



## Iowa Community Health Snapshot Series

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



*May 2024*

*By Matthew Voss & Shawn Dorius*

---

*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

<b>Health in West Des Moines: Overview</b>	<b>3</b>
Strengths . . . . .	3
Opportunities . . . . .	4
How to Use this Report . . . . .	5
Using Ames, IA as an Example . . . . .	6
<b>Health Status</b>	<b>7</b>
Poor General Health . . . . .	7
Poor Physical Health . . . . .	8
Poor Mental Health . . . . .	8
<b>Health Risk Behaviors</b>	<b>9</b>
Binge Drinking . . . . .	9
Current Smoking . . . . .	10
Physical Inactivity . . . . .	10
Sleep <7 hours . . . . .	11
<b>Health Outcomes</b>	<b>12</b>
Arthritis . . . . .	12
High Blood Pressure . . . . .	13
Cancer (except skin) . . . . .	13
Current Asthma . . . . .	14
Coronary Heart Disease . . . . .	14
COPD . . . . .	15
Depression . . . . .	15
Diabetes . . . . .	16
High Cholesterol . . . . .	16
Chronic Kidney Disease . . . . .	17
Obesity . . . . .	17
Stroke . . . . .	18
All Teeth Lost . . . . .	18
<b>Prevention</b>	<b>19</b>
Lack of Health Insurance . . . . .	19
Taking BP Medication . . . . .	20
Cervical Cancer Screening . . . . .	20
Annual Checkup . . . . .	21
Cholesterol Screening . . . . .	21

---

Colorectal Cancer Screening . . . . .	22
Core preventive services for older men . . . . .	22
Core preventive services for older women . . . . .	24
Dental Visit . . . . .	24
Mammography . . . . .	26
<b>Disability</b>	<b>27</b>
Hearing disability . . . . .	27
Vision disability . . . . .	28
Cognitive disability . . . . .	28
Mobility disability . . . . .	29
Self-care disability . . . . .	29
Independent living disability . . . . .	30
Any disability . . . . .	30
<b>Appendix 1: CDC PLACES Data</b>	<b>31</b>
<b>Appendix 2: West Des Moines PLACES Data</b>	<b>32</b>
<b>Appendix 3: Large Communities (50,000+)</b>	<b>34</b>

# Health in West Des Moines: Overview

Dear Community Members & Stakeholders of West Des Moines,

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

## Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Physical Health	5th	1st	Current Smoking	6th	1st
Current Smoking	8th	1st	Mental Health	7th	1st
COPD	9th	1st	Hearing Disability	8th	1st
Self-care Disability	10th	1st	COPD	8th	1st
Independent Living Disability	10th	1st	Physical Health	8th	1st

# Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Large Community Rank	Health Domain	Statewide Community Rank	Large Community Rank
Taking BP Medication	937th	8th	Taking BP Medication	885th	10th
Binge Drinking	888th	10th	High Cholesterol	731st	7th
Annual Checkup	861st	8th	Binge Drinking	451st	9th
Cholesterol Screening	694th	1st	Depression	189th	1st
Depression	673rd	2nd	Annual Checkup	127th	6th

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 Des Moines.

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

With a population of 68,744, West Des Moines's similarly sized communities are defined as large communities. In Iowa, large communities have an average population of 91,321, and there are 11 communities that are considered large communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



The 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

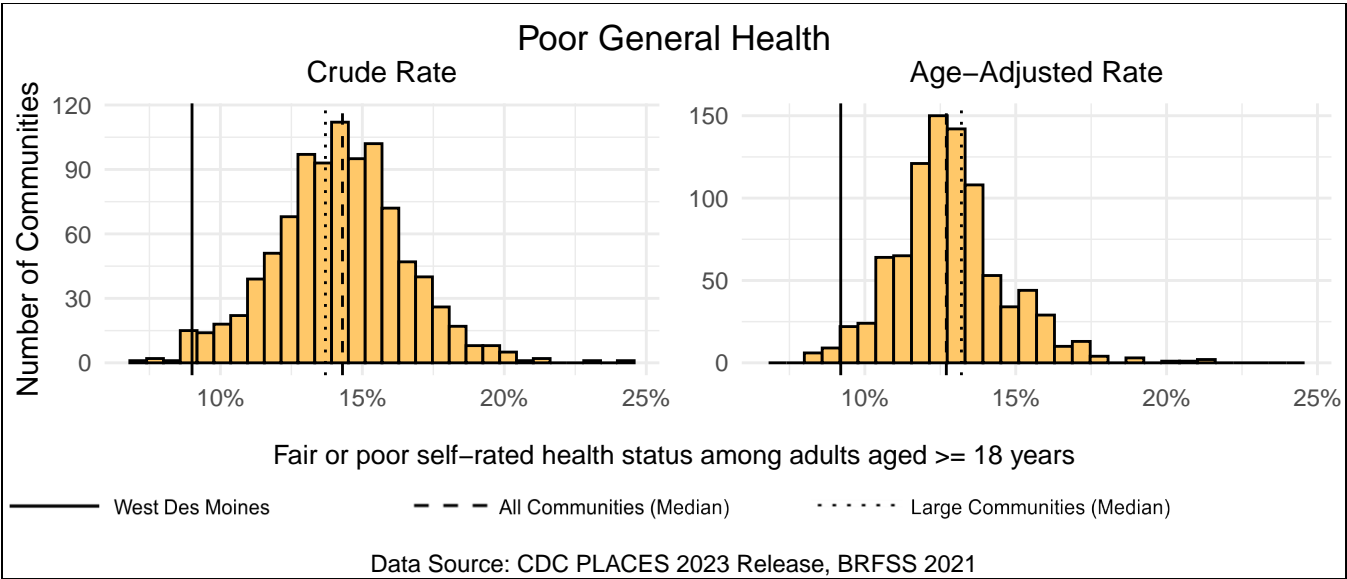
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

West Des Moines has a crude rate of 9.0% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 14th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 9.2%, which ranks 16th out of 905 Iowa communities (1st out of 11 large communities).

Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	9.0%	14.3%	13.7%
Age-Adjusted	9.2%	12.7%	13.2%

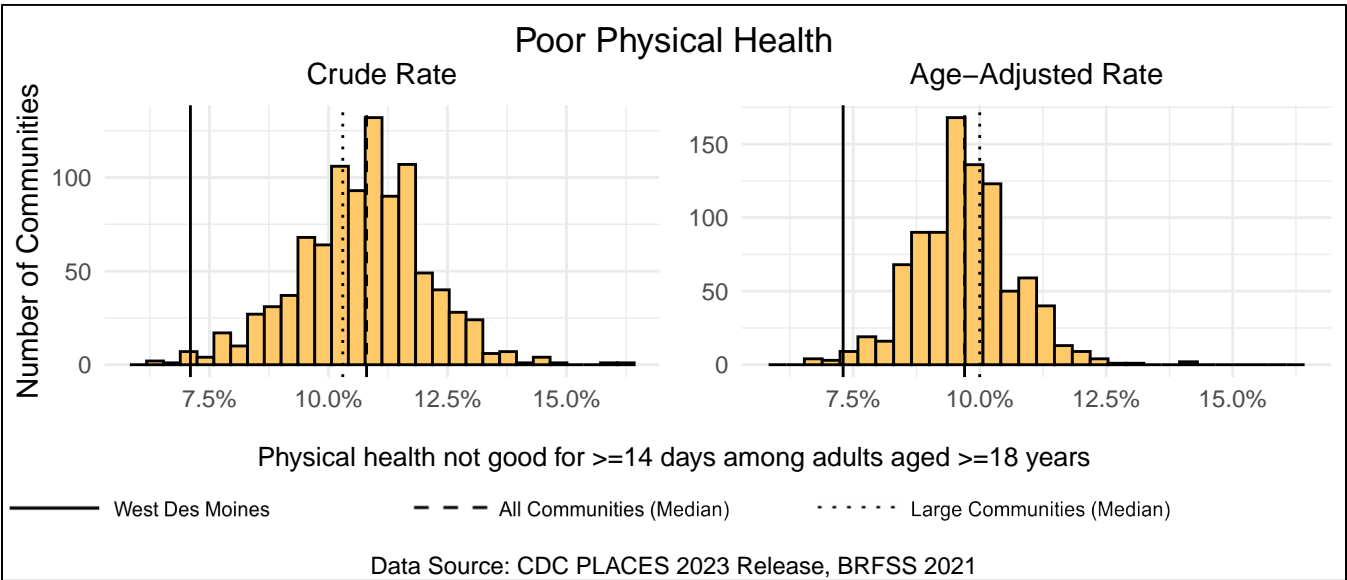




Poor Physical Health

West Des Moines has a crude rate of 7.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 5th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 7.3%, which ranks 8th out of 905 Iowa communities (1st out of 11 large communities).

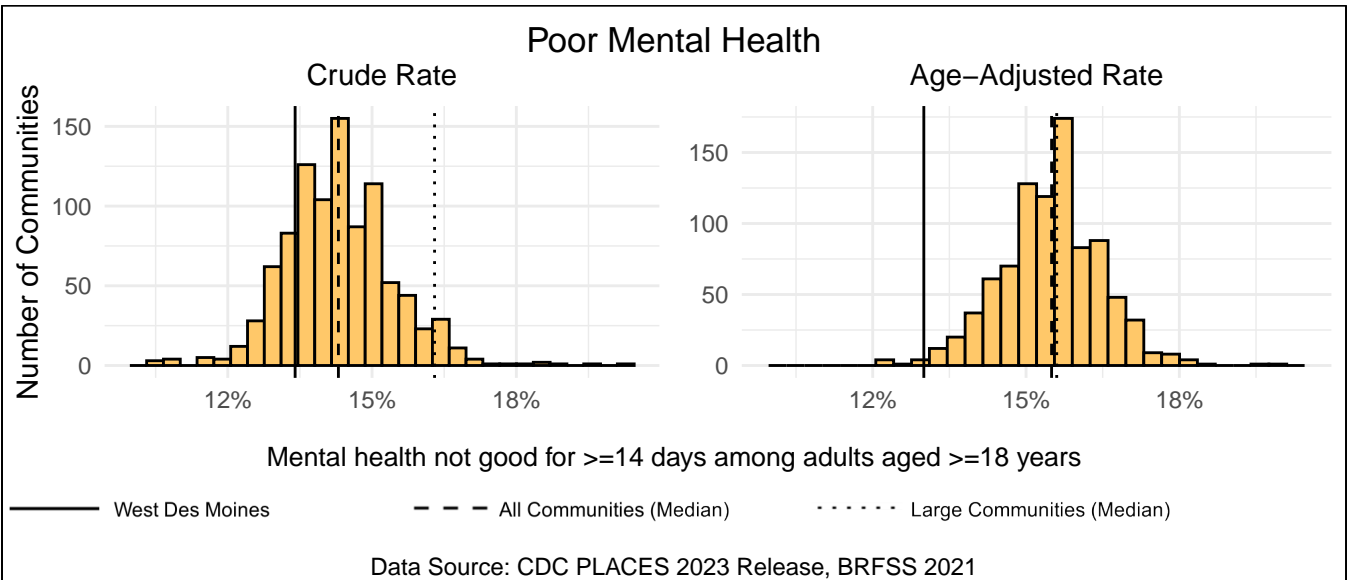
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	7.1%	10.8%	10.3%
Age-Adjusted	7.3%	9.7%	10.0%



Poor Mental Health

West Des Moines has a crude rate of 13.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 164th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 13.0%, which ranks 7th out of 905 Iowa communities (1st out of 11 large communities).

Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	13.4%	14.3%	16.3%
Age-Adjusted	13.0%	15.5%	15.6%



# Health Risk Behaviors

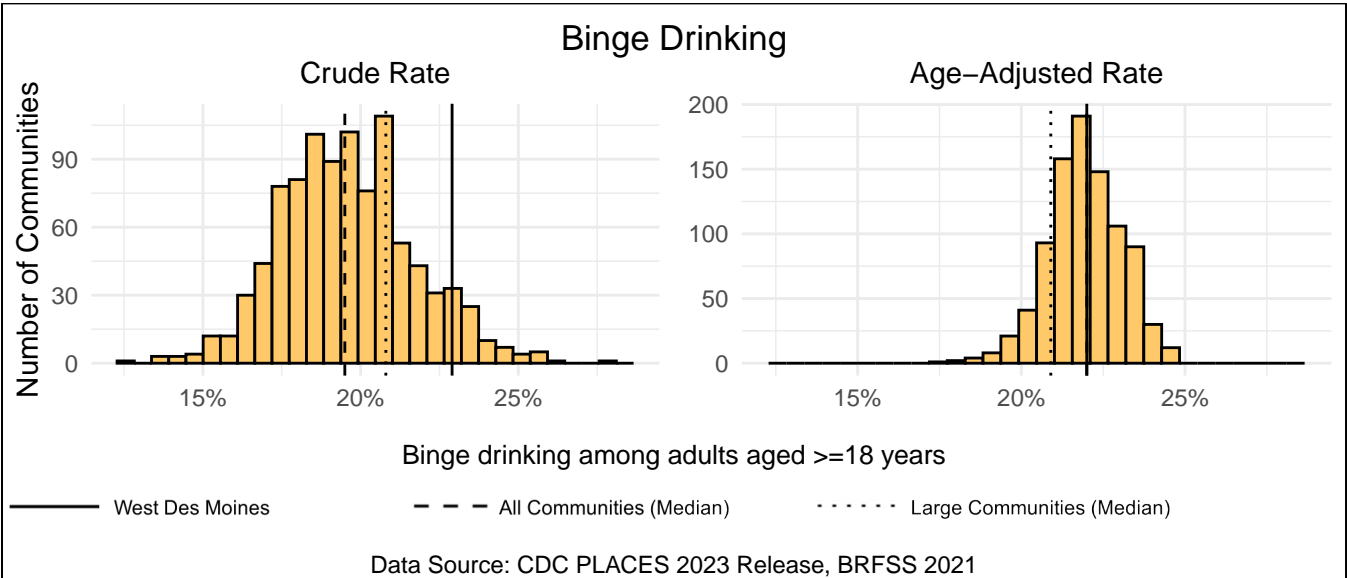
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives 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 Des Moines has a crude rate of 22.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 888th out of 958 Iowa communities (10th out of 11 large communities). The age-adjusted rate for West Des Moines is 22.0%, which ranks 451st out of 905 Iowa communities (9th out of 11 large communities).

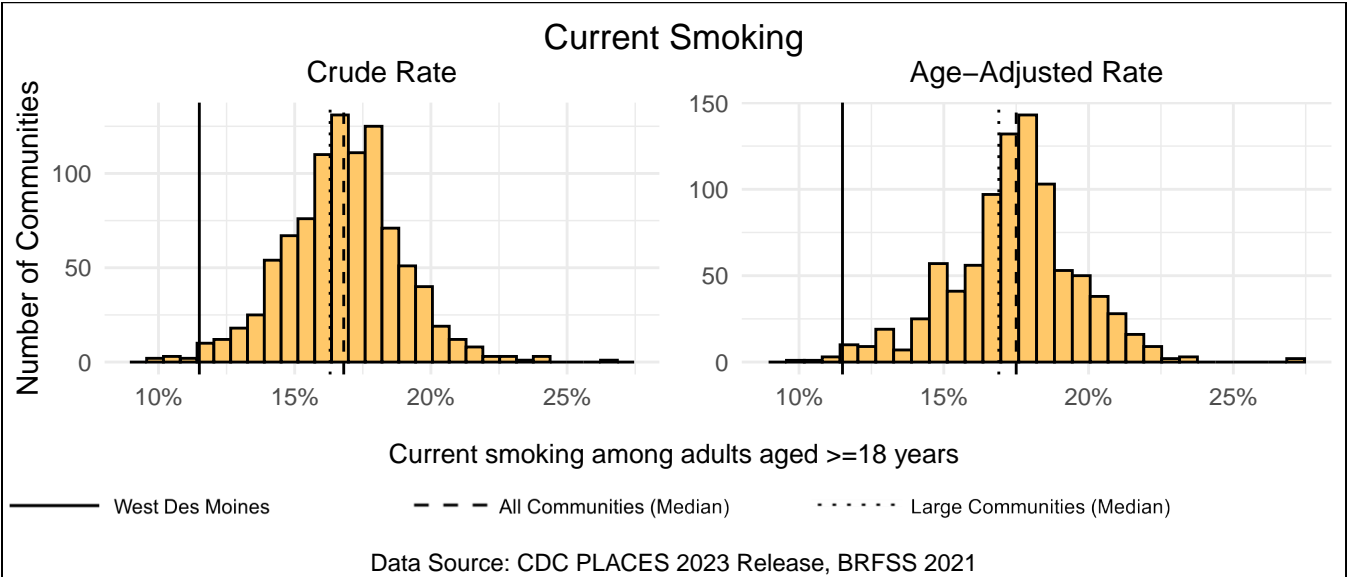
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	22.9%	19.5%	20.8%
Age-Adjusted	22.0%	22.0%	20.9%



# Current Smoking

West Des Moines has a crude rate of 11.5% for current smoking among adults aged  $\geq 18$  years, which ranks 8th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 11.5%, which ranks 6th out of 905 Iowa communities (1st out of 11 large communities).

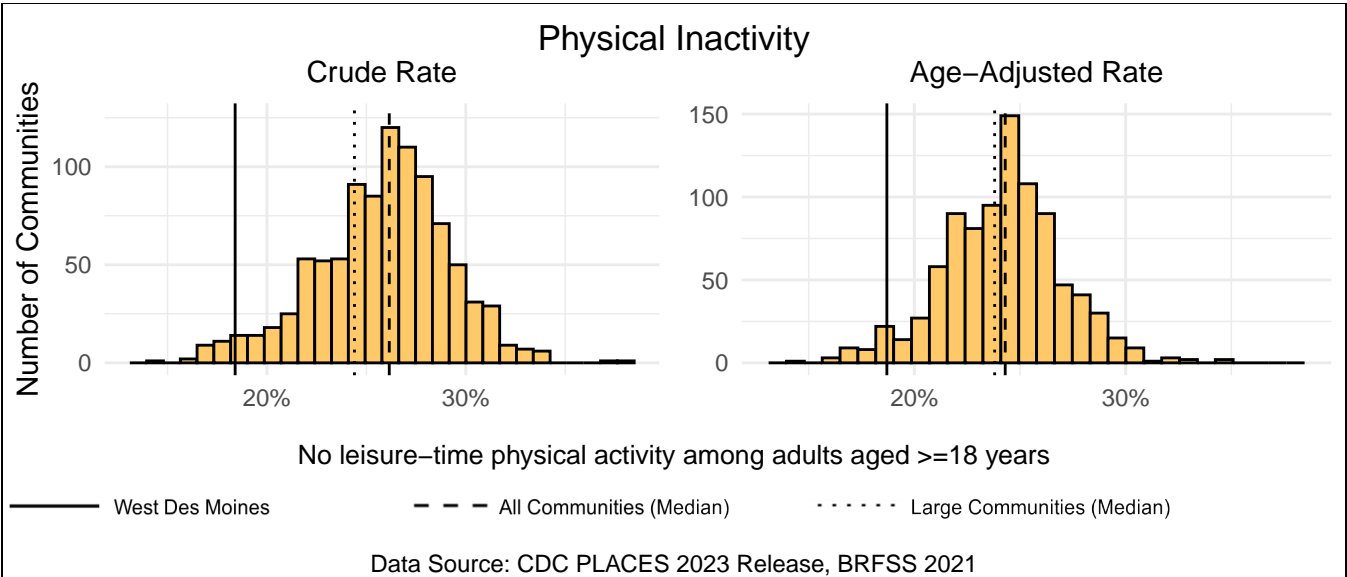
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	11.5%	16.8%	16.3%
Age-Adjusted	11.5%	17.5%	16.9%



# Physical Inactivity

West Des Moines has a crude rate of 18.4% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 26th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 18.7%, which ranks 30th out of 905 Iowa communities (1st out of 11 large communities).

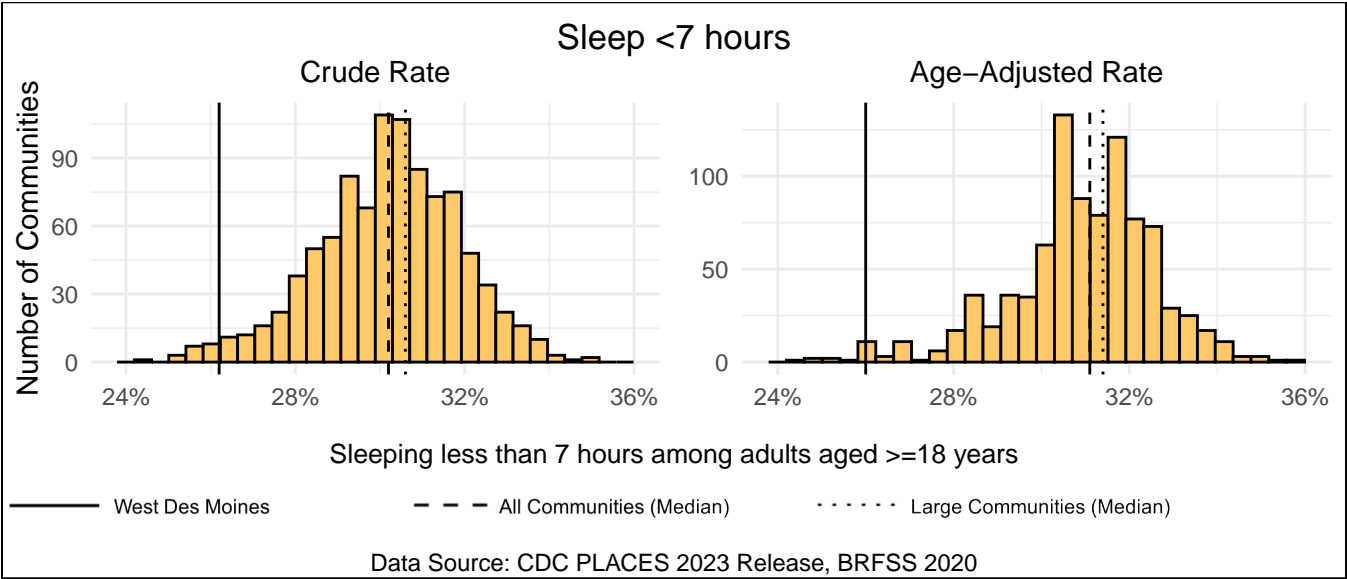
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	18.4%	26.1%	24.4%
Age-Adjusted	18.7%	24.3%	23.8%



Sleep <7 hours

West Des Moines has a crude rate of 26.2% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 17th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 26.0%, which ranks 9th out of 905 Iowa communities (1st out of 11 large communities).

Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	26.2%	30.2%	30.6%
Age-Adjusted	26.0%	31.1%	31.4%



# Health Outcomes

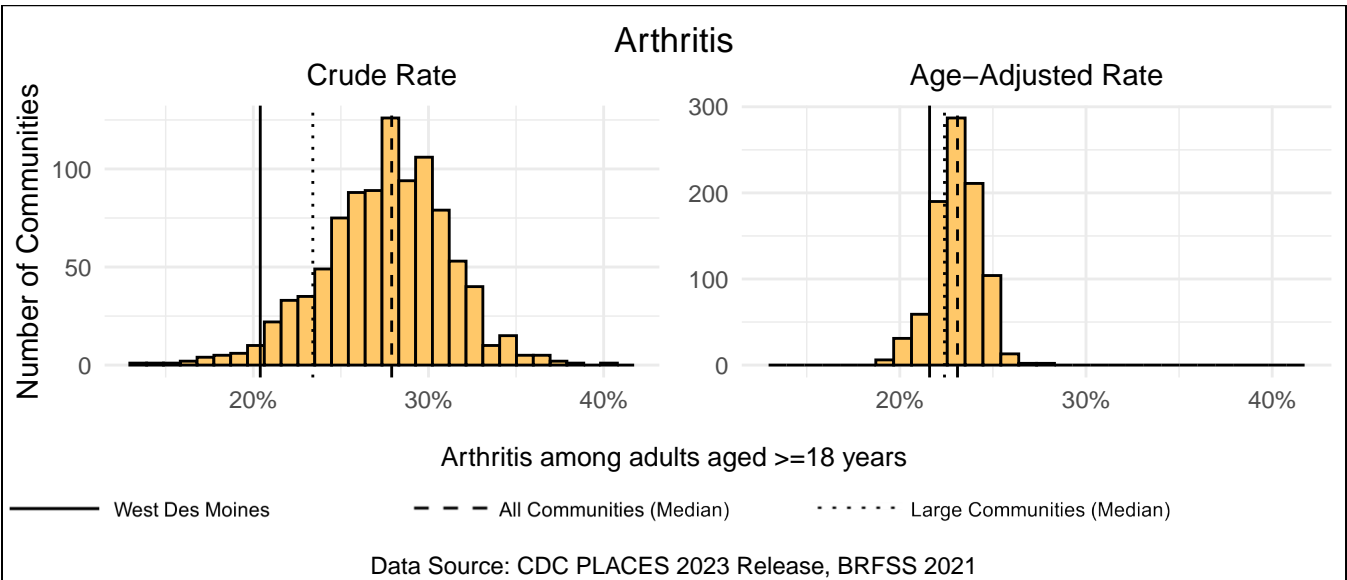
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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 Des Moines has a crude rate of 20.4% for arthritis among adults aged  $\geq 18$  years, which ranks 25th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 21.6%, which ranks 97th out of 905 Iowa communities (1st out of 11 large communities).

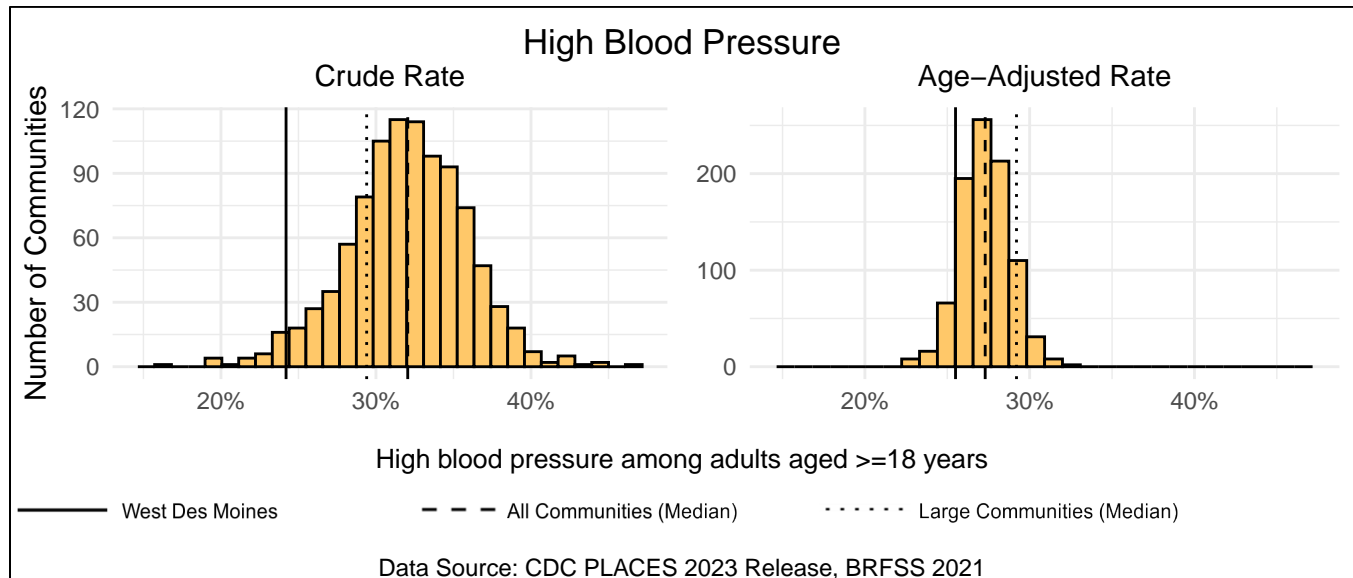
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	20.4%	27.9%	23.4%
Age-Adjusted	21.6%	23.1%	22.4%



## High Blood Pressure

West Des Moines has a crude rate of 24.2% for high blood pressure among adults aged  $\geq 18$  years, which ranks 29th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 25.5%, which ranks 91st out of 905 Iowa communities (1st out of 11 large communities).

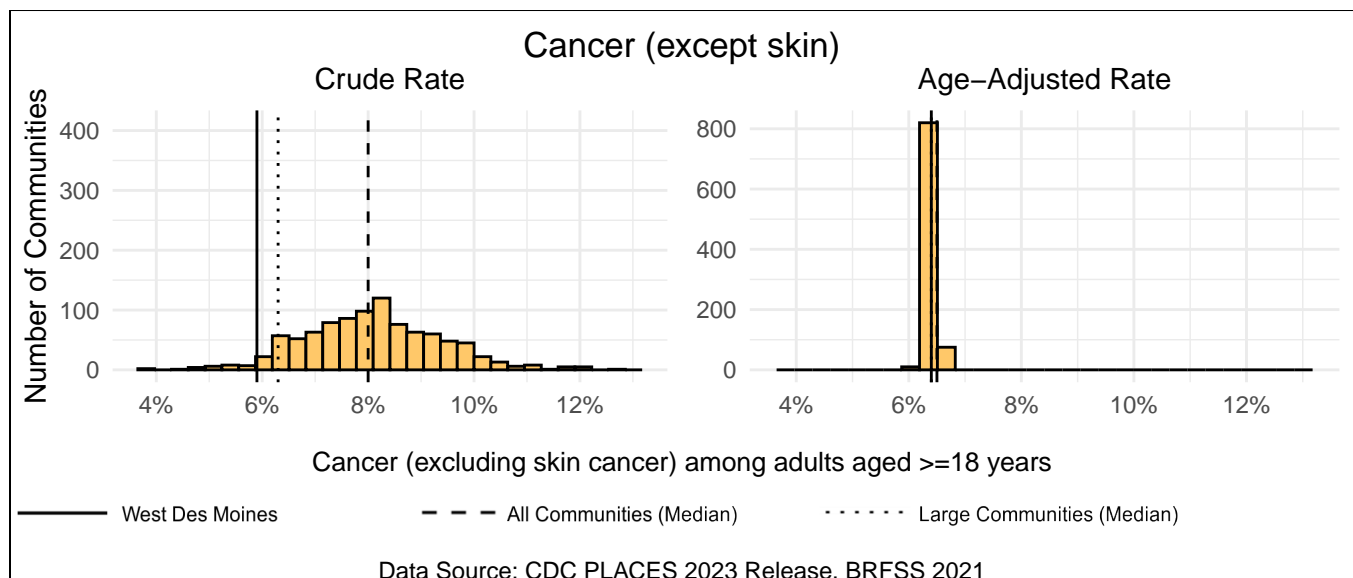
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	24.2%	32.0%	29.4%
Age-Adjusted	25.5%	27.3%	29.2%



## Cancer (except skin)

West Des Moines has a crude rate of 5.9% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 29th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 6.4%, which ranks 74th out of 905 Iowa communities (5th out of 11 large communities).

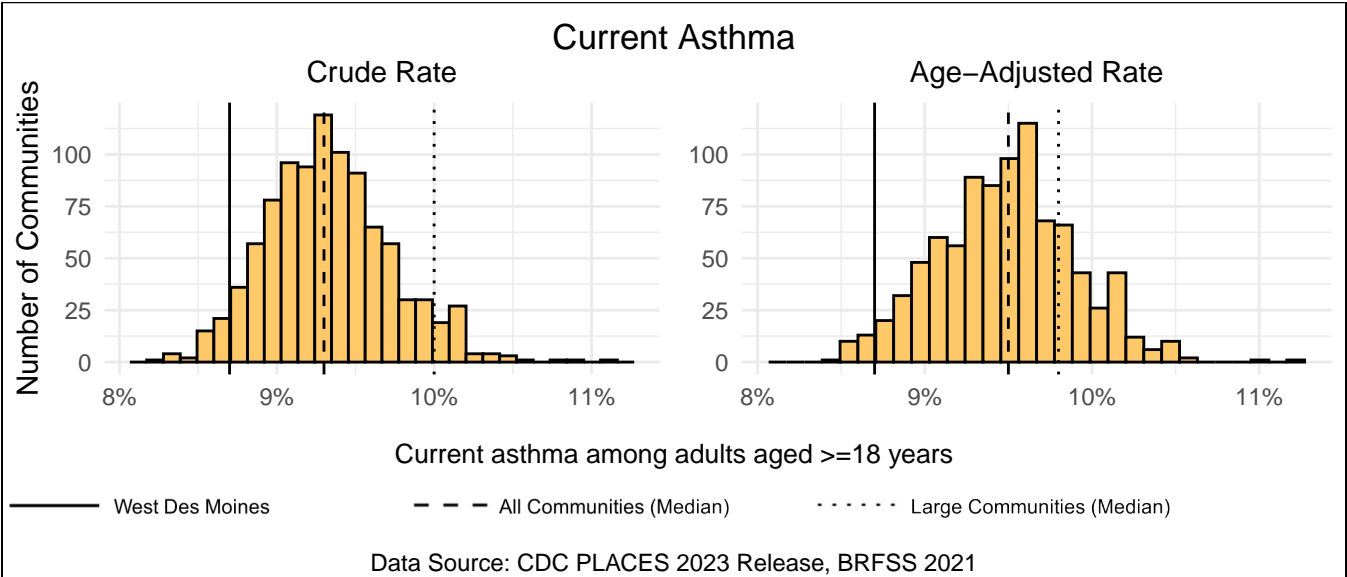
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	5.9%	8.0%	6.3%
Age-Adjusted	6.4%	6.5%	6.4%



# Current Asthma

West Des Moines has a crude rate of 8.7% for current asthma among adults aged >=18 years, which ranks 23rd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 8.7%, which ranks 12th out of 905 Iowa communities (1st out of 11 large communities).

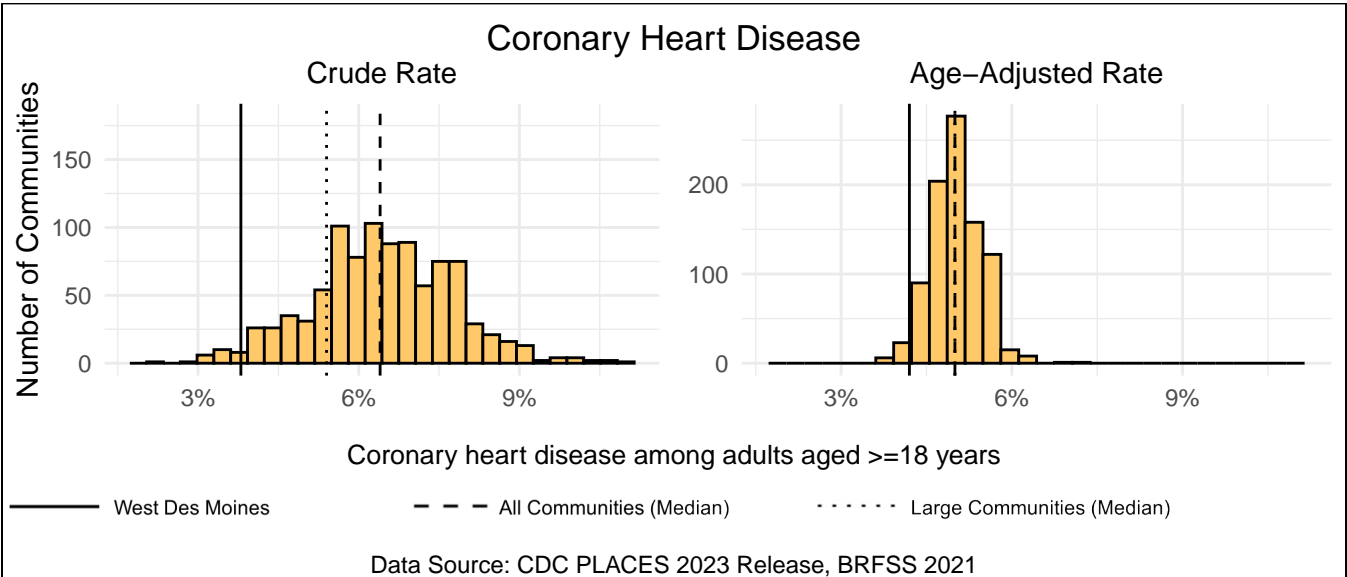
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	8.7%	9.3%	10.0%
Age-Adjusted	8.7%	9.5%	9.8%



# Coronary Heart Disease

West Des Moines has a crude rate of 3.8% for coronary heart disease among adults aged >=18 years, which ranks 19th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 4.2%, which ranks 20th out of 905 Iowa communities (1st out of 11 large communities).

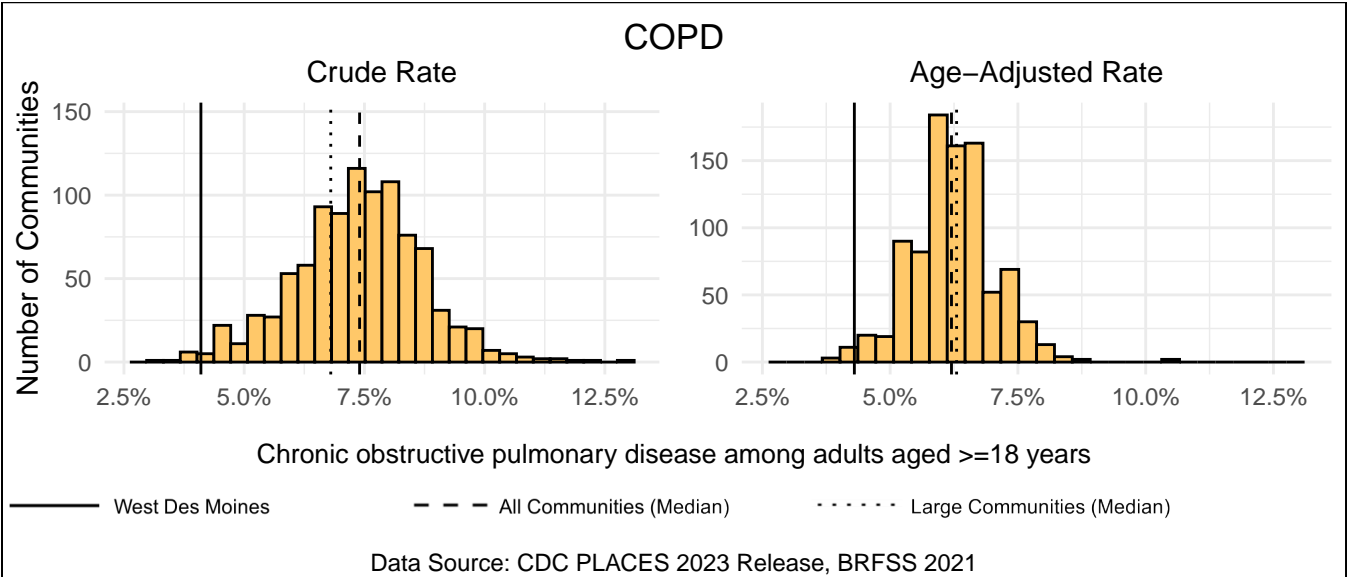
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	3.8%	6.4%	5.4%
Age-Adjusted	4.2%	5.0%	5.0%



# COPD

West Des Moines has a crude rate of 4.1% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 9th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 4.3%, which ranks 8th out of 905 Iowa communities (1st out of 11 large communities).

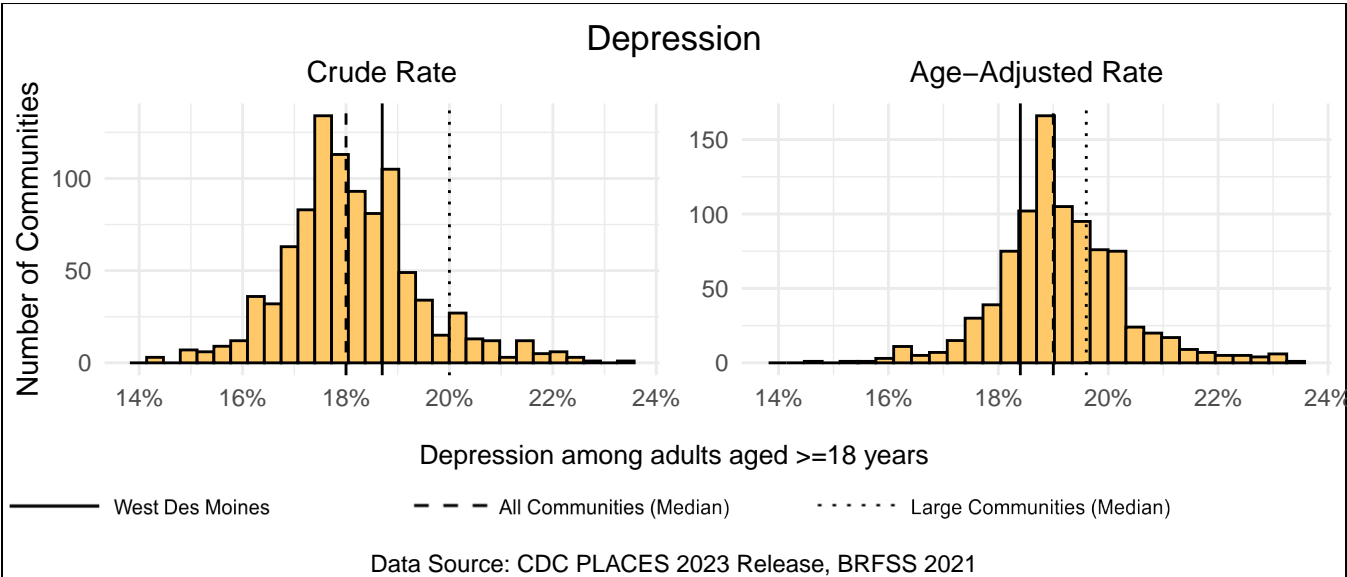
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	4.1%	7.4%	6.8%
Age-Adjusted	4.3%	6.2%	6.3%



# Depression

West Des Moines has a crude rate of 18.7% for depression among adults aged  $\geq 18$  years, which ranks 673rd out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for West Des Moines is 18.4%, which ranks 189th out of 905 Iowa communities (1st out of 11 large communities).

Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	18.7%	18.0%	20.0%
Age-Adjusted	18.4%	19.0%	19.6%

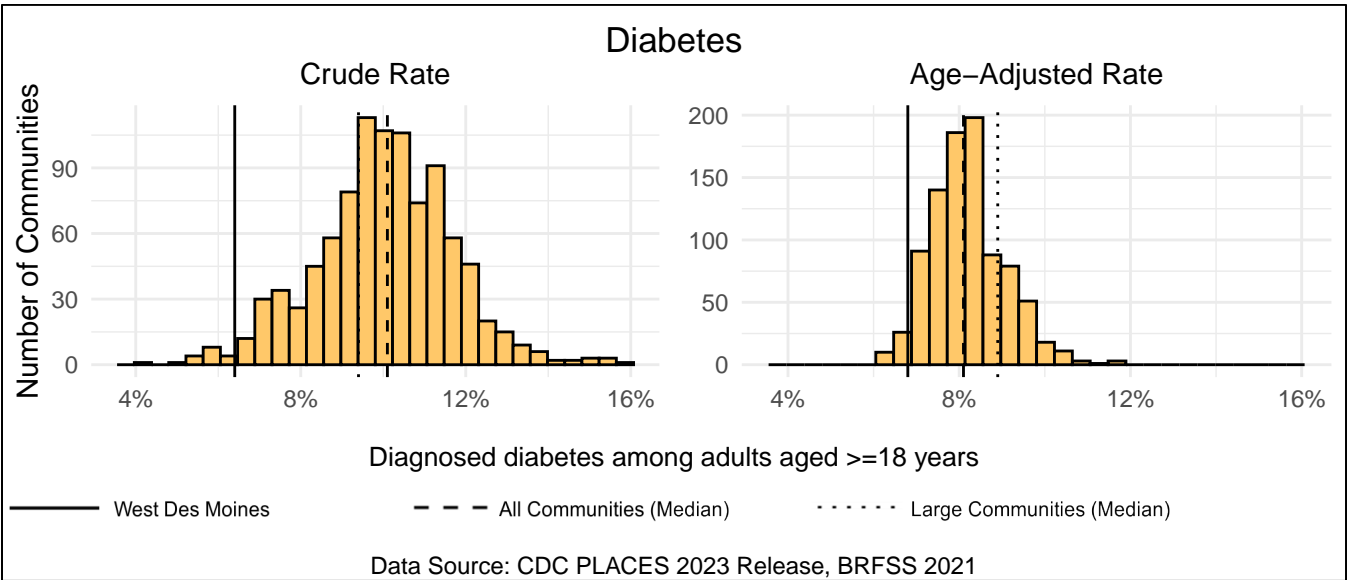




# Diabetes

West Des Moines has a crude rate of 6.4% for diagnosed diabetes among adults aged >=18 years, which ranks 16th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 6.8%, which ranks 25th out of 905 Iowa communities (1st out of 11 large communities).

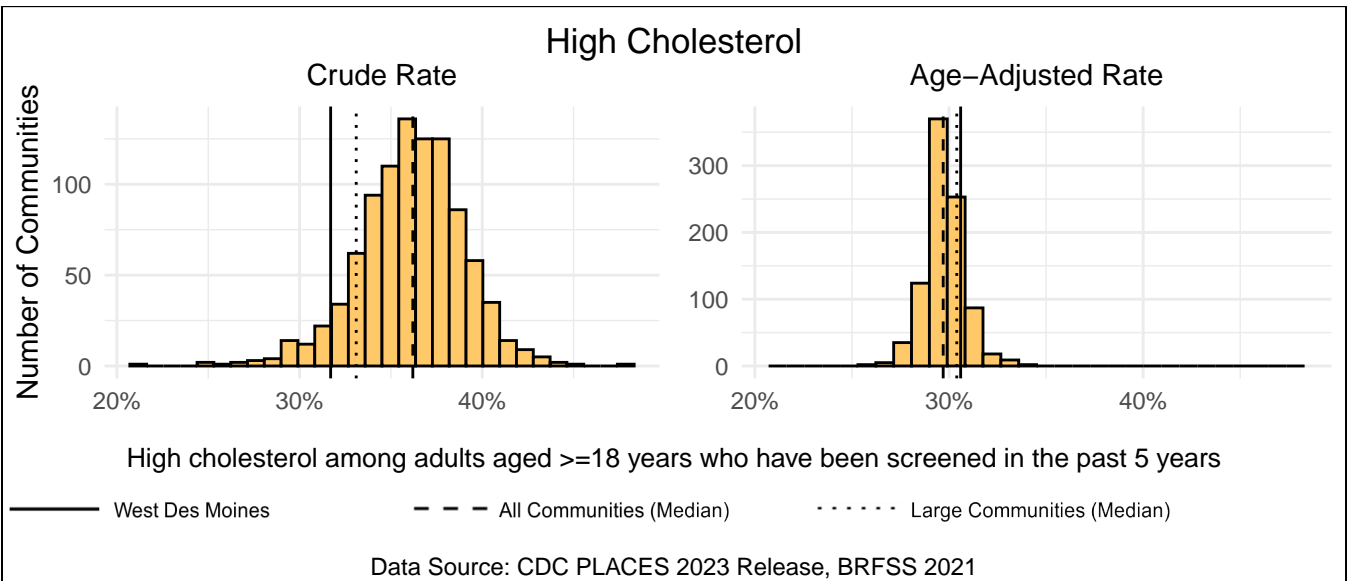
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	6.4%	10.1%	9.4%
Age-Adjusted	6.8%	8.1%	8.9%



# High Cholesterol

West Des Moines has a crude rate of 31.7% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 60th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 30.6%, which ranks 731st out of 905 Iowa communities (7th out of 11 large communities).

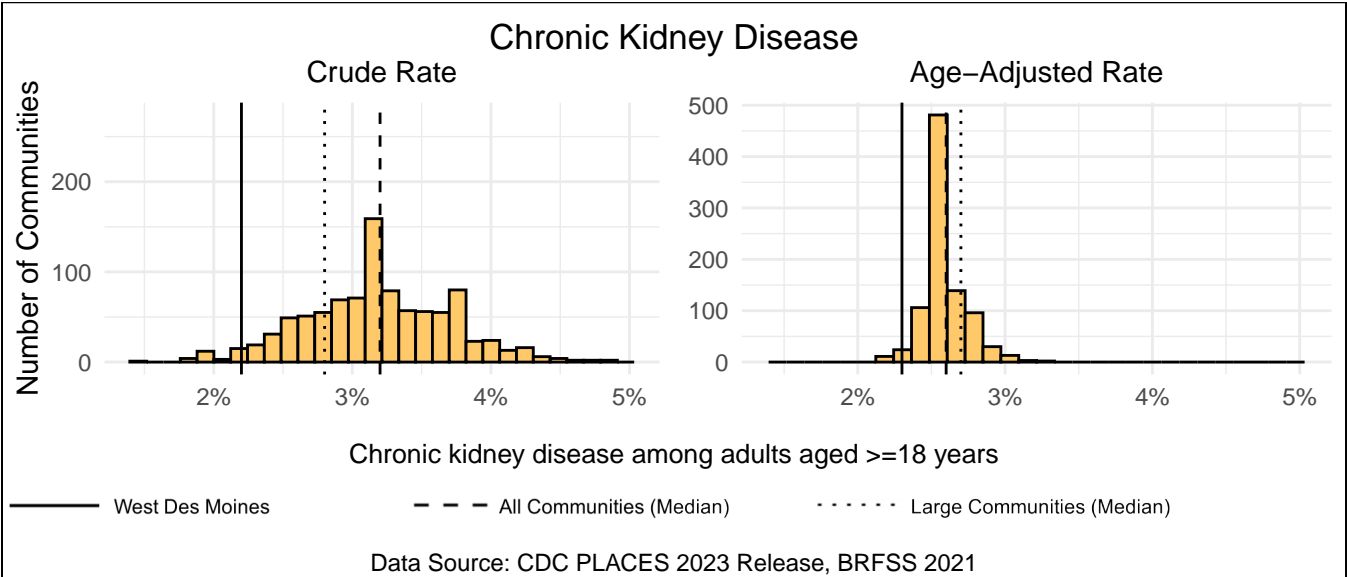
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	31.7%	36.2%	33.1%
Age-Adjusted	30.6%	29.7%	30.4%



# Chronic Kidney Disease

West Des Moines has a crude rate of 2.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 21st out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 2.3%, which ranks 12th out of 905 Iowa communities (1st out of 11 large communities).

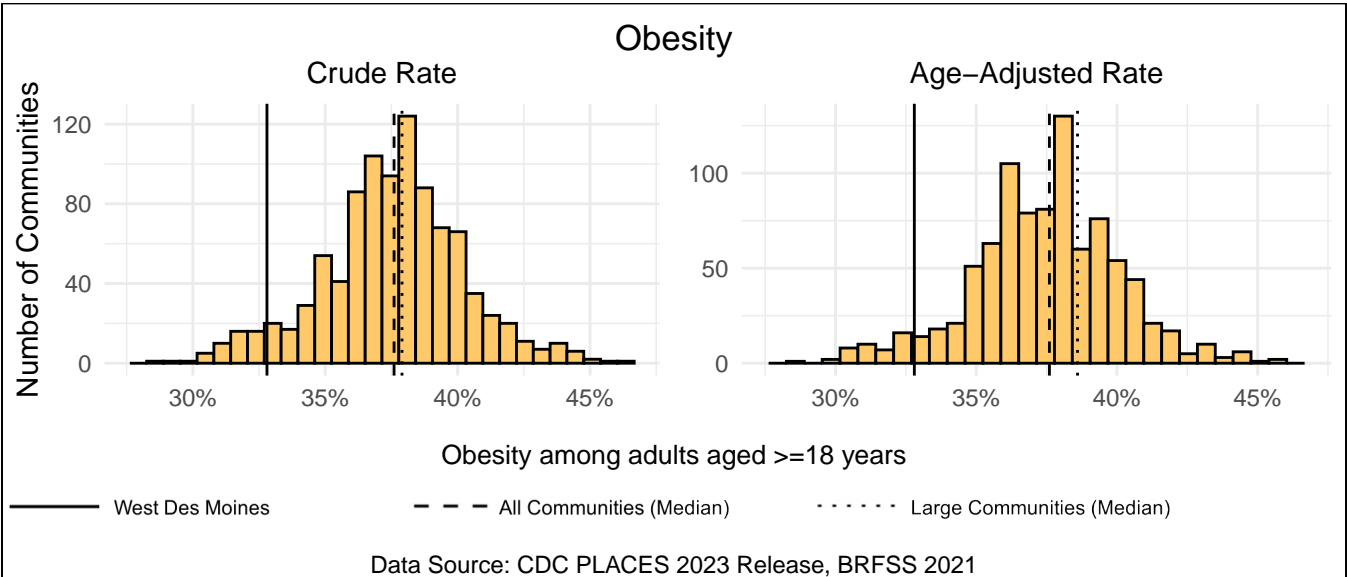
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	2.2%	3.2%	2.8%
Age-Adjusted	2.3%	2.6%	2.7%



# Obesity

West Des Moines has a crude rate of 32.8% for obesity among adults aged  $\geq 18$  years, which ranks 51st out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 32.8%, which ranks 45th out of 905 Iowa communities (2nd out of 11 large communities).

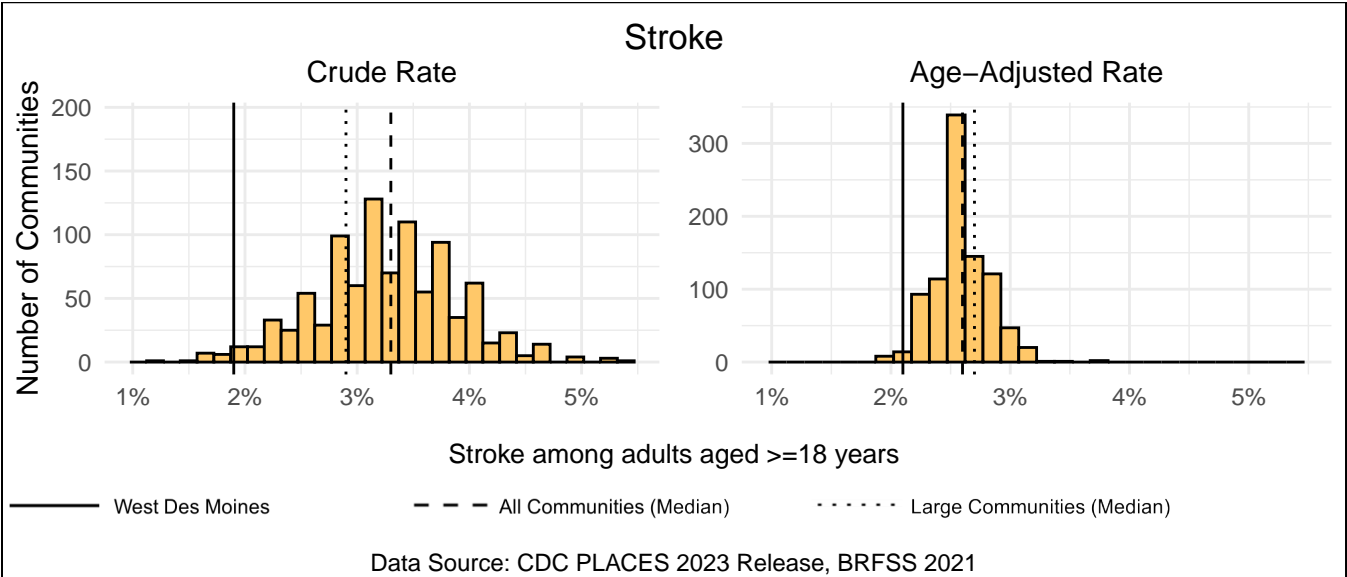
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	32.8%	37.6%	37.9%
Age-Adjusted	32.8%	37.6%	38.6%



# Stroke

West Des Moines has a crude rate of 1.9% for stroke among adults aged  $\geq 18$  years, which ranks 16th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 2.1%, which ranks 9th out of 905 Iowa communities (1st out of 11 large communities).

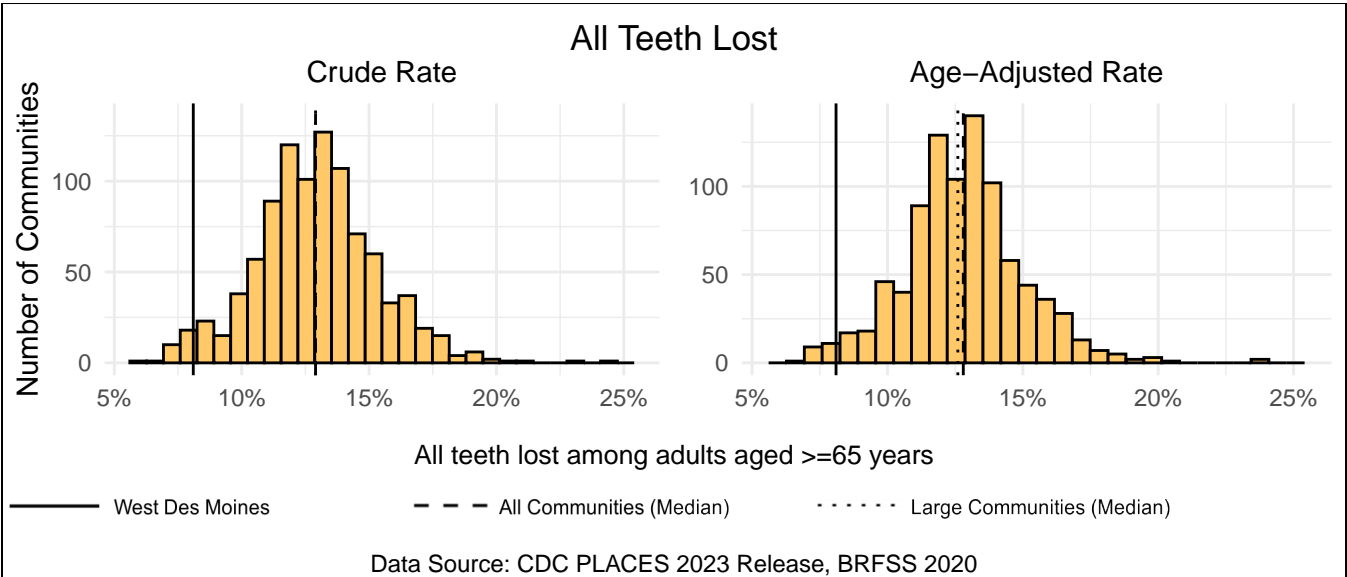
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	1.9%	3.3%	2.9%
Age-Adjusted	2.1%	2.6%	2.7%



# All Teeth Lost

West Des Moines has a crude rate of 8.1% for all teeth lost among adults aged  $\geq 65$  years, which ranks 25th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 8.1%, which ranks 18th out of 905 Iowa communities (1st out of 11 large communities).

Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	8.1%	12.9%	12.9%
Age-Adjusted	8.1%	12.8%	12.6%



# Prevention

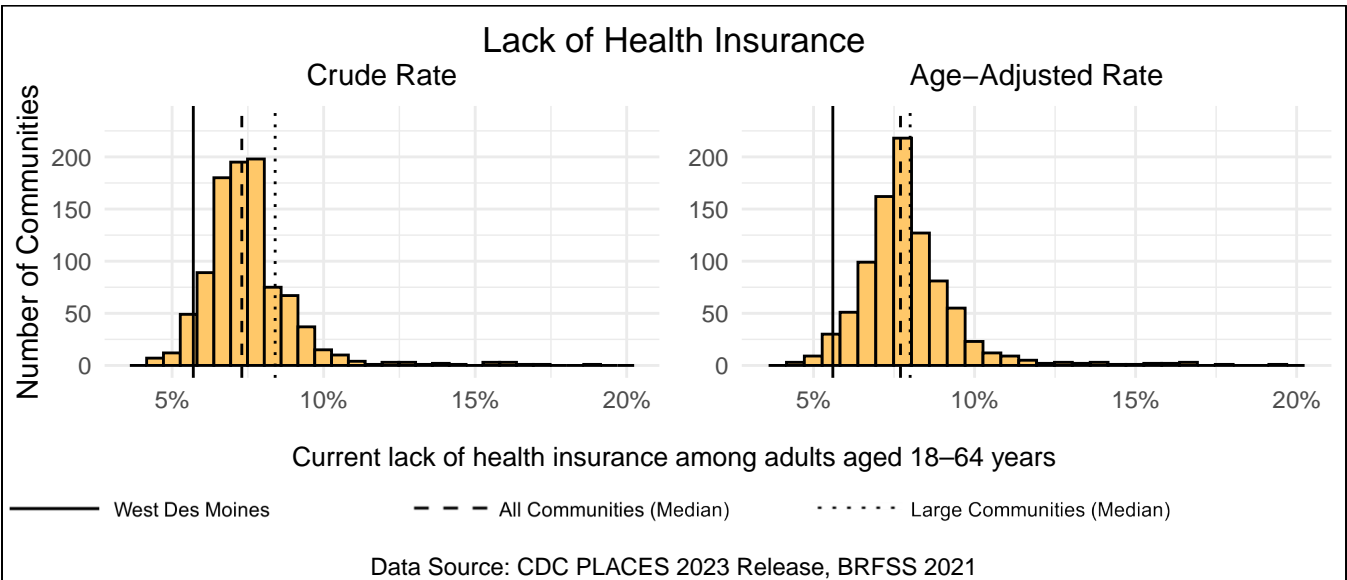
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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 Des Moines has a crude rate of 5.7% for current lack of health insurance among adults aged 18–64 years, which ranks 52nd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 5.6%, which ranks 26th out of 905 Iowa communities (1st out of 11 large communities).

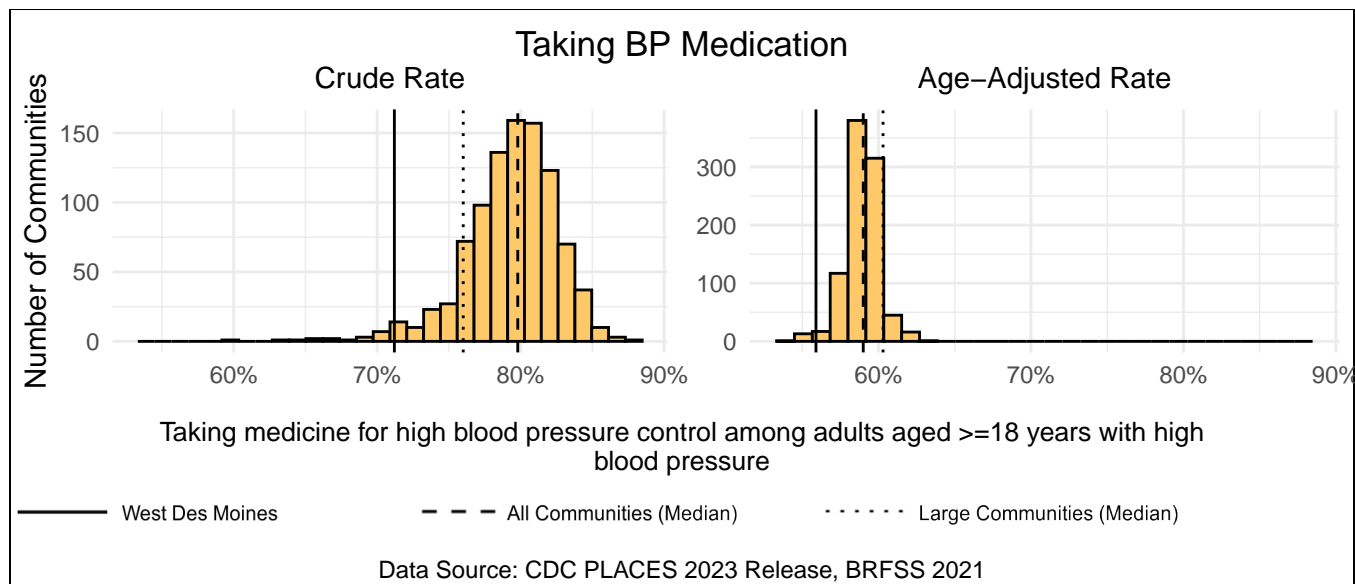
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	5.7%	7.3%	8.4%
Age-Adjusted	5.6%	7.7%	8.0%



## Taking BP Medication

West Des Moines has a crude rate of 71.2% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 937th out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for West Des Moines is 55.9%, which ranks 885th out of 905 Iowa communities (10th out of 11 large communities).

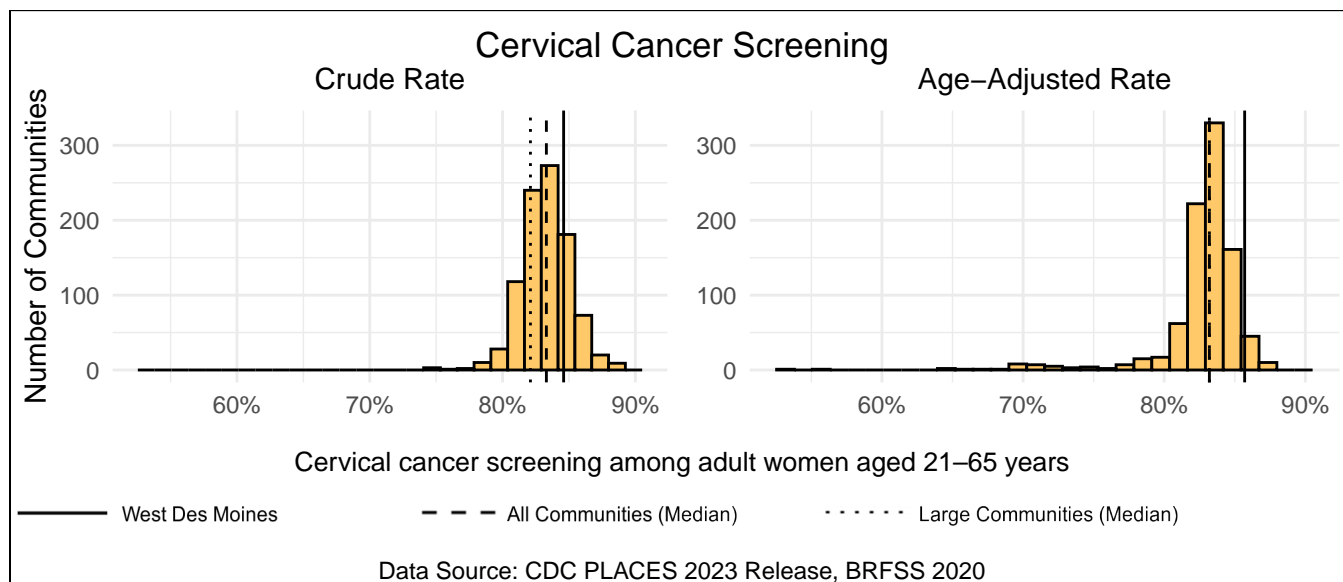
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	71.2%	79.8%	76.0%
Age-Adjusted	55.9%	59.0%	60.3%



## Cervical Cancer Screening

West Des Moines 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 (2nd out of 11 large communities). The age-adjusted rate for West Des Moines is 85.7%, which ranks 36th out of 905 Iowa communities (1st out of 11 large communities).

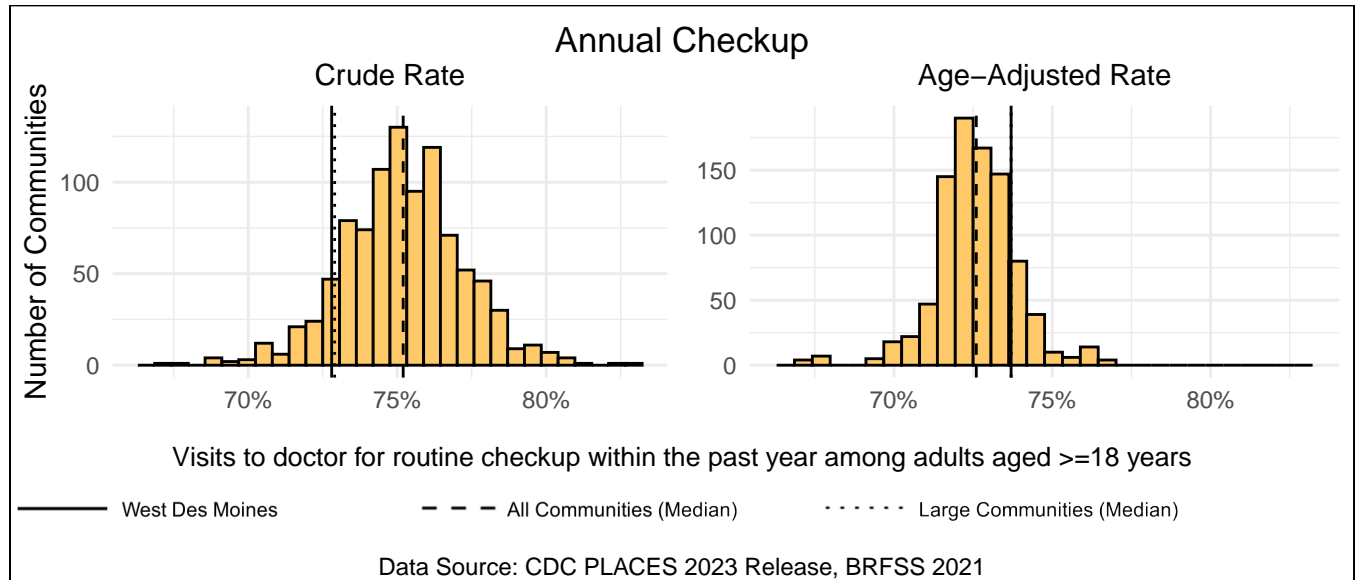
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	84.6%	83.3%	82.1%
Age-Adjusted	85.7%	83.2%	83.2%



## Annual Checkup

West Des Moines has a crude rate of 72.8% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 861st out of 958 Iowa communities (8th out of 11 large communities). The age-adjusted rate for West Des Moines is 73.7%, which ranks 127th out of 905 Iowa communities (6th out of 11 large communities).

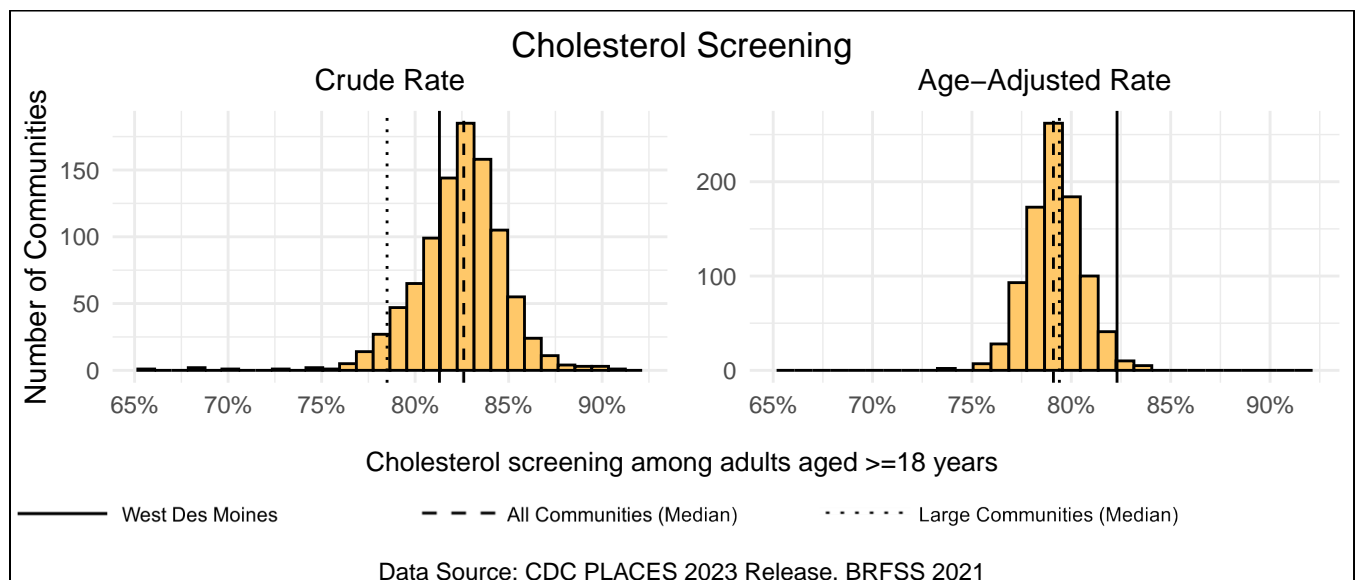
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	72.8%	75.2%	72.9%
Age-Adjusted	73.7%	72.6%	73.7%



## Cholesterol Screening

West Des Moines has a crude rate of 81.3% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 694th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 82.3%, which ranks 13th out of 905 Iowa communities (1st out of 11 large communities).

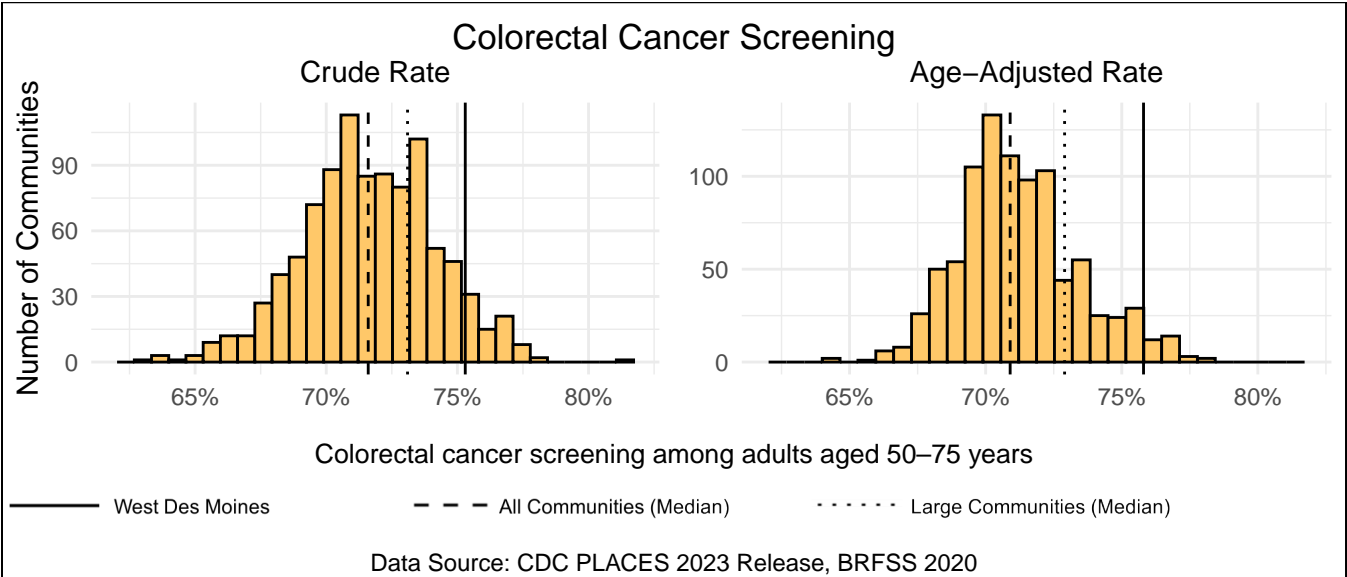
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	81.3%	82.6%	78.5%
Age-Adjusted	82.3%	79.1%	79.4%



# Colorectal Cancer Screening

West Des Moines has a crude rate of 75.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 70th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for West Des Moines is 75.8%, which ranks 32nd out of 905 Iowa communities (1st out of 11 large communities).

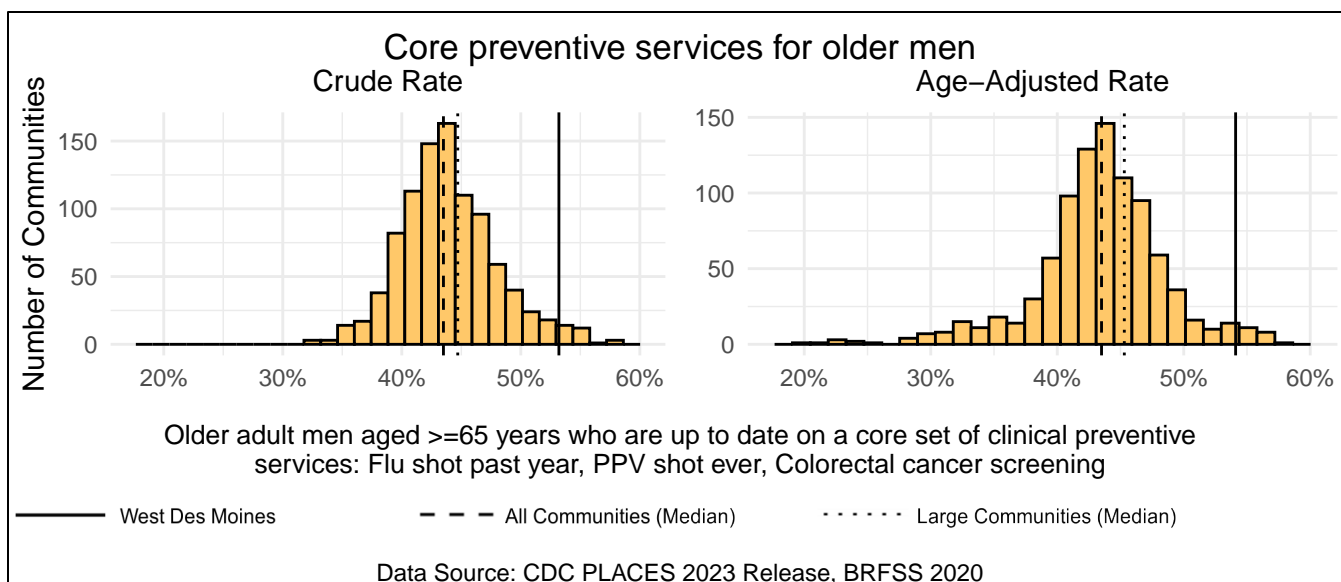
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	75.3%	71.6%	73.1%
Age-Adjusted	75.8%	70.9%	72.9%



# Core preventive services for older men

West Des Moines has a crude rate of 53.2% for older adult men aged  $\geq 65$  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 28th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for West Des Moines is 54.1%, which ranks 23rd out of 905 Iowa communities (3rd out of 11 large communities).

Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	53.2%	43.5%	44.7%
Age-Adjusted	54.1%	43.5%	45.3%

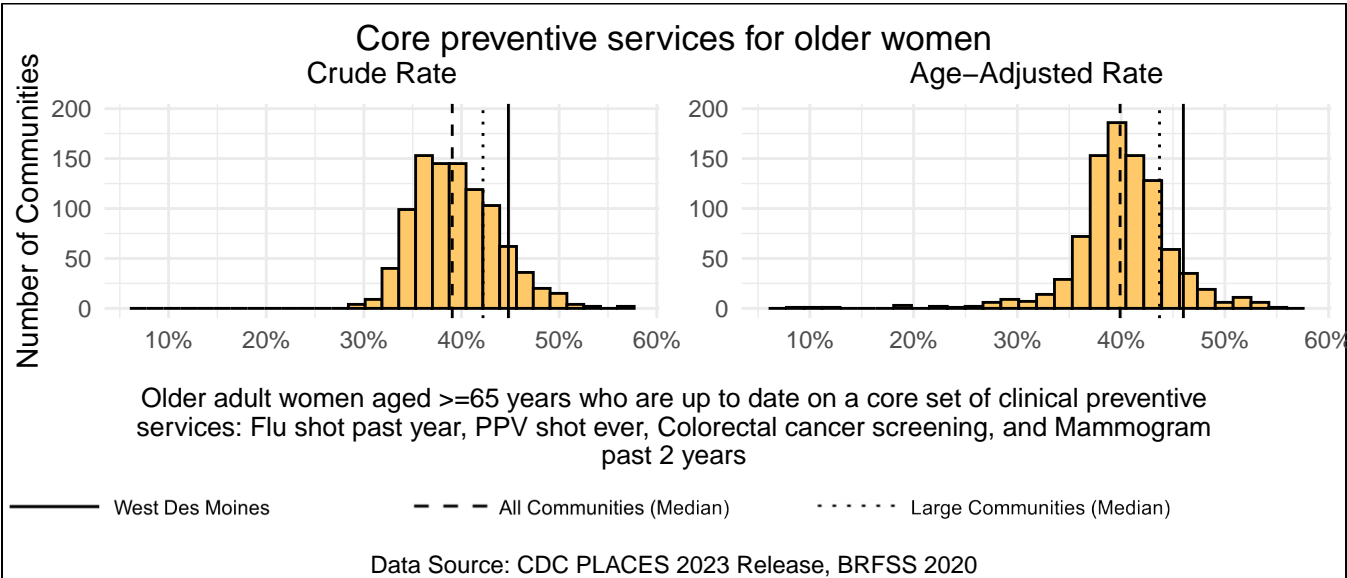




### Core preventive services for older women

West Des Moines has a crude rate of 44.8% for older adult women aged  $\geq 65$  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 105th out of 958 Iowa communities (3rd out of 11 large communities). The age-adjusted rate for West Des Moines is 46.0%, which ranks 70th out of 905 Iowa communities (3rd out of 11 large communities).

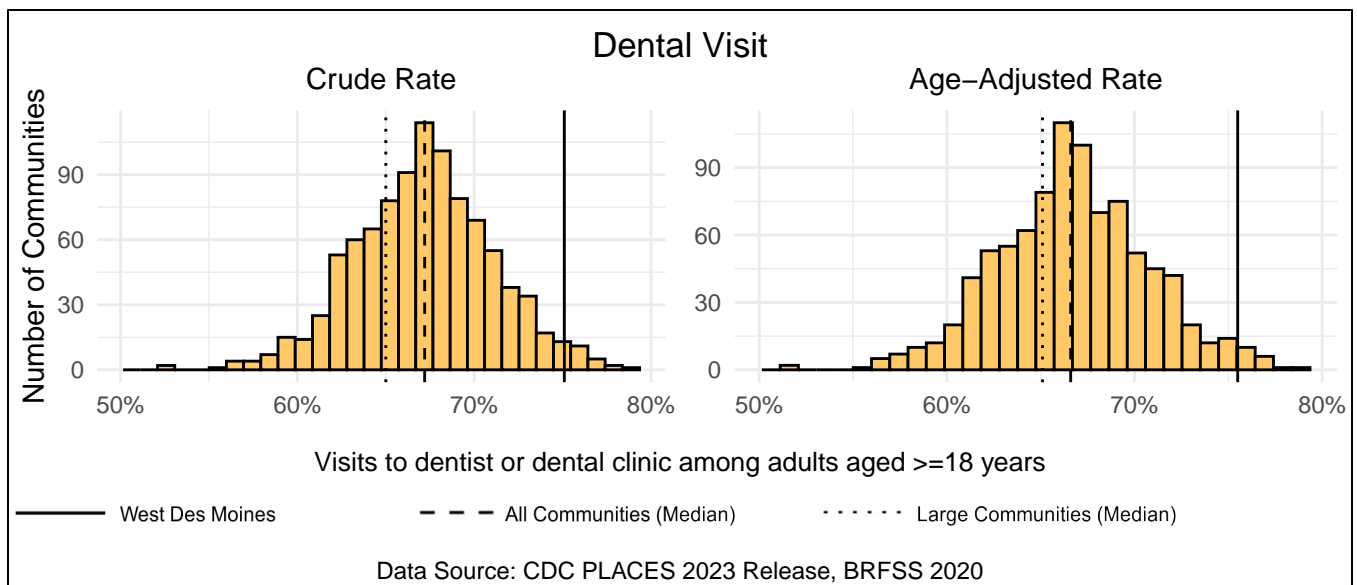
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	44.8%	39.0%	42.2%
Age-Adjusted	46.0%	39.9%	43.7%



### Dental Visit

West Des Moines has a crude rate of 75.1% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 25th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 75.5%, which ranks 17th out of 905 Iowa communities (1st out of 11 large communities).

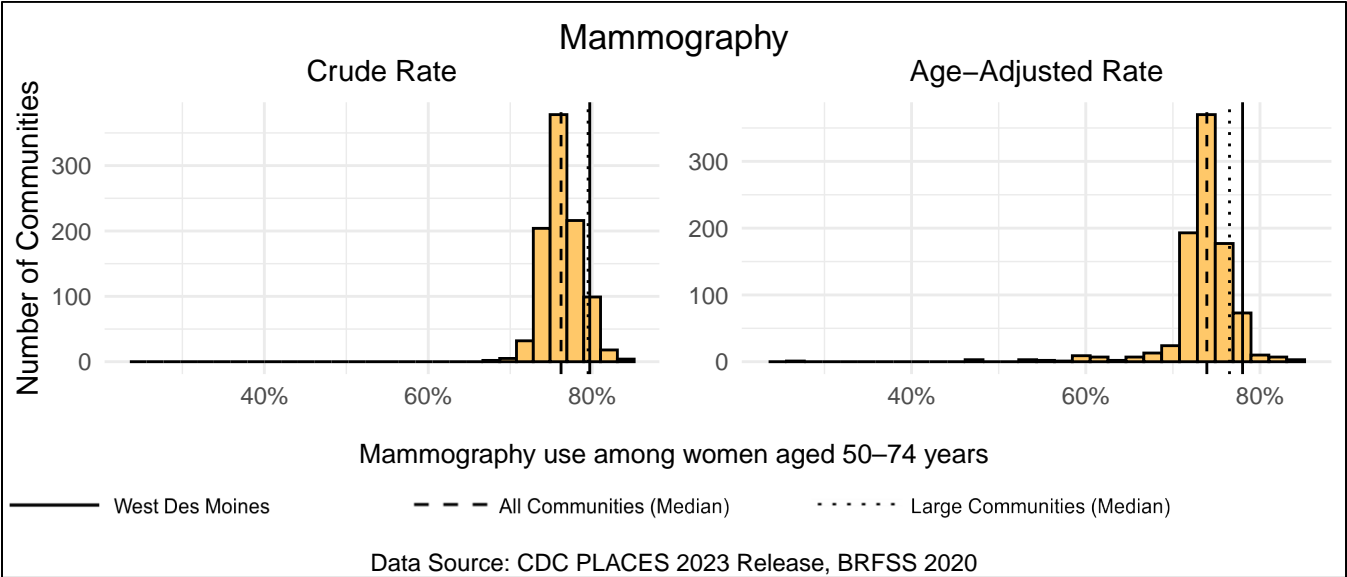
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	75.1%	67.2%	65.0%
Age-Adjusted	75.5%	66.6%	65.1%



# Mammography

West Des Moines has a crude rate of 79.7% for mammography use among women aged 50–74 years, which ranks 65th out of 958 Iowa communities (5th out of 11 large communities). The age-adjusted rate for West Des Moines is 78.0%, which ranks 45th out of 905 Iowa communities (2nd out of 11 large communities).

Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	79.7%	76.2%	79.5%
Age-Adjusted	78.0%	73.9%	76.5%



# Disability

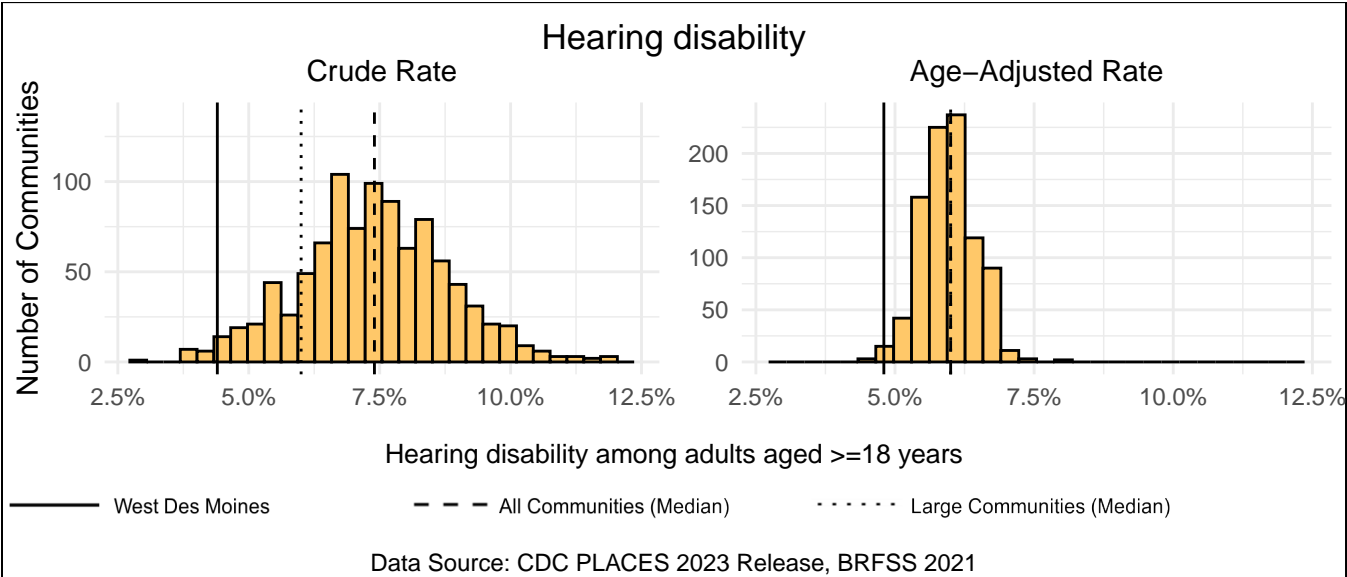
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

West Des Moines has a crude rate of 4.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 15th out of 958 Iowa communities (2nd out of 11 large communities). The age-adjusted rate for West Des Moines is 4.8%, which ranks 8th out of 905 Iowa communities (1st out of 11 large communities).

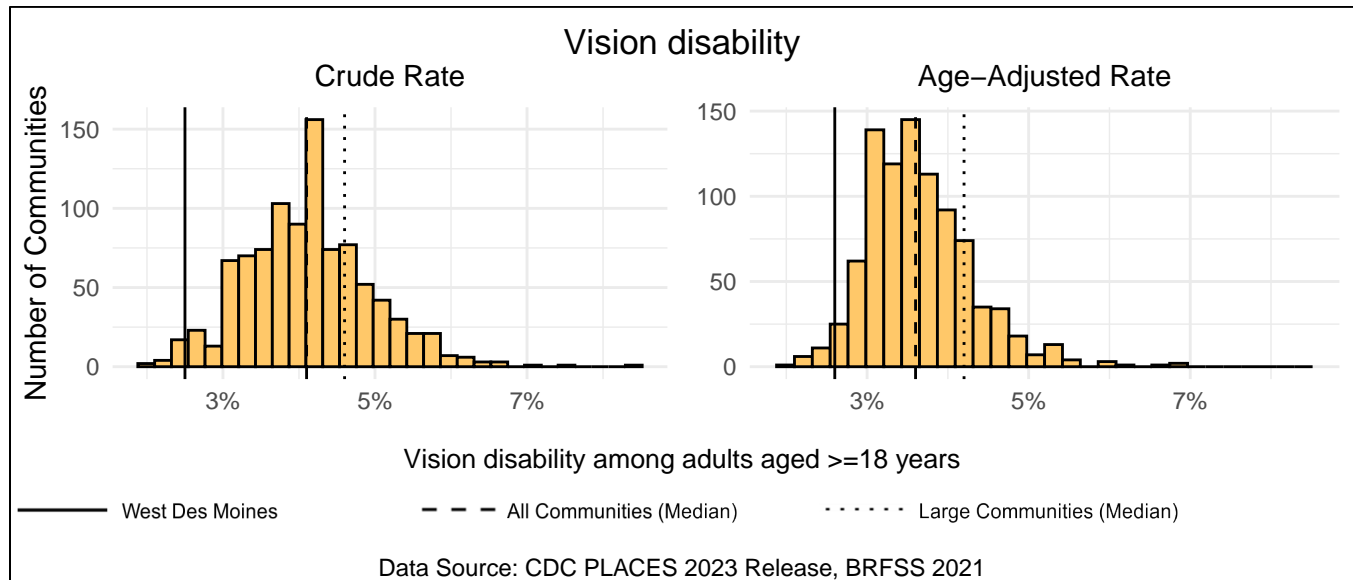
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	4.4%	7.4%	6.0%
Age-Adjusted	4.8%	6.0%	6.0%



## Vision disability

West Des Moines has a crude rate of 2.5% for vision disability among adults aged  $\geq 18$  years, which ranks 16th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 2.6%, which ranks 19th out of 905 Iowa communities (1st out of 11 large communities).

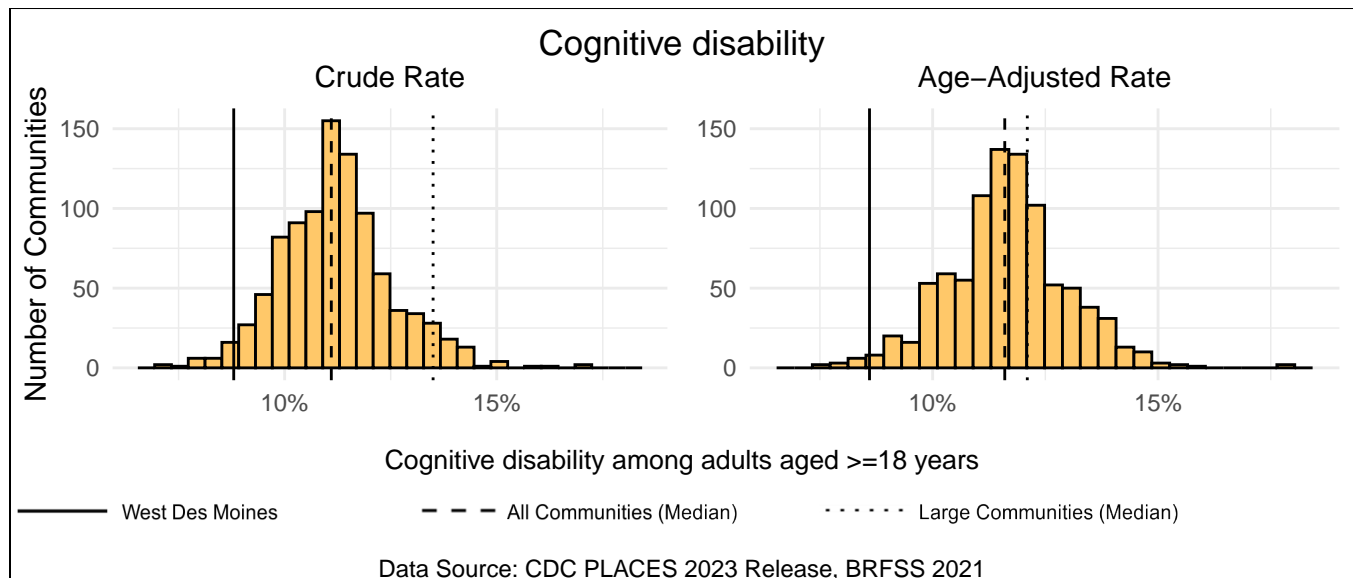
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	2.5%	4.1%	4.6%
Age-Adjusted	2.6%	3.6%	4.2%



## Cognitive disability

West Des Moines has a crude rate of 8.8% for cognitive disability among adults aged  $\geq 18$  years, which ranks 22nd out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 8.6%, which ranks 12th out of 905 Iowa communities (1st out of 11 large communities).

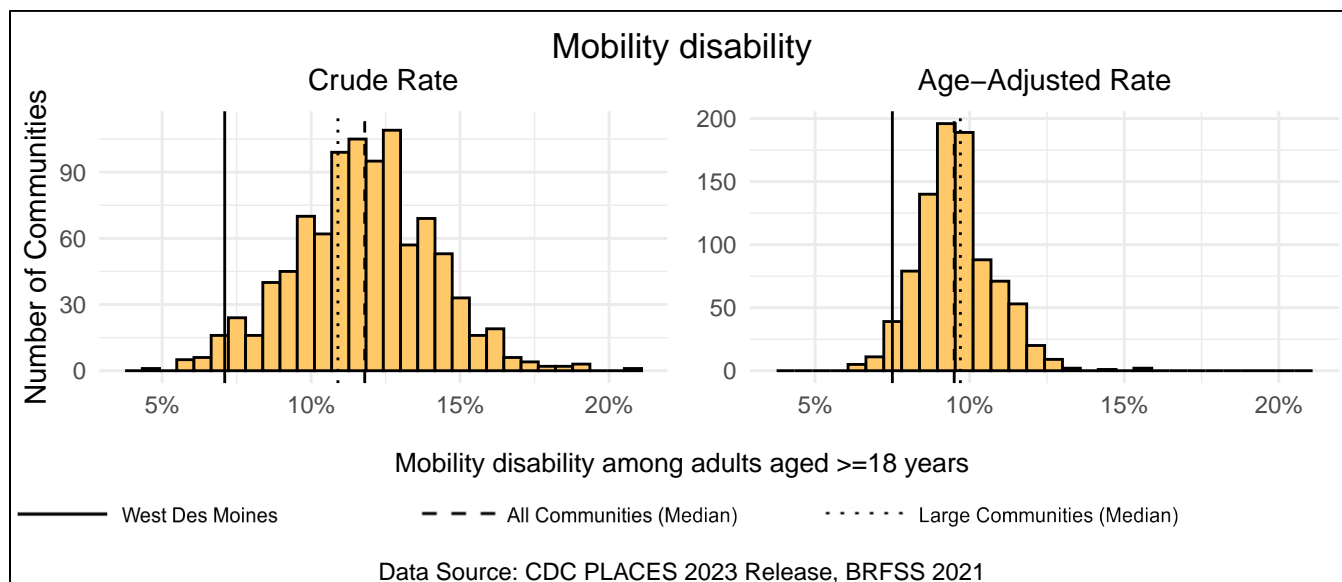
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	8.8%	11.1%	13.5%
Age-Adjusted	8.6%	11.6%	12.1%



## Mobility disability

West Des Moines has a crude rate of 7.1% for mobility disability among adults aged  $\geq 18$  years, which ranks 24th out of 958 Iowa communities (4th out of 11 large communities). The age-adjusted rate for West Des Moines is 7.5%, which ranks 32nd out of 905 Iowa communities (1st out of 11 large communities).

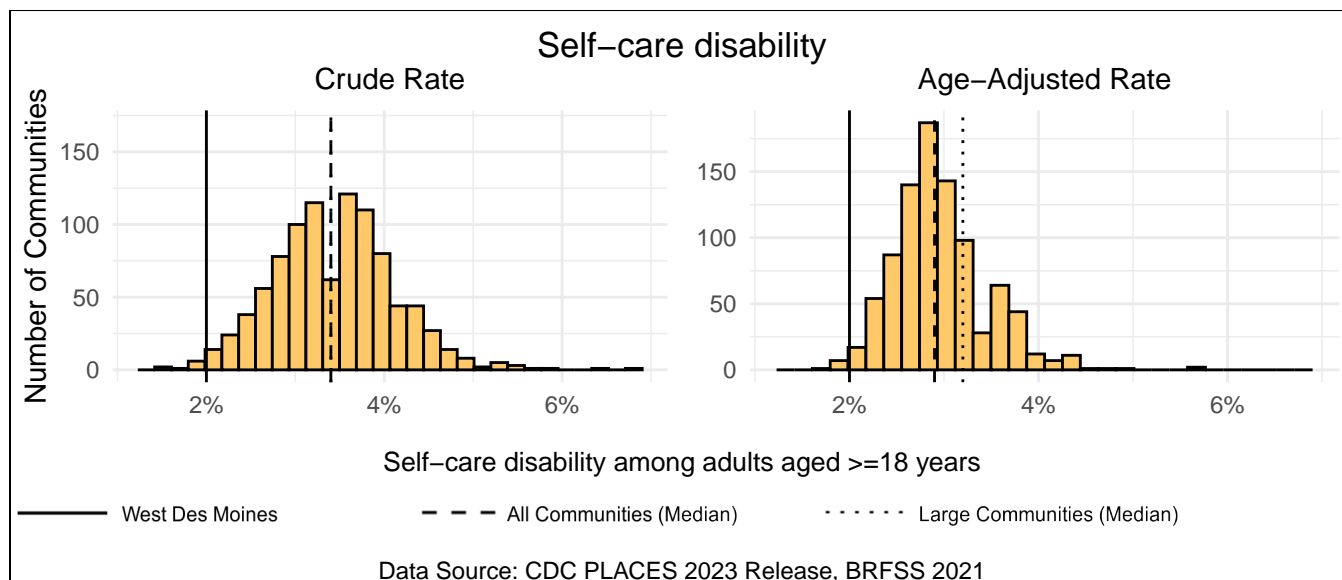
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	7.1%	11.8%	10.9%
Age-Adjusted	7.5%	9.5%	9.7%



## Self-care disability

West Des Moines has a crude rate of 2.0% for self-care disability among adults aged  $\geq 18$  years, which ranks 10th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 2.0%, which ranks 9th out of 905 Iowa communities (1st out of 11 large communities).

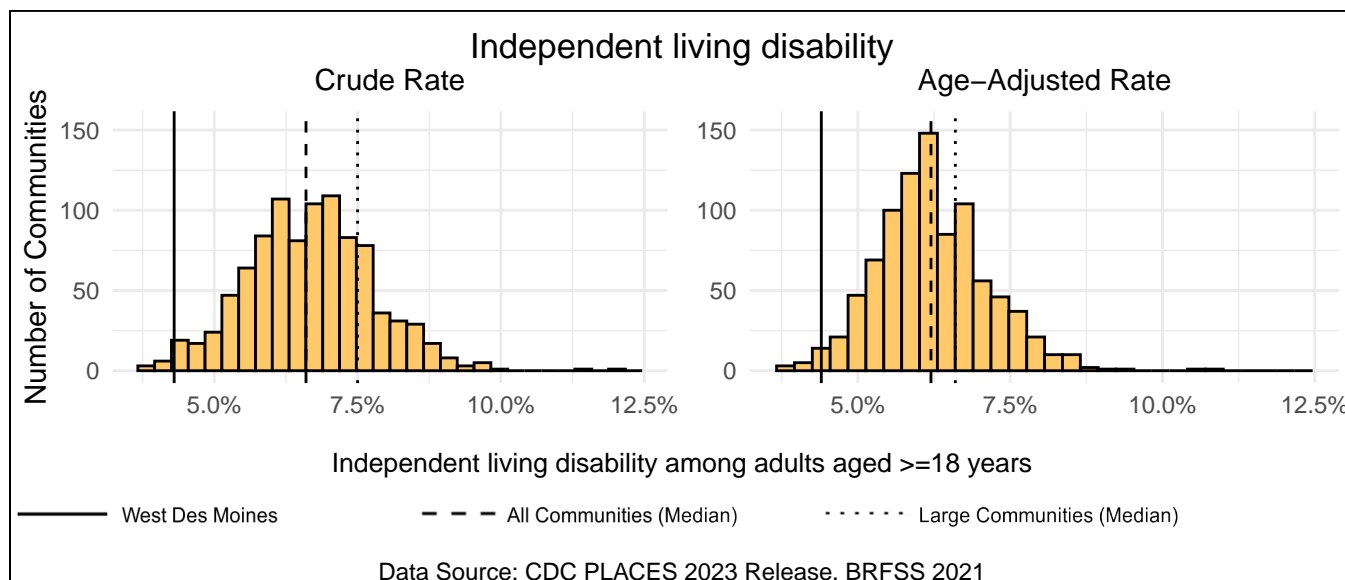
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	2.0%	3.4%	3.4%
Age-Adjusted	2.0%	2.9%	3.2%



## Independent living disability

West Des Moines has a crude rate of 4.3% for independent living disability among adults aged  $\geq 18$  years, which ranks 10th out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 4.4%, which ranks 13th out of 905 Iowa communities (1st out of 11 large communities).

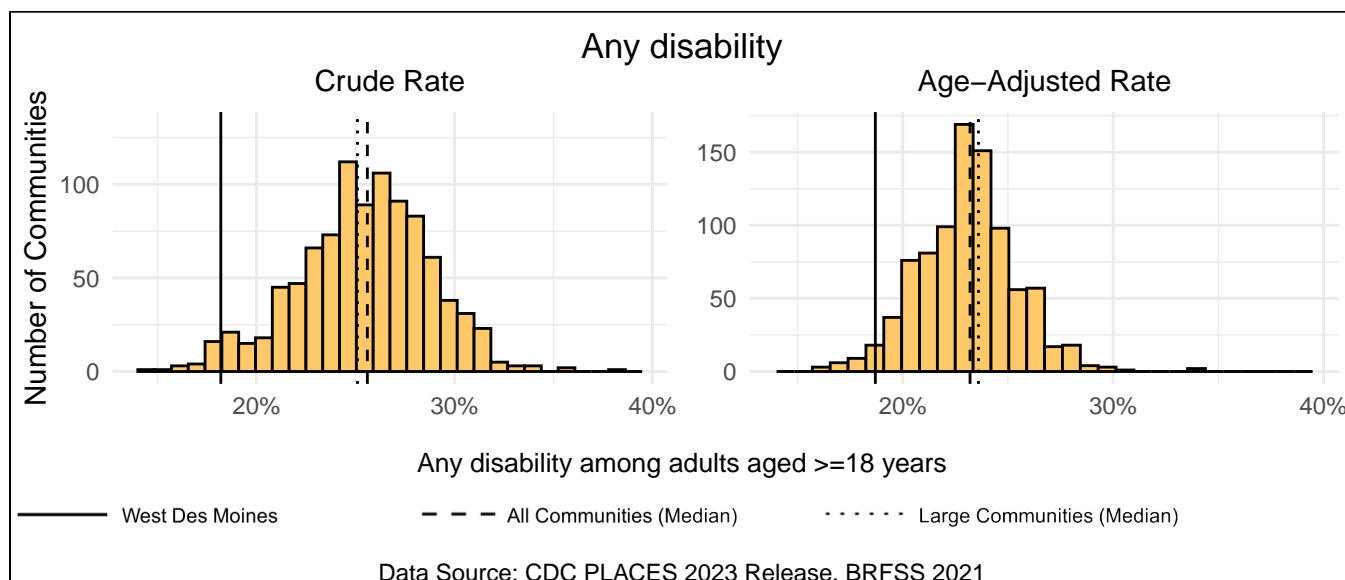
Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	4.3%	6.6%	7.5%
Age-Adjusted	4.4%	6.2%	6.6%



## Any disability

West Des Moines has a crude rate of 18.2% for any disability among adults aged  $\geq 18$  years, which ranks 21st out of 958 Iowa communities (1st out of 11 large communities). The age-adjusted rate for West Des Moines is 18.7%, which ranks 21st out of 905 Iowa communities (1st out of 11 large communities).

Measure Type	West Des Moines	All Comm.	Large Comm.
Crude	18.2%	25.6%	25.1%
Age-Adjusted	18.7%	23.2%	23.6%



---

## 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 Des Moines 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	14	9.0% (8.1% - 10.0%)	16	9.2% (8.3% - 10.2%)
Health Status	Mental Health	164	13.4% (12.1% - 14.7%)	7	13.0% (11.8% - 14.3%)
Health Status	Physical Health	5	7.1% (6.4% - 7.9%)	8	7.3% (6.6% - 8.1%)
Health Risk Behaviors	Binge Drinking	888	22.9% (20.8% - 25.2%)	451	22.0% (19.9% - 24.3%)
Health Risk Behaviors	Physical Inactivity	26	18.4% (16.5% - 20.3%)	30	18.7% (16.8% - 20.6%)
Health Risk Behaviors	Sleep <7 hours	17	26.2% (25.8% - 26.7%)	9	26.0% (25.6% - 26.5%)
Health Risk Behaviors	Current Smoking	8	11.5% (10.1% - 13.0%)	6	11.5% (10.0% - 12.9%)
Health Outcomes	Diabetes	16	6.4% (5.7% - 7.1%)	25	6.8% (6.1% - 7.5%)
Health Outcomes	Stroke	16	1.9% (1.8% - 2.1%)	9	2.1% (1.9% - 2.2%)
Health Outcomes	Chronic Kidney Disease	21	2.2% (2.0% - 2.3%)	12	2.3% (2.1% - 2.5%)
Health Outcomes	Current Asthma	23	8.7% (8.0% - 9.6%)	12	8.7% (7.9% - 9.5%)
Health Outcomes	Arthritis	25	20.4% (18.8% - 22.2%)	97	21.6% (19.9% - 23.4%)
Health Outcomes	COPD	9	4.1% (3.7% - 4.6%)	8	4.3% (3.8% - 4.8%)
Health Outcomes	Obesity	51	32.8% (29.8% - 35.7%)	45	32.8% (29.9% - 35.7%)
Health Outcomes	All Teeth Lost	25	8.1% (6.8% - 9.6%)	18	8.1% (6.8% - 9.6%)
Health Outcomes	Coronary Heart Disease	19	3.8% (3.5% - 4.2%)	20	4.2% (3.8% - 4.6%)
Health Outcomes	High Cholesterol	60	31.7% (29.5% - 34.0%)	731	30.6% (28.3% - 33.1%)
Health Outcomes	Cancer (except skin)	29	5.9% (5.5% - 6.4%)	74	6.4% (6.0% - 6.9%)
Health Outcomes	Depression	673	18.7% (16.9% - 20.8%)	189	18.4% (16.5% - 20.3%)
Health Outcomes	High Blood Pressure	29	24.2% (22.4% - 26.1%)	91	25.5% (23.6% - 27.4%)
Prevention	Cervical Cancer Screening	196	84.6% (83.8% - 85.3%)	36	85.7% (84.9% - 86.3%)
Prevention	Taking BP Medication	937	71.2% (68.5% - 73.7%)	885	55.9% (52.7% - 59.2%)
Prevention	Colorectal Cancer Screening	70	75.3% (74.4% - 76.1%)	32	75.8% (74.9% - 76.5%)
Prevention	Mammography	65	79.7% (78.7% - 80.6%)	45	78.0% (76.9% - 79.0%)
Prevention	Core preventive services for older women	105	44.8% (42.7% - 46.9%)	70	46.0% (43.9% - 48.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Health Insurance	52	5.7% (5.0% - 6.6%)	26	5.6% (4.9% - 6.4%)
Prevention	Dental Visit	25	75.1% (74.1% - 76.0%)	17	75.5% (74.6% - 76.4%)
Prevention	Cholesterol Screening	694	81.3% (79.3% - 83.3%)	13	82.3% (80.4% - 84.2%)
Prevention	Annual Checkup	861	72.8% (70.1% - 75.4%)	127	73.7% (71.1% - 76.2%)
Prevention	Core preventive services for older men	28	53.2% (51.0% - 55.2%)	23	54.1% (52.0% - 56.1%)
Disability	Self-care Disability	10	2.0% (1.8% - 2.1%)	9	2.0% (1.9% - 2.2%)
Disability	Vision Disability	16	2.5% (2.3% - 2.8%)	19	2.6% (2.4% - 2.9%)
Disability	Hearing Disability	15	4.4% (4.1% - 4.9%)	8	4.8% (4.4% - 5.2%)
Disability	Mobility Disability	24	7.1% (6.4% - 7.9%)	32	7.5% (6.8% - 8.4%)
Disability	Independent Living Disability	10	4.3% (3.9% - 4.8%)	13	4.4% (4.0% - 4.8%)
Disability	Cognitive Disability	22	8.8% (7.9% - 9.8%)	12	8.6% (7.7% - 9.5%)
Disability	Any Disability	21	18.2% (16.6% - 20.1%)	21	18.7% (17.0% - 20.4%)

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

---

## Appendix 3: Large Communities (50,000+)

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

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