



## 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 Urbandale: Overview

Dear Community Members & Stakeholders of Urbandale,

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 Urbandale ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Urbandale’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 Urbandale. 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 | Mid-Large Community Rank | Health Domain                          | Statewide Community Rank | Mid-Large Community Rank |
| Core preventive services for older men | 35th                     | 4th                      | Stroke                                 | 23rd                     | 6th                      |
| Physical Health                        | 42nd                     | 8th                      | Hearing Disability                     | 30th                     | 7th                      |
| Independent Living Disability          | 46th                     | 7th                      | Sleep <7 hours                         | 31st                     | 5th                      |
| Sleep <7 hours                         | 47th                     | 5th                      | Core preventive services for older men | 33rd                     | 4th                      |
| COPD                                   | 47th                     | 8th                      | Physical Health                        | 34th                     | 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<br>Community<br>Rank | Mid-Large<br>Community<br>Rank | Health Domain        | Statewide<br>Community<br>Rank | Mid-Large<br>Community<br>Rank |
| Taking BP Medication  | 908th                          | 22nd                           | Taking BP Medication | 884th                          | 26th                           |
| Binge Drinking        | 799th                          | 19th                           | High Cholesterol     | 790th                          | 23rd                           |
| Depression            | 756th                          | 17th                           | Binge Drinking       | 520th                          | 20th                           |
| Annual Checkup        | 685th                          | 14th                           | Depression           | 489th                          | 14th                           |
| Cholesterol Screening | 407th                          | 5th                            | Cancer (except skin) | 418th                          | 15th                           |

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 Urbandale.

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

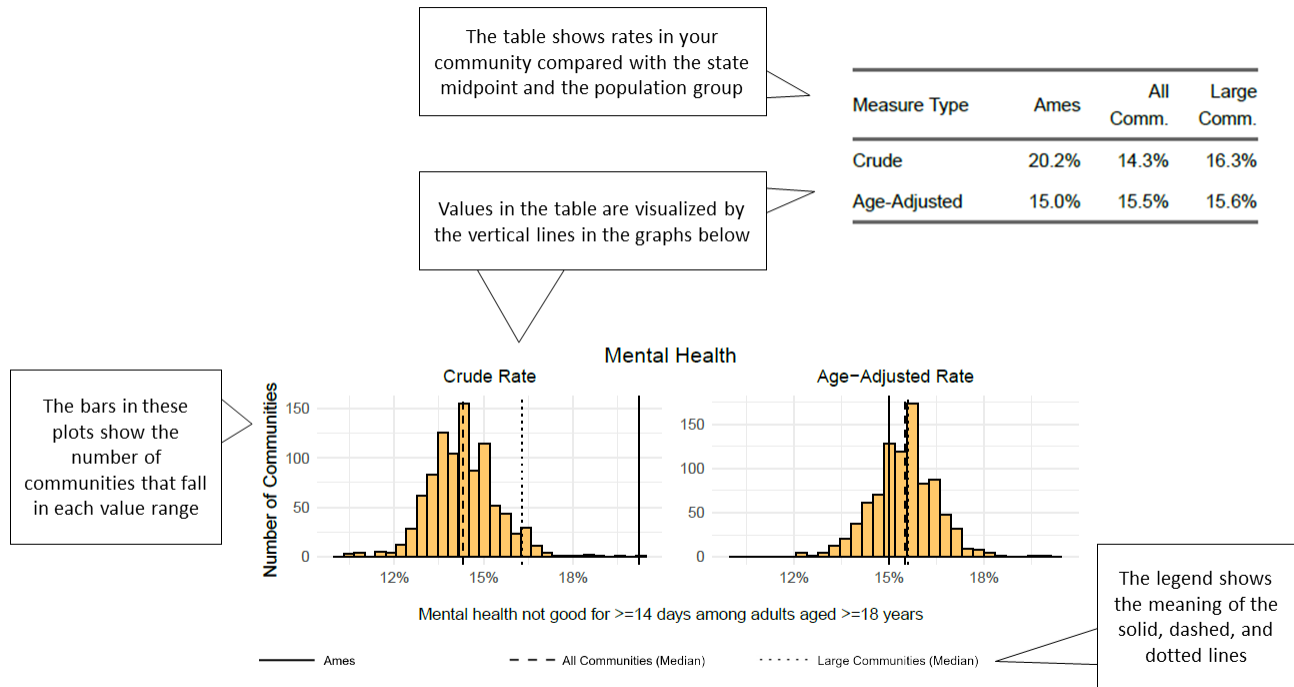
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Urbandale that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Urbandale, a review of risky behaviors in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

With a population of 45,591, Urbandale’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-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

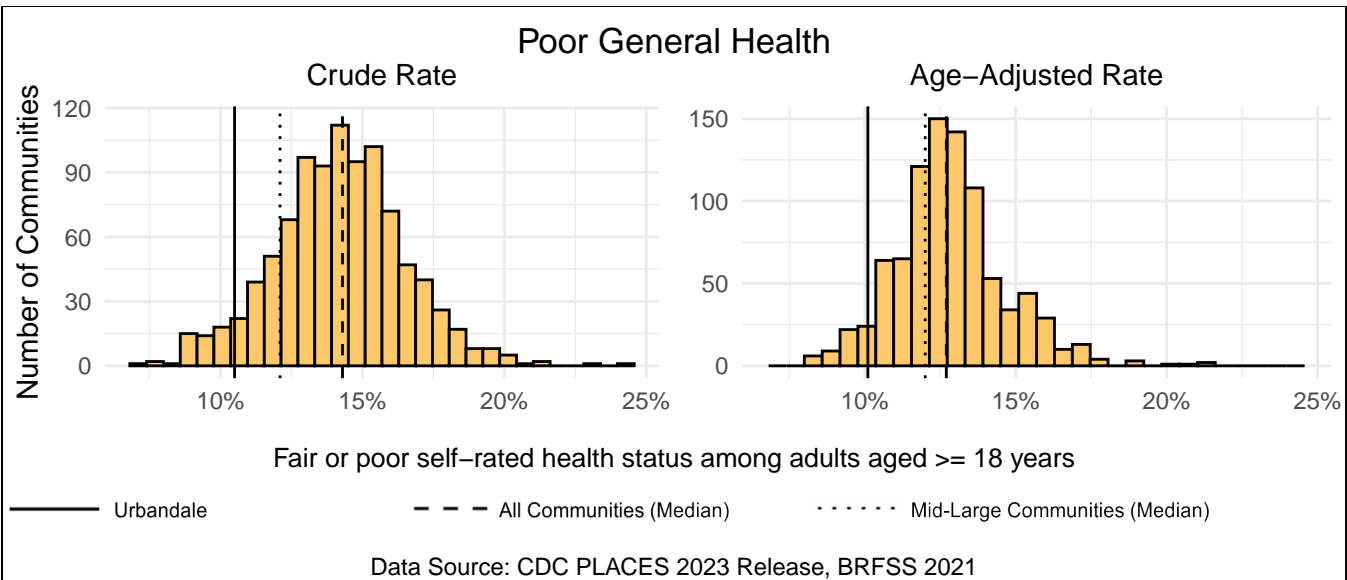
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Urbandale has a crude rate of 10.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 53rd out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 10.1%, which ranks 48th out of 905 Iowa communities (8th out of 31 mid-large communities).

| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 10.5%     | 14.3%     | 12.1%           |
| Age-Adjusted | 10.1%     | 12.7%     | 12.0%           |

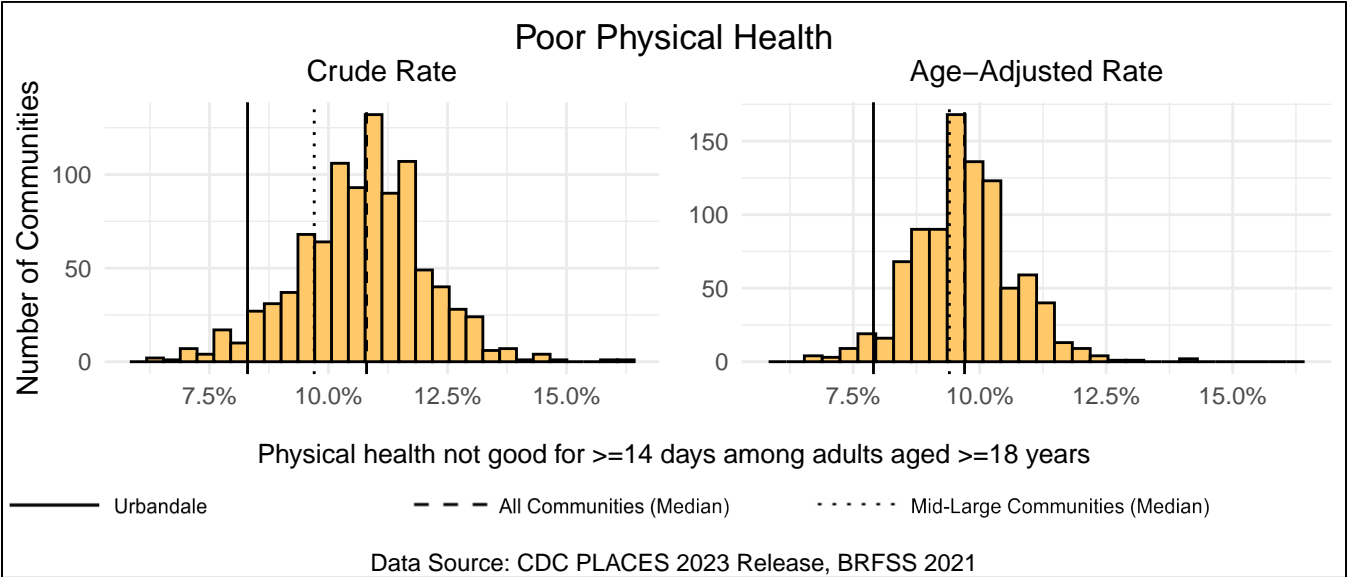




## Poor Physical Health

Urbandale has a crude rate of 8.3% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 42nd out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 7.9%, which ranks 34th out of 905 Iowa communities (7th out of 31 mid-large communities).

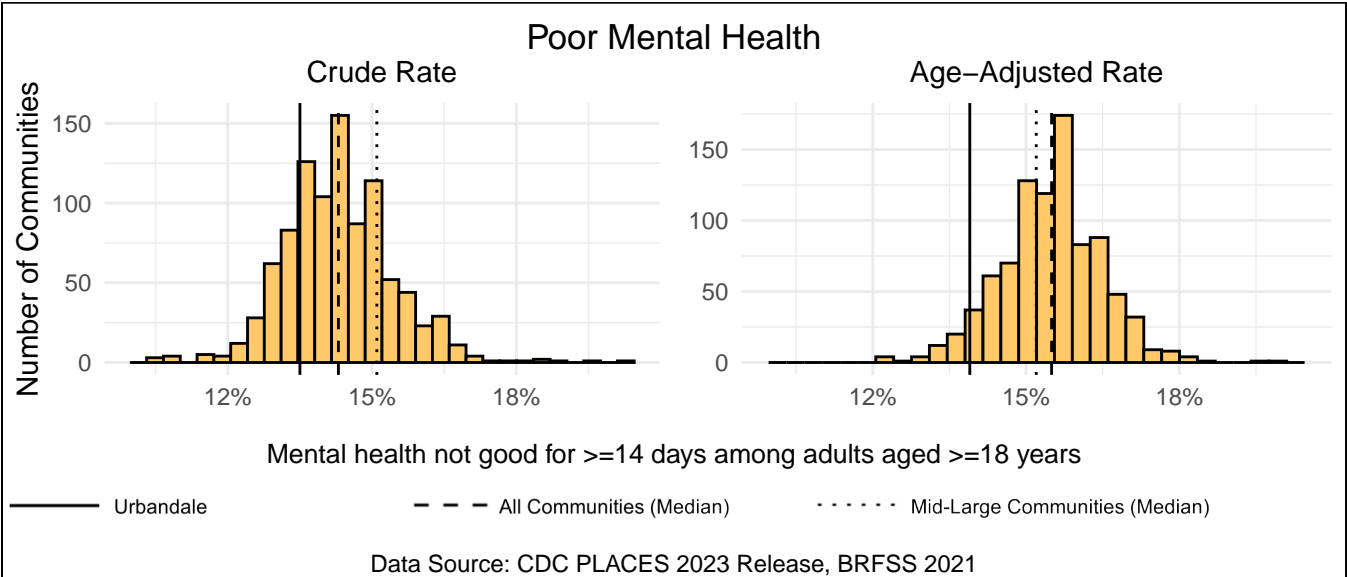
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 8.3%      | 10.8%     | 9.7%            |
| Age-Adjusted | 7.9%      | 9.7%      | 9.4%            |



## Poor Mental Health

Urbandale has a crude rate of 13.5% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 202nd out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 13.9%, which ranks 42nd out of 905 Iowa communities (7th out of 31 mid-large communities).

| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 13.5%     | 14.3%     | 15.1%           |
| Age-Adjusted | 13.9%     | 15.5%     | 15.2%           |



# Health Risk Behaviors

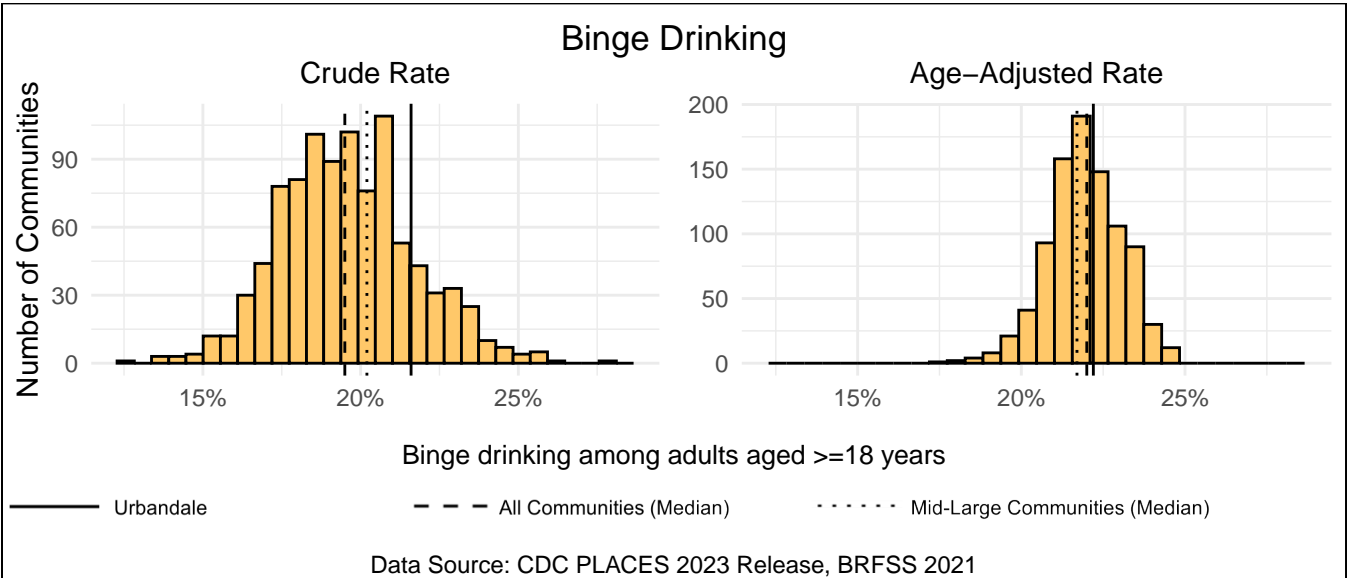
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Urbandale has a crude rate of 21.6% for binge drinking among adults aged  $\geq 18$  years, which ranks 799th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 22.2%, which ranks 520th out of 905 Iowa communities (20th out of 31 mid-large communities).

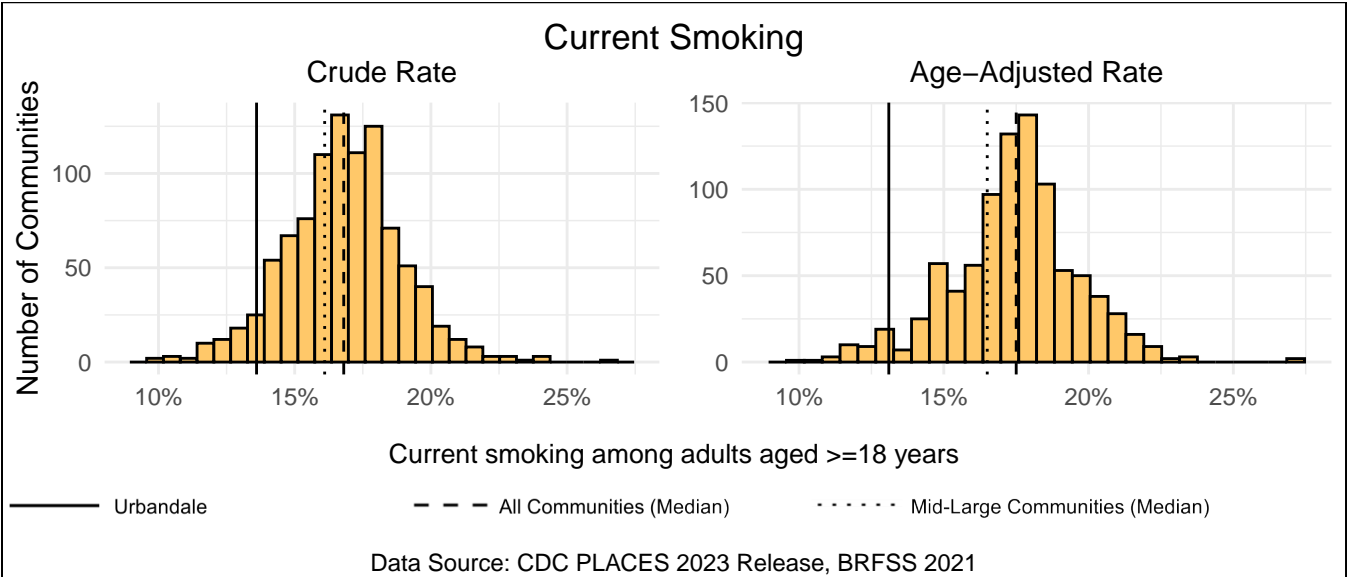
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 21.6%     | 19.5%     | 20.2%           |
| Age-Adjusted | 22.2%     | 22.0%     | 21.7%           |



# Current Smoking

Urbandale has a crude rate of 13.6% for current smoking among adults aged >=18 years, which ranks 63rd out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 13.1%, which ranks 37th out of 905 Iowa communities (6th out of 31 mid-large communities).

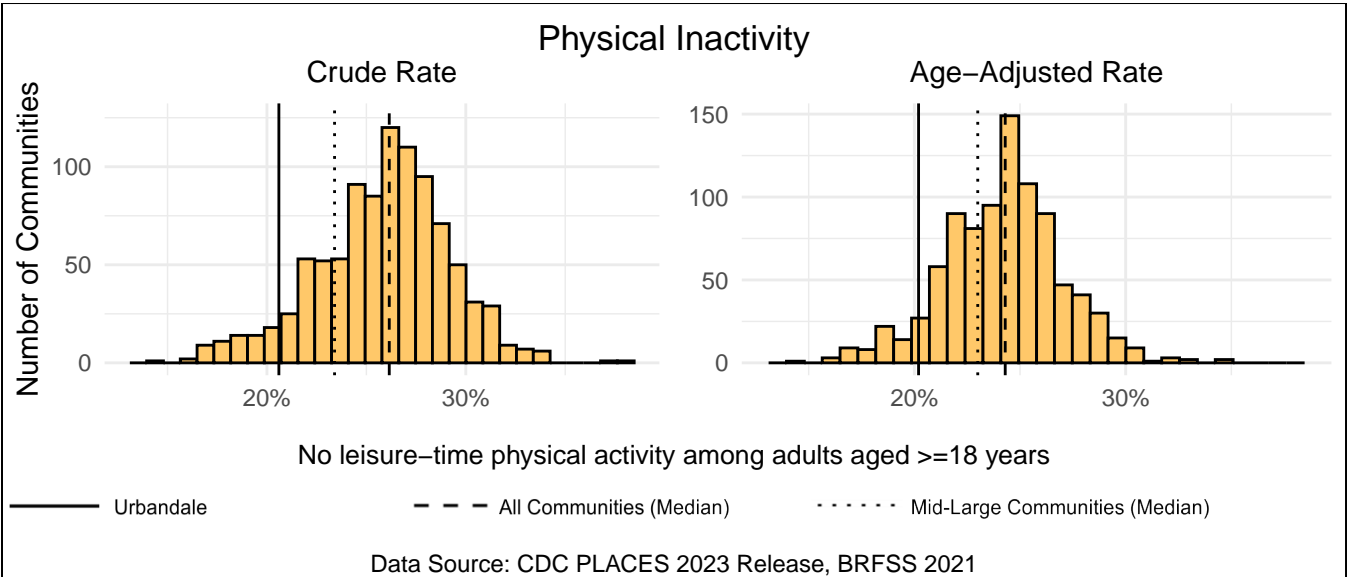
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 13.6%     | 16.8%     | 16.1%           |
| Age-Adjusted | 13.1%     | 17.5%     | 16.5%           |



# Physical Inactivity

Urbandale has a crude rate of 20.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 66th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 20.2%, which ranks 61st out of 905 Iowa communities (9th out of 31 mid-large communities).

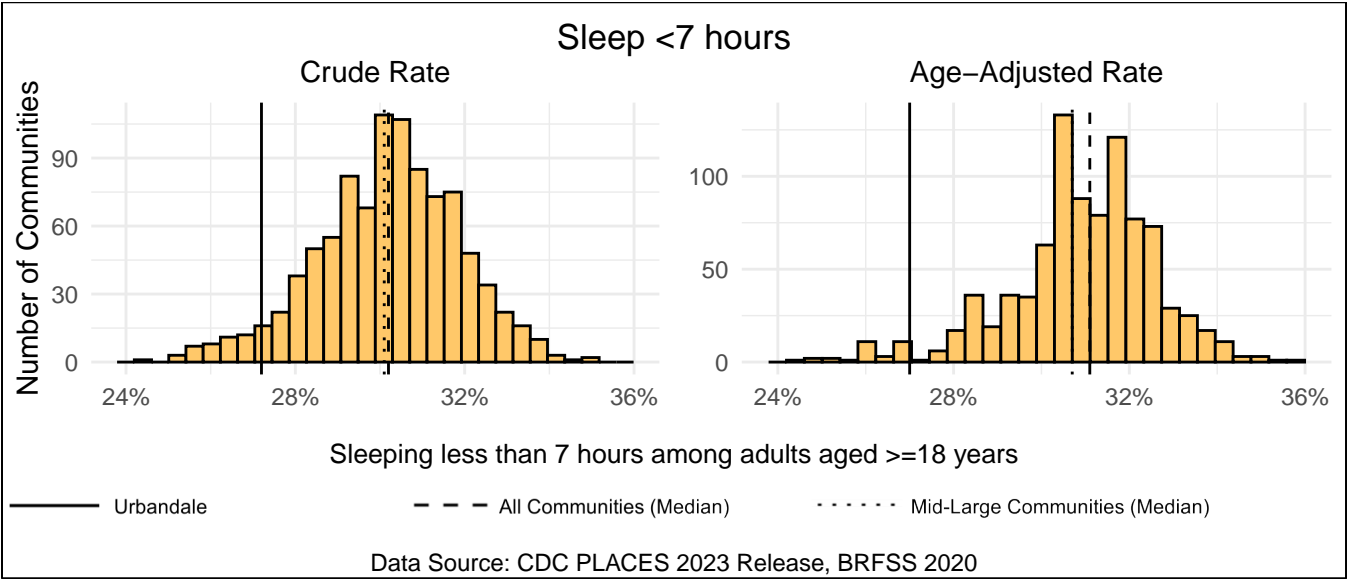
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 20.6%     | 26.1%     | 23.4%           |
| Age-Adjusted | 20.2%     | 24.3%     | 23.0%           |



Sleep <7 hours

Urbandale has a crude rate of 27.2% for sleeping less than 7 hours among adults aged >=18 years, which ranks 47th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 27.0%, which ranks 31st out of 905 Iowa communities (5th out of 31 mid-large communities).

| Measure Type | Urbandale | All Mid-Large |       |
|--------------|-----------|---------------|-------|
|              |           | Comm.         | Comm. |
| Crude        | 27.2%     | 30.2%         | 30.1% |
| Age-Adjusted | 27.0%     | 31.1%         | 30.7% |



# Health Outcomes

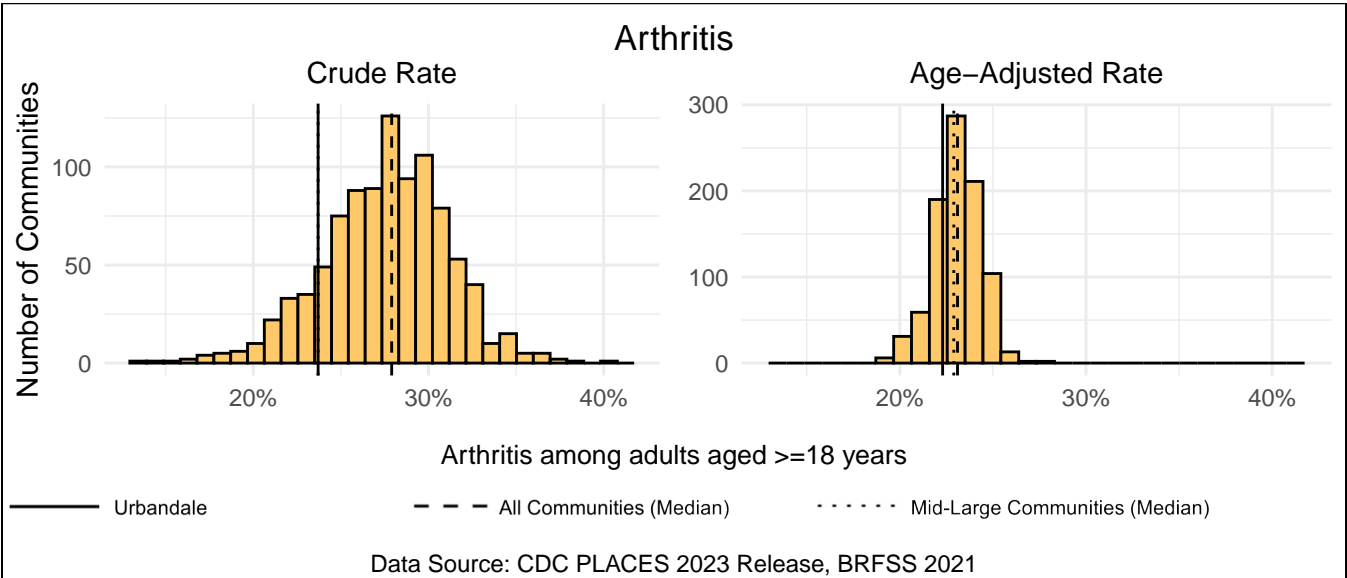
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

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

## Arthritis

Urbandale has a crude rate of 23.7% for arthritis among adults aged  $\geq 18$  years, which ranks 127th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 22.3%, which ranks 210th out of 905 Iowa communities (12th out of 31 mid-large communities).

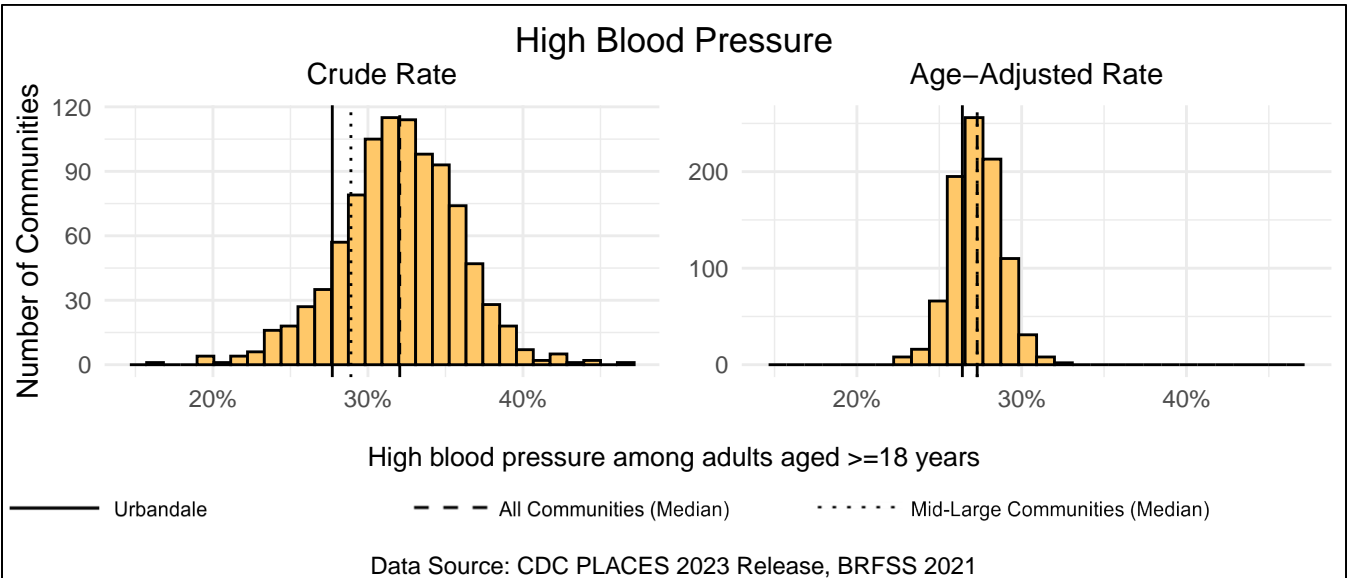
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 23.7%     | 27.9%     | 23.7%           |
| Age-Adjusted | 22.3%     | 23.1%     | 22.9%           |



## High Blood Pressure

Urbandale has a crude rate of 27.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 113th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 26.4%, which ranks 244th out of 905 Iowa communities (11th out of 31 mid-large communities).

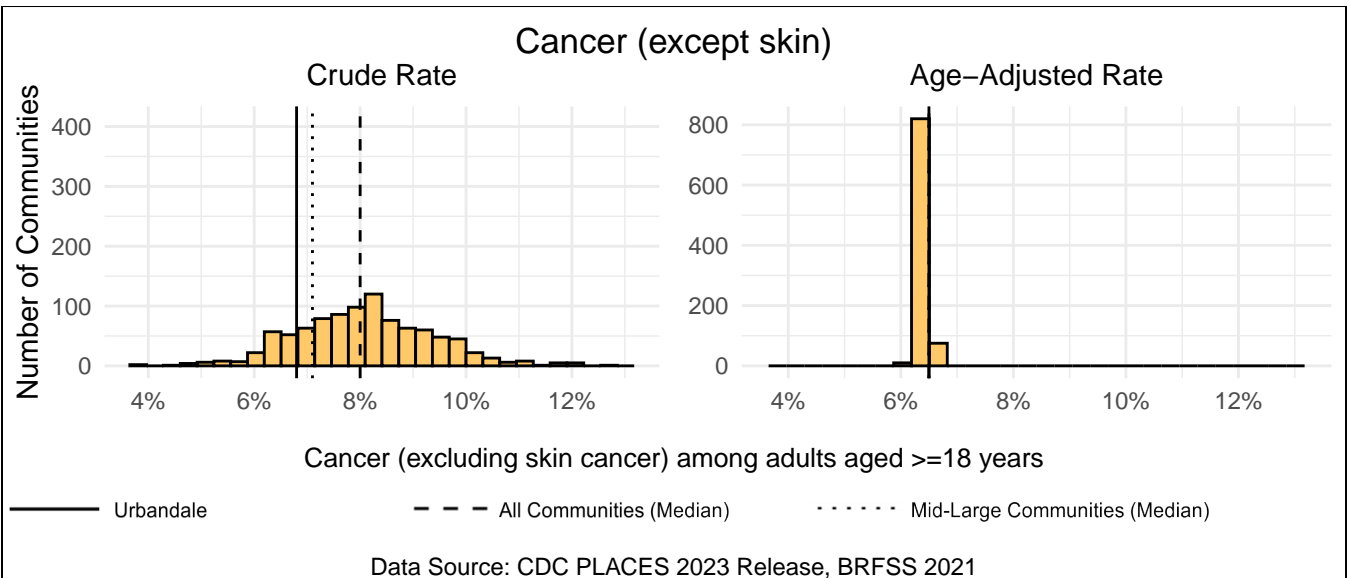
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 27.7%     | 32.0%     | 28.9%           |
| Age-Adjusted | 26.4%     | 27.3%     | 27.3%           |



## Cancer (except skin)

Urbandale has a crude rate of 6.8% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 143rd out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

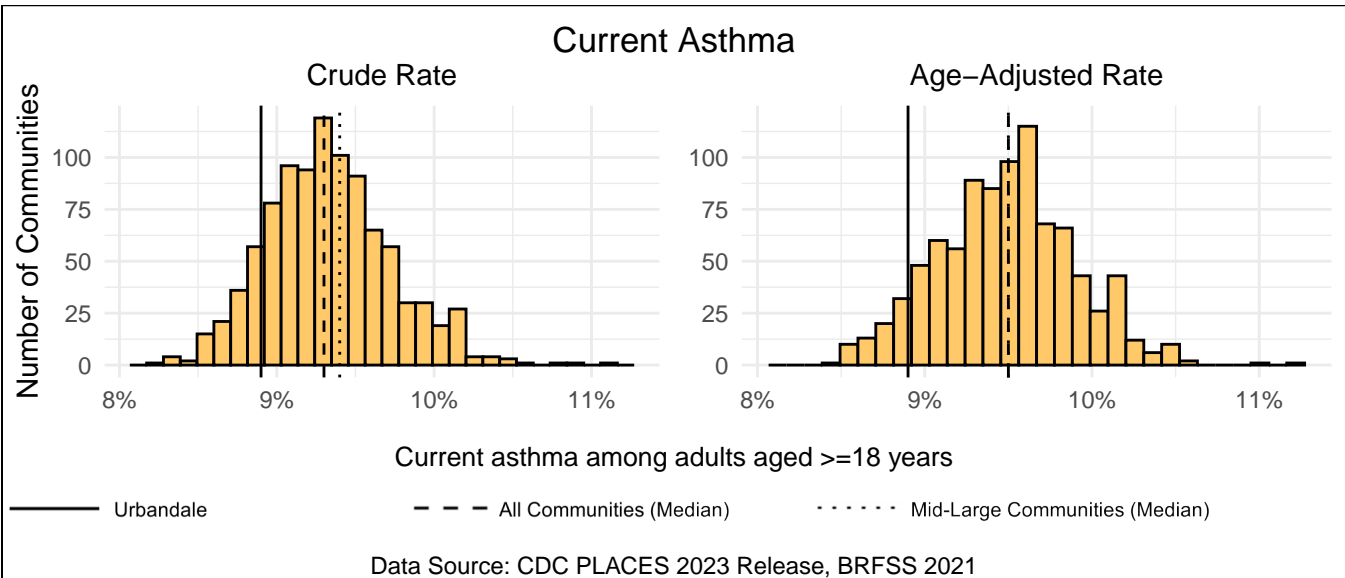
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 6.8%      | 8.0%      | 7.1%            |
| Age-Adjusted | 6.5%      | 6.5%      | 6.5%            |



## Current Asthma

Urbandale has a crude rate of 8.9% for current asthma among adults aged  $\geq 18$  years, which ranks 80th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 8.9%, which ranks 45th out of 905 Iowa communities (4th out of 31 mid-large communities).

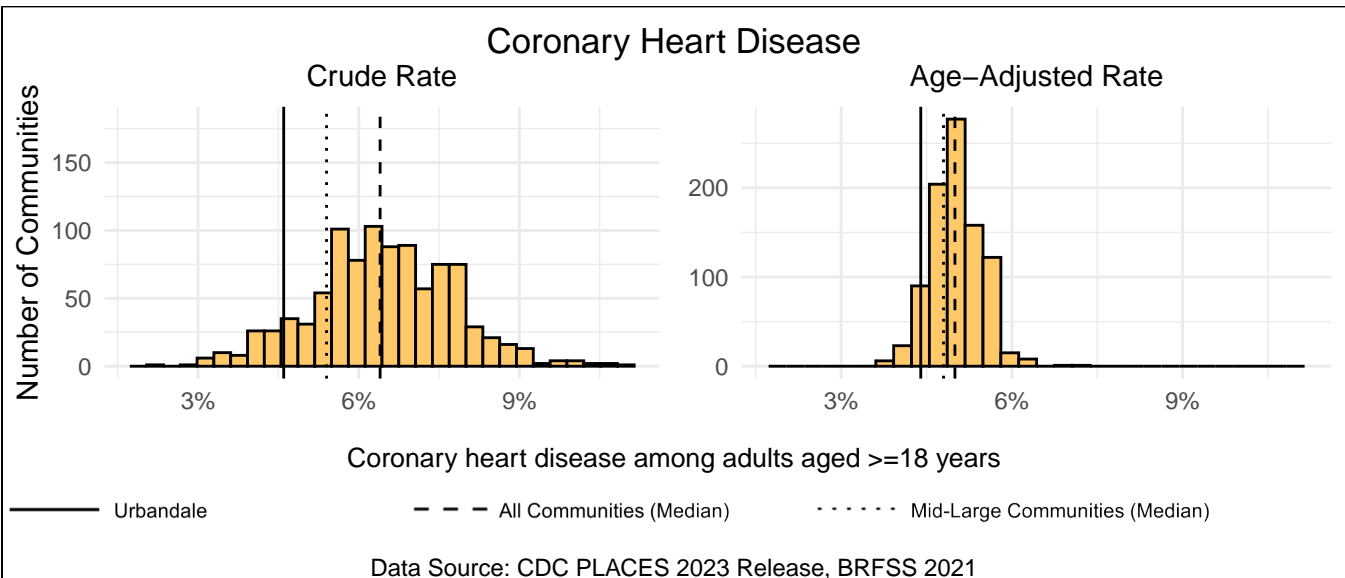
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 8.9%      | 9.3%      | 9.4%            |
| Age-Adjusted | 8.9%      | 9.5%      | 9.5%            |



## Coronary Heart Disease

Urbandale has a crude rate of 4.6% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 79th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 4.4%, which ranks 52nd out of 905 Iowa communities (7th out of 31 mid-large communities).

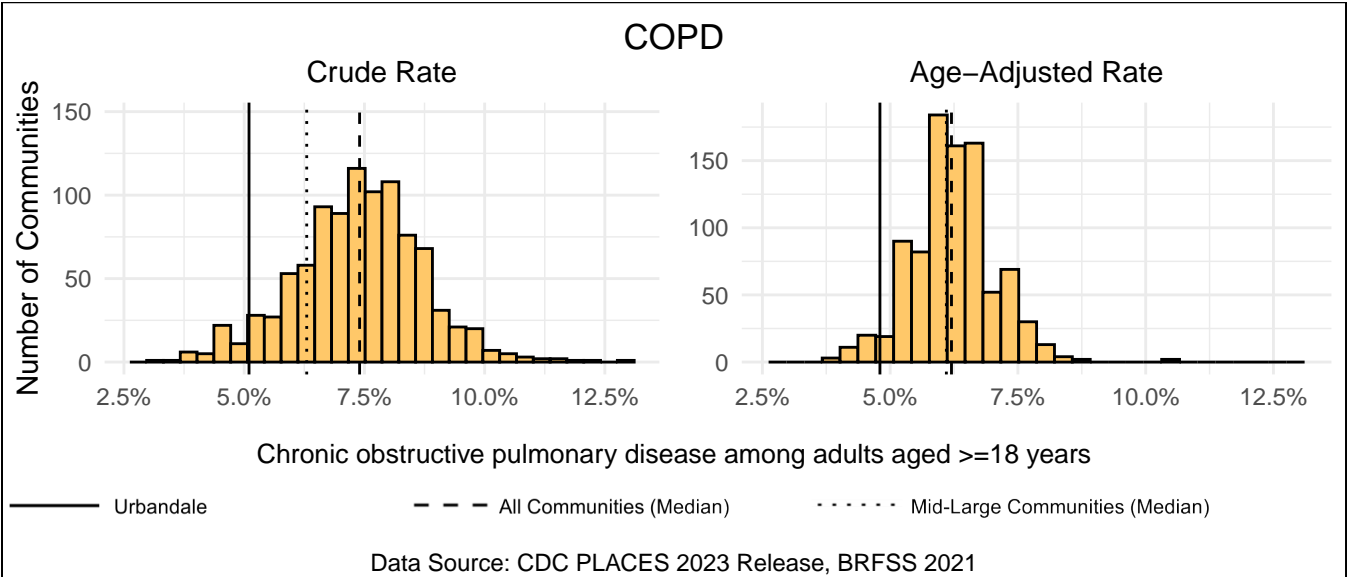
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 4.6%      | 6.4%      | 5.4%            |
| Age-Adjusted | 4.4%      | 5.0%      | 4.8%            |



# COPD

Urbandale has a crude rate of 5.1% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 47th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 4.8%, which ranks 35th out of 905 Iowa communities (7th out of 31 mid-large communities).

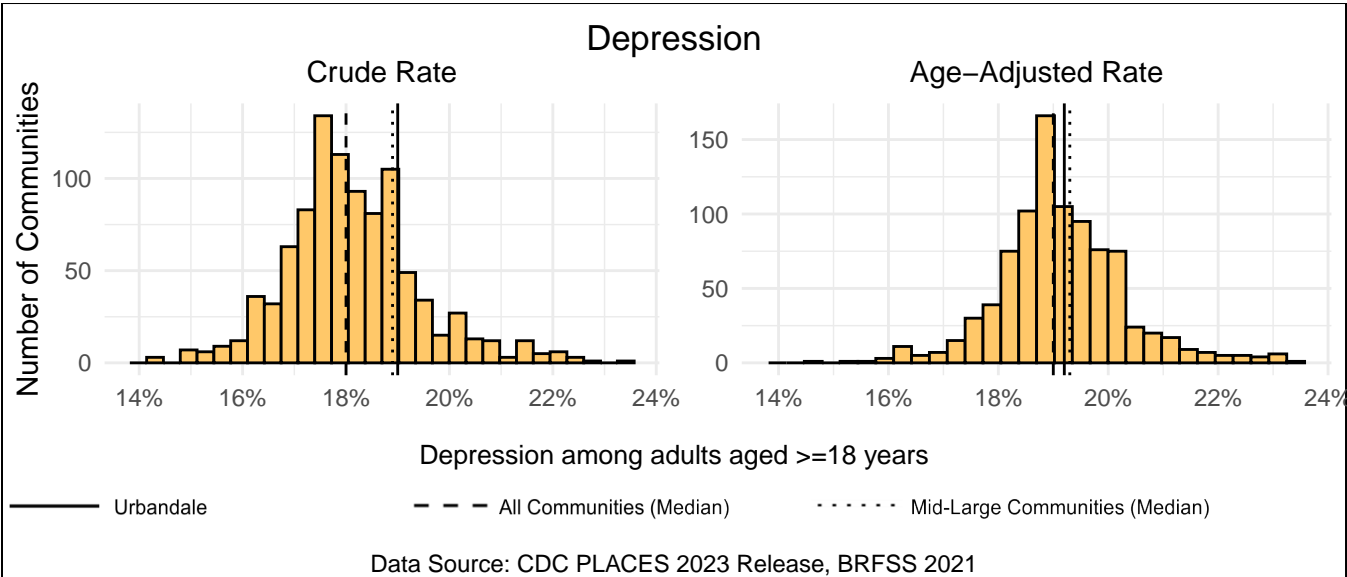
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 5.1%      | 7.4%      | 6.3%            |
| Age-Adjusted | 4.8%      | 6.2%      | 6.1%            |



# Depression

Urbandale has a crude rate of 19.0% for depression among adults aged  $\geq 18$  years, which ranks 756th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 19.2%, which ranks 489th out of 905 Iowa communities (14th out of 31 mid-large communities).

| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 19.0%     | 18.0%     | 18.9%           |
| Age-Adjusted | 19.2%     | 19.0%     | 19.3%           |

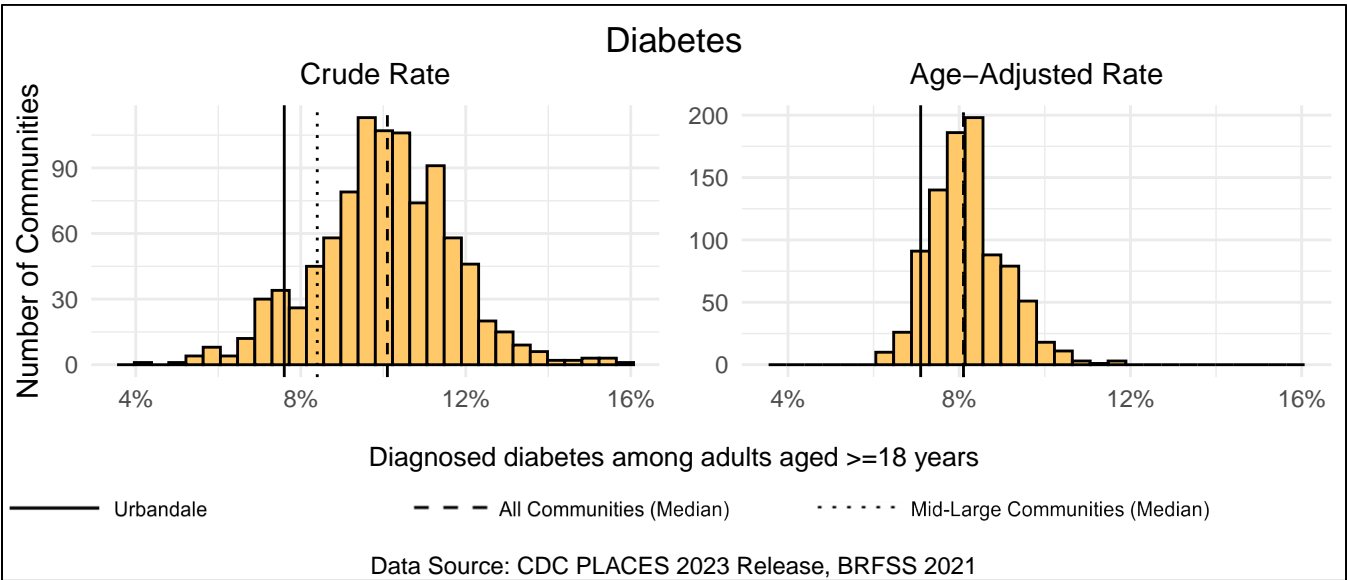




# Diabetes

Urbandale has a crude rate of 7.6% for diagnosed diabetes among adults aged >=18 years, which ranks 73rd out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 7.1%, which ranks 57th out of 905 Iowa communities (7th out of 31 mid-large communities).

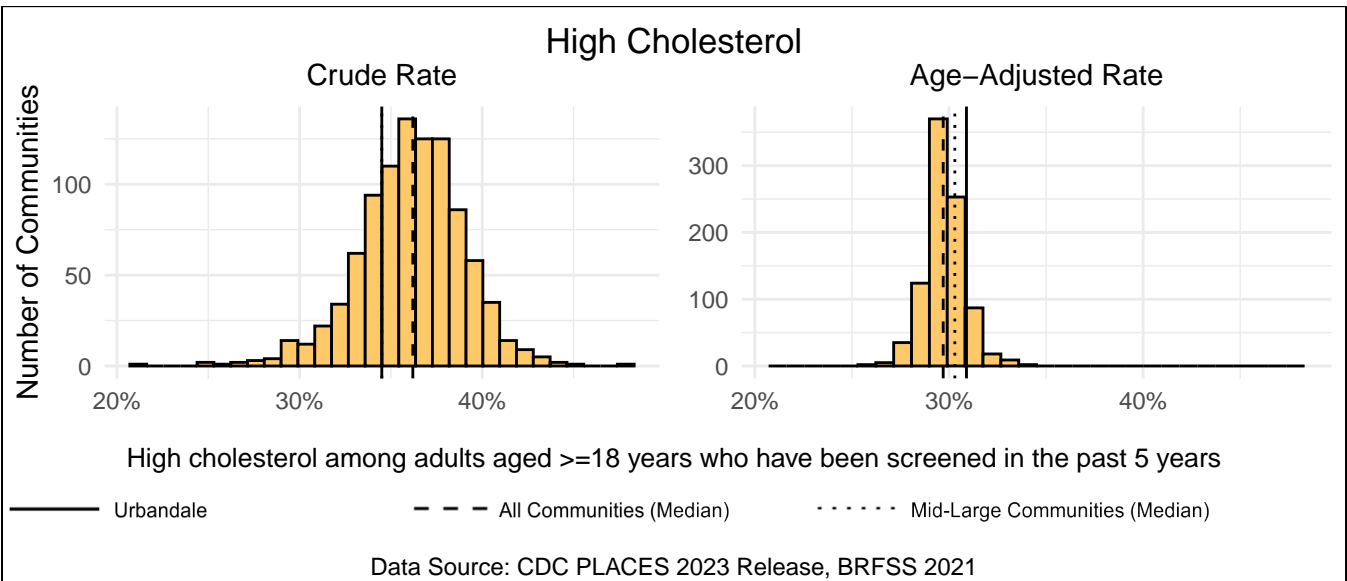
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 7.6%      | 10.1%     | 8.4%            |
| Age-Adjusted | 7.1%      | 8.1%      | 8.1%            |



# High Cholesterol

Urbandale has a crude rate of 34.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 243rd out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 30.9%, which ranks 790th out of 905 Iowa communities (23rd out of 31 mid-large communities).

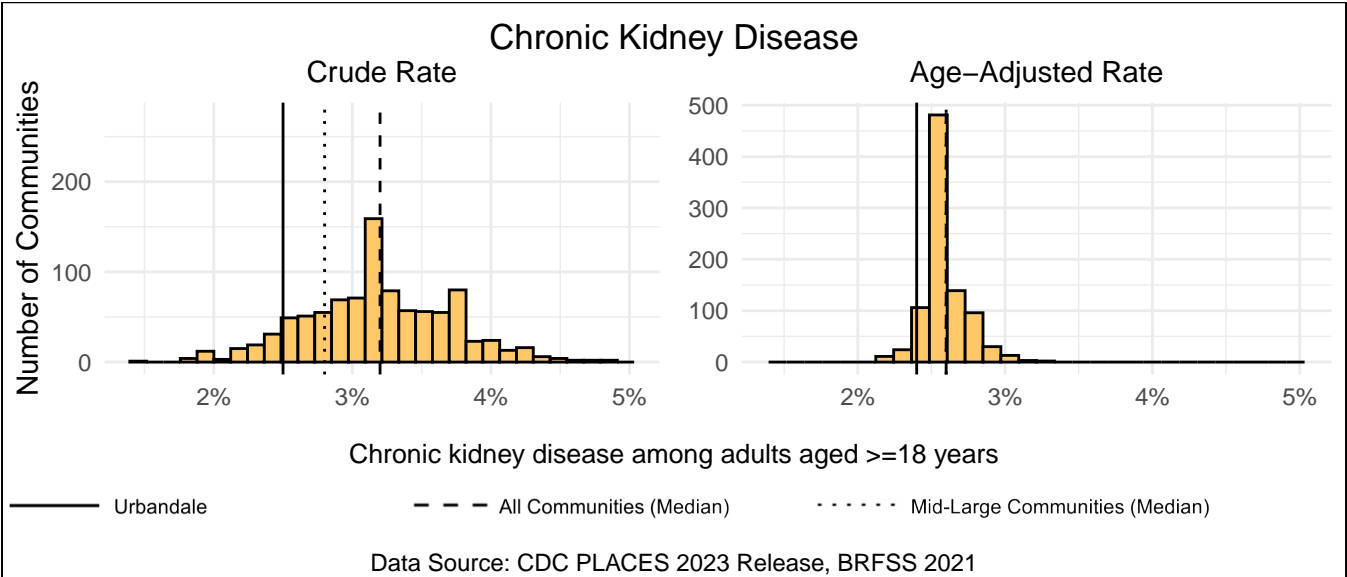
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 34.5%     | 36.2%     | 34.5%           |
| Age-Adjusted | 30.9%     | 29.7%     | 30.3%           |



# Chronic Kidney Disease

Urbandale has a crude rate of 2.5% for chronic kidney disease among adults aged >=18 years, which ranks 86th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 31 mid-large communities).

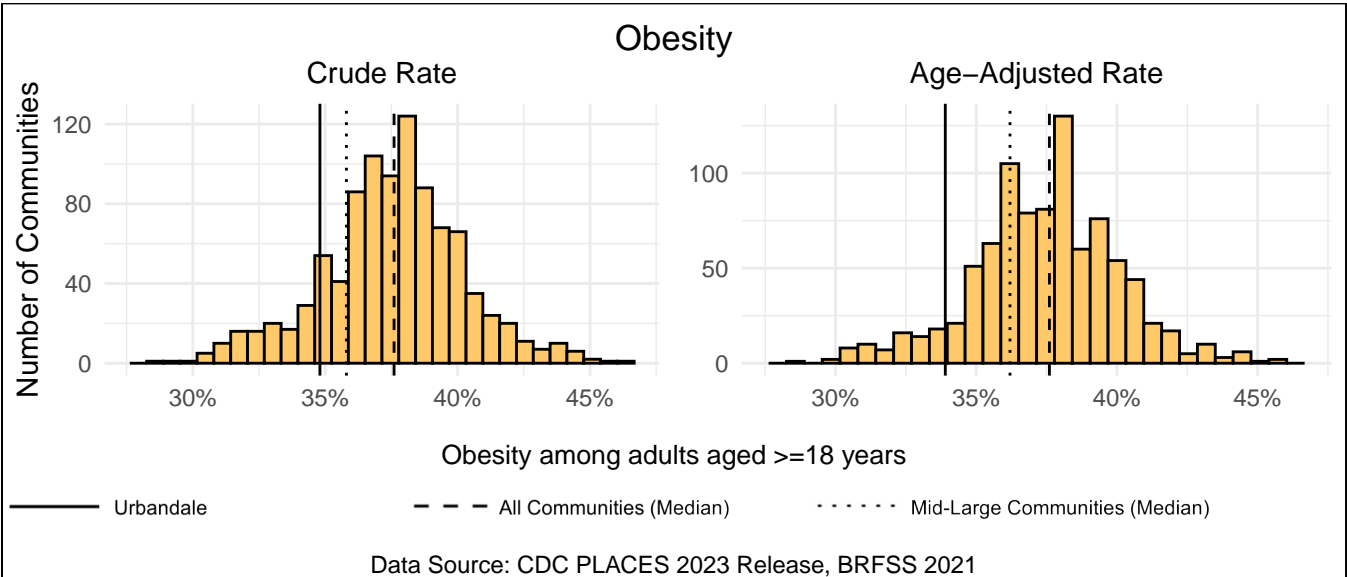
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 2.5%      | 3.2%      | 2.8%            |
| Age-Adjusted | 2.4%      | 2.6%      | 2.6%            |



# Obesity

Urbandale has a crude rate of 34.8% for obesity among adults aged >=18 years, which ranks 123rd out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 33.9%, which ranks 72nd out of 905 Iowa communities (6th out of 31 mid-large communities).

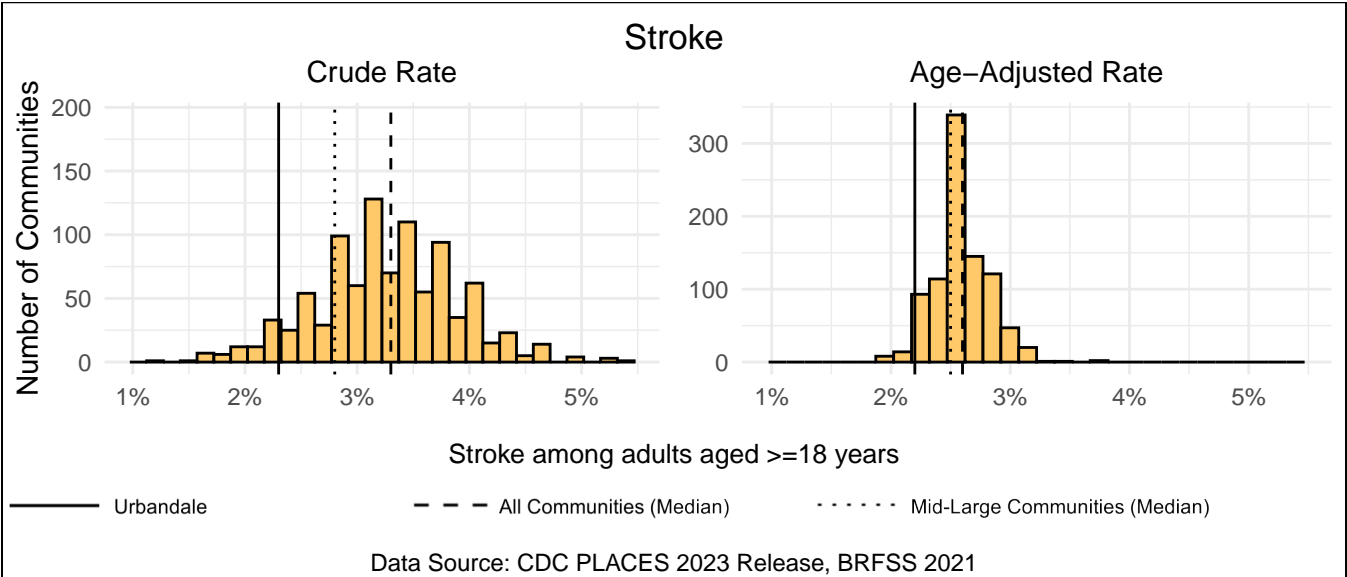
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 34.8%     | 37.6%     | 35.8%           |
| Age-Adjusted | 33.9%     | 37.6%     | 36.2%           |



# Stroke

Urbandale has a crude rate of 2.3% for stroke among adults aged  $\geq 18$  years, which ranks 59th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 31 mid-large communities).

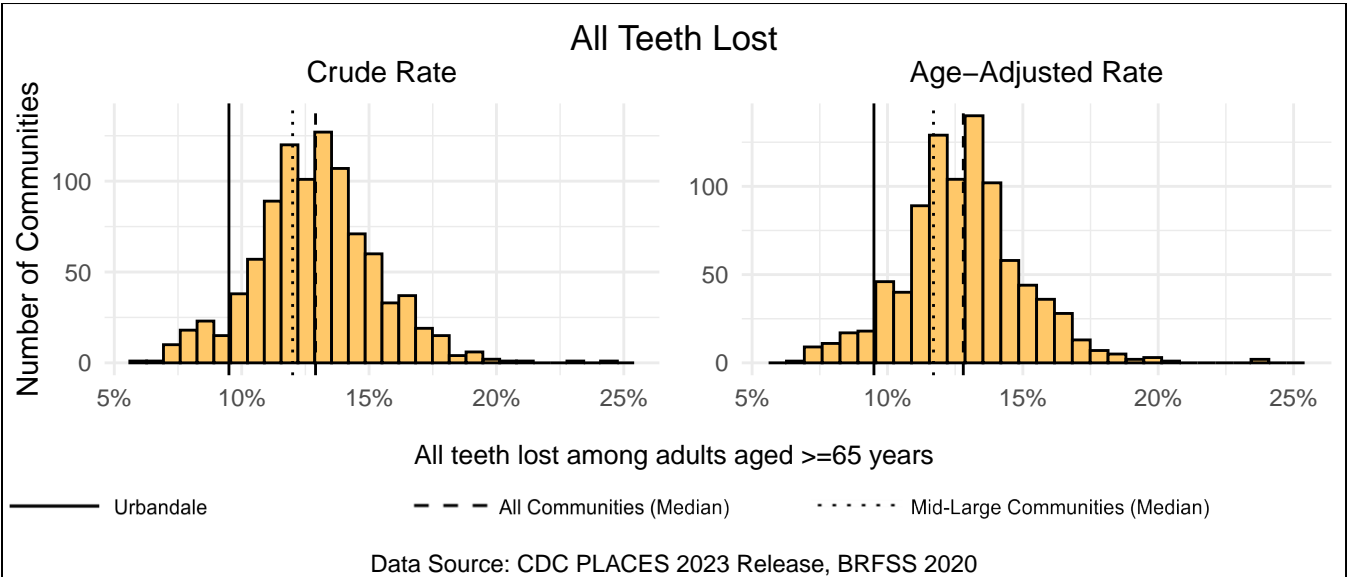
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 2.3%      | 3.3%      | 2.8%            |
| Age-Adjusted | 2.2%      | 2.6%      | 2.5%            |



# All Teeth Lost

Urbandale has a crude rate of 9.5% for all teeth lost among adults aged  $\geq 65$  years, which ranks 64th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 9.5%, which ranks 53rd out of 905 Iowa communities (9th out of 31 mid-large communities).

| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 9.5%      | 12.9%     | 12.0%           |
| Age-Adjusted | 9.5%      | 12.8%     | 11.7%           |



# Prevention

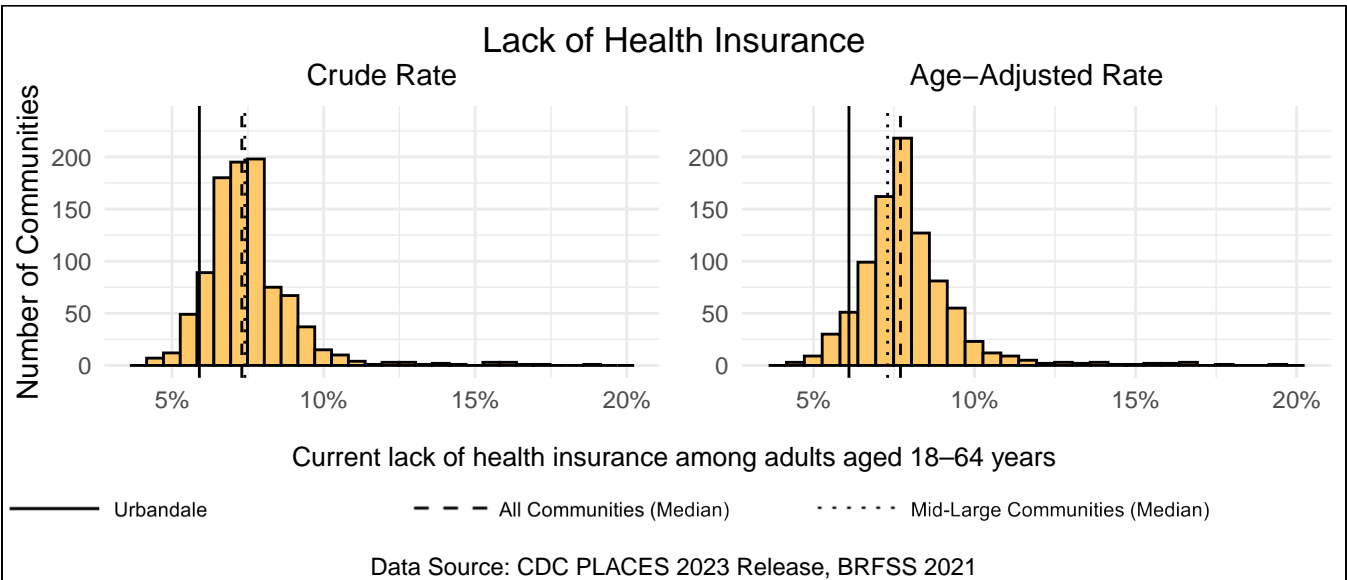
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Urbandale has a crude rate of 5.9% for current lack of health insurance among adults aged 18–64 years, which ranks 69th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 6.1%, which ranks 57th out of 905 Iowa communities (9th out of 31 mid-large communities).

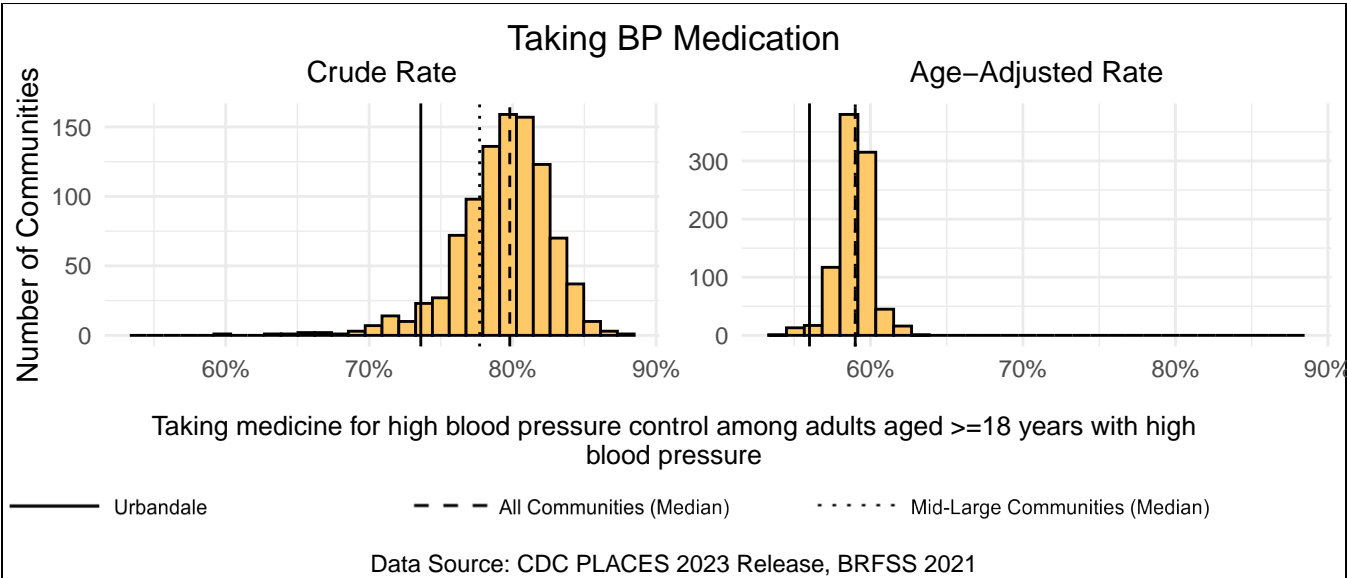
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 5.9%      | 7.3%      | 7.4%            |
| Age-Adjusted | 6.1%      | 7.7%      | 7.3%            |



### Taking BP Medication

Urbandale has a crude rate of 73.6% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 908th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Urbandale is 56.0%, which ranks 884th out of 905 Iowa communities (26th out of 31 mid-large communities).

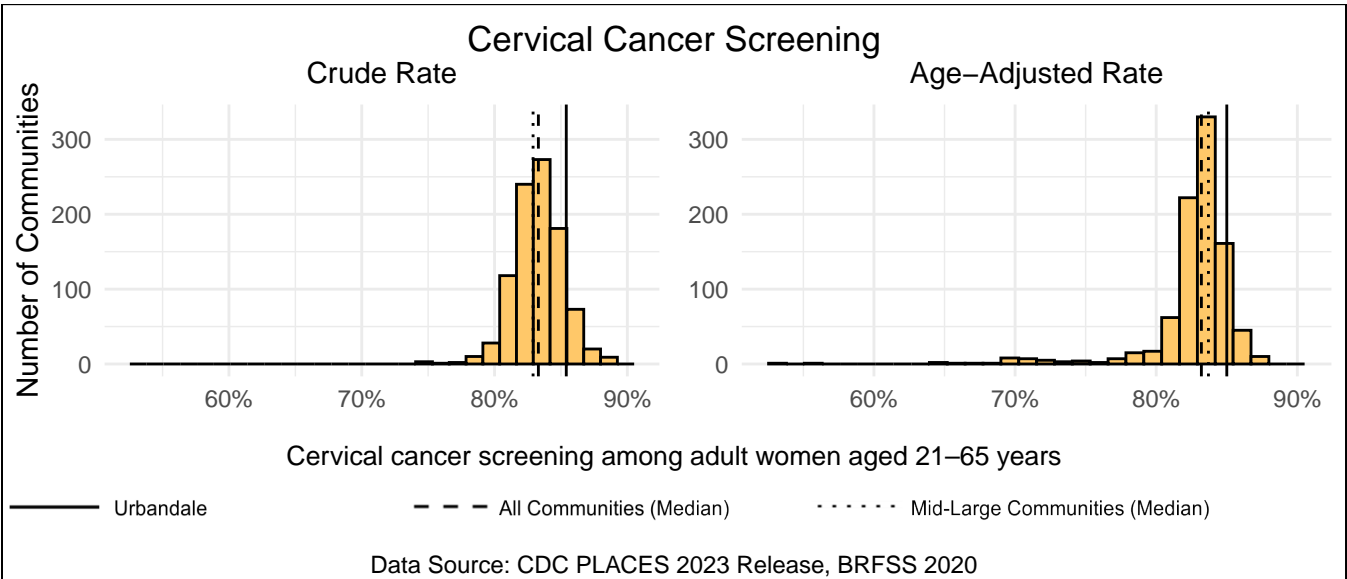
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 73.6%     | 79.8%     | 77.7%           |
| Age-Adjusted | 56.0%     | 59.0%     | 59.0%           |



### Cervical Cancer Screening

Urbandale has a crude rate of 85.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 103rd out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 85.0%, which ranks 87th out of 905 Iowa communities (11th out of 31 mid-large communities).

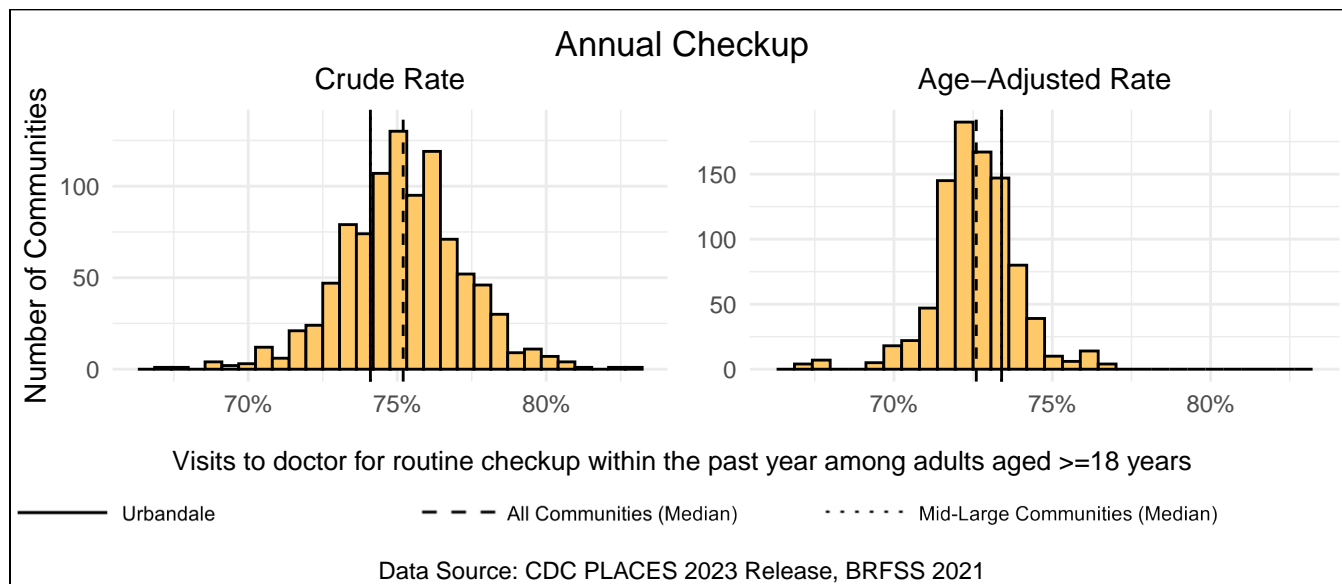
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 85.4%     | 83.3%     | 82.9%           |
| Age-Adjusted | 85.0%     | 83.2%     | 83.7%           |



## Annual Checkup

Urbandale has a crude rate of 74.1% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 685th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 73.4%, which ranks 190th out of 905 Iowa communities (15th out of 31 mid-large communities).

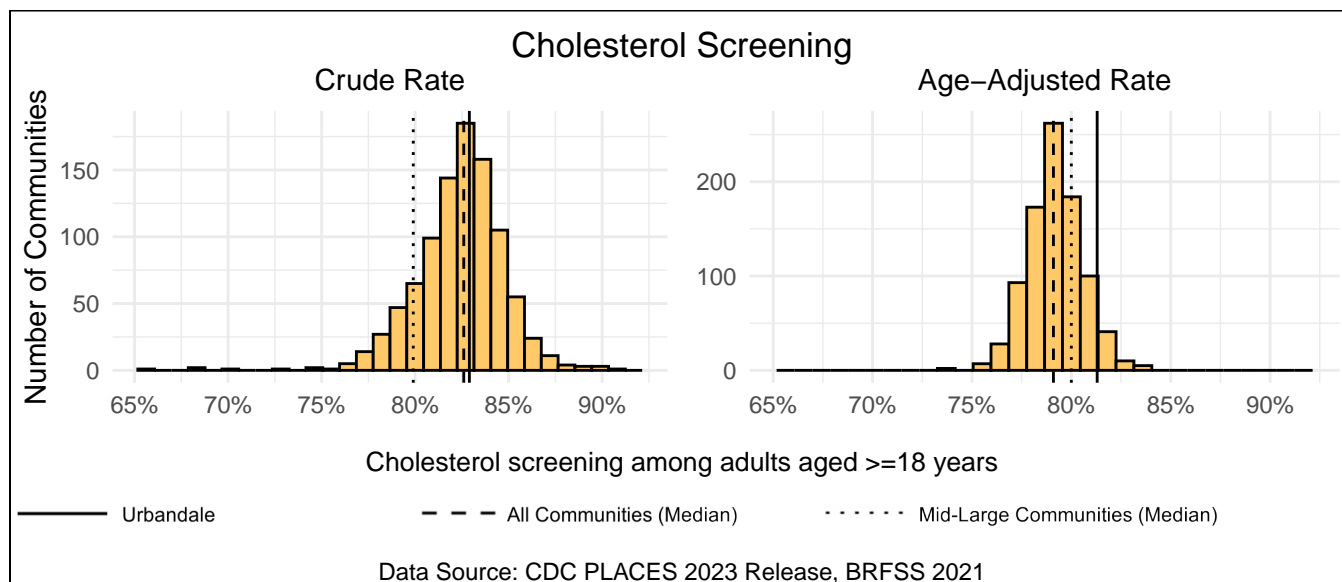
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 74.1%     | 75.2%     | 74.1%           |
| Age-Adjusted | 73.4%     | 72.6%     | 73.4%           |



## Cholesterol Screening

Urbandale has a crude rate of 82.9% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 407th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 81.3%, which ranks 57th out of 905 Iowa communities (9th out of 31 mid-large communities).

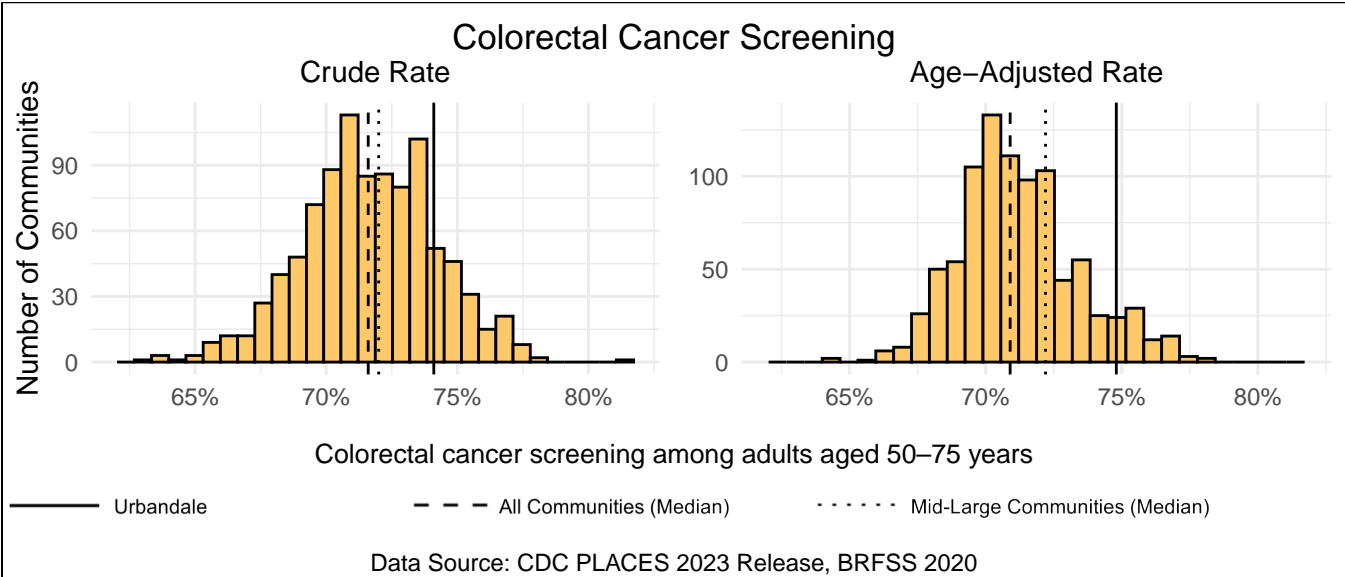
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 82.9%     | 82.6%     | 79.9%           |
| Age-Adjusted | 81.3%     | 79.1%     | 80.0%           |



## Colorectal Cancer Screening

Urbandale has a crude rate of 74.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 153rd out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 74.8%, which ranks 74th out of 905 Iowa communities (10th out of 31 mid-large communities).

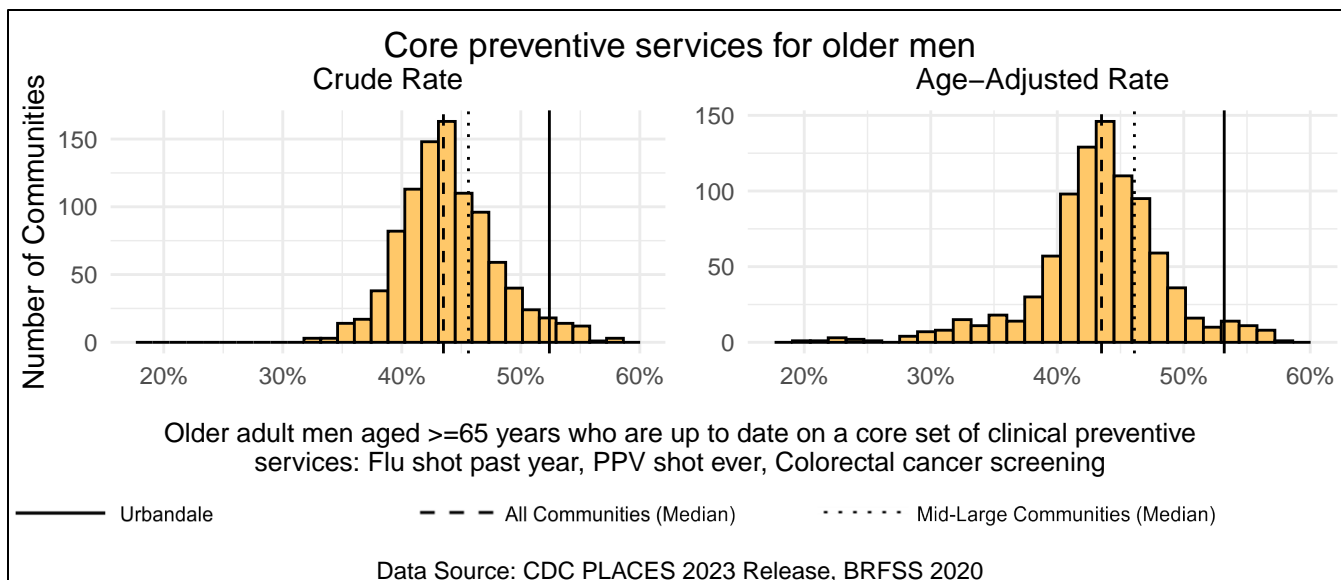
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 74.1%     | 71.6%     | 72.0%           |
| Age-Adjusted | 74.8%     | 70.9%     | 72.2%           |



## Core preventive services for older men

Urbandale has a crude rate of 52.4% 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 35th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 53.2%, which ranks 33rd out of 905 Iowa communities (4th out of 31 mid-large communities).

| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 52.4%     | 43.5%     | 45.6%           |
| Age-Adjusted | 53.2%     | 43.5%     | 46.1%           |

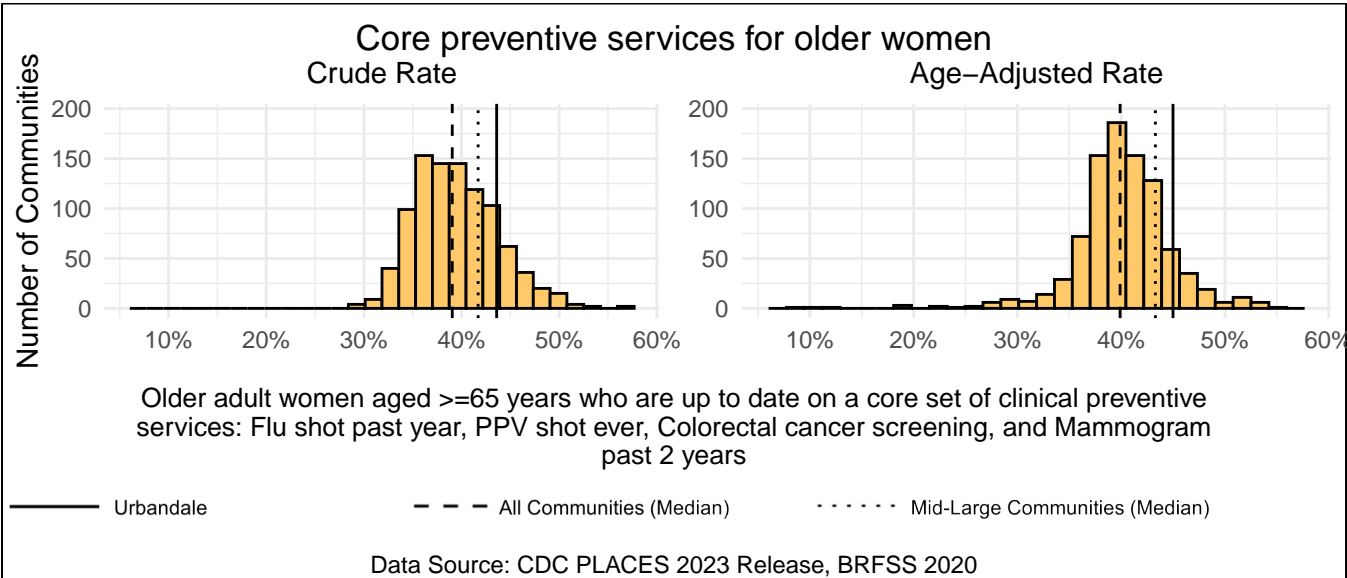




### Core preventive services for older women

Urbandale has a crude rate of 43.6% 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 158th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 45.0%, which ranks 101st out of 905 Iowa communities (8th out of 31 mid-large communities).

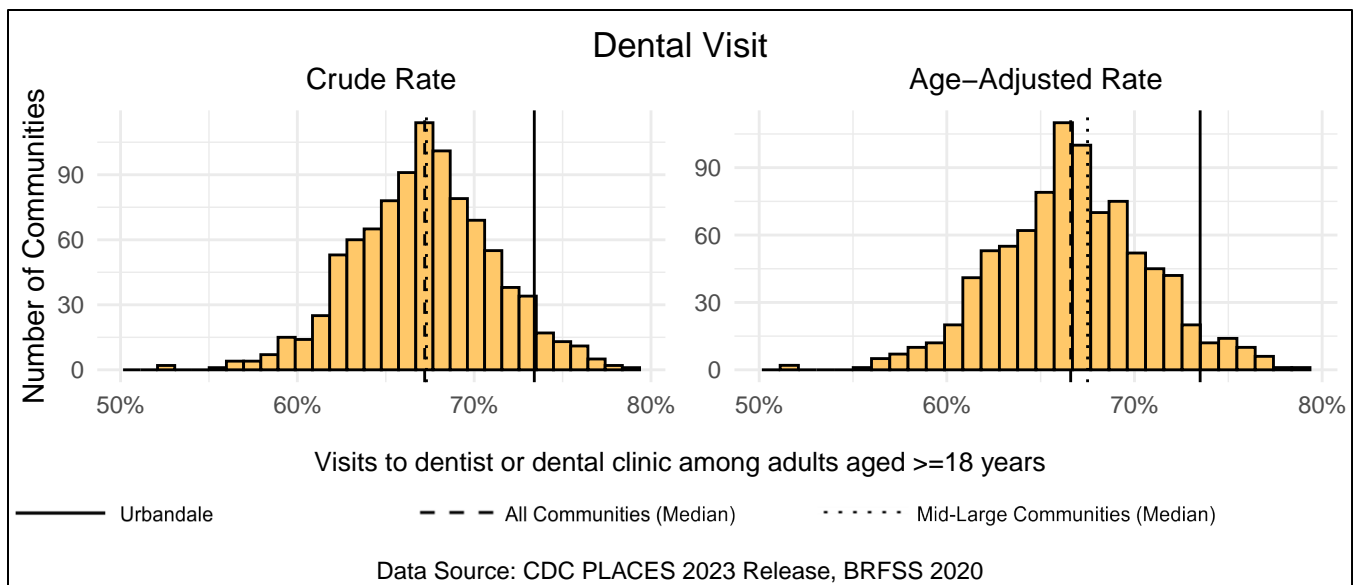
| Measure Type | Urbandale | All   | Mid-Large |
|--------------|-----------|-------|-----------|
|              |           | Comm. | Comm.     |
| Crude        | 43.6%     | 39.0% | 41.7%     |
| Age-Adjusted | 45.0%     | 39.9% | 43.3%     |



### Dental Visit

Urbandale has a crude rate of 73.4% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 52nd out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 73.5%, which ranks 45th out of 905 Iowa communities (7th out of 31 mid-large communities).

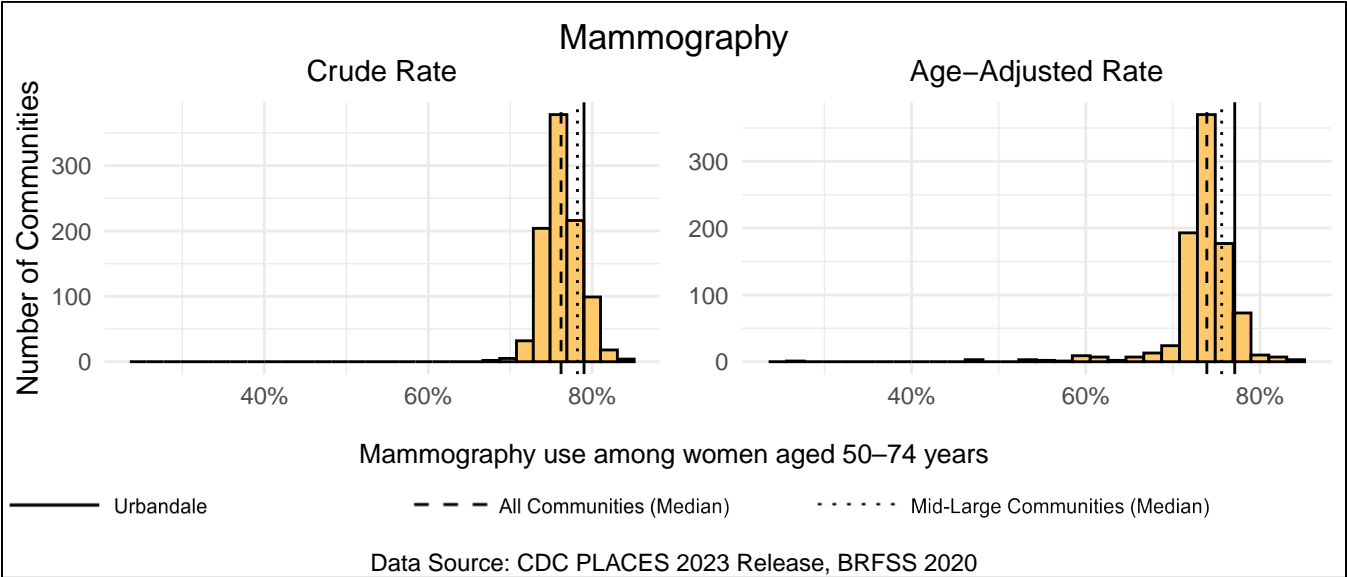
| Measure Type | Urbandale | All   | Mid-Large |
|--------------|-----------|-------|-----------|
|              |           | Comm. | Comm.     |
| Crude        | 73.4%     | 67.2% | 67.3%     |
| Age-Adjusted | 73.5%     | 66.6% | 67.5%     |



# Mammography

Urbandale has a crude rate of 79.0% for mammography use among women aged 50–74 years, which ranks 110th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 77.1%, which ranks 87th out of 905 Iowa communities (10th out of 31 mid-large communities).

| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 79.0%     | 76.2%     | 78.2%           |
| Age-Adjusted | 77.1%     | 73.9%     | 75.6%           |



# Disability

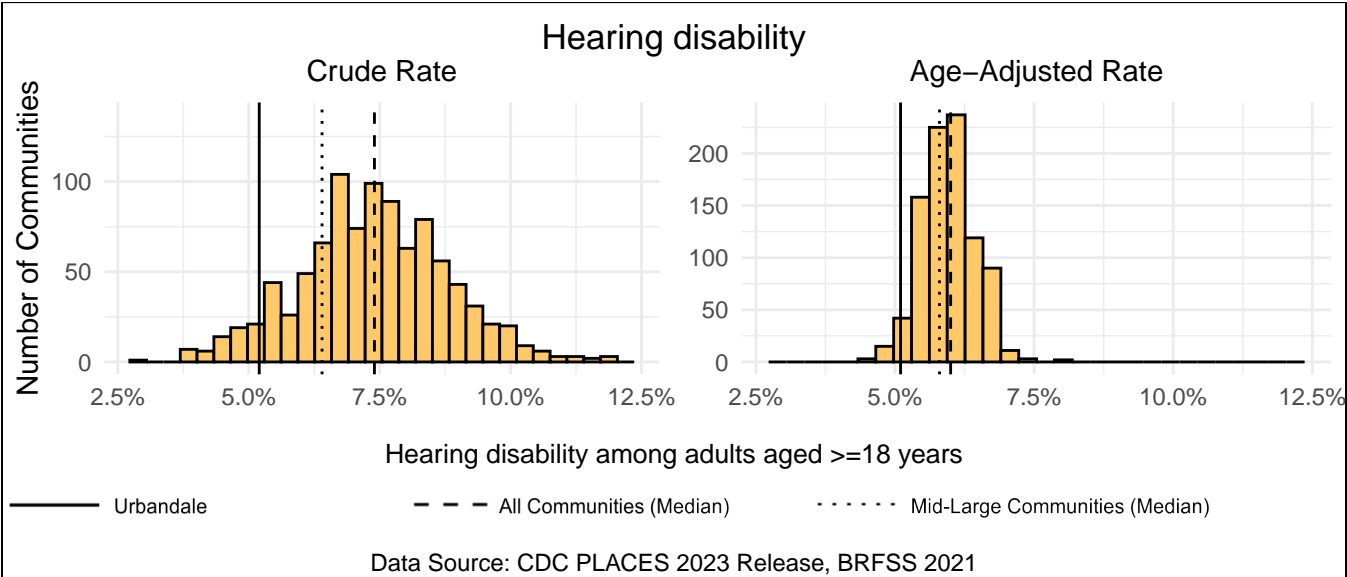
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Urbandale has a crude rate of 5.2% for hearing disability among adults aged  $\geq 18$  years, which ranks 60th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 5.1%, which ranks 30th out of 905 Iowa communities (7th out of 31 mid-large communities).

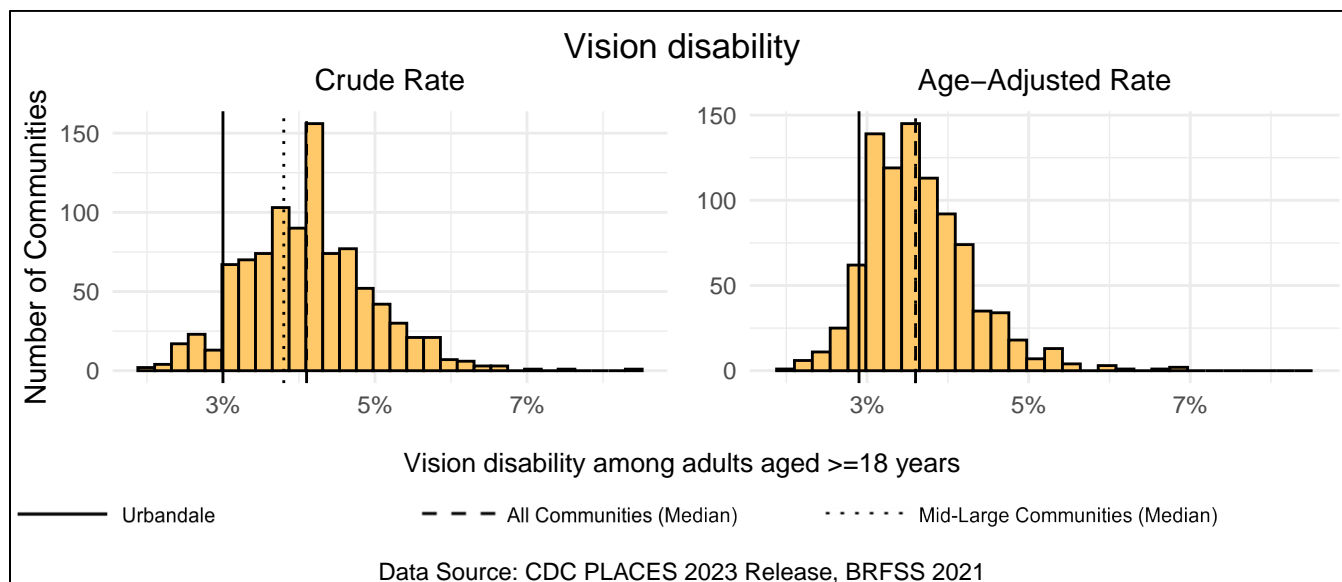
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 5.2%      | 7.4%      | 6.4%            |
| Age-Adjusted | 5.1%      | 6.0%      | 5.8%            |



## Vision disability

Urbandale has a crude rate of 3.0% for vision disability among adults aged  $\geq 18$  years, which ranks 60th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 2.9%, which ranks 70th out of 905 Iowa communities (8th out of 31 mid-large communities).

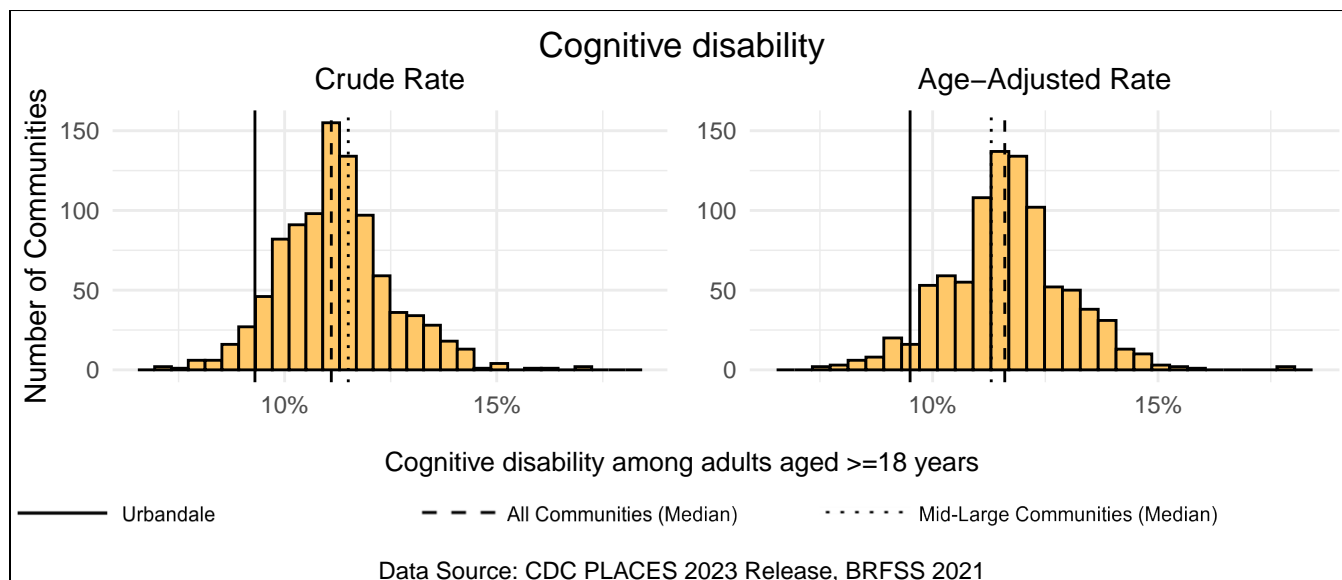
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 3.0%      | 4.1%      | 3.8%            |
| Age-Adjusted | 2.9%      | 3.6%      | 3.6%            |



## Cognitive disability

Urbandale has a crude rate of 9.3% for cognitive disability among adults aged  $\geq 18$  years, which ranks 49th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 9.5%, which ranks 43rd out of 905 Iowa communities (8th out of 31 mid-large communities).

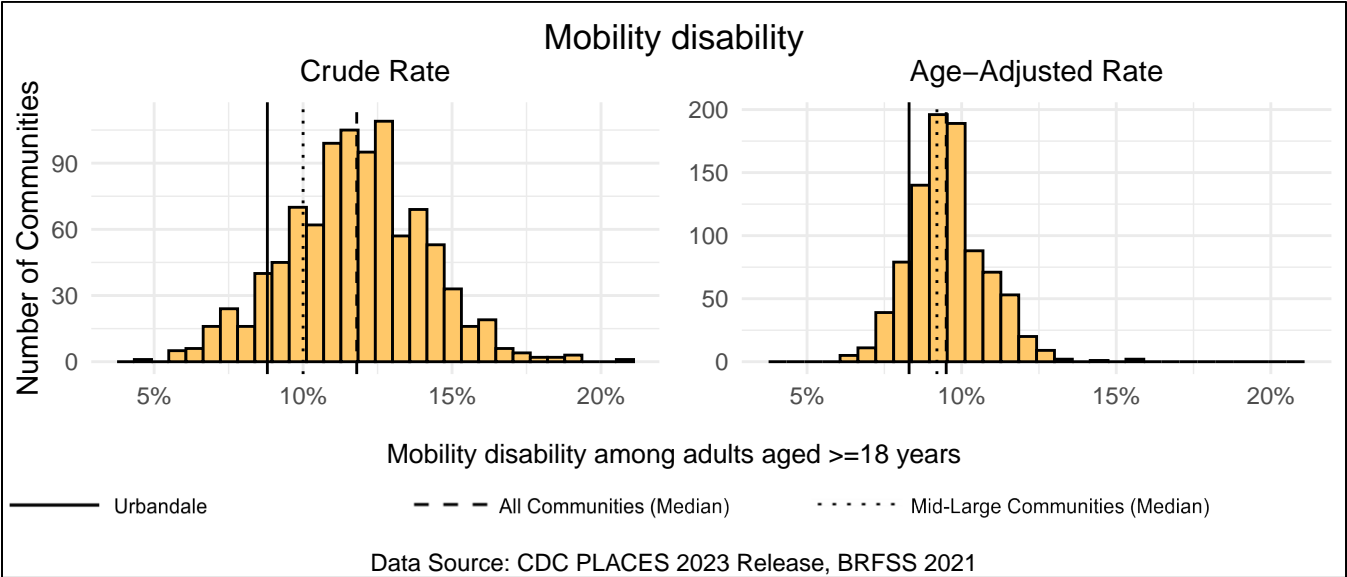
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 9.3%      | 11.1%     | 11.5%           |
| Age-Adjusted | 9.5%      | 11.6%     | 11.3%           |



## Mobility disability

Urbandale has a crude rate of 8.8% for mobility disability among adults aged  $\geq 18$  years, which ranks 96th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 8.3%, which ranks 117th out of 905 Iowa communities (11th out of 31 mid-large communities).

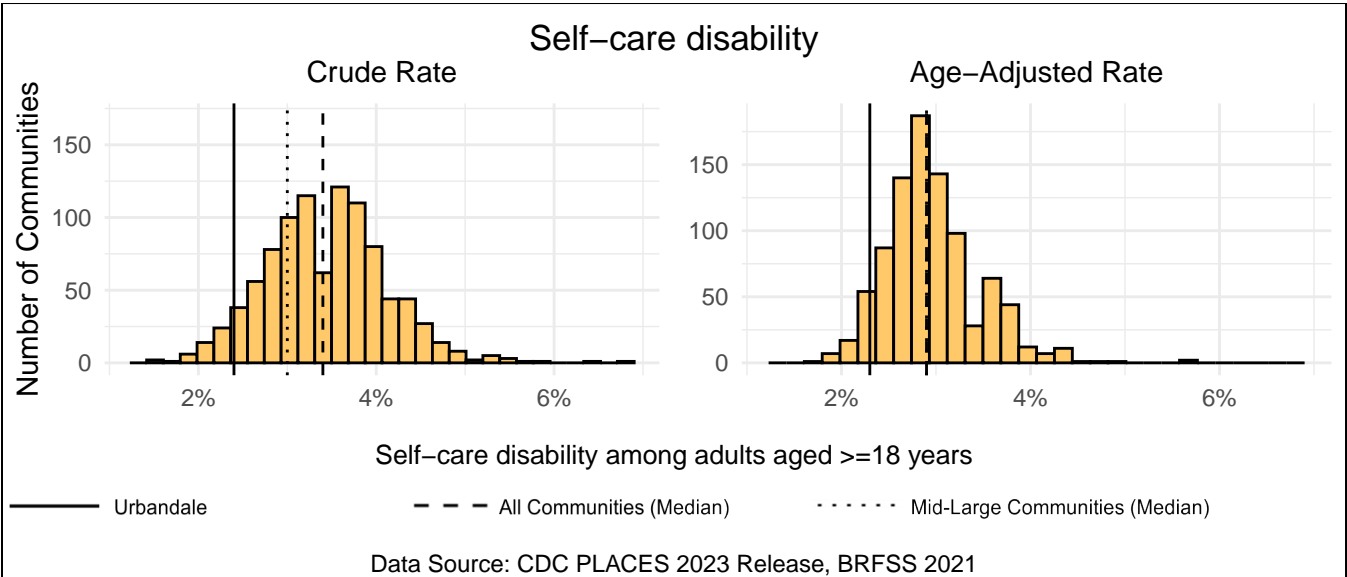
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 8.8%      | 11.8%     | 10.0%           |
| Age-Adjusted | 8.3%      | 9.5%      | 9.2%            |



## Self-care disability

Urbandale 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 (7th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 2.3%, which ranks 45th out of 905 Iowa communities (8th out of 31 mid-large communities).

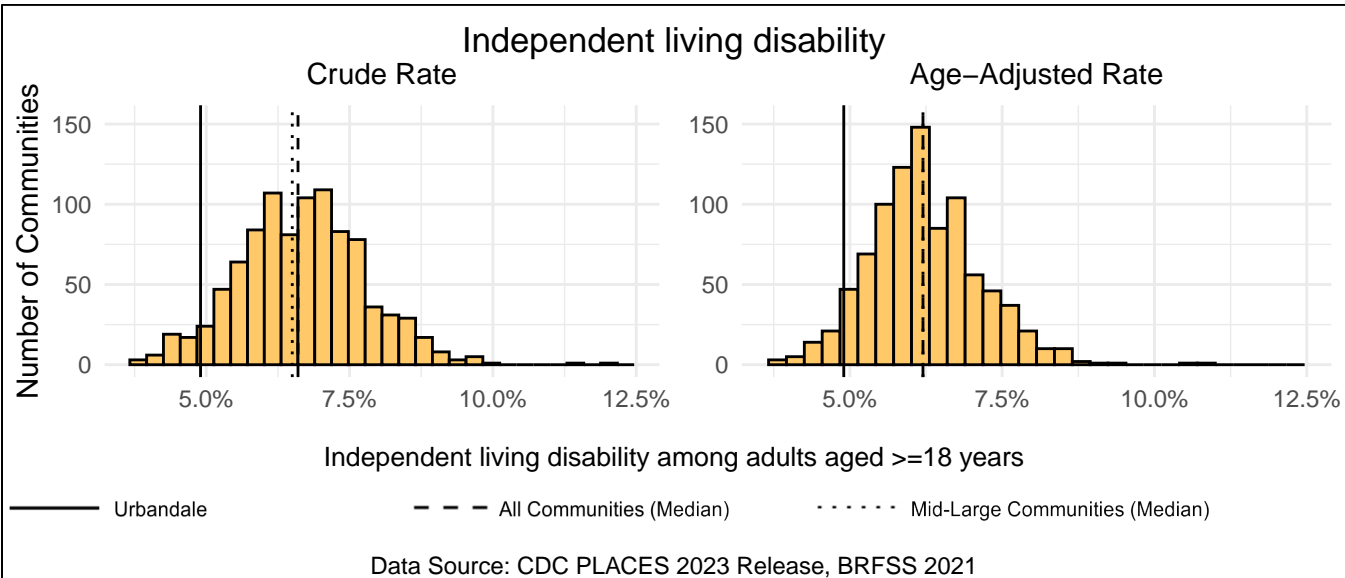
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 2.4%      | 3.4%      | 3.0%            |
| Age-Adjusted | 2.3%      | 2.9%      | 2.9%            |



### Independent living disability

Urbandale has a crude rate of 4.9% for independent living disability among adults aged  $\geq 18$  years, which ranks 46th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 4.9%, which ranks 44th out of 905 Iowa communities (8th out of 31 mid-large communities).

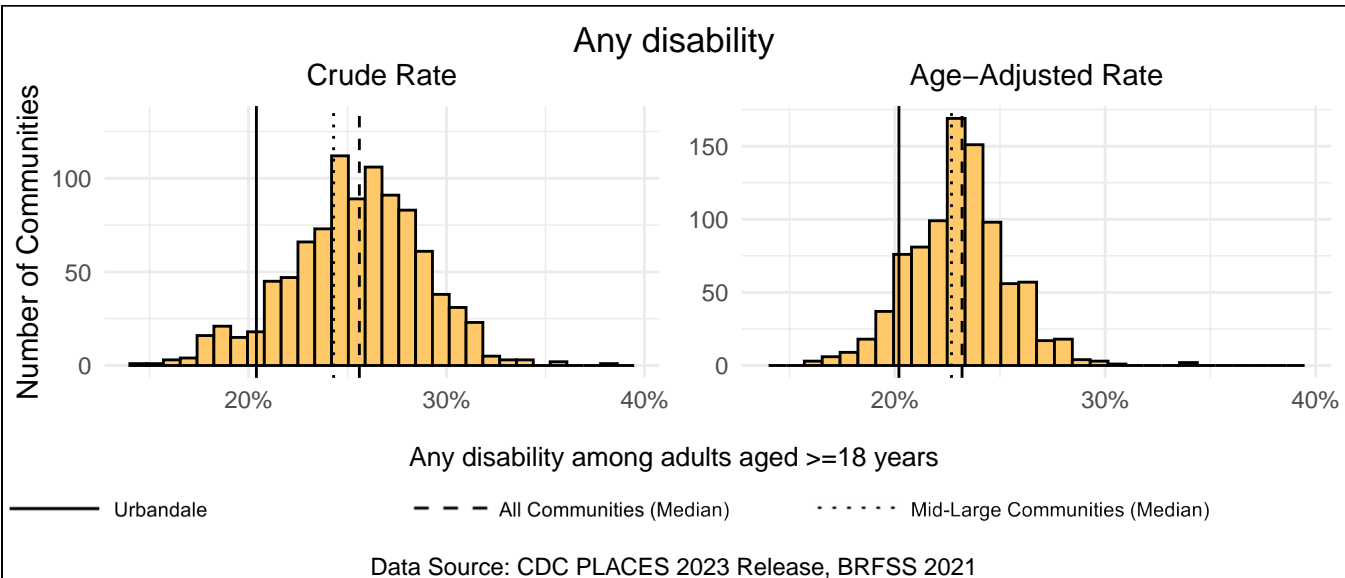
| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 4.9%      | 6.6%      | 6.5%            |
| Age-Adjusted | 4.9%      | 6.2%      | 6.2%            |



### Any disability

Urbandale has a crude rate of 20.4% for any disability among adults aged  $\geq 18$  years, which ranks 68th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Urbandale is 20.2%, which ranks 79th out of 905 Iowa communities (8th out of 31 mid-large communities).

| Measure Type | Urbandale | All Comm. | Mid-Large Comm. |
|--------------|-----------|-----------|-----------------|
| Crude        | 20.4%     | 25.6%     | 24.3%           |
| Age-Adjusted | 20.2%     | 23.2%     | 22.7%           |



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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: Urbandale 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                         | 53              | 10.5% (9.3% - 11.7%)  | 48                 | 10.1% (9.0% - 11.3%)   |
| Health Status         | Mental Health                          | 202             | 13.5% (12.2% - 14.8%) | 42                 | 13.9% (12.5% - 15.2%)  |
| Health Status         | Physical Health                        | 42              | 8.3% (7.4% - 9.2%)    | 34                 | 7.9% (7.1% - 8.8%)     |
| Health Risk Behaviors | Binge Drinking                         | 799             | 21.6% (19.5% - 23.9%) | 520                | 22.2% (20.0% - 24.4%)  |
| Health Risk Behaviors | Current Smoking                        | 63              | 13.6% (11.8% - 15.5%) | 37                 | 13.1% (11.4% - 14.9%)  |
| Health Risk Behaviors | Sleep <7 hours                         | 47              | 27.2% (26.7% - 27.7%) | 31                 | 27.0% (26.5% - 27.5%)  |
| Health Risk Behaviors | Physical Inactivity                    | 66              | 20.6% (18.6% - 22.7%) | 61                 | 20.2% (18.1% - 22.4%)  |
| Health Outcomes       | All Teeth Lost                         | 64              | 9.5% (7.7% - 11.6%)   | 53                 | 9.5% (7.8% - 11.5%)    |
| Health Outcomes       | Obesity                                | 123             | 34.8% (31.8% - 37.8%) | 72                 | 33.9% (31.0% - 36.8%)  |
| Health Outcomes       | Current Asthma                         | 80              | 8.9% (8.1% - 9.8%)    | 45                 | 8.9% (8.1% - 9.8%)     |
| Health Outcomes       | High Cholesterol                       | 243             | 34.5% (32.1% - 37.0%) | 790                | 30.9% (28.6% - 33.4%)  |
| Health Outcomes       | Diabetes                               | 73              | 7.6% (6.7% - 8.5%)    | 57                 | 7.1% (6.3% - 7.9%)     |
| Health Outcomes       | Chronic Kidney Disease                 | 86              | 2.5% (2.3% - 2.7%)    | 36                 | 2.4% (2.2% - 2.6%)     |
| Health Outcomes       | Depression                             | 756             | 19.0% (17.0% - 21.1%) | 489                | 19.2% (17.2% - 21.3%)  |
| Health Outcomes       | Stroke                                 | 59              | 2.3% (2.1% - 2.5%)    | 23                 | 2.2% (2.0% - 2.4%)     |
| Health Outcomes       | Arthritis                              | 127             | 23.7% (21.7% - 25.7%) | 210                | 22.3% (20.5% - 24.2%)  |
| Health Outcomes       | COPD                                   | 47              | 5.1% (4.5% - 5.8%)    | 35                 | 4.8% (4.3% - 5.5%)     |
| Health Outcomes       | Coronary Heart Disease                 | 79              | 4.6% (4.2% - 5.1%)    | 52                 | 4.4% (4.0% - 4.9%)     |
| Health Outcomes       | High Blood Pressure                    | 113             | 27.7% (25.6% - 29.9%) | 244                | 26.4% (24.4% - 28.4%)  |
| Health Outcomes       | Cancer (except skin)                   | 143             | 6.8% (6.2% - 7.3%)    | 418                | 6.5% (6.0% - 7.0%)     |
| Prevention            | Cervical Cancer Screening              | 103             | 85.4% (84.6% - 86.2%) | 87                 | 85.0% (84.1% - 85.8%)  |
| Prevention            | Taking BP Medication                   | 908             | 73.6% (70.8% - 76.3%) | 884                | 56.0% (52.7% - 59.4%)  |
| Prevention            | Core preventive services for older men | 35              | 52.4% (49.6% - 55.2%) | 33                 | 53.2% (50.4% - 55.9%)  |
| Prevention            | Annual Checkup                         | 685             | 74.1% (71.5% - 76.6%) | 190                | 73.4% (70.8% - 76.0%)  |
| Prevention            | Colorectal Cancer Screening            | 153             | 74.1% (73.0% - 75.2%) | 74                 | 74.8% (73.8% - 75.9%)  |

| Category   | Health Domain                            | Crude Rate Rank | Crude Rate (95% CI)   | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|------------|--|-----------------|-----------------------|--------------------|------------------------|
| Prevention | Health Insurance                         | 69              | 5.9% (5.1% - 6.9%)    | 57                 | 6.1% (5.2% - 7.1%)     |
| Prevention | Mammography                              | 110             | 79.0% (77.9% - 80.3%) | 87                 | 77.1% (75.9% - 78.4%)  |
| Prevention | Core preventive services for older women | 158             | 43.6% (40.9% - 46.2%) | 101                | 45.0% (42.3% - 47.5%)  |
| Prevention | Dental Visit                             | 52              | 73.4% (72.3% - 74.6%) | 45                 | 73.5% (72.3% - 74.6%)  |
| Prevention | Cholesterol Screening                    | 407             | 82.9% (80.9% - 84.7%) | 57                 | 81.3% (79.2% - 83.4%)  |
| Disability | Self-care Disability                     | 48              | 2.4% (2.2% - 2.7%)    | 45                 | 2.3% (2.1% - 2.5%)     |
| Disability | Mobility Disability                      | 96              | 8.8% (7.9% - 9.8%)    | 117                | 8.3% (7.4% - 9.3%)     |
| Disability | Cognitive Disability                     | 49              | 9.3% (8.3% - 10.4%)   | 43                 | 9.5% (8.5% - 10.6%)    |
| Disability | Independent Living Disability            | 46              | 4.9% (4.4% - 5.5%)    | 44                 | 4.9% (4.4% - 5.4%)     |
| Disability | Any Disability                           | 68              | 20.4% (18.4% - 22.5%) | 79                 | 20.2% (18.3% - 22.2%)  |
| Disability | Vision Disability                        | 60              | 3.0% (2.7% - 3.3%)    | 70                 | 2.9% (2.6% - 3.2%)     |
| Disability | Hearing Disability                       | 60              | 5.2% (4.7% - 5.7%)    | 30                 | 5.1% (4.6% - 5.5%)     |

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

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## Appendix 3: Mid-Large Communities (10,000-49,999)

Urbandale falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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 |
|---------------|------------|---------------|------------|
| Urbandale     | 45,591     | Pleasant Hill | 10,456     |
| Marion        | 41,401     | Waverly       | 10,399     |
| Cedar Falls   | 40,686     | Fort Madison  | 10,293     |
| Bettendorf    | 38,997     | Carroll       | 10,270     |
| Marshalltown  | 27,511     |               |            |
| Mason City    | 27,271     |               |            |
| Ottumwa       | 25,359     |               |            |
| Waukee        | 25,045     |               |            |
| Fort Dodge    | 24,850     |               |            |
| Clinton       | 24,524     |               |            |
| Burlington    | 23,976     |               |            |
| Johnston      | 23,856     |               |            |
| Muscatine     | 23,671     |               |            |
| Coralville    | 22,494     |               |            |
| North Liberty | 20,393     |               |            |
| Altoona       | 20,017     |               |            |
| Clive         | 18,576     |               |            |
| Indianola     | 15,845     |               |            |
| Newton        | 15,692     |               |            |
| Grimes        | 15,402     |               |            |
| Norwalk       | 13,057     |               |            |
| Boone         | 12,482     |               |            |
| Oskaloosa     | 11,492     |               |            |
| Spencer       | 11,351     |               |            |
| Storm Lake    | 11,194     |               |            |
| Pella         | 10,556     |               |            |
| Le Mars       | 10,549     |               |            |