Iowa Community Health Snapshot Series

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

PUBLIC SCIENCE COLLABORATIVE

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Iowa Community Health Snapshot Series

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Health in Waterloo: Overview

Dear Community Members & Stakeholders of Waterloo,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Mammography	23rd	2nd	Annual Checkup	2nd	1st
Cancer (except skin)	126th	9th	Cancer (except skin)	11th	1st
Annual Checkup	129th	1st	Taking BP Medication	48th	5th
Core preventive services for older women	169th	4th	Mammography	66th	3rd
Colorectal Cancer Screening	234th	5th	Core preventive services for older women	101st	4th

Opportunities

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

	Crude			Age-Adjusted	
Health Domain	Statewide Community Rank	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Sleep <7 hours	954th	11th	Arthritis	902nd	11th
Current Asthma	948th	8th	Sleep <7 hours	902nd	11th
Mental Health	947th	8th	Diabetes	899th	11th
Cognitive Disability	929th	8th	Self-care Disability	897th	11th
Health Insurance	922nd	9th	Vision Disability	895th	11th

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 Waterloo.

Sincerely,

Shawn F. Dorius, PhD
Iowa State University
Public Science Collaborative

How to Use this Report

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

With a population of 67,256, Waterloo's similarly sized communities are defined as large communities. In Iowa, large communities have an average population of 91,321, and there are 11 communities that are considered large communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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

The table shows rates in your community compared with the state midpoint and the population group

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

Mental Health

Crude Rate

Age–Adjusted Rate

Mental health not good for >=14 days among adults aged >=18 years

The legend shows the meaning of the solid, dashed, and dotted lines

— Ames − − − All Communities (Median) · · · · · Large Communities (Median)

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.
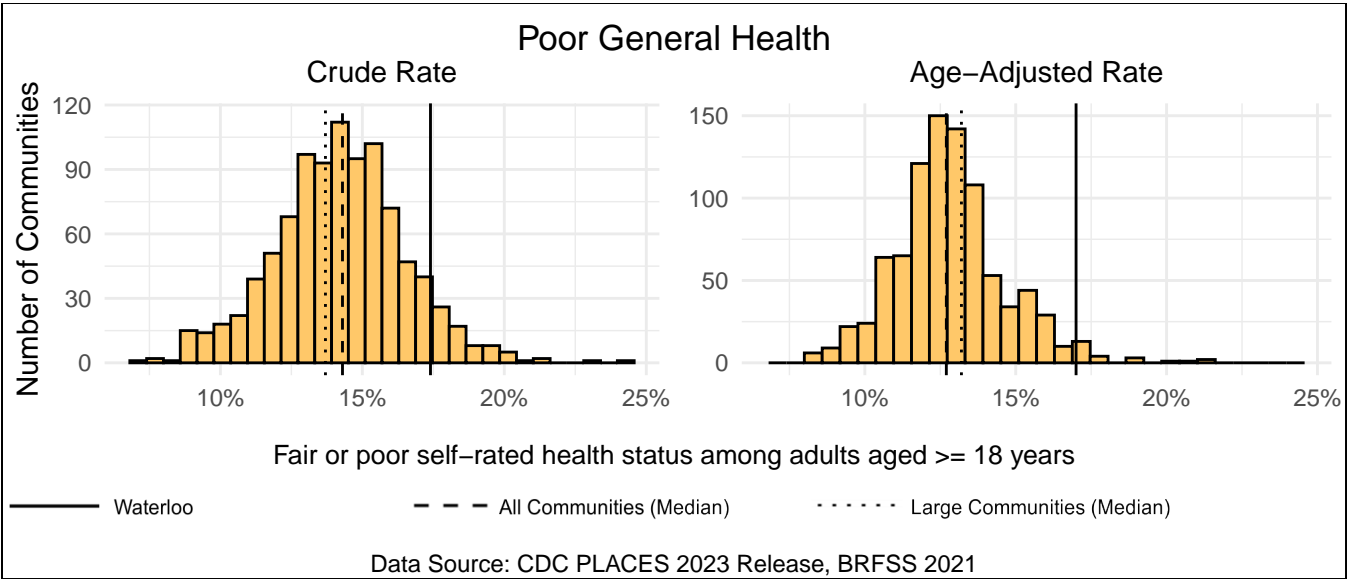
Health Status

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

Waterloo has a crude rate of 17.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 880th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 17.0%, which ranks 883rd out of 905 Iowa communities (11th out of 11 large communities).
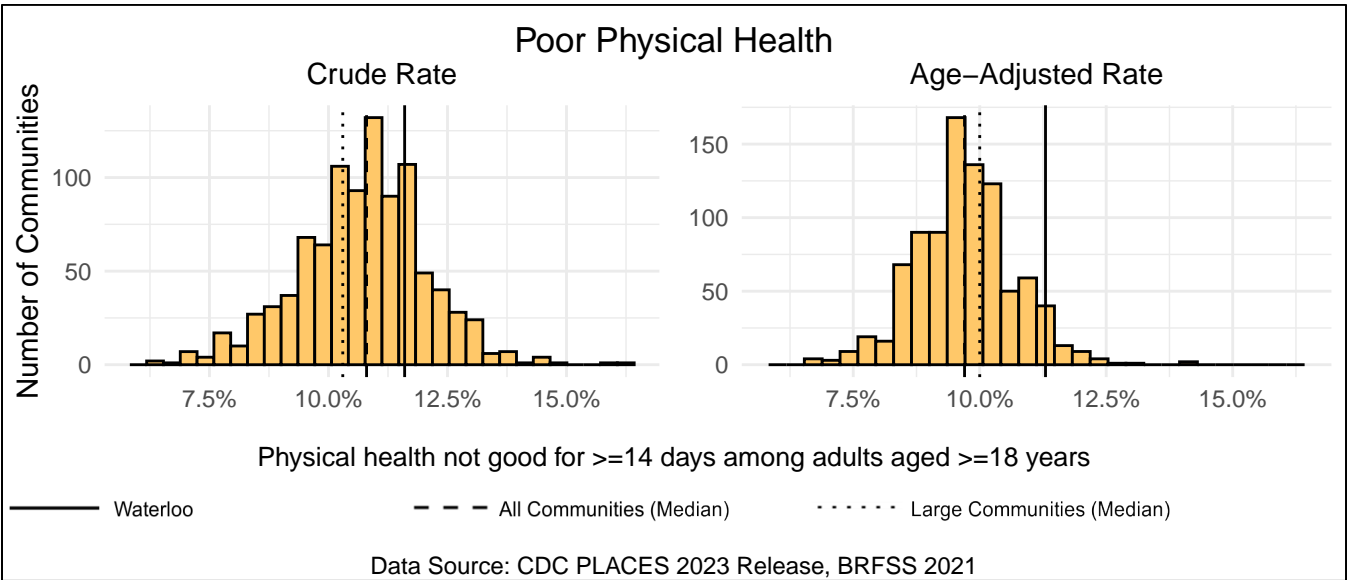
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	17.4%	14.3%	13.7%
Age-Adjusted	17.0%	12.7%	13.2%

Poor General Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Physical Health

Waterloo has a crude rate of 11.6% for physical health not good for >=14 days among adults aged >=18 years, which ranks 719th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 11.3%, which ranks 848th out of 905 Iowa communities (10th out of 11 large communities).
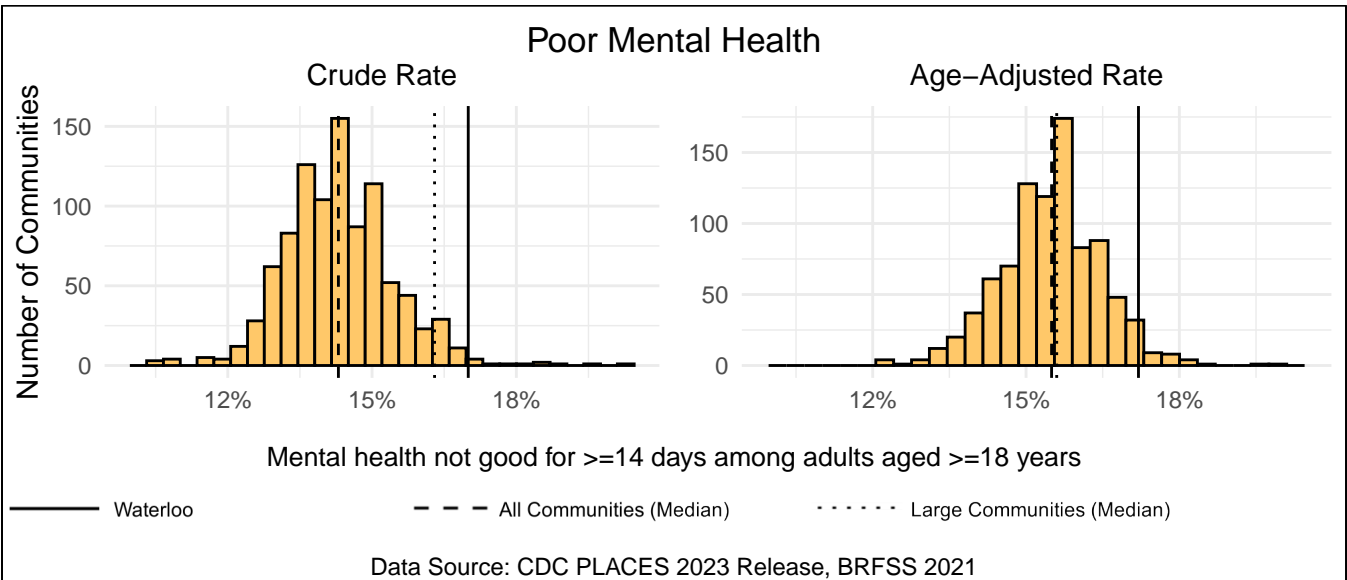
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	11.6%	10.8%	10.3%
Age-Adjusted	11.3%	9.7%	10.0%

Poor Physical Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Waterloo has a crude rate of 17.0% for mental health not good for >=14 days among adults aged >=18 years, which ranks 947th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Waterloo is 17.2%, which ranks 865th out of 905 Iowa communities (11th out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	17.0%	14.3%	16.3%
Age-Adjusted	17.2%	15.5%	15.6%

Poor Mental Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021
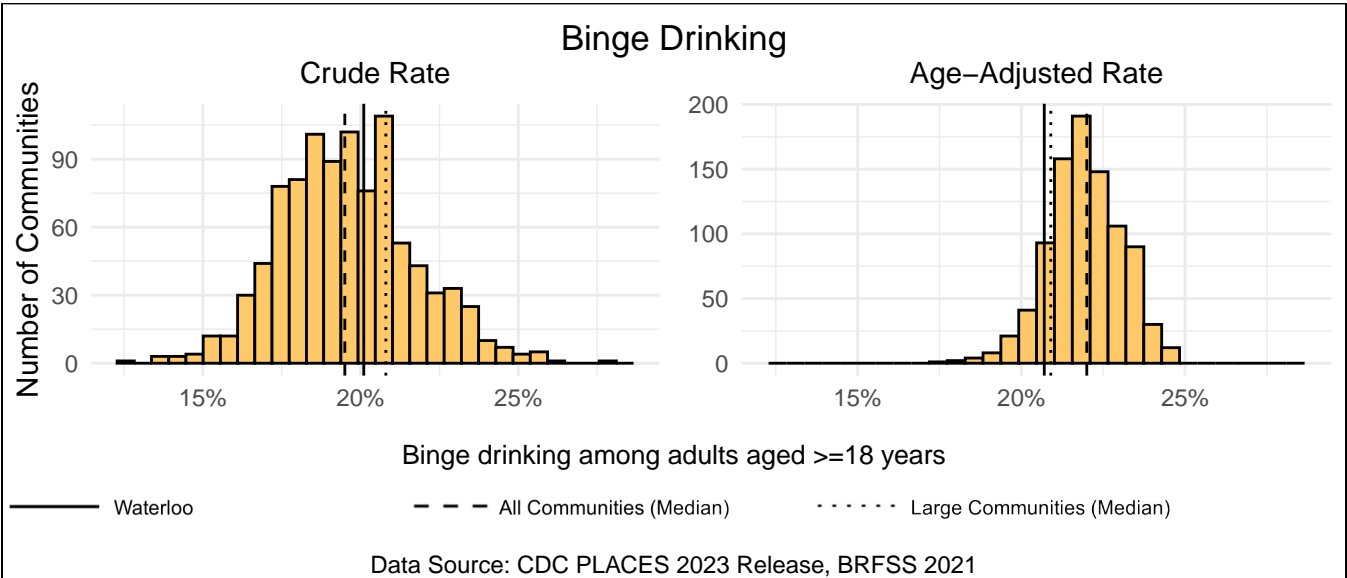
Health Risk Behaviors

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

Waterloo has a crude rate of 20.1% for binge drinking among adults aged >=18 years, which ranks 572nd out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Waterloo is 20.7%, which ranks 108th out of 905 Iowa communities (5th out of 11 large communities).
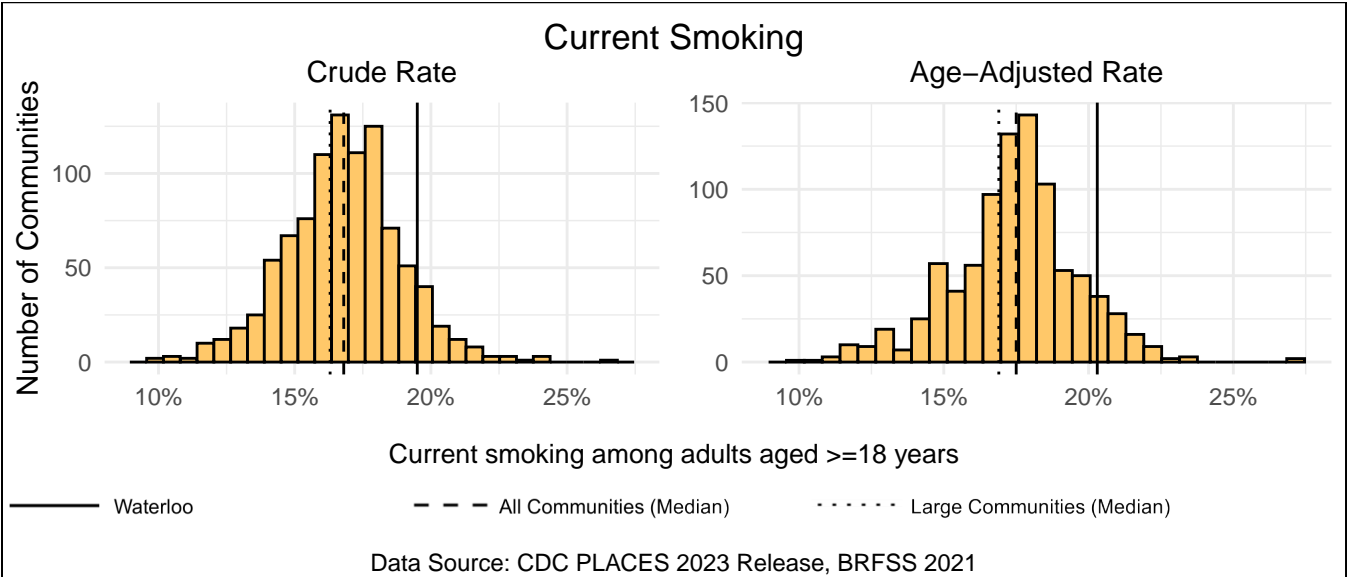
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	20.1%	19.5%	20.8%
Age-Adjusted	20.7%	22.0%	20.9%

Binge drinking among adults aged >=18 years

Waterloo · · · All Communities (Median) · · · · · · Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Waterloo has a crude rate of 19.5% for current smoking among adults aged >=18 years, which ranks 869th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 20.3%, which ranks 822nd out of 905 Iowa communities (11th out of 11 large communities).
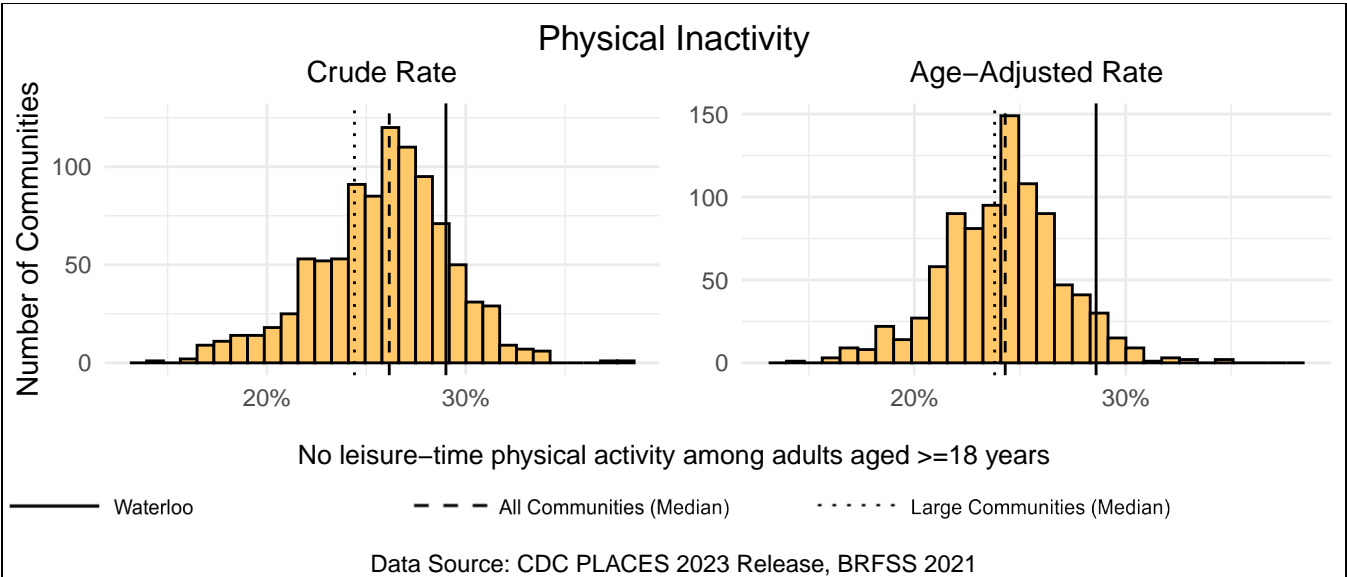
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	19.5%	16.8%	16.3%
Age-Adjusted	20.3%	17.5%	16.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

Waterloo has a crude rate of 29.0% for no leisure-time physical activity among adults aged >=18 years, which ranks 807th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Waterloo is 28.6%, which ranks 850th out of 905 Iowa communities (9th out of 11 large communities).
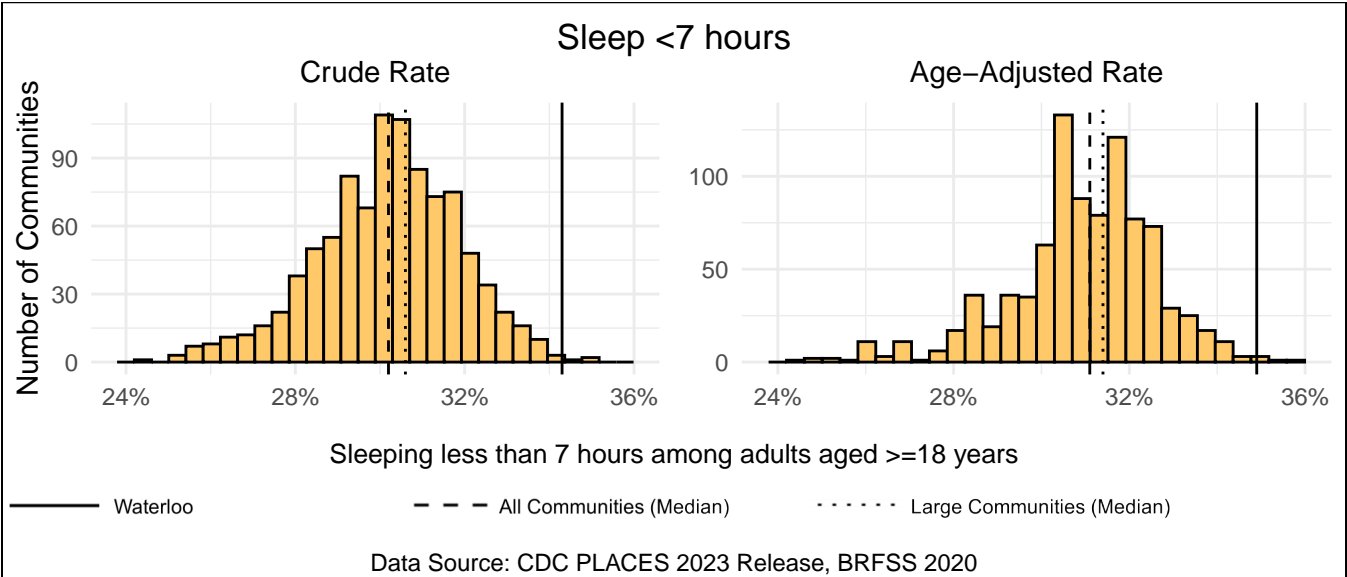
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	29.0%	26.1%	24.4%
Age-Adjusted	28.6%	24.3%	23.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Waterloo has a crude rate of 34.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 954th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 34.9%, which ranks 902nd out of 905 Iowa communities (11th out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	34.3%	30.2%	30.6%
Age-Adjusted	34.9%	31.1%	31.4%

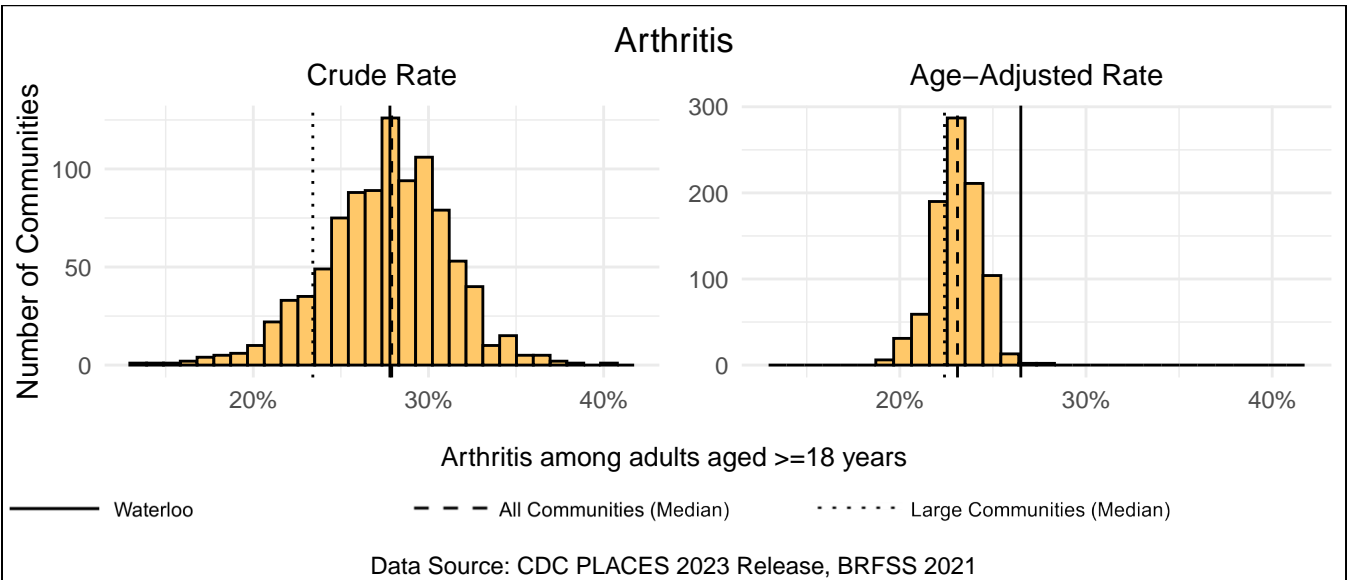Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Waterloo has a crude rate of 27.8% for arthritis among adults aged >=18 years, which ranks 465th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 26.5%, which ranks 902nd out of 905 Iowa communities (11th out of 11 large communities).
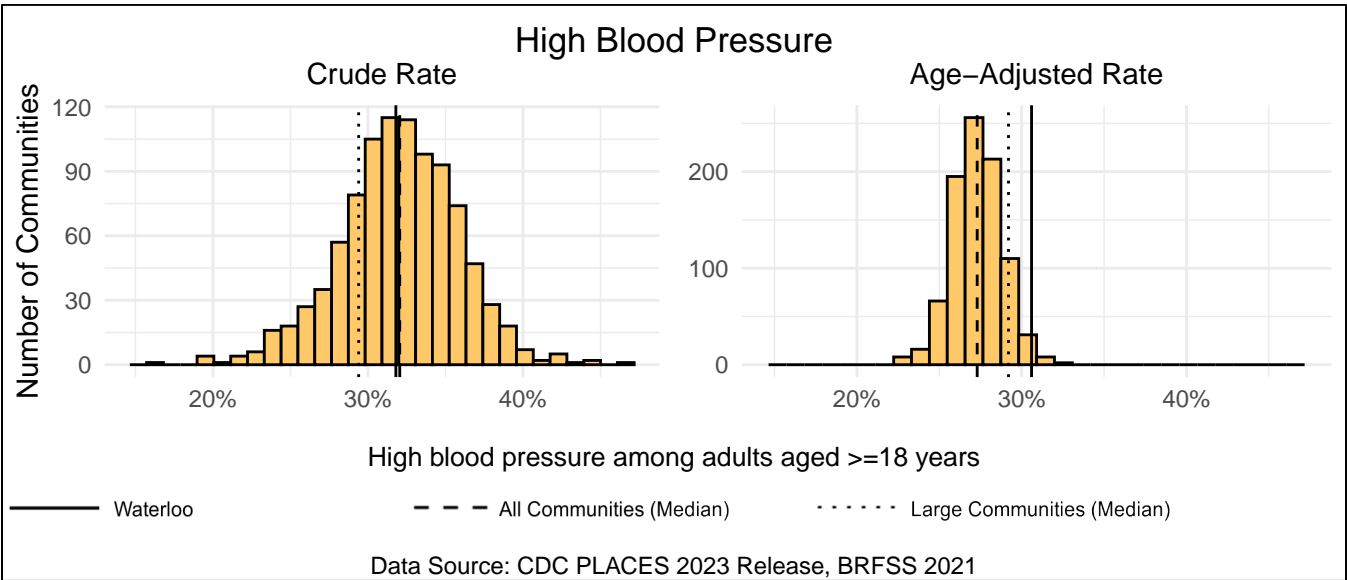
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	27.8%	27.9%	23.4%
Age-Adjusted	26.5%	23.1%	22.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Blood Pressure

Waterloo has a crude rate of 31.8% for high blood pressure among adults aged >=18 years, which ranks 440th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 30.6%, which ranks 890th out of 905 Iowa communities (9th out of 11 large communities).
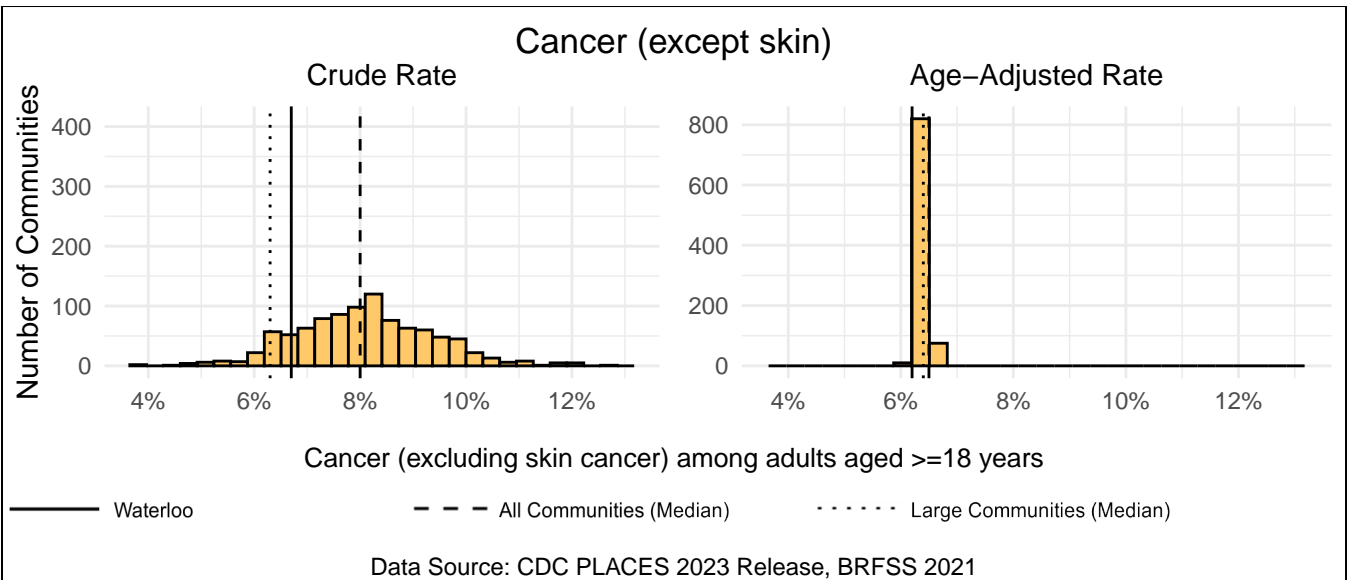
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	31.8%	32.0%	29.4%
Age-Adjusted	30.6%	27.3%	29.2%

High Blood Pressure

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cancer (except skin)

Waterloo has a crude rate of 6.7% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 126th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Waterloo is 6.2%, which ranks 11th out of 905 Iowa communities (1st out of 11 large communities).
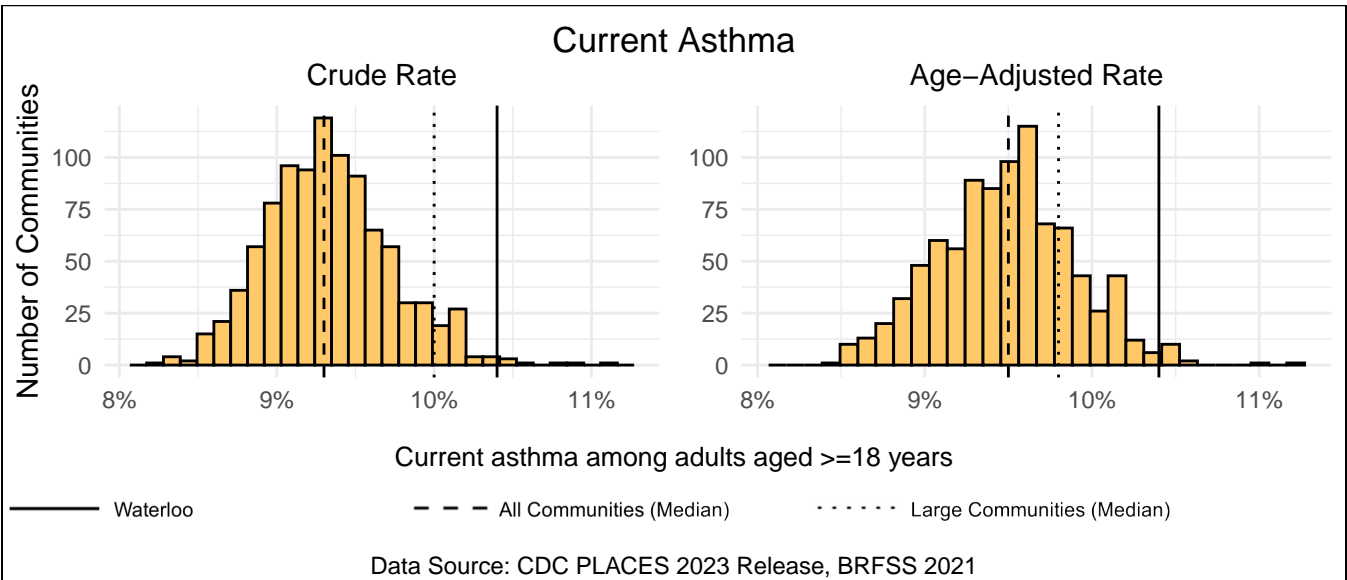
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	6.7%	8.0%	6.3%
Age-Adjusted	6.2%	6.5%	6.4%

Cancer (except skin)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Waterloo has a crude rate of 10.4% for current asthma among adults aged >=18 years, which ranks 948th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Waterloo is 10.4%, which ranks 886th out of 905 Iowa communities (10th out of 11 large communities).
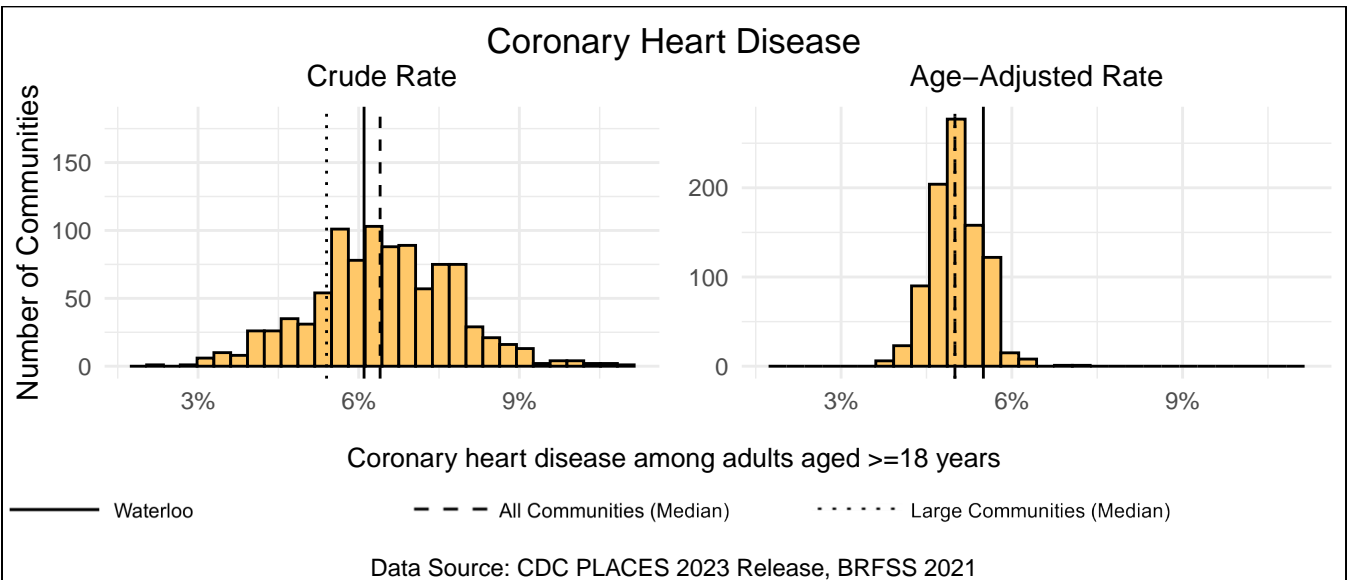
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	10.4%	9.3%	10.0%
Age-Adjusted	10.4%	9.5%	9.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Waterloo has a crude rate of 6.1% for coronary heart disease among adults aged >=18 years, which ranks 353rd out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 5.5%, which ranks 759th out of 905 Iowa communities (10th out of 11 large communities).
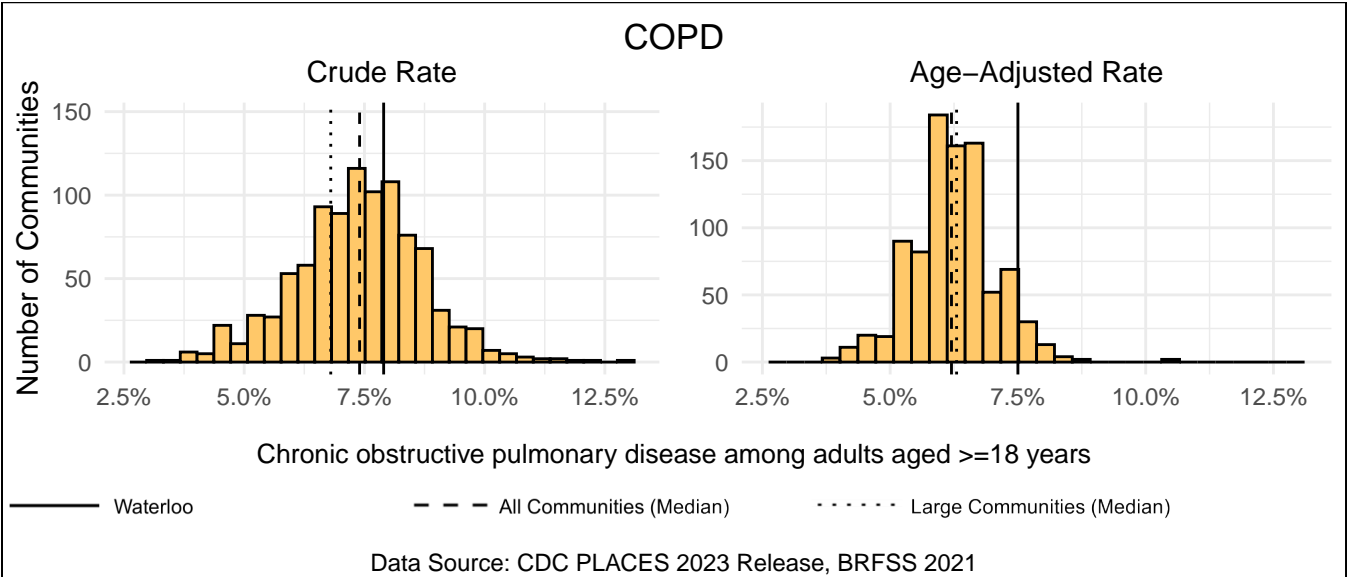
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	6.1%	6.4%	5.4%
Age-Adjusted	5.5%	5.0%	5.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Waterloo has a crude rate of 7.9% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 613th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 7.5%, which ranks 842nd out of 905 Iowa communities (11th out of 11 large communities).
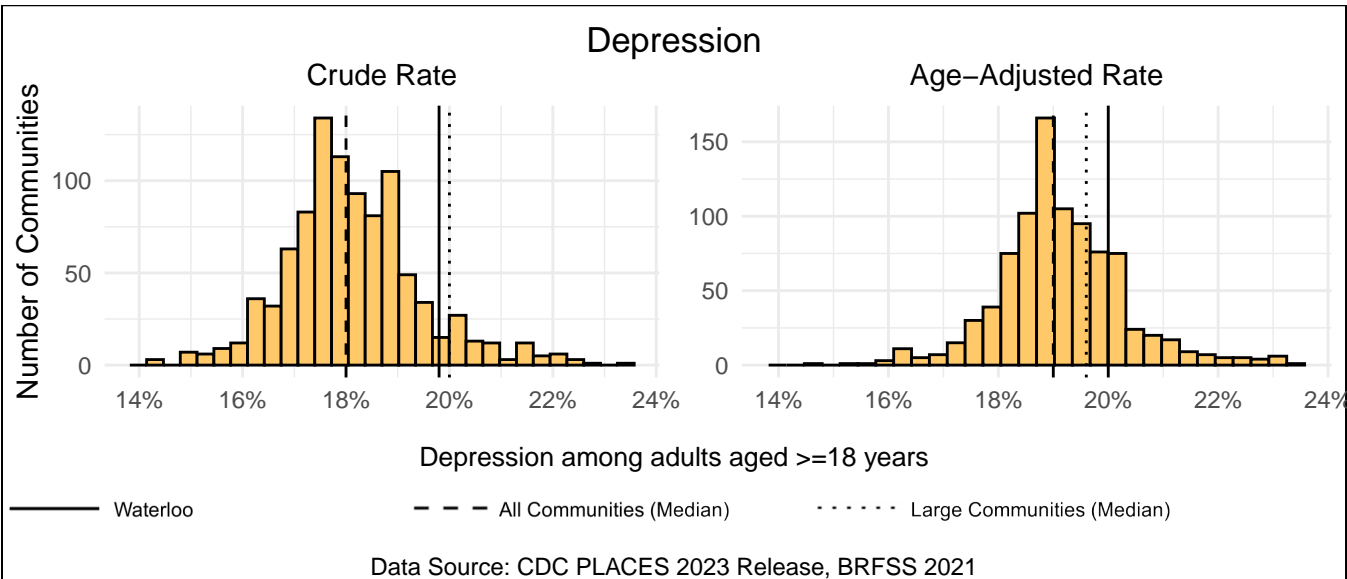
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	7.9%	7.4%	6.8%
Age-Adjusted	7.5%	6.2%	6.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Waterloo has a crude rate of 19.8% for depression among adults aged >=18 years, which ranks 870th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Waterloo is 20.0%, which ranks 733rd out of 905 Iowa communities (8th out of 11 large communities).
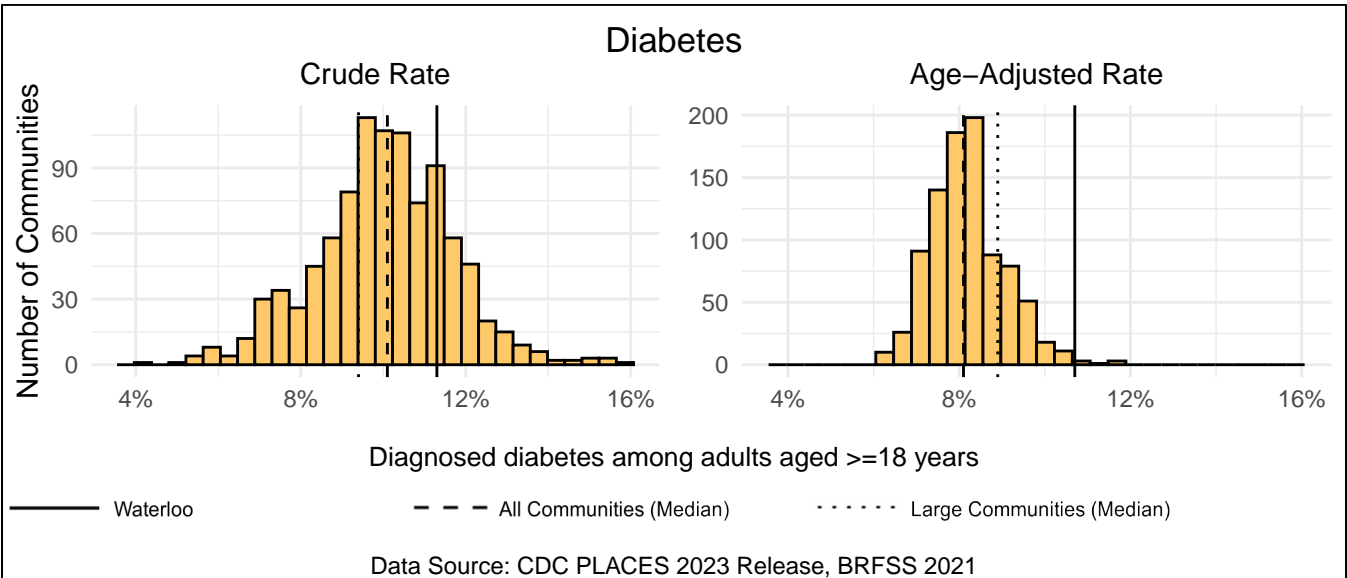
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	19.8%	18.0%	20.0%
Age-Adjusted	20.0%	19.0%	19.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Waterloo has a crude rate of 11.3% for diagnosed diabetes among adults aged >=18 years, which ranks 753rd out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 10.7%, which ranks 899th out of 905 Iowa communities (11th out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	11.3%	10.1%	9.4%
Age-Adjusted	10.7%	8.1%	8.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

Waterloo has a crude rate of 35.0% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 296th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Waterloo is 31.0%, which ranks 818th out of 905 Iowa communities (8th out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	35.0%	36.2%	33.1%
Age-Adjusted	31.0%	29.7%	30.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Waterloo has a crude rate of 3.2% for chronic kidney disease among adults aged >=18 years, which ranks 446th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 3.0%, which ranks 888th out of 905 Iowa communities (11th out of 11 large communities).
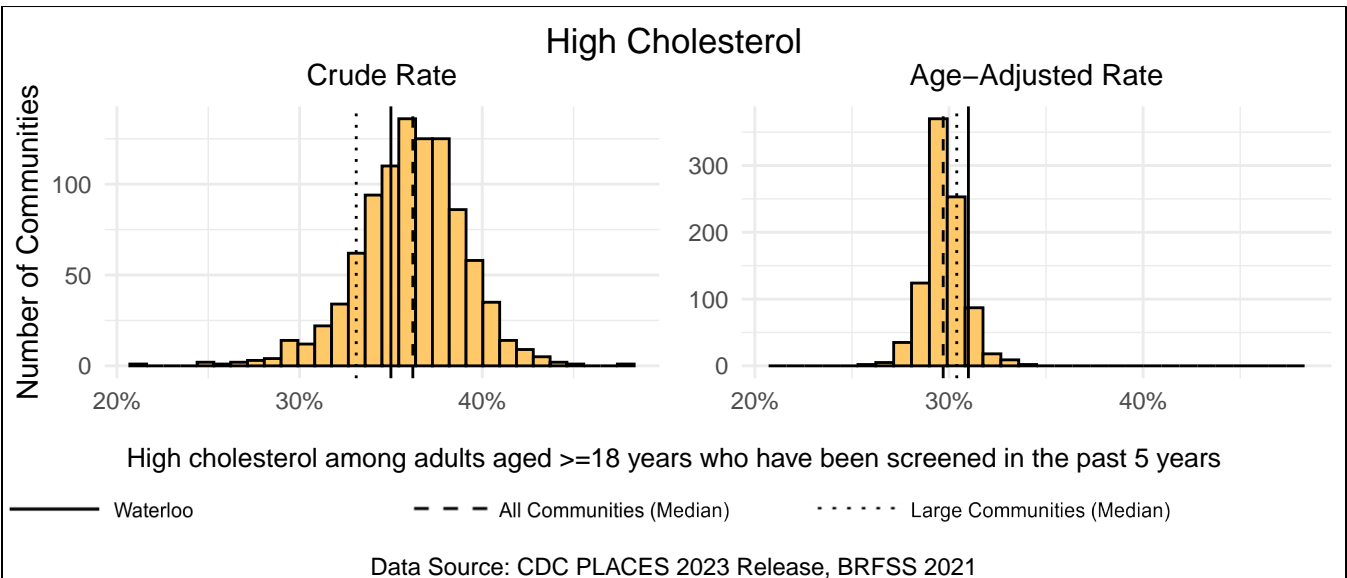
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	3.2%	3.2%	2.8%
Age-Adjusted	3.0%	2.6%	2.7%

Chronic Kidney Disease

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Waterloo has a crude rate of 38.3% for obesity among adults aged >=18 years, which ranks 586th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Waterloo is 39.0%, which ranks 652nd out of 905 Iowa communities (8th out of 11 large communities).
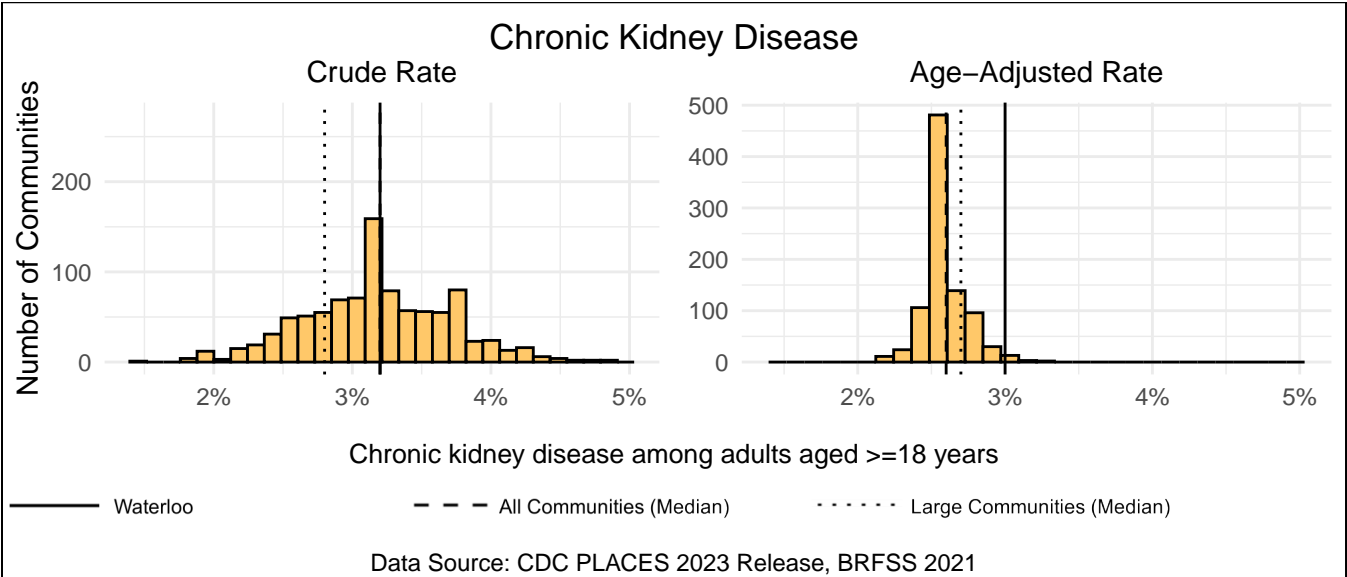
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	38.3%	37.6%	37.9%
Age-Adjusted	39.0%	37.6%	38.6%

Obesity

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Stroke

Waterloo has a crude rate of 3.4% for stroke among adults aged >=18 years, which ranks 538th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 3.2%, which ranks 894th out of 905 Iowa communities (11th out of 11 large communities).
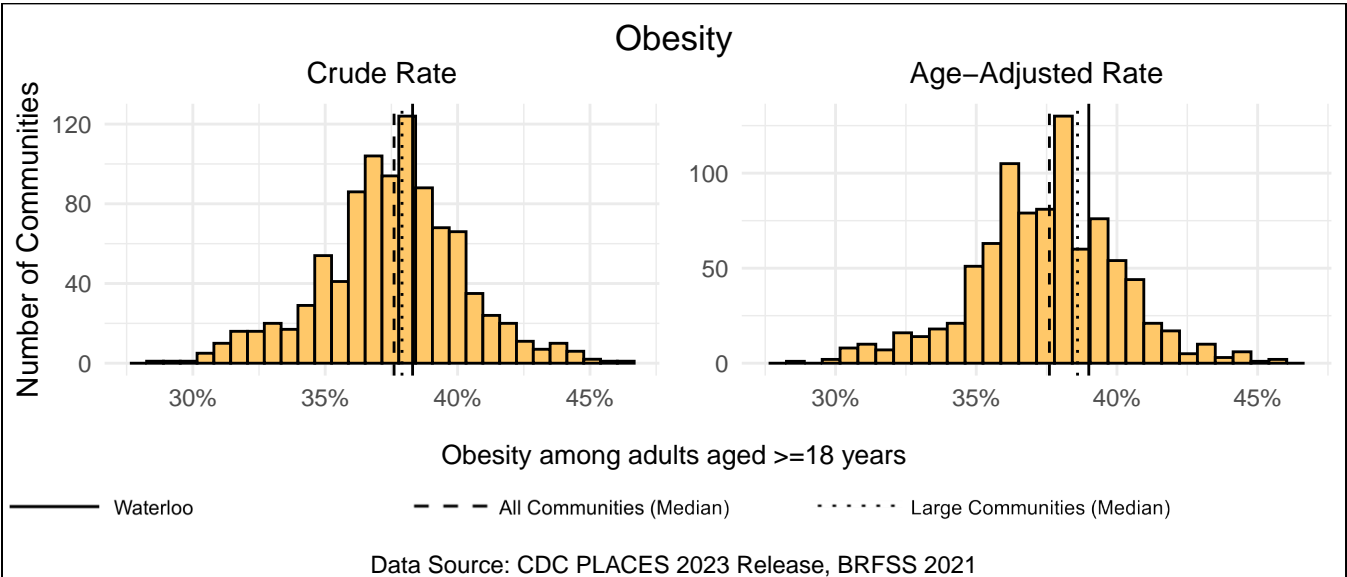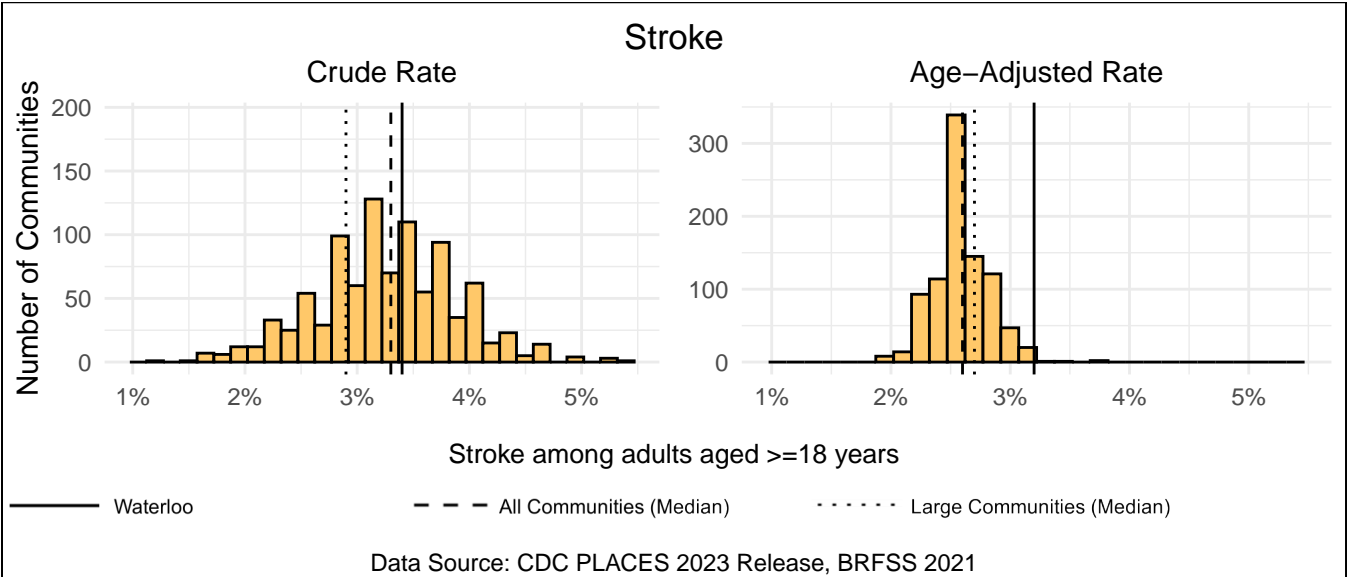
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	3.4%	3.3%	2.9%
Age-Adjusted	3.2%	2.6%	2.7%

Stroke

Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

Waterloo has a crude rate of 15.2% for all teeth lost among adults aged >=65 years, which ranks 803rd out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Waterloo is 15.0%, which ranks 770th out of 905 Iowa communities (9th out of 11 large communities).
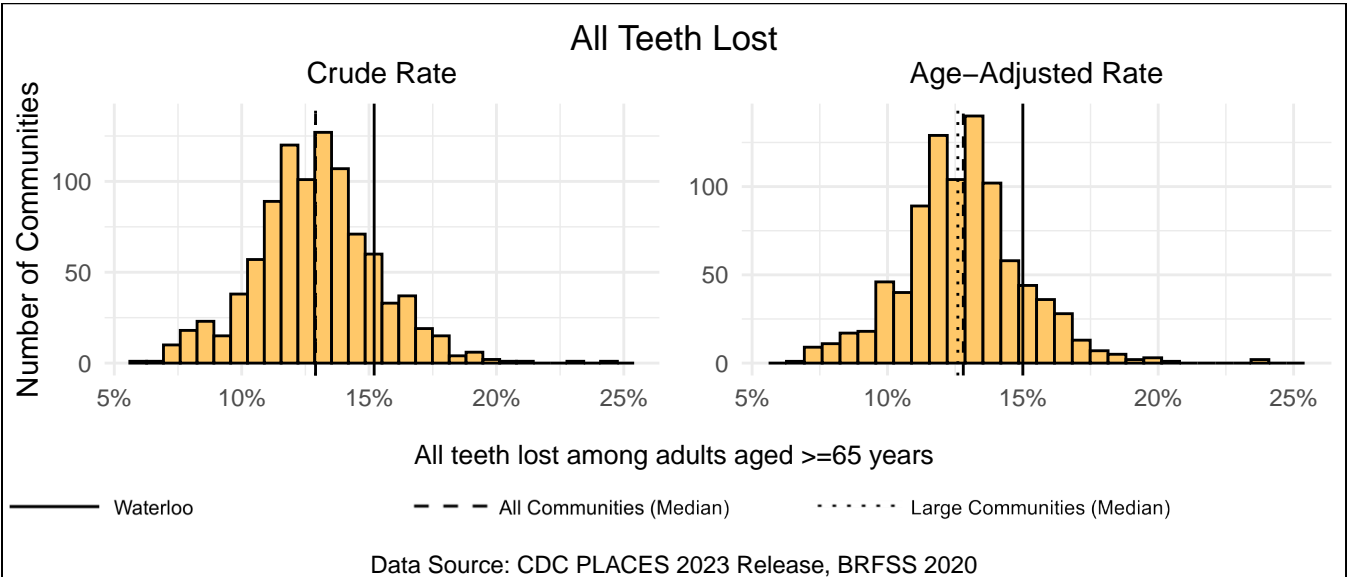
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	15.2%	12.9%	12.9%
Age-Adjusted	15.0%	12.8%	12.6%

All Teeth Lost

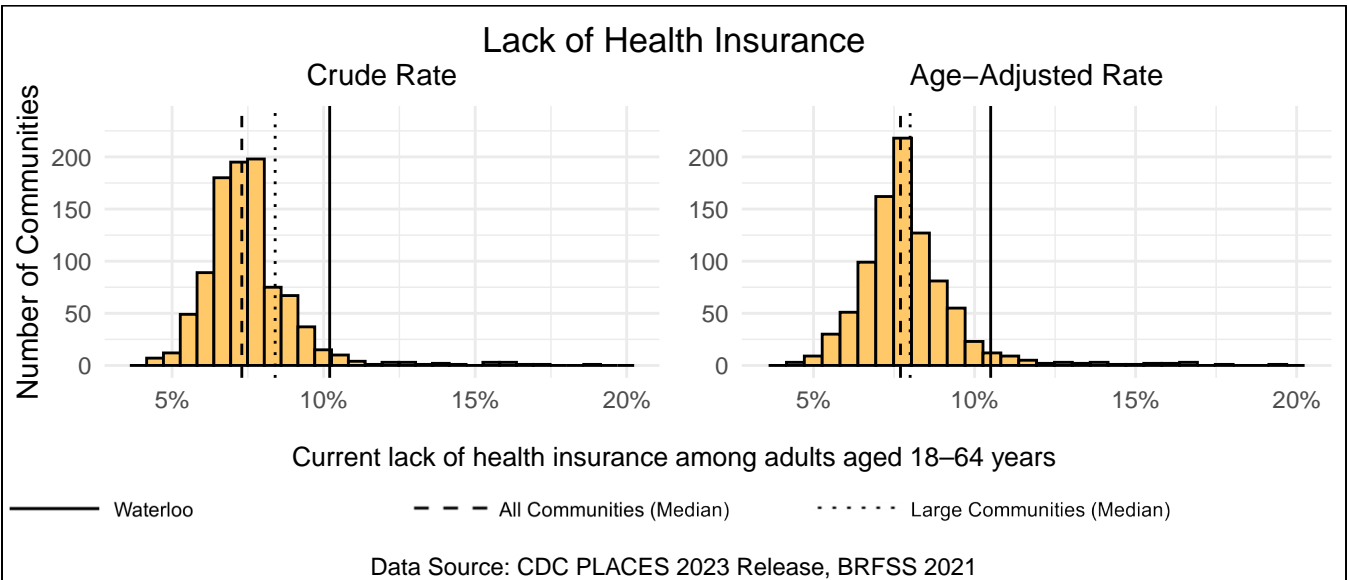Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Waterloo 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 (9th out of 11 large communities). The age-adjusted rate for Waterloo is 10.5%, which ranks 865th out of 905 Iowa communities (9th out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	10.2%	7.3%	8.4%
Age-Adjusted	10.5%	7.7%	8.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Taking BP Medication

Waterloo has a crude rate of 76.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 788th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for Waterloo is 60.7%, which ranks 48th out of 905 Iowa communities (5th out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	76.8%	79.8%	76.0%
Age-Adjusted	60.7%	59.0%	60.3%

Taking BP Medication

Crude Rate — Age–Adjusted Rate

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

—— Waterloo   – – – All Communities (Median)   ······ Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Waterloo has a crude rate of 82.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 656th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Waterloo is 83.6%, which ranks 328th out of 905 Iowa communities (5th out of 11 large communities).
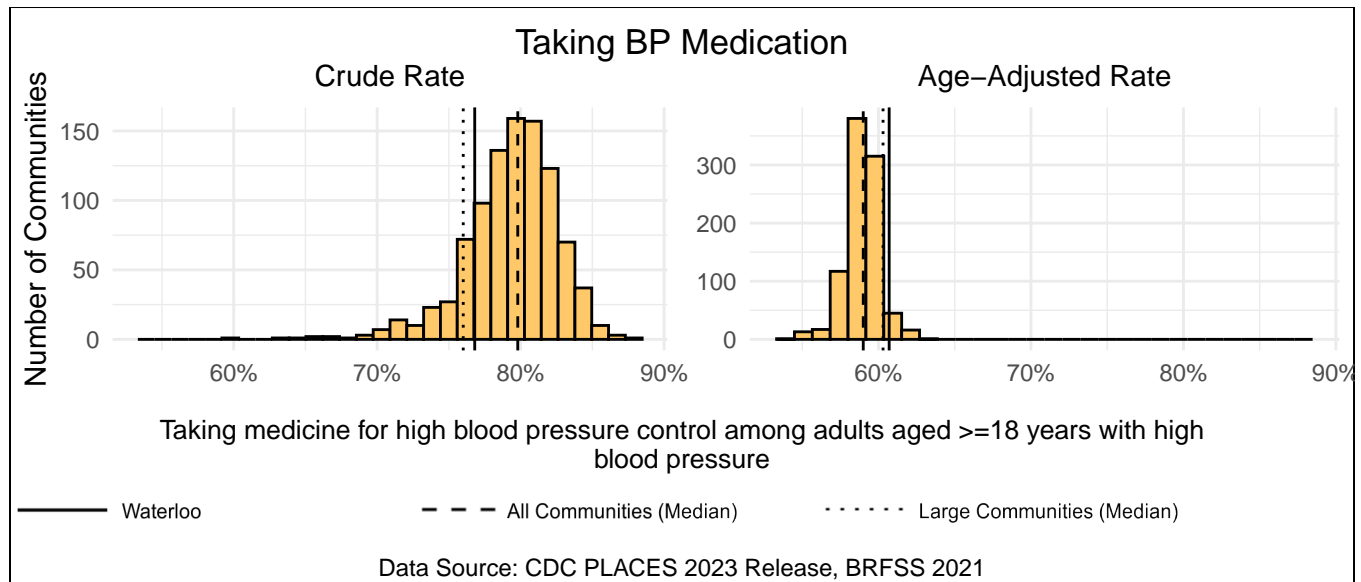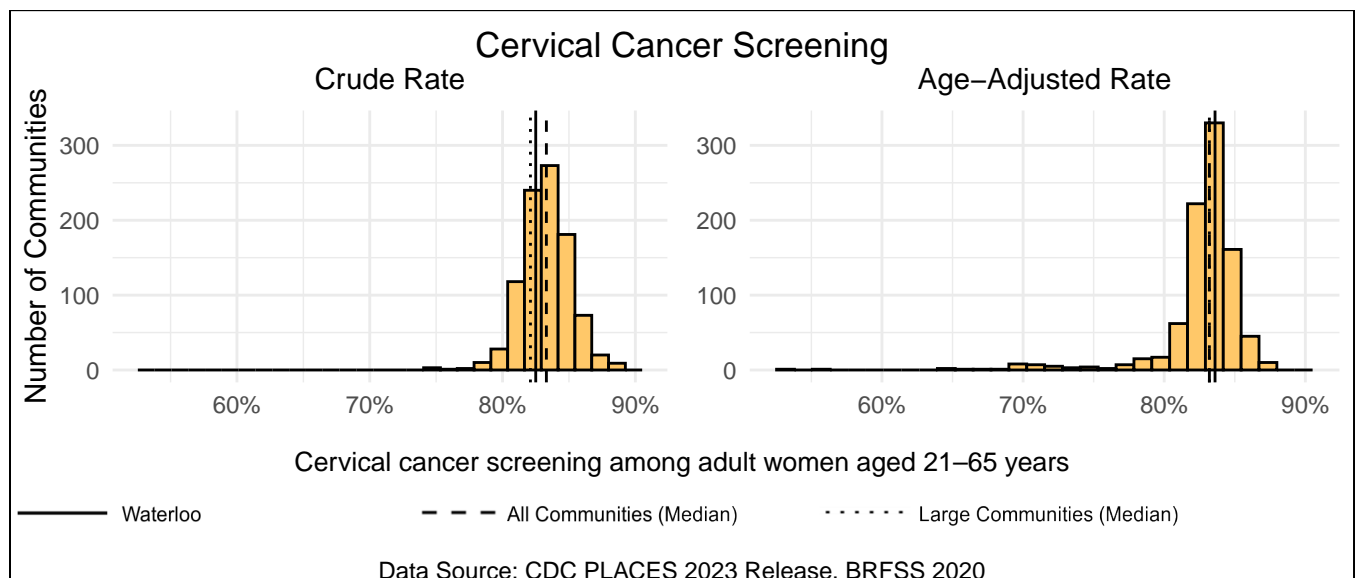
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	82.5%	83.3%	82.1%
Age-Adjusted	83.6%	83.2%	83.2%

Cervical Cancer Screening

Crude Rate — Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

—— Waterloo   – – – All Communities (Median)   ······ Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Waterloo has a crude rate of 77.3% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 129th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for Waterloo is 76.7%, which ranks 2nd out of 905 Iowa communities (1st out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	77.3%	75.2%	72.9%
Age-Adjusted	76.7%	72.6%	73.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Waterloo has a crude rate of 78.5% for cholesterol screening among adults aged >=18 years, which ranks 909th out of 958 Iowa communities (6th out of 11 large communities). The age-adjusted rate for Waterloo is 78.1%, which ranks 709th out of 905 Iowa communities (9th out of 11 large communities).
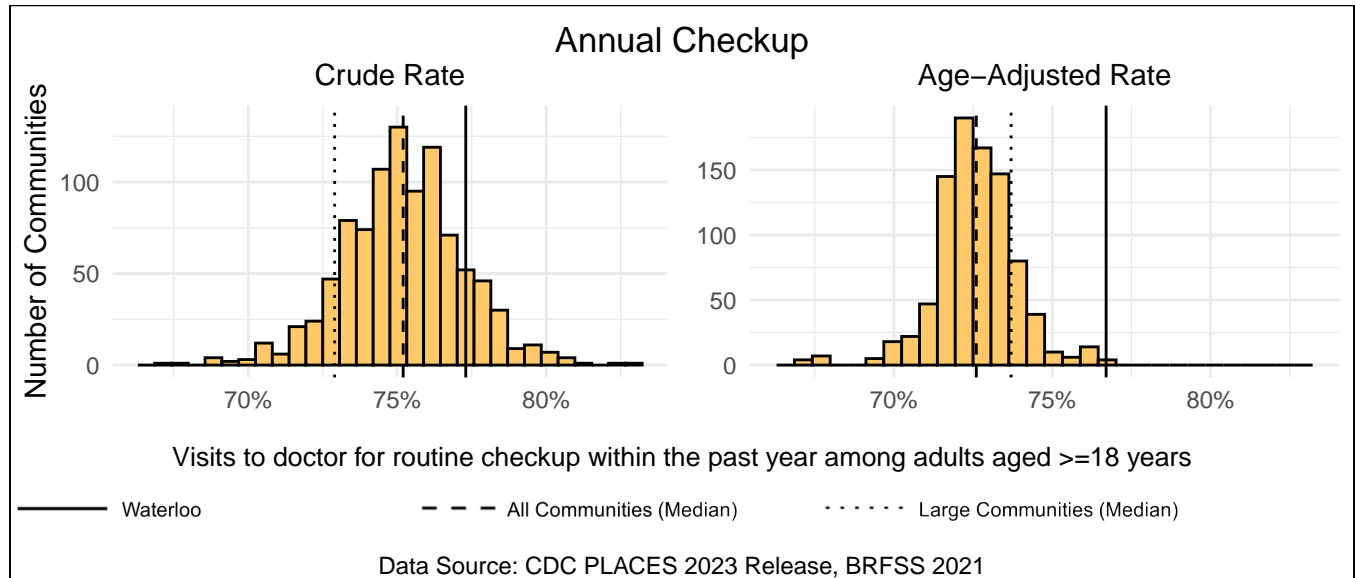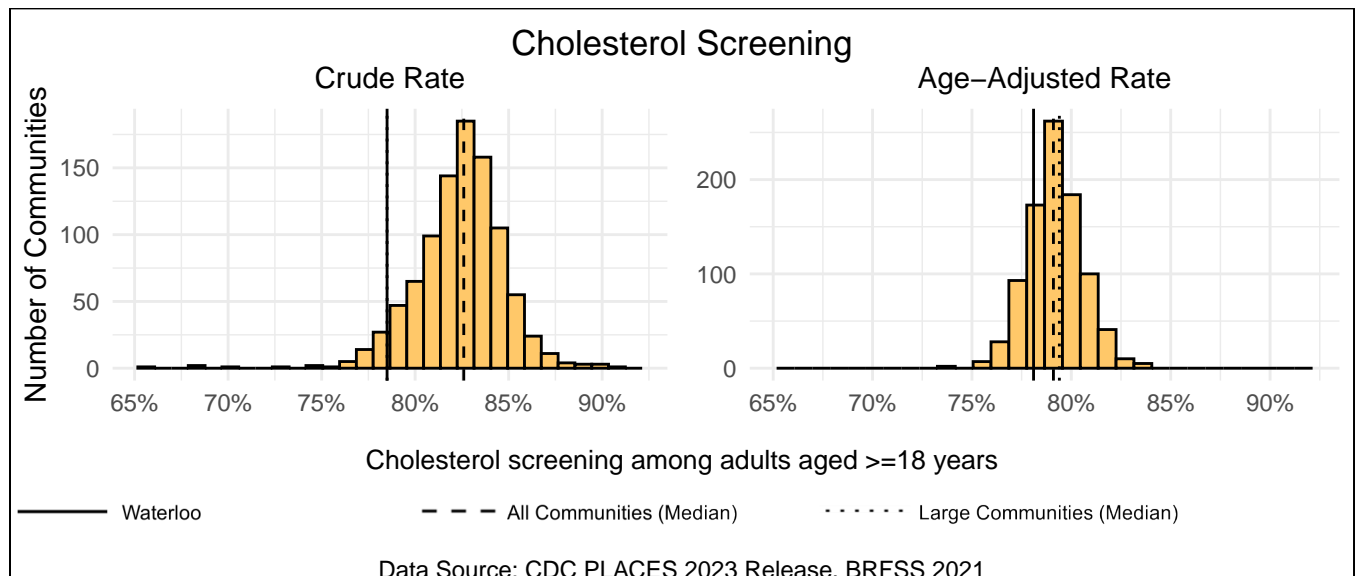
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	78.5%	82.6%	78.5%
Age-Adjusted	78.1%	79.1%	79.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Waterloo has a crude rate of 73.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 234th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Waterloo is 73.4%, which ranks 136th out of 905 Iowa communities (5th out of 11 large communities).
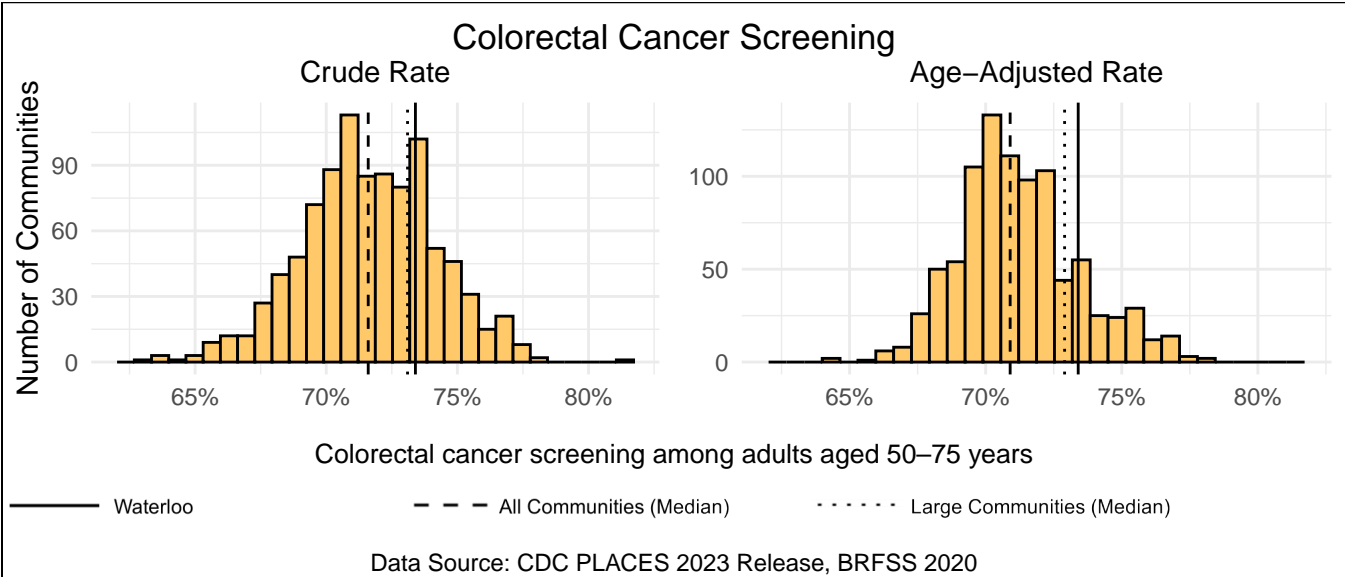
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	73.4%	71.6%	73.1%
Age-Adjusted	73.4%	70.9%	72.9%

Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Waterloo has a crude rate of 45.2% 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 311th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for Waterloo is 45.7%, which ranks 266th out of 905 Iowa communities (5th out of 11 large communities).
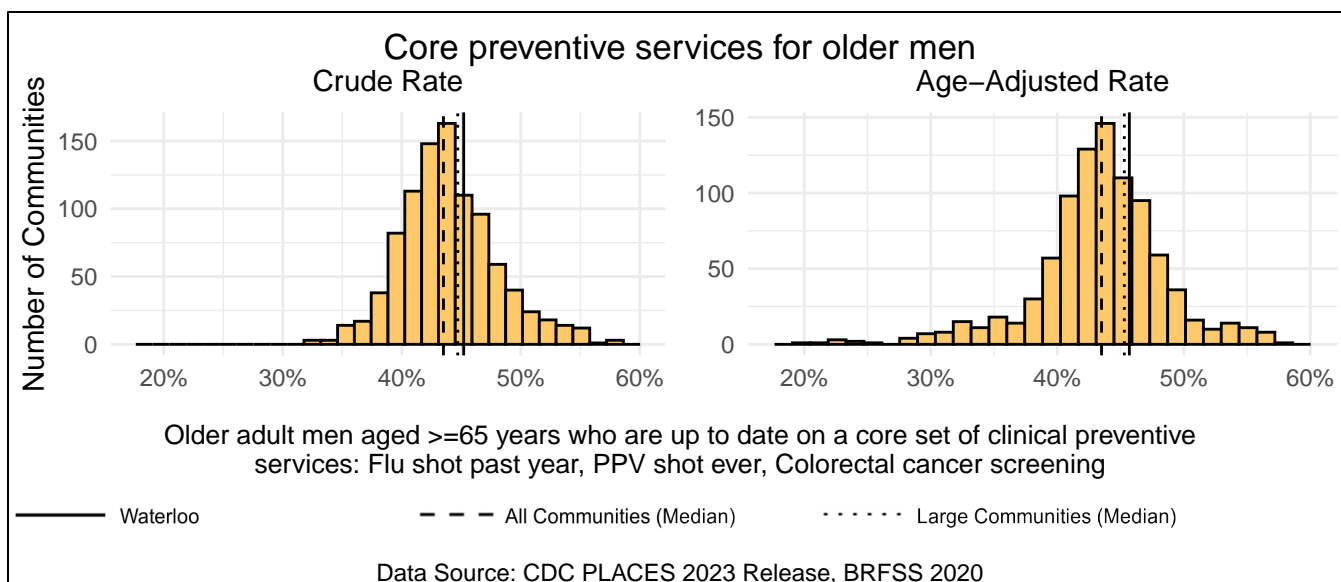
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	45.2%	43.5%	44.7%
Age-Adjusted	45.7%	43.5%	45.3%

Core preventive services for older men

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

—— Waterloo   — — — All Communities (Median)   · · · · · · Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Waterloo has a crude rate of 43.3% 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 169th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for Waterloo is 45.0%, which ranks 101st out of 905 Iowa communities (4th out of 11 large communities).
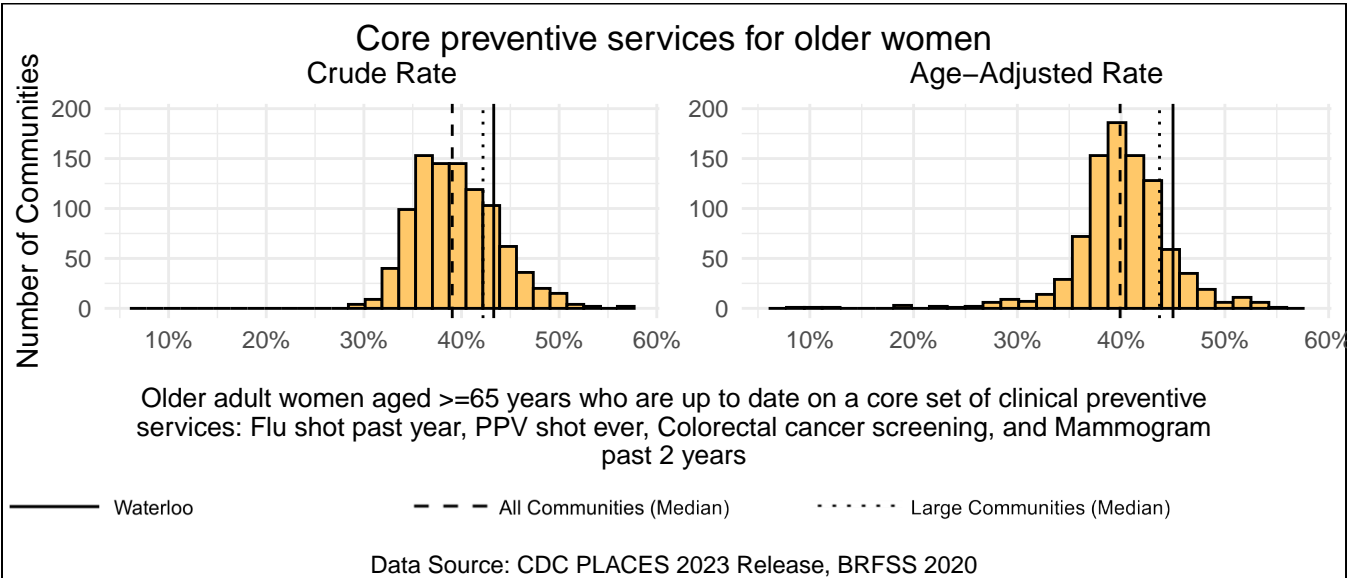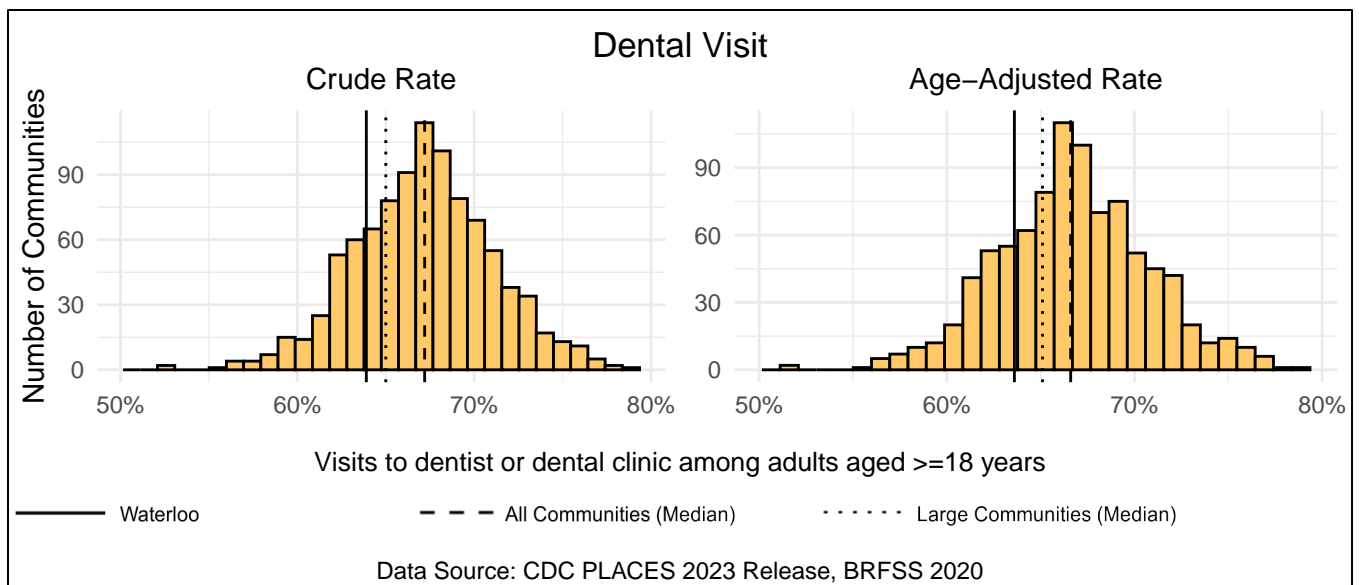
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	43.3%	39.0%	42.2%
Age-Adjusted	45.0%	39.9%	43.7%

Core preventive services for older women

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

Waterloo — All Communities (Median) — Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Waterloo has a crude rate of 63.9% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 764th out of 958 Iowa communities (7th out of 11 large communities). The age-adjusted rate for Waterloo is 63.6%, which ranks 705th out of 905 Iowa communities (8th out of 11 large communities).
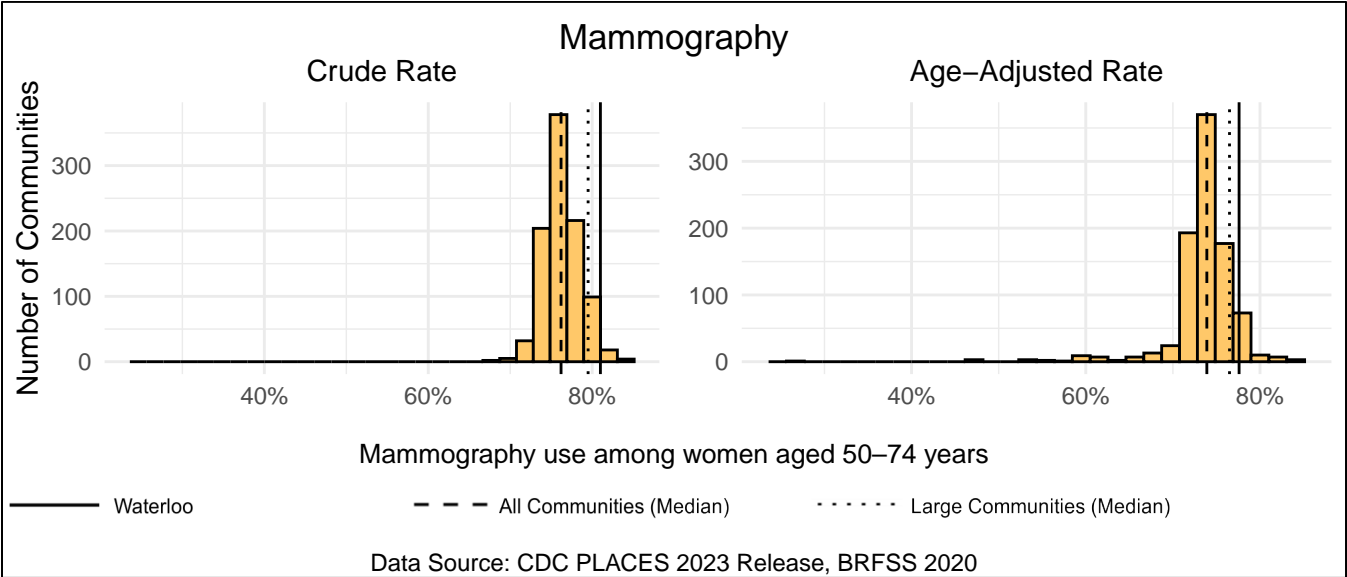
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	63.9%	67.2%	65.0%
Age-Adjusted	63.6%	66.6%	65.1%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

Visits to dentist or dental clinic among adults aged >=18 years

— Waterloo   – – – All Communities (Median)   · · · · · · Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Waterloo has a crude rate of 81.0% for mammography use among women aged 50–74 years, which ranks 23rd out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for Waterloo is 77.6%, which ranks 66th out of 905 Iowa communities (3rd out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	81.0%	76.2%	79.5%
Age-Adjusted	77.6%	73.9%	76.5%

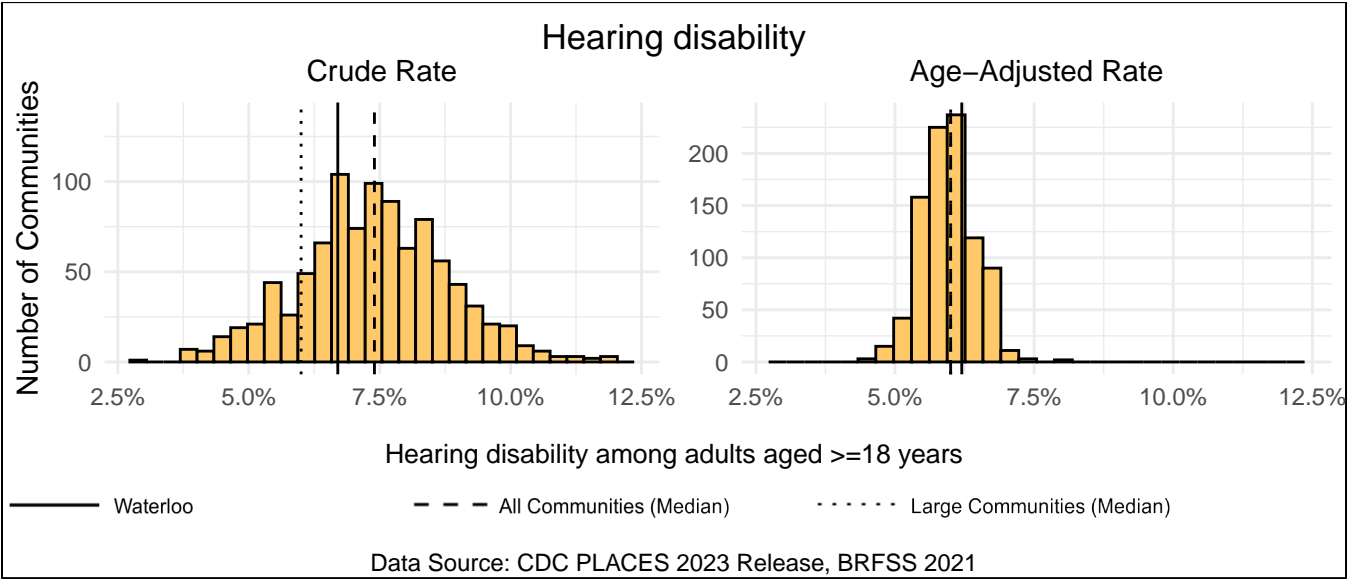Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Waterloo has a crude rate of 6.7% for hearing disability among adults aged >=18 years, which ranks 282nd out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for Waterloo is 6.2%, which ranks 621st out of 905 Iowa communities (8th out of 11 large communities).
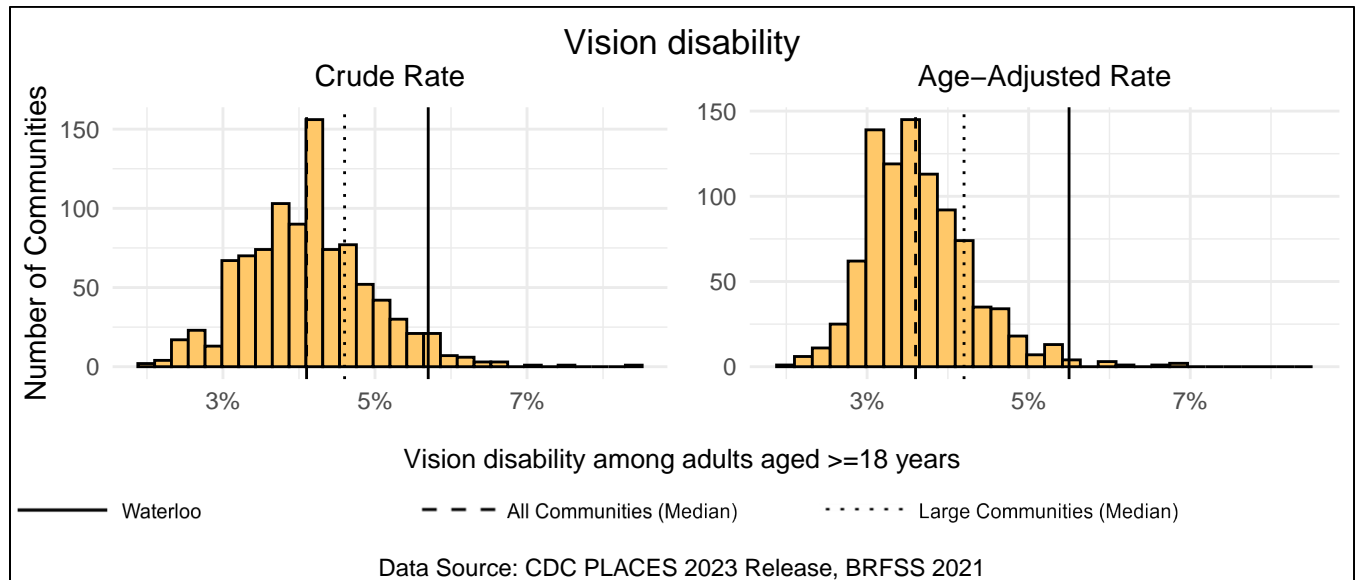
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	6.7%	7.4%	6.0%
Age-Adjusted	6.2%	6.0%	6.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Waterloo has a crude rate of 5.7% for vision disability among adults aged >=18 years, which ranks 916th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 5.5%, which ranks 895th out of 905 Iowa communities (11th out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	5.7%	4.1%	4.6%
Age-Adjusted	5.5%	3.6%	4.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Waterloo has a crude rate of 13.9% for cognitive disability among adults aged >=18 years, which ranks 929th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for Waterloo is 13.9%, which ranks 866th out of 905 Iowa communities (11th out of 11 large communities).
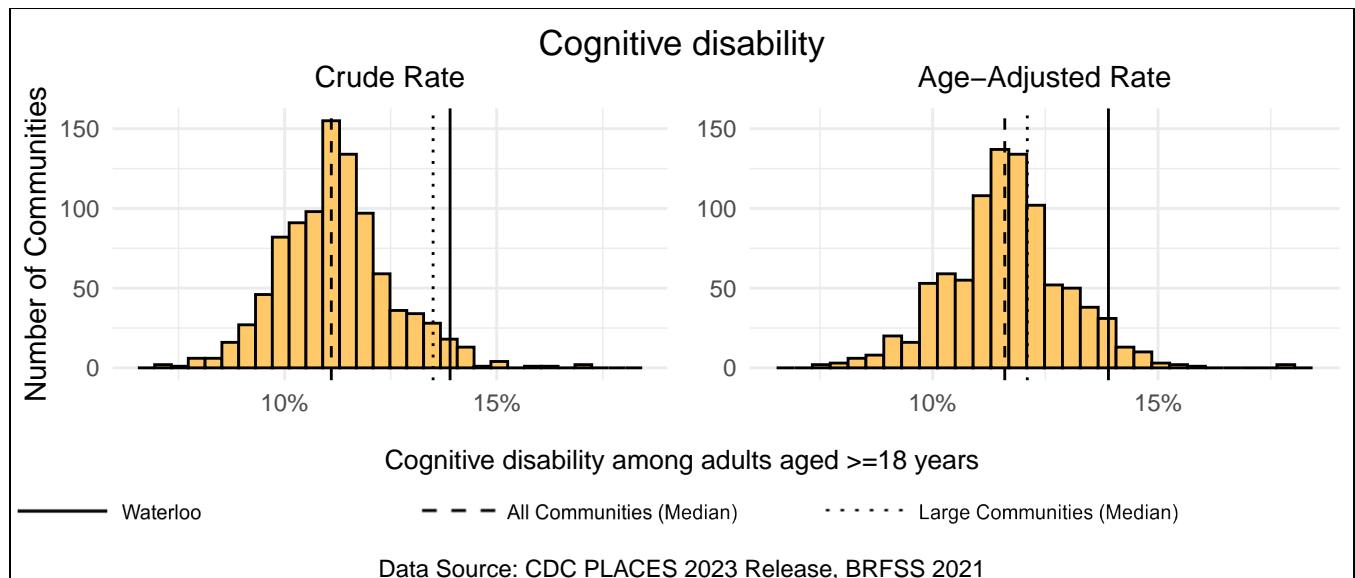
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	13.9%	11.1%	13.5%
Age-Adjusted	13.9%	11.6%	12.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Waterloo has a crude rate of 13.0% for mobility disability among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 12.2%, which ranks 886th out of 905 Iowa communities (10th out of 11 large communities).
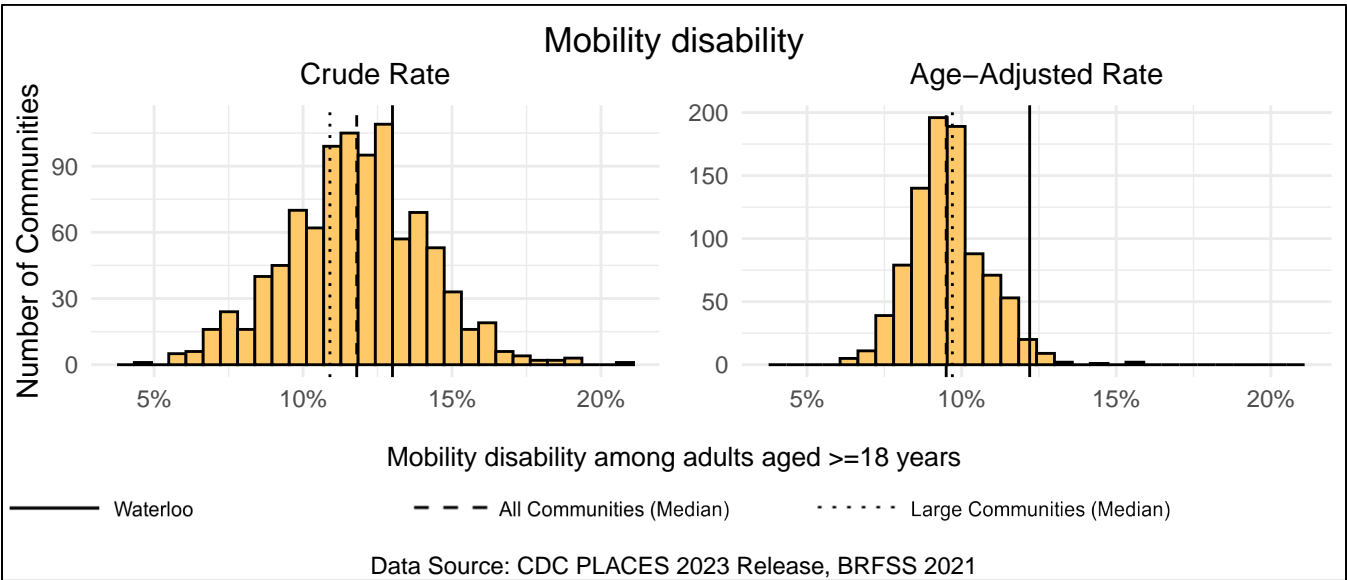
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	13.0%	11.8%	10.9%
Age-Adjusted	12.2%	9.5%	9.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Waterloo has a crude rate of 4.5% for self-care disability among adults aged >=18 years, which ranks 896th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 4.4%, which ranks 897th out of 905 Iowa communities (11th out of 11 large communities).

Measure Type	Waterloo	All Comm.	Large Comm.
Crude	4.5%	3.4%	3.4%
Age-Adjusted	4.4%	2.9%	3.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Waterloo has a crude rate of 8.6% for independent living disability among adults aged >=18 years, which ranks 913th out of 958 Iowa communities (11th out of 11 large communities). The age-adjusted rate for Waterloo is 8.3%, which ranks 887th out of 905 Iowa communities (11th out of 11 large communities).
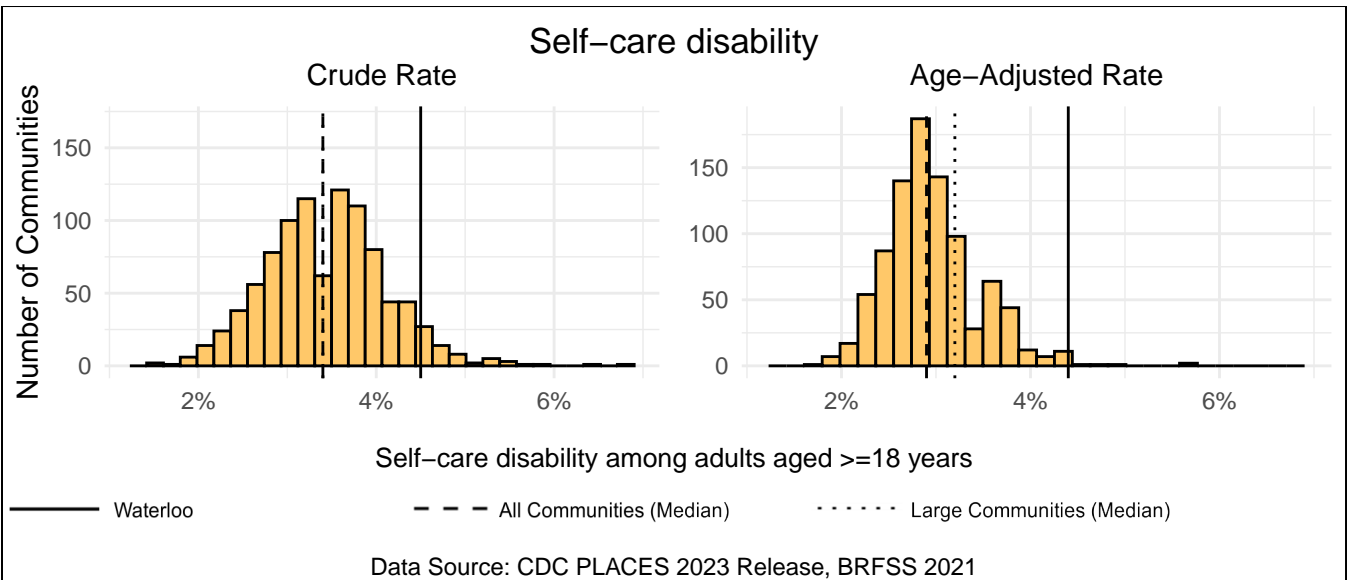
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	8.6%	6.6%	7.5%
Age-Adjusted	8.3%	6.2%	6.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Waterloo has a crude rate of 27.1% for any disability among adults aged >=18 years, which ranks 647th out of 958 Iowa communities (9th out of 11 large communities). The age-adjusted rate for Waterloo is 26.1%, which ranks 814th out of 905 Iowa communities (8th out of 11 large communities).
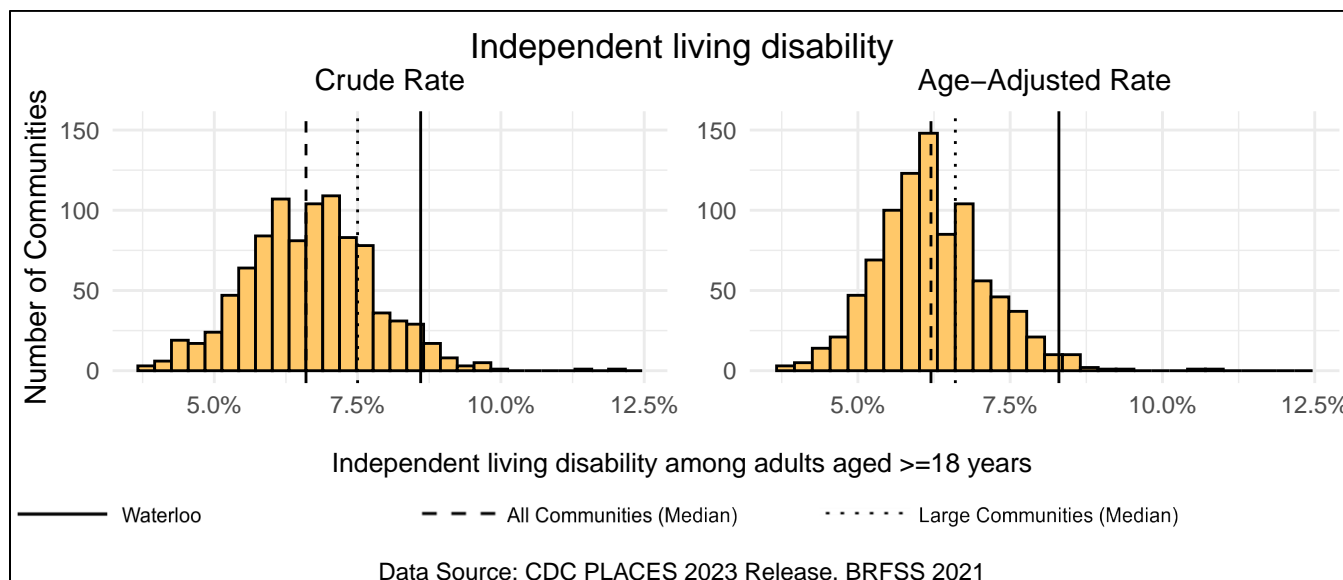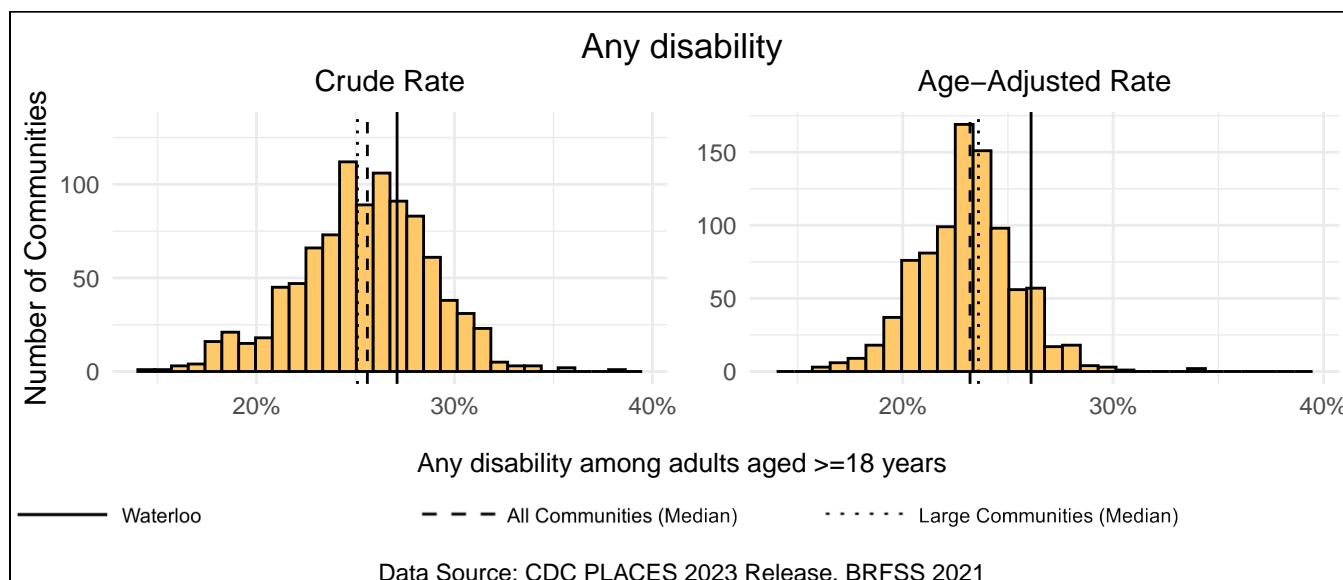
Measure Type	Waterloo	All Comm.	Large Comm.
Crude	27.1%	25.6%	25.1%
Age-Adjusted	26.1%	23.2%	23.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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: Waterloo 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	947	17.0% (15.0% - 19.1%)	865	17.2% (15.1% - 19.3%)
Health Status	Physical Health	719	11.6% (10.2% - 13.0%)	848	11.3% (9.9% - 12.7%)
Health Status	General Health	880	17.4% (15.4% - 19.4%)	883	17.0% (15.1% - 18.9%)
Health Risk Behaviors	Binge Drinking	572	20.1% (17.0% - 23.4%)	108	20.7% (17.5% - 24.0%)
Health Risk Behaviors	Physical Inactivity	807	29.0% (25.3% - 32.7%)	850	28.6% (25.0% - 32.5%)
Health Risk Behaviors	Current Smoking	869	19.5% (16.9% - 22.2%)	822	20.3% (17.5% - 23.2%)
Health Risk Behaviors	Sleep <7 hours	954	34.3% (34.0% - 34.7%)	902	34.9% (34.6% - 35.2%)
Health Outcomes	Stroke	538	3.4% (3.1% - 3.7%)	894	3.2% (2.9% - 3.4%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.5%)	888	3.0% (2.7% - 3.3%)
Health Outcomes	Depression	870	19.8% (16.8% - 23.0%)	733	20.0% (16.9% - 23.2%)
Health Outcomes	COPD	613	7.9% (6.9% - 8.9%)	842	7.5% (6.6% - 8.5%)
Health Outcomes	Current Asthma	948	10.4% (9.1% - 11.7%)	886	10.4% (9.1% - 11.7%)
Health Outcomes	High Blood Pressure	440	31.8% (28.4% - 35.2%)	890	30.6% (27.2% - 34.1%)
Health Outcomes	Diabetes	753	11.3% (9.8% - 12.9%)	899	10.7% (9.2% - 12.3%)
Health Outcomes	Arthritis	465	27.8% (24.5% - 31.2%)	902	26.5% (23.3% - 29.8%)
Health Outcomes	Cancer (except skin)	126	6.7% (6.1% - 7.4%)	11	6.2% (5.7% - 6.9%)
Health Outcomes	All Teeth Lost	803	15.2% (13.9% - 16.5%)	770	15.0% (13.8% - 16.2%)
Health Outcomes	High Cholesterol	296	35.0% (31.1% - 38.8%)	818	31.0% (27.0% - 34.9%)
Health Outcomes	Coronary Heart Disease	353	6.1% (5.4% - 6.7%)	759	5.5% (4.9% - 6.2%)
Health Outcomes	Obesity	586	38.3% (33.1% - 43.6%)	652	39.0% (33.7% - 44.3%)
Prevention	Annual Checkup	129	77.3% (73.4% - 80.9%)	2	76.7% (72.6% - 80.3%)
Prevention	Cervical Cancer Screening	656	82.5% (82.0% - 83.1%)	328	83.6% (83.1% - 84.1%)
Prevention	Mammography	23	81.0% (80.3% - 81.7%)	66	77.6% (76.7% - 78.3%)
Prevention	Dental Visit	764	63.9% (63.1% - 64.6%)	705	63.6% (62.8% - 64.3%)
Prevention	Taking BP Medication	788	76.8% (73.4% - 79.7%)	48	60.7% (55.9% - 65.4%)
Prevention	Health Insurance	922	10.2% (8.9% - 11.7%)	865	10.5% (9.2% - 12.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	311	45.2% (43.4% - 47.1%)	266	45.7% (43.9% - 47.5%)
Prevention	Cholesterol Screening	909	78.5% (75.3% - 81.2%)	709	78.1% (74.8% - 80.9%)
Prevention	Colorectal Cancer Screening	234	73.4% (72.7% - 74.0%)	136	73.4% (72.8% - 74.0%)
Prevention	Core preventive services for older women	169	43.3% (41.4% - 45.1%)	101	45.0% (43.3% - 46.6%)
Disability	Self-care Disability	896	4.5% (4.2% - 5.0%)	897	4.4% (4.0% - 4.8%)
Disability	Vision Disability	916	5.7% (5.2% - 6.2%)	895	5.5% (5.0% - 6.0%)
Disability	Any Disability	647	27.1% (23.8% - 30.3%)	814	26.1% (23.0% - 29.3%)
Disability	Hearing Disability	282	6.7% (6.0% - 7.5%)	621	6.2% (5.6% - 6.9%)
Disability	Cognitive Disability	929	13.9% (12.3% - 15.5%)	866	13.9% (12.3% - 15.5%)
Disability	Independent Living Disability	913	8.6% (7.6% - 9.5%)	887	8.3% (7.4% - 9.2%)
Disability	Mobility Disability	676	13.0% (11.5% - 14.6%)	886	12.2% (10.7% - 13.7%)

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: Large Communities (50,000+)

Waterloo falls into the group of large communities, which have a population of 50,000+. In this data, 11 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population Group	Population
Des Moines	Large (50,000+)	213,164
Cedar Rapids	Large (50,000+)	136,929
Davenport	Large (50,000+)	101,448
Sioux City	Large (50,000+)	85,469
Iowa City	Large (50,000+)	74,878
West Des Moines	Large (50,000+)	68,744
Ankeny	Large (50,000+)	68,392
Waterloo	Large (50,000+)	67,256
Ames	Large (50,000+)	66,265
Council Bluffs	Large (50,000+)	62,670
Dubuque	Large (50,000+)	59,315