



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in Washington: Overview

Dear Community Members & Stakeholders of Washington,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	27th	1st	Binge Drinking	6th	3rd
Taking BP Medication	163rd	8th	Taking BP Medication	48th	9th
Annual Checkup	273rd	23rd	Cancer (except skin)	74th	11th
Sleep <7 hours	278th	42nd	Sleep <7 hours	354th	50th
Core preventive services for older men	460th	41st	Annual Checkup	367th	49th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Physical Inactivity	935th	96th	Colorectal Cancer Screening	889th	99th
Vision Disability	930th	95th	Physical Inactivity	881st	94th
Health Insurance	922nd	91st	Health Insurance	871st	93rd
Independent Living Disability	913th	90th	Self-care Disability	871st	90th
General Health	911th	93rd	Vision Disability	867th	88th

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 Washington.

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

With a population of 7,329, Washington’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

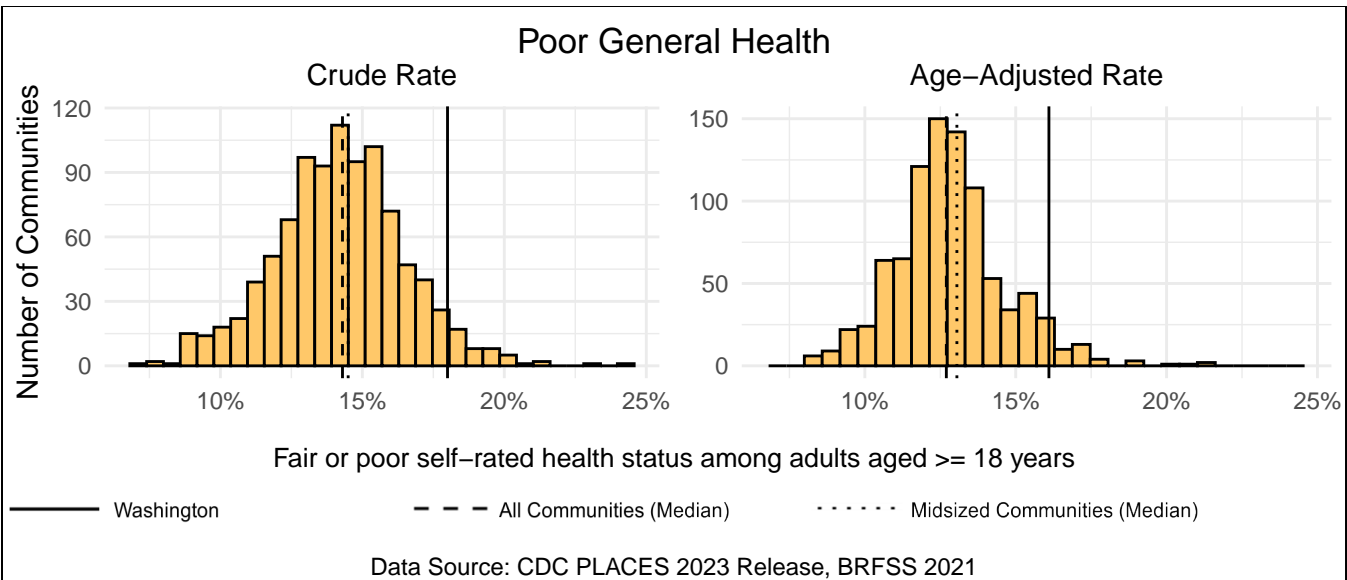
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Washington has a crude rate of 18.0% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 911th out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Washington is 16.1%, which ranks 863rd out of 905 Iowa communities (87th out of 102 mid-sized communities).

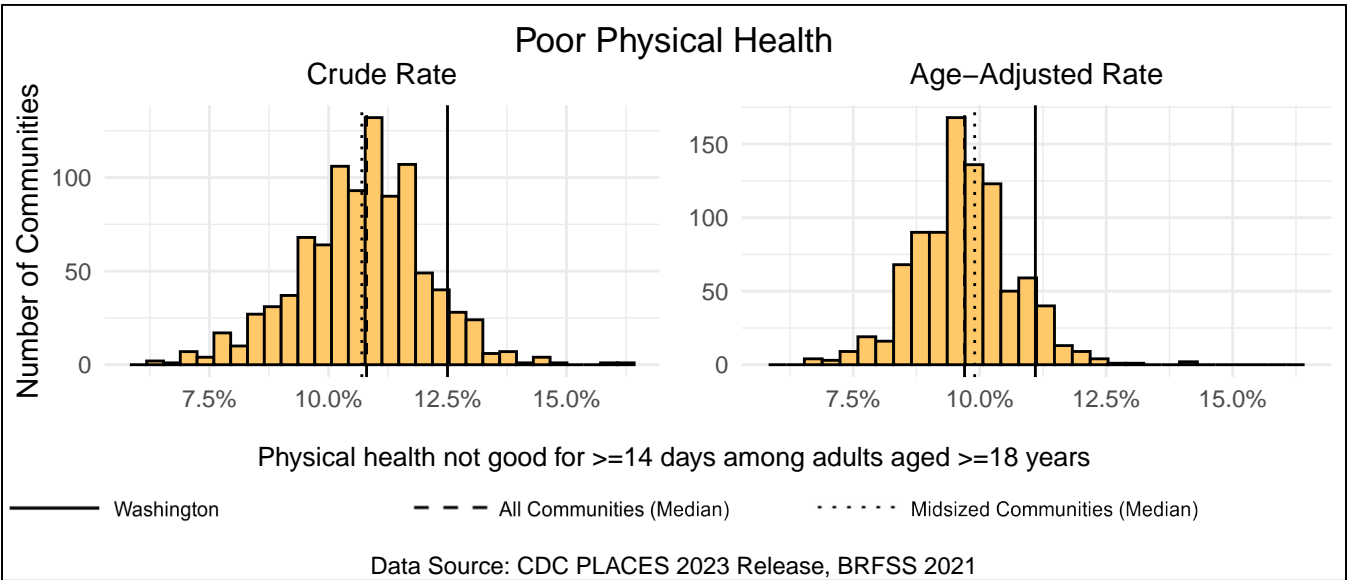
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	18.0%	14.3%	14.5%
Age-Adjusted	16.1%	12.7%	13.0%



Poor Physical Health

Washington has a crude rate of 12.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 880th out of 958 Iowa communities (89th out of 102 midsize communities). The age-adjusted rate for Washington is 11.1%, which ranks 816th out of 905 Iowa communities (82nd out of 102 midsize communities).

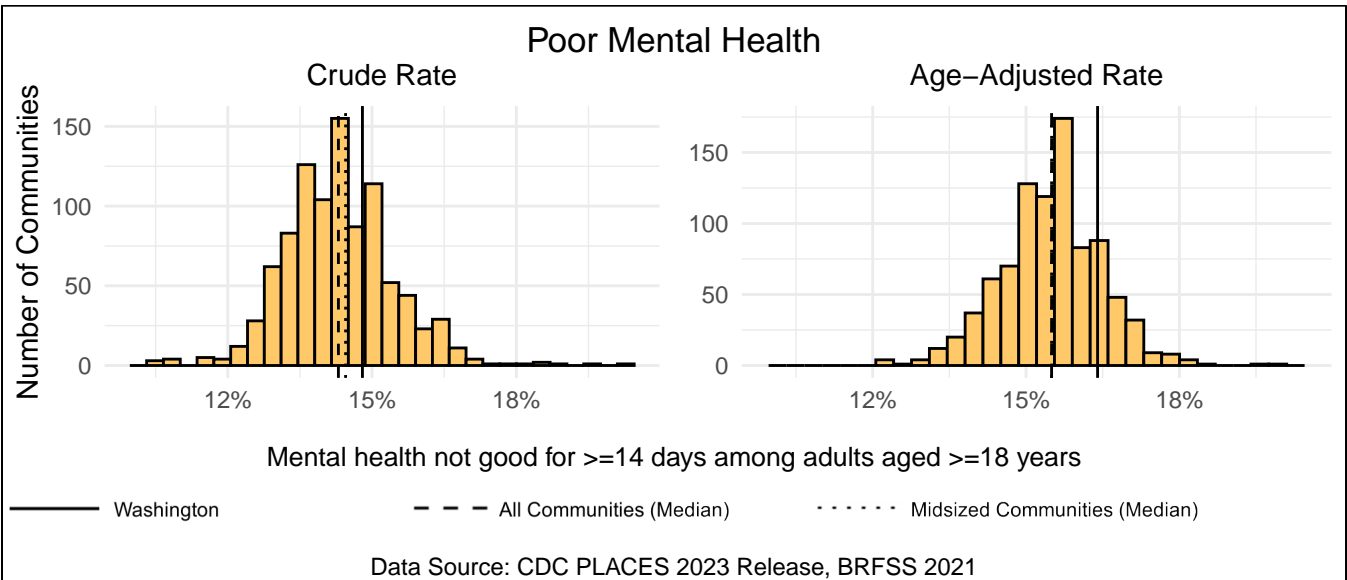
Measure Type	Washington	All Comm.	Midsize Comm.
Crude	12.5%	10.8%	10.7%
Age-Adjusted	11.1%	9.7%	9.9%



Poor Mental Health

Washington has a crude rate of 14.8% for mental health not good for >=14 days among adults aged >=18 years, which ranks 646th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Washington is 16.4%, which ranks 744th out of 905 Iowa communities (77th out of 102 midsize communities).

Measure Type	Washington	All Comm.	Midsize Comm.
Crude	14.8%	14.3%	14.4%
Age-Adjusted	16.4%	15.5%	15.5%



Health Risk Behaviors

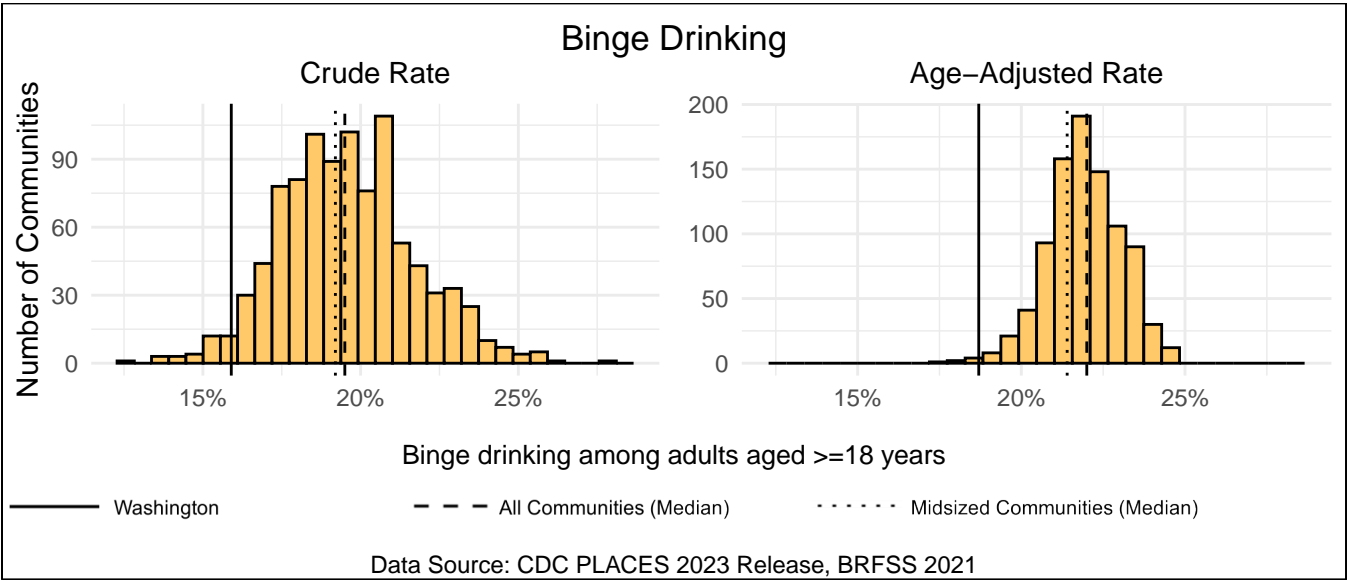
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Washington has a crude rate of 15.9% for binge drinking among adults aged ≥ 18 years, which ranks 27th out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Washington is 18.7%, which ranks 6th out of 905 Iowa communities (3rd out of 102 midsize communities).

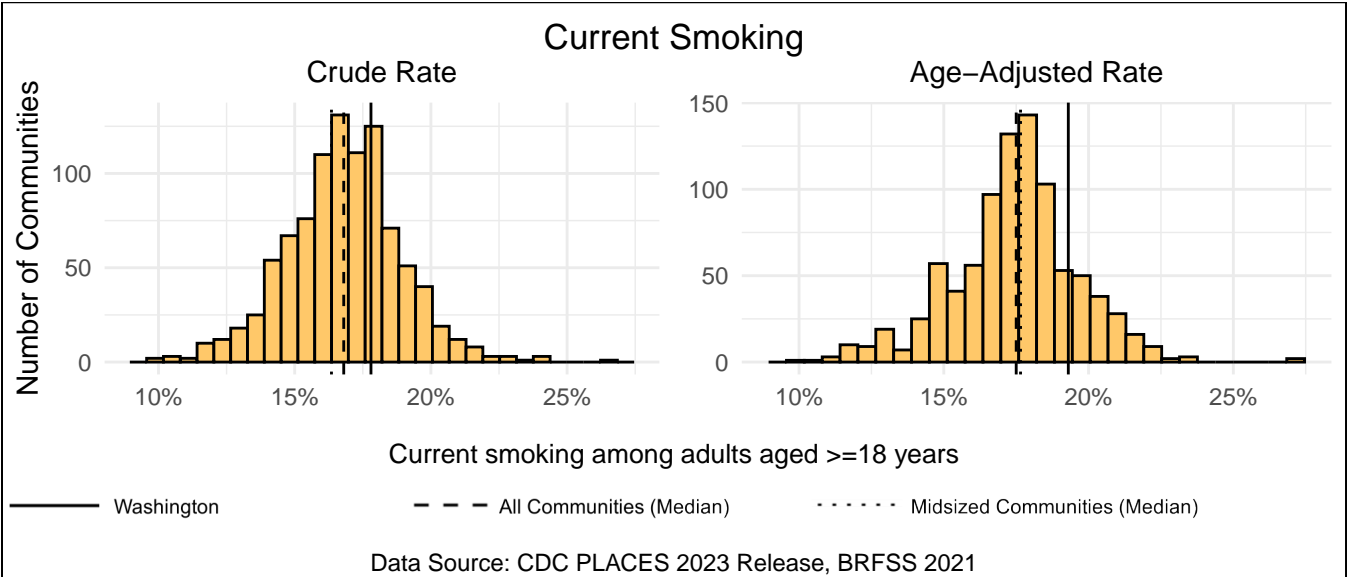
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	15.9%	19.5%	19.2%
Age-Adjusted	18.7%	22.0%	21.4%



Current Smoking

Washington has a crude rate of 17.8% for current smoking among adults aged ≥ 18 years, which ranks 656th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for Washington is 19.3%, which ranks 744th out of 905 Iowa communities (78th out of 102 mid-sized communities).

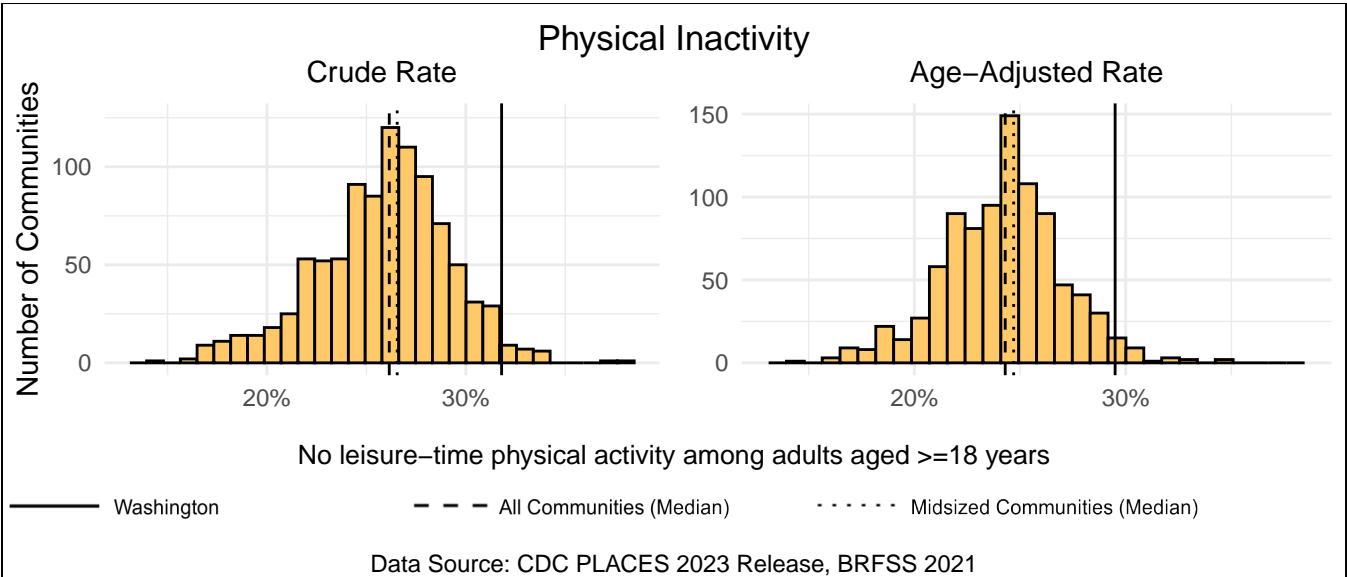
Measure Type	Washington	All Comm.	Mid-sized Comm.
Crude	17.8%	16.8%	16.4%
Age-Adjusted	19.3%	17.5%	17.6%



Physical Inactivity

Washington has a crude rate of 31.8% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 935th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Washington is 29.5%, which ranks 881st out of 905 Iowa communities (94th out of 102 mid-sized communities).

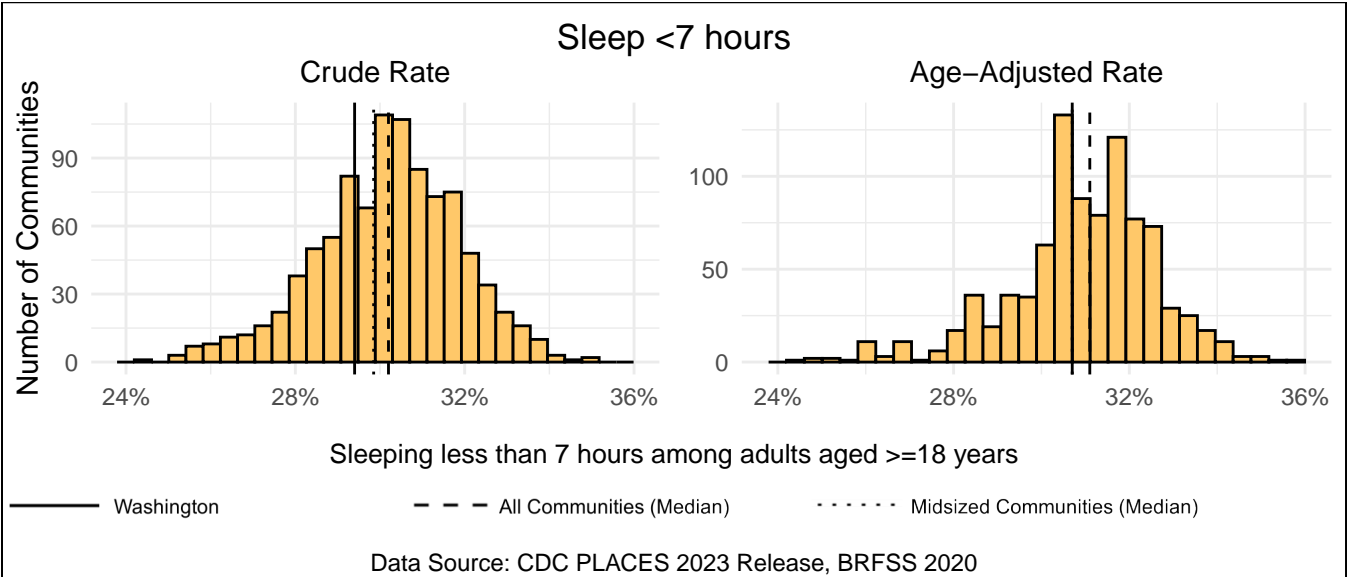
Measure Type	Washington	All Comm.	Mid-sized Comm.
Crude	31.8%	26.1%	26.6%
Age-Adjusted	29.5%	24.3%	24.7%



Sleep <7 hours

Washington has a crude rate of 29.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 278th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Washington is 30.7%, which ranks 354th out of 905 Iowa communities (50th out of 102 mid-sized communities).

Measure Type	Washington	All Comm.	Midsized Comm.
Crude	29.4%	30.2%	29.8%
Age-Adjusted	30.7%	31.1%	30.7%



Health Outcomes

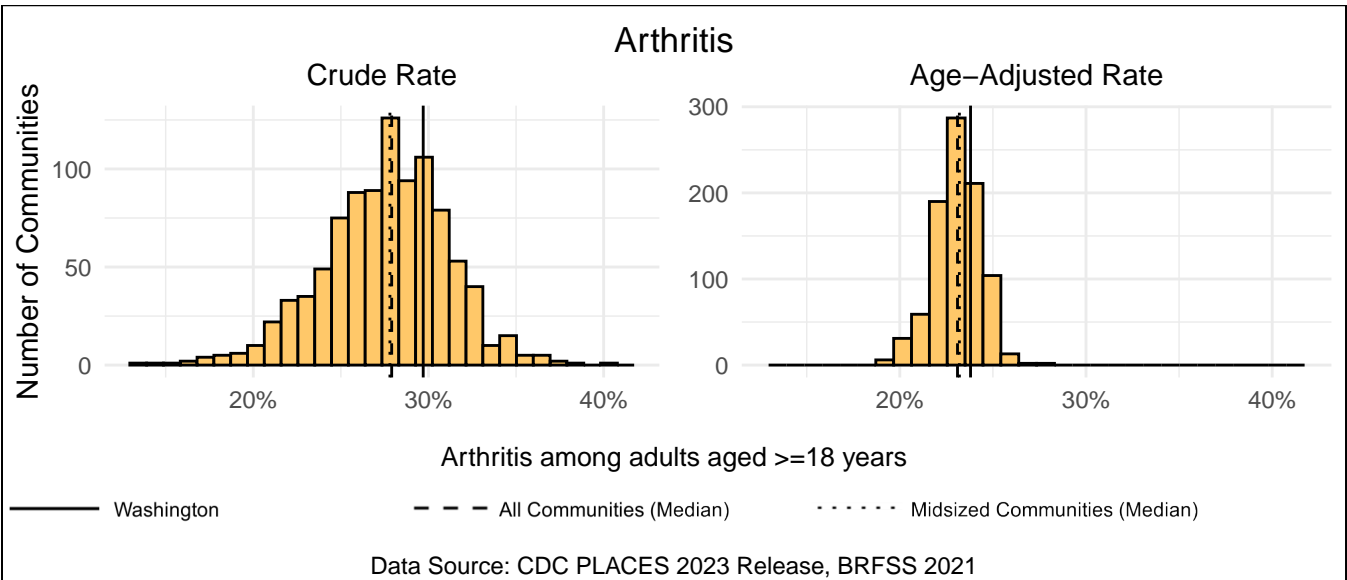
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Washington has a crude rate of 29.7% for arthritis among adults aged ≥ 18 years, which ranks 679th out of 958 Iowa communities (79th out of 102 midsize communities). The age-adjusted rate for Washington is 23.8%, which ranks 631st out of 905 Iowa communities (65th out of 102 midsize communities).

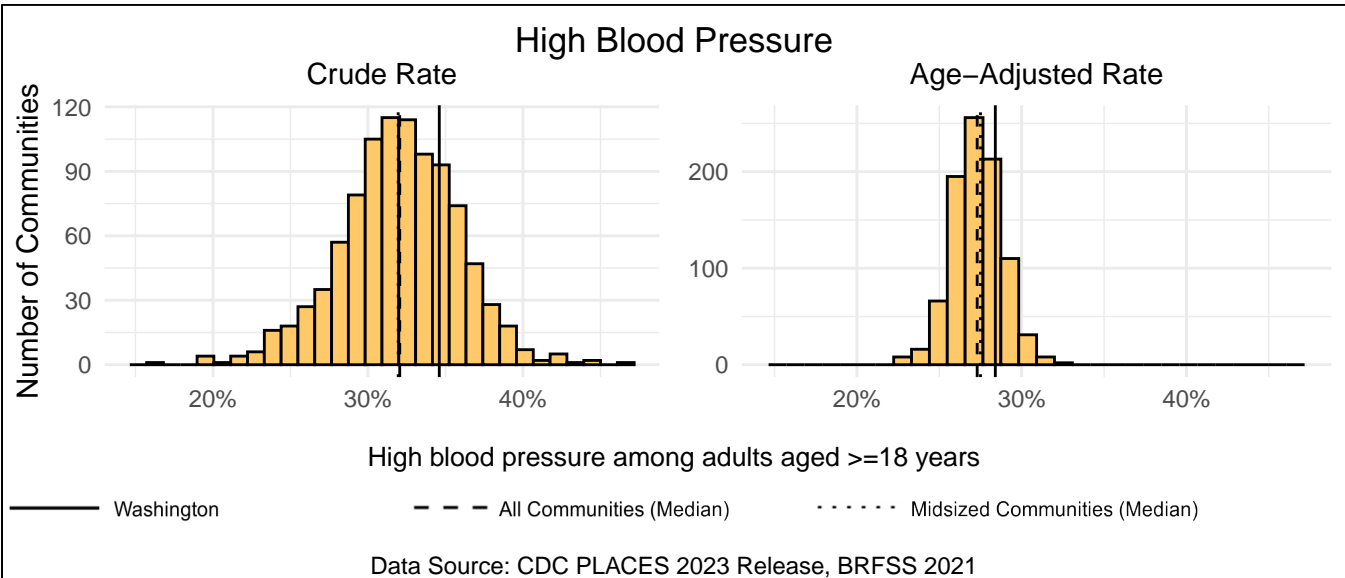
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	29.7%	27.9%	27.8%
Age-Adjusted	23.8%	23.1%	23.2%



High Blood Pressure

Washington has a crude rate of 34.6% for high blood pressure among adults aged ≥ 18 years, which ranks 721st out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for Washington is 28.4%, which ranks 696th out of 905 Iowa communities (72nd out of 102 midsized communities).

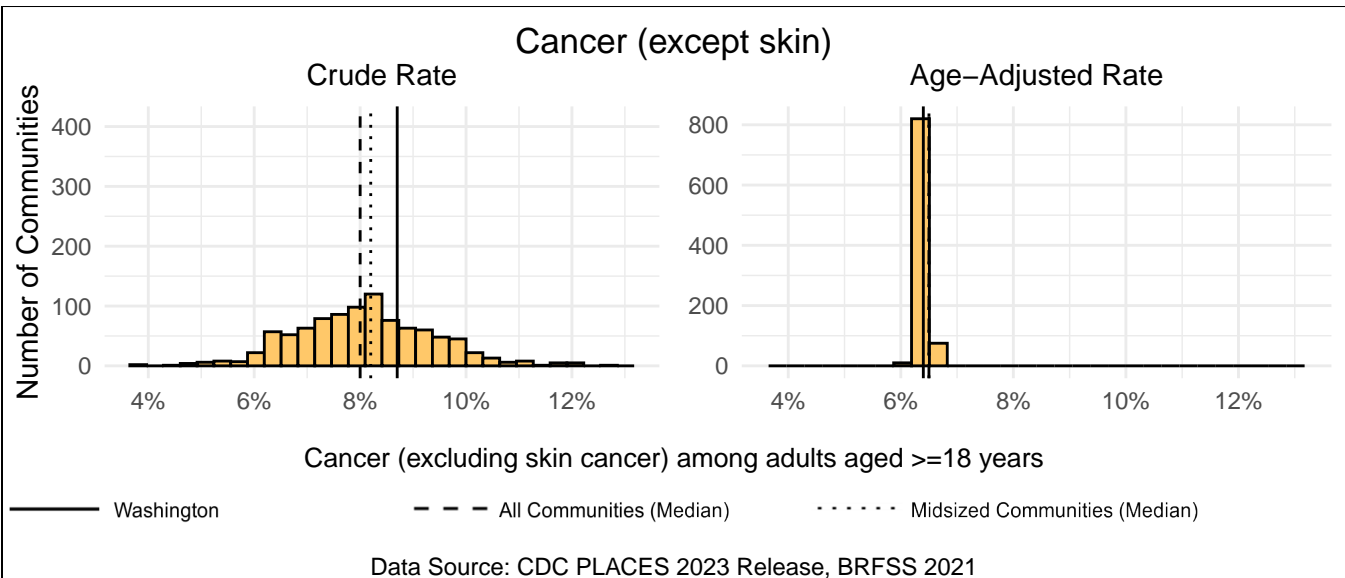
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	34.6%	32.0%	32.0%
Age-Adjusted	28.4%	27.3%	27.5%



Cancer (except skin)

Washington has a crude rate of 8.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 658th out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Washington is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 midsized communities).

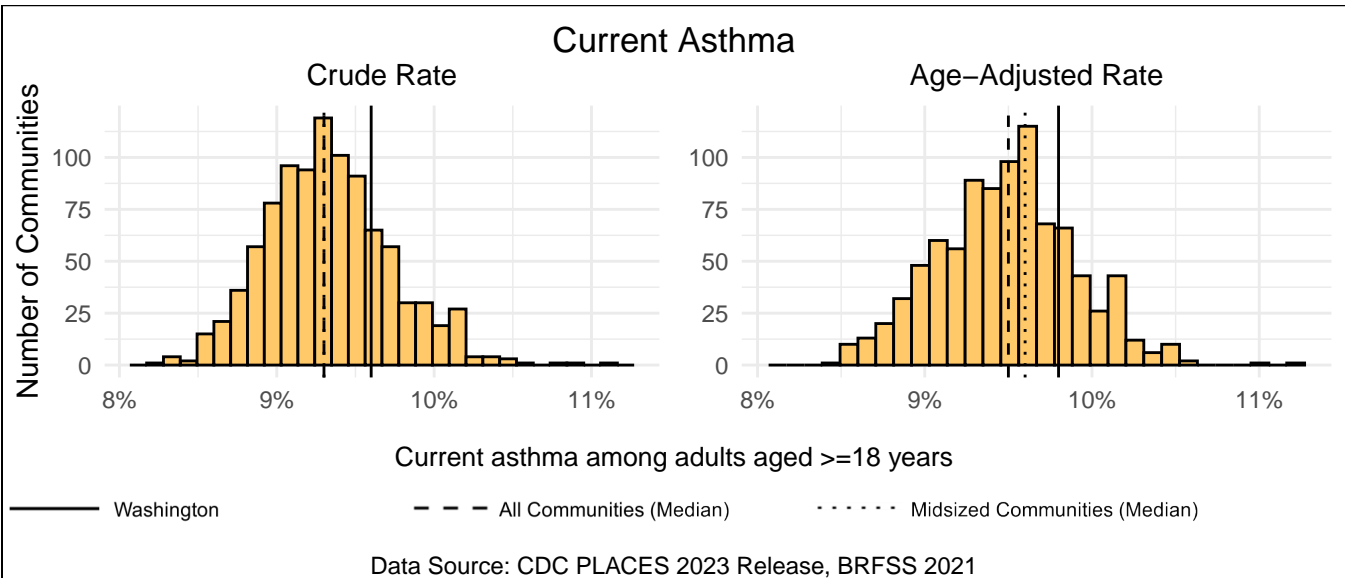
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	8.7%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Washington has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Washington is 9.8%, which ranks 696th out of 905 Iowa communities (75th out of 102 mid-sized communities).

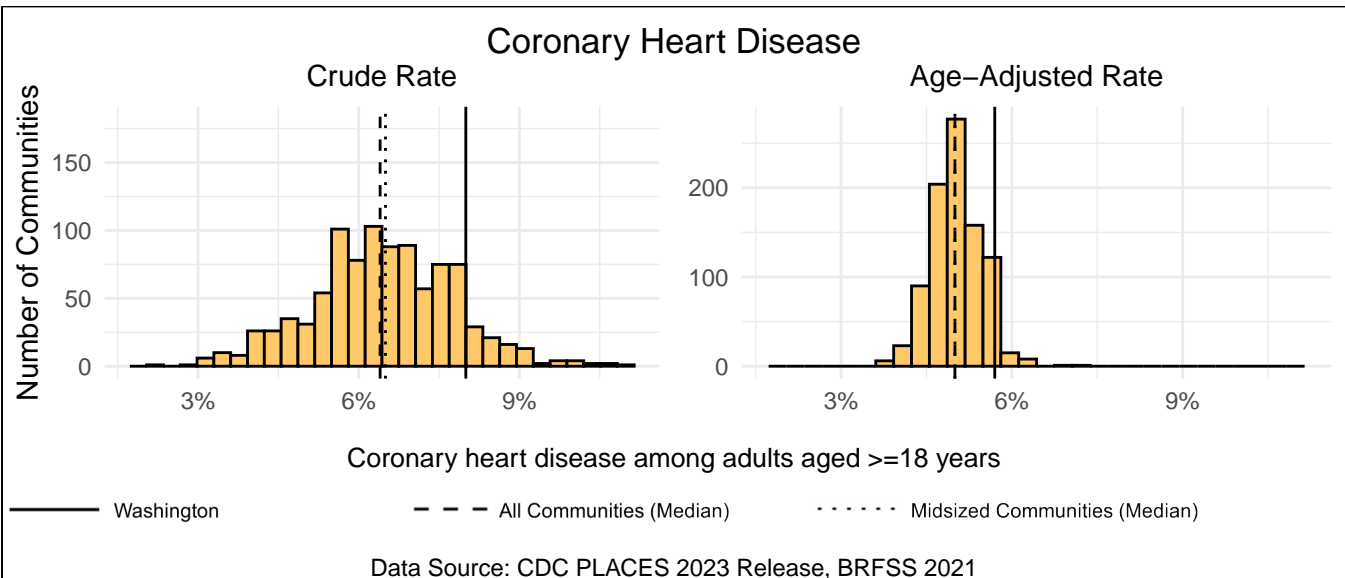
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.6%



Coronary Heart Disease

Washington has a crude rate of 8.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 845th out of 958 Iowa communities (94th out of 102 mid-sized communities). The age-adjusted rate for Washington is 5.7%, which ranks 836th out of 905 Iowa communities (87th out of 102 mid-sized communities).

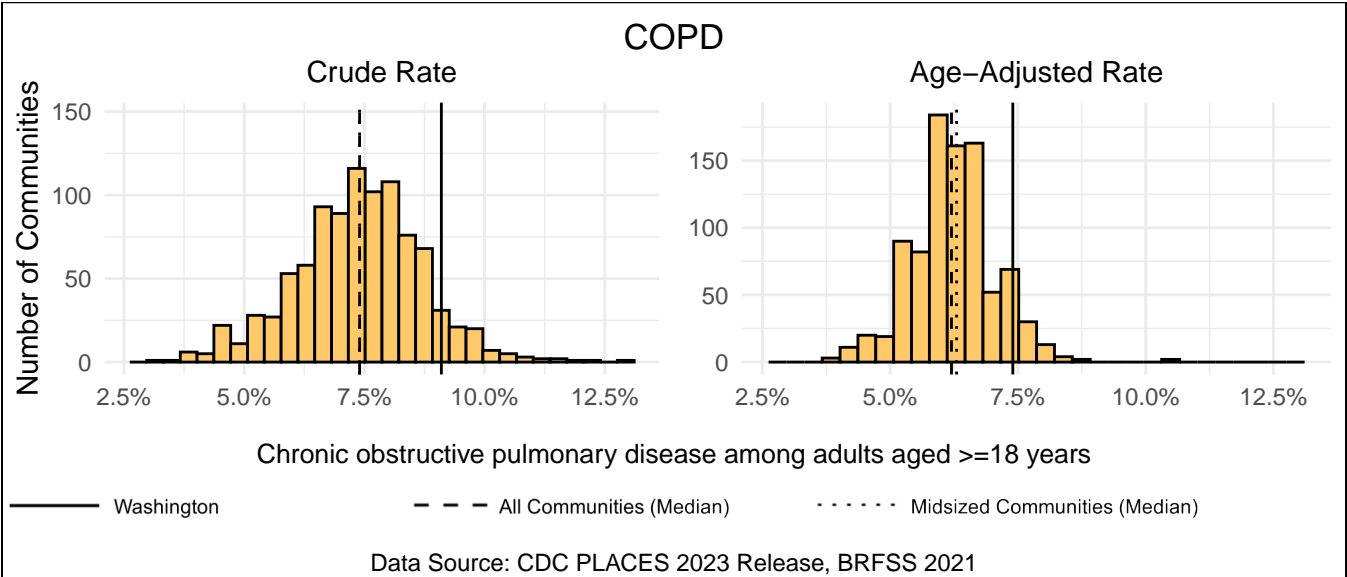
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	8.0%	6.4%	6.5%
Age-Adjusted	5.7%	5.0%	5.0%



COPD

Washington has a crude rate of 9.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 878th out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Washington is 7.4%, which ranks 822nd out of 905 Iowa communities (85th out of 102 mid-sized communities).

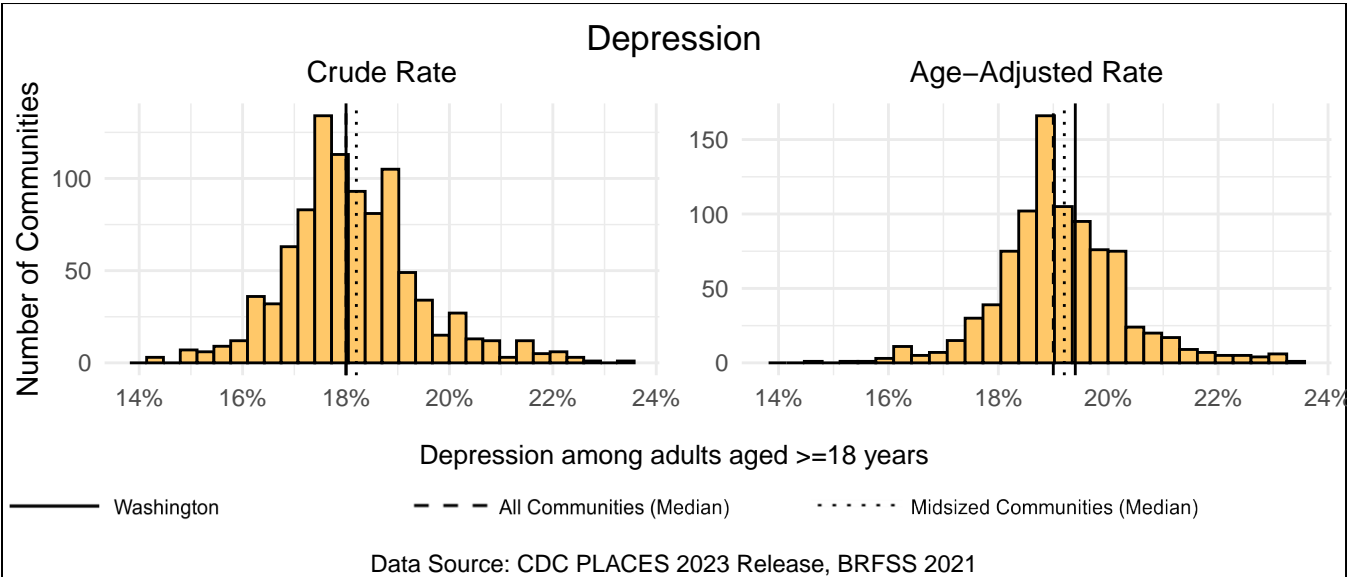
Measure Type	Washington	All Comm.	Mid-sized Comm.
Crude	9.1%	7.4%	7.4%
Age-Adjusted	7.4%	6.2%	6.3%



Depression

Washington has a crude rate of 18.0% for depression among adults aged ≥ 18 years, which ranks 461st out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Washington is 19.4%, which ranks 562nd out of 905 Iowa communities (58th out of 102 mid-sized communities).

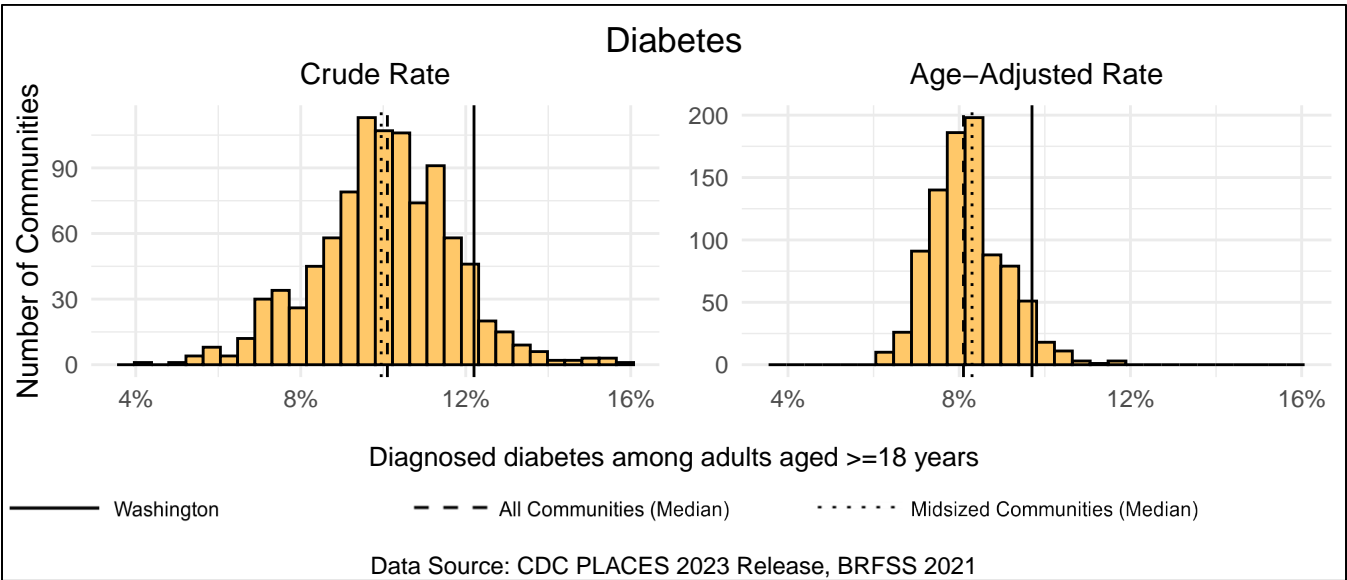
Measure Type	Washington	All Comm.	Mid-sized Comm.
Crude	18.0%	18.0%	18.2%
Age-Adjusted	19.4%	19.0%	19.2%



Diabetes

Washington has a crude rate of 12.2% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 887th out of 958 Iowa communities (97th out of 102 midsized communities). The age-adjusted rate for Washington is 9.7%, which ranks 857th out of 905 Iowa communities (88th out of 102 midsized communities).

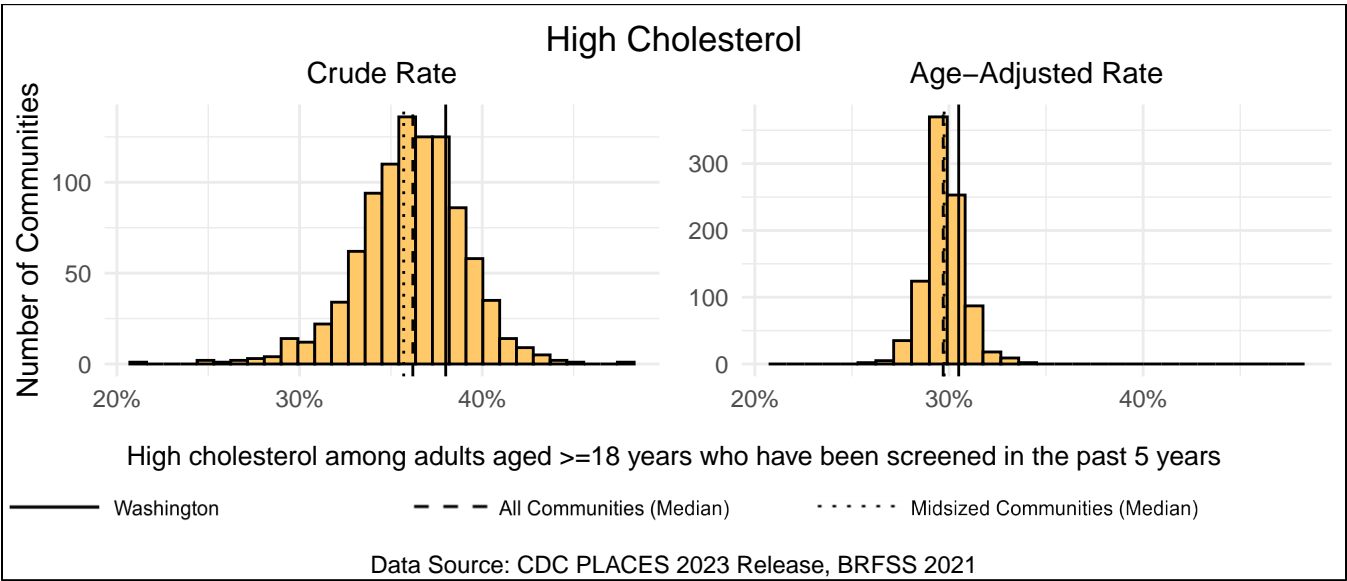
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	12.2%	10.1%	9.9%
Age-Adjusted	9.7%	8.1%	8.3%



High Cholesterol

Washington has a crude rate of 38.0% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 720th out of 958 Iowa communities (88th out of 102 midsized communities). The age-adjusted rate for Washington is 30.5%, which ranks 701st out of 905 Iowa communities (73rd out of 102 midsized communities).

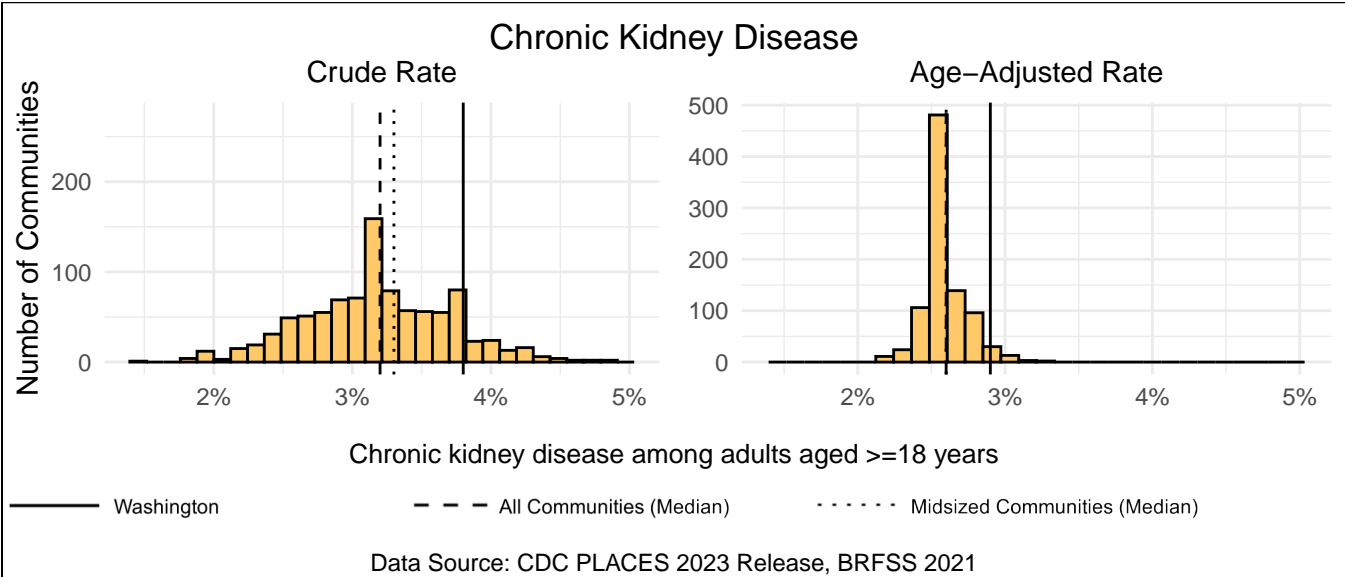
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	38.0%	36.2%	35.7%
Age-Adjusted	30.5%	29.7%	29.8%



Chronic Kidney Disease

Washington has a crude rate of 3.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Washington is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 mid-sized communities).

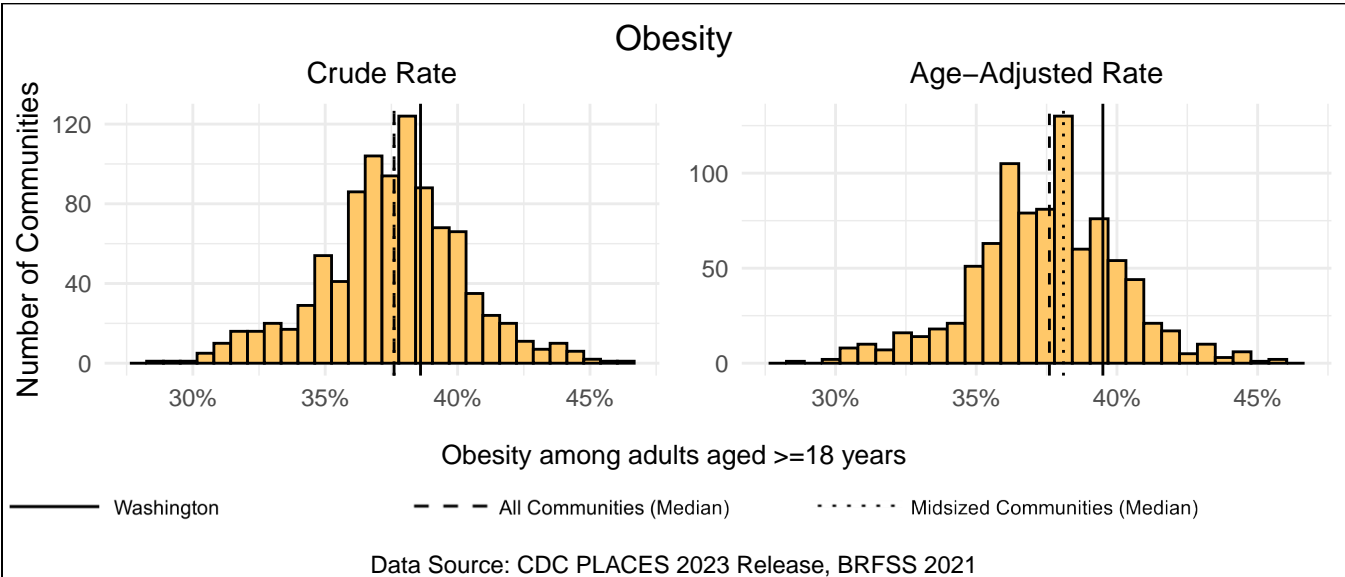
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Washington has a crude rate of 38.6% for obesity among adults aged ≥ 18 years, which ranks 635th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Washington is 39.5%, which ranks 715th out of 905 Iowa communities (73rd out of 102 mid-sized communities).

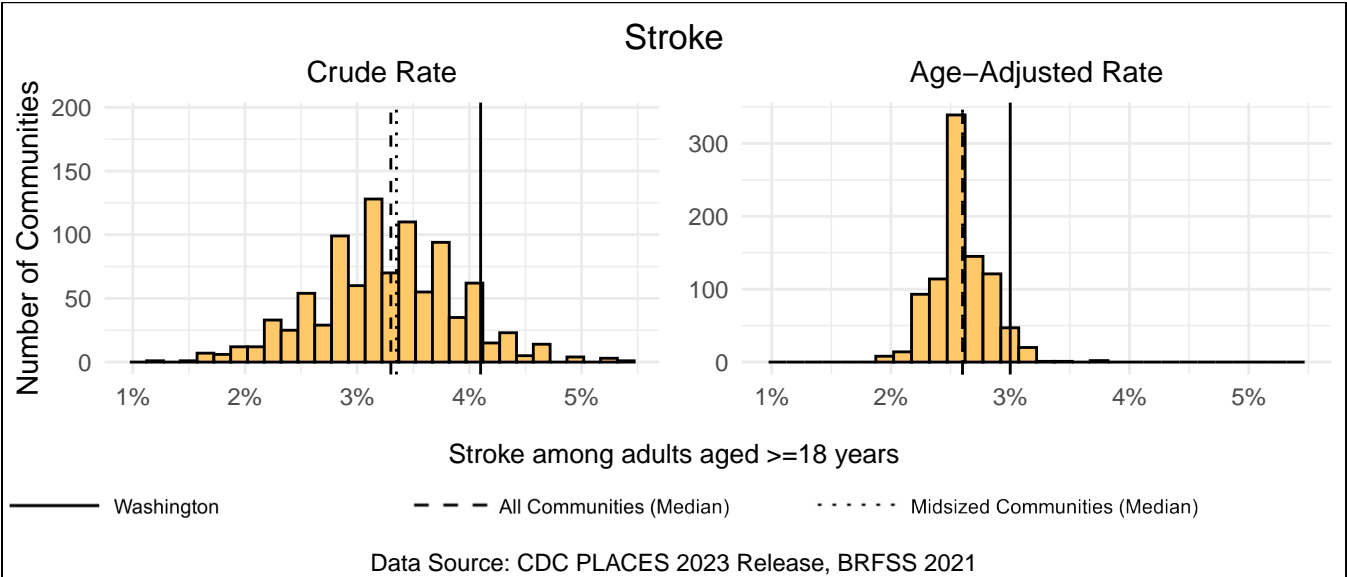
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	38.6%	37.6%	37.6%
Age-Adjusted	39.5%	37.6%	38.1%



Stroke

Washington has a crude rate of 4.1% for stroke among adults aged ≥ 18 years, which ranks 867th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Washington is 3.0%, which ranks 835th out of 905 Iowa communities (85th out of 102 mid-sized communities).

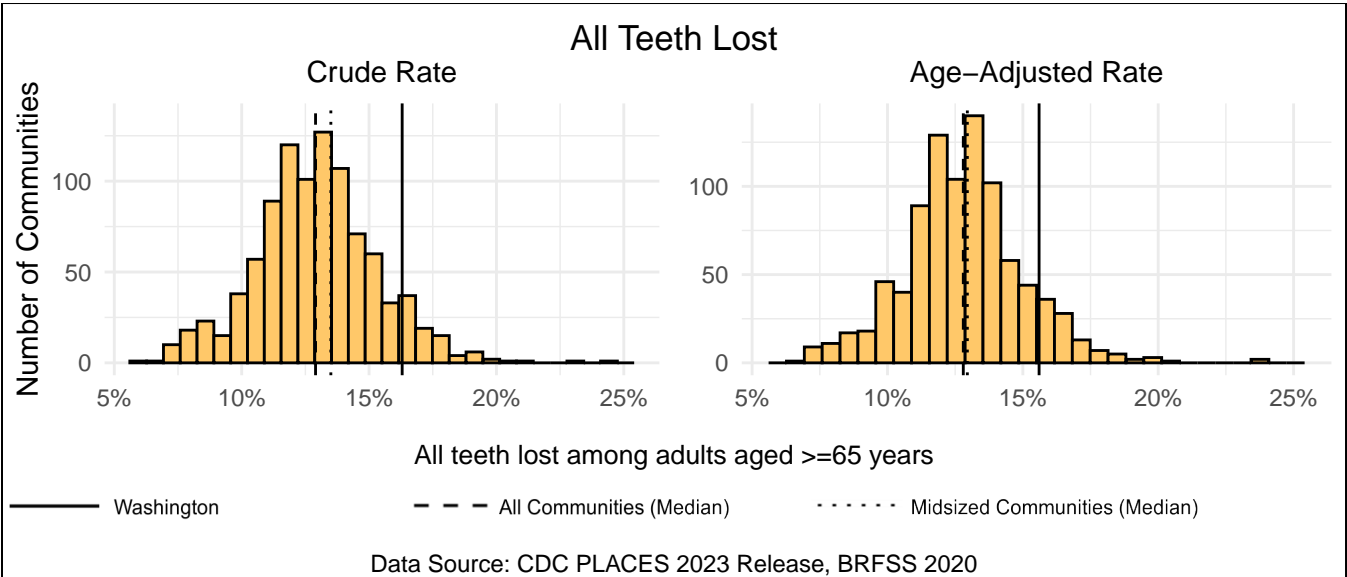
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	4.1%	3.3%	3.3%
Age-Adjusted	3.0%	2.6%	2.6%



All Teeth Lost

Washington has a crude rate of 16.3% for all teeth lost among adults aged ≥ 65 years, which ranks 876th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Washington is 15.6%, which ranks 809th out of 905 Iowa communities (79th out of 102 mid-sized communities).

Measure Type	Washington	All Comm.	Midsized Comm.
Crude	16.3%	12.9%	13.5%
Age-Adjusted	15.6%	12.8%	12.9%



Prevention

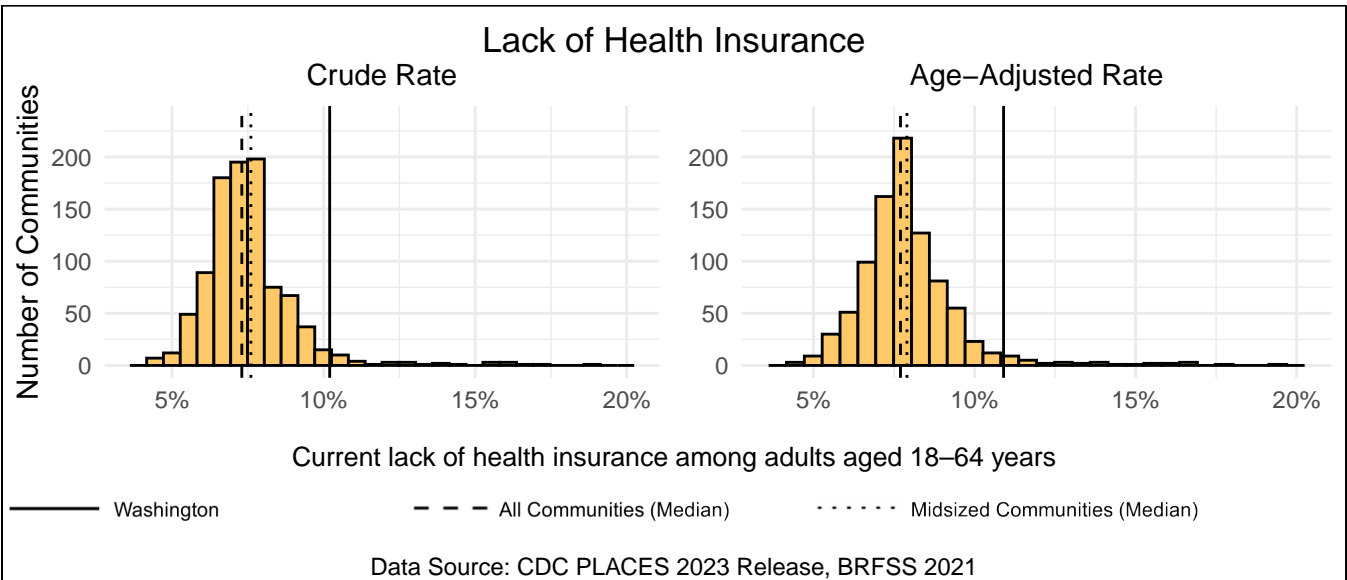
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

Lack of Health Insurance

Washington has a crude rate of 10.2% for current lack of health insurance among adults aged 18–64 years, which ranks 922nd out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Washington is 10.9%, which ranks 871st out of 905 Iowa communities (93rd out of 102 midsized communities).

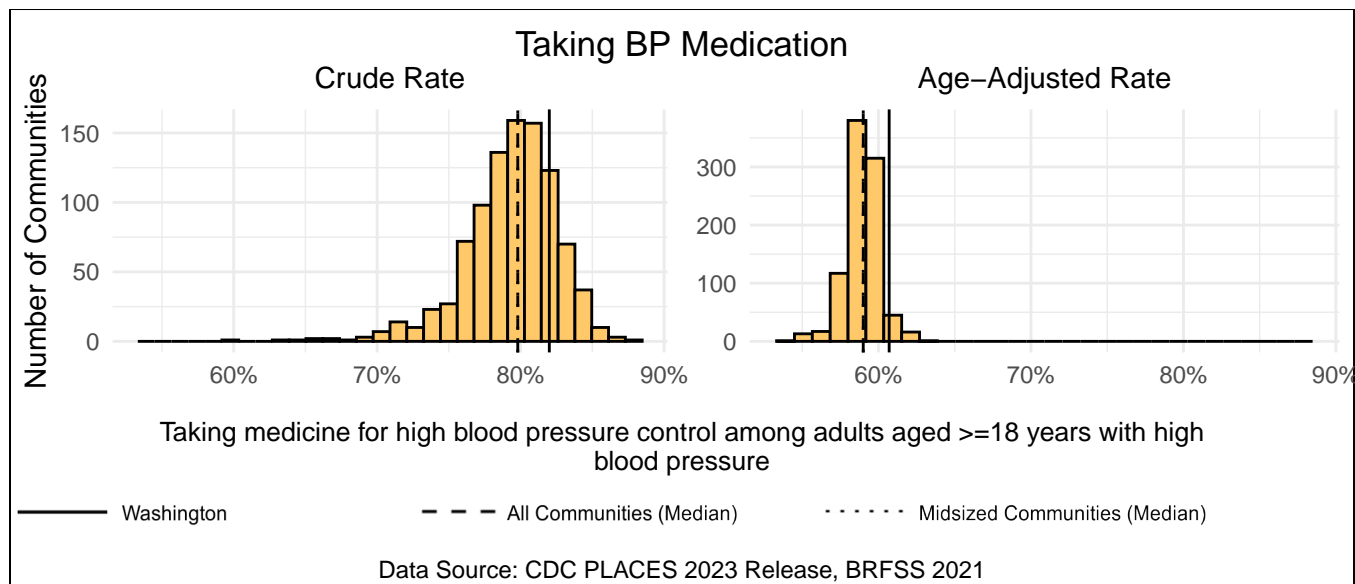
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	10.2%	7.3%	7.6%
Age-Adjusted	10.9%	7.7%	7.9%



Taking BP Medication

Washington has a crude rate of 82.0% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 163rd out of 958 Iowa communities (8th out of 102 mid-sized communities). The age-adjusted rate for Washington is 60.7%, which ranks 48th out of 905 Iowa communities (9th out of 102 mid-sized communities).

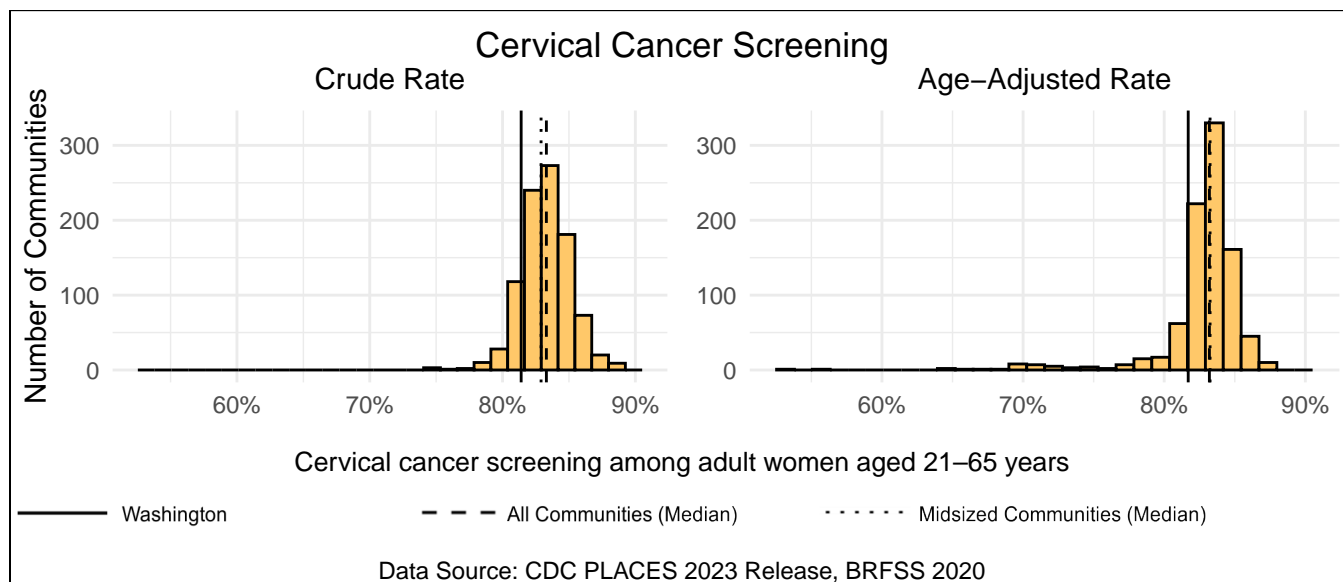
Measure Type	Washington	All Comm.	Mid-sized Comm.
Crude	82.0%	79.8%	79.8%
Age-Adjusted	60.7%	59.0%	59.0%



Cervical Cancer Screening

Washington has a crude rate of 81.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 819th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Washington is 81.7%, which ranks 762nd out of 905 Iowa communities (81st out of 102 mid-sized communities).

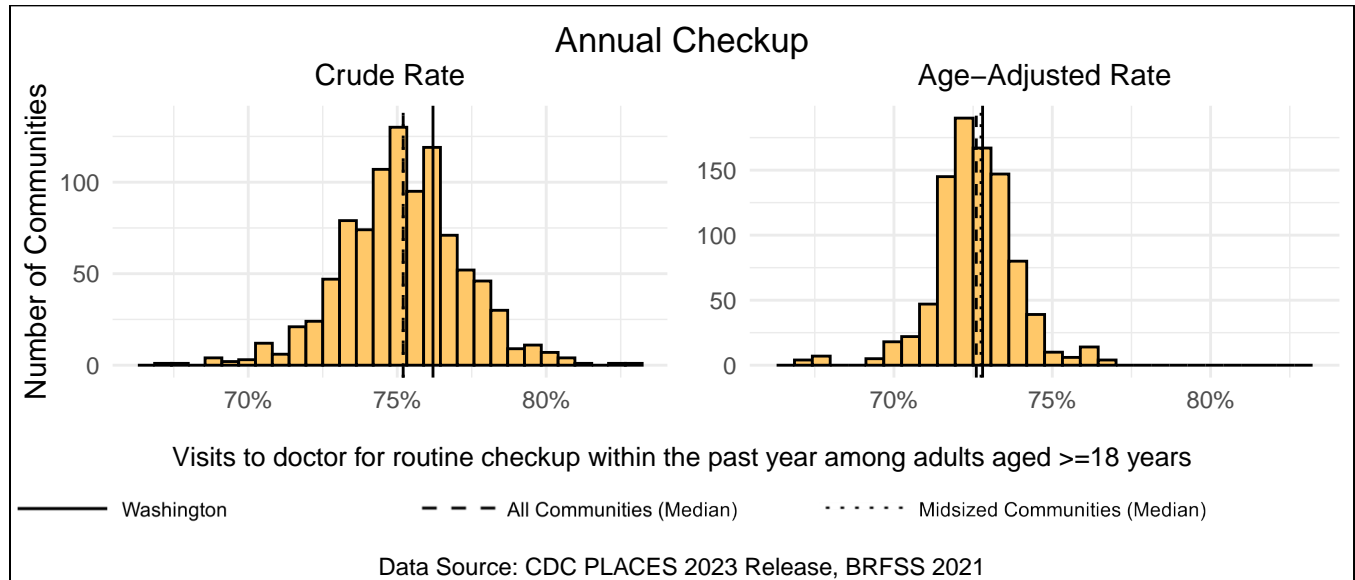
Measure Type	Washington	All Comm.	Mid-sized Comm.
Crude	81.4%	83.3%	82.9%
Age-Adjusted	81.7%	83.2%	83.2%



Annual Checkup

Washington has a crude rate of 76.2% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 273rd out of 958 Iowa communities (23rd out of 102 mid-sized communities). The age-adjusted rate for Washington is 72.8%, which ranks 367th out of 905 Iowa communities (49th out of 102 mid-sized communities).

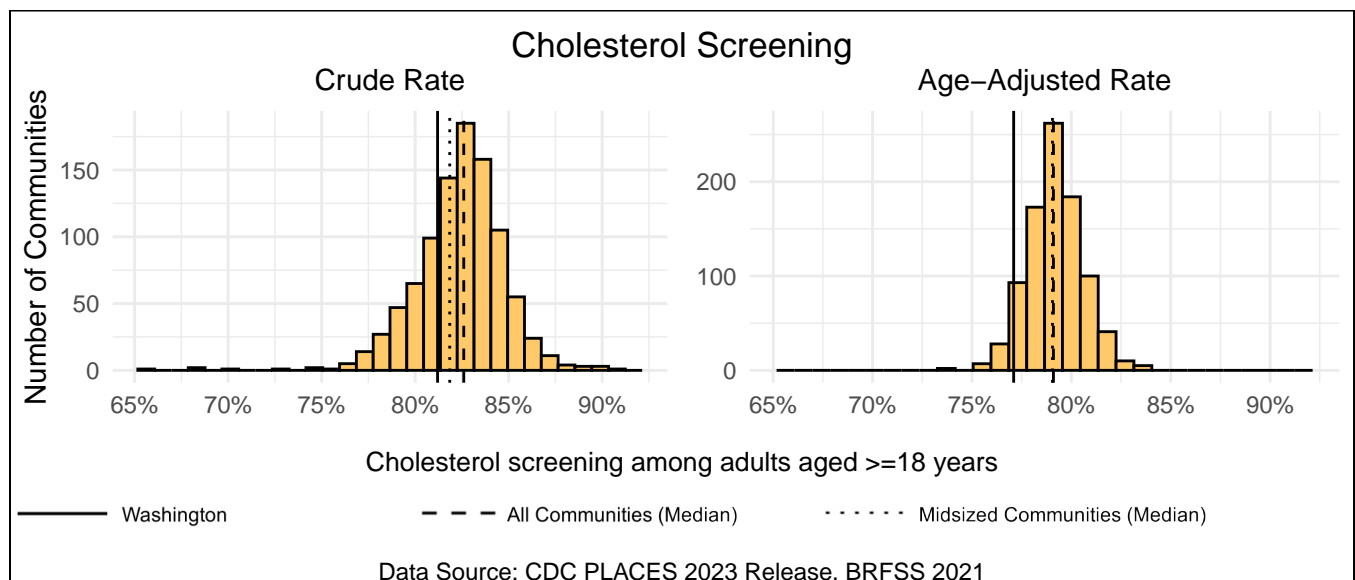
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	76.2%	75.2%	75.2%
Age-Adjusted	72.8%	72.6%	72.8%



Cholesterol Screening

Washington has a crude rate of 81.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 710th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Washington is 77.1%, which ranks 851st out of 905 Iowa communities (85th out of 102 mid-sized communities).

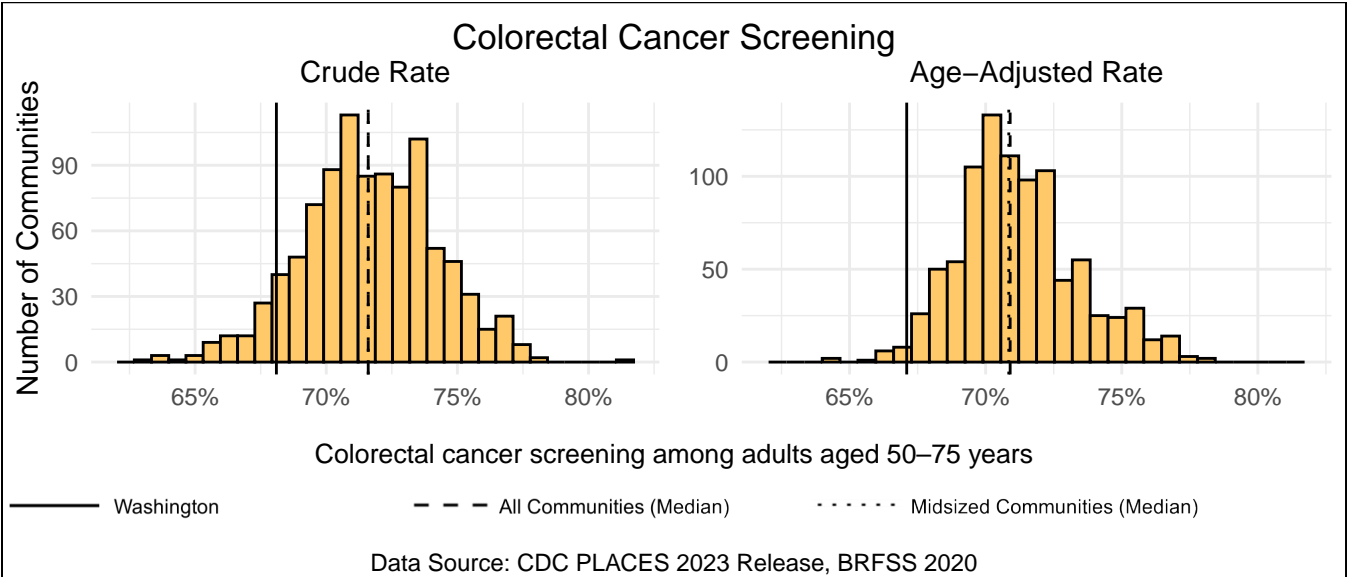
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	81.2%	82.6%	81.8%
Age-Adjusted	77.1%	79.1%	79.0%



Colorectal Cancer Screening

Washington has a crude rate of 68.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 881st out of 958 Iowa communities (96th out of 102 midsize communities). The age-adjusted rate for Washington is 67.1%, which ranks 889th out of 905 Iowa communities (99th out of 102 midsize communities).

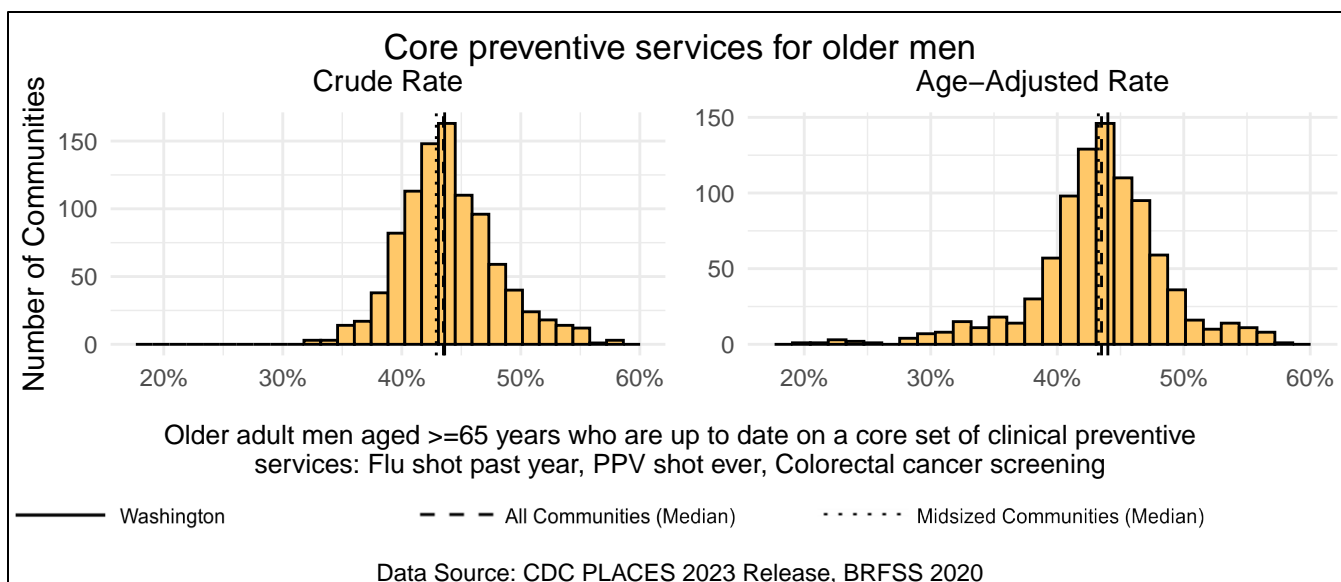
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	68.1%	71.6%	71.6%
Age-Adjusted	67.1%	70.9%	70.8%



Core preventive services for older men

Washington has a crude rate of 43.6% 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 460th out of 958 Iowa communities (41st out of 102 midsize communities). The age-adjusted rate for Washington is 44.0%, which ranks 395th out of 905 Iowa communities (42nd out of 102 midsize communities).

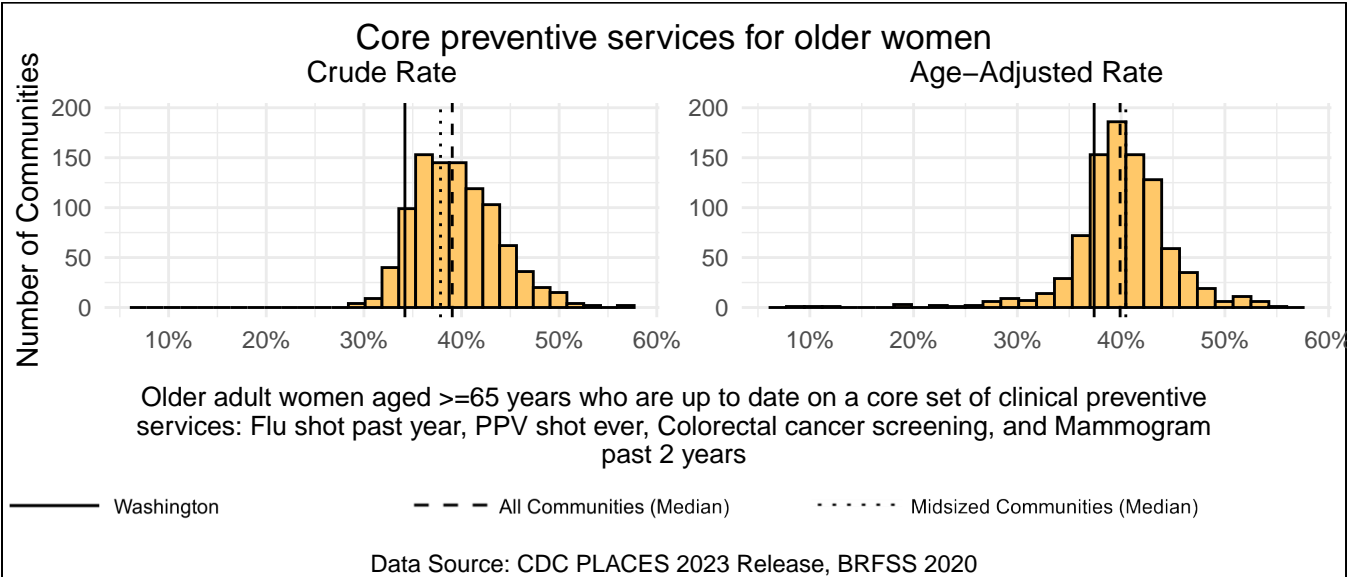
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	43.6%	43.5%	42.9%
Age-Adjusted	44.0%	43.5%	43.2%



Core preventive services for older women

Washington has a crude rate of 34.2% 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 879th out of 958 Iowa communities (92nd out of 102 midsized communities). The age-adjusted rate for Washington is 37.4%, which ranks 724th out of 905 Iowa communities (84th out of 102 midsized communities).

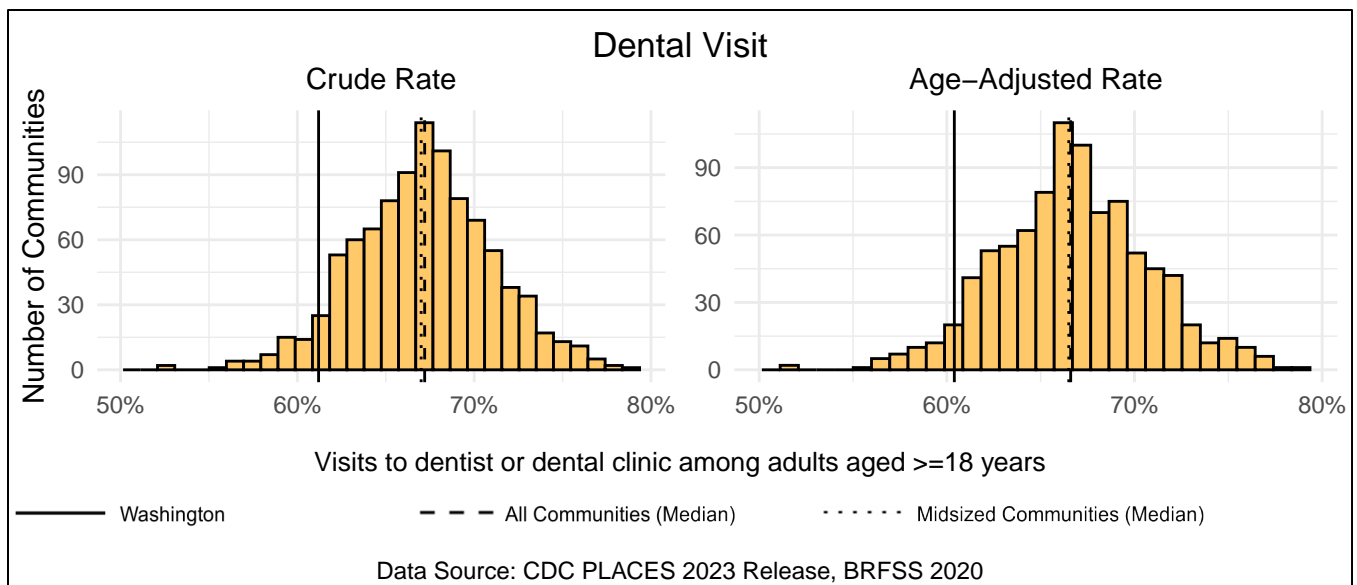
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	34.2%	39.0%	37.8%
Age-Adjusted	37.4%	39.9%	40.4%



Dental Visit

Washington has a crude rate of 61.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 906th out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for Washington is 60.4%, which ranks 861st out of 905 Iowa communities (85th out of 102 midsized communities).

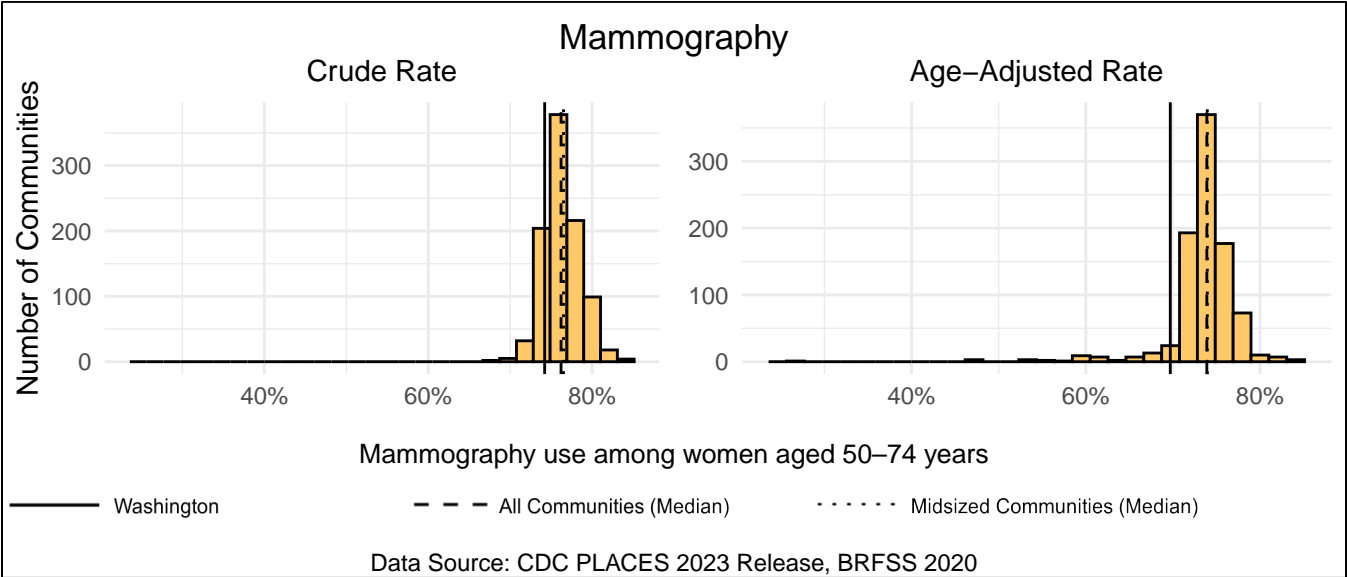
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	61.2%	67.2%	67.0%
Age-Adjusted	60.4%	66.6%	66.5%



Mammography

Washington has a crude rate of 74.2% for mammography use among women aged 50–74 years, which ranks 807th out of 958 Iowa communities (95th out of 102 midsized communities). The age-adjusted rate for Washington is 69.7%, which ranks 847th out of 905 Iowa communities (100th out of 102 midsized communities).

Measure Type	Washington	All Comm.	Midsized Comm.
Crude	74.2%	76.2%	76.5%
Age-Adjusted	69.7%	73.9%	74.0%



Disability

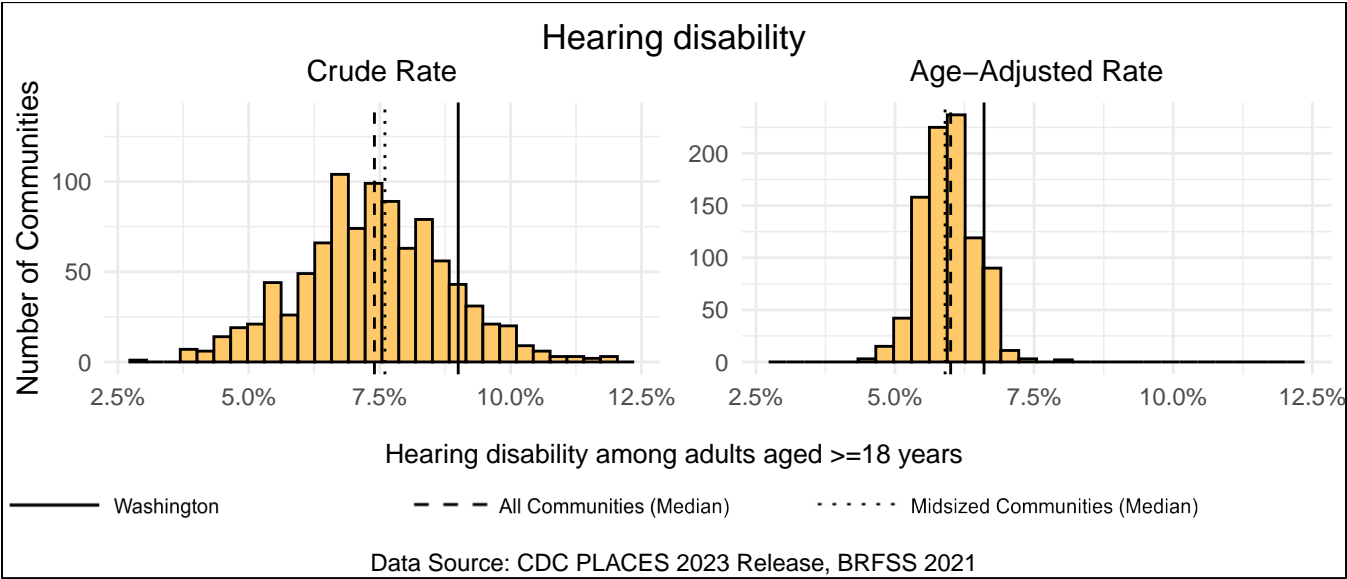
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Washington has a crude rate of 9.0% for hearing disability among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Washington is 6.6%, which ranks 800th out of 905 Iowa communities (85th out of 102 mid-sized communities).

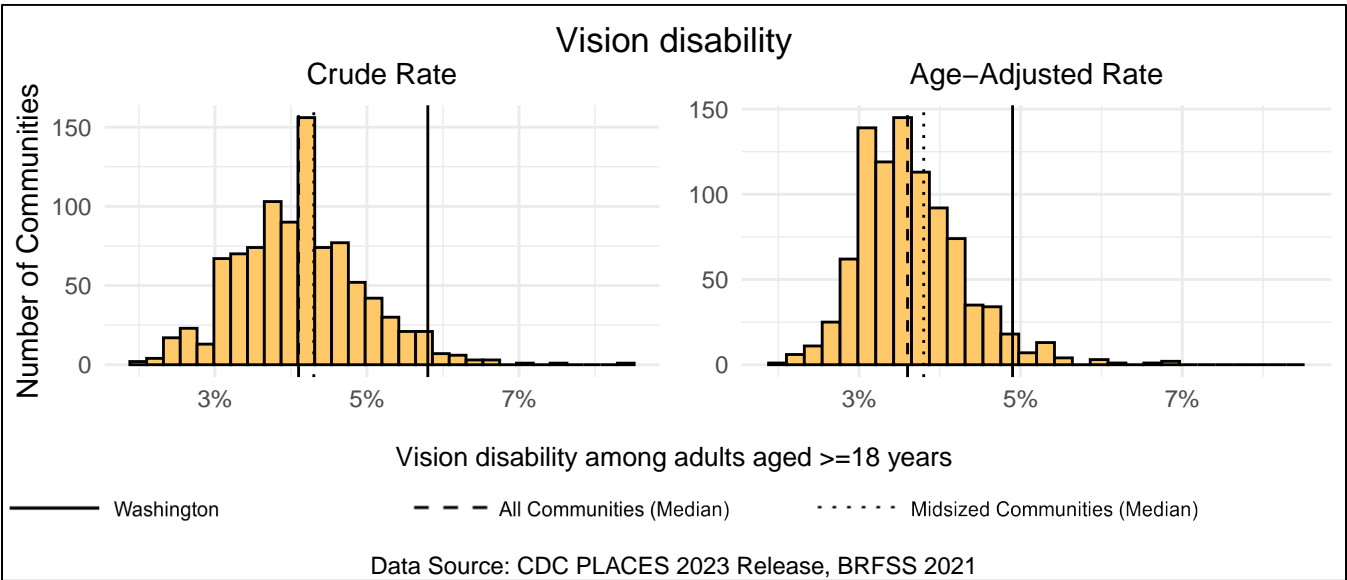
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	9.0%	7.4%	7.6%
Age-Adjusted	6.6%	6.0%	5.9%



Vision disability

Washington has a crude rate of 5.8% for vision disability among adults aged ≥ 18 years, which ranks 930th out of 958 Iowa communities (95th out of 102 midsize communities). The age-adjusted rate for Washington is 4.9%, which ranks 867th out of 905 Iowa communities (88th out of 102 midsize communities).

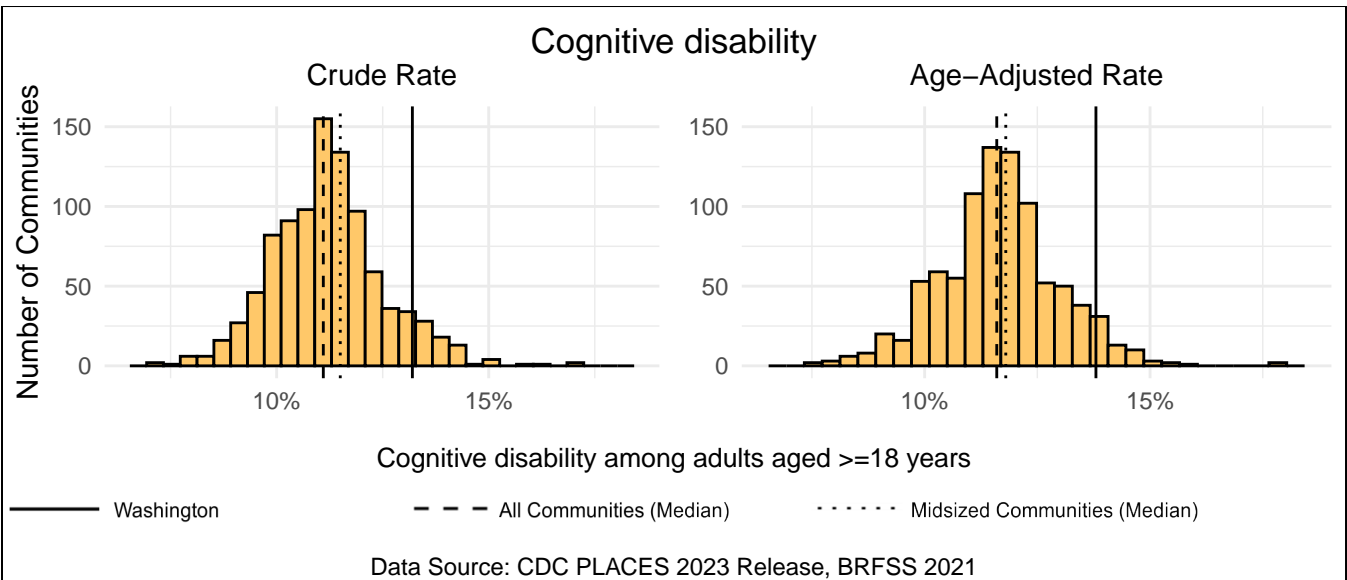
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	5.8%	4.1%	4.3%
Age-Adjusted	4.9%	3.6%	3.8%



Cognitive disability

Washington has a crude rate of 13.2% for cognitive disability among adults aged ≥ 18 years, which ranks 881st out of 958 Iowa communities (83rd out of 102 midsize communities). The age-adjusted rate for Washington is 13.8%, which ranks 857th out of 905 Iowa communities (88th out of 102 midsize communities).

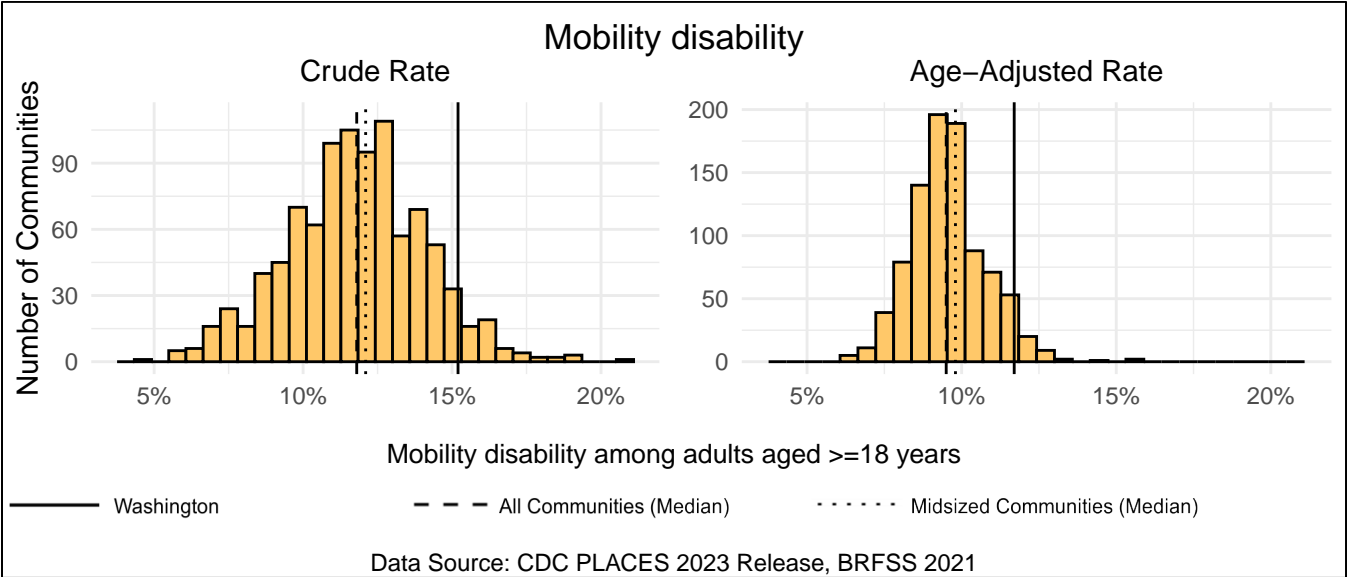
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	13.2%	11.1%	11.5%
Age-Adjusted	13.8%	11.6%	11.8%



Mobility disability

Washington has a crude rate of 15.2% for mobility disability among adults aged ≥ 18 years, which ranks 895th out of 958 Iowa communities (95th out of 102 midsize communities). The age-adjusted rate for Washington is 11.7%, which ranks 858th out of 905 Iowa communities (87th out of 102 midsize communities).

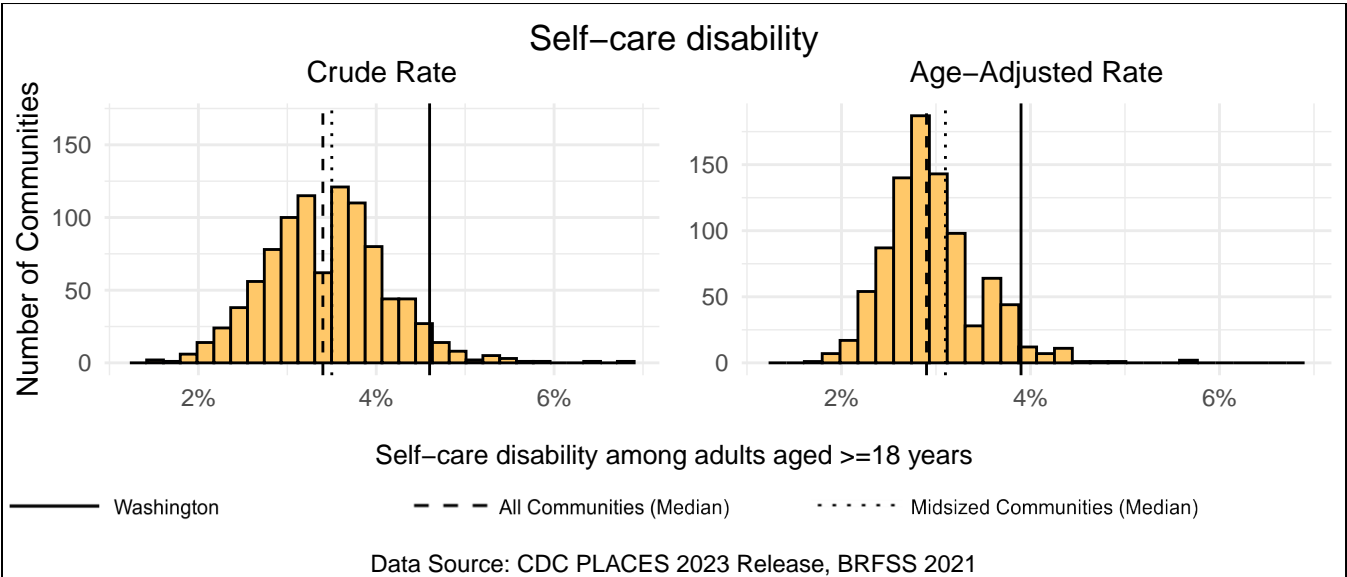
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	15.2%	11.8%	12.1%
Age-Adjusted	11.7%	9.5%	9.8%



Self-care disability

Washington has a crude rate of 4.6% for self-care disability among adults aged ≥ 18 years, which ranks 909th out of 958 Iowa communities (91st out of 102 midsize communities). The age-adjusted rate for Washington is 3.9%, which ranks 871st out of 905 Iowa communities (90th out of 102 midsize communities).

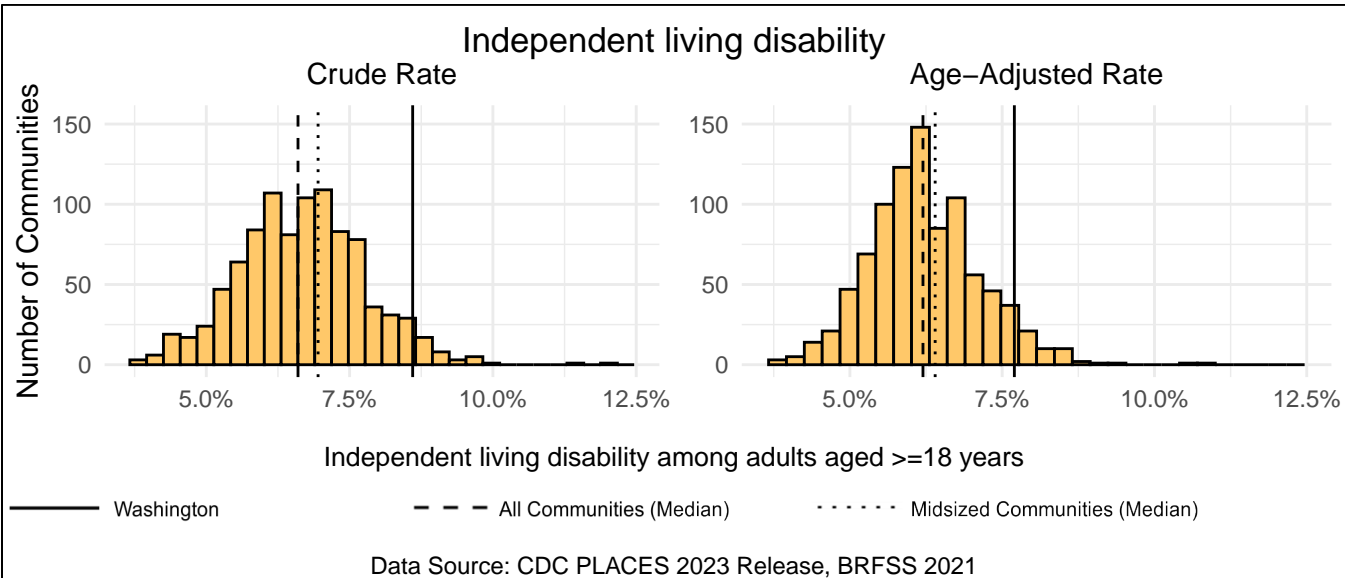
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	4.6%	3.4%	3.5%
Age-Adjusted	3.9%	2.9%	3.1%



Independent living disability

Washington has a crude rate of 8.6% for independent living disability among adults aged ≥ 18 years, which ranks 913th out of 958 Iowa communities (90th out of 102 mid-sized communities). The age-adjusted rate for Washington is 7.7%, which ranks 844th out of 905 Iowa communities (86th out of 102 mid-sized communities).

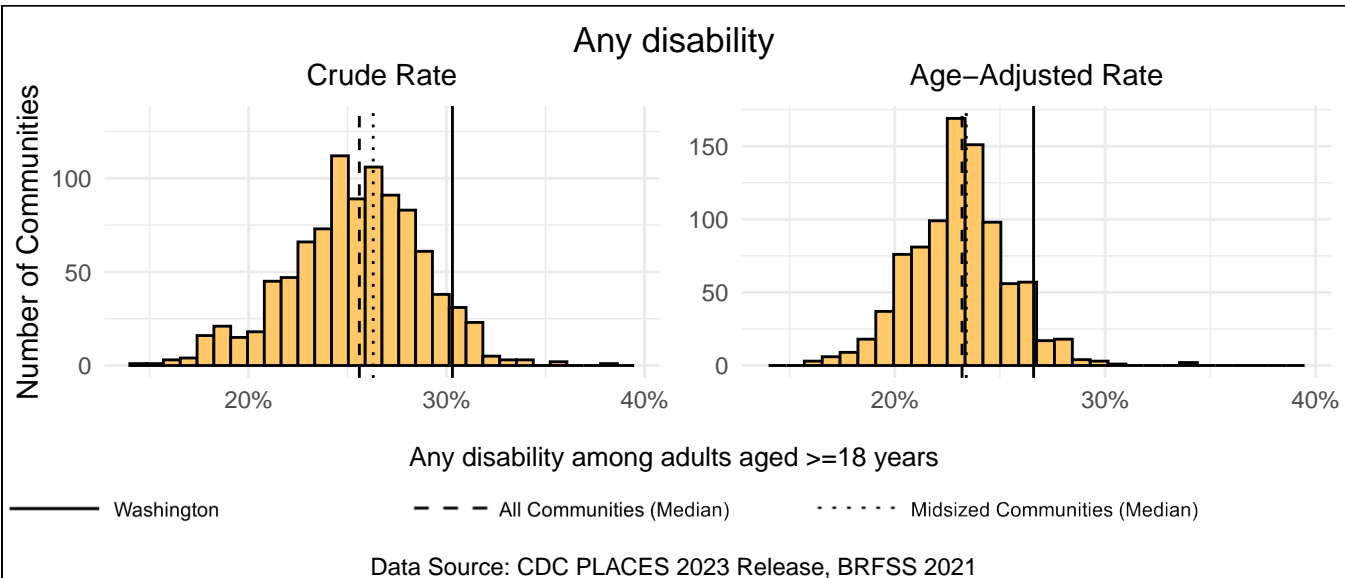
Measure Type	Washington	All Comm.	Midsized Comm.
Crude	8.6%	6.6%	7.0%
Age-Adjusted	7.7%	6.2%	6.4%



Any disability

Washington has a crude rate of 30.3% for any disability among adults aged ≥ 18 years, which ranks 896th out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Washington is 26.6%, which ranks 845th out of 905 Iowa communities (84th out of 102 mid-sized communities).

Measure Type	Washington	All Comm.	Midsized Comm.
Crude	30.3%	25.6%	26.3%
Age-Adjusted	26.6%	23.2%	23.4%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Washington 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	646	14.8% (12.8% - 16.8%)	744	16.4% (14.2% - 18.7%)
Health Status	General Health	911	18.0% (15.5% - 20.6%)	863	16.1% (13.8% - 18.6%)
Health Status	Physical Health	880	12.5% (10.8% - 14.3%)	816	11.1% (9.6% - 12.7%)
Health Risk Behaviors	Current Smoking	656	17.8% (14.7% - 21.1%)	744	19.3% (15.8% - 23.0%)
Health Risk Behaviors	Sleep <7 hours	278	29.4% (28.4% - 30.4%)	354	30.7% (29.6% - 31.7%)
Health Risk Behaviors	Physical Inactivity	935	31.8% (26.6% - 36.8%)	881	29.5% (24.7% - 34.7%)
Health Risk Behaviors	Binge Drinking	27	15.9% (13.1% - 19.0%)	6	18.7% (15.5% - 22.2%)
Health Outcomes	High Cholesterol	720	38.0% (33.3% - 42.8%)	701	30.5% (26.1% - 35.0%)
Health Outcomes	Arthritis	679	29.7% (25.6% - 33.8%)	631	23.8% (20.2% - 27.5%)
Health Outcomes	High Blood Pressure	721	34.6% (30.5% - 38.7%)	696	28.4% (24.7% - 32.3%)
Health Outcomes	All Teeth Lost	876	16.3% (11.5% - 21.5%)	809	15.6% (11.3% - 19.8%)
Health Outcomes	Diabetes	887	12.2% (10.4% - 14.1%)	857	9.7% (8.3% - 11.3%)
Health Outcomes	Cancer (except skin)	658	8.7% (7.9% - 9.6%)	74	6.4% (5.7% - 7.0%)
Health Outcomes	Obesity	635	38.6% (31.4% - 45.9%)	715	39.5% (32.2% - 46.8%)
Health Outcomes	Coronary Heart Disease	845	8.0% (7.1% - 9.0%)	836	5.7% (5.0% - 6.4%)
Health Outcomes	Current Asthma	716	9.6% (8.4% - 10.8%)	696	9.8% (8.6% - 11.1%)
Health Outcomes	Depression	461	18.0% (15.0% - 21.4%)	562	19.4% (15.9% - 23.2%)
Health Outcomes	Stroke	867	4.1% (3.6% - 4.6%)	835	3.0% (2.7% - 3.3%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.4% - 4.2%)	858	2.9% (2.6% - 3.2%)
Health Outcomes	COPD	878	9.1% (7.7% - 10.5%)	822	7.4% (6.3% - 8.7%)
Prevention	Dental Visit	906	61.2% (58.5% - 63.7%)	861	60.4% (57.8% - 63.0%)
Prevention	Cervical Cancer Screening	819	81.4% (79.6% - 83.2%)	762	81.7% (80.0% - 83.5%)
Prevention	Colorectal Cancer Screening	881	68.1% (65.7% - 70.3%)	889	67.1% (64.7% - 69.3%)
Prevention	Core preventive services for older men	460	43.6% (37.3% - 50.1%)	395	44.0% (37.8% - 50.3%)
Prevention	Health Insurance	922	10.2% (8.4% - 12.1%)	871	10.9% (8.9% - 13.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	710	81.2% (78.3% - 83.9%)	851	77.1% (73.9% - 80.4%)
Prevention	Mammography	807	74.2% (71.4% - 77.0%)	847	69.7% (66.4% - 73.0%)
Prevention	Core preventive services for older women	879	34.2% (29.2% - 39.6%)	724	37.4% (32.4% - 42.8%)
Prevention	Taking BP Medication	163	82.0% (79.1% - 84.7%)	48	60.7% (55.8% - 65.6%)
Prevention	Annual Checkup	273	76.2% (71.5% - 80.5%)	367	72.8% (67.7% - 77.5%)
Disability	Self-care Disability	909	4.6% (4.1% - 5.3%)	871	3.9% (3.4% - 4.4%)
Disability	Independent Living Disability	913	8.6% (7.3% - 9.8%)	844	7.7% (6.7% - 8.9%)
Disability	Cognitive Disability	881	13.2% (11.4% - 15.0%)	857	13.8% (11.8% - 15.8%)
Disability	Hearing Disability	834	9.0% (8.0% - 10.1%)	800	6.6% (5.8% - 7.4%)
Disability	Vision Disability	930	5.8% (5.0% - 6.6%)	867	4.9% (4.3% - 5.5%)
Disability	Mobility Disability	895	15.2% (13.0% - 17.5%)	858	11.7% (10.0% - 13.5%)
Disability	Any Disability	896	30.3% (26.4% - 34.4%)	845	26.6% (22.8% - 30.7%)

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

Appendix 3: Midsized Communities (2,500-9,999)

Washington falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
