



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 Union: Overview

Dear Community Members & Stakeholders of West Union,

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 Union ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify West Union’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 Union. 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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Sleep <7 hours	119th	24th	Taking BP Medication	50th	7th
Binge Drinking	188th	36th	Binge Drinking	124th	16th
Taking BP Medication	229th	48th	Sleep <7 hours	162nd	33rd
Core preventive services for older men	297th	46th	Core preventive services for older men	271st	50th
Annual Checkup	312th	61st	Annual Checkup	396th	64th

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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Dental Visit	817th	125th	Obesity	841st	132nd
Cervical Cancer Screening	809th	125th	High Blood Pressure	829th	132nd
Independent Living Disability	805th	119th	Dental Visit	780th	126th
Vision Disability	805th	118th	Physical Inactivity	767th	122nd
Obesity	803rd	130th	Diabetes	760th	125th

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 Union.

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

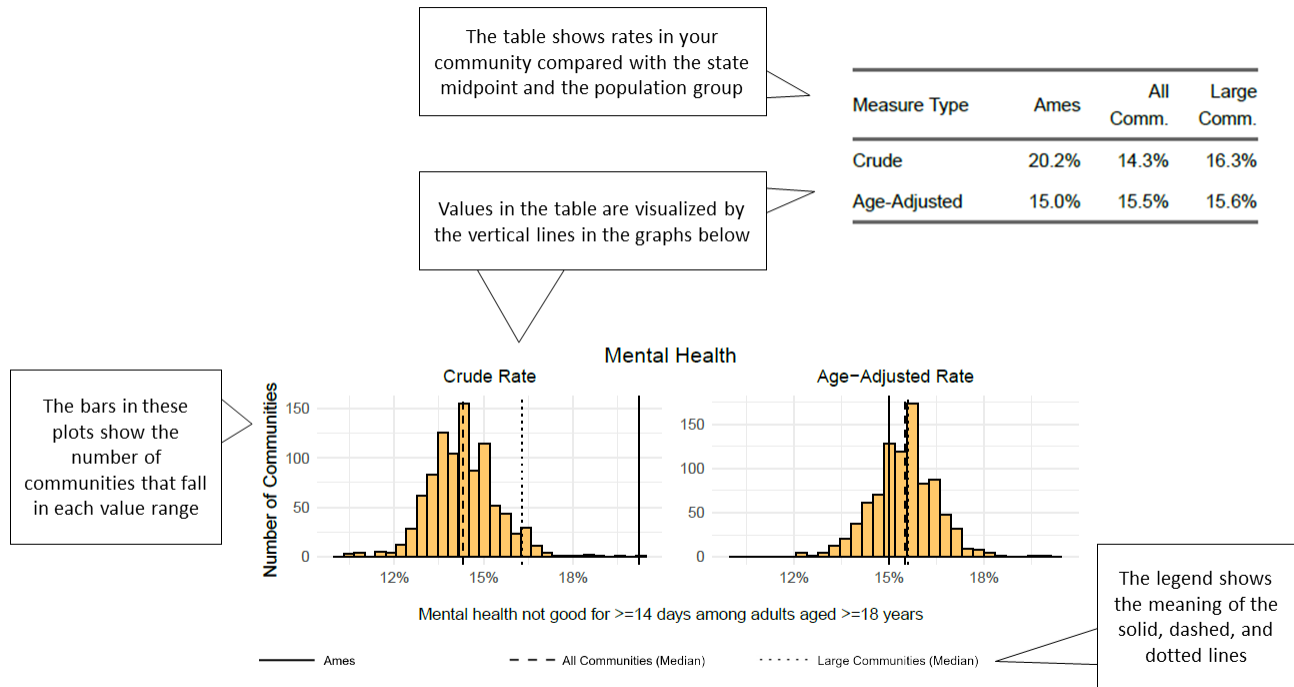
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in West Union that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of West Union, a review of risky behaviors in 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 Union compares to the rest of the state and similarly-sized communities.

With a population of 2,468, West Union’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small 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

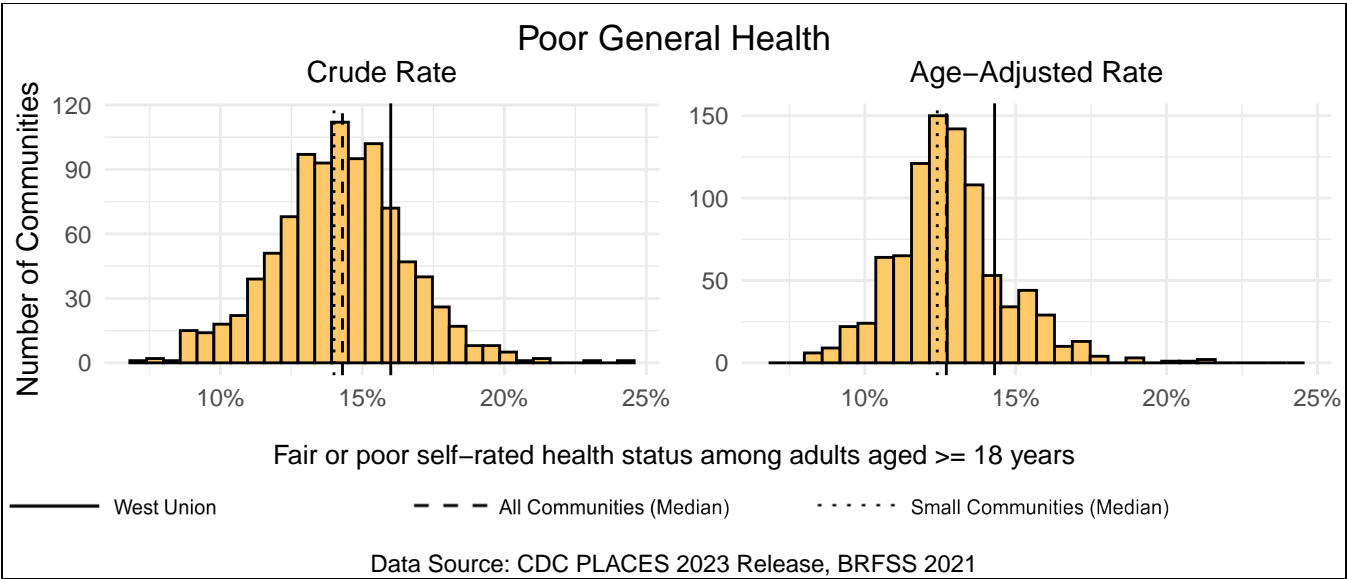
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health 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 Union has a crude rate of 16.0% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 770th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for West Union is 14.3%, which ranks 744th out of 905 Iowa communities (123rd out of 138 small communities).

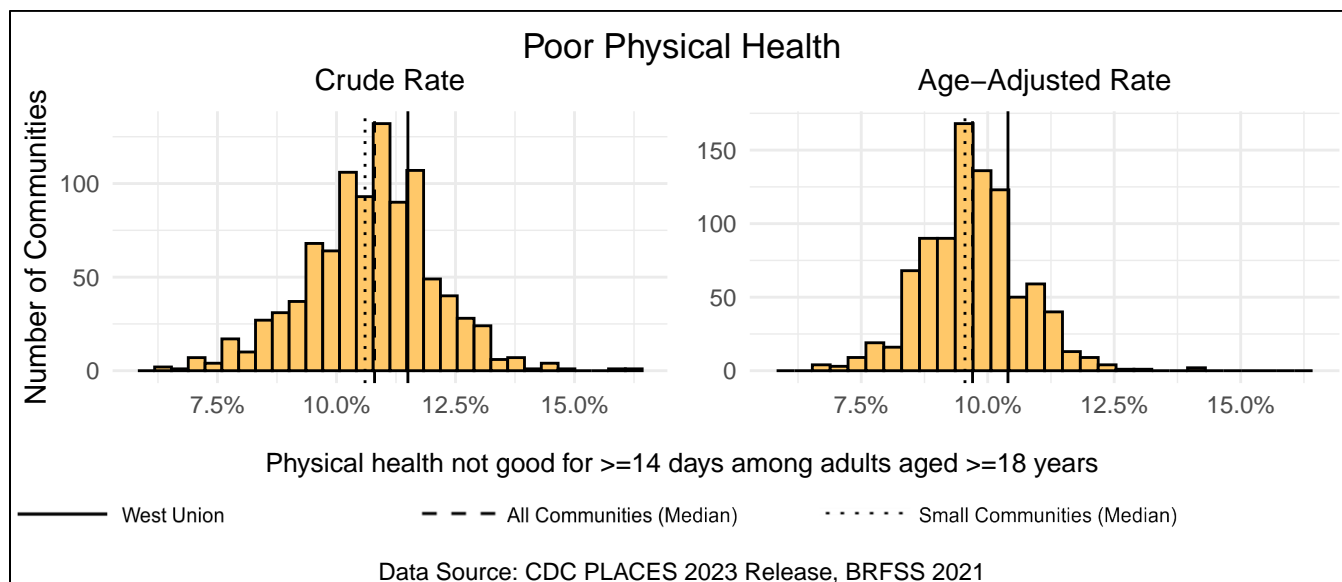
Measure Type	West Union	All Comm.	Small Comm.
Crude	16.0%	14.3%	14.0%
Age-Adjusted	14.3%	12.7%	12.4%



Poor Physical Health

West Union has a crude rate of 11.5% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 690th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for West Union is 10.4%, which ranks 707th out of 905 Iowa communities (115th out of 138 small communities).

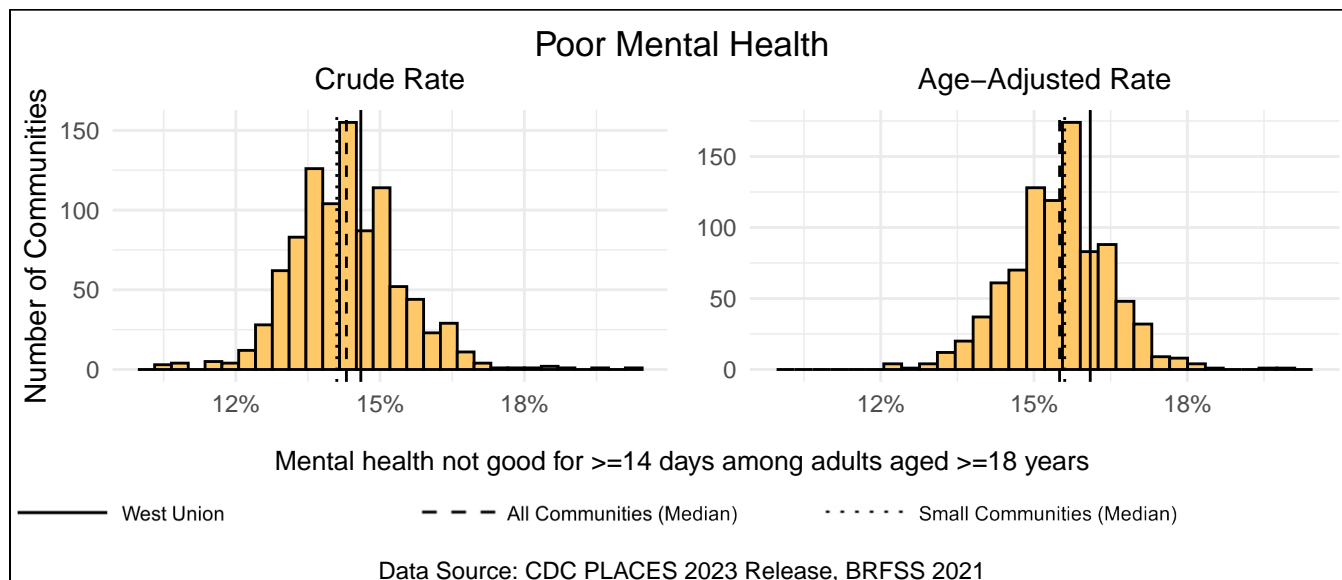
Measure Type	West Union	All Comm.	Small Comm.
Crude	11.5%	10.8%	10.6%
Age-Adjusted	10.4%	9.7%	9.6%



Poor Mental Health

West Union has a crude rate of 14.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 587th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for West Union is 16.1%, which ranks 658th out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	West Union	All Comm.	Small Comm.
Crude	14.6%	14.3%	14.1%
Age-Adjusted	16.1%	15.5%	15.6%



Health Risk Behaviors

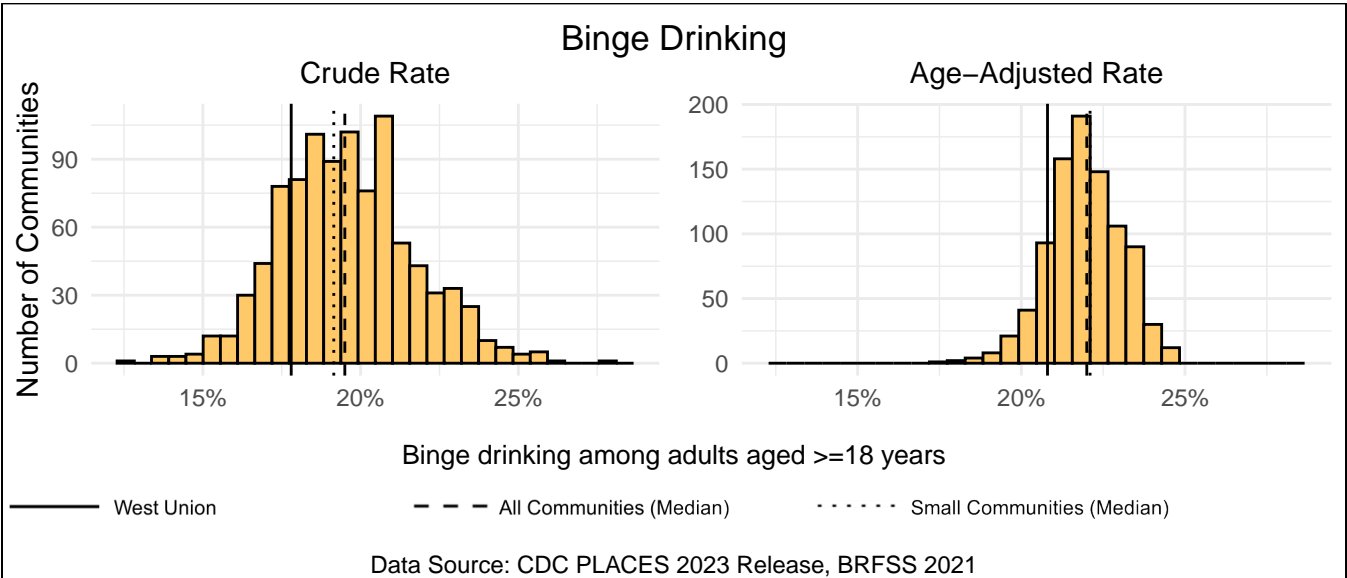
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives 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 Union has a crude rate of 17.8% for binge drinking among adults aged ≥ 18 years, which ranks 188th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for West Union is 20.8%, which ranks 124th out of 905 Iowa communities (16th out of 138 small communities).

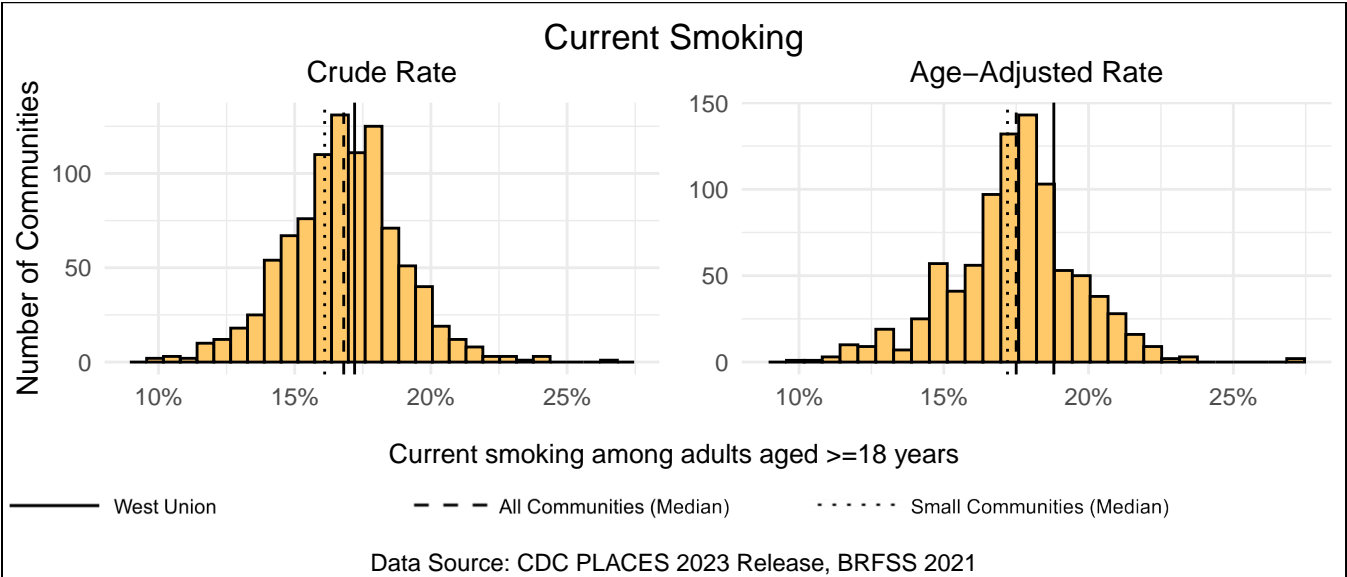
Measure Type	West Union	All Comm.	Small Comm.
Crude	17.8%	19.5%	19.1%
Age-Adjusted	20.8%	22.0%	22.1%



Current Smoking

West Union has a crude rate of 17.2% for current smoking among adults aged ≥ 18 years, which ranks 555th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for West Union is 18.8%, which ranks 690th out of 905 Iowa communities (115th out of 138 small communities).

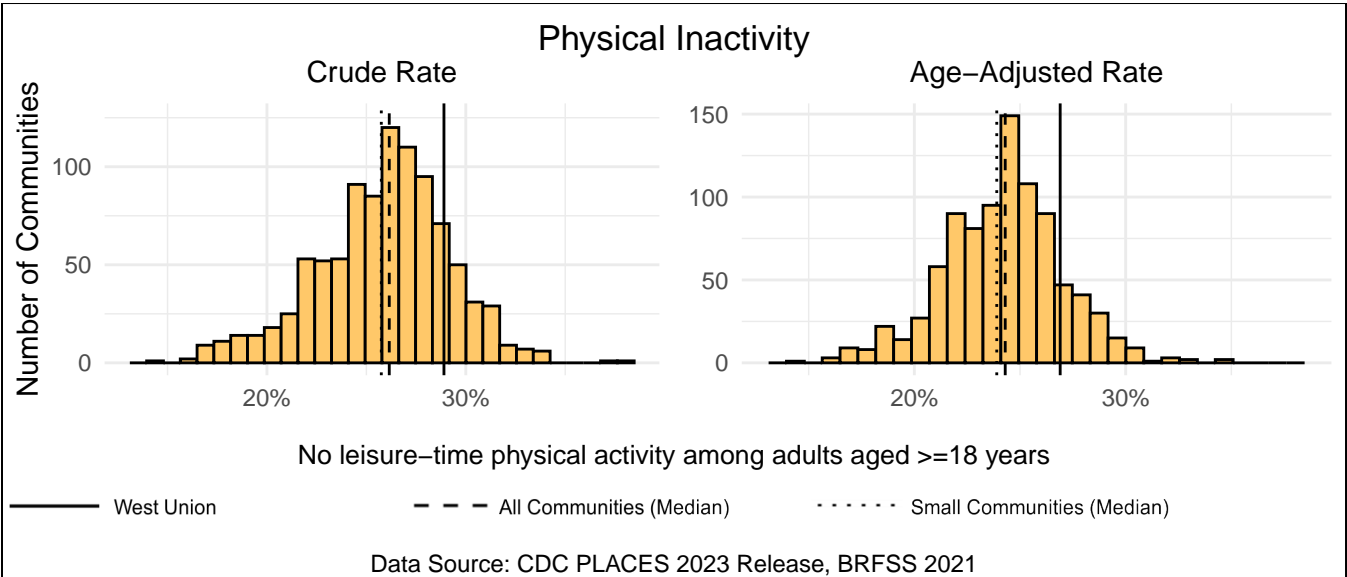
Measure Type	West Union	All Comm.	Small Comm.
Crude	17.2%	16.8%	16.1%
Age-Adjusted	18.8%	17.5%	17.2%



Physical Inactivity

West Union has a crude rate of 28.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 799th out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for West Union is 26.9%, which ranks 767th out of 905 Iowa communities (122nd out of 138 small communities).

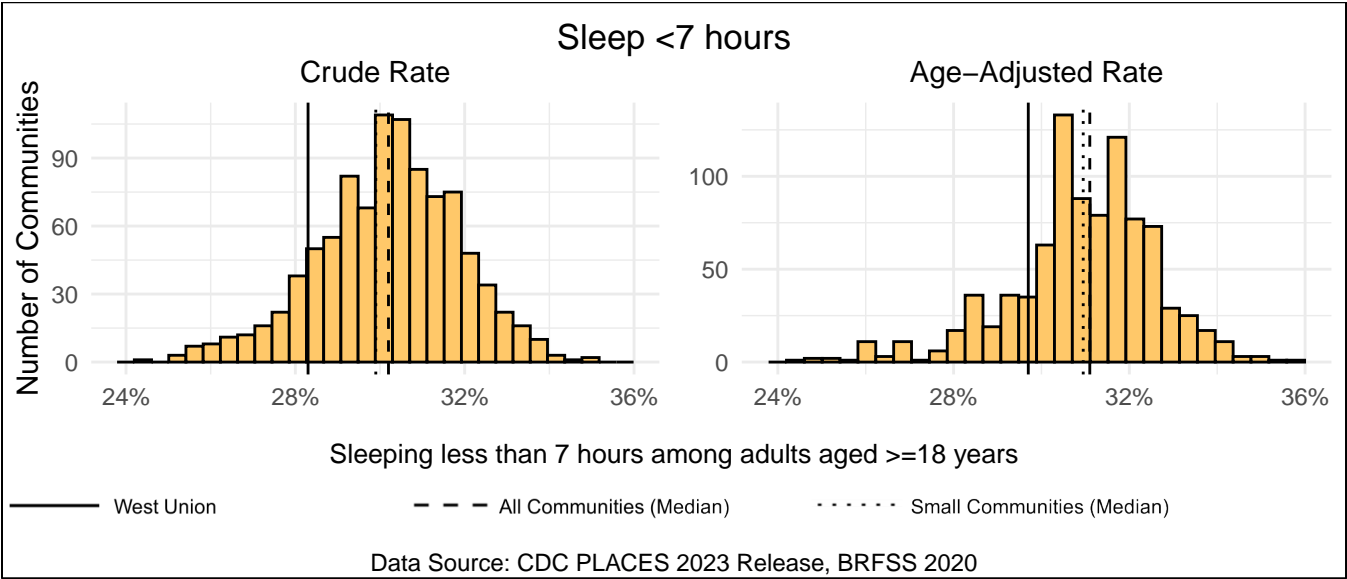
Measure Type	West Union	All Comm.	Small Comm.
Crude	28.9%	26.1%	25.8%
Age-Adjusted	26.9%	24.3%	23.9%



Sleep <7 hours

West Union has a crude rate of 28.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 119th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for West Union is 29.7%, which ranks 162nd out of 905 Iowa communities (33rd out of 138 small communities).

Measure Type	West Union	All Comm.	Small Comm.
Crude	28.3%	30.2%	29.9%
Age-Adjusted	29.7%	31.1%	31.0%



Health Outcomes

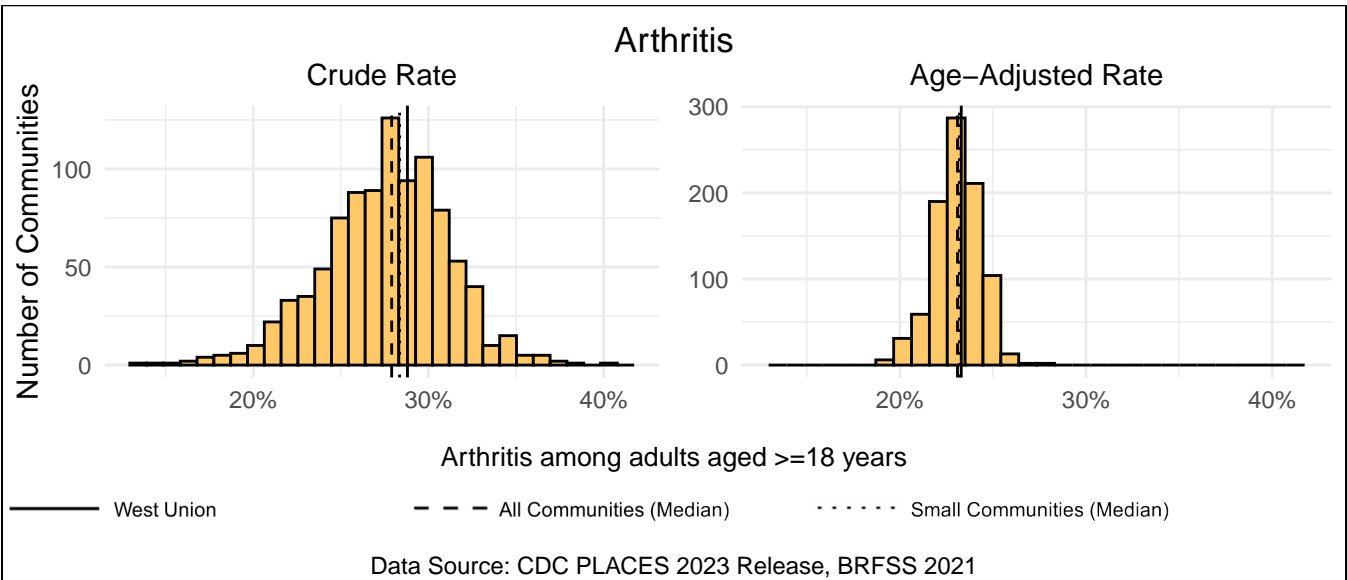
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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 Union has a crude rate of 28.8% for arthritis among adults aged ≥ 18 years, which ranks 591st out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for West Union is 23.3%, which ranks 494th out of 905 Iowa communities (72nd out of 138 small communities).

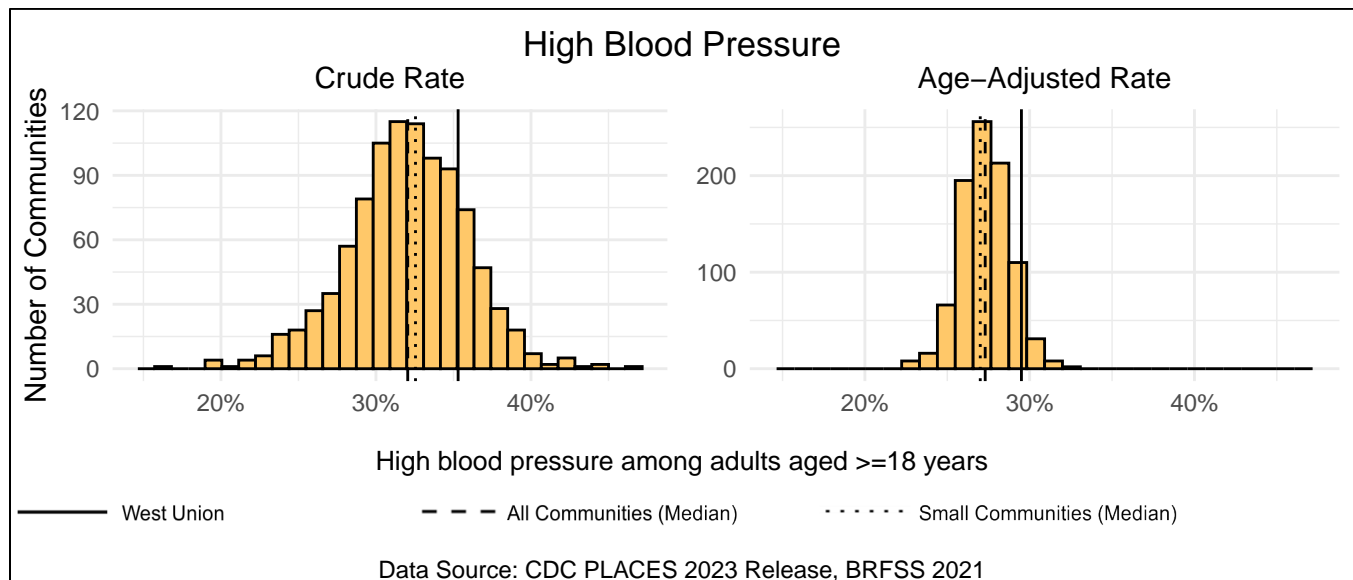
Measure Type	West Union	All Comm.	Small Comm.
Crude	28.8%	27.9%	28.4%
Age-Adjusted	23.3%	23.1%	23.2%



High Blood Pressure

West Union has a crude rate of 35.3% for high blood pressure among adults aged ≥ 18 years, which ranks 774th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for West Union is 29.5%, which ranks 829th out of 905 Iowa communities (132nd out of 138 small communities).

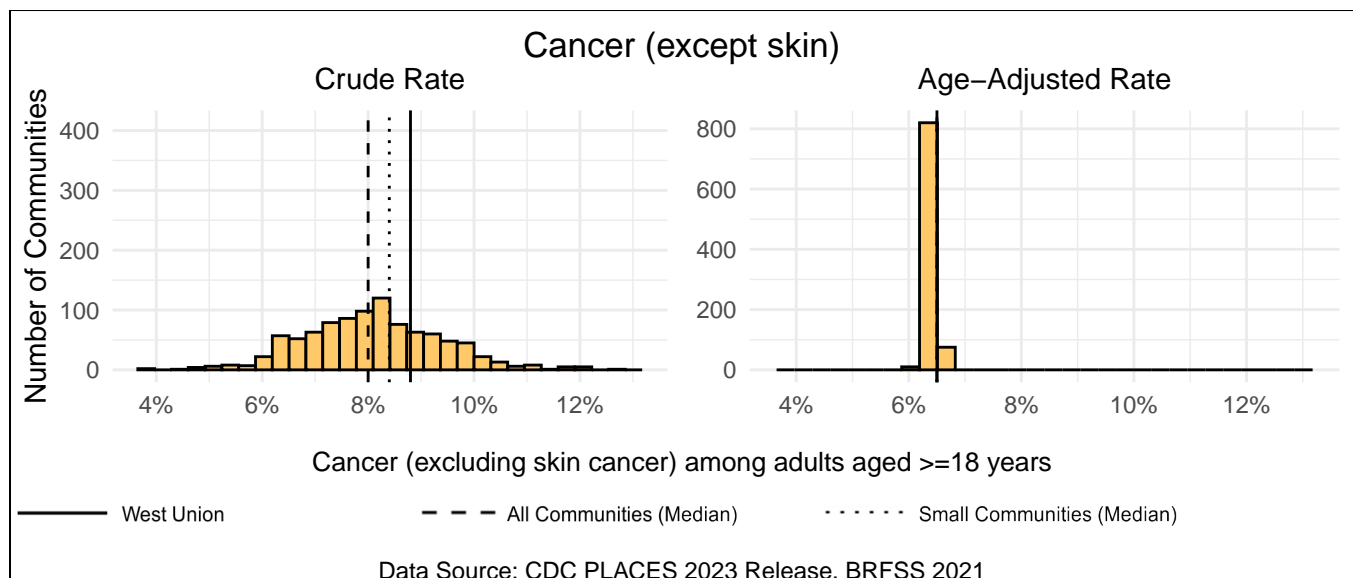
Measure Type	West Union	All Comm.	Small Comm.
Crude	35.3%	32.0%	32.5%
Age-Adjusted	29.5%	27.3%	27.0%



Cancer (except skin)

West Union has a crude rate of 8.8% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 682nd out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for West Union is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

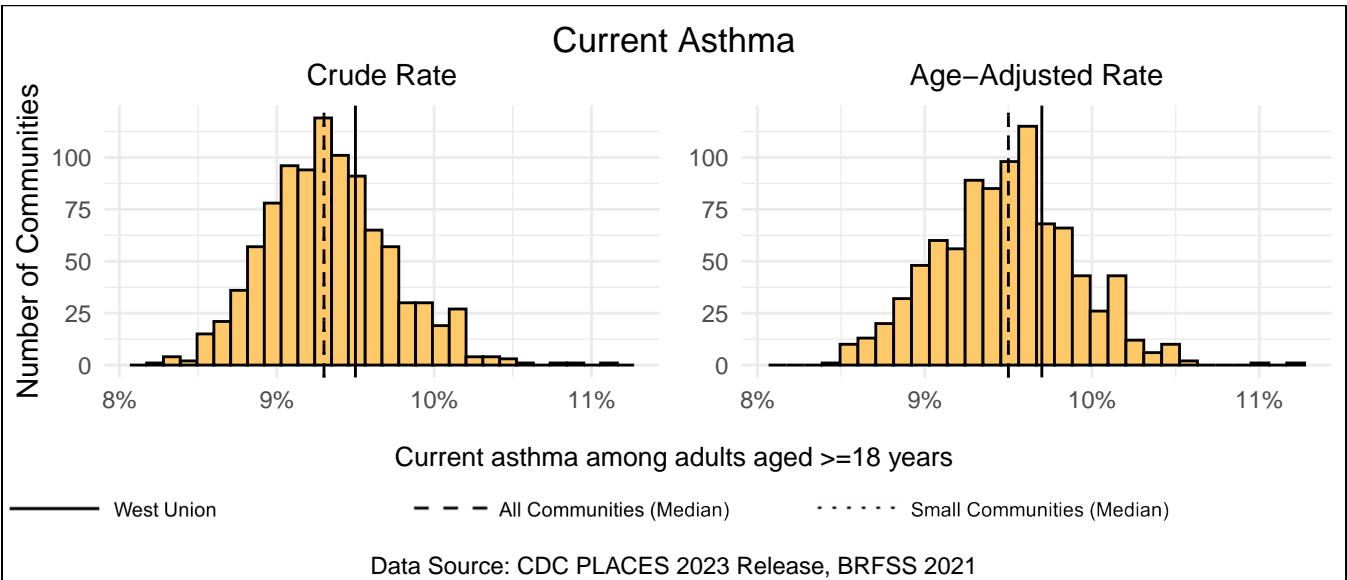
Measure Type	West Union	All Comm.	Small Comm.
Crude	8.8%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

West Union has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for West Union is 9.7%, which ranks 628th out of 905 Iowa communities (99th out of 138 small communities).

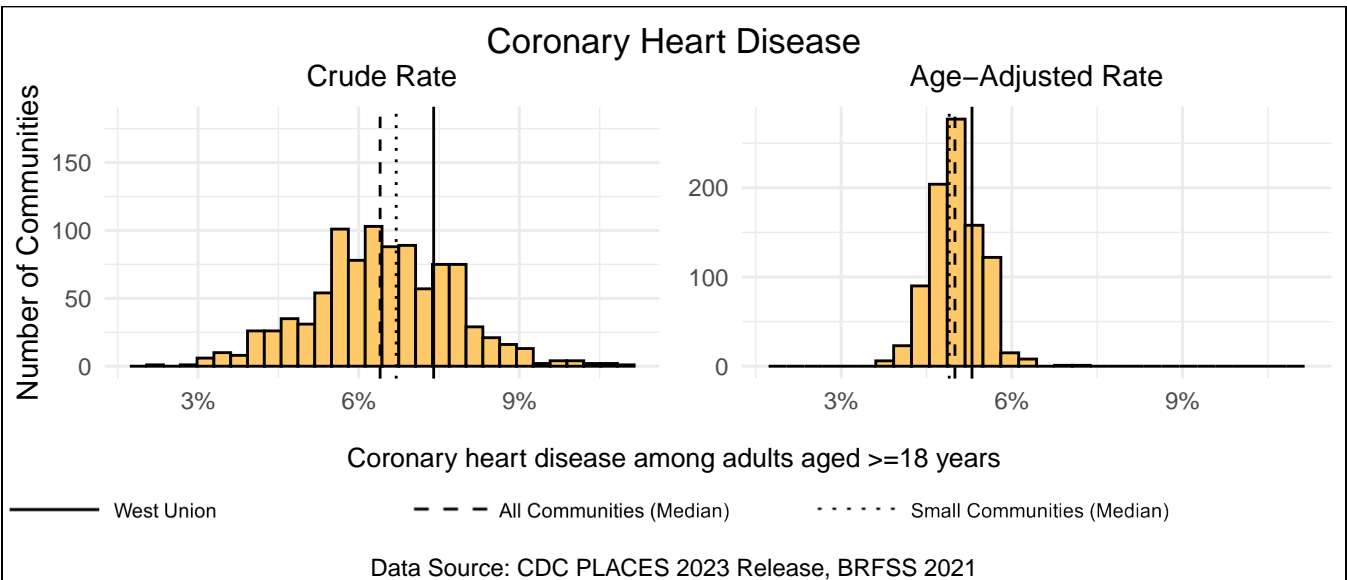
Measure Type	West Union	All Comm.	Small Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.5%



Coronary Heart Disease

West Union has a crude rate of 7.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 715th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for West Union is 5.3%, which ranks 674th out of 905 Iowa communities (120th out of 138 small communities).

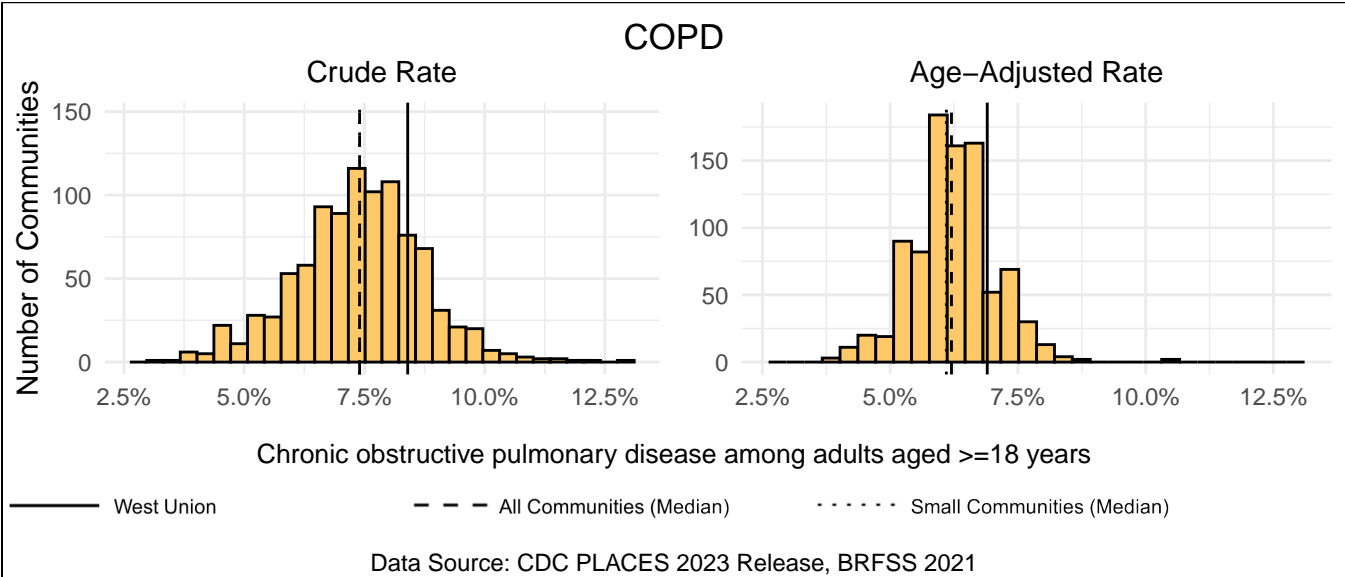
Measure Type	West Union	All Comm.	Small Comm.
Crude	7.4%	6.4%	6.7%
Age-Adjusted	5.3%	5.0%	4.9%



COPD

West Union has a crude rate of 8.4% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 749th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for West Union is 6.9%, which ranks 734th out of 905 Iowa communities (119th out of 138 small communities).

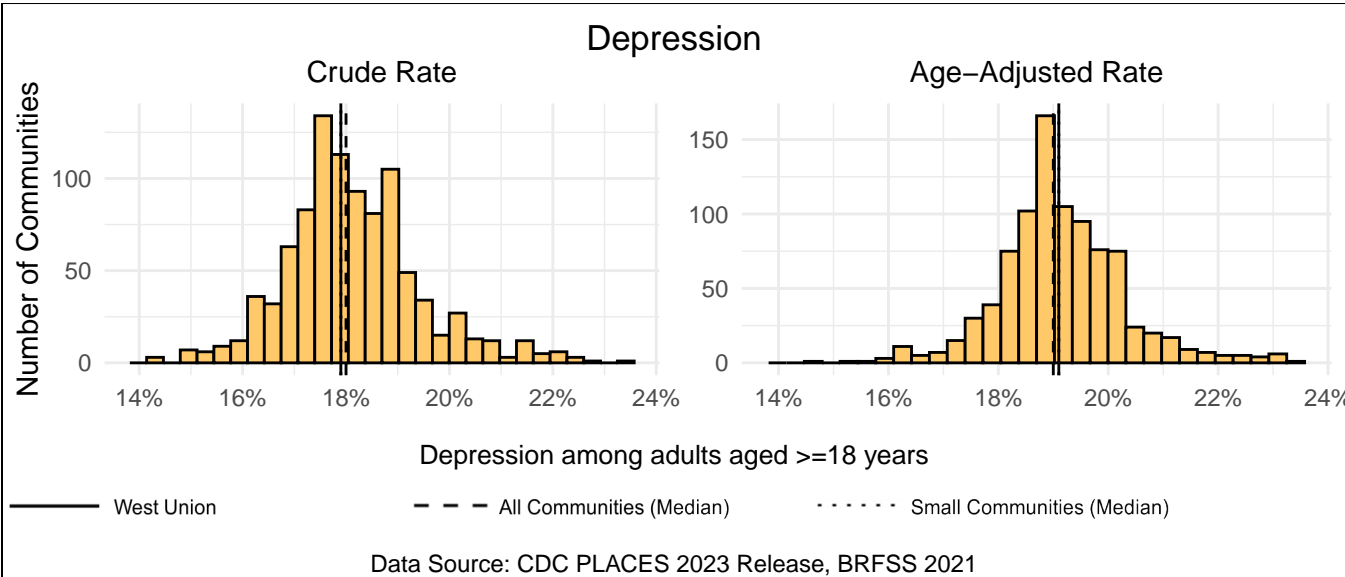
Measure Type	West Union	All Comm.	Small Comm.
Crude	8.4%	7.4%	7.4%
Age-Adjusted	6.9%	6.2%	6.1%



Depression

West Union has a crude rate of 17.9% for depression among adults aged ≥ 18 years, which ranks 424th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for West Union is 19.1%, which ranks 457th out of 905 Iowa communities (69th out of 138 small communities).

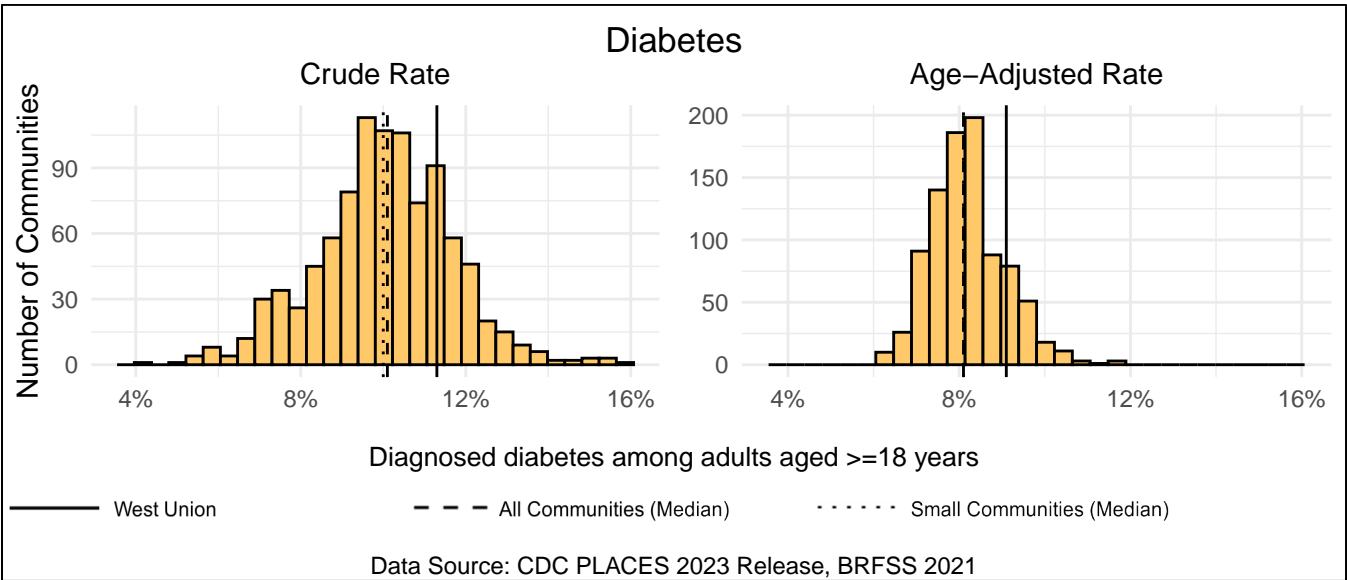
Measure Type	West Union	All Comm.	Small Comm.
Crude	17.9%	18.0%	17.9%
Age-Adjusted	19.1%	19.0%	19.1%



Diabetes

West Union has a crude rate of 11.3% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 753rd out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for West Union is 9.1%, which ranks 760th out of 905 Iowa communities (125th out of 138 small communities).

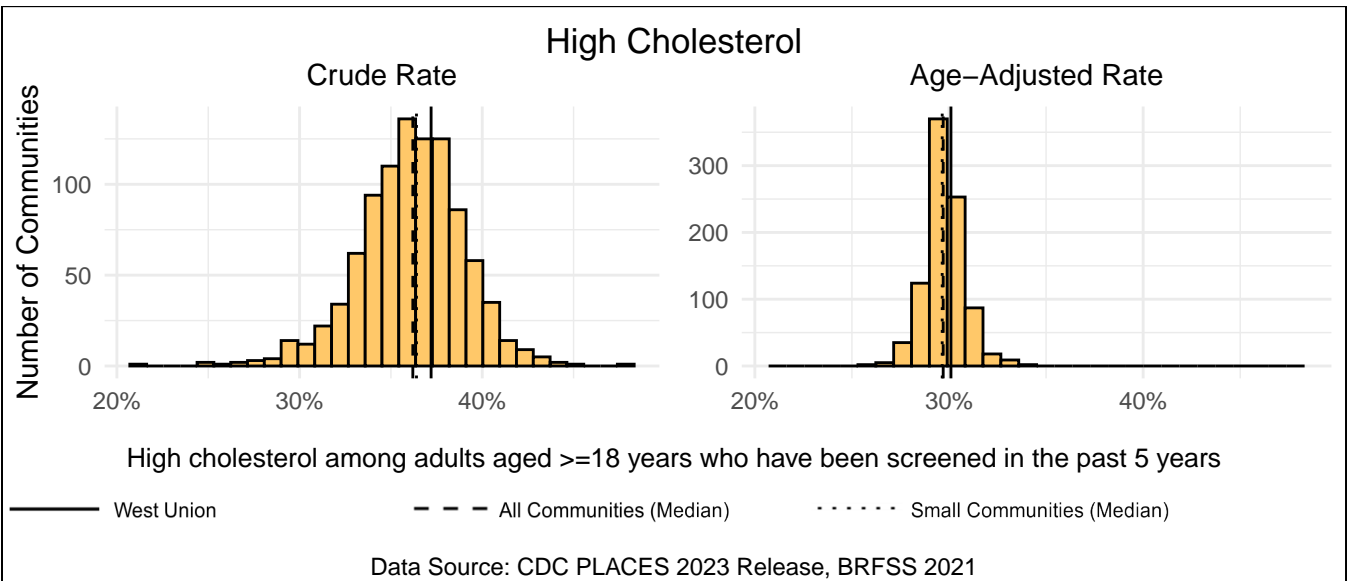
Measure Type	West Union	All Comm.	Small Comm.
Crude	11.3%	10.1%	10.0%
Age-Adjusted	9.1%	8.1%	8.1%



High Cholesterol

West Union has a crude rate of 37.2% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 606th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for West Union is 30.1%, which ranks 565th out of 905 Iowa communities (89th out of 138 small communities).

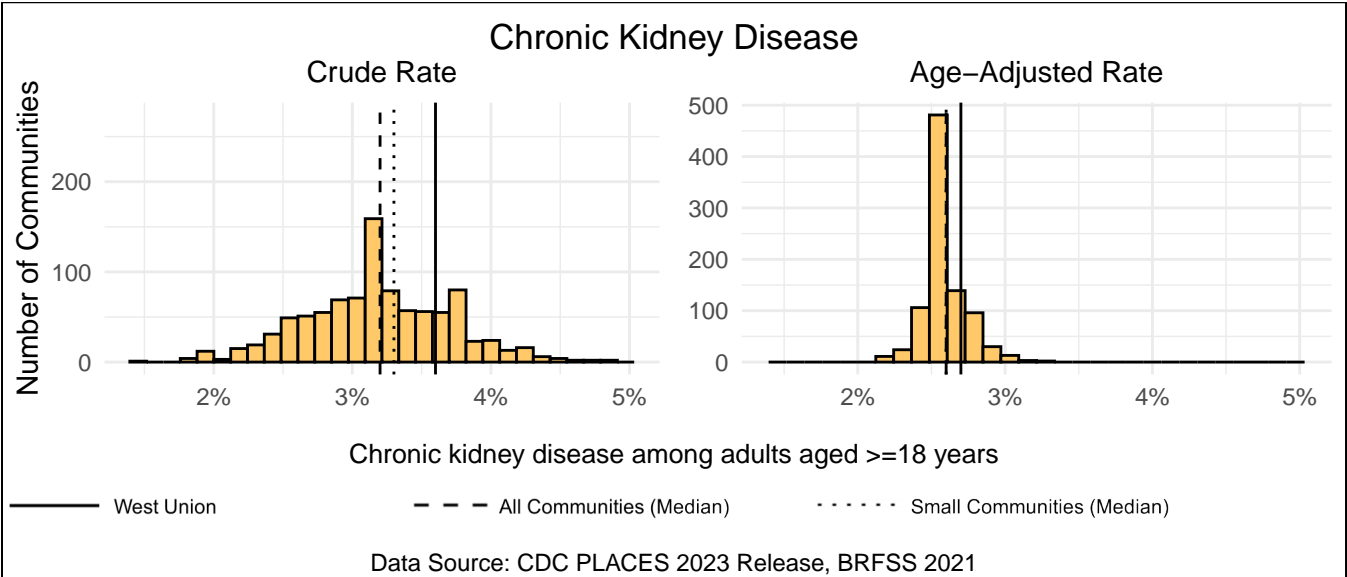
Measure Type	West Union	All Comm.	Small Comm.
Crude	37.2%	36.2%	36.4%
Age-Adjusted	30.1%	29.7%	29.6%



Chronic Kidney Disease

West Union has a crude rate of 3.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 732nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for West Union is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

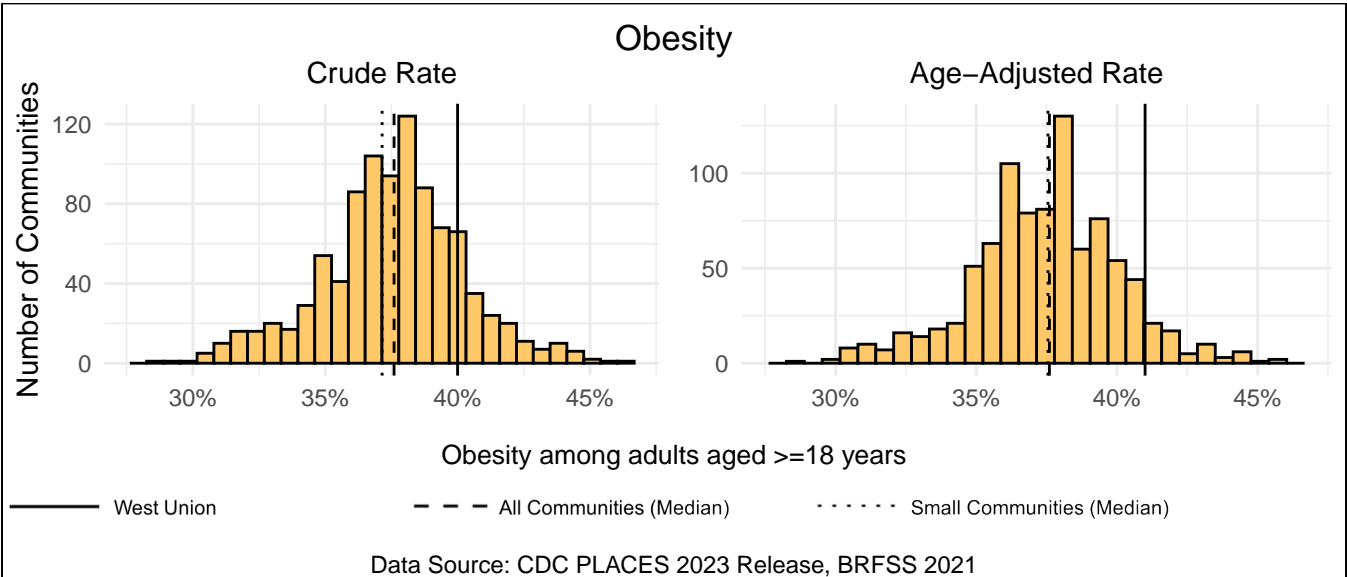
Measure Type	West Union	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

West Union has a crude rate of 40.0% for obesity among adults aged ≥ 18 years, which ranks 803rd out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for West Union is 41.0%, which ranks 841st out of 905 Iowa communities (132nd out of 138 small communities).

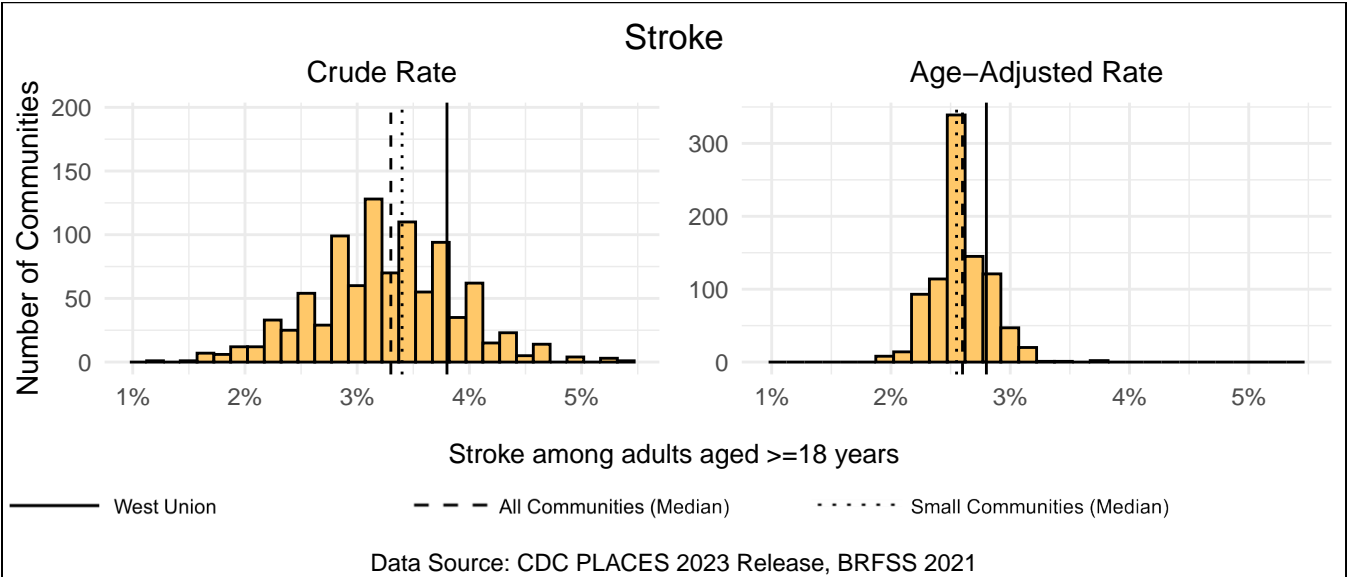
Measure Type	West Union	All Comm.	Small Comm.
Crude	40.0%	37.6%	37.2%
Age-Adjusted	41.0%	37.6%	37.5%



Stroke

West Union has a crude rate of 3.8% for stroke among adults aged ≥ 18 years, which ranks 760th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for West Union is 2.8%, which ranks 714th out of 905 Iowa communities (119th out of 138 small communities).

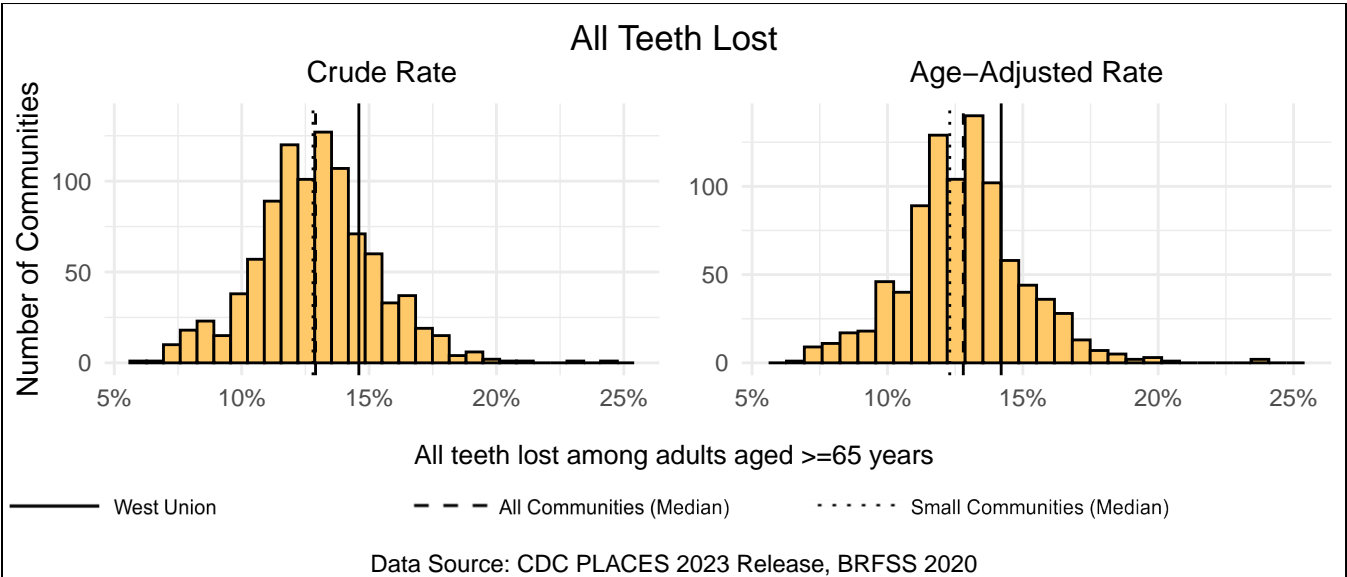
Measure Type	West Union	All Comm.	Small Comm.
Crude	3.8%	3.3%	3.4%
Age-Adjusted	2.8%	2.6%	2.5%



All Teeth Lost

West Union has a crude rate of 14.6% for all teeth lost among adults aged ≥ 65 years, which ranks 752nd out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for West Union is 14.2%, which ranks 707th out of 905 Iowa communities (117th out of 138 small communities).

Measure Type	West Union	All Comm.	Small Comm.
Crude	14.6%	12.9%	12.8%
Age-Adjusted	14.2%	12.8%	12.3%



Prevention

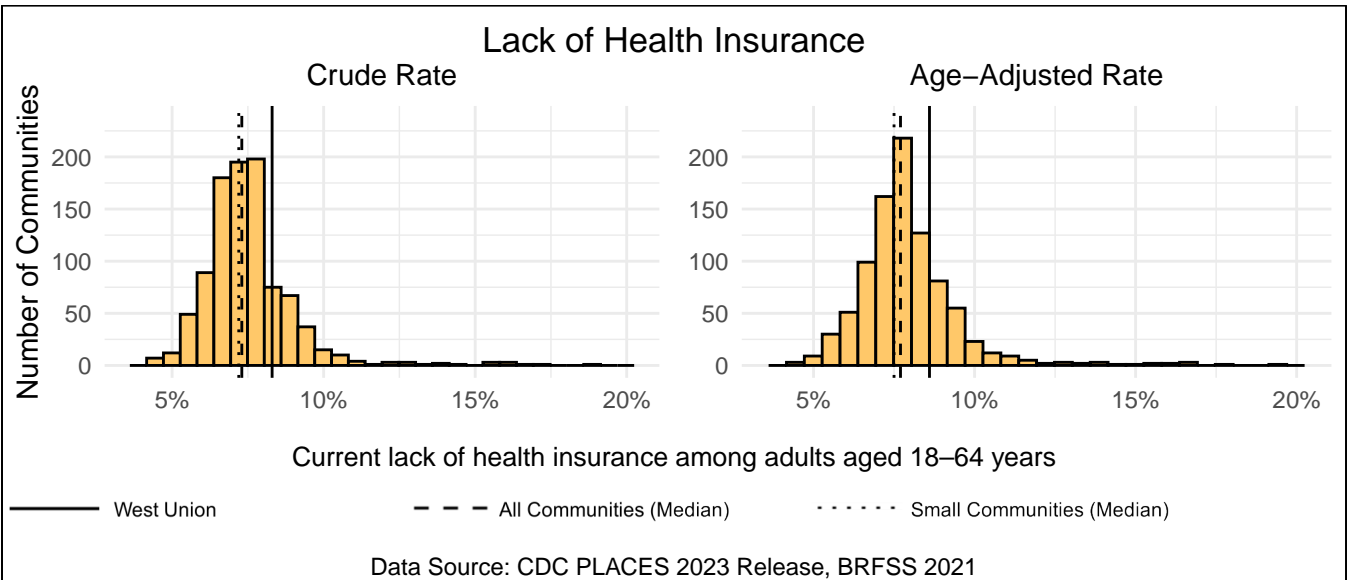
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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 Union has a crude rate of 8.3% for current lack of health insurance among adults aged 18–64 years, which ranks 774th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for West Union is 8.6%, which ranks 700th out of 905 Iowa communities (119th out of 138 small communities).

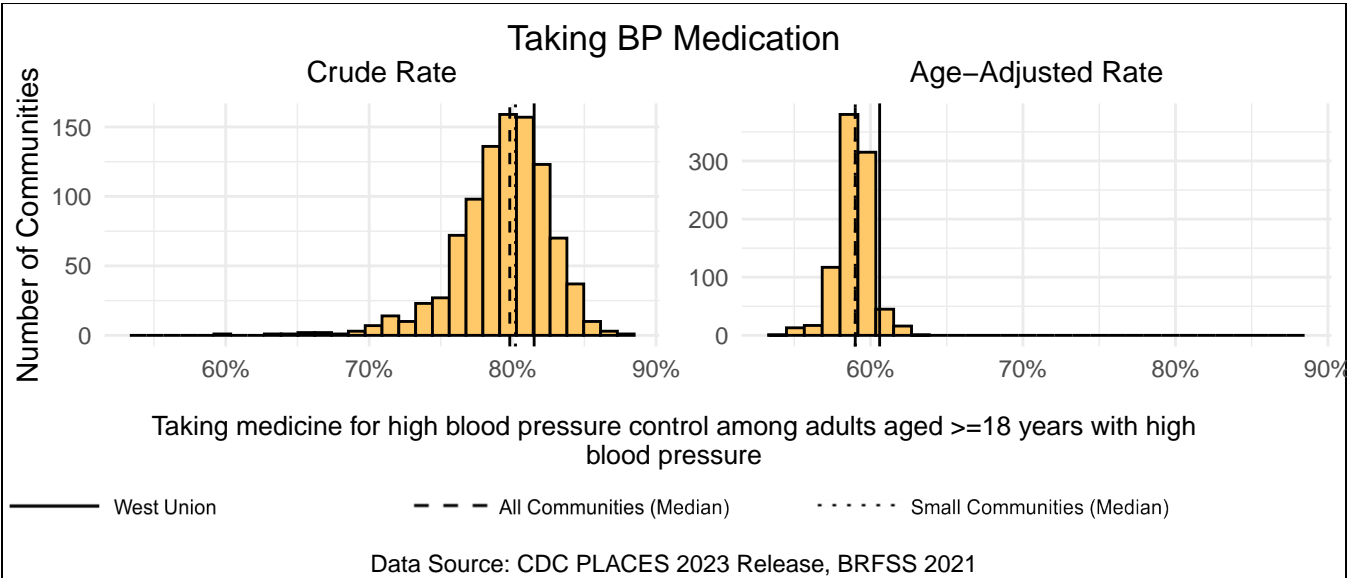
Measure Type	West Union	All Comm.	Small Comm.
Crude	8.3%	7.3%	7.2%
Age-Adjusted	8.6%	7.7%	7.5%



Taking BP Medication

West Union has a crude rate of 81.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 229th out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for West Union is 60.6%, which ranks 50th out of 905 Iowa communities (7th out of 138 small communities).

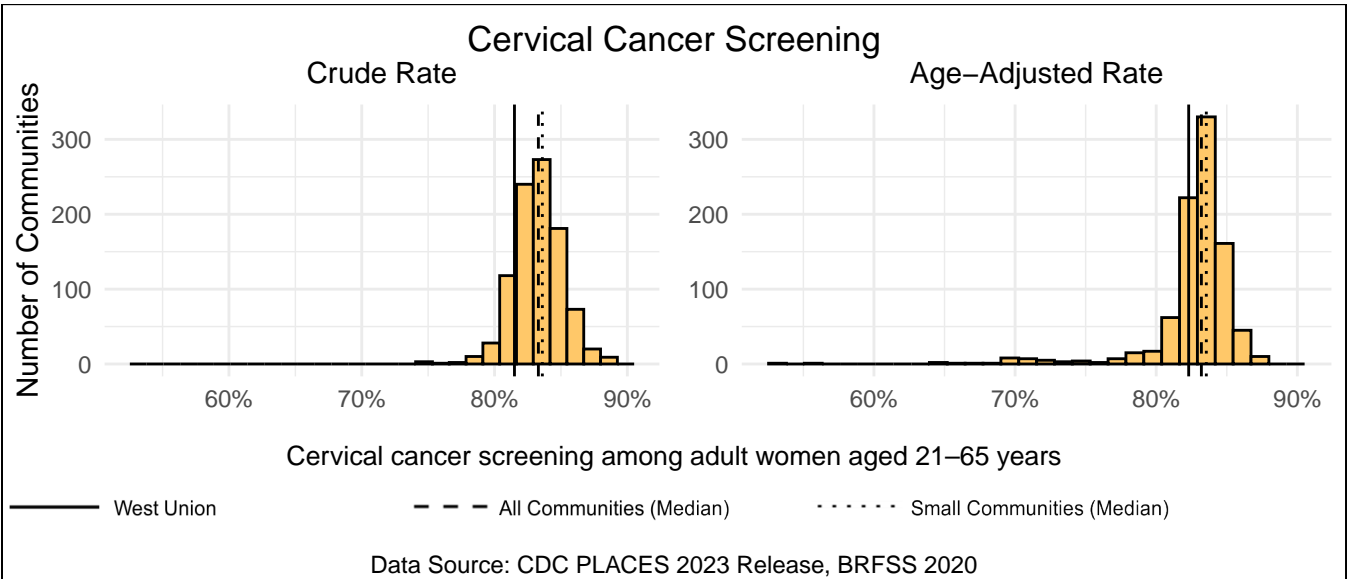
Measure Type	West Union	All Comm.	Small Comm.
Crude	81.5%	79.8%	80.2%
Age-Adjusted	60.6%	59.0%	59.0%



Cervical Cancer Screening

West Union has a crude rate of 81.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 809th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for West Union is 82.3%, which ranks 675th out of 905 Iowa communities (120th out of 138 small communities).

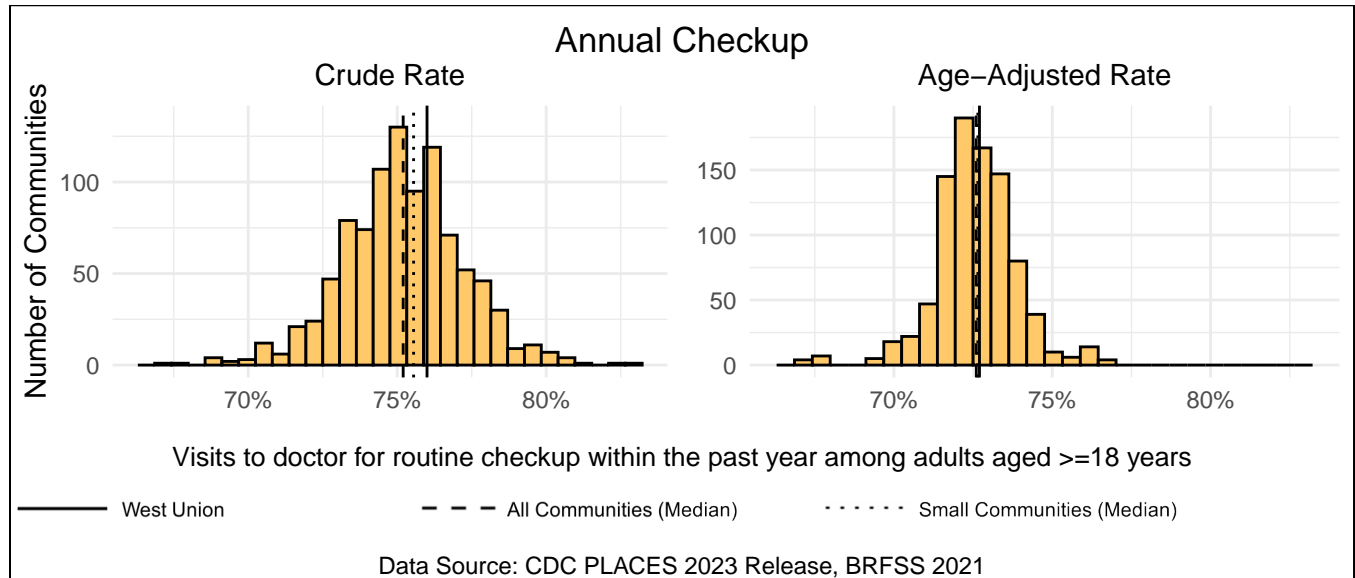
Measure Type	West Union	All Comm.	Small Comm.
Crude	81.5%	83.3%	83.6%
Age-Adjusted	82.3%	83.2%	83.5%



Annual Checkup

West Union has a crude rate of 76.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 312th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for West Union is 72.7%, which ranks 396th out of 905 Iowa communities (64th out of 138 small communities).

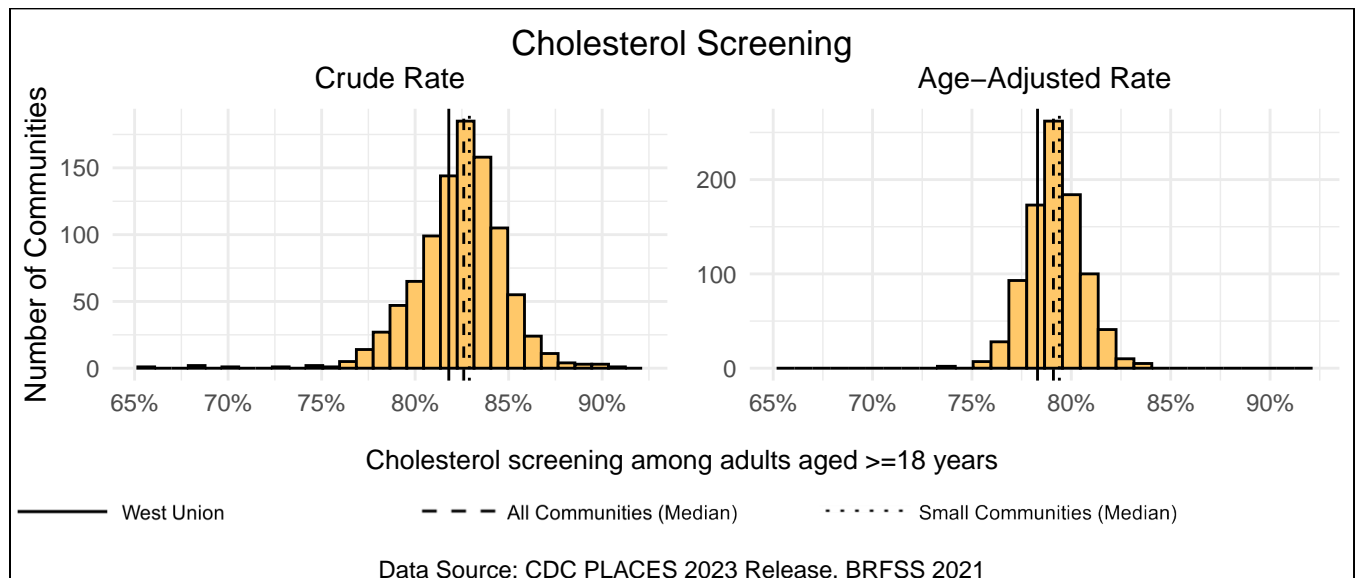
Measure Type	West Union	All Comm.	Small Comm.
Crude	76.0%	75.2%	75.5%
Age-Adjusted	72.7%	72.6%	72.6%



Cholesterol Screening

West Union has a crude rate of 81.8% for cholesterol screening among adults aged ≥ 18 years, which ranks 607th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for West Union is 78.3%, which ranks 668th out of 905 Iowa communities (110th out of 138 small communities).

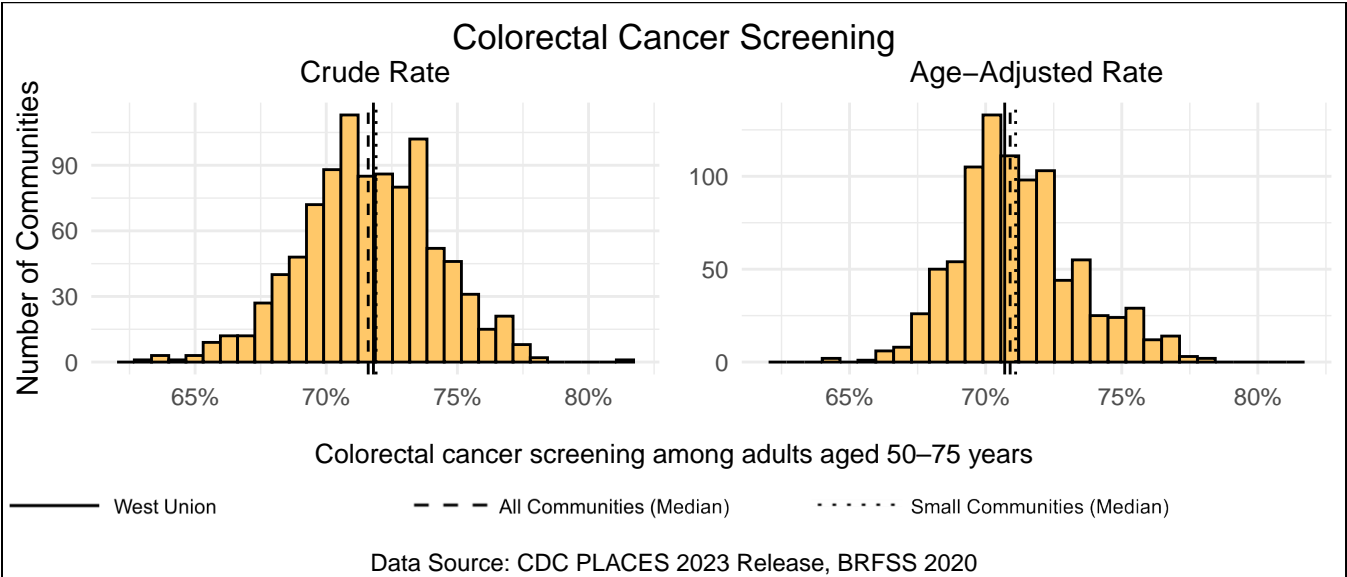
Measure Type	West Union	All Comm.	Small Comm.
Crude	81.8%	82.6%	82.9%
Age-Adjusted	78.3%	79.1%	79.4%



Colorectal Cancer Screening

West Union has a crude rate of 71.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 445th out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for West Union is 70.7%, which ranks 492nd out of 905 Iowa communities (83rd out of 138 small communities).

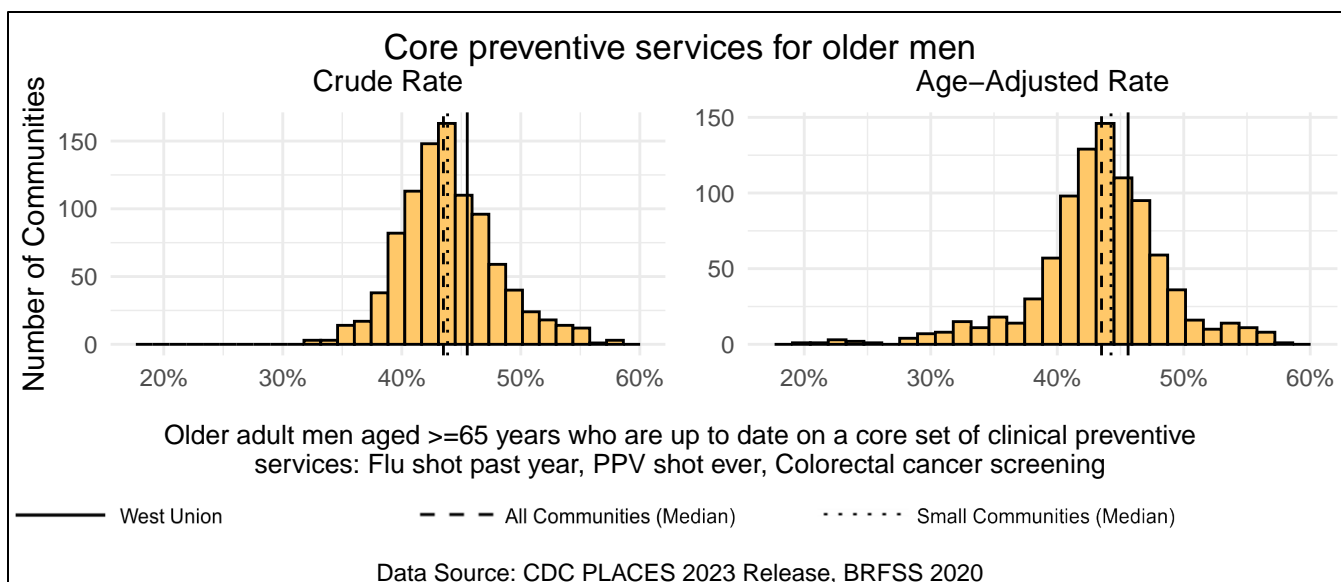
Measure Type	West Union	All Comm.	Small Comm.
Crude	71.8%	71.6%	71.9%
Age-Adjusted	70.7%	70.9%	71.1%



Core preventive services for older men

West Union has a crude rate of 45.5% 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 297th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for West Union is 45.6%, which ranks 271st out of 905 Iowa communities (50th out of 138 small communities).

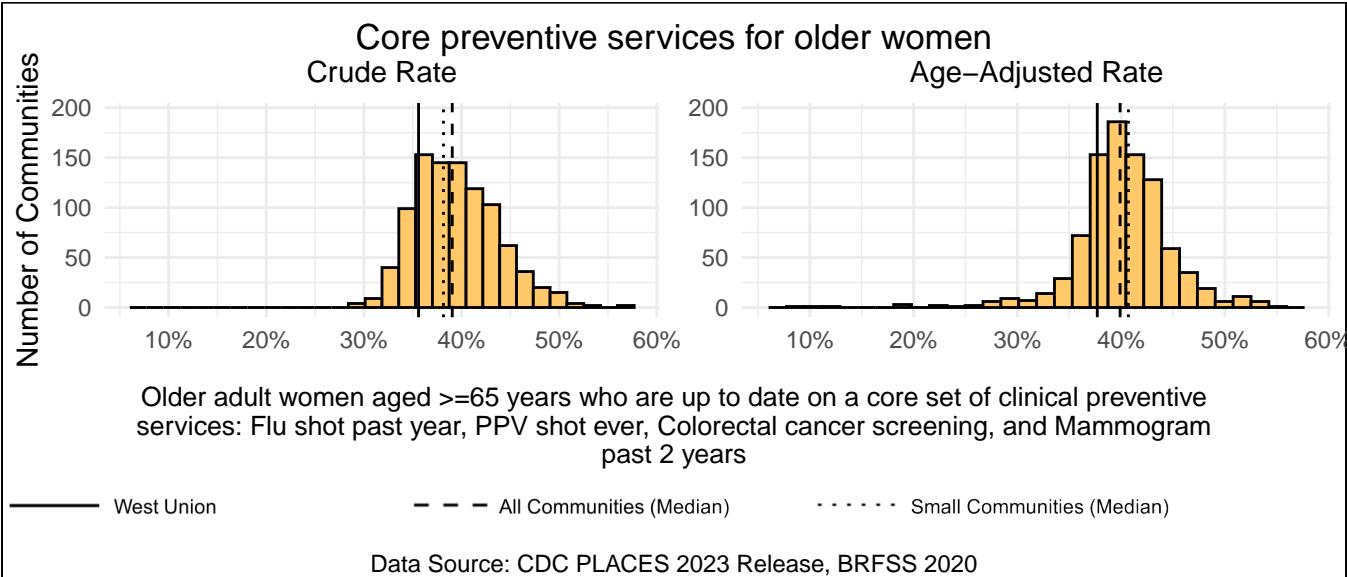
Measure Type	West Union	All Comm.	Small Comm.
Crude	45.5%	43.5%	43.8%
Age-Adjusted	45.6%	43.5%	44.2%



Core preventive services for older women

West Union has a crude rate of 35.6% 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 785th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for West Union is 37.7%, which ranks 702nd out of 905 Iowa communities (124th out of 138 small communities).

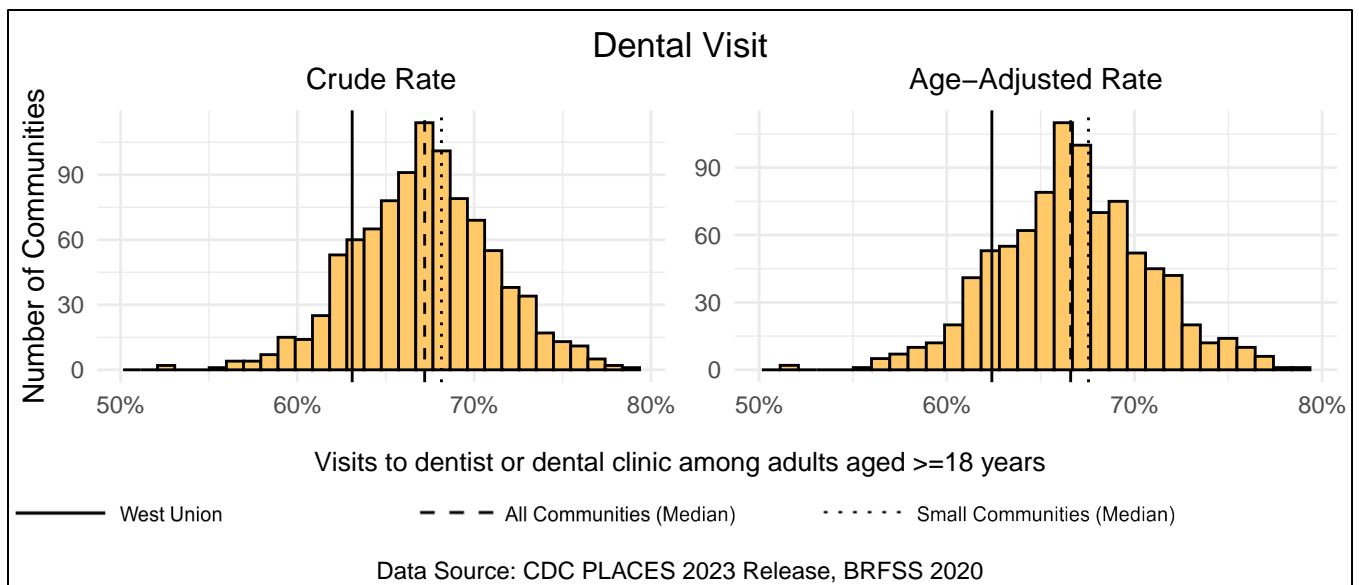
Measure Type	West Union	All Comm.	Small Comm.
Crude	35.6%	39.0%	38.2%
Age-Adjusted	37.7%	39.9%	40.7%



Dental Visit

West Union 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 (125th out of 138 small communities). The age-adjusted rate for West Union is 62.4%, which ranks 780th out of 905 Iowa communities (126th out of 138 small communities).

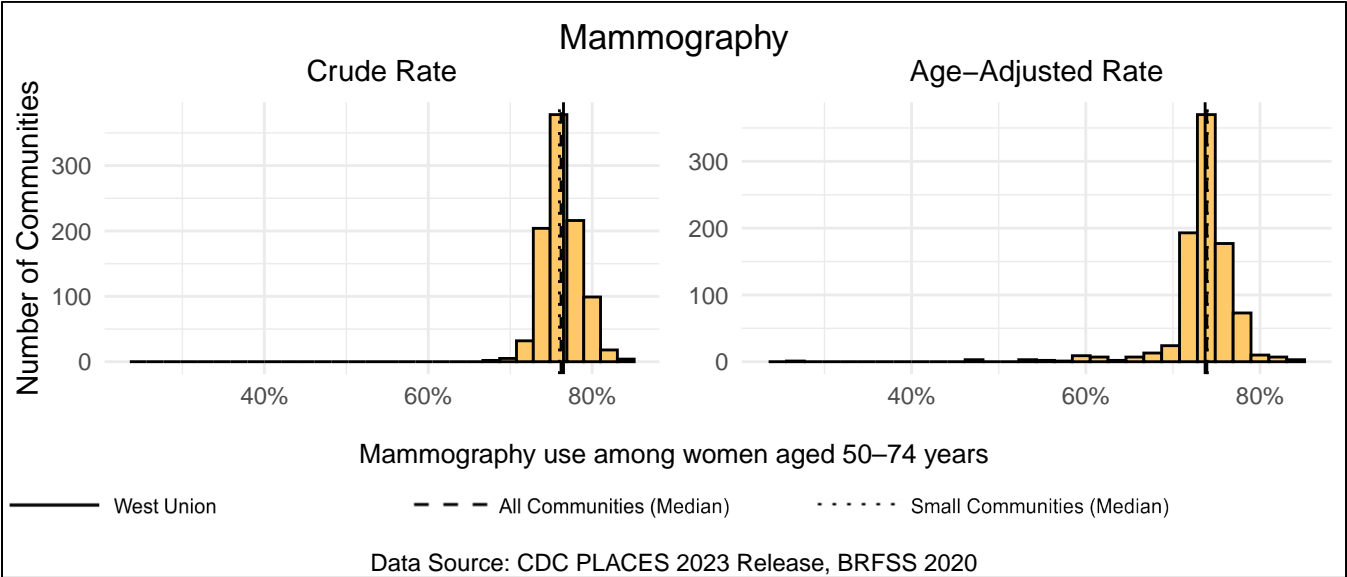
Measure Type	West Union	All Comm.	Small Comm.
Crude	63.1%	67.2%	68.2%
Age-Adjusted	62.4%	66.6%	67.5%



Mammography

West Union has a crude rate of 76.5% for mammography use among women aged 50–74 years, which ranks 410th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for West Union is 73.7%, which ranks 481st out of 905 Iowa communities (76th out of 138 small communities).

Measure Type	West Union	All Comm.	Small Comm.
Crude	76.5%	76.2%	76.0%
Age-Adjusted	73.7%	73.9%	74.0%



Disability

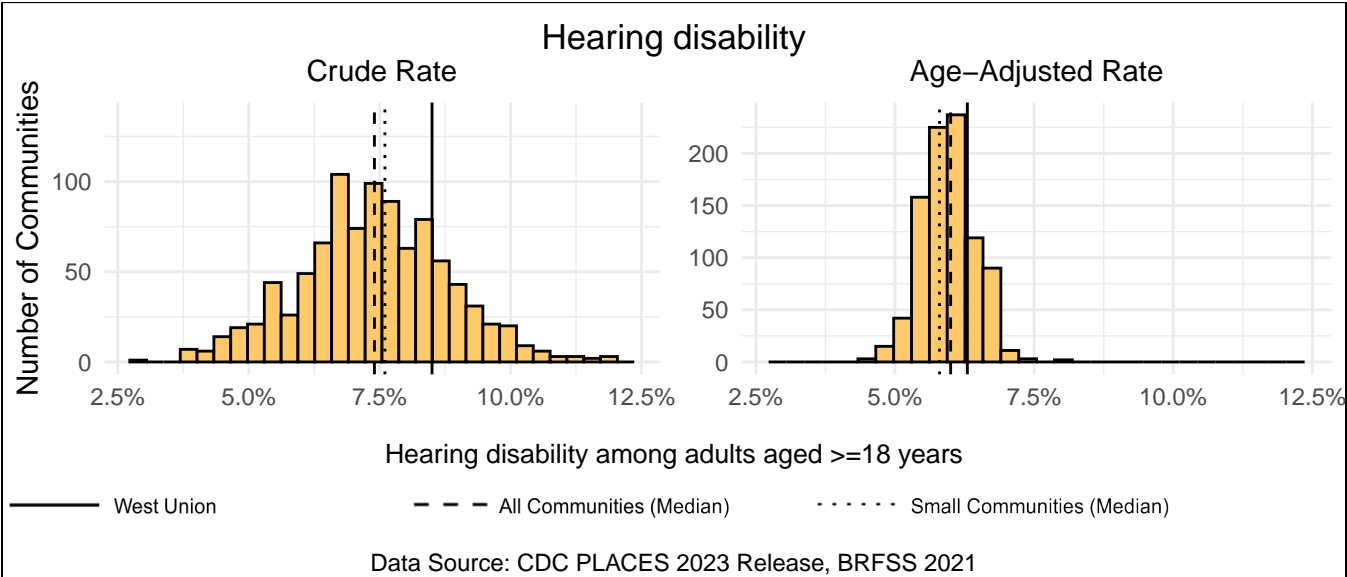
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

West Union has a crude rate of 8.5% for hearing disability among adults aged ≥ 18 years, which ranks 744th out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for West Union is 6.3%, which ranks 681st out of 905 Iowa communities (120th out of 138 small communities).

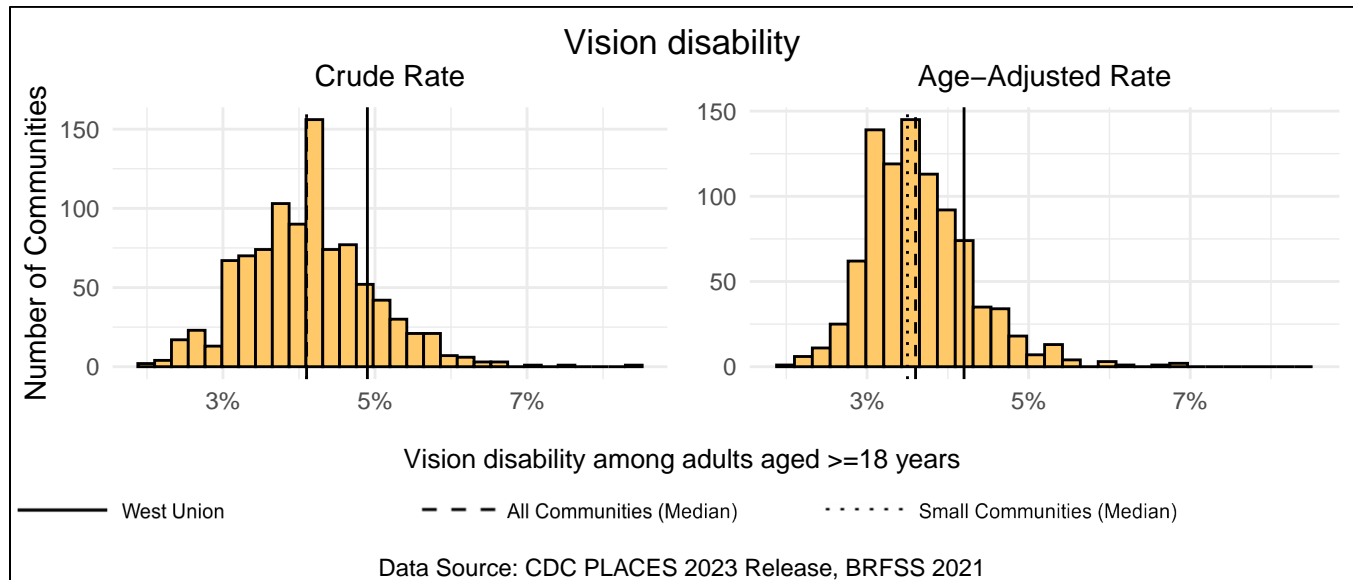
Measure Type	West Union	All Comm.	Small Comm.
Crude	8.5%	7.4%	7.6%
Age-Adjusted	6.3%	6.0%	5.8%



Vision disability

West Union has a crude rate of 4.9% for vision disability among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for West Union is 4.2%, which ranks 742nd out of 905 Iowa communities (123rd out of 138 small communities).

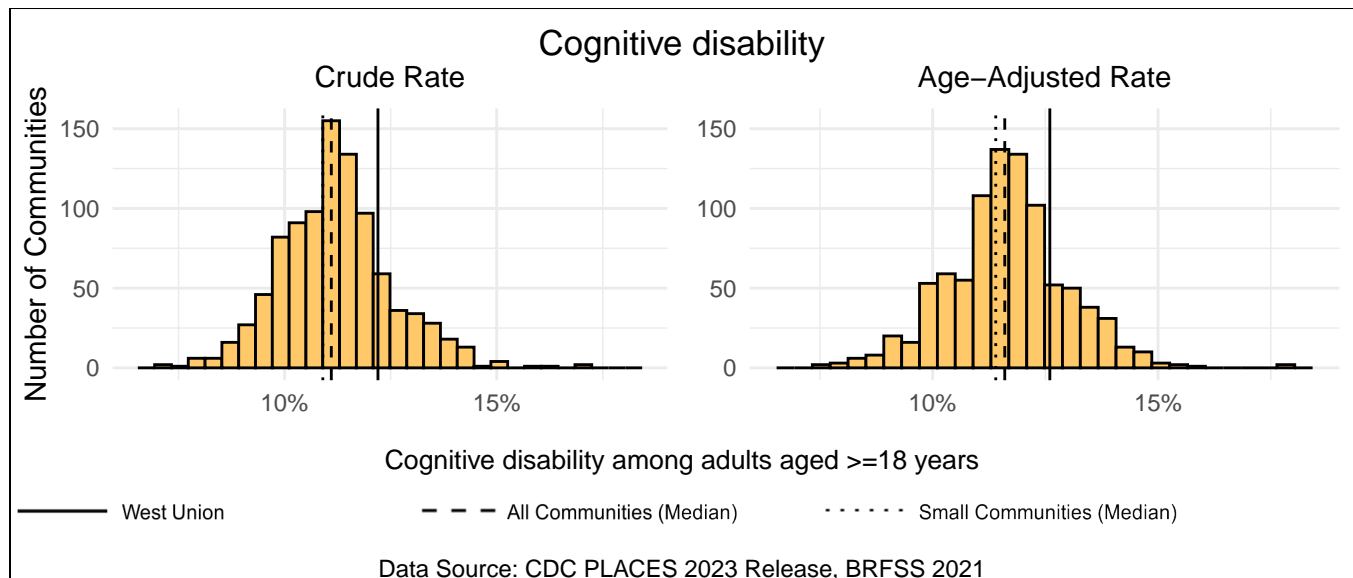
Measure Type	West Union	All Comm.	Small Comm.
Crude	4.9%	4.1%	4.1%
Age-Adjusted	4.2%	3.6%	3.5%



Cognitive disability

West Union has a crude rate of 12.2% for cognitive disability among adults aged ≥ 18 years, which ranks 774th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for West Union is 12.6%, which ranks 726th out of 905 Iowa communities (119th out of 138 small communities).

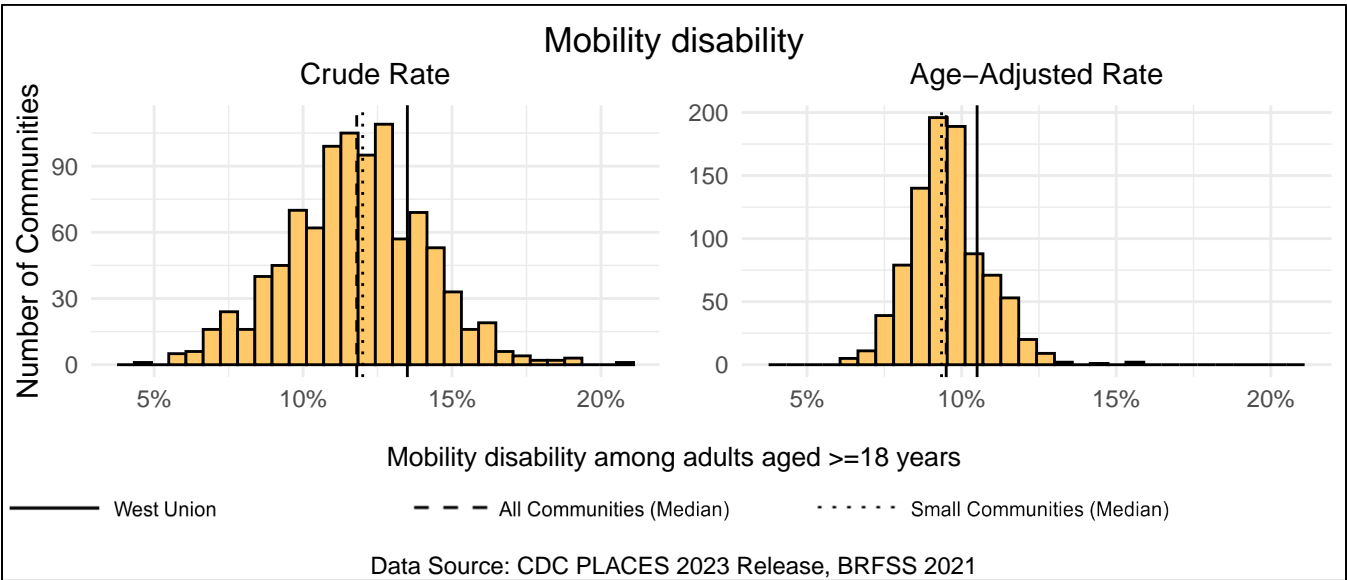
Measure Type	West Union	All Comm.	Small Comm.
Crude	12.2%	11.1%	10.9%
Age-Adjusted	12.6%	11.6%	11.4%



Mobility disability

West Union has a crude rate of 13.5% for mobility disability among adults aged >=18 years, which ranks 738th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for West Union is 10.5%, which ranks 720th out of 905 Iowa communities (116th out of 138 small communities).

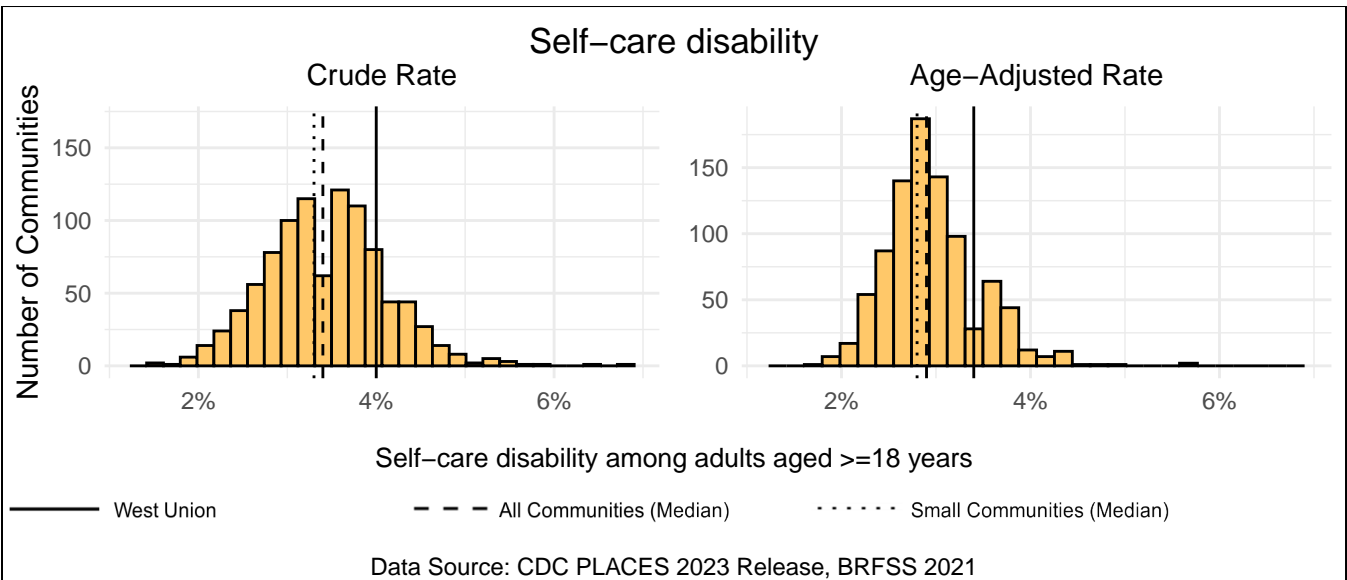
Measure Type	West Union	All Comm.	Small Comm.
Crude	13.5%	11.8%	12.0%
Age-Adjusted	10.5%	9.5%	9.4%



Self-care disability

West Union has a crude rate of 4.0% for self-care disability among adults aged >=18 years, which ranks 772nd out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for West Union is 3.4%, which ranks 735th out of 905 Iowa communities (121st out of 138 small communities).

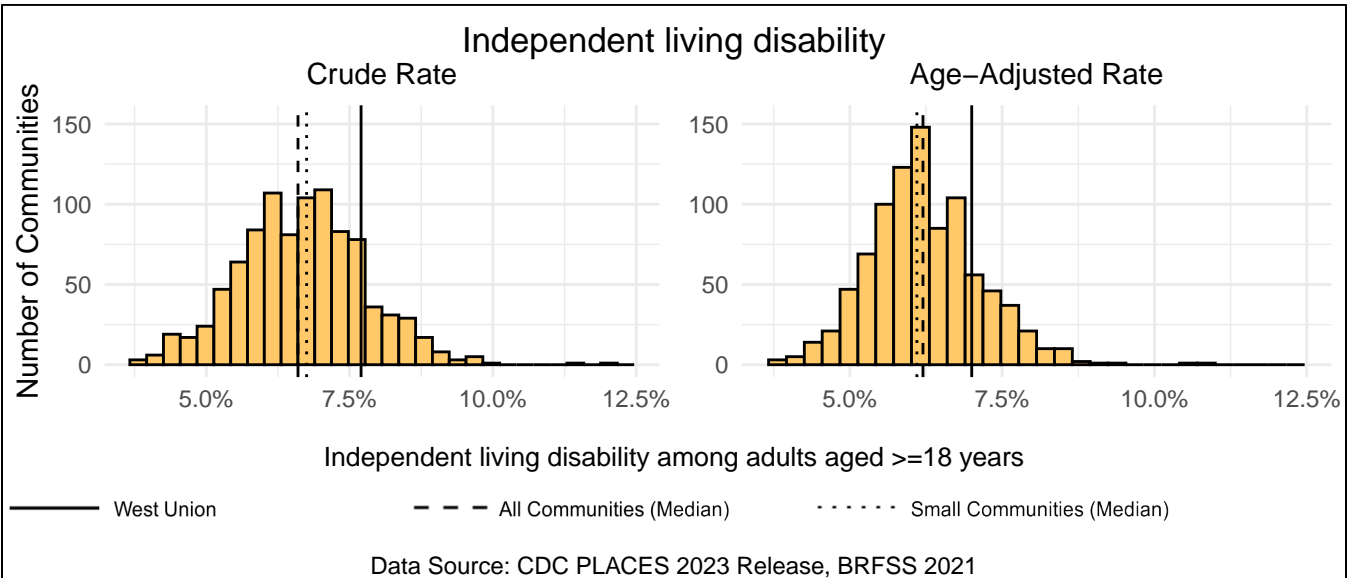
Measure Type	West Union	All Comm.	Small Comm.
Crude	4.0%	3.4%	3.3%
Age-Adjusted	3.4%	2.9%	2.8%



Independent living disability

West Union has a crude rate of 7.7% for independent living disability among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for West Union is 7.0%, which ranks 739th out of 905 Iowa communities (120th out of 138 small communities).

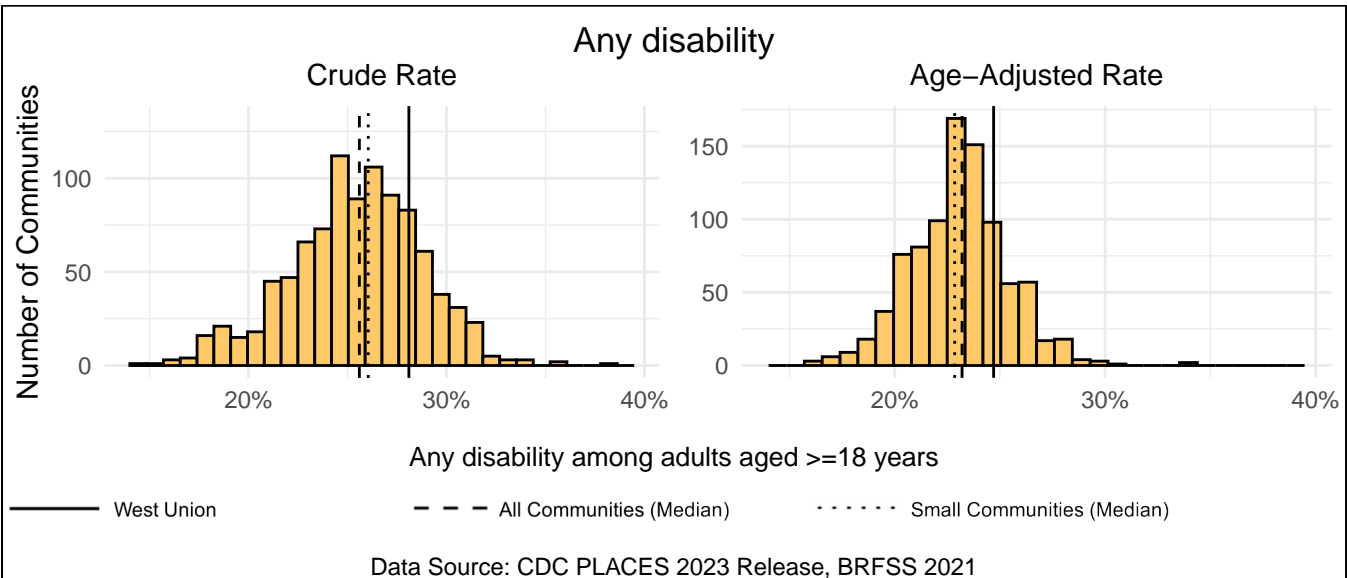
Measure Type	West Union	All Comm.	Small Comm.
Crude	7.7%	6.6%	6.8%
Age-Adjusted	7.0%	6.2%	6.1%



Any disability

West Union has a crude rate of 28.1% for any disability among adults aged ≥ 18 years, which ranks 759th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for West Union is 24.7%, which ranks 720th out of 905 Iowa communities (116th out of 138 small communities).

Measure Type	West Union	All Comm.	Small Comm.
Crude	28.1%	25.6%	26.0%
Age-Adjusted	24.7%	23.2%	22.8%



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 Union 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	770	16.0% (13.1% - 19.2%)	744	14.3% (11.9% - 17.1%)
Health Status	Physical Health	690	11.5% (9.6% - 13.4%)	707	10.4% (8.7% - 12.3%)
Health Status	Mental Health	587	14.6% (12.5% - 16.9%)	658	16.1% (13.8% - 18.6%)
Health Risk Behaviors	Current Smoking	555	17.2% (13.4% - 21.4%)	690	18.8% (14.9% - 23.3%)
Health Risk Behaviors	Binge Drinking	188	17.8% (14.7% - 21.2%)	124	20.8% (17.3% - 24.7%)
Health Risk Behaviors	Sleep <7 hours	119	28.3% (26.7% - 29.9%)	162	29.7% (27.9% - 31.3%)
Health Risk Behaviors	Physical Inactivity	799	28.9% (23.6% - 34.5%)	767	26.9% (22.1% - 32.4%)
Health Outcomes	COPD	749	8.4% (6.7% - 10.2%)	734	6.9% (5.7% - 8.3%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.8%)	628	9.7% (8.5% - 11.0%)
Health Outcomes	High Blood Pressure	774	35.3% (31.0% - 39.5%)	829	29.5% (25.7% - 33.6%)
Health Outcomes	Obesity	803	40.0% (32.9% - 47.7%)	841	41.0% (33.6% - 48.5%)
Health Outcomes	Arthritis	591	28.8% (24.8% - 32.9%)	494	23.3% (19.7% - 27.0%)
Health Outcomes	Diabetes	753	11.3% (9.5% - 13.4%)	760	9.1% (7.7% - 10.7%)
Health Outcomes	All Teeth Lost	752	14.6% (9.0% - 21.9%)	707	14.2% (9.1% - 20.7%)
Health Outcomes	Coronary Heart Disease	715	7.4% (6.3% - 8.6%)	674	5.3% (4.6% - 6.2%)
Health Outcomes	Cancer (except skin)	682	8.8% (7.9% - 9.8%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	High Cholesterol	606	37.2% (32.7% - 41.8%)	565	30.1% (25.7% - 34.7%)
Health Outcomes	Depression	424	17.9% (14.6% - 21.4%)	457	19.1% (15.8% - 22.8%)
Health Outcomes	Stroke	760	3.8% (3.2% - 4.4%)	714	2.8% (2.4% - 3.2%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.0%)	623	2.7% (2.5% - 3.1%)
Prevention	Mammography	410	76.5% (72.2% - 80.8%)	481	73.7% (68.7% - 78.3%)
Prevention	Health Insurance	774	8.3% (6.3% - 11.0%)	700	8.6% (6.4% - 11.3%)
Prevention	Core preventive services for older men	297	45.5% (37.0% - 54.9%)	271	45.6% (37.0% - 55.1%)
Prevention	Taking BP Medication	229	81.5% (78.5% - 84.2%)	50	60.6% (55.5% - 65.6%)
Prevention	Dental Visit	817	63.1% (59.0% - 66.9%)	780	62.4% (58.1% - 66.5%)
Prevention	Cervical Cancer Screening	809	81.5% (78.6% - 84.4%)	675	82.3% (79.5% - 85.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	785	35.6% (27.9% - 43.5%)	702	37.7% (30.1% - 45.8%)
Prevention	Annual Checkup	312	76.0% (71.3% - 80.5%)	396	72.7% (67.5% - 77.6%)
Prevention	Colorectal Cancer Screening	445	71.8% (68.3% - 75.2%)	492	70.7% (67.1% - 74.4%)
Prevention	Cholesterol Screening	607	81.8% (78.6% - 84.8%)	668	78.3% (74.4% - 81.8%)
Disability	Independent Living Disability	805	7.7% (6.3% - 9.2%)	739	7.0% (5.8% - 8.3%)
Disability	Hearing Disability	744	8.5% (7.3% - 9.7%)	681	6.3% (5.5% - 7.2%)
Disability	Self-care Disability	772	4.0% (3.3% - 4.8%)	735	3.4% (2.9% - 4.0%)
Disability	Cognitive Disability	774	12.2% (10.0% - 14.5%)	726	12.6% (10.5% - 15.0%)
Disability	Mobility Disability	738	13.5% (11.0% - 16.1%)	720	10.5% (8.8% - 12.6%)
Disability	Any Disability	759	28.1% (23.6% - 32.9%)	720	24.7% (20.7% - 28.9%)
Disability	Vision Disability	805	4.9% (4.0% - 6.0%)	742	4.2% (3.6% - 5.0%)

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: Small Communities (1,000-2,499)

West Union falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 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
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		