



Iowa Community Health Snapshot Series

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



May 2024

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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.

Iowa Community Health Snapshot Series

Table of contents

Health in West Burlington: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	10
Binge Drinking	10
Current Smoking	11
Physical Inactivity	11
Sleep <7 hours	12
Health Outcomes	13
Arthritis	13
High Blood Pressure	14
Cancer (except skin)	14
Current Asthma	15
Coronary Heart Disease	15
COPD	16
Depression	16
Diabetes	17
High Cholesterol	17
Chronic Kidney Disease	18
Obesity	18
Stroke	19
All Teeth Lost	19
Prevention	20
Lack of Health Insurance	20
Taking BP Medication	21
Cervical Cancer Screening	21
Annual Checkup	22
Cholesterol Screening	22

Colorectal Cancer Screening	23
Core preventive services for older men	23
Core preventive services for older women	25
Dental Visit	25
Mammography	27
Disability	28
Hearing disability	28
Vision disability	29
Cognitive disability	29
Mobility disability	30
Self-care disability	30
Independent living disability	31
Any disability	31
Appendix 1: CDC PLACES Data	32
Appendix 2: West Burlington PLACES Data	33
Appendix 3: Midsized Communities (2,500-9,999)	35

Health in West Burlington: Overview

Dear Community Members & Stakeholders of West Burlington,

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 Burlington ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify West Burlington'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 Burlington. 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
Core preventive services for older men	212th	22nd	Core preventive services for older men	185th	22nd
Sleep <7 hours	374th	52nd	High Cholesterol	242nd	25th
Annual Checkup	408th	41st	Binge Drinking	418th	58th
Mammography	410th	50th	Cancer (except skin)	418th	41st
Binge Drinking	416th	49th	Sleep <7 hours	446th	56th

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
Depression	922nd	98th	Arthritis	882nd	93rd
Current Asthma	868th	85th	Depression	881st	101st
Cervical Cancer Screening	857th	83rd	Mental Health	821st	86th
Mental Health	840th	86th	Any Disability	807th	80th
Cognitive Disability	821st	75th	Current Asthma	805th	83rd

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 Burlington.

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

With a population of 3,184, West Burlington’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

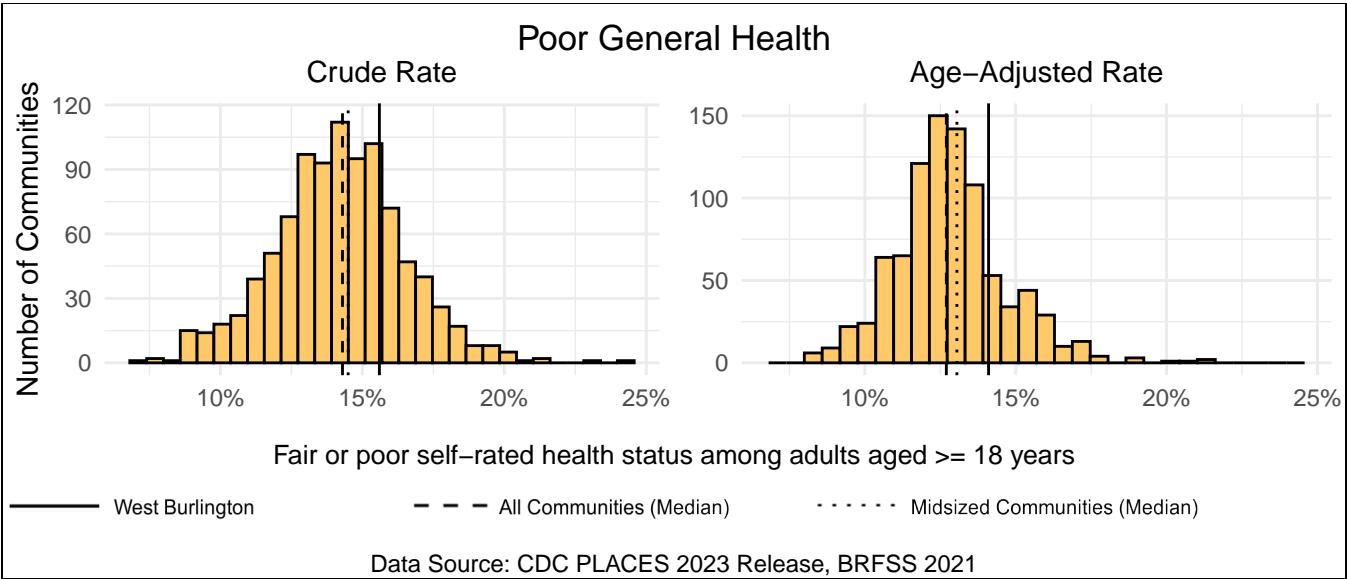
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health 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 Burlington has a crude rate of 15.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 714th out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for West Burlington is 14.1%, which ranks 721st out of 905 Iowa communities (69th out of 102 midsize communities).

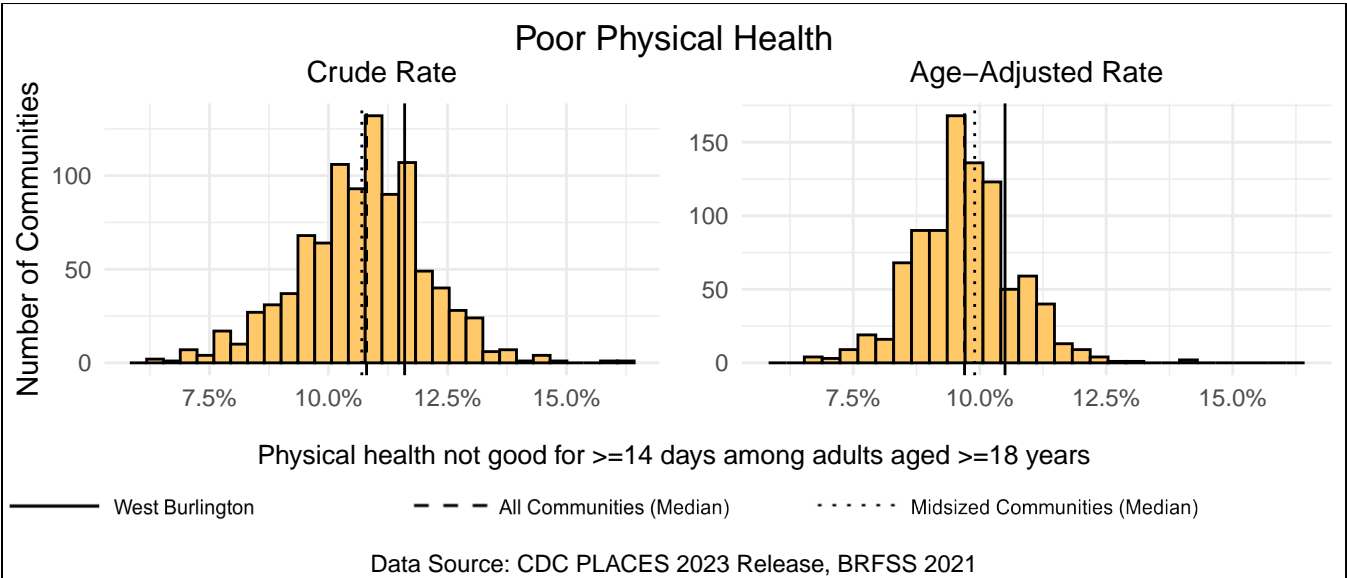
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	15.6%	14.3%	14.5%
Age-Adjusted	14.1%	12.7%	13.0%



Poor Physical Health

West Burlington 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 (73rd out of 102 midsized communities). The age-adjusted rate for West Burlington is 10.5%, which ranks 727th out of 905 Iowa communities (71st out of 102 midsized communities).

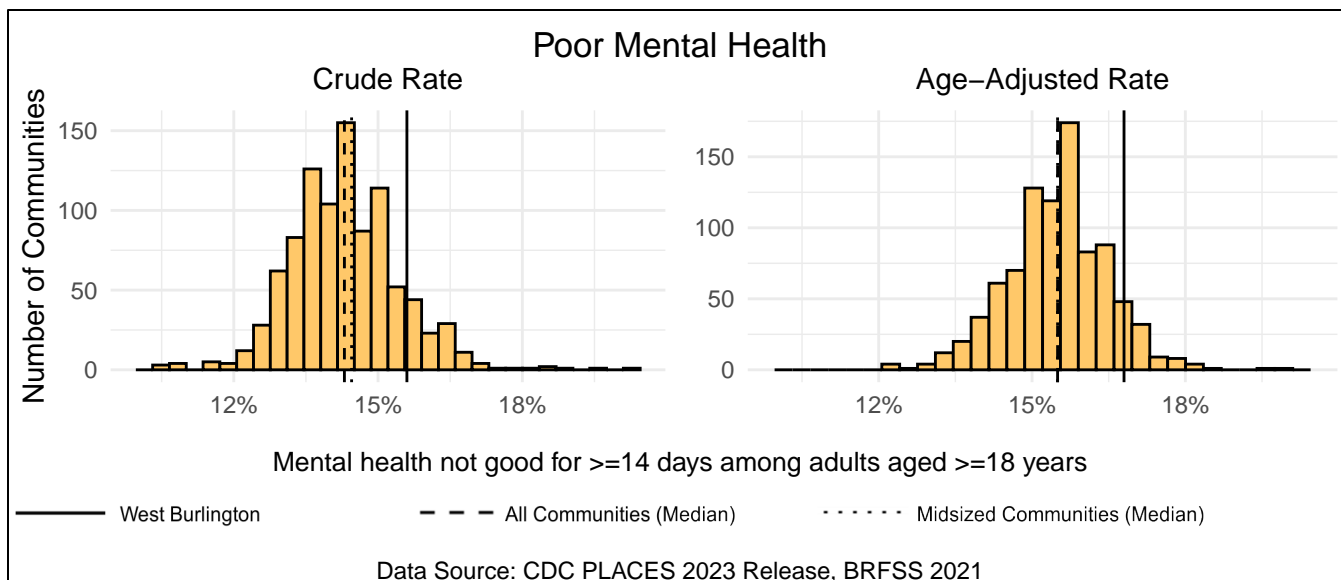
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	11.6%	10.8%	10.7%
Age-Adjusted	10.5%	9.7%	9.9%



Poor Mental Health

West Burlington has a crude rate of 15.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 840th out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for West Burlington is 16.8%, which ranks 821st out of 905 Iowa communities (86th out of 102 midsized communities).

Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	15.6%	14.3%	14.4%
Age-Adjusted	16.8%	15.5%	15.5%



Health Risk Behaviors

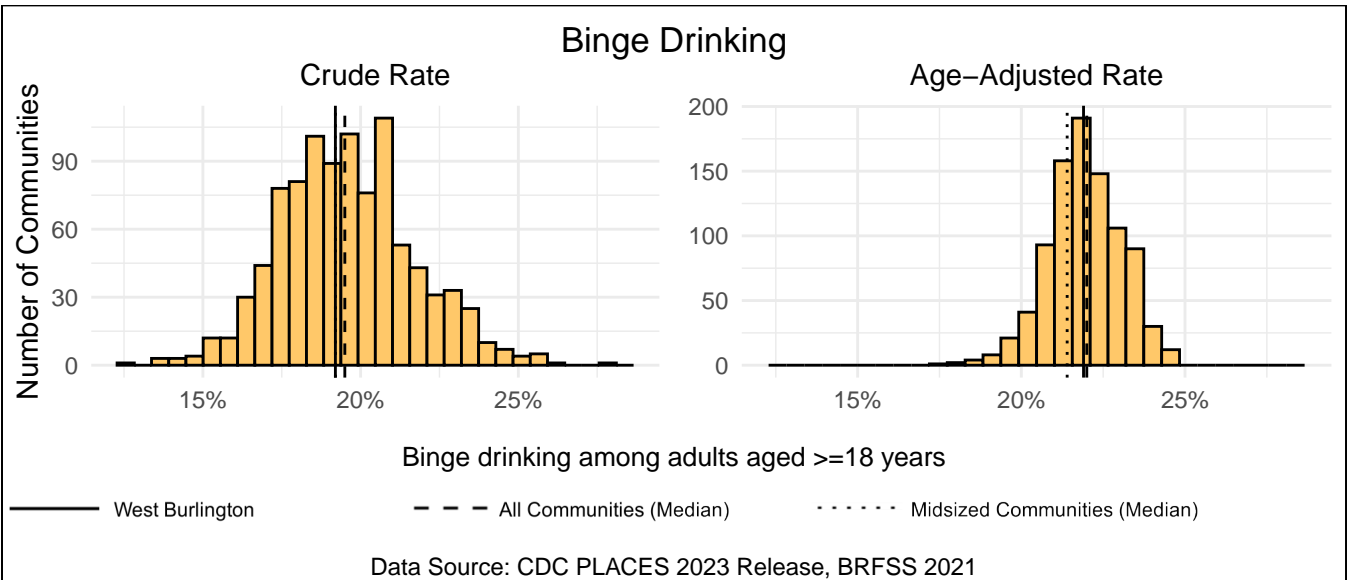
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives 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 Burlington has a crude rate of 19.2% for binge drinking among adults aged ≥ 18 years, which ranks 416th out of 958 Iowa communities (49th out of 102 midsized communities). The age-adjusted rate for West Burlington is 21.9%, which ranks 418th out of 905 Iowa communities (58th out of 102 midsized communities).

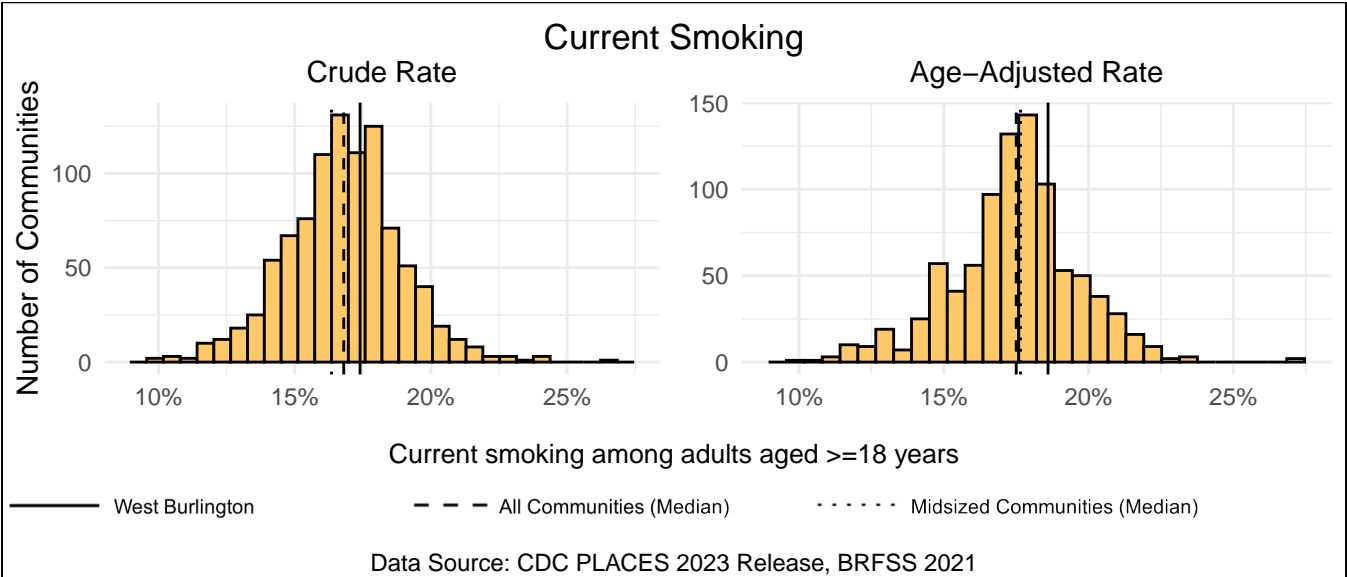
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	19.2%	19.5%	19.2%
Age-Adjusted	21.9%	22.0%	21.4%



Current Smoking

West Burlington has a crude rate of 17.4% for current smoking among adults aged ≥ 18 years, which ranks 590th out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for West Burlington is 18.6%, which ranks 649th out of 905 Iowa communities (72nd out of 102 midsized communities).

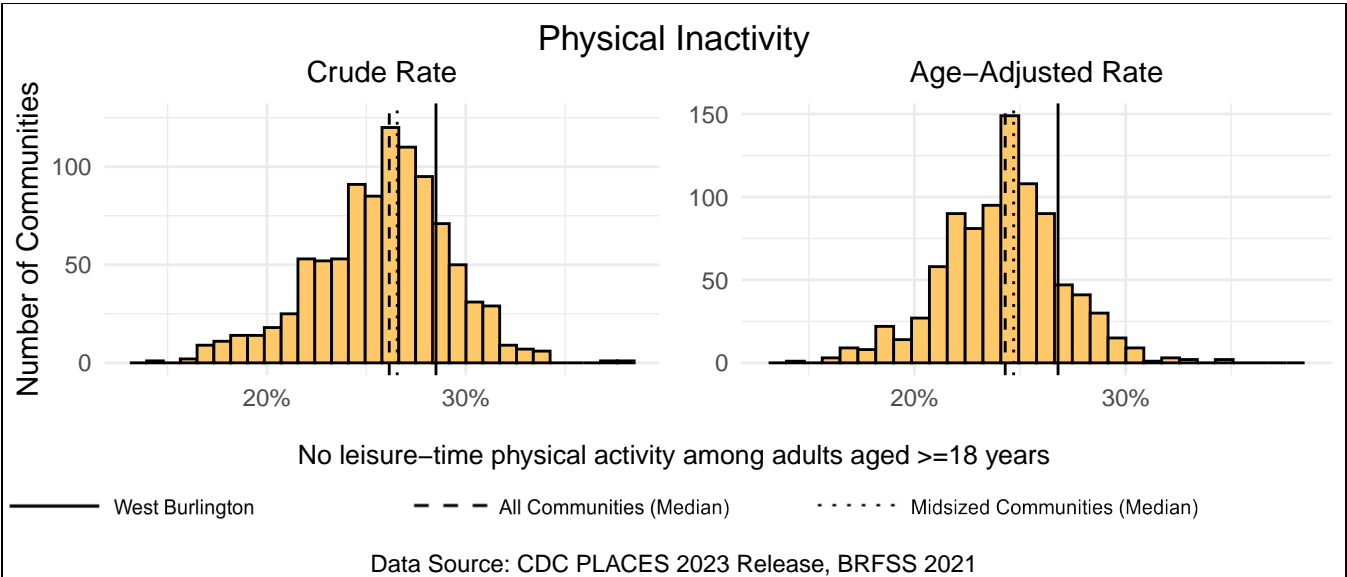
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	17.4%	16.8%	16.4%
Age-Adjusted	18.6%	17.5%	17.6%



Physical Inactivity

West Burlington has a crude rate of 28.5% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 760th out of 958 Iowa communities (73rd out of 102 midsized communities). The age-adjusted rate for West Burlington is 26.8%, which ranks 762nd out of 905 Iowa communities (76th out of 102 midsized communities).

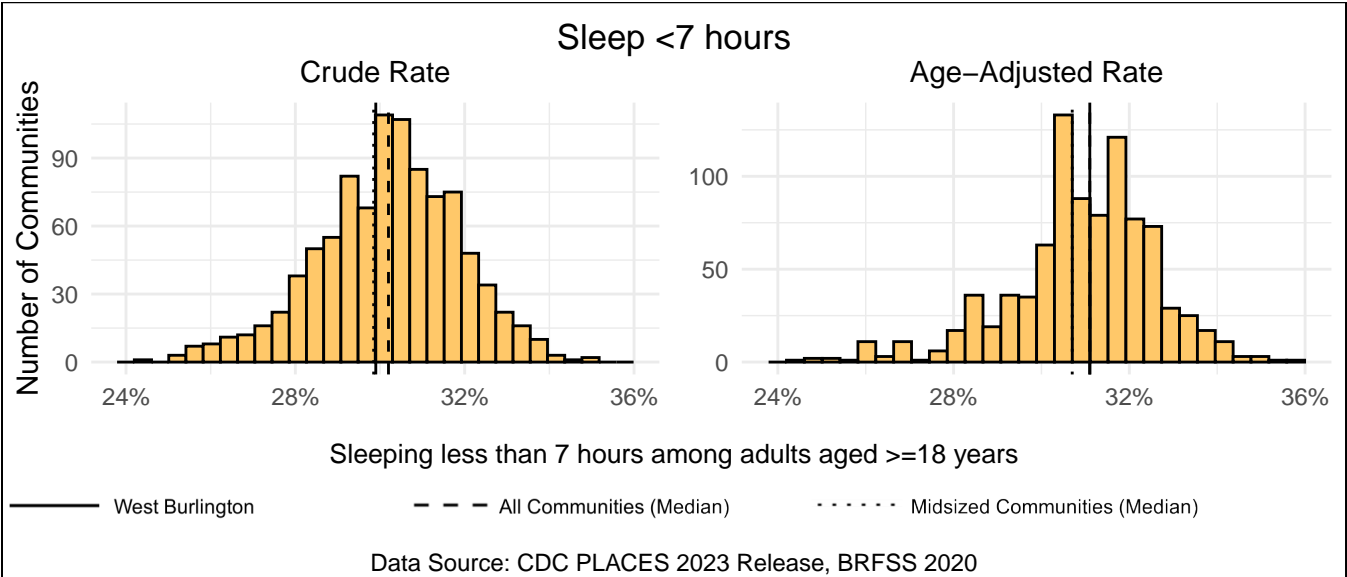
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	28.5%	26.1%	26.6%
Age-Adjusted	26.8%	24.3%	24.7%



Sleep <7 hours

West Burlington 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 Burlington is 31.1%, which ranks 446th out of 905 Iowa communities (56th out of 102 midsized communities).

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



Health Outcomes

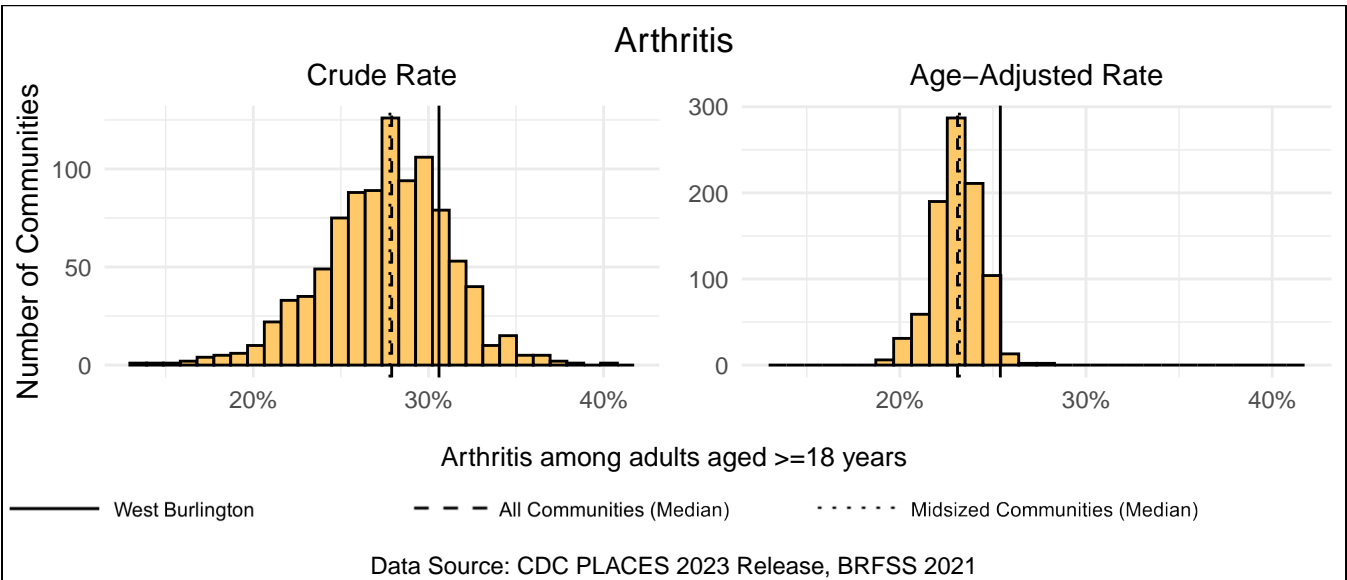
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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 Burlington has a crude rate of 30.6% for arthritis among adults aged ≥ 18 years, which ranks 778th out of 958 Iowa communities (92nd out of 102 midsize communities). The age-adjusted rate for West Burlington is 25.4%, which ranks 882nd out of 905 Iowa communities (93rd out of 102 midsize communities).

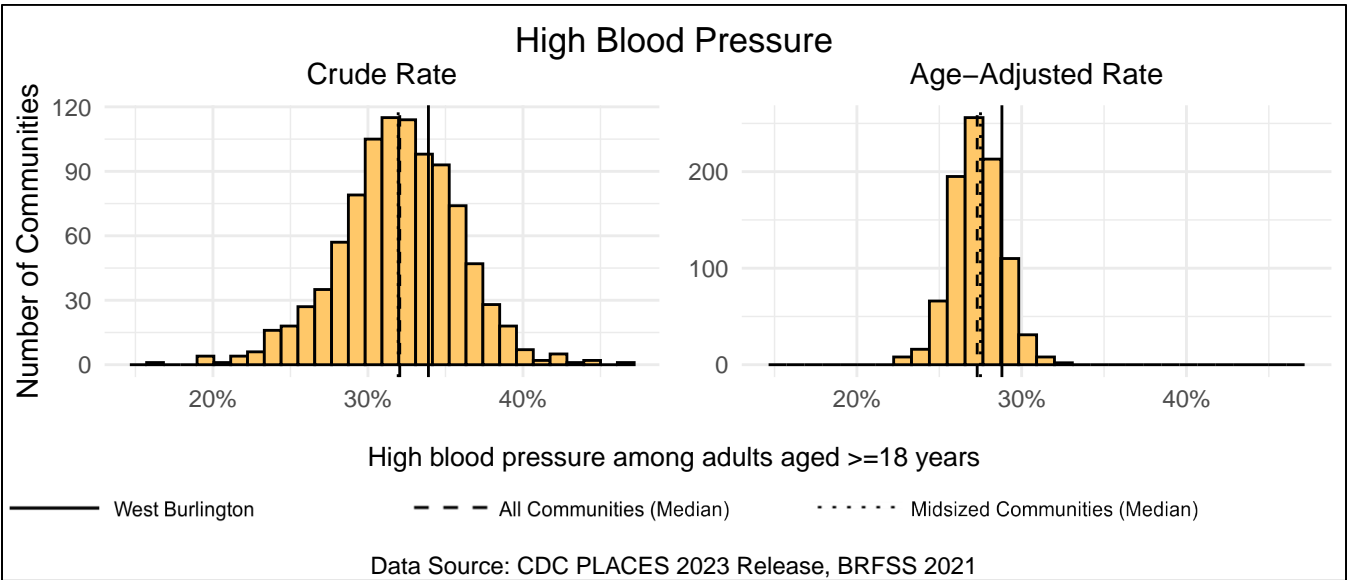
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	30.6%	27.9%	27.8%
Age-Adjusted	25.4%	23.1%	23.2%



High Blood Pressure

West Burlington has a crude rate of 33.9% for high blood pressure among adults aged ≥ 18 years, which ranks 654th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 28.8%, which ranks 755th out of 905 Iowa communities (79th out of 102 mid-sized communities).

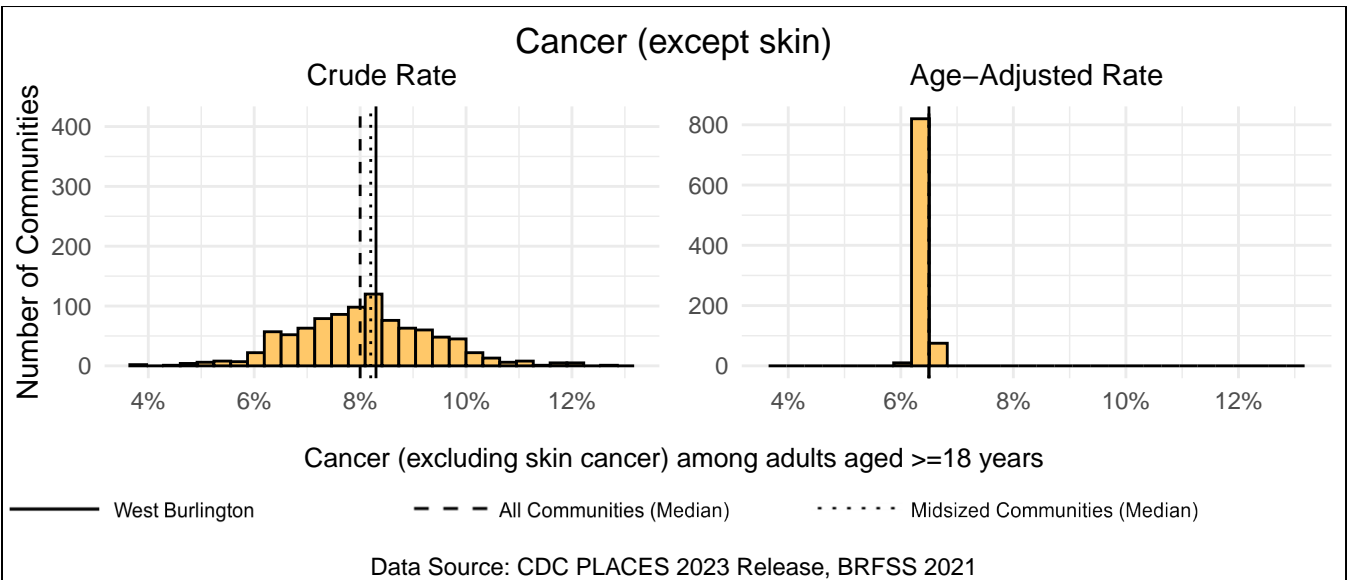
Measure Type	West Burlington	All Comm.	Mid-sized Comm.
Crude	33.9%	32.0%	32.0%
Age-Adjusted	28.8%	27.3%	27.5%



Cancer (except skin)

West Burlington has a crude rate of 8.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 544th out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

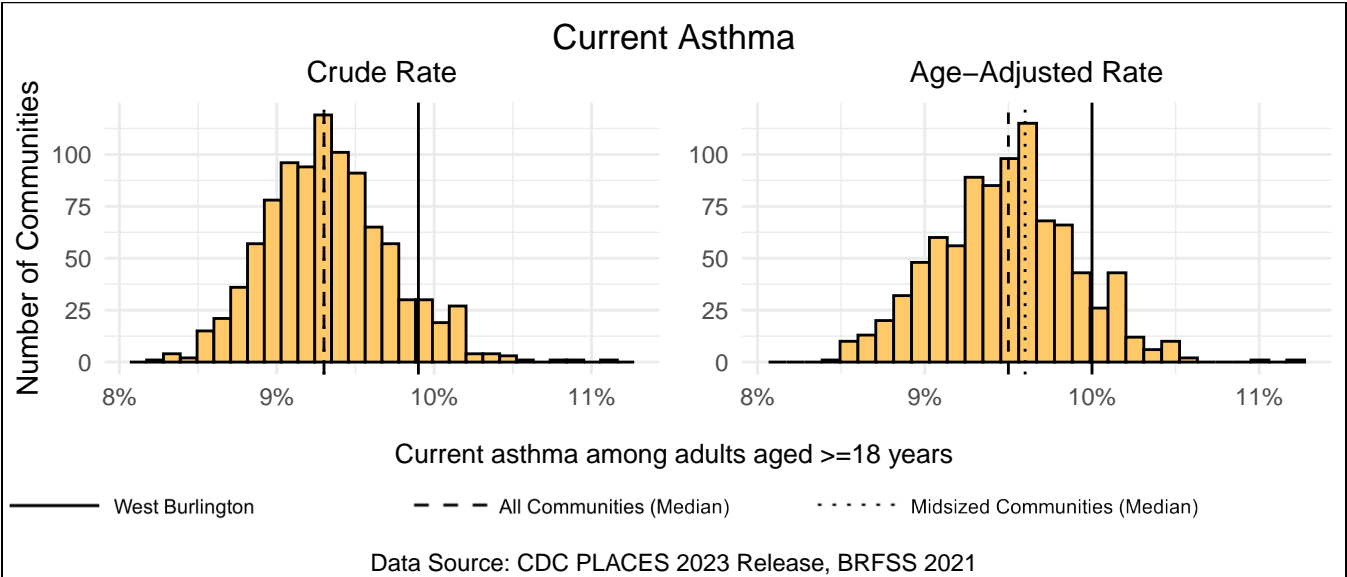
Measure Type	West Burlington	All Comm.	Mid-sized Comm.
Crude	8.3%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

West Burlington has a crude rate of 9.9% for current asthma among adults aged ≥ 18 years, which ranks 868th out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for West Burlington is 10.0%, which ranks 805th out of 905 Iowa communities (83rd out of 102 midsized communities).

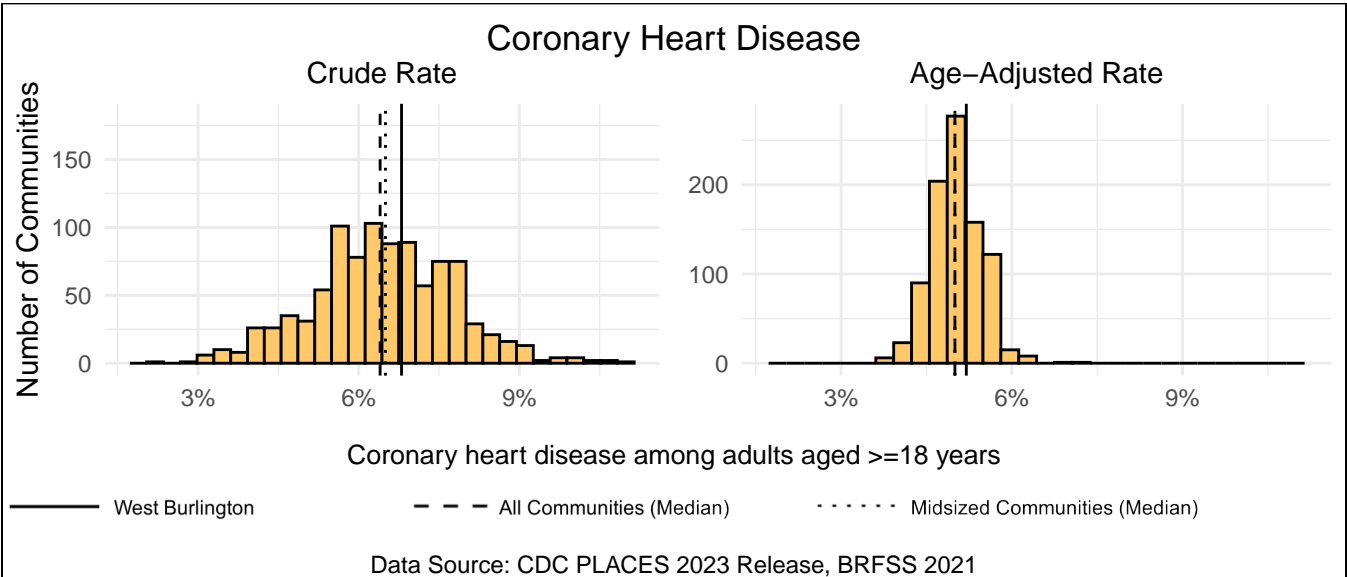
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	9.9%	9.3%	9.3%
Age-Adjusted	10.0%	9.5%	9.6%



Coronary Heart Disease

West Burlington has a crude rate of 6.8% for coronary heart disease among adults aged ≥ 18 years, which ranks 569th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for West Burlington is 5.2%, which ranks 601st out of 905 Iowa communities (63rd out of 102 midsized communities).

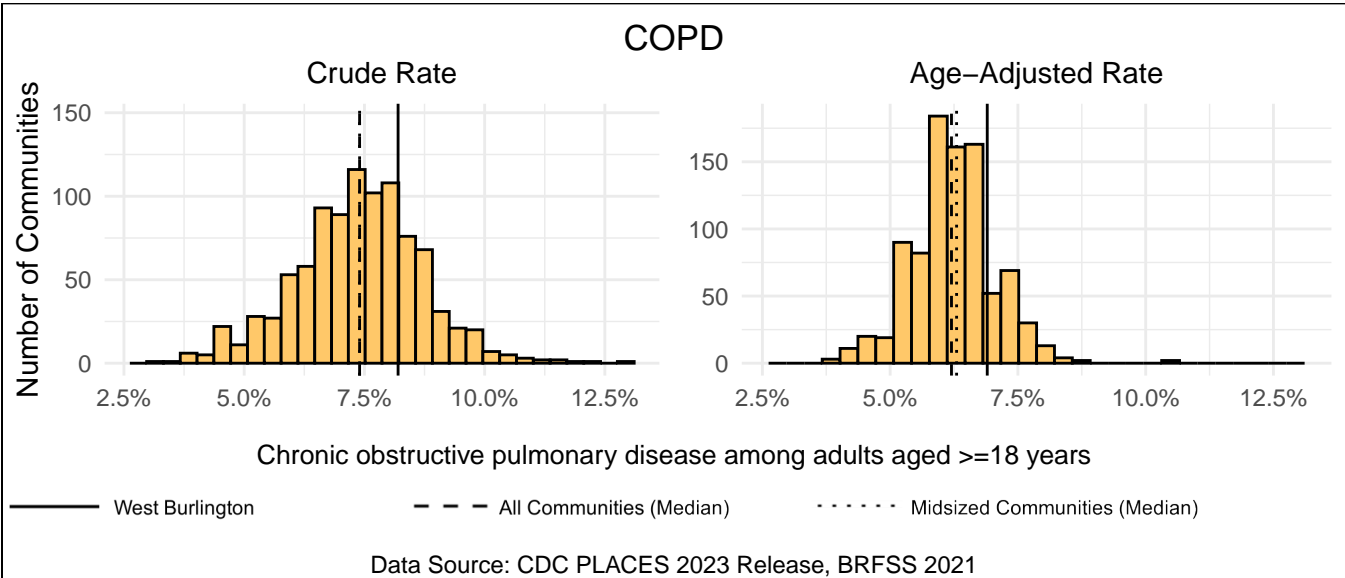
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	6.8%	6.4%	6.5%
Age-Adjusted	5.2%	5.0%	5.0%



COPD

West Burlington has a crude rate of 8.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 696th out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 6.9%, which ranks 734th out of 905 Iowa communities (72nd out of 102 mid-sized communities).

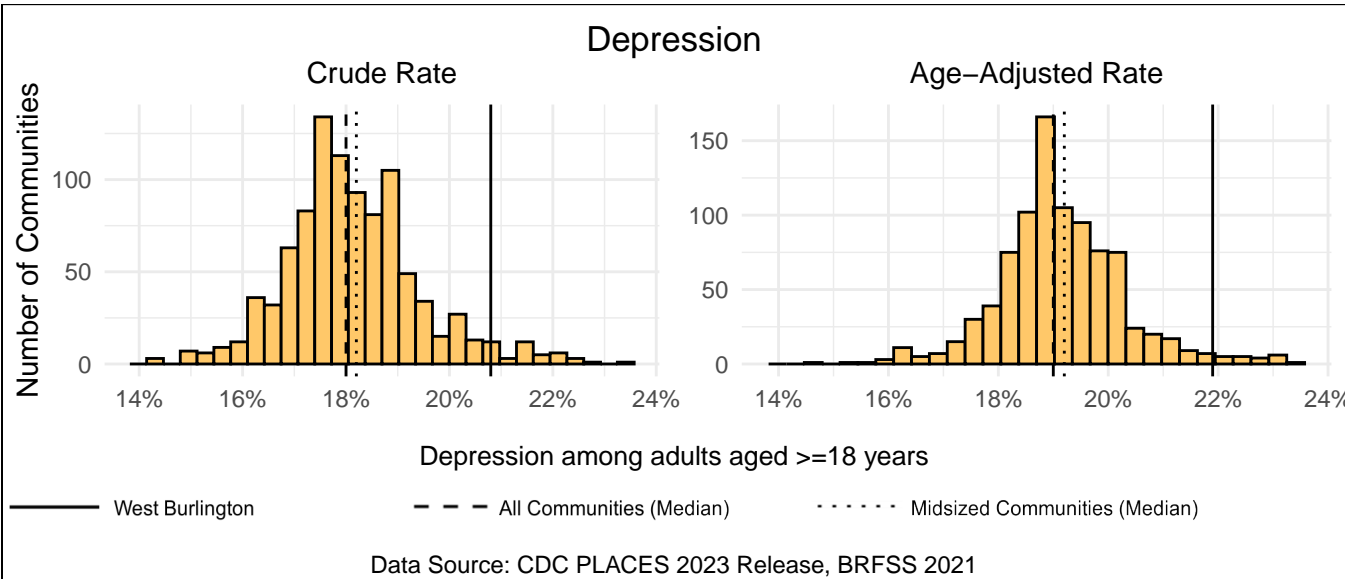
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	8.2%	7.4%	7.4%
Age-Adjusted	6.9%	6.2%	6.3%



Depression

West Burlington has a crude rate of 20.8% for depression among adults aged ≥ 18 years, which ranks 922nd out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 21.9%, which ranks 881st out of 905 Iowa communities (101st out of 102 mid-sized communities).

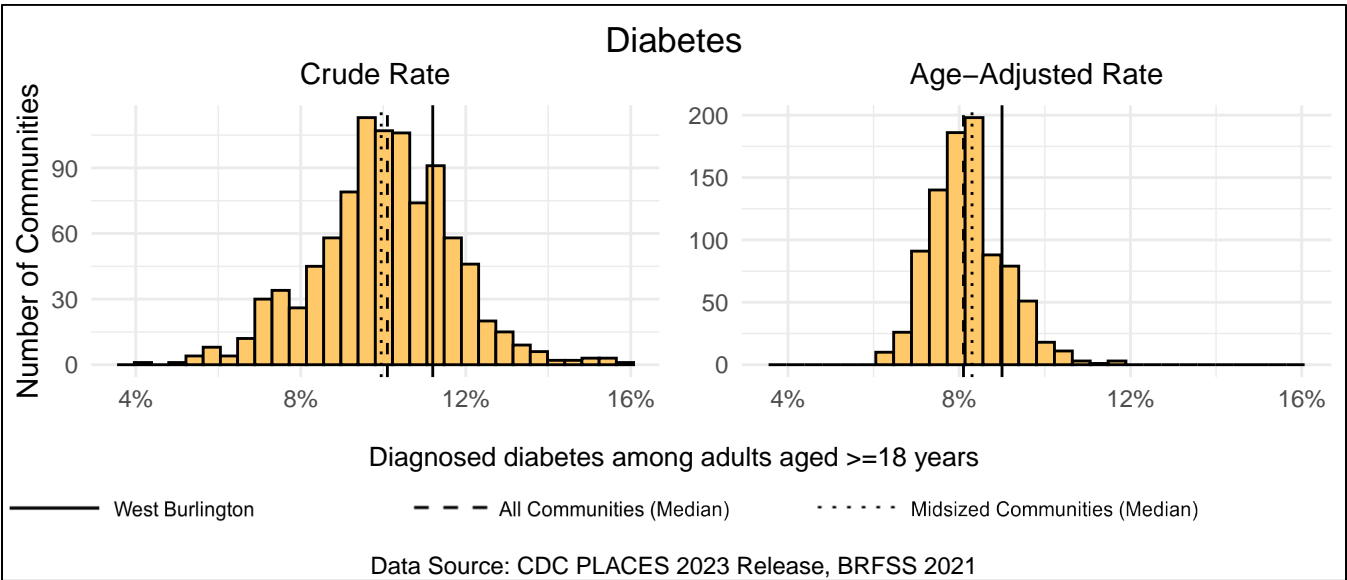
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	20.8%	18.0%	18.2%
Age-Adjusted	21.9%	19.0%	19.2%



Diabetes

West Burlington has a crude rate of 11.2% for diagnosed diabetes among adults aged >=18 years, which ranks 736th out of 958 Iowa communities (78th out of 102 midsize communities). The age-adjusted rate for West Burlington is 9.0%, which ranks 740th out of 905 Iowa communities (73rd out of 102 midsize communities).

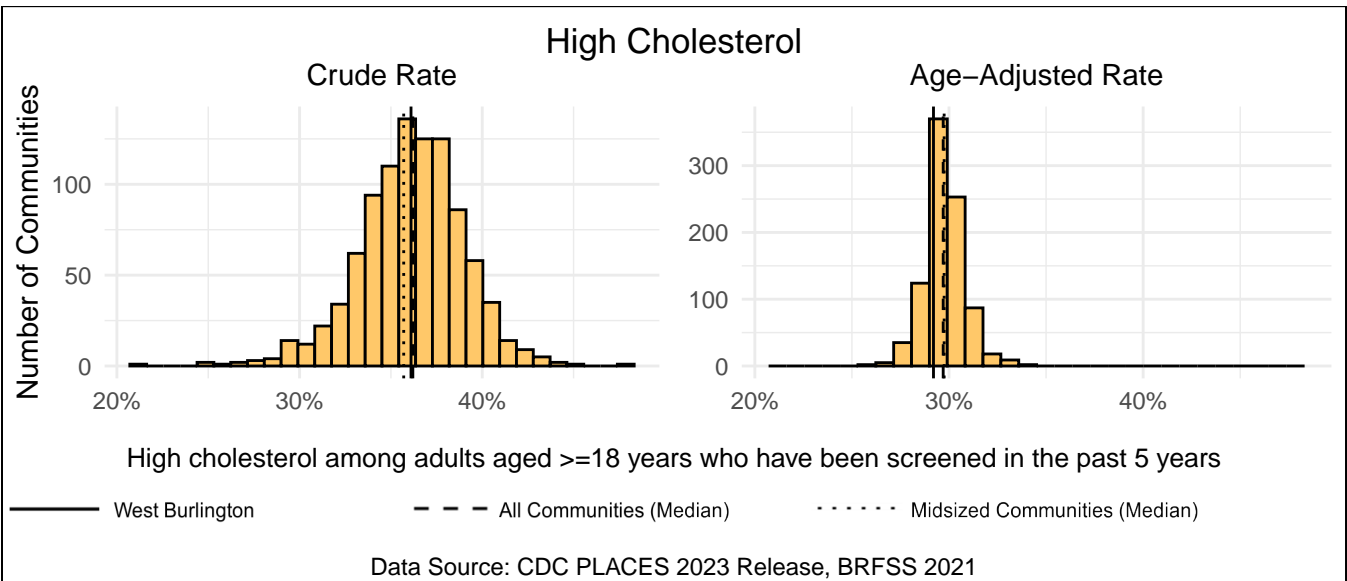
Measure Type	West Burlington	All Comm.	Midsize Comm.
Crude	11.2%	10.1%	9.9%
Age-Adjusted	9.0%	8.1%	8.3%



High Cholesterol

West Burlington has a crude rate of 36.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 449th out of 958 Iowa communities (58th out of 102 midsize communities). The age-adjusted rate for West Burlington is 29.2%, which ranks 242nd out of 905 Iowa communities (25th out of 102 midsize communities).

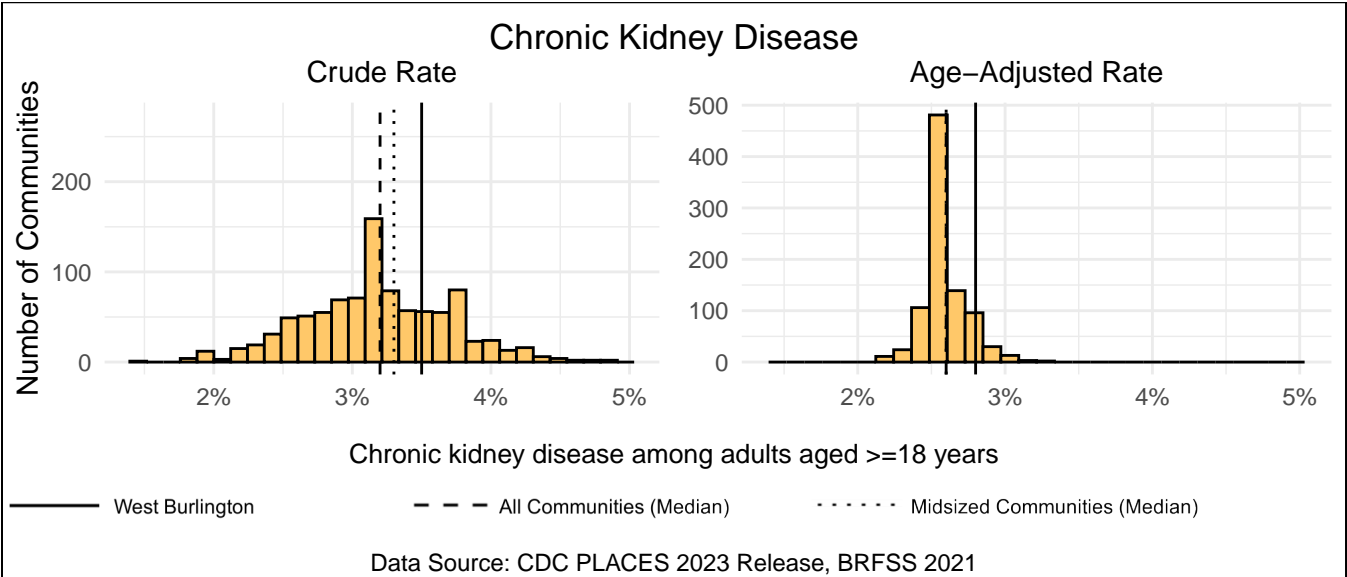
Measure Type	West Burlington	All Comm.	Midsize Comm.
Crude	36.1%	36.2%	35.7%
Age-Adjusted	29.2%	29.7%	29.8%



Chronic Kidney Disease

West Burlington has a crude rate of 3.5% for chronic kidney disease among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for West Burlington is 2.8%, which ranks 762nd out of 905 Iowa communities (74th out of 102 midsized communities).

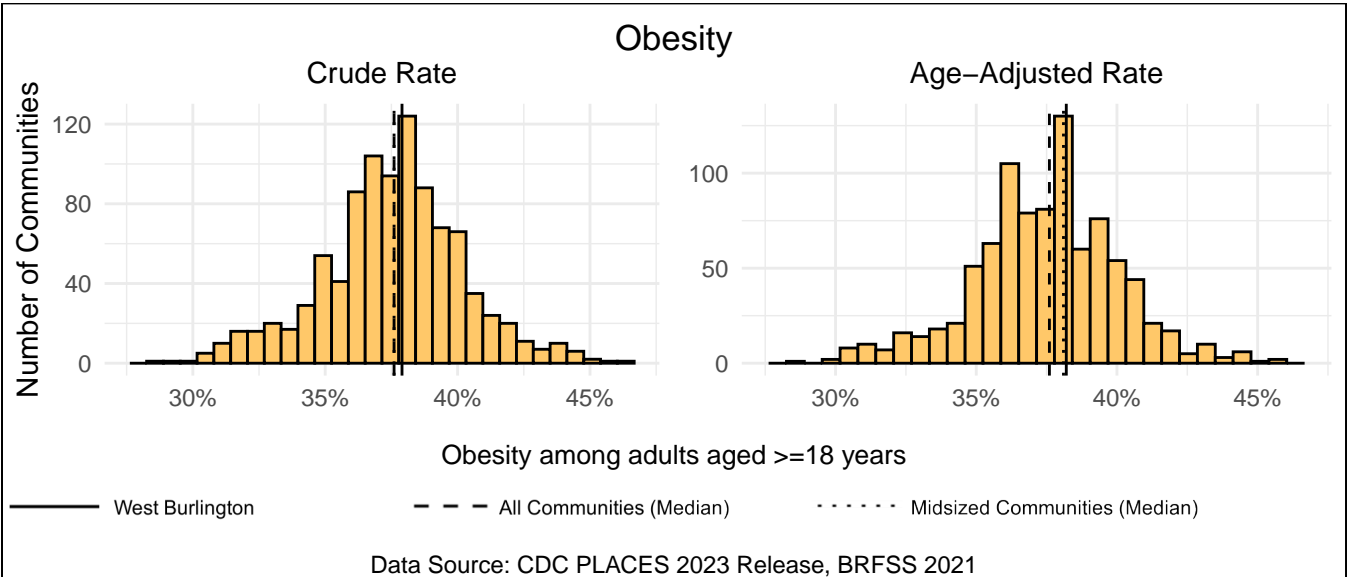
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

West Burlington has a crude rate of 37.9% for obesity among adults aged >=18 years, which ranks 513th out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for West Burlington is 38.2%, which ranks 559th out of 905 Iowa communities (53rd out of 102 midsized communities).

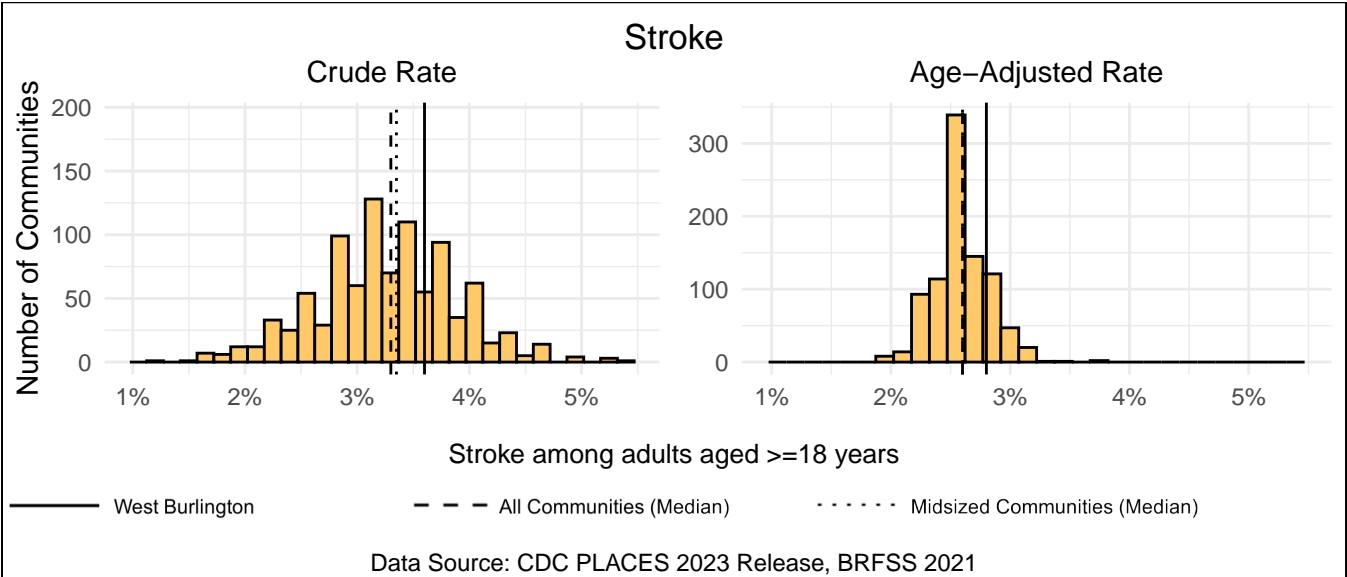
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	37.9%	37.6%	37.6%
Age-Adjusted	38.2%	37.6%	38.1%



Stroke

West Burlington has a crude rate of 3.6% for stroke among adults aged ≥ 18 years, which ranks 648th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 2.8%, which ranks 714th out of 905 Iowa communities (71st out of 102 mid-sized communities).

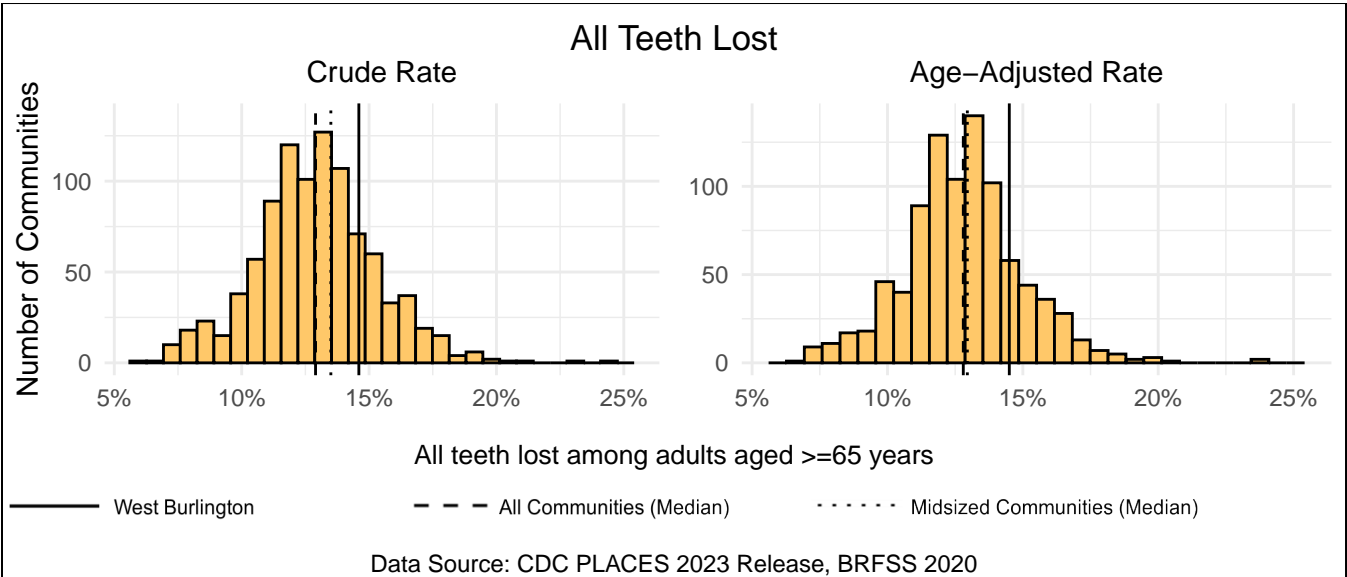
Measure Type	West Burlington	All Comm.	Mid-sized Comm.
Crude	3.6%	3.3%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



All Teeth Lost

West Burlington has a crude rate of 14.6% for all teeth lost among adults aged ≥ 65 years, which ranks 752nd out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 14.5%, which ranks 737th out of 905 Iowa communities (74th out of 102 mid-sized communities).

Measure Type	West Burlington	All Comm.	Mid-sized Comm.
Crude	14.6%	12.9%	13.5%
Age-Adjusted	14.5%	12.8%	12.9%



Prevention

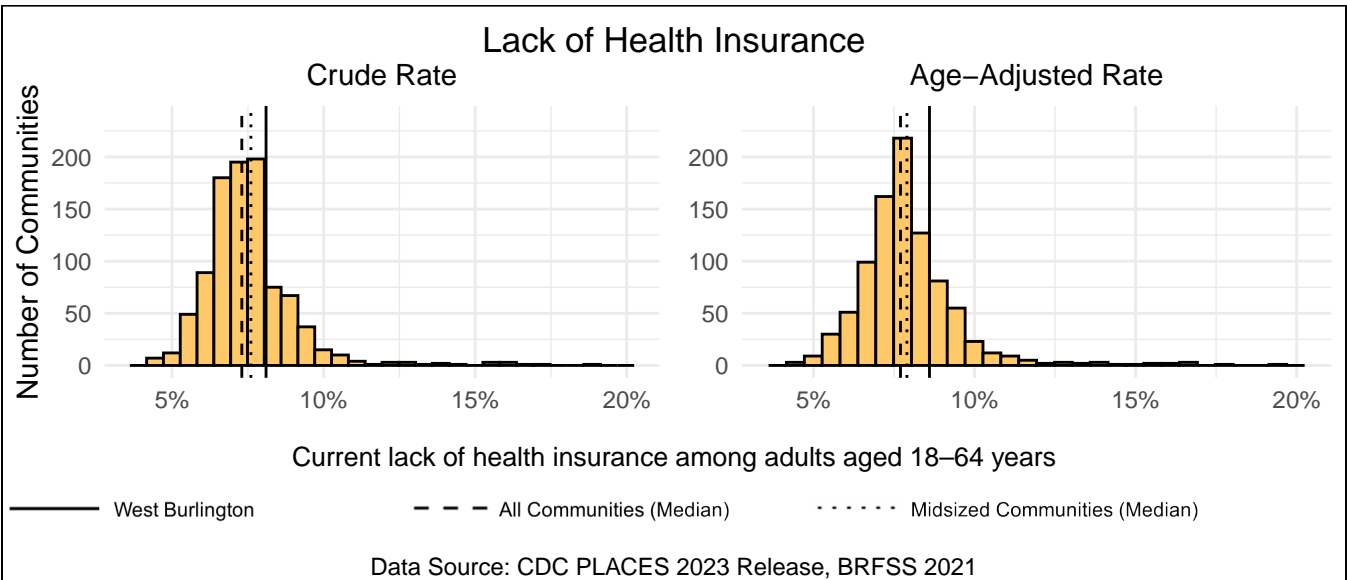
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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 Burlington has a crude rate of 8.1% for current lack of health insurance among adults aged 18–64 years, which ranks 731st out of 958 Iowa communities (62nd out of 102 midsize communities). The age-adjusted rate for West Burlington is 8.6%, which ranks 700th out of 905 Iowa communities (61st out of 102 midsize communities).

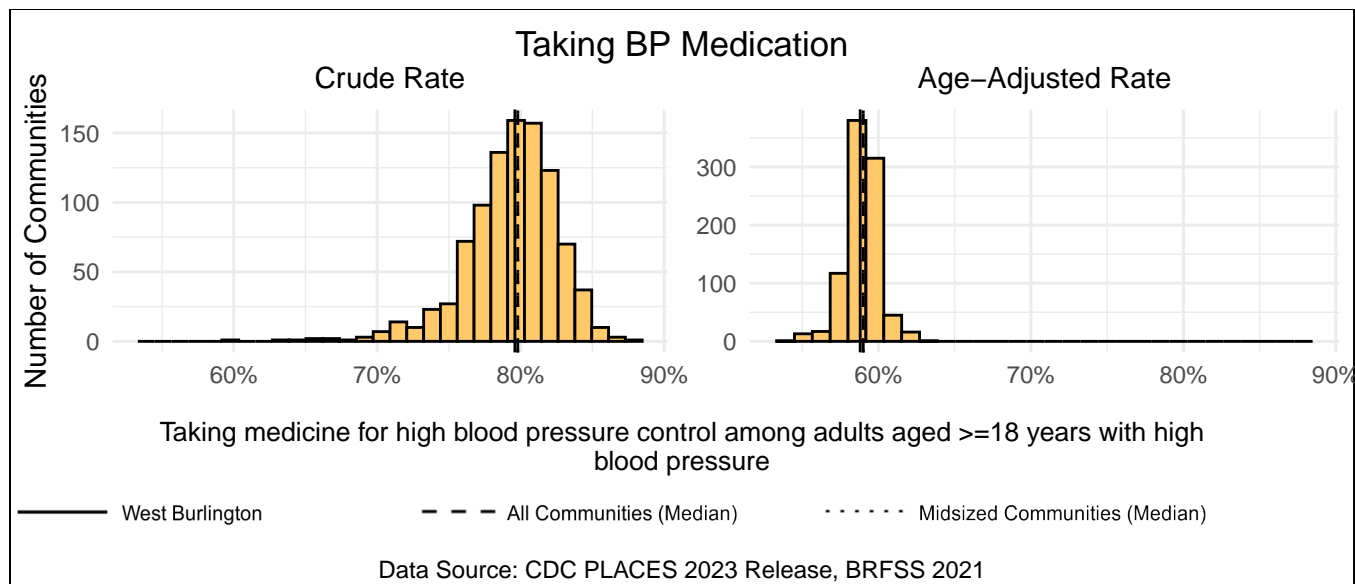
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	8.1%	7.3%	7.6%
Age-Adjusted	8.6%	7.7%	7.9%



Taking BP Medication

West Burlington has a crude rate of 79.6% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 493rd out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 58.8%, which ranks 501st out of 905 Iowa communities (60th out of 102 mid-sized communities).

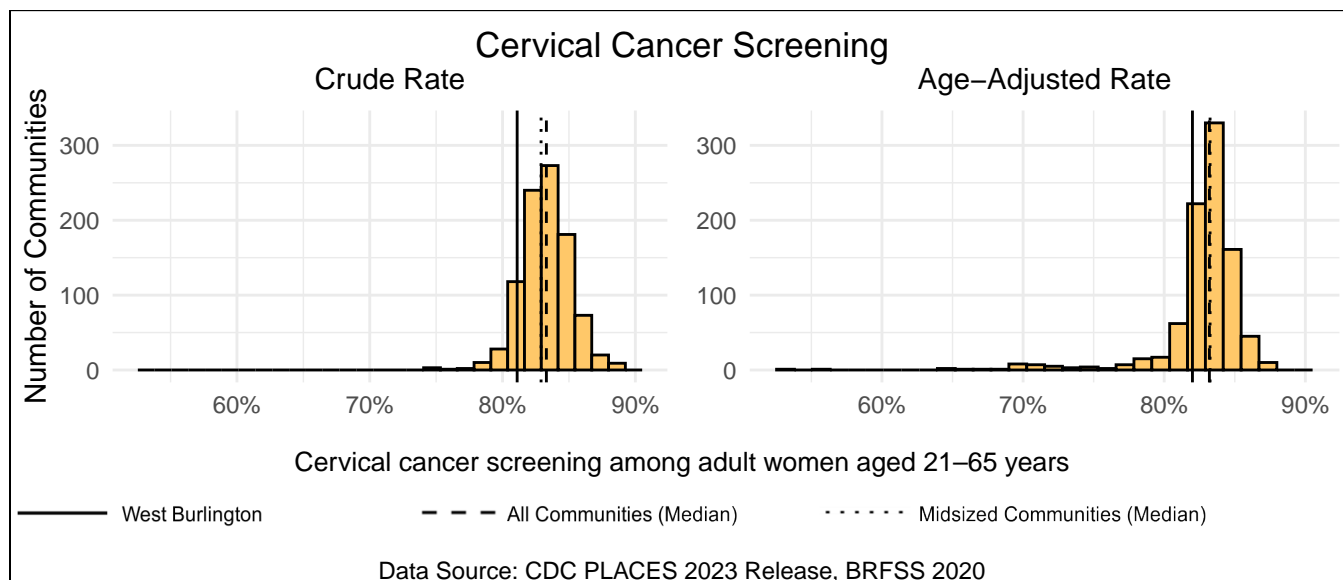
Measure Type	West Burlington	All Comm.	Mid-sized Comm.
Crude	79.6%	79.8%	79.8%
Age-Adjusted	58.8%	59.0%	59.0%



Cervical Cancer Screening

West Burlington has a crude rate of 81.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 857th out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 82.0%, which ranks 717th out of 905 Iowa communities (77th out of 102 mid-sized communities).

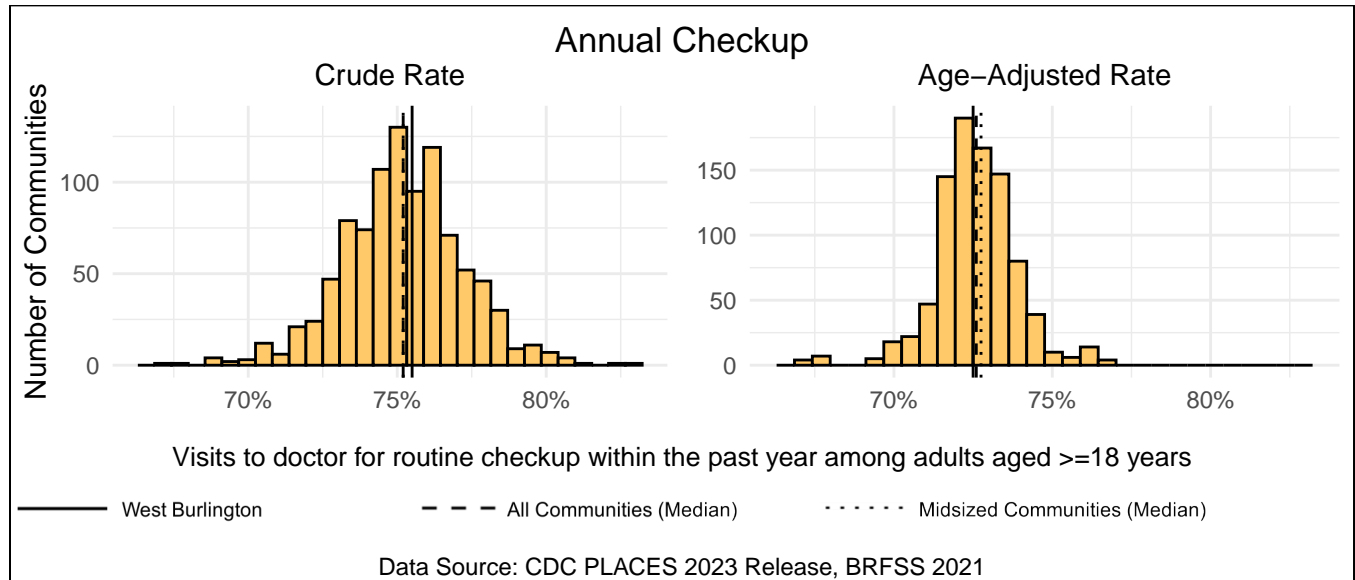
Measure Type	West Burlington	All Comm.	Mid-sized Comm.
Crude	81.1%	83.3%	82.9%
Age-Adjusted	82.0%	83.2%	83.2%



Annual Checkup

West Burlington has a crude rate of 75.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 408th out of 958 Iowa communities (41st out of 102 mid-sized communities). The age-adjusted rate for West Burlington is 72.5%, which ranks 468th out of 905 Iowa communities (59th out of 102 mid-sized communities).

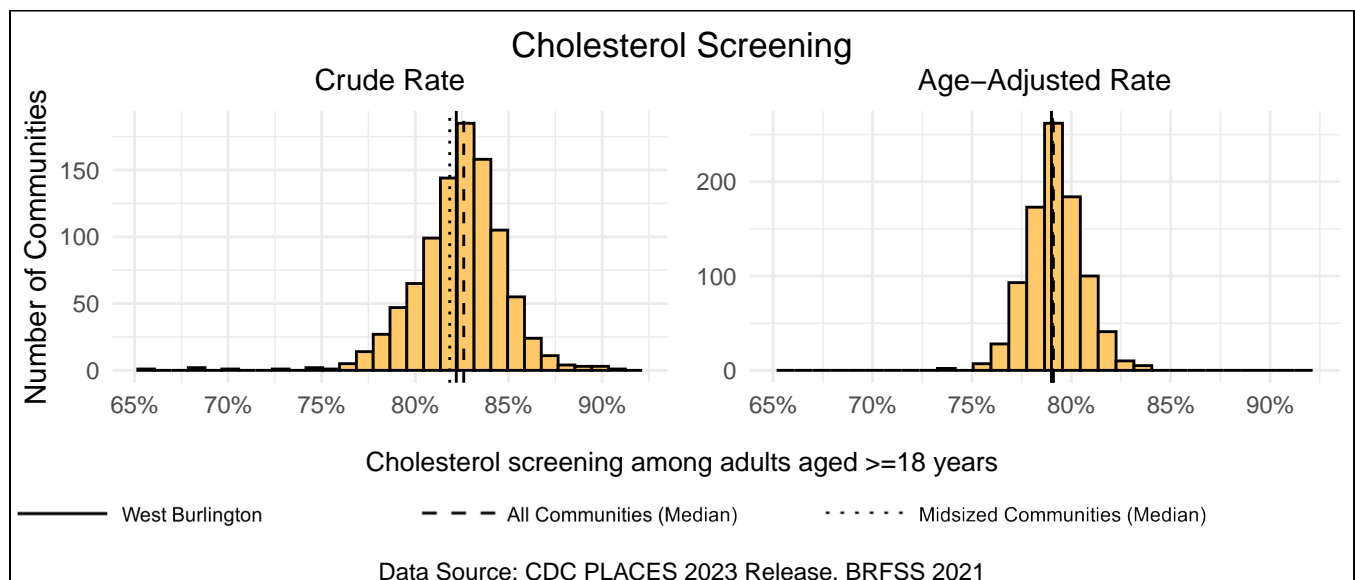
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	75.5%	75.2%	75.2%
Age-Adjusted	72.5%	72.6%	72.8%



Cholesterol Screening

West Burlington has a crude rate of 82.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 550th out of 958 Iowa communities (42nd out of 102 midsized communities). The age-adjusted rate for West Burlington is 79.0%, which ranks 470th out of 905 Iowa communities (52nd out of 102 midsized communities).

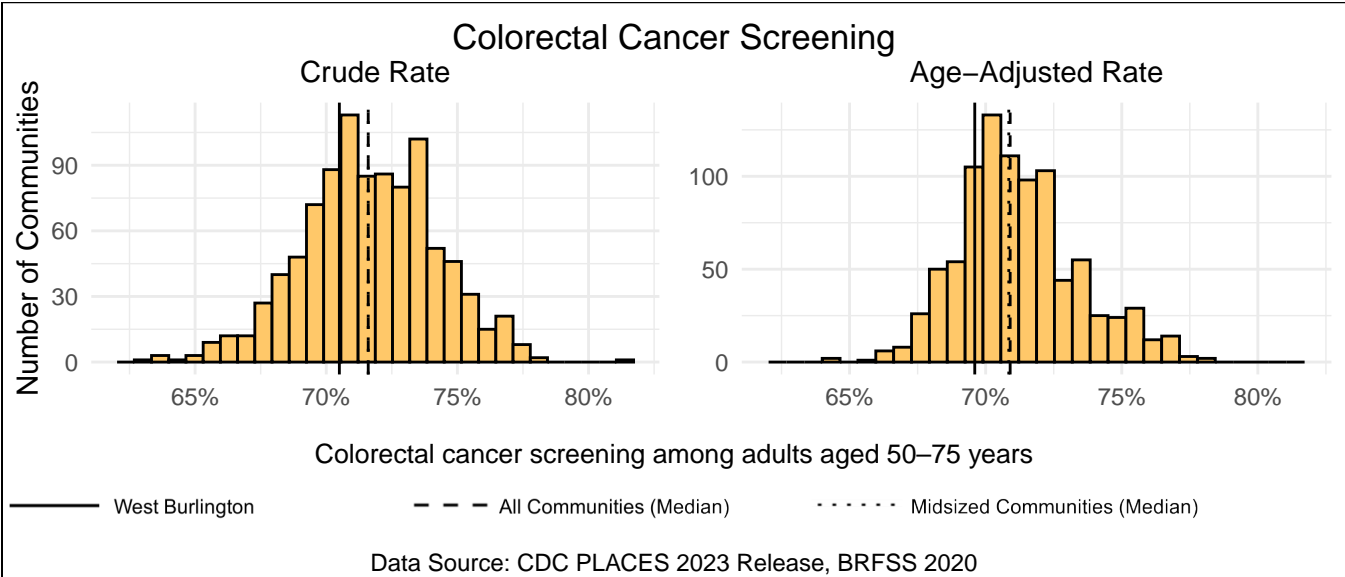
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	82.2%	82.6%	81.8%
Age-Adjusted	79.0%	79.1%	79.0%



Colorectal Cancer Screening

West Burlington has a crude rate of 70.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 643rd out of 958 Iowa communities (65th out of 102 midsized communities). The age-adjusted rate for West Burlington is 69.6%, which ranks 701st out of 905 Iowa communities (74th out of 102 midsized communities).

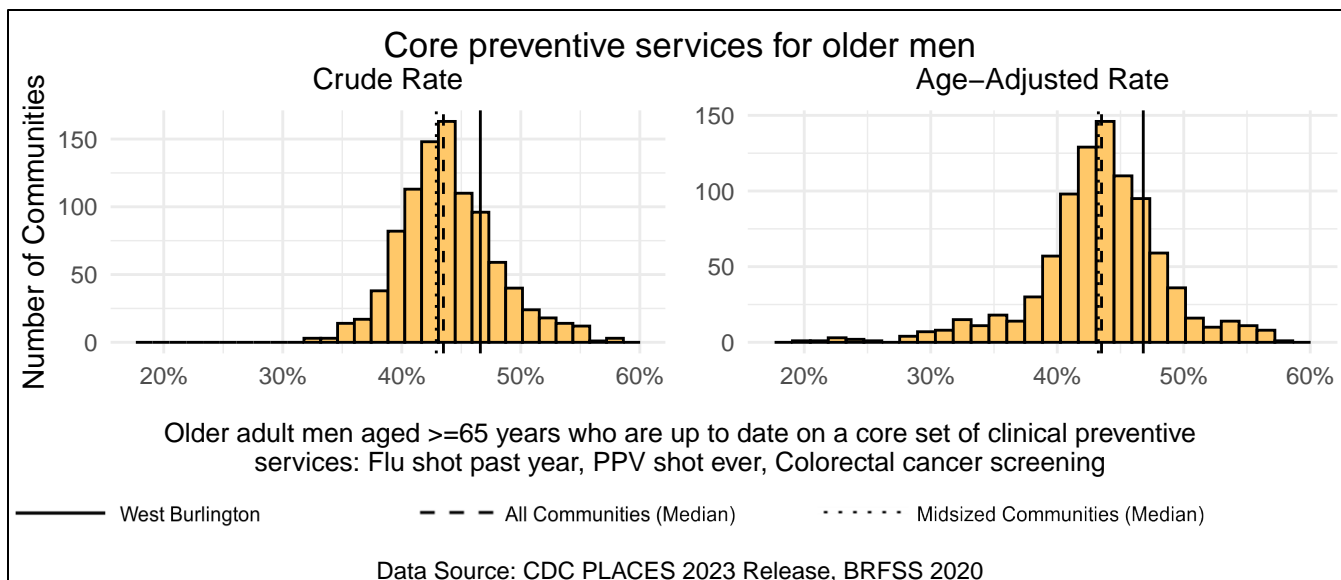
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	70.5%	71.6%	71.6%
Age-Adjusted	69.6%	70.9%	70.8%



Core preventive services for older men

West Burlington has a crude rate of 46.6% for older adult men aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 212th out of 958 Iowa communities (22nd out of 102 midsized communities). The age-adjusted rate for West Burlington is 46.8%, which ranks 185th out of 905 Iowa communities (22nd out of 102 midsized communities).

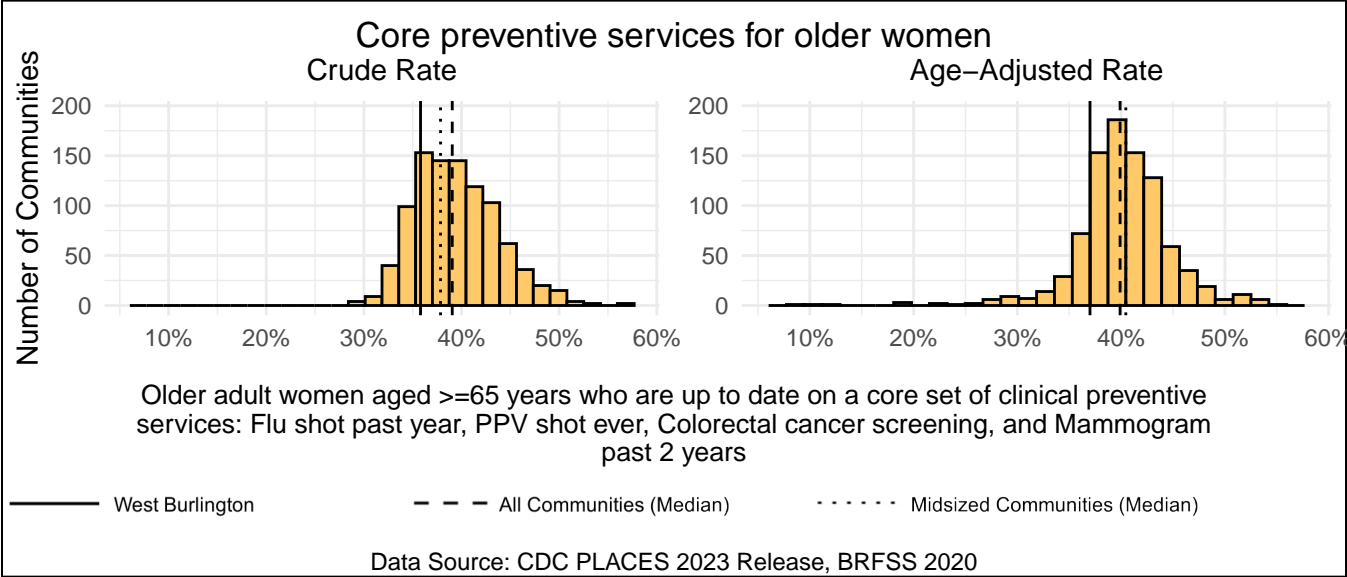
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	46.6%	43.5%	42.9%
Age-Adjusted	46.8%	43.5%	43.2%



Core preventive services for older women

West Burlington has a crude rate of 35.8% 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 774th out of 958 Iowa communities (73rd out of 102 midsize communities). The age-adjusted rate for West Burlington is 37.0%, which ranks 758th out of 905 Iowa communities (89th out of 102 midsize communities).

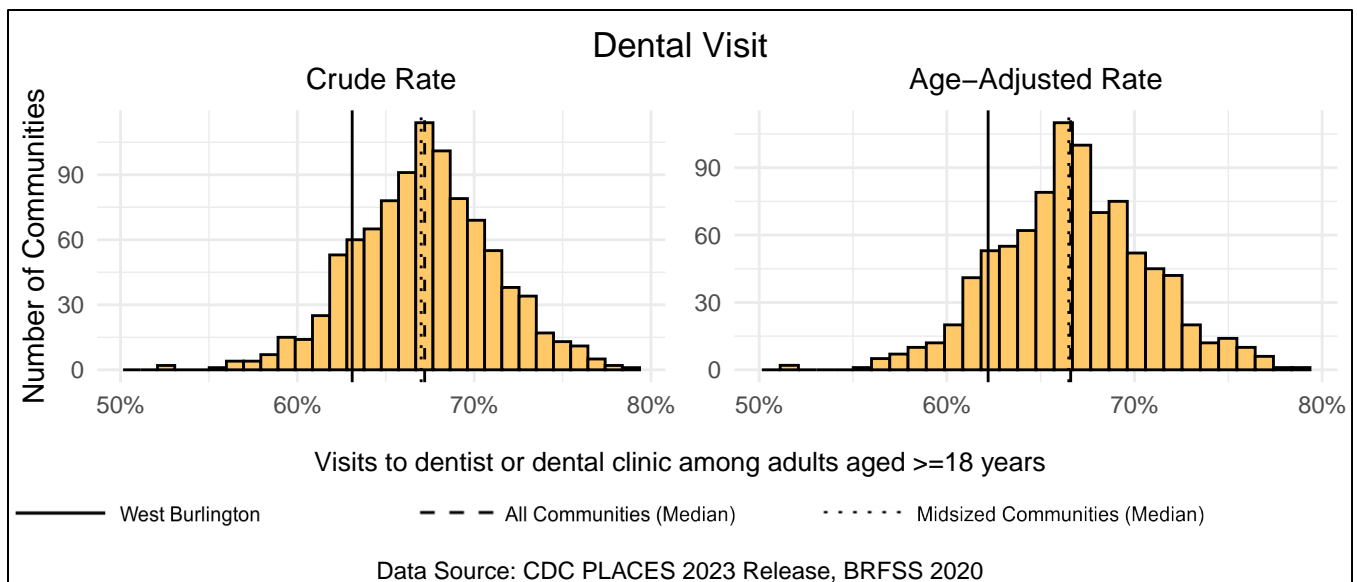
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	35.8%	39.0%	37.8%
Age-Adjusted	37.0%	39.9%	40.4%



Dental Visit

West Burlington has a crude rate of 63.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 817th out of 958 Iowa communities (74th out of 102 midsize communities). The age-adjusted rate for West Burlington is 62.2%, which ranks 788th out of 905 Iowa communities (76th out of 102 midsize communities).

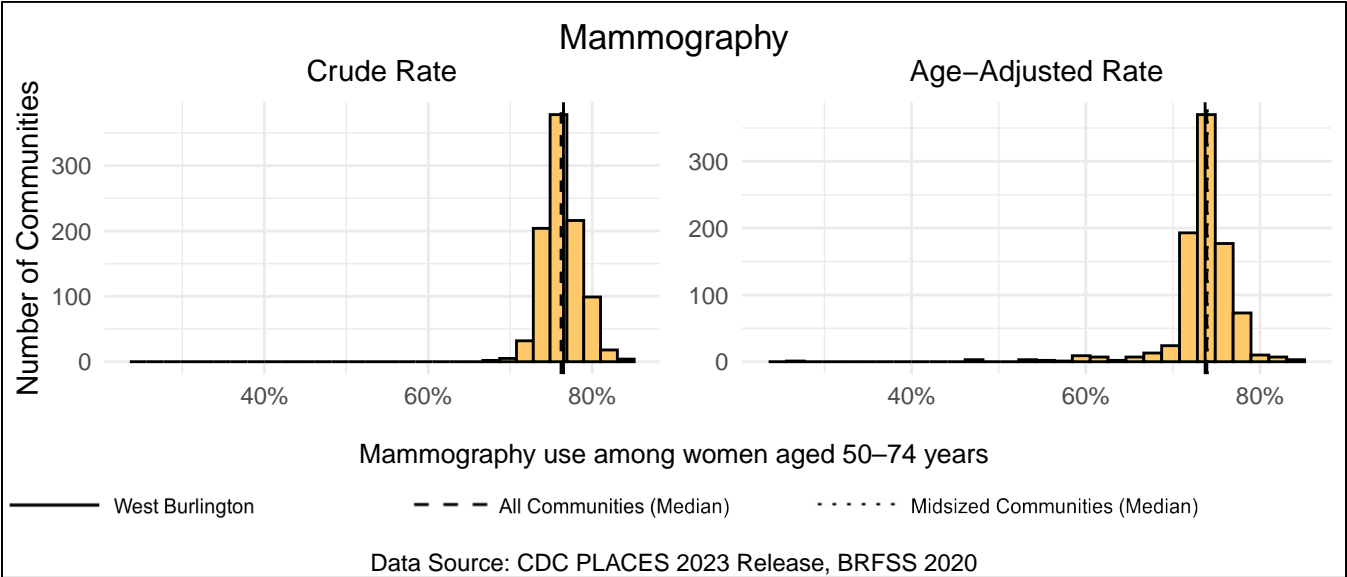
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	63.1%	67.2%	67.0%
Age-Adjusted	62.2%	66.6%	66.5%



Mammography

West Burlington has a crude rate of 76.5% for mammography use among women aged 50–74 years, which ranks 410th out of 958 Iowa communities (50th out of 102 midsized communities). The age-adjusted rate for West Burlington is 73.7%, which ranks 481st out of 905 Iowa communities (56th out of 102 midsized communities).

Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	76.5%	76.2%	76.5%
Age-Adjusted	73.7%	73.9%	74.0%



Disability

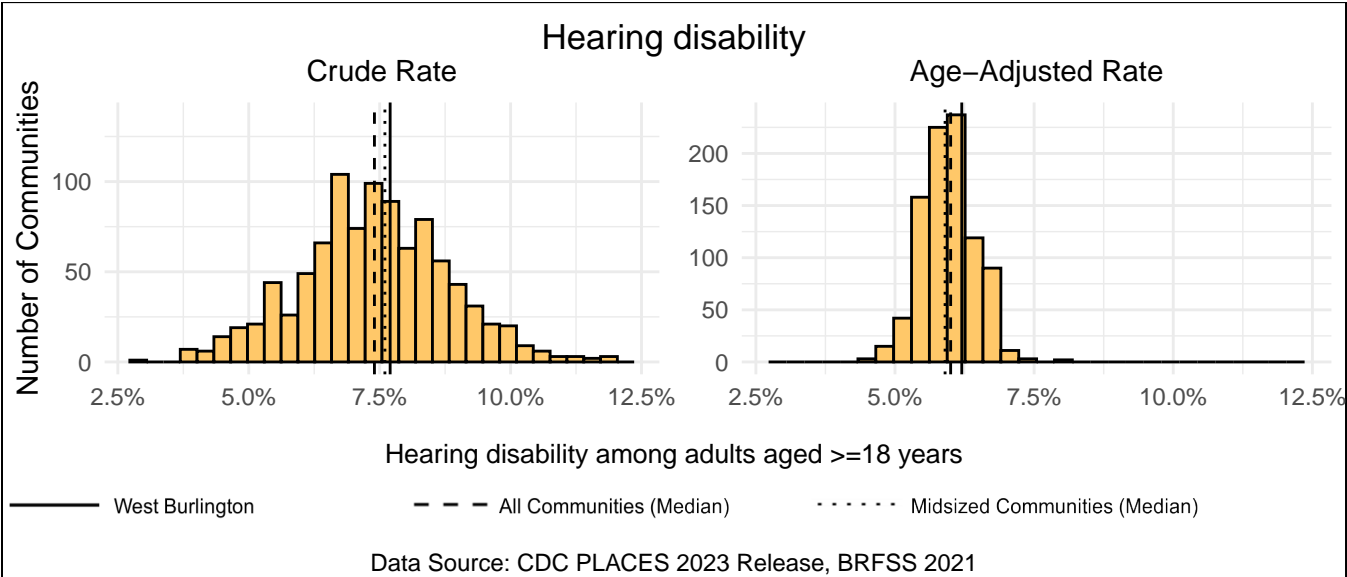
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

West Burlington has a crude rate of 7.7% for hearing disability among adults aged ≥ 18 years, which ranks 566th out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for West Burlington is 6.2%, which ranks 621st out of 905 Iowa communities (65th out of 102 midsized communities).

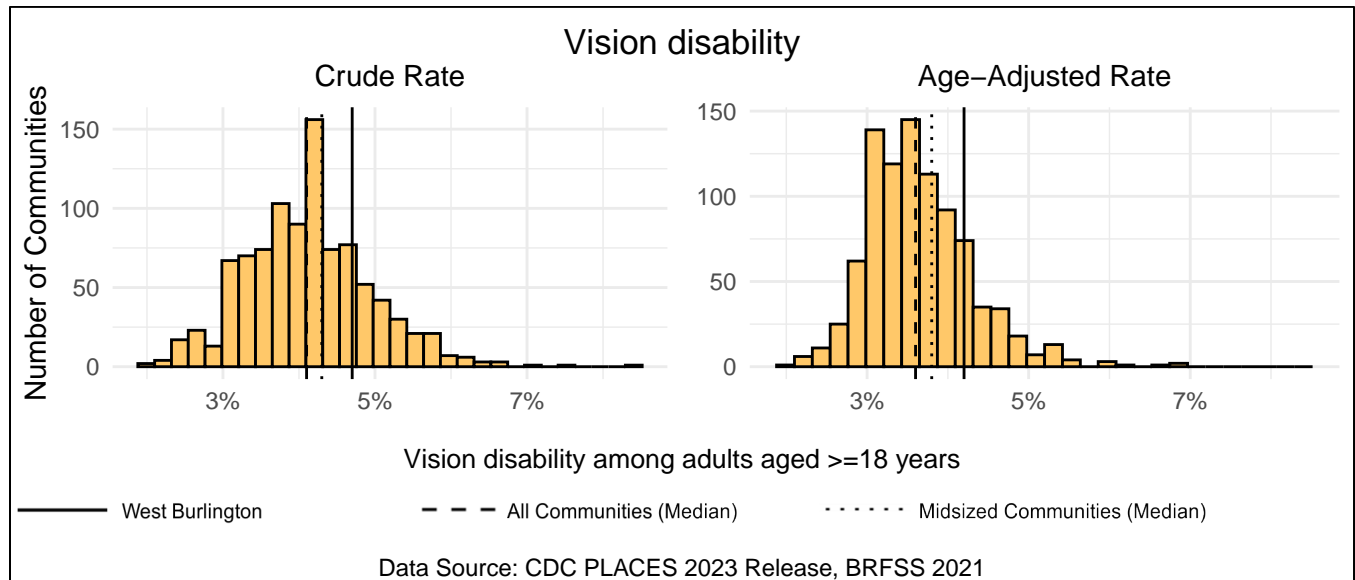
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	7.7%	7.4%	7.6%
Age-Adjusted	6.2%	6.0%	5.9%



Vision disability

West Burlington has a crude rate of 4.7% for vision disability among adults aged ≥ 18 years, which ranks 733rd out of 958 Iowa communities (68th out of 102 midsized communities). The age-adjusted rate for West Burlington is 4.2%, which ranks 742nd out of 905 Iowa communities (71st out of 102 midsized communities).

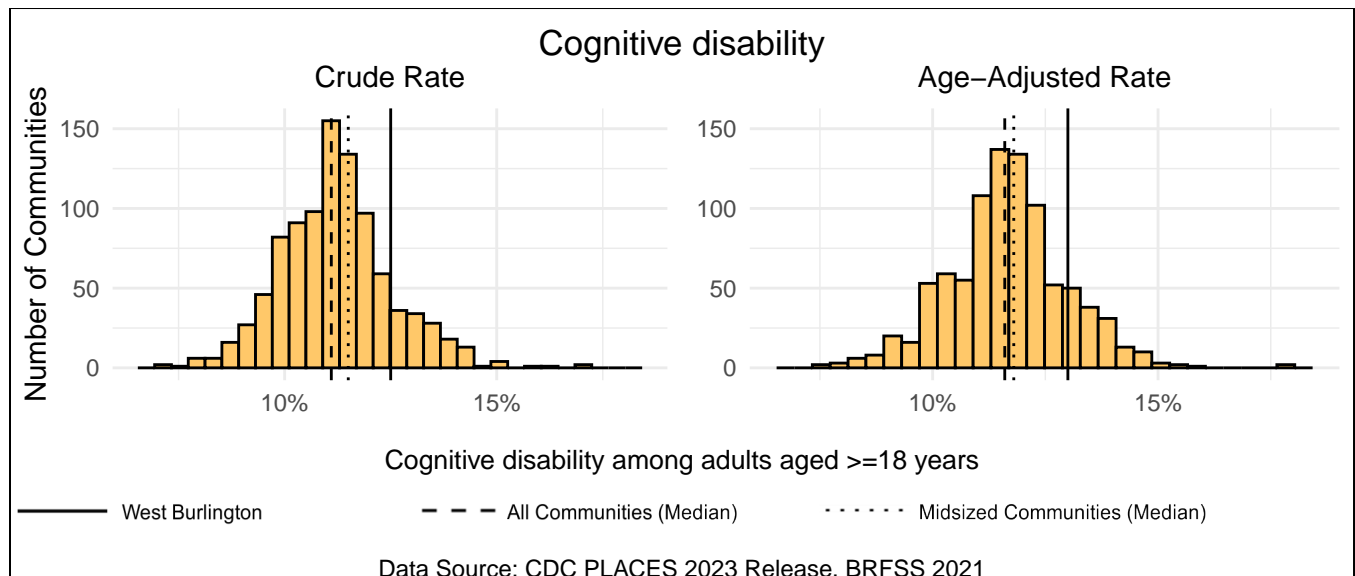
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	4.7%	4.1%	4.3%
Age-Adjusted	4.2%	3.6%	3.8%



Cognitive disability

West Burlington has a crude rate of 12.5% for cognitive disability among adults aged ≥ 18 years, which ranks 821st out of 958 Iowa communities (75th out of 102 midsized communities). The age-adjusted rate for West Burlington is 13.0%, which ranks 769th out of 905 Iowa communities (75th out of 102 midsized communities).

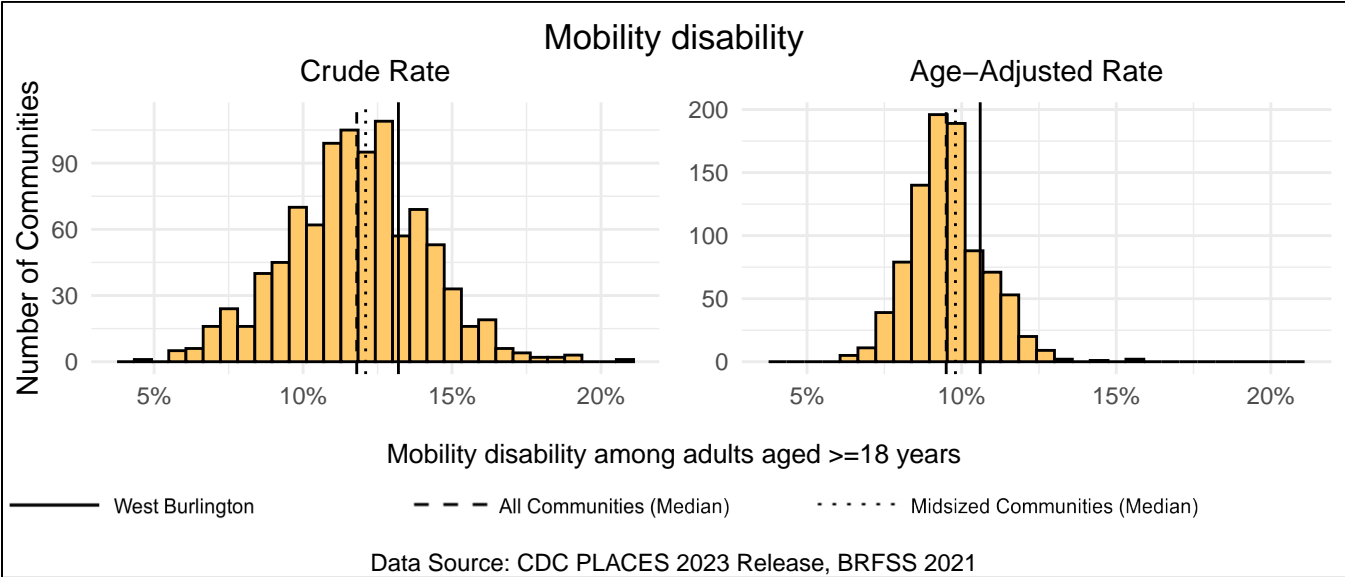
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	12.5%	11.1%	11.5%
Age-Adjusted	13.0%	11.6%	11.8%



Mobility disability

West Burlington has a crude rate of 13.2% for mobility disability among adults aged ≥ 18 years, which ranks 706th out of 958 Iowa communities (68th out of 102 midsized communities). The age-adjusted rate for West Burlington is 10.6%, which ranks 736th out of 905 Iowa communities (71st out of 102 midsized communities).

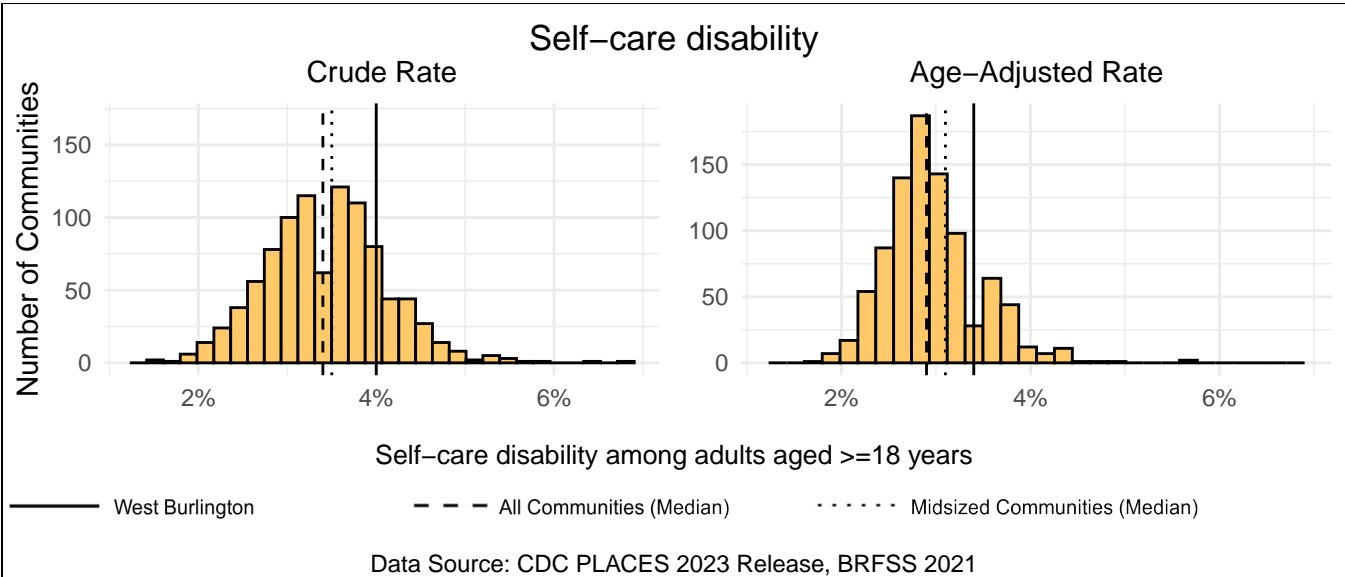
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	13.2%	11.8%	12.1%
Age-Adjusted	10.6%	9.5%	9.8%



Self-care disability

West Burlington has a crude rate of 4.0% for self-care disability among adults aged ≥ 18 years, which ranks 772nd out of 958 Iowa communities (73rd out of 102 midsized communities). The age-adjusted rate for West Burlington is 3.4%, which ranks 735th out of 905 Iowa communities (71st out of 102 midsized communities).

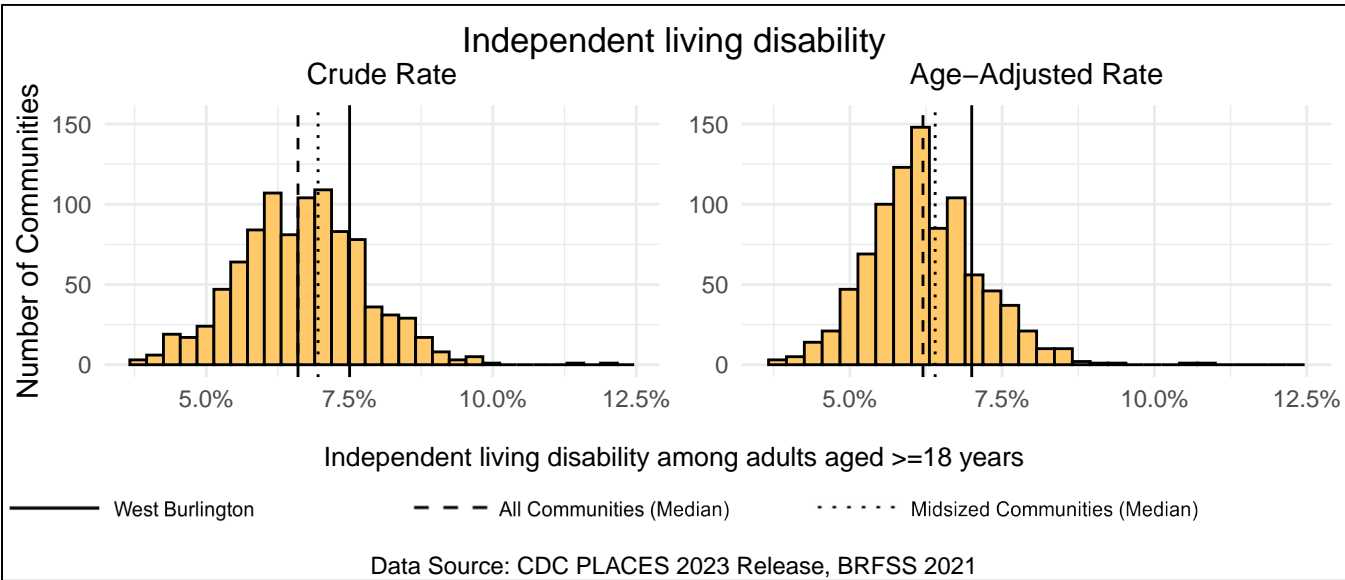
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	4.0%	3.4%	3.5%
Age-Adjusted	3.4%	2.9%	3.1%



Independent living disability

West Burlington has a crude rate of 7.5% for independent living disability among adults aged ≥ 18 years, which ranks 749th out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for West Burlington is 7.0%, which ranks 739th out of 905 Iowa communities (71st out of 102 midsized communities).

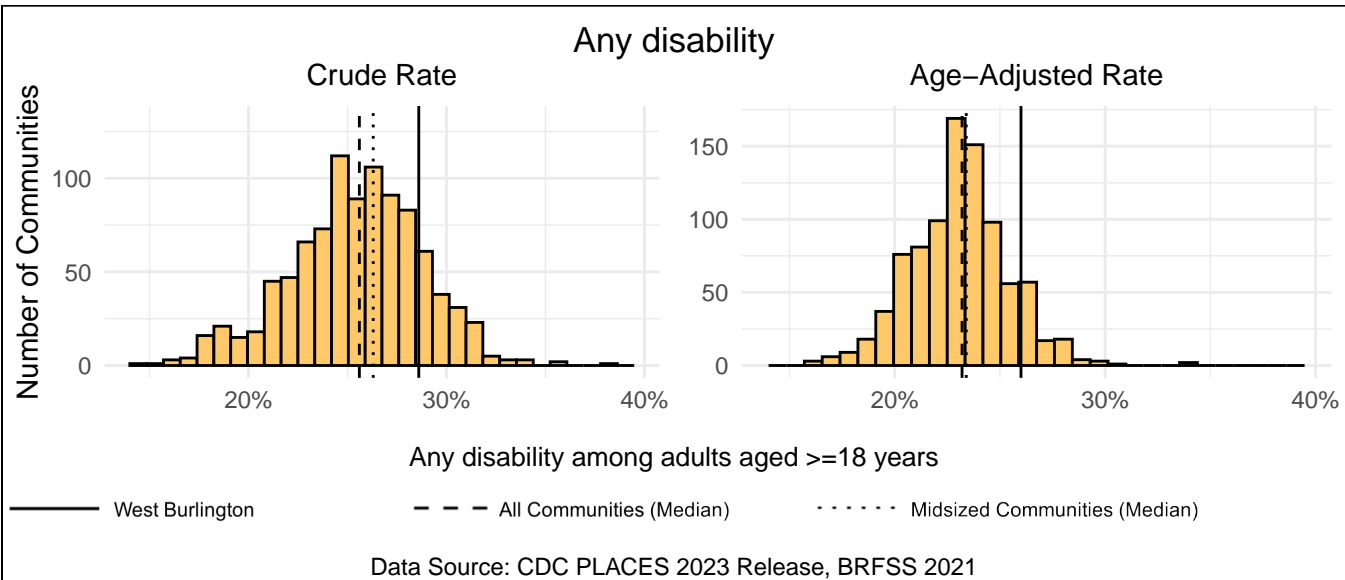
Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	7.5%	6.6%	7.0%
Age-Adjusted	7.0%	6.2%	6.4%



Any disability

West Burlington has a crude rate of 28.6% for any disability among adults aged ≥ 18 years, which ranks 801st out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for West Burlington is 26.0%, which ranks 807th out of 905 Iowa communities (80th out of 102 midsized communities).

Measure Type	West Burlington	All Comm.	Midsized Comm.
Crude	28.6%	25.6%	26.3%
Age-Adjusted	26.0%	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 Burlington 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	840	15.6% (13.4% - 17.8%)	821	16.8% (14.6% - 19.2%)
Health Status	General Health	714	15.6% (13.0% - 18.8%)	721	14.1% (11.8% - 16.6%)
Health Status	Physical Health	719	11.6% (9.9% - 13.5%)	727	10.5% (9.0% - 12.2%)
Health Risk Behaviors	Sleep <7 hours	374	29.9% (28.6% - 31.3%)	446	31.1% (29.6% - 32.6%)
Health Risk Behaviors	Physical Inactivity	760	28.5% (23.8% - 33.8%)	762	26.8% (22.4% - 31.9%)
Health Risk Behaviors	Current Smoking	590	17.4% (13.9% - 21.1%)	649	18.6% (14.9% - 22.7%)
Health Risk Behaviors	Binge Drinking	416	19.2% (16.1% - 22.7%)	418	21.9% (18.4% - 25.6%)
Health Outcomes	Arthritis	778	30.6% (26.8% - 34.9%)	882	25.4% (21.8% - 29.0%)
Health Outcomes	Current Asthma	868	9.9% (8.7% - 11.3%)	805	10.0% (8.8% - 11.4%)
Health Outcomes	Obesity	513	37.9% (31.5% - 44.6%)	559	38.2% (31.8% - 45.3%)
Health Outcomes	High Cholesterol	449	36.1% (31.8% - 40.3%)	242	29.2% (25.1% - 33.5%)
Health Outcomes	All Teeth Lost	752	14.6% (9.5% - 21.3%)	737	14.5% (9.5% - 21.1%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.1% - 3.9%)	762	2.8% (2.5% - 3.1%)
Health Outcomes	High Blood Pressure	654	33.9% (30.0% - 38.1%)	755	28.8% (25.2% - 32.6%)
Health Outcomes	Cancer (except skin)	544	8.3% (7.4% - 9.3%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Diabetes	736	11.2% (9.5% - 13.1%)	740	9.0% (7.6% - 10.7%)
Health Outcomes	Stroke	648	3.6% (3.1% - 4.1%)	714	2.8% (2.4% - 3.2%)
Health Outcomes	COPD	696	8.2% (6.8% - 10.1%)	734	6.9% (5.7% - 8.2%)
Health Outcomes	Depression	922	20.8% (17.5% - 24.7%)	881	21.9% (18.3% - 25.9%)
Health Outcomes	Coronary Heart Disease	569	6.8% (5.9% - 8.0%)	601	5.2% (4.5% - 5.9%)
Prevention	Cholesterol Screening	550	82.2% (79.3% - 85.1%)	470	79.0% (75.6% - 82.3%)
Prevention	Dental Visit	817	63.1% (59.4% - 66.7%)	788	62.2% (58.4% - 65.7%)
Prevention	Core preventive services for older men	212	46.6% (38.2% - 55.1%)	185	46.8% (38.4% - 55.1%)
Prevention	Taking BP Medication	493	79.6% (76.4% - 82.7%)	501	58.8% (54.1% - 63.6%)
Prevention	Health Insurance	731	8.1% (6.1% - 10.4%)	700	8.6% (6.5% - 11.2%)
Prevention	Annual Checkup	408	75.5% (71.0% - 79.7%)	468	72.5% (67.7% - 77.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	643	70.5% (67.3% - 73.3%)	701	69.6% (66.5% - 72.5%)
Prevention	Cervical Cancer Screening	857	81.1% (78.3% - 83.9%)	717	82.0% (79.5% - 84.5%)
Prevention	Mammography	410	76.5% (72.4% - 80.3%)	481	73.7% (69.4% - 77.9%)
Prevention	Core preventive services for older women	774	35.8% (28.8% - 42.8%)	758	37.0% (29.5% - 44.1%)
Disability	Mobility Disability	706	13.2% (11.1% - 15.6%)	736	10.6% (8.9% - 12.6%)
Disability	Self-care Disability	772	4.0% (3.4% - 4.7%)	735	3.4% (2.9% - 4.0%)
Disability	Hearing Disability	566	7.7% (6.7% - 8.9%)	621	6.2% (5.4% - 7.1%)
Disability	Any Disability	801	28.6% (24.7% - 33.0%)	807	26.0% (22.2% - 30.1%)
Disability	Vision Disability	733	4.7% (4.0% - 5.6%)	742	4.2% (3.6% - 4.9%)
Disability	Cognitive Disability	821	12.5% (10.5% - 14.6%)	769	13.0% (11.0% - 15.1%)
Disability	Independent Living Disability	749	7.5% (6.3% - 8.9%)	739	7.0% (6.0% - 8.3%)

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 Burlington 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
