



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

Health in Windsor Heights: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
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
Prevention	19
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
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Windsor Heights PLACES Data	32
Appendix 3: Midsized Communities (2,500-9,999)	34

Health in Windsor Heights: Overview

Dear Community Members & Stakeholders of Windsor Heights,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Core preventive services for older men	17th	4th	Chronic Kidney Disease	12th	4th
Current Asthma	23rd	1st	Hearing Disability	13th	4th
Sleep <7 hours	27th	5th	Core preventive services for older men	18th	5th
Current Smoking	30th	9th	Self-care Disability	18th	5th
Cognitive Disability	32nd	7th	Physical Health	22nd	6th

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
Taking BP Medication	819th	82nd	Taking BP Medication	894th	98th
Depression	624th	59th	High Cholesterol	818th	94th
High Cholesterol	571st	72nd	Depression	527th	54th
Binge Drinking	561st	65th	Binge Drinking	520th	66th
Cancer (except skin)	449th	45th	Cancer (except skin)	418th	41st

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 Windsor Heights.

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

With a population of 5,200, Windsor Heights’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

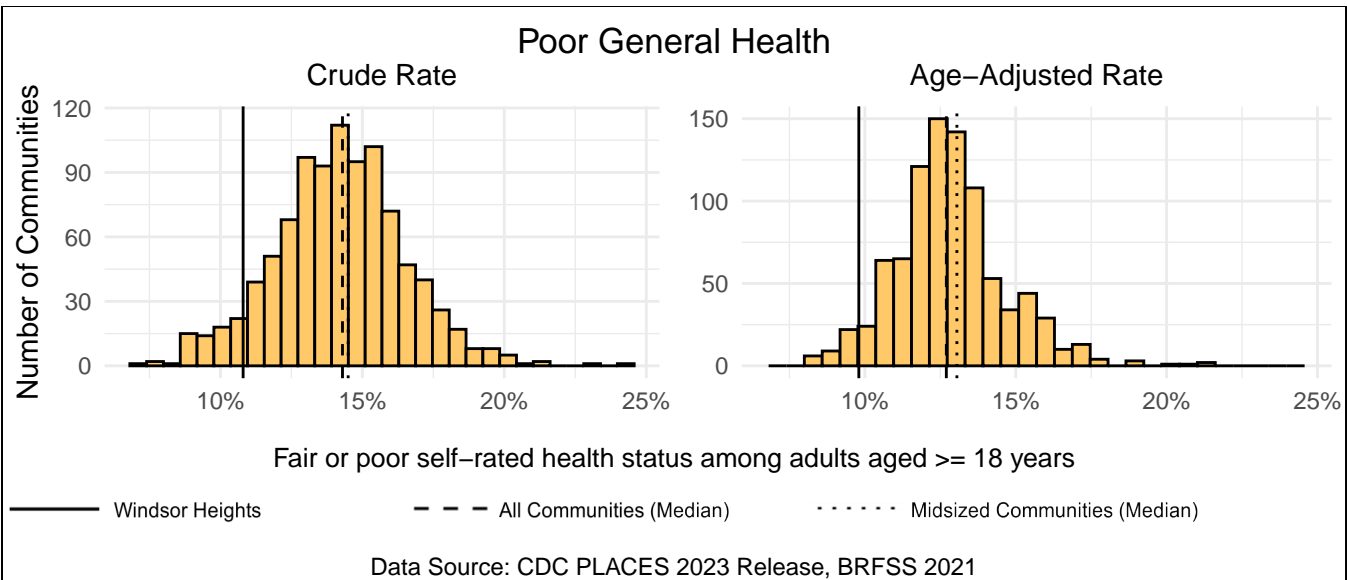
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of “excellent,” “very good,” “good,” “fair,” or “poor,” from which the respondents who answer “fair” or “poor” are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-status/index.html>

Poor General Health

Windsor Heights has a crude rate of 10.8% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 62nd out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 9.8%, which ranks 38th out of 905 Iowa communities (10th out of 102 midsize communities).

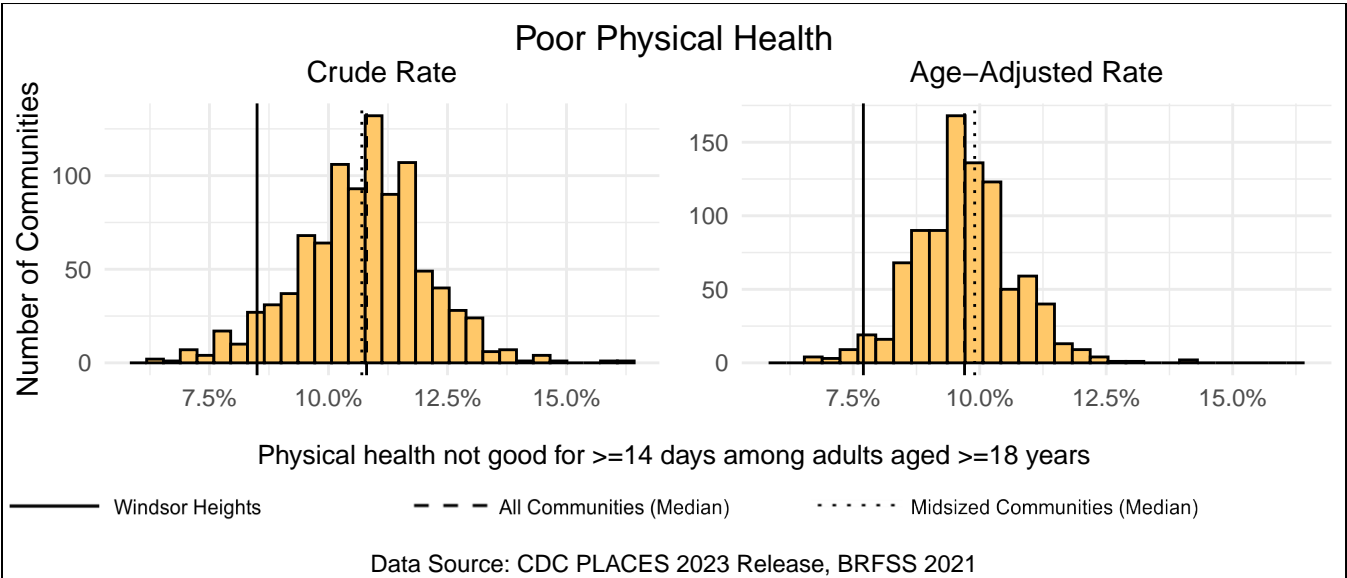
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	10.8%	14.3%	14.5%
Age-Adjusted	9.8%	12.7%	13.0%



Poor Physical Health

Windsor Heights has a crude rate of 8.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 52nd out of 958 Iowa communities (13th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 7.7%, which ranks 22nd out of 905 Iowa communities (6th out of 102 midsize communities).

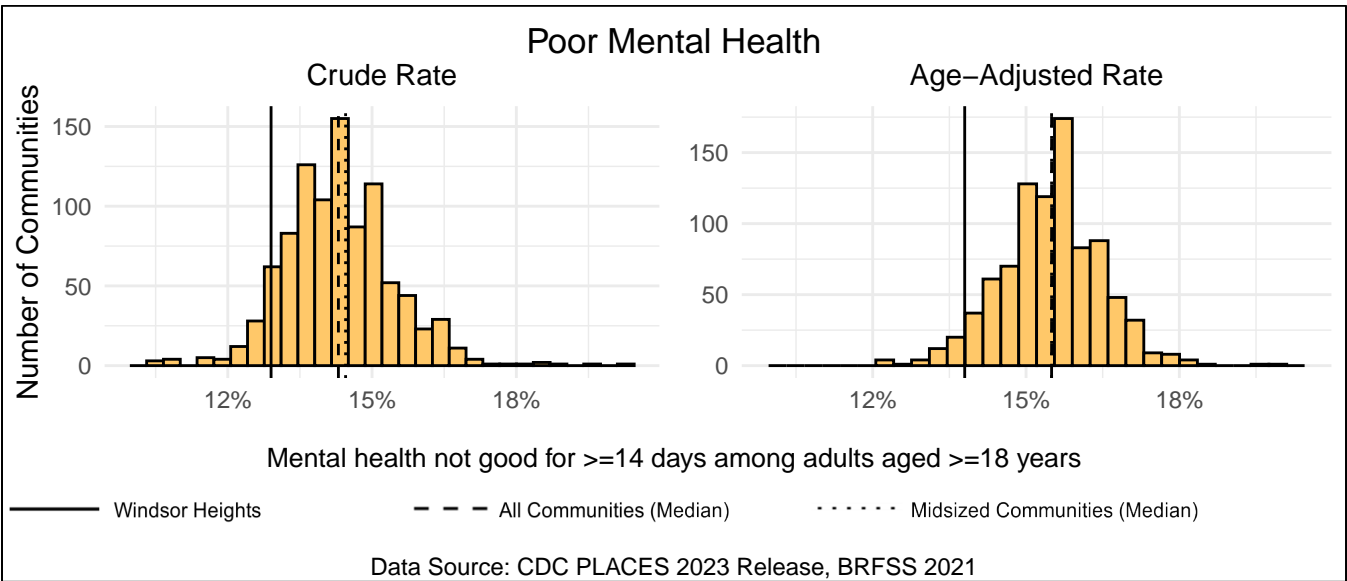
Measure Type	Windsor Heights	All Comm.	Midsize Comm.
Crude	8.5%	10.8%	10.7%
Age-Adjusted	7.7%	9.7%	9.9%



Poor Mental Health

Windsor Heights has a crude rate of 12.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 69th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 13.8%, which ranks 38th out of 905 Iowa communities (9th out of 102 midsize communities).

Measure Type	Windsor Heights	All Comm.	Midsize Comm.
Crude	12.9%	14.3%	14.4%
Age-Adjusted	13.8%	15.5%	15.5%



Health Risk Behaviors

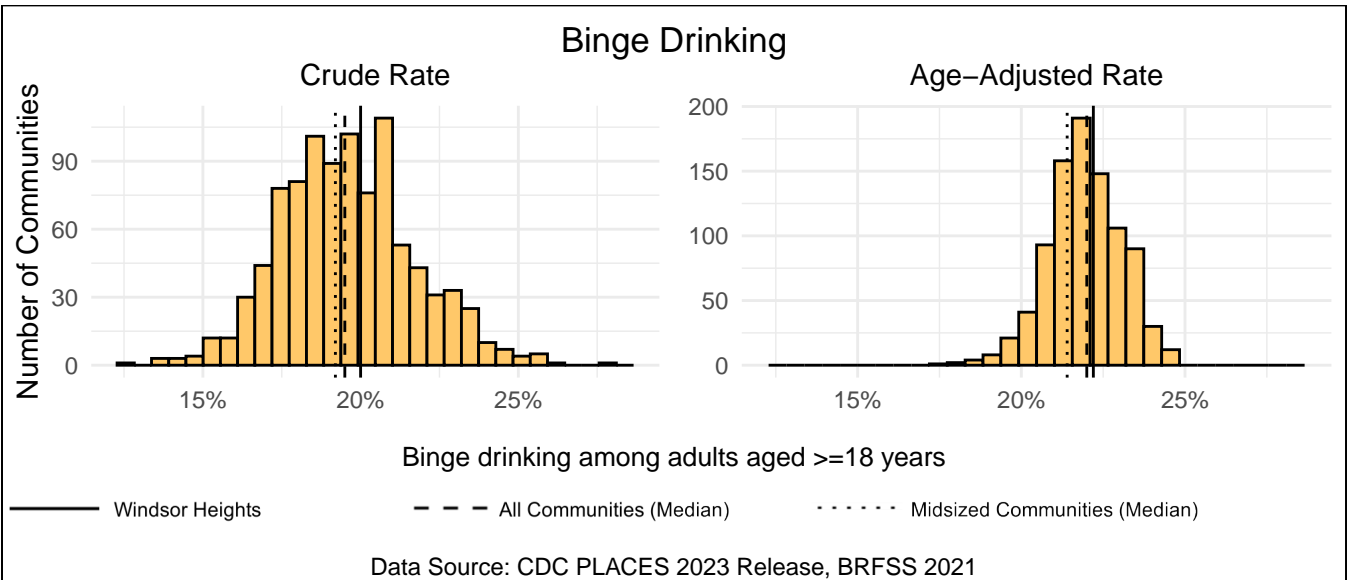
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

Binge Drinking

Windsor Heights has a crude rate of 20.0% for binge drinking among adults aged ≥ 18 years, which ranks 561st out of 958 Iowa communities (65th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 22.2%, which ranks 520th out of 905 Iowa communities (66th out of 102 midsize communities).

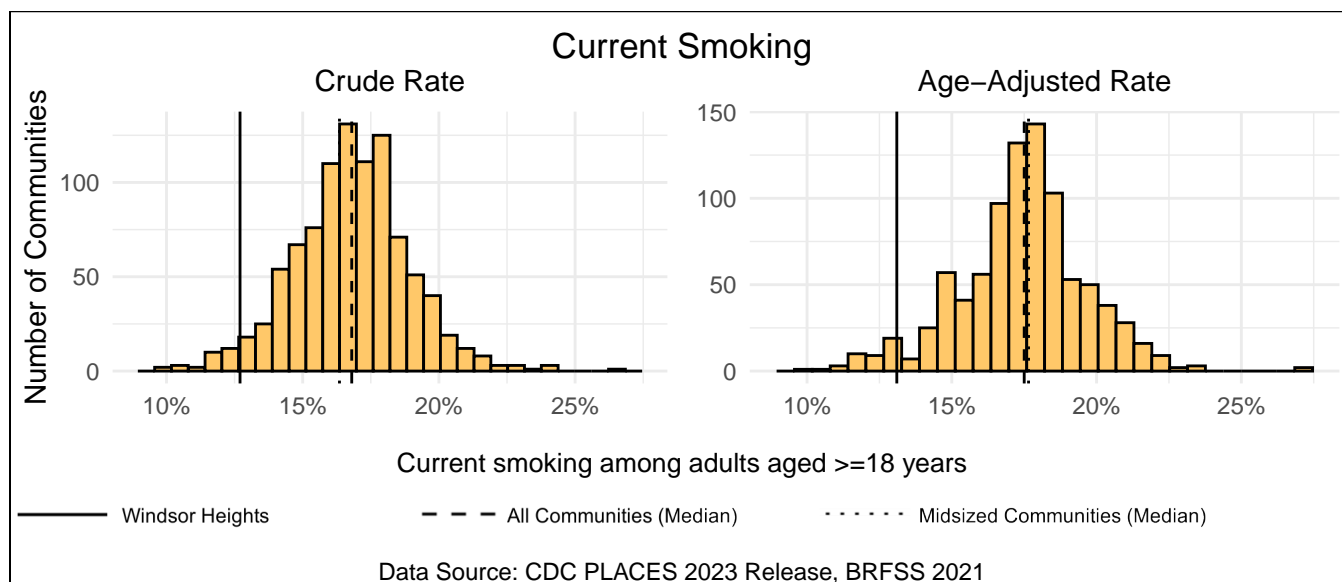
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	20.0%	19.5%	19.2%
Age-Adjusted	22.2%	22.0%	21.4%



Current Smoking

Windsor Heights has a crude rate of 12.7% for current smoking among adults aged ≥ 18 years, which ranks 30th out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 13.1%, which ranks 37th out of 905 Iowa communities (9th out of 102 midsize communities).

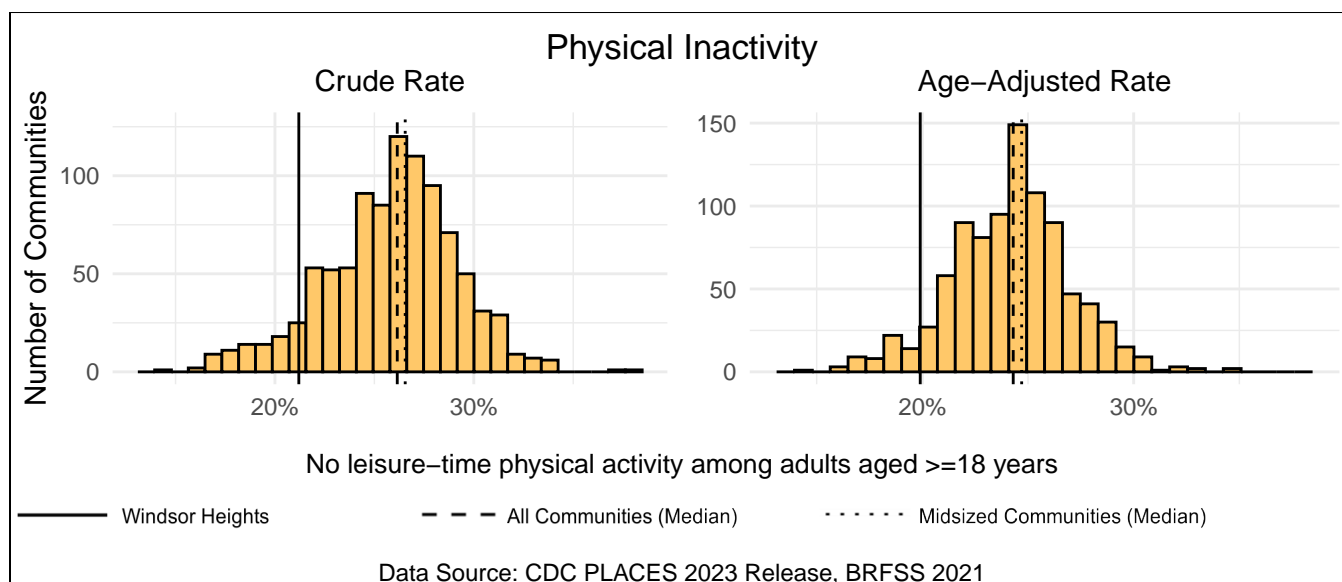
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	12.7%	16.8%	16.4%
Age-Adjusted	13.1%	17.5%	17.6%



Physical Inactivity

Windsor Heights has a crude rate of 21.2% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 79th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 19.9%, which ranks 58th out of 905 Iowa communities (14th out of 102 midsize communities).

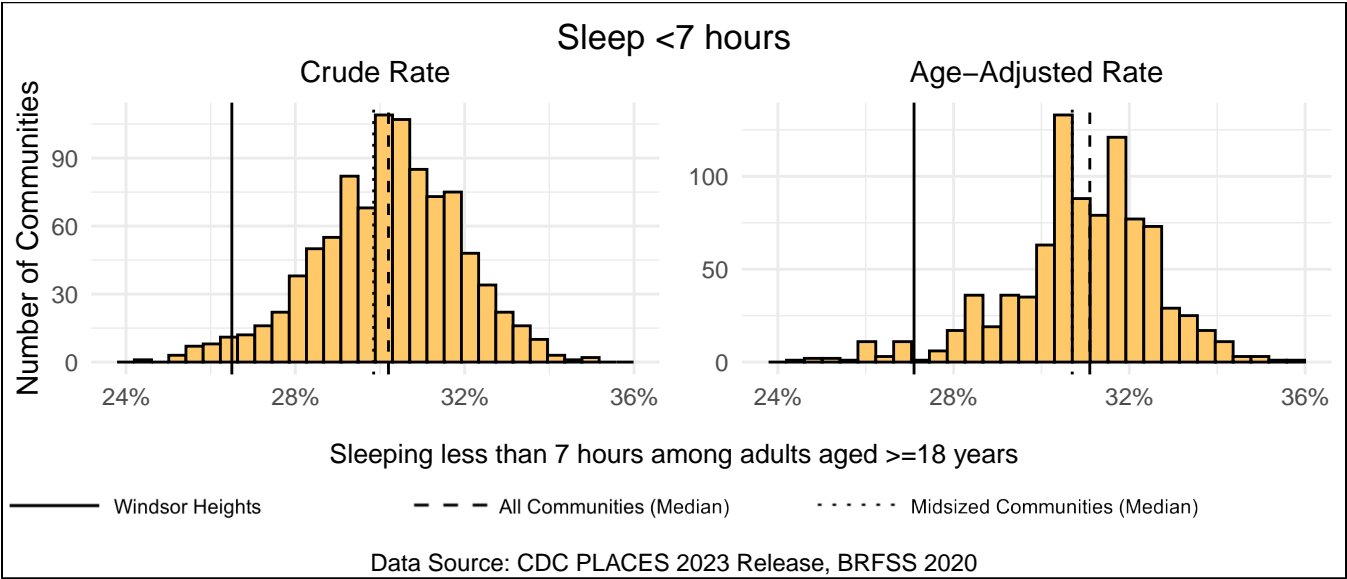
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	21.2%	26.1%	26.6%
Age-Adjusted	19.9%	24.3%	24.7%



Sleep <7 hours

Windsor Heights has a crude rate of 26.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 27th out of 958 Iowa communities (5th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 27.1%, which ranks 32nd out of 905 Iowa communities (6th out of 102 midsized communities).

Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	26.5%	30.2%	29.8%
Age-Adjusted	27.1%	31.1%	30.7%



Health Outcomes

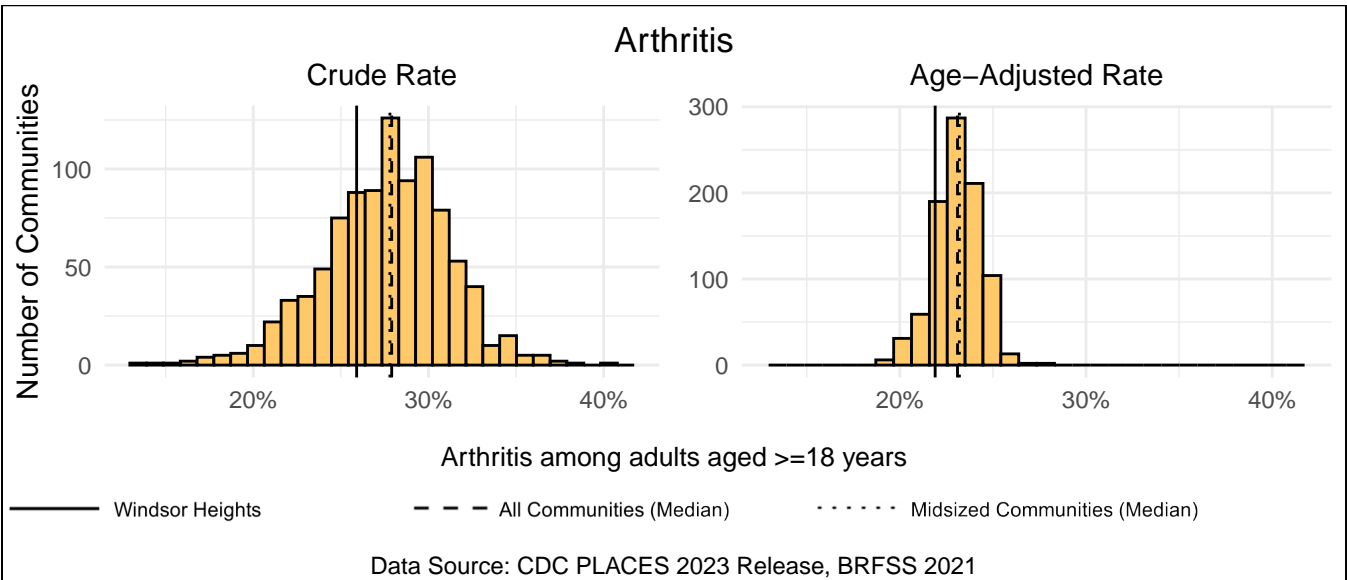
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-outcomes/index.html>

Arthritis

Windsor Heights has a crude rate of 25.9% for arthritis among adults aged ≥ 18 years, which ranks 282nd out of 958 Iowa communities (34th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 21.9%, which ranks 135th out of 905 Iowa communities (21st out of 102 midsize communities).

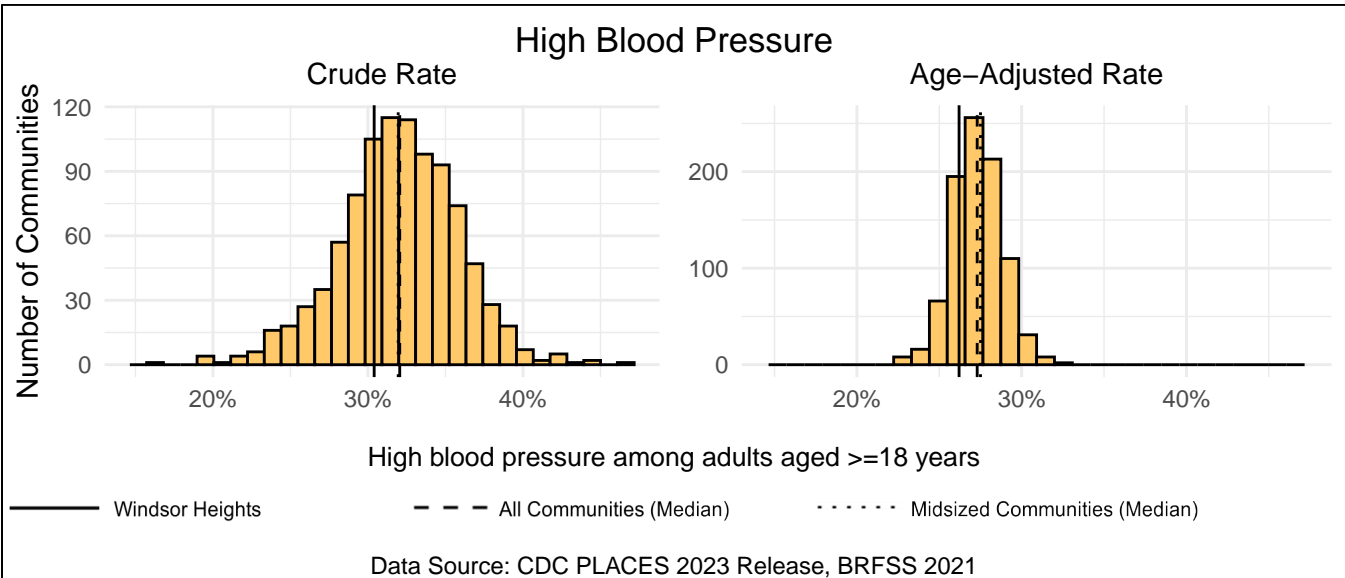
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	25.9%	27.9%	27.8%
Age-Adjusted	21.9%	23.1%	23.2%



High Blood Pressure

Windsor Heights has a crude rate of 30.4% for high blood pressure among adults aged ≥ 18 years, which ranks 293rd out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 26.2%, which ranks 209th out of 905 Iowa communities (25th out of 102 mid-sized communities).

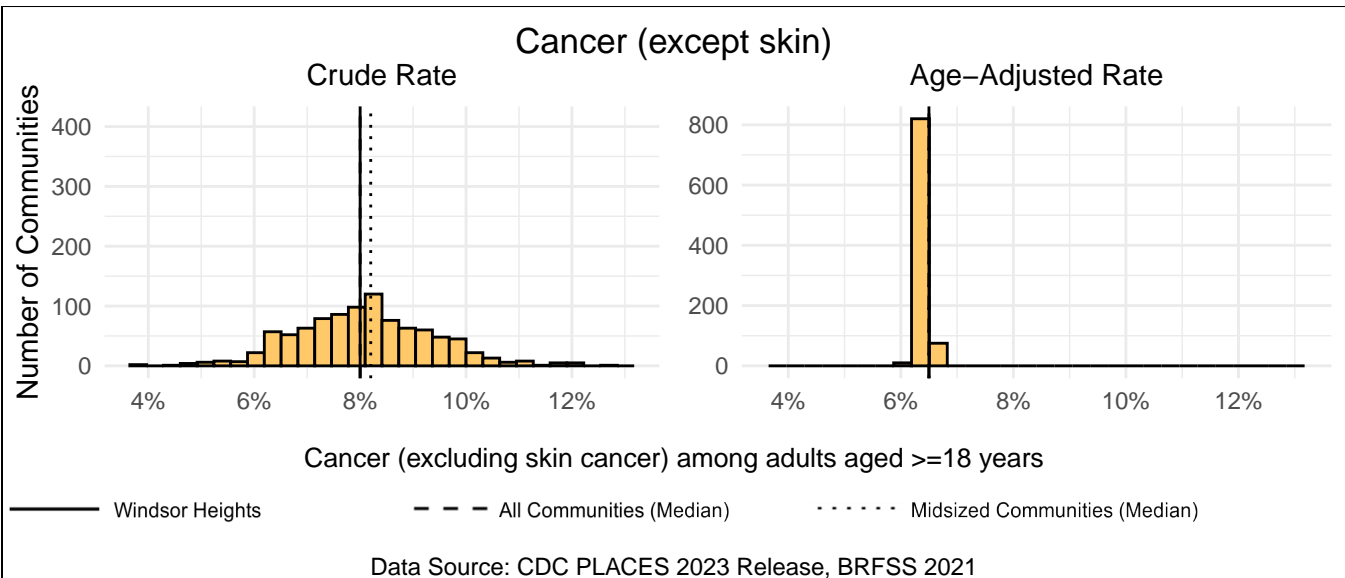
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	30.4%	32.0%	32.0%
Age-Adjusted	26.2%	27.3%	27.5%



Cancer (except skin)

Windsor Heights has a crude rate of 8.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 449th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

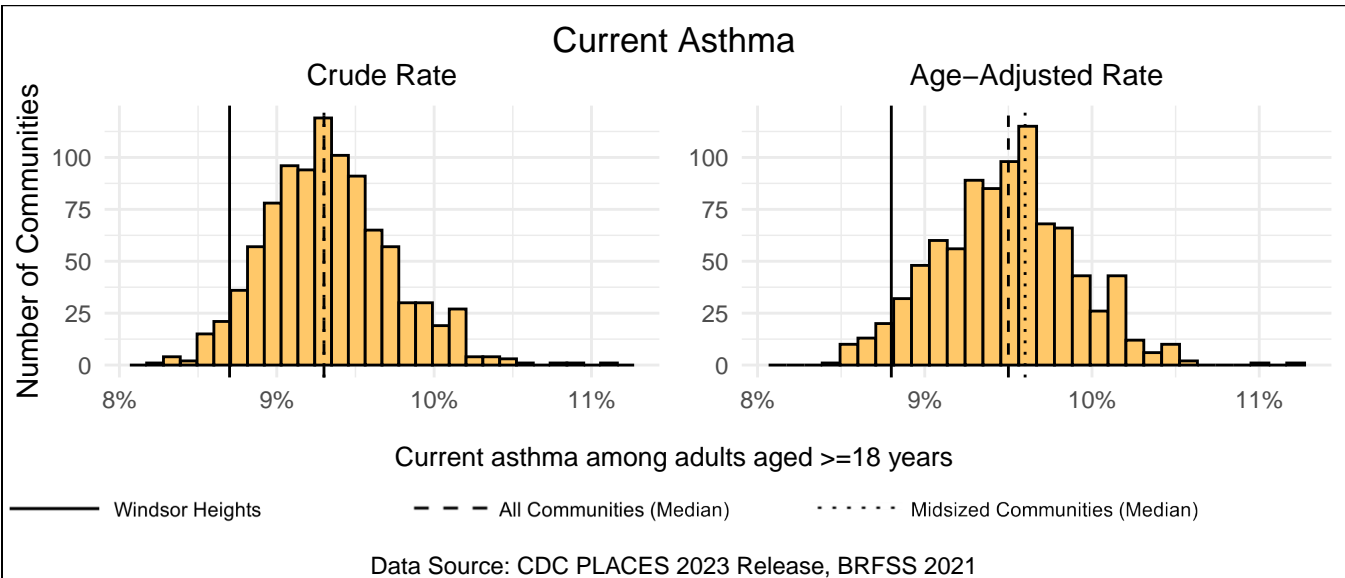
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	8.0%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Windsor Heights 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 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 8.8%, which ranks 25th out of 905 Iowa communities (4th out of 102 mid-sized communities).

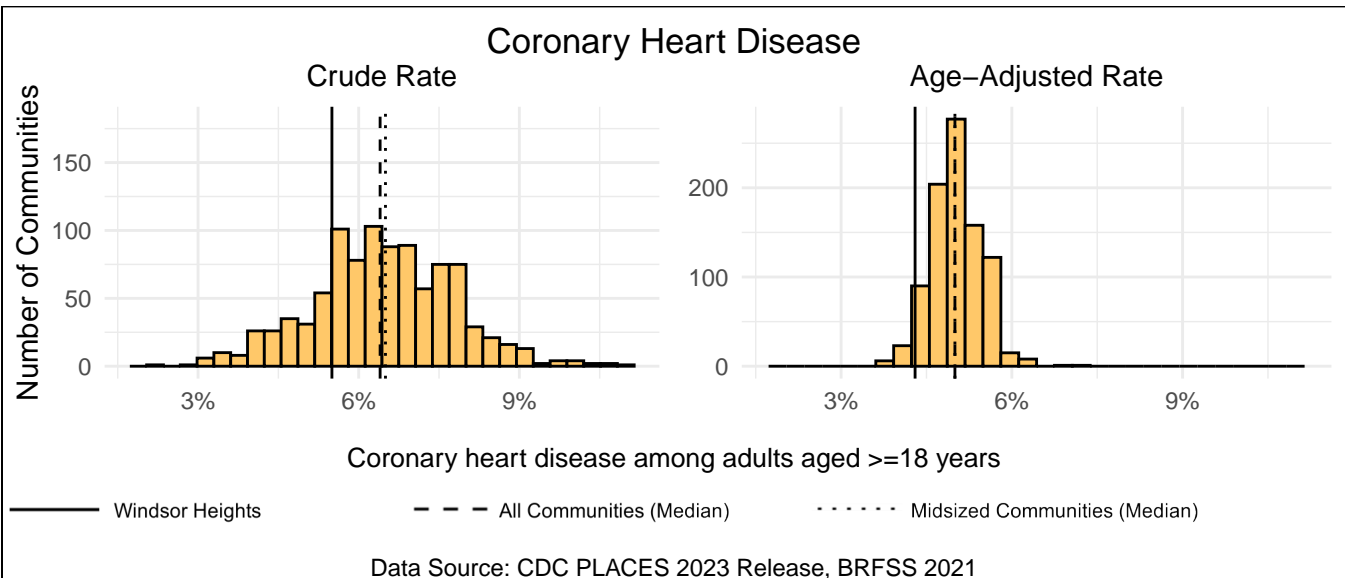
Measure Type	Windsor Heights	All Comm.	Mid-sized Comm.
Crude	8.7%	9.3%	9.3%
Age-Adjusted	8.8%	9.5%	9.6%



Coronary Heart Disease

Windsor Heights 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 Windsor Heights is 4.3%, which ranks 30th out of 905 Iowa communities (8th out of 102 mid-sized communities).

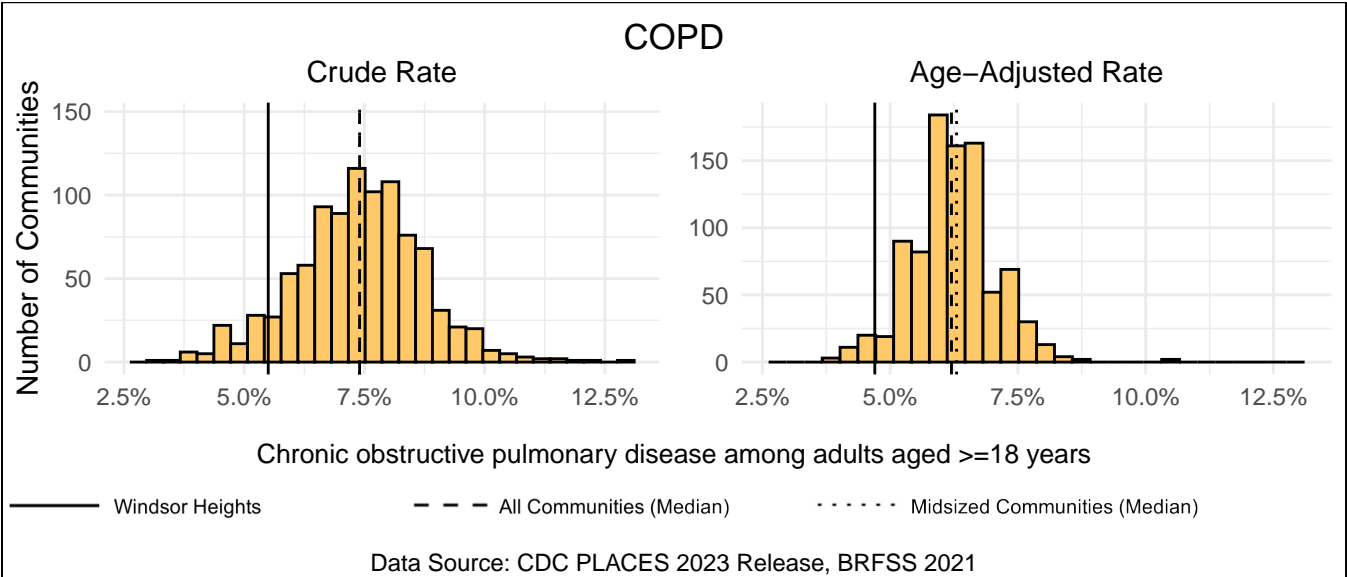
Measure Type	Windsor Heights	All Comm.	Mid-sized Comm.
Crude	5.5%	6.4%	6.5%
Age-Adjusted	4.3%	5.0%	5.0%



COPD

Windsor Heights has a crude rate of 5.5% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 75th out of 958 Iowa communities (17th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 4.7%, which ranks 24th out of 905 Iowa communities (7th out of 102 midsize communities).

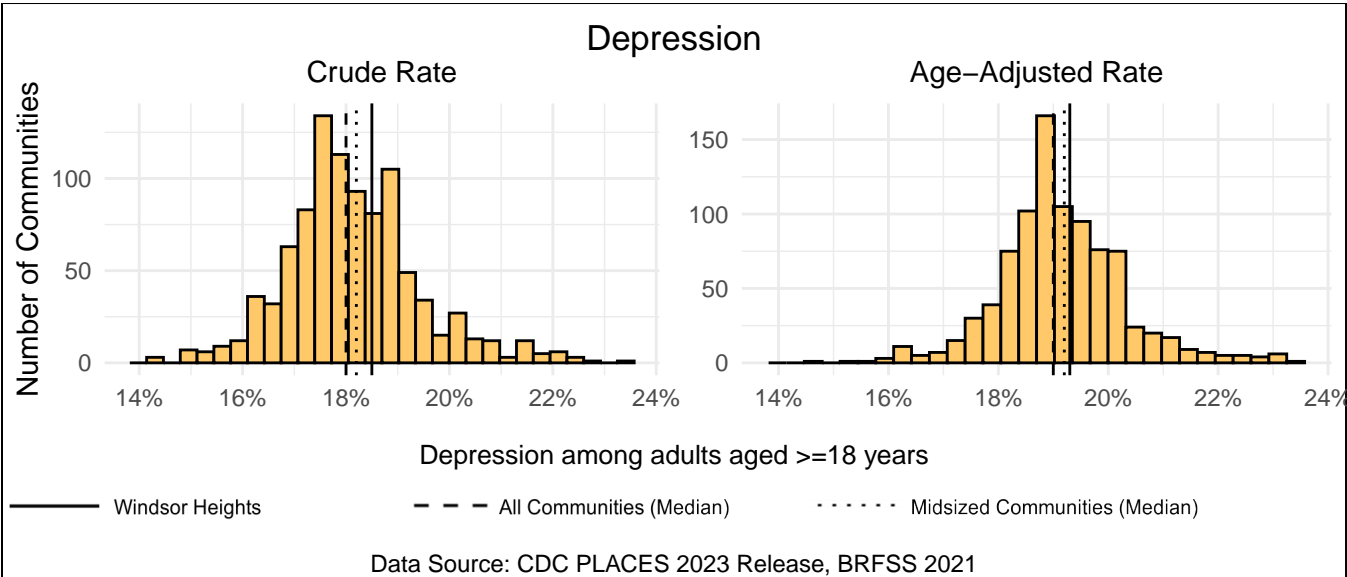
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	5.5%	7.4%	7.4%
Age-Adjusted	4.7%	6.2%	6.3%



Depression

Windsor Heights has a crude rate of 18.5% for depression among adults aged ≥ 18 years, which ranks 624th out of 958 Iowa communities (59th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 19.3%, which ranks 527th out of 905 Iowa communities (54th out of 102 midsize communities).

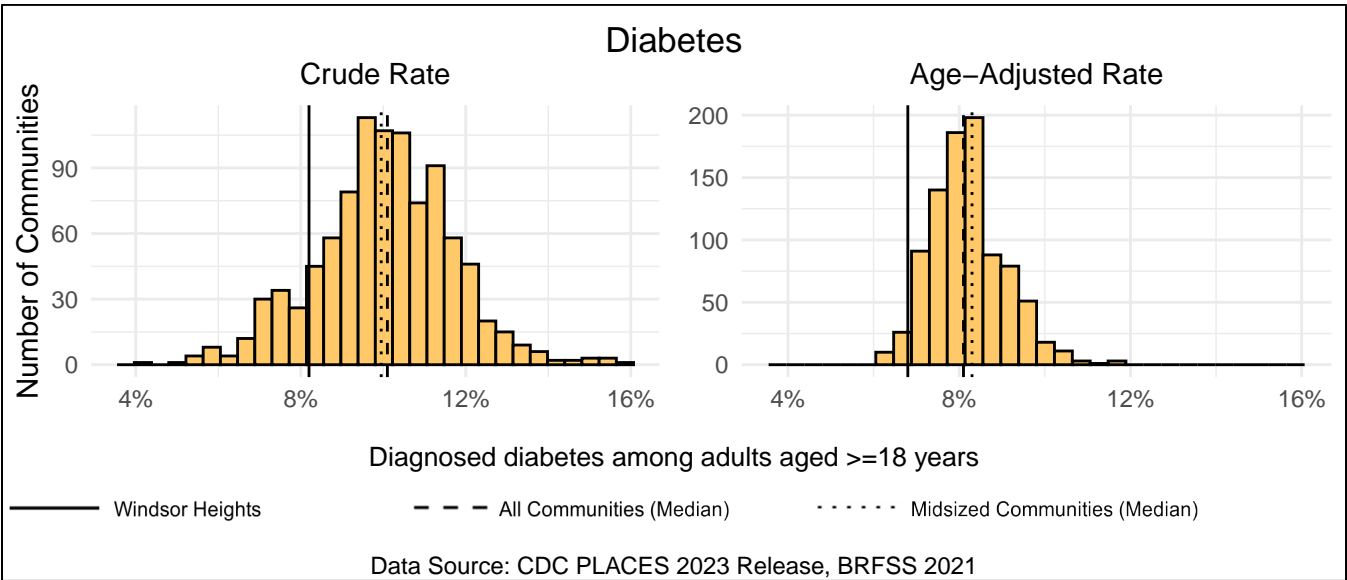
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	18.5%	18.0%	18.2%
Age-Adjusted	19.3%	19.0%	19.2%



Diabetes

Windsor Heights has a crude rate of 8.2% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 121st out of 958 Iowa communities (22nd out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 6.8%, which ranks 25th out of 905 Iowa communities (7th out of 102 midsize communities).

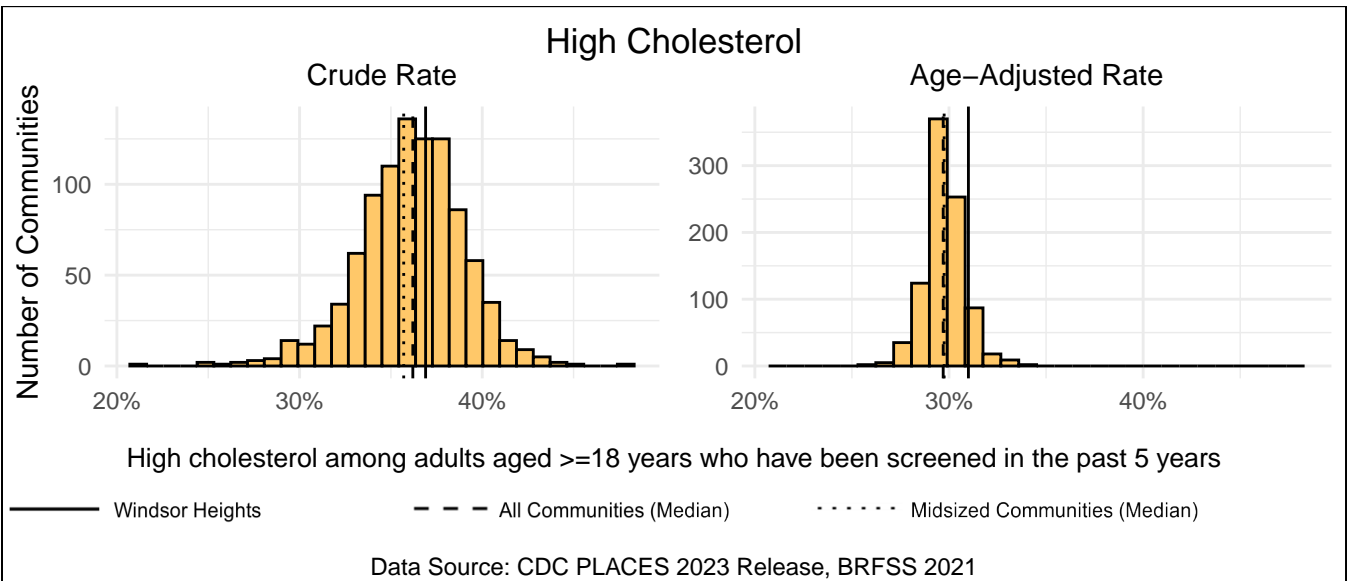
Measure Type	Windsor Heights	All Comm.	Midsize Comm.
Crude	8.2%	10.1%	9.9%
Age-Adjusted	6.8%	8.1%	8.3%



High Cholesterol

Windsor Heights has a crude rate of 36.9% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 571st out of 958 Iowa communities (72nd out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 31.0%, which ranks 818th out of 905 Iowa communities (94th out of 102 midsize communities).

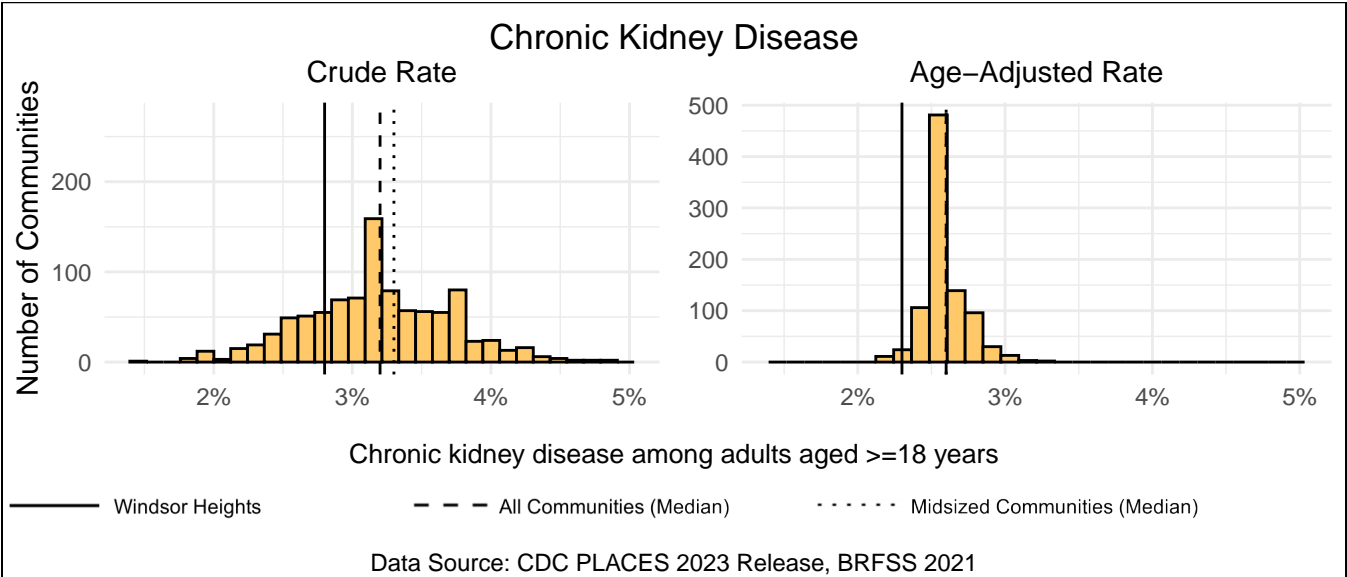
Measure Type	Windsor Heights	All Comm.	Midsize Comm.
Crude	36.9%	36.2%	35.7%
Age-Adjusted	31.0%	29.7%	29.8%



Chronic Kidney Disease

Windsor Heights has a crude rate of 2.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 186th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 2.3%, which ranks 12th out of 905 Iowa communities (4th out of 102 mid-sized communities).

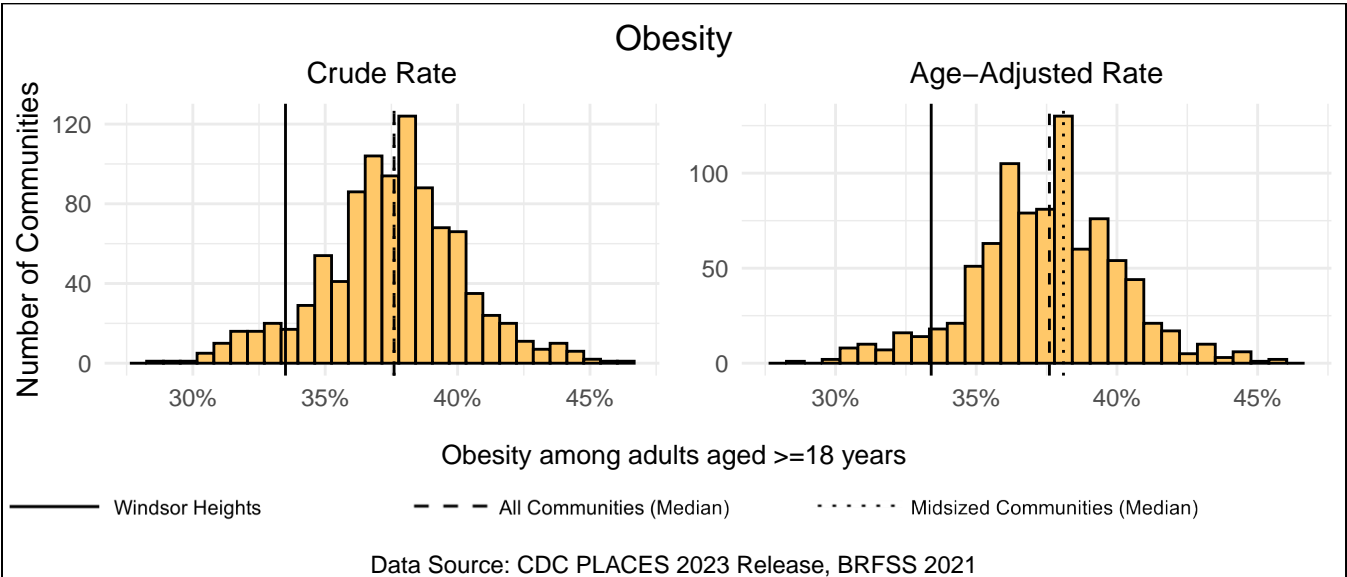
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	2.8%	3.2%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



Obesity

Windsor Heights has a crude rate of 33.5% for obesity among adults aged ≥ 18 years, which ranks 72nd out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 33.4%, which ranks 59th out of 905 Iowa communities (11th out of 102 midsized communities).

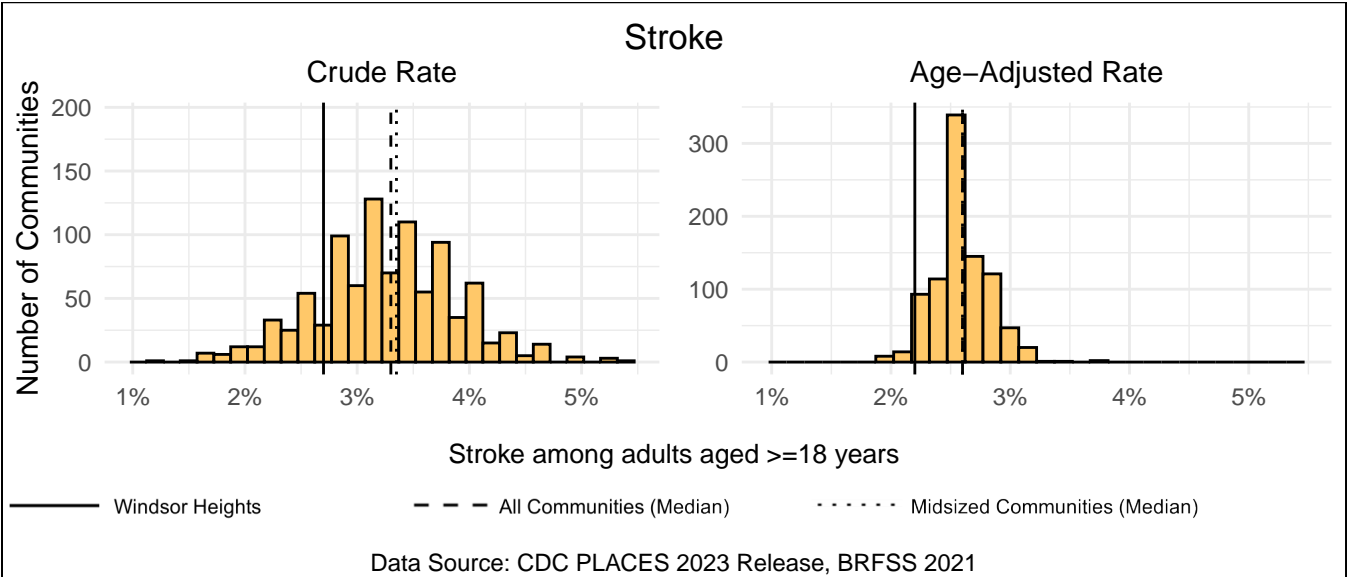
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	33.5%	37.6%	37.6%
Age-Adjusted	33.4%	37.6%	38.1%



Stroke

Windsor Heights has a crude rate of 2.7% for stroke among adults aged ≥ 18 years, which ranks 152nd out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 102 midsize communities).

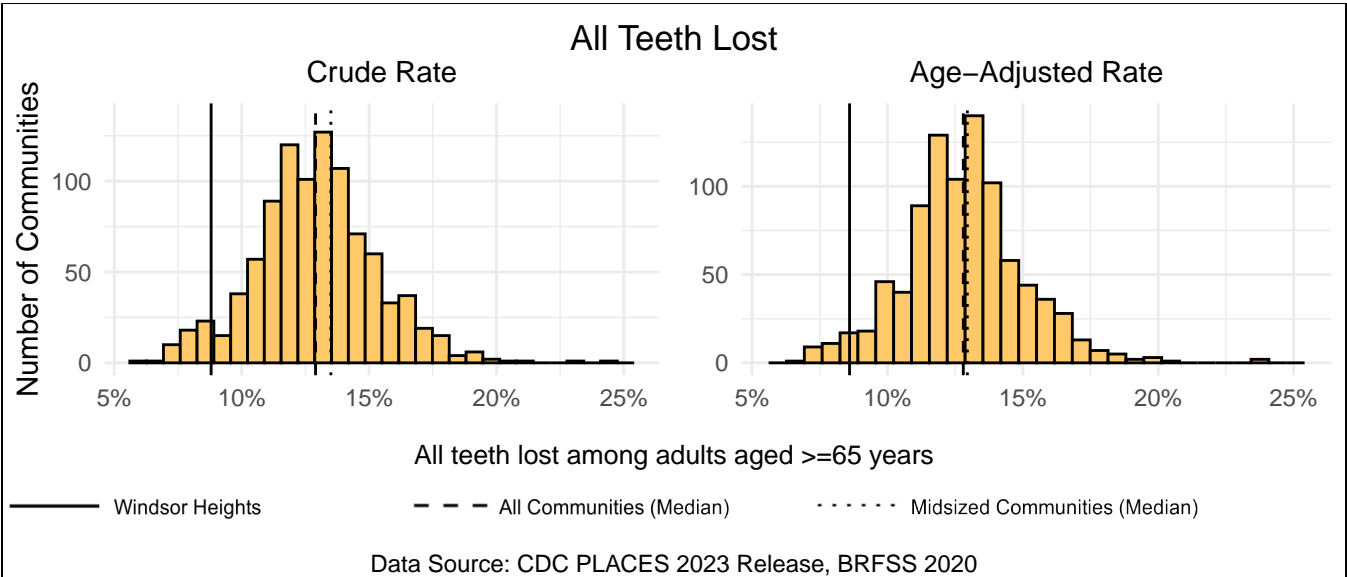
Measure Type	Windsor Heights	All Comm.	Midsize Comm.
Crude	2.7%	3.3%	3.3%
Age-Adjusted	2.2%	2.6%	2.6%



All Teeth Lost

Windsor Heights has a crude rate of 8.8% for all teeth lost among adults aged ≥ 65 years, which ranks 47th out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 8.6%, which ranks 32nd out of 905 Iowa communities (9th out of 102 midsize communities).

Measure Type	Windsor Heights	All Comm.	Midsize Comm.
Crude	8.8%	12.9%	13.5%
Age-Adjusted	8.6%	12.8%	12.9%



Prevention

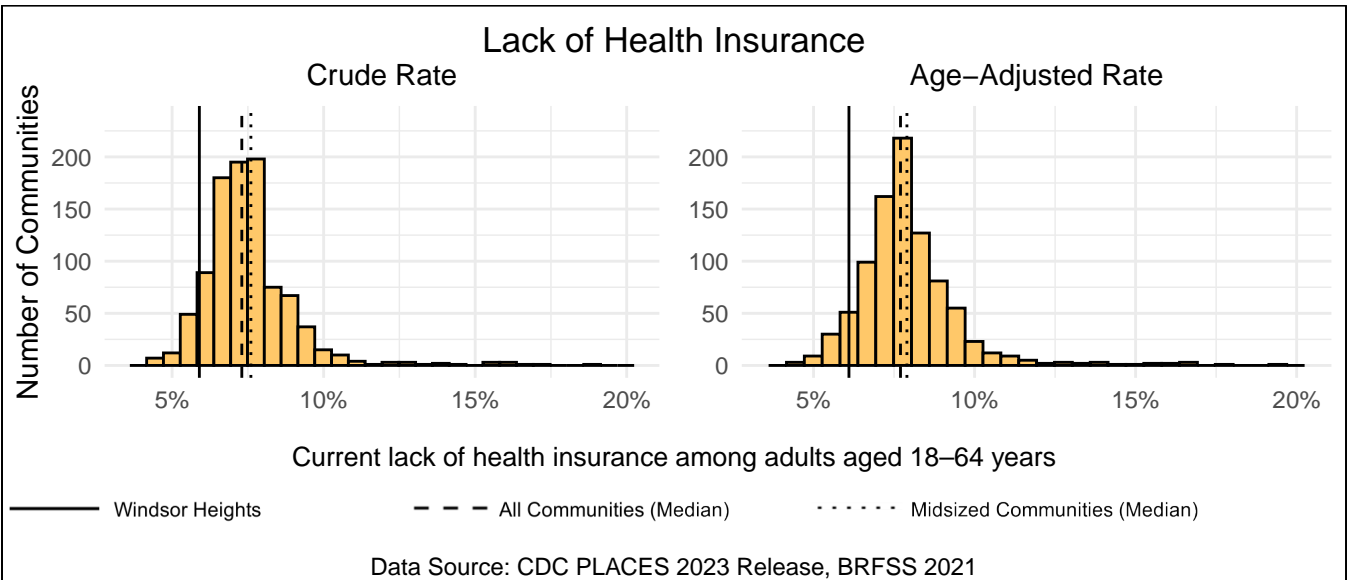
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Windsor Heights has a crude rate of 5.9% for current lack of health insurance among adults aged 18–64 years, which ranks 69th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 6.1%, which ranks 57th out of 905 Iowa communities (14th out of 102 mid-sized communities).

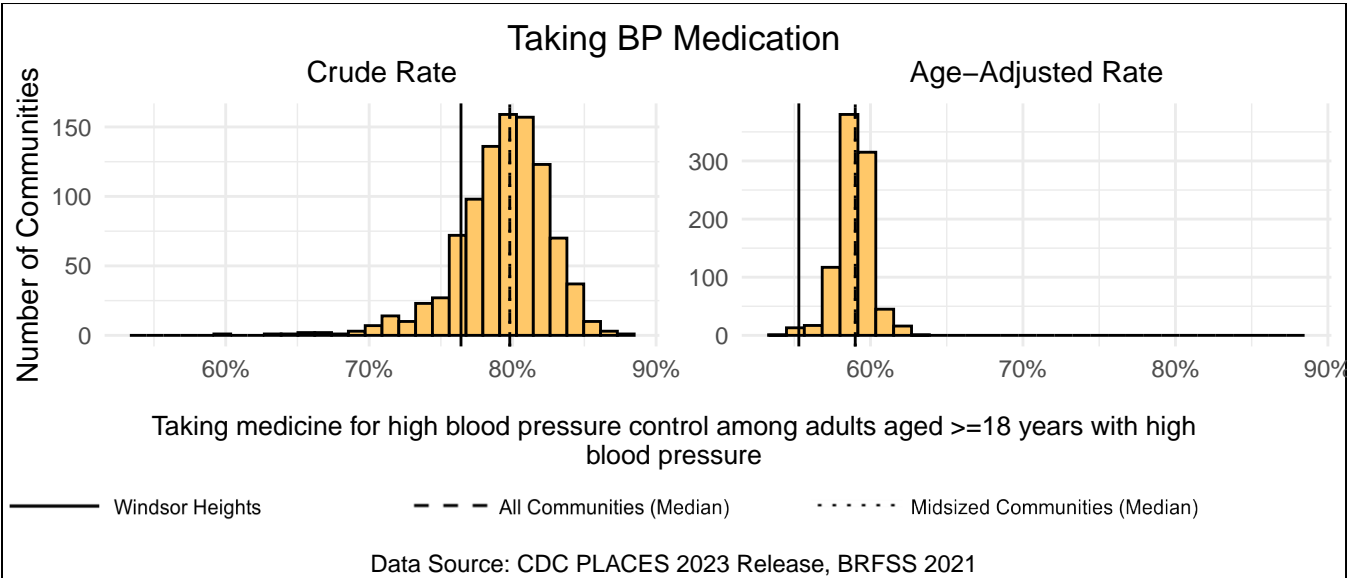
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	5.9%	7.3%	7.6%
Age-Adjusted	6.1%	7.7%	7.9%



Taking BP Medication

Windsor Heights 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 Windsor Heights is 55.3%, which ranks 894th out of 905 Iowa communities (98th out of 102 mid-sized communities).

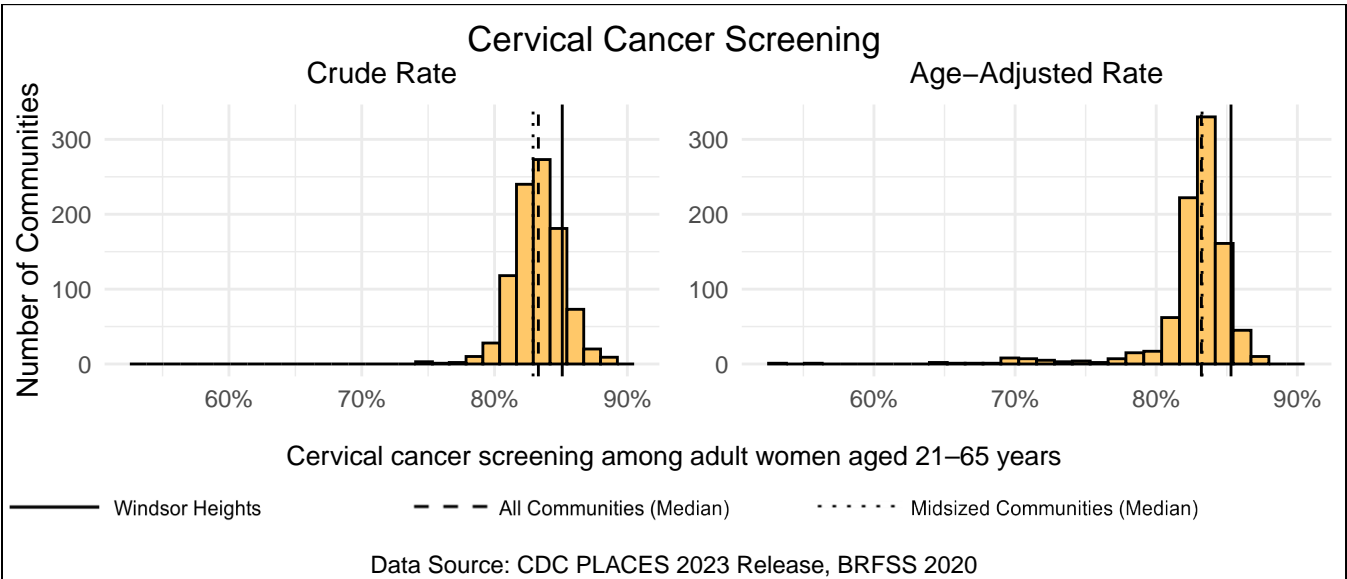
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	76.4%	79.8%	79.8%
Age-Adjusted	55.3%	59.0%	59.0%



Cervical Cancer Screening

Windsor Heights has a crude rate of 85.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 133rd out of 958 Iowa communities (17th out of 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 85.3%, which ranks 67th out of 905 Iowa communities (19th out of 102 mid-sized communities).

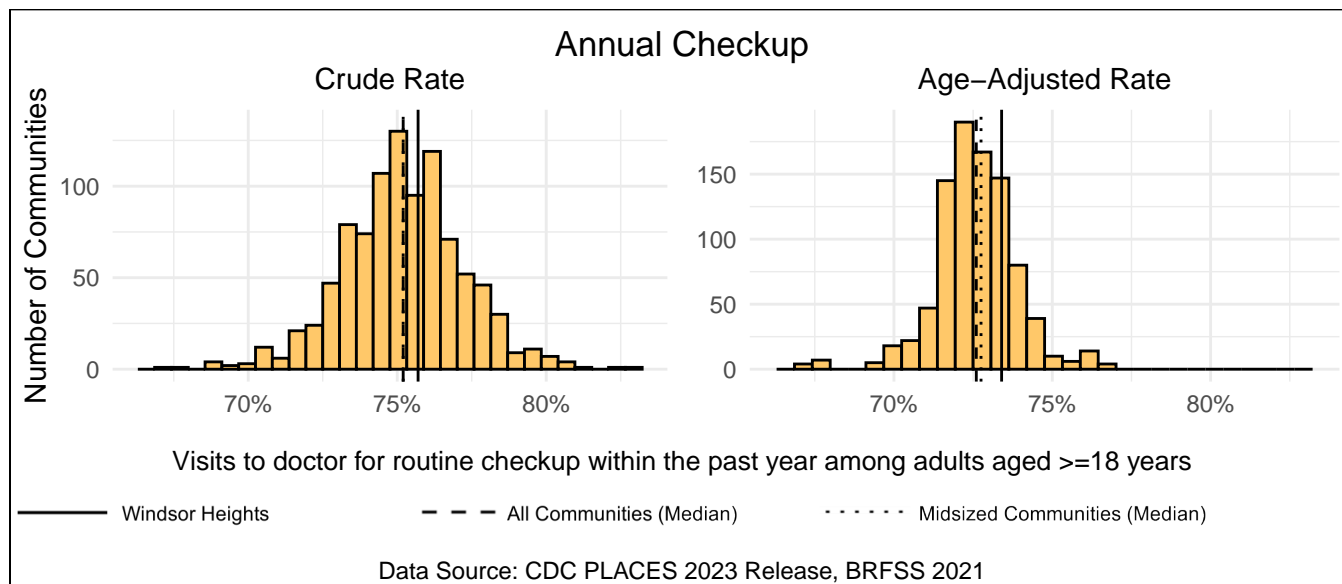
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	85.1%	83.3%	82.9%
Age-Adjusted	85.3%	83.2%	83.2%



Annual Checkup

Windsor Heights has a crude rate of 75.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 373rd out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 73.4%, which ranks 190th out of 905 Iowa communities (24th out of 102 mid-sized communities).

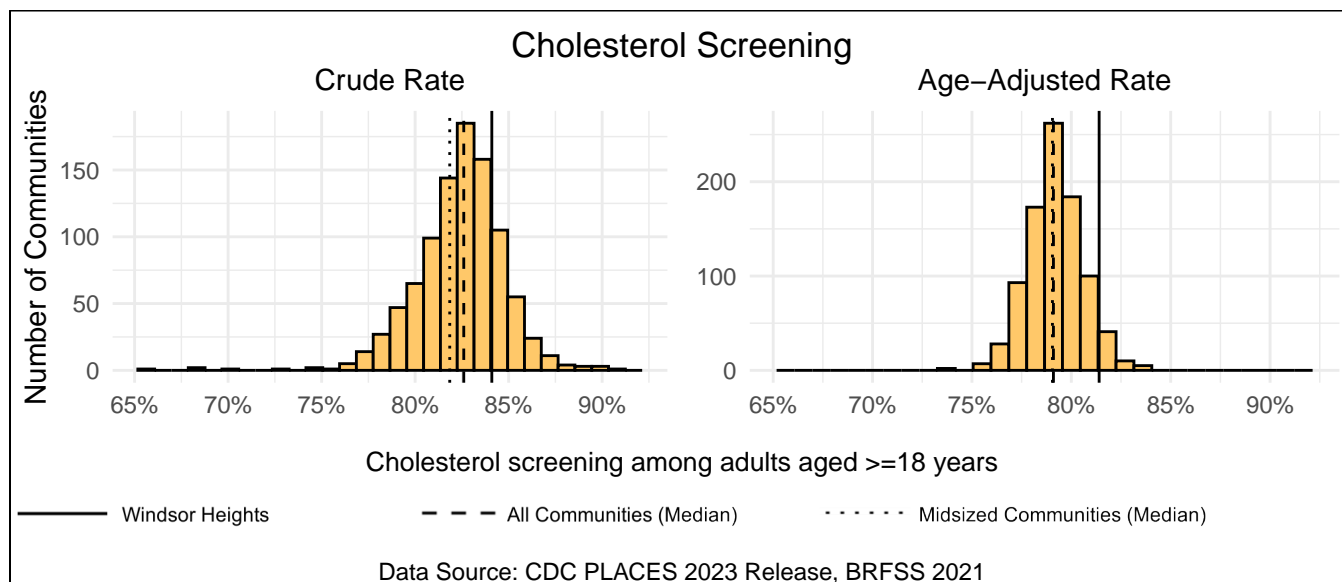
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	75.7%	75.2%	75.2%
Age-Adjusted	73.4%	72.6%	72.8%



Cholesterol Screening

Windsor Heights has a crude rate of 84.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 200th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 81.4%, which ranks 51st out of 905 Iowa communities (14th out of 102 mid-sized communities).

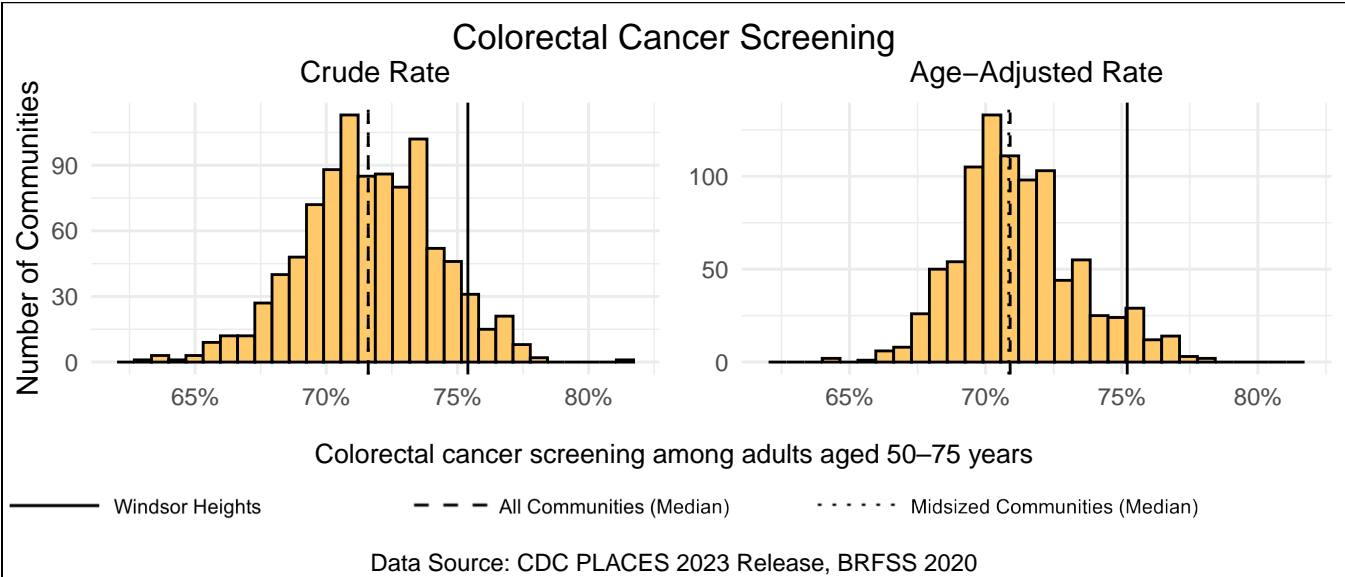
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	84.1%	82.6%	81.8%
Age-Adjusted	81.4%	79.1%	79.0%



Colorectal Cancer Screening

Windsor Heights has a crude rate of 75.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 65th out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 75.2%, which ranks 54th out of 905 Iowa communities (13th out of 102 midsized communities).

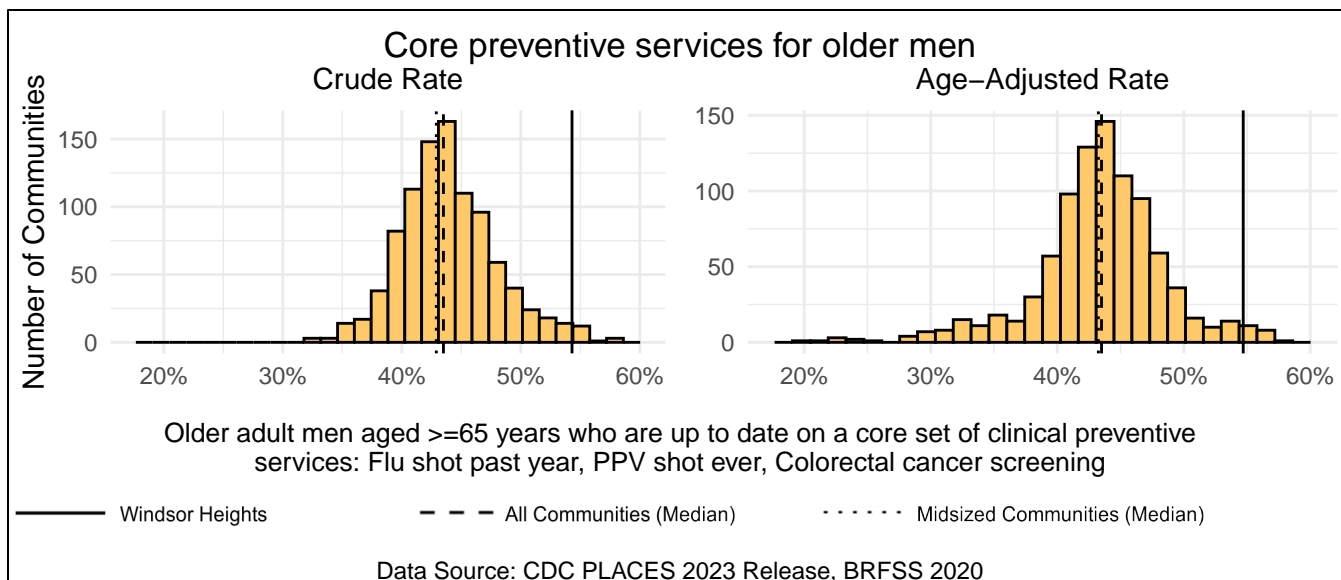
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	75.4%	71.6%	71.6%
Age-Adjusted	75.2%	70.9%	70.8%



Core preventive services for older men

Windsor Heights has a crude rate of 54.3% 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 17th out of 958 Iowa communities (4th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 54.7%, which ranks 18th out of 905 Iowa communities (5th out of 102 midsized communities).

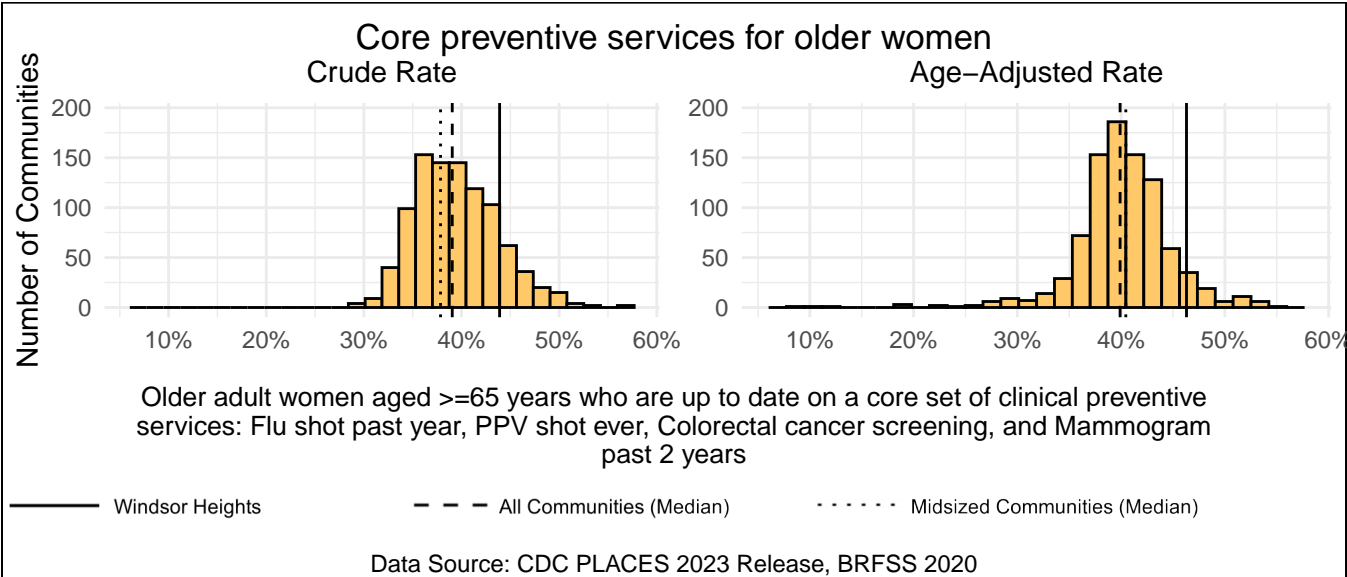
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	54.3%	43.5%	42.9%
Age-Adjusted	54.7%	43.5%	43.2%



Core preventive services for older women

Windsor Heights has a crude rate of 43.9% 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 142nd out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 46.3%, which ranks 65th out of 905 Iowa communities (15th out of 102 midsized communities).

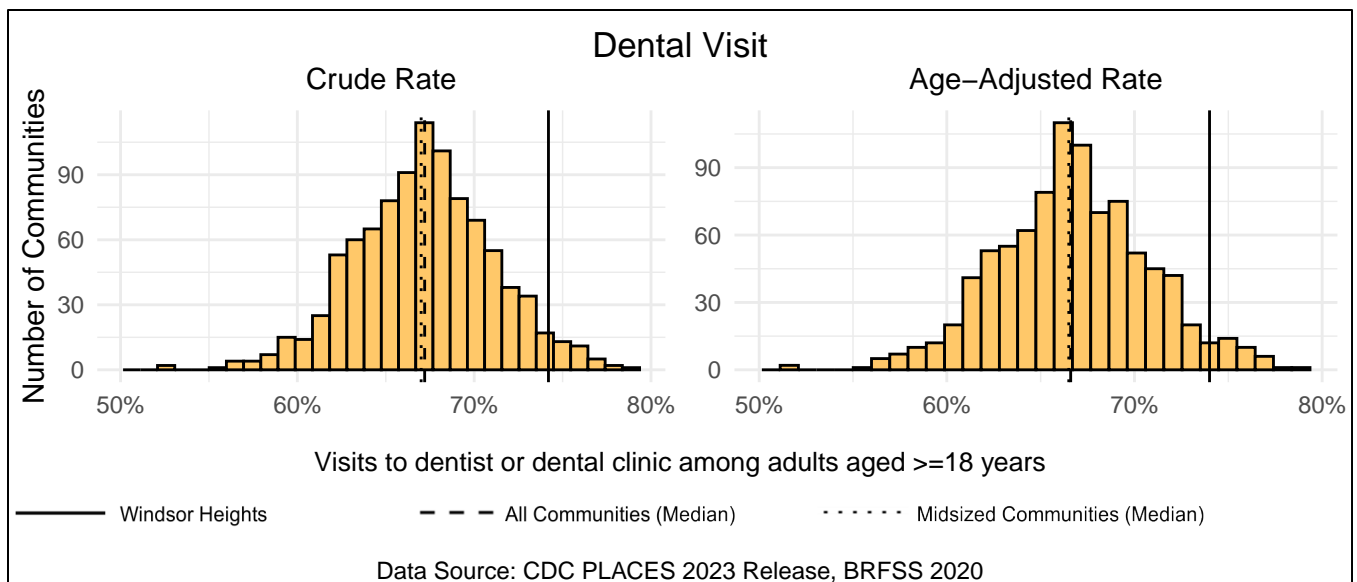
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	43.9%	39.0%	37.8%
Age-Adjusted	46.3%	39.9%	40.4%



Dental Visit

Windsor Heights has a crude rate of 74.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 35th out of 958 Iowa communities (12th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 74.0%, which ranks 37th out of 905 Iowa communities (12th out of 102 midsized communities).

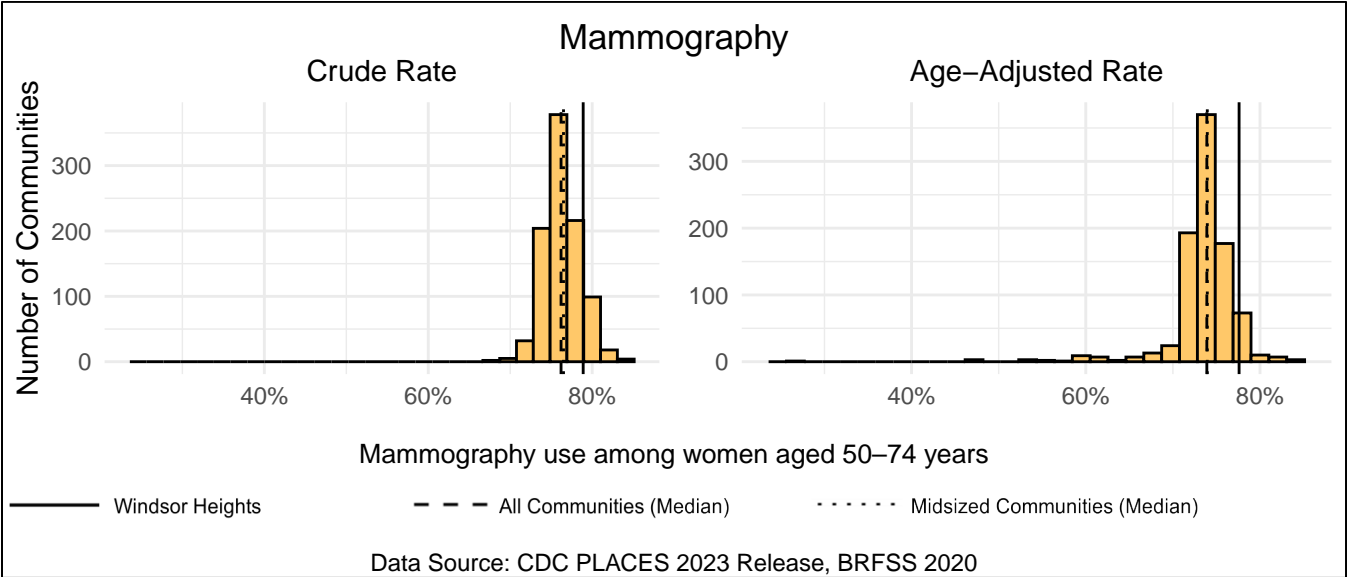
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	74.2%	67.2%	67.0%
Age-Adjusted	74.0%	66.6%	66.5%



Mammography

Windsor Heights has a crude rate of 78.9% for mammography use among women aged 50–74 years, which ranks 122nd out of 958 Iowa communities (21st out of 102 mid-sized communities). The age-adjusted rate for Windsor Heights is 77.6%, which ranks 66th out of 905 Iowa communities (14th out of 102 mid-sized communities).

Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	78.9%	76.2%	76.5%
Age-Adjusted	77.6%	73.9%	74.0%



Disability

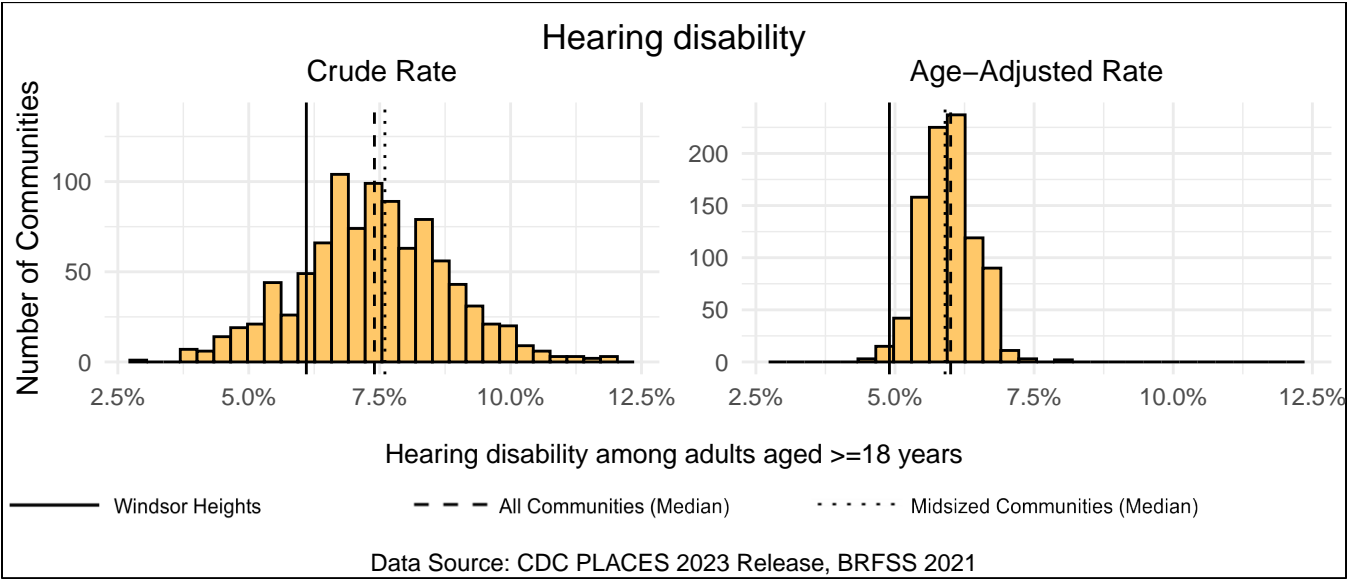
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Windsor Heights has a crude rate of 6.1% for hearing disability among adults aged ≥ 18 years, which ranks 160th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 4.9%, which ranks 13th out of 905 Iowa communities (4th out of 102 midsize communities).

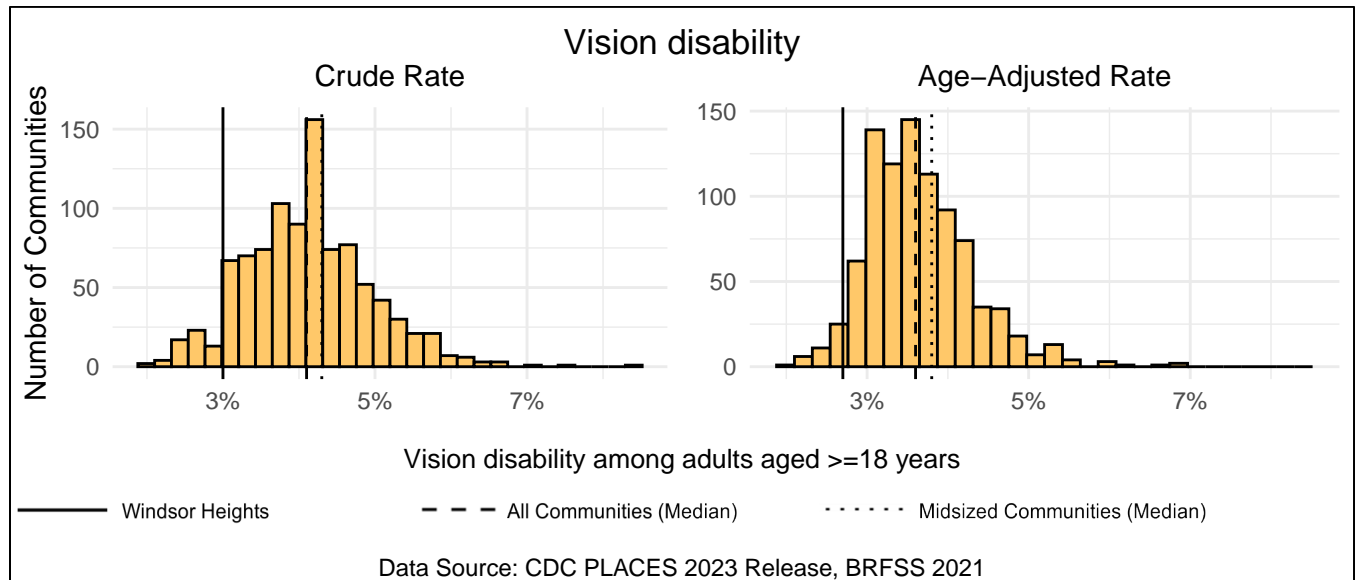
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	6.1%	7.4%	7.6%
Age-Adjusted	4.9%	6.0%	5.9%



Vision disability

Windsor Heights has a crude rate of 3.0% for vision disability among adults aged ≥ 18 years, which ranks 60th out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 2.7%, which ranks 30th out of 905 Iowa communities (8th out of 102 midsize communities).

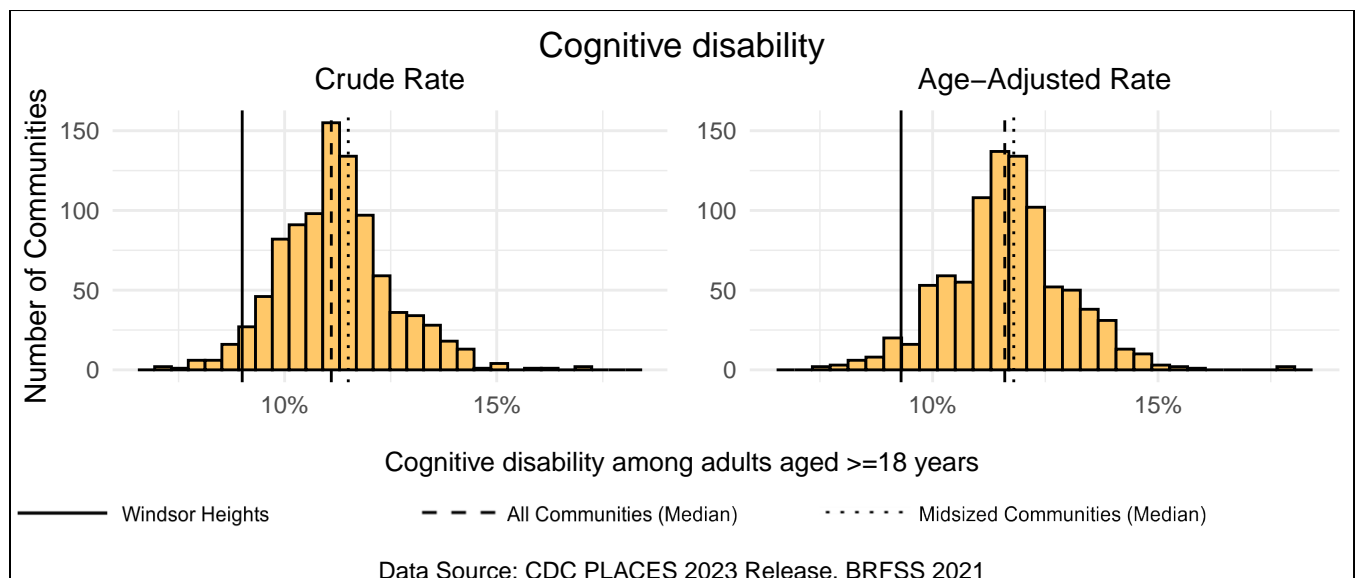
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	3.0%	4.1%	4.3%
Age-Adjusted	2.7%	3.6%	3.8%



Cognitive disability

Windsor Heights has a crude rate of 9.0% for cognitive disability among adults aged ≥ 18 years, which ranks 32nd out of 958 Iowa communities (7th out of 102 midsize communities). The age-adjusted rate for Windsor Heights is 9.3%, which ranks 33rd out of 905 Iowa communities (9th out of 102 midsize communities).

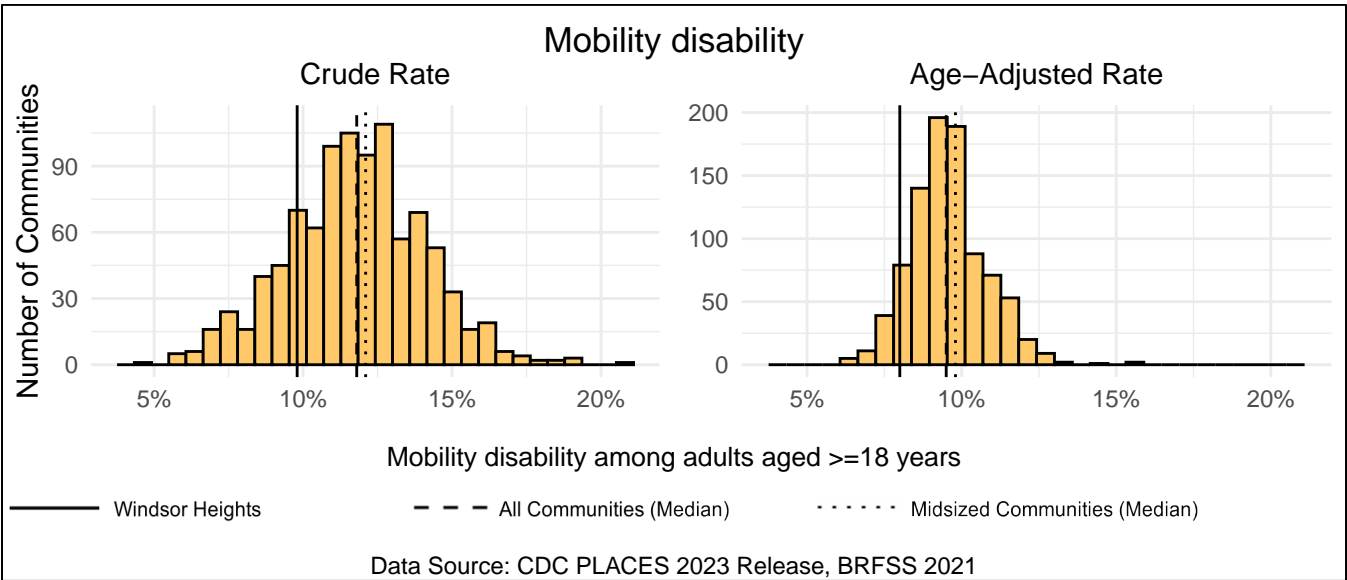
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	9.0%	11.1%	11.5%
Age-Adjusted	9.3%	11.6%	11.8%



Mobility disability

Windsor Heights has a crude rate of 9.8% for mobility disability among adults aged ≥ 18 years, which ranks 182nd out of 958 Iowa communities (25th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 8.0%, which ranks 73rd out of 905 Iowa communities (16th out of 102 midsized communities).

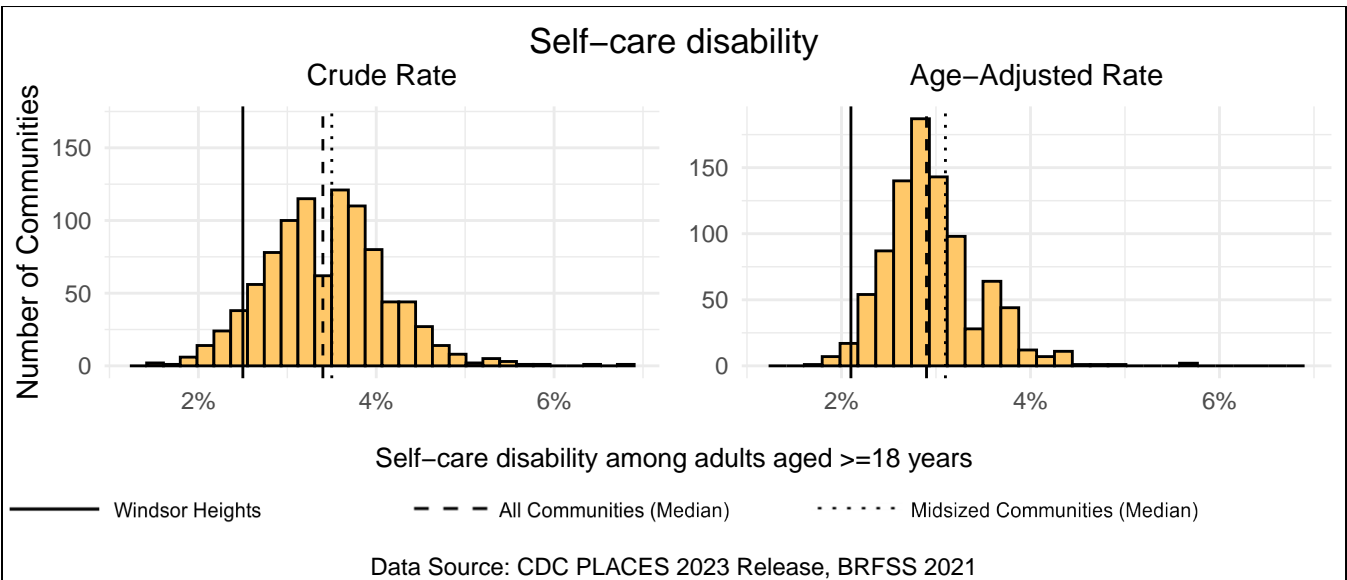
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	9.8%	11.8%	12.1%
Age-Adjusted	8.0%	9.5%	9.8%



Self-care disability

Windsor Heights has a crude rate of 2.5% for self-care disability among adults aged ≥ 18 years, which ranks 60th out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 2.1%, which ranks 18th out of 905 Iowa communities (5th out of 102 midsized communities).

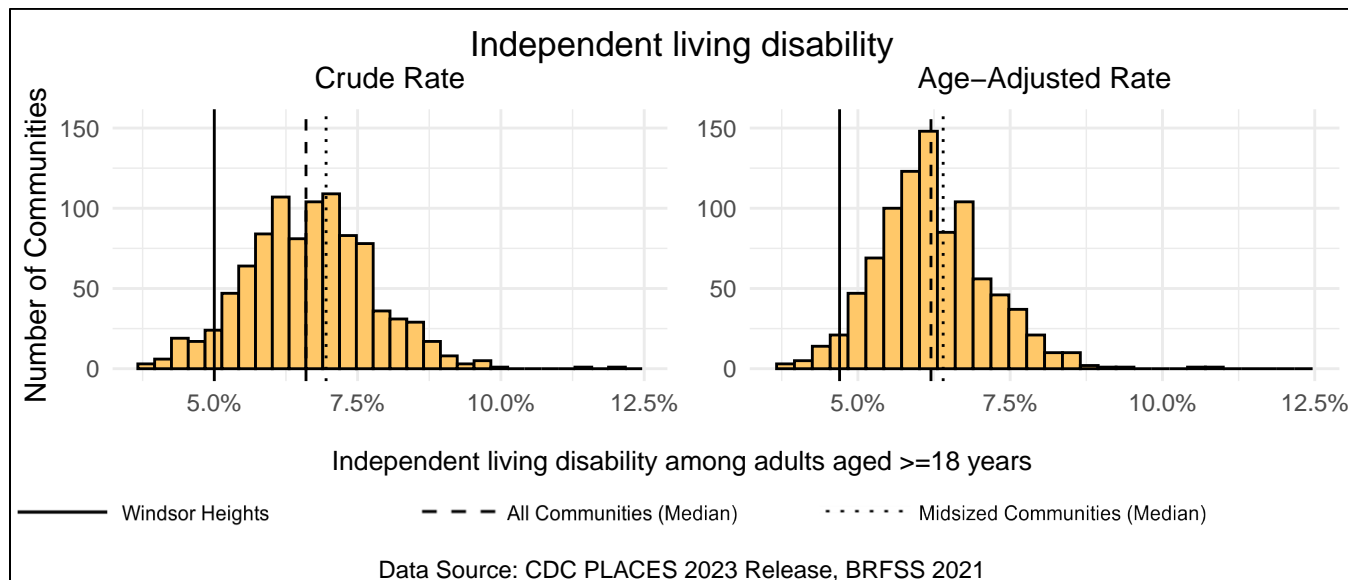
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	2.5%	3.4%	3.5%
Age-Adjusted	2.1%	2.9%	3.1%



Independent living disability

Windsor Heights has a crude rate of 5.0% for independent living disability among adults aged ≥ 18 years, which ranks 56th out of 958 Iowa communities (14th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 4.7%, which ranks 26th out of 905 Iowa communities (7th out of 102 midsized communities).

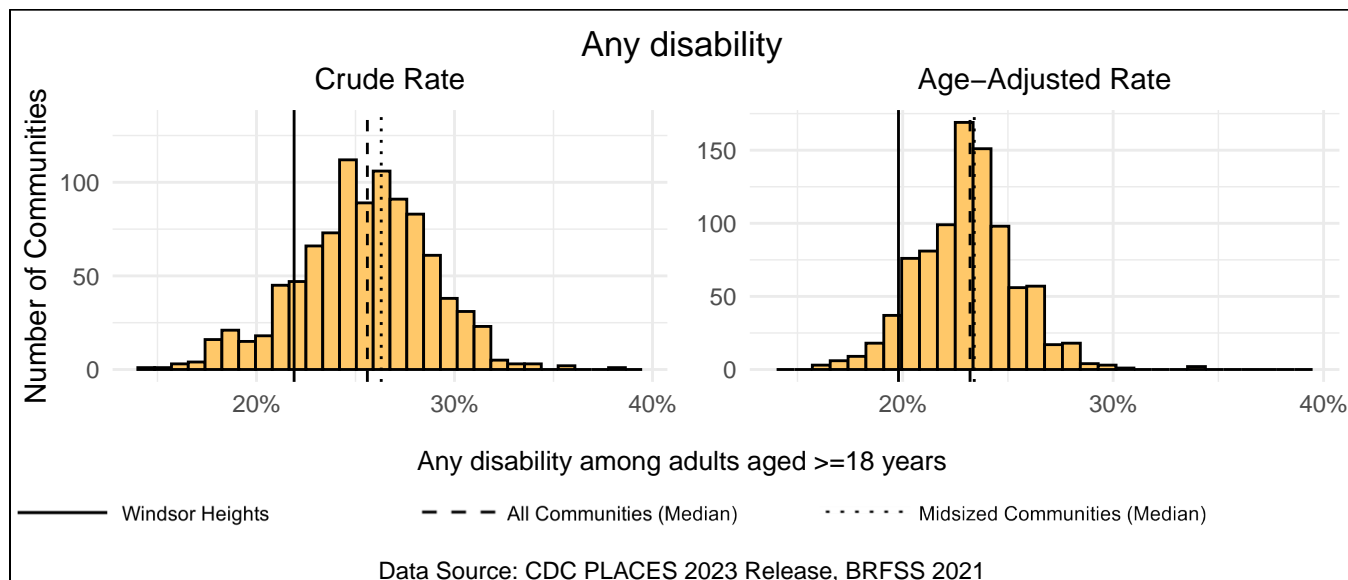
Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	5.0%	6.6%	7.0%
Age-Adjusted	4.7%	6.2%	6.4%



Any disability

Windsor Heights has a crude rate of 21.9% for any disability among adults aged ≥ 18 years, which ranks 133rd out of 958 Iowa communities (20th out of 102 midsized communities). The age-adjusted rate for Windsor Heights is 19.8%, which ranks 57th out of 905 Iowa communities (13th out of 102 midsized communities).

Measure Type	Windsor Heights	All Comm.	Midsized Comm.
Crude	21.9%	25.6%	26.3%
Age-Adjusted	19.8%	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: Windsor Heights PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	52	8.5% (7.0% - 10.0%)	22	7.7% (6.4% - 9.0%)
Health Status	Mental Health	69	12.9% (11.1% - 14.7%)	38	13.8% (11.9% - 15.9%)
Health Status	General Health	62	10.8% (8.7% - 13.3%)	38	9.8% (8.0% - 11.8%)
Health Risk Behaviors	Binge Drinking	561	20.0% (17.9% - 22.5%)	520	22.2% (19.7% - 24.8%)
Health Risk Behaviors	Current Smoking	30	12.7% (9.6% - 16.1%)	37	13.1% (10.1% - 16.6%)
Health Risk Behaviors	Physical Inactivity	79	21.2% (17.4% - 25.0%)	58	19.9% (16.6% - 23.4%)
Health Risk Behaviors	Sleep <7 hours	27	26.5% (25.0% - 28.1%)	32	27.1% (25.5% - 28.8%)
Health Outcomes	All Teeth Lost	47	8.8% (4.9% - 14.5%)	32	8.6% (5.1% - 13.4%)
Health Outcomes	Diabetes	121	8.2% (6.9% - 9.4%)	25	6.8% (5.8% - 7.9%)
Health Outcomes	Cancer (except skin)	449	8.0% (7.3% - 8.8%)	418	6.5% (5.9% - 7.1%)
Health Outcomes	Arthritis	282	25.9% (23.2% - 28.5%)	135	21.9% (19.6% - 24.3%)
Health Outcomes	Chronic Kidney Disease	186	2.8% (2.5% - 3.2%)	12	2.3% (2.1% - 2.6%)
Health Outcomes	Obesity	72	33.5% (29.9% - 37.3%)	59	33.4% (29.9% - 37.1%)
Health Outcomes	High Blood Pressure	293	30.4% (27.7% - 33.1%)	209	26.2% (23.8% - 28.7%)
Health Outcomes	Stroke	152	2.7% (2.3% - 3.1%)	23	2.2% (1.8% - 2.5%)
Health Outcomes	Depression	624	18.5% (16.1% - 20.9%)	527	19.3% (16.9% - 21.9%)
Health Outcomes	Coronary Heart Disease	199	5.5% (4.7% - 6.5%)	30	4.3% (3.7% - 5.0%)
Health Outcomes	High Cholesterol	571	36.9% (34.0% - 39.8%)	818	31.0% (28.2% - 33.8%)
Health Outcomes	Current Asthma	23	8.7% (7.7% - 9.8%)	25	8.8% (7.8% - 9.9%)
Health Outcomes	COPD	75	5.5% (4.3% - 6.8%)	24	4.7% (3.7% - 5.7%)
Prevention	Annual Checkup	373	75.7% (72.9% - 78.4%)	190	73.4% (70.3% - 76.2%)
Prevention	Health Insurance	69	5.9% (4.4% - 7.8%)	57	6.1% (4.5% - 8.3%)
Prevention	Cervical Cancer Screening	133	85.1% (82.4% - 87.4%)	67	85.3% (82.8% - 87.5%)
Prevention	Core preventive services for older women	142	43.9% (37.0% - 50.6%)	65	46.3% (39.4% - 52.7%)
Prevention	Mammography	122	78.9% (75.1% - 82.1%)	66	77.6% (73.5% - 81.1%)
Prevention	Dental Visit	35	74.2% (70.7% - 77.4%)	37	74.0% (70.3% - 77.4%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	200	84.1% (81.6% - 86.5%)	51	81.4% (78.3% - 84.1%)
Prevention	Colorectal Cancer Screening	65	75.4% (72.4% - 78.0%)	54	75.2% (72.3% - 78.0%)
Prevention	Core preventive services for older men	17	54.3% (46.3% - 61.1%)	18	54.7% (47.1% - 61.5%)
Prevention	Taking BP Medication	819	76.4% (73.5% - 79.2%)	894	55.3% (51.3% - 59.2%)
Disability	Independent Living Disability	56	5.0% (4.0% - 6.1%)	26	4.7% (3.8% - 5.7%)
Disability	Mobility Disability	182	9.8% (7.9% - 11.9%)	73	8.0% (6.6% - 9.6%)
Disability	Hearing Disability	160	6.1% (5.2% - 7.0%)	13	4.9% (4.3% - 5.6%)
Disability	Cognitive Disability	32	9.0% (7.3% - 11.0%)	33	9.3% (7.7% - 11.2%)
Disability	Self-care Disability	60	2.5% (2.0% - 3.0%)	18	2.1% (1.8% - 2.6%)
Disability	Any Disability	133	21.9% (18.6% - 25.4%)	57	19.8% (16.9% - 23.1%)
Disability	Vision Disability	60	3.0% (2.5% - 3.7%)	30	2.7% (2.2% - 3.2%)

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)

Windsor Heights 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
