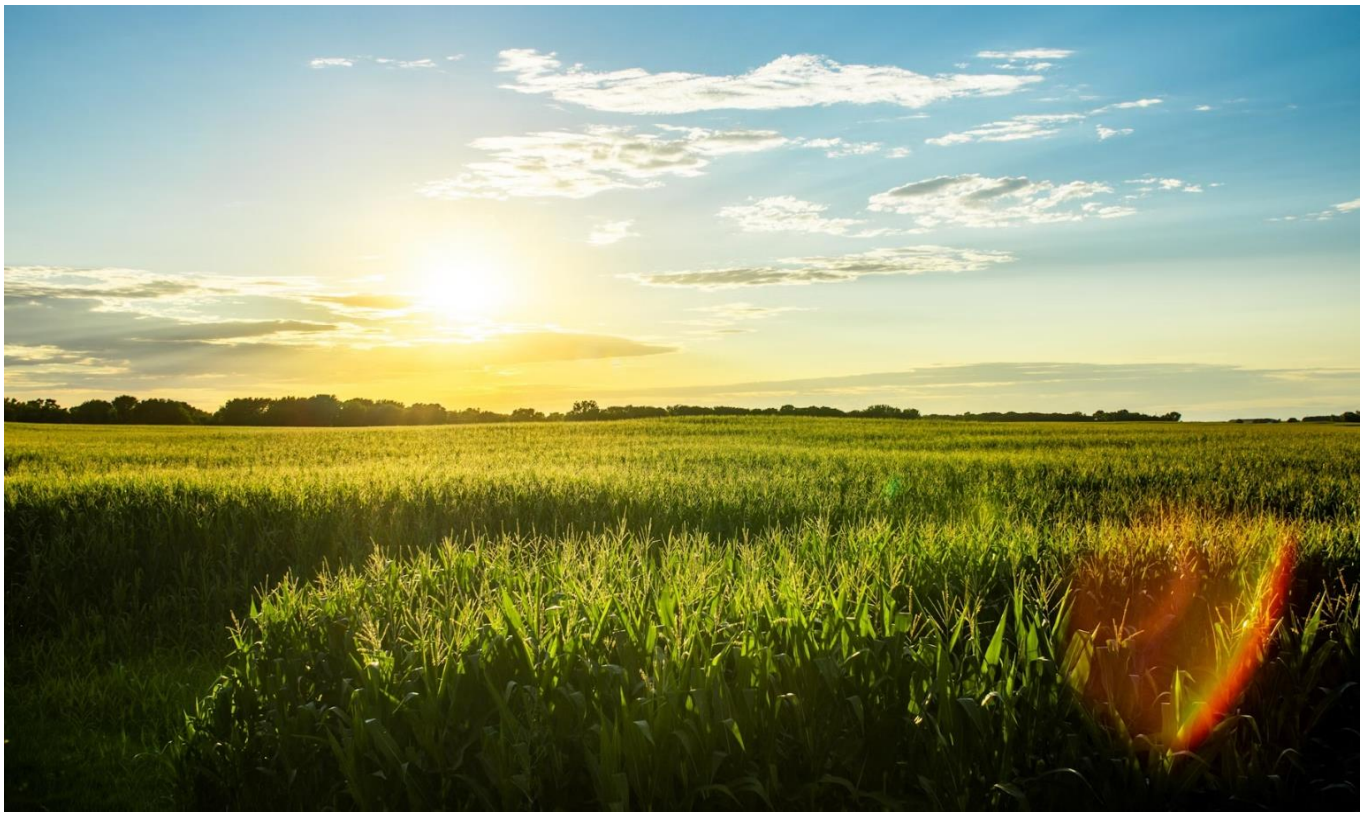

Iowa County Health Snapshot Series

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

May 2024

By Matthew Voss & Shawn Dorius

This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

Iowa County Health Snapshot Series

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Health in Montgomery County: Overview

Dear Community Members & Stakeholders of Montgomery 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 Montgomery County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Montgomery 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 Montgomery 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
Taking BP Medication	18th	17th	Taking BP Medication	10th	4th
Mammography	27th	11th	Mammography	27th	11th
Binge Drinking	38th	31st	Obesity	45th	23rd
Annual Checkup	38th	28th	Sleep <7 hours	51st	31st
Obesity	47th	27th	Binge Drinking	53rd	37th

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
Current Smoking	92nd	57th	Current Smoking	93rd	58th
Diabetes	92nd	56th	Depression	93rd	60th
Independent Living Disability	91st	56th	COPD	90th	55th
COPD	90th	54th	Self-care Disability	90th	56th
Physical Health	90th	54th	Cholesterol Screening	89th	54th

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 Montgomery County.

Sincerely,

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

PUBLIC SCIENCE COLLABORATIVE

IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

How to Use this Report

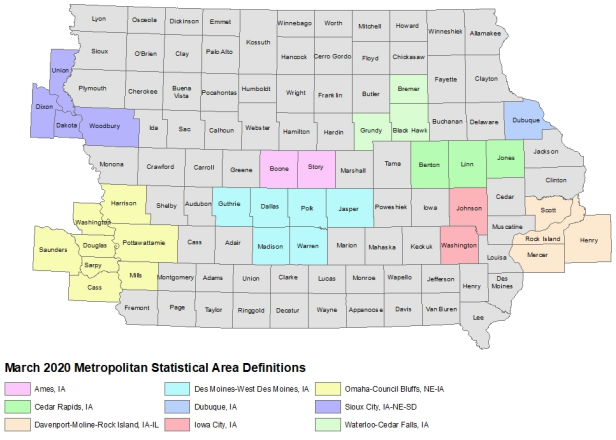
The purpose of the Iowa County Health Snapshot Series is to provide an overview of health in Montgomery County that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Montgomery County, a review of risky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

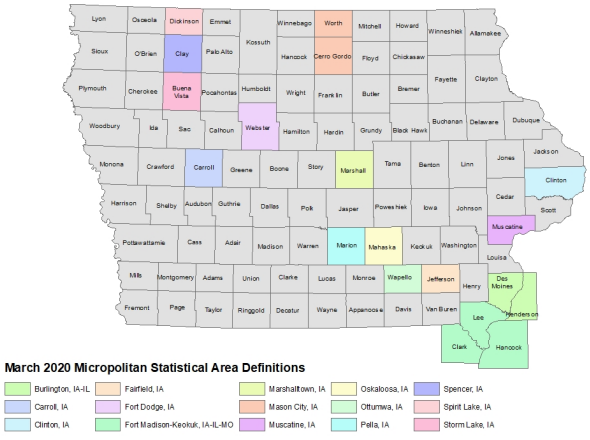
With a population of 10,322, Montgomery County's similarly sized counties are defined as rural counties. In Iowa, rural counties have an average population of 12,547, and there are 63 counties that are considered rural counties. To learn more about the county population classifications used in this report, 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).

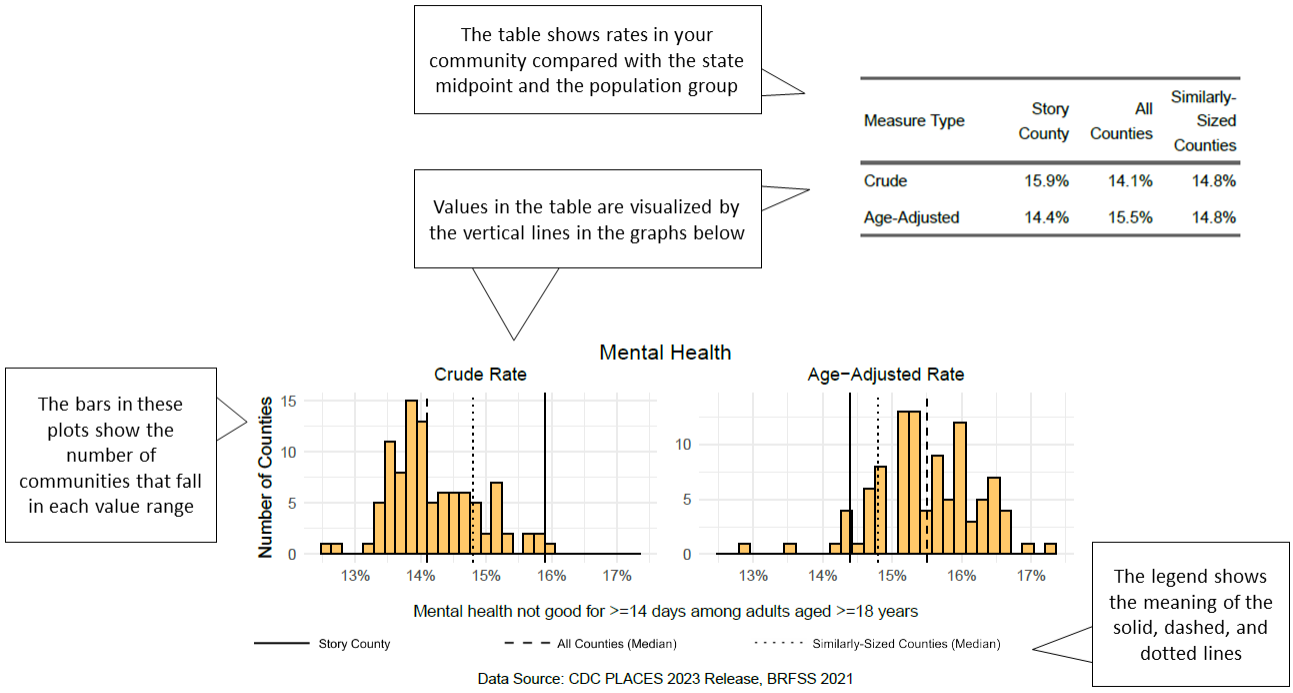
https://www.icip.iastate.edu/maps/refmaps/cofips





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.



Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	15.9%	14.1%	14.8%
Age-Adjusted	14.4%	15.5%	14.8%

The example graphic above displays the poor mental health rate in Story County, Iowa. The left plot shows the crude rate of poor mental health in the county. 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 Story County has a higher crude rate of poor mental health than most counties 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 counties, indicating that when accounting for Story County's unique age distribution, Story County'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

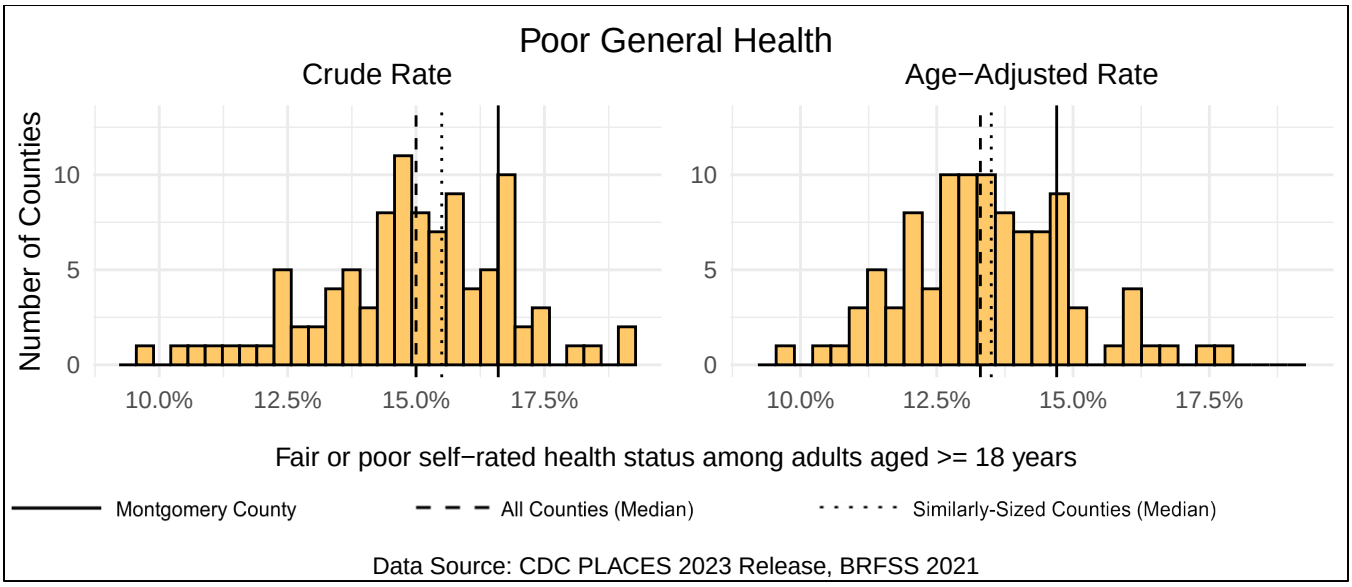
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Montgomery County has a crude rate of 16.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 81st out of 99 Iowa counties (49th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 14.7%, which ranks 81st out of 99 Iowa counties (50th out of 63 similarly-sized counties).

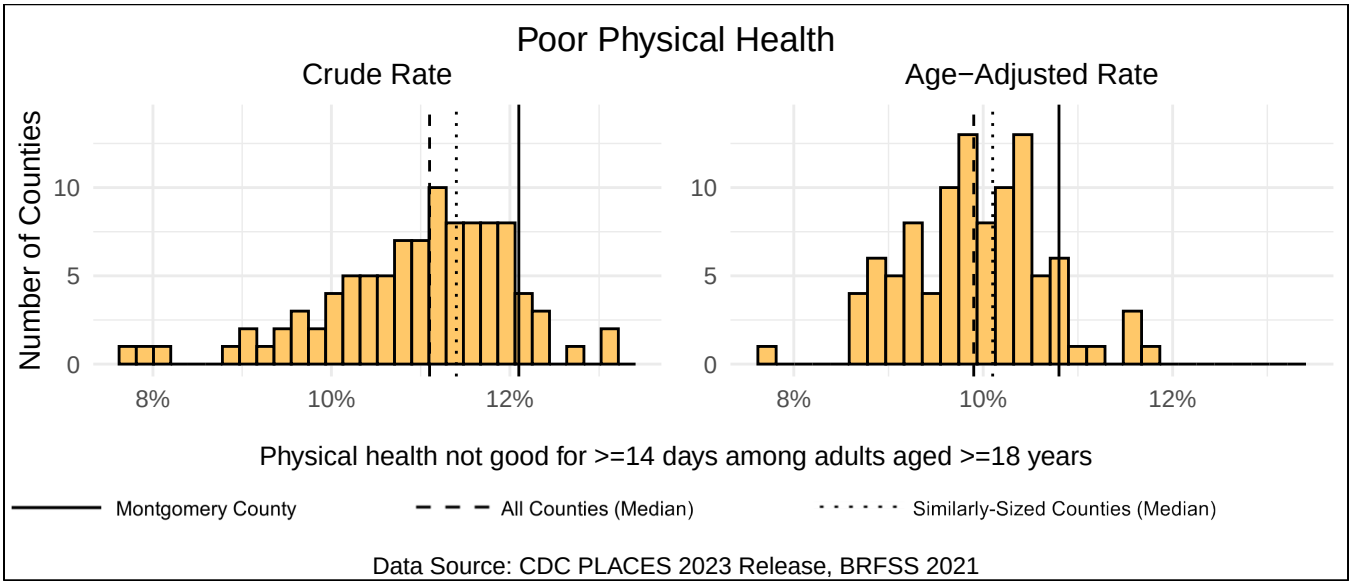
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	16.6%	15.0%	15.5%
Age-Adjusted	14.7%	13.3%	13.5%



Poor Physical Health

Montgomery County has a crude rate of 12.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 90th out of 99 Iowa counties (54th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 10.8%, which ranks 88th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	12.1%	11.1%	11.4%
Age-Adjusted	10.8%	9.9%	10.1%

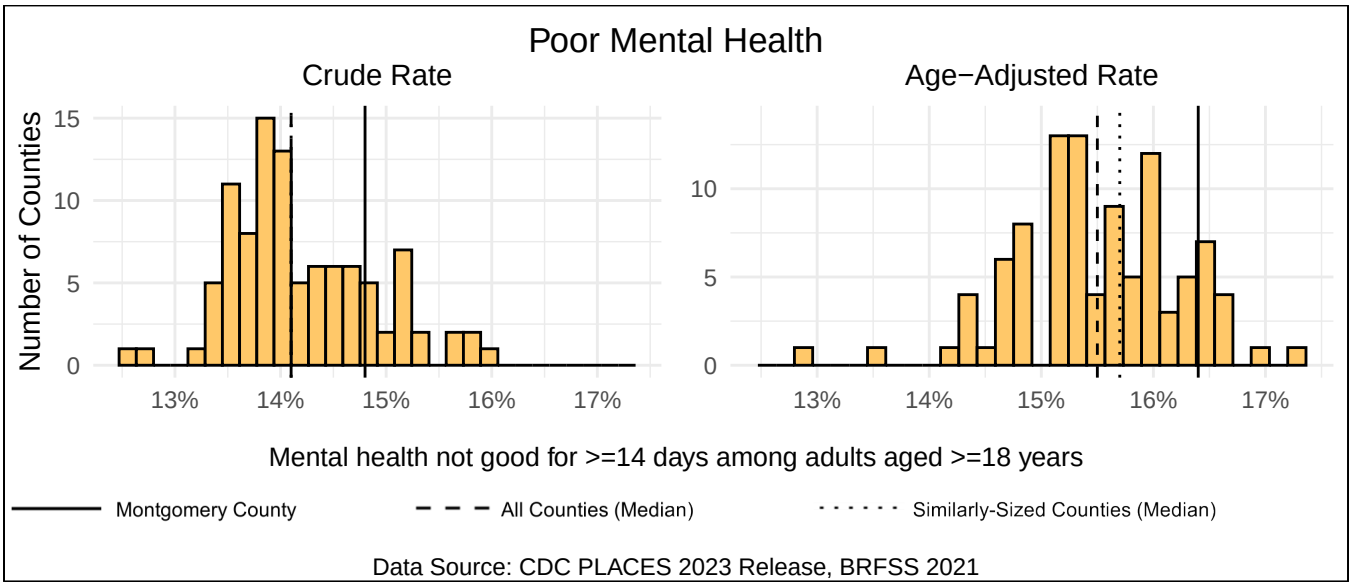


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Montgomery County has a crude rate of 14.8% for mental health not good for >=14 days among adults aged >=18 years, which ranks 79th out of 99 Iowa counties (54th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 16.4%, which ranks 87th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	14.8%	14.1%	14.1%
Age-Adjusted	16.4%	15.5%	15.7%



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Health Risk Behaviors

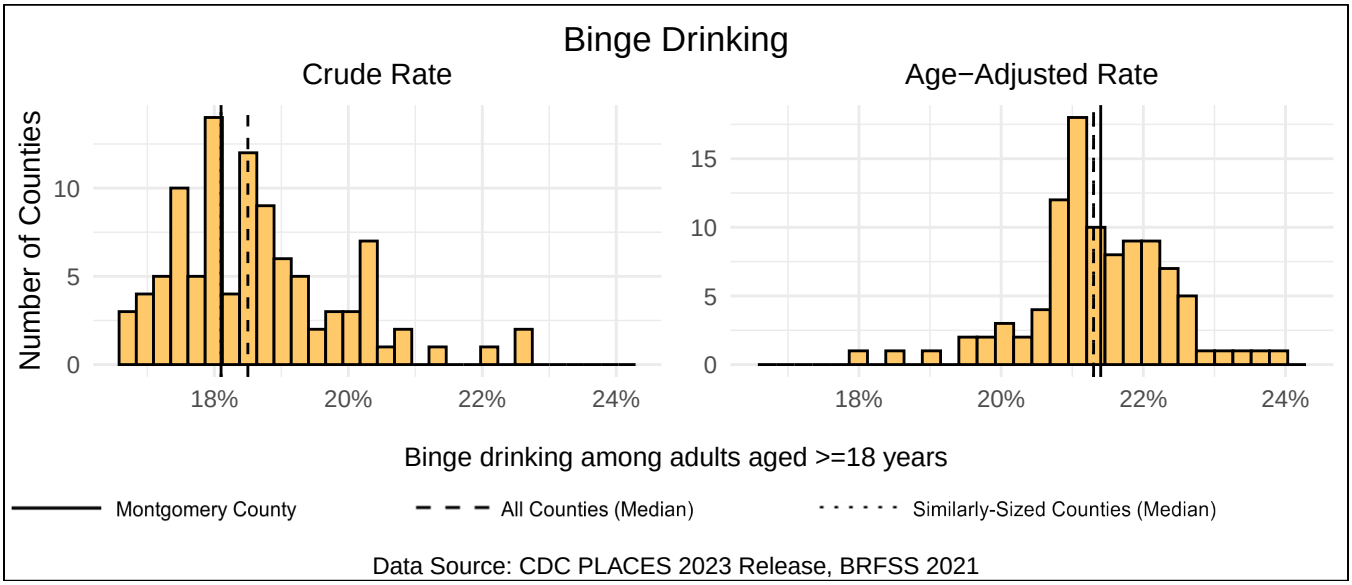
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Montgomery County has a crude rate of 18.1% for binge drinking among adults aged >=18 years, which ranks 38th out of 99 Iowa counties (31st out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 21.4%, which ranks 53rd out of 99 Iowa counties (37th out of 63 similarly-sized counties).

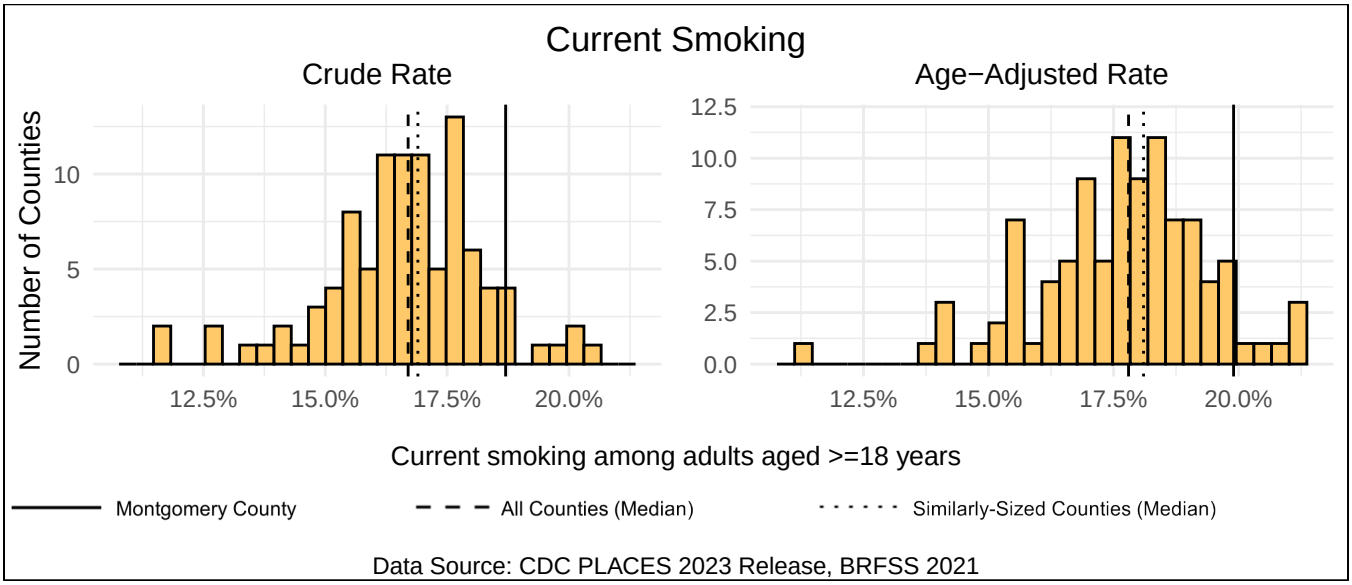
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	18.1%	18.5%	18.1%
Age-Adjusted	21.4%	21.3%	21.3%



Current Smoking

Montgomery County has a crude rate of 18.7% for current smoking among adults aged >=18 years, which ranks 92nd out of 99 Iowa counties (57th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 19.9%, which ranks 93rd out of 99 Iowa counties (58th out of 63 similarly-sized counties).

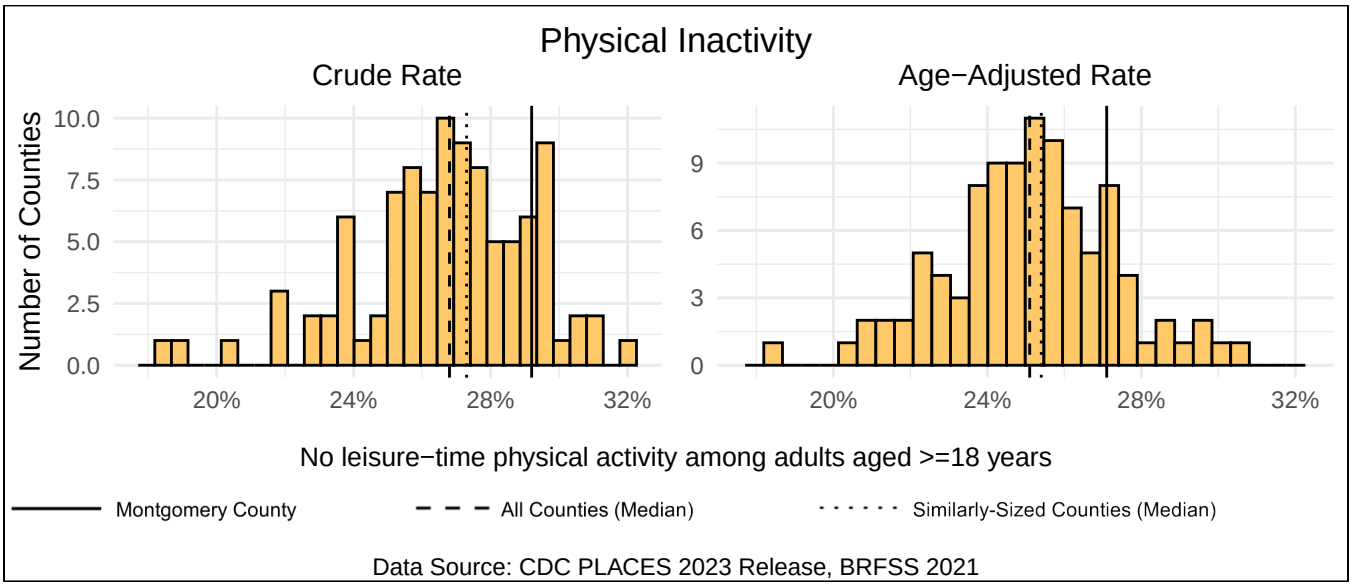
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	18.7%	16.7%	16.9%
Age-Adjusted	19.9%	17.8%	18.1%



Physical Inactivity

Montgomery County has a crude rate of 29.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 83rd out of 99 Iowa counties (49th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 27.1%, which ranks 81st out of 99 Iowa counties (49th out of 63 similarly-sized counties).

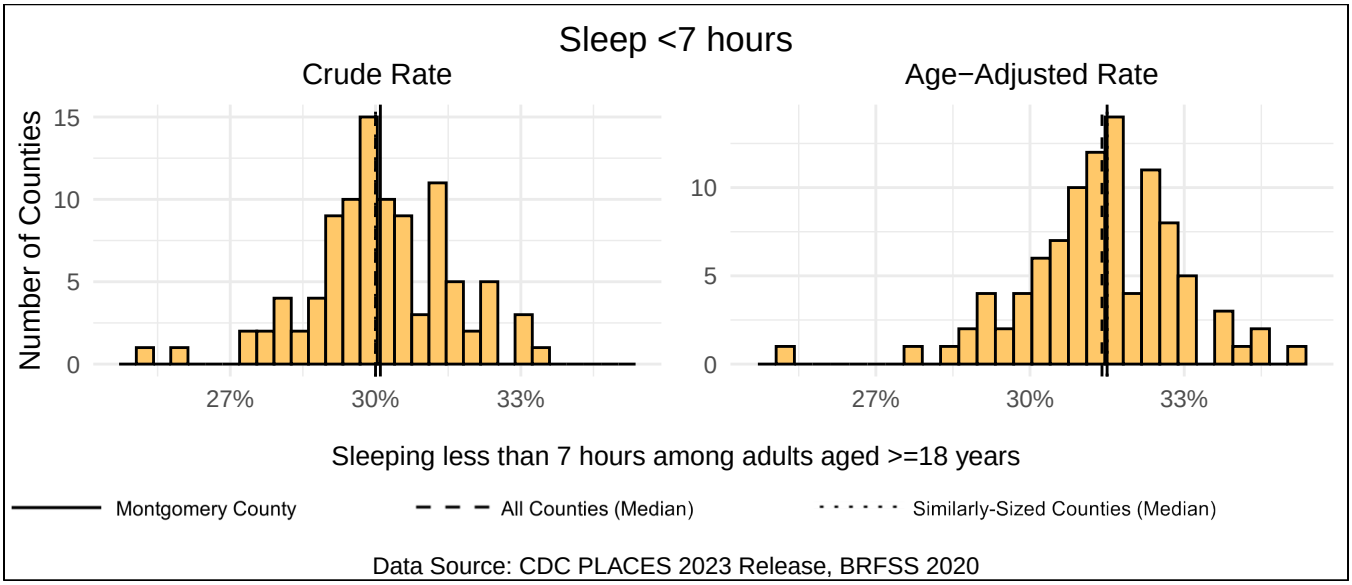
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	29.2%	26.8%	27.3%
Age-Adjusted	27.1%	25.1%	25.4%



Sleep <7 hours

Montgomery County has a crude rate of 30.1% for sleeping less than 7 hours among adults aged >=18 years, which ranks 51st out of 99 Iowa counties (34th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 31.5%, which ranks 51st out of 99 Iowa counties (31st out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	30.1%	30.0%	30.0%
Age-Adjusted	31.5%	31.4%	31.5%



Health Outcomes

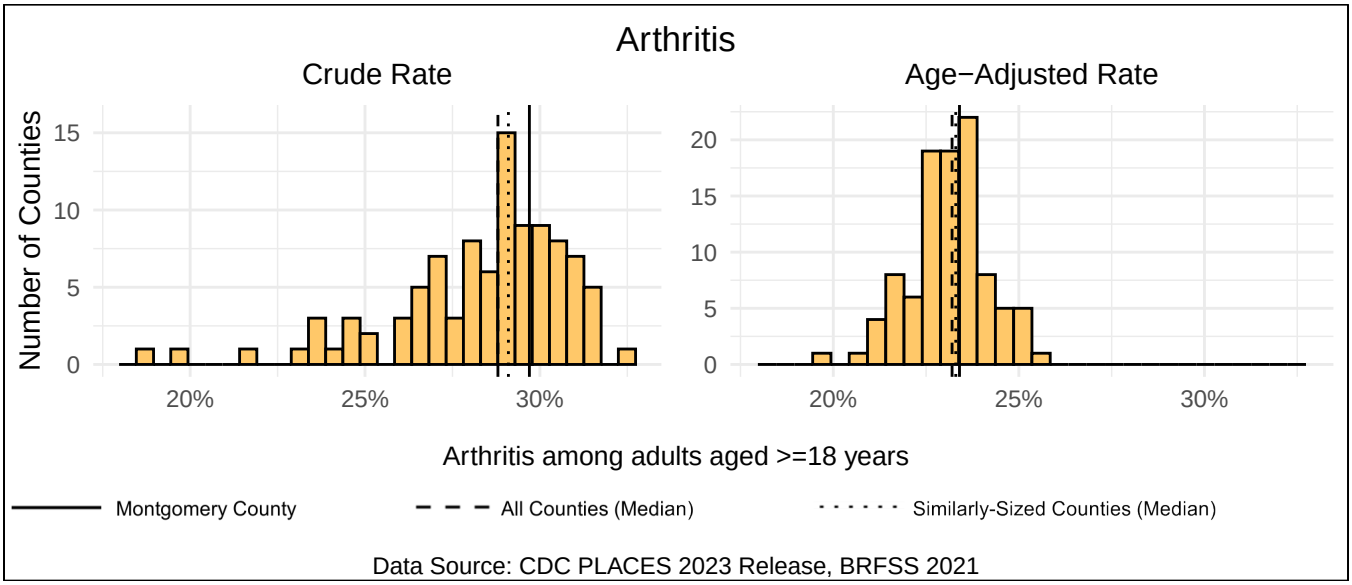
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Montgomery County has a crude rate of 29.7% for arthritis among adults aged >=18 years, which ranks 68th out of 99 Iowa counties (36th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 23.4%, which ranks 59th out of 99 Iowa counties (36th out of 63 similarly-sized counties).

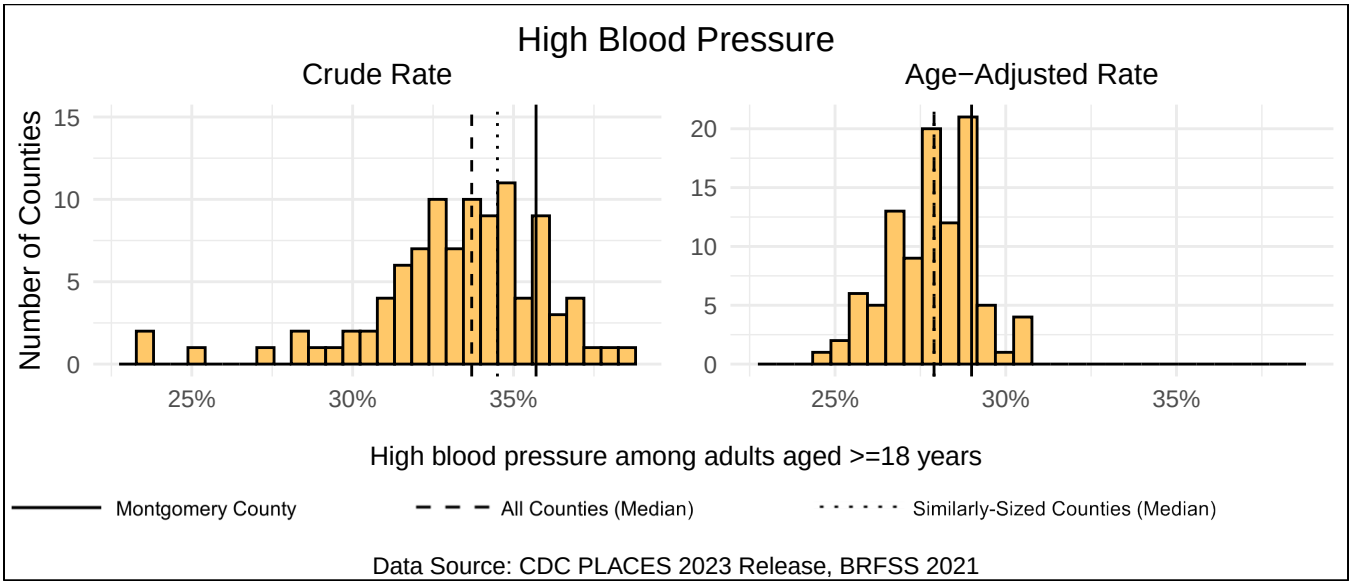
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	29.7%	28.8%	29.1%
Age-Adjusted	23.4%	23.2%	23.3%



High Blood Pressure

Montgomery County has a crude rate of 35.7% for high blood pressure among adults aged >=18 years, which ranks 83rd out of 99 Iowa counties (47th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 29.0%, which ranks 79th out of 99 Iowa counties (49th out of 63 similarly-sized counties).

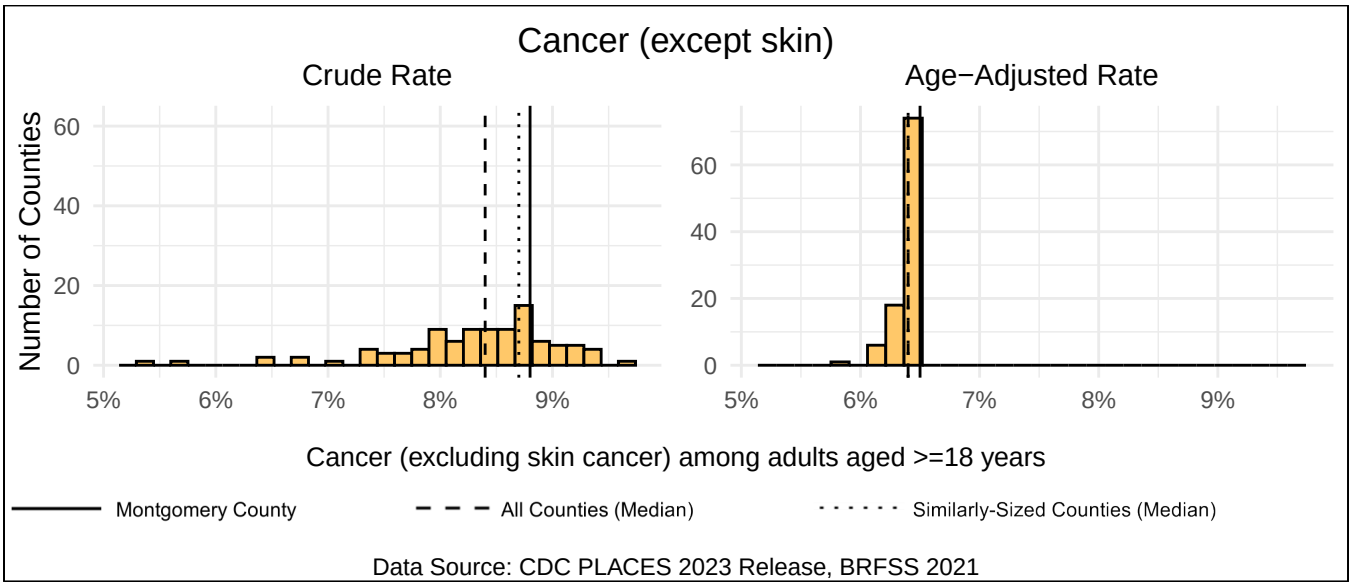
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	35.7%	33.7%	34.5%
Age-Adjusted	29.0%	27.9%	27.9%



Cancer (except skin)

Montgomery County has a crude rate of 8.8% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 73rd out of 99 Iowa counties (39th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 6.5%, which ranks 88th out of 99 Iowa counties (58th out of 63 similarly-sized counties).

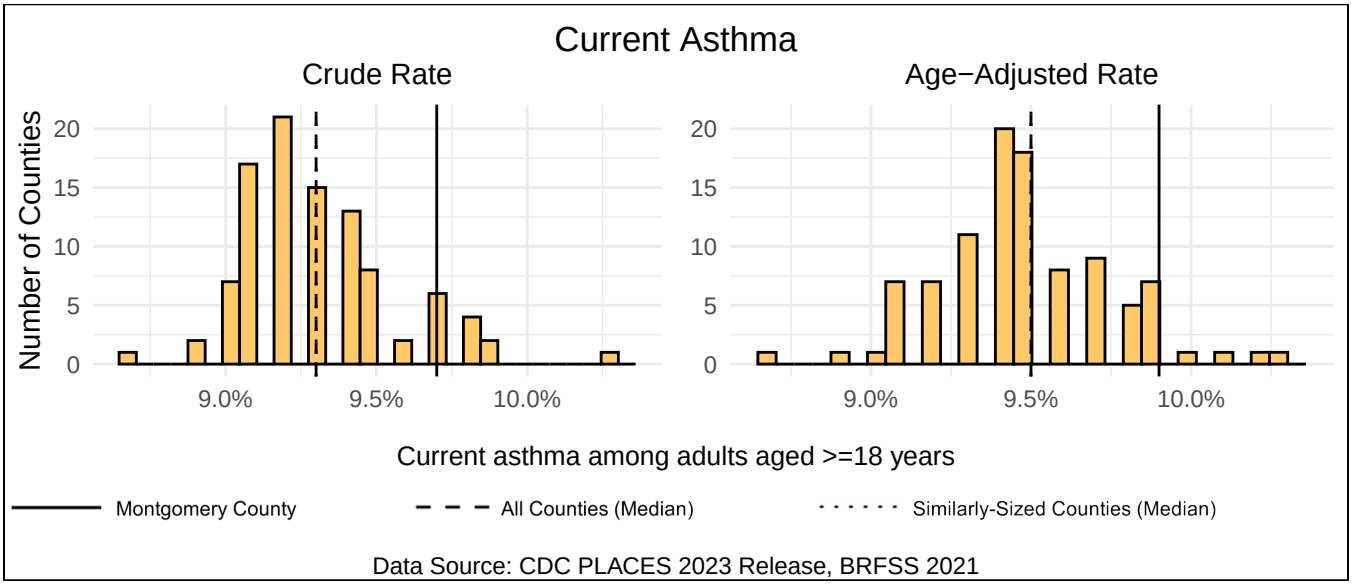
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	8.8%	8.4%	8.7%
Age-Adjusted	6.5%	6.4%	6.4%



Current Asthma

Montgomery County has a crude rate of 9.7% for current asthma among adults aged >=18 years, which ranks 87th out of 99 Iowa counties (57th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 9.9%, which ranks 89th out of 99 Iowa counties (57th out of 63 similarly-sized counties).

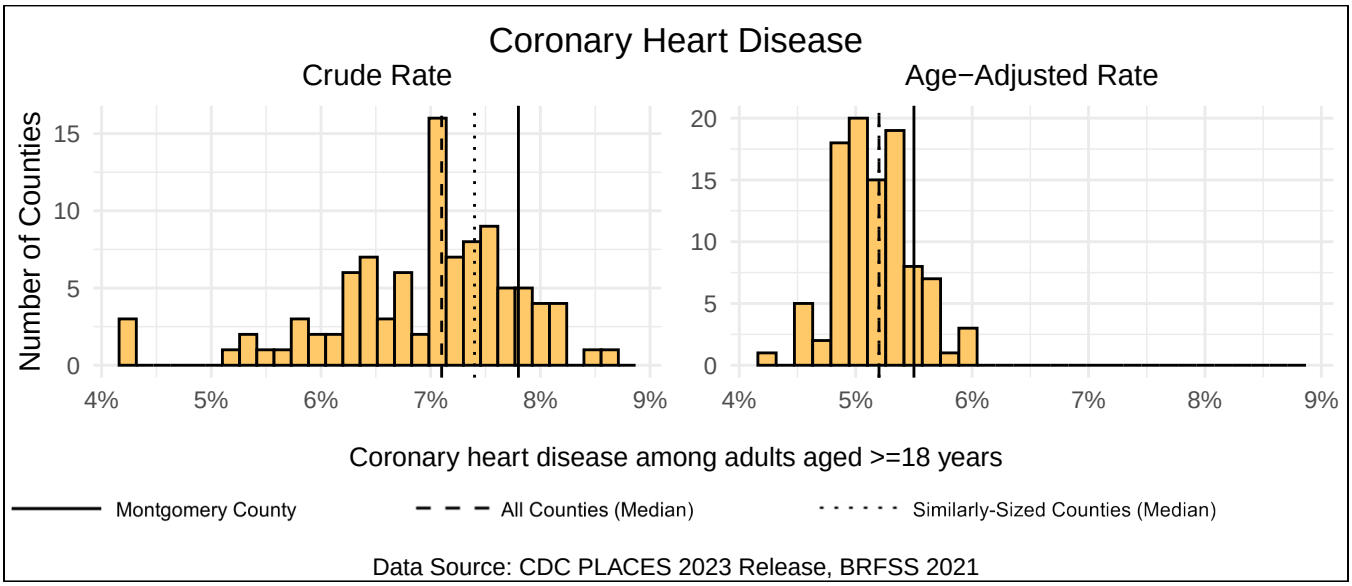
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	9.7%	9.3%	9.3%
Age-Adjusted	9.9%	9.5%	9.5%



Coronary Heart Disease

Montgomery County has a crude rate of 7.8% for coronary heart disease among adults aged >=18 years, which ranks 85th out of 99 Iowa counties (49th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 5.5%, which ranks 81st out of 99 Iowa counties (48th out of 63 similarly-sized counties).

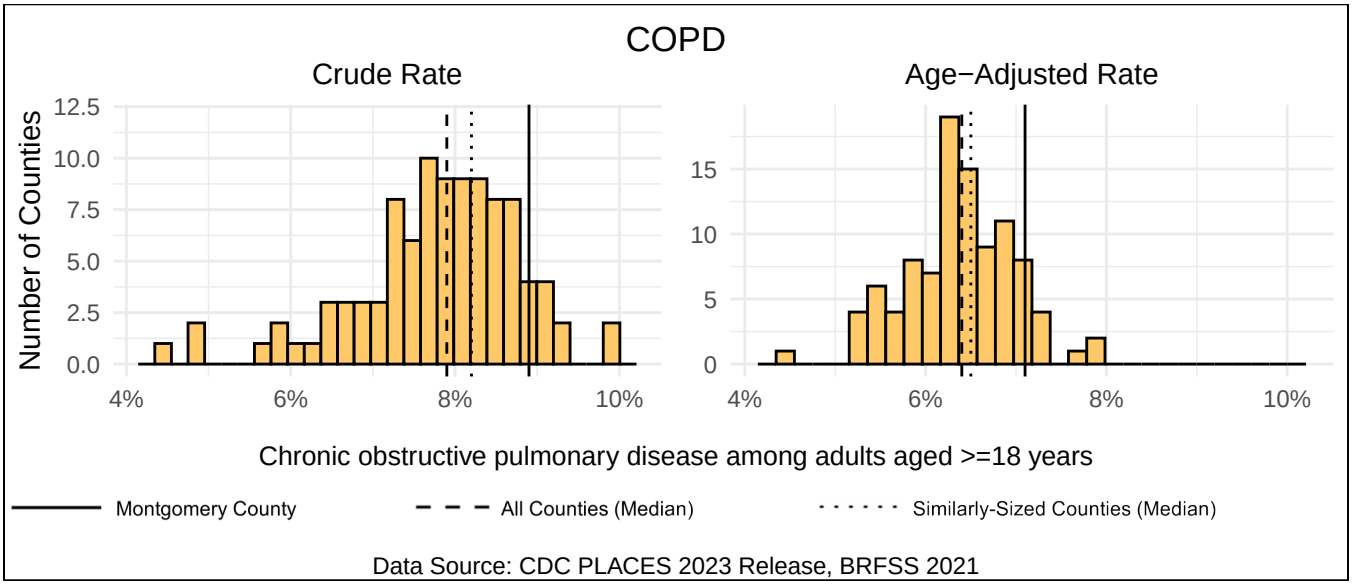
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	7.8%	7.1%	7.4%
Age-Adjusted	5.5%	5.2%	5.2%



COPD

Montgomery County has a crude rate of 8.9% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 90th out of 99 Iowa counties (54th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 7.1%, which ranks 90th out of 99 Iowa counties (55th out of 63 similarly-sized counties).

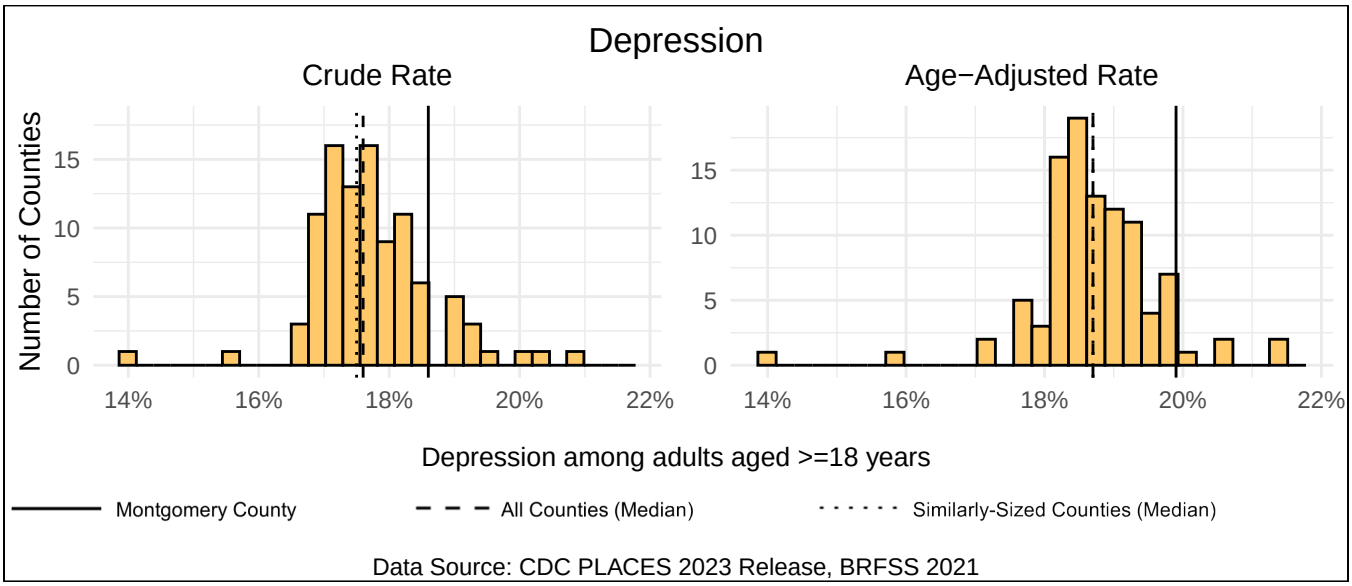
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	8.9%	7.9%	8.2%
Age-Adjusted	7.1%	6.4%	6.5%



Depression

Montgomery County has a crude rate of 18.6% for depression among adults aged >=18 years, which ranks 84th out of 99 Iowa counties (58th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 19.9%, which ranks 93rd out of 99 Iowa counties (60th out of 63 similarly-sized counties).

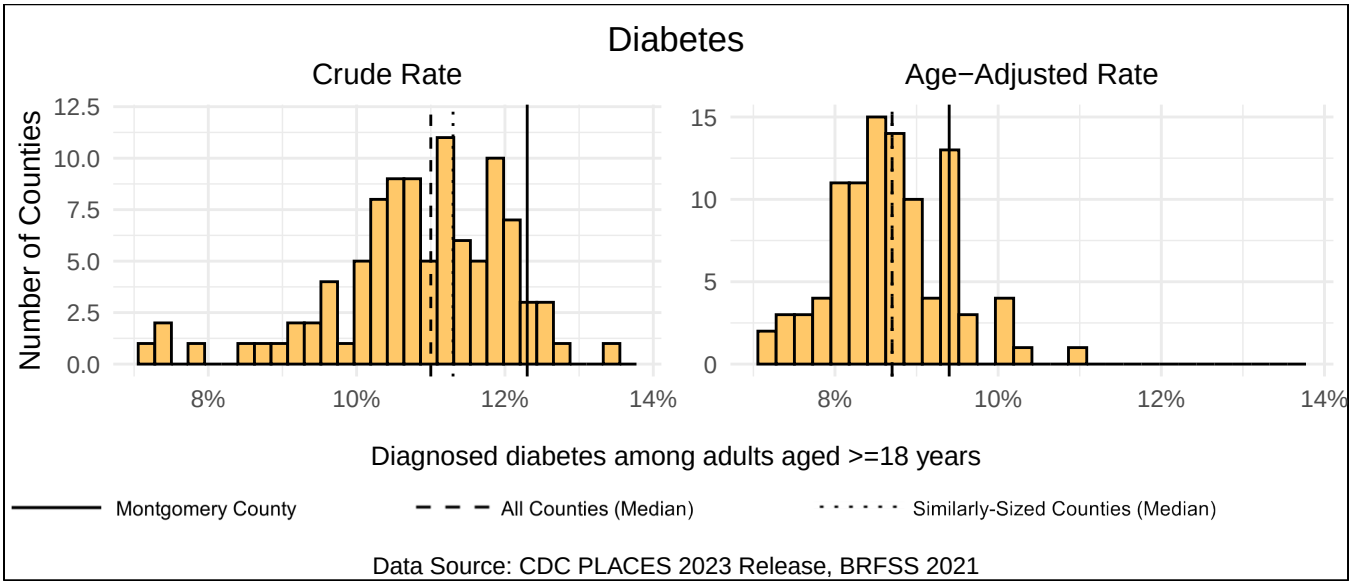
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	18.6%	17.6%	17.5%
Age-Adjusted	19.9%	18.7%	18.7%



Diabetes

Montgomery County has a crude rate of 12.3% for diagnosed diabetes among adults aged >=18 years, which ranks 92nd out of 99 Iowa counties (56th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 9.4%, which ranks 84th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

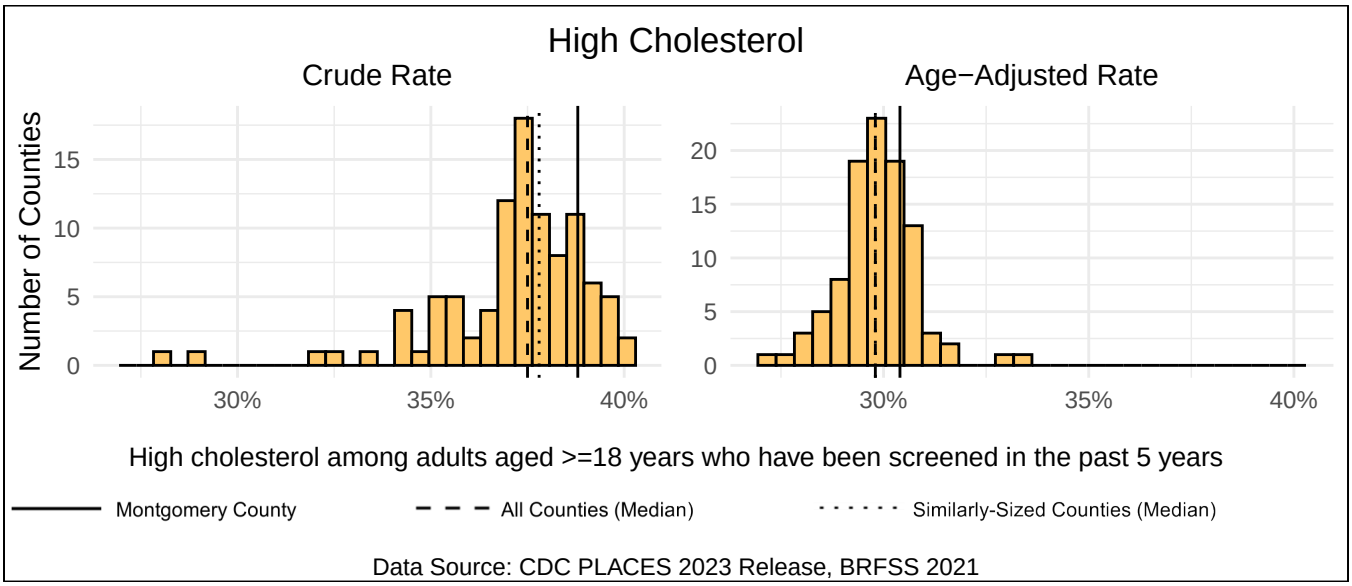
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	12.3%	11.0%	11.3%
Age-Adjusted	9.4%	8.7%	8.7%



High Cholesterol

Montgomery County has a crude rate of 38.8% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 81st out of 99 Iowa counties (48th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 30.4%, which ranks 71st out of 99 Iowa counties (45th out of 63 similarly-sized counties).

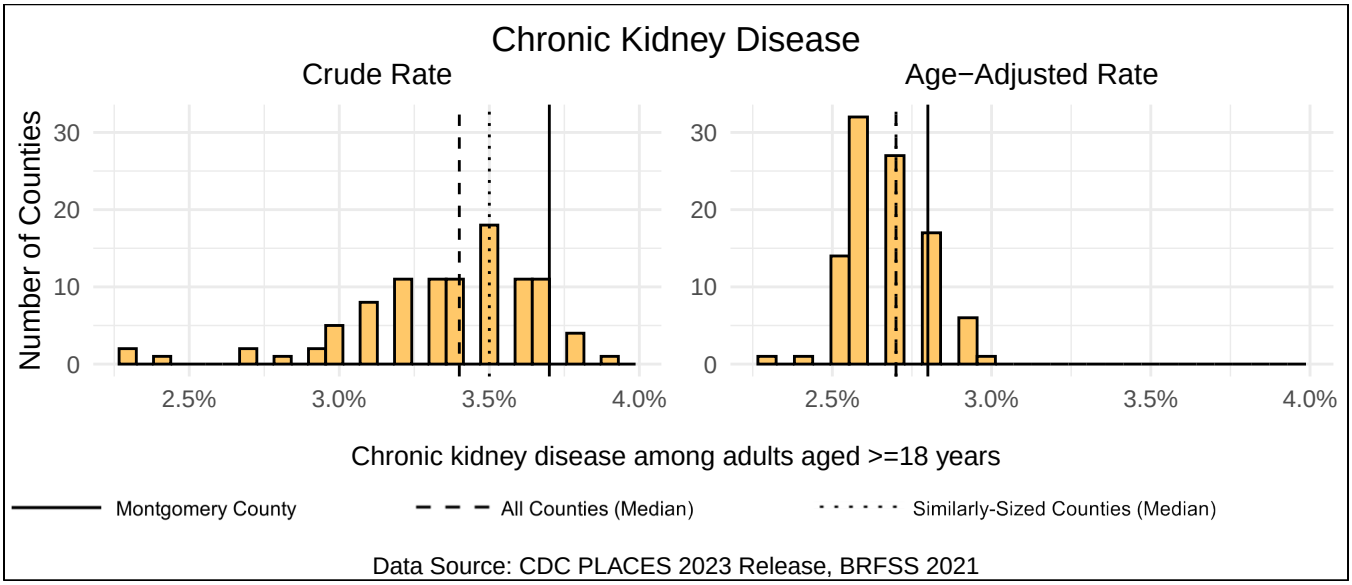
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	38.8%	37.5%	37.8%
Age-Adjusted	30.4%	29.8%	29.8%



Chronic Kidney Disease

Montgomery County has a crude rate of 3.7% for chronic kidney disease among adults aged >=18 years, which ranks 84th out of 99 Iowa counties (48th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 2.8%, which ranks 76th out of 99 Iowa counties (47th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	3.7%	3.4%	3.5%
Age-Adjusted	2.8%	2.7%	2.7%

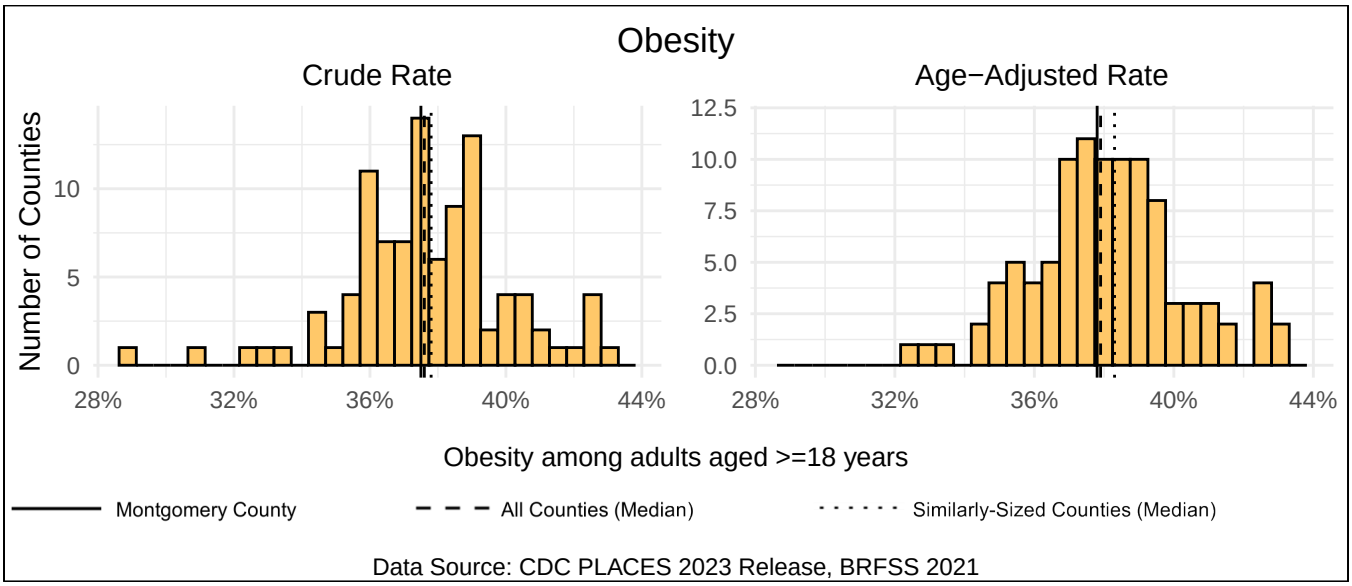


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Montgomery County has a crude rate of 37.5% for obesity among adults aged >=18 years, which ranks 47th out of 99 Iowa counties (27th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 37.8%, which ranks 45th out of 99 Iowa counties (23rd out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	37.5%	37.6%	37.8%
Age-Adjusted	37.8%	37.9%	38.3%

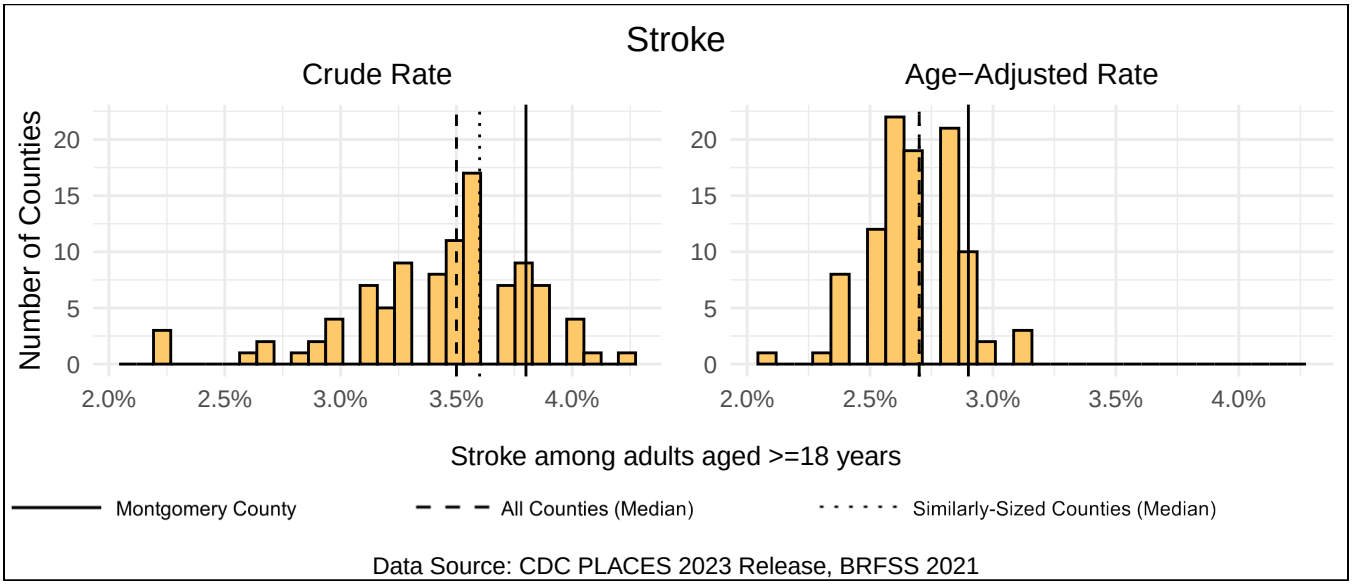


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Stroke

Montgomery County has a crude rate of 3.8% for stroke among adults aged >=18 years, which ranks 78th out of 99 Iowa counties (42nd out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 2.9%, which ranks 85th out of 99 Iowa counties (52nd out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	3.8%	3.5%	3.6%
Age-Adjusted	2.9%	2.7%	2.7%

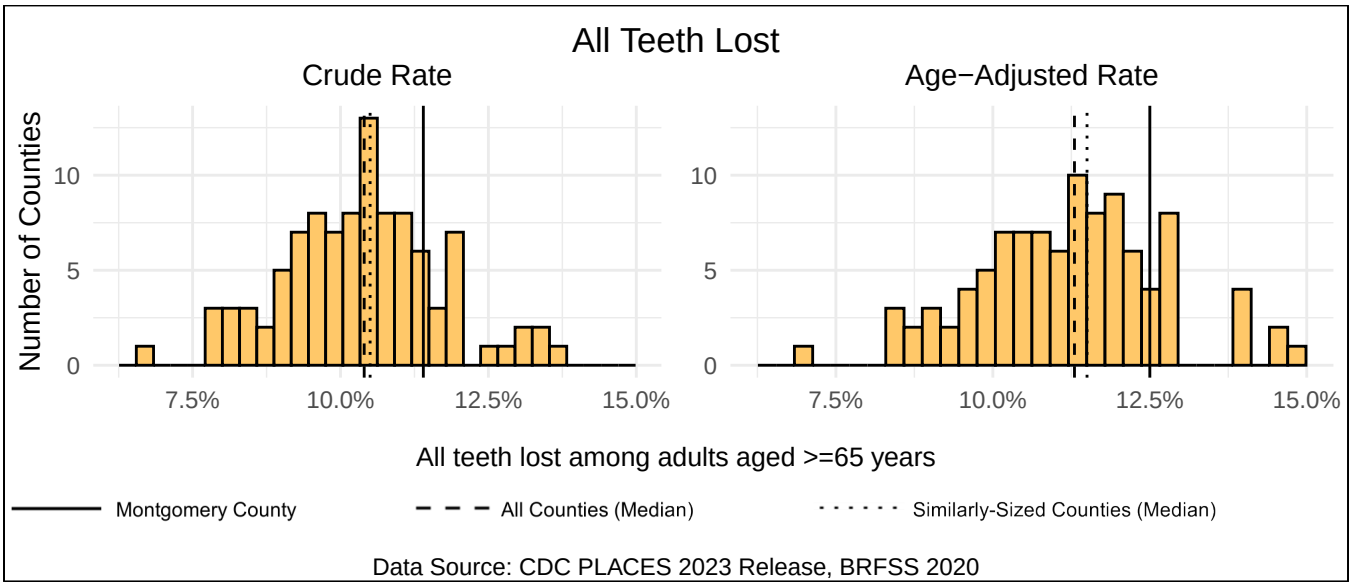


Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

Montgomery County has a crude rate of 11.4% for all teeth lost among adults aged >=65 years, which ranks 80th out of 99 Iowa counties (50th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 12.5%, which ranks 83rd out of 99 Iowa counties (51st out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	11.4%	10.4%	10.5%
Age-Adjusted	12.5%	11.3%	11.5%



Data Source: CDC PLACES 2023 Release, BRFSS 2020

Prevention

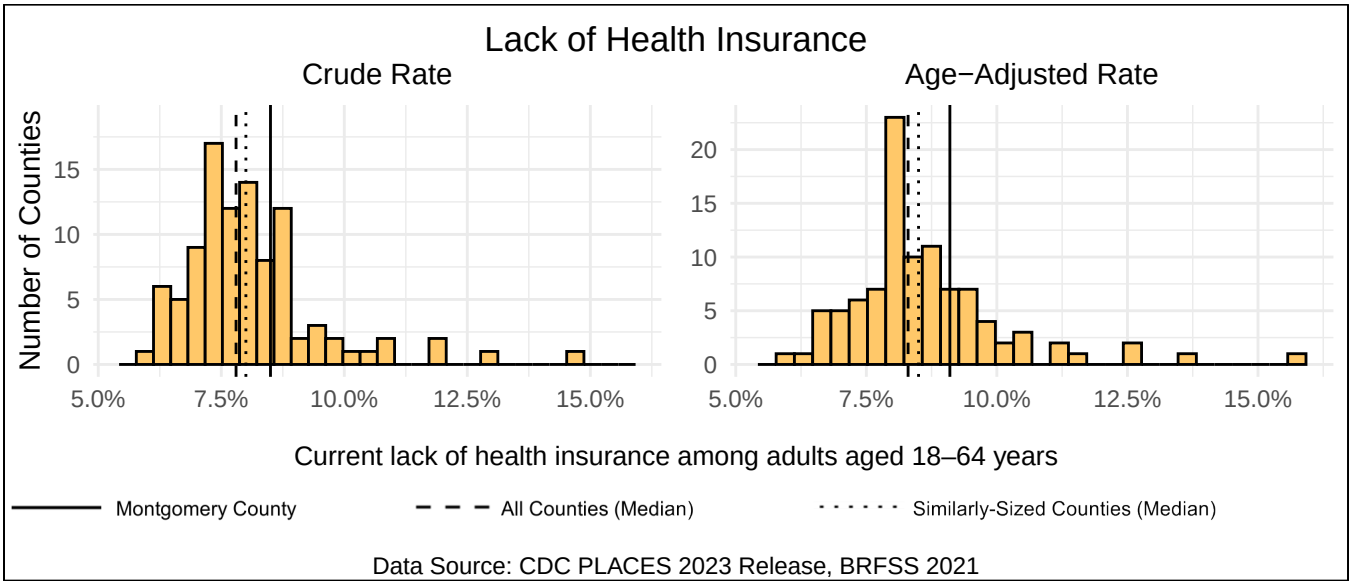
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county's prevention measures, including preventive screenings and doctor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

Montgomery County has a crude rate of 8.5% for current lack of health insurance among adults aged 18–64 years, which ranks 72nd out of 99 Iowa counties (43rd out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 9.1%, which ranks 73rd out of 99 Iowa counties (44th out of 63 similarly-sized counties).

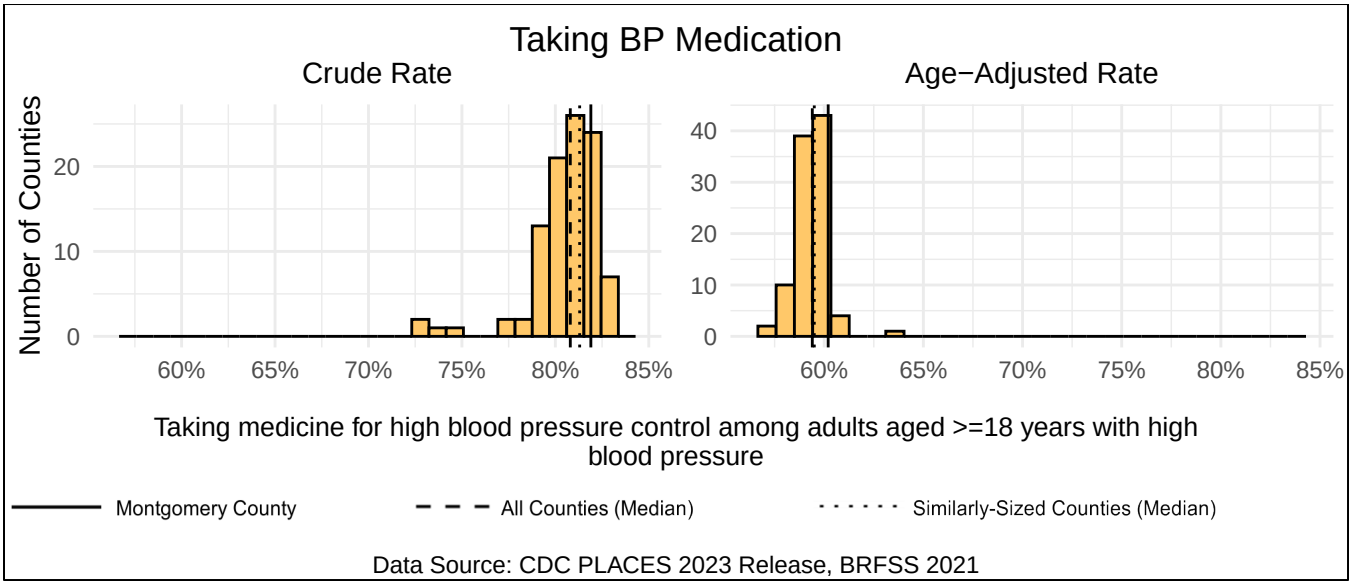
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	8.5%	7.8%	8.0%
Age-Adjusted	9.1%	8.3%	8.5%



Taking BP Medication

Montgomery County has a crude rate of 81.9% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 18th out of 99 Iowa counties (17th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 60.2%, which ranks 10th out of 99 Iowa counties (4th out of 63 similarly-sized counties).

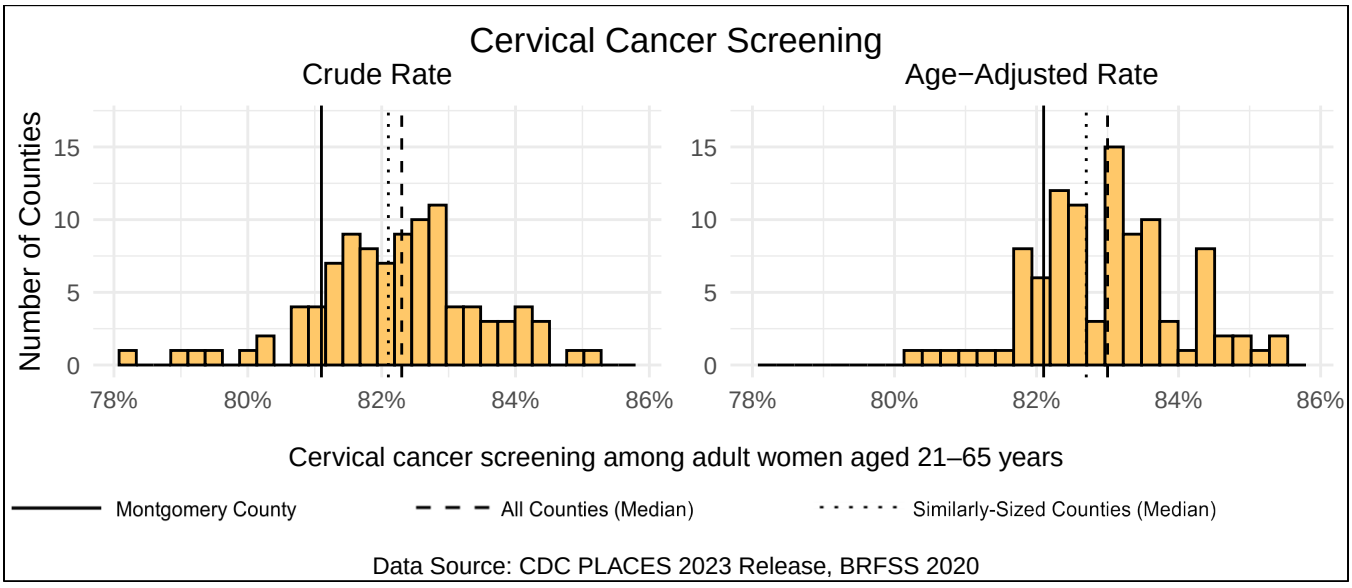
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	81.9%	80.8%	81.3%
Age-Adjusted	60.2%	59.4%	59.5%



Cervical Cancer Screening

Montgomery County has a crude rate of 81.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 85th out of 99 Iowa counties (55th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 82.1%, which ranks 80th out of 99 Iowa counties (50th out of 63 similarly-sized counties).

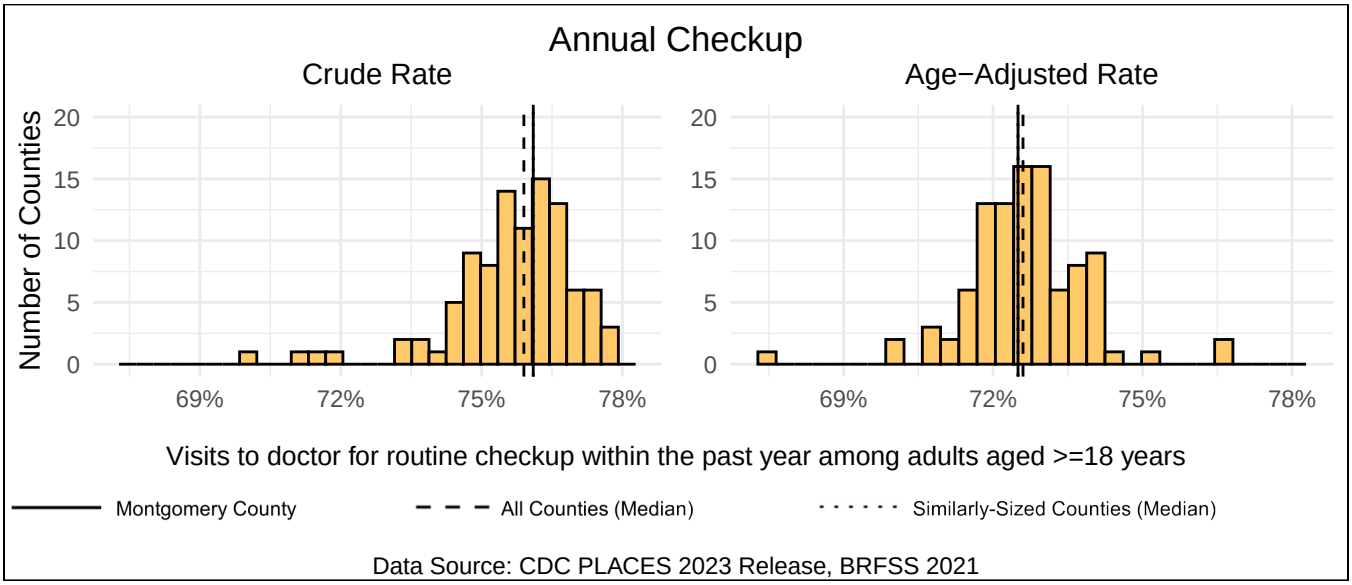
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	81.1%	82.3%	82.1%
Age-Adjusted	82.1%	83.0%	82.7%



Annual Checkup

Montgomery County has a crude rate of 76.1% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 38th out of 99 Iowa counties (28th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 72.5%, which ranks 54th out of 99 Iowa counties (32nd out of 63 similarly-sized counties).

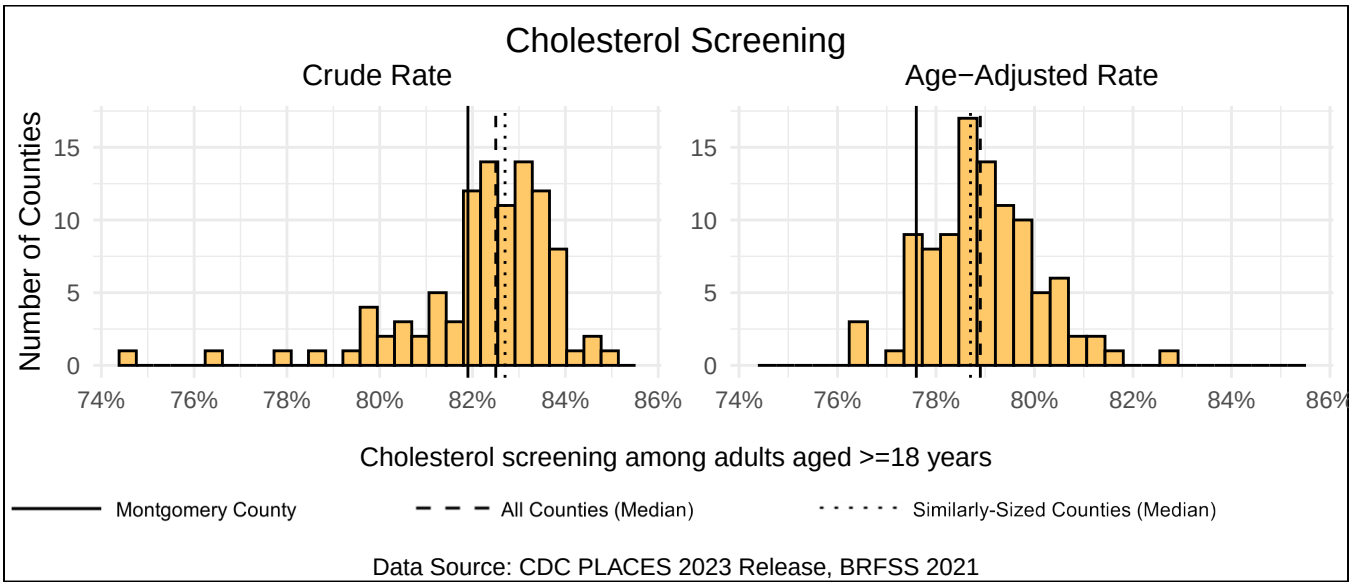
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	76.1%	75.9%	76.1%
Age-Adjusted	72.5%	72.6%	72.5%



Cholesterol Screening

Montgomery County has a crude rate of 81.9% for cholesterol screening among adults aged >=18 years, which ranks 69th out of 99 Iowa counties (47th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 77.6%, which ranks 89th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

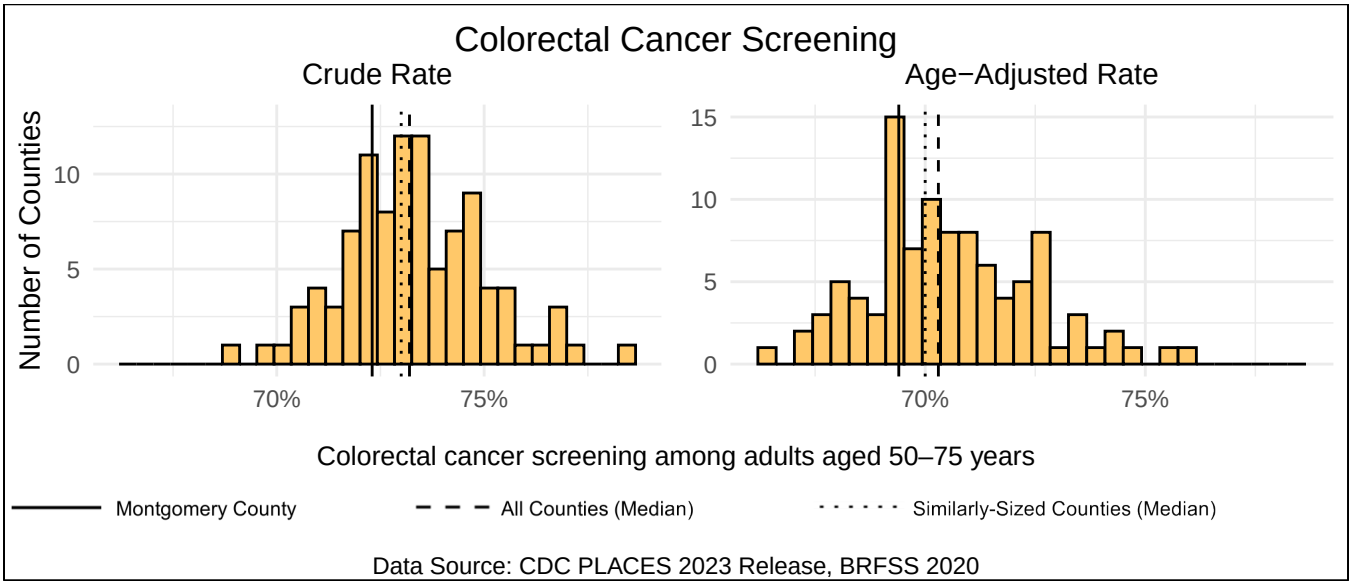
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	81.9%	82.5%	82.7%
Age-Adjusted	77.6%	78.9%	78.7%



Colorectal Cancer Screening

Montgomery County has a crude rate of 72.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 72nd out of 99 Iowa counties (45th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 69.4%, which ranks 72nd out of 99 Iowa counties (43rd out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	72.3%	73.2%	73.0%
Age-Adjusted	69.4%	70.3%	70.0%

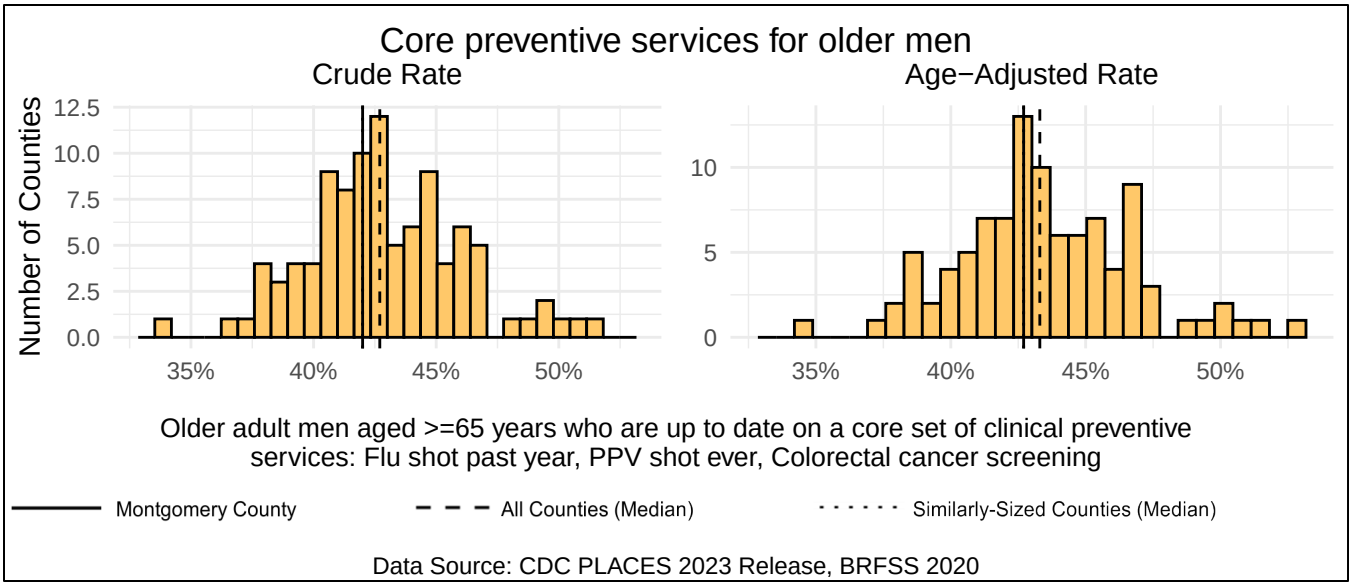


Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Montgomery County has a crude rate of 42.0% 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 59th out of 99 Iowa counties (31st out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 42.7%, which ranks 59th out of 99 Iowa counties (31st out of 63 similarly-sized counties).

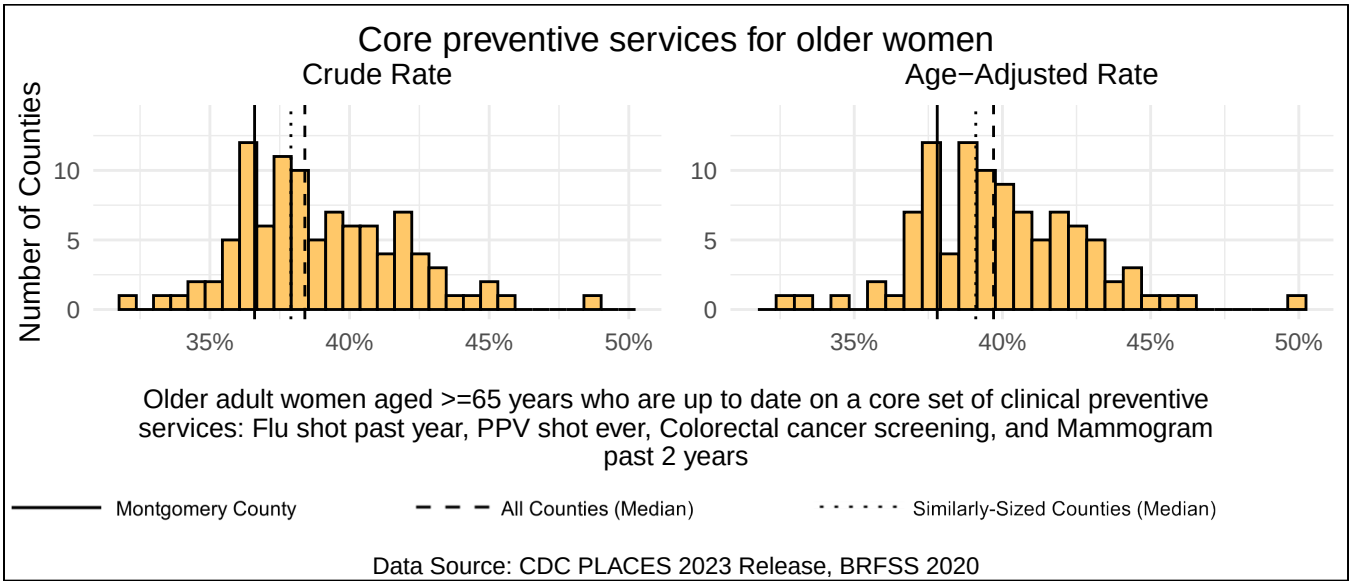
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	42.0%	42.7%	42.0%
Age-Adjusted	42.7%	43.3%	42.7%


Core preventive services for older men
Crude Rate
Age−Adjusted Rate
Number of Counties
12.5
10.0
7.5
5.0
2.5
0.0
10
5
0
35%
40%
45%
50%
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
Montgomery County
All Counties (Median)
Similarly-Sized Counties (Median)
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Montgomery County has a crude rate of 36.6% 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 76th out of 99 Iowa counties (45th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 37.8%, which ranks 77th out of 99 Iowa counties (46th out of 63 similarly-sized counties).

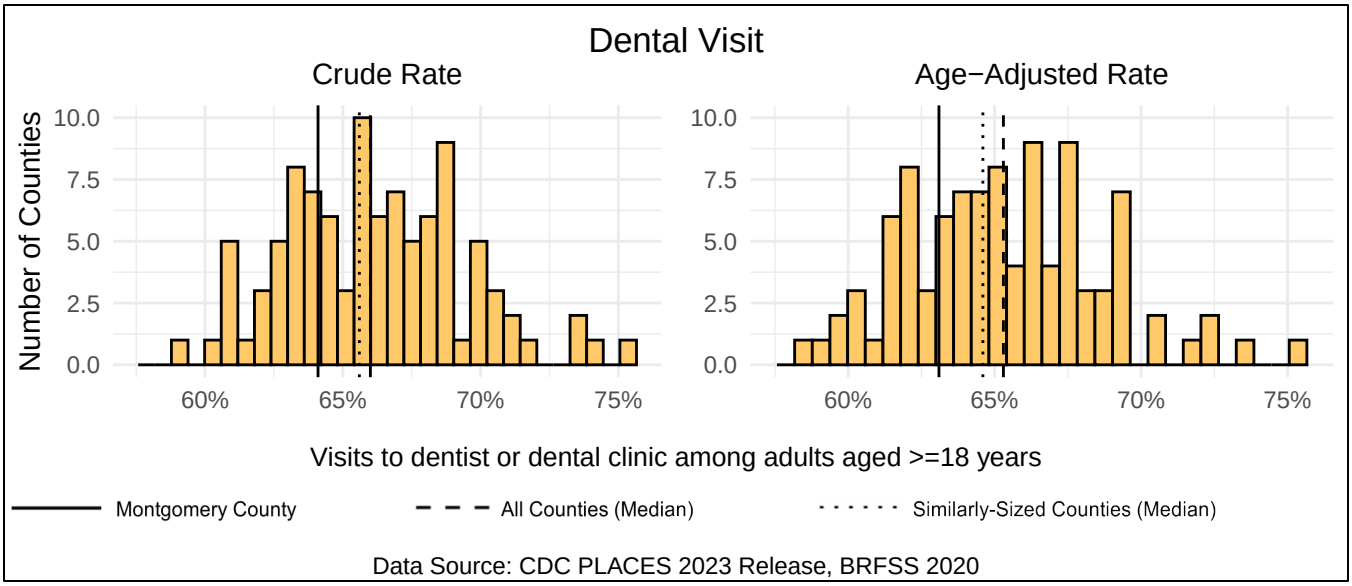
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	36.6%	38.4%	37.9%
Age-Adjusted	37.8%	39.7%	39.1%



Dental Visit

Montgomery County has a crude rate of 64.1% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 70th out of 99 Iowa counties (42nd out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 63.1%, which ranks 72nd out of 99 Iowa counties (44th out of 63 similarly-sized counties).

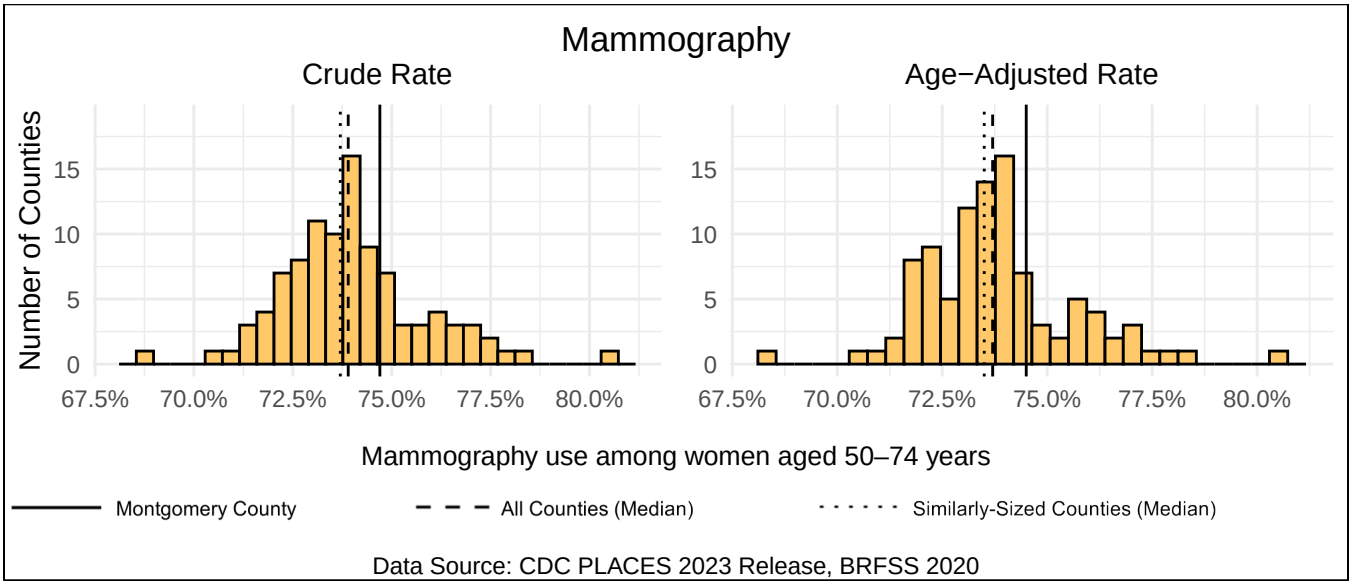
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	64.1%	66.0%	65.6%
Age-Adjusted	63.1%	65.3%	64.6%


Dental Visit
Crude Rate
Age−Adjusted Rate
Number of Counties
10.0
7.5
5.0
2.5
0.0
60%
65%
70%
75%
Visits to dentist or dental clinic among adults aged >=18 years
Montgomery County
All Counties (Median)
Similarly-Sized Counties (Median)
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Montgomery County has a crude rate of 74.7% for mammography use among women aged 50–74 years, which ranks 27th out of 99 Iowa counties (11th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 74.5%, which ranks 27th out of 99 Iowa counties (11th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	74.7%	73.9%	73.7%
Age-Adjusted	74.5%	73.7%	73.5%



Data Source: CDC PLACES 2023 Release, BRFSS 2020

Disability

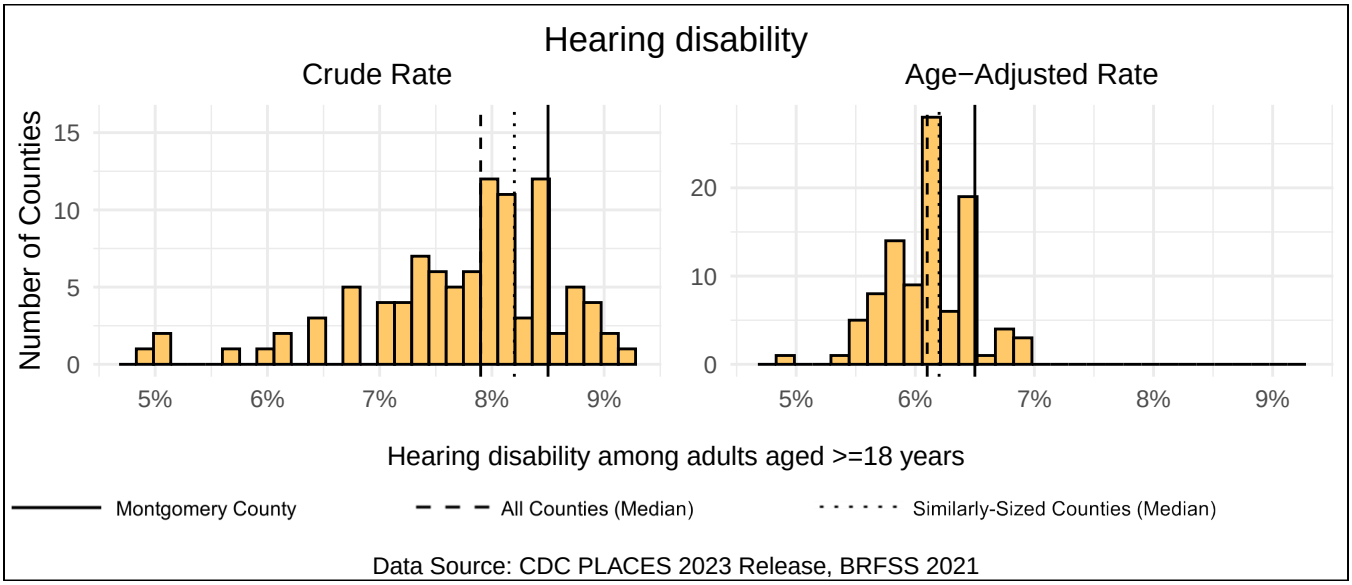
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Montgomery County has a crude rate of 8.5% for hearing disability among adults aged >=18 years, which ranks 78th out of 99 Iowa counties (42nd out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 6.5%, which ranks 83rd out of 99 Iowa counties (49th out of 63 similarly-sized counties).

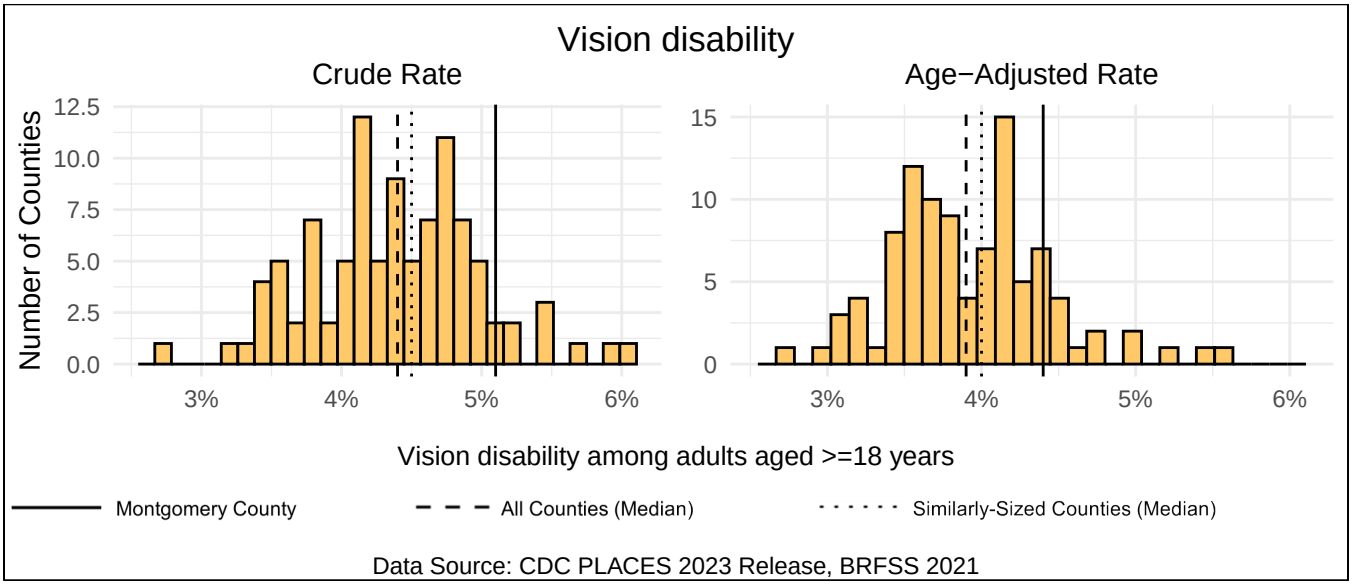
Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	8.5%	7.9%	8.2%
Age-Adjusted	6.5%	6.1%	6.2%



Vision disability

Montgomery County has a crude rate of 5.1% for vision disability among adults aged >=18 years, which ranks 90th out of 99 Iowa counties (56th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 4.4%, which ranks 81st out of 99 Iowa counties (50th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	5.1%	4.4%	4.5%
Age-Adjusted	4.4%	3.9%	4.0%

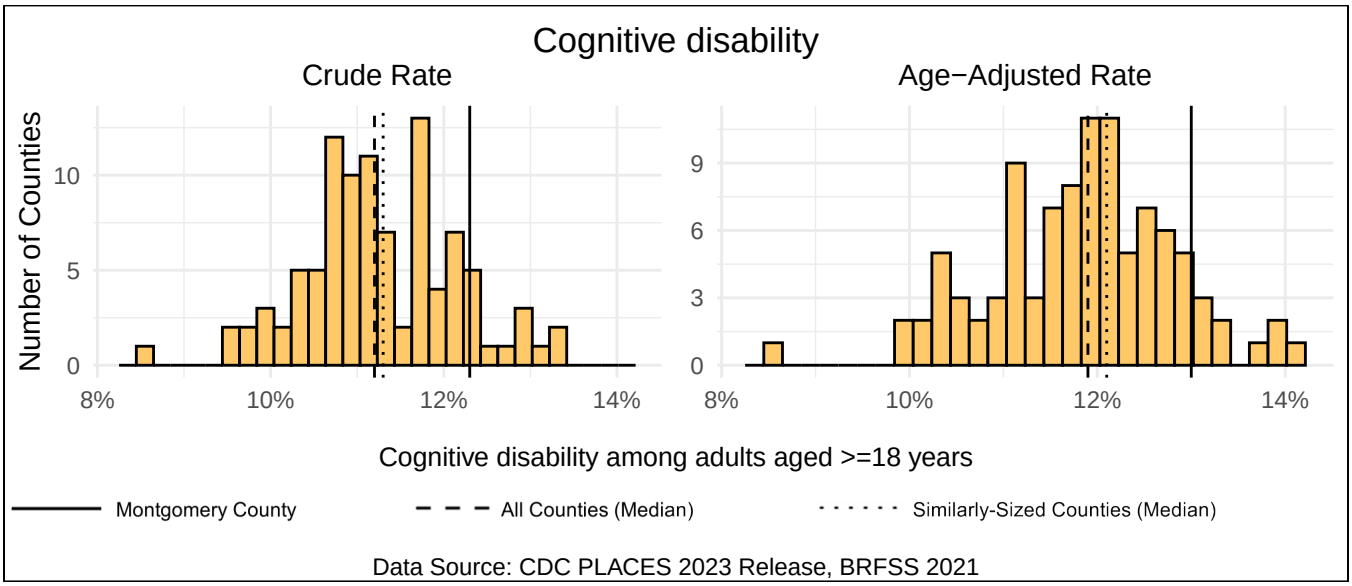


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Montgomery County has a crude rate of 12.3% for cognitive disability among adults aged >=18 years, which ranks 87th out of 99 Iowa counties (54th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 13.0%, which ranks 89th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	12.3%	11.2%	11.3%
Age-Adjusted	13.0%	11.9%	12.1%

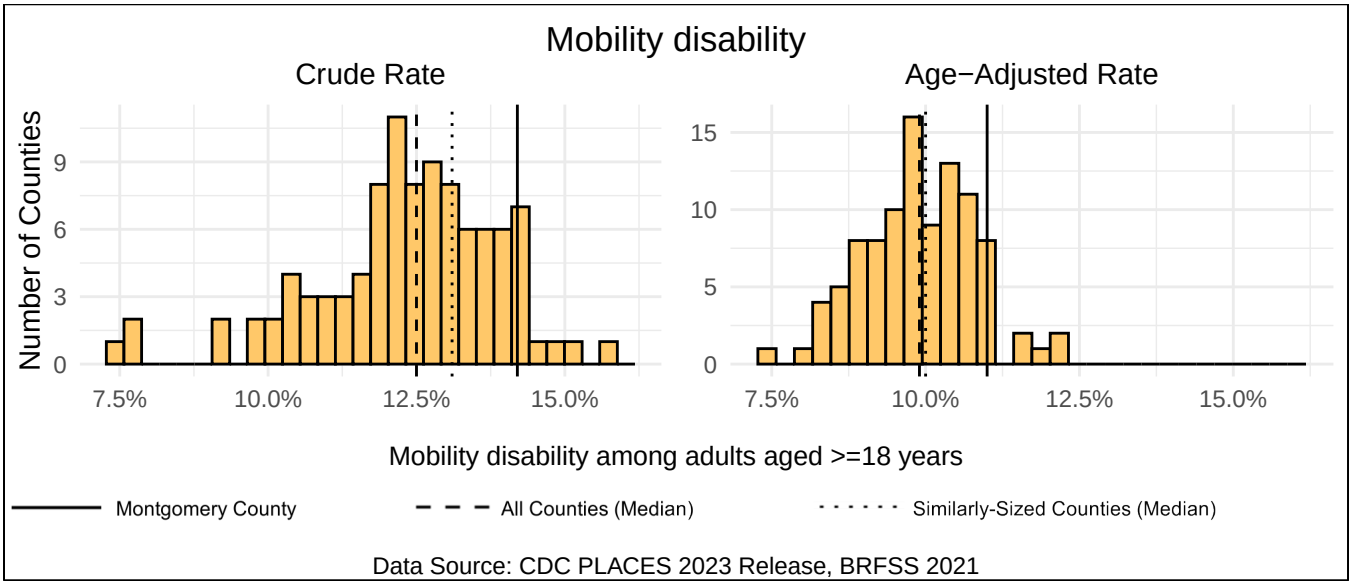


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Montgomery County has a crude rate of 14.2% for mobility disability among adults aged >=18 years, which ranks 89th out of 99 Iowa counties (53rd out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 11.0%, which ranks 88th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	14.2%	12.5%	13.1%
Age-Adjusted	11.0%	9.9%	10.0%

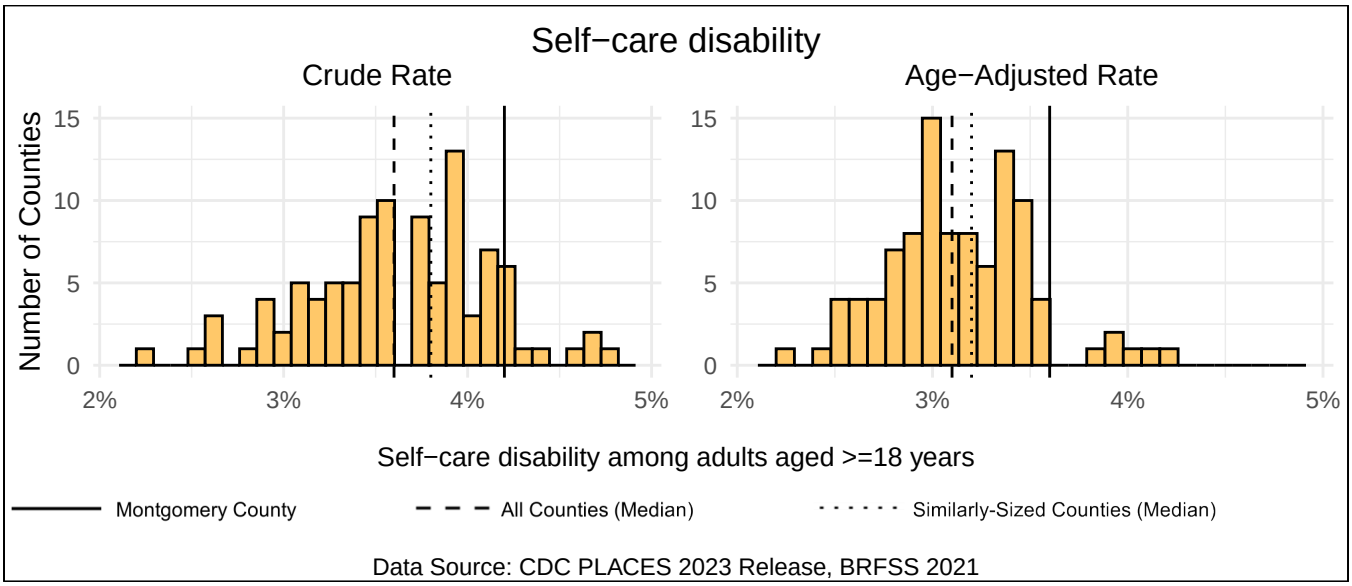


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Montgomery County has a crude rate of 4.2% for self-care disability among adults aged >=18 years, which ranks 88th out of 99 Iowa counties (53rd out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 3.6%, which ranks 90th out of 99 Iowa counties (56th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	4.2%	3.6%	3.8%
Age-Adjusted	3.6%	3.1%	3.2%

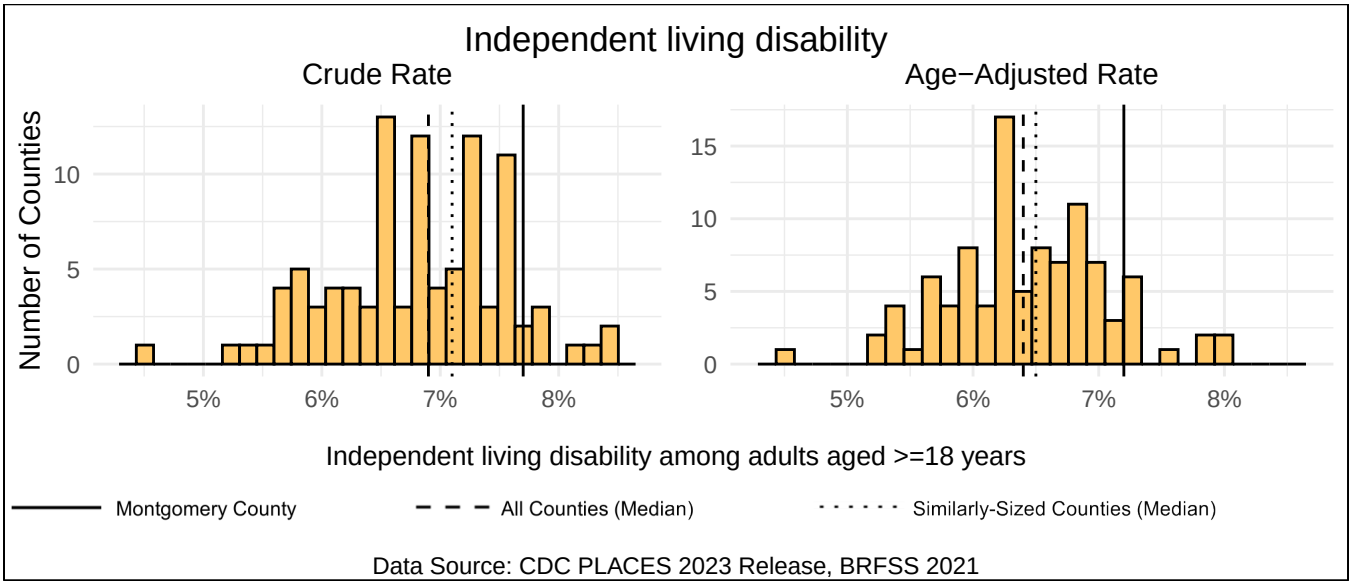


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Montgomery County has a crude rate of 7.7% for independent living disability among adults aged >=18 years, which ranks 91st out of 99 Iowa counties (56th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 7.2%, which ranks 89th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	7.7%	6.9%	7.1%
Age-Adjusted	7.2%	6.4%	6.5%

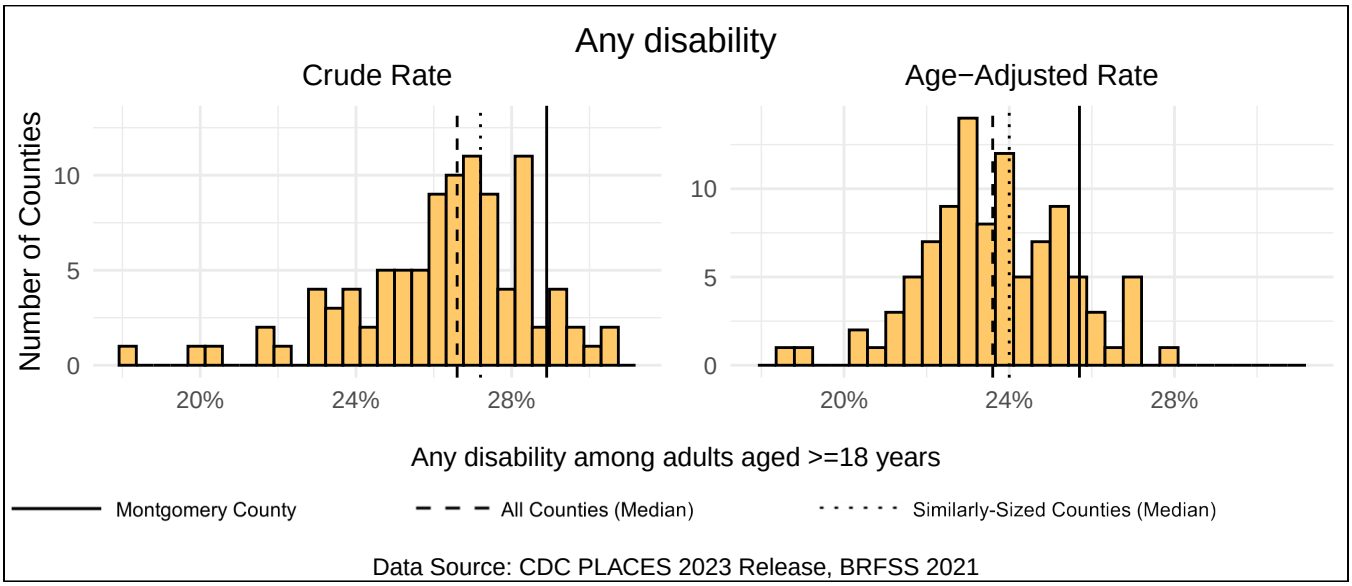


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Montgomery County has a crude rate of 28.9% for any disability among adults aged >=18 years, which ranks 90th out of 99 Iowa counties (55th out of 63 similarly-sized counties). The age-adjusted rate for Montgomery County is 25.7%, which ranks 87th out of 99 Iowa counties (54th out of 63 similarly-sized counties).

Measure Type	Montgomery County	All Counties	Similarly-Sized Counties
Crude	28.9%	26.6%	27.2%
Age-Adjusted	25.7%	23.6%	24.0%



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: Montgomery 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	81	16.6% (13.9% - 19.8%)	81	14.7% (12.3% - 17.5%)
Health Status	Mental Health	79	14.8% (12.7% - 17.0%)	87	16.4% (14.2% - 19.0%)
Health Status	Physical Health	90	12.1% (10.2% - 14.2%)	88	10.8% (9.1% - 12.6%)
Health Risk Behaviors	Sleep <7 hours	51	30.1% (28.5% - 31.8%)	51	31.5% (29.8% - 33.2%)
Health Risk Behaviors	Current Smoking	92	18.7% (14.9% - 23.0%)	93	19.9% (15.9% - 24.4%)
Health Risk Behaviors	Binge Drinking	38	18.1% (15.0% - 21.7%)	53	21.4% (17.7% - 25.5%)
Health Risk Behaviors	Physical Inactivity	83	29.2% (23.8% - 34.9%)	81	27.1% (21.9% - 32.7%)
Health Outcomes	High Cholesterol	81	38.8% (34.0% - 43.8%)	71	30.4% (25.8% - 35.1%)
Health Outcomes	COPD	90	8.9% (7.3% - 10.7%)	90	7.1% (5.8% - 8.5%)
Health Outcomes	High Blood Pressure	83	35.7% (31.3% - 40.3%)	79	29.0% (25.1% - 33.1%)
Health Outcomes	Chronic Kidney Disease	84	3.7% (3.2% - 4.1%)	76	2.8% (2.5% - 3.1%)
Health Outcomes	Arthritis	68	29.7% (25.3% - 34.4%)	59	23.4% (19.7% - 27.3%)
Health Outcomes	Current Asthma	87	9.7% (8.5% - 11.1%)	89	9.9% (8.7% - 11.3%)
Health Outcomes	Diabetes	92	12.3% (10.3% - 14.3%)	84	9.4% (7.9% - 11.1%)
Health Outcomes	All Teeth Lost	80	11.4% (7.5% - 15.7%)	83	12.5% (8.2% - 17.2%)
Health Outcomes	Coronary Heart Disease	85	7.8% (6.7% - 9.0%)	81	5.5% (4.8% - 6.4%)
Health Outcomes	Obesity	47	37.5% (29.9% - 45.5%)	45	37.8% (30.2% - 45.7%)
Health Outcomes	Cancer (except skin)	73	8.8% (7.9% - 9.9%)	88	6.5% (5.8% - 7.3%)
Health Outcomes	Stroke	78	3.8% (3.3% - 4.4%)	85	2.9% (2.5% - 3.3%)
Health Outcomes	Depression	84	18.6% (15.2% - 22.4%)	93	19.9% (16.3% - 23.9%)
Prevention	Colorectal Cancer Screening	72	72.3% (69.3% - 75.3%)	72	69.4% (65.9% - 72.7%)
Prevention	Dental Visit	70	64.1% (60.2% - 67.7%)	72	63.1% (59.2% - 66.7%)
Prevention	Mammography	27	74.7% (70.1% - 78.7%)	27	74.5% (69.8% - 78.5%)
Prevention	Cholesterol Screening	69	81.9% (78.9% - 84.9%)	89	77.6% (73.9% - 81.3%)
Prevention	Taking BP Medication	18	81.9% (78.7% - 84.7%)	10	60.2% (55.0% - 65.3%)
Prevention	Annual Checkup	38	76.1% (71.4% - 80.7%)	54	72.5% (67.1% - 77.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	59	42.0% (32.6% - 51.6%)	59	42.7% (33.6% - 51.8%)
Prevention	Health Insurance	72	8.5% (6.5% - 11.1%)	73	9.1% (6.9% - 11.9%)
Prevention	Core preventive services for older women	76	36.6% (29.1% - 44.5%)	77	37.8% (30.1% - 45.5%)
Prevention	Cervical Cancer Screening	85	81.1% (78.4% - 83.9%)	80	82.1% (79.5% - 84.7%)
Disability	Self-care Disability	88	4.2% (3.5% - 5.0%)	90	3.6% (3.0% - 4.2%)
Disability	Mobility Disability	89	14.2% (11.7% - 16.9%)	88	11.0% (9.1% - 13.1%)
Disability	Cognitive Disability	87	12.3% (10.3% - 14.5%)	89	13.0% (10.9% - 15.4%)
Disability	Independent Living Disability	91	7.7% (6.5% - 9.1%)	89	7.2% (6.1% - 8.5%)
Disability	Hearing Disability	78	8.5% (7.5% - 9.8%)	83	6.5% (5.7% - 7.4%)
Disability	Vision Disability	90	5.1% (4.3% - 6.0%)	81	4.4% (3.8% - 5.2%)
Disability	Any Disability	90	28.9% (24.5% - 33.6%)	87	25.7% (21.7% - 30.3%)

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

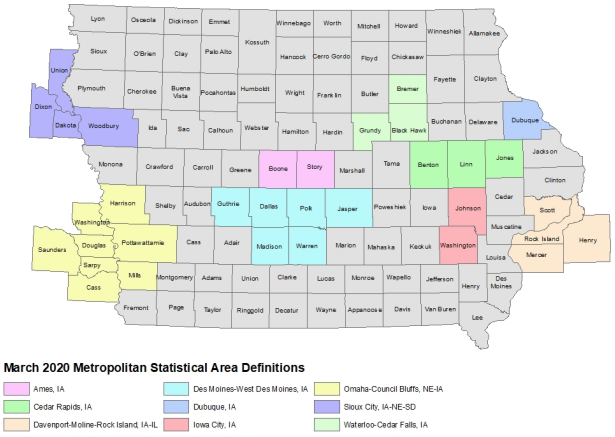
Appendix 3: Rural Counties

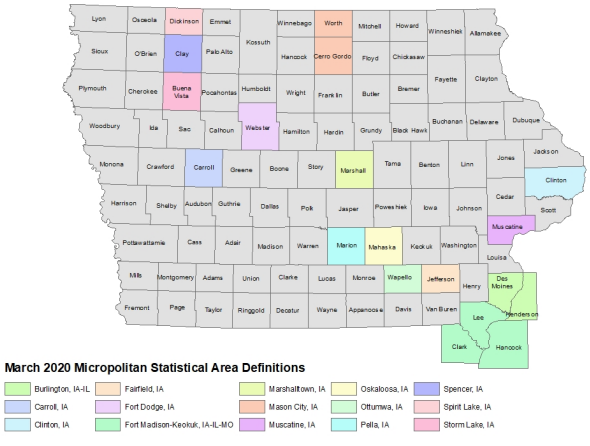
Montgomery County falls into the group of rural counties. In this data, 63 counties fall into this group. The table below lists all counties in the group, sorted by the population estimate in the CDC PLACES dataset.

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.

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

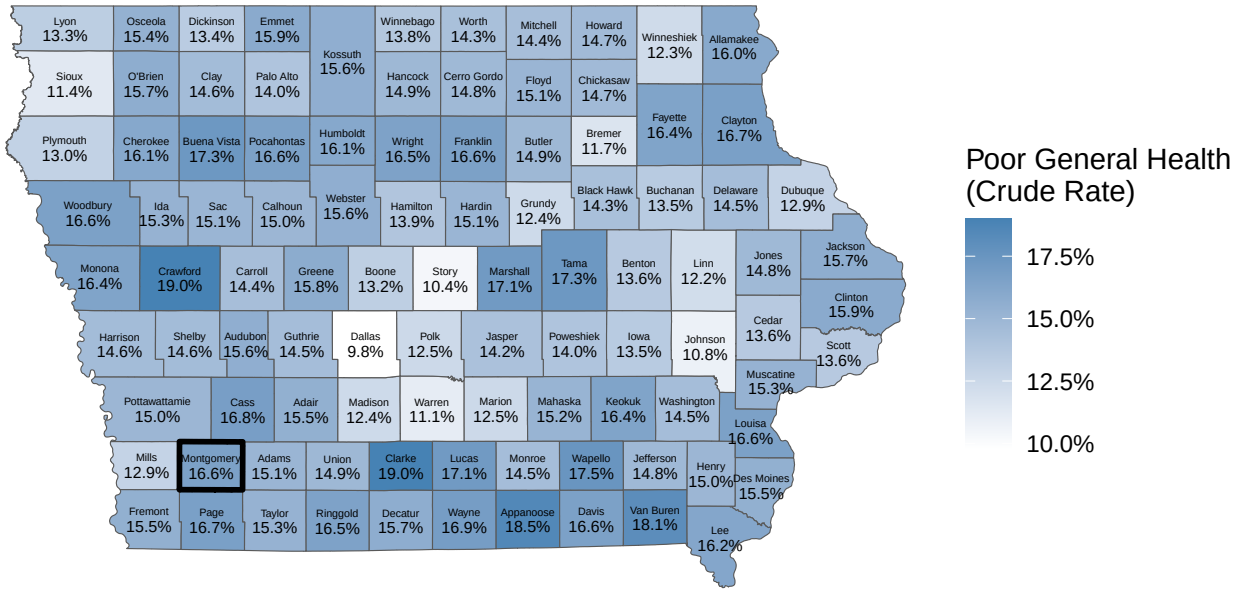




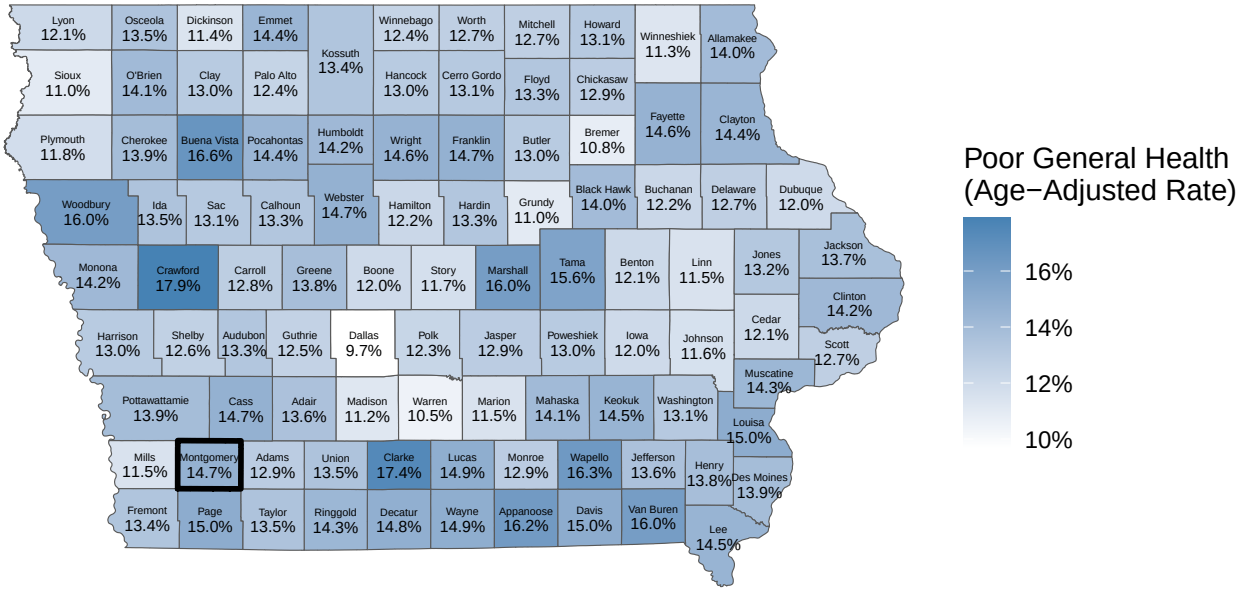
Appendix 4: County Maps

Poor General Health

Fair or poor self−rated health status among adults aged >= 18 years



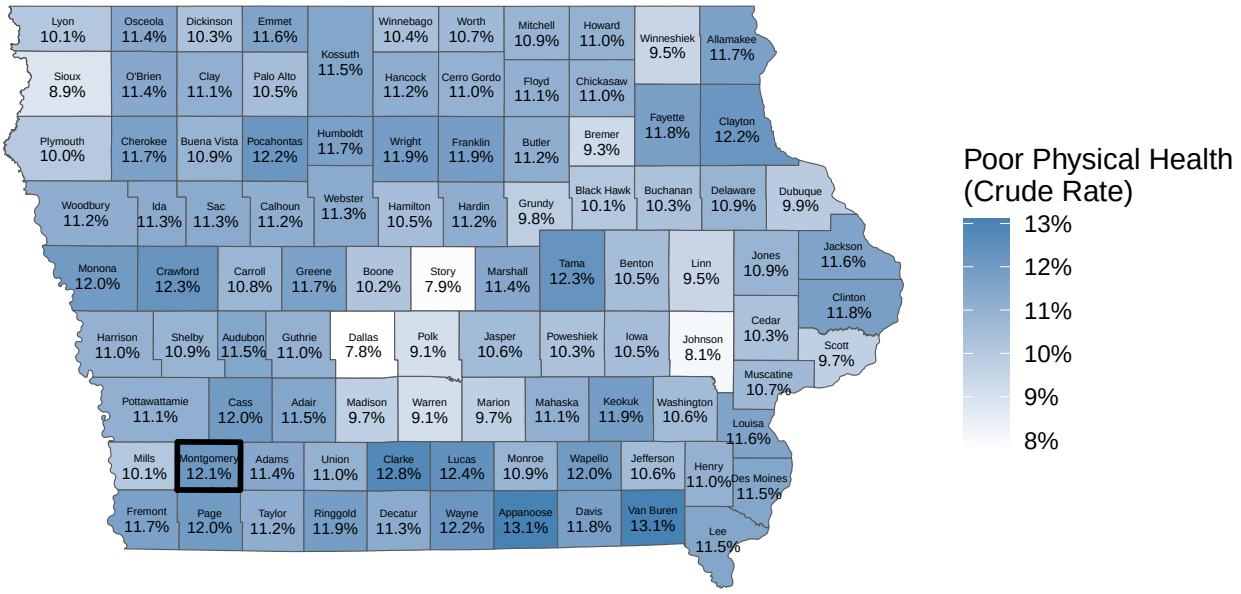
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Physical Health

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



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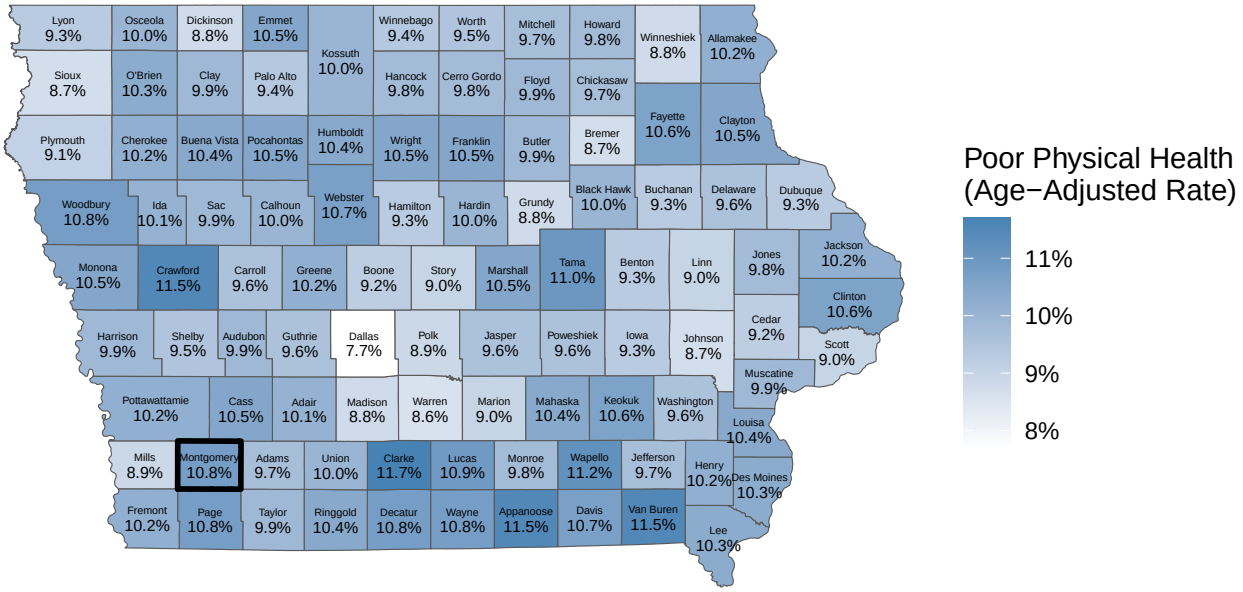
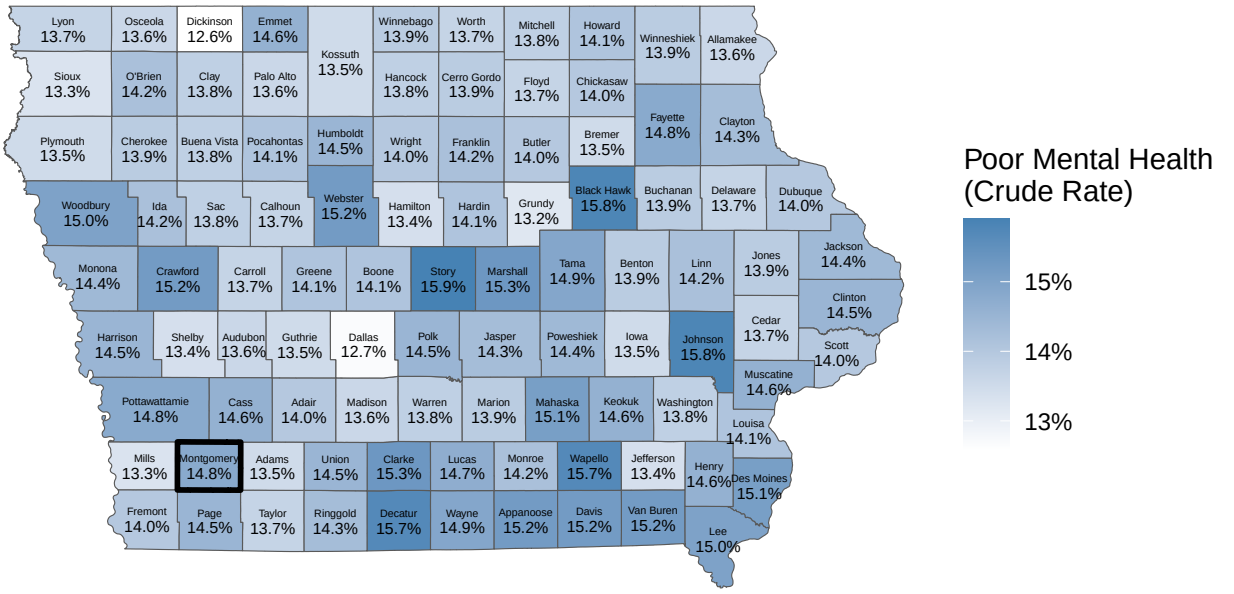


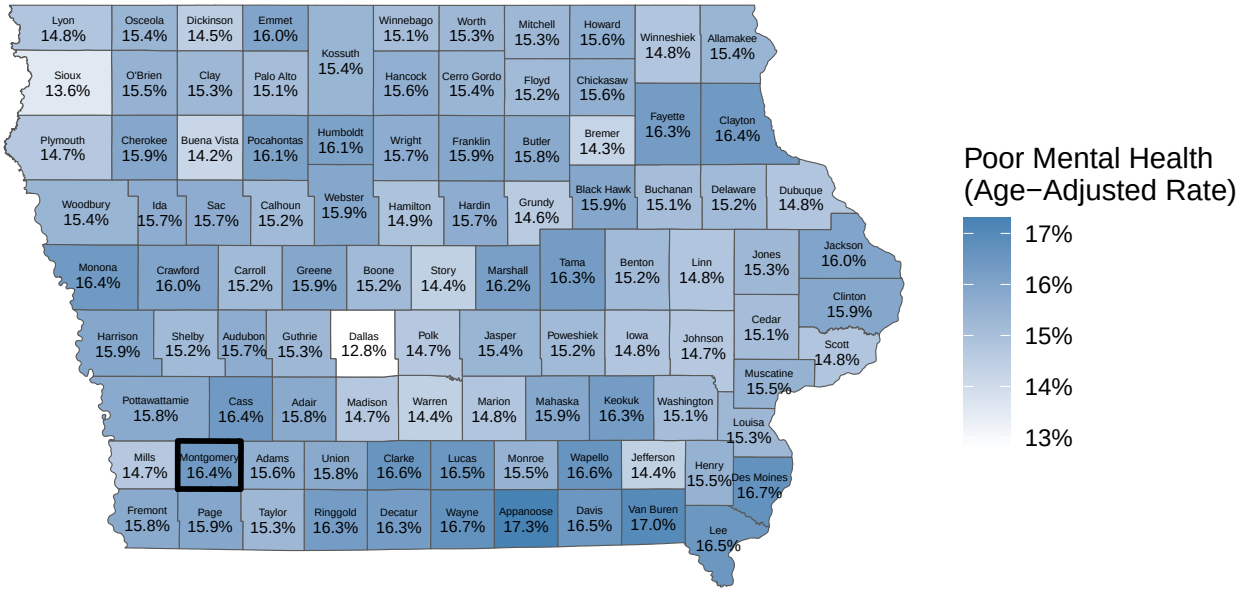
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

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



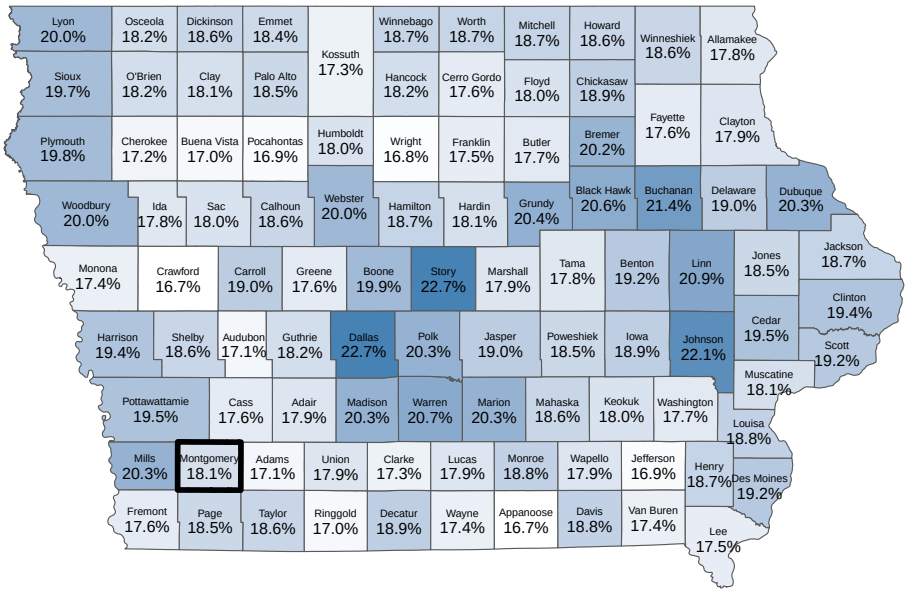
Data Source: CDC PLACES 2023 Release, BRFSS 2021



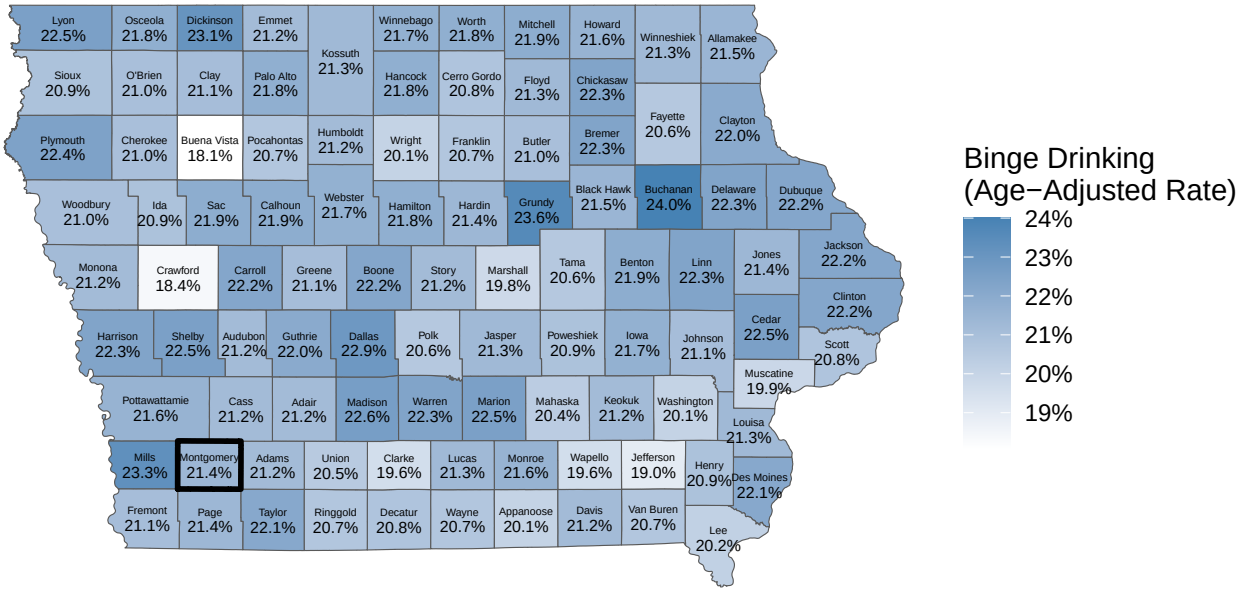
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Binge Drinking

Binge drinking among adults aged >=18 years



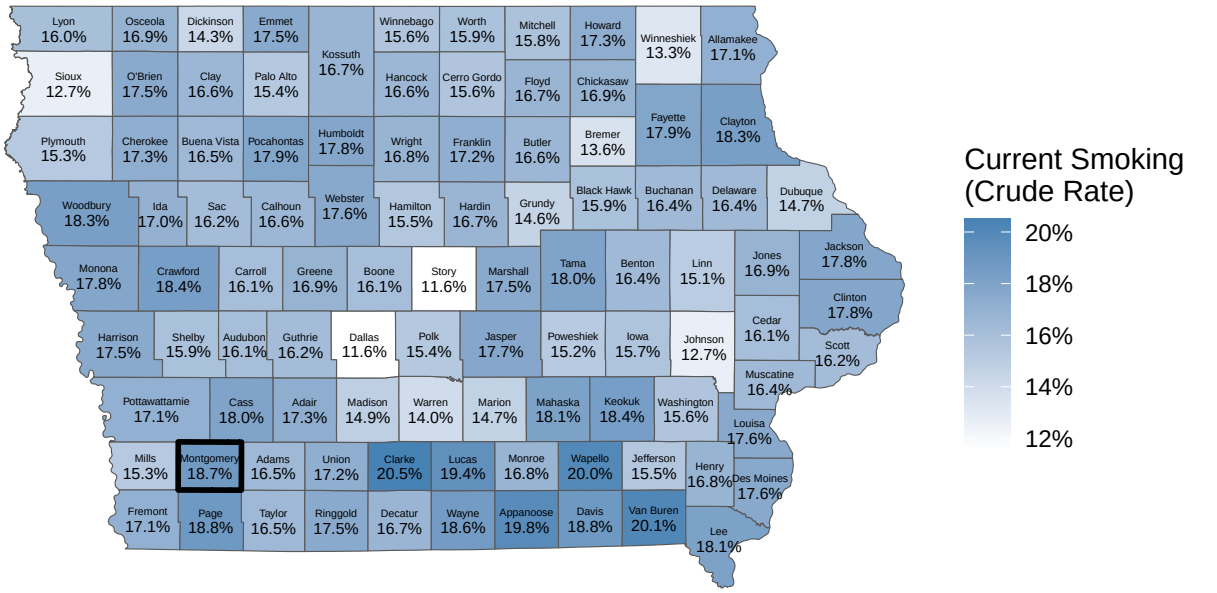
Data Source: CDC PLACES 2023 Release, BRFSS 2021



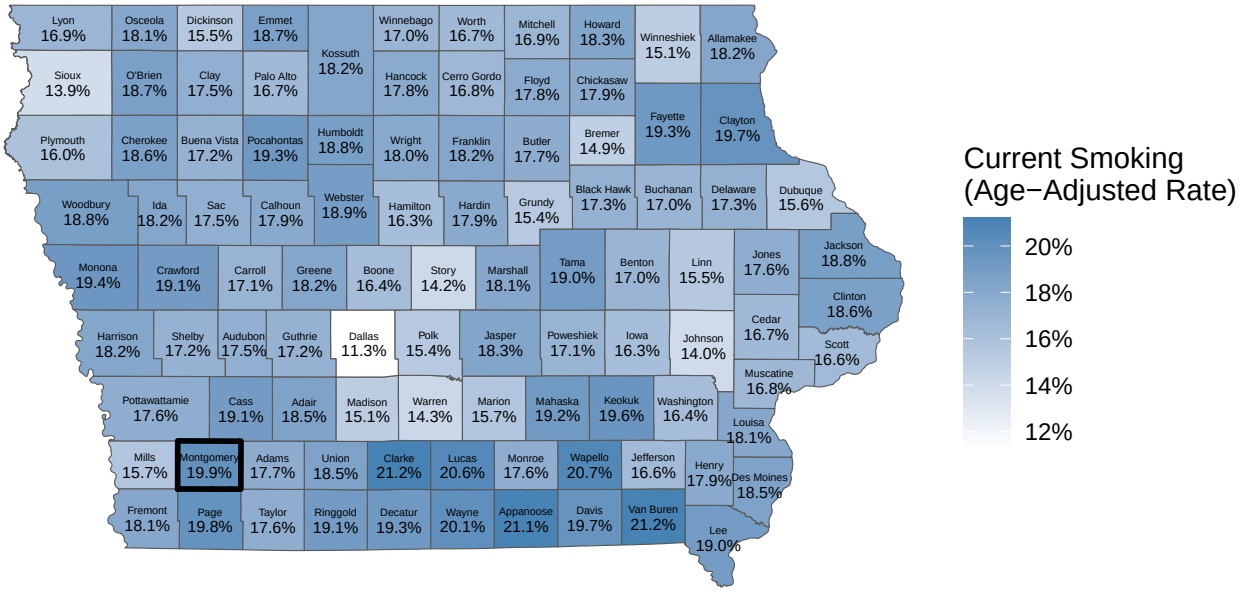
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Current smoking among adults aged >=18 years



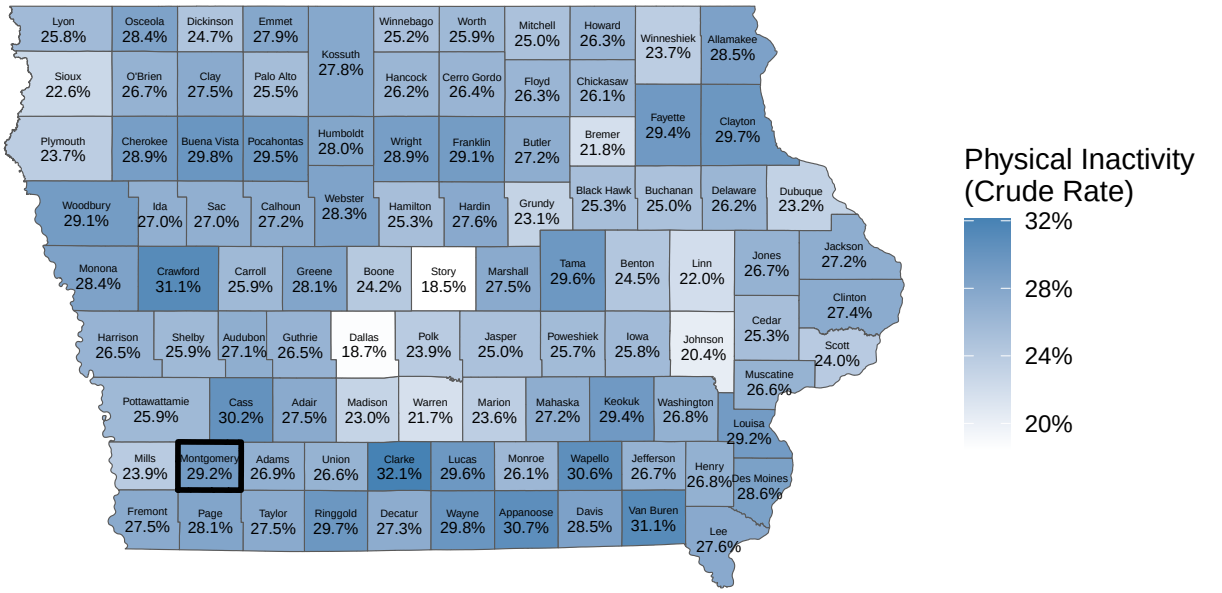
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

No leisure−time physical activity among adults aged >=18 years



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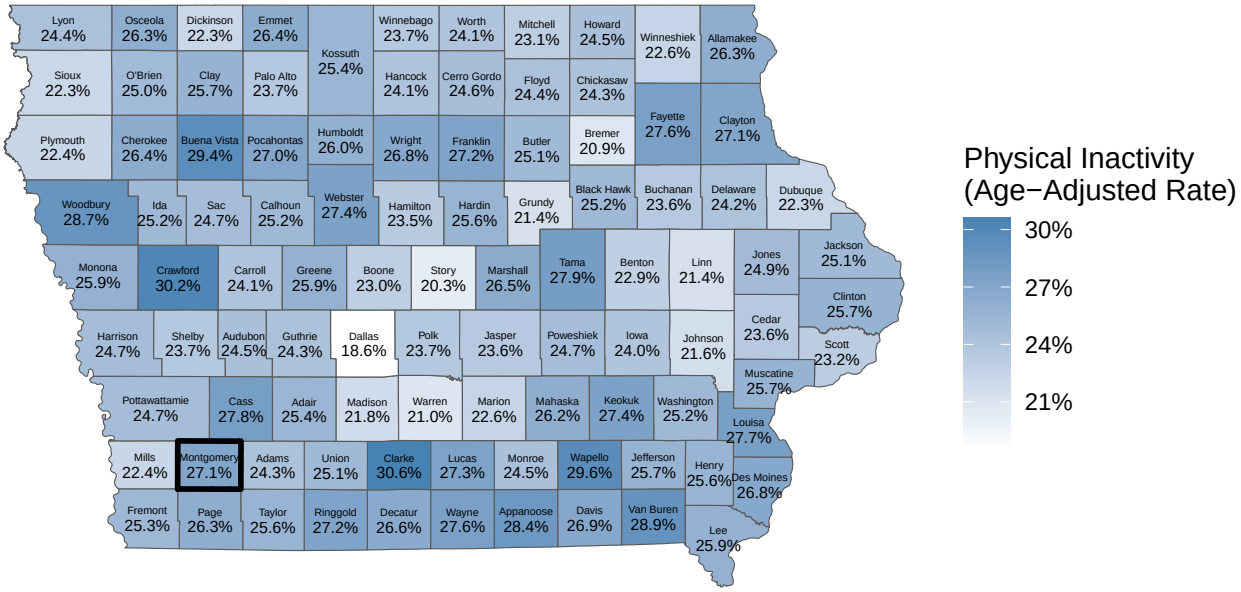
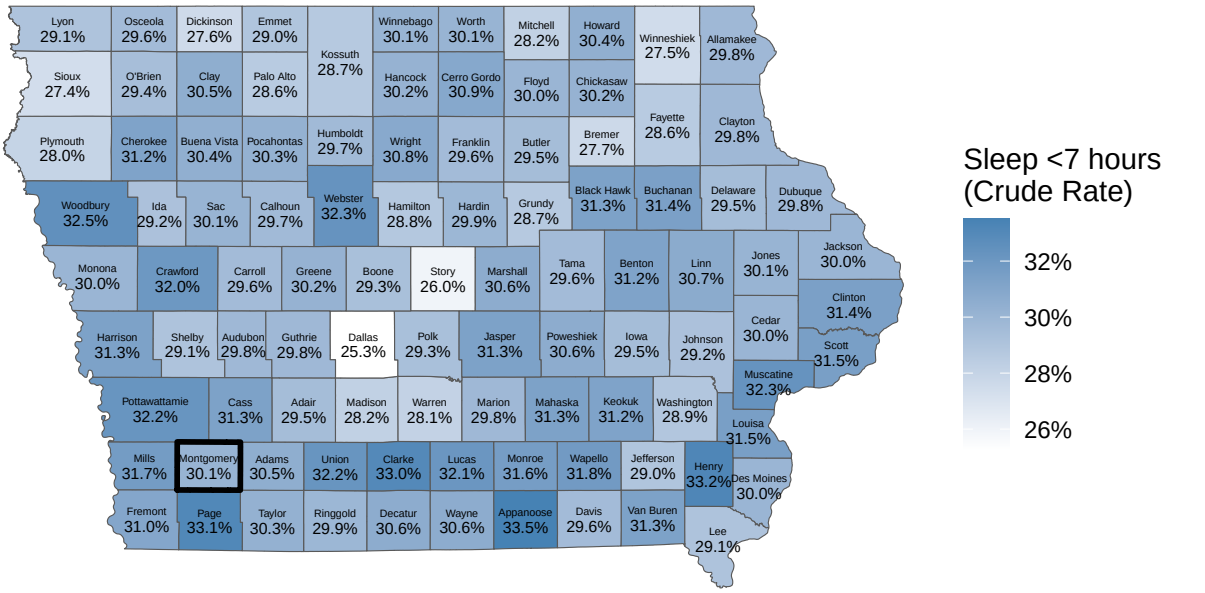


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Sleeping less than 7 hours among adults aged >=18 years



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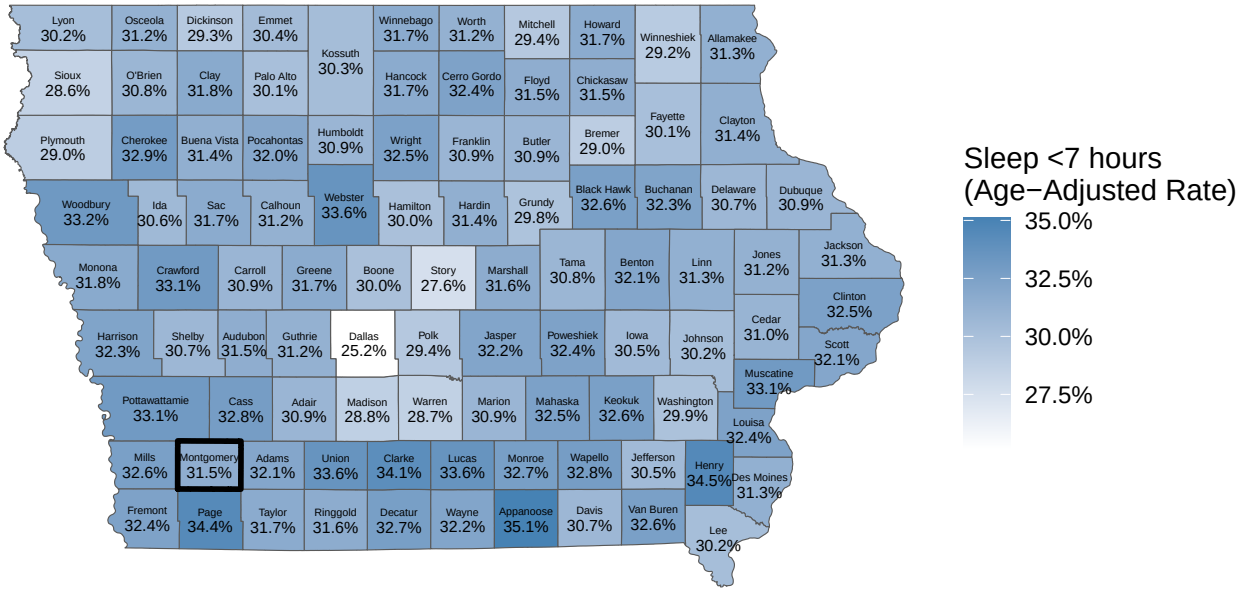
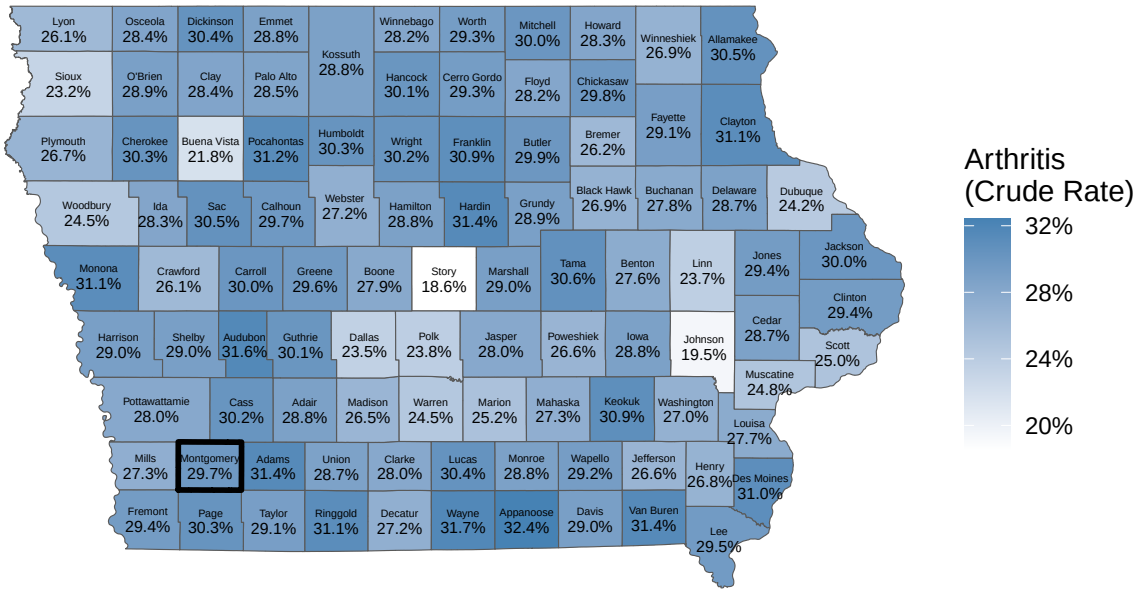


Data Source: CDC PLACES 2023 Release, BRFSS 2020

Arthritis

Arthritis among adults aged >=18 years



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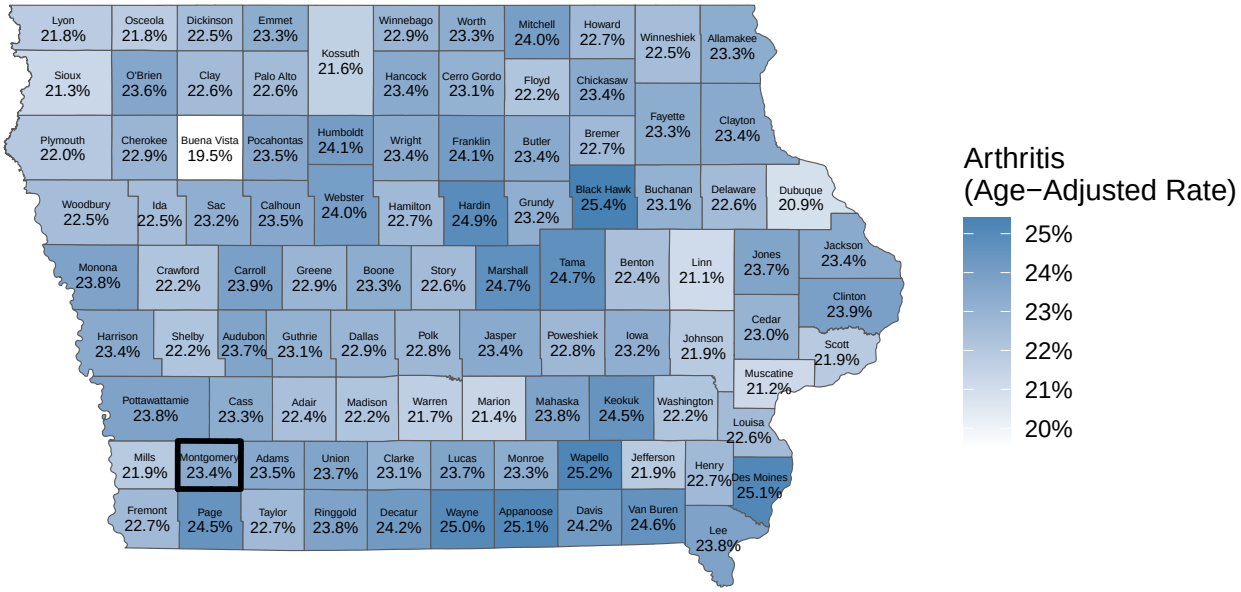
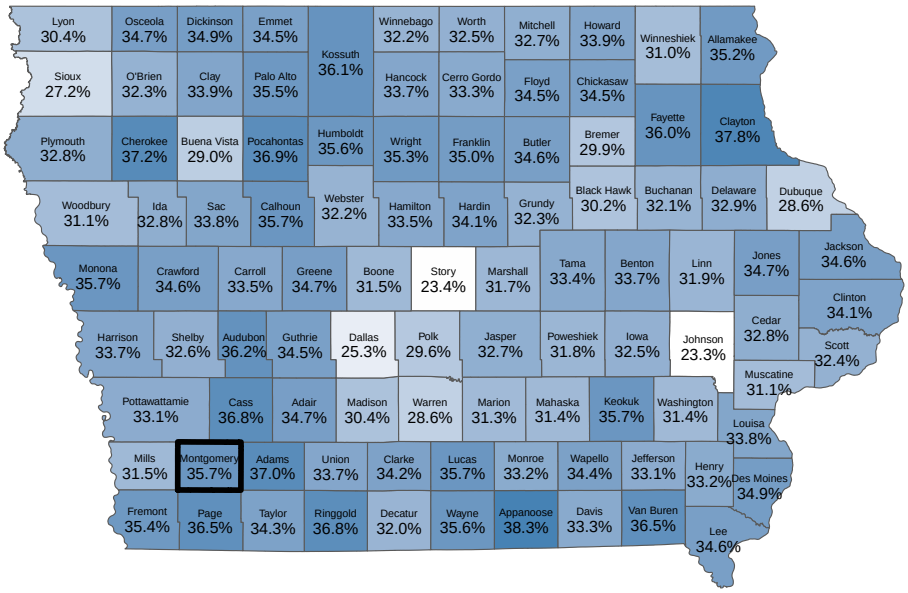


Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Blood Pressure

High blood pressure among adults aged >=18 years



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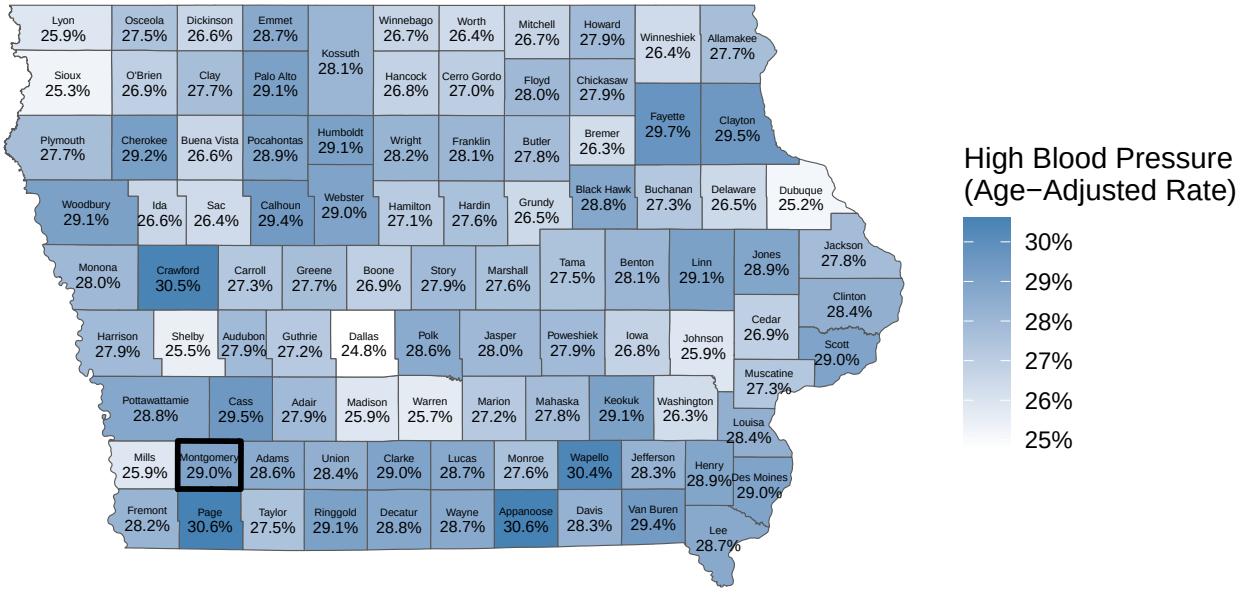
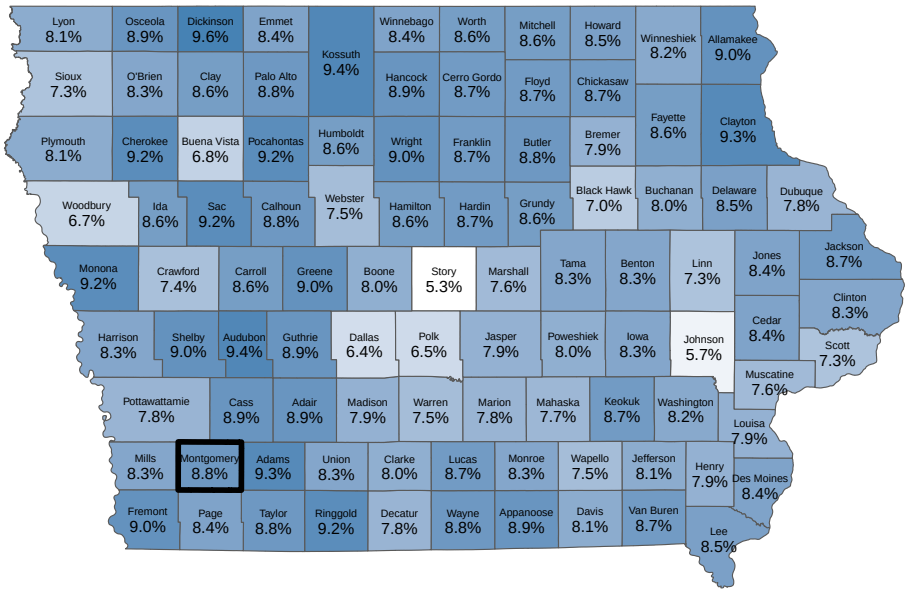


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cancer (except skin)

Cancer (excluding skin cancer) among adults aged >=18 years



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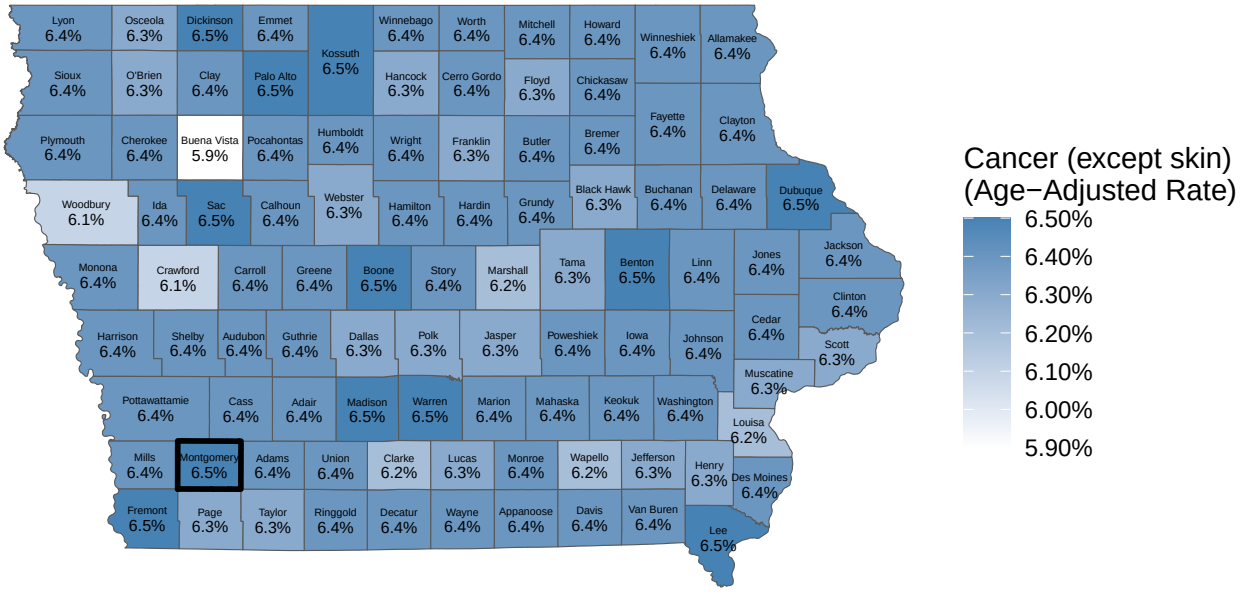
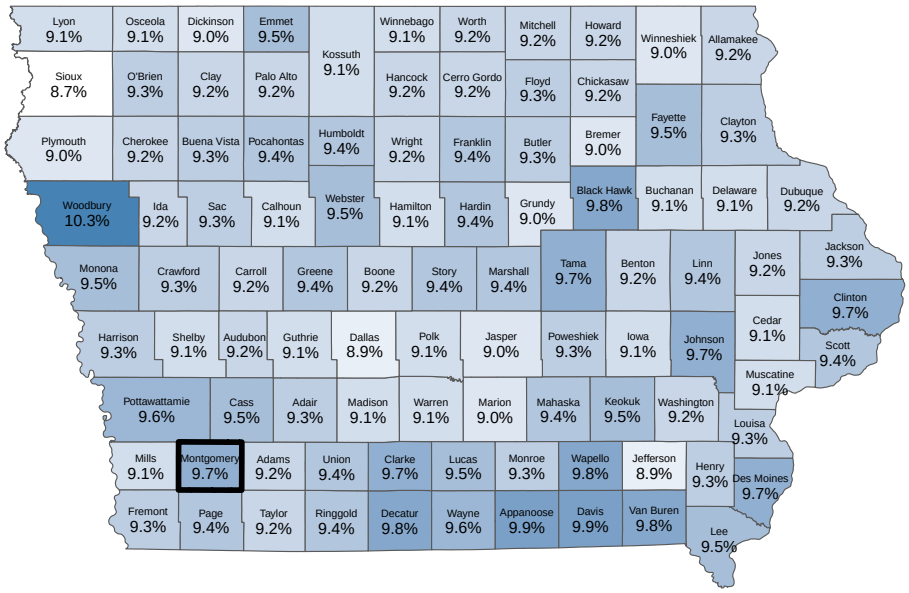


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

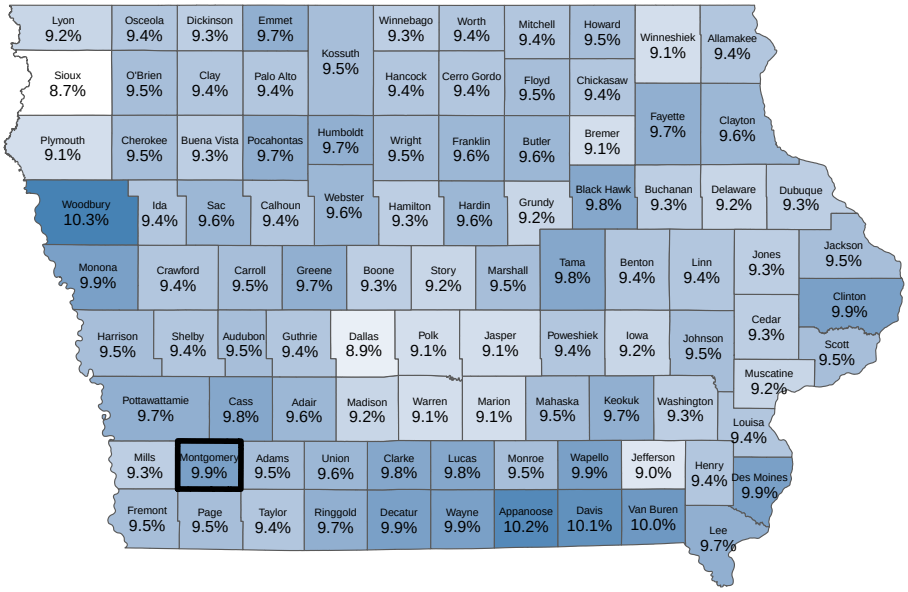
Current asthma among adults aged >=18 years



Current Asthma (Crude Rate)

10.0%
9.6%
9.2%
8.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021



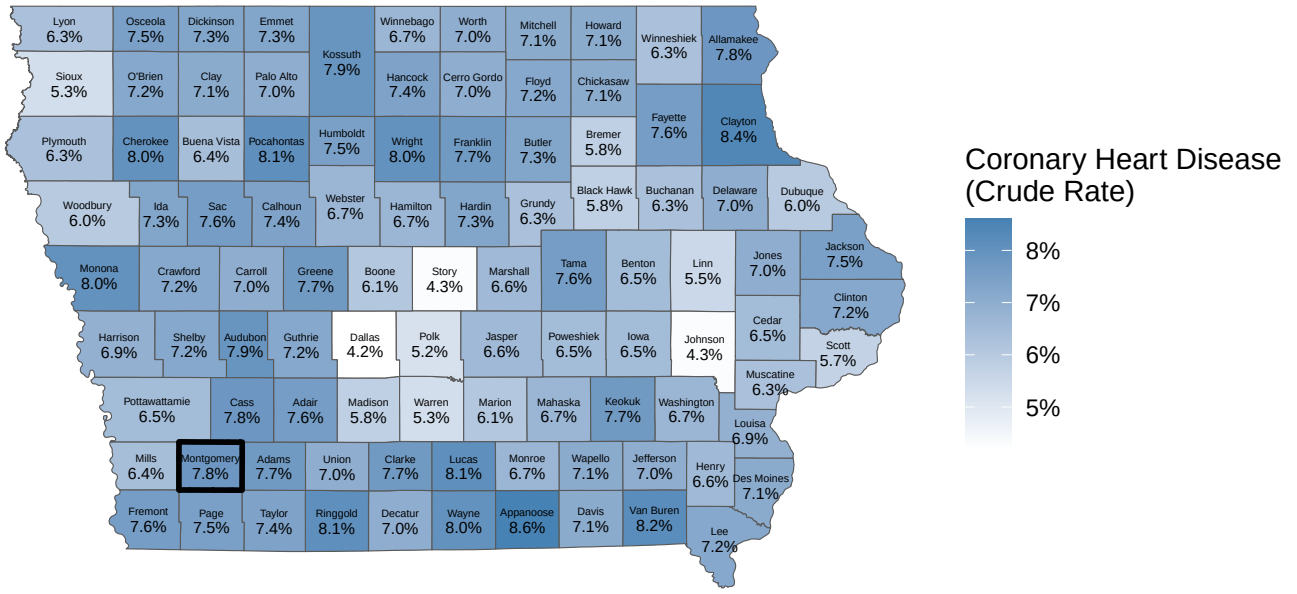
Current Asthma (Age−Adjusted Rate)

10.0%
9.6%
9.2%
8.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Coronary heart disease among adults aged >=18 years



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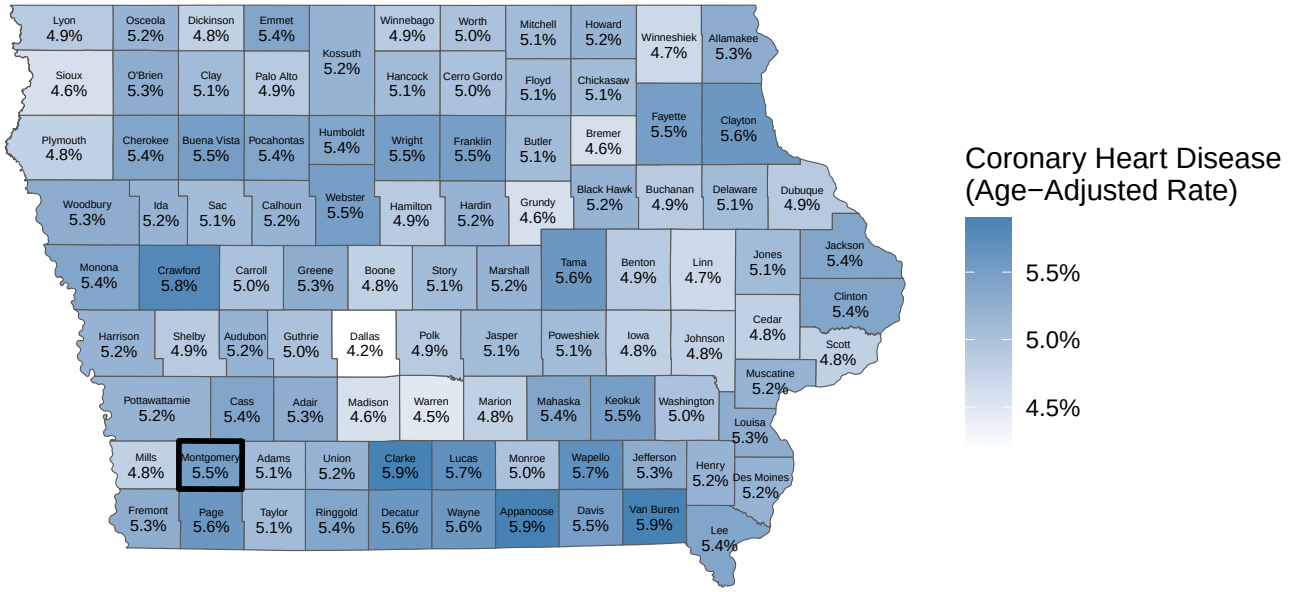
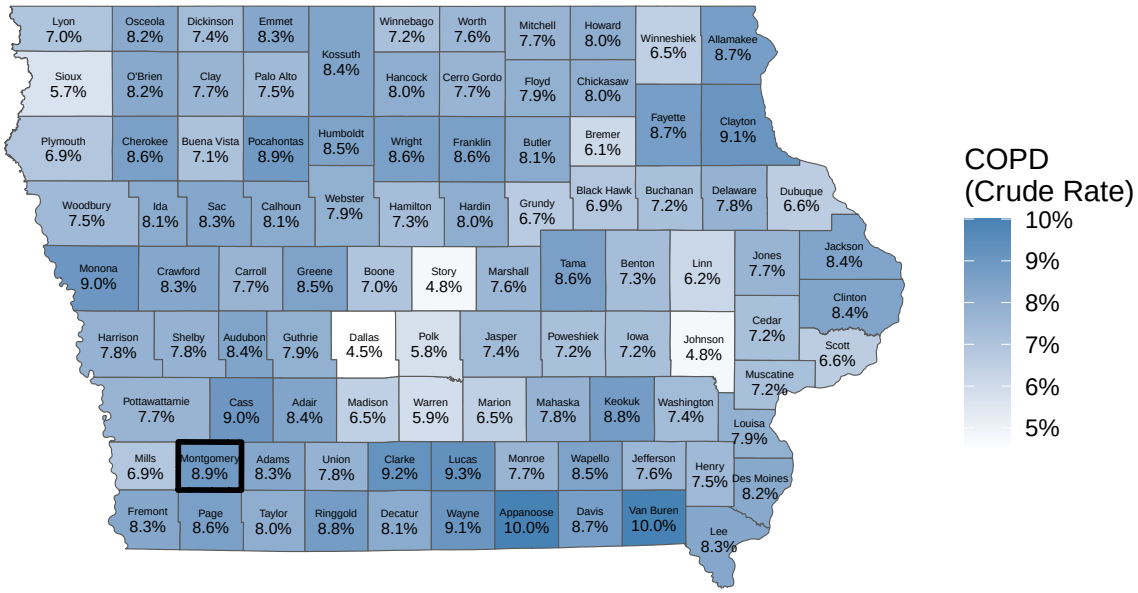


Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Chronic obstructive pulmonary disease among adults aged >=18 years



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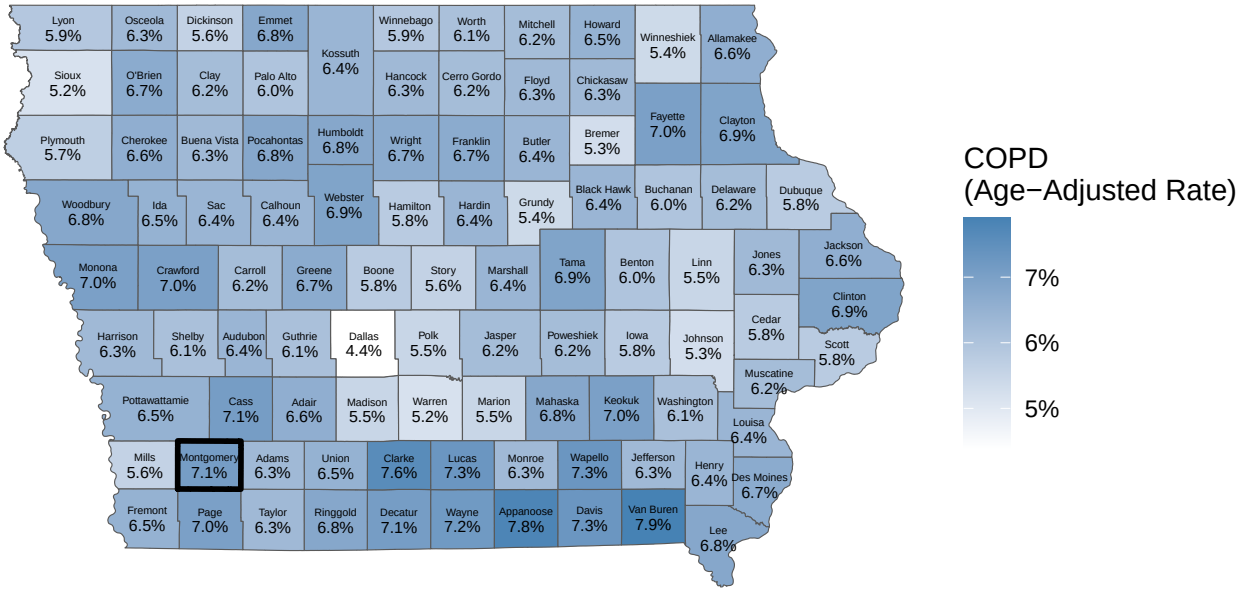
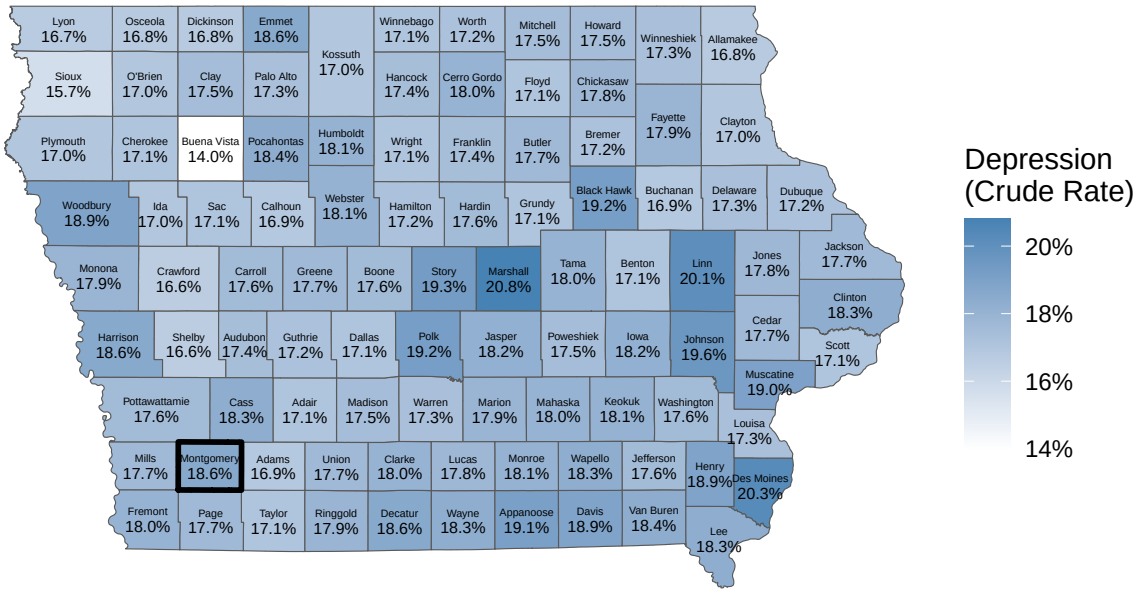


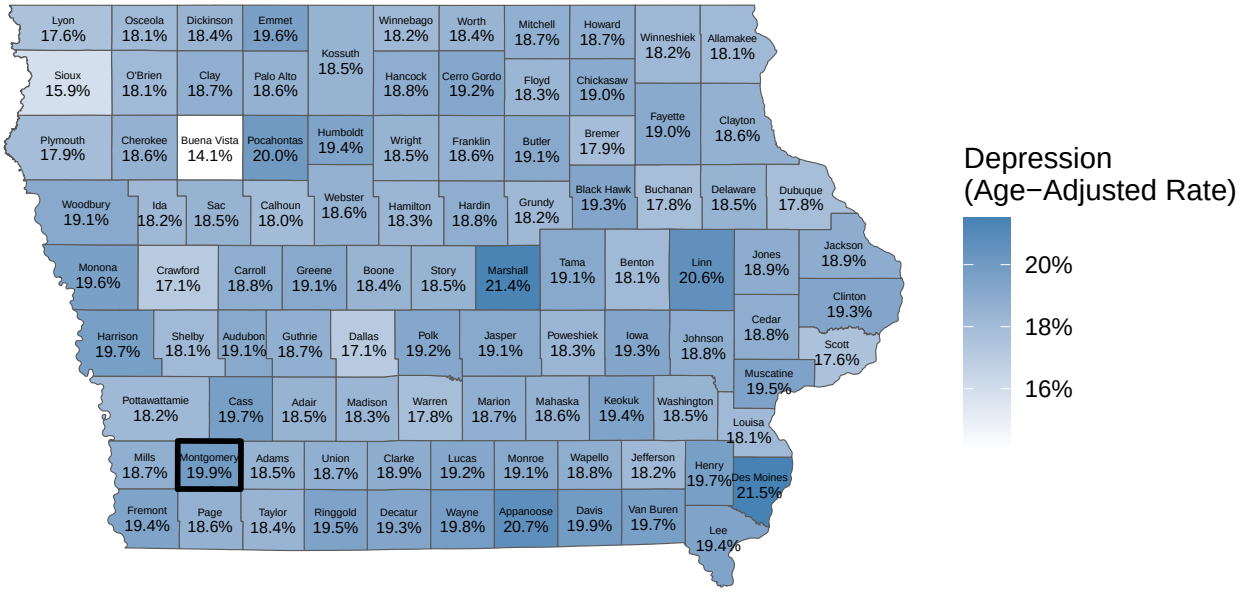
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Depression among adults aged >=18 years



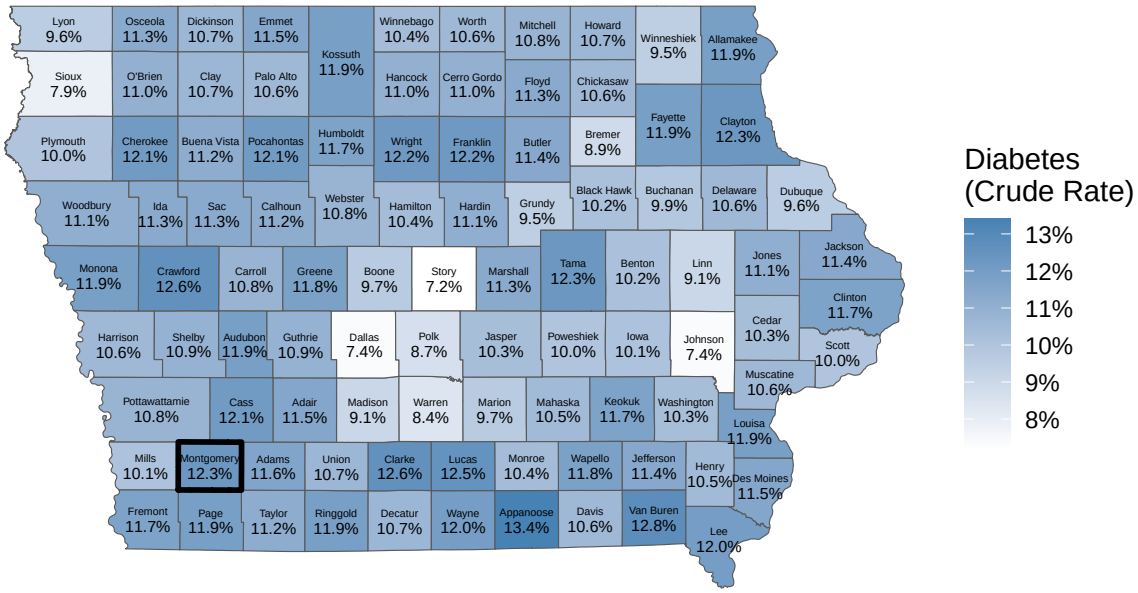
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Diagnosed diabetes among adults aged >=18 years



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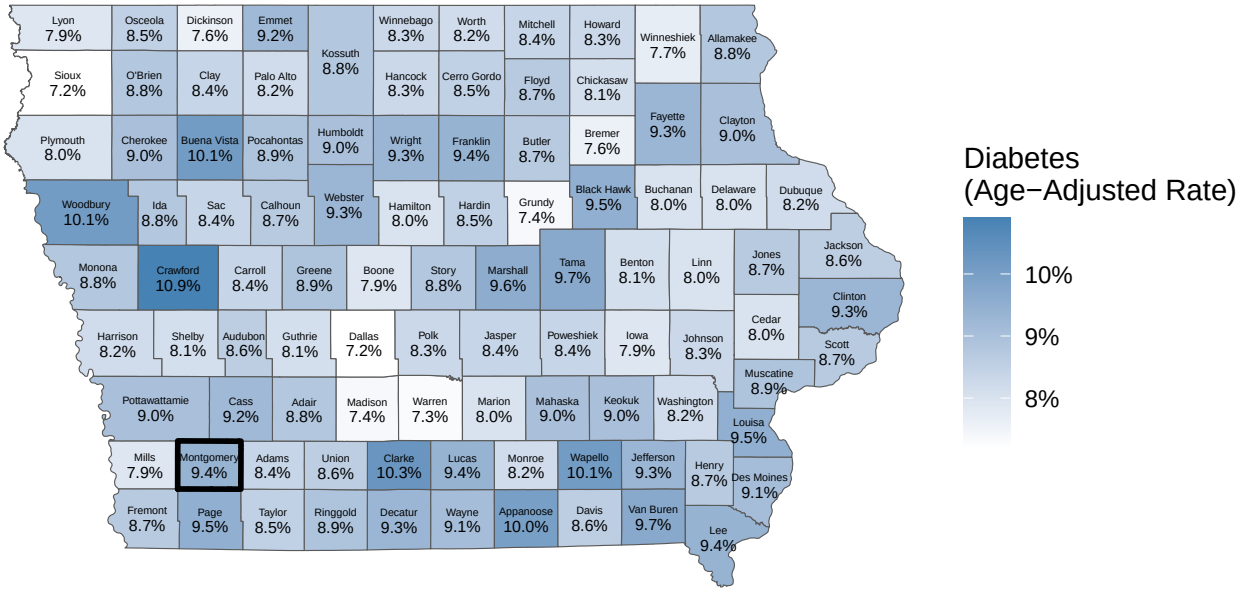
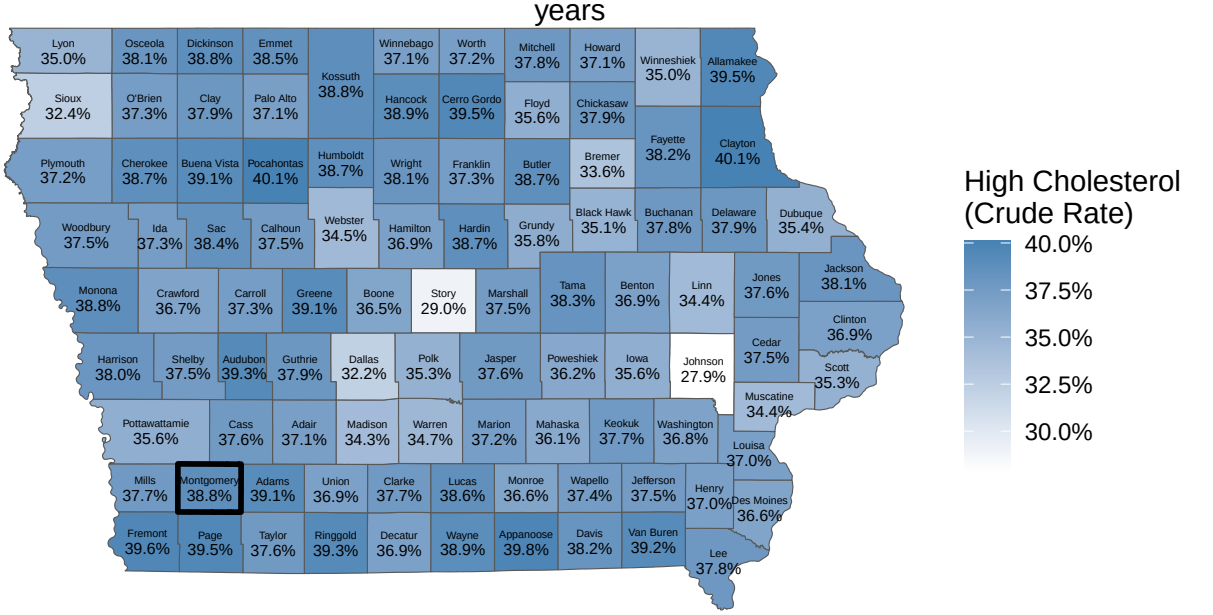


Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

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



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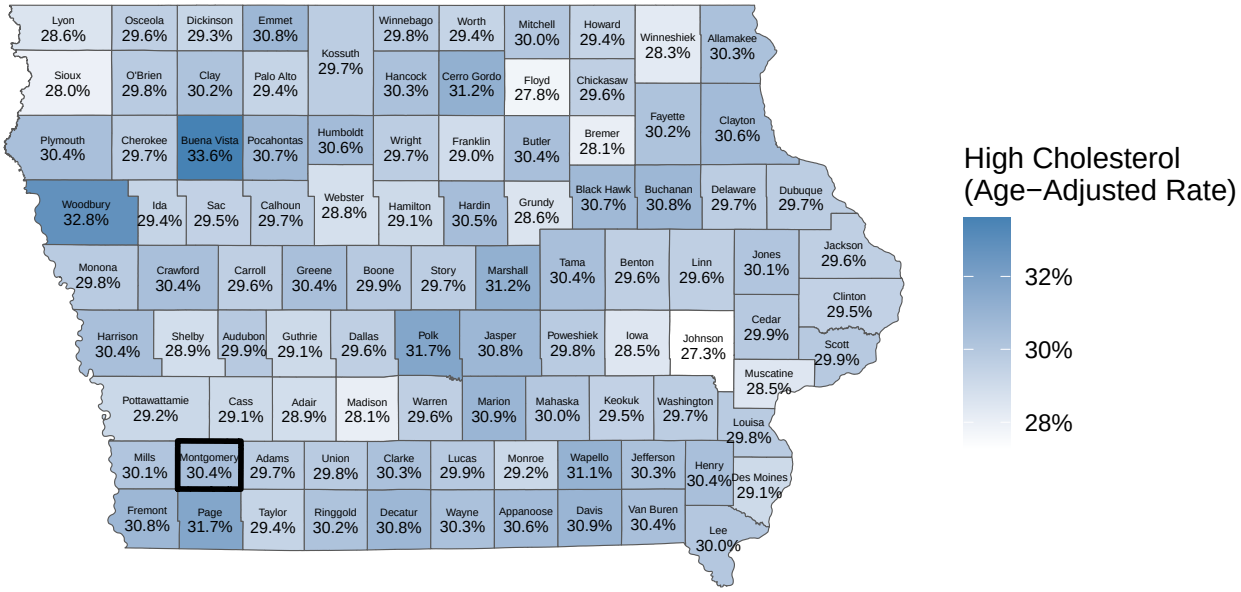
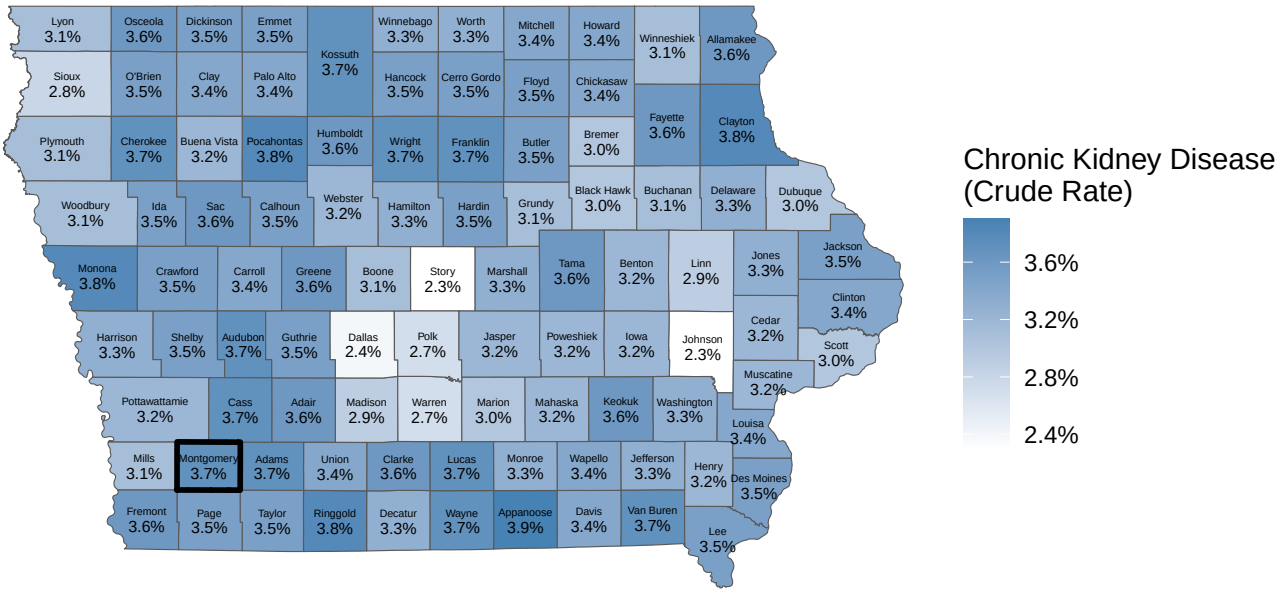


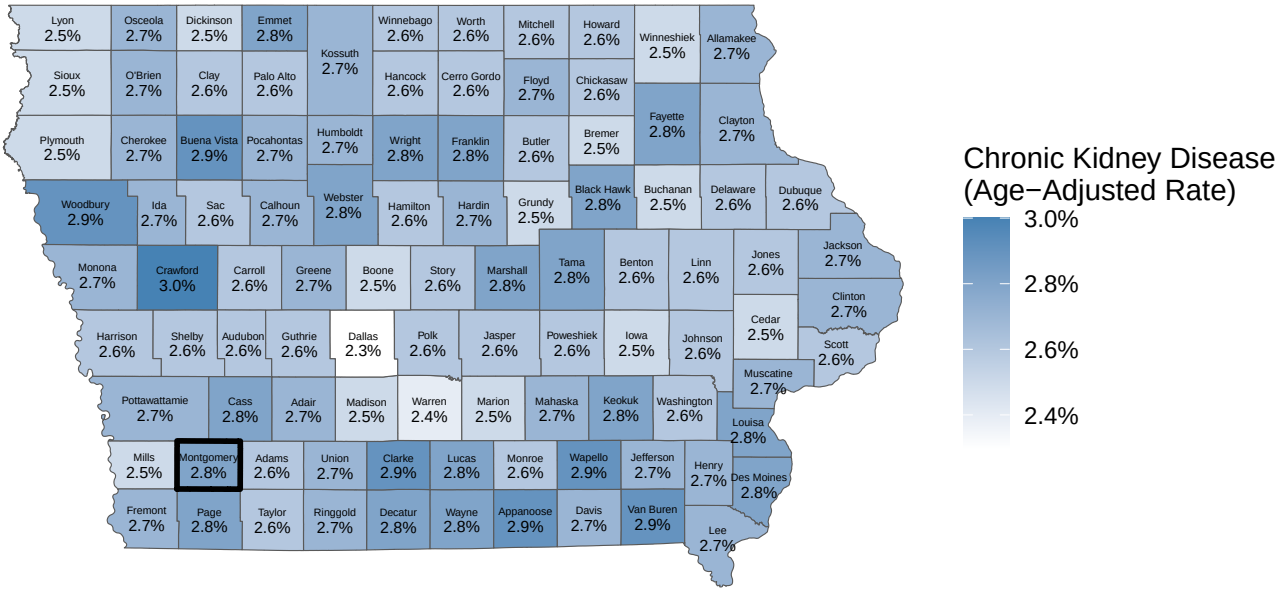
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Chronic kidney disease among adults aged >=18 years



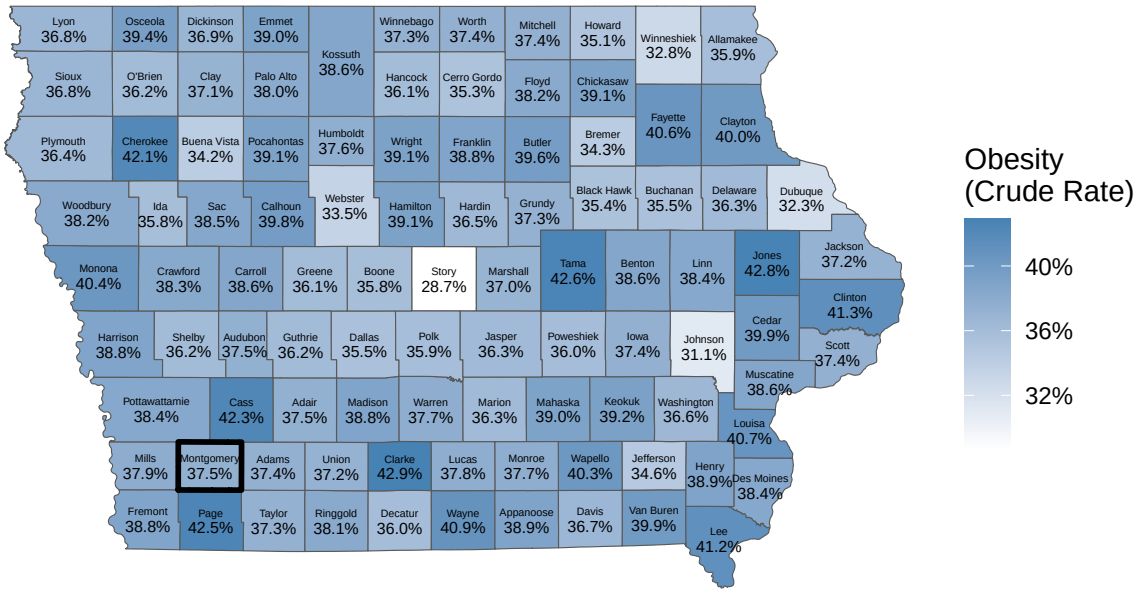
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Obesity among adults aged >=18 years



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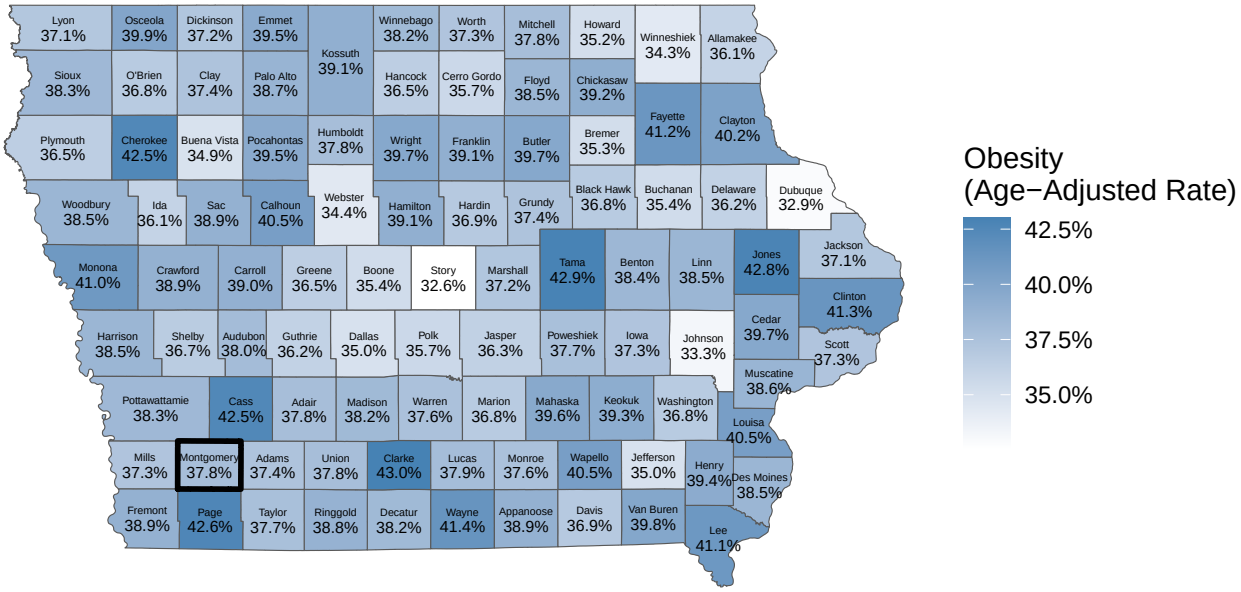
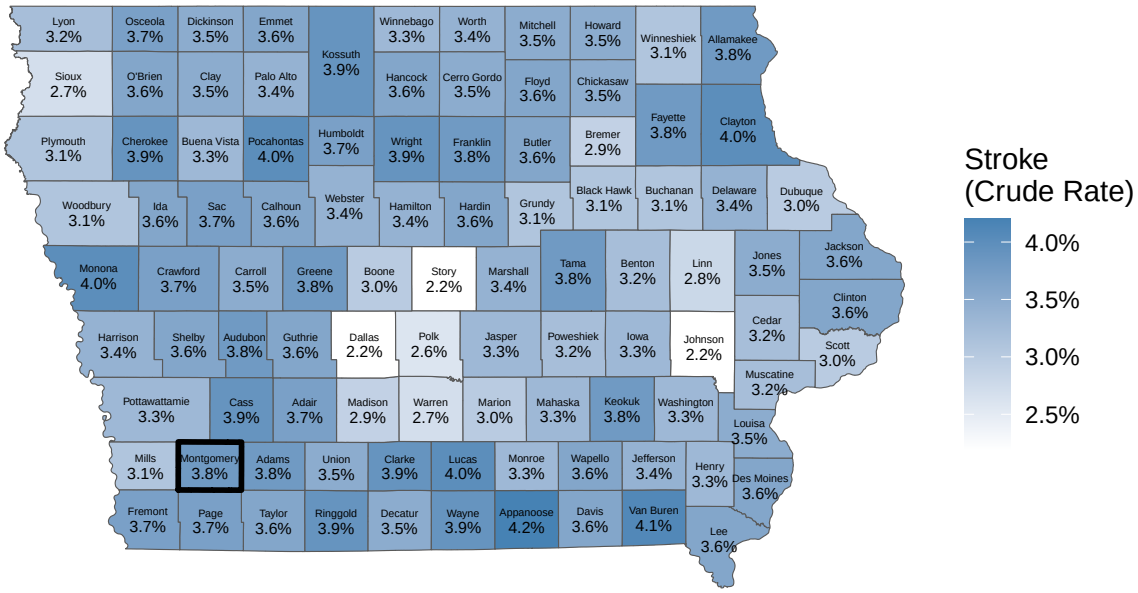


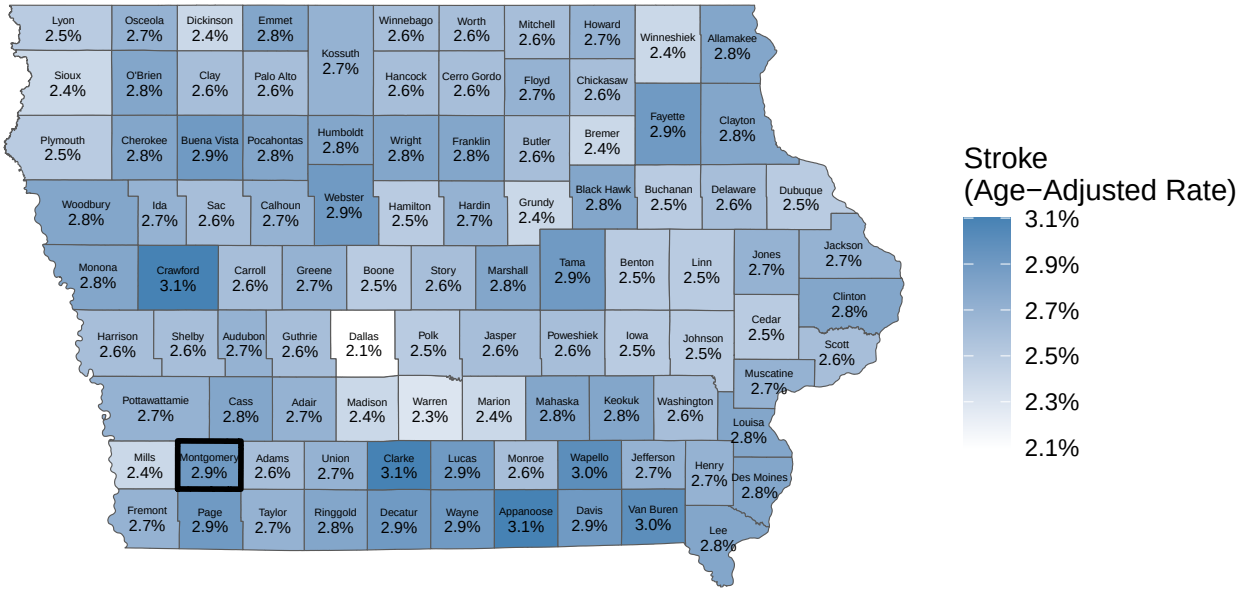
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Stroke

Stroke among adults aged >=18 years



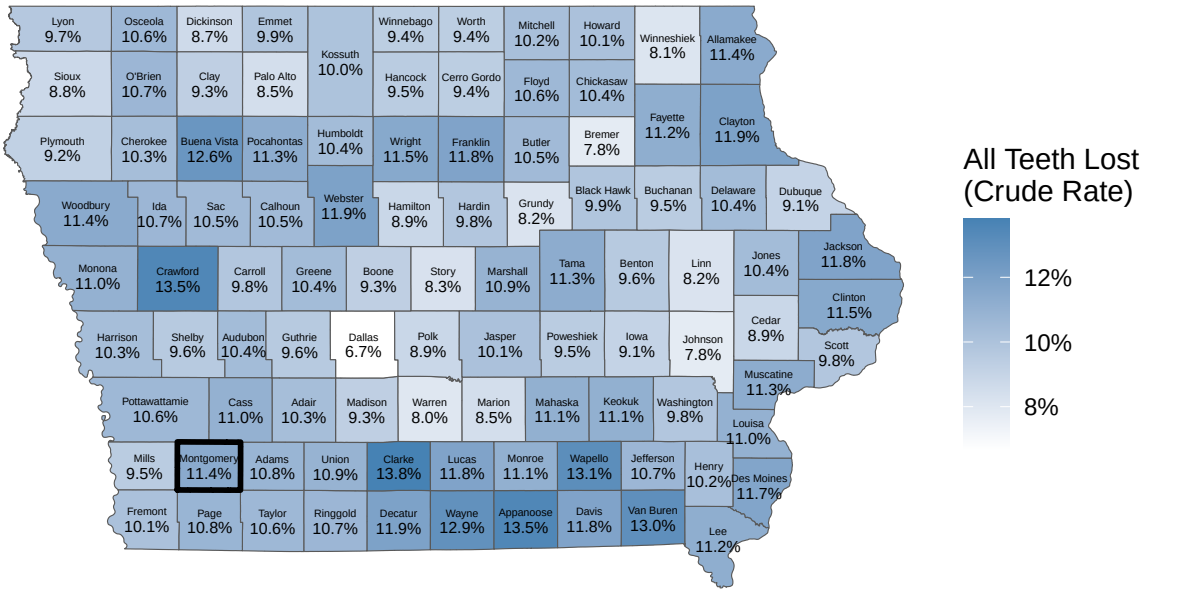
Data Source: CDC PLACES 2023 Release, BRFSS 2021



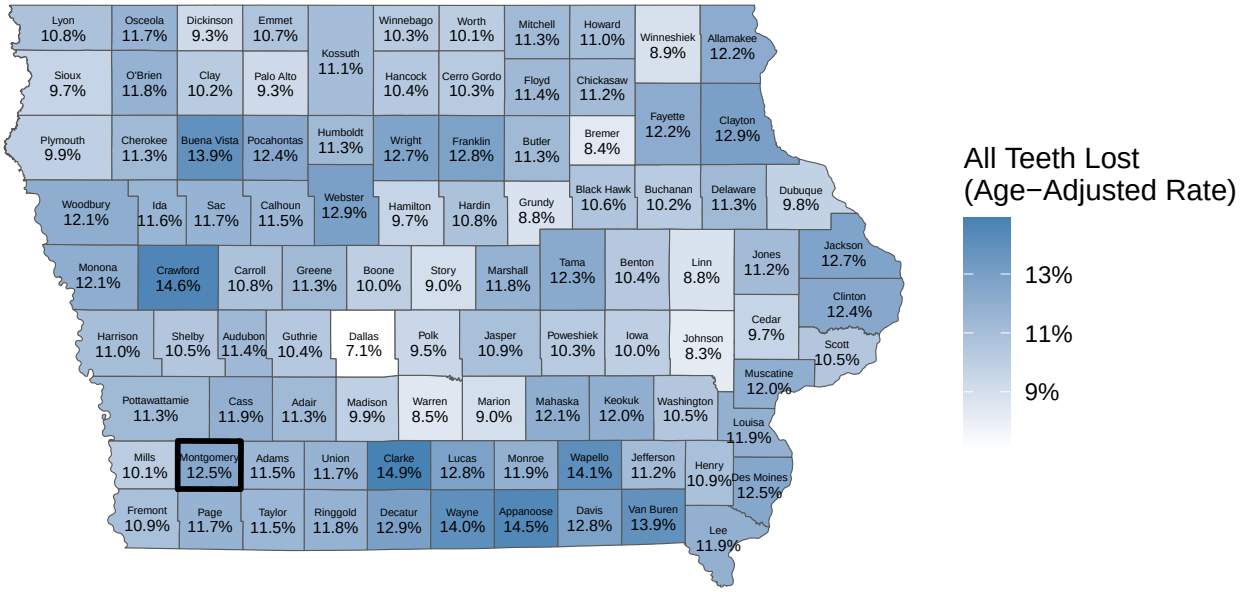
Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

All teeth lost among adults aged >=65 years



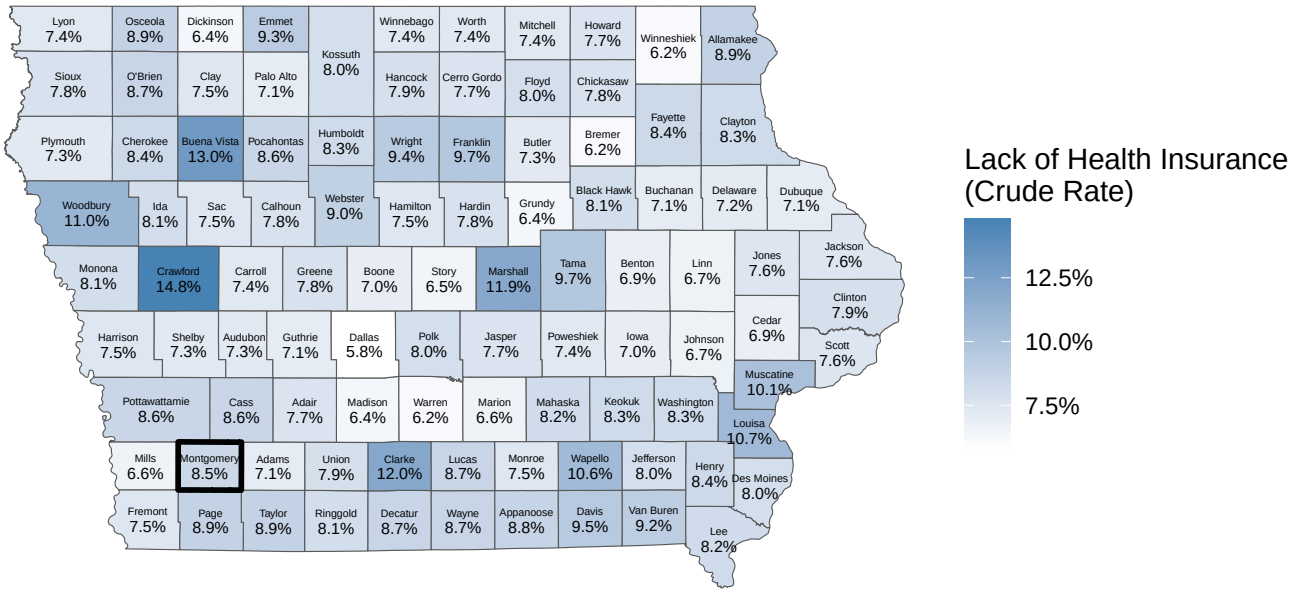
Data Source: CDC PLACES 2023 Release, BRFSS 2020



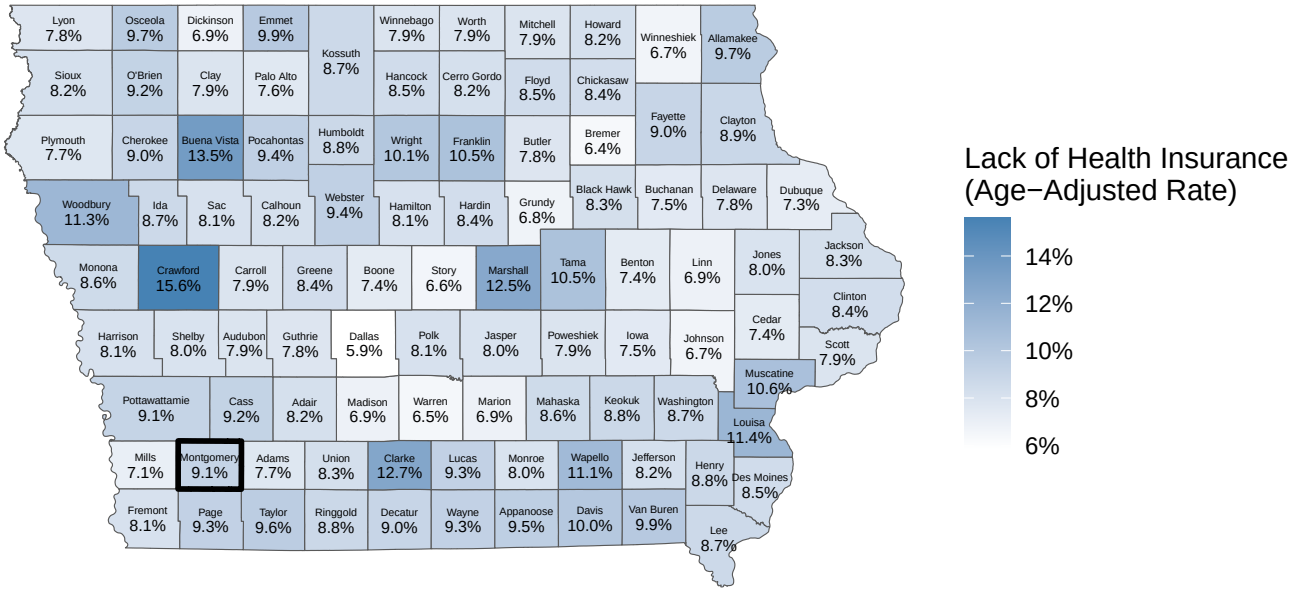
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Lack of Health Insurance

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



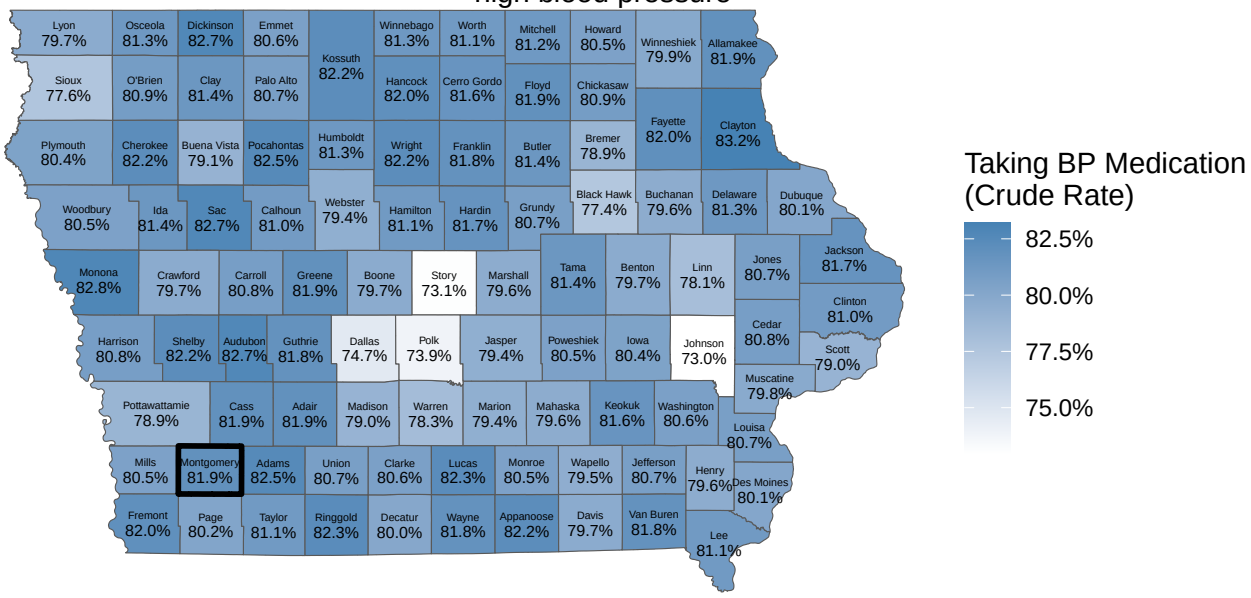
Data Source: CDC PLACES 2023 Release, BRFSS 2021



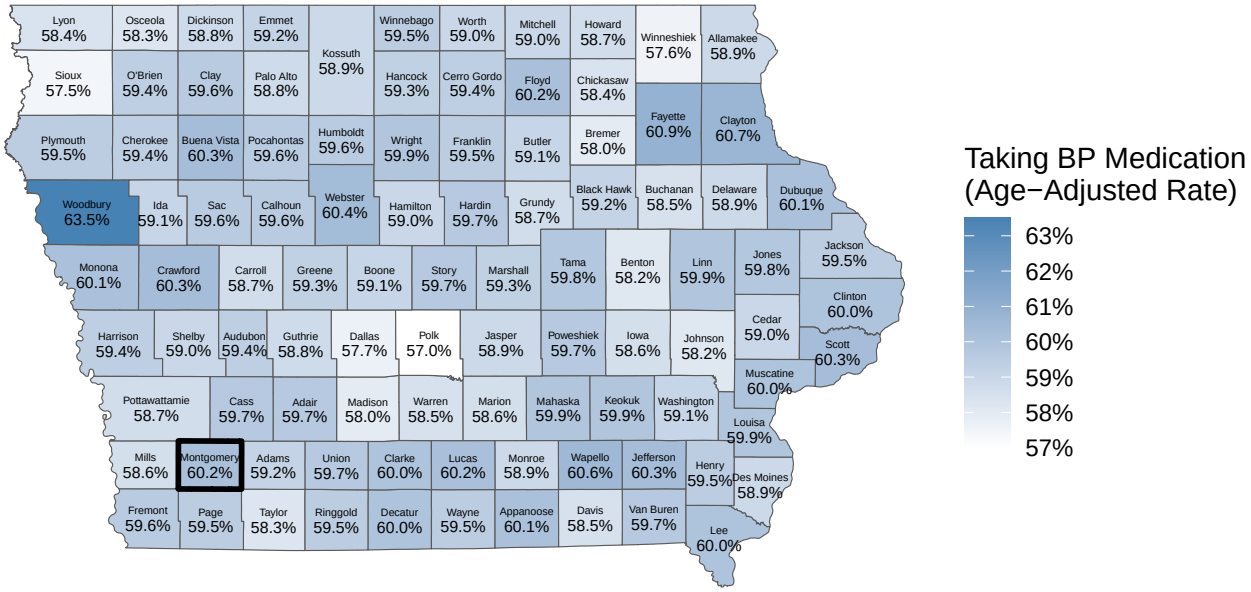
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Taking BP Medication

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



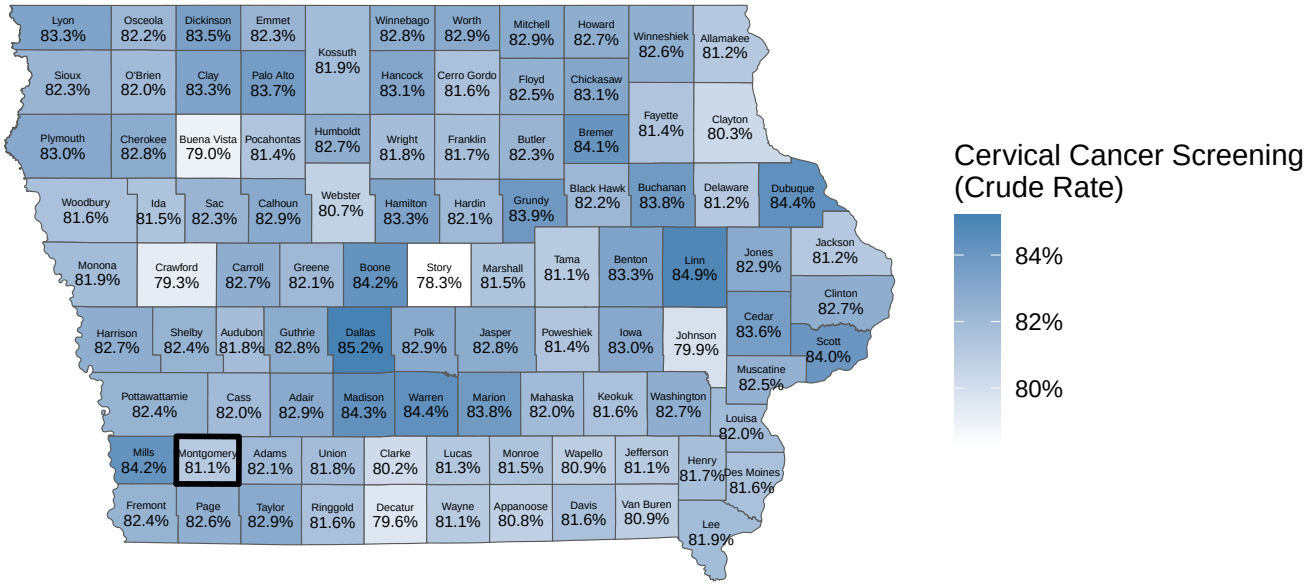
Data Source: CDC PLACES 2023 Release, BRFSS 2021



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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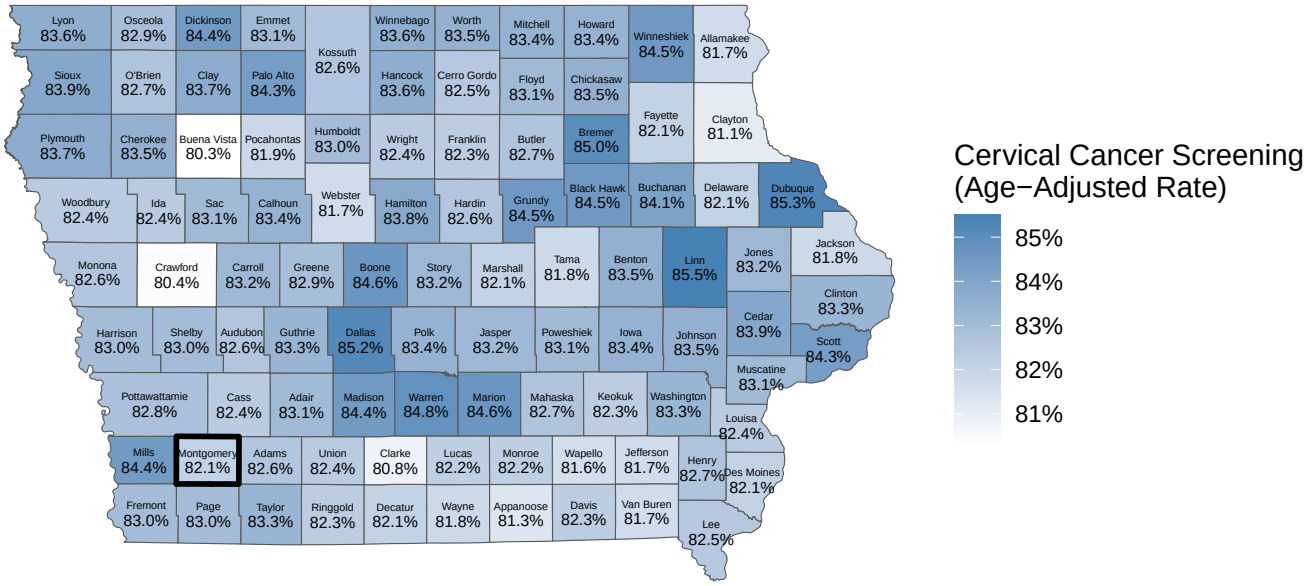
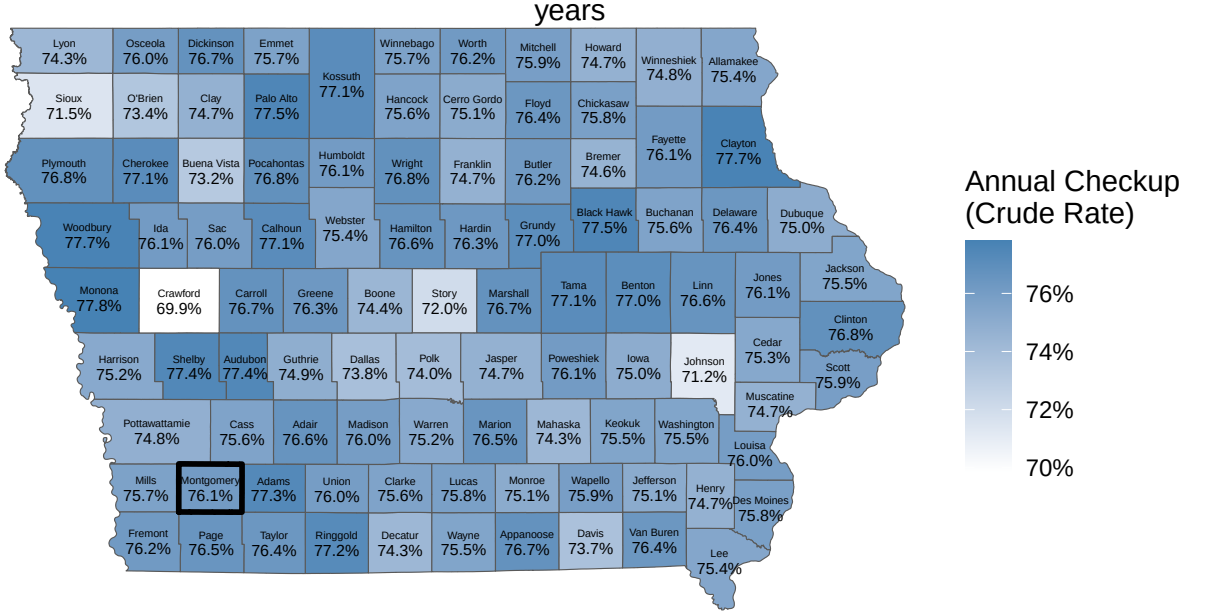


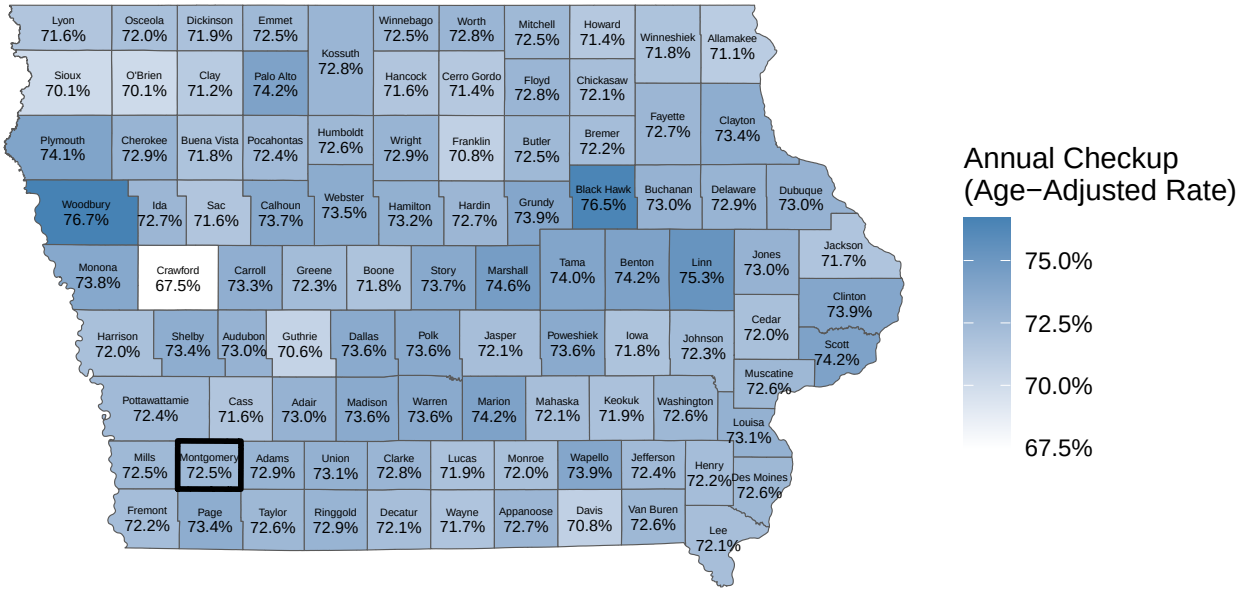
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

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



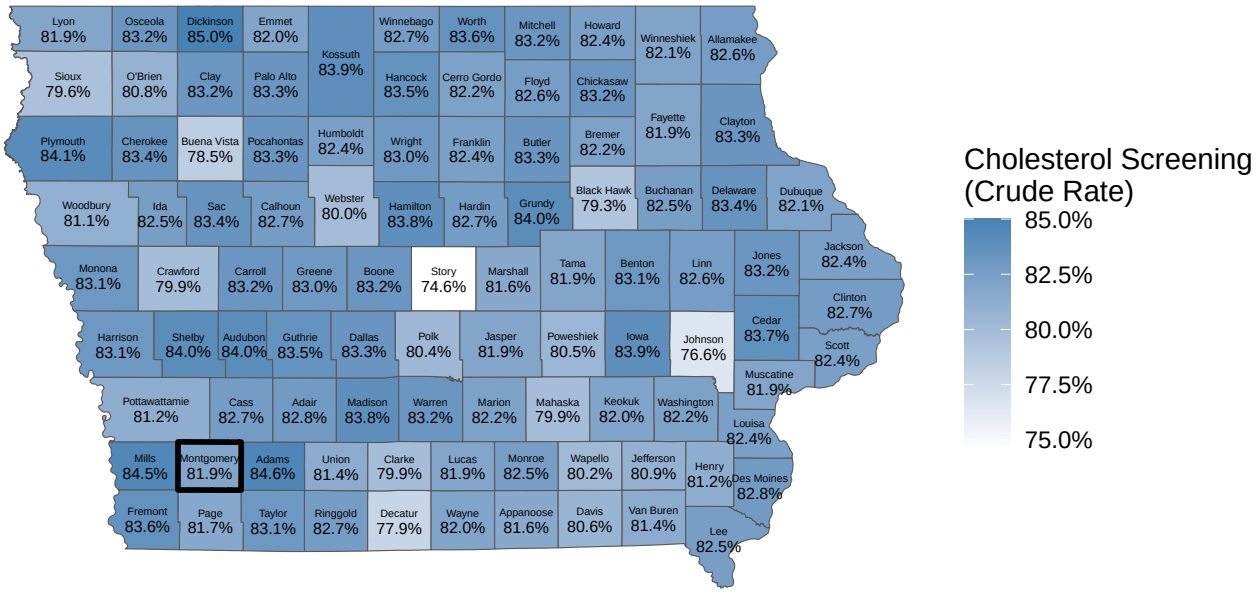
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Cholesterol screening among adults aged >=18 years



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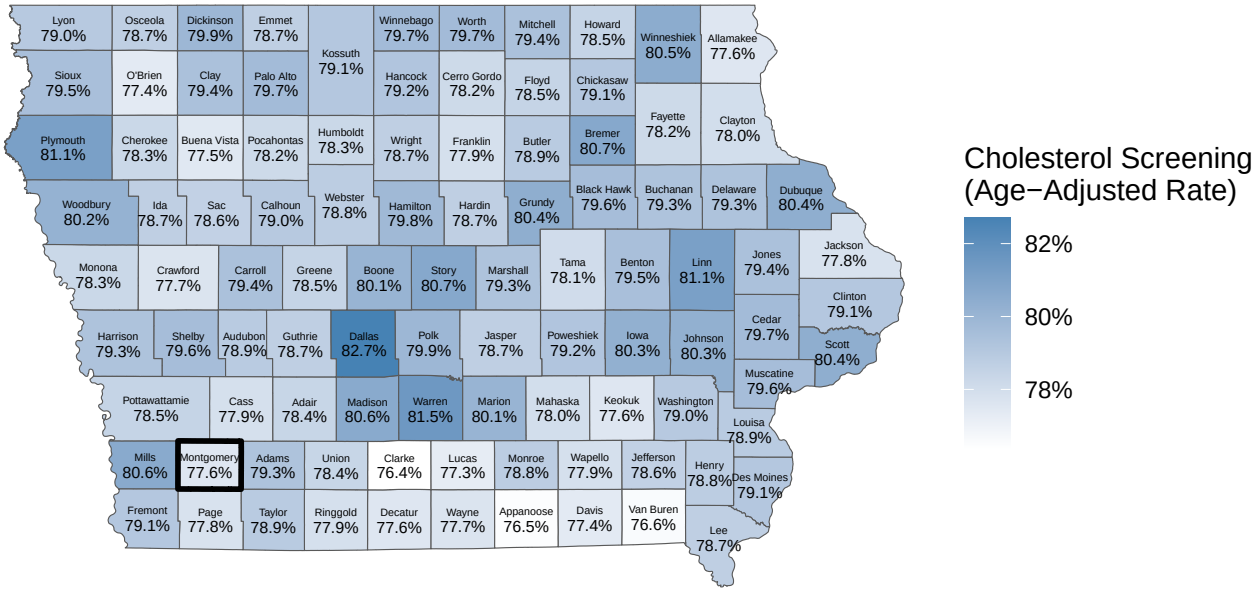
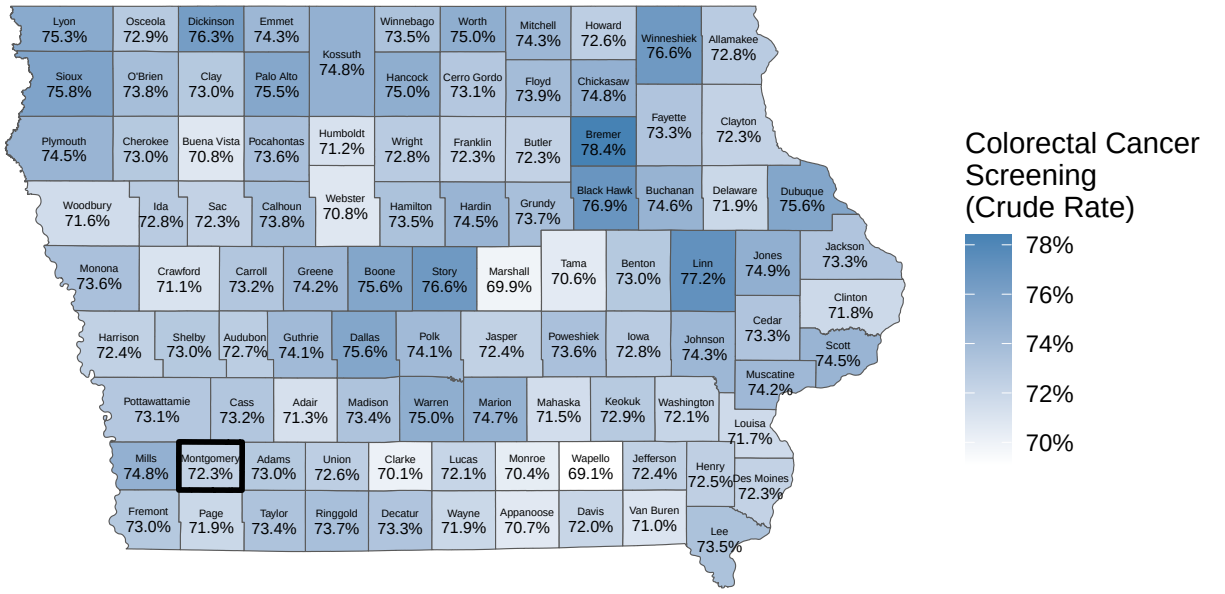


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



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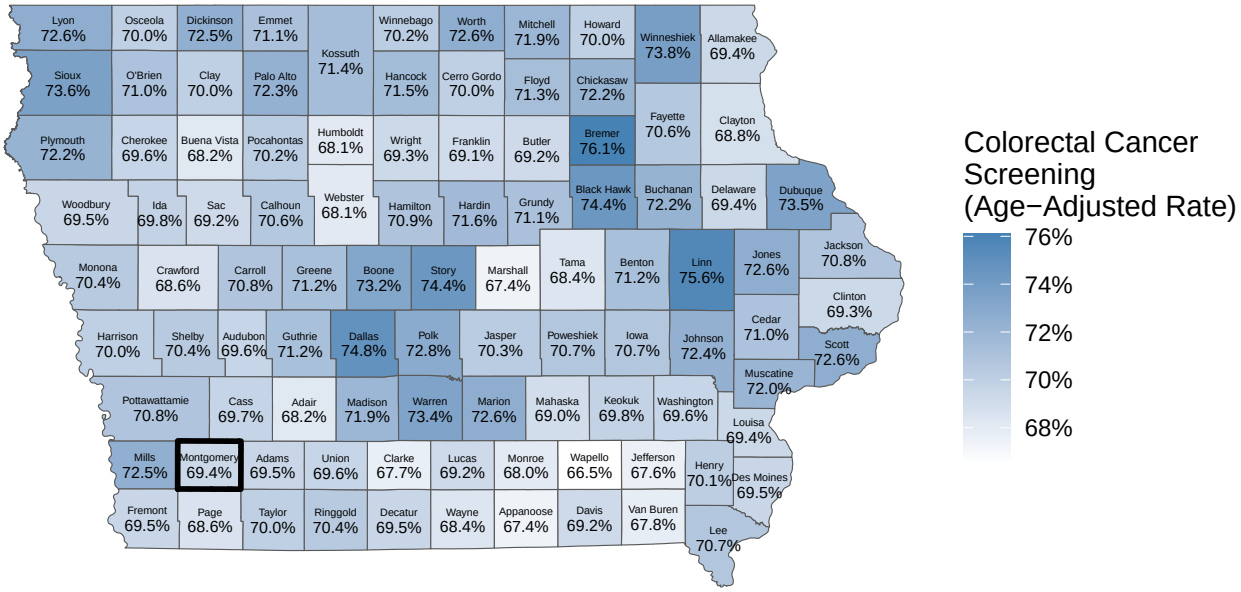
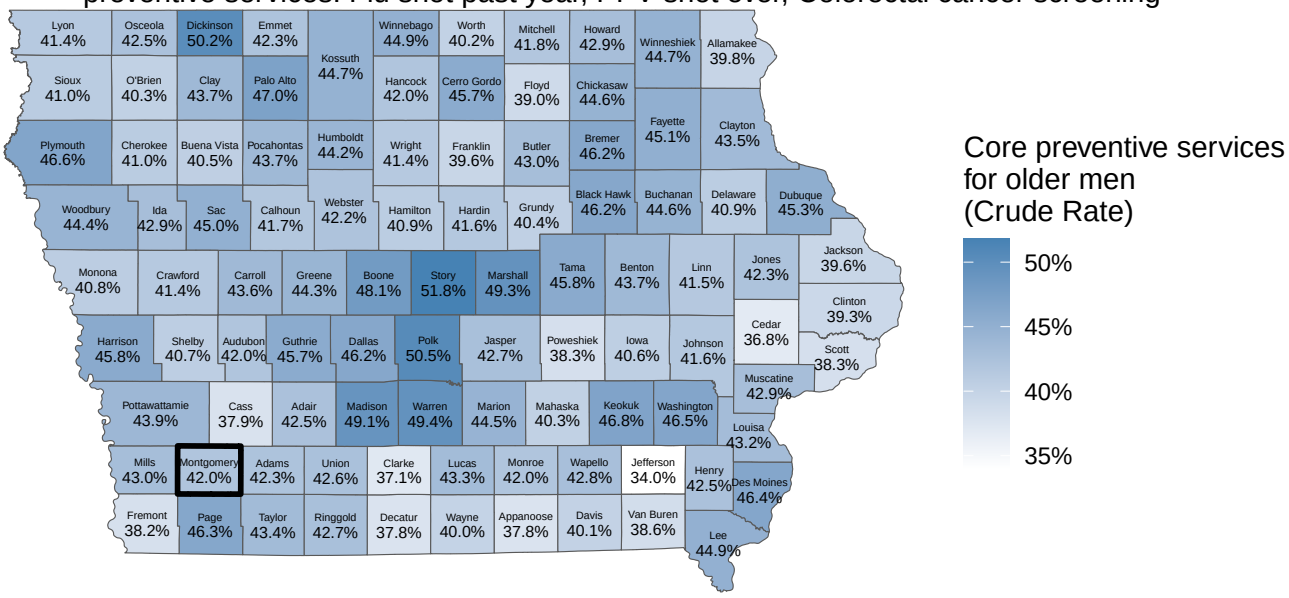


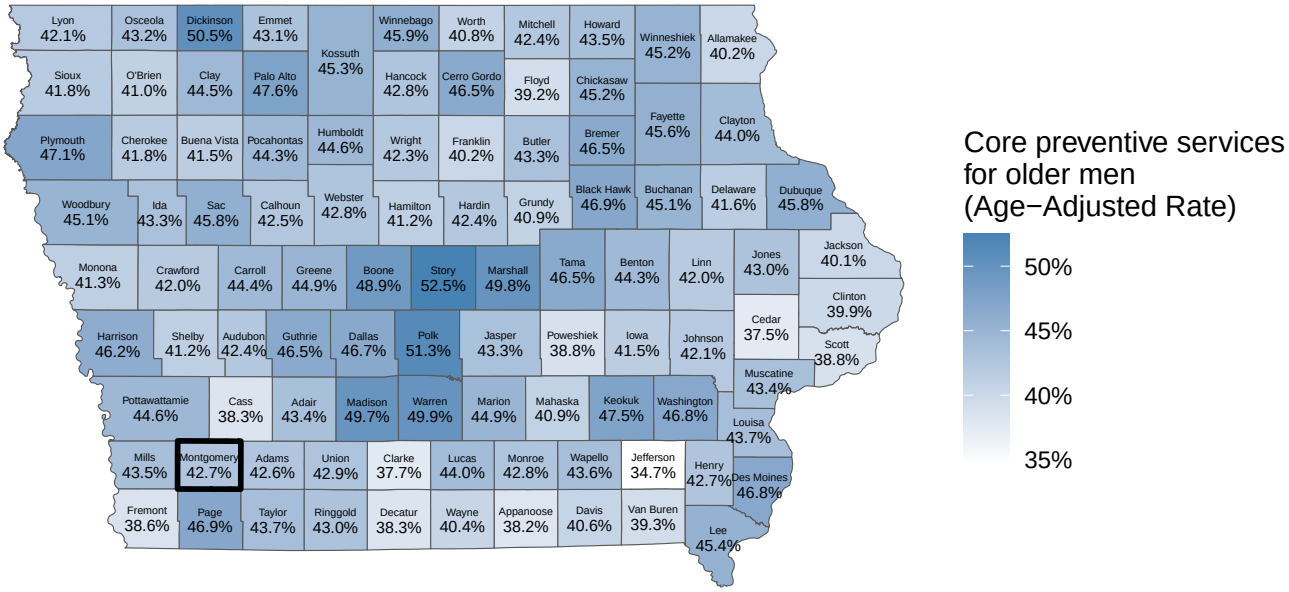
Data Source: CDC PLACES 2023 Release, BRFSS 2020

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



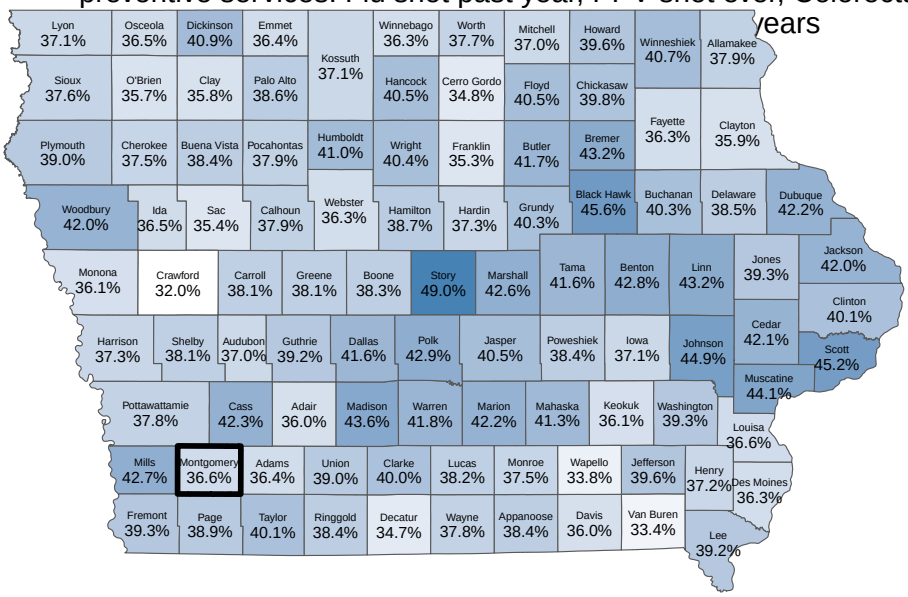
Data Source: CDC PLACES 2023 Release, BRFSS 2020



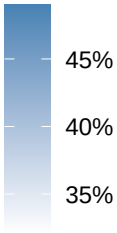
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

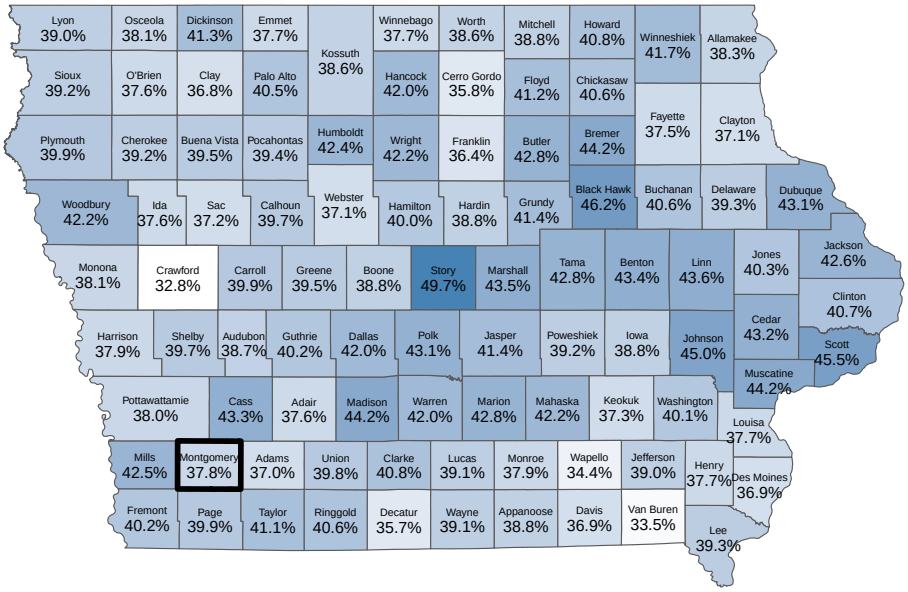
Older adult women aged >=65 years who are up to date on a core set of clinical preventive services: Flu shot past year, PPV shot ever, Colorectal cancer screening, years



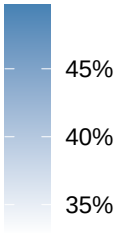
Core preventive services for older women (Crude Rate)



Data Source: CDC PLACES 2023 Release, BRFSS 2020



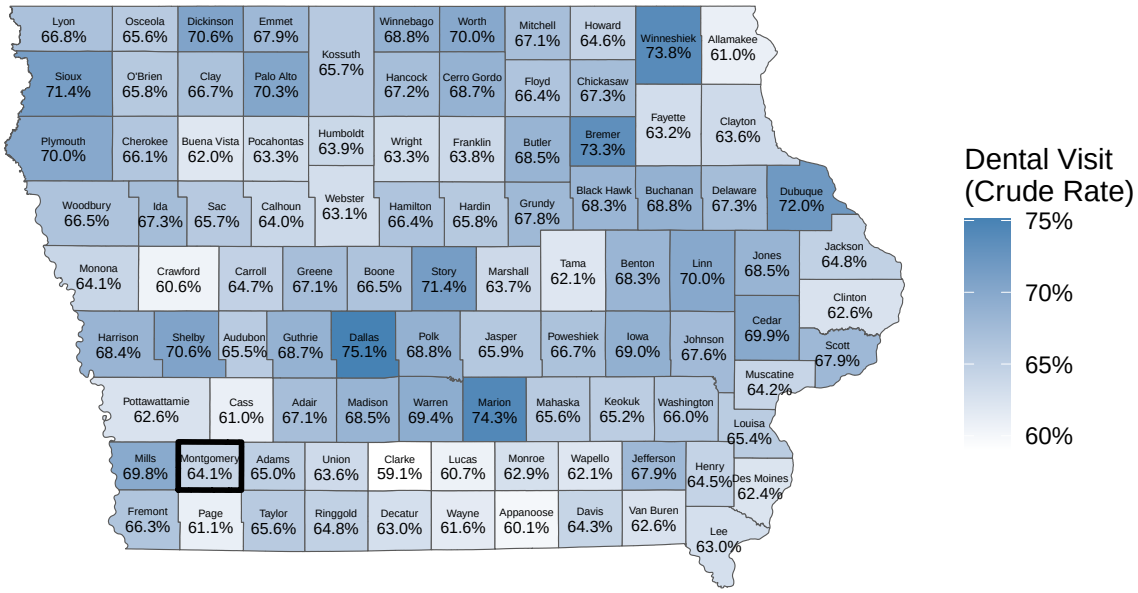
Core preventive services for older women (Age−Adjusted Rate)



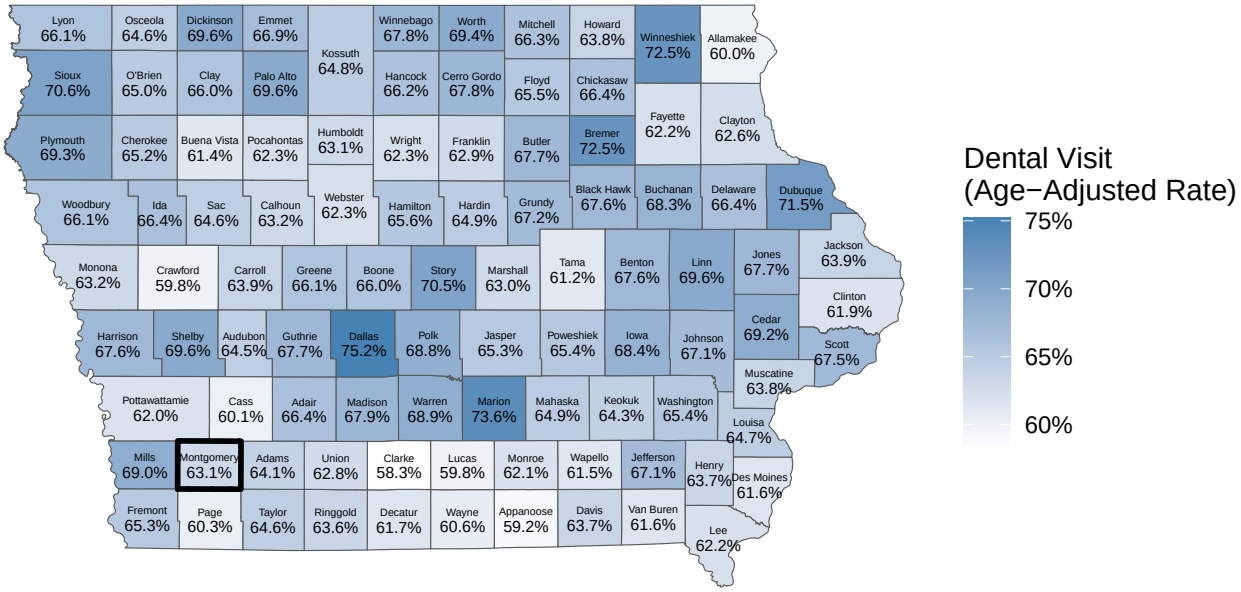
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

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



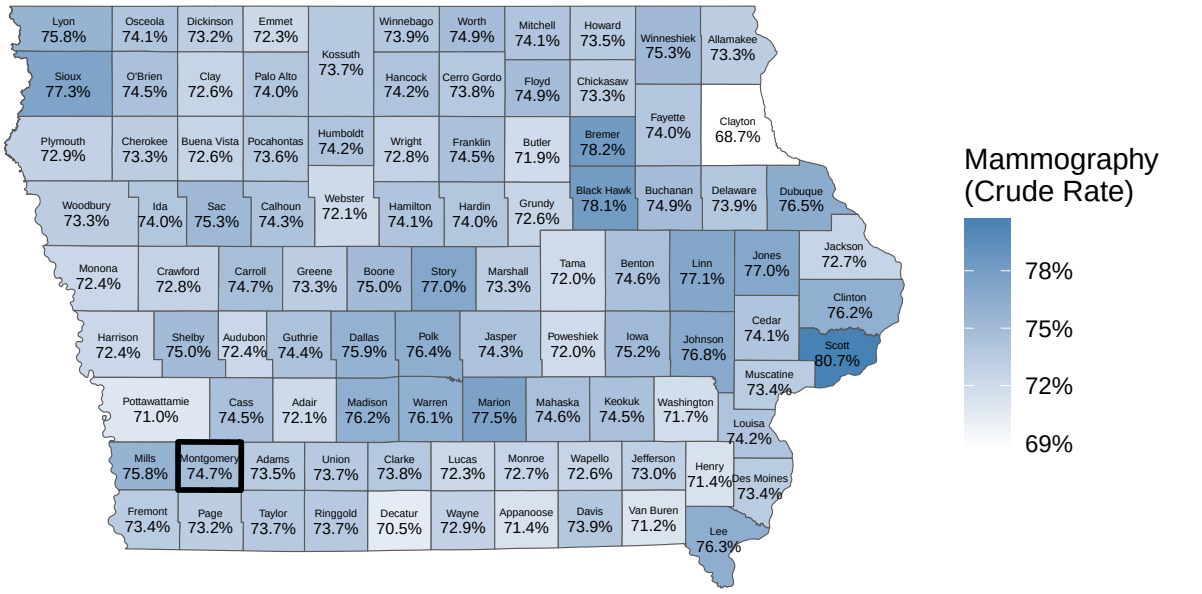
Data Source: CDC PLACES 2023 Release, BRFSS 2020



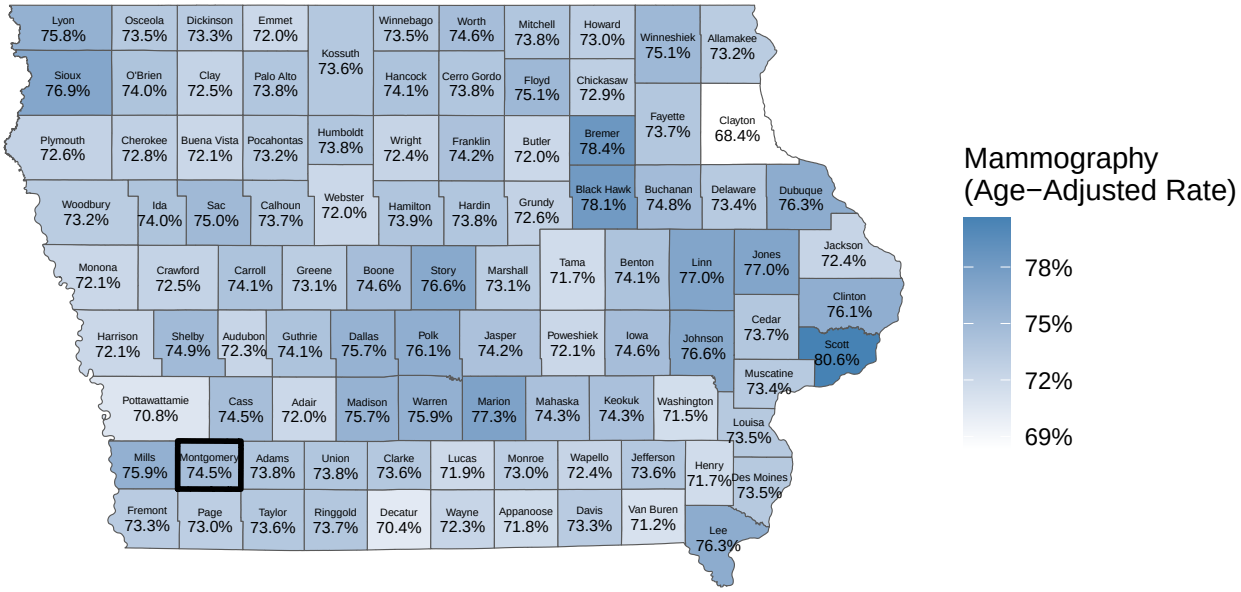
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Mammography use among women aged 50–74 years



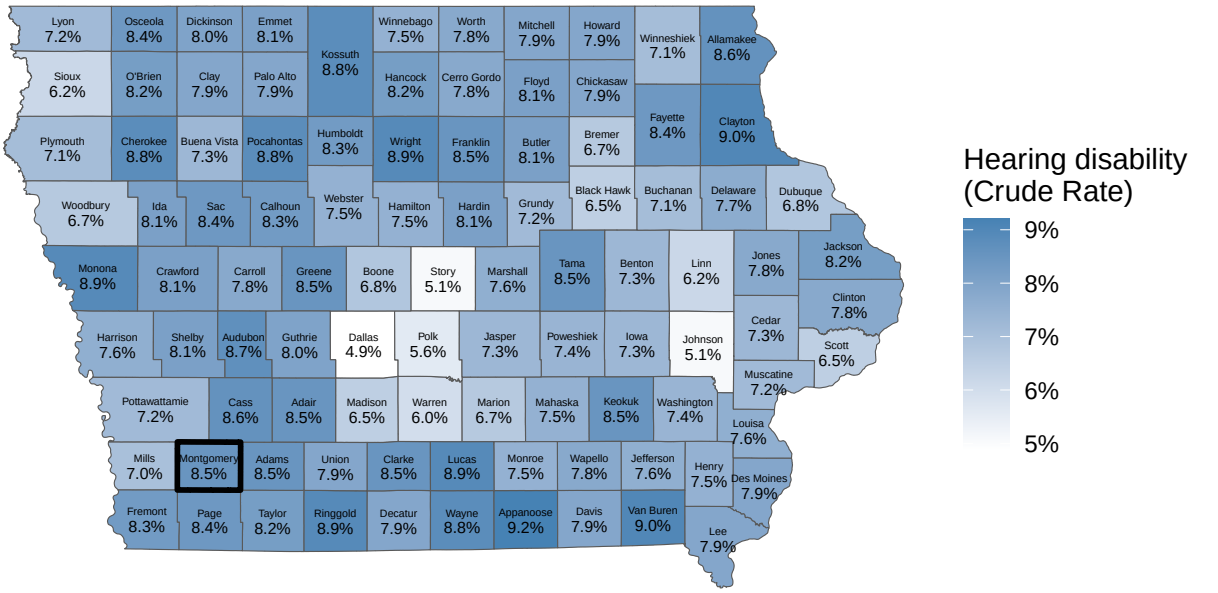
Data Source: CDC PLACES 2023 Release, BRFSS 2020



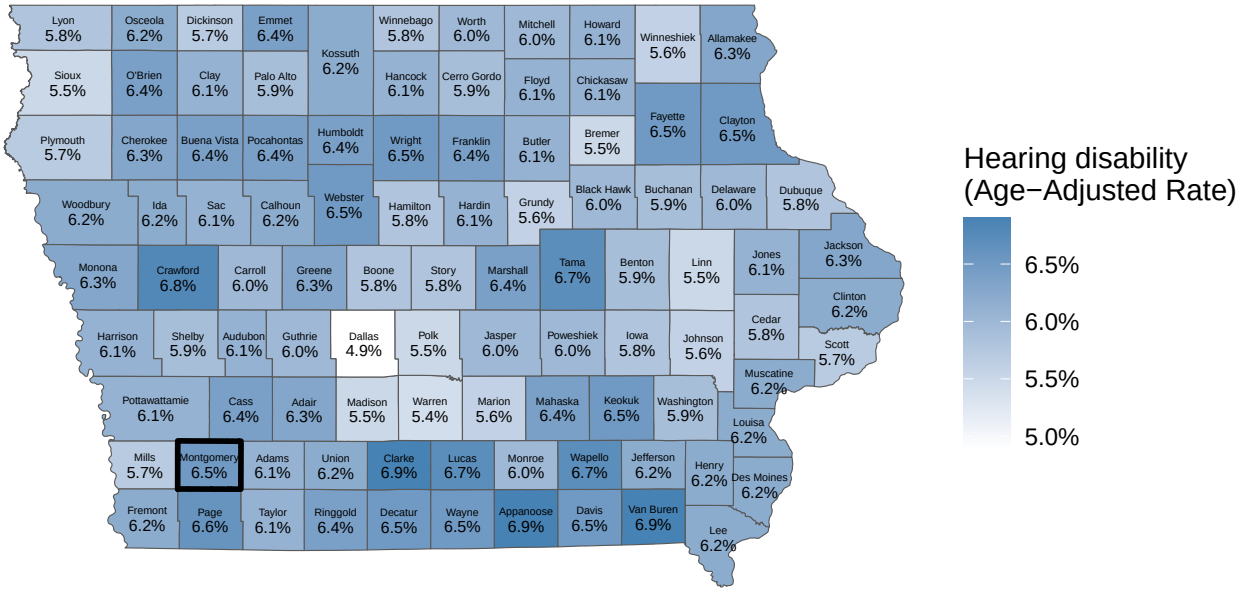
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Hearing disability

Hearing disability among adults aged >=18 years



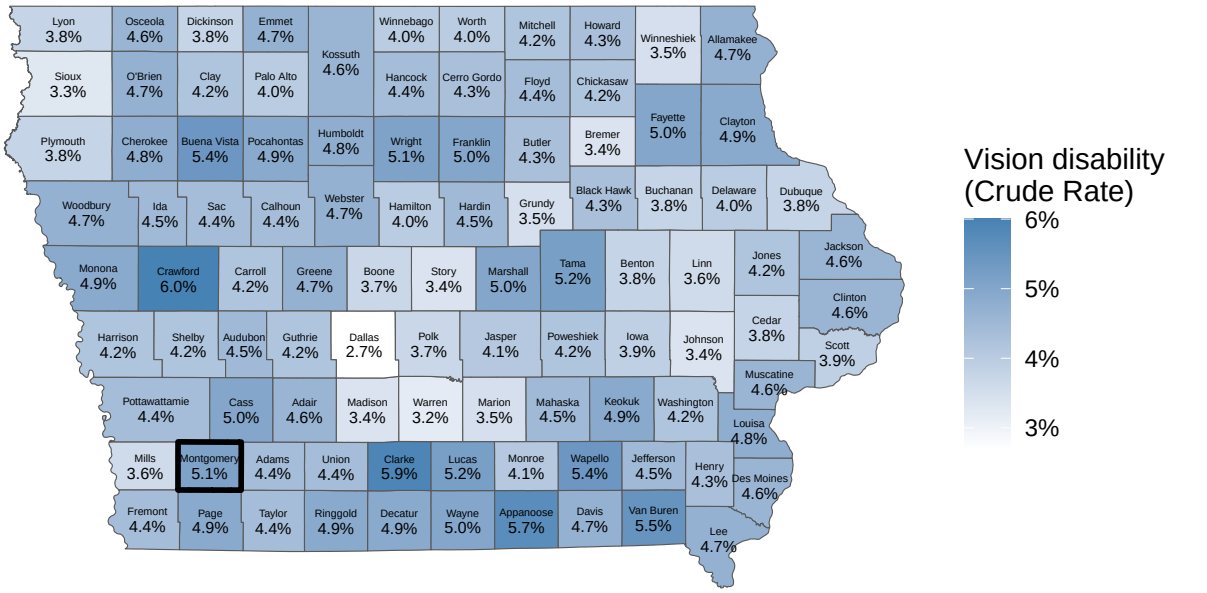
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Vision disability among adults aged >=18 years



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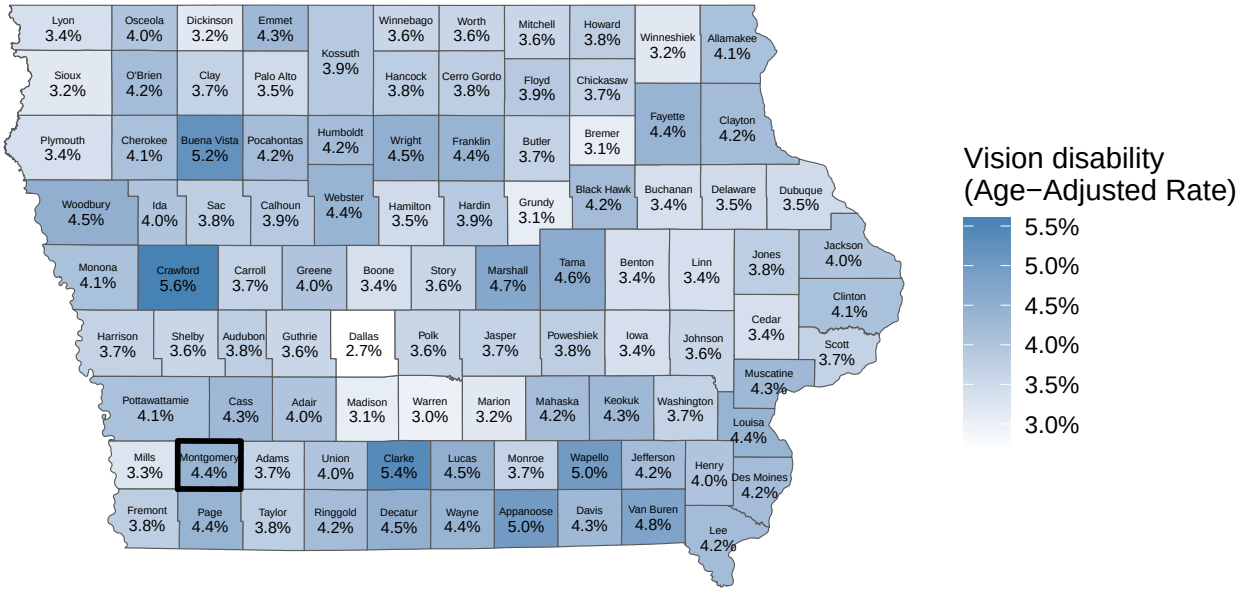
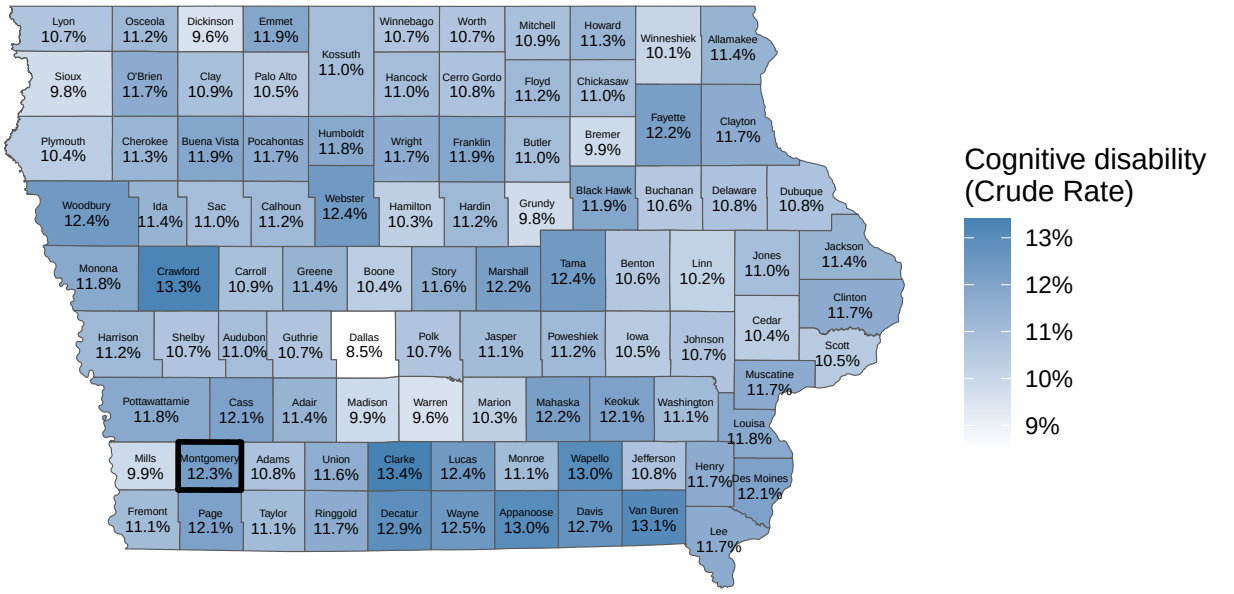


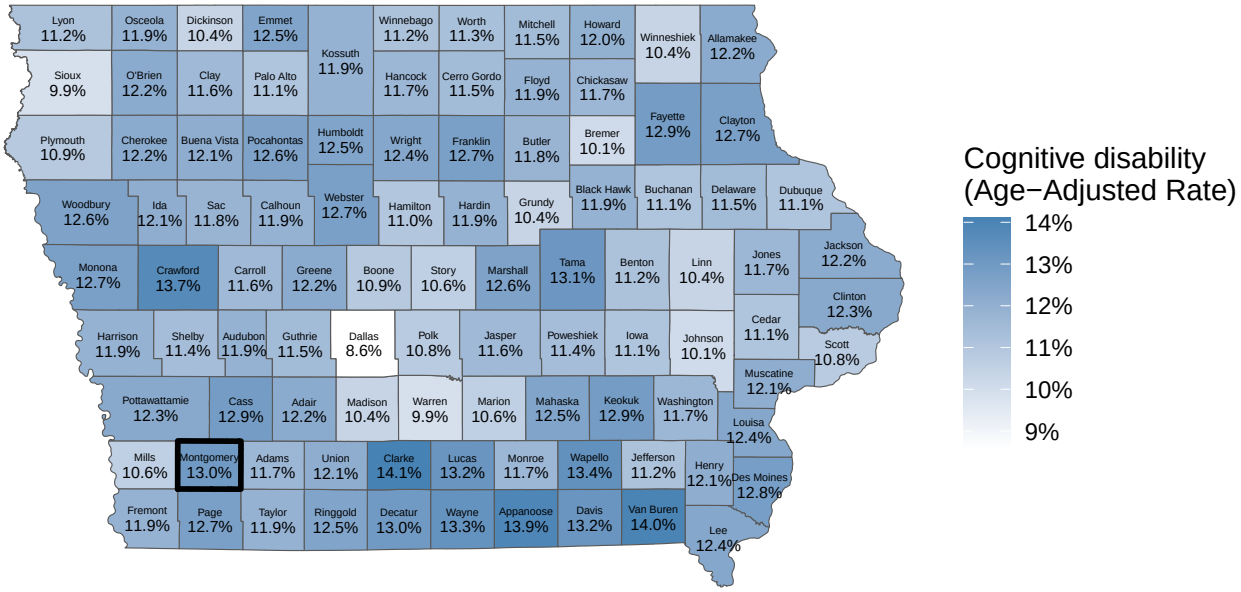
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Cognitive disability among adults aged >=18 years



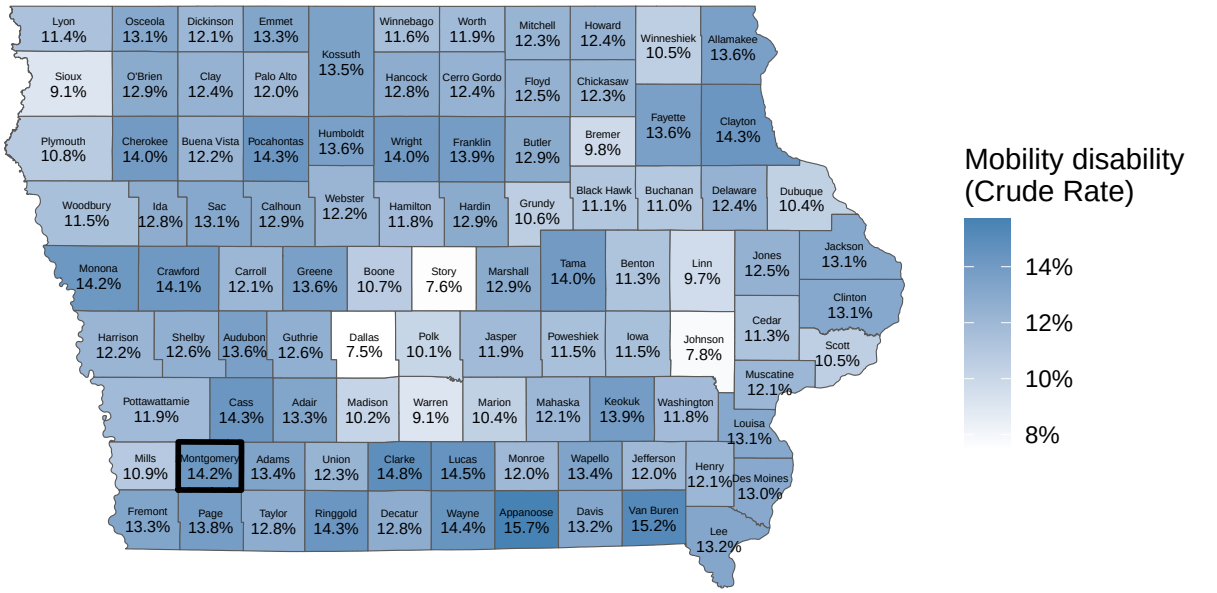
Data Source: CDC PLACES 2023 Release, BRFSS 2021



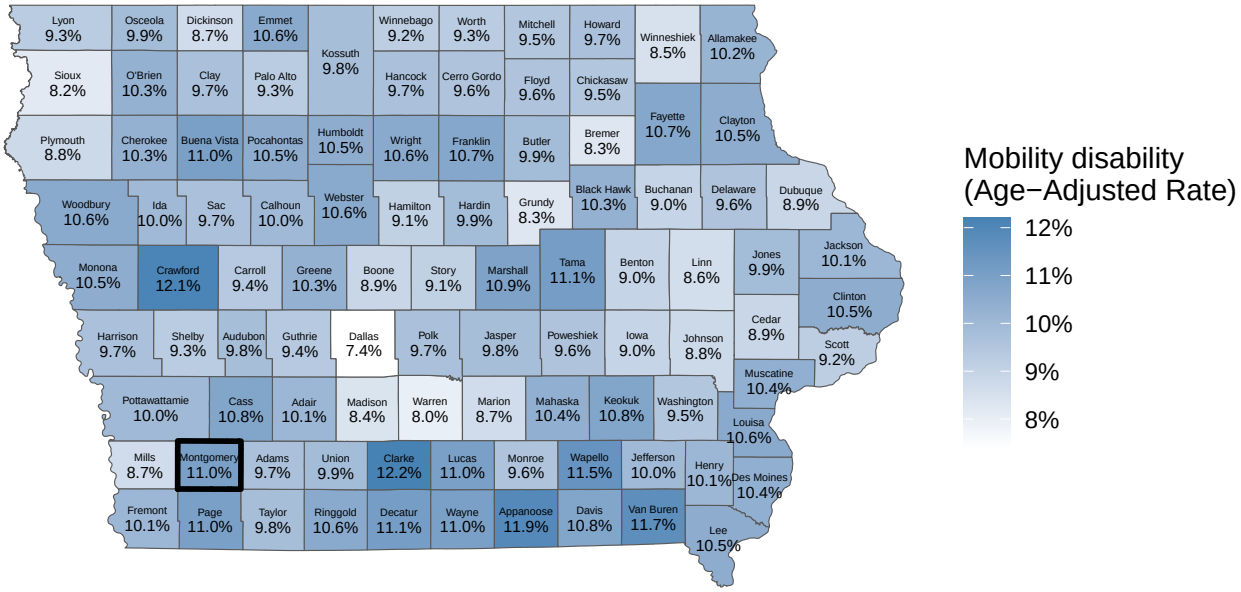
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Mobility disability among adults aged >=18 years



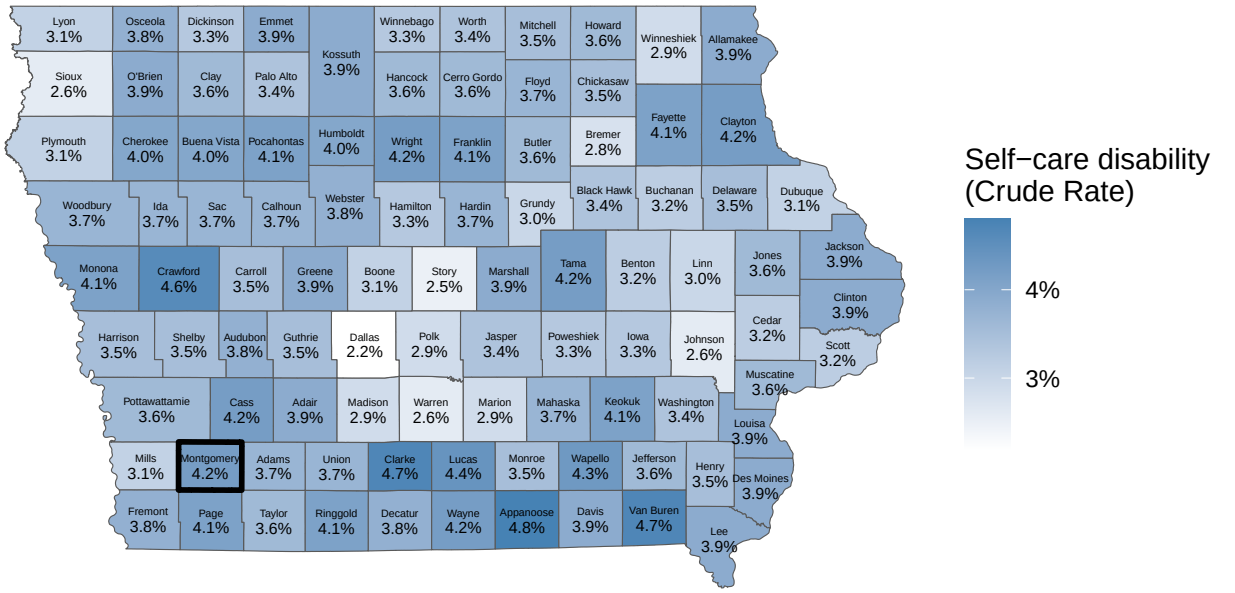
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self−care disability

Self−care disability among adults aged >=18 years



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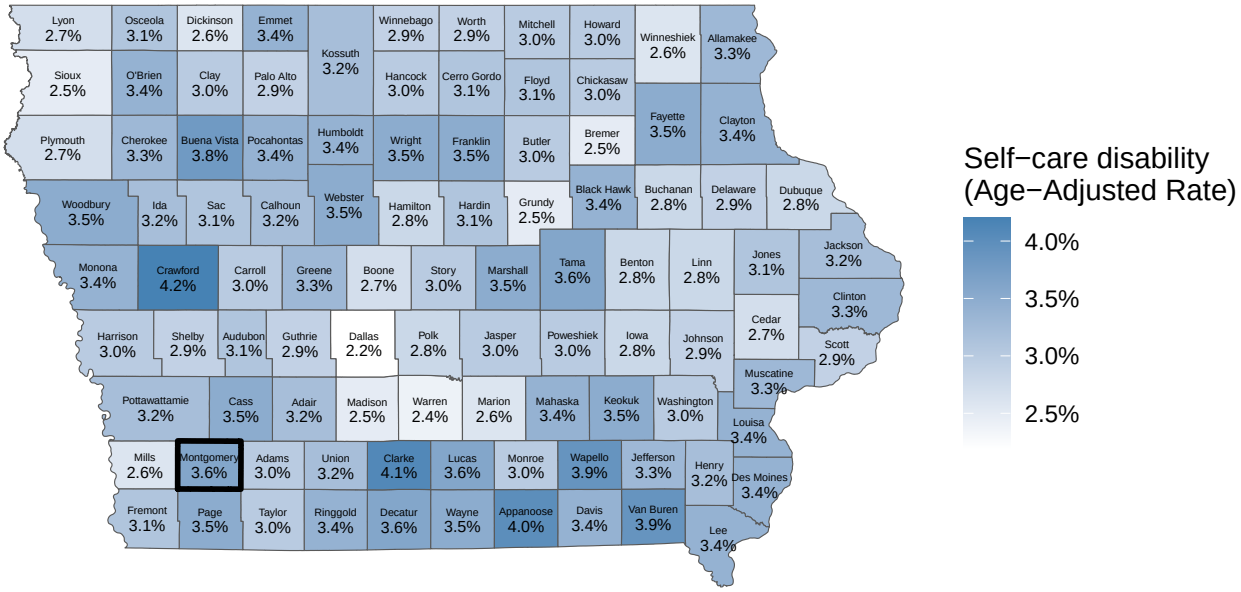
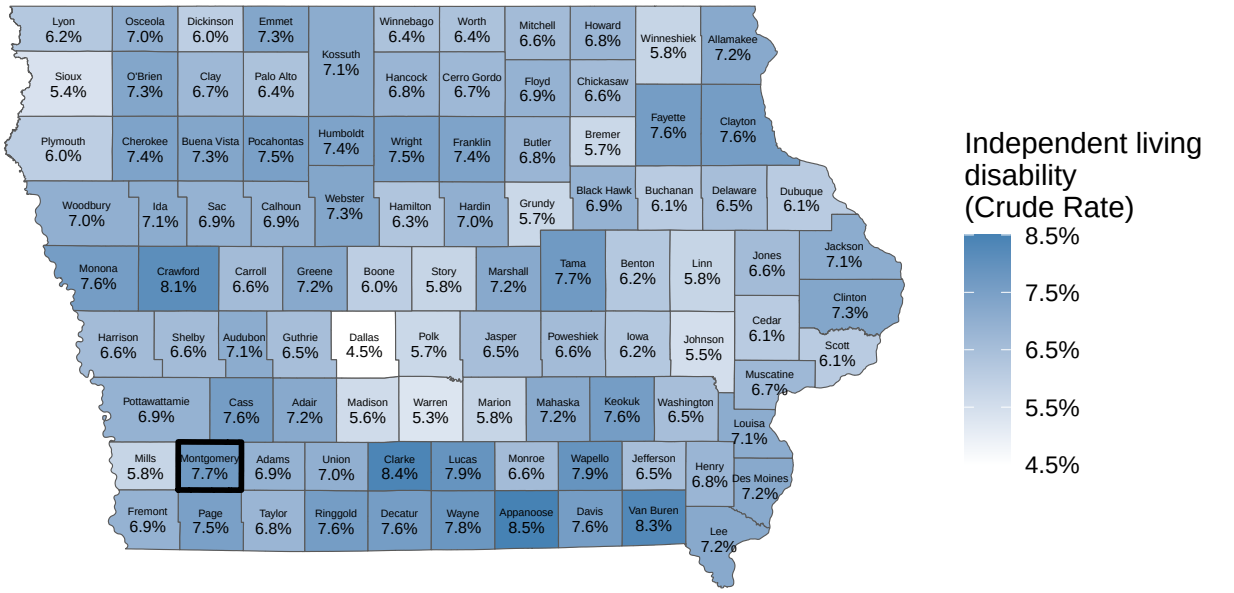


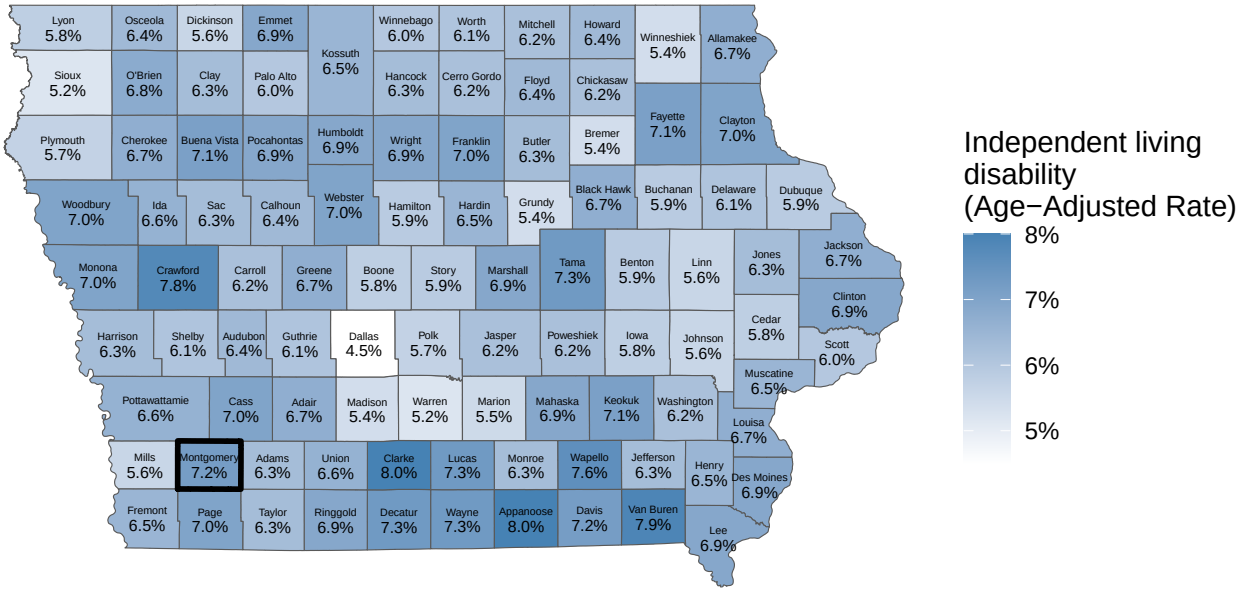
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Independent living disability among adults aged >=18 years



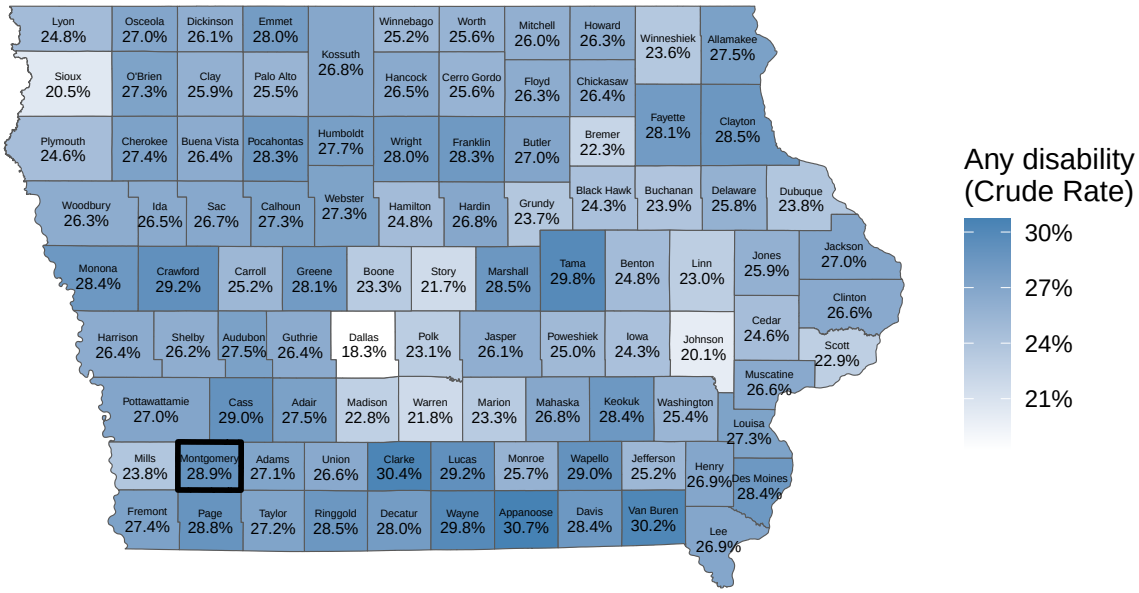
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Any disability among adults aged >=18 years



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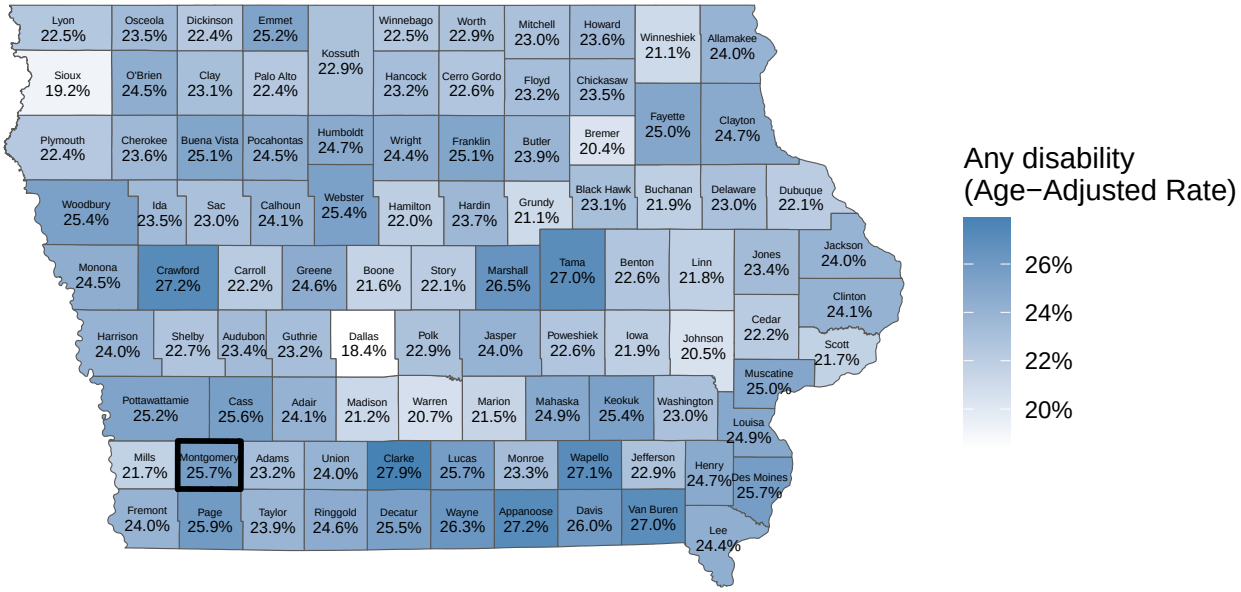

Data Source: CDC PLACES 2023 Release, BRFSS 2021