



## 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 Palo Alto County: Overview

Dear Community Members & Stakeholders of Palo Alto 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 Palo Alto County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Palo Alto 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 Palo Alto 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
Annual Checkup	4th	3rd	Annual Checkup	5th	1st
Core preventive services for older men	8th	2nd	Core preventive services for older men	8th	2nd
All Teeth Lost	9th	2nd	Dental Visit	8th	3rd
Dental Visit	10th	4th	All Teeth Lost	10th	2nd
Sleep <7 hours	11th	5th	Cervical Cancer Screening	14th	3rd



# 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
High Blood Pressure	80th	44th	Cancer (except skin)	88th	58th
Cancer (except skin)	73rd	39th	High Blood Pressure	84th	51st
Obesity	55th	33rd	Taking BP Medication	75th	53rd
Taking BP Medication	52nd	44th	Binge Drinking	65th	45th
Hearing Disability	48th	17th	Obesity	64th	34th

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 Palo Alto County.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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

# How to Use this Report

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

With a population of 8,906, Palo Alto 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.



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

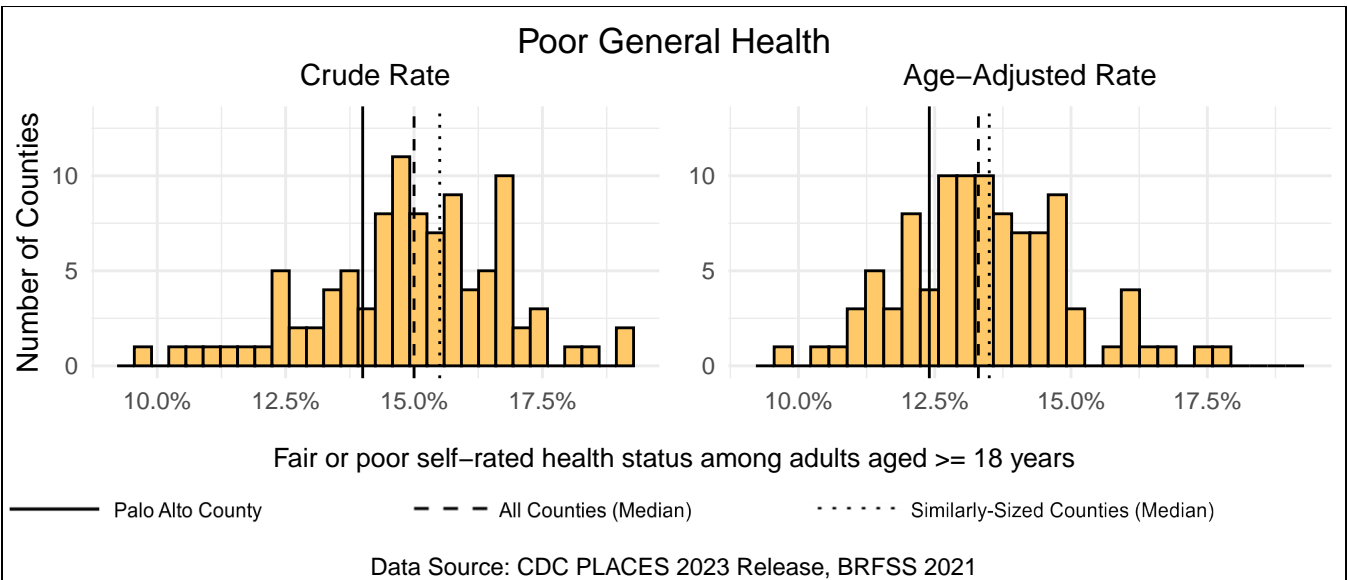
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Palo Alto County has a crude rate of 14.0% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 26th out of 99 Iowa counties (11th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 12.4%, which ranks 24th out of 99 Iowa counties (10th out of 63 similarly-sized counties).

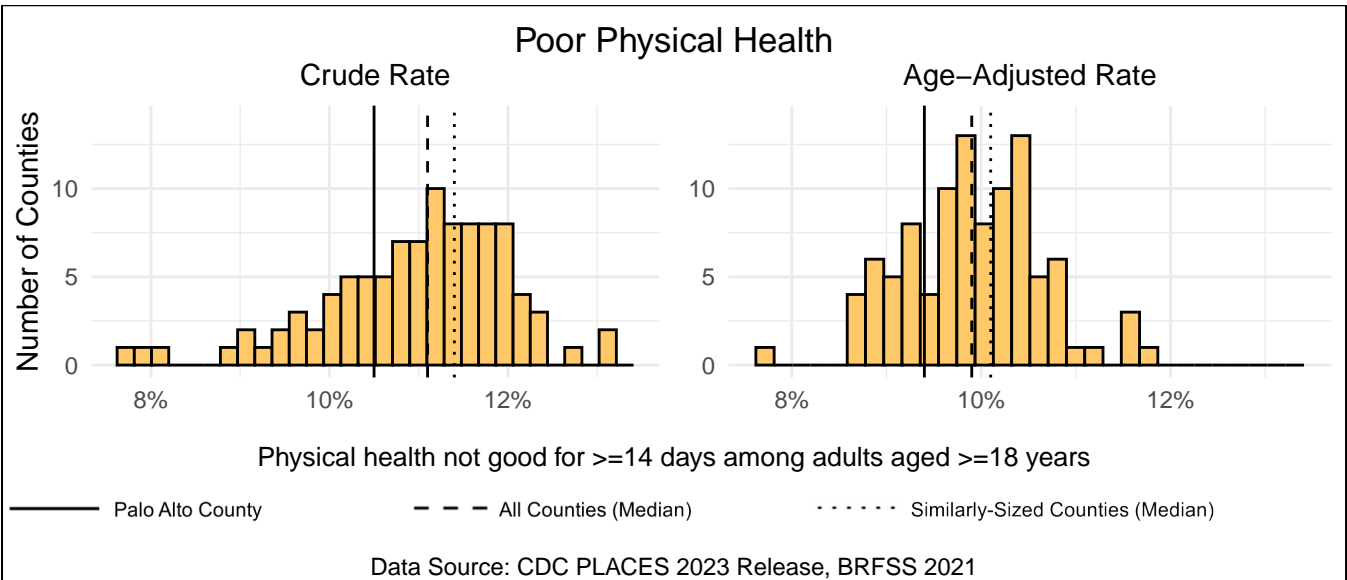
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	14.0%	15.0%	15.5%
Age-Adjusted	12.4%	13.3%	13.5%



# Poor Physical Health

Palo Alto County has a crude rate of 10.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 25th out of 99 Iowa counties (10th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 9.4%, which ranks 25th out of 99 Iowa counties (10th out of 63 similarly-sized counties).

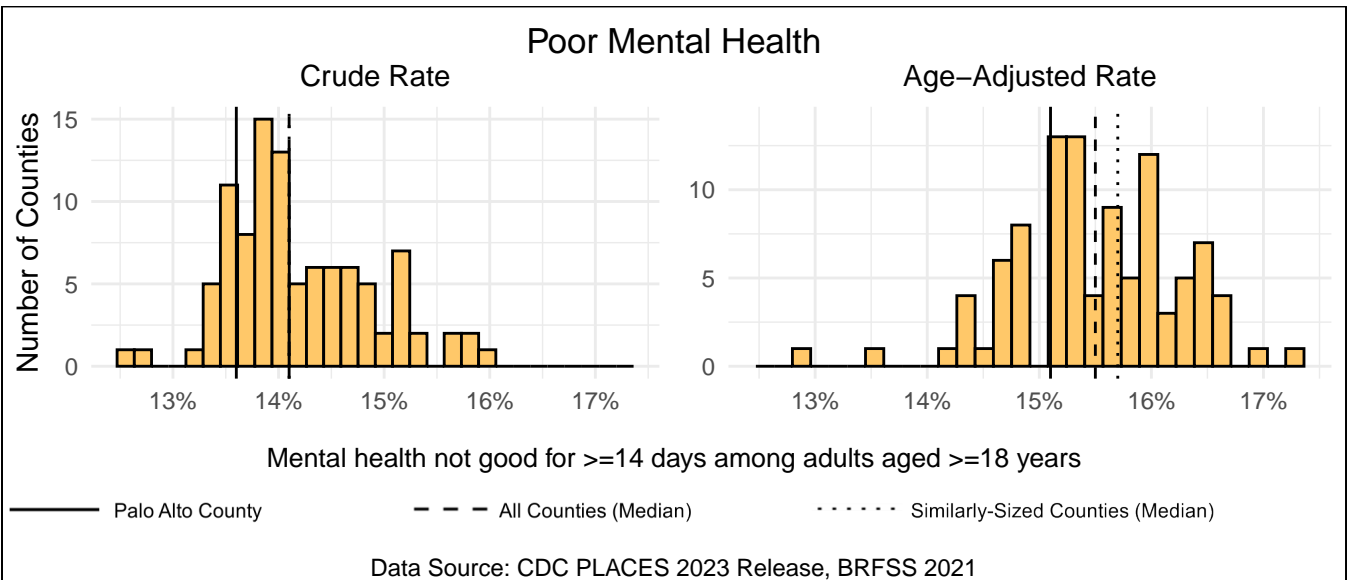
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	10.5%	11.1%	11.4%
Age-Adjusted	9.4%	9.9%	10.1%



# Poor Mental Health

Palo Alto County has a crude rate of 13.6% for mental health not good for >=14 days among adults aged >=18 years, which ranks 15th out of 99 Iowa counties (8th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 15.1%, which ranks 23rd out of 99 Iowa counties (7th out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	13.6%	14.1%	14.1%
Age-Adjusted	15.1%	15.5%	15.7%



# Health Risk Behaviors

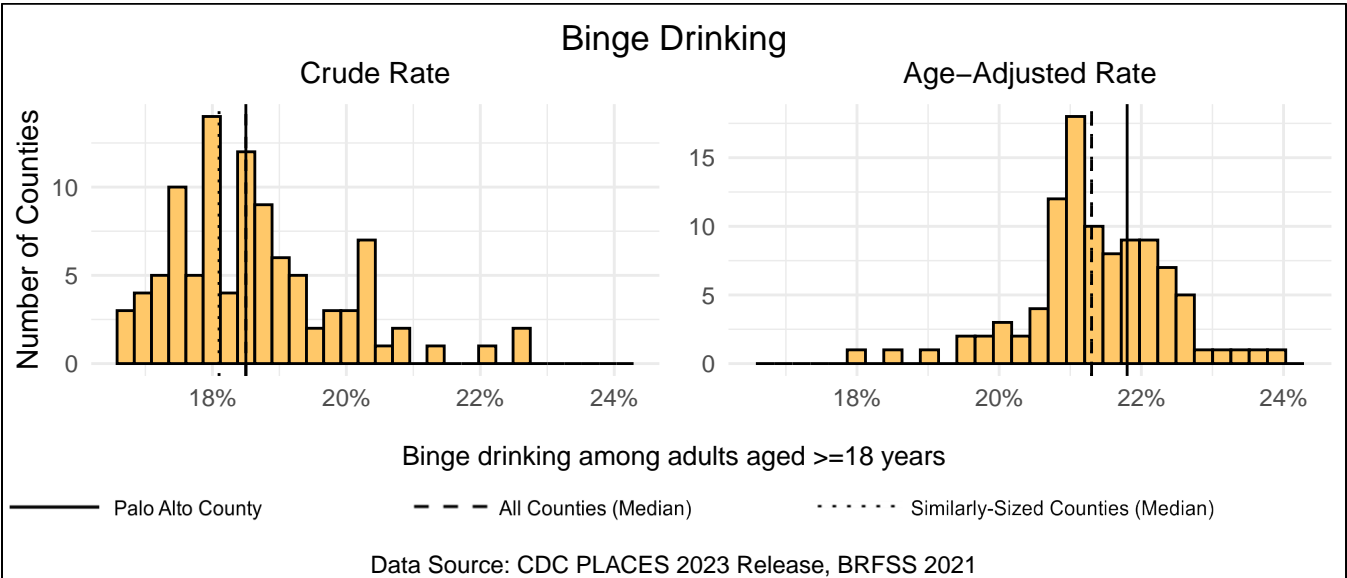
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Palo Alto County has a crude rate of 18.5% for binge drinking among adults aged  $\geq 18$  years, which ranks 47th out of 99 Iowa counties (37th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 21.8%, which ranks 65th out of 99 Iowa counties (45th out of 63 similarly-sized counties).

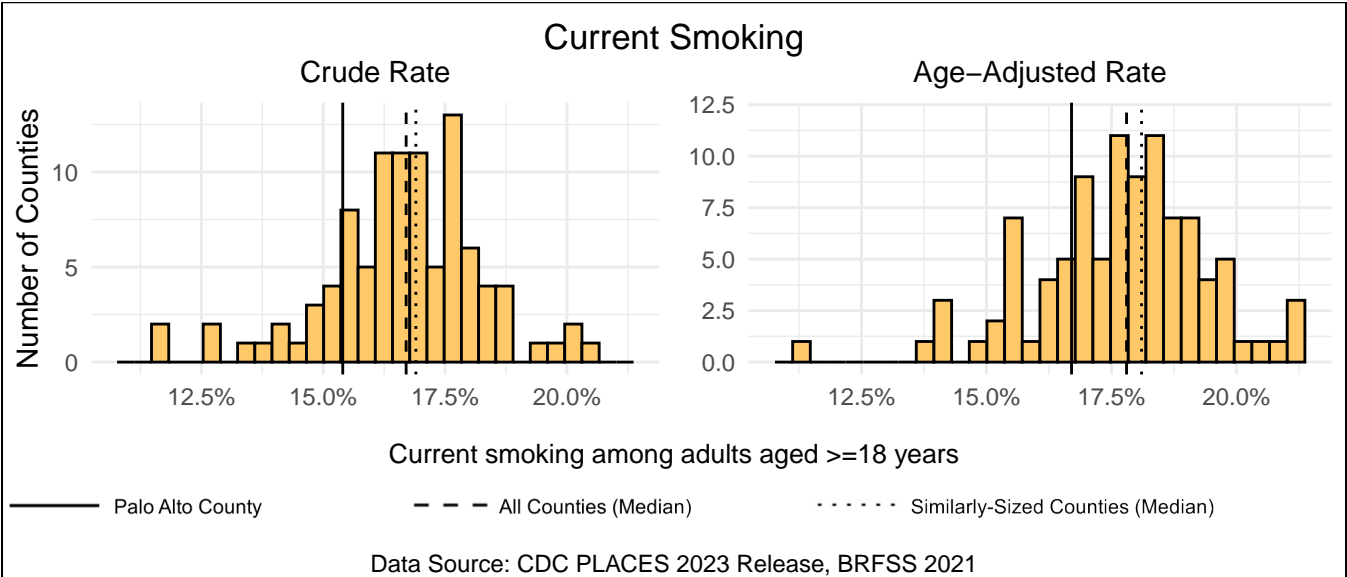
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	18.5%	18.5%	18.1%
Age-Adjusted	21.8%	21.3%	21.3%



# Current Smoking

Palo Alto County has a crude rate of 15.4% for current smoking among adults aged >=18 years, which ranks 17th out of 99 Iowa counties (5th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 16.7%, which ranks 23rd out of 99 Iowa counties (7th out of 63 similarly-sized counties).

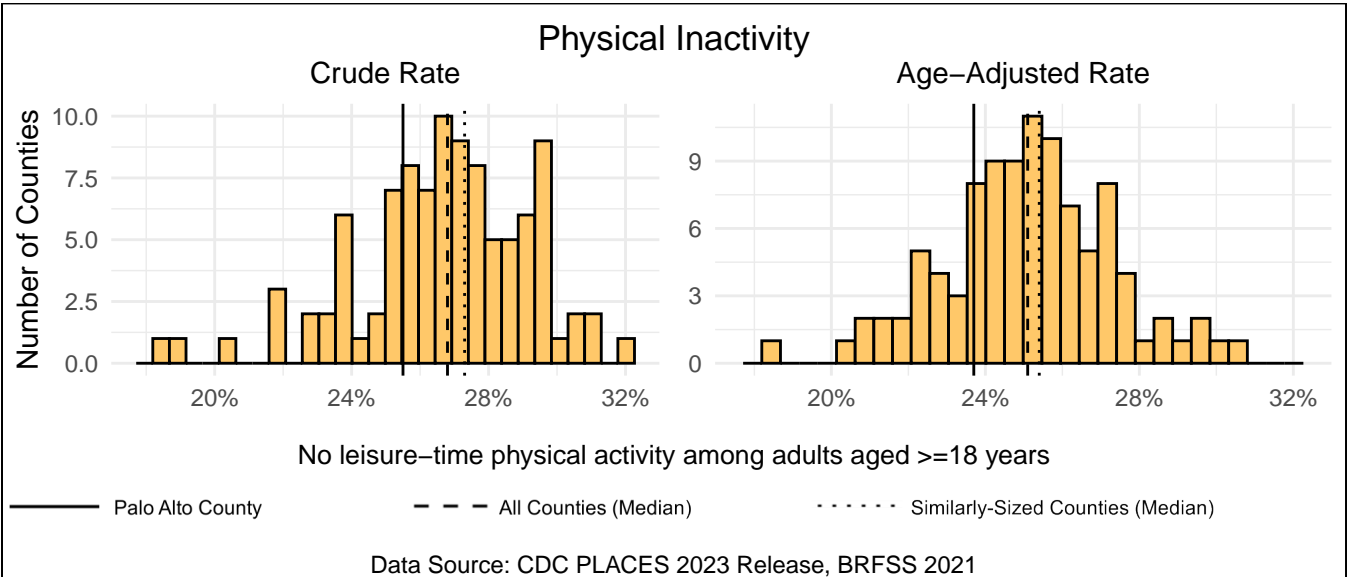
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	15.4%	16.7%	16.9%
Age-Adjusted	16.7%	17.8%	18.1%



# Physical Inactivity

Palo Alto County has a crude rate of 25.5% for no leisure-time physical activity among adults aged >=18 years, which ranks 27th out of 99 Iowa counties (10th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 23.7%, which ranks 24th out of 99 Iowa counties (9th out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	25.5%	26.8%	27.3%
Age-Adjusted	23.7%	25.1%	25.4%

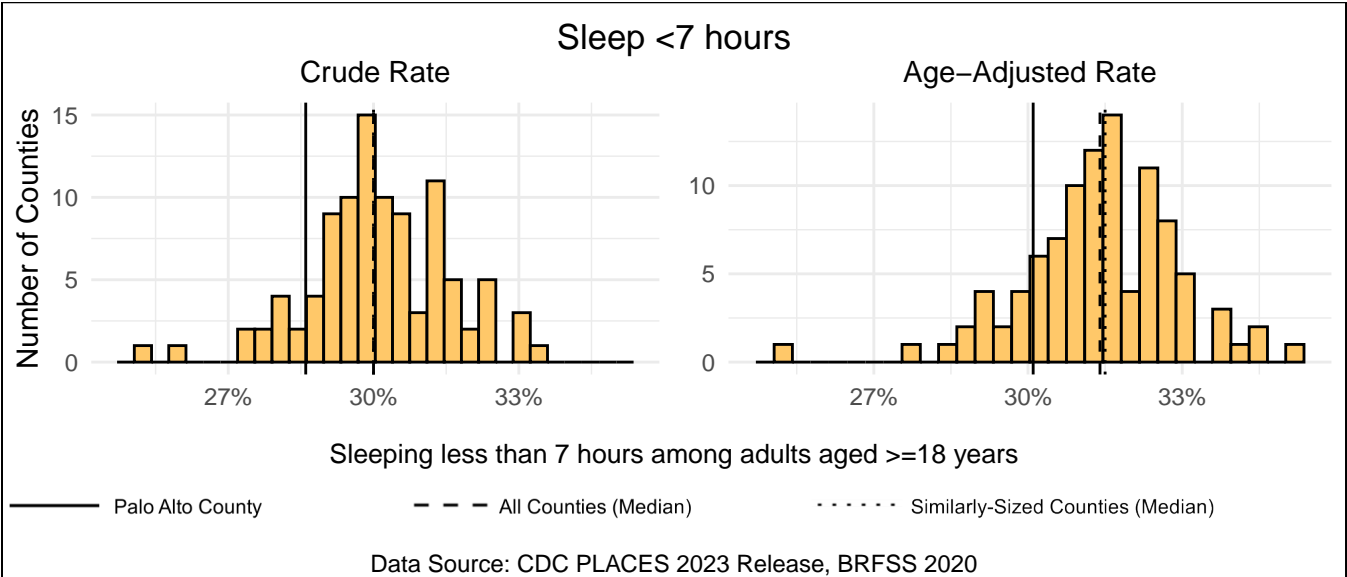




### Sleep <7 hours

Palo Alto County has a crude rate of 28.6% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 11th out of 99 Iowa counties (5th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 30.1%, which ranks 16th out of 99 Iowa counties (7th out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	28.6%	30.0%	30.0%
Age-Adjusted	30.1%	31.4%	31.5%



# Health Outcomes

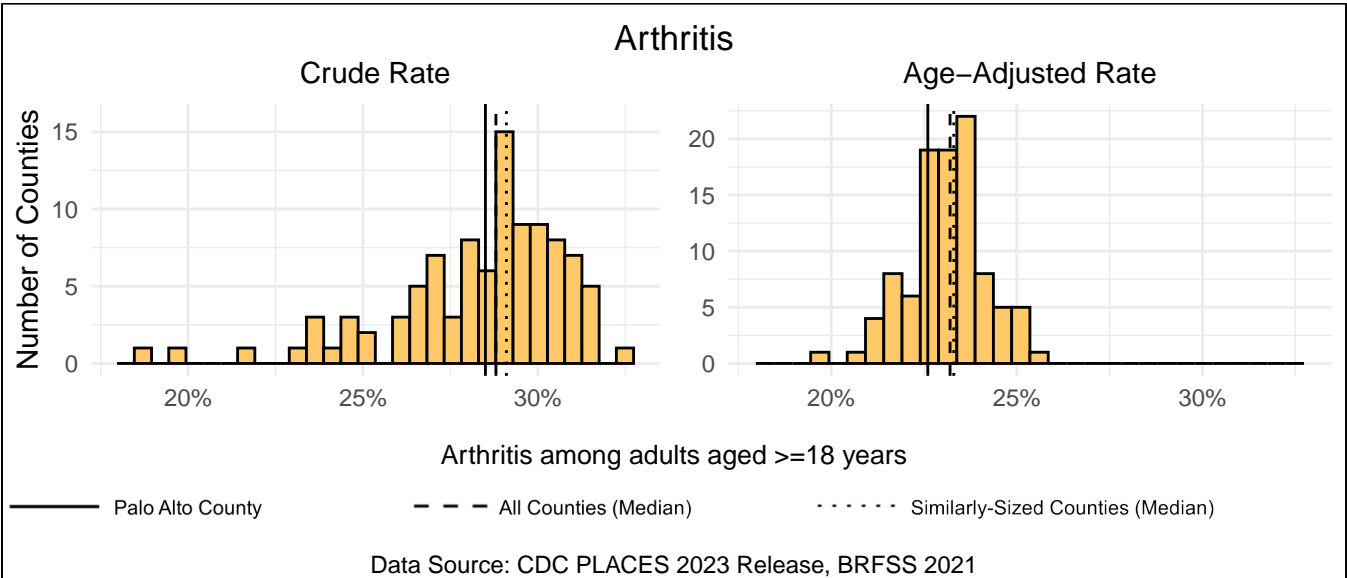
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Palo Alto County has a crude rate of 28.5% for arthritis among adults aged  $\geq 18$  years, which ranks 42nd out of 99 Iowa counties (18th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 22.6%, which ranks 27th out of 99 Iowa counties (12th out of 63 similarly-sized counties).

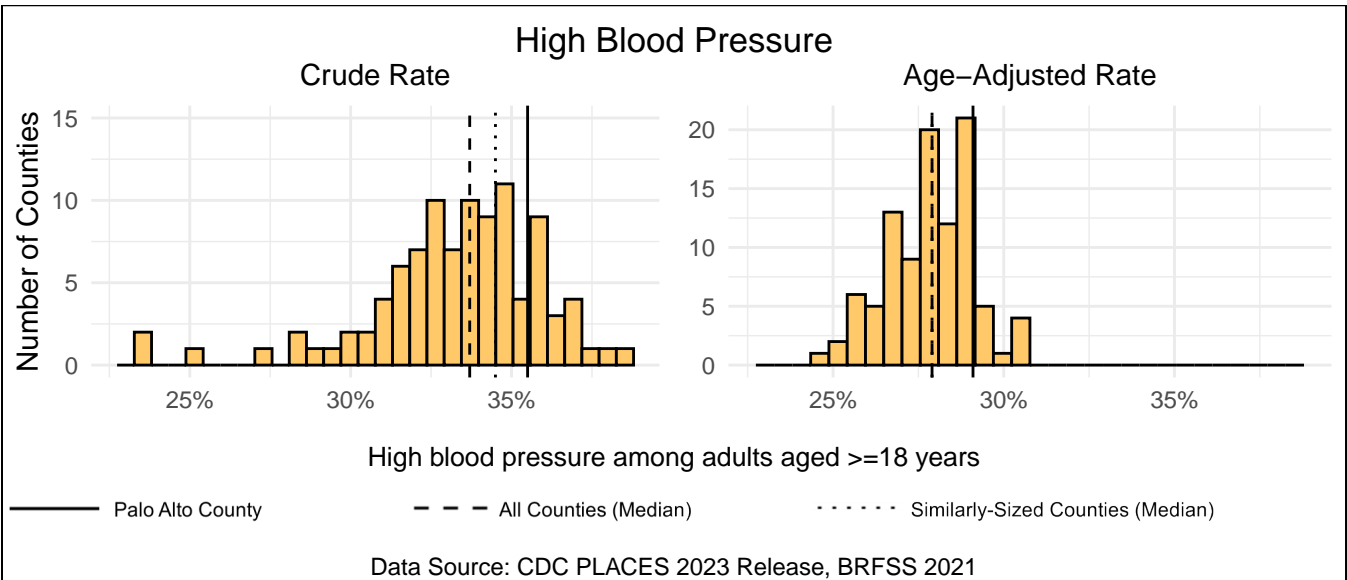
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	28.5%	28.8%	29.1%
Age-Adjusted	22.6%	23.2%	23.3%



# High Blood Pressure

Palo Alto County has a crude rate of 35.5% for high blood pressure among adults aged  $\geq 18$  years, which ranks 80th out of 99 Iowa counties (44th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 29.1%, which ranks 84th out of 99 Iowa counties (51st out of 63 similarly-sized counties).

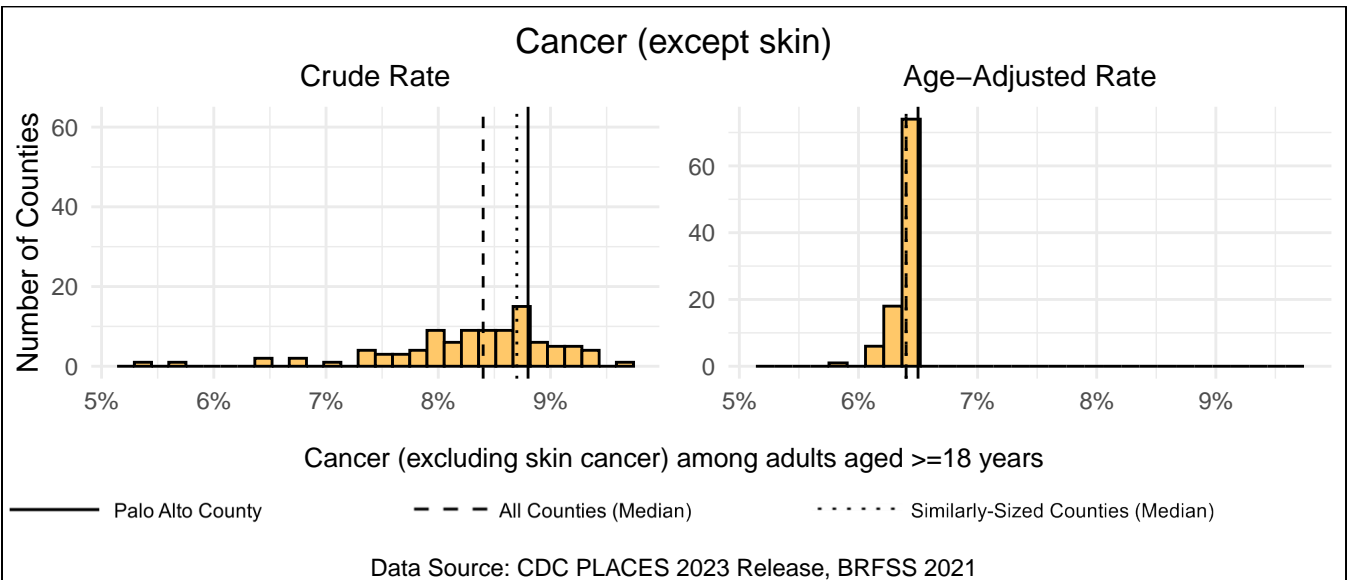
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	35.5%	33.7%	34.5%
Age-Adjusted	29.1%	27.9%	27.9%



# Cancer (except skin)

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

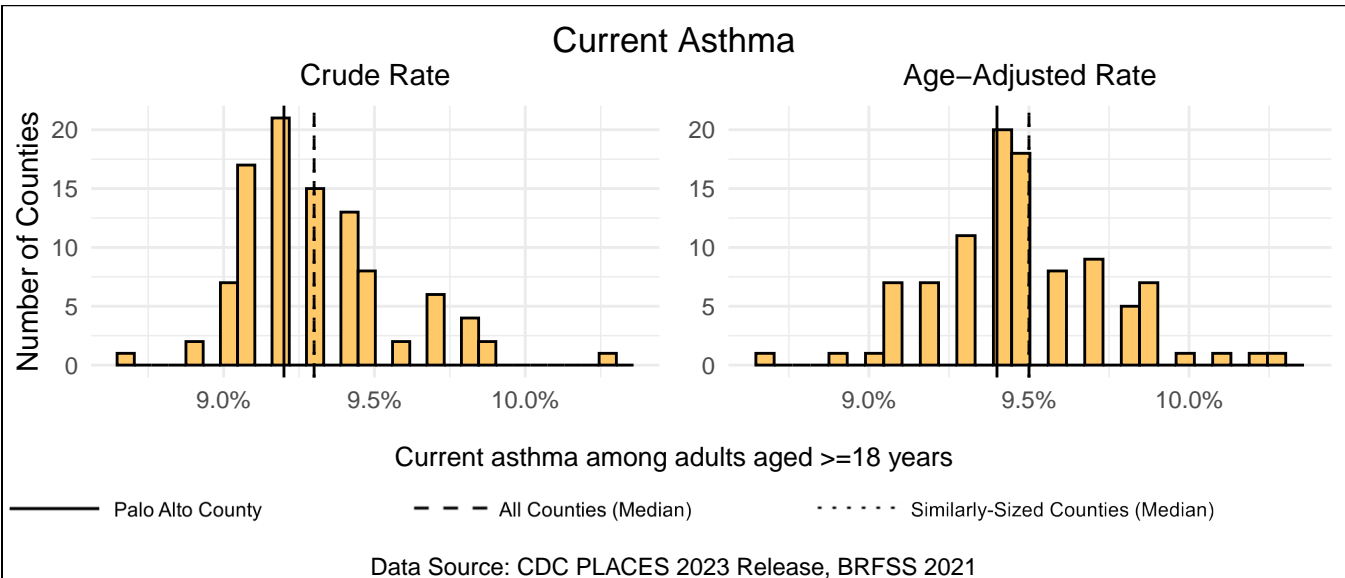
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	8.8%	8.4%	8.7%
Age-Adjusted	6.5%	6.4%	6.4%



## Current Asthma

Palo Alto County has a crude rate of 9.2% for current asthma among adults aged  $\geq 18$  years, which ranks 28th out of 99 Iowa counties (15th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 9.4%, which ranks 29th out of 99 Iowa counties (12th out of 63 similarly-sized counties).

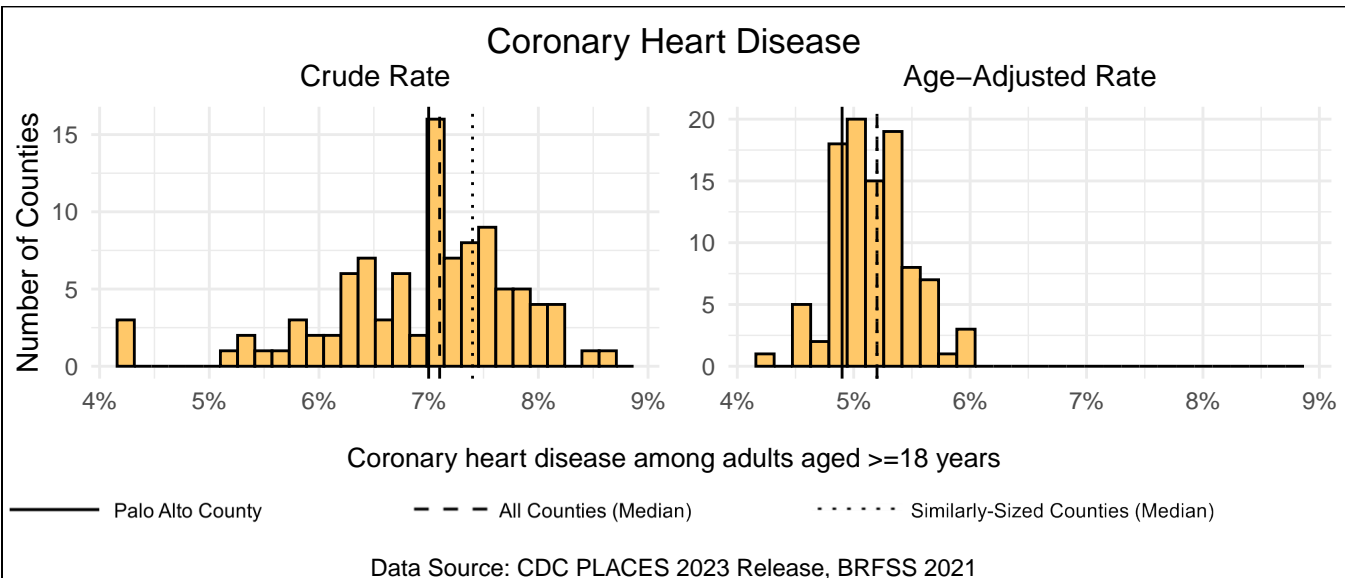
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.5%



## Coronary Heart Disease

Palo Alto County has a crude rate of 7.0% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 40th out of 99 Iowa counties (15th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 4.9%, which ranks 18th out of 99 Iowa counties (7th out of 63 similarly-sized counties).

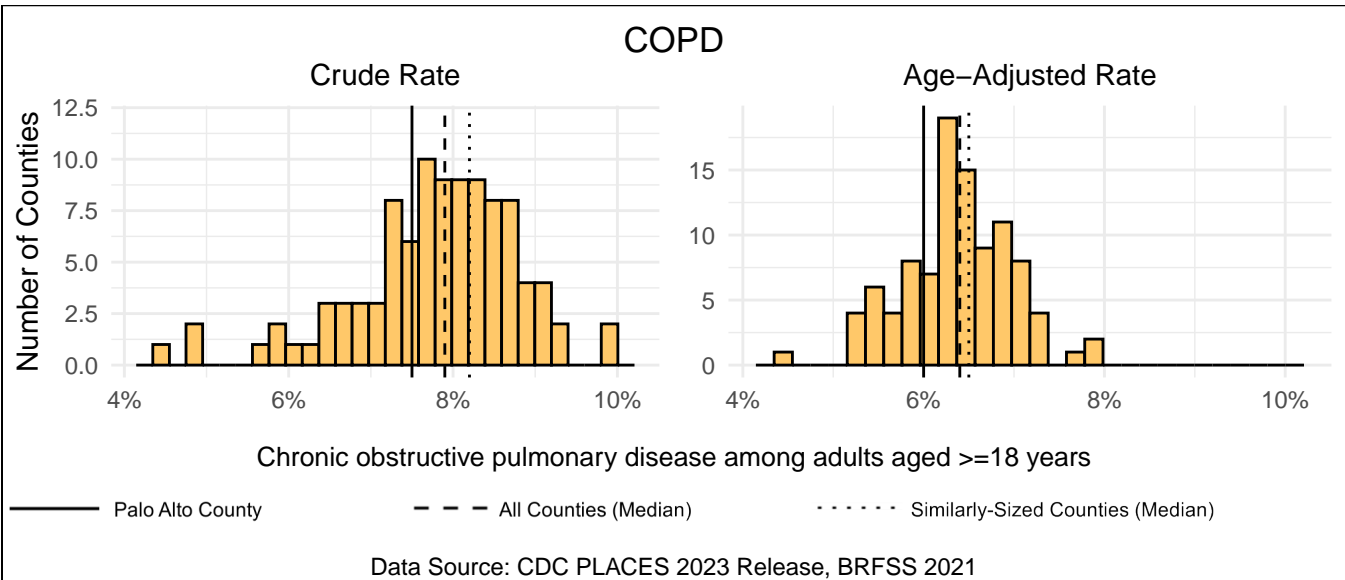
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	7.0%	7.1%	7.4%
Age-Adjusted	4.9%	5.2%	5.2%



## COPD

Palo Alto County has a crude rate of 7.5% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 32nd out of 99 Iowa counties (12th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 6.0%, which ranks 24th out of 99 Iowa counties (10th out of 63 similarly-sized counties).

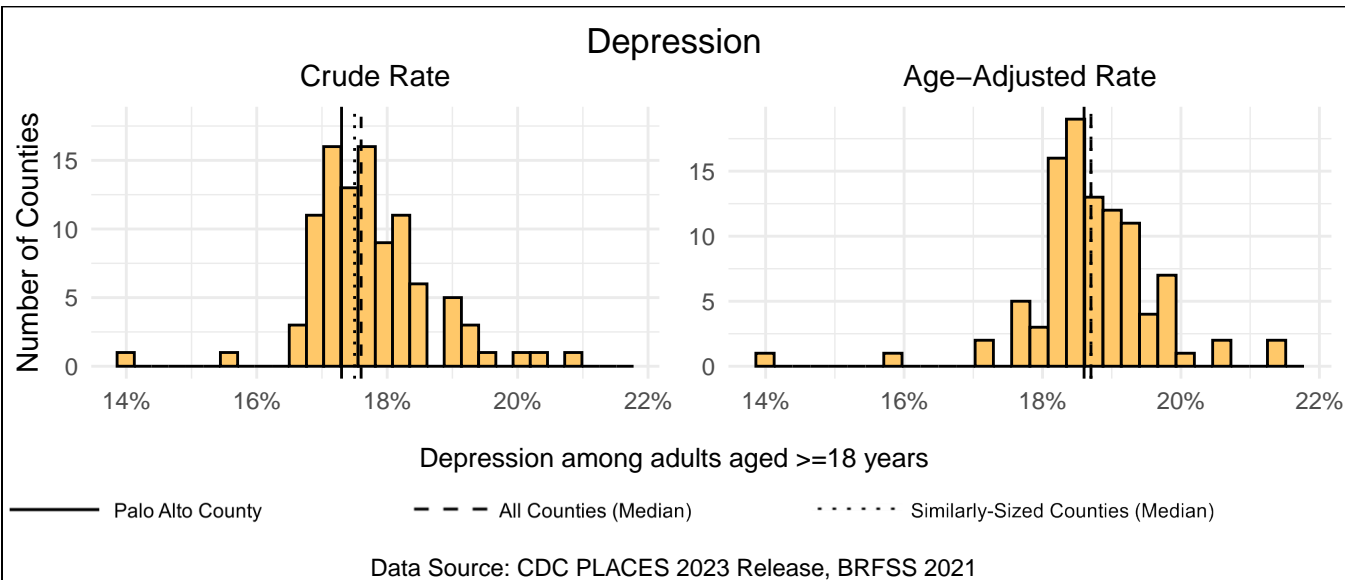
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	7.5%	7.9%	8.2%
Age-Adjusted	6.0%	6.4%	6.5%



## Depression

Palo Alto County has a crude rate of 17.3% for depression among adults aged  $\geq 18$  years, which ranks 33rd out of 99 Iowa counties (24th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 18.6%, which ranks 41st out of 99 Iowa counties (27th out of 63 similarly-sized counties).

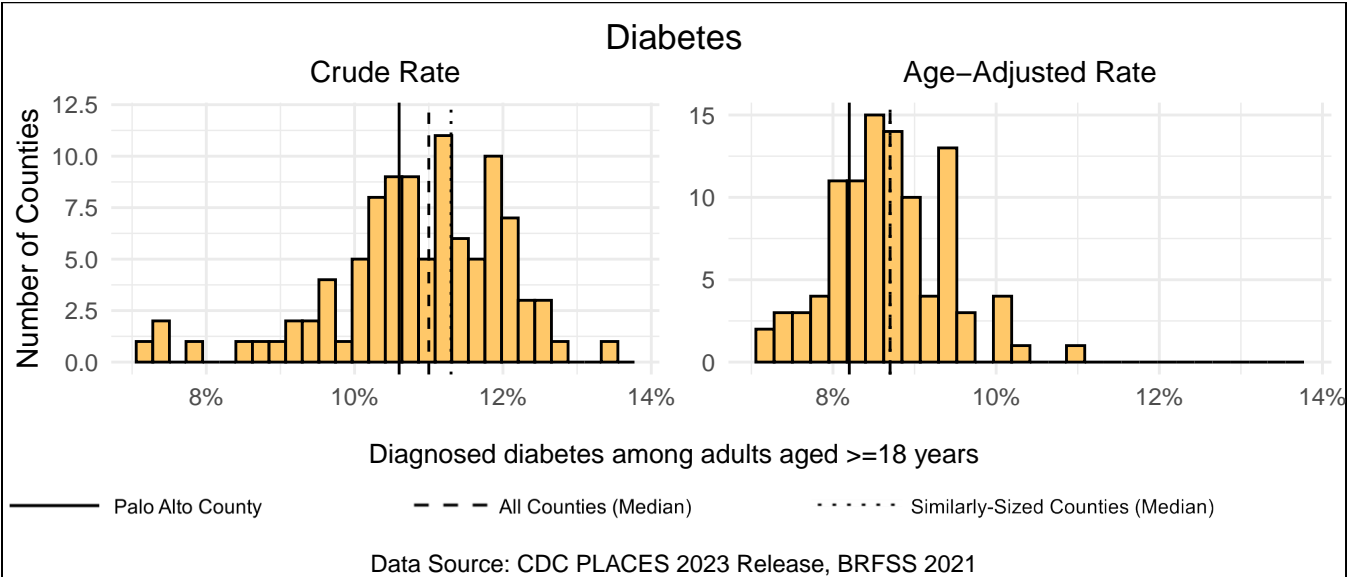
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	17.3%	17.6%	17.5%
Age-Adjusted	18.6%	18.7%	18.7%



# Diabetes

Palo Alto County has a crude rate of 10.6% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 32nd out of 99 Iowa counties (14th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 8.2%, which ranks 24th out of 99 Iowa counties (13th out of 63 similarly-sized counties).

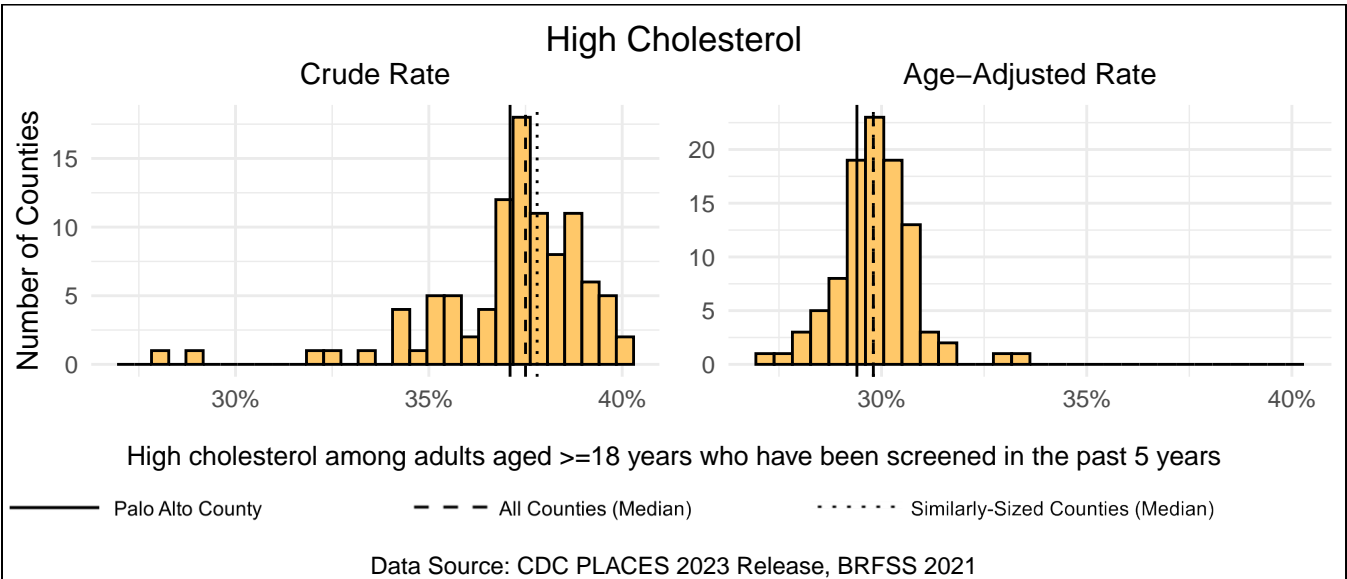
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	10.6%	11.0%	11.3%
Age-Adjusted	8.2%	8.7%	8.7%



# High Cholesterol

Palo Alto County has a crude rate of 37.1% for high cholesterol among adults aged  $\geq 18$  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 Palo Alto County is 29.4%, which ranks 22nd out of 99 Iowa counties (12th out of 63 similarly-sized counties).

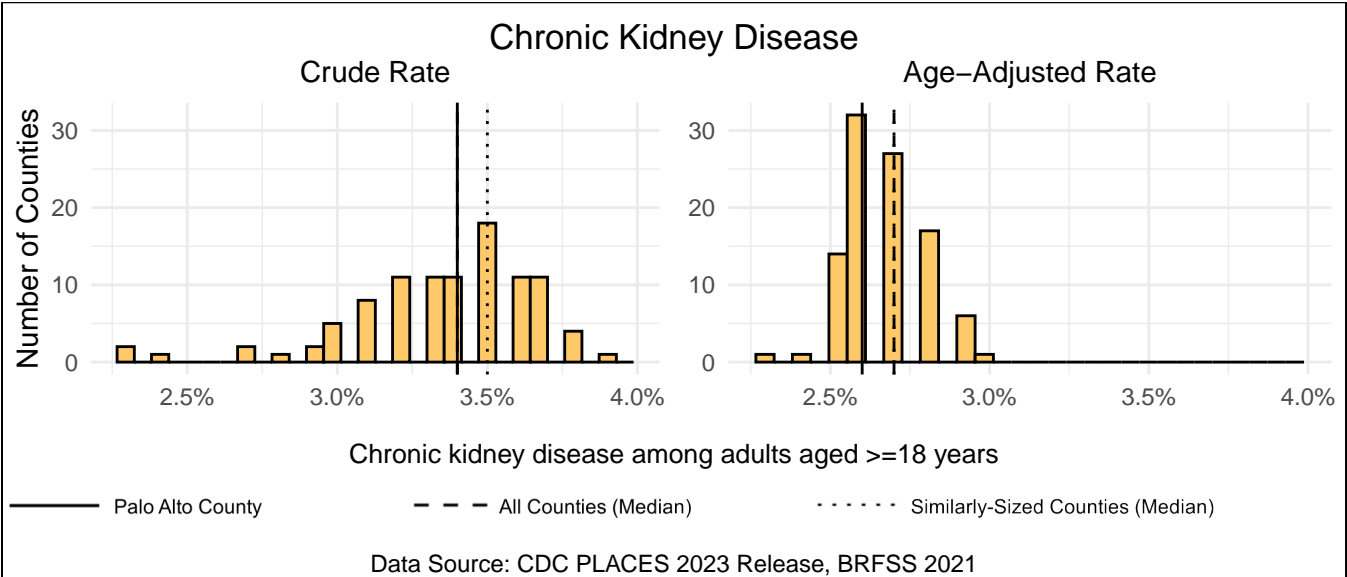
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	37.1%	37.5%	37.8%
Age-Adjusted	29.4%	29.8%	29.8%



# Chronic Kidney Disease

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

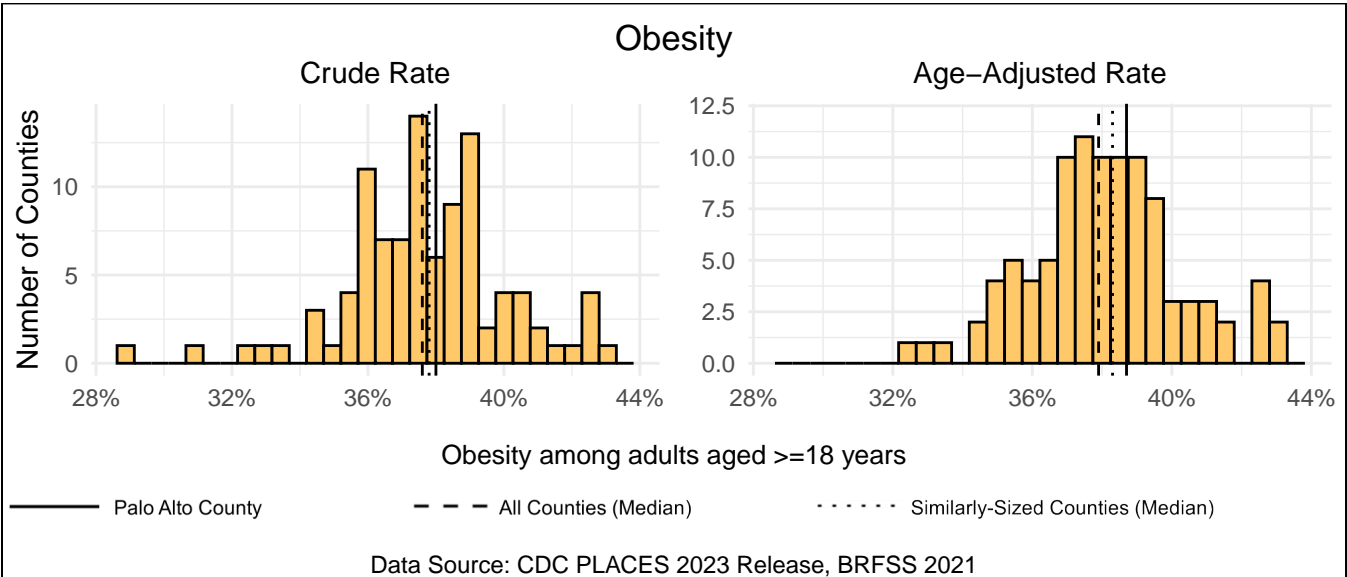
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	3.4%	3.4%	3.5%
Age-Adjusted	2.6%	2.7%	2.7%



# Obesity

Palo Alto County has a crude rate of 38.0% for obesity among adults aged  $\geq 18$  years, which ranks 55th out of 99 Iowa counties (33rd out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 38.7%, which ranks 64th out of 99 Iowa counties (34th out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	38.0%	37.6%	37.8%
Age-Adjusted	38.7%	37.9%	38.3%

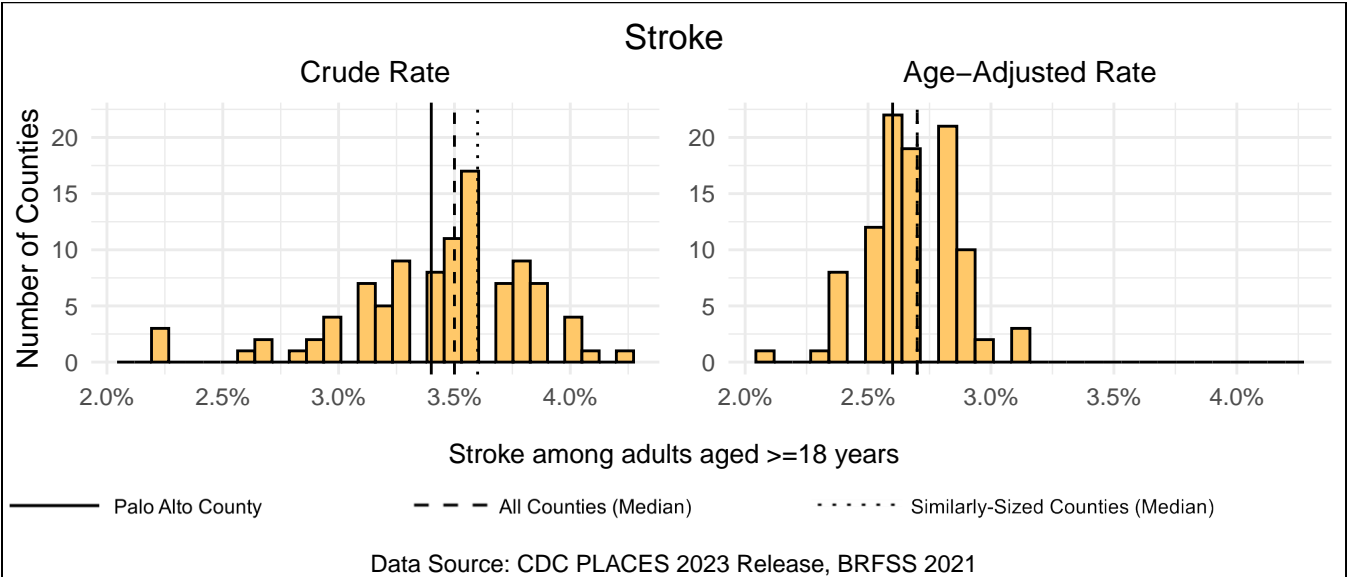




# Stroke

Palo Alto County has a crude rate of 3.4% for stroke among adults aged >=18 years, which ranks 35th out of 99 Iowa counties (13th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 2.6%, which ranks 23rd out of 99 Iowa counties (10th out of 63 similarly-sized counties).

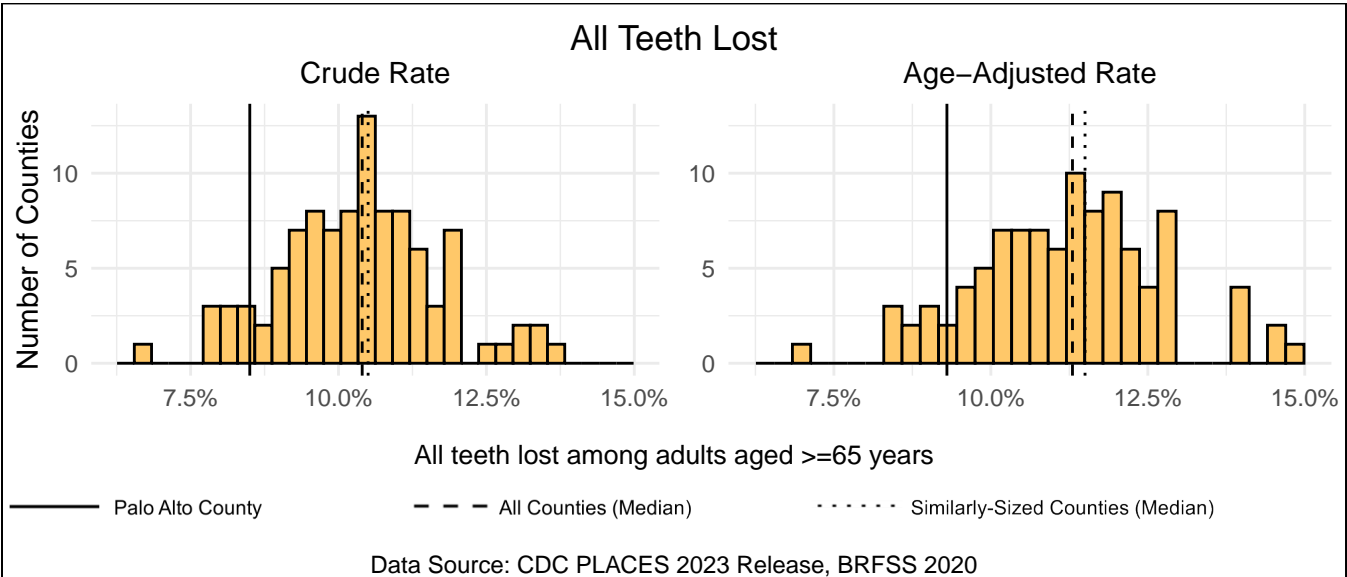
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	3.4%	3.5%	3.6%
Age-Adjusted	2.6%	2.7%	2.7%



# All Teeth Lost

Palo Alto County has a crude rate of 8.5% for all teeth lost among adults aged >=65 years, which ranks 9th out of 99 Iowa counties (2nd out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 9.3%, which ranks 10th out of 99 Iowa counties (2nd out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	8.5%	10.4%	10.5%
Age-Adjusted	9.3%	11.3%	11.5%



# Prevention

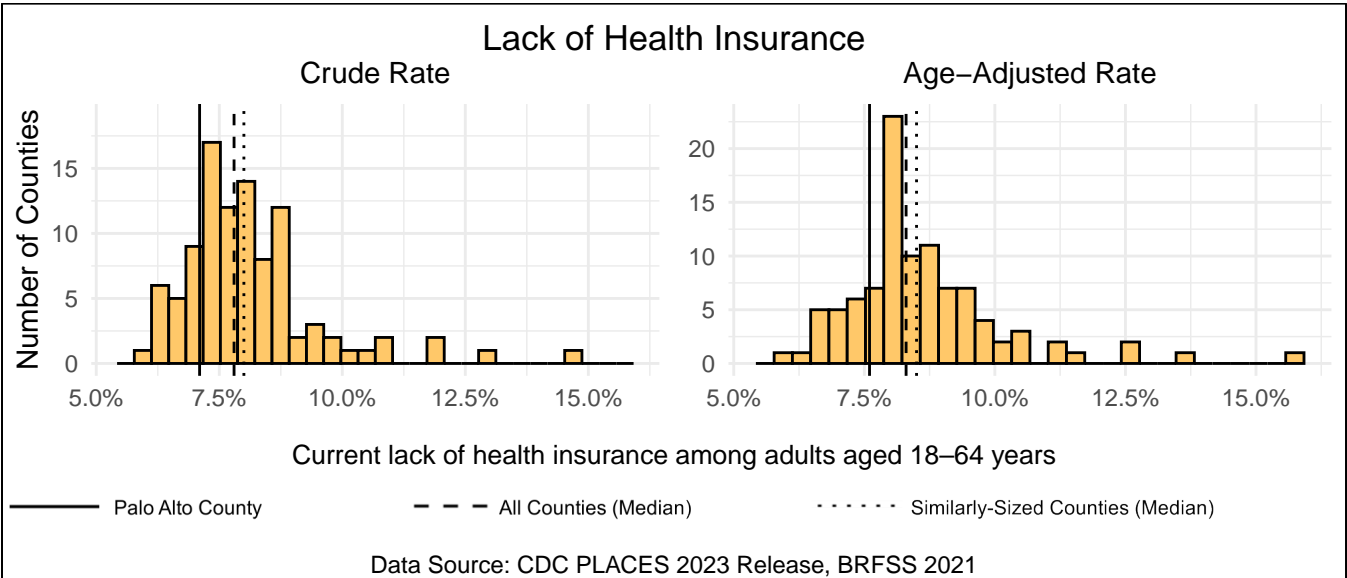
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county’s prevention measures, including preventive screenings and doctor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

Palo Alto County has a crude rate of 7.1% for current lack of health insurance among adults aged 18–64 years, which ranks 17th out of 99 Iowa counties (5th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 7.6%, which ranks 19th out of 99 Iowa counties (6th out of 63 similarly-sized counties).

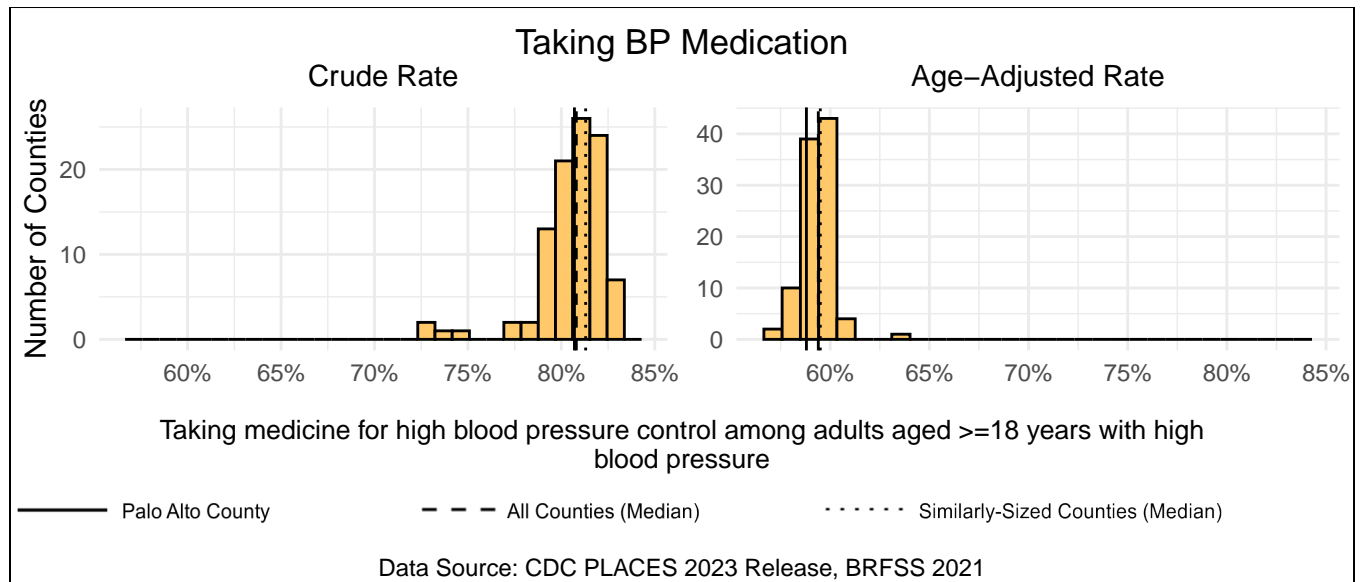
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	7.1%	7.8%	8.0%
Age-Adjusted	7.6%	8.3%	8.5%



## Taking BP Medication

Palo Alto County has a crude rate of 80.7% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 52nd out of 99 Iowa counties (44th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 58.8%, which ranks 75th out of 99 Iowa counties (53rd out of 63 similarly-sized counties).

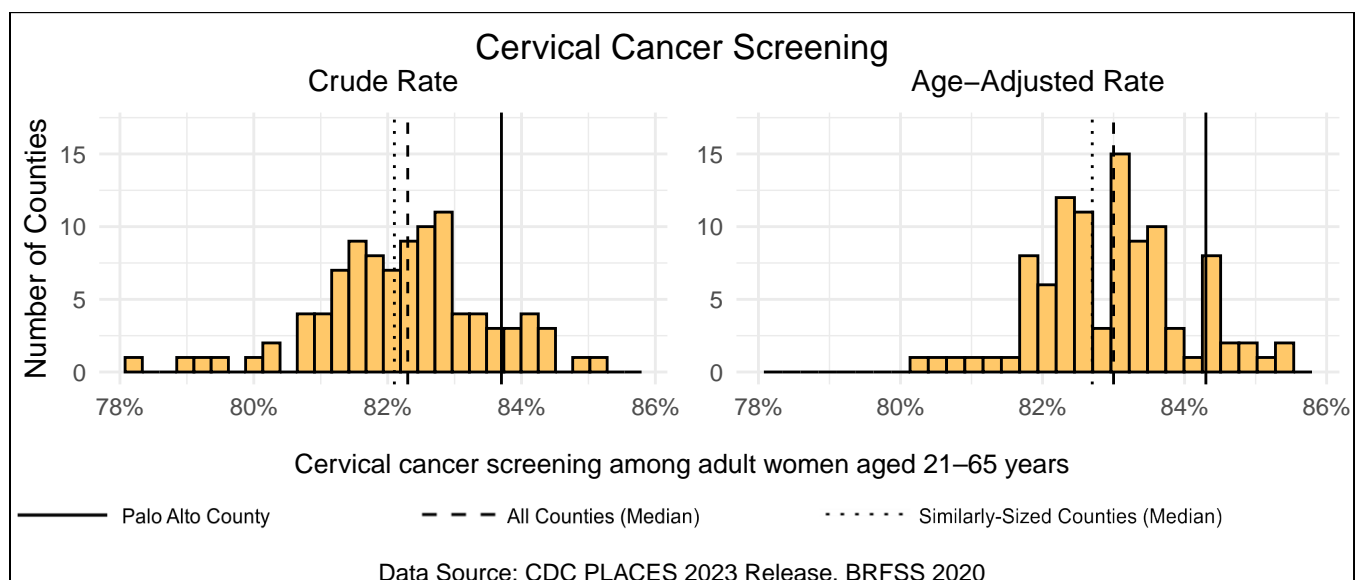
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	80.7%	80.8%	81.3%
Age-Adjusted	58.8%	59.4%	59.5%



## Cervical Cancer Screening

Palo Alto County has a crude rate of 83.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 13th out of 99 Iowa counties (3rd out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 84.3%, which ranks 14th out of 99 Iowa counties (3rd out of 63 similarly-sized counties).

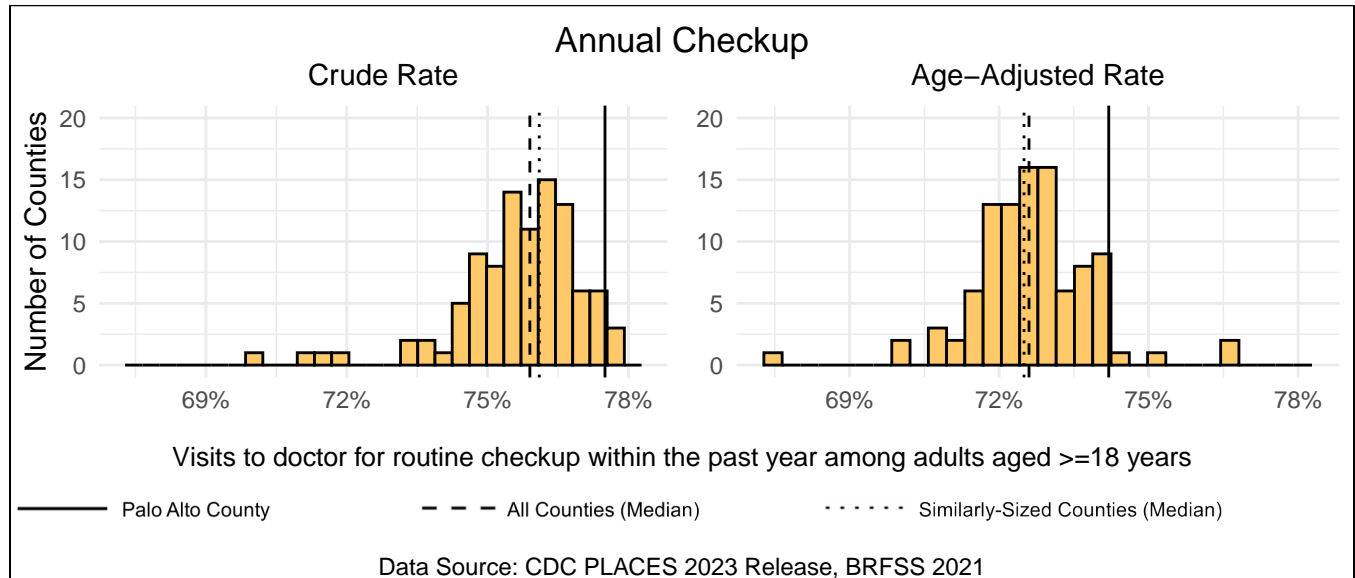
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	83.7%	82.3%	82.1%
Age-Adjusted	84.3%	83.0%	82.7%



## Annual Checkup

Palo Alto County has a crude rate of 77.5% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 4th out of 99 Iowa counties (3rd out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 74.2%, which ranks 5th out of 99 Iowa counties (1st out of 63 similarly-sized counties).

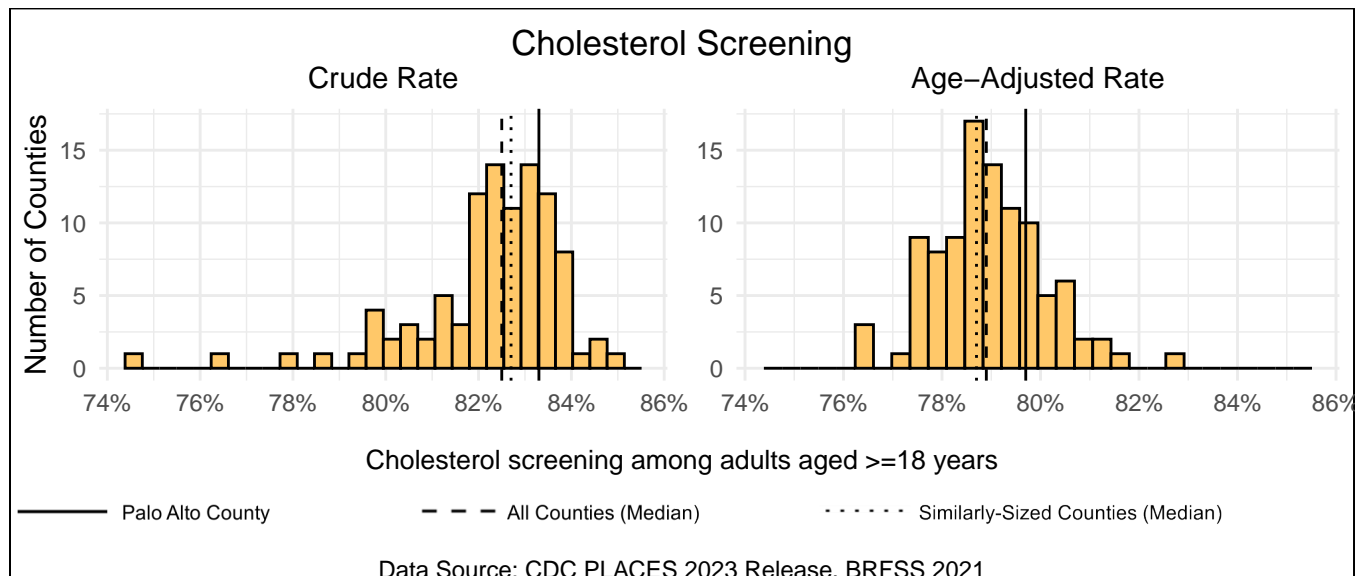
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	77.5%	75.9%	76.1%
Age-Adjusted	74.2%	72.6%	72.5%



## Cholesterol Screening

Palo Alto County has a crude rate of 83.3% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 20th out of 99 Iowa counties (15th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 79.7%, which ranks 21st out of 99 Iowa counties (6th out of 63 similarly-sized counties).

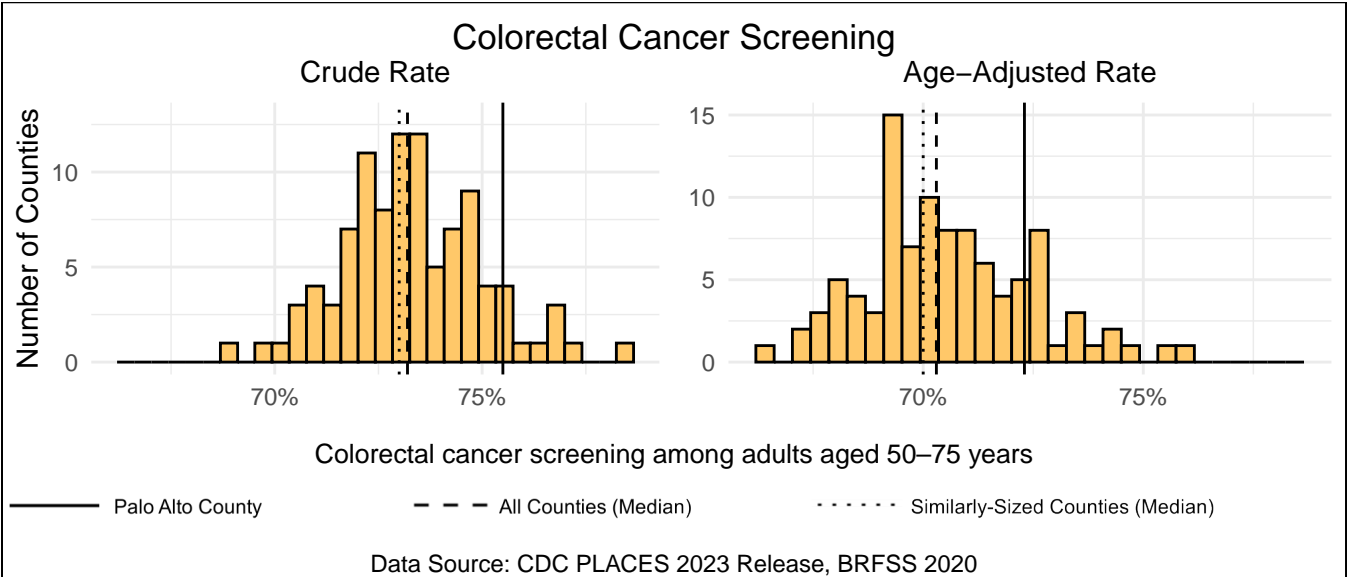
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	83.3%	82.5%	82.7%
Age-Adjusted	79.7%	78.9%	78.7%



## Colorectal Cancer Screening

Palo Alto County has a crude rate of 75.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 11th out of 99 Iowa counties (4th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 72.3%, which ranks 20th out of 99 Iowa counties (6th out of 63 similarly-sized counties).

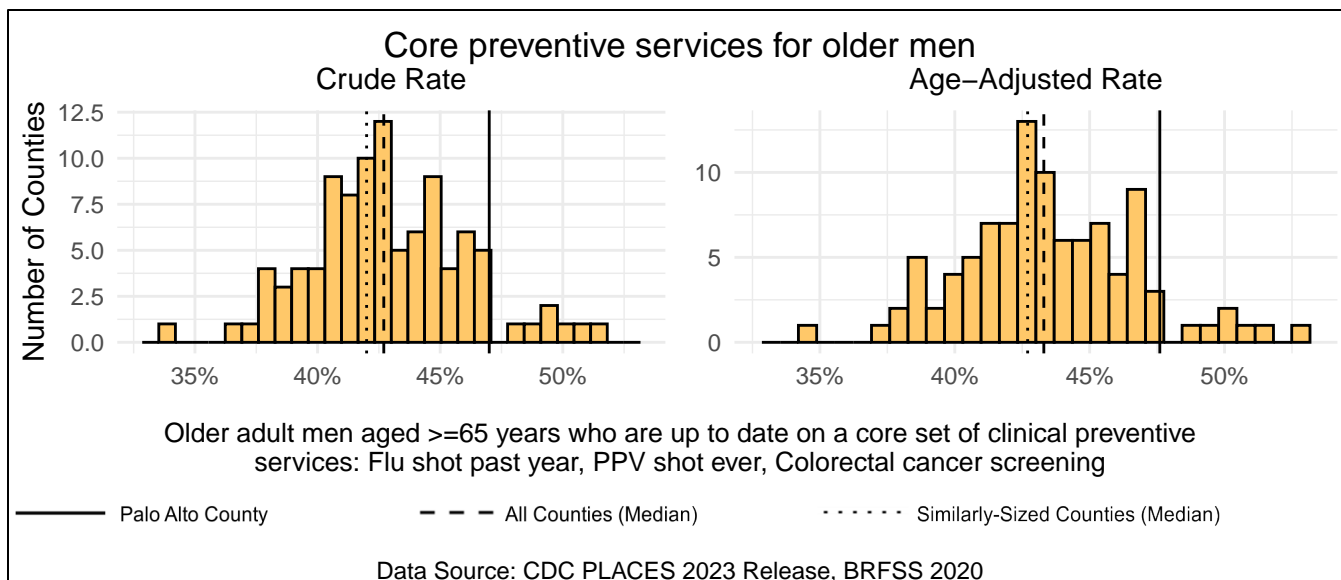
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	75.5%	73.2%	73.0%
Age-Adjusted	72.3%	70.3%	70.0%



## Core preventive services for older men

Palo Alto County has a crude rate of 47.0% for older adult men aged  $\geq 65$  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 8th out of 99 Iowa counties (2nd out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 47.6%, which ranks 8th out of 99 Iowa counties (2nd out of 63 similarly-sized counties).

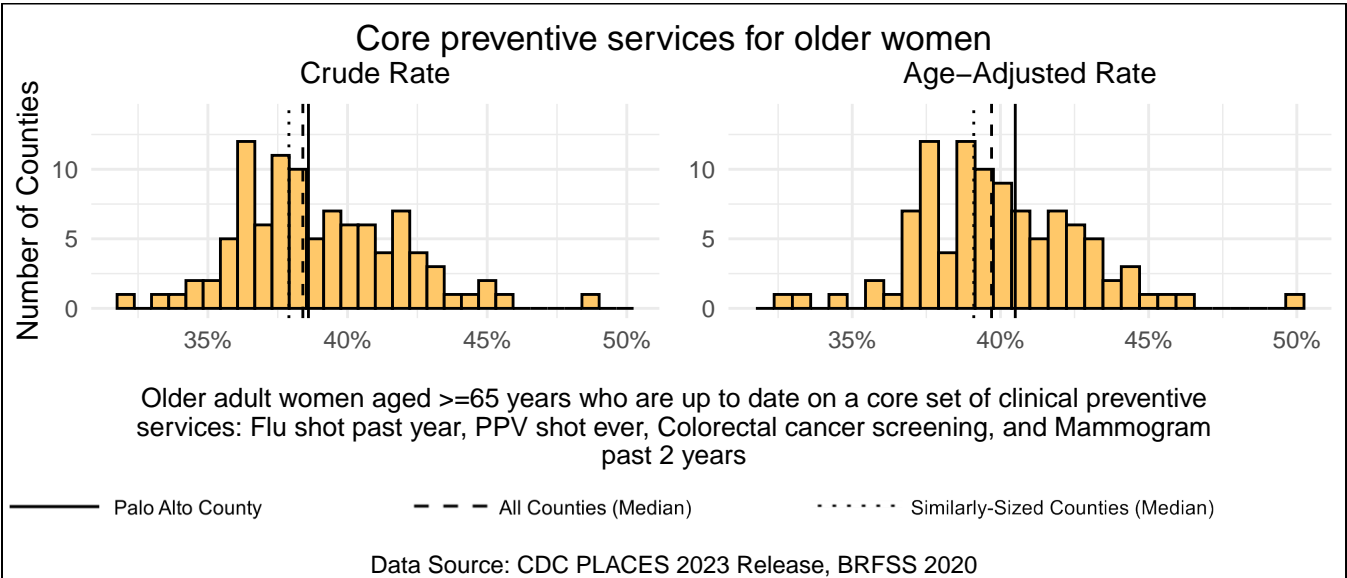
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	47.0%	42.7%	42.0%
Age-Adjusted	47.6%	43.3%	42.7%



### Core preventive services for older women

Palo Alto County has a crude rate of 38.6% for older adult women aged  $\geq 65$  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 48th out of 99 Iowa counties (21st out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 40.5%, which ranks 39th out of 99 Iowa counties (17th out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	38.6%	38.4%	37.9%
Age-Adjusted	40.5%	39.7%	39.1%

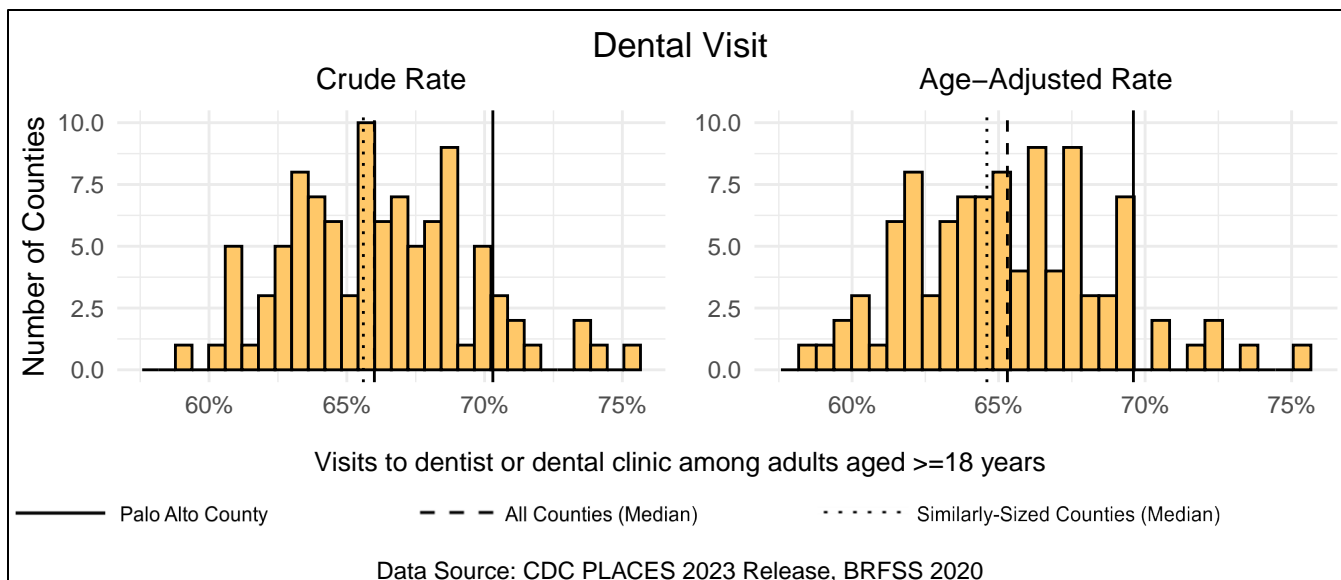


### Dental Visit

Palo Alto County has a crude rate of 70.3% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 10th out of 99 Iowa counties (4th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 69.6%, which ranks 8th out of 99 Iowa counties (3rd out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	70.3%	66.0%	65.6%
Age-Adjusted	69.6%	65.3%	64.6%

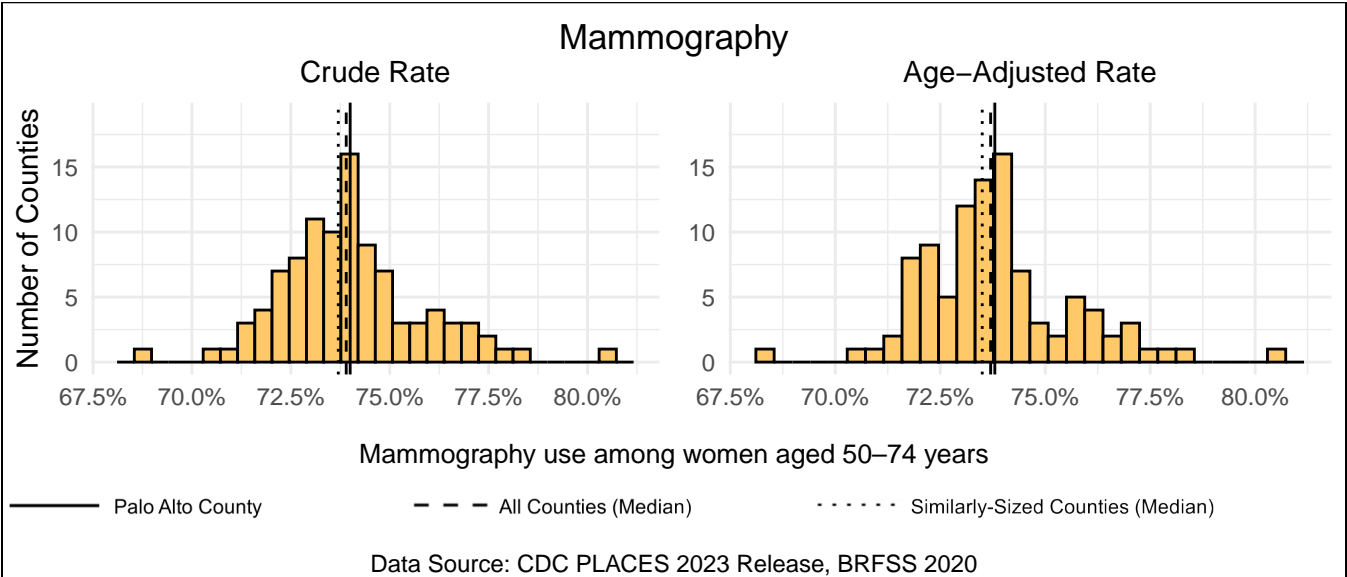




## Mammography

Palo Alto County has a crude rate of 74.0% for mammography use among women aged 50–74 years, which ranks 45th out of 99 Iowa counties (24th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 73.8%, which ranks 40th out of 99 Iowa counties (19th out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	74.0%	73.9%	73.7%
Age-Adjusted	73.8%	73.7%	73.5%



# Disability

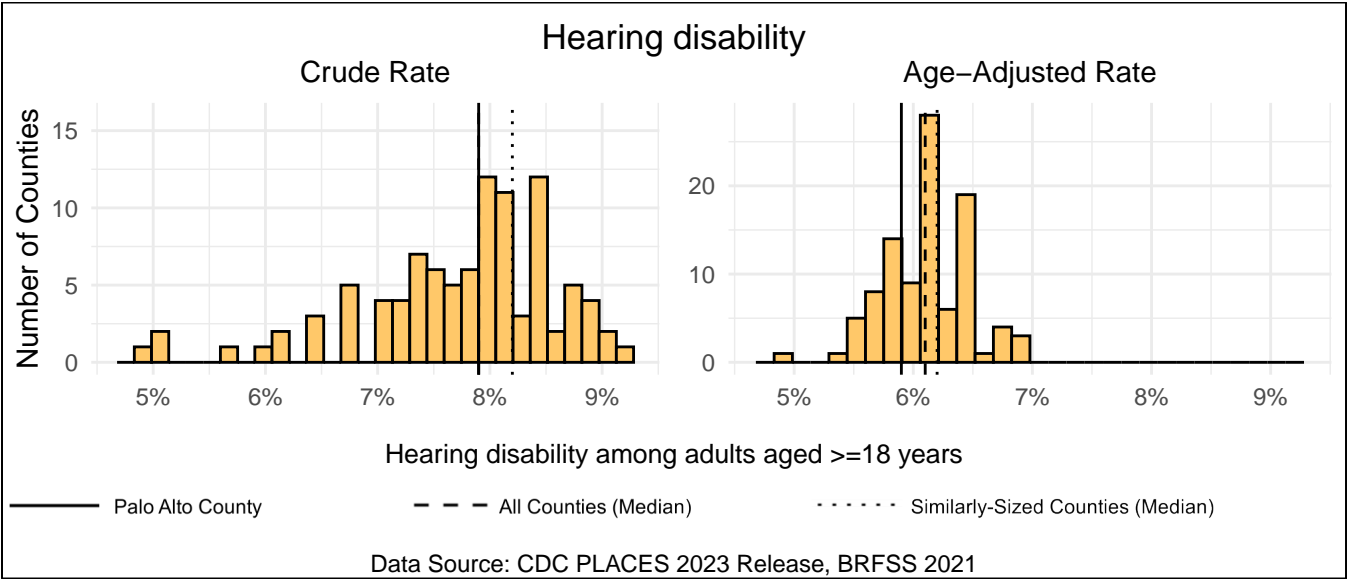
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Palo Alto County has a crude rate of 7.9% for hearing disability among adults aged  $\geq 18$  years, which ranks 48th out of 99 Iowa counties (17th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 5.9%, which ranks 24th out of 99 Iowa counties (10th out of 63 similarly-sized counties).

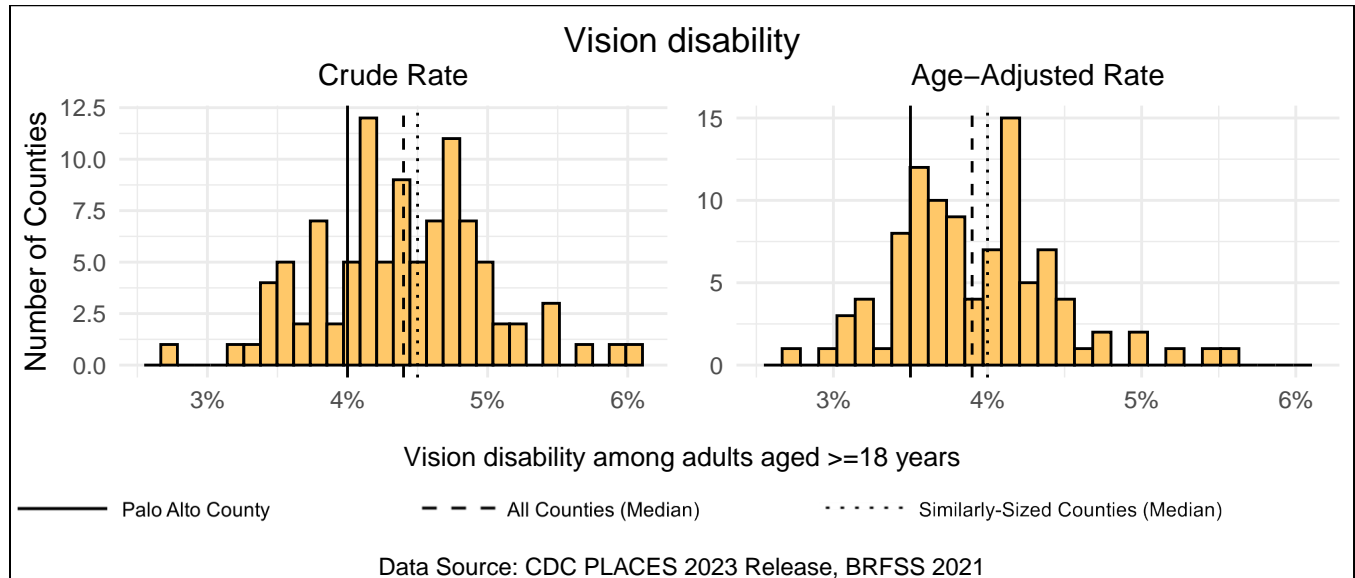
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	7.9%	7.9%	8.2%
Age-Adjusted	5.9%	6.1%	6.2%



## Vision disability

Palo Alto County has a crude rate of 4.0% for vision disability among adults aged  $\geq 18$  years, which ranks 24th out of 99 Iowa counties (9th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 3.5%, which ranks 19th out of 99 Iowa counties (9th out of 63 similarly-sized counties).

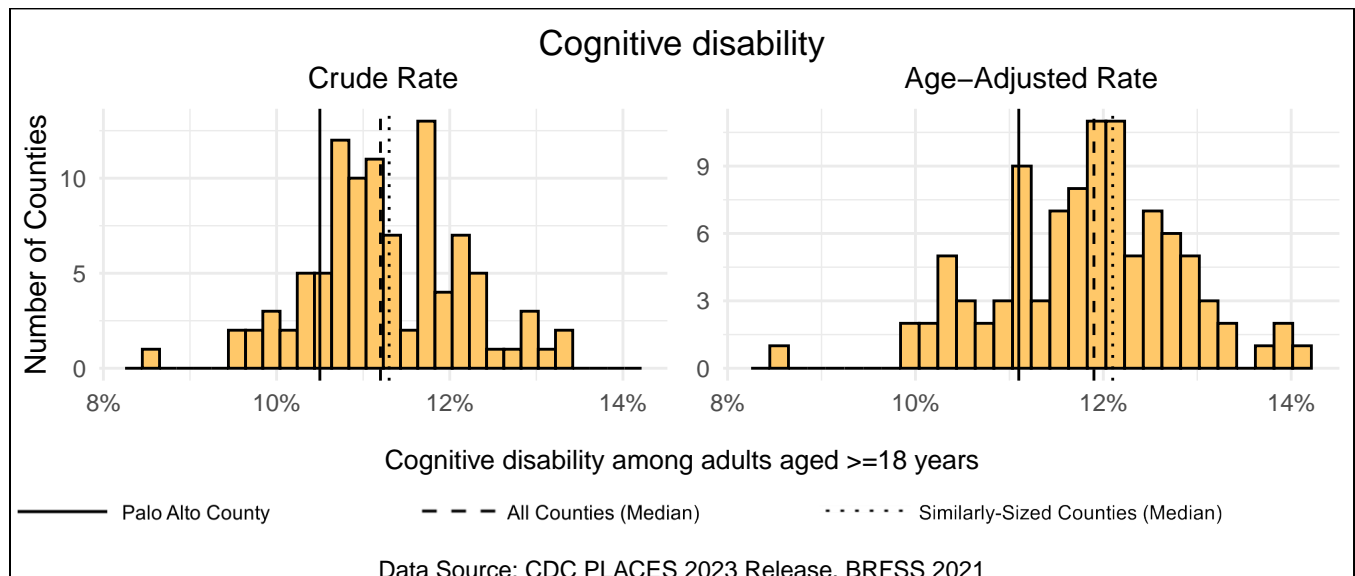
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	4.0%	4.4%	4.5%
Age-Adjusted	3.5%	3.9%	4.0%



## Cognitive disability

Palo Alto County has a crude rate of 10.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 16th out of 99 Iowa counties (7th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 11.1%, which ranks 19th out of 99 Iowa counties (6th out of 63 similarly-sized counties).

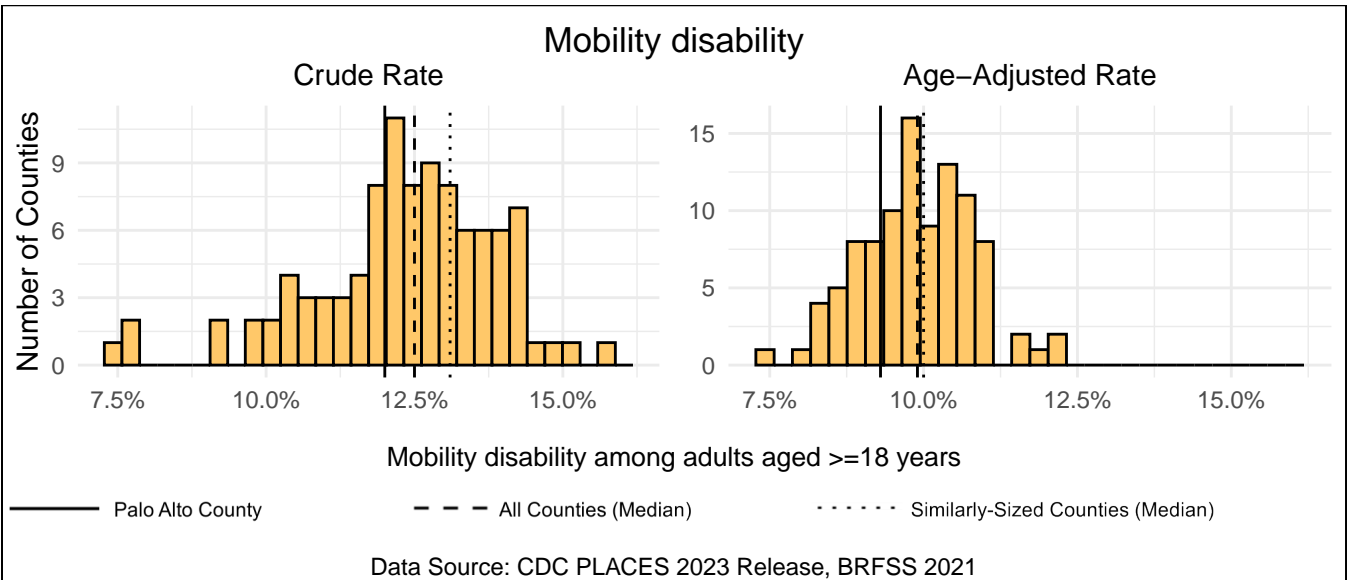
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	10.5%	11.2%	11.3%
Age-Adjusted	11.1%	11.9%	12.1%



# Mobility disability

Palo Alto County has a crude rate of 12.0% for mobility disability among adults aged  $\geq 18$  years, which ranks 32nd out of 99 Iowa counties (13th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 9.3%, which ranks 24th out of 99 Iowa counties (10th out of 63 similarly-sized counties).

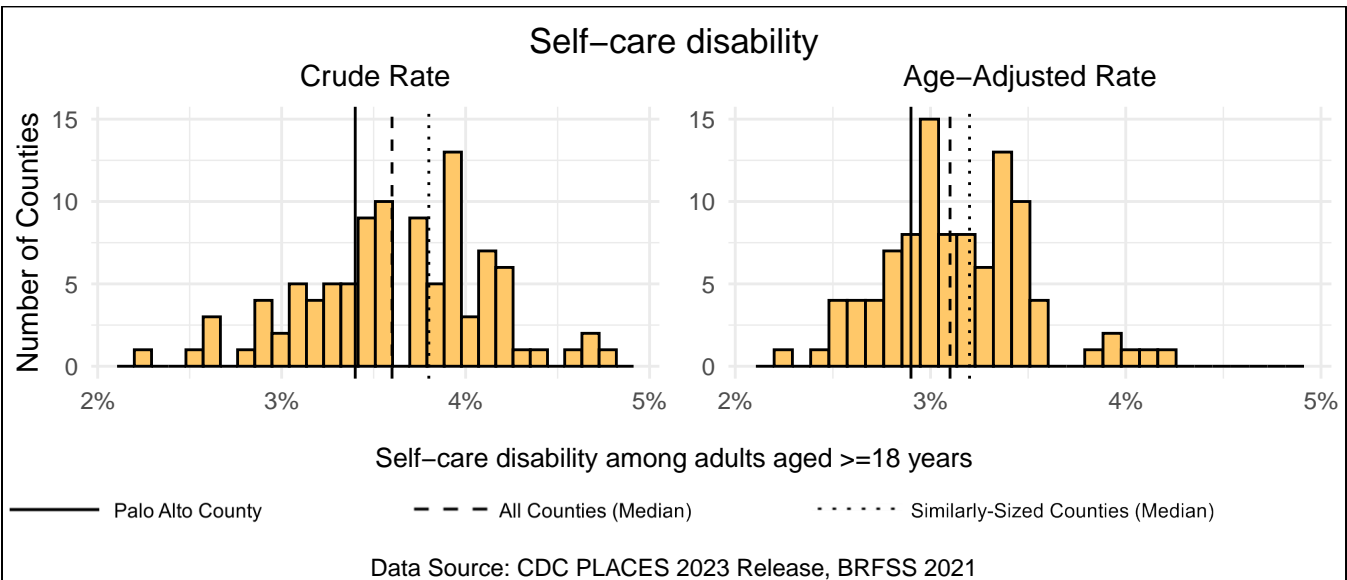
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	12.0%	12.5%	13.1%
Age-Adjusted	9.3%	9.9%	10.0%



# Self-care disability

Palo Alto County has a crude rate of 3.4% for self-care disability among adults aged  $\geq 18$  years, which ranks 27th out of 99 Iowa counties (12th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 2.9%, which ranks 22nd out of 99 Iowa counties (10th out of 63 similarly-sized counties).

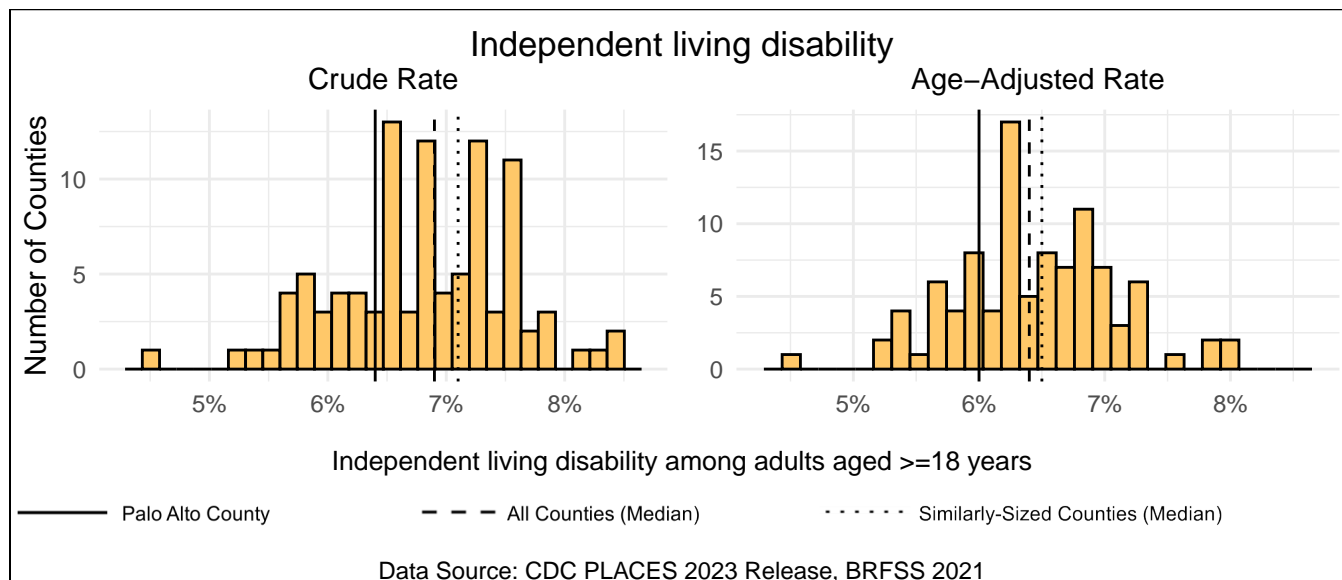
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	3.4%	3.6%	3.8%
Age-Adjusted	2.9%	3.1%	3.2%



## Independent living disability

Palo Alto County has a crude rate of 6.4% for independent living disability among adults aged  $\geq 18$  years, which ranks 25th out of 99 Iowa counties (10th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 6.0%, which ranks 24th out of 99 Iowa counties (10th out of 63 similarly-sized counties).

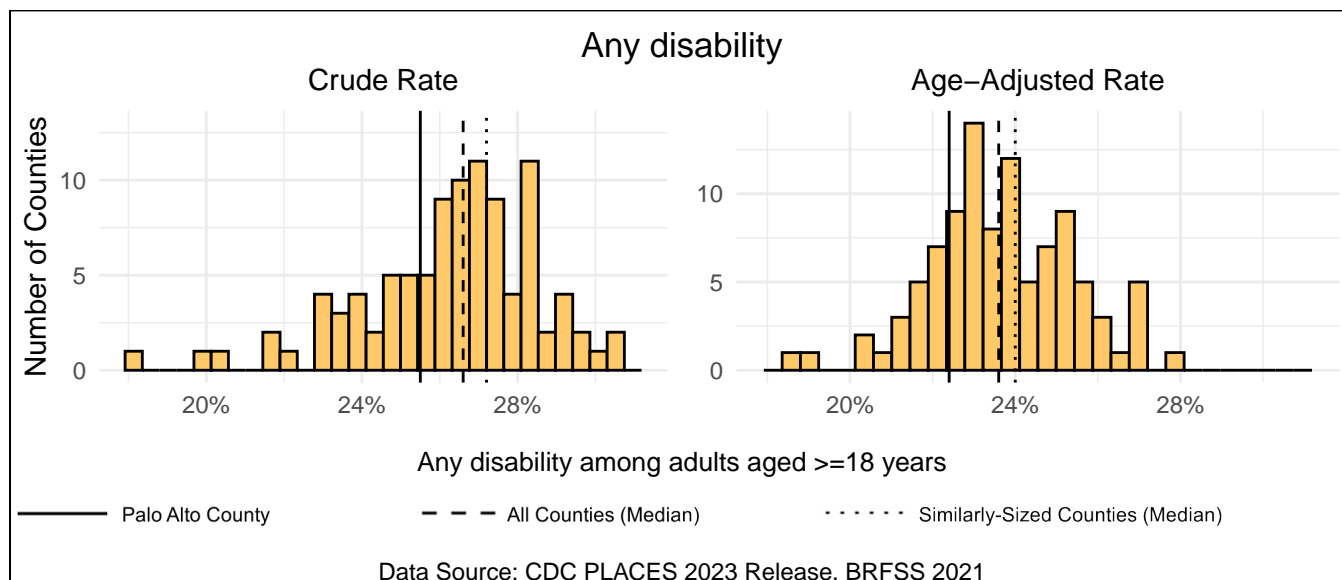
Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	6.4%	6.9%	7.1%
Age-Adjusted	6.0%	6.4%	6.5%



## Any disability

Palo Alto County has a crude rate of 25.5% for any disability among adults aged  $\geq 18$  years, which ranks 30th out of 99 Iowa counties (12th out of 63 similarly-sized counties). The age-adjusted rate for Palo Alto County is 22.4%, which ranks 21st out of 99 Iowa counties (8th out of 63 similarly-sized counties).

Measure Type	Palo Alto County	All Counties	Similarly-Sized Counties
Crude	25.5%	26.6%	27.2%
Age-Adjusted	22.4%	23.6%	24.0%



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## 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: Palo Alto 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	26	14.0% (11.6% - 16.7%)	24	12.4% (10.3% - 14.7%)
Health Status	Physical Health	25	10.5% (8.9% - 12.4%)	25	9.4% (7.9% - 11.0%)
Health Status	Mental Health	15	13.6% (11.7% - 15.8%)	23	15.1% (13.0% - 17.5%)
Health Risk Behaviors	Binge Drinking	47	18.5% (15.3% - 22.1%)	65	21.8% (18.1% - 25.9%)
Health Risk Behaviors	Current Smoking	17	15.4% (12.1% - 19.1%)	23	16.7% (13.2% - 20.7%)
Health Risk Behaviors	Sleep <7 hours	11	28.6% (26.9% - 30.1%)	16	30.1% (28.3% - 31.7%)
Health Risk Behaviors	Physical Inactivity	27	25.5% (20.7% - 30.9%)	24	23.7% (19.2% - 28.7%)
Health Outcomes	Depression	33	17.3% (14.2% - 21.0%)	41	18.6% (15.2% - 22.5%)
Health Outcomes	Cancer (except skin)	73	8.8% (8.0% - 9.8%)	88	6.5% (5.8% - 7.2%)
Health Outcomes	COPD	32	7.5% (6.1% - 9.0%)	24	6.0% (5.0% - 7.2%)
Health Outcomes	Chronic Kidney Disease	44	3.4% (3.0% - 3.8%)	17	2.6% (2.3% - 2.9%)
Health Outcomes	Current Asthma	28	9.2% (8.0% - 10.4%)	29	9.4% (8.3% - 10.7%)
Health Outcomes	Stroke	35	3.4% (3.0% - 3.9%)	23	2.6% (2.2% - 2.9%)
Health Outcomes	High Blood Pressure	80	35.5% (31.1% - 40.2%)	84	29.1% (25.2% - 33.5%)
Health Outcomes	Diabetes	32	10.6% (8.9% - 12.5%)	24	8.2% (6.9% - 9.7%)
Health Outcomes	All Teeth Lost	9	8.5% (5.2% - 12.4%)	10	9.3% (5.8% - 13.5%)
Health Outcomes	Arthritis	42	28.5% (24.3% - 33.1%)	27	22.6% (19.0% - 26.7%)
Health Outcomes	Obesity	55	38.0% (30.4% - 46.5%)	64	38.7% (31.0% - 47.3%)
Health Outcomes	High Cholesterol	35	37.1% (32.4% - 42.1%)	22	29.4% (25.0% - 34.2%)
Health Outcomes	Coronary Heart Disease	40	7.0% (6.0% - 8.0%)	18	4.9% (4.3% - 5.7%)
Prevention	Mammography	45	74.0% (69.6% - 77.9%)	40	73.8% (69.3% - 78.1%)
Prevention	Health Insurance	17	7.1% (5.4% - 9.2%)	19	7.6% (5.6% - 9.7%)
Prevention	Core preventive services for older women	48	38.6% (30.8% - 46.2%)	39	40.5% (32.8% - 47.8%)
Prevention	Annual Checkup	4	77.5% (72.9% - 81.8%)	5	74.2% (69.1% - 79.0%)
Prevention	Taking BP Medication	52	80.7% (77.6% - 83.5%)	75	58.8% (54.0% - 63.9%)
Prevention	Cervical Cancer Screening	13	83.7% (80.9% - 86.3%)	14	84.3% (81.8% - 86.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Dental Visit	10	70.3% (66.7% - 73.7%)	8	69.6% (65.7% - 73.2%)
Prevention	Cholesterol Screening	20	83.3% (80.4% - 86.0%)	21	79.7% (76.2% - 83.1%)
Prevention	Core preventive services for older men	8	47.0% (38.0% - 55.9%)	8	47.6% (38.8% - 56.0%)
Prevention	Colorectal Cancer Screening	11	75.5% (72.6% - 78.4%)	20	72.3% (68.8% - 75.5%)
Disability	Hearing Disability	48	7.9% (6.9% - 9.0%)	24	5.9% (5.2% - 6.7%)
Disability	Cognitive Disability	16	10.5% (8.8% - 12.4%)	19	11.1% (9.2% - 13.1%)
Disability	Self-care Disability	27	3.4% (2.9% - 4.0%)	22	2.9% (2.5% - 3.4%)
Disability	Mobility Disability	32	12.0% (10.0% - 14.4%)	24	9.3% (7.7% - 11.1%)
Disability	Any Disability	30	25.5% (21.7% - 29.8%)	21	22.4% (18.9% - 26.3%)
Disability	Vision Disability	24	4.0% (3.4% - 4.8%)	19	3.5% (3.0% - 4.1%)
Disability	Independent Living Disability	25	6.4% (5.4% - 7.7%)	24	6.0% (5.0% - 7.0%)

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

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## Appendix 3: Rural Counties

Palo Alto 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		

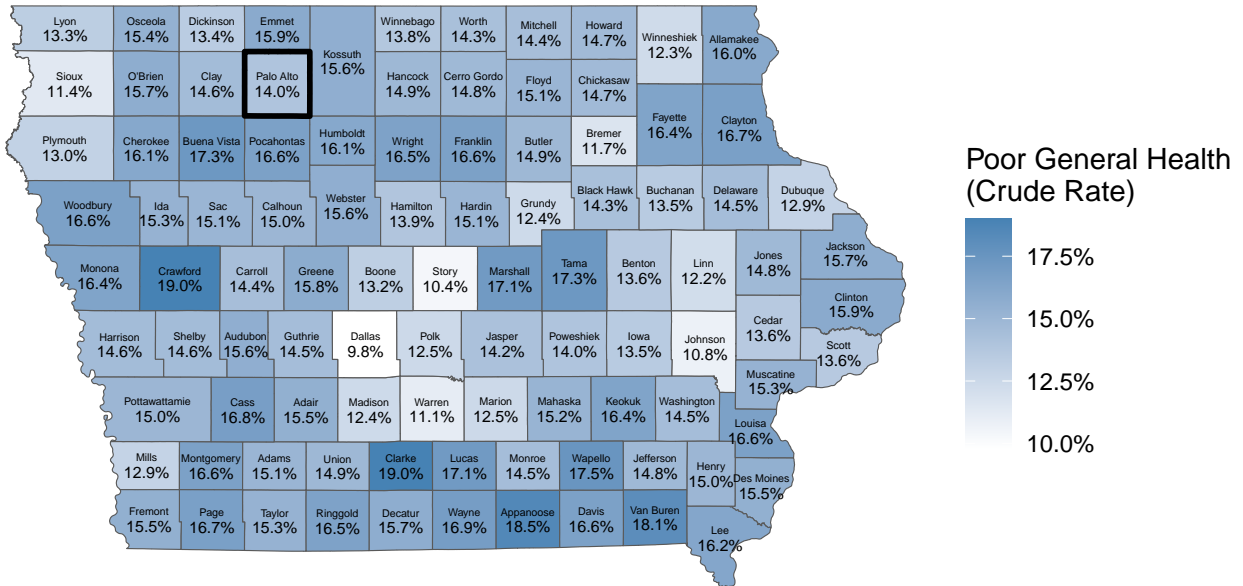
Metropolitan and micropolitan areas can be found in the link and the maps below.



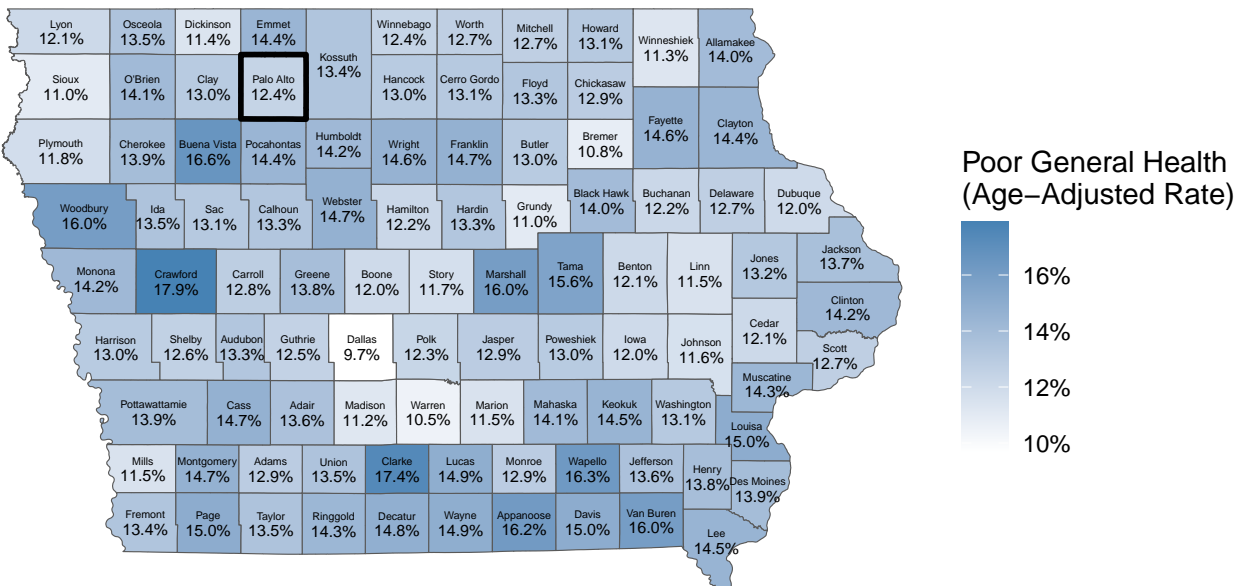
## Appendix 4: County Maps

### Poor General Health

Fair or poor self-rated health status among adults aged  $\geq 18$  years



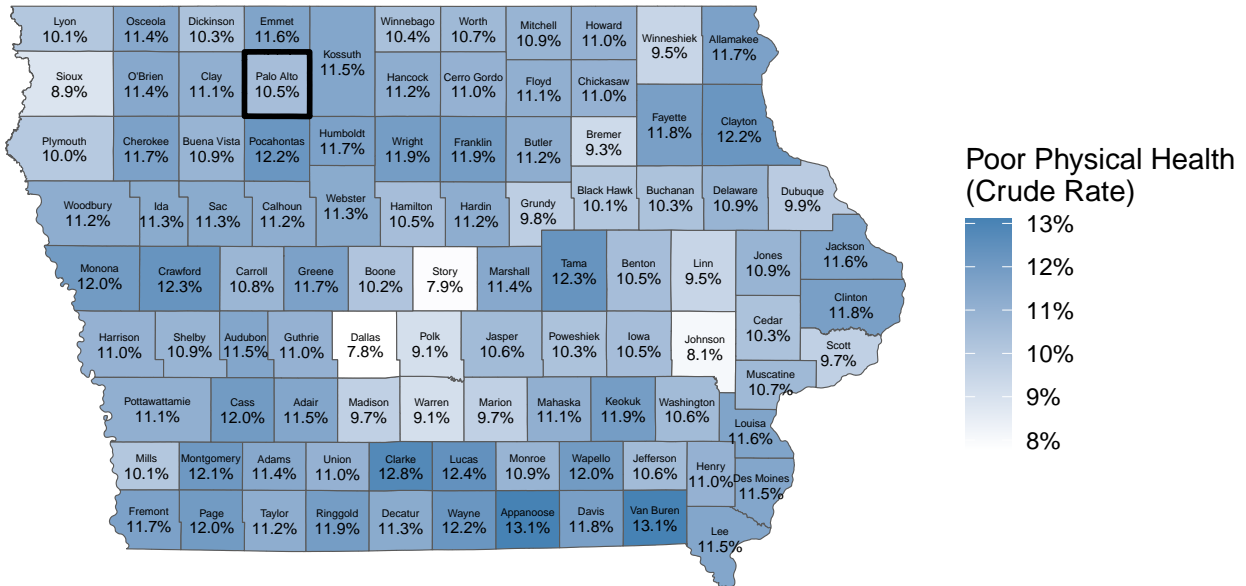
Data Source: CDC PLACES 2023 Release, BRFSS 2021



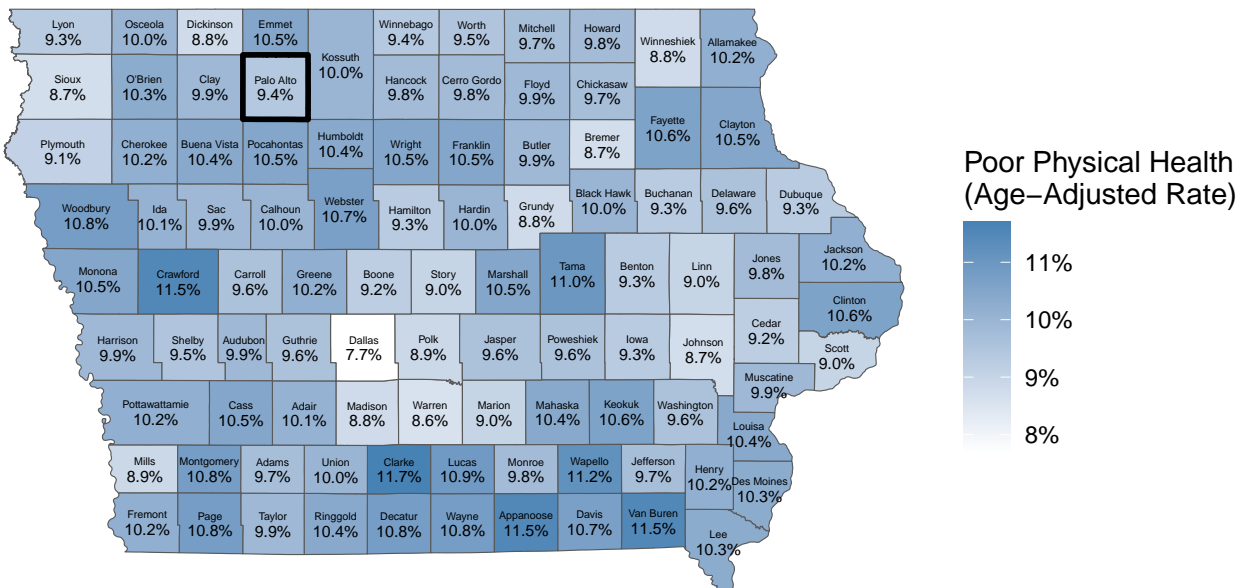
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Physical Health

Physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years



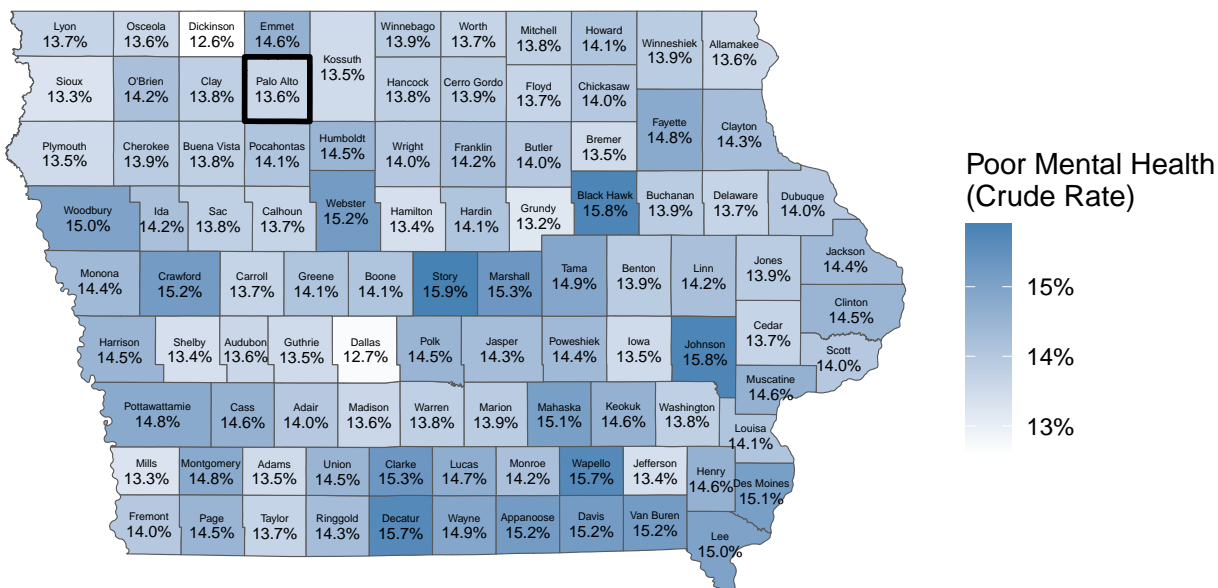
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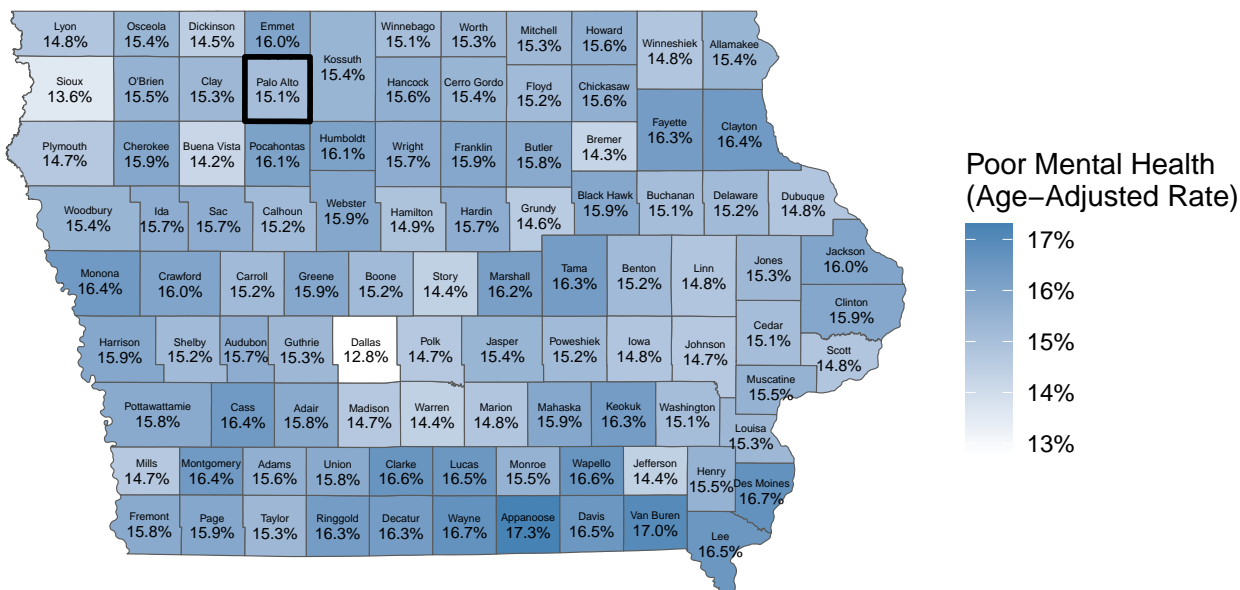
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Mental Health

Mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years



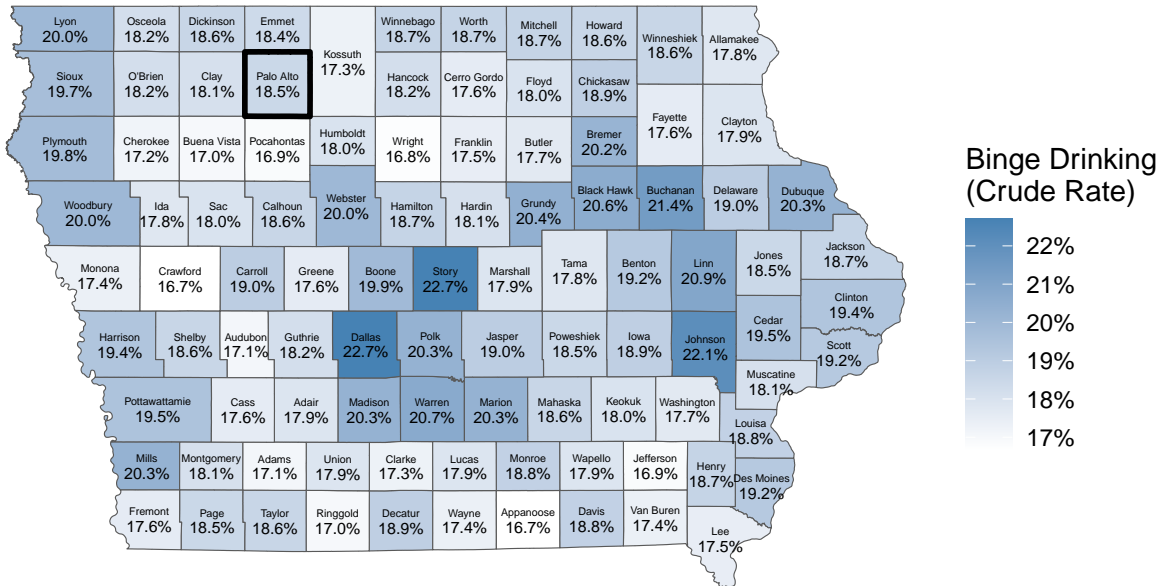
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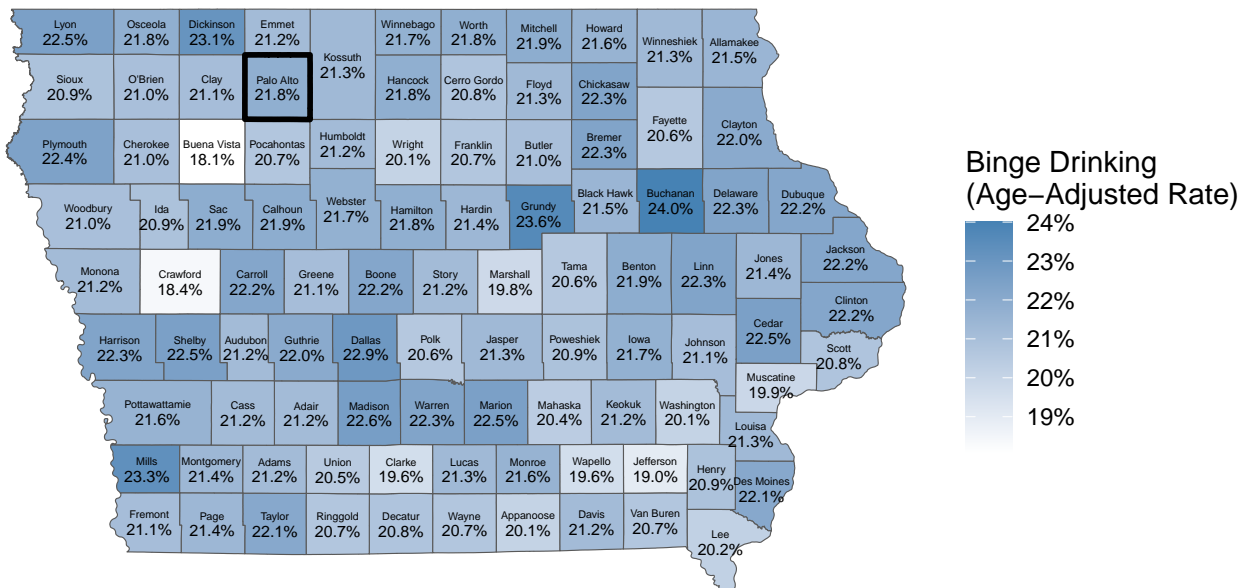
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Binge Drinking

Binge drinking among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

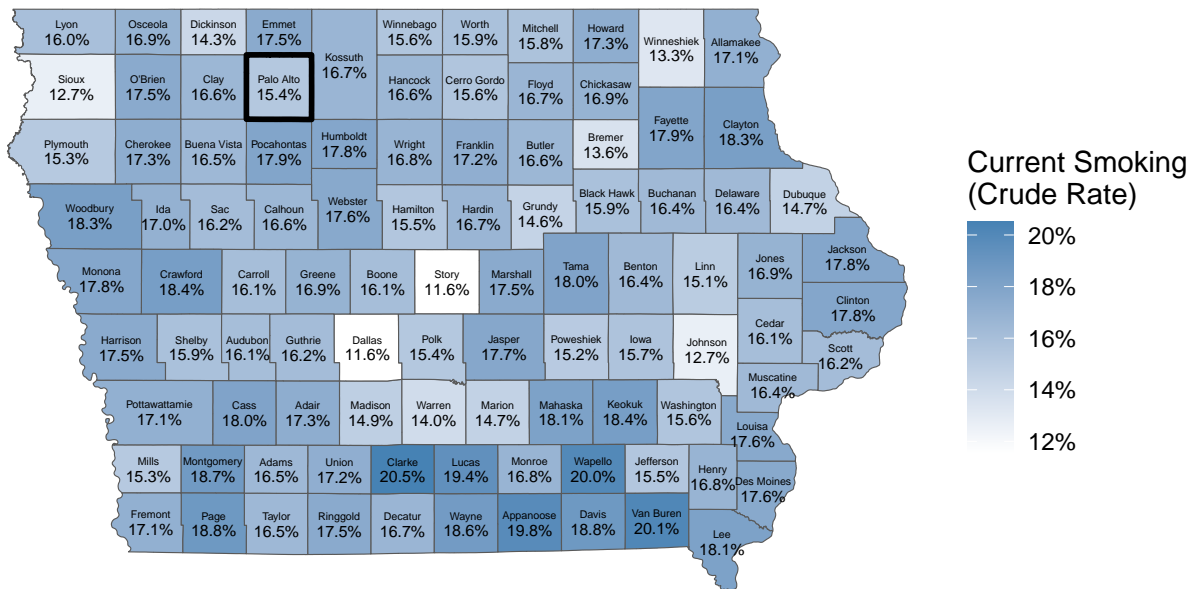


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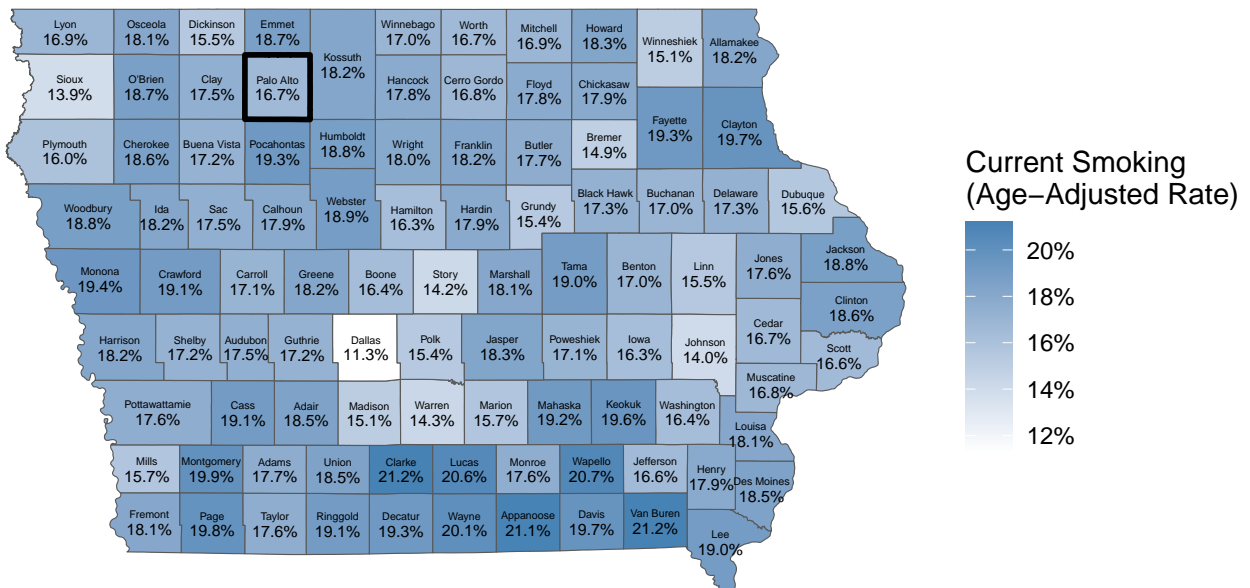


## Current Smoking

Current smoking among adults aged  $\geq 18$  years



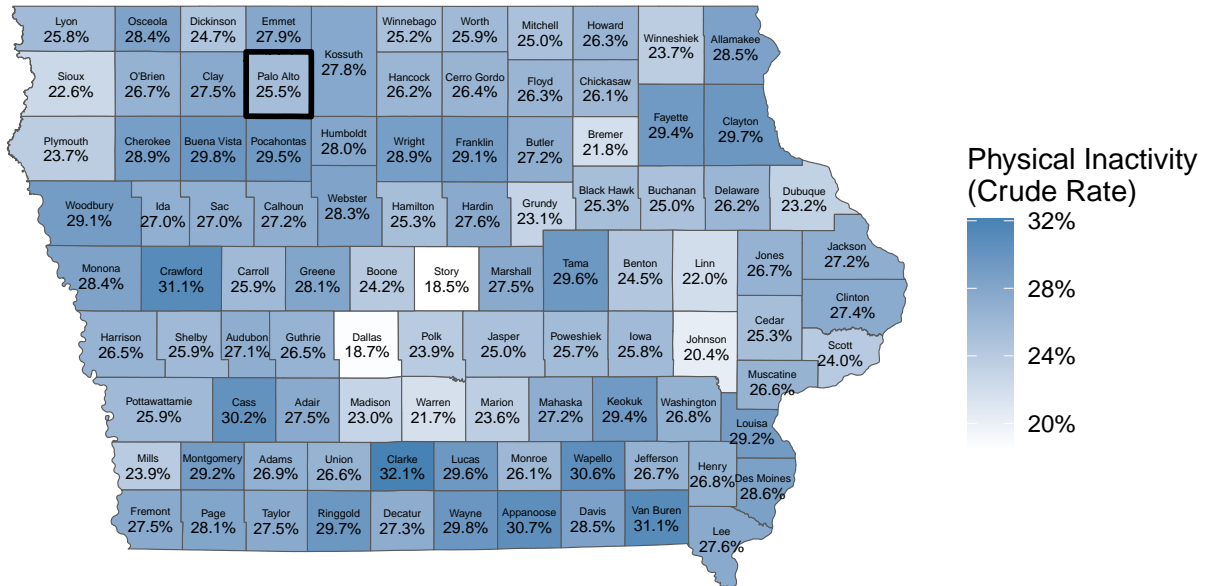
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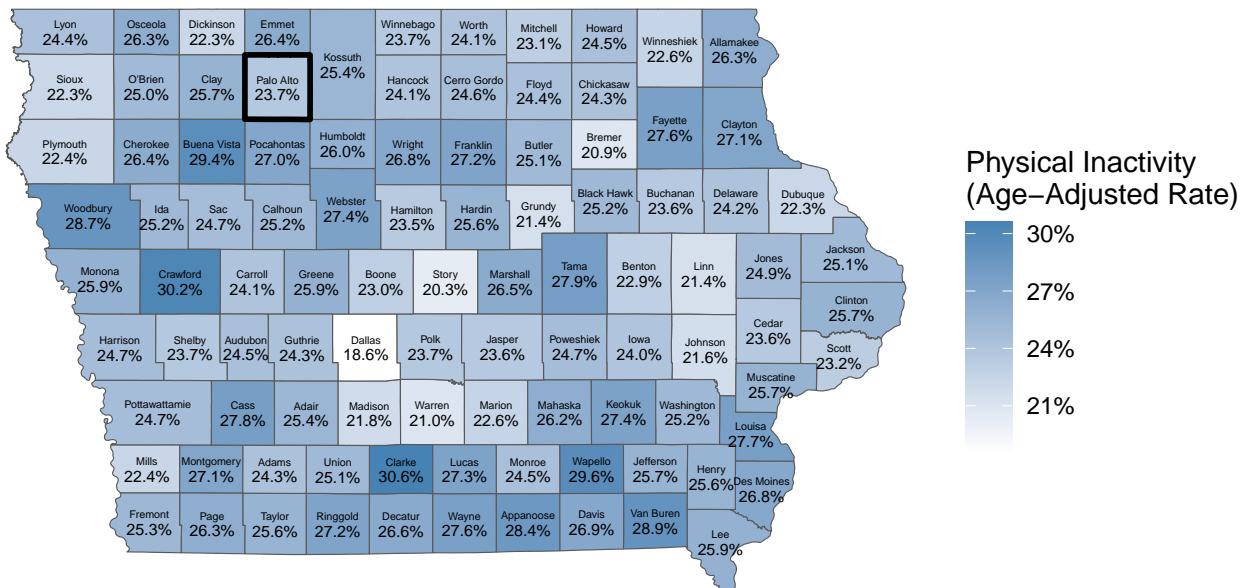
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Physical Inactivity

No leisure-time physical activity among adults aged  $\geq 18$  years



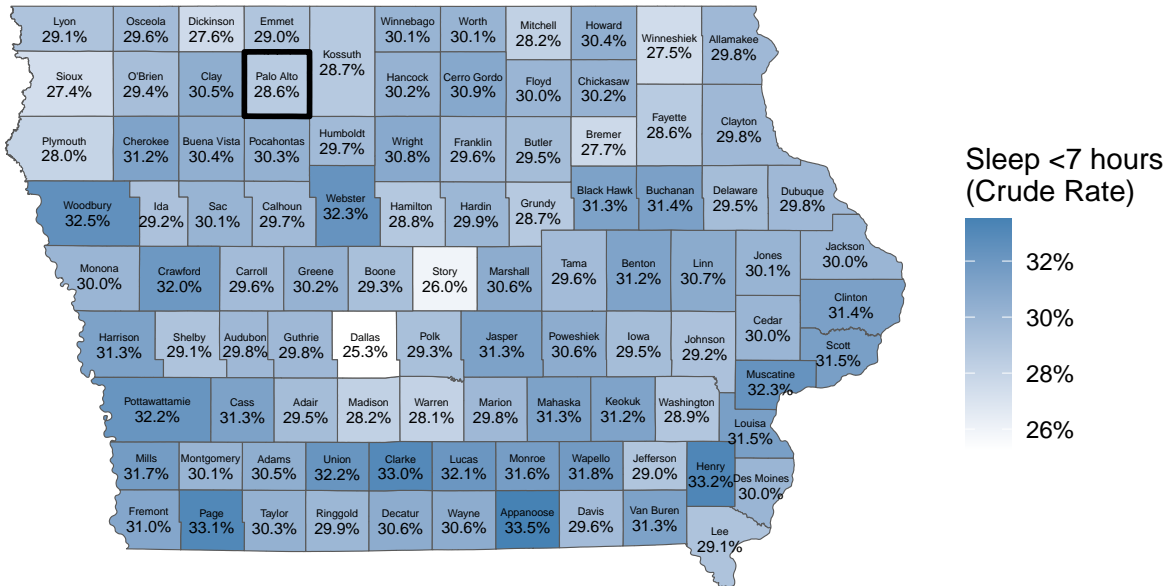
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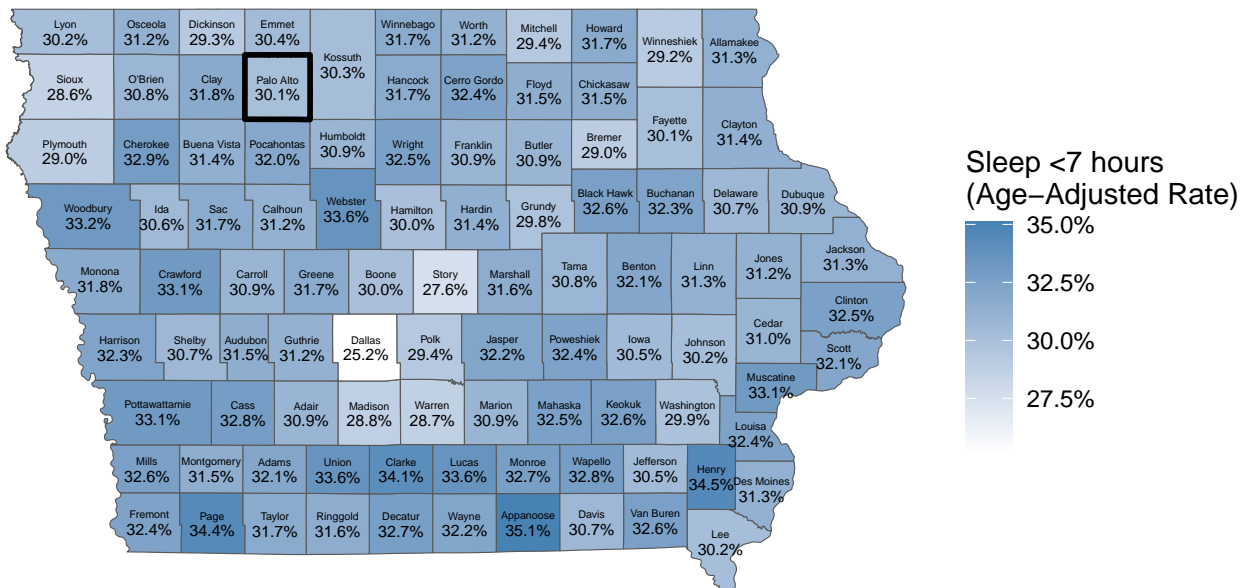
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

Sleeping less than 7 hours among adults aged  $\geq 18$  years



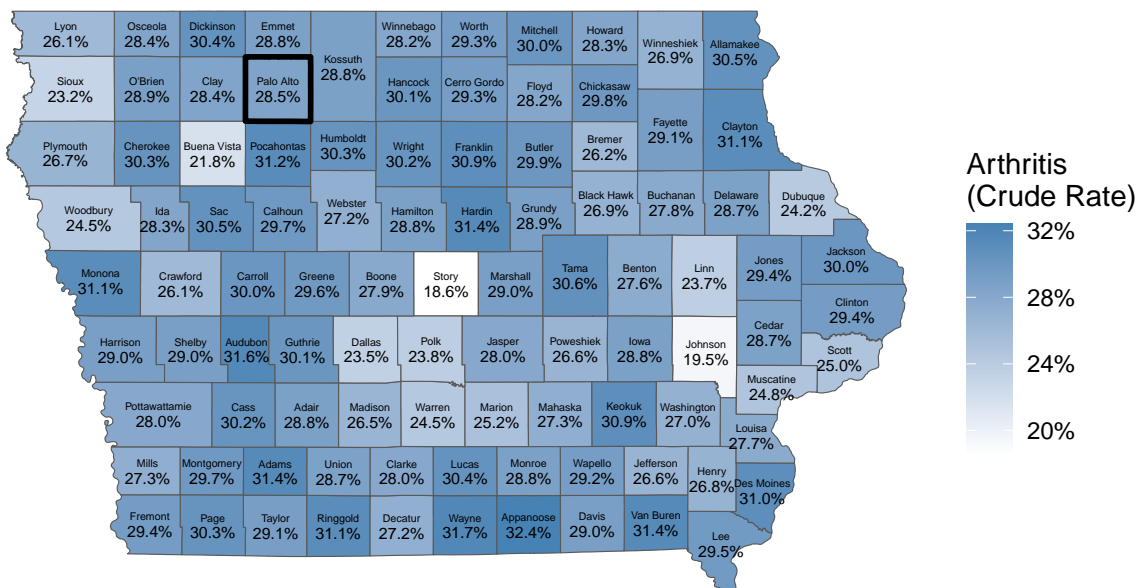
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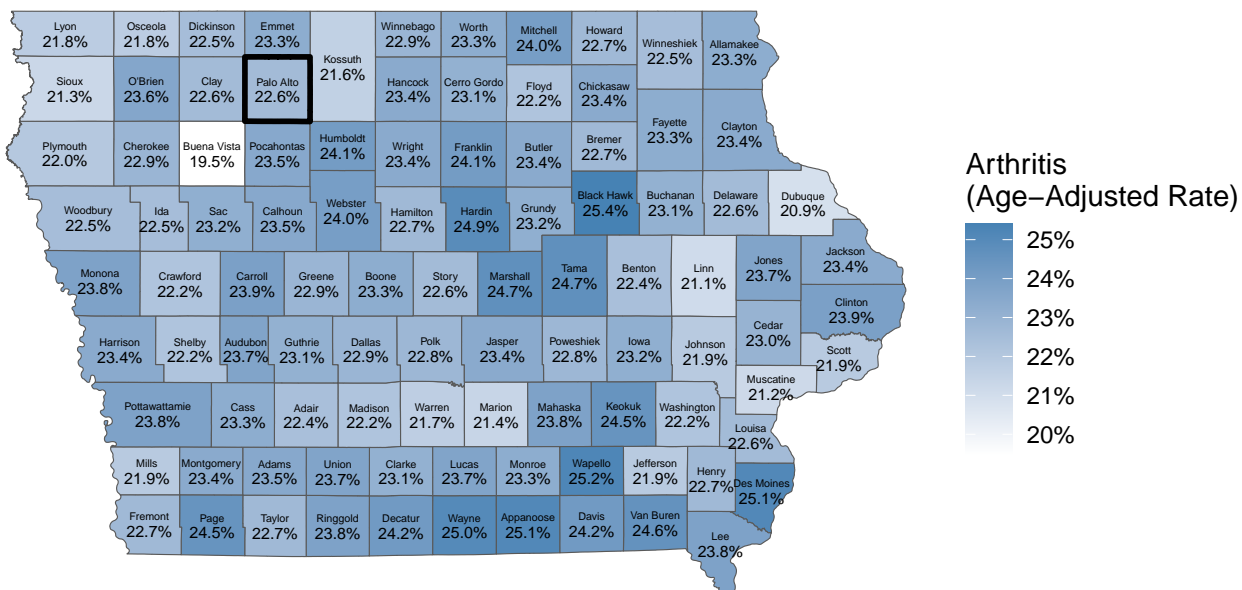
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Arthritis

### Arthritis among adults aged $\geq 18$ years



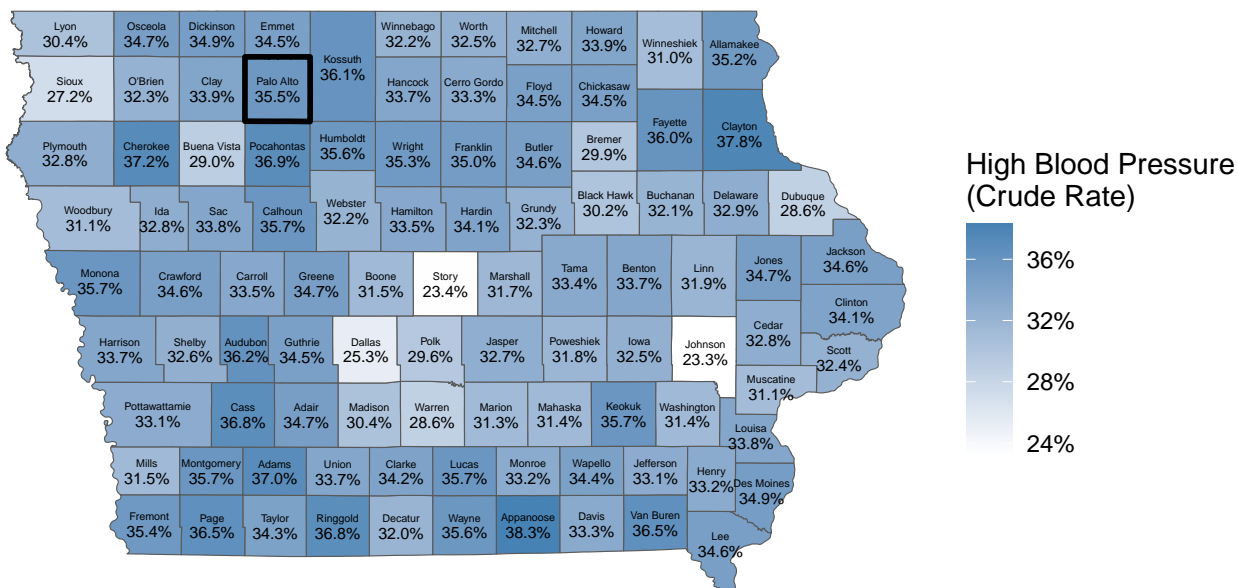
Data Source: CDC PLACES 2023 Release, BRFSS 2021



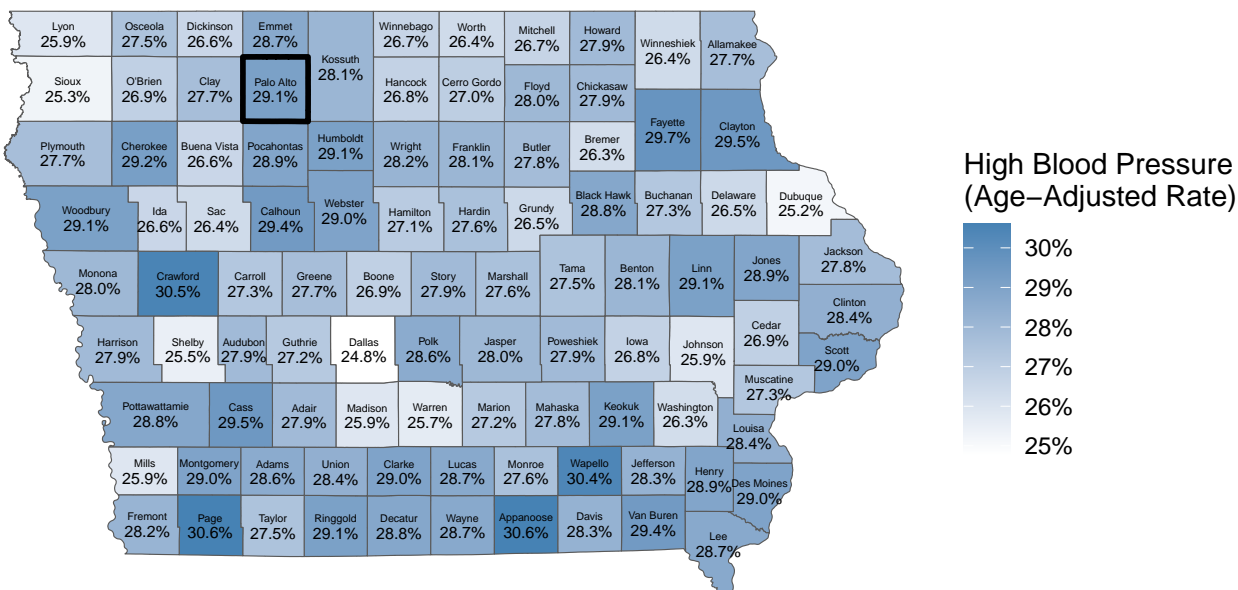
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## High Blood Pressure

High blood pressure among adults aged  $\geq 18$  years



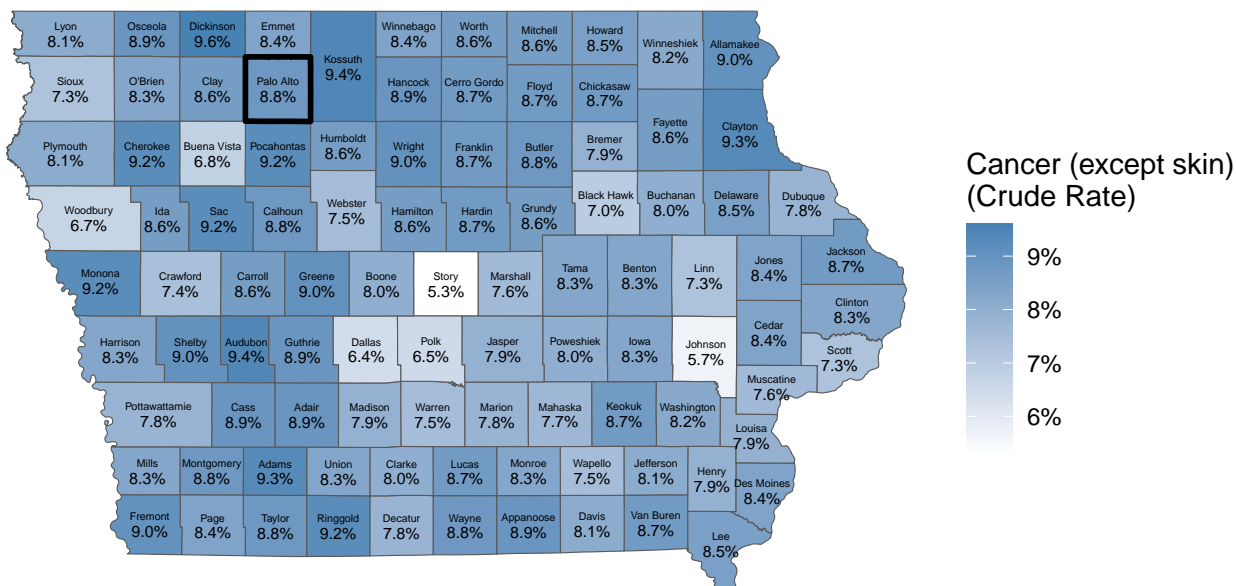
Data Source: CDC PLACES 2023 Release, BRFSS 2021



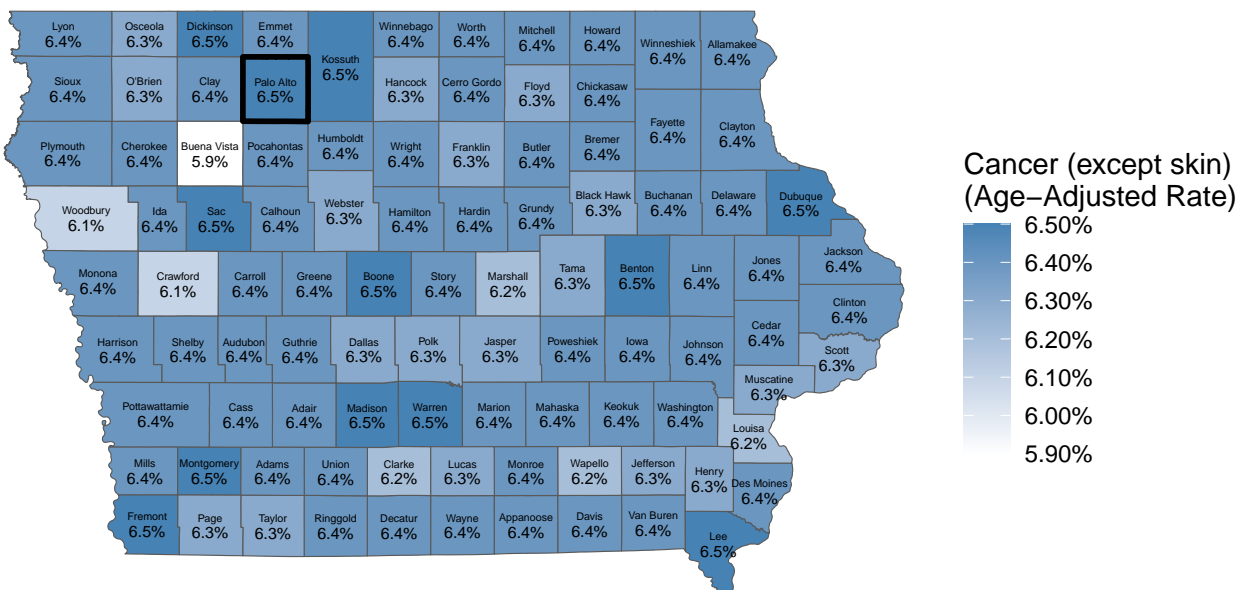
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cancer (except skin)

Cancer (excluding skin cancer) among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

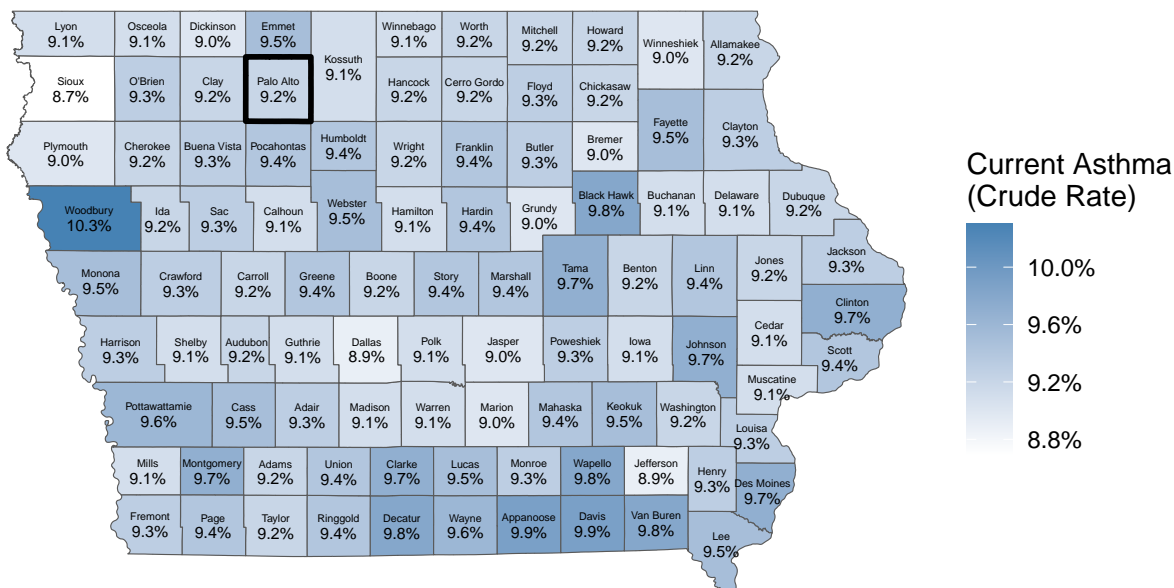


Data Source: CDC PLACES 2023 Release, BRFSS 2021

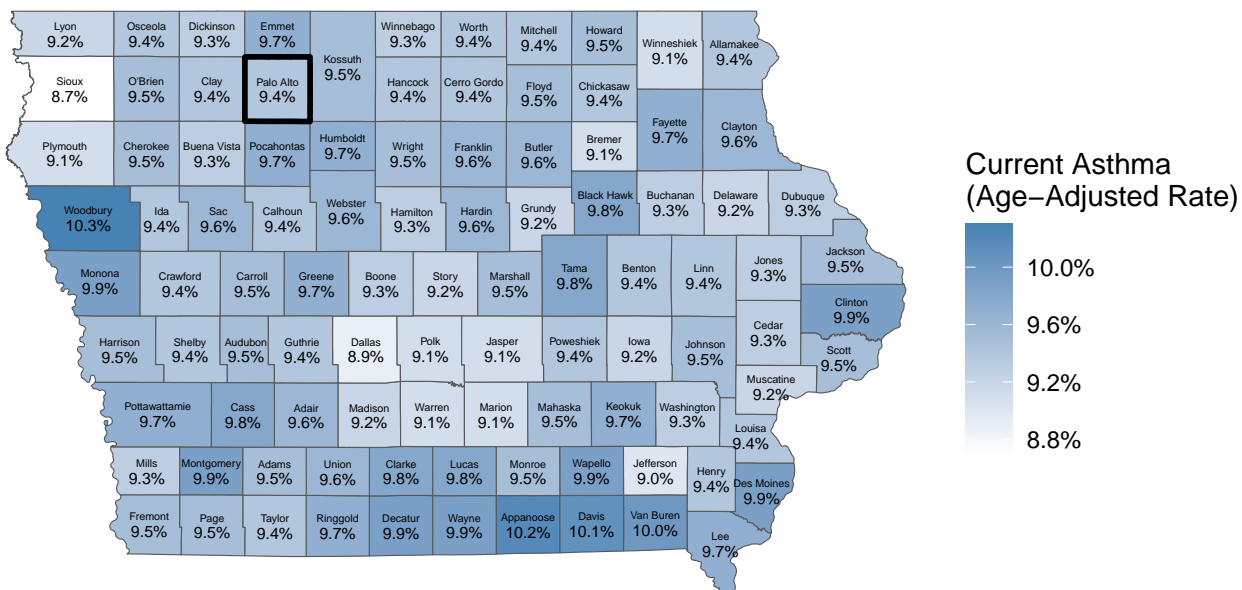


## Current Asthma

Current asthma among adults aged  $\geq 18$  years



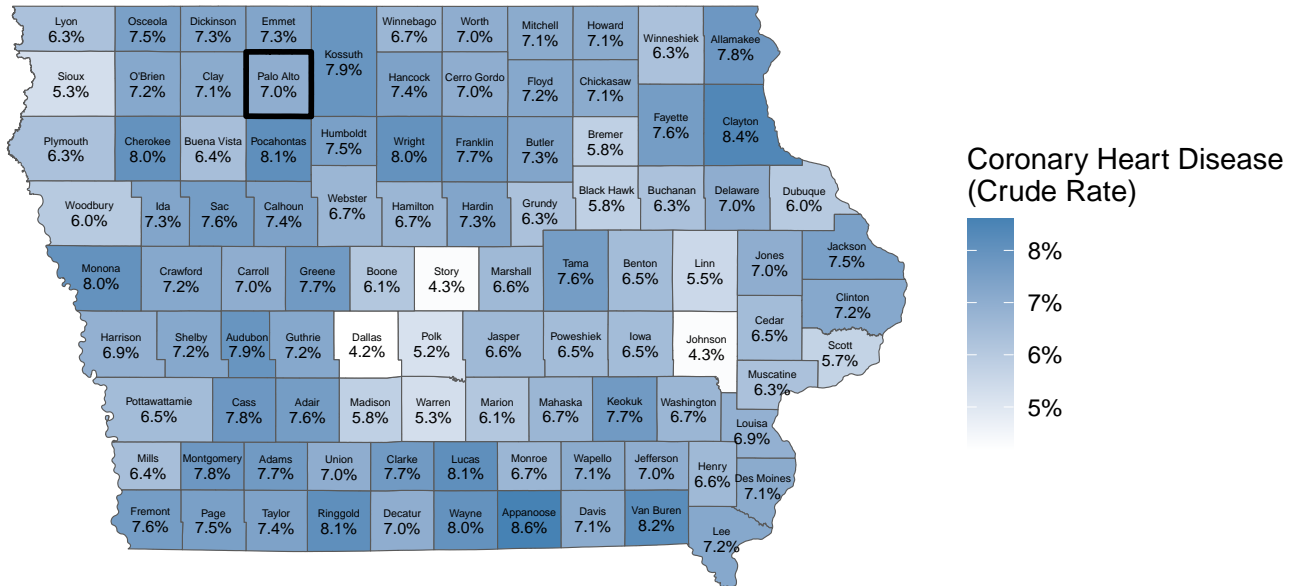
Data Source: CDC PLACES 2023 Release, BRFSS 2021



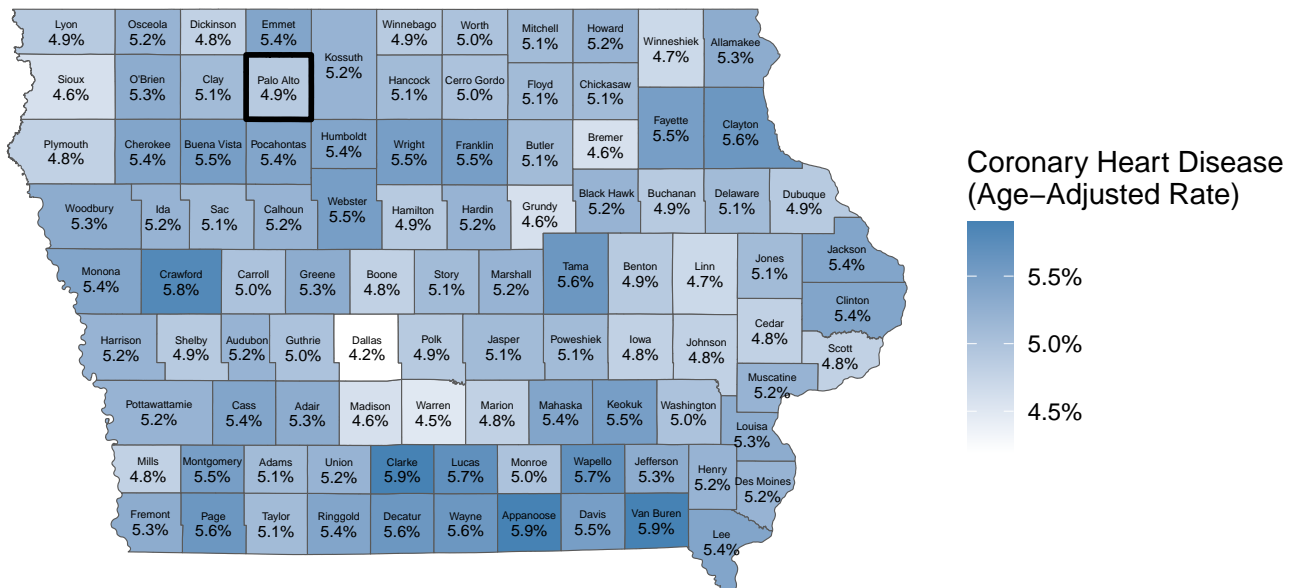
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Coronary Heart Disease

Coronary heart disease among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

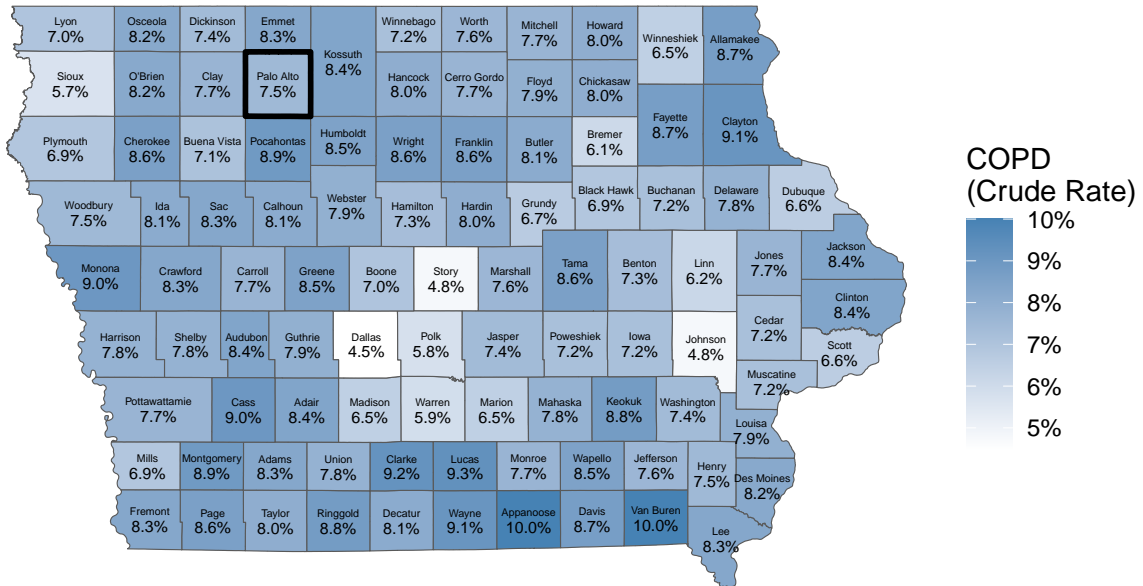


Data Source: CDC PLACES 2023 Release, BRFSS 2021

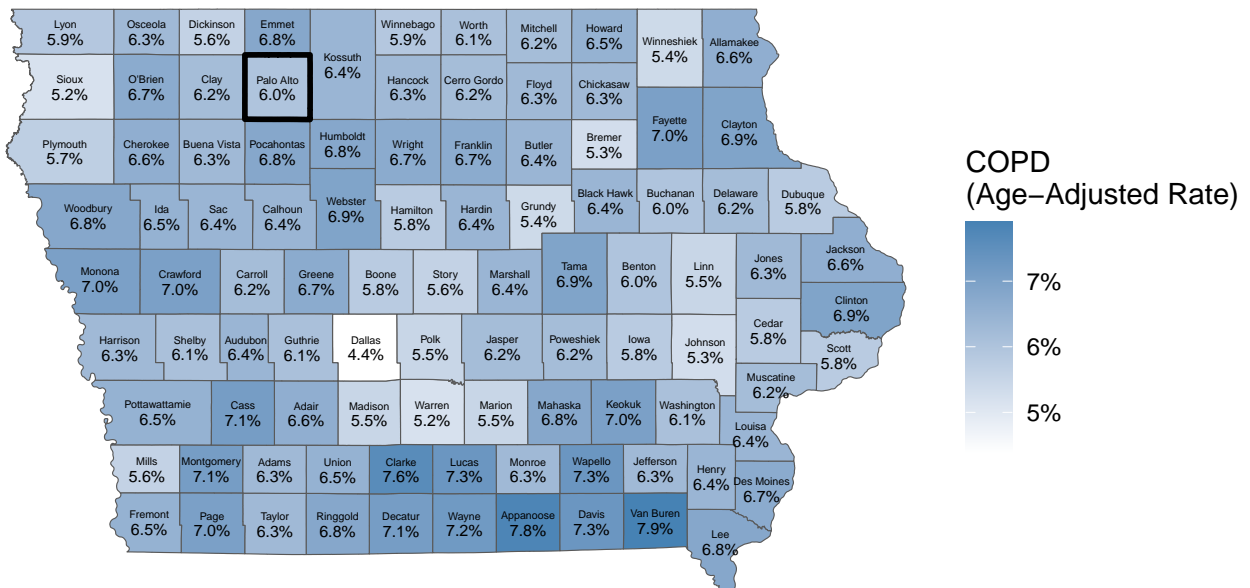


## COPD

### Chronic obstructive pulmonary disease among adults aged >=18 years



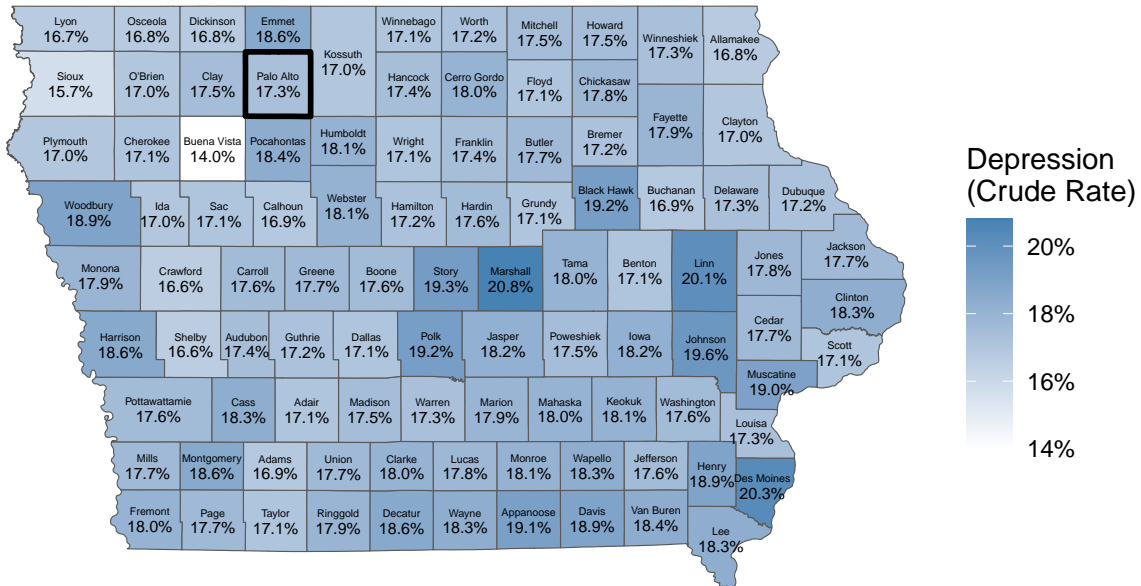
Data Source: CDC PLACES 2023 Release, BRFSS 2021



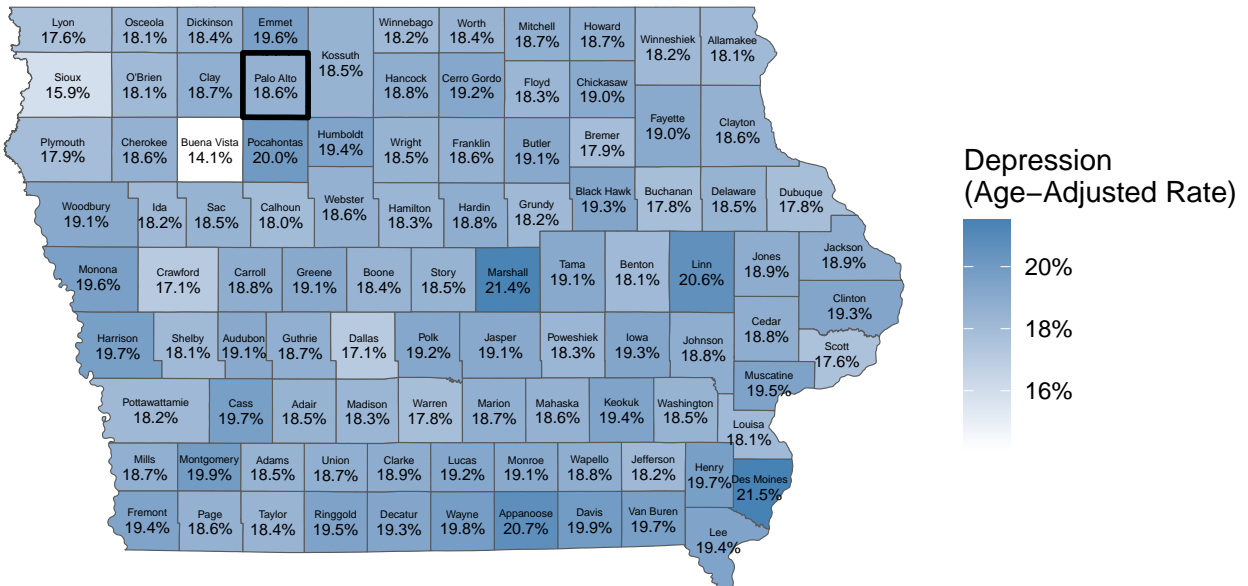
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Depression

## Depression among adults aged >=18 years



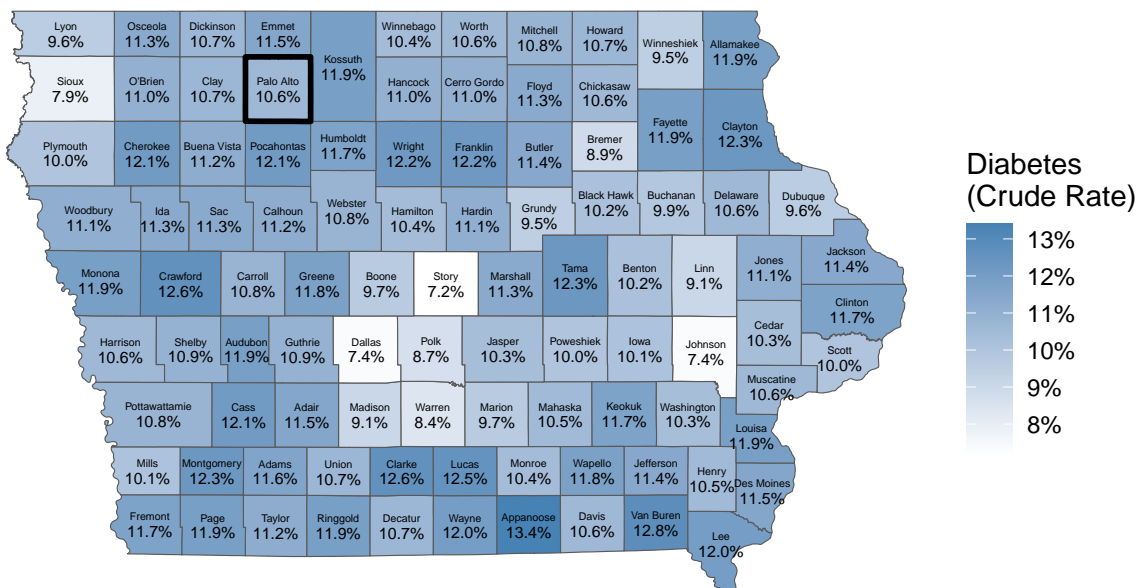
Data Source: CDC PLACES 2023 Release, BRFSS 2021



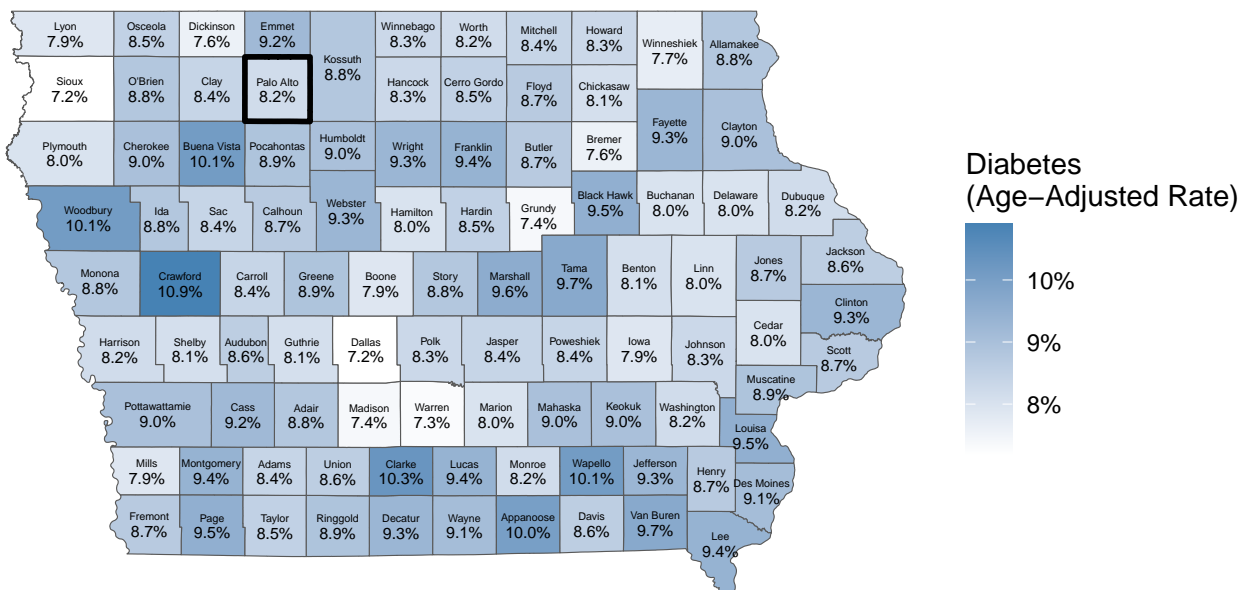
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Diabetes

## Diagnosed diabetes among adults aged >=18 years



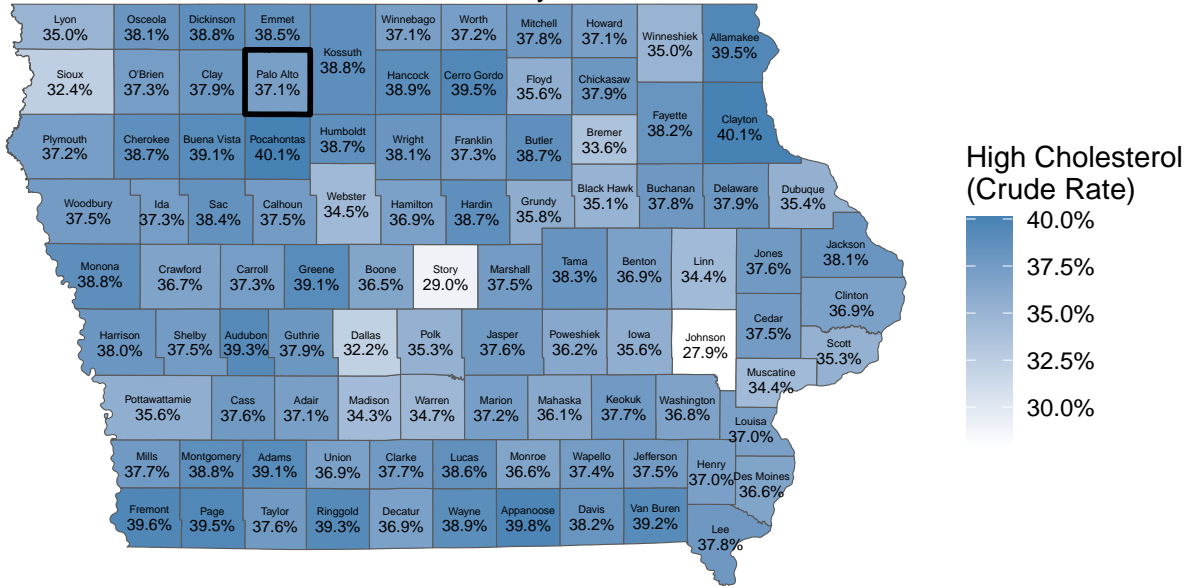
Data Source: CDC PLACES 2023 Release, BRFSS 2021



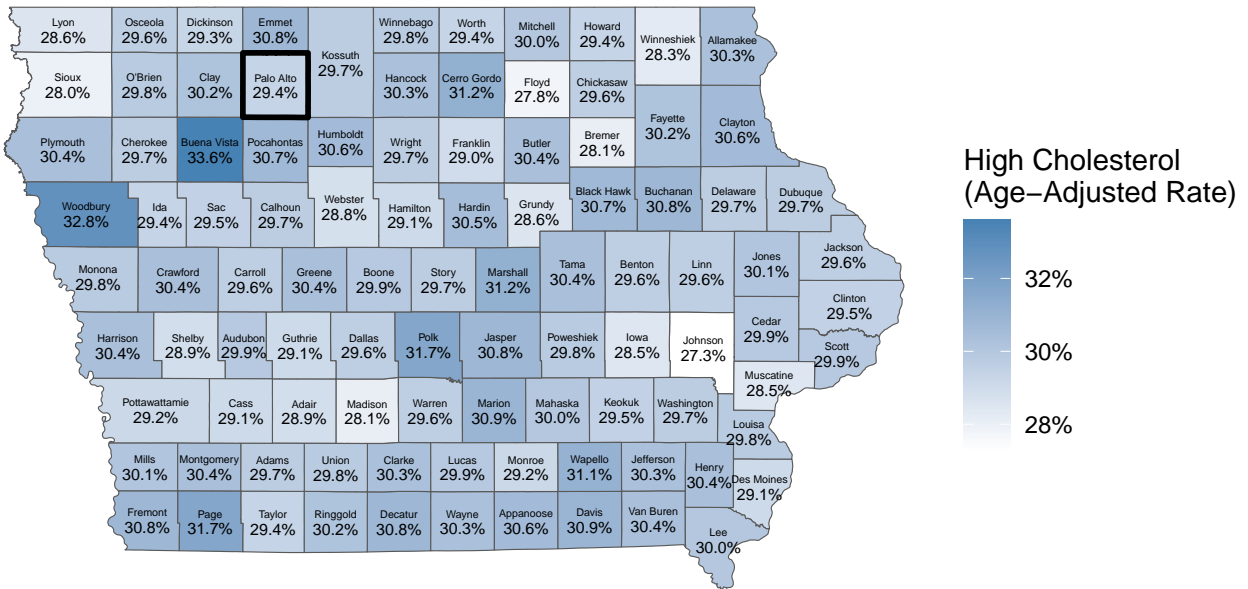
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## High Cholesterol

High cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years



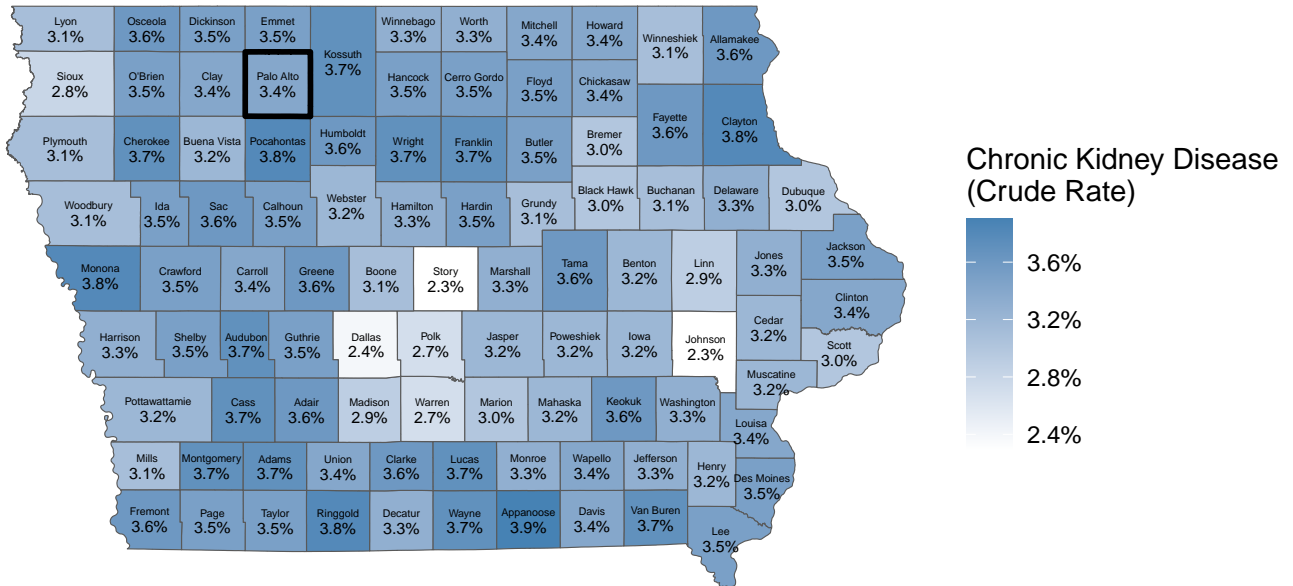
Data Source: CDC PLACES 2023 Release, BRFSS 2021



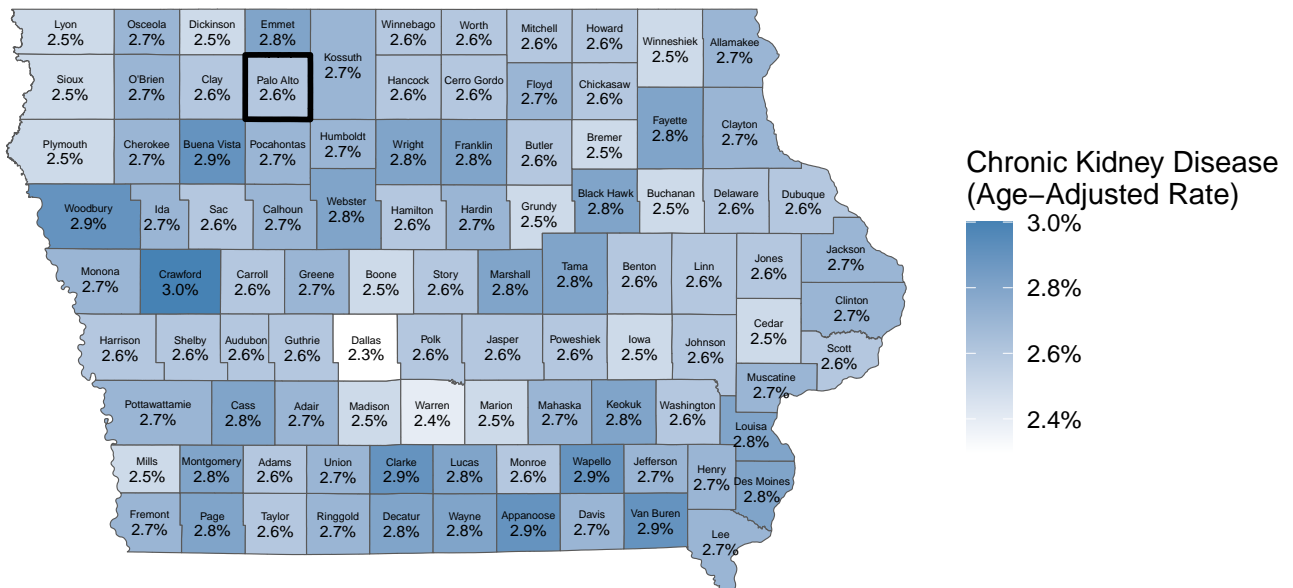
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Chronic Kidney Disease

Chronic kidney disease among adults aged  $\geq 18$  years



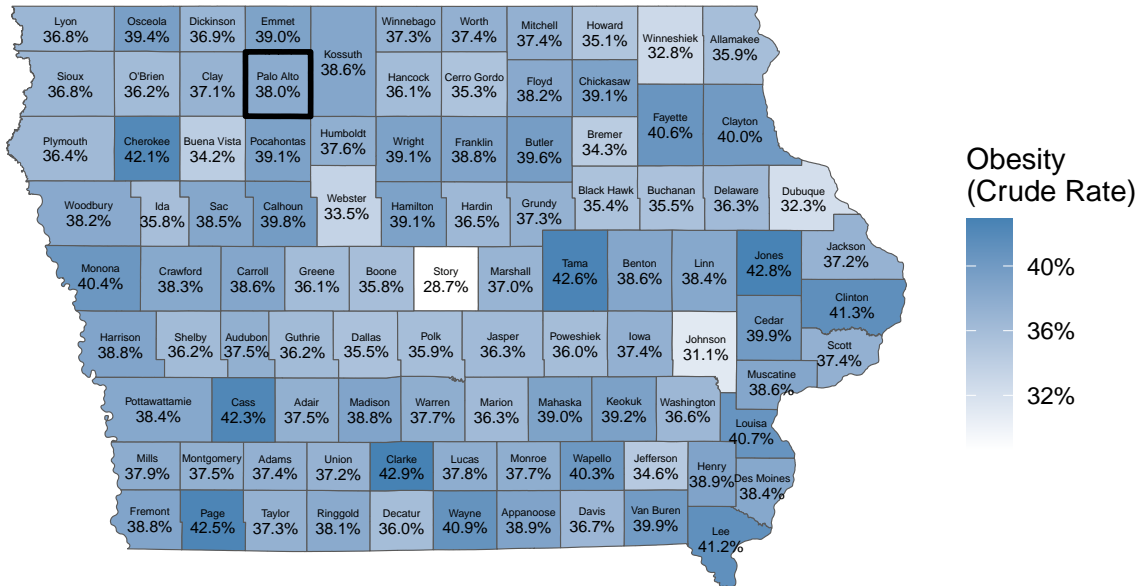
Data Source: CDC PLACES 2023 Release, BRFSS 2021



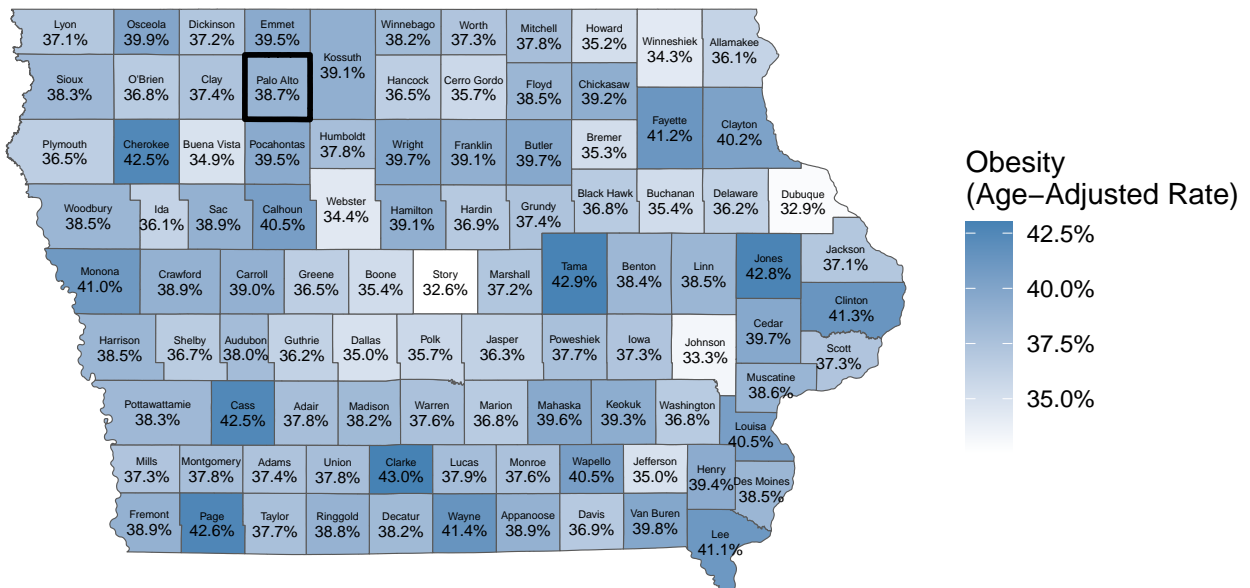
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Obesity

## Obesity among adults aged >=18 years



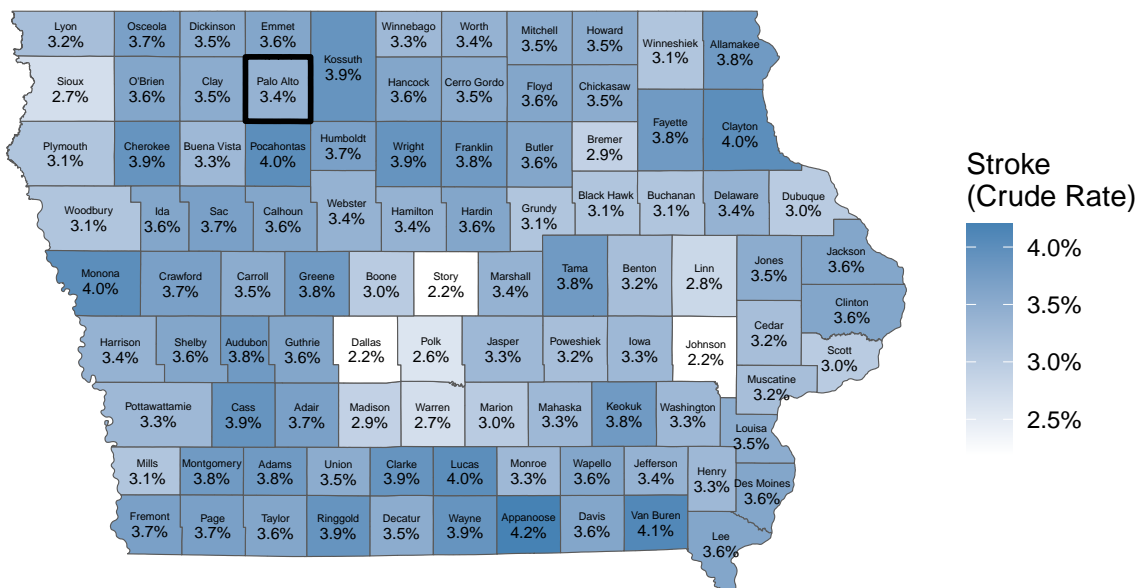
Data Source: CDC PLACES 2023 Release, BRFSS 2021



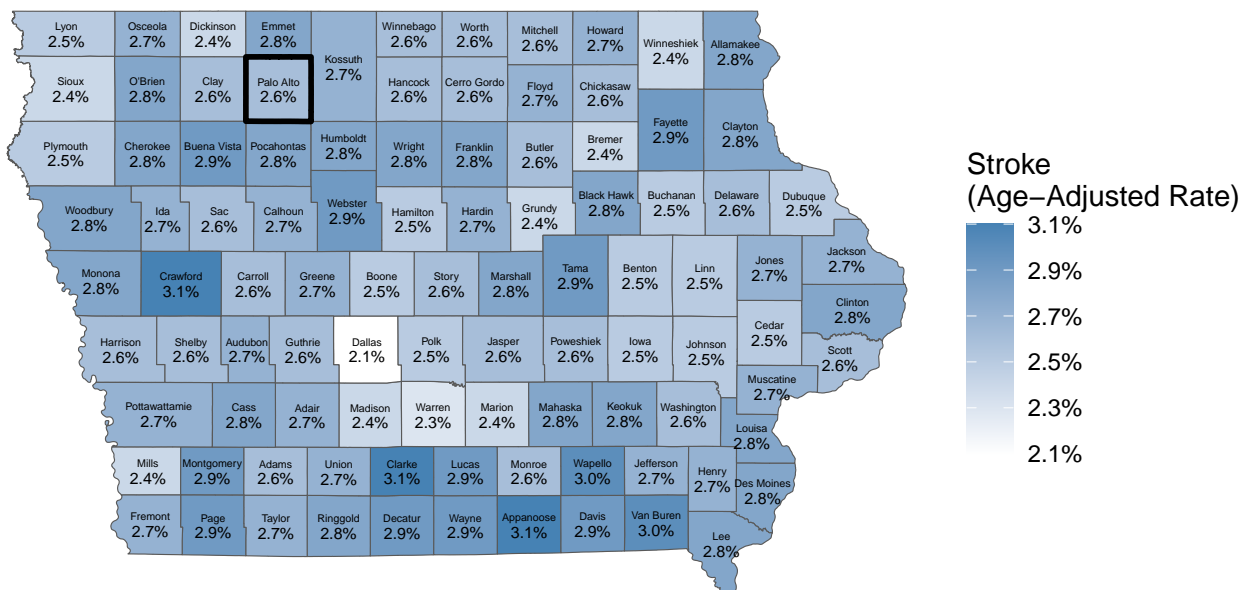
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Stroke

Stroke among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

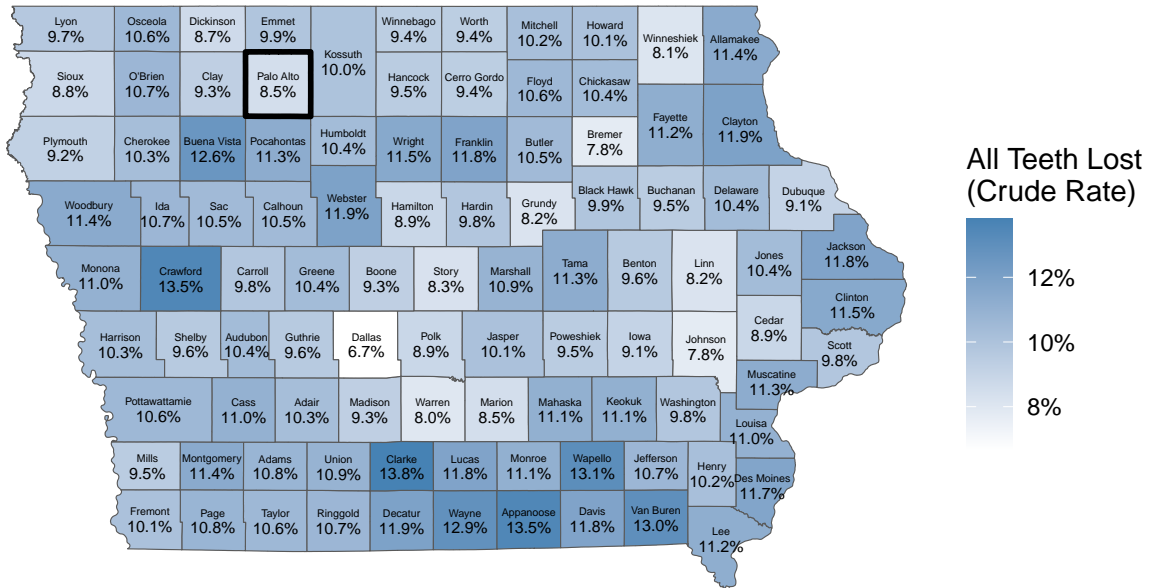


Data Source: CDC PLACES 2023 Release, BRFSS 2021

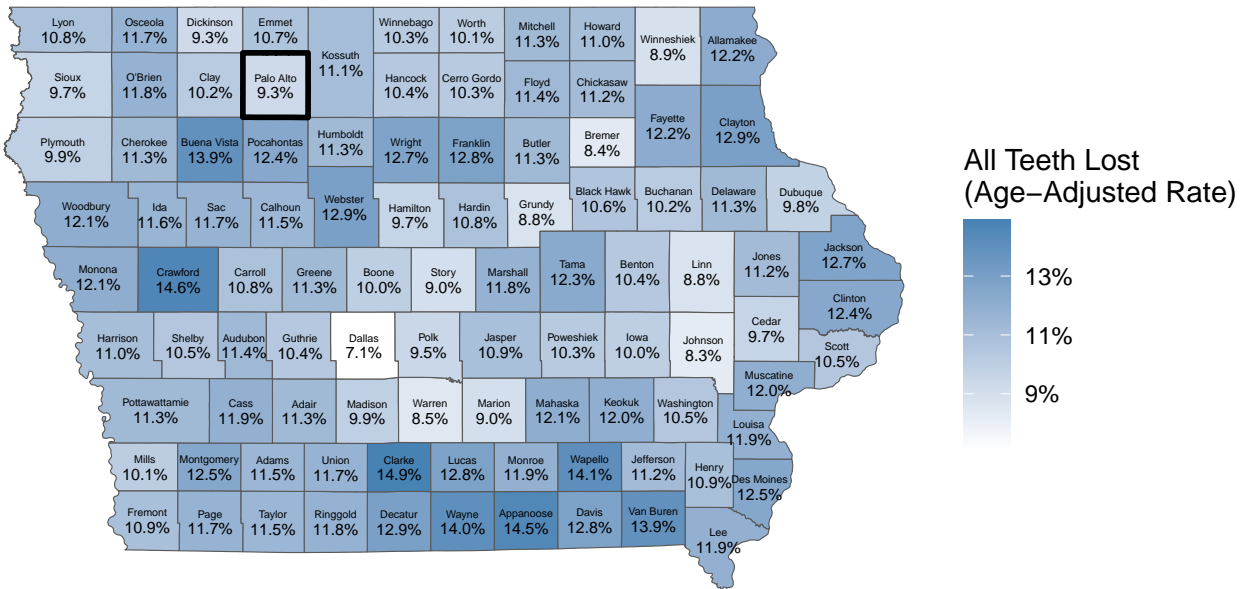


## All Teeth Lost

All teeth lost among adults aged  $\geq 65$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2020

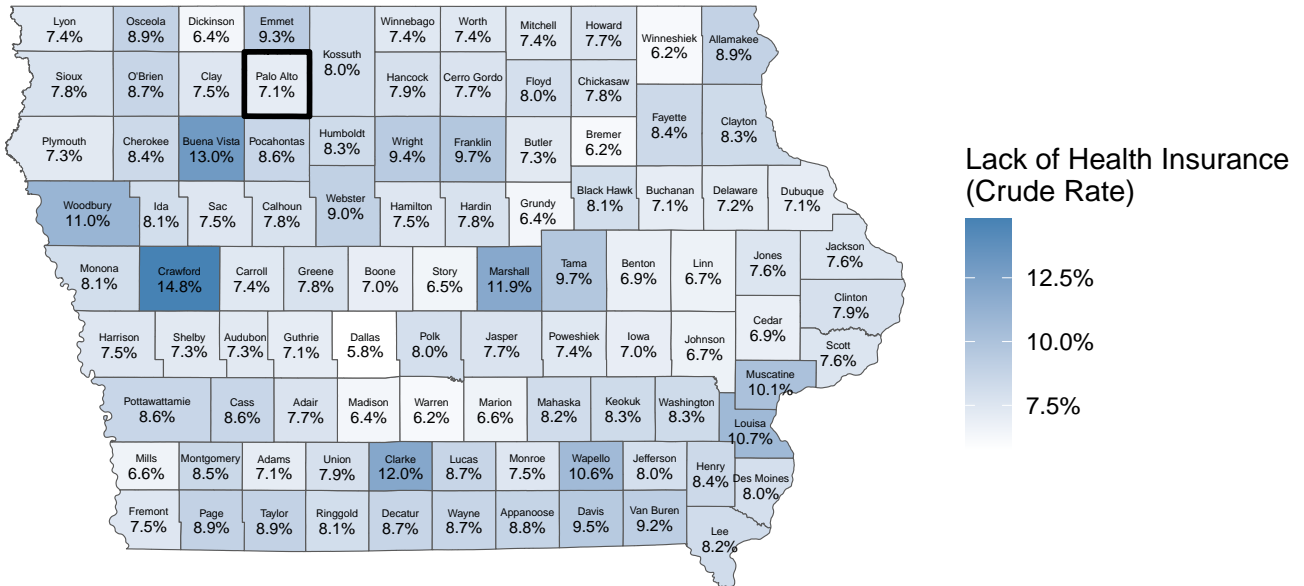


Data Source: CDC PLACES 2023 Release, BRFSS 2020

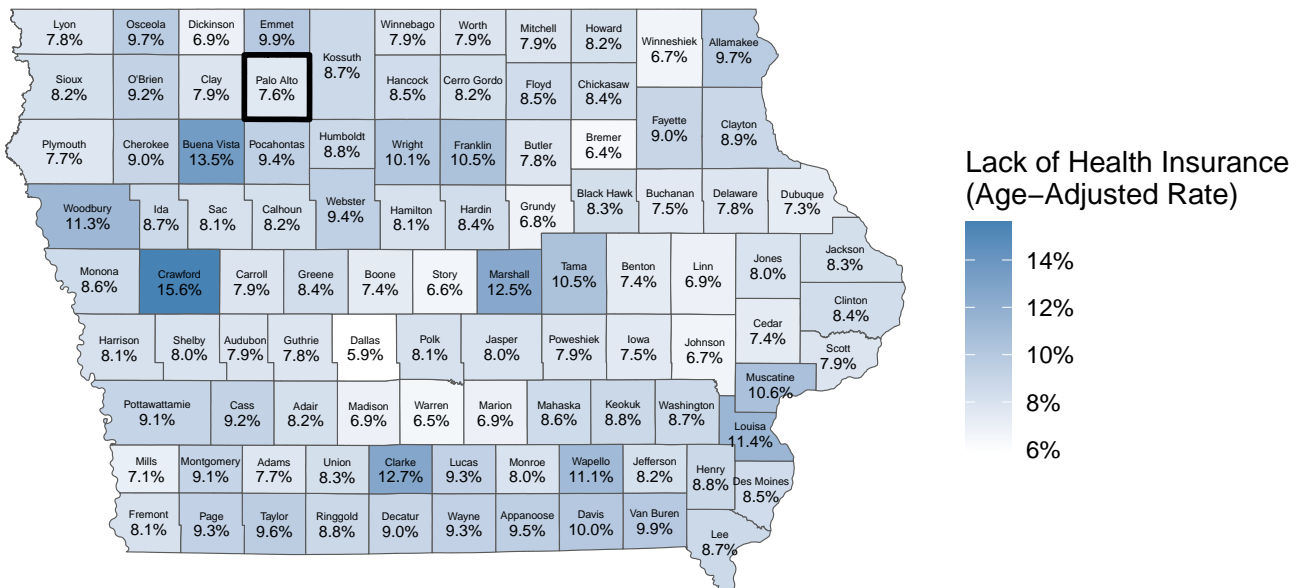


## Lack of Health Insurance

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



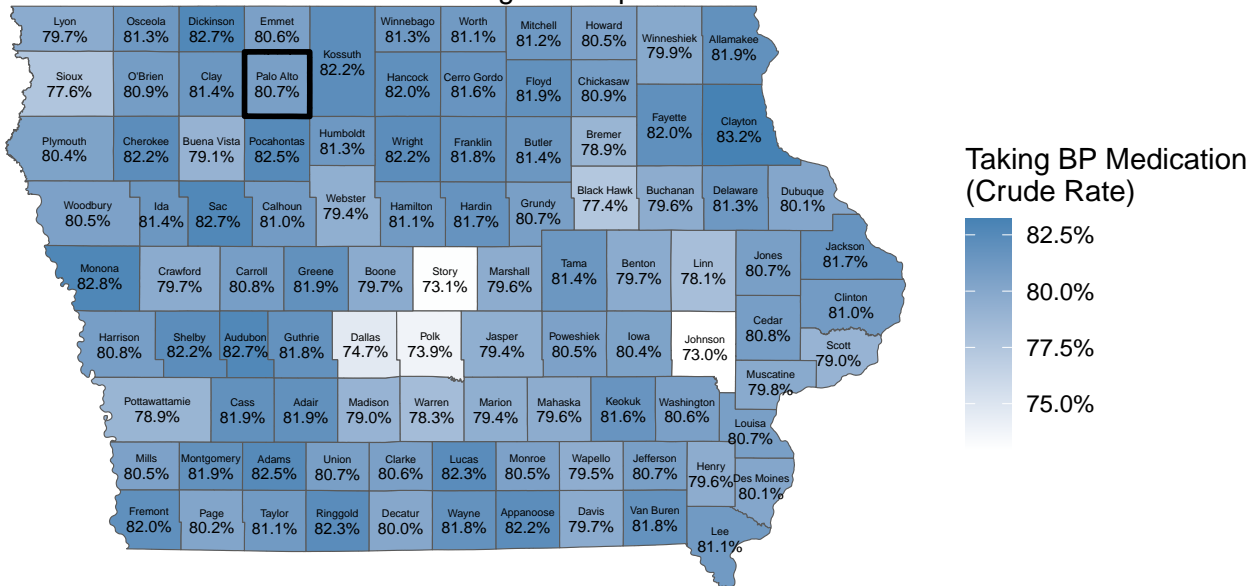
Data Source: CDC PLACES 2023 Release, BRFSS 2021



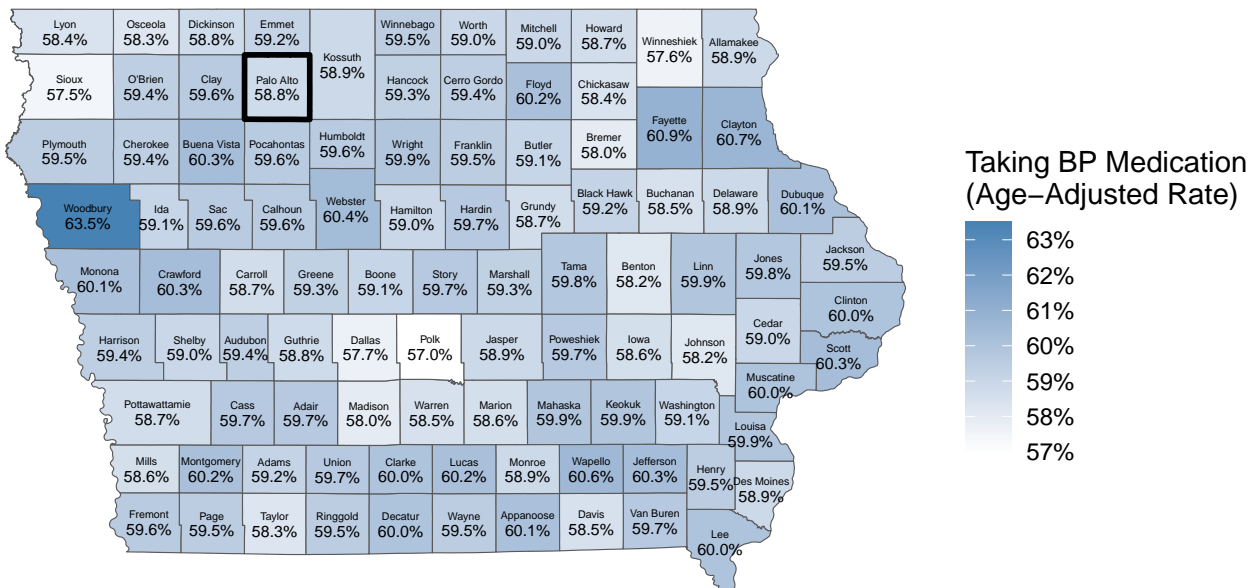
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Taking BP Medication

Taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure



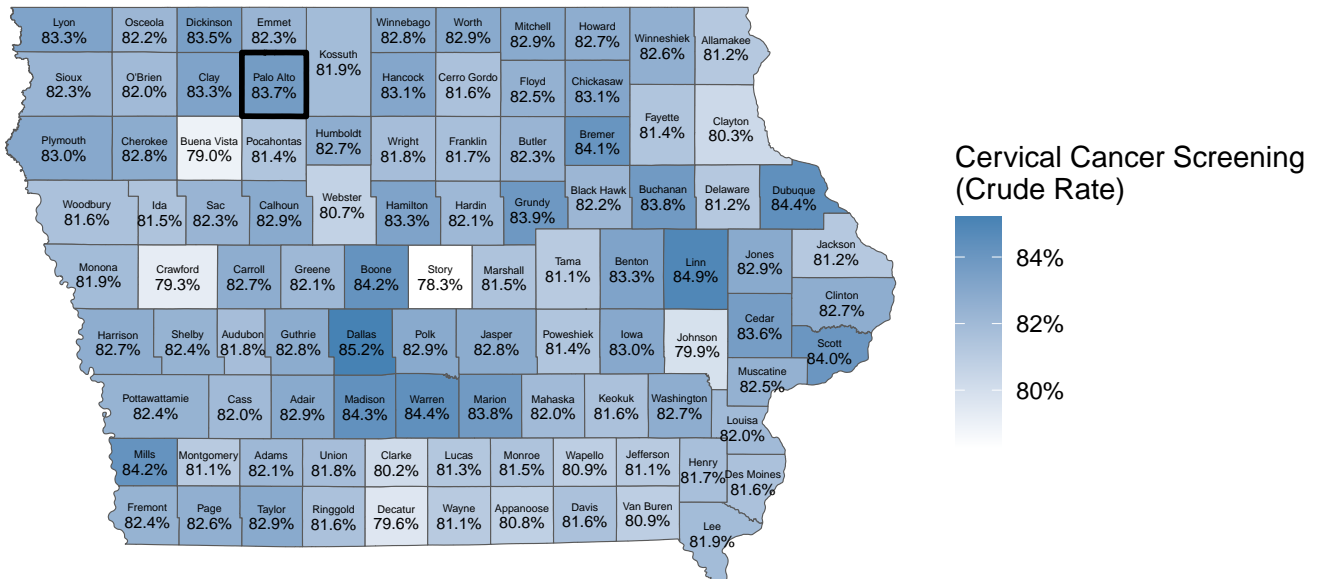
Data Source: CDC PLACES 2023 Release, BRFSS 2021



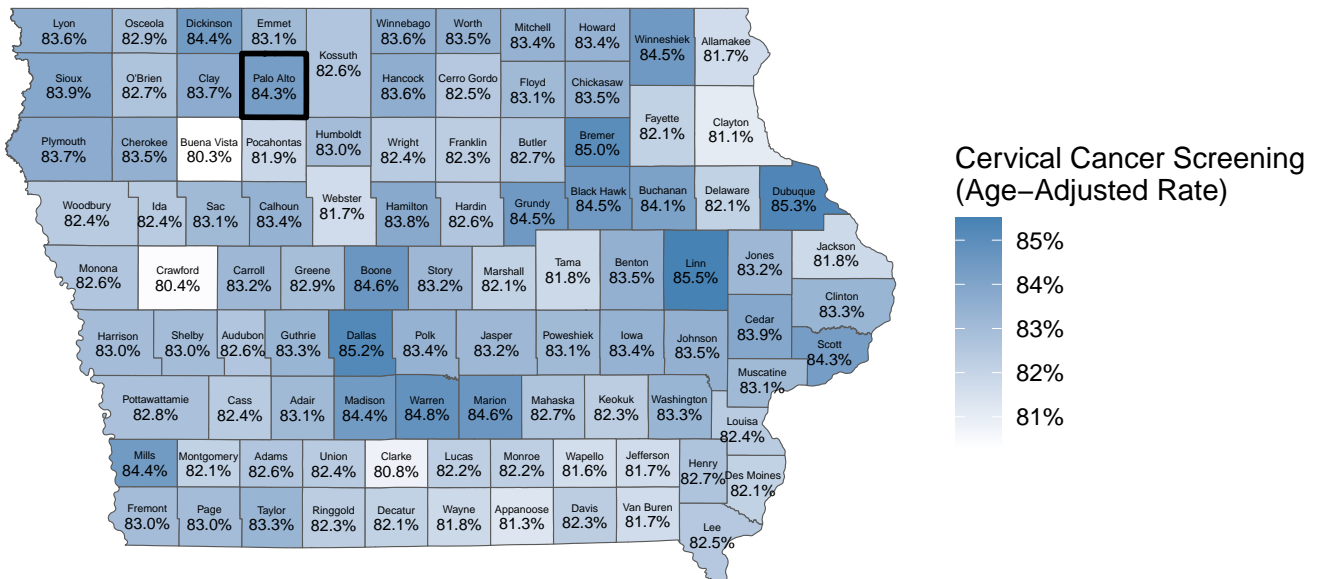
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years



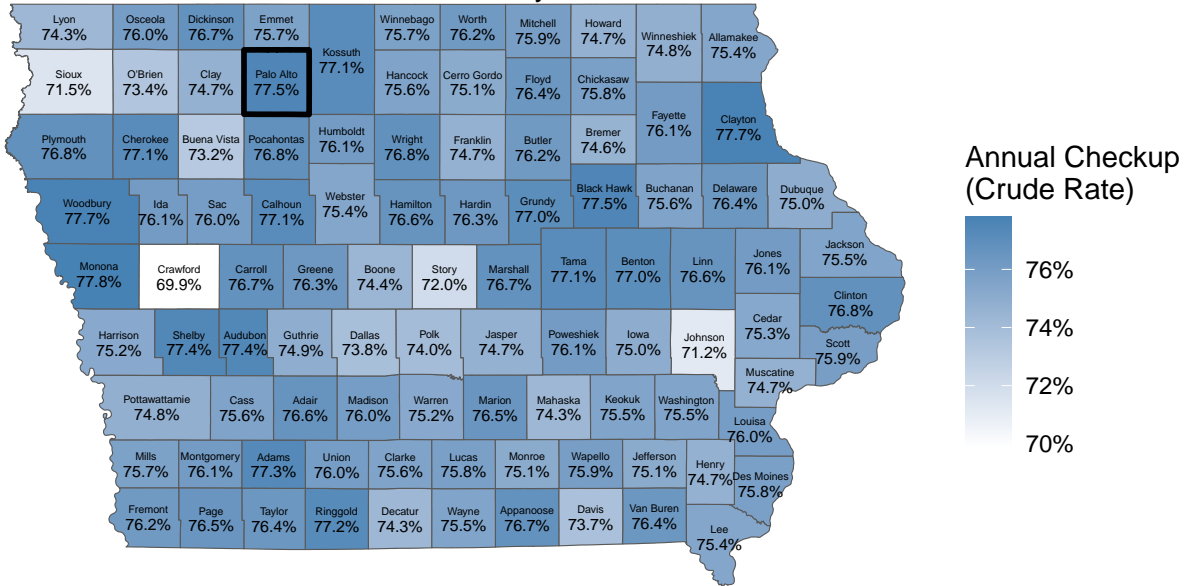
Data Source: CDC PLACES 2023 Release, BRFSS 2020



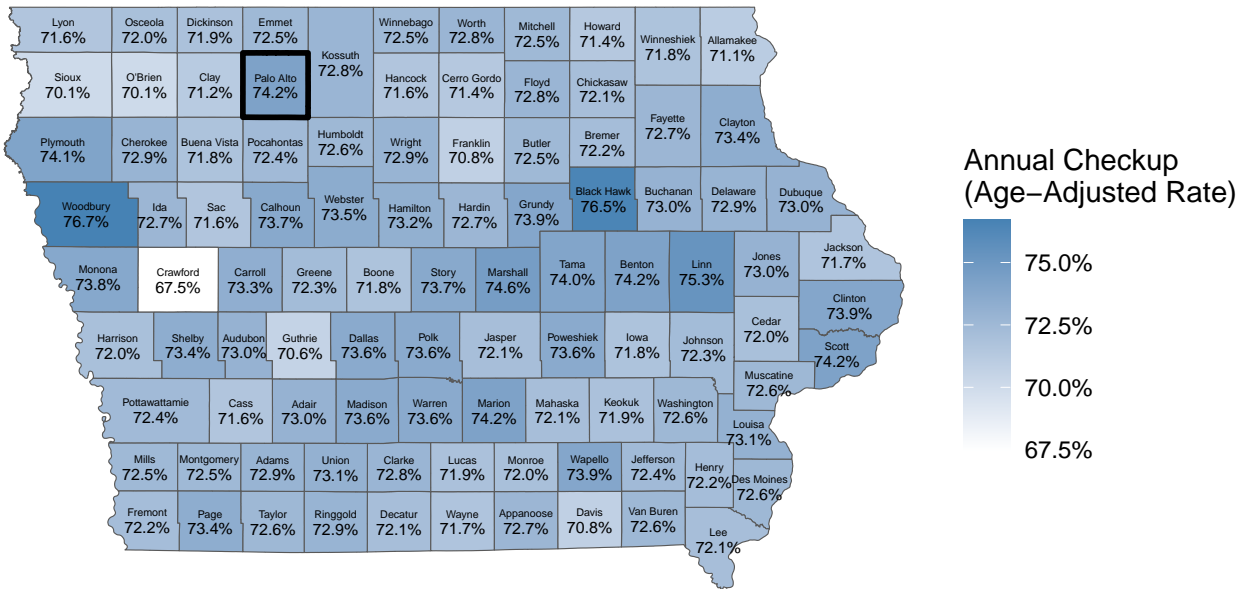
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Annual Checkup

Visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years



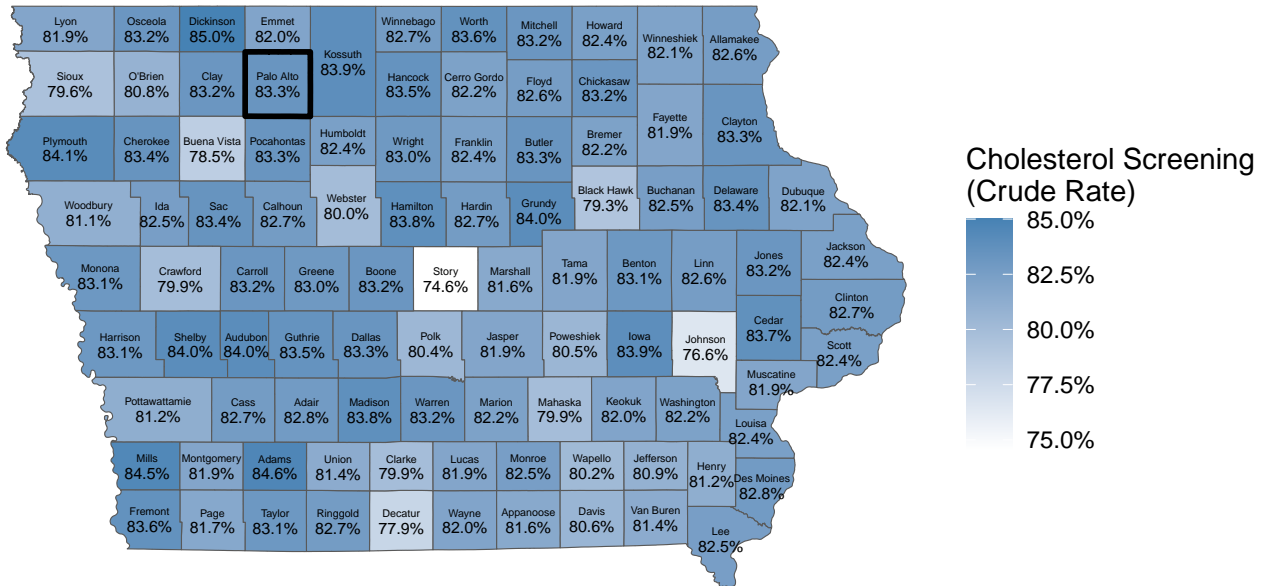
Data Source: CDC PLACES 2023 Release, BRFSS 2021



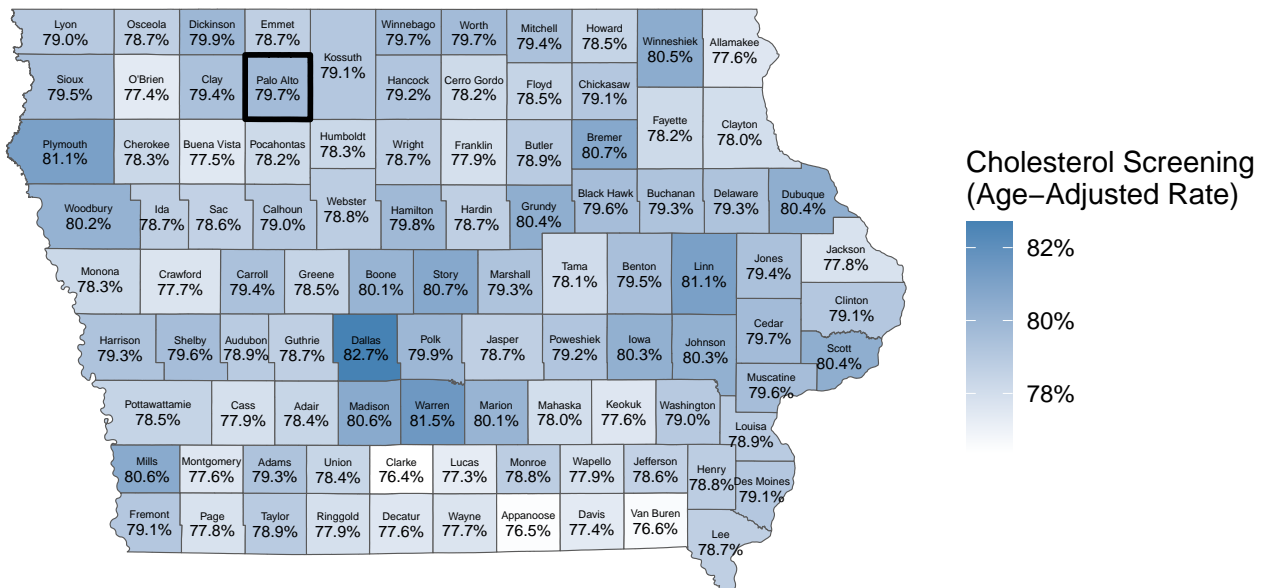
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Cholesterol Screening

Cholesterol screening among adults aged  $\geq 18$  years



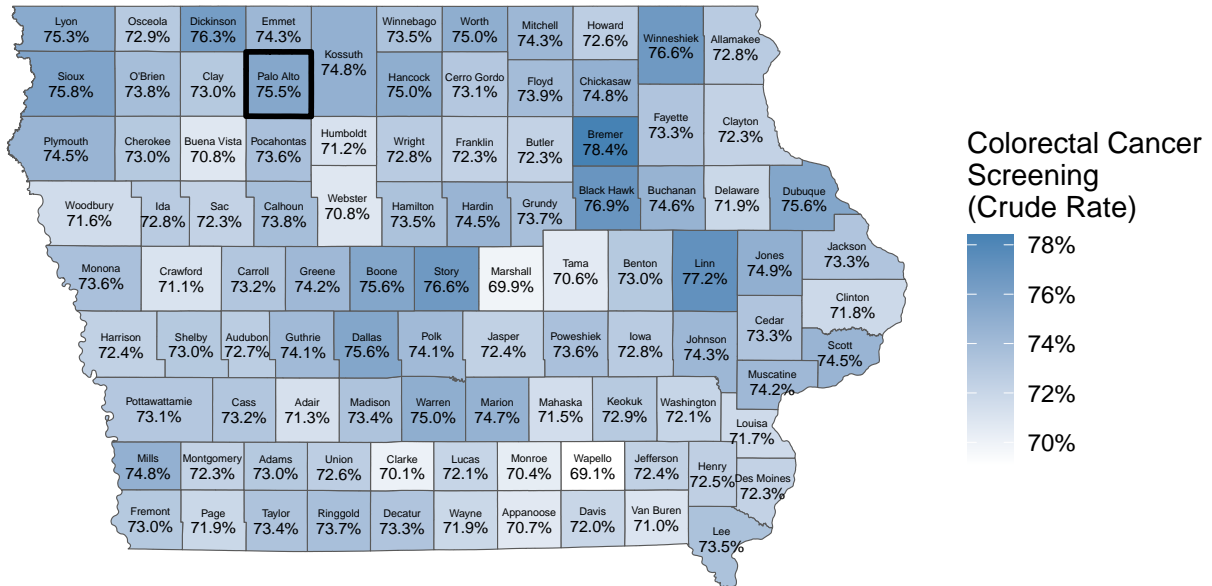
Data Source: CDC PLACES 2023 Release, BRFSS 2021



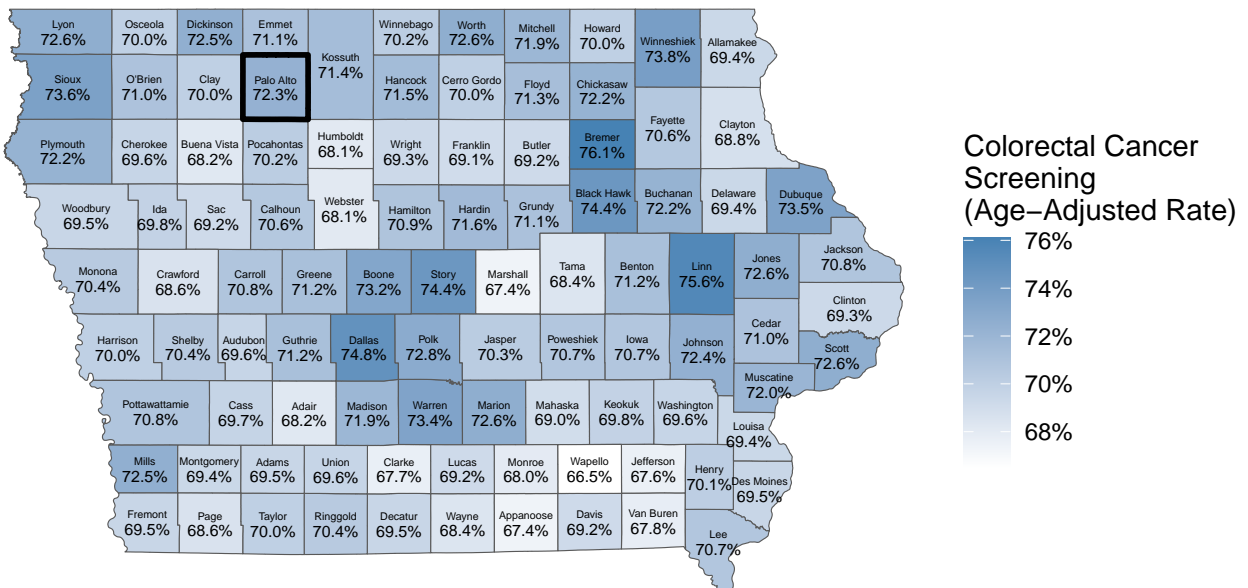
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



Data Source: CDC PLACES 2023 Release, BRFSS 2020

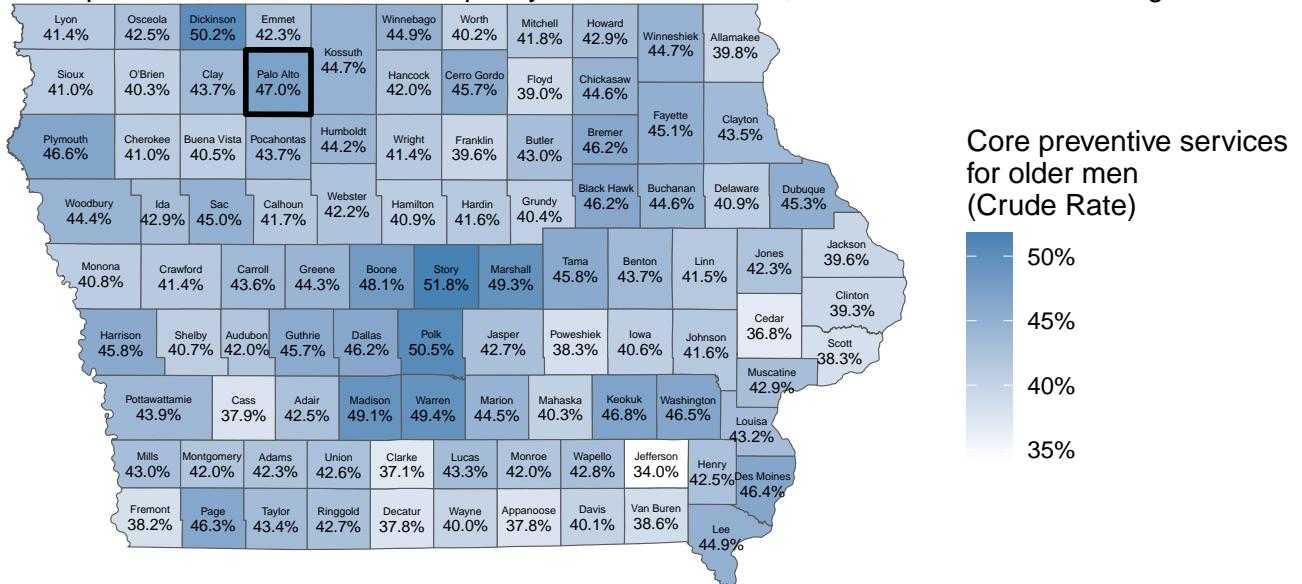


Data Source: CDC PLACES 2023 Release, BRFSS 2020

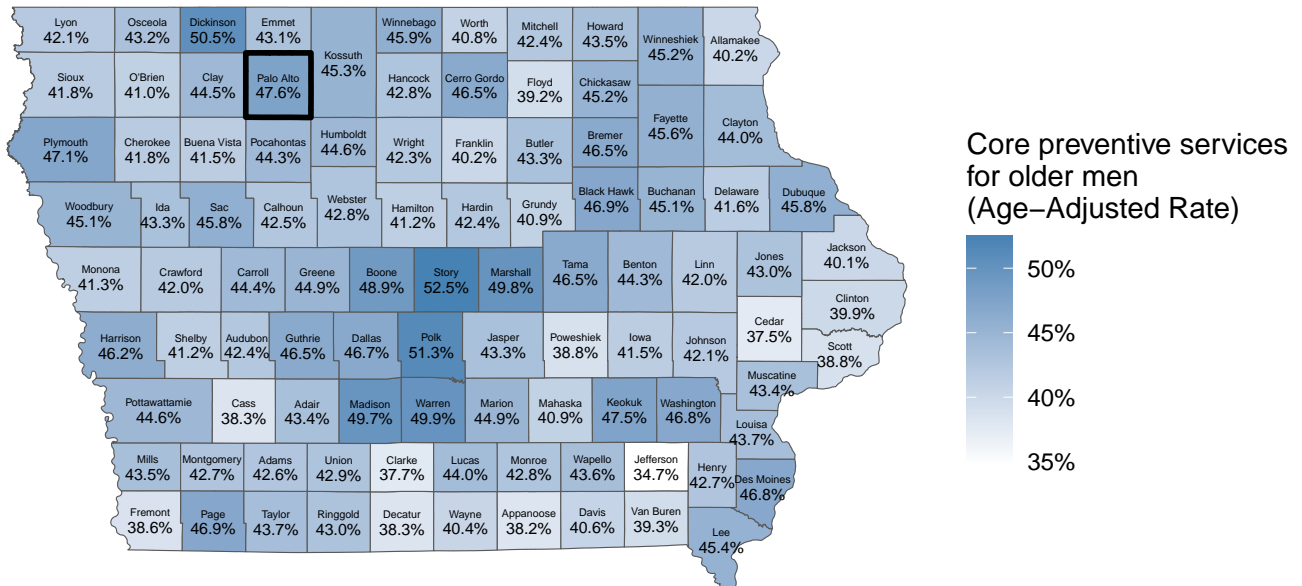


## Core preventive services for older men

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



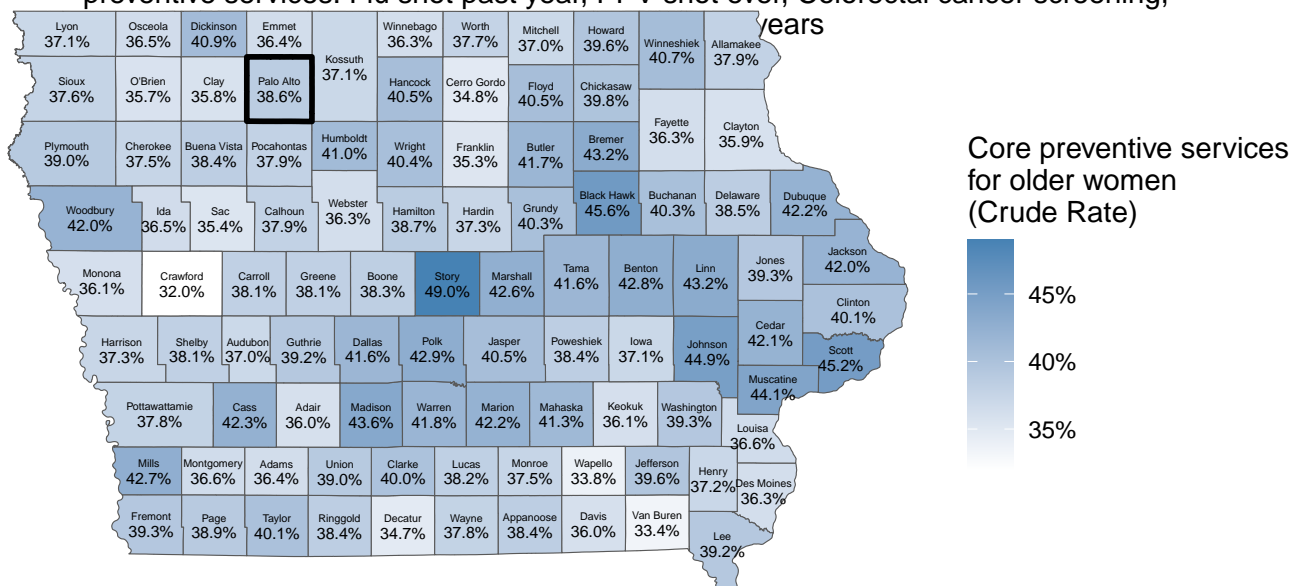
Data Source: CDC PLACES 2023 Release, BRFSS 2020



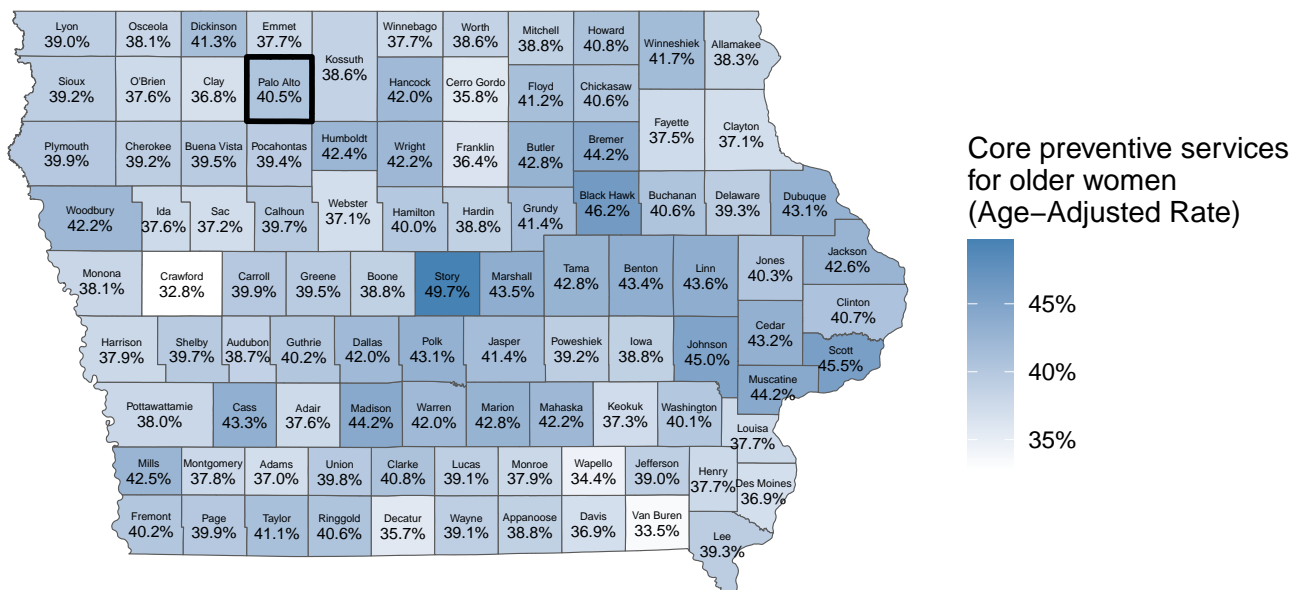
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older women

Older adult women aged  $\geq 65$  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

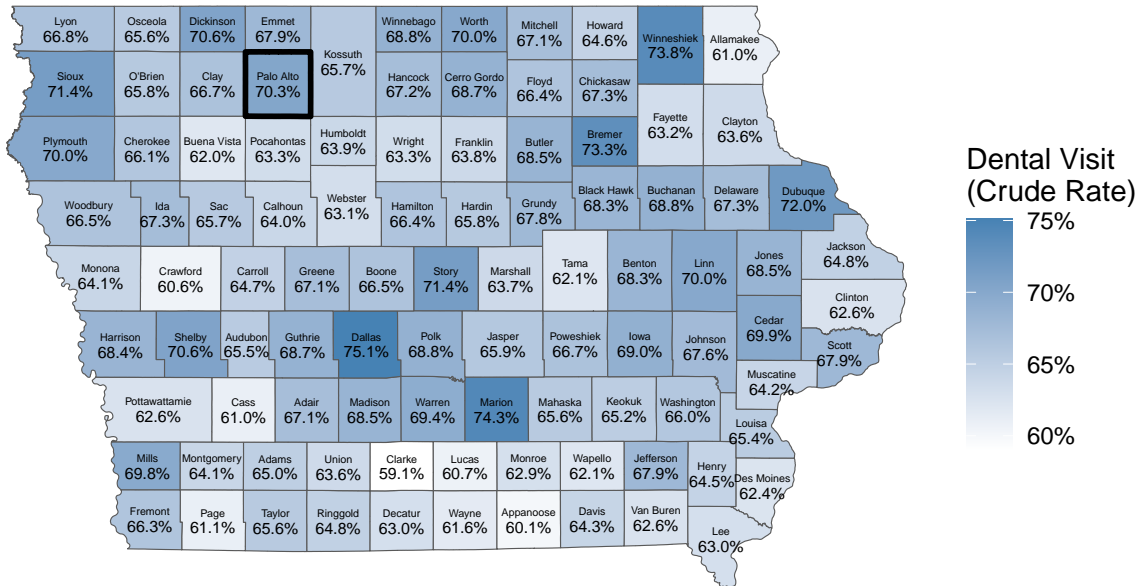


Data Source: CDC PLACES 2023 Release, BRFSS 2020

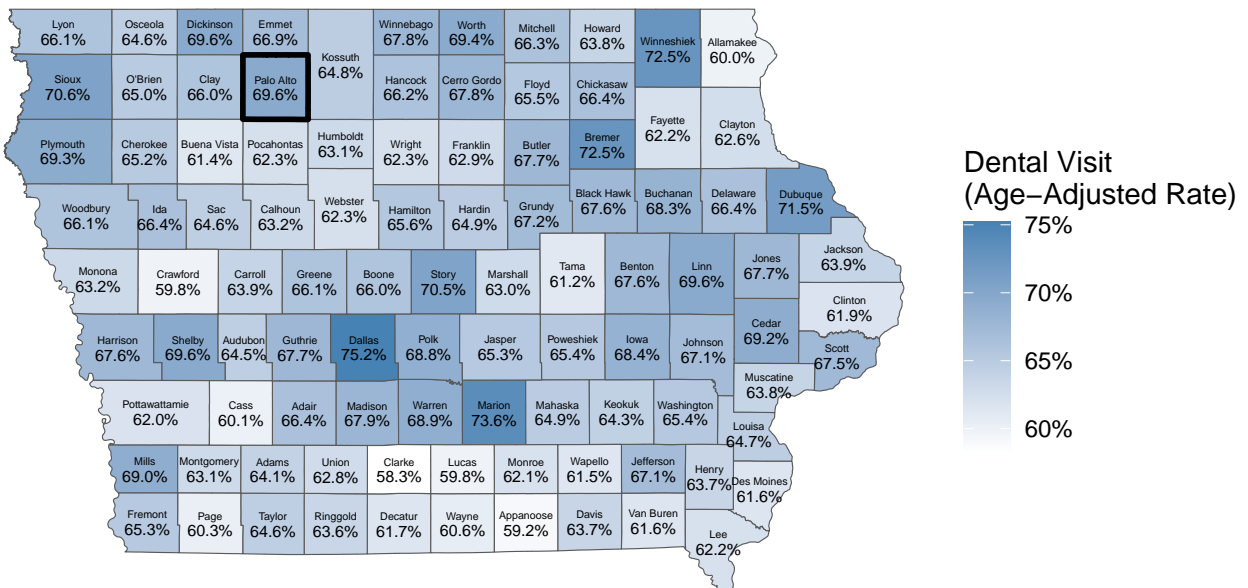


## Dental Visit

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



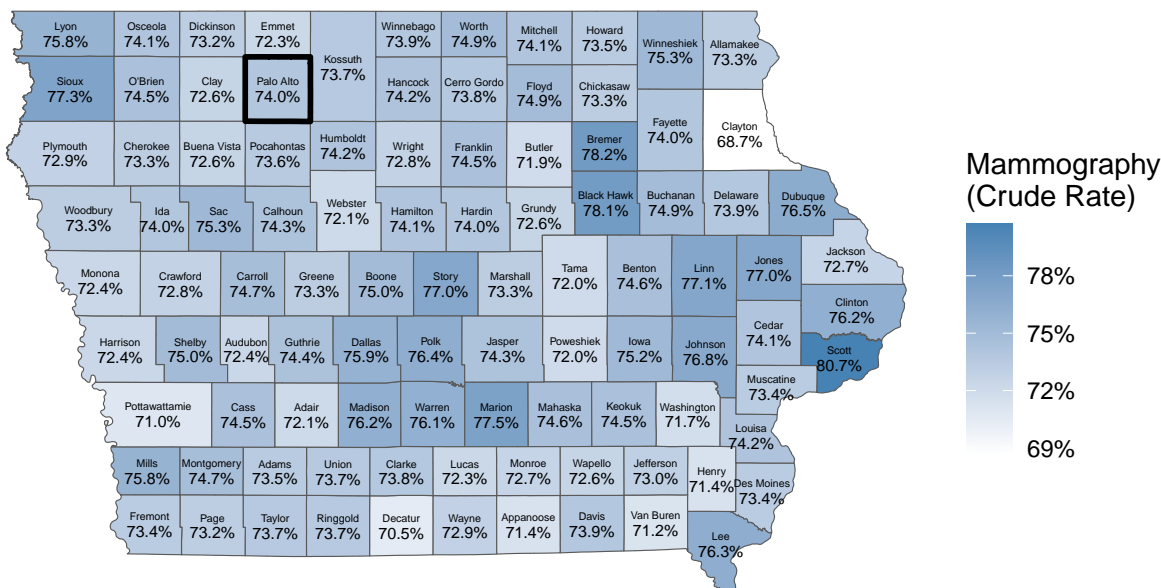
Data Source: CDC PLACES 2023 Release, BRFSS 2020



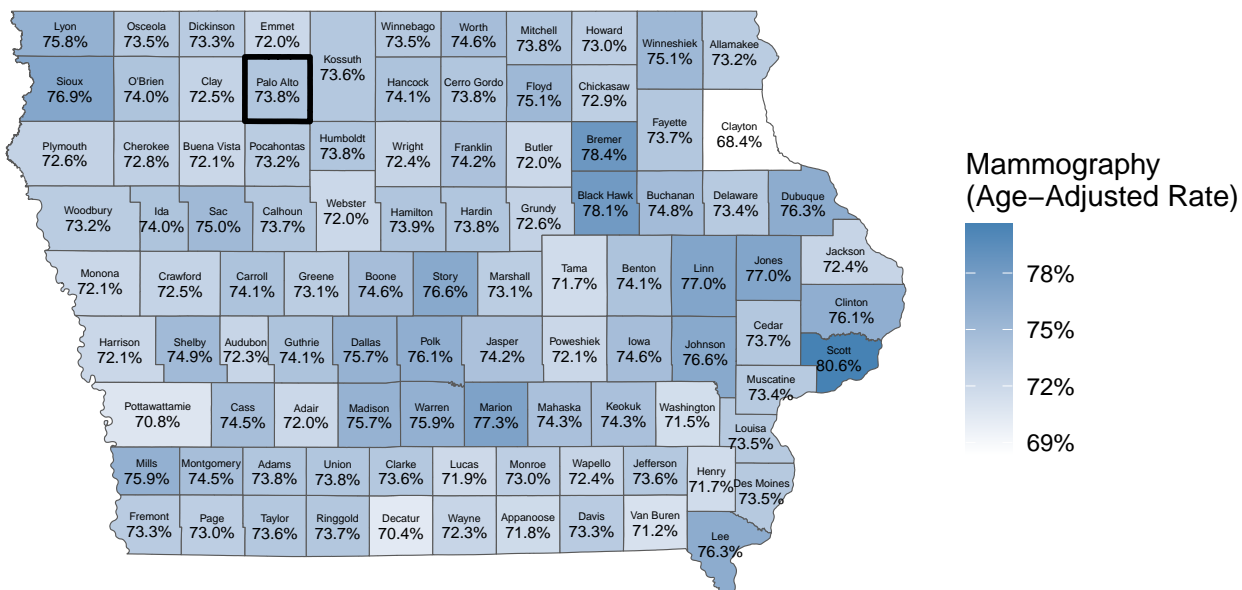
Data Source: CDC PLACES 2023 Release, BRFSS 2020

# Mammography

## Mammography use among women aged 50–74 years



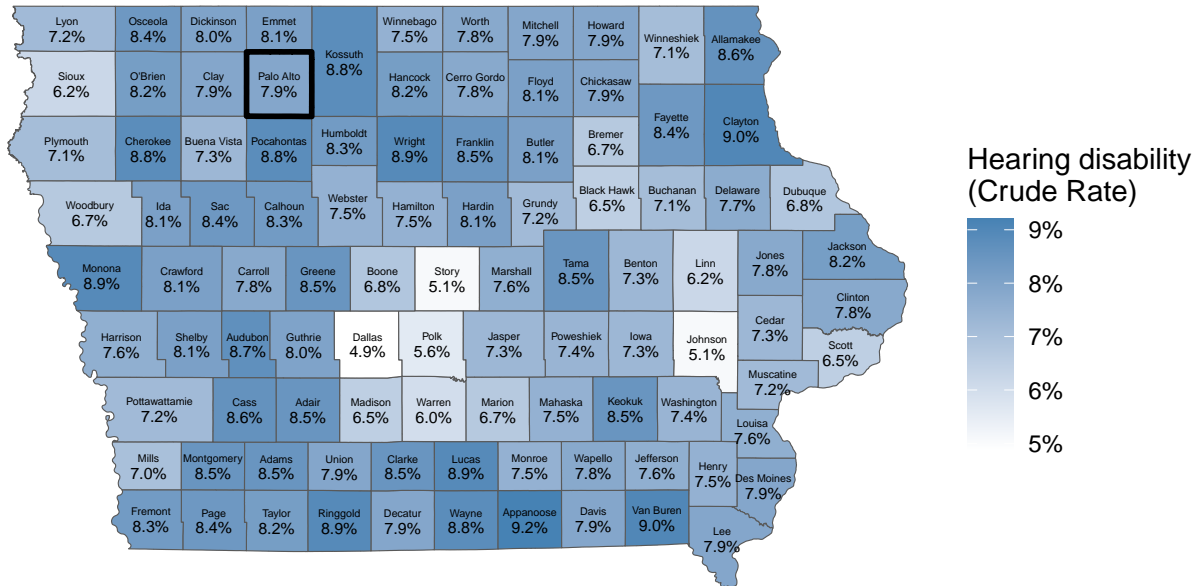
Data Source: CDC PLACES 2023 Release, BRFSS 2020



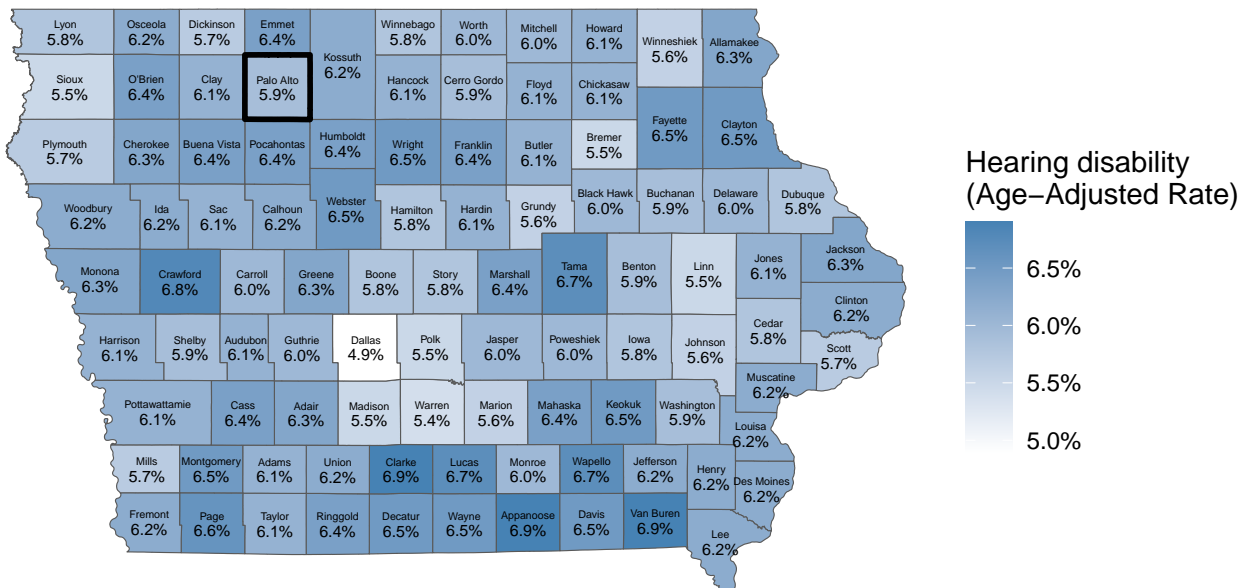
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Hearing disability

### Hearing disability among adults aged $\geq 18$ years



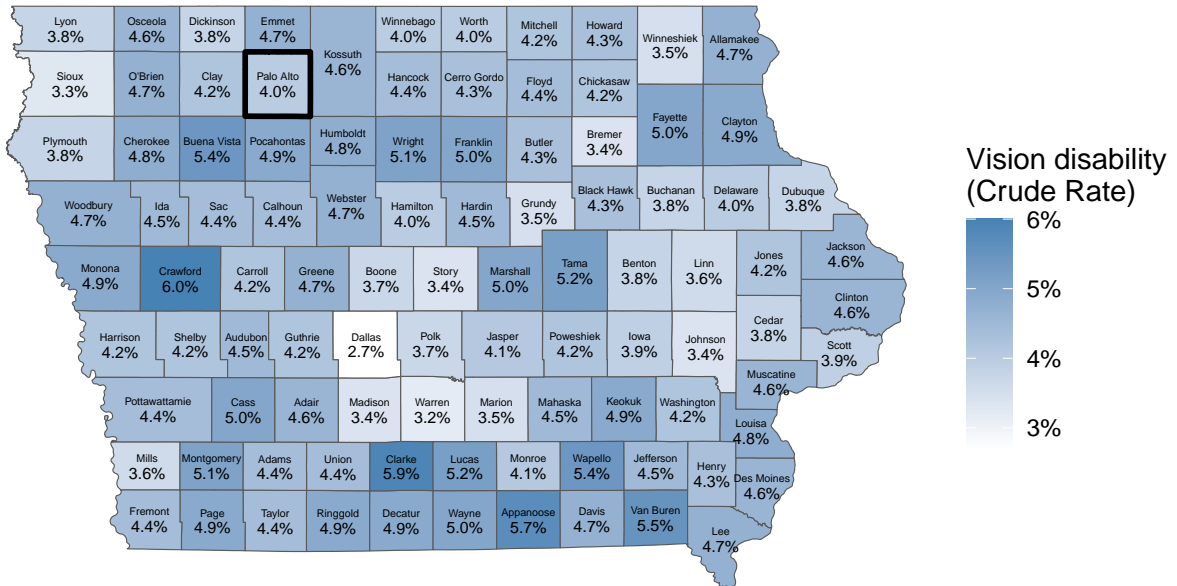
Data Source: CDC PLACES 2023 Release, BRFSS 2021



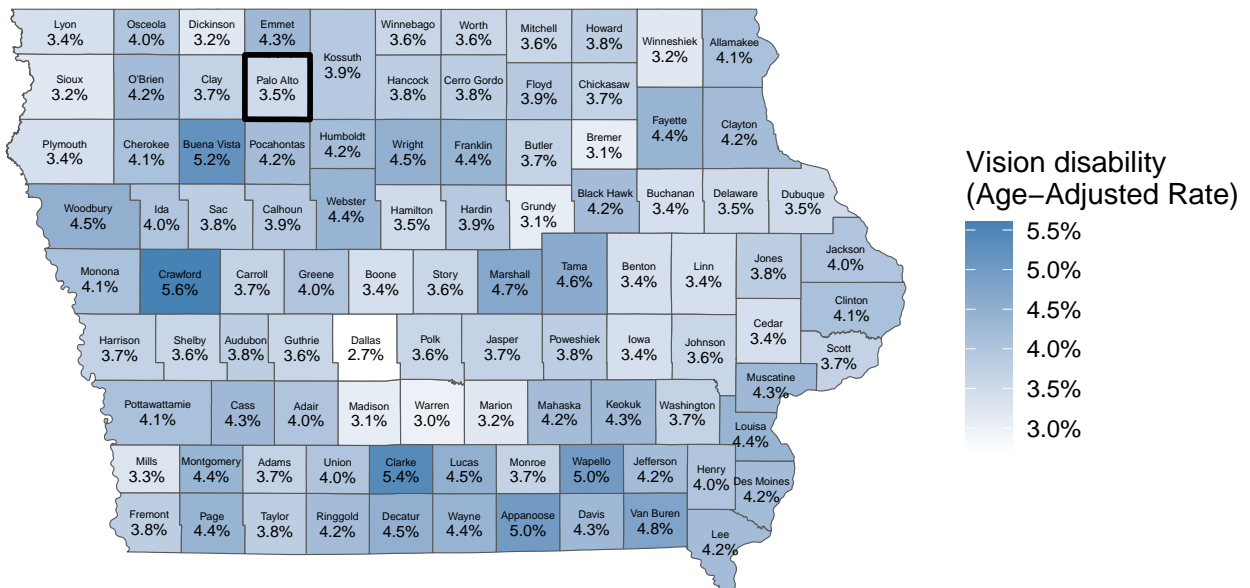
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Vision disability

### Vision disability among adults aged >=18 years



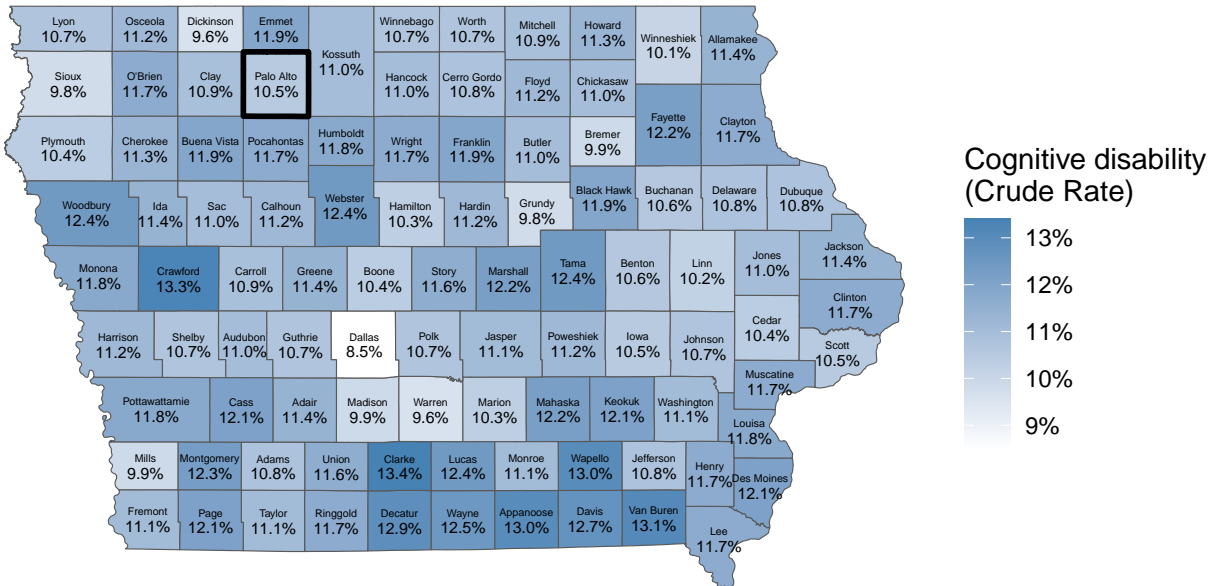
Data Source: CDC PLACES 2023 Release, BRFSS 2021



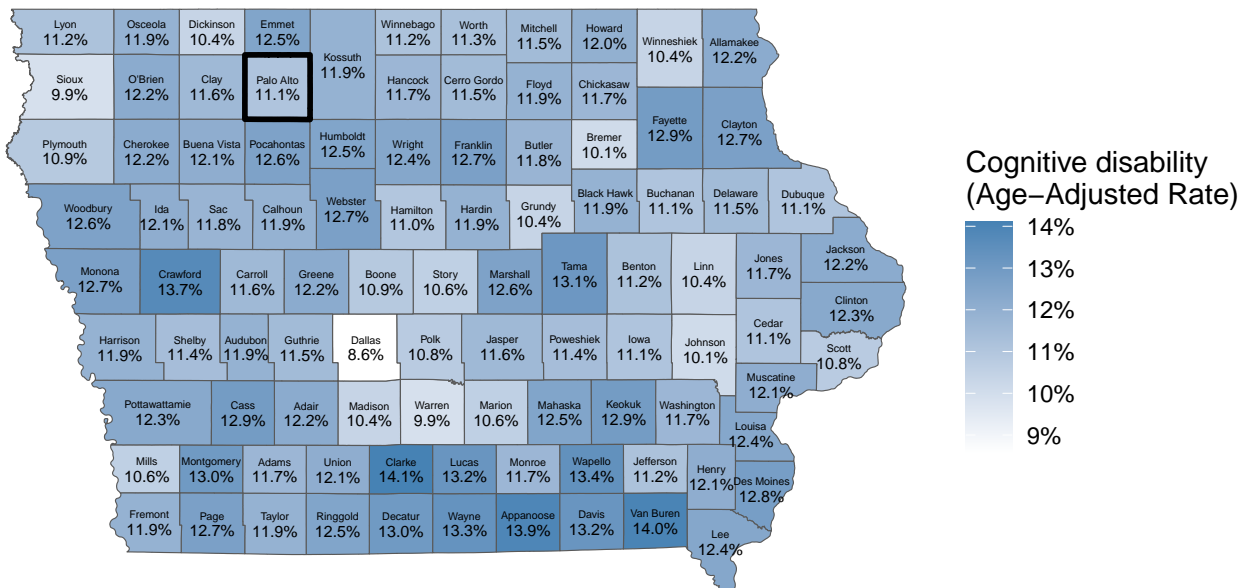
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cognitive disability

### Cognitive disability among adults aged >=18 years



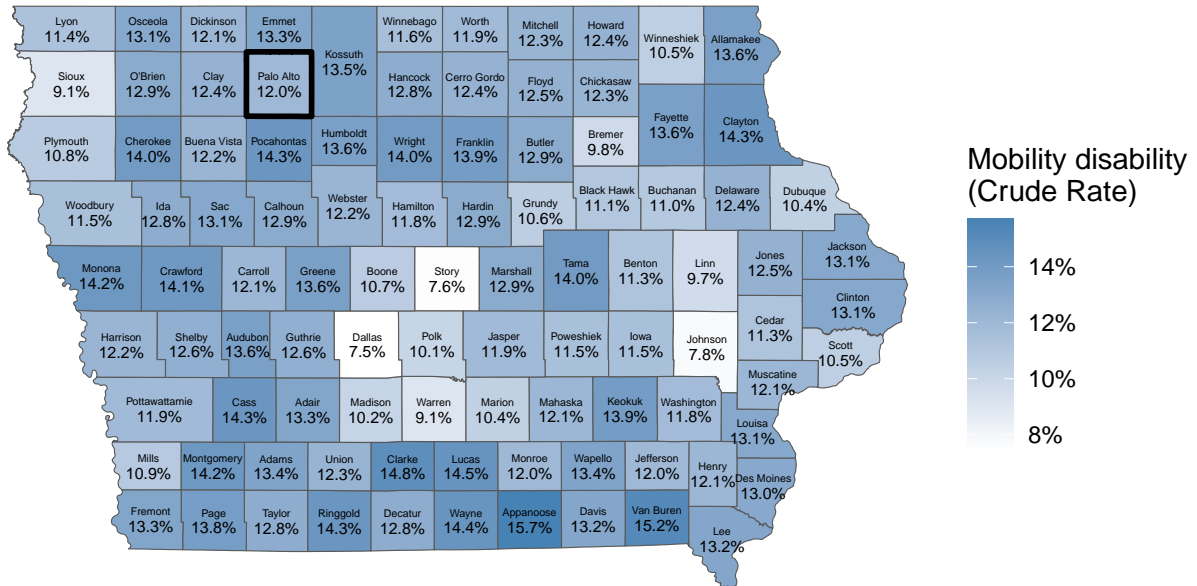
Data Source: CDC PLACES 2023 Release, BRFSS 2021



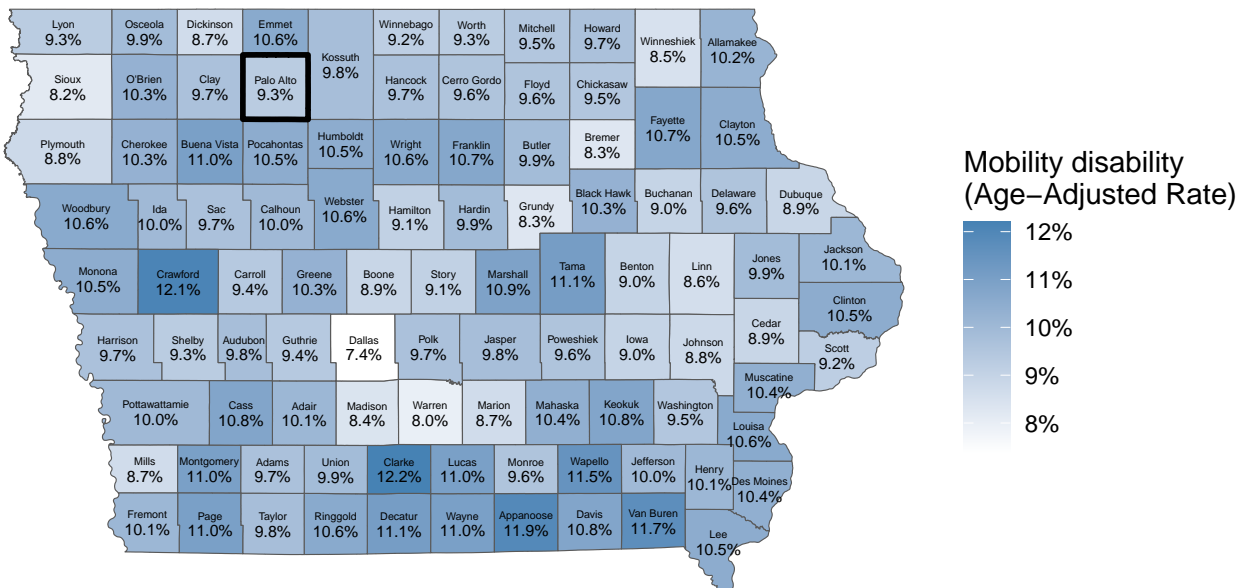
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Mobility disability

### Mobility disability among adults aged $\geq 18$ years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

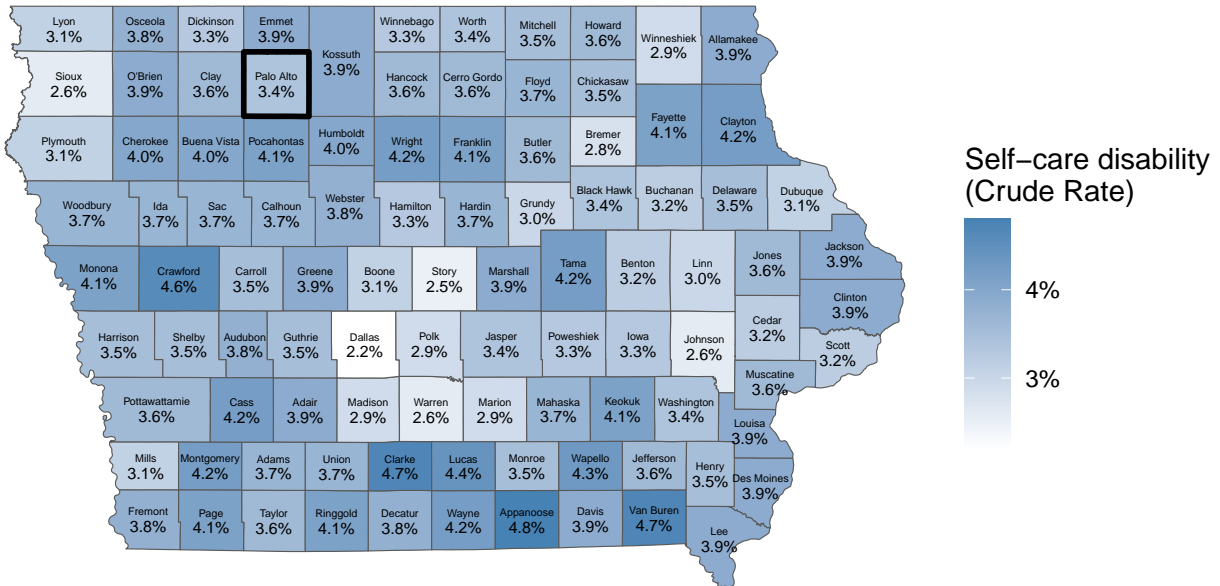


Data Source: CDC PLACES 2023 Release, BRFSS 2021

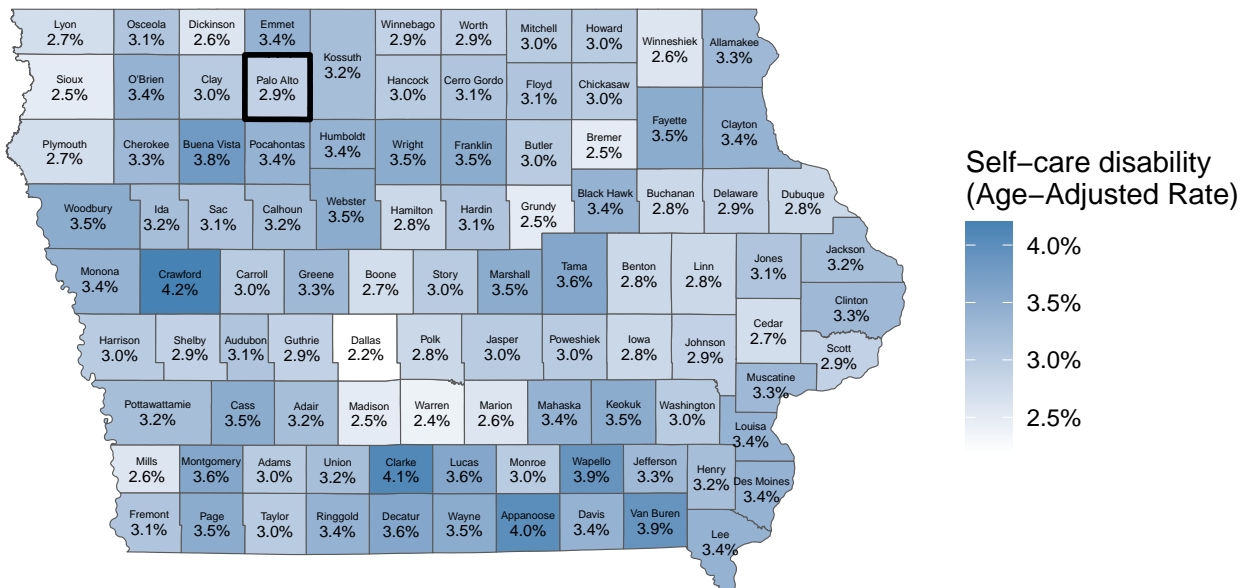


## Self-care disability

### Self-care disability among adults aged >=18 years



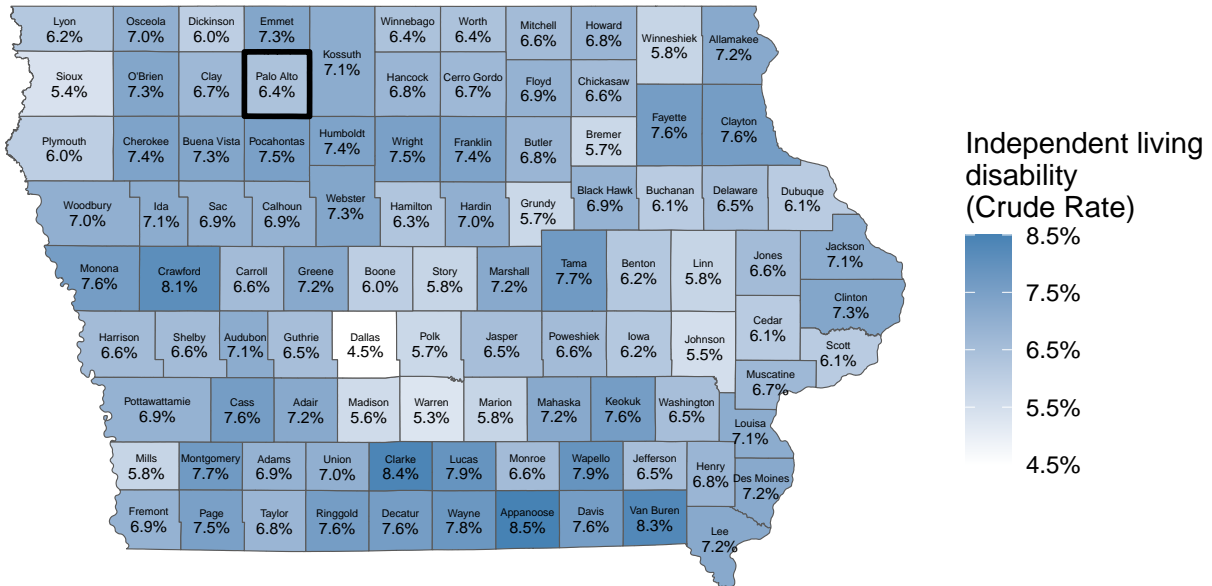
Data Source: CDC PLACES 2023 Release, BRFSS 2021



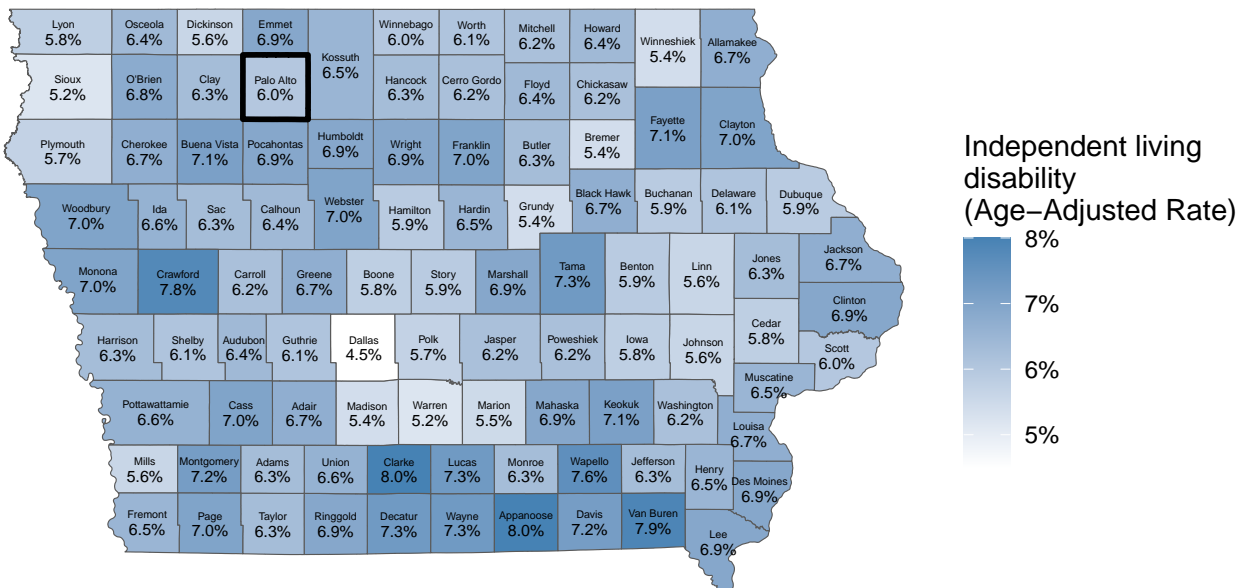
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Independent living disability

Independent living disability among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

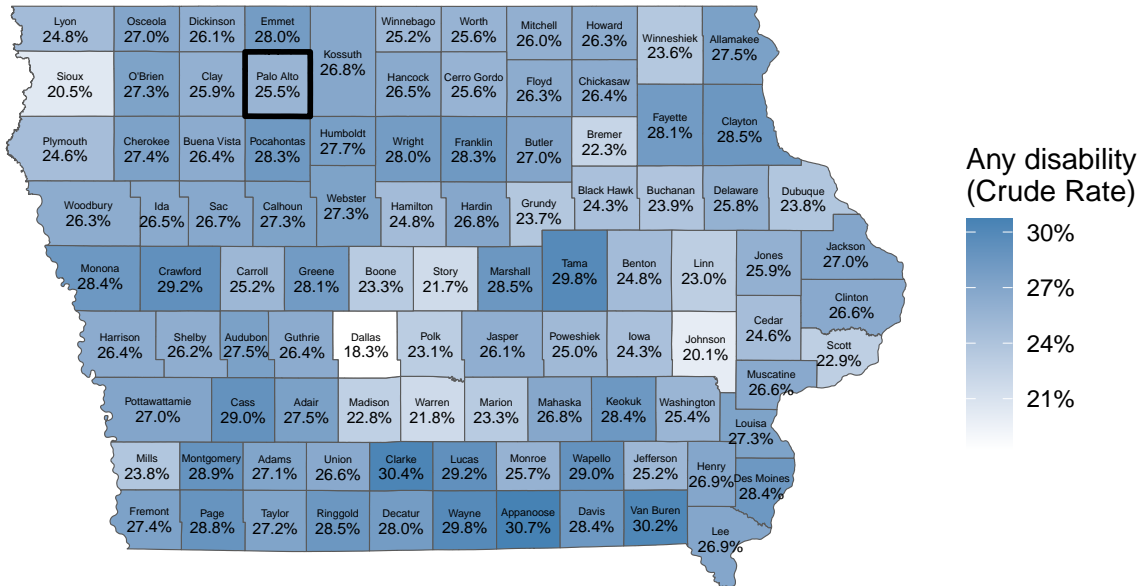


Data Source: CDC PLACES 2023 Release, BRFSS 2021

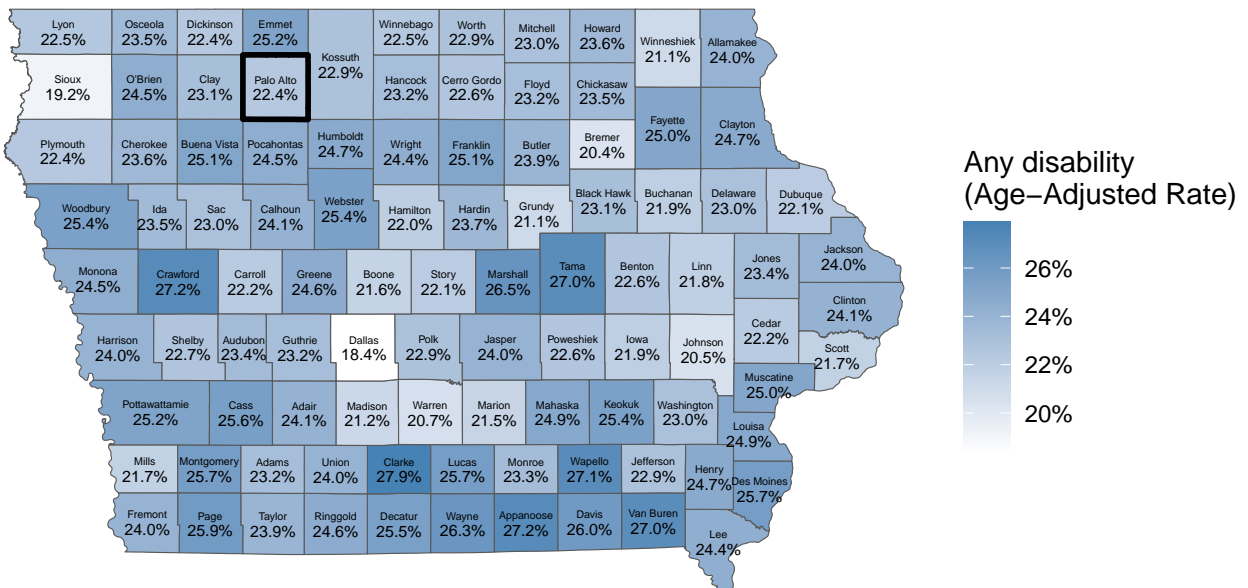


## Any disability

### Any disability among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021