



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 West Branch: Overview

Dear Community Members & Stakeholders of West Branch,

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 West Branch ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify West Branch’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 West Branch. 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
Vision Disability	82nd	17th	Chronic Kidney Disease	36th	9th
Self-care Disability	86th	18th	Stroke	49th	14th
Physical Health	88th	20th	Coronary Heart Disease	52nd	16th
All Teeth Lost	90th	18th	All Teeth Lost	66th	16th
General Health	94th	19th	Vision Disability	70th	16th

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
Core preventive services for older men	869th	88th	Core preventive services for older men	783rd	90th
Binge Drinking	814th	85th	Binge Drinking	736th	83rd
Annual Checkup	799th	83rd	Taking BP Medication	660th	78th
Taking BP Medication	765th	70th	Annual Checkup	597th	75th
Obesity	586th	65th	Obesity	530th	51st

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 West Branch.

Sincerely,



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



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

With a population of 2,503, West Branch’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.



Health Status

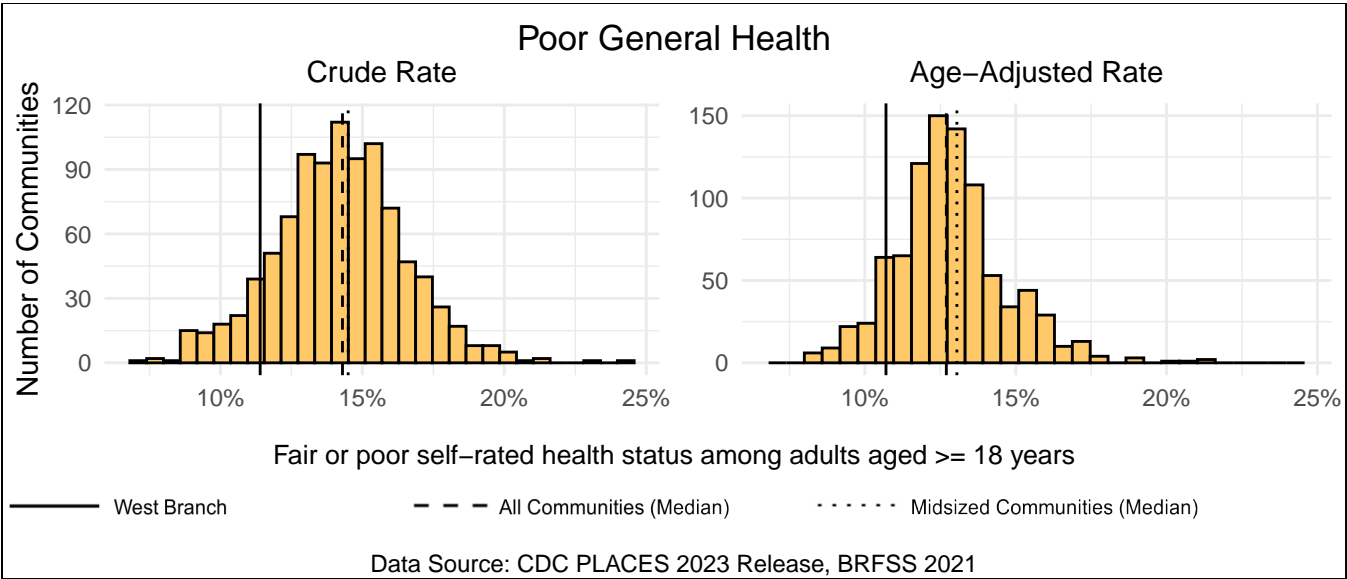
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

West Branch has a crude rate of 11.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 94th out of 958 Iowa communities (19th out of 102 midsize communities). The age-adjusted rate for West Branch is 10.7%, which ranks 95th out of 905 Iowa communities (18th out of 102 midsize communities).

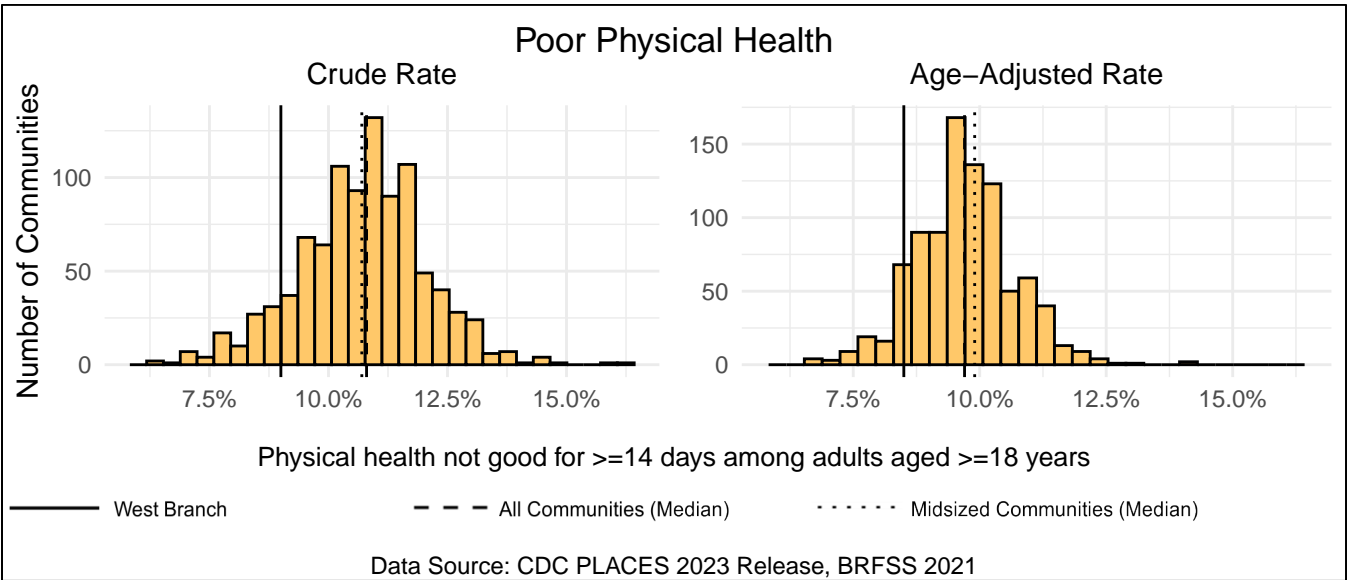
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	11.4%	14.3%	14.5%
Age-Adjusted	10.7%	12.7%	13.0%



Poor Physical Health

West Branch has a crude rate of 9.0% for physical health not good for >=14 days among adults aged >=18 years, which ranks 88th out of 958 Iowa communities (20th out of 102 midsize communities). The age-adjusted rate for West Branch is 8.5%, which ranks 83rd out of 905 Iowa communities (20th out of 102 midsize communities).

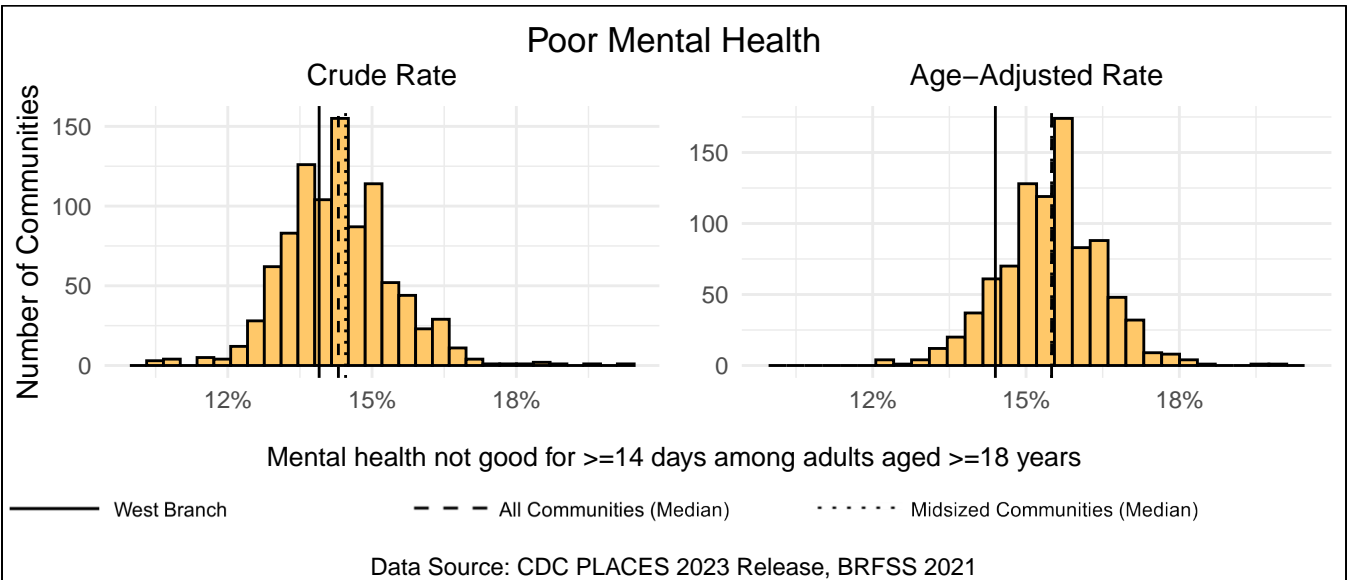
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	9.0%	10.8%	10.7%
Age-Adjusted	8.5%	9.7%	9.9%



Poor Mental Health

West Branch has a crude rate of 13.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 328th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for West Branch is 14.4%, which ranks 103rd out of 905 Iowa communities (20th out of 102 midsize communities).

Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	13.9%	14.3%	14.4%
Age-Adjusted	14.4%	15.5%	15.5%



Health Risk Behaviors

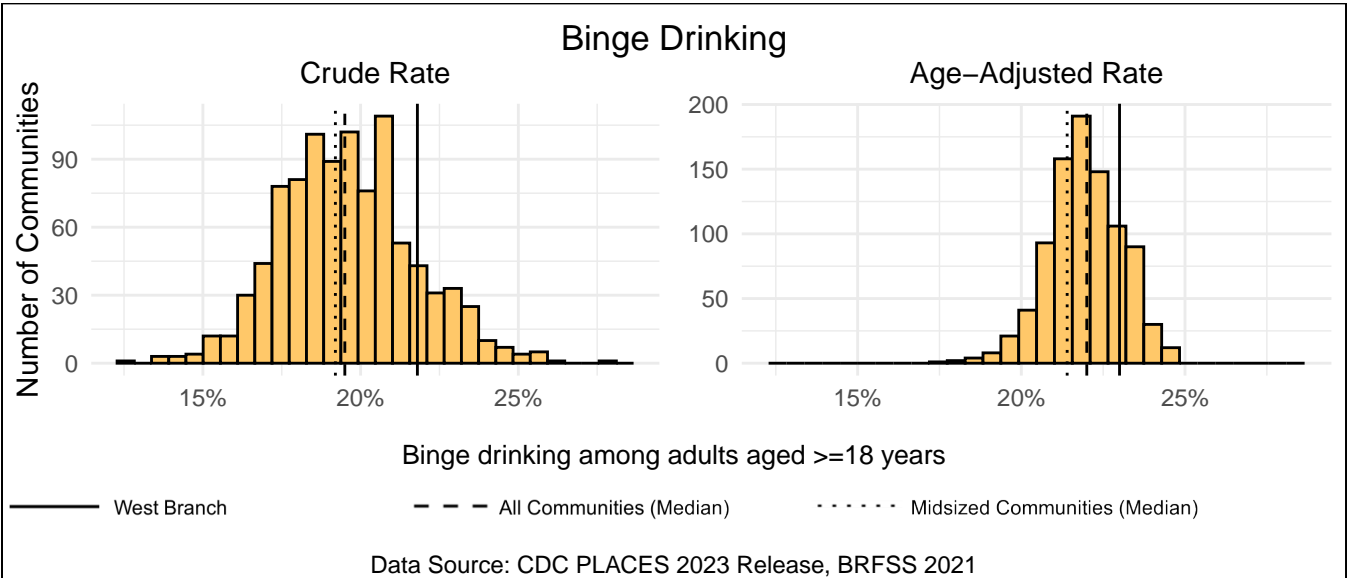
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

West Branch has a crude rate of 21.8% for binge drinking among adults aged ≥ 18 years, which ranks 814th out of 958 Iowa communities (85th out of 102 midsize communities). The age-adjusted rate for West Branch is 23.0%, which ranks 736th out of 905 Iowa communities (83rd out of 102 midsize communities).

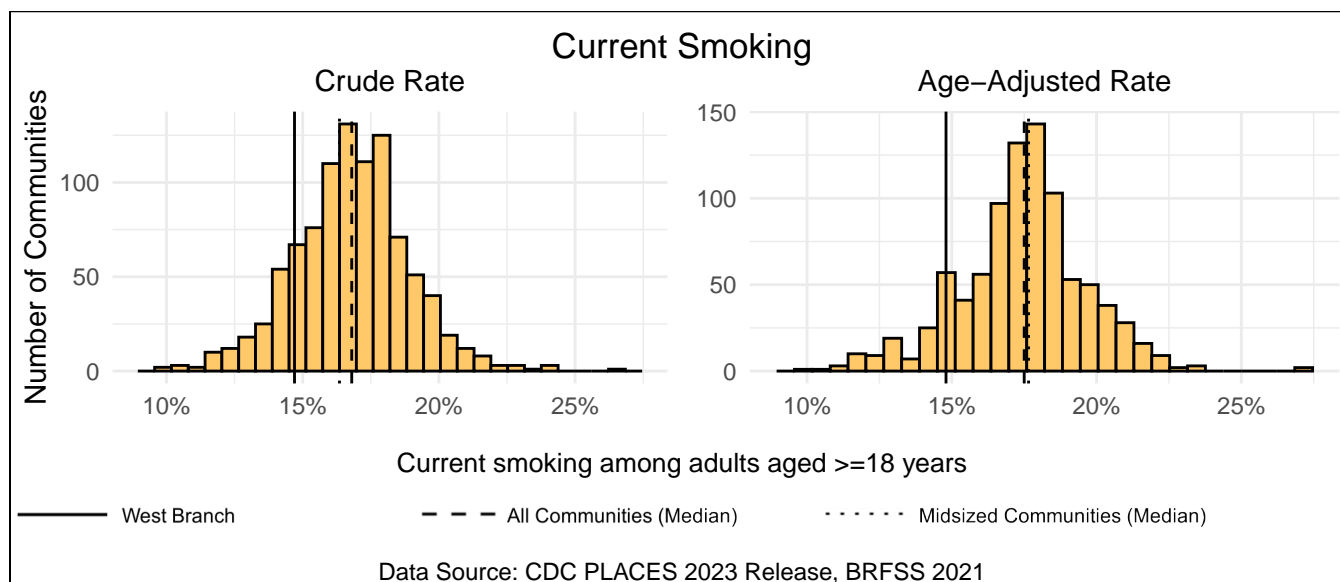
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	21.8%	19.5%	19.2%
Age-Adjusted	23.0%	22.0%	21.4%



Current Smoking

West Branch has a crude rate of 14.7% for current smoking among adults aged ≥ 18 years, which ranks 141st out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for West Branch is 14.8%, which ranks 97th out of 905 Iowa communities (20th out of 102 mid-sized communities).

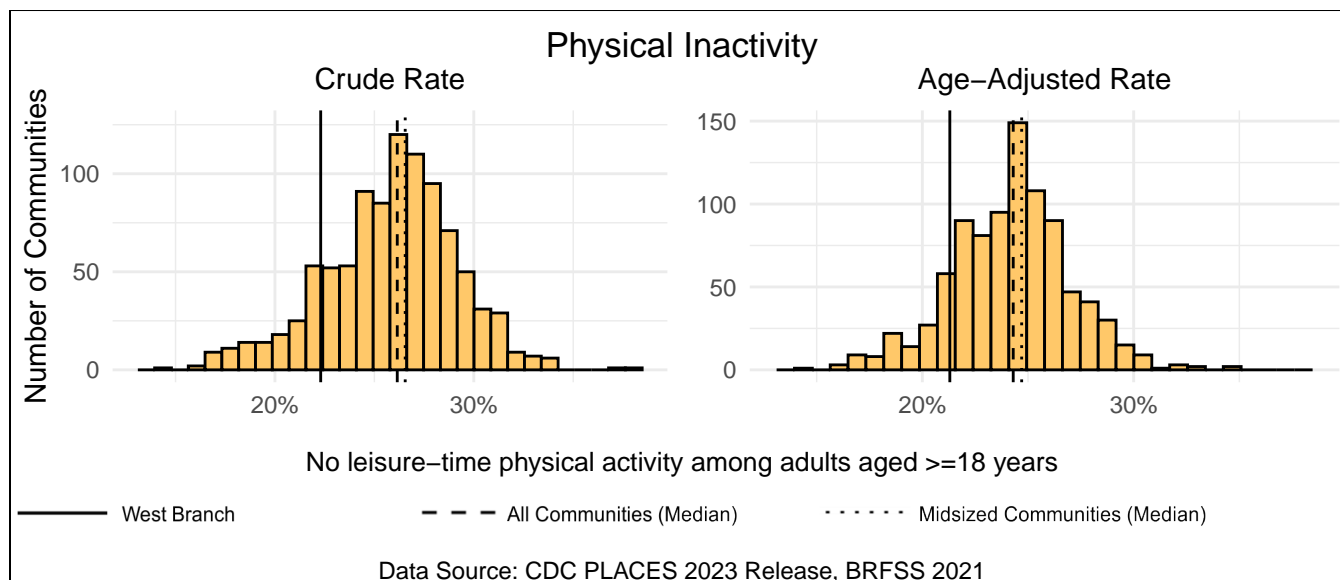
Measure Type	West Branch	All Comm.	Mid-sized Comm.
Crude	14.7%	16.8%	16.4%
Age-Adjusted	14.8%	17.5%	17.6%



Physical Inactivity

West Branch has a crude rate of 22.3% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 131st out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for West Branch is 21.3%, which ranks 122nd out of 905 Iowa communities (25th out of 102 mid-sized communities).

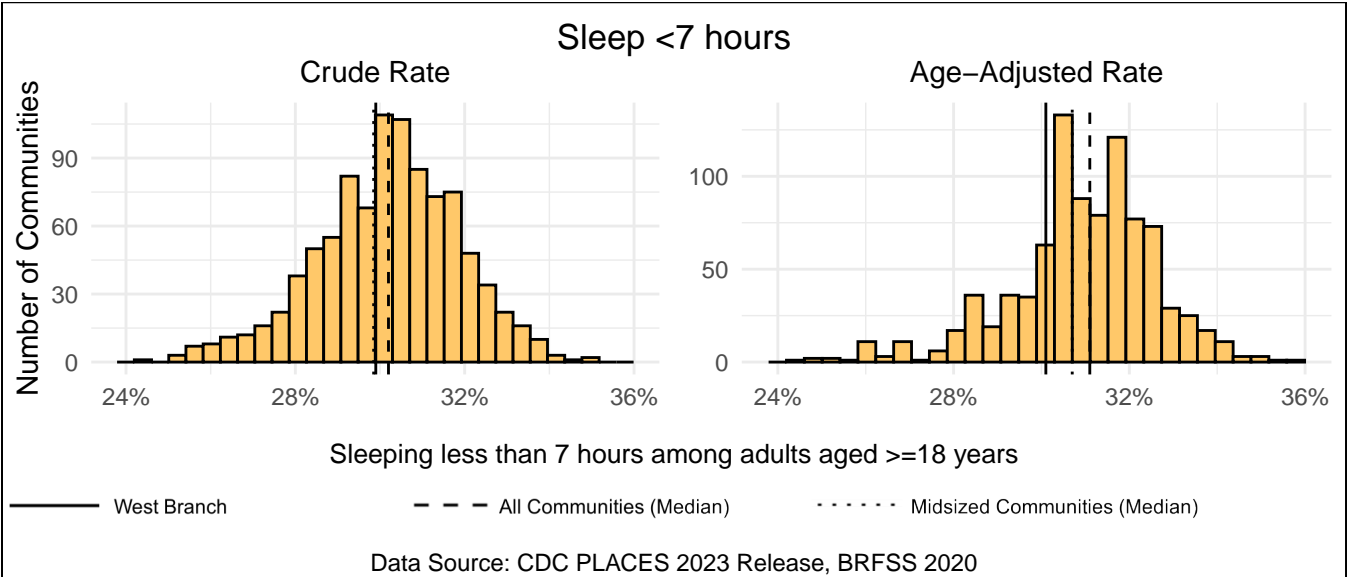
Measure Type	West Branch	All Comm.	Mid-sized Comm.
Crude	22.3%	26.1%	26.6%
Age-Adjusted	21.3%	24.3%	24.7%



Sleep <7 hours

West Branch has a crude rate of 29.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 374th out of 958 Iowa communities (52nd out of 102 midsized communities). The age-adjusted rate for West Branch is 30.1%, which ranks 207th out of 905 Iowa communities (36th out of 102 midsized communities).

Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	29.9%	30.2%	29.8%
Age-Adjusted	30.1%	31.1%	30.7%



Health Outcomes

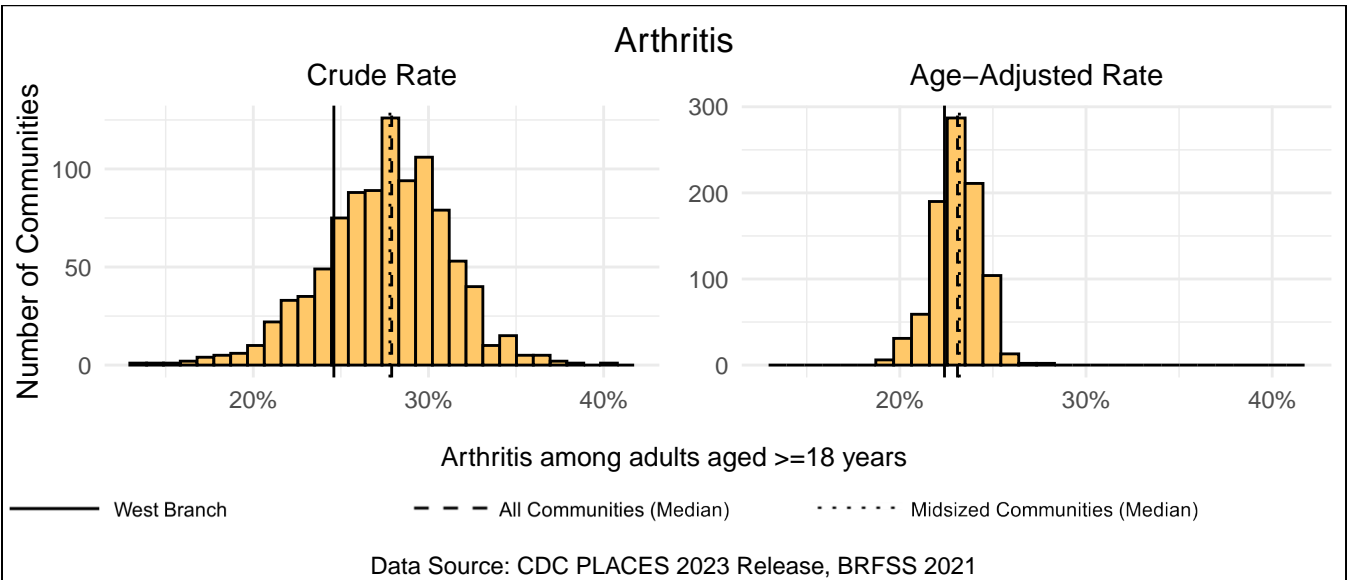
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

West Branch has a crude rate of 24.6% for arthritis among adults aged ≥ 18 years, which ranks 176th out of 958 Iowa communities (26th out of 102 midsize communities). The age-adjusted rate for West Branch is 22.4%, which ranks 230th out of 905 Iowa communities (31st out of 102 midsize communities).

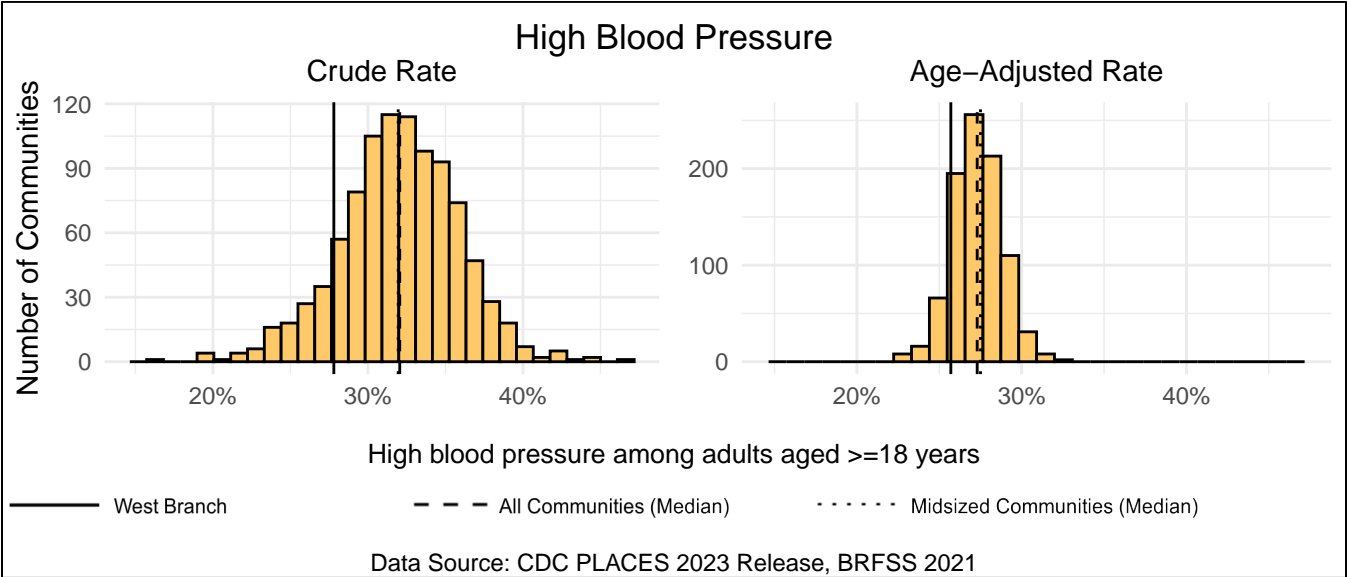
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	24.6%	27.9%	27.8%
Age-Adjusted	22.4%	23.1%	23.2%



High Blood Pressure

West Branch has a crude rate of 27.8% for high blood pressure among adults aged ≥ 18 years, which ranks 116th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for West Branch is 25.7%, which ranks 111th out of 905 Iowa communities (18th out of 102 midsize communities).

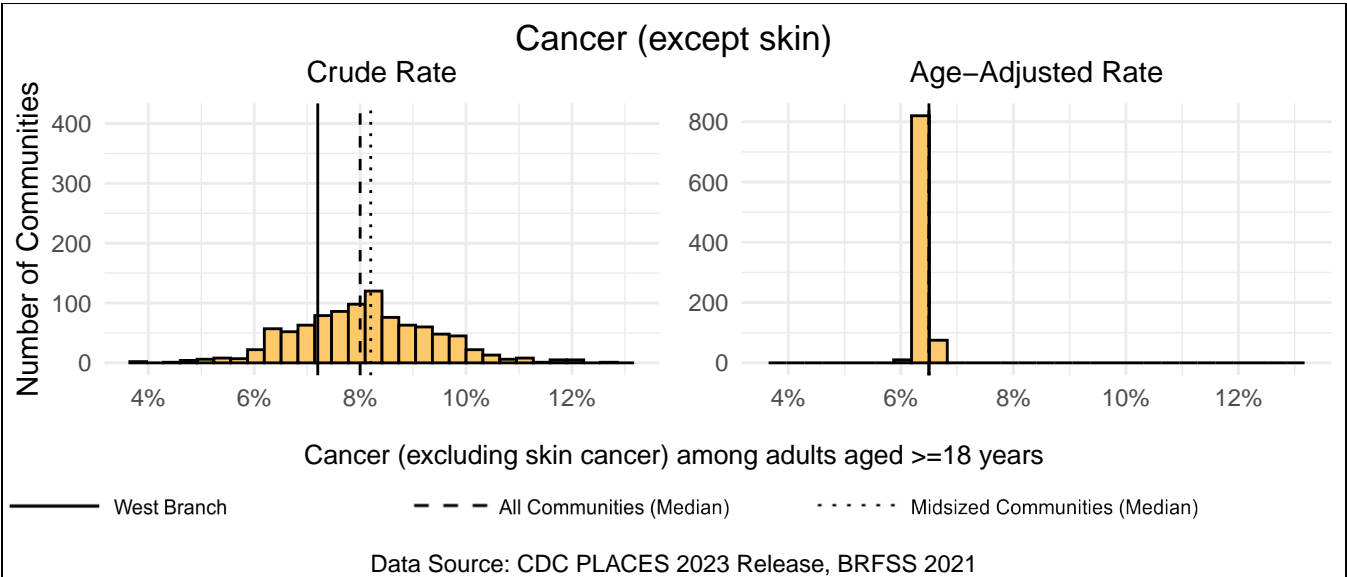
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	27.8%	32.0%	32.0%
Age-Adjusted	25.7%	27.3%	27.5%



Cancer (except skin)

West Branch has a crude rate of 7.2% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 223rd out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for West Branch is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsize communities).

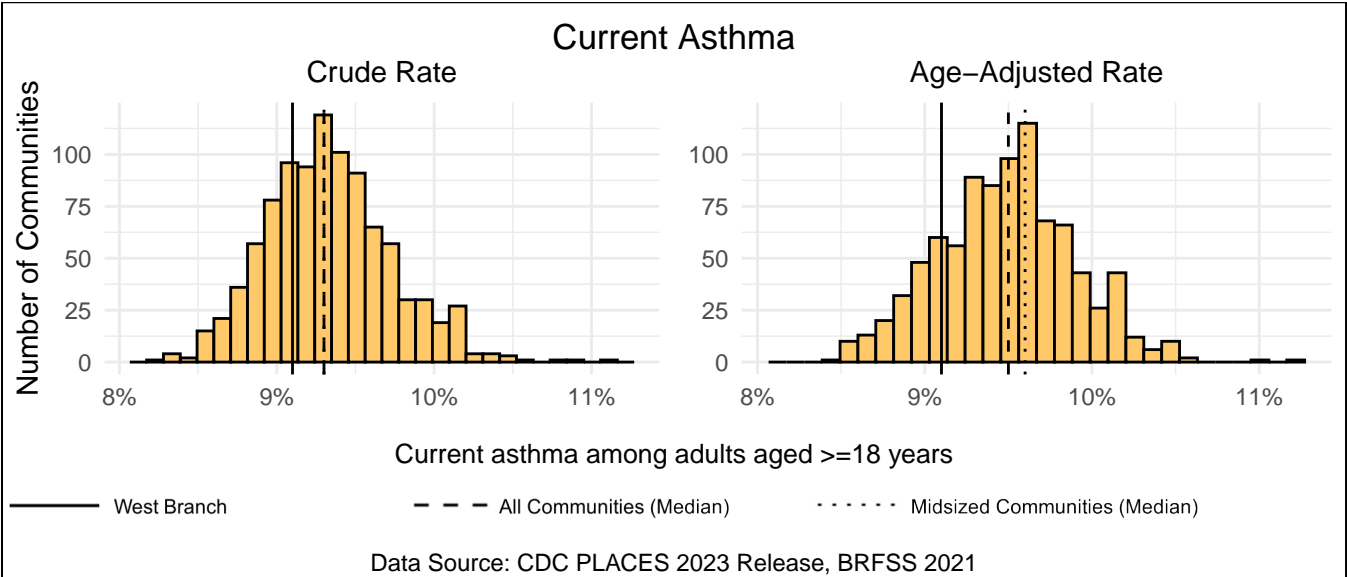
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	7.2%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

West Branch has a crude rate of 9.1% for current asthma among adults aged ≥ 18 years, which ranks 215th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for West Branch is 9.1%, which ranks 125th out of 905 Iowa communities (15th out of 102 midsize communities).

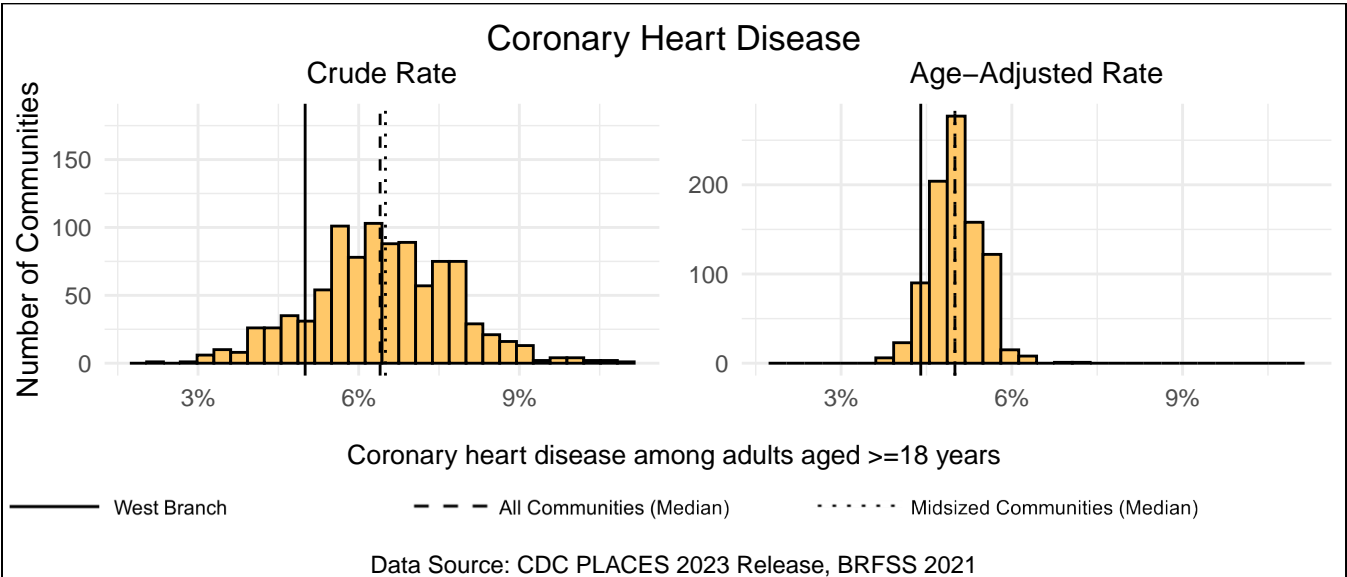
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.1%	9.5%	9.6%



Coronary Heart Disease

West Branch has a crude rate of 5.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 124th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for West Branch is 4.4%, which ranks 52nd out of 905 Iowa communities (16th out of 102 midsize communities).

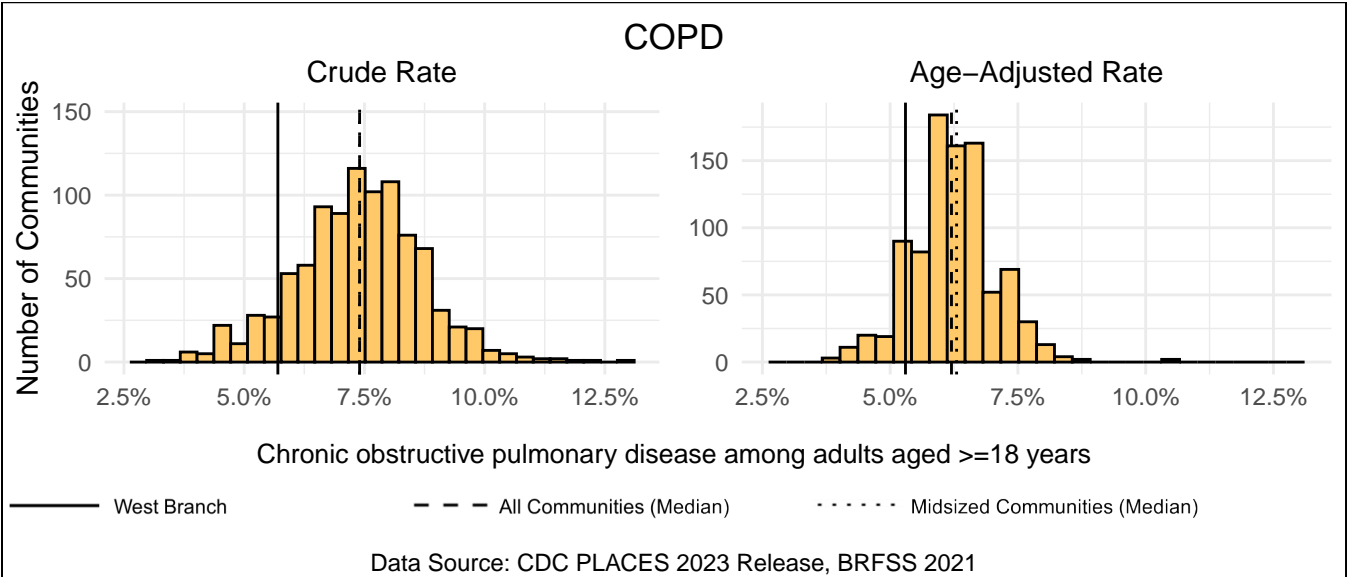
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	5.0%	6.4%	6.5%
Age-Adjusted	4.4%	5.0%	5.0%



COPD

West Branch has a crude rate of 5.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 94th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for West Branch is 5.3%, which ranks 93rd out of 905 Iowa communities (18th out of 102 midsize communities).

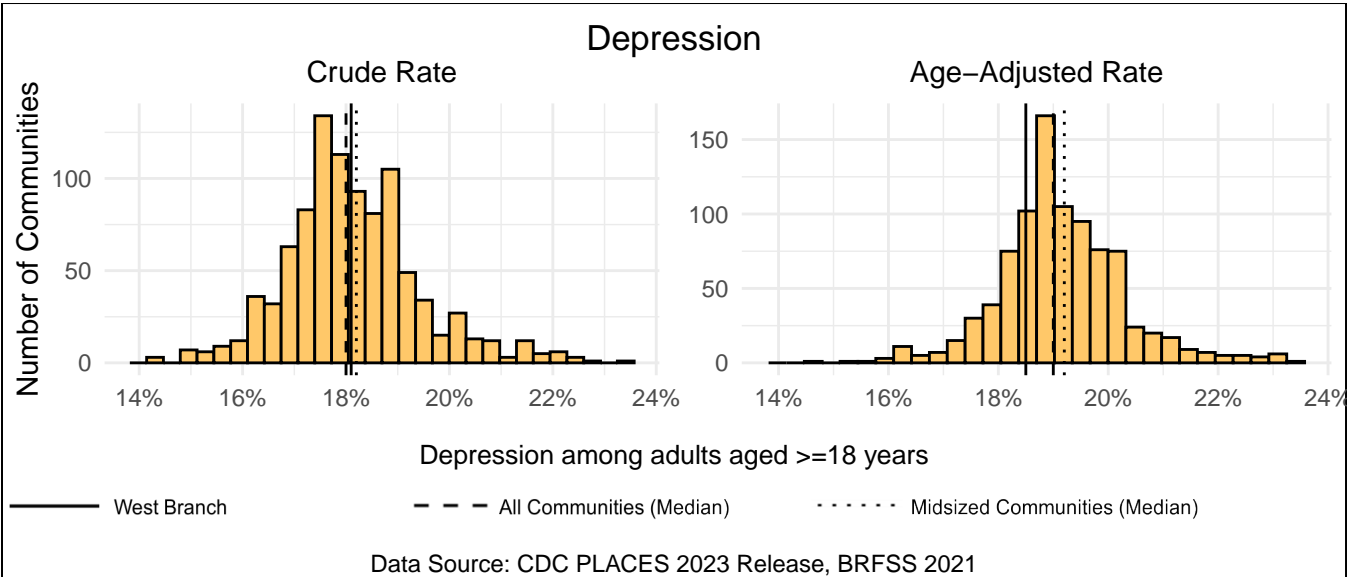
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	5.7%	7.4%	7.4%
Age-Adjusted	5.3%	6.2%	6.3%



Depression

West Branch has a crude rate of 18.1% for depression among adults aged ≥ 18 years, which ranks 499th out of 958 Iowa communities (44th out of 102 midsize communities). The age-adjusted rate for West Branch is 18.5%, which ranks 218th out of 905 Iowa communities (20th out of 102 midsize communities).

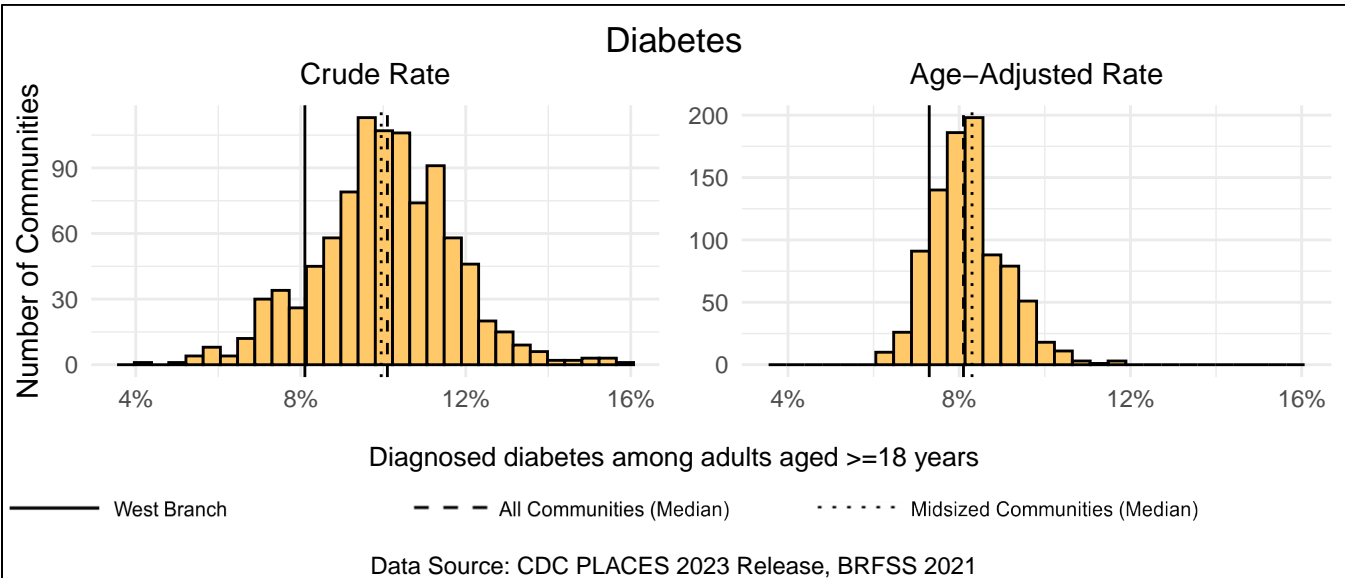
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	18.1%	18.0%	18.2%
Age-Adjusted	18.5%	19.0%	19.2%



Diabetes

West Branch has a crude rate of 8.1% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 113th out of 958 Iowa communities (20th out of 102 midsize communities). The age-adjusted rate for West Branch is 7.3%, which ranks 103rd out of 905 Iowa communities (18th out of 102 midsize communities).

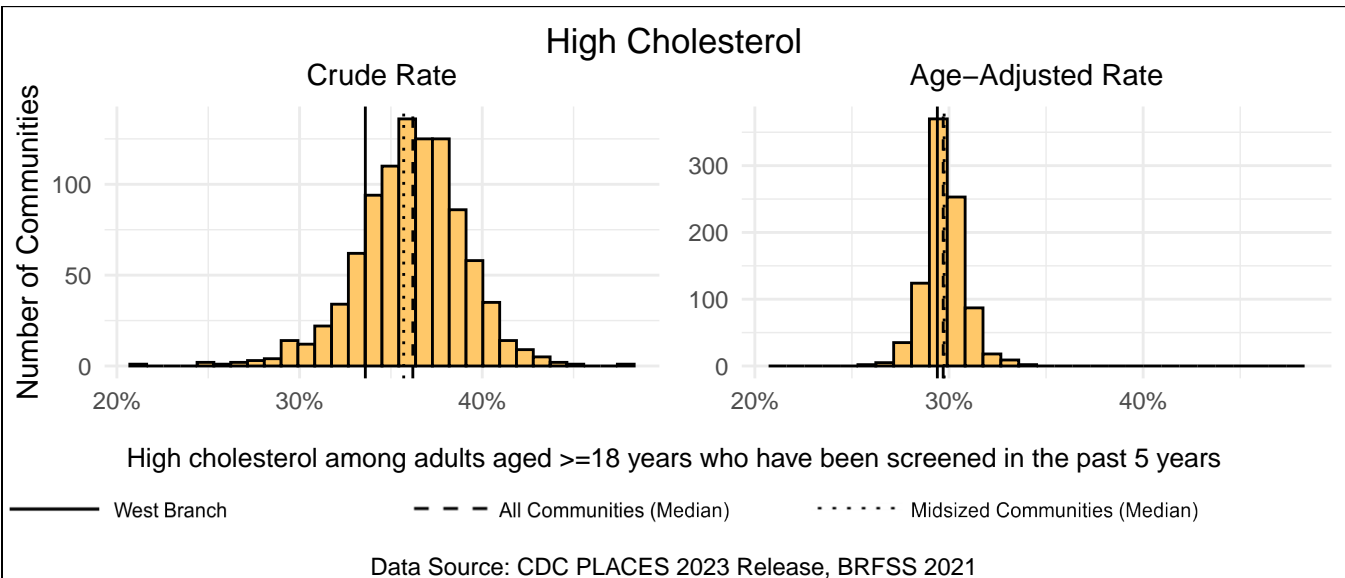
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	8.1%	10.1%	9.9%
Age-Adjusted	7.3%	8.1%	8.3%



High Cholesterol

West Branch has a crude rate of 33.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 158th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for West Branch is 29.4%, which ranks 301st out of 905 Iowa communities (32nd out of 102 midsize communities).

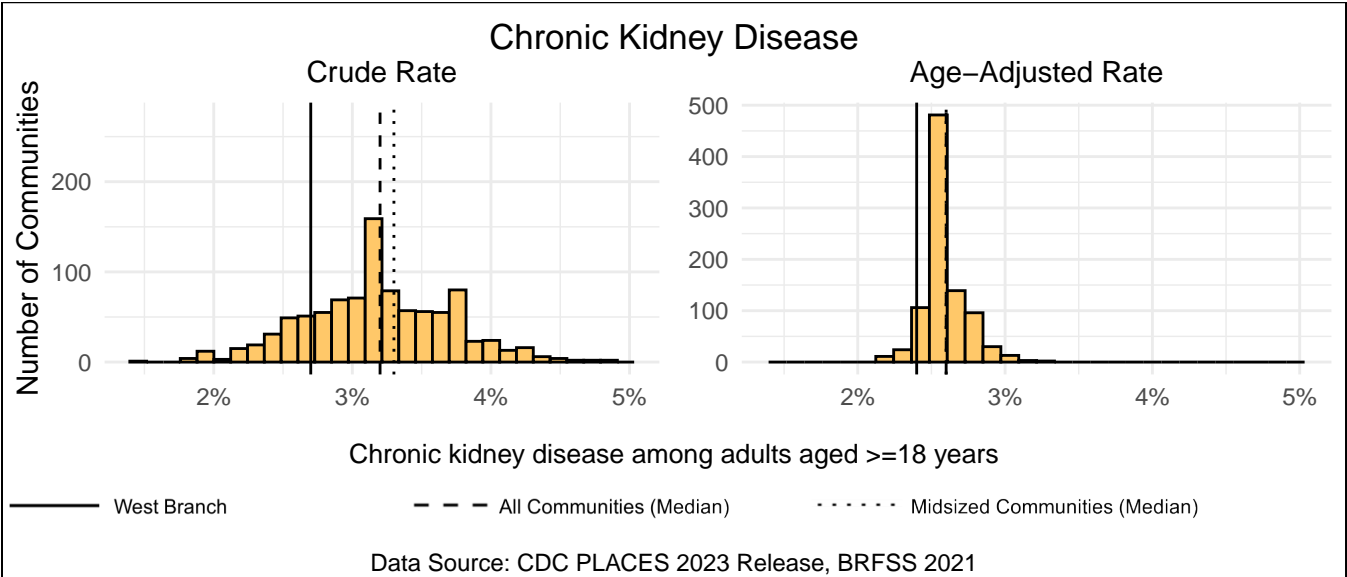
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	33.6%	36.2%	35.7%
Age-Adjusted	29.4%	29.7%	29.8%



Chronic Kidney Disease

West Branch has a crude rate of 2.7% for chronic kidney disease among adults aged ≥ 18 years, which ranks 135th out of 958 Iowa communities (21st out of 102 mid-sized communities). The age-adjusted rate for West Branch is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 mid-sized communities).

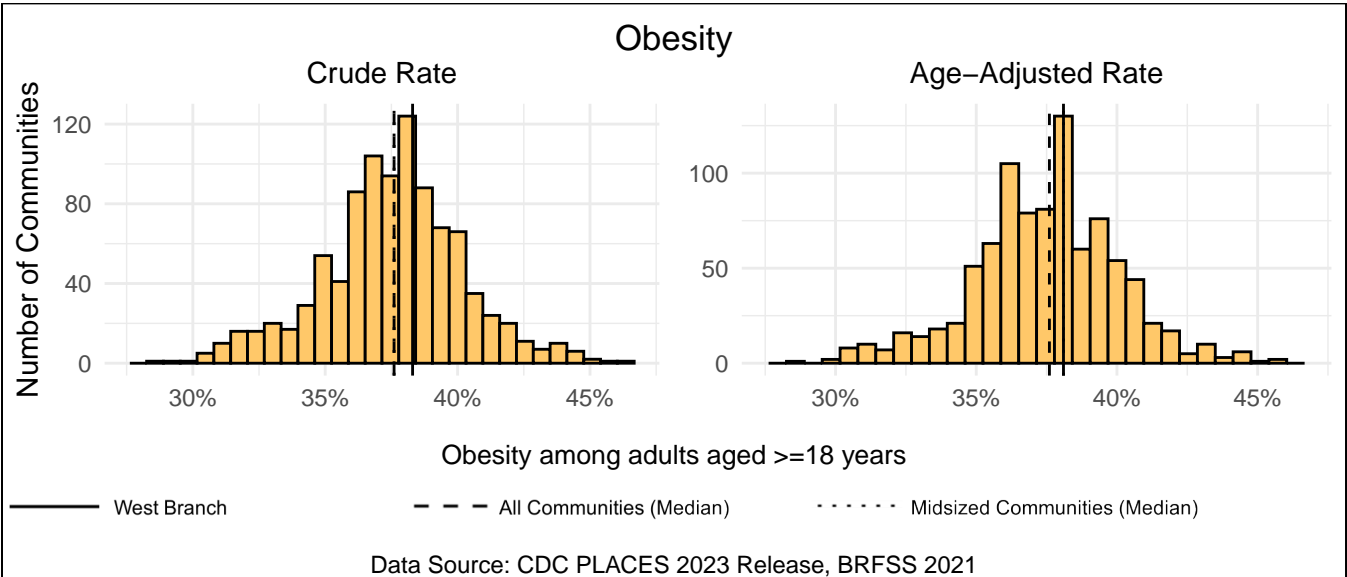
Measure Type	West Branch	All Comm.	Mid-sized Comm.
Crude	2.7%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

West Branch has a crude rate of 38.3% for obesity among adults aged ≥ 18 years, which ranks 586th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for West Branch is 38.1%, which ranks 530th out of 905 Iowa communities (51st out of 102 mid-sized communities).

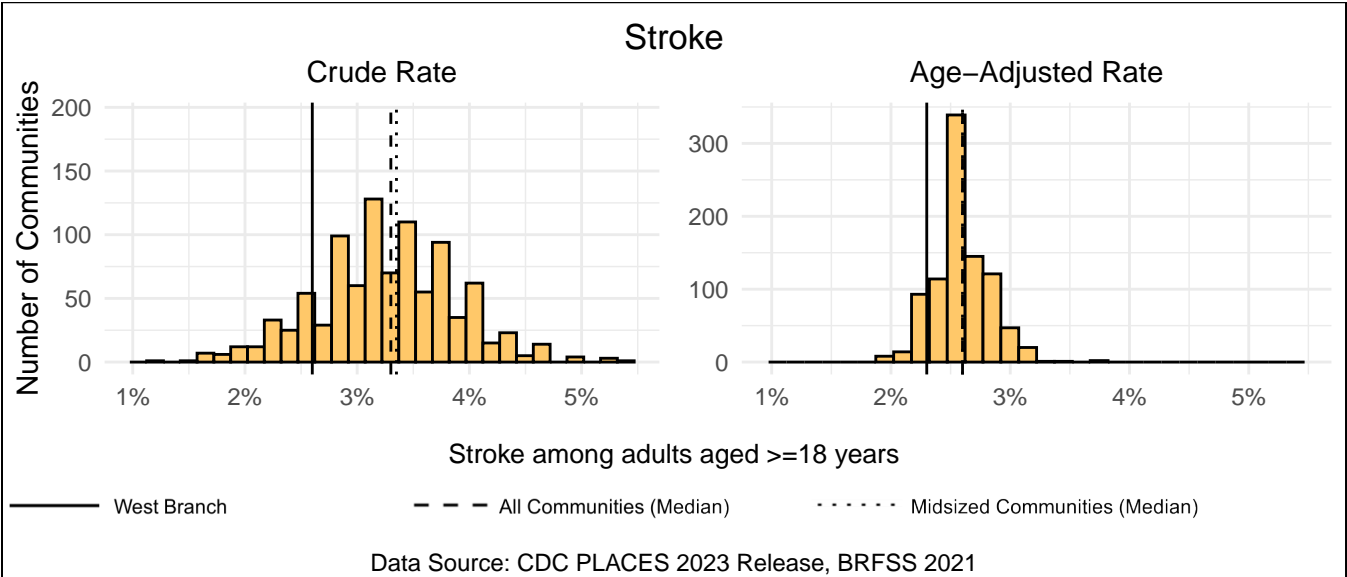
Measure Type	West Branch	All Comm.	Mid-sized Comm.
Crude	38.3%	37.6%	37.6%
Age-Adjusted	38.1%	37.6%	38.1%



Stroke

West Branch has a crude rate of 2.6% for stroke among adults aged ≥ 18 years, which ranks 124th out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for West Branch is 2.3%, which ranks 49th out of 905 Iowa communities (14th out of 102 mid-sized communities).

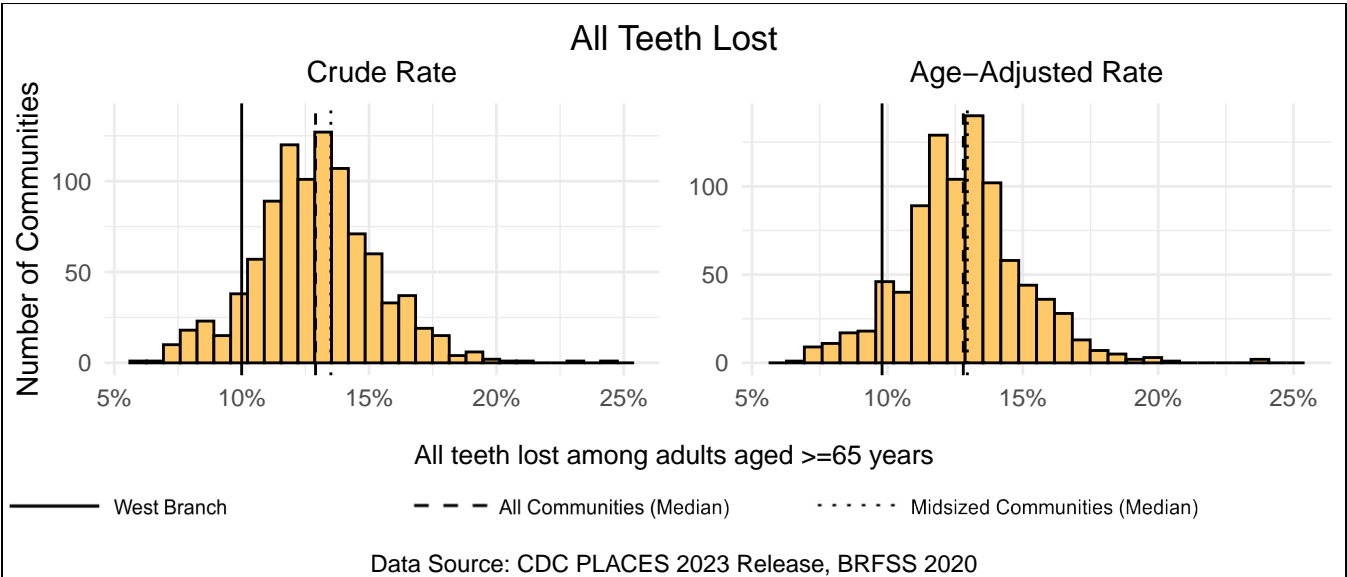
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	2.6%	3.3%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



All Teeth Lost

West Branch has a crude rate of 10.0% for all teeth lost among adults aged ≥ 65 years, which ranks 90th out of 958 Iowa communities (18th out of 102 mid-sized communities). The age-adjusted rate for West Branch is 9.8%, which ranks 66th out of 905 Iowa communities (16th out of 102 mid-sized communities).

Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	10.0%	12.9%	13.5%
Age-Adjusted	9.8%	12.8%	12.9%



Prevention

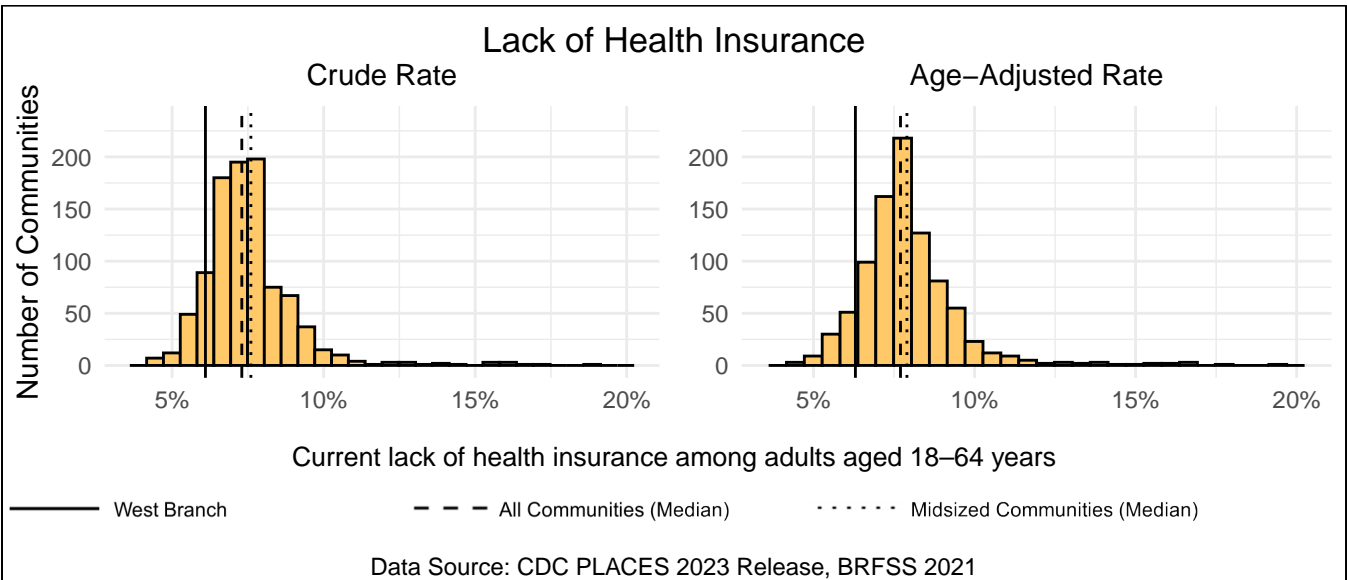
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

West Branch has a crude rate of 6.1% for current lack of health insurance among adults aged 18–64 years, which ranks 103rd out of 958 Iowa communities (19th out of 102 midsize communities). The age-adjusted rate for West Branch is 6.3%, which ranks 71st out of 905 Iowa communities (17th out of 102 midsize communities).

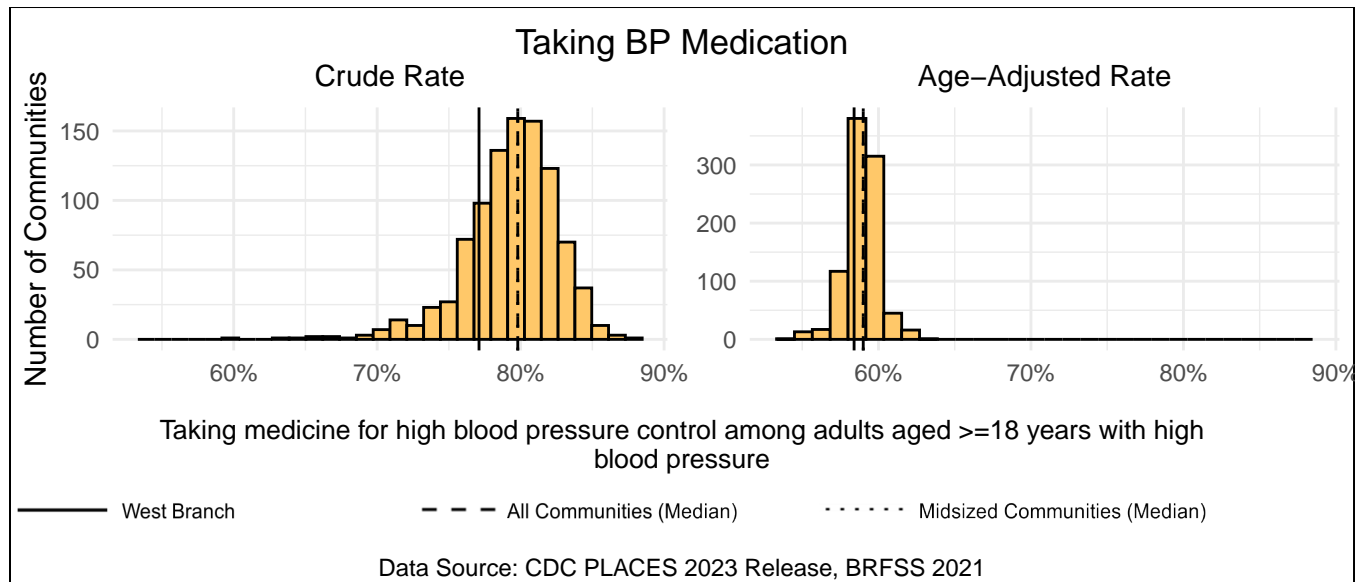
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	6.1%	7.3%	7.6%
Age-Adjusted	6.3%	7.7%	7.9%



Taking BP Medication

West Branch has a crude rate of 77.1% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 765th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for West Branch is 58.4%, which ranks 660th out of 905 Iowa communities (78th out of 102 mid-sized communities).

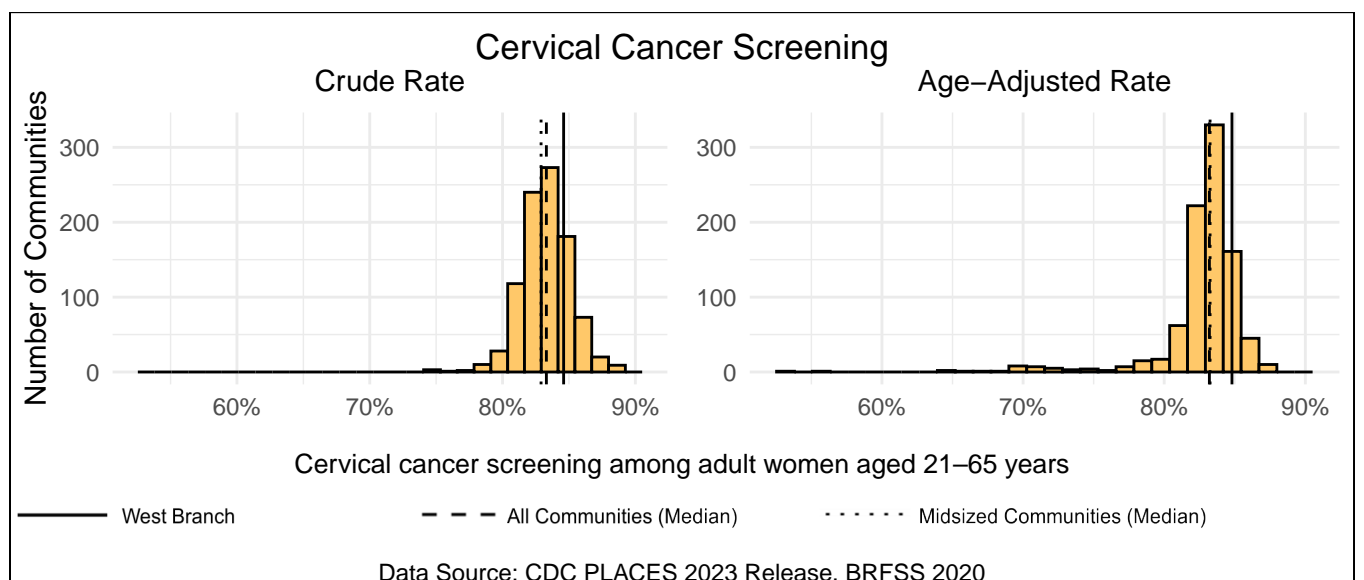
Measure Type	West Branch	All Comm.	Mid-sized Comm.
Crude	77.1%	79.8%	79.8%
Age-Adjusted	58.4%	59.0%	59.0%



Cervical Cancer Screening

West Branch has a crude rate of 84.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 196th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for West Branch is 84.8%, which ranks 112th out of 905 Iowa communities (23rd out of 102 mid-sized communities).

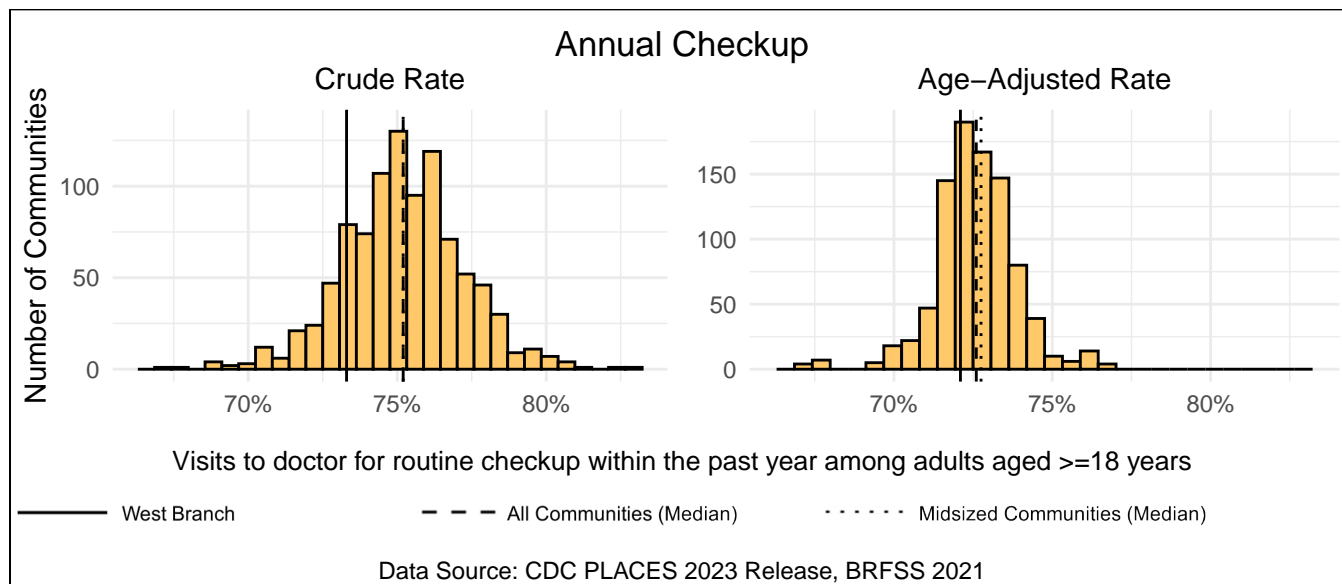
Measure Type	West Branch	All Comm.	Mid-sized Comm.
Crude	84.6%	83.3%	82.9%
Age-Adjusted	84.8%	83.2%	83.2%



Annual Checkup

West Branch has a crude rate of 73.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 799th out of 958 Iowa communities (83rd out of 102 midsize communities). The age-adjusted rate for West Branch is 72.1%, which ranks 597th out of 905 Iowa communities (75th out of 102 midsize communities).

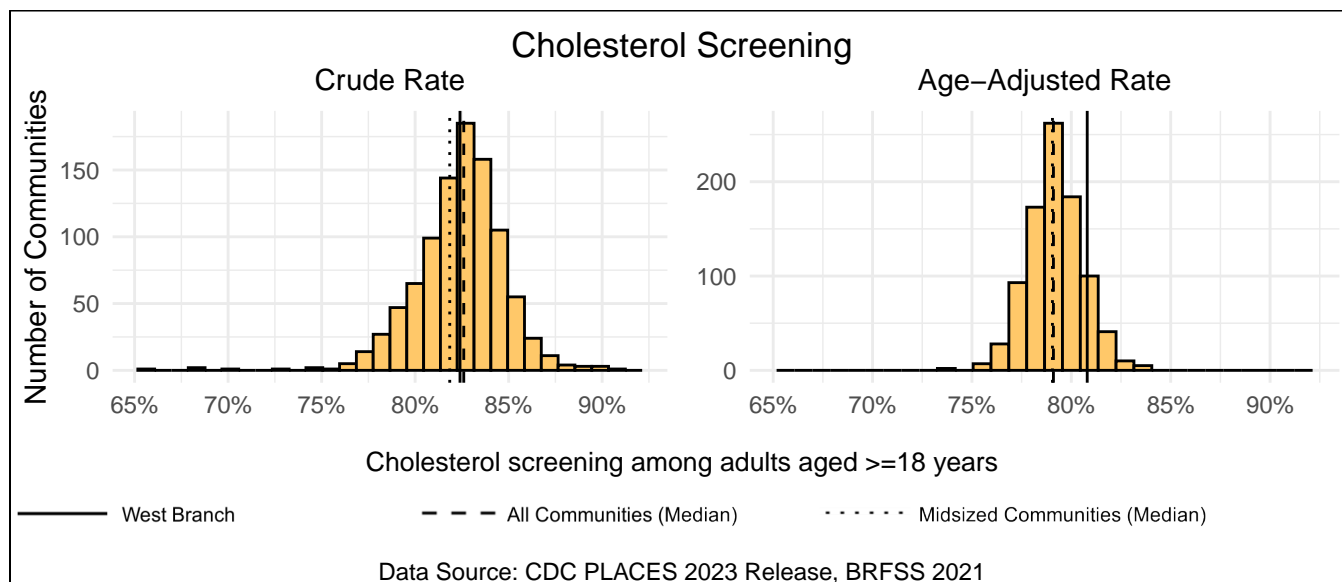
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	73.3%	75.2%	75.2%
Age-Adjusted	72.1%	72.6%	72.8%



Cholesterol Screening

West Branch has a crude rate of 82.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 520th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for West Branch is 80.8%, which ranks 102nd out of 905 Iowa communities (22nd out of 102 midsize communities).

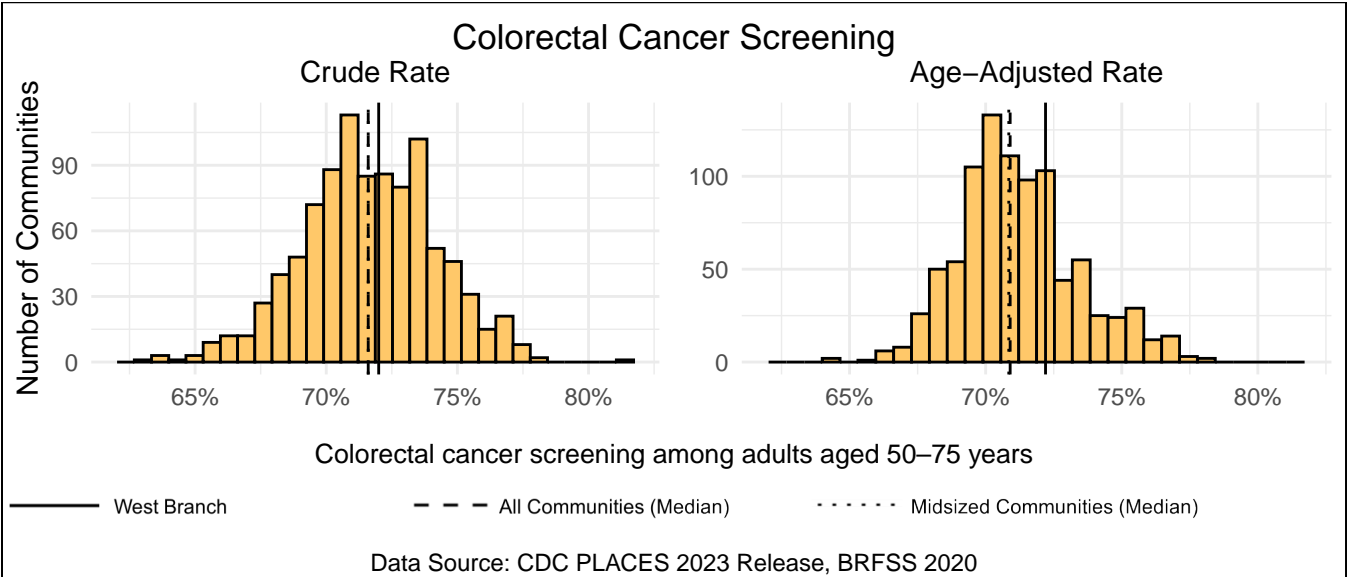
Measure Type	West Branch	All Comm.	Midsize Comm.
Crude	82.4%	82.6%	81.8%
Age-Adjusted	80.8%	79.1%	79.0%



Colorectal Cancer Screening

West Branch has a crude rate of 72.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 411th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for West Branch is 72.2%, which ranks 250th out of 905 Iowa communities (39th out of 102 mid-sized communities).

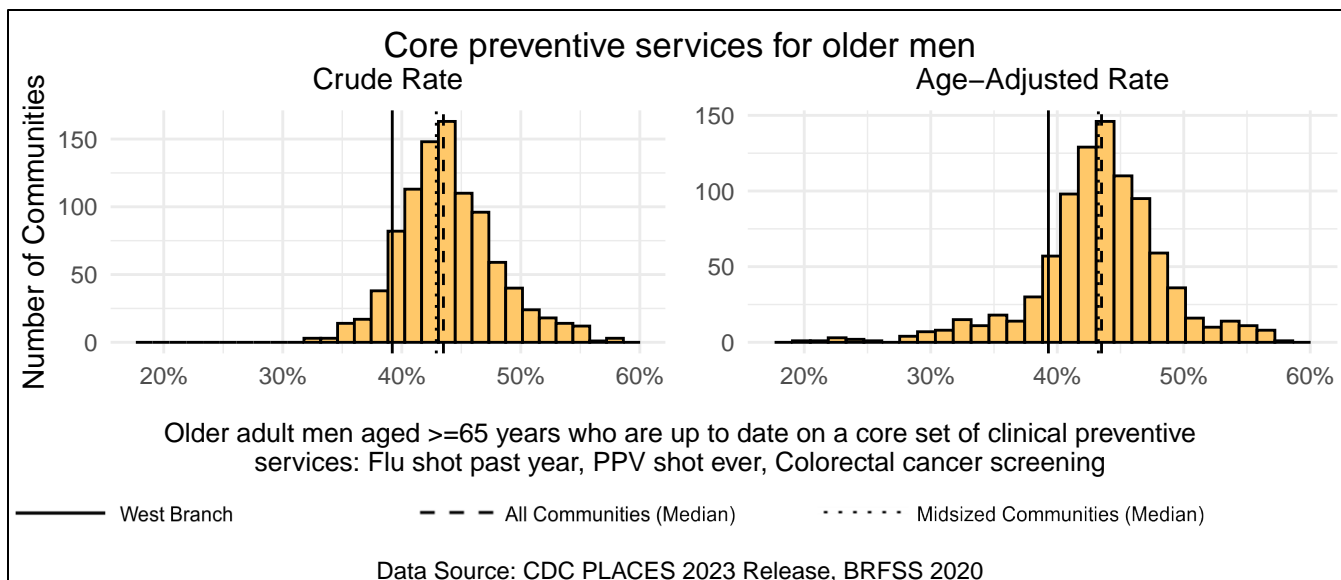
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	72.0%	71.6%	71.6%
Age-Adjusted	72.2%	70.9%	70.8%



Core preventive services for older men

West Branch has a crude rate of 39.2% 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 869th out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for West Branch is 39.3%, which ranks 783rd out of 905 Iowa communities (90th out of 102 mid-sized communities).

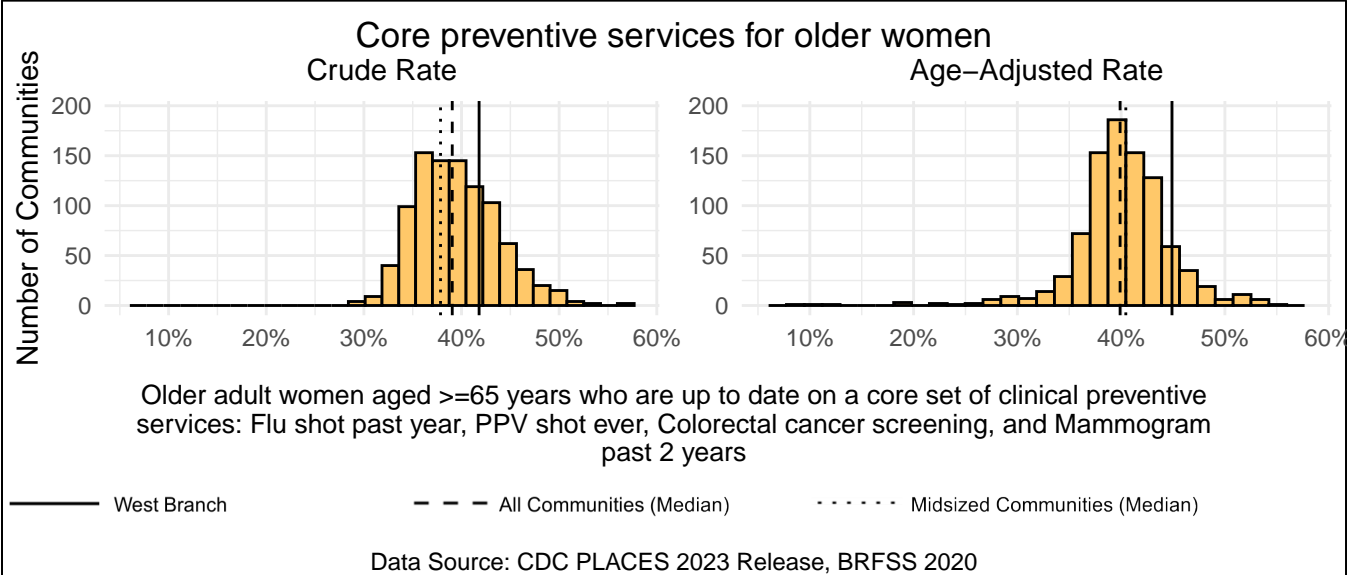
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	39.2%	43.5%	42.9%
Age-Adjusted	39.3%	43.5%	43.2%



Core preventive services for older women

West Branch has a crude rate of 41.8% 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 264th out of 958 Iowa communities (22nd out of 102 midsized communities). The age-adjusted rate for West Branch is 44.9%, which ranks 105th out of 905 Iowa communities (21st out of 102 midsized communities).

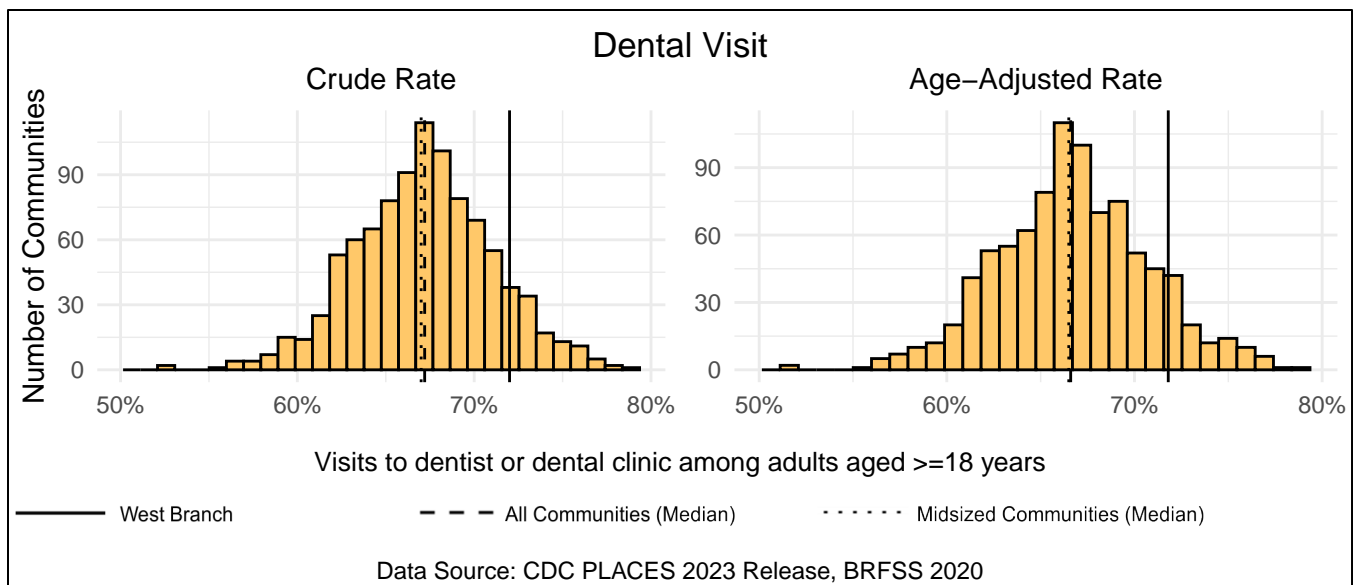
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	41.8%	39.0%	37.8%
Age-Adjusted	44.9%	39.9%	40.4%



Dental Visit

West Branch has a crude rate of 72.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 102nd out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for West Branch is 71.8%, which ranks 92nd out of 905 Iowa communities (21st out of 102 midsized communities).

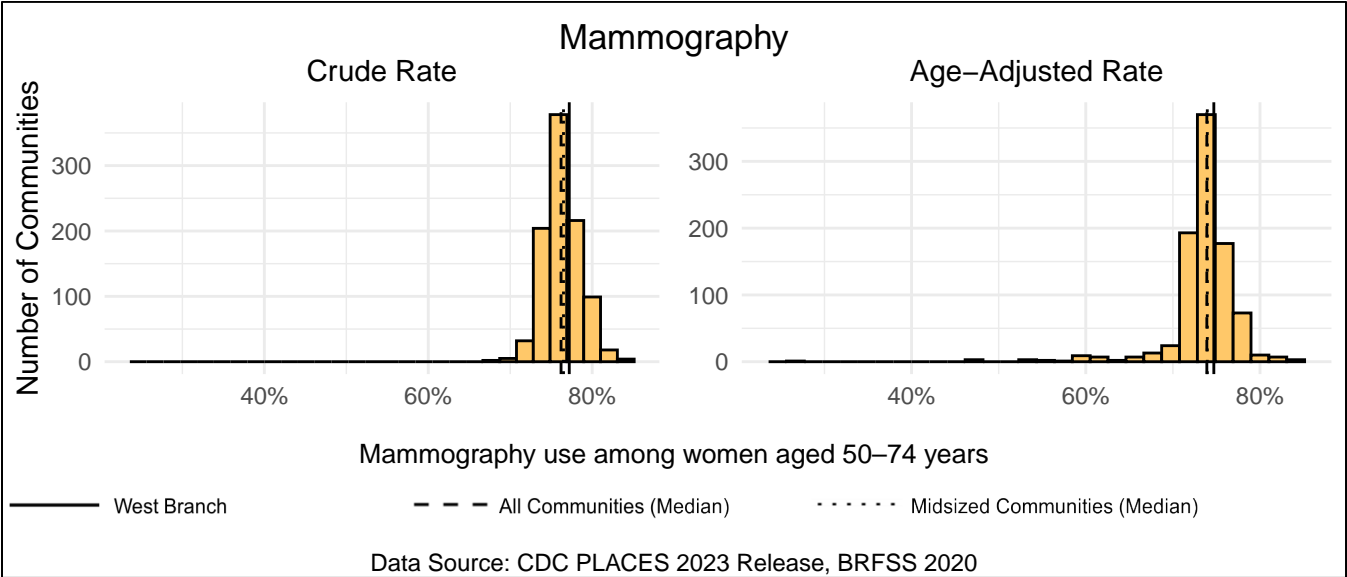
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	72.0%	67.2%	67.0%
Age-Adjusted	71.8%	66.6%	66.5%



Mammography

West Branch has a crude rate of 77.2% for mammography use among women aged 50–74 years, which ranks 294th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for West Branch is 74.7%, which ranks 285th out of 905 Iowa communities (42nd out of 102 midsized communities).

Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	77.2%	76.2%	76.5%
Age-Adjusted	74.7%	73.9%	74.0%



Disability

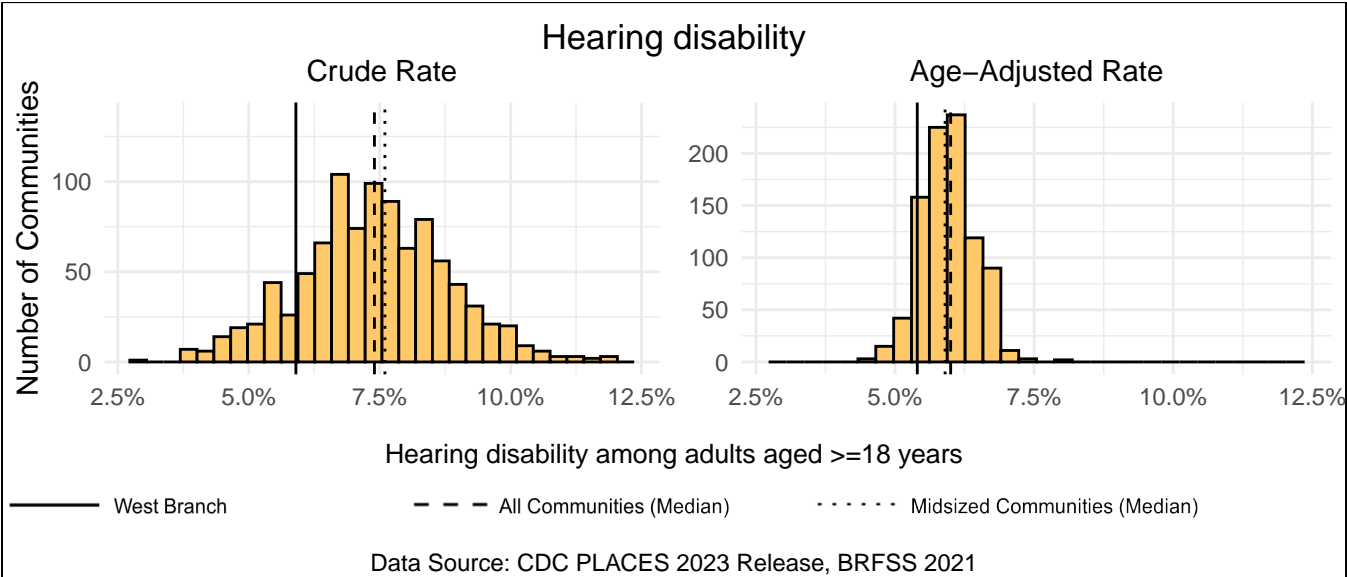
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

West Branch has a crude rate of 5.9% for hearing disability among adults aged ≥ 18 years, which ranks 134th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for West Branch is 5.4%, which ranks 79th out of 905 Iowa communities (22nd out of 102 midsize communities).

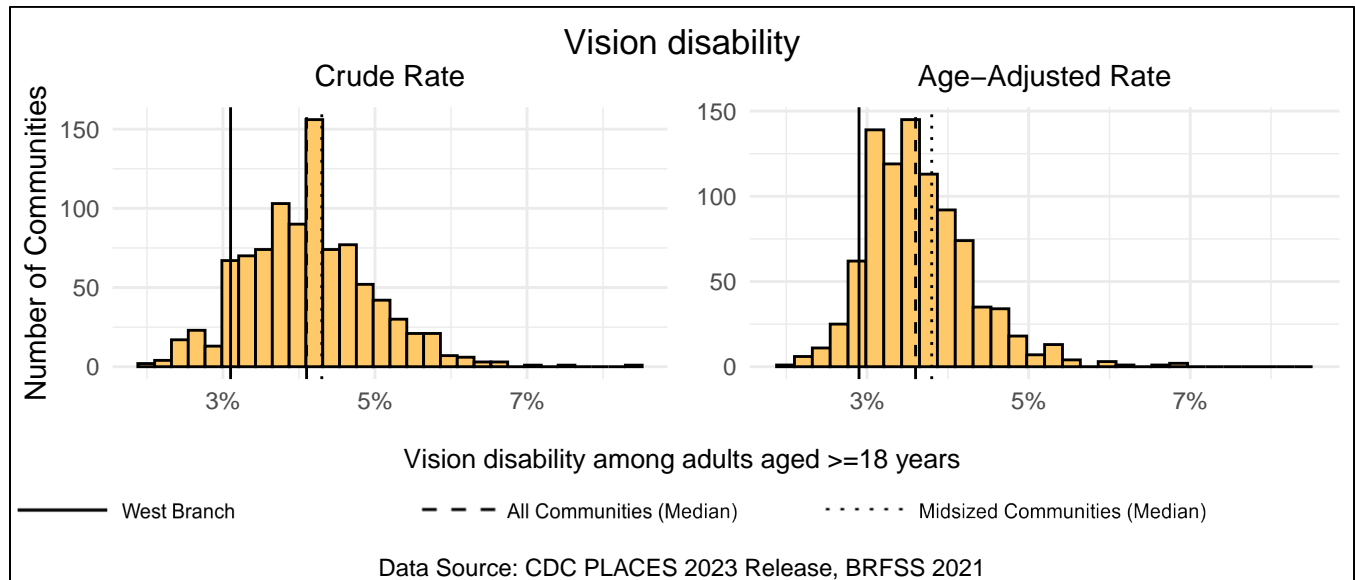
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	5.9%	7.4%	7.6%
Age-Adjusted	5.4%	6.0%	5.9%



Vision disability

West Branch has a crude rate of 3.1% for vision disability among adults aged ≥ 18 years, which ranks 82nd out of 958 Iowa communities (17th out of 102 midsize communities). The age-adjusted rate for West Branch is 2.9%, which ranks 70th out of 905 Iowa communities (16th out of 102 midsize communities).

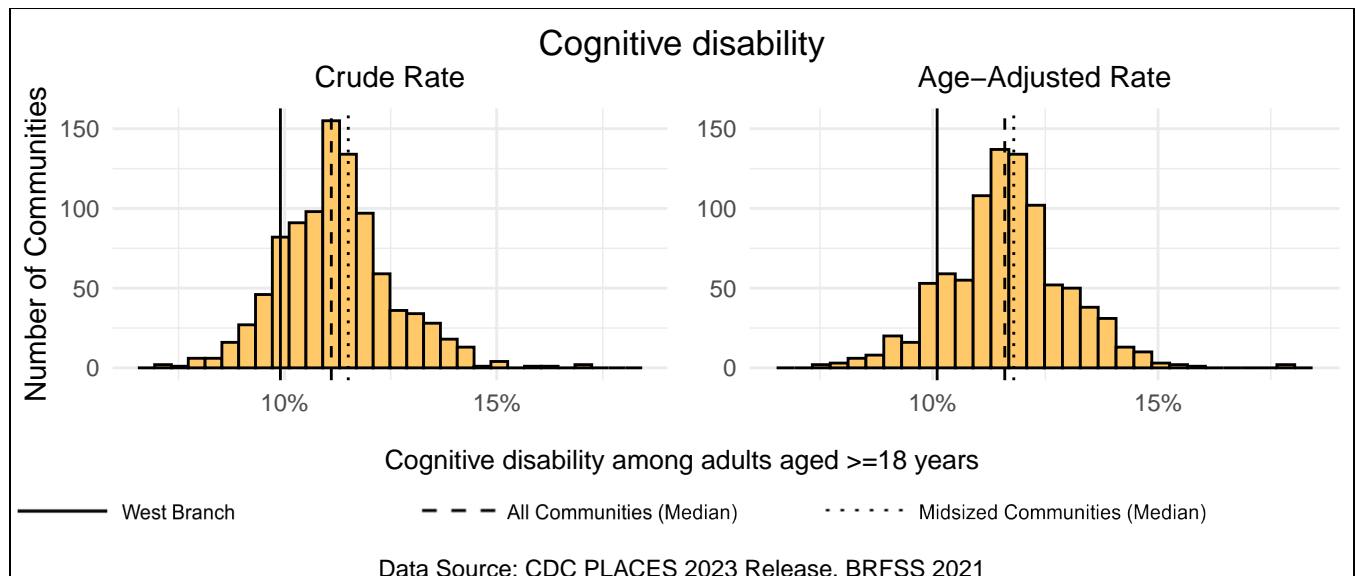
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	3.1%	4.1%	4.3%
Age-Adjusted	2.9%	3.6%	3.8%



Cognitive disability

West Branch has a crude rate of 9.9% for cognitive disability among adults aged ≥ 18 years, which ranks 128th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for West Branch is 10.1%, which ranks 96th out of 905 Iowa communities (21st out of 102 midsize communities).

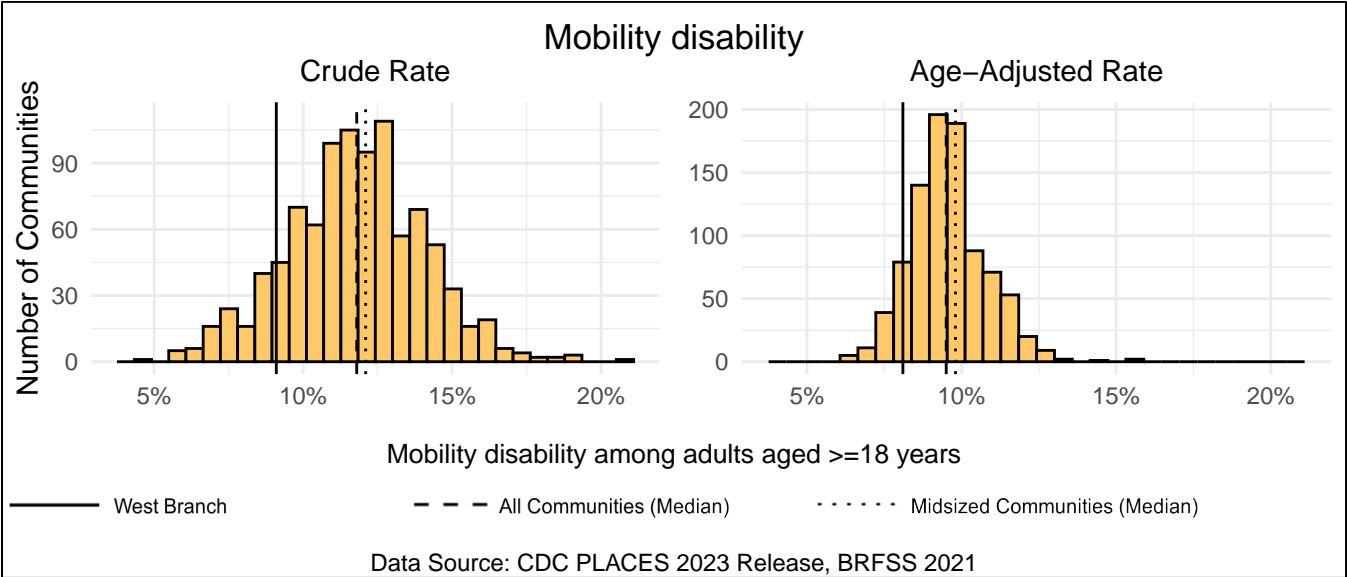
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	9.9%	11.1%	11.5%
Age-Adjusted	10.1%	11.6%	11.8%



Mobility disability

West Branch has a crude rate of 9.1% for mobility disability among adults aged ≥ 18 years, which ranks 117th out of 958 Iowa communities (19th out of 102 midsize communities). The age-adjusted rate for West Branch is 8.1%, which ranks 89th out of 905 Iowa communities (18th out of 102 midsize communities).

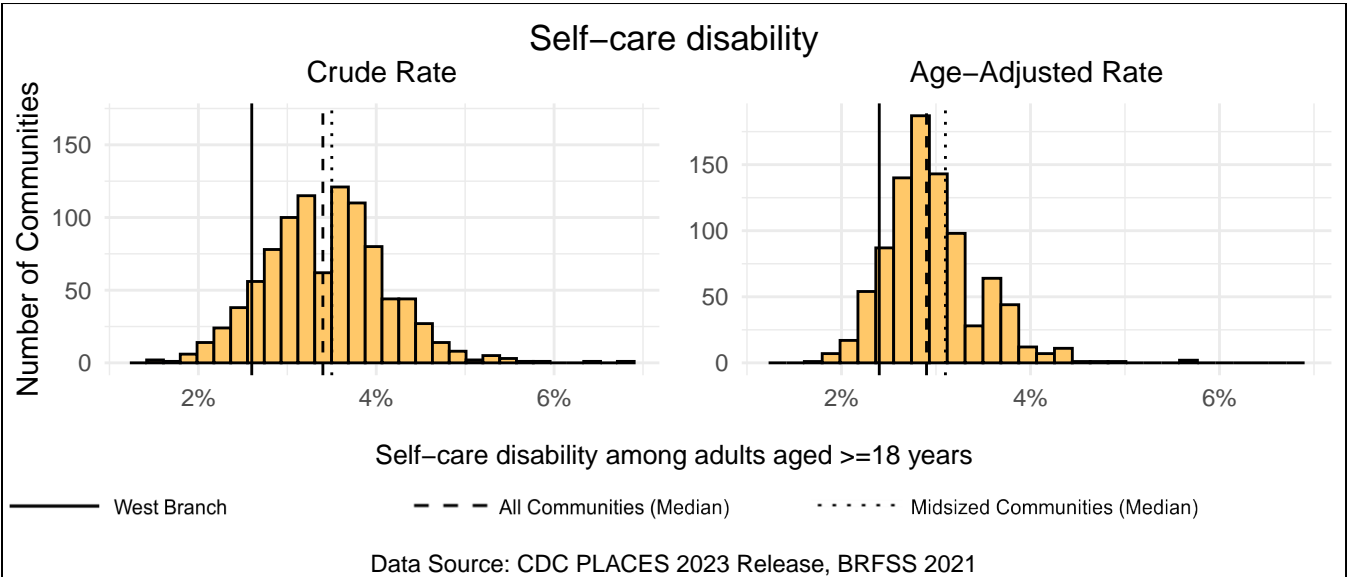
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	9.1%	11.8%	12.1%
Age-Adjusted	8.1%	9.5%	9.8%



Self-care disability

West Branch has a crude rate of 2.6% for self-care disability among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for West Branch is 2.4%, which ranks 80th out of 905 Iowa communities (18th out of 102 midsize communities).

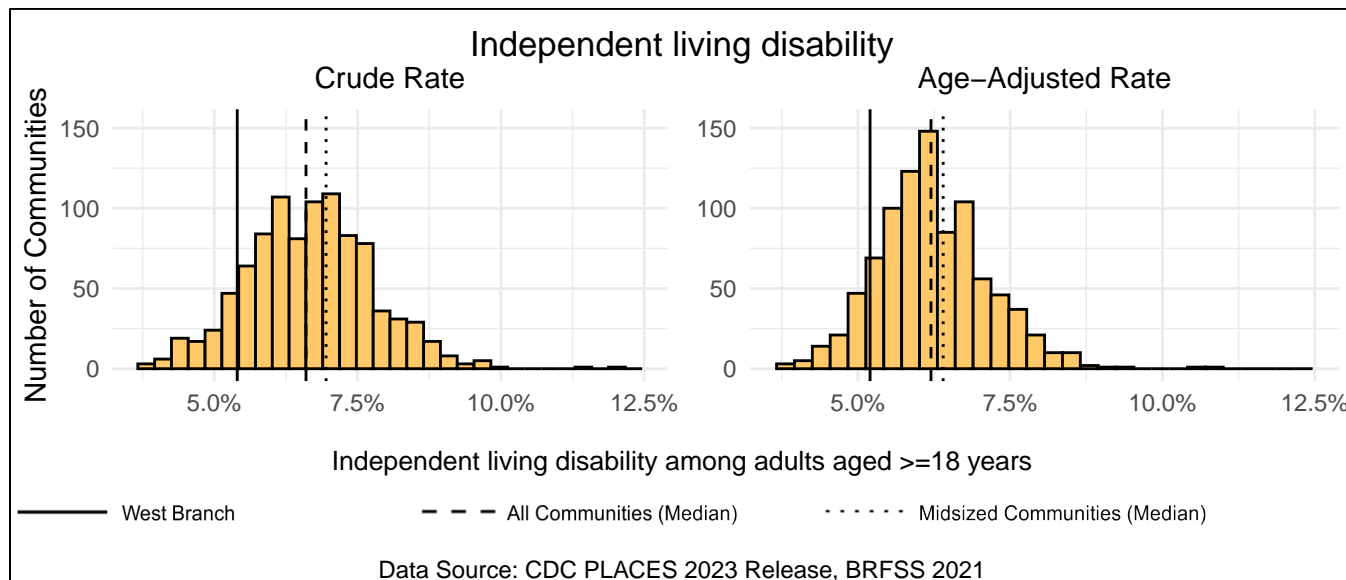
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	2.6%	3.4%	3.5%
Age-Adjusted	2.4%	2.9%	3.1%



Independent living disability

West Branch has a crude rate of 5.4% for independent living disability among adults aged ≥ 18 years, which ranks 94th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for West Branch is 5.2%, which ranks 91st out of 905 Iowa communities (19th out of 102 midsized communities).

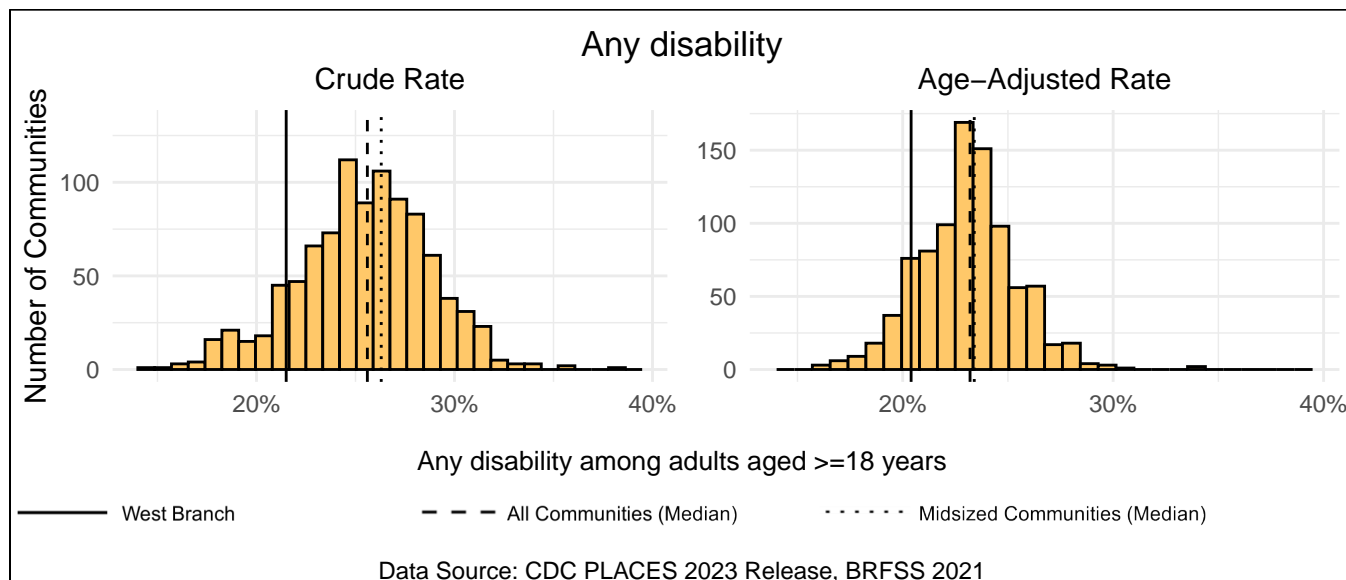
Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	5.4%	6.6%	7.0%
Age-Adjusted	5.2%	6.2%	6.4%



Any disability

West Branch has a crude rate of 21.5% for any disability among adults aged ≥ 18 years, which ranks 112th out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for West Branch is 20.4%, which ranks 91st out of 905 Iowa communities (19th out of 102 midsized communities).

Measure Type	West Branch	All Comm.	Midsized Comm.
Crude	21.5%	25.6%	26.3%
Age-Adjusted	20.4%	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: West Branch PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	94	11.4% (9.3% - 13.7%)	95	10.7% (8.8% - 12.9%)
Health Status	Physical Health	88	9.0% (7.6% - 10.5%)	83	8.5% (7.2% - 10.0%)
Health Status	Mental Health	328	13.9% (11.9% - 16.1%)	103	14.4% (12.3% - 16.7%)
Health Risk Behaviors	Sleep <7 hours	374	29.9% (28.2% - 31.4%)	207	30.1% (28.5% - 31.7%)
Health Risk Behaviors	Current Smoking	141	14.7% (11.5% - 18.3%)	97	14.8% (11.4% - 18.6%)
Health Risk Behaviors	Physical Inactivity	131	22.3% (17.8% - 26.9%)	122	21.3% (17.2% - 26.2%)
Health Risk Behaviors	Binge Drinking	814	21.8% (18.2% - 25.6%)	736	23.0% (19.2% - 26.9%)
Health Outcomes	Coronary Heart Disease	124	5.0% (4.3% - 5.7%)	52	4.4% (3.8% - 5.1%)
Health Outcomes	Diabetes	113	8.1% (6.8% - 9.6%)	103	7.3% (6.2% - 8.6%)
Health Outcomes	Current Asthma	215	9.1% (8.0% - 10.3%)	125	9.1% (8.0% - 10.3%)
Health Outcomes	High Blood Pressure	116	27.8% (24.0% - 31.8%)	111	25.7% (22.0% - 29.5%)
Health Outcomes	Chronic Kidney Disease	135	2.7% (2.4% - 3.0%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	All Teeth Lost	90	10.0% (6.0% - 15.6%)	66	9.8% (6.0% - 14.7%)
Health Outcomes	Arthritis	176	24.6% (20.9% - 28.5%)	230	22.4% (18.9% - 26.1%)
Health Outcomes	Obesity	586	38.3% (30.8% - 46.0%)	530	38.1% (30.6% - 45.9%)
Health Outcomes	Cancer (except skin)	223	7.2% (6.5% - 8.0%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	High Cholesterol	158	33.6% (29.3% - 38.1%)	301	29.4% (25.0% - 33.8%)
Health Outcomes	Depression	499	18.1% (14.9% - 21.7%)	218	18.5% (15.2% - 22.1%)
Health Outcomes	Stroke	124	2.6% (2.3% - 3.0%)	49	2.3% (2.0% - 2.6%)
Health Outcomes	COPD	94	5.7% (4.6% - 7.0%)	93	5.3% (4.3% - 6.3%)
Prevention	Mammography	294	77.2% (73.3% - 80.9%)	285	74.7% (70.7% - 78.5%)
Prevention	Health Insurance	103	6.1% (4.6% - 7.9%)	71	6.3% (4.8% - 8.2%)
Prevention	Core preventive services for older women	264	41.8% (34.0% - 50.1%)	105	44.9% (37.6% - 52.5%)
Prevention	Dental Visit	102	72.0% (68.7% - 75.3%)	92	71.8% (68.5% - 75.1%)
Prevention	Core preventive services for older men	869	39.2% (31.0% - 48.2%)	783	39.3% (31.3% - 48.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	411	72.0% (68.9% - 75.2%)	250	72.2% (69.2% - 75.2%)
Prevention	Annual Checkup	799	73.3% (68.1% - 77.9%)	597	72.1% (66.8% - 76.8%)
Prevention	Cholesterol Screening	520	82.4% (79.2% - 85.2%)	102	80.8% (77.2% - 83.8%)
Prevention	Taking BP Medication	765	77.1% (73.5% - 80.4%)	660	58.4% (53.3% - 63.2%)
Prevention	Cervical Cancer Screening	196	84.6% (82.1% - 87.0%)	112	84.8% (82.4% - 87.1%)
Disability	Hearing Disability	134	5.9% (5.1% - 6.8%)	79	5.4% (4.7% - 6.1%)
Disability	Cognitive Disability	128	9.9% (8.3% - 11.8%)	96	10.1% (8.3% - 12.0%)
Disability	Independent Living Disability	94	5.4% (4.5% - 6.5%)	91	5.2% (4.4% - 6.2%)
Disability	Self-care Disability	86	2.6% (2.2% - 3.1%)	80	2.4% (2.0% - 2.8%)
Disability	Any Disability	112	21.5% (17.9% - 25.3%)	91	20.4% (17.0% - 24.2%)
Disability	Vision Disability	82	3.1% (2.7% - 3.7%)	70	2.9% (2.5% - 3.5%)
Disability	Mobility Disability	117	9.1% (7.5% - 10.8%)	89	8.1% (6.7% - 9.6%)

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)

West Branch 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
