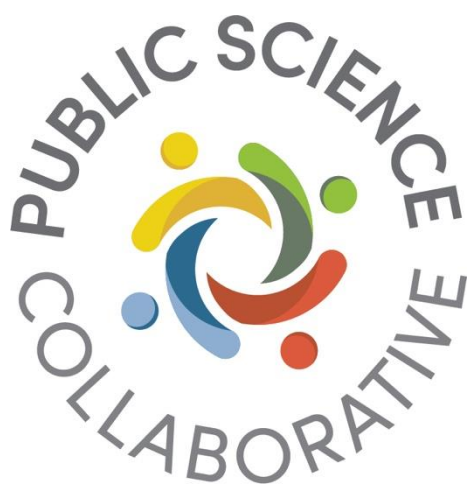# Iowa Community Health Snapshot Series

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

*May 2024*

*By Matthew Voss & Shawn Dorius*

# Iowa Community Health Snapshot Series

## Table of contents

# Health in Woodbine: Overview

Dear Community Members & Stakeholders of Woodbine,

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 Woodbine ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Woodbine'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 Woodbine. 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 |
| Taking BP Medication | 131st | 25th | Taking BP Medication | 206th | 30th |
| Annual Checkup | 234th | 45th | Core preventive services for older men | 244th | 45th |
| Cholesterol Screening | 240th | 40th | Dental Visit | 342nd | 67th |
| Binge Drinking | 252nd | 43rd | Chronic Kidney Disease | 349th | 65th |
| Current Asthma | 311th | 46th | Stroke | 375th | 70th |

## 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 |
| Core preventive services for older women | 879th | 127th | Depression | 758th | 116th |
| Any Disability | 809th | 112th | Mammography | 757th | 116th |
| Cancer (except skin) | 805th | 101st | Core preventive services for older women | 702nd | 124th |
| Hearing Disability | 802nd | 106th | Sleep <7 hours | 679th | 111th |
| Arthritis | 795th | 108th | Colorectal Cancer Screening | 671st | 115th |

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 Woodbine.

Sincerely,

*Shawn F. Dorius, PhD*
*Iowa State University*
*Public Science Collaborative*

PUBLIC SCIENCE COLLABORATIVE

IOWA STATE UNIVERSITY
Extension and Outreach
**Community and Economic Development**

## How to Use this Report

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

With a population of 1,286, Woodbine'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 table shows rates in your community compared with the state midpoint and the population group

| Measure Type | Ames | All Comm. | Large Comm. |
|---|---|---|---|
| Crude | 20.2% | 14.3% | 16.3% |
| Age-Adjusted | 15.0% | 15.5% | 15.6% |

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

**Mental Health**

Crude Rate

Age−Adjusted Rate

Mental health not good for >=14 days among adults aged >=18 years

—— Ames      – – – All Communities (Median)      · · · · · Large Communities (Median)

The legend shows the meaning of the solid, dashed, and dotted lines

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**

Woodbine has a crude rate of 15.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 629th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Woodbine is 13.0%, which ranks 505th out of 905 Iowa communities (83rd out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 15.1% | 14.3% | 14.0% |
| Age-Adjusted | 13.0% | 12.7% | 12.4% |



Poor General Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021
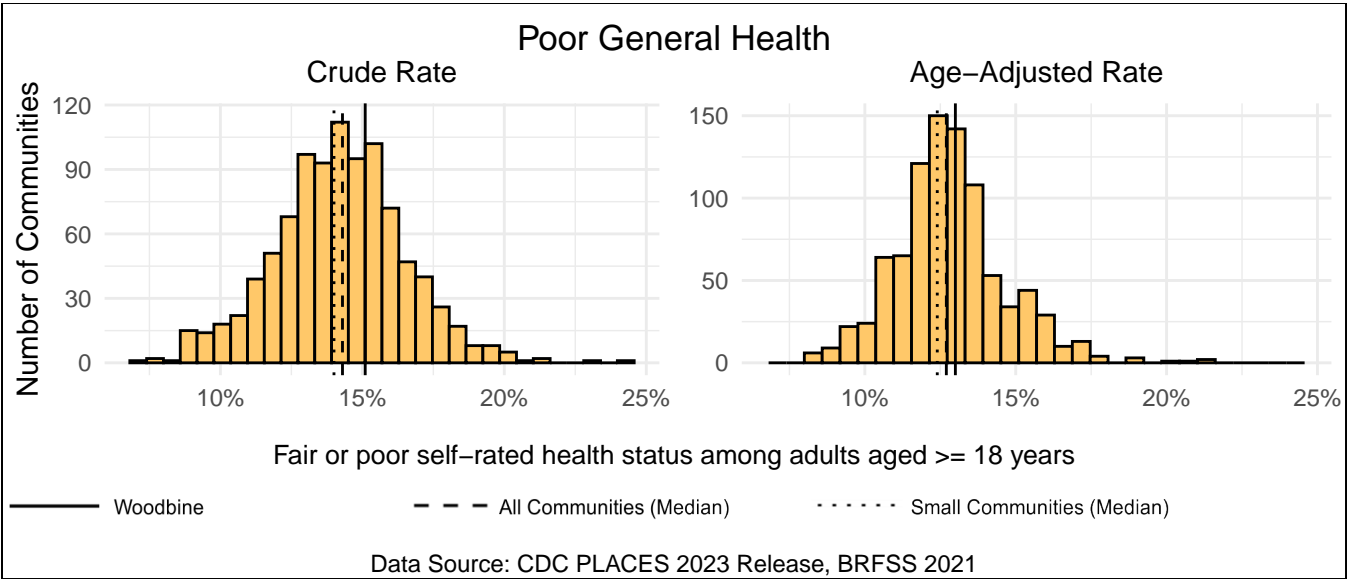
## Poor Physical Health

Woodbine has a crude rate of 11.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 656th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Woodbine is 9.9%, which ranks 518th out of 905 Iowa communities (86th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 11.4% | 10.8% | 10.6% |
| Age-Adjusted | 9.9% | 9.7% | 9.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
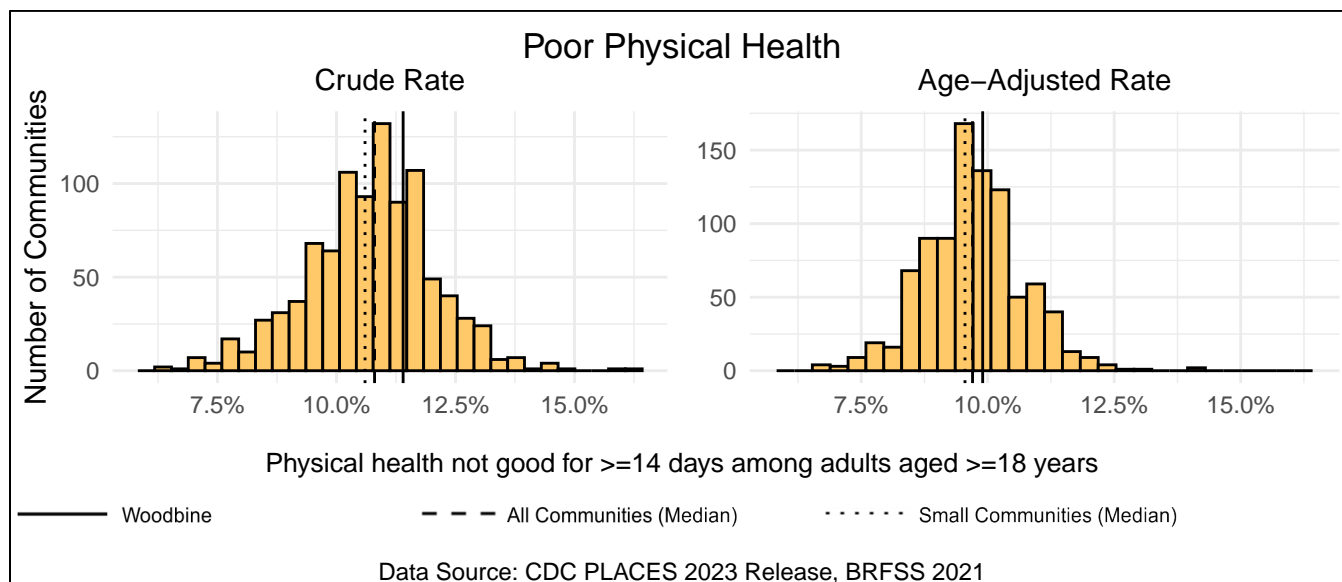
## Poor Mental Health

Woodbine has a crude rate of 14.1% for mental health not good for >=14 days among adults aged >=18 years, which ranks 390th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Woodbine is 16.1%, which ranks 658th out of 905 Iowa communities (105th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 14.1% | 14.3% | 14.1% |
| Age-Adjusted | 16.1% | 15.5% | 15.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
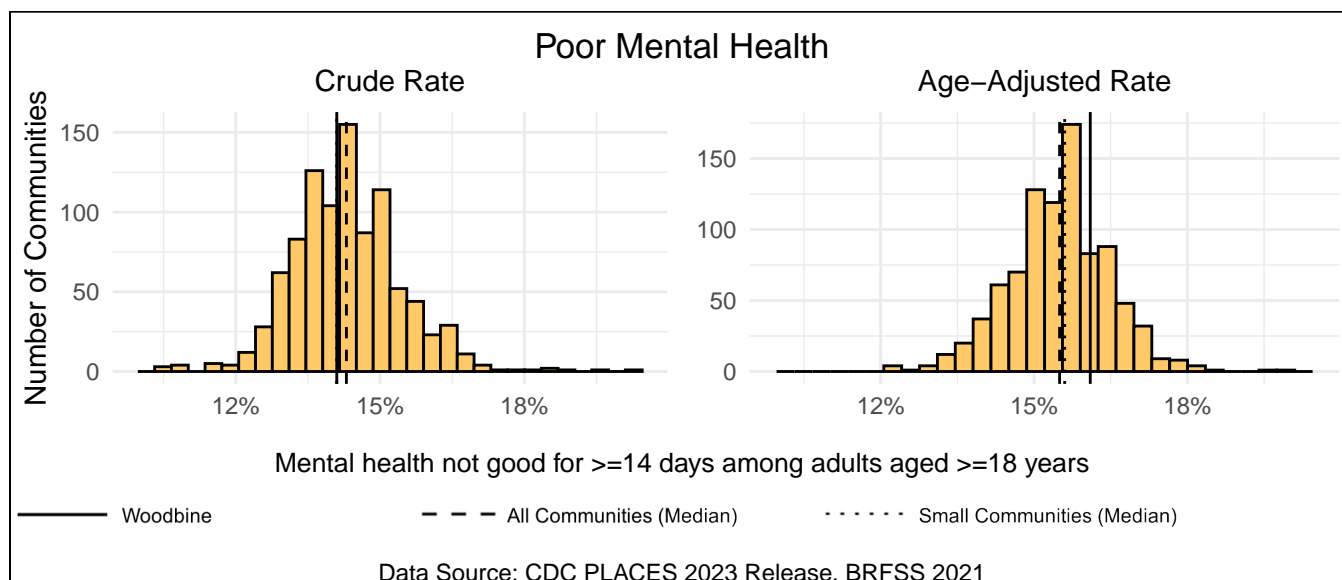
# Health Risk Behaviors

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

Woodbine has a crude rate of 18.2% for binge drinking among adults aged >=18 years, which ranks 252nd out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Woodbine is 22.3%, which ranks 554th out of 905 Iowa communities (77th out of 138 small communities).
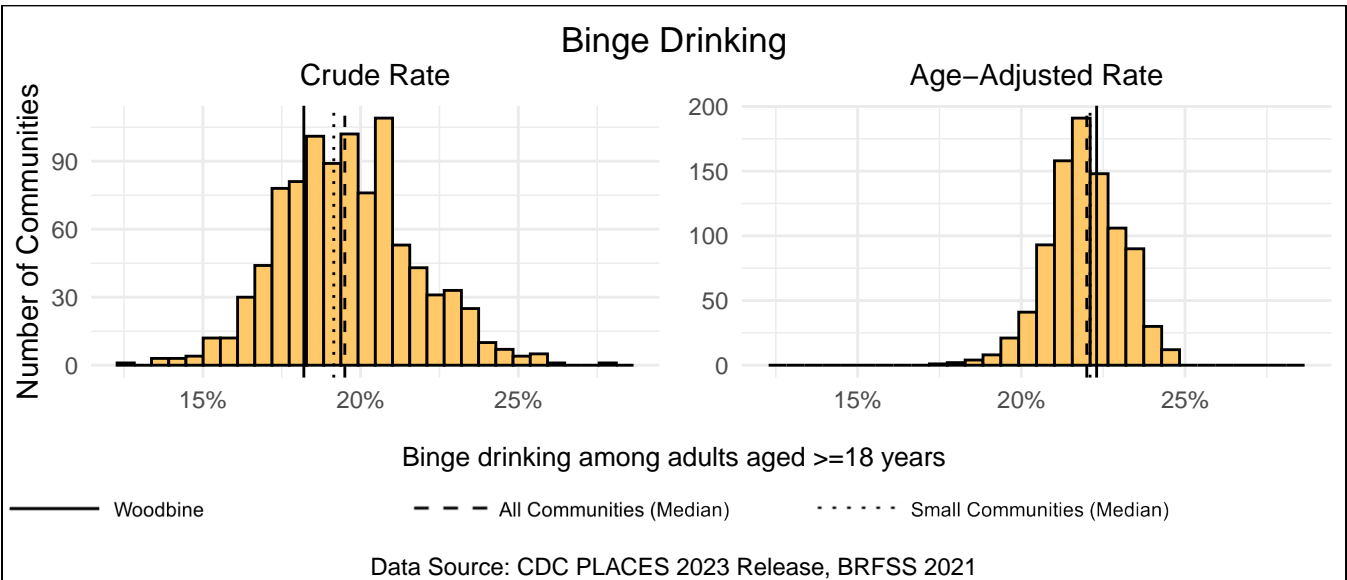
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 18.2% | 19.5% | 19.1% |
| Age-Adjusted | 22.3% | 22.0% | 22.1% |



Binge Drinking

Crude Rate — Age−Adjusted Rate

Binge drinking among adults aged >=18 years

——— Woodbine    – – – All Communities (Median)    · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Current Smoking

Woodbine has a crude rate of 16.4% for current smoking among adults aged >=18 years, which ranks 380th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Woodbine is 18.3%, which ranks 602nd out of 905 Iowa communities (99th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 16.4% | 16.8% | 16.1% |
| Age-Adjusted | 18.3% | 17.5% | 17.2% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Physical Inactivity

Woodbine has a crude rate of 27.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 678th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Woodbine is 24.7%, which ranks 504th out of 905 Iowa communities (85th out of 138 small communities).
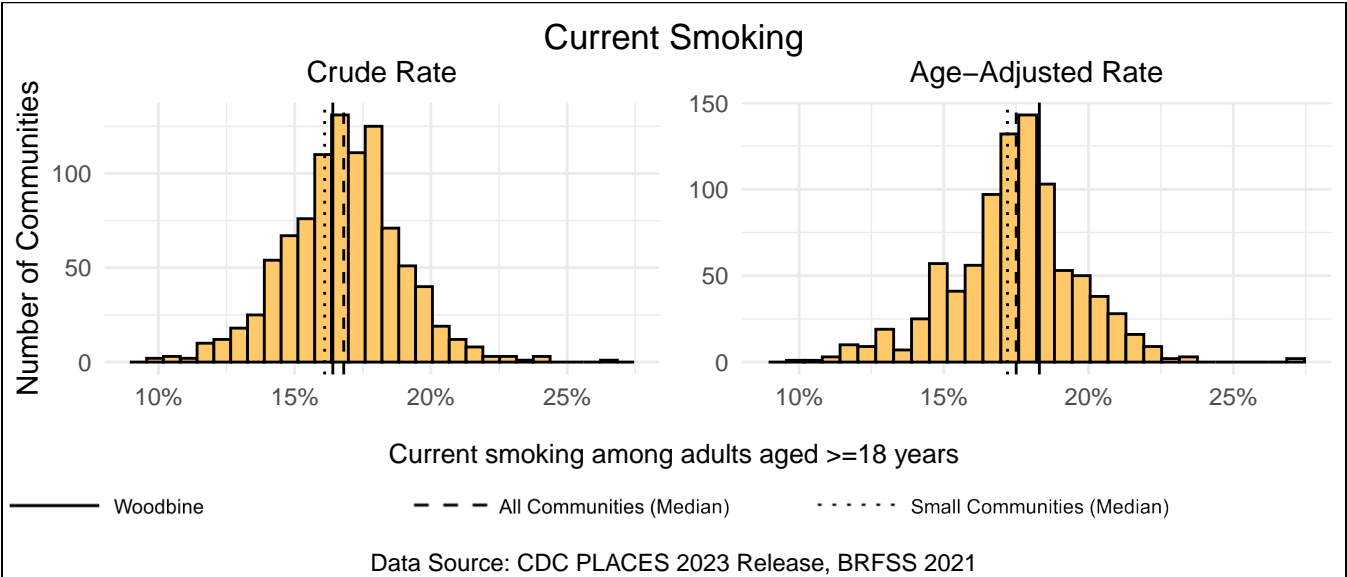
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 27.6% | 26.1% | 25.8% |
| Age-Adjusted | 24.7% | 24.3% | 23.9% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

Woodbine has a crude rate of 30.4% for sleeping less than 7 hours among adults aged >=18 years, which ranks 498th out of 958 Iowa communities (87th out of 138 small communities).  The age-adjusted rate for Woodbine is 32.1%, which ranks 679th out of 905 Iowa communities (111th out of 138 small communities).
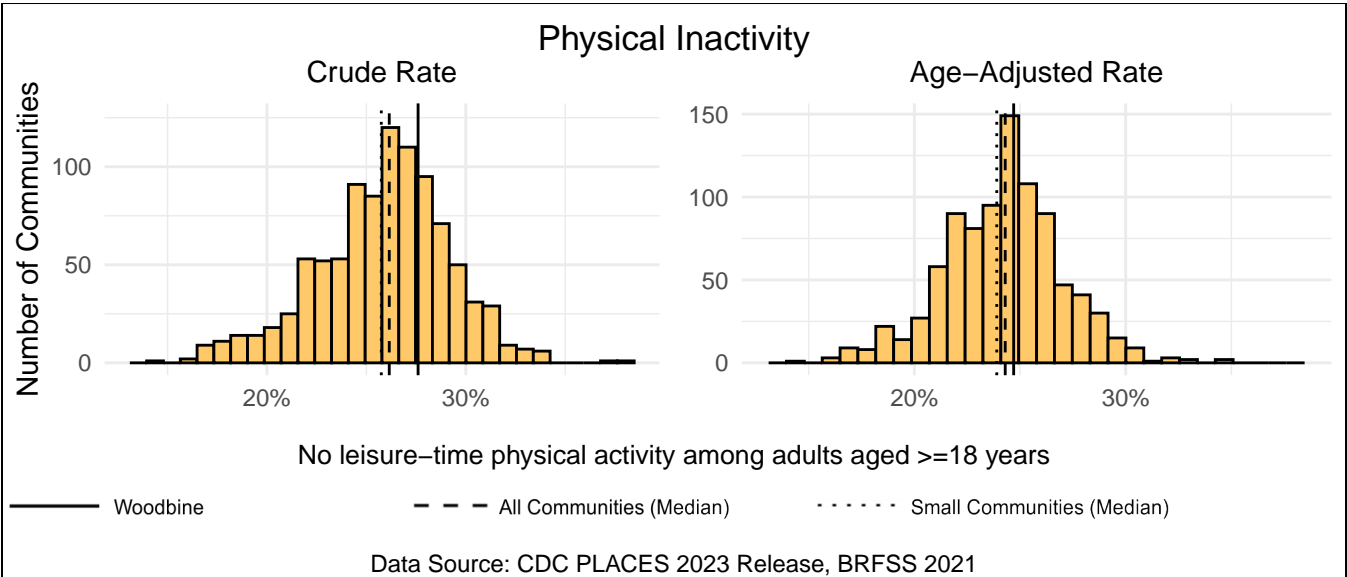
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 30.4% | 30.2% | 29.9% |
| Age-Adjusted | 32.1% | 31.1% | 31.0% |



Data Source: CDC PLACES 2023 Release, BRFSS 2020
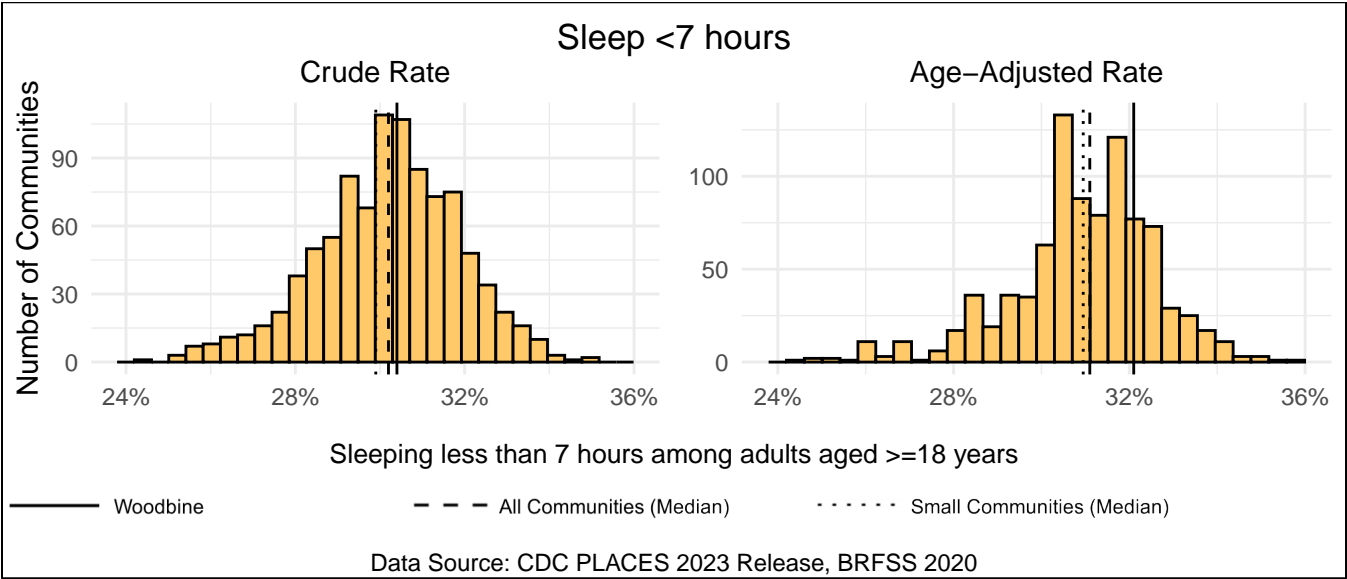
# Health Outcomes

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**

Woodbine has a crude rate of 30.8% for arthritis among adults aged >=18 years, which ranks 795th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Woodbine is 23.7%, which ranks 606th out of 905 Iowa communities (100th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 30.8% | 27.9% | 28.4% |
| Age-Adjusted | 23.7% | 23.1% | 23.2% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
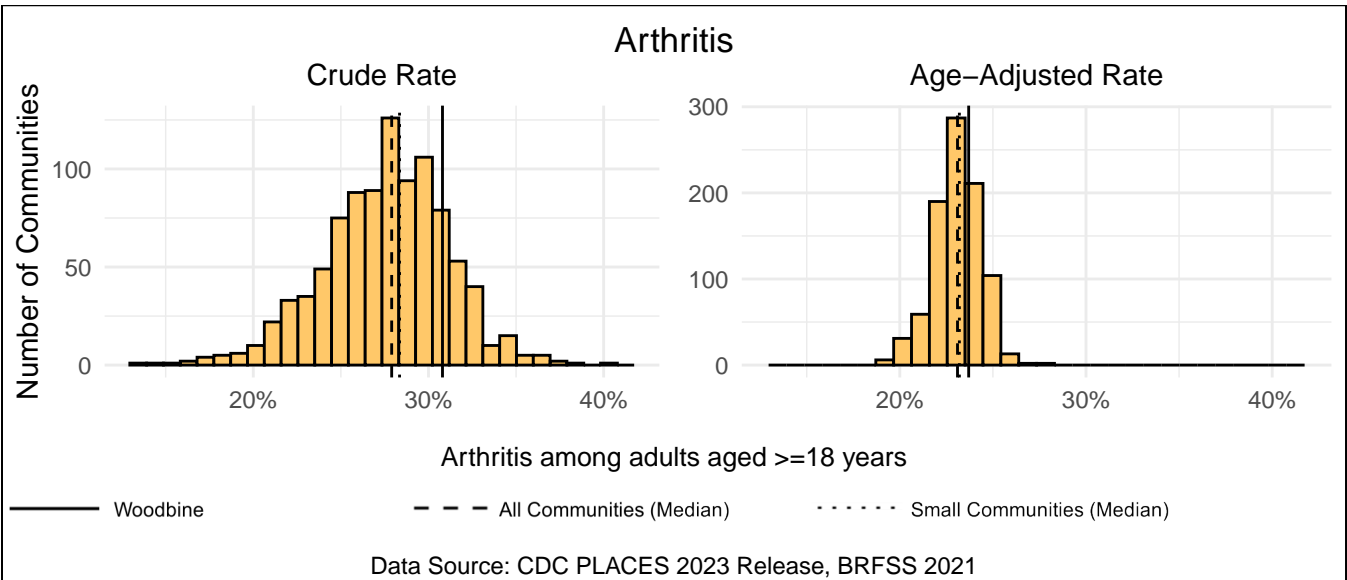
## High Blood Pressure

Woodbine 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 Woodbine is 27.8%, which ranks 572nd out of 905 Iowa communities (96th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 35.3% | 32.0% | 32.5% |
| Age-Adjusted | 27.8% | 27.3% | 27.0% |

### High Blood Pressure



Data Source: CDC PLACES 2023 Release, BRFSS 2021
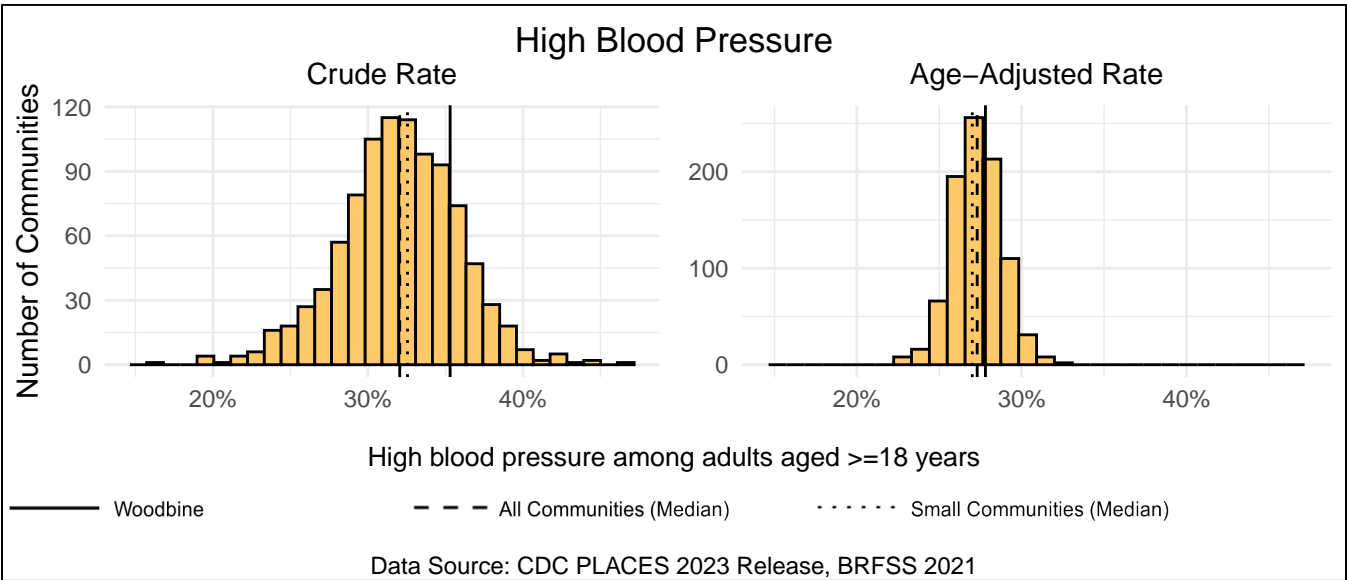
## Cancer (except skin)

Woodbine has a crude rate of 9.4% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 805th out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Woodbine is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 9.4% | 8.0% | 8.4% |
| Age-Adjusted | 6.5% | 6.5% | 6.5% |

### Cancer (except skin)



Data Source: CDC PLACES 2023 Release, BRFSS 2021
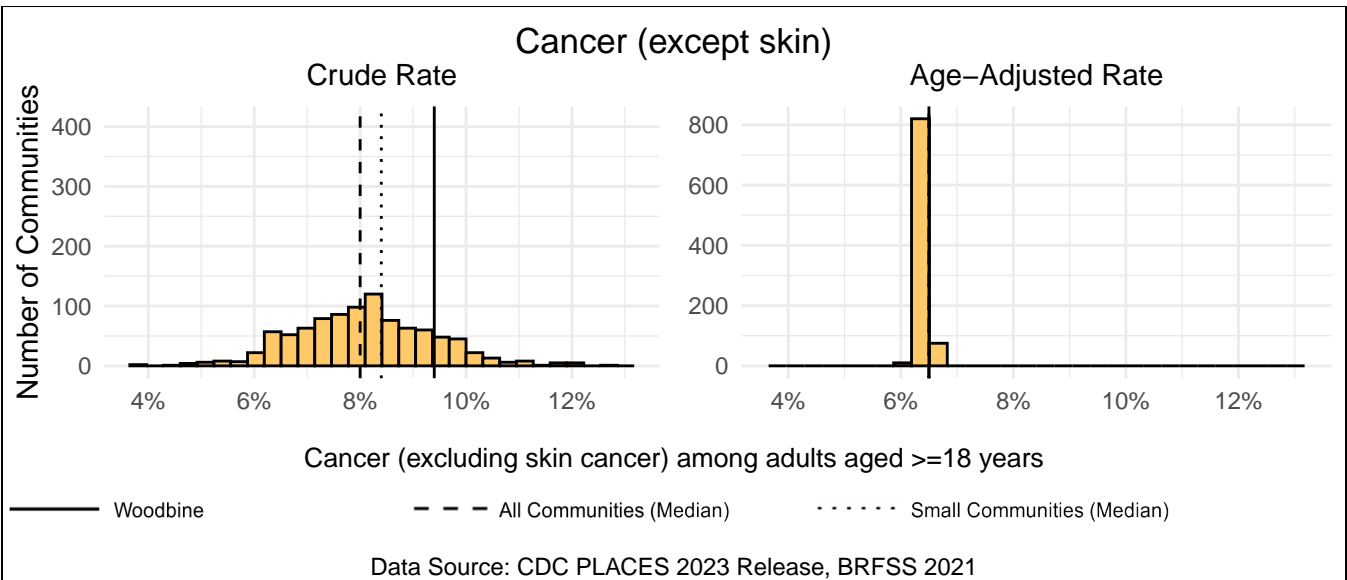
## Current Asthma

Woodbine has a crude rate of 9.2% for current asthma among adults aged >=18 years, which ranks 311th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Woodbine is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 9.2% | 9.3% | 9.3% |
| Age-Adjusted | 9.6% | 9.5% | 9.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
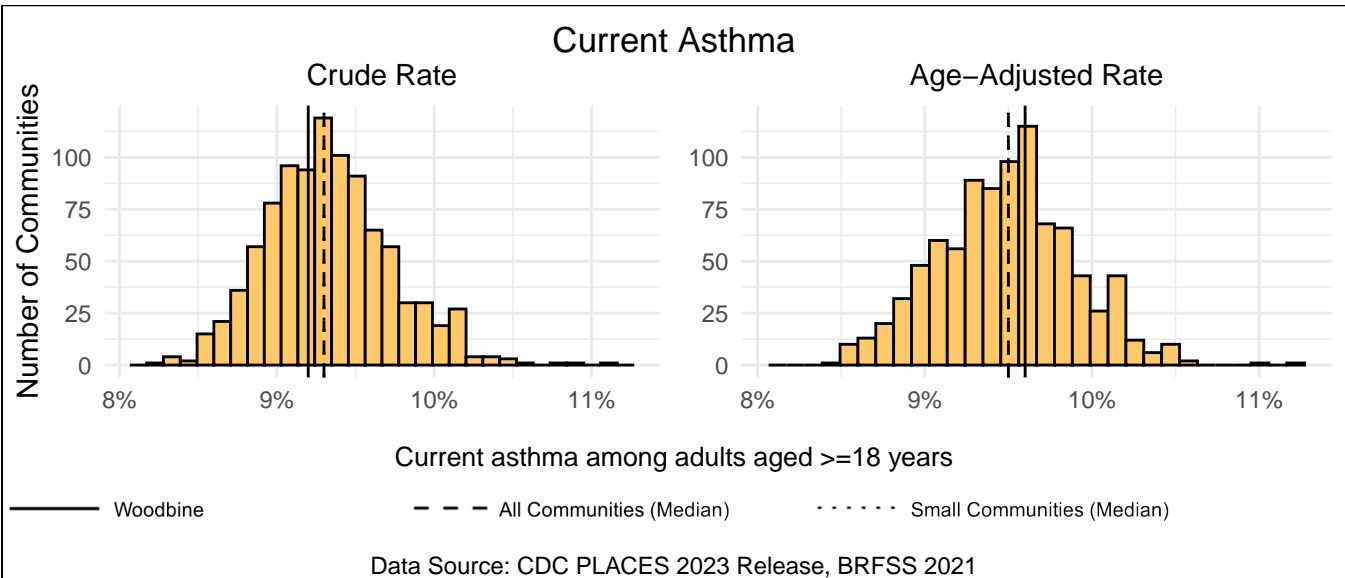
## Coronary Heart Disease

Woodbine has a crude rate of 7.6% for coronary heart disease among adults aged >=18 years, which ranks 769th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Woodbine is 5.0%, which ranks 419th out of 905 Iowa communities (85th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 7.6% | 6.4% | 6.7% |
| Age-Adjusted | 5.0% | 5.0% | 4.9% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
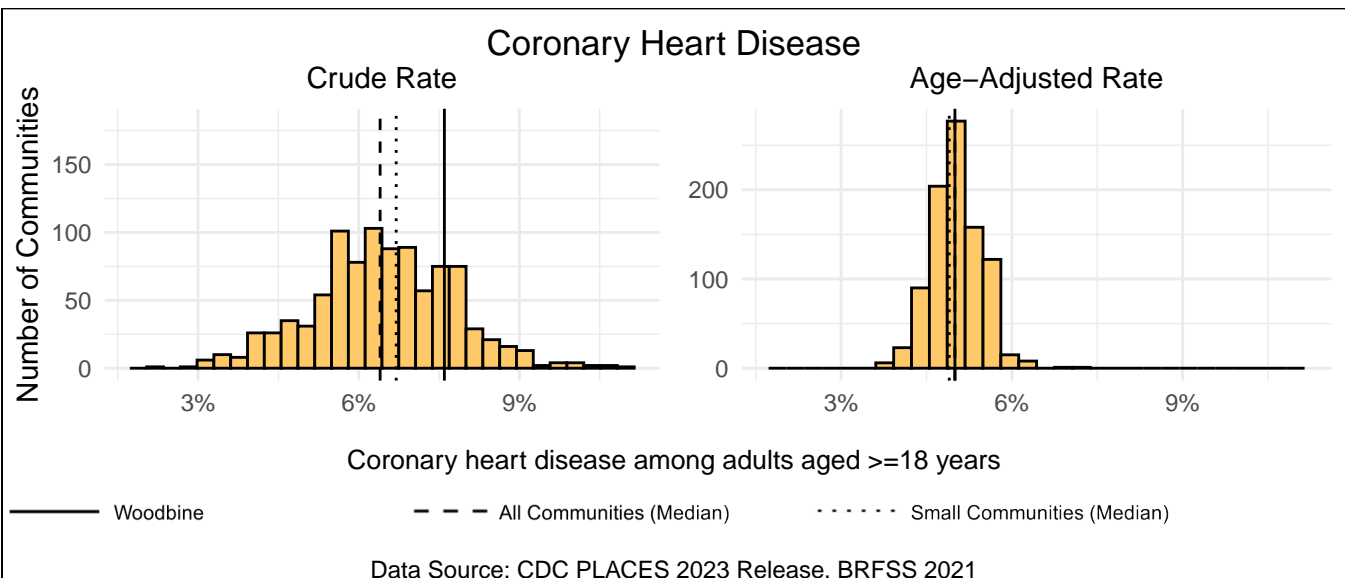
## COPD

Woodbine has a crude rate of 8.1% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 674th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Woodbine is 6.4%, which ranks 513th out of 905 Iowa communities (82nd out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 8.1% | 7.4% | 7.4% |
| Age-Adjusted | 6.4% | 6.2% | 6.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
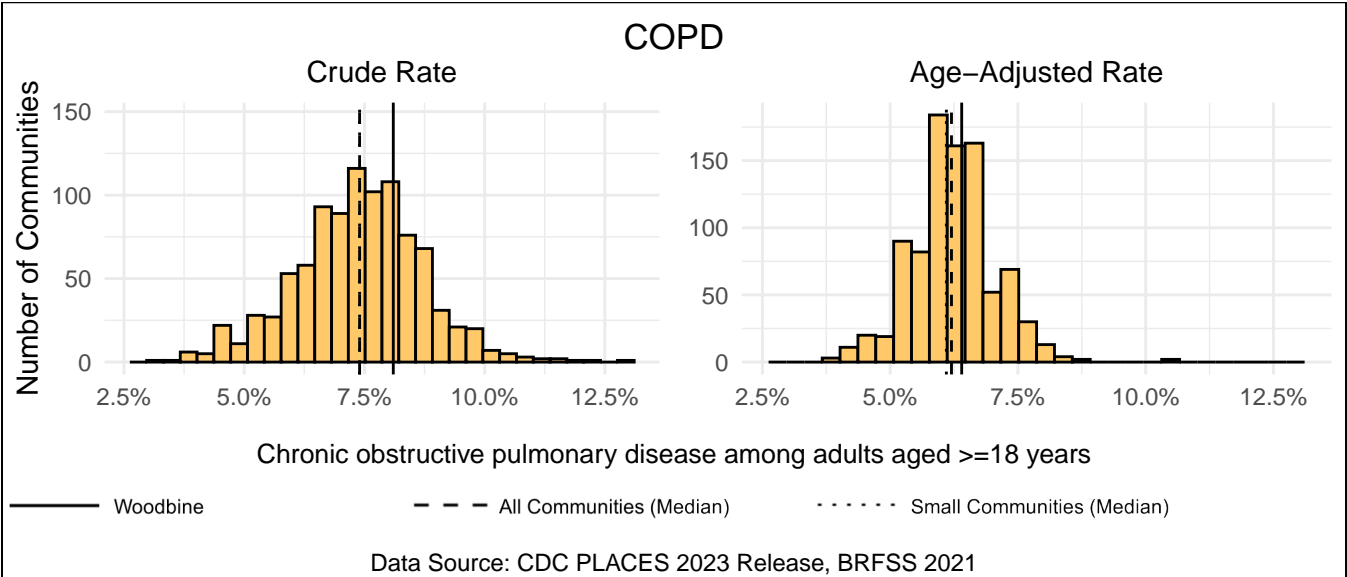
## Depression

Woodbine has a crude rate of 18.2% for depression among adults aged >=18 years, which ranks 537th out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Woodbine is 20.1%, which ranks 758th out of 905 Iowa communities (116th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 18.2% | 18.0% | 17.9% |
| Age-Adjusted | 20.1% | 19.0% | 19.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
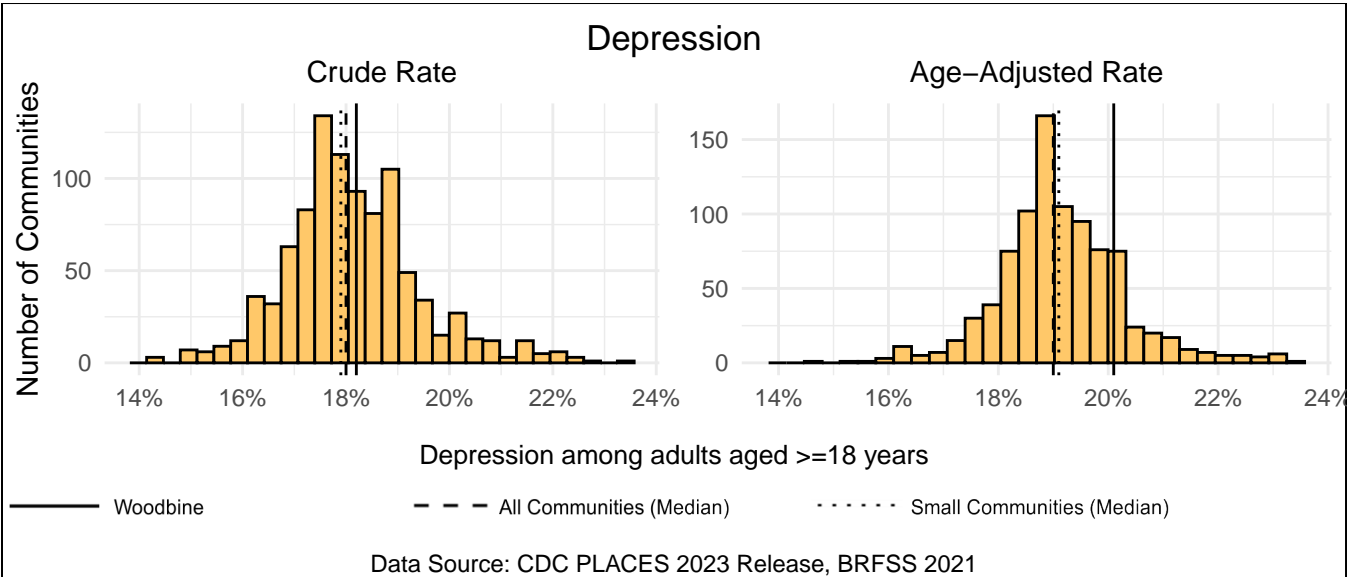
## Diabetes

Woodbine has a crude rate of 10.8% for diagnosed diabetes among adults aged >=18 years, which ranks 651st out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Woodbine is 8.2%, which ranks 454th out of 905 Iowa communities (78th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 10.8% | 10.1% | 10.0% |
| Age-Adjusted | 8.2% | 8.1% | 8.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
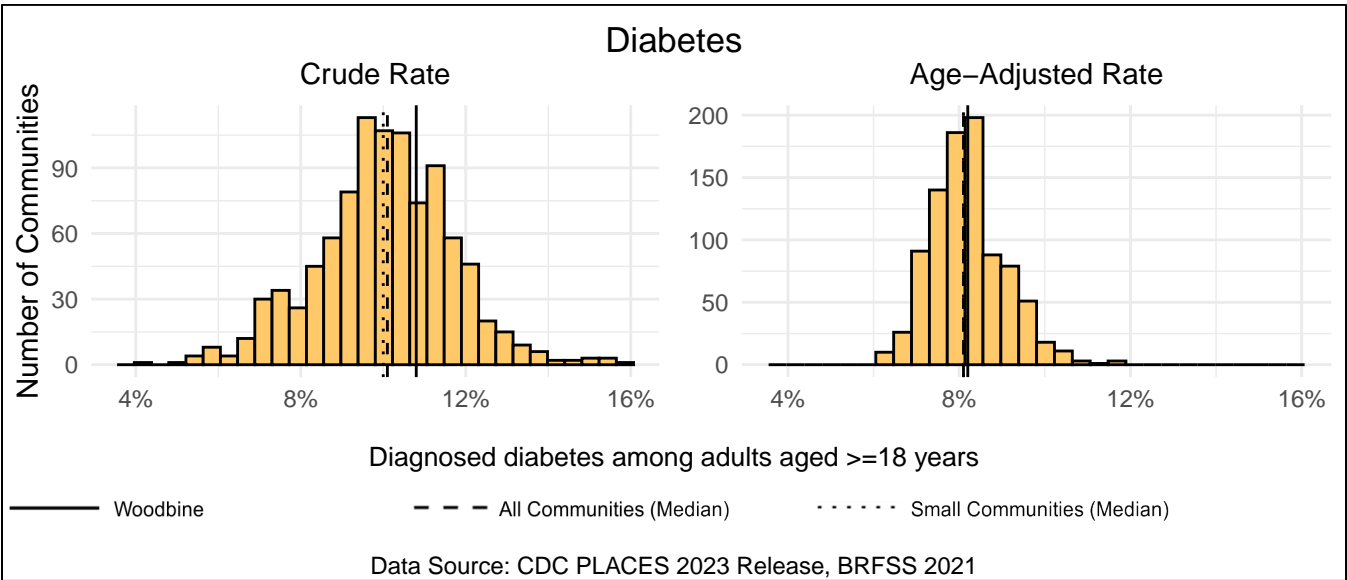
## High Cholesterol

Woodbine has a crude rate of 38.6% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 787th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Woodbine is 30.4%, which ranks 669th out of 905 Iowa communities (111th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 38.6% | 36.2% | 36.4% |
| Age-Adjusted | 30.4% | 29.7% | 29.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
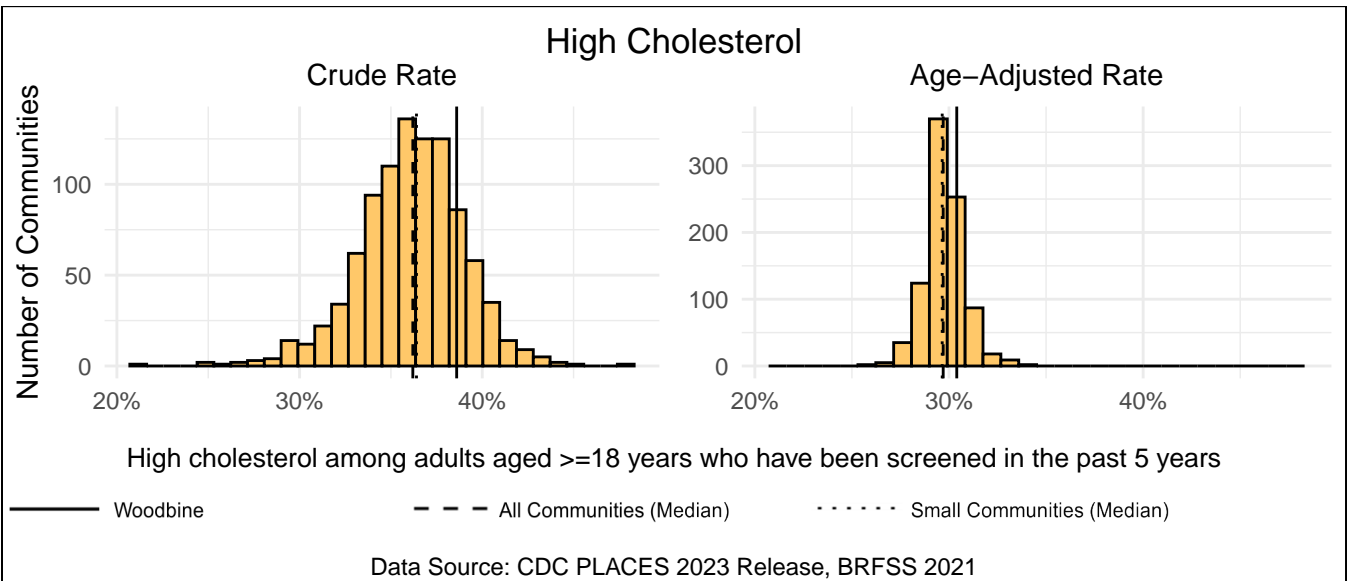
## Chronic Kidney Disease

Woodbine has a crude rate of 3.7% for chronic kidney disease among adults aged >=18 years, which ranks 787th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Woodbine is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 3.7% | 3.2% | 3.3% |
| Age-Adjusted | 2.6% | 2.6% | 2.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
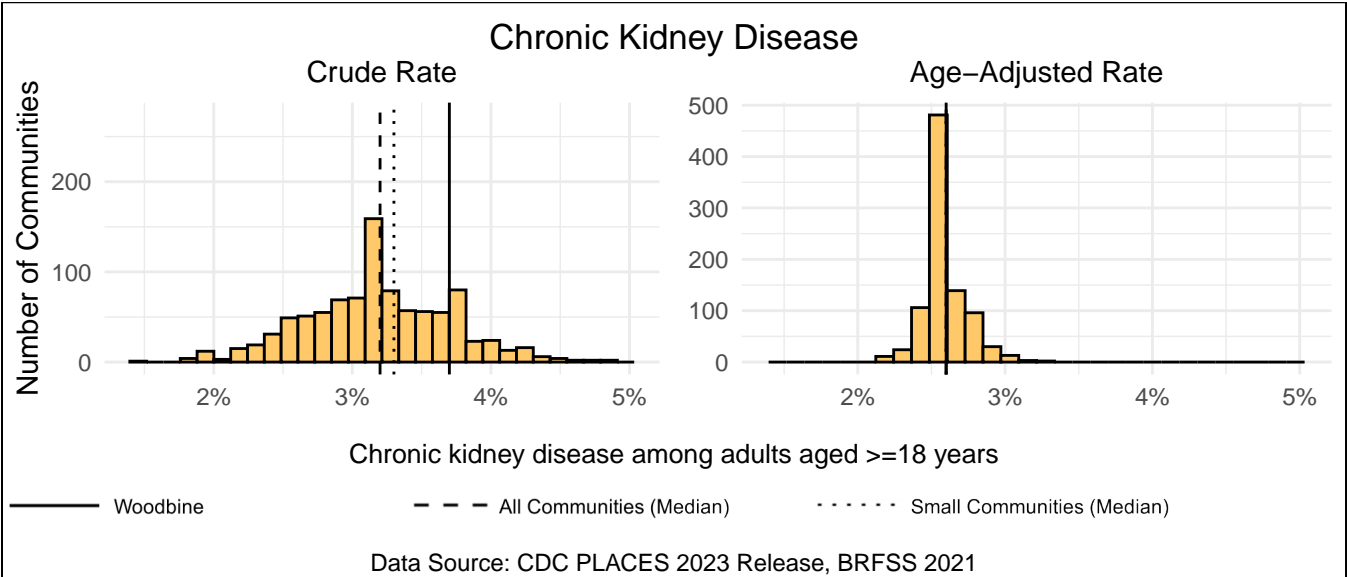
## Obesity

Woodbine has a crude rate of 37.4% for obesity among adults aged >=18 years, which ranks 430th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Woodbine is 38.4%, which ranks 590th out of 905 Iowa communities (98th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 37.4% | 37.6% | 37.2% |
| Age-Adjusted | 38.4% | 37.6% | 37.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
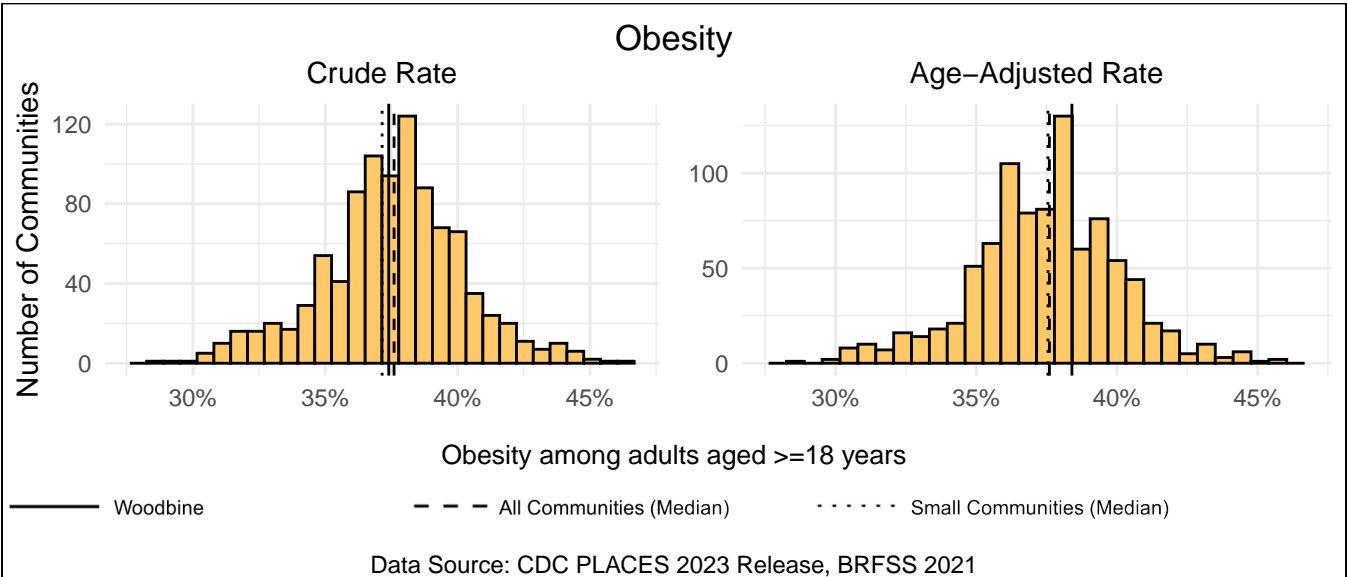
## Stroke

Woodbine 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 Woodbine is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 3.8% | 3.3% | 3.4% |
| Age-Adjusted | 2.6% | 2.6% | 2.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
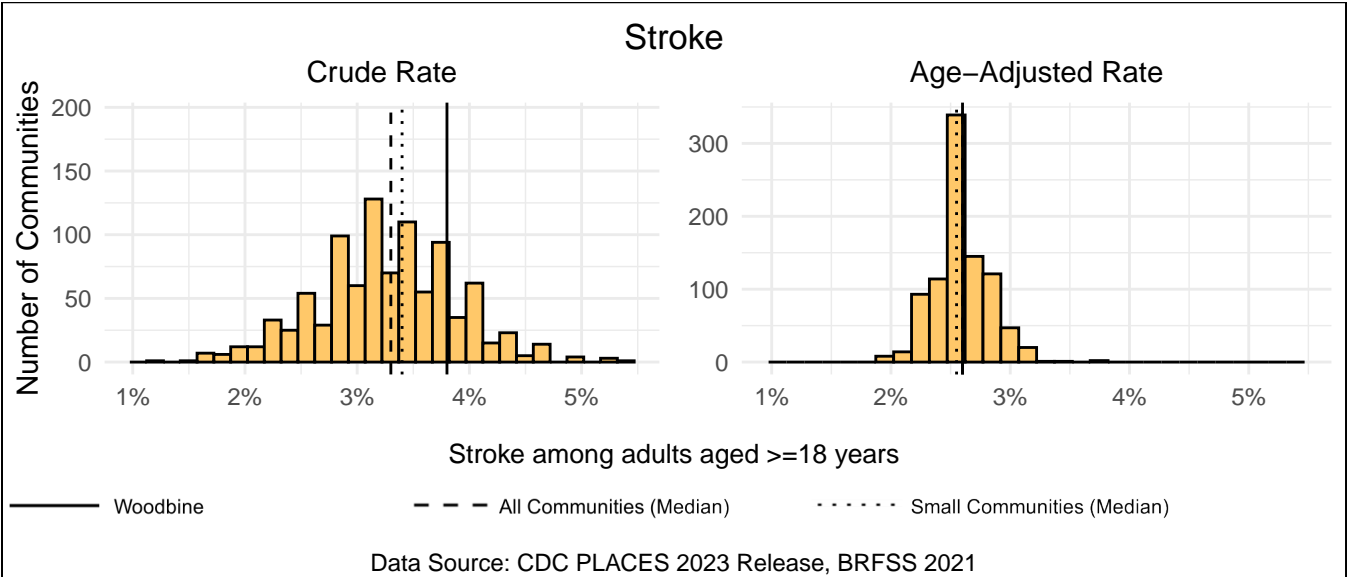
## All Teeth Lost

Woodbine has a crude rate of 13.6% for all teeth lost among adults aged >=65 years, which ranks 601st out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Woodbine is 13.0%, which ranks 482nd out of 905 Iowa communities (87th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 13.6% | 12.9% | 12.8% |
| Age-Adjusted | 13.0% | 12.8% | 12.3% |



Data Source: CDC PLACES 2023 Release, BRFSS 2020
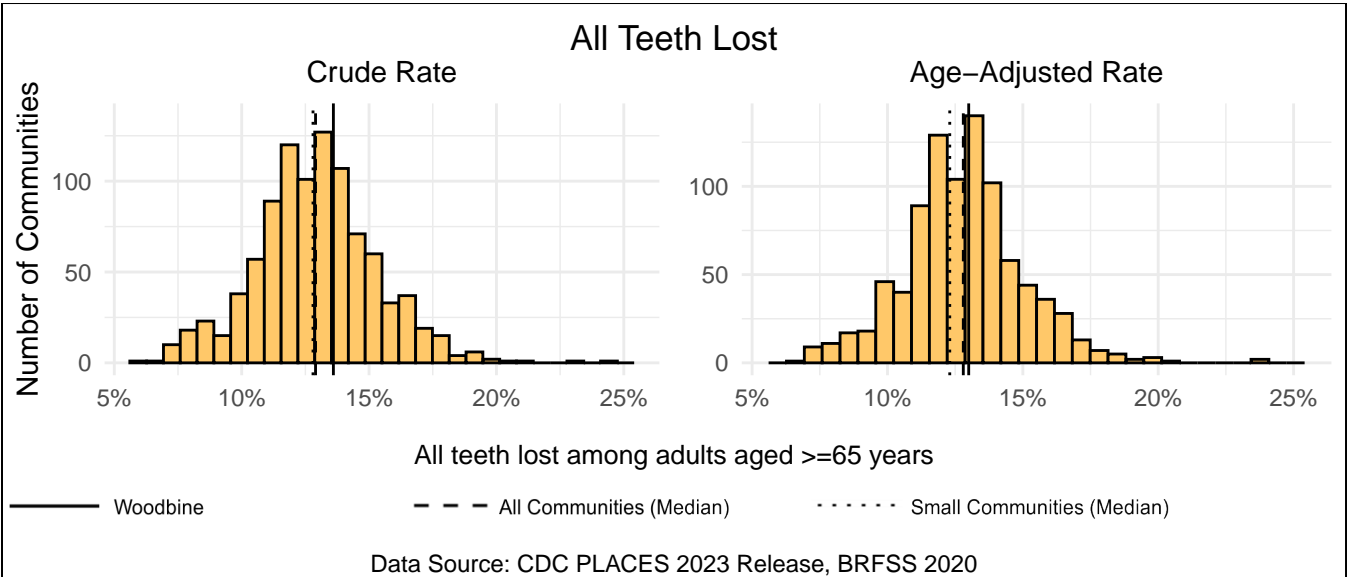
# Prevention

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**

Woodbine has a crude rate of 7.5% for current lack of health insurance among adults aged 18–64 years, which ranks 533rd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for Woodbine is 7.8%, which ranks 458th out of 905 Iowa communities (77th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 7.5% | 7.3% | 7.2% |
| Age-Adjusted | 7.8% | 7.7% | 7.5% |



Lack of Health Insurance. Crude Rate and Age–Adjusted Rate. Current lack of health insurance among adults aged 18–64 years. Woodbine — All Communities (Median) — Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
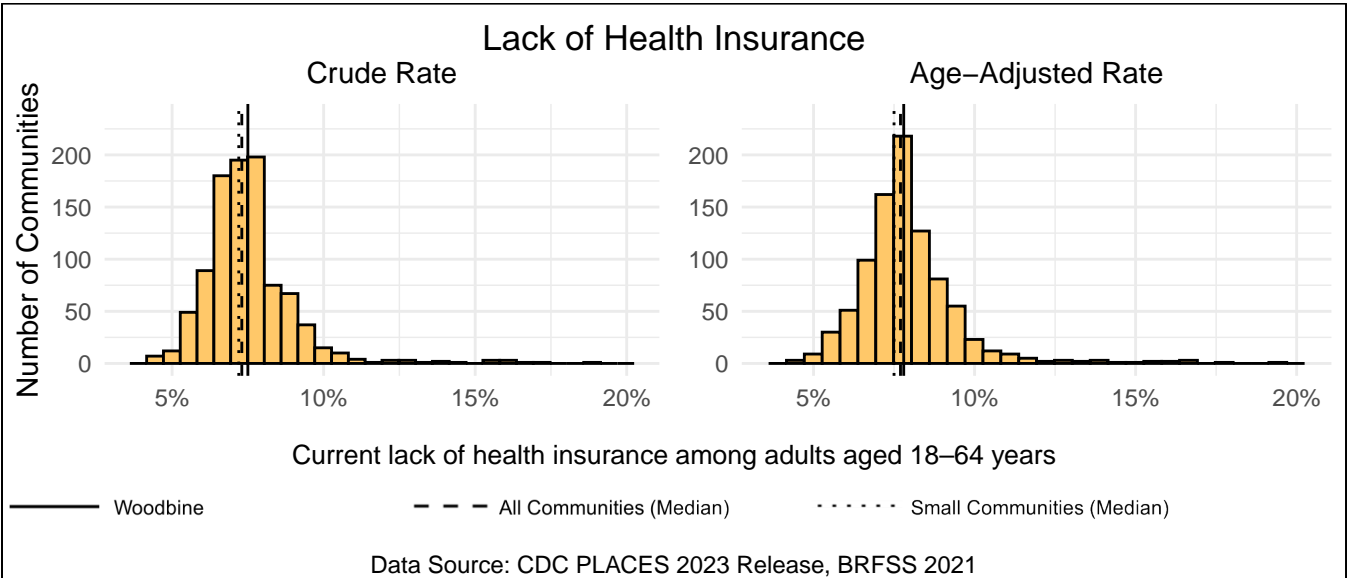
## Taking BP Medication

Woodbine has a crude rate of 82.4% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 131st out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Woodbine is 59.5%, which ranks 206th out of 905 Iowa communities (30th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 82.4% | 79.8% | 80.2% |
| Age-Adjusted | 59.5% | 59.0% | 59.0% |



Taking BP Medication

Crude Rate — Age–Adjusted Rate

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

——— Woodbine     – – – All Communities (Median)     ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cervical Cancer Screening

Woodbine has a crude rate of 82.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 614th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Woodbine is 82.9%, which ranks 547th out of 905 Iowa communities (102nd out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 82.7% | 83.3% | 83.6% |
| Age-Adjusted | 82.9% | 83.2% | 83.5% |



Cervical Cancer Screening

Crude Rate — Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

——— Woodbine     – – – All Communities (Median)     ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Annual Checkup

Woodbine has a crude rate of 76.4% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 234th out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Woodbine is 72.1%, which ranks 597th out of 905 Iowa communities (104th out of 138 small communities).
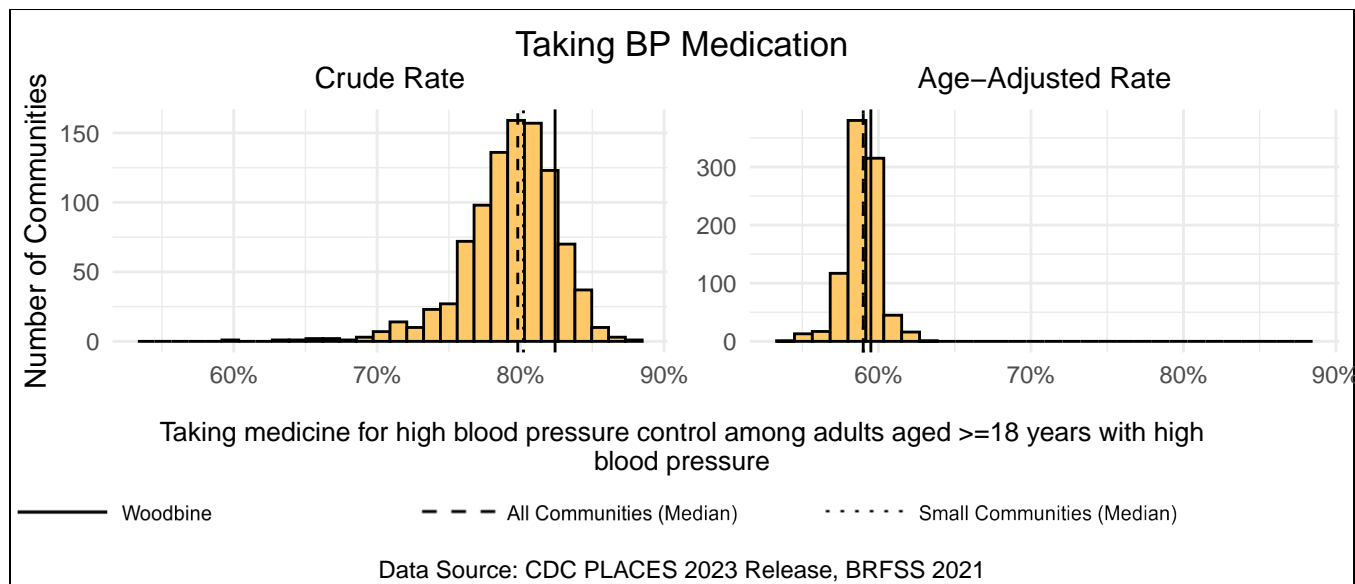
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 76.4% | 75.2% | 75.5% |
| Age-Adjusted | 72.1% | 72.6% | 72.6% |



Annual Checkup — Crude Rate and Age–Adjusted Rate. Visits to doctor for routine checkup within the past year among adults aged >=18 years. Woodbine; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cholesterol Screening

Woodbine has a crude rate of 83.8% for cholesterol screening among adults aged >=18 years, which ranks 240th out of 958 Iowa communities (40th out of 138 small communities). The age-adjusted rate for Woodbine is 79.2%, which ranks 408th out of 905 Iowa communities (74th out of 138 small communities).
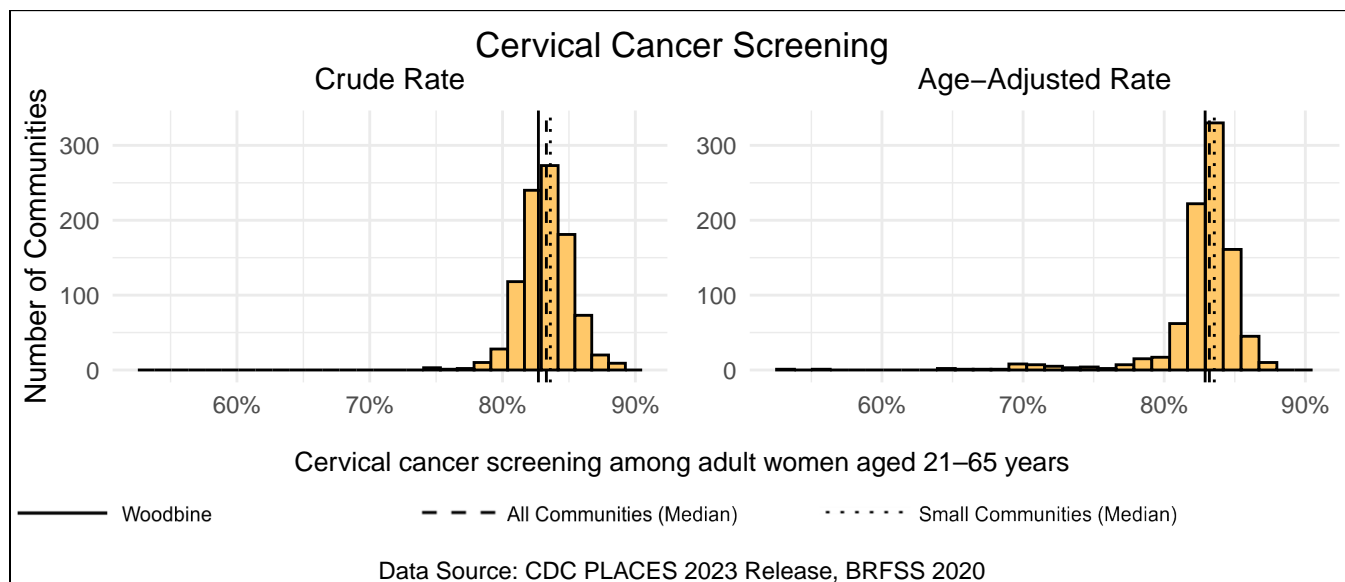
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 83.8% | 82.6% | 82.9% |
| Age-Adjusted | 79.2% | 79.1% | 79.4% |



Cholesterol Screening — Crude Rate and Age–Adjusted Rate. Cholesterol screening among adults aged >=18 years. Woodbine; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Colorectal Cancer Screening

Woodbine has a crude rate of 70.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 611th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Woodbine is 69.8%, which ranks 671st out of 905 Iowa communities (115th out of 138 small communities).
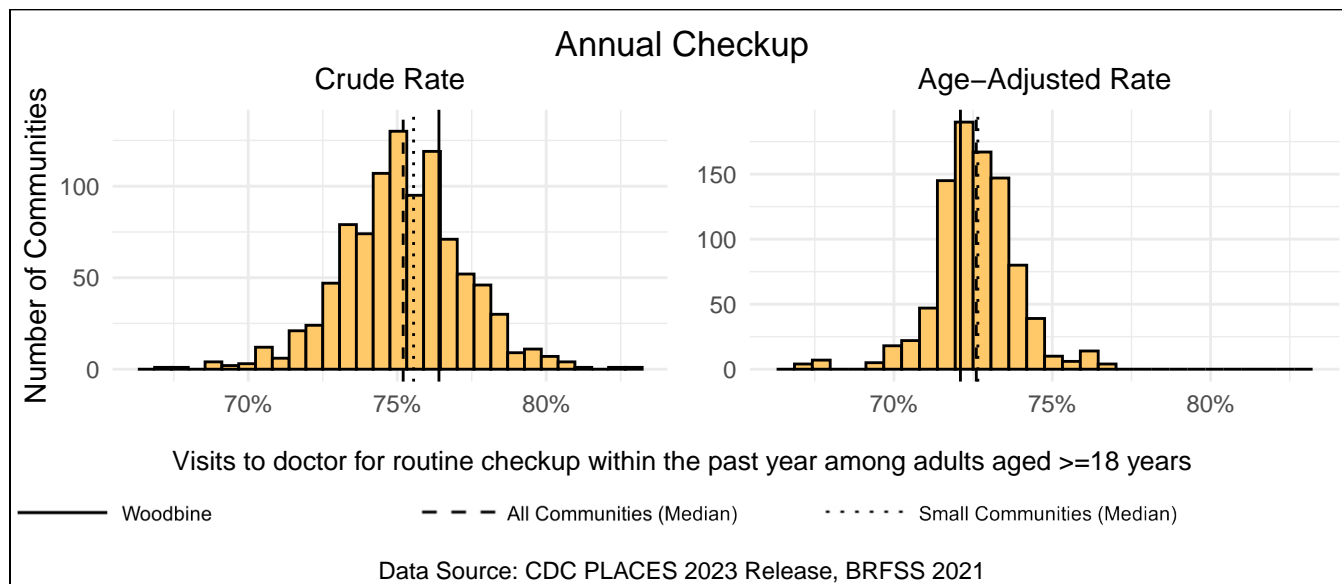
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 70.7% | 71.6% | 71.9% |
| Age-Adjusted | 69.8% | 70.9% | 71.1% |



Colorectal Cancer Screening

Crude Rate — Age–Adjusted Rate

Colorectal cancer screening among adults aged 50–75 years

Woodbine — All Communities (Median) — Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older men

Woodbine has a crude rate of 45.2% 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 311th out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Woodbine is 46.0%, which ranks 244th out of 905 Iowa communities (45th out of 138 small communities).
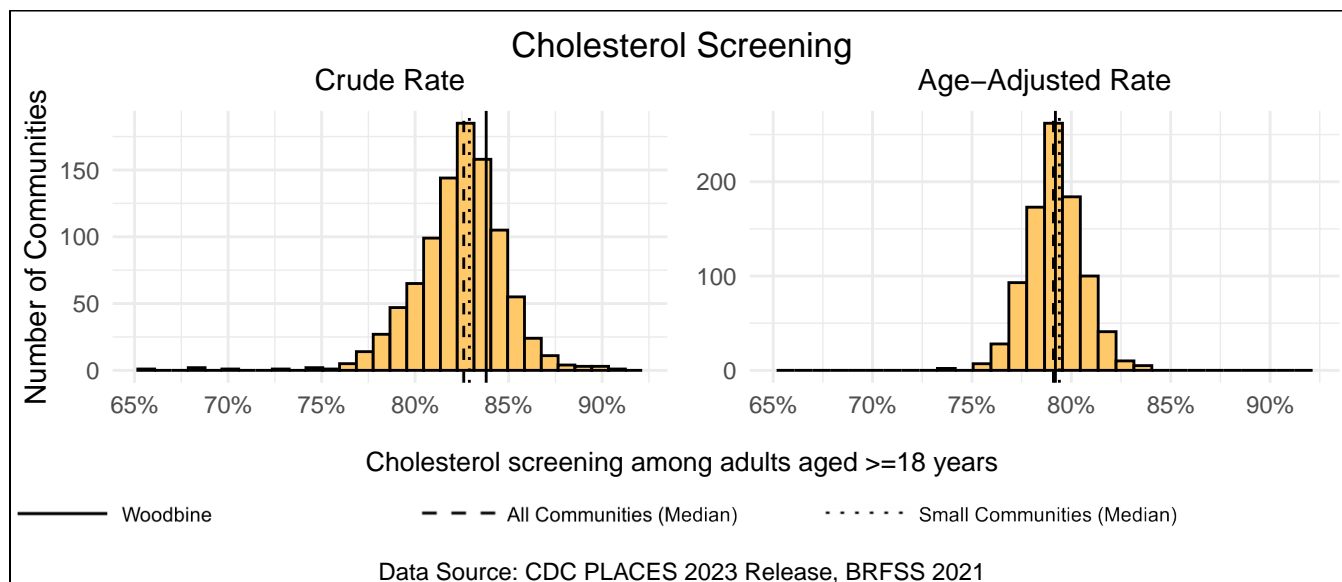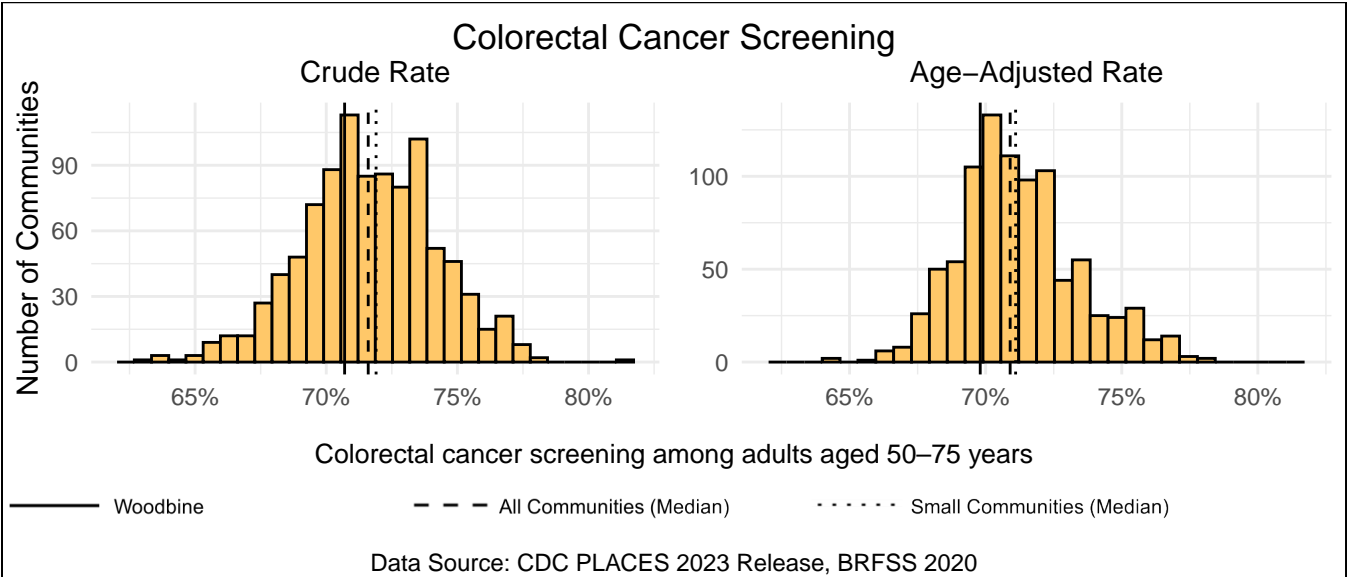
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 45.2% | 43.5% | 43.8% |
| Age-Adjusted | 46.0% | 43.5% | 44.2% |

## Core preventive services for older men

**Crude Rate**      **Age–Adjusted Rate**

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

—— Woodbine     − − − All Communities (Median)     · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

**Core preventive services for older women**

Woodbine has a crude rate of 34.2% 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 879th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Woodbine is 37.7%, which ranks 702nd out of 905 Iowa communities (124th out of 138 small communities).
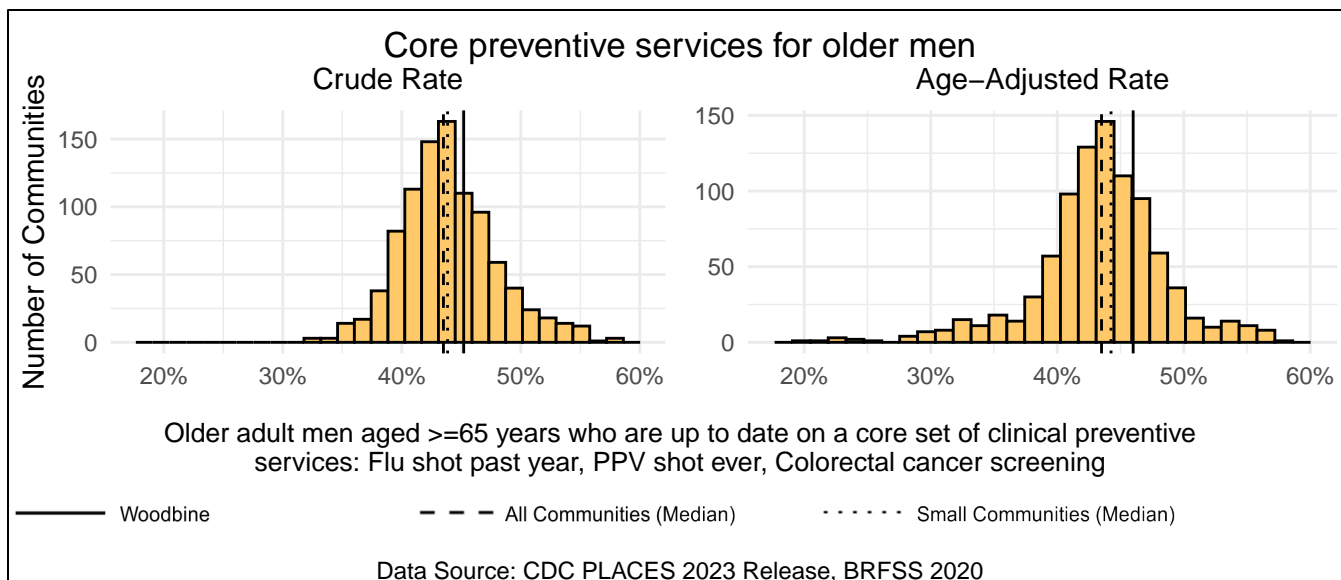
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 34.2% | 39.0% | 38.2% |
| Age-Adjusted | 37.7% | 39.9% | 40.7% |



Core preventive services for older women

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

Woodbine ——— All Communities (Median) – – – Small Communities (Median) · · · · · ·

Data Source: CDC PLACES 2023 Release, BRFSS 2020

**Dental Visit**

Woodbine has a crude rate of 68.5% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 334th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Woodbine is 67.7%, which ranks 342nd out of 905 Iowa communities (67th out of 138 small communities).
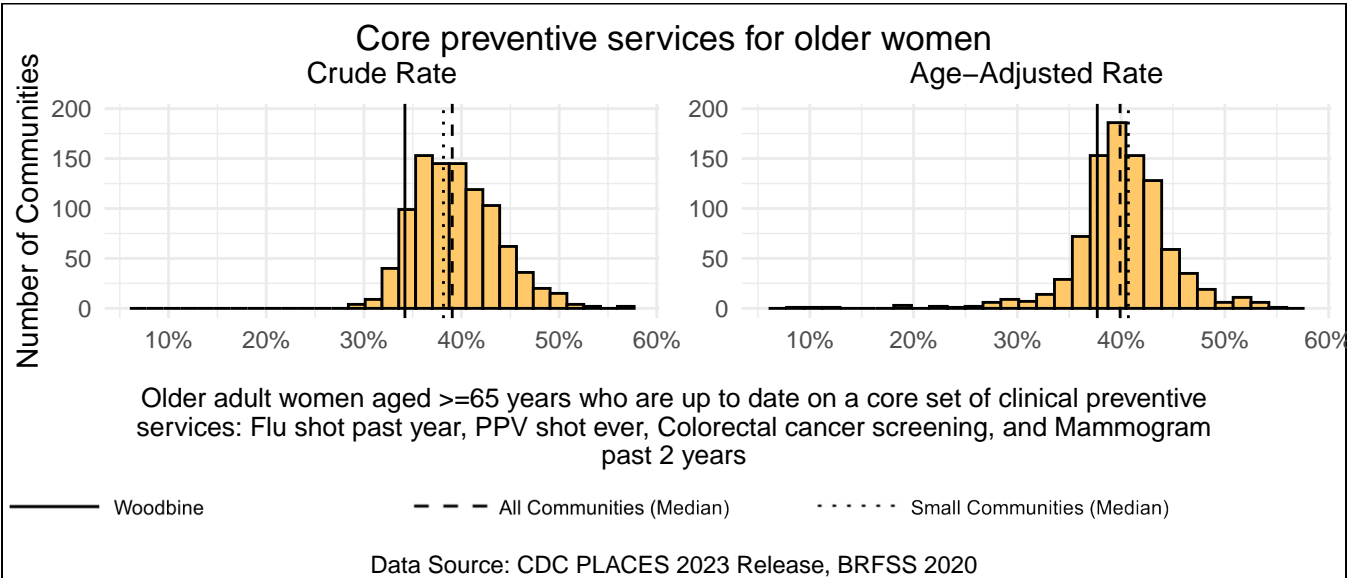
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 68.5% | 67.2% | 68.2% |
| Age-Adjusted | 67.7% | 66.6% | 67.5% |

## Dental Visit



Crude Rate — Age–Adjusted Rate

Number of Communities

Visits to dentist or dental clinic among adults aged >=18 years

—— Woodbine    – – – All Communities (Median)    · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Mammography

Woodbine has a crude rate of 75.1% for mammography use among women aged 50–74 years, which ranks 671st out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for Woodbine is 71.9%, which ranks 757th out of 905 Iowa communities (116th out of 138 small communities).
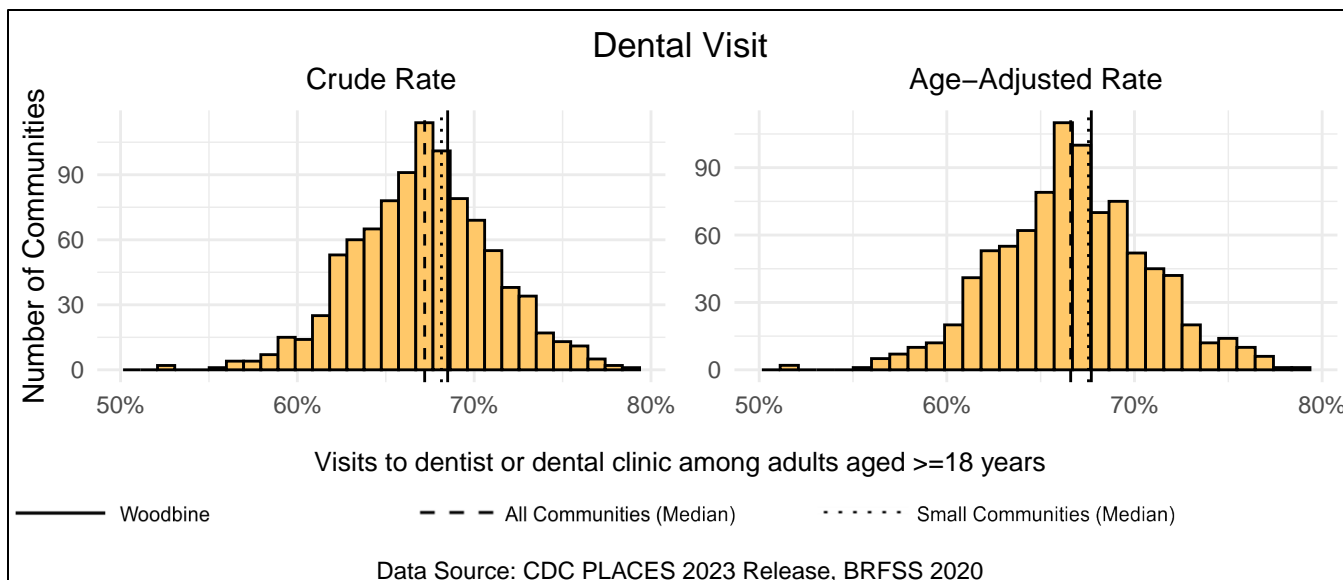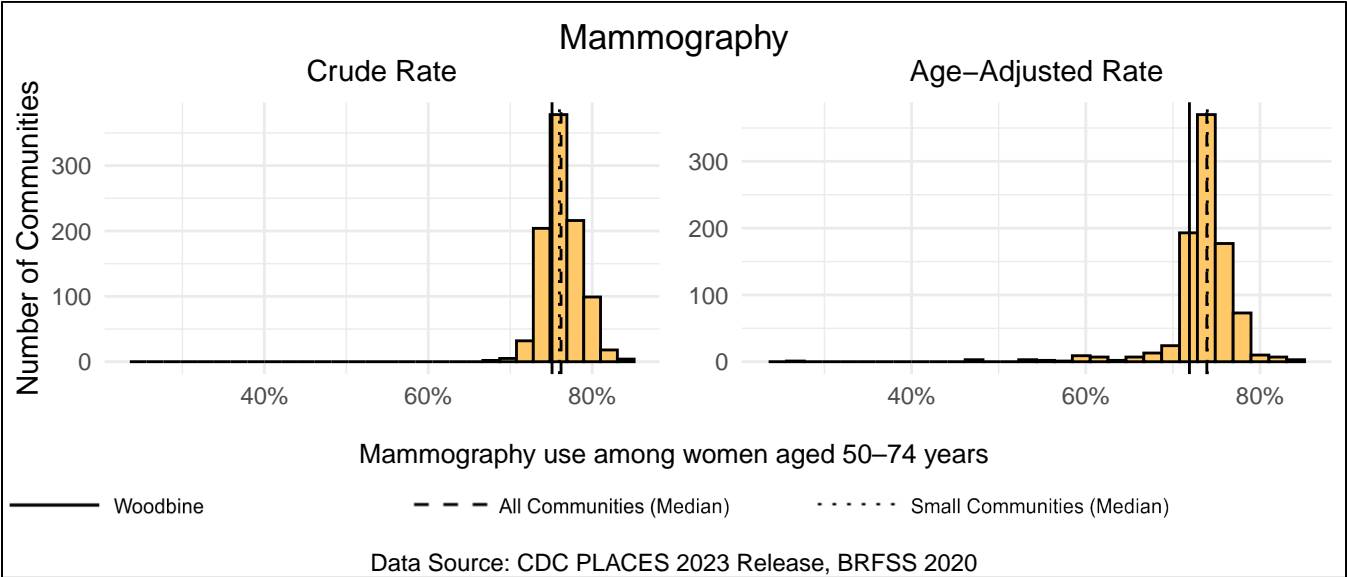
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 75.1% | 76.2% | 76.0% |
| Age-Adjusted | 71.9% | 73.9% | 74.0% |



Data Source: CDC PLACES 2023 Release, BRFSS 2020

# 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

Woodbine has a crude rate of 8.8% for hearing disability among adults aged >=18 years, which ranks 802nd out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for Woodbine is 6.0%, which ranks 444th out of 905 Iowa communities (85th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 8.8% | 7.4% | 7.6% |
| Age-Adjusted | 6.0% | 6.0% | 5.8% |



Hearing disability

Data Source: CDC PLACES 2023 Release, BRFSS 2021
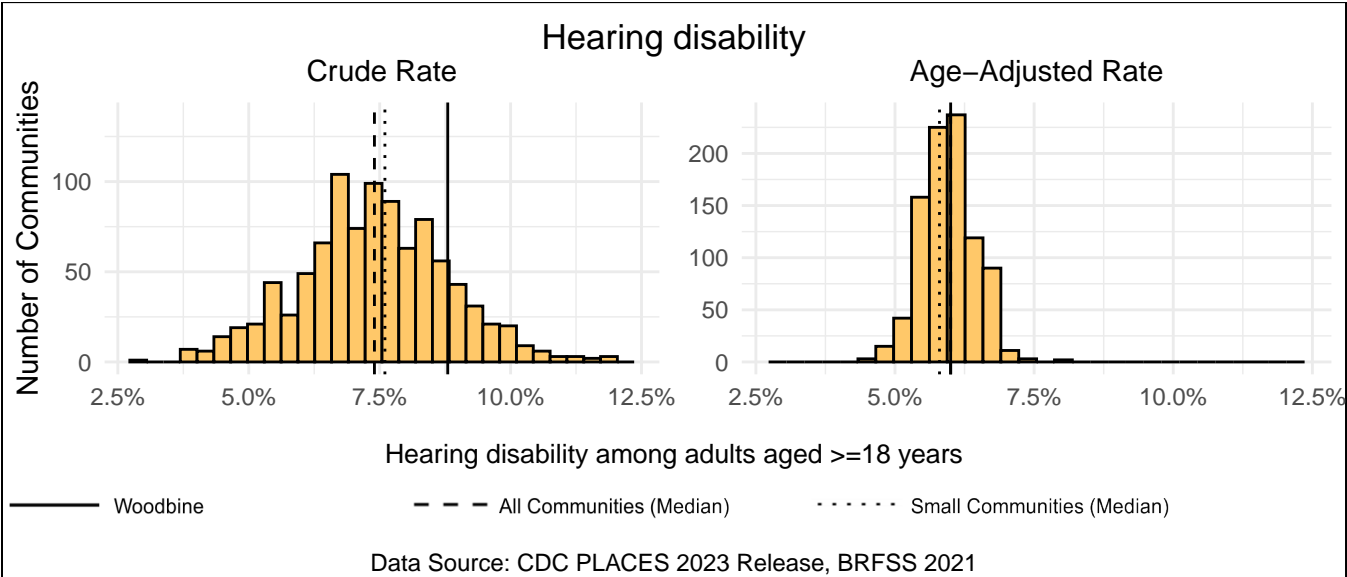
## Vision disability

Woodbine has a crude rate of 4.5% for vision disability among adults aged >=18 years, which ranks 661st out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Woodbine is 3.7%, which ranks 509th out of 905 Iowa communities (83rd out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 4.5% | 4.1% | 4.1% |
| Age-Adjusted | 3.7% | 3.6% | 3.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
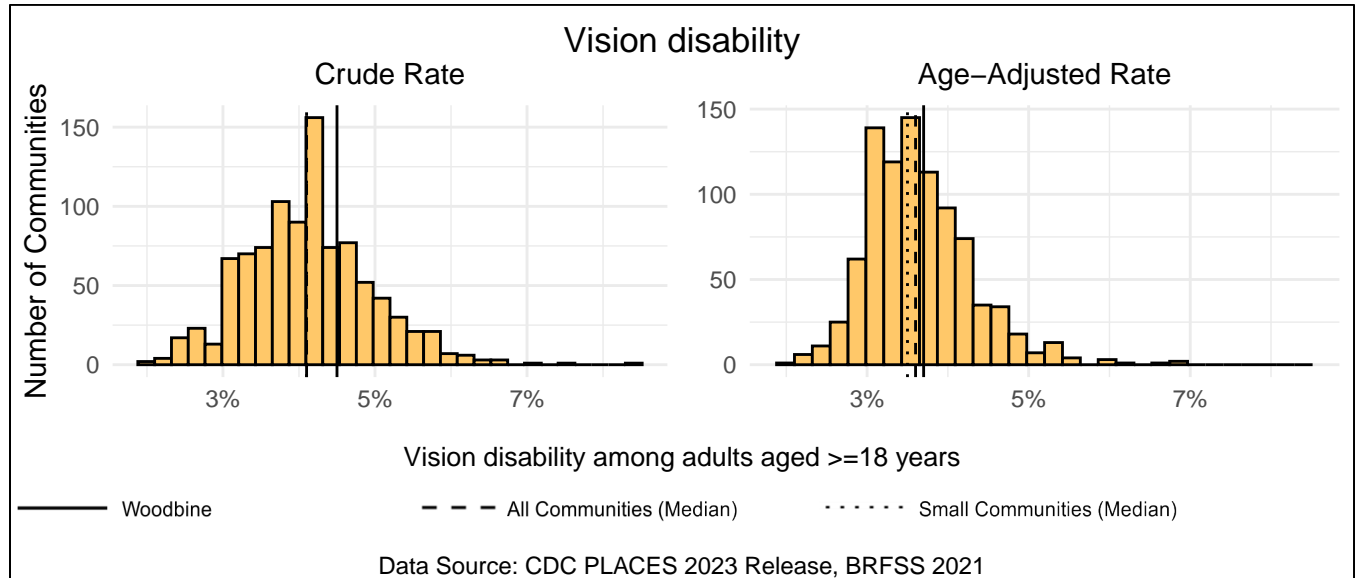
## Cognitive disability

Woodbine has a crude rate of 11.4% for cognitive disability among adults aged >=18 years, which ranks 568th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Woodbine is 12.0%, which ranks 567th out of 905 Iowa communities (92nd out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 11.4% | 11.1% | 10.9% |
| Age-Adjusted | 12.0% | 11.6% | 11.4% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Mobility disability

Woodbine has a crude rate of 13.7% for mobility disability among adults aged >=18 years, which ranks 767th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Woodbine is 9.8%, which ranks 541st out of 905 Iowa communities (89th out of 138 small communities).
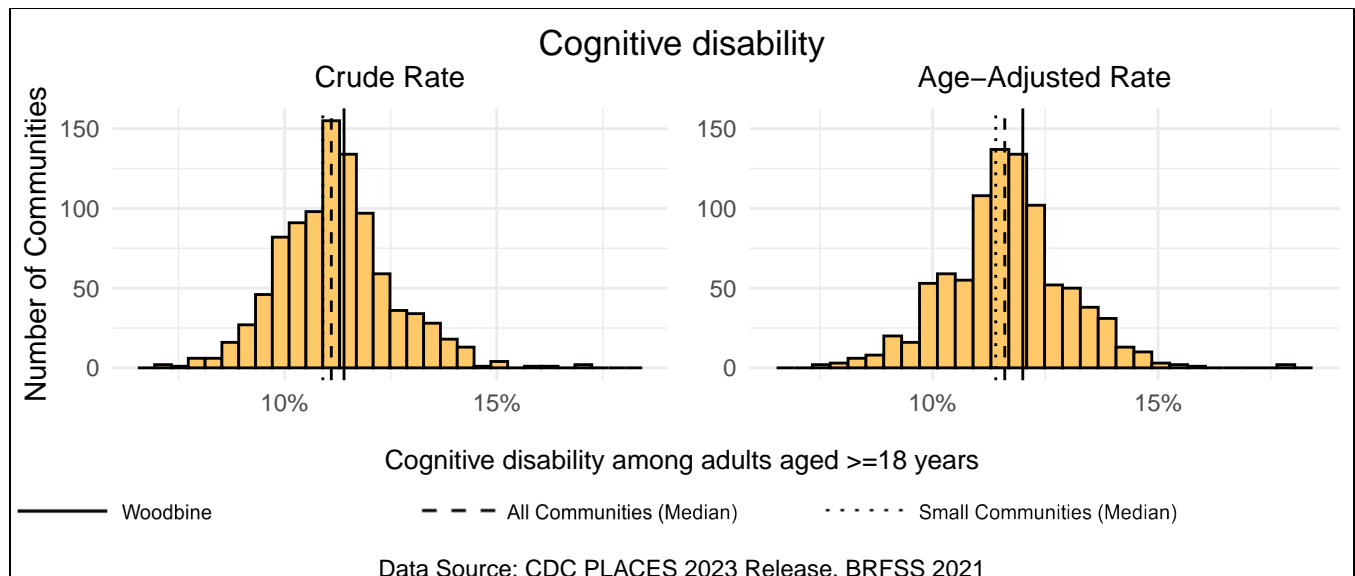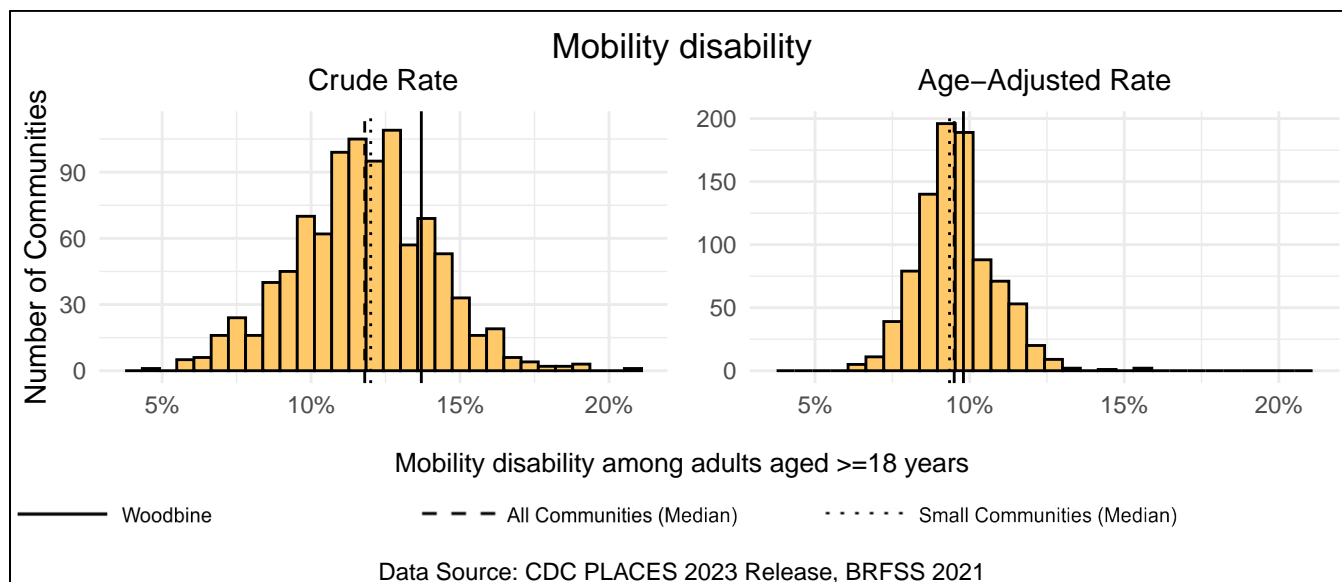
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 13.7% | 11.8% | 12.0% |
| Age-Adjusted | 9.8% | 9.5% | 9.4% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Self-care disability

Woodbine has a crude rate of 3.7% for self-care disability among adults aged >=18 years, which ranks 618th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Woodbine is 3.0%, which ranks 494th out of 905 Iowa communities (83rd out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 3.7% | 3.4% | 3.3% |
| Age-Adjusted | 3.0% | 2.9% | 2.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
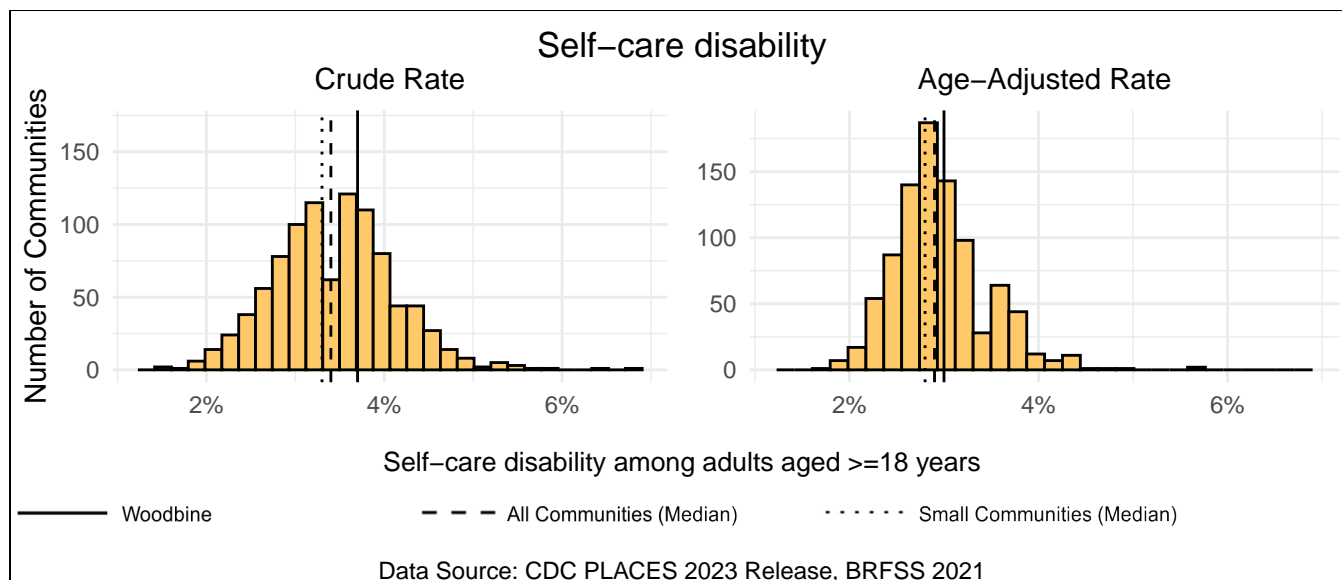
## Independent living disability

Woodbine has a crude rate of 7.3% for independent living disability among adults aged >=18 years, which ranks 697th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Woodbine is 6.4%, which ranks 531st out of 905 Iowa communities (87th out of 138 small communities).

| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 7.3% | 6.6% | 6.8% |
| Age-Adjusted | 6.4% | 6.2% | 6.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Any disability

Woodbine has a crude rate of 28.7% for any disability among adults aged >=18 years, which ranks 809th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Woodbine is 24.0%, which ranks 625th out of 905 Iowa communities (98th out of 138 small communities).
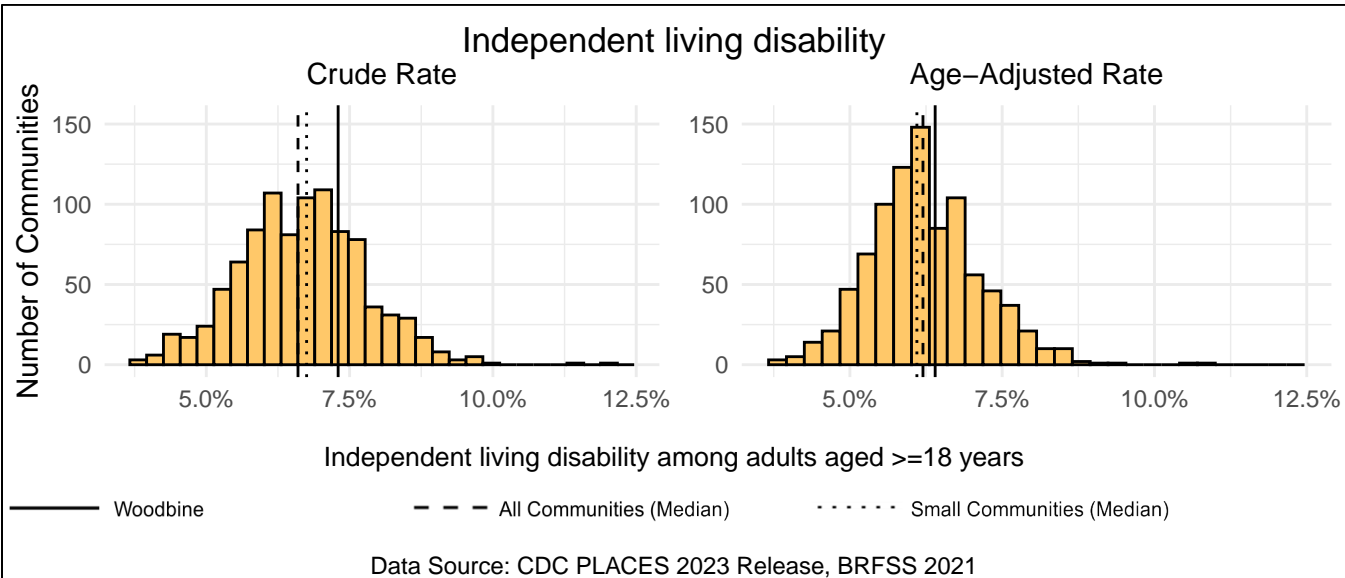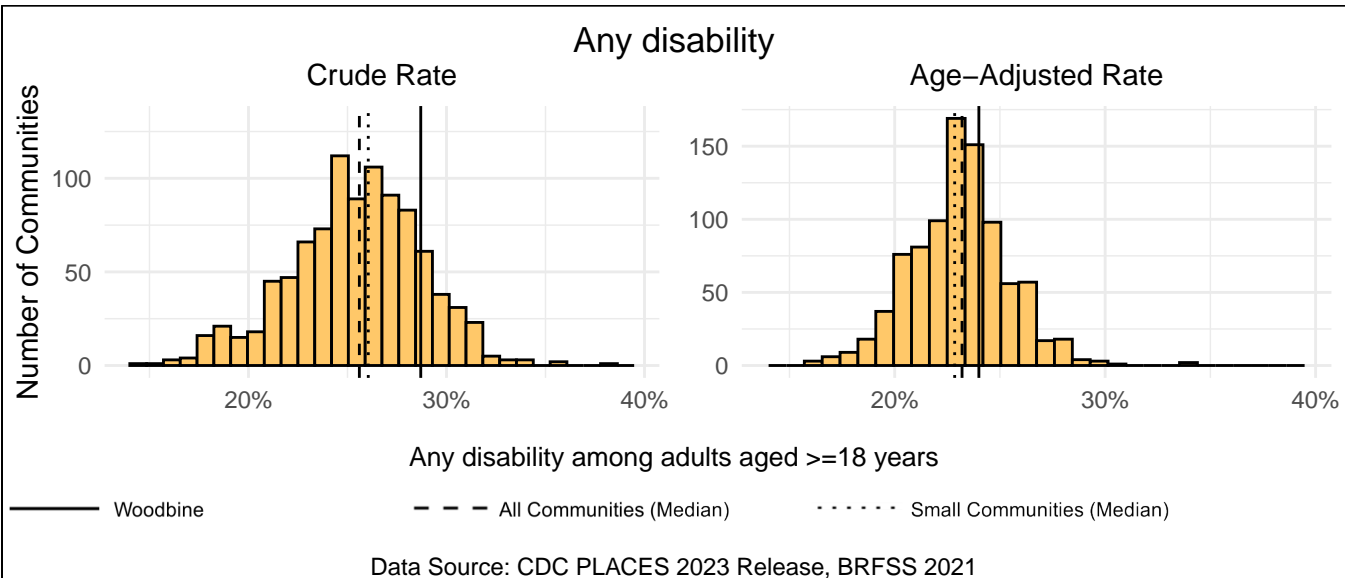
| Measure Type | Woodbine | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 28.7% | 25.6% | 26.0% |
| Age-Adjusted | 24.0% | 23.2% | 22.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## 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: Woodbine PLACES Data

| Category | Health Domain | Crude Rate Rank | Crude Rate (95% CI) | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|---|---|---|---|---|---|
| Health Status | Mental Health | 390 | 14.1% (12.2% - 16.2%) | 658 | 16.1% (13.9% - 18.3%) |
| Health Status | General Health | 629 | 15.1% (12.4% - 18.2%) | 505 | 13.0% (10.8% - 15.3%) |
| Health Status | Physical Health | 656 | 11.4% (9.6% - 13.4%) | 518 | 9.9% (8.4% - 11.7%) |
| Health Risk Behaviors | Current Smoking | 380 | 16.4% (13.0% - 20.4%) | 602 | 18.3% (14.6% - 22.3%) |
| Health Risk Behaviors | Binge Drinking | 252 | 18.2% (15.2% - 21.5%) | 554 | 22.3% (18.8% - 26.4%) |
| Health Risk Behaviors | Physical Inactivity | 678 | 27.6% (22.4% - 33.0%) | 504 | 24.7% (20.4% - 29.5%) |
| Health Risk Behaviors | Sleep <7 hours | 498 | 30.4% (28.8% - 32.0%) | 679 | 32.1% (30.3% - 33.9%) |
| Health Outcomes | Depression | 537 | 18.2% (15.1% - 21.7%) | 758 | 20.1% (16.7% - 23.8%) |
| Health Outcomes | Chronic Kidney Disease | 787 | 3.7% (3.3% - 4.2%) | 349 | 2.6% (2.3% - 2.9%) |
| Health Outcomes | Stroke | 760 | 3.8% (3.2% - 4.6%) | 375 | 2.6% (2.3% - 3.0%) |
| Health Outcomes | Cancer (except skin) | 805 | 9.4% (8.5% - 10.5%) | 418 | 6.5% (5.8% - 7.1%) |
| Health Outcomes | Coronary Heart Disease | 769 | 7.6% (6.5% - 8.8%) | 419 | 5.0% (4.3% - 5.8%) |
| Health Outcomes | Current Asthma | 311 | 9.2% (8.2% - 10.5%) | 513 | 9.6% (8.4% - 10.8%) |
| Health Outcomes | COPD | 674 | 8.1% (6.6% - 9.8%) | 513 | 6.4% (5.4% - 7.7%) |
| Health Outcomes | Arthritis | 795 | 30.8% (26.8% - 35.1%) | 606 | 23.7% (20.3% - 27.6%) |
| Health Outcomes | Obesity | 430 | 37.4% (30.7% - 44.6%) | 590 | 38.4% (31.4% - 45.8%) |
| Health Outcomes | Diabetes | 651 | 10.8% (9.2% - 12.5%) | 454 | 8.2% (7.0% - 9.6%) |
| Health Outcomes | High Blood Pressure | 774 | 35.3% (31.2% - 39.5%) | 572 | 27.8% (24.2% - 31.7%) |
| Health Outcomes | High Cholesterol | 787 | 38.6% (34.0% - 43.4%) | 669 | 30.4% (26.3% - 34.9%) |
| Health Outcomes | All Teeth Lost | 601 | 13.6% (8.1% - 20.8%) | 482 | 13.0% (8.3% - 18.5%) |
| Prevention | Health Insurance | 533 | 7.5% (5.5% - 10.0%) | 458 | 7.8% (5.6% - 10.5%) |
| Prevention | Annual Checkup | 234 | 76.4% (71.9% - 80.6%) | 597 | 72.1% (67.0% - 77.0%) |
| Prevention | Mammography | 671 | 75.1% (70.6% - 79.2%) | 757 | 71.9% (66.8% - 76.6%) |
| Prevention | Core preventive services for older women | 879 | 34.2% (26.7% - 42.7%) | 702 | 37.7% (30.1% - 45.9%) |
| Prevention | Taking BP Medication | 131 | 82.4% (79.4% - 85.1%) | 206 | 59.5% (54.8% - 64.3%) |
| Prevention | Colorectal Cancer Screening | 611 | 70.7% (67.7% - 74.0%) | 671 | 69.8% (66.6% - 73.2%) |

| Category | Health Domain | Crude Rate Rank | Crude Rate (95% CI) | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|---|---|---|---|---|---|
| Prevention | Cholesterol Screening | 240 | 83.8% (81.1% - 86.6%) | 408 | 79.2% (75.7% - 82.7%) |
| Prevention | Dental Visit | 334 | 68.5% (64.7% - 72.1%) | 342 | 67.7% (63.7% - 71.4%) |
| Prevention | Core preventive services for older men | 311 | 45.2% (36.6% - 54.2%) | 244 | 46.0% (37.5% - 55.1%) |
| Prevention | Cervical Cancer Screening | 614 | 82.7% (79.8% - 85.3%) | 547 | 82.9% (80.0% - 85.5%) |
| Disability | Cognitive Disability | 568 | 11.4% (9.5% - 13.5%) | 567 | 12.0% (10.1% - 14.1%) |
| Disability | Self-care Disability | 618 | 3.7% (3.1% - 4.5%) | 494 | 3.0% (2.5% - 3.6%) |
| Disability | Any Disability | 809 | 28.7% (24.4% - 33.1%) | 625 | 24.0% (20.3% - 27.9%) |
| Disability | Vision Disability | 661 | 4.5% (3.7% - 5.5%) | 509 | 3.7% (3.1% - 4.4%) |
| Disability | Independent Living Disability | 697 | 7.3% (6.0% - 8.8%) | 531 | 6.4% (5.4% - 7.5%) |
| Disability | Hearing Disability | 802 | 8.8% (7.6% - 10.0%) | 444 | 6.0% (5.3% - 6.8%) |
| Disability | Mobility Disability | 767 | 13.7% (11.0% - 16.6%) | 541 | 9.8% (8.2% - 11.6%) |

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)

Woodbine 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 | | |