



Iowa Community Health Snapshot Series

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



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By Matthew Voss & Shawn Dorius

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Iowa Community Health Snapshot Series

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Health in University Heights: Overview

Dear Community Members & Stakeholders of University Heights,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
High Cholesterol	7th	2nd	High Cholesterol	10th	4th
High Blood Pressure	9th	2nd	Current Smoking	28th	8th
Obesity	12th	3rd	Health Insurance	41st	11th
Current Smoking	12th	2nd	All Teeth Lost	43rd	11th
Arthritis	17th	6th	Obesity	47th	9th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Cholesterol Screening	951st	136th	Cancer (except skin)	831st	126th
Annual Checkup	944th	137th	Taking BP Medication	758th	111th
Taking BP Medication	927th	130th	Depression	625th	98th
Depression	903rd	131st	Core preventive services for older men	549th	102nd
Binge Drinking	888th	123rd	Annual Checkup	530th	89th

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 University Heights.

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

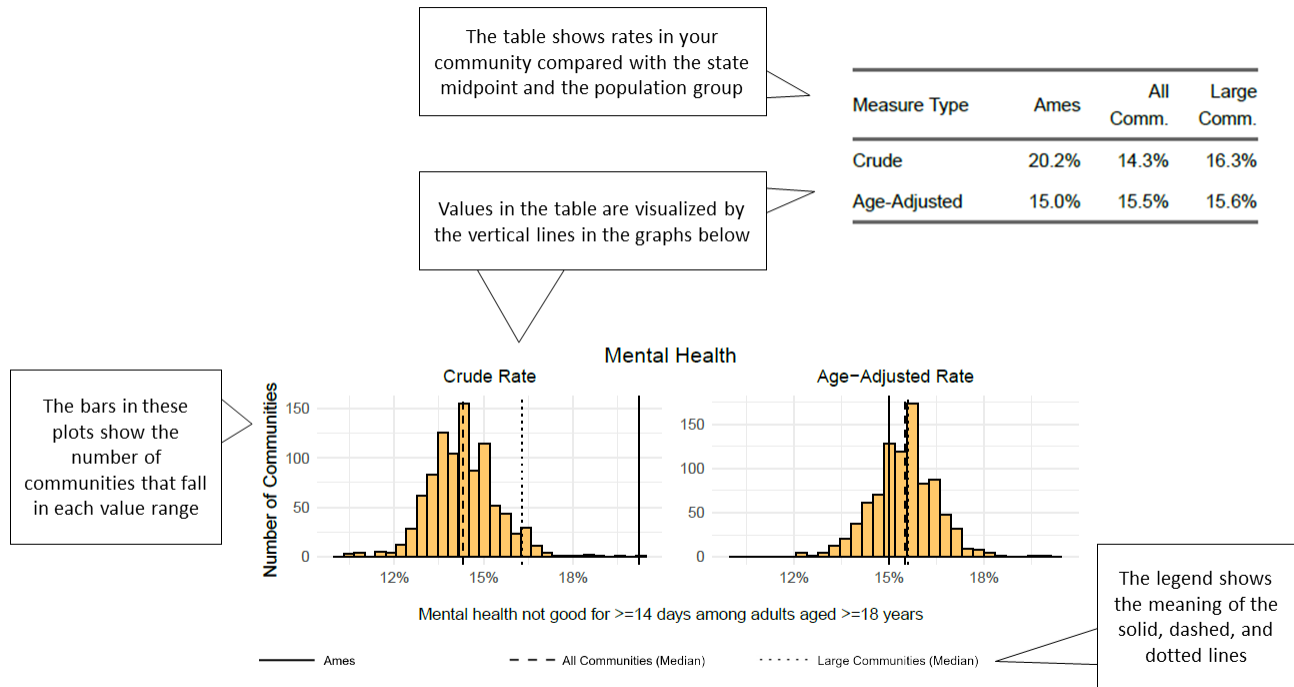
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in University Heights that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of University Heights, a review of risky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

With a population of 1,353, University Heights’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

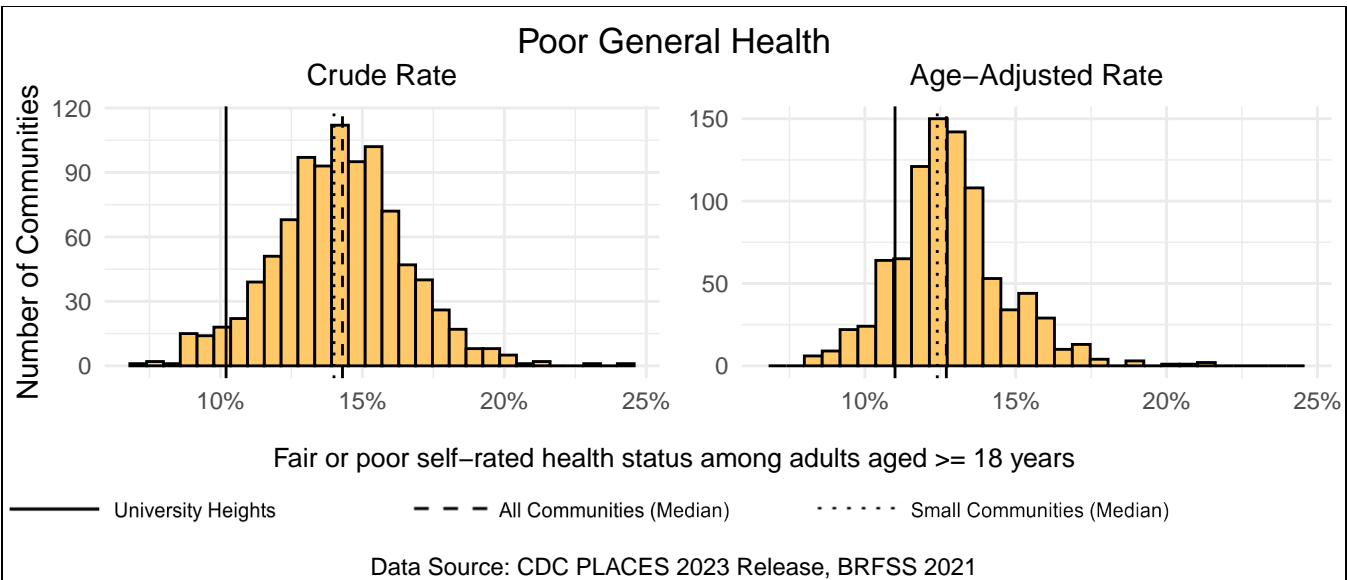
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

University Heights has a crude rate of 10.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 45th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for University Heights is 11.0%, which ranks 126th out of 905 Iowa communities (24th out of 138 small communities).

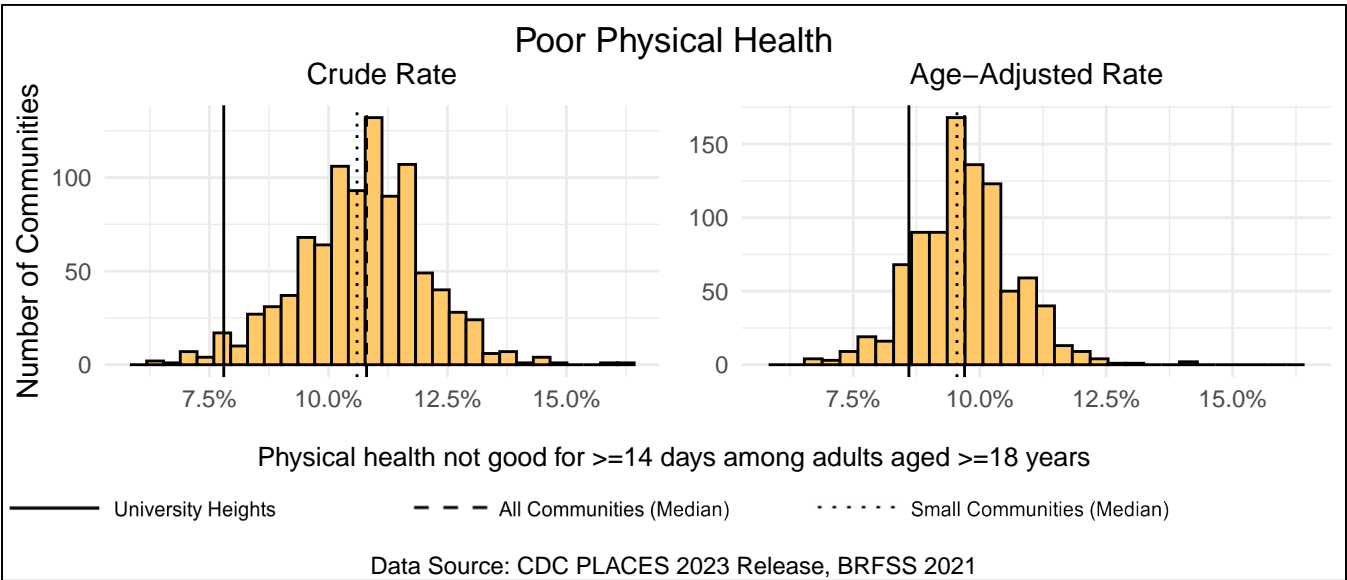
Measure Type	University Heights	All Comm.	Small Comm.
Crude	10.2%	14.3%	14.0%
Age-Adjusted	11.0%	12.7%	12.4%



Poor Physical Health

University Heights has a crude rate of 7.8% for physical health not good for >=14 days among adults aged >=18 years, which ranks 25th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for University Heights is 8.6%, which ranks 103rd out of 905 Iowa communities (17th out of 138 small communities).

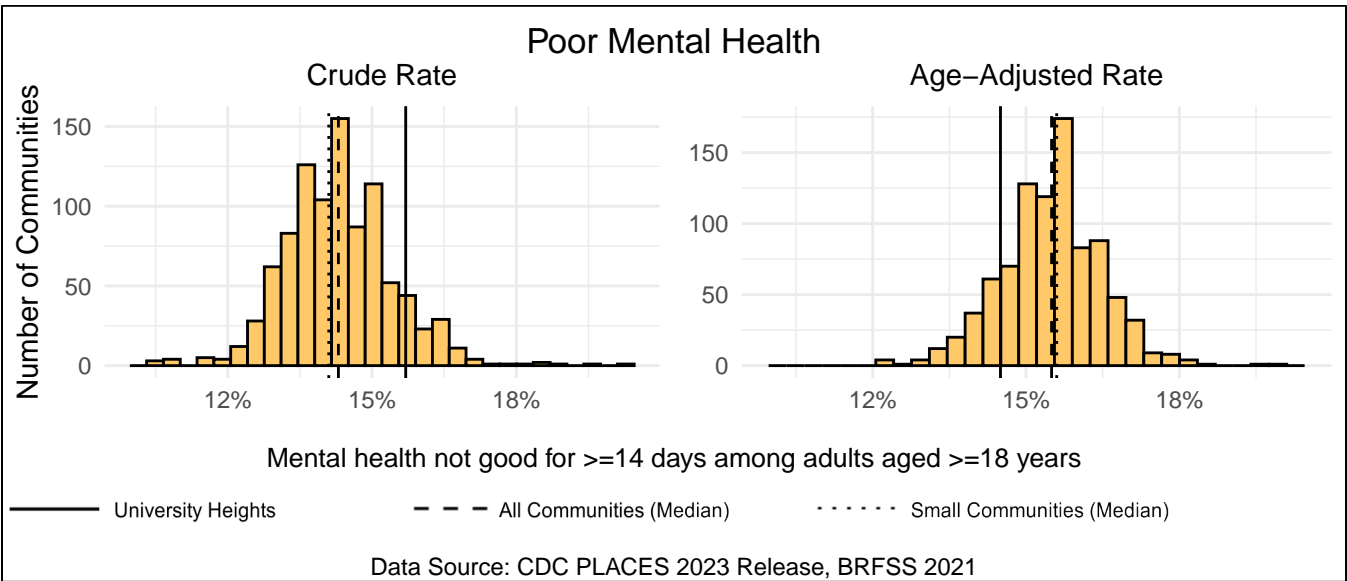
Measure Type	University Heights	All Comm.	Small Comm.
Crude	7.8%	10.8%	10.6%
Age-Adjusted	8.6%	9.7%	9.6%



Poor Mental Health

University Heights has a crude rate of 15.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 856th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for University Heights is 14.5%, which ranks 121st out of 905 Iowa communities (21st out of 138 small communities).

Measure Type	University Heights	All Comm.	Small Comm.
Crude	15.7%	14.3%	14.1%
Age-Adjusted	14.5%	15.5%	15.6%



Health Risk Behaviors

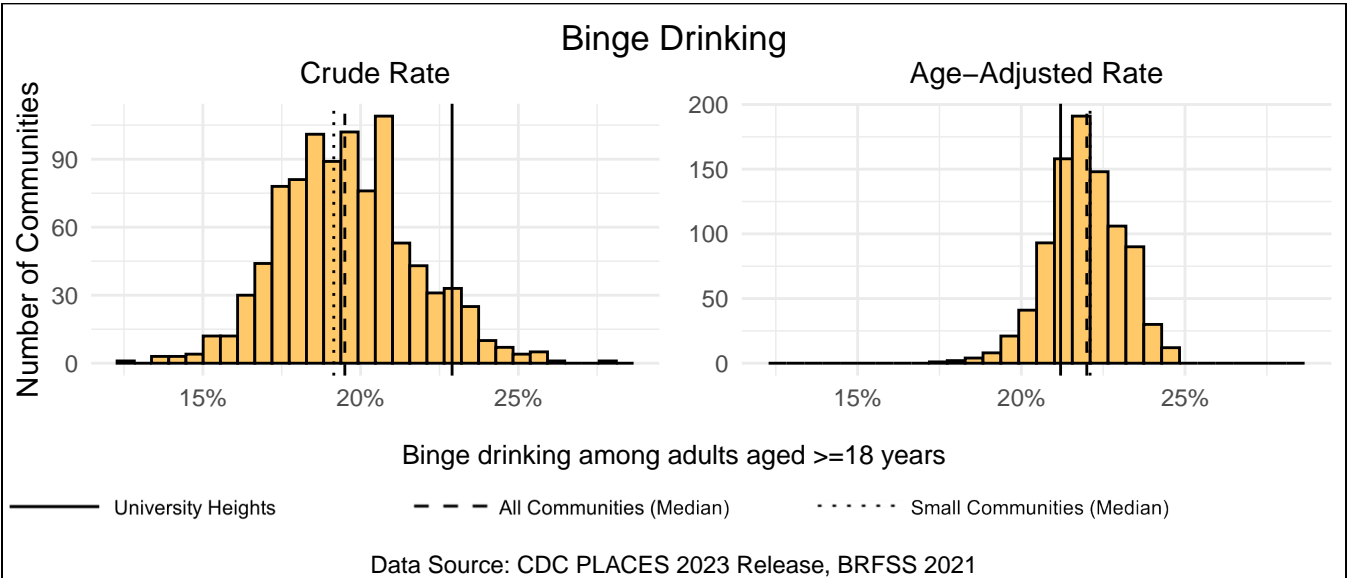
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

University Heights has a crude rate of 22.9% for binge drinking among adults aged ≥ 18 years, which ranks 888th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for University Heights is 21.2%, which ranks 202nd out of 905 Iowa communities (28th out of 138 small communities).

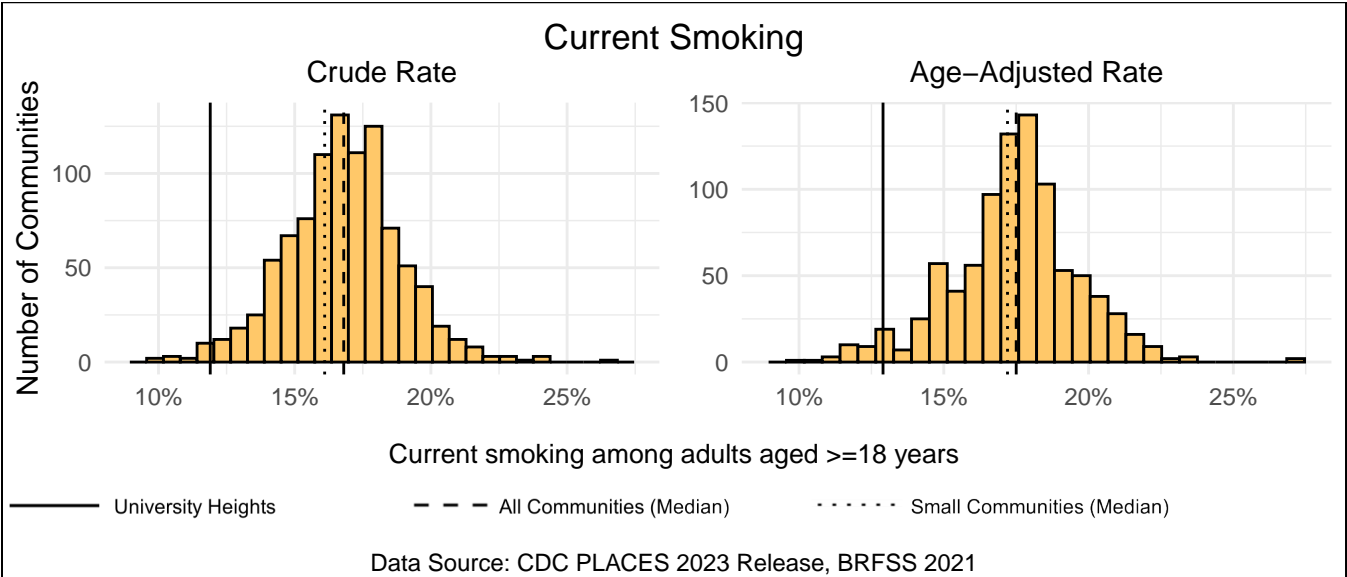
Measure Type	University Heights	All Comm.	Small Comm.
Crude	22.9%	19.5%	19.1%
Age-Adjusted	21.2%	22.0%	22.1%



Current Smoking

University Heights has a crude rate of 11.9% for current smoking among adults aged ≥ 18 years, which ranks 12th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for University Heights is 12.9%, which ranks 28th out of 905 Iowa communities (8th out of 138 small communities).

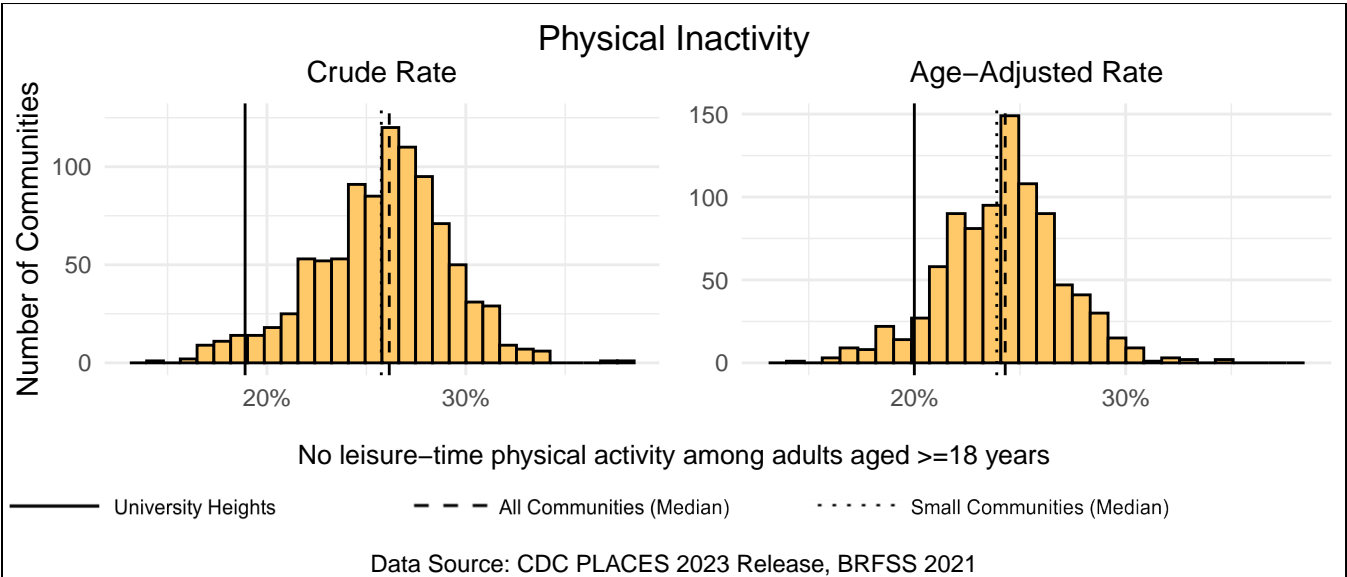
Measure Type	University Heights	All Comm.	Small Comm.
Crude	11.9%	16.8%	16.1%
Age-Adjusted	12.9%	17.5%	17.2%



Physical Inactivity

University Heights has a crude rate of 18.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 34th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for University Heights is 20.0%, which ranks 60th out of 905 Iowa communities (13th out of 138 small communities).

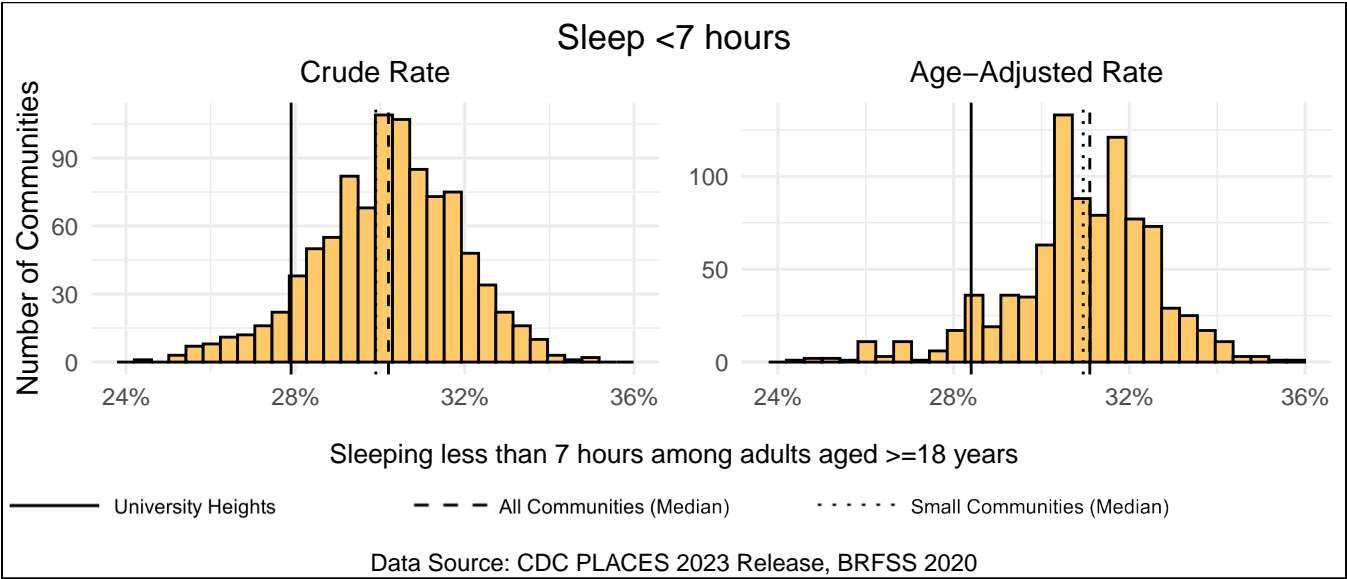
Measure Type	University Heights	All Comm.	Small Comm.
Crude	18.9%	26.1%	25.8%
Age-Adjusted	20.0%	24.3%	23.9%



Sleep <7 hours

University Heights has a crude rate of 27.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 81st out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for University Heights is 28.4%, which ranks 63rd out of 905 Iowa communities (10th out of 138 small communities).

Measure Type	University Heights	All Comm.	Small Comm.
Crude	27.9%	30.2%	29.9%
Age-Adjusted	28.4%	31.1%	31.0%



Health Outcomes

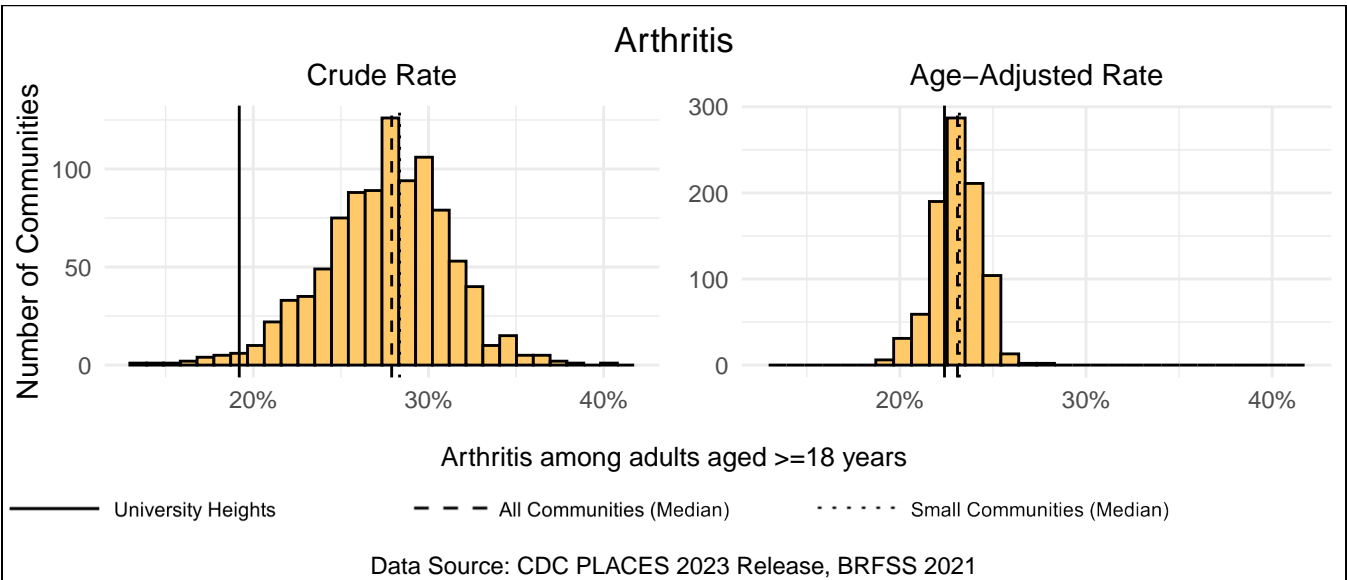
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

University Heights has a crude rate of 19.2% for arthritis among adults aged ≥ 18 years, which ranks 17th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for University Heights is 22.4%, which ranks 230th out of 905 Iowa communities (36th out of 138 small communities).

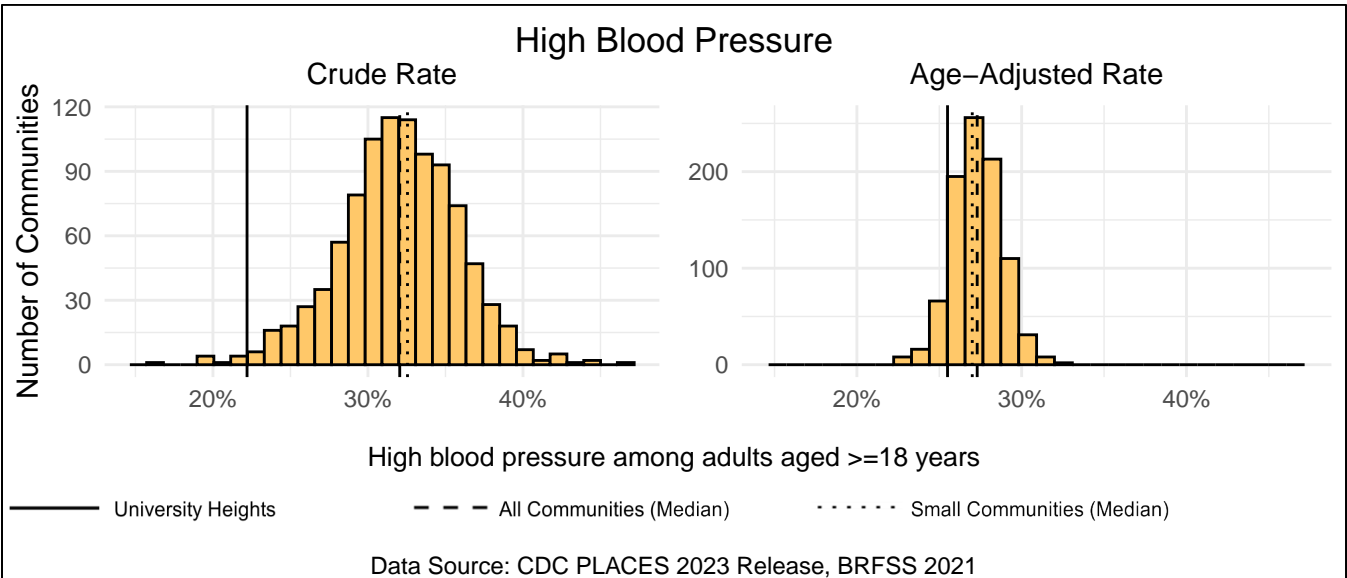
Measure Type	University Heights	All Comm.	Small Comm.
Crude	19.2%	27.9%	28.4%
Age-Adjusted	22.4%	23.1%	23.2%



High Blood Pressure

University Heights has a crude rate of 22.2% for high blood pressure among adults aged ≥ 18 years, which ranks 9th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for University Heights is 25.5%, which ranks 91st out of 905 Iowa communities (19th out of 138 small communities).

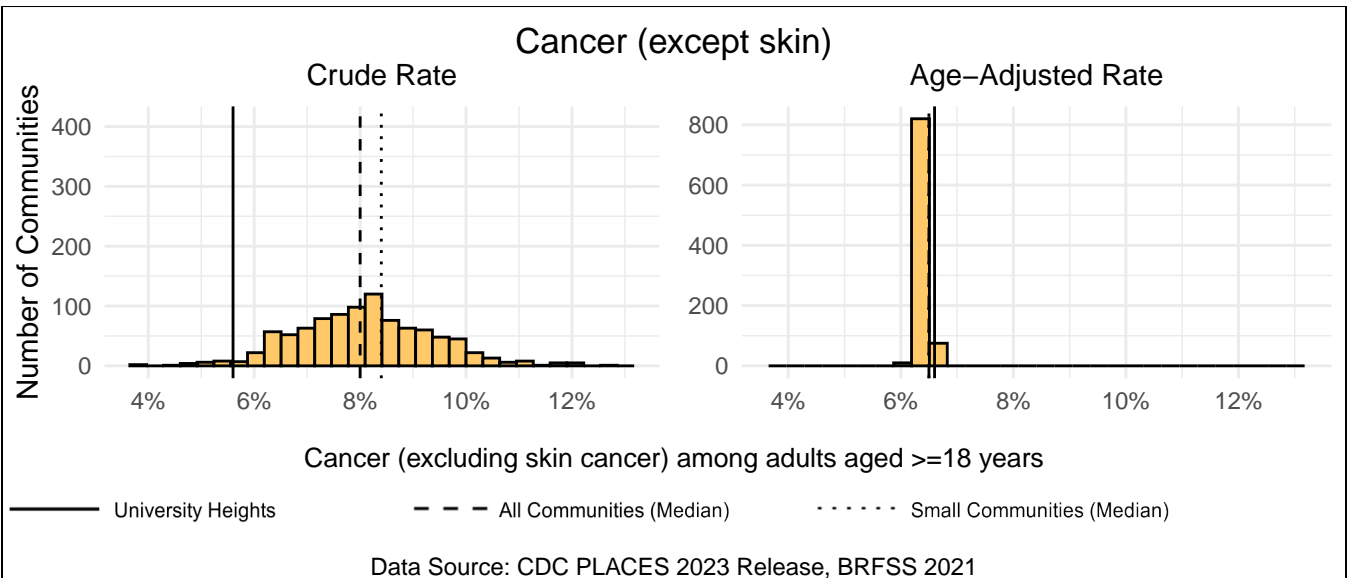
Measure Type	University Heights	All Comm.	Small Comm.
Crude	22.2%	32.0%	32.5%
Age-Adjusted	25.5%	27.3%	27.0%



Cancer (except skin)

University Heights has a crude rate of 5.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 22nd out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for University Heights is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

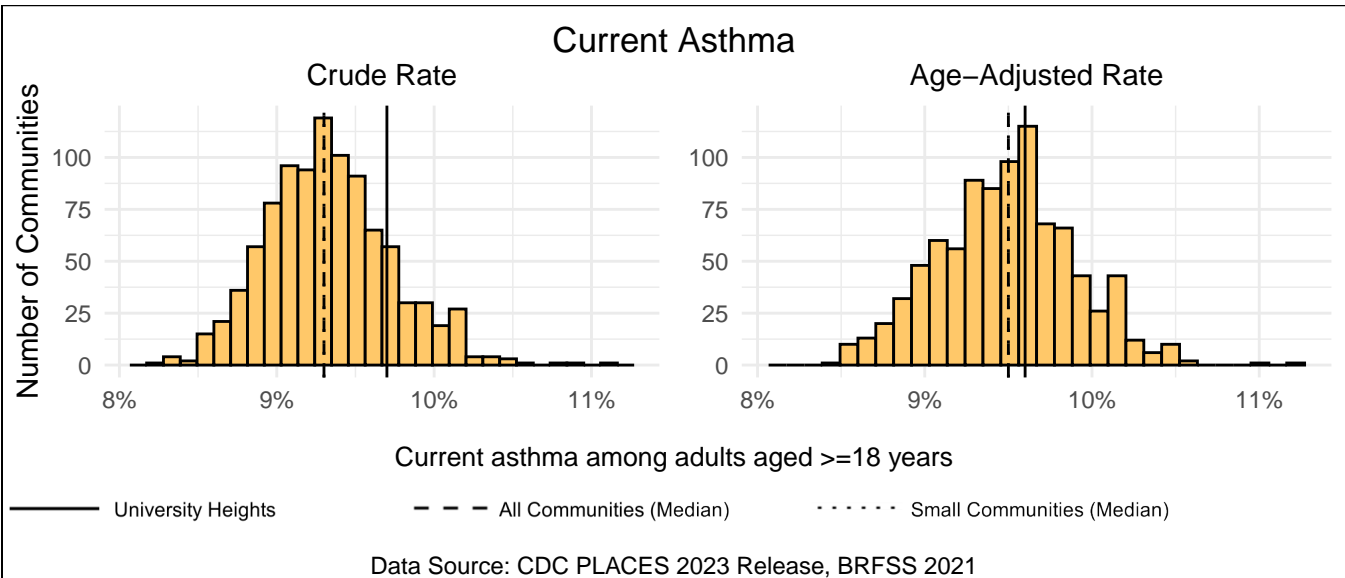
Measure Type	University Heights	All Comm.	Small Comm.
Crude	5.6%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

University Heights has a crude rate of 9.7% for current asthma among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for University Heights is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

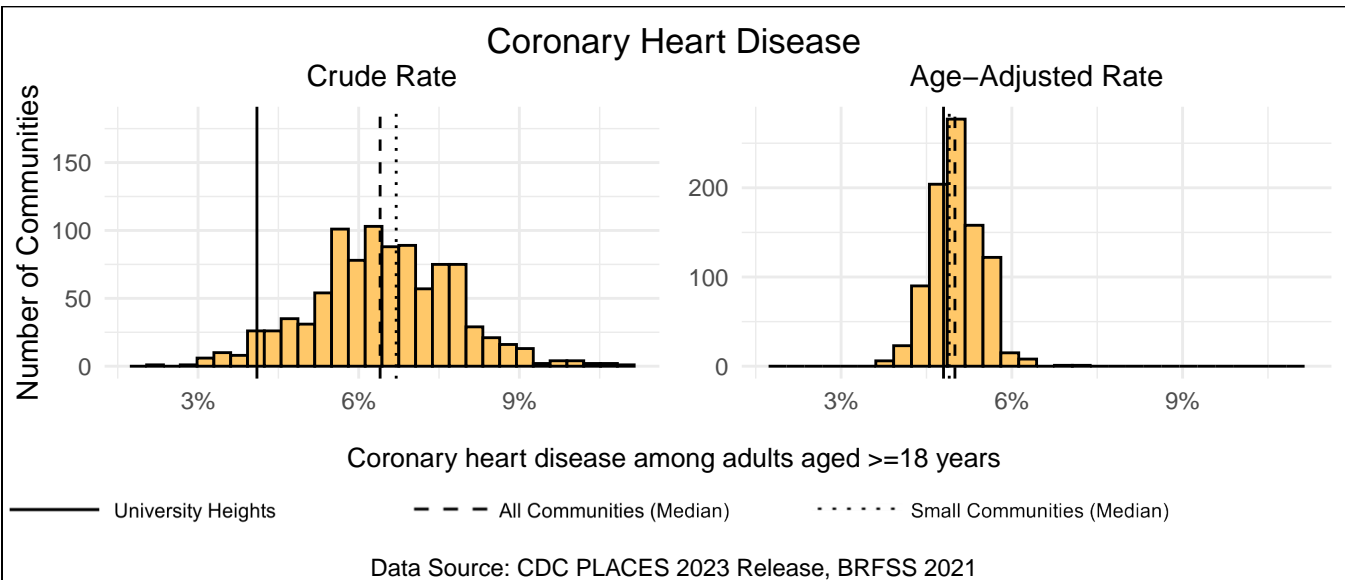
Measure Type	University Heights	All Comm.	Small Comm.
Crude	9.7%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



Coronary Heart Disease

University Heights has a crude rate of 4.1% for coronary heart disease among adults aged ≥ 18 years, which ranks 35th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for University Heights is 4.8%, which ranks 257th out of 905 Iowa communities (53rd out of 138 small communities).

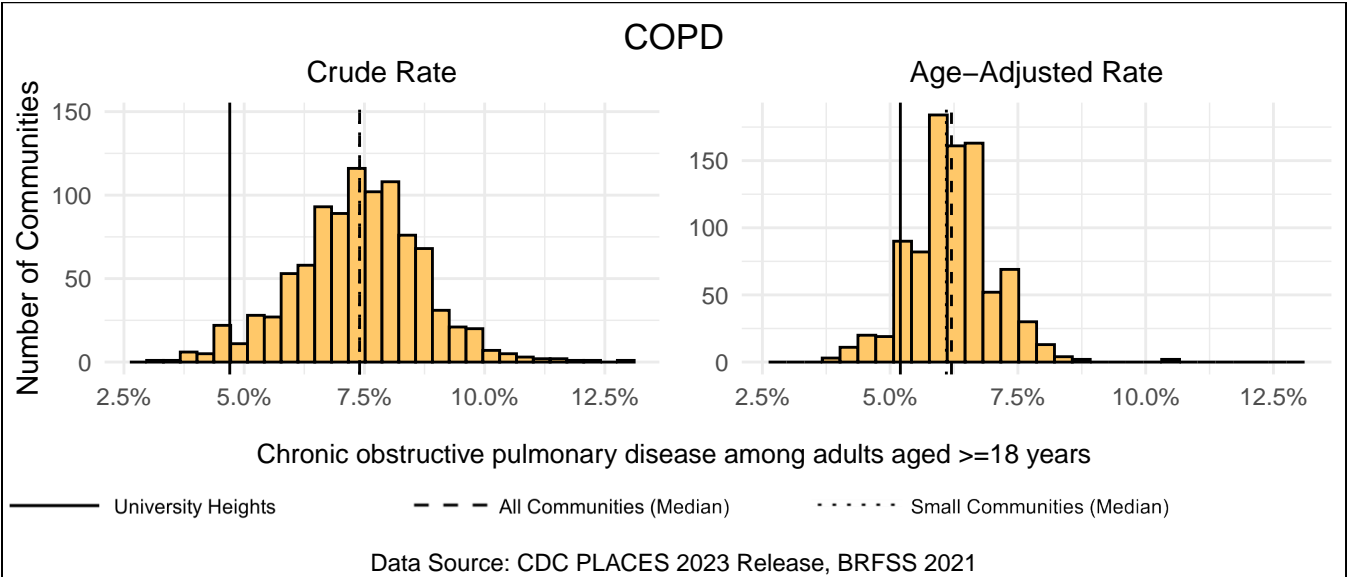
Measure Type	University Heights	All Comm.	Small Comm.
Crude	4.1%	6.4%	6.7%
Age-Adjusted	4.8%	5.0%	4.9%



COPD

University Heights has a crude rate of 4.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 29th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for University Heights is 5.2%, which ranks 68th out of 905 Iowa communities (14th out of 138 small communities).

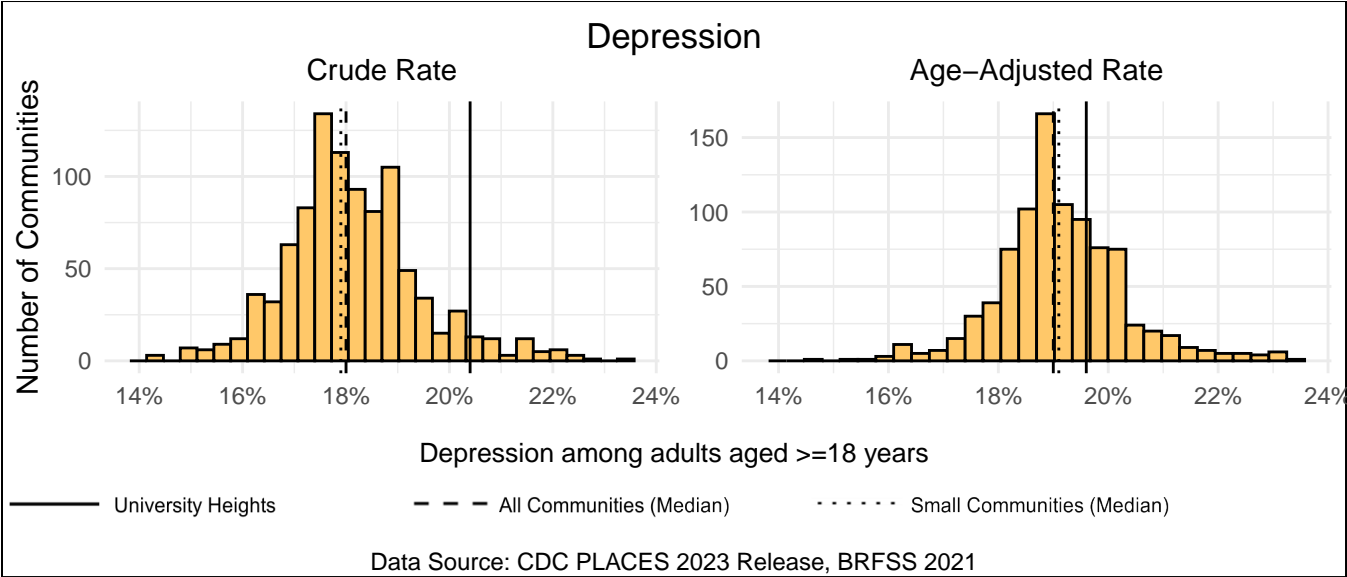
Measure Type	University Heights	All Comm.	Small Comm.
Crude	4.7%	7.4%	7.4%
Age-Adjusted	5.2%	6.2%	6.1%



Depression

University Heights has a crude rate of 20.4% for depression among adults aged ≥ 18 years, which ranks 903rd out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for University Heights is 19.6%, which ranks 625th out of 905 Iowa communities (98th out of 138 small communities).

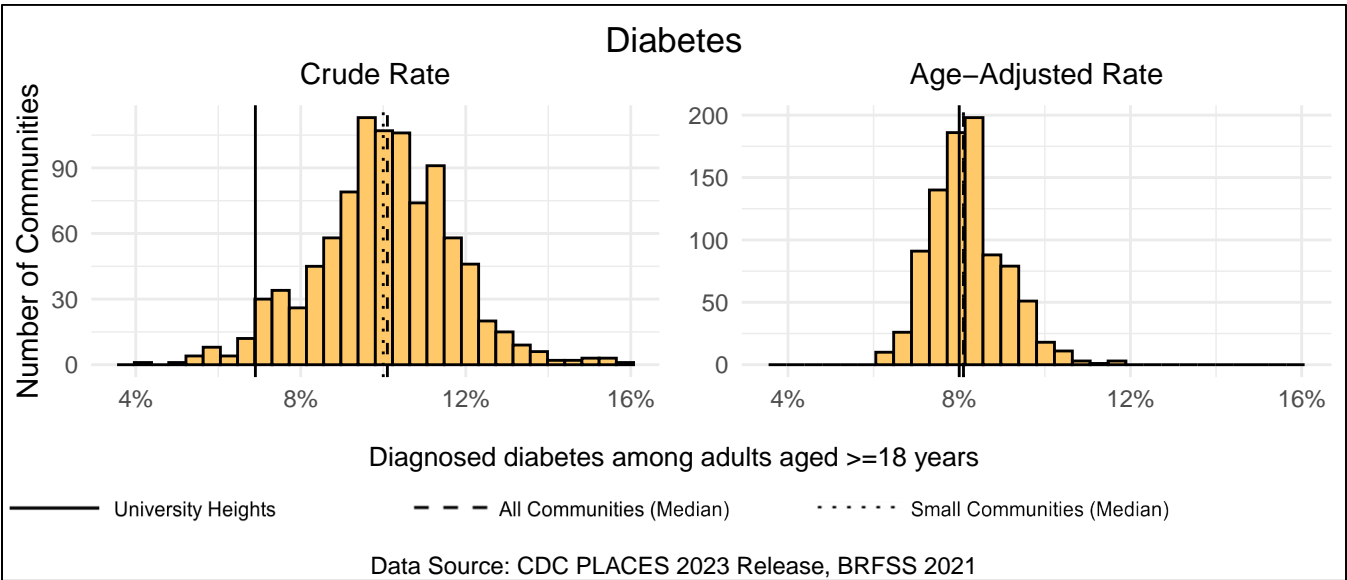
Measure Type	University Heights	All Comm.	Small Comm.
Crude	20.4%	18.0%	17.9%
Age-Adjusted	19.6%	19.0%	19.1%



Diabetes

University Heights has a crude rate of 6.9% for diagnosed diabetes among adults aged >=18 years, which ranks 31st out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for University Heights is 8.0%, which ranks 347th out of 905 Iowa communities (61st out of 138 small communities).

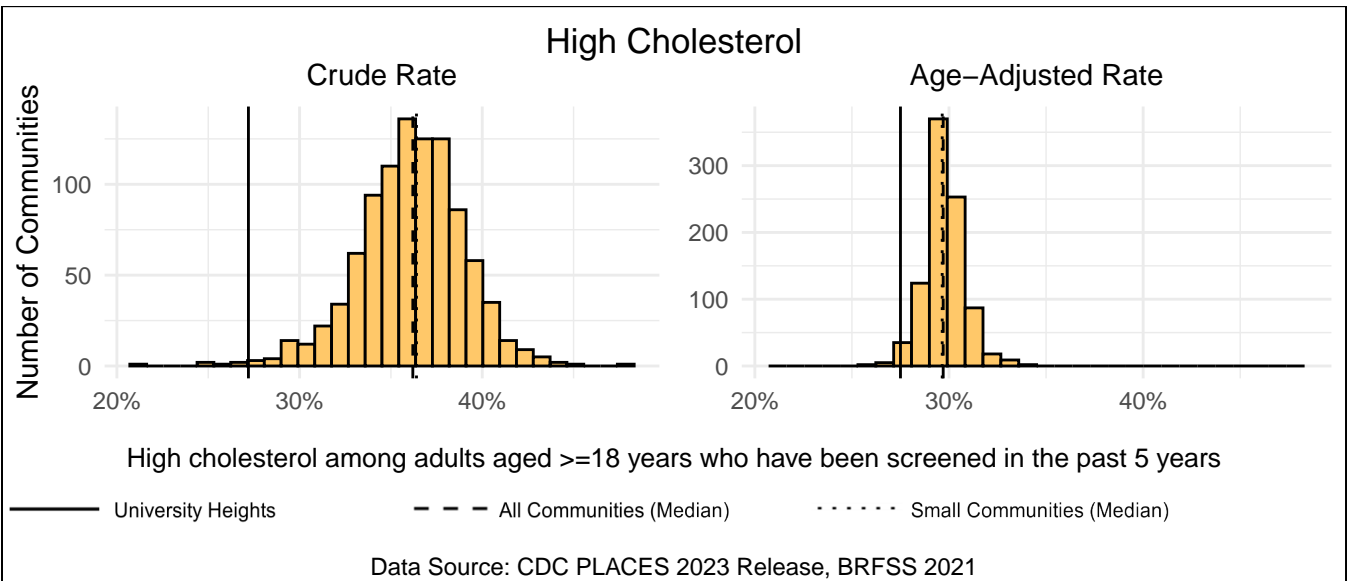
Measure Type	University Heights	All Comm.	Small Comm.
Crude	6.9%	10.1%	10.0%
Age-Adjusted	8.0%	8.1%	8.1%



High Cholesterol

University Heights has a crude rate of 27.2% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 7th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for University Heights is 27.5%, which ranks 10th out of 905 Iowa communities (4th out of 138 small communities).

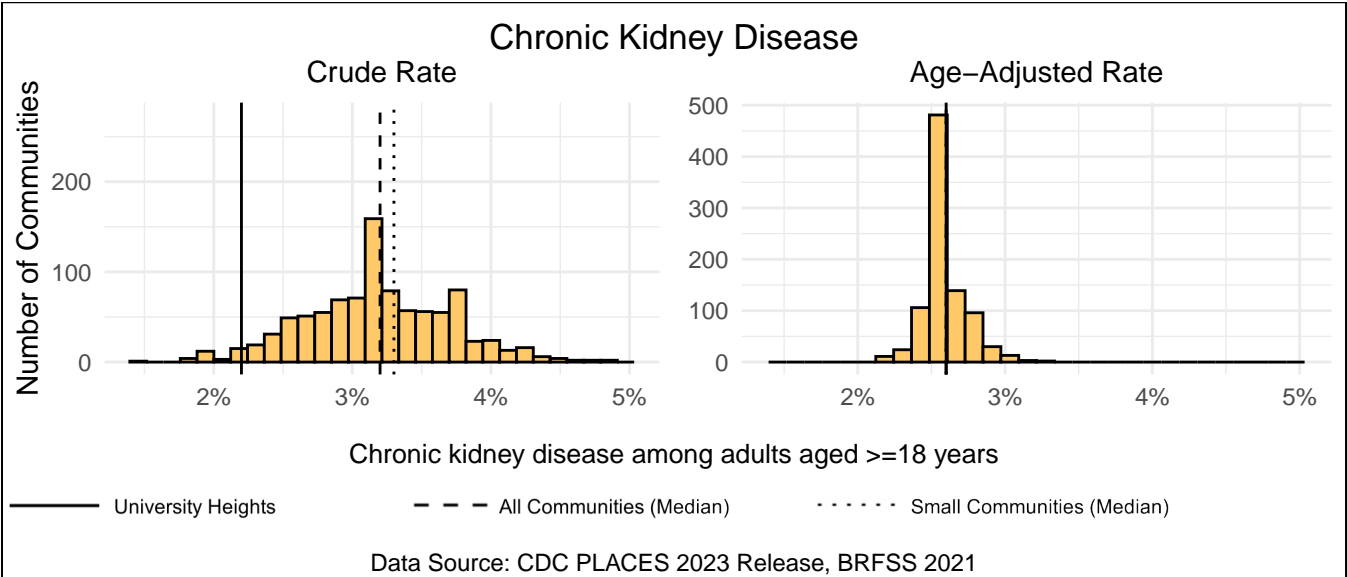
Measure Type	University Heights	All Comm.	Small Comm.
Crude	27.2%	36.2%	36.4%
Age-Adjusted	27.5%	29.7%	29.6%



Chronic Kidney Disease

University Heights has a crude rate of 2.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for University Heights is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

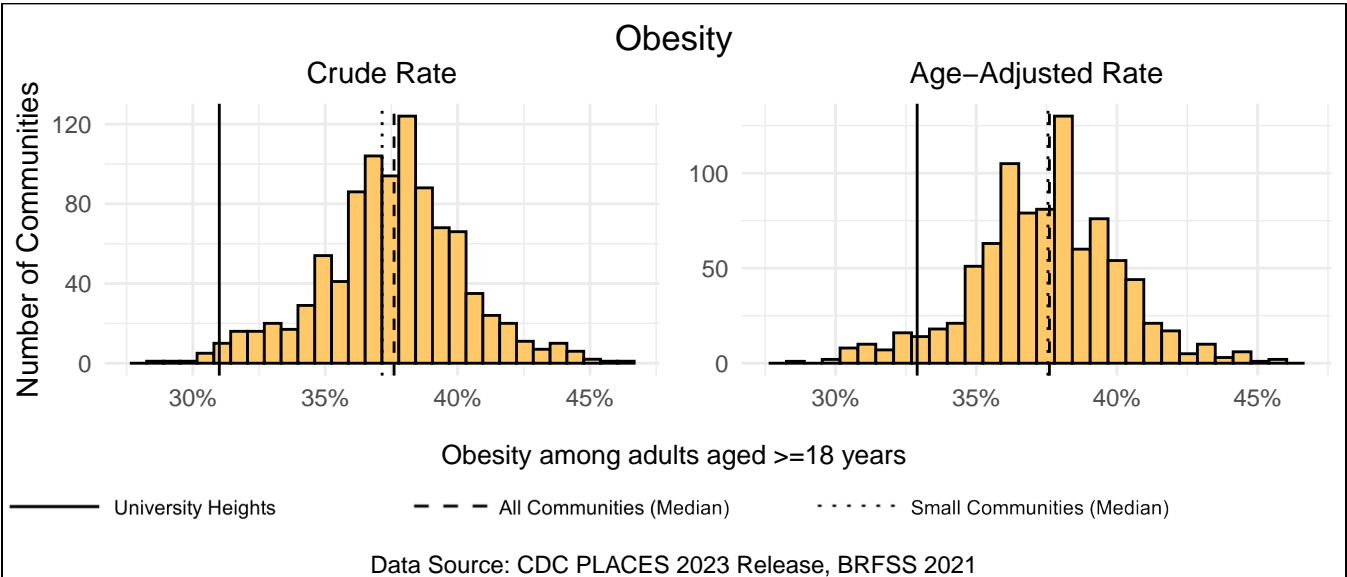
Measure Type	University Heights	All Comm.	Small Comm.
Crude	2.2%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

University Heights has a crude rate of 31.0% for obesity among adults aged ≥ 18 years, which ranks 12th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for University Heights is 32.9%, which ranks 47th out of 905 Iowa communities (9th out of 138 small communities).

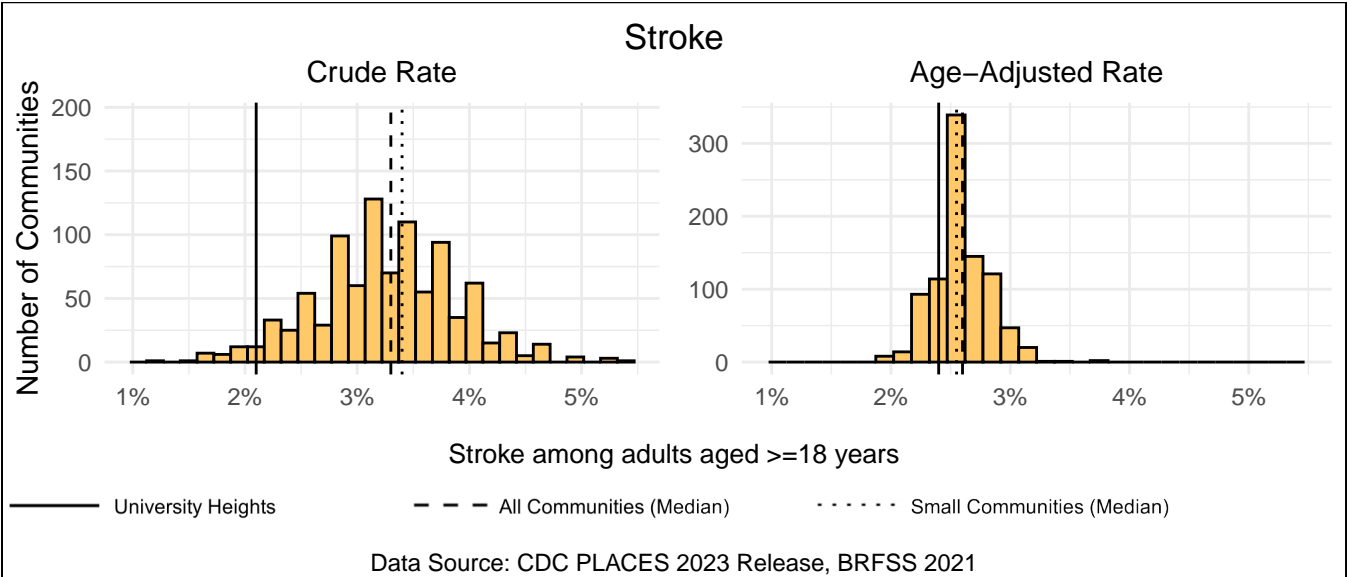
Measure Type	University Heights	All Comm.	Small Comm.
Crude	31.0%	37.6%	37.2%
Age-Adjusted	32.9%	37.6%	37.5%



Stroke

University Heights has a crude rate of 2.1% for stroke among adults aged ≥ 18 years, which ranks 28th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for University Heights is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

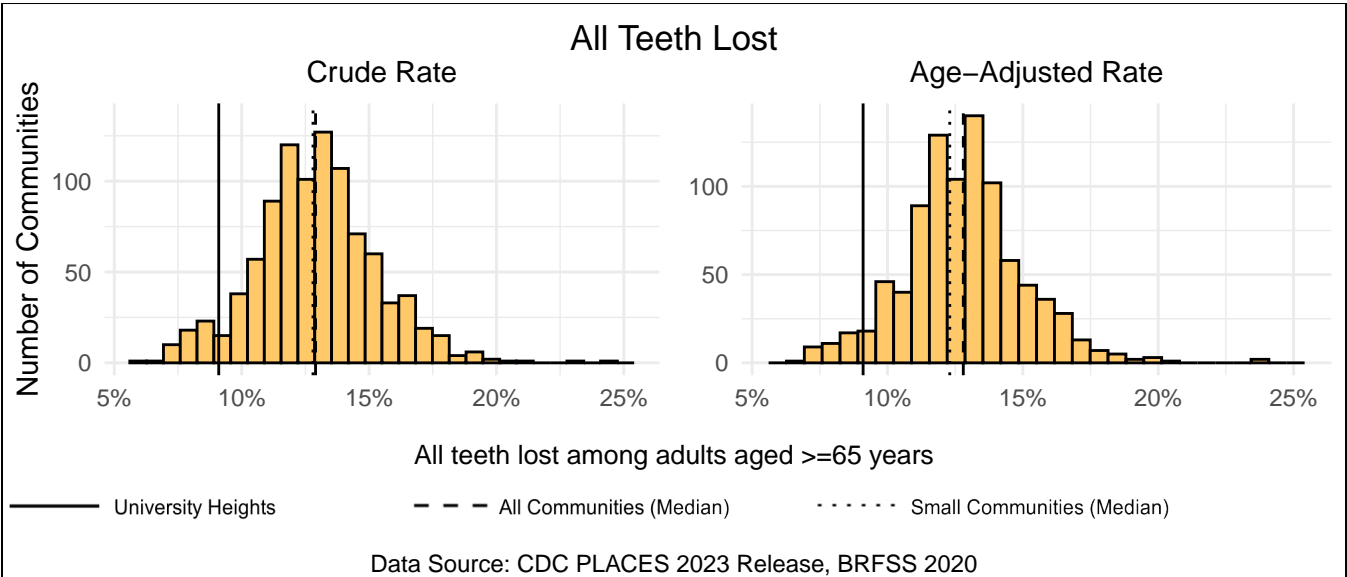
Measure Type	University Heights	All Comm.	Small Comm.
Crude	2.1%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



All Teeth Lost

University Heights has a crude rate of 9.1% for all teeth lost among adults aged ≥ 65 years, which ranks 56th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for University Heights is 9.1%, which ranks 43rd out of 905 Iowa communities (11th out of 138 small communities).

Measure Type	University Heights	All Comm.	Small Comm.
Crude	9.1%	12.9%	12.8%
Age-Adjusted	9.1%	12.8%	12.3%



Prevention

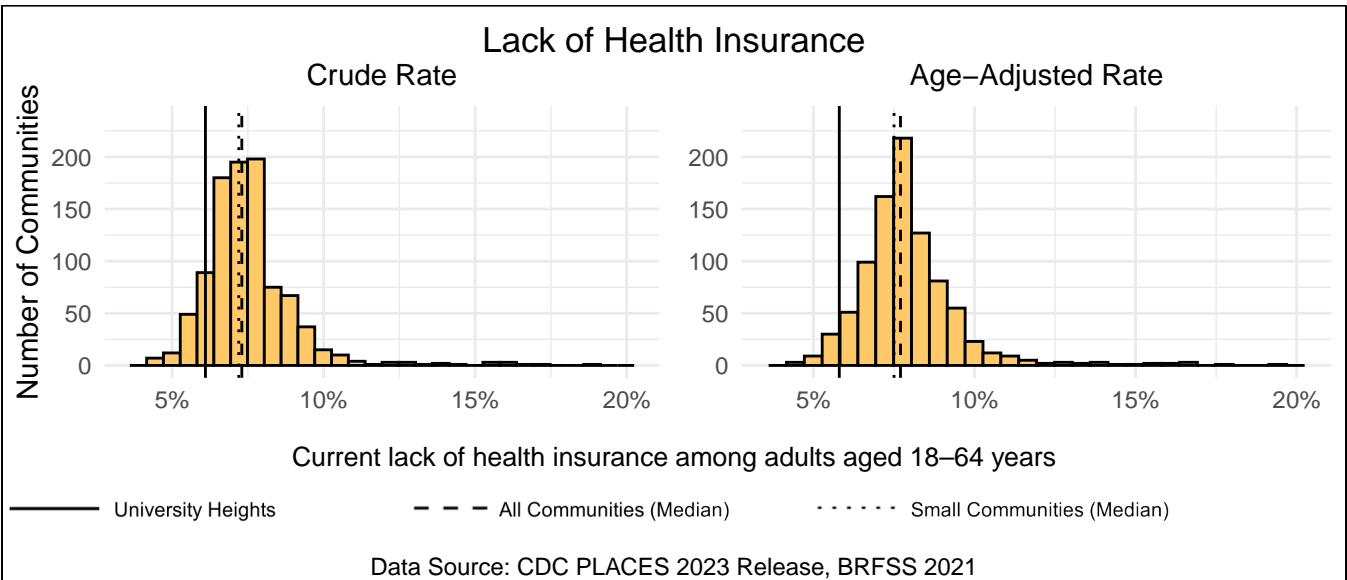
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

University Heights has a crude rate of 6.1% for current lack of health insurance among adults aged 18–64 years, which ranks 103rd out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for University Heights is 5.8%, which ranks 41st out of 905 Iowa communities (11th out of 138 small communities).

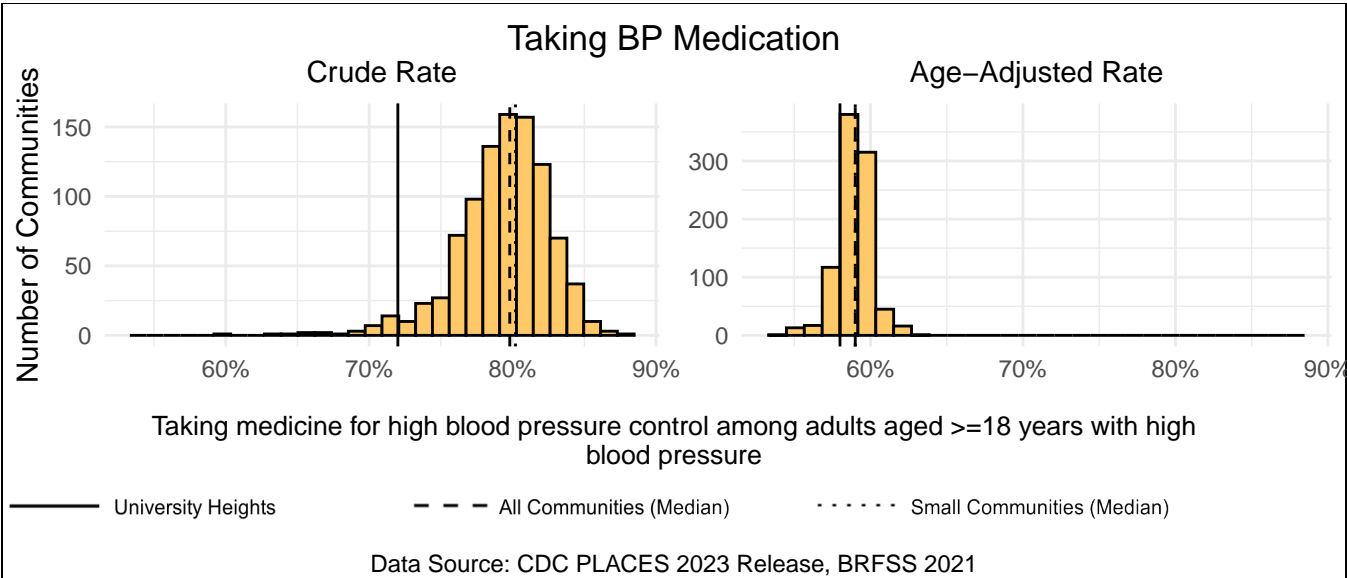
Measure Type	University Heights	All Comm.	Small Comm.
Crude	6.1%	7.3%	7.2%
Age-Adjusted	5.8%	7.7%	7.5%



Taking BP Medication

University Heights has a crude rate of 72.0% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 927th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for University Heights is 58.0%, which ranks 758th out of 905 Iowa communities (111th out of 138 small communities).

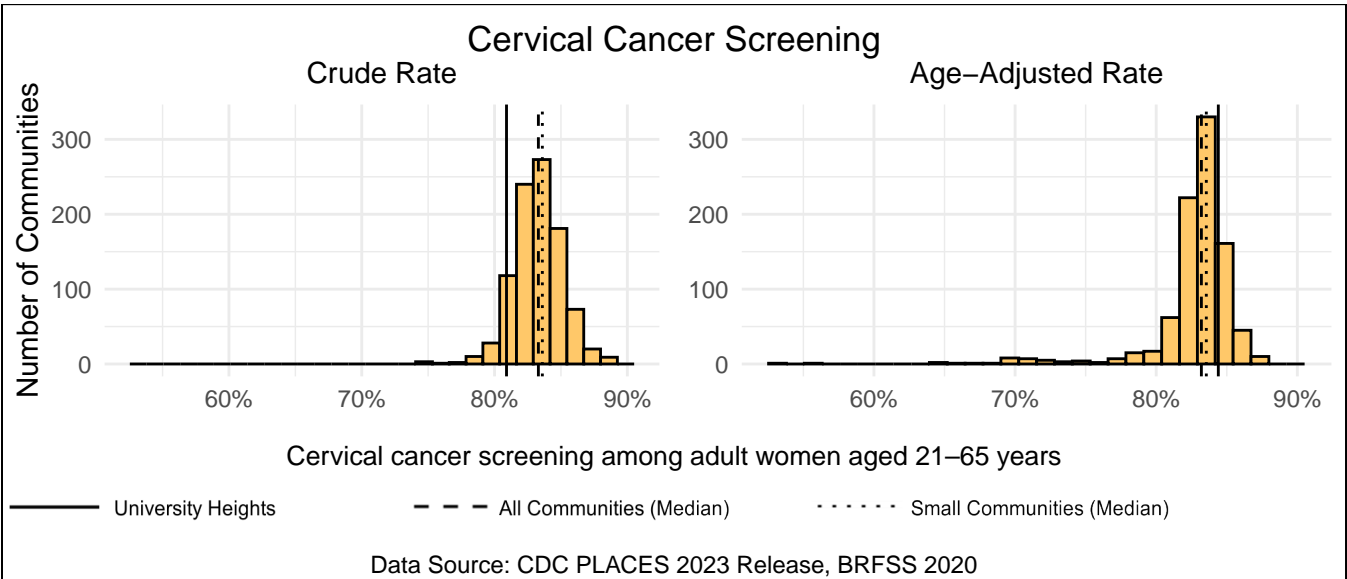
Measure Type	University Heights	All Comm.	Small Comm.
Crude	72.0%	79.8%	80.2%
Age-Adjusted	58.0%	59.0%	59.0%



Cervical Cancer Screening

University Heights has a crude rate of 80.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 871st out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for University Heights is 84.4%, which ranks 168th out of 905 Iowa communities (36th out of 138 small communities).

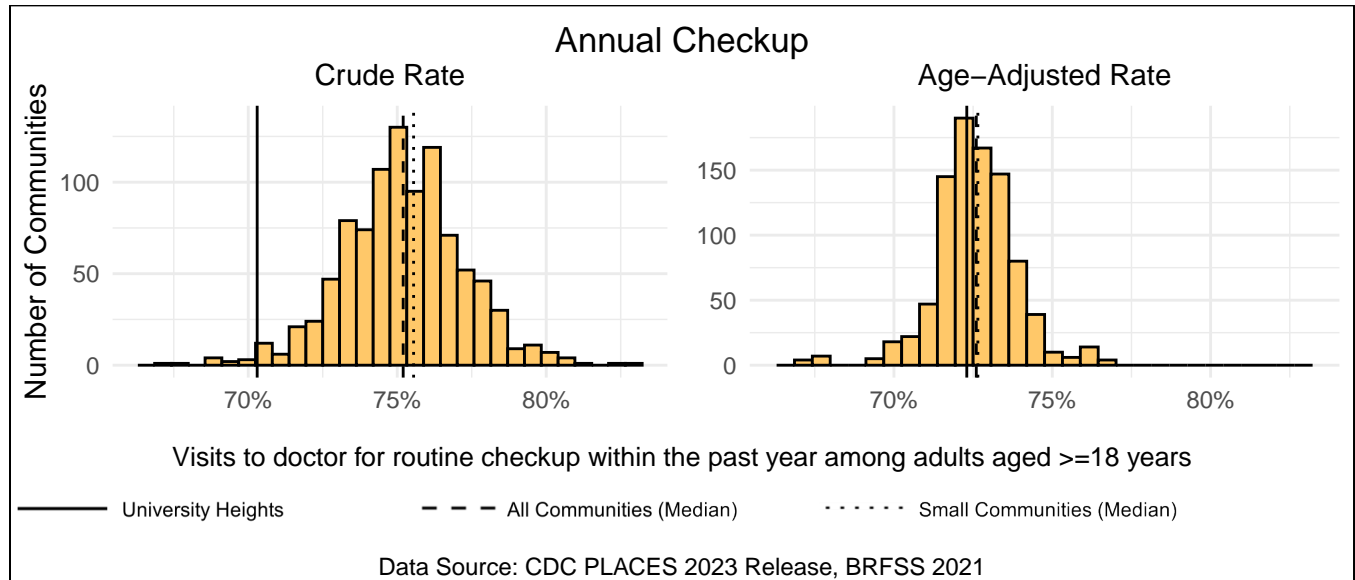
Measure Type	University Heights	All Comm.	Small Comm.
Crude	80.9%	83.3%	83.6%
Age-Adjusted	84.4%	83.2%	83.5%



Annual Checkup

University Heights has a crude rate of 70.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 944th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for University Heights is 72.3%, which ranks 530th out of 905 Iowa communities (89th out of 138 small communities).

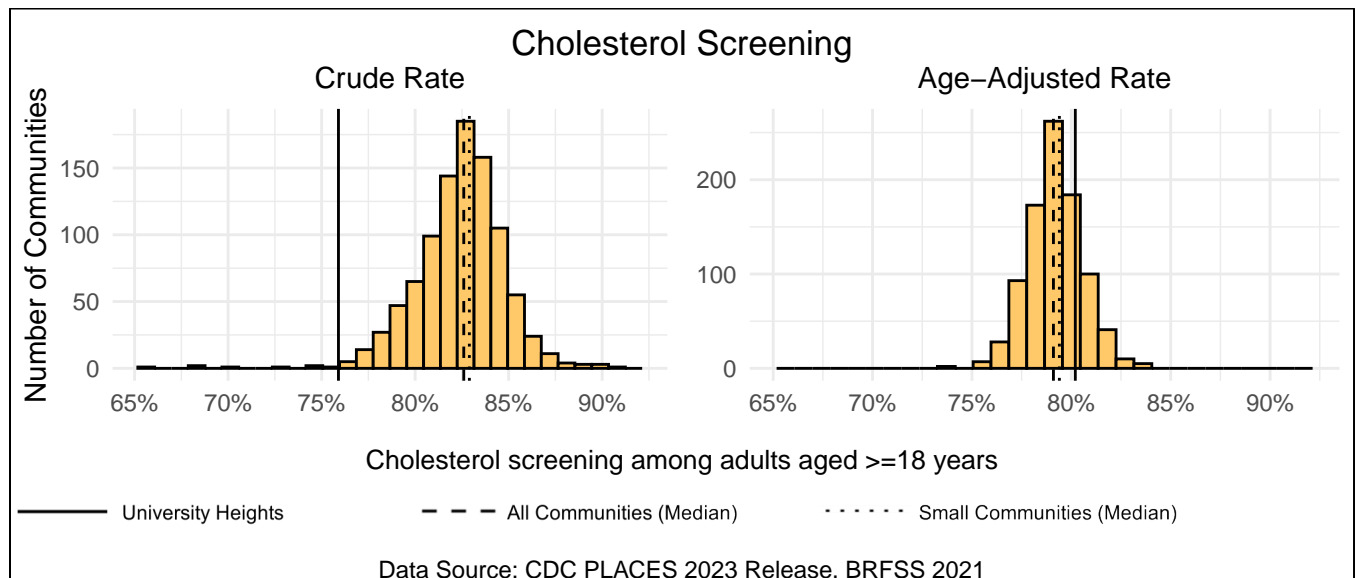
Measure Type	University Heights	All Comm.	Small Comm.
Crude	70.3%	75.2%	75.5%
Age-Adjusted	72.3%	72.6%	72.6%



Cholesterol Screening

University Heights has a crude rate of 75.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 951st out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for University Heights is 80.2%, which ranks 199th out of 905 Iowa communities (39th out of 138 small communities).

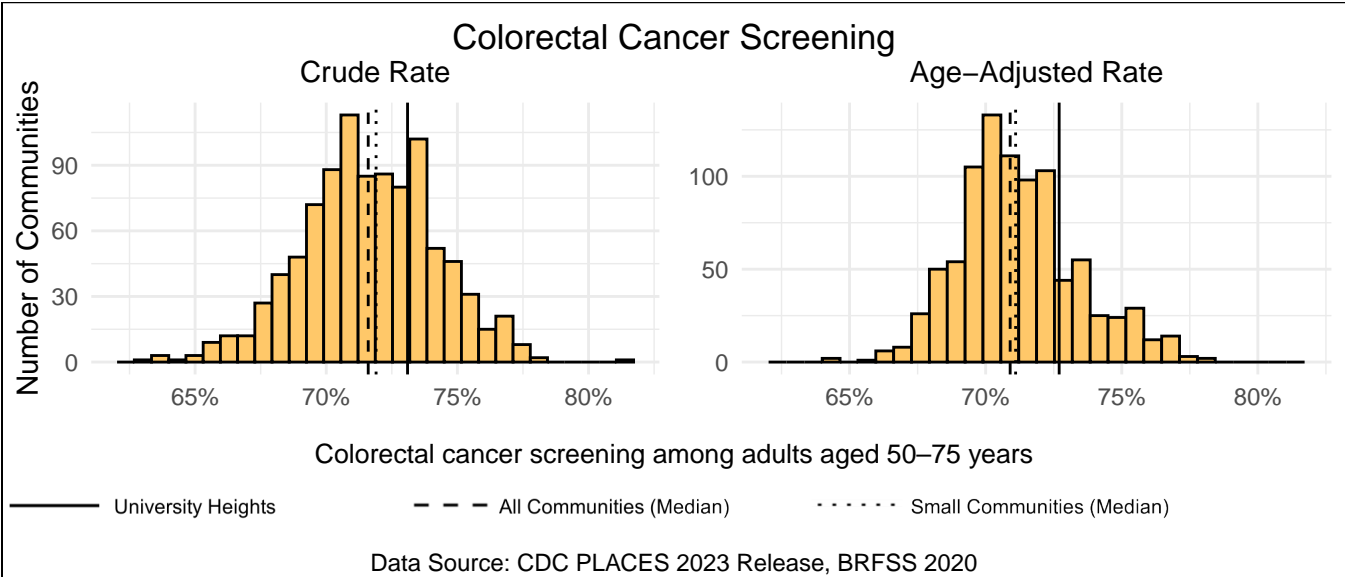
Measure Type	University Heights	All Comm.	Small Comm.
Crude	75.9%	82.6%	82.9%
Age-Adjusted	80.2%	79.1%	79.4%



Colorectal Cancer Screening

University Heights has a crude rate of 73.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 279th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for University Heights is 72.7%, which ranks 191st out of 905 Iowa communities (36th out of 138 small communities).

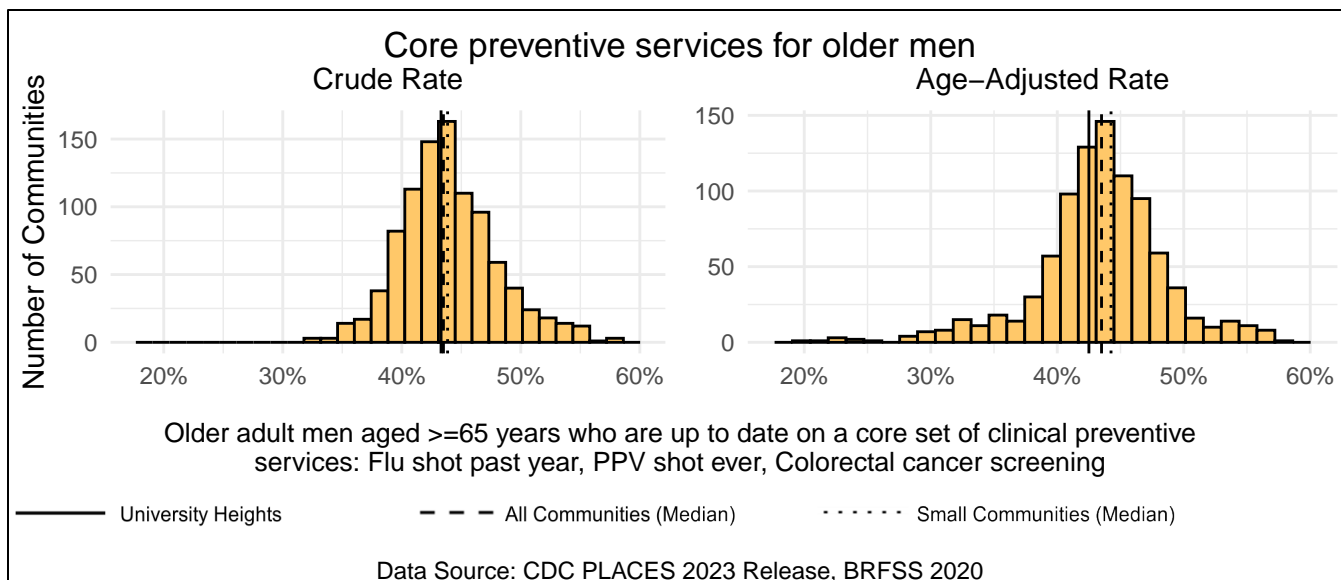
Measure Type	University Heights	All Comm.	Small Comm.
Crude	73.1%	71.6%	71.9%
Age-Adjusted	72.7%	70.9%	71.1%



Core preventive services for older men

University Heights has a crude rate of 43.3% 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 508th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for University Heights is 42.5%, which ranks 549th out of 905 Iowa communities (102nd out of 138 small communities).

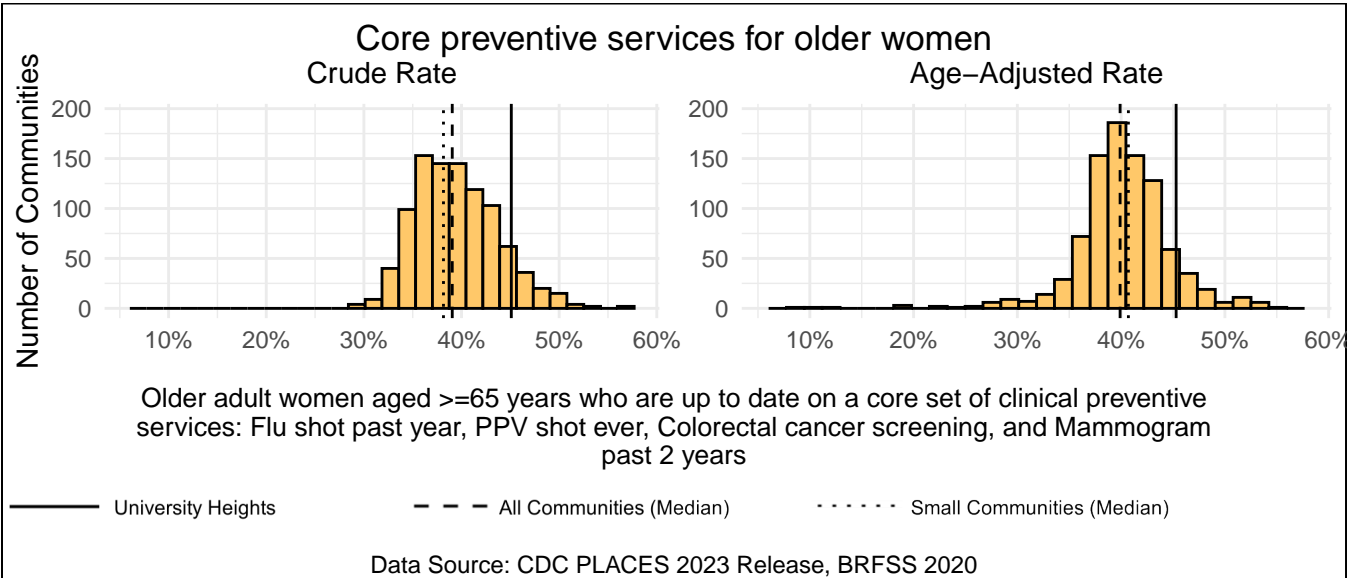
Measure Type	University Heights	All Comm.	Small Comm.
Crude	43.3%	43.5%	43.8%
Age-Adjusted	42.5%	43.5%	44.2%



Core preventive services for older women

University Heights has a crude rate of 45.1% 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 95th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for University Heights is 45.3%, which ranks 91st out of 905 Iowa communities (19th out of 138 small communities).

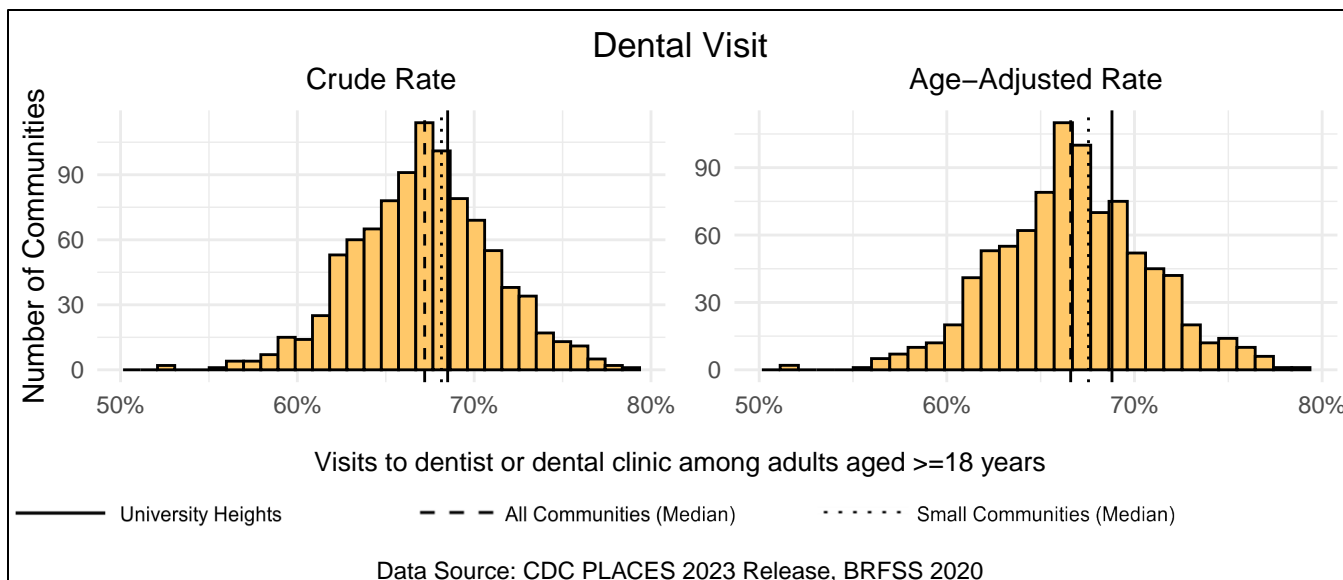
Measure Type	University Heights	All Comm.	Small Comm.
Crude	45.1%	39.0%	38.2%
Age-Adjusted	45.3%	39.9%	40.7%



Dental Visit

University Heights has a crude rate of 68.5% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 334th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for University Heights is 68.8%, which ranks 260th out of 905 Iowa communities (51st out of 138 small communities).

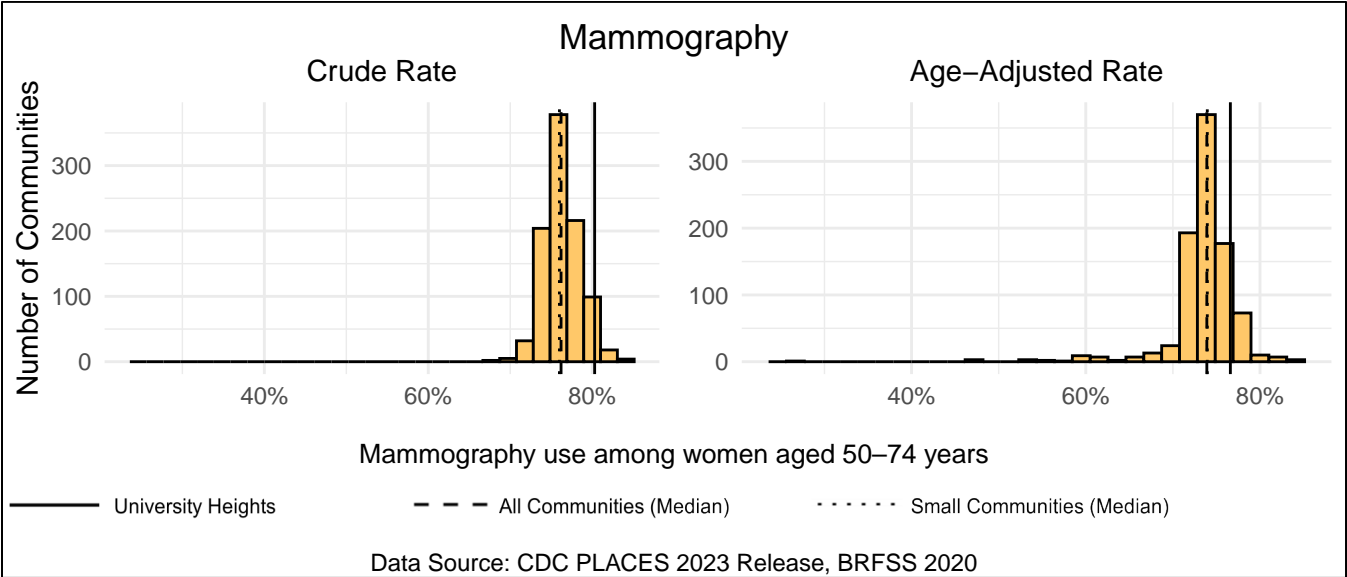
Measure Type	University Heights	All Comm.	Small Comm.
Crude	68.5%	67.2%	68.2%
Age-Adjusted	68.8%	66.6%	67.5%



Mammography

University Heights has a crude rate of 80.3% for mam-mography use among women aged 50–74 years, which ranks 42nd out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for University Heights is 76.6%, which ranks 119th out of 905 Iowa communities (21st out of 138 small communities).

Measure Type	University Heights	All Comm.	Small Comm.
Crude	80.3%	76.2%	76.0%
Age-Adjusted	76.6%	73.9%	74.0%



Disability

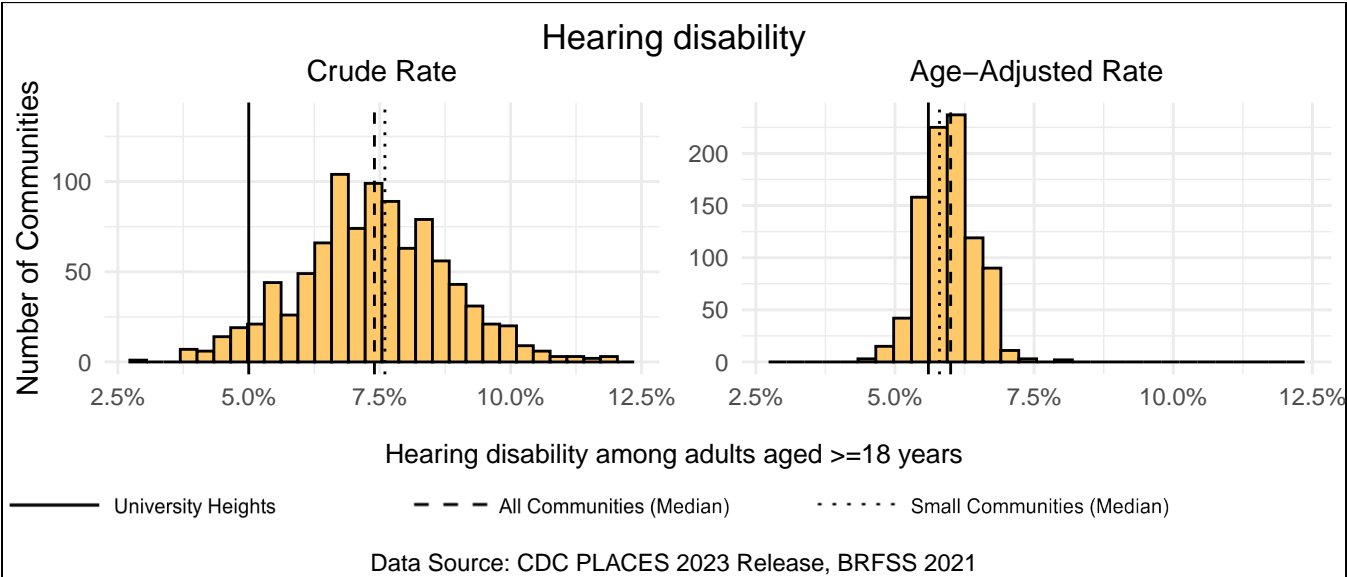
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

University Heights has a crude rate of 5.0% for hearing disability among adults aged ≥ 18 years, which ranks 48th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for University Heights is 5.6%, which ranks 163rd out of 905 Iowa communities (29th out of 138 small communities).

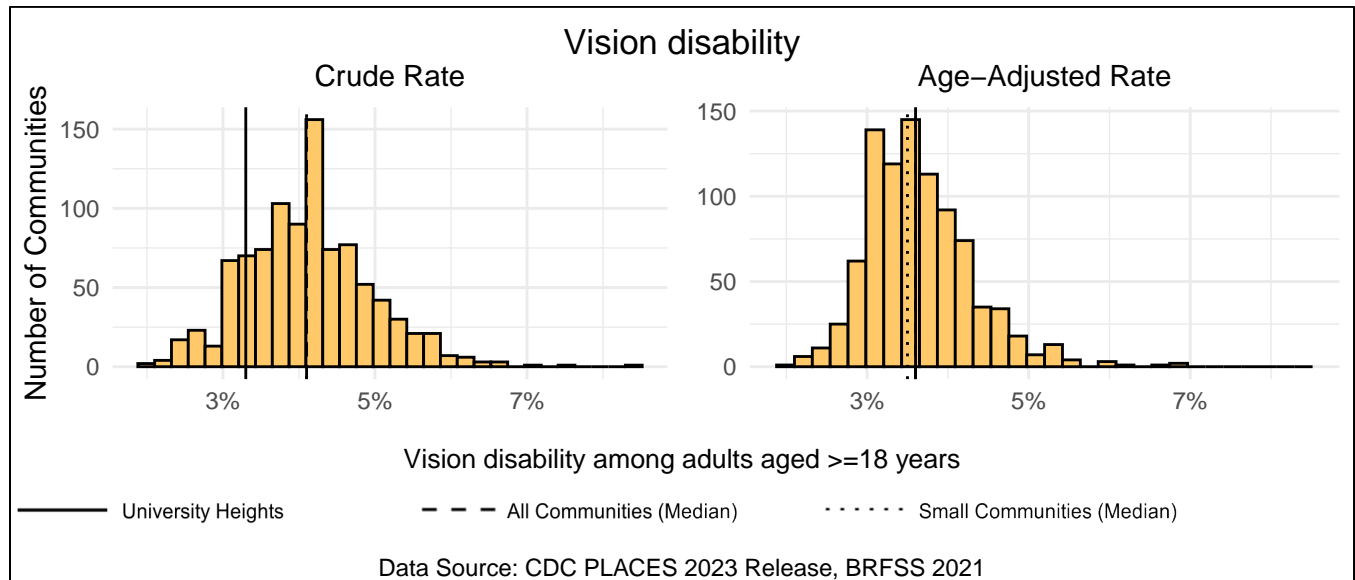
Measure Type	University Heights	All Comm.	Small Comm.
Crude	5.0%	7.4%	7.6%
Age-Adjusted	5.6%	6.0%	5.8%



Vision disability

University Heights has a crude rate of 3.3% for vision disability among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for University Heights is 3.6%, which ranks 431st out of 905 Iowa communities (75th out of 138 small communities).

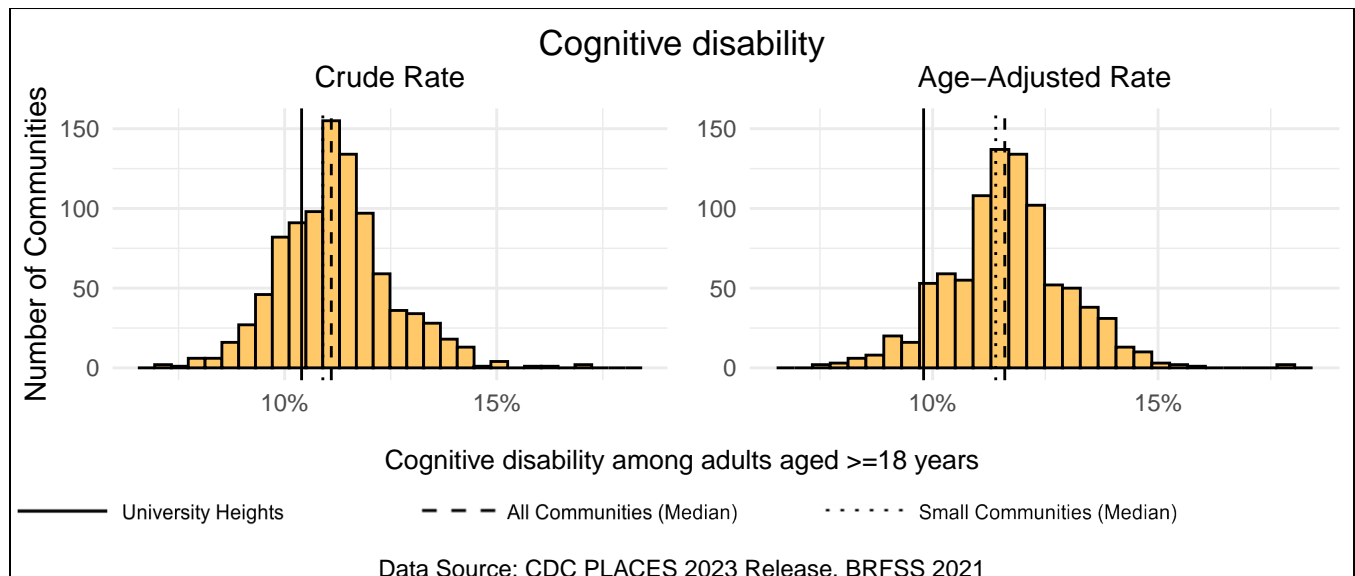
Measure Type	University Heights	All Comm.	Small Comm.
Crude	3.3%	4.1%	4.1%
Age-Adjusted	3.6%	3.6%	3.5%



Cognitive disability

University Heights has a crude rate of 10.4% for cognitive disability among adults aged ≥ 18 years, which ranks 223rd out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for University Heights is 9.8%, which ranks 56th out of 905 Iowa communities (12th out of 138 small communities).

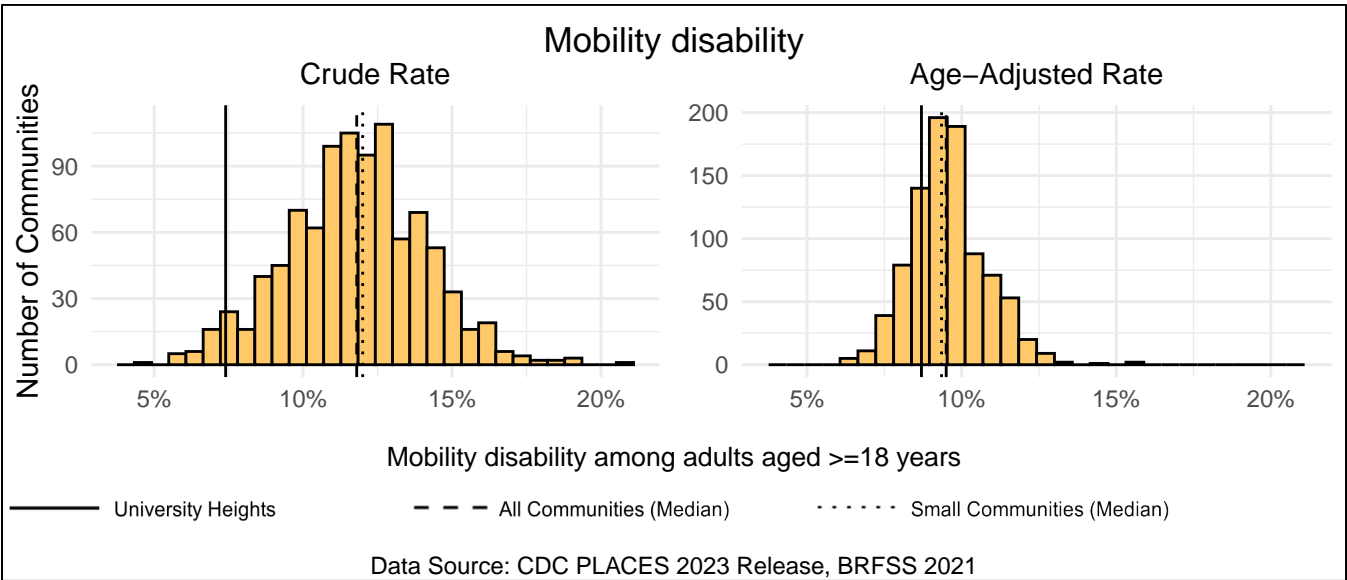
Measure Type	University Heights	All Comm.	Small Comm.
Crude	10.4%	11.1%	10.9%
Age-Adjusted	9.8%	11.6%	11.4%



Mobility disability

University Heights has a crude rate of 7.4% for mobility disability among adults aged >=18 years, which ranks 33rd out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for University Heights is 8.7%, which ranks 198th out of 905 Iowa communities (36th out of 138 small communities).

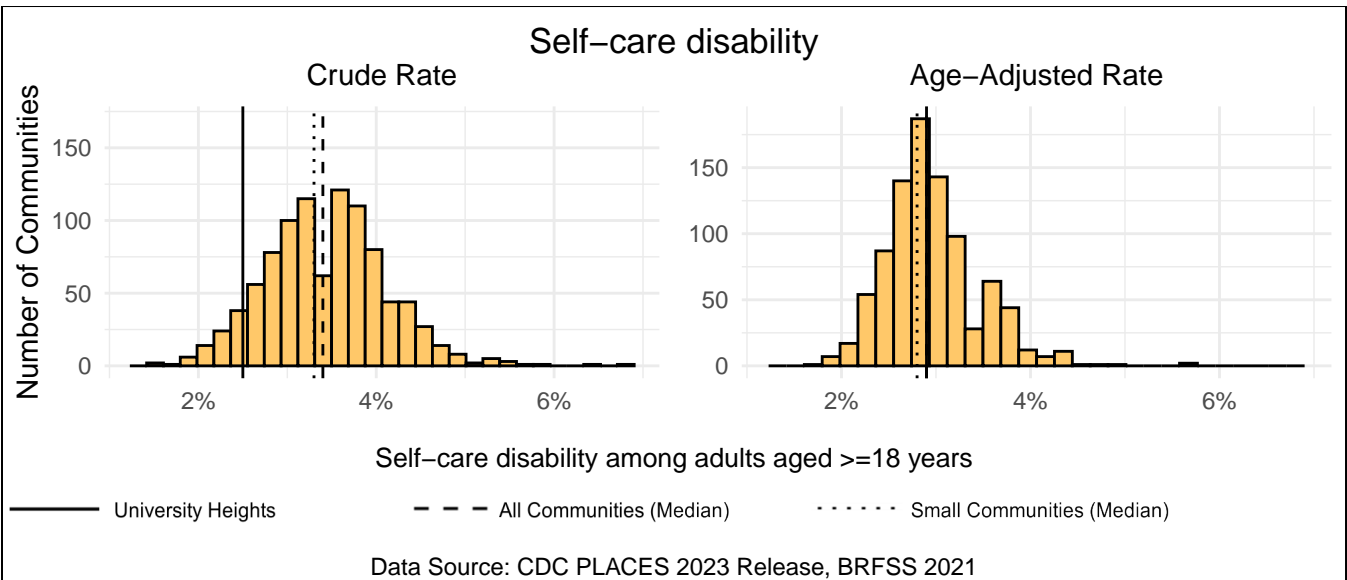
Measure Type	University Heights	All Comm.	Small Comm.
Crude	7.4%	11.8%	12.0%
Age-Adjusted	8.7%	9.5%	9.4%



Self-care disability

University Heights has a crude rate of 2.5% for self-care disability among adults aged >=18 years, which ranks 60th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for University Heights is 2.9%, which ranks 397th out of 905 Iowa communities (72nd out of 138 small communities).

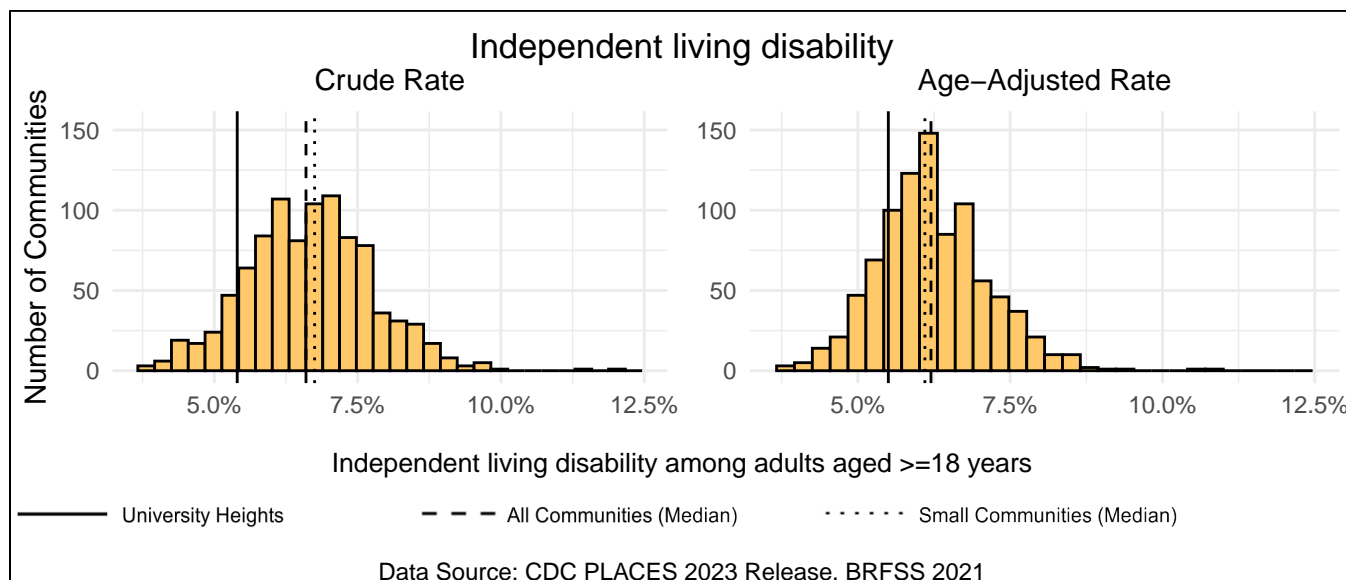
Measure Type	University Heights	All Comm.	Small Comm.
Crude	2.5%	3.4%	3.3%
Age-Adjusted	2.9%	2.9%	2.8%



Independent living disability

University Heights has a crude rate of 5.4% for independent living disability among adults aged ≥ 18 years, which ranks 94th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for University Heights is 5.5%, which ranks 160th out of 905 Iowa communities (29th out of 138 small communities).

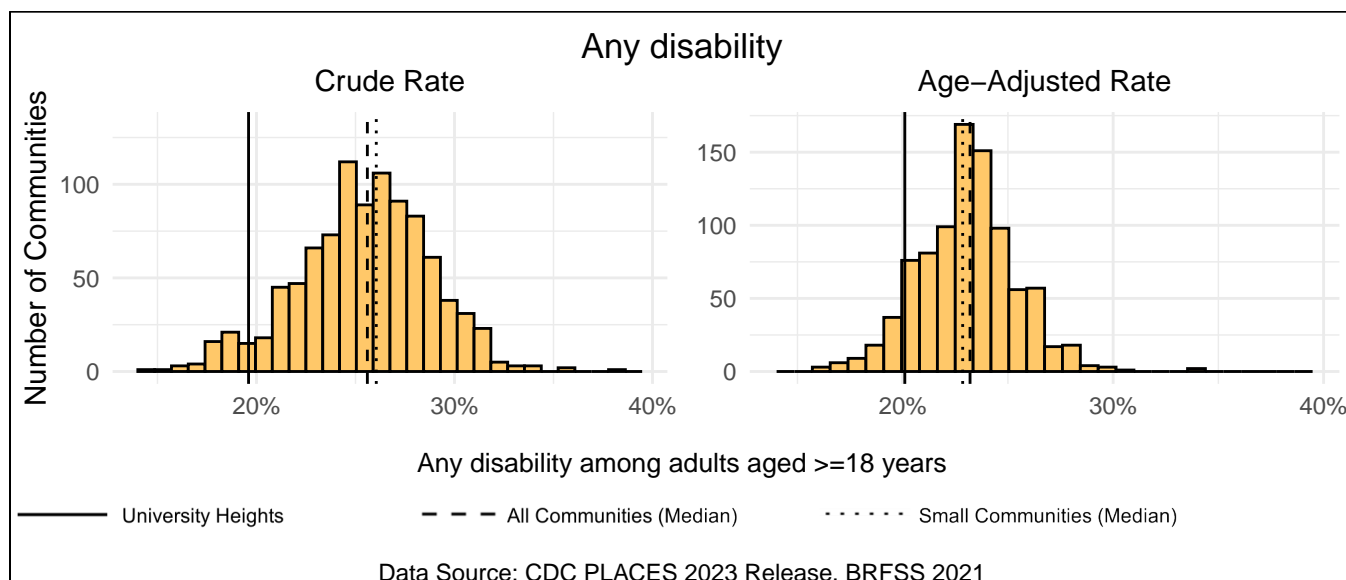
Measure Type	University Heights	All Comm.	Small Comm.
Crude	5.4%	6.6%	6.8%
Age-Adjusted	5.5%	6.2%	6.1%



Any disability

University Heights has a crude rate of 19.6% for any disability among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for University Heights is 20.1%, which ranks 78th out of 905 Iowa communities (14th out of 138 small communities).

Measure Type	University Heights	All Comm.	Small Comm.
Crude	19.6%	25.6%	26.0%
Age-Adjusted	20.1%	23.2%	22.8%



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: University Heights 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	856	15.7% (13.3% - 18.4%)	121	14.5% (12.2% - 16.8%)
Health Status	Physical Health	25	7.8% (6.5% - 9.3%)	103	8.6% (7.2% - 10.1%)
Health Status	General Health	45	10.2% (8.2% - 12.6%)	126	11.0% (8.9% - 13.6%)
Health Risk Behaviors	Physical Inactivity	34	18.9% (15.4% - 23.2%)	60	20.0% (16.2% - 24.4%)
Health Risk Behaviors	Sleep <7 hours	81	27.9% (26.1% - 29.8%)	63	28.4% (26.8% - 30.1%)
Health Risk Behaviors	Binge Drinking	888	22.9% (19.6% - 26.3%)	202	21.2% (18.1% - 24.3%)
Health Risk Behaviors	Current Smoking	12	11.9% (8.8% - 15.4%)	28	12.9% (9.4% - 17.1%)
Health Outcomes	Coronary Heart Disease	35	4.1% (3.5% - 4.7%)	257	4.8% (4.1% - 5.6%)
Health Outcomes	All Teeth Lost	56	9.1% (5.0% - 15.1%)	43	9.1% (5.1% - 15.2%)
Health Outcomes	Diabetes	31	6.9% (5.7% - 8.0%)	347	8.0% (6.7% - 9.5%)
Health Outcomes	High Blood Pressure	9	22.2% (19.5% - 24.9%)	91	25.5% (22.4% - 28.7%)
Health Outcomes	Chronic Kidney Disease	21	2.2% (2.0% - 2.5%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	Current Asthma	781	9.7% (8.5% - 11.0%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	COPD	29	4.7% (3.7% - 5.9%)	68	5.2% (4.2% - 6.6%)
Health Outcomes	Cancer (except skin)	22	5.6% (5.1% - 6.2%)	831	6.6% (5.9% - 7.4%)
Health Outcomes	Arthritis	17	19.2% (16.6% - 21.7%)	230	22.4% (19.5% - 25.7%)
Health Outcomes	High Cholesterol	7	27.2% (24.1% - 30.5%)	10	27.5% (23.9% - 31.1%)
Health Outcomes	Depression	903	20.4% (17.2% - 23.9%)	625	19.6% (16.5% - 22.8%)
Health Outcomes	Stroke	28	2.1% (1.8% - 2.4%)	116	2.4% (2.1% - 2.8%)
Health Outcomes	Obesity	12	31.0% (26.2% - 36.1%)	47	32.9% (27.9% - 37.9%)
Prevention	Core preventive services for older women	95	45.1% (37.7% - 51.8%)	91	45.3% (37.9% - 51.9%)
Prevention	Annual Checkup	944	70.3% (65.8% - 74.3%)	530	72.3% (68.2% - 76.1%)
Prevention	Mammography	42	80.3% (76.5% - 83.4%)	119	76.6% (72.1% - 80.4%)
Prevention	Colorectal Cancer Screening	279	73.1% (69.7% - 75.9%)	191	72.7% (69.3% - 75.6%)
Prevention	Cervical Cancer Screening	871	80.9% (76.9% - 83.6%)	168	84.4% (81.6% - 86.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	951	75.9% (71.8% - 79.5%)	199	80.2% (76.9% - 83.3%)
Prevention	Dental Visit	334	68.5% (63.7% - 72.2%)	260	68.8% (64.7% - 72.2%)
Prevention	Taking BP Medication	927	72.0% (68.6% - 75.2%)	758	58.0% (53.1% - 62.5%)
Prevention	Health Insurance	103	6.1% (4.3% - 8.8%)	41	5.8% (4.3% - 7.9%)
Prevention	Core preventive services for older men	508	43.3% (35.2% - 50.7%)	549	42.5% (34.6% - 49.6%)
Disability	Independent Living Disability	94	5.4% (4.4% - 6.8%)	160	5.5% (4.5% - 6.9%)
Disability	Cognitive Disability	223	10.4% (8.3% - 13.2%)	56	9.8% (7.9% - 12.0%)
Disability	Hearing Disability	48	5.0% (4.3% - 5.7%)	163	5.6% (4.9% - 6.4%)
Disability	Mobility Disability	33	7.4% (6.0% - 9.1%)	198	8.7% (7.1% - 10.5%)
Disability	Vision Disability	127	3.3% (2.7% - 4.1%)	431	3.6% (2.9% - 4.3%)
Disability	Any Disability	55	19.6% (16.2% - 23.4%)	78	20.1% (16.8% - 23.8%)
Disability	Self-care Disability	60	2.5% (2.1% - 3.1%)	397	2.9% (2.4% - 3.5%)

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

Appendix 3: Small Communities (1,000-2,499)

University Heights falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		