



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

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Iowa County Health Snapshot Series

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Health in Pottawattamie County: Overview

Dear Community Members & Stakeholders of Pottawattamie 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 Pottawattamie County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Pottawattamie 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 Pottawattamie 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	Metropolitan Core County Rank	Health Domain	Statewide County Rank	Metropolitan Core County Rank
High Cholesterol	17th	8th	Depression	19th	3rd
Cancer (except skin)	18th	8th	High Cholesterol	19th	2nd
Hearing Disability	20th	9th	Cancer (except skin)	26th	5th
Chronic Kidney Disease	22nd	9th	Core preventive services for older men	33rd	6th
Coronary Heart Disease	24th	9th	Colorectal Cancer Screening	39th	8th

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	Metropolitan Core County Rank	Health Domain	Statewide County Rank	Metropolitan Core County Rank
Mammography	97th	9th	Mammography	97th	9th
Sleep <7 hours	91st	8th	Sleep <7 hours	89th	8th
Taking BP Medication	90th	4th	Dental Visit	84th	9th
Dental Visit	85th	9th	Any Disability	80th	8th
Current Asthma	85th	6th	Taking BP Medication	78th	7th

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 Pottawattamie 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

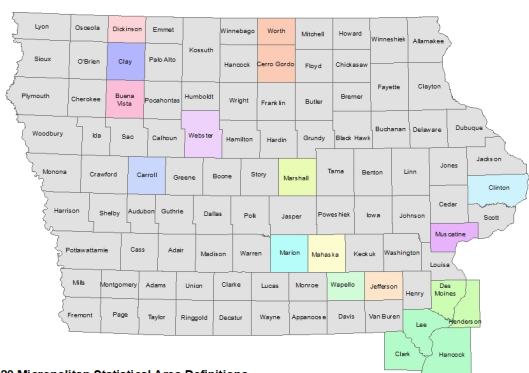
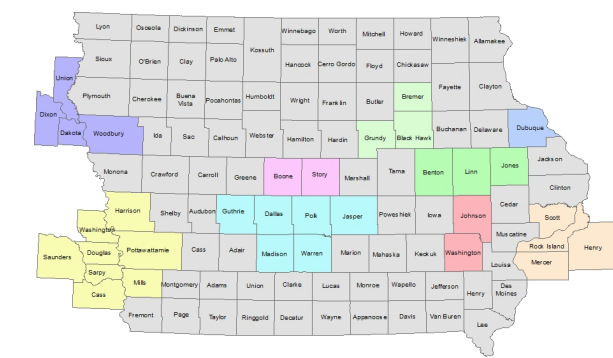
The purpose of the Iowa County Health Snapshot Series is to provide an overview of health in Pottawattamie County that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Pottawattamie County, a review of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

With a population of 93,304, Pottawattamie County's similarly sized counties are defined as metropolitan core counties. In Iowa, metropolitan core counties have an average population of 175,797, and there are 9 counties that are considered metropolitan core counties. To learn more about the county population classifications used in this report, please see the information below the table as well as Appendix 3.

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

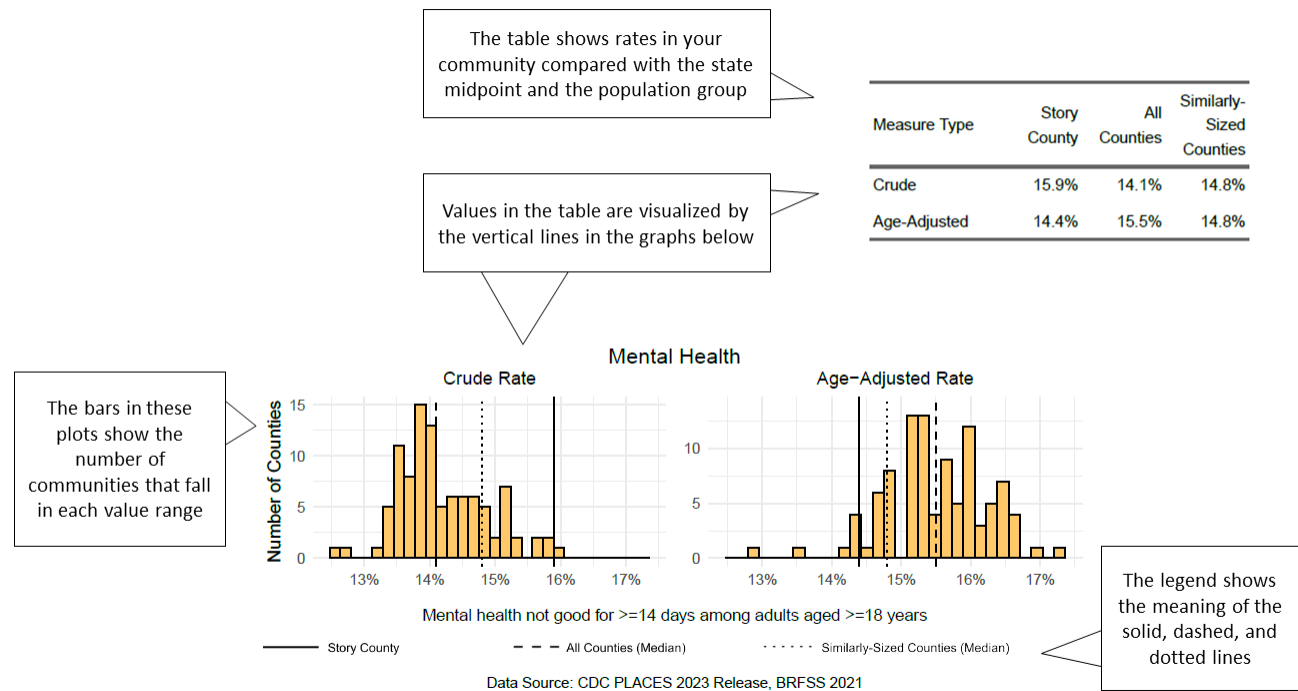
The counties included in each category above are determined by the United States Office of Management and Budget. Iowa has counties in nine metropolitan statistical areas and 15 micropolitan statistical areas. The counties identified as metropolitan and micropolitan can be found in the link and the maps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

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



Using Story County as an Example

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



Health Status

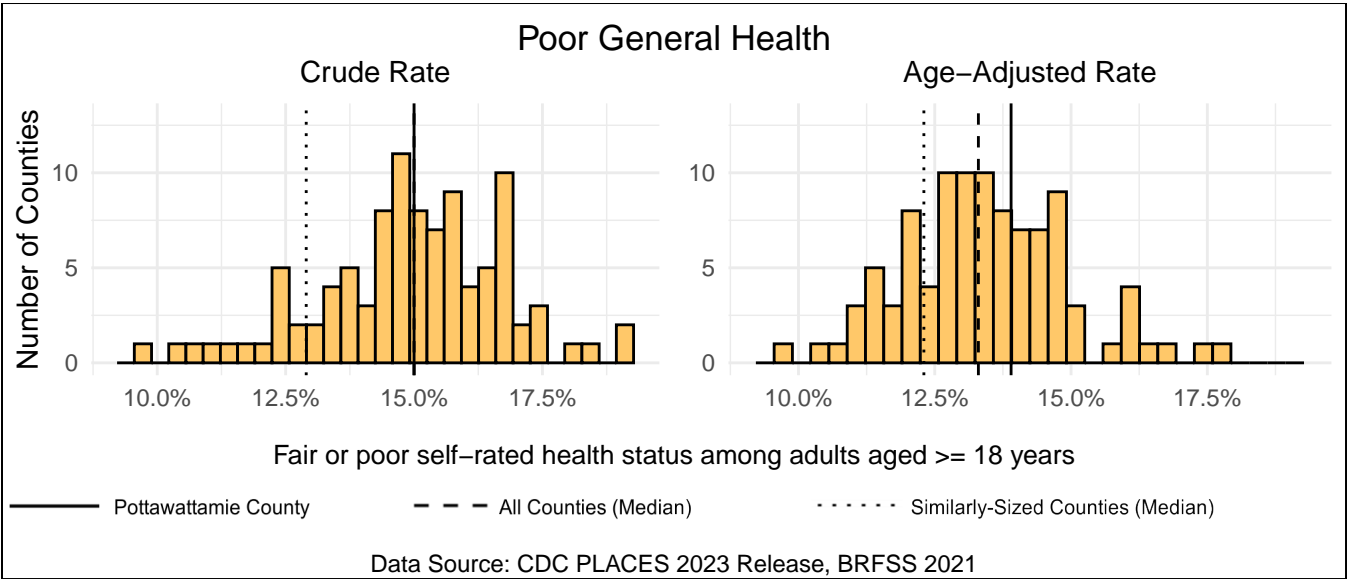
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Pottawattamie County has a crude rate of 15.0% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 48th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 13.9%, which ranks 62nd out of 99 Iowa counties (7th out of 9 similarly-sized counties).

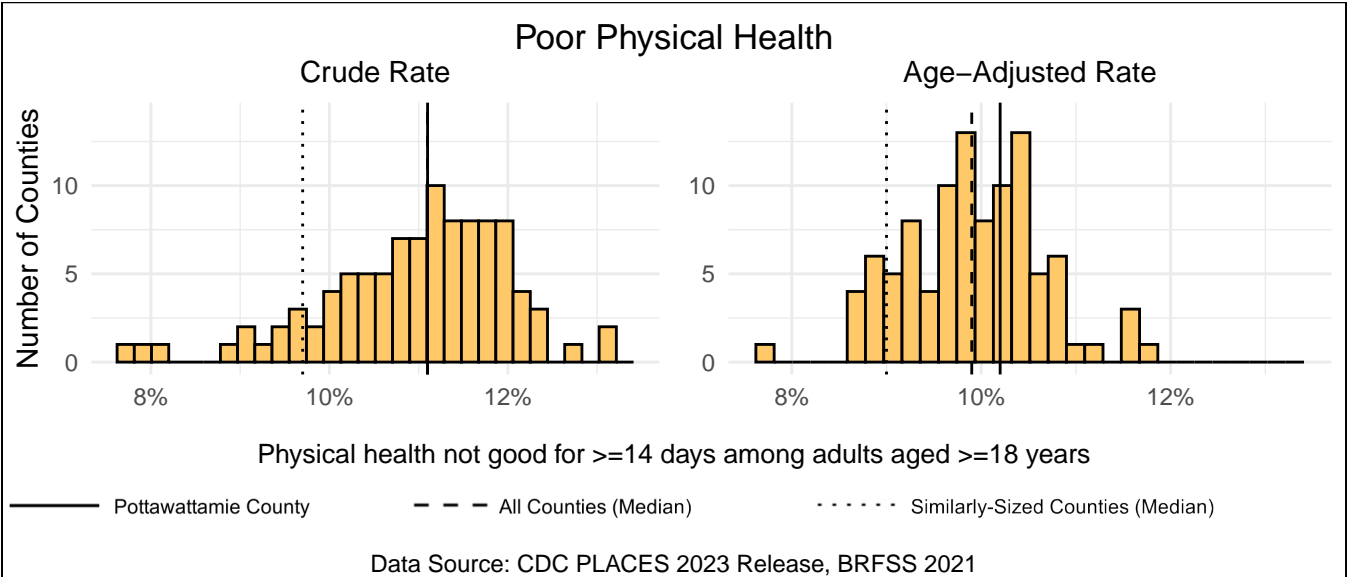
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	15.0%	15.0%	12.9%
Age-Adjusted	13.9%	13.3%	12.3%



Poor Physical Health

Pottawattamie County has a crude rate of 11.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 48th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 10.2%, which ranks 60th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

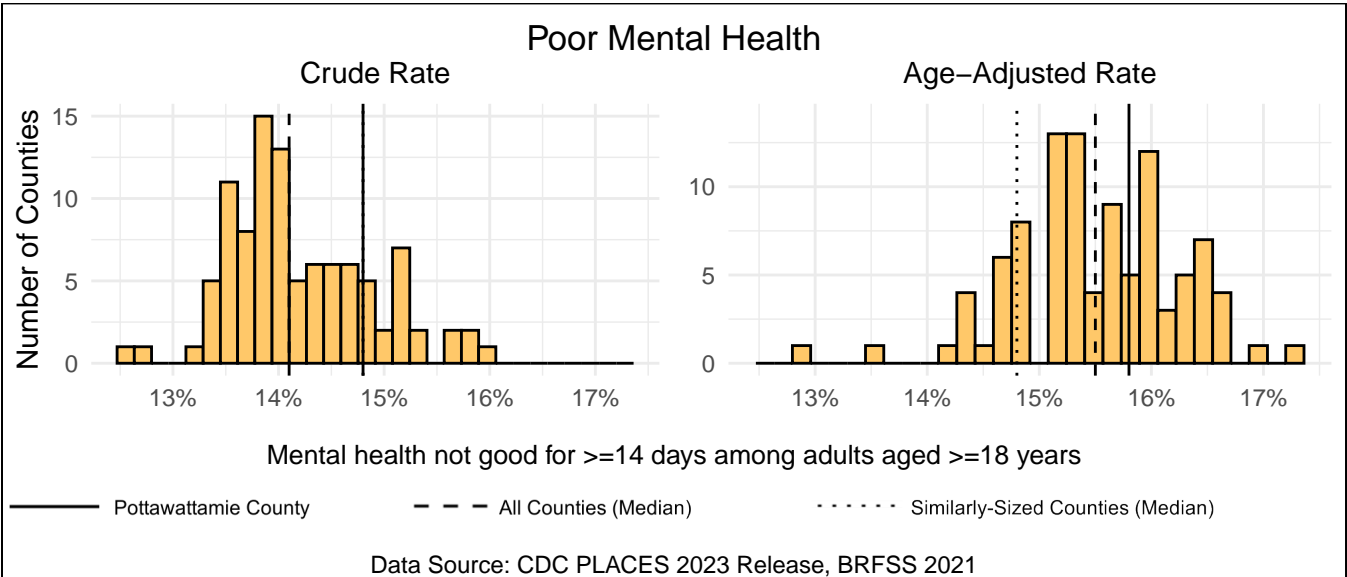
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	11.1%	11.1%	9.7%
Age-Adjusted	10.2%	9.9%	9.0%



Poor Mental Health

Pottawattamie 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 (5th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 15.8%, which ranks 62nd out of 99 Iowa counties (8th out of 9 similarly-sized counties).

Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	14.8%	14.1%	14.8%
Age-Adjusted	15.8%	15.5%	14.8%



Health Risk Behaviors

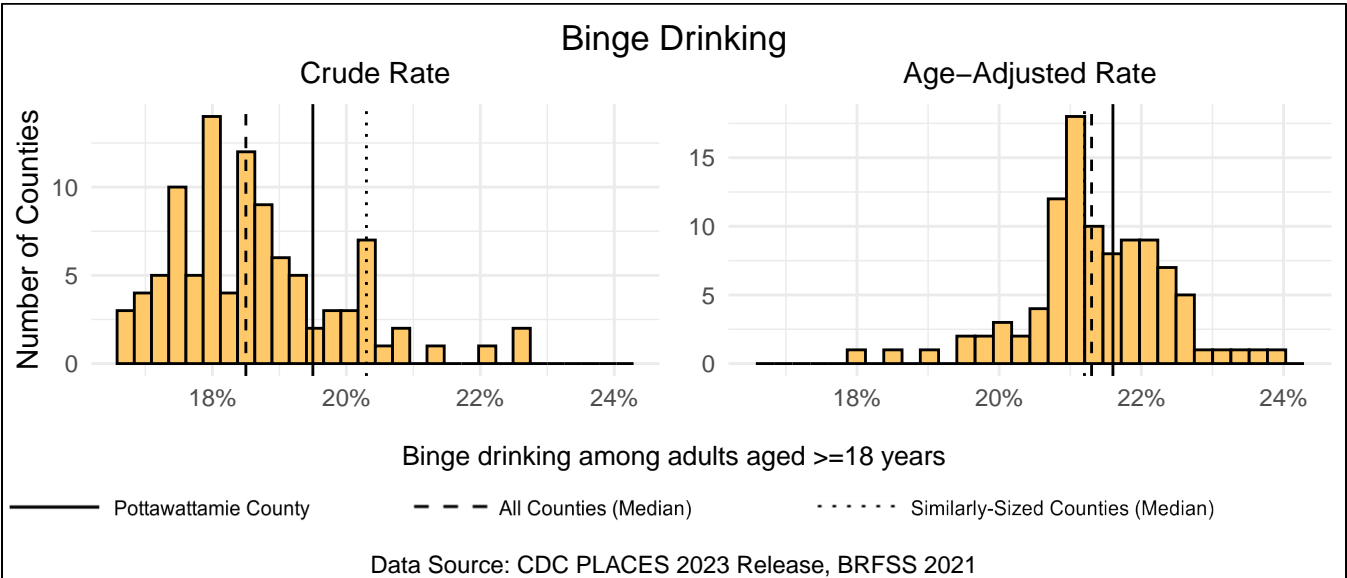
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Pottawattamie County has a crude rate of 19.5% for binge drinking among adults aged ≥ 18 years, which ranks 78th out of 99 Iowa counties (2nd out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 21.6%, which ranks 59th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

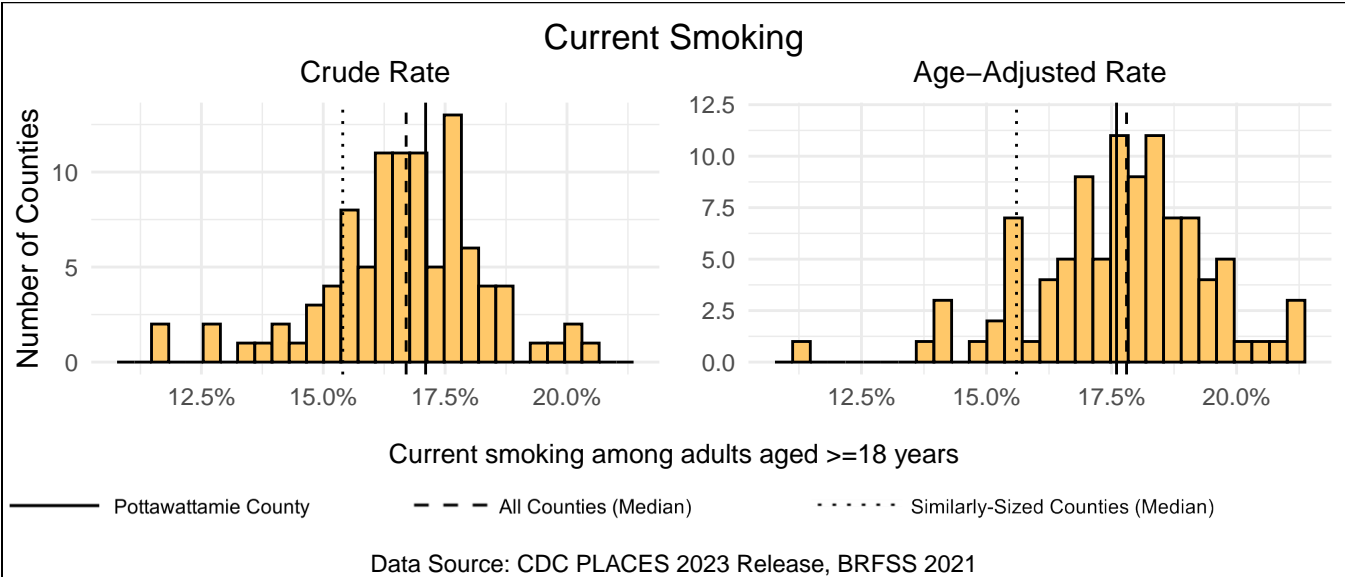
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	19.5%	18.5%	20.3%
Age-Adjusted	21.6%	21.3%	21.2%



Current Smoking

Pottawattamie County has a crude rate of 17.1% for current smoking among adults aged ≥ 18 years, which ranks 60th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 17.6%, which ranks 43rd out of 99 Iowa counties (8th out of 9 similarly-sized counties).

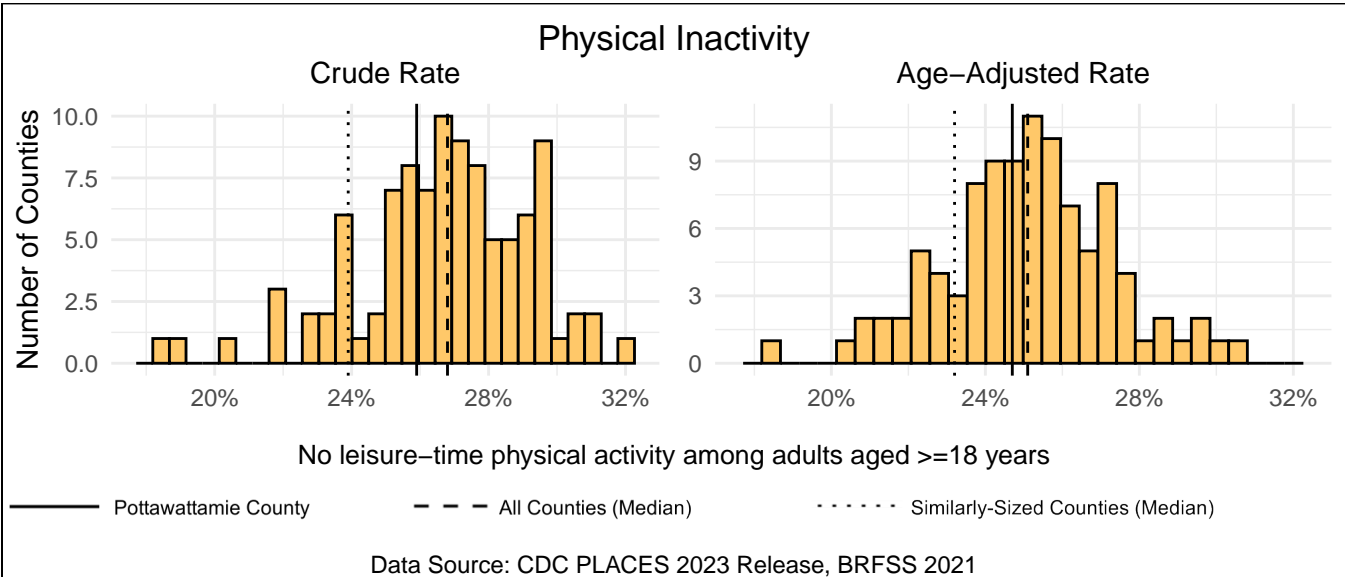
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	17.1%	16.7%	15.4%
Age-Adjusted	17.6%	17.8%	15.6%



Physical Inactivity

Pottawattamie County has a crude rate of 25.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 31st out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 24.7%, which ranks 42nd out of 99 Iowa counties (7th out of 9 similarly-sized counties).

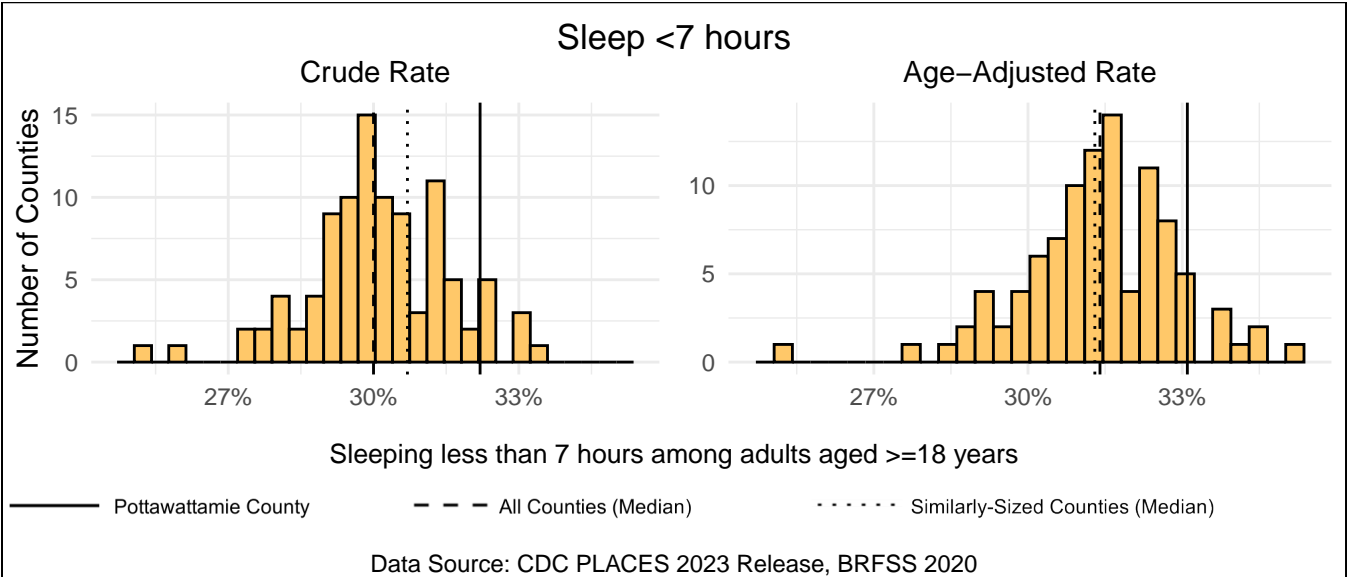
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	25.9%	26.8%	23.9%
Age-Adjusted	24.7%	25.1%	23.2%



Sleep <7 hours

Pottawattamie County has a crude rate of 32.2% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 91st out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 33.1%, which ranks 89th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	32.2%	30.0%	30.7%
Age-Adjusted	33.1%	31.4%	31.3%



Health Outcomes

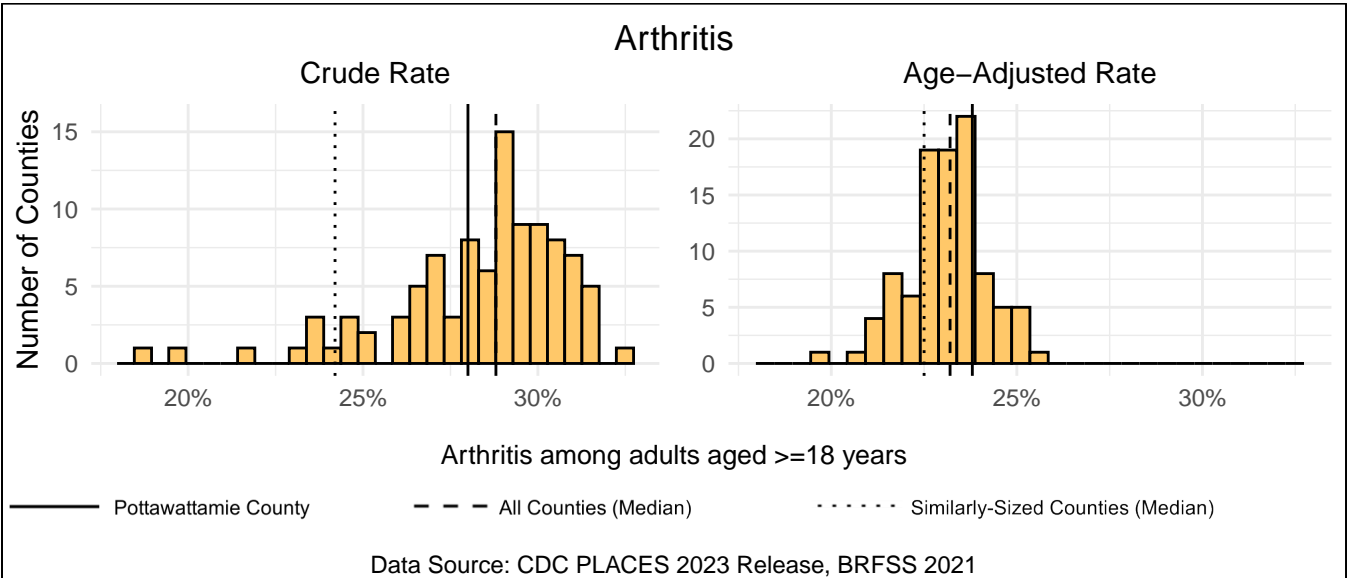
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Pottawattamie County has a crude rate of 28.0% for arthritis among adults aged ≥ 18 years, which ranks 33rd out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 23.8%, which ranks 76th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

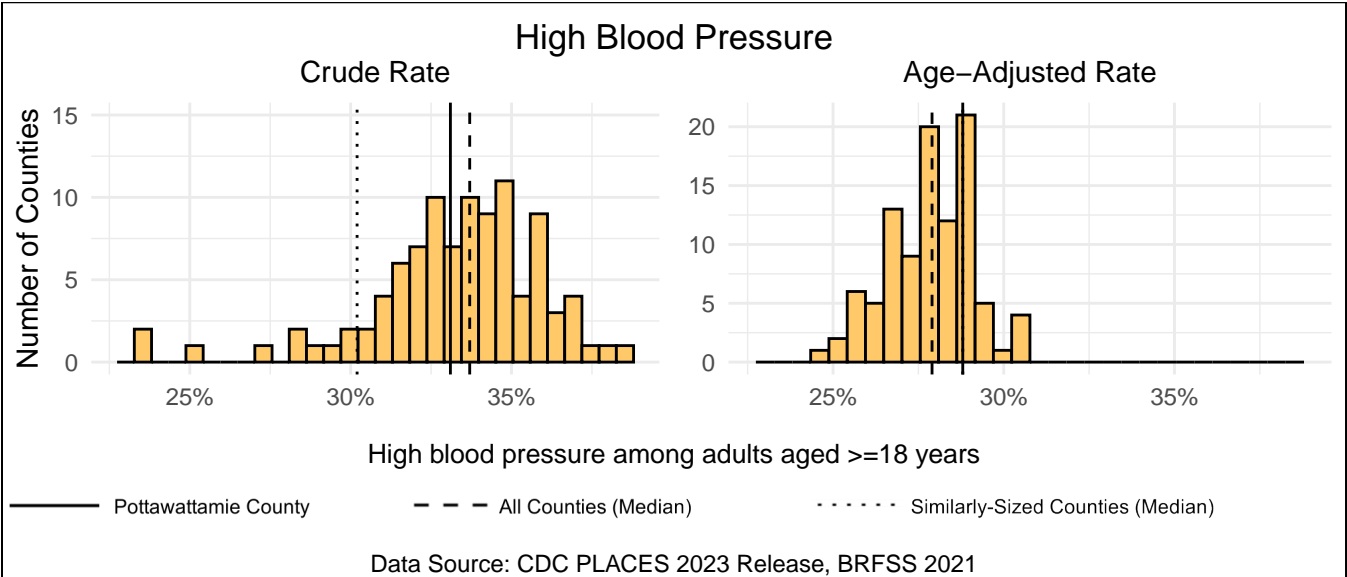
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	28.0%	28.8%	24.2%
Age-Adjusted	23.8%	23.2%	22.5%



High Blood Pressure

Pottawattamie County has a crude rate of 33.1% for high blood pressure among adults aged ≥ 18 years, which ranks 40th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 28.8%, which ranks 73rd out of 99 Iowa counties (5th out of 9 similarly-sized counties).

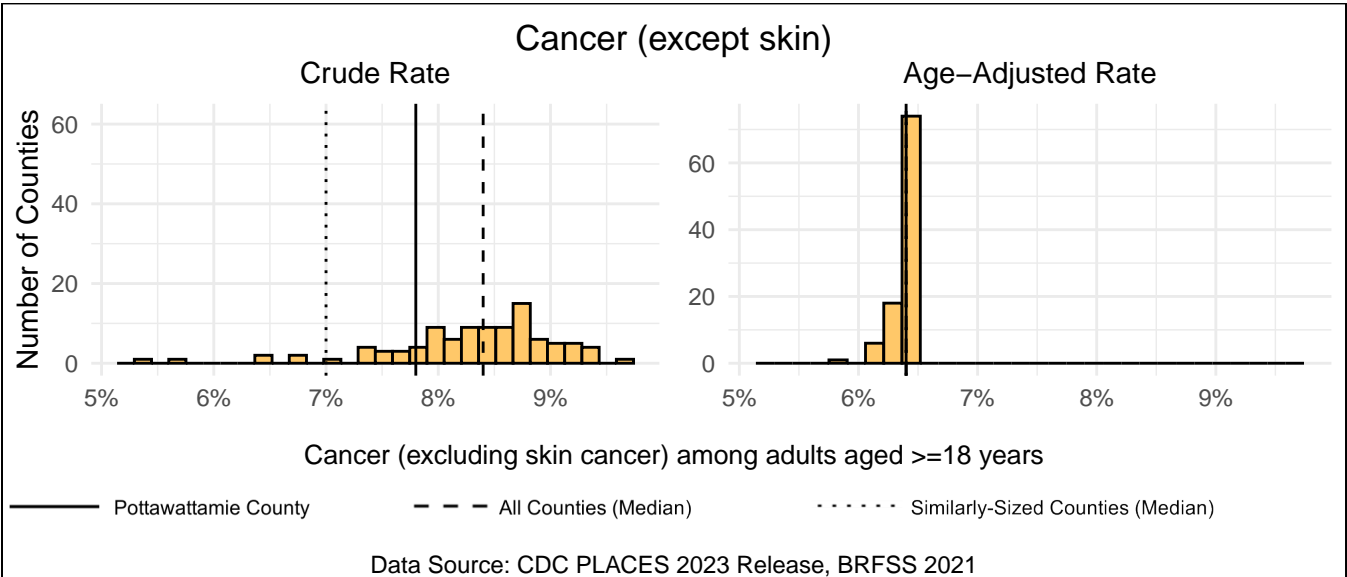
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	33.1%	33.7%	30.2%
Age-Adjusted	28.8%	27.9%	28.8%



Cancer (except skin)

Pottawattamie County has a crude rate of 7.8% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 18th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 6.4%, which ranks 26th out of 99 Iowa counties (5th out of 9 similarly-sized counties).

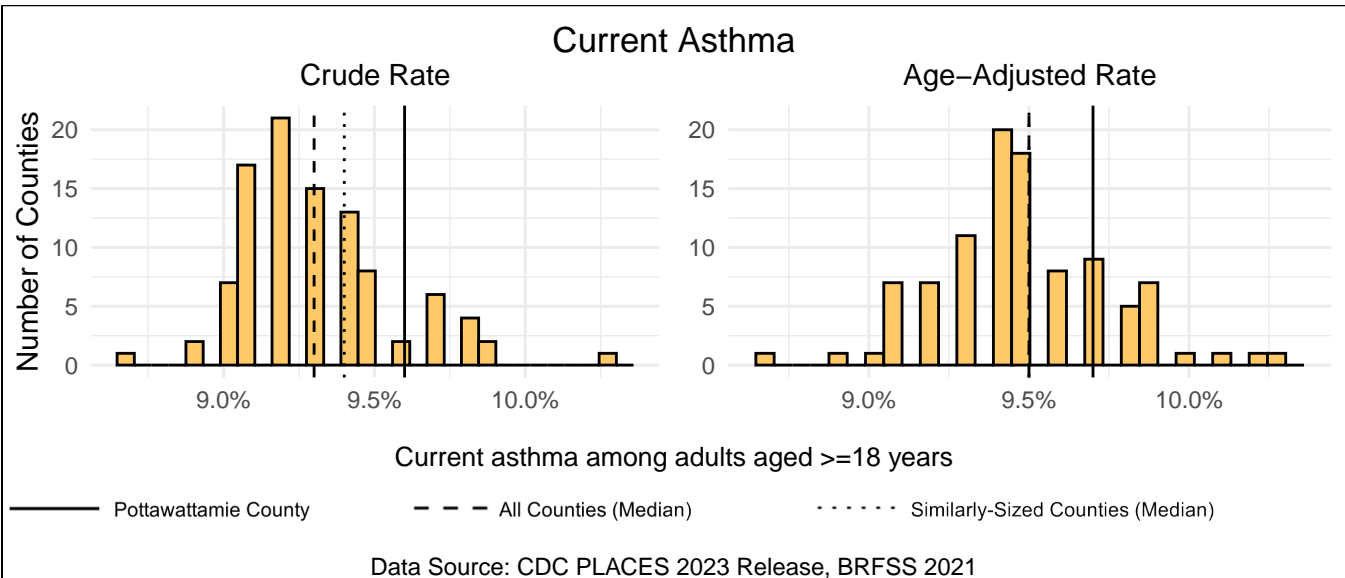
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	7.8%	8.4%	7.0%
Age-Adjusted	6.4%	6.4%	6.4%



Current Asthma

Pottawattamie County has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 85th out of 99 Iowa counties (6th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 9.7%, which ranks 75th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

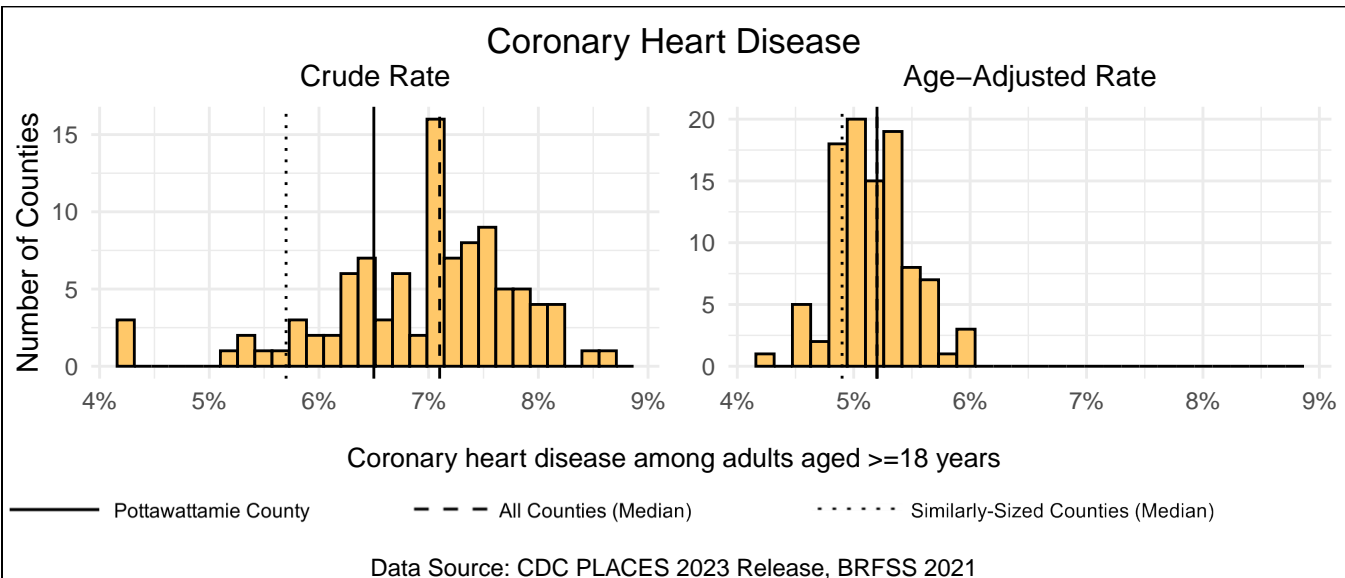
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	9.6%	9.3%	9.4%
Age-Adjusted	9.7%	9.5%	9.5%



Coronary Heart Disease

Pottawattamie County has a crude rate of 6.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 24th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 5.2%, which ranks 47th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

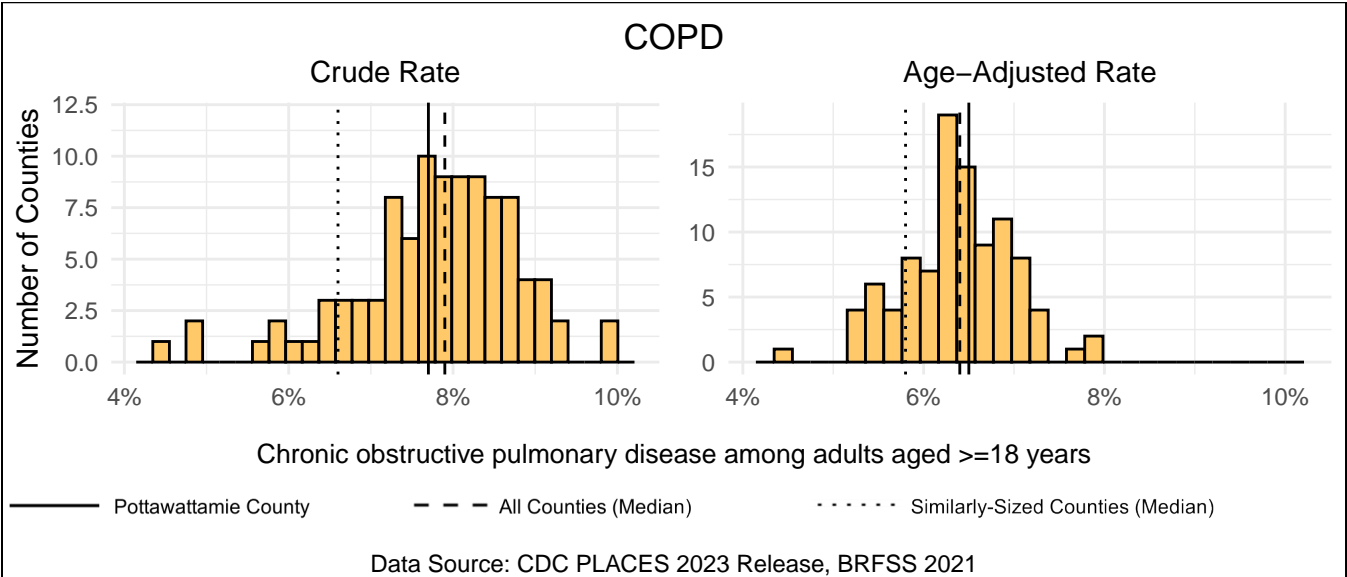
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	6.5%	7.1%	5.7%
Age-Adjusted	5.2%	5.2%	4.9%



COPD

Pottawattamie County has a crude rate of 7.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 38th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 6.5%, which ranks 60th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

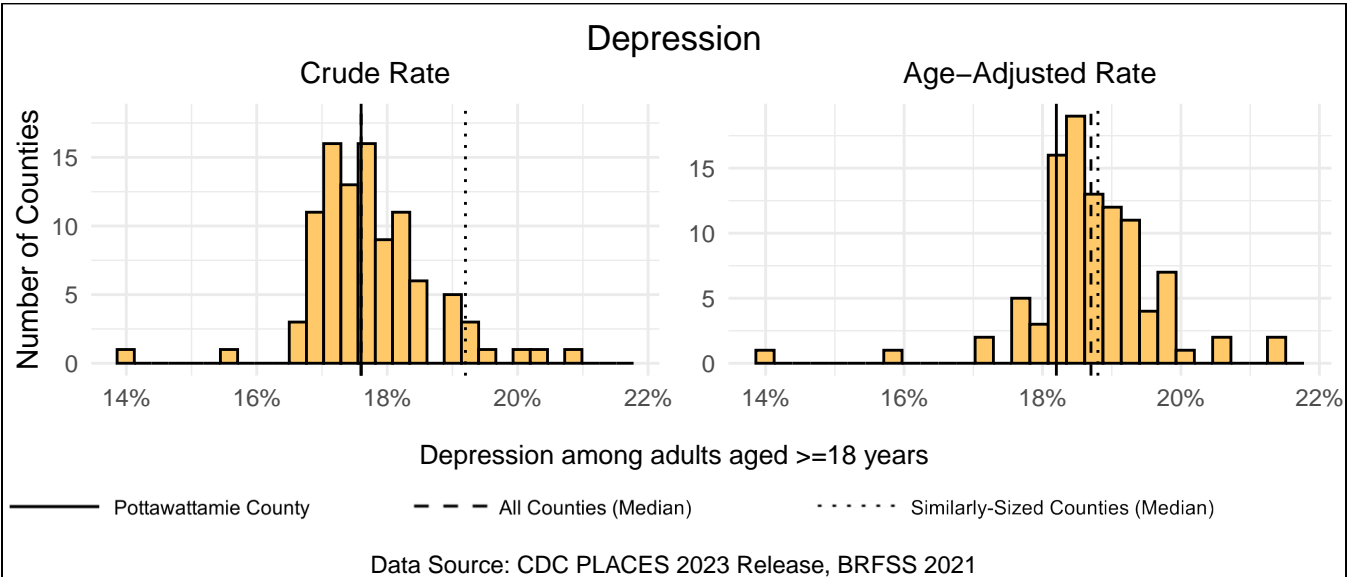
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	7.7%	7.9%	6.6%
Age-Adjusted	6.5%	6.4%	5.8%



Depression

Pottawattamie County has a crude rate of 17.6% for depression among adults aged ≥ 18 years, which ranks 46th out of 99 Iowa counties (3rd out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 18.2%, which ranks 19th out of 99 Iowa counties (3rd out of 9 similarly-sized counties).

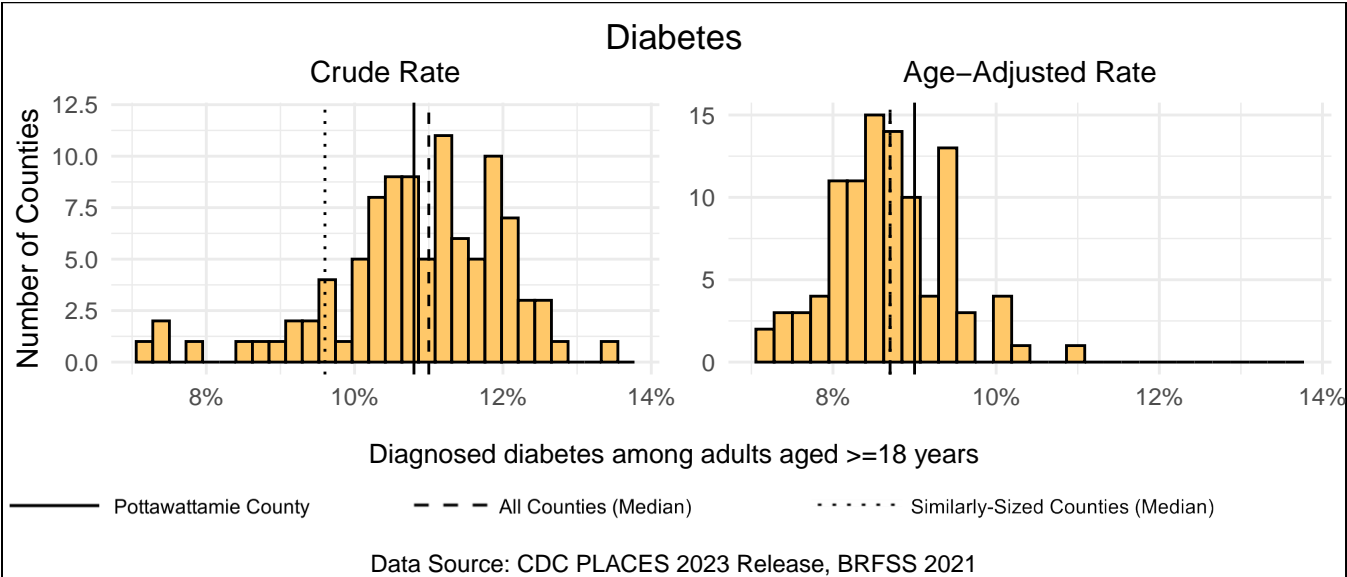
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	17.6%	17.6%	19.2%
Age-Adjusted	18.2%	18.7%	18.8%



Diabetes

Pottawattamie County has a crude rate of 10.8% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 44th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 9.0%, which ranks 68th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

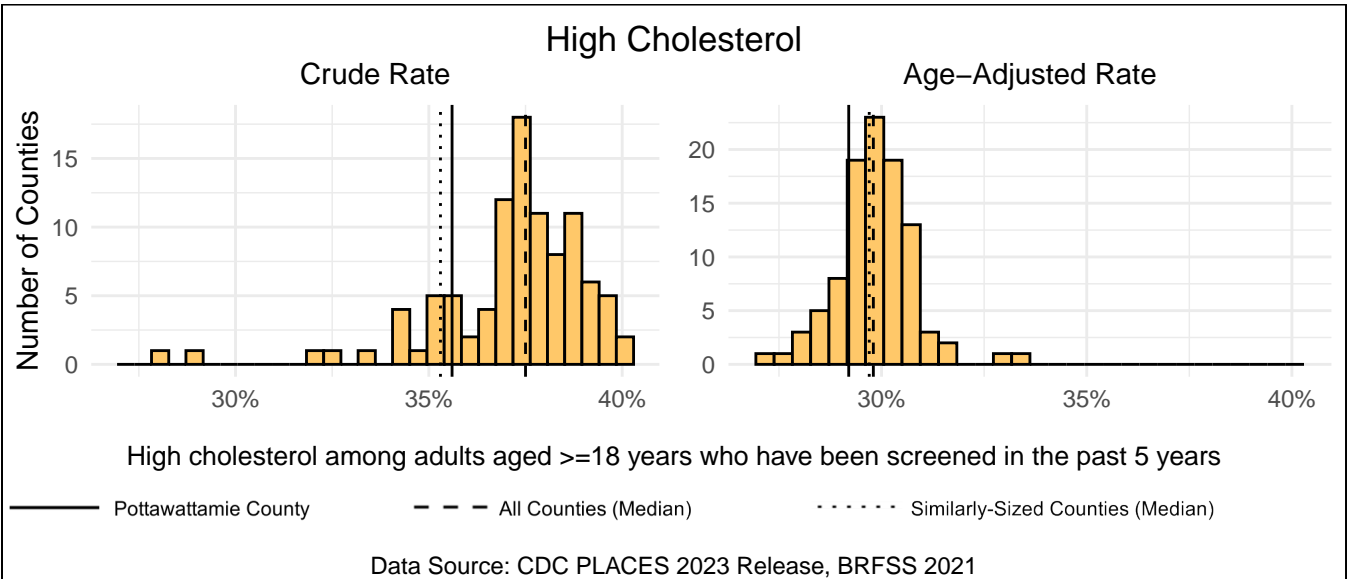
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	10.8%	11.0%	9.6%
Age-Adjusted	9.0%	8.7%	8.7%



High Cholesterol

Pottawattamie County has a crude rate of 35.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 17th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 29.2%, which ranks 19th out of 99 Iowa counties (2nd out of 9 similarly-sized counties).

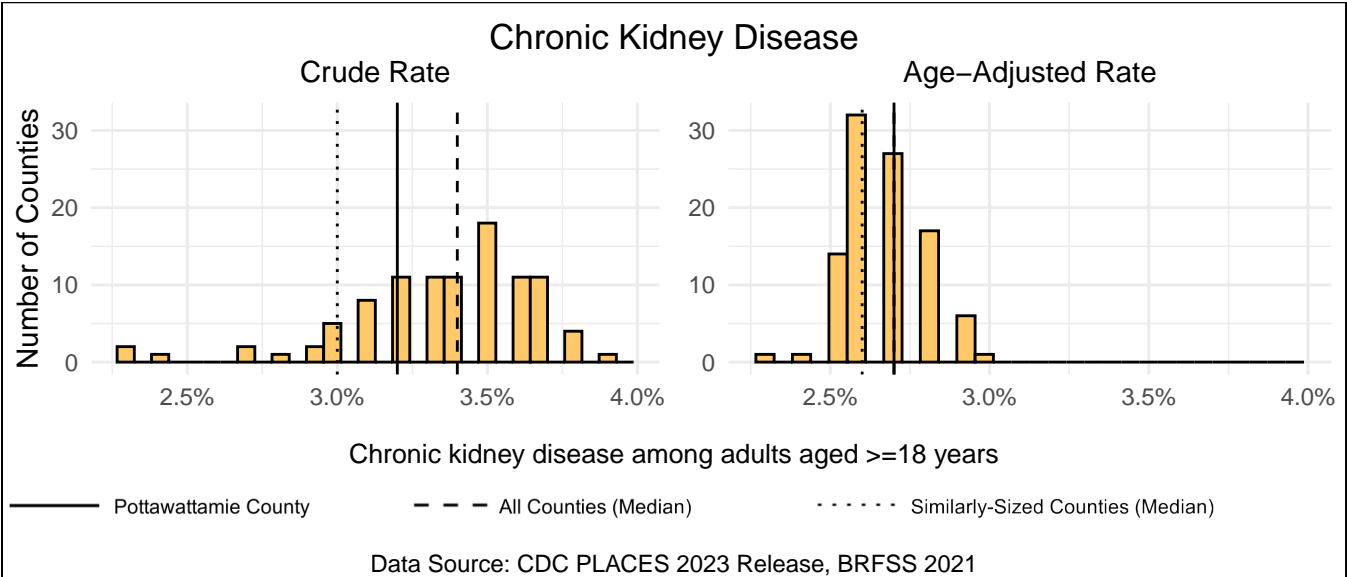
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	35.6%	37.5%	35.3%
Age-Adjusted	29.2%	29.8%	29.7%



Chronic Kidney Disease

Pottawattamie County has a crude rate of 3.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 22nd out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 2.7%, which ranks 49th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

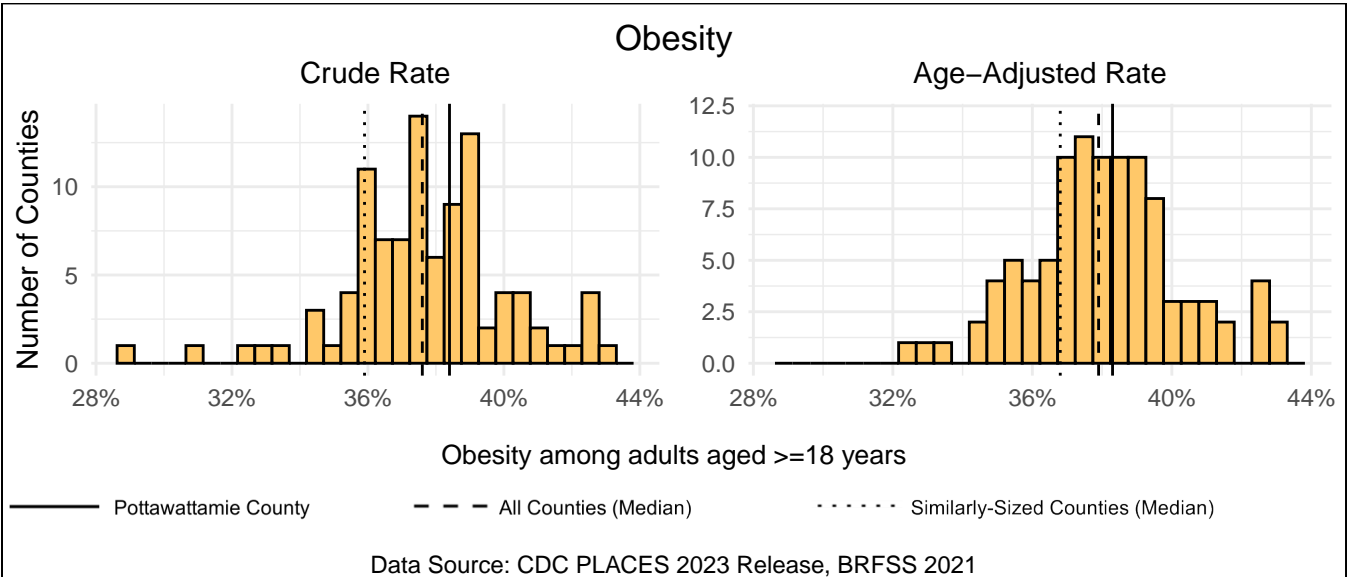
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	3.2%	3.4%	3.0%
Age-Adjusted	2.7%	2.7%	2.6%



Obesity

Pottawattamie County has a crude rate of 38.4% for obesity among adults aged ≥ 18 years, which ranks 60th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 38.3%, which ranks 55th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

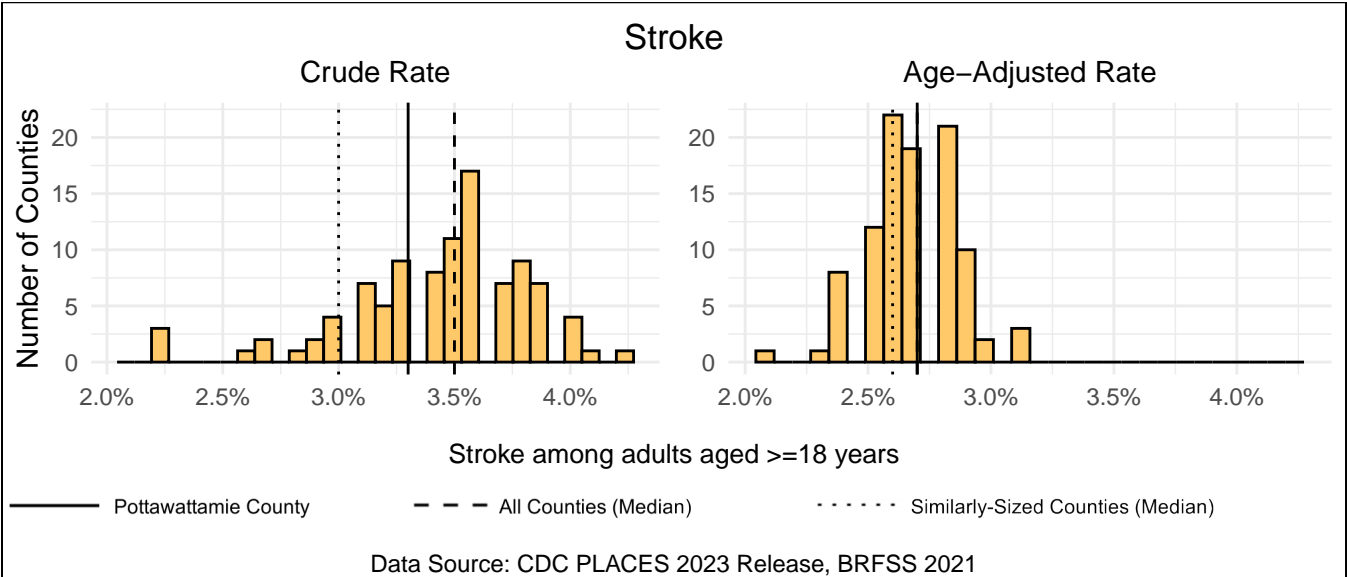
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	38.4%	37.6%	35.9%
Age-Adjusted	38.3%	37.9%	36.8%



Stroke

Pottawattamie County has a crude rate of 3.3% for stroke among adults aged ≥ 18 years, which ranks 26th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 2.7%, which ranks 45th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

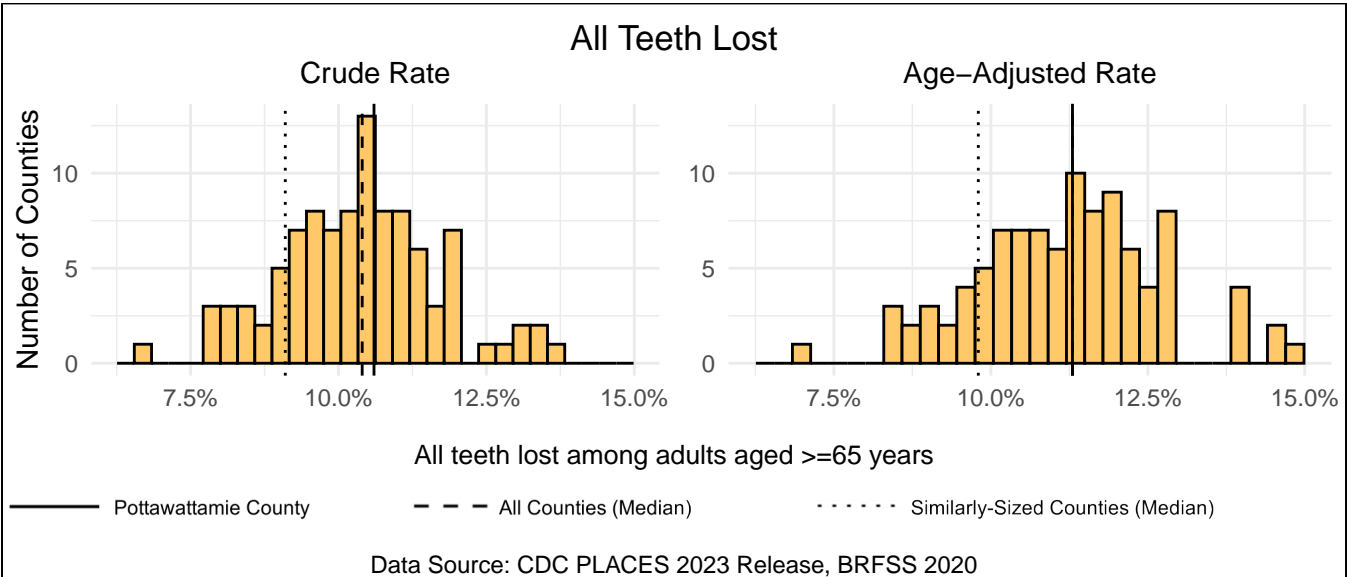
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	3.3%	3.5%	3.0%
Age-Adjusted	2.7%	2.7%	2.6%



All Teeth Lost

Pottawattamie County has a crude rate of 10.6% for all teeth lost among adults aged ≥ 65 years, which ranks 57th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 11.3%, which ranks 48th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	10.6%	10.4%	9.1%
Age-Adjusted	11.3%	11.3%	9.8%



Prevention

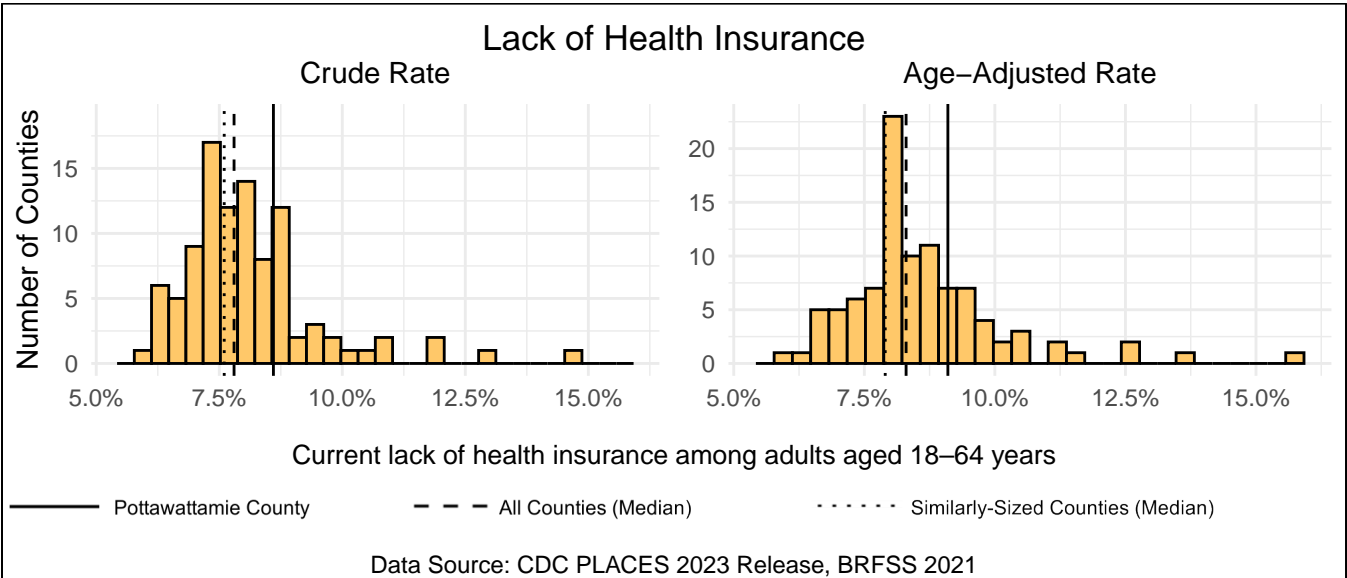
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county’s prevention measures, including preventive screenings and doctor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

Pottawattamie County has a crude rate of 8.6% for current lack of health insurance among adults aged 18–64 years, which ranks 73rd out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 9.1%, which ranks 73rd out of 99 Iowa counties (8th out of 9 similarly-sized counties).

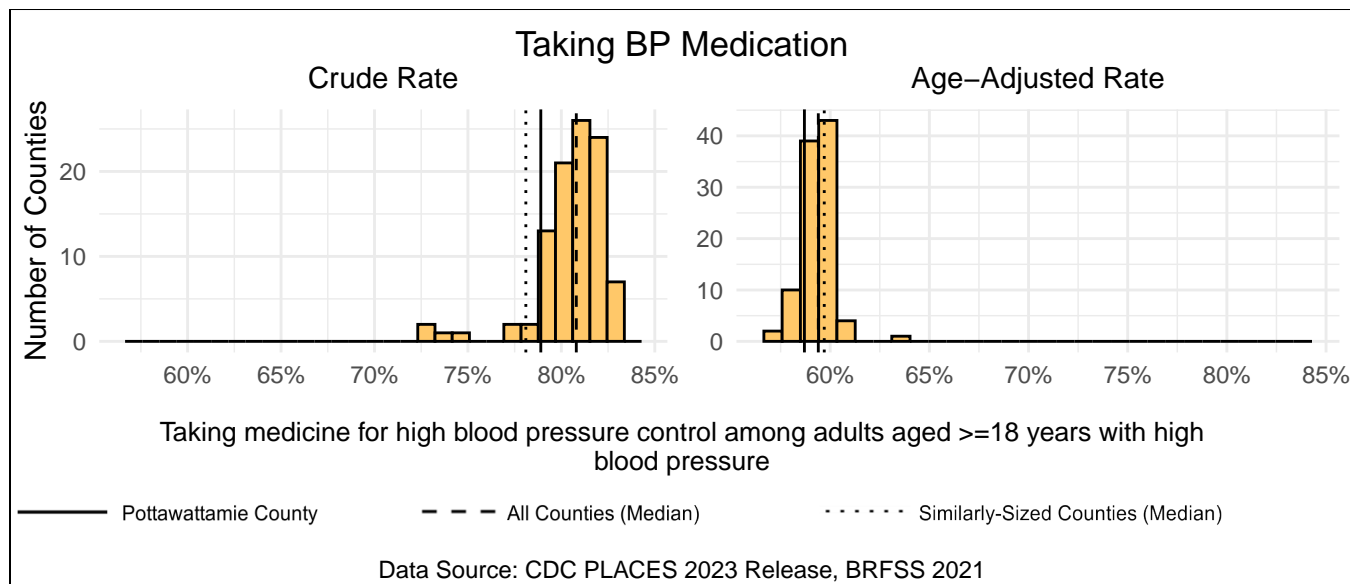
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	8.6%	7.8%	7.6%
Age-Adjusted	9.1%	8.3%	7.9%



Taking BP Medication

Pottawattamie County has a crude rate of 78.9% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 90th out of 99 Iowa counties (4th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 58.7%, which ranks 78th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

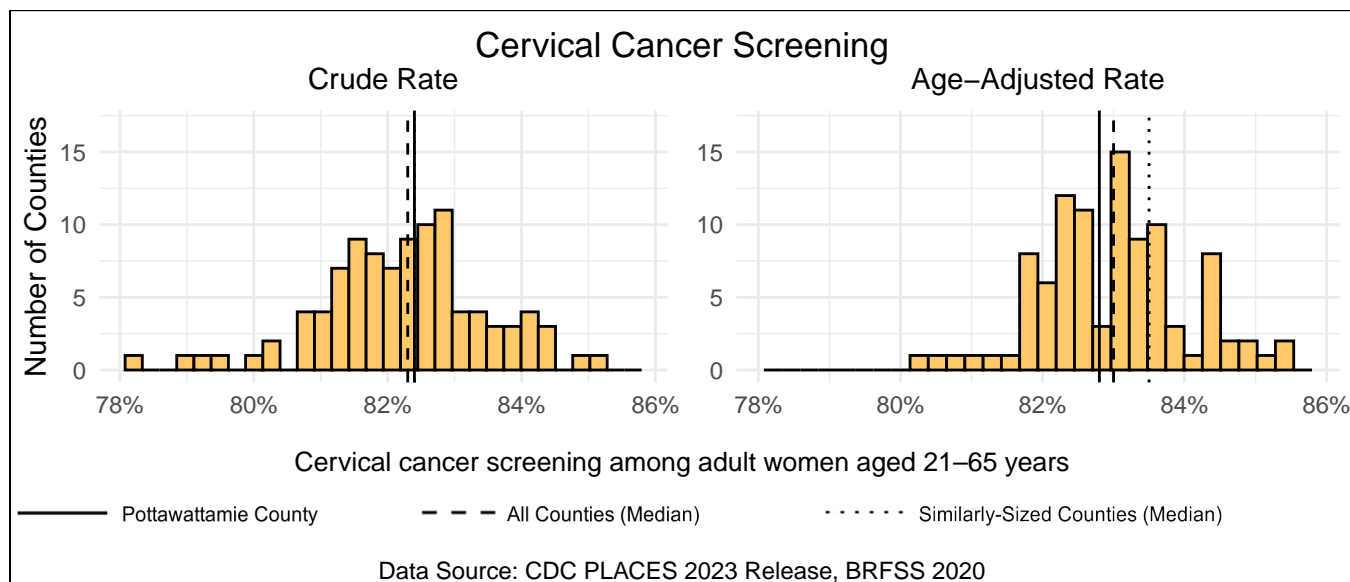
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	78.9%	80.8%	78.1%
Age-Adjusted	58.7%	59.4%	59.7%



Cervical Cancer Screening

Pottawattamie County has a crude rate of 82.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 45th out of 99 Iowa counties (5th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 82.8%, which ranks 56th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

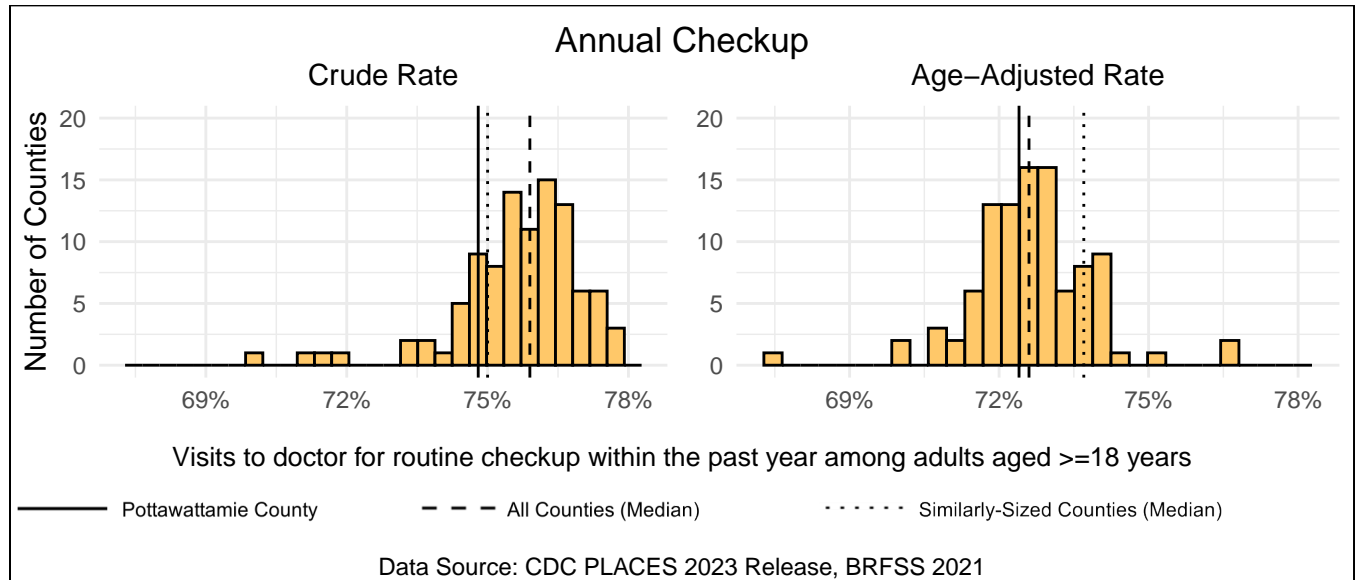
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	82.4%	82.3%	82.4%
Age-Adjusted	82.8%	83.0%	83.5%



Annual Checkup

Pottawattamie County has a crude rate of 74.8% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 78th out of 99 Iowa counties (6th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 72.4%, which ranks 60th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

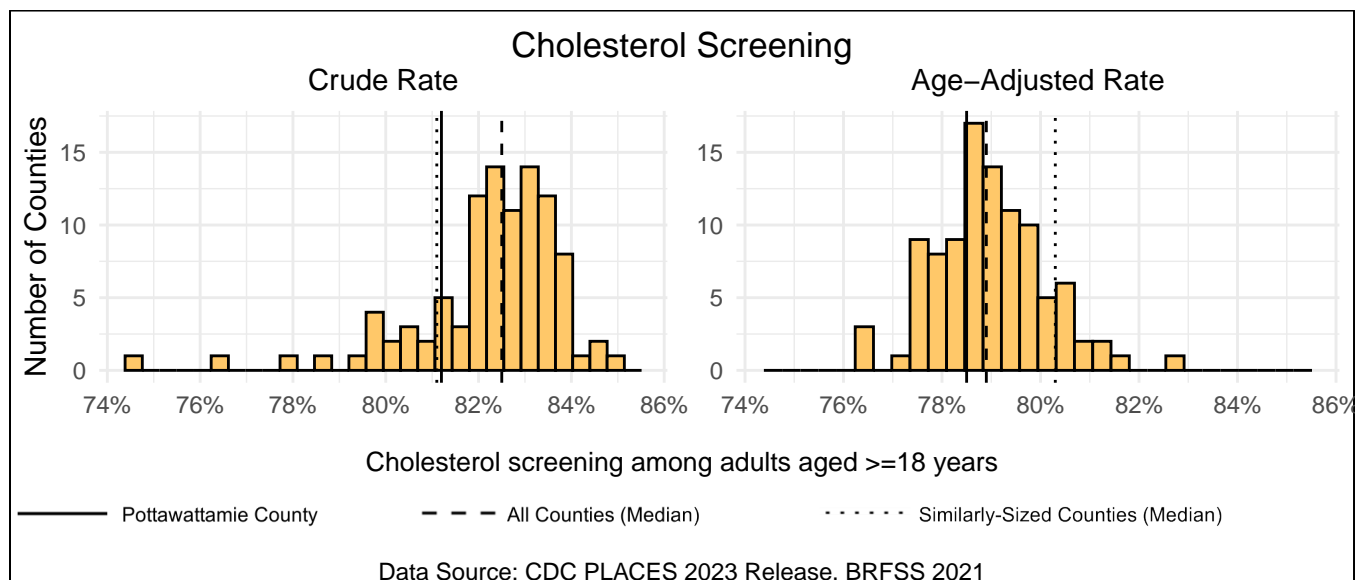
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	74.8%	75.9%	75.0%
Age-Adjusted	72.4%	72.6%	73.7%



Cholesterol Screening

Pottawattamie County has a crude rate of 81.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 81st out of 99 Iowa counties (4th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 78.5%, which ranks 66th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

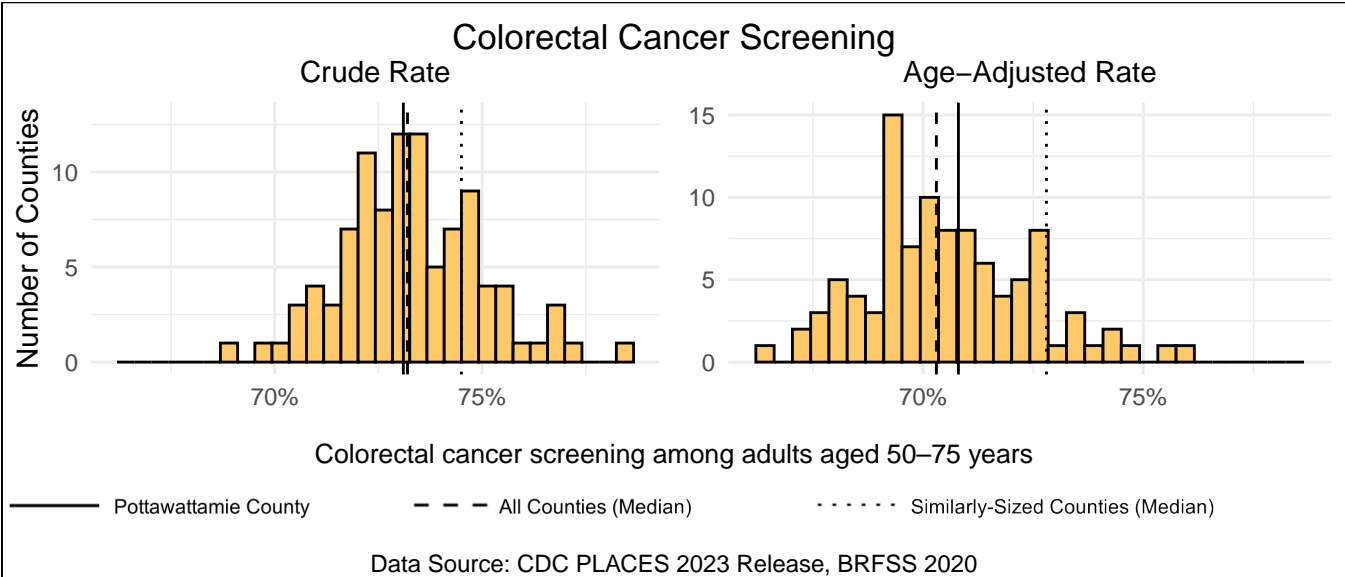
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	81.2%	82.5%	81.1%
Age-Adjusted	78.5%	78.9%	80.3%



Colorectal Cancer Screening

Pottawattamie County has a crude rate of 73.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 51st out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 70.8%, which ranks 39th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

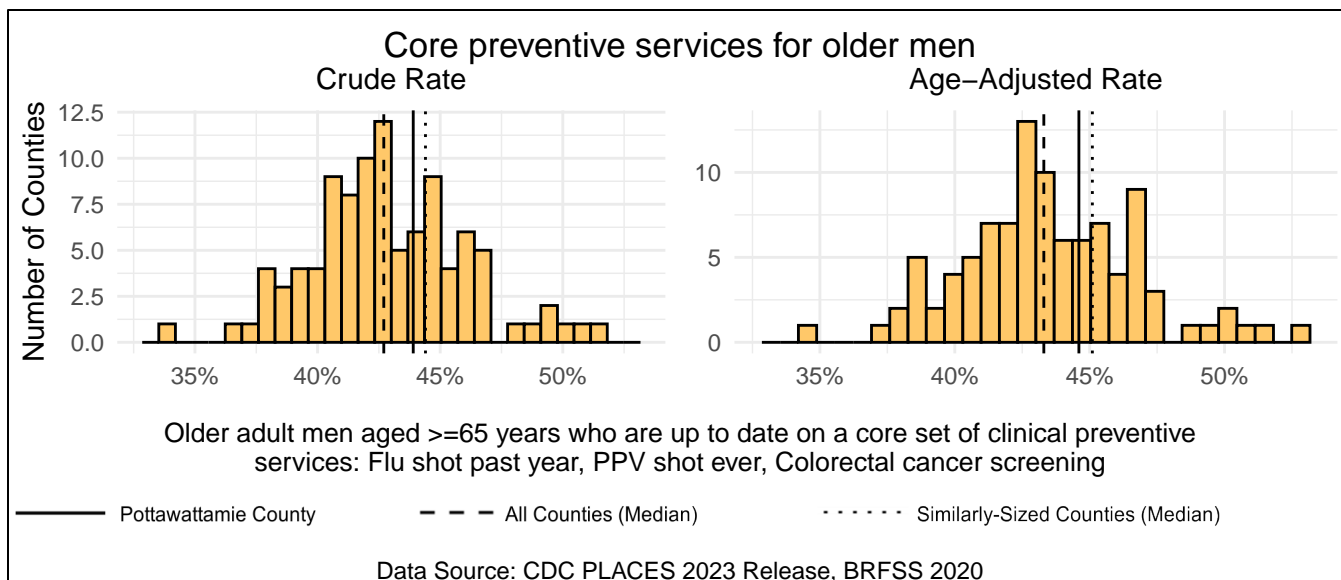
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	73.1%	73.2%	74.5%
Age-Adjusted	70.8%	70.3%	72.8%



Core preventive services for older men

Pottawattamie County has a crude rate of 43.9% for older adult men aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 34th out of 99 Iowa counties (6th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 44.6%, which ranks 33rd out of 99 Iowa counties (6th out of 9 similarly-sized counties).

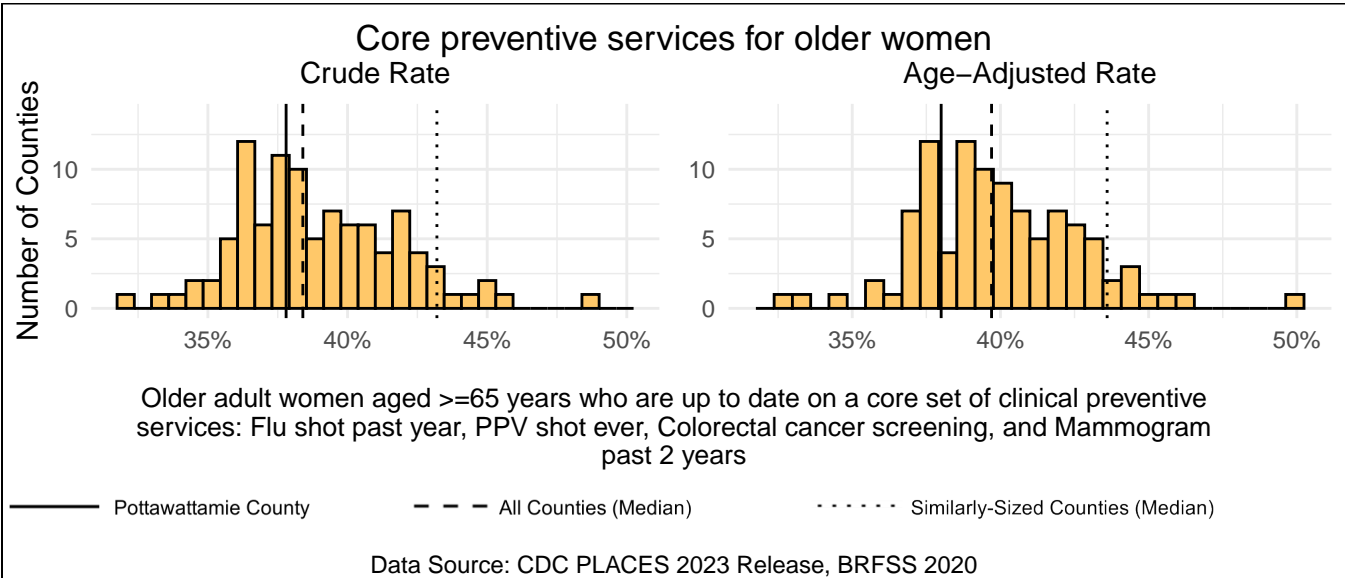
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	43.9%	42.7%	44.4%
Age-Adjusted	44.6%	43.3%	45.1%



Core preventive services for older women

Pottawattamie County has a crude rate of 37.8% 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 62nd out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 38.0%, which ranks 74th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

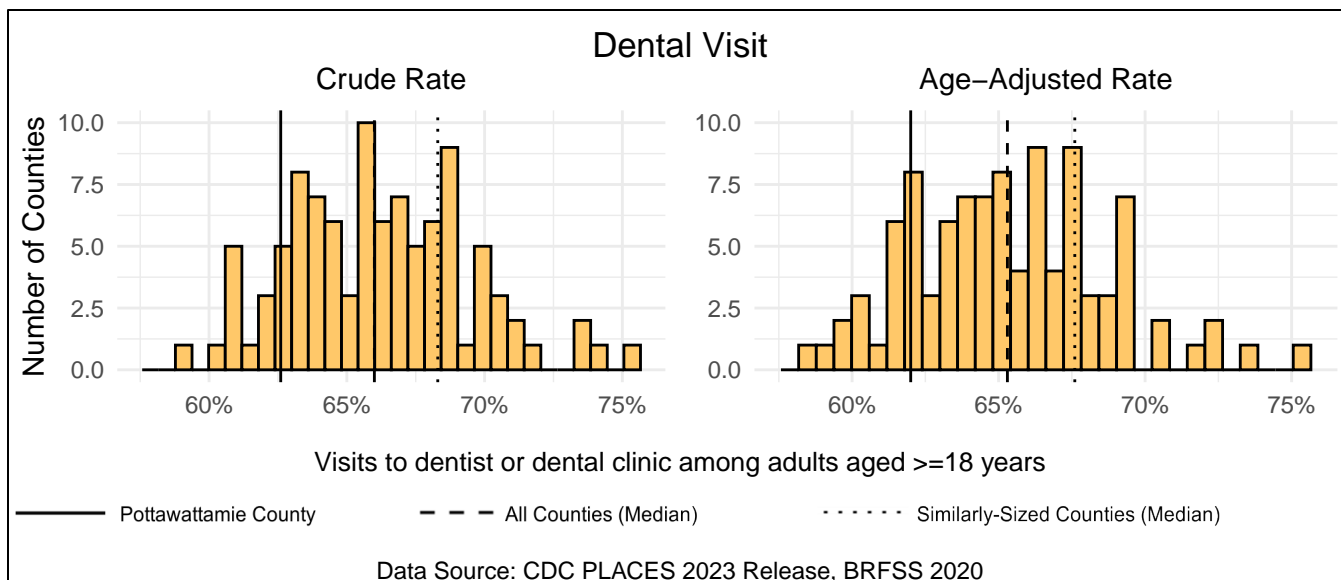
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	37.8%	38.4%	43.2%
Age-Adjusted	38.0%	39.7%	43.6%



Dental Visit

Pottawattamie County has a crude rate of 62.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 85th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 62.0%, which ranks 84th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

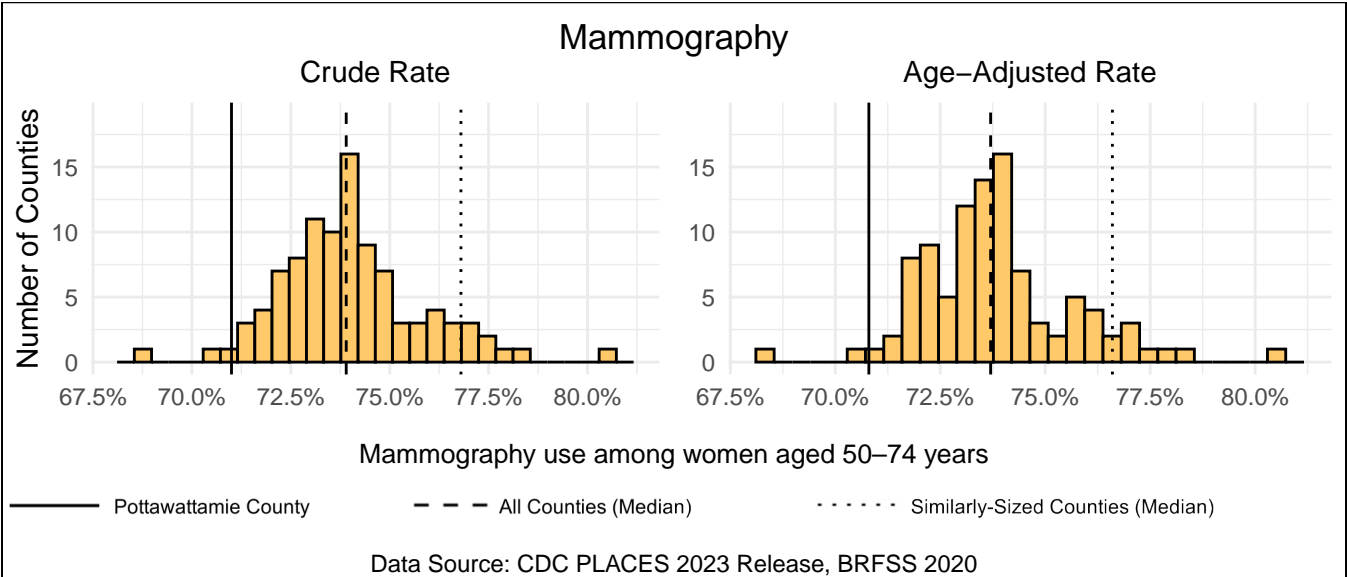
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	62.6%	66.0%	68.3%
Age-Adjusted	62.0%	65.3%	67.6%



Mammography

Pottawattamie County has a crude rate of 71.0% for mam-
mography use among women aged 50–74 years, which
ranks 97th out of 99 Iowa counties (9th out of 9 similarly-
sized counties). The age-adjusted rate for Pottawattamie
County is 70.8%, which ranks 97th out of 99 Iowa counties
(9th out of 9 similarly-sized counties).

Measure Type	Pottawattamie County	All Counties	Similarly- Sized Counties
Crude	71.0%	73.9%	76.8%
Age-Adjusted	70.8%	73.7%	76.6%



Disability

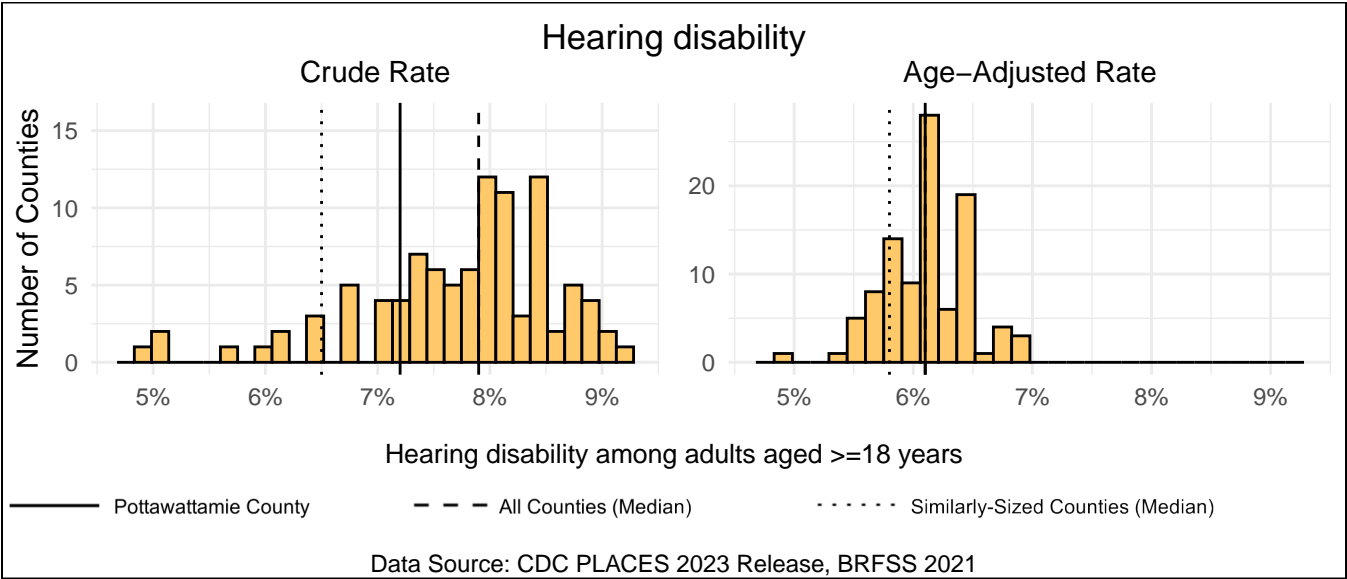
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Pottawattamie County has a crude rate of 7.2% for hearing disability among adults aged ≥ 18 years, which ranks 20th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 6.1%, which ranks 39th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

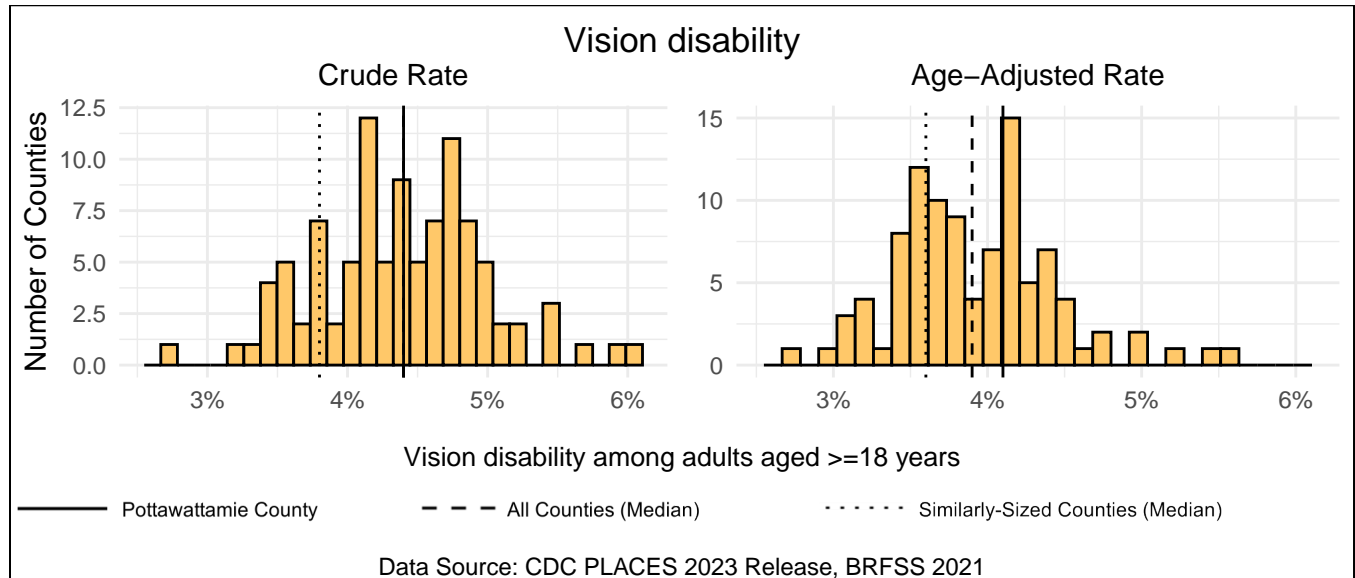
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	7.2%	7.9%	6.5%
Age-Adjusted	6.1%	6.1%	5.8%



Vision disability

Pottawattamie County has a crude rate of 4.4% for vision disability among adults aged ≥ 18 years, which ranks 46th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 4.1%, which ranks 61st out of 99 Iowa counties (7th out of 9 similarly-sized counties).

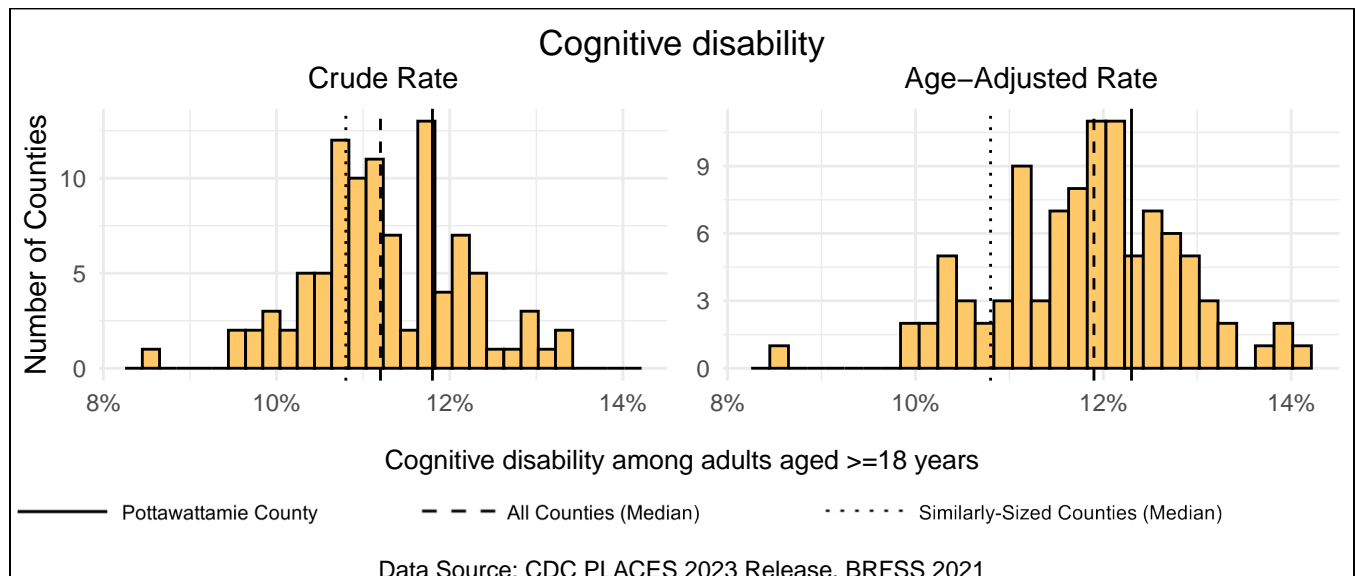
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	4.4%	4.4%	3.8%
Age-Adjusted	4.1%	3.9%	3.6%



Cognitive disability

Pottawattamie County has a crude rate of 11.8% for cognitive disability among adults aged ≥ 18 years, which ranks 72nd out of 99 Iowa counties (7th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 12.3%, which ranks 68th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

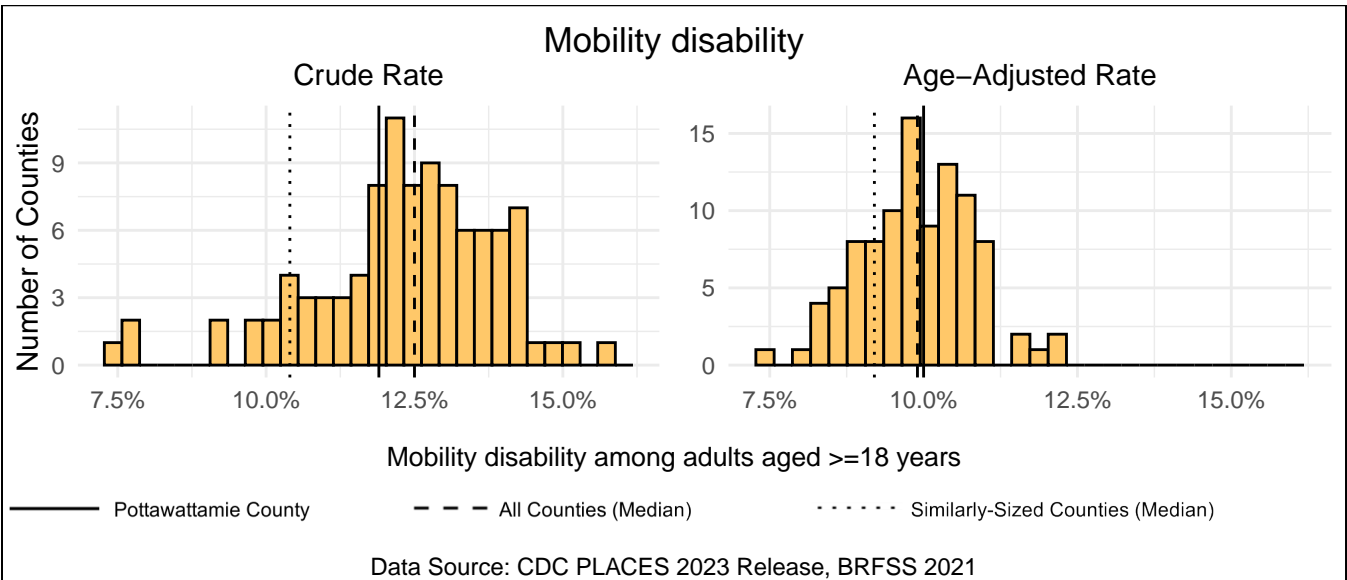
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	11.8%	11.2%	10.8%
Age-Adjusted	12.3%	11.9%	10.8%



Mobility disability

Pottawattamie County has a crude rate of 11.9% for mobility disability among adults aged ≥ 18 years, which ranks 29th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 10.0%, which ranks 54th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

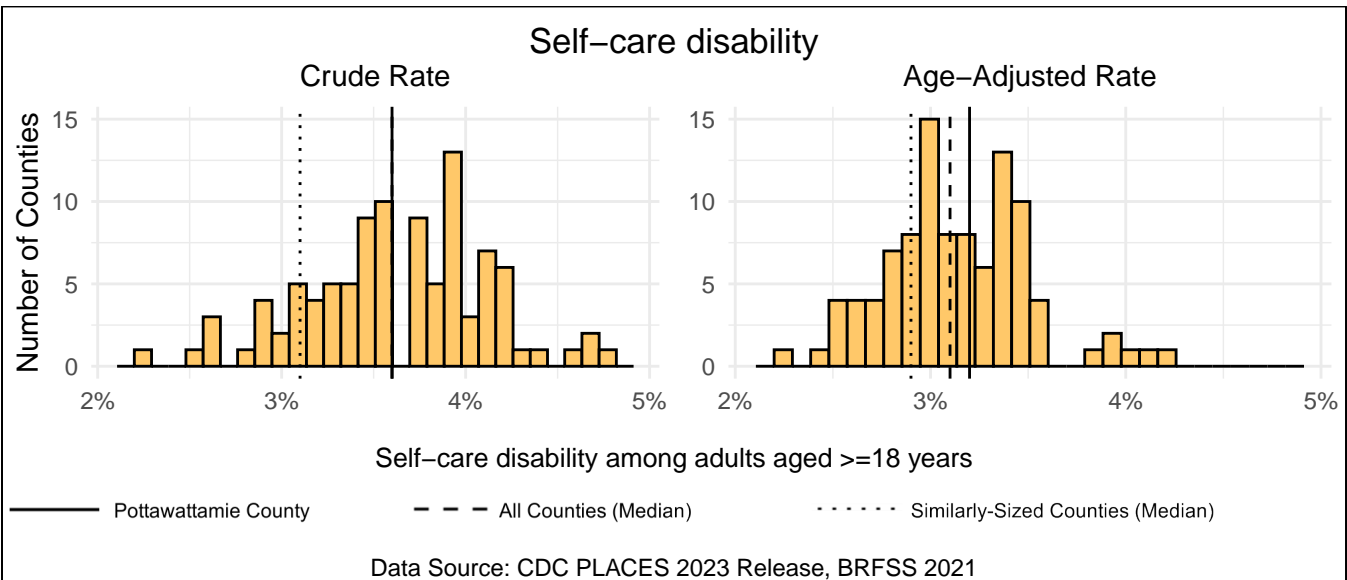
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	11.9%	12.5%	10.4%
Age-Adjusted	10.0%	9.9%	9.2%



Self-care disability

Pottawattamie County has a crude rate of 3.6% for self-care disability among adults aged ≥ 18 years, which ranks 41st out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 3.2%, which ranks 53rd out of 99 Iowa counties (7th out of 9 similarly-sized counties).

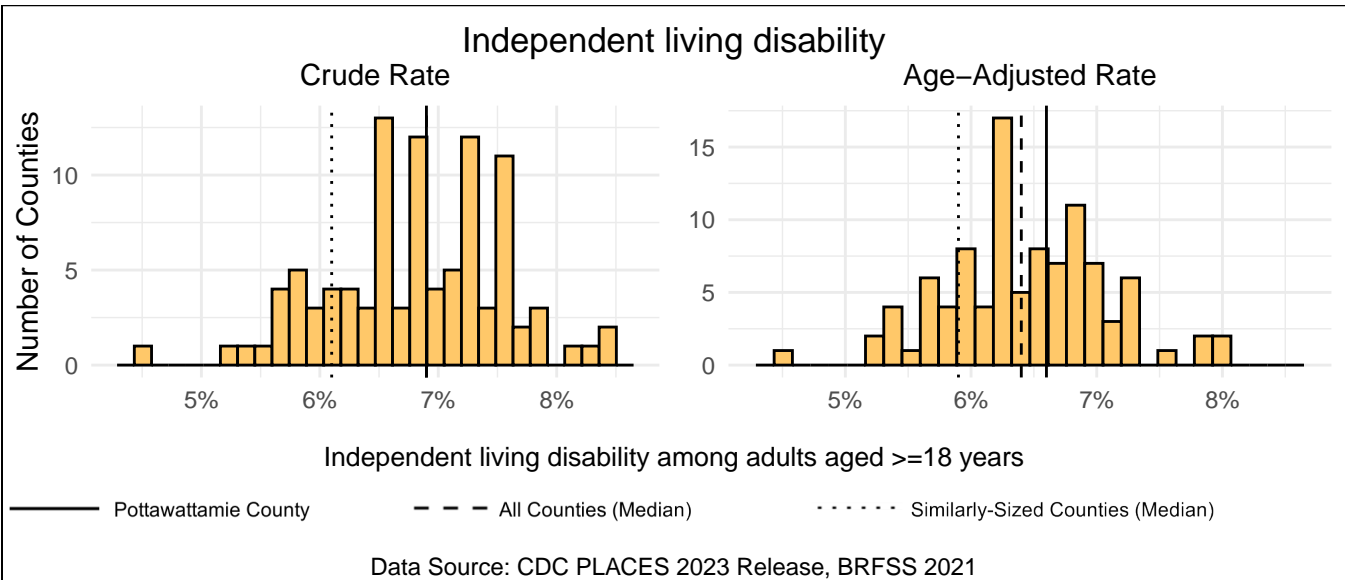
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	3.6%	3.6%	3.1%
Age-Adjusted	3.2%	3.1%	2.9%



Independent living disability

Pottawattamie County has a crude rate of 6.9% for independent living disability among adults aged ≥ 18 years, which ranks 49th out of 99 Iowa counties (7th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 6.6%, which ranks 58th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

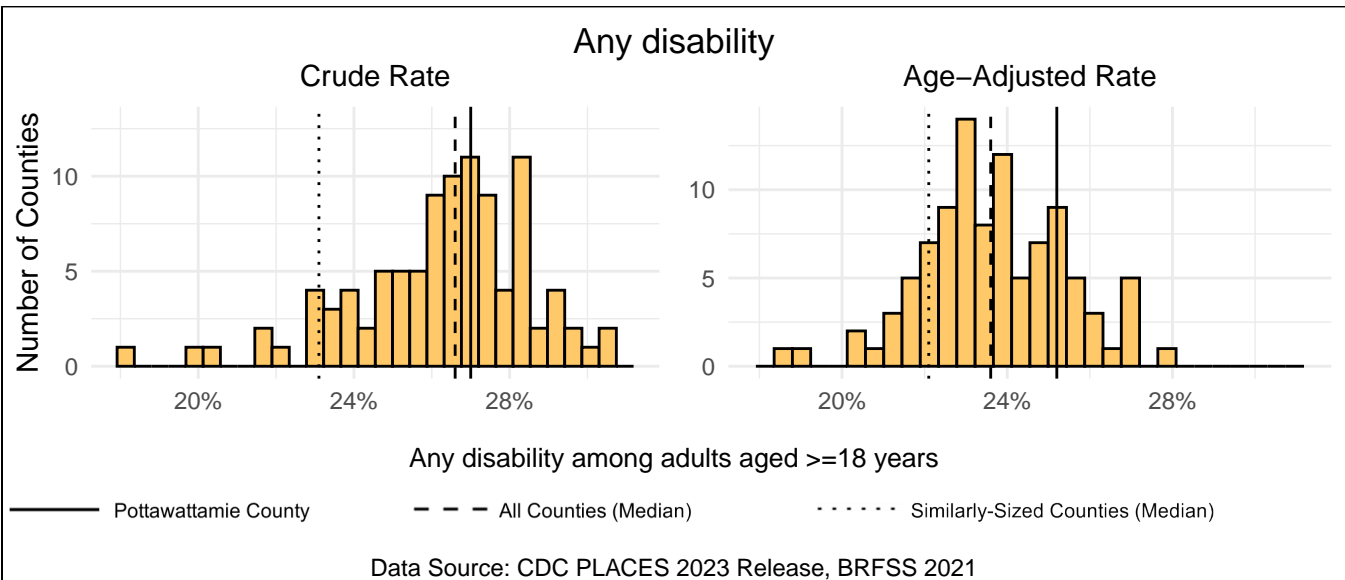
Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	6.9%	6.9%	6.1%
Age-Adjusted	6.6%	6.4%	5.9%



Any disability

Pottawattamie County has a crude rate of 27.0% for any disability among adults aged ≥ 18 years, which ranks 59th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Pottawattamie County is 25.2%, which ranks 80th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

Measure Type	Pottawattamie County	All Counties	Similarly-Sized Counties
Crude	27.0%	26.6%	23.1%
Age-Adjusted	25.2%	23.6%	22.1%



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: Pottawattamie 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	48	15.0% (12.5% - 17.8%)	62	13.9% (11.6% - 16.4%)
Health Status	Physical Health	48	11.1% (9.4% - 12.8%)	60	10.2% (8.6% - 11.8%)
Health Status	Mental Health	79	14.8% (12.7% - 16.9%)	62	15.8% (13.6% - 18.1%)
Health Risk Behaviors	Current Smoking	60	17.1% (13.5% - 20.7%)	43	17.6% (14.0% - 21.3%)
Health Risk Behaviors	Sleep <7 hours	91	32.2% (30.7% - 33.6%)	89	33.1% (31.5% - 34.5%)
Health Risk Behaviors	Binge Drinking	78	19.5% (16.5% - 22.8%)	59	21.6% (18.3% - 25.1%)
Health Risk Behaviors	Physical Inactivity	31	25.9% (21.3% - 30.3%)	42	24.7% (20.4% - 29.0%)
Health Outcomes	High Blood Pressure	40	33.1% (29.4% - 36.8%)	73	28.8% (25.4% - 32.3%)
Health Outcomes	Chronic Kidney Disease	22	3.2% (2.8% - 3.5%)	49	2.7% (2.4% - 3.0%)
Health Outcomes	Diabetes	44	10.8% (9.1% - 12.6%)	68	9.0% (7.6% - 10.5%)
Health Outcomes	High Cholesterol	17	35.6% (31.8% - 39.5%)	19	29.2% (25.4% - 33.1%)
Health Outcomes	All Teeth Lost	57	10.6% (6.9% - 15.4%)	48	11.3% (7.3% - 16.3%)
Health Outcomes	Cancer (except skin)	18	7.8% (7.0% - 8.6%)	26	6.4% (5.8% - 7.1%)
Health Outcomes	Current Asthma	85	9.6% (8.5% - 10.8%)	75	9.7% (8.5% - 10.9%)
Health Outcomes	Stroke	26	3.3% (2.8% - 3.7%)	45	2.7% (2.4% - 3.1%)
Health Outcomes	Depression	46	17.6% (14.6% - 20.7%)	19	18.2% (15.1% - 21.4%)
Health Outcomes	Arthritis	33	28.0% (24.3% - 31.5%)	76	23.8% (20.6% - 27.0%)
Health Outcomes	Obesity	60	38.4% (32.8% - 44.1%)	55	38.3% (32.8% - 44.1%)
Health Outcomes	Coronary Heart Disease	24	6.5% (5.6% - 7.4%)	47	5.2% (4.5% - 6.0%)
Health Outcomes	COPD	38	7.7% (6.3% - 9.2%)	60	6.5% (5.4% - 7.7%)
Prevention	Annual Checkup	78	74.8% (70.6% - 78.8%)	60	72.4% (68.1% - 76.7%)
Prevention	Core preventive services for older men	34	43.9% (35.7% - 52.1%)	33	44.6% (36.4% - 52.4%)
Prevention	Cervical Cancer Screening	45	82.4% (79.8% - 84.9%)	56	82.8% (80.3% - 85.1%)
Prevention	Health Insurance	73	8.6% (6.7% - 11.0%)	73	9.1% (7.0% - 11.7%)
Prevention	Colorectal Cancer Screening	51	73.1% (70.2% - 76.0%)	39	70.8% (67.8% - 73.9%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	97	71.0% (66.9% - 75.0%)	97	70.8% (66.5% - 74.9%)
Prevention	Dental Visit	85	62.6% (59.0% - 66.3%)	84	62.0% (58.3% - 65.7%)
Prevention	Taking BP Medication	90	78.9% (75.8% - 81.9%)	78	58.7% (53.9% - 63.4%)
Prevention	Core preventive services for older women	62	37.8% (30.4% - 44.9%)	74	38.0% (30.8% - 45.1%)
Prevention	Cholesterol Screening	81	81.2% (78.0% - 84.0%)	66	78.5% (74.8% - 81.7%)
Disability	Self-care Disability	41	3.6% (3.0% - 4.2%)	53	3.2% (2.7% - 3.7%)
Disability	Cognitive Disability	72	11.8% (9.8% - 13.8%)	68	12.3% (10.2% - 14.5%)
Disability	Hearing Disability	20	7.2% (6.2% - 8.1%)	39	6.1% (5.3% - 6.9%)
Disability	Vision Disability	46	4.4% (3.7% - 5.2%)	61	4.1% (3.5% - 4.8%)
Disability	Any Disability	59	27.0% (22.7% - 31.0%)	80	25.2% (21.3% - 29.0%)
Disability	Independent Living Disability	49	6.9% (5.7% - 8.0%)	58	6.6% (5.6% - 7.8%)
Disability	Mobility Disability	29	11.9% (9.8% - 14.0%)	54	10.0% (8.4% - 11.8%)

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

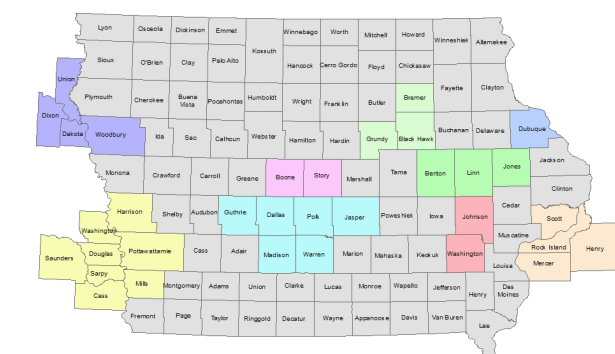
Appendix 3: Metropolitan Core Counties

Pottawattamie County falls into the group of metropolitan core counties. In this data, 9 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 Group	Population
Polk County	Metropolitan Core	496,844
Linn County	Metropolitan Core	228,939
Scott County	Metropolitan Core	174,170
Johnson County	Metropolitan Core	154,748
Black Hawk County	Metropolitan Core	130,368
Woodbury County	Metropolitan Core	105,607
Story County	Metropolitan Core	99,472
Dubuque County	Metropolitan Core	98,718
Pottawattamie County	Metropolitan Core	93,304

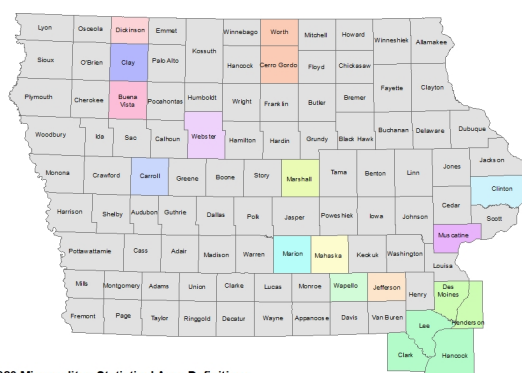
Metropolitan and micropolitan areas can be found in the link and the maps below.

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



March 2020 Metropolitan Statistical Area Definitions

Ames, IA
Cedar Rapids, IA
Davenport-Moline-Rock Island, IA-IL
Des Moines-West Des Moines, IA
Dubuque, IA
Iowa City, IA
Omaha-Council Bluffs, NE-IA
Sioux City, IA-NE-SD
Waterloo-Cedar Falls, IA



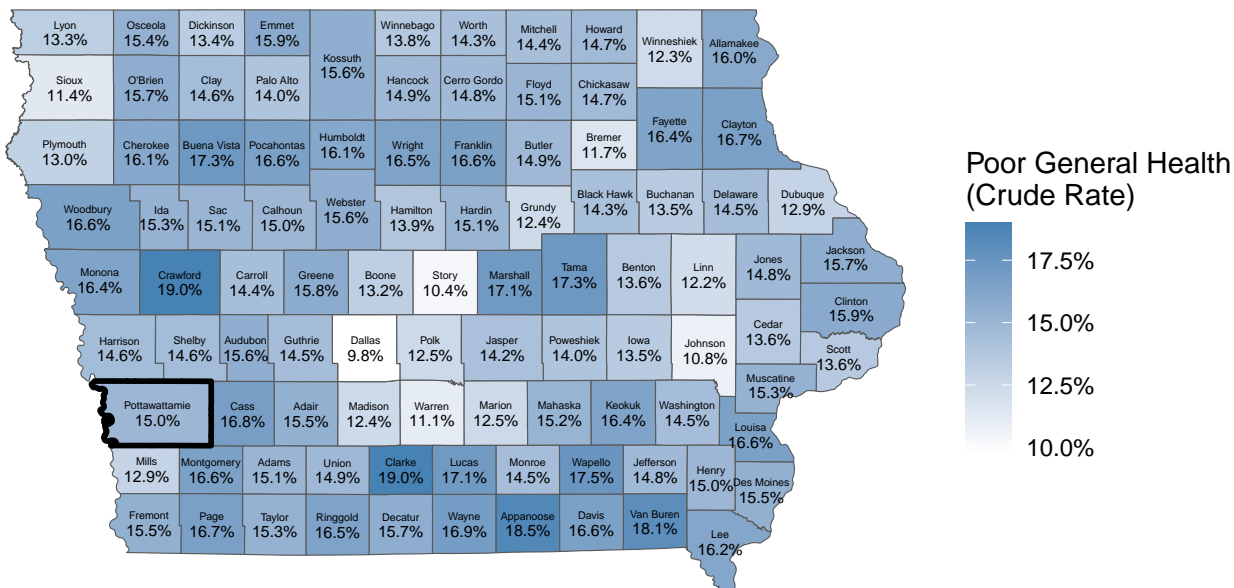
March 2020 Micropolitan Statistical Area Definitions

Burlington, IA-IL
Carroll, IA
Clinton, IA
Fairfield, IA
Fort Dodge, IA
Fort Madison-Keokuk, IA-IL-MO
Marshalltown, IA
Mason City, IA
Muscatine, IA
Oskaloosa, IA
Ottumwa, IA
Pella, IA
Spencer, IA
Spirit Lake, IA
Storm Lake, IA

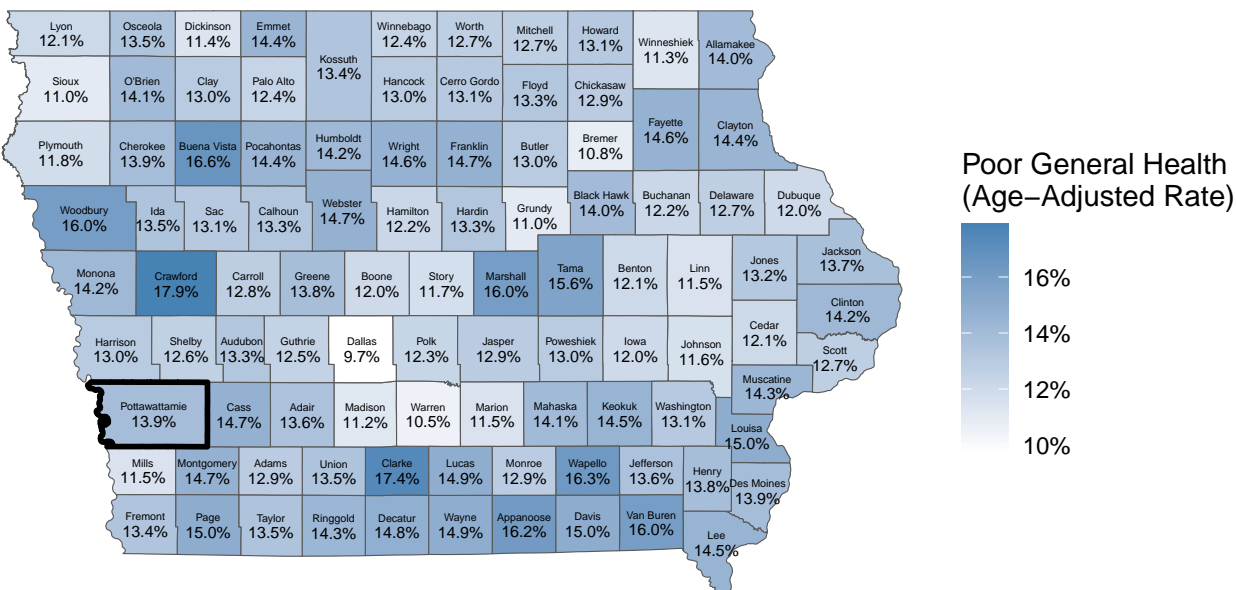
Appendix 4: County Maps

Poor General Health

Fair or poor self-rated health status among adults aged ≥ 18 years



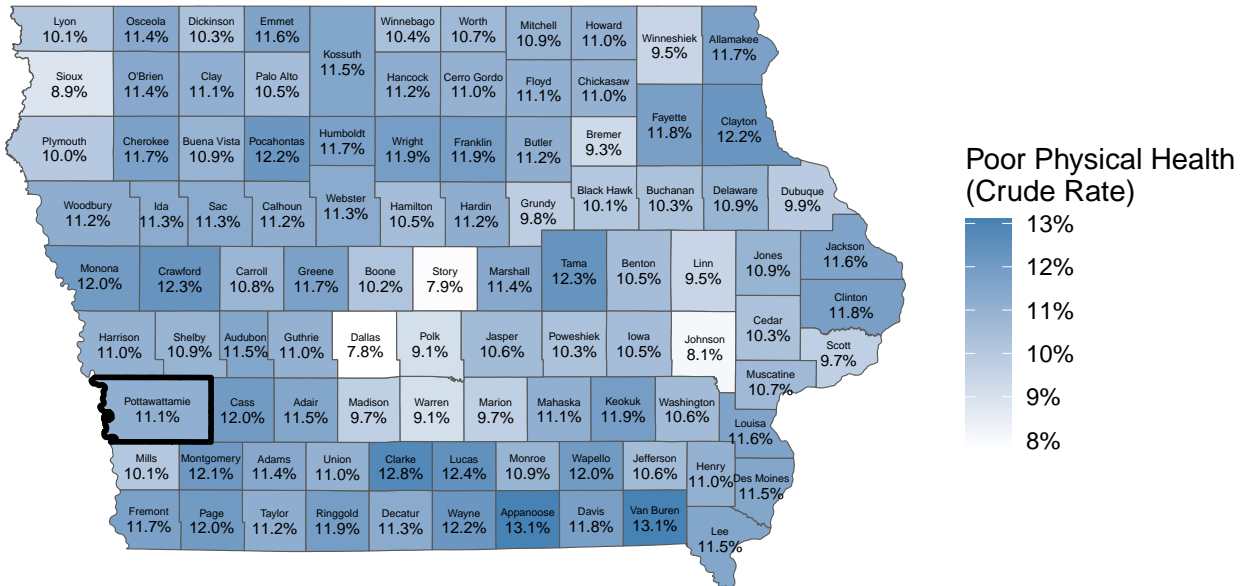
Data Source: CDC PLACES 2023 Release, BRFSS 2021



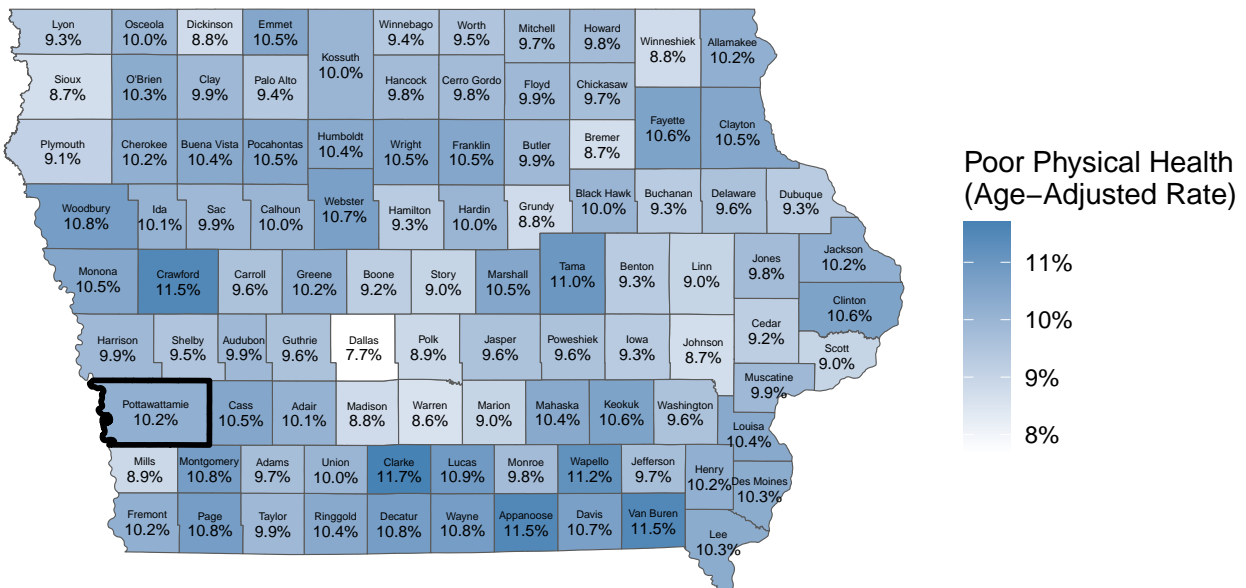
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Physical Health

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



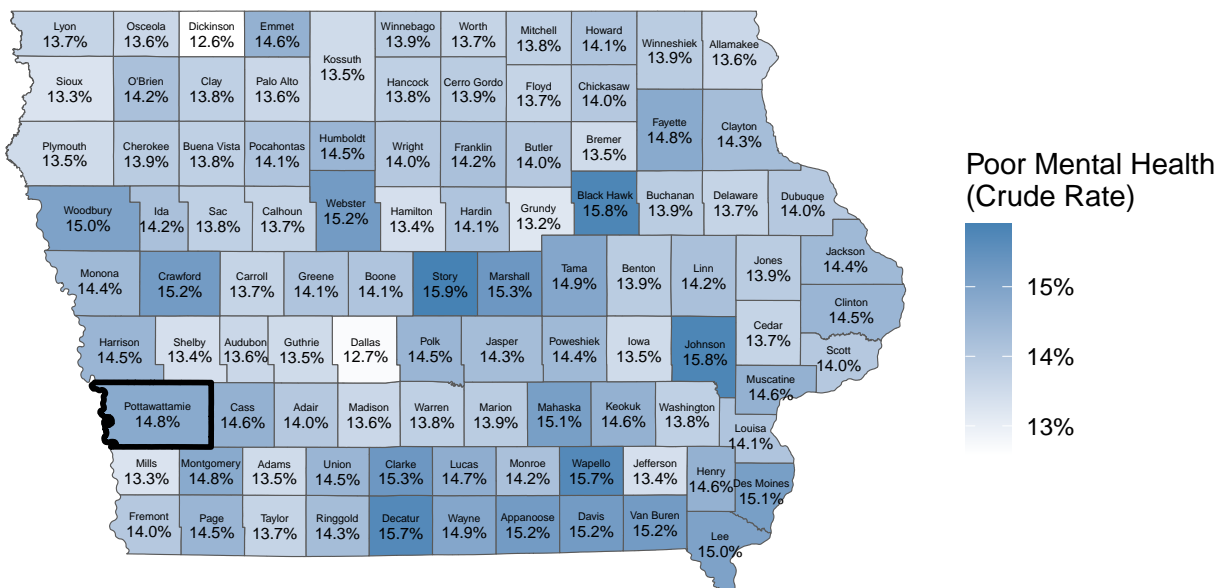
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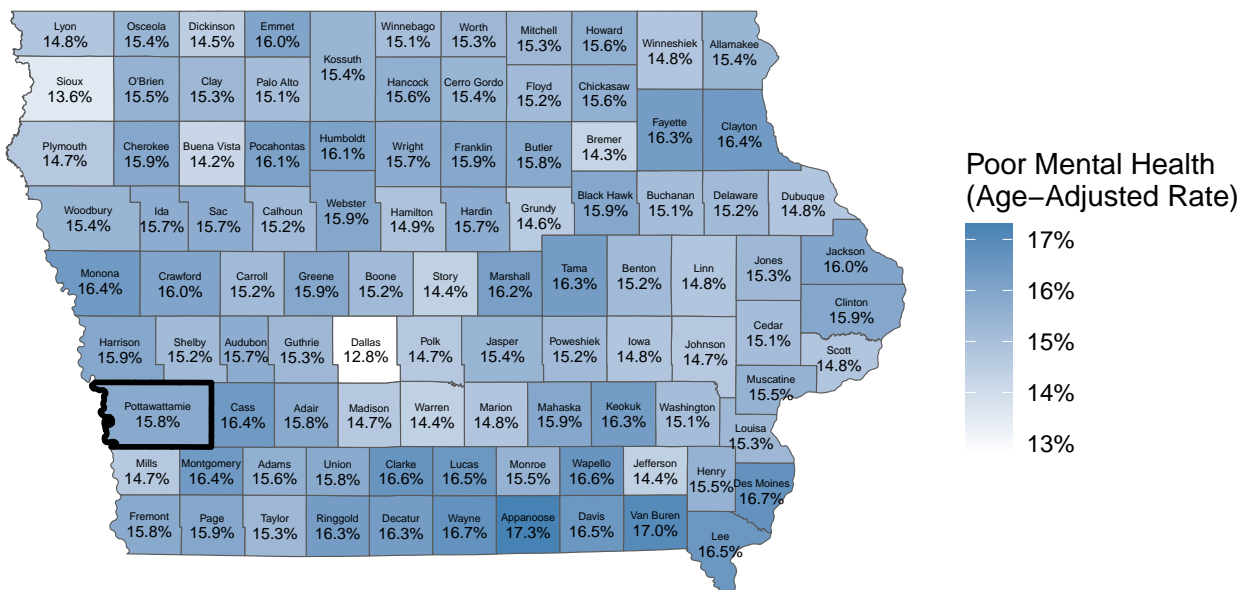
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

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



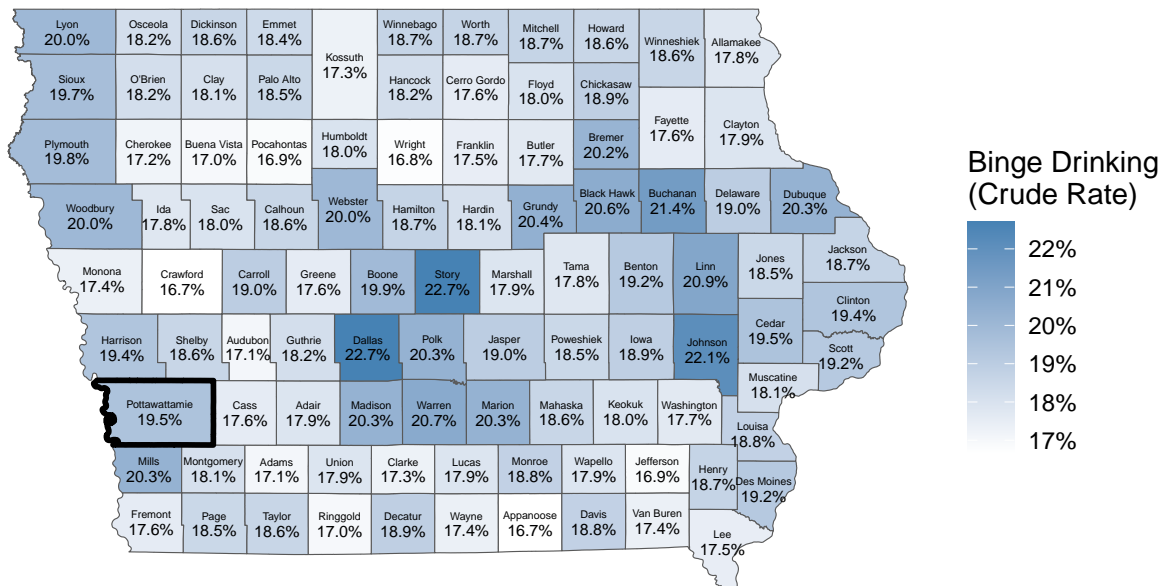
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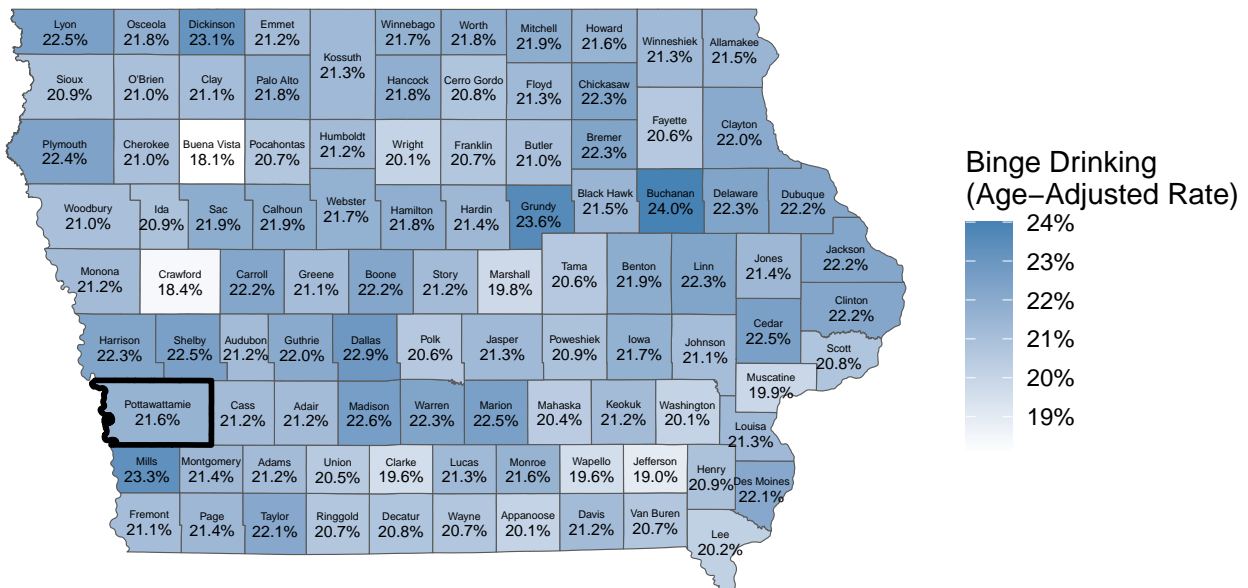
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Binge Drinking

Binge drinking among adults aged ≥ 18 years



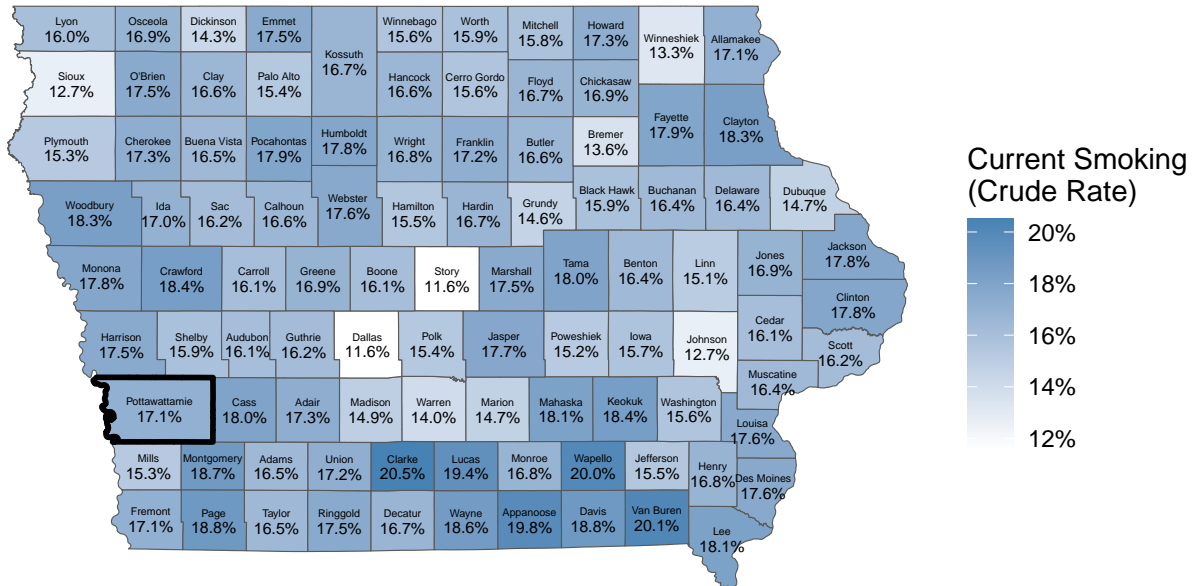
Data Source: CDC PLACES 2023 Release, BRFSS 2021



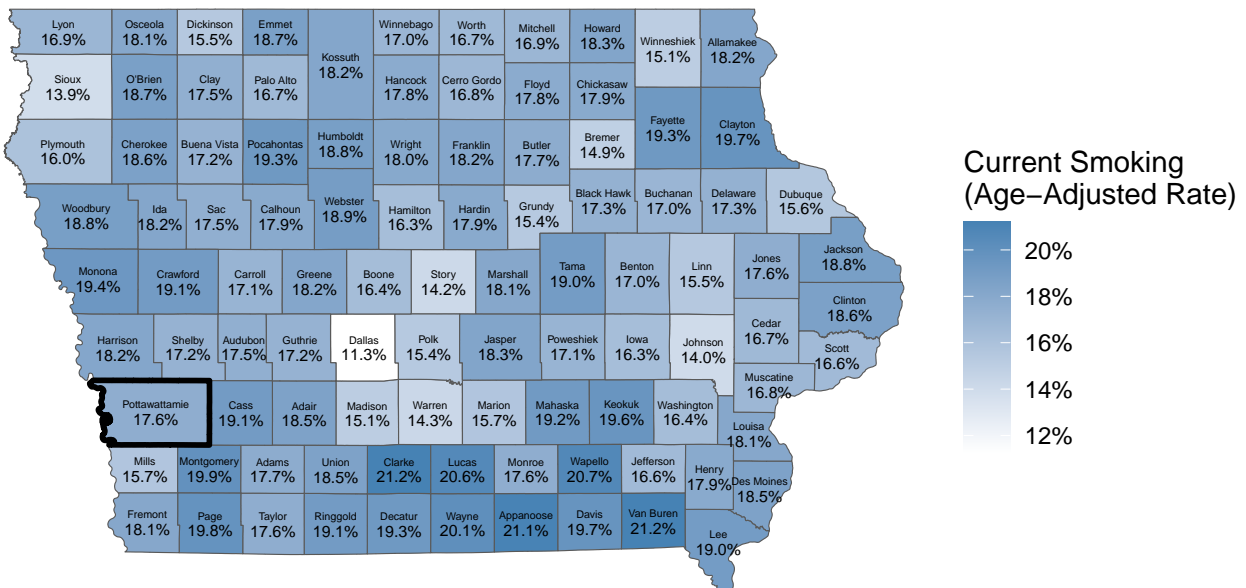
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Current smoking among adults aged ≥ 18 years



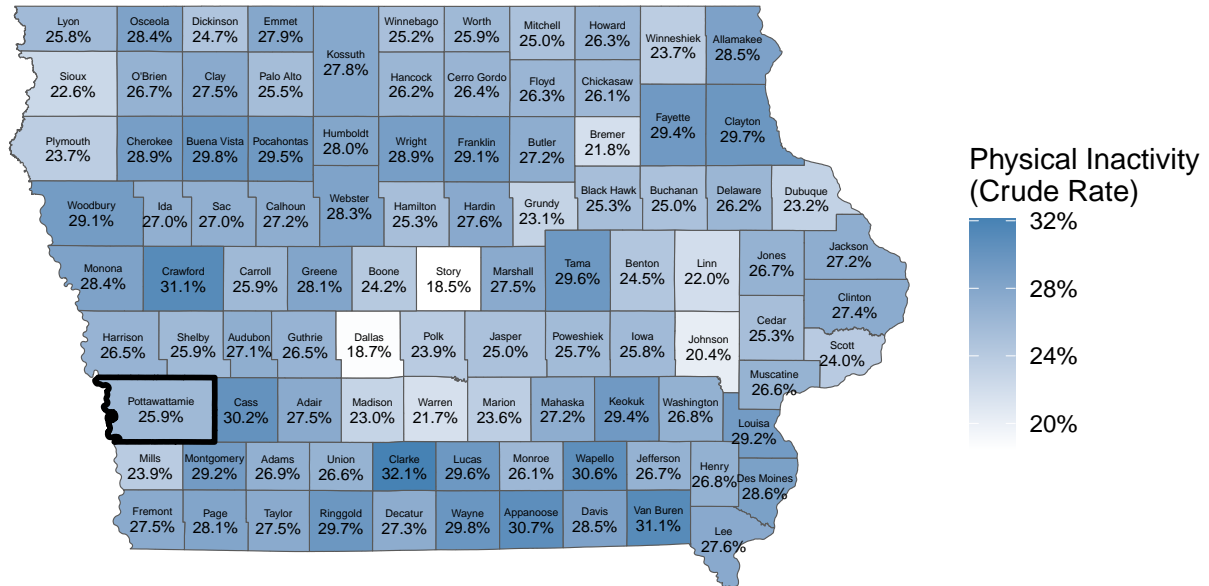
Data Source: CDC PLACES 2023 Release, BRFSS 2021



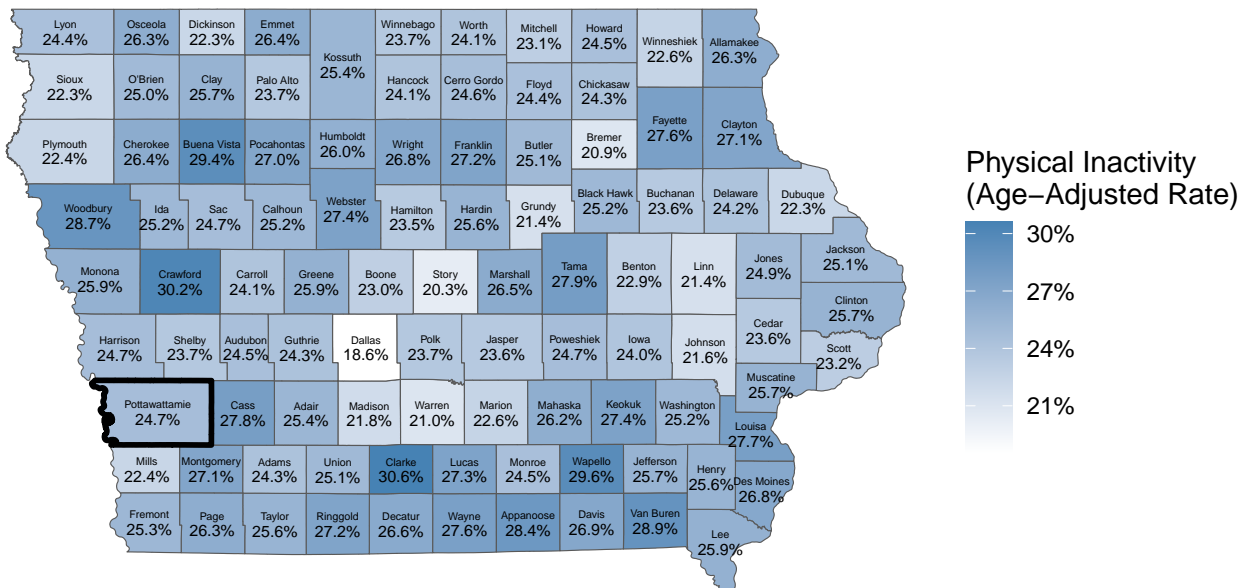
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

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



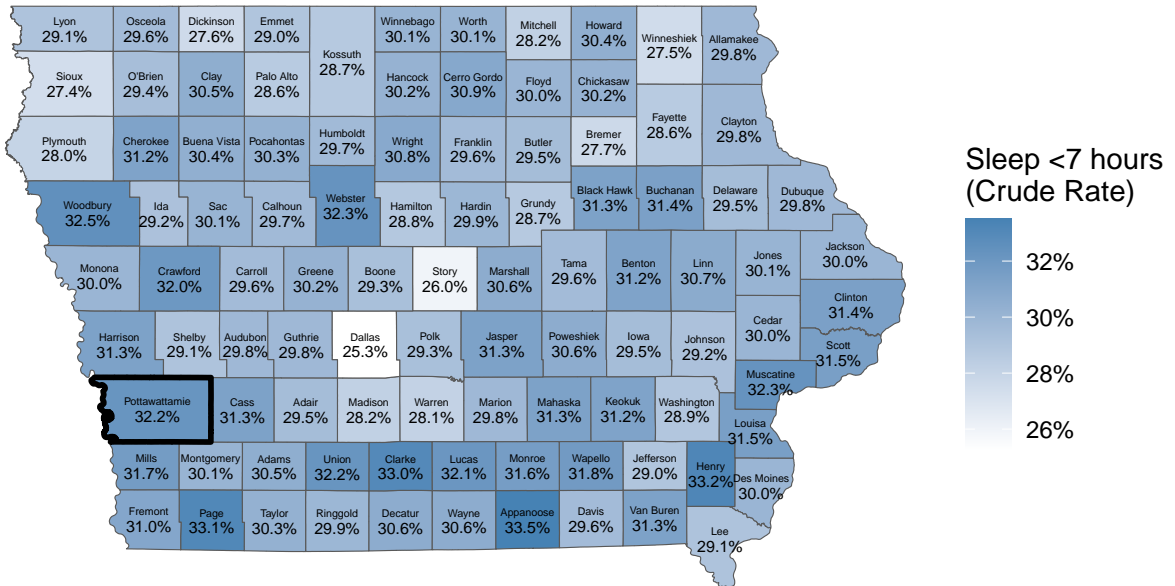
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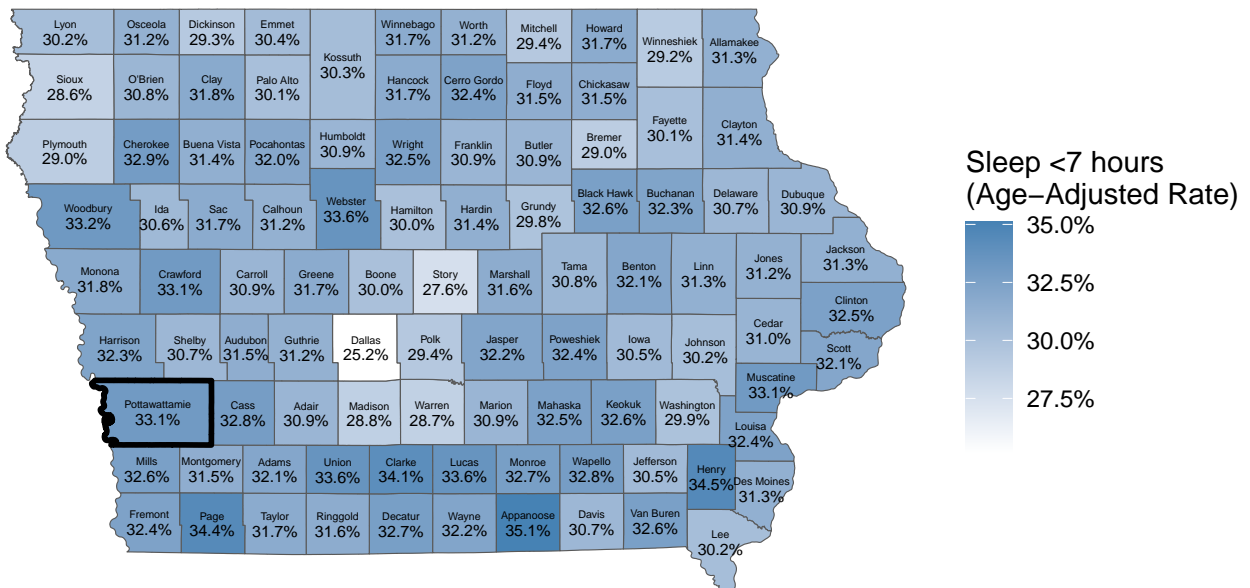
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Sleeping less than 7 hours among adults aged ≥ 18 years



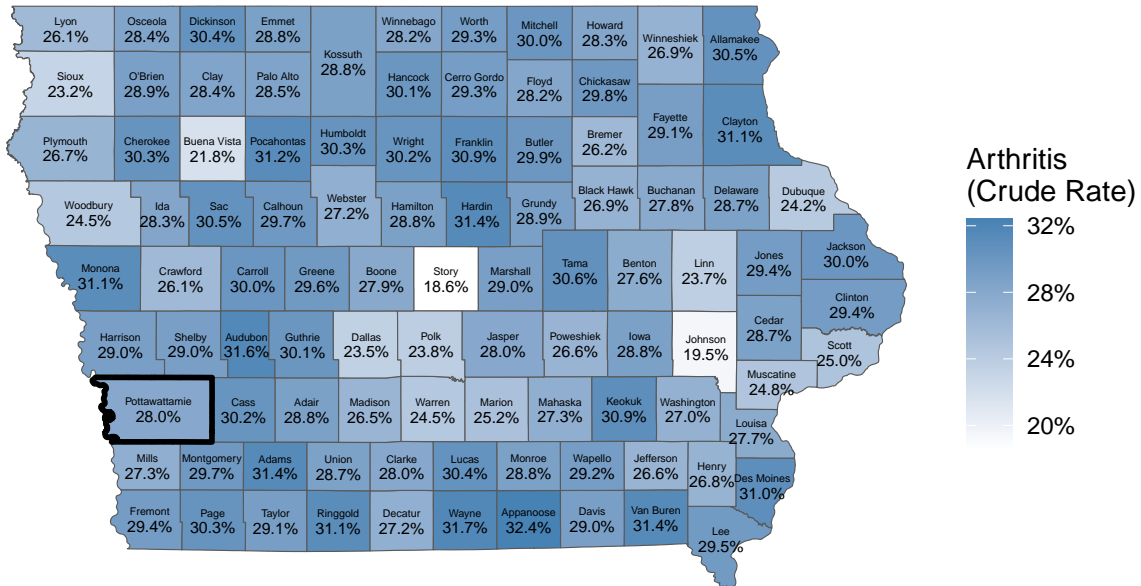
Data Source: CDC PLACES 2023 Release, BRFSS 2020



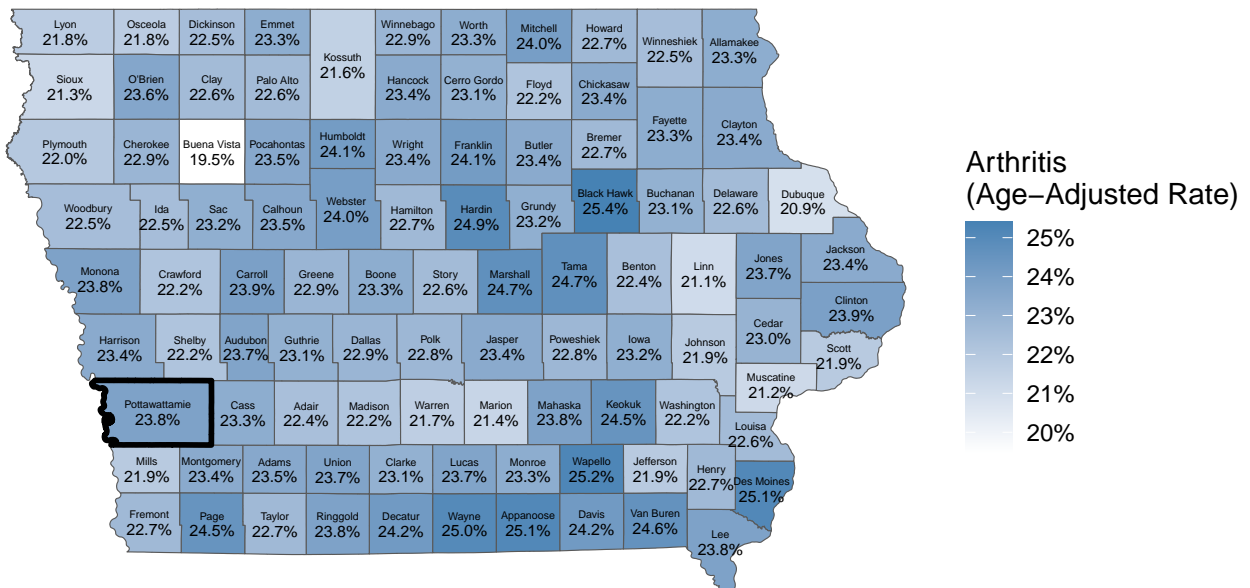
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Arthritis

Arthritis among adults aged >=18 years



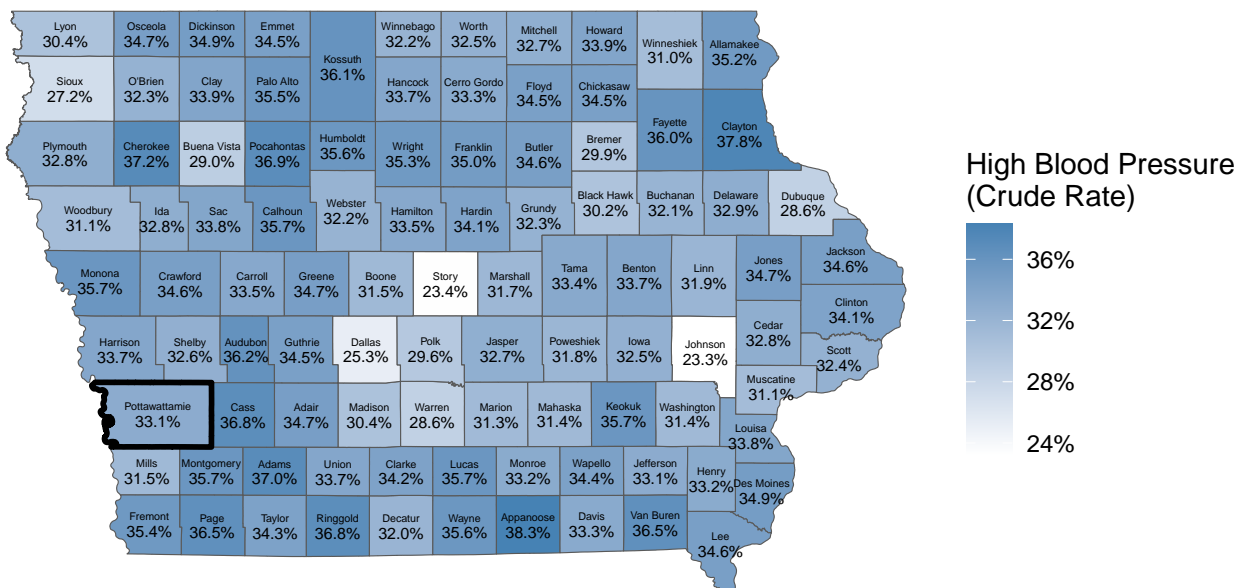
Data Source: CDC PLACES 2023 Release, BRFSS 2021



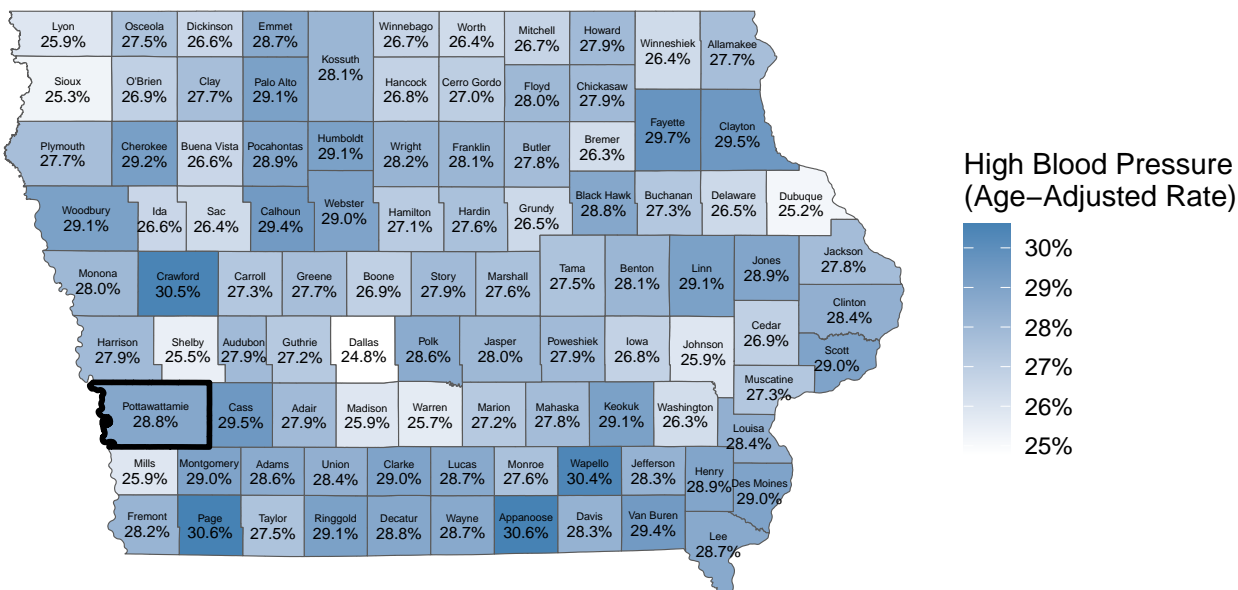
Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Blood Pressure

High blood pressure among adults aged ≥ 18 years



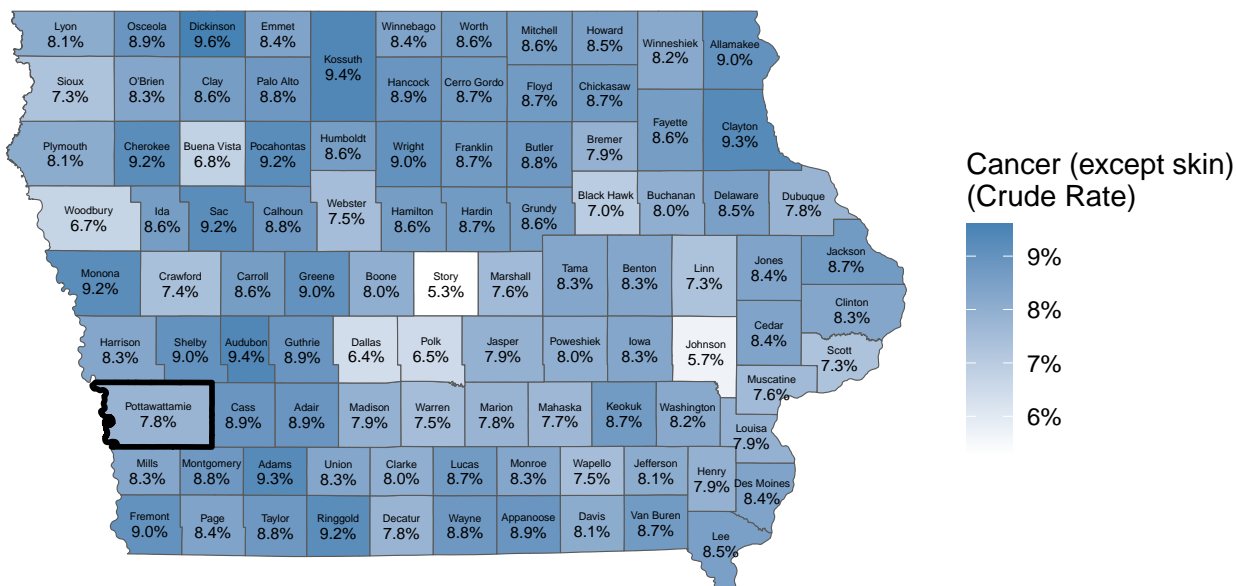
Data Source: CDC PLACES 2023 Release, BRFSS 2021



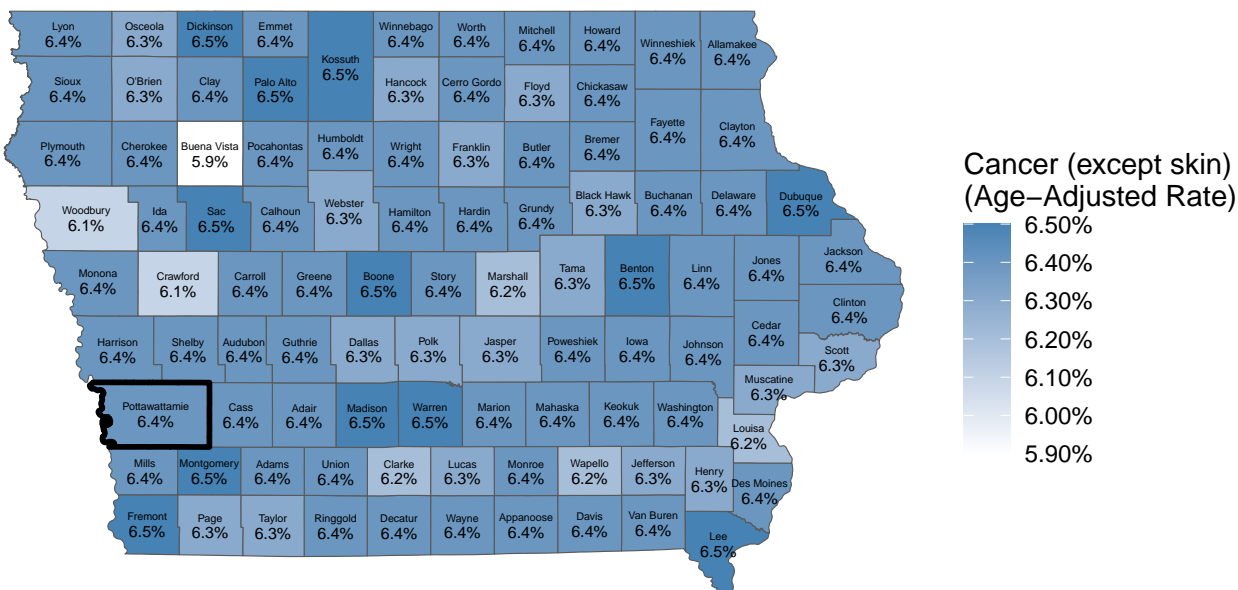
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cancer (except skin)

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



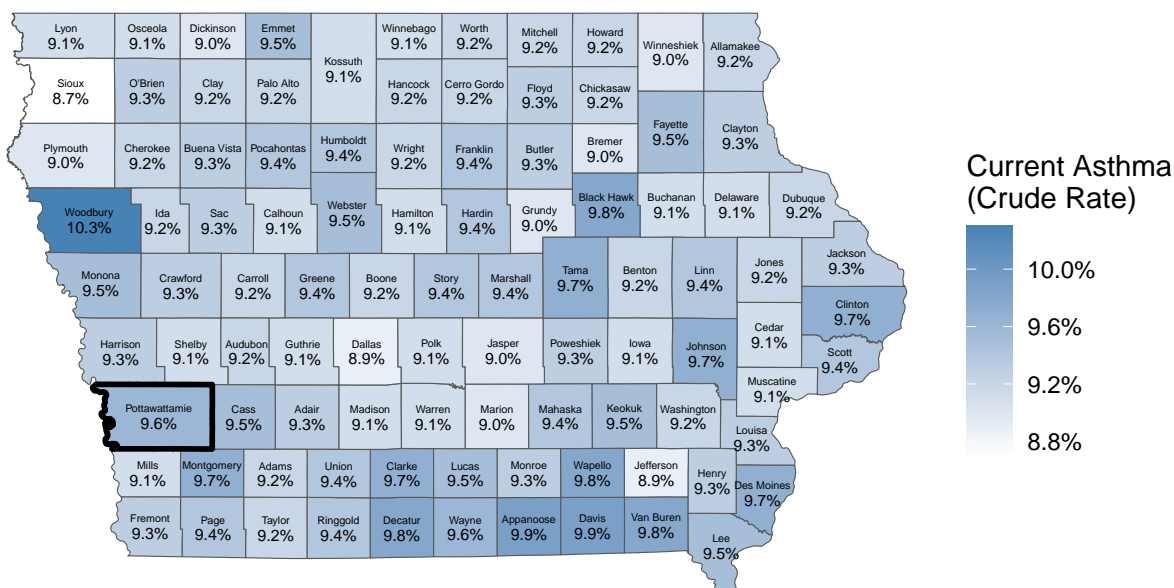
Data Source: CDC PLACES 2023 Release, BRFSS 2021



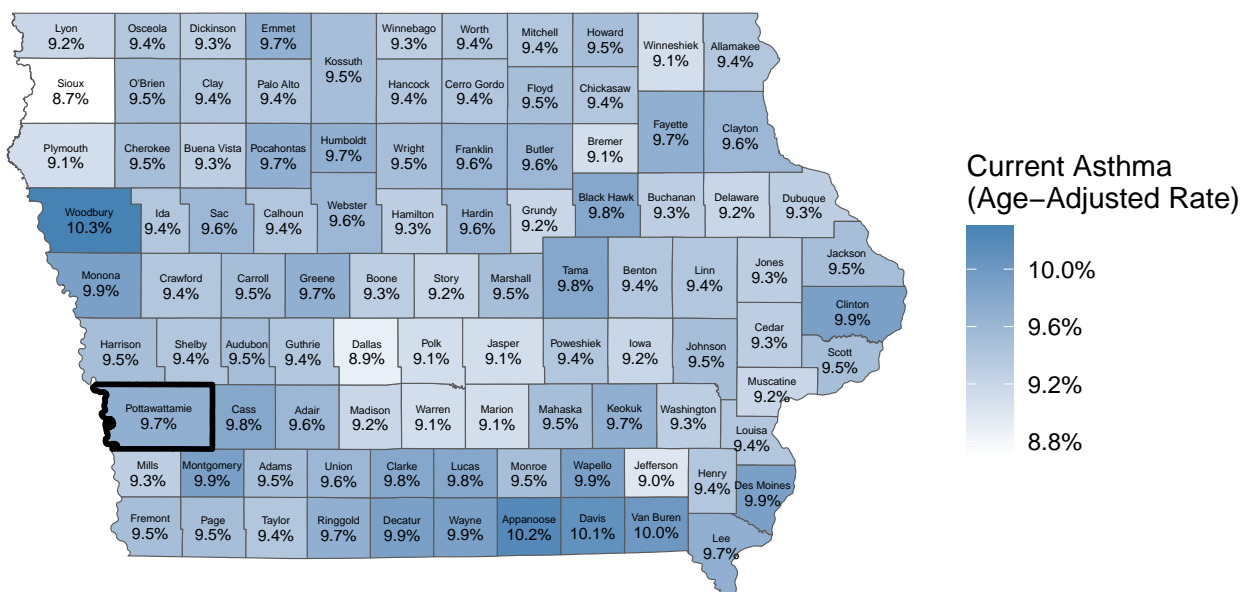
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Current asthma among adults aged ≥ 18 years



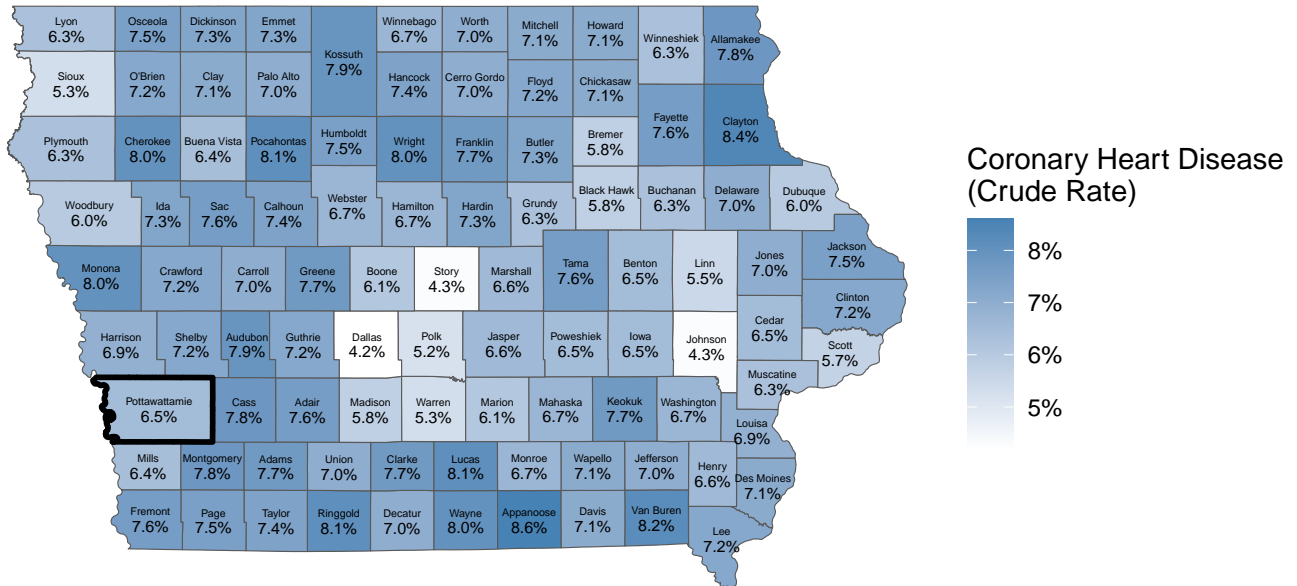
Data Source: CDC PLACES 2023 Release, BRFSS 2021



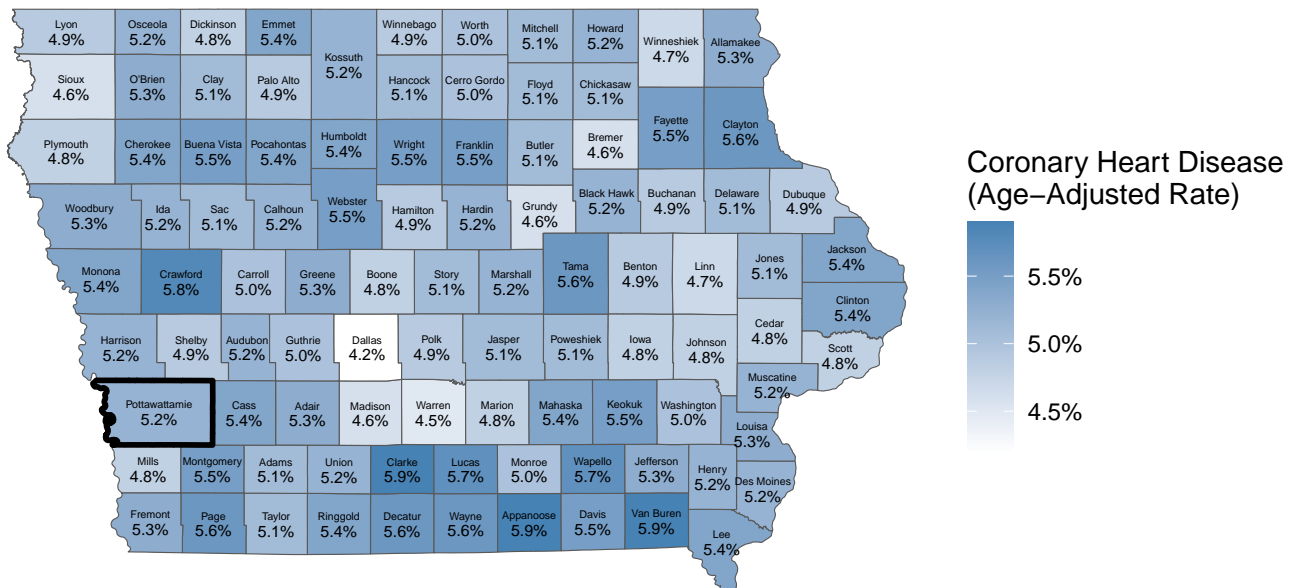
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Coronary heart disease among adults aged ≥ 18 years



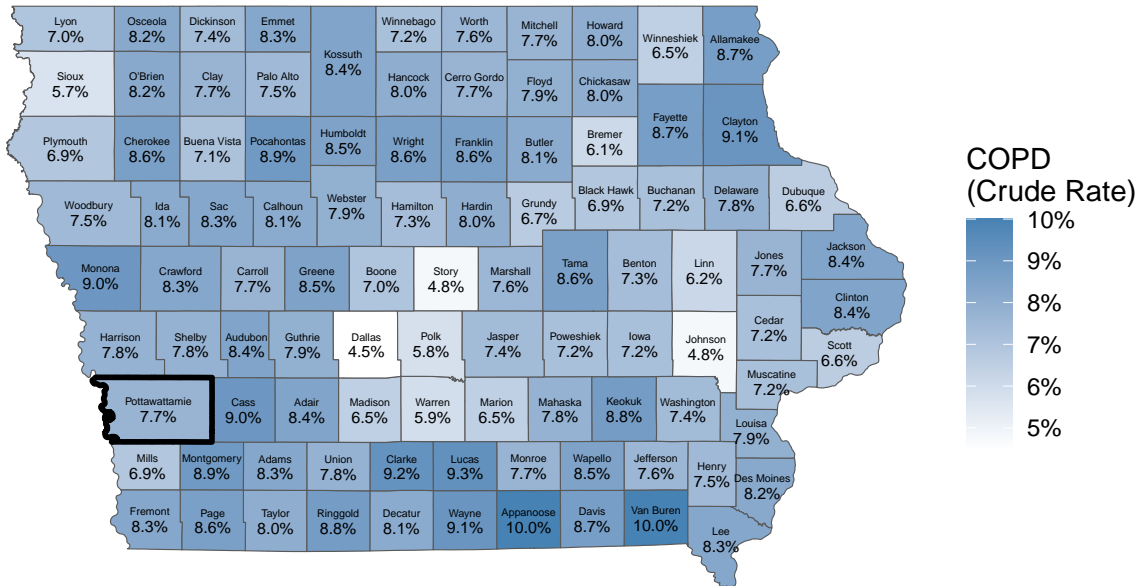
Data Source: CDC PLACES 2023 Release, BRFSS 2021



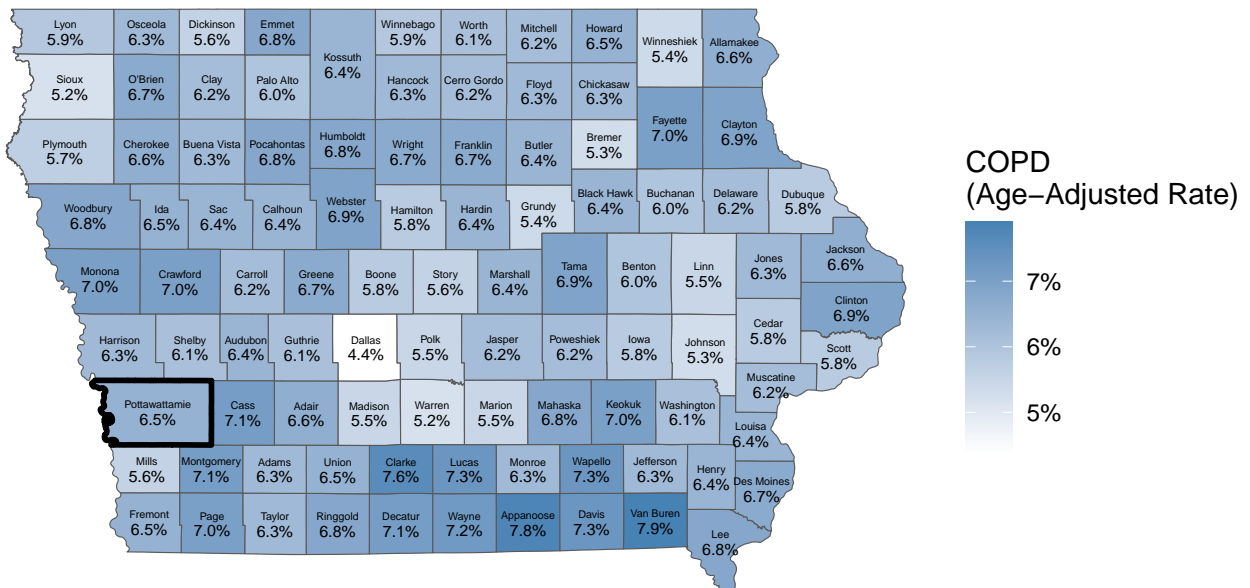
Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Chronic obstructive pulmonary disease among adults aged >=18 years



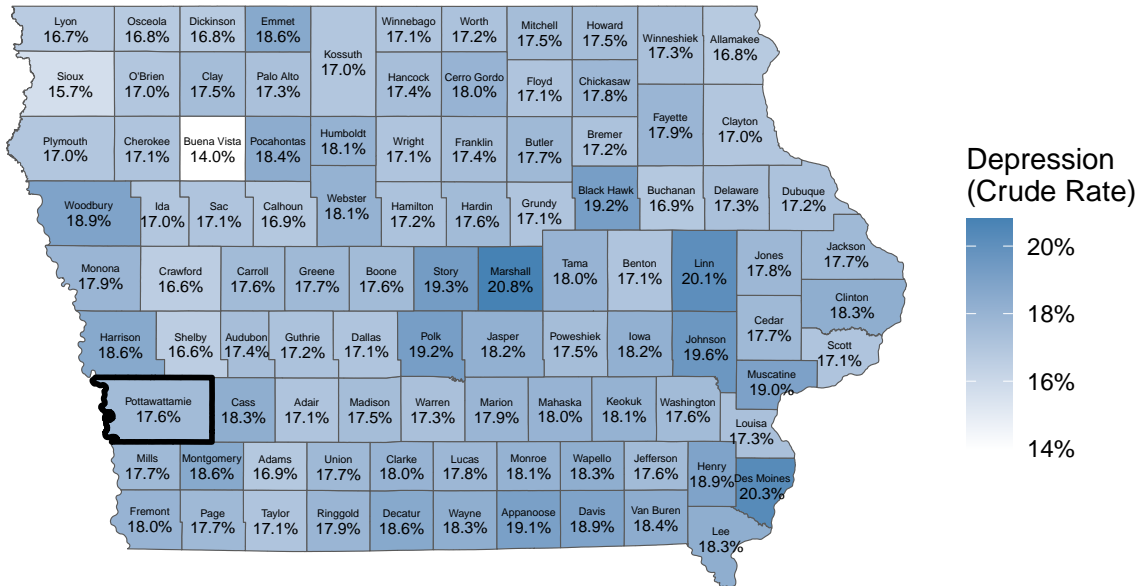
Data Source: CDC PLACES 2023 Release, BRFSS 2021



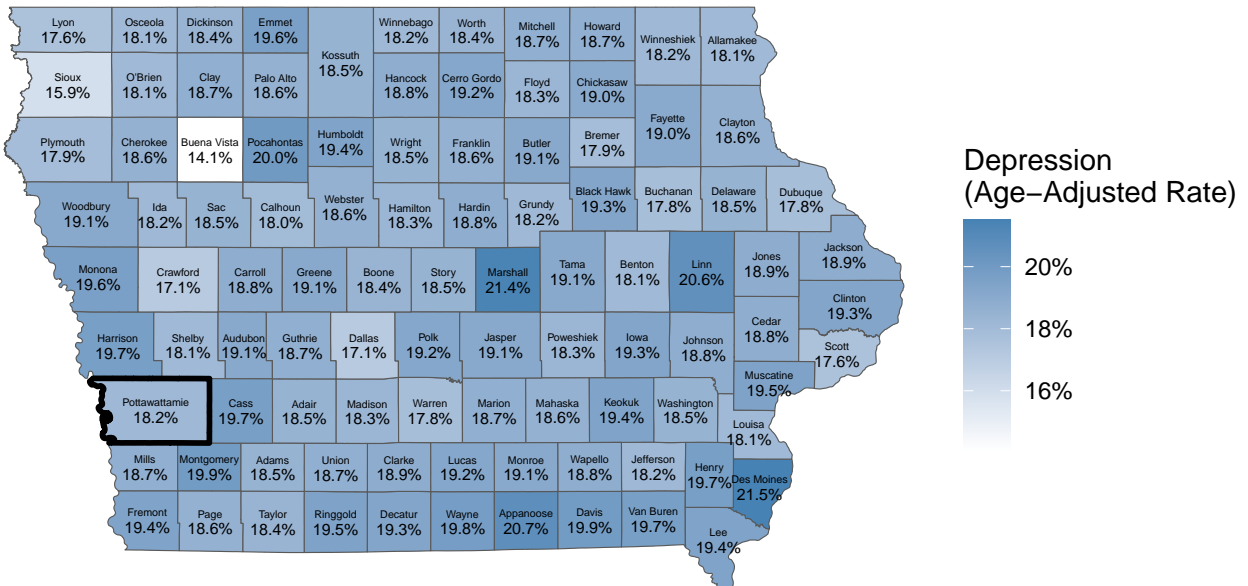
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Depression among adults aged >=18 years



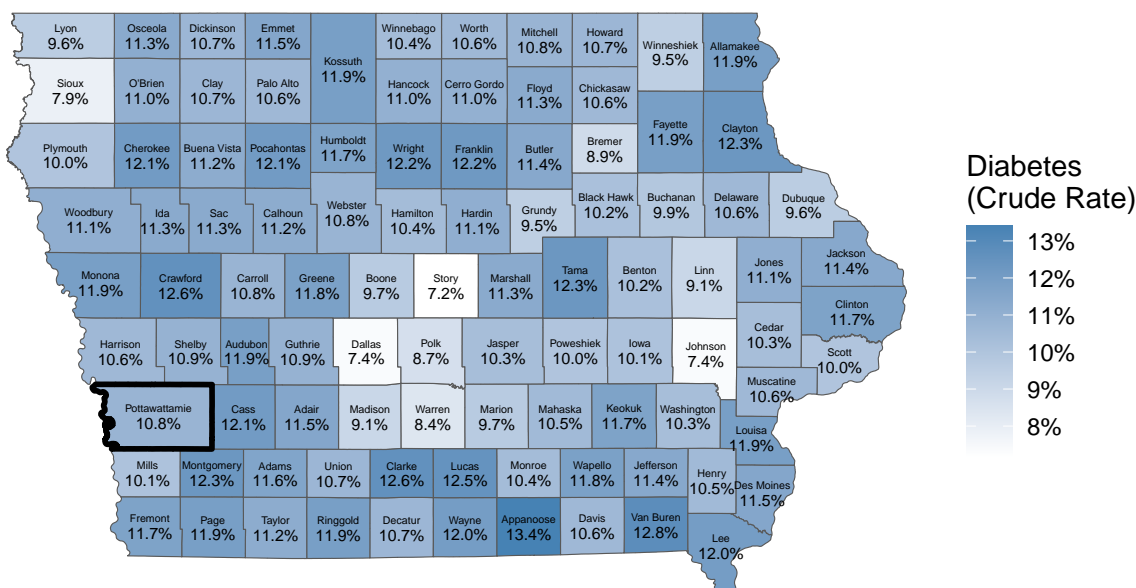
Data Source: CDC PLACES 2023 Release, BRFSS 2021



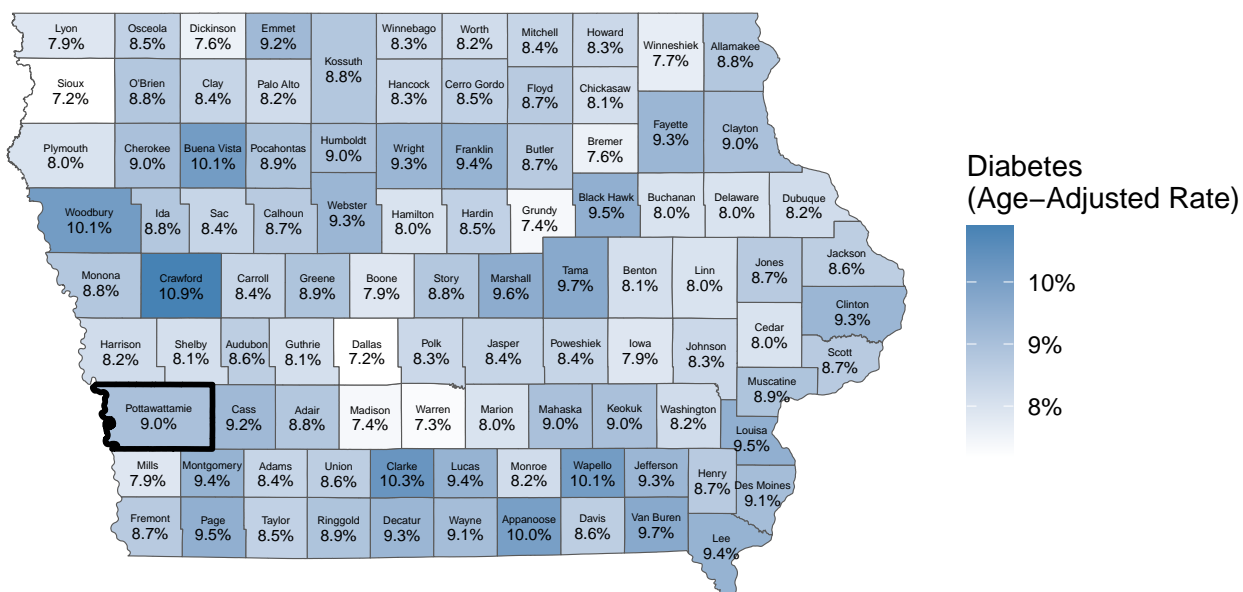
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Diagnosed diabetes among adults aged >=18 years



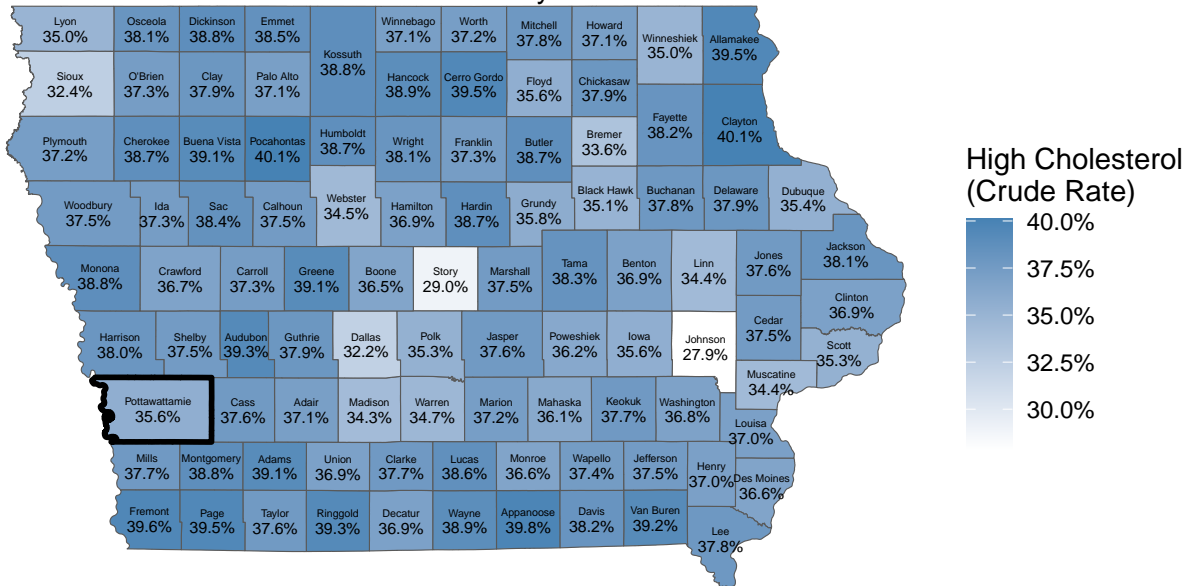
Data Source: CDC PLACES 2023 Release, BRFSS 2021



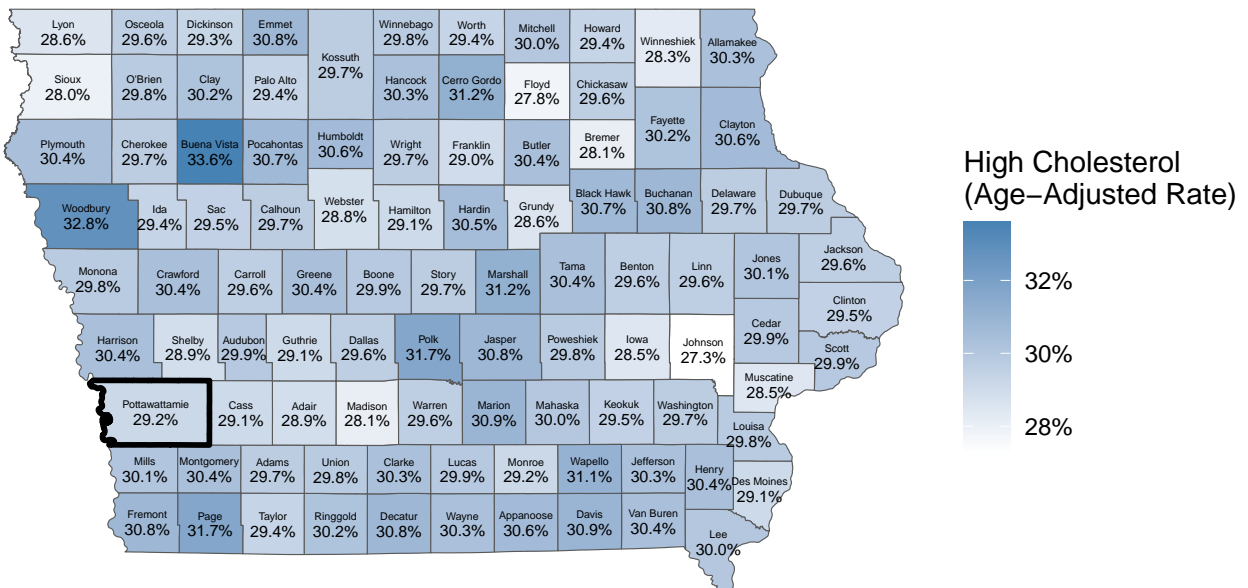
Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

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



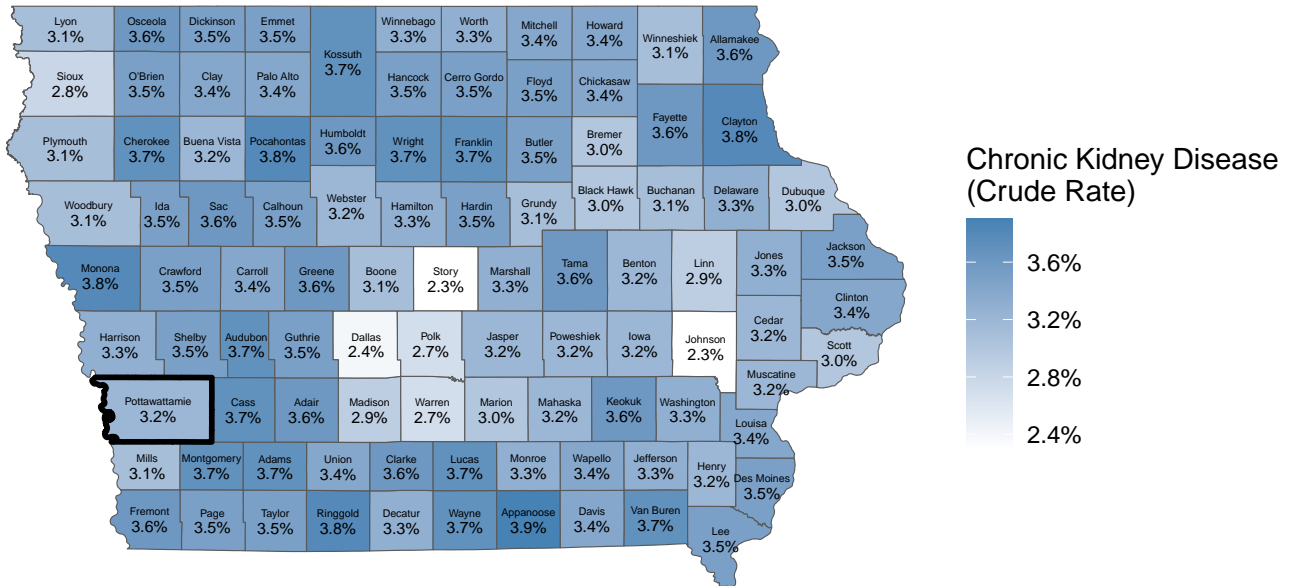
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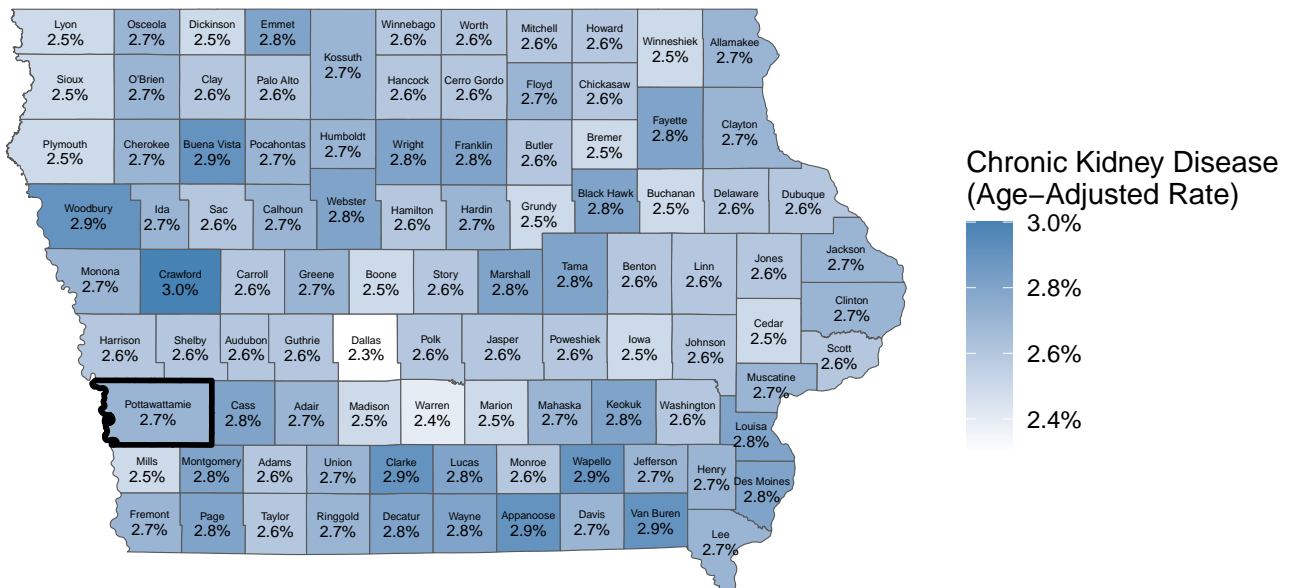
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Chronic kidney disease among adults aged ≥ 18 years



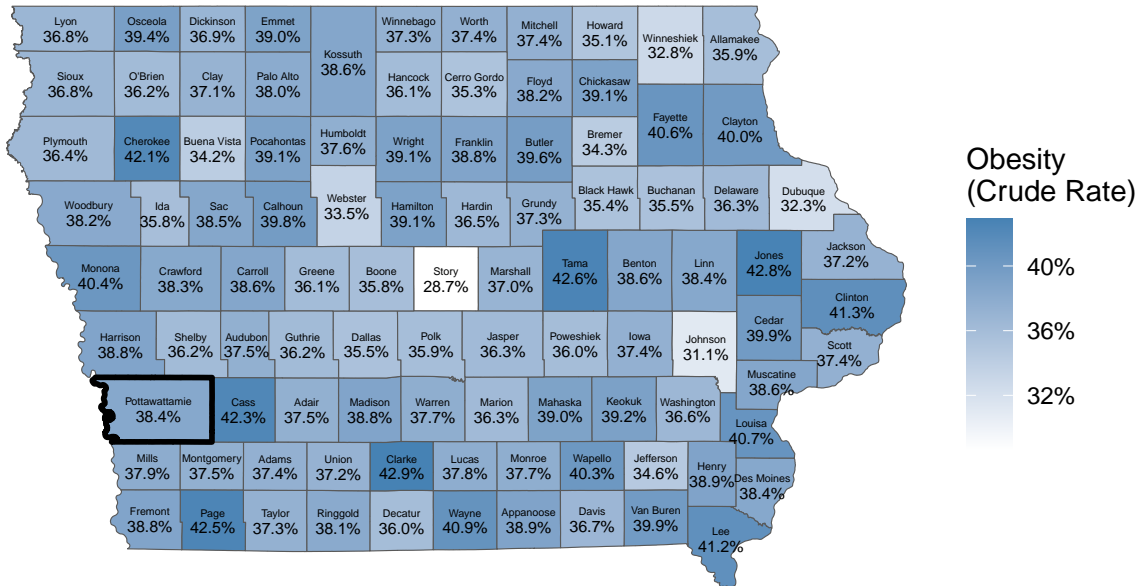
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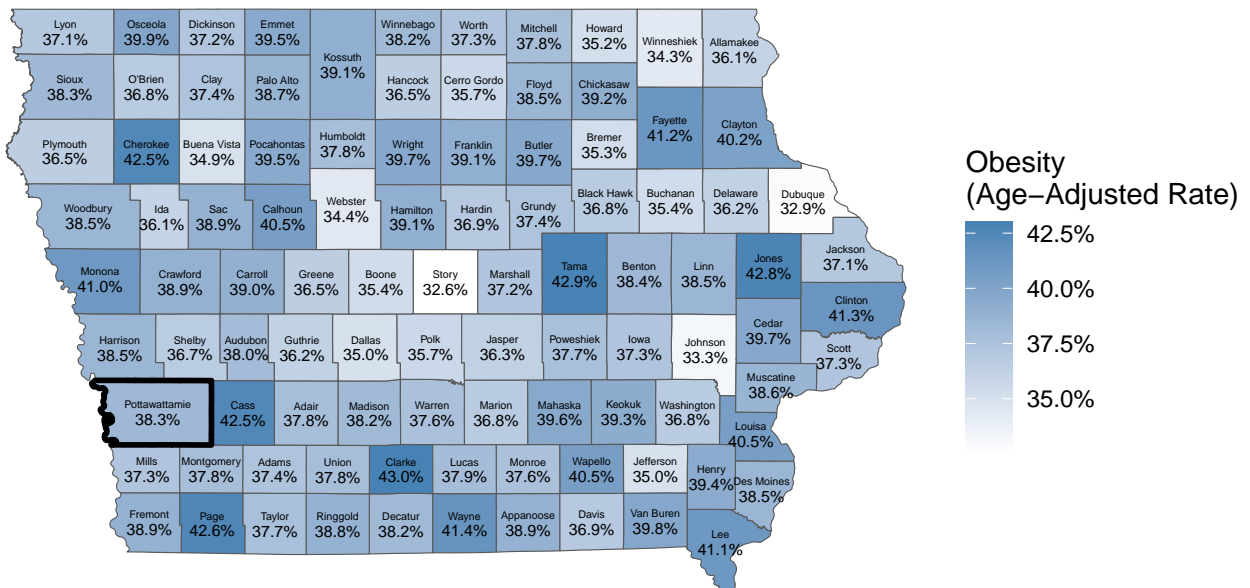
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Obesity among adults aged ≥ 18 years



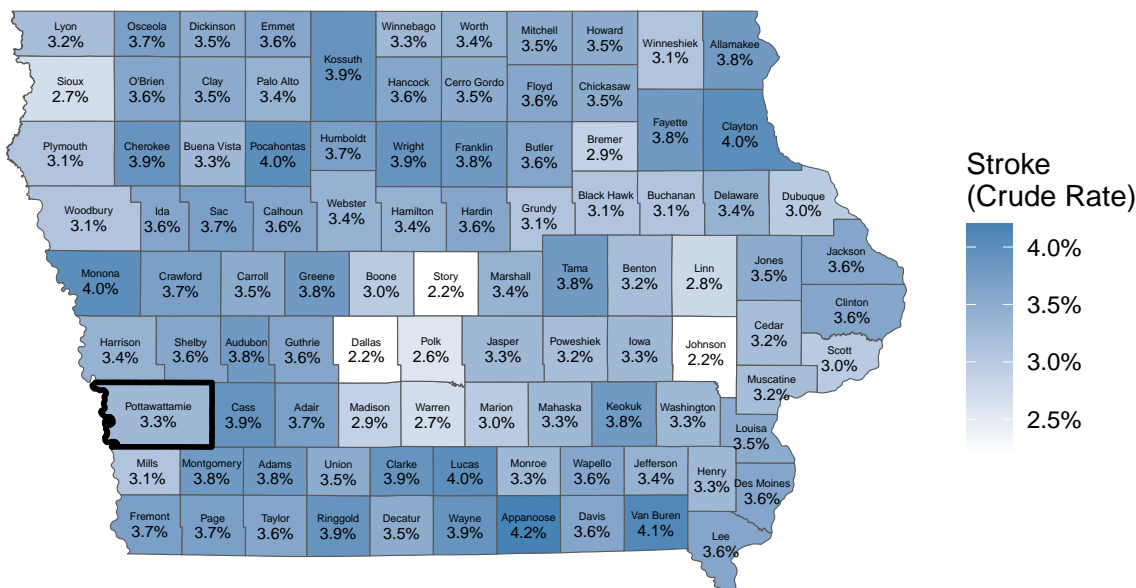
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

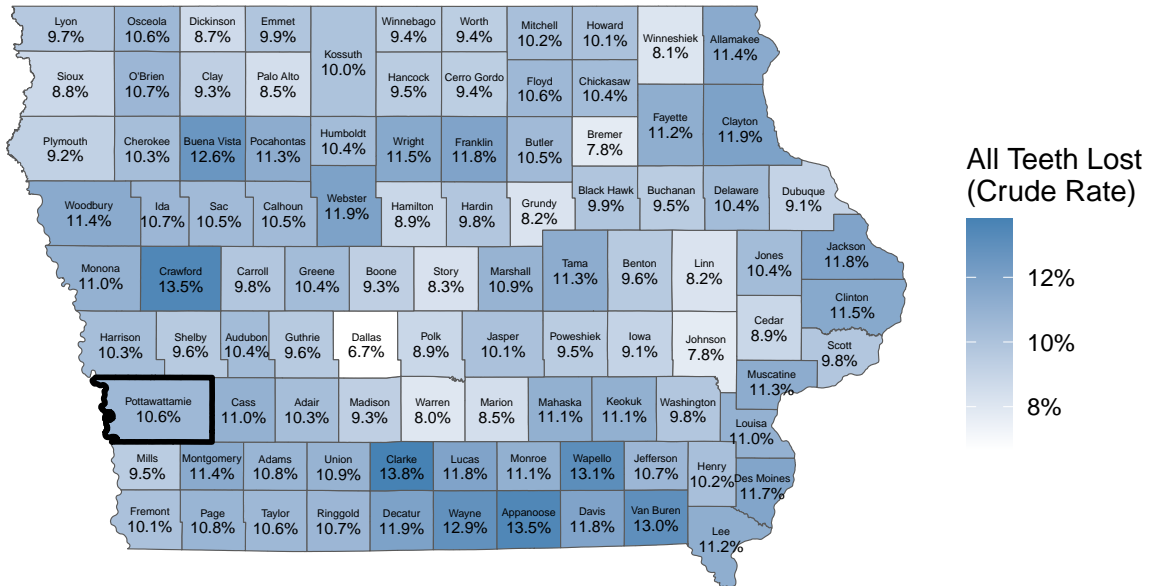
Stroke

Stroke among adults aged ≥ 18 years

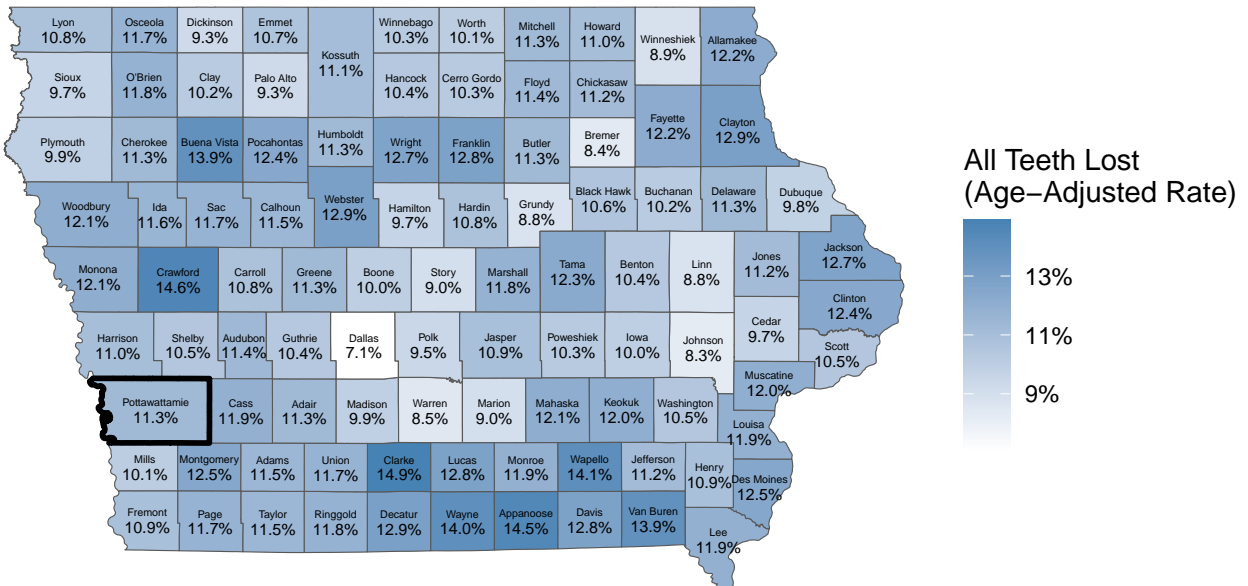


All Teeth Lost

All teeth lost among adults aged ≥ 65 years



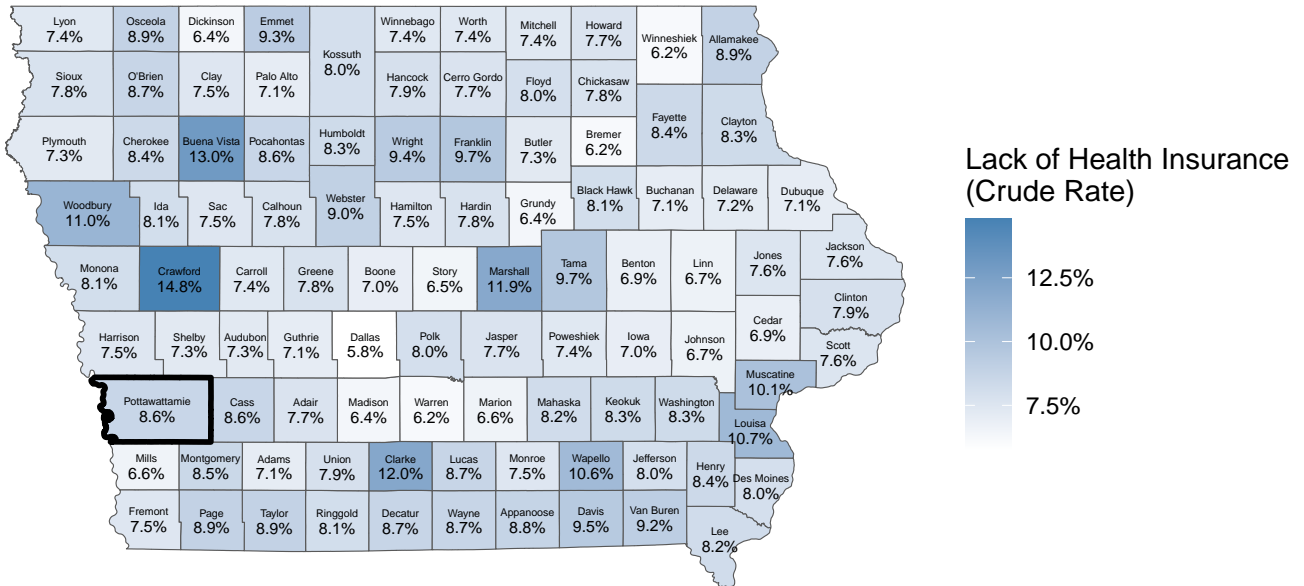
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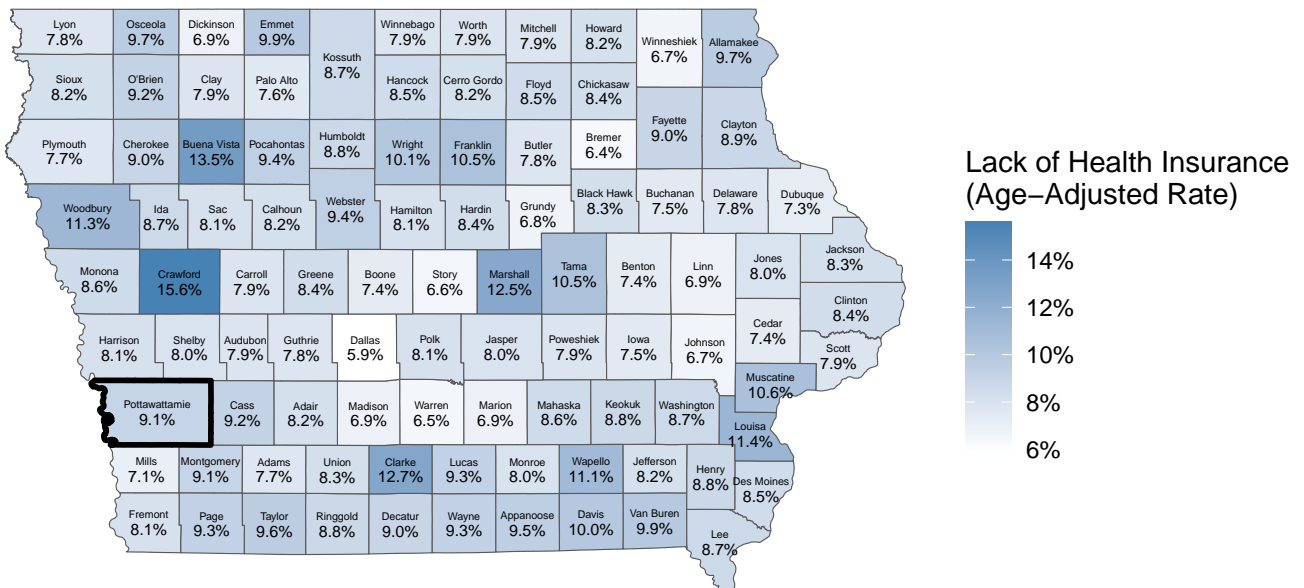
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Lack of Health Insurance

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



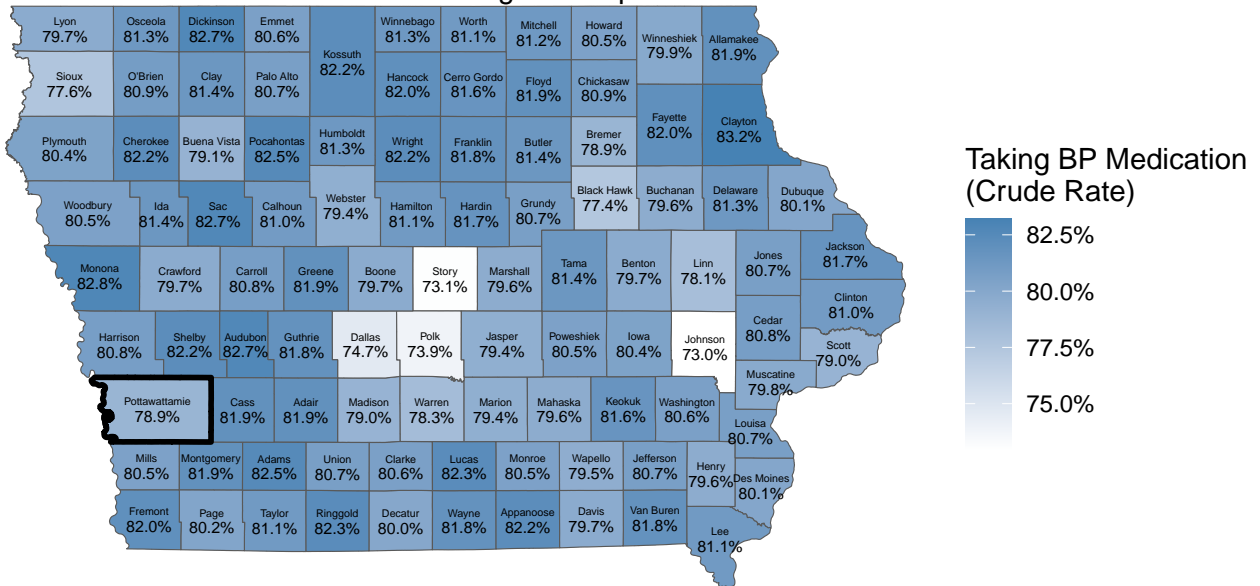
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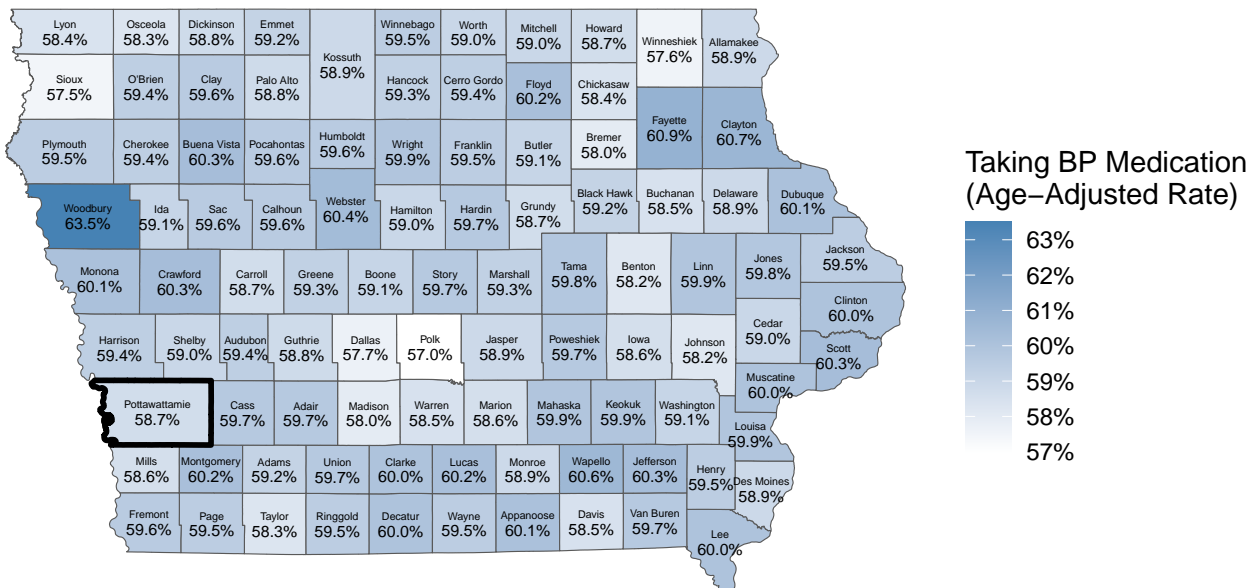
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Taking BP Medication

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



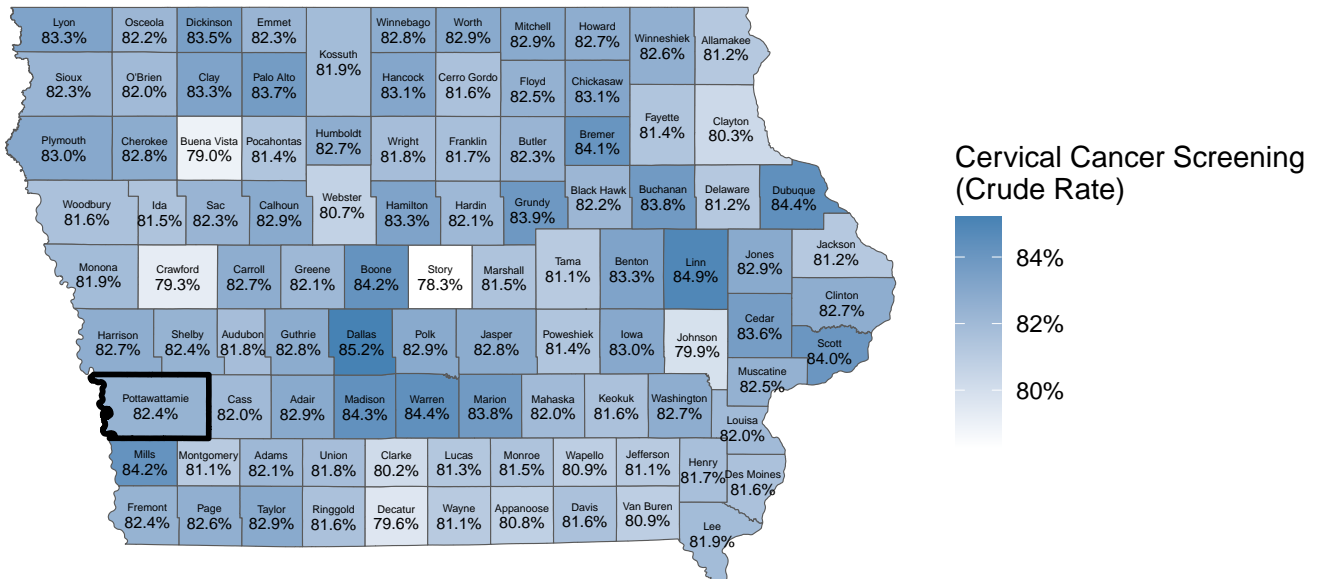
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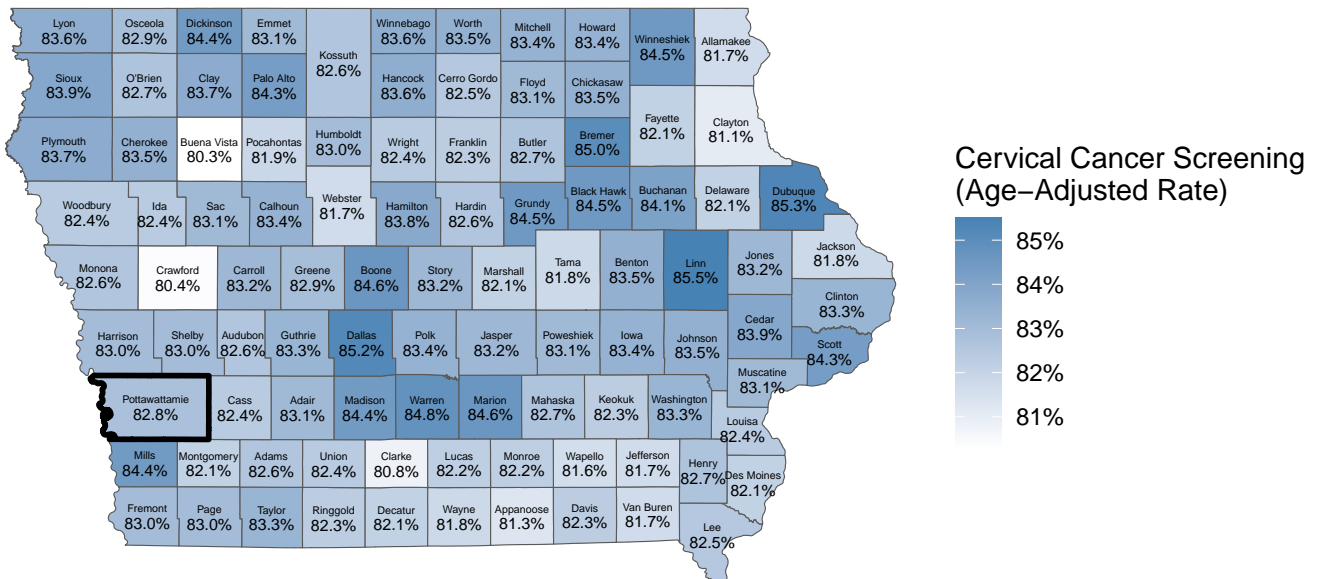
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years



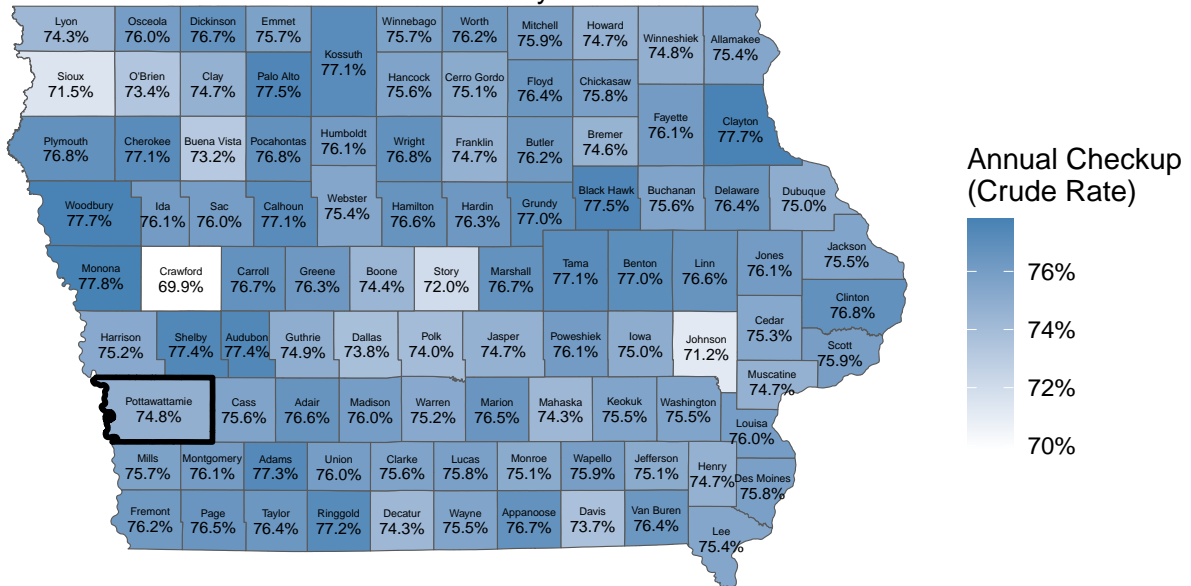
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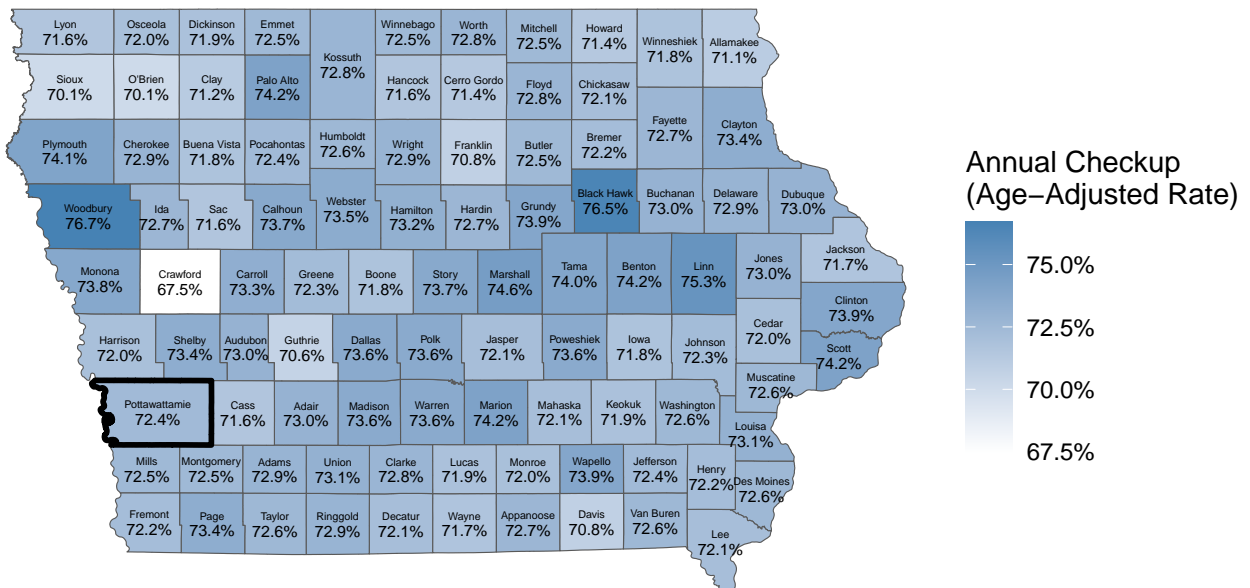
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

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



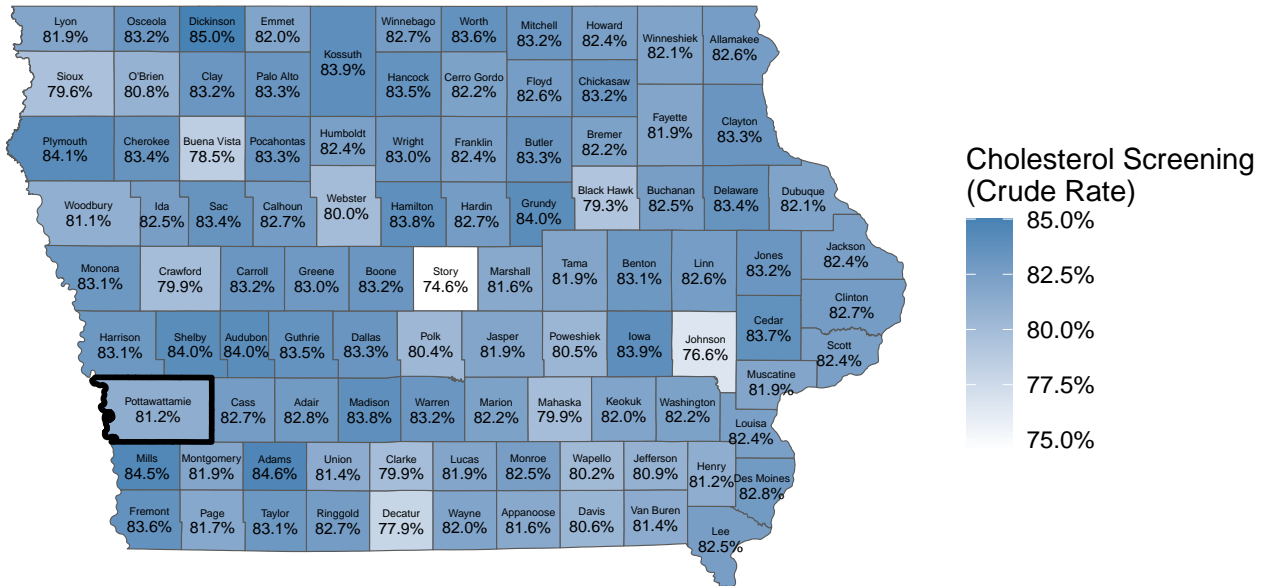
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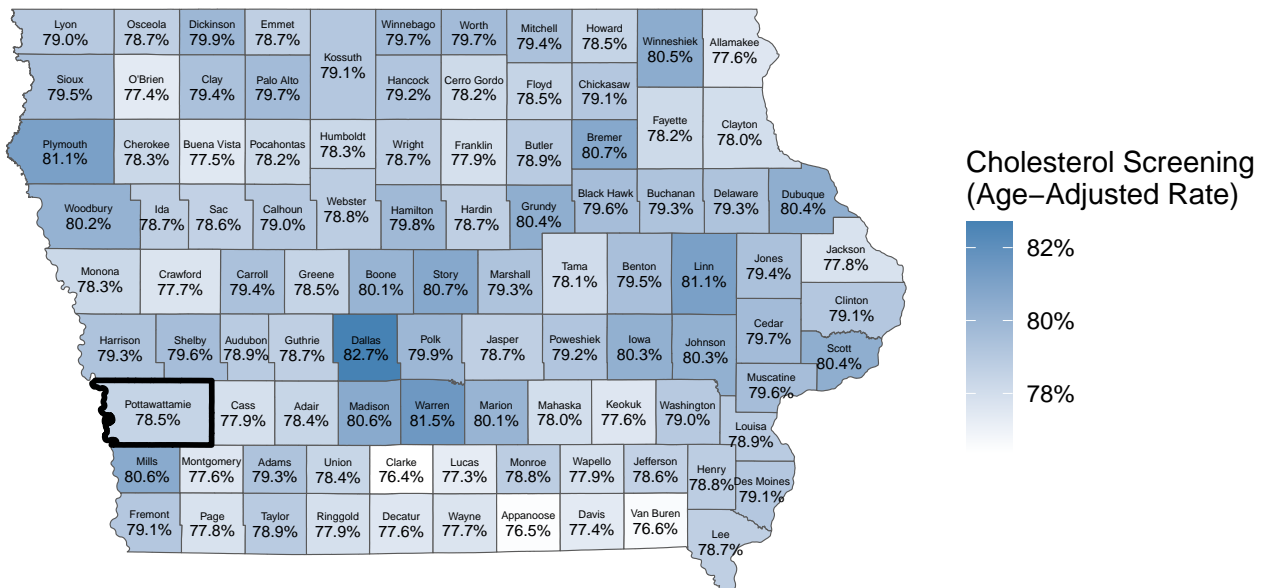
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Cholesterol screening among adults aged ≥ 18 years



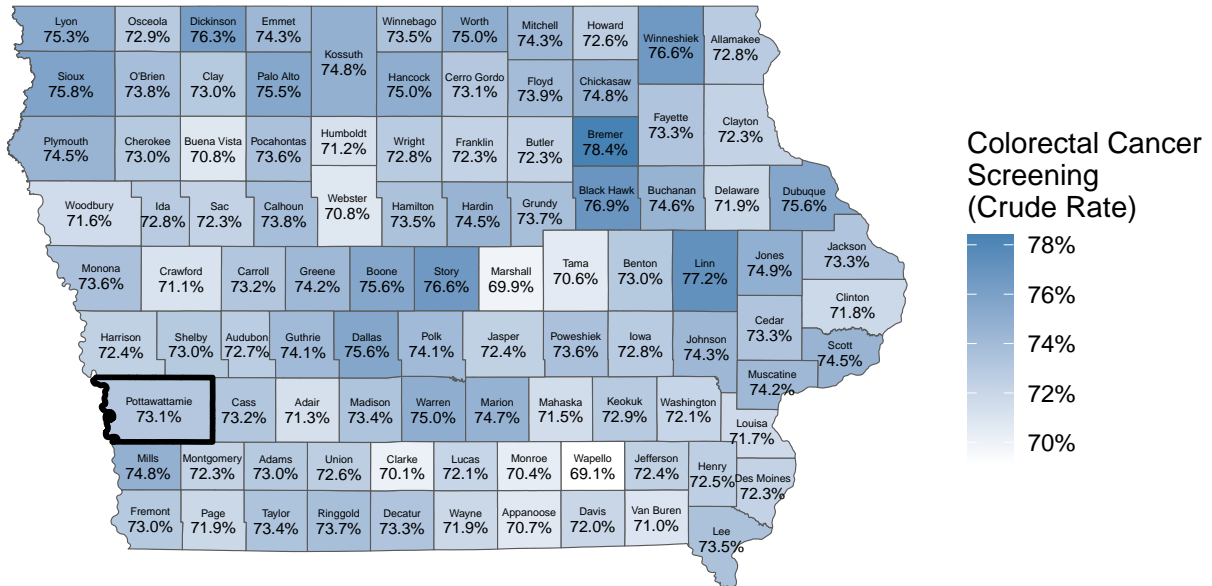
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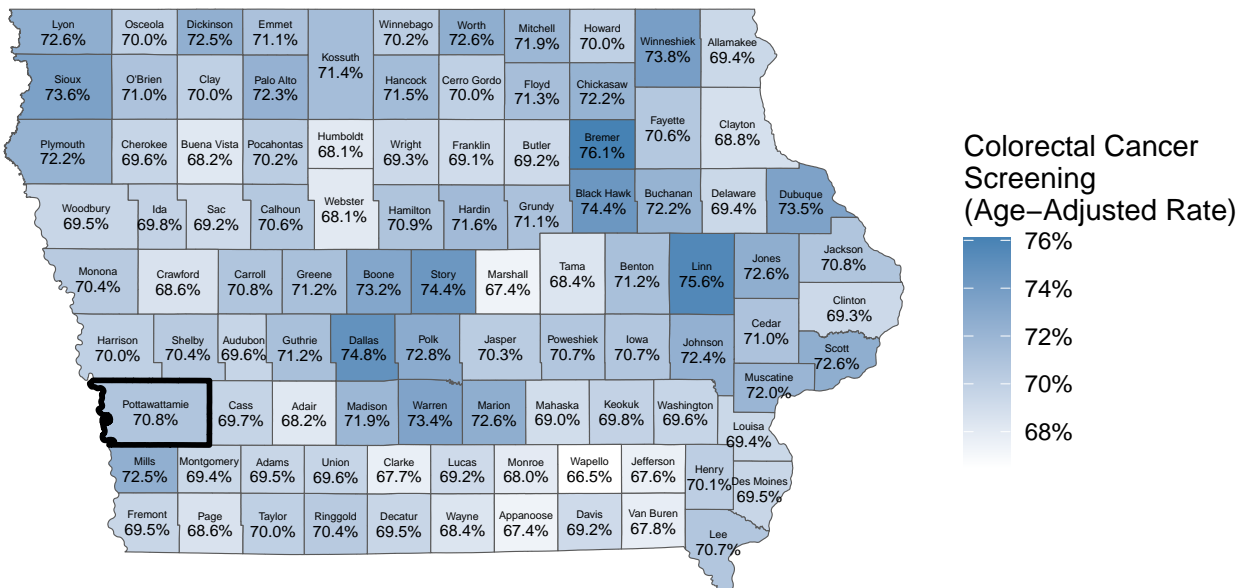
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



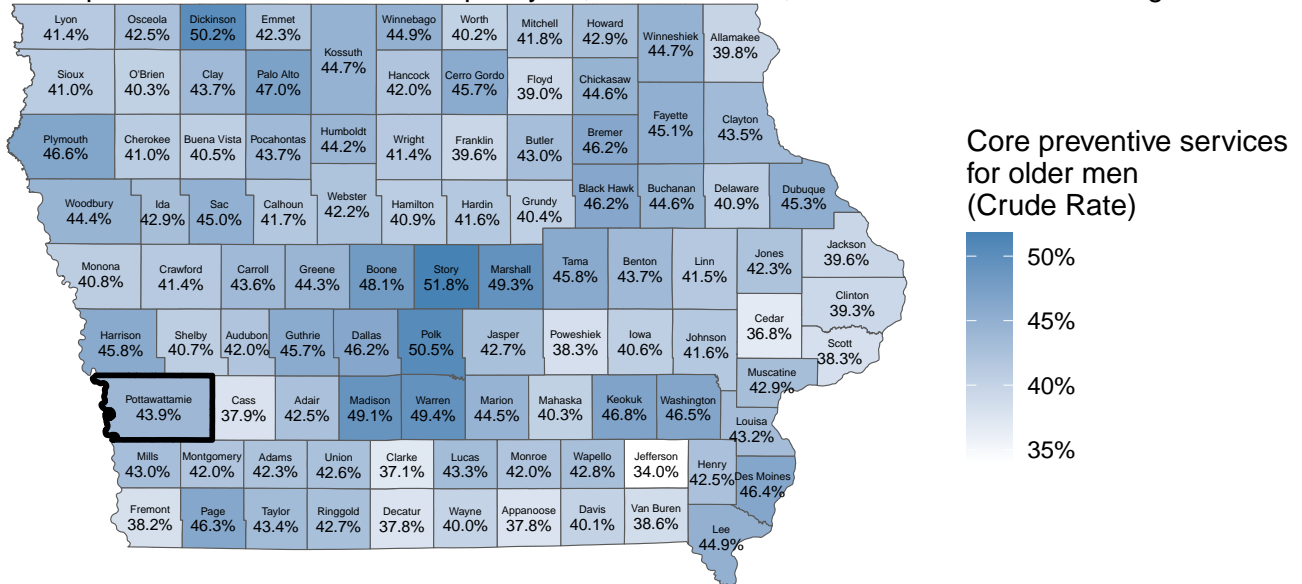
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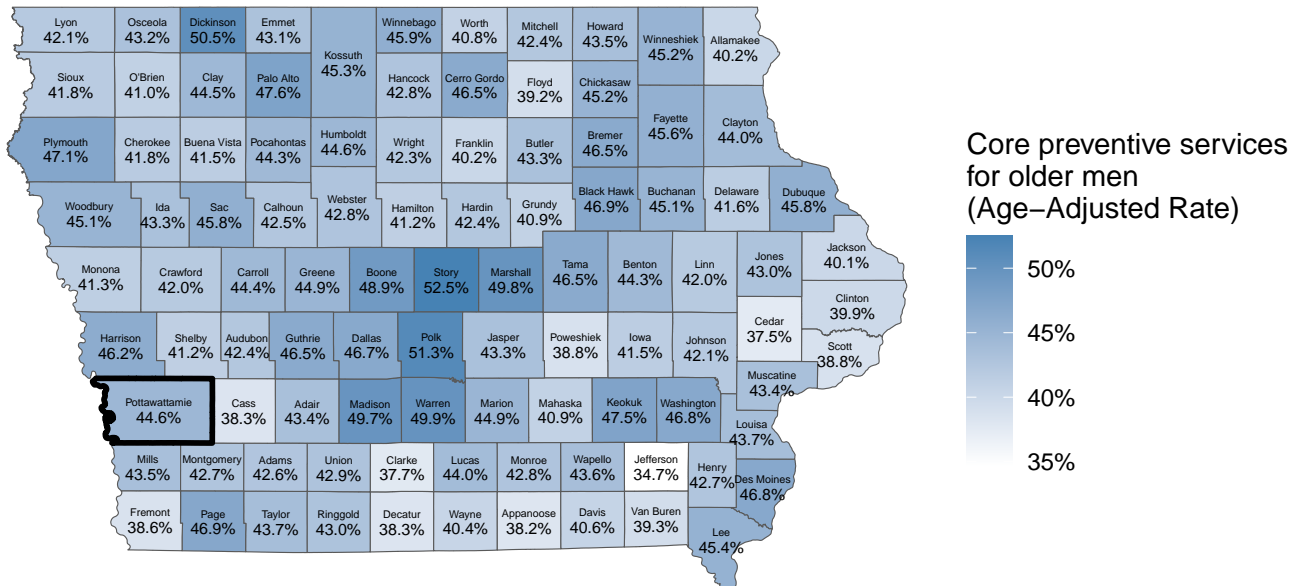
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

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



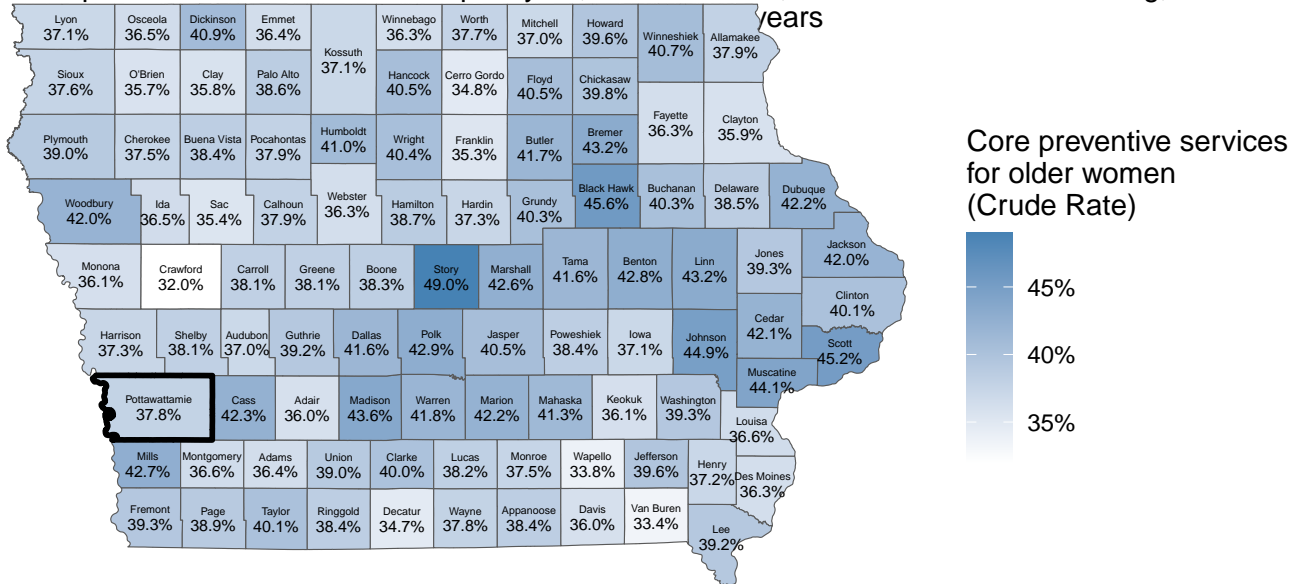
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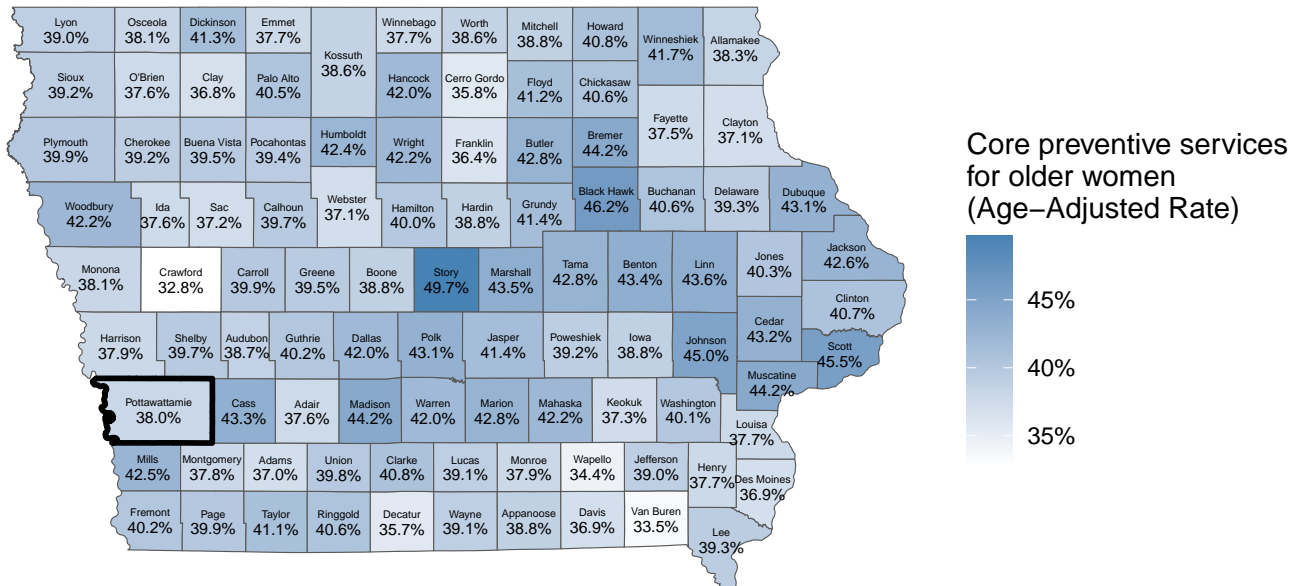
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

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



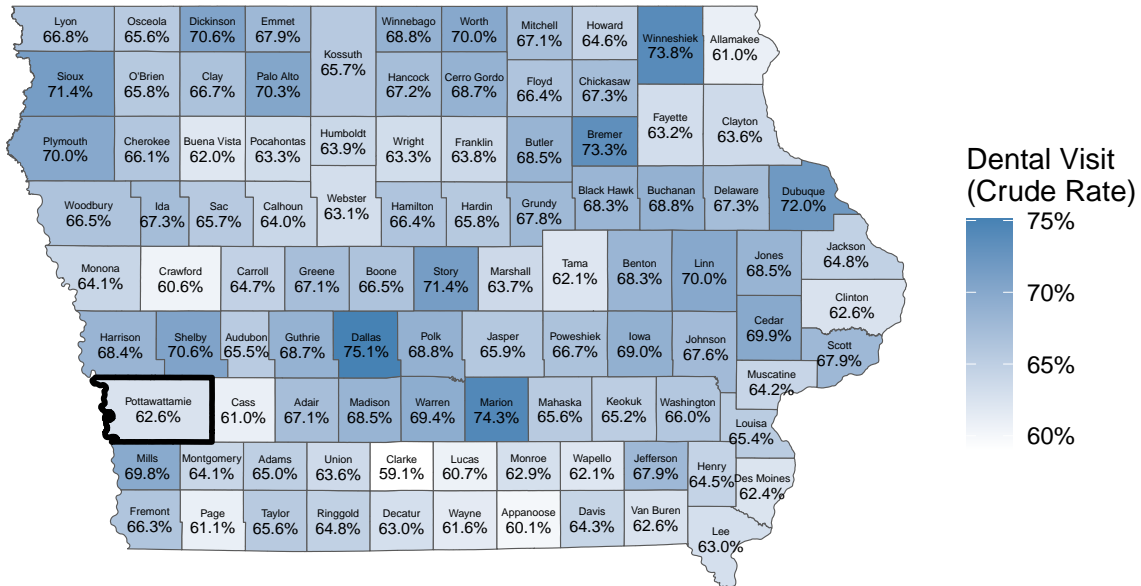
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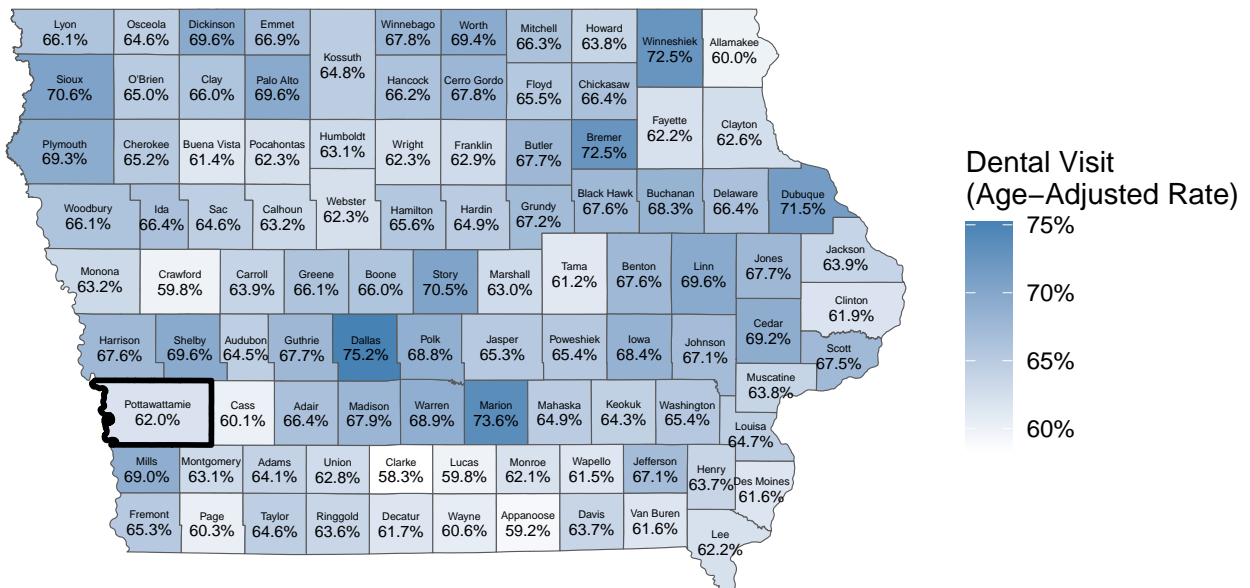
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

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



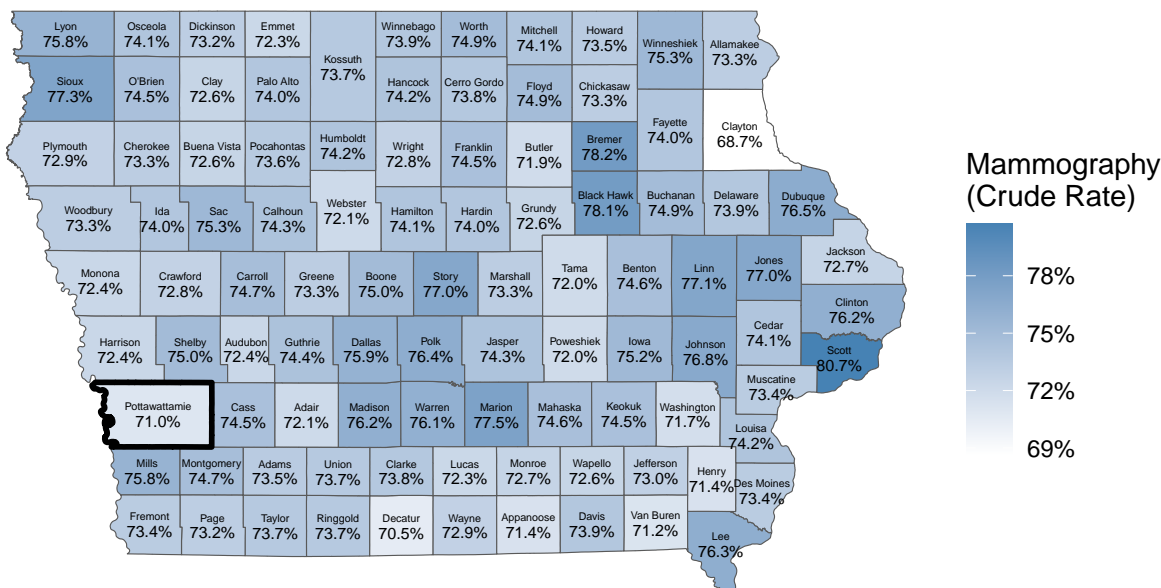
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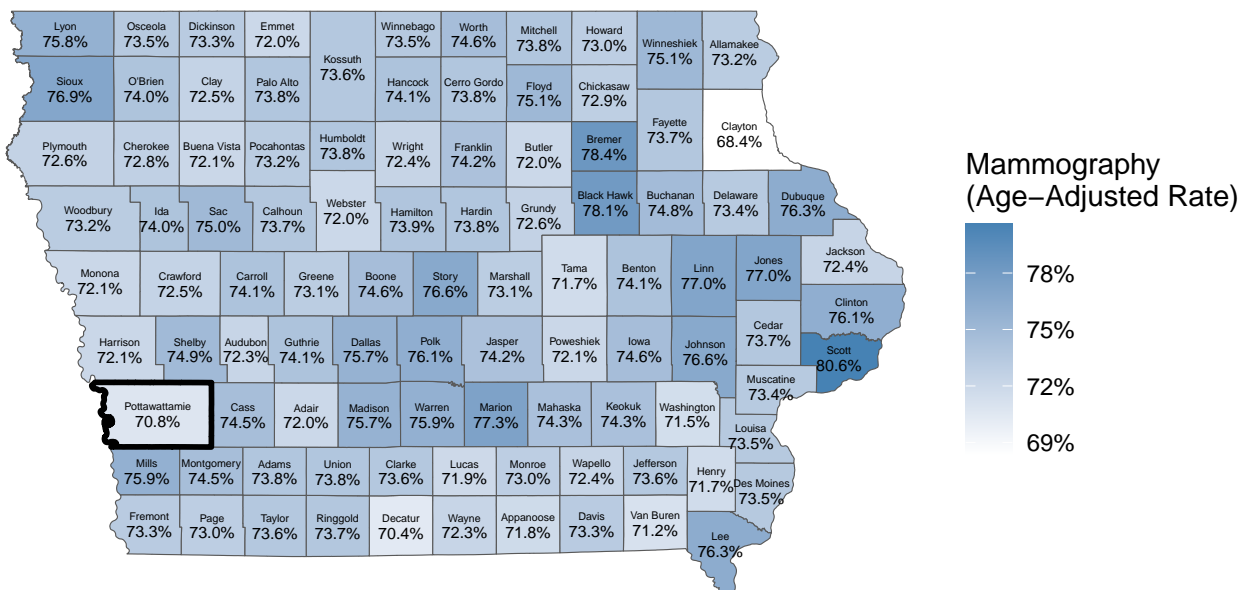
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Mammography use among women aged 50–74 years



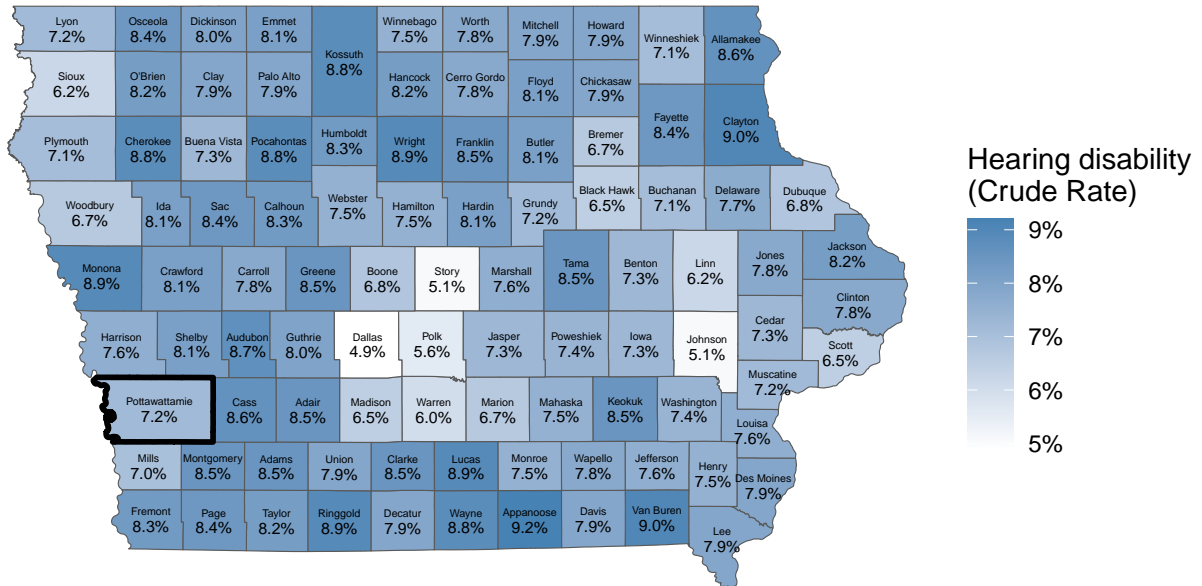
Data Source: CDC PLACES 2023 Release, BRFSS 2020



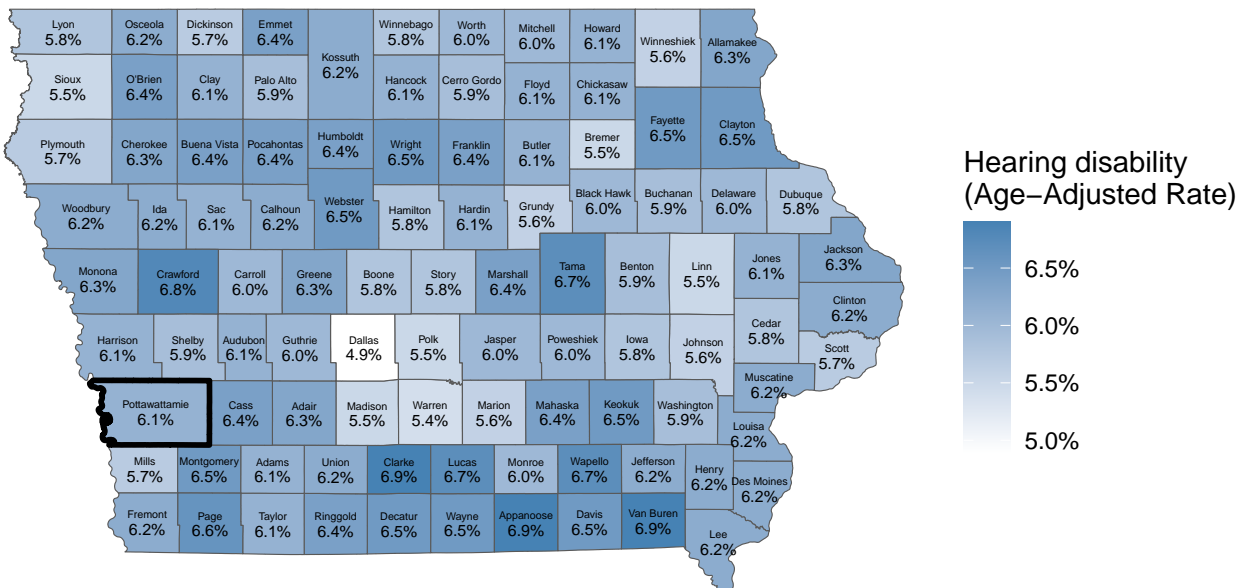
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Hearing disability

Hearing disability among adults aged ≥ 18 years



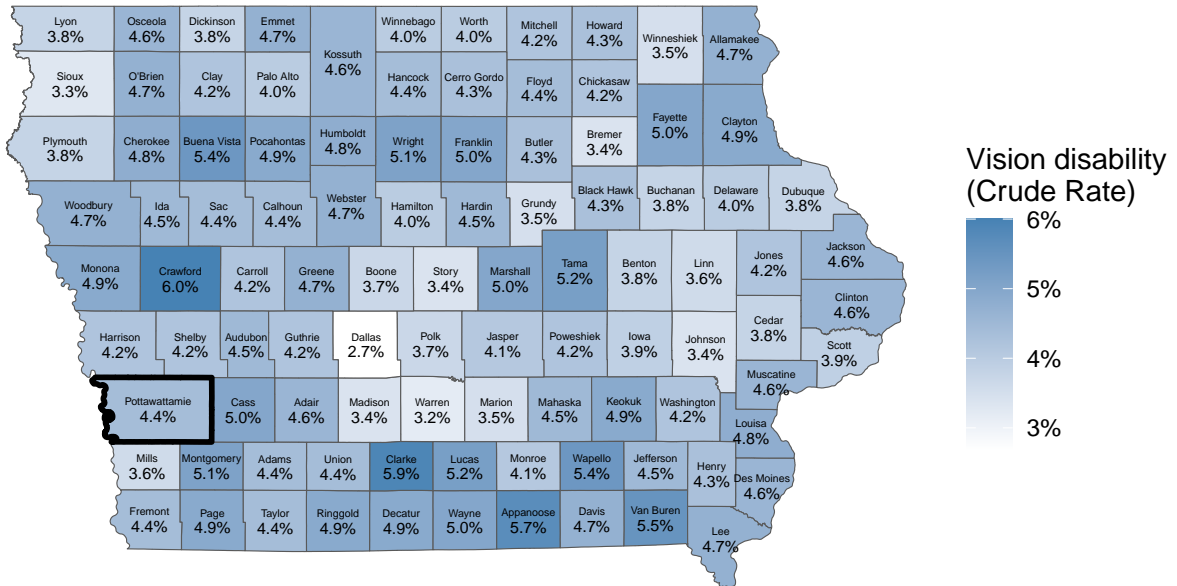
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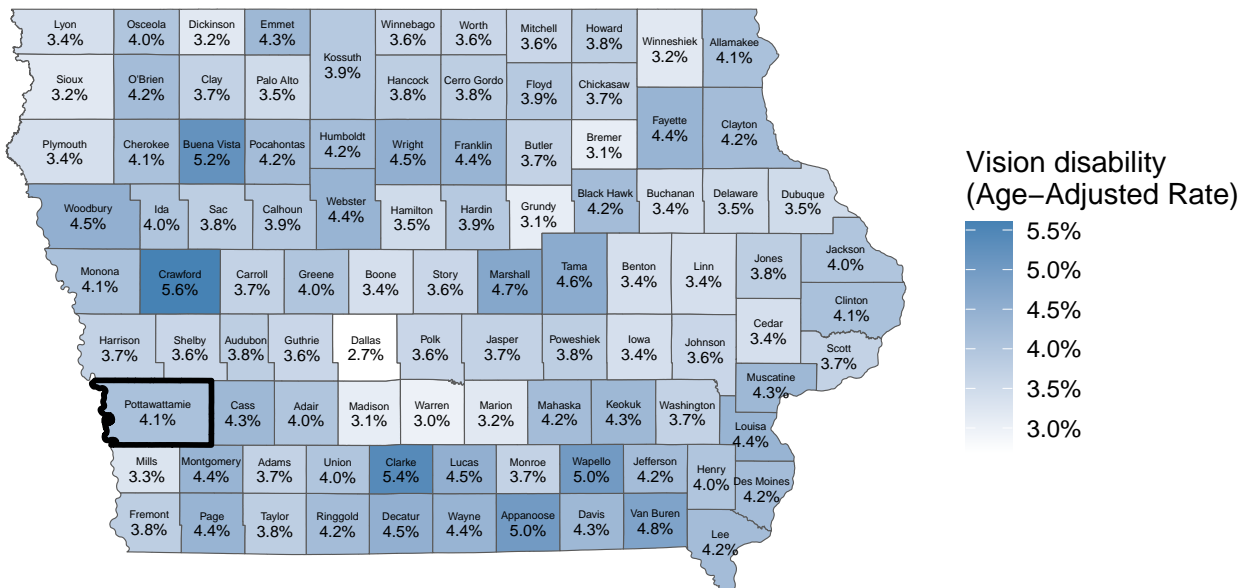
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Vision disability among adults aged >=18 years



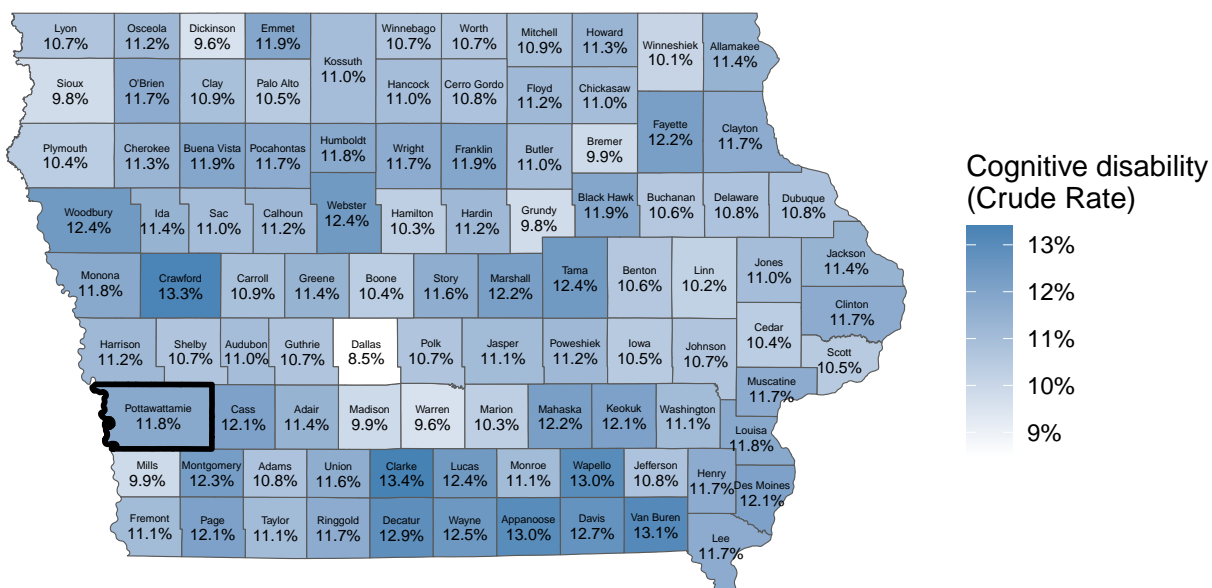
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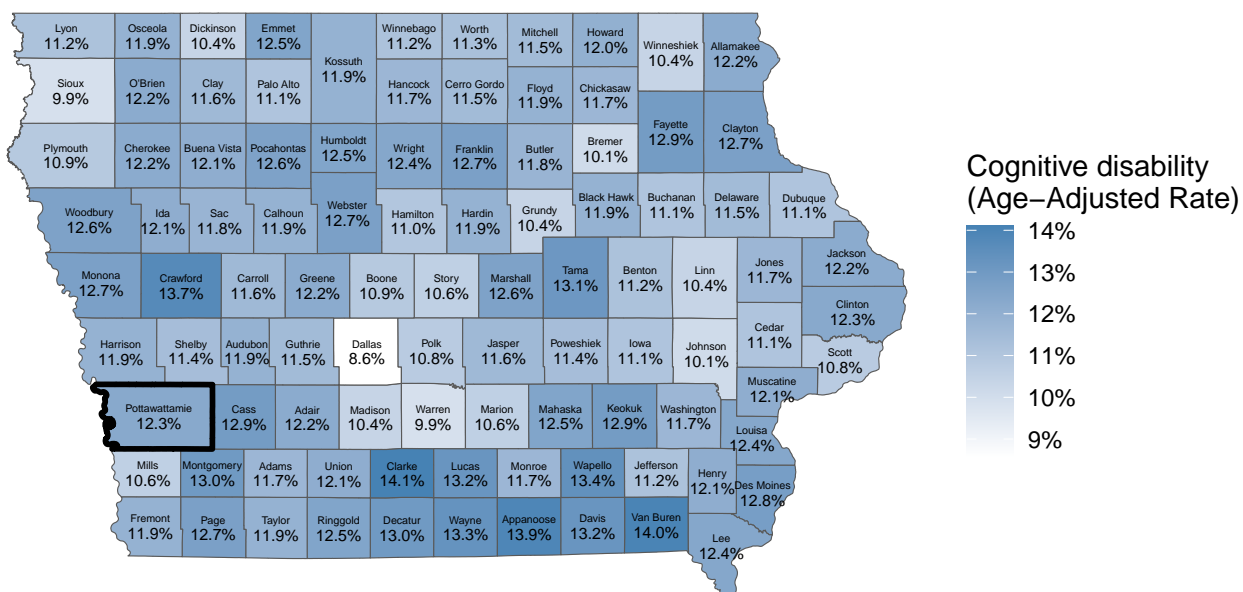
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Cognitive disability among adults aged >=18 years



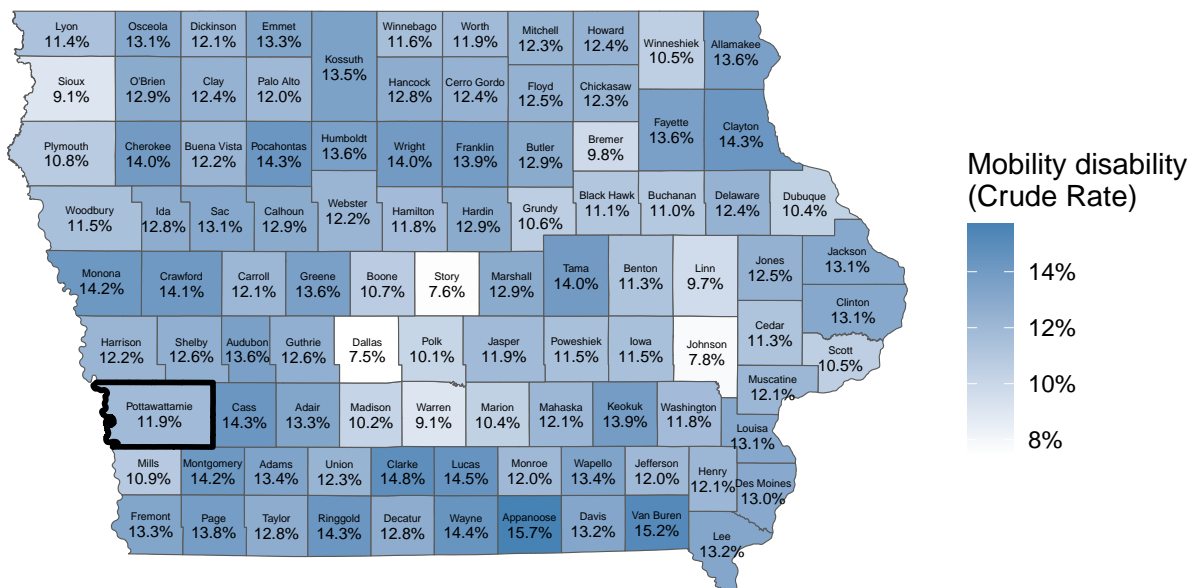
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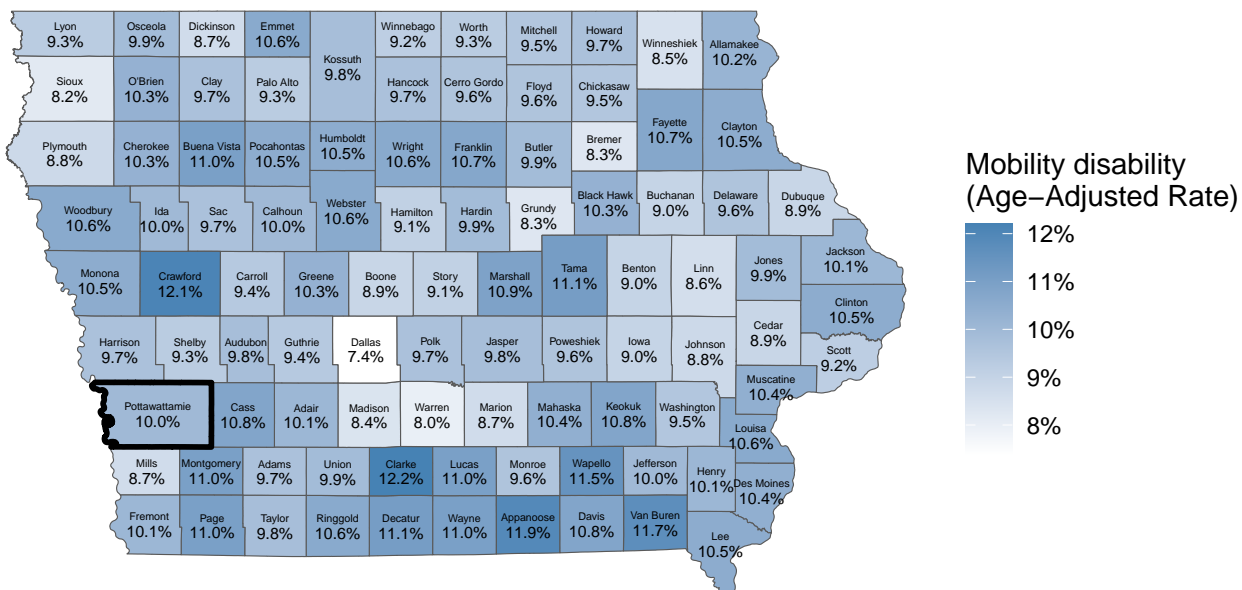
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Mobility disability among adults aged ≥ 18 years



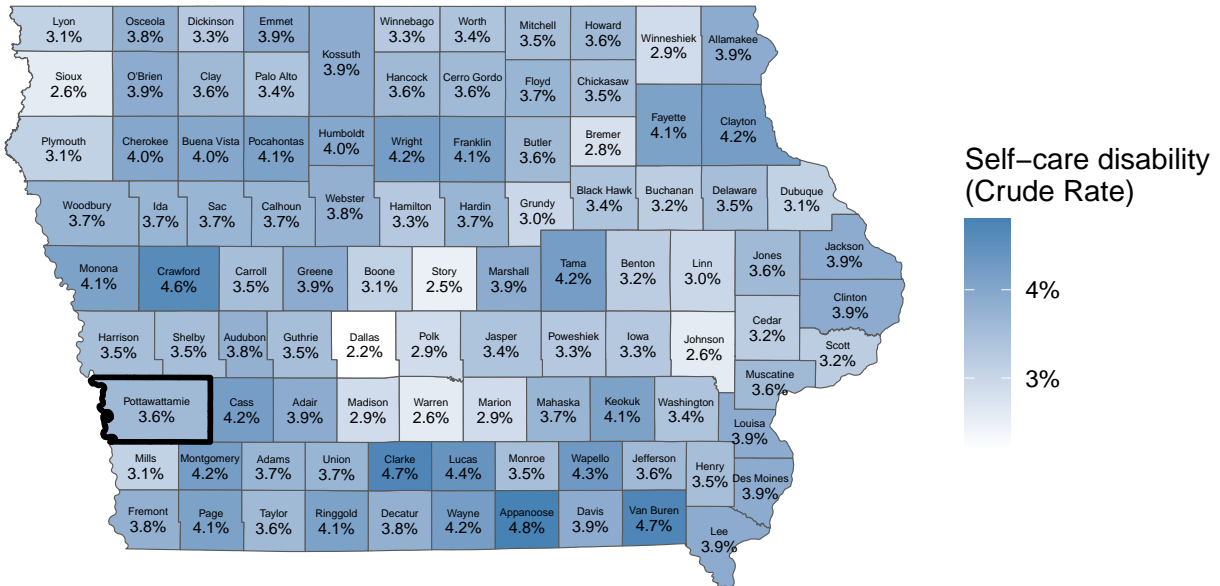
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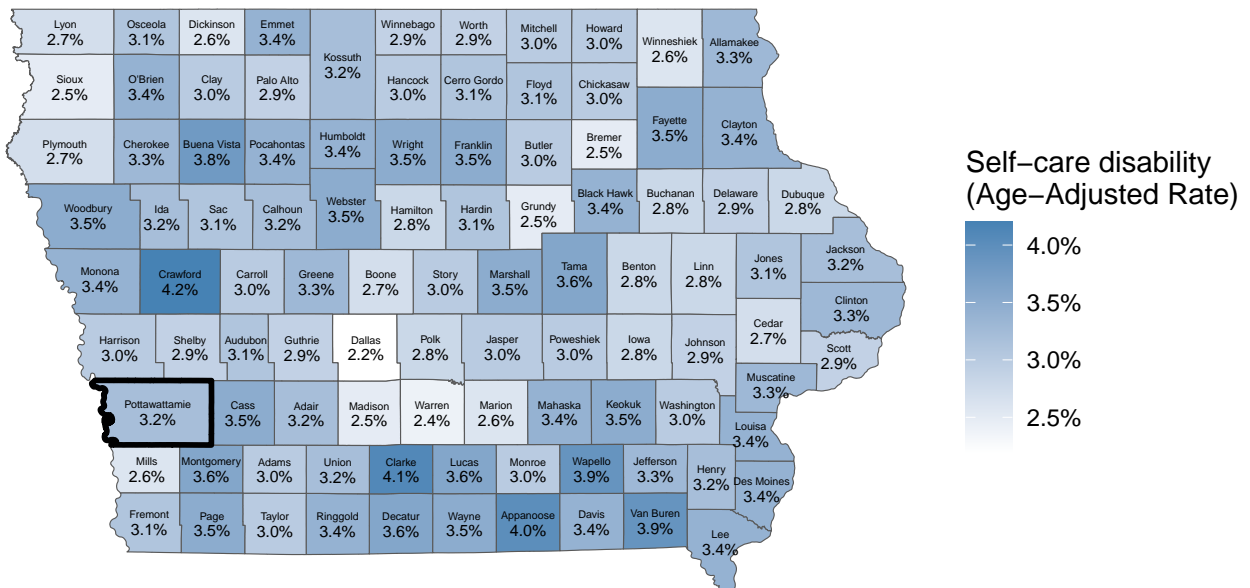
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Self-care disability among adults aged >=18 years



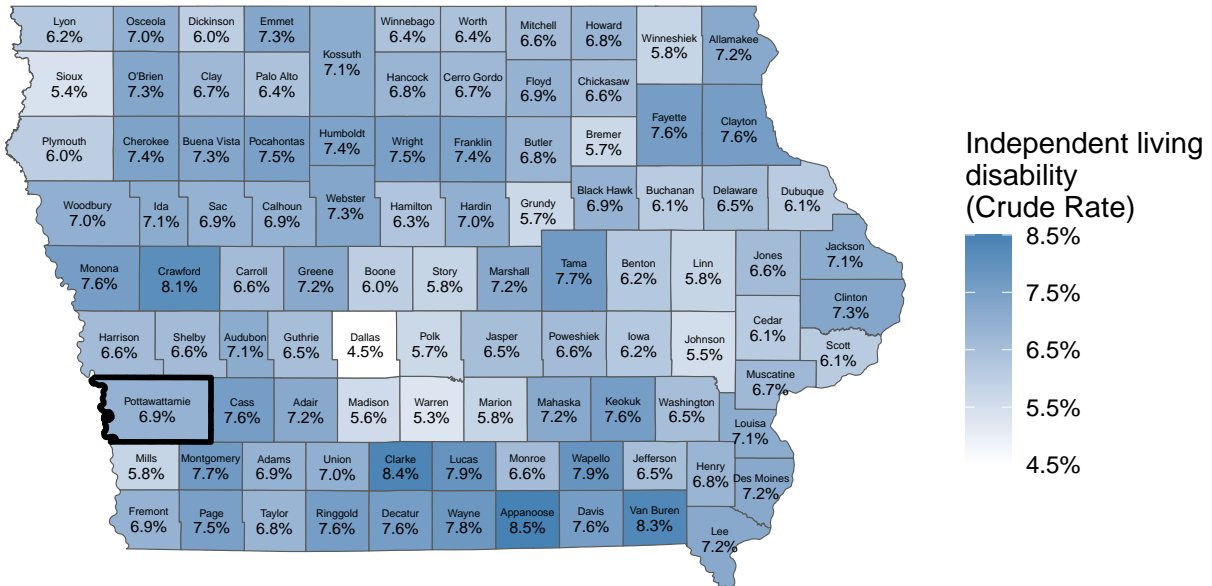
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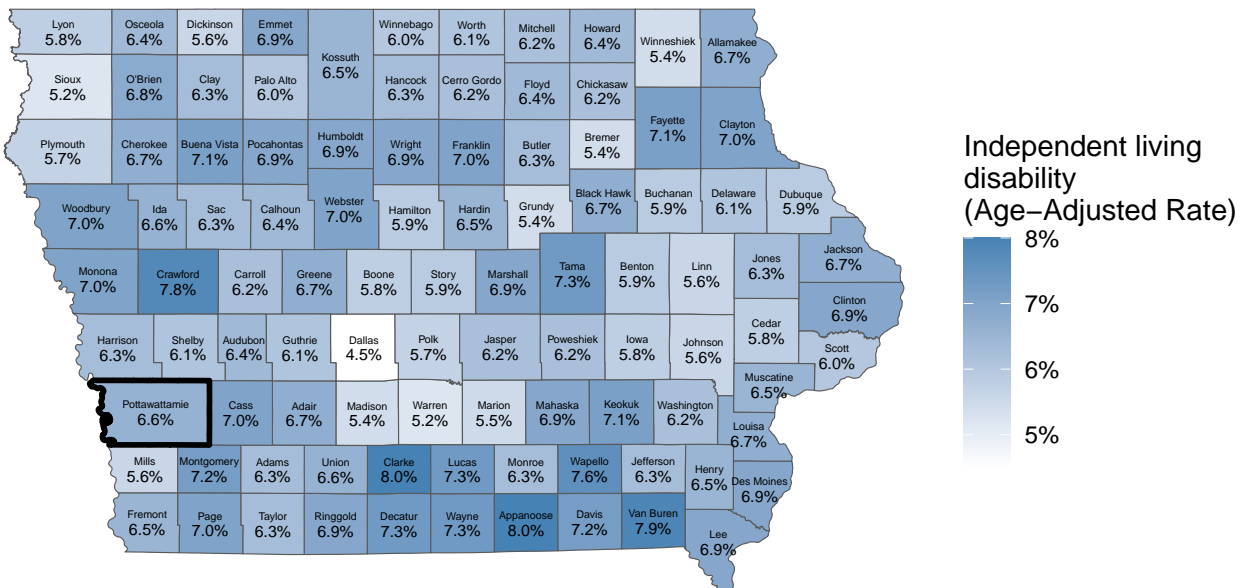
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Independent living disability among adults aged ≥ 18 years



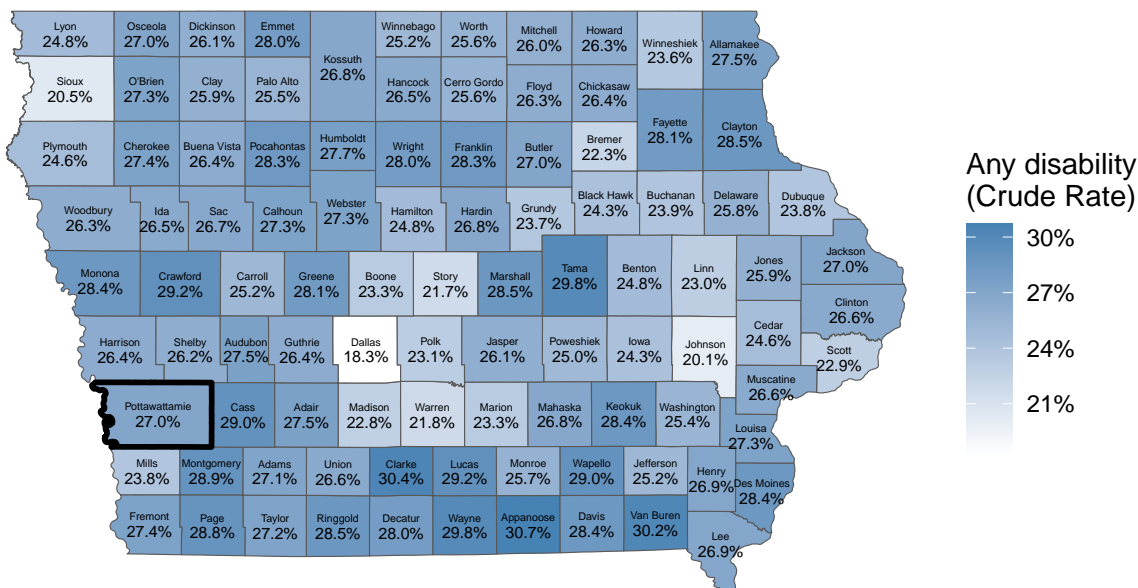
Data Source: CDC PLACES 2023 Release, BRFSS 2021



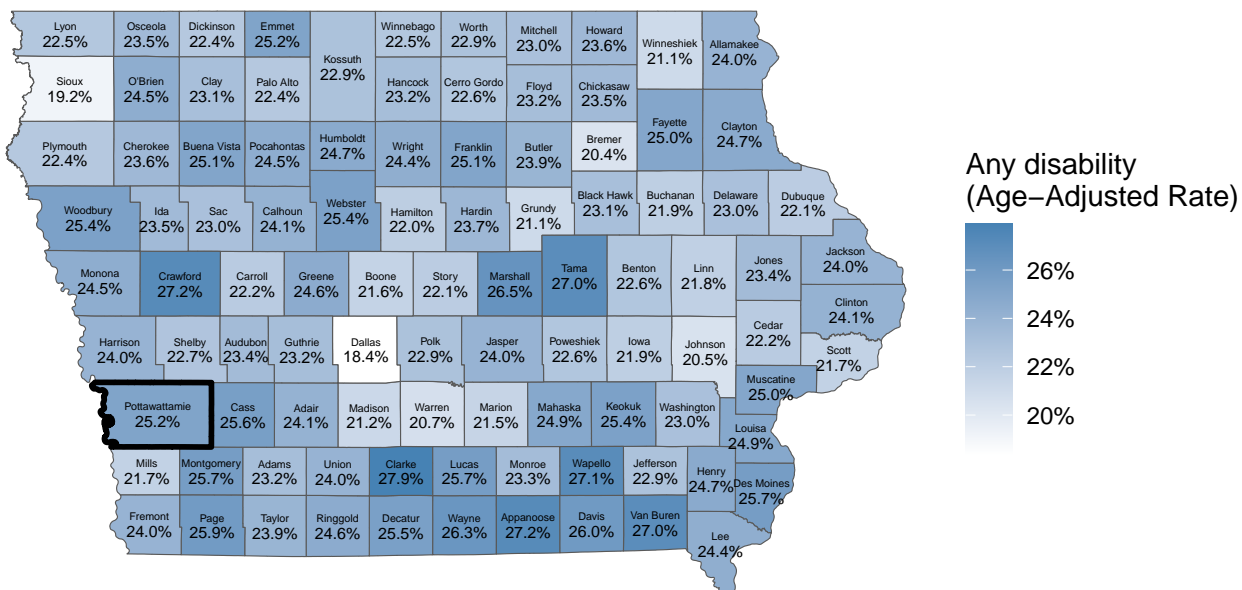
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Any disability among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021