



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 Waverly: Overview

Dear Community Members & Stakeholders of Waverly,

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 Waverly ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Waverly'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 Waverly. 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
Colorectal Cancer Screening	4th	1st	Colorectal Cancer Screening	16th	1st
Current Smoking	18th	3rd	Mammography	21st	3rd
High Cholesterol	40th	6th	High Cholesterol	28th	3rd
Obesity	41st	4th	Health Insurance	48th	7th
Mammography	42nd	4th	Stroke	49th	9th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Cholesterol Screening	918th	24th	Taking BP Medication	709th	22nd
Taking BP Medication	802nd	18th	Binge Drinking	520th	20th
Annual Checkup	788th	23rd	Annual Checkup	468th	20th
Binge Drinking	758th	18th	Cancer (except skin)	418th	15th
Cervical Cancer Screening	710th	17th	Arthritis	287th	14th

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 Waverly.

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

With a population of 10,399, Waverly’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.



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

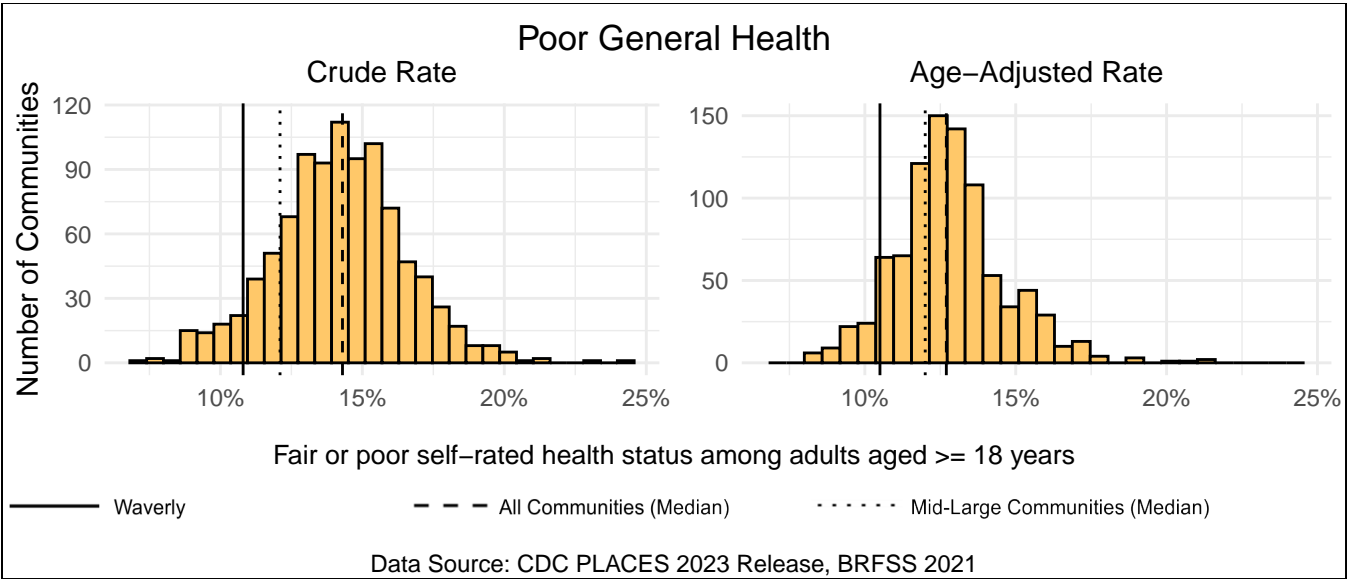
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Waverly has a crude rate of 10.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 62nd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Waverly is 10.5%, which ranks 74th out of 905 Iowa communities (10th out of 31 mid-large communities).

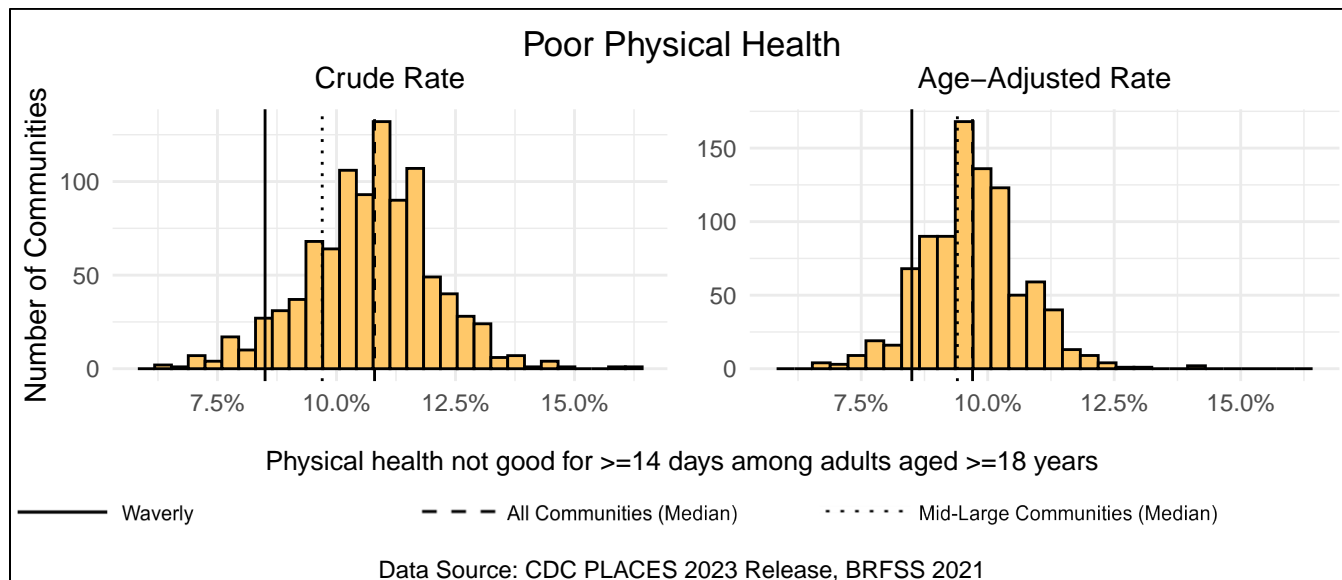
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	10.8%	14.3%	12.1%
Age-Adjusted	10.5%	12.7%	12.0%



Poor Physical Health

Waverly has a crude rate of 8.5% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 52nd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Waverly is 8.5%, which ranks 83rd out of 905 Iowa communities (10th out of 31 mid-large communities).

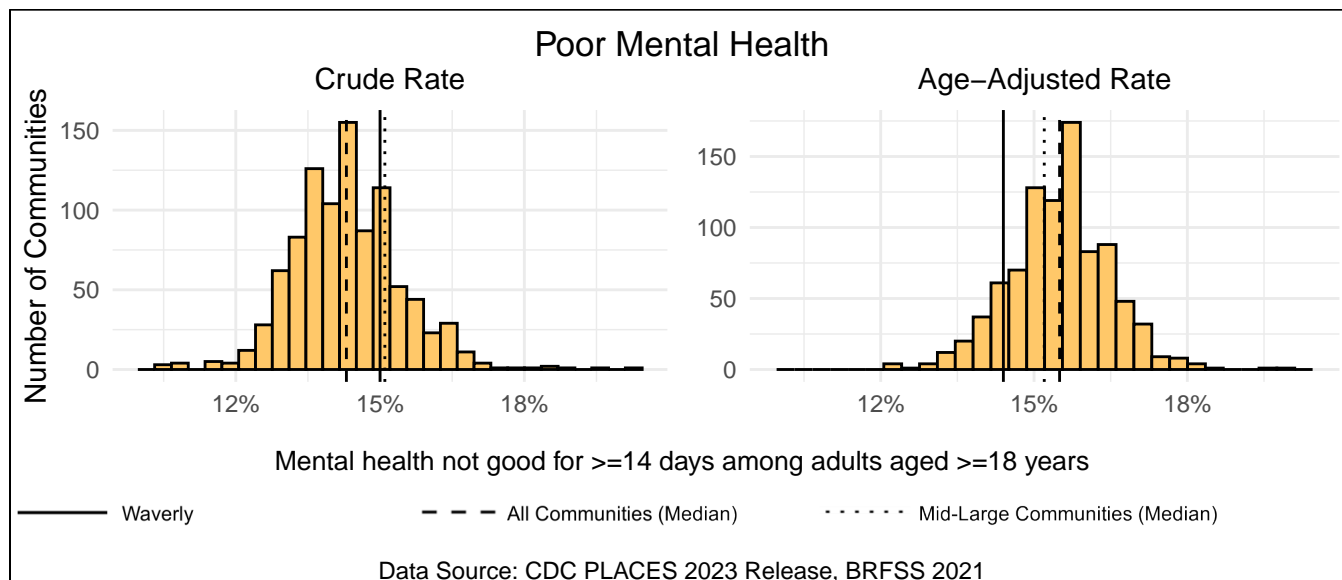
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	8.5%	10.8%	9.7%
Age-Adjusted	8.5%	9.7%	9.4%



Poor Mental Health

Waverly has a crude rate of 15.0% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 705th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 14.4%, which ranks 103rd out of 905 Iowa communities (10th out of 31 mid-large communities).

Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	15.0%	14.3%	15.1%
Age-Adjusted	14.4%	15.5%	15.2%



Health Risk Behaviors

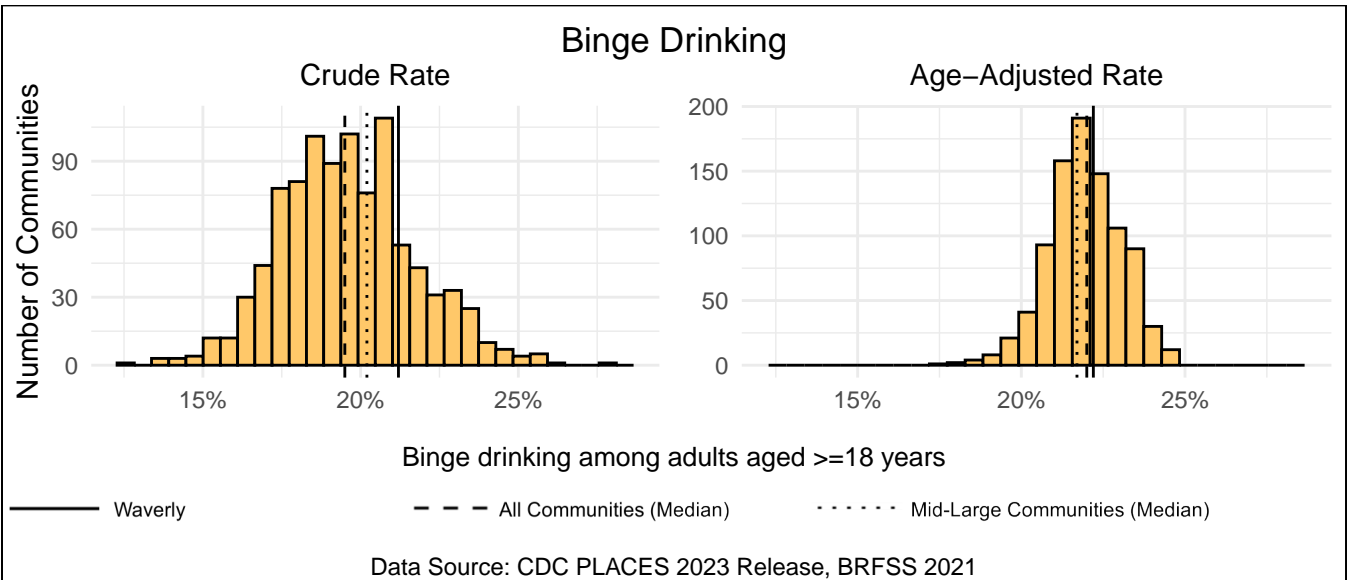
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Waverly has a crude rate of 21.2% for binge drinking among adults aged ≥ 18 years, which ranks 758th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Waverly is 22.2%, which ranks 520th out of 905 Iowa communities (20th out of 31 mid-large communities).

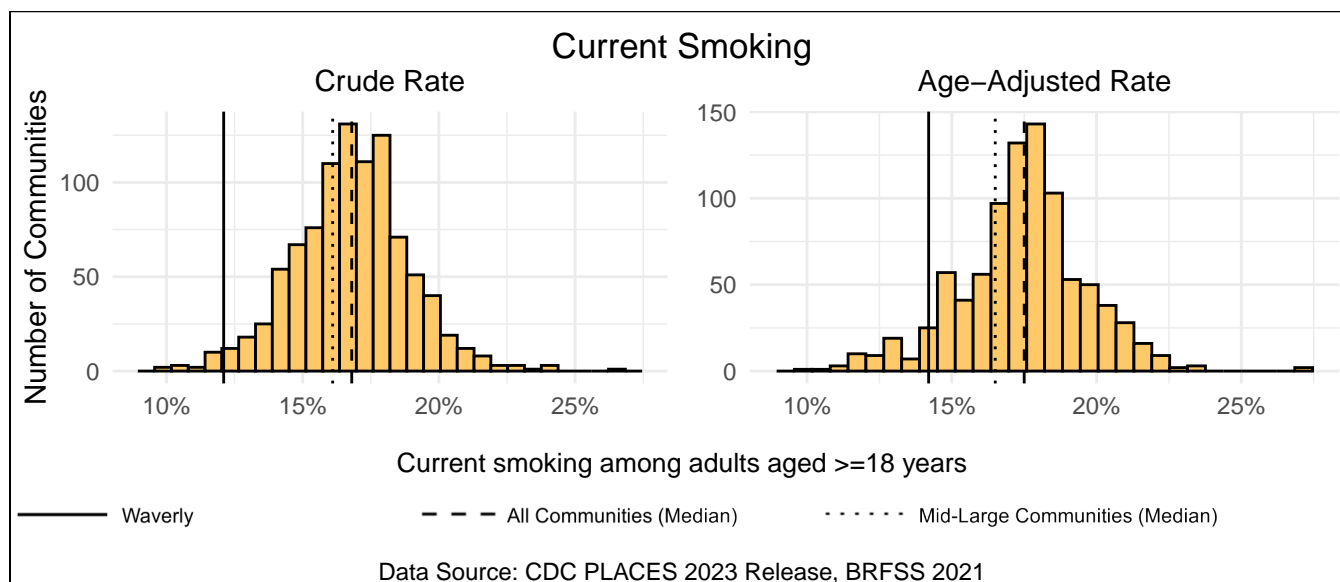
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	21.2%	19.5%	20.2%
Age-Adjusted	22.2%	22.0%	21.7%



Current Smoking

Waverly has a crude rate of 12.1% for current smoking among adults aged ≥ 18 years, which ranks 18th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Waverly is 14.2%, which ranks 62nd out of 905 Iowa communities (10th out of 31 mid-large communities).

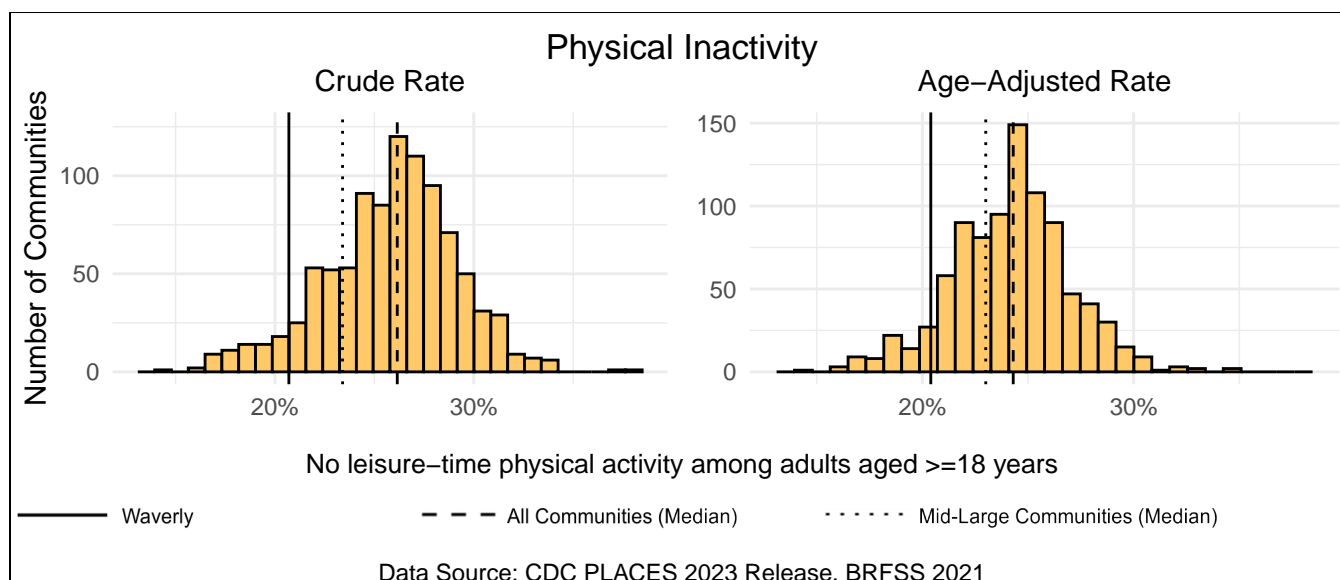
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	12.1%	16.8%	16.1%
Age-Adjusted	14.2%	17.5%	16.5%



Physical Inactivity

Waverly has a crude rate of 20.7% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 68th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Waverly is 20.4%, which ranks 67th out of 905 Iowa communities (10th out of 31 mid-large communities).

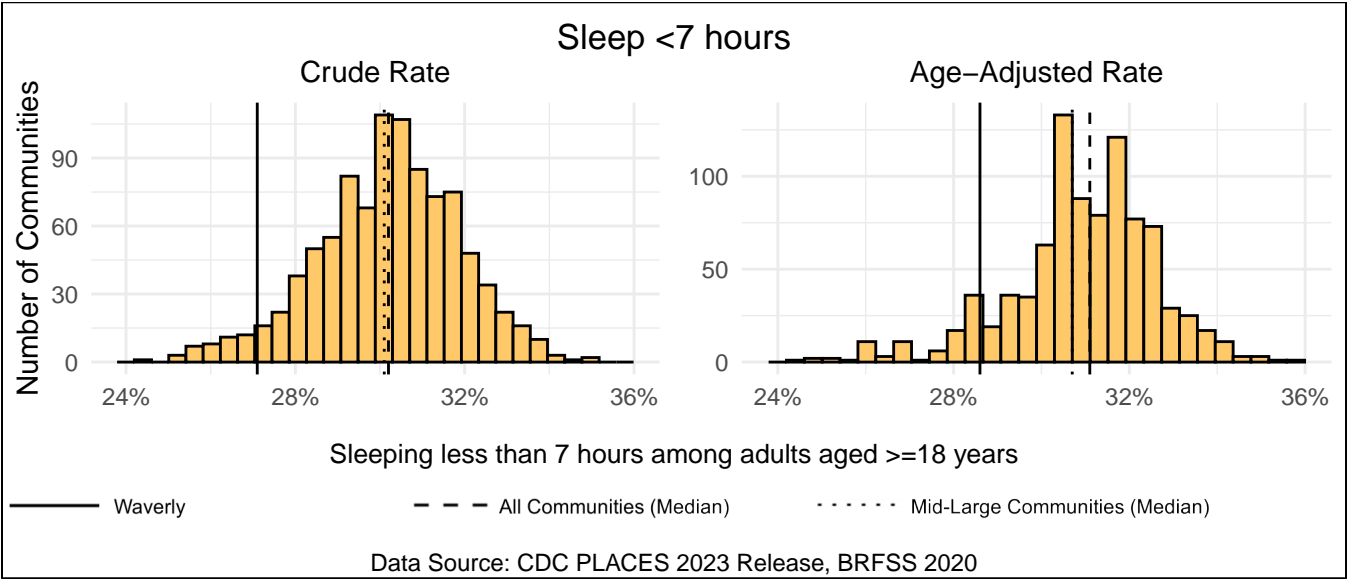
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	20.7%	26.1%	23.4%
Age-Adjusted	20.4%	24.3%	23.0%



Sleep <7 hours

Waverly has a crude rate of 27.1% for sleeping less than 7 hours among adults aged >=18 years, which ranks 43rd out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Waverly is 28.6%, which ranks 79th out of 905 Iowa communities (11th out of 31 mid-large communities).

Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	27.1%	30.2%	30.1%
Age-Adjusted	28.6%	31.1%	30.7%



Health Outcomes

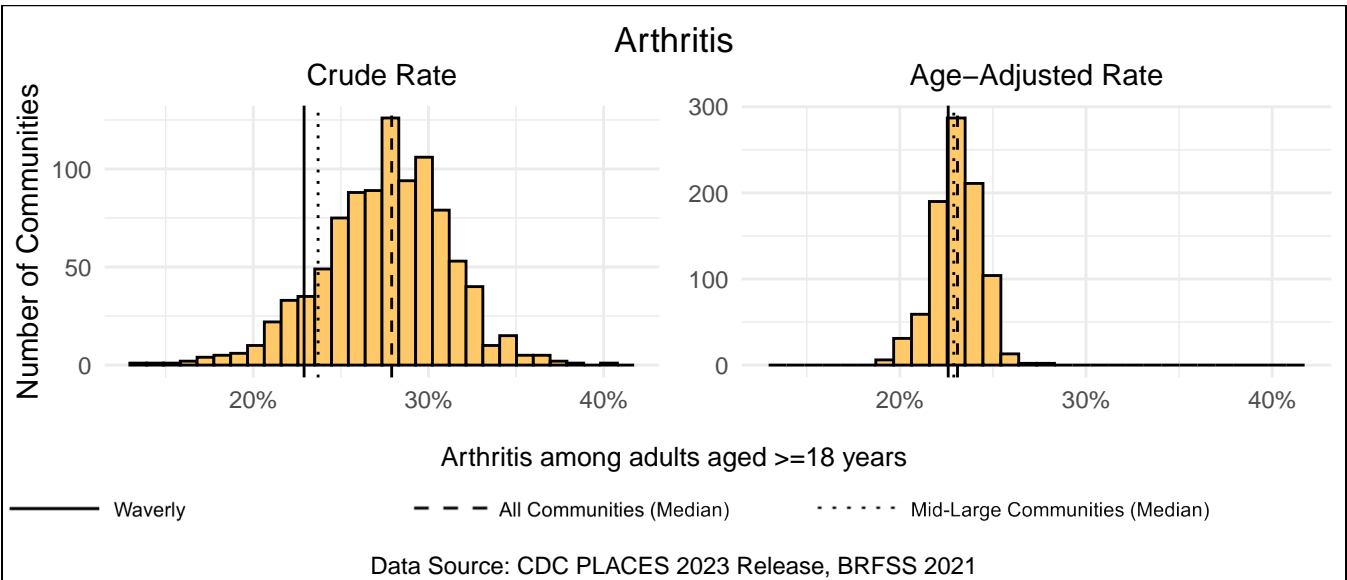
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Waverly has a crude rate of 22.9% for arthritis among adults aged ≥ 18 years, which ranks 96th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Waverly is 22.6%, which ranks 287th out of 905 Iowa communities (14th out of 31 mid-large communities).

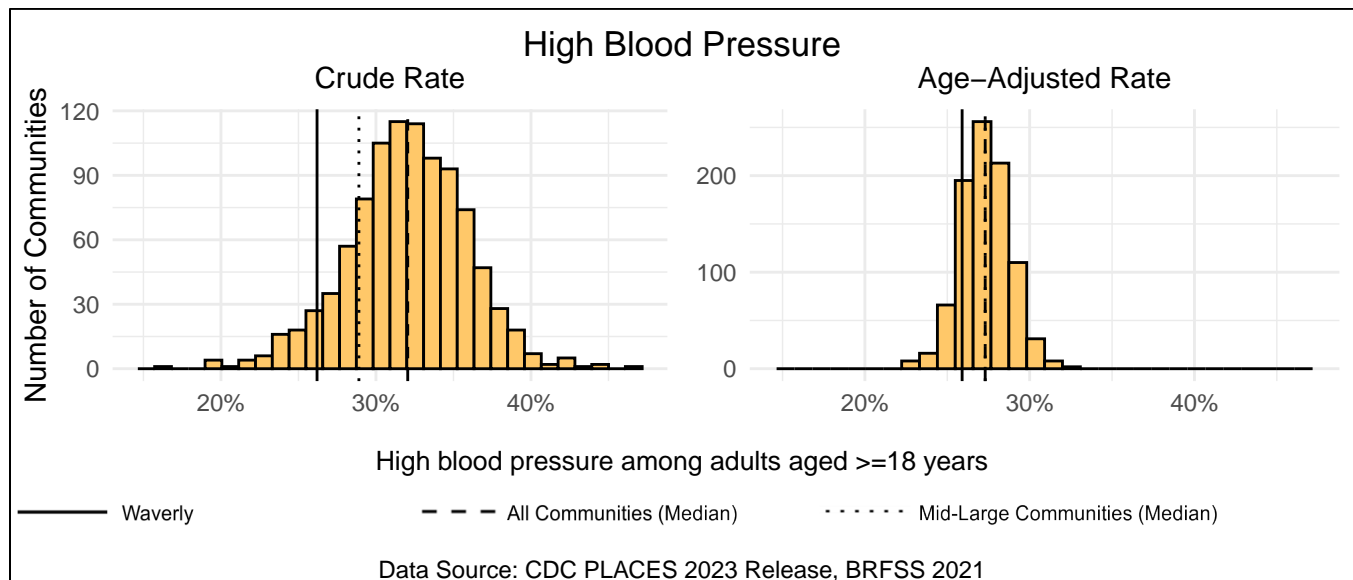
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	22.9%	27.9%	23.7%
Age-Adjusted	22.6%	23.1%	22.9%



High Blood Pressure

Waverly has a crude rate of 26.2% for high blood pressure among adults aged ≥ 18 years, which ranks 66th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Waverly is 25.9%, which ranks 144th out of 905 Iowa communities (7th out of 31 mid-large communities).

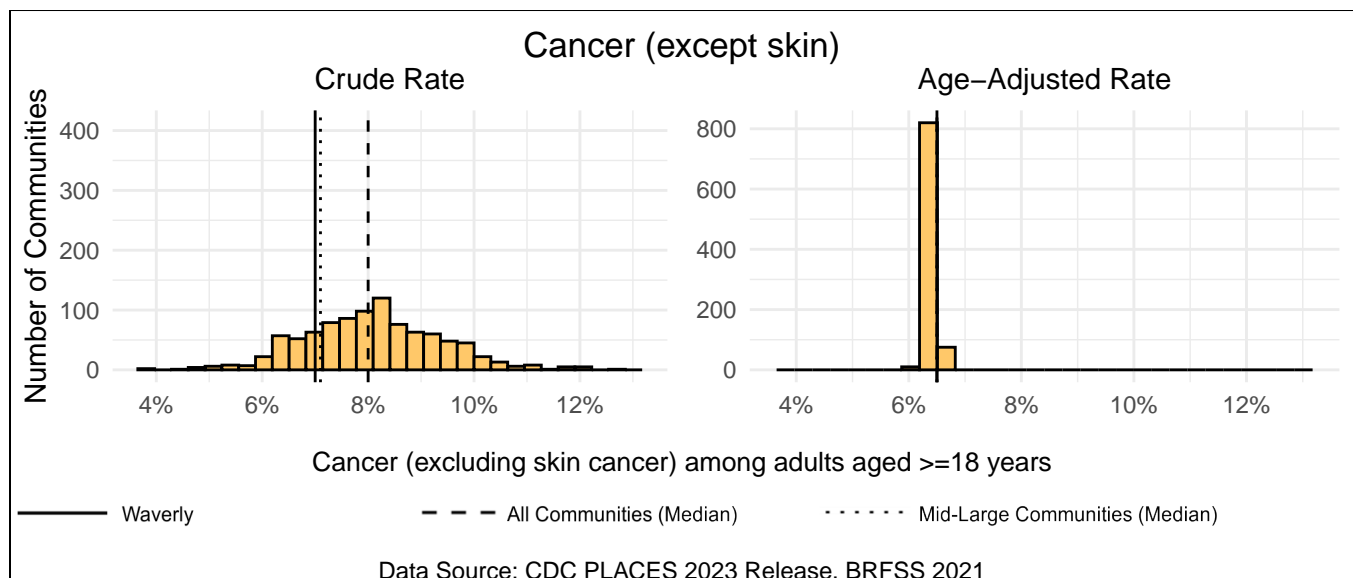
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	26.2%	32.0%	28.9%
Age-Adjusted	25.9%	27.3%	27.3%



Cancer (except skin)

Waverly has a crude rate of 7.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 177th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

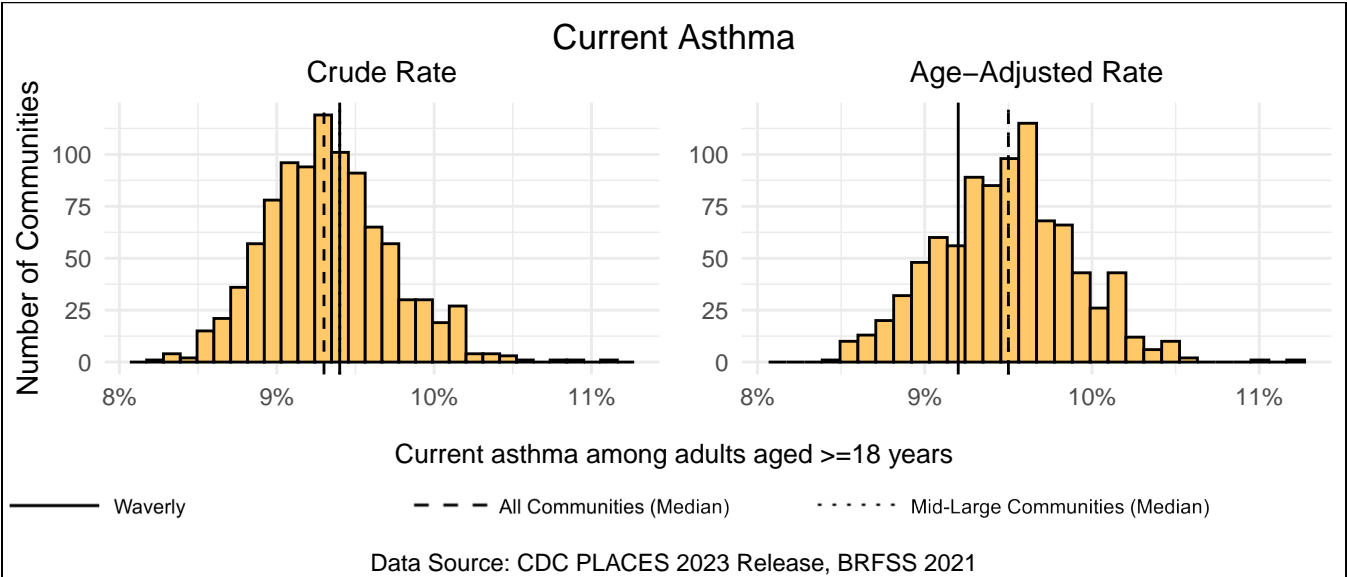
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	7.0%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Waverly has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 9.2%, which ranks 185th out of 905 Iowa communities (11th out of 31 mid-large communities).

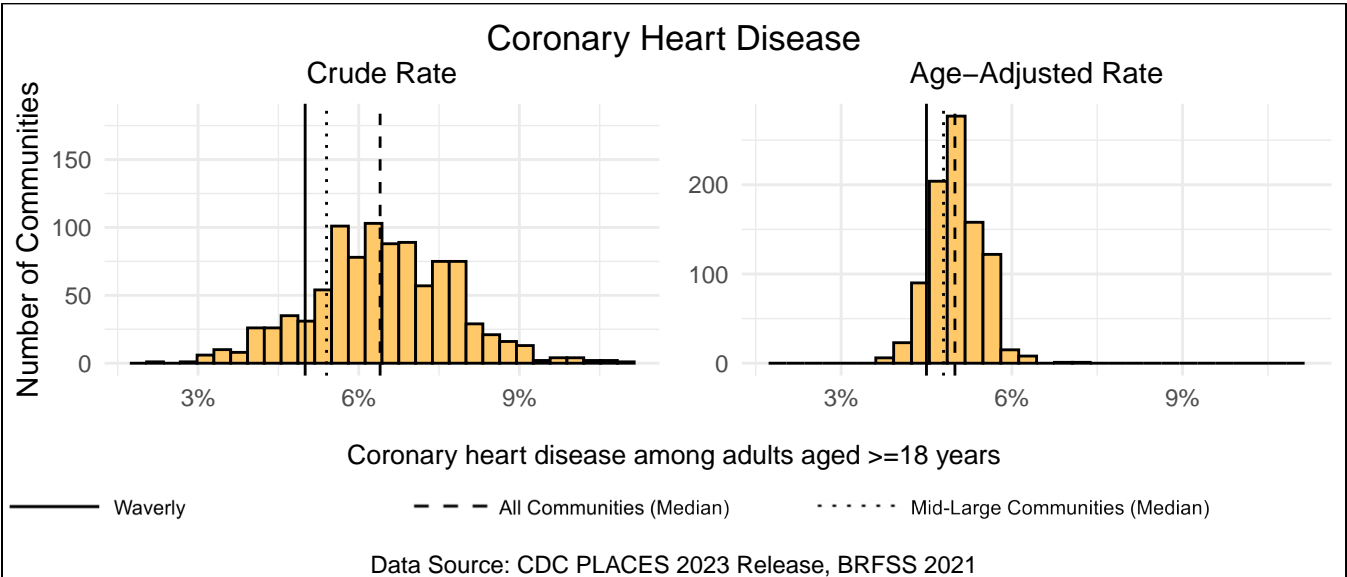
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	9.4%	9.3%	9.4%
Age-Adjusted	9.2%	9.5%	9.5%



Coronary Heart Disease

Waverly has a crude rate of 5.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 124th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 4.5%, which ranks 78th out of 905 Iowa communities (10th out of 31 mid-large communities).

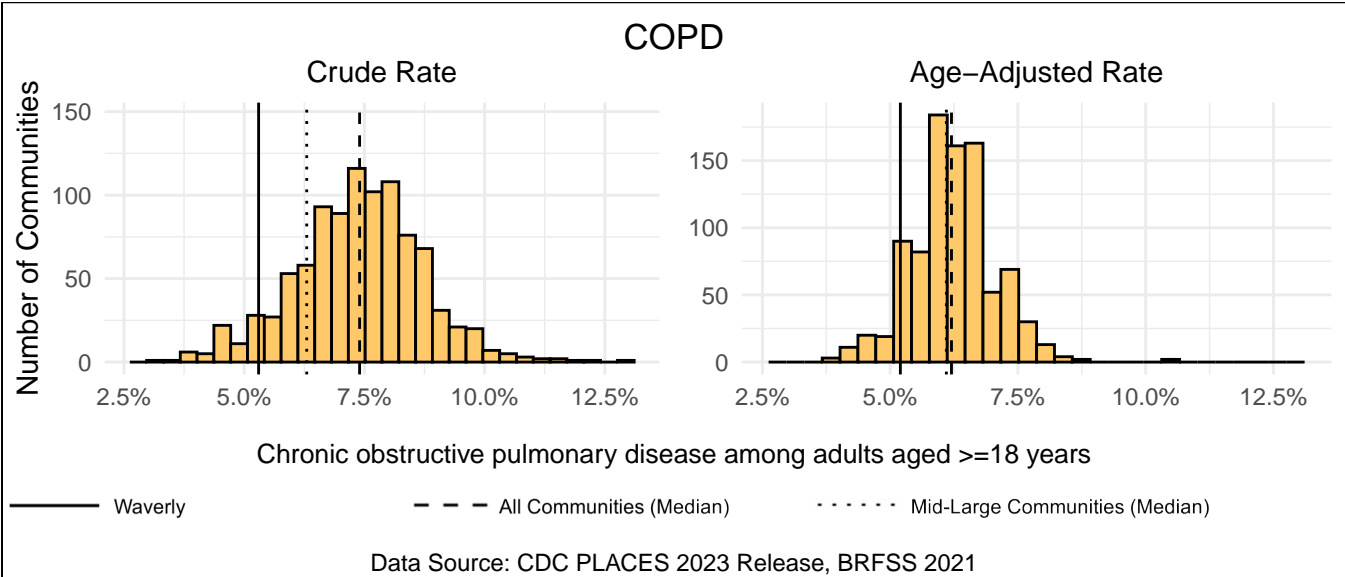
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	5.0%	6.4%	5.4%
Age-Adjusted	4.5%	5.0%	4.8%



COPD

Waverly has a crude rate of 5.3% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 61st out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Waverly is 5.2%, which ranks 68th out of 905 Iowa communities (10th out of 31 mid-large communities).

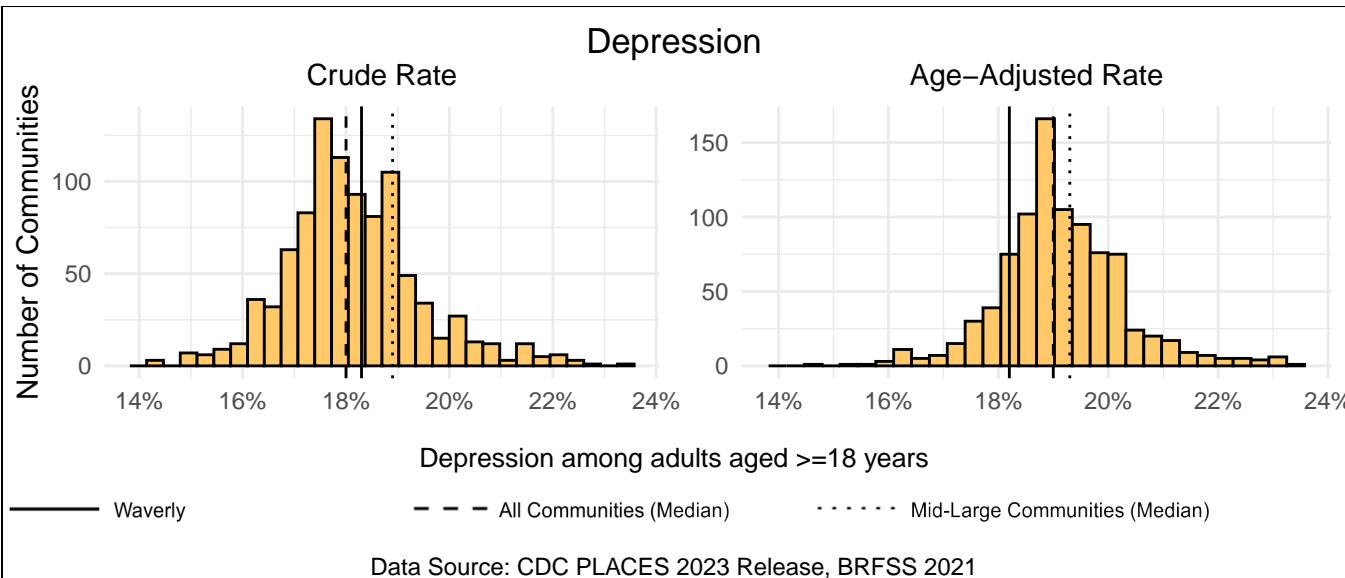
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	5.3%	7.4%	6.3%
Age-Adjusted	5.2%	6.2%	6.1%



Depression

Waverly has a crude rate of 18.3% for depression among adults aged ≥ 18 years, which ranks 568th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Waverly is 18.2%, which ranks 138th out of 905 Iowa communities (6th out of 31 mid-large communities).

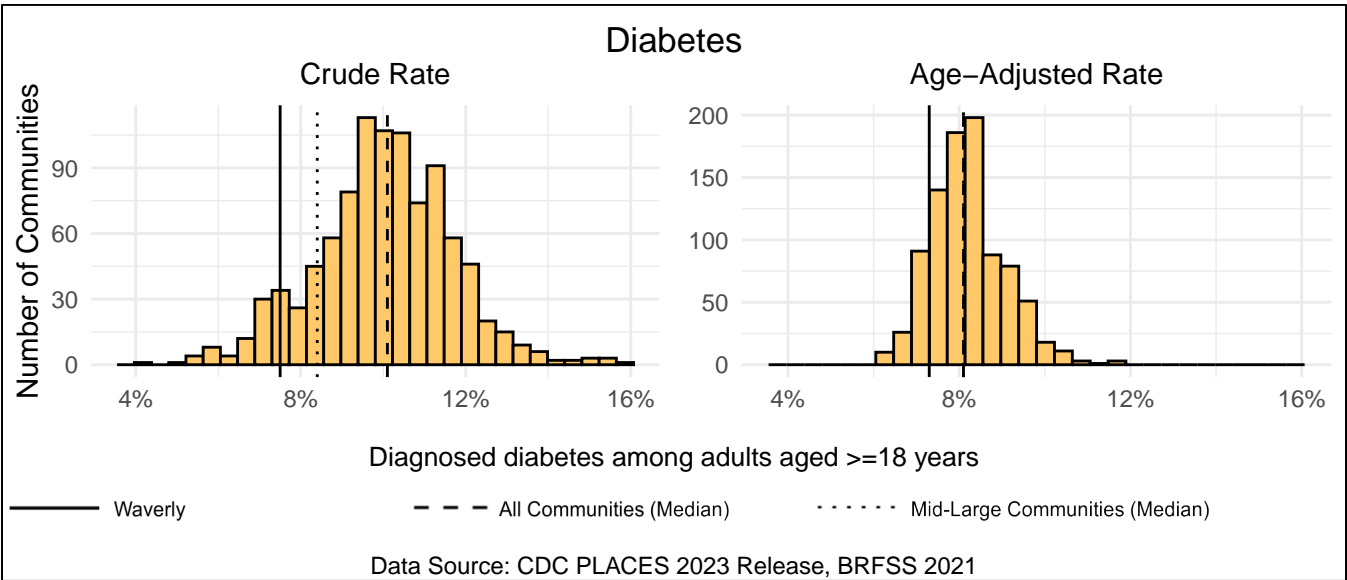
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	18.3%	18.0%	18.9%
Age-Adjusted	18.2%	19.0%	19.3%



Diabetes

Waverly has a crude rate of 7.5% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 68th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Waverly is 7.3%, which ranks 103rd out of 905 Iowa communities (10th out of 31 mid-large communities).

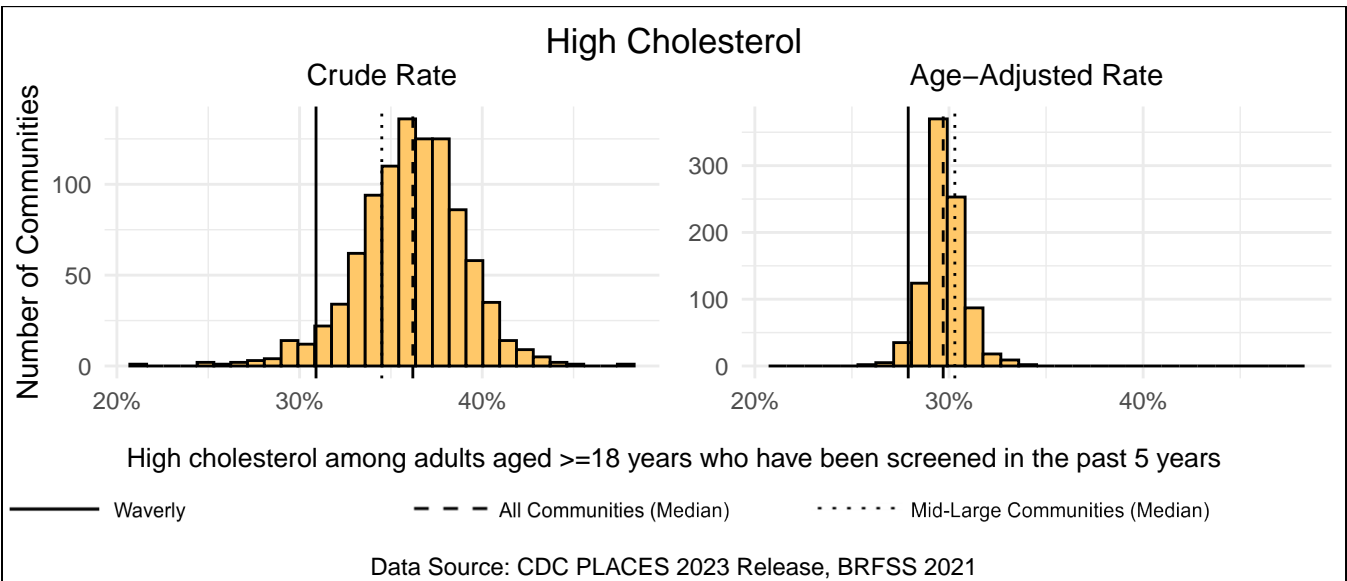
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	7.5%	10.1%	8.4%
Age-Adjusted	7.3%	8.1%	8.1%



High Cholesterol

Waverly has a crude rate of 30.9% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 40th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Waverly is 27.9%, which ranks 28th out of 905 Iowa communities (3rd out of 31 mid-large communities).

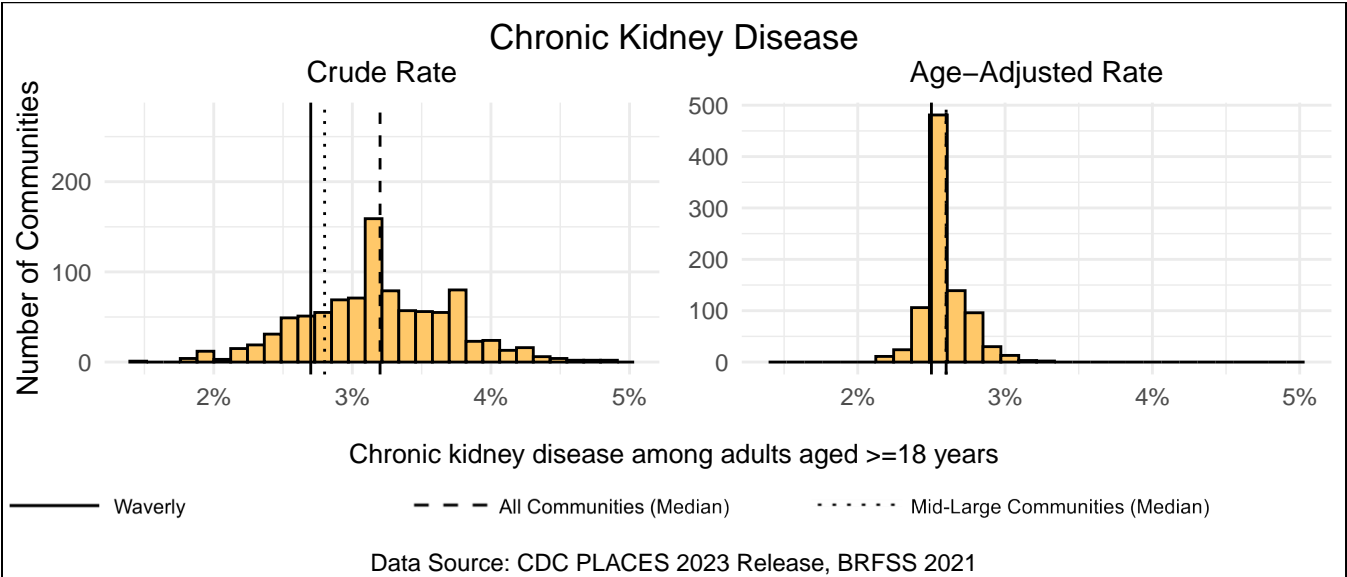
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	30.9%	36.2%	34.5%
Age-Adjusted	27.9%	29.7%	30.3%



Chronic Kidney Disease

Waverly has a crude rate of 2.7% for chronic kidney disease among adults aged ≥ 18 years, which ranks 135th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 2.5%, which ranks 142nd out of 905 Iowa communities (11th out of 31 mid-large communities).

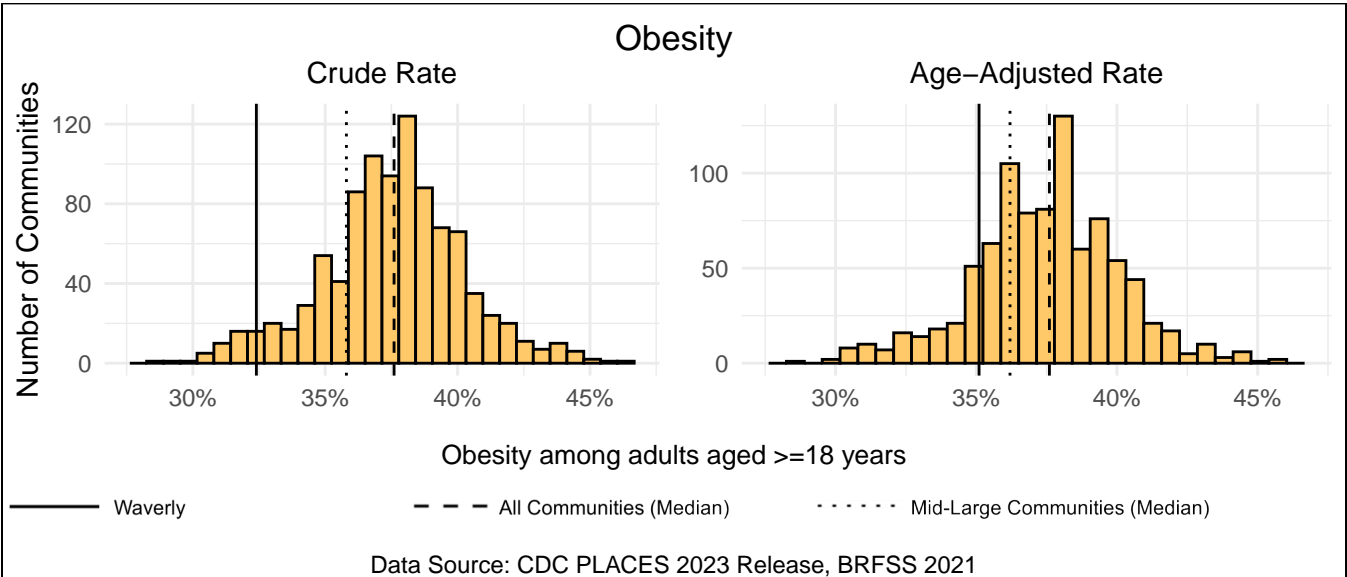
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	2.7%	3.2%	2.8%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Waverly has a crude rate of 32.4% for obesity among adults aged ≥ 18 years, which ranks 41st out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Waverly is 35.1%, which ranks 131st out of 905 Iowa communities (12th out of 31 mid-large communities).

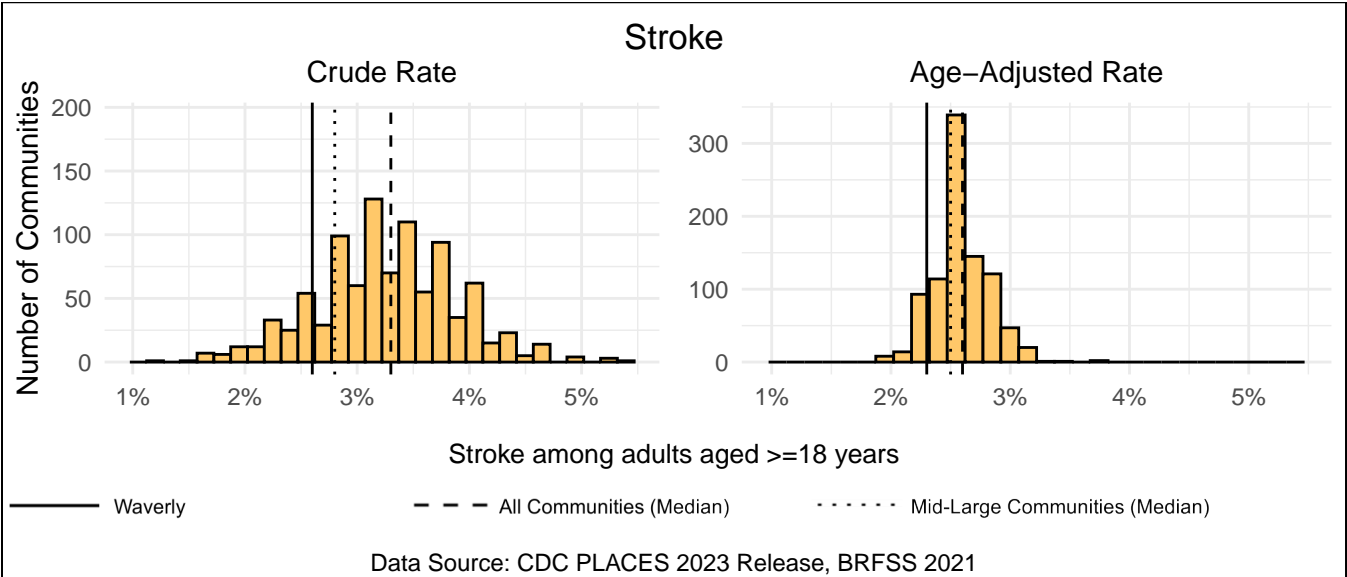
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	32.4%	37.6%	35.8%
Age-Adjusted	35.1%	37.6%	36.2%



Stroke

Waverly has a crude rate of 2.6% for stroke among adults aged >=18 years, which ranks 124th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 2.3%, which ranks 49th out of 905 Iowa communities (9th out of 31 mid-large communities).

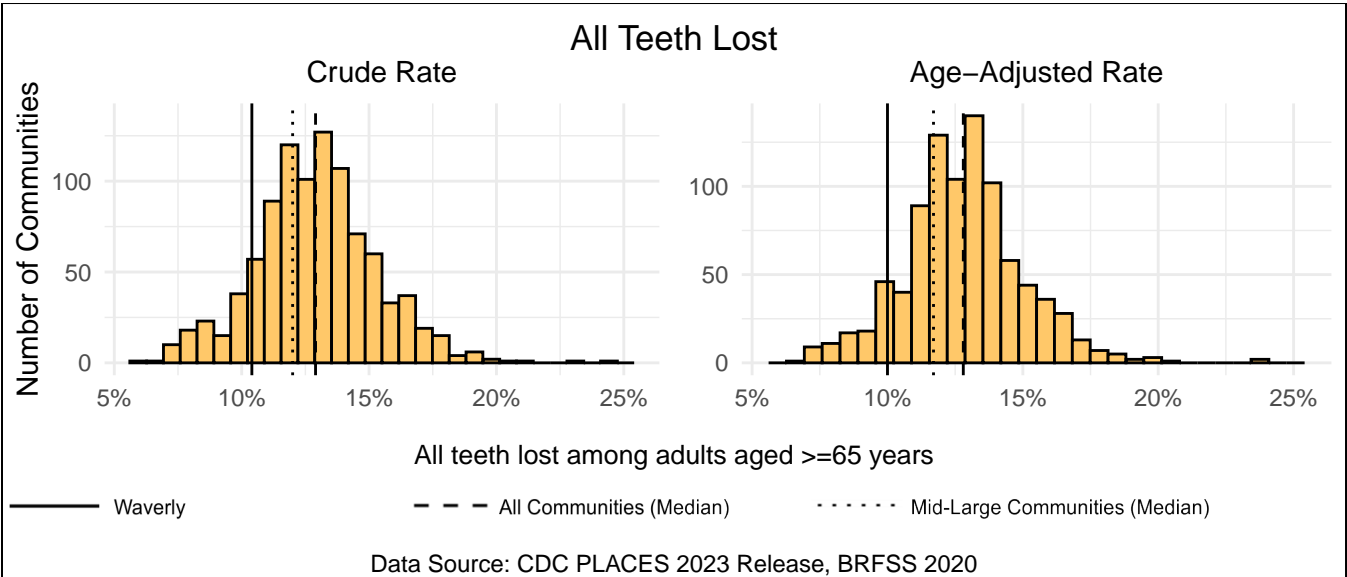
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	2.6%	3.3%	2.8%
Age-Adjusted	2.3%	2.6%	2.5%



All Teeth Lost

Waverly has a crude rate of 10.4% for all teeth lost among adults aged >=65 years, which ranks 117th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 10.0%, which ranks 79th out of 905 Iowa communities (13th out of 31 mid-large communities).

Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	10.4%	12.9%	12.0%
Age-Adjusted	10.0%	12.8%	11.7%



Prevention

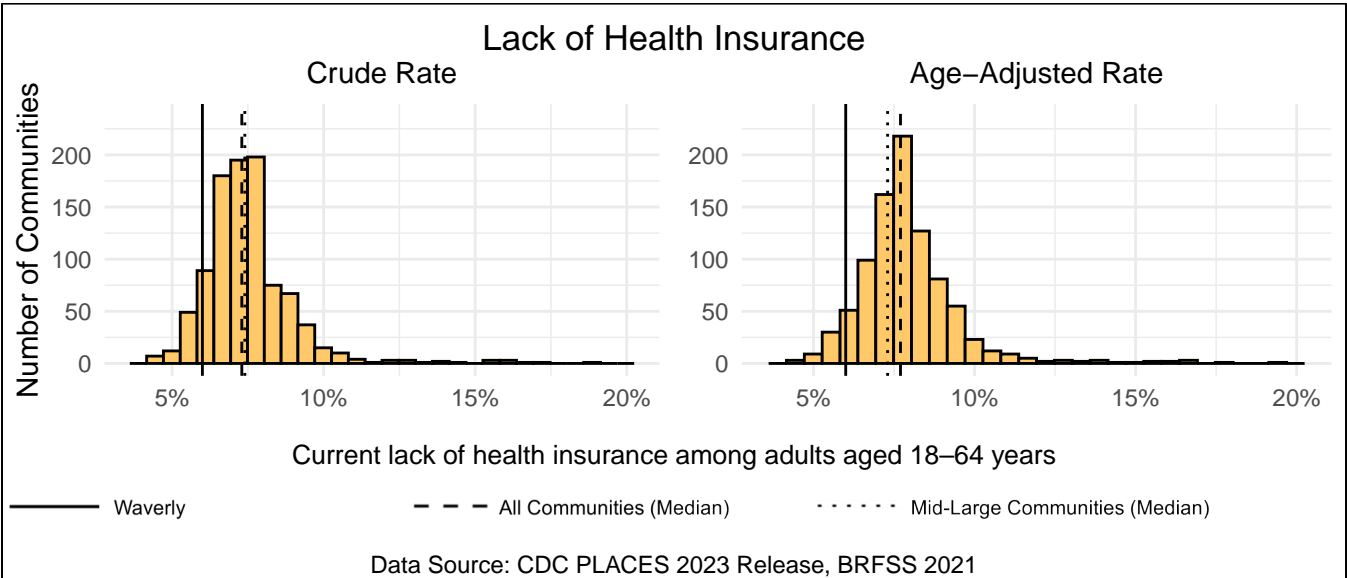
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Waverly has a crude rate of 6.0% for current lack of health insurance among adults aged 18–64 years, which ranks 87th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Waverly is 6.0%, which ranks 48th out of 905 Iowa communities (7th out of 31 mid-large communities).

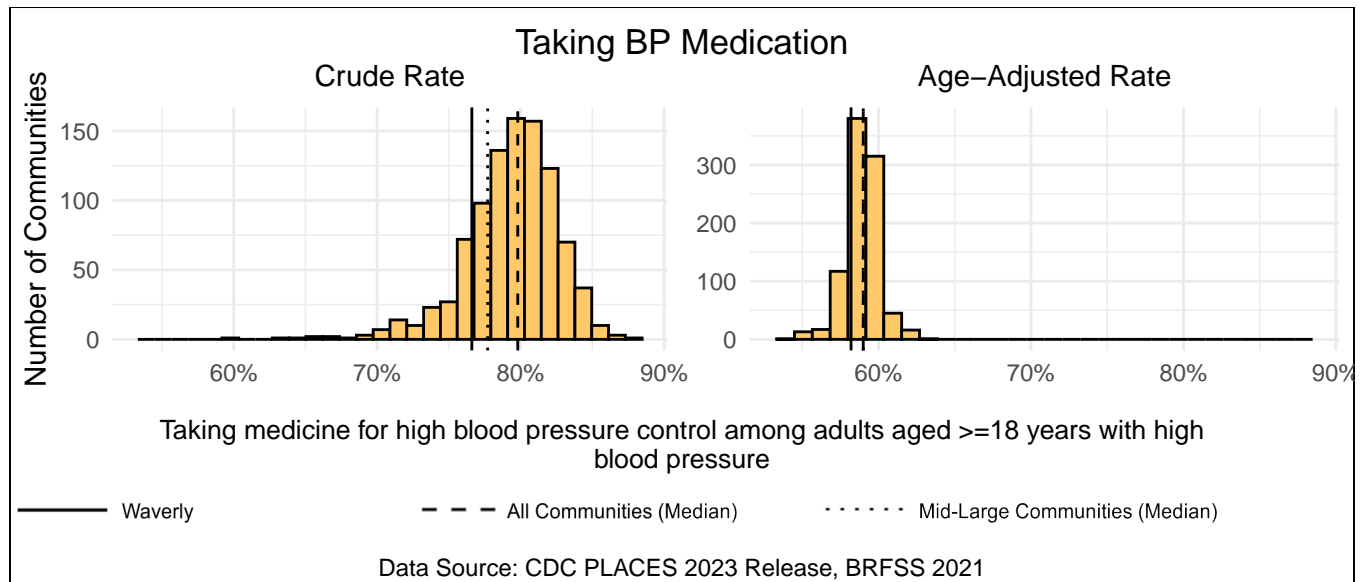
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	6.0%	7.3%	7.4%
Age-Adjusted	6.0%	7.7%	7.3%



Taking BP Medication

Waverly has a crude rate of 76.6% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 802nd out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Waverly is 58.2%, which ranks 709th out of 905 Iowa communities (22nd out of 31 mid-large communities).

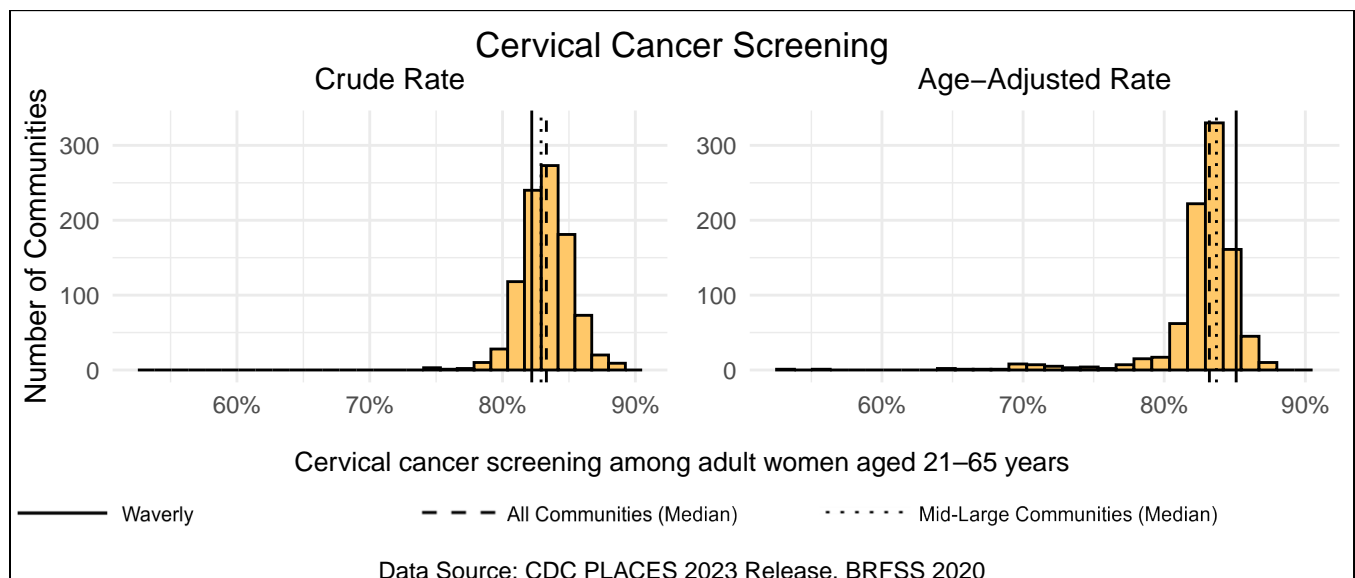
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	76.6%	79.8%	77.7%
Age-Adjusted	58.2%	59.0%	59.0%



Cervical Cancer Screening

Waverly has a crude rate of 82.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 710th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Waverly is 85.1%, which ranks 79th out of 905 Iowa communities (10th out of 31 mid-large communities).

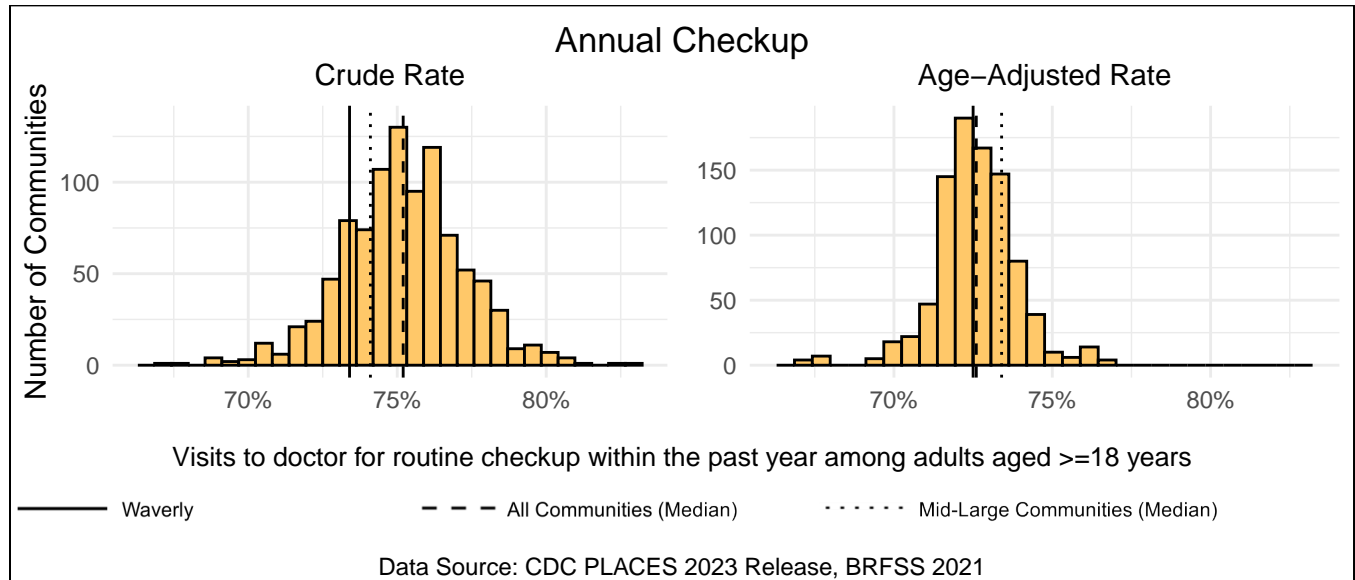
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	82.2%	83.3%	82.9%
Age-Adjusted	85.1%	83.2%	83.7%



Annual Checkup

Waverly has a crude rate of 73.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 788th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Waverly is 72.5%, which ranks 468th out of 905 Iowa communities (20th out of 31 mid-large communities).

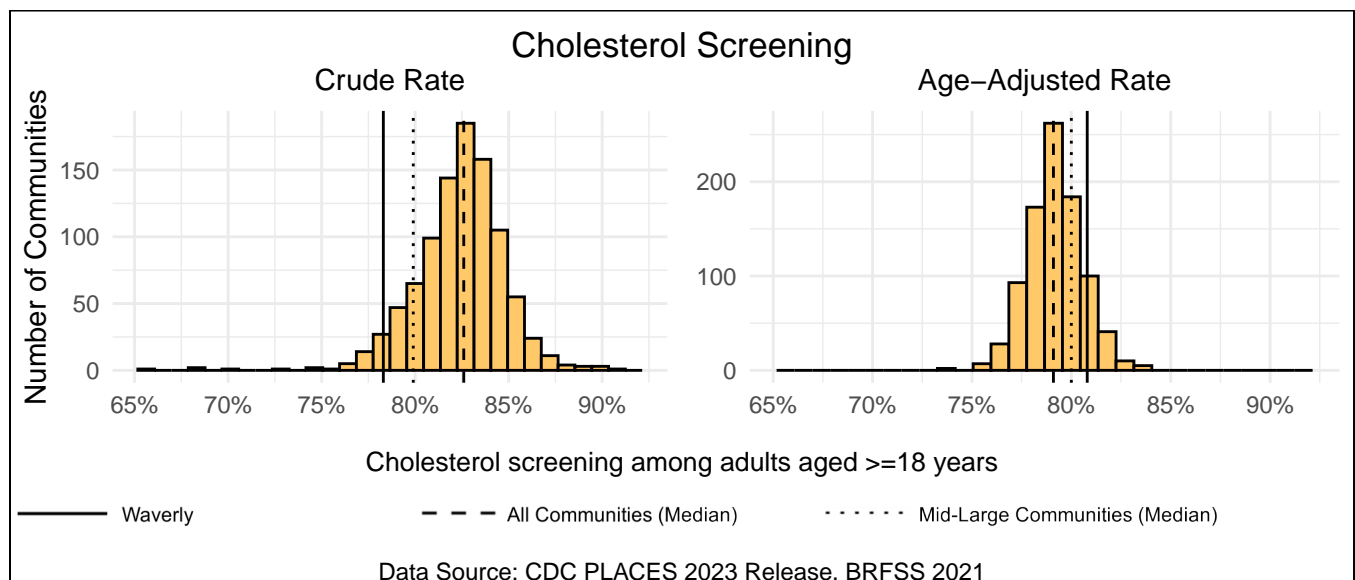
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	73.4%	75.2%	74.1%
Age-Adjusted	72.5%	72.6%	73.4%



Cholesterol Screening

Waverly has a crude rate of 78.3% for cholesterol screening among adults aged ≥ 18 years, which ranks 918th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Waverly is 80.8%, which ranks 102nd out of 905 Iowa communities (10th out of 31 mid-large communities).

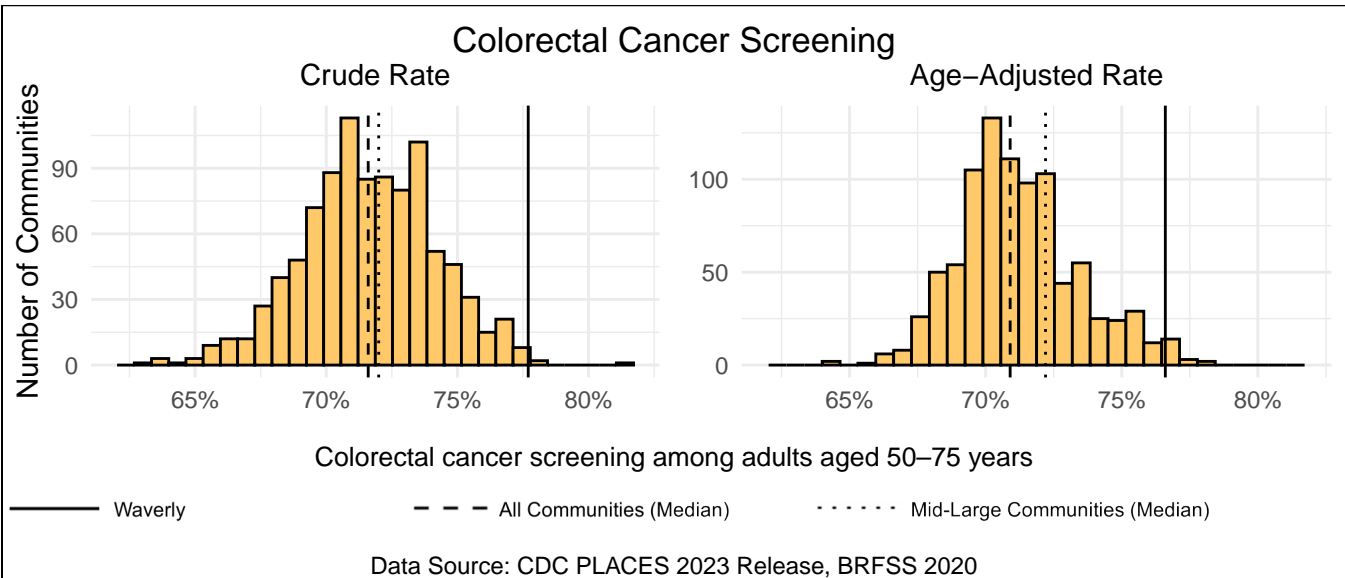
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	78.3%	82.6%	79.9%
Age-Adjusted	80.8%	79.1%	80.0%



Colorectal Cancer Screening

Waverly has a crude rate of 77.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 4th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Waverly is 76.6%, which ranks 16th out of 905 Iowa communities (1st out of 31 mid-large communities).

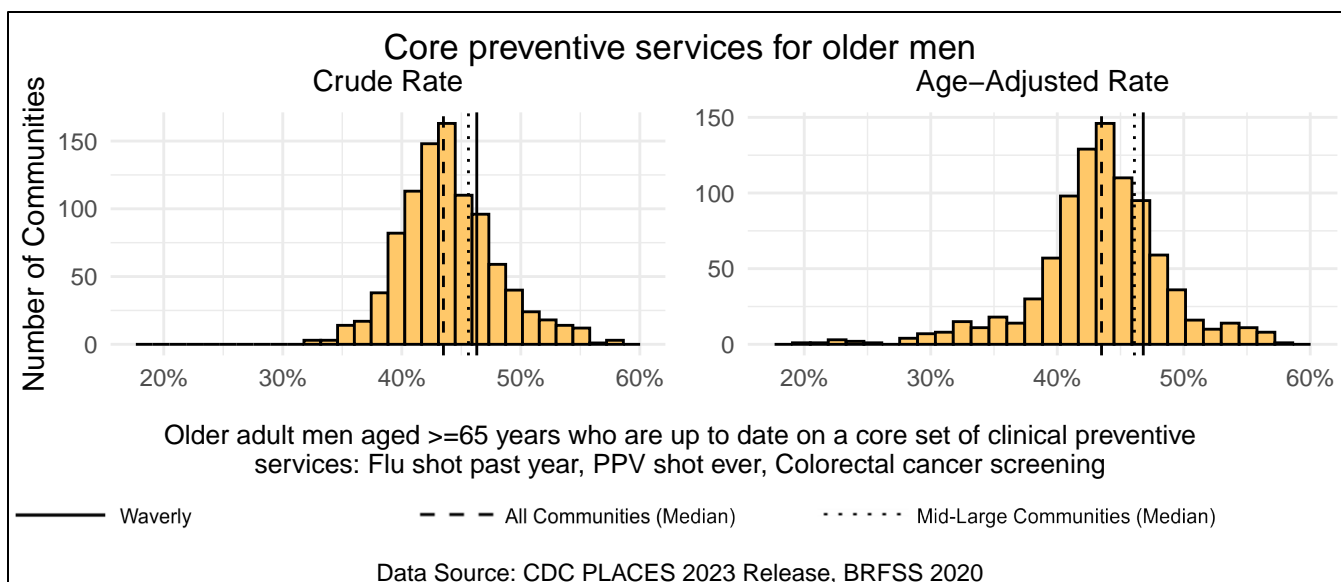
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	77.7%	71.6%	72.0%
Age-Adjusted	76.6%	70.9%	72.2%



Core preventive services for older men

Waverly has a crude rate of 46.3% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 237th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 46.8%, which ranks 185th out of 905 Iowa communities (14th out of 31 mid-large communities).

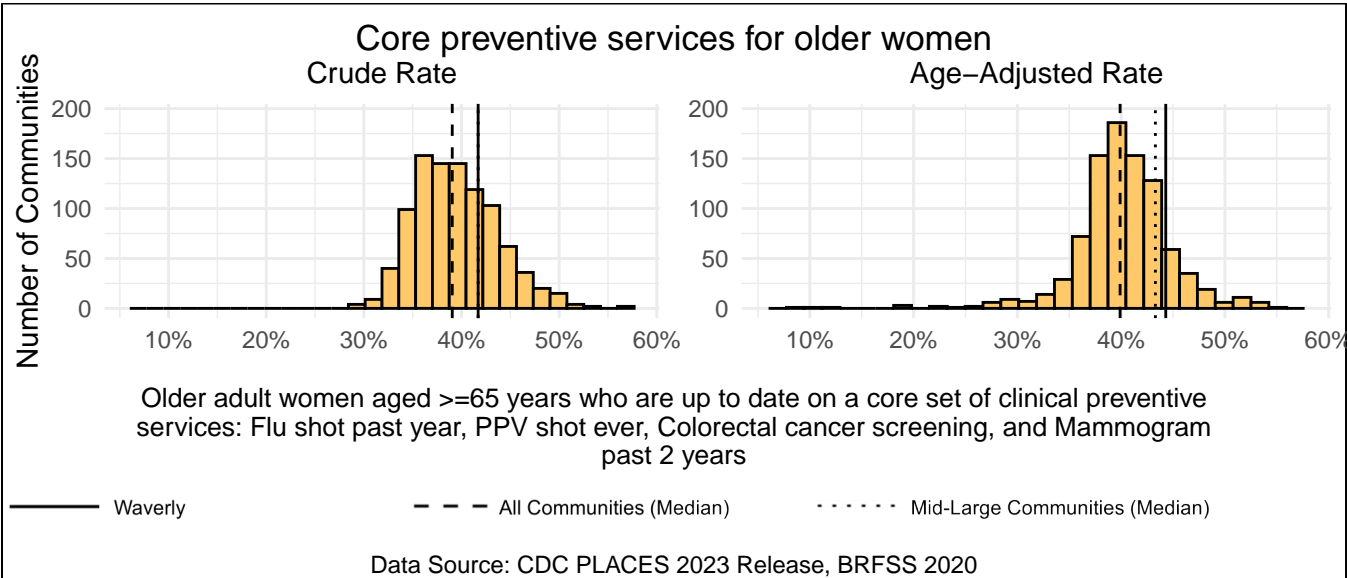
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	46.3%	43.5%	45.6%
Age-Adjusted	46.8%	43.5%	46.1%



Core preventive services for older women

Waverly has a crude rate of 41.7% 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 271st out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 44.3%, which ranks 122nd out of 905 Iowa communities (11th out of 31 mid-large communities).

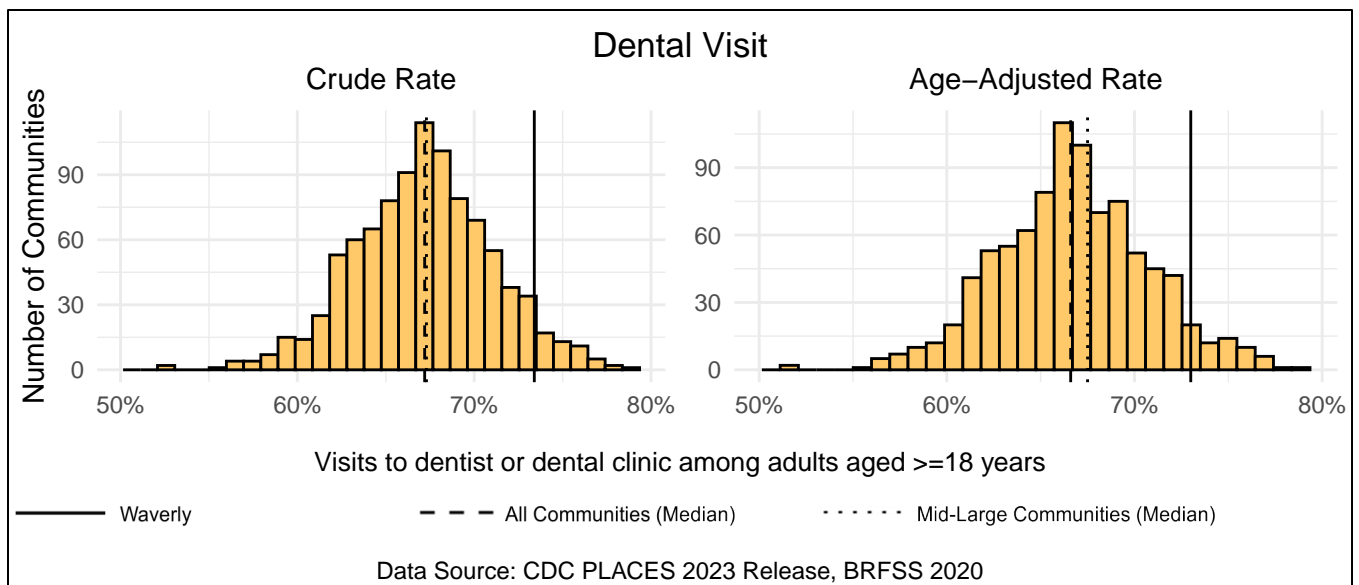
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	41.7%	39.0%	41.7%
Age-Adjusted	44.3%	39.9%	43.3%



Dental Visit

Waverly has a crude rate of 73.4% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 52nd out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Waverly is 73.0%, which ranks 58th out of 905 Iowa communities (9th out of 31 mid-large communities).

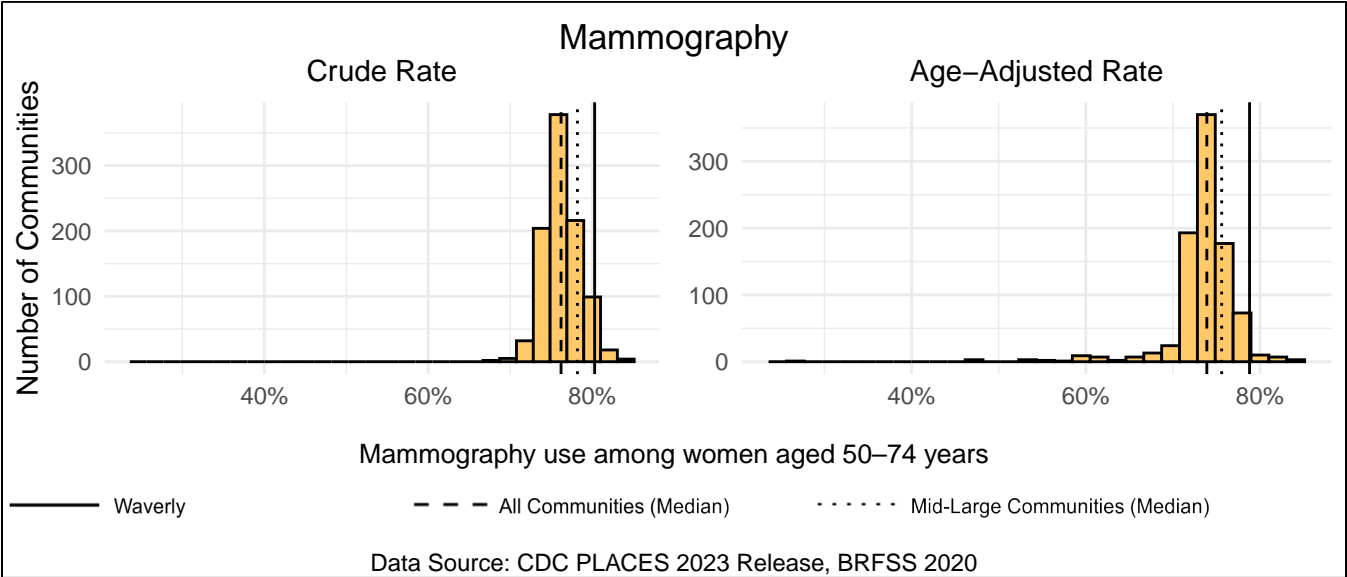
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	73.4%	67.2%	67.3%
Age-Adjusted	73.0%	66.6%	67.5%



Mammography

Waverly has a crude rate of 80.3% for mammography use among women aged 50–74 years, which ranks 42nd out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Waverly is 78.8%, which ranks 21st out of 905 Iowa communities (3rd out of 31 mid-large communities).

Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	80.3%	76.2%	78.2%
Age-Adjusted	78.8%	73.9%	75.6%



Disability

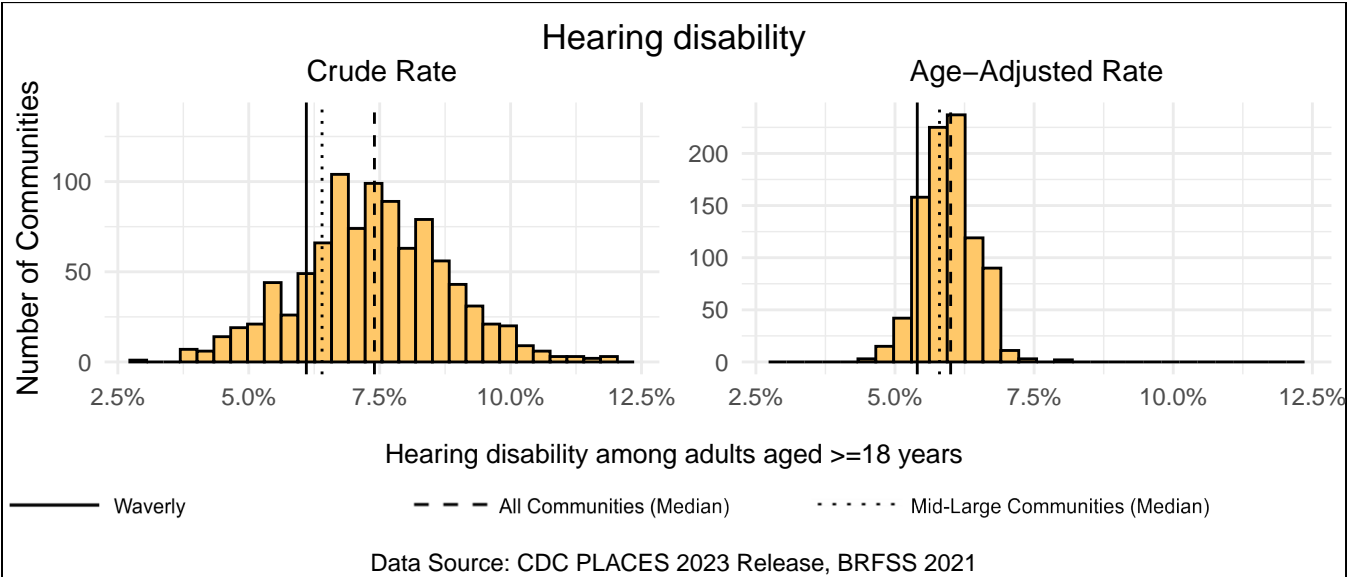
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Waverly has a crude rate of 6.1% for hearing disability among adults aged ≥ 18 years, which ranks 160th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Waverly is 5.4%, which ranks 79th out of 905 Iowa communities (13th out of 31 mid-large communities).

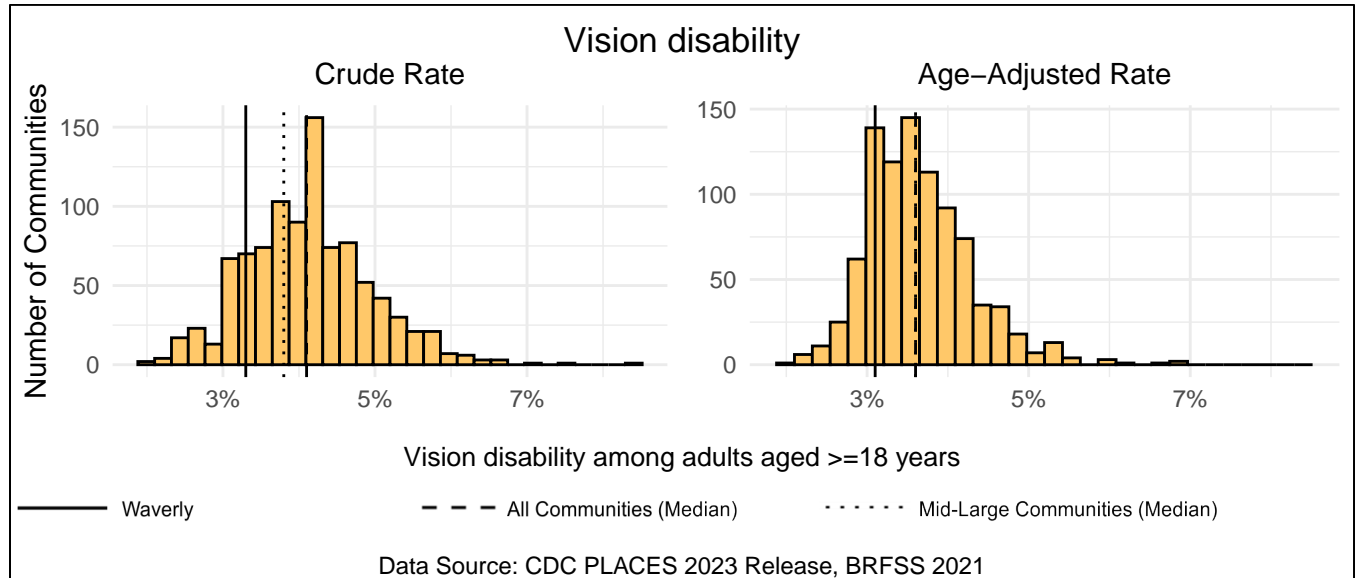
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	6.1%	7.4%	6.4%
Age-Adjusted	5.4%	6.0%	5.8%



Vision disability

Waverly has a crude rate of 3.3% for vision disability among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Waverly is 3.1%, which ranks 135th out of 905 Iowa communities (11th out of 31 mid-large communities).

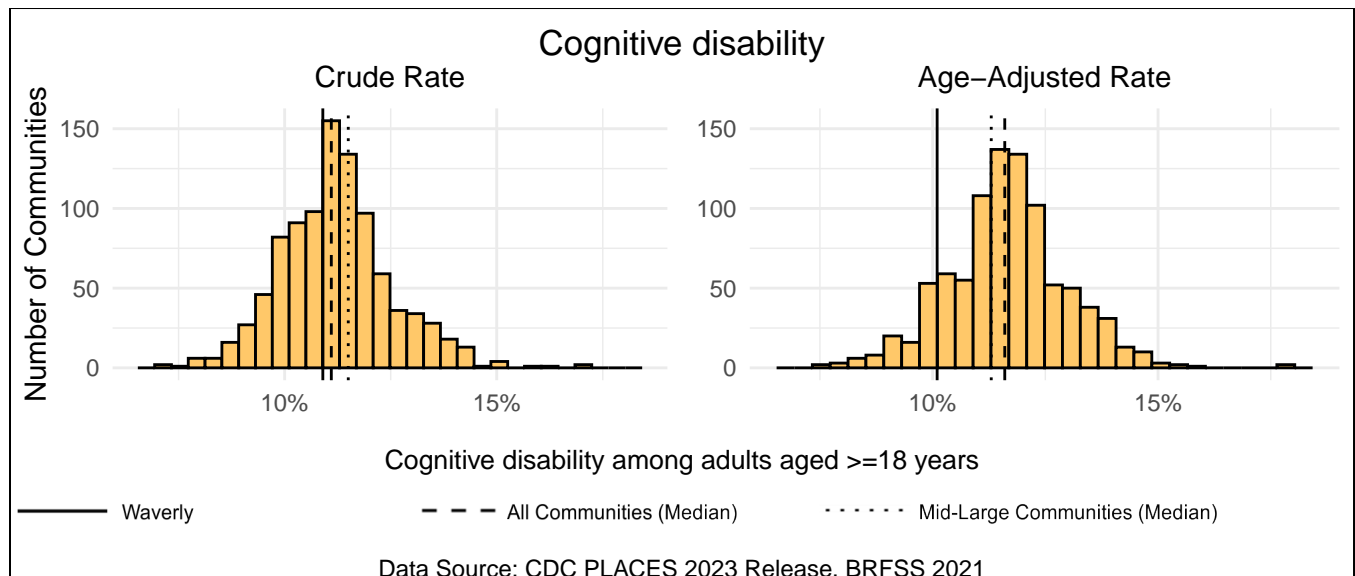
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	3.3%	4.1%	3.8%
Age-Adjusted	3.1%	3.6%	3.6%



Cognitive disability

Waverly has a crude rate of 10.9% for cognitive disability among adults aged ≥ 18 years, which ranks 376th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 10.1%, which ranks 96th out of 905 Iowa communities (10th out of 31 mid-large communities).

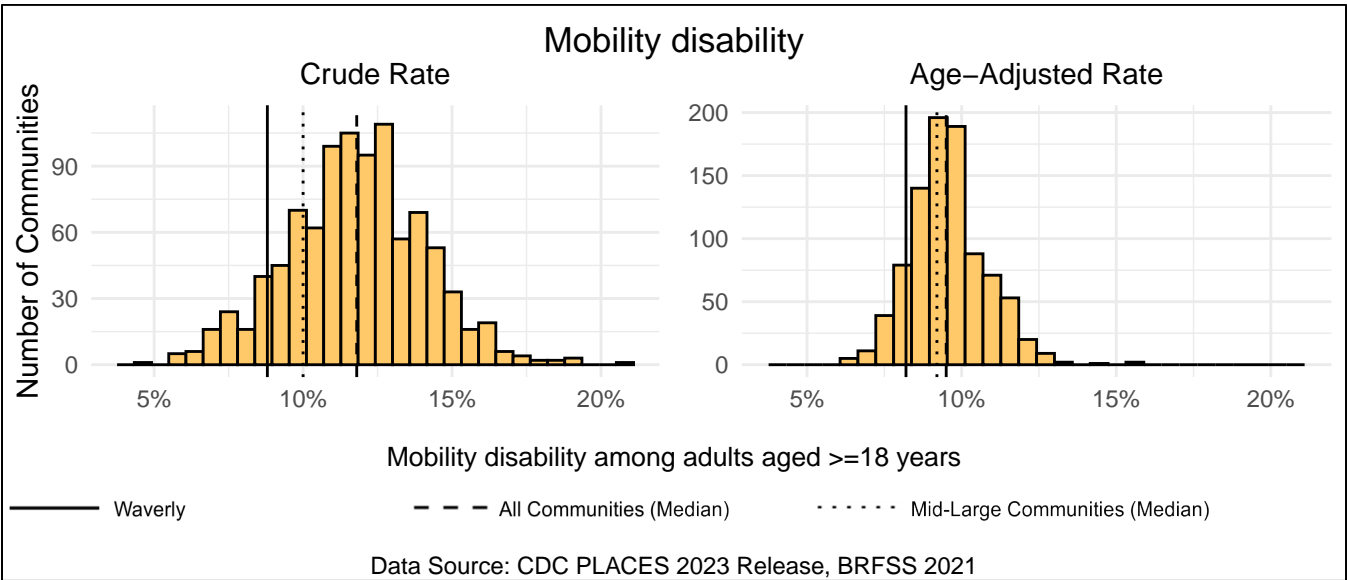
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	10.9%	11.1%	11.5%
Age-Adjusted	10.1%	11.6%	11.3%



Mobility disability

Waverly has a crude rate of 8.8% for mobility disability among adults aged >=18 years, which ranks 96th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Waverly is 8.2%, which ranks 104th out of 905 Iowa communities (9th out of 31 mid-large communities).

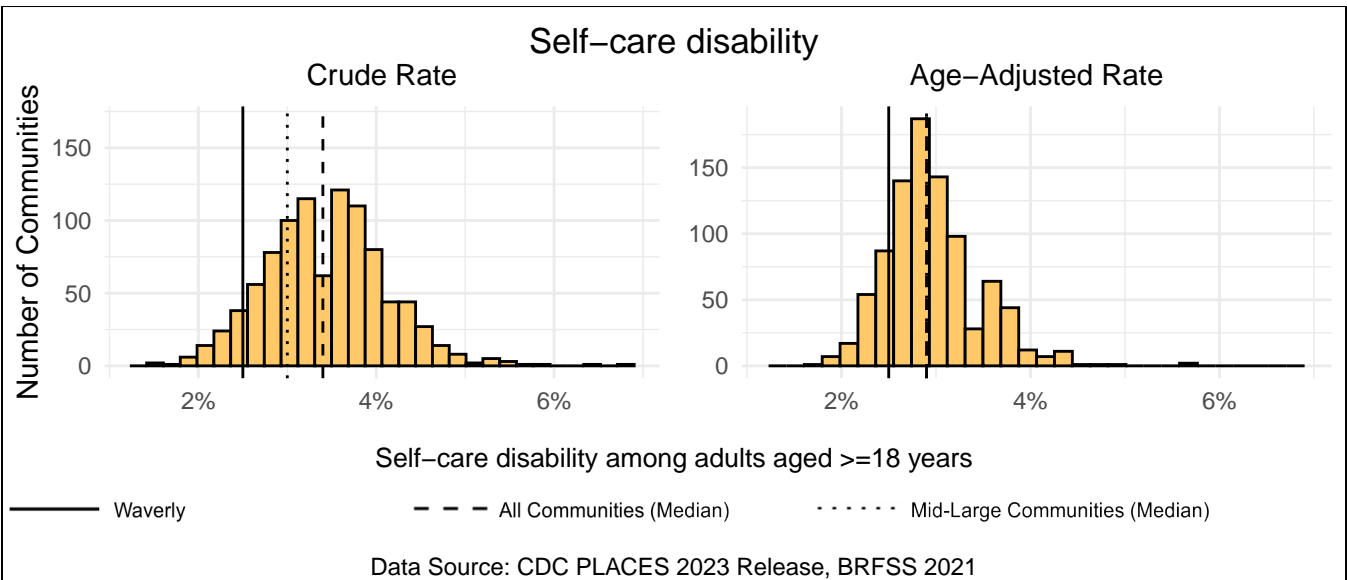
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	8.8%	11.8%	10.0%
Age-Adjusted	8.2%	9.5%	9.2%



Self-care disability

Waverly has a crude rate of 2.5% for self-care disability among adults aged >=18 years, which ranks 60th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Waverly is 2.5%, which ranks 123rd out of 905 Iowa communities (12th out of 31 mid-large communities).

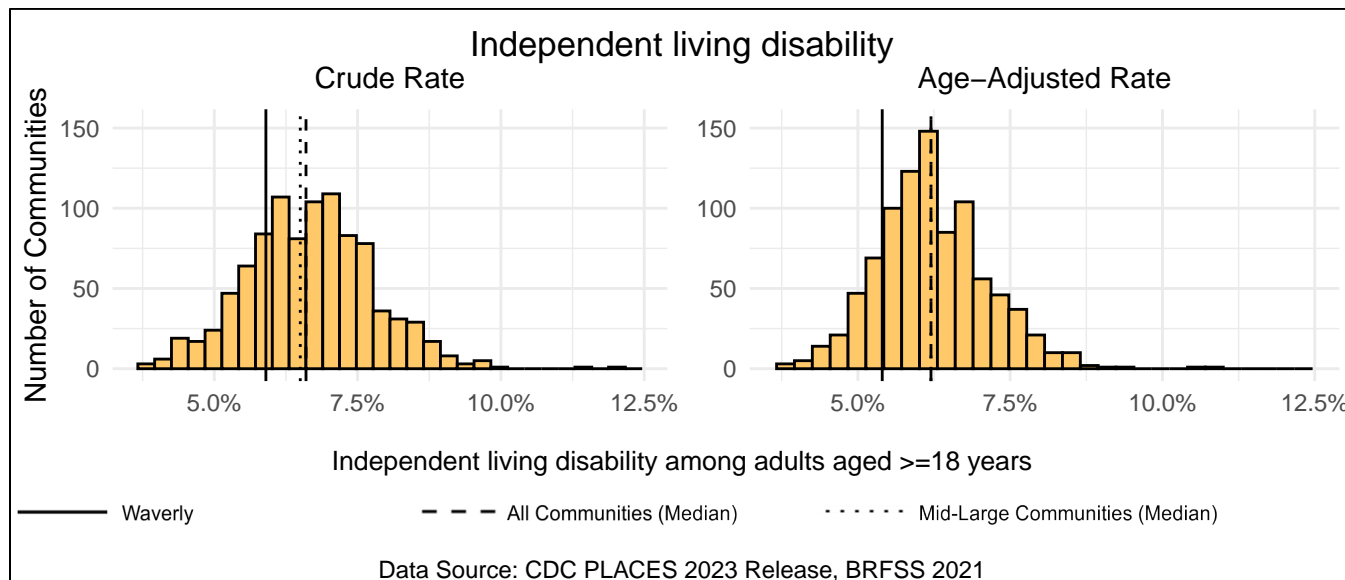
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	2.5%	3.4%	3.0%
Age-Adjusted	2.5%	2.9%	2.9%



Independent living disability

Waverly has a crude rate of 5.9% for independent living disability among adults aged ≥ 18 years, which ranks 203rd out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Waverly is 5.4%, which ranks 133rd out of 905 Iowa communities (12th out of 31 mid-large communities).

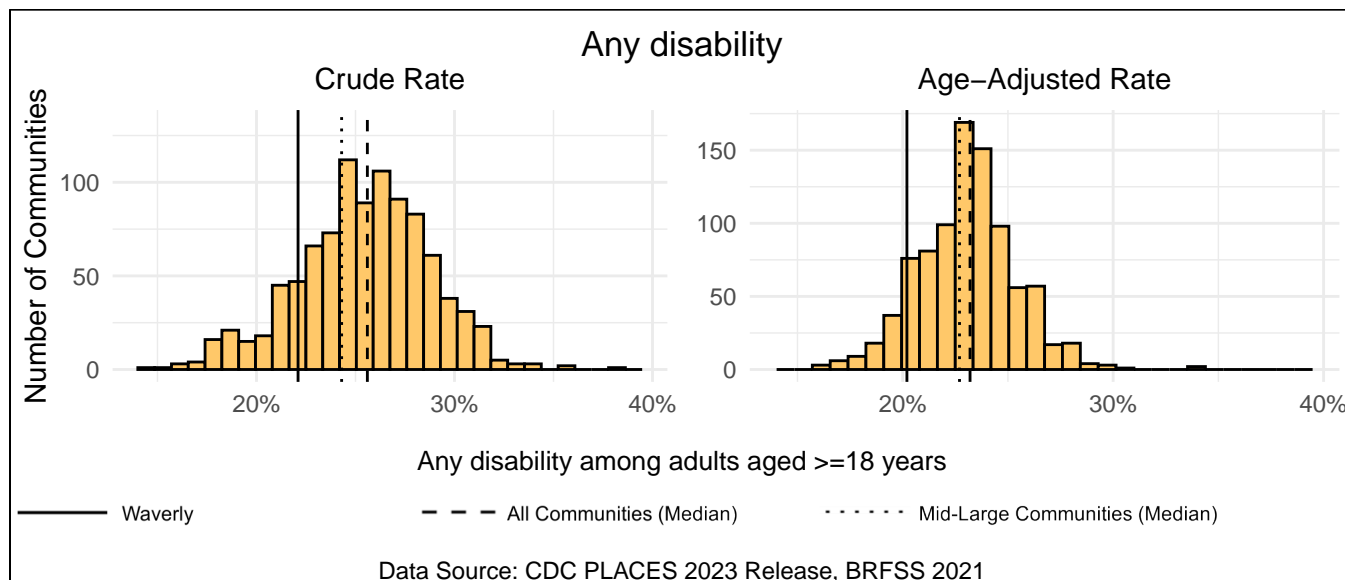
Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	5.9%	6.6%	6.5%
Age-Adjusted	5.4%	6.2%	6.2%



Any disability

Waverly has a crude rate of 22.1% for any disability among adults aged ≥ 18 years, which ranks 141st out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Waverly is 20.2%, which ranks 79th out of 905 Iowa communities (8th out of 31 mid-large communities).

Measure Type	Waverly	All Comm.	Mid-Large Comm.
Crude	22.1%	25.6%	24.3%
Age-Adjusted	20.2%	23.2%	22.7%



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: Waverly 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	705	15.0% (12.9% - 17.3%)	103	14.4% (12.4% - 16.4%)
Health Status	Physical Health	52	8.5% (7.4% - 9.9%)	83	8.5% (7.4% - 9.7%)
Health Status	General Health	62	10.8% (9.2% - 12.4%)	74	10.5% (9.0% - 12.2%)
Health Risk Behaviors	Sleep <7 hours	43	27.1% (26.0% - 28.2%)	79	28.6% (27.3% - 29.7%)
Health Risk Behaviors	Current Smoking	18	12.1% (9.8% - 14.6%)	62	14.2% (11.5% - 17.0%)
Health Risk Behaviors	Physical Inactivity	68	20.7% (16.9% - 24.8%)	67	20.4% (16.8% - 24.3%)
Health Risk Behaviors	Binge Drinking	758	21.2% (17.7% - 25.0%)	520	22.2% (18.6% - 26.1%)
Health Outcomes	Obesity	41	32.4% (26.1% - 39.4%)	131	35.1% (28.3% - 42.2%)
Health Outcomes	Coronary Heart Disease	124	5.0% (4.4% - 5.6%)	78	4.5% (4.0% - 5.1%)
Health Outcomes	Current Asthma	524	9.4% (8.3% - 10.6%)	185	9.2% (8.1% - 10.4%)
Health Outcomes	COPD	61	5.3% (4.6% - 6.2%)	68	5.2% (4.4% - 6.0%)
Health Outcomes	Arthritis	96	22.9% (19.6% - 26.3%)	287	22.6% (19.2% - 26.2%)
Health Outcomes	High Blood Pressure	66	26.2% (22.9% - 29.7%)	144	25.9% (22.3% - 29.6%)
Health Outcomes	Diabetes	68	7.5% (6.4% - 8.7%)	103	7.3% (6.2% - 8.6%)
Health Outcomes	All Teeth Lost	117	10.4% (8.0% - 13.4%)	79	10.0% (7.8% - 12.8%)
Health Outcomes	Chronic Kidney Disease	135	2.7% (2.4% - 2.9%)	142	2.5% (2.2% - 2.7%)
Health Outcomes	Depression	568	18.3% (15.1% - 21.8%)	138	18.2% (14.9% - 21.6%)
Health Outcomes	Stroke	124	2.6% (2.3% - 2.8%)	49	2.3% (2.1% - 2.6%)
Health Outcomes	High Cholesterol	40	30.9% (27.1% - 35.0%)	28	27.9% (23.8% - 32.2%)
Health Outcomes	Cancer (except skin)	177	7.0% (6.3% - 7.8%)	418	6.5% (5.9% - 7.2%)
Prevention	Taking BP Medication	802	76.6% (73.5% - 79.3%)	709	58.2% (53.3% - 63.2%)
Prevention	Health Insurance	87	6.0% (4.8% - 7.7%)	48	6.0% (4.8% - 7.3%)
Prevention	Cholesterol Screening	918	78.3% (74.9% - 81.7%)	102	80.8% (77.7% - 84.0%)
Prevention	Dental Visit	52	73.4% (71.2% - 75.7%)	58	73.0% (70.9% - 75.1%)
Prevention	Colorectal Cancer Screening	4	77.7% (75.9% - 79.5%)	16	76.6% (74.7% - 78.6%)
Prevention	Mammography	42	80.3% (78.2% - 82.4%)	21	78.8% (76.2% - 81.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	710	82.2% (80.3% - 84.0%)	79	85.1% (83.7% - 86.5%)
Prevention	Annual Checkup	788	73.4% (68.4% - 77.9%)	468	72.5% (67.5% - 77.2%)
Prevention	Core preventive services for older men	237	46.3% (41.0% - 52.0%)	185	46.8% (41.5% - 52.6%)
Prevention	Core preventive services for older women	271	41.7% (37.3% - 46.6%)	122	44.3% (39.6% - 49.0%)
Disability	Any Disability	141	22.1% (18.9% - 25.6%)	79	20.2% (17.2% - 23.4%)
Disability	Vision Disability	127	3.3% (2.9% - 3.8%)	135	3.1% (2.7% - 3.4%)
Disability	Independent Living Disability	203	5.9% (5.1% - 6.8%)	133	5.4% (4.7% - 6.2%)
Disability	Self-care Disability	60	2.5% (2.2% - 2.8%)	123	2.5% (2.2% - 2.8%)
Disability	Hearing Disability	160	6.1% (5.4% - 6.7%)	79	5.4% (4.8% - 6.0%)
Disability	Cognitive Disability	376	10.9% (9.2% - 12.7%)	96	10.1% (8.7% - 11.7%)
Disability	Mobility Disability	96	8.8% (7.5% - 10.2%)	104	8.2% (7.0% - 9.5%)

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

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

Waverly 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		