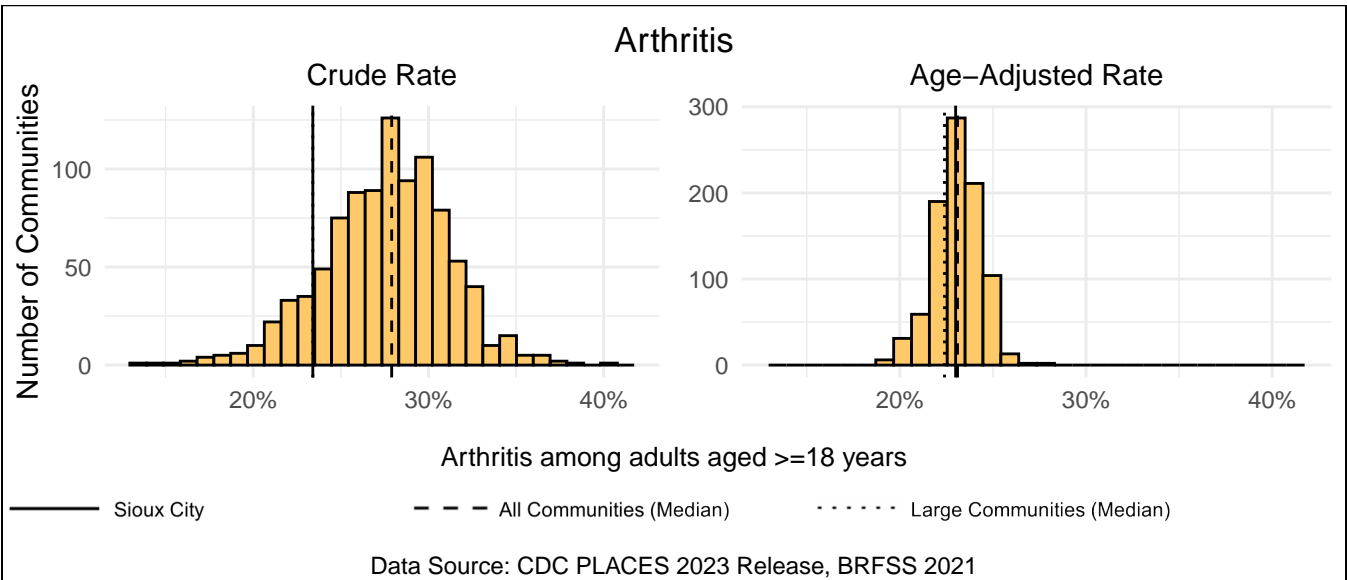
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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 City has a crude rate of 23.4% for arthritis among adults aged ≥ 18 years, which ranks 113th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Sioux City is 23.0%, which ranks 401st out of 905 Iowa communities (7th out of 11 large communities).

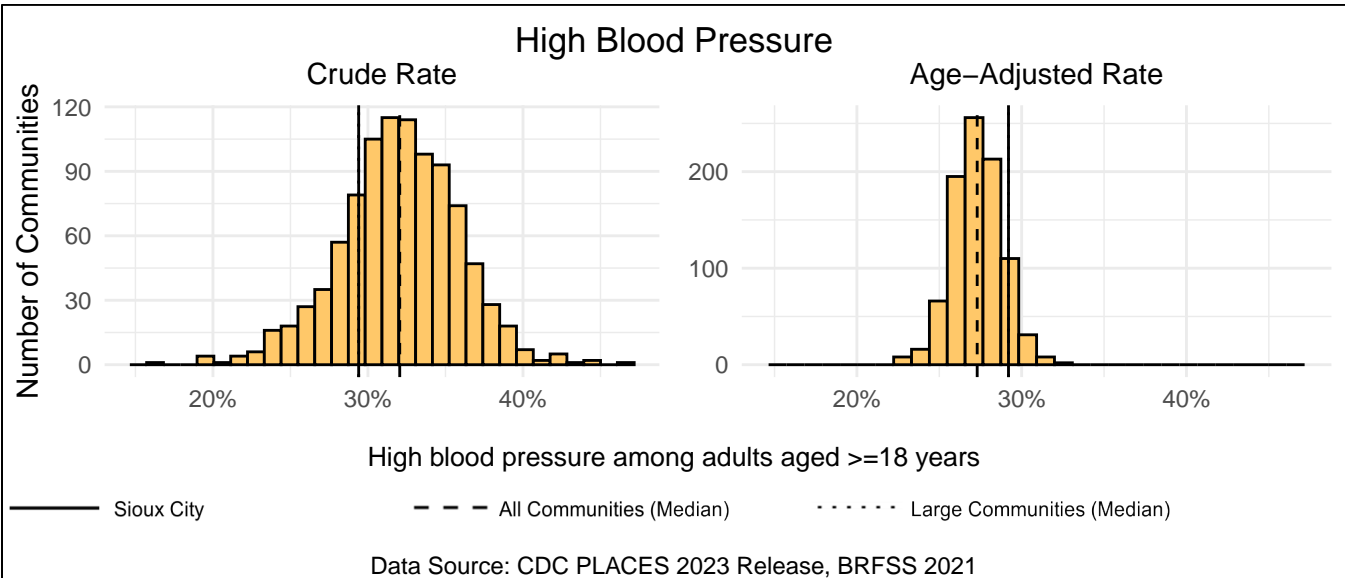
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	23.4%	27.9%	23.4%
Age-Adjusted	23.0%	23.1%	22.4%



High Blood Pressure

Sioux City has a crude rate of 29.4% for high blood pressure among adults aged ≥ 18 years, which ranks 211th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Sioux City is 29.2%, which ranks 798th out of 905 Iowa communities (6th out of 11 large communities).

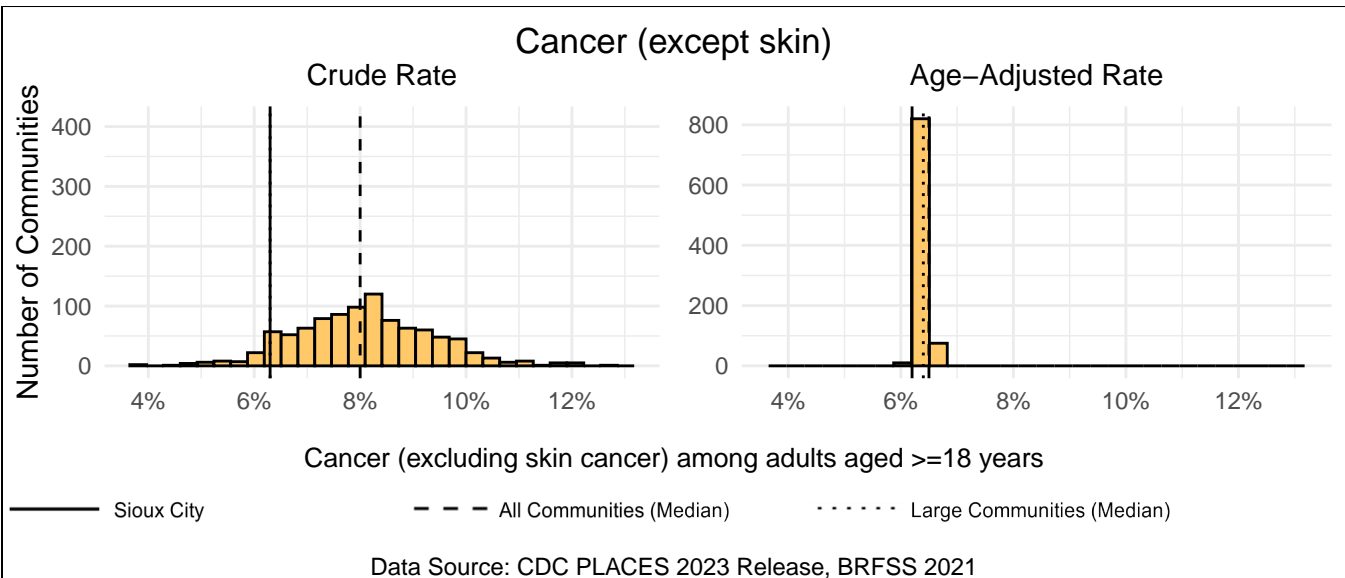
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	29.4%	32.0%	29.4%
Age-Adjusted	29.2%	27.3%	29.2%



Cancer (except skin)

Sioux City 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 (6th out of 11 large communities). The age-adjusted rate for Sioux City is 6.2%, which ranks 11th out of 905 Iowa communities (1st out of 11 large communities).

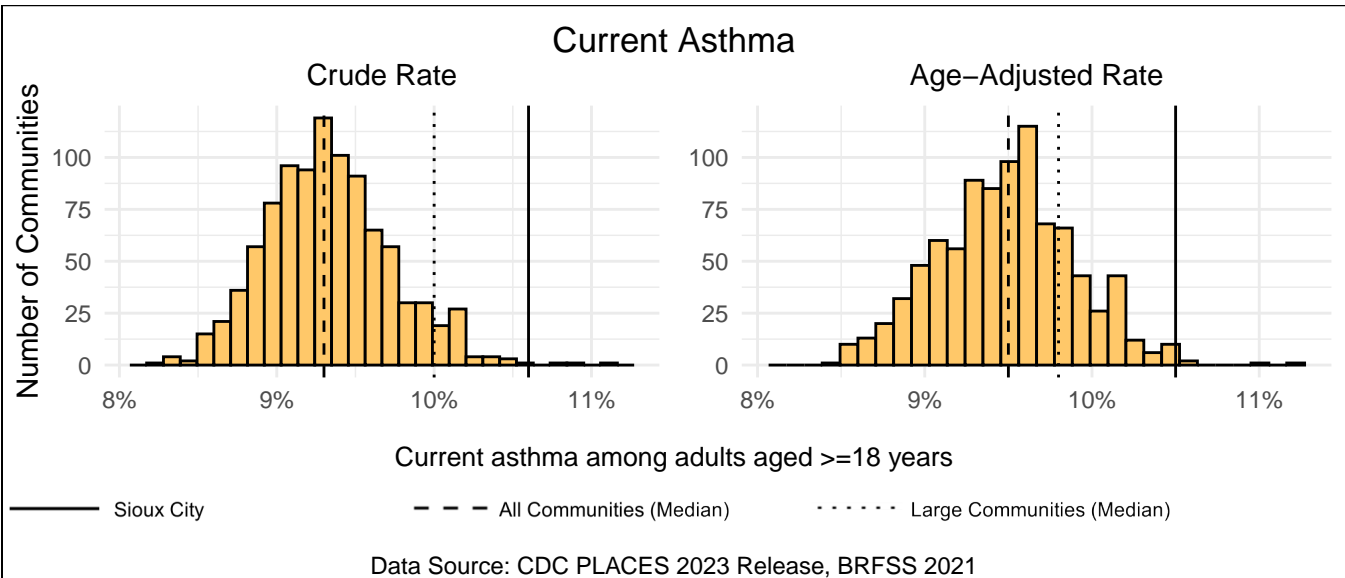
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	6.3%	8.0%	6.3%
Age-Adjusted	6.2%	6.5%	6.4%



Current Asthma

Sioux City has a crude rate of 10.6% for current asthma among adults aged ≥ 18 years, which ranks 955th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Sioux City is 10.5%, which ranks 892nd out of 905 Iowa communities (11th out of 11 large communities).

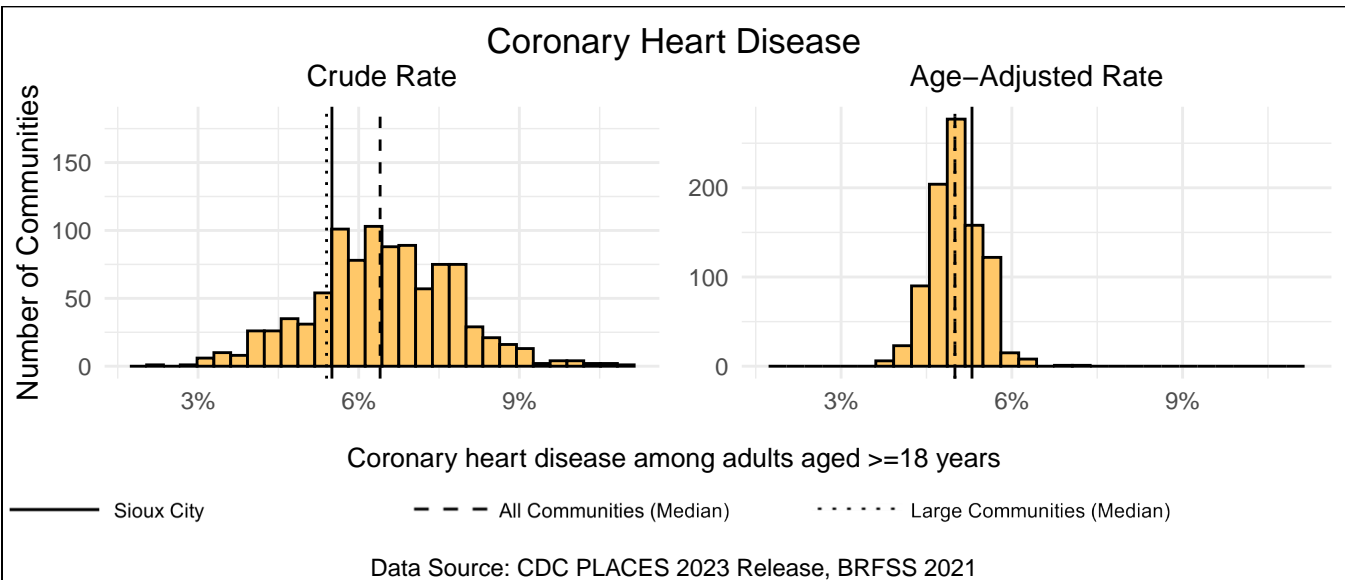
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	10.6%	9.3%	10.0%
Age-Adjusted	10.5%	9.5%	9.8%



Coronary Heart Disease

Sioux City has a crude rate of 5.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 199th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Sioux City is 5.3%, which ranks 674th out of 905 Iowa communities (7th out of 11 large communities).

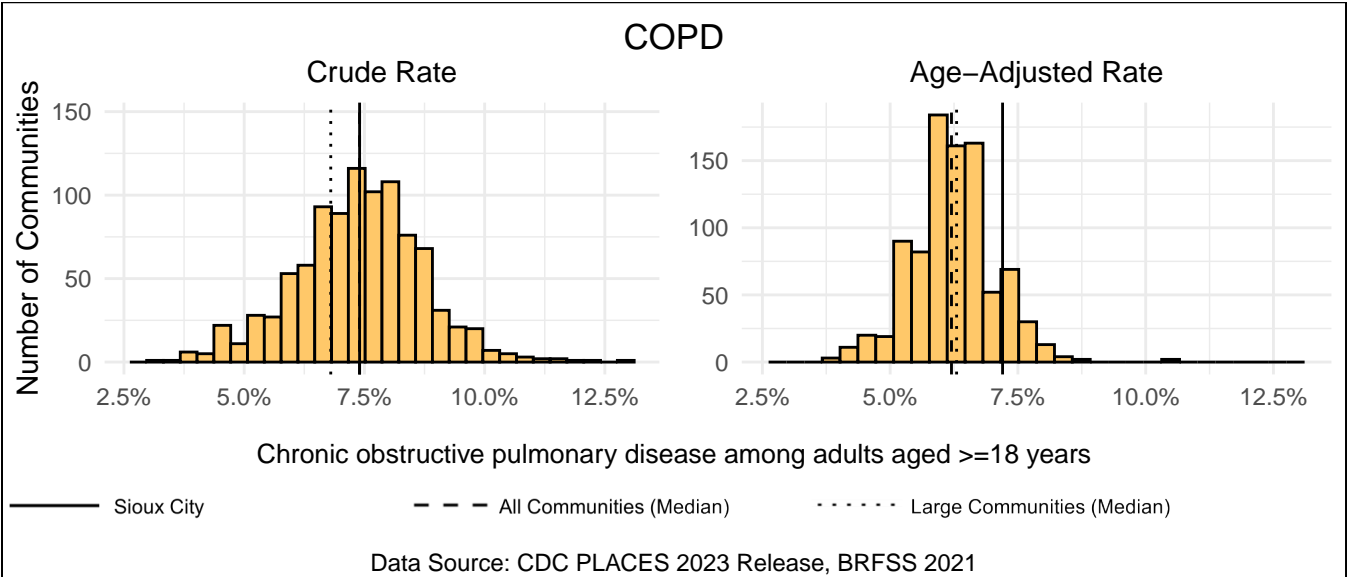
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	5.5%	6.4%	5.4%
Age-Adjusted	5.3%	5.0%	5.0%



COPD

Sioux City has a crude rate of 7.4% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 448th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Sioux City is 7.2%, which ranks 786th out of 905 Iowa communities (9th out of 11 large communities).

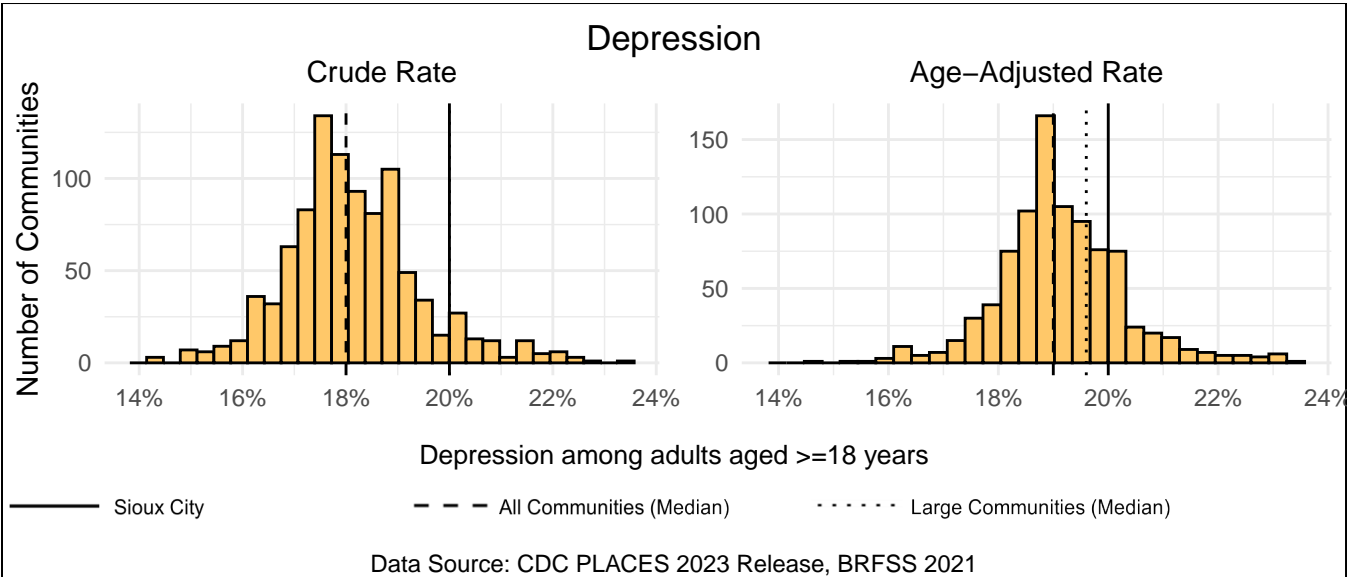
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	7.4%	7.4%	6.8%
Age-Adjusted	7.2%	6.2%	6.3%



Depression

Sioux City has a crude rate of 20.0% for depression among adults aged ≥ 18 years, which ranks 876th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Sioux City is 20.0%, which ranks 733rd out of 905 Iowa communities (8th out of 11 large communities).

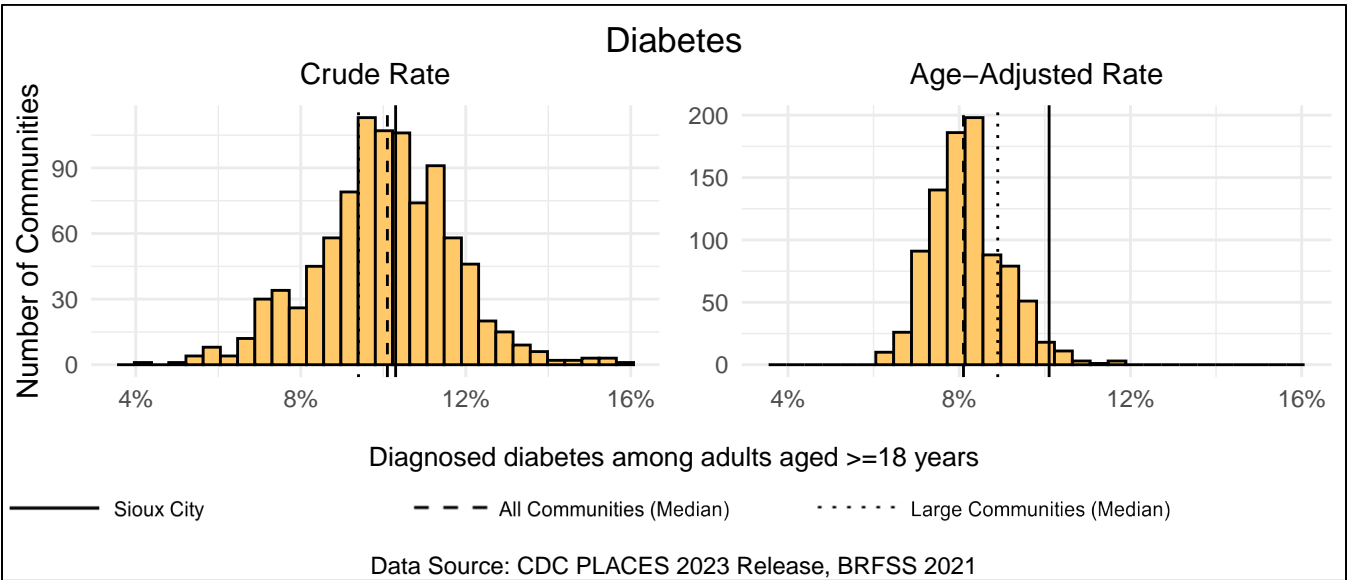
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	20.0%	18.0%	20.0%
Age-Adjusted	20.0%	19.0%	19.6%



Diabetes

Sioux City has a crude rate of 10.3% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 523rd out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Sioux City is 10.1%, which ranks 879th out of 905 Iowa communities (10th out of 11 large communities).

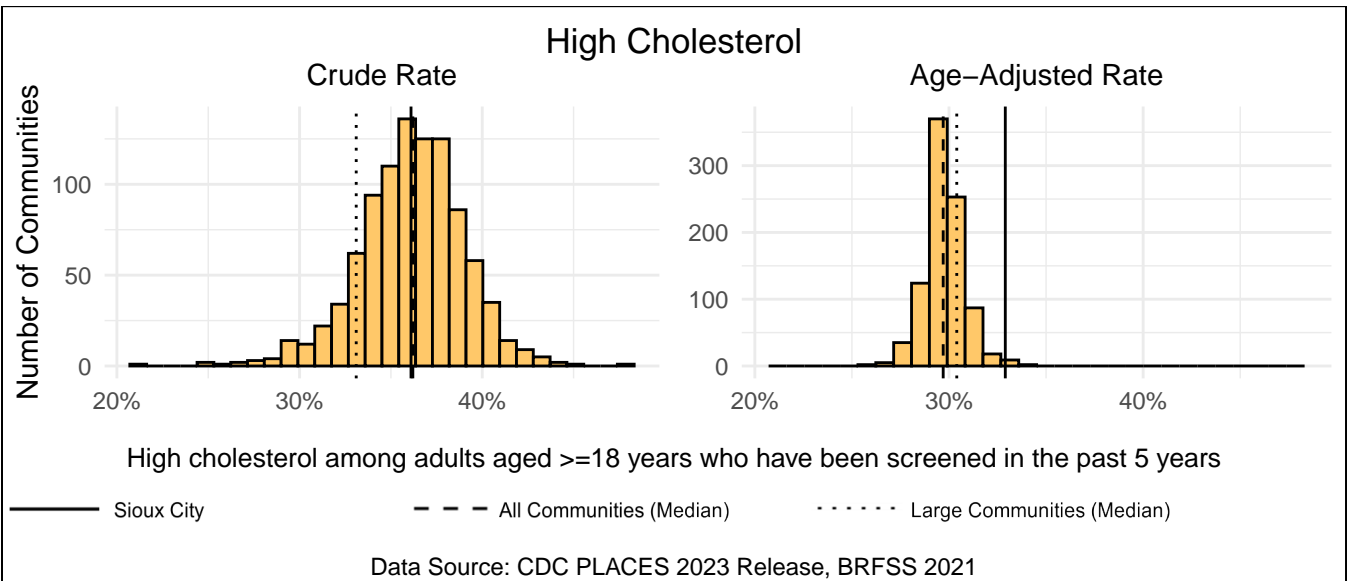
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	10.3%	10.1%	9.4%
Age-Adjusted	10.1%	8.1%	8.9%



High Cholesterol

Sioux City has a crude rate of 36.1% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 449th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Sioux City is 32.9%, which ranks 897th out of 905 Iowa communities (11th out of 11 large communities).

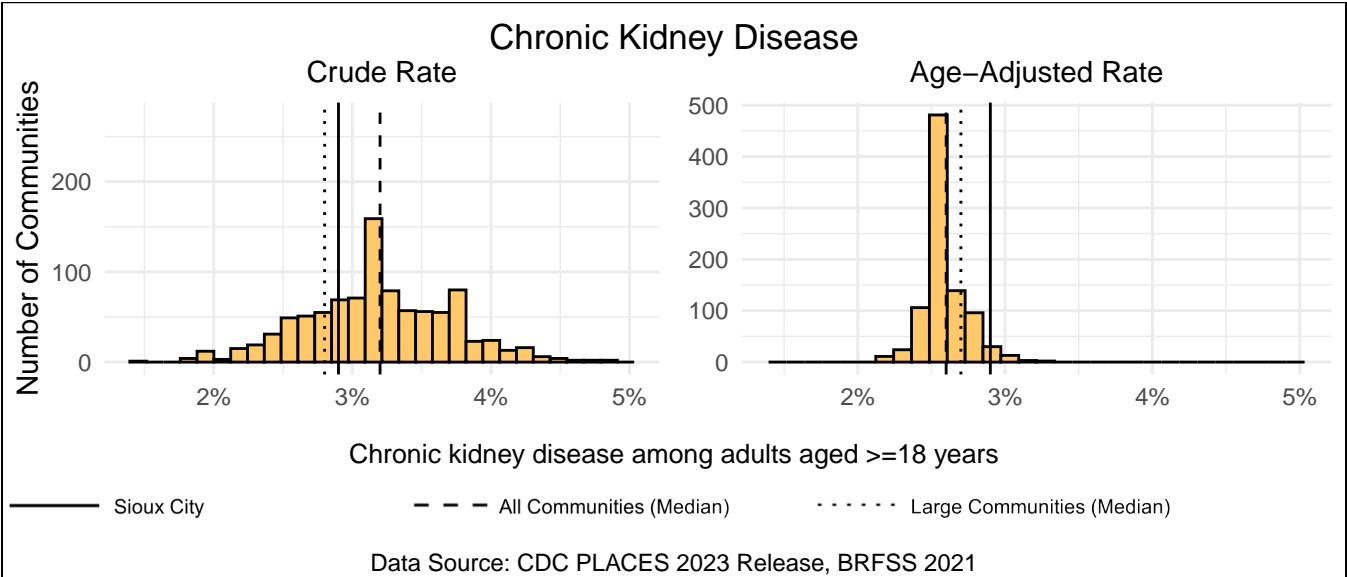
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	36.1%	36.2%	33.1%
Age-Adjusted	32.9%	29.7%	30.4%



Chronic Kidney Disease

Sioux City has a crude rate of 2.9% for chronic kidney disease among adults aged ≥ 18 years, which ranks 241st out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Sioux City is 2.9%, which ranks 858th out of 905 Iowa communities (9th out of 11 large communities).

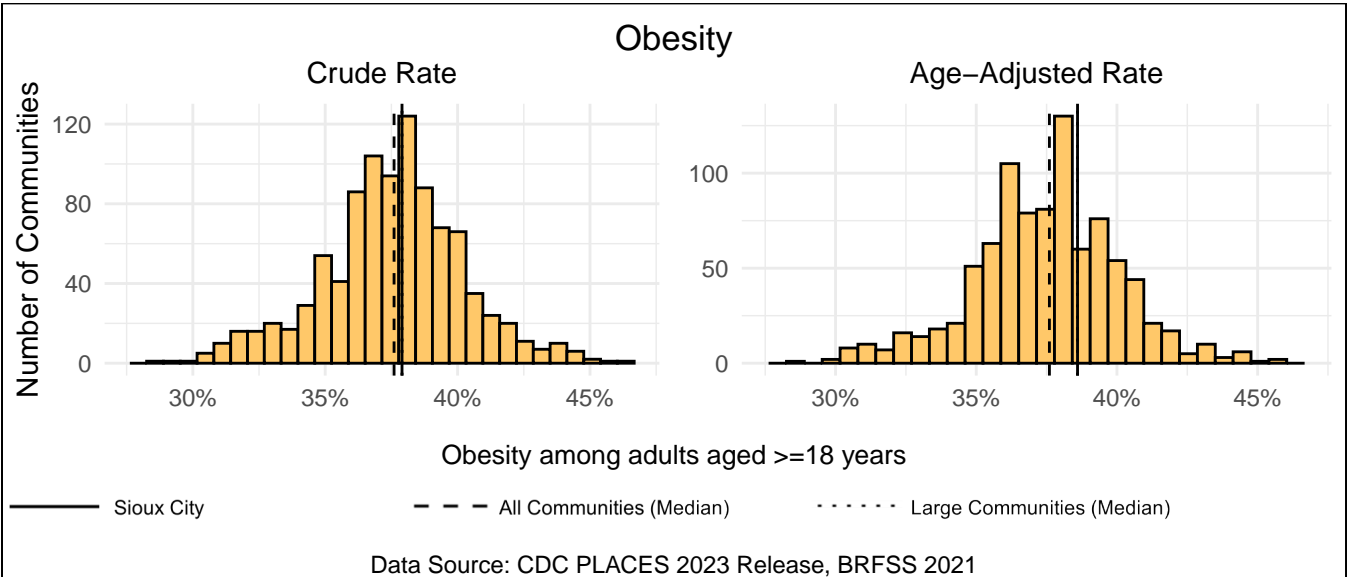
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	2.9%	3.2%	2.8%
Age-Adjusted	2.9%	2.6%	2.7%



Obesity

Sioux City has a crude rate of 37.9% for obesity among adults aged ≥ 18 years, which ranks 513th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Sioux City is 38.6%, which ranks 615th out of 905 Iowa communities (6th out of 11 large communities).

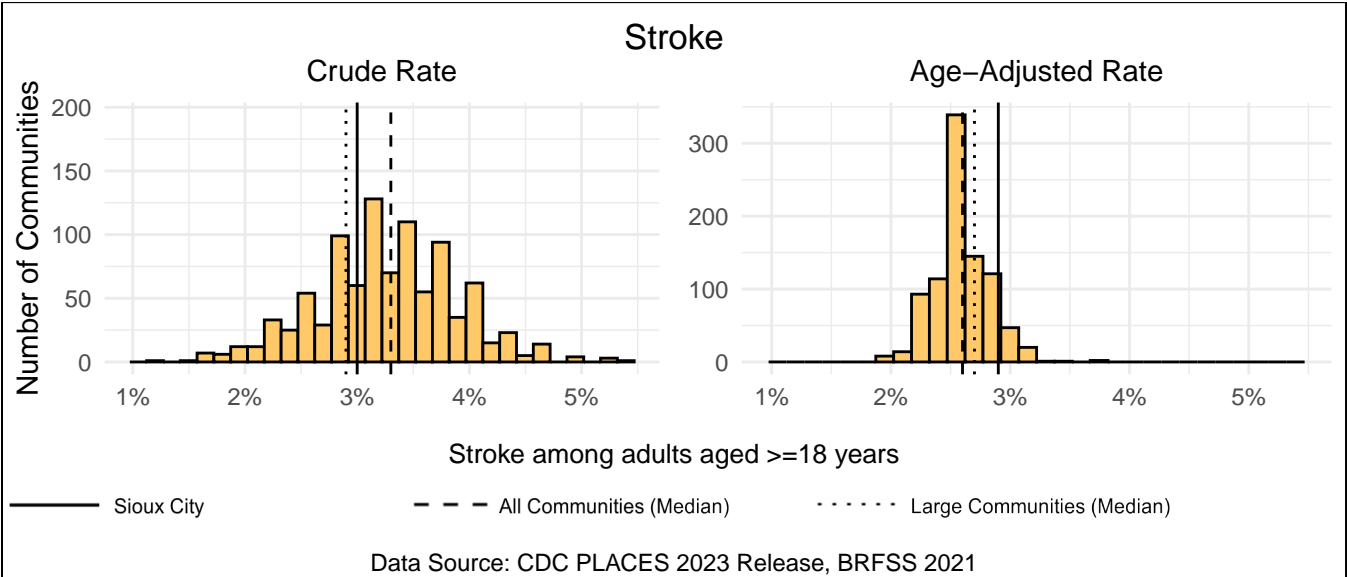
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	37.9%	37.6%	37.9%
Age-Adjusted	38.6%	37.6%	38.6%



Stroke

Sioux City has a crude rate of 3.0% for stroke among adults aged >=18 years, which ranks 280th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Sioux City is 2.9%, which ranks 781st out of 905 Iowa communities (8th out of 11 large communities).

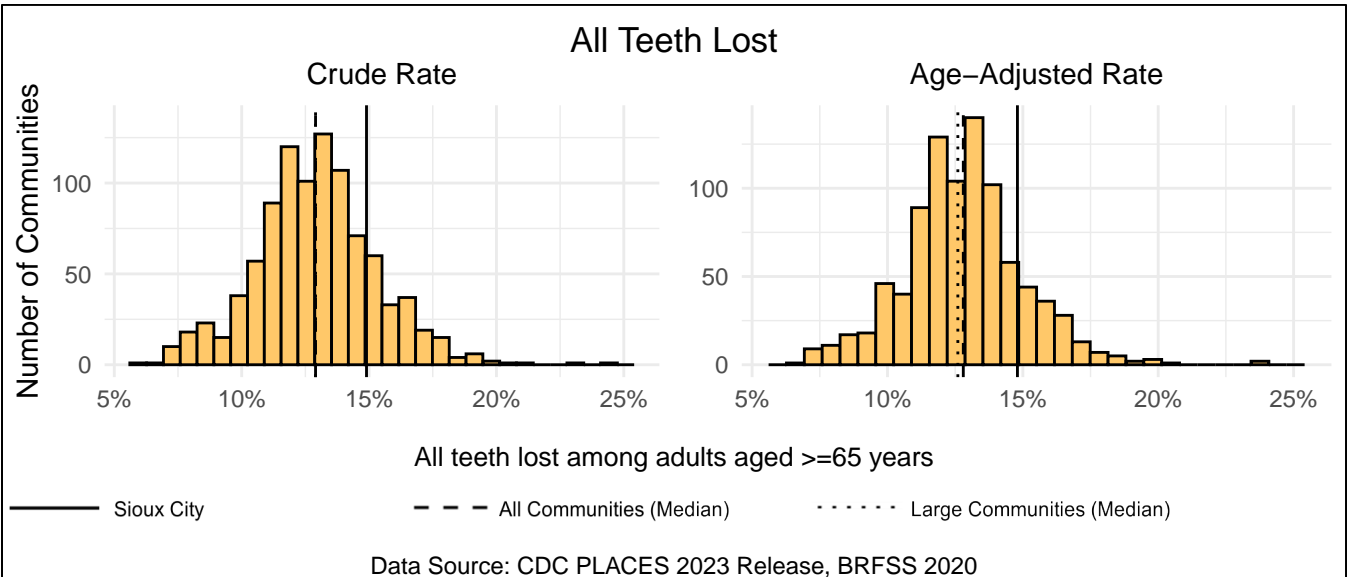
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	3.0%	3.3%	2.9%
Age-Adjusted	2.9%	2.6%	2.7%



All Teeth Lost

Sioux City has a crude rate of 14.9% for all teeth lost among adults aged >=65 years, which ranks 779th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Sioux City is 14.8%, which ranks 756th out of 905 Iowa communities (8th out of 11 large communities).

Measure Type	Sioux City	All Comm.	Large Comm.
Crude	14.9%	12.9%	12.9%
Age-Adjusted	14.8%	12.8%	12.6%



Prevention

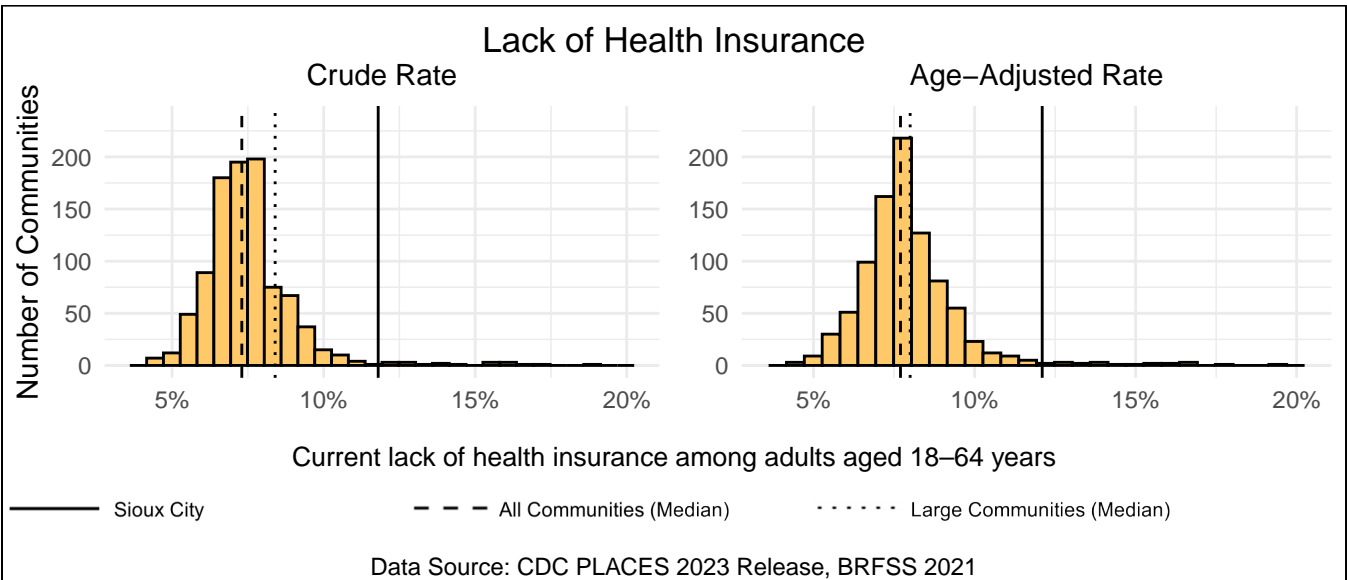
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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 City has a crude rate of 11.8% for current lack of health insurance among adults aged 18–64 years, which ranks 939th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Sioux City is 12.1%, which ranks 885th out of 905 Iowa communities (11th out of 11 large communities).

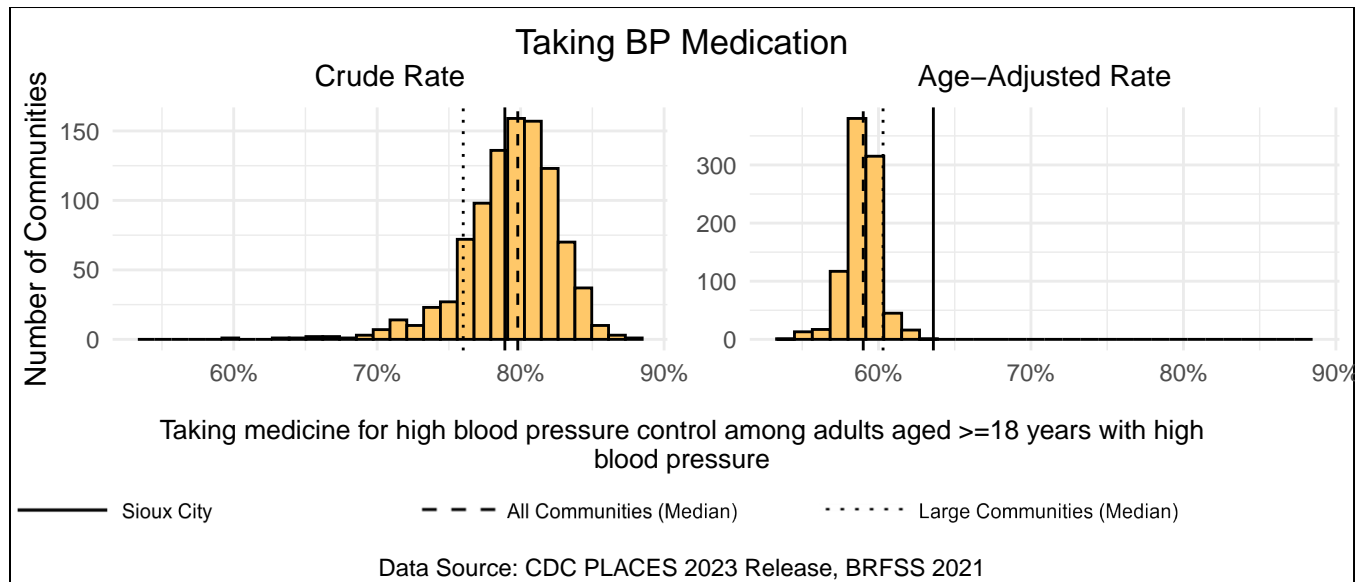
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	11.8%	7.3%	8.4%
Age-Adjusted	12.1%	7.7%	8.0%



Taking BP Medication

Sioux City has a crude rate of 78.9% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 570th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Sioux City is 63.6%, which ranks 1st out of 905 Iowa communities (1st out of 11 large communities).

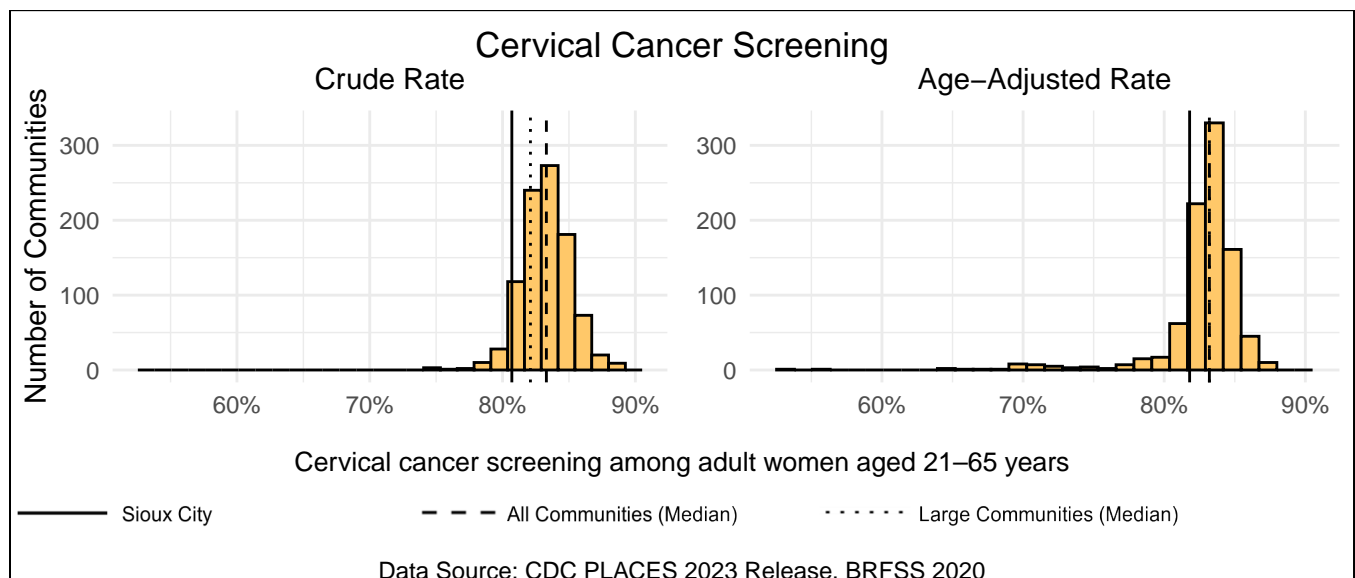
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	78.9%	79.8%	76.0%
Age-Adjusted	63.6%	59.0%	60.3%



Cervical Cancer Screening

Sioux City has a crude rate of 80.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 889th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Sioux City is 81.8%, which ranks 744th out of 905 Iowa communities (10th out of 11 large communities).

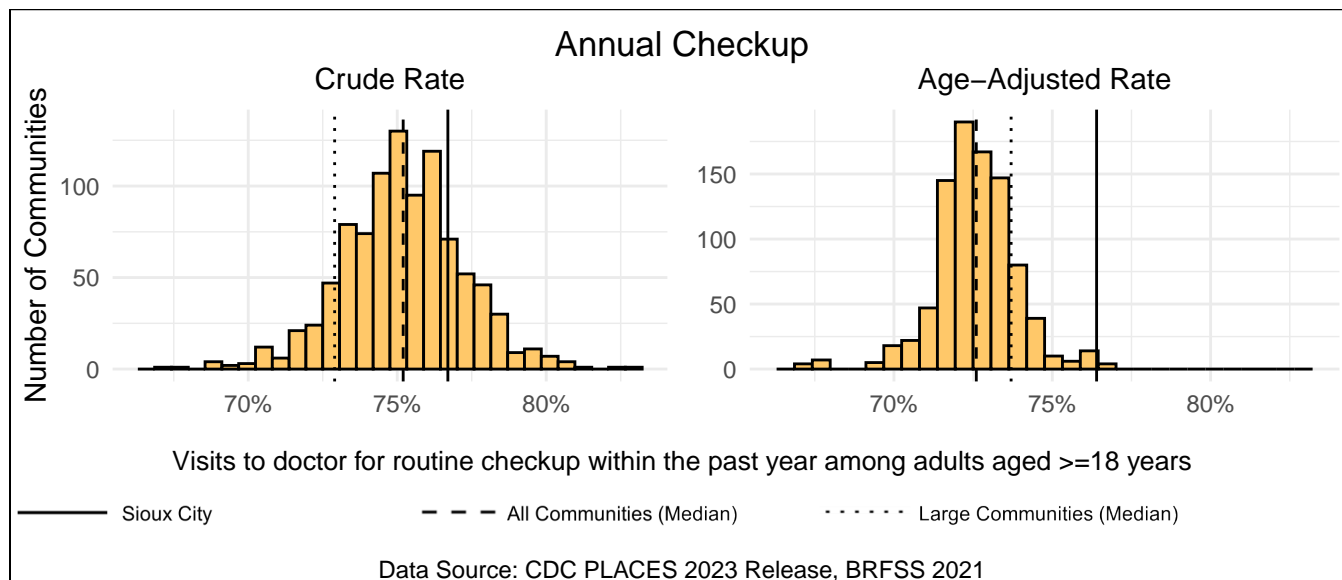
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	80.7%	83.3%	82.1%
Age-Adjusted	81.8%	83.2%	83.2%



Annual Checkup

Sioux City has a crude rate of 76.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 202nd out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Sioux City is 76.4%, which ranks 5th out of 905 Iowa communities (2nd out of 11 large communities).

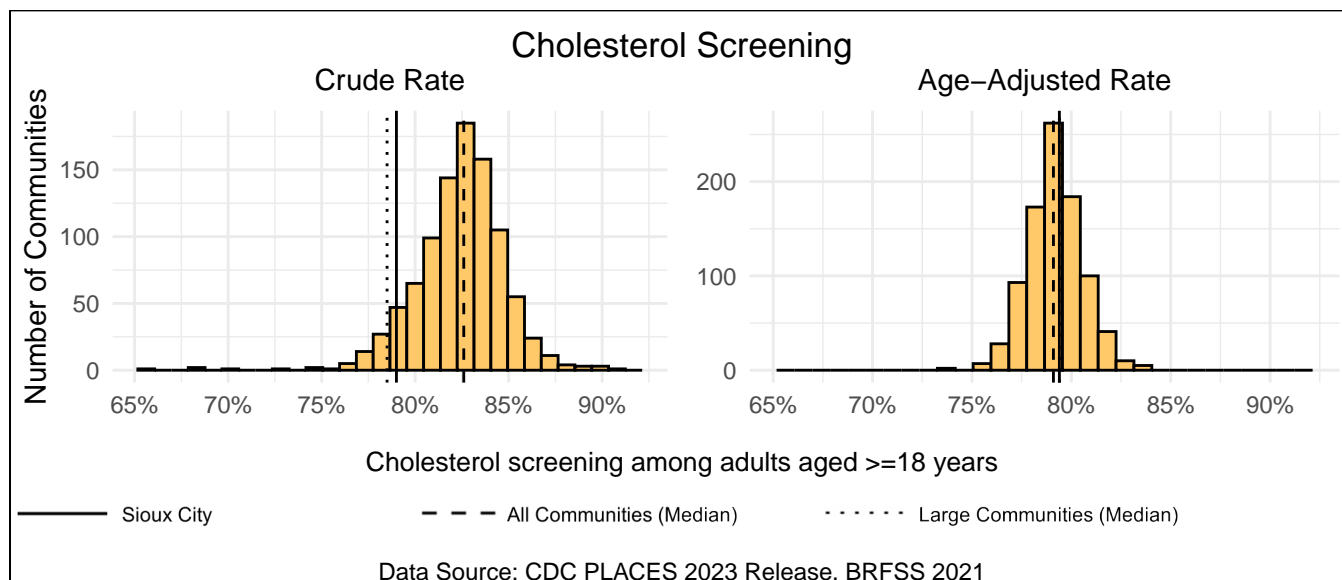
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	76.7%	75.2%	72.9%
Age-Adjusted	76.4%	72.6%	73.7%



Cholesterol Screening

Sioux City has a crude rate of 79.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 896th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Sioux City is 79.4%, which ranks 364th out of 905 Iowa communities (6th out of 11 large communities).

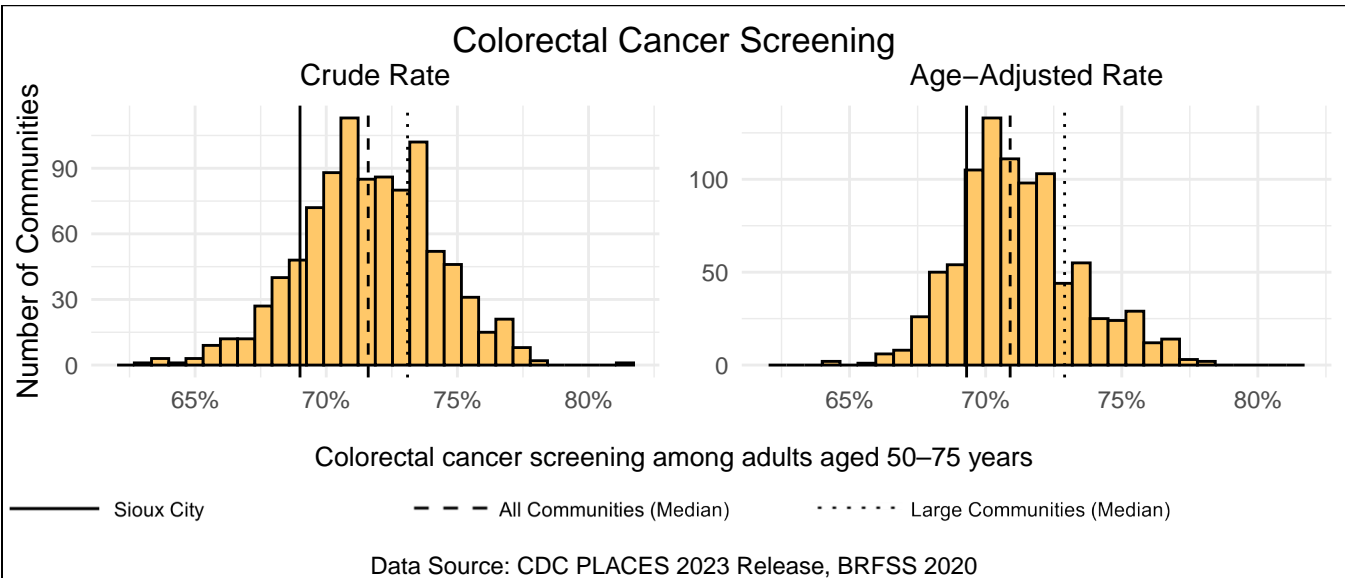
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	79.0%	82.6%	78.5%
Age-Adjusted	79.4%	79.1%	79.4%



Colorectal Cancer Screening

Sioux City has a crude rate of 69.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 821st out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Sioux City is 69.3%, which ranks 742nd out of 905 Iowa communities (11th out of 11 large communities).

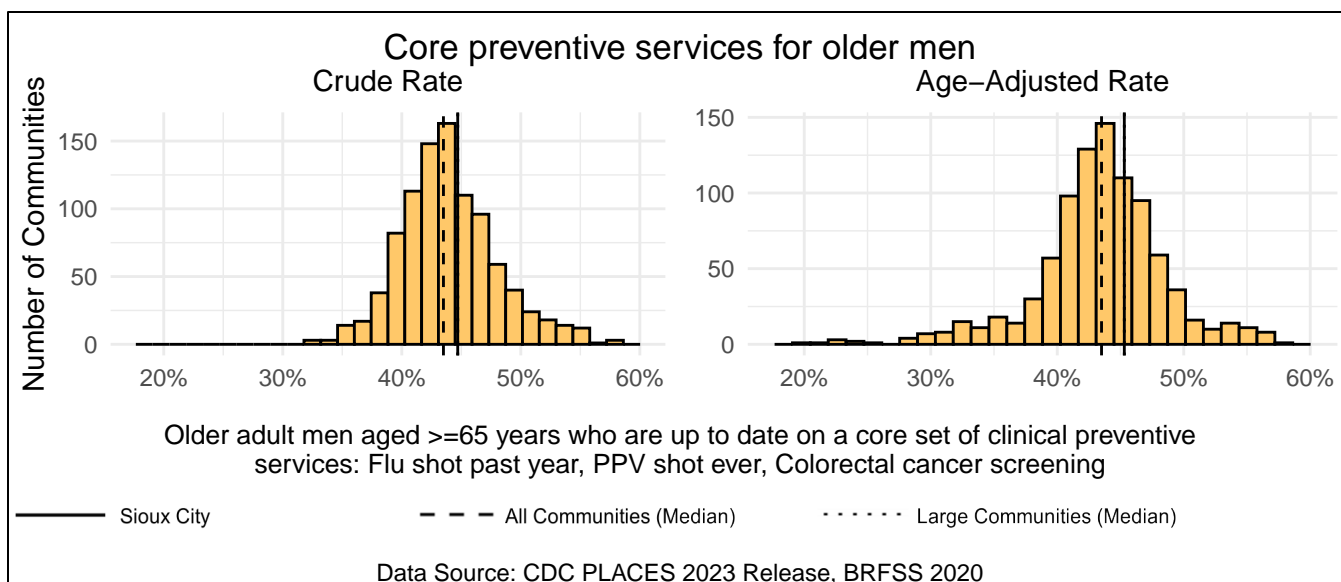
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	69.0%	71.6%	73.1%
Age-Adjusted	69.3%	70.9%	72.9%



Core preventive services for older men

Sioux City has a crude rate of 44.7% 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 352nd out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Sioux City is 45.3%, which ranks 287th out of 905 Iowa communities (6th out of 11 large communities).

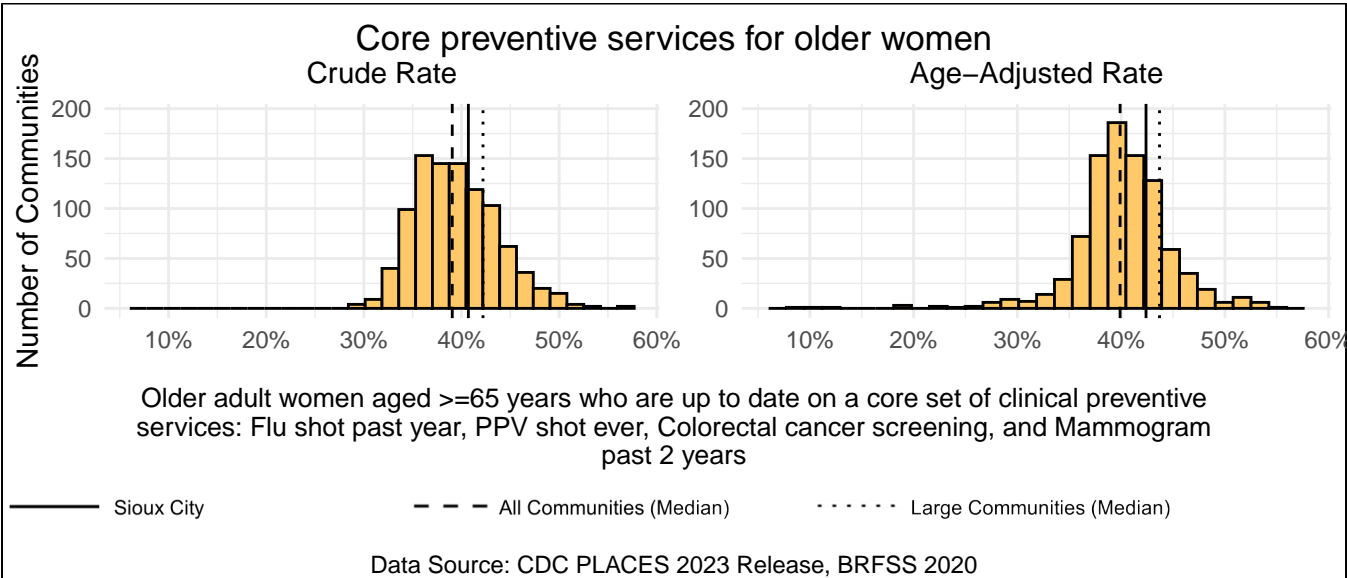
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	44.7%	43.5%	44.7%
Age-Adjusted	45.3%	43.5%	45.3%



Core preventive services for older women

Sioux City has a crude rate of 40.7% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 343rd out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Sioux City is 42.4%, which ranks 249th out of 905 Iowa communities (7th out of 11 large communities).

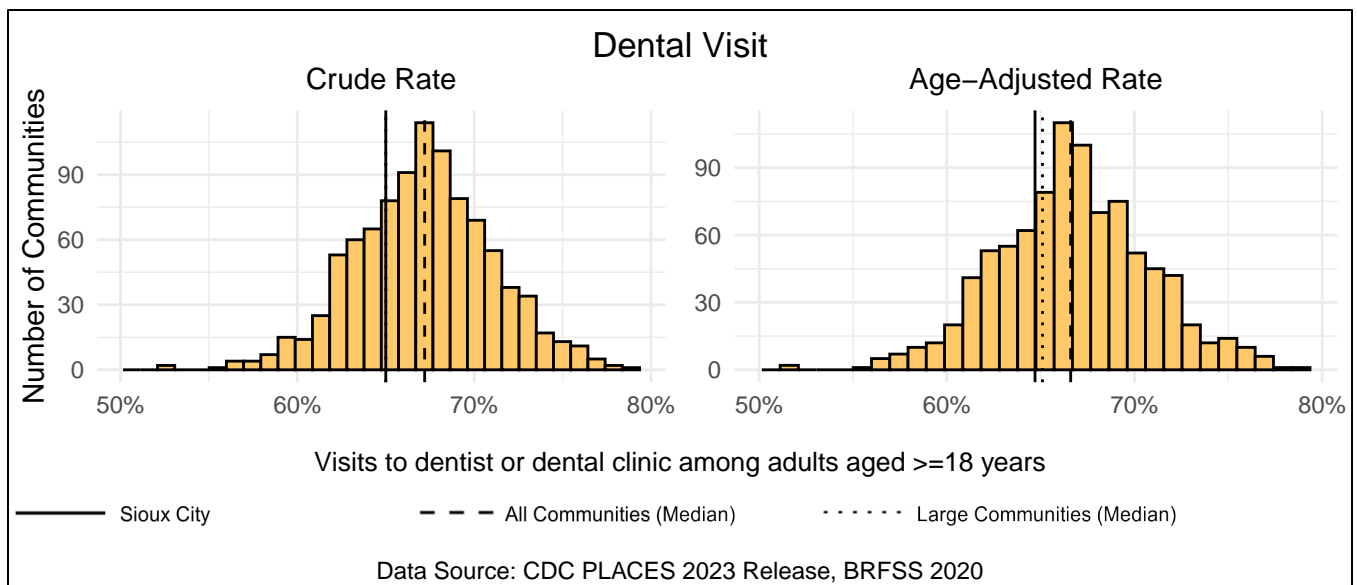
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	40.7%	39.0%	42.2%
Age-Adjusted	42.4%	39.9%	43.7%



Dental Visit

Sioux City has a crude rate of 65.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 692nd out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Sioux City is 64.7%, which ranks 638th out of 905 Iowa communities (7th out of 11 large communities).

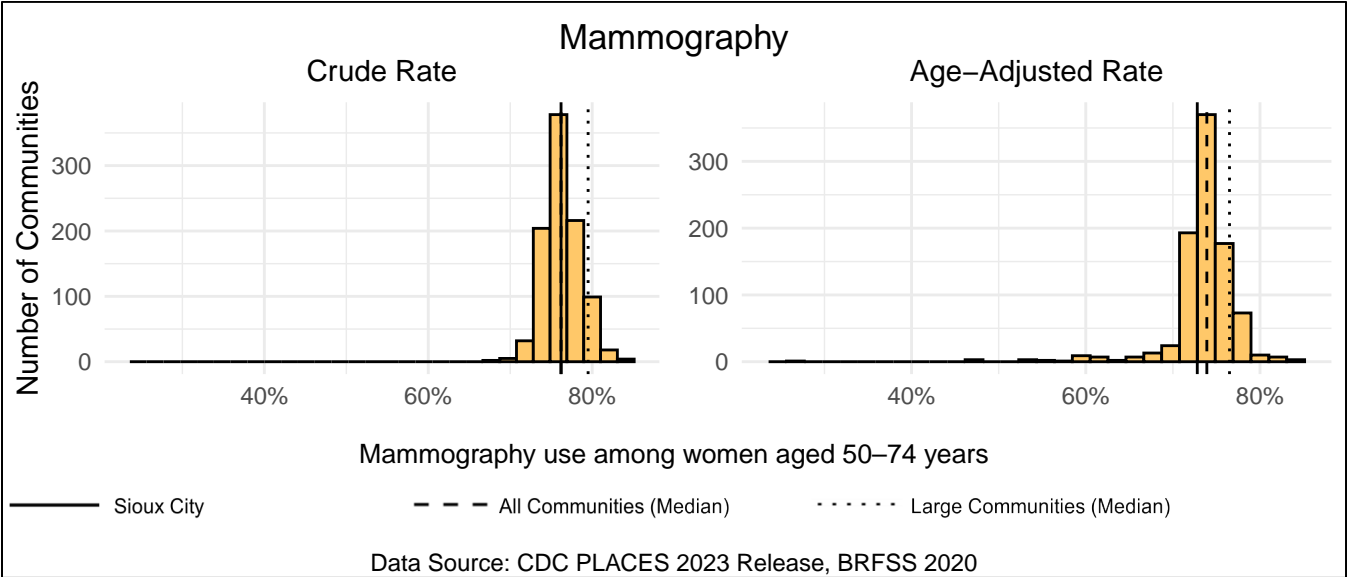
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	65.0%	67.2%	65.0%
Age-Adjusted	64.7%	66.6%	65.1%



Mammography

Sioux City has a crude rate of 76.2% for mammography use among women aged 50–74 years, which ranks 467th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Sioux City is 72.8%, which ranks 641st out of 905 Iowa communities (10th out of 11 large communities).

Measure Type	Sioux City	All Comm.	Large Comm.
Crude	76.2%	76.2%	79.5%
Age-Adjusted	72.8%	73.9%	76.5%



Disability

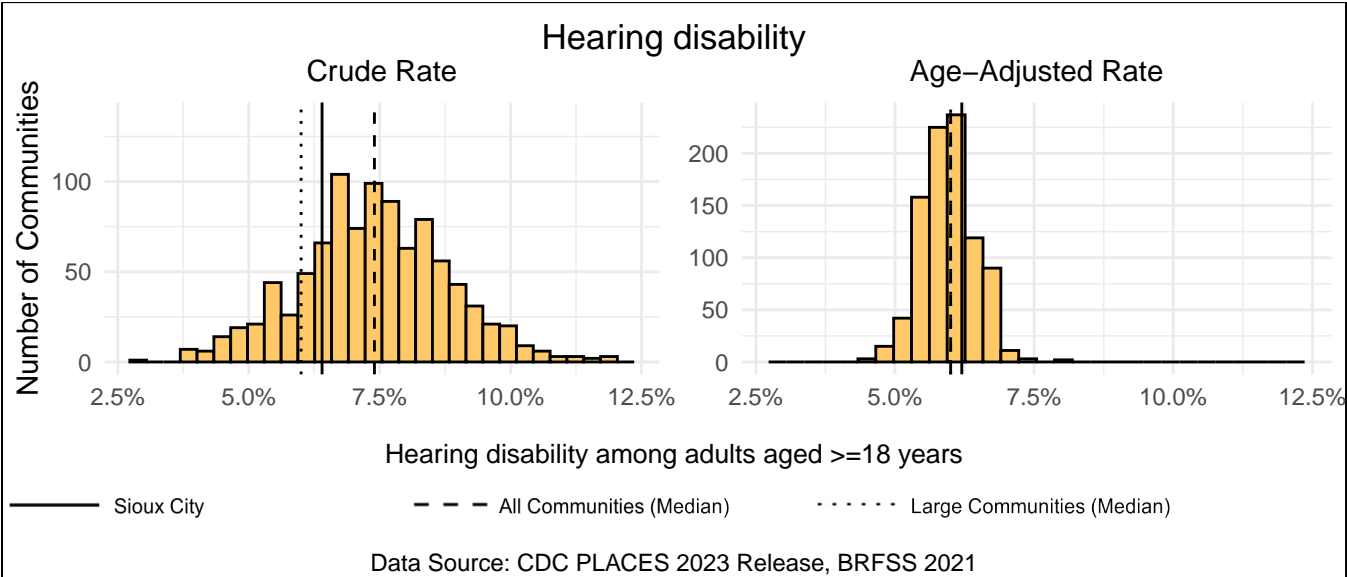
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Sioux City has a crude rate of 6.4% for hearing disability among adults aged ≥ 18 years, which ranks 207th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Sioux City is 6.2%, which ranks 621st out of 905 Iowa communities (8th out of 11 large communities).

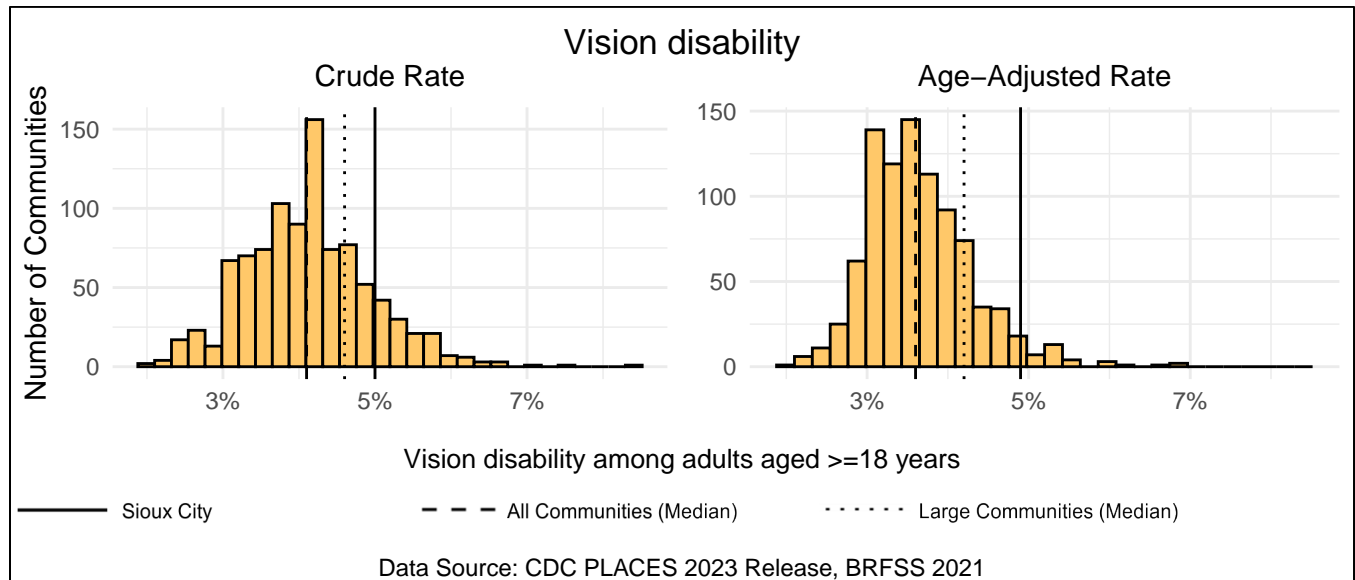
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	6.4%	7.4%	6.0%
Age-Adjusted	6.2%	6.0%	6.0%



Vision disability

Sioux City has a crude rate of 5.0% for vision disability among adults aged ≥ 18 years, which ranks 823rd out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Sioux City is 4.9%, which ranks 867th out of 905 Iowa communities (9th out of 11 large communities).

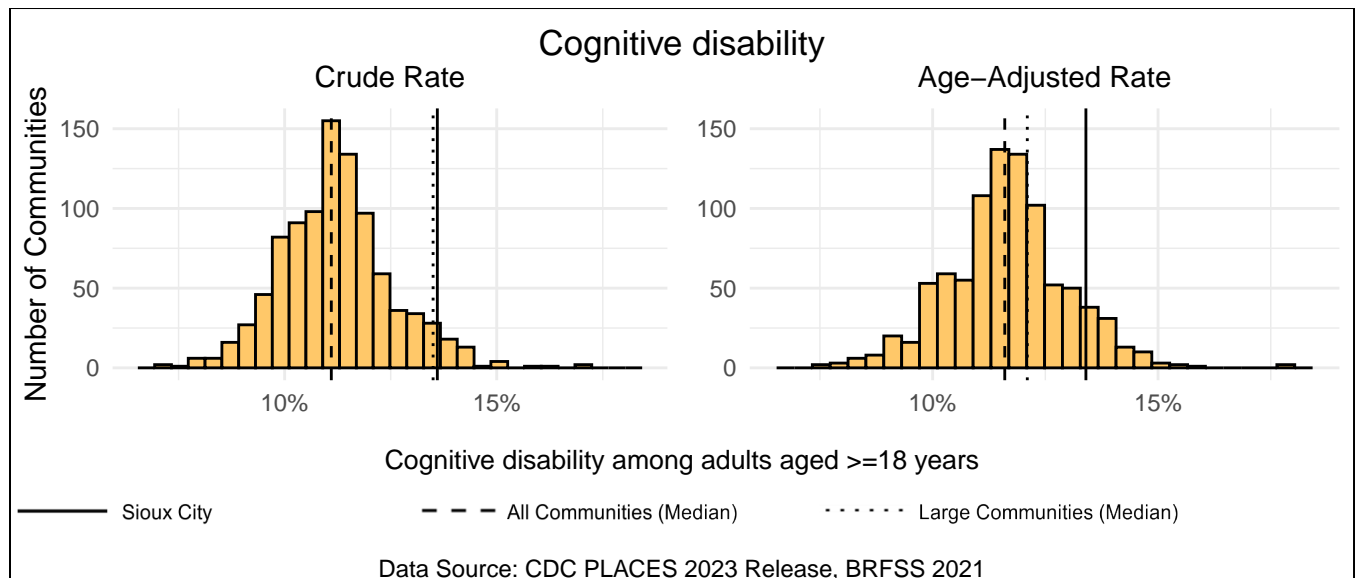
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	5.0%	4.1%	4.6%
Age-Adjusted	4.9%	3.6%	4.2%



Cognitive disability

Sioux City has a crude rate of 13.6% for cognitive disability among adults aged ≥ 18 years, which ranks 914th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Sioux City is 13.4%, which ranks 815th out of 905 Iowa communities (8th out of 11 large communities).

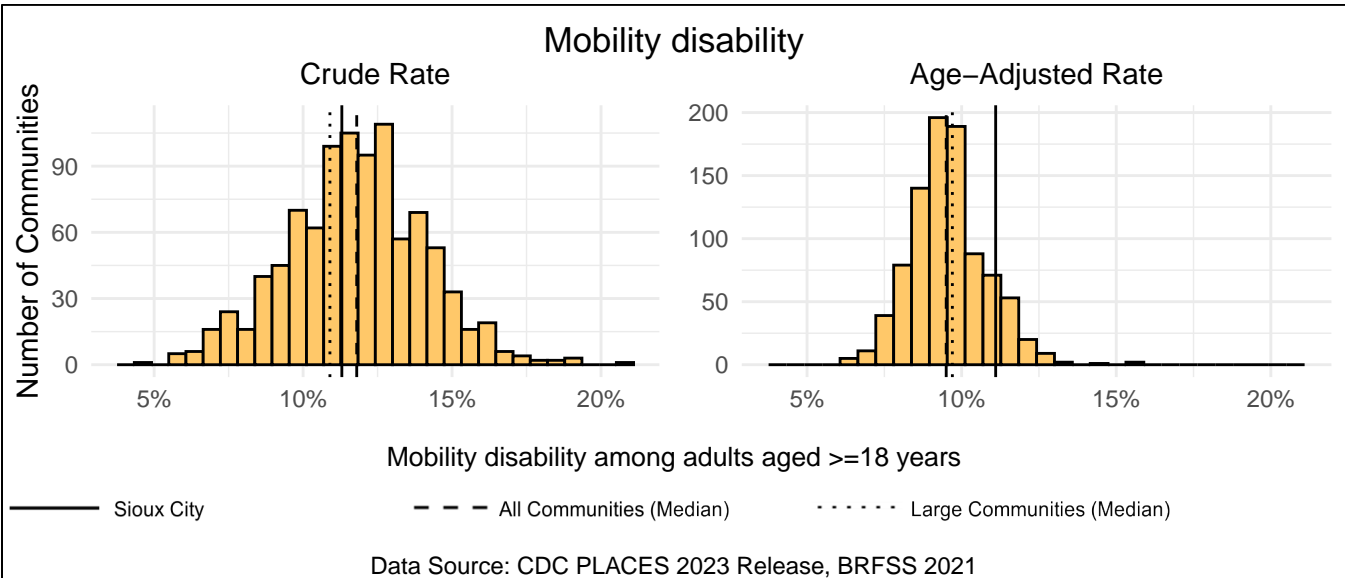
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	13.6%	11.1%	13.5%
Age-Adjusted	13.4%	11.6%	12.1%



Mobility disability

Sioux City has a crude rate of 11.3% for mobility disability among adults aged ≥ 18 years, which ranks 385th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Sioux City is 11.1%, which ranks 797th out of 905 Iowa communities (9th out of 11 large communities).

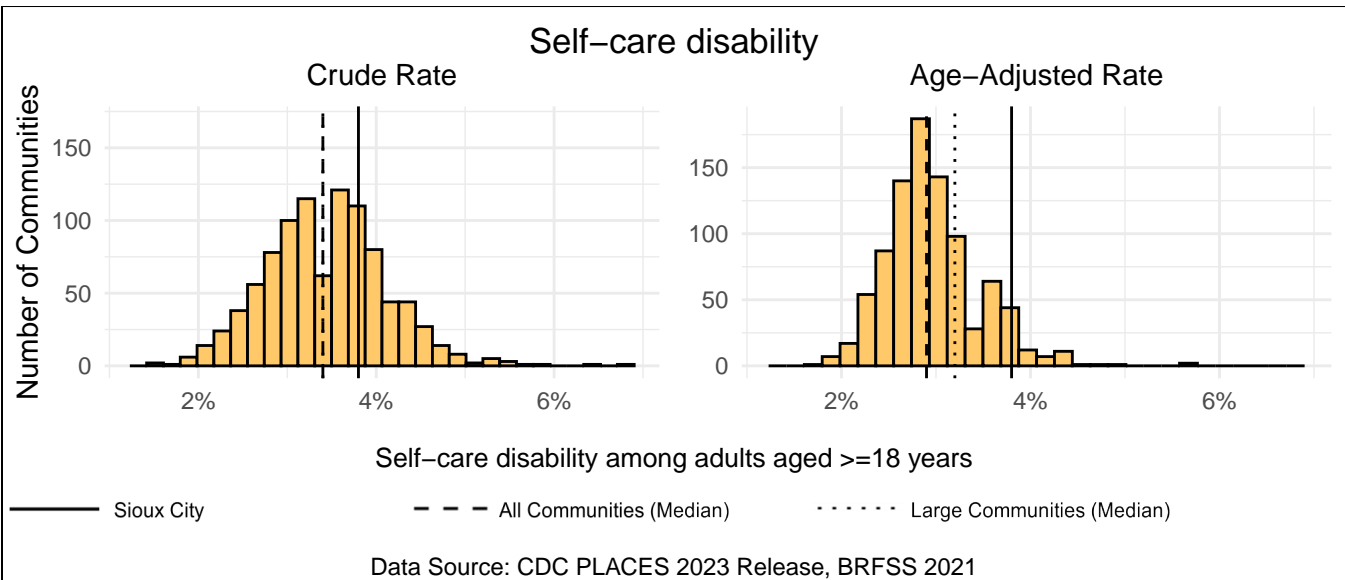
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	11.3%	11.8%	10.9%
Age-Adjusted	11.1%	9.5%	9.7%



Self-care disability

Sioux City has a crude rate of 3.8% for self-care disability among adults aged ≥ 18 years, which ranks 676th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Sioux City is 3.8%, which ranks 839th out of 905 Iowa communities (9th out of 11 large communities).

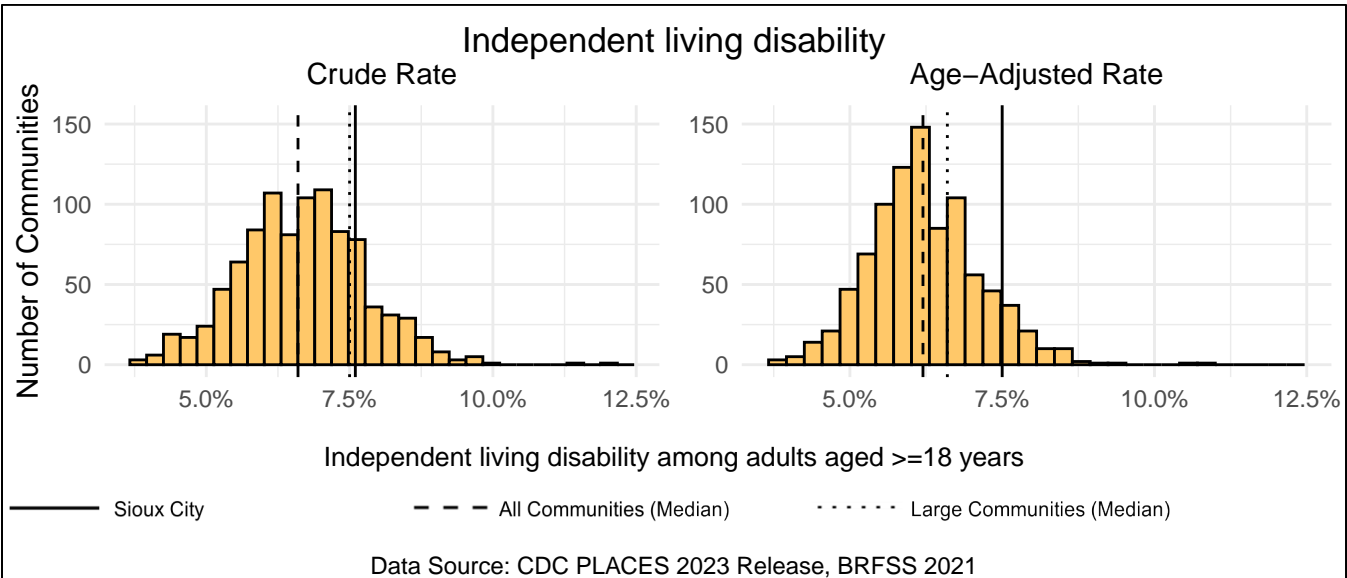
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	3.8%	3.4%	3.4%
Age-Adjusted	3.8%	2.9%	3.2%



Independent living disability

Sioux City has a crude rate of 7.6% for independent living disability among adults aged ≥ 18 years, which ranks 785th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Sioux City is 7.5%, which ranks 822nd out of 905 Iowa communities (9th out of 11 large communities).

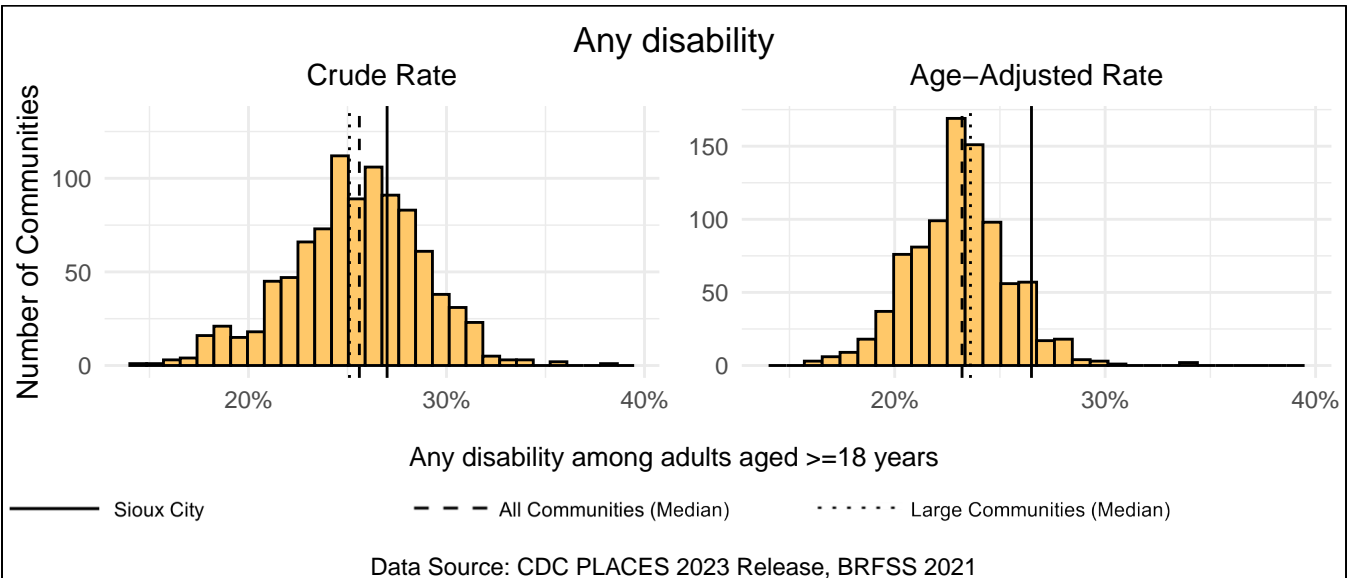
Measure Type	Sioux City	All Comm.	Large Comm.
Crude	7.6%	6.6%	7.5%
Age-Adjusted	7.5%	6.2%	6.6%



Any disability

Sioux City has a crude rate of 27.0% for any disability among adults aged ≥ 18 years, which ranks 637th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Sioux City is 26.5%, which ranks 841st out of 905 Iowa communities (9th out of 11 large communities).

Measure Type	Sioux City	All Comm.	Large Comm.
Crude	27.0%	25.6%	25.1%
Age-Adjusted	26.5%	23.2%	23.6%



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 City 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	858	17.0% (15.3% - 18.6%)	882	16.9% (15.3% - 18.5%)
Health Status	Physical Health	656	11.4% (10.1% - 12.6%)	848	11.3% (10.1% - 12.5%)
Health Status	Mental Health	886	16.1% (14.4% - 17.8%)	631	16.0% (14.4% - 17.8%)
Health Risk Behaviors	Sleep <7 hours	920	33.0% (32.7% - 33.3%)	864	33.5% (33.2% - 33.8%)
Health Risk Behaviors	Binge Drinking	687	20.7% (18.3% - 23.2%)	136	20.9% (18.5% - 23.3%)
Health Risk Behaviors	Current Smoking	860	19.4% (17.1% - 21.5%)	808	20.1% (18.0% - 22.4%)
Health Risk Behaviors	Physical Inactivity	847	29.6% (26.8% - 32.4%)	884	29.6% (26.9% - 32.4%)
Health Outcomes	Obesity	513	37.9% (34.3% - 41.3%)	615	38.6% (35.1% - 42.1%)
Health Outcomes	Chronic Kidney Disease	241	2.9% (2.7% - 3.2%)	858	2.9% (2.6% - 3.1%)
Health Outcomes	Diabetes	523	10.3% (9.1% - 11.5%)	879	10.1% (9.0% - 11.3%)
Health Outcomes	Cancer (except skin)	66	6.3% (5.8% - 6.9%)	11	6.2% (5.6% - 6.7%)
Health Outcomes	COPD	448	7.4% (6.5% - 8.2%)	786	7.2% (6.4% - 8.0%)
Health Outcomes	High Cholesterol	449	36.1% (33.3% - 38.7%)	897	32.9% (30.0% - 35.8%)
Health Outcomes	High Blood Pressure	211	29.4% (26.9% - 31.8%)	798	29.2% (26.8% - 31.5%)
Health Outcomes	Depression	876	20.0% (17.5% - 22.4%)	733	20.0% (17.6% - 22.4%)
Health Outcomes	Stroke	280	3.0% (2.7% - 3.2%)	781	2.9% (2.7% - 3.1%)
Health Outcomes	Current Asthma	955	10.6% (9.5% - 11.8%)	892	10.5% (9.4% - 11.7%)
Health Outcomes	Arthritis	113	23.4% (21.1% - 25.5%)	401	23.0% (20.8% - 25.1%)
Health Outcomes	All Teeth Lost	779	14.9% (13.7% - 16.3%)	756	14.8% (13.6% - 16.1%)
Health Outcomes	Coronary Heart Disease	199	5.5% (5.0% - 6.1%)	674	5.3% (4.8% - 5.9%)
Prevention	Core preventive services for older men	352	44.7% (42.8% - 46.6%)	287	45.3% (43.4% - 47.1%)
Prevention	Cervical Cancer Screening	889	80.7% (80.1% - 81.2%)	744	81.8% (81.3% - 82.3%)
Prevention	Core preventive services for older women	343	40.7% (39.1% - 42.5%)	249	42.4% (40.8% - 44.0%)
Prevention	Colorectal Cancer Screening	821	69.0% (68.4% - 69.7%)	742	69.3% (68.6% - 69.9%)
Prevention	Cholesterol Screening	896	79.0% (76.6% - 81.3%)	364	79.4% (77.0% - 81.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Dental Visit	692	65.0% (64.3% - 65.8%)	638	64.7% (63.9% - 65.4%)
Prevention	Health Insurance	939	11.8% (10.5% - 13.2%)	885	12.1% (10.7% - 13.7%)
Prevention	Annual Checkup	202	76.7% (73.7% - 79.3%)	5	76.4% (73.5% - 79.1%)
Prevention	Mammography	467	76.2% (75.4% - 77.1%)	641	72.8% (72.0% - 73.7%)
Prevention	Taking BP Medication	570	78.9% (76.2% - 81.2%)	1	63.6% (59.6% - 67.2%)
Disability	Mobility Disability	385	11.3% (10.1% - 12.6%)	797	11.1% (9.9% - 12.3%)
Disability	Self-care Disability	676	3.8% (3.5% - 4.2%)	839	3.8% (3.5% - 4.1%)
Disability	Cognitive Disability	914	13.6% (12.1% - 15.1%)	815	13.4% (12.1% - 14.9%)
Disability	Hearing Disability	207	6.4% (5.8% - 7.1%)	621	6.2% (5.6% - 6.9%)
Disability	Independent Living Disability	785	7.6% (6.9% - 8.4%)	822	7.5% (6.8% - 8.3%)
Disability	Any Disability	637	27.0% (24.5% - 29.5%)	841	26.5% (24.1% - 28.9%)
Disability	Vision Disability	823	5.0% (4.5% - 5.4%)	867	4.9% (4.4% - 5.3%)

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: Large Communities (50,000+)

Sioux City falls into the group of large communities, which have a population of 50,000+. In this data, 11 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 Group	Population
Des Moines	Large (50,000+)	213,164
Cedar Rapids	Large (50,000+)	136,929
Davenport	Large (50,000+)	101,448
Sioux City	Large (50,000+)	85,469
Iowa City	Large (50,000+)	74,878
West Des Moines	Large (50,000+)	68,744
Ankeny	Large (50,000+)	68,392
Waterloo	Large (50,000+)	67,256
Ames	Large (50,000+)	66,265
Council Bluffs	Large (50,000+)	62,670
Dubuque	Large (50,000+)	59,315