



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 Story County: Overview

Dear Community Members & Stakeholders of Story 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 Story County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Story 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 Story 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
Core preventive services for older men	1st	1st	Core preventive services for older men	1st	1st
Obesity	1st	1st	Obesity	1st	1st
Physical Inactivity	1st	1st	Core preventive services for older women	1st	1st
Cancer (except skin)	1st	1st	Sleep <7 hours	2nd	1st
Stroke	1st	1st	Physical Inactivity	2nd	1st

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
Cholesterol Screening	99th	9th	Diabetes	57th	6th
Mental Health	99th	9th	High Blood Pressure	47th	3rd
Cervical Cancer Screening	99th	9th	Cervical Cancer Screening	39th	7th
Taking BP Medication	98th	8th	High Cholesterol	38th	4th
Binge Drinking	98th	9th	Binge Drinking	37th	5th

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 Story 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

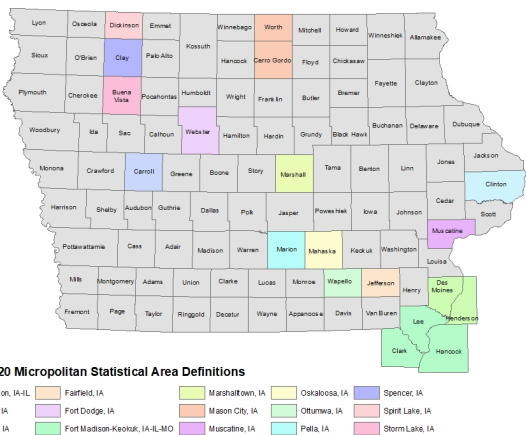
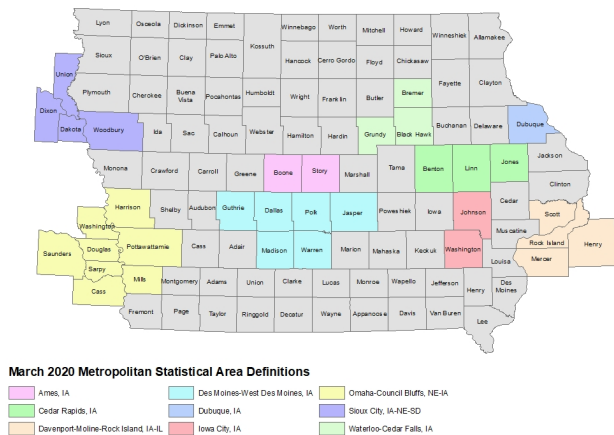
The purpose of the Iowa County Health Snapshot Series is to provide an overview of health in Story County that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Story County, a review of risky behaviors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

With a population of 99,472, Story 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

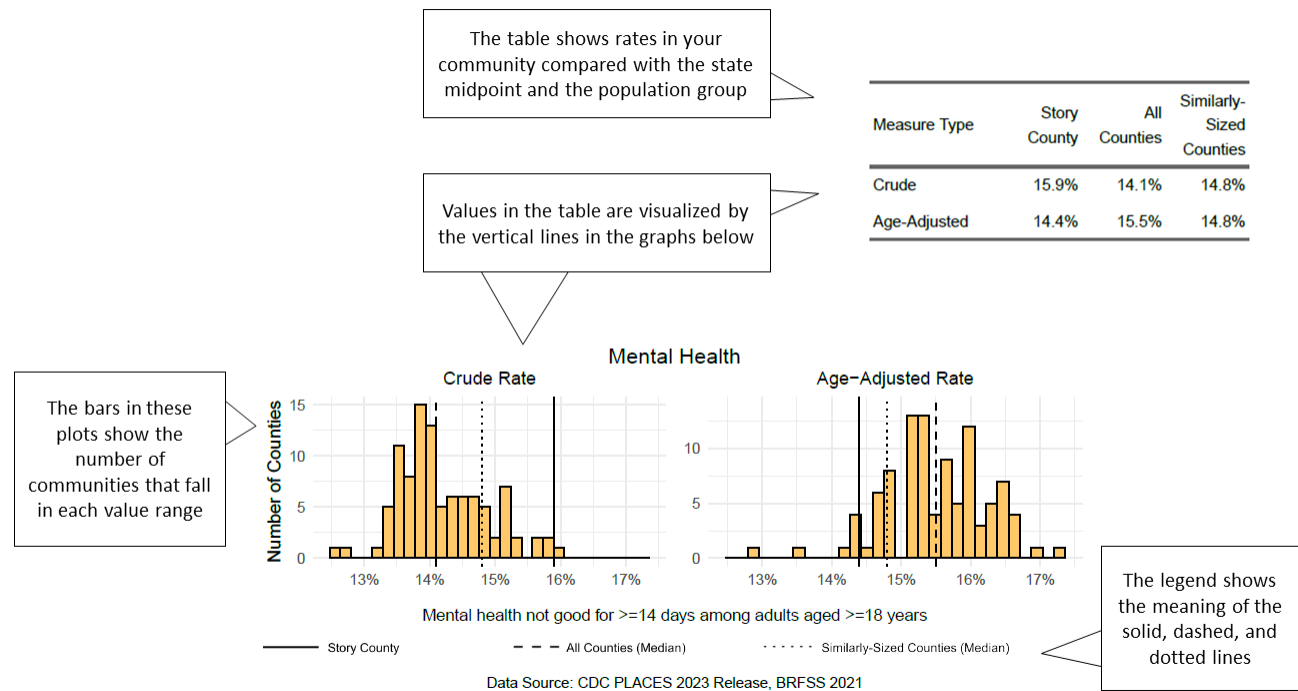
The counties included in each category above are determined by the United States Office of Management and Budget. Iowa has counties in nine metropolitan statistical areas and 15 micropolitan statistical areas. The counties identified as metropolitan and micropolitan can be found in the link and the maps 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.



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

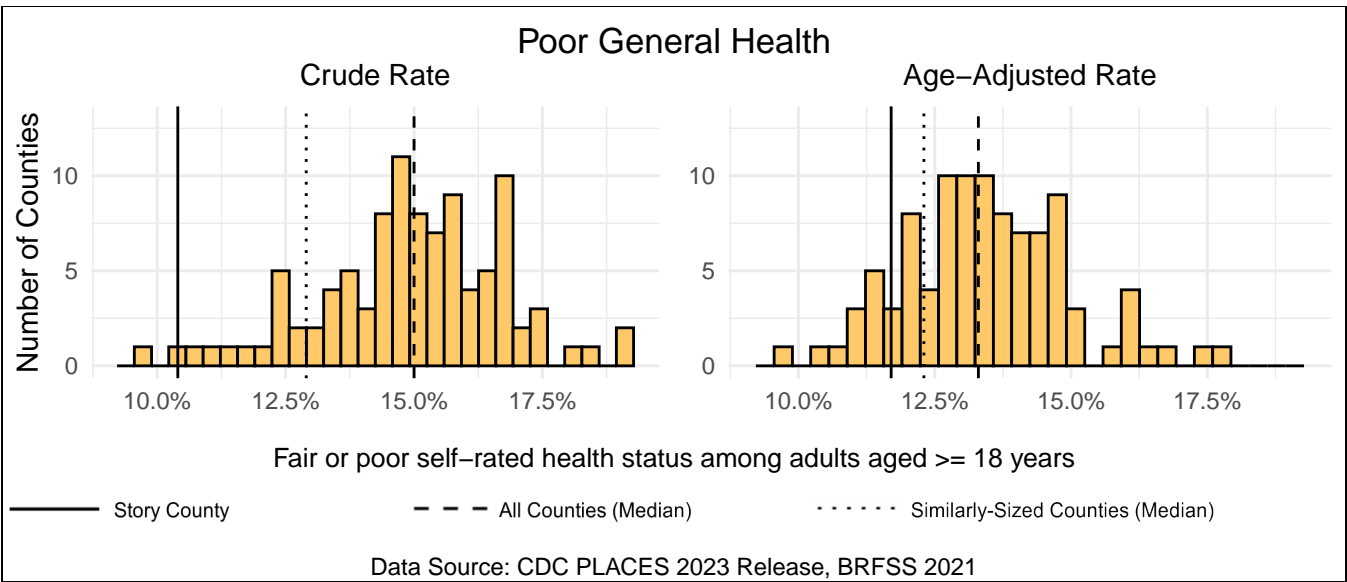
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Story County has a crude rate of 10.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 11.7%, which ranks 13th out of 99 Iowa counties (3rd out of 9 similarly-sized counties).

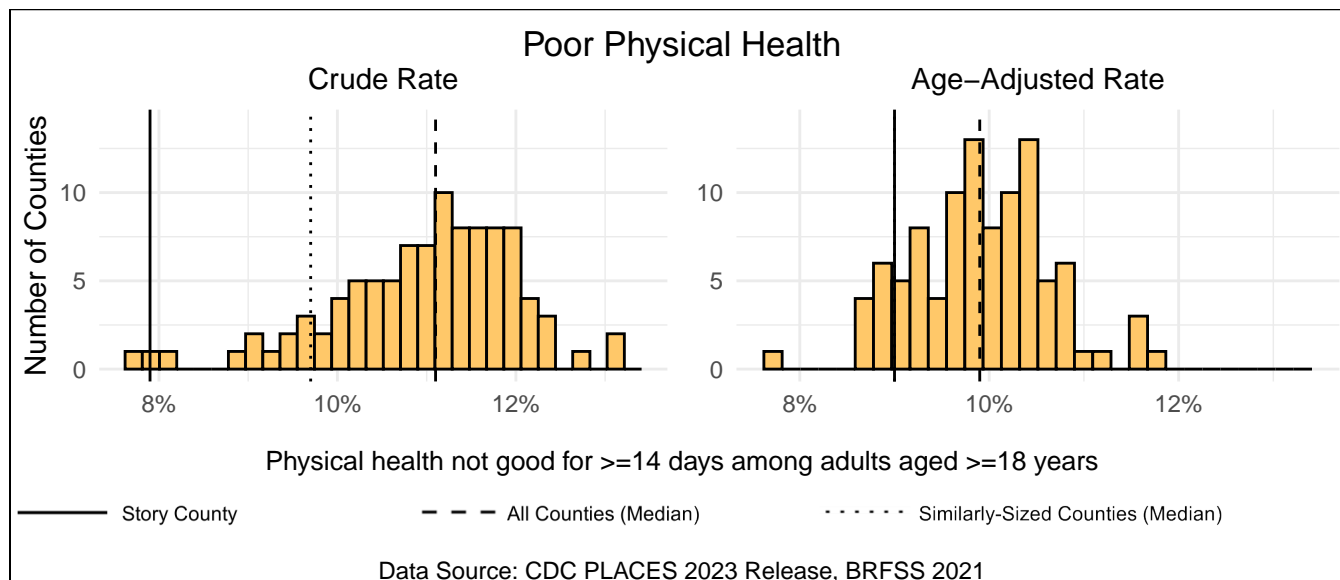
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	10.4%	15.0%	12.9%
Age-Adjusted	11.7%	13.3%	12.3%



Poor Physical Health

Story County has a crude rate of 7.9% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 9.0%, which ranks 12th out of 99 Iowa counties (3rd out of 9 similarly-sized counties).

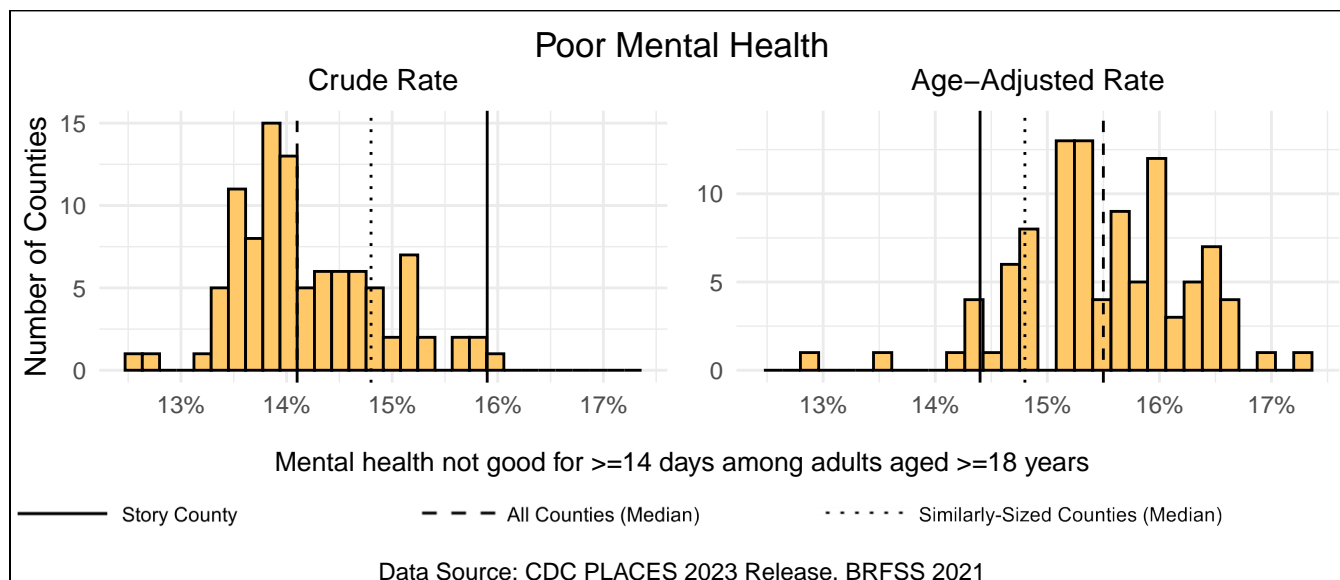
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	7.9%	11.1%	9.7%
Age-Adjusted	9.0%	9.9%	9.0%



Poor Mental Health

Story County has a crude rate of 15.9% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 99th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 14.4%, which ranks 5th out of 99 Iowa counties (1st out of 9 similarly-sized counties).

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



Health Risk Behaviors

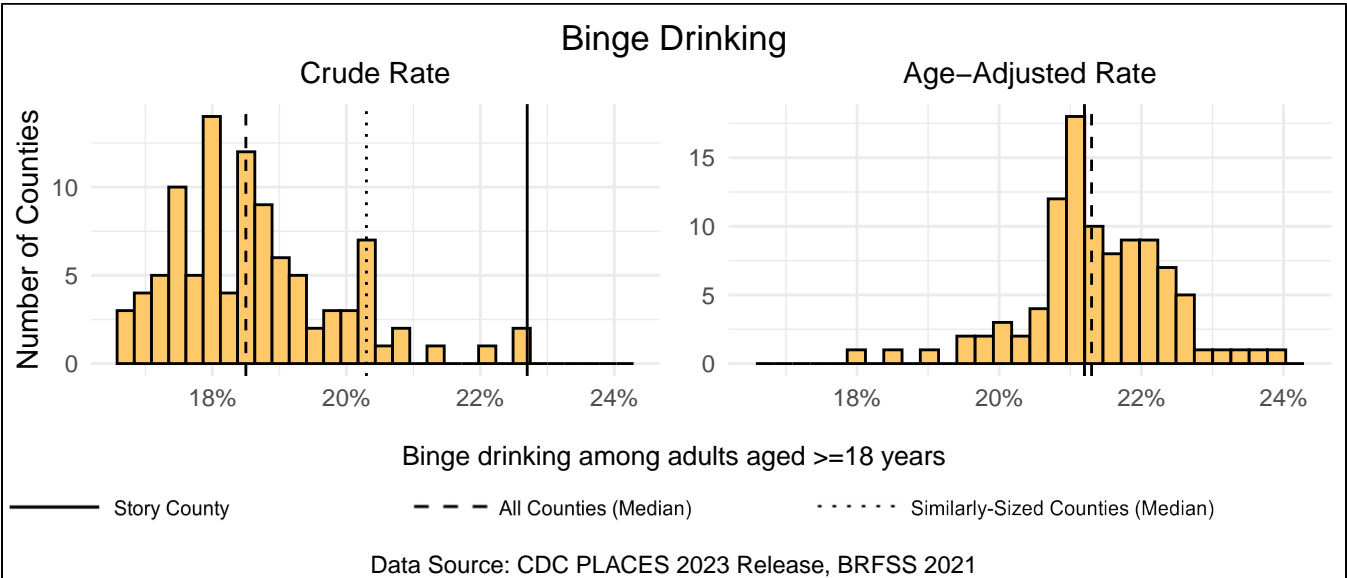
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Story County has a crude rate of 22.7% for binge drinking among adults aged ≥ 18 years, which ranks 98th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 21.2%, which ranks 37th out of 99 Iowa counties (5th out of 9 similarly-sized counties).

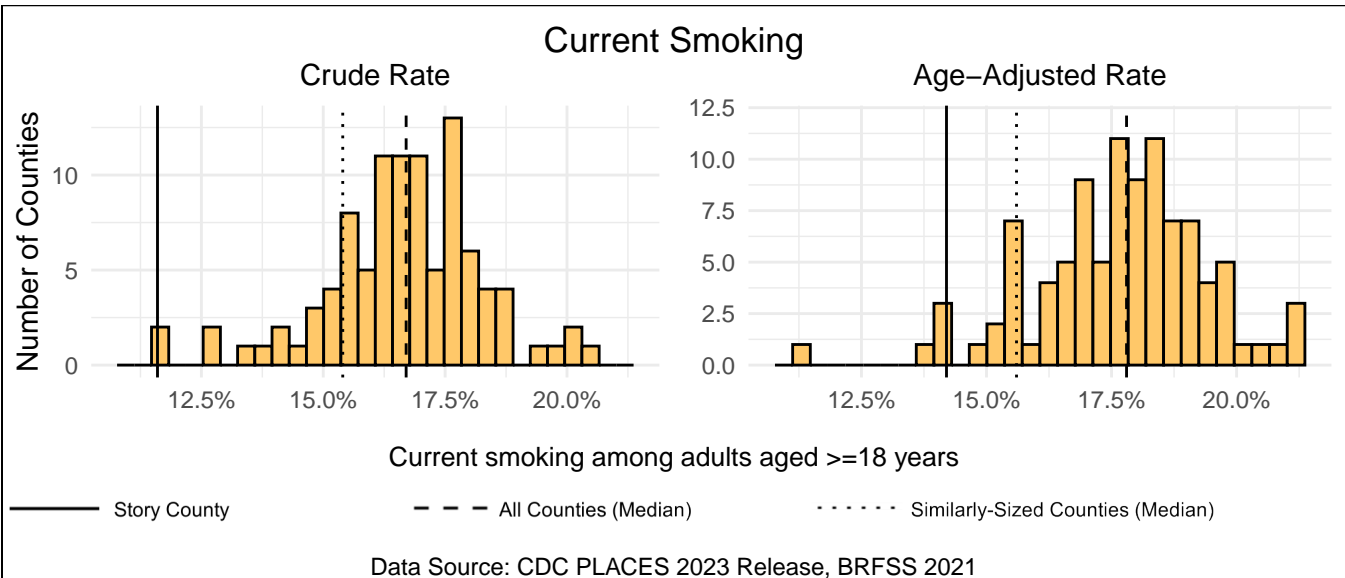
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	22.7%	18.5%	20.3%
Age-Adjusted	21.2%	21.3%	21.2%



Current Smoking

Story County has a crude rate of 11.6% for current smoking among adults aged ≥ 18 years, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 14.2%, which ranks 4th out of 99 Iowa counties (2nd out of 9 similarly-sized counties).

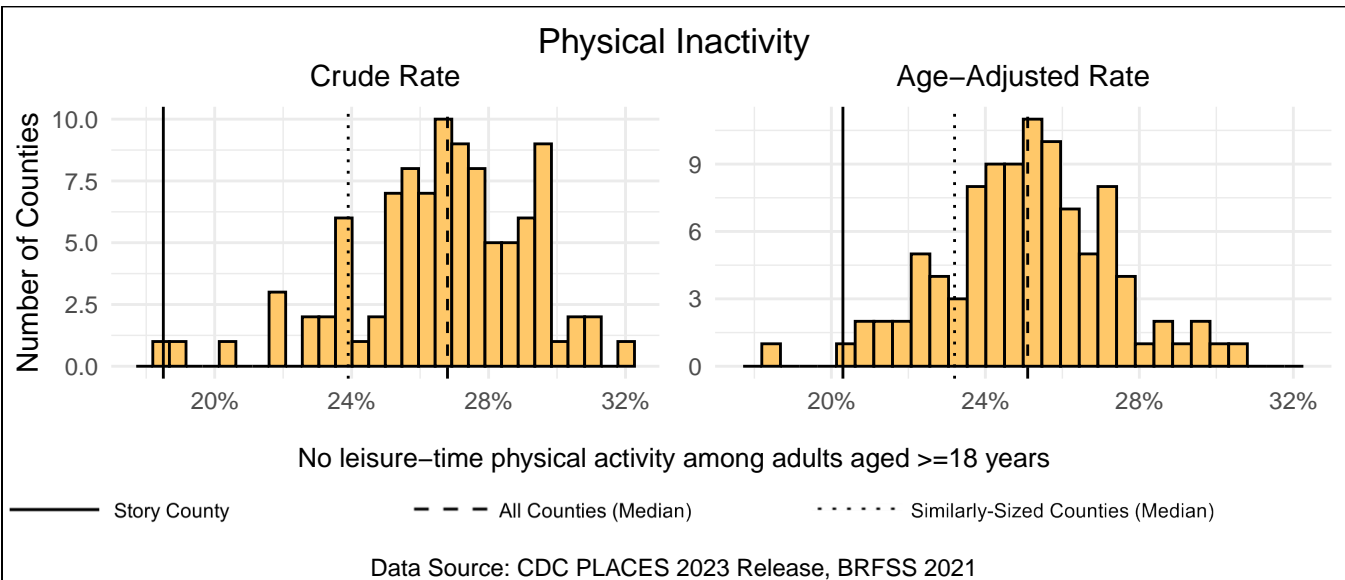
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	11.6%	16.7%	15.4%
Age-Adjusted	14.2%	17.8%	15.6%



Physical Inactivity

Story County has a crude rate of 18.5% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 20.3%, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties).

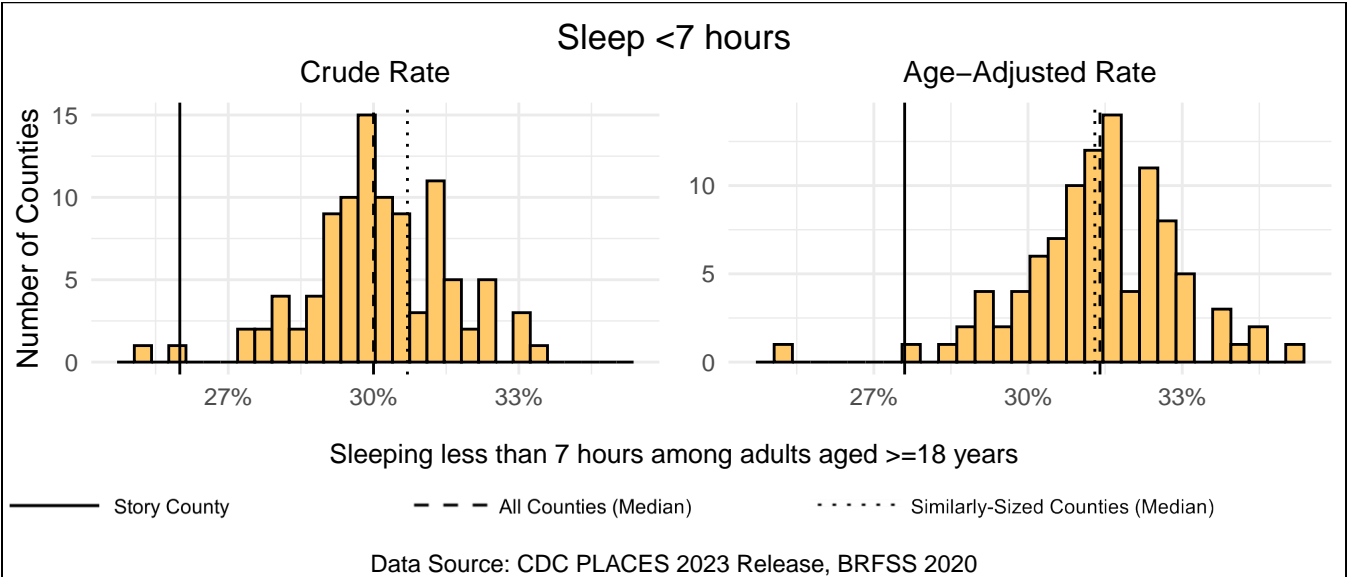
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	18.5%	26.8%	23.9%
Age-Adjusted	20.3%	25.1%	23.2%



Sleep <7 hours

Story County has a crude rate of 26.0% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 27.6%, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties).

Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	26.0%	30.0%	30.7%
Age-Adjusted	27.6%	31.4%	31.3%



Health Outcomes

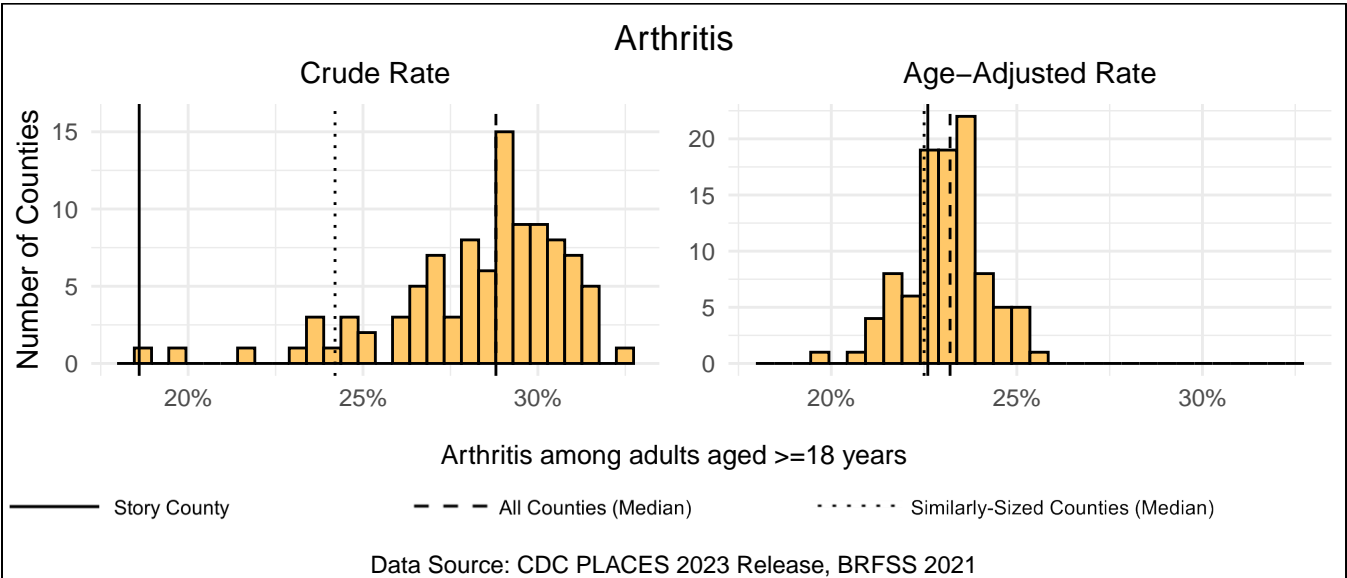
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Story County has a crude rate of 18.6% for arthritis among adults aged ≥ 18 years, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 22.6%, which ranks 27th out of 99 Iowa counties (6th out of 9 similarly-sized counties).

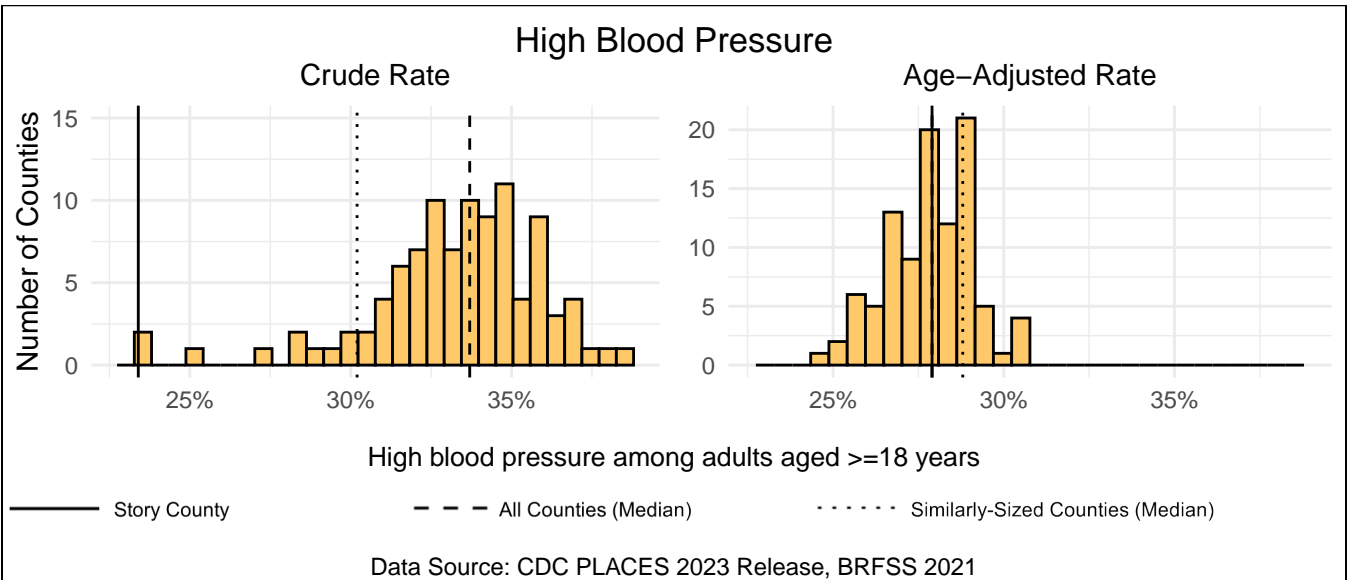
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	18.6%	28.8%	24.2%
Age-Adjusted	22.6%	23.2%	22.5%



High Blood Pressure

Story County has a crude rate of 23.4% for high blood pressure among adults aged ≥ 18 years, which ranks 2nd out of 99 Iowa counties (2nd out of 9 similarly-sized counties). The age-adjusted rate for Story County is 27.9%, which ranks 47th out of 99 Iowa counties (3rd out of 9 similarly-sized counties).

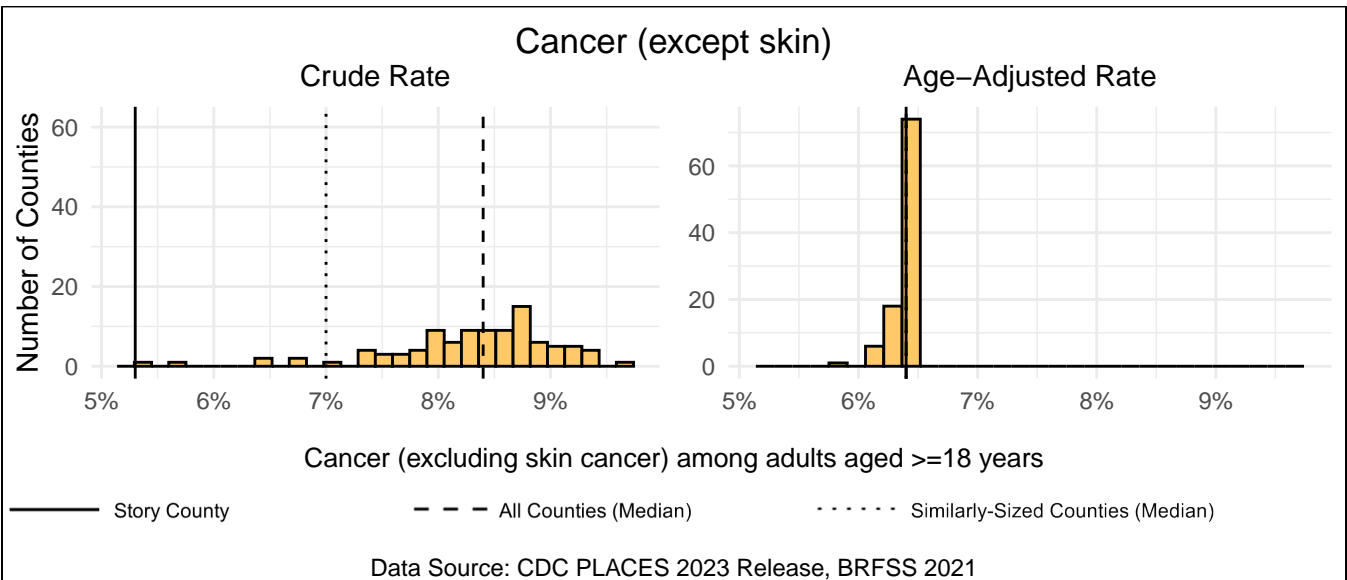
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	23.4%	33.7%	30.2%
Age-Adjusted	27.9%	27.9%	28.8%



Cancer (except skin)

Story County has a crude rate of 5.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 6.4%, which ranks 26th out of 99 Iowa counties (5th out of 9 similarly-sized counties).

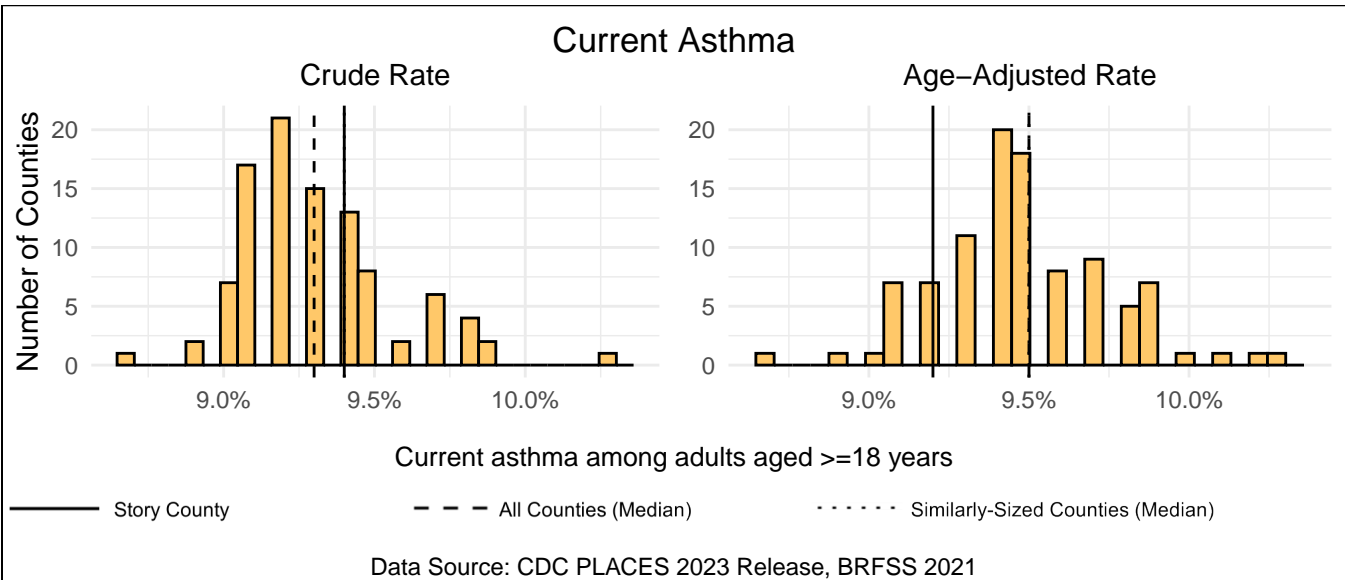
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	5.3%	8.4%	7.0%
Age-Adjusted	6.4%	6.4%	6.4%



Current Asthma

Story County has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 64th out of 99 Iowa counties (3rd out of 9 similarly-sized counties). The age-adjusted rate for Story County is 9.2%, which ranks 11th out of 99 Iowa counties (2nd out of 9 similarly-sized counties).

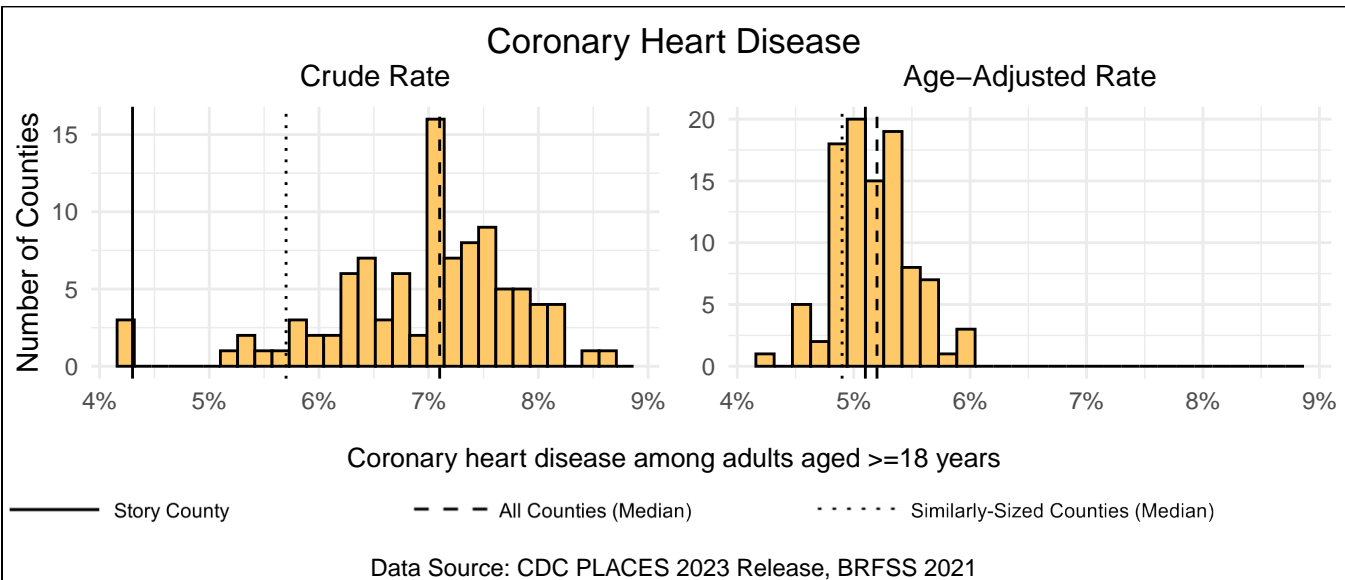
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	9.4%	9.3%	9.4%
Age-Adjusted	9.2%	9.5%	9.5%



Coronary Heart Disease

Story County has a crude rate of 4.3% for coronary heart disease among adults aged ≥ 18 years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 5.1%, which ranks 33rd out of 99 Iowa counties (6th out of 9 similarly-sized counties).

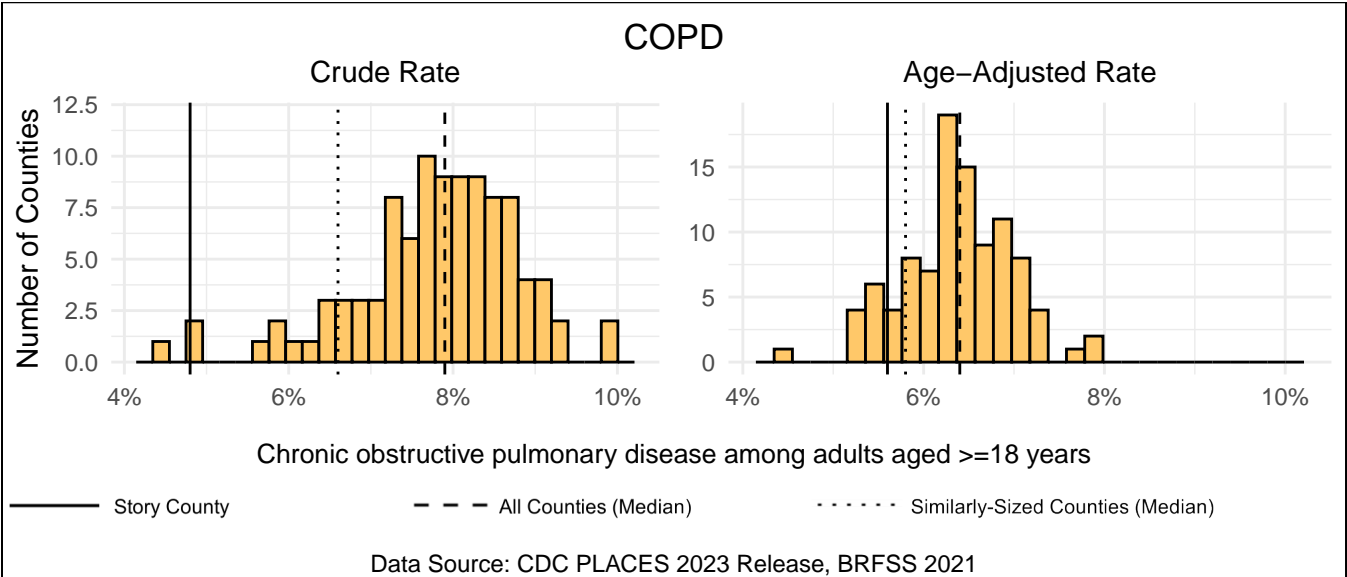
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	4.3%	7.1%	5.7%
Age-Adjusted	5.1%	5.2%	4.9%



COPD

Story County has a crude rate of 4.8% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 5.6%, which ranks 12th out of 99 Iowa counties (4th out of 9 similarly-sized counties).

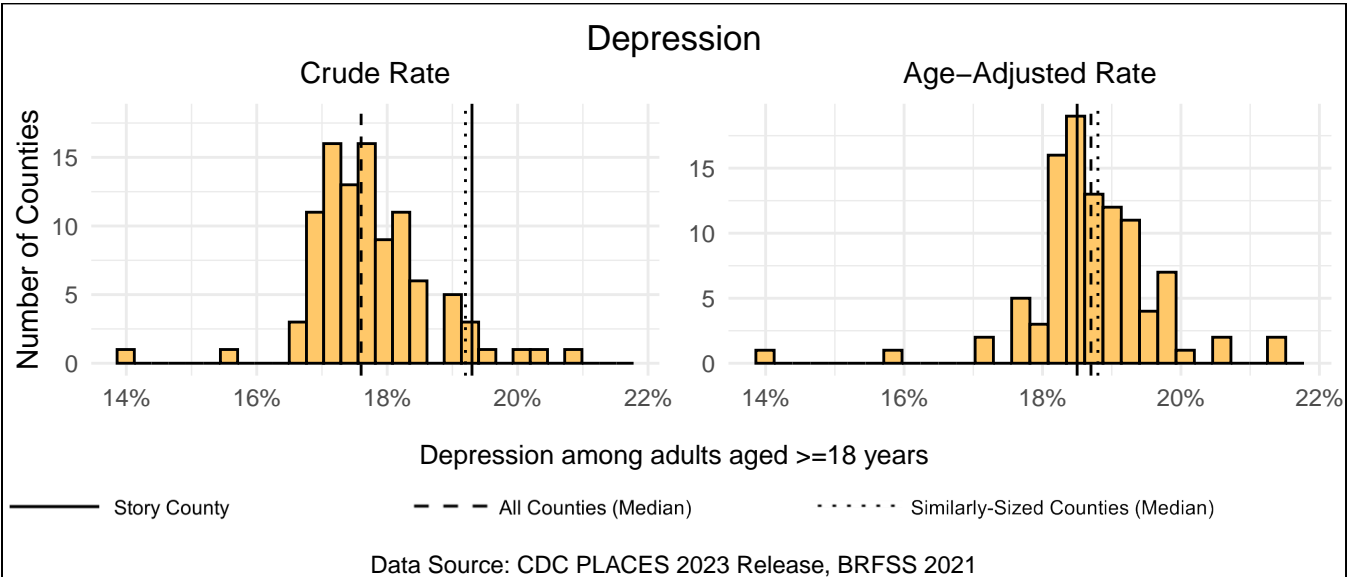
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	4.8%	7.9%	6.6%
Age-Adjusted	5.6%	6.4%	5.8%



Depression

Story County has a crude rate of 19.3% for depression among adults aged ≥ 18 years, which ranks 95th out of 99 Iowa counties (7th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 18.5%, which ranks 33rd out of 99 Iowa counties (4th out of 9 similarly-sized counties).

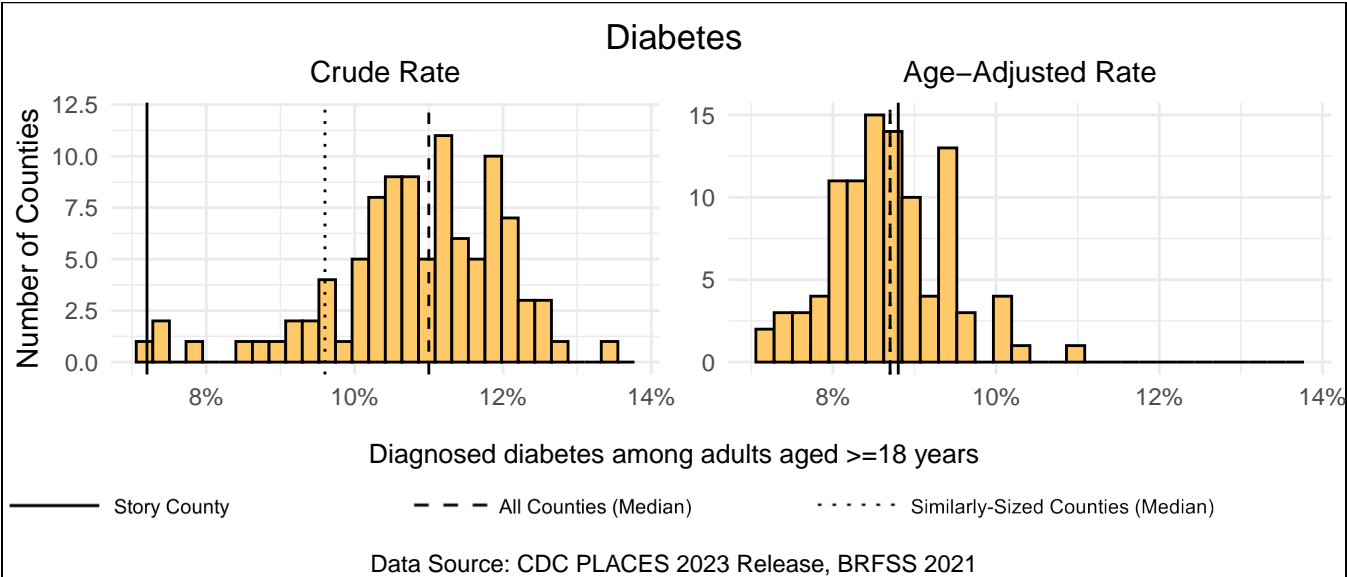
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	19.3%	17.6%	19.2%
Age-Adjusted	18.5%	18.7%	18.8%



Diabetes

Story County has a crude rate of 7.2% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 8.8%, which ranks 57th out of 99 Iowa counties (6th out of 9 similarly-sized counties).

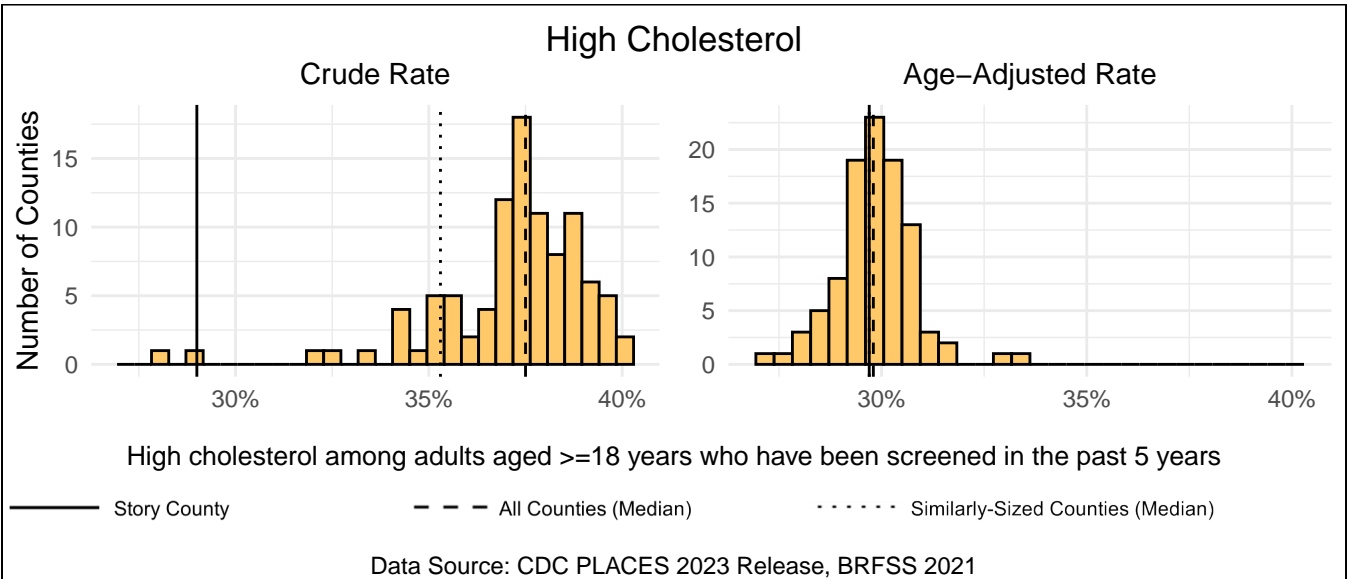
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	7.2%	11.0%	9.6%
Age-Adjusted	8.8%	8.7%	8.7%



High Cholesterol

Story County has a crude rate of 29.0% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 2nd out of 99 Iowa counties (2nd out of 9 similarly-sized counties). The age-adjusted rate for Story County is 29.7%, which ranks 38th out of 99 Iowa counties (4th out of 9 similarly-sized counties).

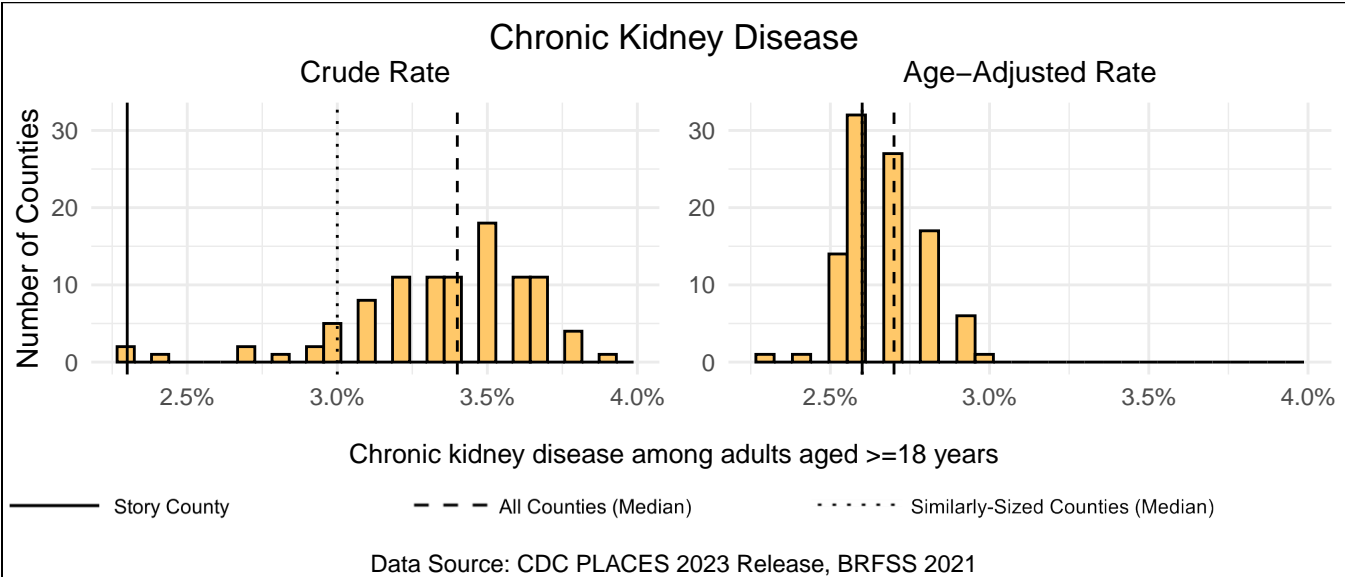
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	29.0%	37.5%	35.3%
Age-Adjusted	29.7%	29.8%	29.7%



Chronic Kidney Disease

Story County has a crude rate of 2.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 2.6%, which ranks 17th out of 99 Iowa counties (1st out of 9 similarly-sized counties).

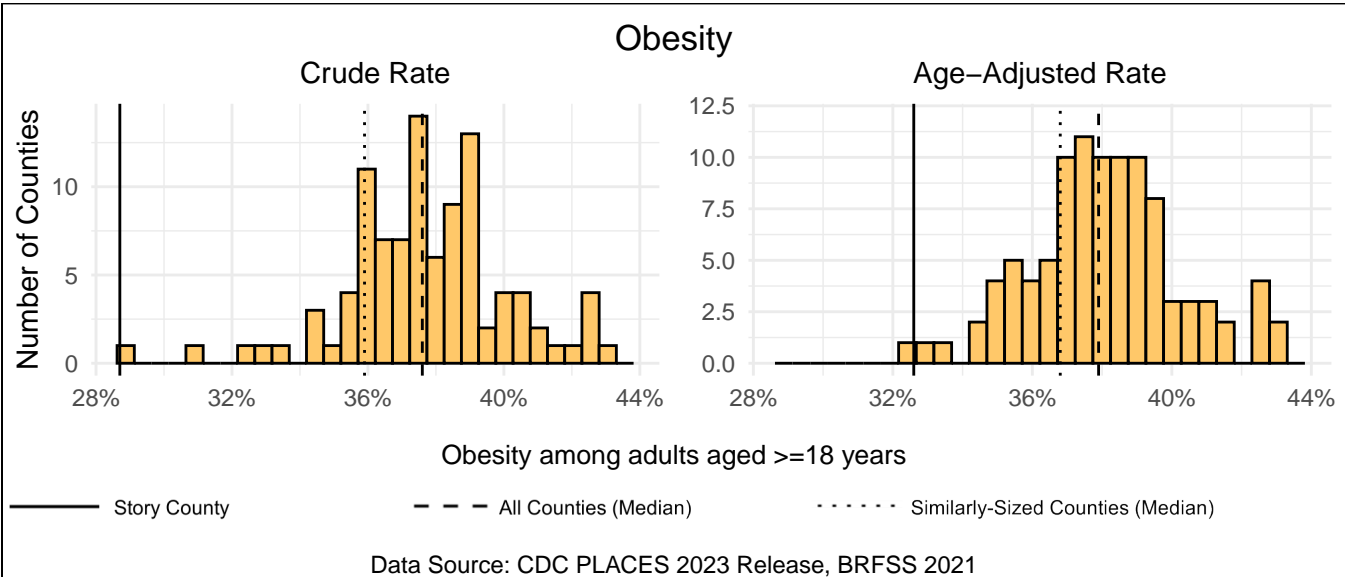
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	2.3%	3.4%	3.0%
Age-Adjusted	2.6%	2.7%	2.6%



Obesity

Story County has a crude rate of 28.7% for obesity among adults aged ≥ 18 years, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 32.6%, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties).

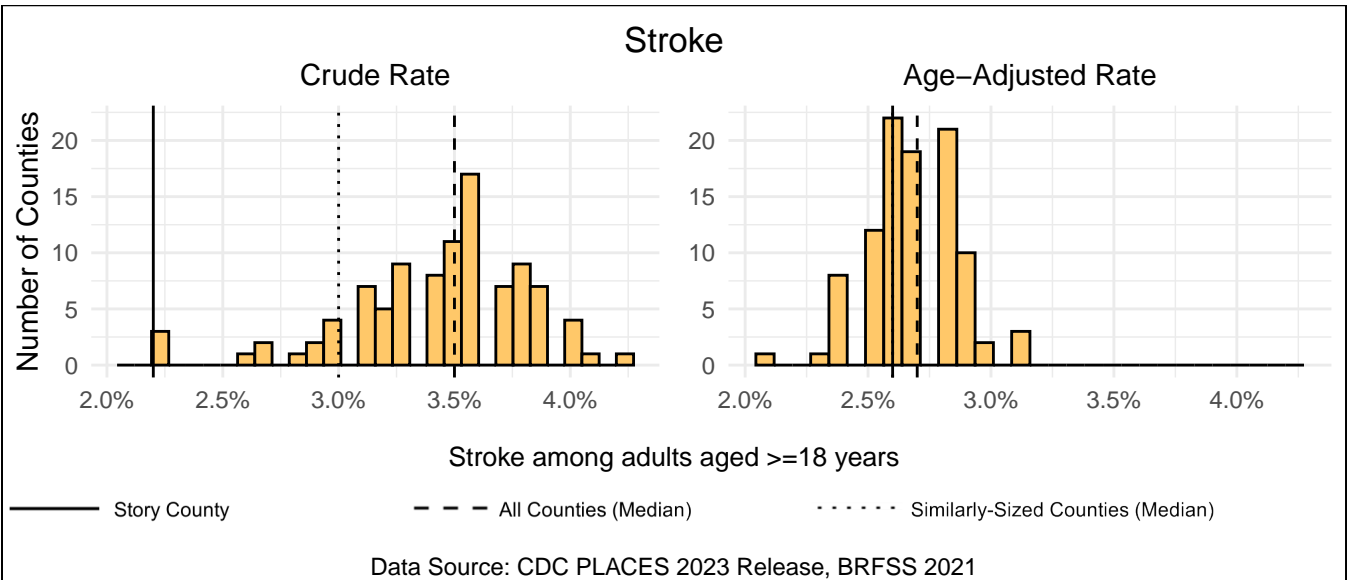
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	28.7%	37.6%	35.9%
Age-Adjusted	32.6%	37.9%	36.8%



Stroke

Story County has a crude rate of 2.2% for stroke among adults aged ≥ 18 years, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 2.6%, which ranks 23rd out of 99 Iowa counties (5th out of 9 similarly-sized counties).

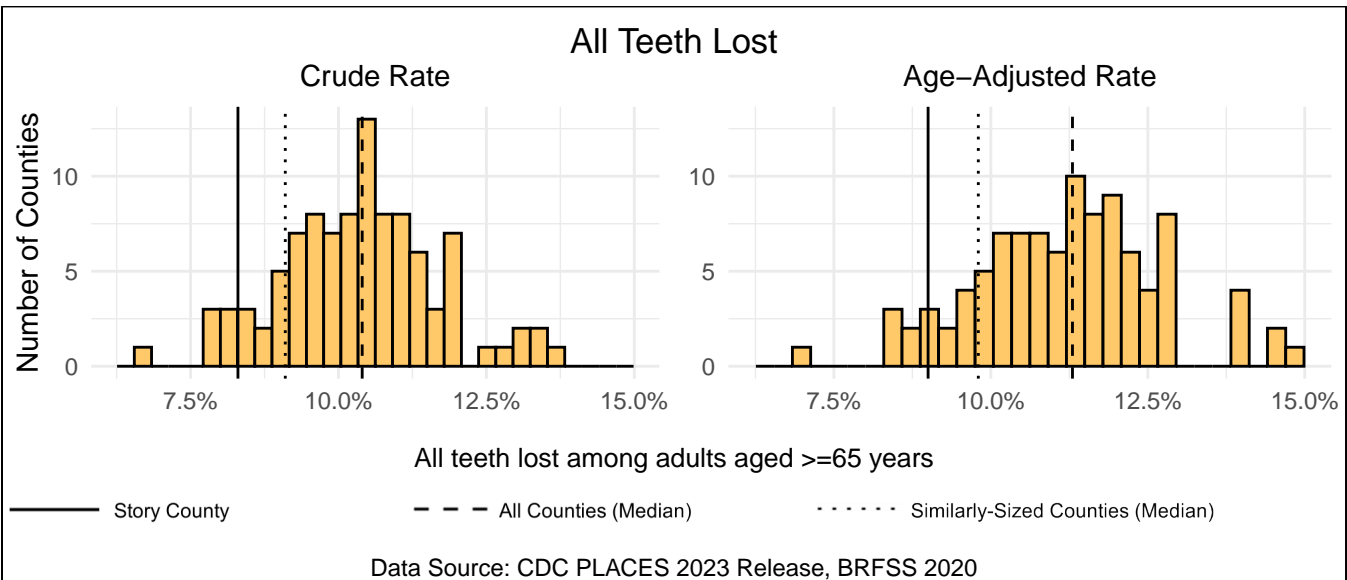
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	2.2%	3.5%	3.0%
Age-Adjusted	2.6%	2.7%	2.6%



All Teeth Lost

Story County has a crude rate of 8.3% for all teeth lost among adults aged ≥ 65 years, which ranks 8th out of 99 Iowa counties (3rd out of 9 similarly-sized counties). The age-adjusted rate for Story County is 9.0%, which ranks 8th out of 99 Iowa counties (3rd out of 9 similarly-sized counties).

Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	8.3%	10.4%	9.1%
Age-Adjusted	9.0%	11.3%	9.8%



Prevention

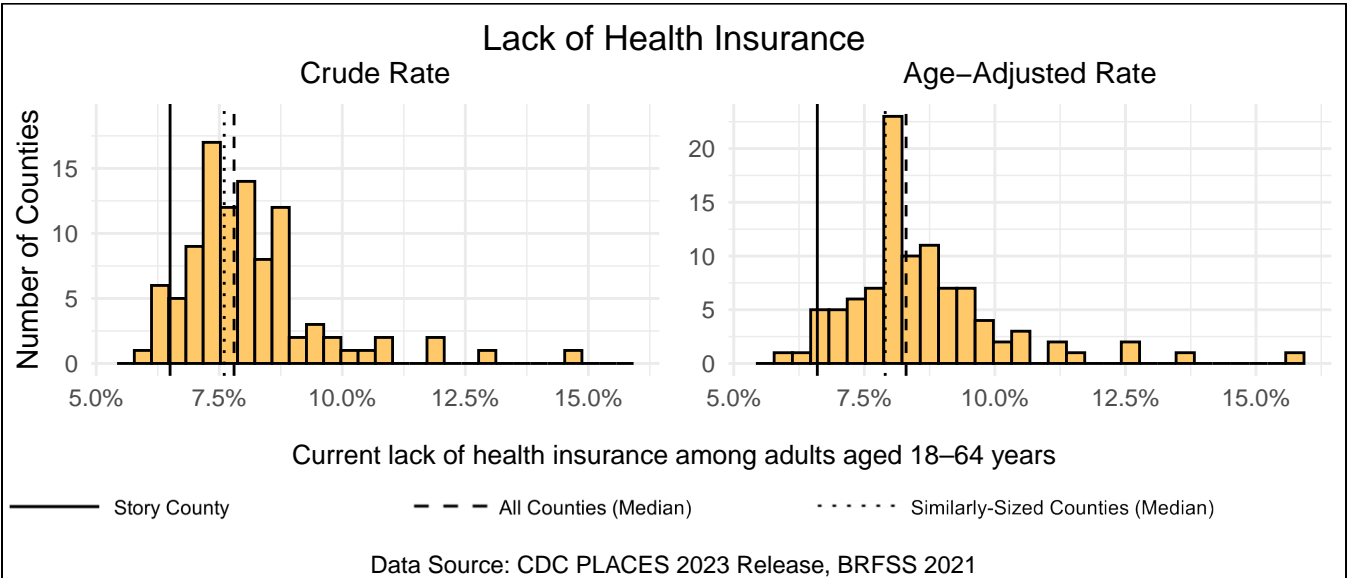
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county’s prevention measures, including preventive screenings and doctor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

Story County has a crude rate of 6.5% for current lack of health insurance among adults aged 18–64 years, which ranks 8th out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 6.6%, which ranks 4th out of 99 Iowa counties (1st out of 9 similarly-sized counties).

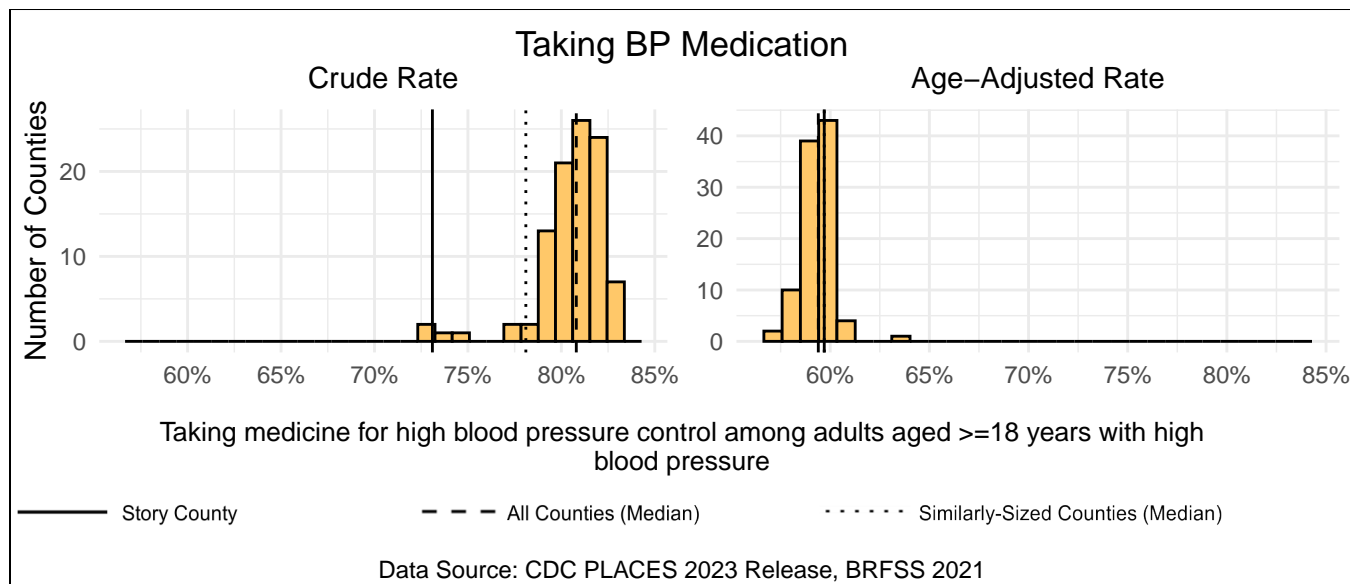
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	6.5%	7.8%	7.6%
Age-Adjusted	6.6%	8.3%	7.9%



Taking BP Medication

Story County has a crude rate of 73.1% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 98th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 59.7%, which ranks 28th out of 99 Iowa counties (5th out of 9 similarly-sized counties).

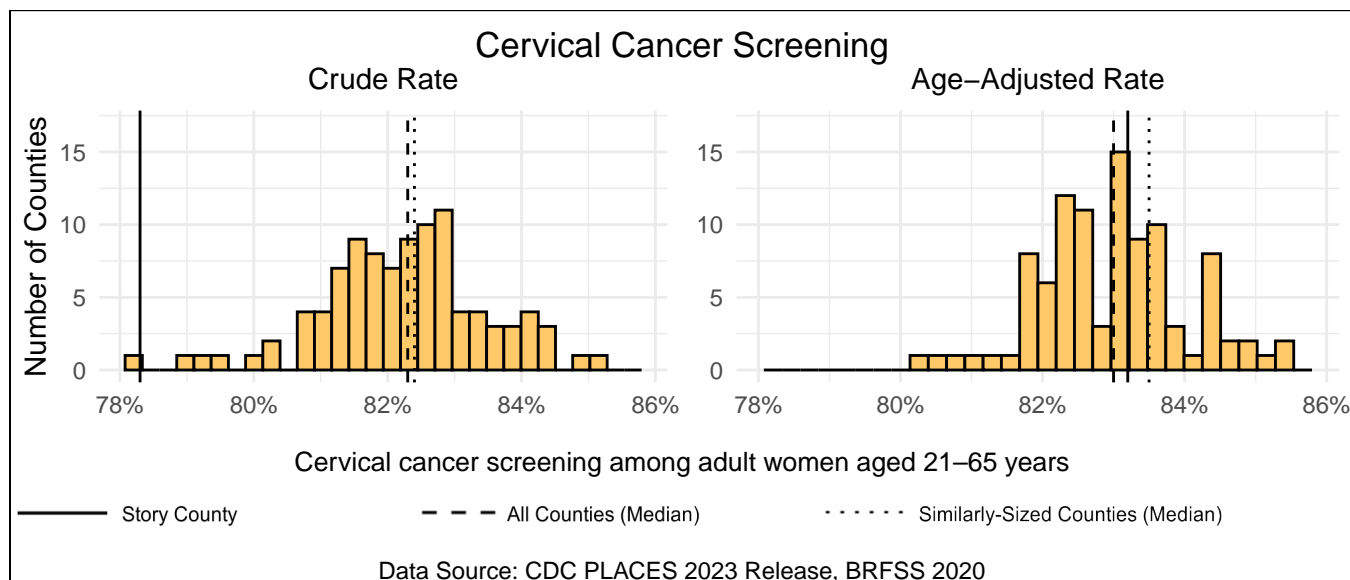
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	73.1%	80.8%	78.1%
Age-Adjusted	59.7%	59.4%	59.7%



Cervical Cancer Screening

Story County has a crude rate of 78.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 99th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 83.2%, which ranks 39th out of 99 Iowa counties (7th out of 9 similarly-sized counties).

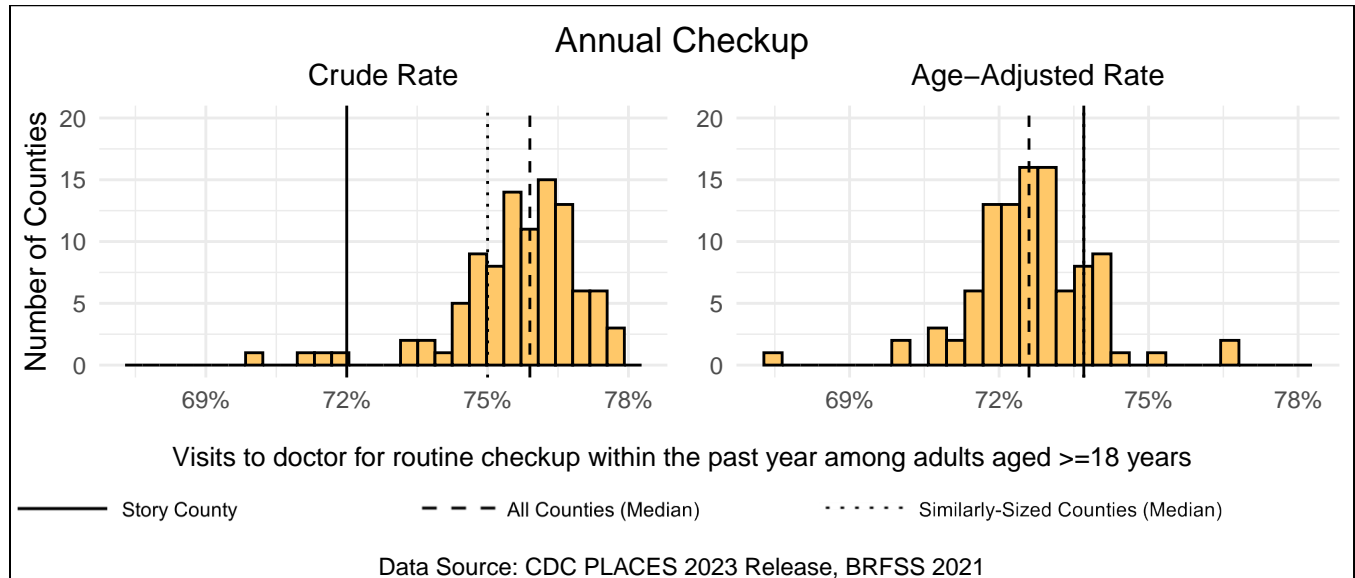
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	78.3%	82.3%	82.4%
Age-Adjusted	83.2%	83.0%	83.5%



Annual Checkup

Story County has a crude rate of 72.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 96th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 73.7%, which ranks 15th out of 99 Iowa counties (5th out of 9 similarly-sized counties).

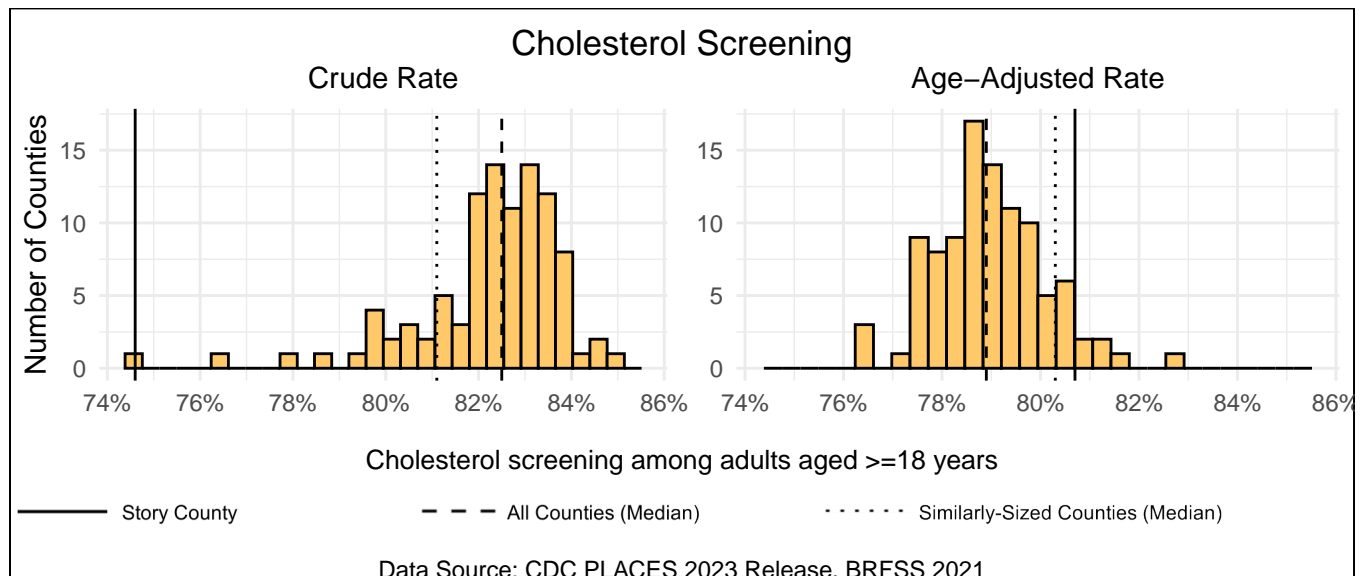
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	72.0%	75.9%	75.0%
Age-Adjusted	73.7%	72.6%	73.7%



Cholesterol Screening

Story County has a crude rate of 74.6% for cholesterol screening among adults aged ≥ 18 years, which ranks 99th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 80.7%, which ranks 5th out of 99 Iowa counties (2nd out of 9 similarly-sized counties).

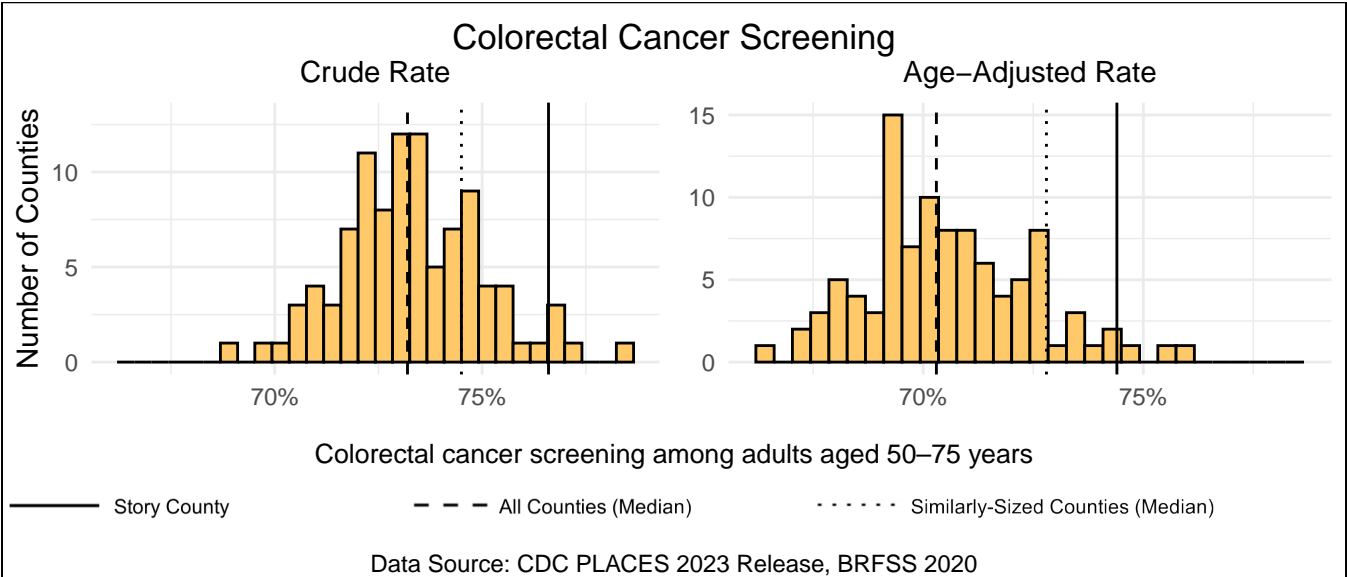
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	74.6%	82.5%	81.1%
Age-Adjusted	80.7%	78.9%	80.3%



Colorectal Cancer Screening

Story County has a crude rate of 76.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 4th out of 99 Iowa counties (3rd out of 9 similarly-sized counties). The age-adjusted rate for Story County is 74.4%, which ranks 4th out of 99 Iowa counties (2nd out of 9 similarly-sized counties).

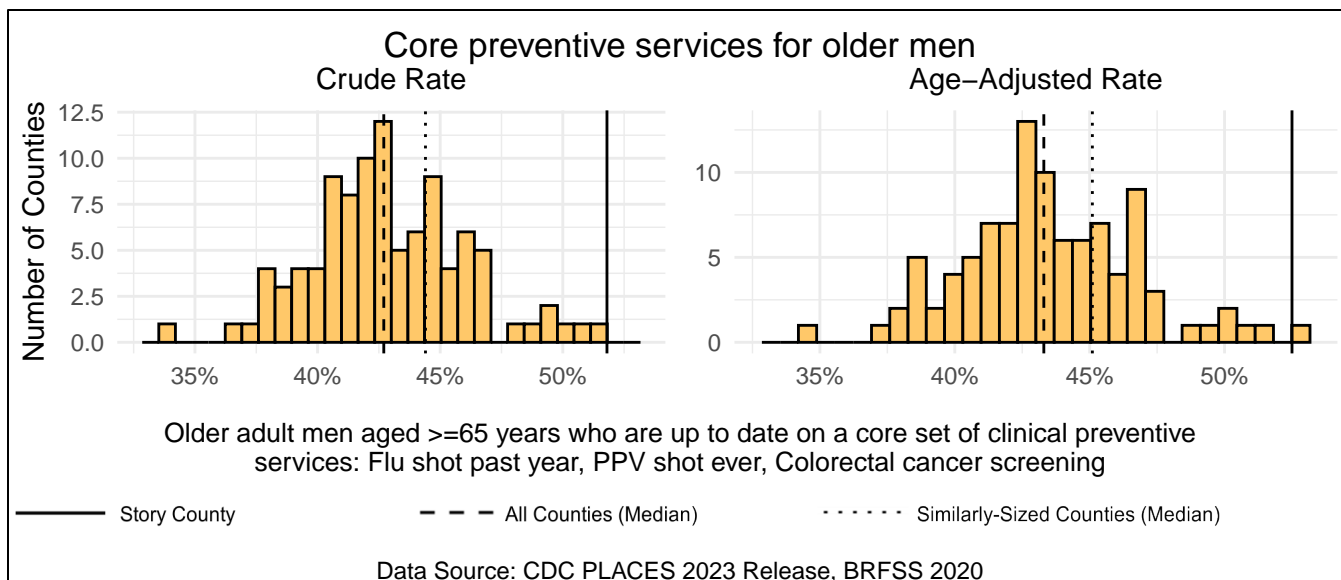
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	76.6%	73.2%	74.5%
Age-Adjusted	74.4%	70.3%	72.8%



Core preventive services for older men

Story County has a crude rate of 51.8% 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 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 52.5%, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties).

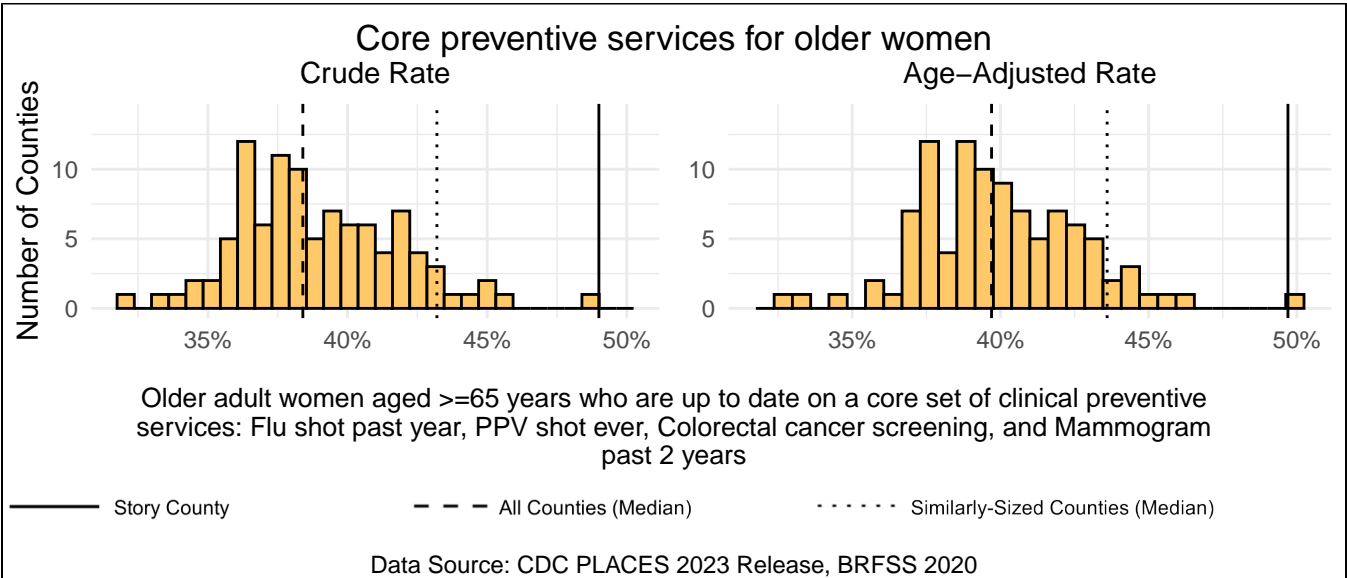
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	51.8%	42.7%	44.4%
Age-Adjusted	52.5%	43.3%	45.1%



Core preventive services for older women

Story County has a crude rate of 49.0% 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 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 49.7%, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties).

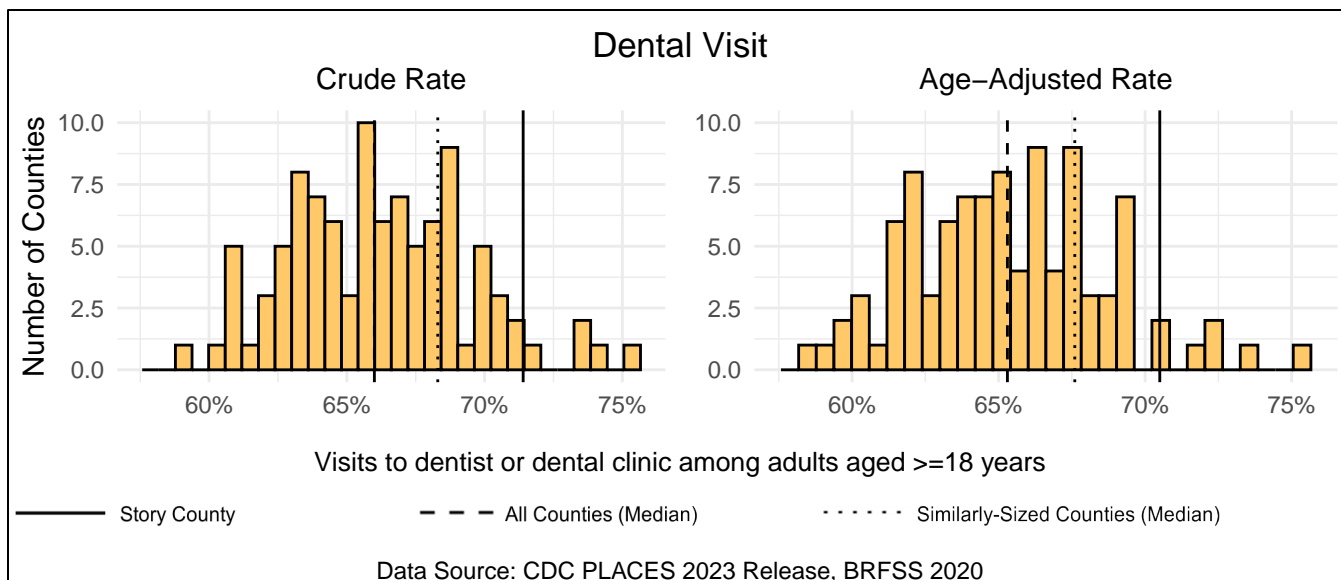
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	49.0%	38.4%	43.2%
Age-Adjusted	49.7%	39.7%	43.6%



Dental Visit

Story County has a crude rate of 71.4% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 6th out of 99 Iowa counties (2nd out of 9 similarly-sized counties). The age-adjusted rate for Story County is 70.5%, which ranks 7th out of 99 Iowa counties (2nd out of 9 similarly-sized counties).

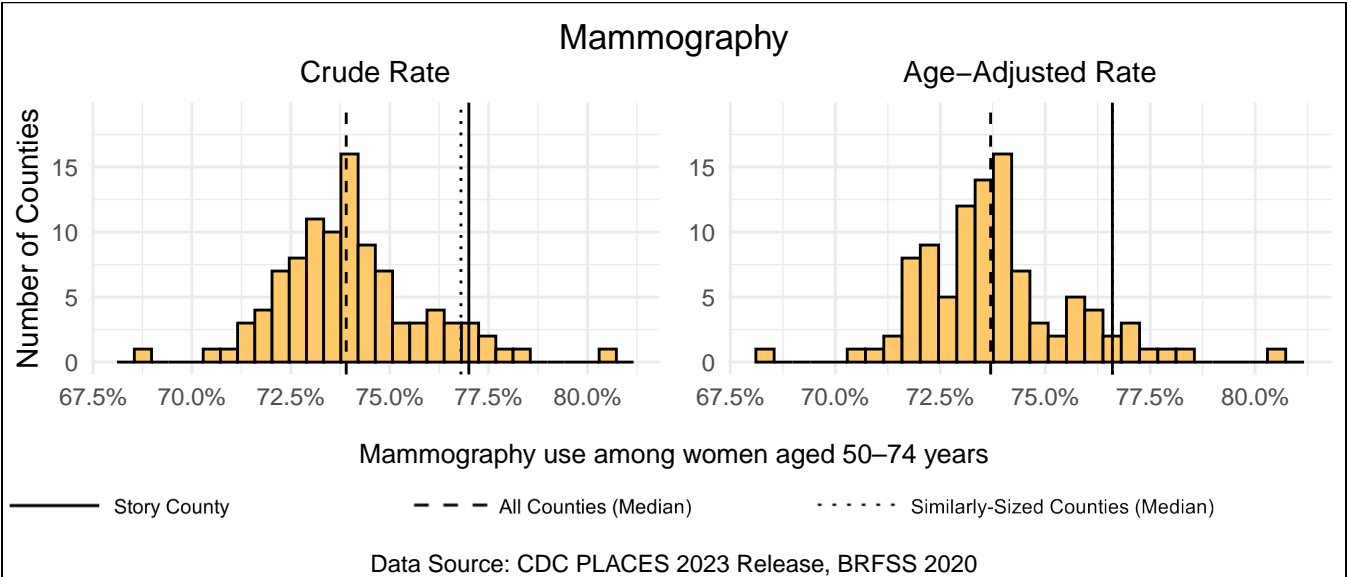
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	71.4%	66.0%	68.3%
Age-Adjusted	70.5%	65.3%	67.6%



Mammography

Story County has a crude rate of 77.0% for mammography use among women aged 50–74 years, which ranks 7th out of 99 Iowa counties (4th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 76.6%, which ranks 8th out of 99 Iowa counties (4th out of 9 similarly-sized counties).

Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	77.0%	73.9%	76.8%
Age-Adjusted	76.6%	73.7%	76.6%



Disability

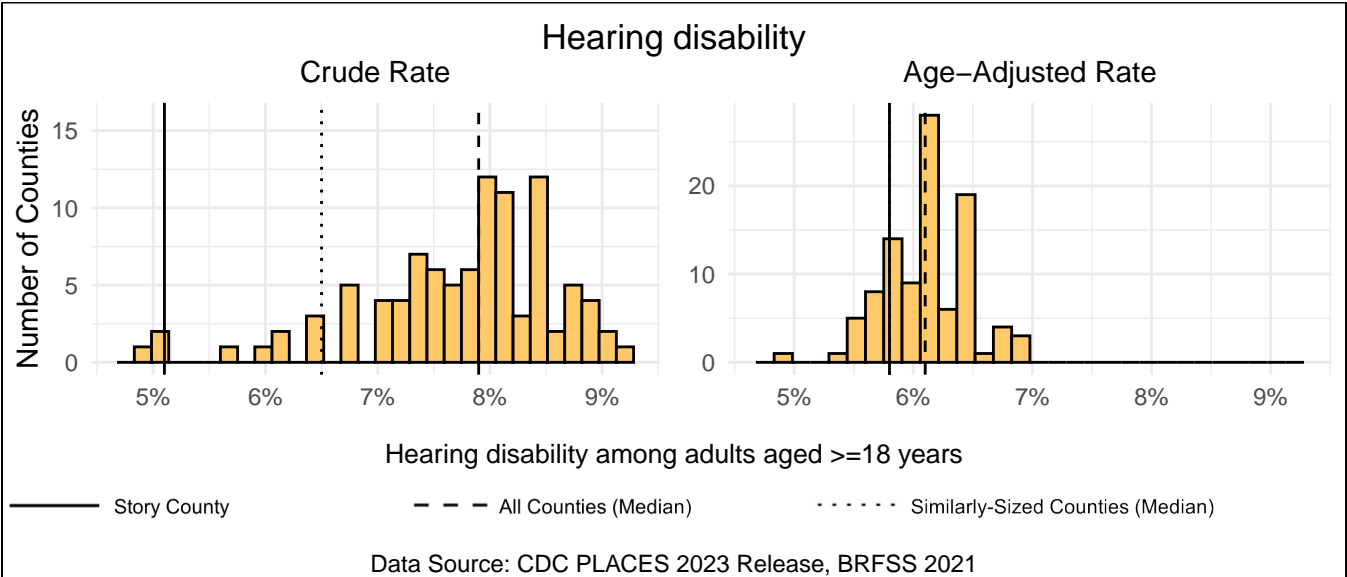
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Story County has a crude rate of 5.1% for hearing disability among adults aged ≥ 18 years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 5.8%, which ranks 16th out of 99 Iowa counties (5th out of 9 similarly-sized counties).

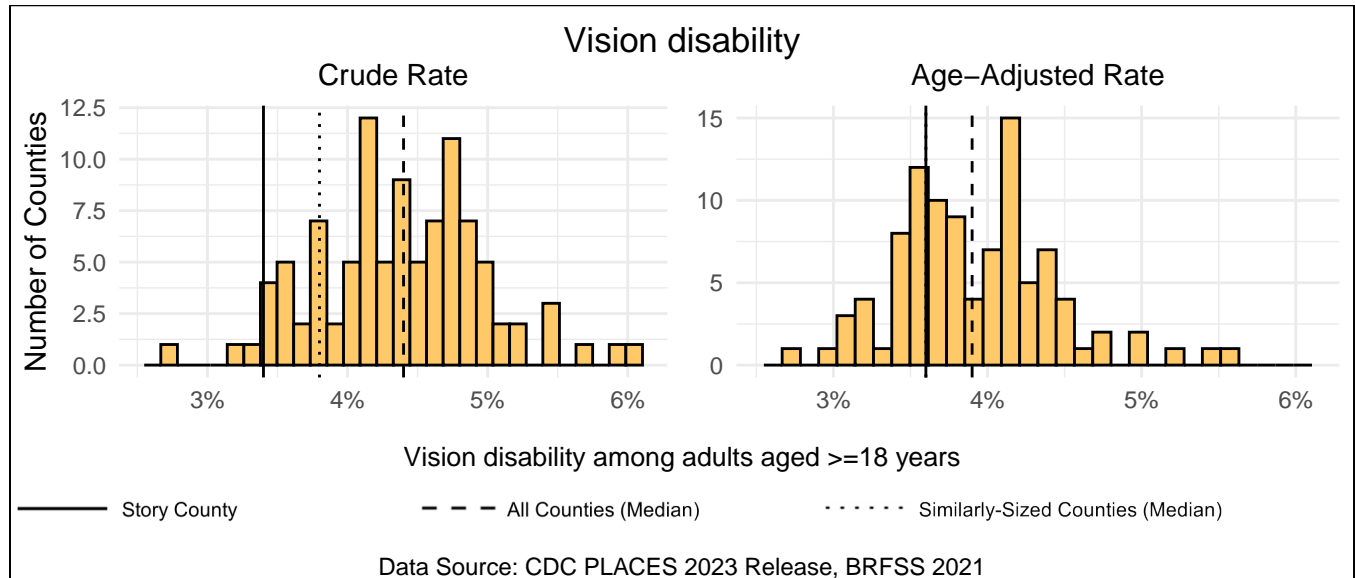
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	5.1%	7.9%	6.5%
Age-Adjusted	5.8%	6.1%	5.8%



Vision disability

Story County has a crude rate of 3.4% for vision disability among adults aged ≥ 18 years, which ranks 4th out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 3.6%, which ranks 23rd out of 99 Iowa counties (3rd out of 9 similarly-sized counties).

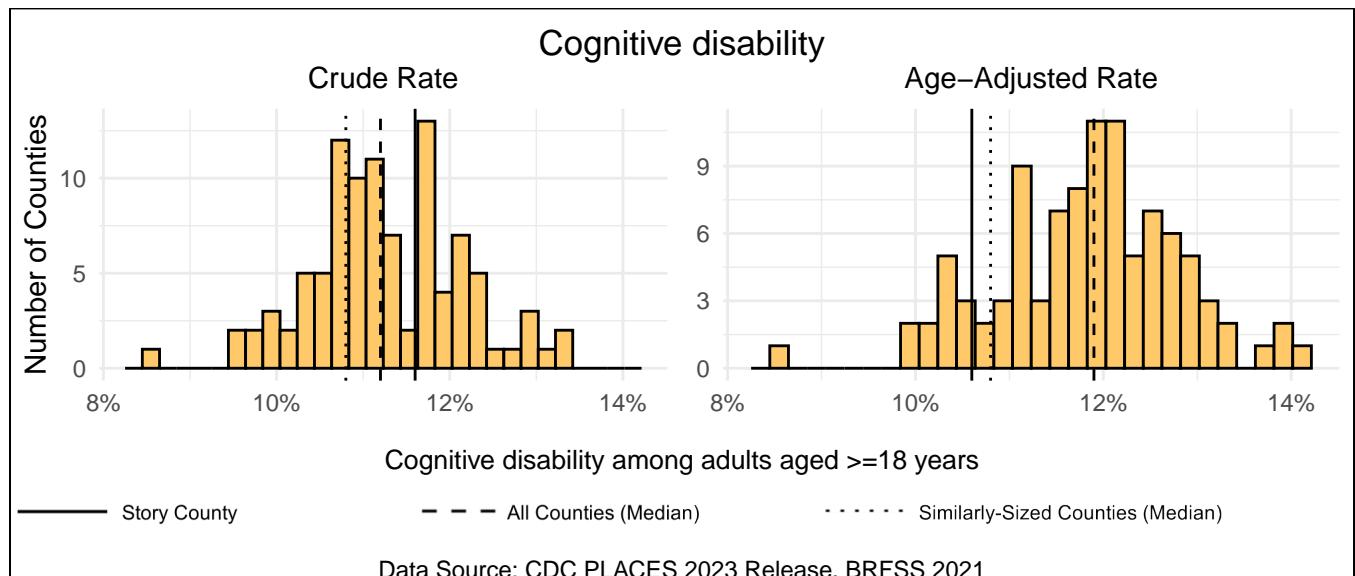
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	3.4%	4.4%	3.8%
Age-Adjusted	3.6%	3.9%	3.6%



Cognitive disability

Story County has a crude rate of 11.6% for cognitive disability among adults aged ≥ 18 years, which ranks 61st out of 99 Iowa counties (6th out of 9 similarly-sized counties). The age-adjusted rate for Story County is 10.6%, which ranks 11th out of 99 Iowa counties (3rd out of 9 similarly-sized counties).

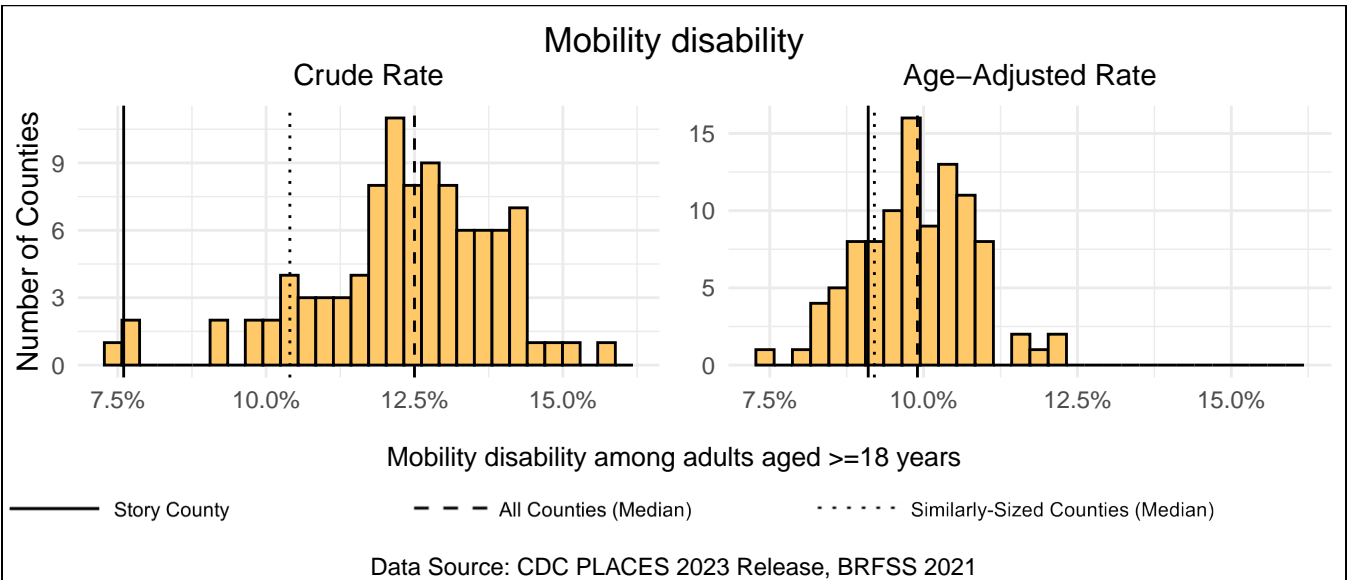
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	11.6%	11.2%	10.8%
Age-Adjusted	10.6%	11.9%	10.8%



Mobility disability

Story County has a crude rate of 7.6% for mobility disability among adults aged >=18 years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 9.1%, which ranks 20th out of 99 Iowa counties (4th out of 9 similarly-sized counties).

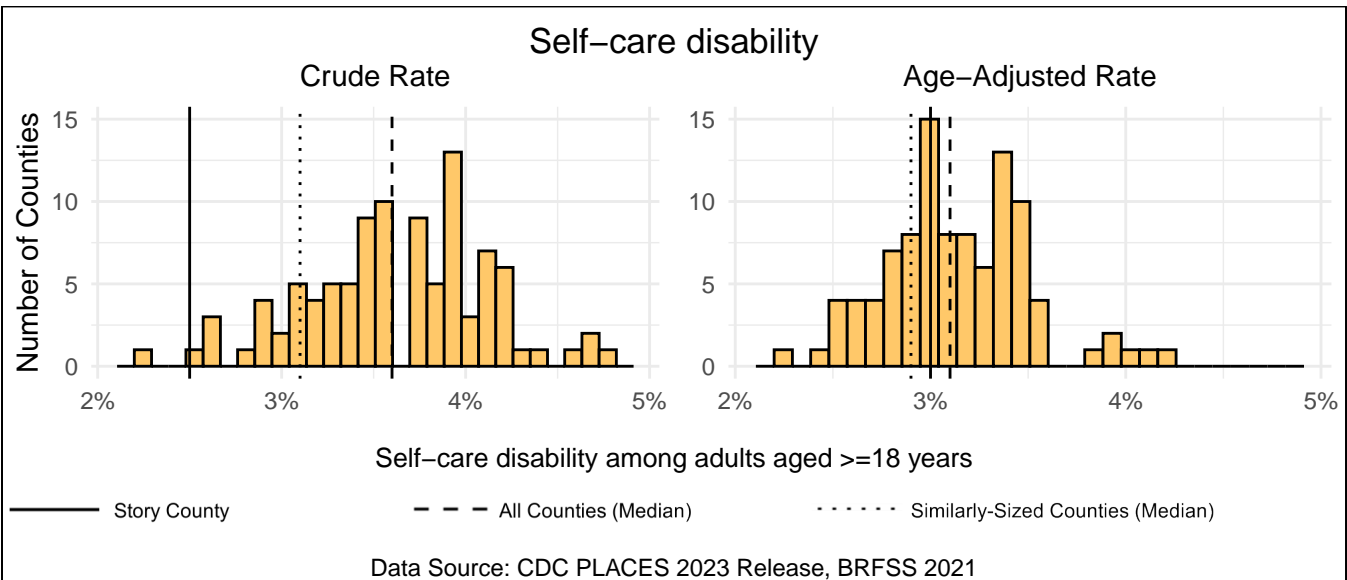
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	7.6%	12.5%	10.4%
Age-Adjusted	9.1%	9.9%	9.2%



Self-care disability

Story County has a crude rate of 2.5% for self-care disability among adults aged >=18 years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Story County is 3.0%, which ranks 30th out of 99 Iowa counties (6th out of 9 similarly-sized counties).

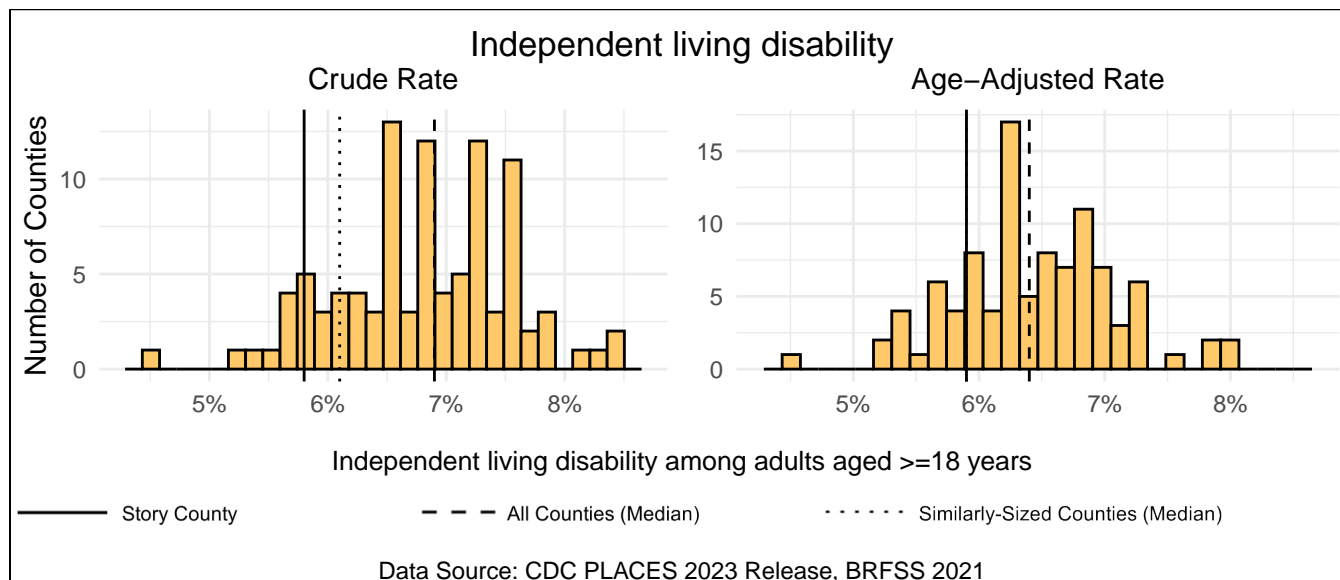
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	2.5%	3.6%	3.1%
Age-Adjusted	3.0%	3.1%	2.9%



Independent living disability

Story County has a crude rate of 5.8% for independent living disability among adults aged ≥ 18 years, which ranks 9th out of 99 Iowa counties (3rd out of 9 similarly-sized counties). The age-adjusted rate for Story County is 5.9%, which ranks 19th out of 99 Iowa counties (4th out of 9 similarly-sized counties).

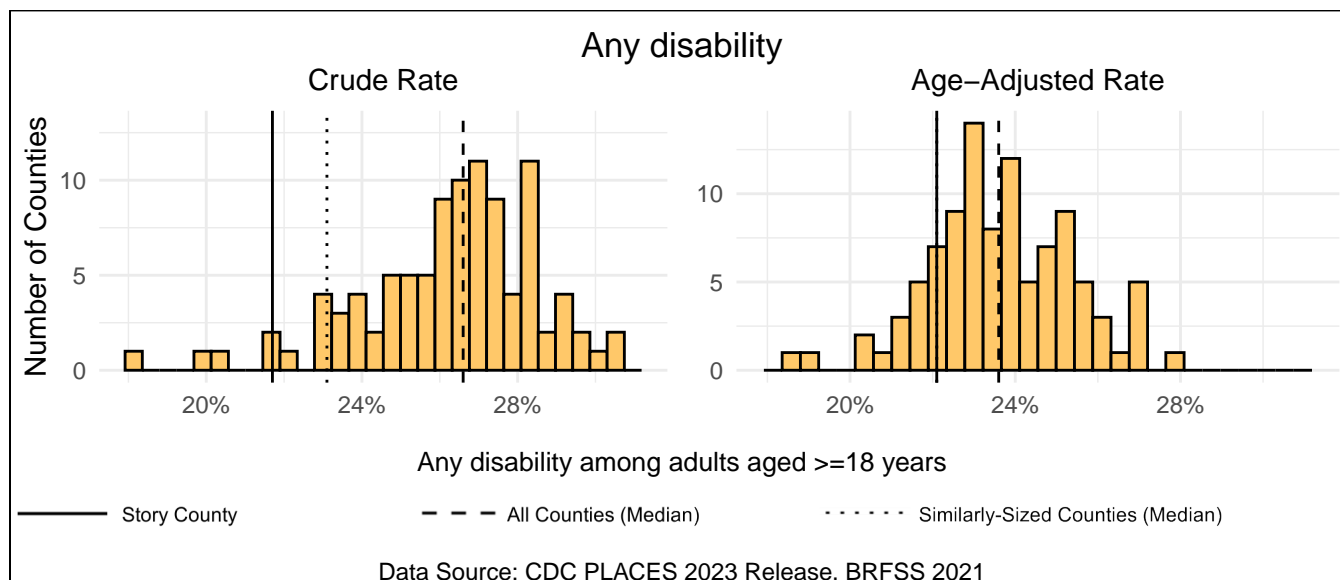
Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	5.8%	6.9%	6.1%
Age-Adjusted	5.9%	6.4%	5.9%



Any disability

Story County has a crude rate of 21.7% for any disability among adults aged ≥ 18 years, which ranks 4th out of 99 Iowa counties (2nd out of 9 similarly-sized counties). The age-adjusted rate for Story County is 22.1%, which ranks 17th out of 99 Iowa counties (4th out of 9 similarly-sized counties).

Measure Type	Story County	All Counties	Similarly-Sized Counties
Crude	21.7%	26.6%	23.1%
Age-Adjusted	22.1%	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: Story County PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	99	15.9% (13.3% - 18.5%)	5	14.4% (12.4% - 16.6%)
Health Status	General Health	2	10.4% (8.7% - 12.3%)	13	11.7% (9.8% - 13.7%)
Health Status	Physical Health	2	7.9% (6.6% - 9.2%)	12	9.0% (7.6% - 10.5%)
Health Risk Behaviors	Binge Drinking	98	22.7% (19.1% - 26.6%)	37	21.2% (17.9% - 24.9%)
Health Risk Behaviors	Physical Inactivity	1	18.5% (15.1% - 22.4%)	2	20.3% (16.7% - 24.1%)
Health Risk Behaviors	Sleep <7 hours	2	26.0% (24.3% - 27.8%)	2	27.6% (26.1% - 29.2%)
Health Risk Behaviors	Current Smoking	1	11.6% (9.0% - 14.3%)	4	14.2% (11.2% - 17.6%)
Health Outcomes	Coronary Heart Disease	2	4.3% (3.7% - 4.9%)	33	5.1% (4.4% - 5.8%)
Health Outcomes	Obesity	1	28.7% (23.4% - 34.1%)	1	32.6% (27.1% - 38.8%)
Health Outcomes	Current Asthma	64	9.4% (8.2% - 10.6%)	11	9.2% (8.0% - 10.4%)
Health Outcomes	Depression	95	19.3% (16.0% - 22.9%)	33	18.5% (15.3% - 22.0%)
Health Outcomes	Stroke	1	2.2% (1.9% - 2.4%)	23	2.6% (2.2% - 2.9%)
Health Outcomes	Cancer (except skin)	1	5.3% (4.8% - 5.9%)	26	6.4% (5.7% - 7.1%)
Health Outcomes	High Cholesterol	2	29.0% (25.6% - 32.6%)	38	29.7% (25.6% - 34.0%)
Health Outcomes	Chronic Kidney Disease	1	2.3% (2.0% - 2.5%)	17	2.6% (2.4% - 2.9%)
Health Outcomes	Diabetes	1	7.2% (6.1% - 8.5%)	57	8.8% (7.4% - 10.3%)
Health Outcomes	High Blood Pressure	2	23.4% (20.4% - 26.5%)	47	27.9% (24.3% - 31.7%)
Health Outcomes	Arthritis	1	18.6% (15.9% - 21.4%)	27	22.6% (19.3% - 26.1%)
Health Outcomes	COPD	2	4.8% (4.0% - 5.8%)	12	5.6% (4.7% - 6.7%)
Health Outcomes	All Teeth Lost	8	8.3% (5.3% - 12.1%)	8	9.0% (5.8% - 13.0%)
Prevention	Core preventive services for older men	1	51.8% (43.2% - 59.8%)	1	52.5% (44.0% - 60.1%)
Prevention	Taking BP Medication	98	73.1% (70.0% - 76.0%)	28	59.7% (54.7% - 64.6%)
Prevention	Colorectal Cancer Screening	4	76.6% (74.0% - 78.8%)	4	74.4% (71.4% - 77.0%)
Prevention	Cholesterol Screening	99	74.6% (70.1% - 78.7%)	5	80.7% (77.4% - 83.8%)
Prevention	Mammography	7	77.0% (73.1% - 80.4%)	8	76.6% (72.6% - 80.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	99	78.3% (75.1% - 81.3%)	39	83.2% (81.0% - 85.1%)
Prevention	Core preventive services for older women	1	49.0% (41.4% - 55.9%)	1	49.7% (42.0% - 56.4%)
Prevention	Annual Checkup	96	72.0% (67.4% - 76.4%)	15	73.7% (69.1% - 77.8%)
Prevention	Health Insurance	8	6.5% (4.9% - 8.8%)	4	6.6% (5.1% - 8.3%)
Prevention	Dental Visit	6	71.4% (67.4% - 75.0%)	7	70.5% (67.3% - 73.4%)
Disability	Hearing Disability	2	5.1% (4.5% - 5.8%)	16	5.8% (5.1% - 6.6%)
Disability	Any Disability	4	21.7% (17.9% - 25.5%)	17	22.1% (18.7% - 25.8%)
Disability	Independent Living Disability	9	5.8% (4.7% - 7.0%)	19	5.9% (5.0% - 6.8%)
Disability	Cognitive Disability	61	11.6% (9.1% - 14.3%)	11	10.6% (8.9% - 12.5%)
Disability	Vision Disability	4	3.4% (2.9% - 3.9%)	23	3.6% (3.1% - 4.2%)
Disability	Self-care Disability	2	2.5% (2.1% - 2.9%)	30	3.0% (2.6% - 3.5%)
Disability	Mobility Disability	2	7.6% (6.3% - 8.9%)	20	9.1% (7.7% - 10.8%)

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

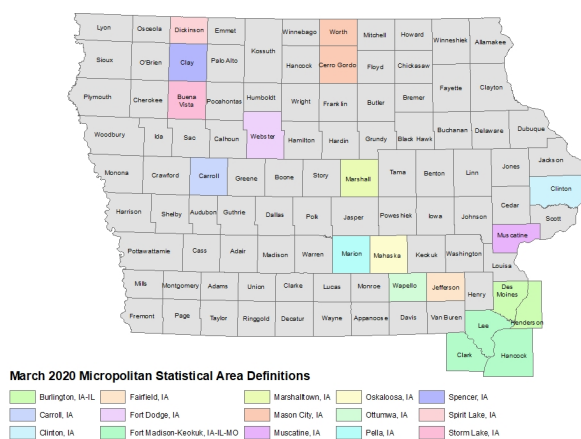
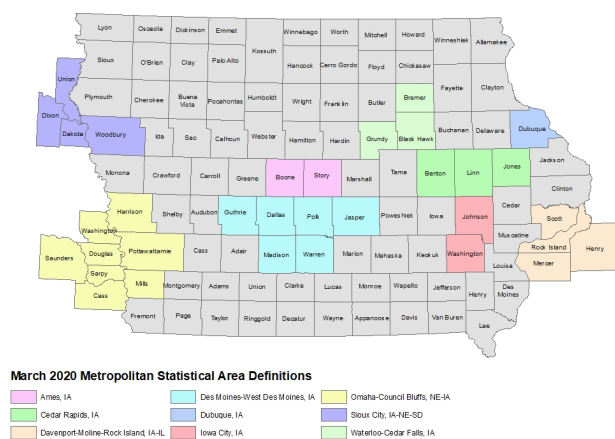
Appendix 3: Metropolitan Core Counties

Story 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.

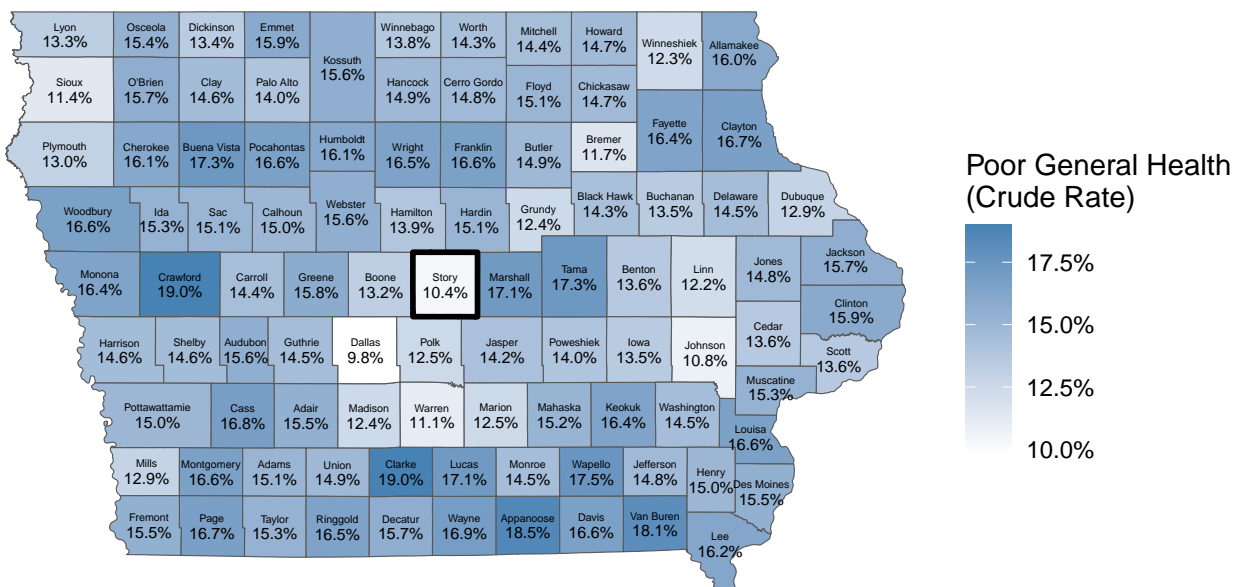
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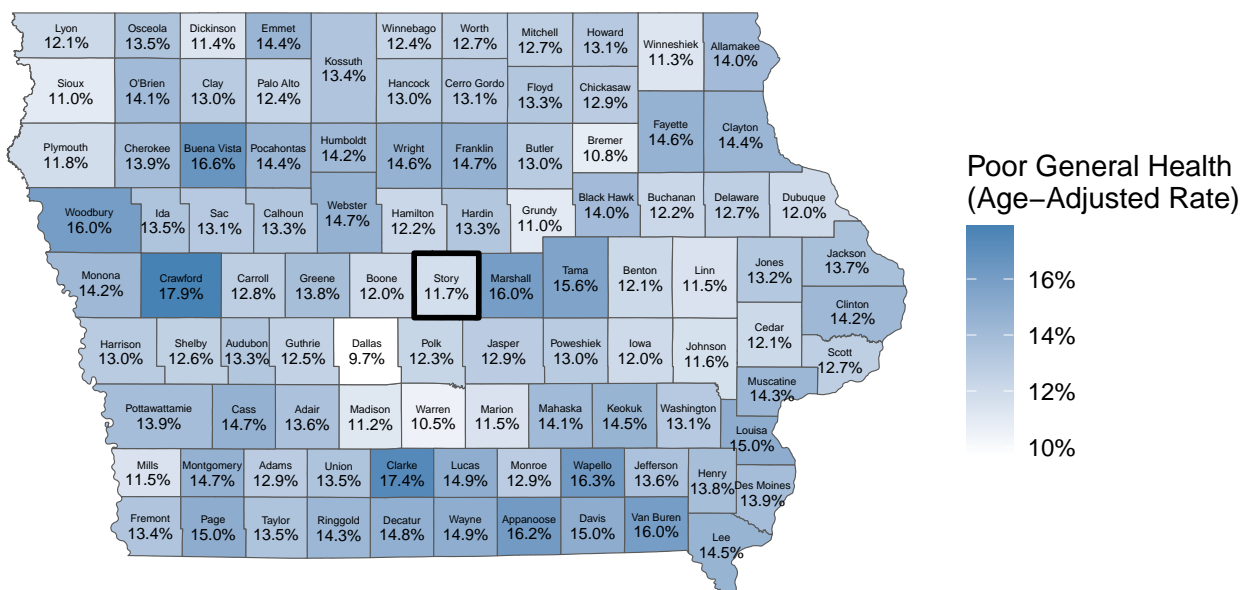
Appendix 4: County Maps

Poor General Health

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



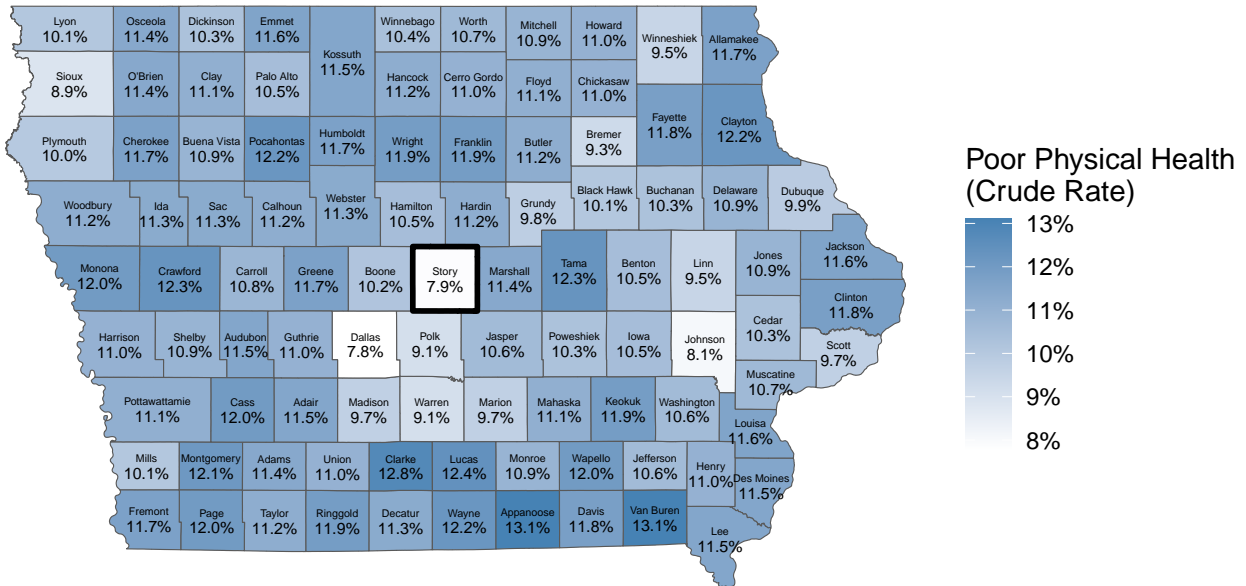
Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021

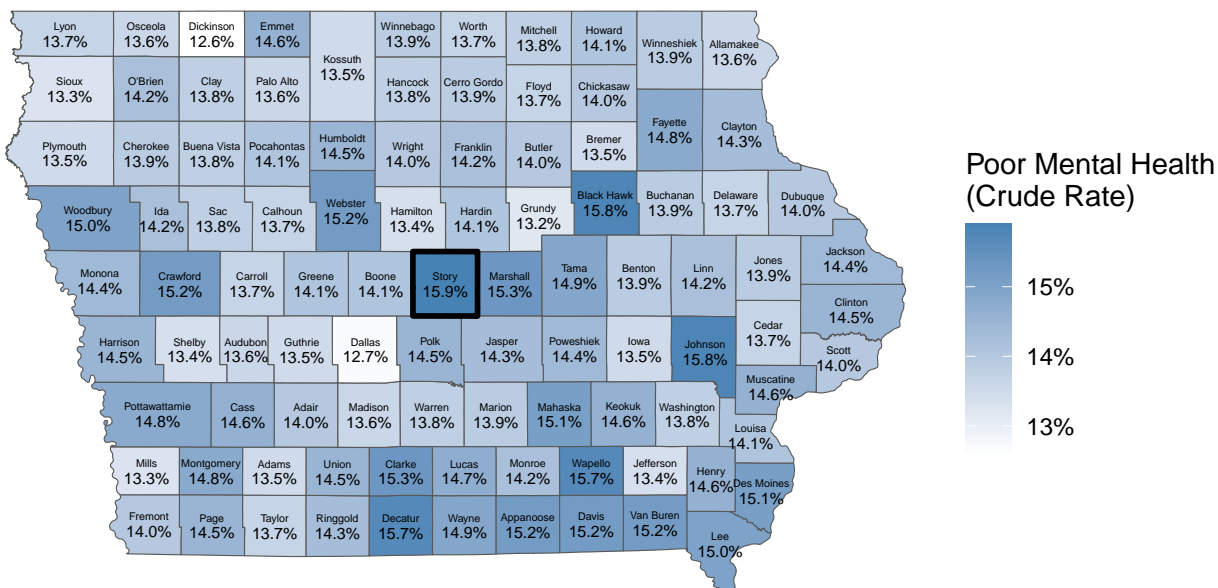
Poor Physical Health

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

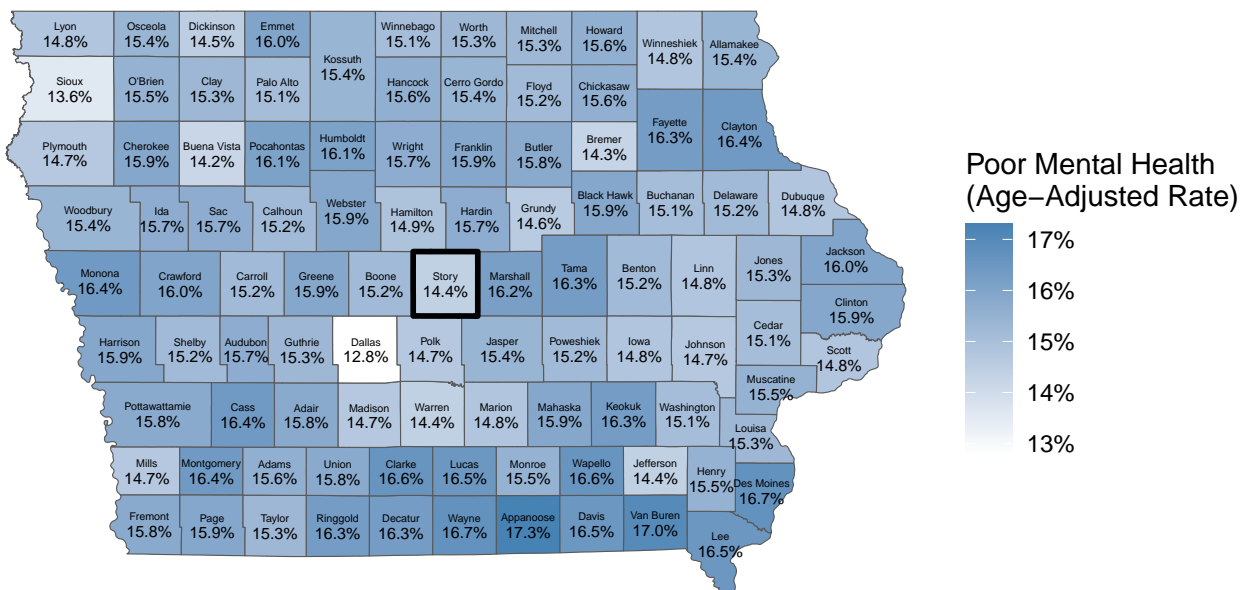


Poor Mental Health

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



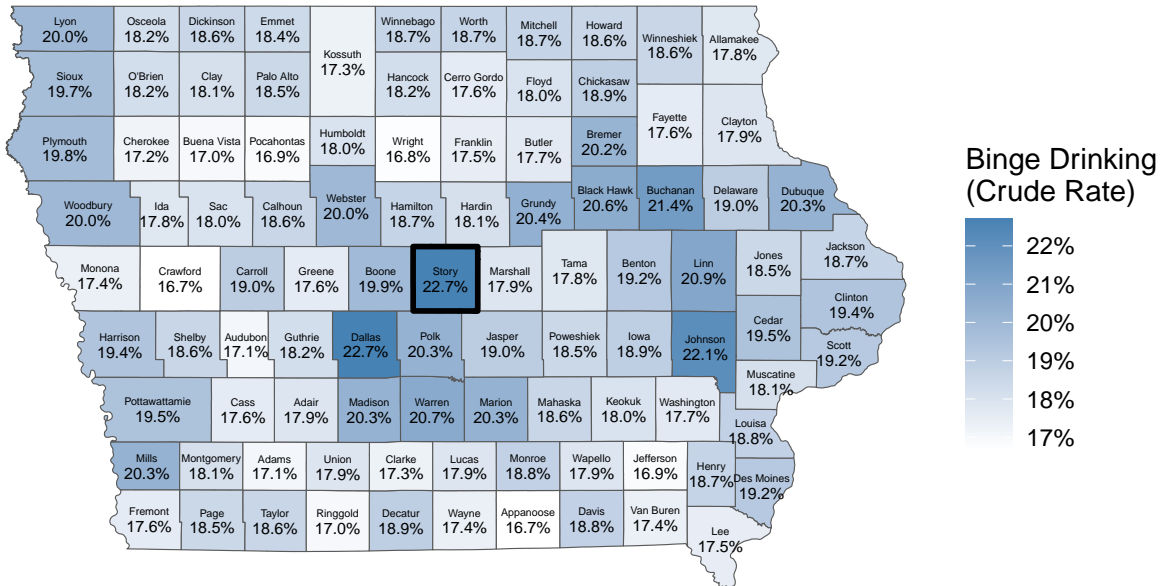
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Data Source: CDC PLACES 2023 Release, BRFSS 2021

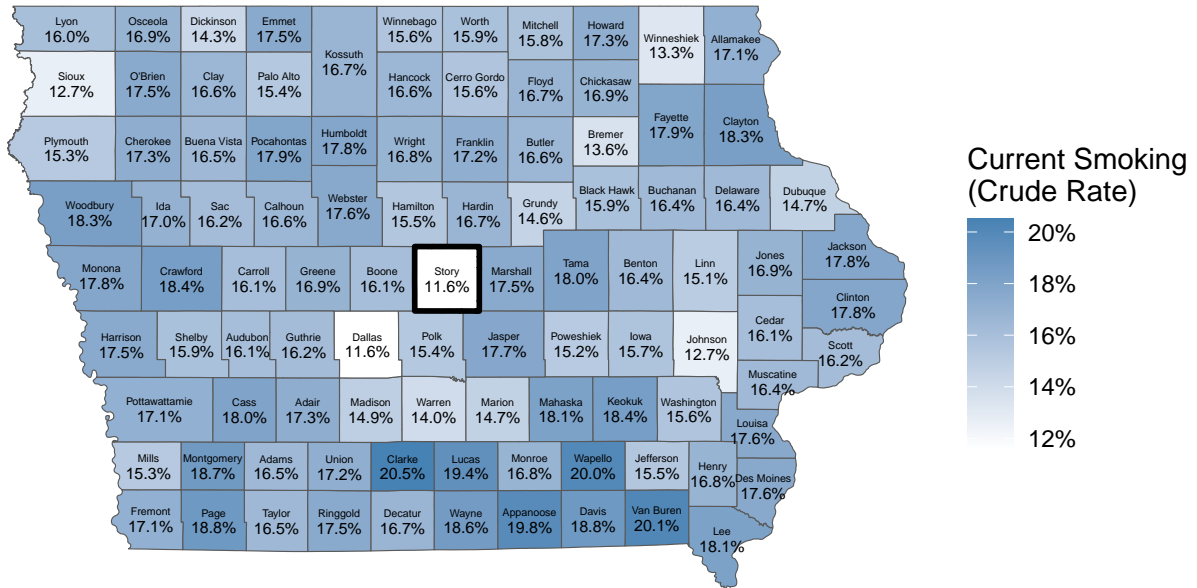
Binge Drinking

Binge drinking among adults aged ≥ 18 years

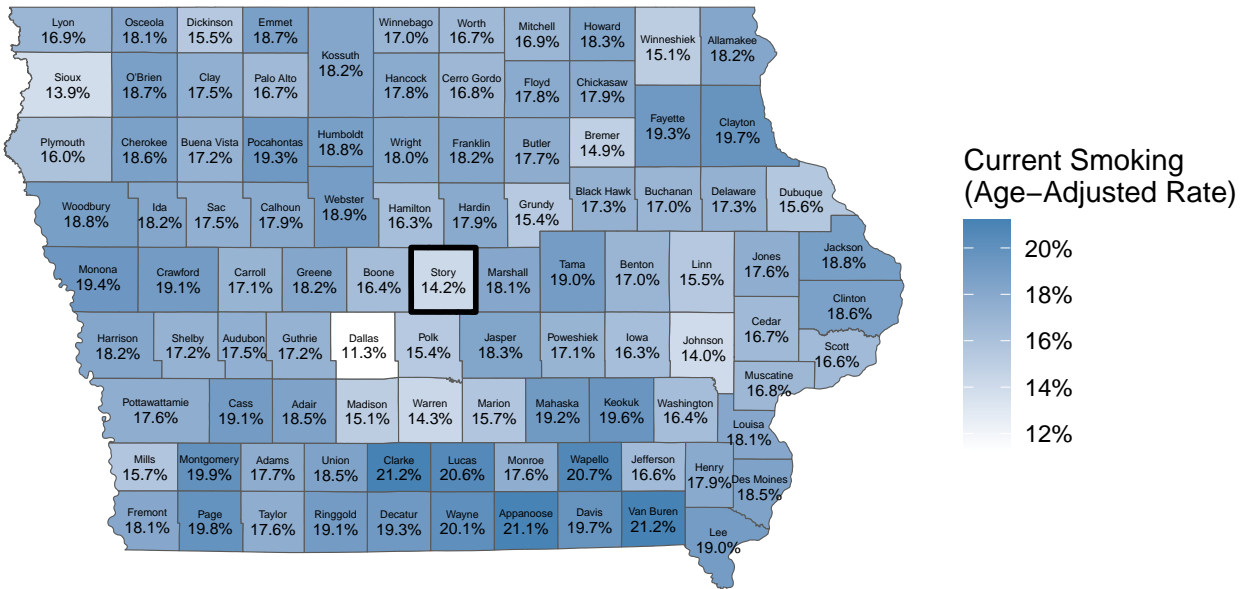


Current Smoking

Current smoking among adults aged ≥ 18 years



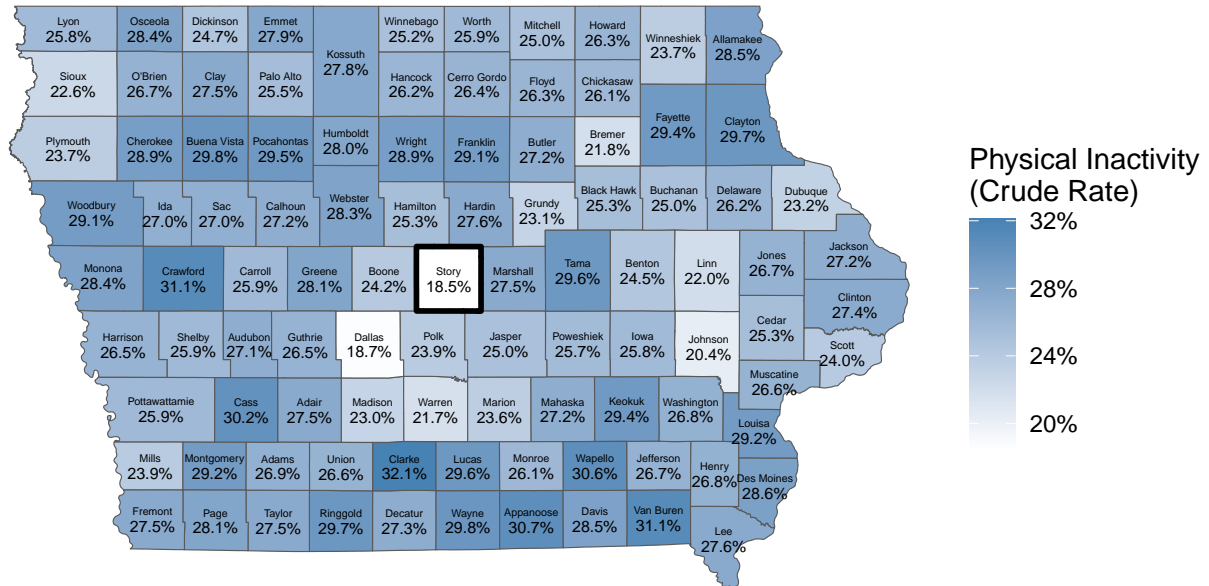
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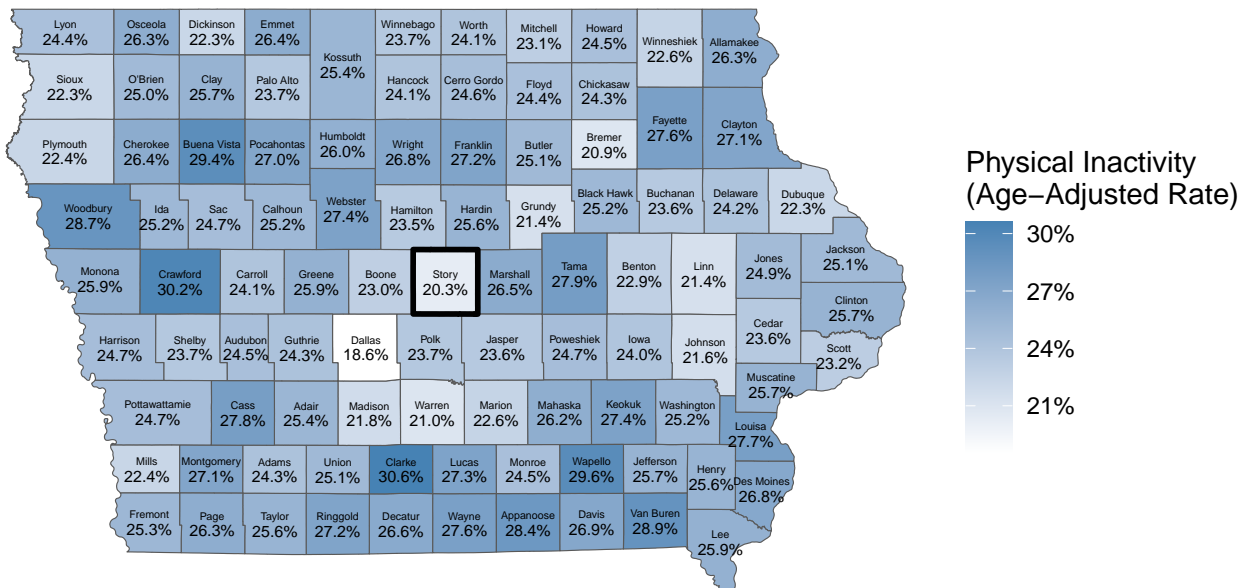
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

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



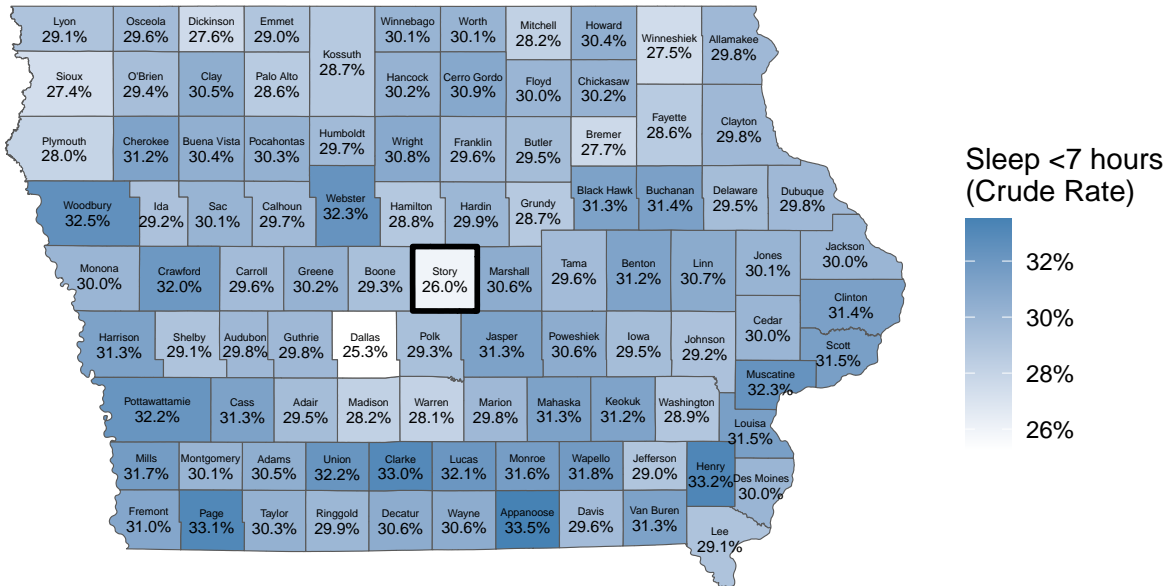
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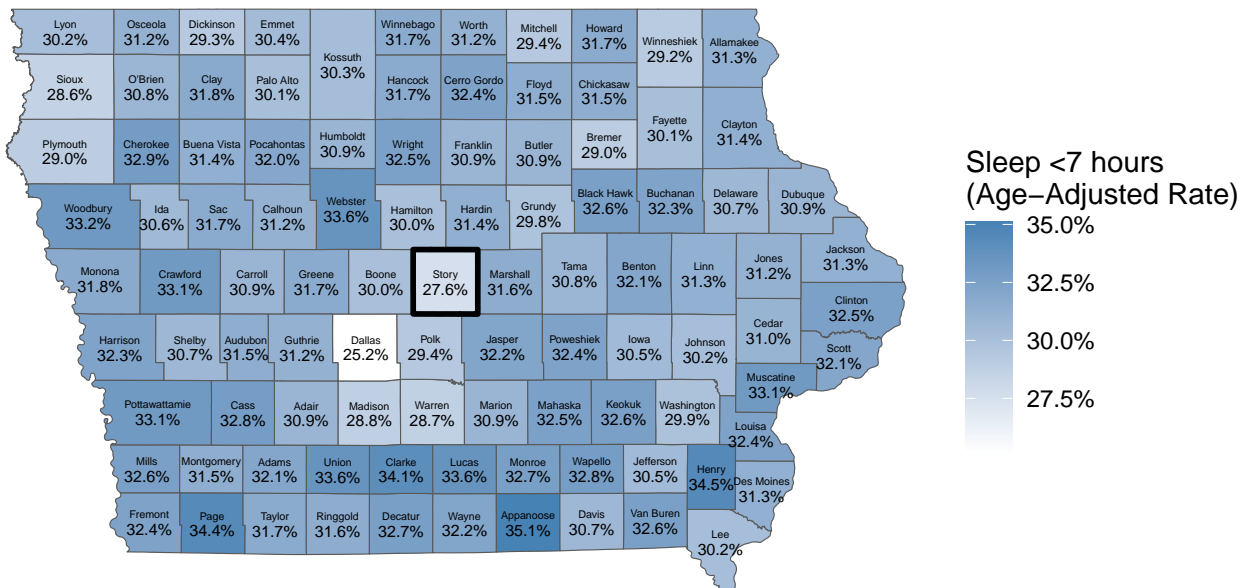
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Sleeping less than 7 hours among adults aged ≥ 18 years



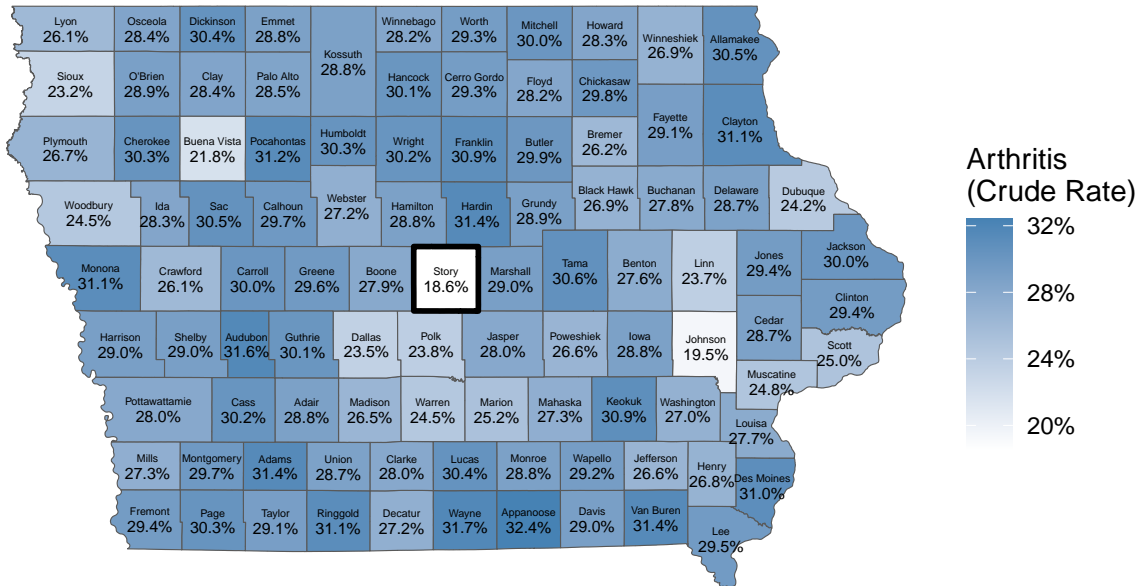
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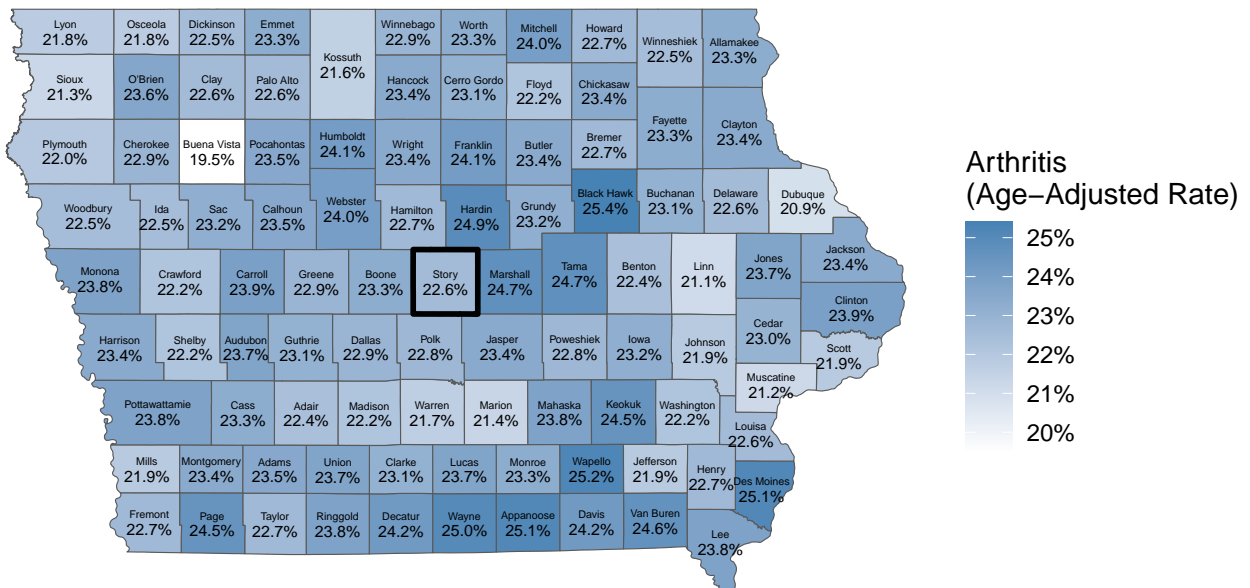
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Arthritis

Arthritis among adults aged >=18 years



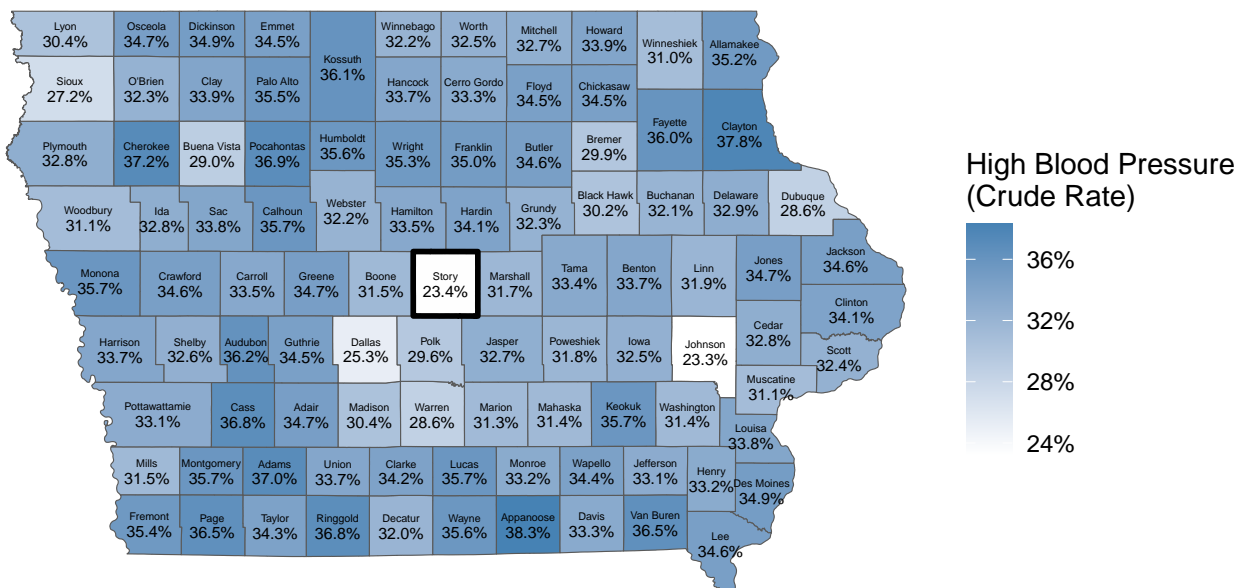
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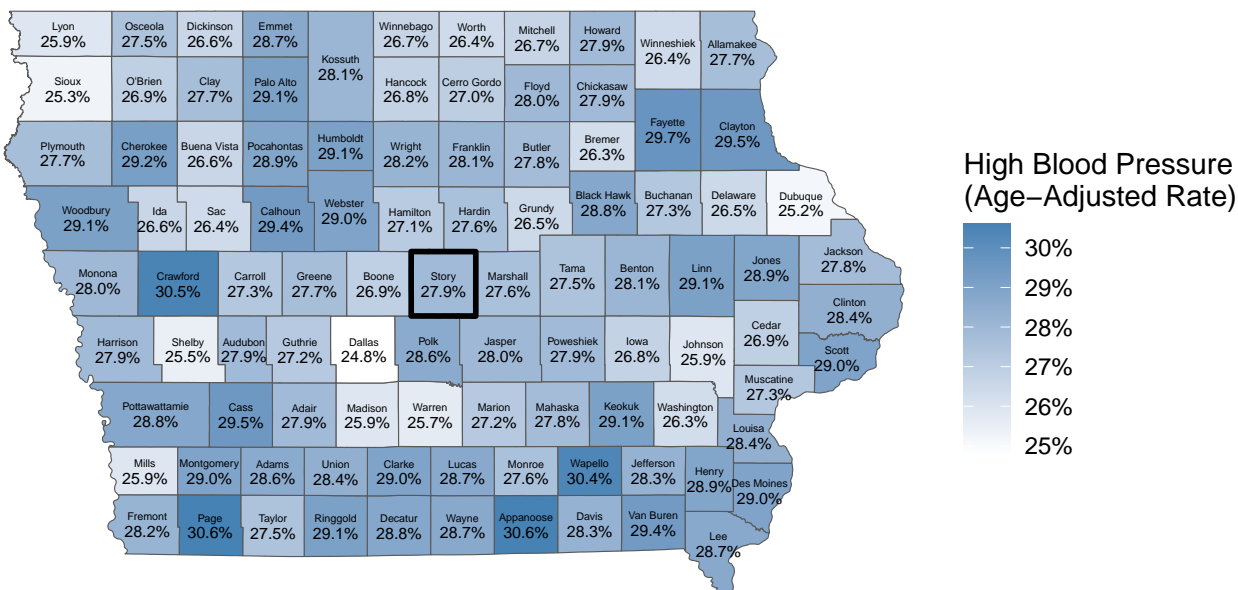
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High Blood Pressure

High blood pressure among adults aged ≥ 18 years



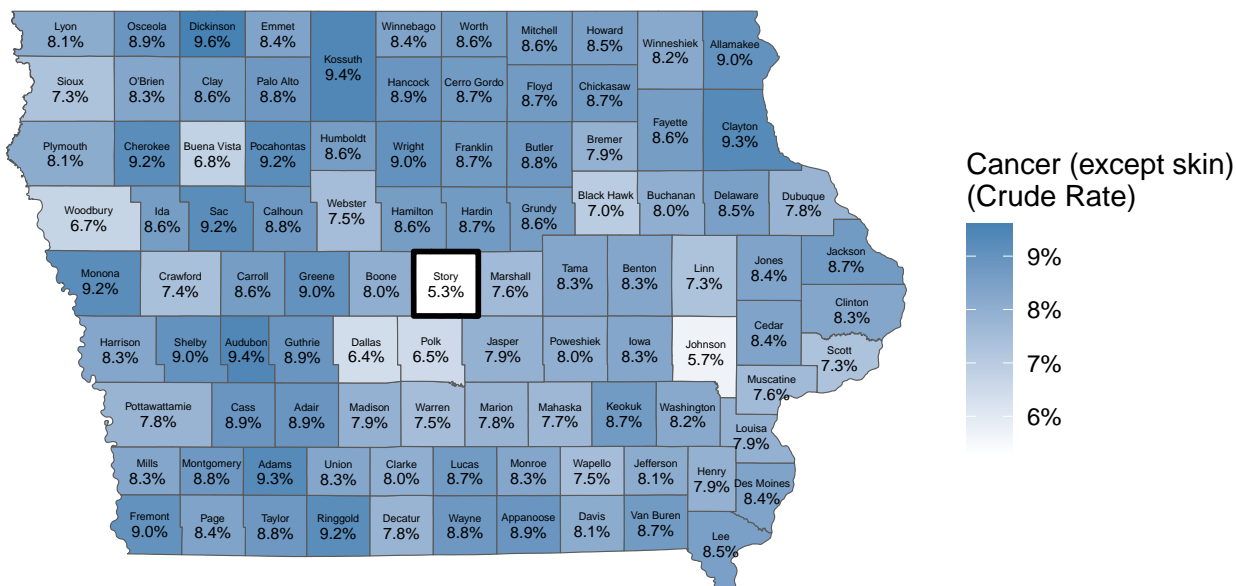
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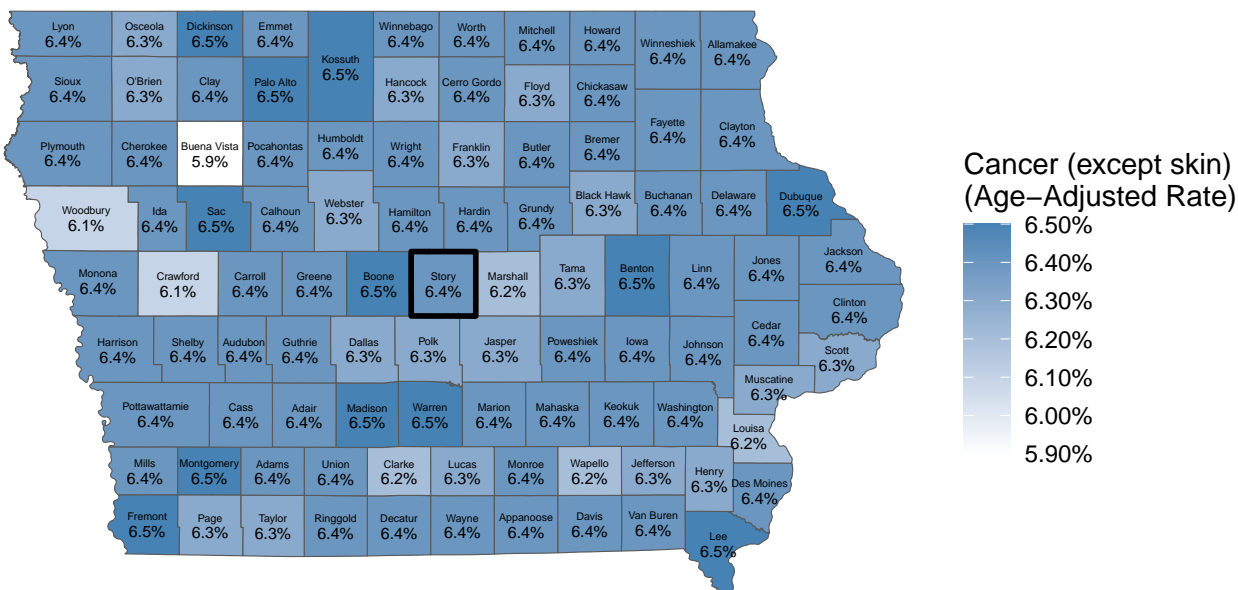
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cancer (except skin)

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



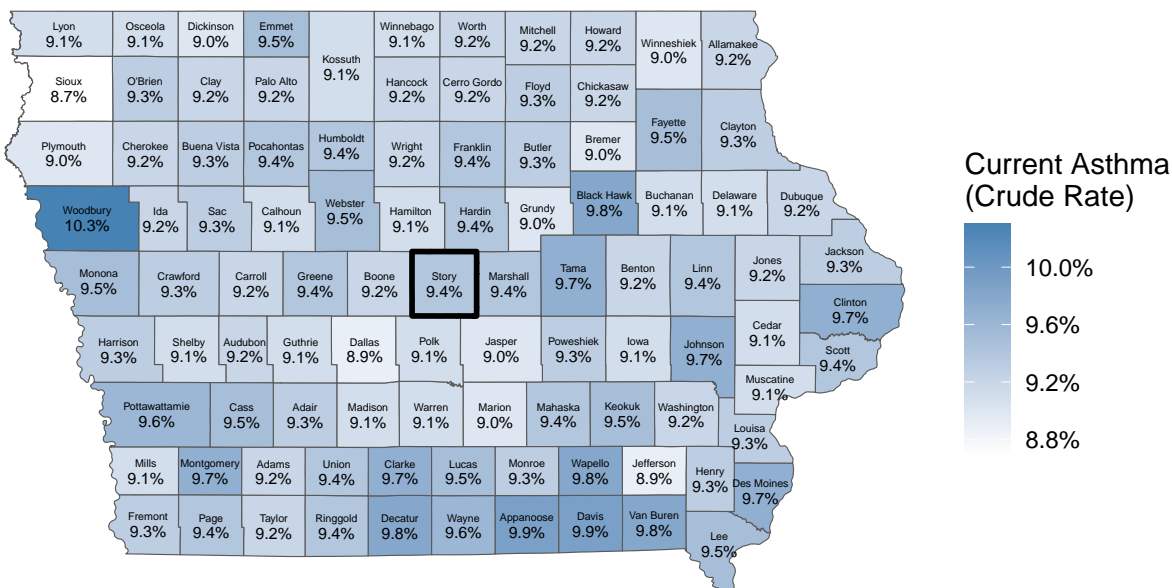
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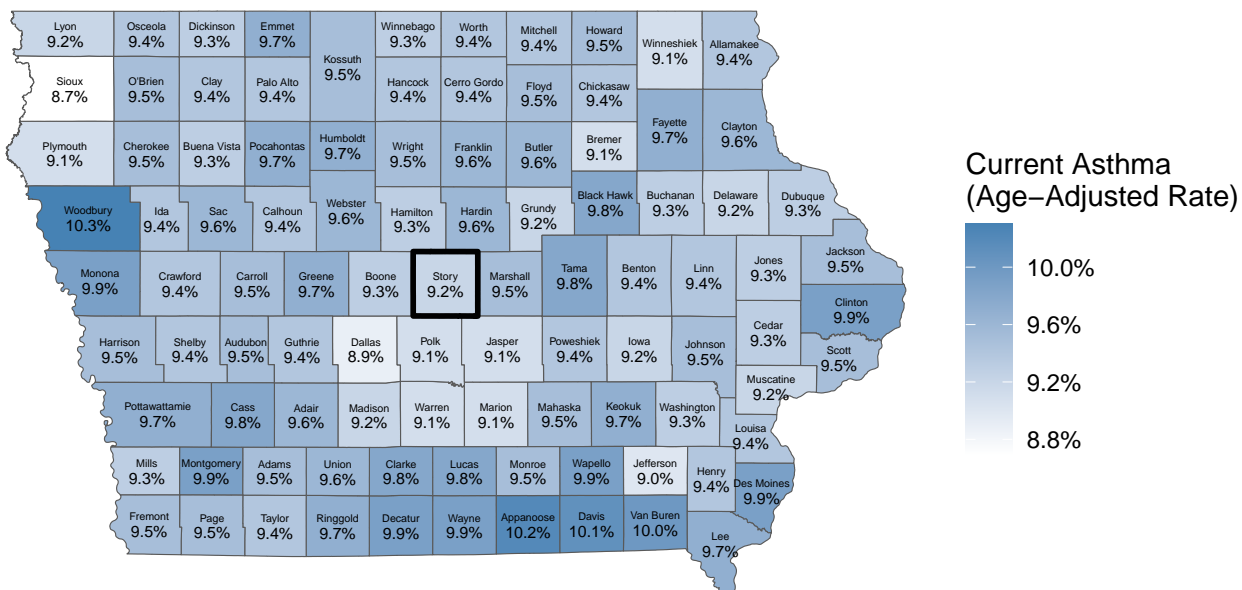
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Current asthma among adults aged ≥ 18 years



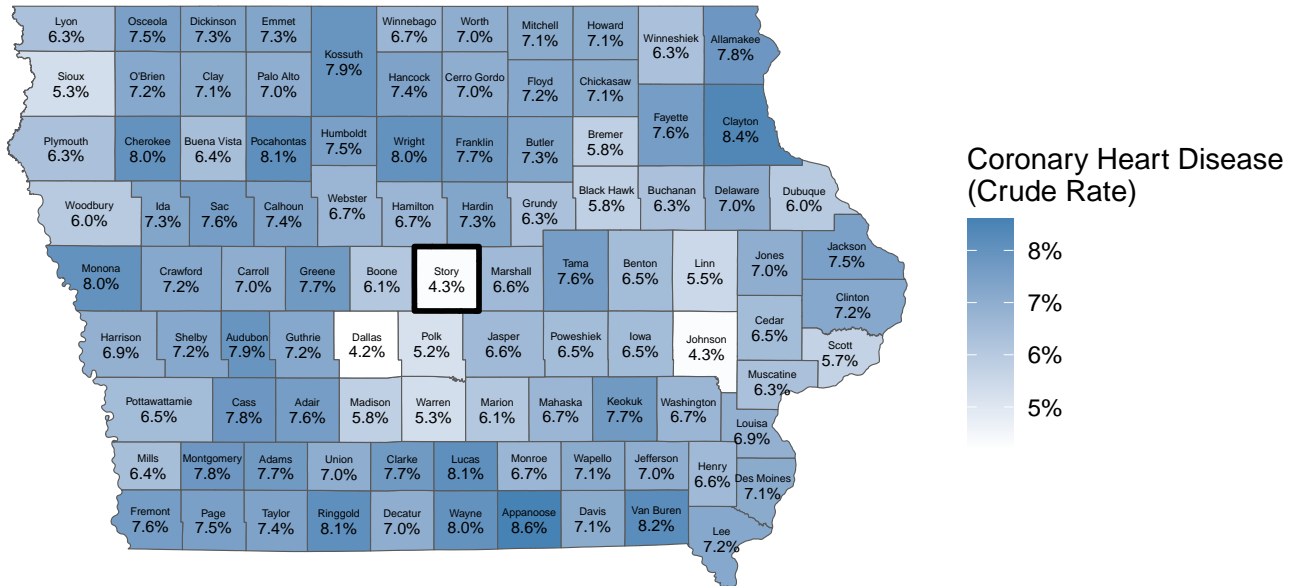
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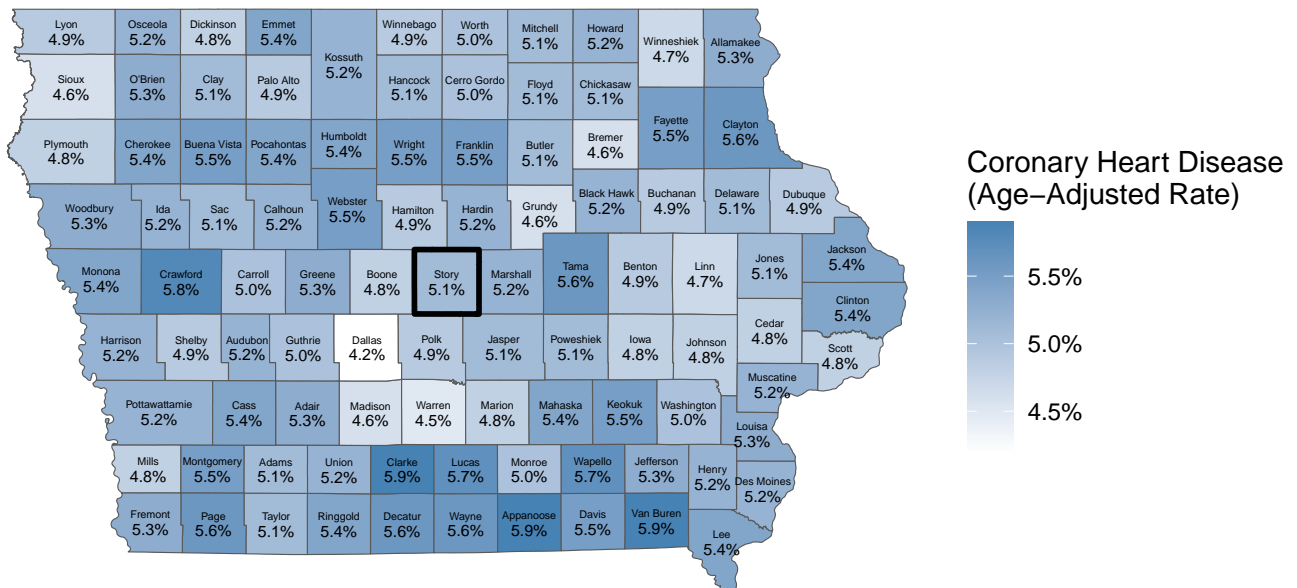
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Coronary Heart Disease

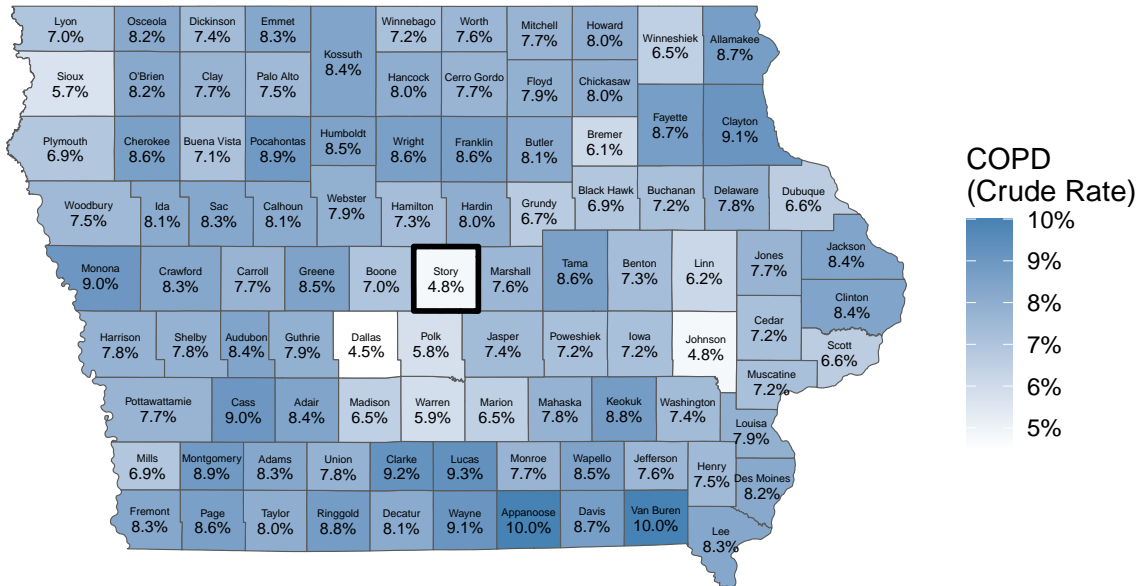
Coronary heart disease among adults aged ≥ 18 years



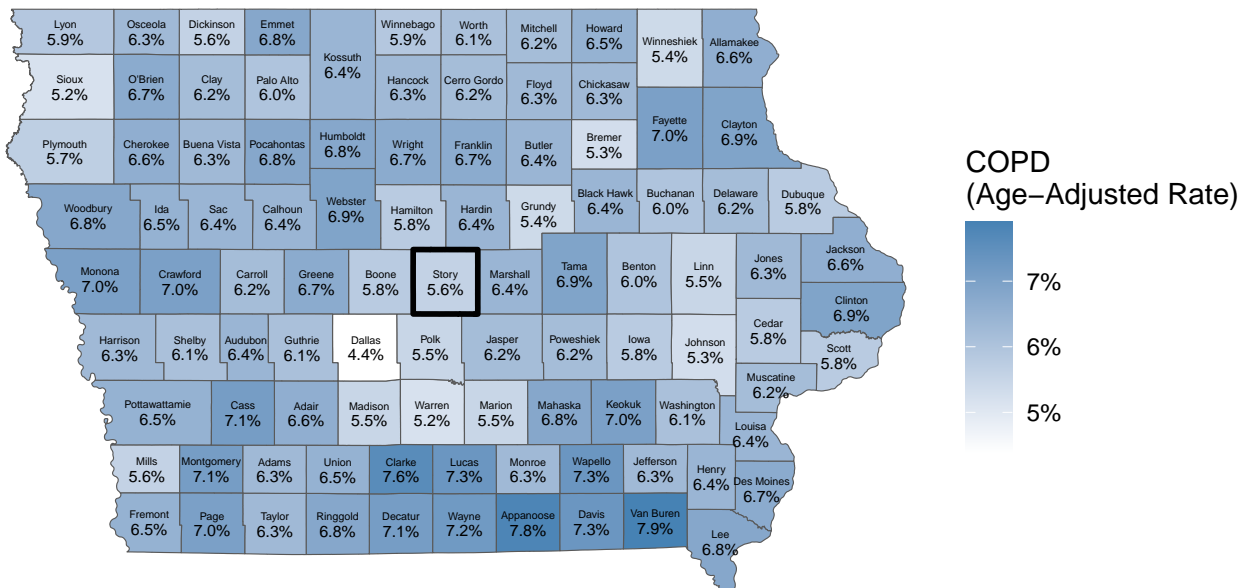
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Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic obstructive pulmonary disease among adults aged ≥ 18 years

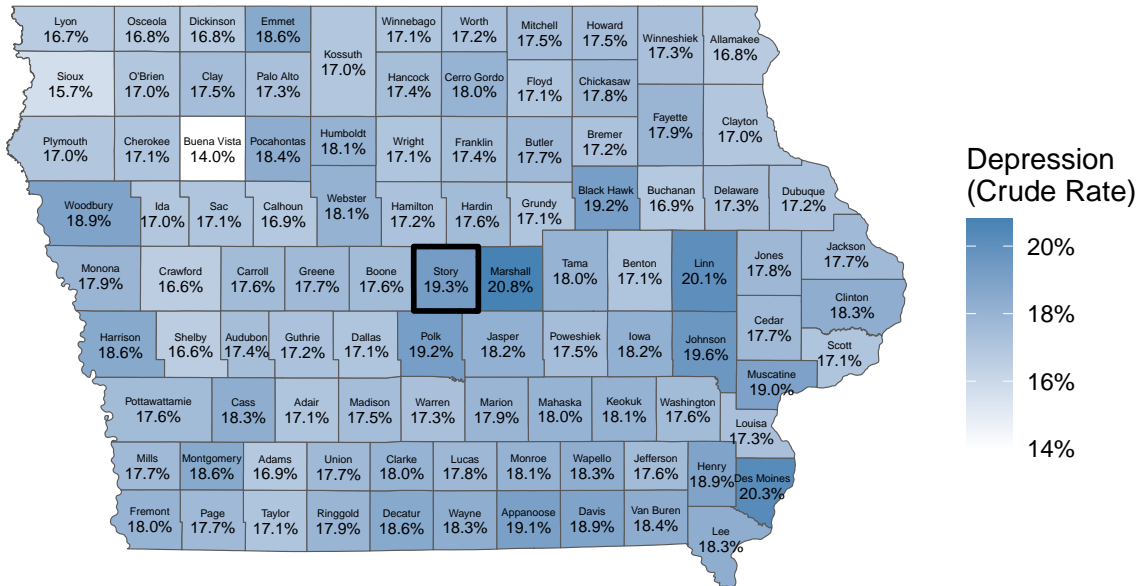
Data Source: CDC PLACES 2023 Release, BRFSS 2021



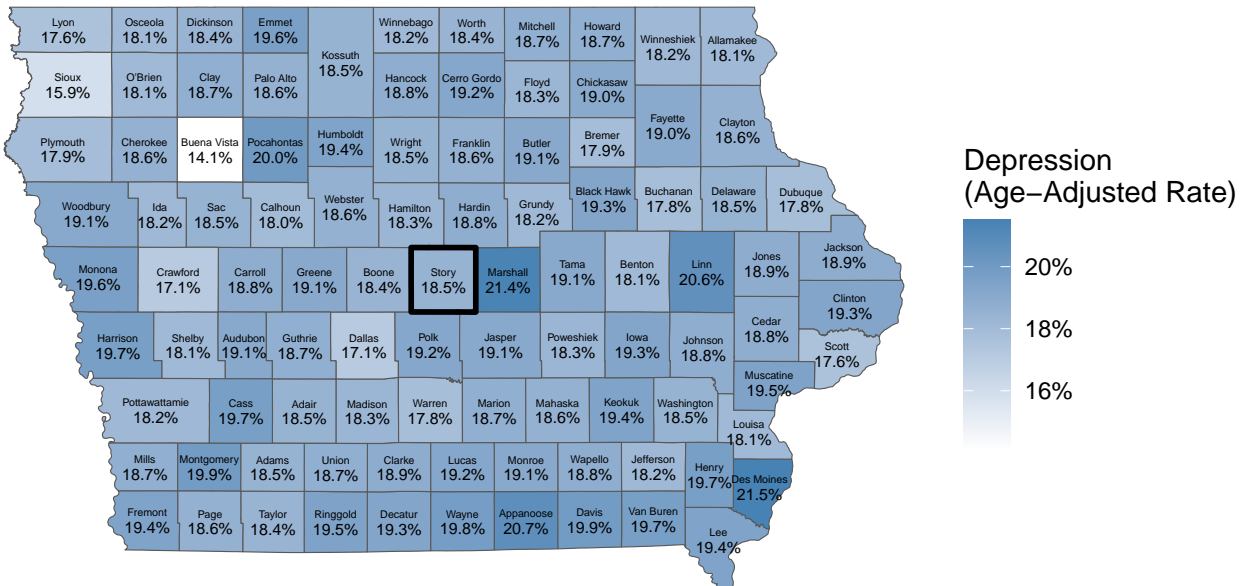
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Depression among adults aged >=18 years



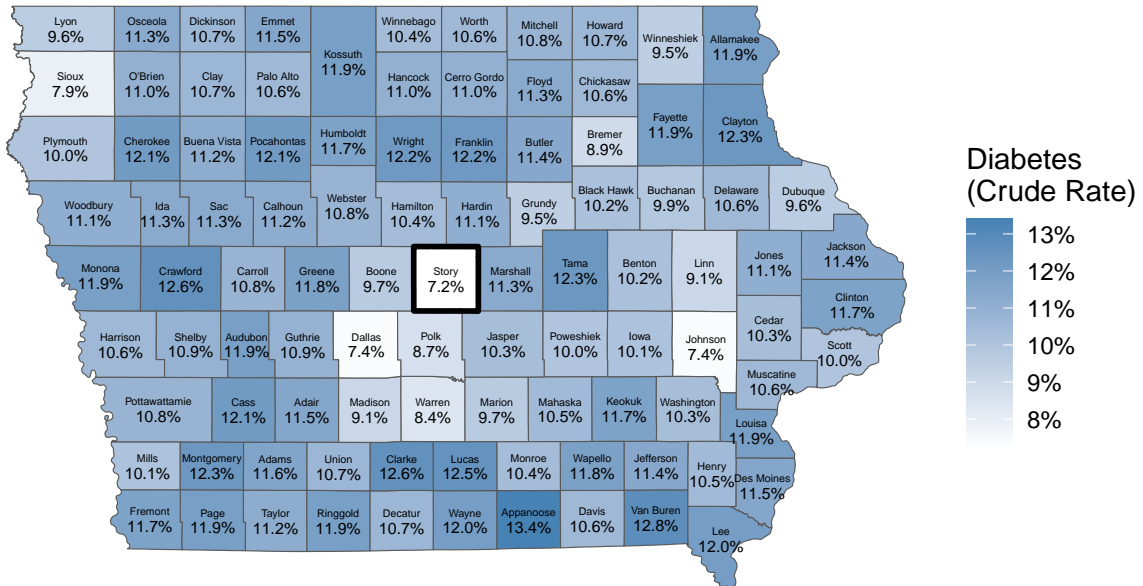
Data Source: CDC PLACES 2023 Release, BRFSS 2021



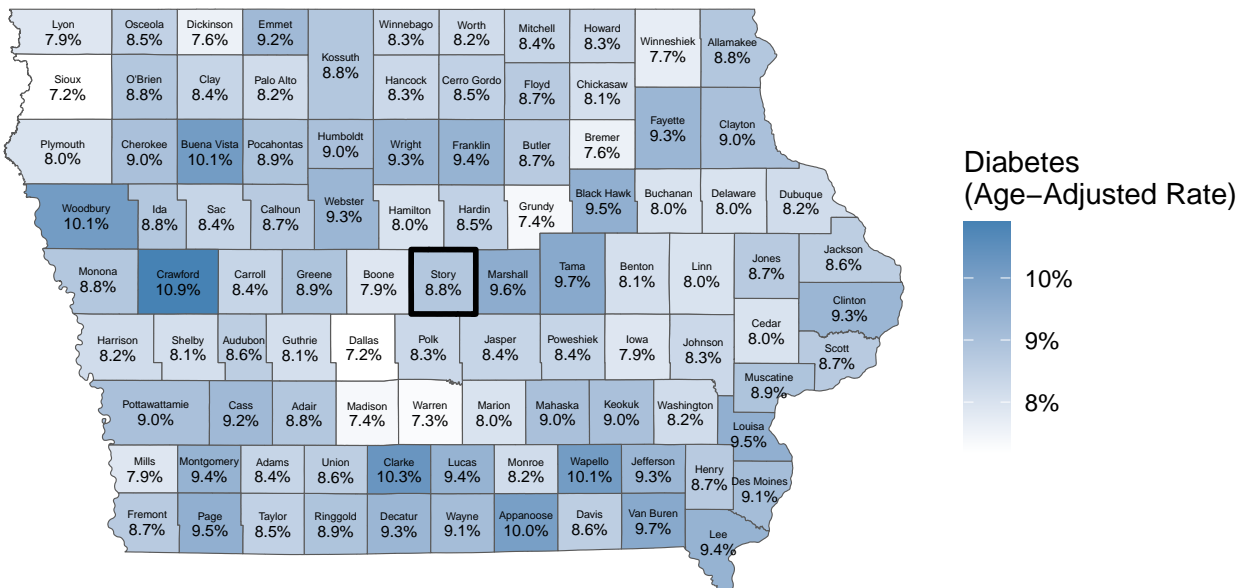
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Diagnosed diabetes among adults aged >=18 years



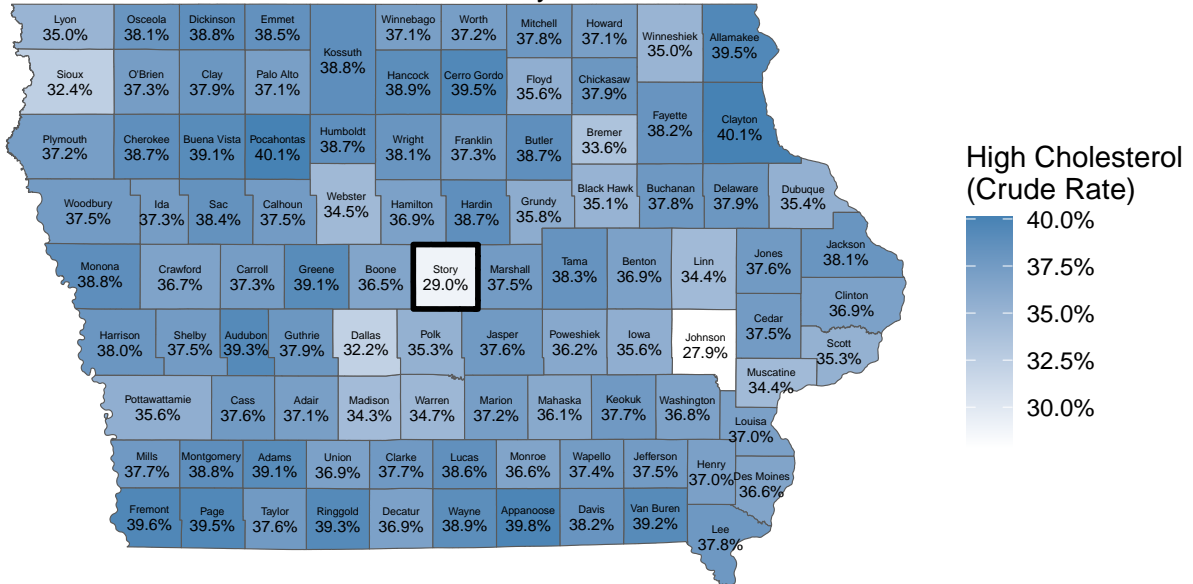
Data Source: CDC PLACES 2023 Release, BRFSS 2021



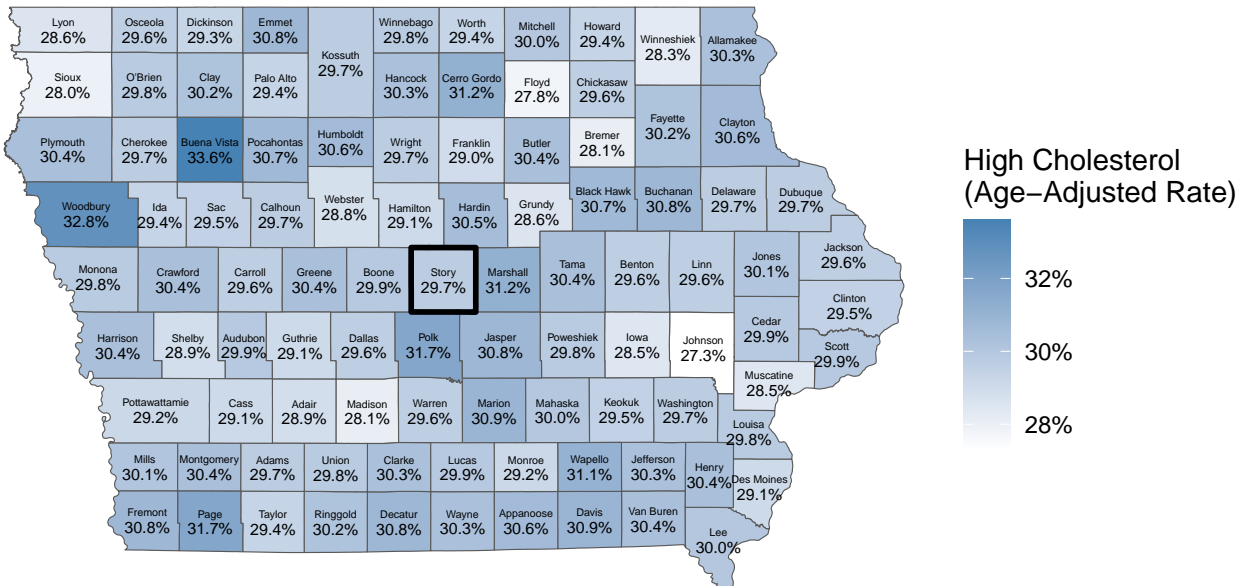
Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

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



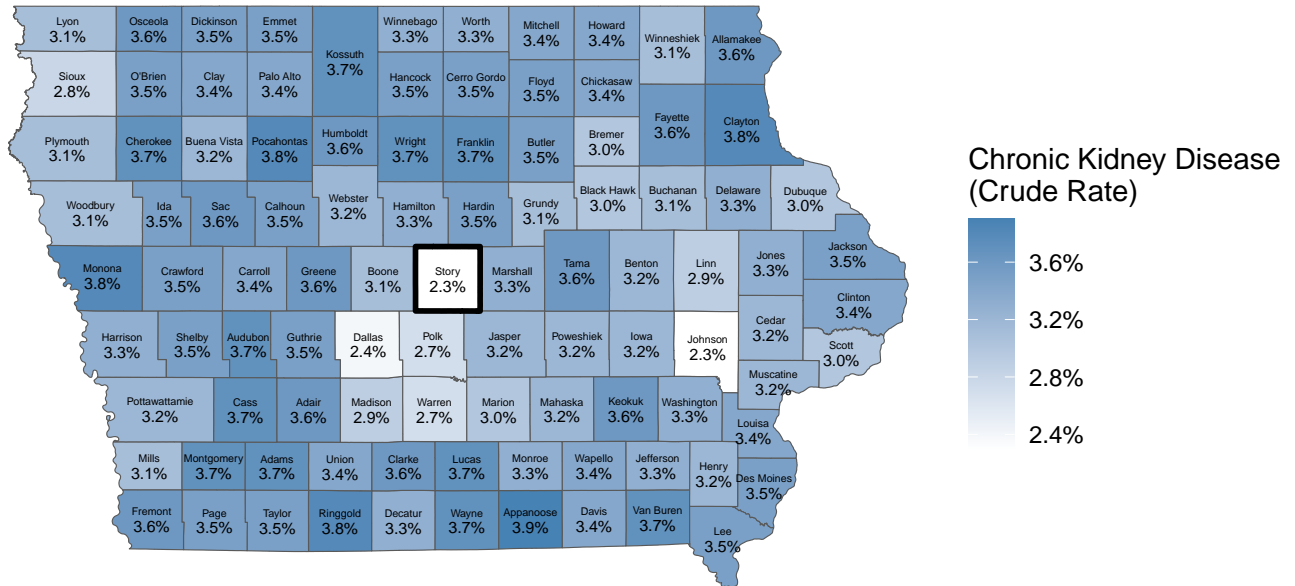
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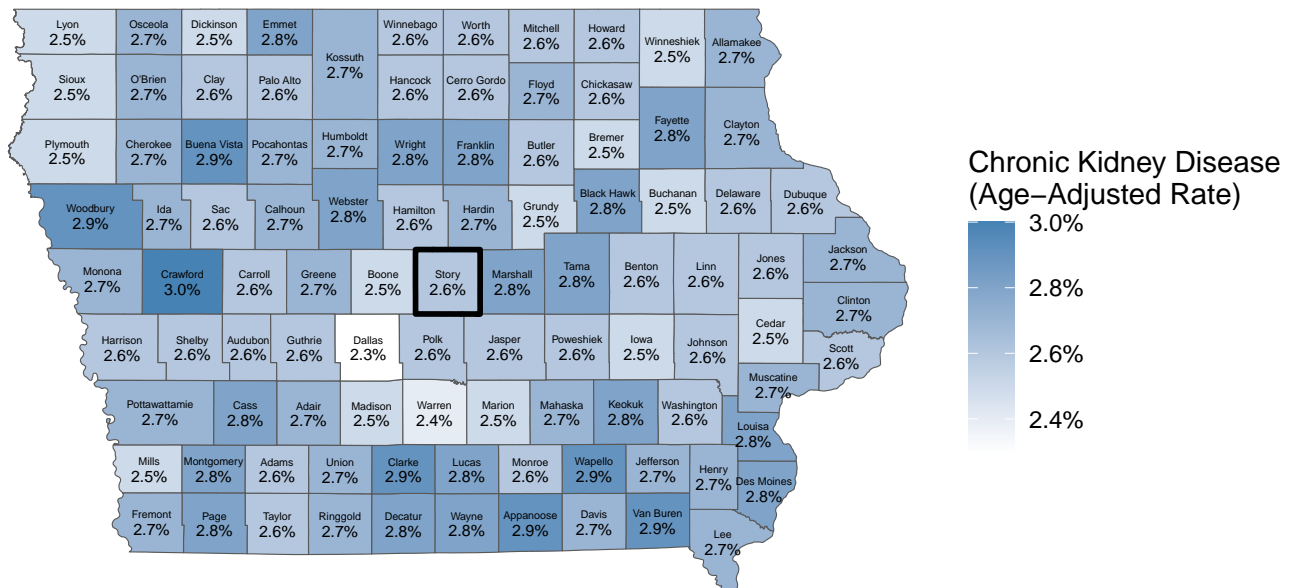
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Chronic kidney disease among adults aged ≥ 18 years



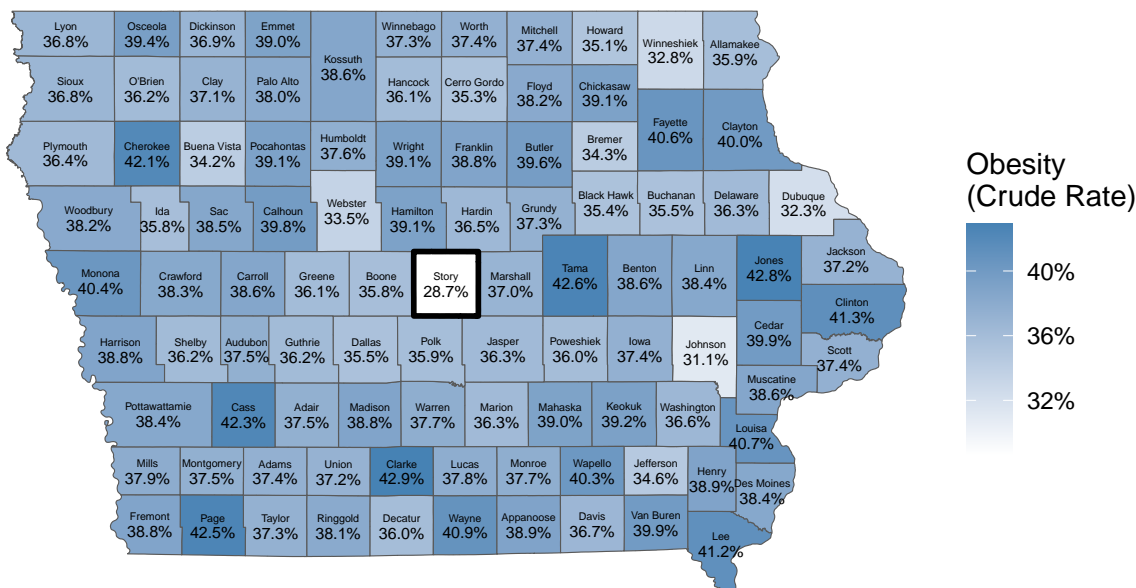
Data Source: CDC PLACES 2023 Release, BRFSS 2021



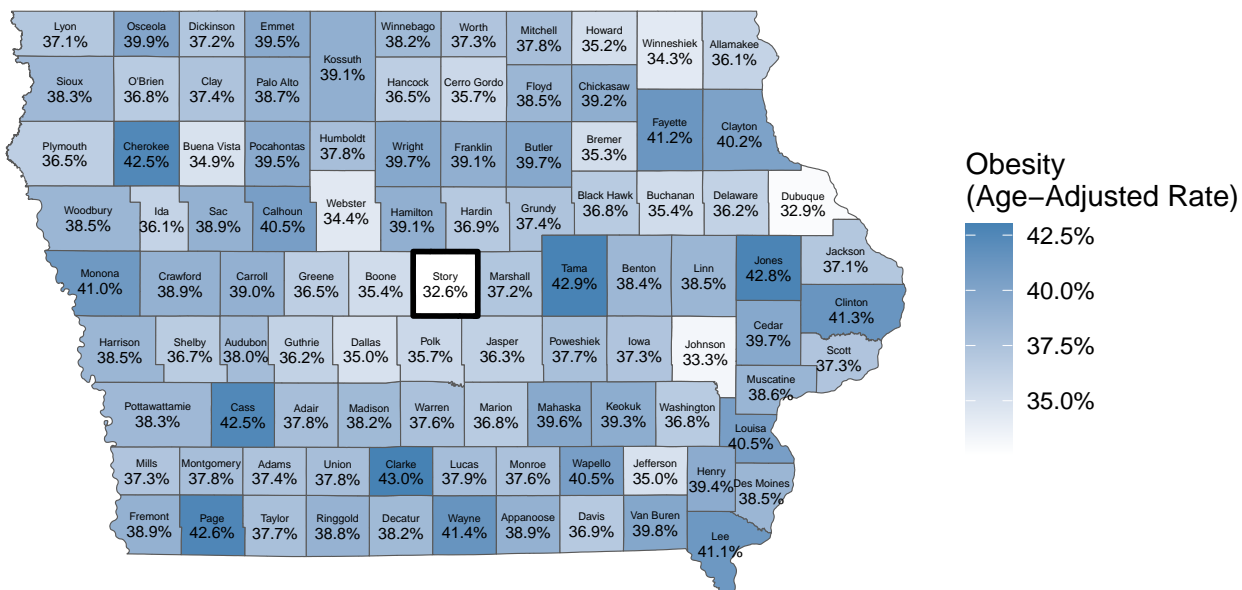
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Obesity among adults aged >=18 years



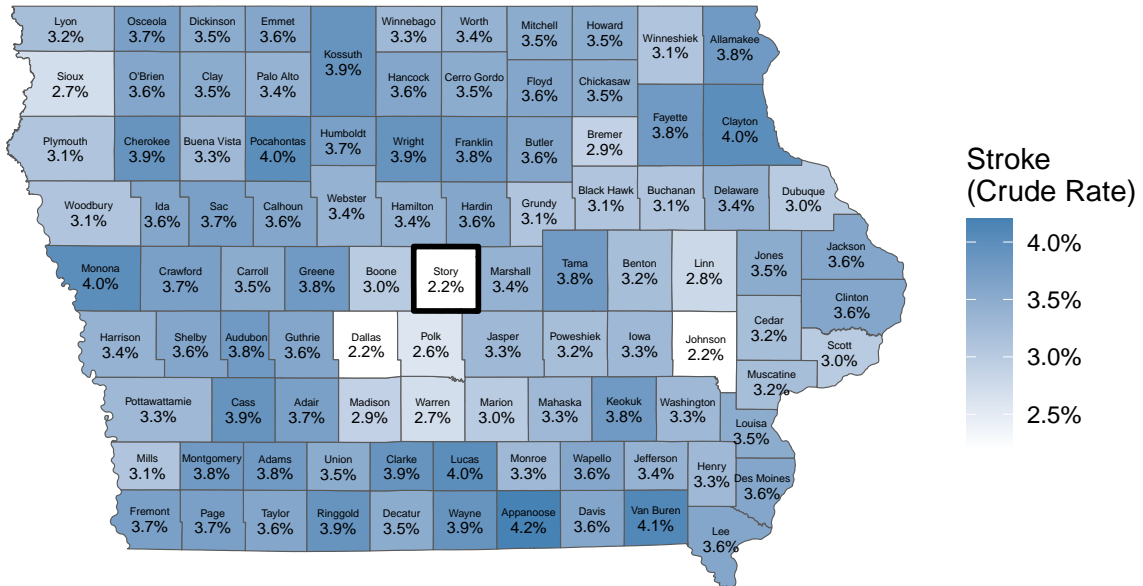
Data Source: CDC PLACES 2023 Release, BRFSS 2021



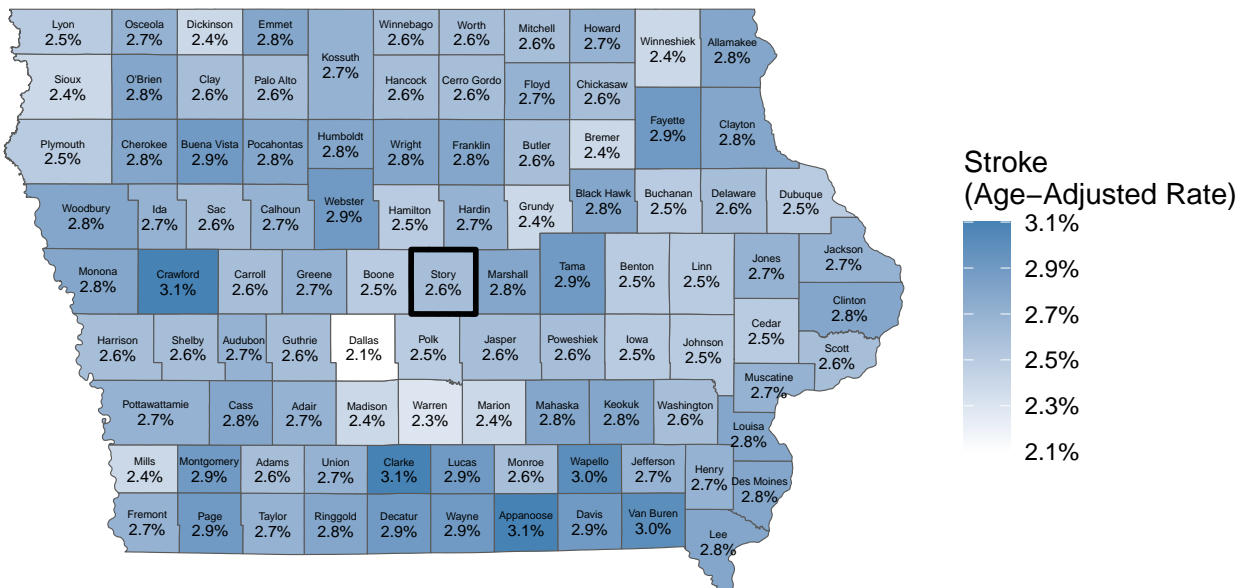
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Stroke

Stroke among adults aged >=18 years



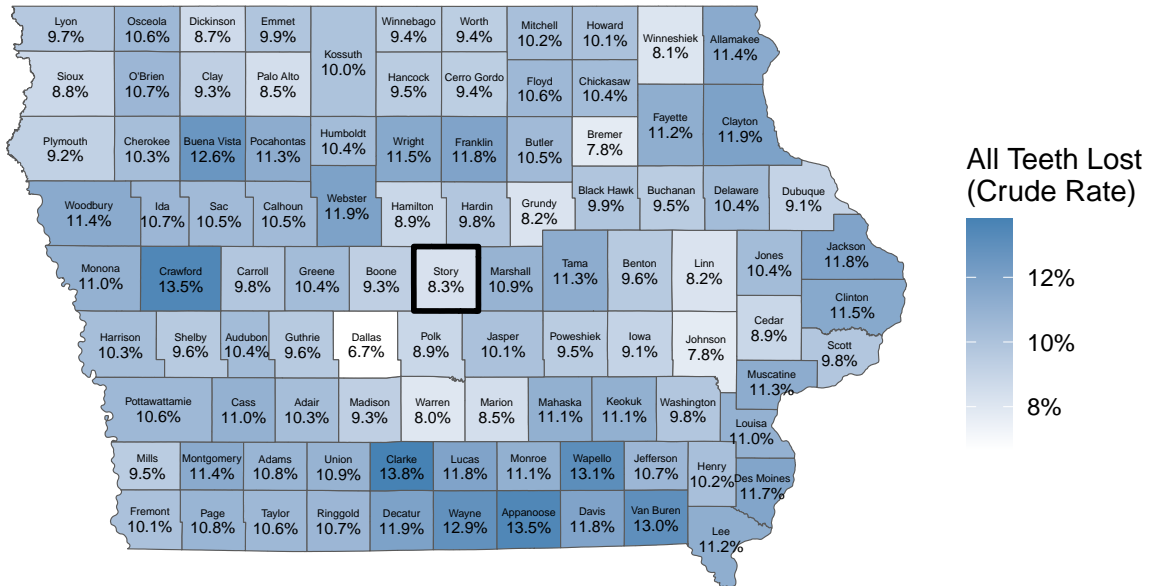
Data Source: CDC PLACES 2023 Release, BRFSS 2021



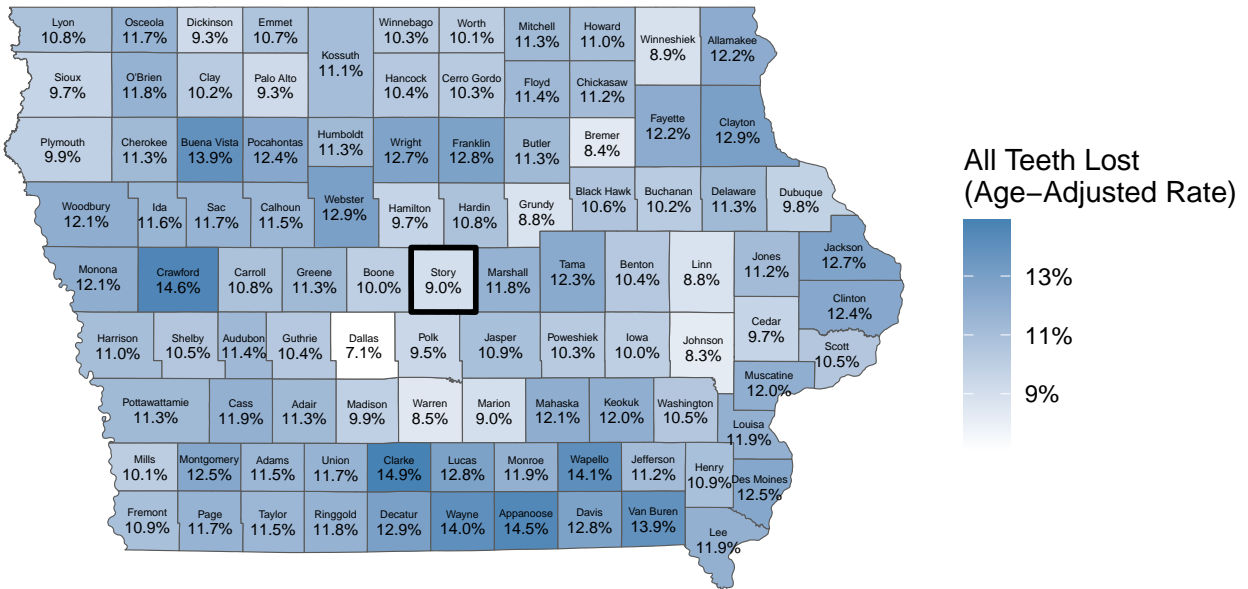
Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

All teeth lost among adults aged ≥ 65 years



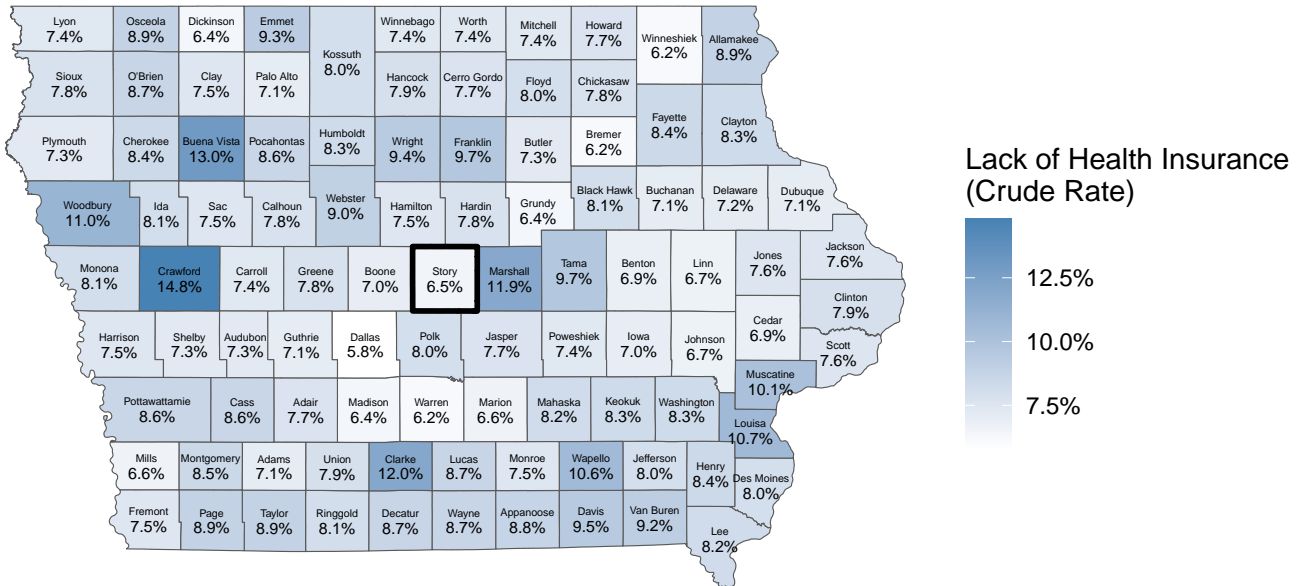
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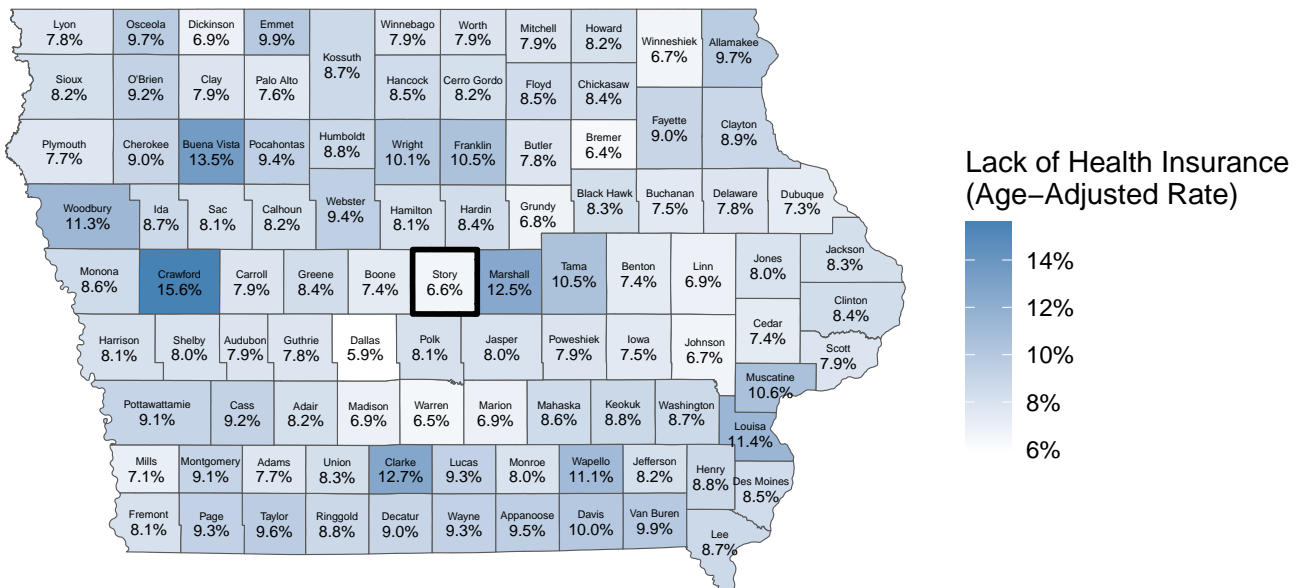
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Lack of Health Insurance

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



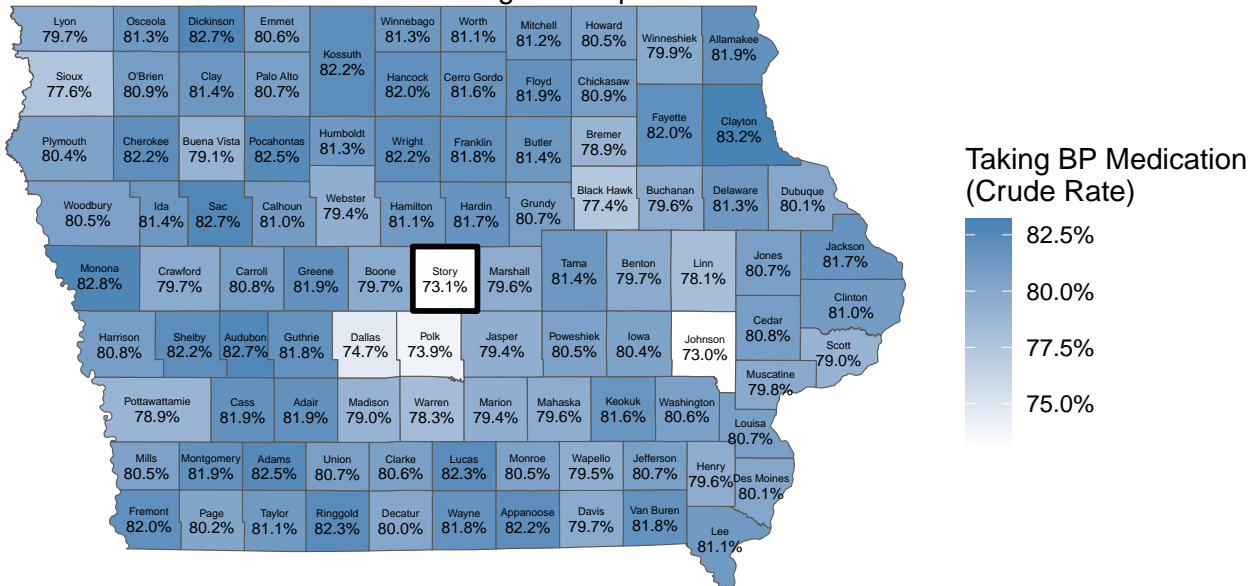
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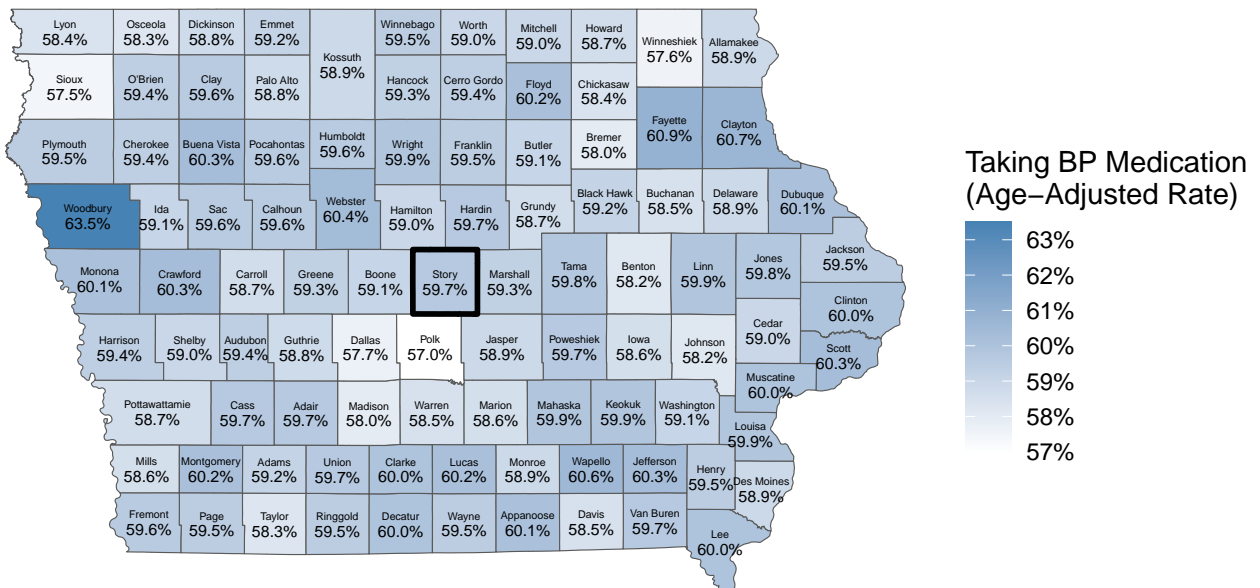
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Taking BP Medication

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



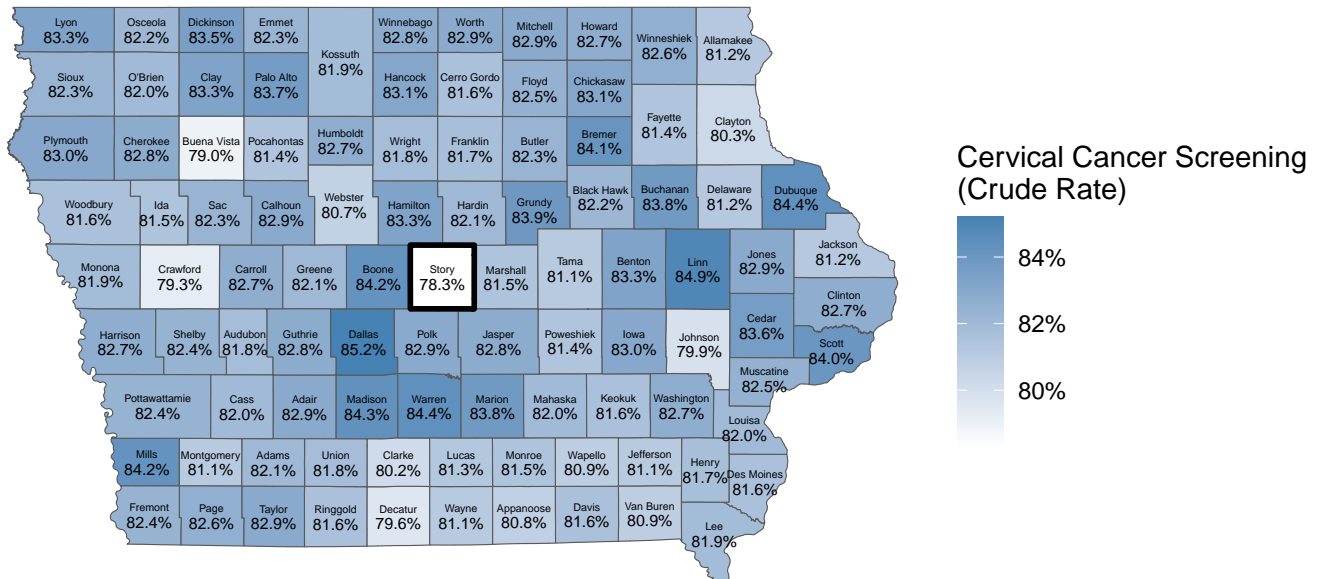
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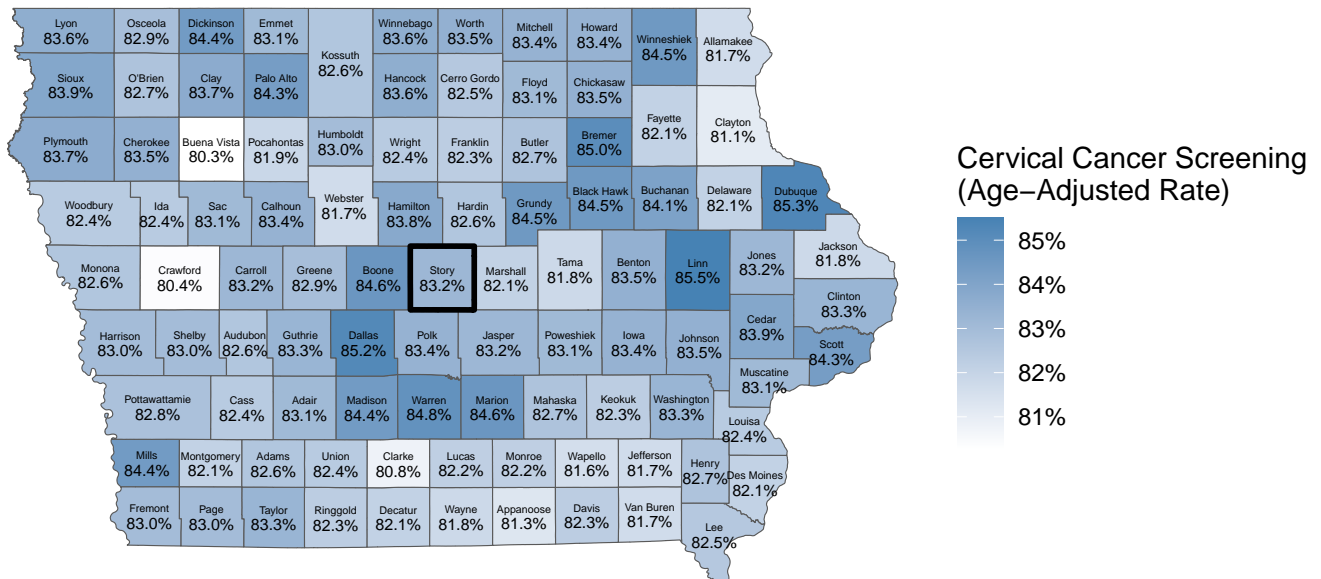
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years



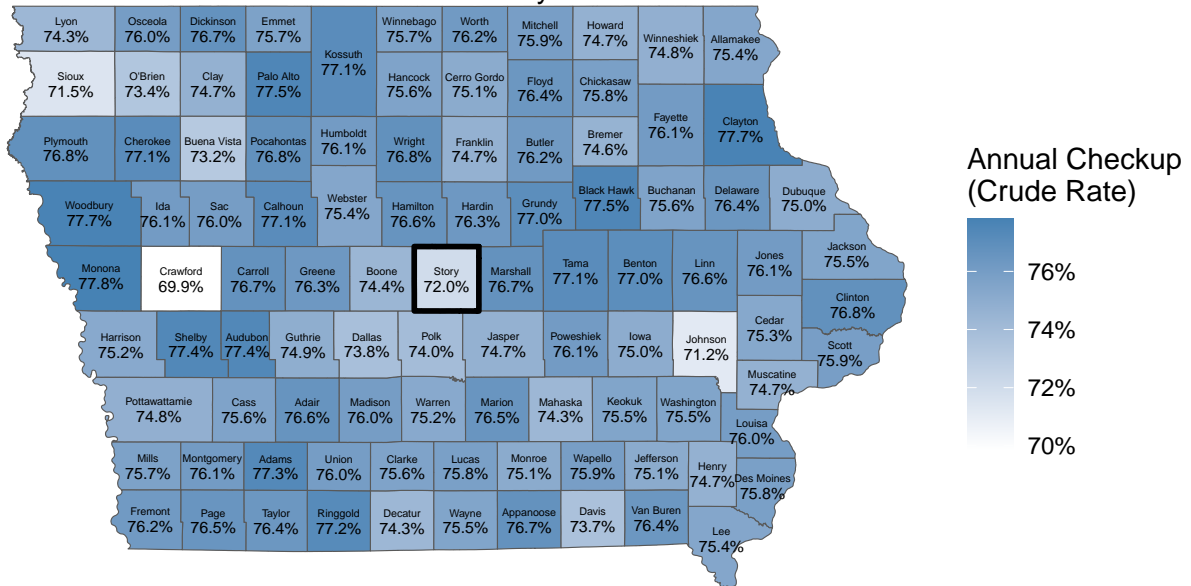
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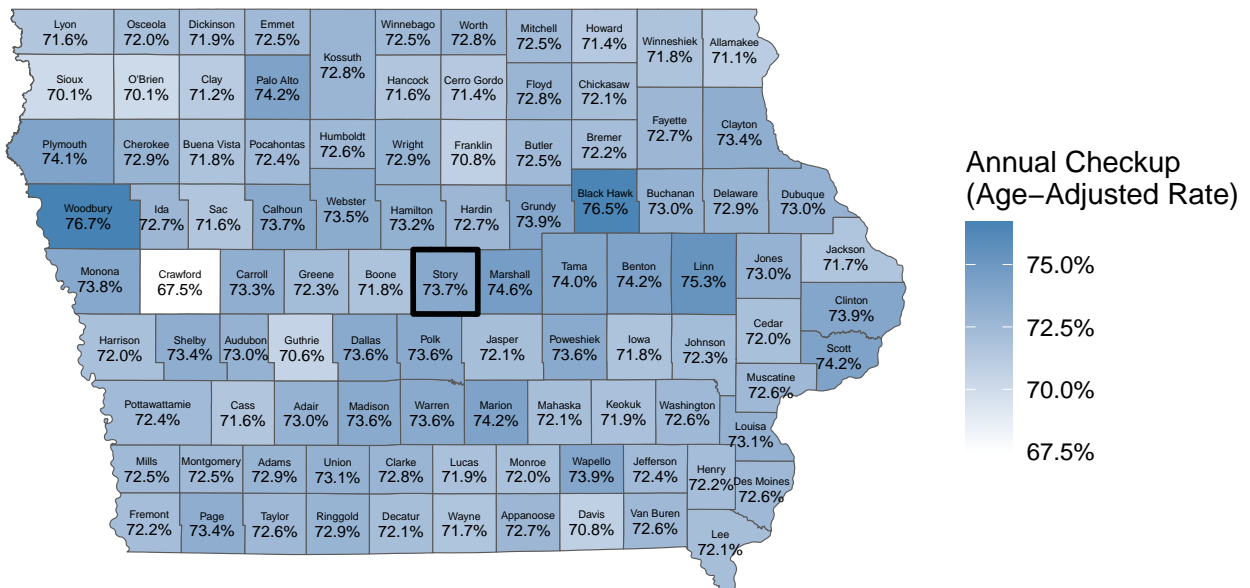
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

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



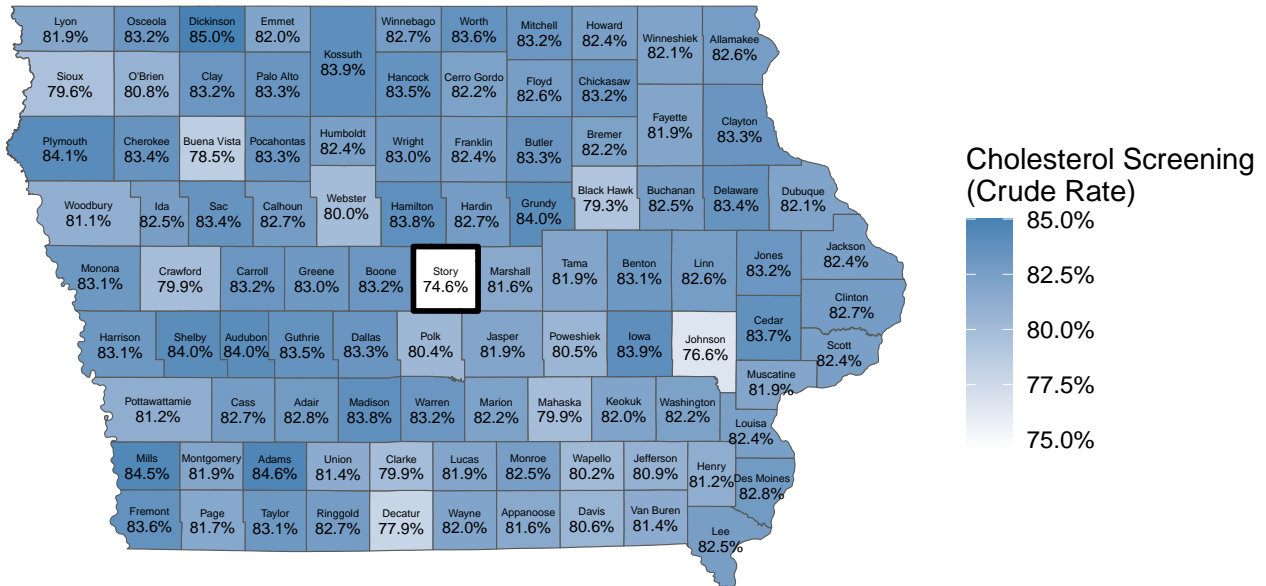
Data Source: CDC PLACES 2023 Release, BRFSS 2021



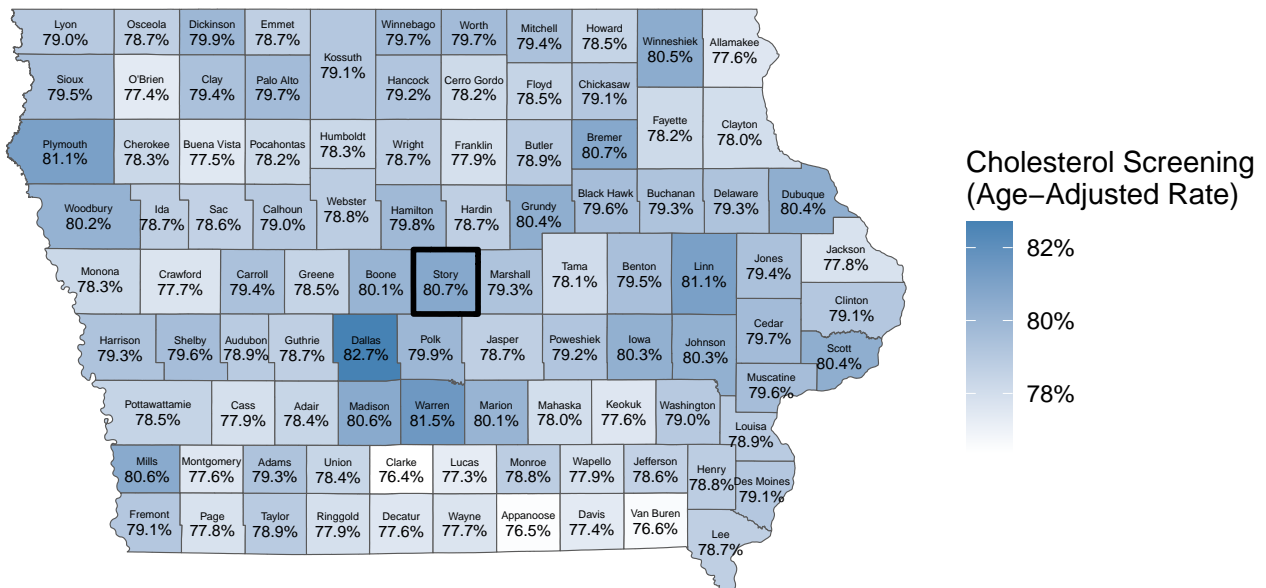
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Cholesterol screening among adults aged ≥ 18 years



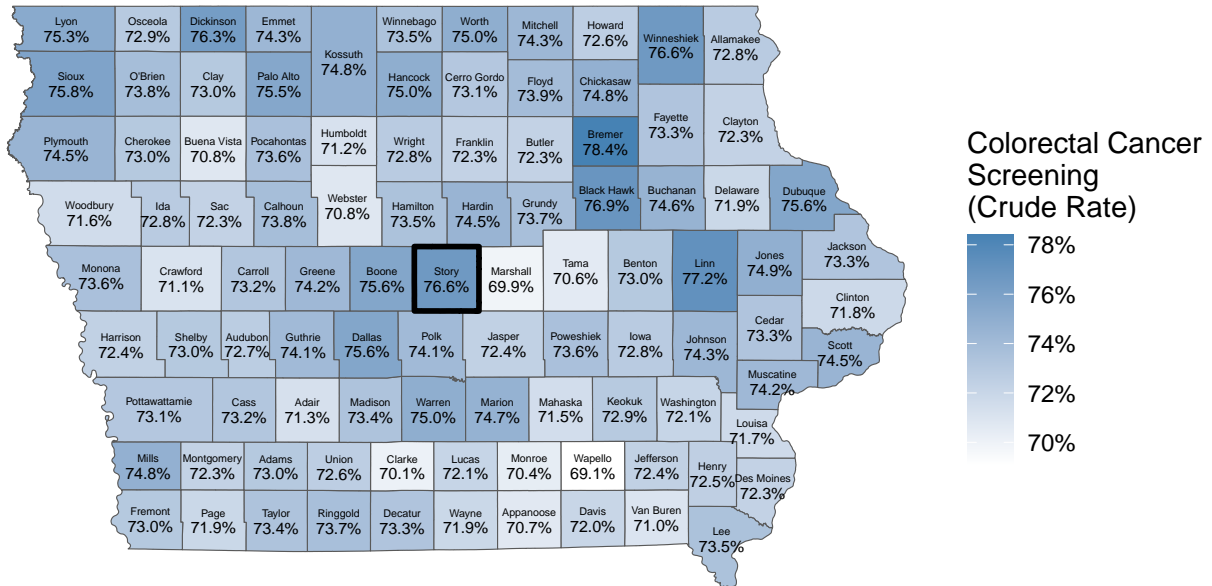
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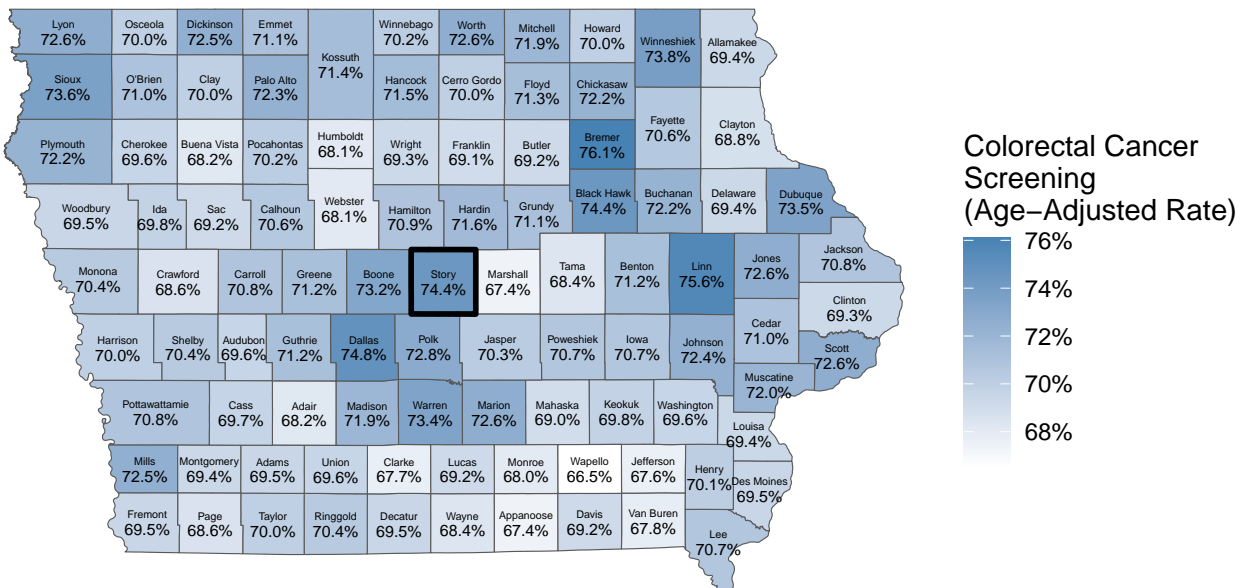
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



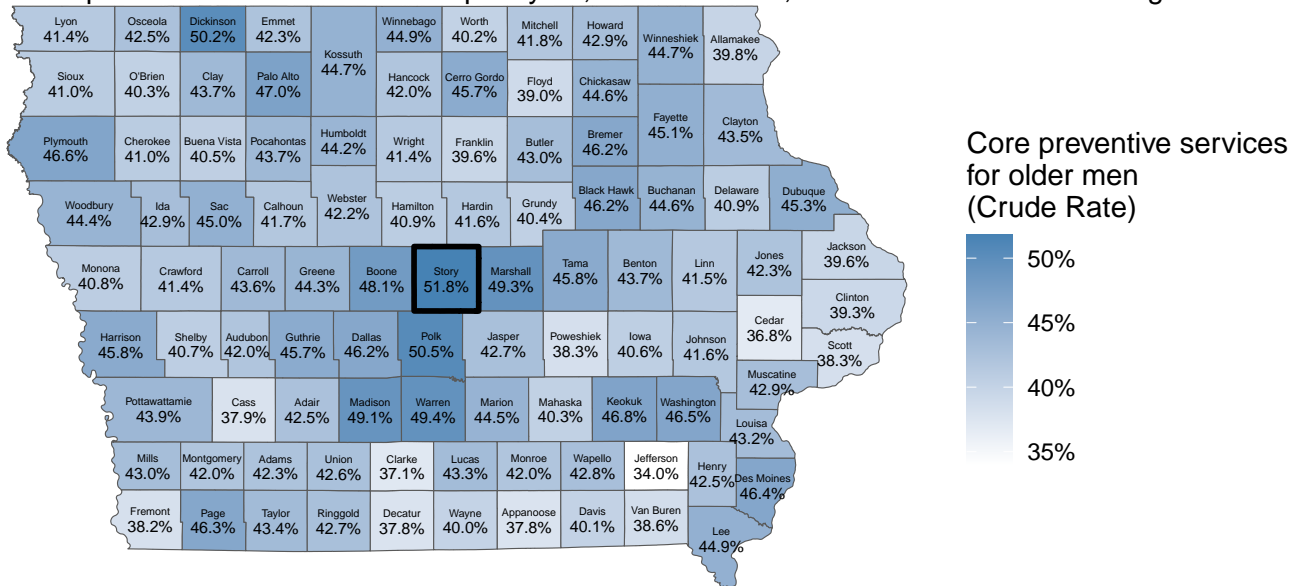
Data Source: CDC PLACES 2023 Release, BRFSS 2020



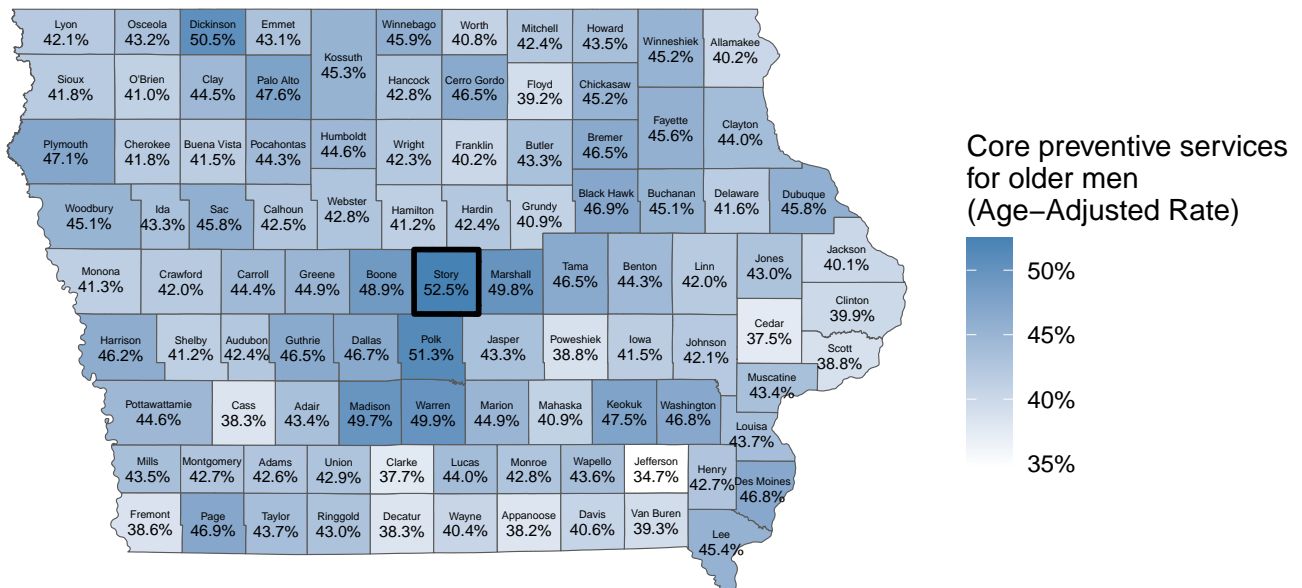
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Older adult men aged ≥ 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



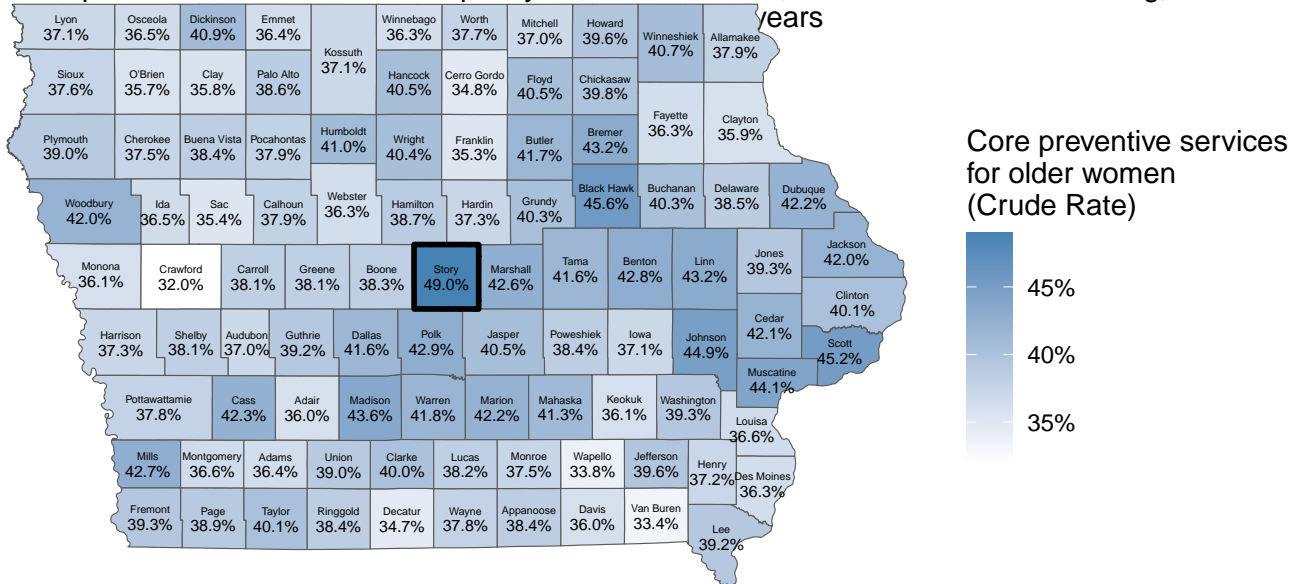
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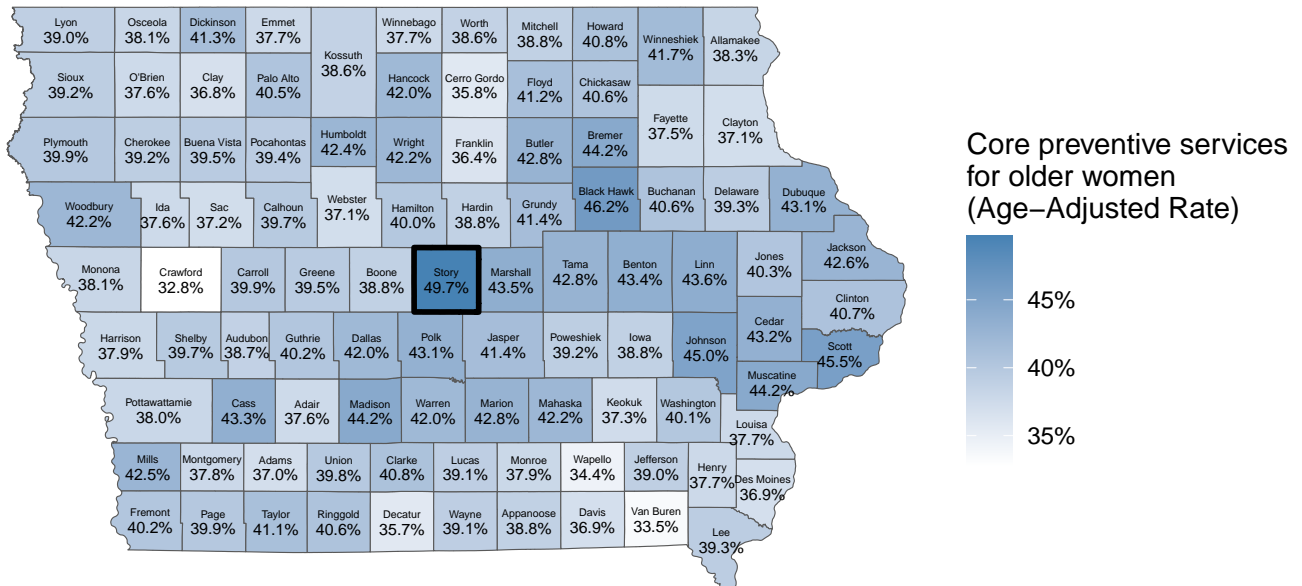
Data Source: CDC PLACES 2023 Release, BRFSS 2020

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,



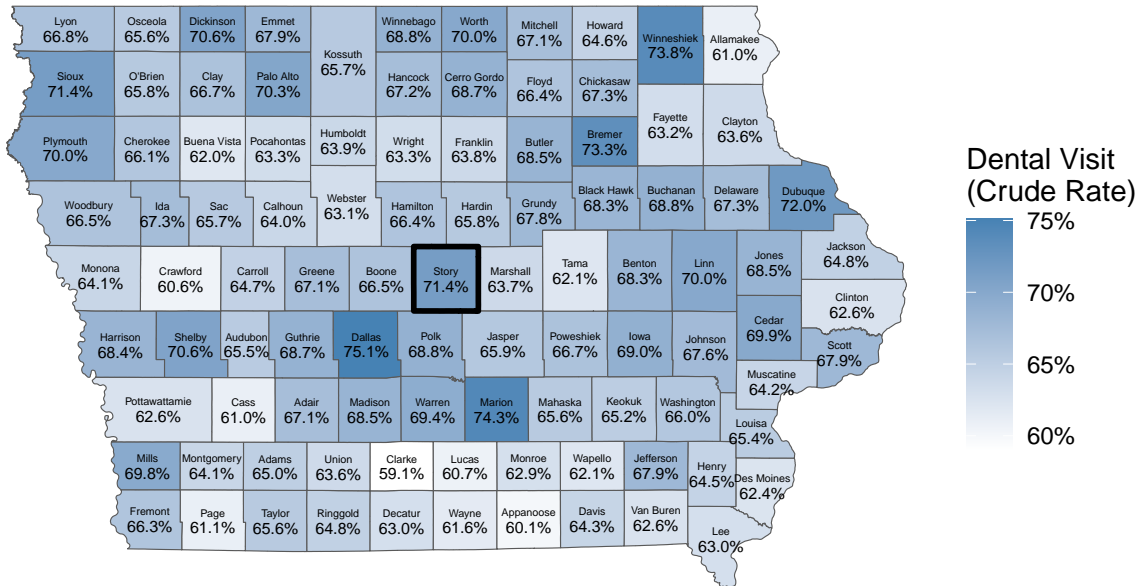
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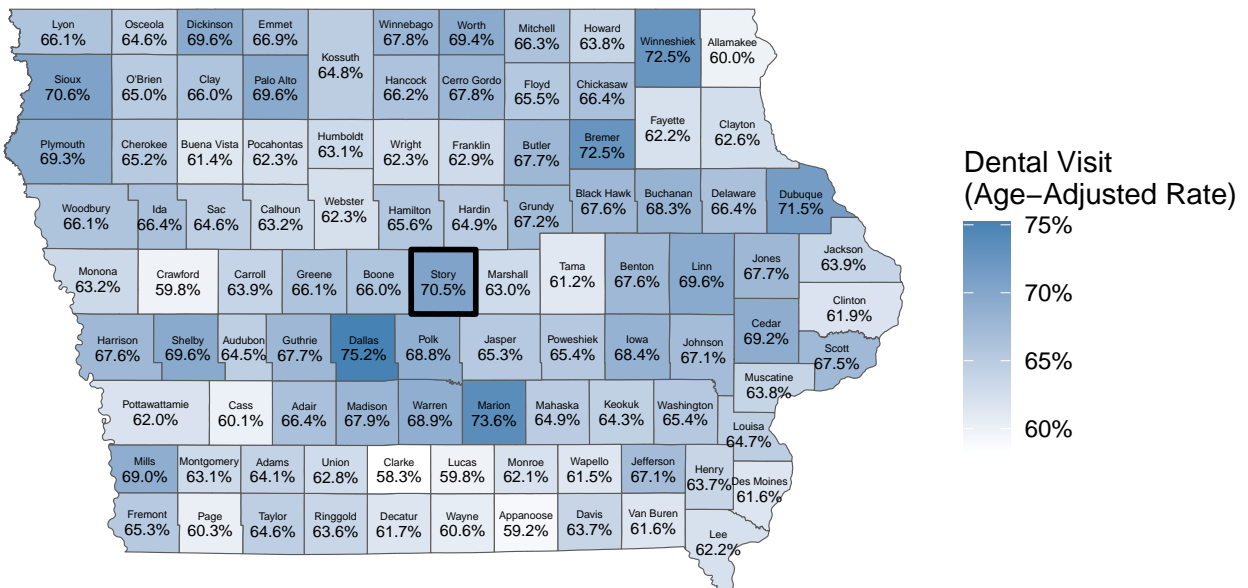
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

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



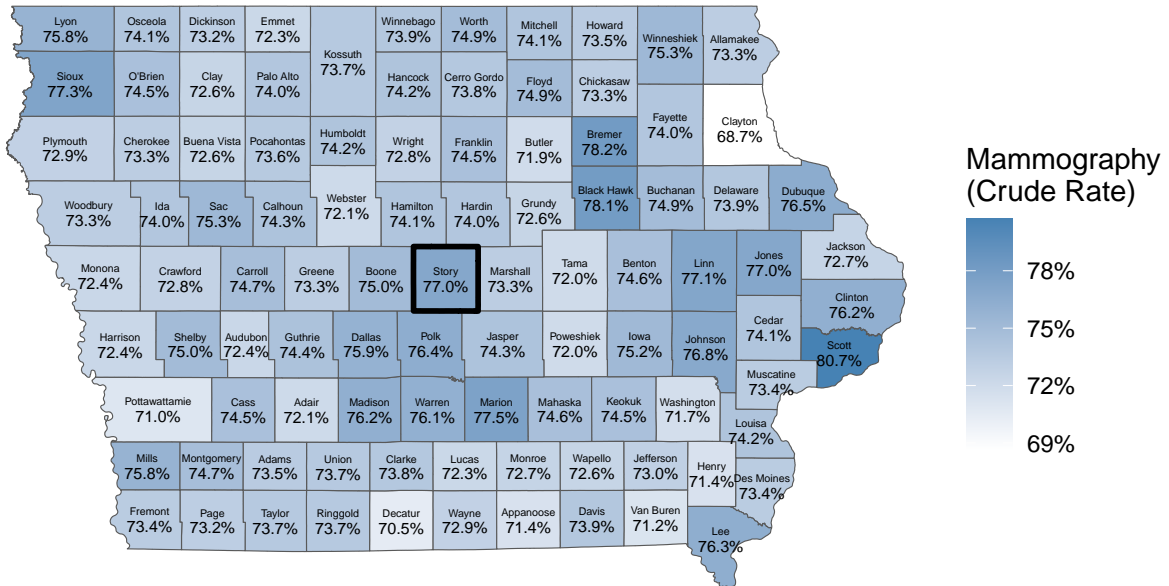
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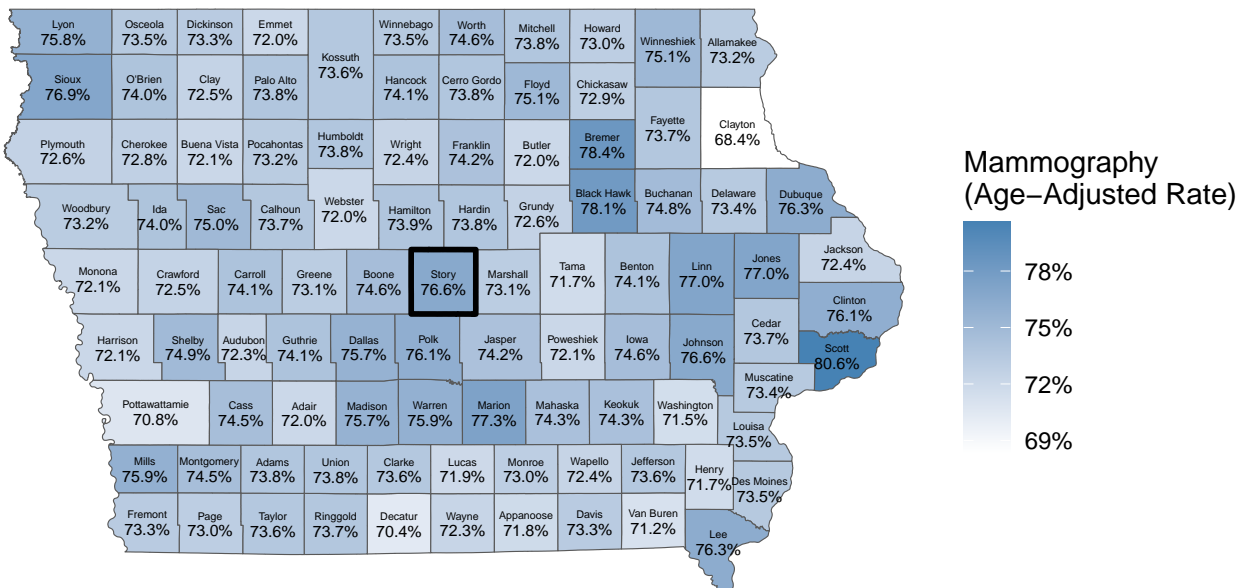
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Mammography use among women aged 50–74 years



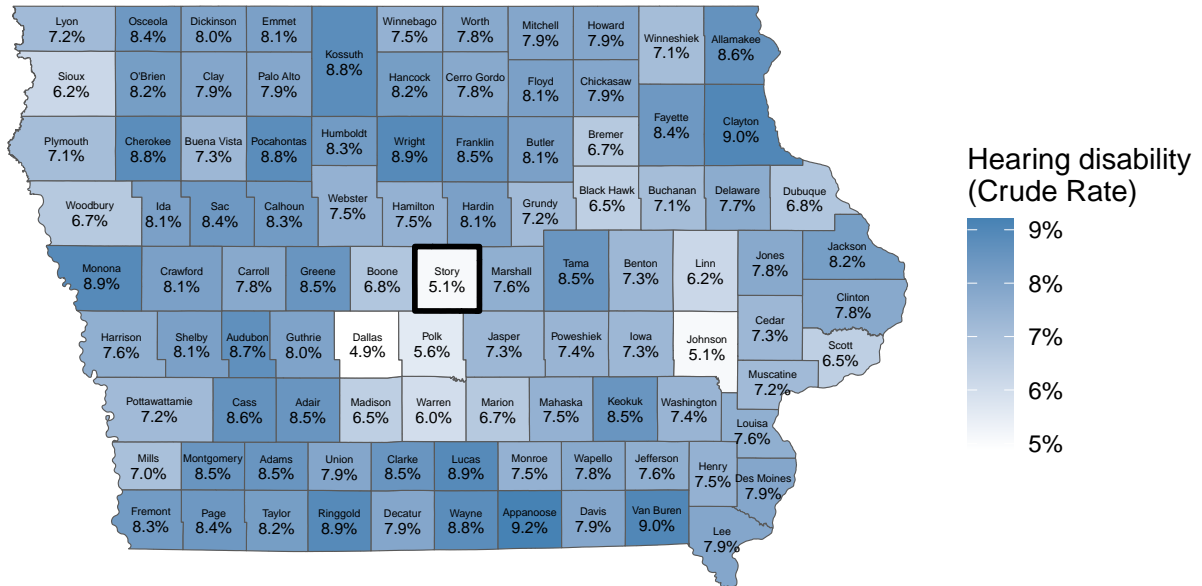
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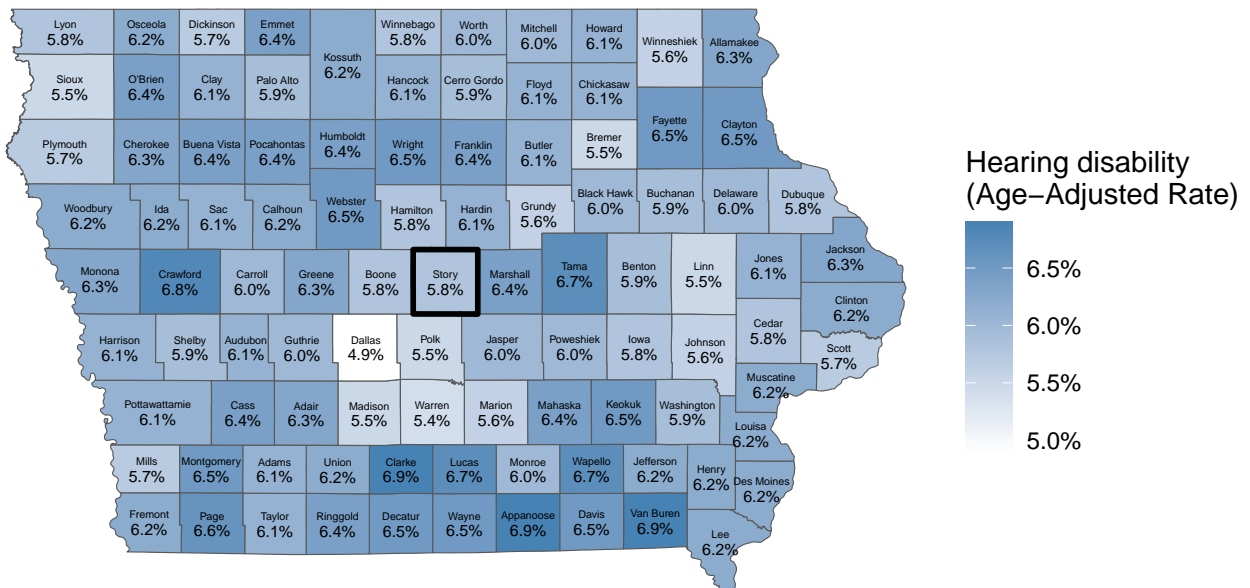
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Hearing disability

Hearing disability among adults aged ≥ 18 years



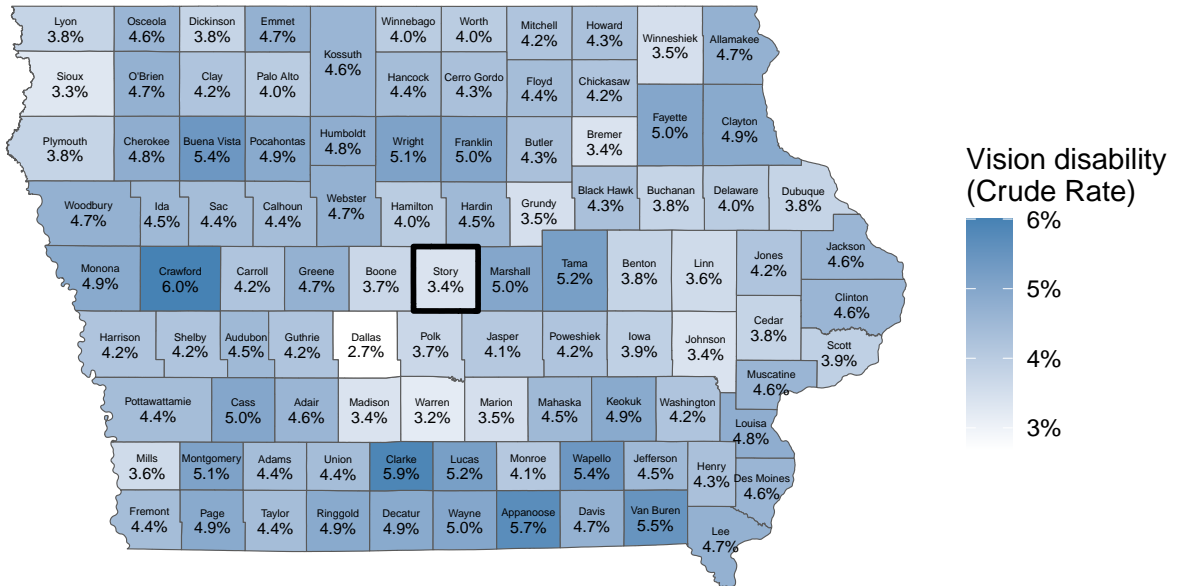
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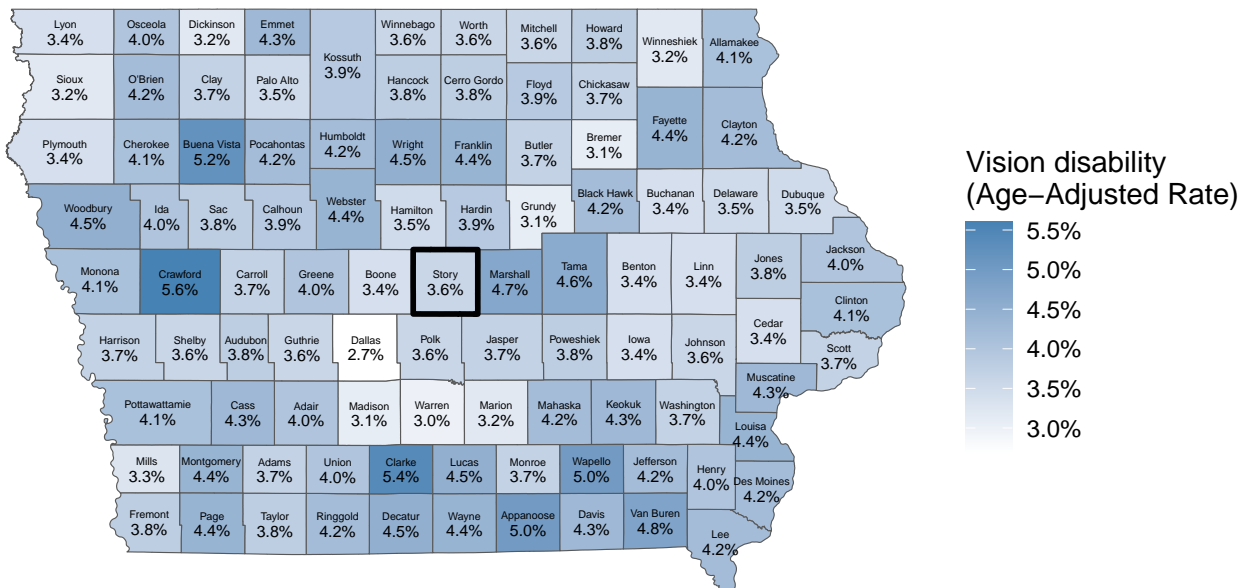
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Vision disability among adults aged >=18 years



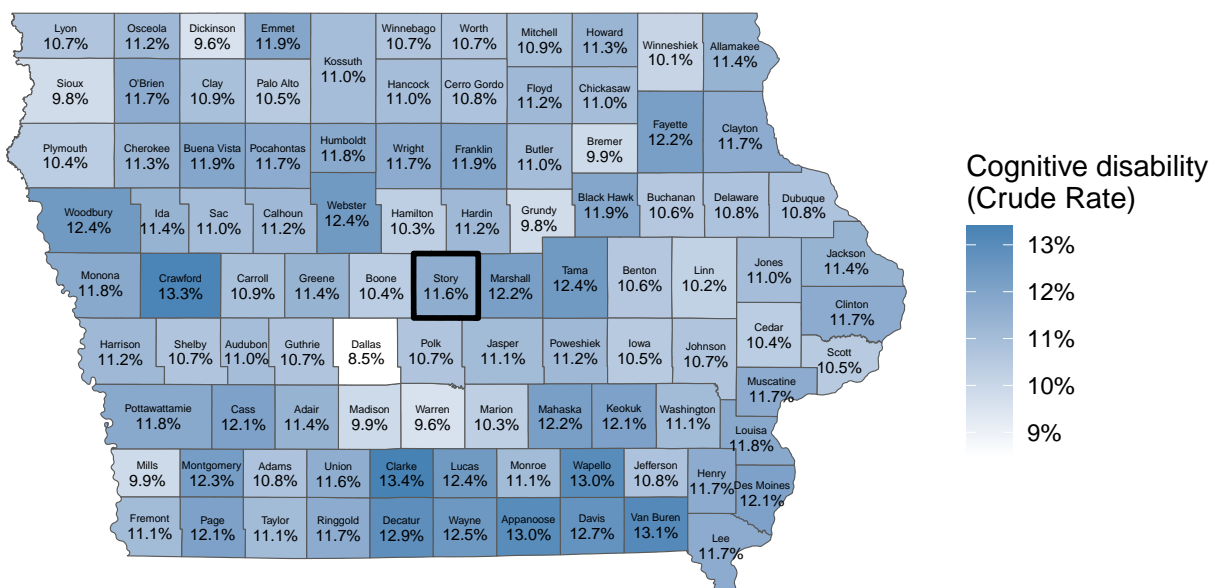
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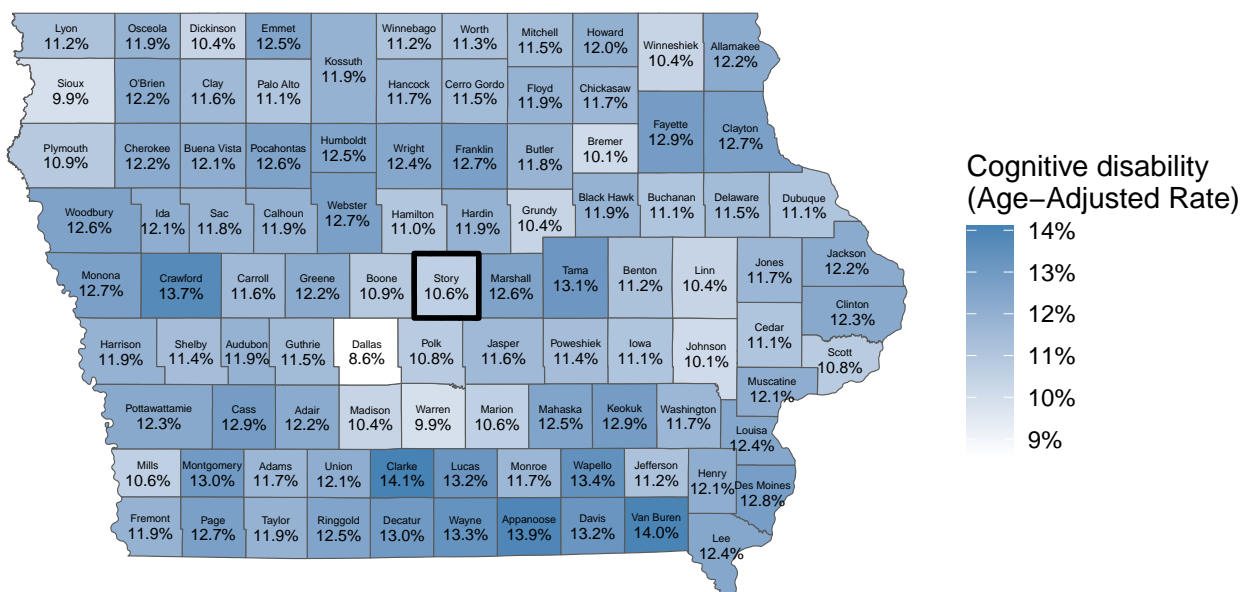
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Cognitive disability among adults aged >=18 years



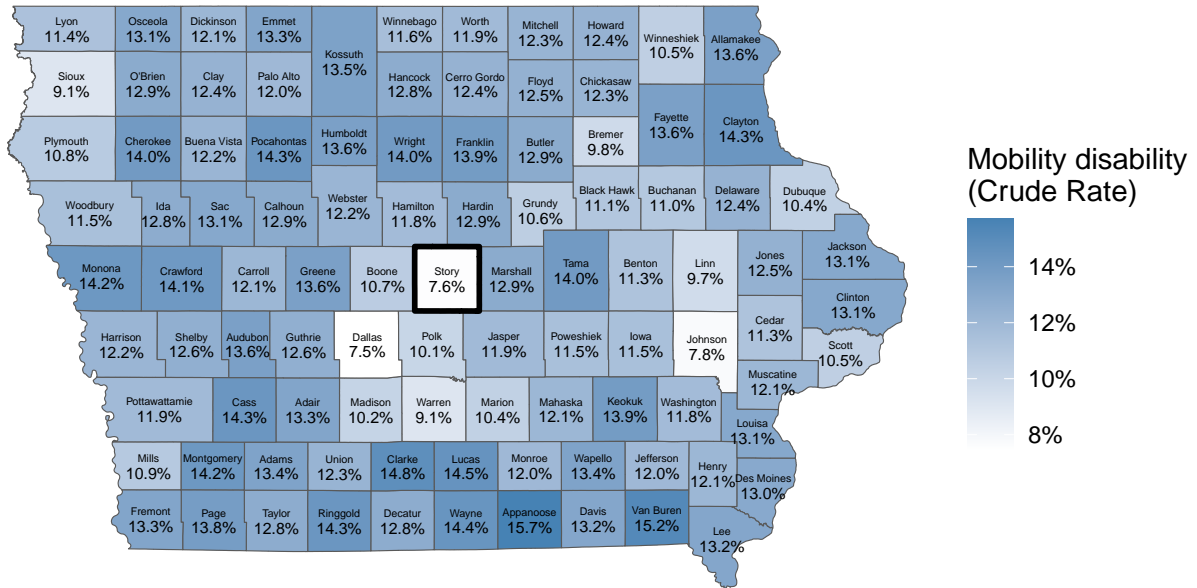
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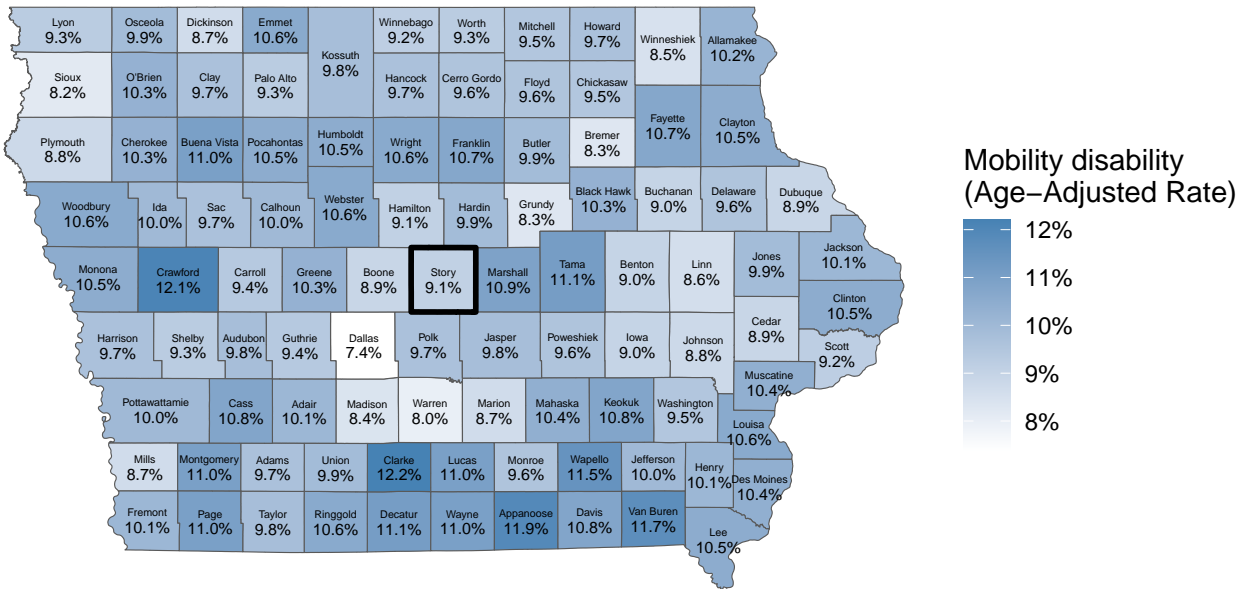
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Mobility disability among adults aged ≥ 18 years



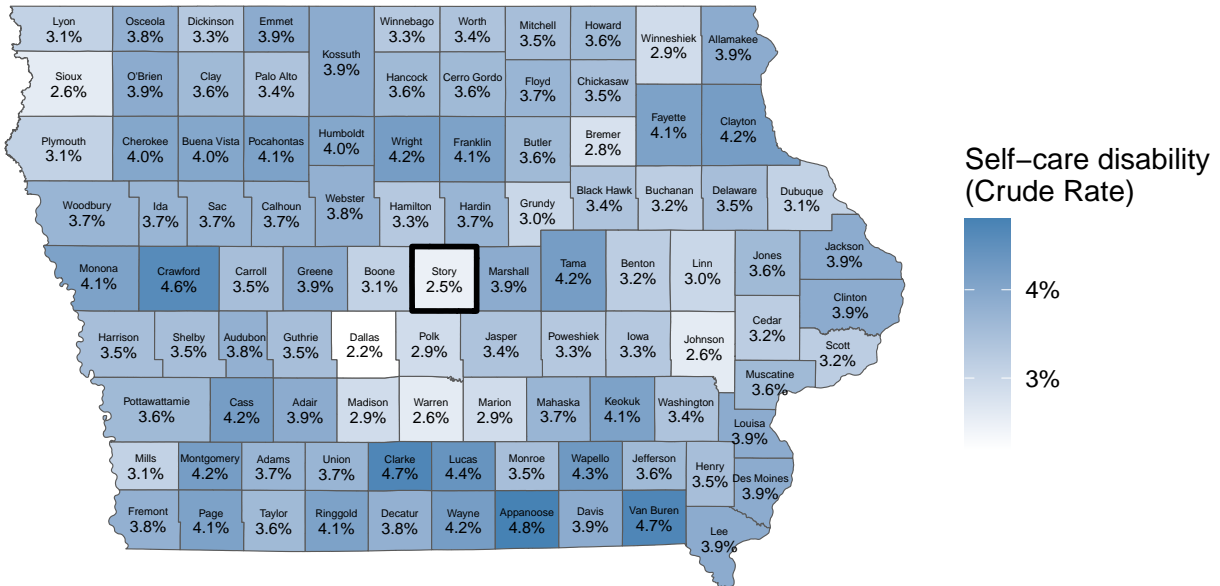
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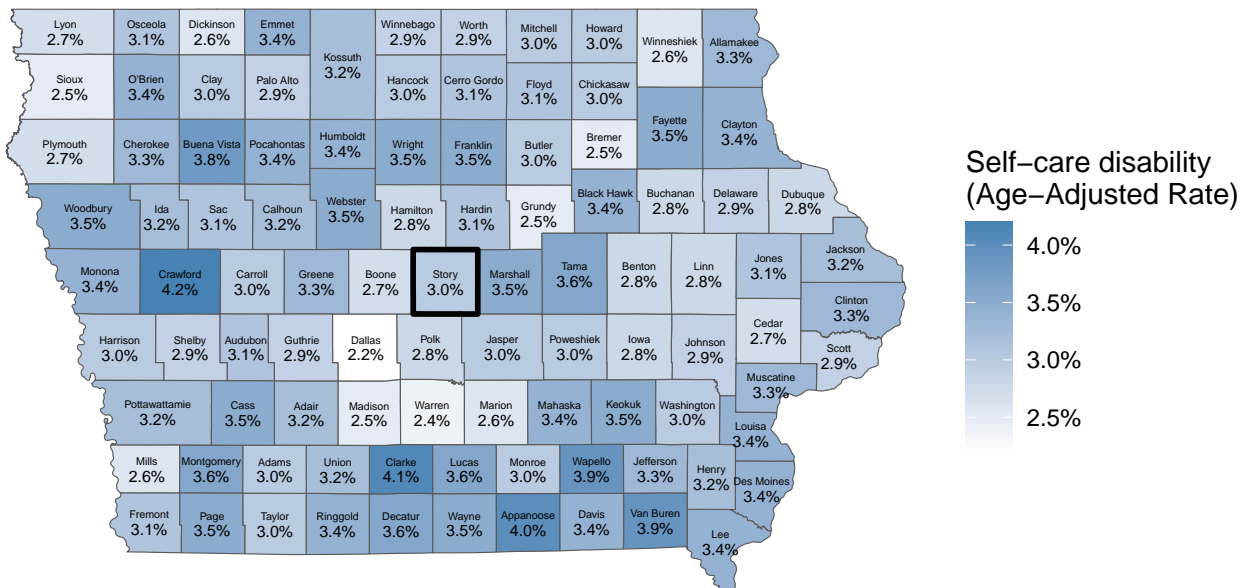
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Self-care disability among adults aged >=18 years



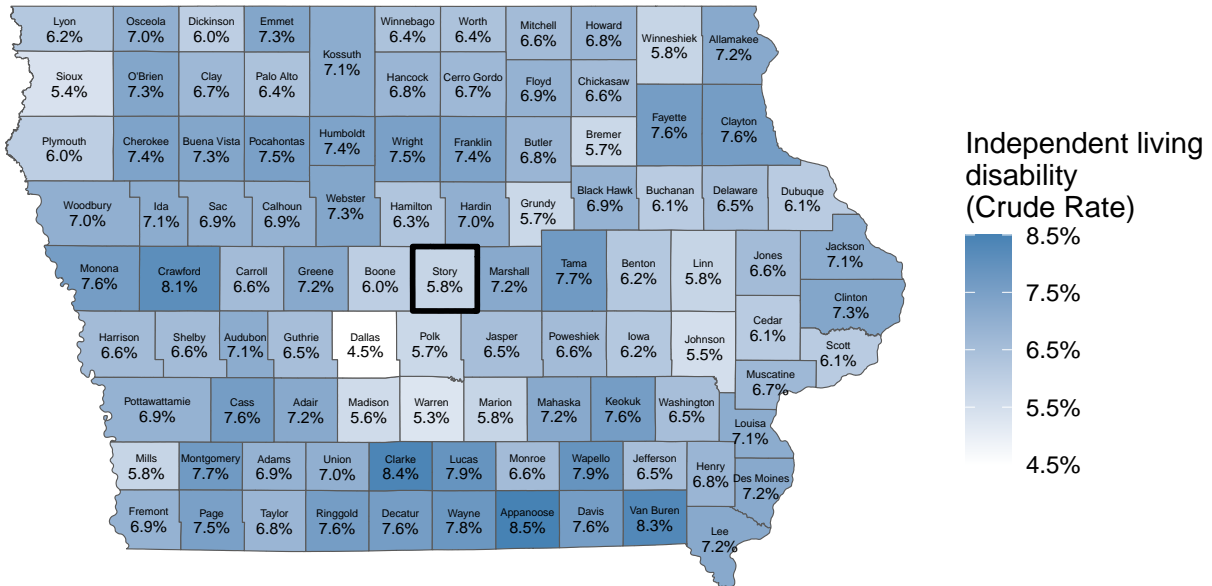
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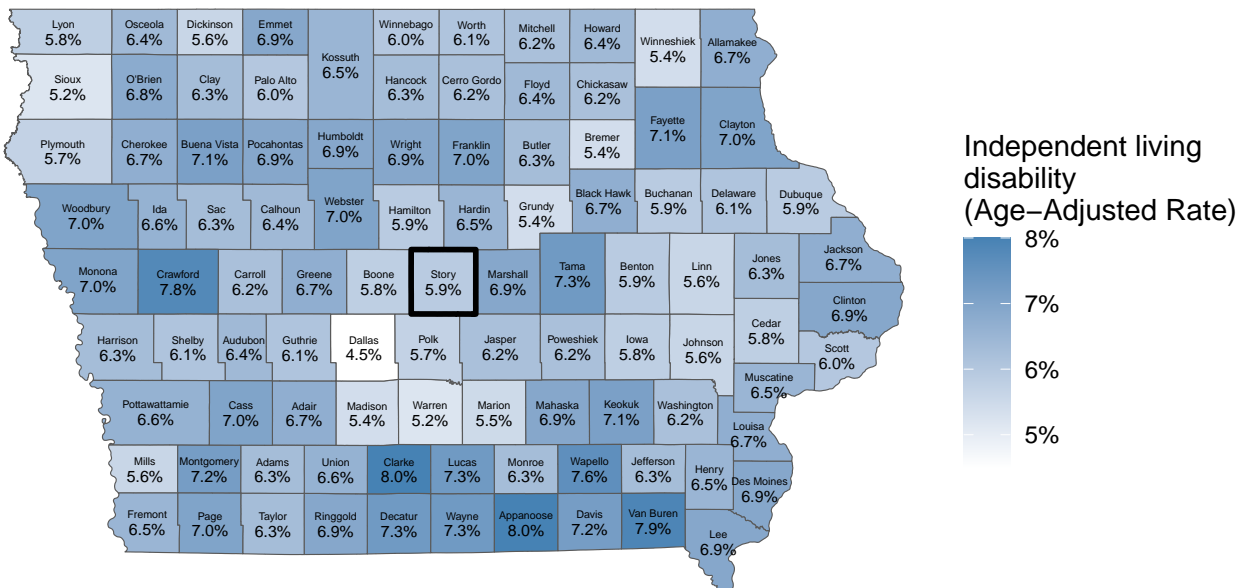
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Independent living disability among adults aged ≥ 18 years



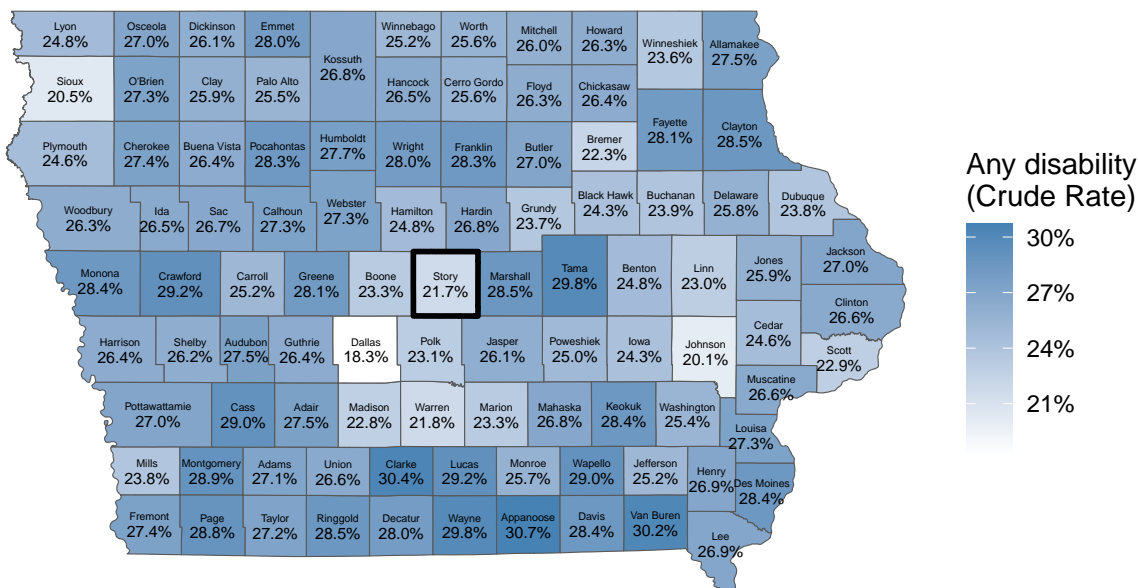
Data Source: CDC PLACES 2023 Release, BRFSS 2021



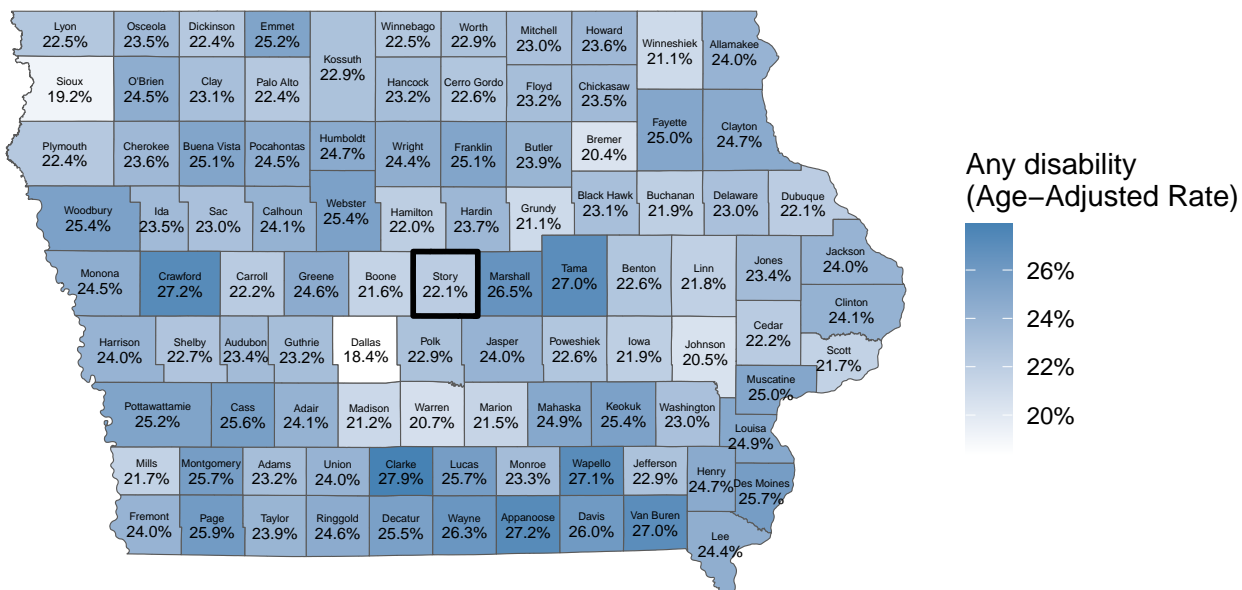
Data Source: CDC PLACES 2023 Release, BRFSS 2021

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