



Iowa County Health Snapshot Series

*99 county reports prepared for the Iowa State University
Extension and Outreach Community and Economic
Development Unit*



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By Matthew Voss & Shawn Dorius

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Iowa County Health Snapshot Series

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Health in Howard County: Overview

Dear Community Members & Stakeholders of Howard County,

We are pleased to share the Iowa County 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’s 99 counties. The following pages include the health snapshot for your county. The snapshot can be used to see how Howard County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Howard County’s strengths and opportunities for growth by leveraging data from 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 county ranks compared to all Iowa counties and counties of similar size to Howard County. 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 county and presents what the rate would be if your county had a standard age distribution. Crude rates can provide a general comparison between counties and age-adjusted rates can give a fairer comparison between counties with different age structures.

Strengths

Take a look at the top strengths of your county! Below are unadjusted and age-adjusted health measures that represent your county’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 County Rank	Rural County Rank	Health Domain	Statewide County Rank	Rural County Rank
Obesity	9th	2nd	Obesity	9th	2nd
Current Asthma	28th	15th	Chronic Kidney Disease	17th	9th
High Cholesterol	35th	15th	High Cholesterol	22nd	12th
Cervical Cancer Screening	35th	18th	Cancer (except skin)	26th	14th
Core preventive services for older women	37th	15th	Cervical Cancer Screening	30th	15th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide County Rank	Rural County Rank	Health Domain	Statewide County Rank	Rural County Rank
Annual Checkup	80th	54th	Annual Checkup	90th	57th
Colorectal Cancer Screening	66th	42nd	Taking BP Medication	78th	54th
Dental Visit	66th	39th	Mammography	69th	41st
Current Smoking	65th	39th	Current Smoking	66th	38th
Taking BP Medication	61st	49th	Cholesterol Screening	66th	35th

Please review the rest of the report to learn more about your county and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Howard County.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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How to Use this Report

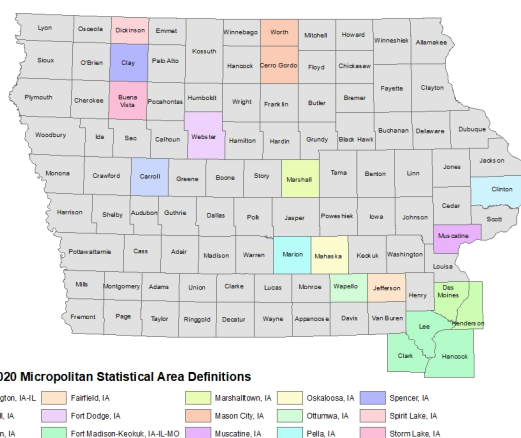
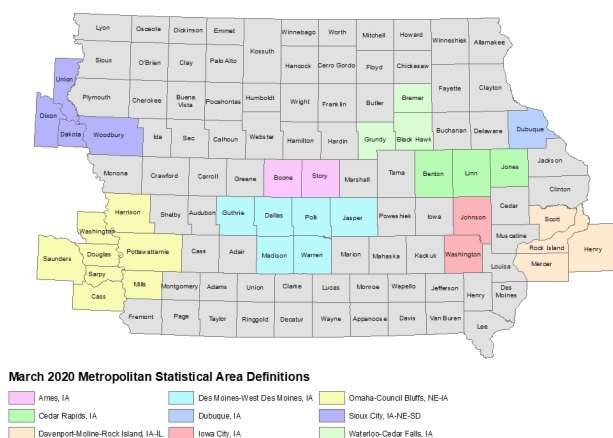
The purpose of the Iowa County Health Snapshot Series is to provide an overview of health in Howard County that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Howard County, a review of risky behaviors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

With a population of 9,478, Howard County's similarly sized counties are defined as rural counties. In Iowa, rural counties have an average population of 12,547, and there are 63 counties that are considered rural counties. To learn more about the county population classifications used in this report, please see the information below the table as well as Appendix 3.

Group	Population Avg.	Number of Counties
Metropolitan Core	175,797	9
Micropolitan	30,839	15
Metropolitan Non-Core	29,821	12
Rural	12,547	63
Total		99

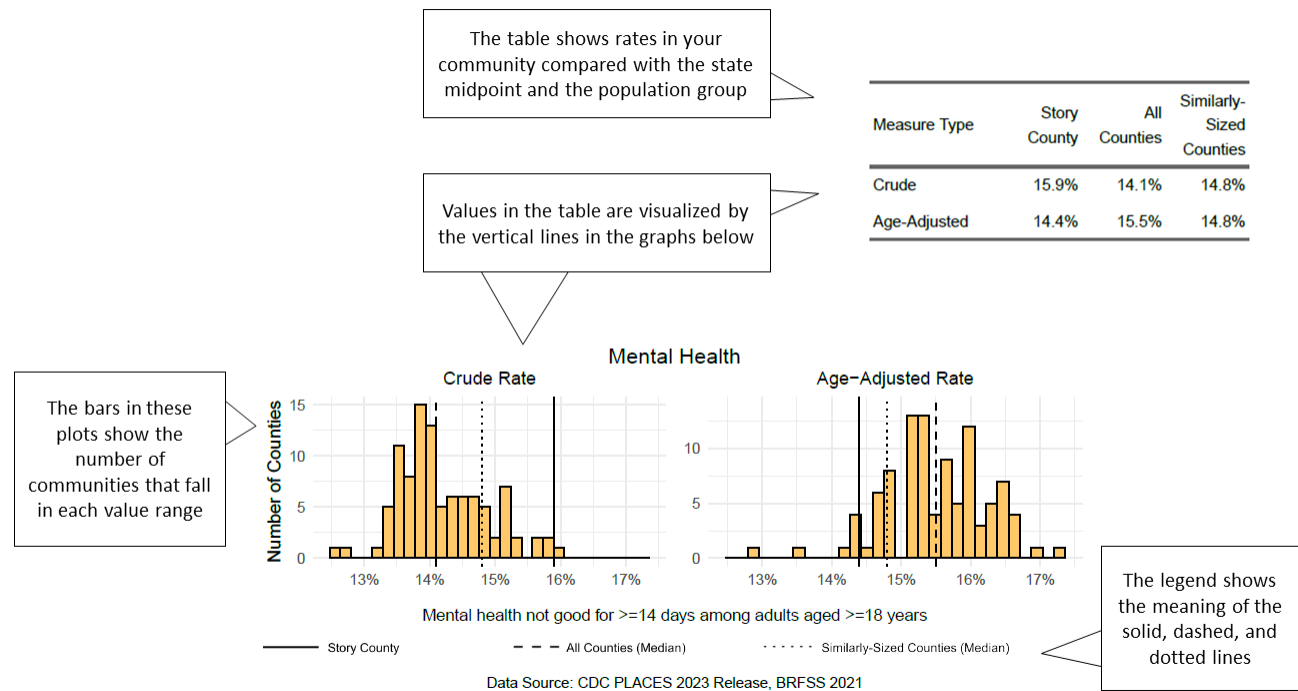
The counties included in each category above are determined by the United States Office of Management and Budget. Iowa has counties in nine metropolitan statistical areas and 15 micropolitan statistical areas. The counties identified as metropolitan and micropolitan can be found in the link and the maps below. Metropolitan core counties are those counties in metropolitan areas that have the city that defines the metropolitan area (e.g., Des Moines and Polk County for the Des Moines Metropolitan Area). Metropolitan non-core counties are those that fall within the metropolitan area, but do not have the core city of the metropolitan area (e.g., Dallas and Jasper Counties in the Des Moines Metropolitan Area).

<https://www.icip.iastate.edu/maps/refmaps/cofips>



Using Story County 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 county's crude and age-adjusted rate estimates alongside their averages across all Iowa counties and similarly-sized counties. The images below show the distribution of the health measure across counties. The vertical lines correspond with the values in the table to show the estimate for the specific county compared to counties across the state. The solid black line in each plot represents the county rate, with the dashed lines indicating the average rate for all Iowa counties and the dotted lines showing the average rate for similarly-sized counties.



Health Status

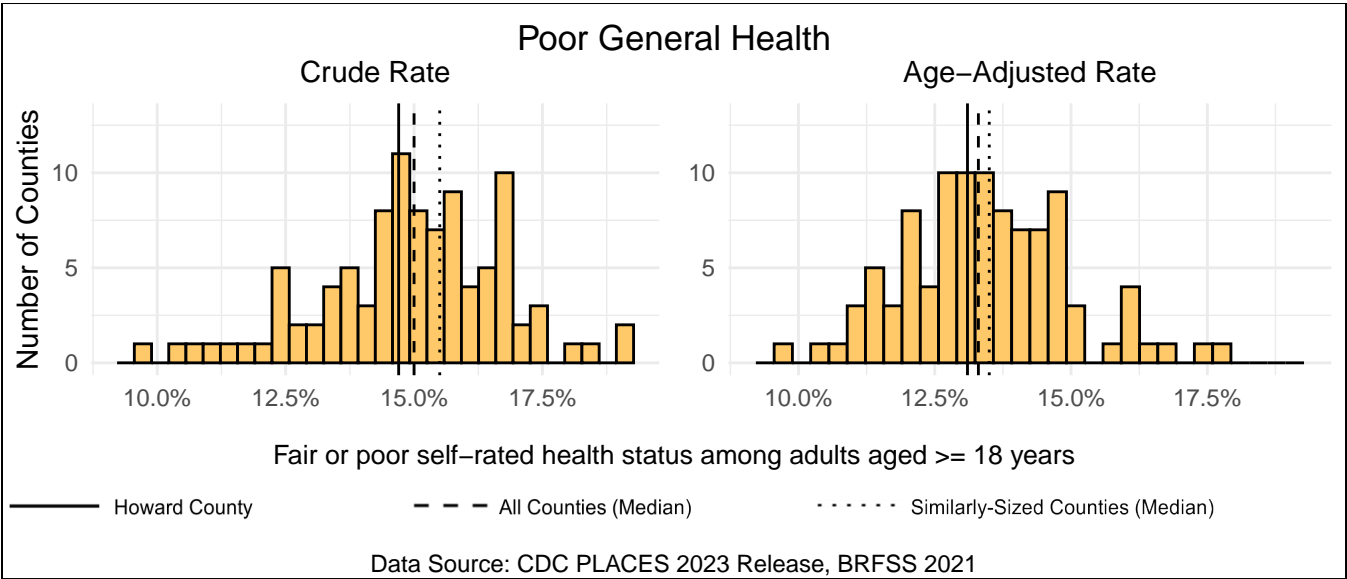
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Howard County has a crude rate of 14.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 40th out of 99 Iowa counties (18th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 13.1%, which ranks 42nd out of 99 Iowa counties (22nd out of 63 similarly-sized counties).

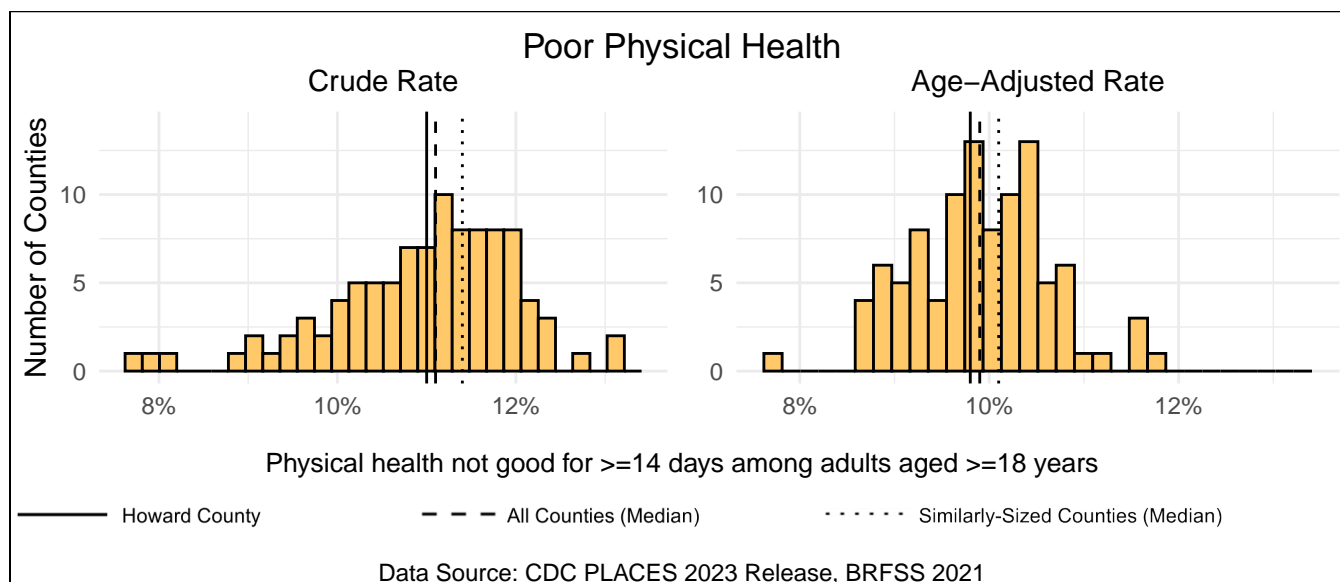
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	14.7%	15.0%	15.5%
Age-Adjusted	13.1%	13.3%	13.5%



Poor Physical Health

Howard County has a crude rate of 11.0% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 41st out of 99 Iowa counties (18th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 9.8%, which ranks 39th out of 99 Iowa counties (19th out of 63 similarly-sized counties).

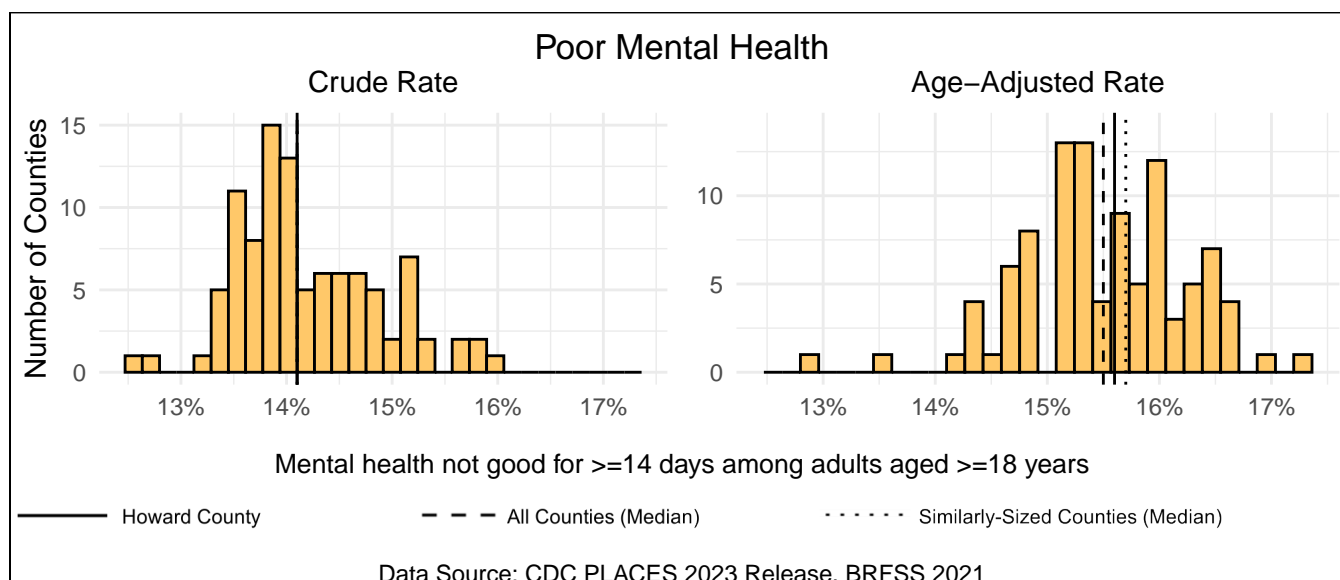
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	11.0%	11.1%	11.4%
Age-Adjusted	9.8%	9.9%	10.1%



Poor Mental Health

Howard County has a crude rate of 14.1% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 50th out of 99 Iowa counties (31st out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 15.6%, which ranks 53rd out of 99 Iowa counties (27th out of 63 similarly-sized counties).

Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	14.1%	14.1%	14.1%
Age-Adjusted	15.6%	15.5%	15.7%



Health Risk Behaviors

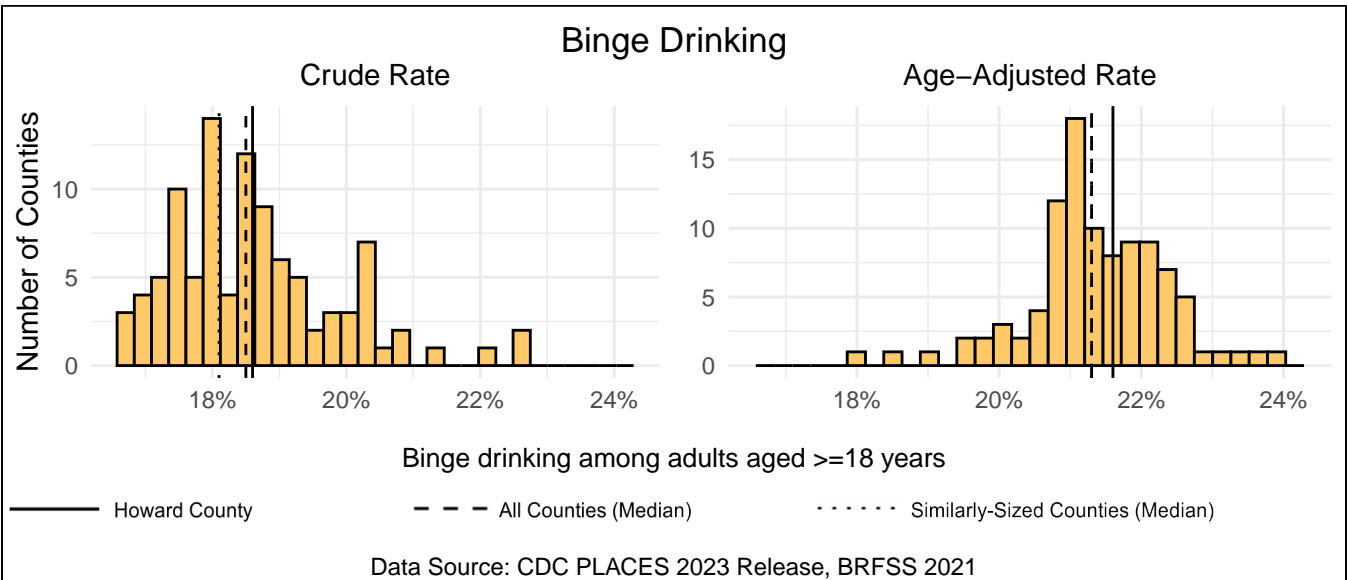
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives 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

Howard County has a crude rate of 18.6% for binge drinking among adults aged ≥ 18 years, which ranks 51st out of 99 Iowa counties (40th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 21.6%, which ranks 59th out of 99 Iowa counties (41st out of 63 similarly-sized counties).

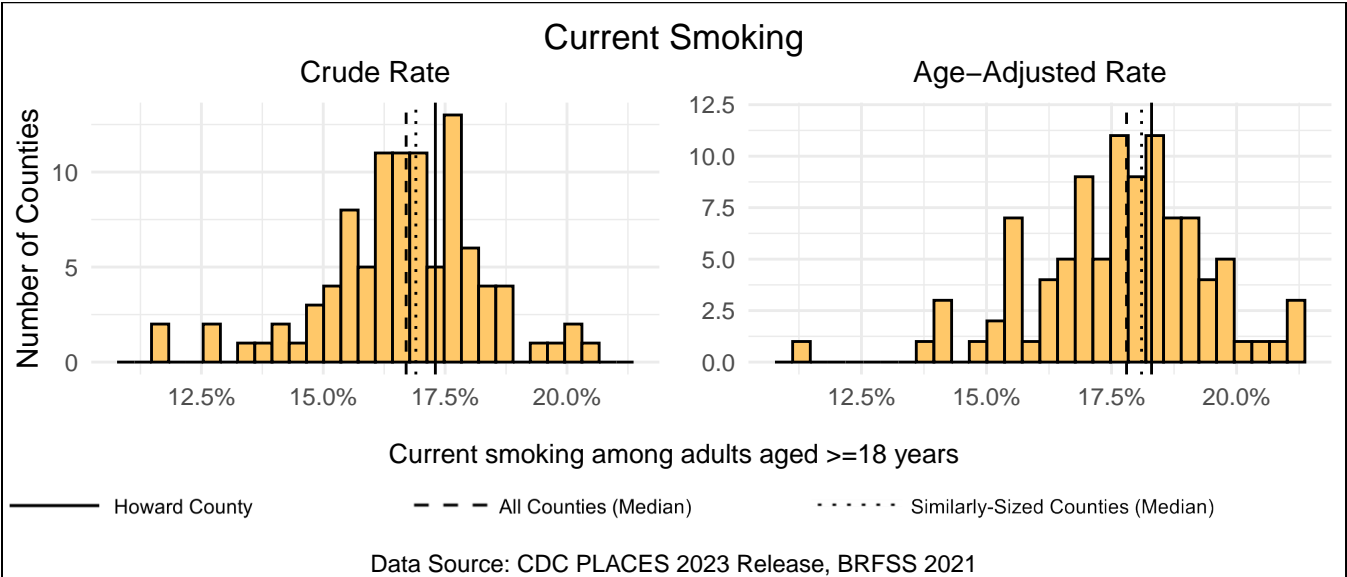
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	18.6%	18.5%	18.1%
Age-Adjusted	21.6%	21.3%	21.3%



Current Smoking

Howard County has a crude rate of 17.3% for current smoking among adults aged >=18 years, which ranks 65th out of 99 Iowa counties (39th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 18.3%, which ranks 66th out of 99 Iowa counties (38th out of 63 similarly-sized counties).

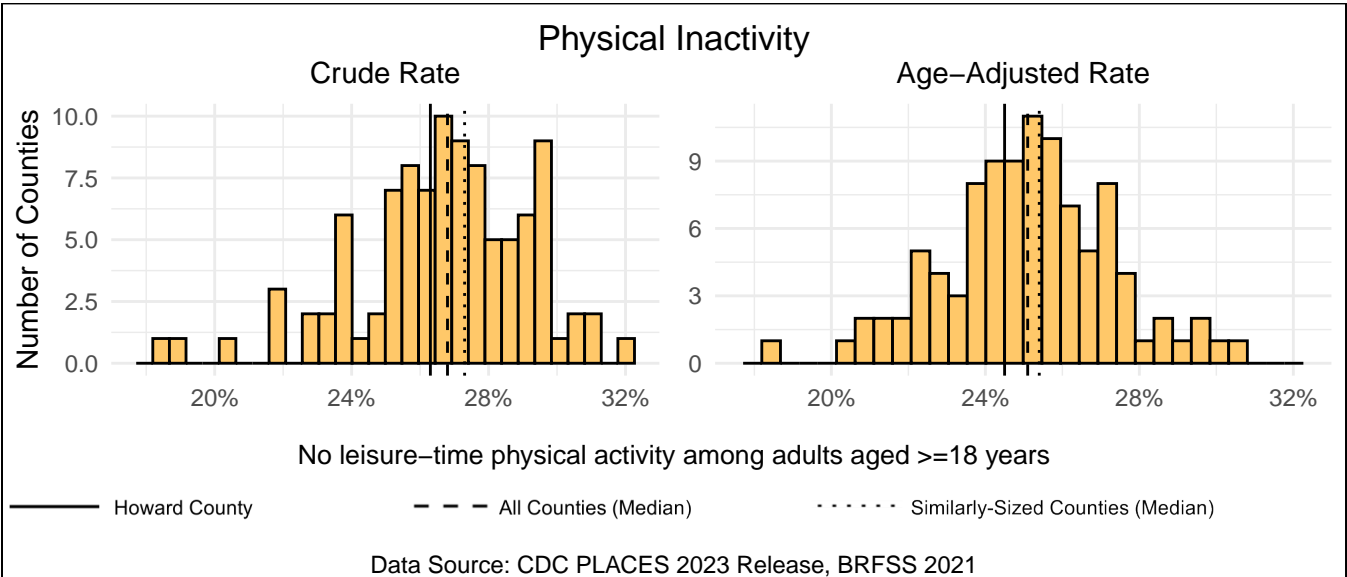
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	17.3%	16.7%	16.9%
Age-Adjusted	18.3%	17.8%	18.1%



Physical Inactivity

Howard County has a crude rate of 26.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 39th out of 99 Iowa counties (20th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 24.5%, which ranks 38th out of 99 Iowa counties (20th out of 63 similarly-sized counties).

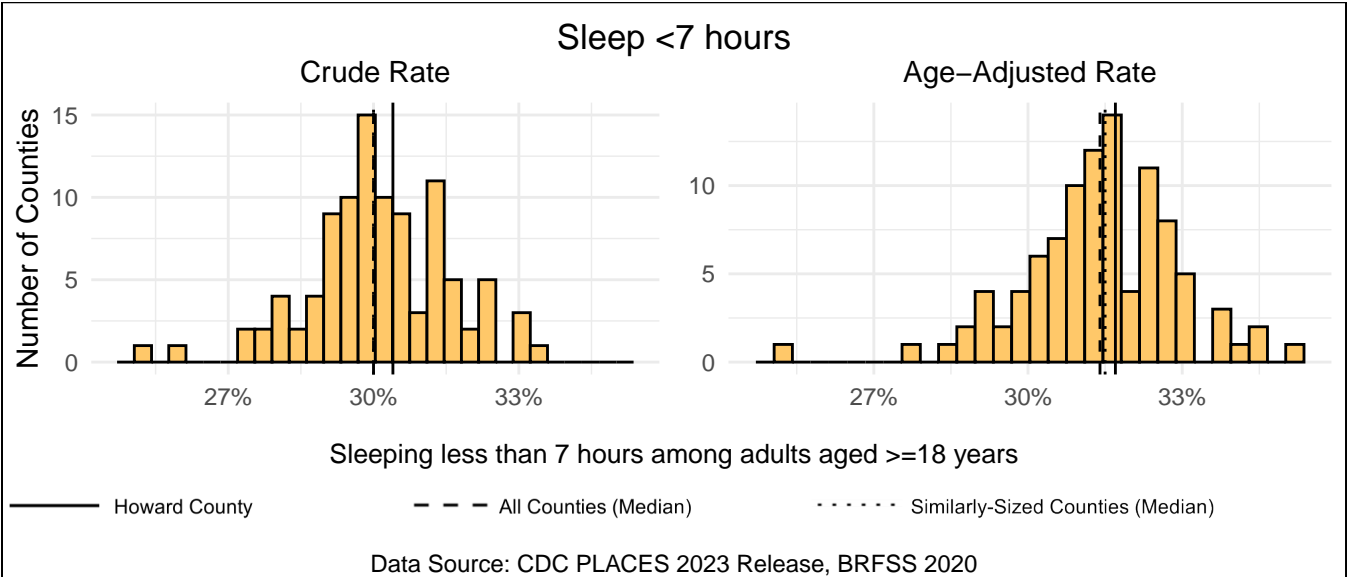
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	26.3%	26.8%	27.3%
Age-Adjusted	24.5%	25.1%	25.4%



Sleep <7 hours

Howard County has a crude rate of 30.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 61st out of 99 Iowa counties (43rd out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 31.7%, which ranks 57th out of 99 Iowa counties (36th out of 63 similarly-sized counties).

Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	30.4%	30.0%	30.0%
Age-Adjusted	31.7%	31.4%	31.5%



Health Outcomes

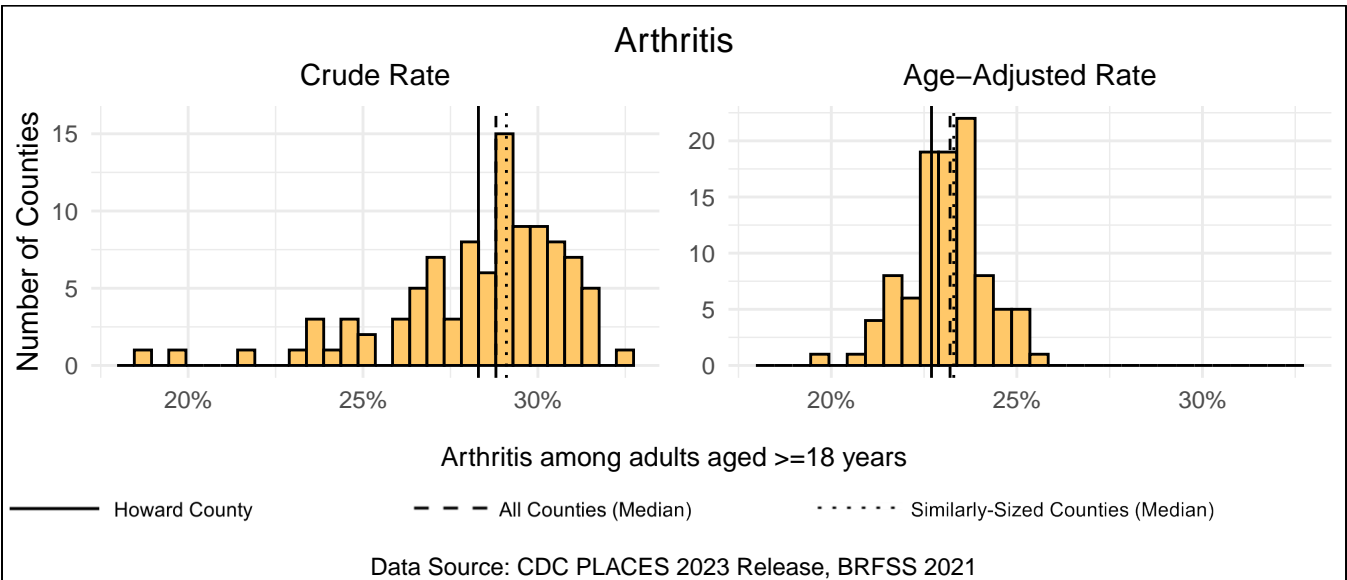
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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

Howard County has a crude rate of 28.3% for arthritis among adults aged ≥ 18 years, which ranks 38th out of 99 Iowa counties (15th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 22.7%, which ranks 32nd out of 99 Iowa counties (15th out of 63 similarly-sized counties).

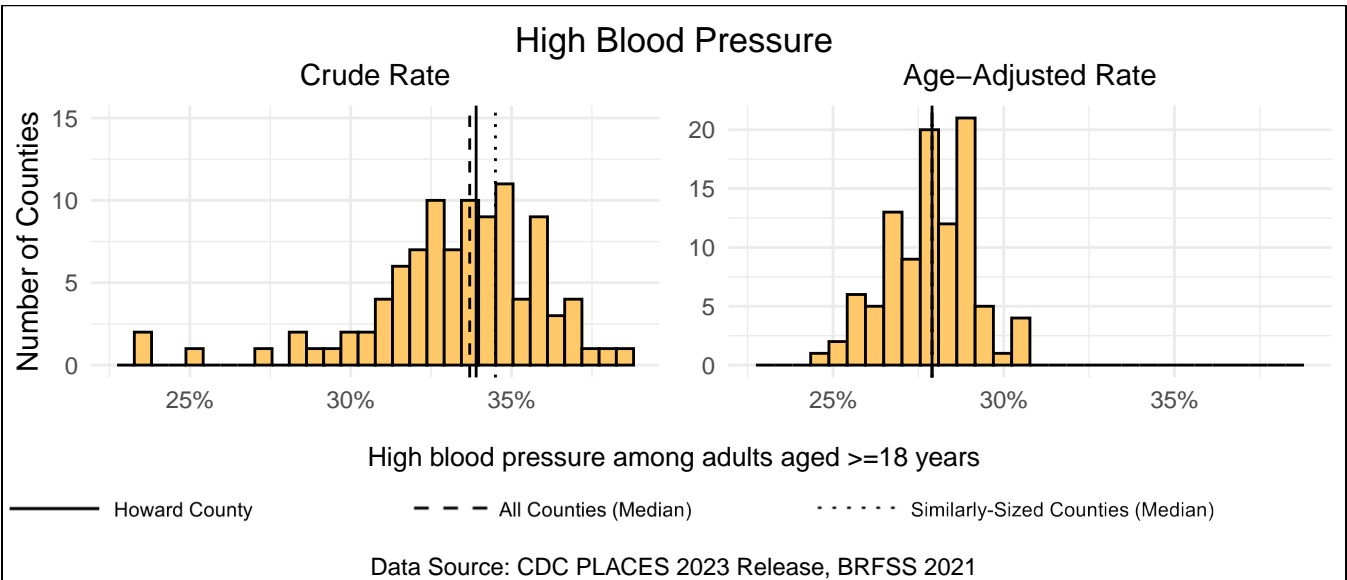
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	28.3%	28.8%	29.1%
Age-Adjusted	22.7%	23.2%	23.3%



High Blood Pressure

Howard County has a crude rate of 33.9% for high blood pressure among adults aged ≥ 18 years, which ranks 55th out of 99 Iowa counties (27th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 27.9%, which ranks 47th out of 99 Iowa counties (28th out of 63 similarly-sized counties).

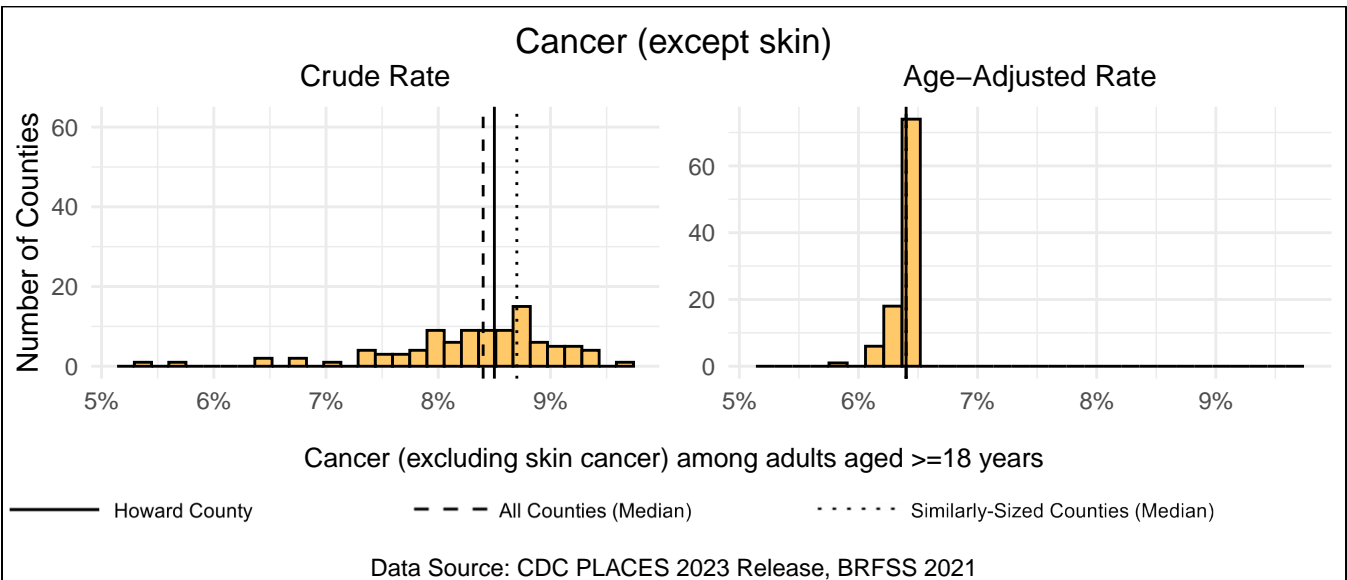
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	33.9%	33.7%	34.5%
Age-Adjusted	27.9%	27.9%	27.9%



Cancer (except skin)

Howard County has a crude rate of 8.5% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 52nd out of 99 Iowa counties (23rd out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 6.4%, which ranks 26th out of 99 Iowa counties (14th out of 63 similarly-sized counties).

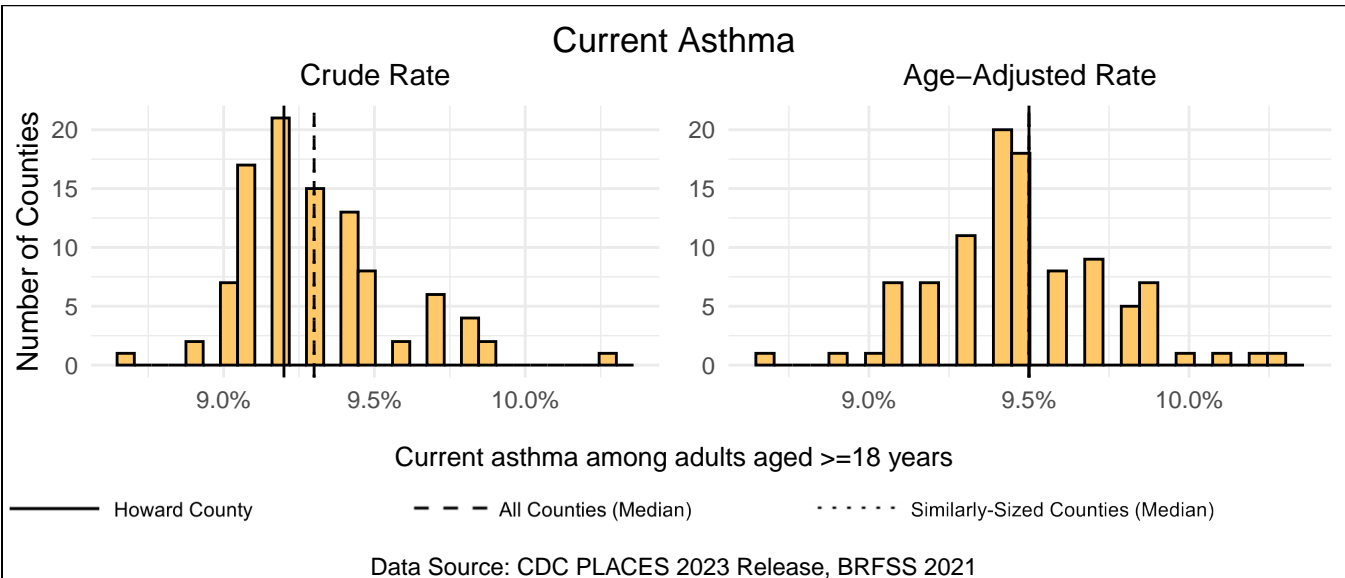
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	8.5%	8.4%	8.7%
Age-Adjusted	6.4%	6.4%	6.4%



Current Asthma

Howard County has a crude rate of 9.2% for current asthma among adults aged ≥ 18 years, which ranks 28th out of 99 Iowa counties (15th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 9.5%, which ranks 49th out of 99 Iowa counties (27th out of 63 similarly-sized counties).

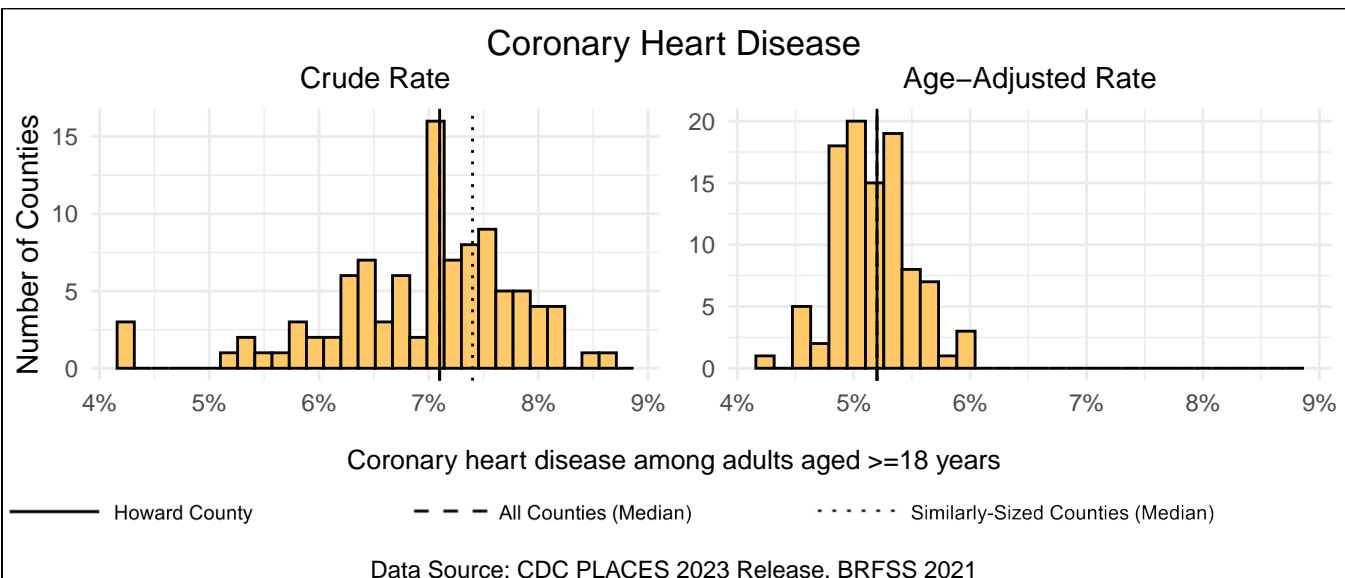
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

Howard County has a crude rate of 7.1% for coronary heart disease among adults aged ≥ 18 years, which ranks 49th out of 99 Iowa counties (20th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 5.2%, which ranks 47th out of 99 Iowa counties (25th out of 63 similarly-sized counties).

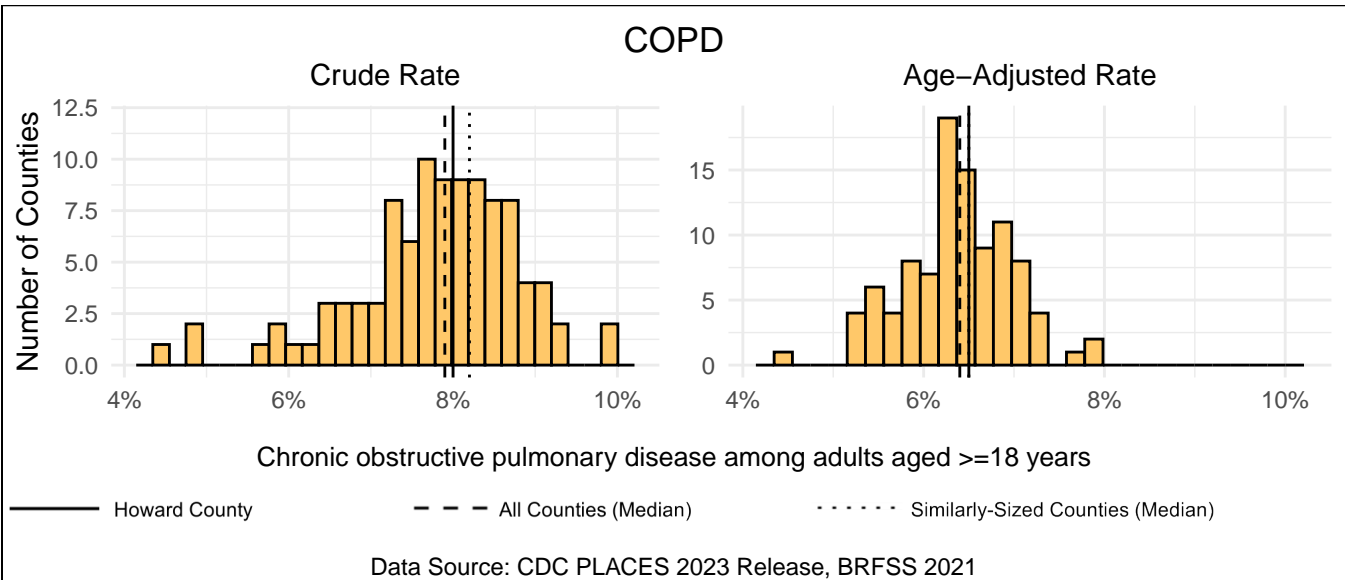
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	7.1%	7.1%	7.4%
Age-Adjusted	5.2%	5.2%	5.2%



COPD

Howard County has a crude rate of 8.0% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 54th out of 99 Iowa counties (22nd out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 6.5%, which ranks 60th out of 99 Iowa counties (32nd out of 63 similarly-sized counties).

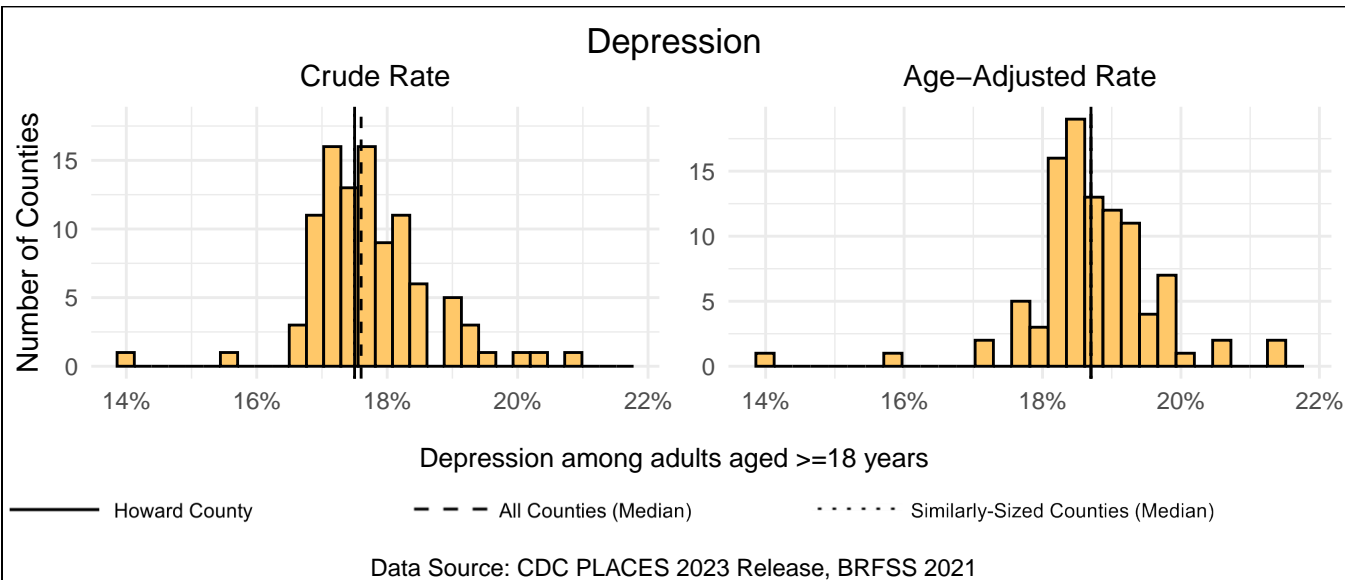
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	8.0%	7.9%	8.2%
Age-Adjusted	6.5%	6.4%	6.5%



Depression

Howard County has a crude rate of 17.5% for depression among adults aged ≥ 18 years, which ranks 41st out of 99 Iowa counties (31st out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 18.7%, which ranks 48th out of 99 Iowa counties (32nd out of 63 similarly-sized counties).

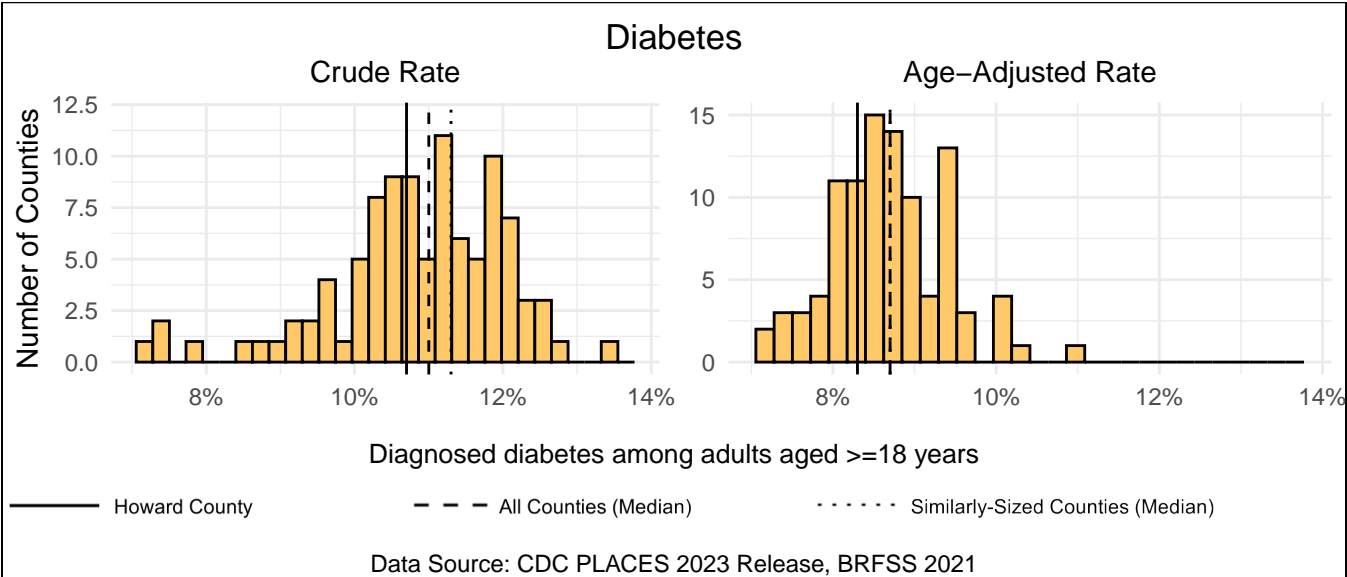
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	17.5%	17.6%	17.5%
Age-Adjusted	18.7%	18.7%	18.7%



Diabetes

Howard County has a crude rate of 10.7% for diagnosed diabetes among adults aged >=18 years, which ranks 39th out of 99 Iowa counties (19th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 8.3%, which ranks 30th out of 99 Iowa counties (16th out of 63 similarly-sized counties).

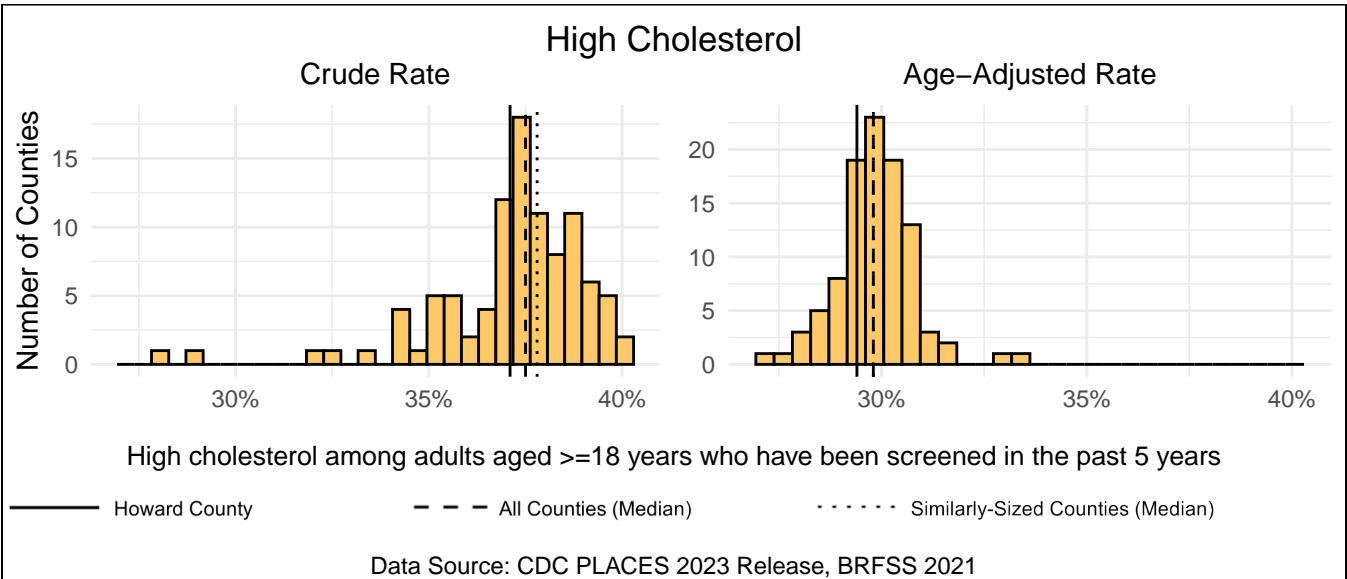
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	10.7%	11.0%	11.3%
Age-Adjusted	8.3%	8.7%	8.7%



High Cholesterol

Howard County has a crude rate of 37.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 35th out of 99 Iowa counties (15th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 29.4%, which ranks 22nd out of 99 Iowa counties (12th out of 63 similarly-sized counties).

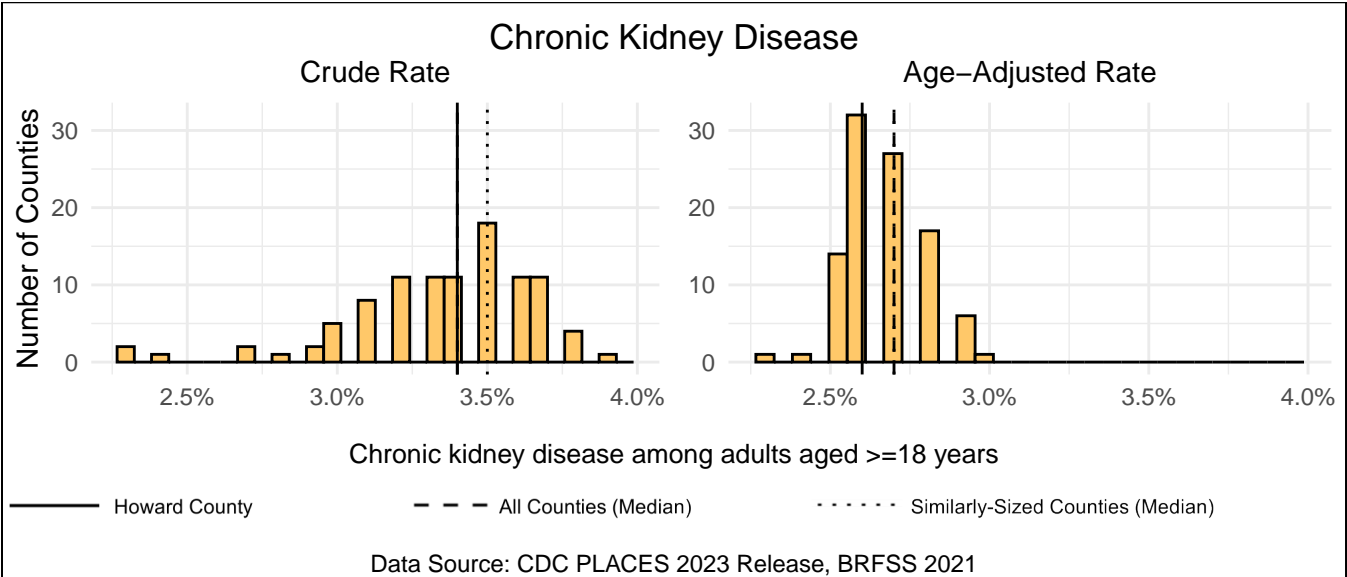
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	37.1%	37.5%	37.8%
Age-Adjusted	29.4%	29.8%	29.8%



Chronic Kidney Disease

Howard County has a crude rate of 3.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 44th out of 99 Iowa counties (17th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 2.6%, which ranks 17th out of 99 Iowa counties (9th out of 63 similarly-sized counties).

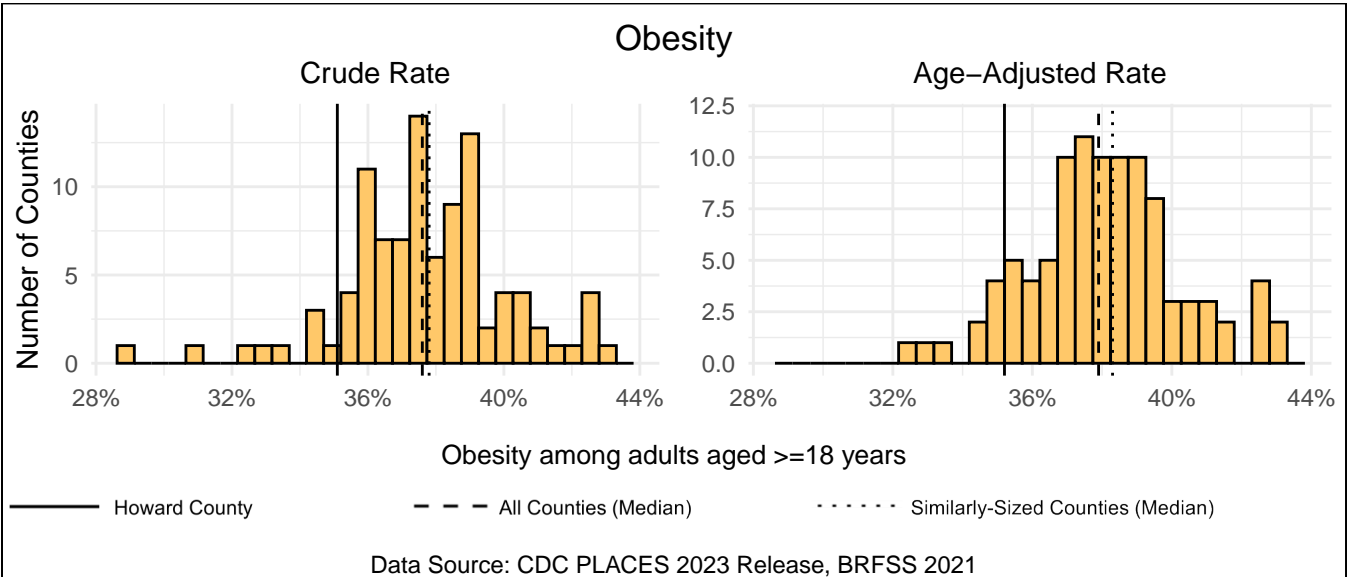
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	3.4%	3.4%	3.5%
Age-Adjusted	2.6%	2.7%	2.7%



Obesity

Howard County has a crude rate of 35.1% for obesity among adults aged ≥ 18 years, which ranks 9th out of 99 Iowa counties (2nd out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 35.2%, which ranks 9th out of 99 Iowa counties (2nd out of 63 similarly-sized counties).

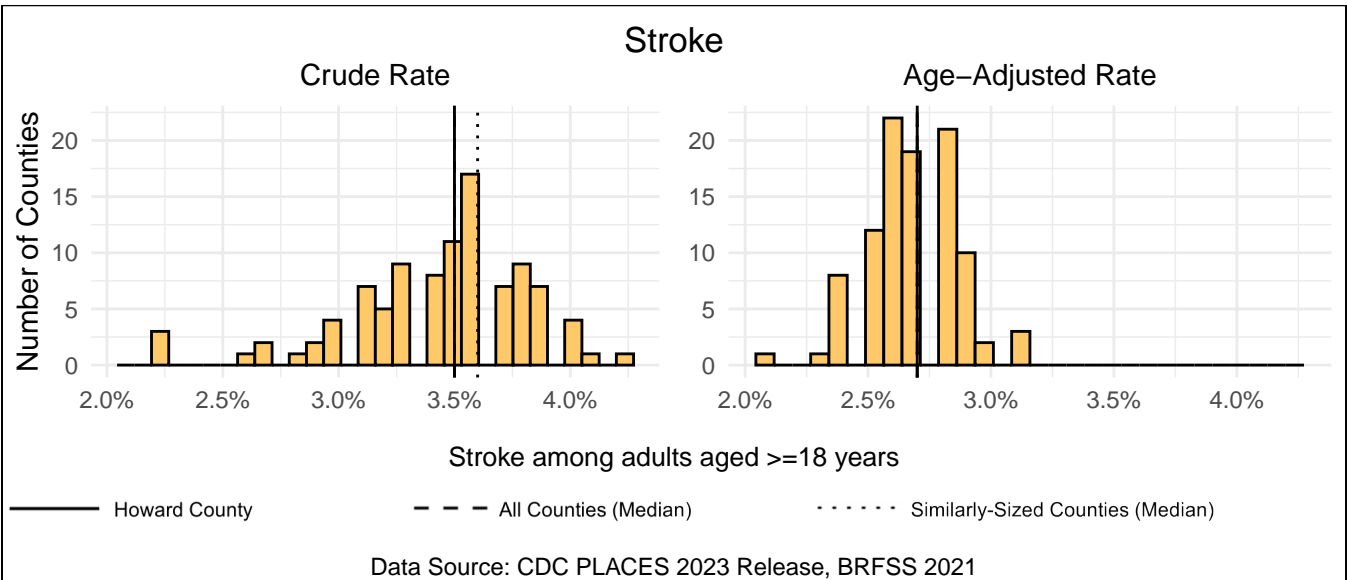
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	35.1%	37.6%	37.8%
Age-Adjusted	35.2%	37.9%	38.3%



Stroke

Howard County has a crude rate of 3.5% for stroke among adults aged ≥ 18 years, which ranks 43rd out of 99 Iowa counties (17th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 2.7%, which ranks 45th out of 99 Iowa counties (23rd out of 63 similarly-sized counties).

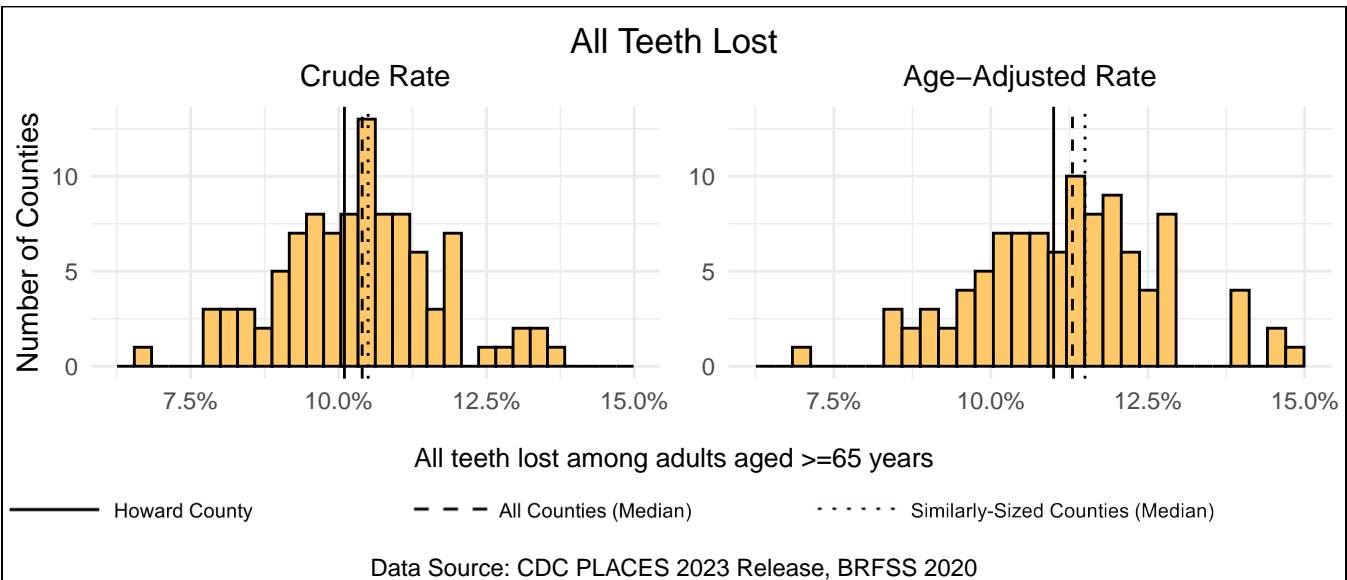
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	3.5%	3.5%	3.6%
Age-Adjusted	2.7%	2.7%	2.7%



All Teeth Lost

Howard County has a crude rate of 10.1% for all teeth lost among adults aged ≥ 65 years, which ranks 40th out of 99 Iowa counties (19th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 11.0%, which ranks 42nd out of 99 Iowa counties (20th out of 63 similarly-sized counties).

Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	10.1%	10.4%	10.5%
Age-Adjusted	11.0%	11.3%	11.5%



Prevention

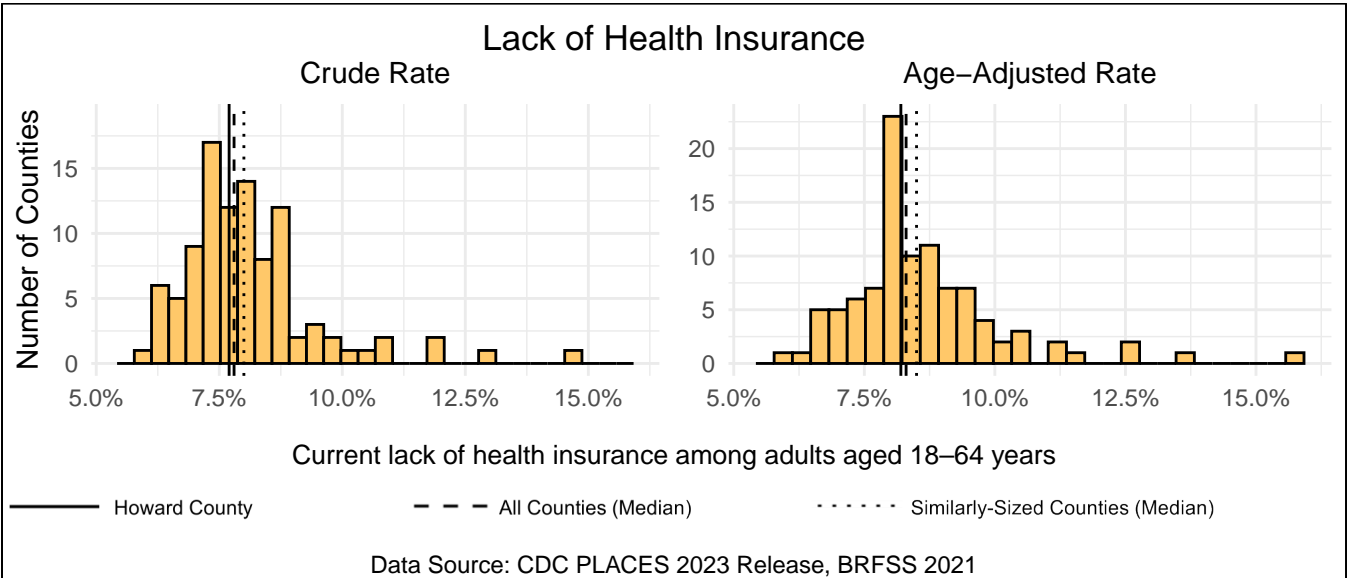
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county’s prevention measures, including preventive screenings and doctor 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 county. The link below includes more information about each variable.

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

Lack of Health Insurance

Howard County has a crude rate of 7.7% for current lack of health insurance among adults aged 18–64 years, which ranks 42nd out of 99 Iowa counties (23rd out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 8.2%, which ranks 43rd out of 99 Iowa counties (22nd out of 63 similarly-sized counties).

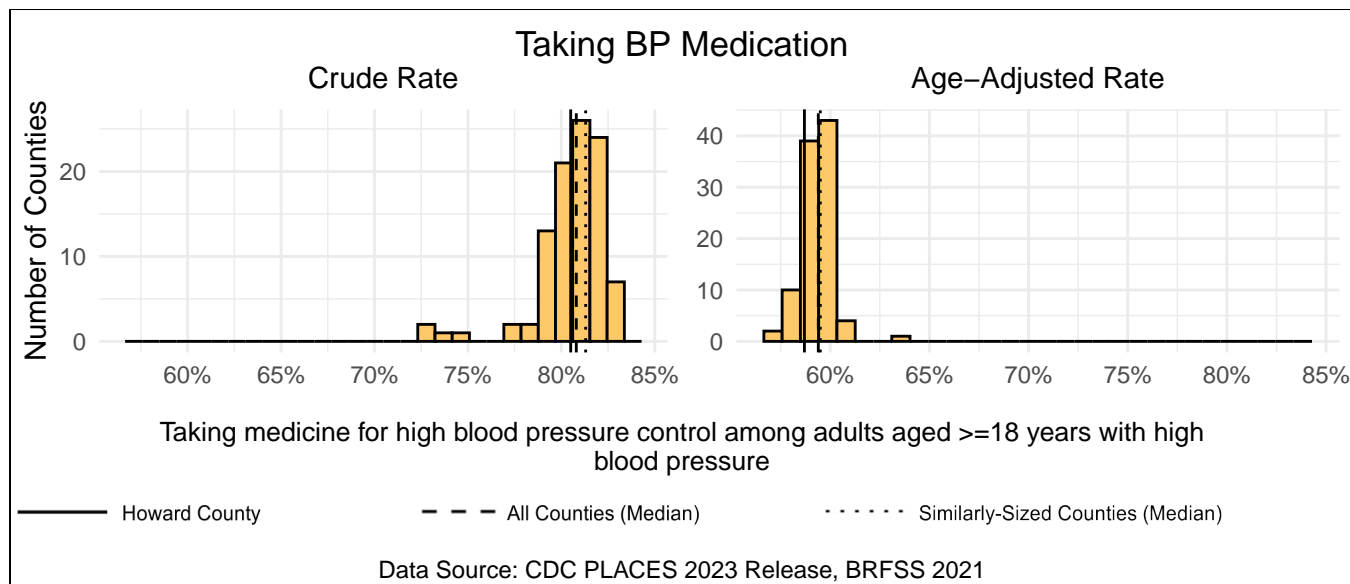
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	7.7%	7.8%	8.0%
Age-Adjusted	8.2%	8.3%	8.5%



Taking BP Medication

Howard County has a crude rate of 80.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 61st out of 99 Iowa counties (49th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 58.7%, which ranks 78th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

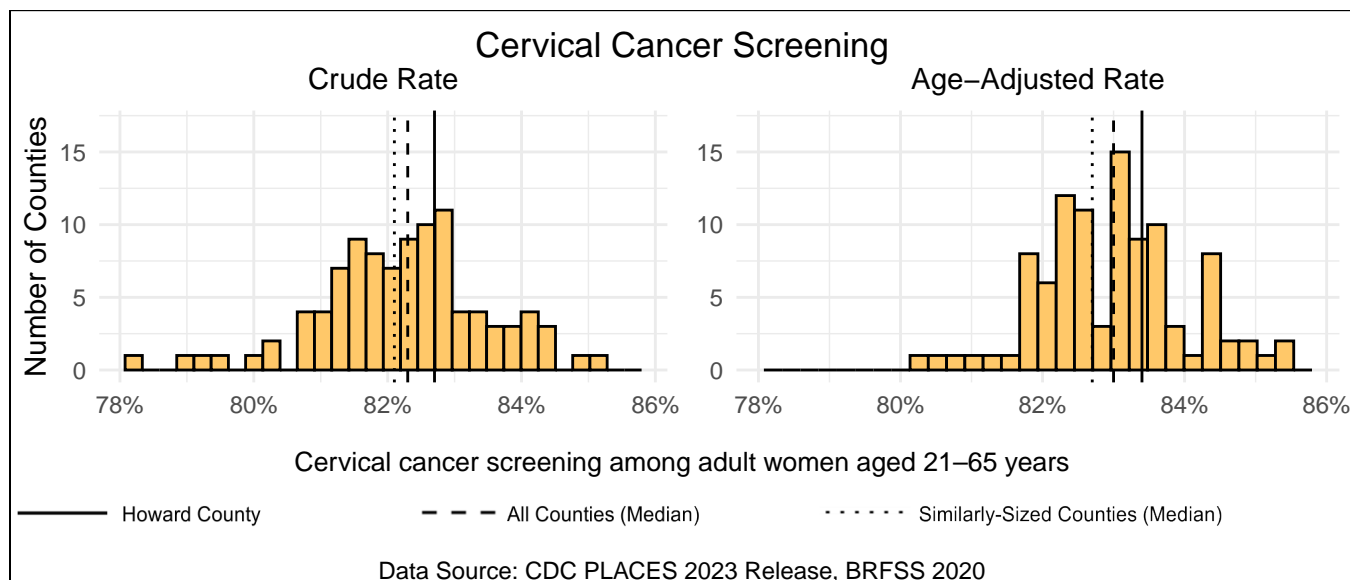
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	80.5%	80.8%	81.3%
Age-Adjusted	58.7%	59.4%	59.5%



Cervical Cancer Screening

Howard County has a crude rate of 82.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 35th out of 99 Iowa counties (18th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 83.4%, which ranks 30th out of 99 Iowa counties (15th out of 63 similarly-sized counties).

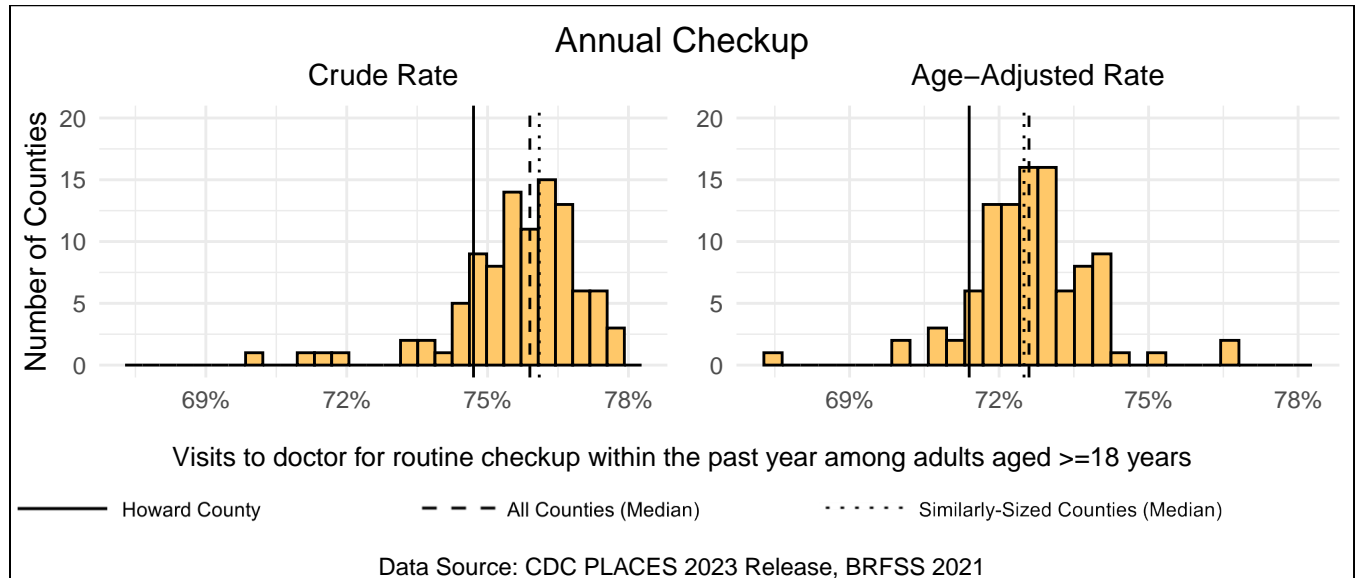
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	82.7%	82.3%	82.1%
Age-Adjusted	83.4%	83.0%	82.7%



Annual Checkup

Howard County has a crude rate of 74.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 80th out of 99 Iowa counties (54th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 71.4%, which ranks 90th out of 99 Iowa counties (57th out of 63 similarly-sized counties).

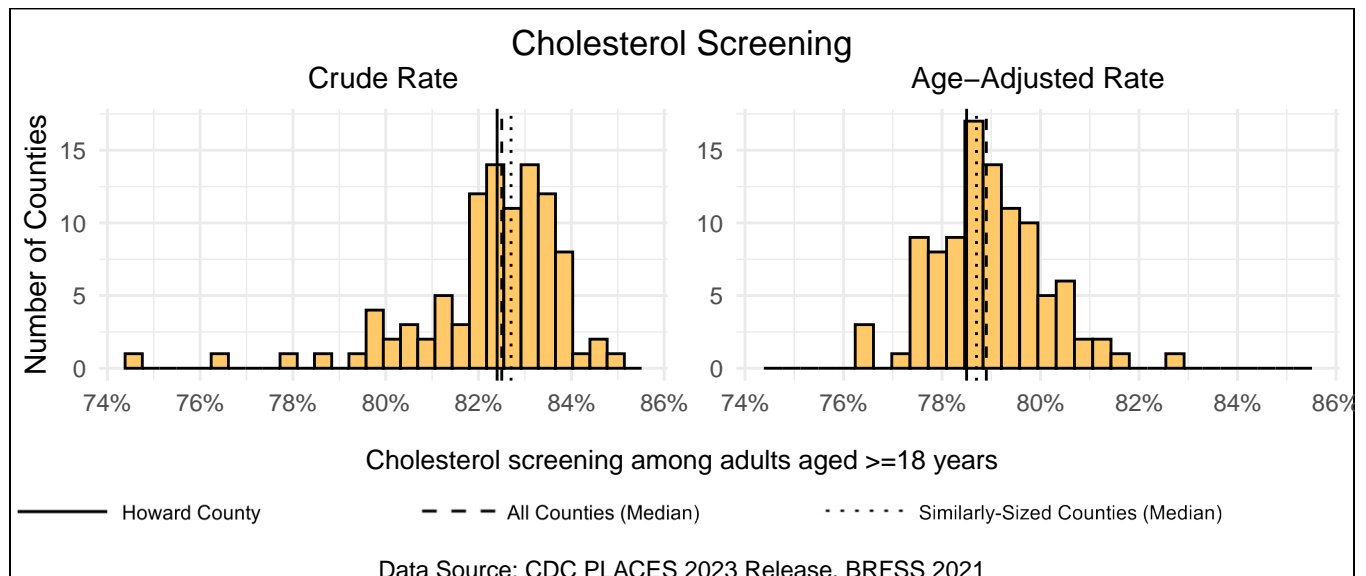
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	74.7%	75.9%	76.1%
Age-Adjusted	71.4%	72.6%	72.5%



Cholesterol Screening

Howard County has a crude rate of 82.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 54th out of 99 Iowa counties (38th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 78.5%, which ranks 66th out of 99 Iowa counties (35th out of 63 similarly-sized counties).

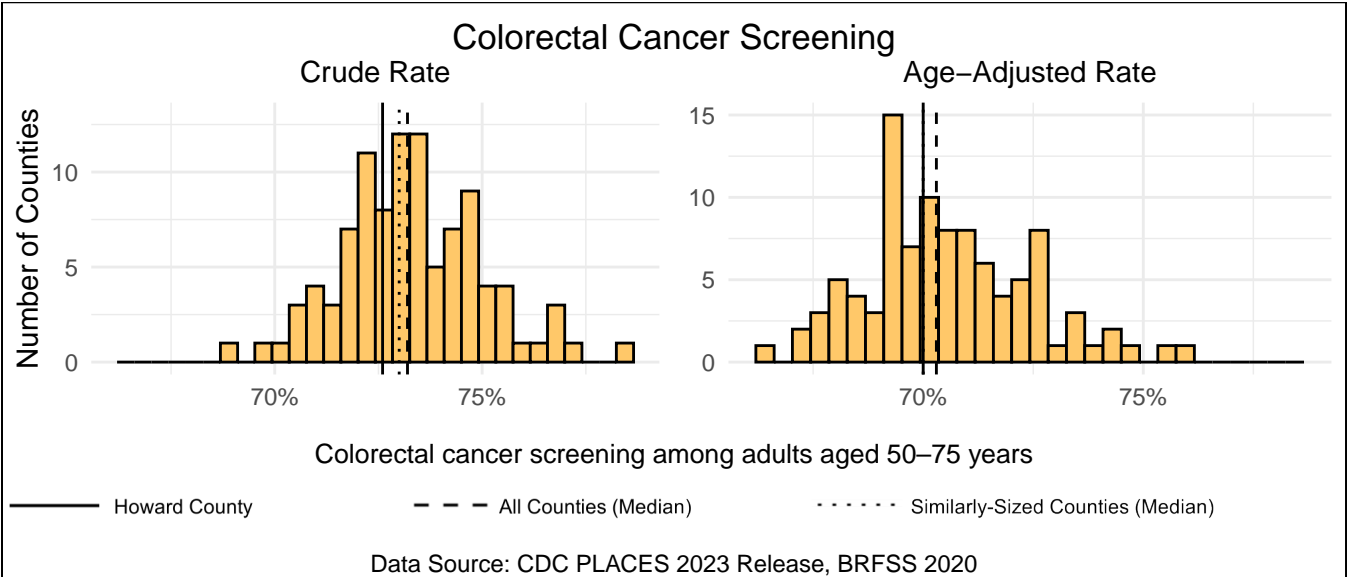
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	82.4%	82.5%	82.7%
Age-Adjusted	78.5%	78.9%	78.7%



Colorectal Cancer Screening

Howard County has a crude rate of 72.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 66th out of 99 Iowa counties (42nd out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 70.0%, which ranks 54th out of 99 Iowa counties (31st out of 63 similarly-sized counties).

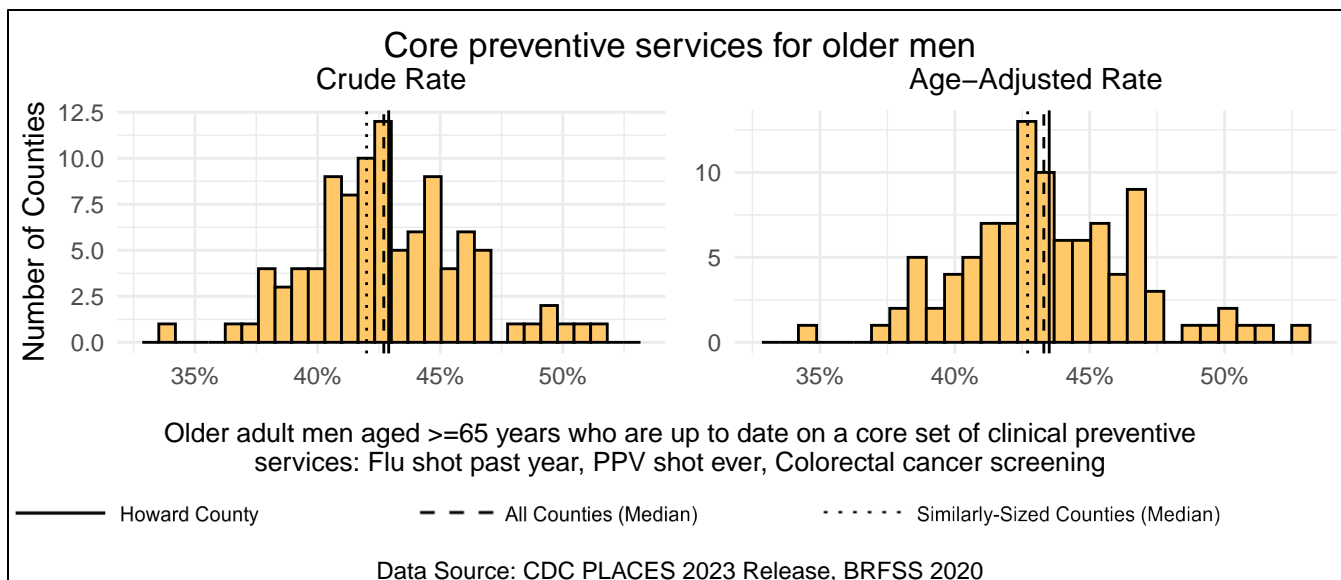
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	72.6%	73.2%	73.0%
Age-Adjusted	70.0%	70.3%	70.0%



Core preventive services for older men

Howard County has a crude rate of 42.9% 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 45th out of 99 Iowa counties (22nd out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 43.5%, which ranks 44th out of 99 Iowa counties (21st out of 63 similarly-sized counties).

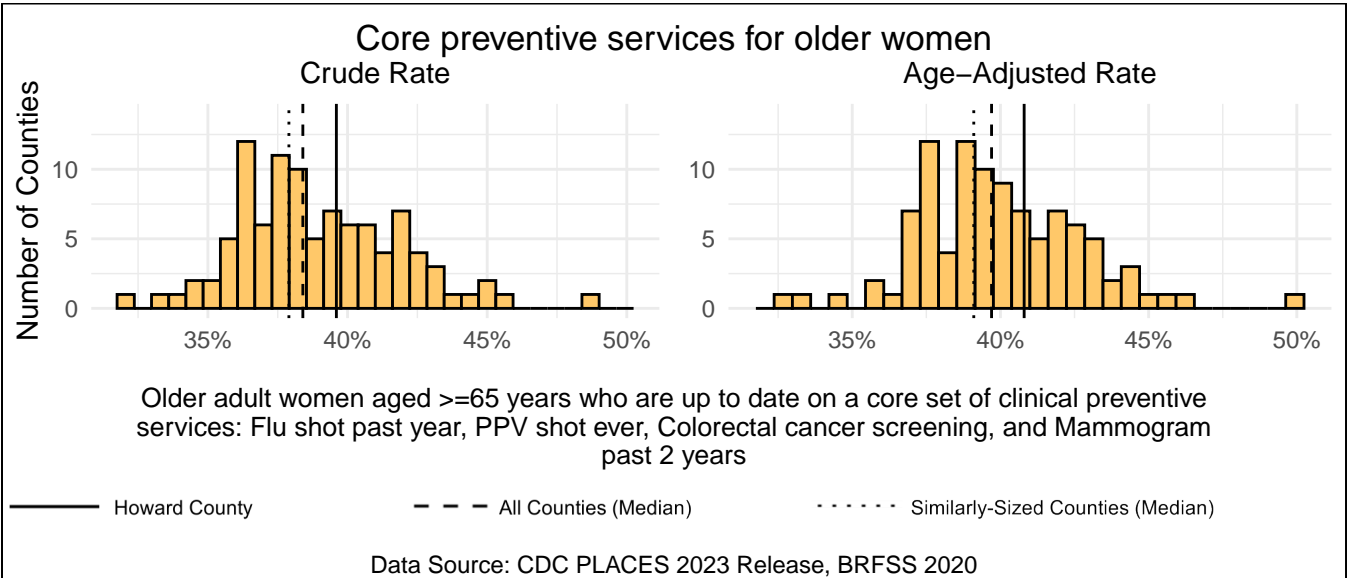
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	42.9%	42.7%	42.0%
Age-Adjusted	43.5%	43.3%	42.7%



Core preventive services for older women

Howard County has a crude rate of 39.6% 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 37th out of 99 Iowa counties (15th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 40.8%, which ranks 33rd out of 99 Iowa counties (12th out of 63 similarly-sized counties).

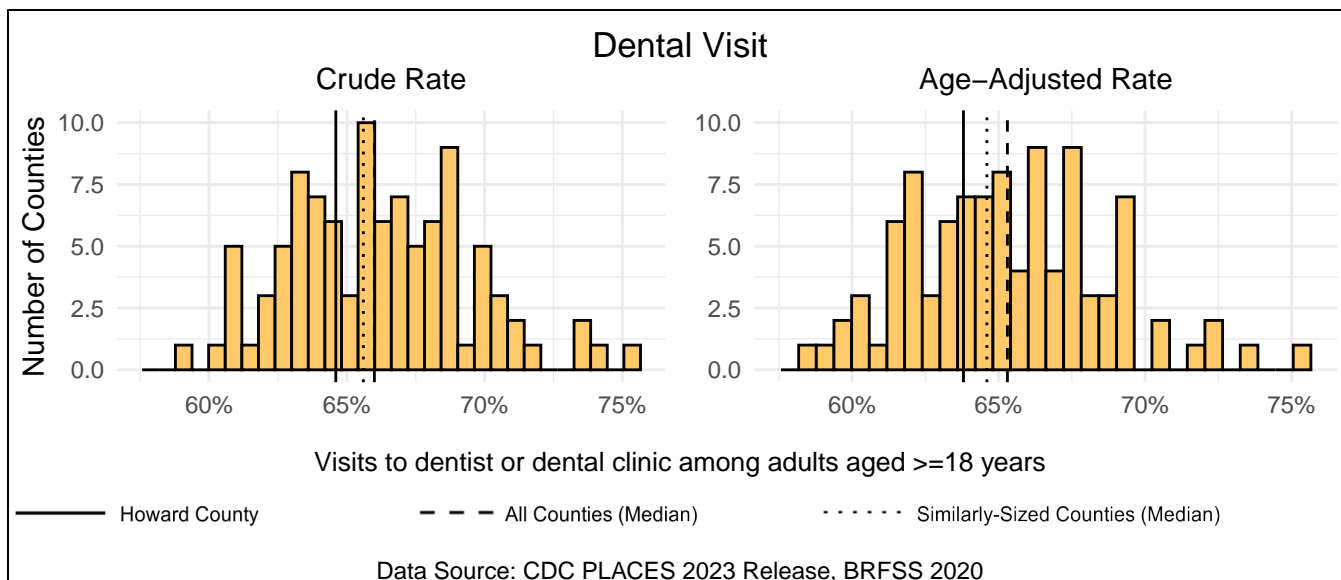
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	39.6%	38.4%	37.9%
Age-Adjusted	40.8%	39.7%	39.1%



Dental Visit

Howard County has a crude rate of 64.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 66th out of 99 Iowa counties (39th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 63.8%, which ranks 65th out of 99 Iowa counties (38th out of 63 similarly-sized counties).

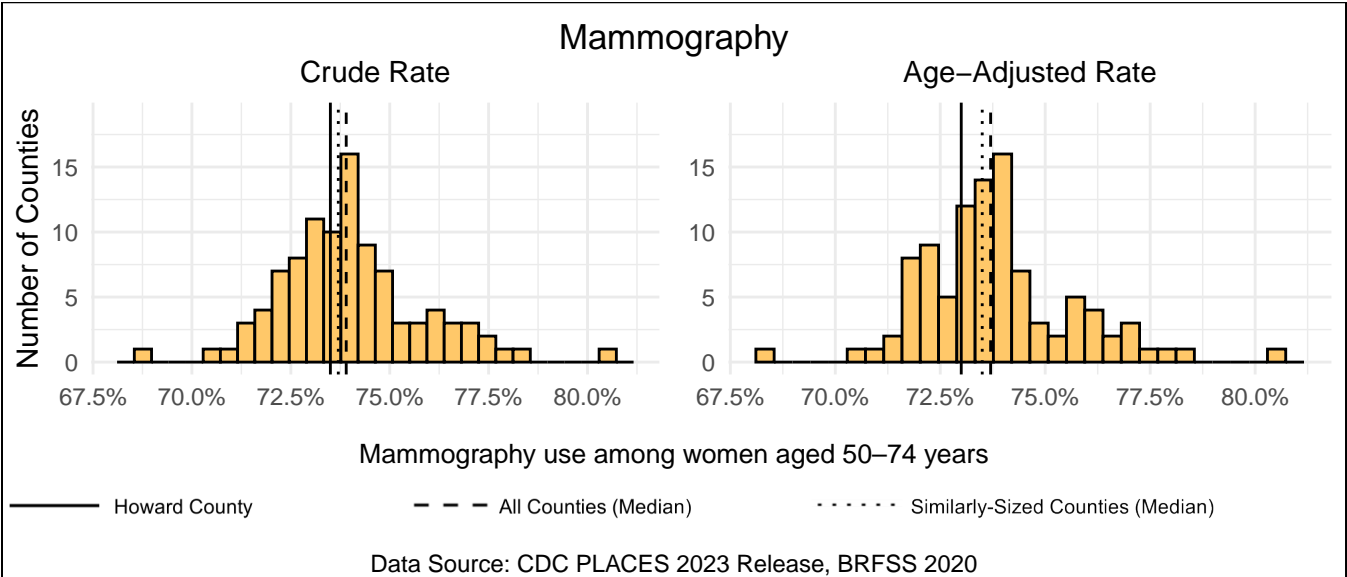
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	64.6%	66.0%	65.6%
Age-Adjusted	63.8%	65.3%	64.6%



Mammography

Howard County has a crude rate of 73.5% for mammography use among women aged 50–74 years, which ranks 59th out of 99 Iowa counties (37th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 73.0%, which ranks 69th out of 99 Iowa counties (41st out of 63 similarly-sized counties).

Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	73.5%	73.9%	73.7%
Age-Adjusted	73.0%	73.7%	73.5%



Disability

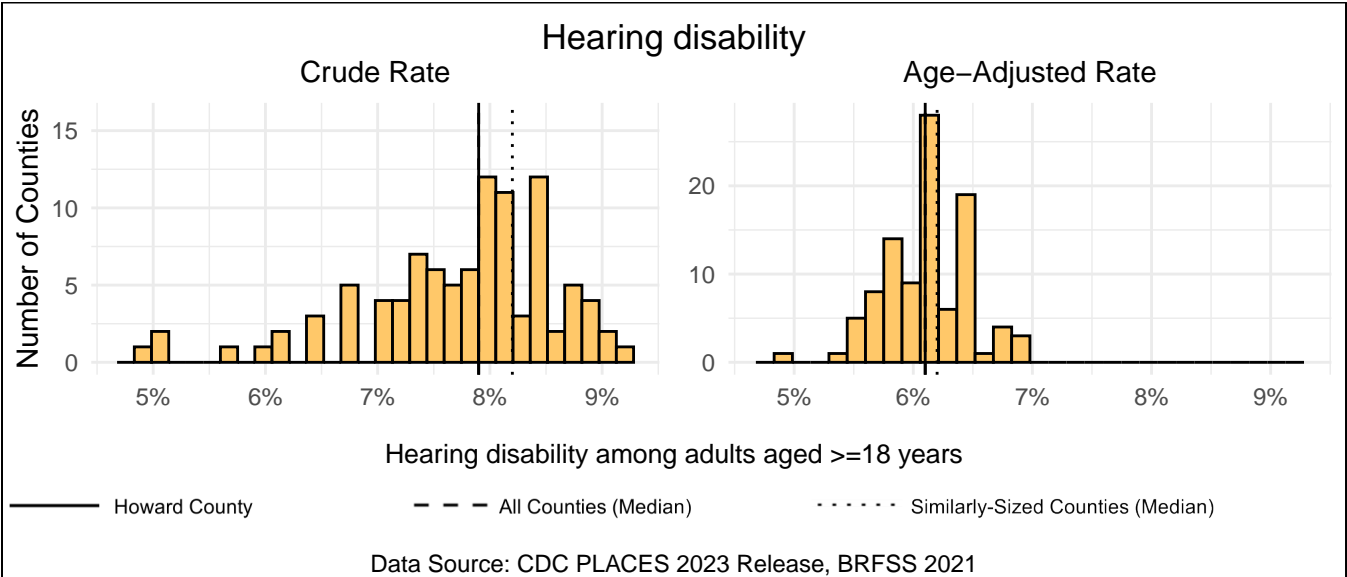
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Howard County has a crude rate of 7.9% for hearing disability among adults aged ≥ 18 years, which ranks 48th out of 99 Iowa counties (17th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 6.1%, which ranks 39th out of 99 Iowa counties (18th out of 63 similarly-sized counties).

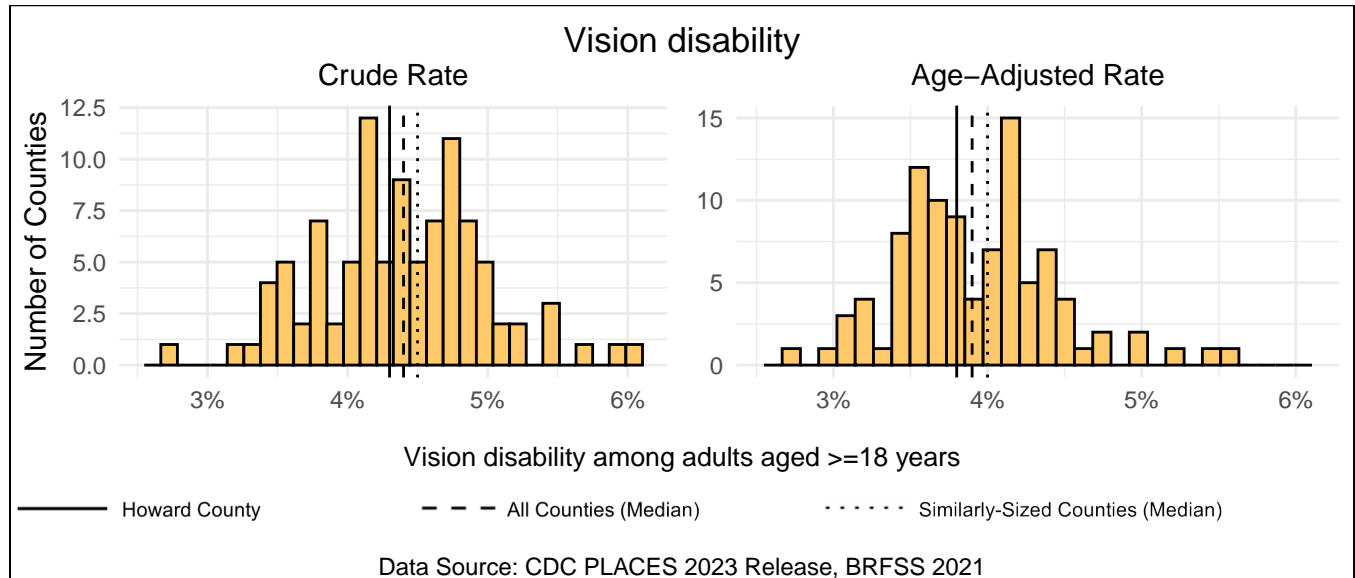
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	7.9%	7.9%	8.2%
Age-Adjusted	6.1%	6.1%	6.2%



Vision disability

Howard County has a crude rate of 4.3% for vision disability among adults aged ≥ 18 years, which ranks 41st out of 99 Iowa counties (19th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 3.8%, which ranks 41st out of 99 Iowa counties (20th out of 63 similarly-sized counties).

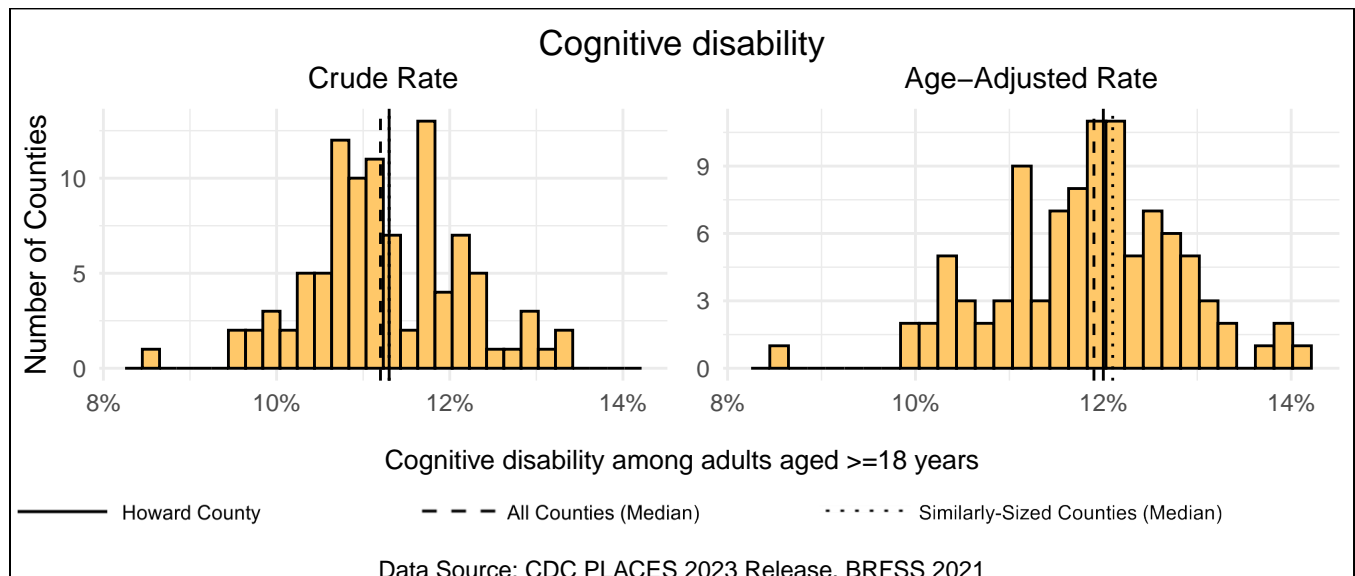
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	4.3%	4.4%	4.5%
Age-Adjusted	3.8%	3.9%	4.0%



Cognitive disability

Howard County has a crude rate of 11.3% for cognitive disability among adults aged ≥ 18 years, which ranks 54th out of 99 Iowa counties (31st out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 12.0%, which ranks 56th out of 99 Iowa counties (31st out of 63 similarly-sized counties).

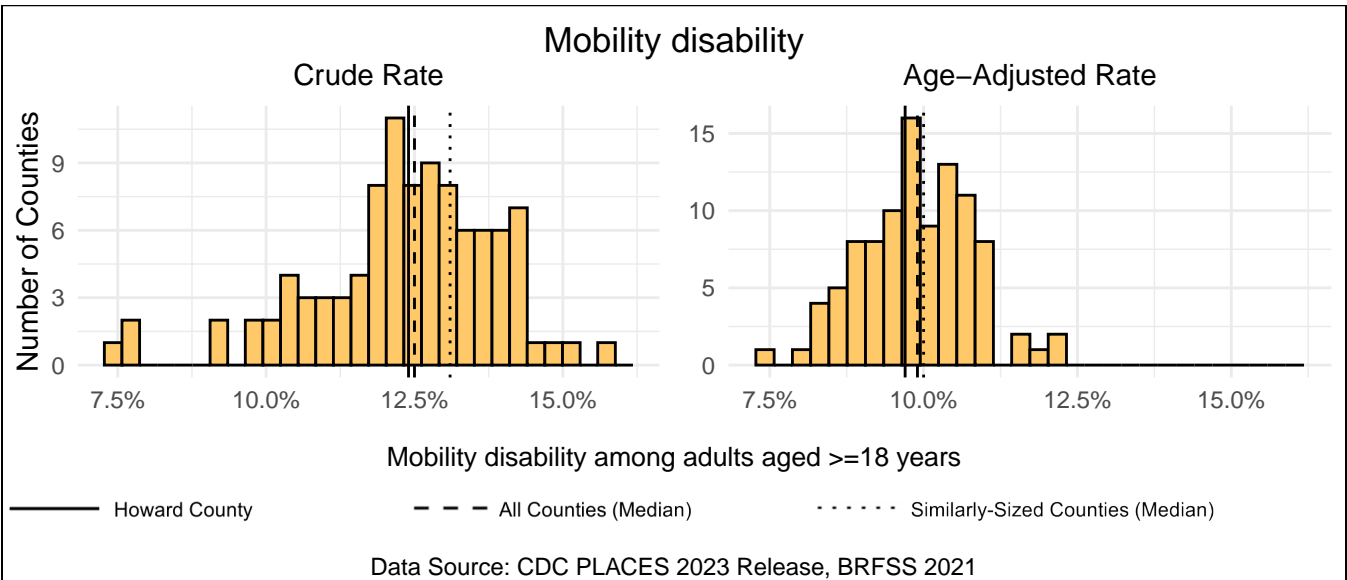
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	11.3%	11.2%	11.3%
Age-Adjusted	12.0%	11.9%	12.1%



Mobility disability

Howard County has a crude rate of 12.4% for mobility disability among adults aged ≥ 18 years, which ranks 46th out of 99 Iowa counties (19th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 9.7%, which ranks 38th out of 99 Iowa counties (20th out of 63 similarly-sized counties).

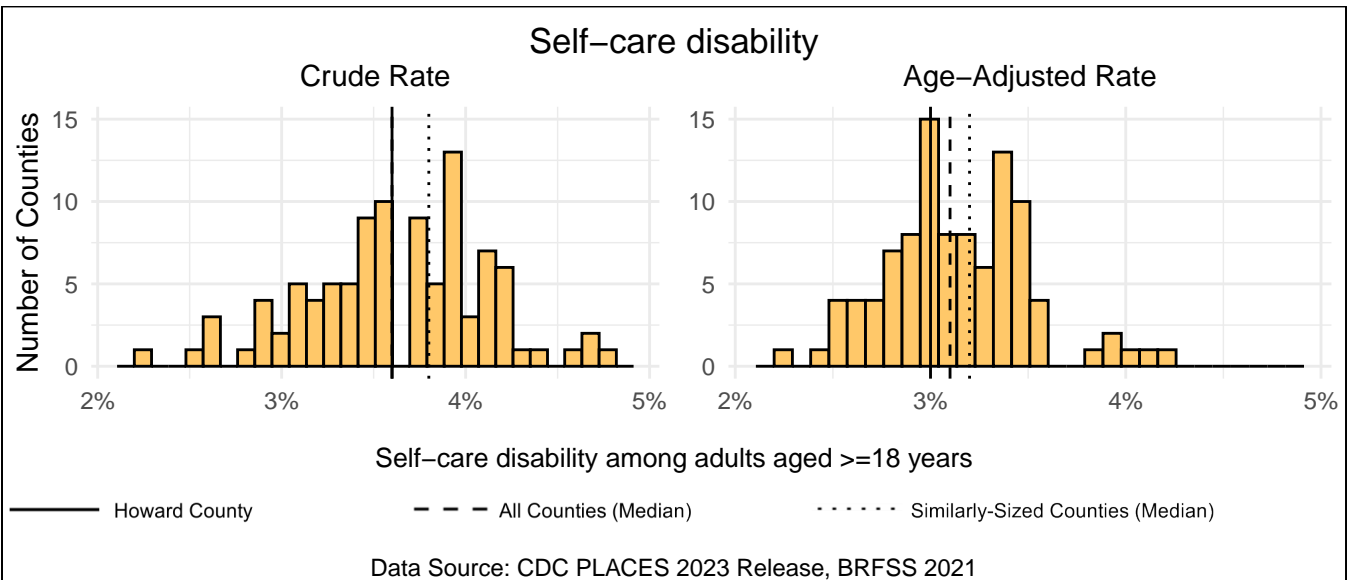
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	12.4%	12.5%	13.1%
Age-Adjusted	9.7%	9.9%	10.0%



Self-care disability

Howard County has a crude rate of 3.6% for self-care disability among adults aged ≥ 18 years, which ranks 41st out of 99 Iowa counties (20th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 3.0%, which ranks 30th out of 99 Iowa counties (15th out of 63 similarly-sized counties).

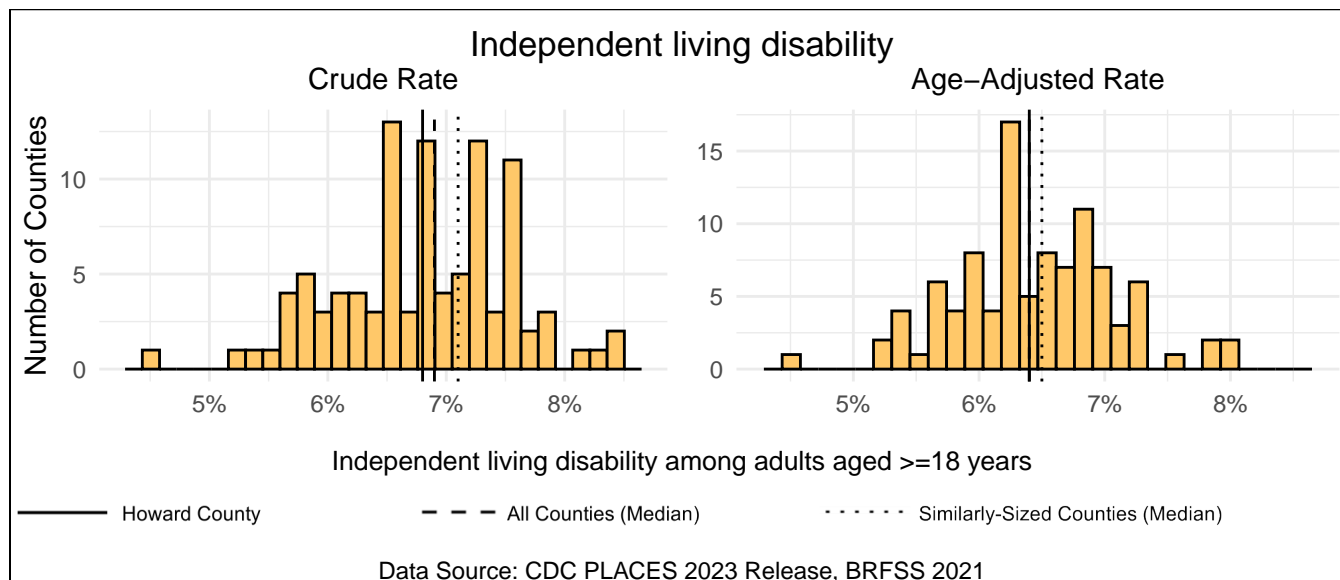
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	3.6%	3.6%	3.8%
Age-Adjusted	3.0%	3.1%	3.2%



Independent living disability

Howard County has a crude rate of 6.8% for independent living disability among adults aged ≥ 18 years, which ranks 44th out of 99 Iowa counties (19th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 6.4%, which ranks 48th out of 99 Iowa counties (24th out of 63 similarly-sized counties).

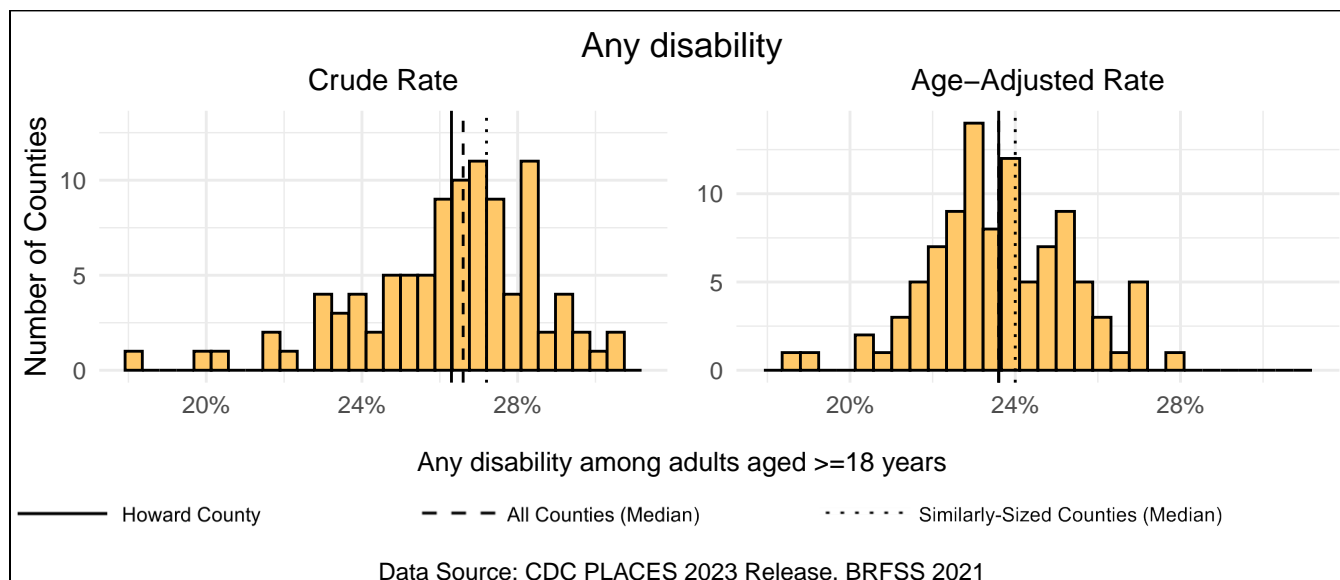
Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	6.8%	6.9%	7.1%
Age-Adjusted	6.4%	6.4%	6.5%



Any disability

Howard County has a crude rate of 26.3% for any disability among adults aged ≥ 18 years, which ranks 41st out of 99 Iowa counties (18th out of 63 similarly-sized counties). The age-adjusted rate for Howard County is 23.6%, which ranks 50th out of 99 Iowa counties (27th out of 63 similarly-sized counties).

Measure Type	Howard County	All Counties	Similarly-Sized Counties
Crude	26.3%	26.6%	27.2%
Age-Adjusted	23.6%	23.6%	24.0%



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: Howard County 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	40	14.7% (12.1% - 17.9%)	42	13.1% (10.8% - 15.7%)
Health Status	Mental Health	50	14.1% (12.1% - 16.2%)	53	15.6% (13.3% - 18.0%)
Health Status	Physical Health	41	11.0% (9.2% - 12.9%)	39	9.8% (8.3% - 11.5%)
Health Risk Behaviors	Physical Inactivity	39	26.3% (21.2% - 31.6%)	38	24.5% (19.6% - 29.5%)
Health Risk Behaviors	Sleep <7 hours	61	30.4% (28.8% - 32.1%)	57	31.7% (29.8% - 33.3%)
Health Risk Behaviors	Binge Drinking	51	18.6% (15.5% - 22.3%)	59	21.6% (18.0% - 25.7%)
Health Risk Behaviors	Current Smoking	65	17.3% (13.5% - 21.0%)	66	18.3% (14.4% - 22.2%)
Health Outcomes	High Blood Pressure	55	33.9% (29.6% - 38.3%)	47	27.9% (24.1% - 31.9%)
Health Outcomes	All Teeth Lost	40	10.1% (6.5% - 14.5%)	42	11.0% (7.0% - 15.7%)
Health Outcomes	Cancer (except skin)	52	8.5% (7.6% - 9.3%)	26	6.4% (5.8% - 7.1%)
Health Outcomes	Arthritis	38	28.3% (24.1% - 32.7%)	32	22.7% (19.1% - 26.5%)
Health Outcomes	High Cholesterol	35	37.1% (32.5% - 42.1%)	22	29.4% (25.1% - 34.2%)
Health Outcomes	Obesity	9	35.1% (27.8% - 43.0%)	9	35.2% (27.9% - 43.1%)
Health Outcomes	Diabetes	39	10.7% (8.9% - 12.6%)	30	8.3% (7.0% - 9.8%)
Health Outcomes	Current Asthma	28	9.2% (8.0% - 10.6%)	49	9.5% (8.2% - 10.9%)
Health Outcomes	Stroke	43	3.5% (3.0% - 4.1%)	45	2.7% (2.3% - 3.1%)
Health Outcomes	Depression	41	17.5% (14.2% - 21.0%)	48	18.7% (15.2% - 22.4%)
Health Outcomes	COPD	54	8.0% (6.4% - 9.6%)	60	6.5% (5.3% - 7.8%)
Health Outcomes	Coronary Heart Disease	49	7.1% (6.0% - 8.2%)	47	5.2% (4.4% - 6.0%)
Health Outcomes	Chronic Kidney Disease	44	3.4% (3.0% - 3.8%)	17	2.6% (2.3% - 2.9%)
Prevention	Cervical Cancer Screening	35	82.7% (80.0% - 85.3%)	30	83.4% (80.9% - 85.9%)
Prevention	Core preventive services for older men	45	42.9% (34.0% - 52.5%)	44	43.5% (34.3% - 52.8%)
Prevention	Dental Visit	66	64.6% (60.9% - 68.4%)	65	63.8% (59.9% - 67.7%)
Prevention	Colorectal Cancer Screening	66	72.6% (69.1% - 75.7%)	54	70.0% (66.4% - 73.2%)
Prevention	Cholesterol Screening	54	82.4% (79.4% - 85.2%)	66	78.5% (74.9% - 82.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	61	80.5% (77.4% - 83.5%)	78	58.7% (53.8% - 63.8%)
Prevention	Health Insurance	42	7.7% (5.9% - 10.0%)	43	8.2% (6.2% - 10.7%)
Prevention	Mammography	59	73.5% (68.9% - 78.0%)	69	73.0% (68.1% - 77.4%)
Prevention	Annual Checkup	80	74.7% (69.9% - 79.5%)	90	71.4% (66.2% - 76.6%)
Prevention	Core preventive services for older women	37	39.6% (31.6% - 47.7%)	33	40.8% (32.7% - 49.3%)
Disability	Self-care Disability	41	3.6% (3.0% - 4.3%)	30	3.0% (2.6% - 3.6%)
Disability	Hearing Disability	48	7.9% (6.8% - 9.0%)	39	6.1% (5.3% - 7.0%)
Disability	Vision Disability	41	4.3% (3.6% - 5.1%)	41	3.8% (3.2% - 4.5%)
Disability	Any Disability	41	26.3% (21.9% - 30.8%)	50	23.6% (19.5% - 27.9%)
Disability	Independent Living Disability	44	6.8% (5.7% - 8.2%)	48	6.4% (5.3% - 7.6%)
Disability	Mobility Disability	46	12.4% (10.1% - 14.7%)	38	9.7% (8.0% - 11.5%)
Disability	Cognitive Disability	54	11.3% (9.4% - 13.3%)	56	12.0% (9.9% - 14.3%)

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

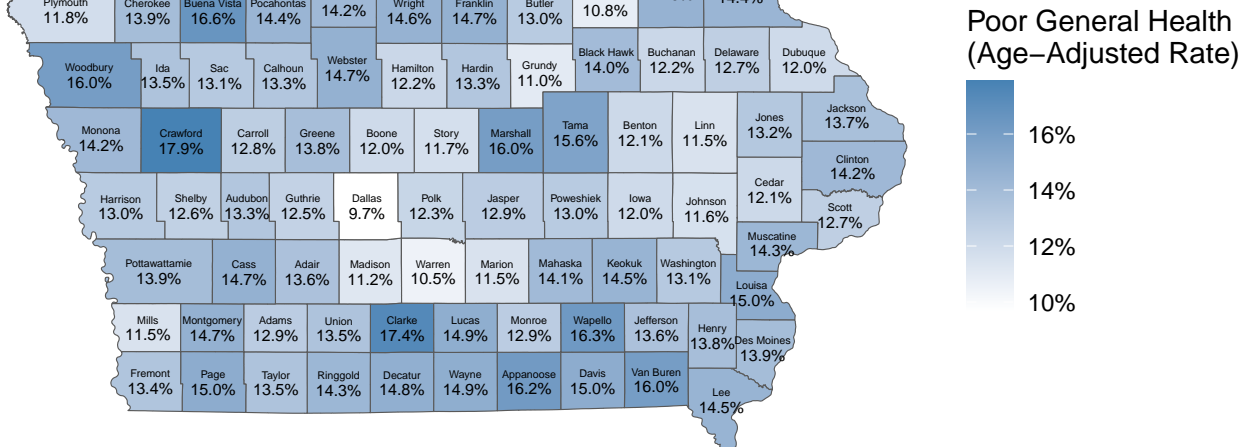
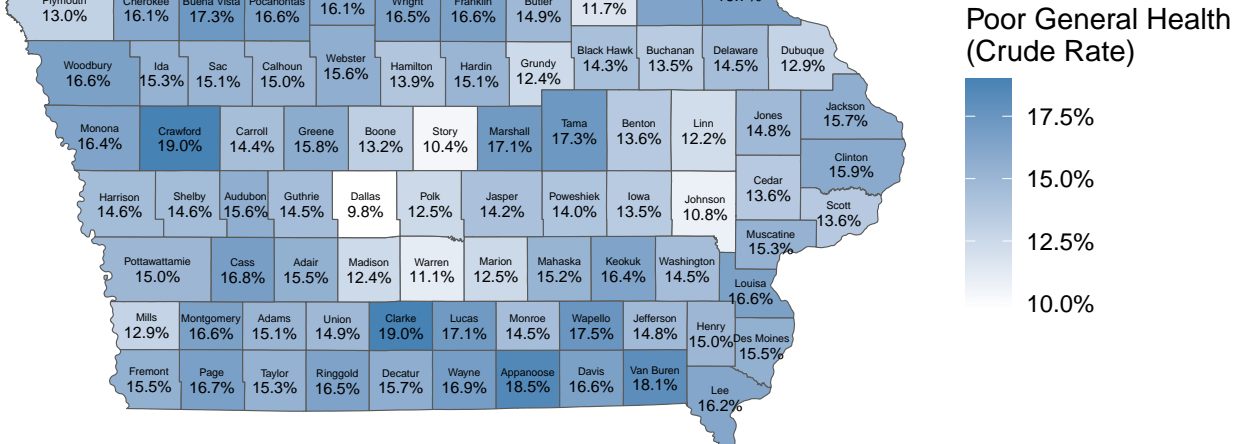
Appendix 3: Rural Counties

Howard County falls into the group of rural counties. In this data, 63 counties fall into this group. The table below lists all counties in the group, sorted by the population estimate in the CDC PLACES dataset.

County	Population	County	Population	County	Population
Sioux County	35,893	Lyon County	12,011	Pocahontas County	7,074
Boone County	26,723	Chickasaw County	11,887	Ida County	6,956
Plymouth County	25,650	Shelby County	11,770	Fremont County	6,567
Buchanan County	20,657	Cherokee County	11,503	Wayne County	6,508
Henry County	20,387	Louisa County	10,749	Osceola County	6,159
Winneshiek County	19,892	Hancock County	10,663	Taylor County	5,868
Jackson County	19,368	Winnebago County	10,656	Audubon County	5,635
Fayette County	19,258	Mitchell County	10,555	Ringgold County	4,639
Poweshiek County	18,586	Montgomery County	10,322	Adams County	3,641
Cedar County	18,410	Franklin County	9,952		
Delaware County	17,510	Calhoun County	9,915		
Clayton County	16,998	Keokuk County	9,914		
Tama County	16,867	Clarke County	9,785		
Hardin County	16,708	Sac County	9,752		
Iowa County	16,568	Humboldt County	9,634		
Crawford County	16,193	Howard County	9,478		
Floyd County	15,413	Emmet County	9,321		
Page County	15,197	Davis County	9,138		
Hamilton County	14,887	Palo Alto County	8,906		
Kossuth County	14,529	Greene County	8,717		
Butler County	14,332	Lucas County	8,710		
O'Brien County	14,015	Monona County	8,574		
Allamakee County	13,926	Decatur County	7,659		
Cass County	13,050	Monroe County	7,610		
Wright County	12,785	Adair County	7,541		
Appanoose County	12,257	Worth County	7,385		
Union County	12,018	Van Buren County	7,243		

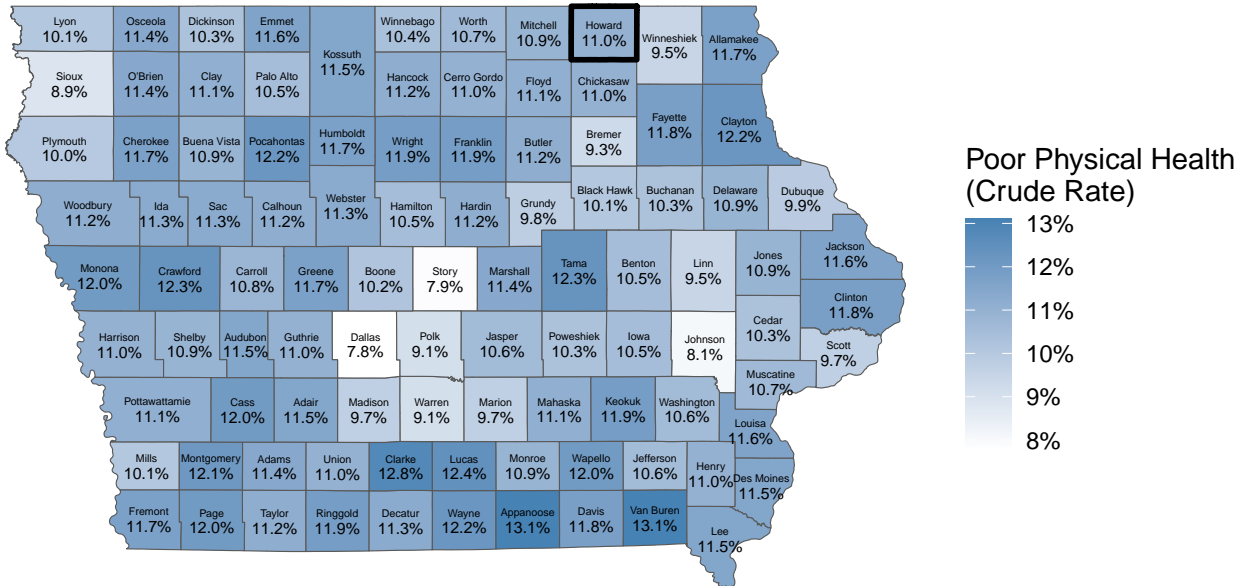
Metropolitan and micropolitan areas can be found in the link and the maps below.



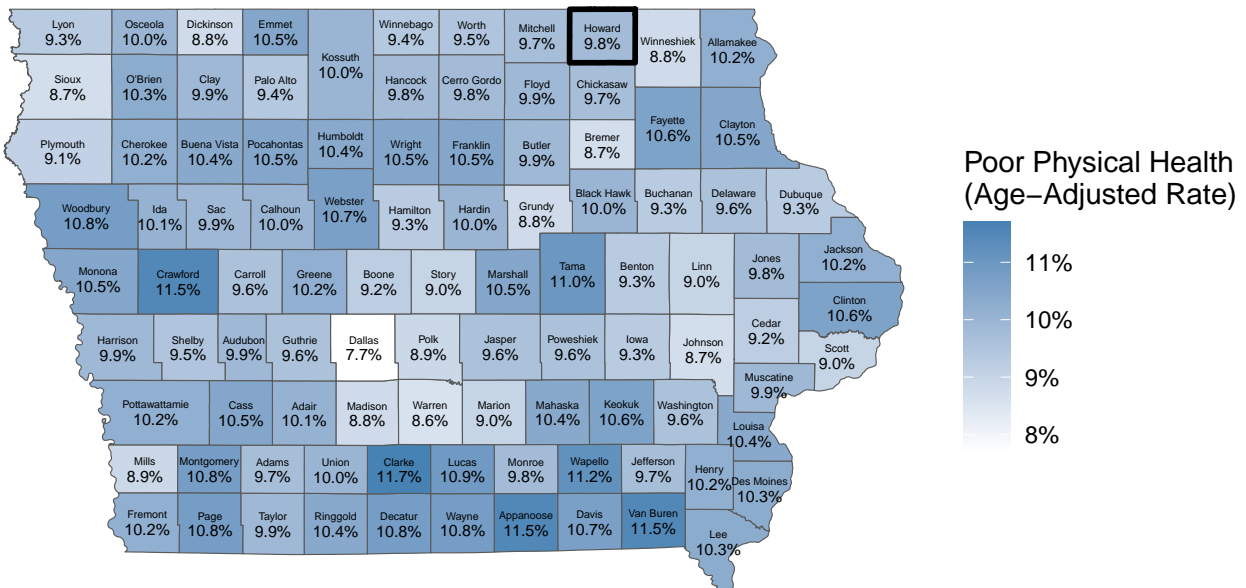
d health status among adults aged ≥ 18 years

Poor Physical Health

Physical health not good for ≥ 14 days among adults aged ≥ 18 years



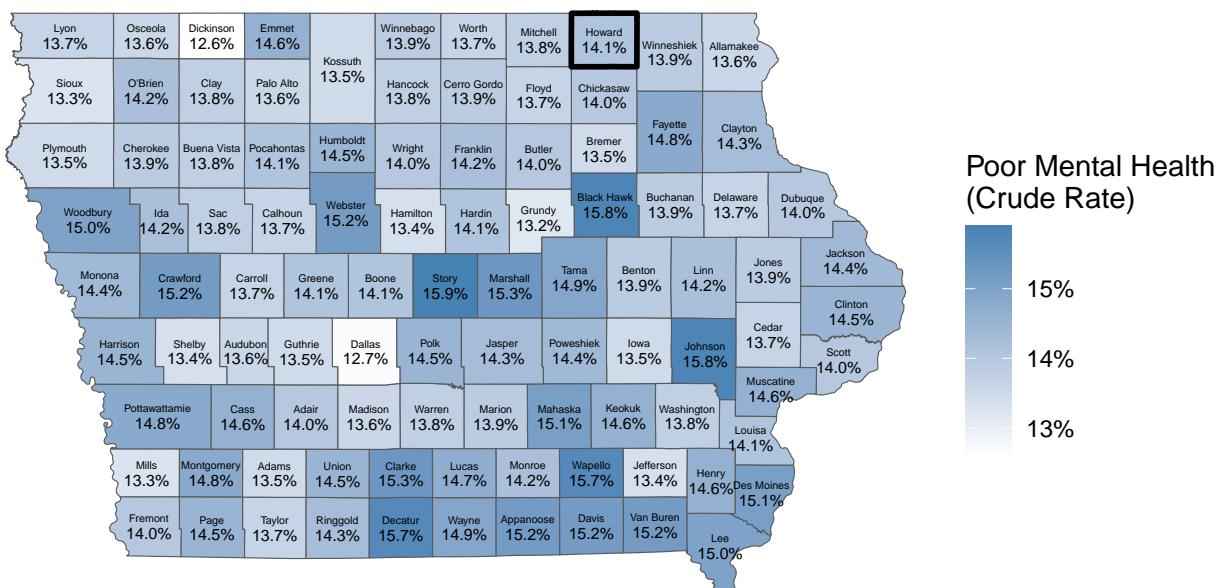
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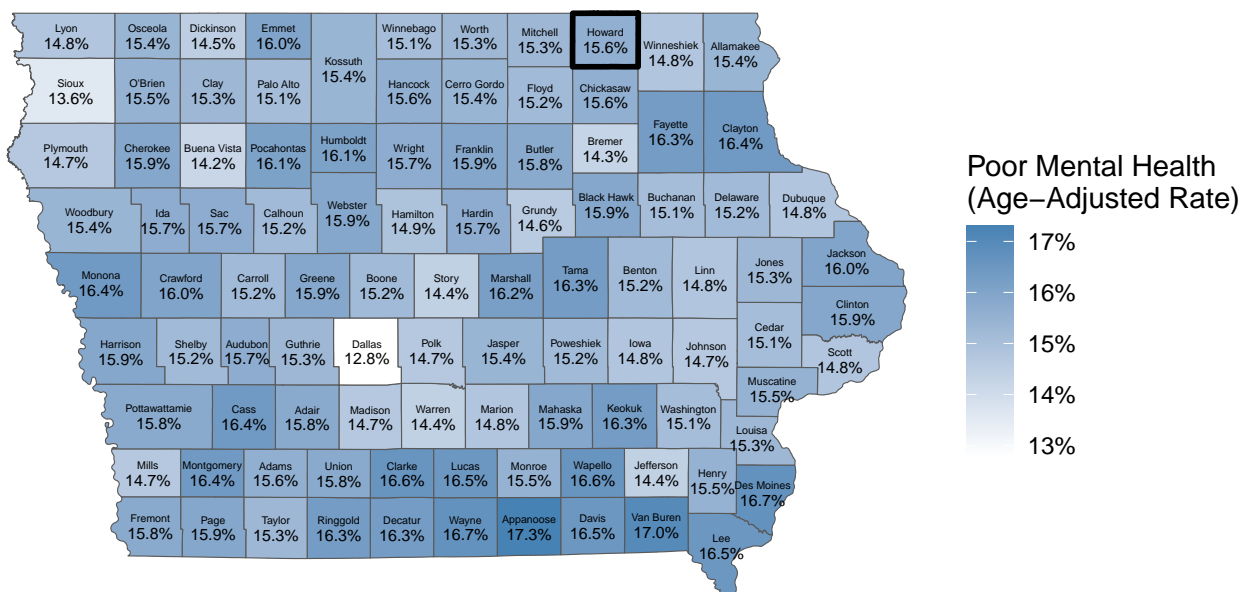
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

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



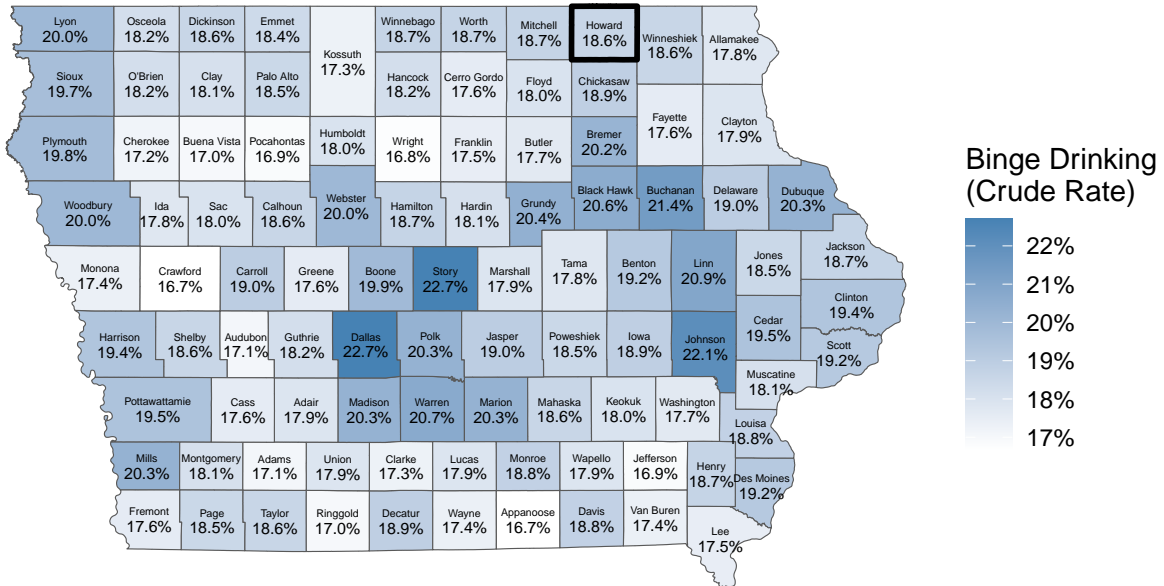
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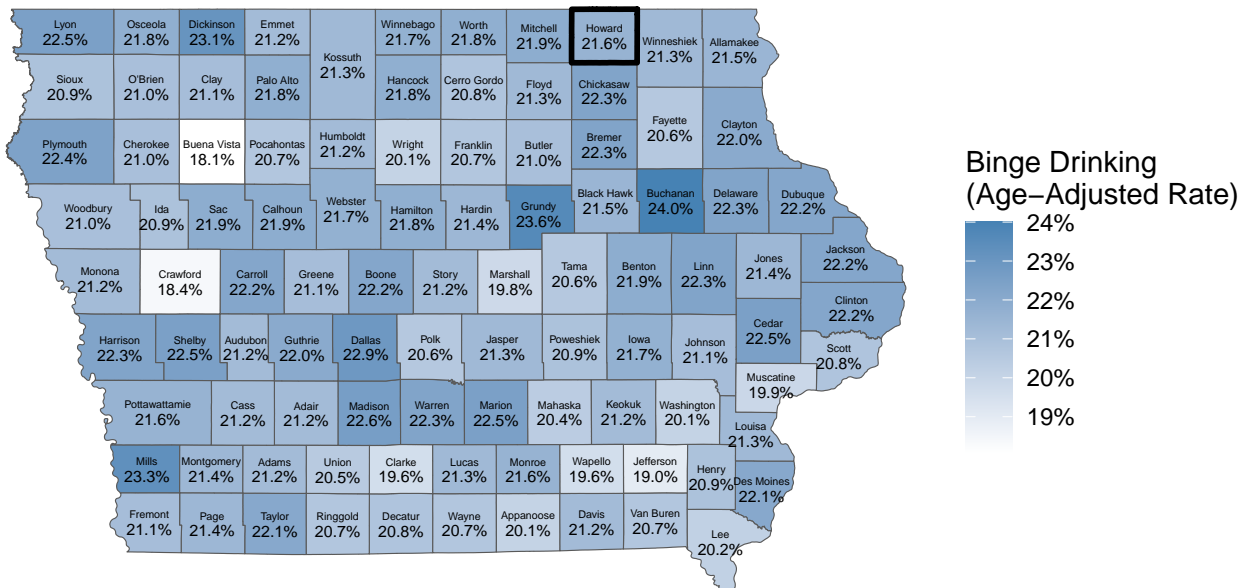
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Binge Drinking

Binge drinking among adults aged ≥ 18 years



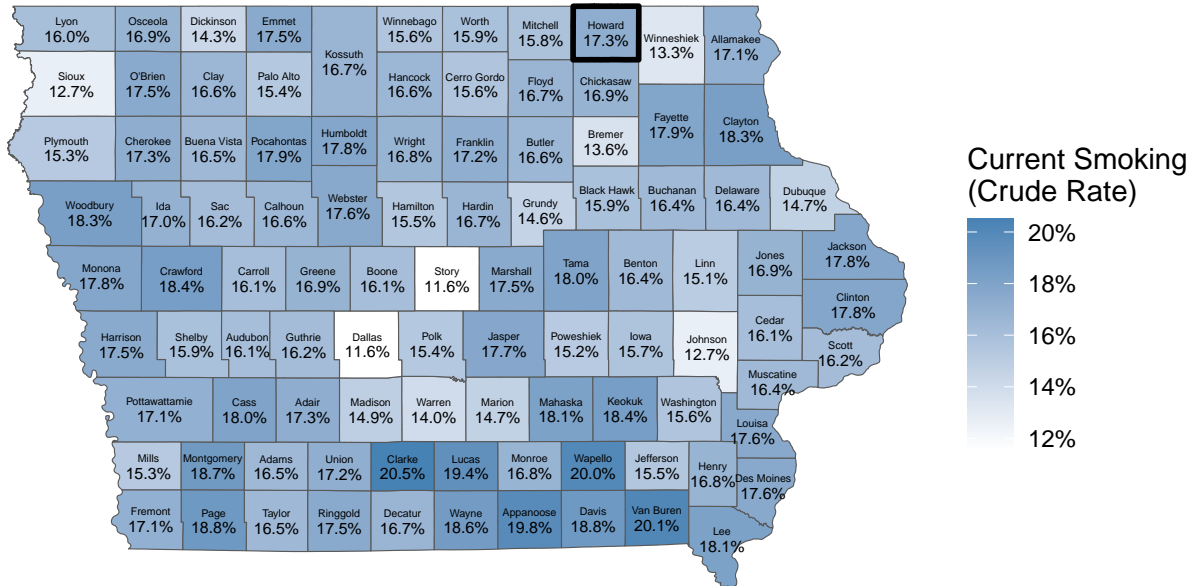
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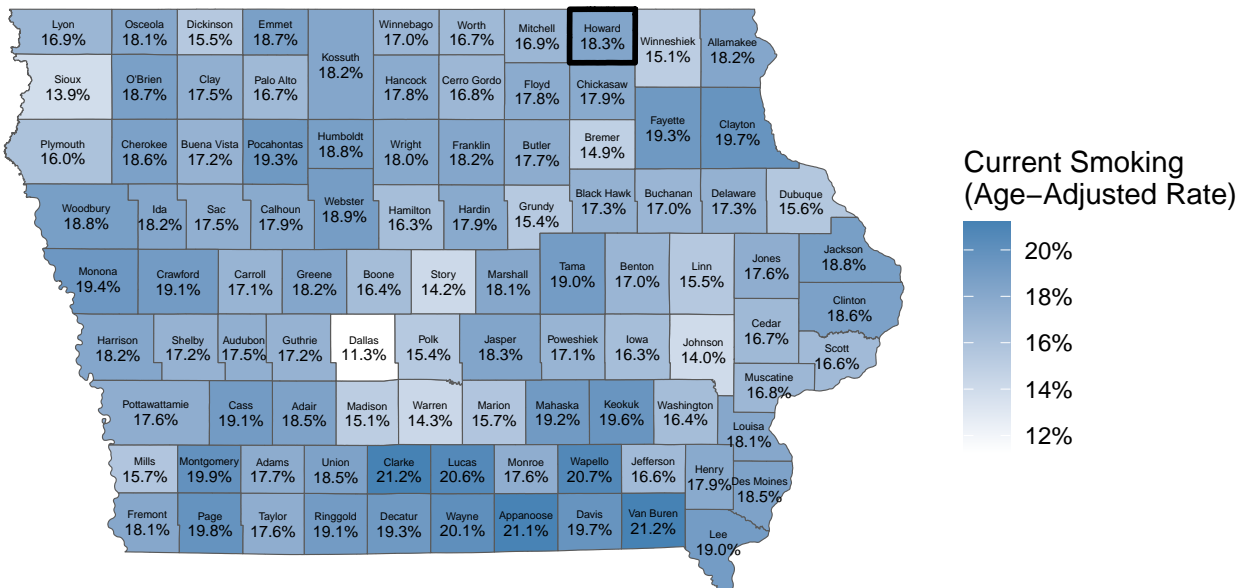
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Current Smoking

Current smoking among adults aged ≥ 18 years



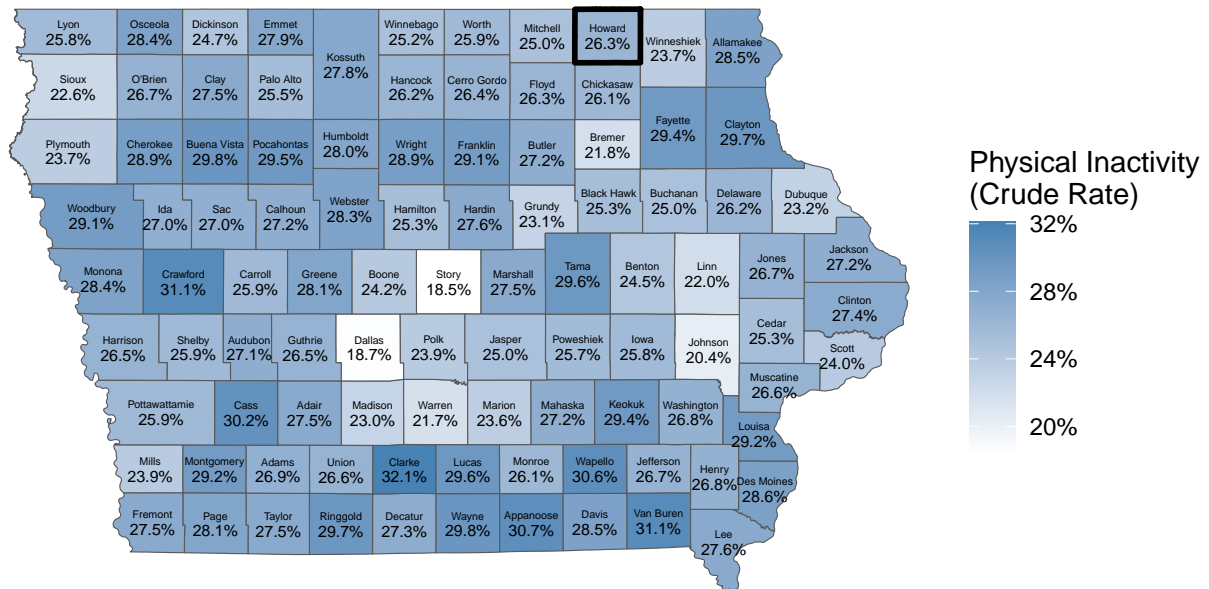
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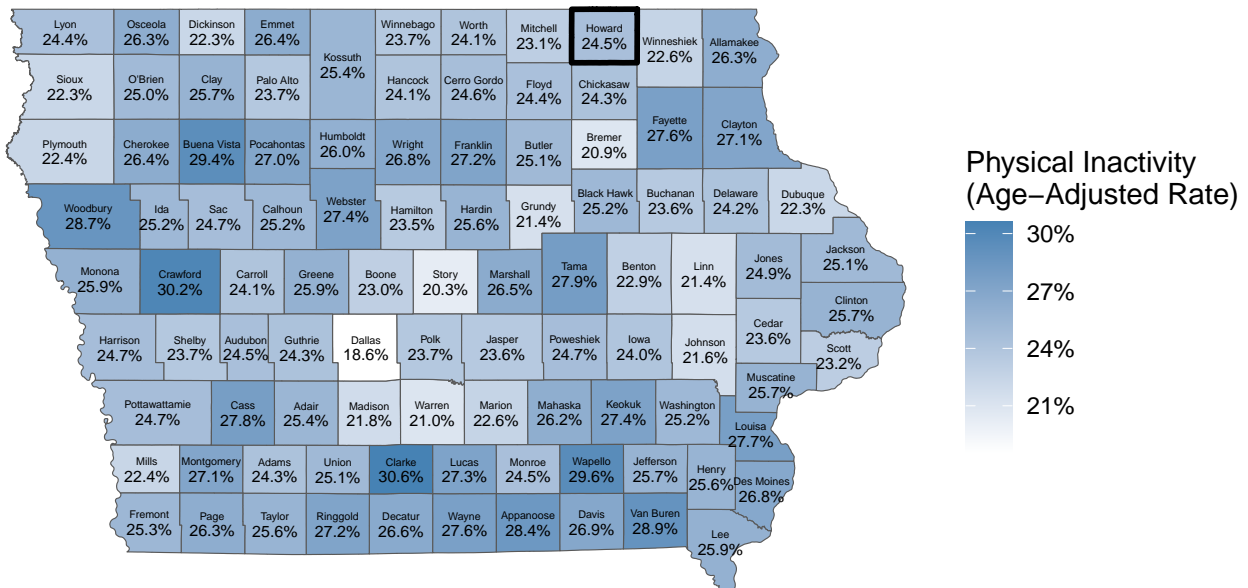
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Physical Inactivity

No leisure-time physical activity among adults aged ≥ 18 years



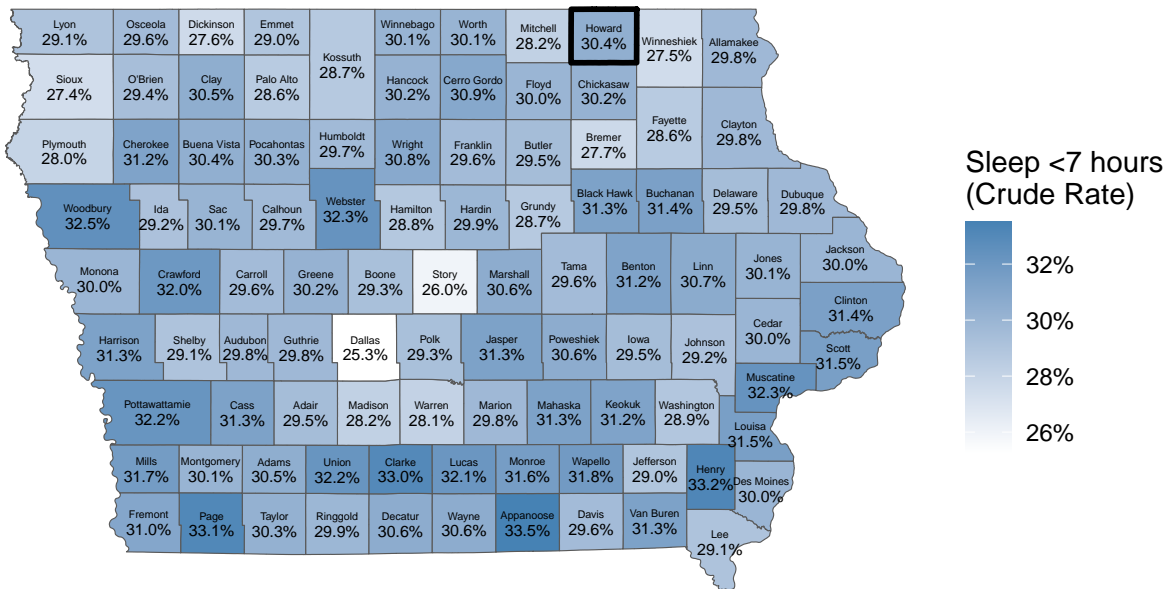
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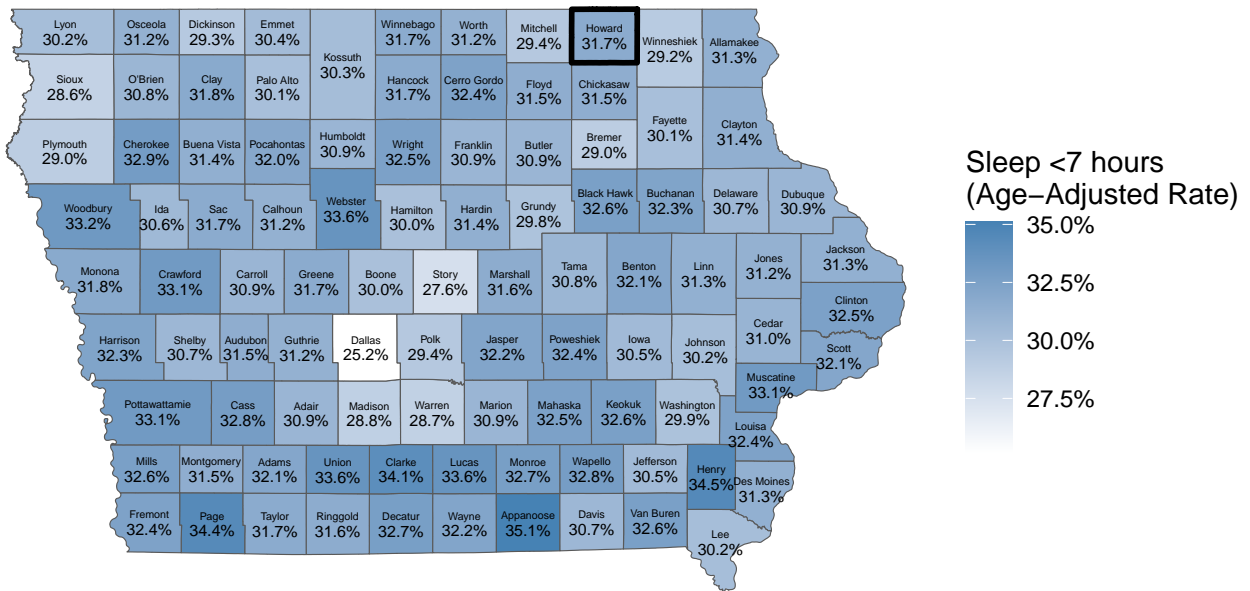
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Sleeping less than 7 hours among adults aged ≥ 18 years



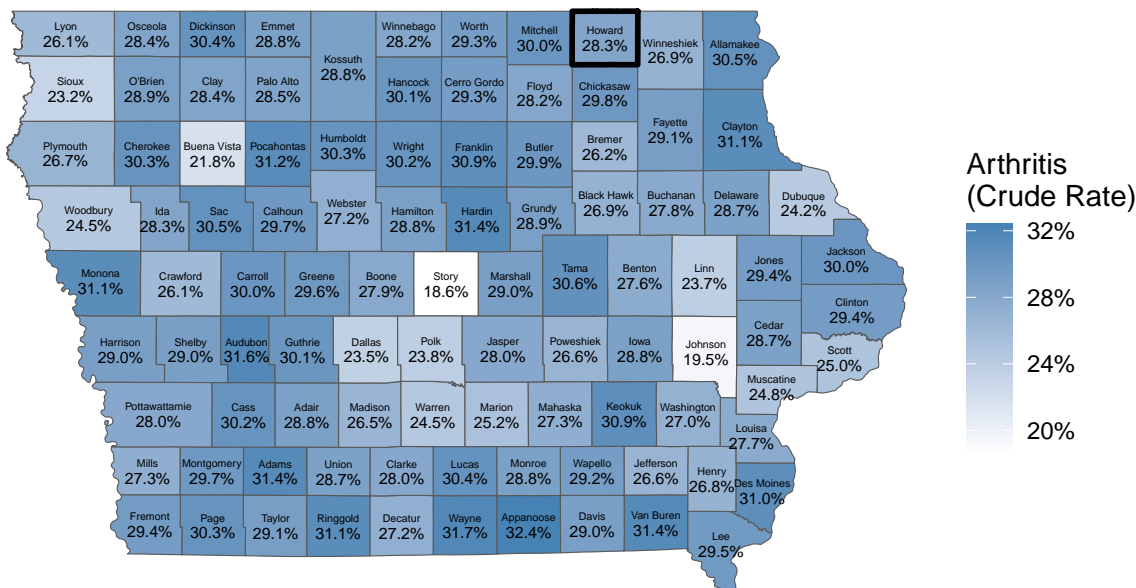
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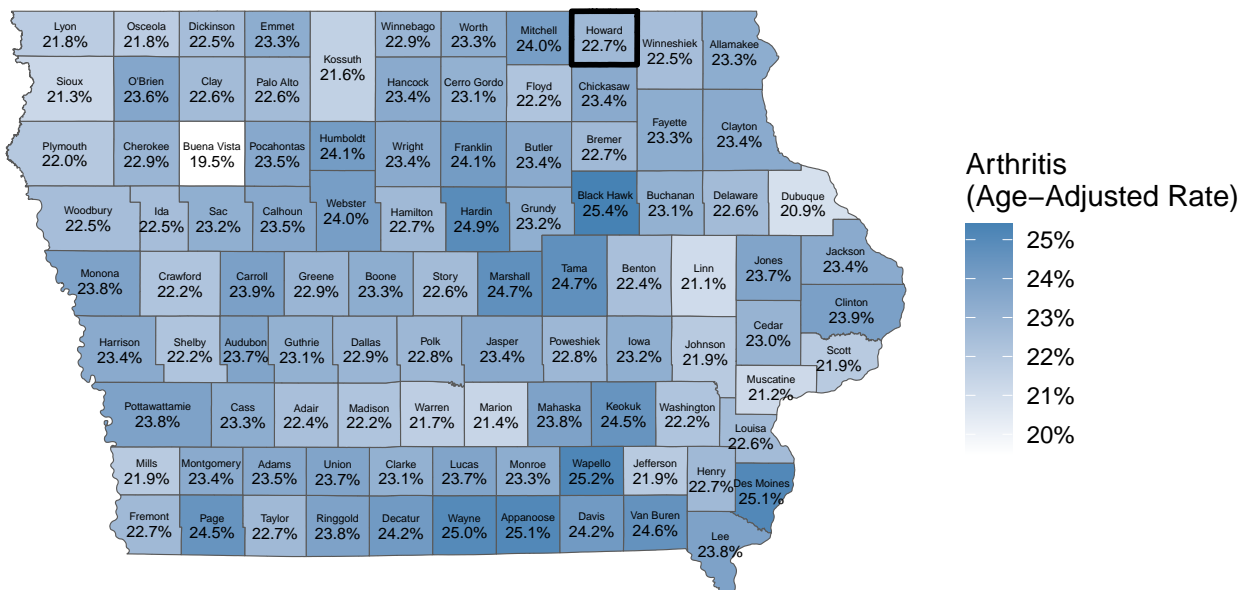
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Arthritis

Arthritis among adults aged ≥ 18 years



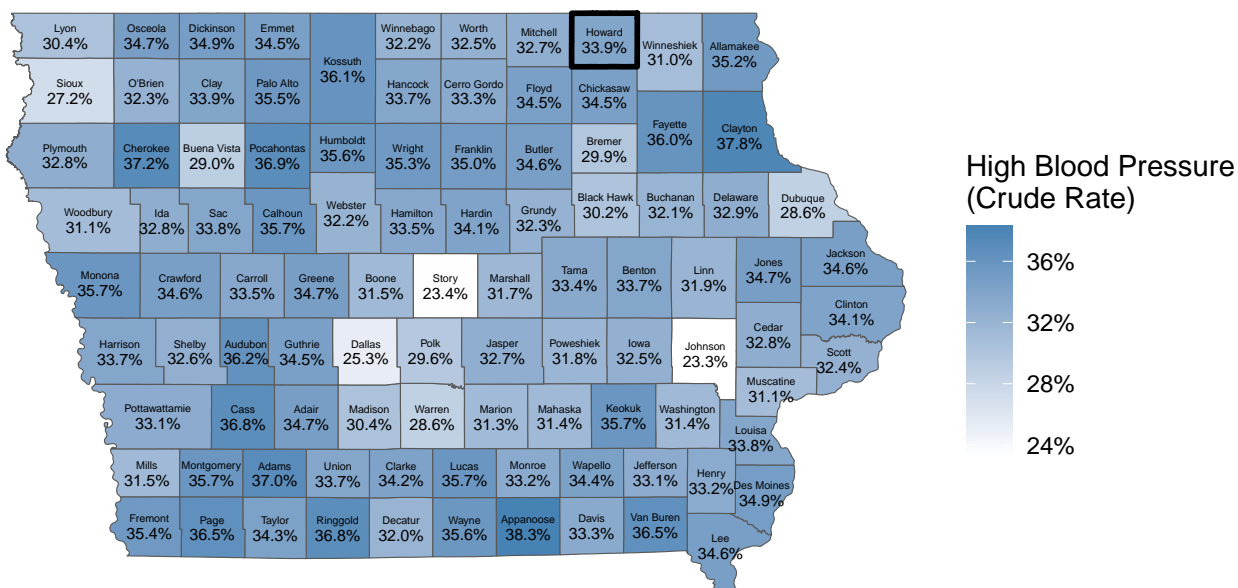
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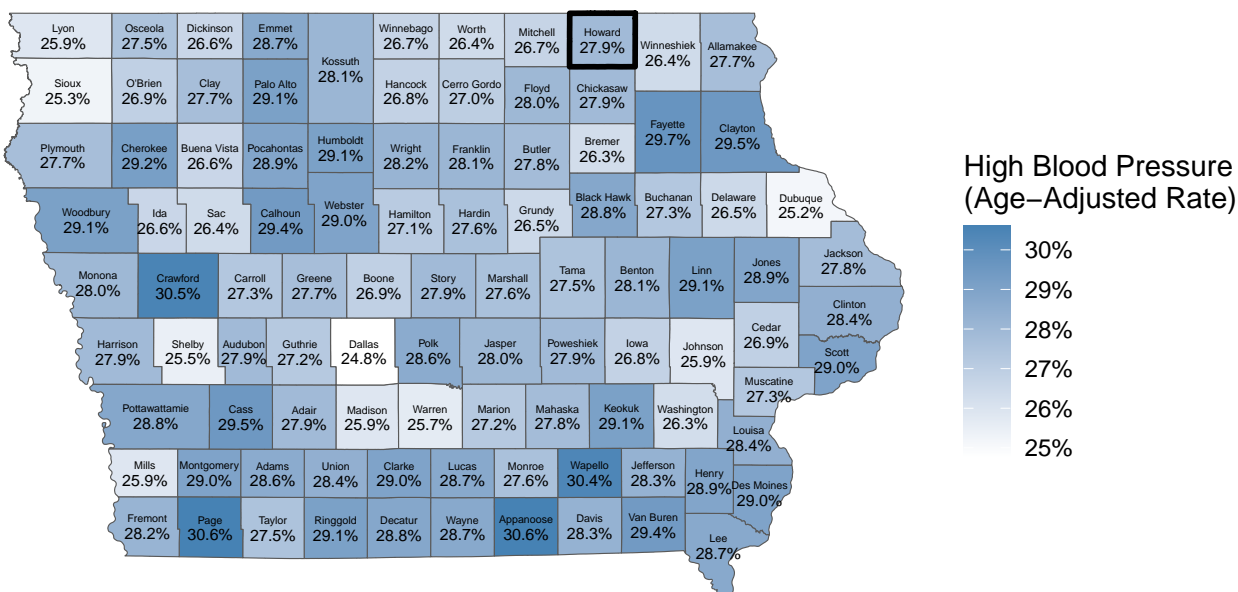
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High Blood Pressure

High blood pressure among adults aged ≥ 18 years



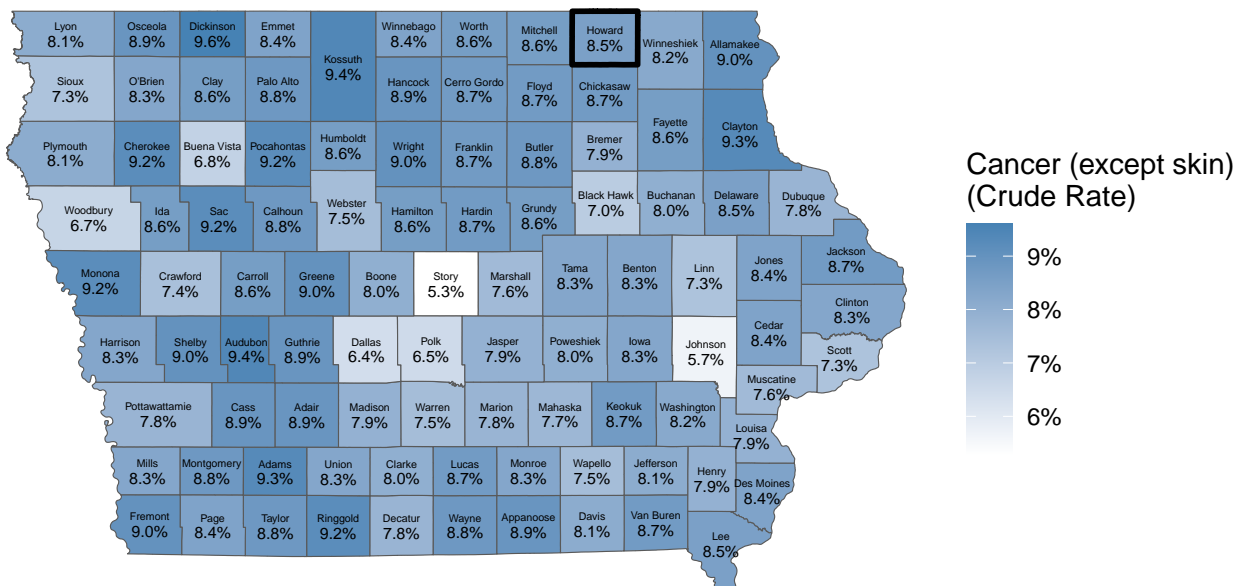
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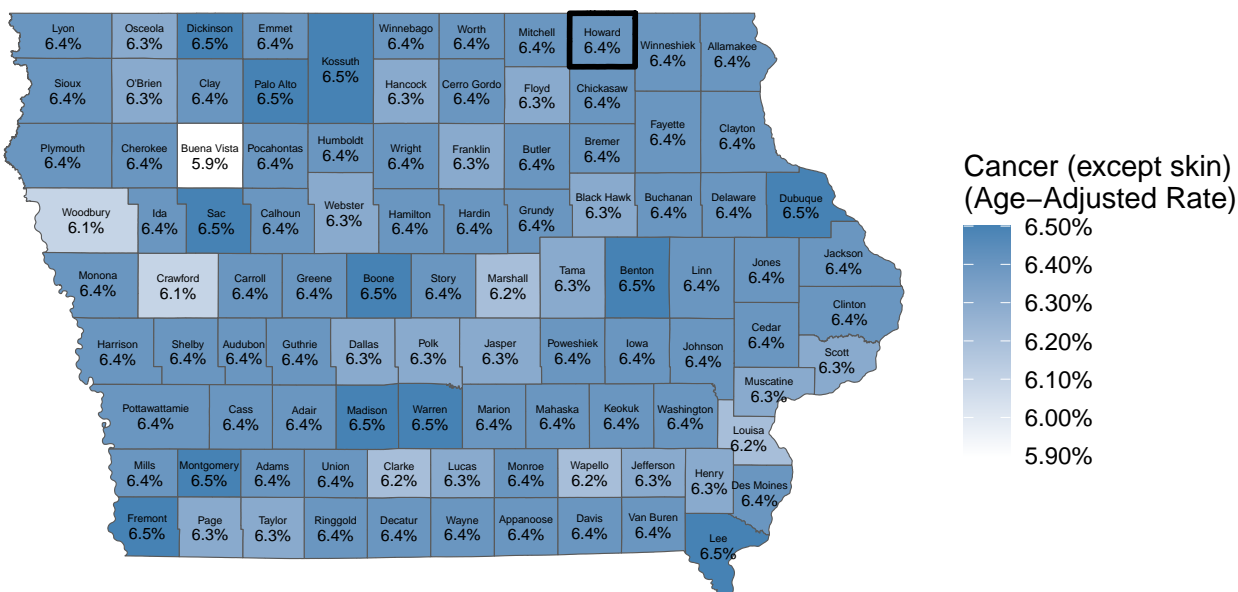
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Cancer (except skin)

Cancer (excluding skin cancer) among adults aged ≥ 18 years



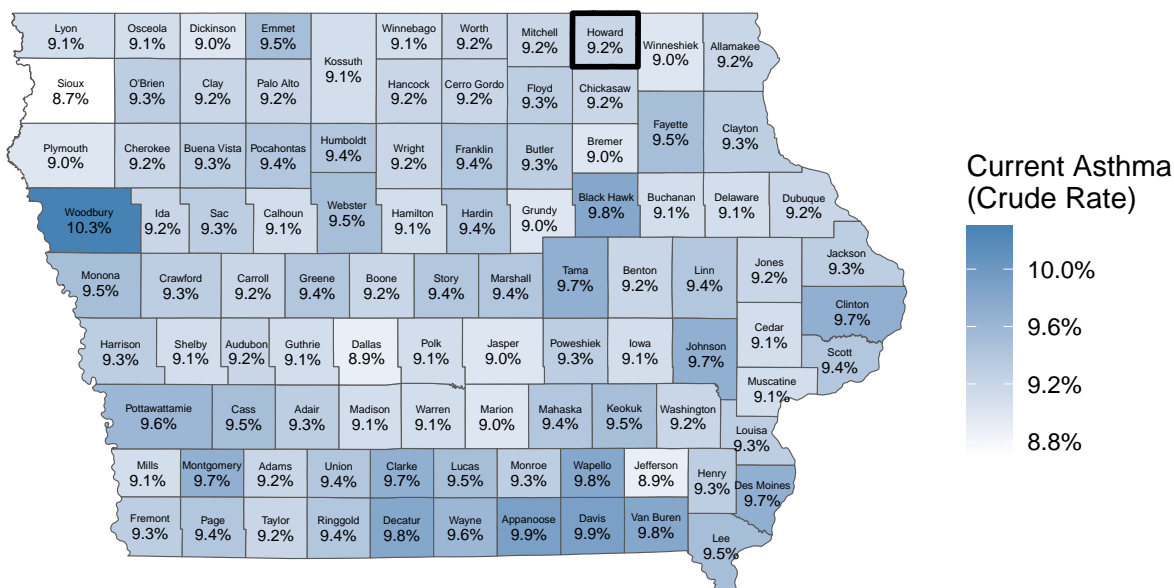
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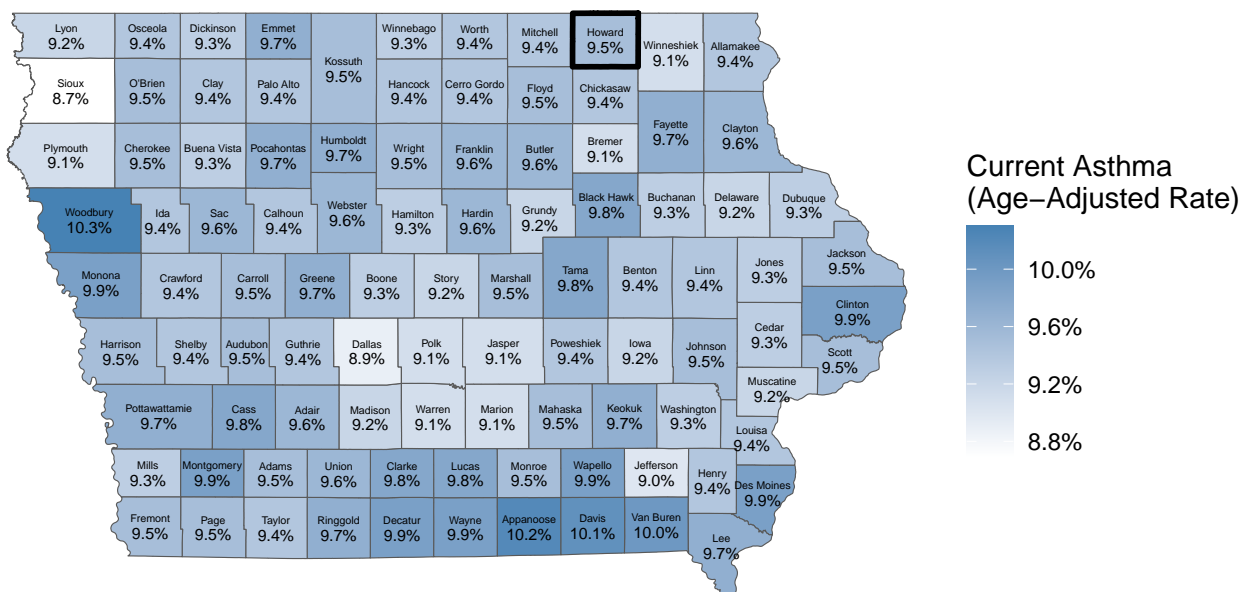
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Current Asthma

Current asthma among adults aged ≥ 18 years



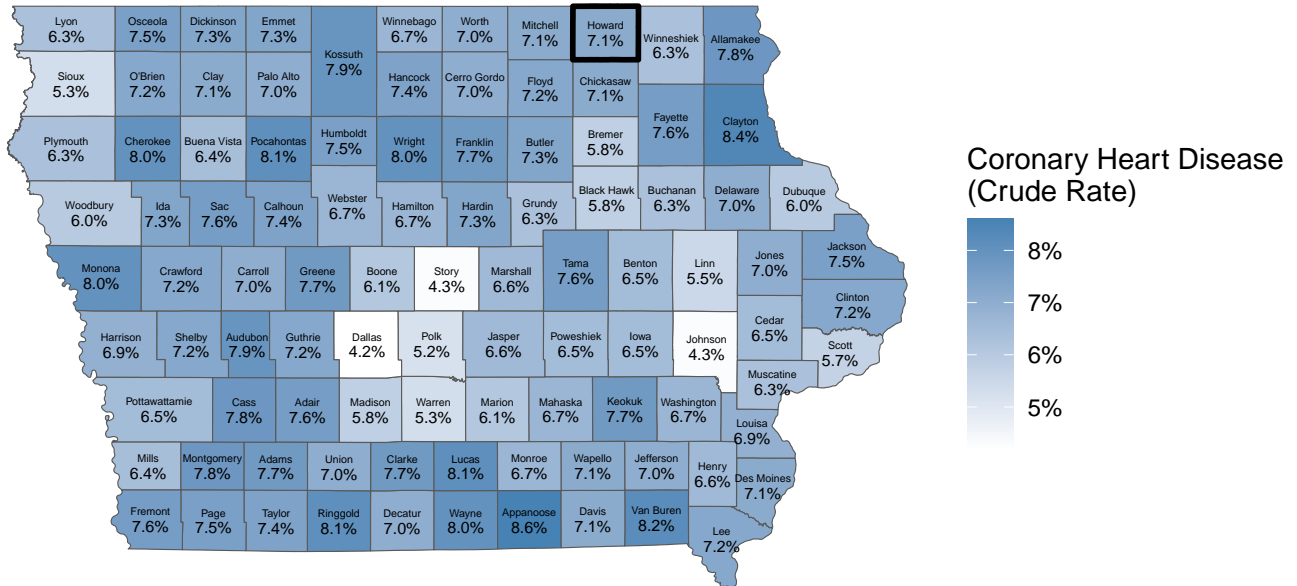
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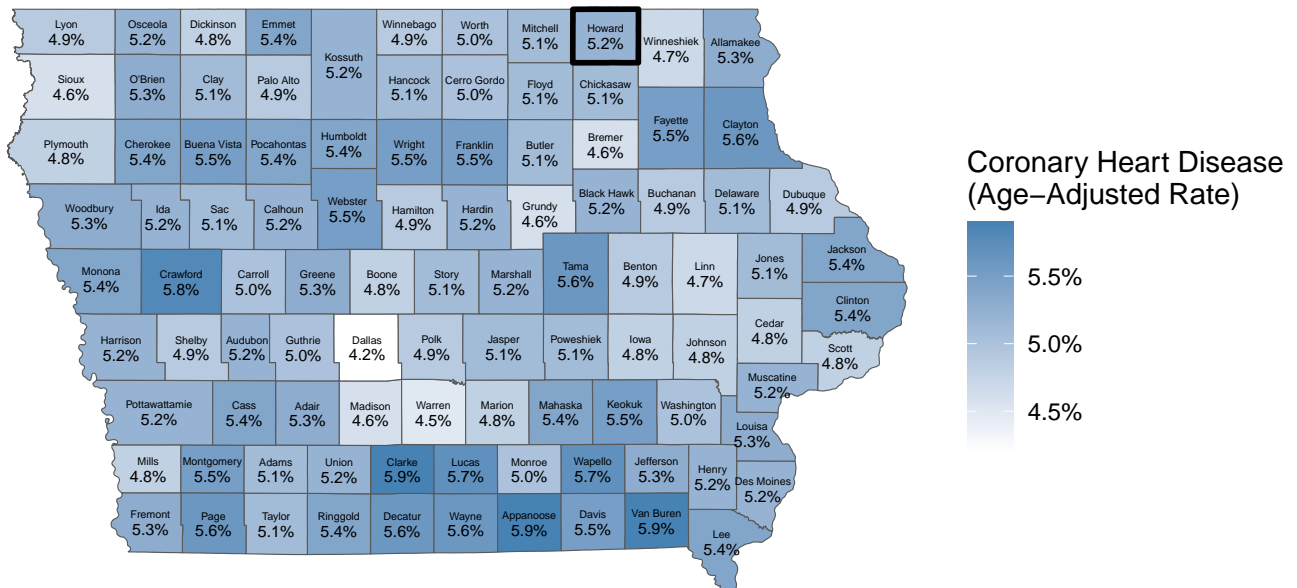
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Coronary Heart Disease

Coronary heart disease among adults aged ≥ 18 years



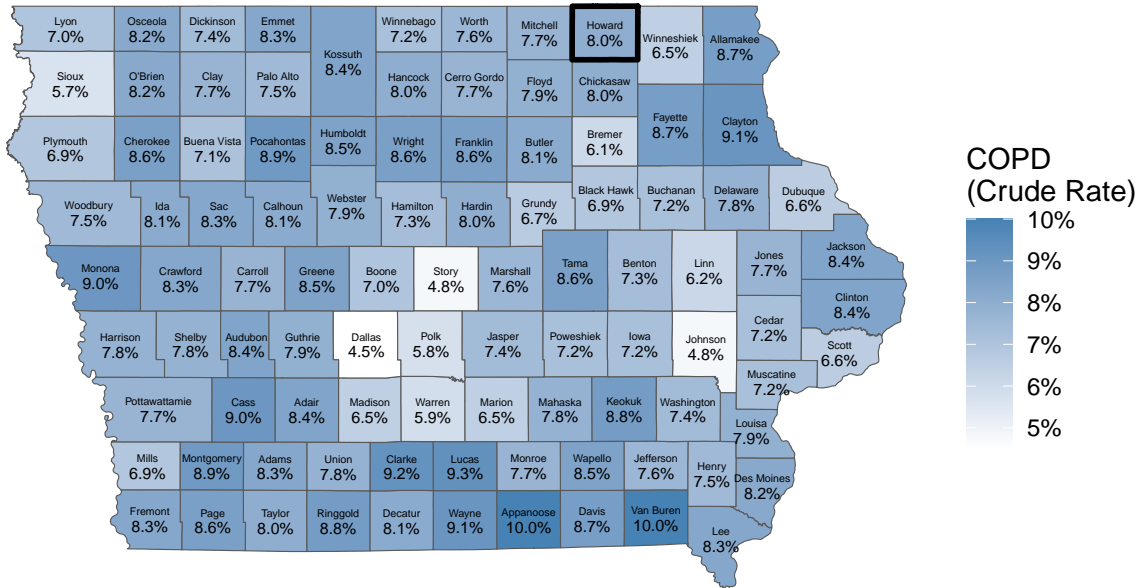
Data Source: CDC PLACES 2023 Release, BRFSS 2021



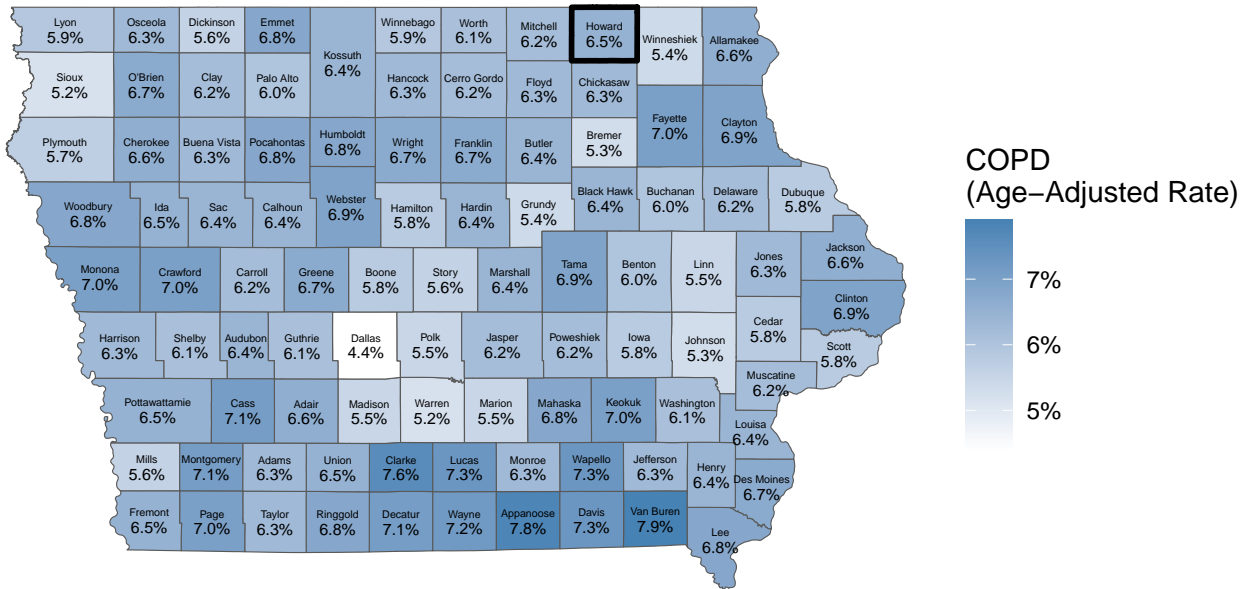
Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Chronic obstructive pulmonary disease among adults aged ≥ 18 years

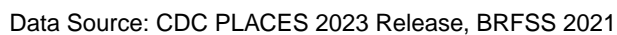
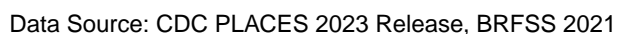


Data Source: CDC PLACES 2023 Release, BRFSS 2021



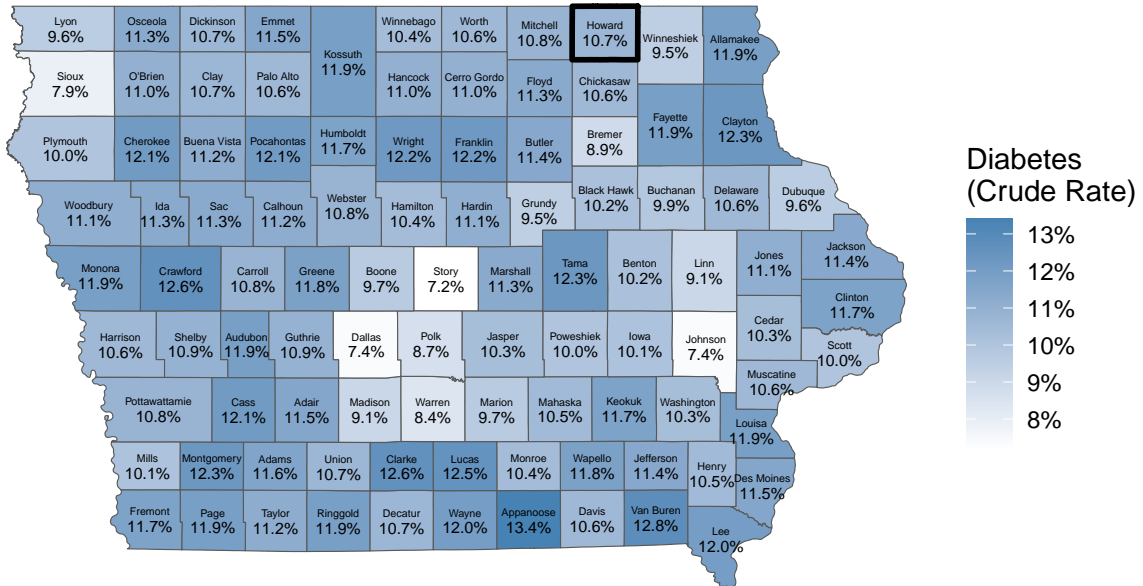
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression among adults aged ≥ 18 years

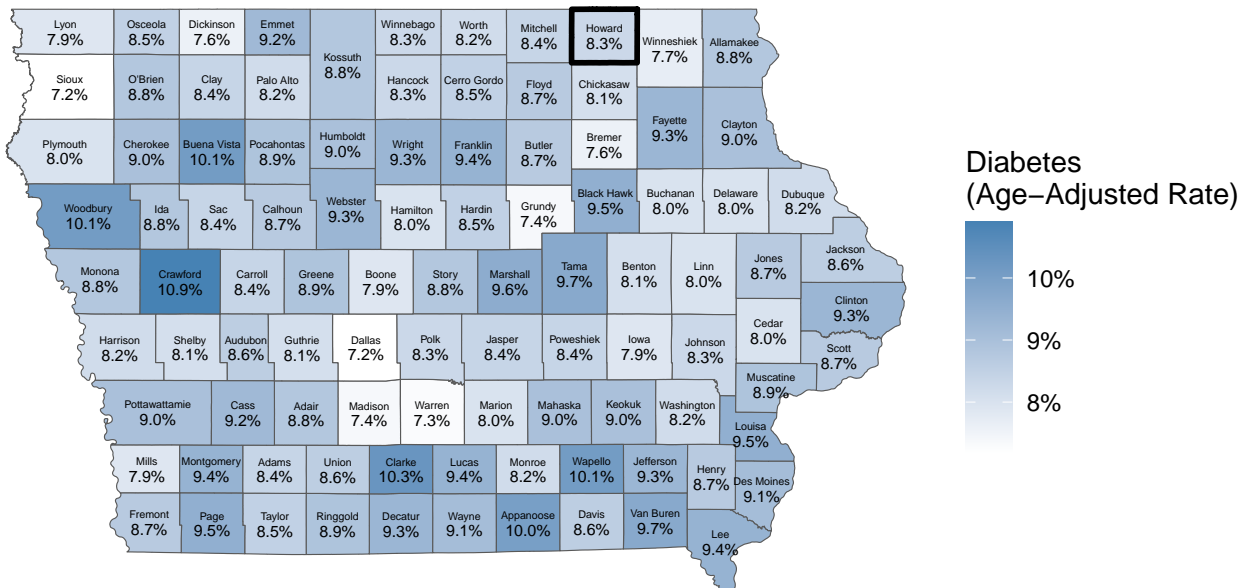


Diabetes

Diagnosed diabetes among adults aged >=18 years



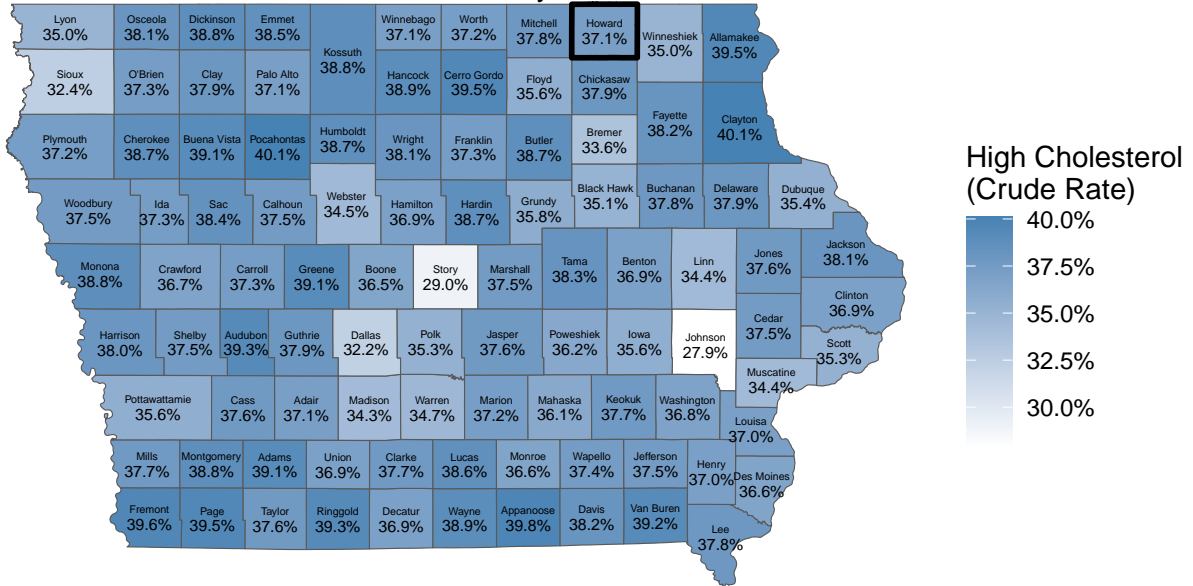
Data Source: CDC PLACES 2023 Release, BRFSS 2021



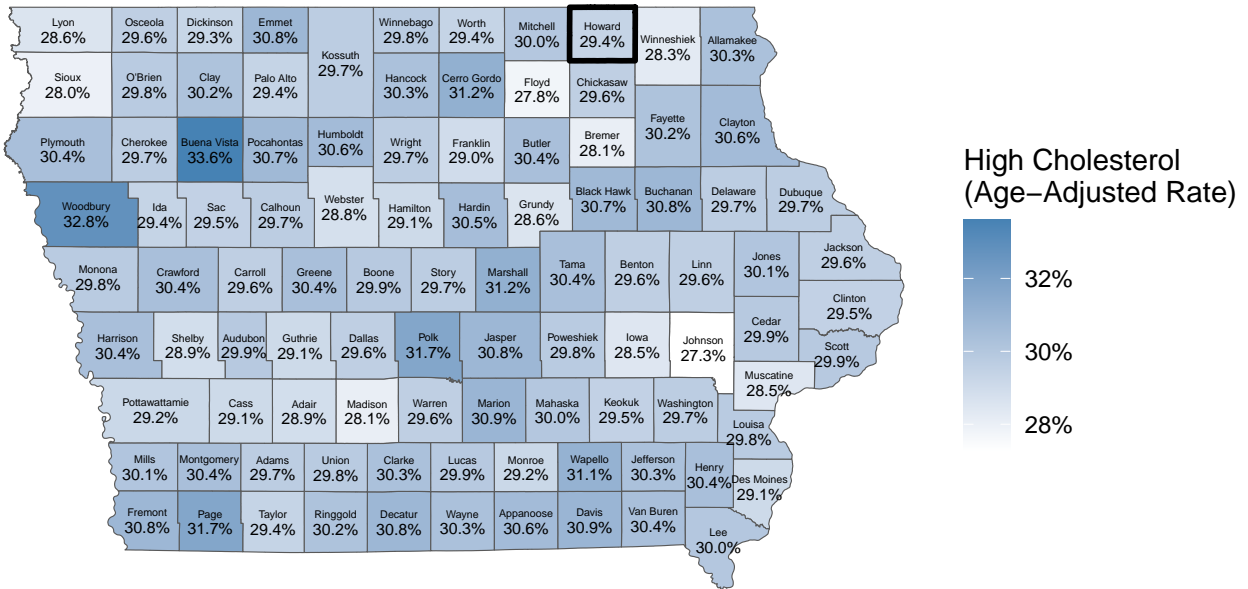
Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

High cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years



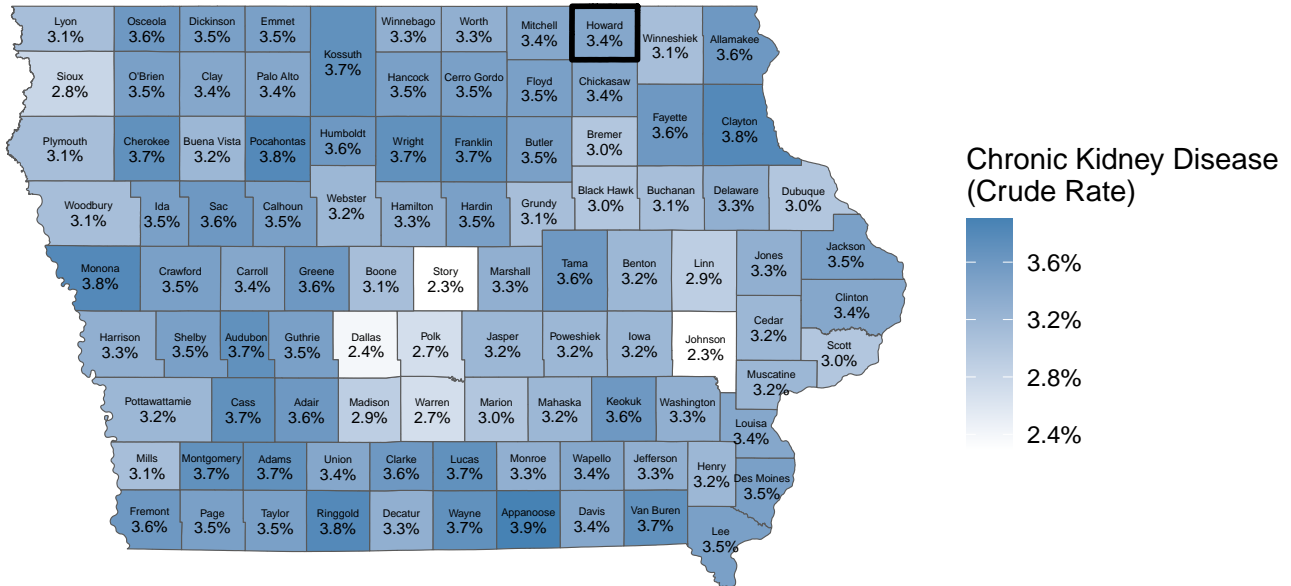
Data Source: CDC PLACES 2023 Release, BRFSS 2021



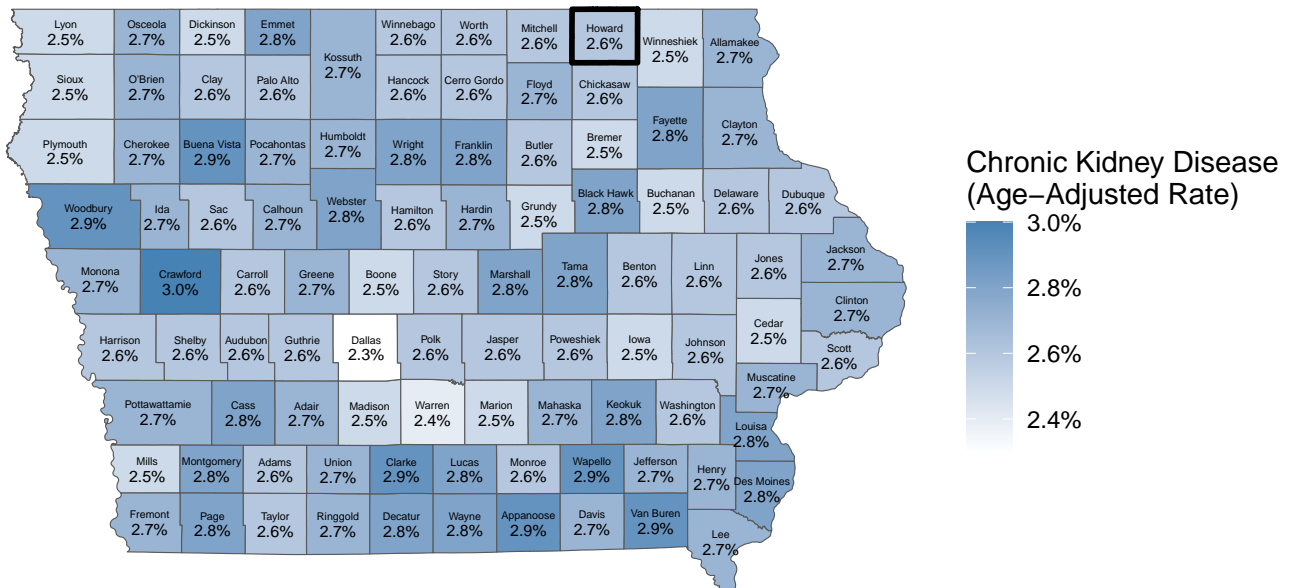
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Chronic kidney disease among adults aged ≥ 18 years



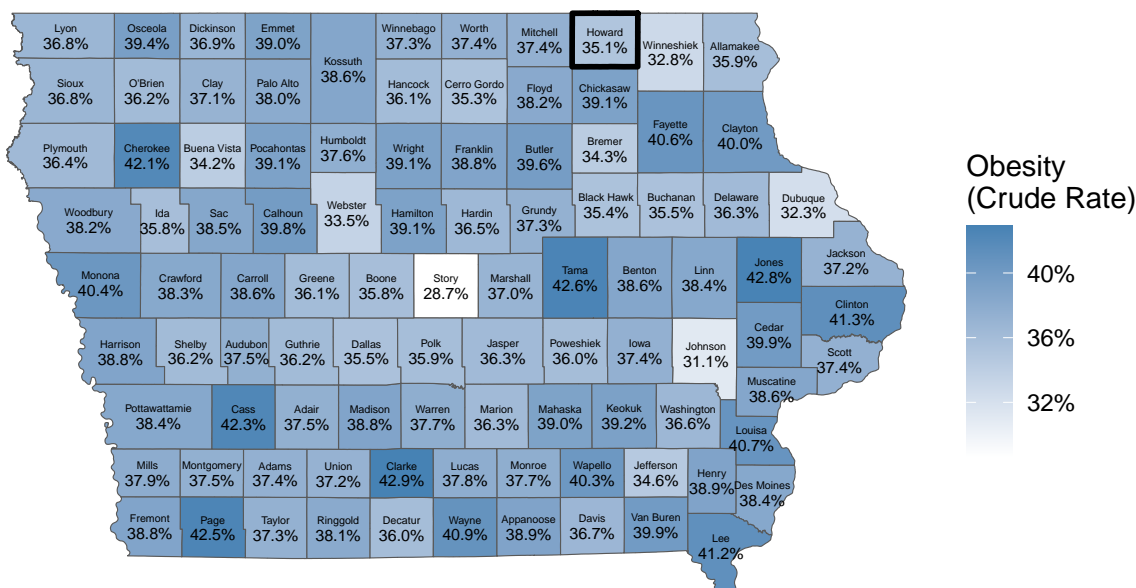
Data Source: CDC PLACES 2023 Release, BRFSS 2021



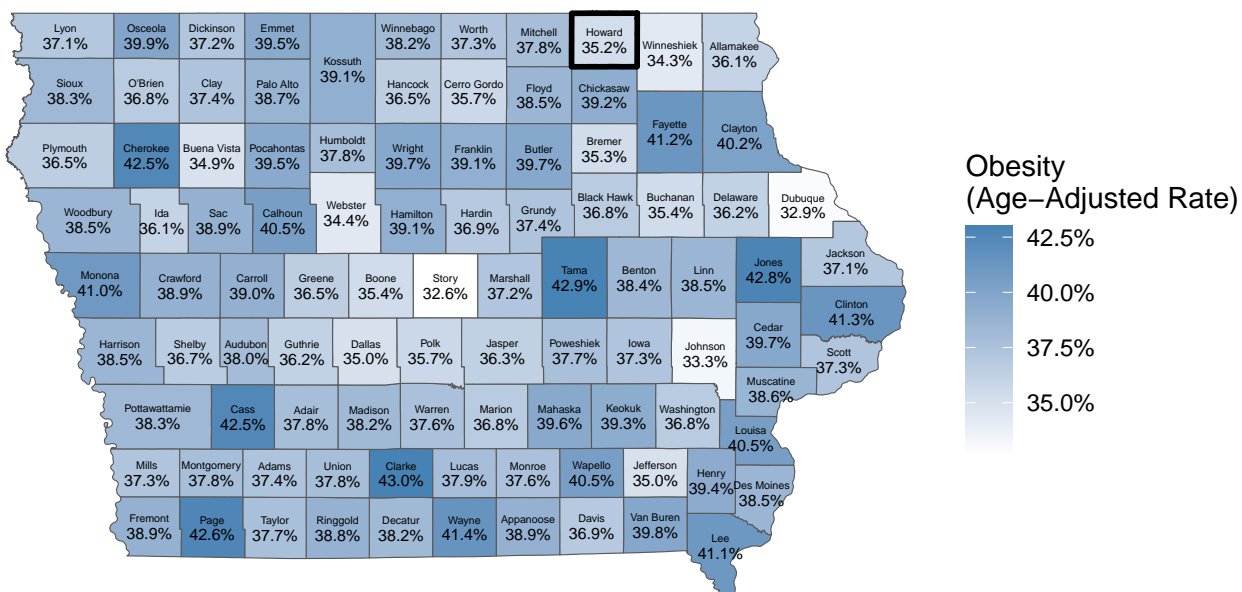
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Obesity among adults aged >=18 years



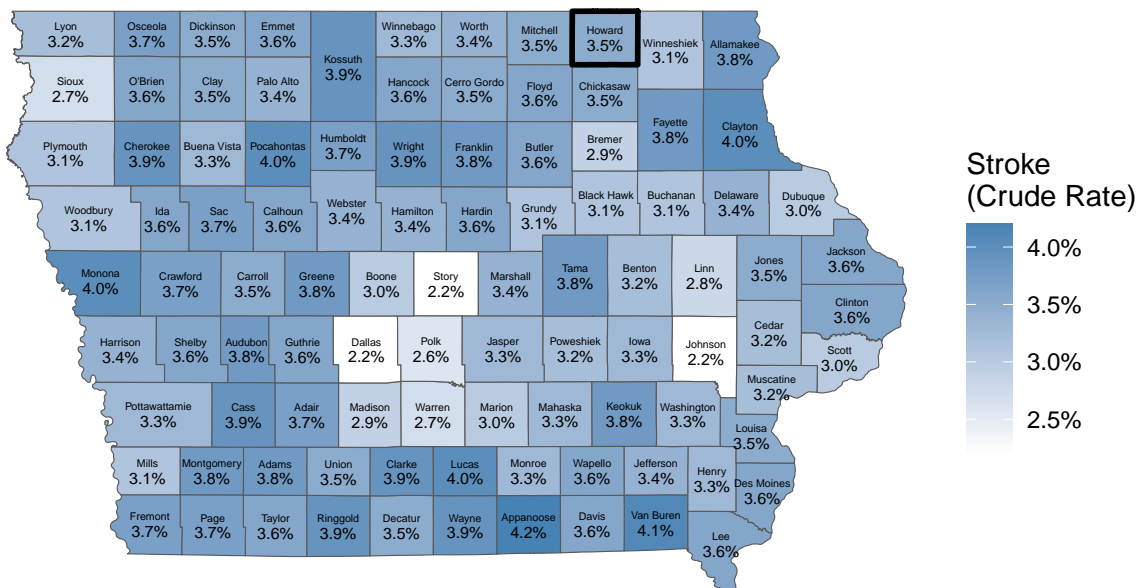
Data Source: CDC PLACES 2023 Release, BRFSS 2021



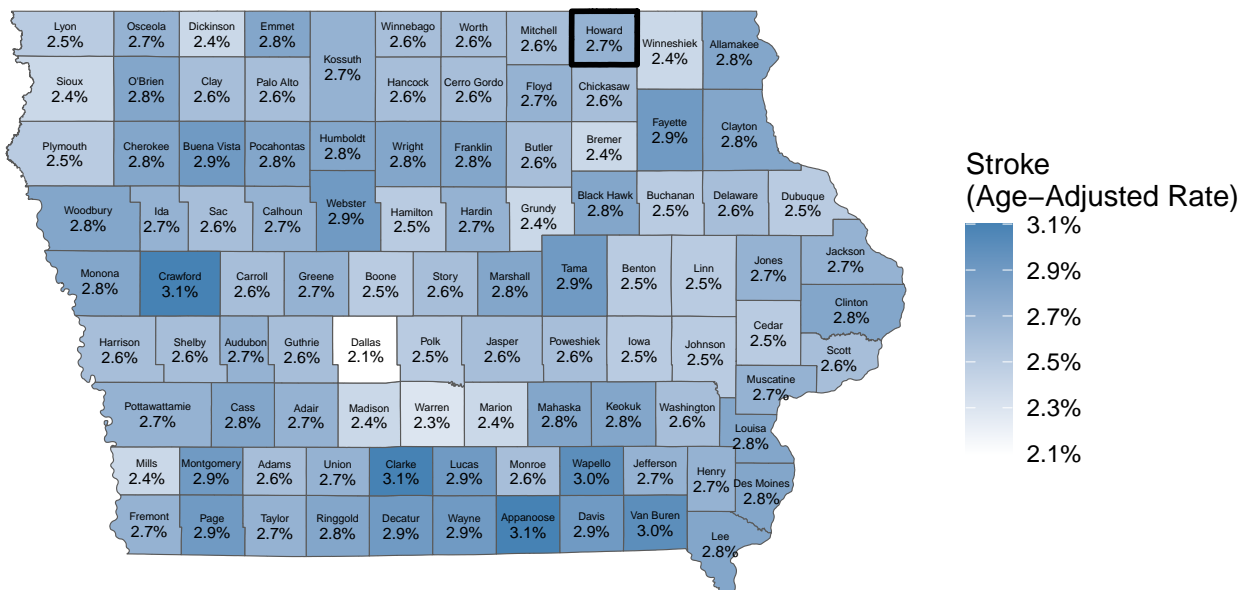
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Stroke

Stroke among adults aged ≥ 18 years



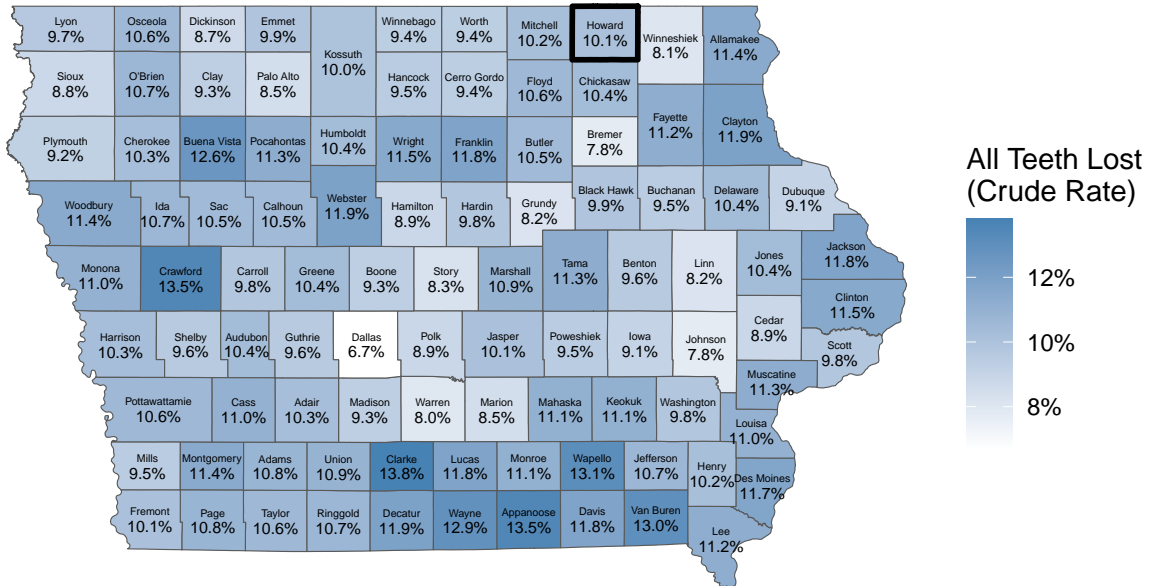
Data Source: CDC PLACES 2023 Release, BRFSS 2021



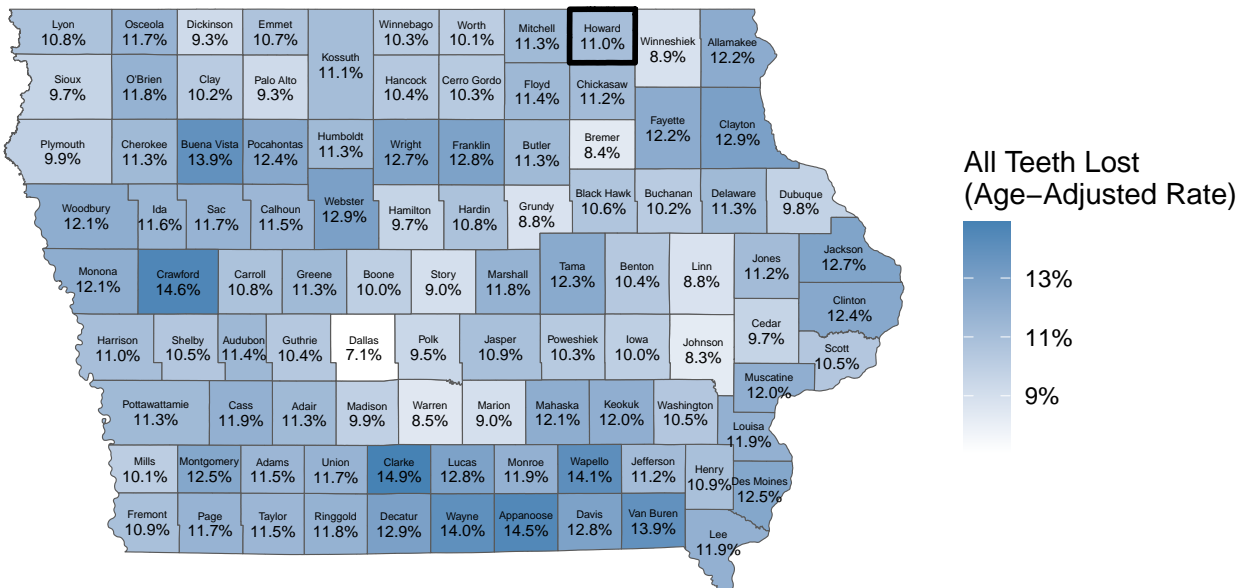
Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

All teeth lost among adults aged ≥ 65 years



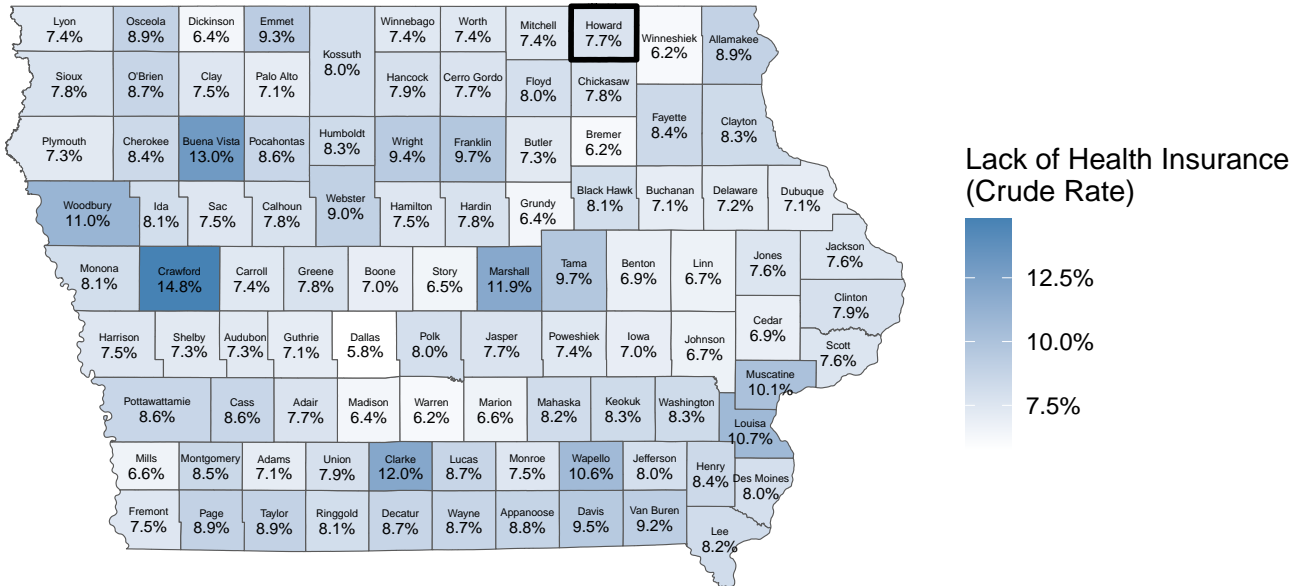
Data Source: CDC PLACES 2023 Release, BRFSS 2020



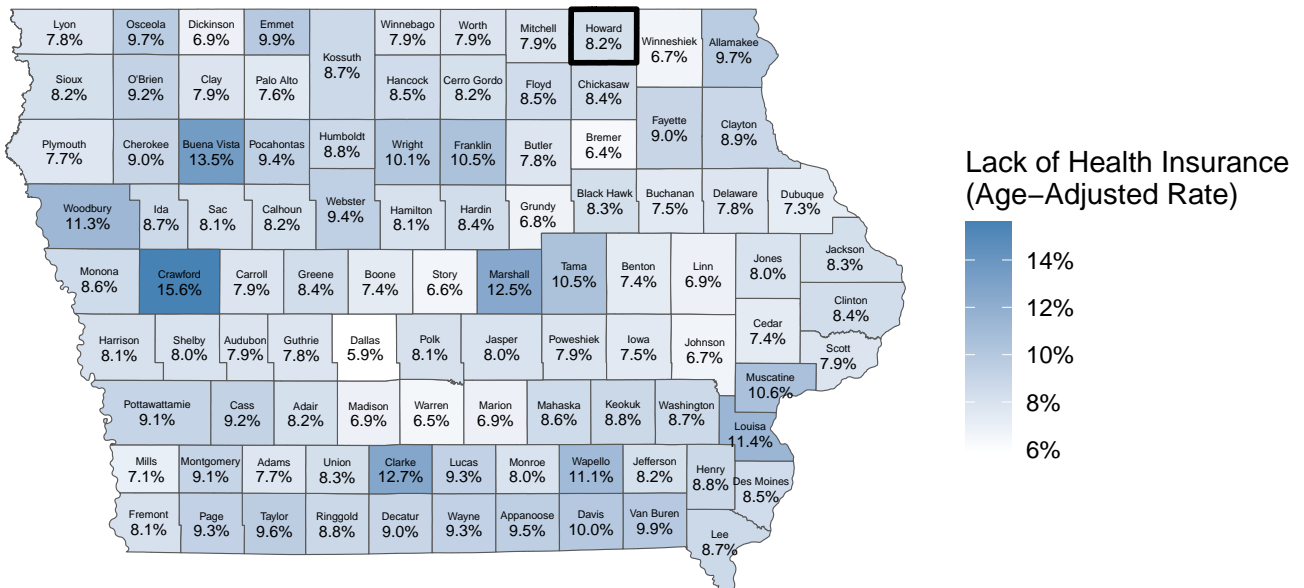
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Lack of Health Insurance

Current lack of health insurance among adults aged 18–64 years



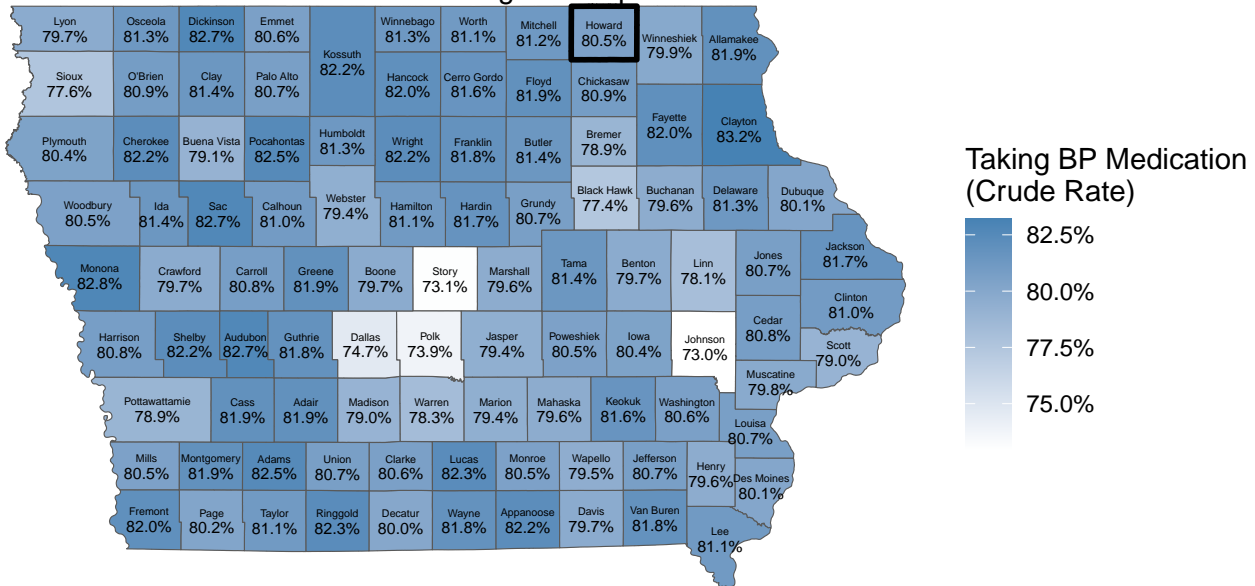
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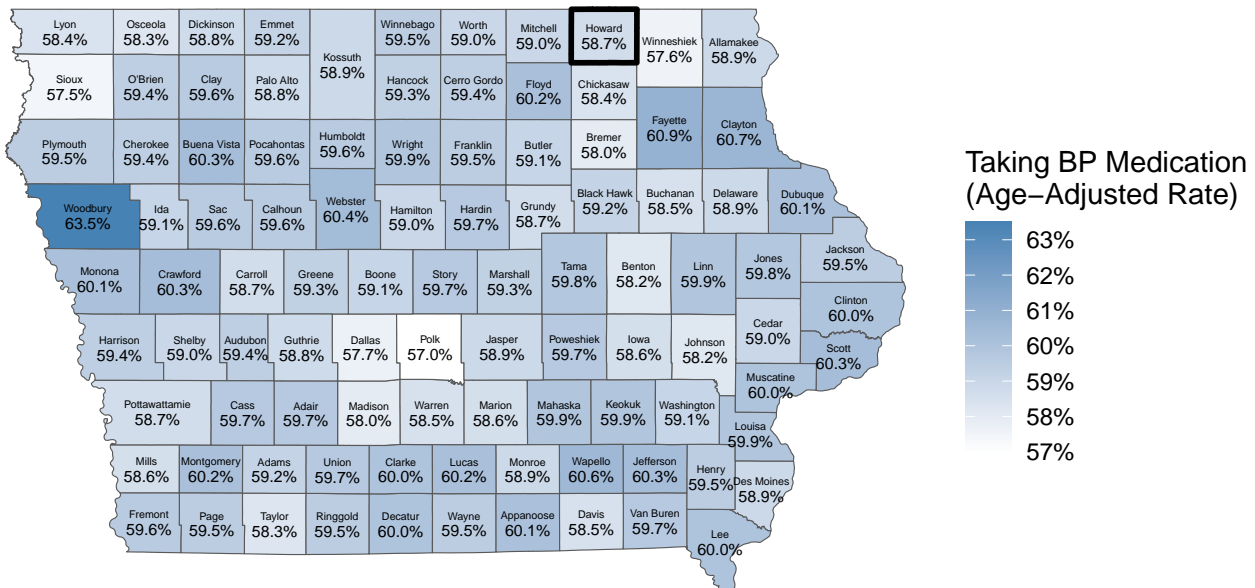
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Taking BP Medication

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



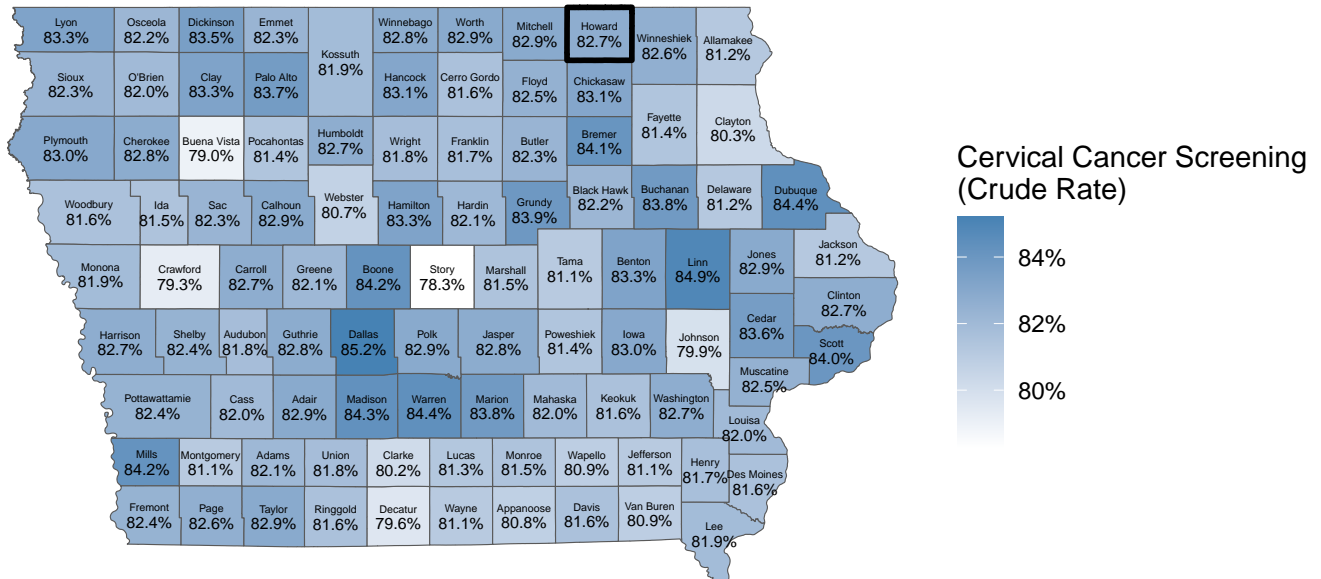
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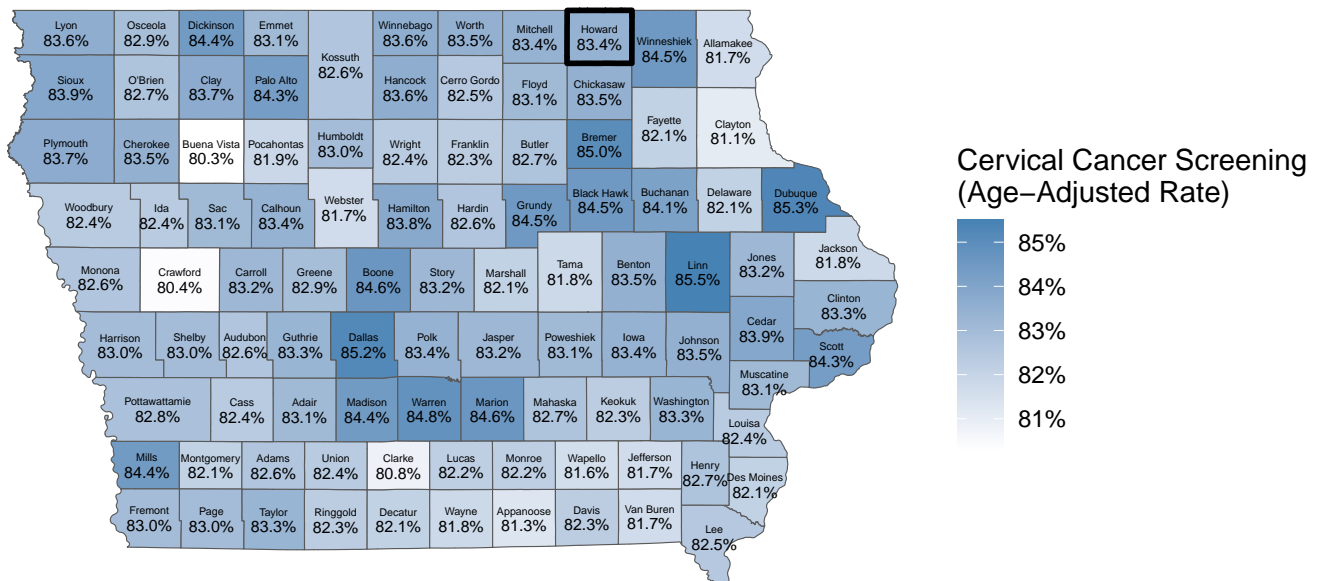
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years



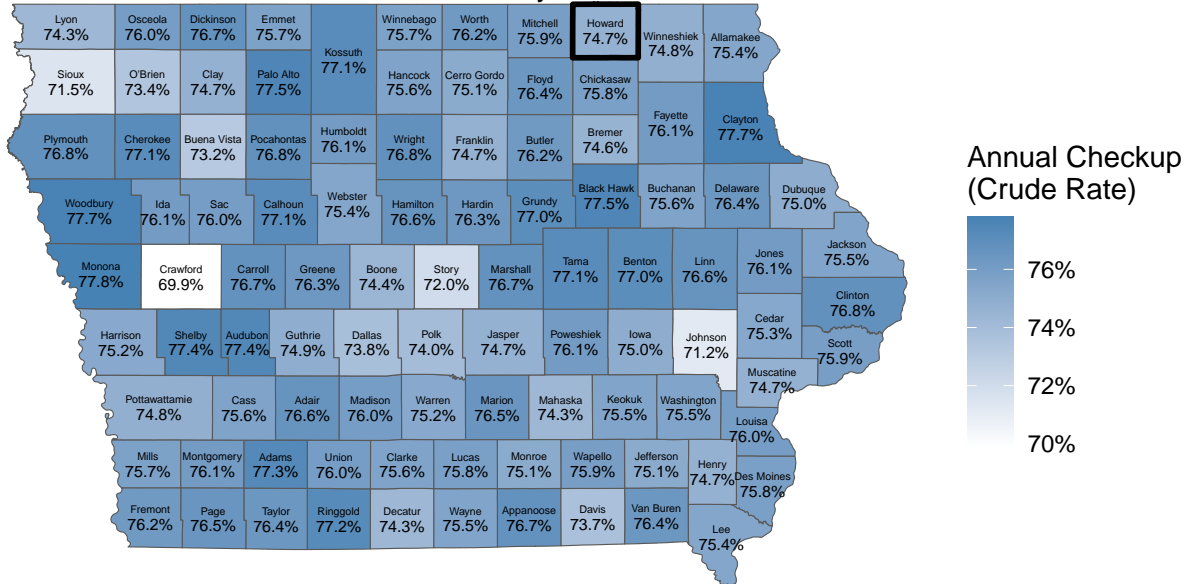
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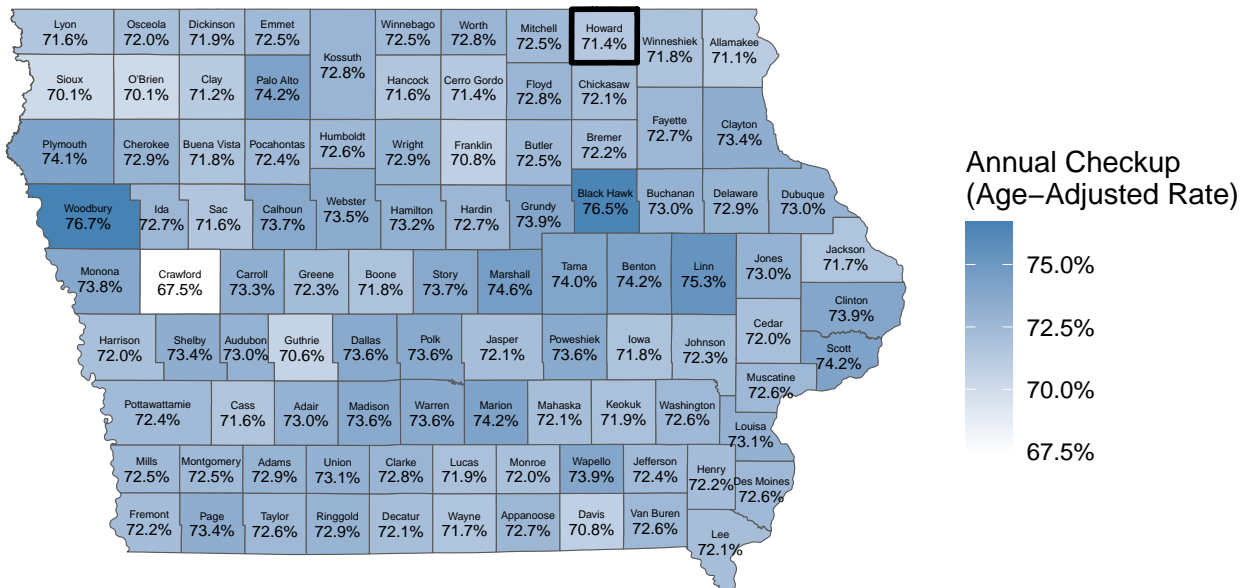
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Visits to doctor for routine checkup within the past year among adults aged ≥ 18 years



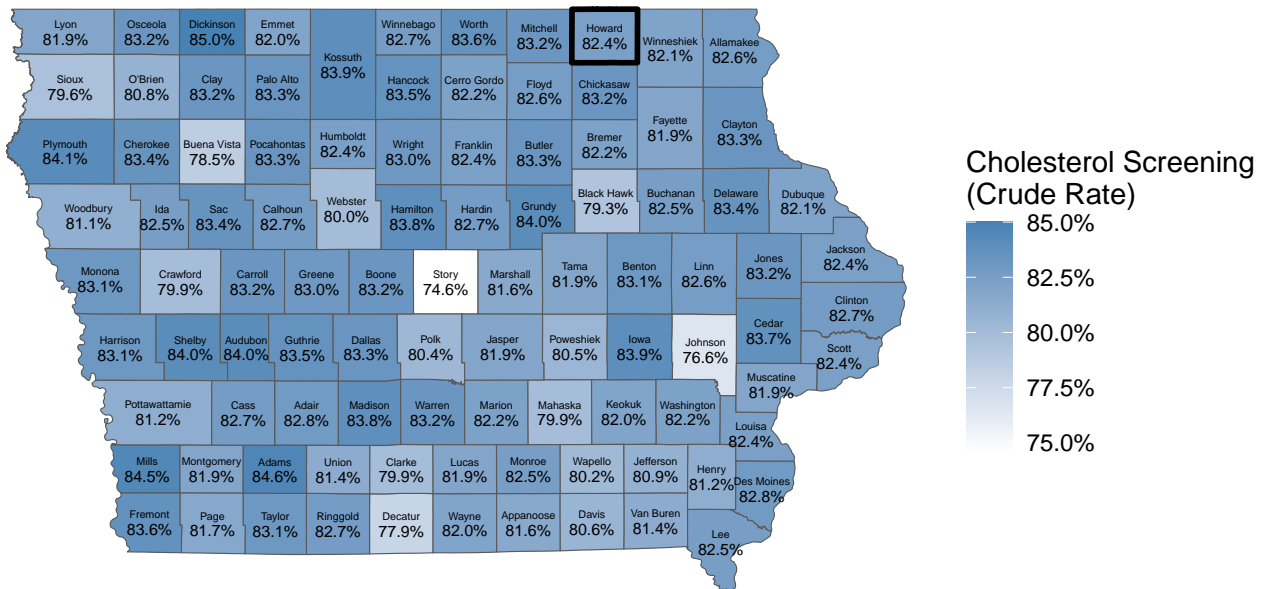
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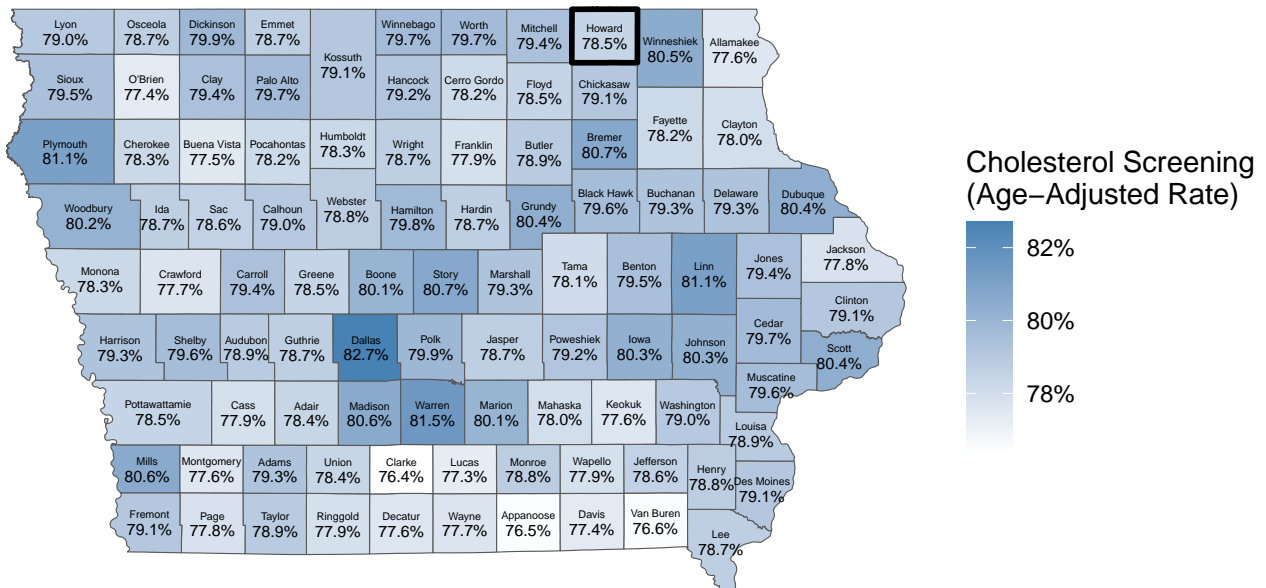
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Cholesterol screening among adults aged ≥ 18 years



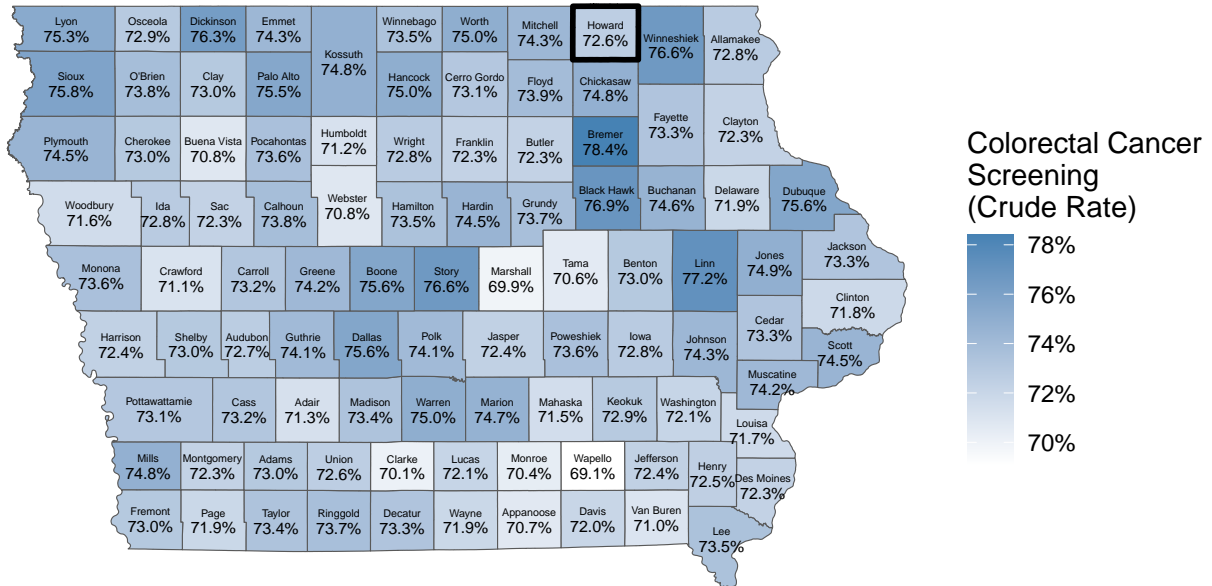
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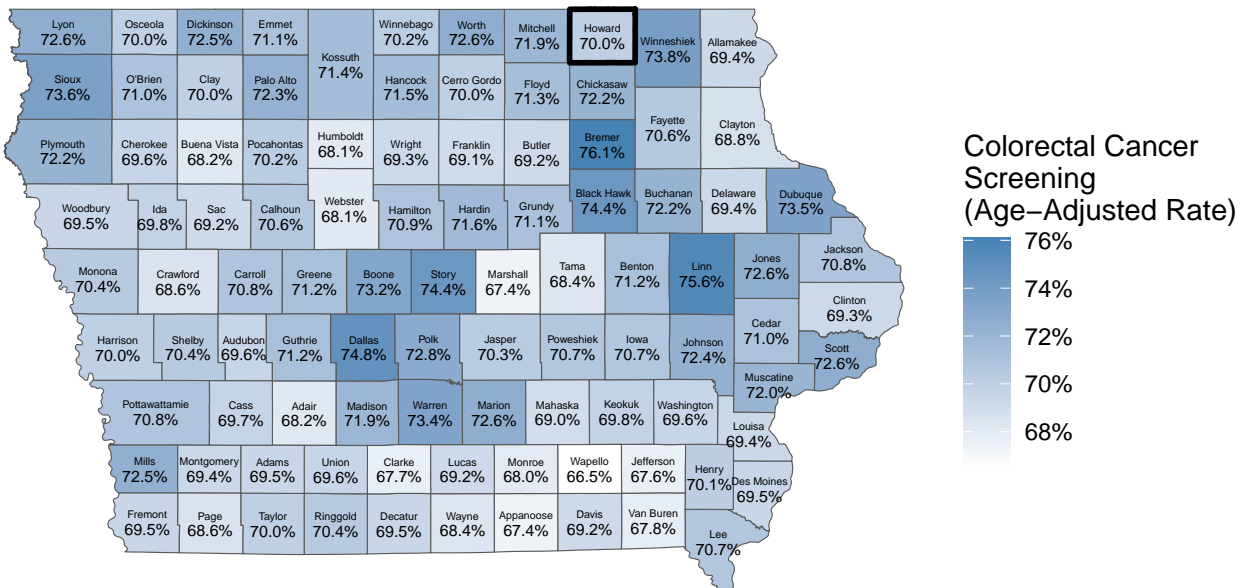
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



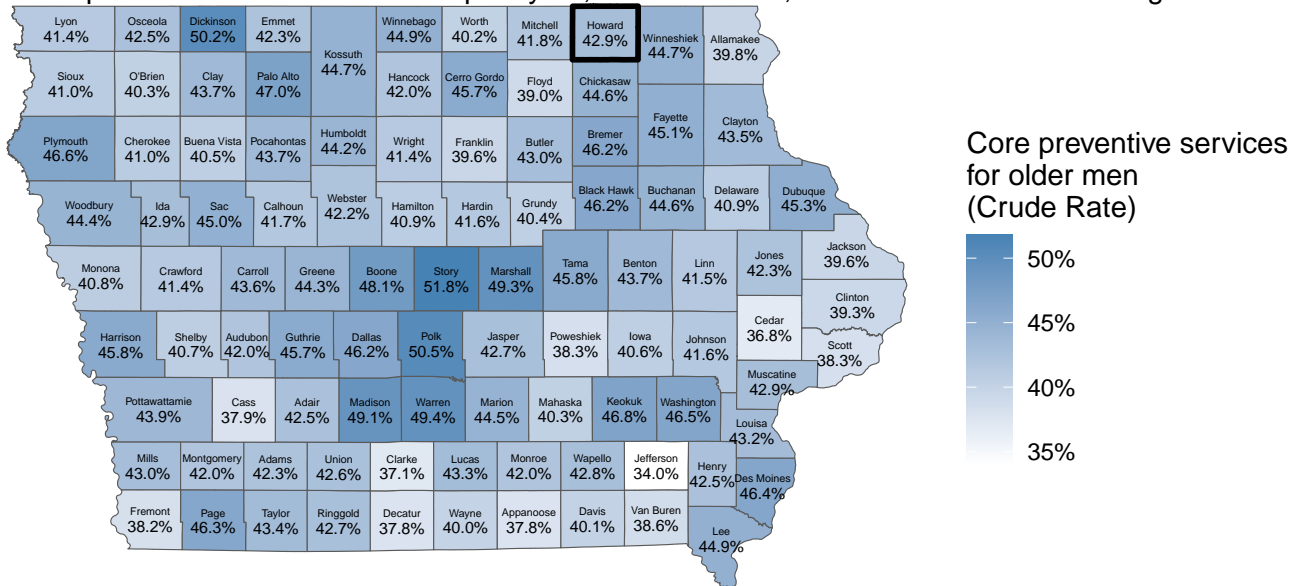
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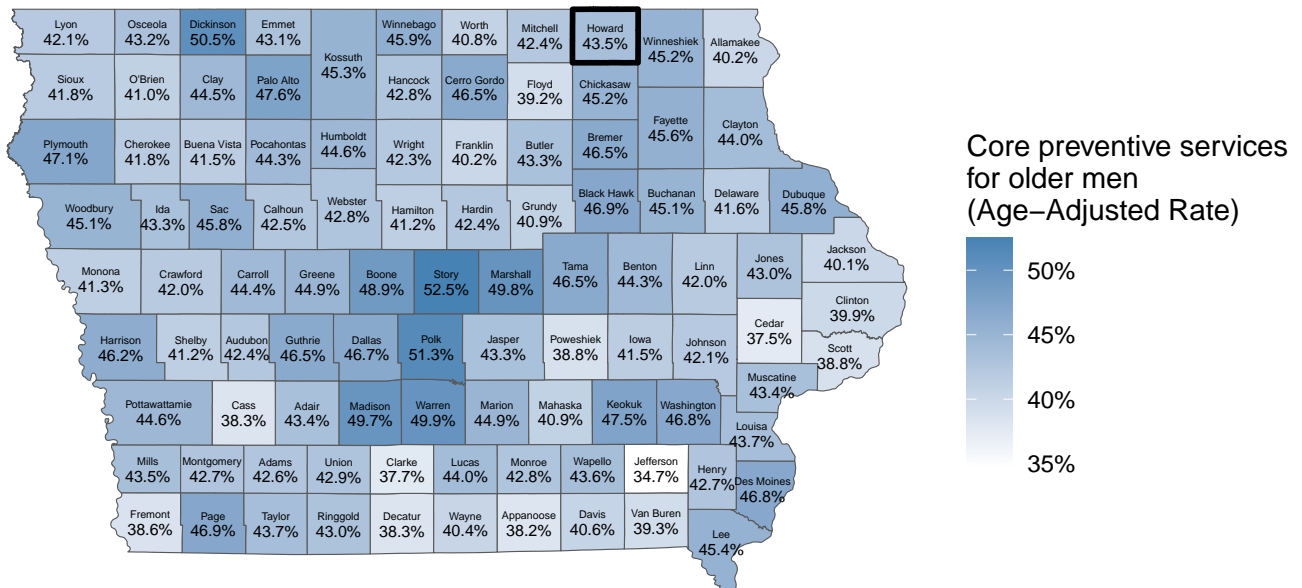
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

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



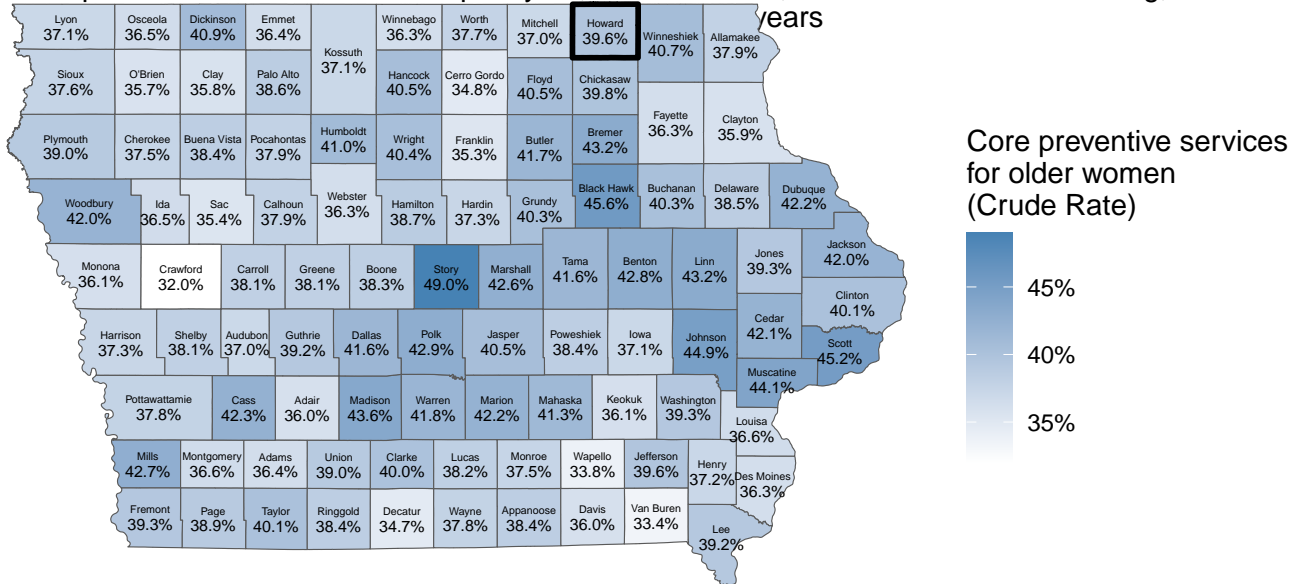
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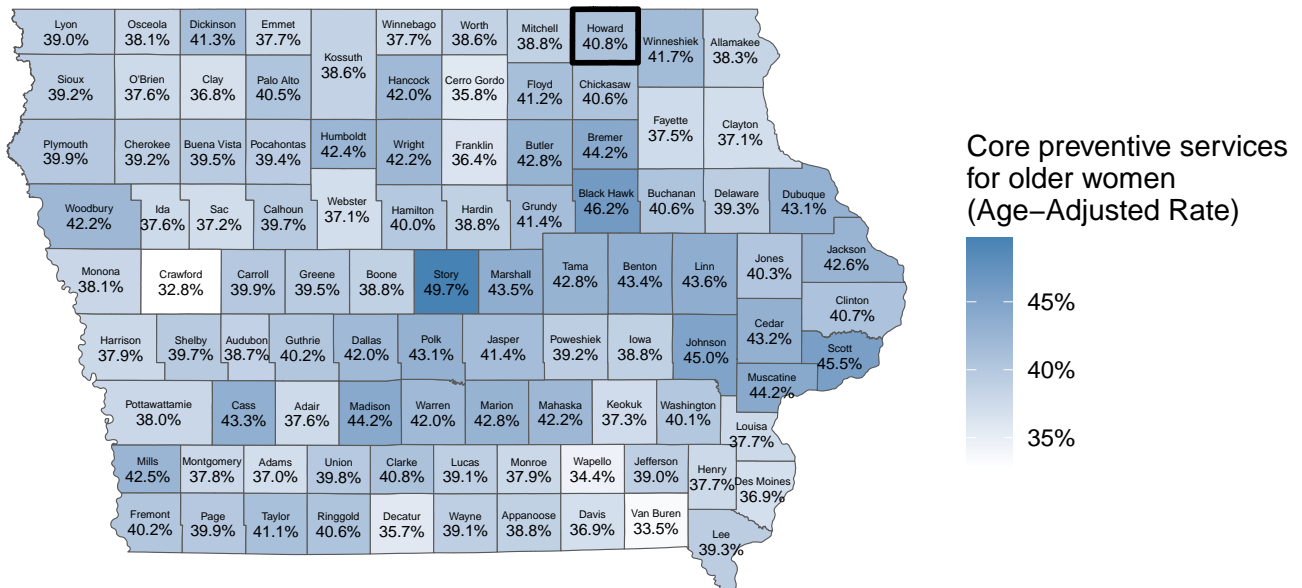
Data Source: CDC PLACES 2023 Release, BRFSS 2020

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,



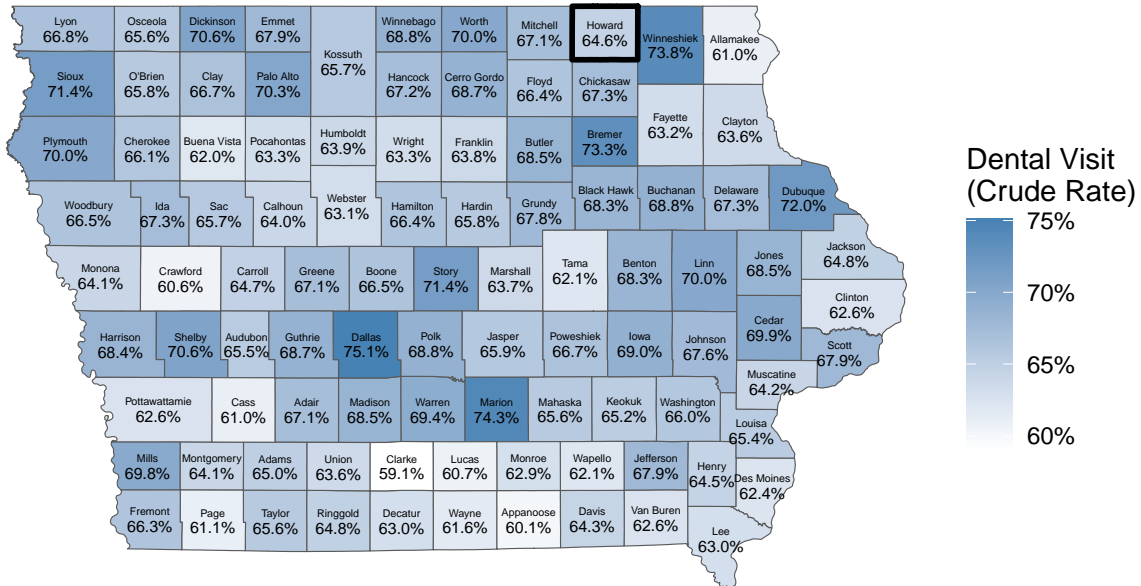
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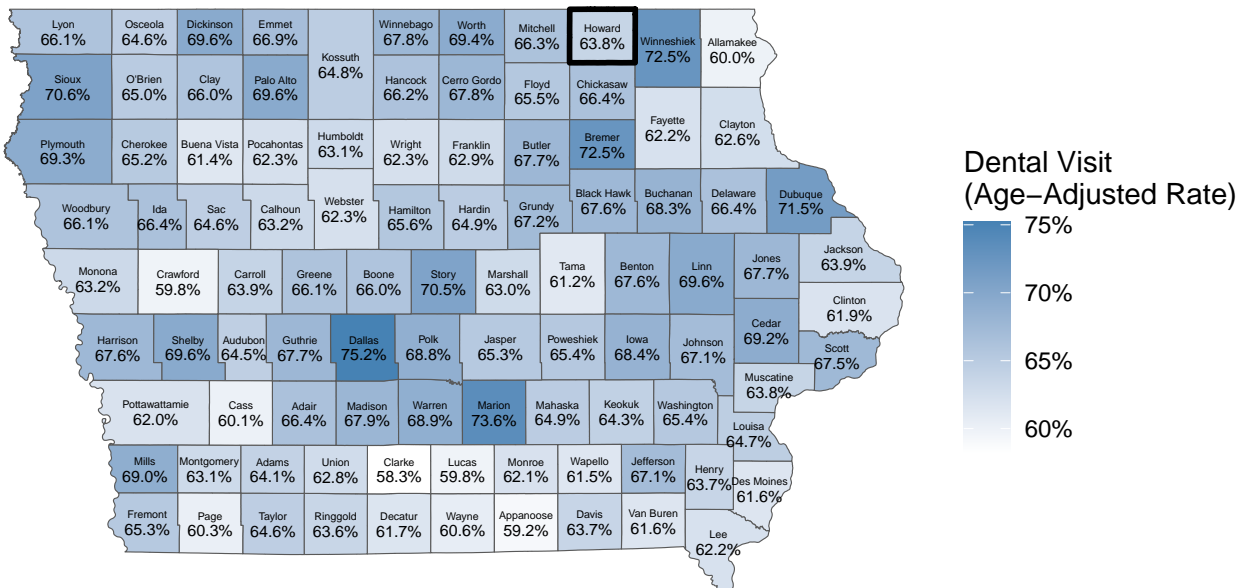
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Visits to dentist or dental clinic among adults aged ≥ 18 years



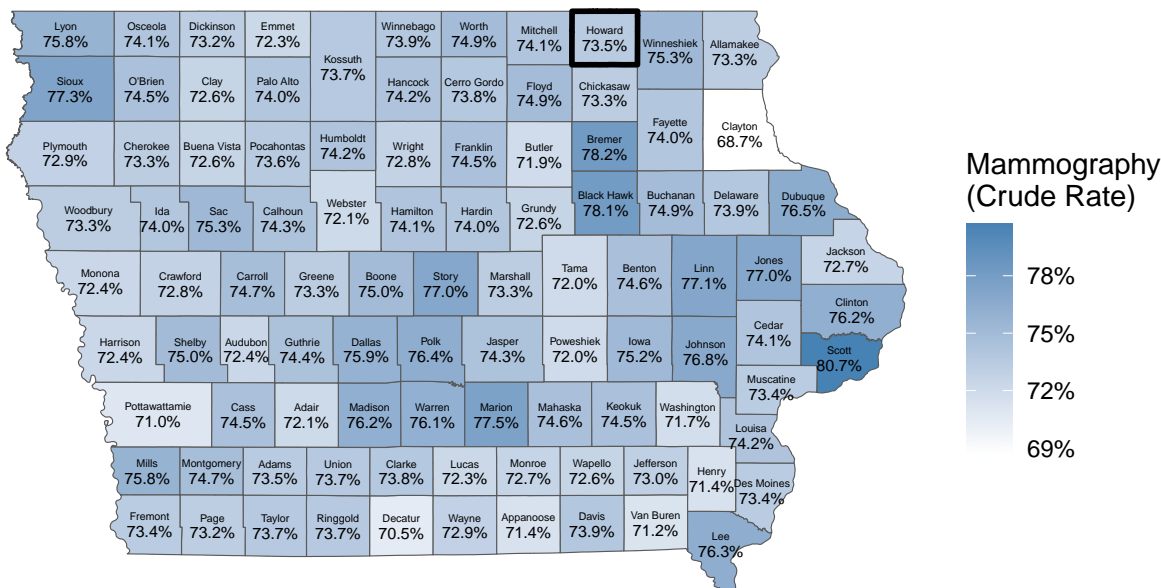
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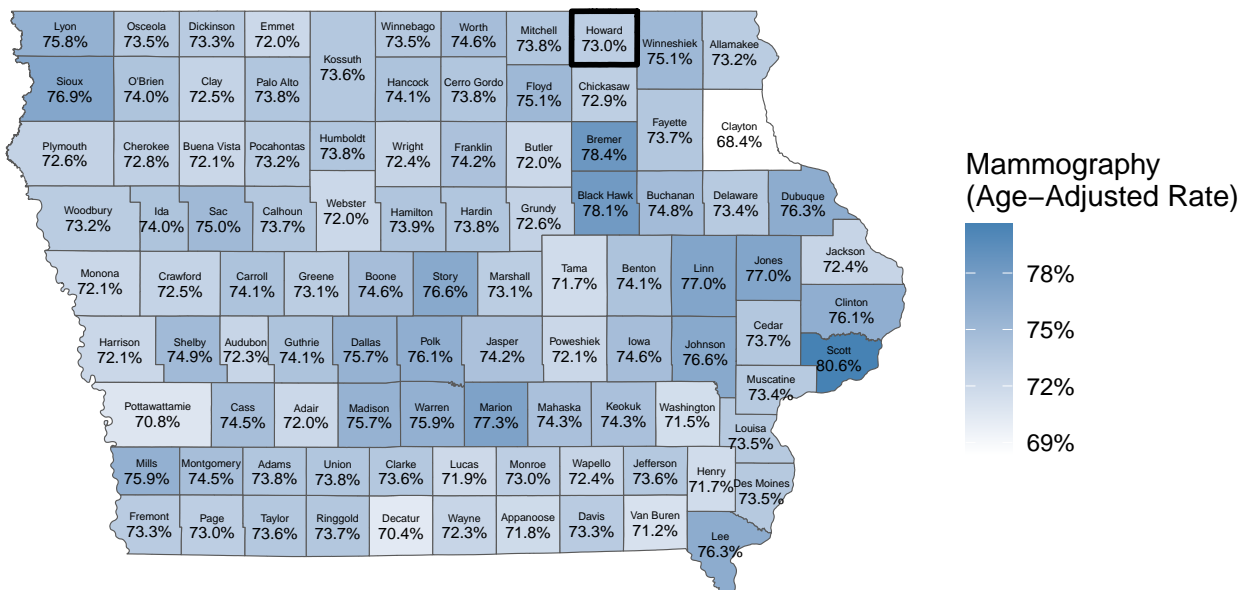
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Mammography use among women aged 50–74 years



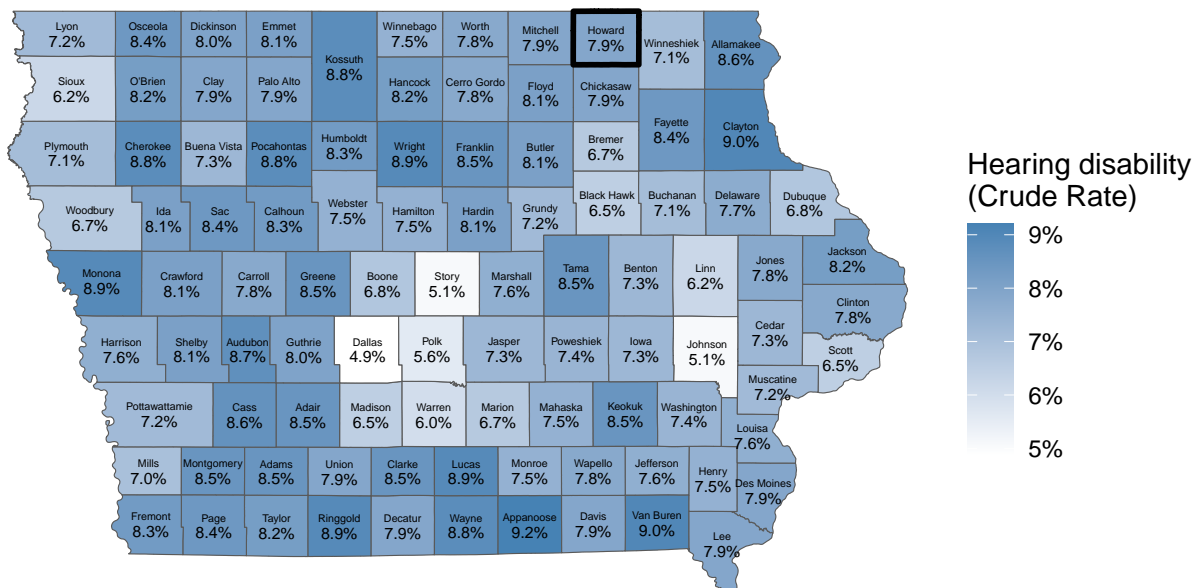
Data Source: CDC PLACES 2023 Release, BRFSS 2020



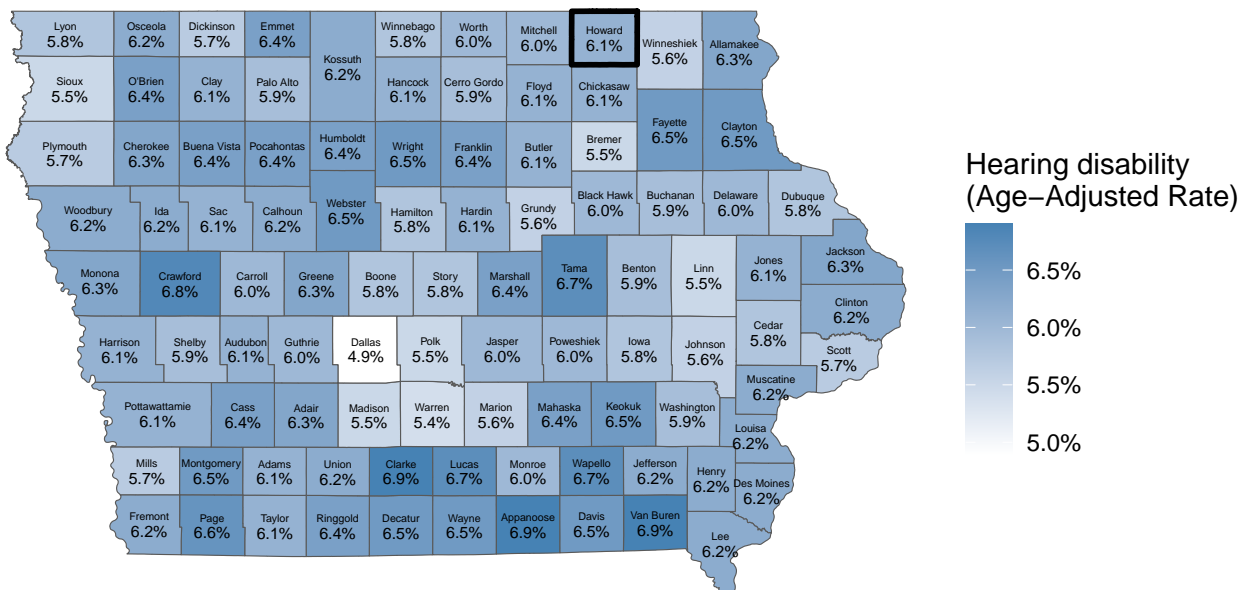
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Hearing disability

Hearing disability among adults aged ≥ 18 years



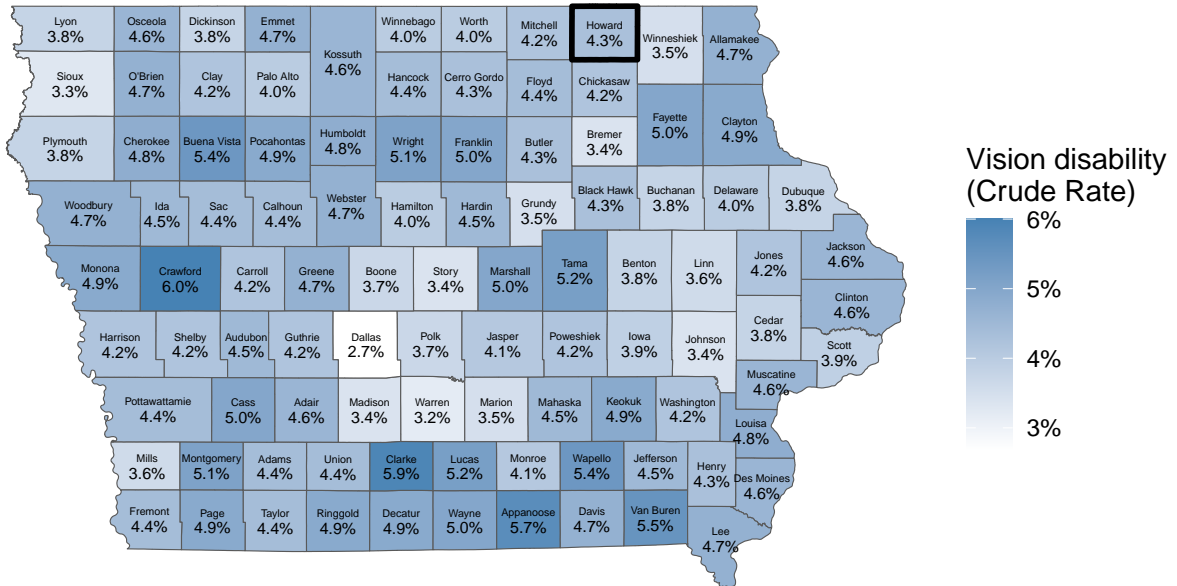
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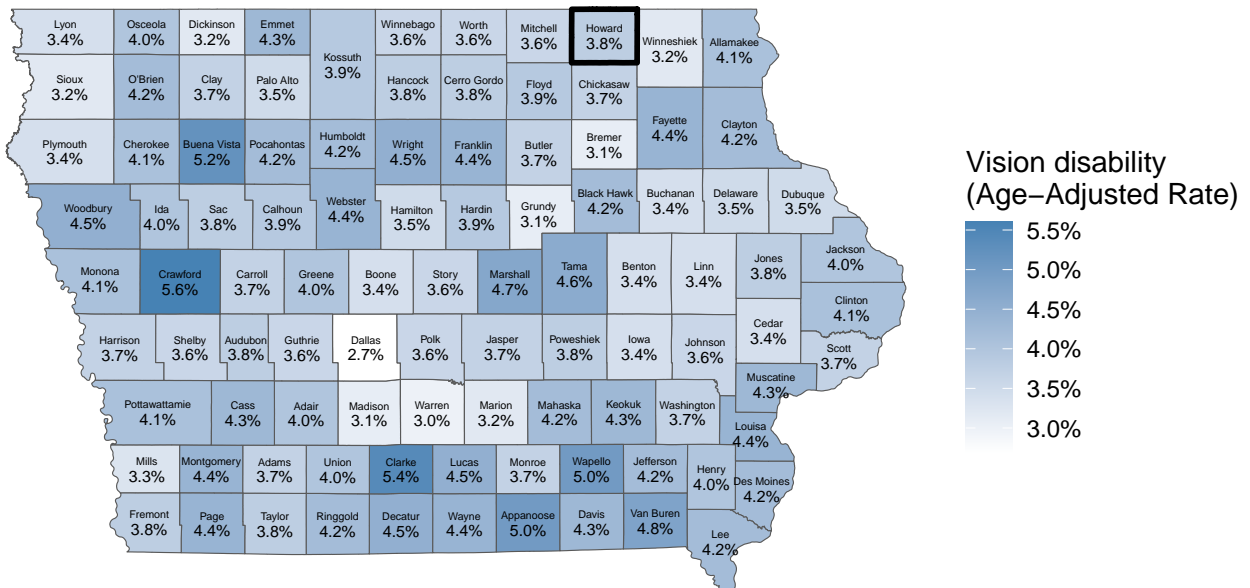
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Vision disability among adults aged >=18 years



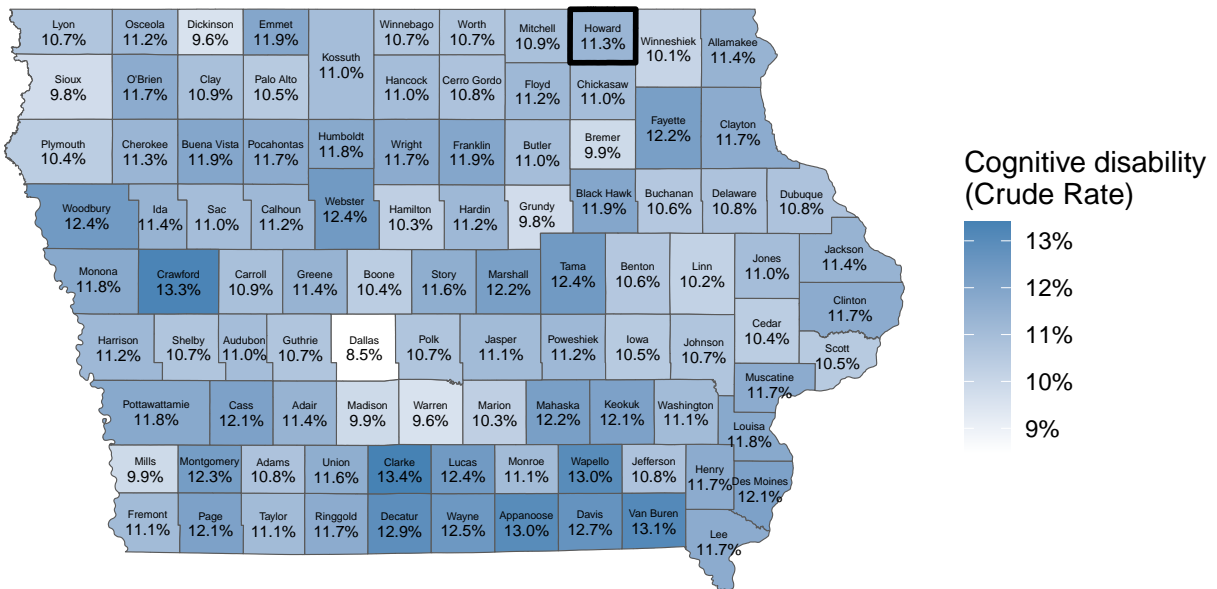
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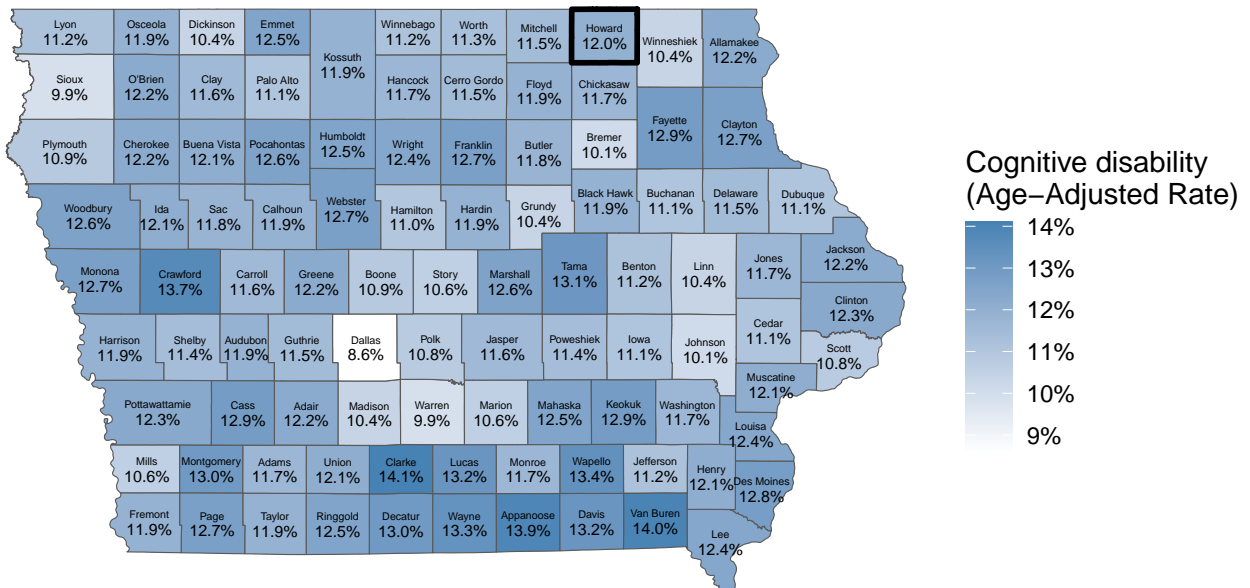
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Cognitive disability among adults aged >=18 years



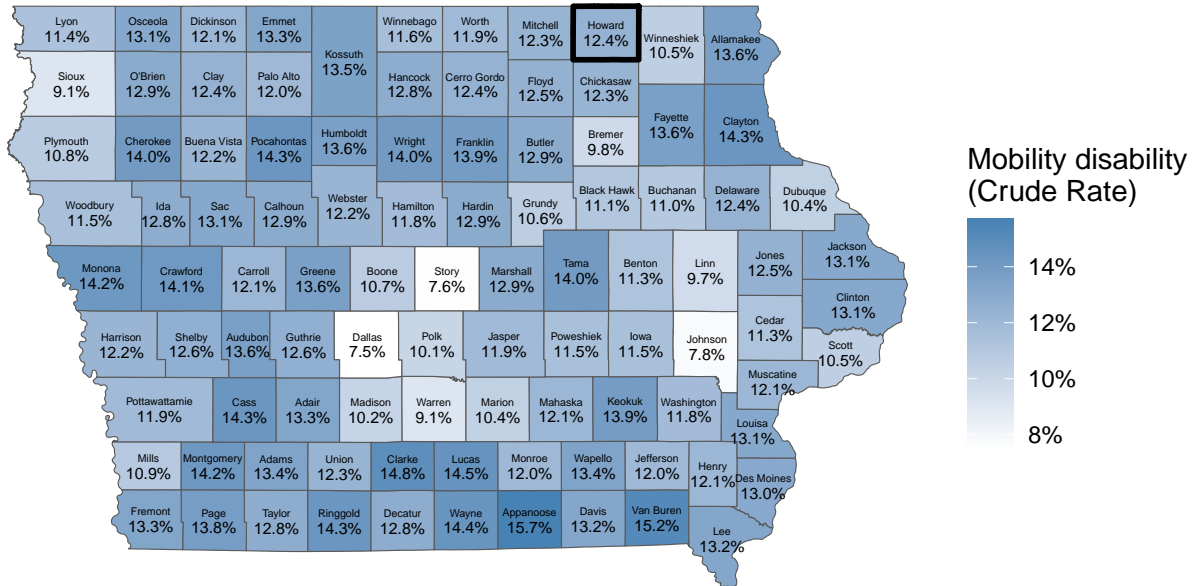
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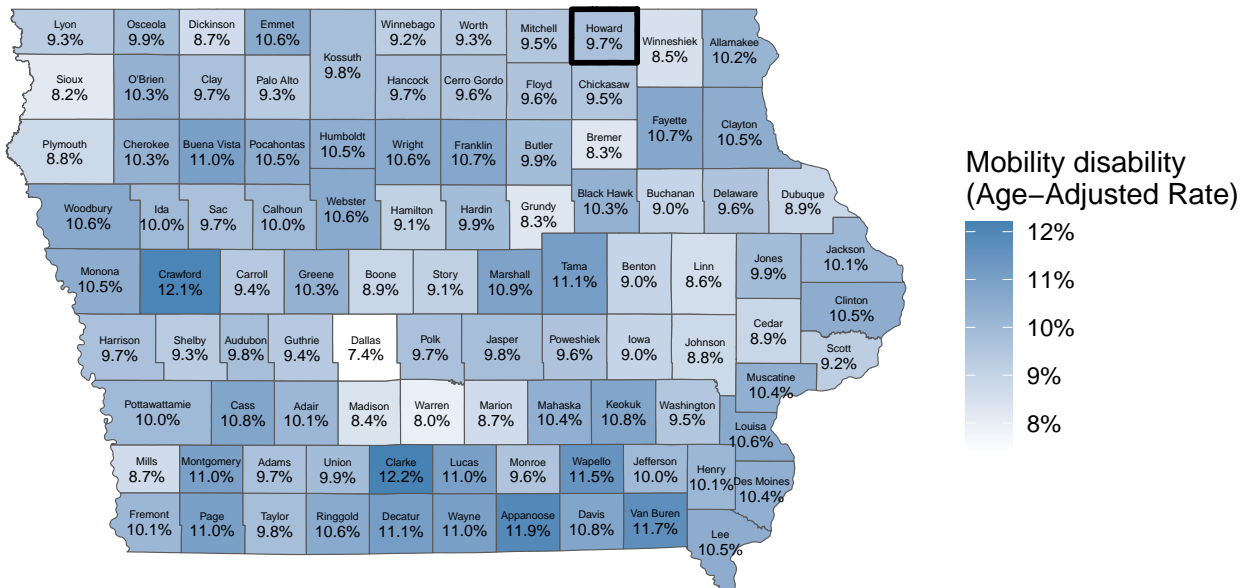
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Mobility disability among adults aged ≥ 18 years



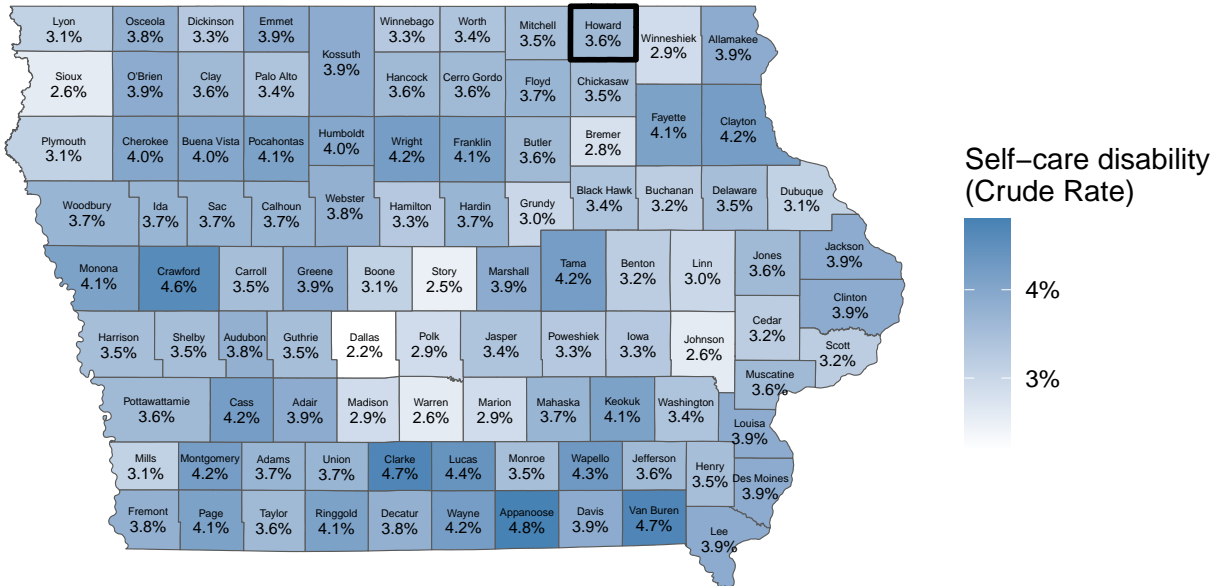
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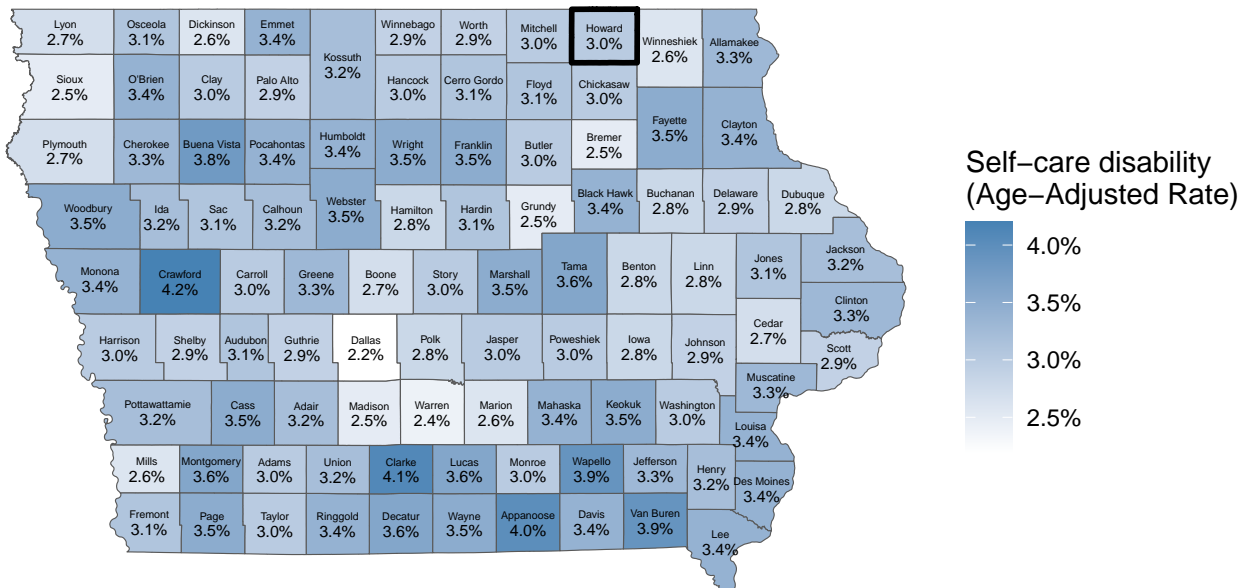
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Self-care disability among adults aged >=18 years



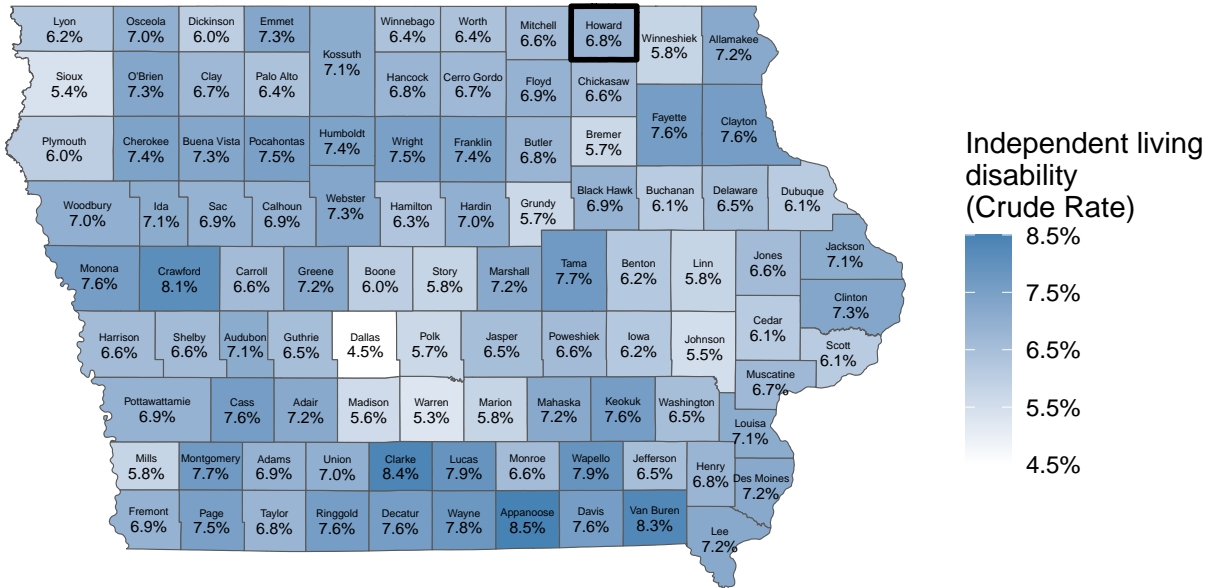
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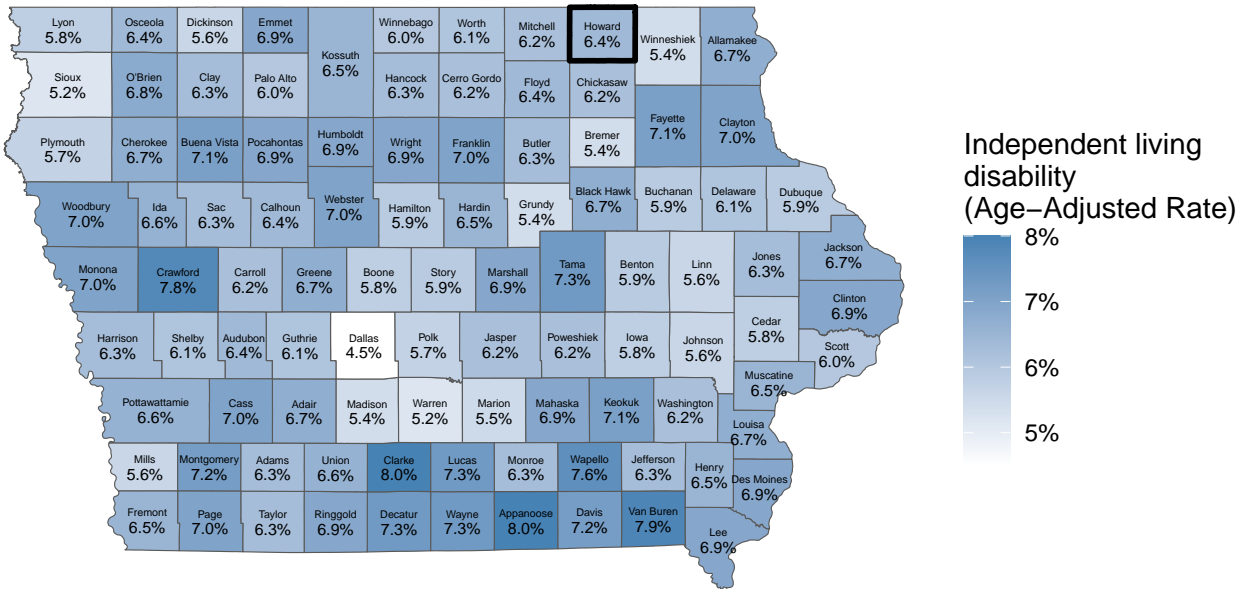
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Independent living disability among adults aged ≥ 18 years



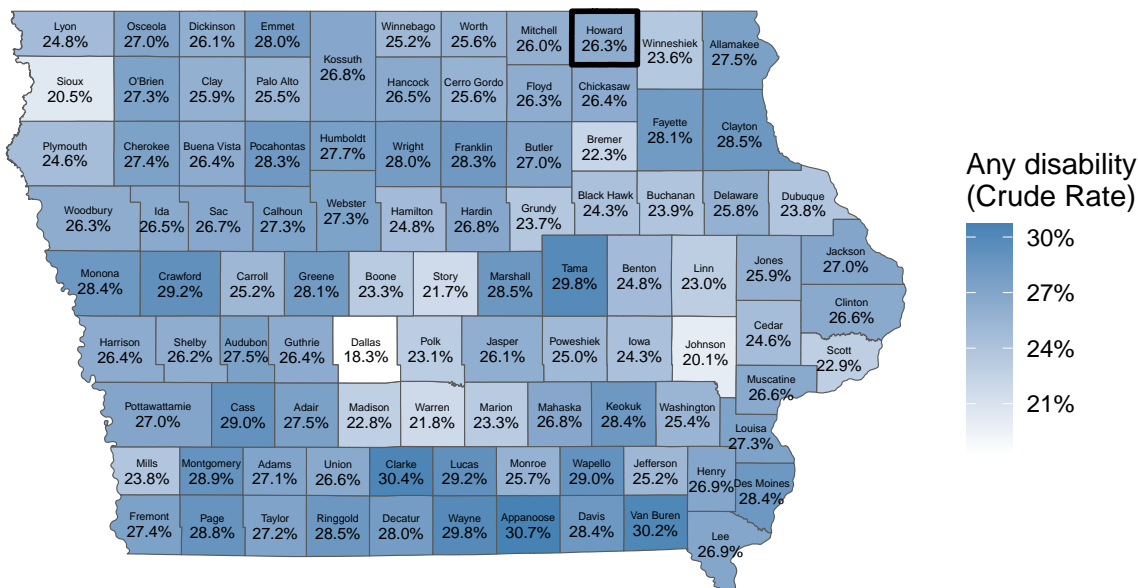
Data Source: CDC PLACES 2023 Release, BRFSS 2021



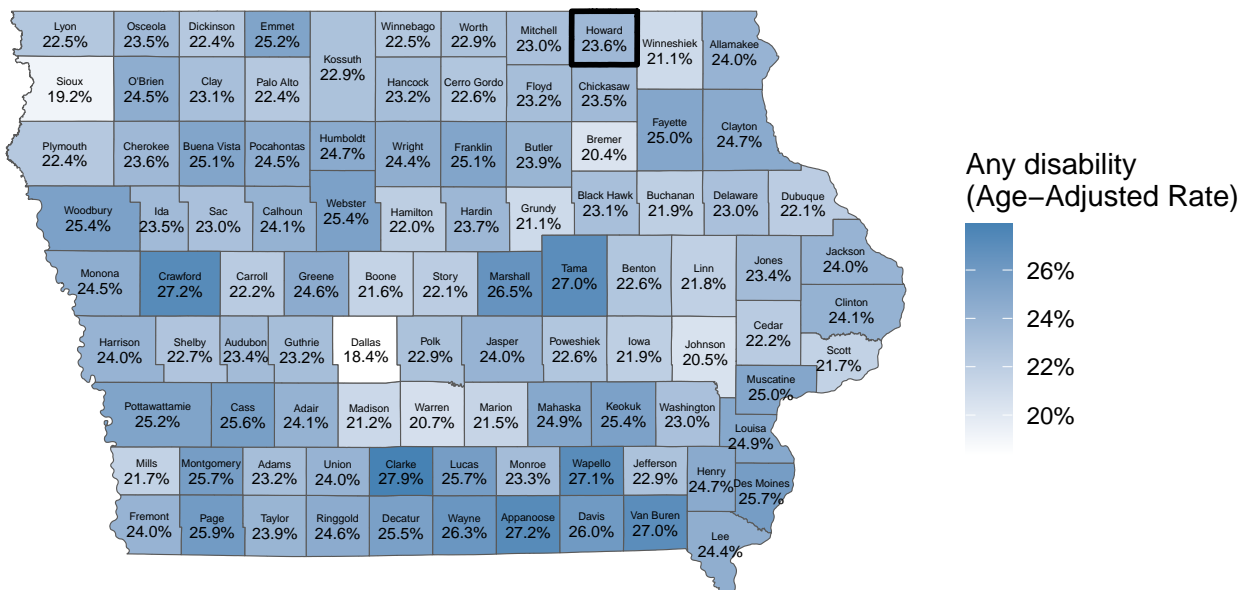
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Any disability among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021