



## 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 Wapello County: Overview

Dear Community Members & Stakeholders of Wapello 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 Wapello County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Wapello 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 Wapello 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	Micropolitan County Rank	Health Domain	Statewide County Rank	Micropolitan County Rank
Cancer (except skin)	12th	2nd	Cancer (except skin)	4th	2nd
Binge Drinking	28th	5th	Taking BP Medication	4th	1st
Hearing Disability	42nd	8th	Binge Drinking	4th	3rd
Chronic Kidney Disease	44th	8th	Annual Checkup	11th	3rd
High Cholesterol	46th	8th	Core preventive services for older men	43rd	9th



# 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	Micropolitan County Rank	Health Domain	Statewide County Rank	Micropolitan County Rank
Colorectal Cancer Screening	99th	15th	Colorectal Cancer Screening	99th	15th
Core preventive services for older women	97th	15th	Arthritis	98th	15th
Current Smoking	97th	15th	Core preventive services for older women	97th	15th
All Teeth Lost	96th	15th	Physical Inactivity	97th	15th
Physical Inactivity	95th	15th	All Teeth Lost	96th	15th

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 Wapello 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

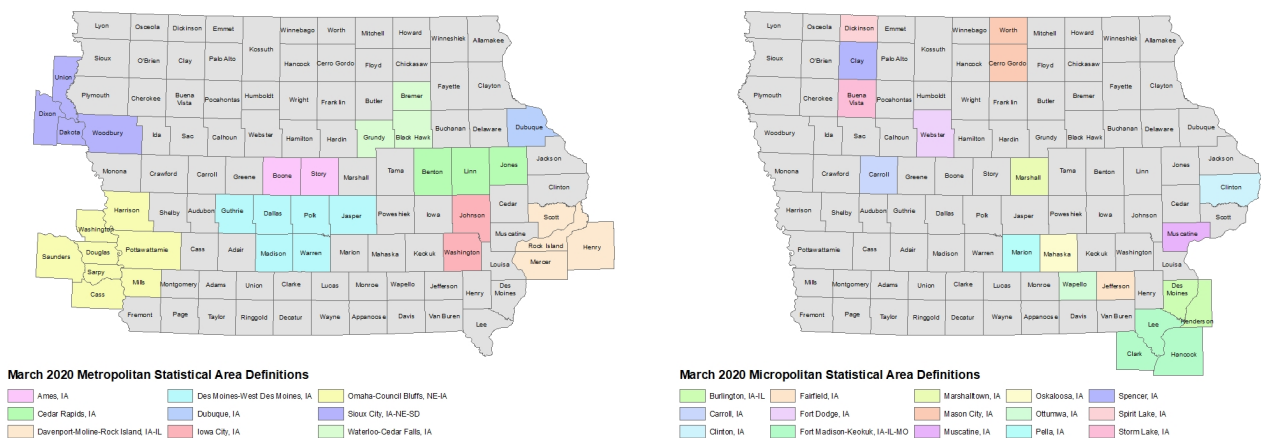
The purpose of the Iowa County Health Snapshot Series is to provide an overview of health in Wapello County that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Wapello County, a review of risky behaviors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

With a population of 35,256, Wapello County's similarly sized counties are defined as micropolitan counties. In Iowa, micropolitan counties have an average population of 30,839, and there are 15 counties that are considered micropolitan 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

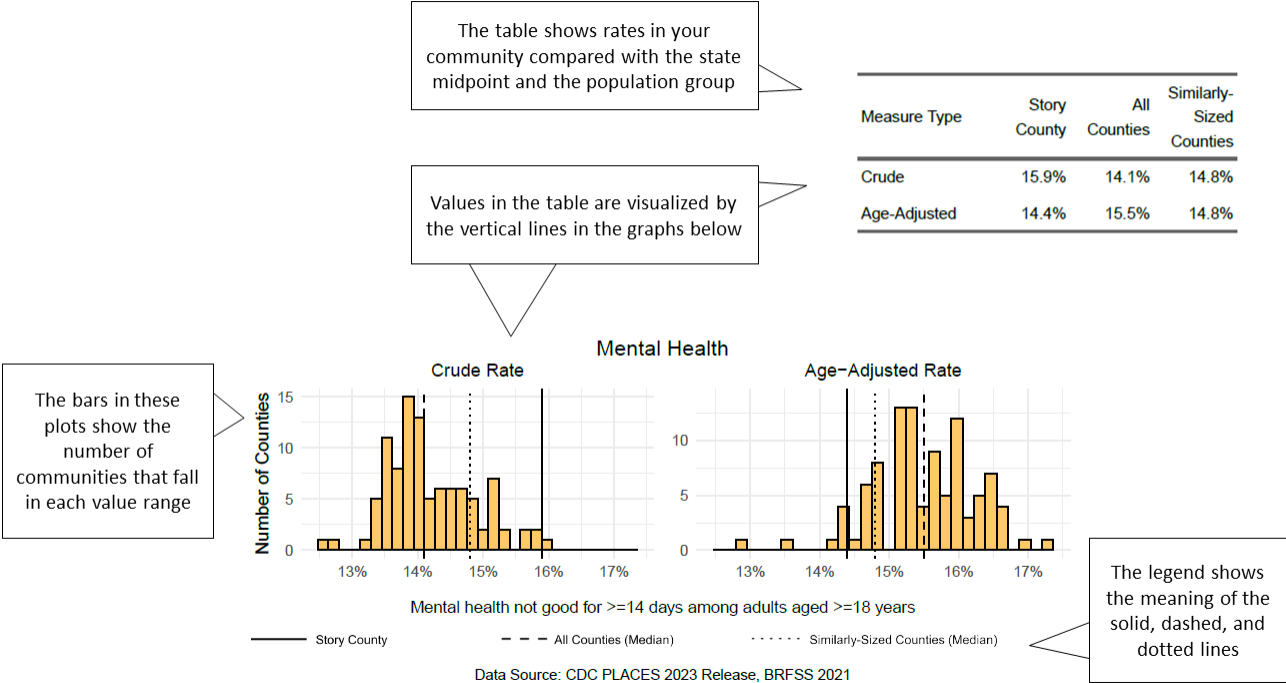
The counties included in each category above are determined by the United States Office of Management and Budget. Iowa has counties in nine metropolitan statistical areas and 15 micropolitan statistical areas. The counties identified as metropolitan and micropolitan can be found in the link and the maps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

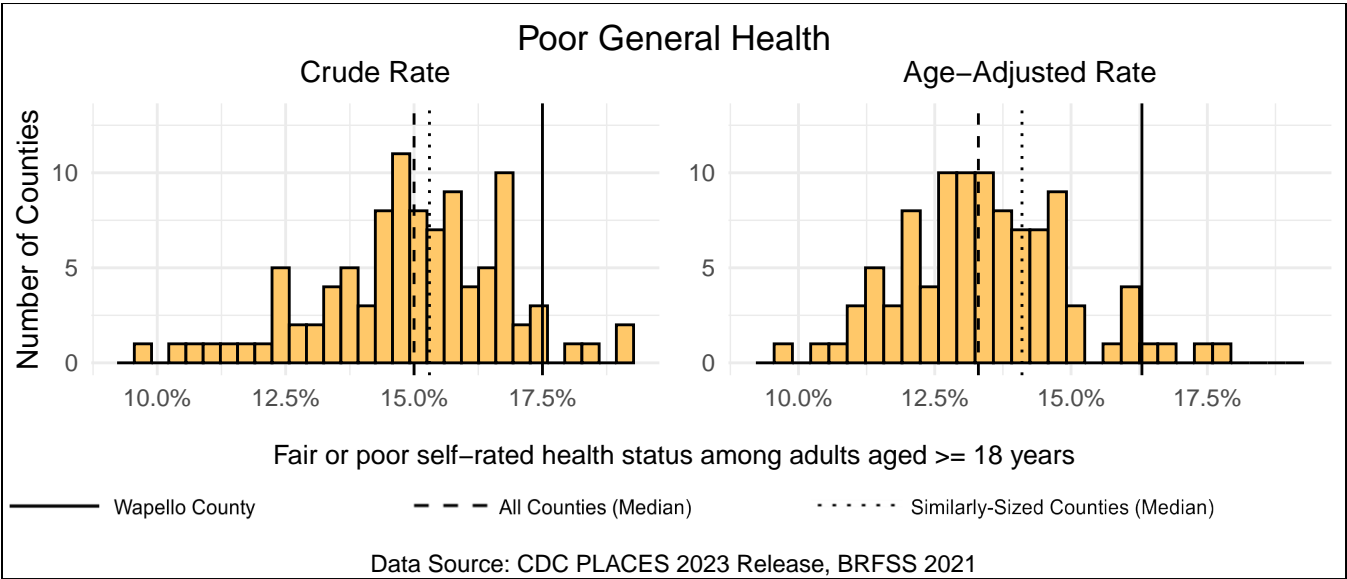
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Wapello County has a crude rate of 17.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 16.3%, which ranks 96th out of 99 Iowa counties (14th out of 15 similarly-sized counties).

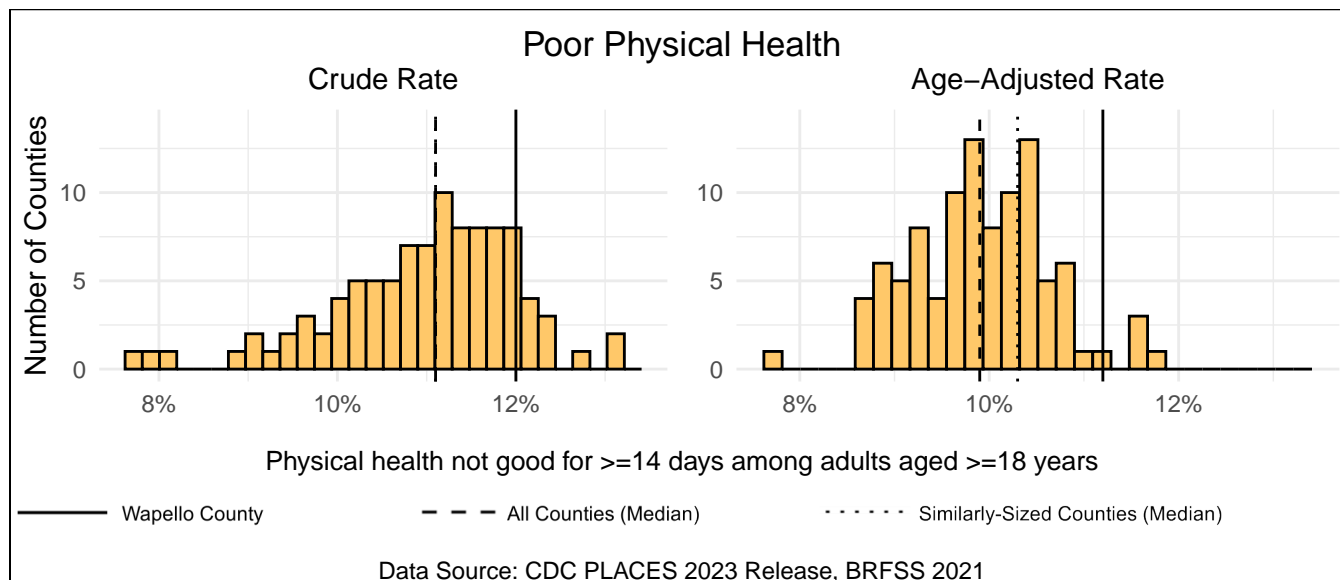
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	17.5%	15.0%	15.3%
Age-Adjusted	16.3%	13.3%	14.1%



## Poor Physical Health

Wapello County has a crude rate of 12.0% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 86th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 11.2%, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

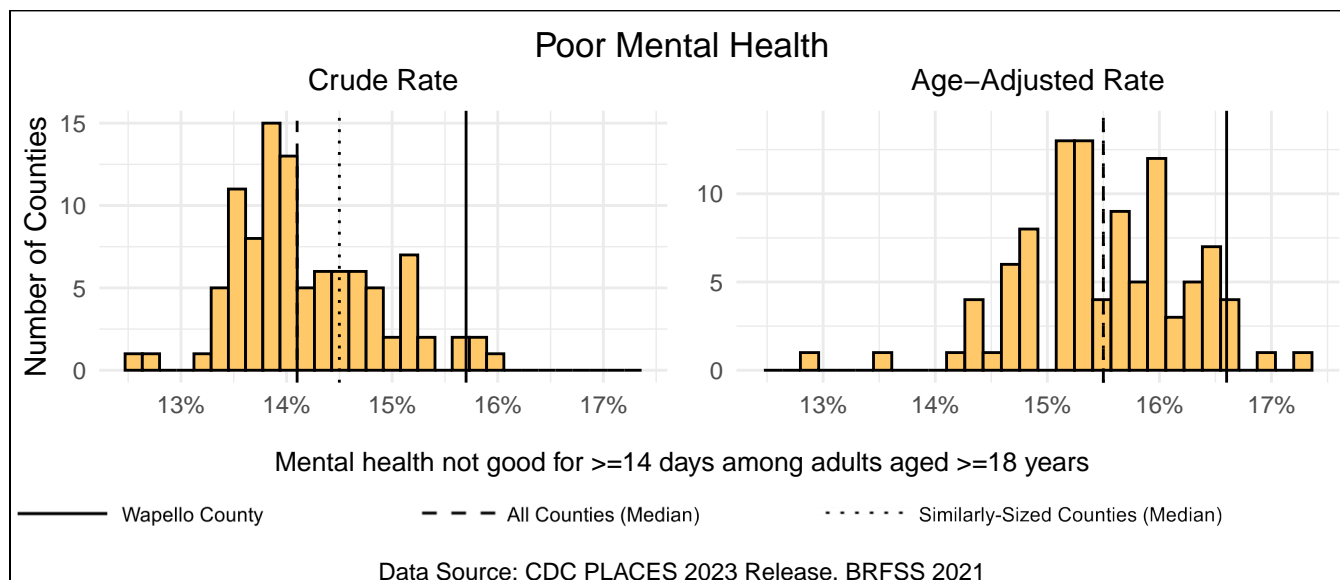
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	12.0%	11.1%	11.1%
Age-Adjusted	11.2%	9.9%	10.3%



## Poor Mental Health

Wapello County has a crude rate of 15.7% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 16.6%, which ranks 94th out of 99 Iowa counties (14th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	15.7%	14.1%	14.5%
Age-Adjusted	16.6%	15.5%	15.5%



# Health Risk Behaviors

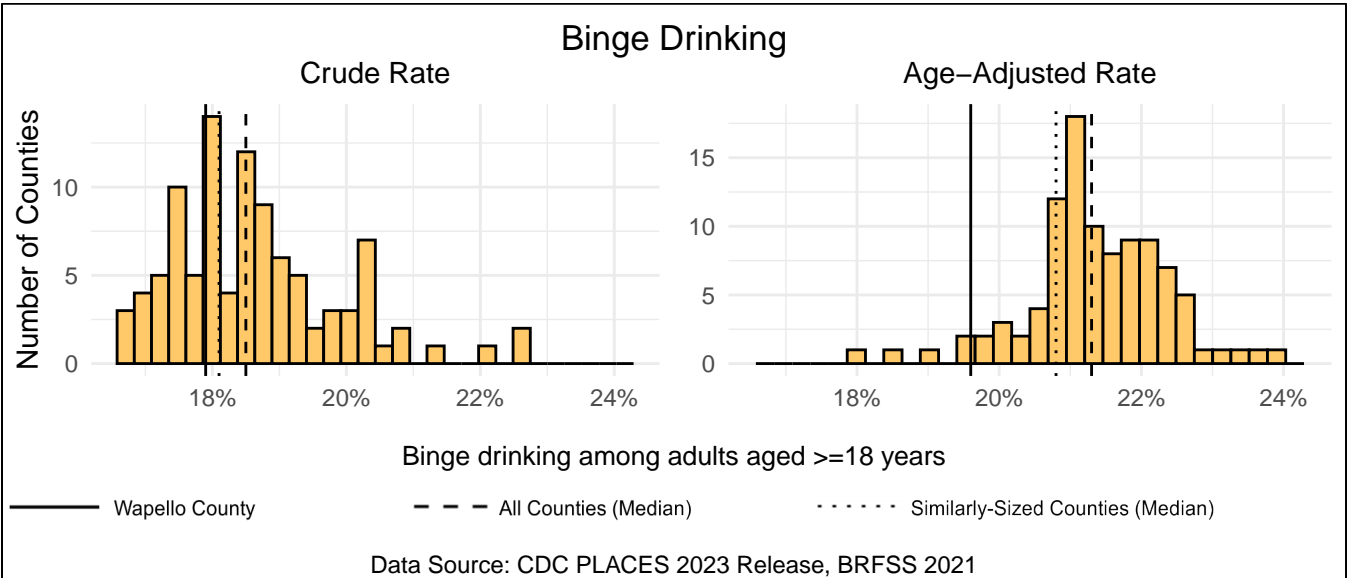
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Wapello County has a crude rate of 17.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 28th out of 99 Iowa counties (5th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 19.6%, which ranks 4th out of 99 Iowa counties (3rd out of 15 similarly-sized counties).

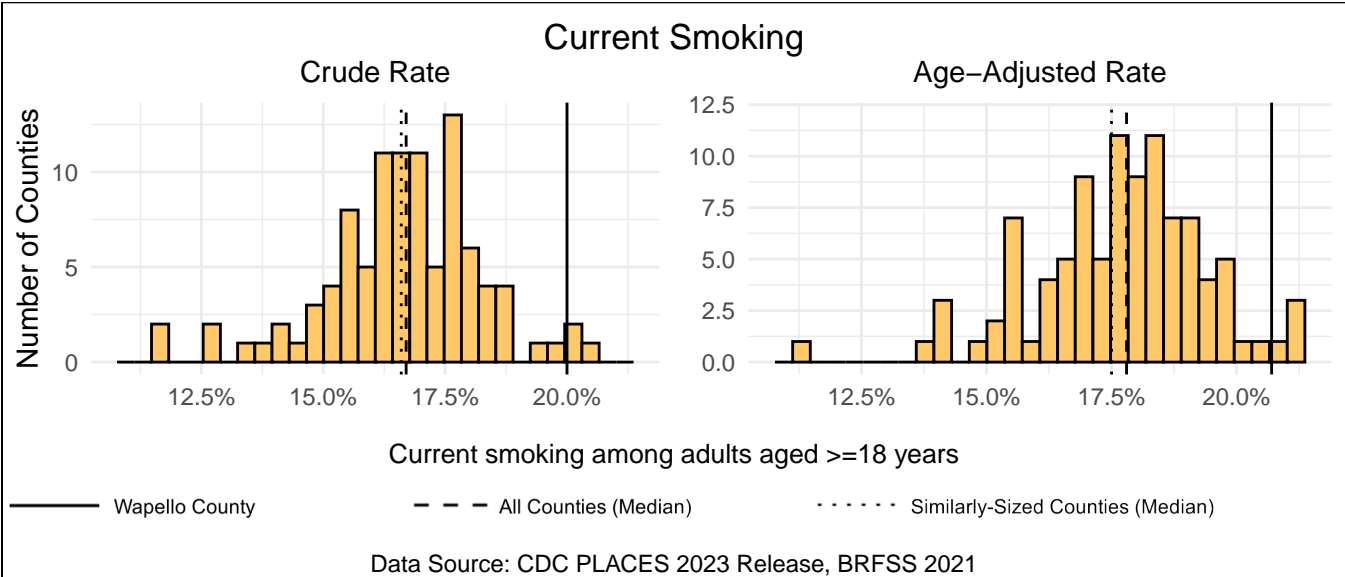
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	17.9%	18.5%	18.1%
Age-Adjusted	19.6%	21.3%	20.8%



## Current Smoking

Wapello County has a crude rate of 20.0% for current smoking among adults aged  $\geq 18$  years, which ranks 97th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 20.7%, which ranks 96th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

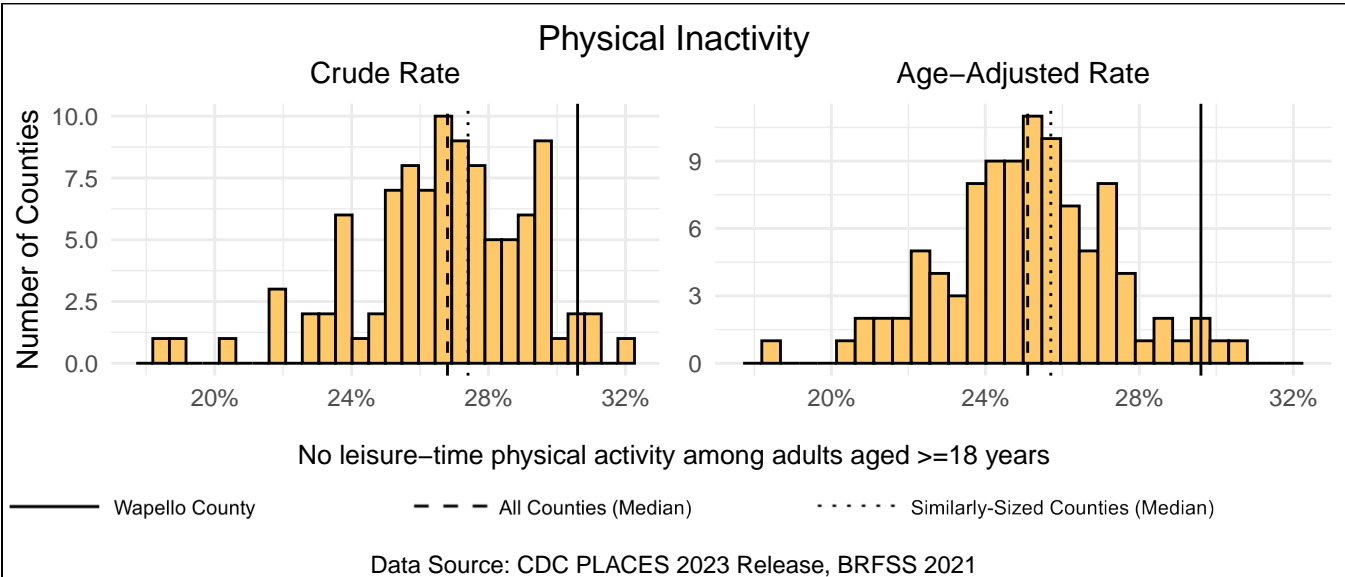
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	20.0%	16.7%	16.6%
Age-Adjusted	20.7%	17.8%	17.5%



## Physical Inactivity

Wapello County has a crude rate of 30.6% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 29.6%, which ranks 97th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	30.6%	26.8%	27.4%
Age-Adjusted	29.6%	25.1%	25.7%

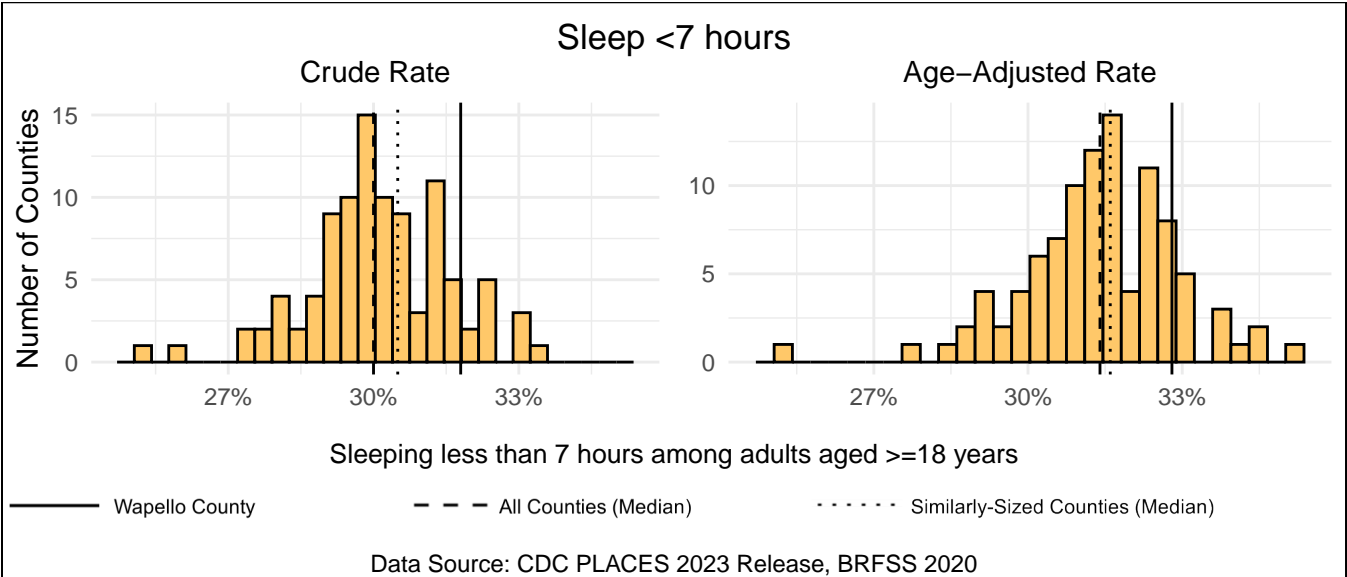




### Sleep <7 hours

Wapello County has a crude rate of 31.8% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 88th out of 99 Iowa counties (13th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 32.8%, which ranks 86th out of 99 Iowa counties (13th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	31.8%	30.0%	30.5%
Age-Adjusted	32.8%	31.4%	31.6%



# Health Outcomes

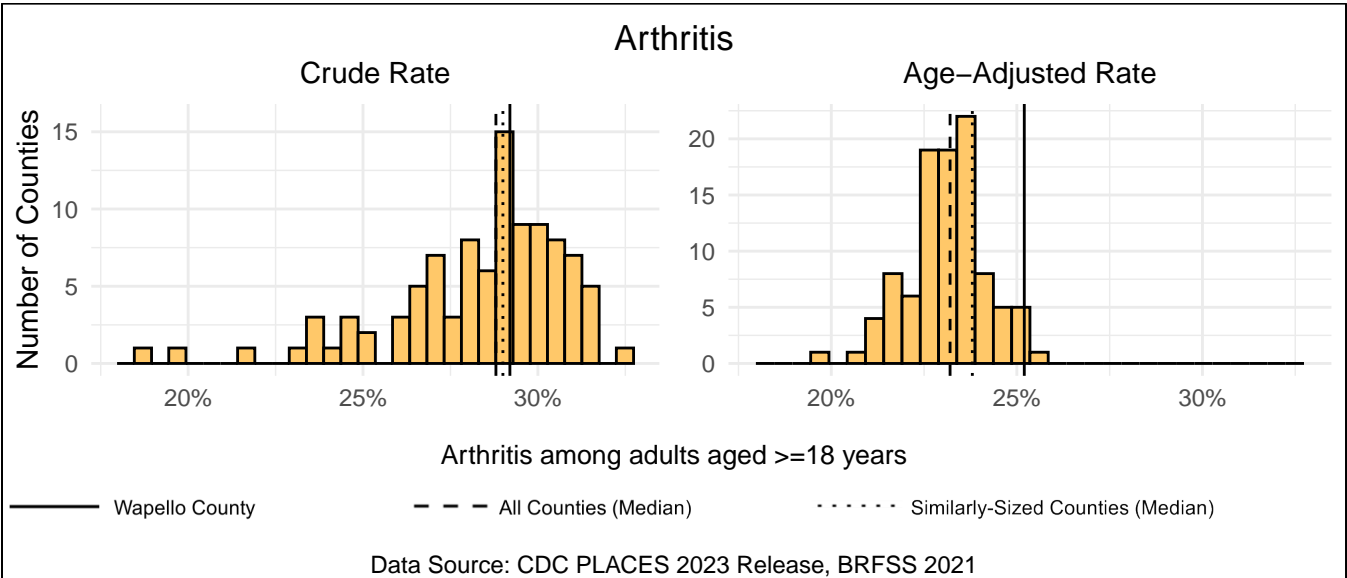
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Wapello County has a crude rate of 29.2% for arthritis among adults aged  $\geq 18$  years, which ranks 60th out of 99 Iowa counties (9th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 25.2%, which ranks 98th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

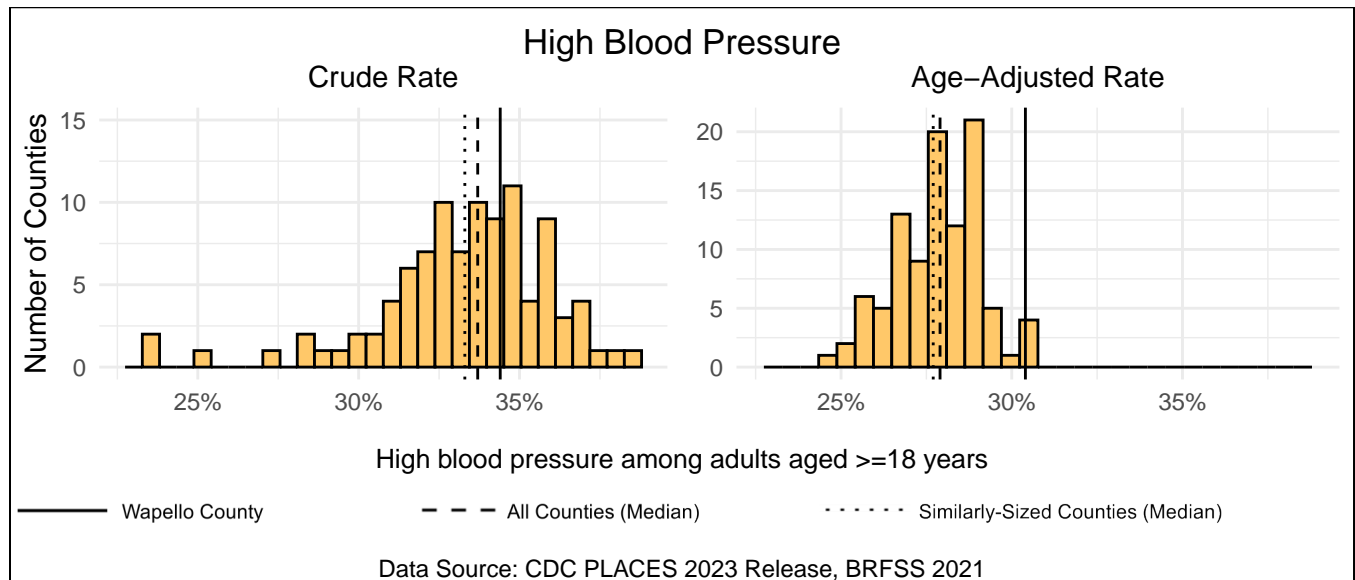
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	29.2%	28.8%	29.0%
Age-Adjusted	25.2%	23.2%	23.8%



## High Blood Pressure

Wapello County has a crude rate of 34.4% for high blood pressure among adults aged  $\geq 18$  years, which ranks 61st out of 99 Iowa counties (12th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 30.4%, which ranks 96th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

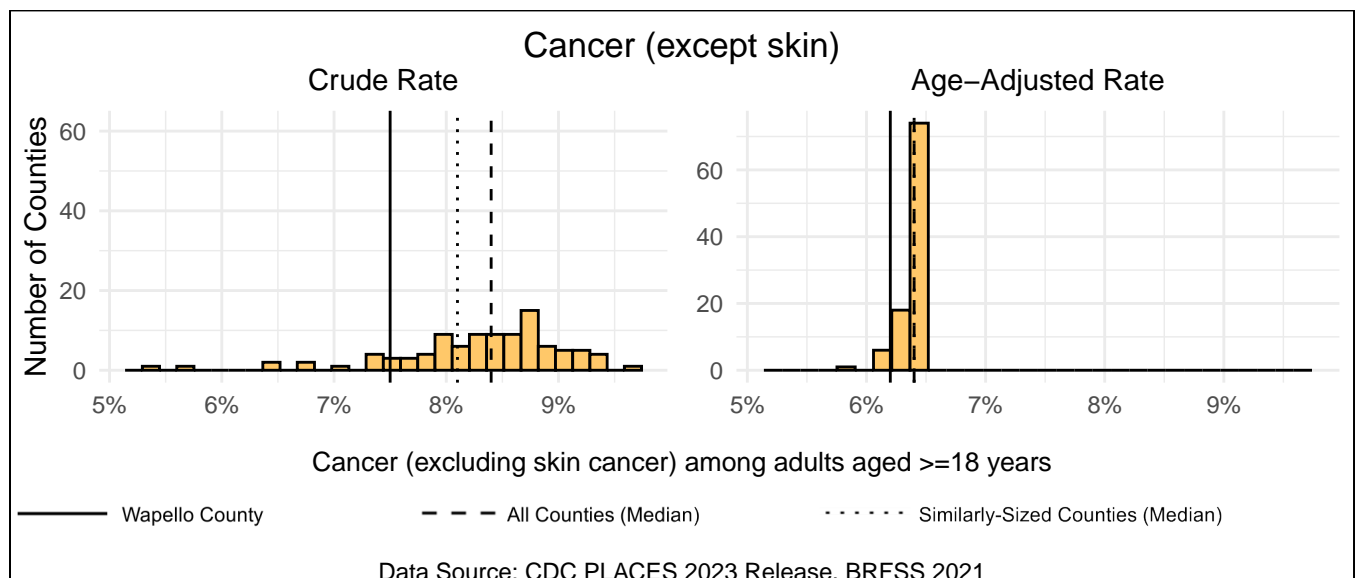
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	34.4%	33.7%	33.3%
Age-Adjusted	30.4%	27.9%	27.7%



## Cancer (except skin)

Wapello County has a crude rate of 7.5% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 12th out of 99 Iowa counties (2nd out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 6.2%, which ranks 4th out of 99 Iowa counties (2nd out of 15 similarly-sized counties).

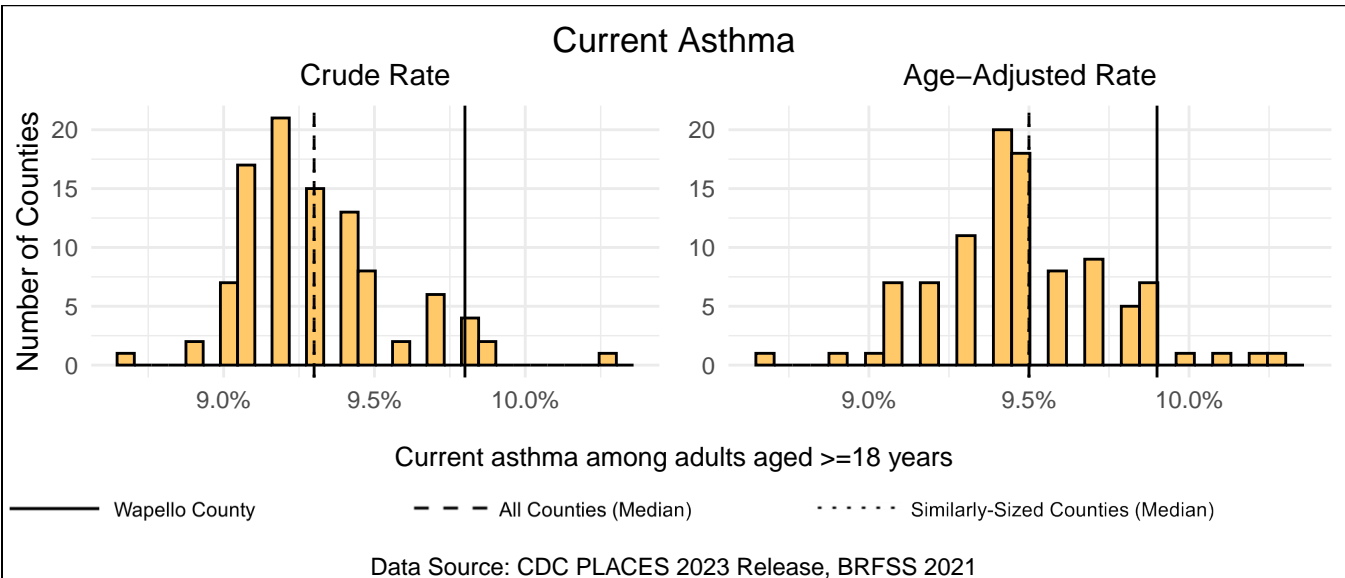
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	7.5%	8.4%	8.1%
Age-Adjusted	6.2%	6.4%	6.4%



## Current Asthma

Wapello County has a crude rate of 9.8% for current asthma among adults aged  $\geq 18$  years, which ranks 93rd out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 9.9%, which ranks 89th out of 99 Iowa counties (13th out of 15 similarly-sized counties).

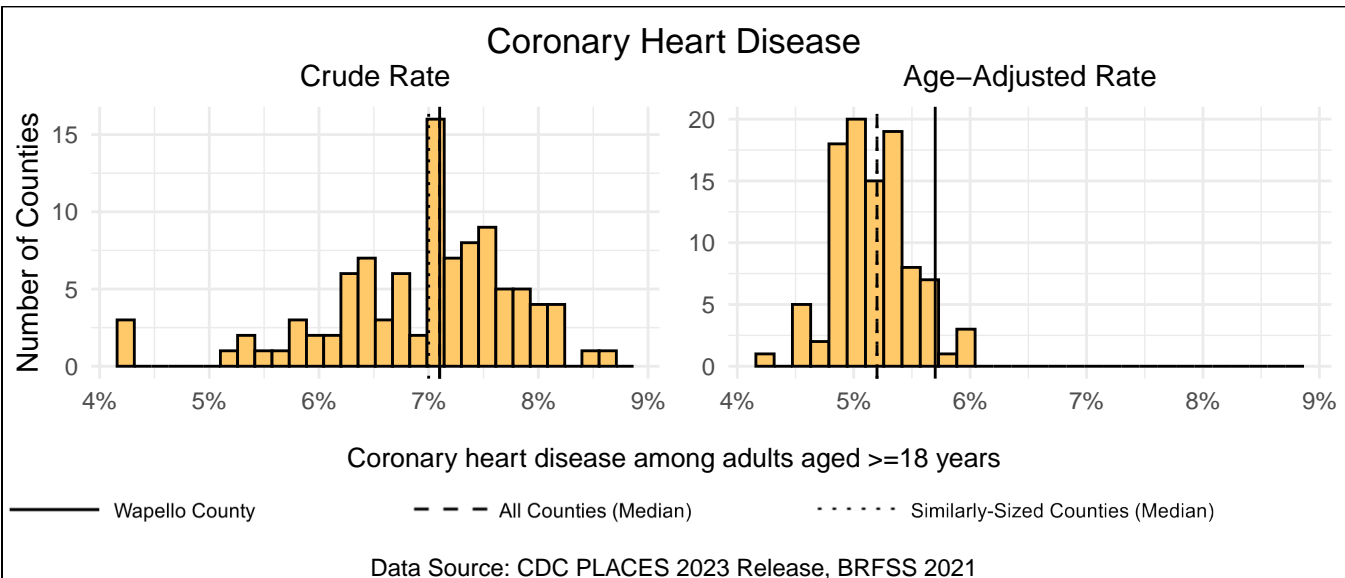
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	9.8%	9.3%	9.3%
Age-Adjusted	9.9%	9.5%	9.5%



## Coronary Heart Disease

Wapello County has a crude rate of 7.1% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 49th out of 99 Iowa counties (10th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 5.7%, which ranks 94th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

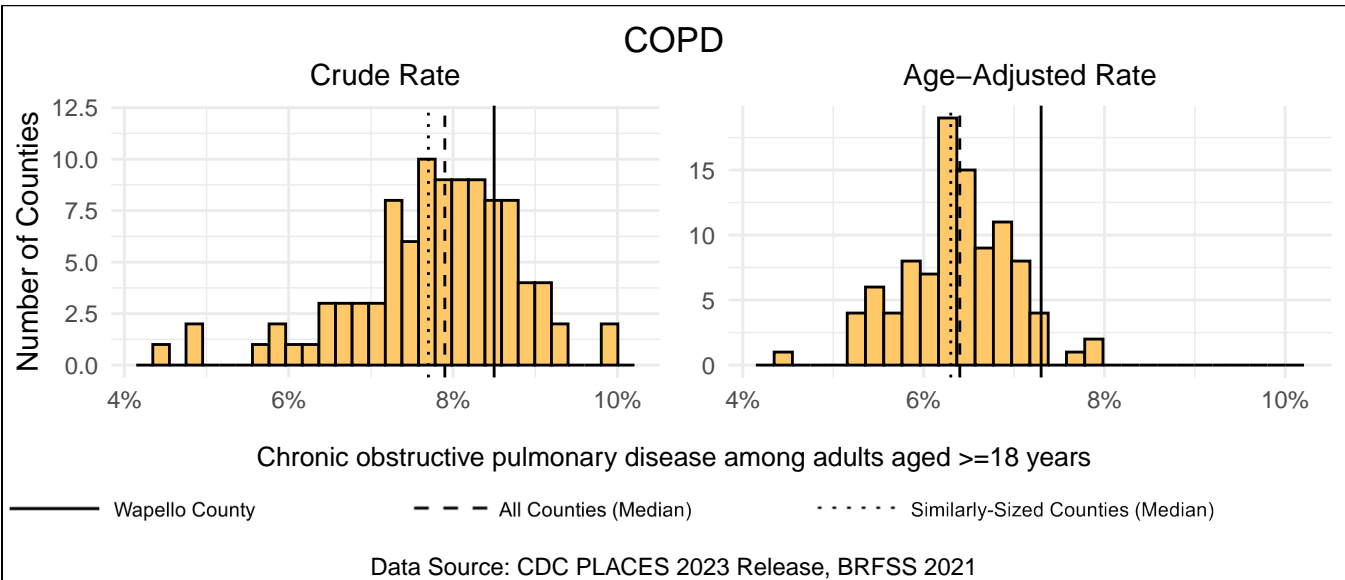
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	7.1%	7.1%	7.0%
Age-Adjusted	5.7%	5.2%	5.2%



# COPD

Wapello County has a crude rate of 8.5% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 77th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 7.3%, which ranks 94th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

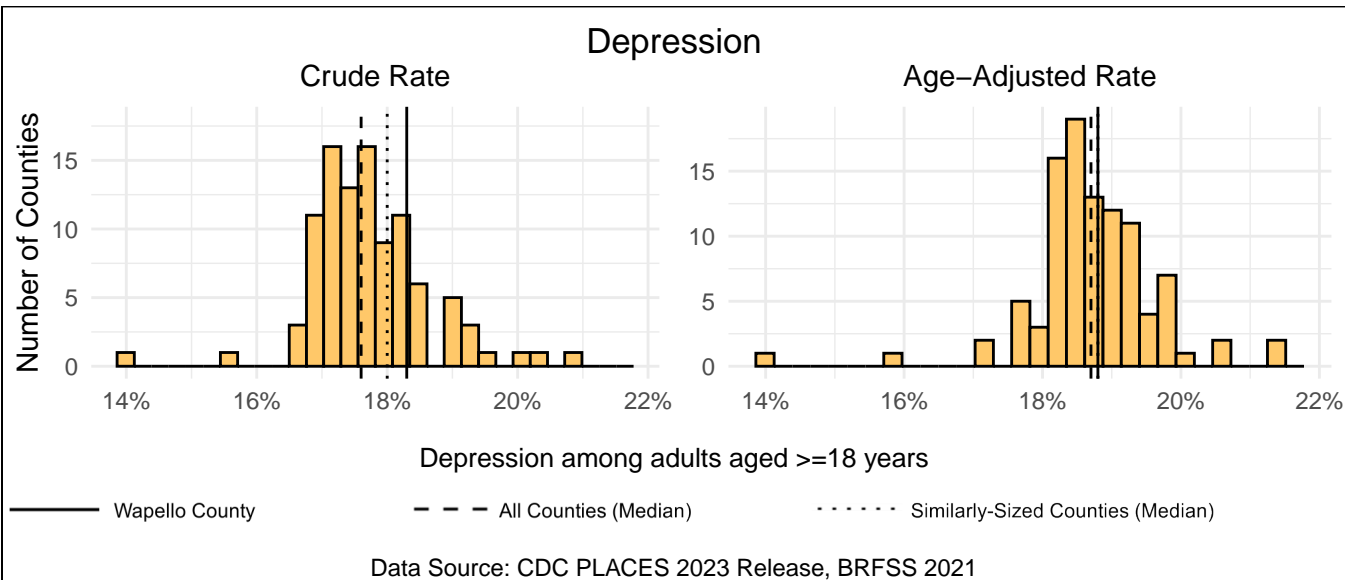
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	8.5%	7.9%	7.7%
Age-Adjusted	7.3%	6.4%	6.3%



# Depression

Wapello County has a crude rate of 18.3% for depression among adults aged  $\geq 18$  years, which ranks 77th out of 99 Iowa counties (10th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 18.8%, which ranks 55th out of 99 Iowa counties (8th out of 15 similarly-sized counties).

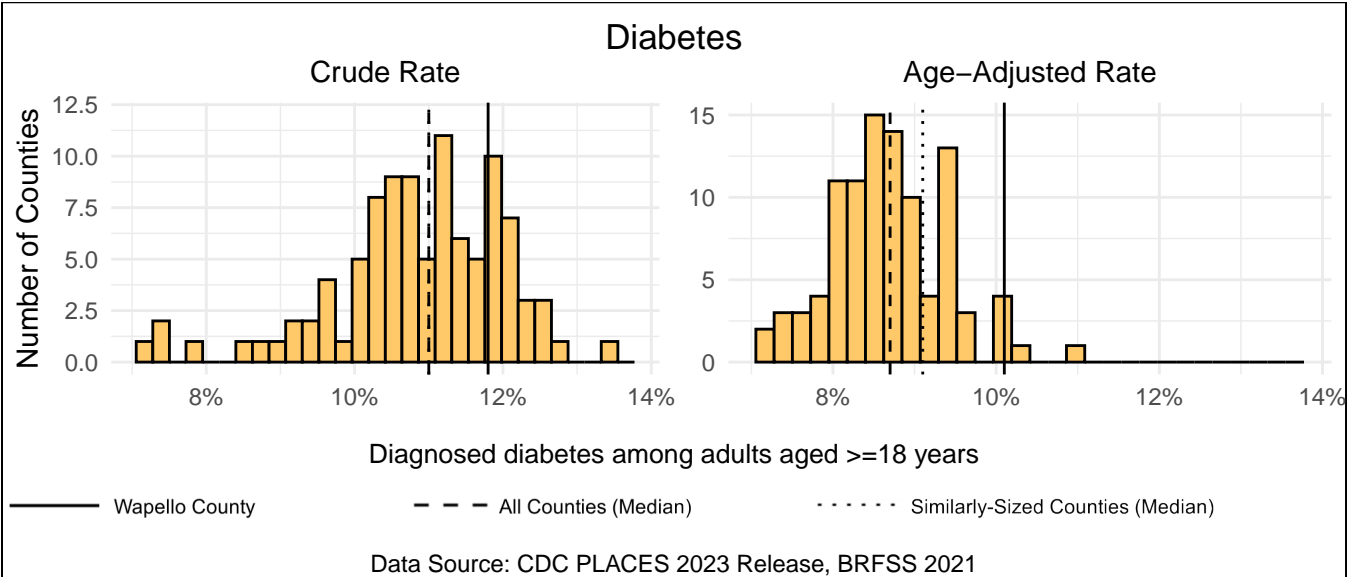
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	18.3%	17.6%	18.0%
Age-Adjusted	18.8%	18.7%	18.8%



# Diabetes

Wapello County has a crude rate of 11.8% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 75th out of 99 Iowa counties (14th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 10.1%, which ranks 95th out of 99 Iowa counties (14th out of 15 similarly-sized counties).

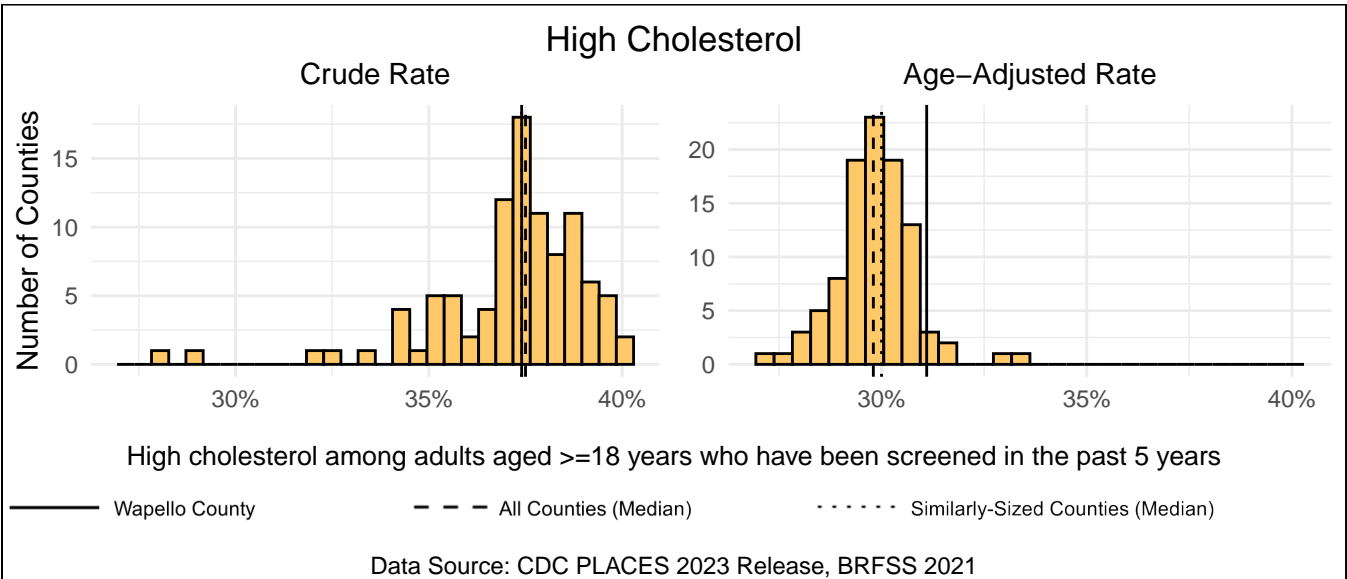
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	11.8%	11.0%	11.0%
Age-Adjusted	10.1%	8.7%	9.1%



# High Cholesterol

Wapello County has a crude rate of 37.4% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 46th out of 99 Iowa counties (8th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 31.1%, which ranks 93rd out of 99 Iowa counties (12th out of 15 similarly-sized counties).

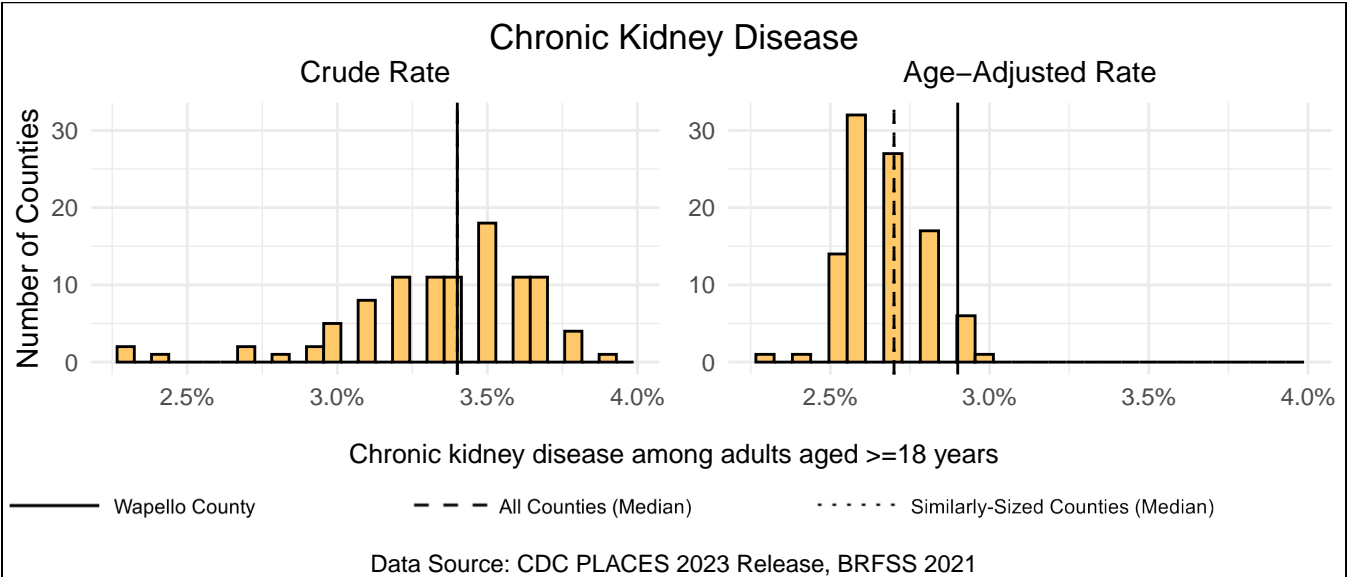
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	37.4%	37.5%	37.4%
Age-Adjusted	31.1%	29.8%	30.0%



# Chronic Kidney Disease

Wapello County has a crude rate of 3.4% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 44th out of 99 Iowa counties (8th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 2.9%, which ranks 93rd out of 99 Iowa counties (14th out of 15 similarly-sized counties).

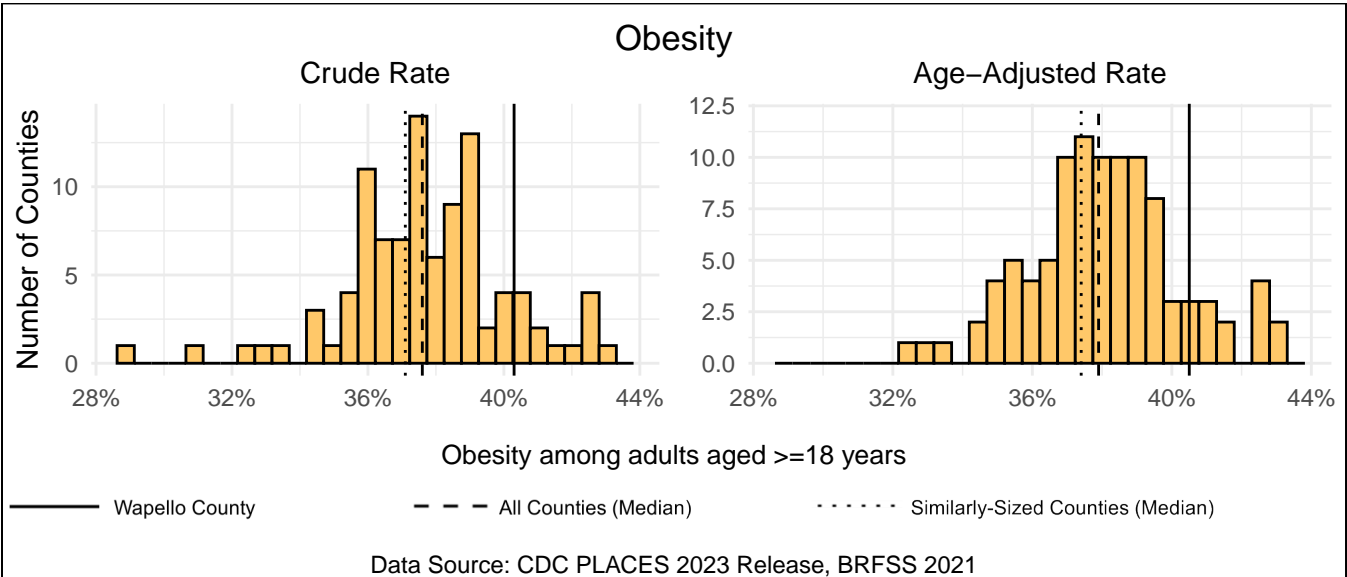
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	3.4%	3.4%	3.4%
Age-Adjusted	2.9%	2.7%	2.7%



# Obesity

Wapello County has a crude rate of 40.3% for obesity among adults aged  $\geq 18$  years, which ranks 87th out of 99 Iowa counties (13th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 40.5%, which ranks 86th out of 99 Iowa counties (13th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	40.3%	37.6%	37.1%
Age-Adjusted	40.5%	37.9%	37.4%

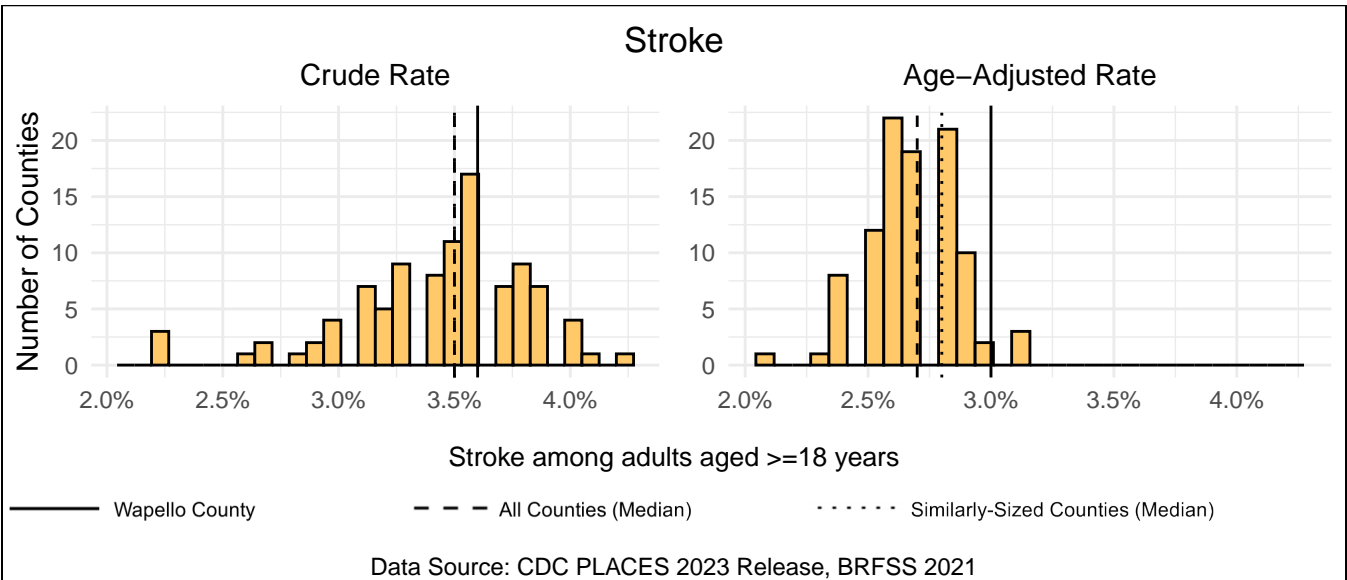




# Stroke

Wapello County has a crude rate of 3.6% for stroke among adults aged  $\geq 18$  years, which ranks 54th out of 99 Iowa counties (12th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 3.0%, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

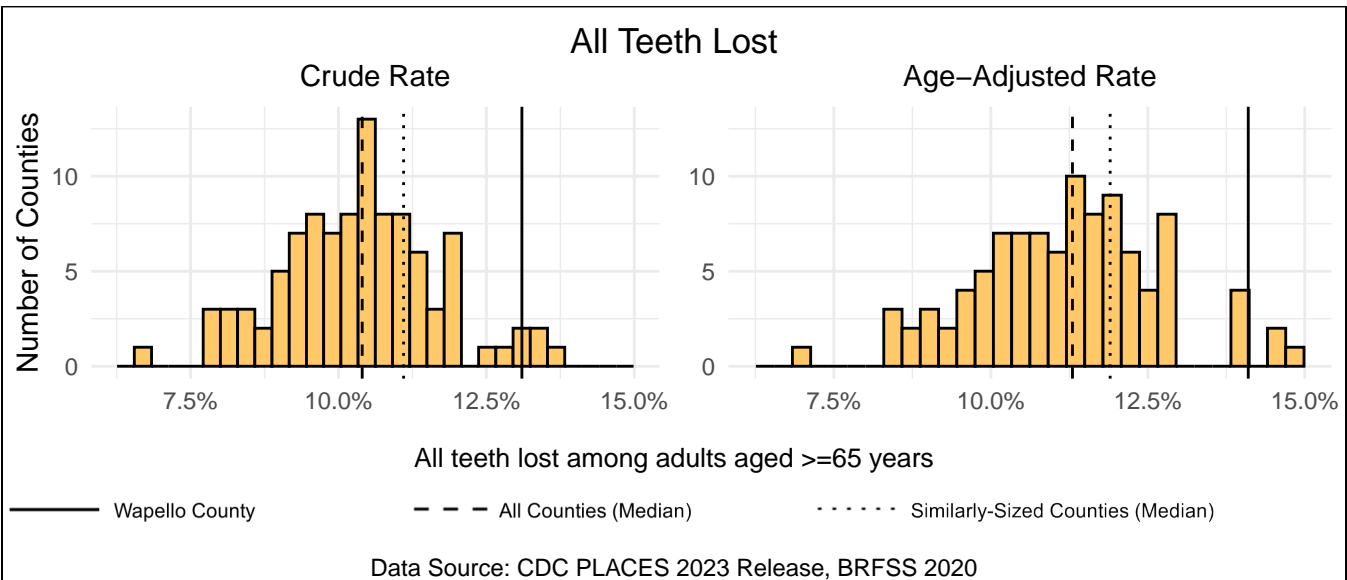
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	3.6%	3.5%	3.5%
Age-Adjusted	3.0%	2.7%	2.8%



# All Teeth Lost

Wapello County has a crude rate of 13.1% for all teeth lost among adults aged  $\geq 65$  years, which ranks 96th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 14.1%, which ranks 96th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	13.1%	10.4%	11.1%
Age-Adjusted	14.1%	11.3%	11.9%



# Prevention

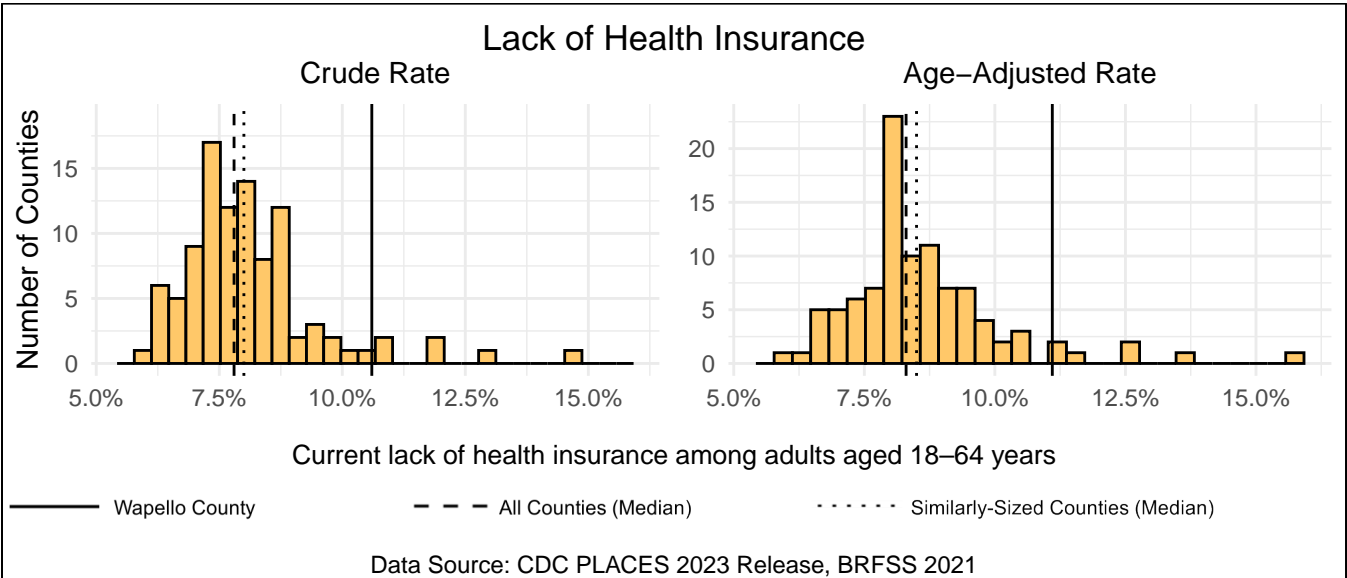
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county’s prevention measures, including preventive screenings and doctor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

Wapello County has a crude rate of 10.6% for current lack of health insurance among adults aged 18–64 years, which ranks 93rd out of 99 Iowa counties (13th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 11.1%, which ranks 93rd out of 99 Iowa counties (13th out of 15 similarly-sized counties).

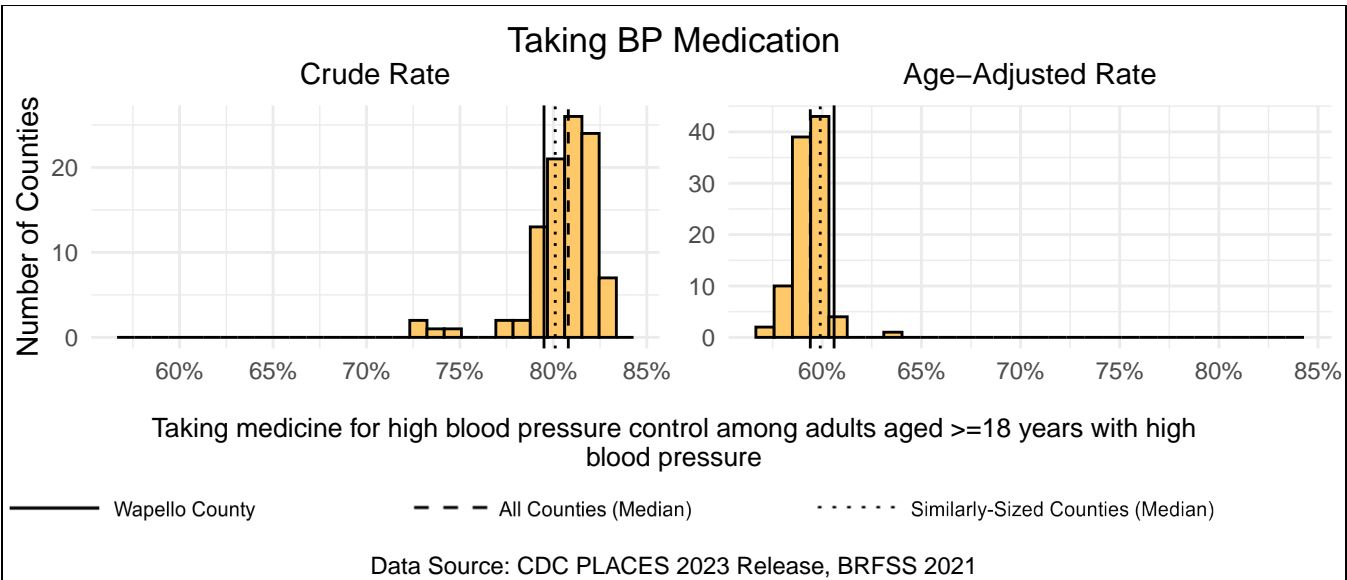
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	10.6%	7.8%	8.0%
Age-Adjusted	11.1%	8.3%	8.5%



### Taking BP Medication

Wapello County has a crude rate of 79.5% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 83rd out of 99 Iowa counties (12th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 60.6%, which ranks 4th out of 99 Iowa counties (1st out of 15 similarly-sized counties).

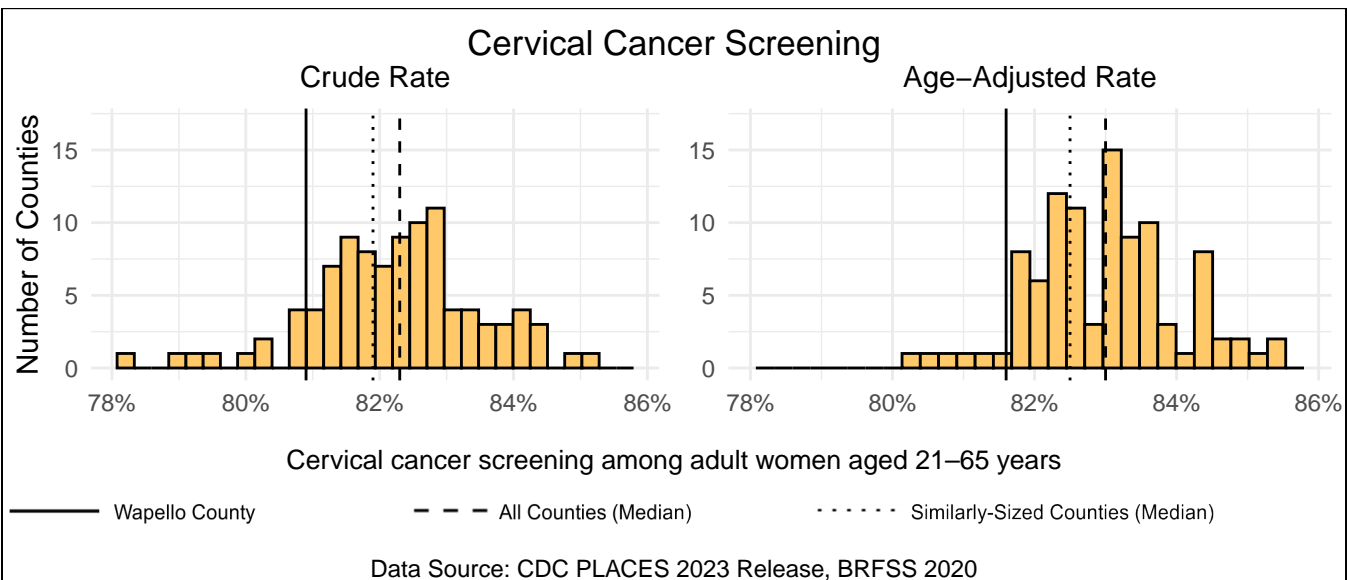
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	79.5%	80.8%	80.1%
Age-Adjusted	60.6%	59.4%	59.9%



### Cervical Cancer Screening

Wapello County has a crude rate of 80.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 89th out of 99 Iowa counties (13th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 81.6%, which ranks 94th out of 99 Iowa counties (14th out of 15 similarly-sized counties).

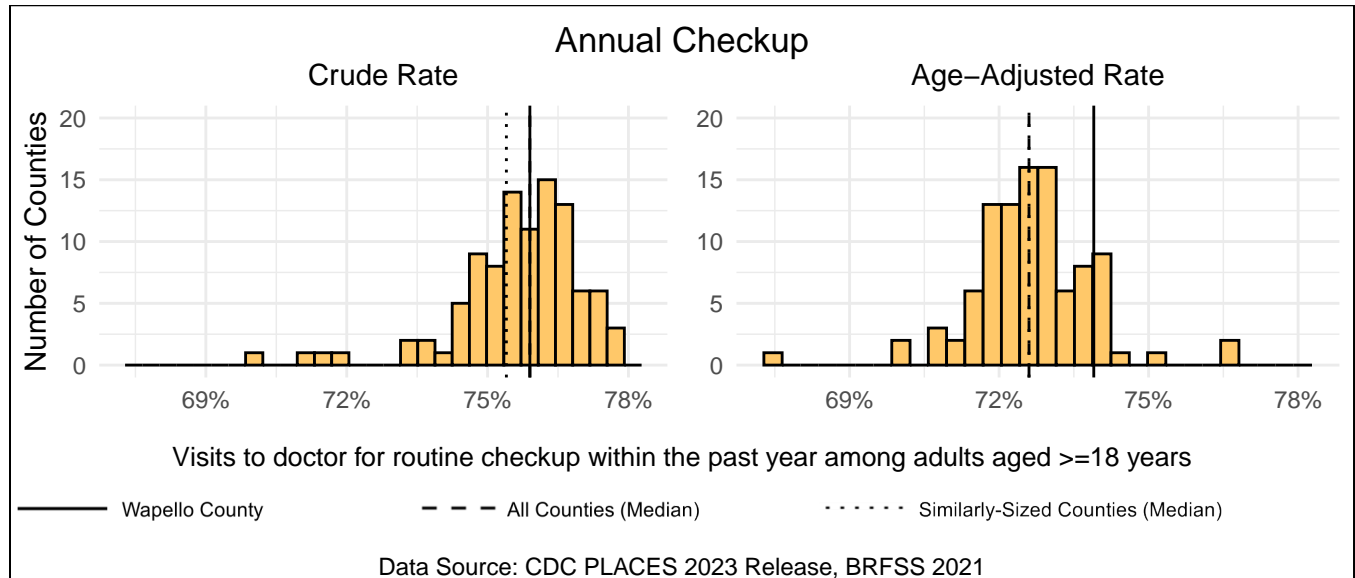
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	80.9%	82.3%	81.9%
Age-Adjusted	81.6%	83.0%	82.5%



## Annual Checkup

Wapello County has a crude rate of 75.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 49th out of 99 Iowa counties (6th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 73.9%, which ranks 11th out of 99 Iowa counties (3rd out of 15 similarly-sized counties).

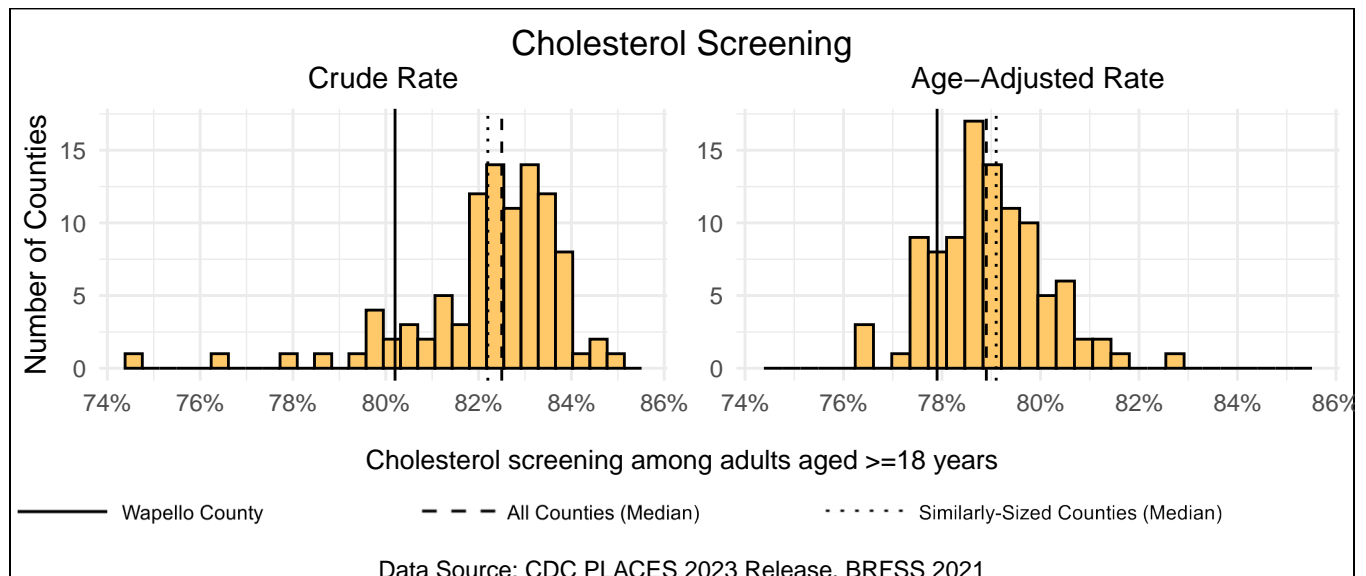
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	75.9%	75.9%	75.4%
Age-Adjusted	73.9%	72.6%	72.6%



## Cholesterol Screening

Wapello County has a crude rate of 80.2% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 89th out of 99 Iowa counties (12th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 77.9%, which ranks 81st out of 99 Iowa counties (14th out of 15 similarly-sized counties).

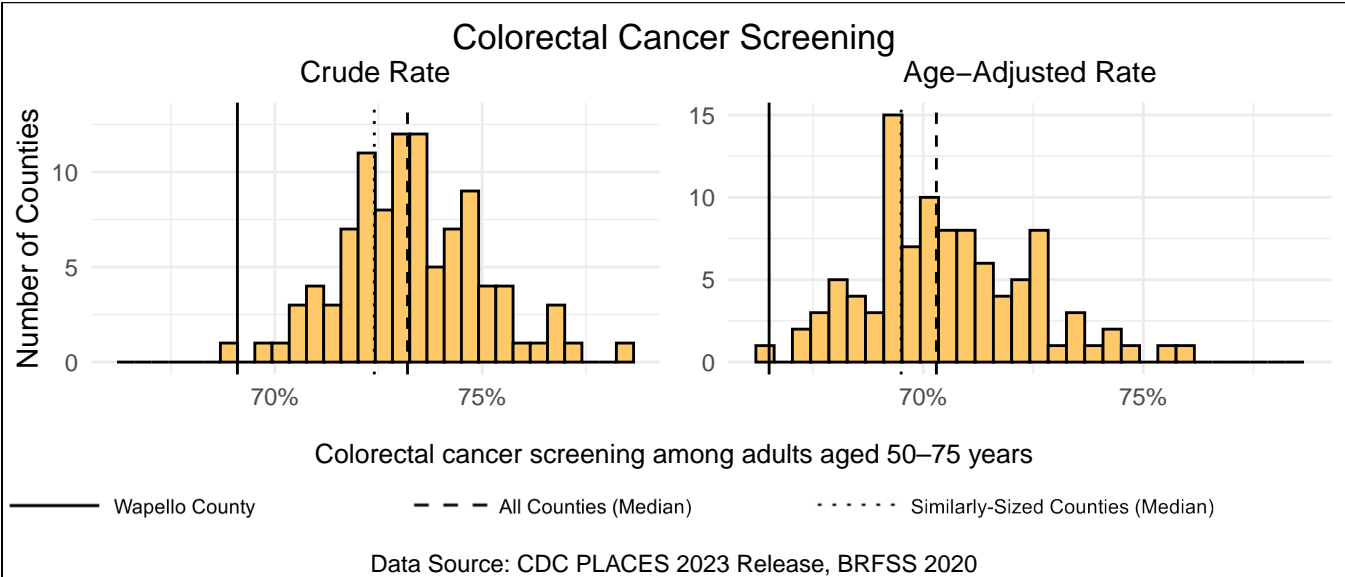
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	80.2%	82.5%	82.2%
Age-Adjusted	77.9%	78.9%	79.1%



## Colorectal Cancer Screening

Wapello County has a crude rate of 69.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 99th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 66.5%, which ranks 99th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

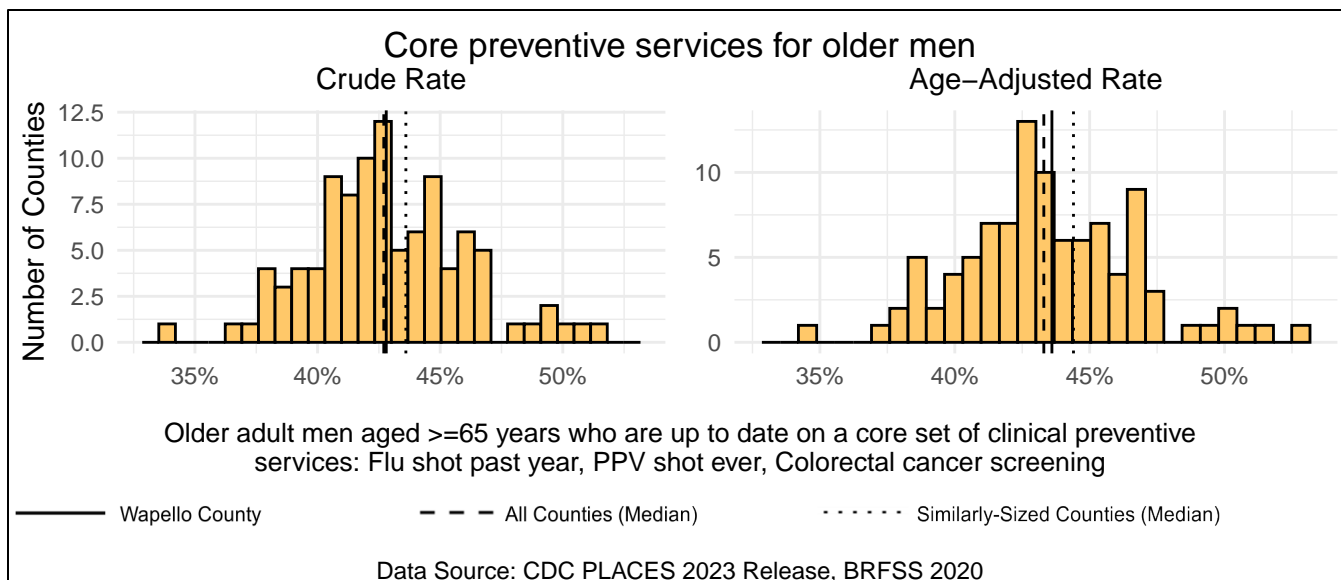
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	69.1%	73.2%	72.4%
Age-Adjusted	66.5%	70.3%	69.5%



## Core preventive services for older men

Wapello County has a crude rate of 42.8% for older adult men aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 48th out of 99 Iowa counties (10th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 43.6%, which ranks 43rd out of 99 Iowa counties (9th out of 15 similarly-sized counties).

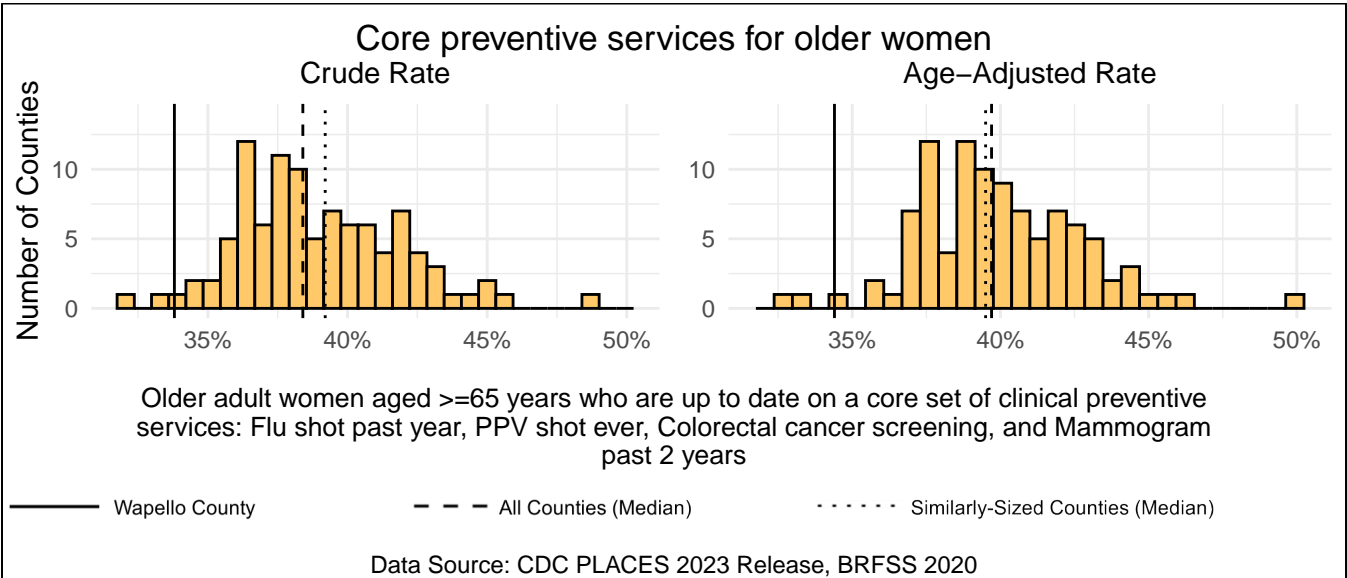
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	42.8%	42.7%	43.6%
Age-Adjusted	43.6%	43.3%	44.4%



### Core preventive services for older women

Wapello County has a crude rate of 33.8% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 97th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 34.4%, which ranks 97th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	33.8%	38.4%	39.2%
Age-Adjusted	34.4%	39.7%	39.5%

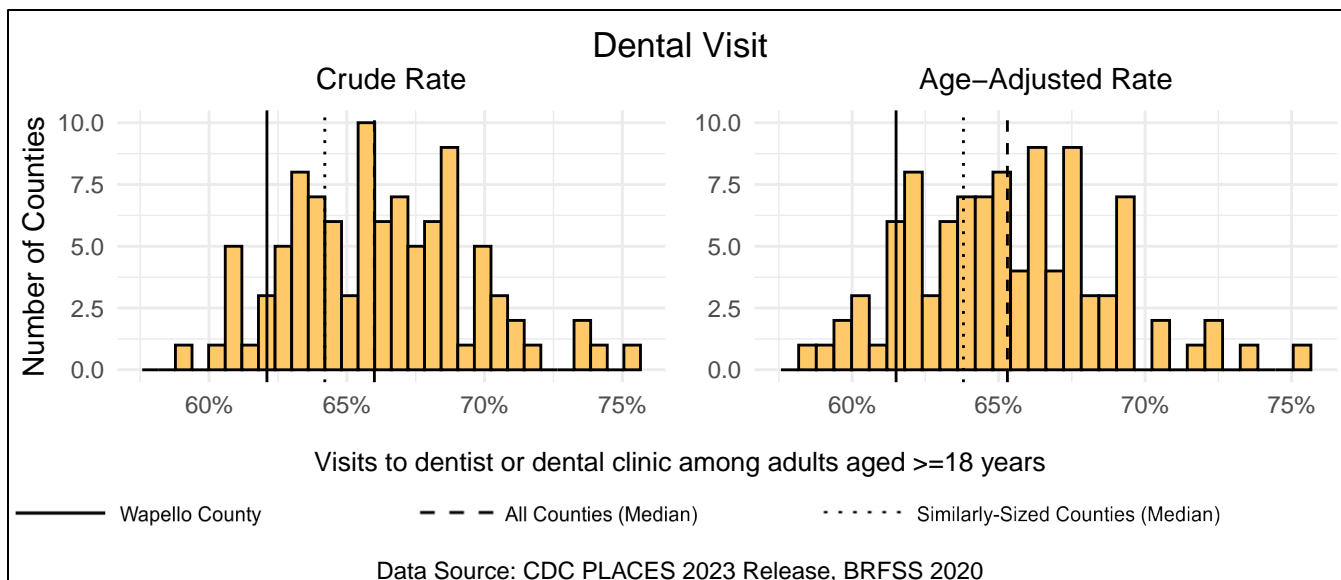


### Dental Visit

Wapello County has a crude rate of 62.1% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 89th out of 99 Iowa counties (14th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 61.5%, which ranks 89th out of 99 Iowa counties (14th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	62.1%	66.0%	64.2%
Age-Adjusted	61.5%	65.3%	63.8%

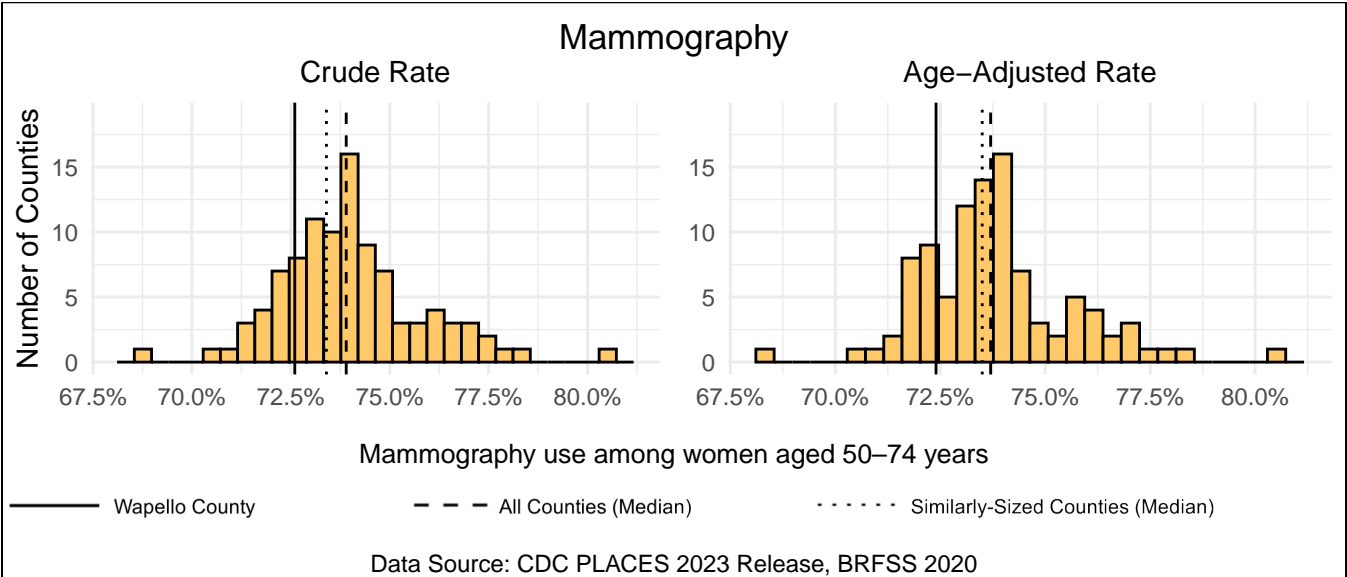




# Mammography

Wapello County has a crude rate of 72.6% for mammography use among women aged 50–74 years, which ranks 79th out of 99 Iowa counties (12th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 72.4%, which ranks 78th out of 99 Iowa counties (13th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	72.6%	73.9%	73.4%
Age-Adjusted	72.4%	73.7%	73.5%



# Disability

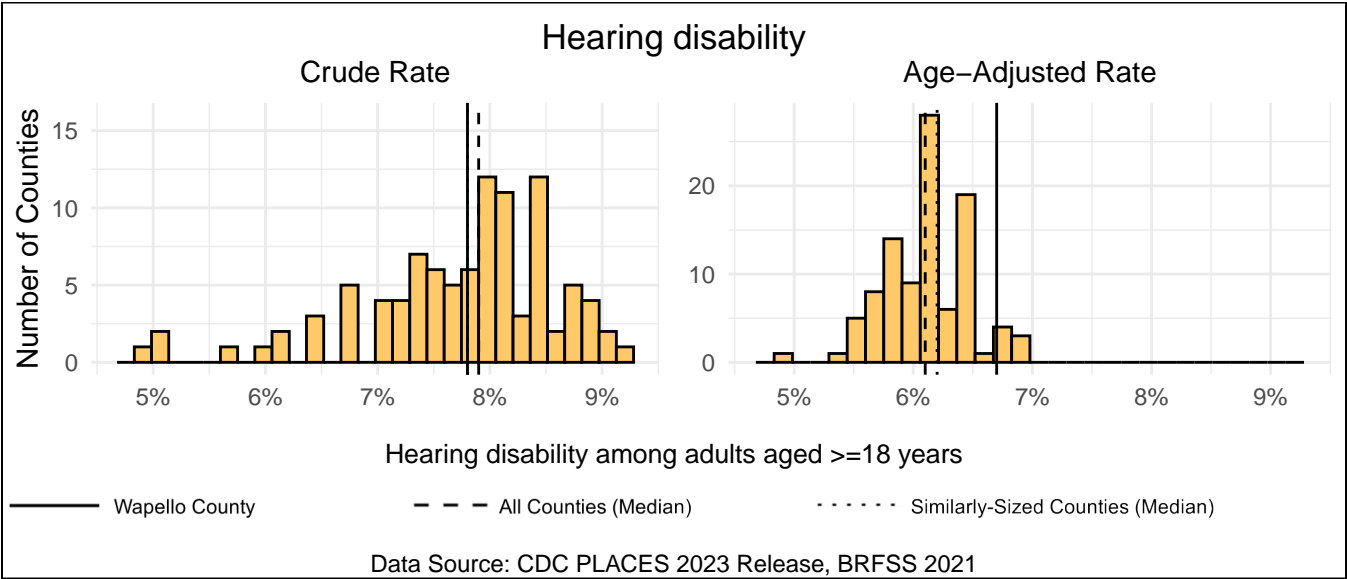
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Wapello County has a crude rate of 7.8% for hearing disability among adults aged  $\geq 18$  years, which ranks 42nd out of 99 Iowa counties (8th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 6.7%, which ranks 93rd out of 99 Iowa counties (15th out of 15 similarly-sized counties).

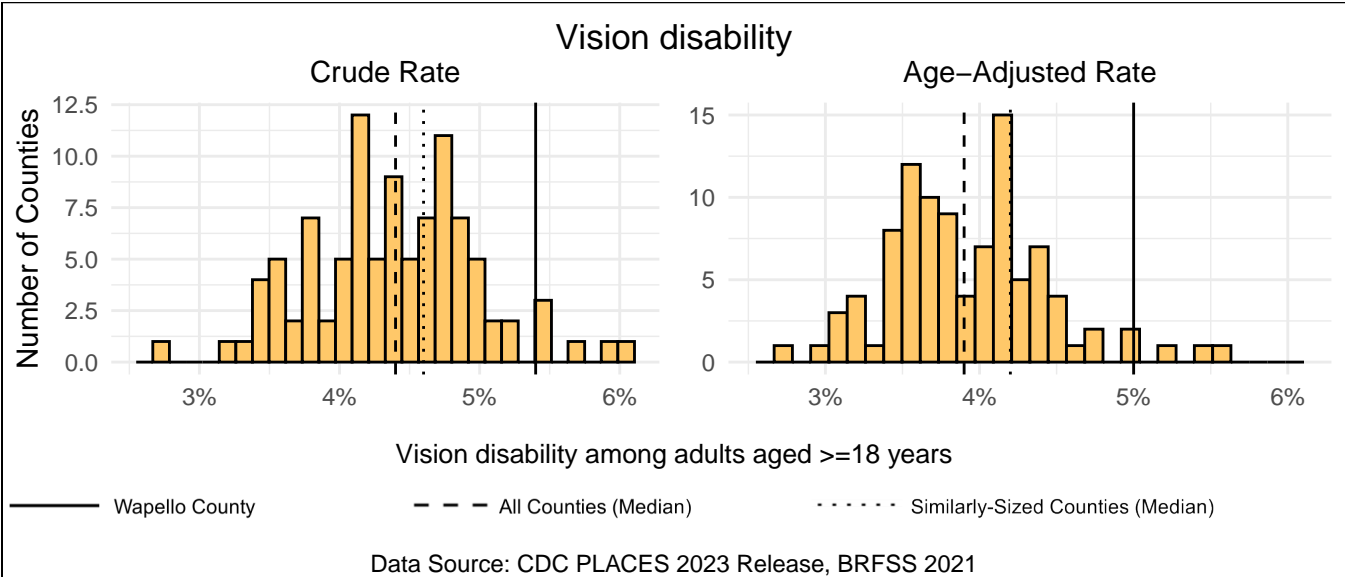
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	7.8%	7.9%	7.8%
Age-Adjusted	6.7%	6.1%	6.2%



## Vision disability

Wapello County has a crude rate of 5.4% for vision disability among adults aged  $\geq 18$  years, which ranks 94th out of 99 Iowa counties (14th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 5.0%, which ranks 95th out of 99 Iowa counties (14th out of 15 similarly-sized counties).

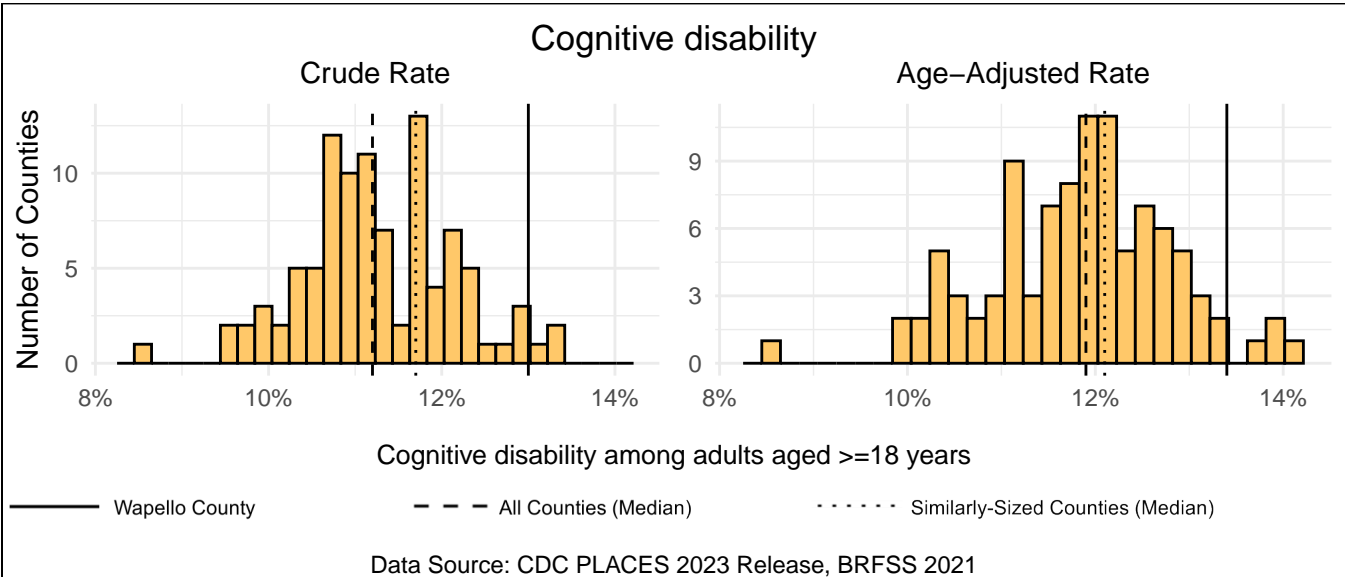
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	5.4%	4.4%	4.6%
Age-Adjusted	5.0%	3.9%	4.2%



## Cognitive disability

Wapello County has a crude rate of 13.0% for cognitive disability among adults aged  $\geq 18$  years, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 13.4%, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

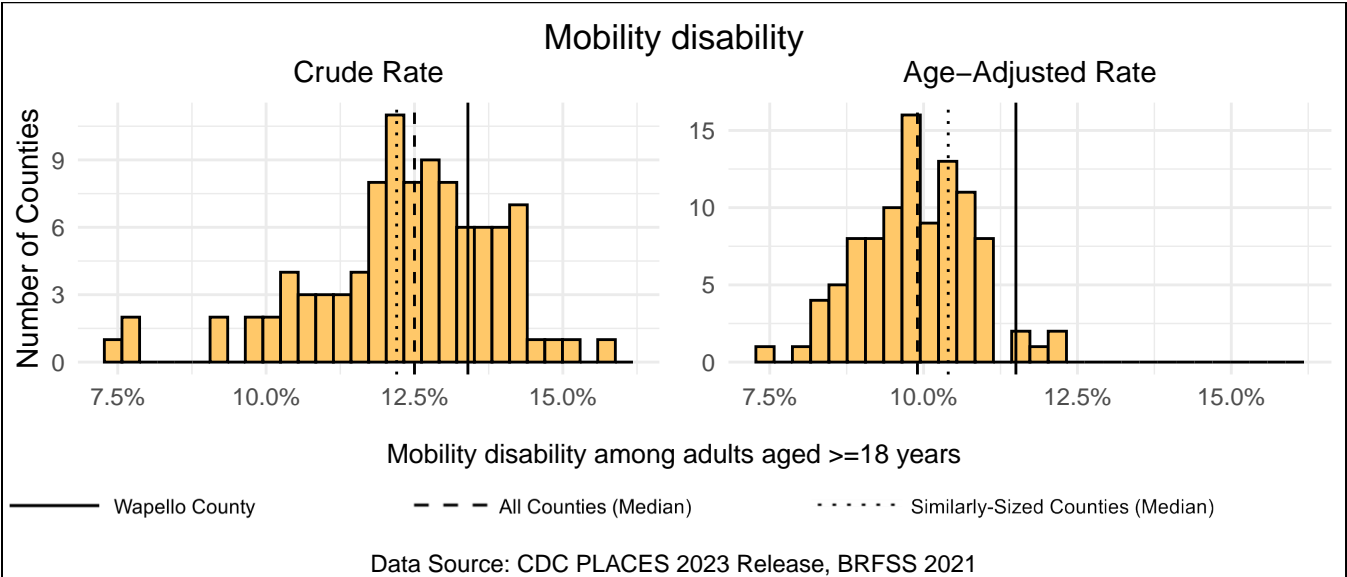
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	13.0%	11.2%	11.7%
Age-Adjusted	13.4%	11.9%	12.1%



## Mobility disability

Wapello County has a crude rate of 13.4% for mobility disability among adults aged  $\geq 18$  years, which ranks 74th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 11.5%, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

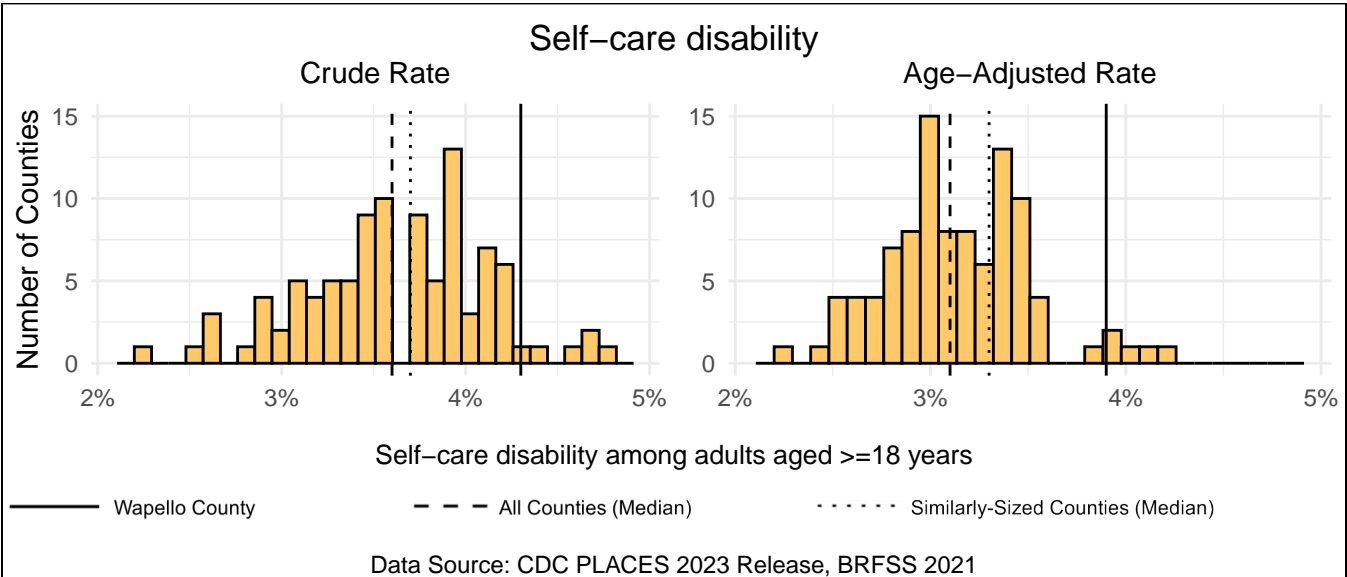
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	13.4%	12.5%	12.2%
Age-Adjusted	11.5%	9.9%	10.4%



## Self-care disability

Wapello County has a crude rate of 4.3% for self-care disability among adults aged  $\geq 18$  years, which ranks 94th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 3.9%, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

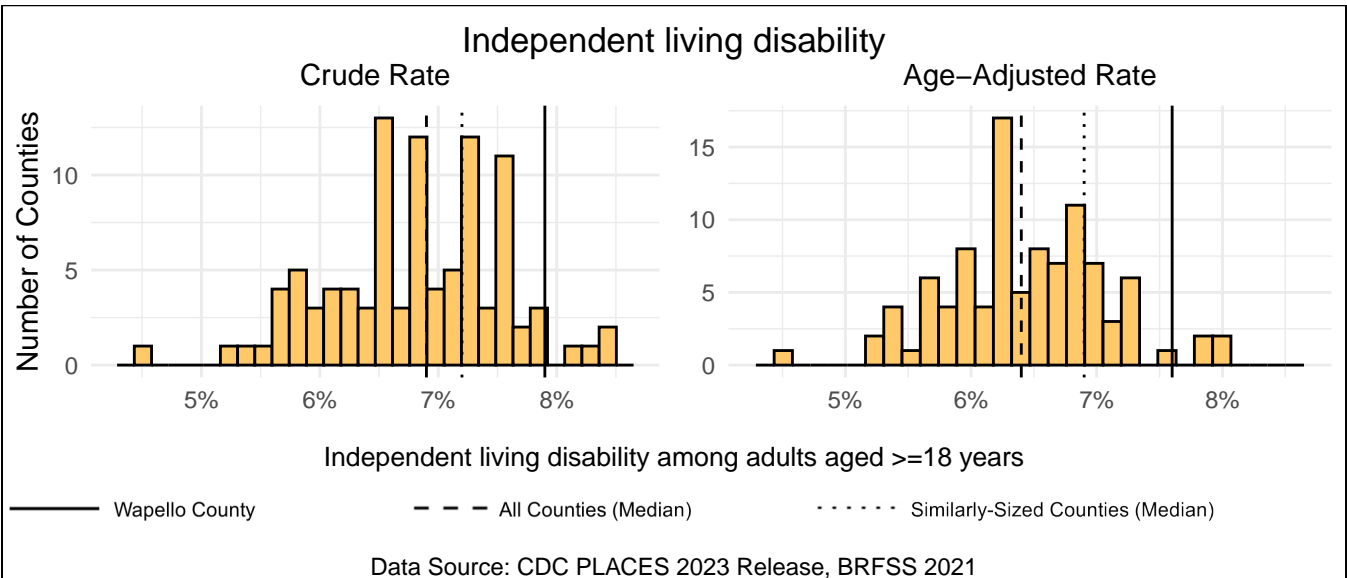
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	4.3%	3.6%	3.7%
Age-Adjusted	3.9%	3.1%	3.3%



### Independent living disability

Wapello County has a crude rate of 7.9% for independent living disability among adults aged  $\geq 18$  years, which ranks 94th out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 7.6%, which ranks 95th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

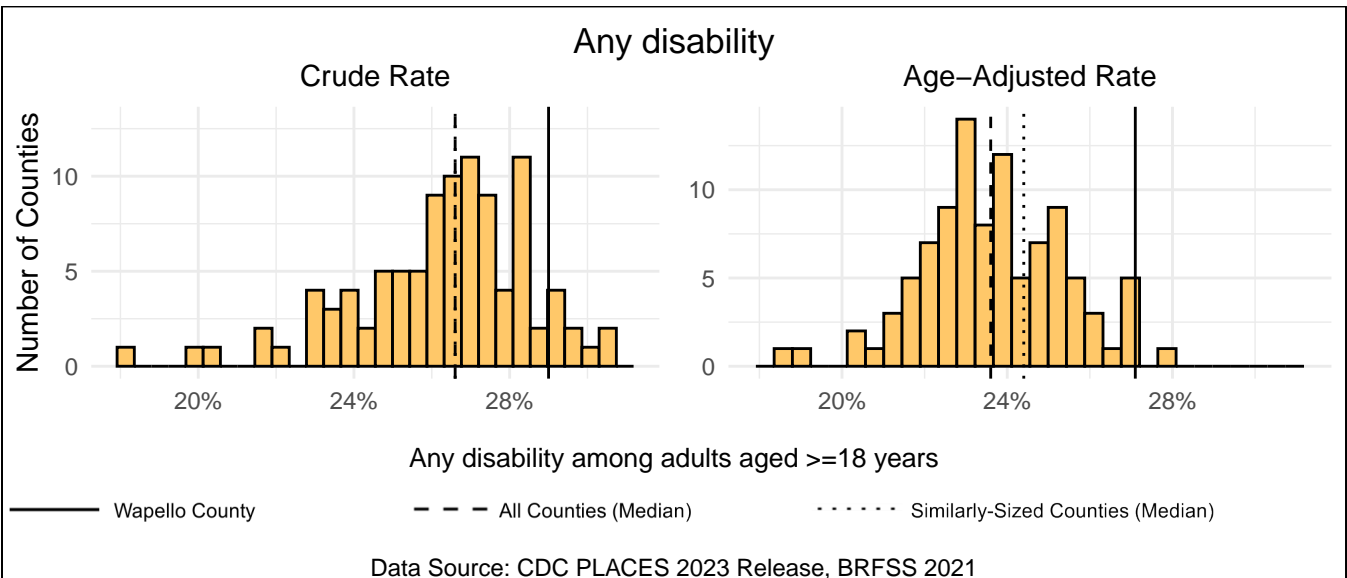
Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	7.9%	6.9%	7.2%
Age-Adjusted	7.6%	6.4%	6.9%



### Any disability

Wapello County has a crude rate of 29.0% for any disability among adults aged  $\geq 18$  years, which ranks 91st out of 99 Iowa counties (15th out of 15 similarly-sized counties). The age-adjusted rate for Wapello County is 27.1%, which ranks 96th out of 99 Iowa counties (15th out of 15 similarly-sized counties).

Measure Type	Wapello County	All Counties	Similarly-Sized Counties
Crude	29.0%	26.6%	26.6%
Age-Adjusted	27.1%	23.6%	24.4%



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## Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)





## Appendix 2: Wapello 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	95	17.5% (14.8% - 20.5%)	96	16.3% (13.8% - 19.1%)
Health Status	Mental Health	95	15.7% (13.6% - 18.2%)	94	16.6% (14.3% - 19.3%)
Health Status	Physical Health	86	12.0% (10.3% - 14.1%)	95	11.2% (9.6% - 13.0%)
Health Risk Behaviors	Physical Inactivity	95	30.6% (25.8% - 36.2%)	97	29.6% (24.9% - 35.2%)
Health Risk Behaviors	Sleep <7 hours	88	31.8% (30.4% - 33.1%)	86	32.8% (31.4% - 34.2%)
Health Risk Behaviors	Current Smoking	97	20.0% (16.4% - 24.4%)	96	20.7% (17.0% - 25.1%)
Health Risk Behaviors	Binge Drinking	28	17.9% (14.7% - 21.2%)	4	19.6% (16.2% - 23.2%)
Health Outcomes	Arthritis	60	29.2% (25.2% - 33.5%)	98	25.2% (21.6% - 29.2%)
Health Outcomes	High Blood Pressure	61	34.4% (30.3% - 38.8%)	96	30.4% (26.5% - 34.6%)
Health Outcomes	COPD	77	8.5% (7.1% - 10.3%)	94	7.3% (6.2% - 8.7%)
Health Outcomes	All Teeth Lost	96	13.1% (8.6% - 18.7%)	96	14.1% (9.4% - 20.0%)
Health Outcomes	Cancer (except skin)	12	7.5% (6.8% - 8.4%)	4	6.2% (5.6% - 6.9%)
Health Outcomes	Diabetes	75	11.8% (10.1% - 13.8%)	95	10.1% (8.6% - 11.8%)
Health Outcomes	Coronary Heart Disease	49	7.1% (6.1% - 8.1%)	94	5.7% (5.0% - 6.5%)
Health Outcomes	High Cholesterol	46	37.4% (32.9% - 42.2%)	93	31.1% (26.7% - 35.7%)
Health Outcomes	Obesity	87	40.3% (33.3% - 47.6%)	86	40.5% (33.5% - 47.9%)
Health Outcomes	Chronic Kidney Disease	44	3.4% (3.1% - 3.8%)	93	2.9% (2.6% - 3.2%)
Health Outcomes	Current Asthma	93	9.8% (8.5% - 11.1%)	89	9.9% (8.6% - 11.2%)
Health Outcomes	Depression	77	18.3% (15.0% - 22.0%)	55	18.8% (15.5% - 22.6%)
Health Outcomes	Stroke	54	3.6% (3.1% - 4.1%)	95	3.0% (2.6% - 3.5%)
Prevention	Cholesterol Screening	89	80.2% (77.1% - 83.1%)	81	77.9% (74.3% - 81.1%)
Prevention	Dental Visit	89	62.1% (58.5% - 65.7%)	89	61.5% (57.9% - 64.9%)
Prevention	Cervical Cancer Screening	89	80.9% (78.3% - 83.5%)	94	81.6% (79.2% - 84.2%)
Prevention	Colorectal Cancer Screening	99	69.1% (65.7% - 72.0%)	99	66.5% (62.9% - 69.6%)
Prevention	Core preventive services for older men	48	42.8% (34.6% - 50.7%)	43	43.6% (35.5% - 51.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	79	72.6% (68.1% - 76.7%)	78	72.4% (67.7% - 76.5%)
Prevention	Annual Checkup	49	75.9% (71.2% - 80.2%)	11	73.9% (69.0% - 78.5%)
Prevention	Health Insurance	93	10.6% (8.5% - 13.3%)	93	11.1% (8.9% - 13.9%)
Prevention	Core preventive services for older women	97	33.8% (26.9% - 40.7%)	97	34.4% (27.5% - 41.1%)
Prevention	Taking BP Medication	83	79.5% (76.2% - 82.4%)	4	60.6% (55.6% - 65.3%)
Disability	Mobility Disability	74	13.4% (11.4% - 15.8%)	95	11.5% (9.8% - 13.5%)
Disability	Independent Living Disability	94	7.9% (6.8% - 9.2%)	95	7.6% (6.5% - 8.8%)
Disability	Cognitive Disability	95	13.0% (11.0% - 15.2%)	95	13.4% (11.4% - 15.8%)
Disability	Vision Disability	94	5.4% (4.6% - 6.3%)	95	5.0% (4.3% - 5.9%)
Disability	Any Disability	91	29.0% (24.8% - 33.5%)	96	27.1% (23.3% - 31.6%)
Disability	Hearing Disability	42	7.8% (6.9% - 8.9%)	93	6.7% (5.9% - 7.6%)
Disability	Self-care Disability	94	4.3% (3.7% - 5.0%)	95	3.9% (3.4% - 4.5%)

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

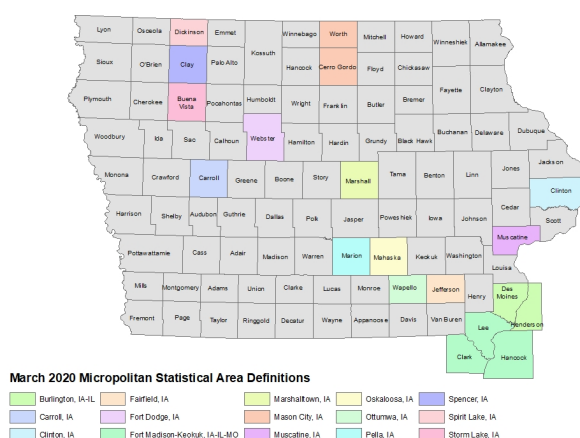
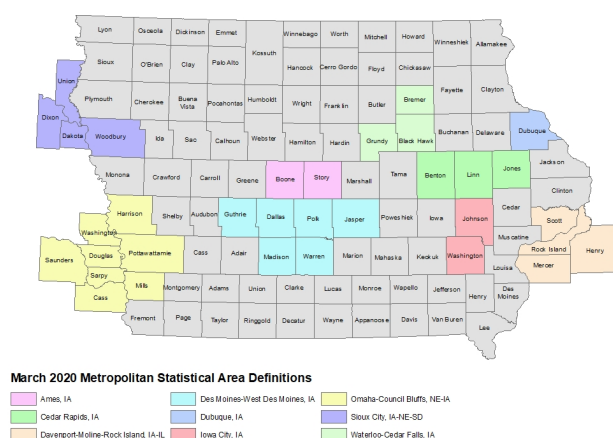
## Appendix 3: Micropolitan Counties

Wapello County falls into the group of micropolitan counties. In this data, 15 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
Clinton County	Micropolitan	46,463
Cerro Gordo County	Micropolitan	42,706
Muscatine County	Micropolitan	42,688
Marshall County	Micropolitan	39,853
Des Moines County	Micropolitan	38,491
Webster County	Micropolitan	37,147
Wapello County	Micropolitan	35,256
Marion County	Micropolitan	33,380
Lee County	Micropolitan	33,215
Mahaska County	Micropolitan	21,984
Buena Vista County	Micropolitan	20,771
Carroll County	Micropolitan	20,692
Dickinson County	Micropolitan	17,851
Clay County	Micropolitan	16,440
Jefferson County	Micropolitan	15,647

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

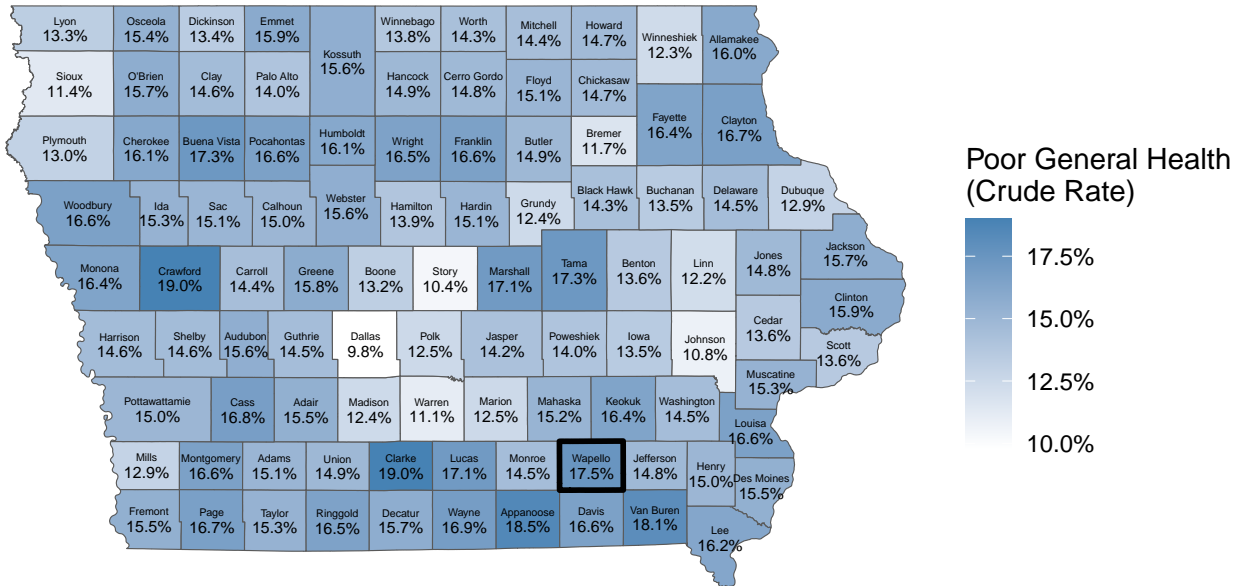
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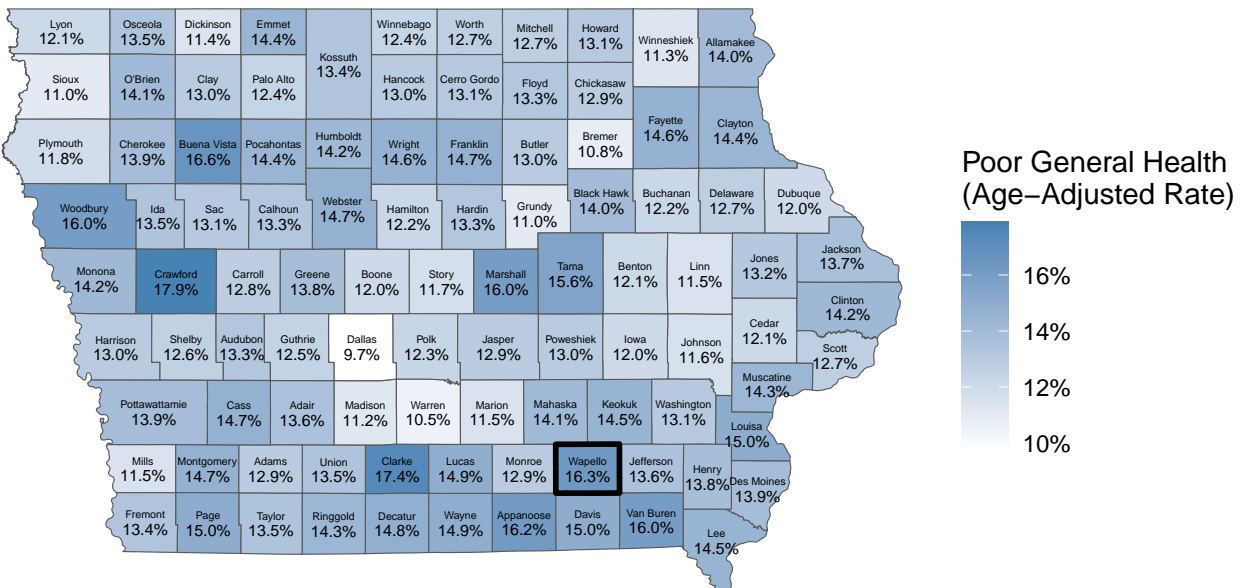
## Appendix 4: County Maps

### Poor General Health

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



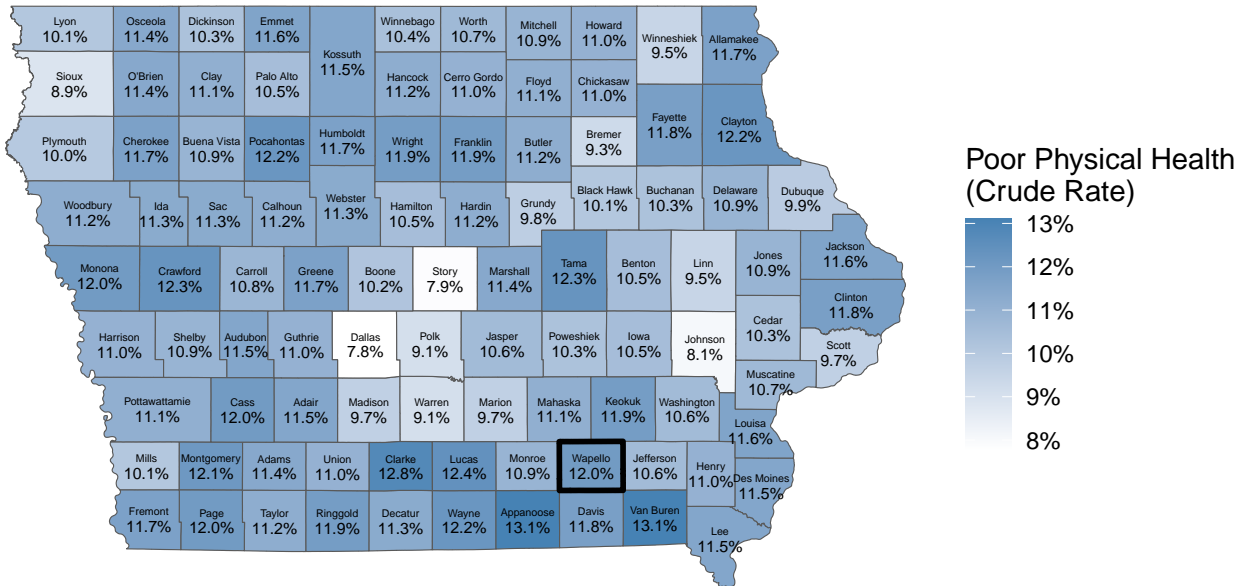
Data Source: CDC PLACES 2023 Release, BRFSS 2021



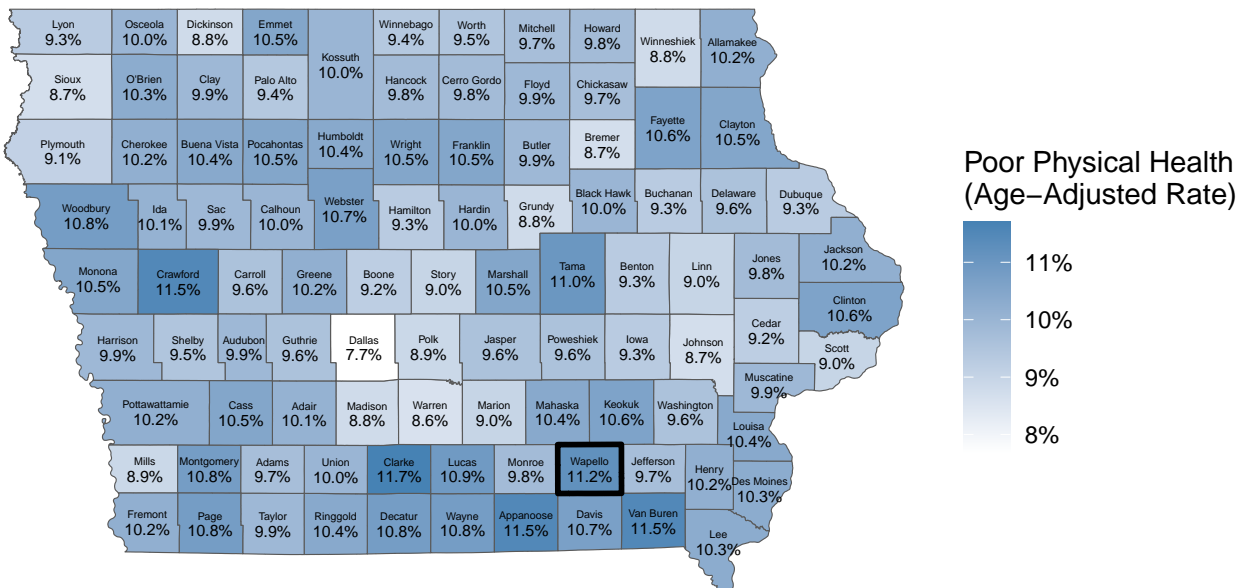
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Physical Health

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



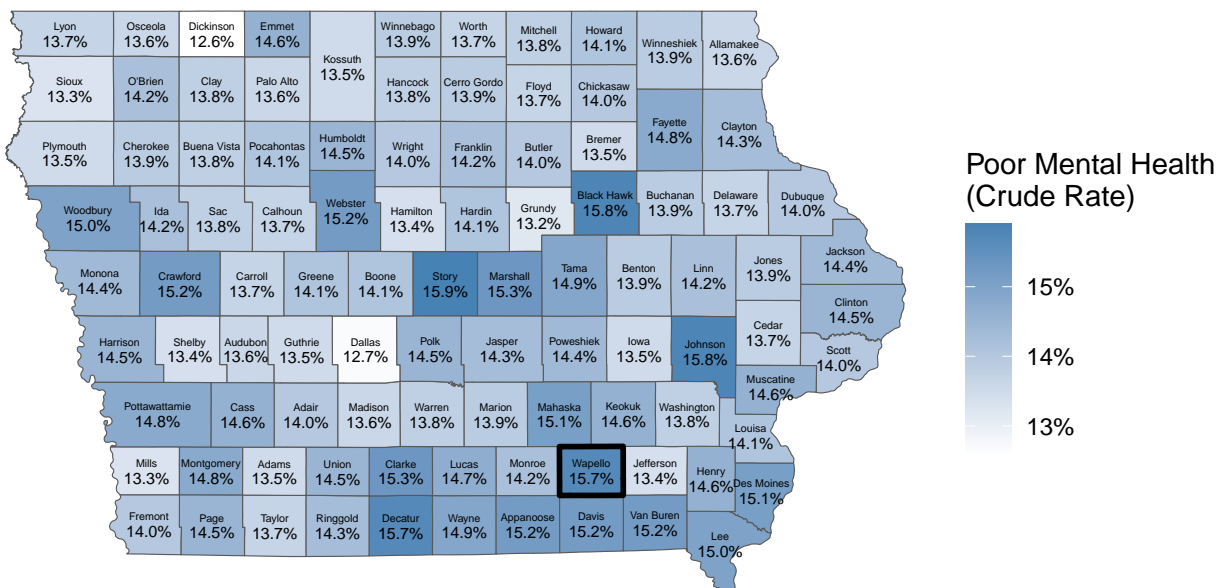
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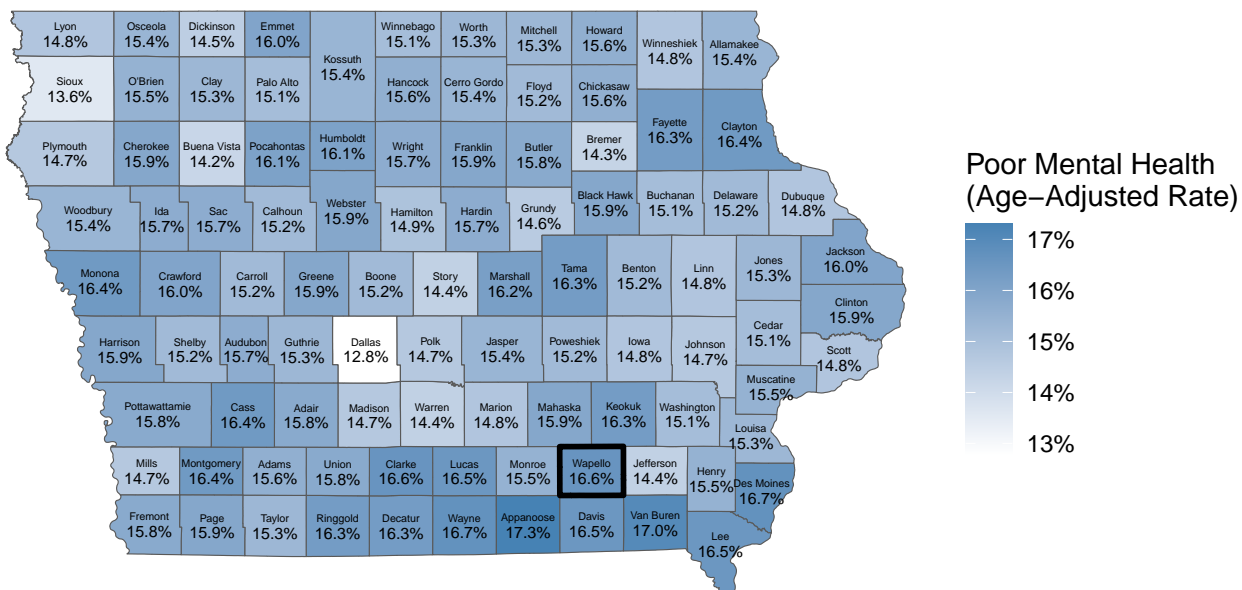
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Mental Health

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



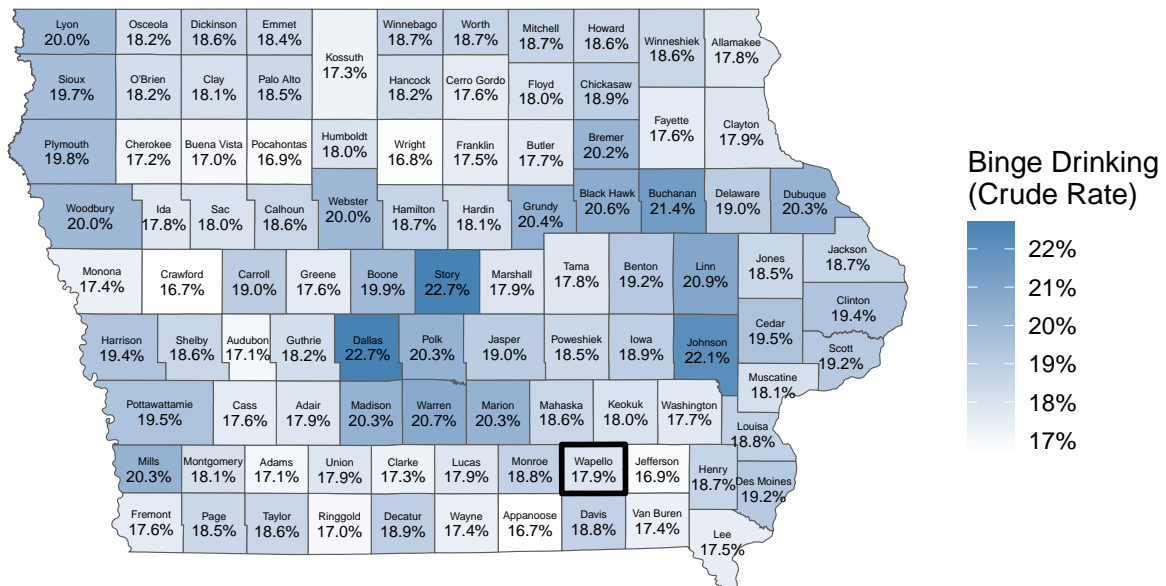
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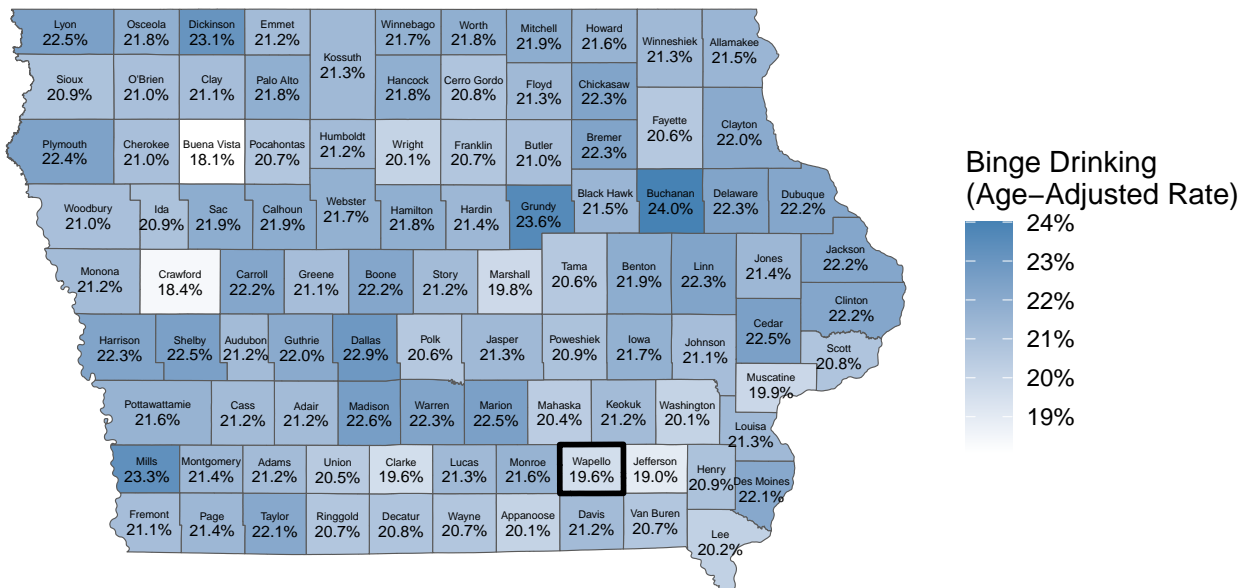
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Binge Drinking

Binge drinking among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

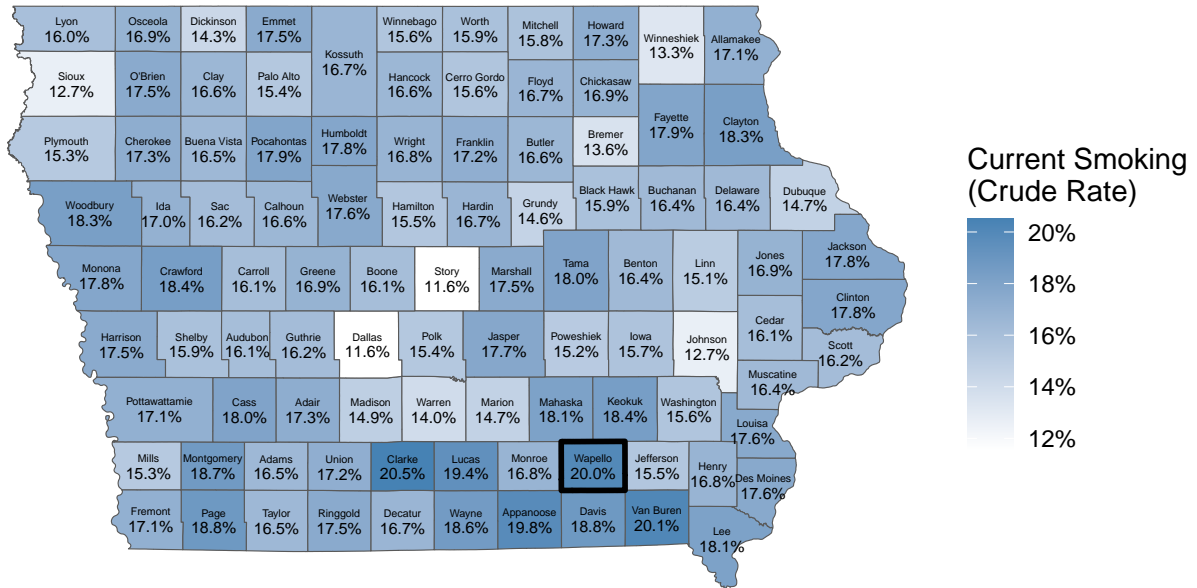


Data Source: CDC PLACES 2023 Release, BRFSS 2021

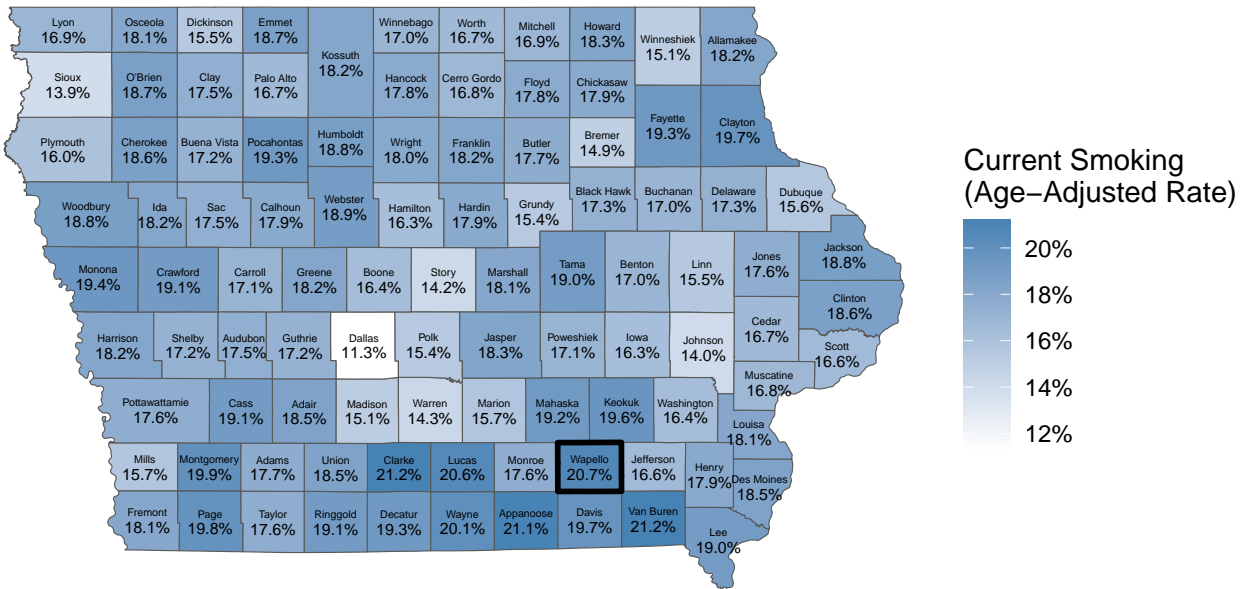


## Current Smoking

Current smoking among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

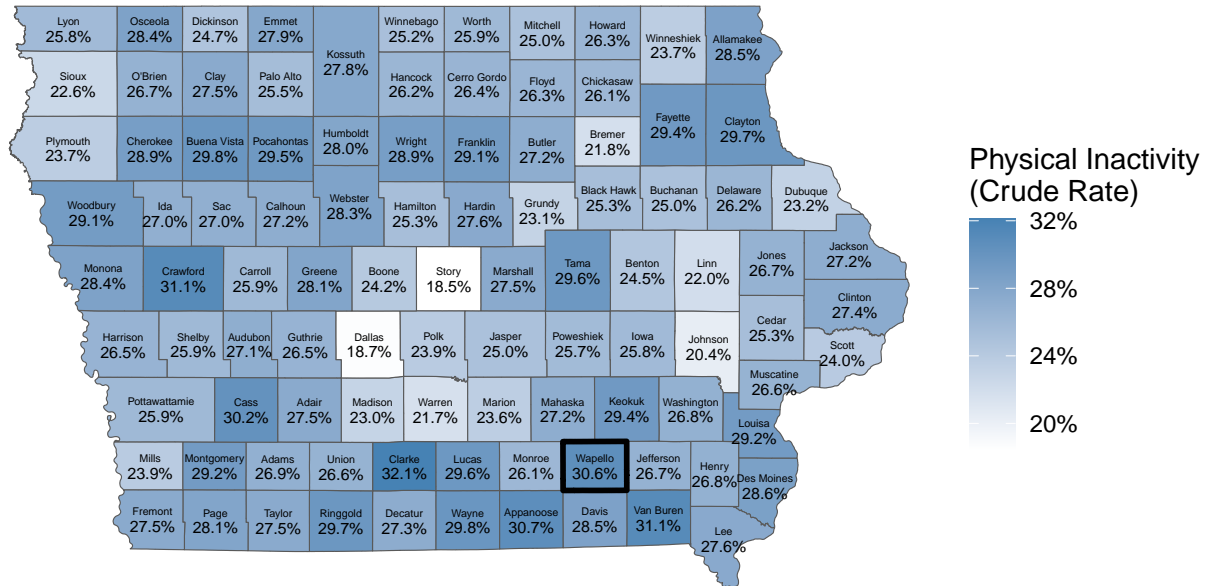


Data Source: CDC PLACES 2023 Release, BRFSS 2021

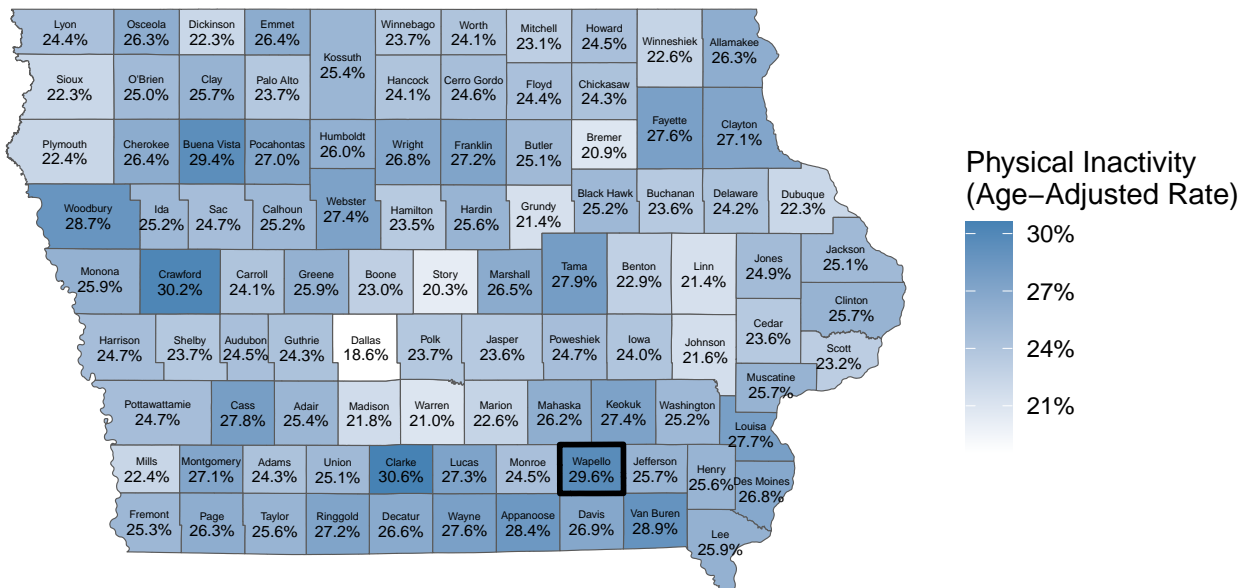


## Physical Inactivity

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



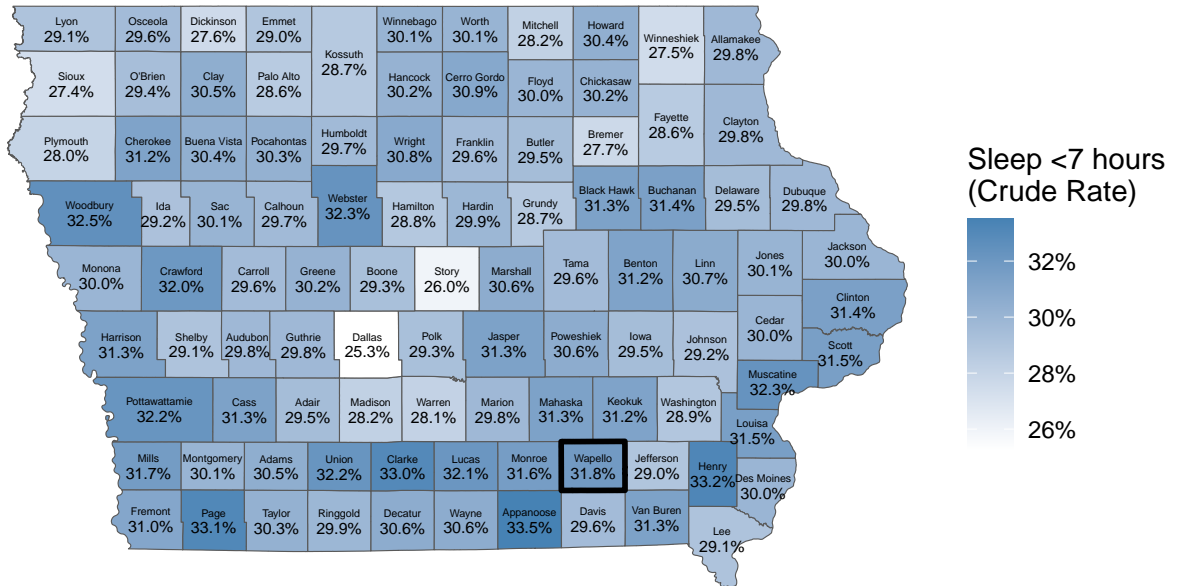
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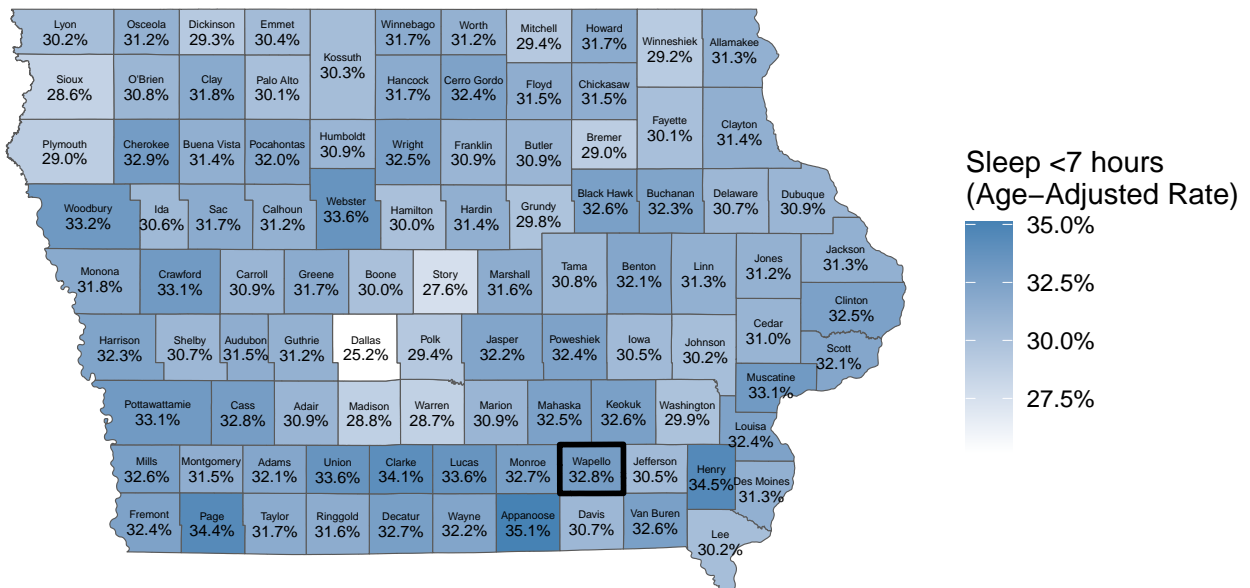
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

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



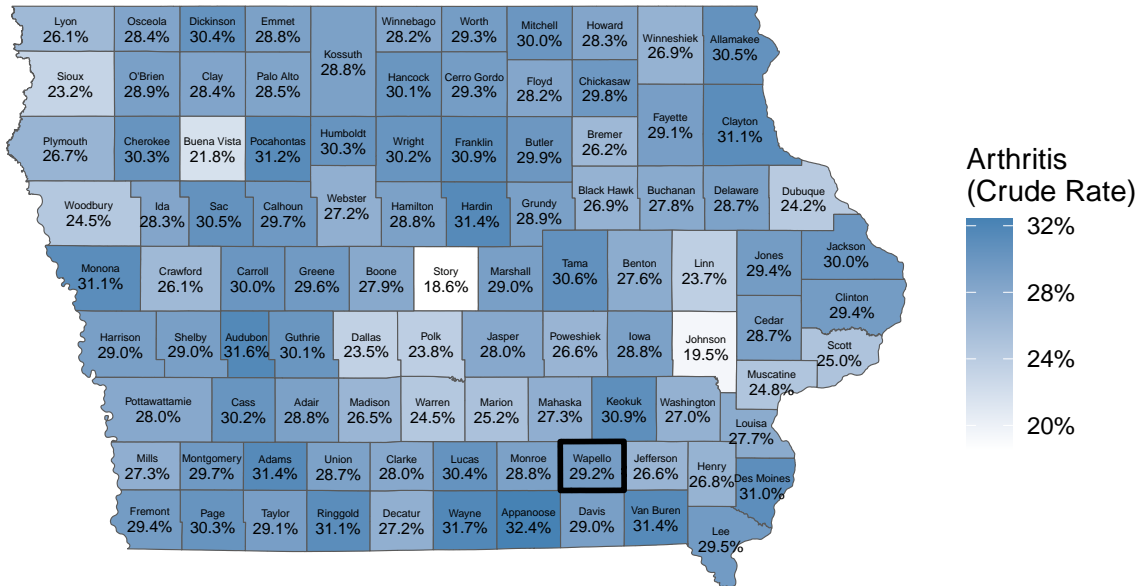
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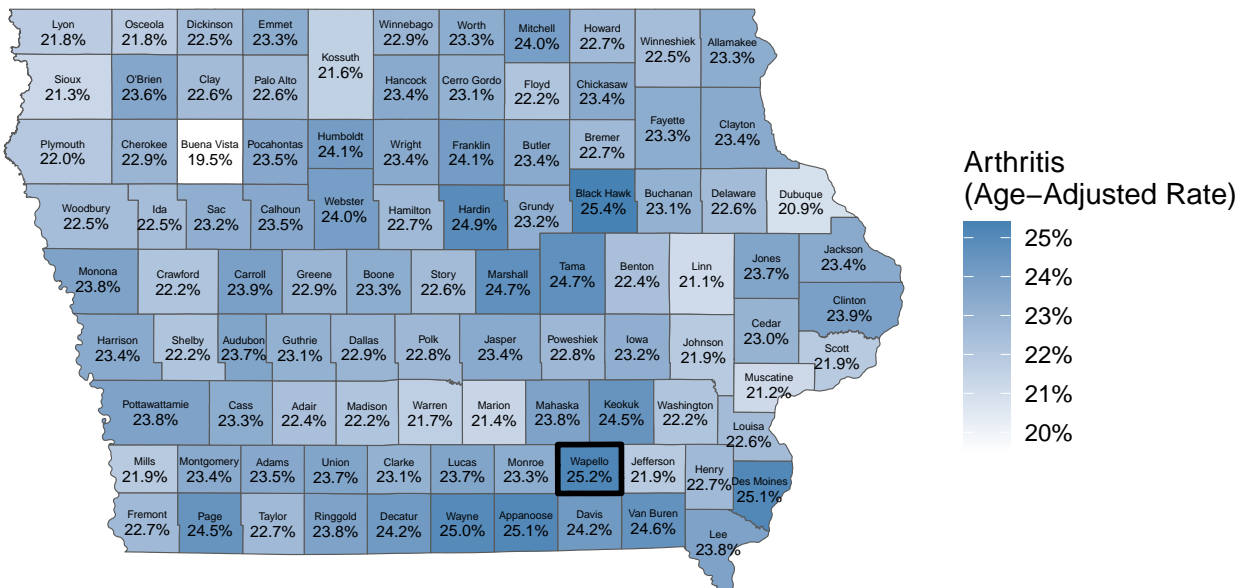
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Arthritis

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



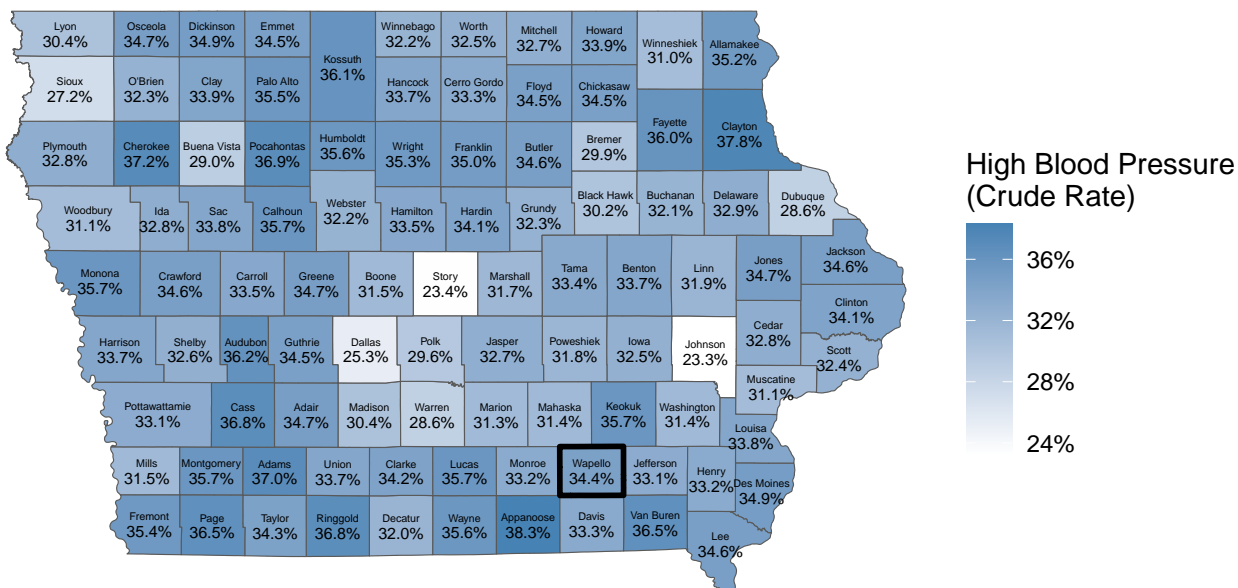
Data Source: CDC PLACES 2023 Release, BRFSS 2021



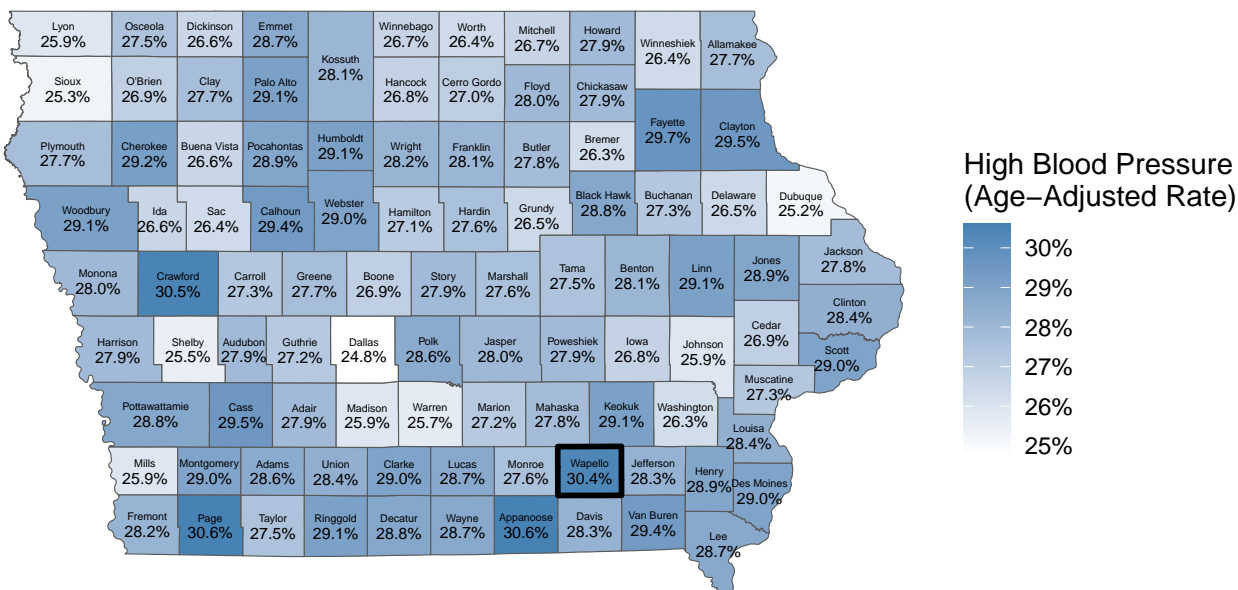
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## High Blood Pressure

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



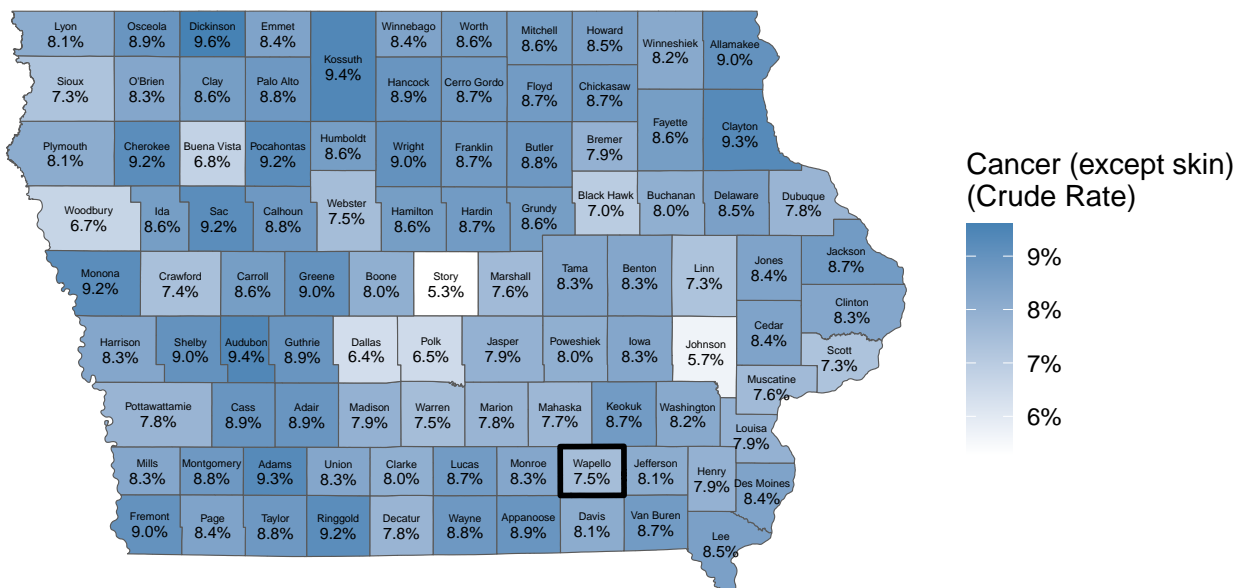
Data Source: CDC PLACES 2023 Release, BRFSS 2021



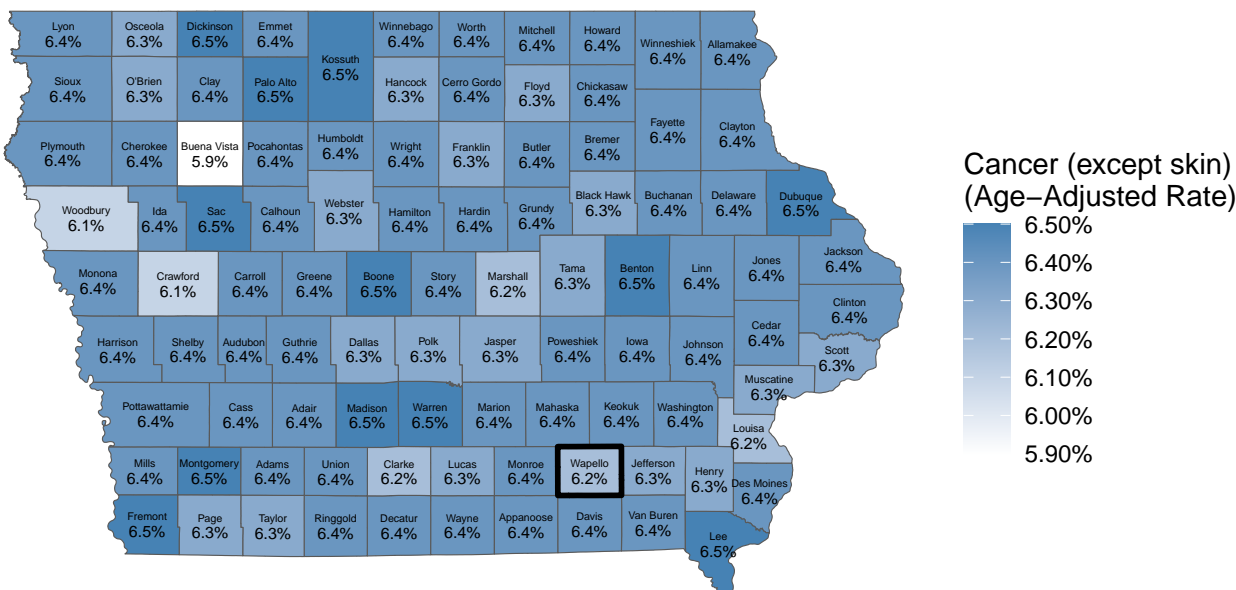
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cancer (except skin)

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



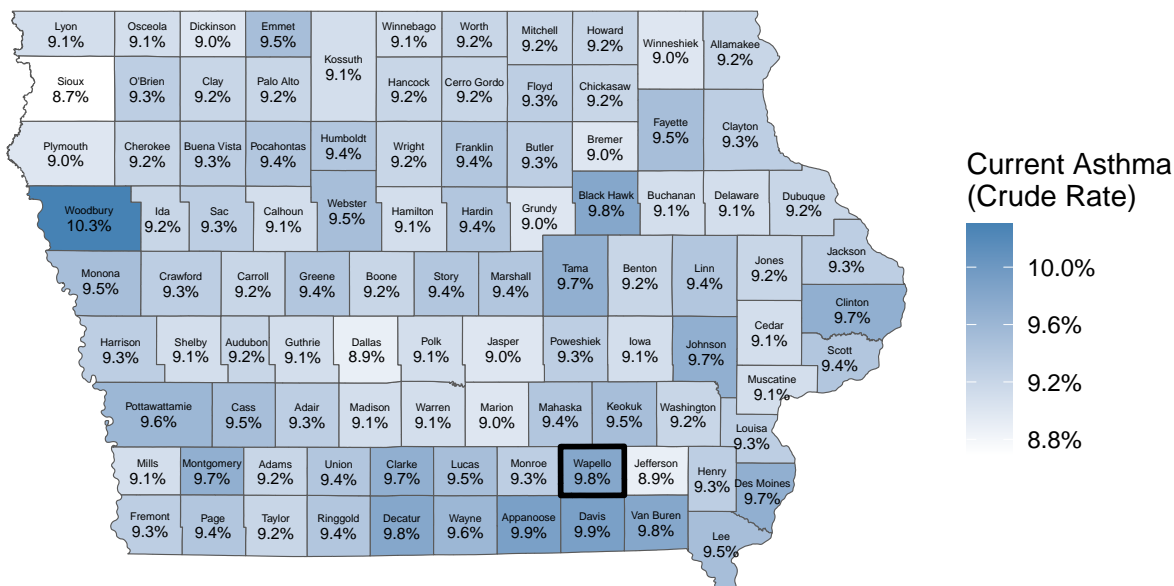
Data Source: CDC PLACES 2023 Release, BRFSS 2021



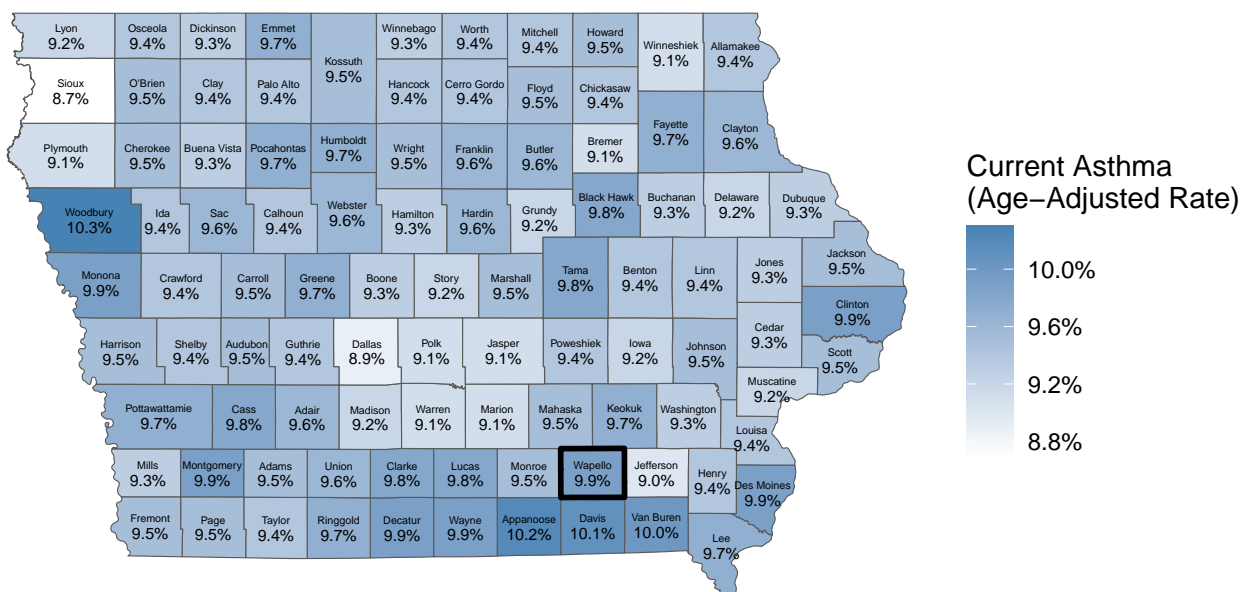
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Current Asthma

Current asthma among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

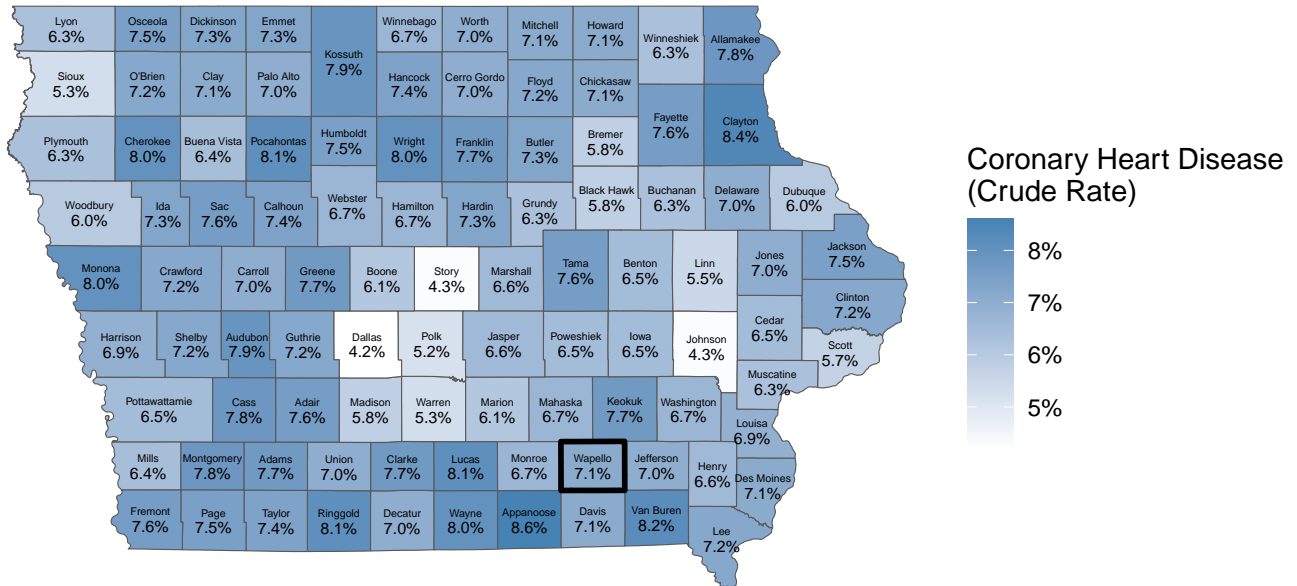


Data Source: CDC PLACES 2023 Release, BRFSS 2021

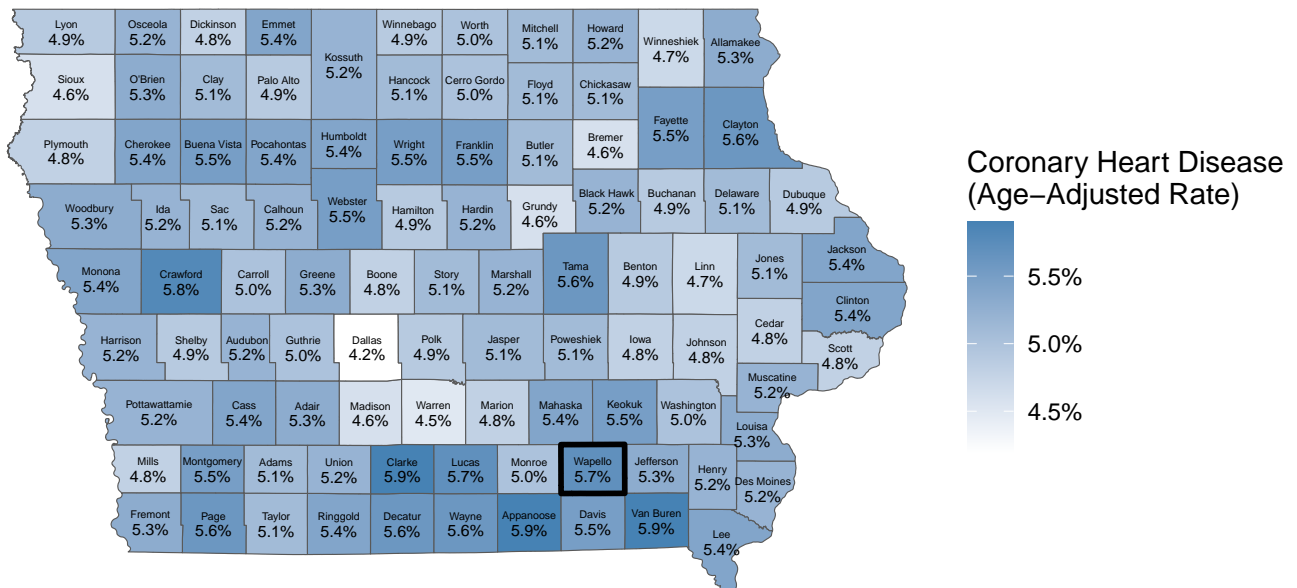


# Coronary Heart Disease

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



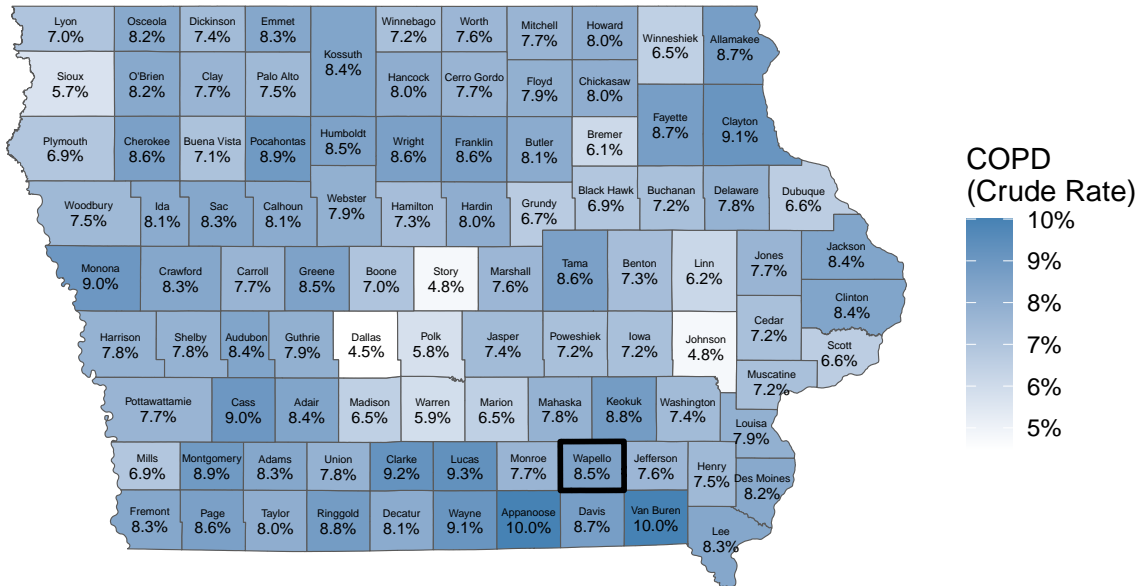
Data Source: CDC PLACES 2023 Release, BRFSS 2021



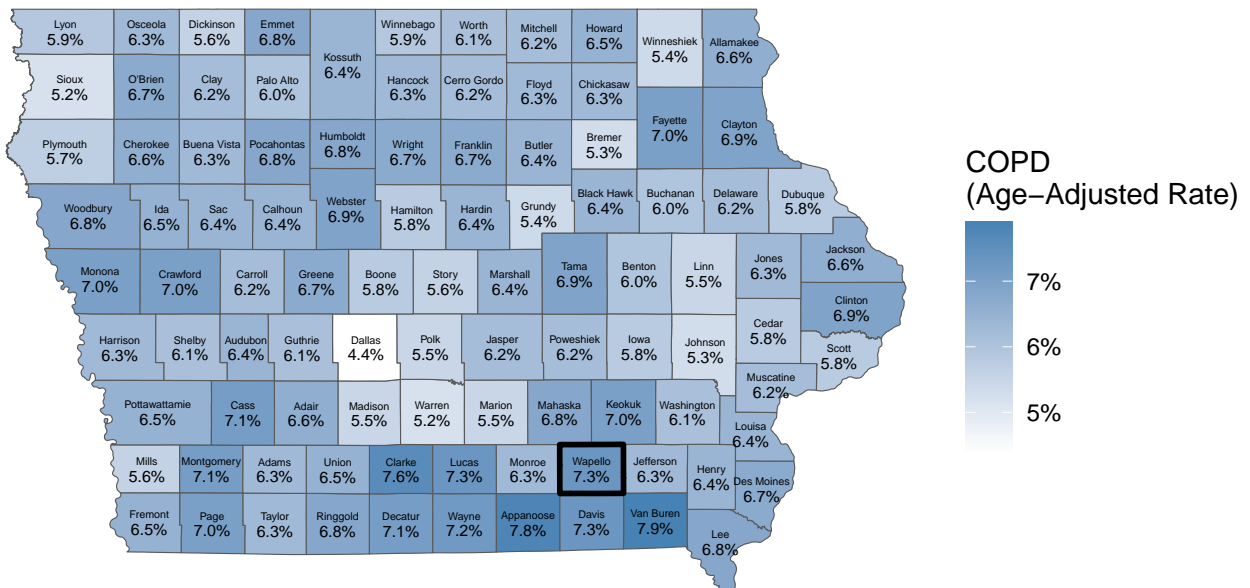
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## COPD

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021

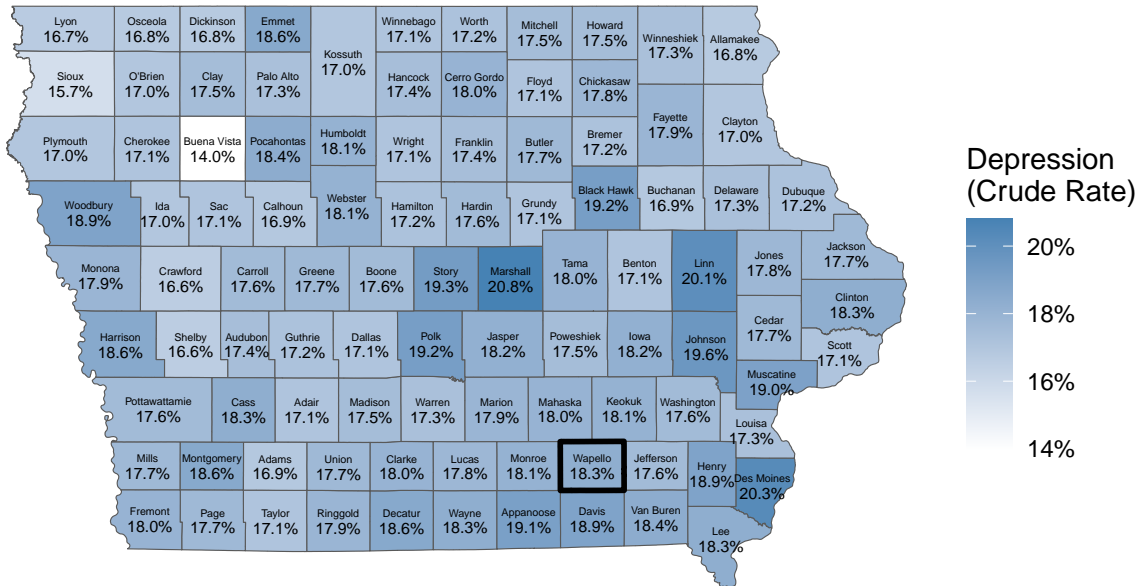


Data Source: CDC PLACES 2023 Release, BRFSS 2021

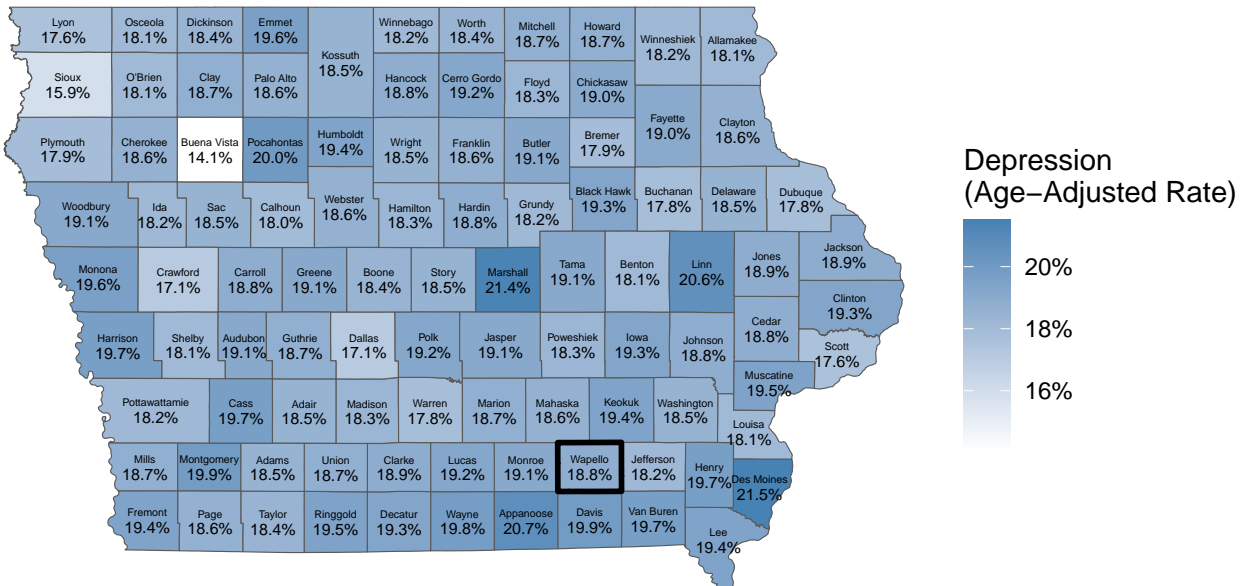


# Depression

## Depression among adults aged >=18 years



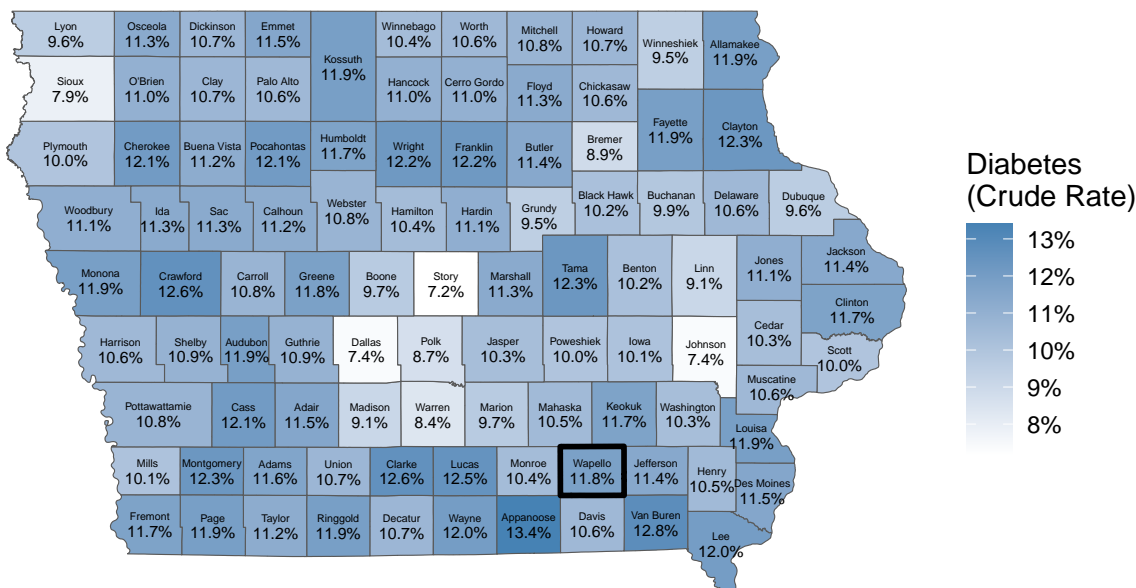
Data Source: CDC PLACES 2023 Release, BRFSS 2021



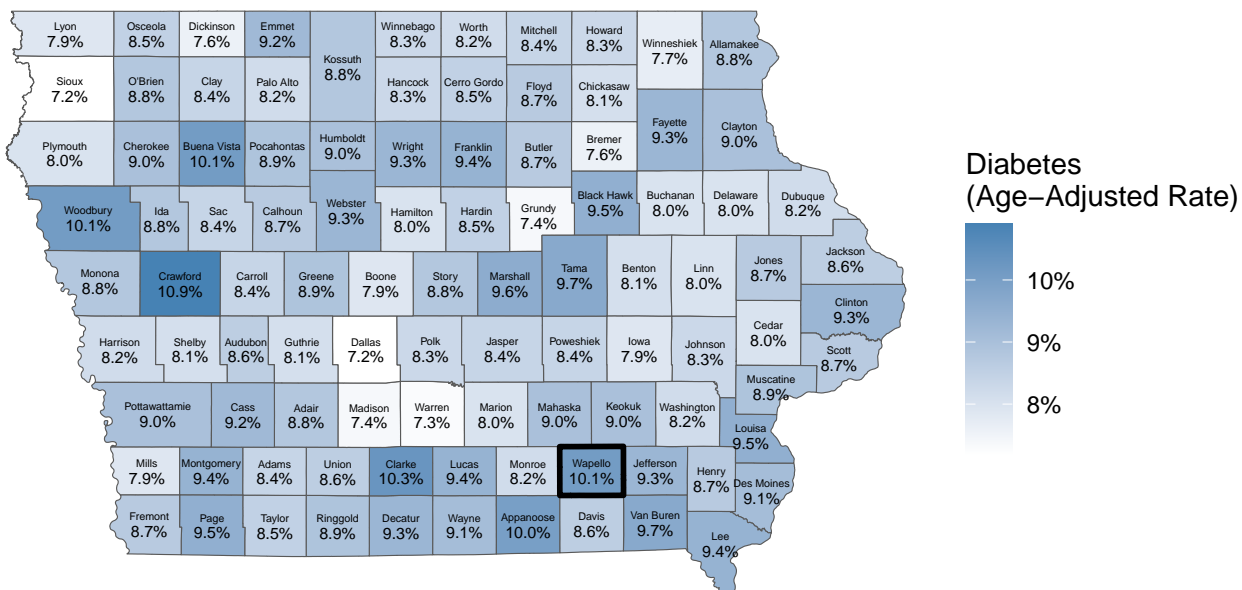
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Diabetes

## Diagnosed diabetes among adults aged >=18 years



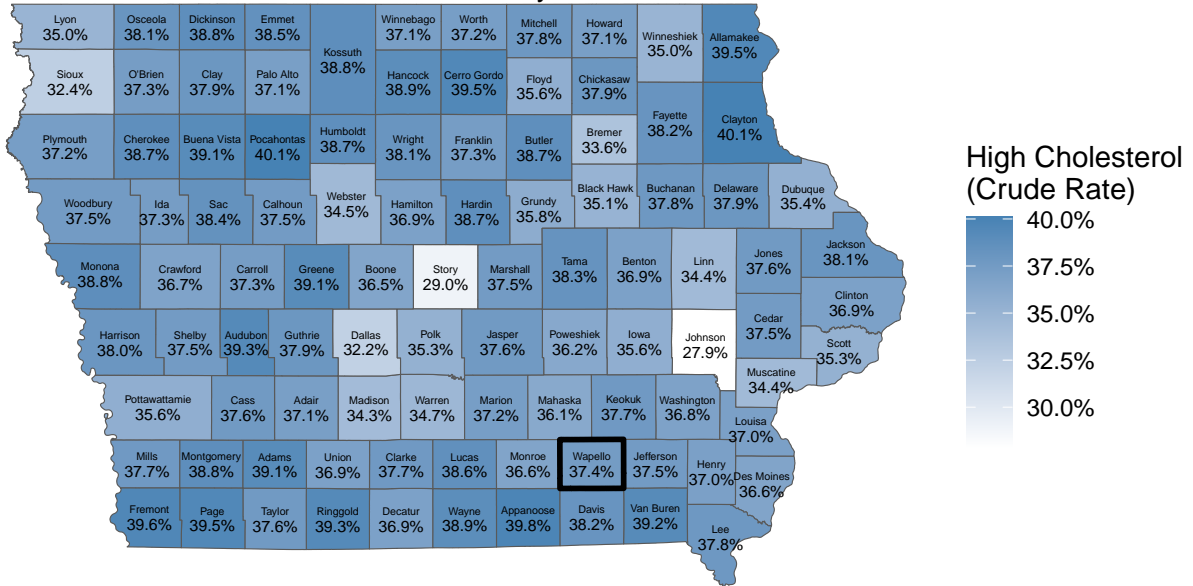
Data Source: CDC PLACES 2023 Release, BRFSS 2021



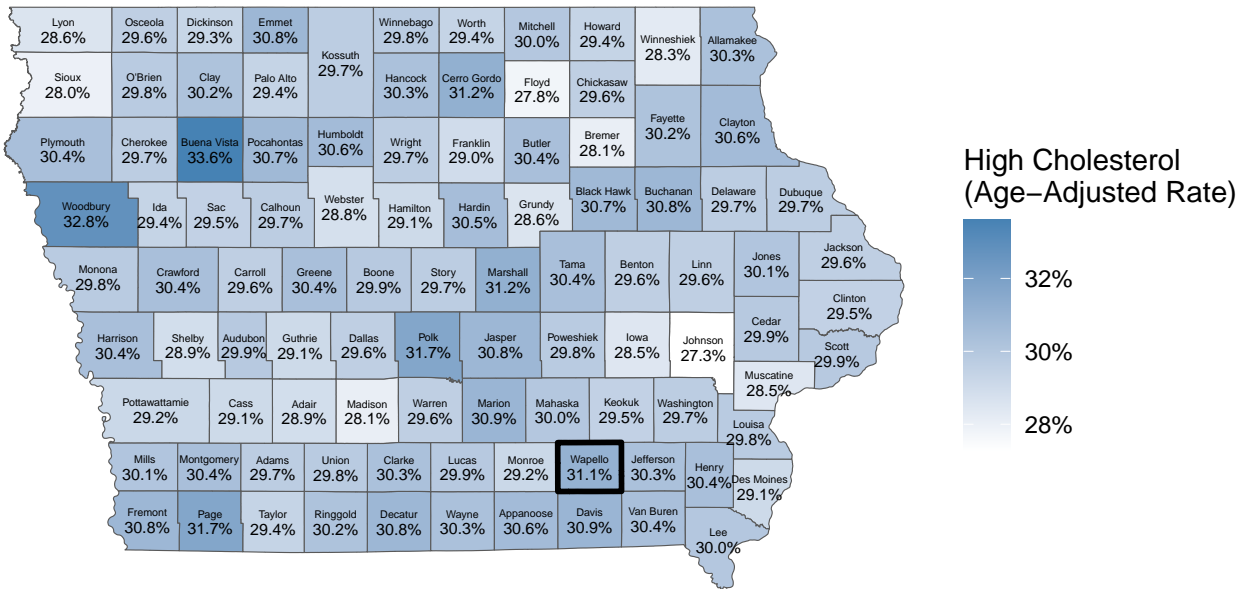
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## High Cholesterol

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



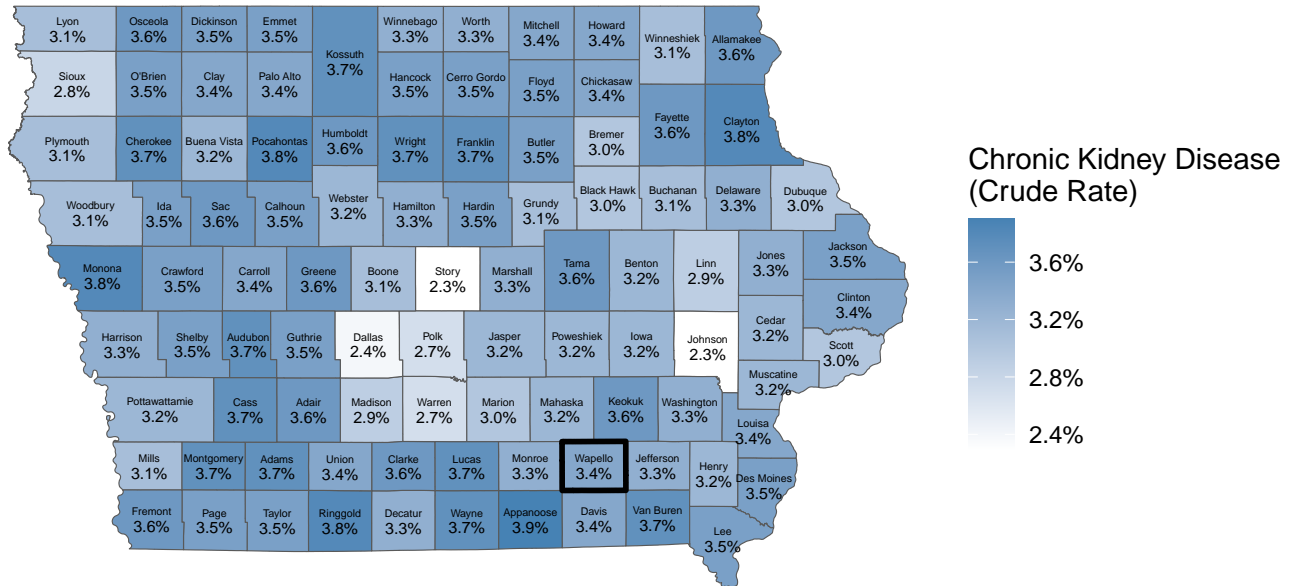
Data Source: CDC PLACES 2023 Release, BRFSS 2021



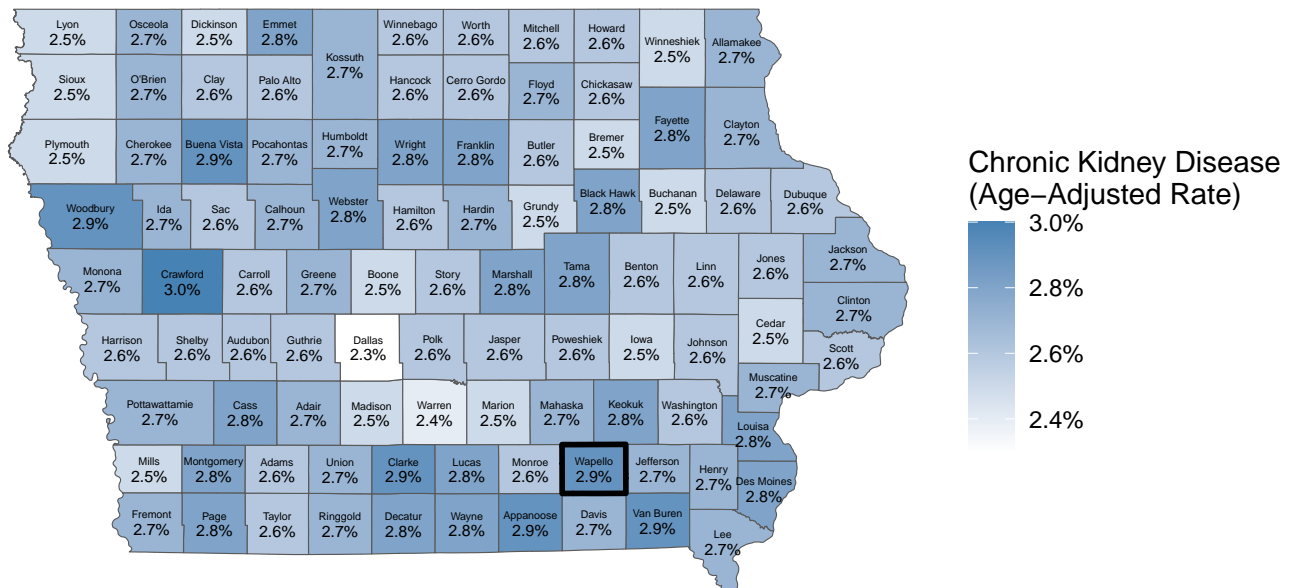
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Chronic Kidney Disease

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



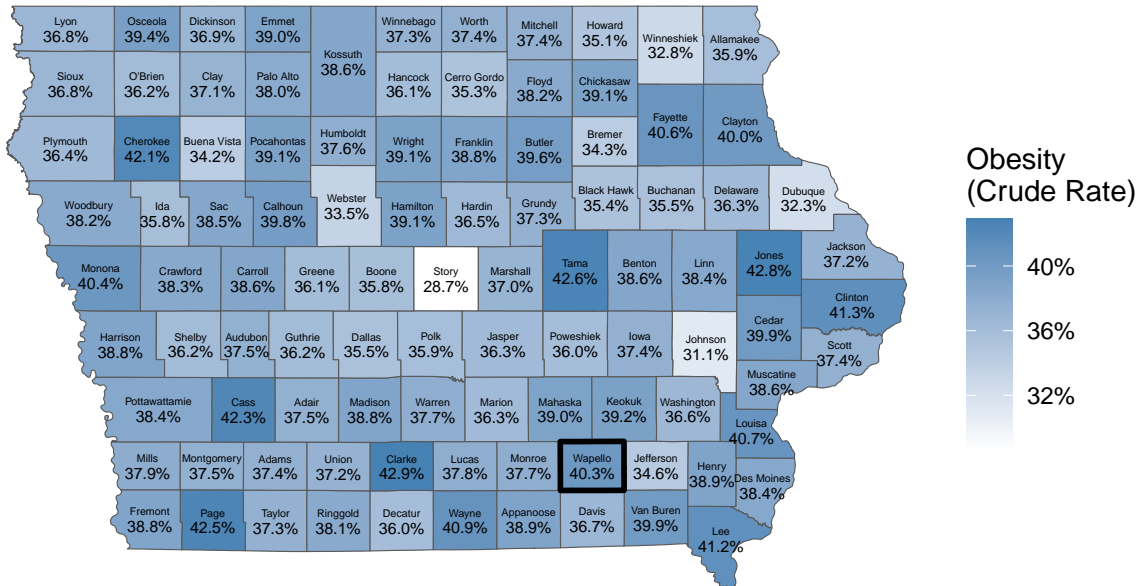
Data Source: CDC PLACES 2023 Release, BRFSS 2021



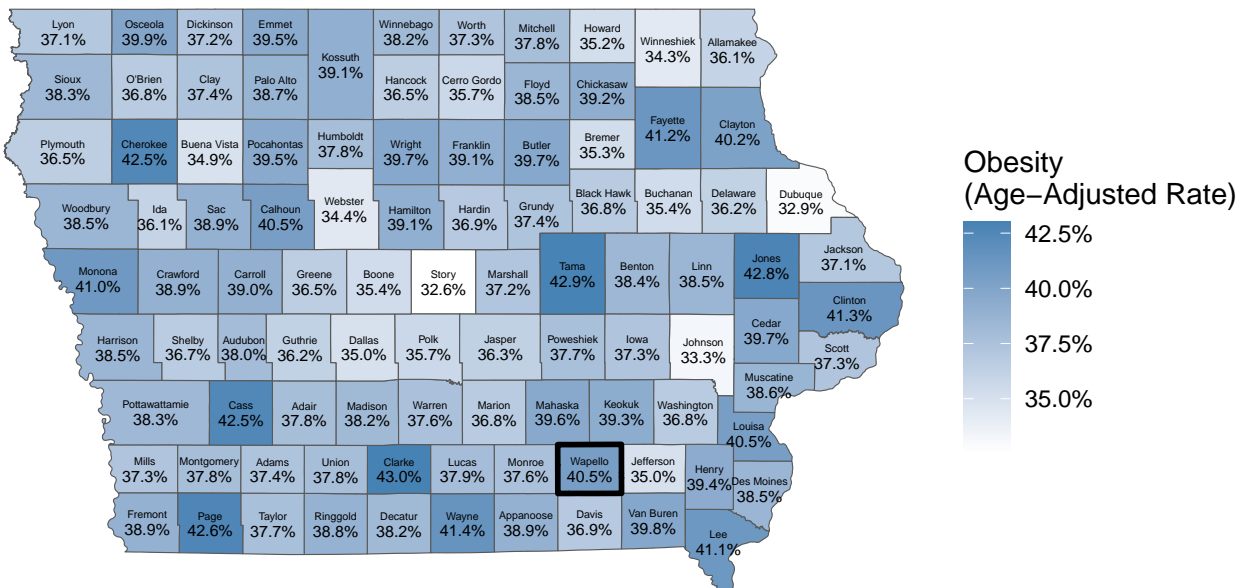
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Obesity

## Obesity among adults aged >=18 years



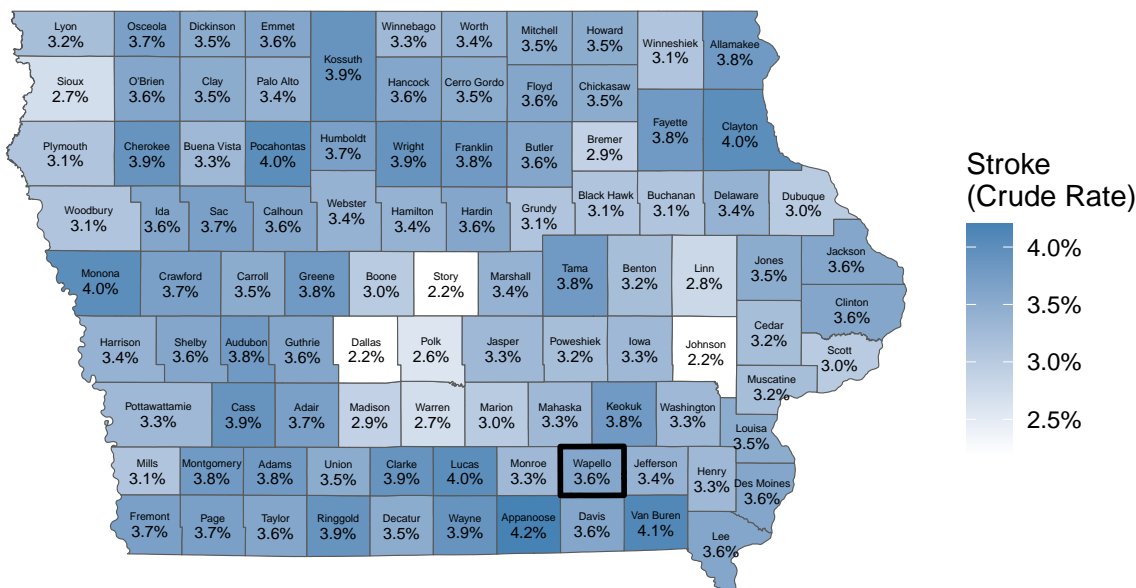
Data Source: CDC PLACES 2023 Release, BRFSS 2021



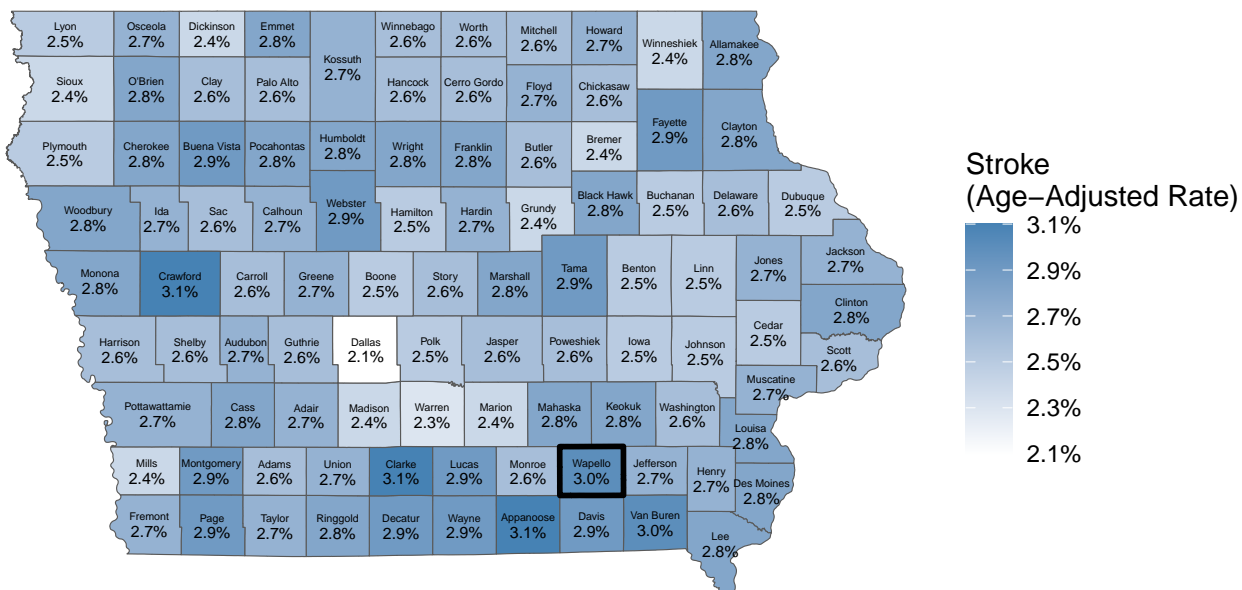
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Stroke

## Stroke among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

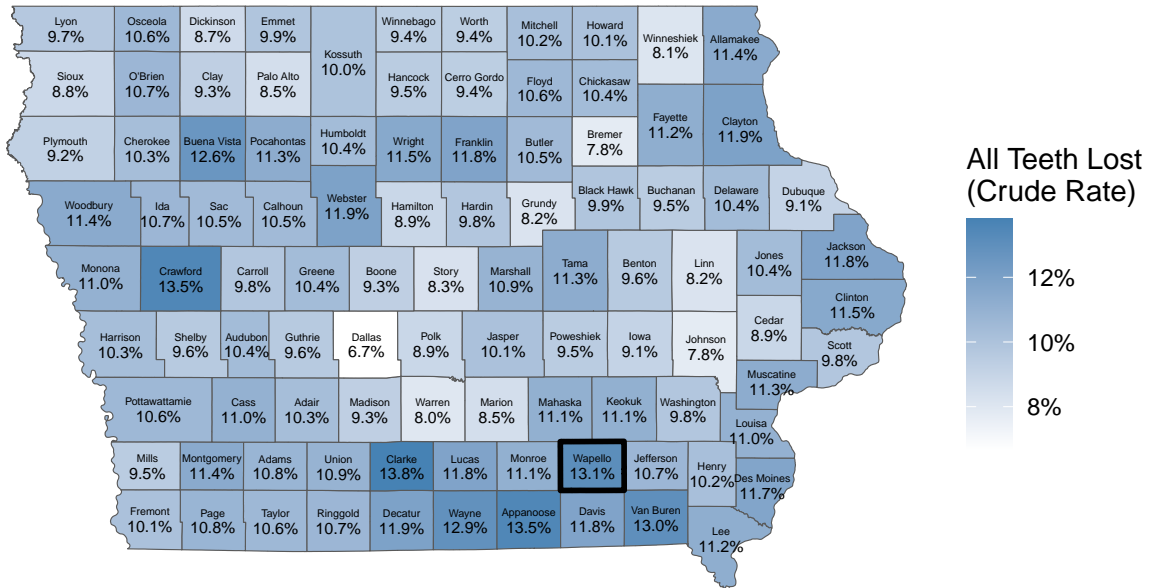


Data Source: CDC PLACES 2023 Release, BRFSS 2021

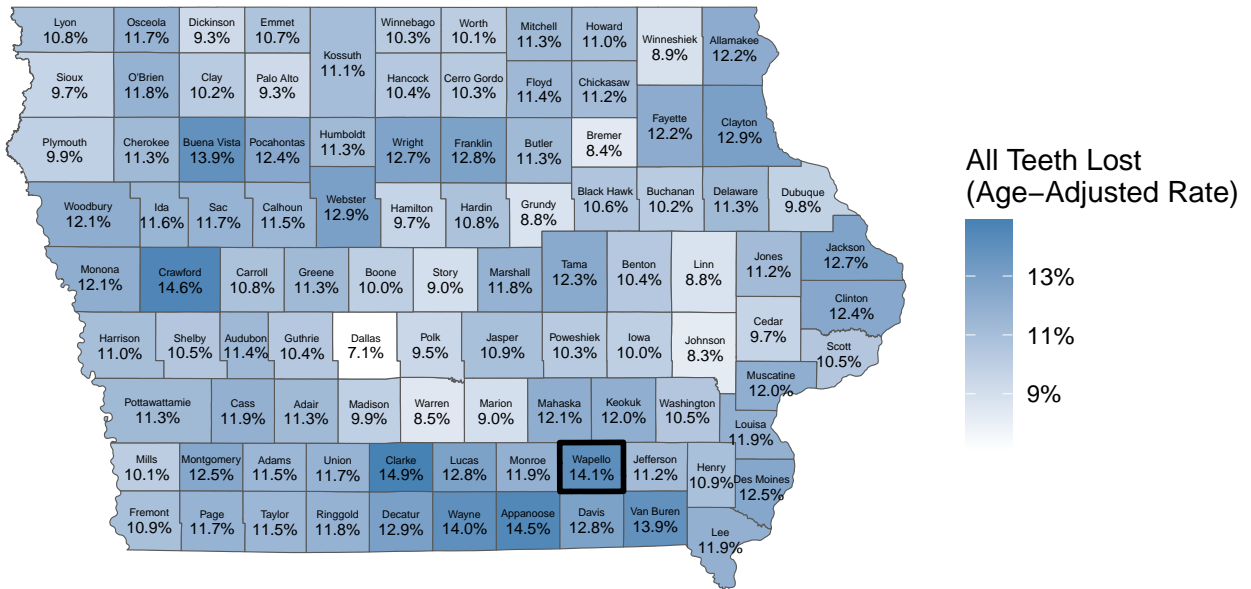


## All Teeth Lost

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



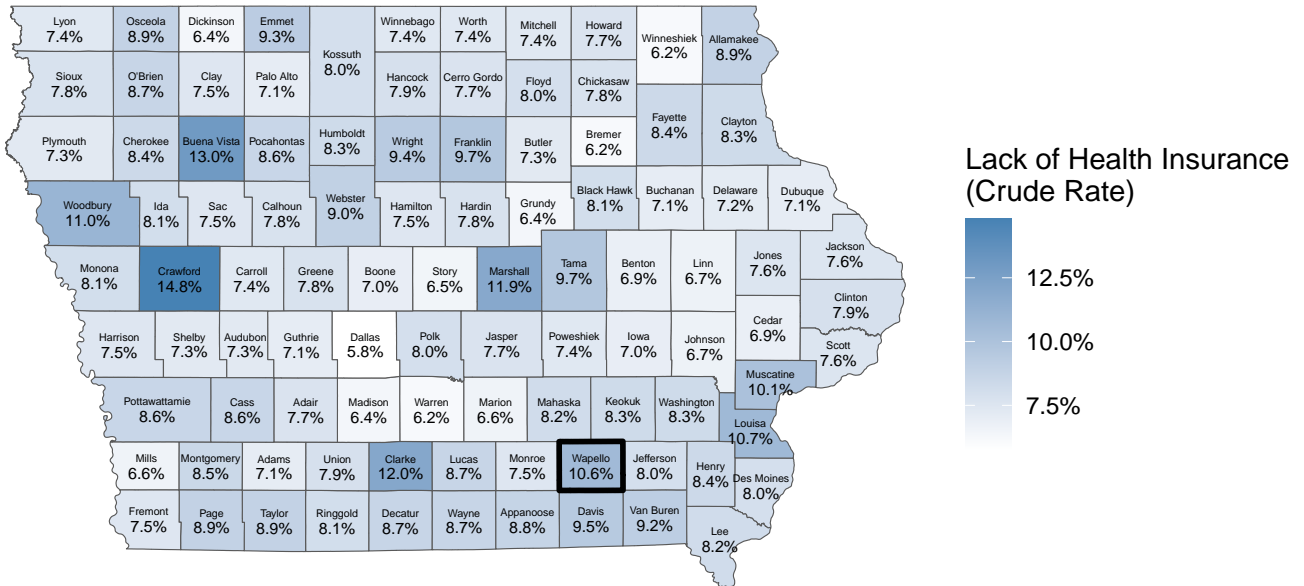
Data Source: CDC PLACES 2023 Release, BRFSS 2020



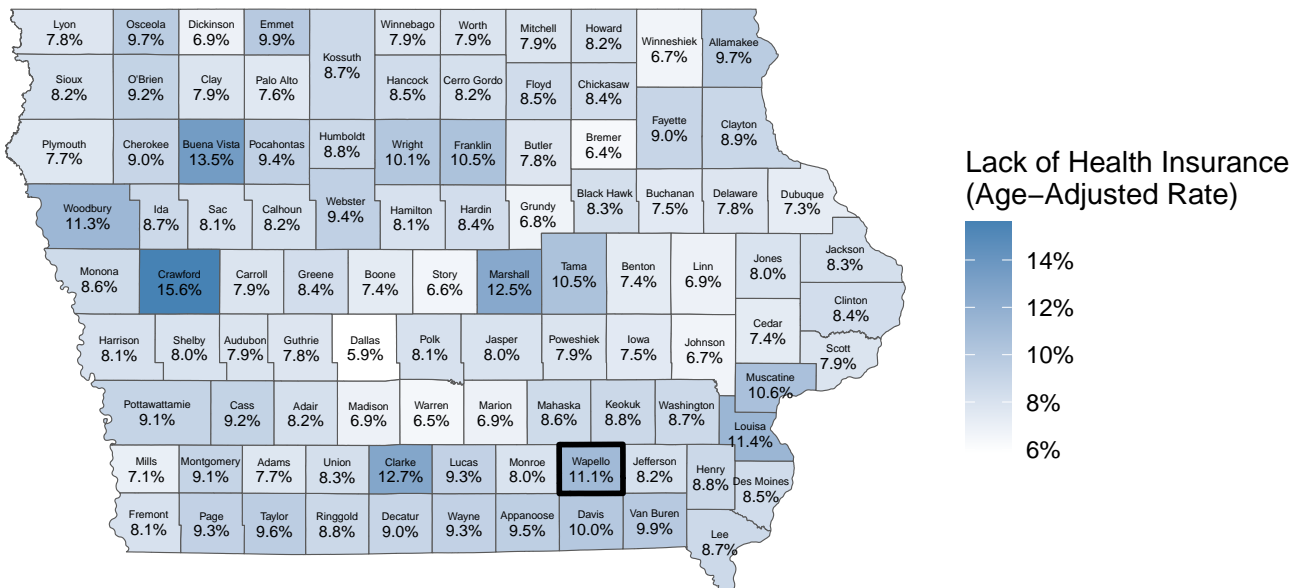
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Lack of Health Insurance

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021

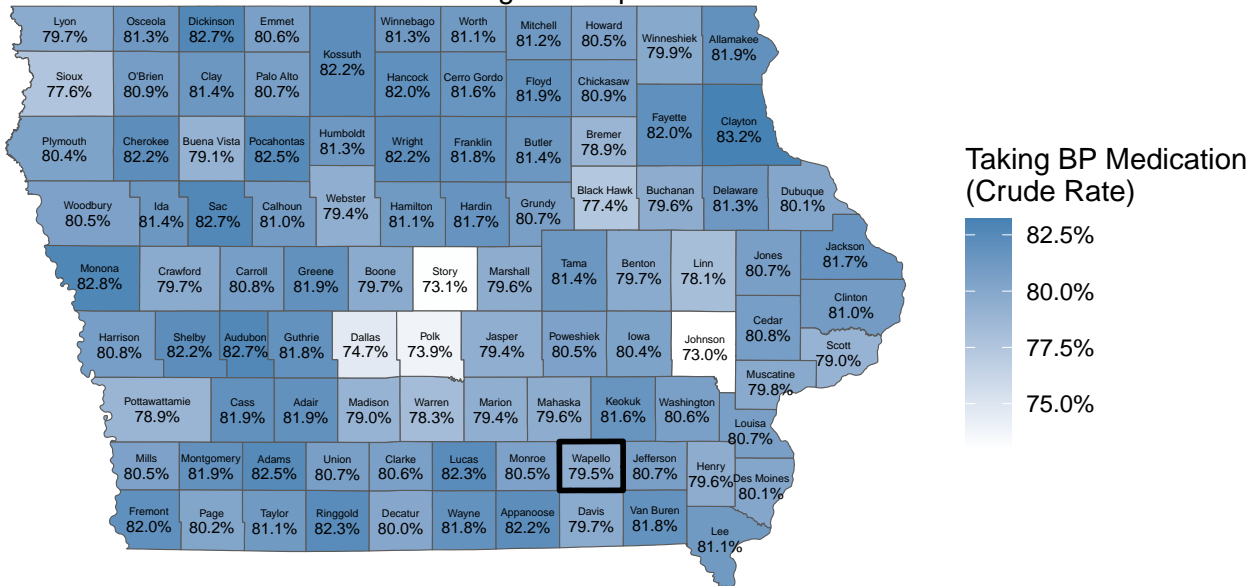


Data Source: CDC PLACES 2023 Release, BRFSS 2021

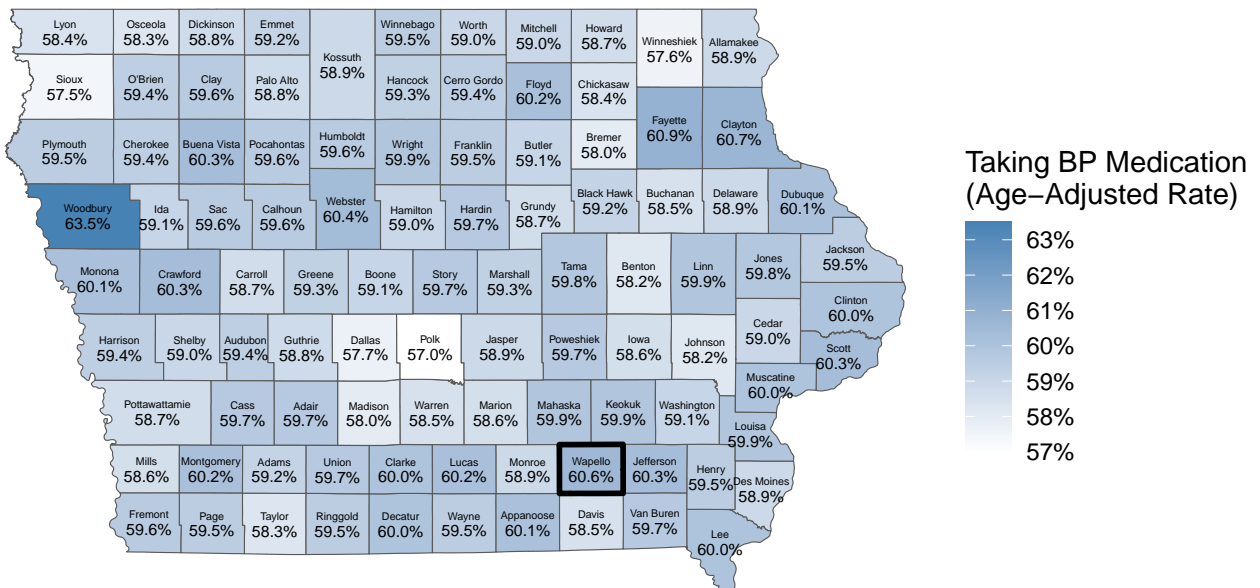


## Taking BP Medication

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



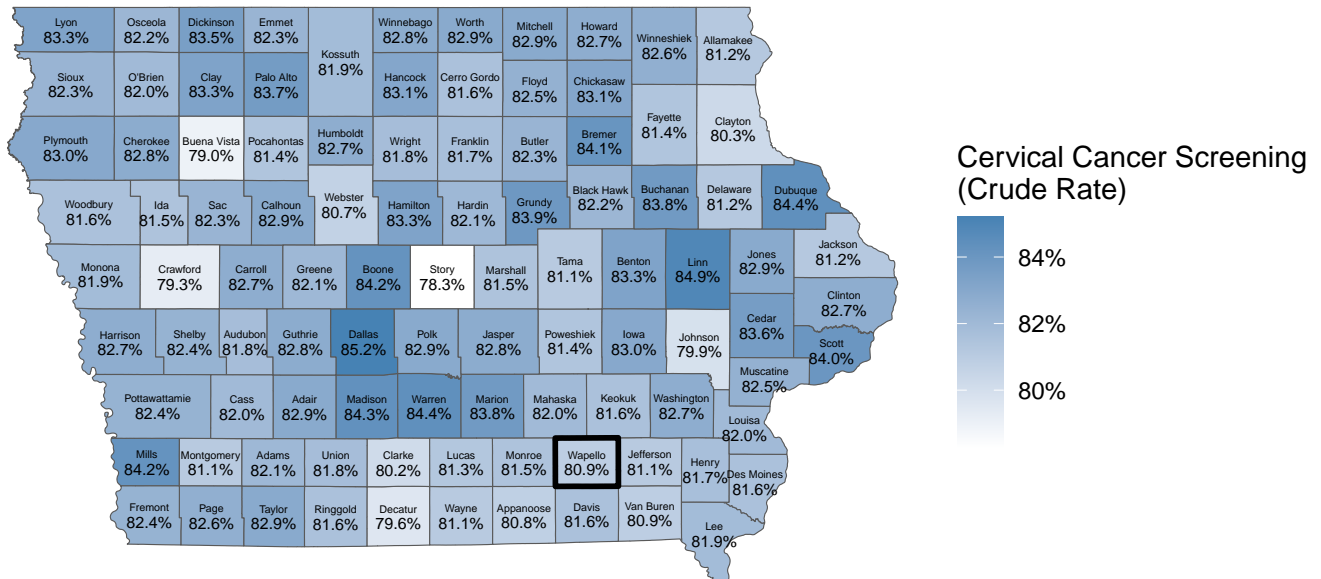
Data Source: CDC PLACES 2023 Release, BRFSS 2021



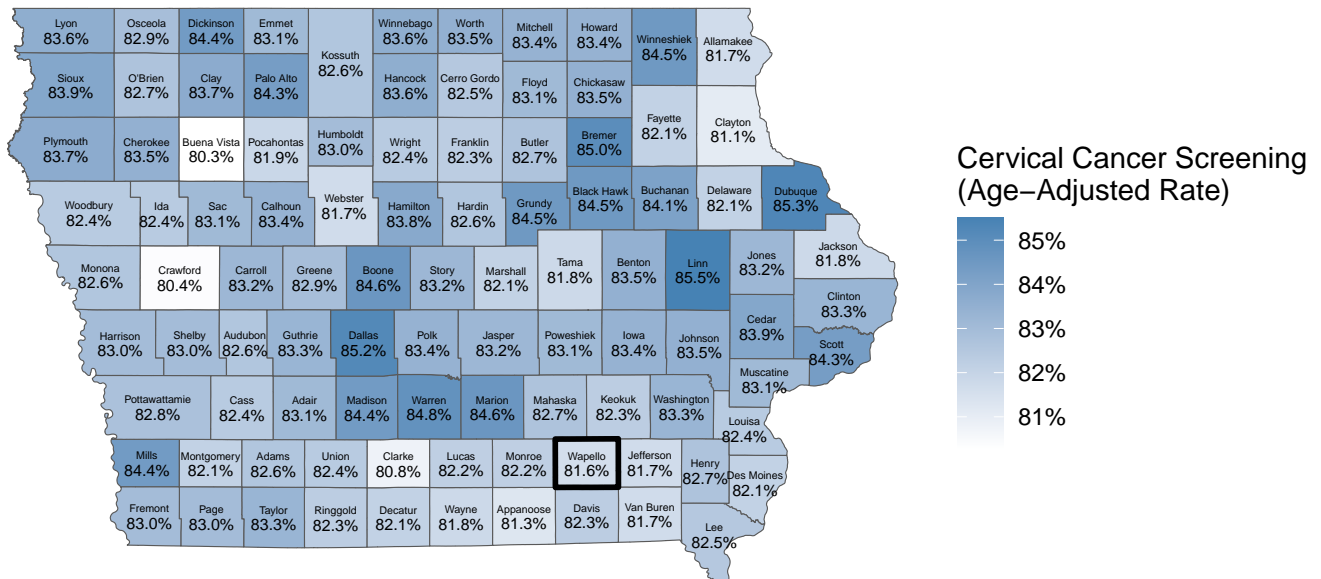
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years



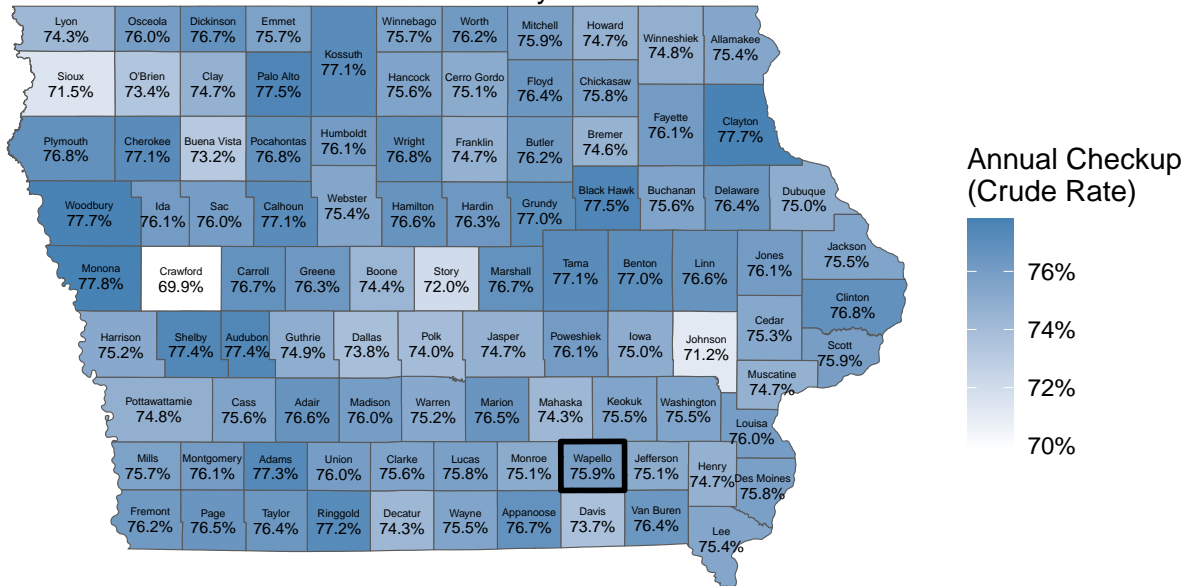
Data Source: CDC PLACES 2023 Release, BRFSS 2020



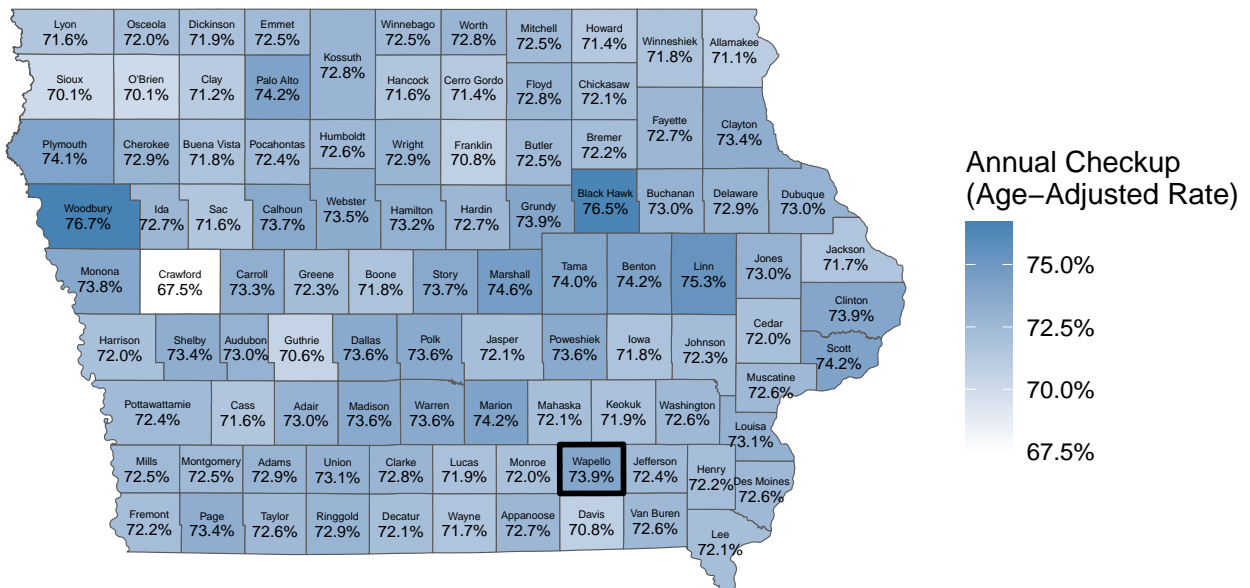
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Annual Checkup

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



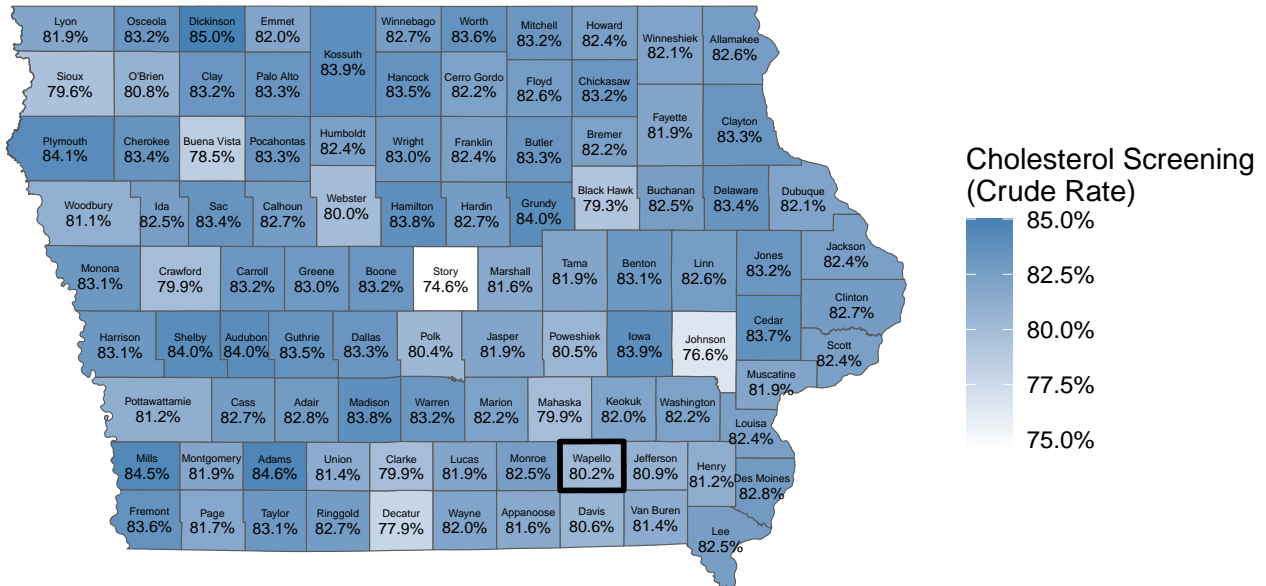
Data Source: CDC PLACES 2023 Release, BRFSS 2021



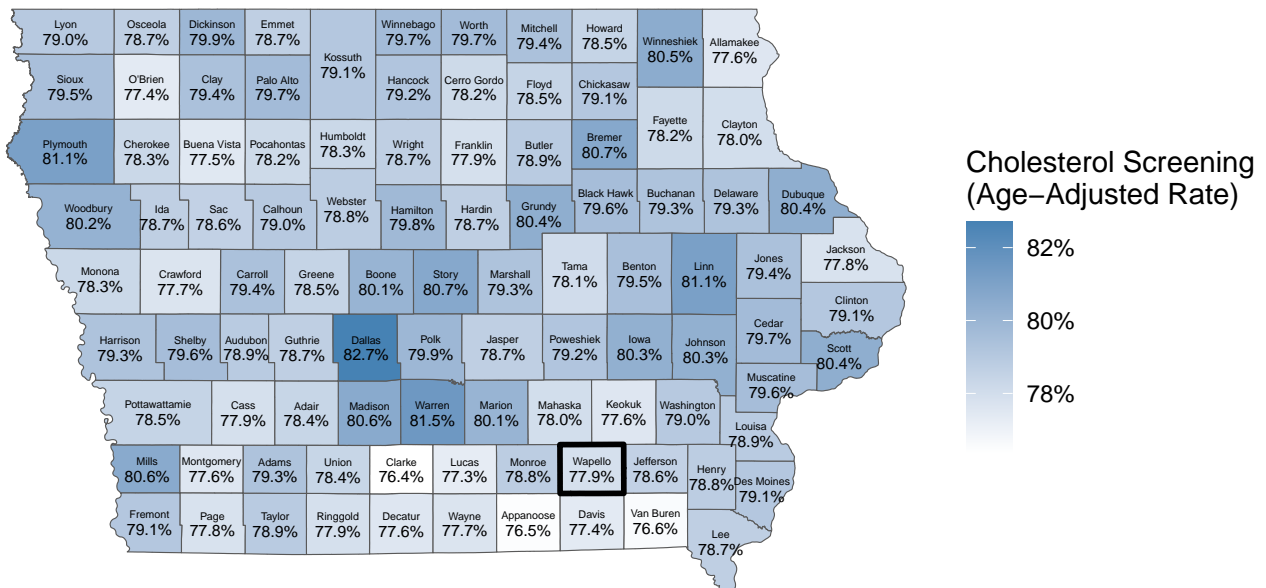
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Cholesterol Screening

Cholesterol screening among adults aged  $\geq 18$  years



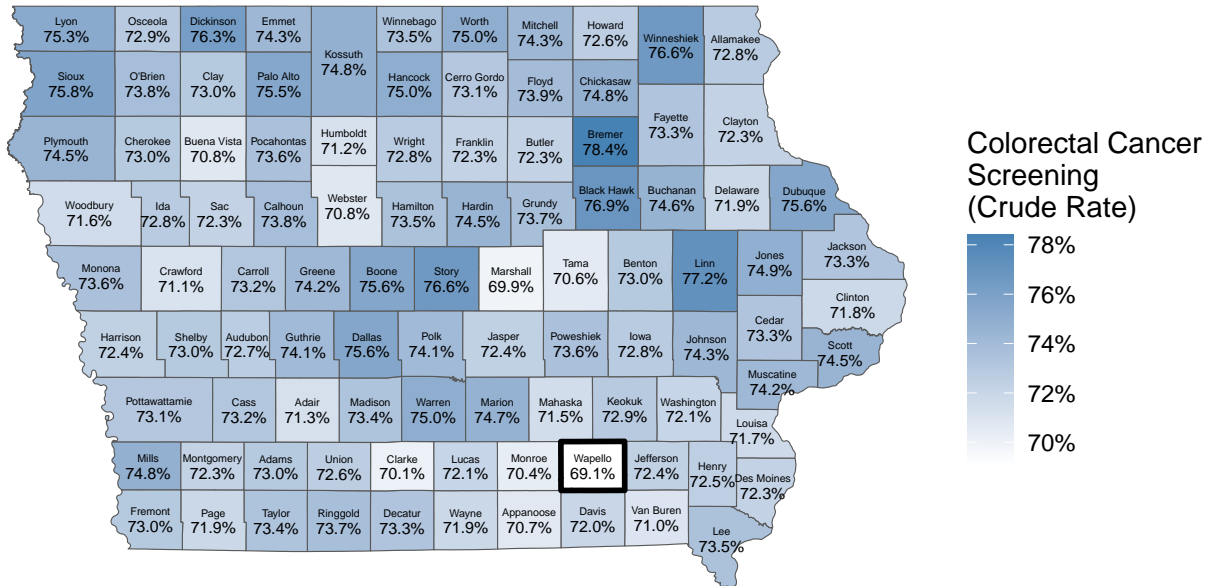
Data Source: CDC PLACES 2023 Release, BRFSS 2021



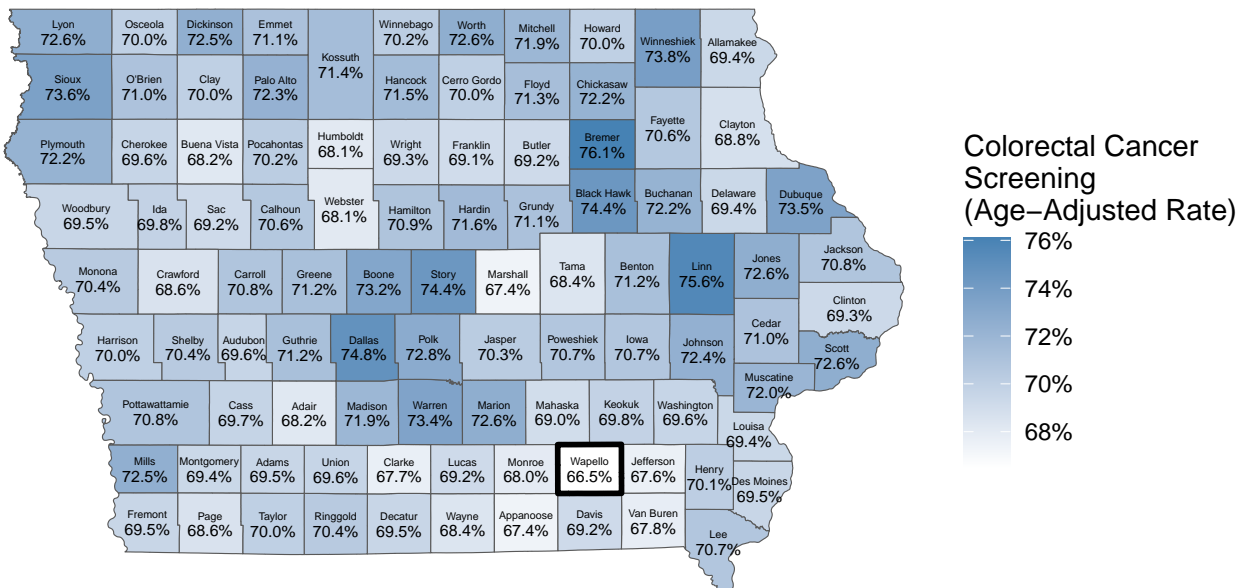
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



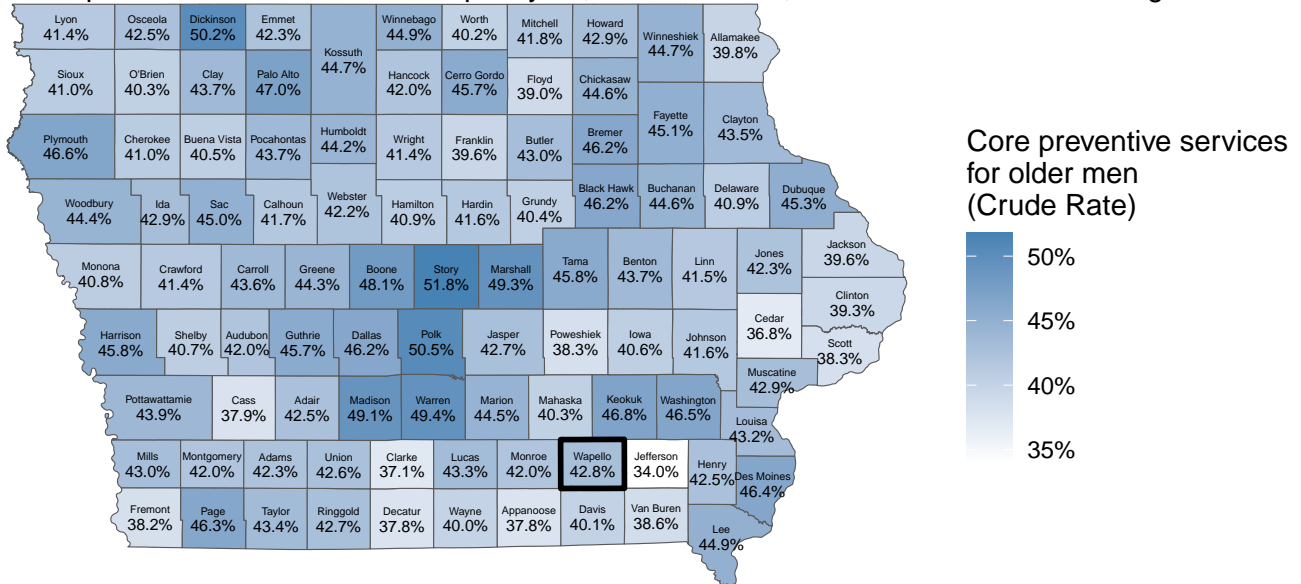
Data Source: CDC PLACES 2023 Release, BRFSS 2020



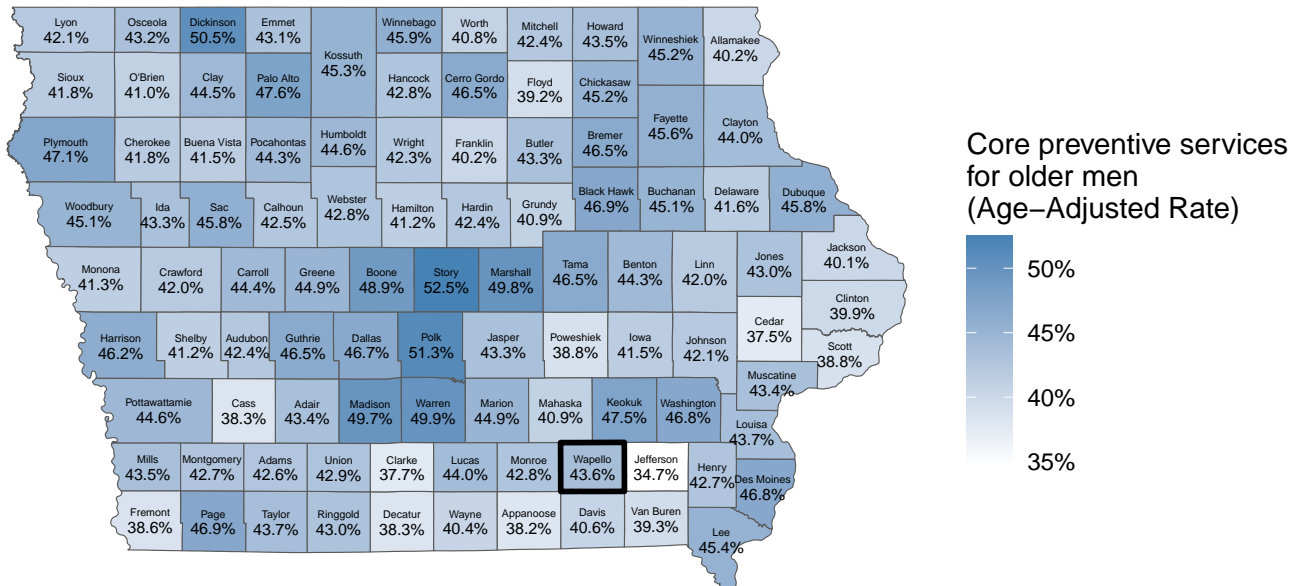
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older men

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



Data Source: CDC PLACES 2023 Release, BRFSS 2020

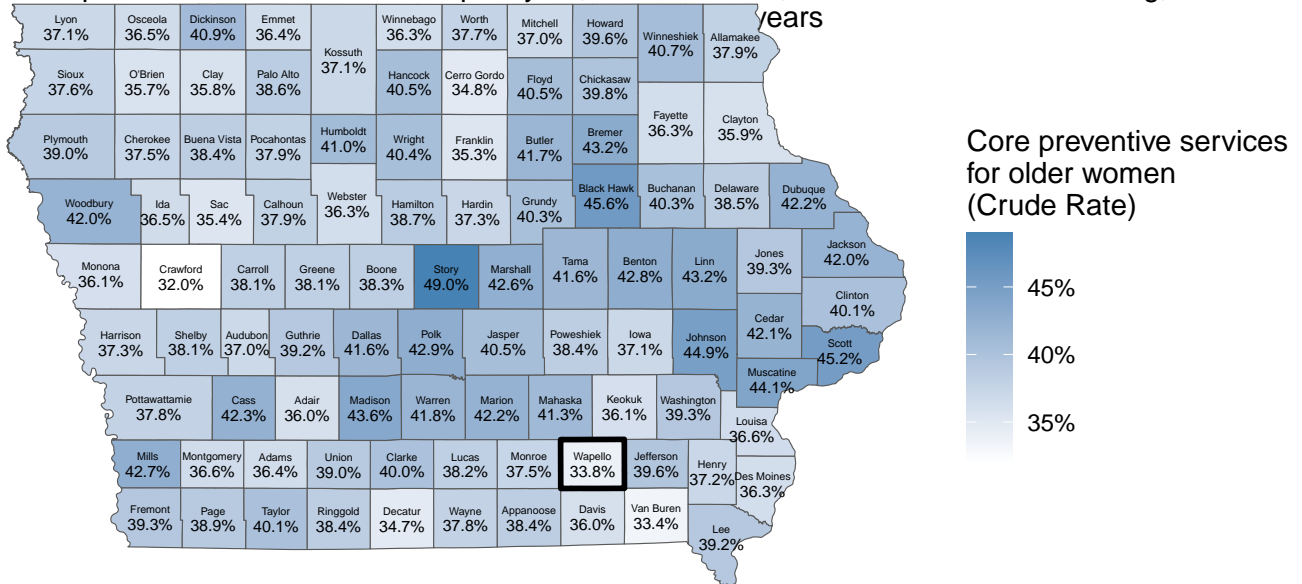


Data Source: CDC PLACES 2023 Release, BRFSS 2020

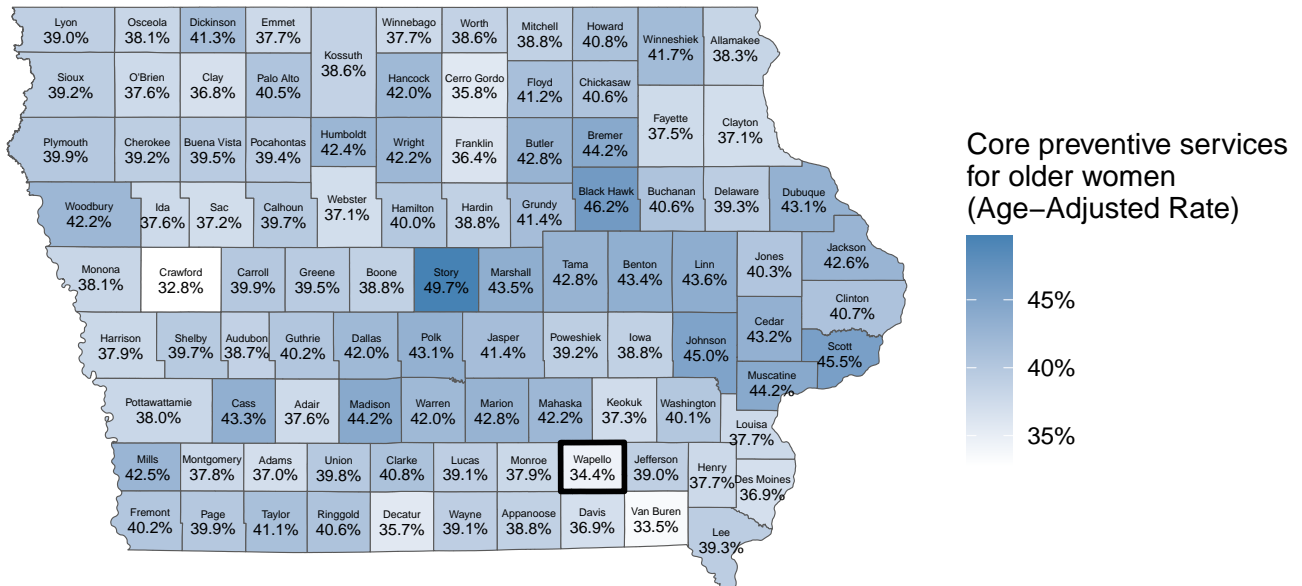


## Core preventive services for older women

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



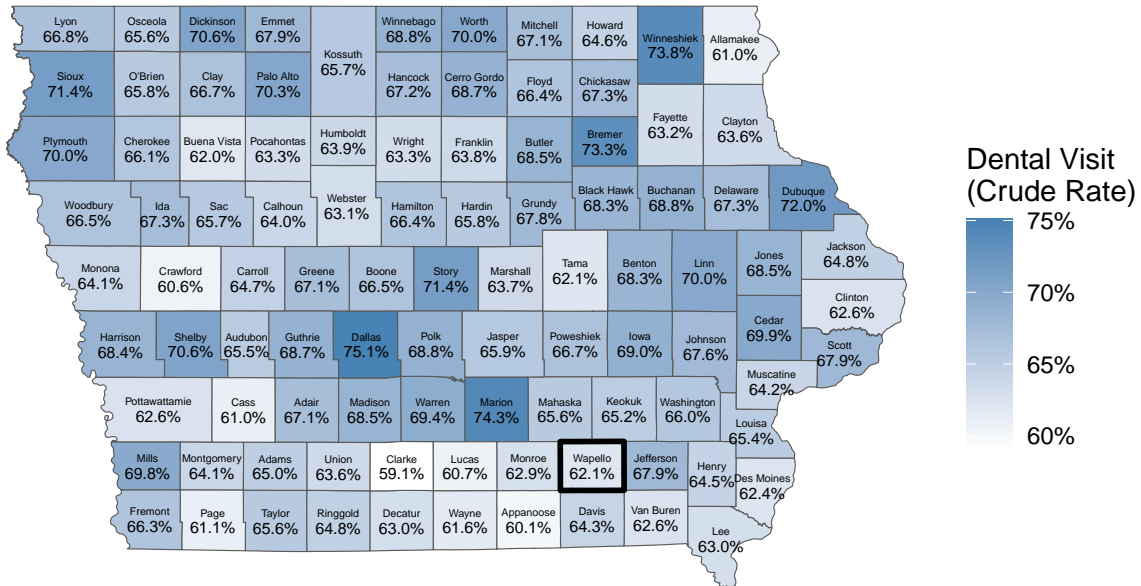
Data Source: CDC PLACES 2023 Release, BRFSS 2020



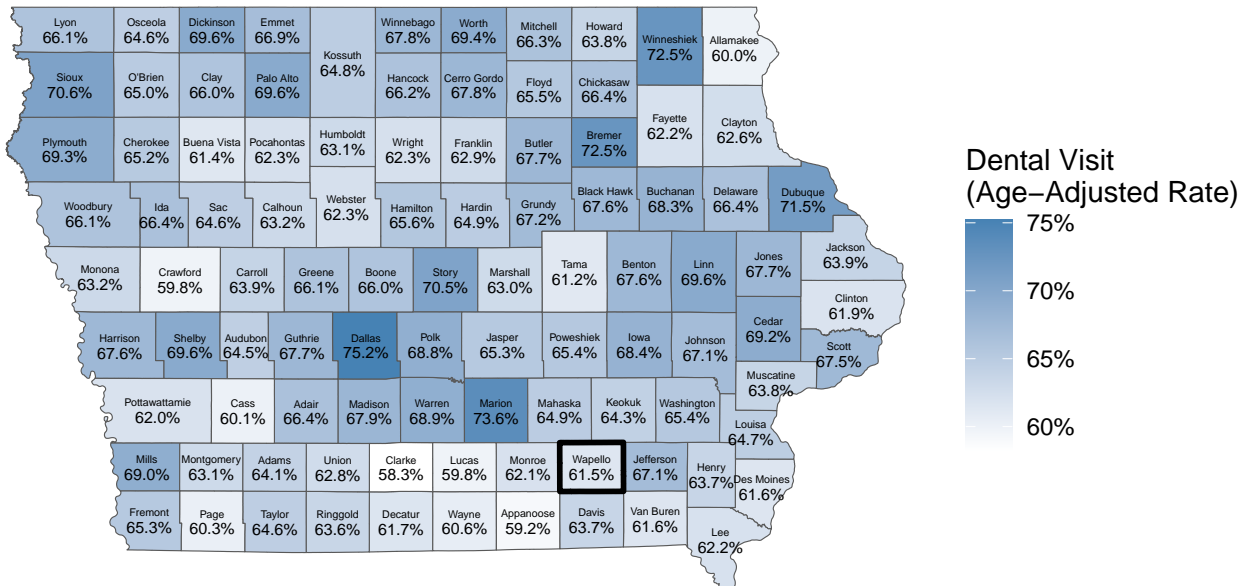
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Dental Visit

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



Data Source: CDC PLACES 2023 Release, BRFSS 2020

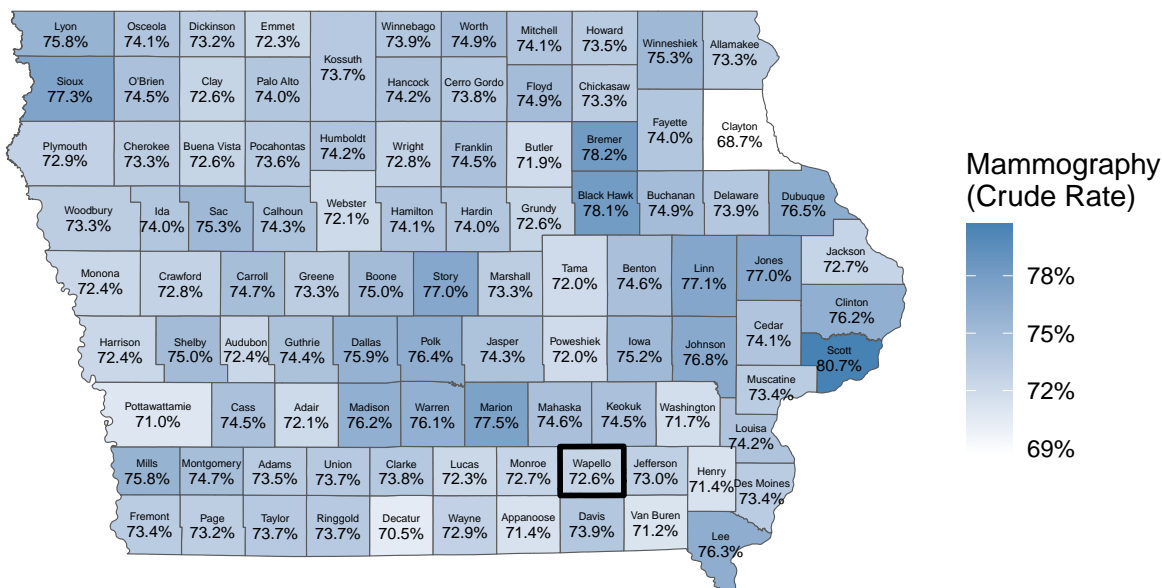


Data Source: CDC PLACES 2023 Release, BRFSS 2020

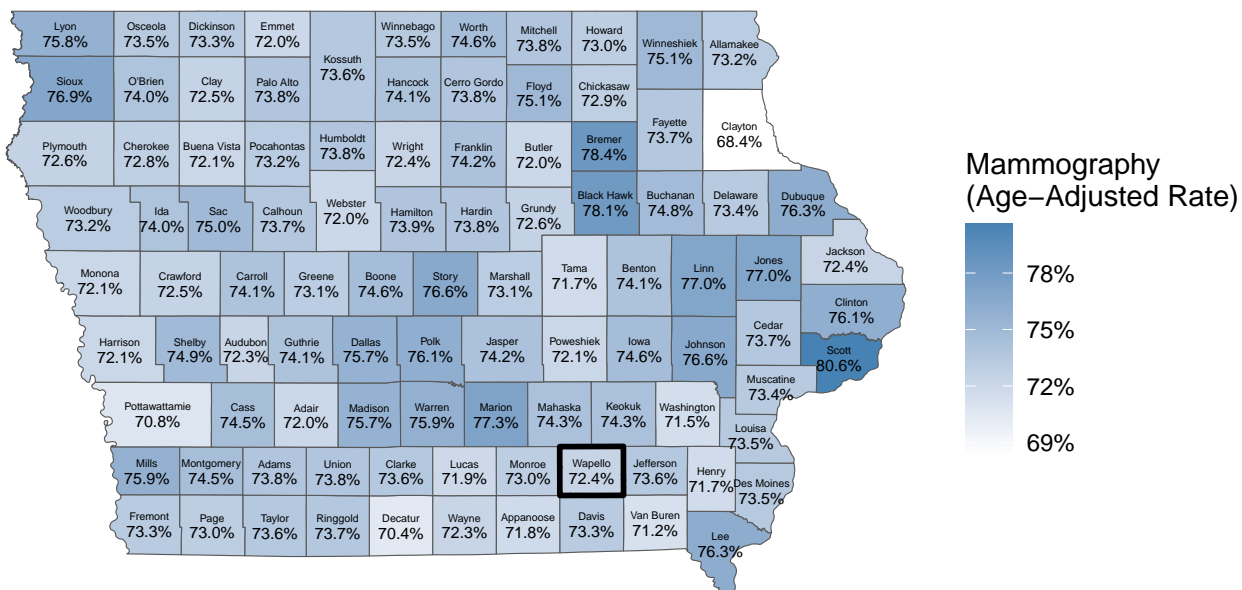


# Mammography

## Mammography use among women aged 50–74 years



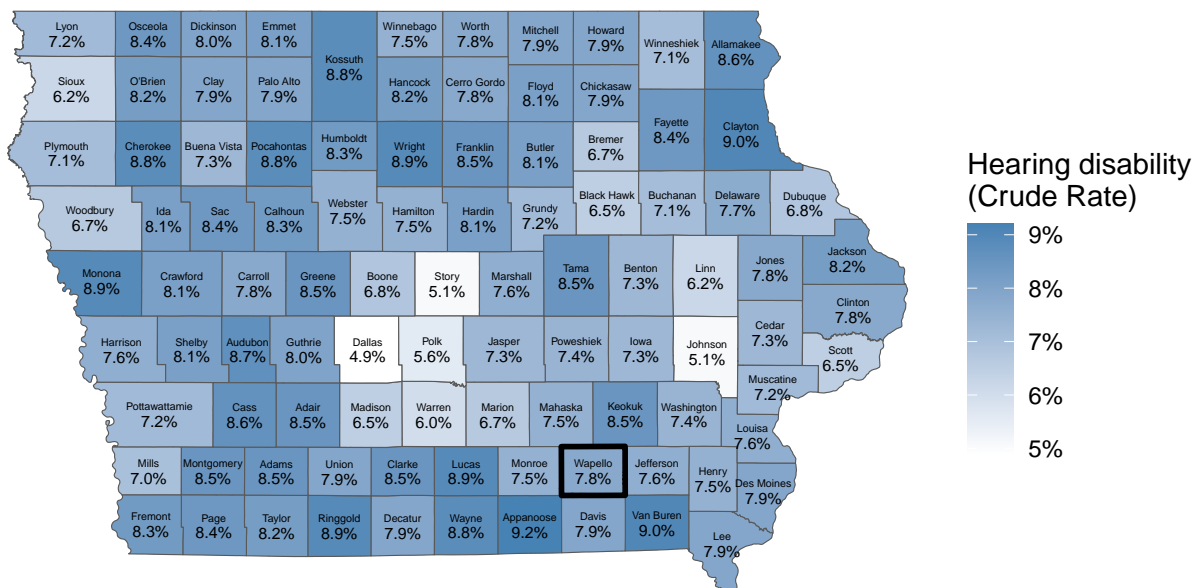
Data Source: CDC PLACES 2023 Release, BRFSS 2020



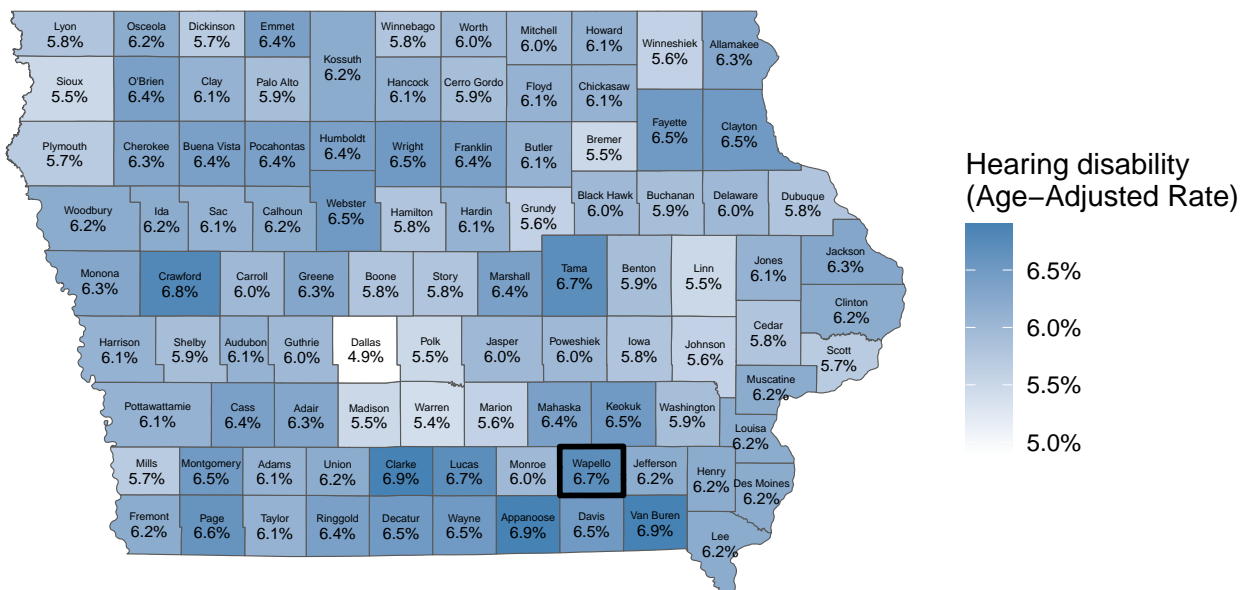
Data Source: CDC PLACES 2023 Release, BRFSS 2020

# Hearing disability

## Hearing disability among adults aged >=18 years



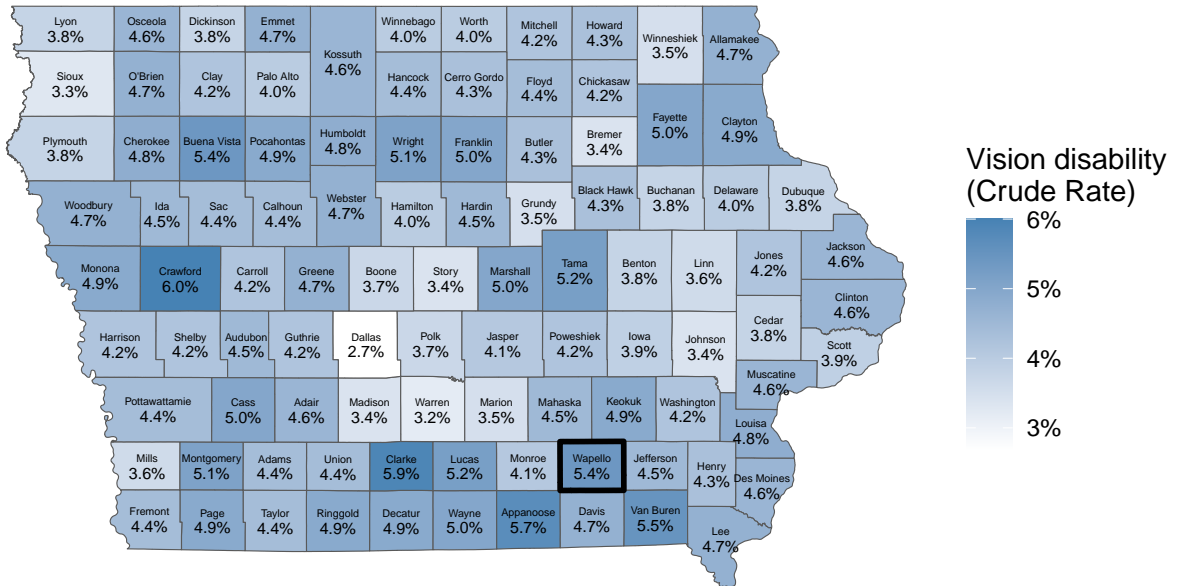
Data Source: CDC PLACES 2023 Release, BRFSS 2021



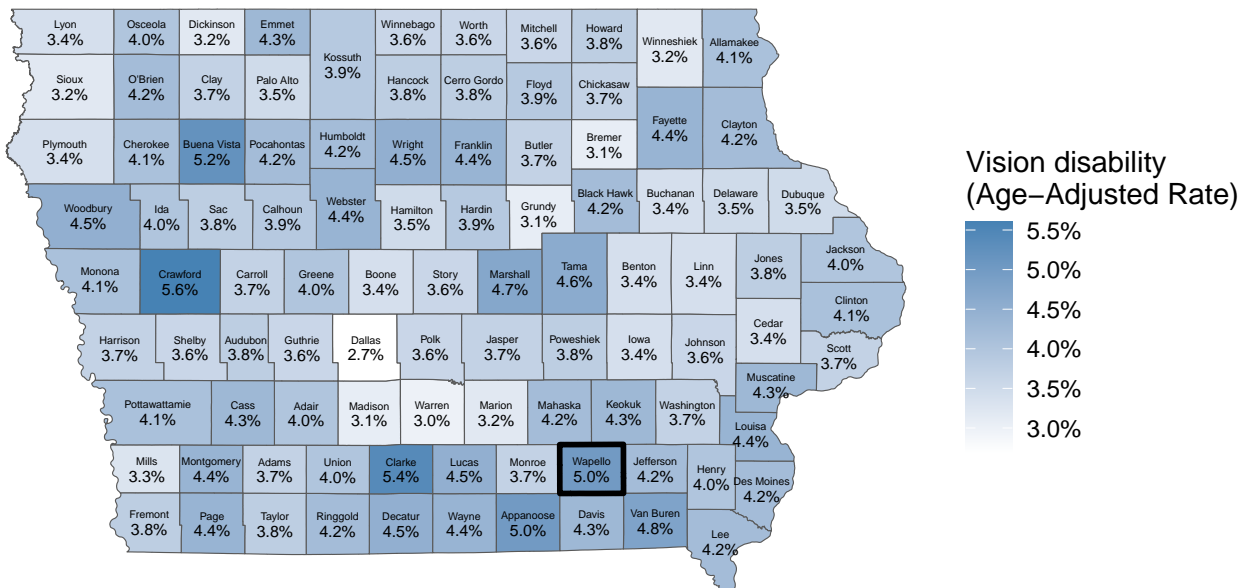
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Vision disability

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



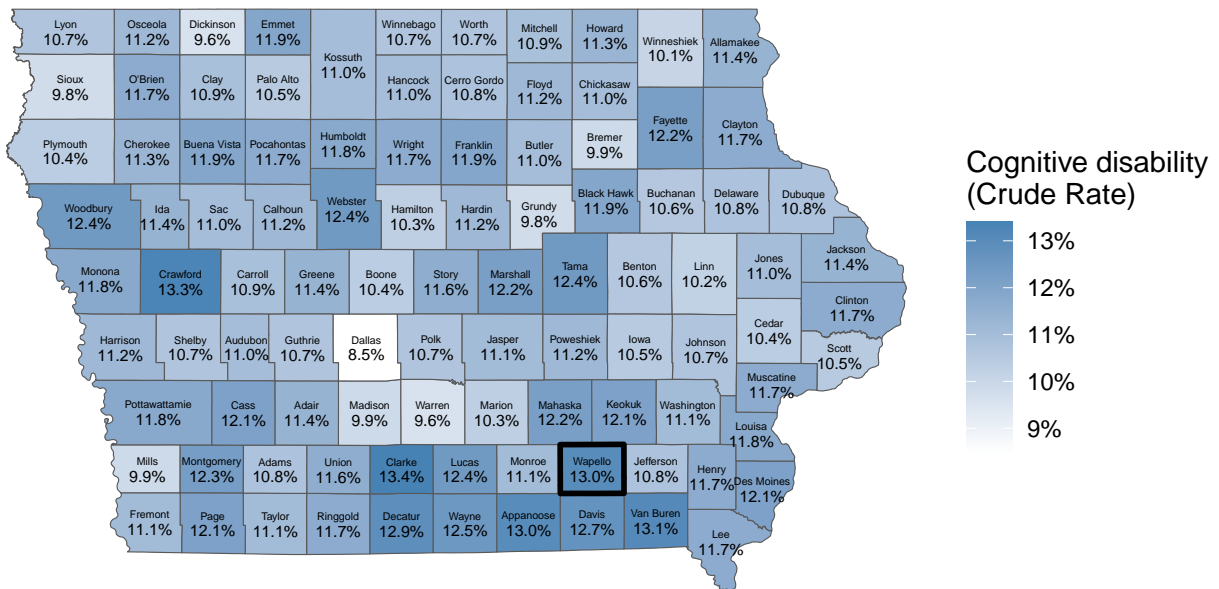
Data Source: CDC PLACES 2023 Release, BRFSS 2021



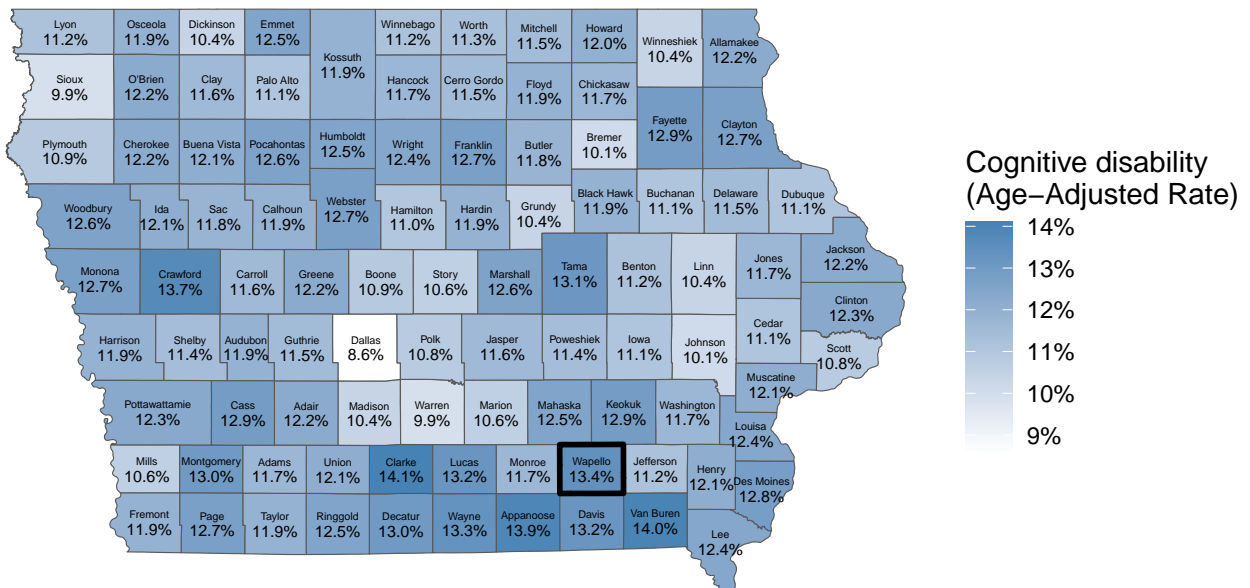
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cognitive disability

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



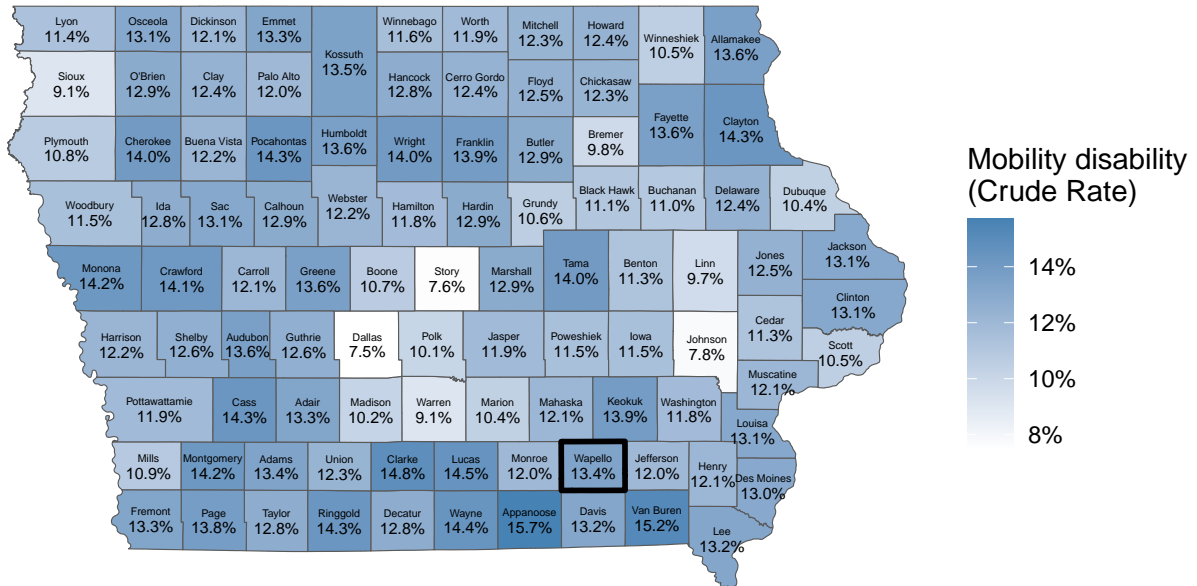
Data Source: CDC PLACES 2023 Release, BRFSS 2021



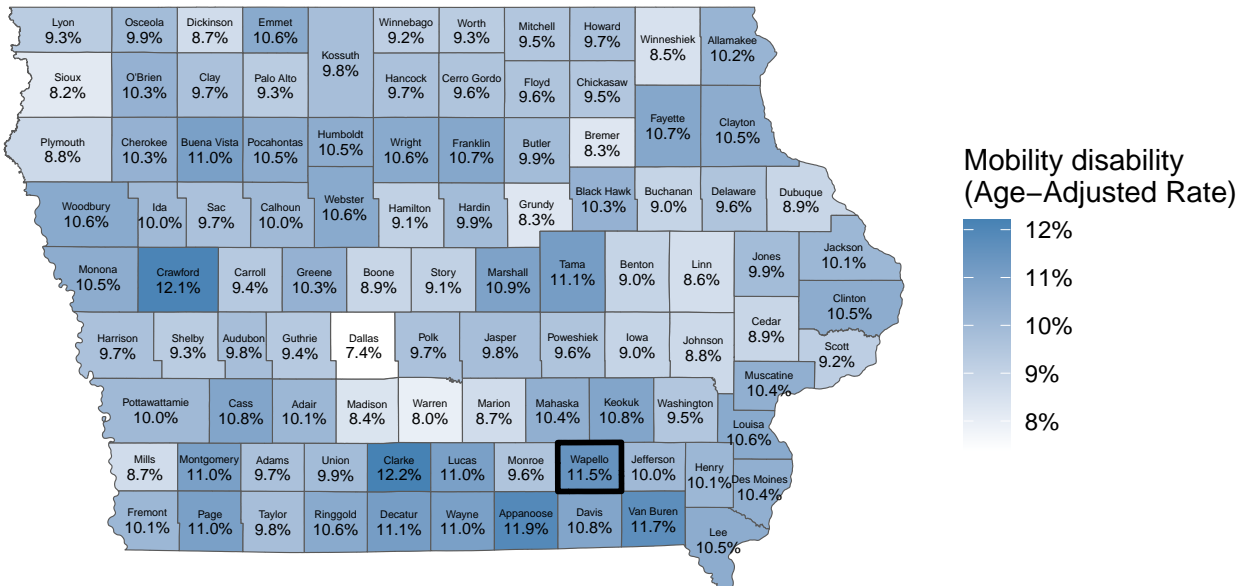
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Mobility disability

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



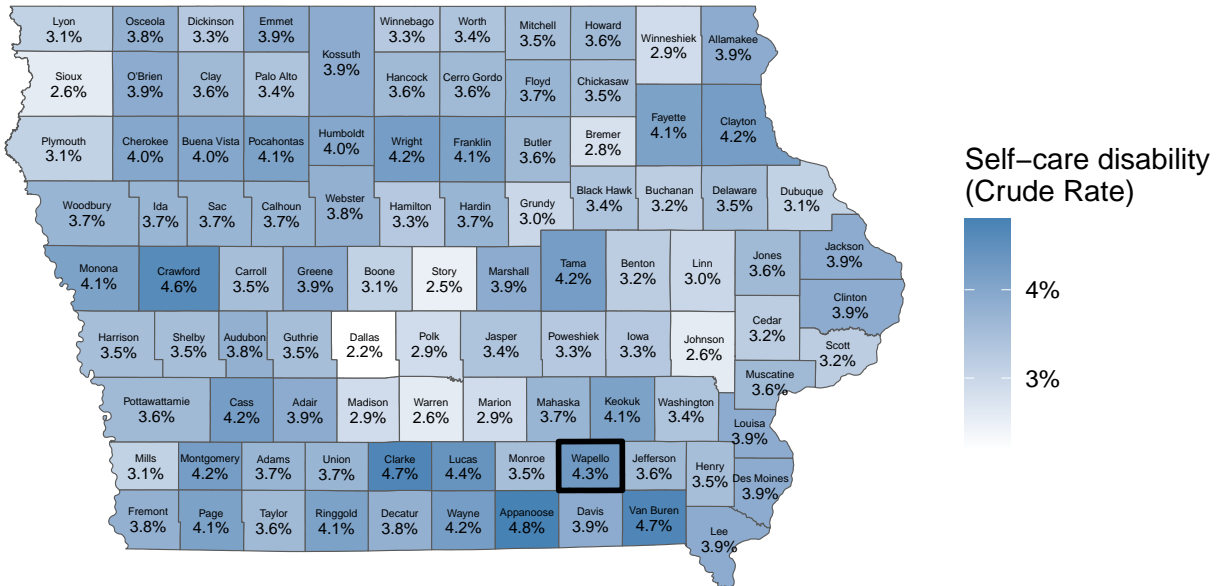
Data Source: CDC PLACES 2023 Release, BRFSS 2021



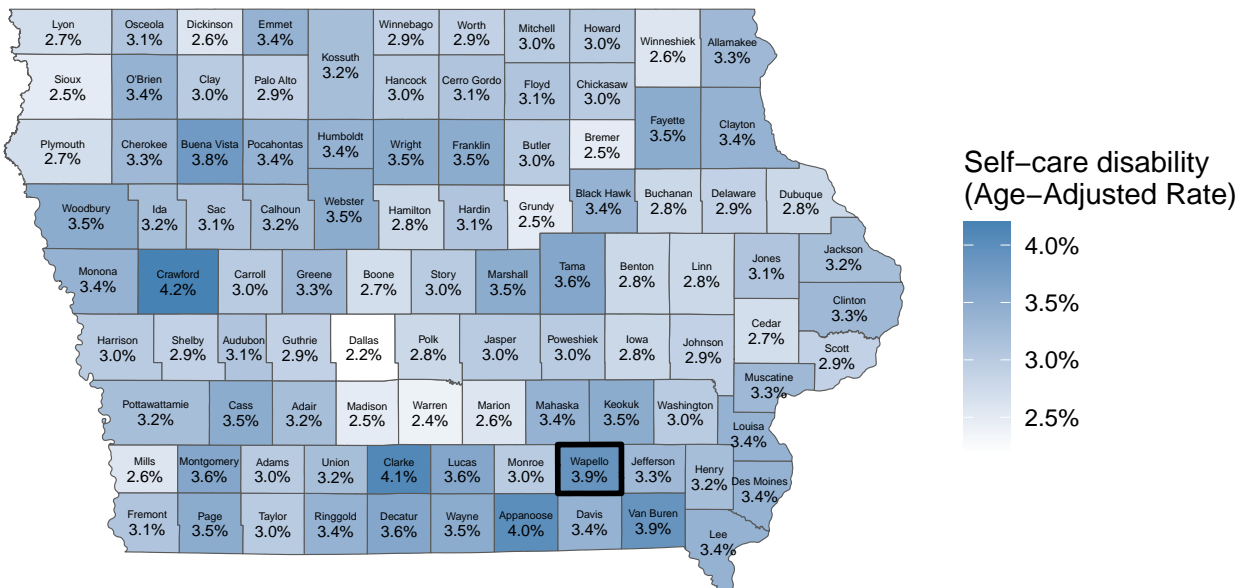
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Self-care disability

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



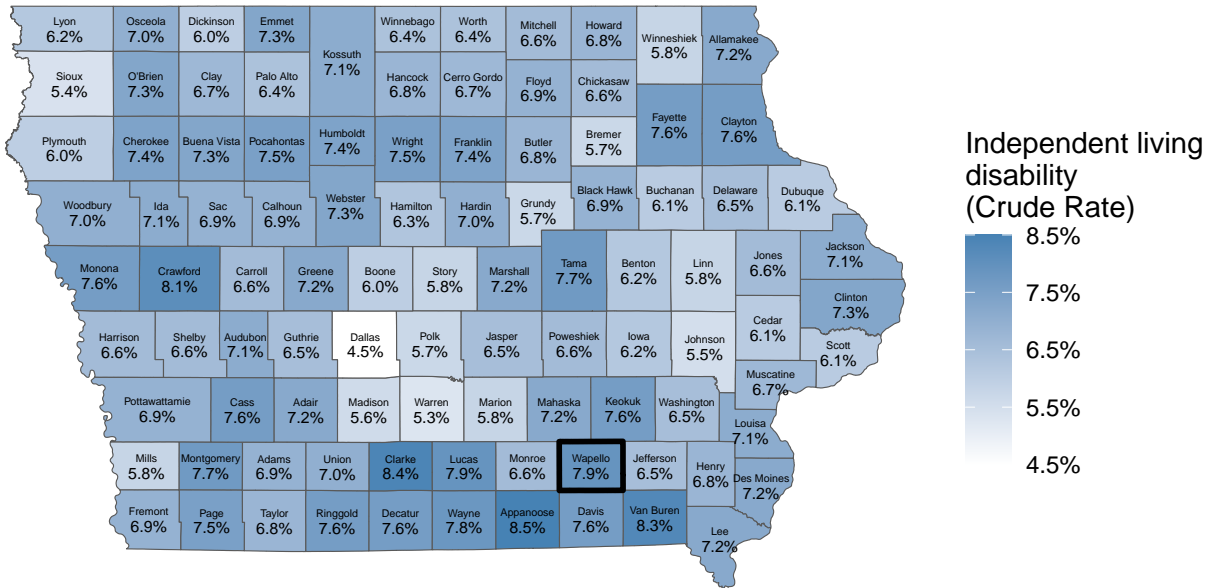
Data Source: CDC PLACES 2023 Release, BRFSS 2021



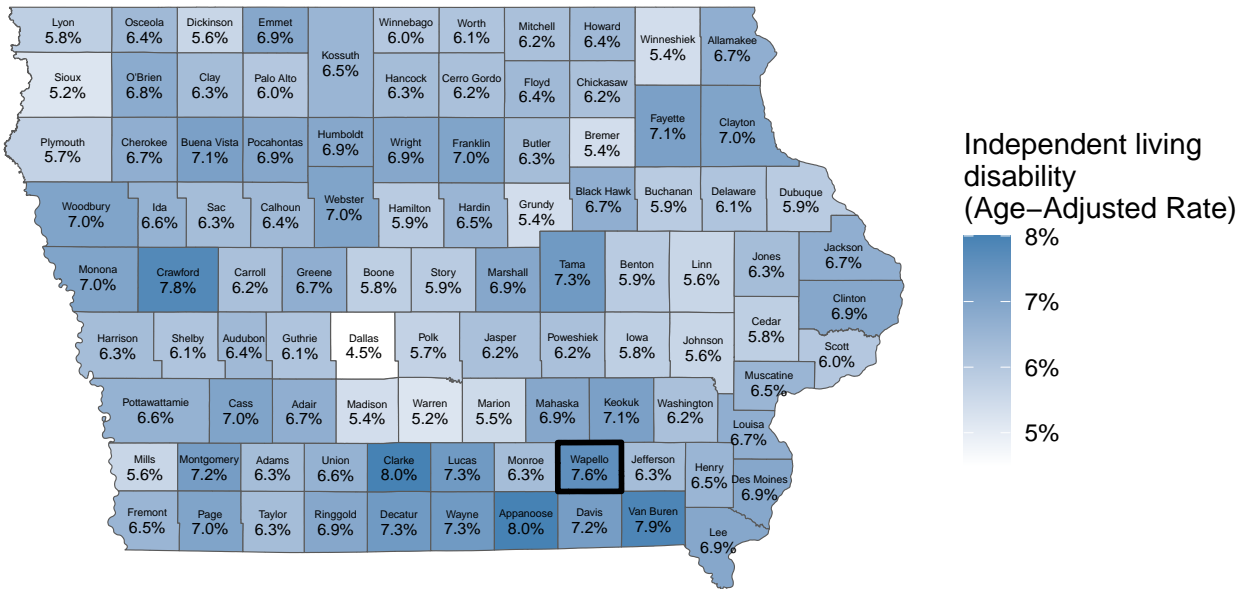
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Independent living disability

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021

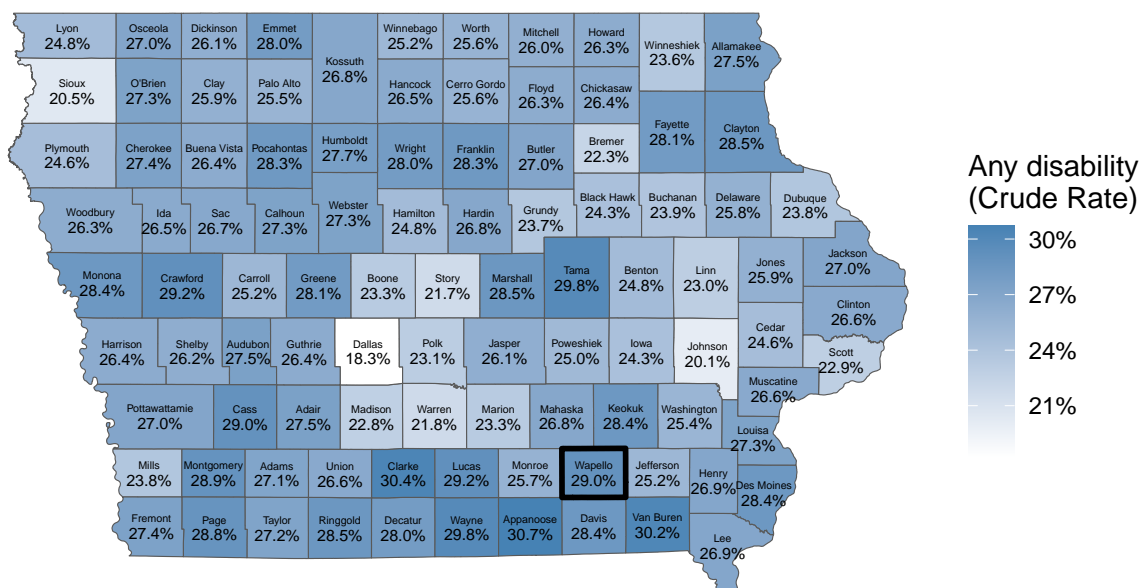


Data Source: CDC PLACES 2023 Release, BRFSS 2021

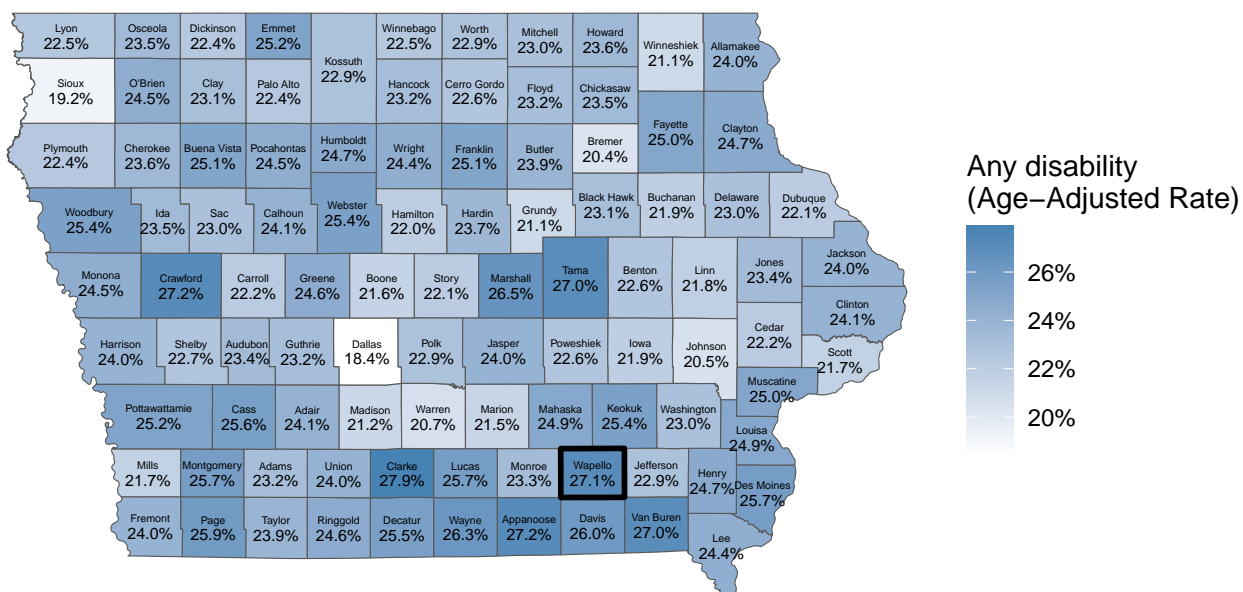


## Any disability

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021