



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 Liberty: Overview

Dear Community Members & Stakeholders of West Liberty,

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 Liberty ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify West Liberty’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 Liberty. 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
Arthritis	31st	8th	Cancer (except skin)	4th	1st
Cancer (except skin)	45th	8th	Binge Drinking	4th	2nd
High Cholesterol	54th	11th	Arthritis	32nd	7th
High Blood Pressure	111th	17th	Taking BP Medication	91st	17th
Current Asthma	137th	15th	Current Asthma	125th	15th

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
Health Insurance	956th	100th	Health Insurance	902nd	100th
Dental Visit	923rd	90th	Diabetes	895th	98th
Vision Disability	910th	87th	Vision Disability	895th	99th
Cholesterol Screening	900th	88th	General Health	893rd	98th
All Teeth Lost	897th	85th	Physical Inactivity	889th	97th

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 Liberty.

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

With a population of 3,821, West Liberty’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.



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

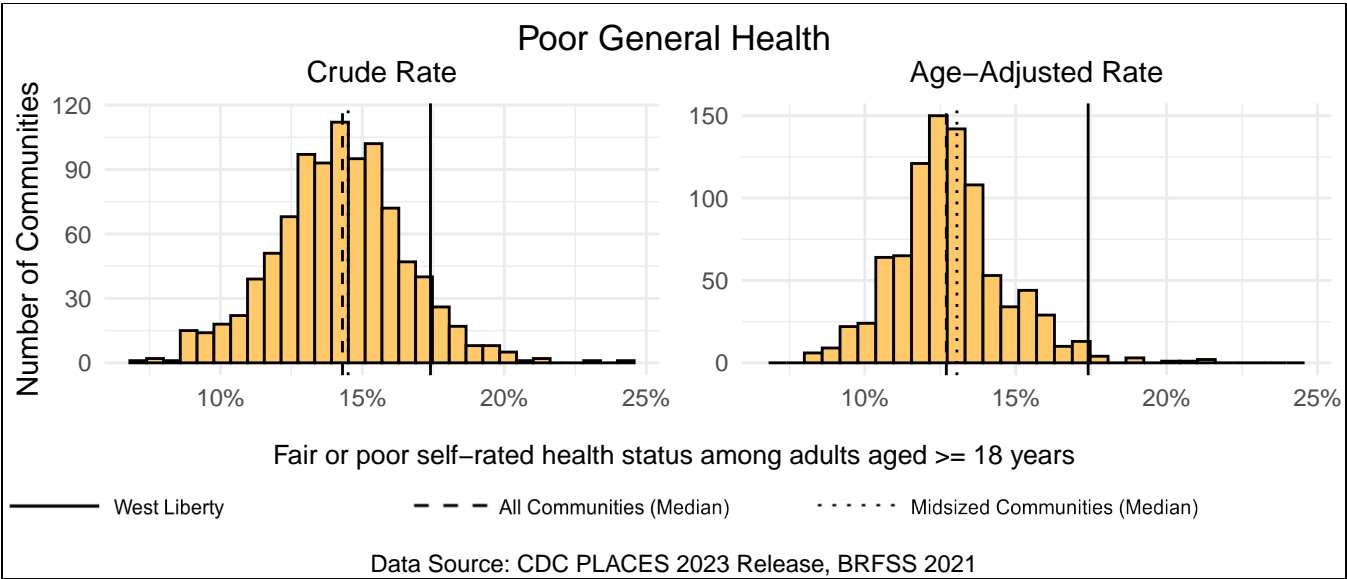
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health 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 Liberty has a crude rate of 17.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 880th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 17.4%, which ranks 893rd out of 905 Iowa communities (98th out of 102 mid-sized communities).

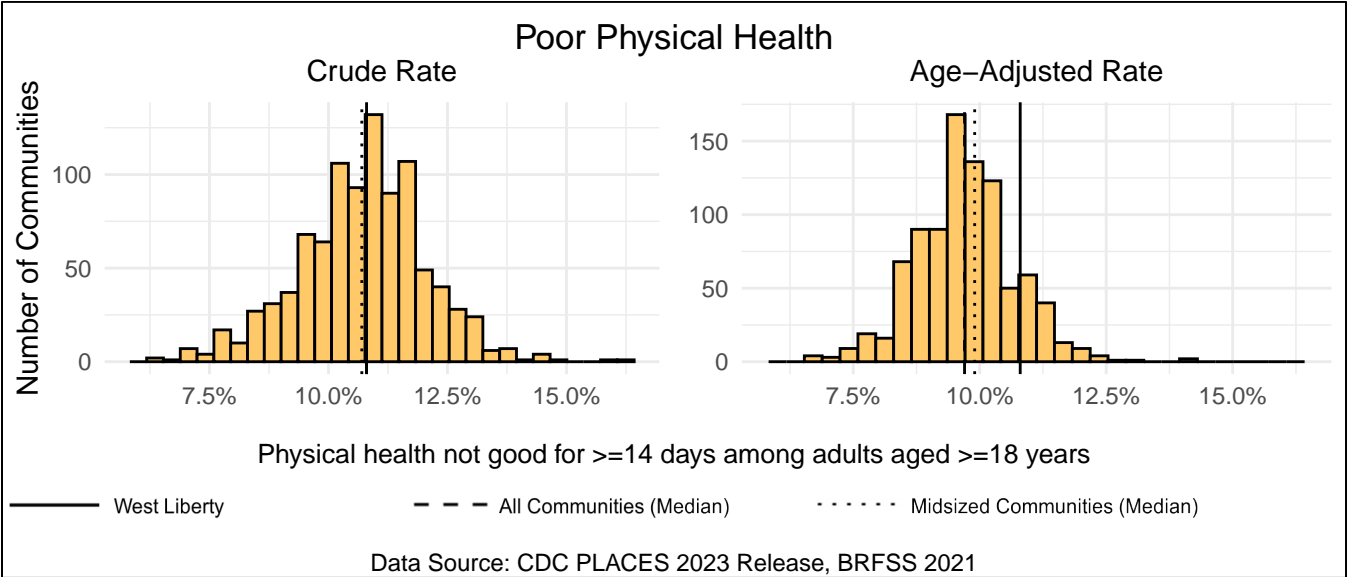
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	17.4%	14.3%	14.5%
Age-Adjusted	17.4%	12.7%	13.0%



Poor Physical Health

West Liberty has a crude rate of 10.8% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 468th out of 958 Iowa communities (54th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 10.8%, which ranks 777th out of 905 Iowa communities (77th out of 102 mid-sized communities).

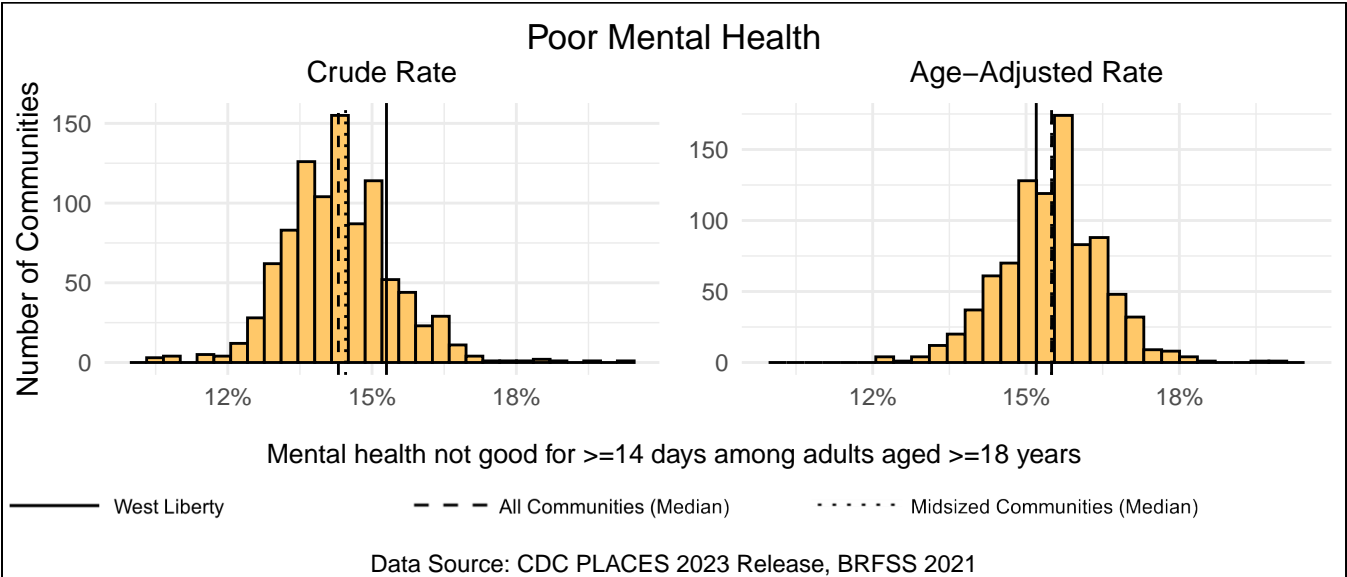
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	10.8%	10.8%	10.7%
Age-Adjusted	10.8%	9.7%	9.9%



Poor Mental Health

West Liberty has a crude rate of 15.3% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 788th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 15.2%, which ranks 302nd out of 905 Iowa communities (41st out of 102 mid-sized communities).

Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	15.3%	14.3%	14.4%
Age-Adjusted	15.2%	15.5%	15.5%



Health Risk Behaviors

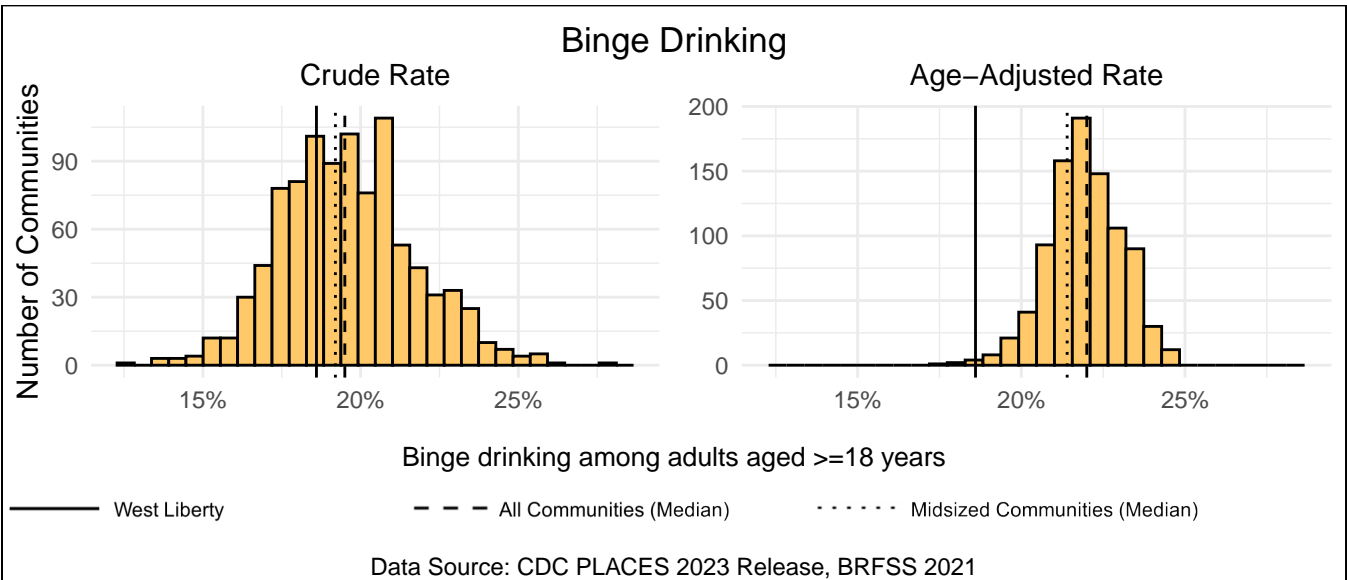
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives 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 Liberty has a crude rate of 18.6% for binge drinking among adults aged ≥ 18 years, which ranks 323rd out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for West Liberty is 18.6%, which ranks 4th out of 905 Iowa communities (2nd out of 102 midsize communities).

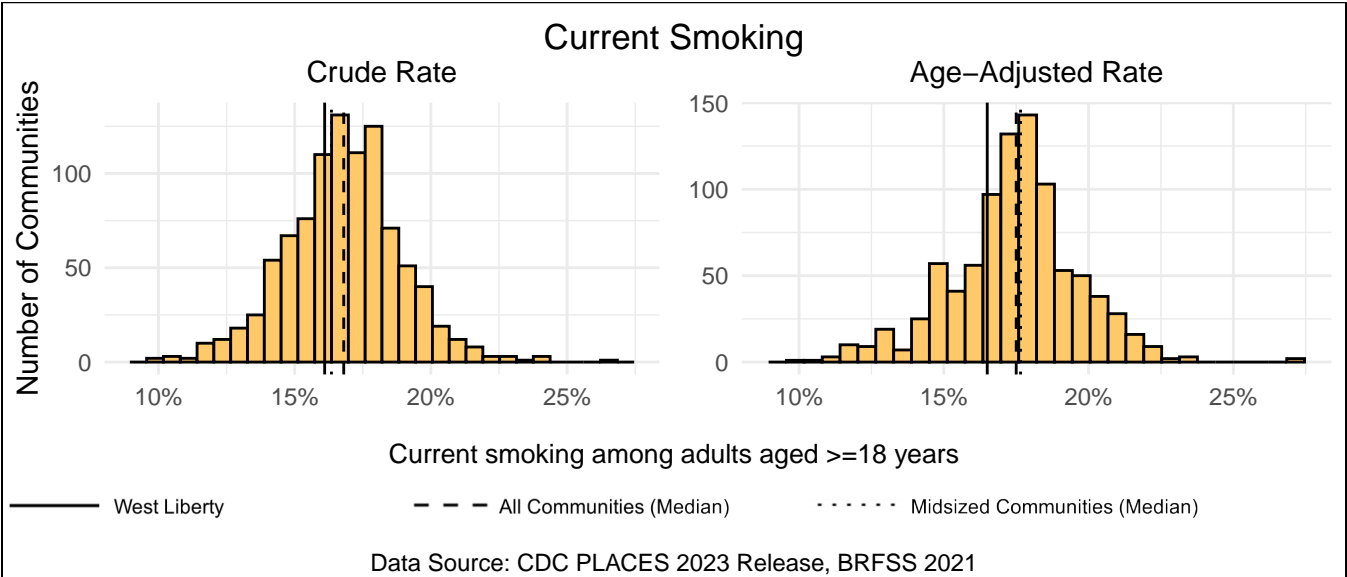
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	18.6%	19.5%	19.2%
Age-Adjusted	18.6%	22.0%	21.4%



Current Smoking

West Liberty has a crude rate of 16.1% for current smoking among adults aged ≥ 18 years, which ranks 316th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 16.5%, which ranks 241st out of 905 Iowa communities (39th out of 102 mid-sized communities).

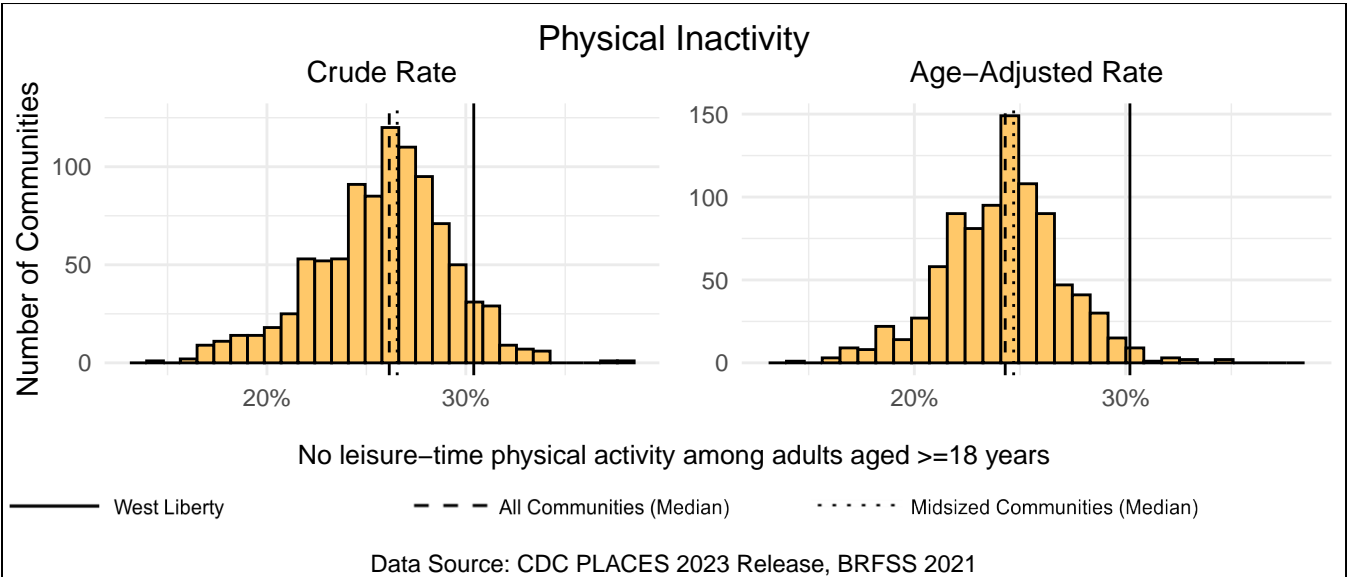
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	16.1%	16.8%	16.4%
Age-Adjusted	16.5%	17.5%	17.6%



Physical Inactivity

West Liberty has a crude rate of 30.4% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 887th out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 30.2%, which ranks 889th out of 905 Iowa communities (97th out of 102 mid-sized communities).

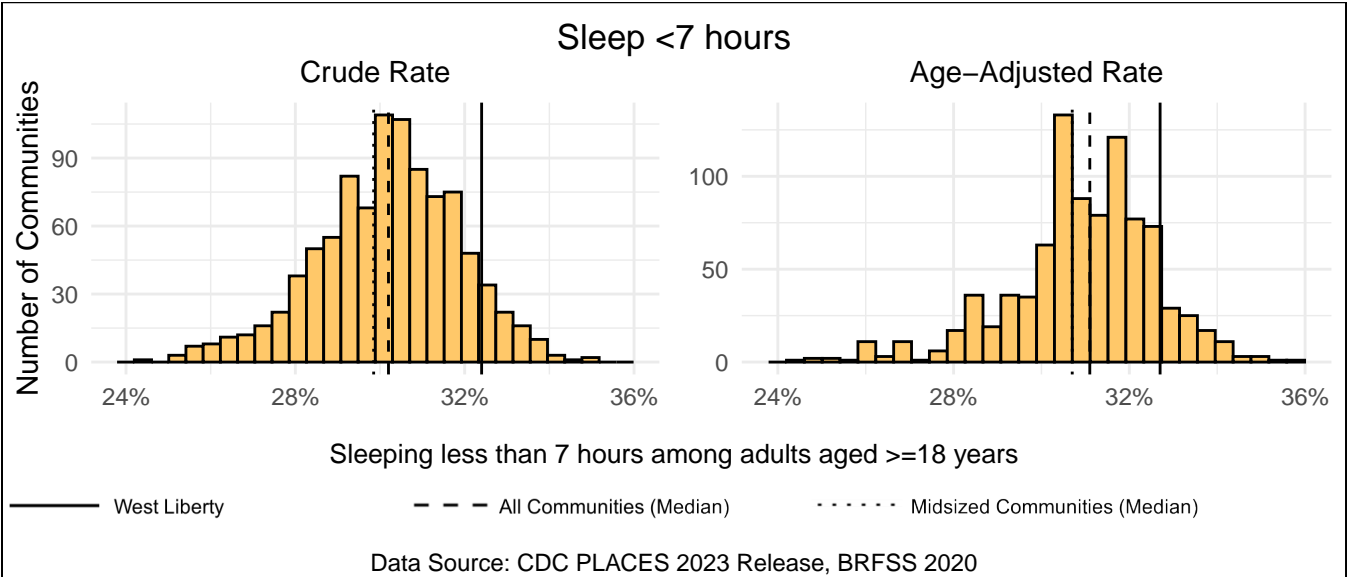
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	30.4%	26.1%	26.6%
Age-Adjusted	30.2%	24.3%	24.7%



Sleep <7 hours

West Liberty has a crude rate of 32.4% for sleeping less than 7 hours among adults aged >=18 years, which ranks 871st out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 32.7%, which ranks 808th out of 905 Iowa communities (86th out of 102 mid-sized communities).

Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	32.4%	30.2%	29.8%
Age-Adjusted	32.7%	31.1%	30.7%



Health Outcomes

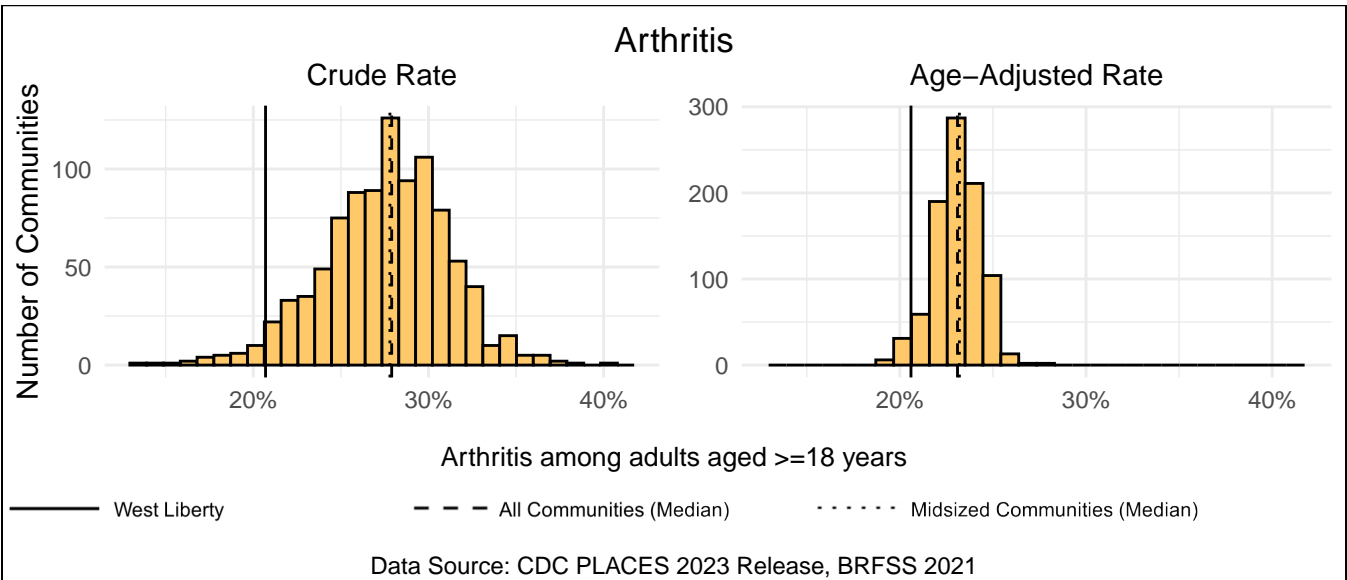
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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 Liberty has a crude rate of 20.7% for arthritis among adults aged ≥ 18 years, which ranks 31st out of 958 Iowa communities (8th out of 102 midsized communities). The age-adjusted rate for West Liberty is 20.6%, which ranks 32nd out of 905 Iowa communities (7th out of 102 midsized communities).

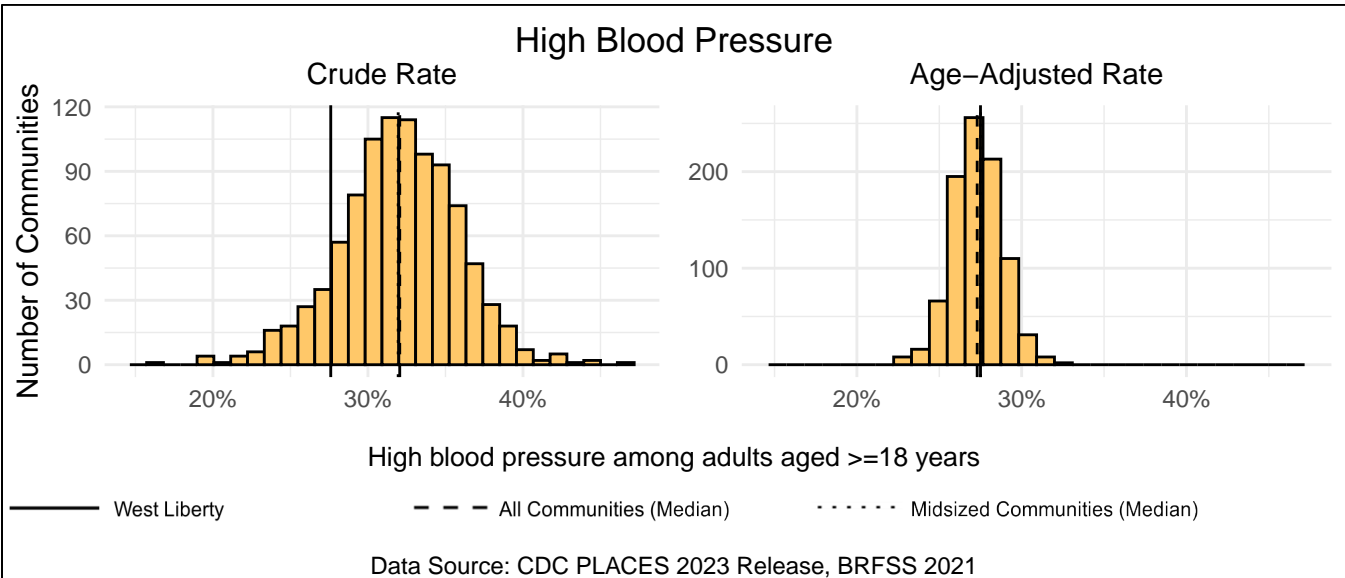
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	20.7%	27.9%	27.8%
Age-Adjusted	20.6%	23.1%	23.2%



High Blood Pressure

West Liberty has a crude rate of 27.6% for high blood pressure among adults aged ≥ 18 years, which ranks 111th out of 958 Iowa communities (17th out of 102 midsize communities). The age-adjusted rate for West Liberty is 27.5%, which ranks 492nd out of 905 Iowa communities (51st out of 102 midsize communities).

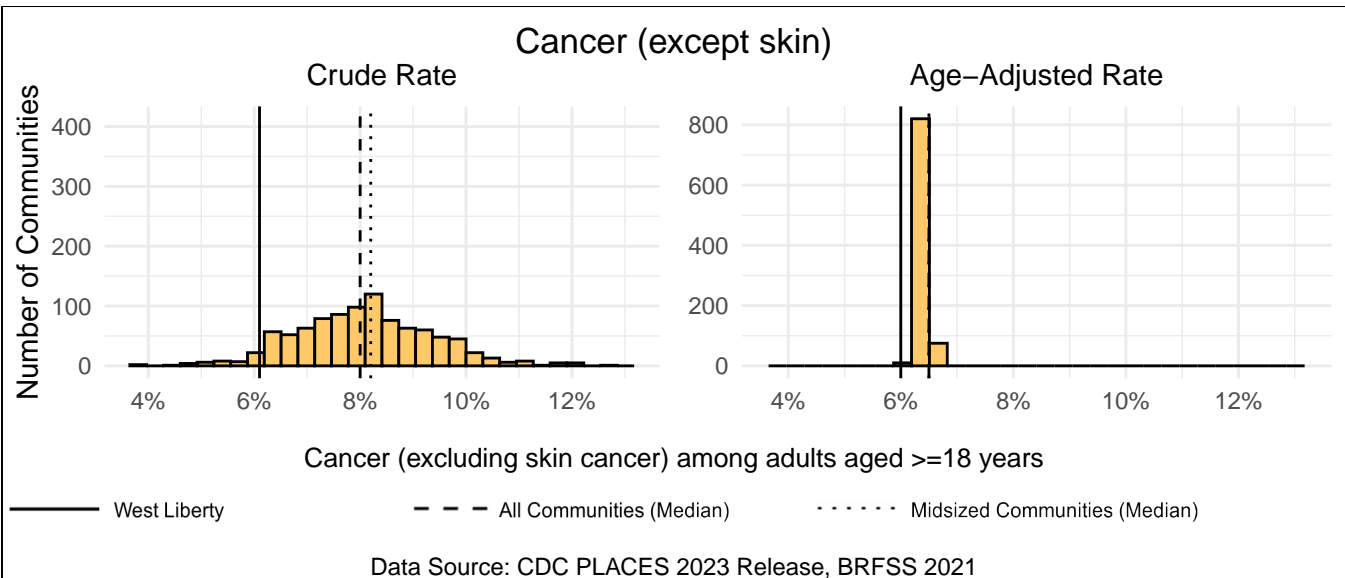
Measure Type	West Liberty	All Comm.	Midsize Comm.
Crude	27.6%	32.0%	32.0%
Age-Adjusted	27.5%	27.3%	27.5%



Cancer (except skin)

West Liberty has a crude rate of 6.1% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 45th out of 958 Iowa communities (8th out of 102 midsize communities). The age-adjusted rate for West Liberty is 6.0%, which ranks 4th out of 905 Iowa communities (1st out of 102 midsize communities).

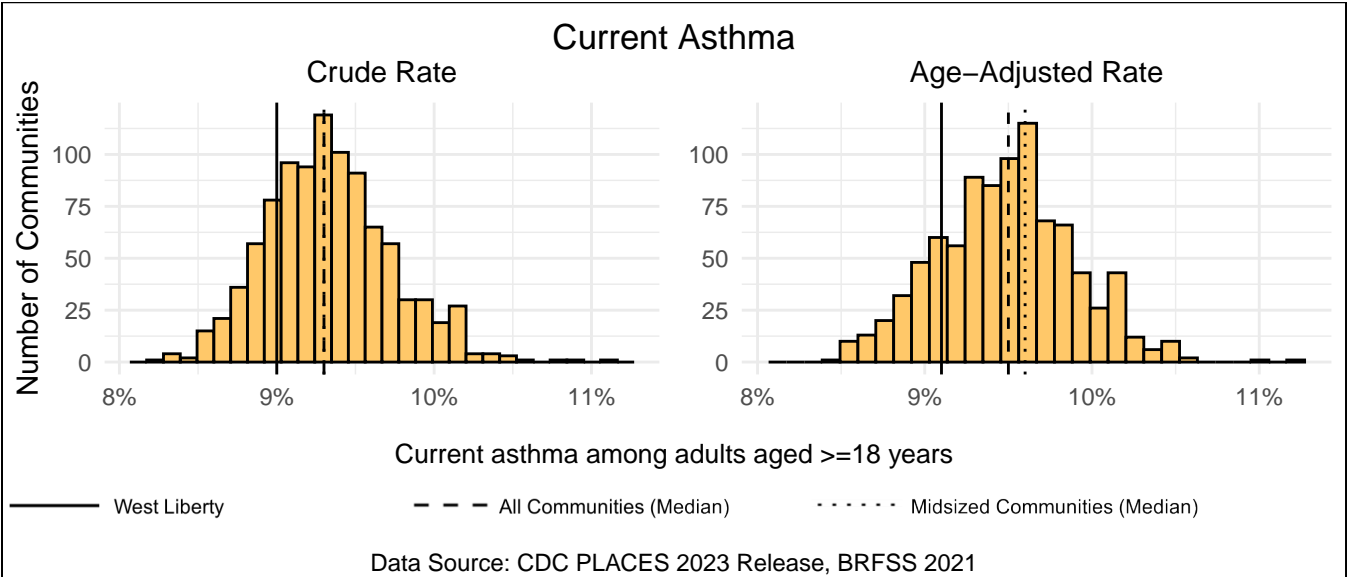
Measure Type	West Liberty	All Comm.	Midsize Comm.
Crude	6.1%	8.0%	8.2%
Age-Adjusted	6.0%	6.5%	6.5%



Current Asthma

West Liberty has a crude rate of 9.0% for current asthma among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 9.1%, which ranks 125th out of 905 Iowa communities (15th out of 102 mid-sized communities).

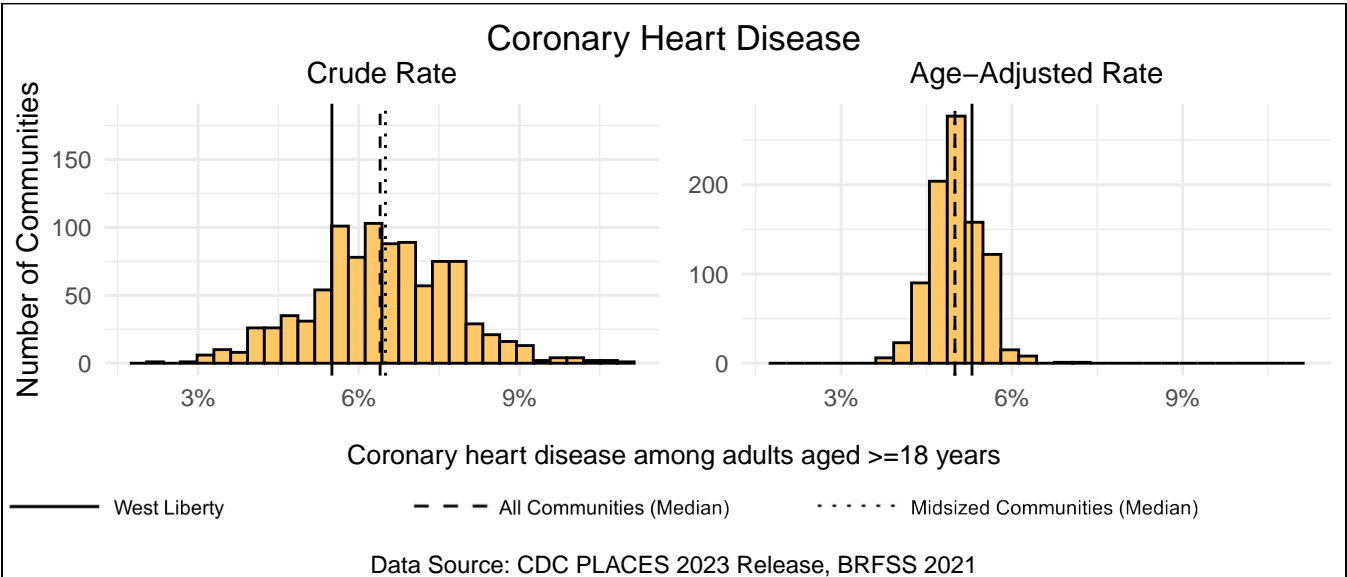
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	9.0%	9.3%	9.3%
Age-Adjusted	9.1%	9.5%	9.6%



Coronary Heart Disease

West Liberty has a crude rate of 5.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 199th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 5.3%, which ranks 674th out of 905 Iowa communities (71st out of 102 mid-sized communities).

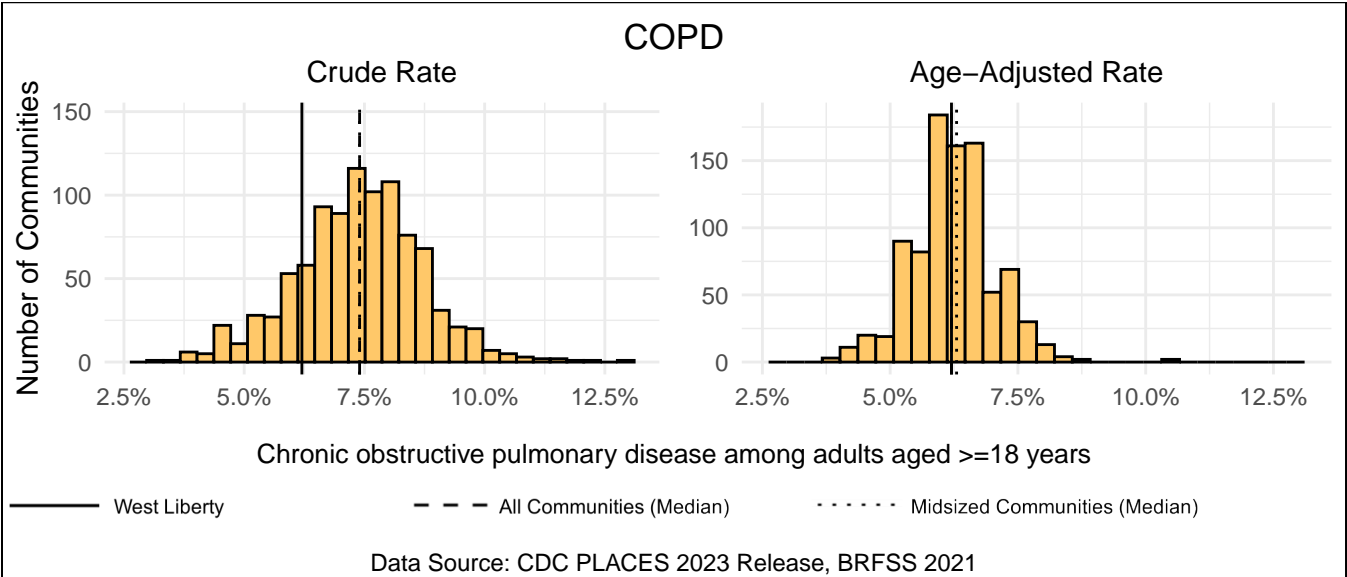
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	5.5%	6.4%	6.5%
Age-Adjusted	5.3%	5.0%	5.0%



COPD

West Liberty has a crude rate of 6.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 155th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 6.2%, which ranks 410th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

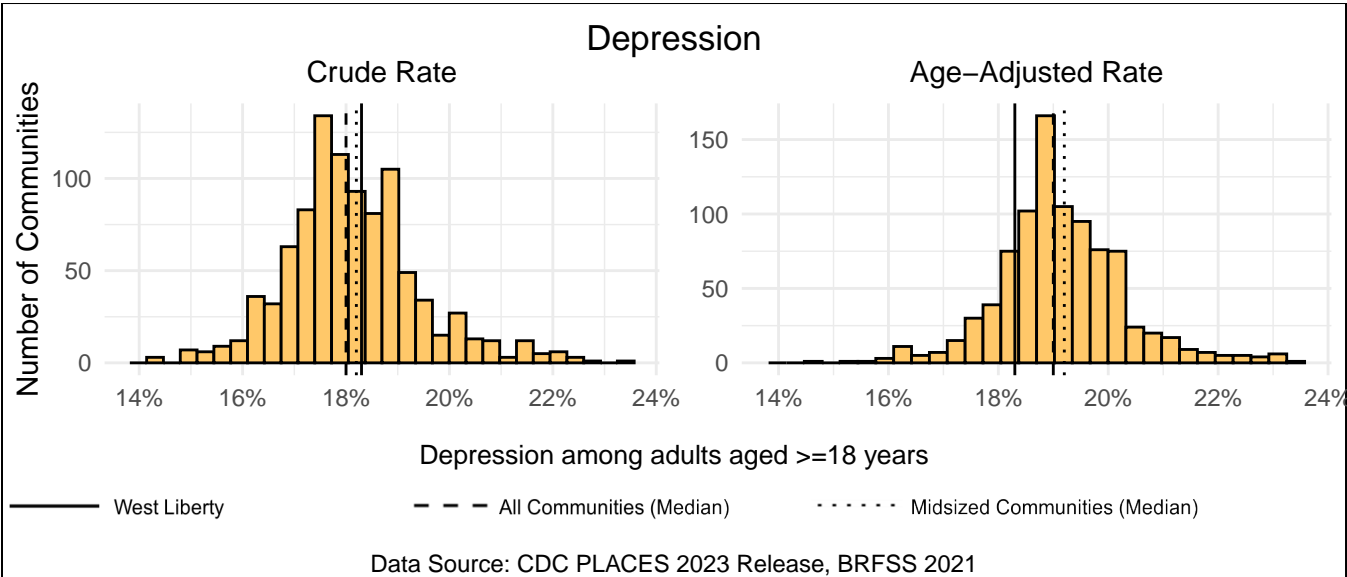
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	6.2%	7.4%	7.4%
Age-Adjusted	6.2%	6.2%	6.3%



Depression

West Liberty has a crude rate of 18.3% for depression among adults aged ≥ 18 years, which ranks 568th out of 958 Iowa communities (53rd out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 18.3%, which ranks 164th out of 905 Iowa communities (17th out of 102 mid-sized communities).

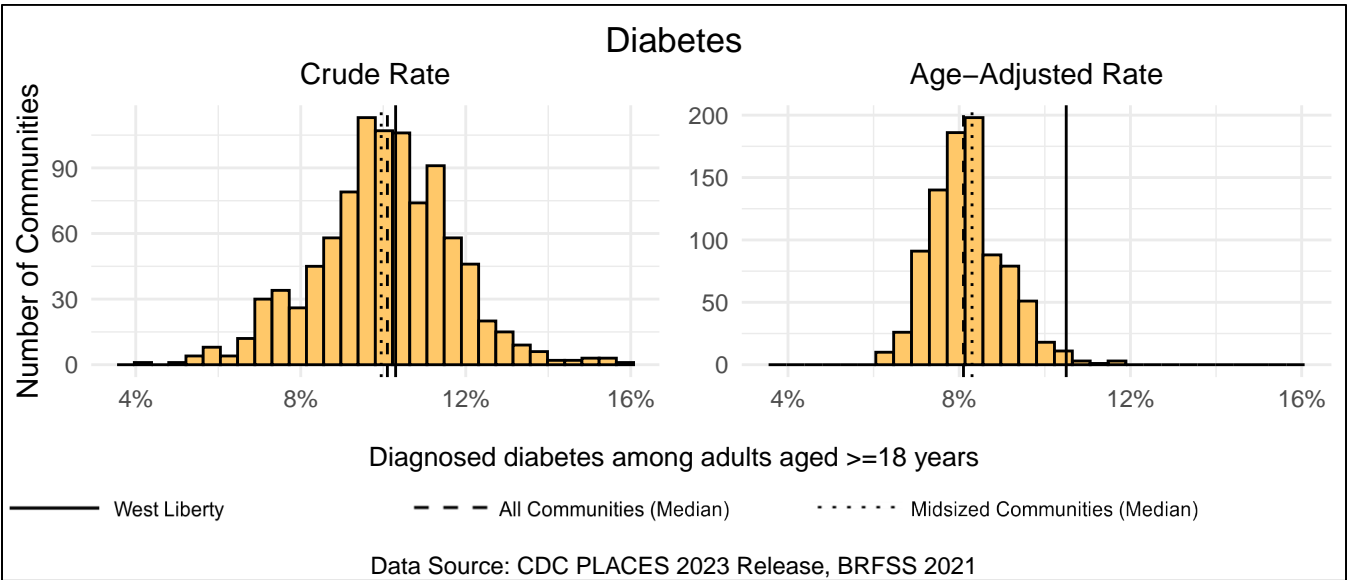
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	18.3%	18.0%	18.2%
Age-Adjusted	18.3%	19.0%	19.2%



Diabetes

West Liberty has a crude rate of 10.3% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 523rd out of 958 Iowa communities (58th out of 102 midsize communities). The age-adjusted rate for West Liberty is 10.5%, which ranks 895th out of 905 Iowa communities (98th out of 102 midsize communities).

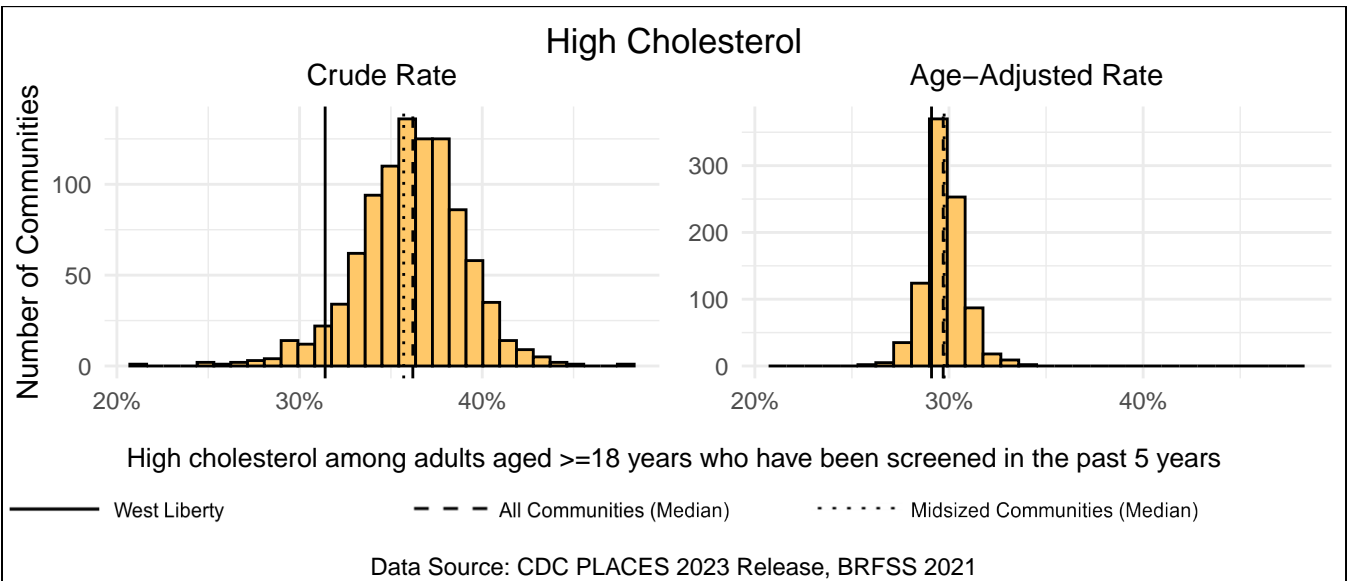
Measure Type	West Liberty	All Comm.	Midsize Comm.
Crude	10.3%	10.1%	9.9%
Age-Adjusted	10.5%	8.1%	8.3%



High Cholesterol

West Liberty has a crude rate of 31.4% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 54th out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for West Liberty is 29.1%, which ranks 195th out of 905 Iowa communities (20th out of 102 midsize communities).

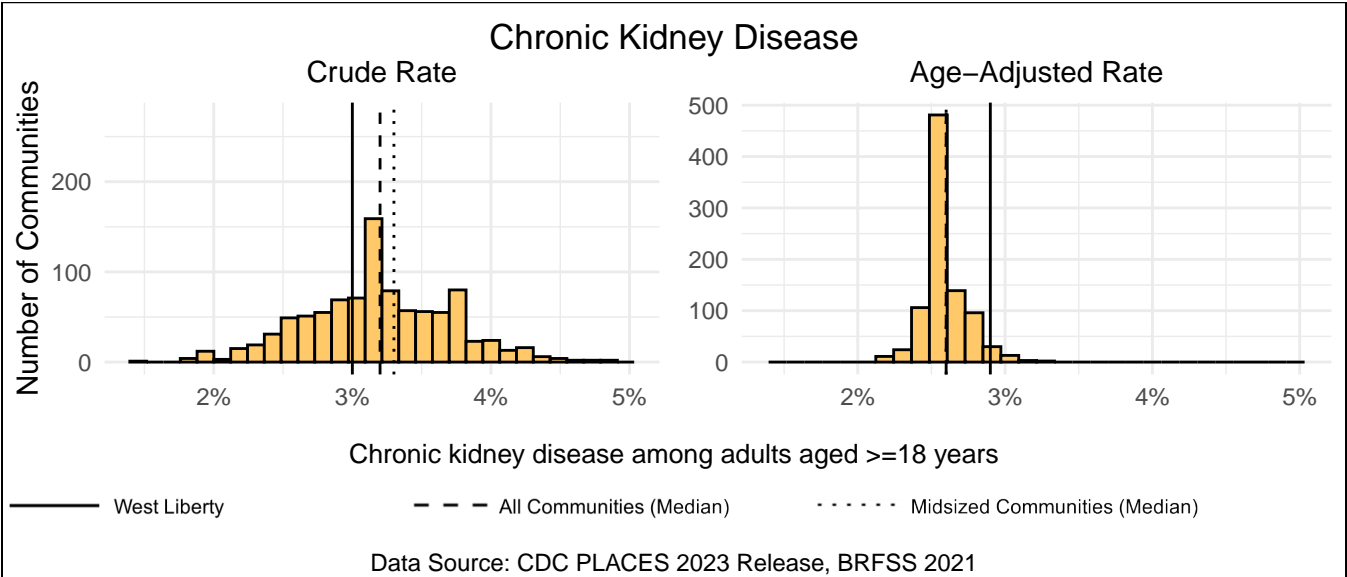
Measure Type	West Liberty	All Comm.	Midsize Comm.
Crude	31.4%	36.2%	35.7%
Age-Adjusted	29.1%	29.7%	29.8%



Chronic Kidney Disease

West Liberty has a crude rate of 3.0% for chronic kidney disease among adults aged ≥ 18 years, which ranks 310th out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for West Liberty is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 midsized communities).

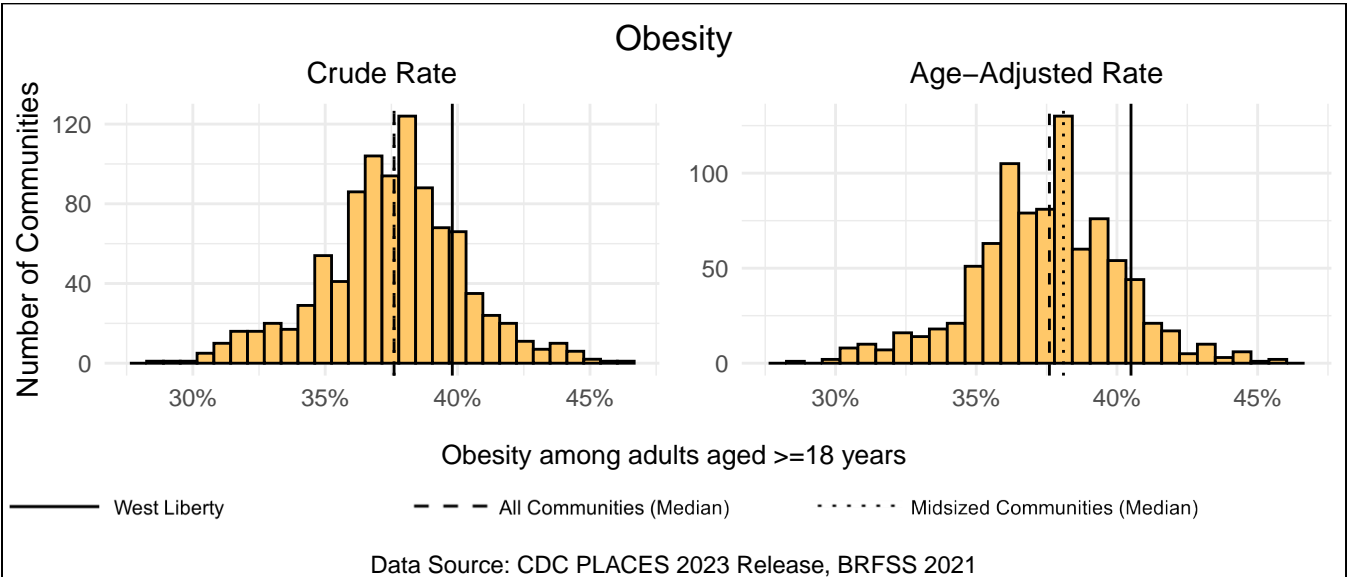
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	3.0%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

West Liberty has a crude rate of 39.8% for obesity among adults aged ≥ 18 years, which ranks 789th out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for West Liberty is 40.5%, which ranks 802nd out of 905 Iowa communities (86th out of 102 midsized communities).

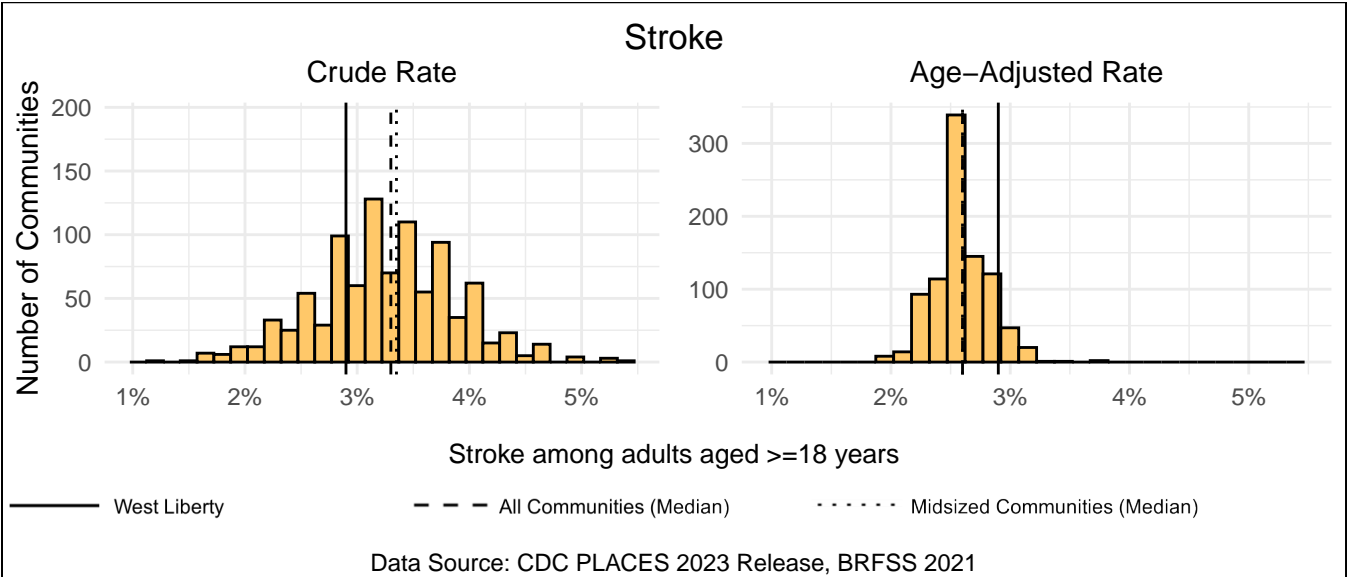
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	39.8%	37.6%	37.6%
Age-Adjusted	40.5%	37.6%	38.1%



Stroke

West Liberty has a crude rate of 2.9% for stroke among adults aged ≥ 18 years, which ranks 233rd out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 2.9%, which ranks 781st out of 905 Iowa communities (79th out of 102 mid-sized communities).

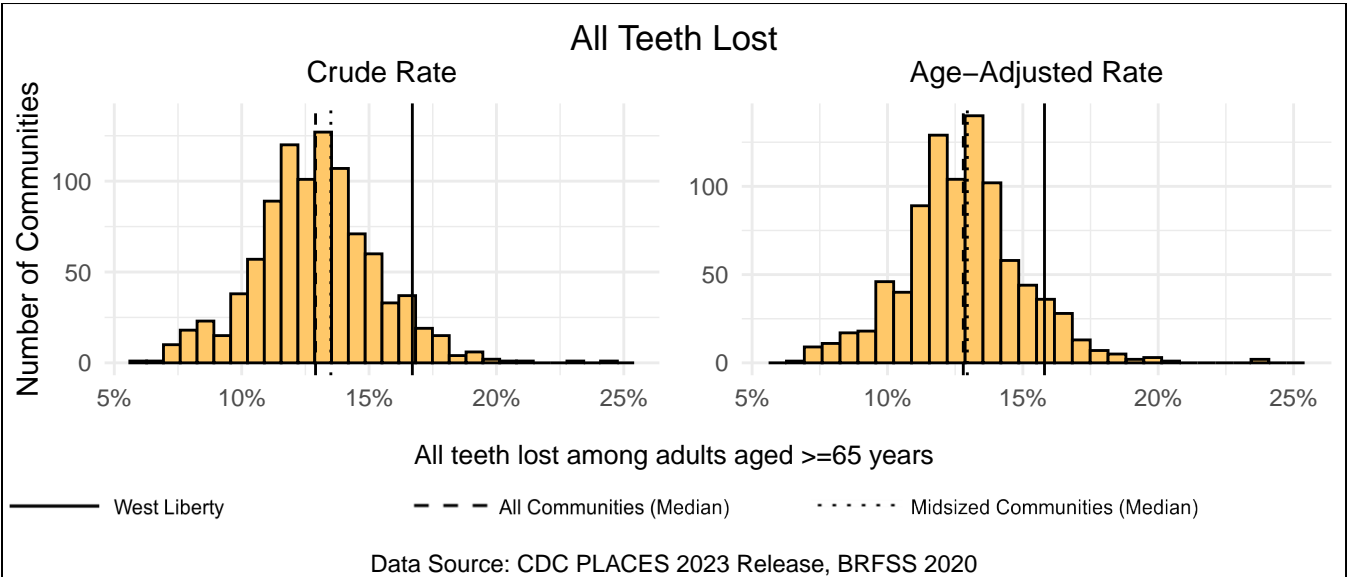
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	2.9%	3.3%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



All Teeth Lost

West Liberty has a crude rate of 16.7% for all teeth lost among adults aged ≥ 65 years, which ranks 897th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 15.8%, which ranks 820th out of 905 Iowa communities (82nd out of 102 mid-sized communities).

Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	16.7%	12.9%	13.5%
Age-Adjusted	15.8%	12.8%	12.9%



Prevention

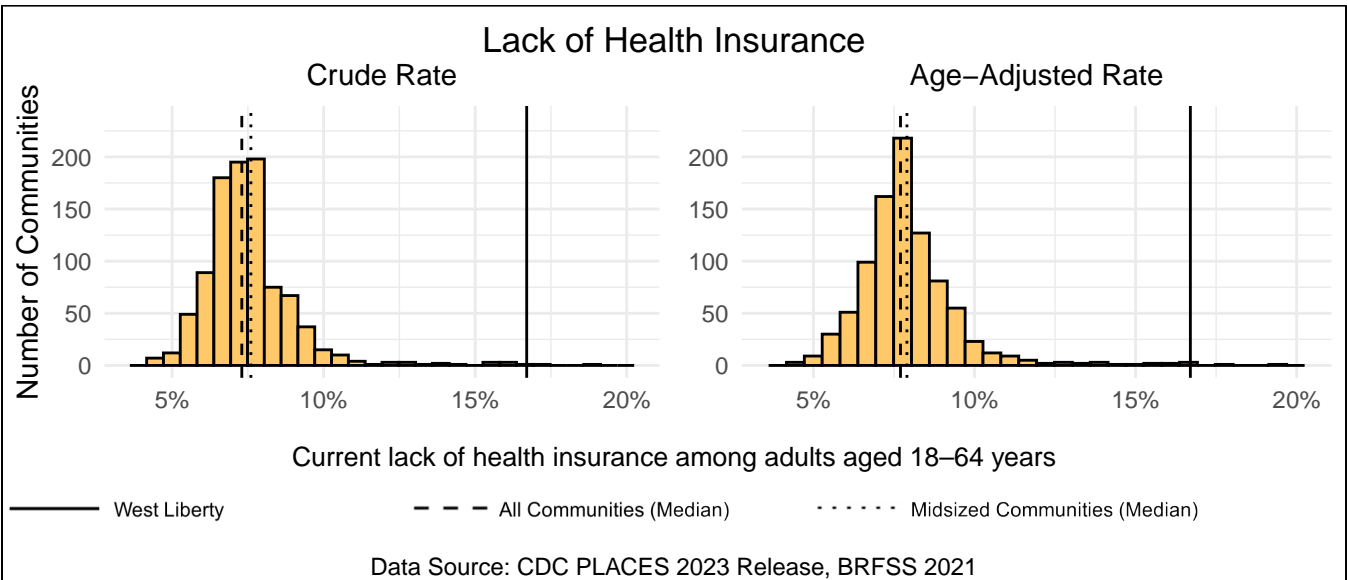
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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 Liberty has a crude rate of 16.7% for current lack of health insurance among adults aged 18–64 years, which ranks 956th out of 958 Iowa communities (100th out of 102 midsize communities). The age-adjusted rate for West Liberty is 16.7%, which ranks 902nd out of 905 Iowa communities (100th out of 102 midsize communities).

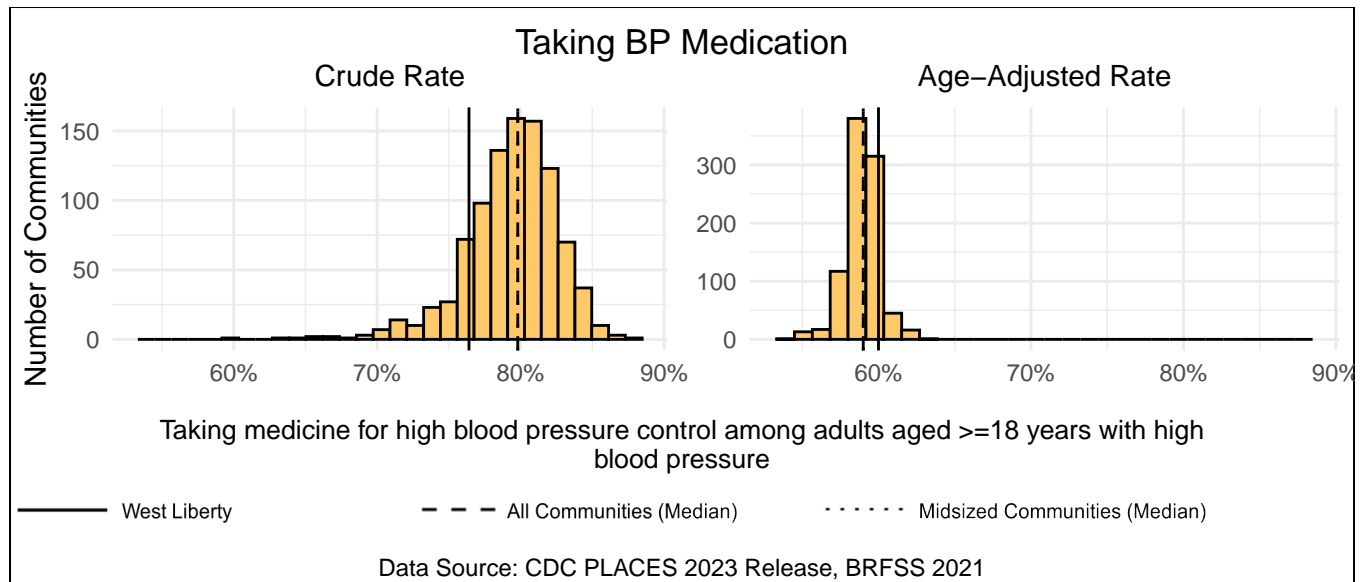
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	16.7%	7.3%	7.6%
Age-Adjusted	16.7%	7.7%	7.9%



Taking BP Medication

West Liberty has a crude rate of 76.4% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 819th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 60.0%, which ranks 91st out of 905 Iowa communities (17th out of 102 mid-sized communities).

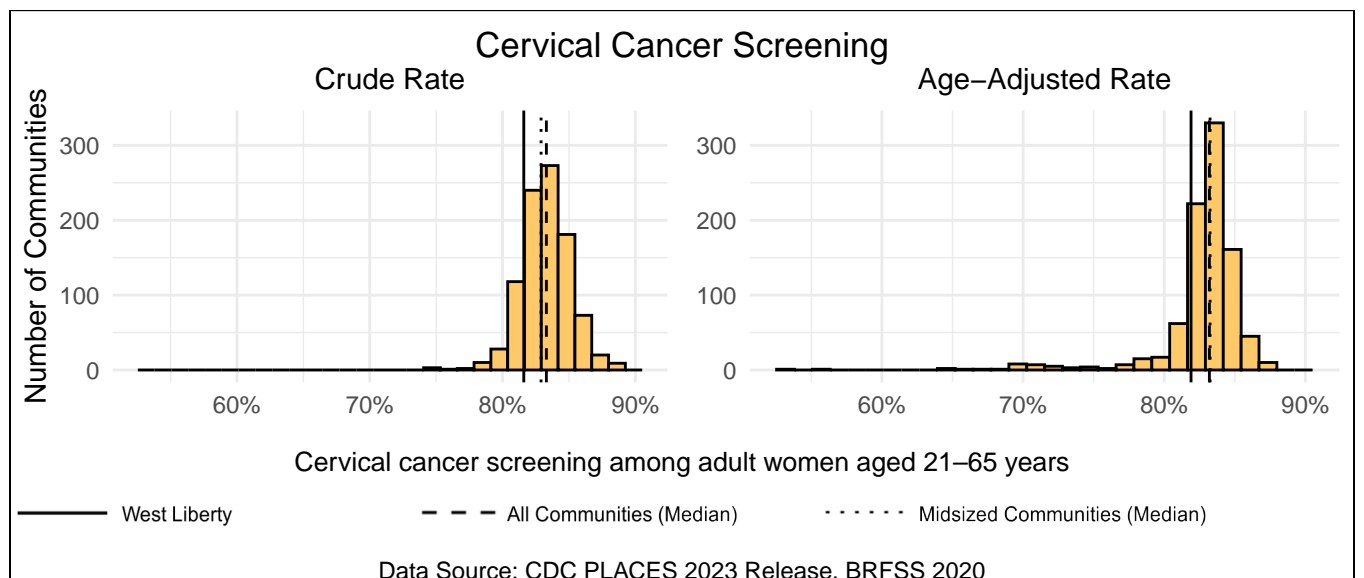
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	76.4%	79.8%	79.8%
Age-Adjusted	60.0%	59.0%	59.0%



Cervical Cancer Screening

West Liberty has a crude rate of 81.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 797th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 81.9%, which ranks 732nd out of 905 Iowa communities (78th out of 102 mid-sized communities).

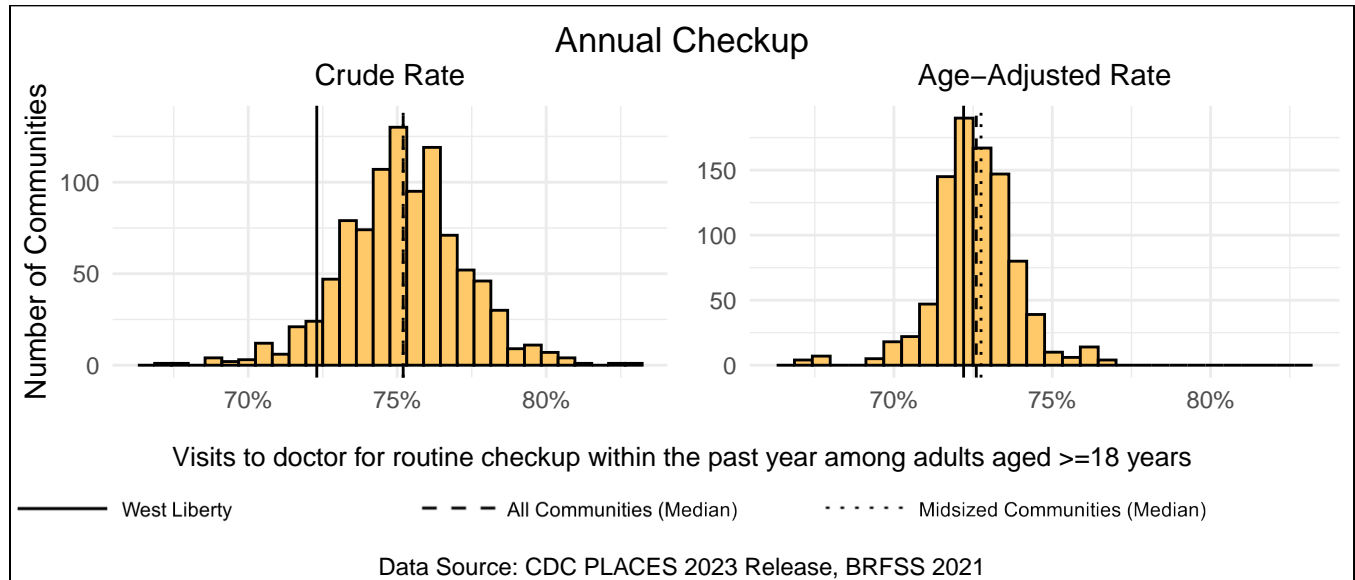
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	81.6%	83.3%	82.9%
Age-Adjusted	81.9%	83.2%	83.2%



Annual Checkup

West Liberty has a crude rate of 72.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 895th out of 958 Iowa communities (94th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 72.2%, which ranks 559th out of 905 Iowa communities (68th out of 102 mid-sized communities).

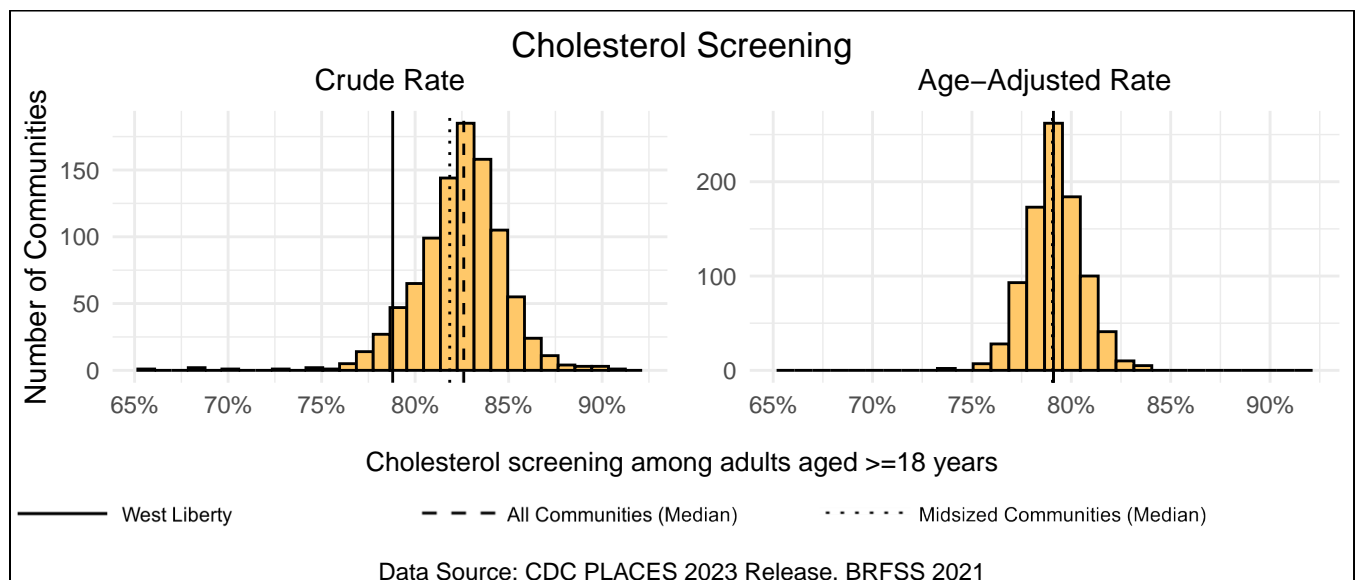
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	72.3%	75.2%	75.2%
Age-Adjusted	72.2%	72.6%	72.8%



Cholesterol Screening

West Liberty has a crude rate of 78.8% for cholesterol screening among adults aged ≥ 18 years, which ranks 900th out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 79.1%, which ranks 435th out of 905 Iowa communities (50th out of 102 mid-sized communities).

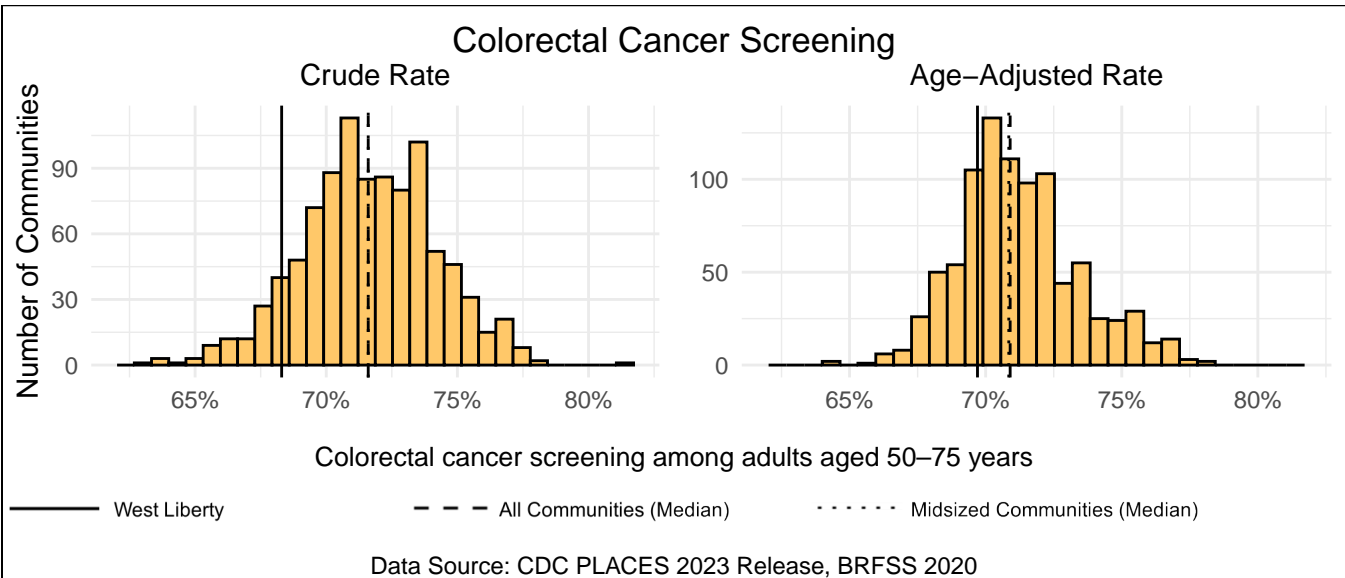
Measure Type	West Liberty	All Comm.	Mid-sized Comm.
Crude	78.8%	82.6%	81.8%
Age-Adjusted	79.1%	79.1%	79.0%



Colorectal Cancer Screening

West Liberty has a crude rate of 68.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 867th out of 958 Iowa communities (94th out of 102 midsized communities). The age-adjusted rate for West Liberty is 69.7%, which ranks 687th out of 905 Iowa communities (72nd out of 102 midsized communities).

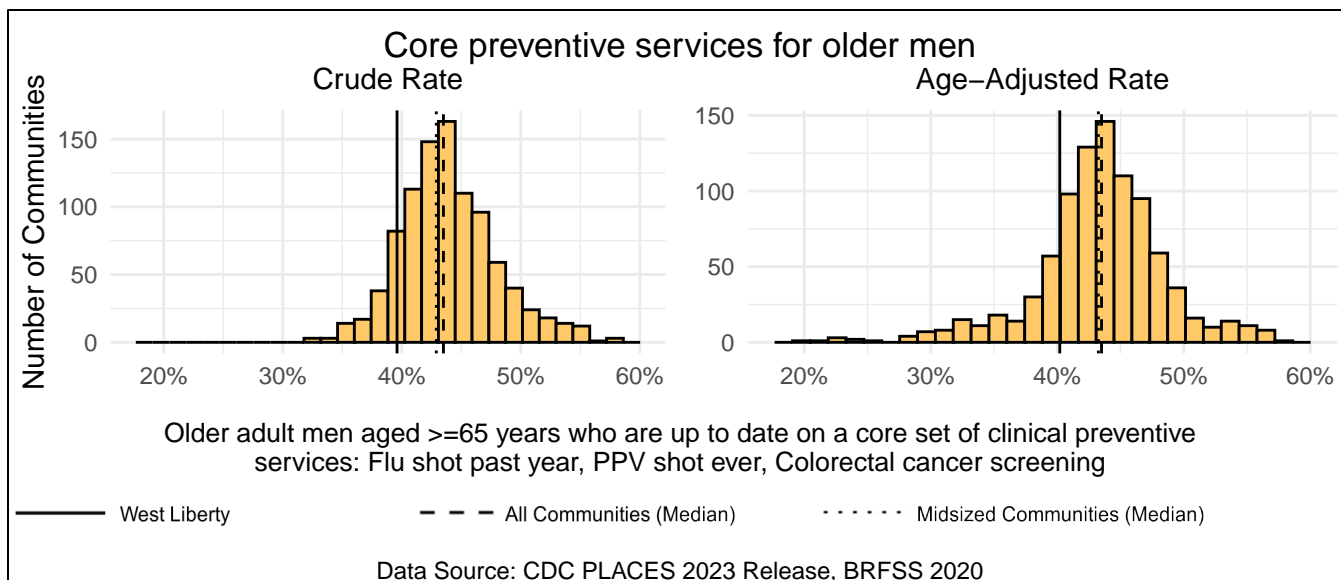
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	68.3%	71.6%	71.6%
Age-Adjusted	69.7%	70.9%	70.8%



Core preventive services for older men

West Liberty has a crude rate of 39.6% 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 848th out of 958 Iowa communities (84th out of 102 midsized communities). The age-adjusted rate for West Liberty is 40.2%, which ranks 734th out of 905 Iowa communities (84th out of 102 midsized communities).

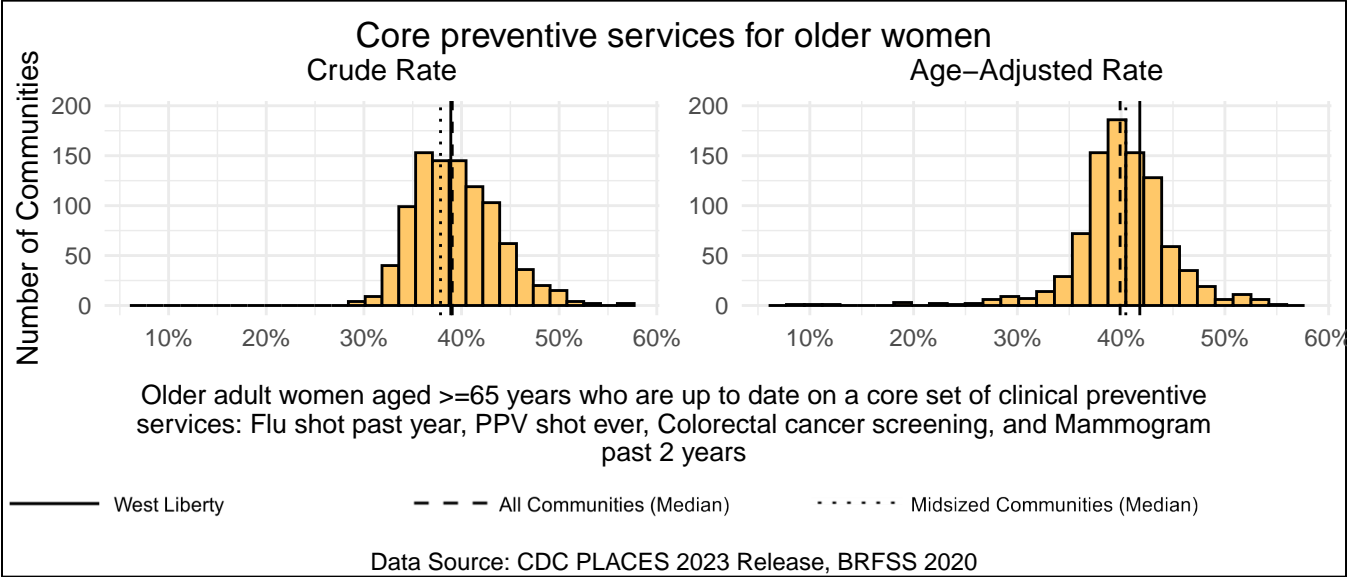
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	39.6%	43.5%	42.9%
Age-Adjusted	40.2%	43.5%	43.2%



Core preventive services for older women

West Liberty has a crude rate of 38.9% 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 484th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for West Liberty is 41.8%, which ranks 284th out of 905 Iowa communities (35th out of 102 midsize communities).

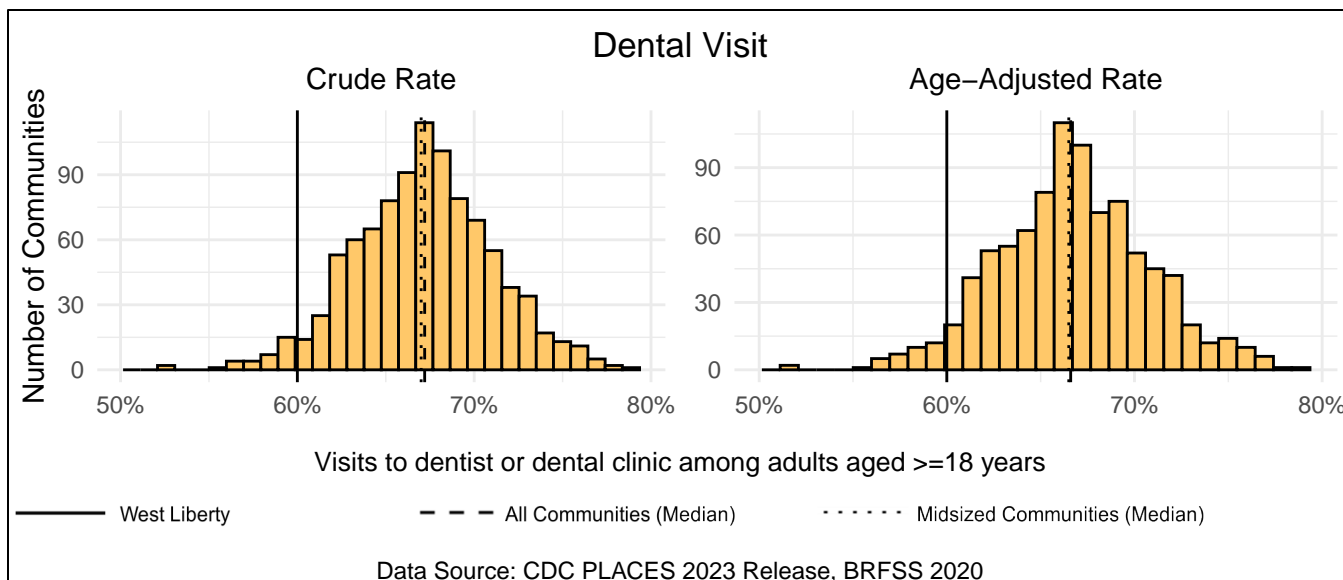
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	38.9%	39.0%	37.8%
Age-Adjusted	41.8%	39.9%	40.4%



Dental Visit

West Liberty has a crude rate of 60.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 923rd out of 958 Iowa communities (90th out of 102 midsize communities). The age-adjusted rate for West Liberty is 60.0%, which ranks 868th out of 905 Iowa communities (88th out of 102 midsize communities).

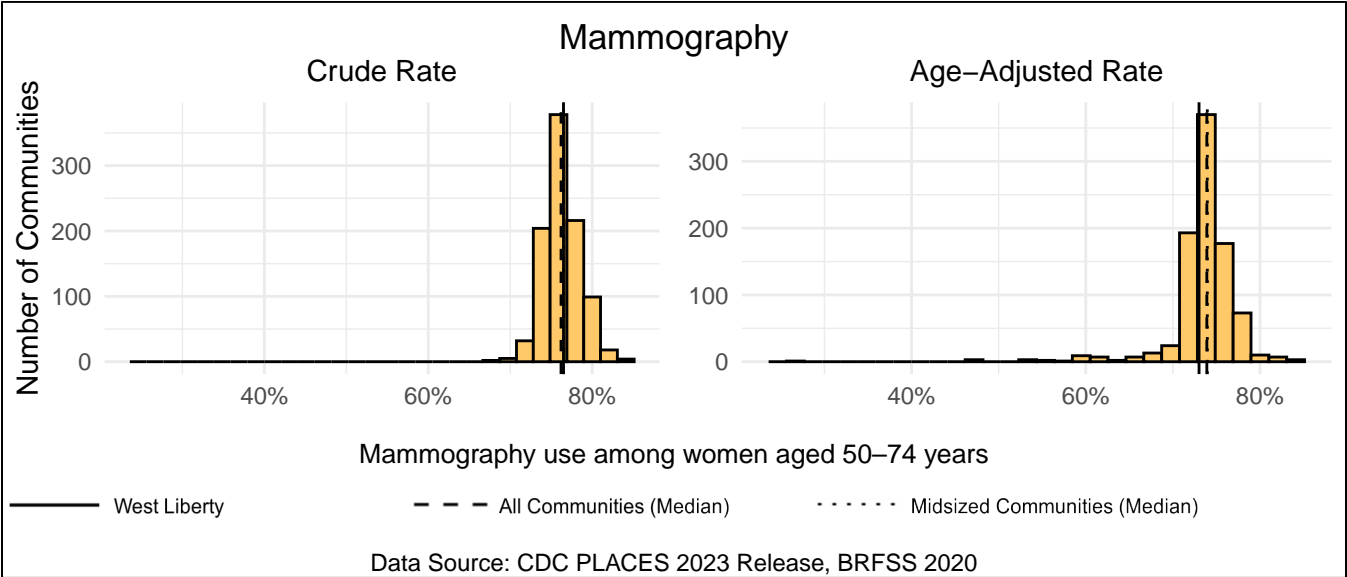
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	60.0%	67.2%	67.0%
Age-Adjusted	60.0%	66.6%	66.5%



Mammography

West Liberty 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 midsize communities). The age-adjusted rate for West Liberty is 73.0%, which ranks 615th out of 905 Iowa communities (71st out of 102 midsize communities).

Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	76.5%	76.2%	76.5%
Age-Adjusted	73.0%	73.9%	74.0%



Disability

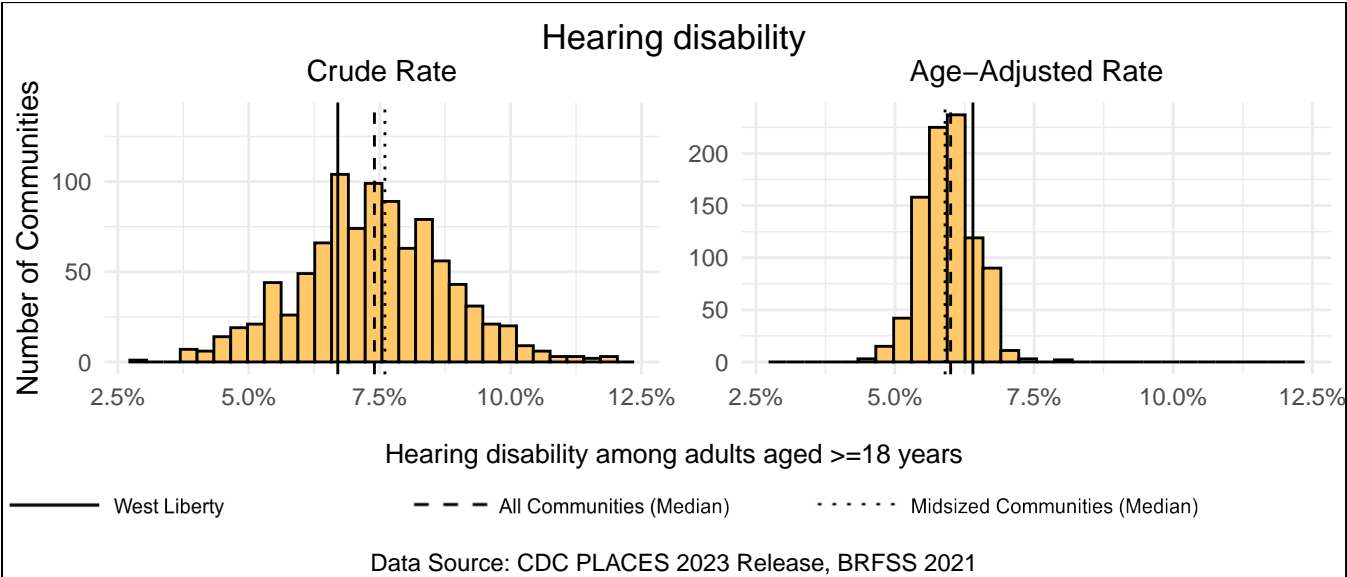
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

West Liberty has a crude rate of 6.7% for hearing disability among adults aged ≥ 18 years, which ranks 282nd out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for West Liberty is 6.4%, which ranks 736th out of 905 Iowa communities (76th out of 102 midsize communities).

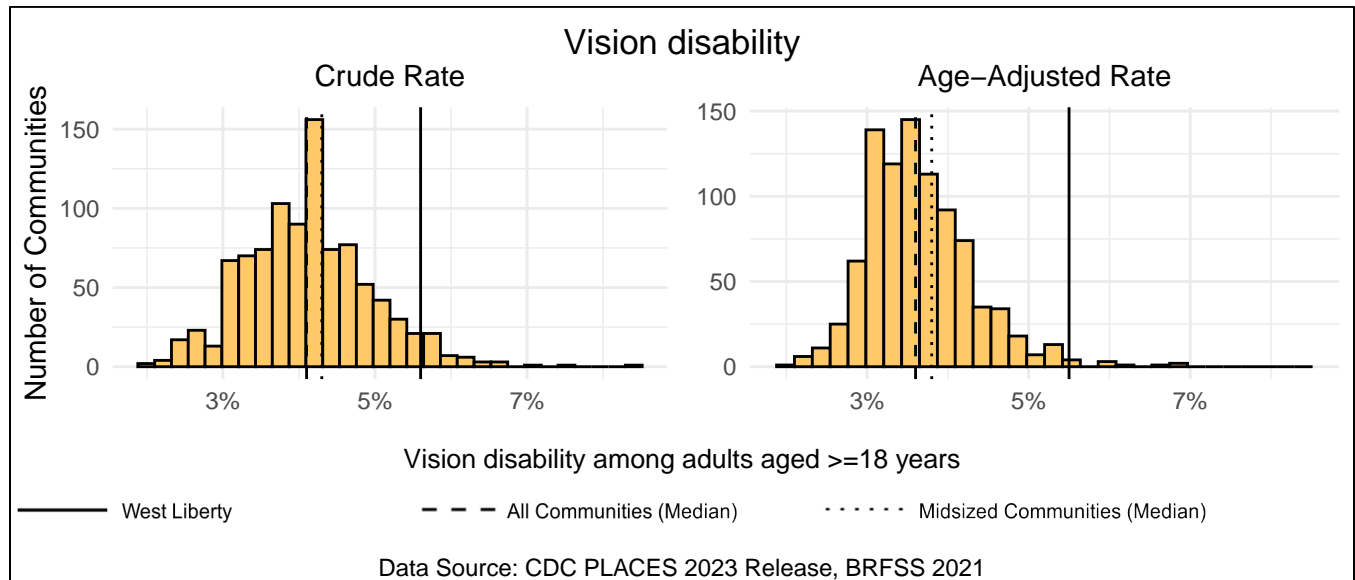
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	6.7%	7.4%	7.6%
Age-Adjusted	6.4%	6.0%	5.9%



Vision disability

West Liberty has a crude rate of 5.6% for vision disability among adults aged ≥ 18 years, which ranks 910th out of 958 Iowa communities (87th out of 102 midsize communities). The age-adjusted rate for West Liberty is 5.5%, which ranks 895th out of 905 Iowa communities (99th out of 102 midsize communities).

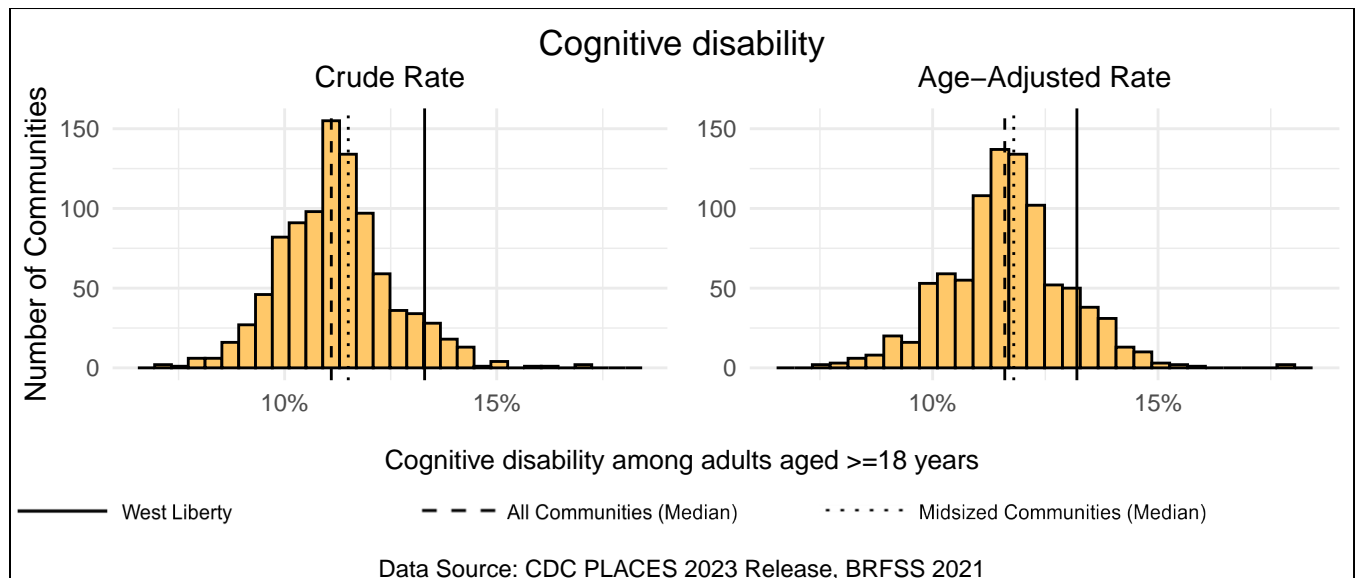
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	5.6%	4.1%	4.3%
Age-Adjusted	5.5%	3.6%	3.8%



Cognitive disability

West Liberty has a crude rate of 13.3% for cognitive disability among adults aged ≥ 18 years, which ranks 891st out of 958 Iowa communities (85th out of 102 midsize communities). The age-adjusted rate for West Liberty is 13.2%, which ranks 797th out of 905 Iowa communities (80th out of 102 midsize communities).

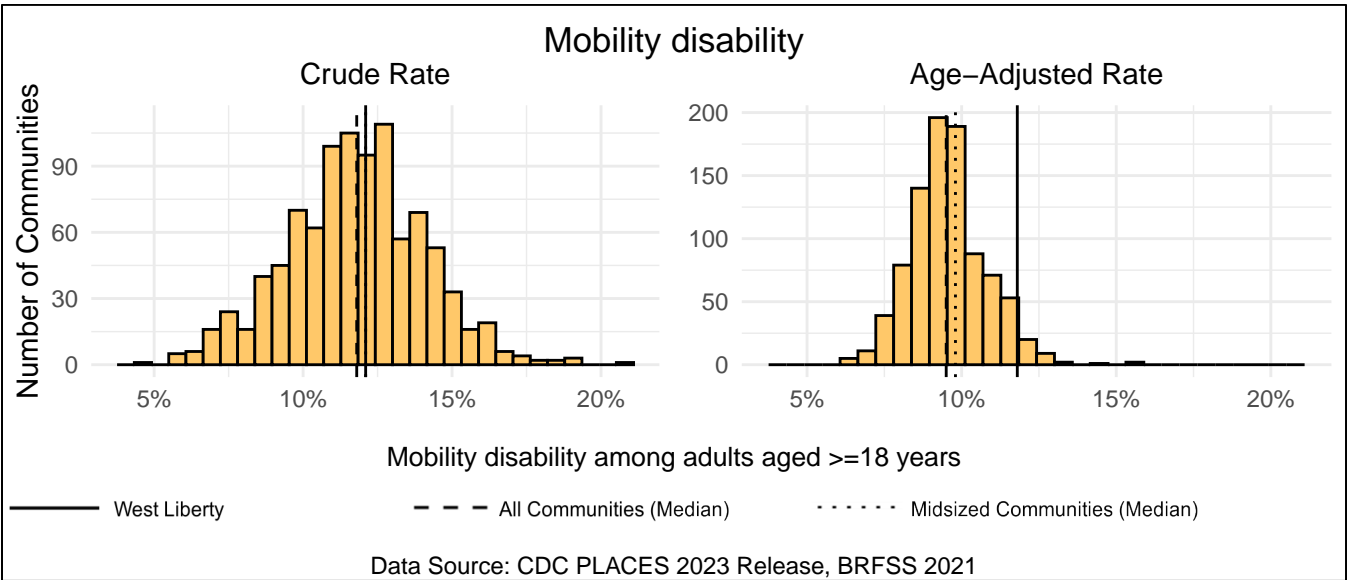
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	13.3%	11.1%	11.5%
Age-Adjusted	13.2%	11.6%	11.8%



Mobility disability

West Liberty has a crude rate of 12.1% for mobility disability among adults aged ≥ 18 years, which ranks 529th out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for West Liberty is 11.8%, which ranks 868th out of 905 Iowa communities (89th out of 102 midsize communities).

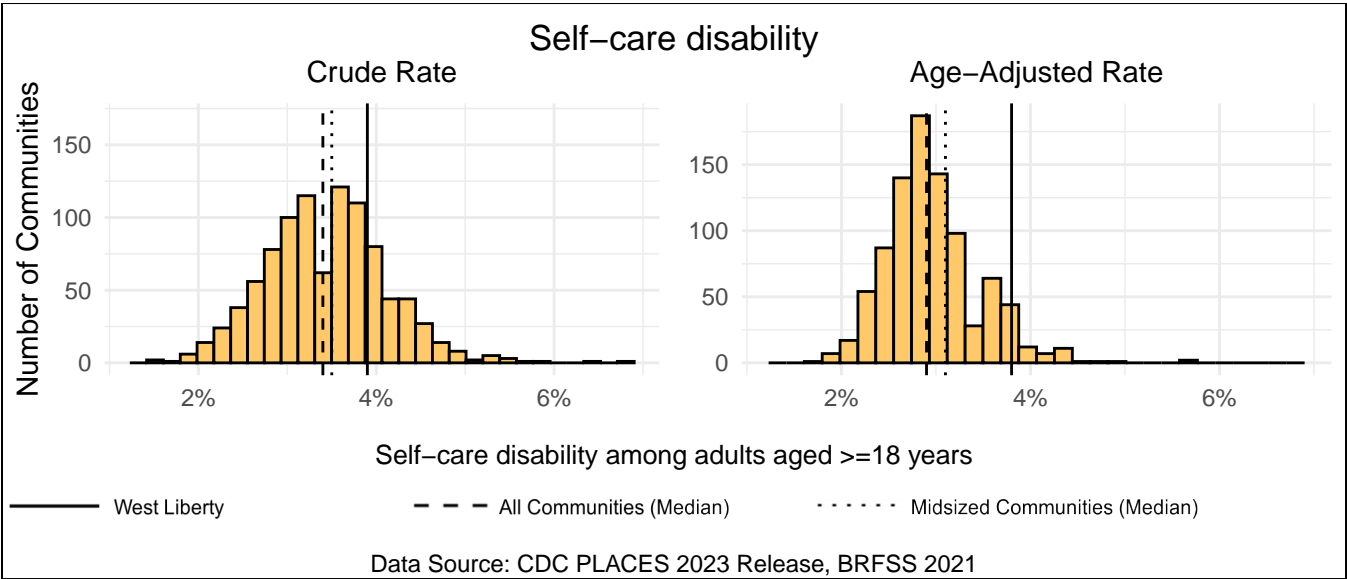
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	12.1%	11.8%	12.1%
Age-Adjusted	11.8%	9.5%	9.8%



Self-care disability

West Liberty has a crude rate of 3.9% for self-care disability among adults aged ≥ 18 years, which ranks 728th out of 958 Iowa communities (68th out of 102 midsize communities). The age-adjusted rate for West Liberty is 3.8%, which ranks 839th out of 905 Iowa communities (83rd out of 102 midsize communities).

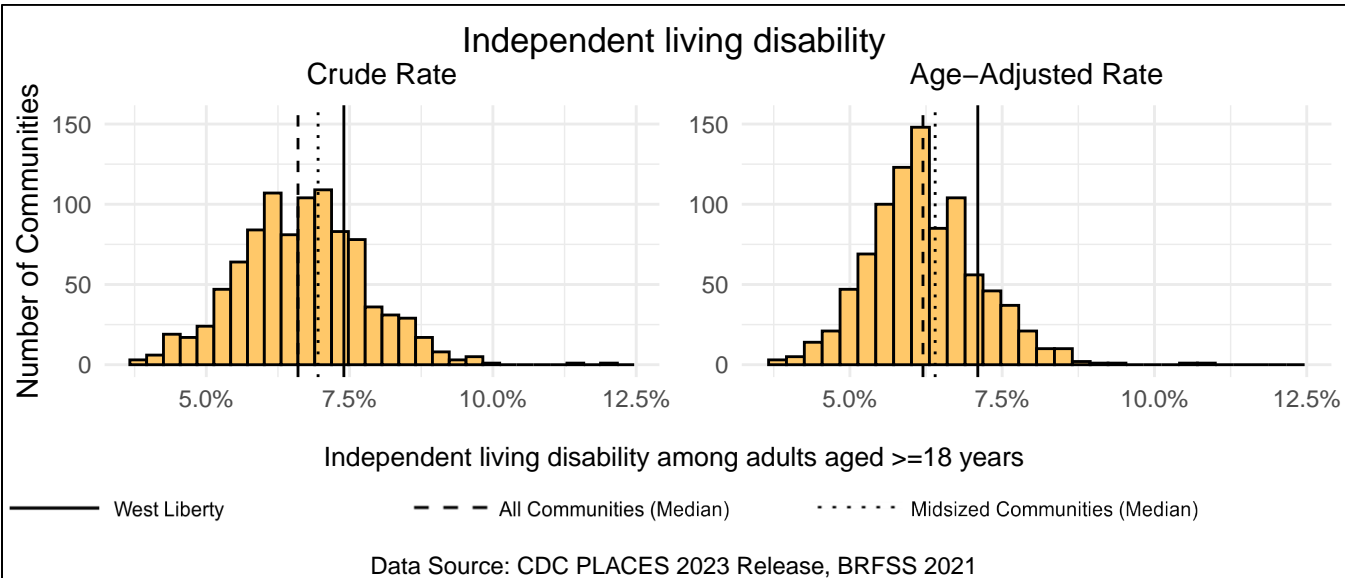
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	3.9%	3.4%	3.5%
Age-Adjusted	3.8%	2.9%	3.1%



Independent living disability

West Liberty has a crude rate of 7.4% for independent living disability among adults aged ≥ 18 years, which ranks 724th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 7.1%, which ranks 754th out of 905 Iowa communities (73rd out of 102 mid-sized communities).

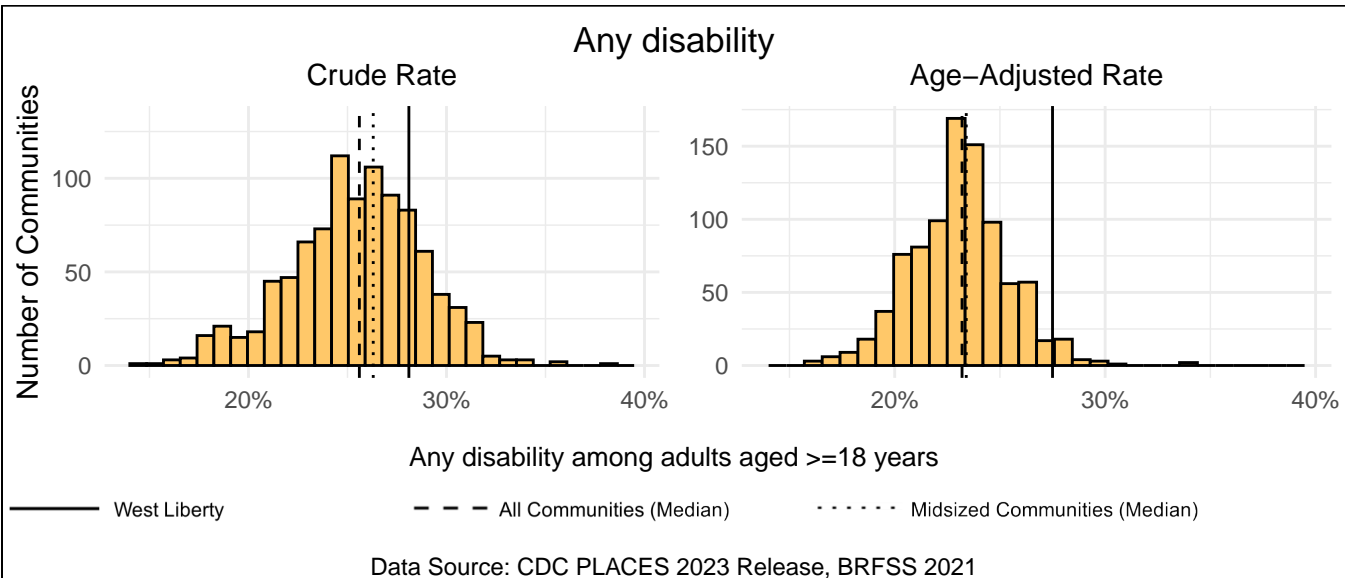
Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	7.4%	6.6%	7.0%
Age-Adjusted	7.1%	6.2%	6.4%



Any disability

West Liberty has a crude rate of 28.1% for any disability among adults aged ≥ 18 years, which ranks 759th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for West Liberty is 27.5%, which ranks 877th out of 905 Iowa communities (93rd out of 102 mid-sized communities).

Measure Type	West Liberty	All Comm.	Midsized Comm.
Crude	28.1%	25.6%	26.3%
Age-Adjusted	27.5%	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 Liberty 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	880	17.4% (14.8% - 20.6%)	893	17.4% (14.7% - 20.4%)
Health Status	Mental Health	788	15.3% (13.2% - 17.7%)	302	15.2% (13.1% - 17.4%)
Health Status	Physical Health	468	10.8% (9.3% - 12.6%)	777	10.8% (9.3% - 12.6%)
Health Risk Behaviors	Current Smoking	316	16.1% (13.0% - 19.5%)	241	16.5% (13.4% - 19.8%)
Health Risk Behaviors	Physical Inactivity	887	30.4% (25.5% - 35.9%)	889	30.2% (25.3% - 35.6%)
Health Risk Behaviors	Sleep <7 hours	871	32.4% (31.2% - 33.7%)	808	32.7% (31.4% - 34.0%)
Health Risk Behaviors	Binge Drinking	323	18.6% (15.4% - 22.0%)	4	18.6% (15.4% - 22.3%)
Health Outcomes	Obesity	789	39.8% (33.5% - 46.6%)	802	40.5% (33.9% - 47.1%)
Health Outcomes	All Teeth Lost	897	16.7% (10.6% - 24.1%)	820	15.8% (10.5% - 21.8%)
Health Outcomes	Diabetes	523	10.3% (8.9% - 12.0%)	895	10.5% (8.9% - 12.2%)
Health Outcomes	High Blood Pressure	111	27.6% (24.1% - 31.2%)	492	27.5% (24.1% - 31.2%)
Health Outcomes	Coronary Heart Disease	199	5.5% (4.7% - 6.3%)	674	5.3% (4.7% - 6.1%)
Health Outcomes	Cancer (except skin)	45	6.1% (5.5% - 6.8%)	4	6.0% (5.4% - 6.6%)
Health Outcomes	Chronic Kidney Disease	310	3.0% (2.7% - 3.3%)	858	2.9% (2.7% - 3.3%)
Health Outcomes	High Cholesterol	54	31.4% (27.5% - 35.6%)	195	29.1% (25.2% - 33.4%)
Health Outcomes	COPD	155	6.2% (5.1% - 7.5%)	410	6.2% (5.0% - 7.3%)
Health Outcomes	Arthritis	31	20.7% (17.7% - 23.9%)	32	20.6% (17.6% - 23.7%)
Health Outcomes	Current Asthma	137	9.0% (7.9% - 10.3%)	125	9.1% (7.9% - 10.3%)
Health Outcomes	Stroke	233	2.9% (2.6% - 3.4%)	781	2.9% (2.5% - 3.2%)
Health Outcomes	Depression	568	18.3% (15.0% - 21.9%)	164	18.3% (15.1% - 21.7%)
Prevention	Core preventive services for older men	848	39.6% (32.0% - 47.5%)	734	40.2% (32.7% - 47.9%)
Prevention	Colorectal Cancer Screening	867	68.3% (65.4% - 71.1%)	687	69.7% (66.9% - 72.2%)
Prevention	Cholesterol Screening	900	78.8% (75.4% - 82.2%)	435	79.1% (75.7% - 82.5%)
Prevention	Health Insurance	956	16.7% (13.3% - 20.4%)	902	16.7% (13.1% - 20.8%)
Prevention	Cervical Cancer Screening	797	81.6% (79.6% - 83.7%)	732	81.9% (79.9% - 83.9%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	410	76.5% (73.1% - 79.8%)	615	73.0% (69.4% - 76.4%)
Prevention	Dental Visit	923	60.0% (56.4% - 63.6%)	868	60.0% (56.5% - 63.6%)
Prevention	Taking BP Medication	819	76.4% (73.0% - 79.6%)	91	60.0% (55.0% - 64.8%)
Prevention	Core preventive services for older women	484	38.9% (31.3% - 47.0%)	284	41.8% (35.2% - 48.4%)
Prevention	Annual Checkup	895	72.3% (67.3% - 76.8%)	559	72.2% (67.3% - 77.1%)
Disability	Independent Living Disability	724	7.4% (6.2% - 8.8%)	754	7.1% (6.0% - 8.4%)
Disability	Cognitive Disability	891	13.3% (11.2% - 15.8%)	797	13.2% (11.1% - 15.4%)
Disability	Mobility Disability	529	12.1% (10.2% - 14.1%)	868	11.8% (9.8% - 13.9%)
Disability	Any Disability	759	28.1% (24.1% - 32.7%)	877	27.5% (23.4% - 31.7%)
Disability	Self-care Disability	728	3.9% (3.3% - 4.5%)	839	3.8% (3.3% - 4.4%)
Disability	Hearing Disability	282	6.7% (5.9% - 7.7%)	736	6.4% (5.7% - 7.3%)
Disability	Vision Disability	910	5.6% (4.7% - 6.6%)	895	5.5% (4.7% - 6.4%)

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: Midsized Communities (2,500-9,999)

West Liberty 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
