



## 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 Urbana: Overview

Dear Community Members & Stakeholders of Urbana,

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 Urbana ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Urbana'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 Urbana. 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
Cancer (except skin)	19th	6th	Annual Checkup	66th	15th
High Cholesterol	20th	7th	Core preventive services for older women	122nd	28th
Chronic Kidney Disease	21st	6th	Chronic Kidney Disease	142nd	28th
Coronary Heart Disease	23rd	6th	Depression	164th	17th
Arthritis	23rd	9th	Self-care Disability	167th	32nd

# 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
Taking BP Medication	946th	136th	Taking BP Medication	790th	118th
Binge Drinking	931st	130th	Sleep <7 hours	580th	96th
Sleep <7 hours	905th	133rd	Binge Drinking	520th	73rd
Cholesterol Screening	885th	135th	High Blood Pressure	517th	87th
Annual Checkup	871st	127th	Obesity	490th	75th

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 Urbana.

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.

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## How to Use this Report

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

With a population of 1,565, Urbana’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

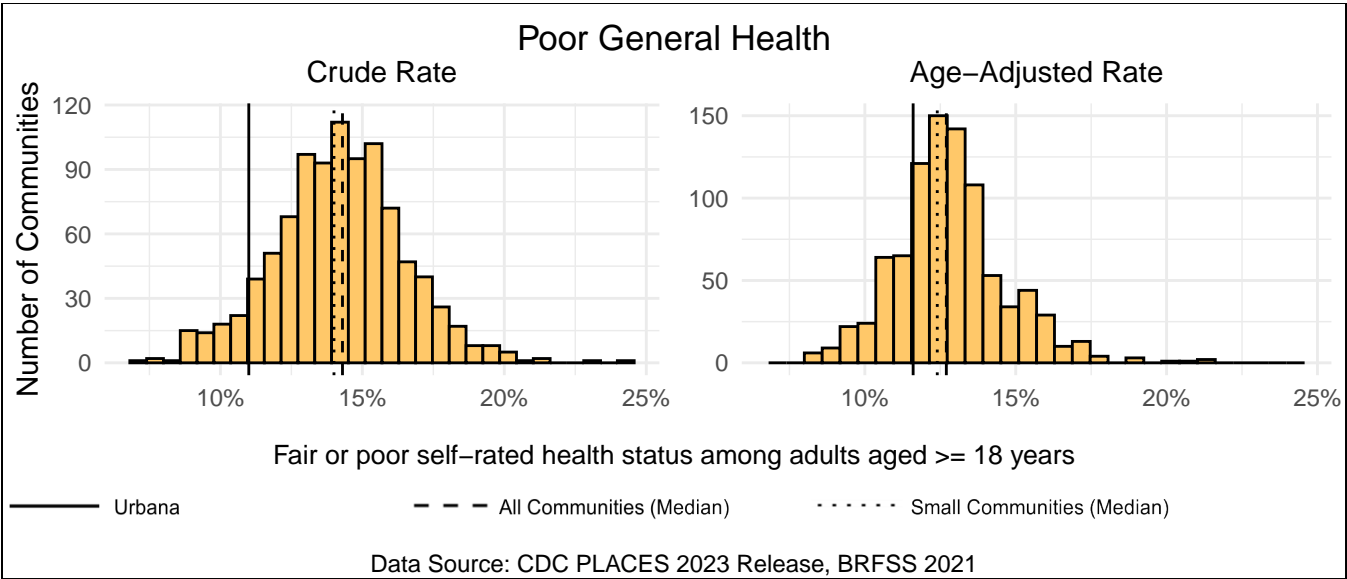
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Urbana has a crude rate of 11.0% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 74th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Urbana is 11.6%, which ranks 191st out of 905 Iowa communities (38th out of 138 small communities).

Measure Type	Urbana	All Comm.	Small Comm.
Crude	11.0%	14.3%	14.0%
Age-Adjusted	11.6%	12.7%	12.4%

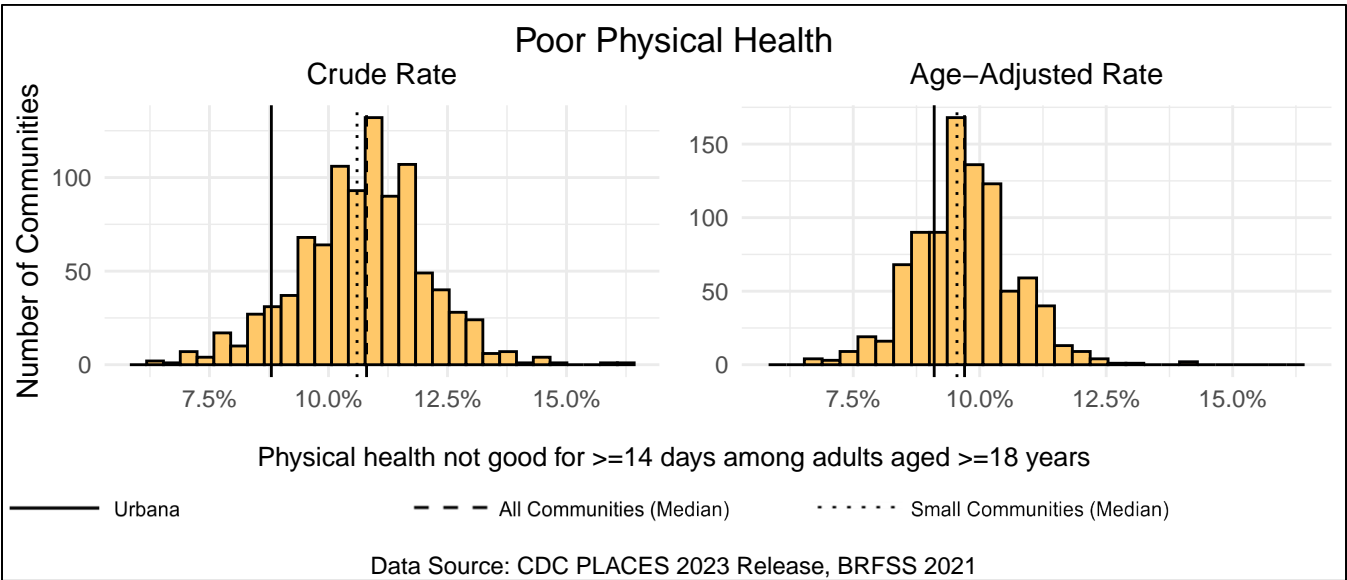




### Poor Physical Health

Urbana has a crude rate of 8.8% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 76th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Urbana is 9.1%, which ranks 210th out of 905 Iowa communities (39th out of 138 small communities).

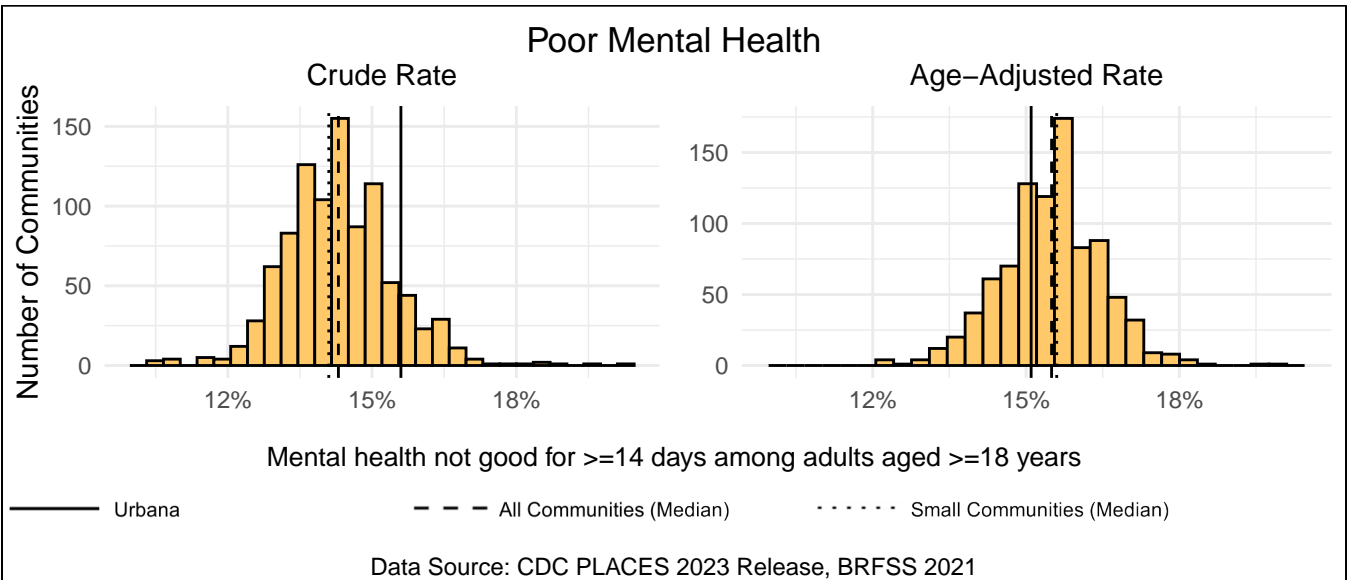
Measure Type	Urbana	All Comm.	Small Comm.
Crude	8.8%	10.8%	10.6%
Age-Adjusted	9.1%	9.7%	9.6%



### Poor Mental Health

Urbana has a crude rate of 15.6% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 840th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Urbana is 15.1%, which ranks 270th out of 905 Iowa communities (46th out of 138 small communities).

Measure Type	Urbana	All Comm.	Small Comm.
Crude	15.6%	14.3%	14.1%
Age-Adjusted	15.1%	15.5%	15.6%



# Health Risk Behaviors

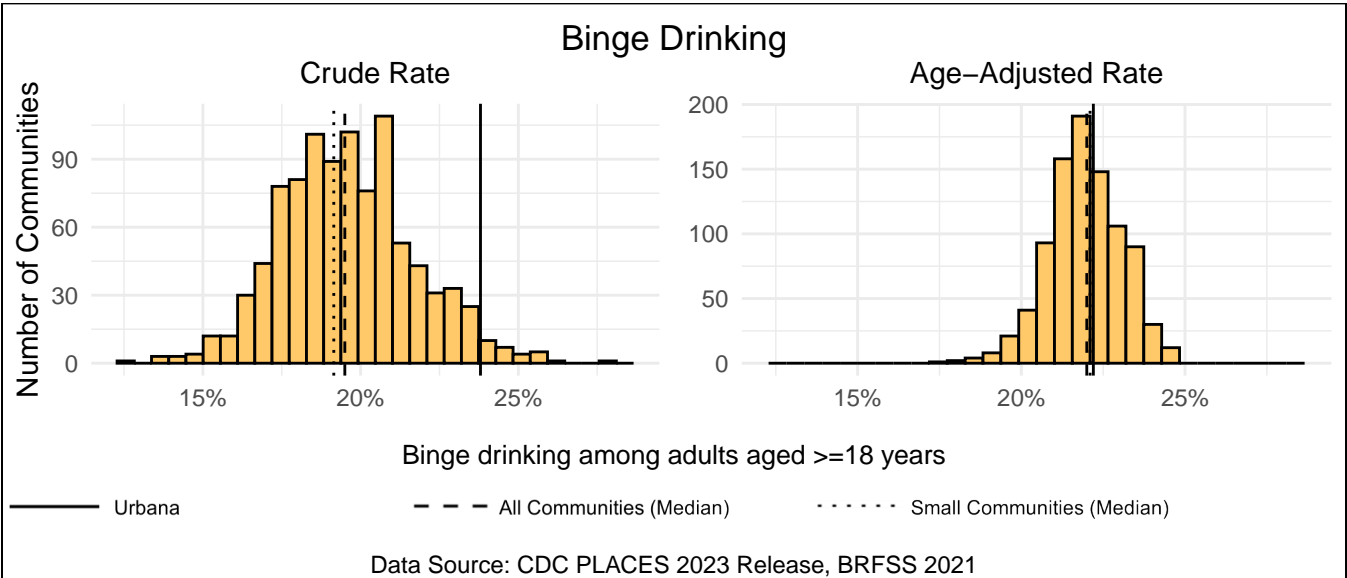
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Urbana has a crude rate of 23.8% for binge drinking among adults aged  $\geq 18$  years, which ranks 931st out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Urbana is 22.2%, which ranks 520th out of 905 Iowa communities (73rd out of 138 small communities).

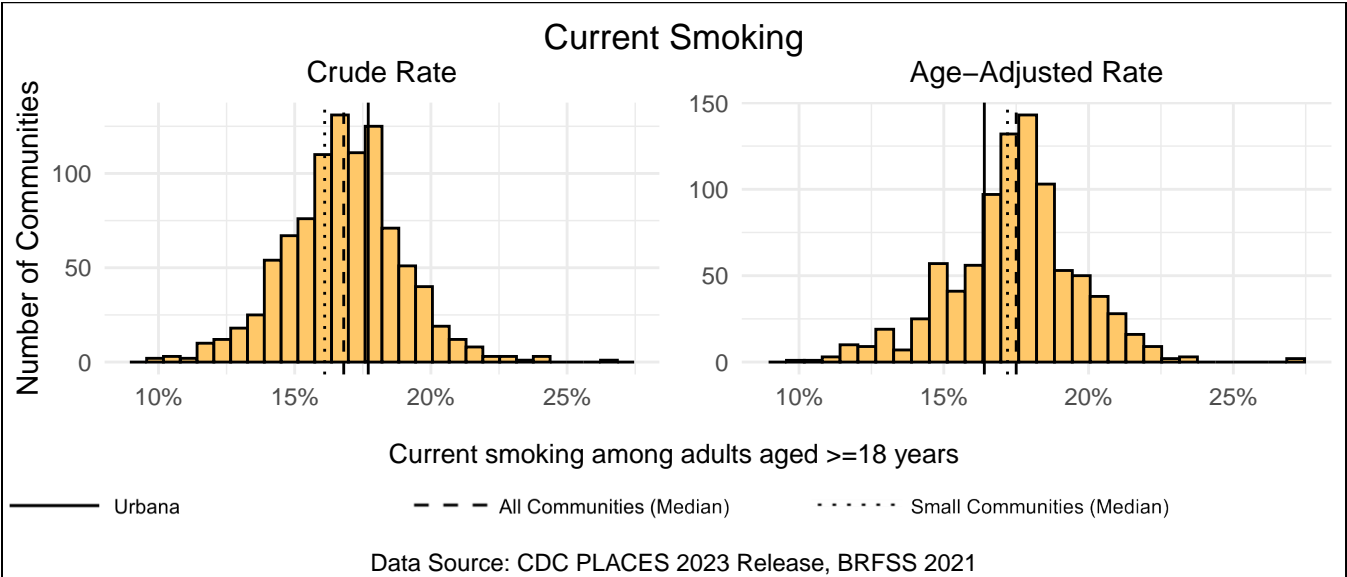
Measure Type	Urbana	All Comm.	Small Comm.
Crude	23.8%	19.5%	19.1%
Age-Adjusted	22.2%	22.0%	22.1%



# Current Smoking

Urbana has a crude rate of 17.7% for current smoking among adults aged >=18 years, which ranks 640th out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Urbana is 16.4%, which ranks 230th out of 905 Iowa communities (44th out of 138 small communities).

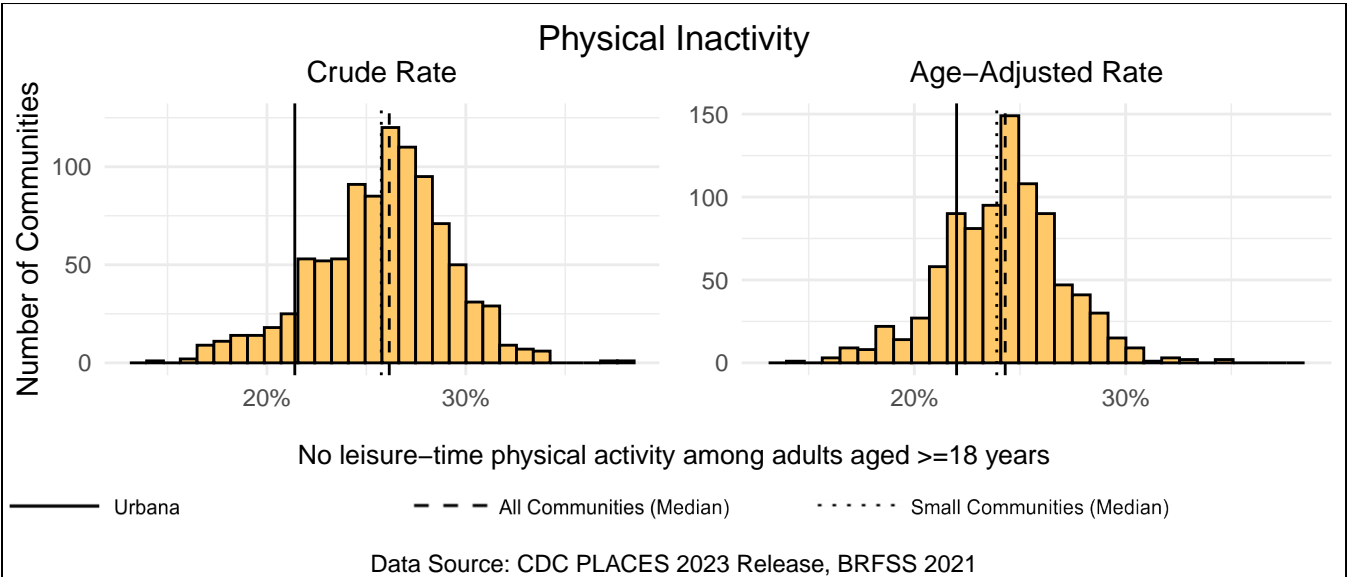
Measure Type	Urbana	All Comm.	Small Comm.
Crude	17.7%	16.8%	16.1%
Age-Adjusted	16.4%	17.5%	17.2%



# Physical Inactivity

Urbana has a crude rate of 21.4% for no leisure-time physical activity among adults aged >=18 years, which ranks 85th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Urbana is 22.0%, which ranks 179th out of 905 Iowa communities (34th out of 138 small communities).

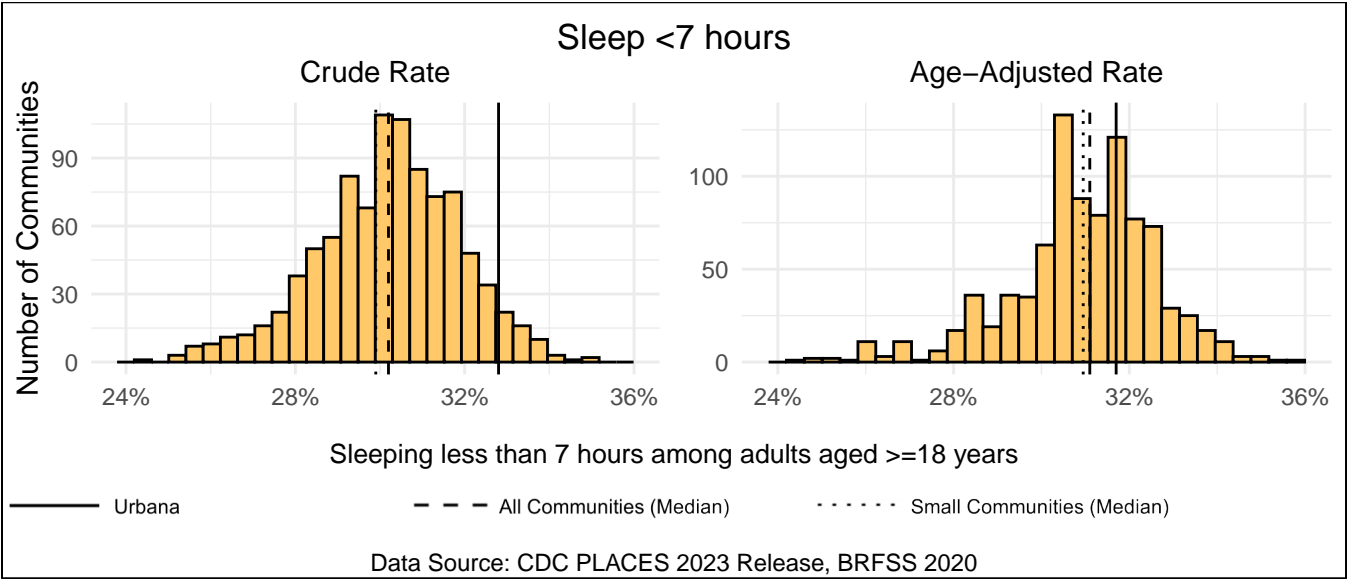
Measure Type	Urbana	All Comm.	Small Comm.
Crude	21.4%	26.1%	25.8%
Age-Adjusted	22.0%	24.3%	23.9%



Sleep <7 hours

Urbana has a crude rate of 32.8% for sleeping less than 7 hours among adults aged >=18 years, which ranks 905th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Urbana is 31.7%, which ranks 580th out of 905 Iowa communities (96th out of 138 small communities).

Measure Type	Urbana	All Comm.	Small Comm.
Crude	32.8%	30.2%	29.9%
Age-Adjusted	31.7%	31.1%	31.0%



# Health Outcomes

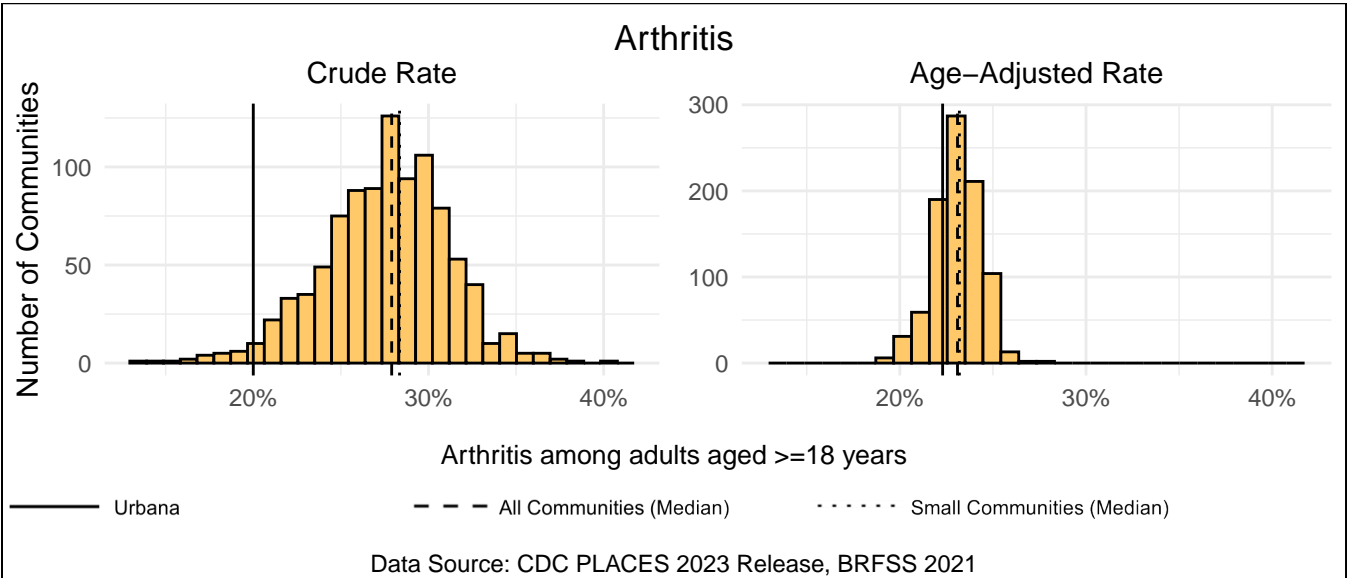
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Urbana has a crude rate of 20.0% for arthritis among adults aged  $\geq 18$  years, which ranks 23rd out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Urbana is 22.3%, which ranks 210th out of 905 Iowa communities (33rd out of 138 small communities).

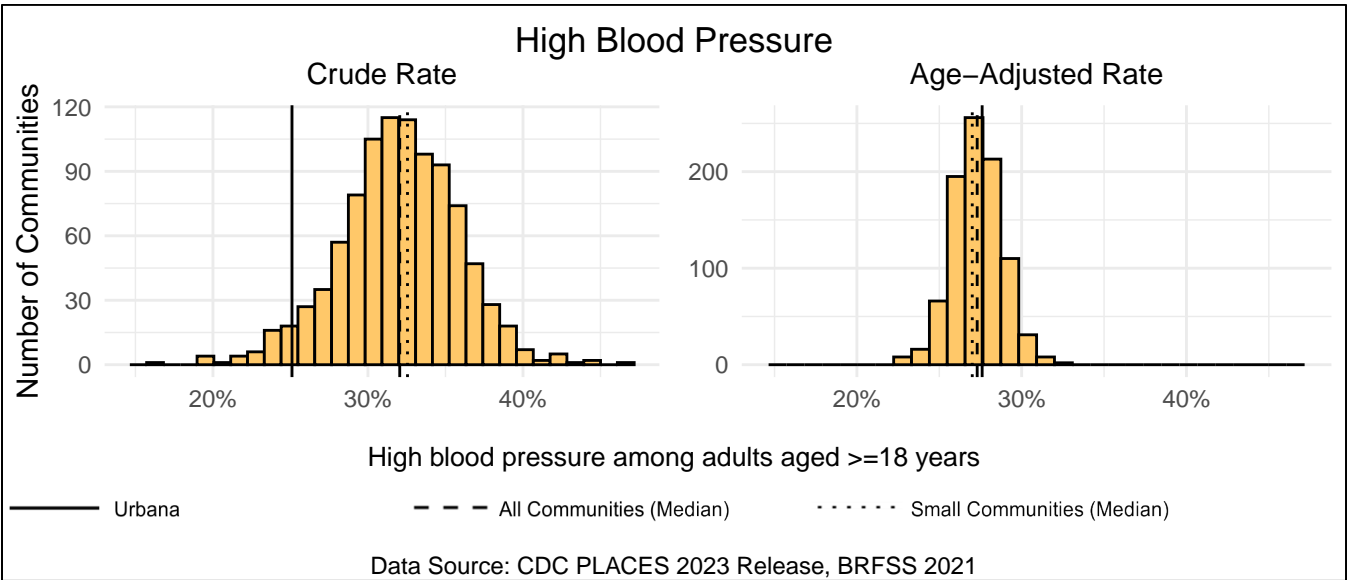
Measure Type	Urbana	All Comm.	Small Comm.
Crude	20.0%	27.9%	28.4%
Age-Adjusted	22.3%	23.1%	23.2%



## High Blood Pressure

Urbana has a crude rate of 25.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 45th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Urbana is 27.6%, which ranks 517th out of 905 Iowa communities (87th out of 138 small communities).

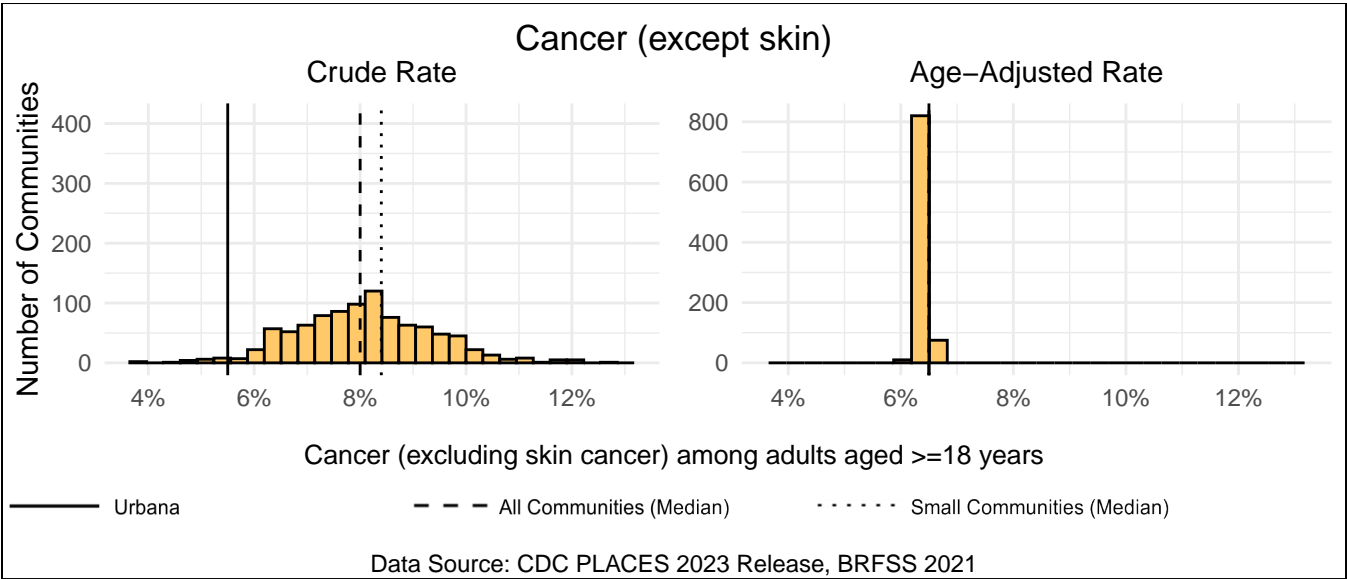
Measure Type	Urbana	All Comm.	Small Comm.
Crude	25.1%	32.0%	32.5%
Age-Adjusted	27.6%	27.3%	27.0%



## Cancer (except skin)

Urbana has a crude rate of 5.5% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 19th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Urbana is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

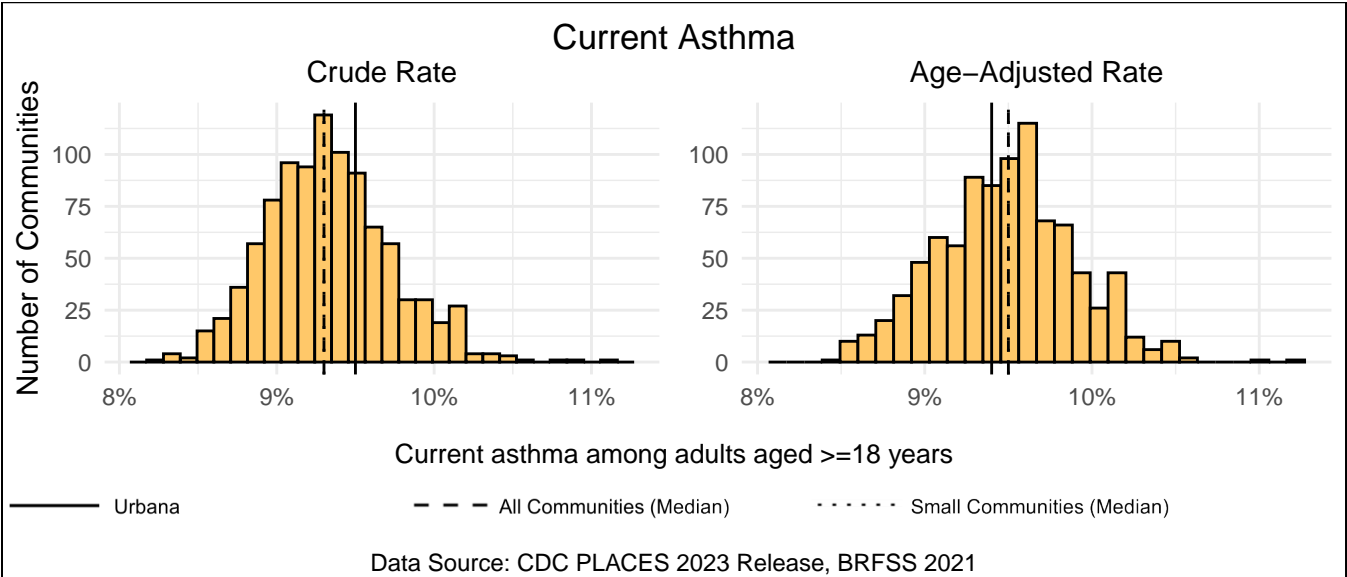
Measure Type	Urbana	All Comm.	Small Comm.
Crude	5.5%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Urbana has a crude rate of 9.5% for current asthma among adults aged  $\geq 18$  years, which ranks 625th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Urbana is 9.4%, which ranks 330th out of 905 Iowa communities (48th out of 138 small communities).

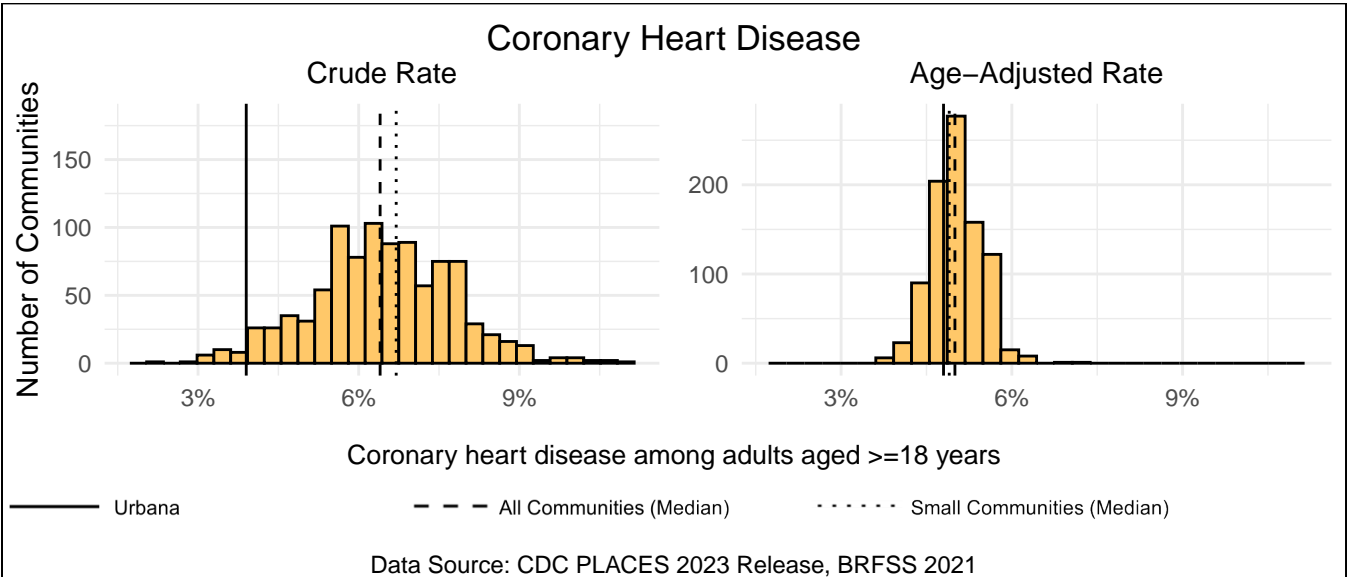
Measure Type	Urbana	All Comm.	Small Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.5%



## Coronary Heart Disease

Urbana has a crude rate of 3.9% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 23rd out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Urbana is 4.8%, which ranks 257th out of 905 Iowa communities (53rd out of 138 small communities).

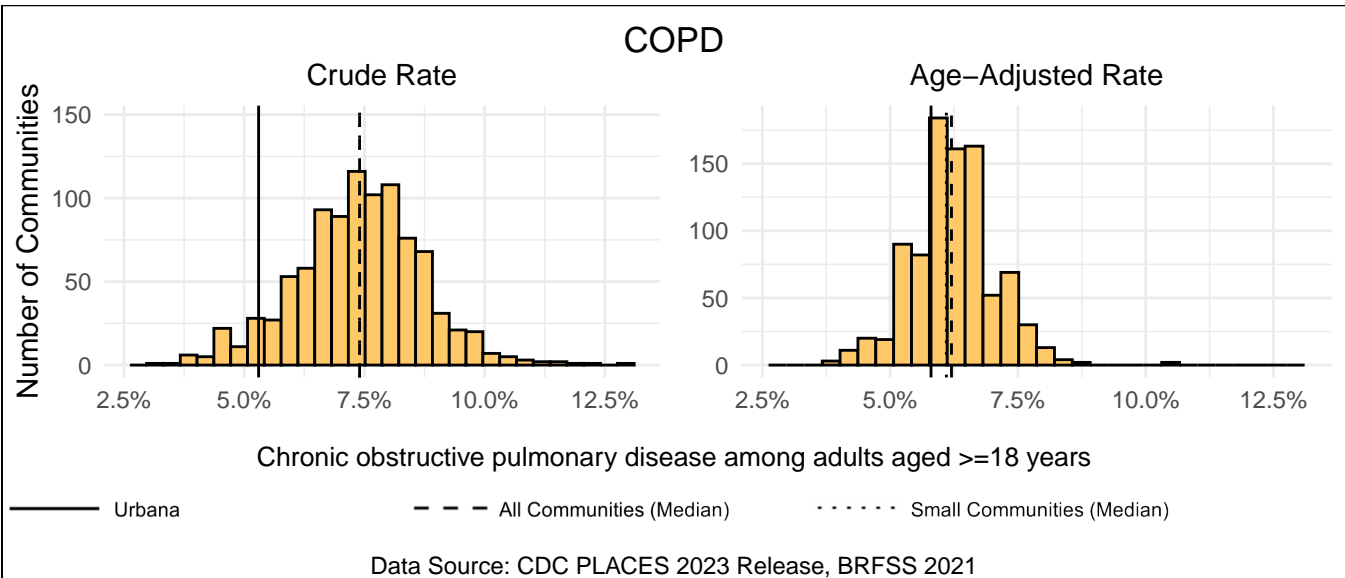
Measure Type	Urbana	All Comm.	Small Comm.
Crude	3.9%	6.4%	6.7%
Age-Adjusted	4.8%	5.0%	4.9%



## COPD

Urbana has a crude rate of 5.3% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 61st out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Urbana is 5.8%, which ranks 226th out of 905 Iowa communities (40th out of 138 small communities).

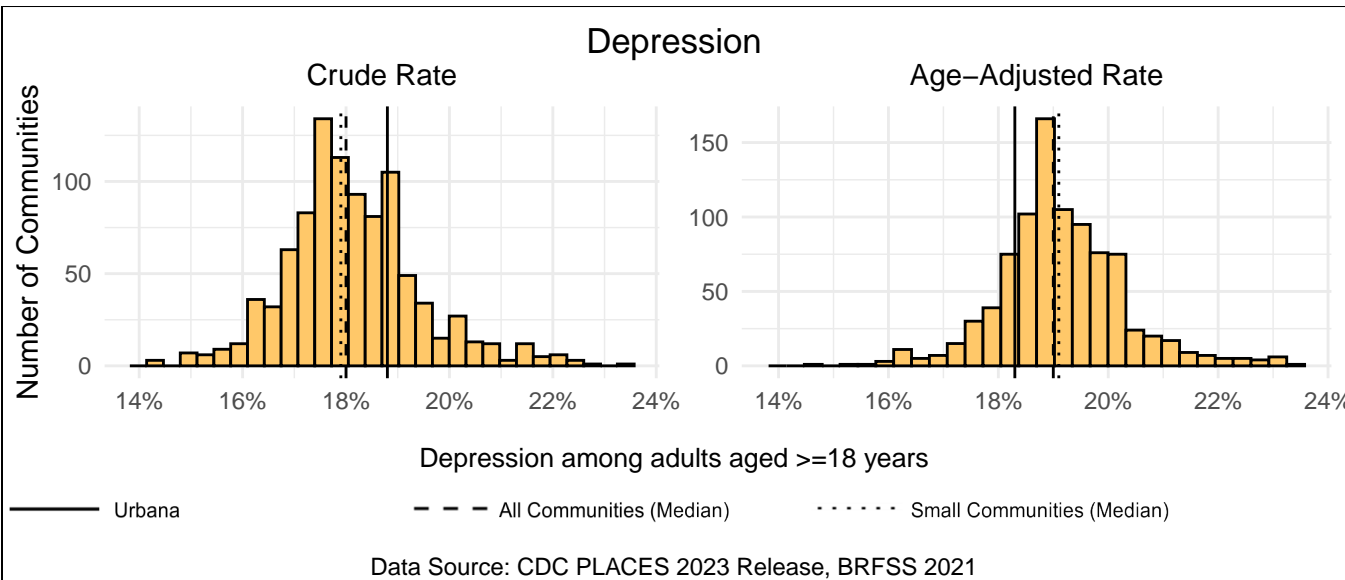
Measure Type	Urbana	All Comm.	Small Comm.
Crude	5.3%	7.4%	7.4%
Age-Adjusted	5.8%	6.2%	6.1%



## Depression

Urbana has a crude rate of 18.8% for depression among adults aged  $\geq 18$  years, which ranks 708th out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Urbana is 18.3%, which ranks 164th out of 905 Iowa communities (17th out of 138 small communities).

Measure Type	Urbana	All Comm.	Small Comm.
Crude	18.8%	18.0%	17.9%
Age-Adjusted	18.3%	19.0%	19.1%

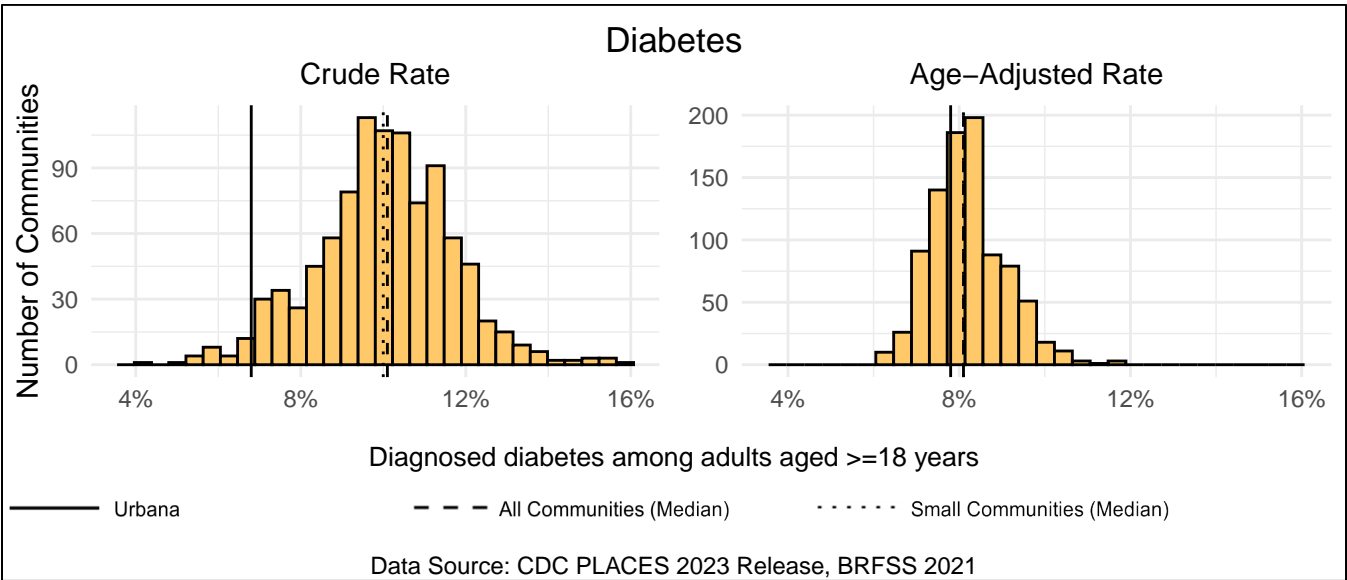




# Diabetes

Urbana has a crude rate of 6.8% for diagnosed diabetes among adults aged >=18 years, which ranks 28th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Urbana is 7.8%, which ranks 268th out of 905 Iowa communities (50th out of 138 small communities).

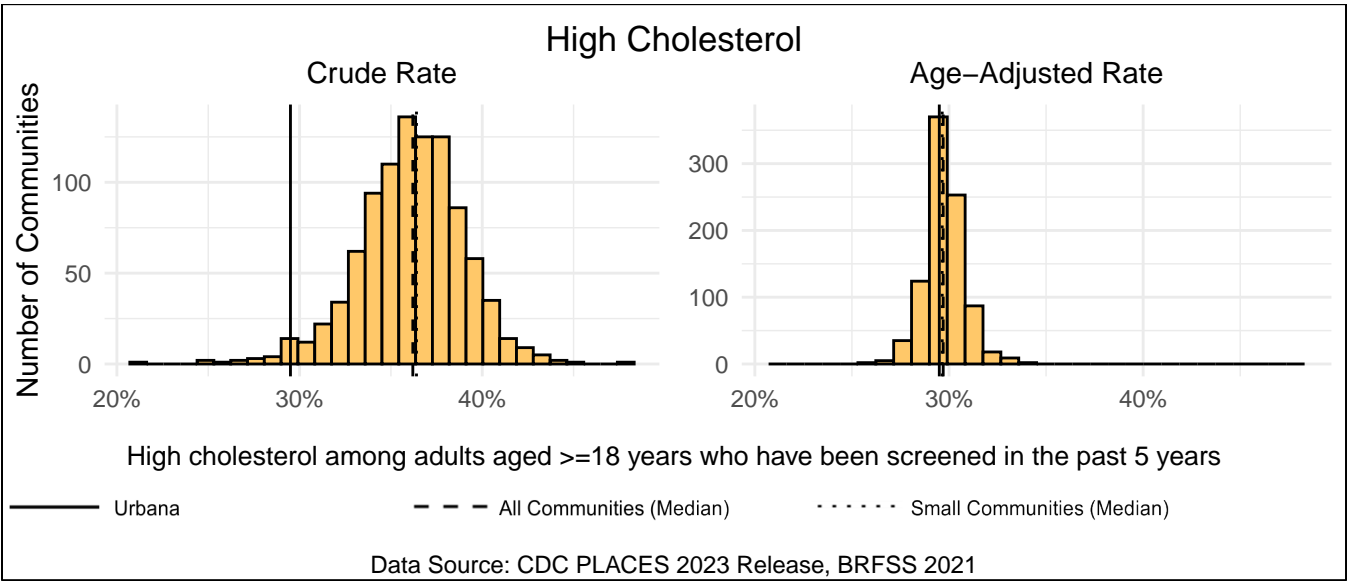
Measure Type	Urbana	All Comm.	Small Comm.
Crude	6.8%	10.1%	10.0%
Age-Adjusted	7.8%	8.1%	8.1%



# High Cholesterol

Urbana has a crude rate of 29.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 20th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Urbana is 29.5%, which ranks 336th out of 905 Iowa communities (52nd out of 138 small communities).

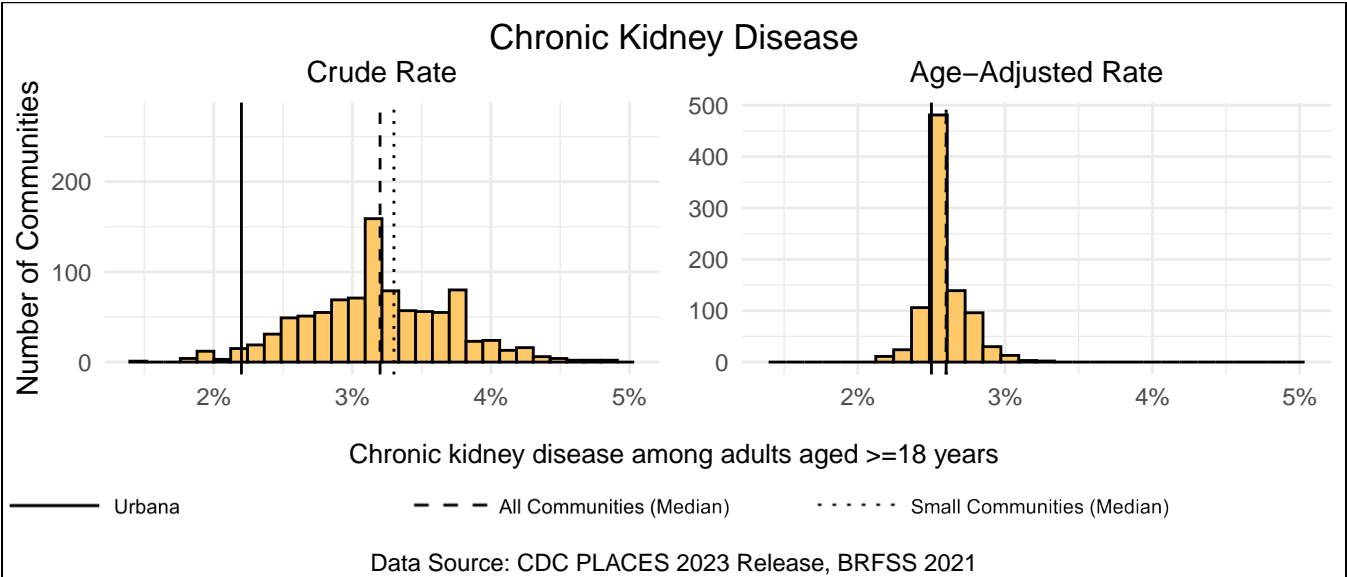
Measure Type	Urbana	All Comm.	Small Comm.
Crude	29.5%	36.2%	36.4%
Age-Adjusted	29.5%	29.7%	29.6%



## Chronic Kidney Disease

Urbana has a crude rate of 2.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Urbana is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

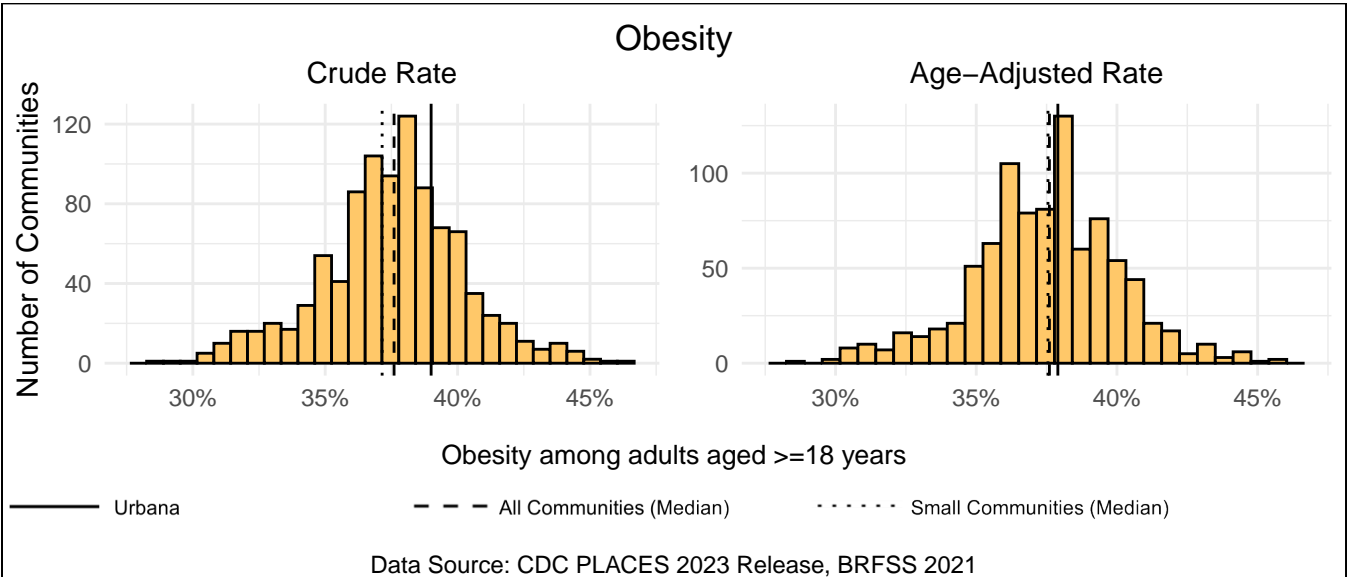
Measure Type	Urbana	All Comm.	Small Comm.
Crude	2.2%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



## Obesity

Urbana has a crude rate of 39.0% for obesity among adults aged  $\geq 18$  years, which ranks 690th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Urbana is 37.9%, which ranks 490th out of 905 Iowa communities (75th out of 138 small communities).

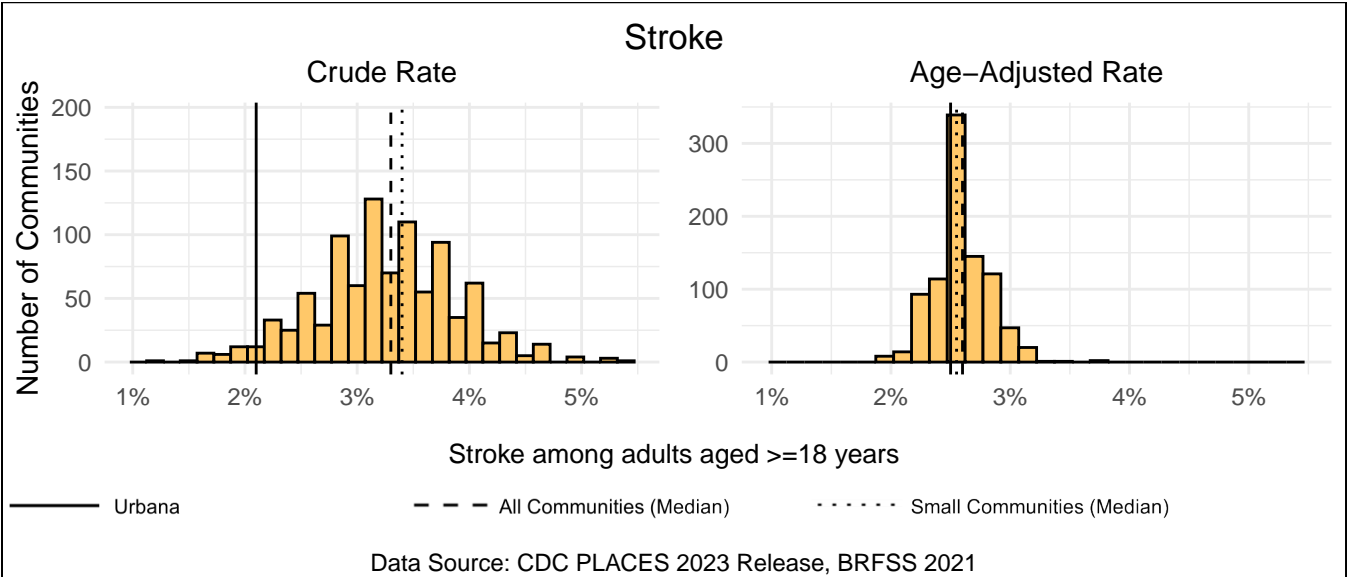
Measure Type	Urbana	All Comm.	Small Comm.
Crude	39.0%	37.6%	37.2%
Age-Adjusted	37.9%	37.6%	37.5%



# Stroke

Urbana 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 Urbana is 2.5%, which ranks 230th out of 905 Iowa communities (43rd out of 138 small communities).

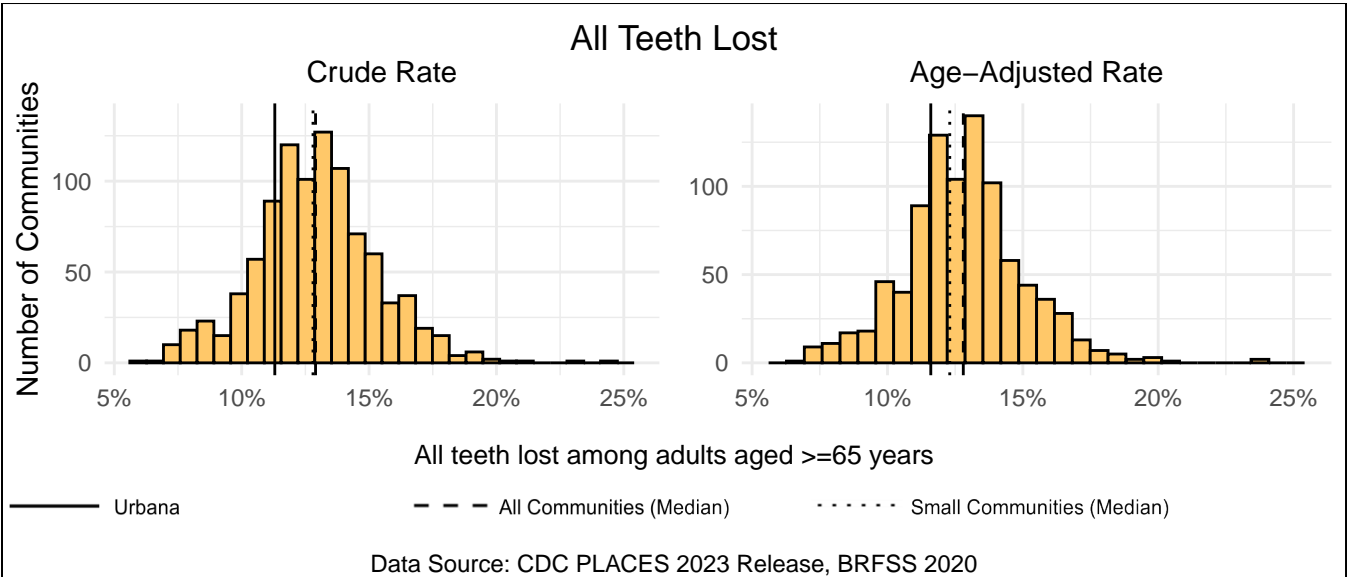
Measure Type	Urbana	All Comm.	Small Comm.
Crude	2.1%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



# All Teeth Lost

Urbana has a crude rate of 11.3% for all teeth lost among adults aged >=65 years, which ranks 215th out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Urbana is 11.6%, which ranks 232nd out of 905 Iowa communities (43rd out of 138 small communities).

Measure Type	Urbana	All Comm.	Small Comm.
Crude	11.3%	12.9%	12.8%
Age-Adjusted	11.6%	12.8%	12.3%



# Prevention

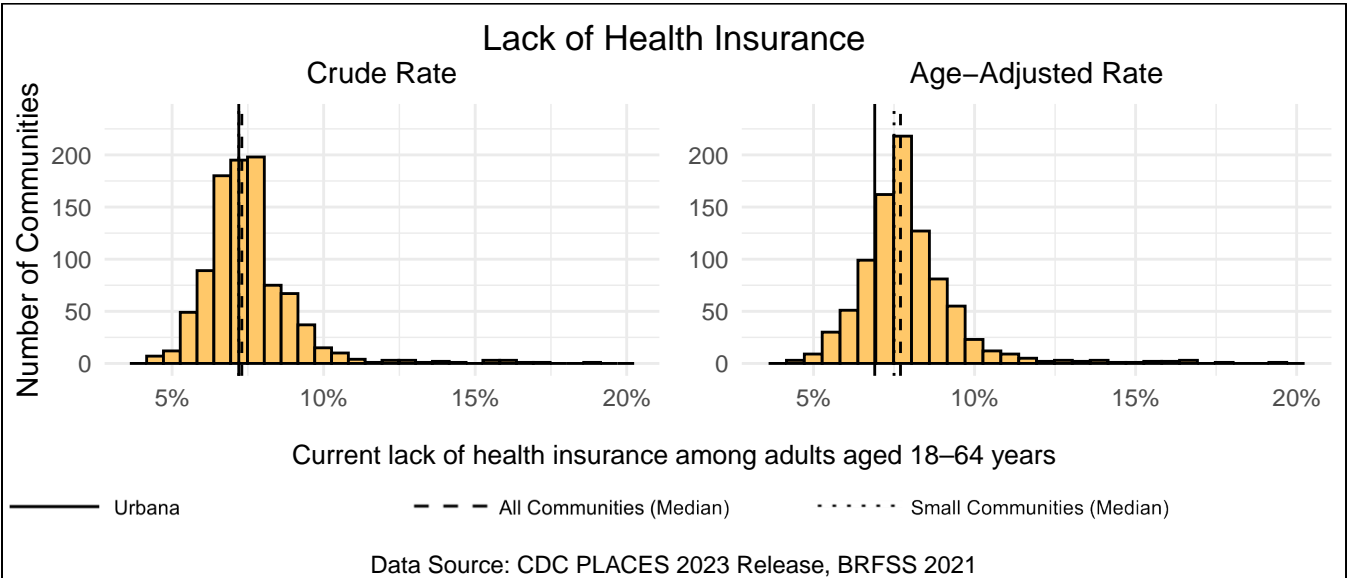
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Urbana has a crude rate of 7.2% for current lack of health insurance among adults aged 18–64 years, which ranks 415th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Urbana is 6.9%, which ranks 168th out of 905 Iowa communities (36th out of 138 small communities).

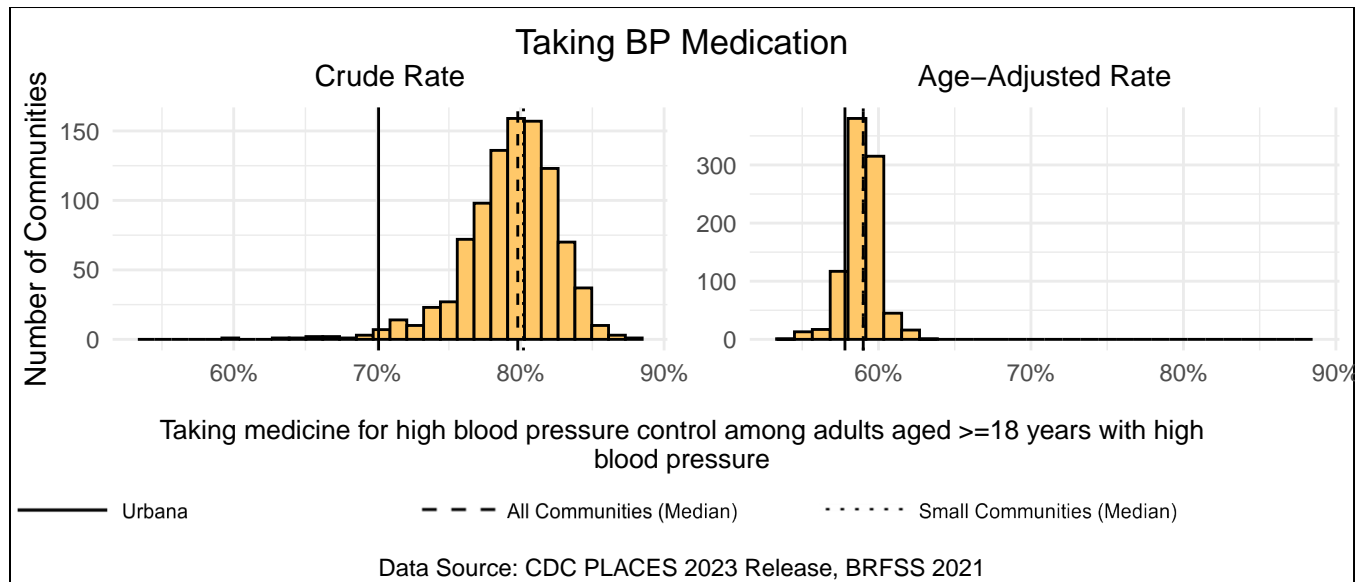
Measure Type	Urbana	All Comm.	Small Comm.
Crude	7.2%	7.3%	7.2%
Age-Adjusted	6.9%	7.7%	7.5%



## Taking BP Medication

Urbana has a crude rate of 70.1% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 946th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Urbana is 57.8%, which ranks 790th out of 905 Iowa communities (118th out of 138 small communities).

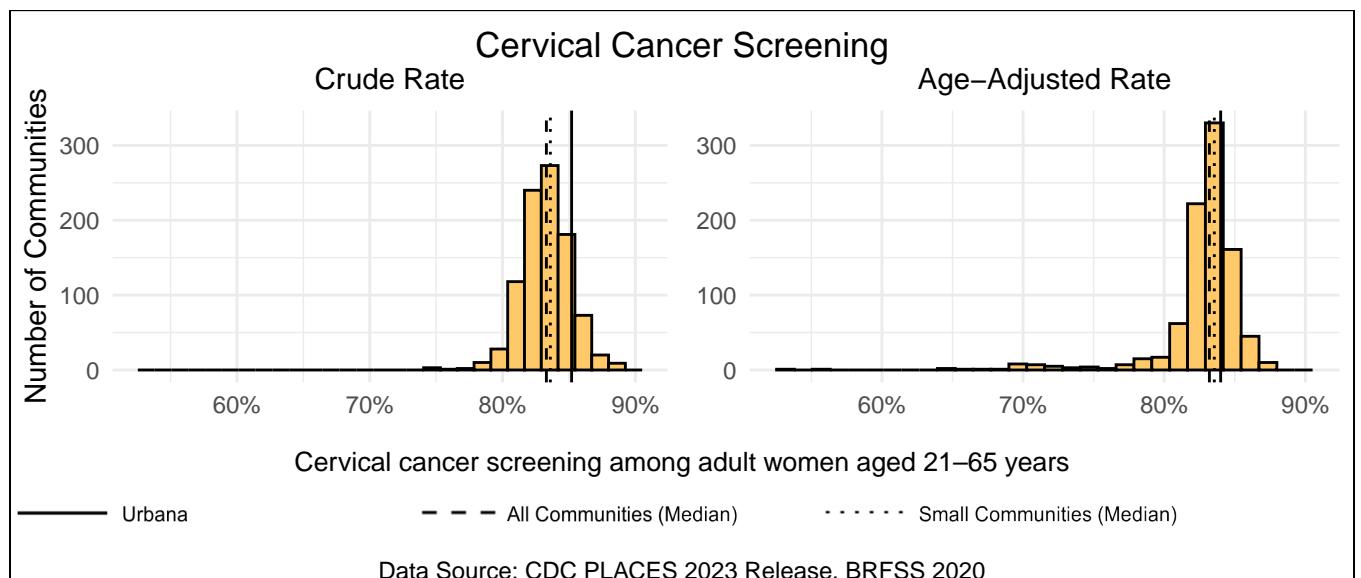
Measure Type	Urbana	All Comm.	Small Comm.
Crude	70.1%	79.8%	80.2%
Age-Adjusted	57.8%	59.0%	59.0%



## Cervical Cancer Screening

Urbana has a crude rate of 85.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 124th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Urbana is 84.0%, which ranks 232nd out of 905 Iowa communities (47th out of 138 small communities).

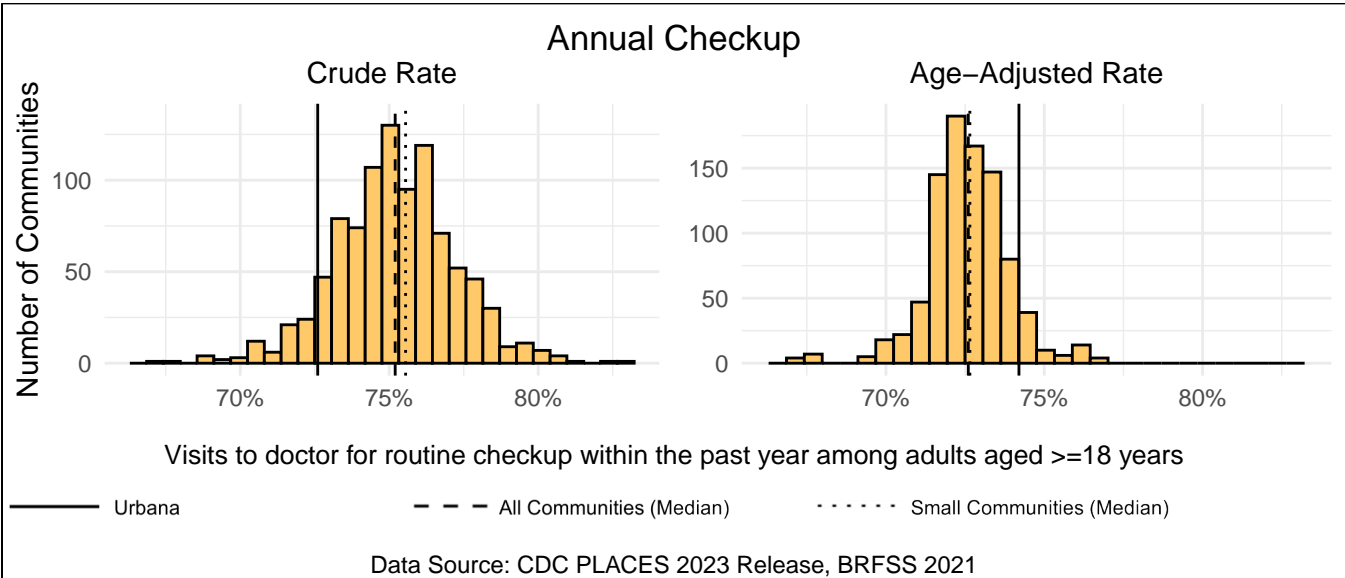
Measure Type	Urbana	All Comm.	Small Comm.
Crude	85.2%	83.3%	83.6%
Age-Adjusted	84.0%	83.2%	83.5%



## Annual Checkup

Urbana has a crude rate of 72.6% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 871st out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Urbana is 74.2%, which ranks 66th out of 905 Iowa communities (15th out of 138 small communities).

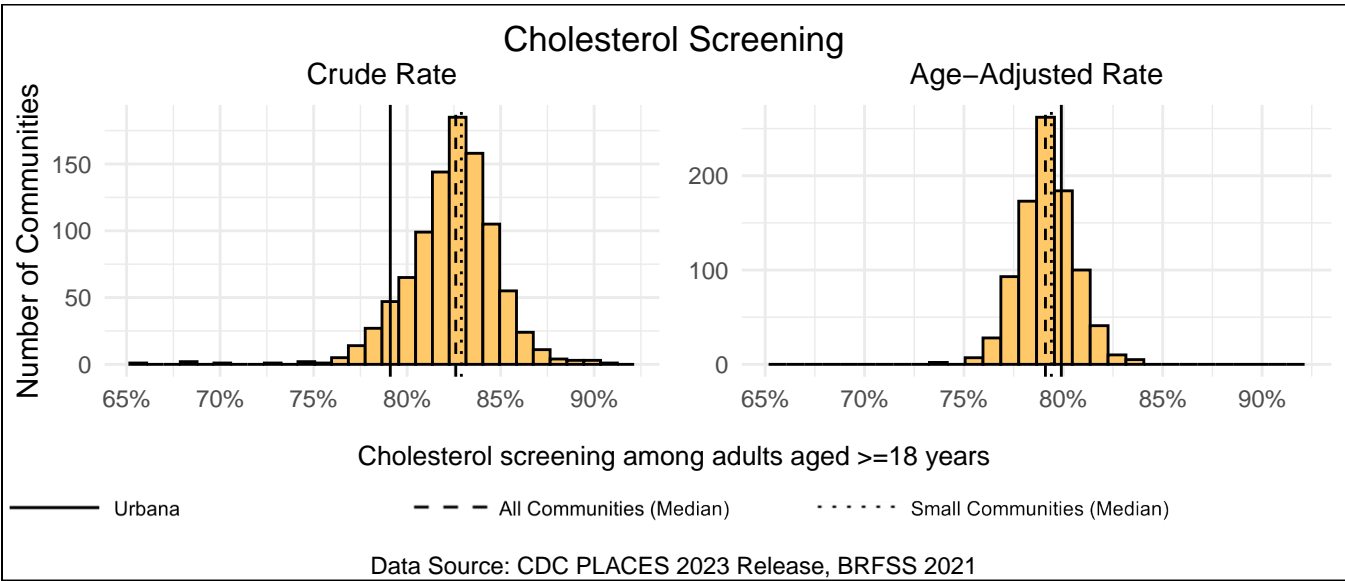
Measure Type	Urbana	All Comm.	Small Comm.
Crude	72.6%	75.2%	75.5%
Age-Adjusted	74.2%	72.6%	72.6%



## Cholesterol Screening

Urbana has a crude rate of 79.1% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 885th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Urbana is 79.9%, which ranks 258th out of 905 Iowa communities (51st out of 138 small communities).

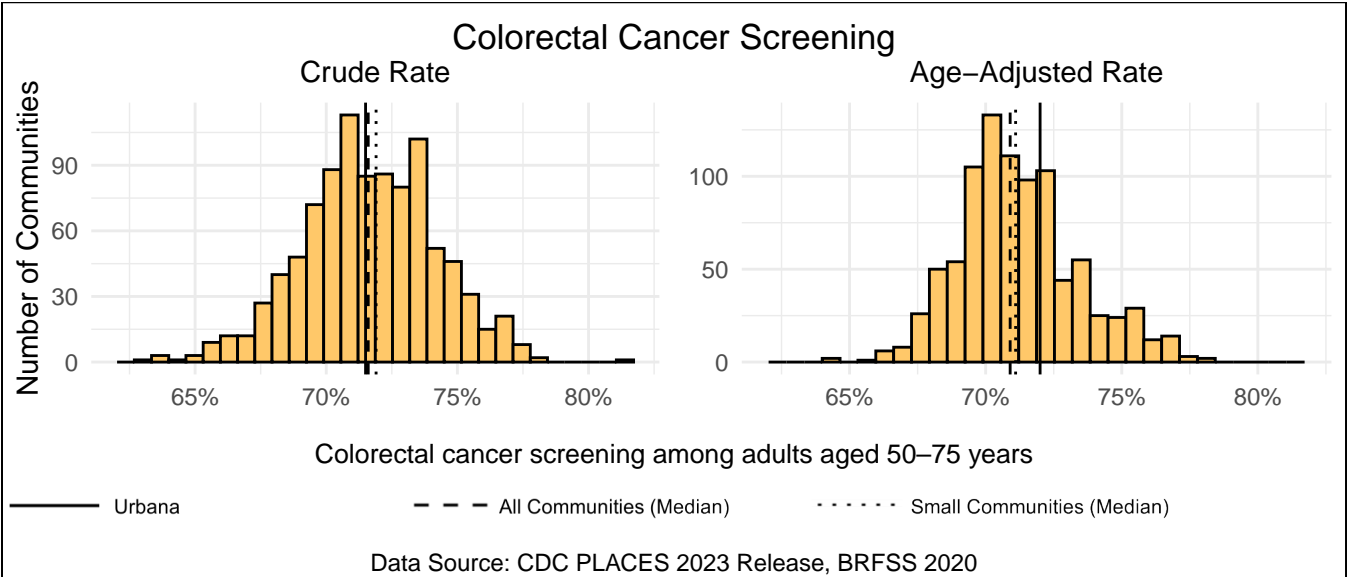
Measure Type	Urbana	All Comm.	Small Comm.
Crude	79.1%	82.6%	82.9%
Age-Adjusted	79.9%	79.1%	79.4%



### Colorectal Cancer Screening

Urbana has a crude rate of 71.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 486th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Urbana is 72.0%, which ranks 285th out of 905 Iowa communities (49th out of 138 small communities).

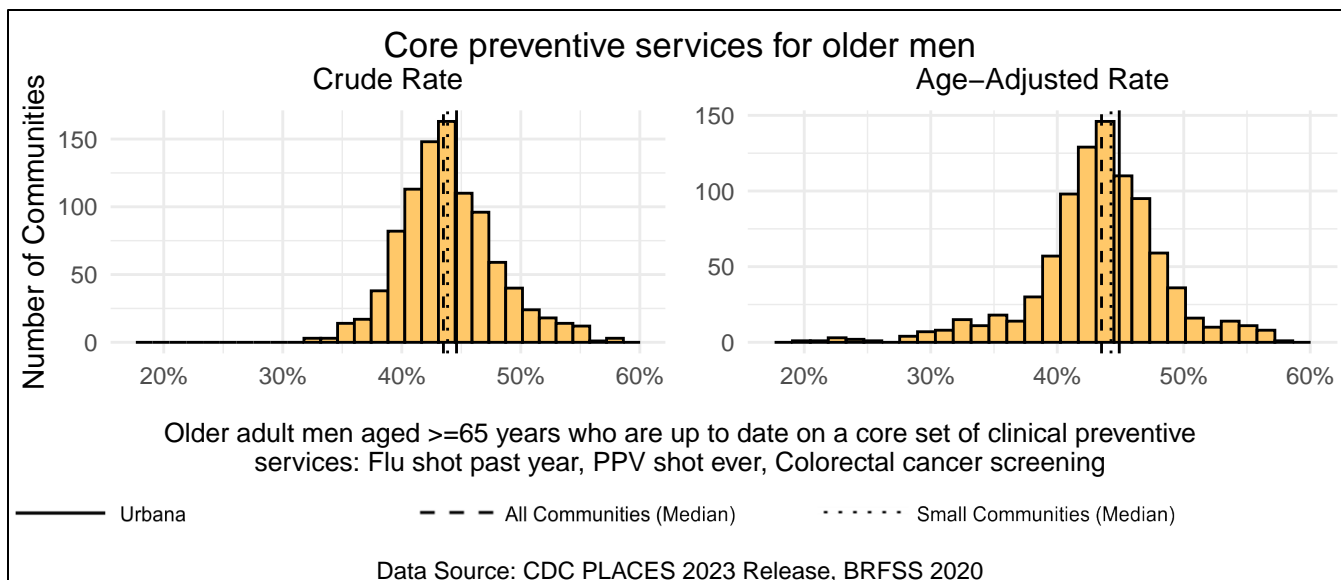
Measure Type	Urbana	All Comm.	Small Comm.
Crude	71.5%	71.6%	71.9%
Age-Adjusted	72.0%	70.9%	71.1%



### Core preventive services for older men

Urbana has a crude rate of 44.6% 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 359th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Urbana is 44.9%, which ranks 326th out of 905 Iowa communities (61st out of 138 small communities).

Measure Type	Urbana	All Comm.	Small Comm.
Crude	44.6%	43.5%	43.8%
Age-Adjusted	44.9%	43.5%	44.2%

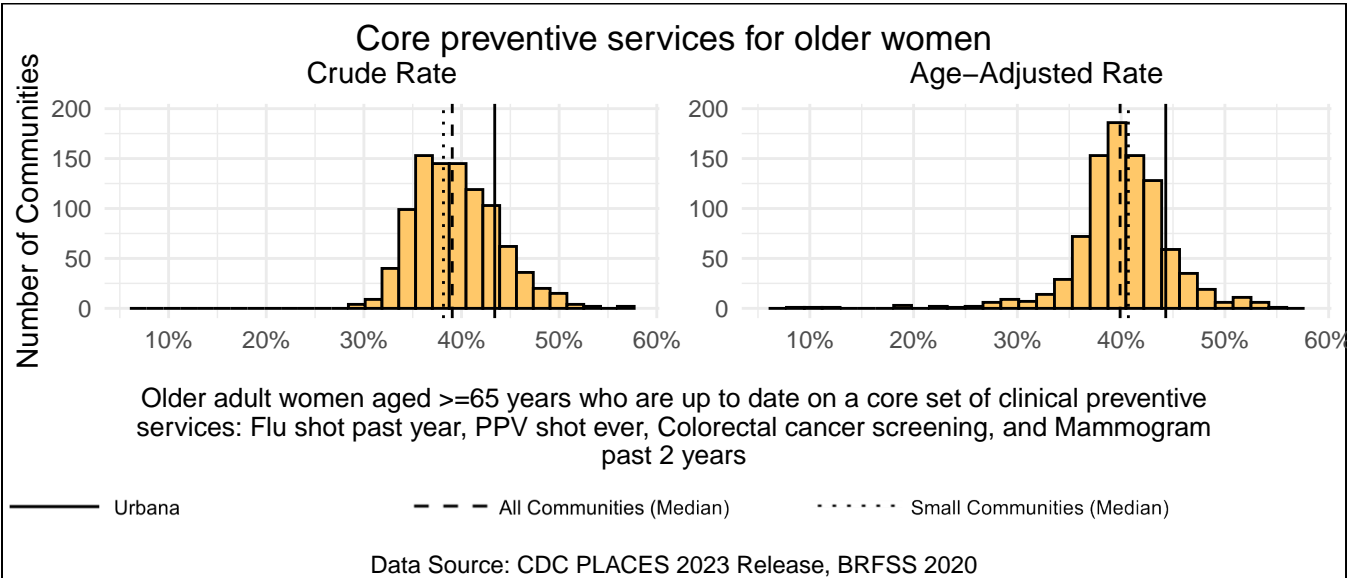




### Core preventive services for older women

Urbana has a crude rate of 43.4% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 166th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Urbana is 44.3%, which ranks 122nd out of 905 Iowa communities (28th out of 138 small communities).

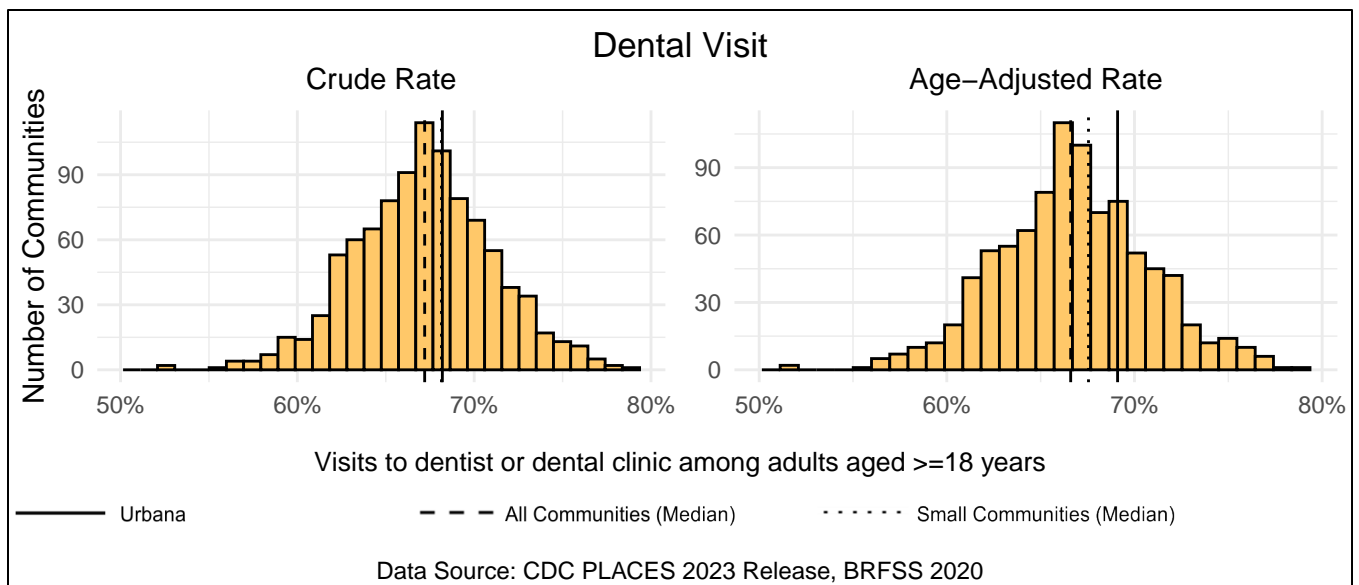
Measure Type	Urbana	All Comm.	Small Comm.
Crude	43.4%	39.0%	38.2%
Age-Adjusted	44.3%	39.9%	40.7%



### Dental Visit

Urbana has a crude rate of 68.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 361st out of 958 Iowa communities (69th out of 138 small communities). The age-adjusted rate for Urbana is 69.1%, which ranks 239th out of 905 Iowa communities (46th out of 138 small communities).

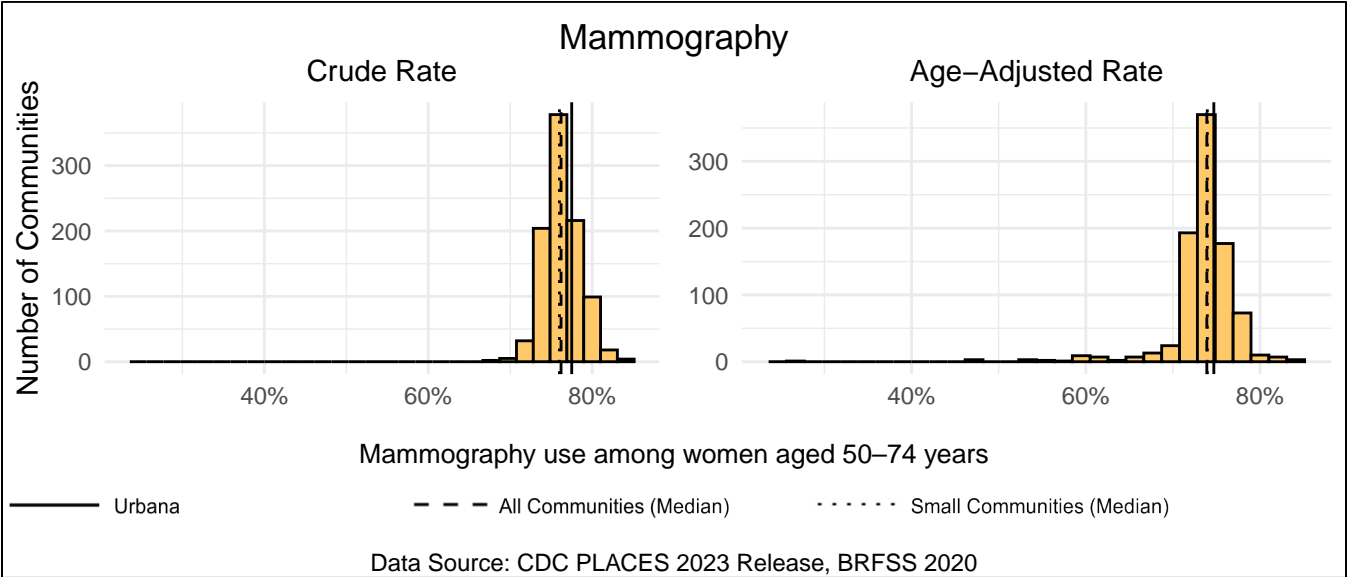
Measure Type	Urbana	All Comm.	Small Comm.
Crude	68.2%	67.2%	68.2%
Age-Adjusted	69.1%	66.6%	67.5%



# Mammography

Urbana has a crude rate of 77.5% for mammography use among women aged 50–74 years, which ranks 263rd out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Urbana is 74.7%, which ranks 285th out of 905 Iowa communities (46th out of 138 small communities).

Measure Type	Urbana	All Comm.	Small Comm.
Crude	77.5%	76.2%	76.0%
Age-Adjusted	74.7%	73.9%	74.0%



# Disability

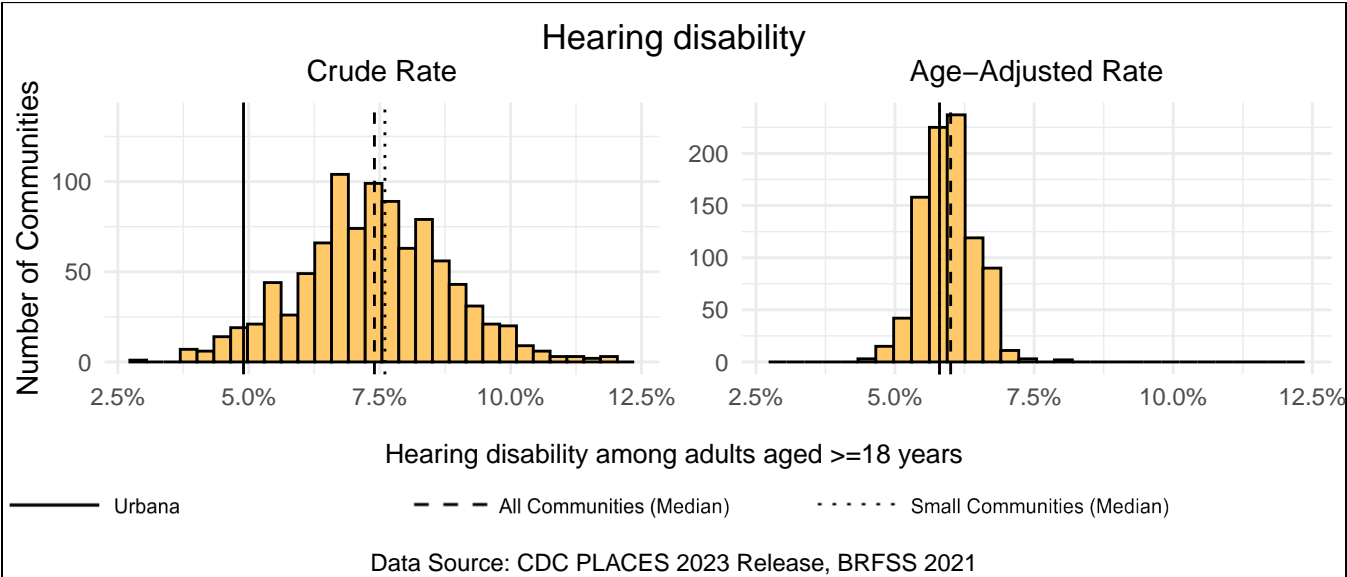
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Urbana has a crude rate of 4.9% for hearing disability among adults aged  $\geq 18$  years, which ranks 42nd out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Urbana is 5.8%, which ranks 287th out of 905 Iowa communities (63rd out of 138 small communities).

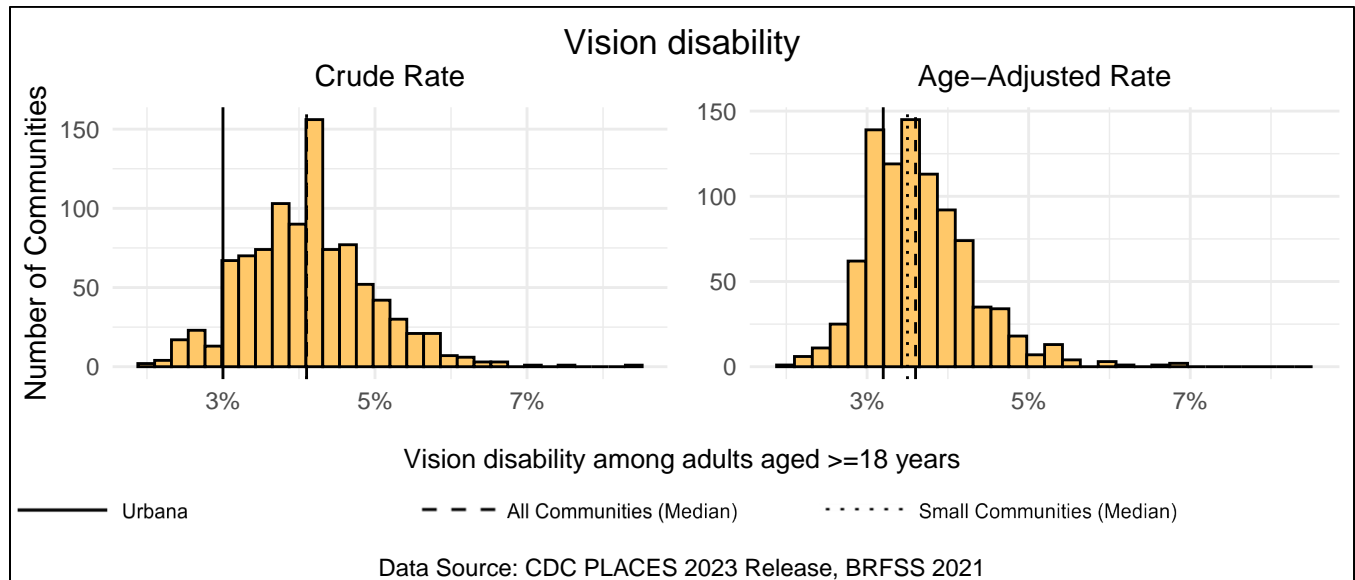
Measure Type	Urbana	All Comm.	Small Comm.
Crude	4.9%	7.4%	7.6%
Age-Adjusted	5.8%	6.0%	5.8%



## Vision disability

Urbana has a crude rate of 3.0% for vision disability among adults aged  $\geq 18$  years, which ranks 60th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Urbana is 3.2%, which ranks 176th out of 905 Iowa communities (35th out of 138 small communities).

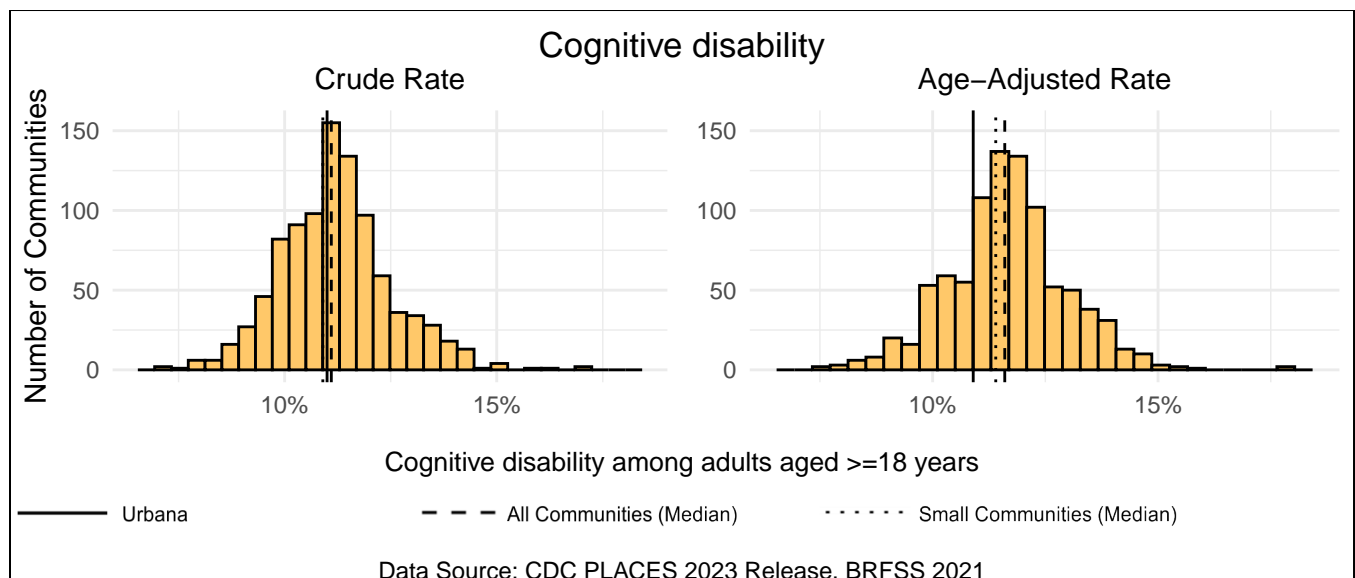
Measure Type	Urbana	All Comm.	Small Comm.
Crude	3.0%	4.1%	4.1%
Age-Adjusted	3.2%	3.6%	3.5%



## Cognitive disability

Urbana has a crude rate of 11.0% for cognitive disability among adults aged  $\geq 18$  years, which ranks 413th out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for Urbana is 10.9%, which ranks 223rd out of 905 Iowa communities (41st out of 138 small communities).

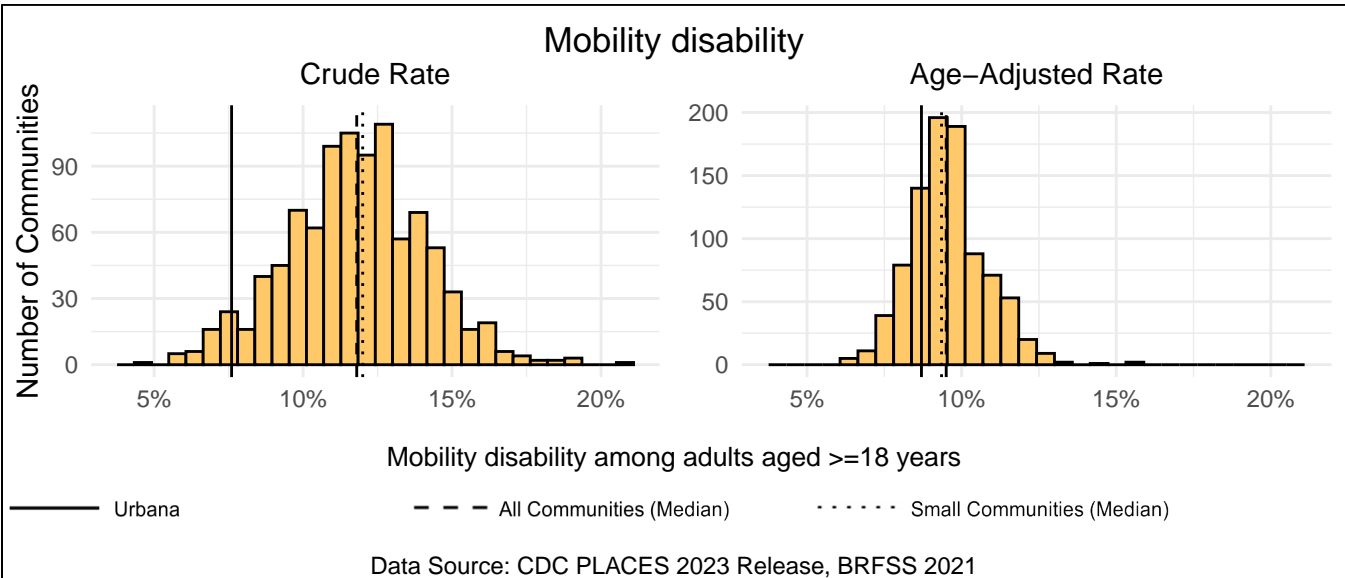
Measure Type	Urbana	All Comm.	Small Comm.
Crude	11.0%	11.1%	10.9%
Age-Adjusted	10.9%	11.6%	11.4%



## Mobility disability

Urbana has a crude rate of 7.6% for mobility disability among adults aged  $\geq 18$  years, which ranks 40th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Urbana is 8.7%, which ranks 198th out of 905 Iowa communities (36th out of 138 small communities).

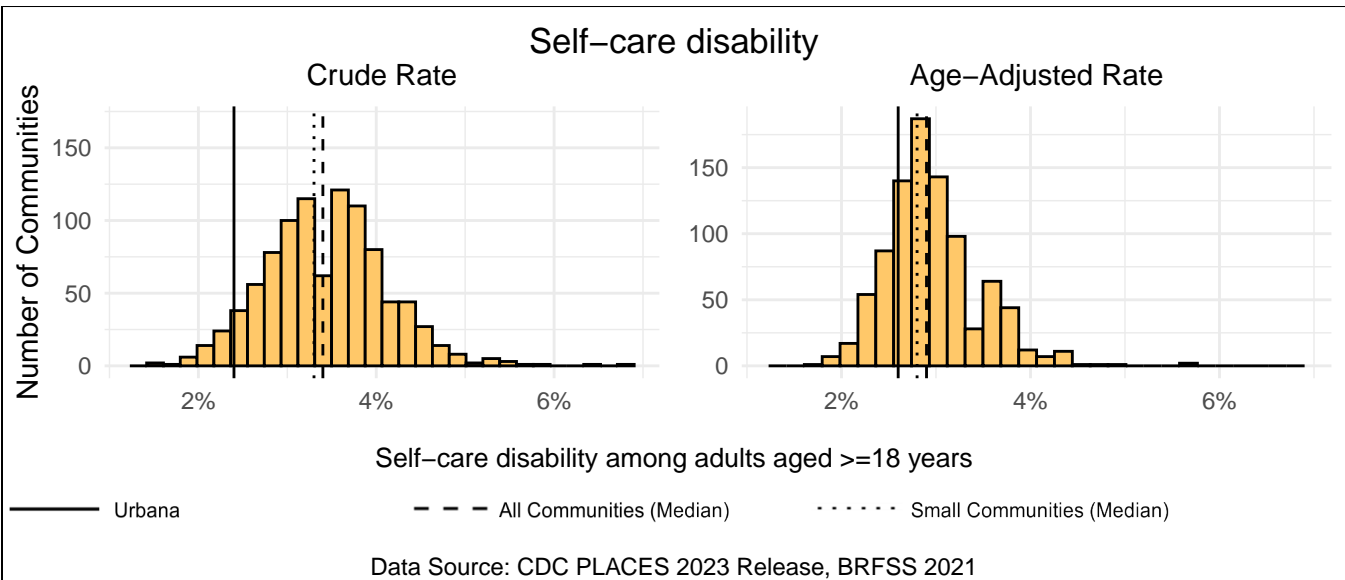
Measure Type	Urbana	All Comm.	Small Comm.
Crude	7.6%	11.8%	12.0%
Age-Adjusted	8.7%	9.5%	9.4%



## Self-care disability

Urbana has a crude rate of 2.4% for self-care disability among adults aged  $\geq 18$  years, which ranks 48th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Urbana is 2.6%, which ranks 167th out of 905 Iowa communities (32nd out of 138 small communities).

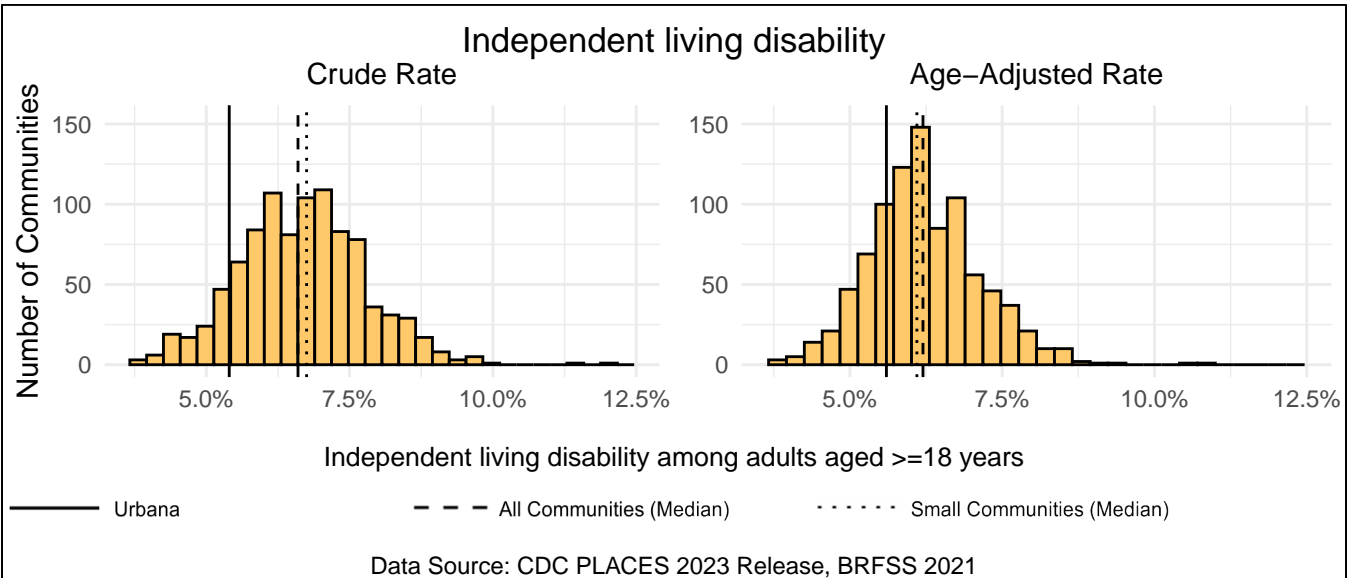
Measure Type	Urbana	All Comm.	Small Comm.
Crude	2.4%	3.4%	3.3%
Age-Adjusted	2.6%	2.9%	2.8%



## Independent living disability

Urbana has a crude rate of 5.4% for independent living disability among adults aged  $\geq 18$  years, which ranks 94th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Urbana is 5.6%, which ranks 186th out of 905 Iowa communities (34th out of 138 small communities).

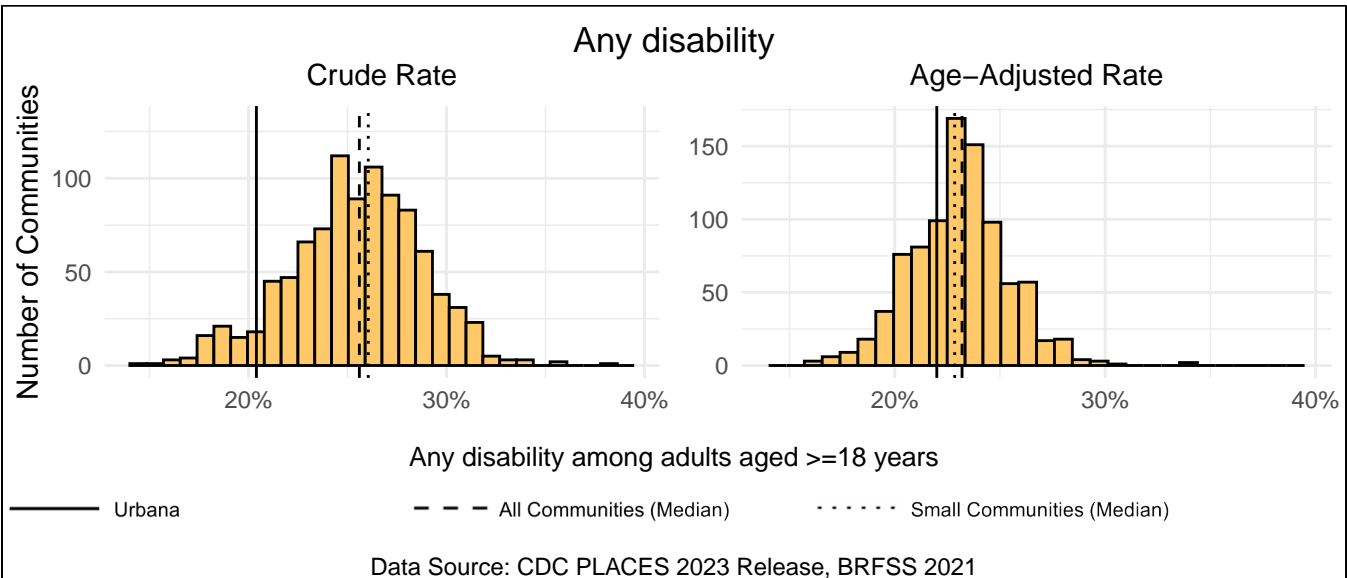
Measure Type	Urbana	All Comm.	Small Comm.
Crude	5.4%	6.6%	6.8%
Age-Adjusted	5.6%	6.2%	6.1%



## Any disability

Urbana has a crude rate of 20.4% for any disability among adults aged  $\geq 18$  years, which ranks 68th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Urbana is 22.0%, which ranks 259th out of 905 Iowa communities (44th out of 138 small communities).

Measure Type	Urbana	All Comm.	Small Comm.
Crude	20.4%	25.6%	26.0%
Age-Adjusted	22.0%	23.2%	22.8%



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## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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





## Appendix 2: Urbana 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	74	11.0% (9.0% - 13.4%)	191	11.6% (9.6% - 13.9%)
Health Status	Mental Health	840	15.6% (13.2% - 18.0%)	270	15.1% (13.0% - 17.5%)
Health Status	Physical Health	76	8.8% (7.3% - 10.3%)	210	9.1% (7.7% - 10.6%)
Health Risk Behaviors	Current Smoking	640	17.7% (13.4% - 22.2%)	230	16.4% (12.6% - 20.3%)
Health Risk Behaviors	Binge Drinking	931	23.8% (19.9% - 28.0%)	520	22.2% (18.5% - 26.2%)
Health Risk Behaviors	Physical Inactivity	85	21.4% (17.0% - 25.7%)	179	22.0% (17.7% - 26.8%)
Health Risk Behaviors	Sleep <7 hours	905	32.8% (30.7% - 34.7%)	580	31.7% (29.6% - 33.4%)
Health Outcomes	High Blood Pressure	45	25.1% (21.7% - 28.9%)	517	27.6% (23.9% - 31.4%)
Health Outcomes	High Cholesterol	20	29.5% (25.6% - 33.9%)	336	29.5% (25.4% - 33.9%)
Health Outcomes	Obesity	690	39.0% (31.8% - 46.4%)	490	37.9% (31.0% - 44.9%)
Health Outcomes	Cancer (except skin)	19	5.5% (4.9% - 6.1%)	418	6.5% (5.9% - 7.3%)
Health Outcomes	Diabetes	28	6.8% (5.7% - 8.0%)	268	7.8% (6.5% - 9.2%)
Health Outcomes	Stroke	28	2.1% (1.8% - 2.4%)	230	2.5% (2.1% - 2.8%)
Health Outcomes	Depression	708	18.8% (15.5% - 22.5%)	164	18.3% (15.1% - 22.1%)
Health Outcomes	Chronic Kidney Disease	21	2.2% (1.9% - 2.4%)	142	2.5% (2.3% - 2.8%)
Health Outcomes	COPD	61	5.3% (4.3% - 6.3%)	226	5.8% (4.8% - 7.0%)
Health Outcomes	Coronary Heart Disease	23	3.9% (3.4% - 4.5%)	257	4.8% (4.1% - 5.5%)
Health Outcomes	Arthritis	23	20.0% (16.9% - 23.4%)	210	22.3% (18.9% - 25.9%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.9%)	330	9.4% (8.2% - 10.8%)
Health Outcomes	All Teeth Lost	215	11.3% (7.1% - 16.3%)	232	11.6% (7.2% - 16.4%)
Prevention	Core preventive services for older men	359	44.6% (35.9% - 52.6%)	326	44.9% (36.4% - 52.6%)
Prevention	Health Insurance	415	7.2% (5.2% - 9.6%)	168	6.9% (5.0% - 9.2%)
Prevention	Colorectal Cancer Screening	486	71.5% (68.0% - 74.7%)	285	72.0% (68.6% - 75.1%)
Prevention	Annual Checkup	871	72.6% (67.3% - 77.4%)	66	74.2% (69.2% - 78.8%)
Prevention	Cervical Cancer Screening	124	85.2% (82.7% - 87.7%)	232	84.0% (81.5% - 86.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	263	77.5% (73.4% - 81.4%)	285	74.7% (70.0% - 79.0%)
Prevention	Cholesterol Screening	885	79.1% (75.3% - 82.5%)	258	79.9% (76.5% - 83.1%)
Prevention	Core preventive services for older women	166	43.4% (35.6% - 51.3%)	122	44.3% (36.8% - 52.3%)
Prevention	Dental Visit	361	68.2% (63.8% - 72.4%)	239	69.1% (65.2% - 73.0%)
Prevention	Taking BP Medication	946	70.1% (65.8% - 74.1%)	790	57.8% (52.9% - 62.5%)
Disability	Self-care Disability	48	2.4% (2.1% - 2.9%)	167	2.6% (2.2% - 3.0%)
Disability	Independent Living Disability	94	5.4% (4.5% - 6.5%)	186	5.6% (4.7% - 6.7%)
Disability	Cognitive Disability	413	11.0% (9.0% - 13.3%)	223	10.9% (9.1% - 13.0%)
Disability	Mobility Disability	40	7.6% (6.2% - 9.1%)	198	8.7% (7.2% - 10.4%)
Disability	Vision Disability	60	3.0% (2.5% - 3.5%)	176	3.2% (2.7% - 3.7%)
Disability	Hearing Disability	42	4.9% (4.2% - 5.5%)	287	5.8% (5.0% - 6.6%)
Disability	Any Disability	68	20.4% (16.9% - 24.3%)	259	22.0% (18.4% - 25.9%)

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)

Urbana 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		