



## 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 Woodbury County: Overview

Dear Community Members & Stakeholders of Woodbury 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 Woodbury County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Woodbury 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 Woodbury 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
Annual Checkup	2nd	1st	Taking BP Medication	1st	1st
Cancer (except skin)	5th	4th	Annual Checkup	1st	1st
Arthritis	9th	6th	Cancer (except skin)	2nd	1st
Hearing Disability	11th	7th	Cholesterol Screening	15th	6th
Coronary Heart Disease	12th	7th	Core preventive services for older women	21st	8th



# Opportunities

Below are health measures that represent potential areas for growth in your county. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide County Rank	Metropolitan Core County Rank	Health Domain	Statewide County Rank	Metropolitan Core County Rank
Current Asthma	99th	9th	Current Asthma	99th	9th
Sleep <7 hours	95th	9th	High Cholesterol	98th	9th
Health Insurance	95th	9th	Diabetes	95th	9th
Cognitive Disability	88th	9th	Health Insurance	94th	9th
Depression	88th	4th	Physical Inactivity	94th	9th

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 Woodbury County.

Sincerely,



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



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

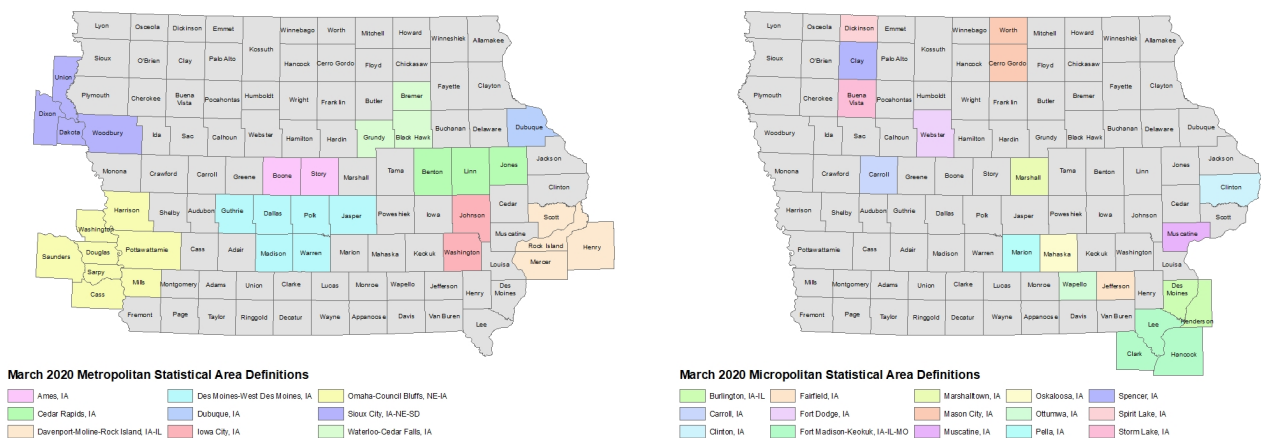
The purpose of the Iowa County Health Snapshot Series is to provide an overview of health in Woodbury County that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Woodbury County, a review of risky behaviors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

With a population of 105,607, Woodbury County’s similarly sized counties are defined as metropolitan core counties. In Iowa, metropolitan core counties have an average population of 175,797, and there are 9 counties that are considered metropolitan core counties. To learn more about the county population classifications used in this report, please see the information below the table as well as Appendix 3.

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

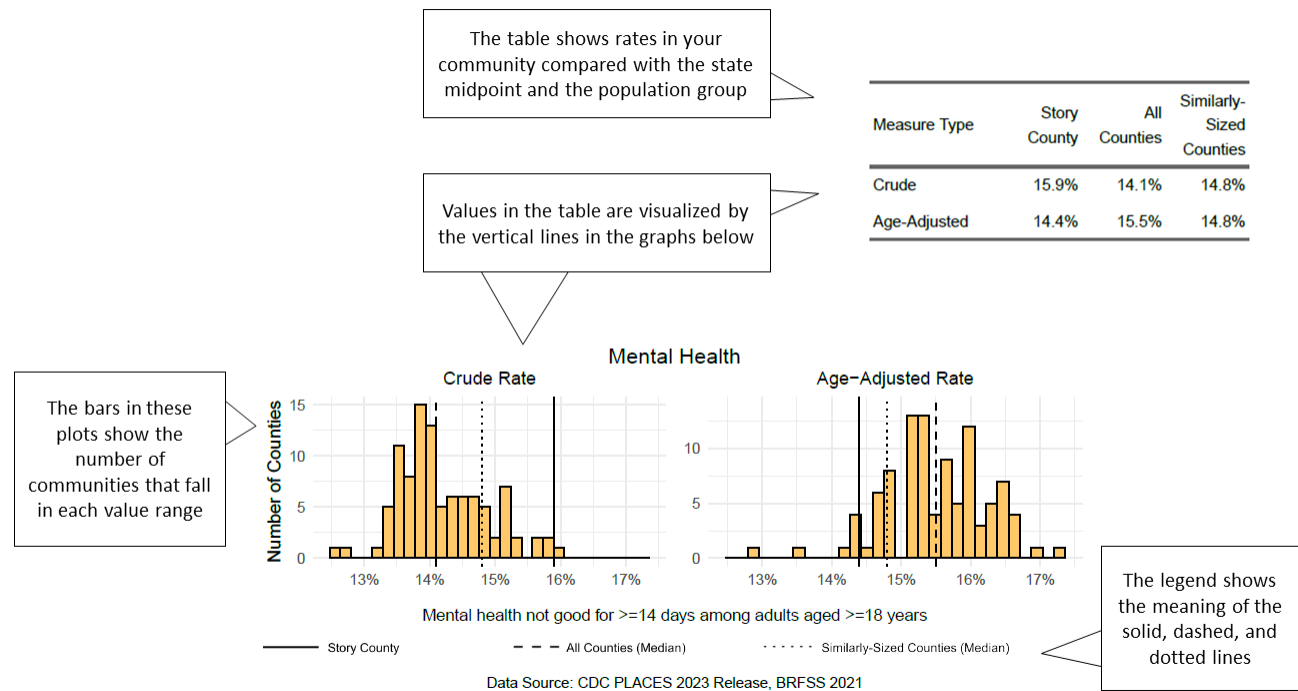
The counties included in each category above are determined by the United States Office of Management and Budget. Iowa has counties in nine metropolitan statistical areas and 15 micropolitan statistical areas. The counties identified as metropolitan and micropolitan can be found in the link and the maps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

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



Using Story County as an Example

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



# Health Status

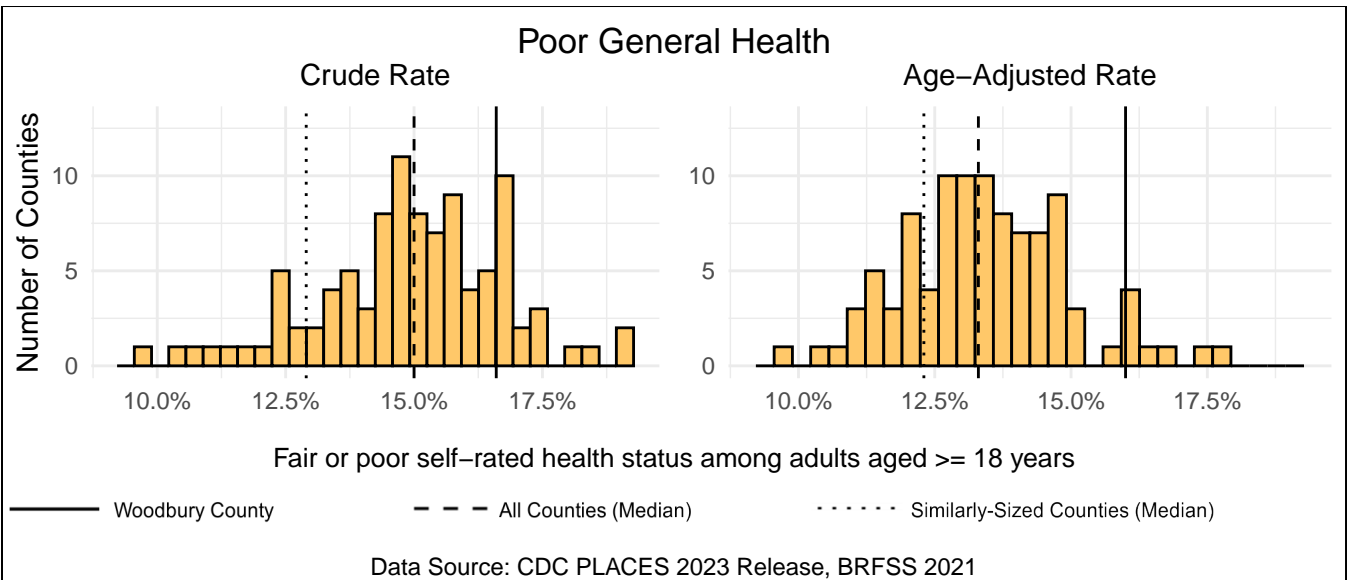
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

## Poor General Health

Woodbury County has a crude rate of 16.6% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 81st out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 16.0%, which ranks 92nd out of 99 Iowa counties (9th out of 9 similarly-sized counties).

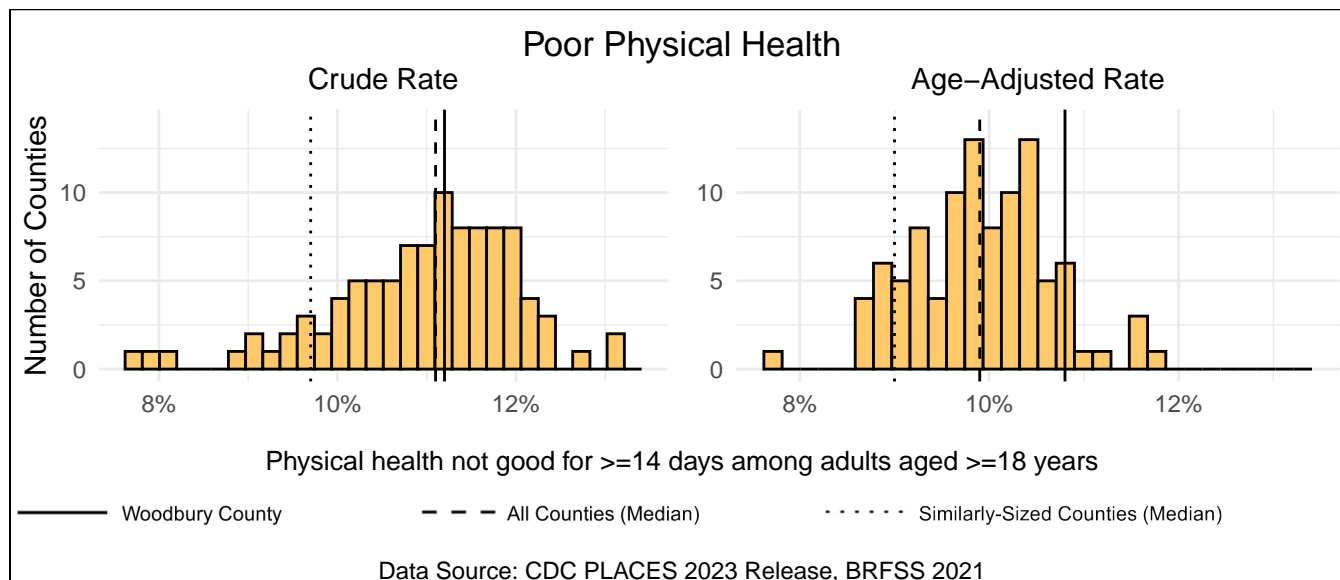
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	16.6%	15.0%	12.9%
Age-Adjusted	16.0%	13.3%	12.3%



## Poor Physical Health

Woodbury County has a crude rate of 11.2% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 52nd out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 10.8%, which ranks 88th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

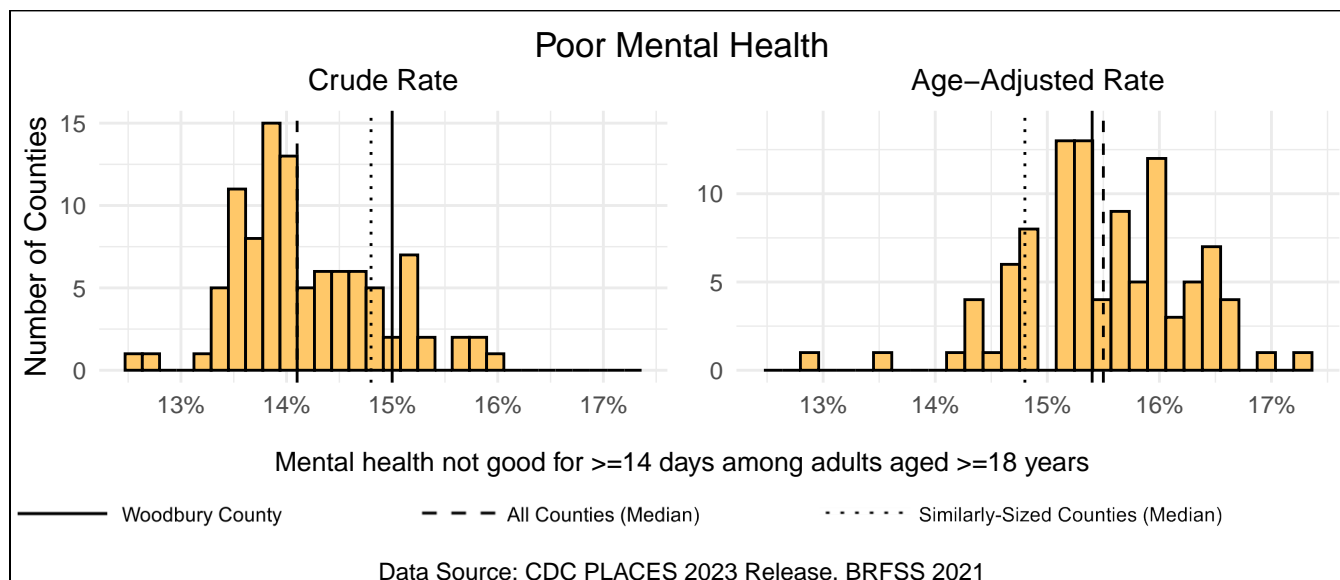
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	11.2%	11.1%	9.7%
Age-Adjusted	10.8%	9.9%	9.0%



## Poor Mental Health

Woodbury County has a crude rate of 15.0% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 84th out of 99 Iowa counties (6th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 15.4%, which ranks 43rd out of 99 Iowa counties (7th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	15.0%	14.1%	14.8%
Age-Adjusted	15.4%	15.5%	14.8%



# Health Risk Behaviors

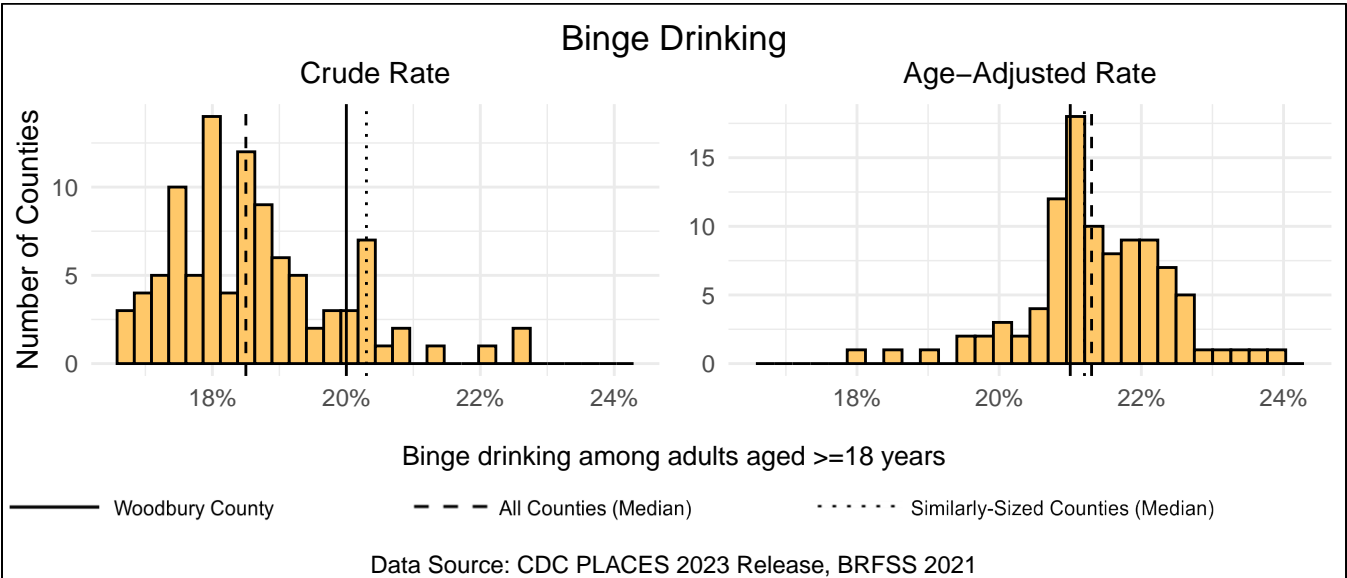
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Woodbury County has a crude rate of 20.0% for binge drinking among adults aged  $\geq 18$  years, which ranks 83rd out of 99 Iowa counties (3rd out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 21.0%, which ranks 29th out of 99 Iowa counties (3rd out of 9 similarly-sized counties).

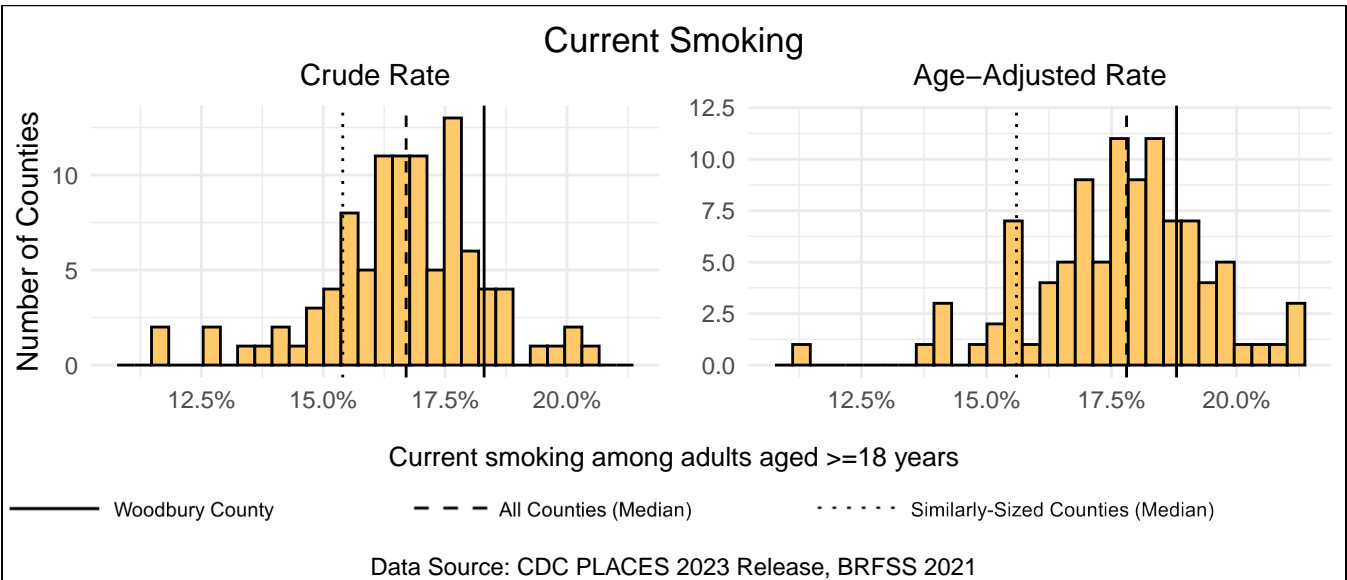
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	20.0%	18.5%	20.3%
Age-Adjusted	21.0%	21.3%	21.2%



## Current Smoking

Woodbury County has a crude rate of 18.3% for current smoking among adults aged  $\geq 18$  years, which ranks 87th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 18.8%, which ranks 75th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

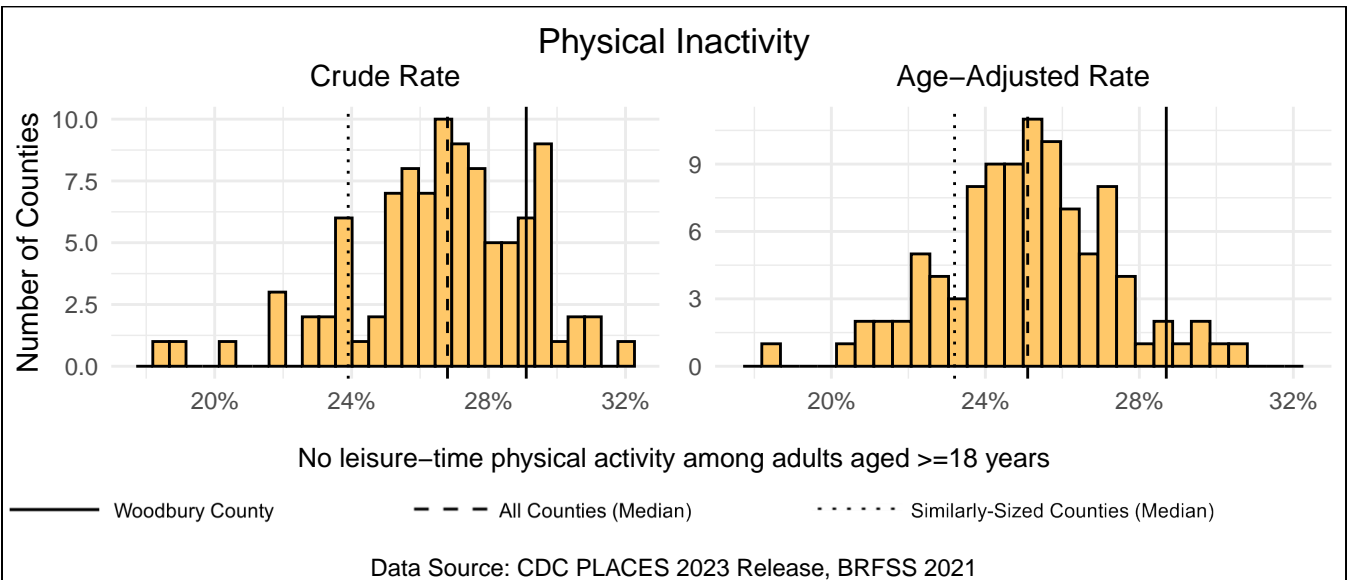
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	18.3%	16.7%	15.4%
Age-Adjusted	18.8%	17.8%	15.6%



## Physical Inactivity

Woodbury County has a crude rate of 29.1% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 81st out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 28.7%, which ranks 94th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	29.1%	26.8%	23.9%
Age-Adjusted	28.7%	25.1%	23.2%

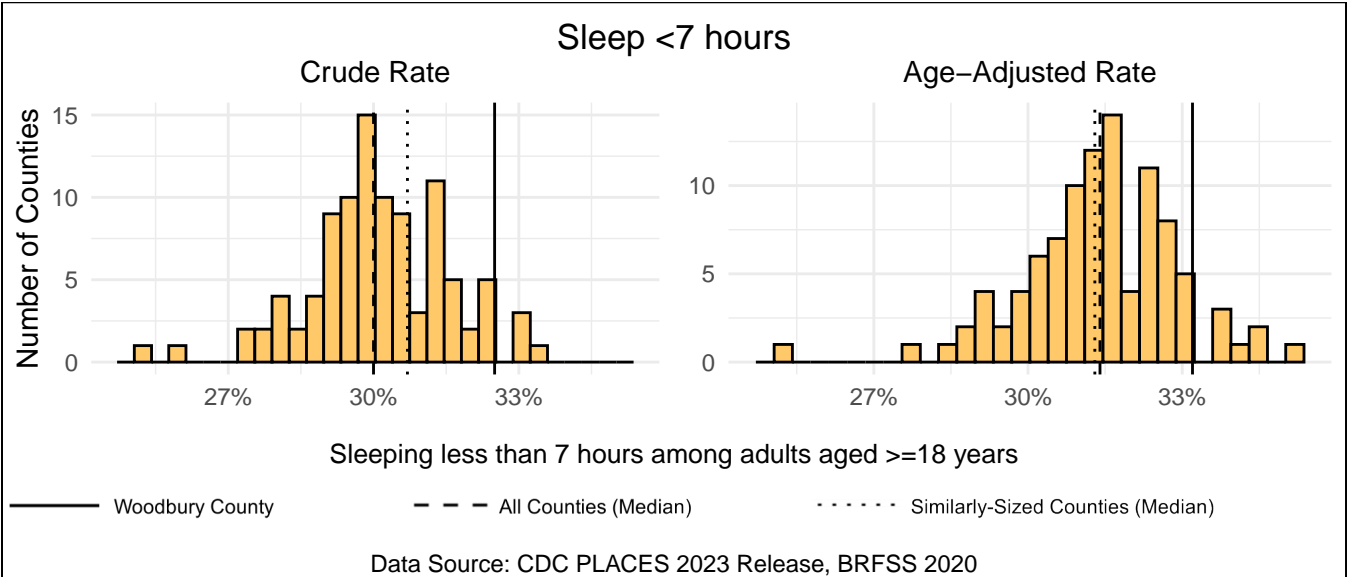




### Sleep <7 hours

Woodbury County has a crude rate of 32.5% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 95th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 33.2%, which ranks 92nd out of 99 Iowa counties (9th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	32.5%	30.0%	30.7%
Age-Adjusted	33.2%	31.4%	31.3%



# Health Outcomes

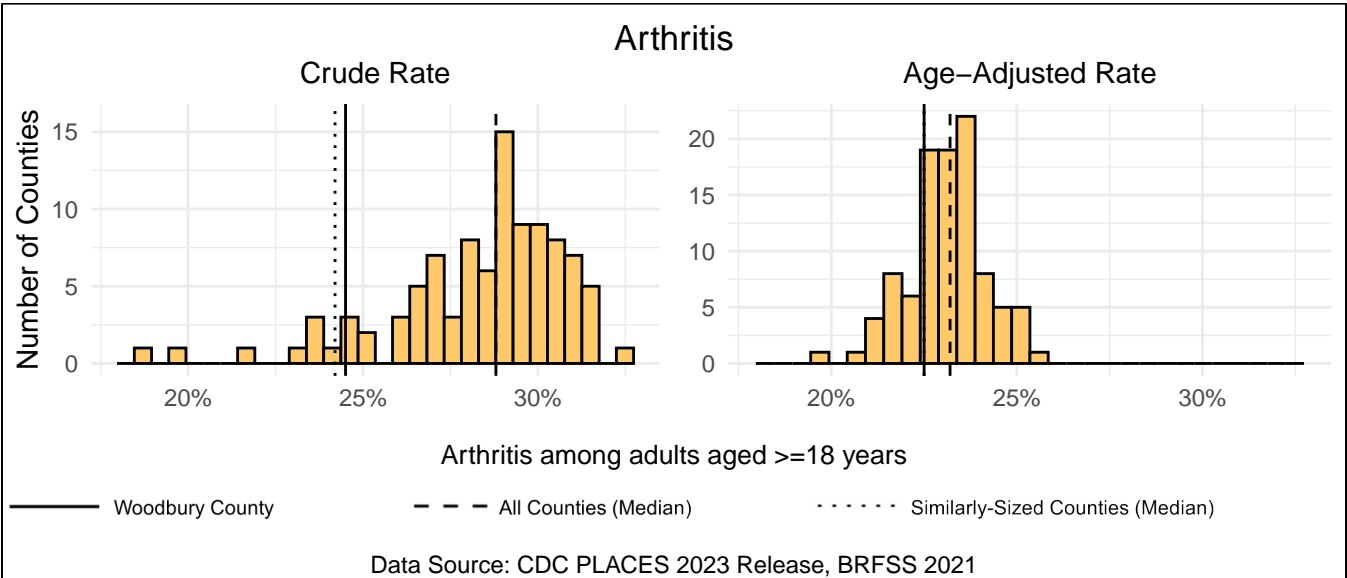
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Woodbury County has a crude rate of 24.5% for arthritis among adults aged  $\geq 18$  years, which ranks 9th out of 99 Iowa counties (6th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 22.5%, which ranks 23rd out of 99 Iowa counties (5th out of 9 similarly-sized counties).

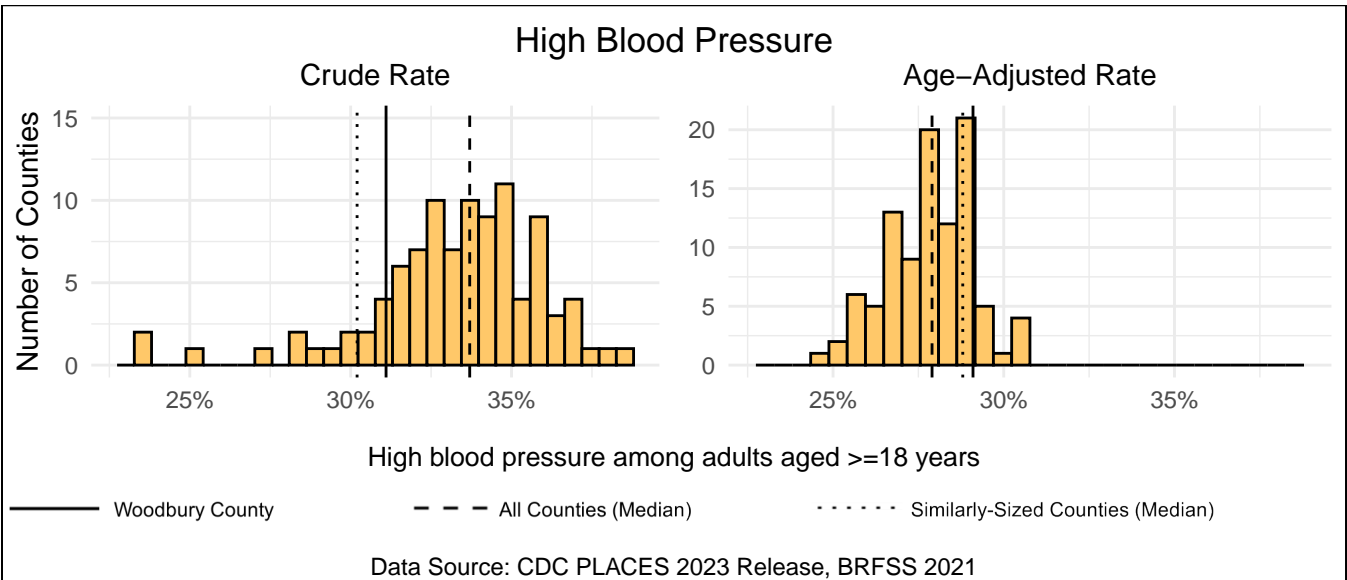
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	24.5%	28.8%	24.2%
Age-Adjusted	22.5%	23.2%	22.5%



# High Blood Pressure

Woodbury County has a crude rate of 31.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 14th out of 99 Iowa counties (6th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 29.1%, which ranks 84th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

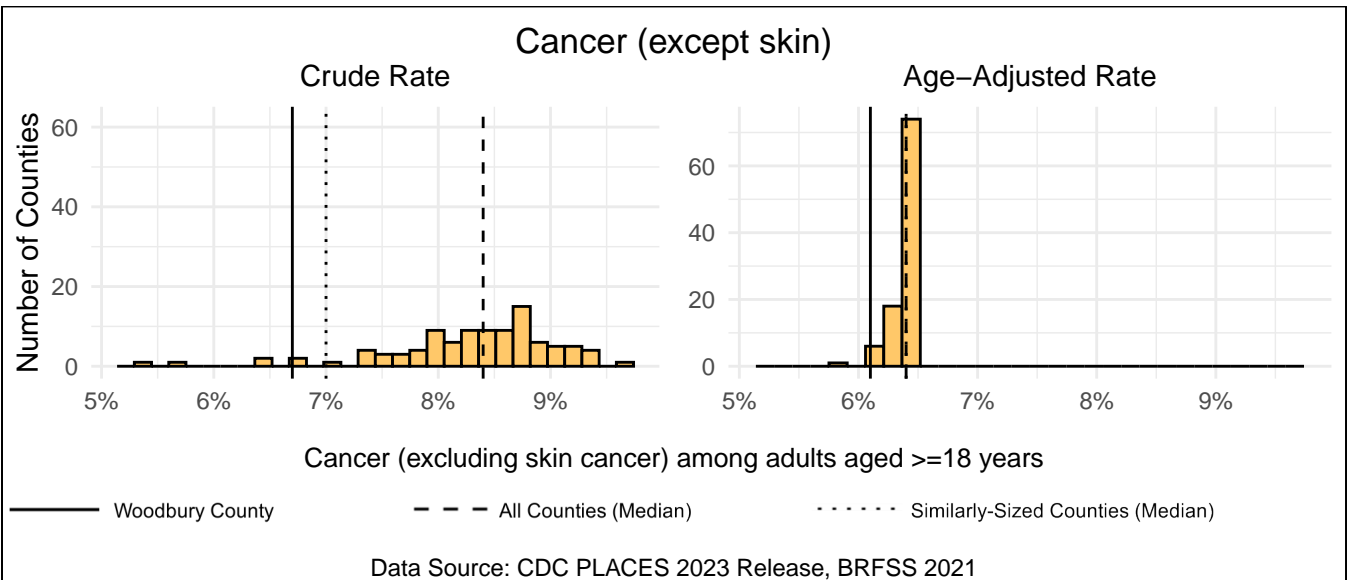
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	31.1%	33.7%	30.2%
Age-Adjusted	29.1%	27.9%	28.8%



# Cancer (except skin)

Woodbury County has a crude rate of 6.7% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 5th out of 99 Iowa counties (4th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 6.1%, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties).

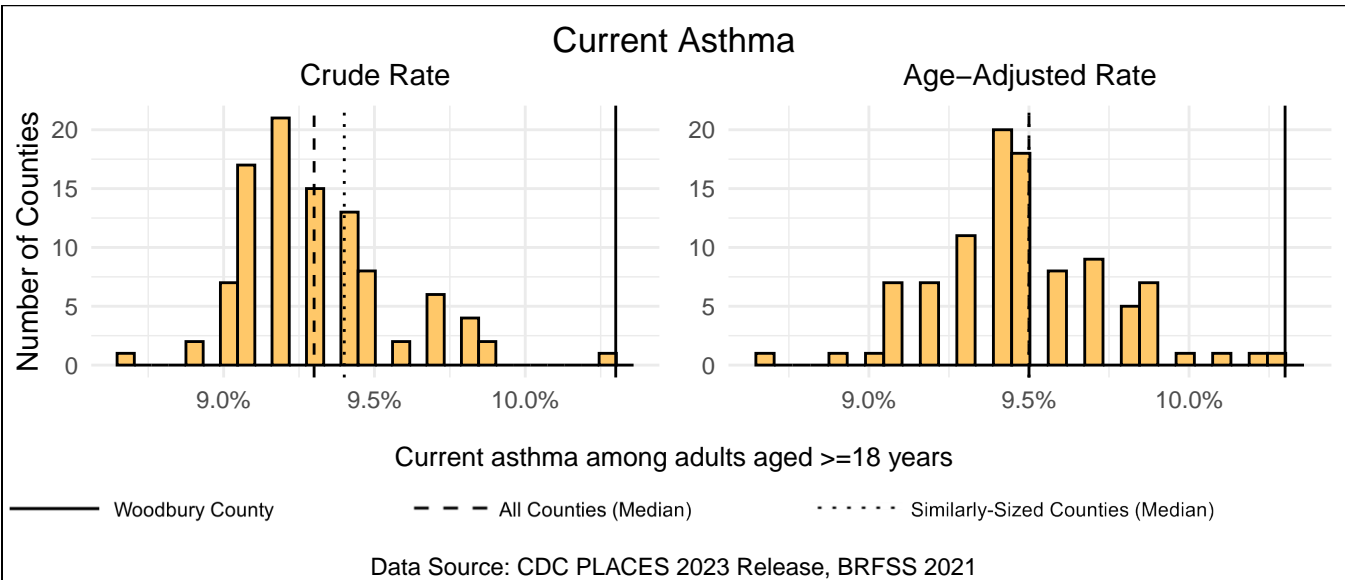
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	6.7%	8.4%	7.0%
Age-Adjusted	6.1%	6.4%	6.4%



## Current Asthma

Woodbury County has a crude rate of 10.3% for current asthma among adults aged  $\geq 18$  years, which ranks 99th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 10.3%, which ranks 99th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

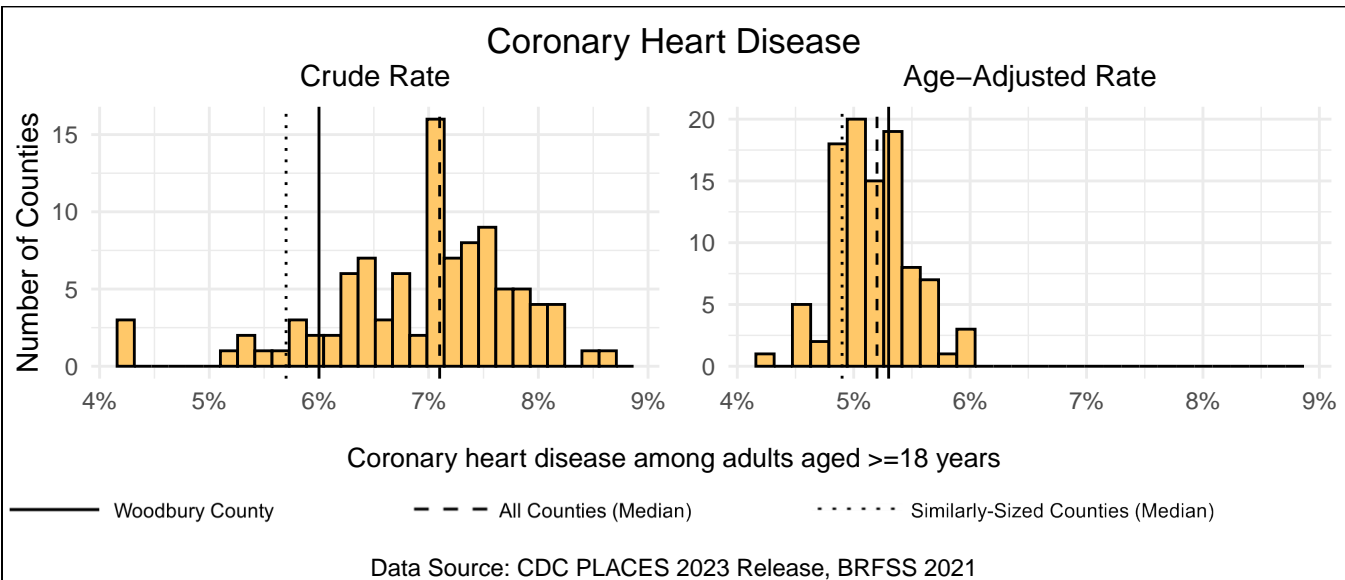
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	10.3%	9.3%	9.4%
Age-Adjusted	10.3%	9.5%	9.5%



## Coronary Heart Disease

Woodbury County has a crude rate of 6.0% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 12th out of 99 Iowa counties (7th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 5.3%, which ranks 62nd out of 99 Iowa counties (9th out of 9 similarly-sized counties).

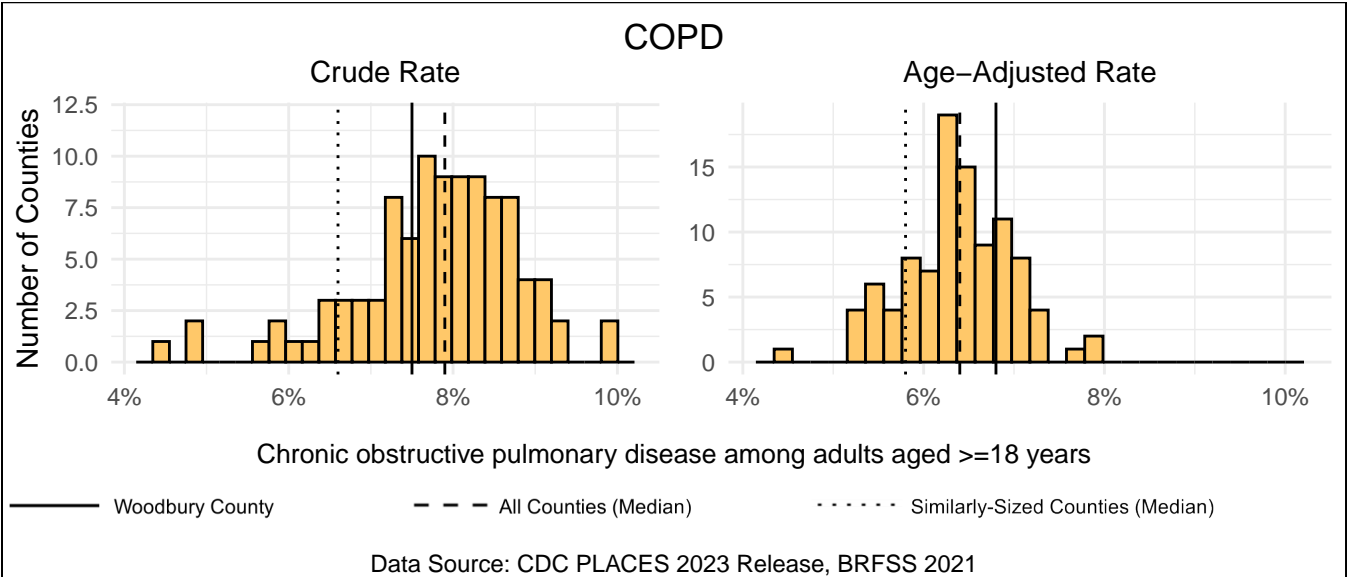
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	6.0%	7.1%	5.7%
Age-Adjusted	5.3%	5.2%	4.9%



# COPD

Woodbury County has a crude rate of 7.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 32nd out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 6.8%, which ranks 74th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

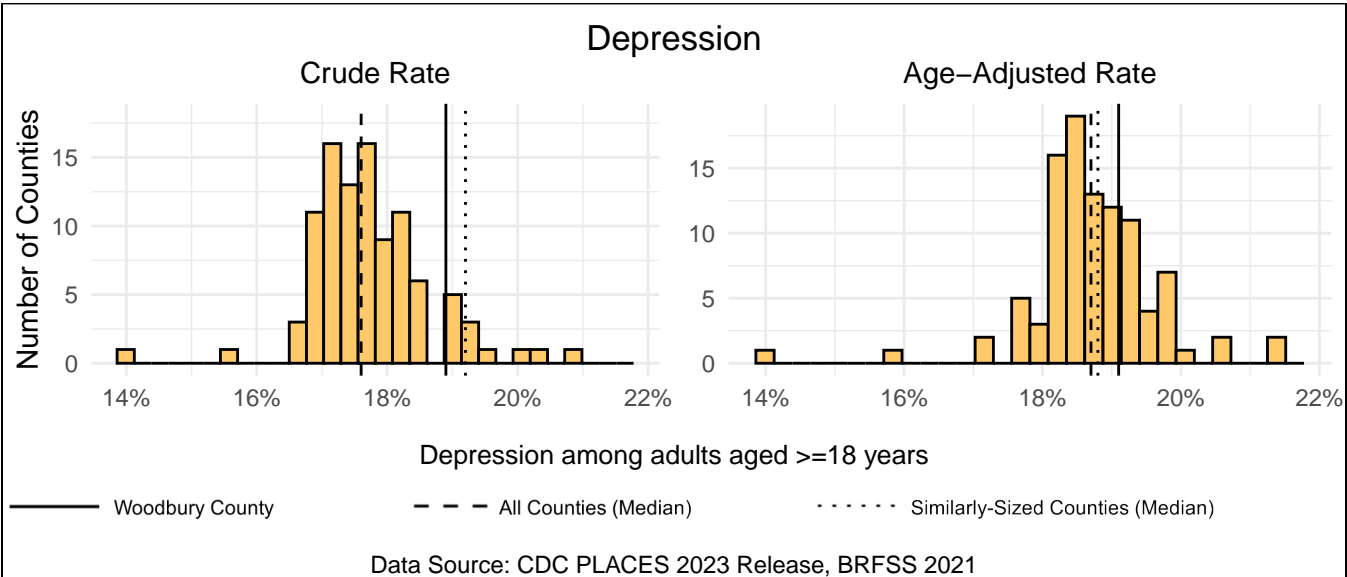
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	7.5%	7.9%	6.6%
Age-Adjusted	6.8%	6.4%	5.8%



# Depression

Woodbury County has a crude rate of 18.9% for depression among adults aged >=18 years, which ranks 88th out of 99 Iowa counties (4th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 19.1%, which ranks 66th out of 99 Iowa counties (6th out of 9 similarly-sized counties).

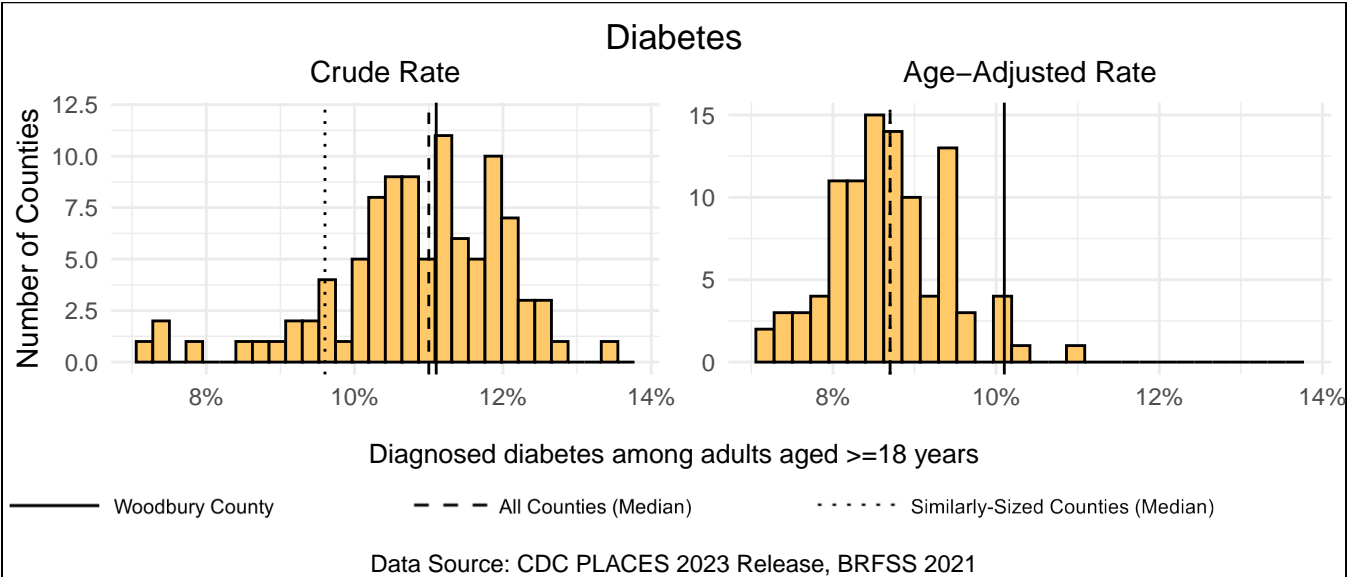
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	18.9%	17.6%	19.2%
Age-Adjusted	19.1%	18.7%	18.8%



# Diabetes

Woodbury County has a crude rate of 11.1% for diagnosed diabetes among adults aged >=18 years, which ranks 53rd out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 10.1%, which ranks 95th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

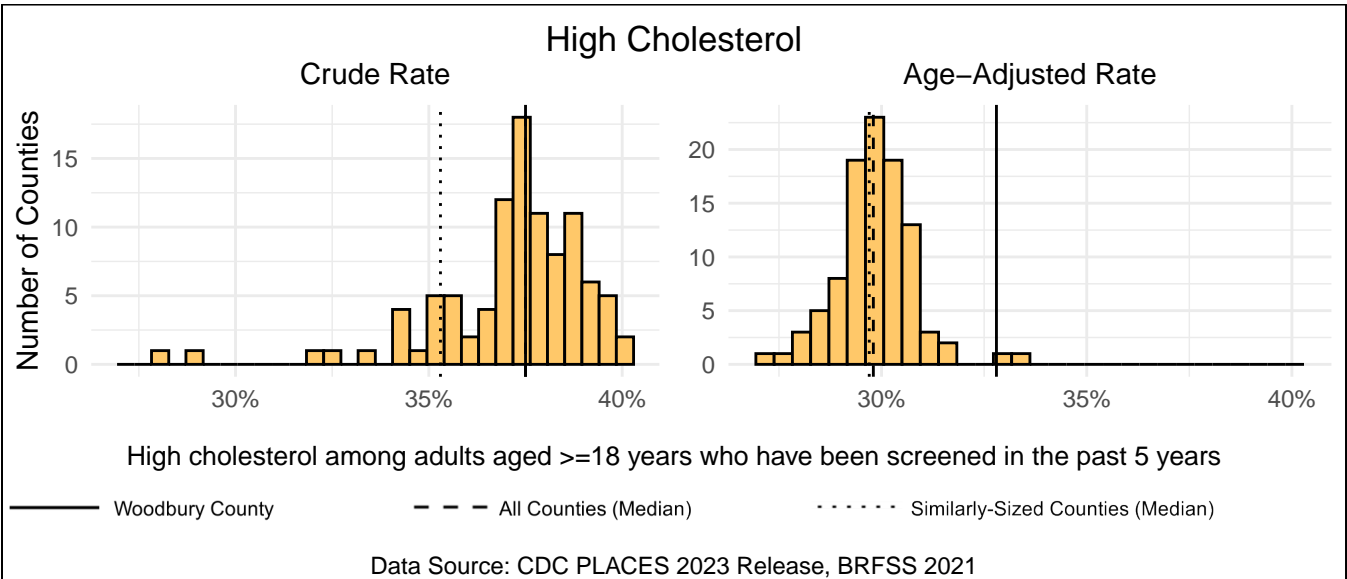
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	11.1%	11.0%	9.6%
Age-Adjusted	10.1%	8.7%	8.7%



# High Cholesterol

Woodbury County has a crude rate of 37.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 47th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 32.8%, which ranks 98th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

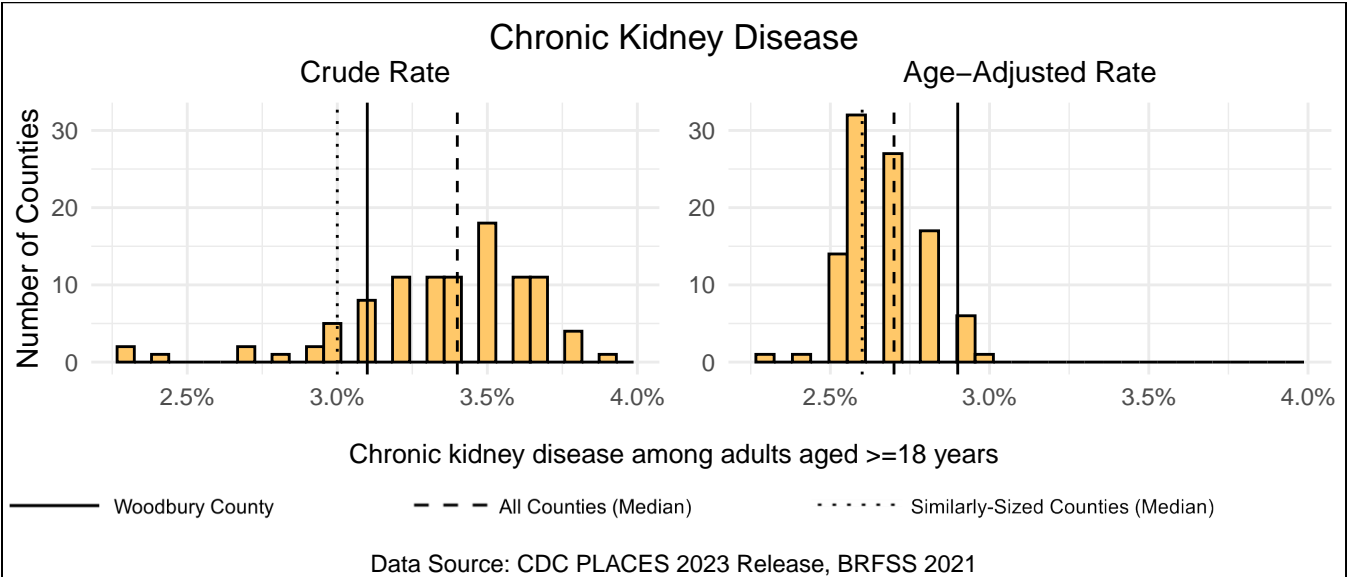
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	37.5%	37.5%	35.3%
Age-Adjusted	32.8%	29.8%	29.7%



# Chronic Kidney Disease

Woodbury County has a crude rate of 3.1% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 14th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 2.9%, which ranks 93rd out of 99 Iowa counties (9th out of 9 similarly-sized counties).

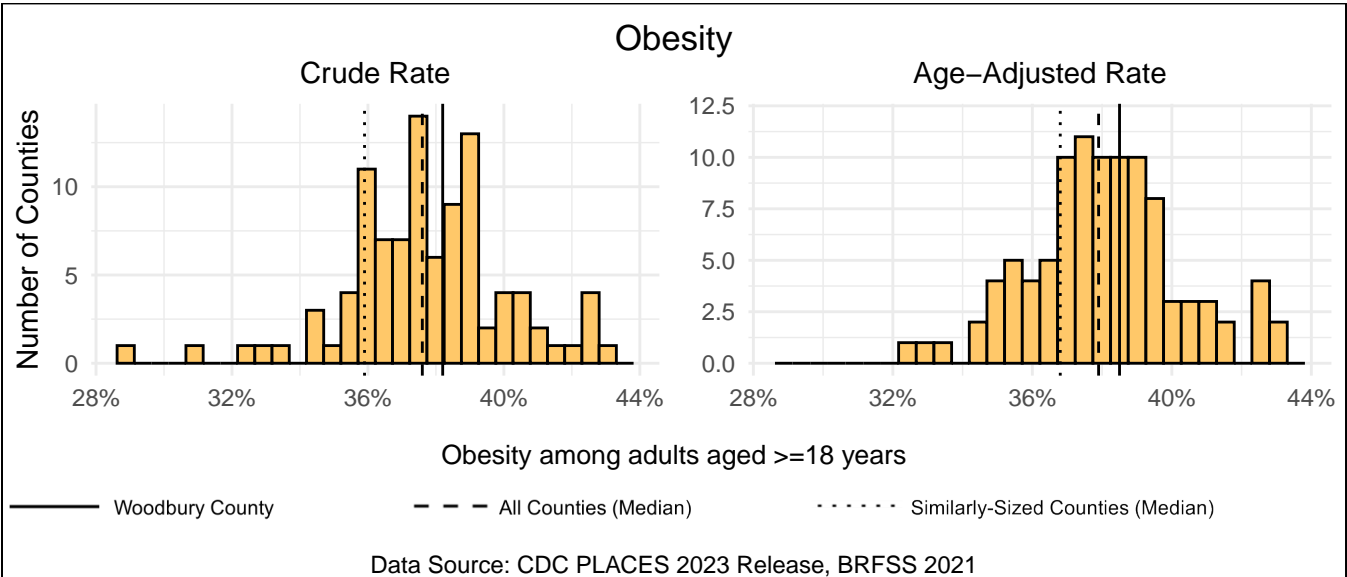
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	3.1%	3.4%	3.0%
Age-Adjusted	2.9%	2.7%	2.6%



# Obesity

Woodbury County has a crude rate of 38.2% for obesity among adults aged  $\geq 18$  years, which ranks 57th out of 99 Iowa counties (7th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 38.5%, which ranks 58th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	38.2%	37.6%	35.9%
Age-Adjusted	38.5%	37.9%	36.8%

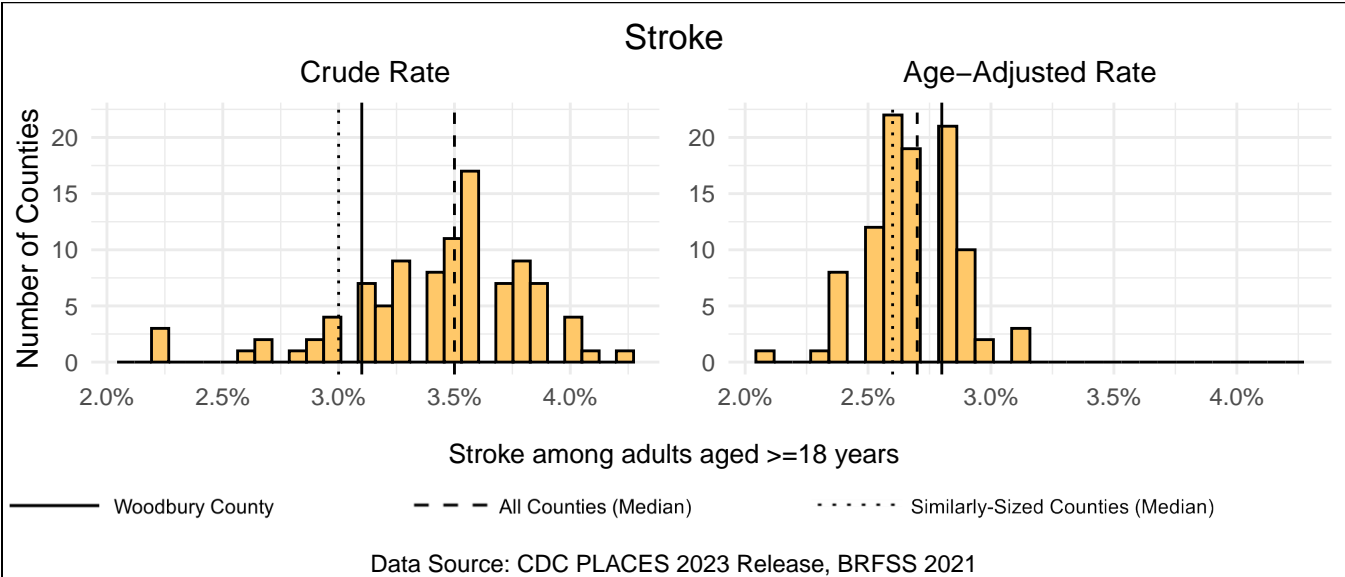




# Stroke

Woodbury County has a crude rate of 3.1% for stroke among adults aged  $\geq 18$  years, which ranks 14th out of 99 Iowa counties (7th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 2.8%, which ranks 64th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

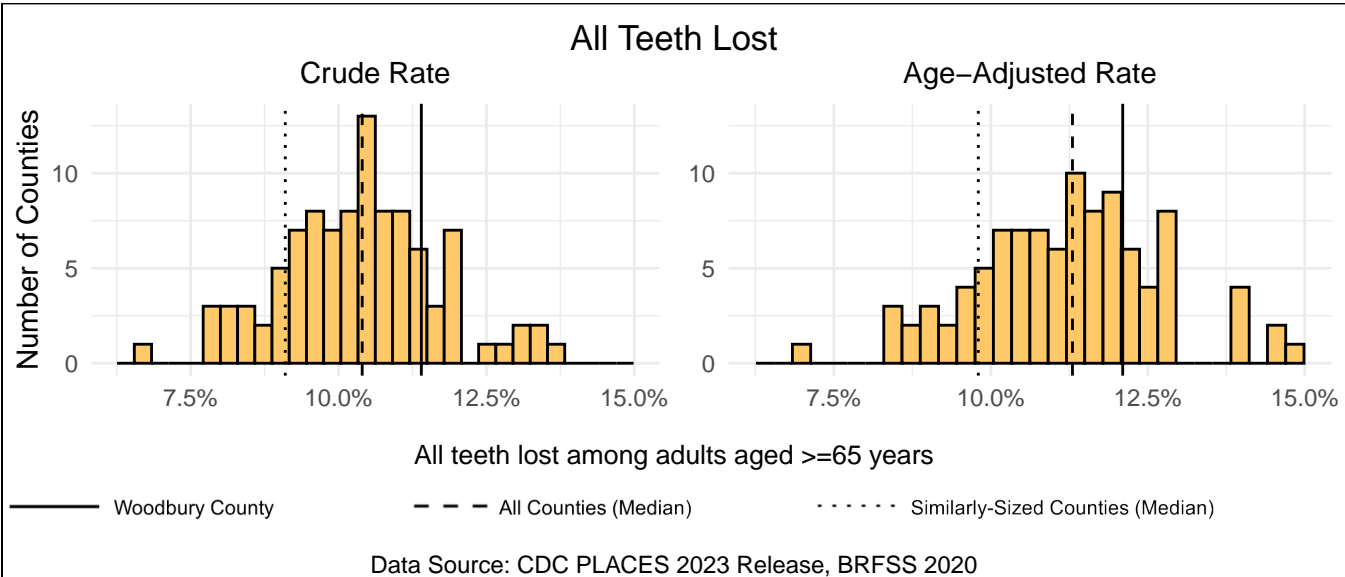
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	3.1%	3.5%	3.0%
Age-Adjusted	2.8%	2.7%	2.6%



# All Teeth Lost

Woodbury County has a crude rate of 11.4% for all teeth lost among adults aged  $\geq 65$  years, which ranks 80th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 12.1%, which ranks 75th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	11.4%	10.4%	9.1%
Age-Adjusted	12.1%	11.3%	9.8%



# Prevention

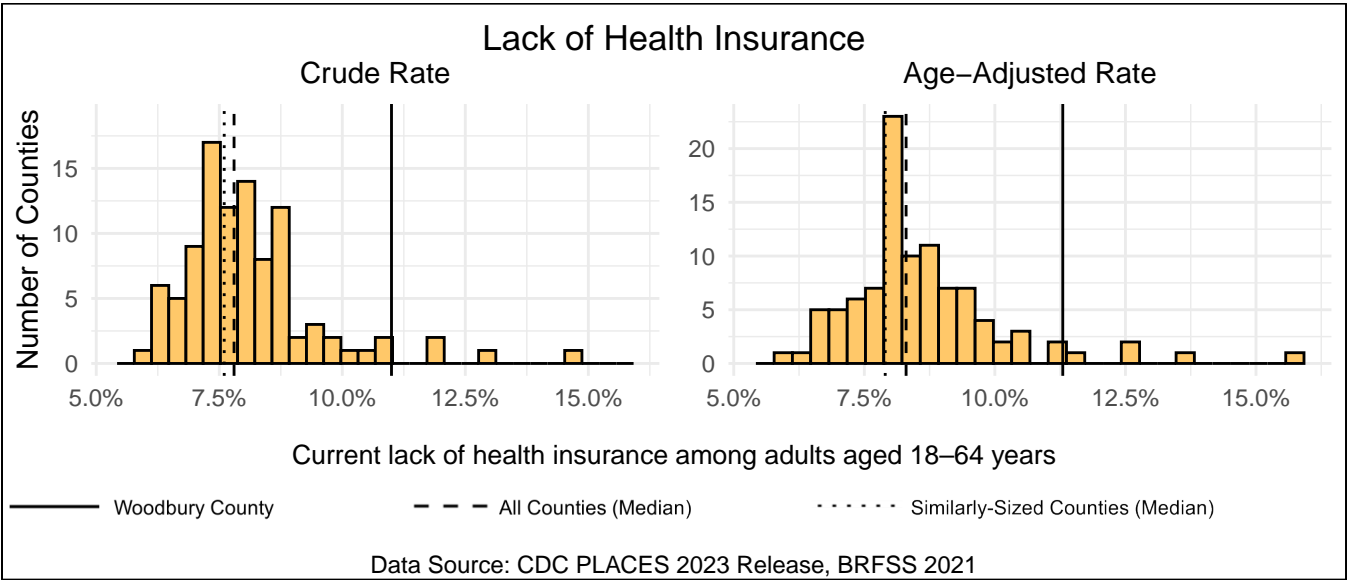
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county’s prevention measures, including preventive screenings and doctor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

Woodbury County has a crude rate of 11.0% for current lack of health insurance among adults aged 18–64 years, which ranks 95th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 11.3%, which ranks 94th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

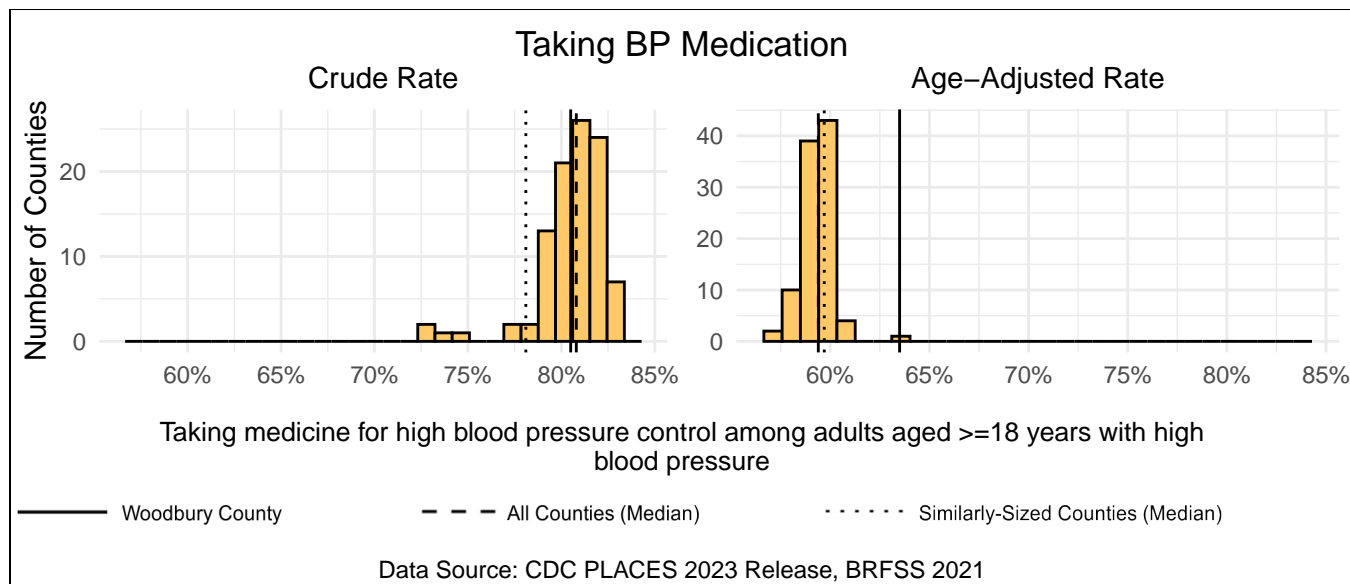
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	11.0%	7.8%	7.6%
Age-Adjusted	11.3%	8.3%	7.9%



## Taking BP Medication

Woodbury County has a crude rate of 80.5% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 61st out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 63.5%, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties).

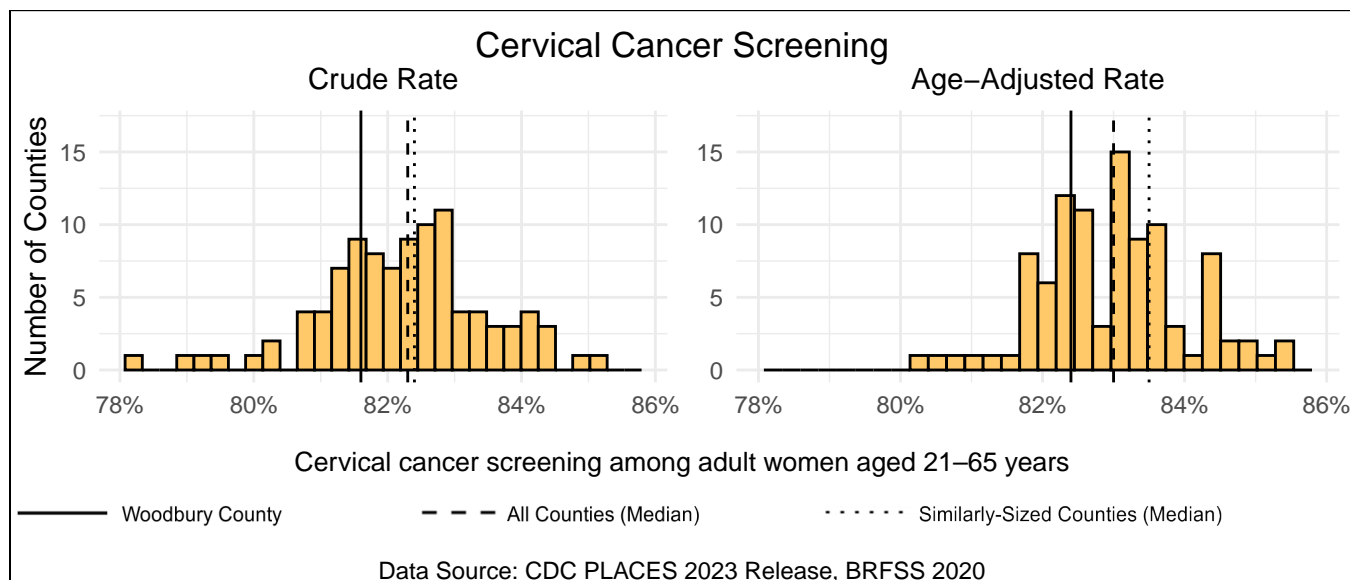
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	80.5%	80.8%	78.1%
Age-Adjusted	63.5%	59.4%	59.7%



## Cervical Cancer Screening

Woodbury County has a crude rate of 81.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 69th out of 99 Iowa counties (7th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 82.4%, which ranks 68th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

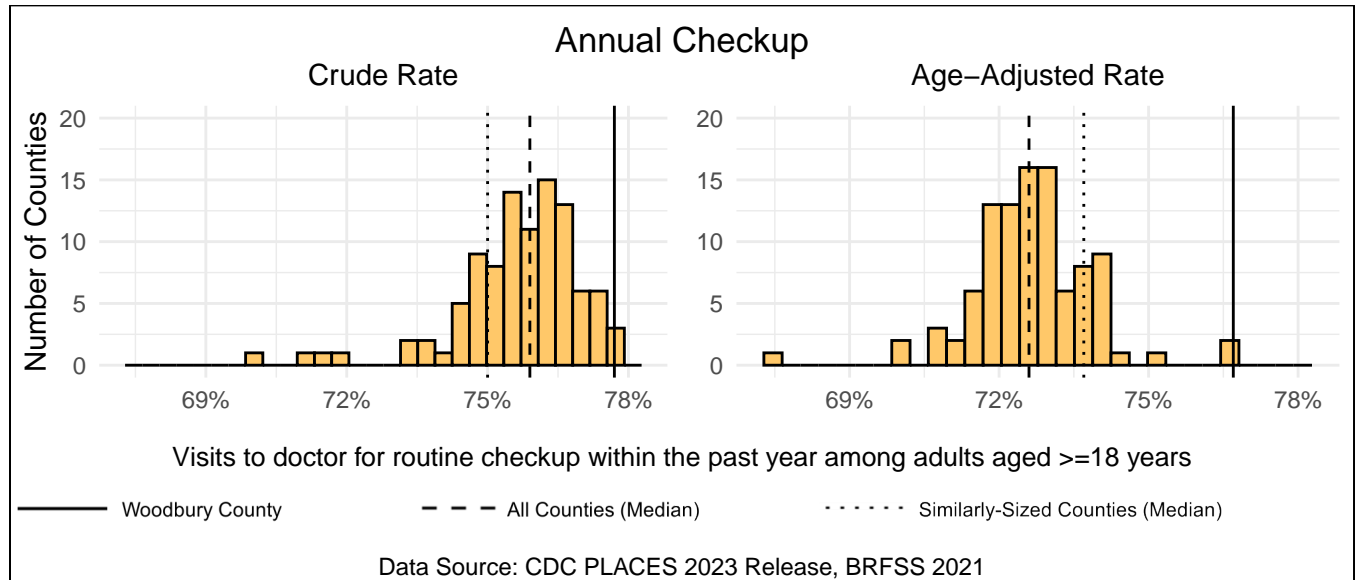
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	81.6%	82.3%	82.4%
Age-Adjusted	82.4%	83.0%	83.5%



## Annual Checkup

Woodbury County has a crude rate of 77.7% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 2nd out of 99 Iowa counties (1st out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 76.7%, which ranks 1st out of 99 Iowa counties (1st out of 9 similarly-sized counties).

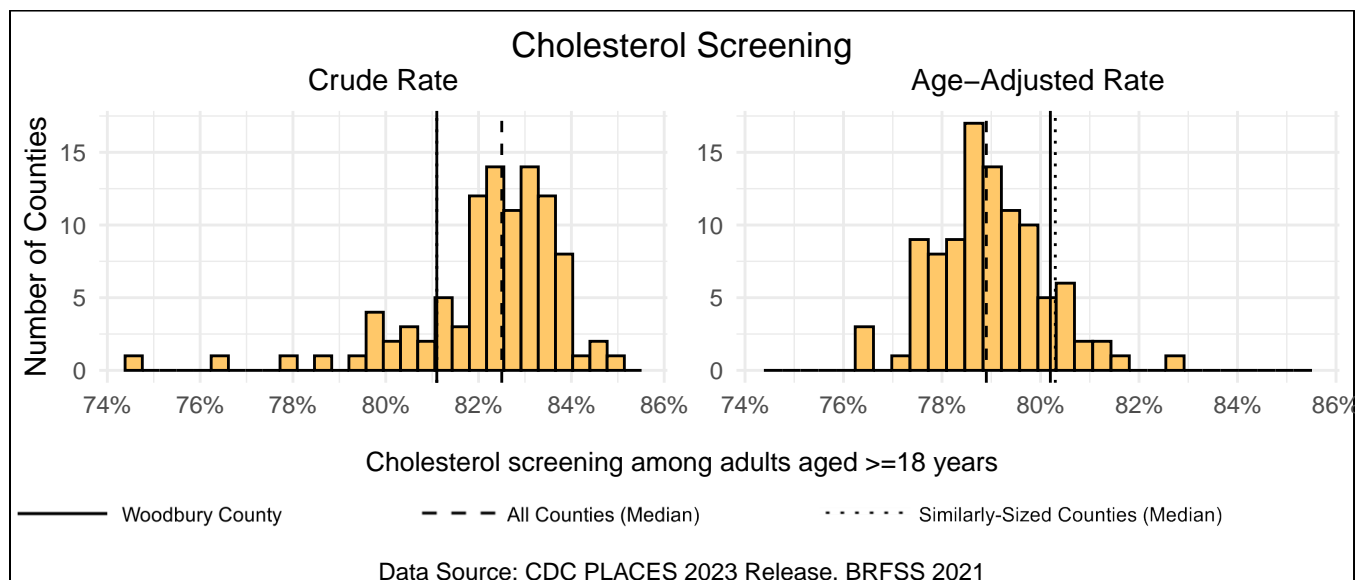
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	77.7%	75.9%	75.0%
Age-Adjusted	76.7%	72.6%	73.7%



## Cholesterol Screening

Woodbury County has a crude rate of 81.1% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 83rd out of 99 Iowa counties (5th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 80.2%, which ranks 15th out of 99 Iowa counties (6th out of 9 similarly-sized counties).

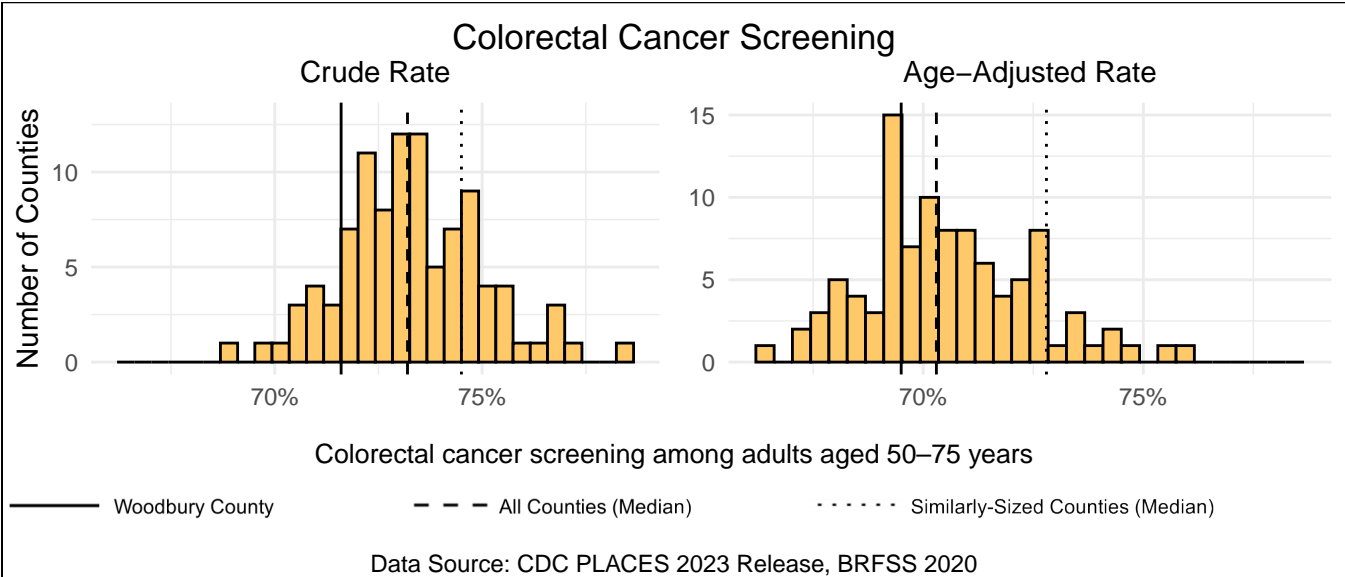
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	81.1%	82.5%	81.1%
Age-Adjusted	80.2%	78.9%	80.3%



## Colorectal Cancer Screening

Woodbury County has a crude rate of 71.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 86th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 69.5%, which ranks 67th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

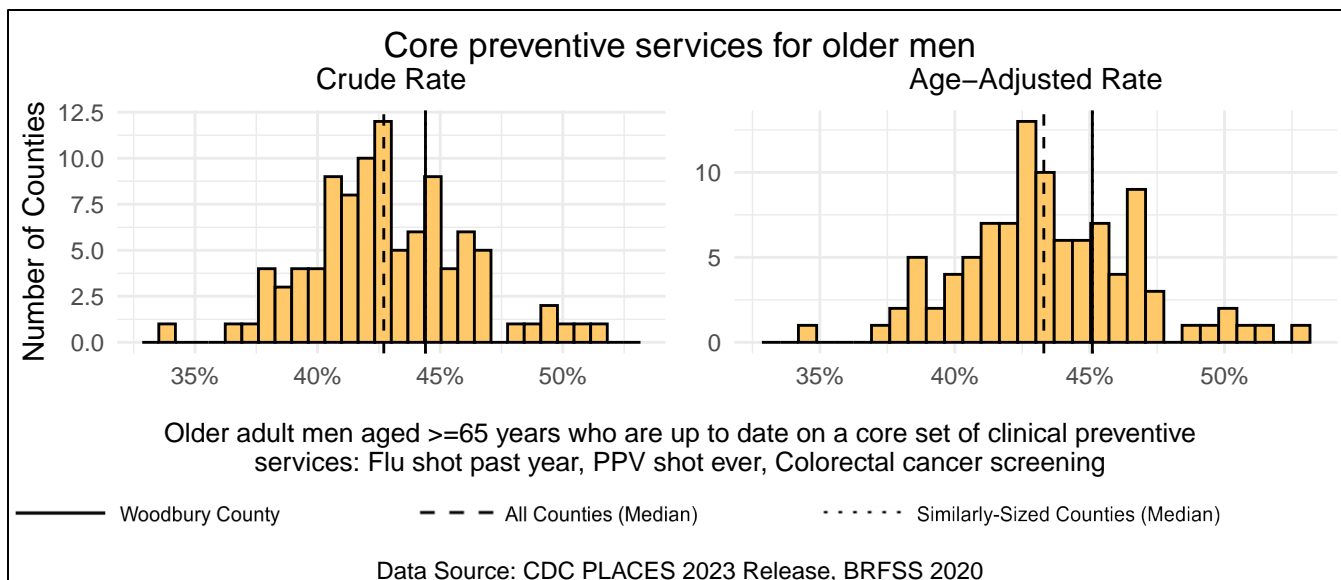
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	71.6%	73.2%	74.5%
Age-Adjusted	69.5%	70.3%	72.8%



## Core preventive services for older men

Woodbury County has a crude rate of 44.4% 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 31st out of 99 Iowa counties (5th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 45.1%, which ranks 29th out of 99 Iowa counties (5th out of 9 similarly-sized counties).

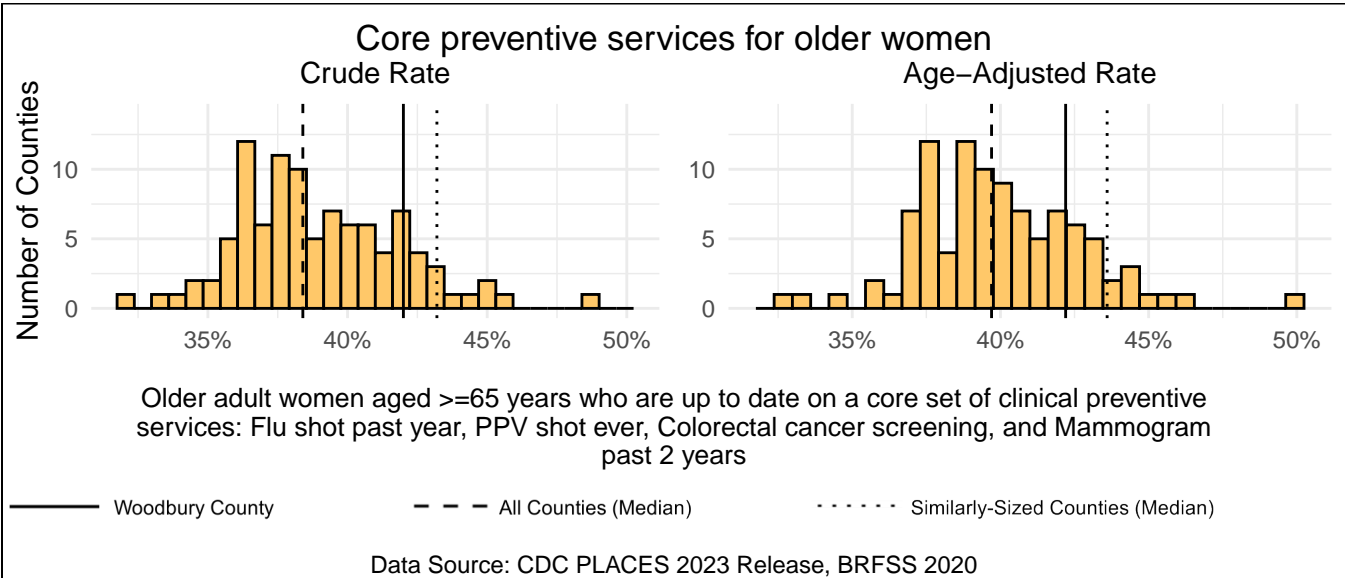
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	44.4%	42.7%	44.4%
Age-Adjusted	45.1%	43.3%	45.1%



### Core preventive services for older women

Woodbury County has a crude rate of 42.0% 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 17th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 42.2%, which ranks 21st out of 99 Iowa counties (8th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	42.0%	38.4%	43.2%
Age-Adjusted	42.2%	39.7%	43.6%

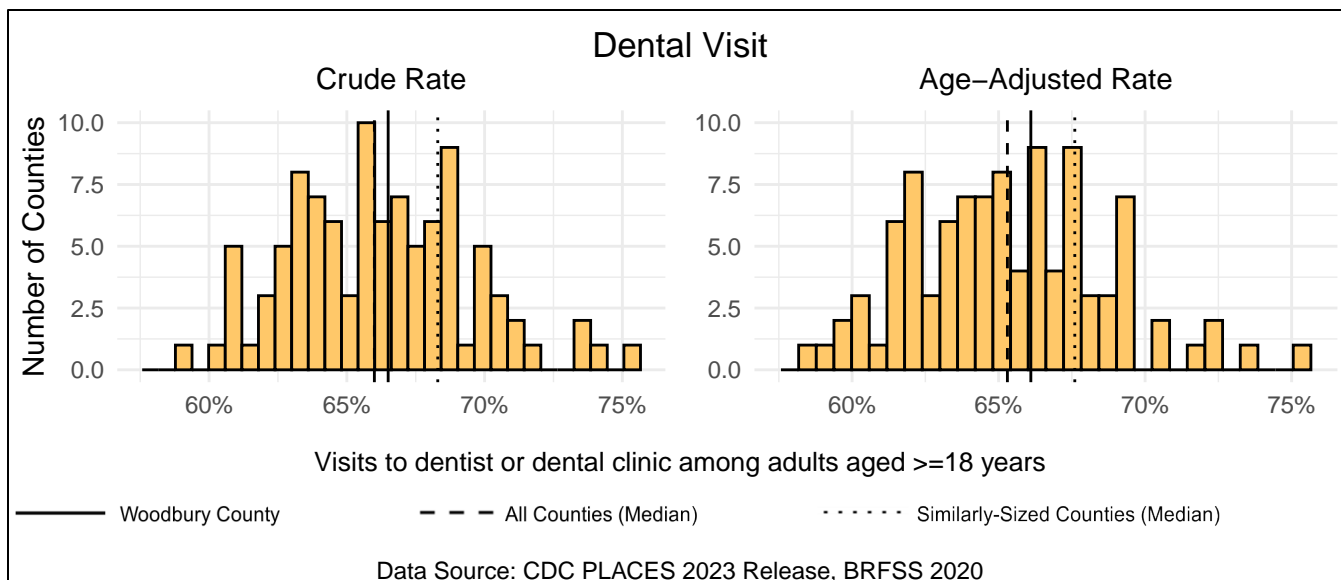


### Dental Visit

Woodbury County has a crude rate of 66.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 44th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 66.1%, which ranks 40th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	66.5%	66.0%	68.3%
Age-Adjusted	66.1%	65.3%	67.6%

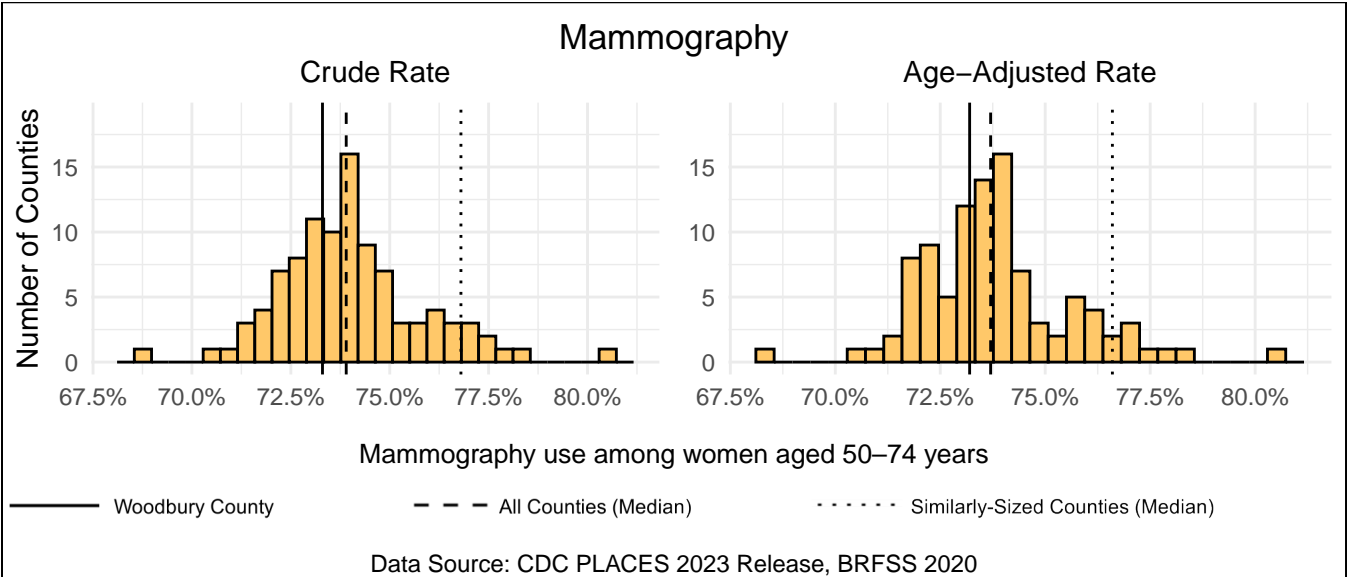




# Mammography

Woodbury County has a crude rate of 73.3% for mammography use among women aged 50–74 years, which ranks 64th out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 73.2%, which ranks 64th out of 99 Iowa counties (8th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	73.3%	73.9%	76.8%
Age-Adjusted	73.2%	73.7%	76.6%



# Disability

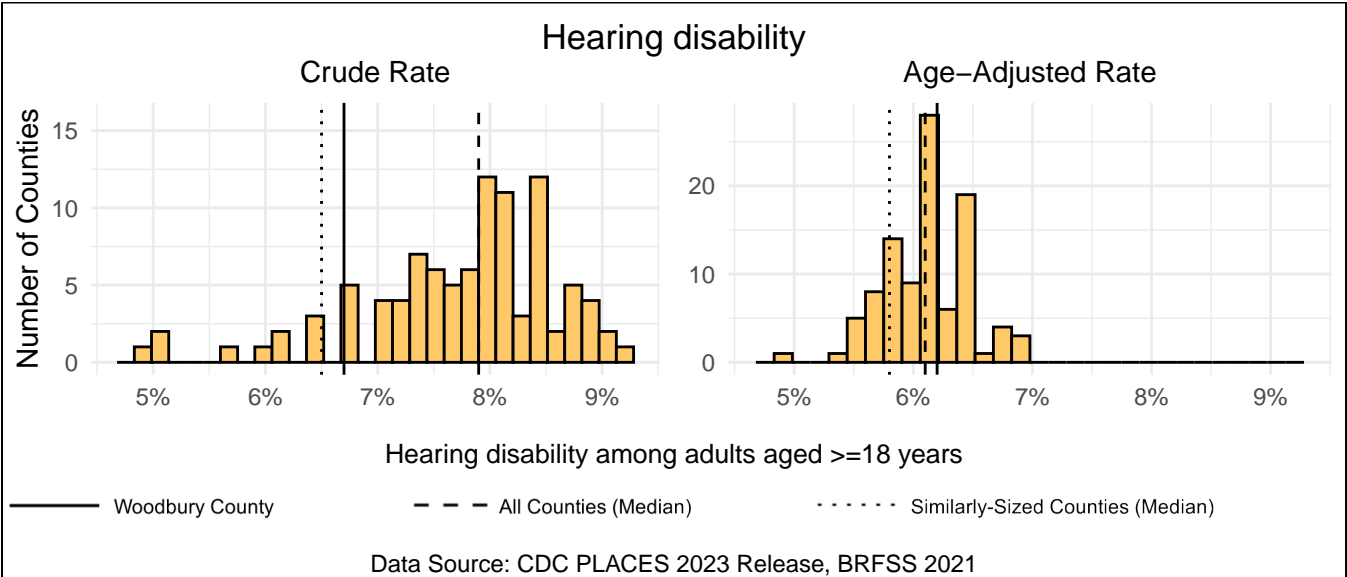
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Woodbury County has a crude rate of 6.7% for hearing disability among adults aged  $\geq 18$  years, which ranks 11th out of 99 Iowa counties (7th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 6.2%, which ranks 53rd out of 99 Iowa counties (9th out of 9 similarly-sized counties).

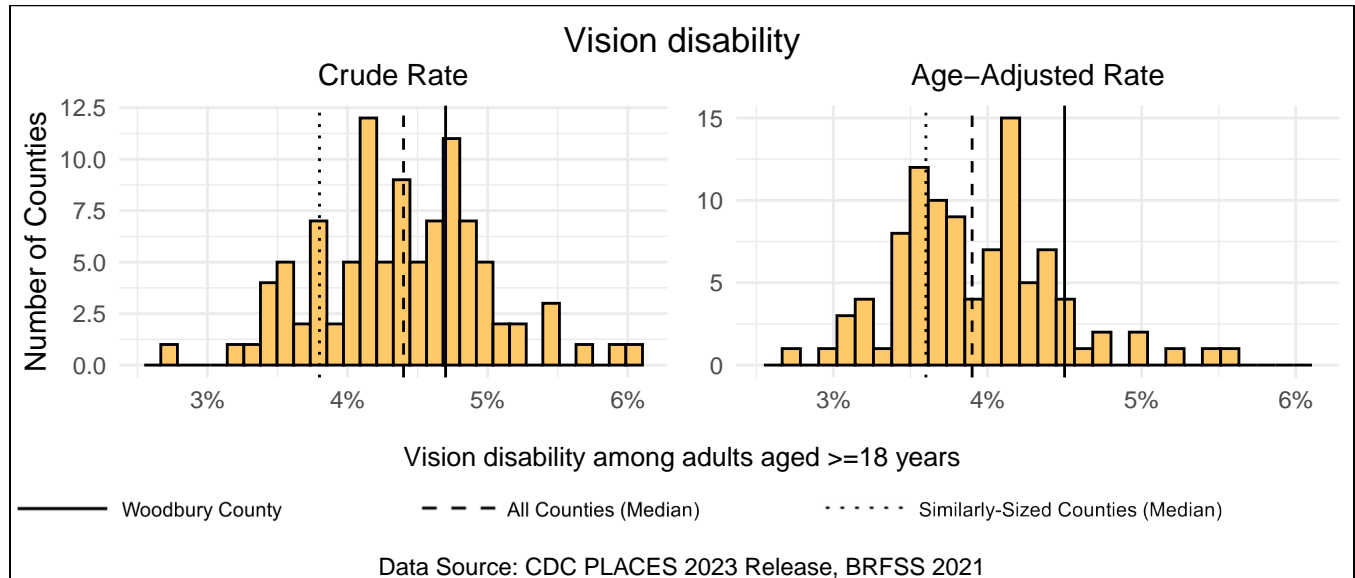
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	6.7%	7.9%	6.5%
Age-Adjusted	6.2%	6.1%	5.8%



## Vision disability

Woodbury County has a crude rate of 4.7% for vision disability among adults aged  $\geq 18$  years, which ranks 67th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 4.5%, which ranks 88th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

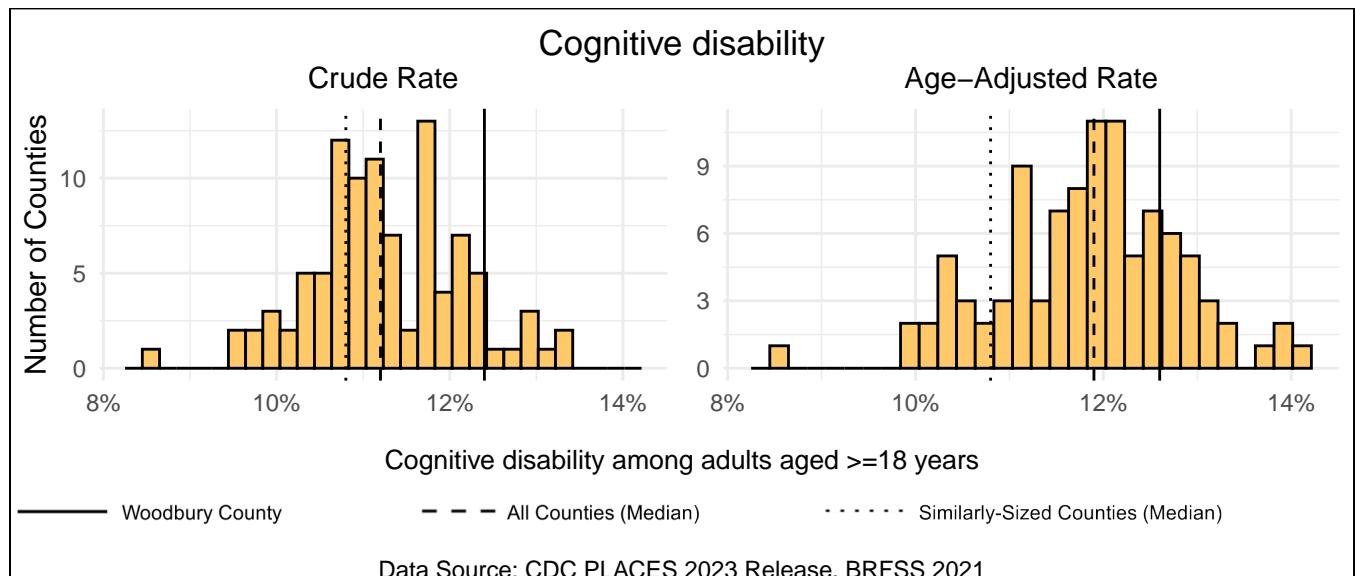
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	4.7%	4.4%	3.8%
Age-Adjusted	4.5%	3.9%	3.6%



## Cognitive disability

Woodbury County has a crude rate of 12.4% for cognitive disability among adults aged  $\geq 18$  years, which ranks 88th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 12.6%, which ranks 77th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

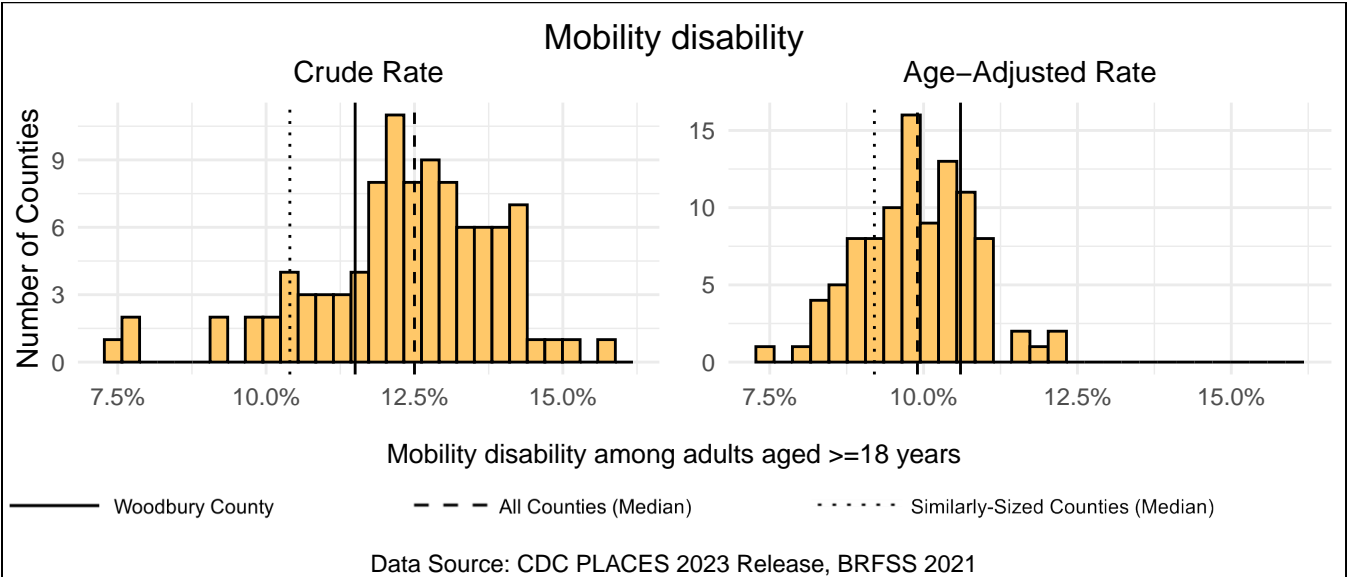
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	12.4%	11.2%	10.8%
Age-Adjusted	12.6%	11.9%	10.8%



# Mobility disability

Woodbury County has a crude rate of 11.5% for mobility disability among adults aged  $\geq 18$  years, which ranks 23rd out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 10.6%, which ranks 76th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

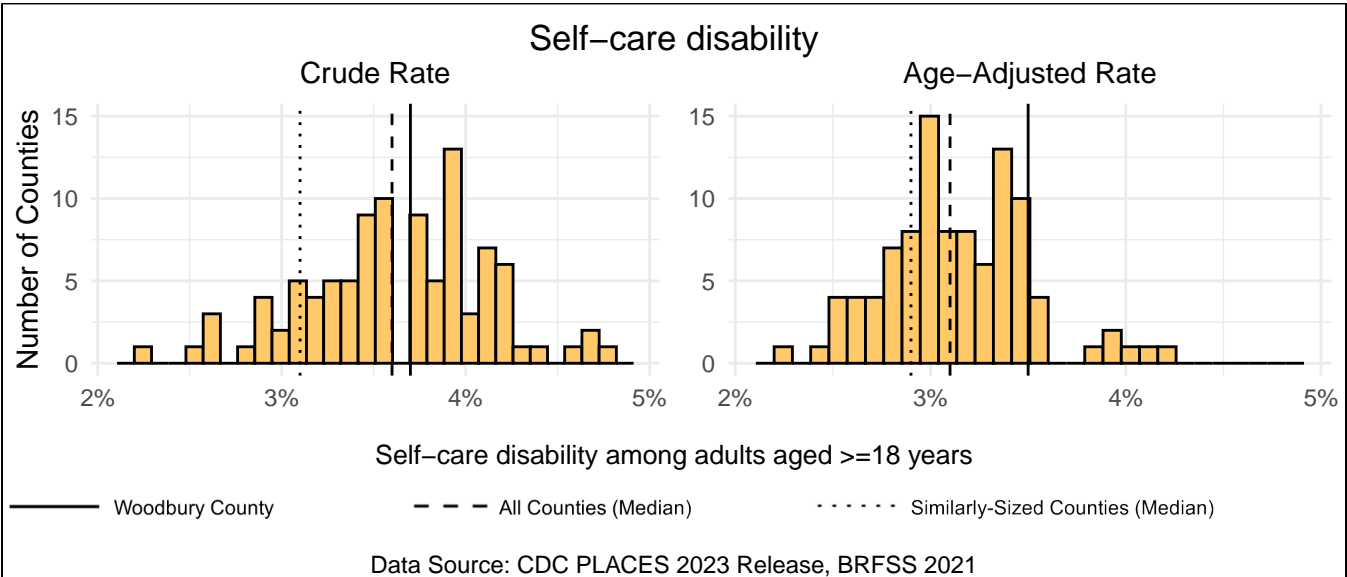
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	11.5%	12.5%	10.4%
Age-Adjusted	10.6%	9.9%	9.2%



# Self-care disability

Woodbury County has a crude rate of 3.7% for self-care disability among adults aged  $\geq 18$  years, which ranks 51st out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 3.5%, which ranks 80th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

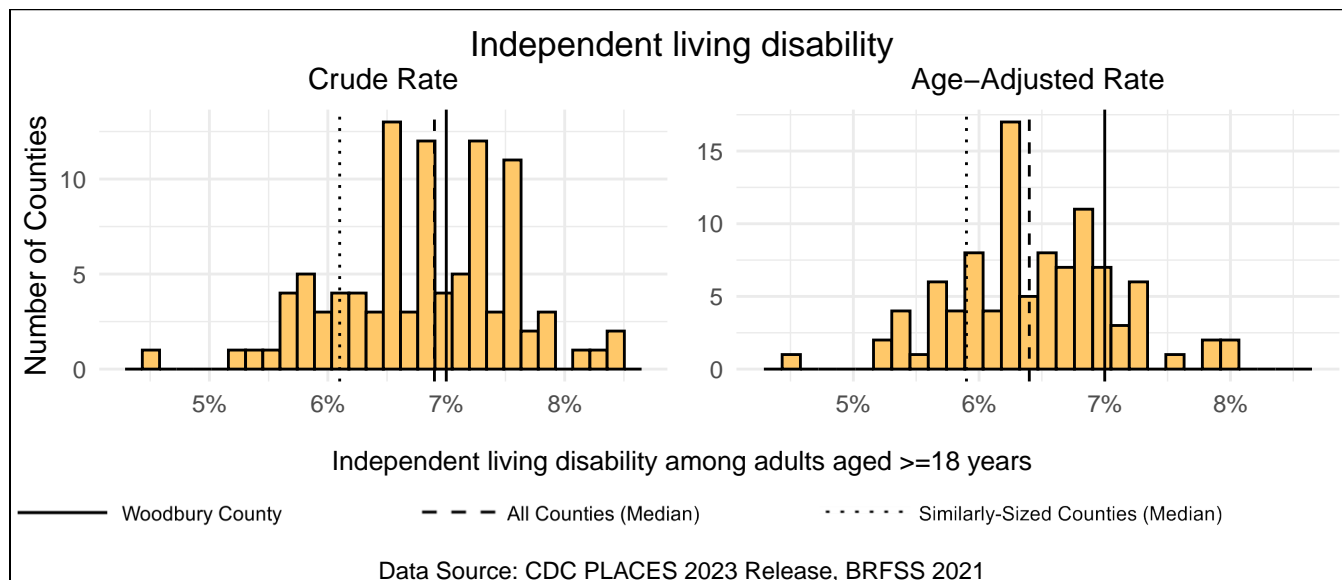
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	3.7%	3.6%	3.1%
Age-Adjusted	3.5%	3.1%	2.9%



## Independent living disability

Woodbury County has a crude rate of 7.0% for independent living disability among adults aged  $\geq 18$  years, which ranks 56th out of 99 Iowa counties (9th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 7.0%, which ranks 79th out of 99 Iowa counties (9th out of 9 similarly-sized counties).

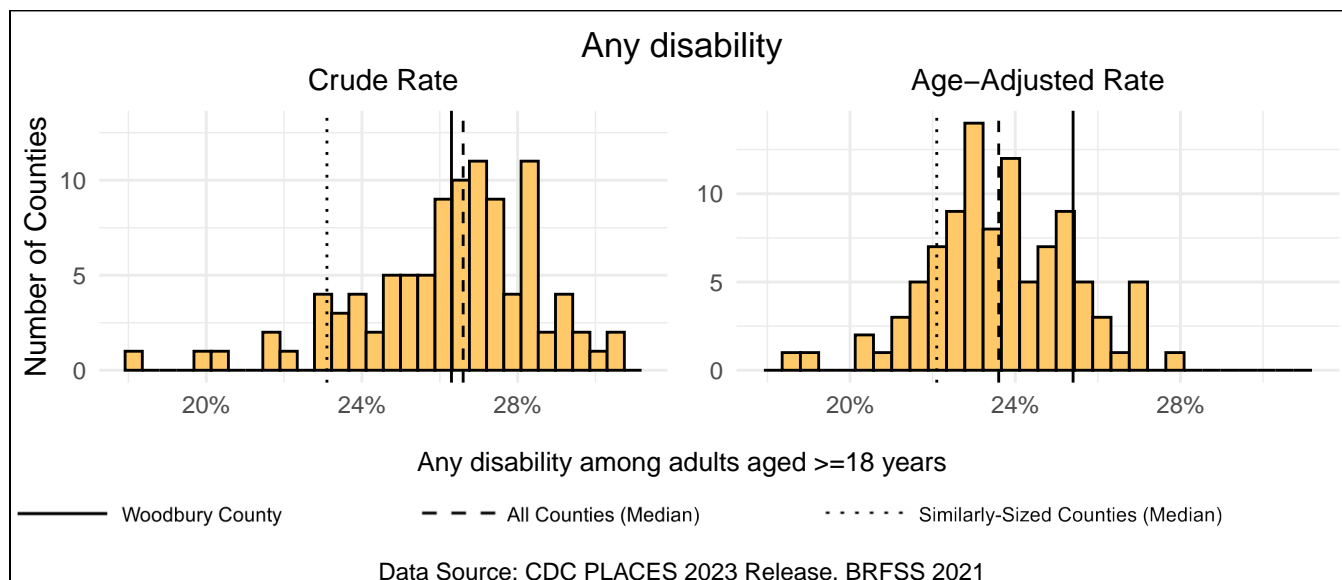
Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	7.0%	6.9%	6.1%
Age-Adjusted	7.0%	6.4%	5.9%



## Any disability

Woodbury County has a crude rate of 26.3% for any disability among adults aged  $\geq 18$  years, which ranks 41st out of 99 Iowa counties (8th out of 9 similarly-sized counties). The age-adjusted rate for Woodbury County is 25.4%, which ranks 82nd out of 99 Iowa counties (9th out of 9 similarly-sized counties).

Measure Type	Woodbury County	All Counties	Similarly-Sized Counties
Crude	26.3%	26.6%	23.1%
Age-Adjusted	25.4%	23.6%	22.1%



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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: Woodbury County PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	52	11.2% (9.8% - 12.9%)	88	10.8% (9.5% - 12.4%)
Health Status	General Health	81	16.6% (14.3% - 19.2%)	92	16.0% (13.8% - 18.5%)
Health Status	Mental Health	84	15.0% (13.2% - 16.9%)	43	15.4% (13.6% - 17.3%)
Health Risk Behaviors	Sleep <7 hours	95	32.5% (31.3% - 33.7%)	92	33.2% (31.9% - 34.4%)
Health Risk Behaviors	Current Smoking	87	18.3% (15.3% - 21.5%)	75	18.8% (15.9% - 22.1%)
Health Risk Behaviors	Binge Drinking	83	20.0% (17.7% - 22.4%)	29	21.0% (18.6% - 23.4%)
Health Risk Behaviors	Physical Inactivity	81	29.1% (25.6% - 33.0%)	94	28.7% (25.2% - 32.5%)
Health Outcomes	High Cholesterol	47	37.5% (34.7% - 40.3%)	98	32.8% (29.9% - 35.7%)
Health Outcomes	High Blood Pressure	14	31.1% (28.6% - 33.7%)	84	29.1% (26.7% - 31.6%)
Health Outcomes	Stroke	14	3.1% (2.7% - 3.6%)	64	2.8% (2.5% - 3.2%)
Health Outcomes	Depression	88	18.9% (16.7% - 21.4%)	66	19.1% (16.8% - 21.6%)
Health Outcomes	Chronic Kidney Disease	14	3.1% (2.8% - 3.4%)	93	2.9% (2.6% - 3.2%)
Health Outcomes	Arthritis	9	24.5% (22.2% - 27.0%)	23	22.5% (20.3% - 24.8%)
Health Outcomes	COPD	32	7.5% (6.3% - 8.9%)	74	6.8% (5.8% - 8.0%)
Health Outcomes	Cancer (except skin)	5	6.7% (6.1% - 7.4%)	2	6.1% (5.5% - 6.7%)
Health Outcomes	All Teeth Lost	80	11.4% (7.3% - 16.3%)	75	12.1% (7.5% - 17.0%)
Health Outcomes	Diabetes	53	11.1% (9.7% - 12.6%)	95	10.1% (8.8% - 11.5%)
Health Outcomes	Obesity	57	38.2% (34.6% - 41.8%)	58	38.5% (35.0% - 42.2%)
Health Outcomes	Coronary Heart Disease	12	6.0% (5.2% - 6.8%)	62	5.3% (4.7% - 6.0%)
Health Outcomes	Current Asthma	99	10.3% (9.1% - 11.5%)	99	10.3% (9.1% - 11.6%)
Prevention	Core preventive services for older women	17	42.0% (35.6% - 48.6%)	21	42.2% (35.7% - 48.8%)
Prevention	Cervical Cancer Screening	69	81.6% (79.2% - 83.7%)	68	82.4% (80.4% - 84.4%)
Prevention	Annual Checkup	2	77.7% (74.9% - 80.3%)	1	76.7% (73.8% - 79.4%)
Prevention	Health Insurance	95	11.0% (9.0% - 13.4%)	94	11.3% (9.2% - 13.8%)
Prevention	Mammography	64	73.3% (69.4% - 76.9%)	64	73.2% (69.2% - 76.9%)
Prevention	Taking BP Medication	61	80.5% (77.9% - 82.8%)	1	63.5% (59.7% - 67.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Dental Visit	44	66.5% (63.5% - 69.5%)	40	66.1% (63.1% - 69.1%)
Prevention	Core preventive services for older men	31	44.4% (37.4% - 51.7%)	29	45.1% (37.8% - 52.2%)
Prevention	Colorectal Cancer Screening	86	71.6% (68.9% - 74.3%)	67	69.5% (66.8% - 72.4%)
Prevention	Cholesterol Screening	83	81.1% (78.4% - 83.5%)	15	80.2% (77.4% - 82.8%)
Disability	Cognitive Disability	88	12.4% (10.7% - 14.4%)	77	12.6% (10.8% - 14.6%)
Disability	Mobility Disability	23	11.5% (9.8% - 13.4%)	76	10.6% (9.1% - 12.3%)
Disability	Any Disability	41	26.3% (23.3% - 29.9%)	82	25.4% (22.5% - 28.8%)
Disability	Vision Disability	67	4.7% (4.0% - 5.4%)	88	4.5% (3.9% - 5.3%)
Disability	Self-care Disability	51	3.7% (3.2% - 4.3%)	80	3.5% (3.1% - 4.1%)
Disability	Independent Living Disability	56	7.0% (6.1% - 8.2%)	79	7.0% (6.0% - 8.1%)
Disability	Hearing Disability	11	6.7% (5.9% - 7.5%)	53	6.2% (5.4% - 6.9%)

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

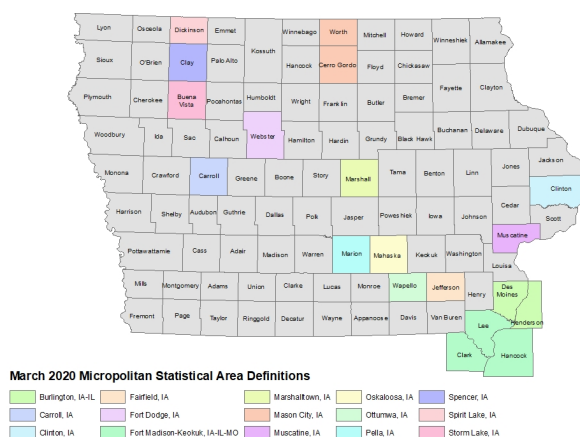
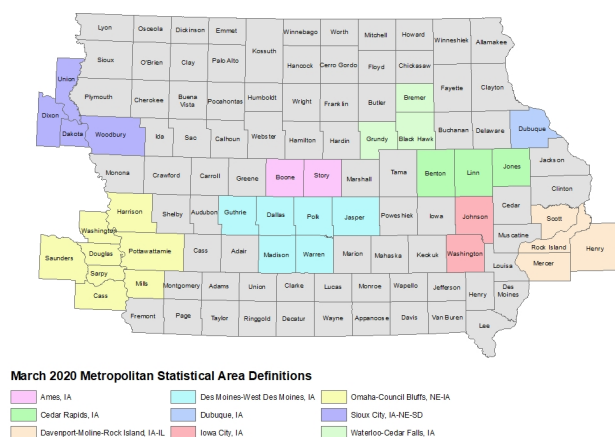
## Appendix 3: Metropolitan Core Counties

Woodbury 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.

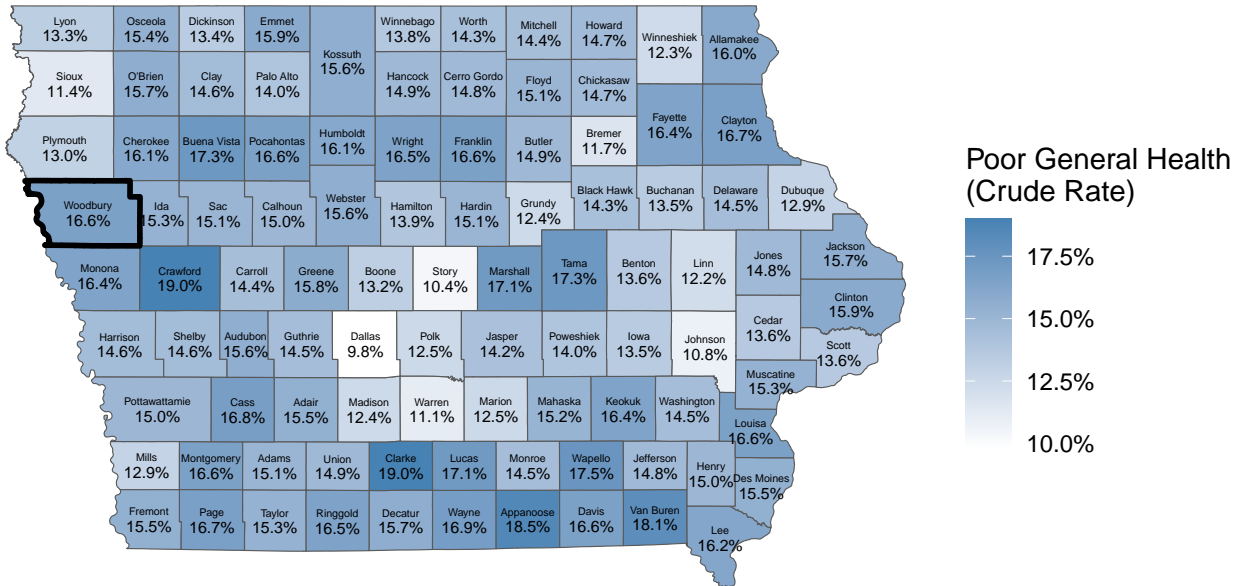
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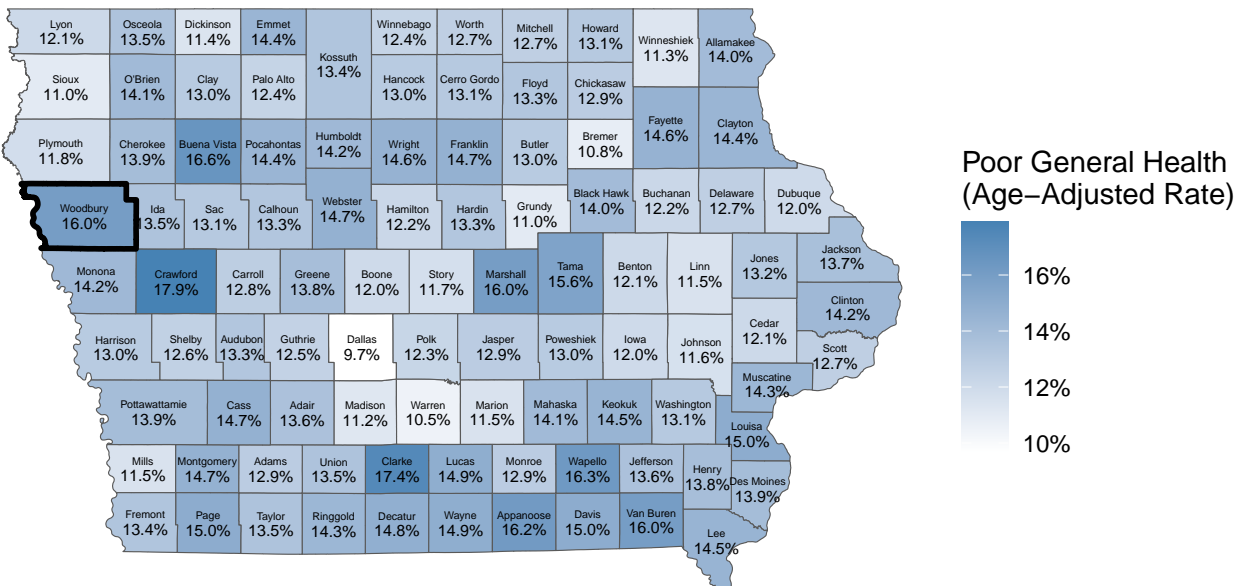
## Appendix 4: County Maps

### Poor General Health

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



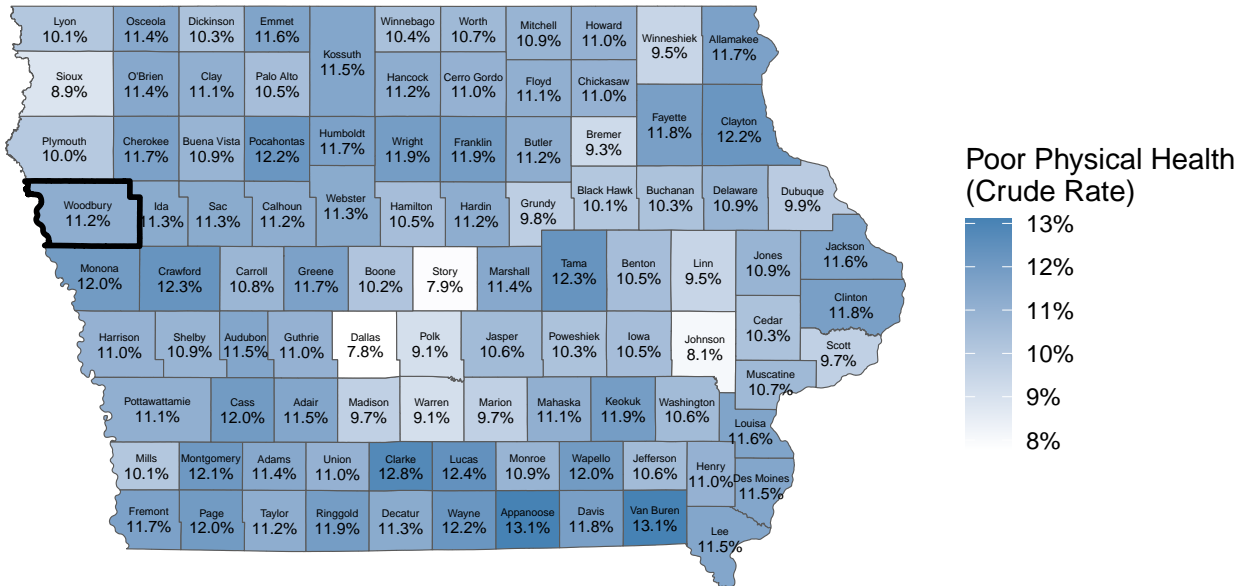
Data Source: CDC PLACES 2023 Release, BRFSS 2021



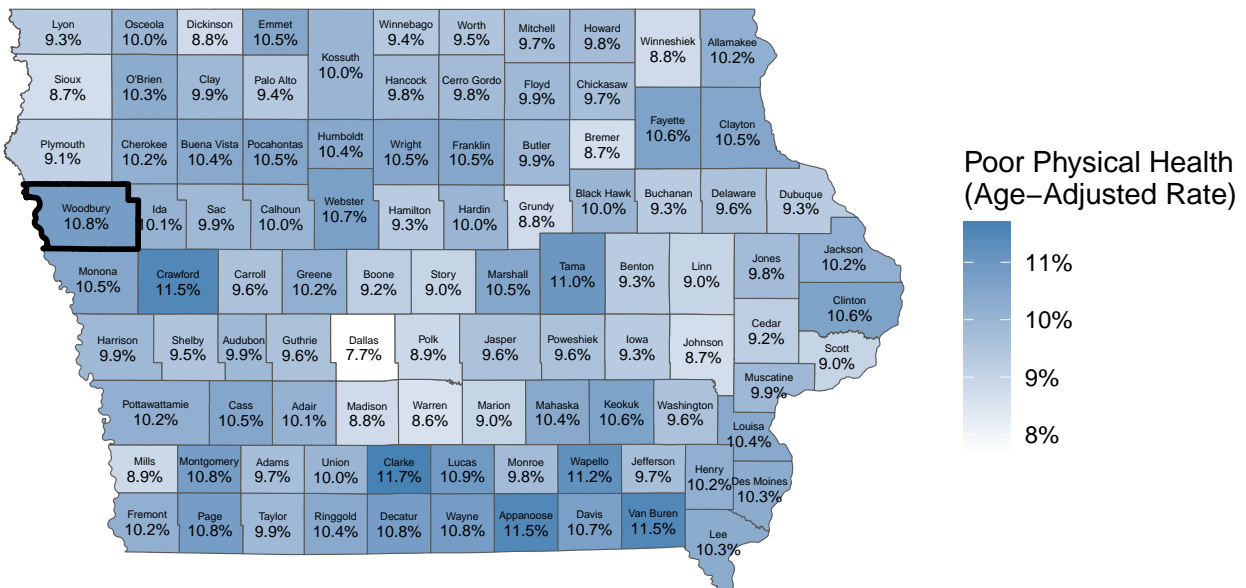
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Physical Health

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



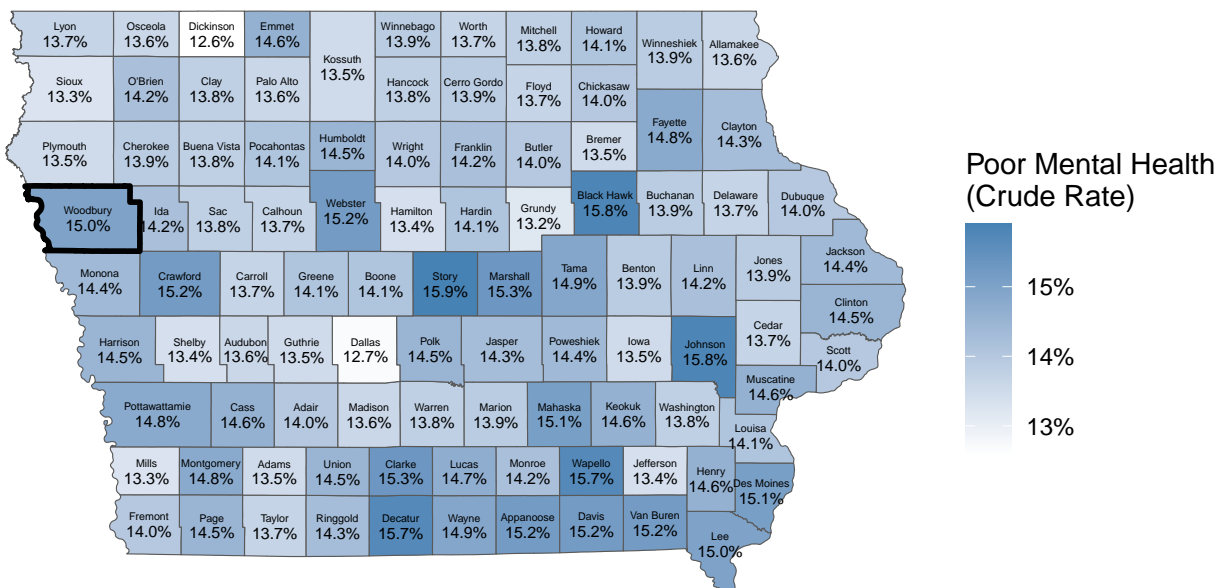
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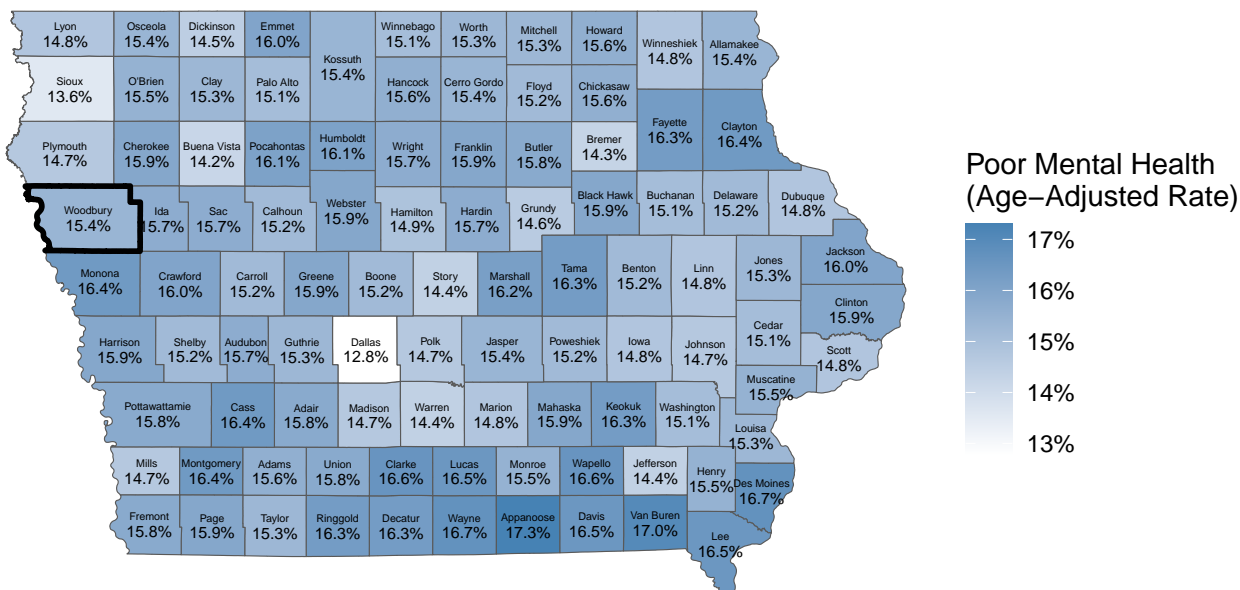
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Mental Health

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



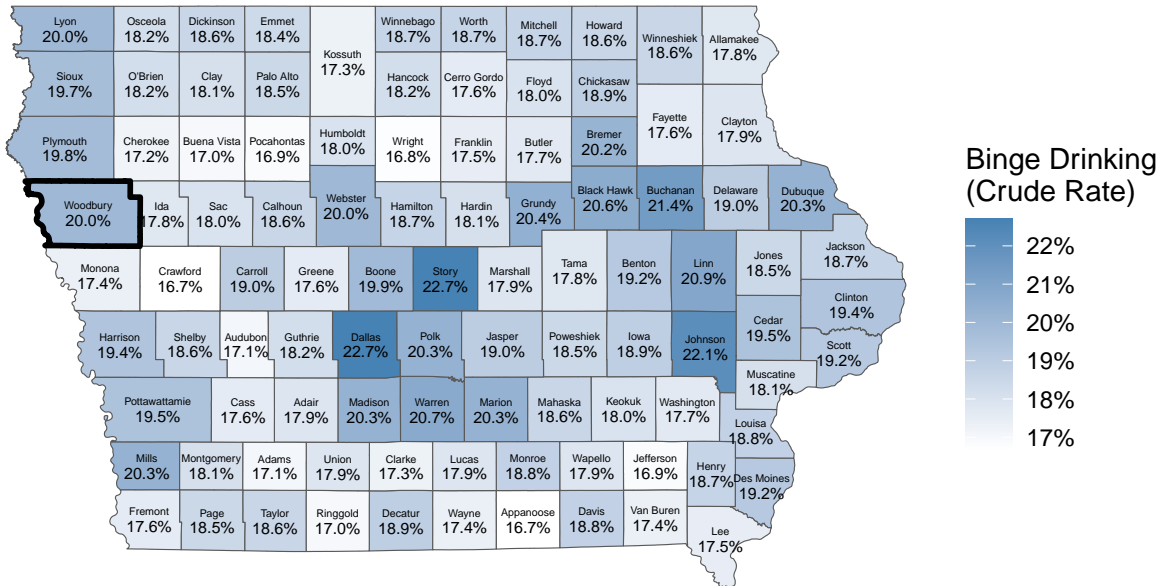
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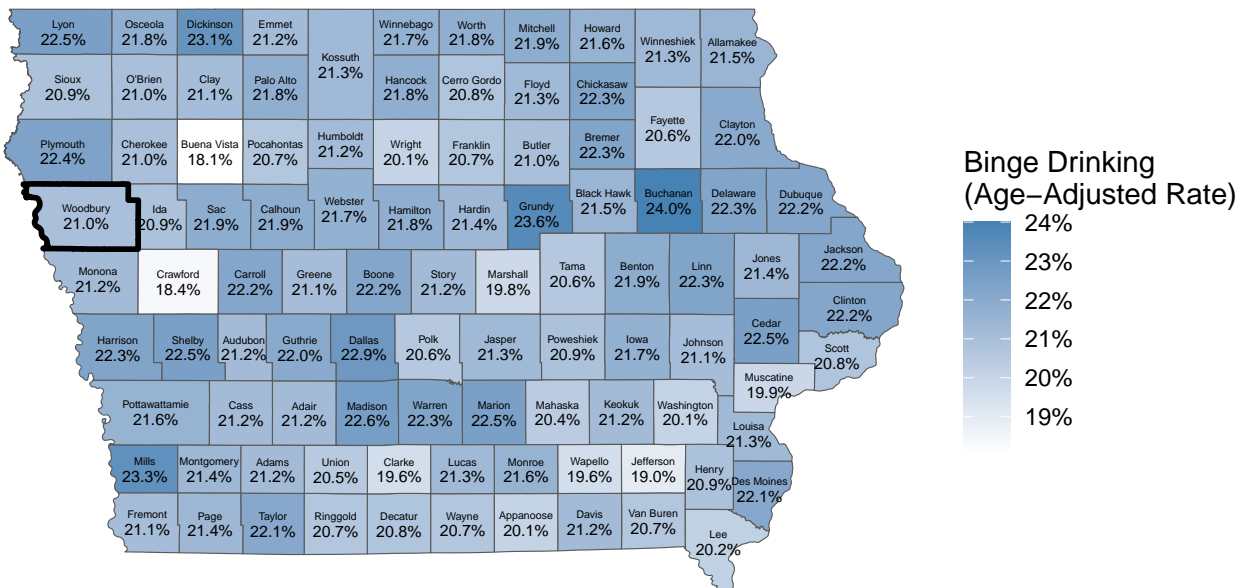
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Binge Drinking

Binge drinking among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

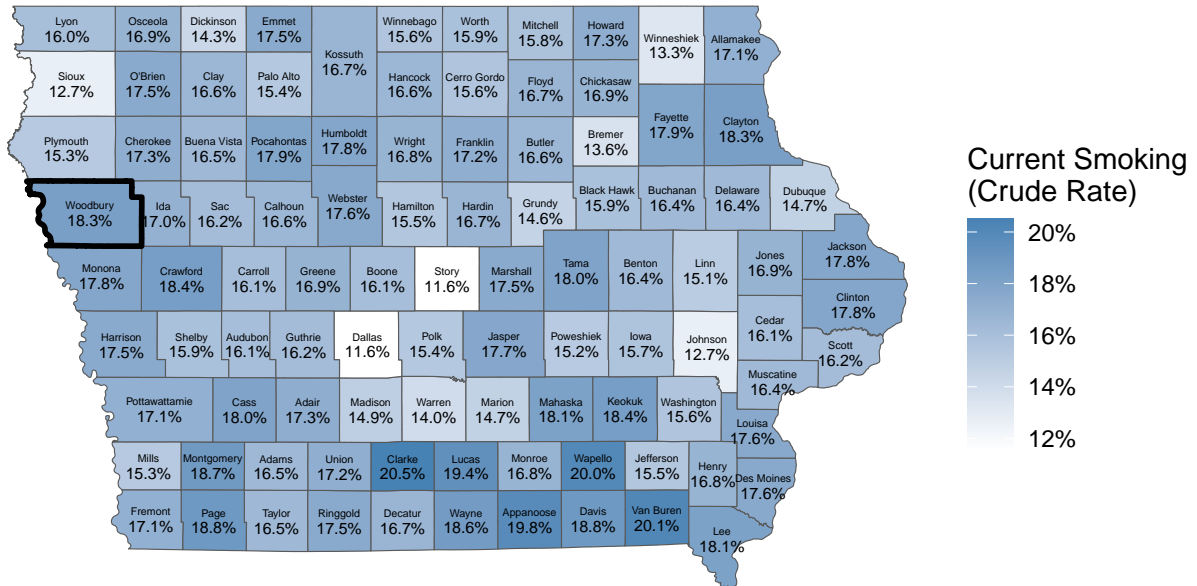


Data Source: CDC PLACES 2023 Release, BRFSS 2021

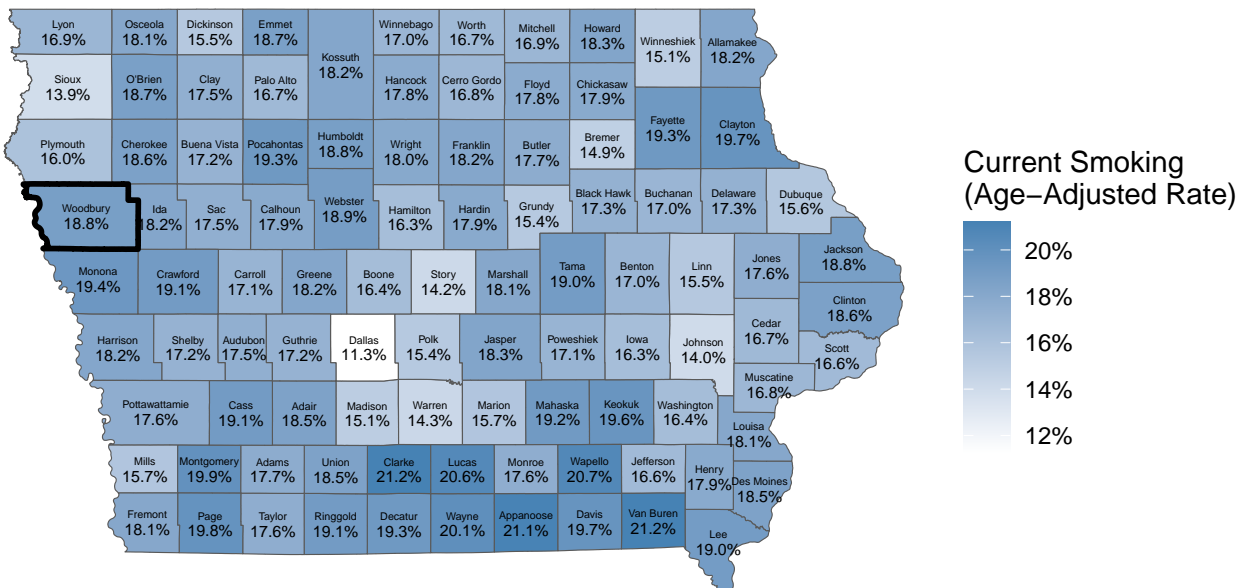


## Current Smoking

Current smoking among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

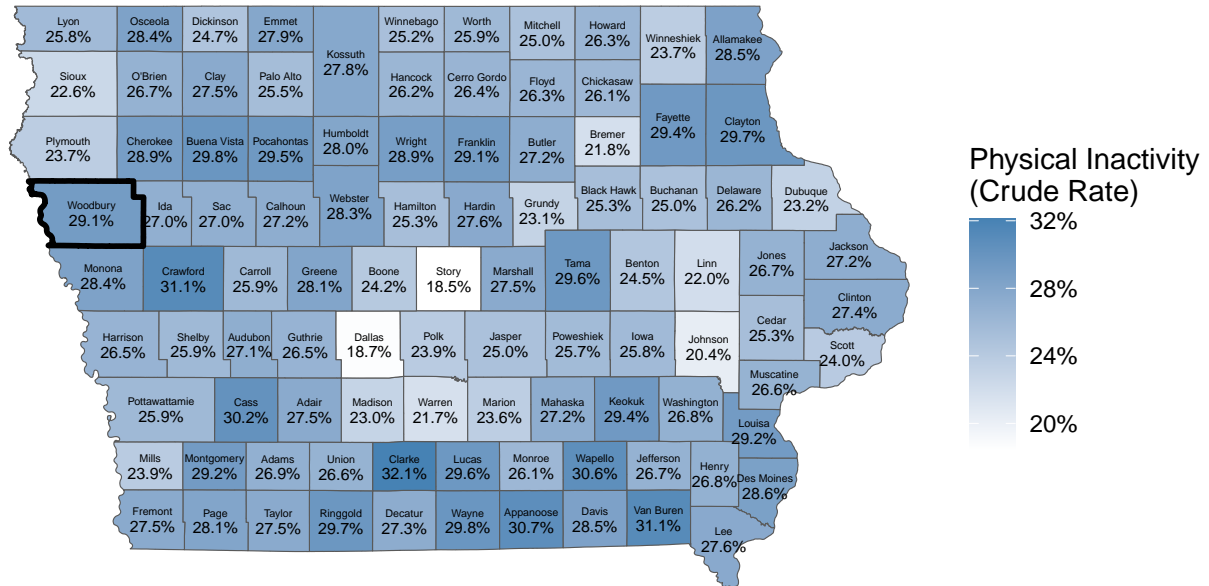


Data Source: CDC PLACES 2023 Release, BRFSS 2021

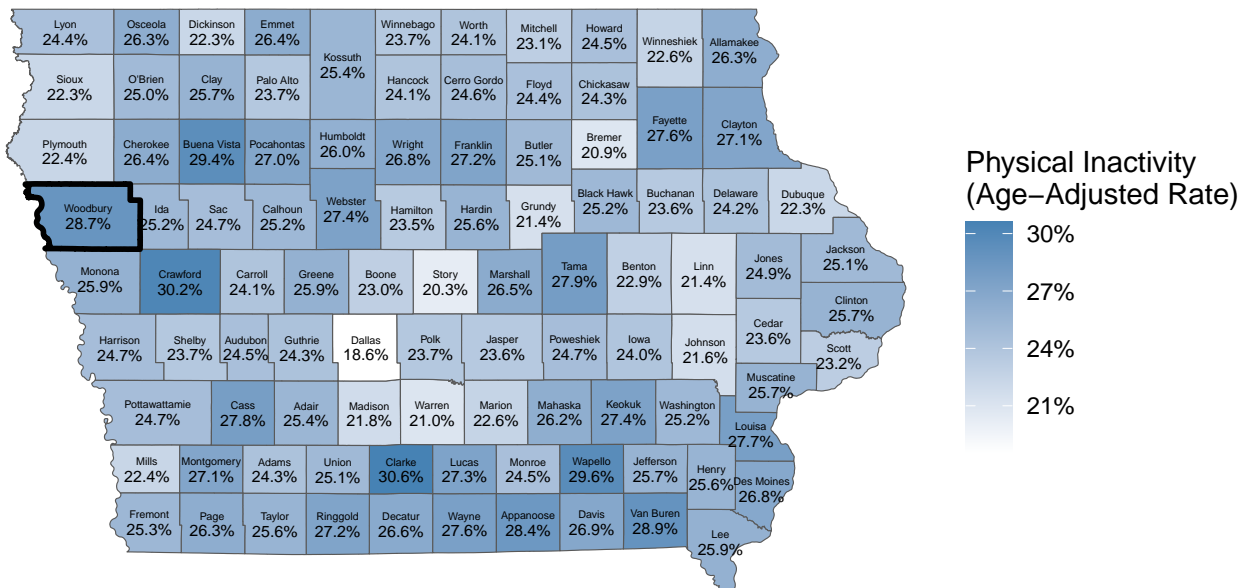


## Physical Inactivity

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



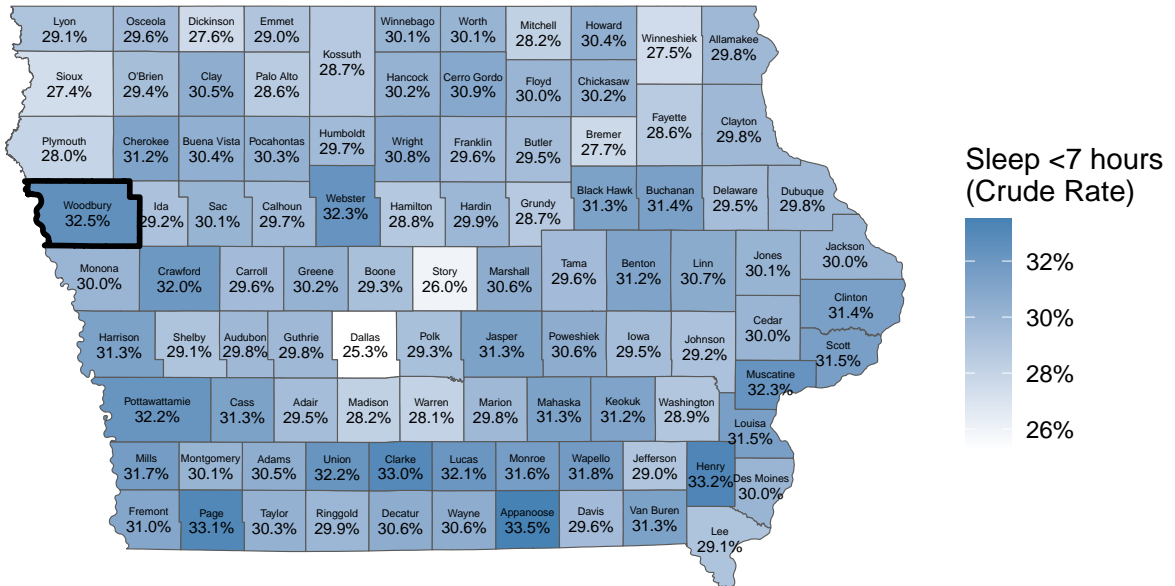
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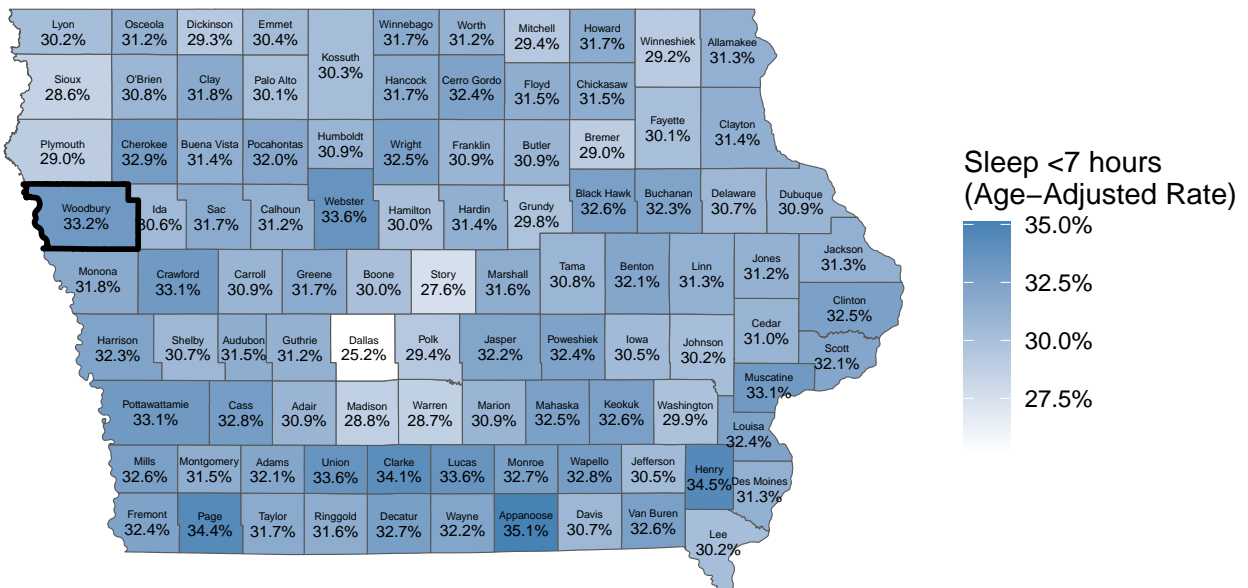
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

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



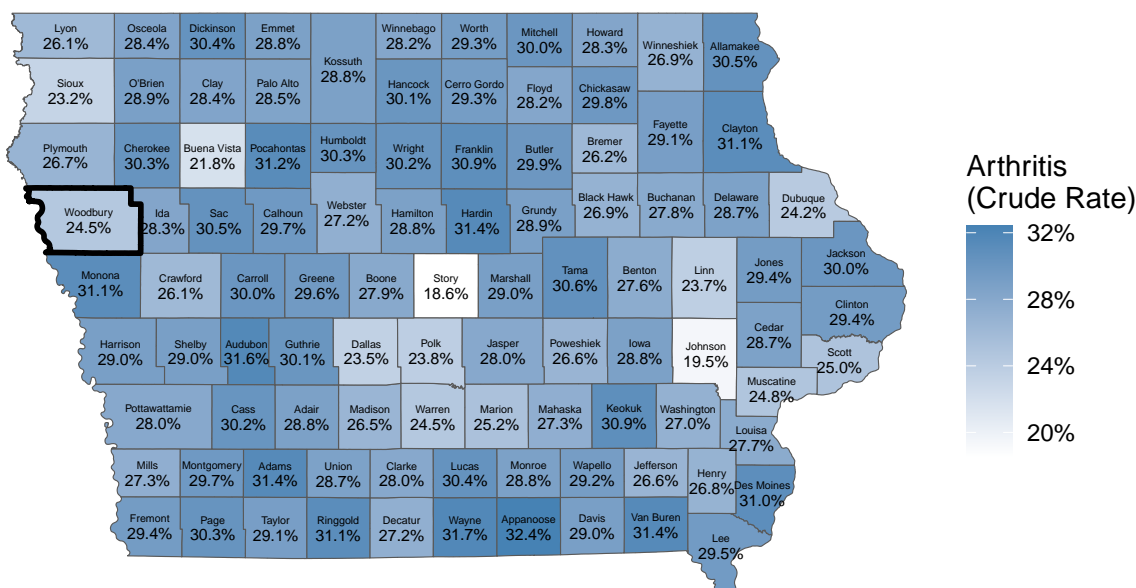
Data Source: CDC PLACES 2023 Release, BRFSS 2020



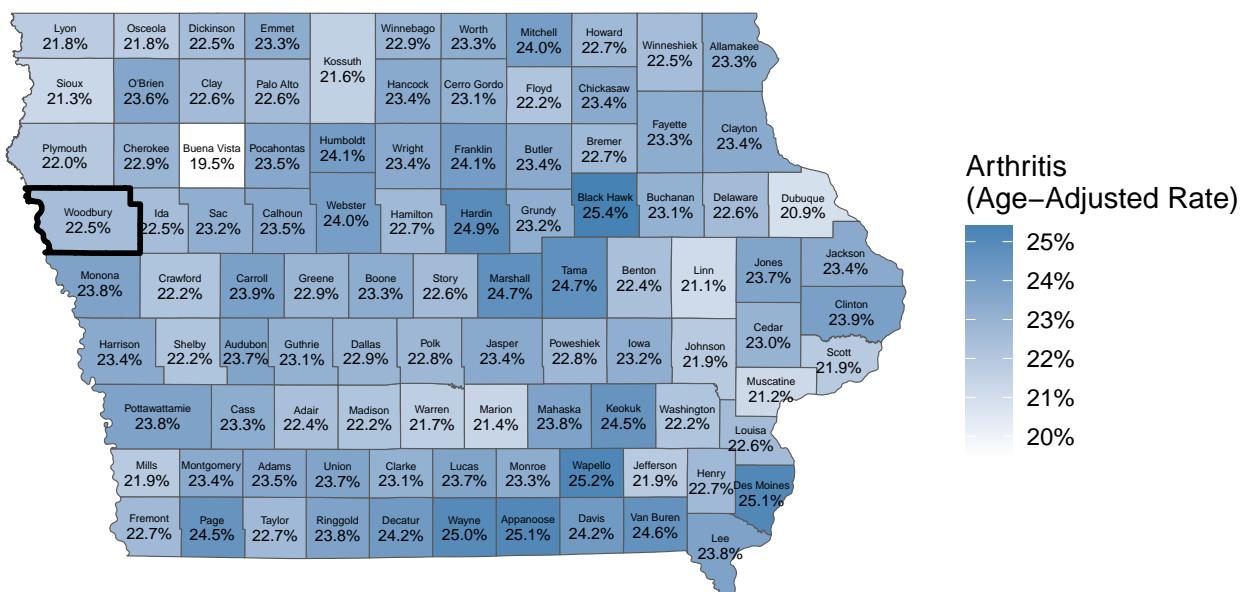
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Arthritis

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



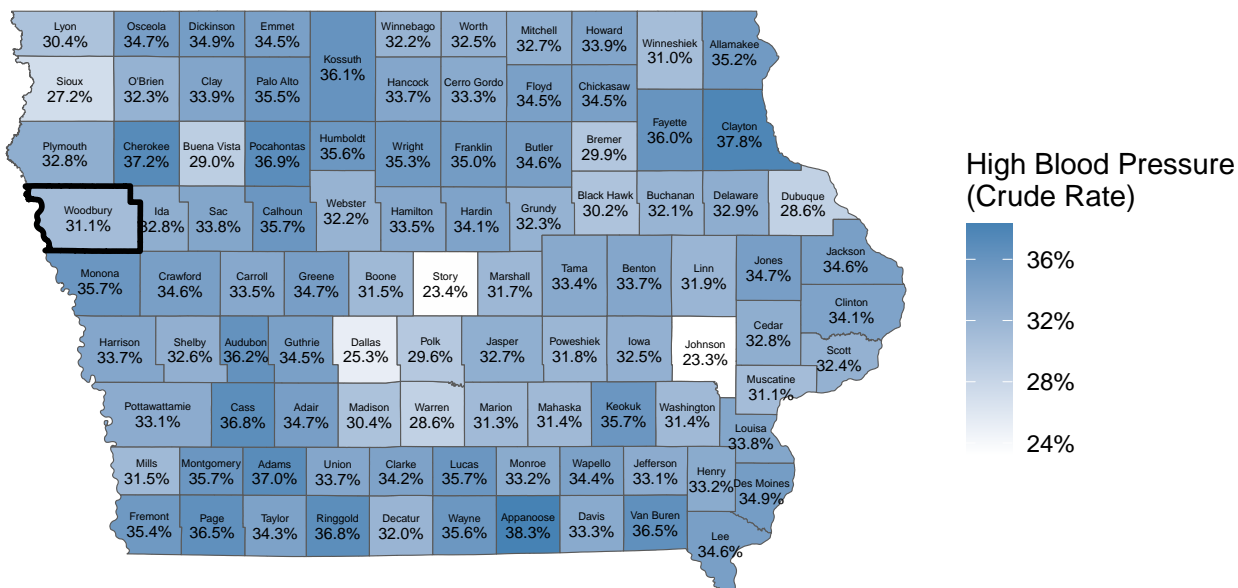
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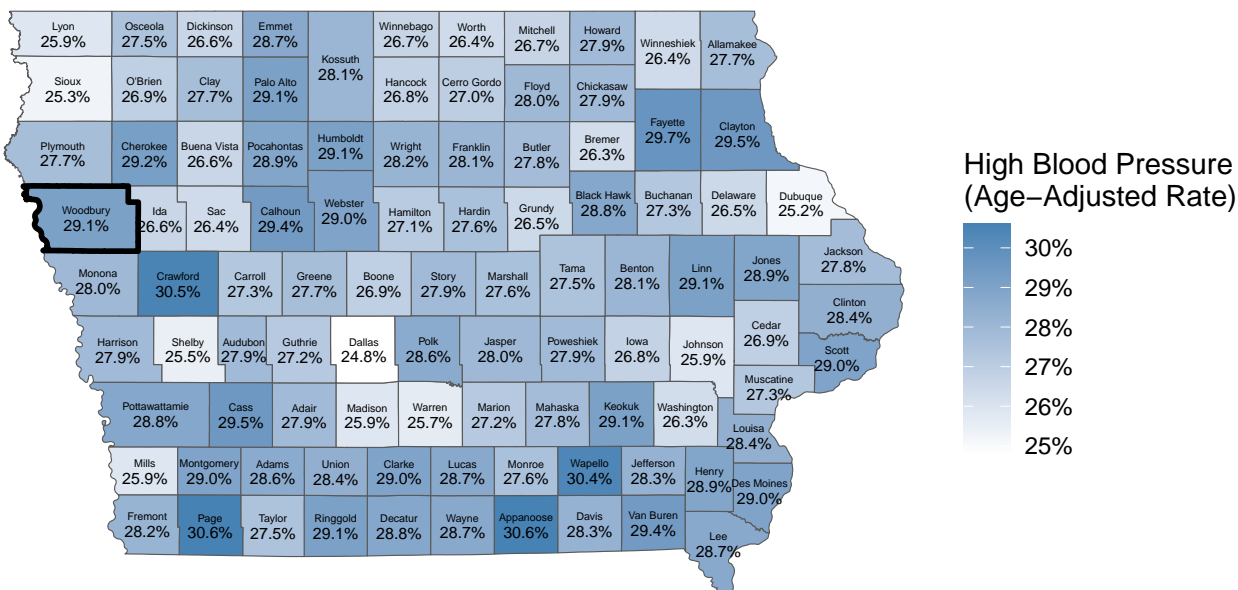
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# High Blood Pressure

High blood pressure among adults aged >=18 years



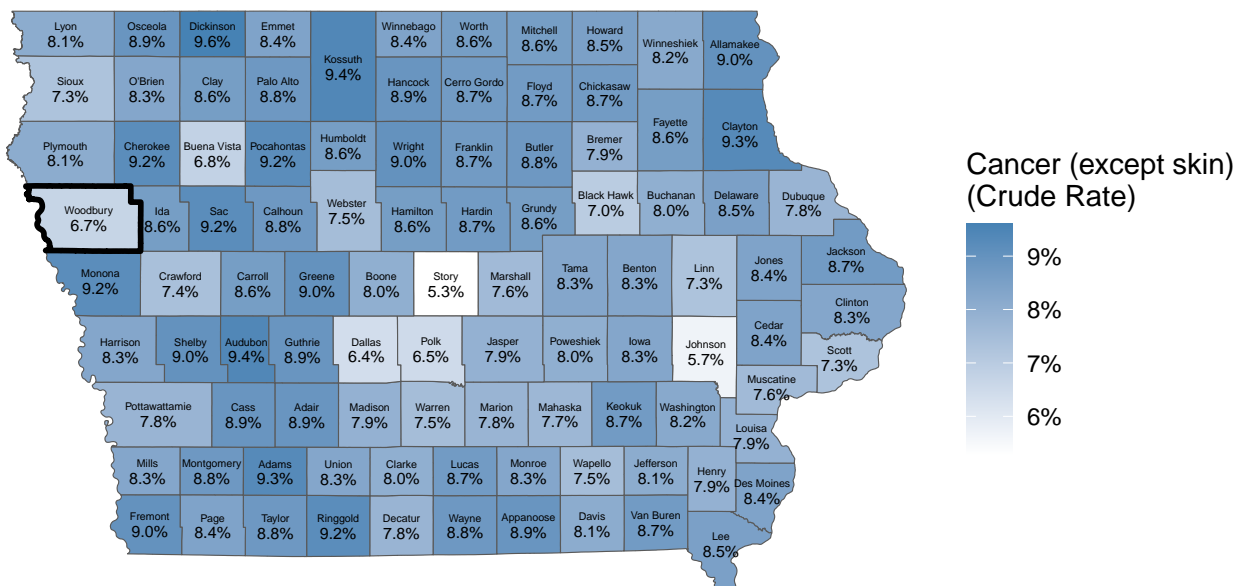
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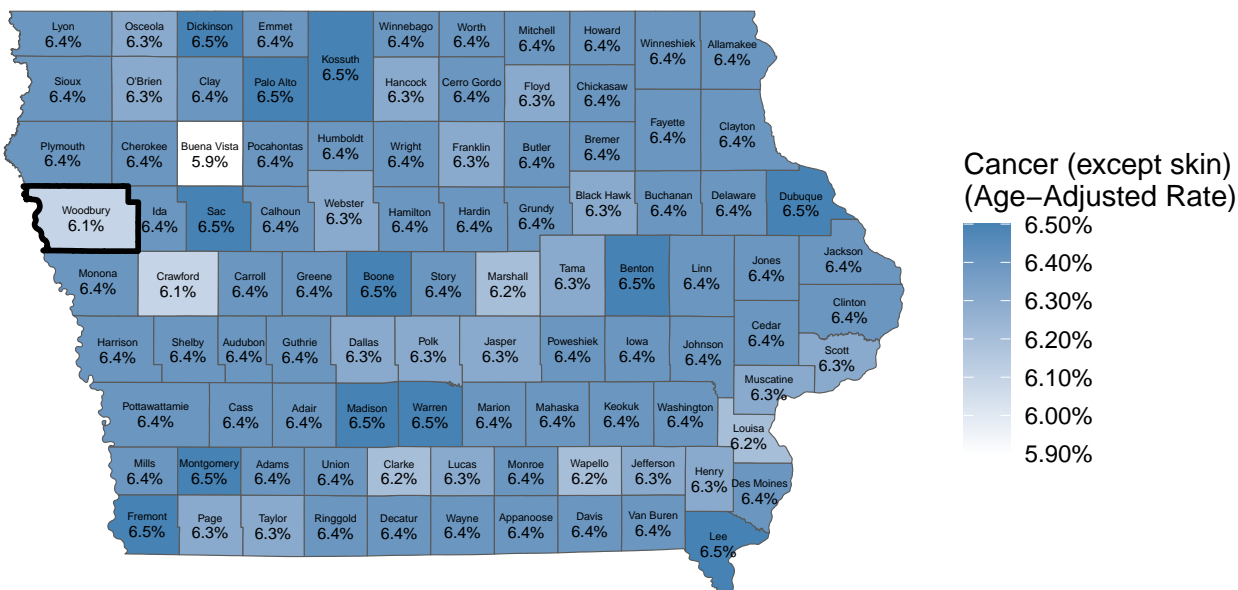
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cancer (except skin)

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



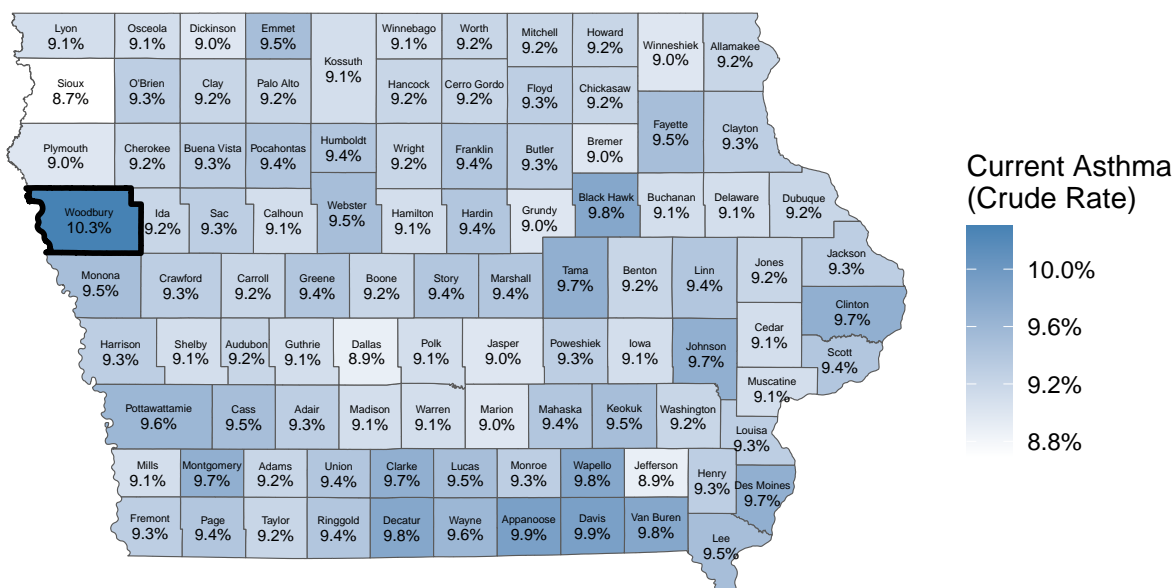
Data Source: CDC PLACES 2023 Release, BRFSS 2021



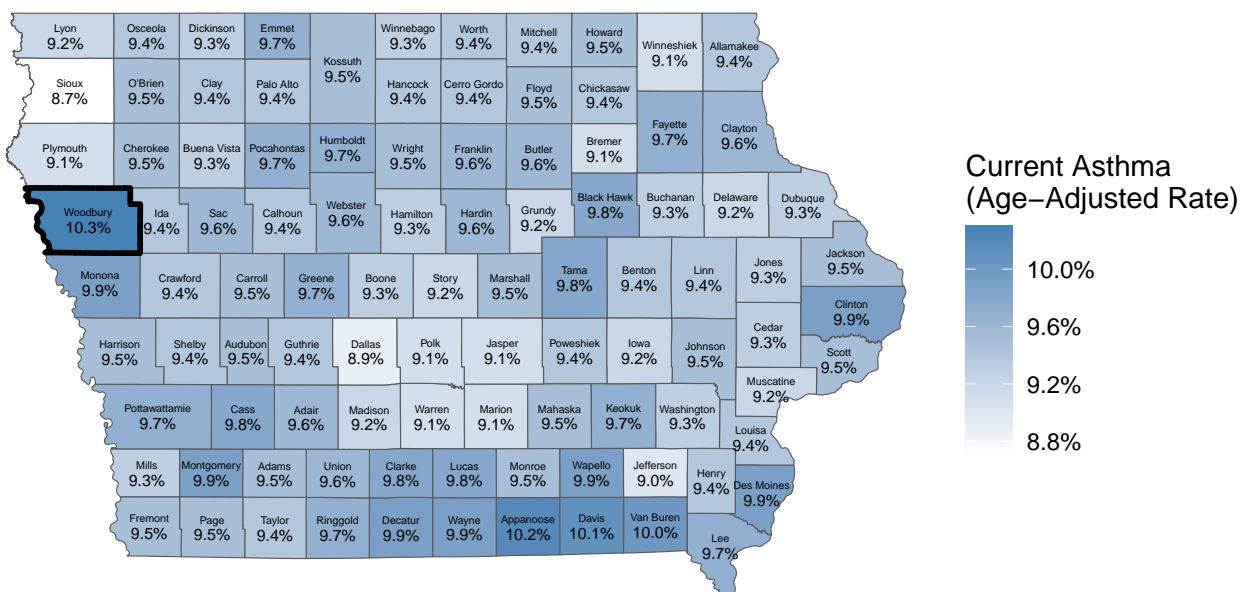
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Current Asthma

Current asthma among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

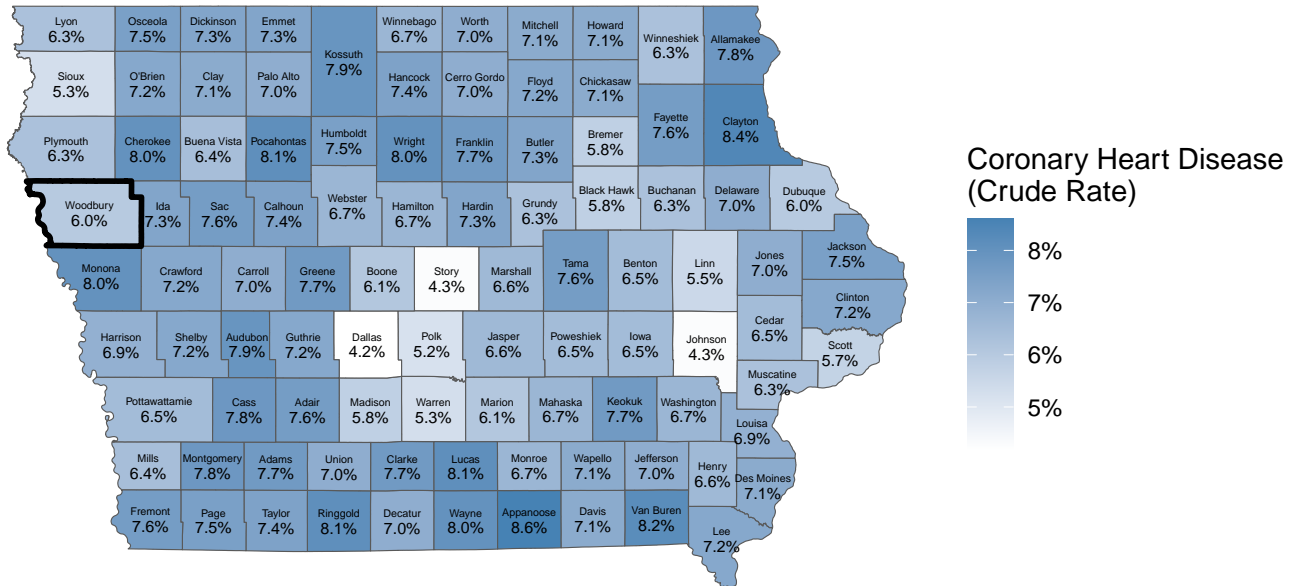


Data Source: CDC PLACES 2023 Release, BRFSS 2021

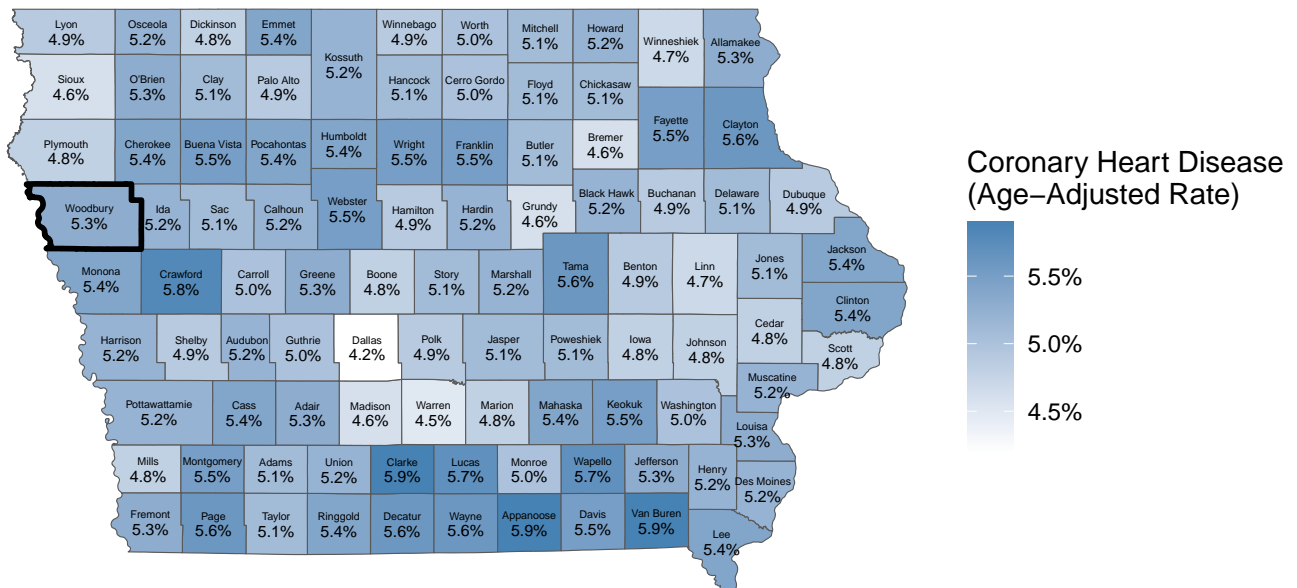


# Coronary Heart Disease

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



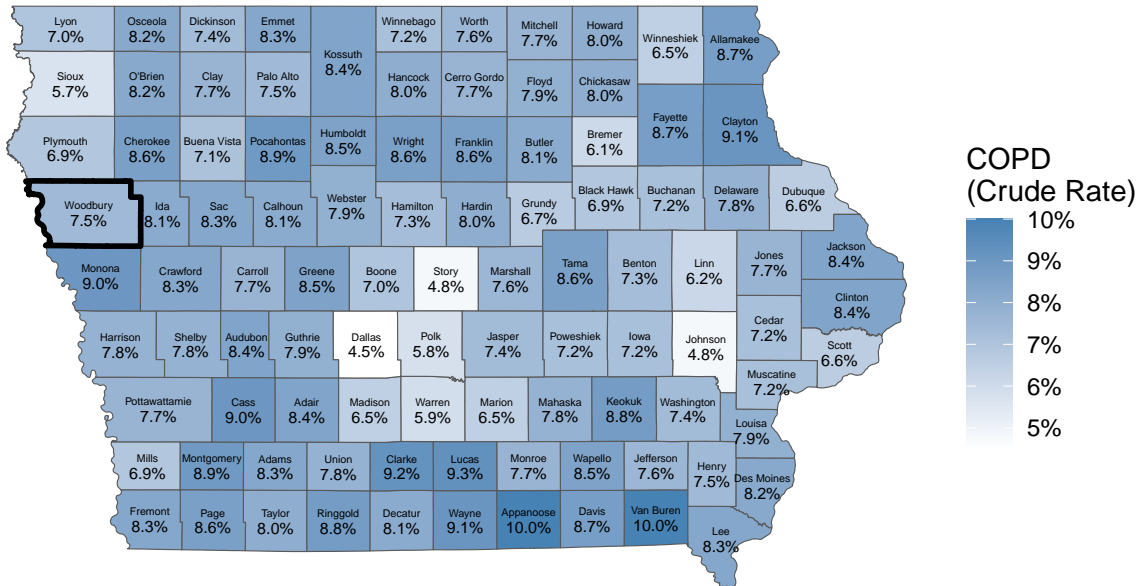
Data Source: CDC PLACES 2023 Release, BRFSS 2021



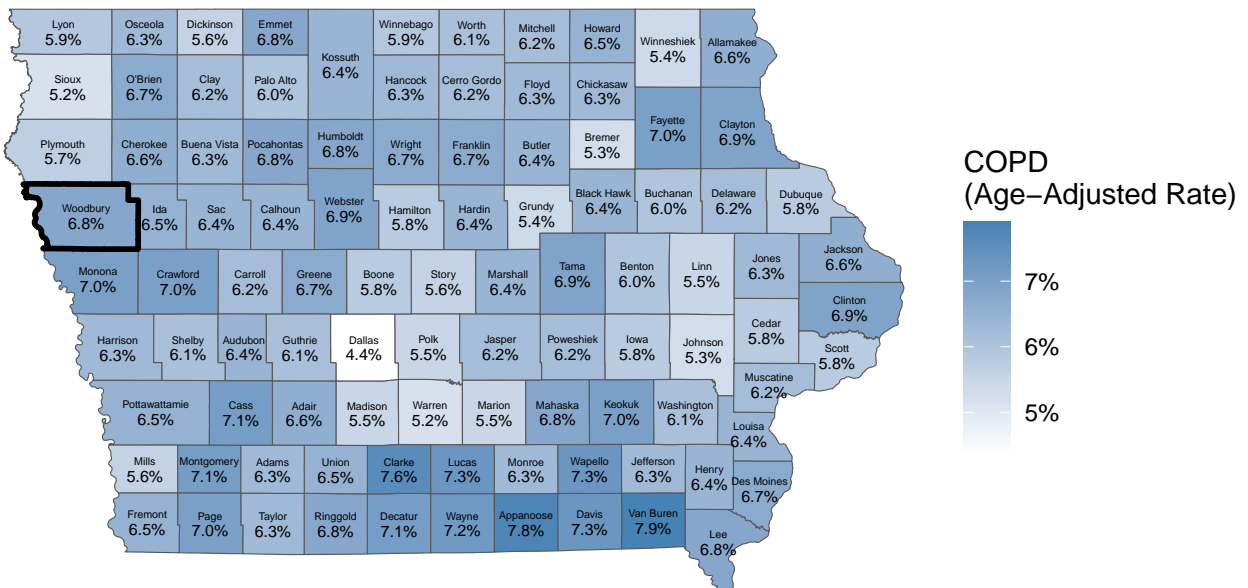
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## COPD

Chronic obstructive pulmonary disease among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

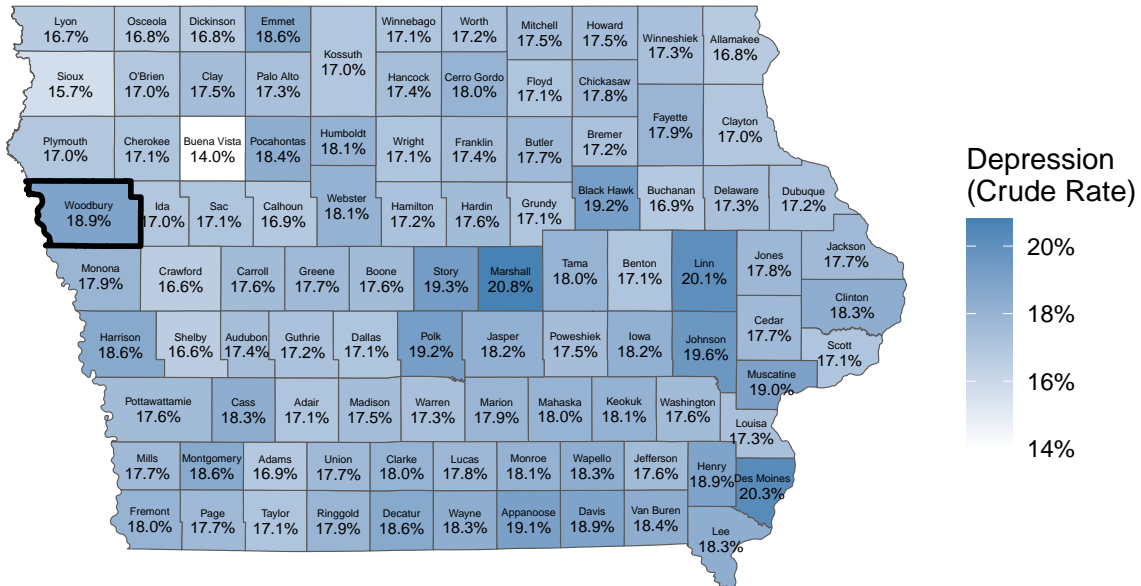


Data Source: CDC PLACES 2023 Release, BRFSS 2021

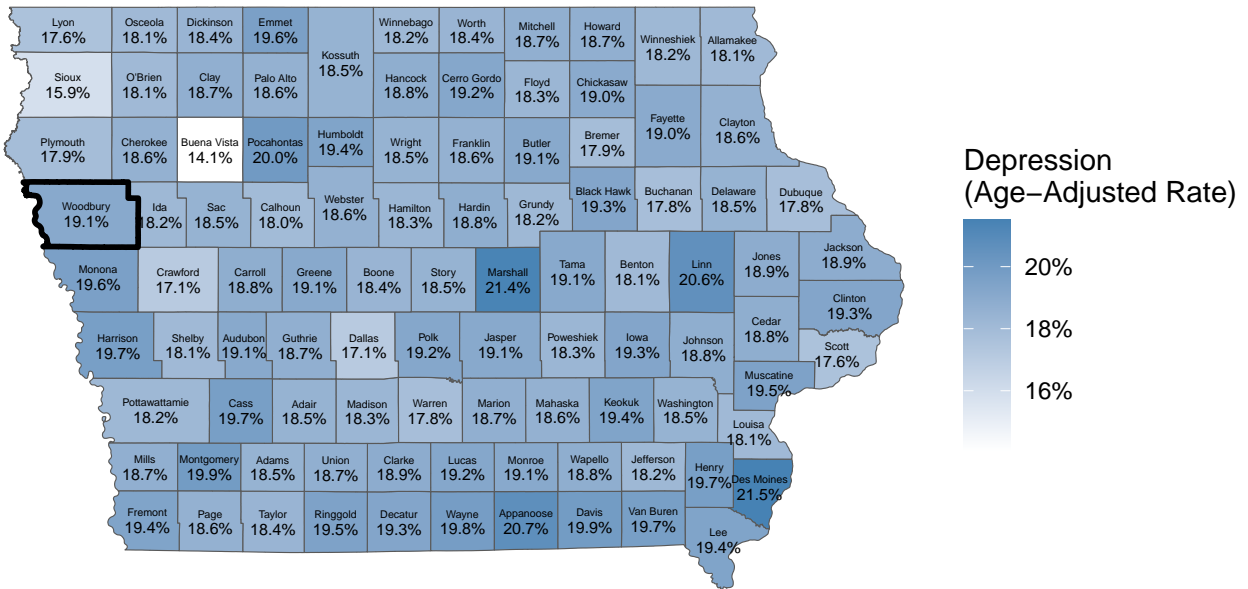


# Depression

## Depression among adults aged >=18 years



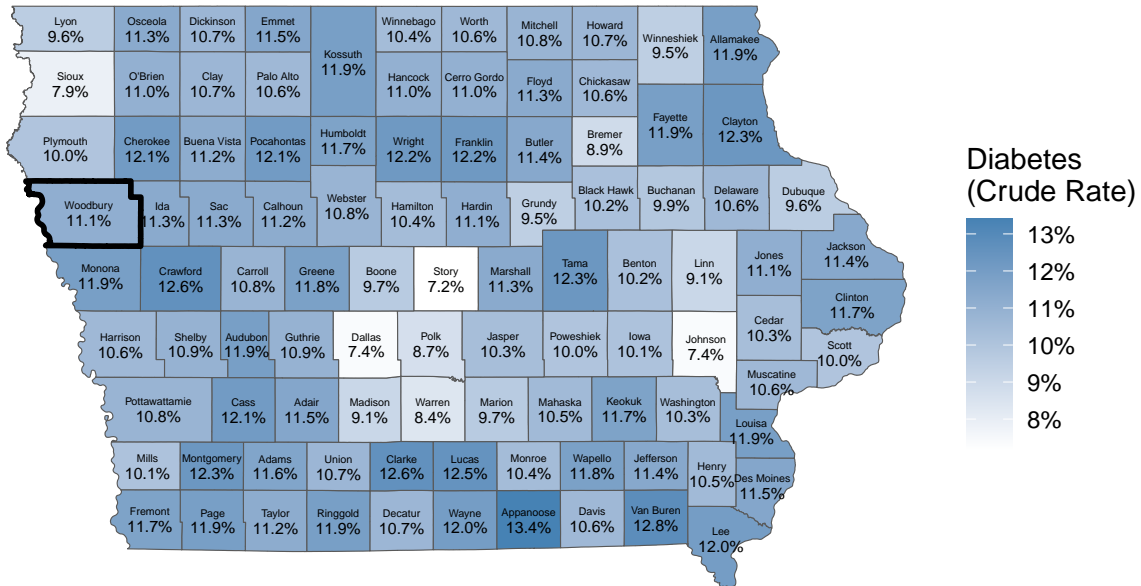
Data Source: CDC PLACES 2023 Release, BRFSS 2021



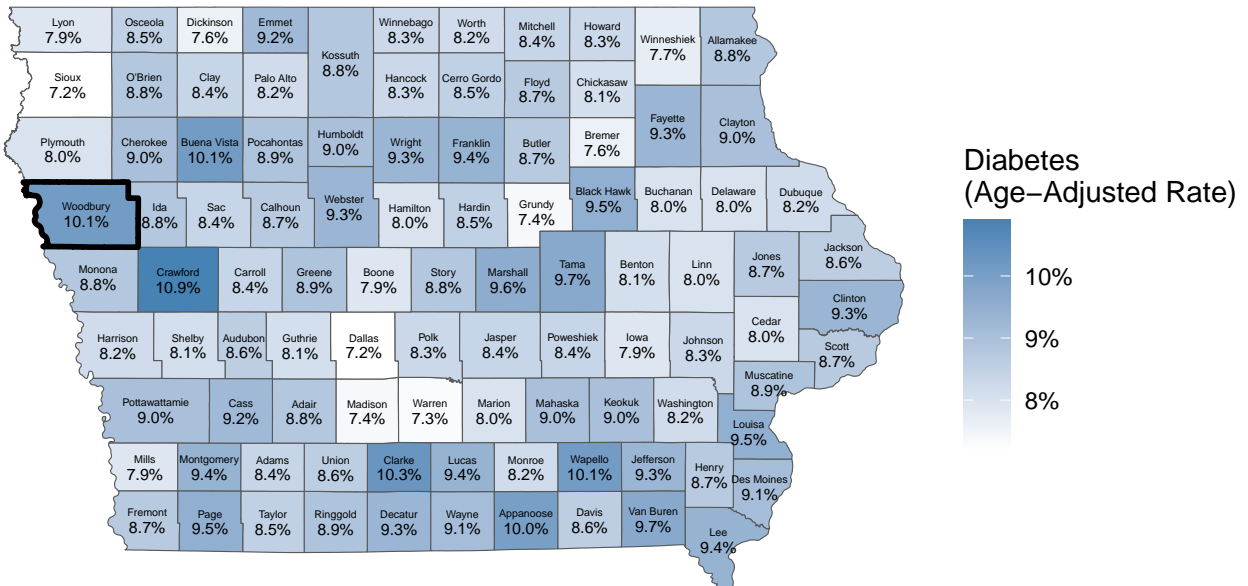
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Diabetes

Diagnosed diabetes among adults aged >=18 years



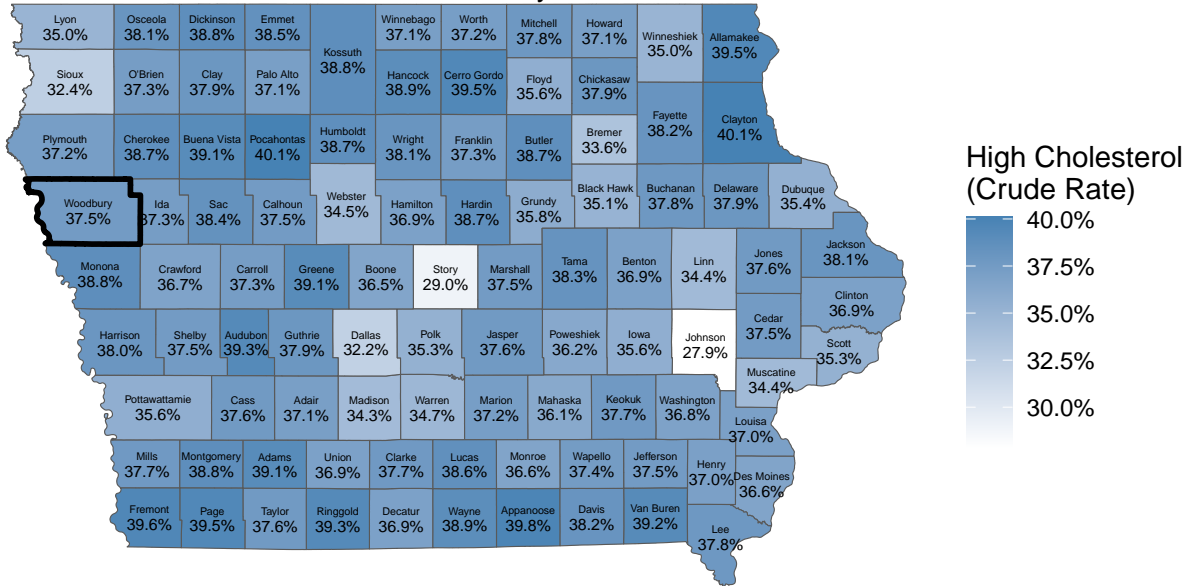
Data Source: CDC PLACES 2023 Release, BRFSS 2021



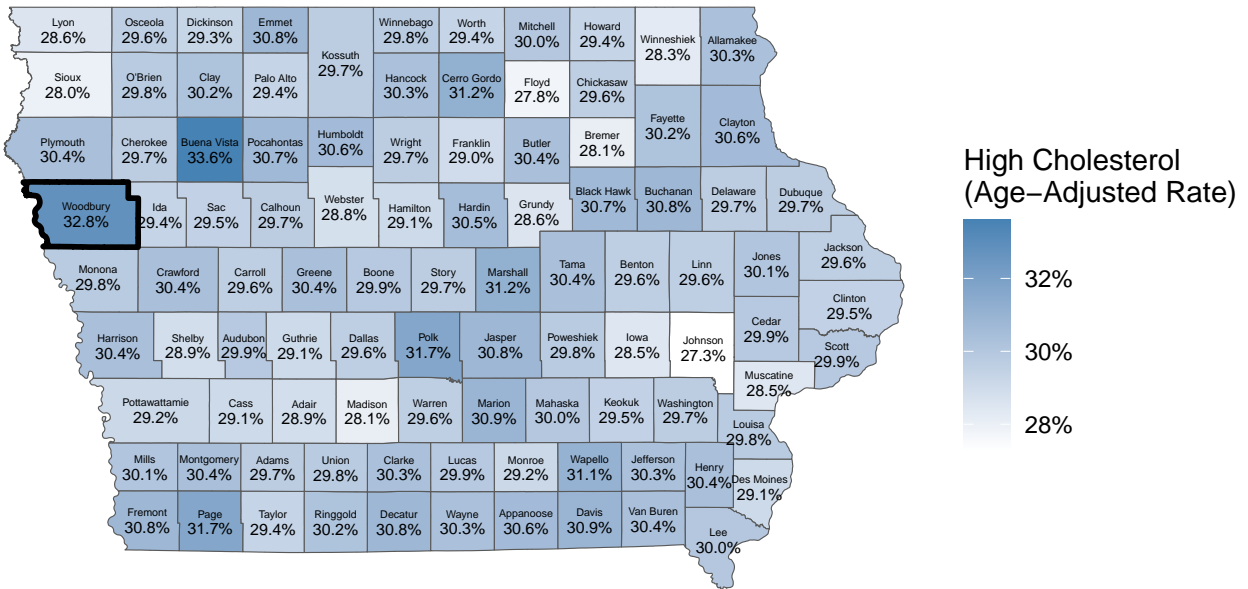
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## High Cholesterol

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



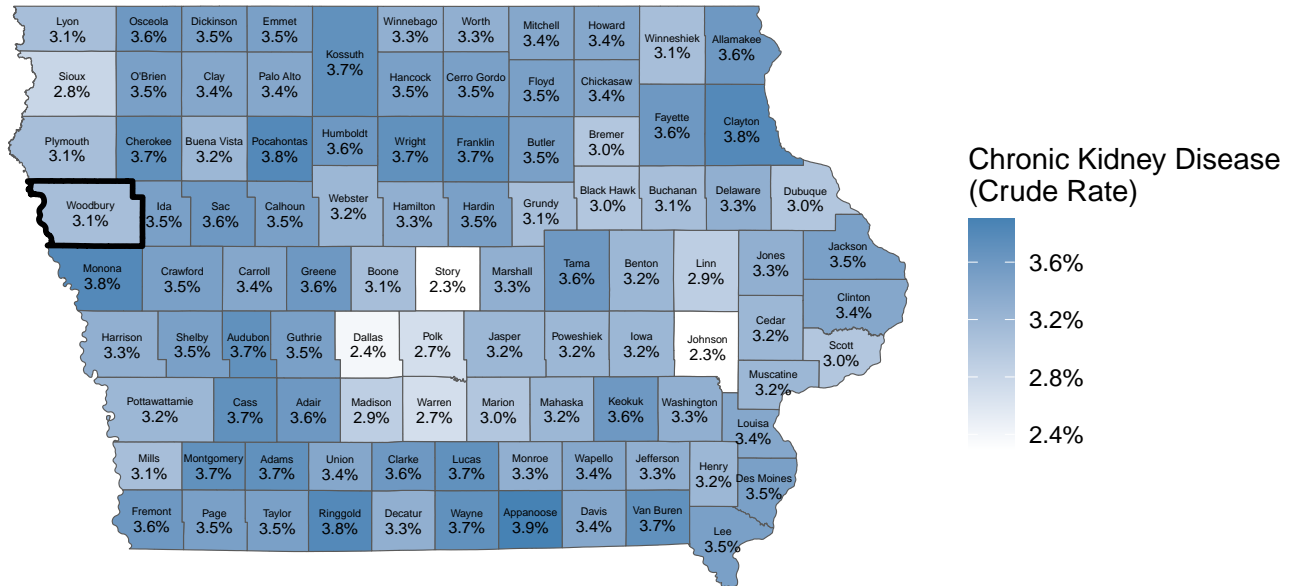
Data Source: CDC PLACES 2023 Release, BRFSS 2021



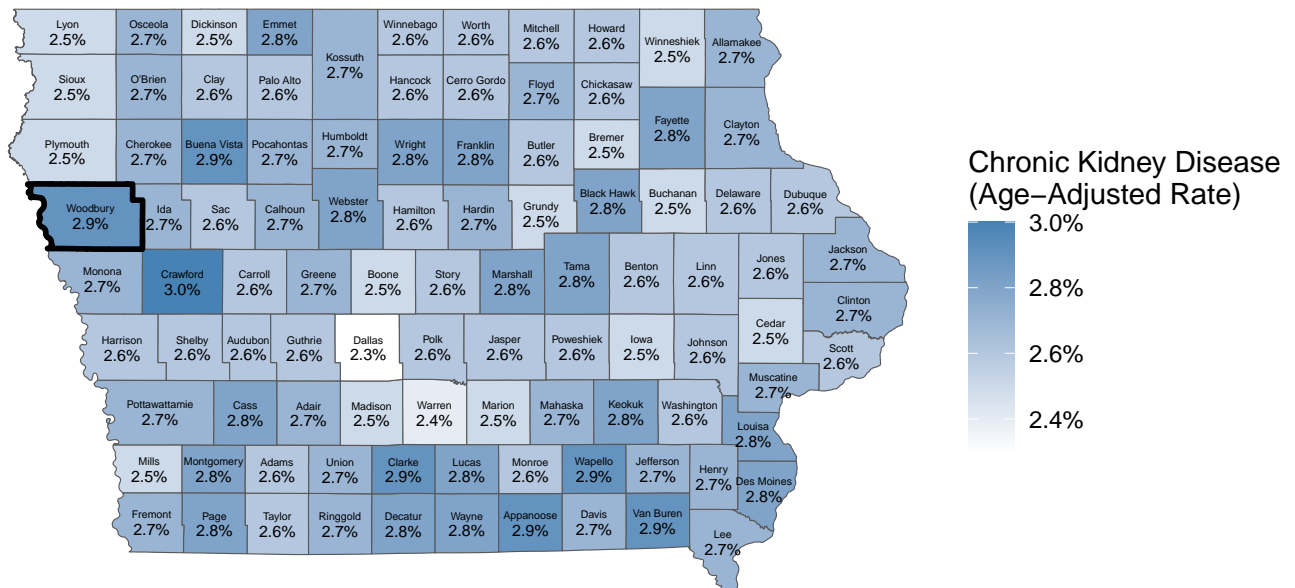
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Chronic Kidney Disease

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



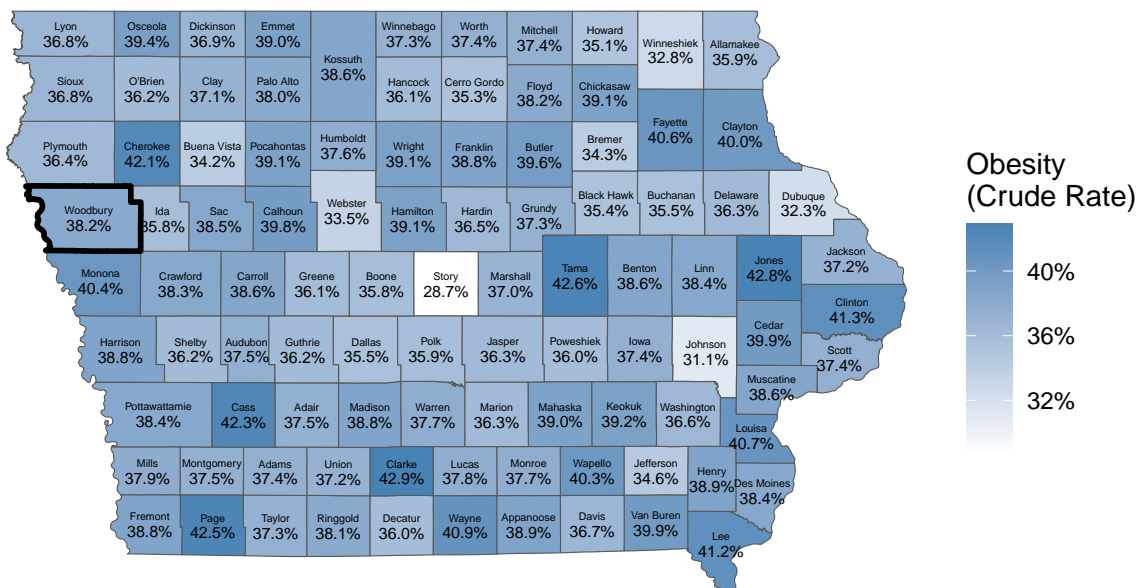
Data Source: CDC PLACES 2023 Release, BRFSS 2021



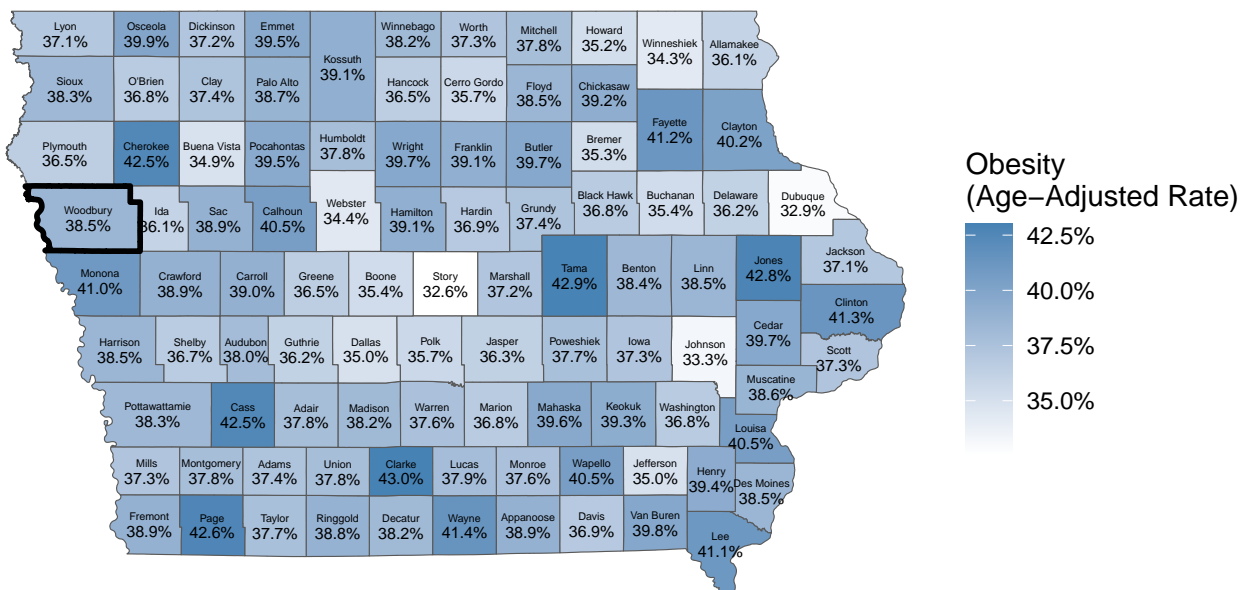
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Obesity

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



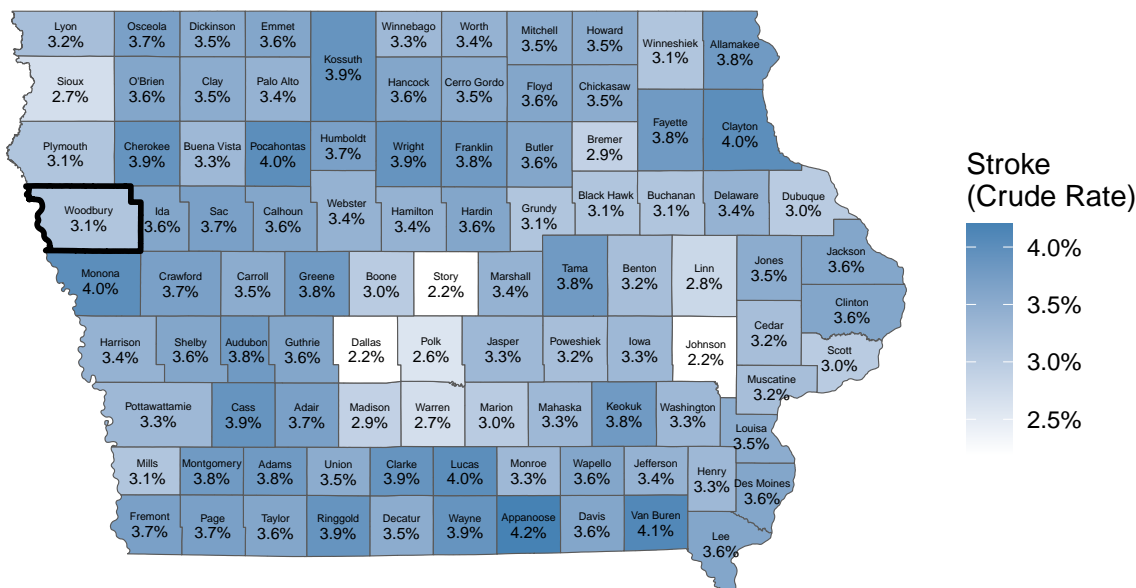
Data Source: CDC PLACES 2023 Release, BRFSS 2021



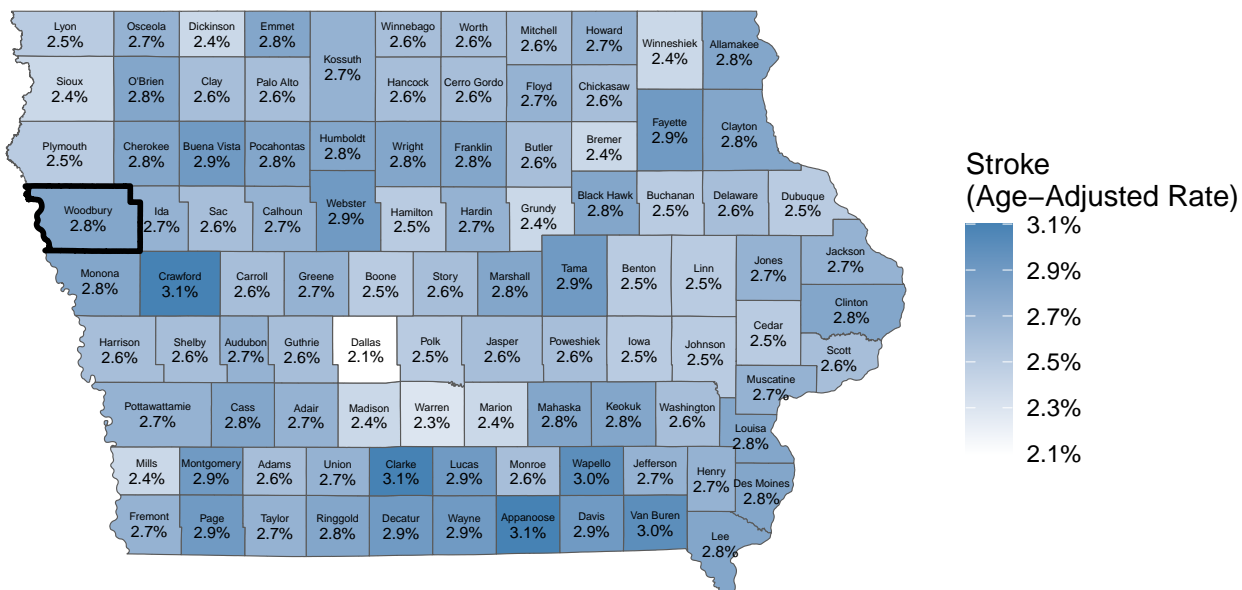
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Stroke

Stroke among adults aged  $\geq 18$  years



Data Source: CDC PLACES 2023 Release, BRFSS 2021

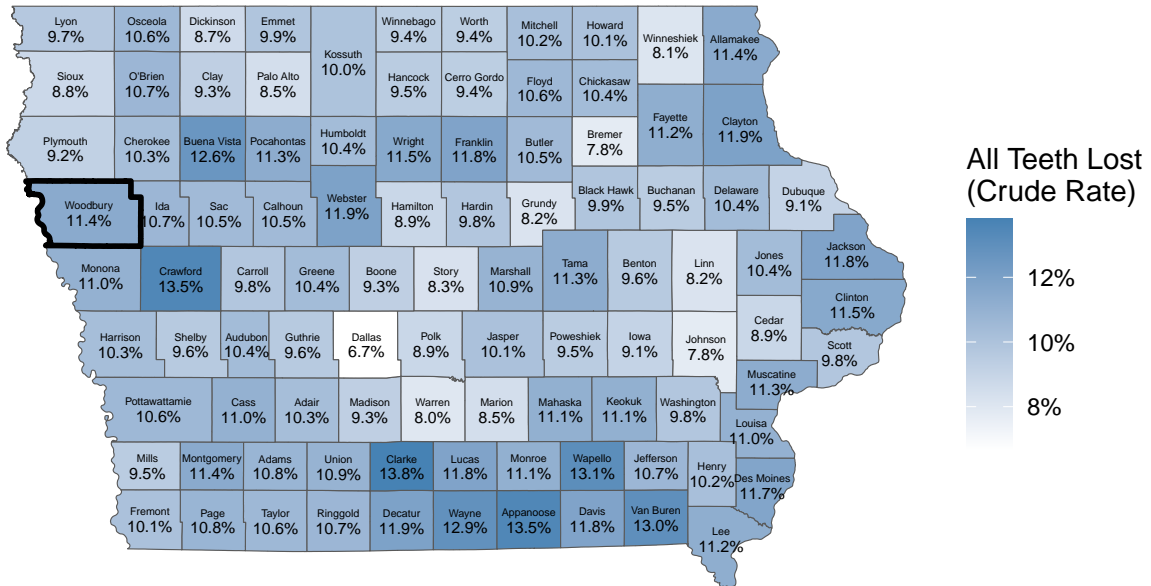


Data Source: CDC PLACES 2023 Release, BRFSS 2021

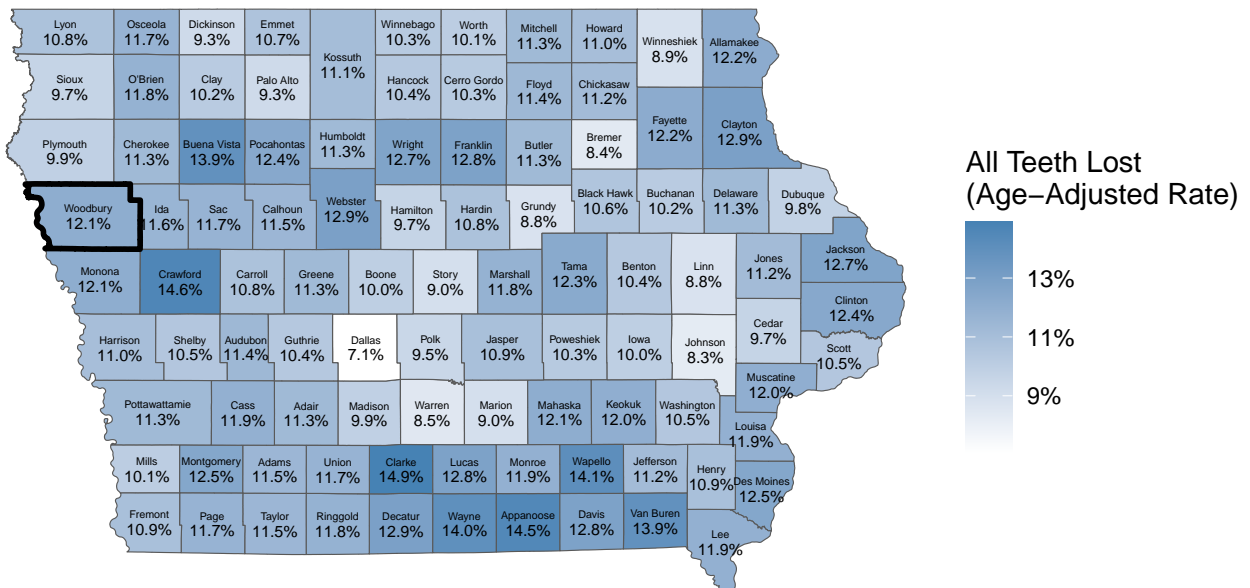


## All Teeth Lost

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



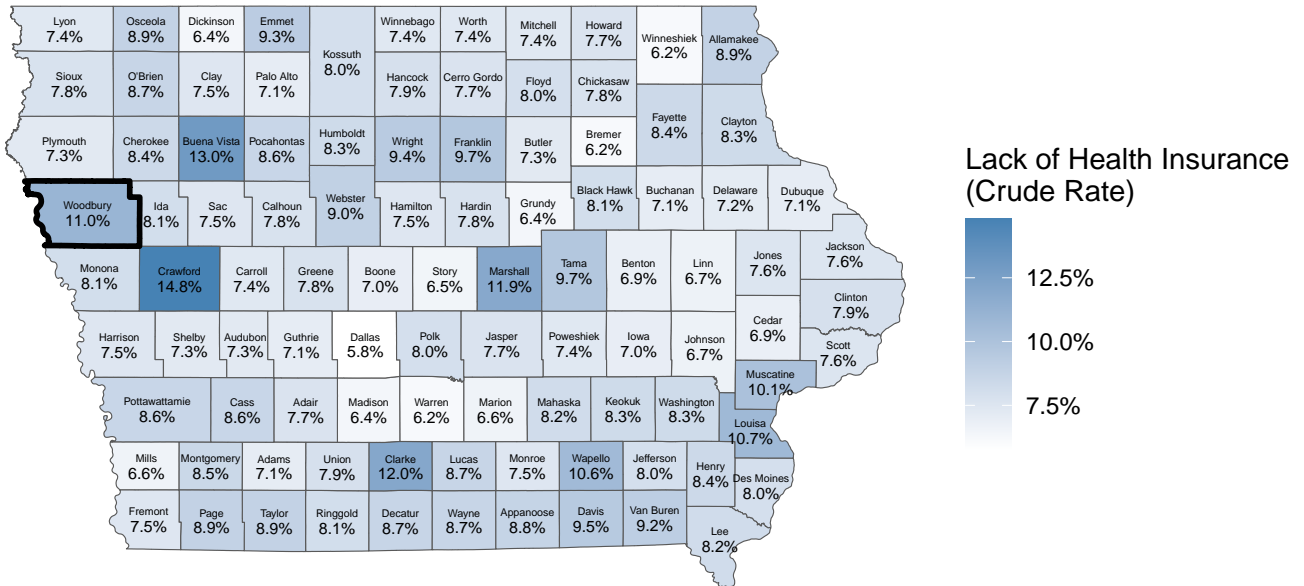
Data Source: CDC PLACES 2023 Release, BRFSS 2020



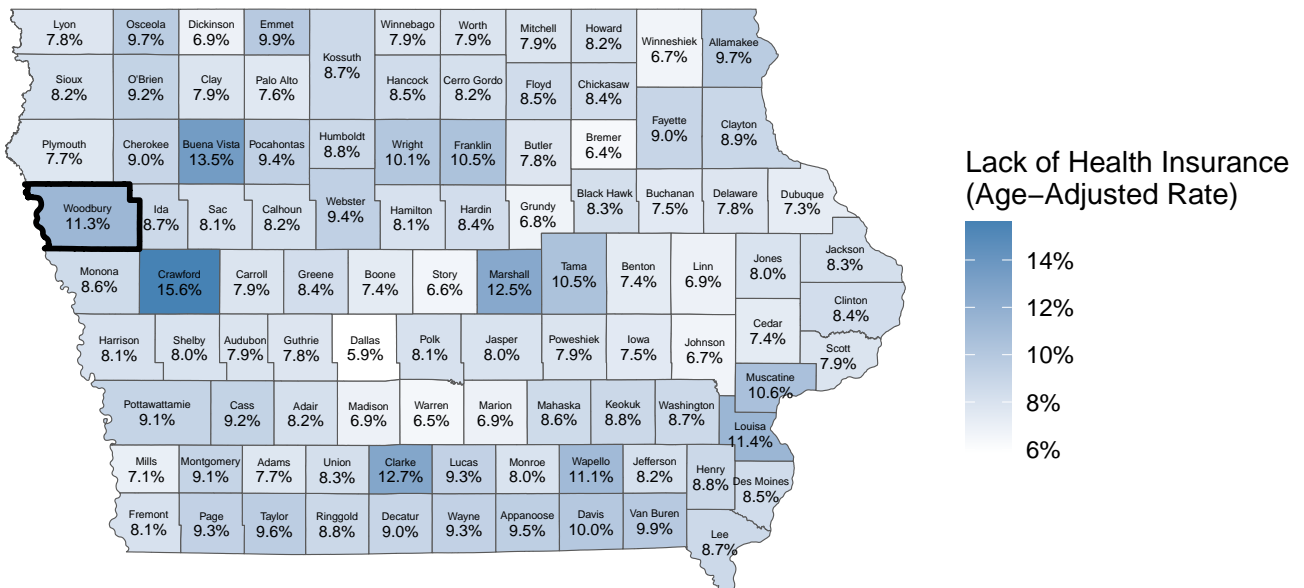
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Lack of Health Insurance

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021

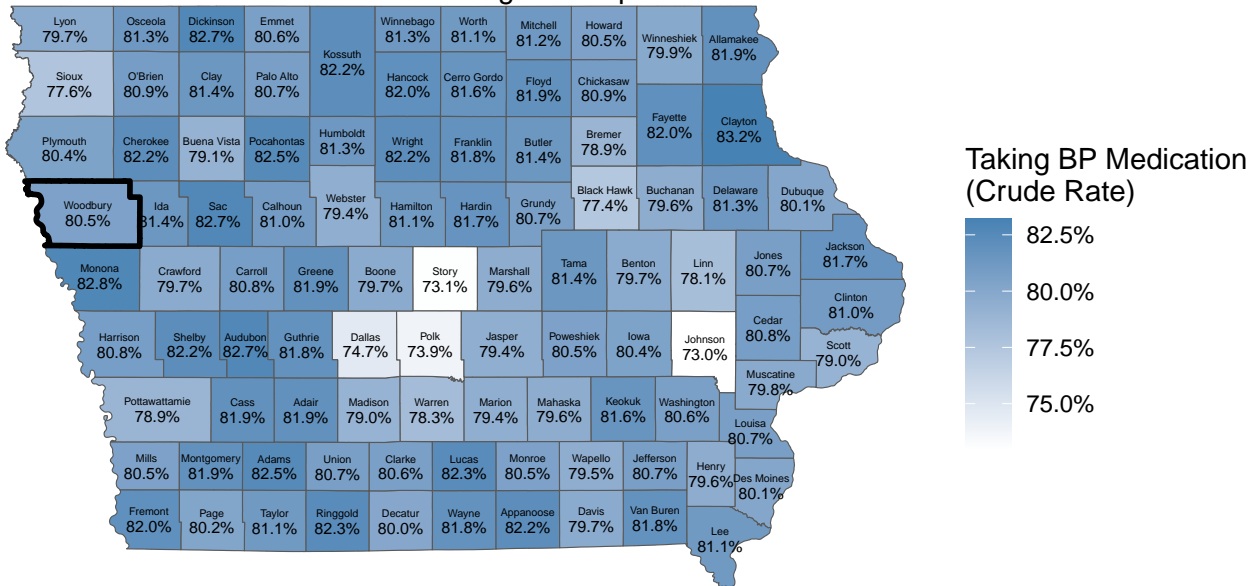


Data Source: CDC PLACES 2023 Release, BRFSS 2021

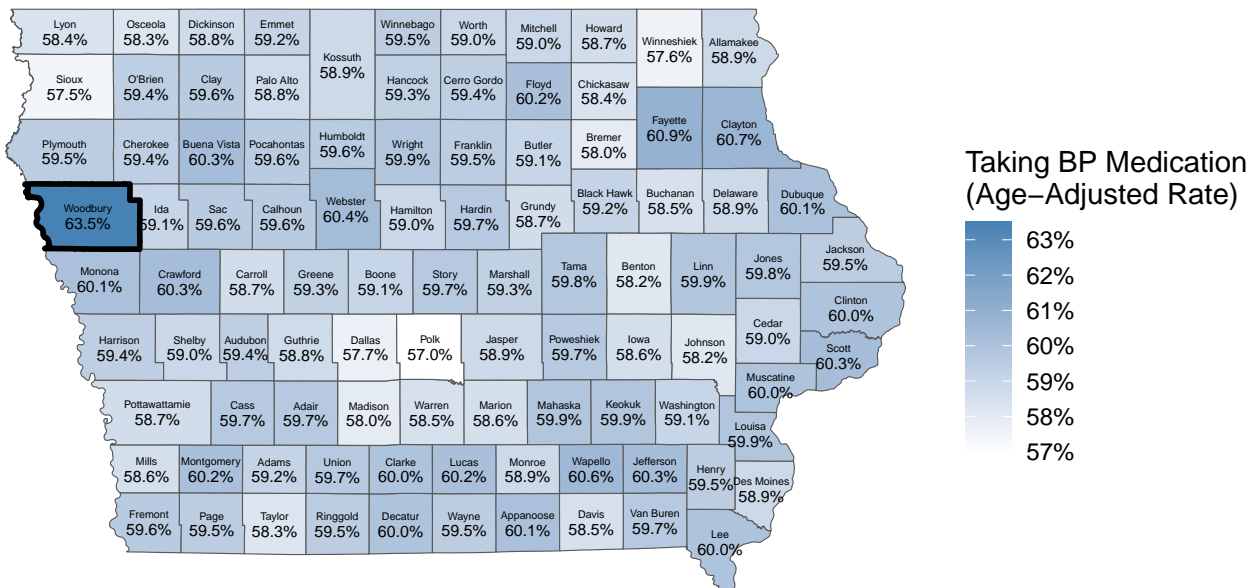


## Taking BP Medication

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



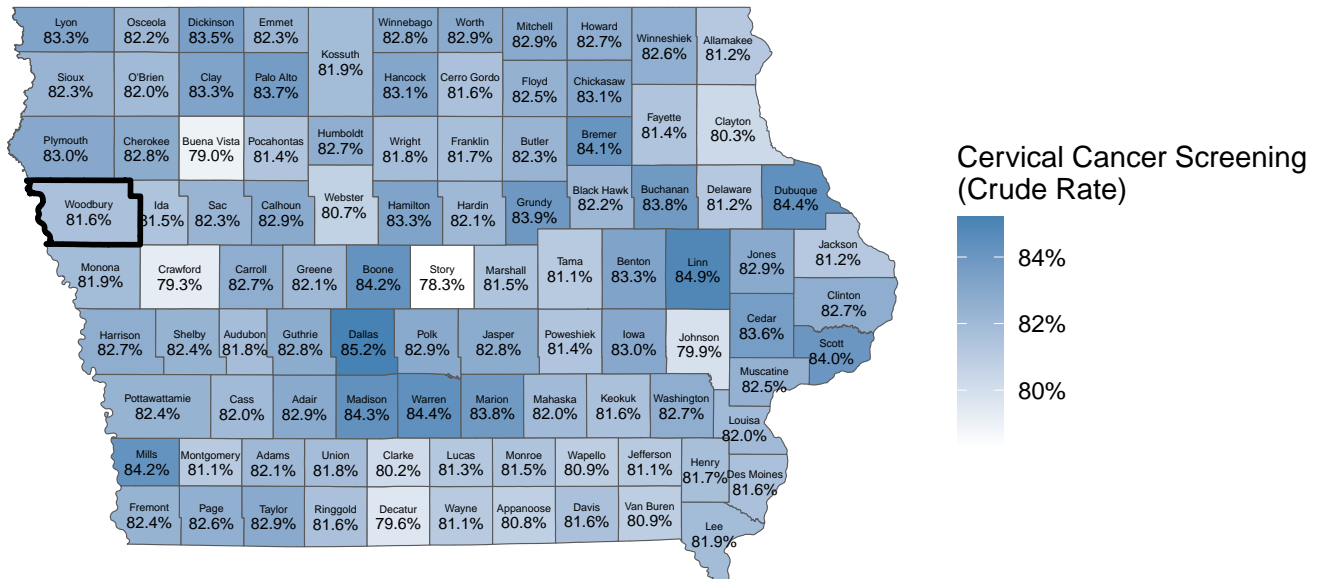
Data Source: CDC PLACES 2023 Release, BRFSS 2021



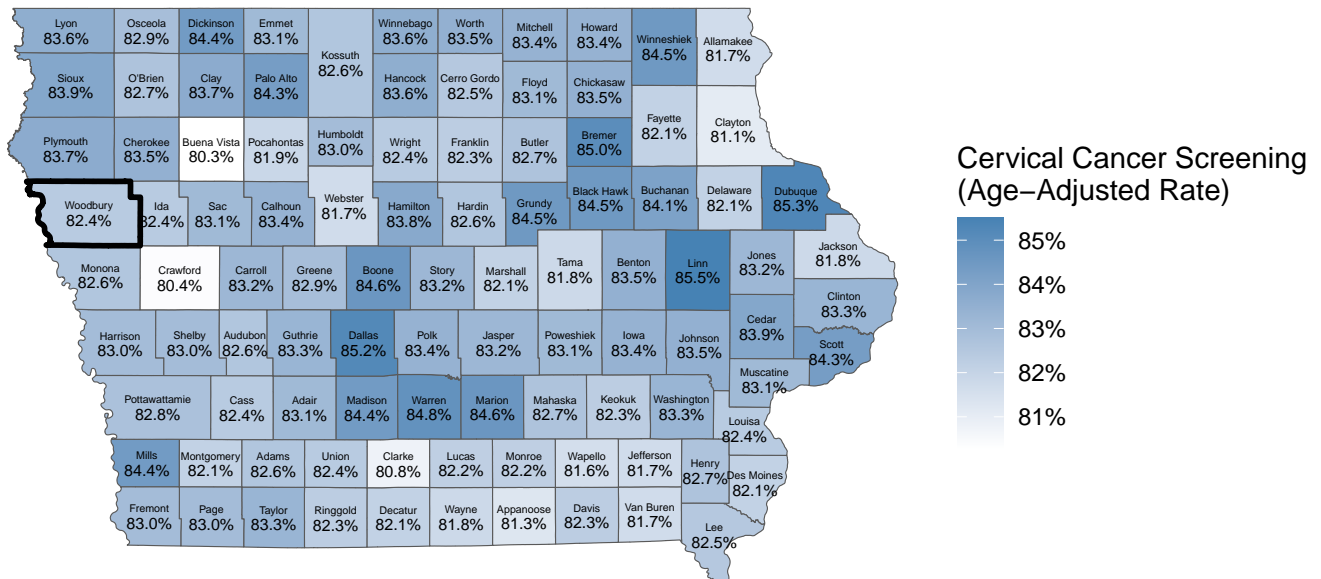
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years



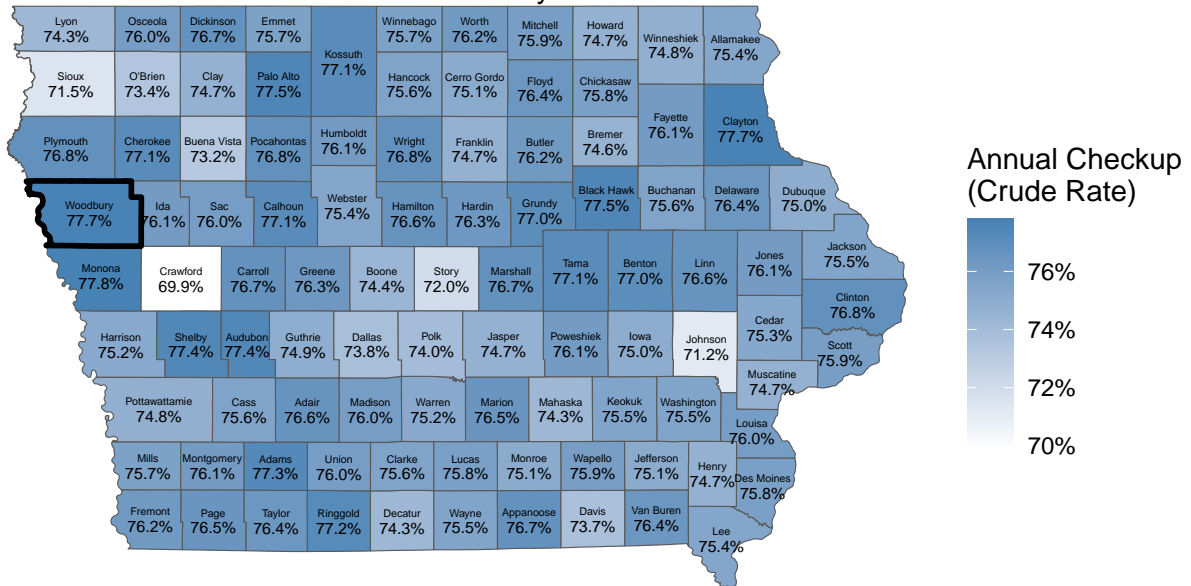
Data Source: CDC PLACES 2023 Release, BRFSS 2020



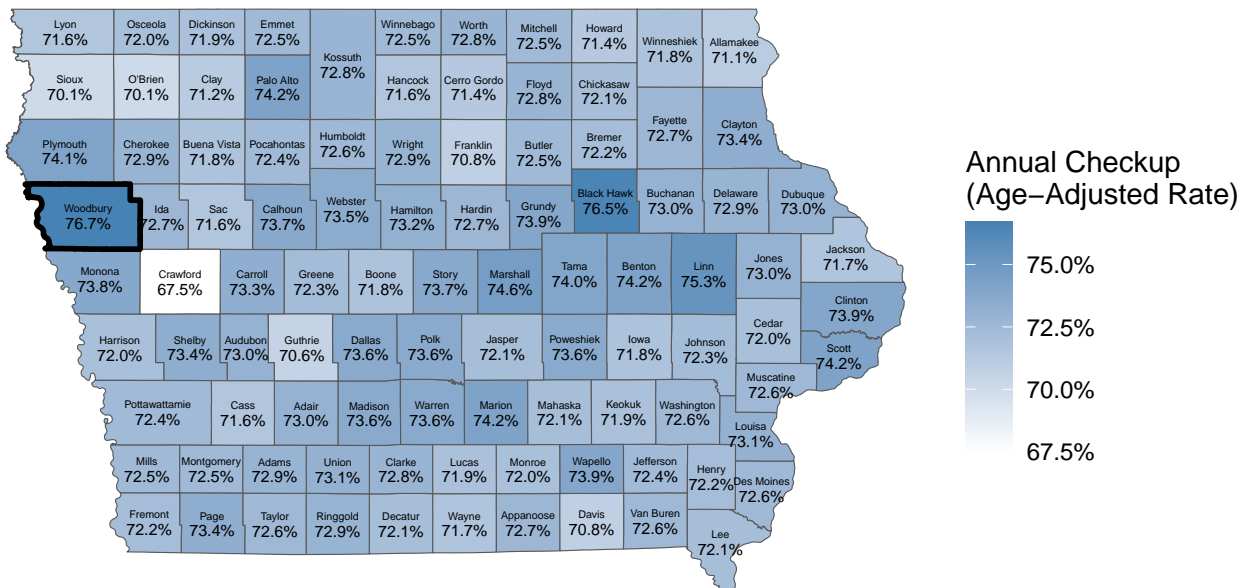
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Annual Checkup

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



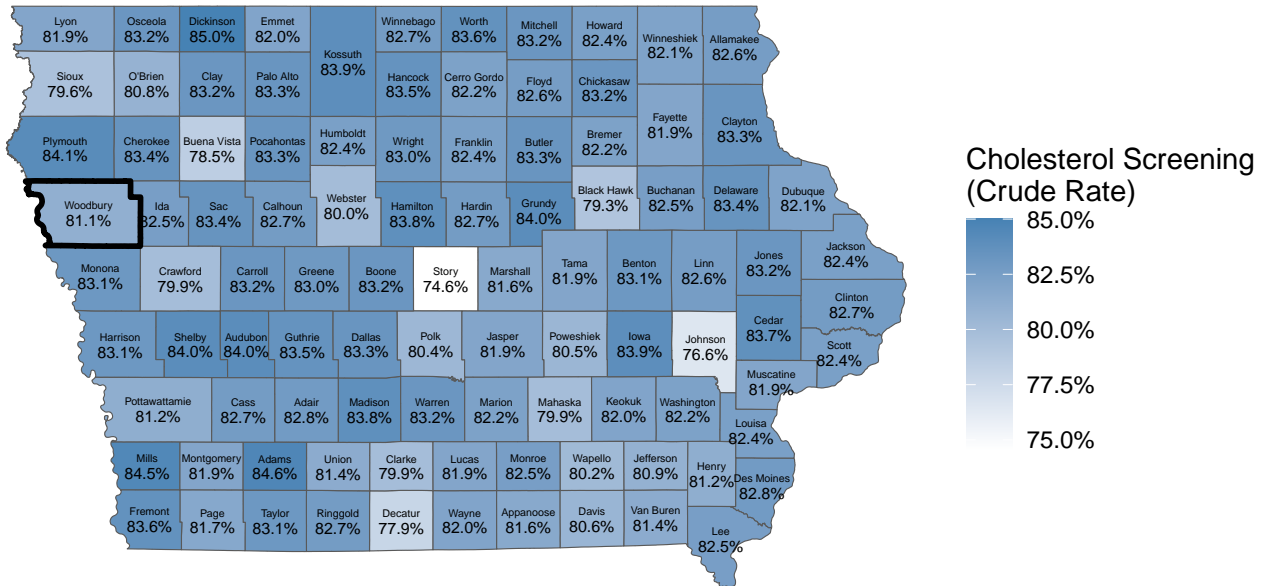
Data Source: CDC PLACES 2023 Release, BRFSS 2021



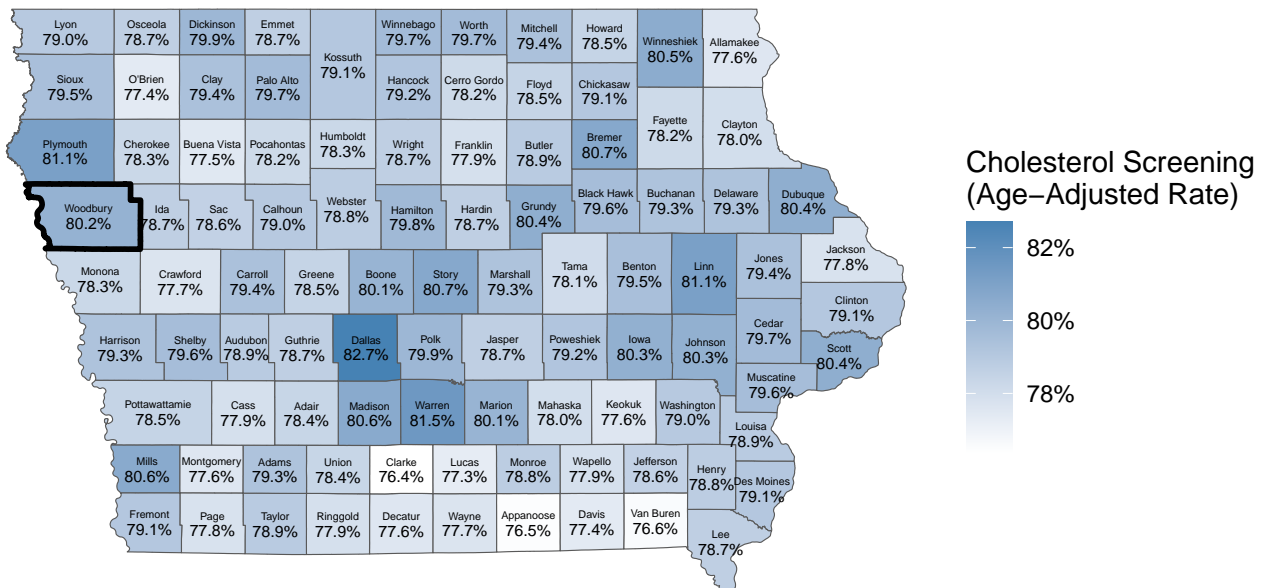
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Cholesterol Screening

Cholesterol screening among adults aged  $\geq 18$  years



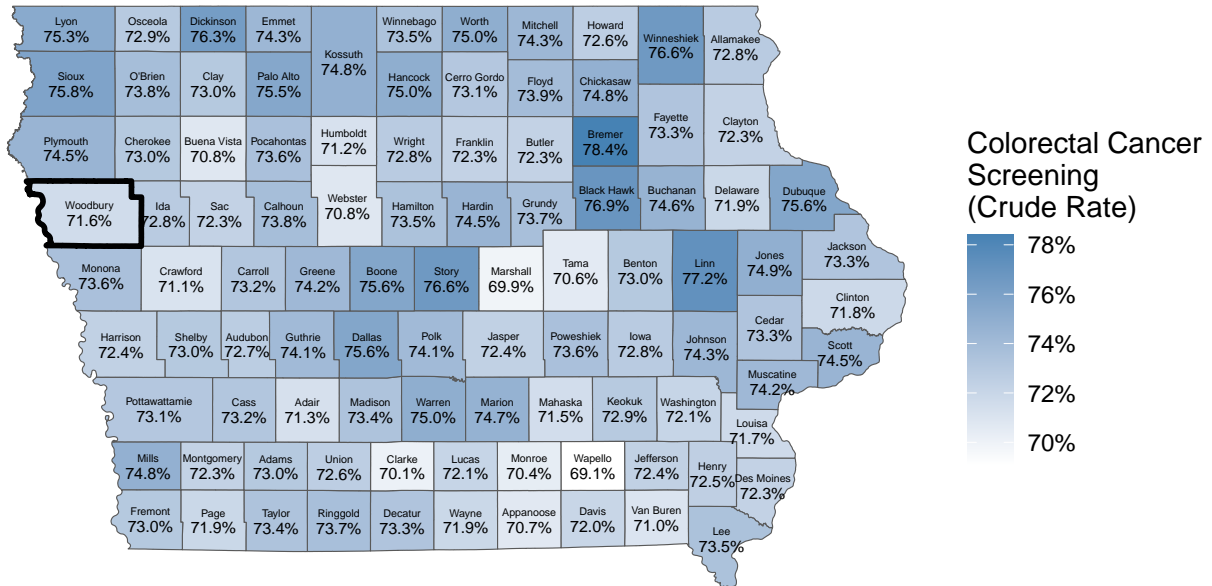
Data Source: CDC PLACES 2023 Release, BRFSS 2021



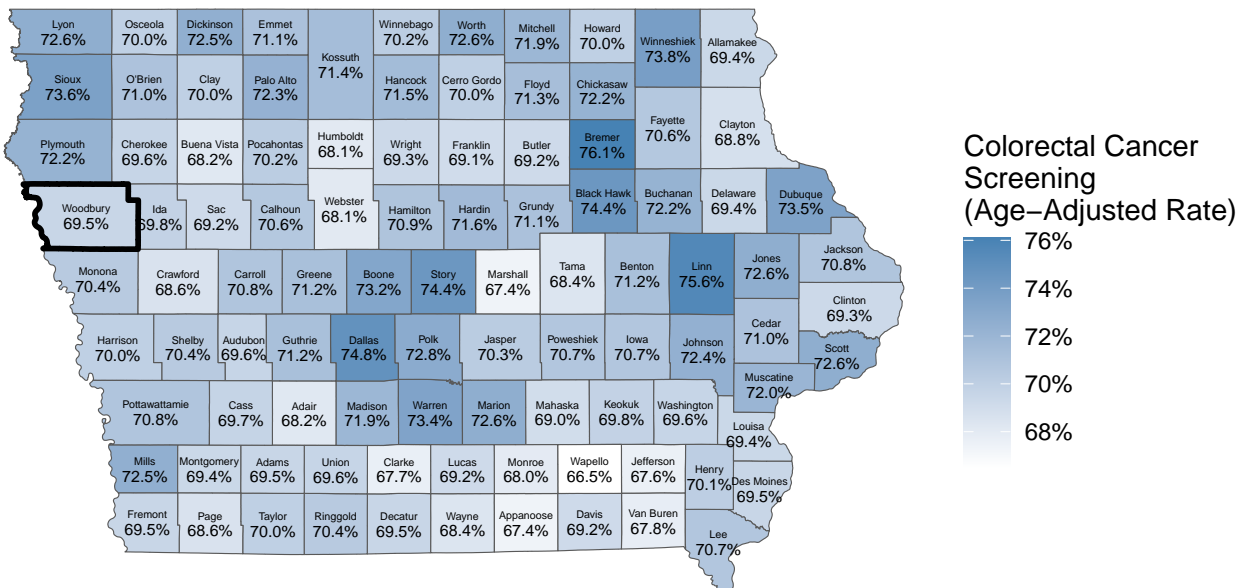
Data Source: CDC PLACES 2023 Release, BRFSS 2021

# Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



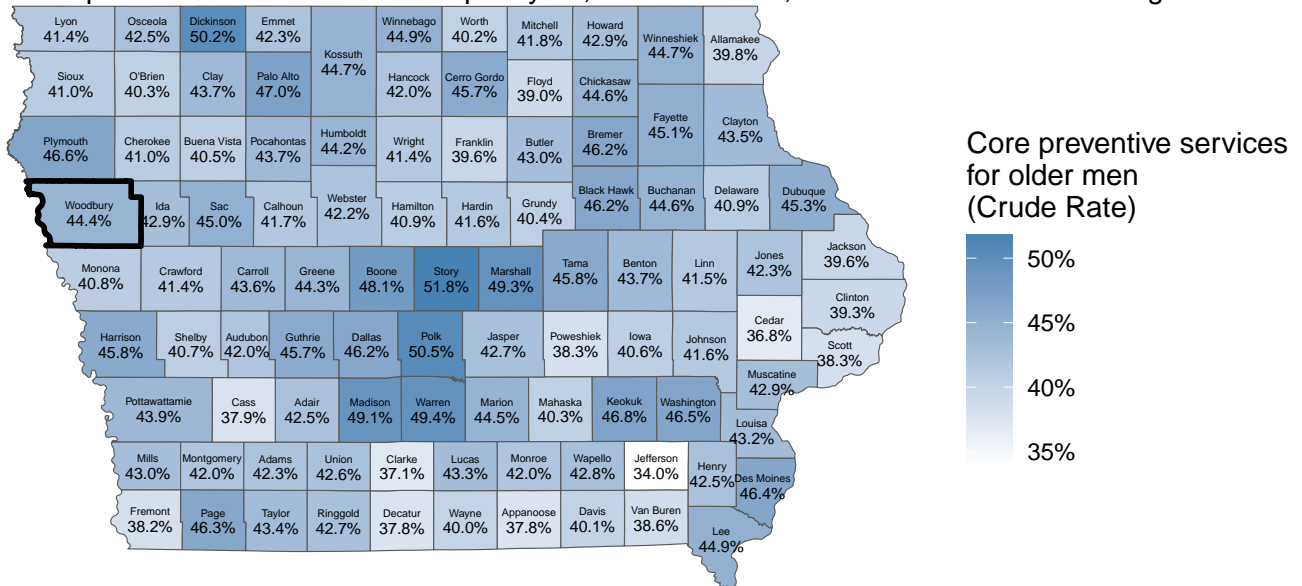
Data Source: CDC PLACES 2023 Release, BRFSS 2020



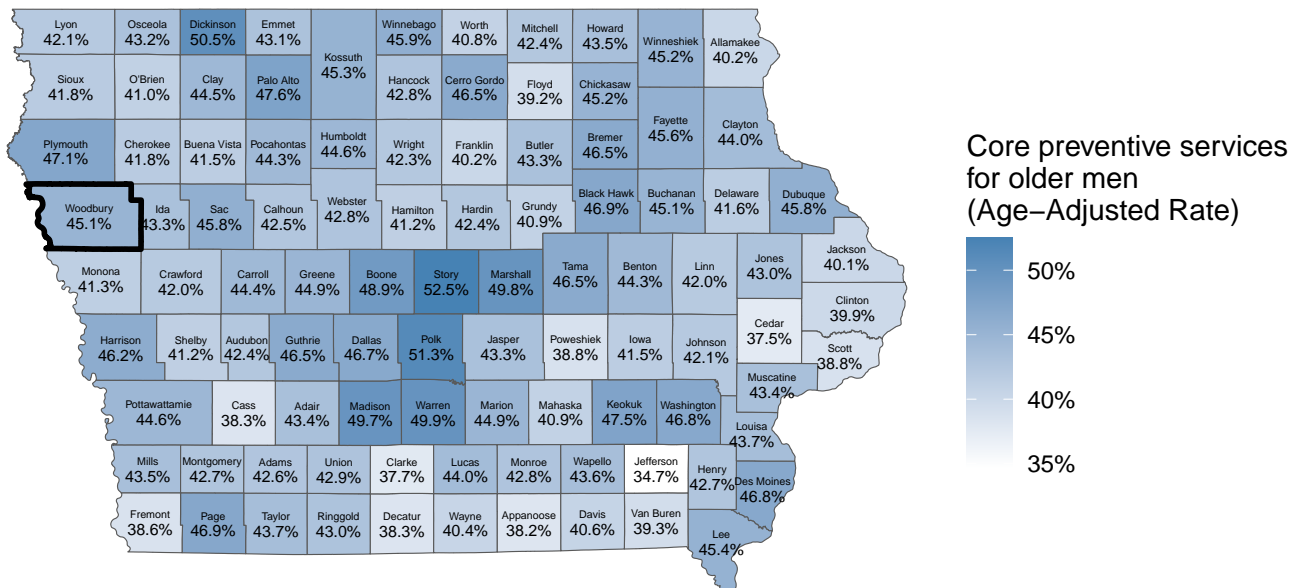
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older men

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



Data Source: CDC PLACES 2023 Release, BRFSS 2020

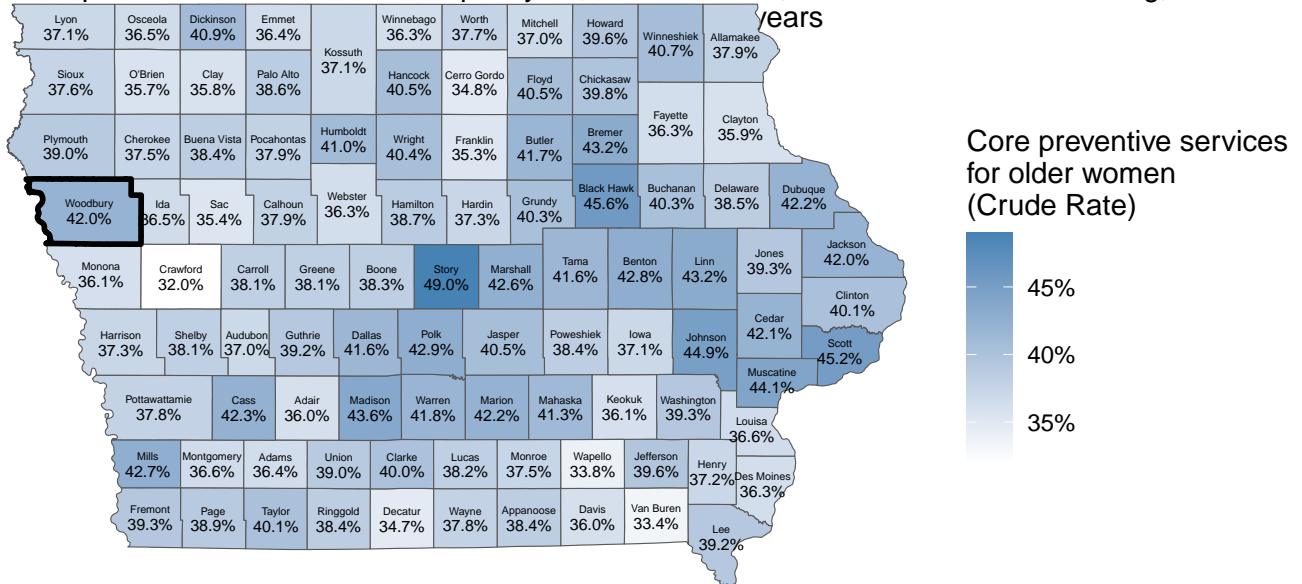


Data Source: CDC PLACES 2023 Release, BRFSS 2020

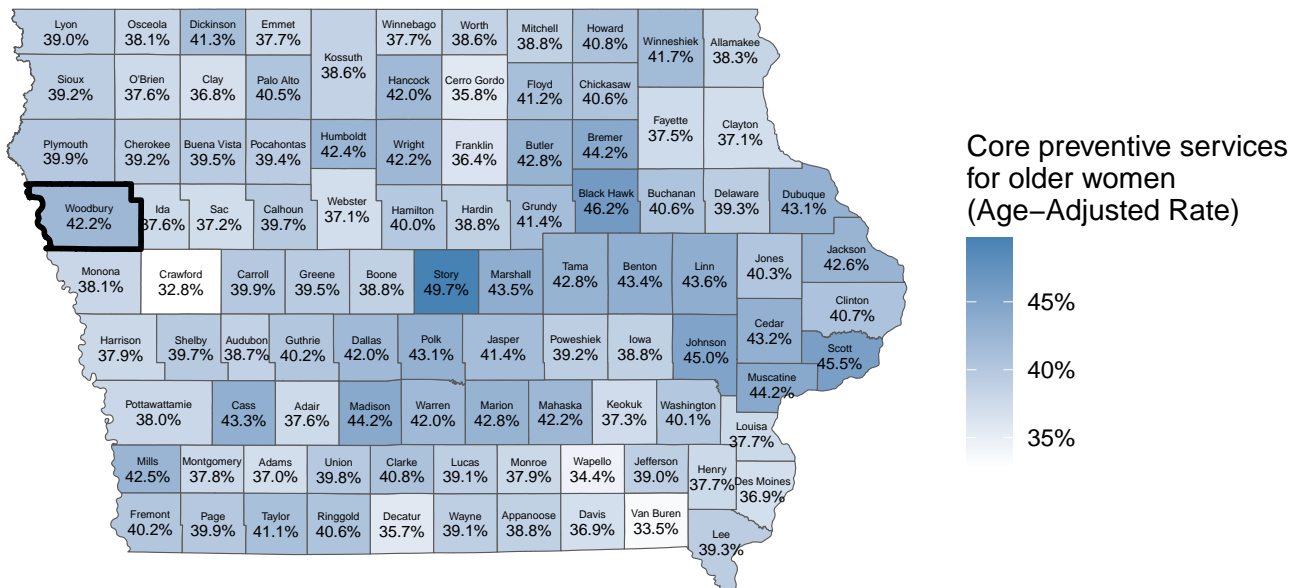


## Core preventive services for older women

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



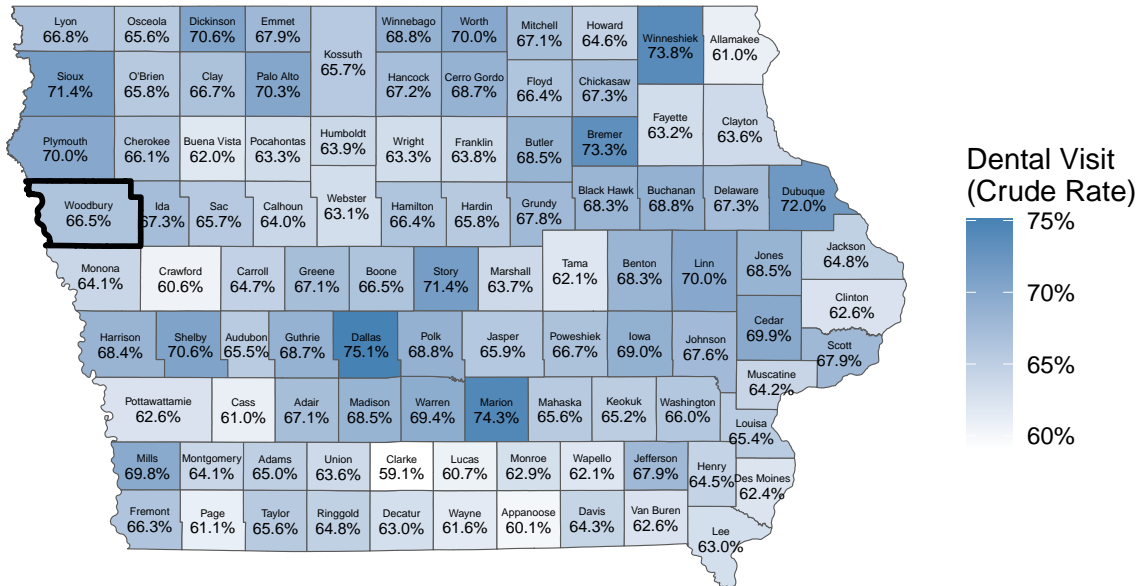
Data Source: CDC PLACES 2023 Release, BRFSS 2020



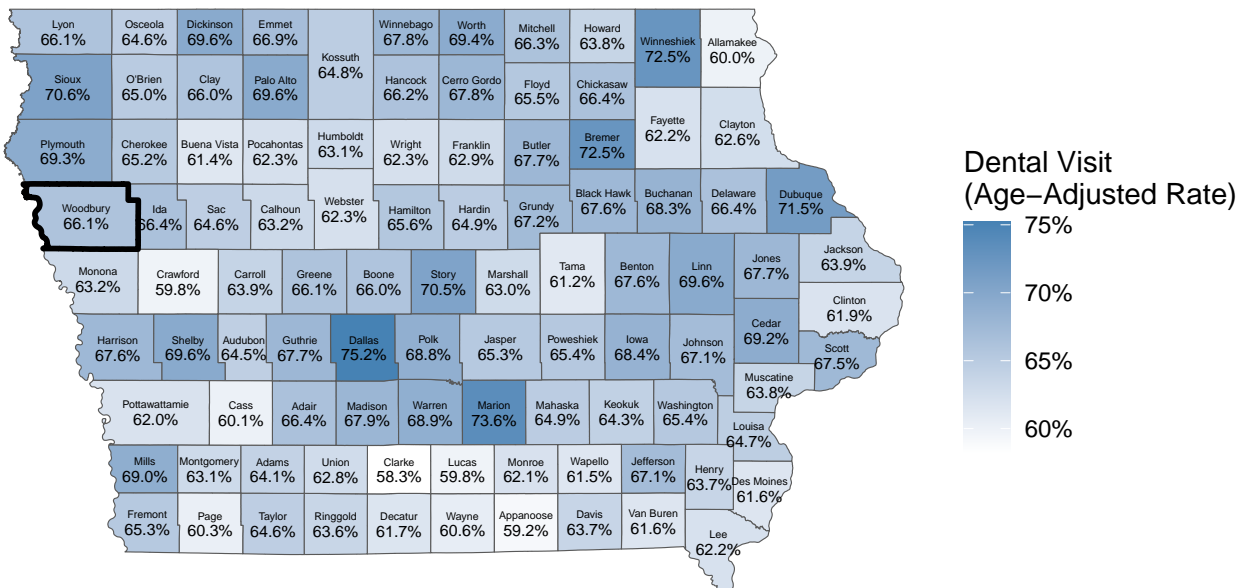
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Dental Visit

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



Data Source: CDC PLACES 2023 Release, BRFSS 2020

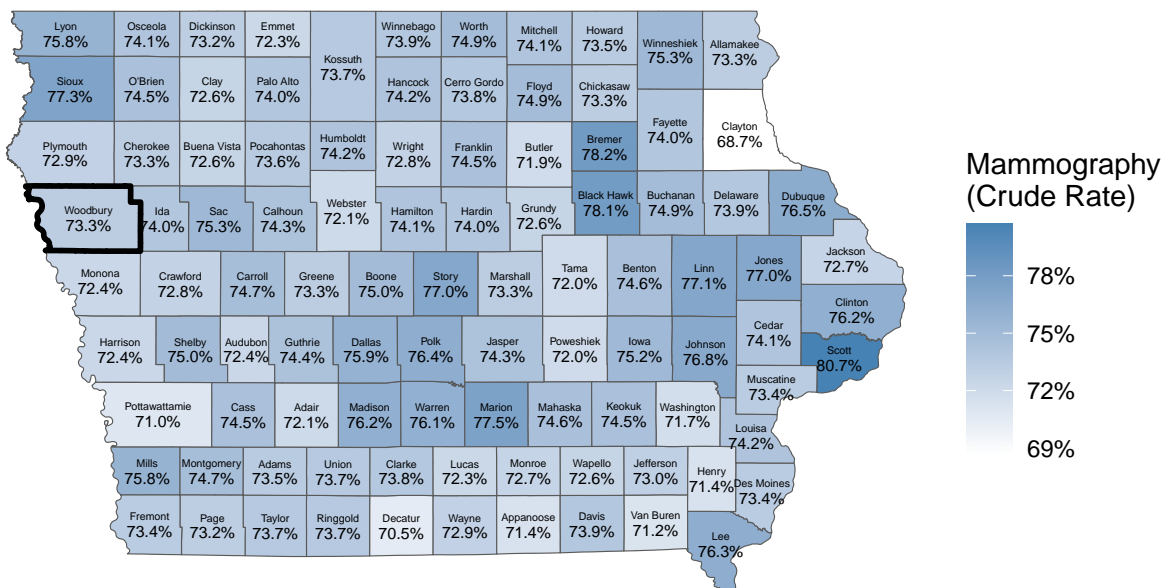


Data Source: CDC PLACES 2023 Release, BRFSS 2020

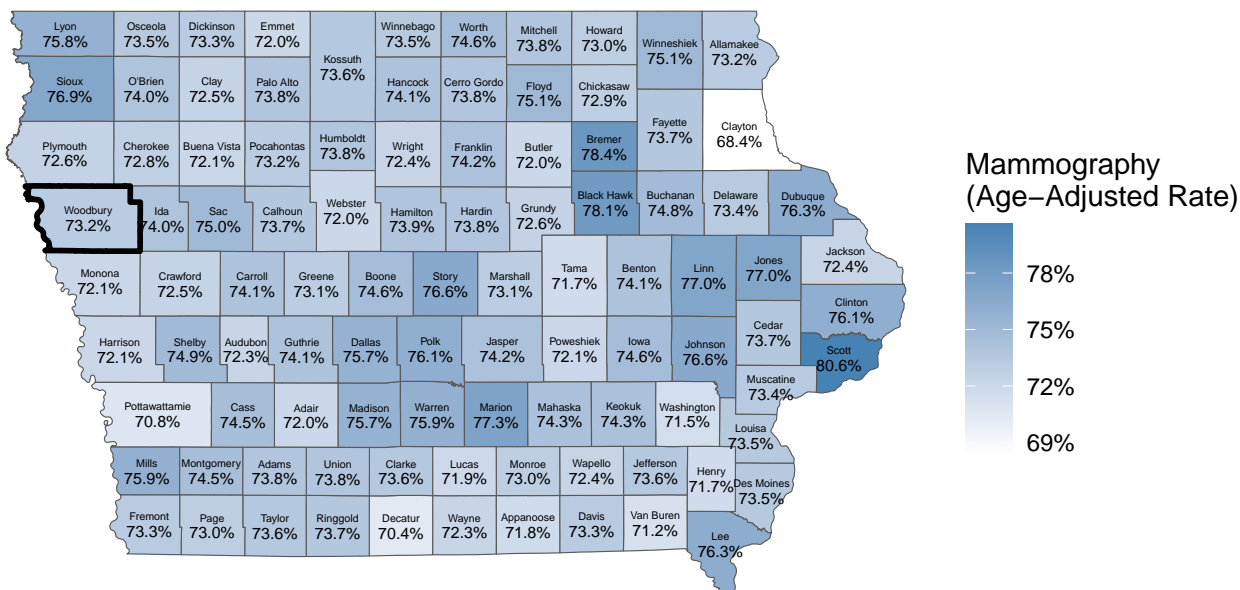


# Mammography

## Mammography use among women aged 50–74 years



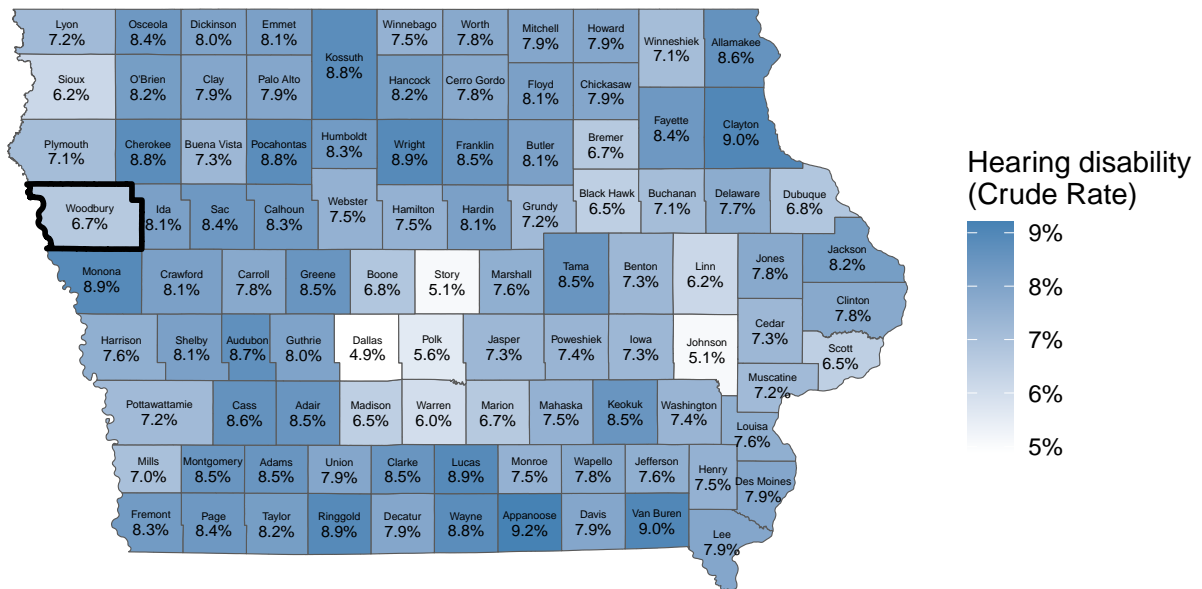
Data Source: CDC PLACES 2023 Release, BRFSS 2020



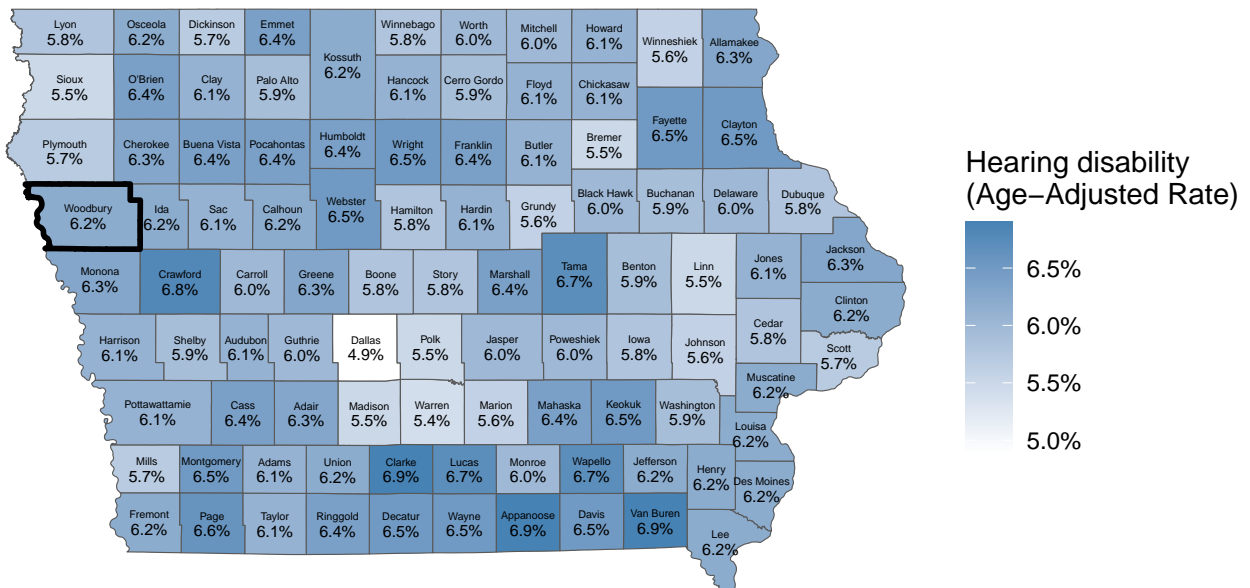
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Hearing disability

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



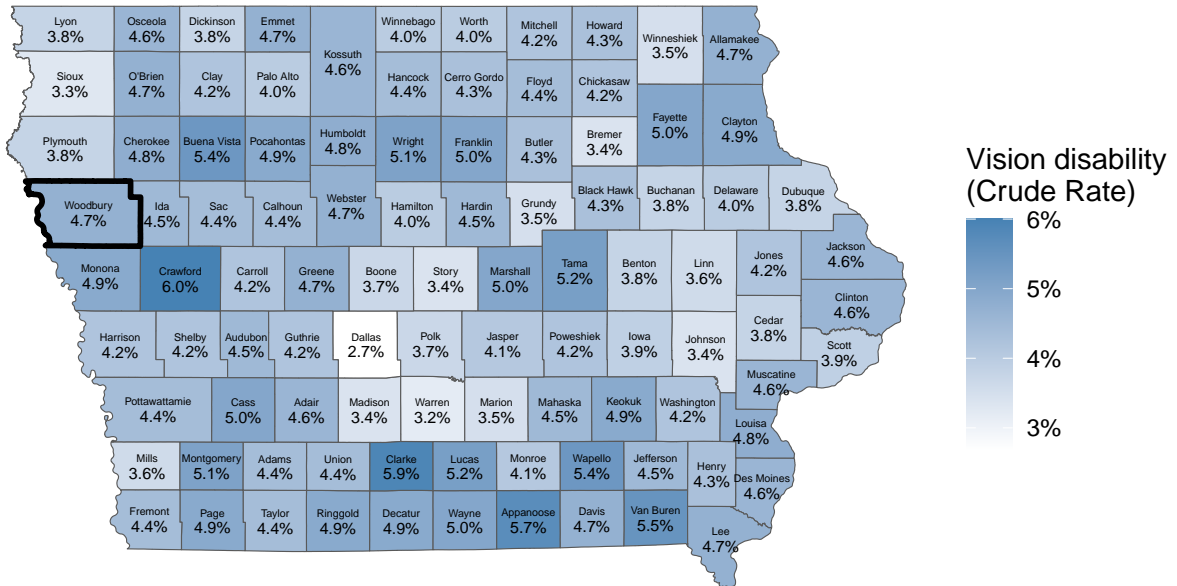
Data Source: CDC PLACES 2023 Release, BRFSS 2021



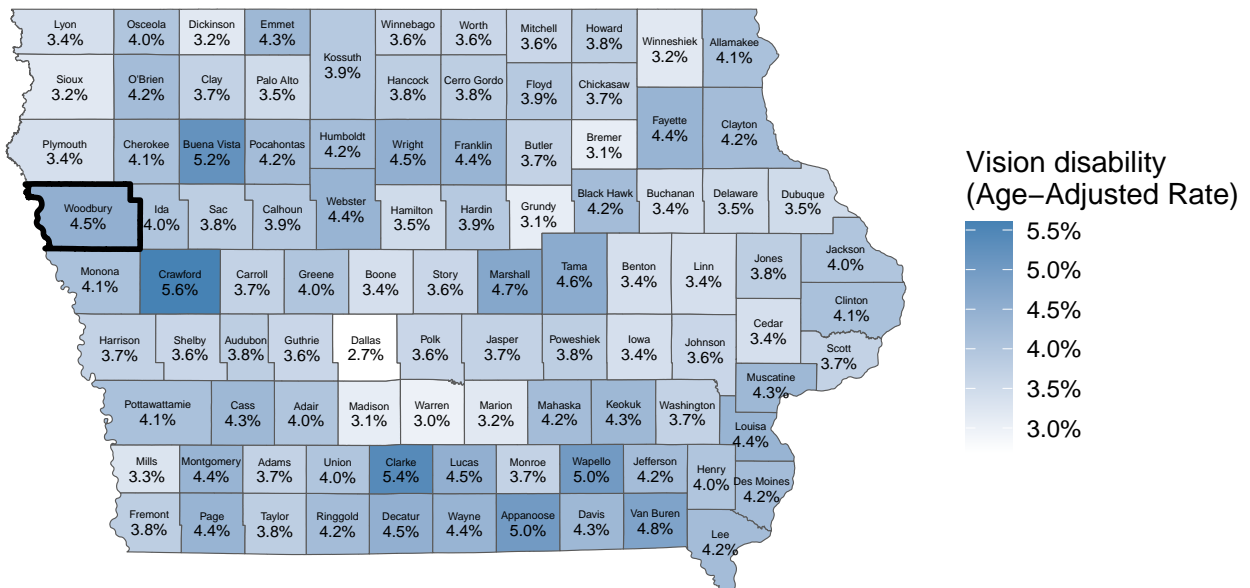
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Vision disability

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



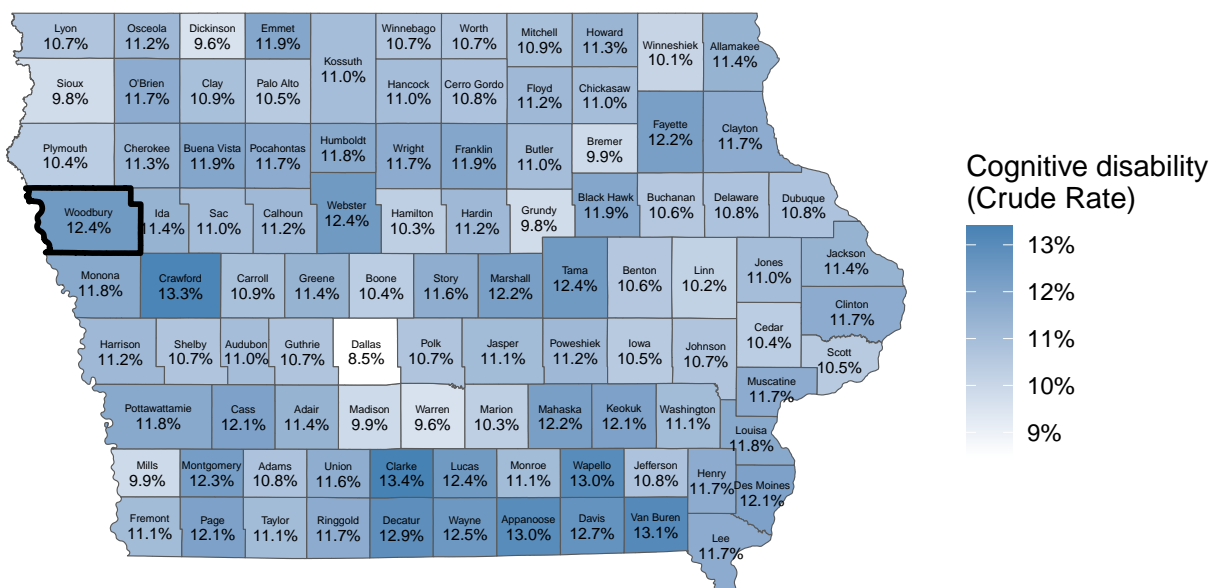
Data Source: CDC PLACES 2023 Release, BRFSS 2021



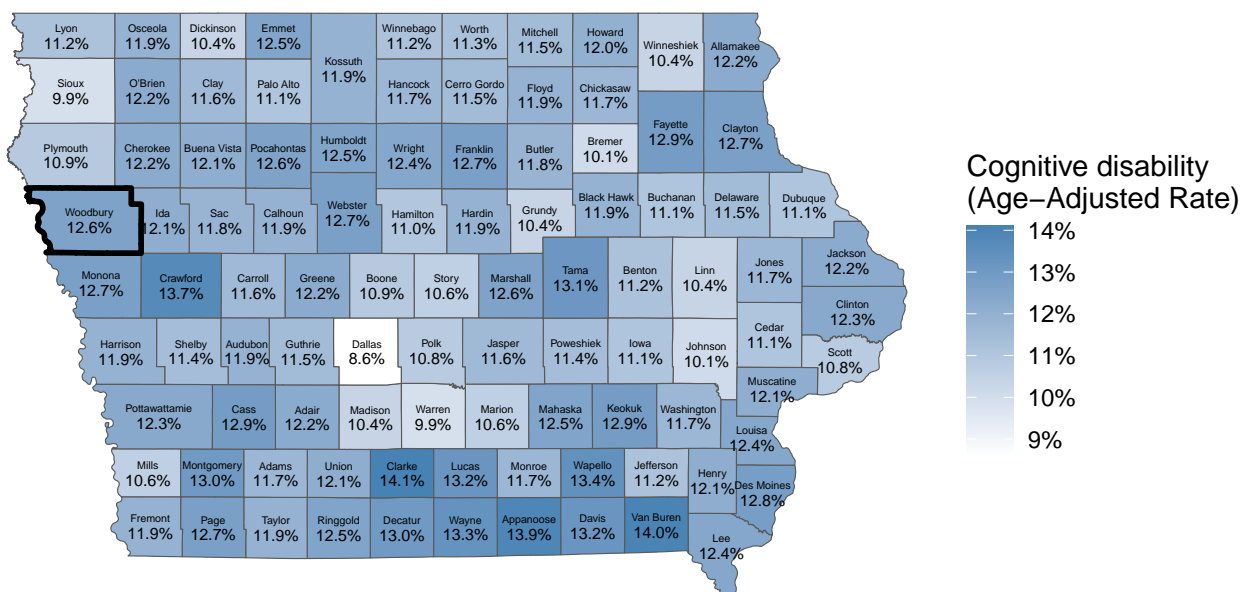
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cognitive disability

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



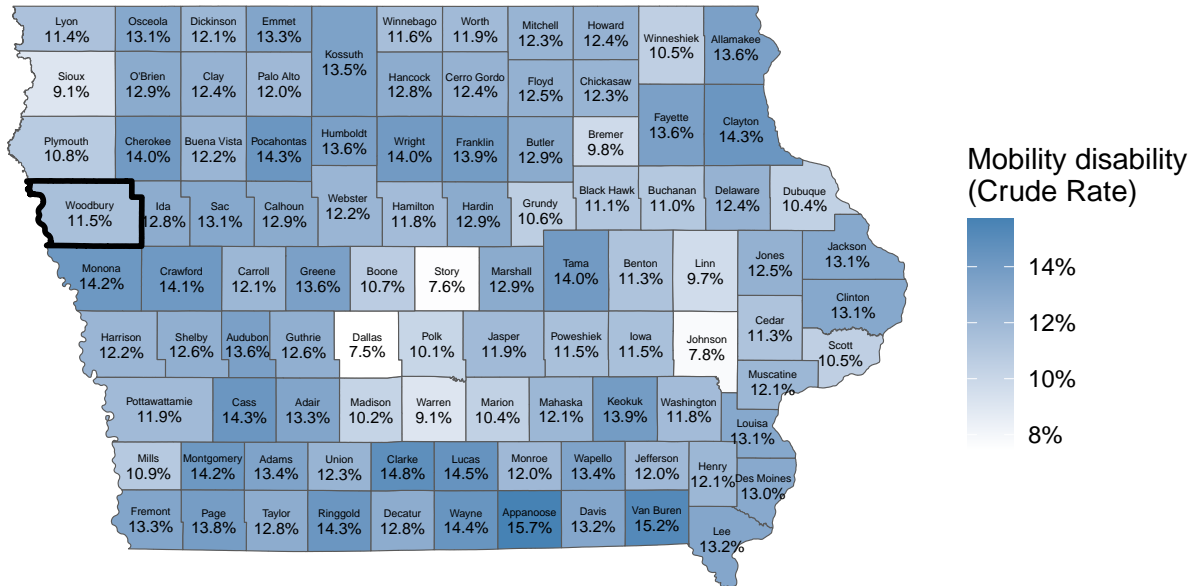
Data Source: CDC PLACES 2023 Release, BRFSS 2021



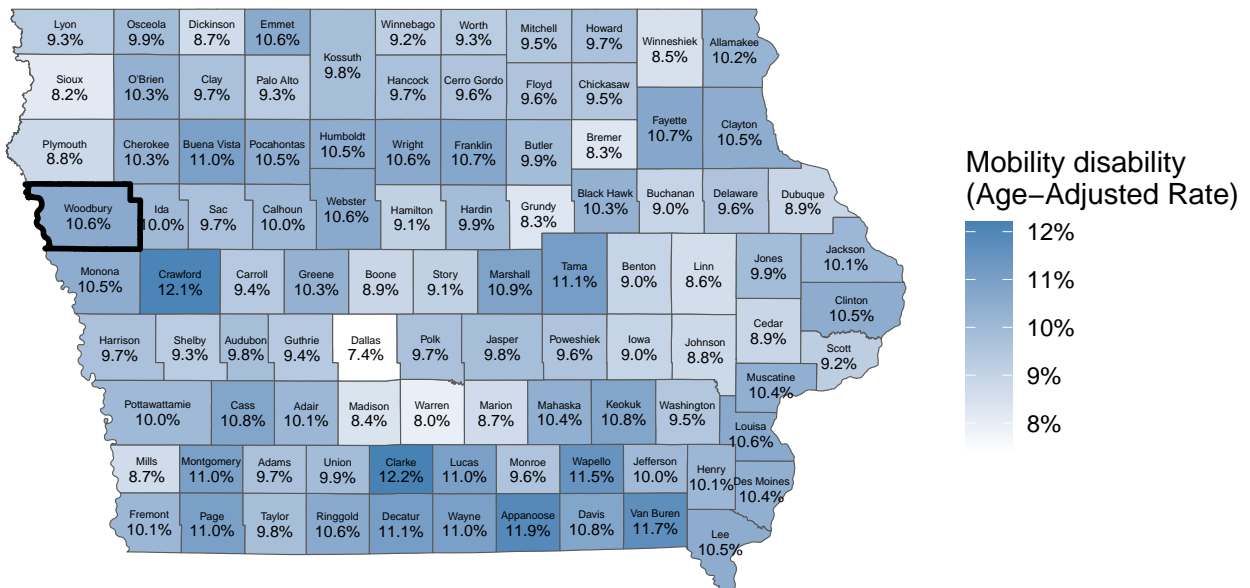
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Mobility disability

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



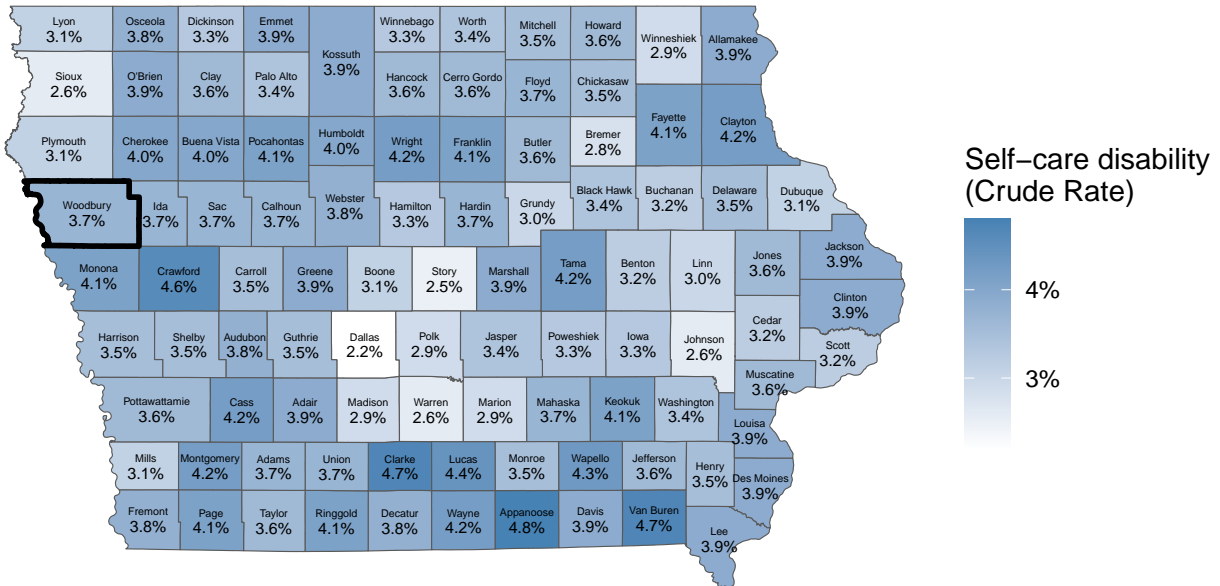
Data Source: CDC PLACES 2023 Release, BRFSS 2021



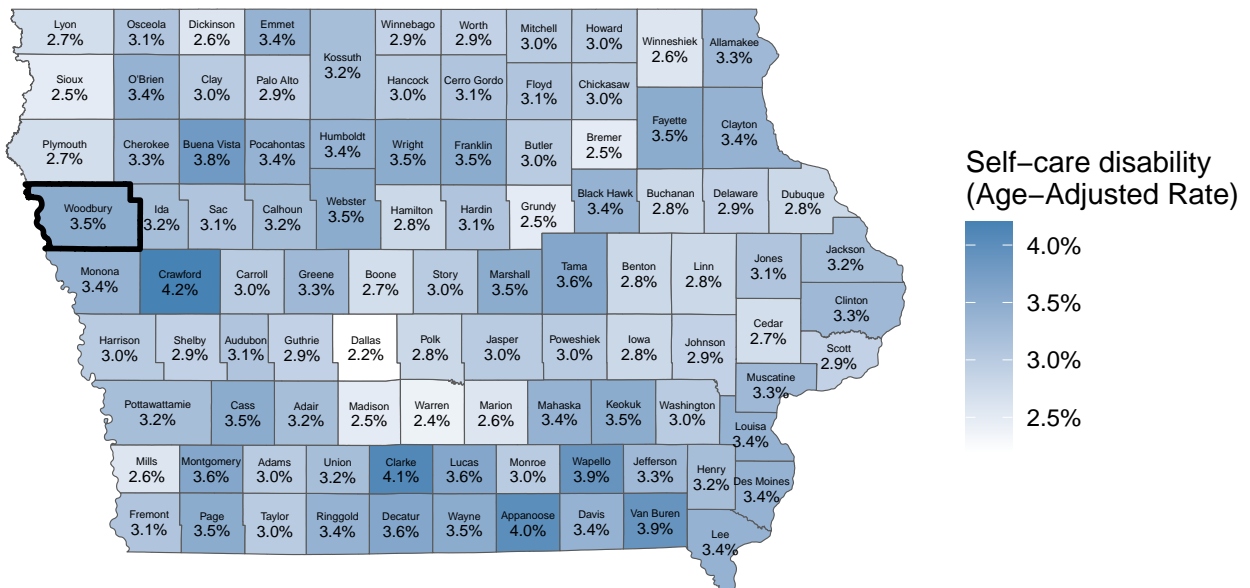
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Self-care disability

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



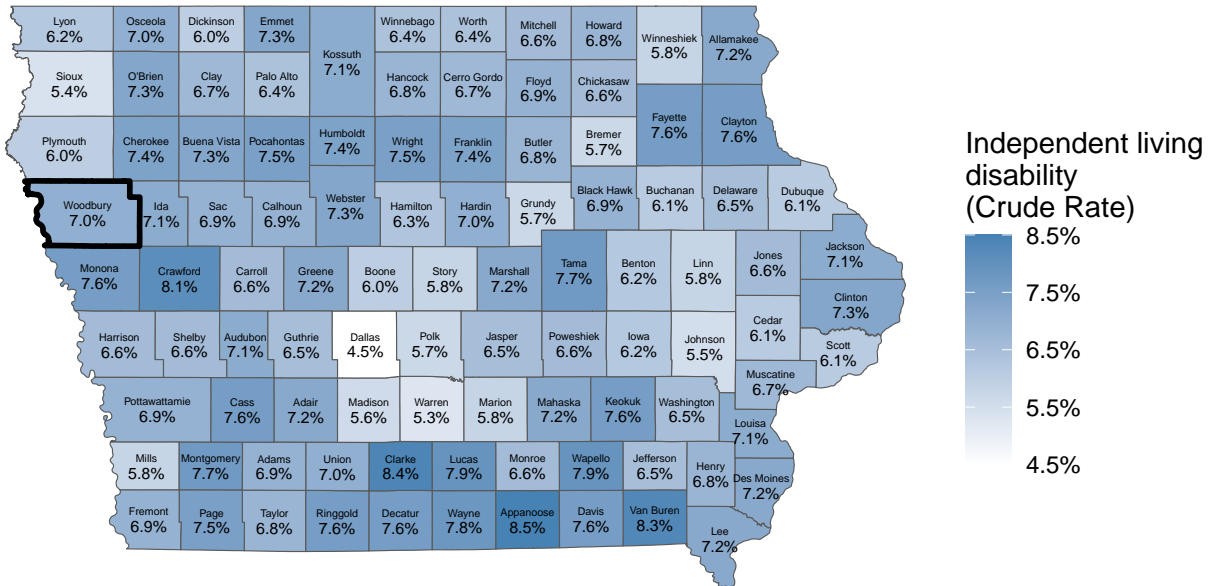
Data Source: CDC PLACES 2023 Release, BRFSS 2021



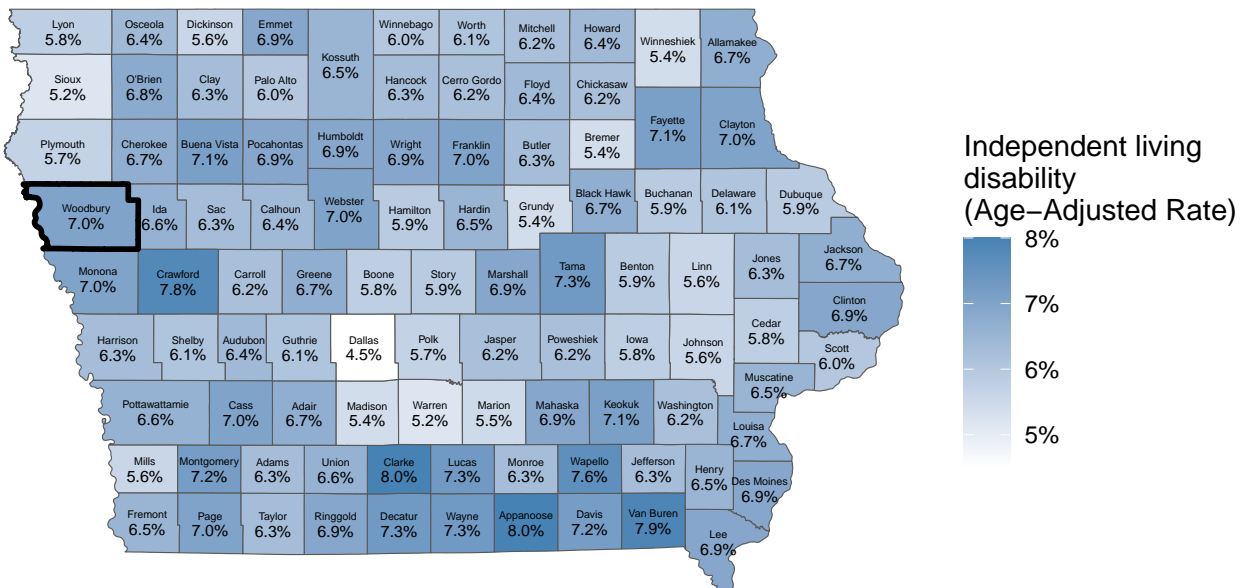
Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Independent living disability

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021

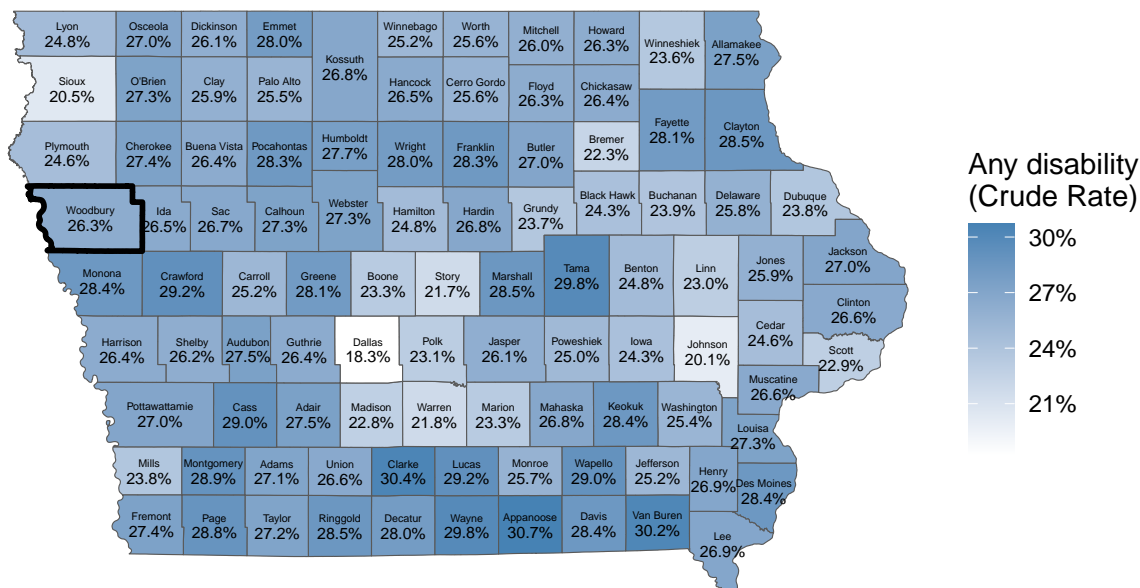


Data Source: CDC PLACES 2023 Release, BRFSS 2021

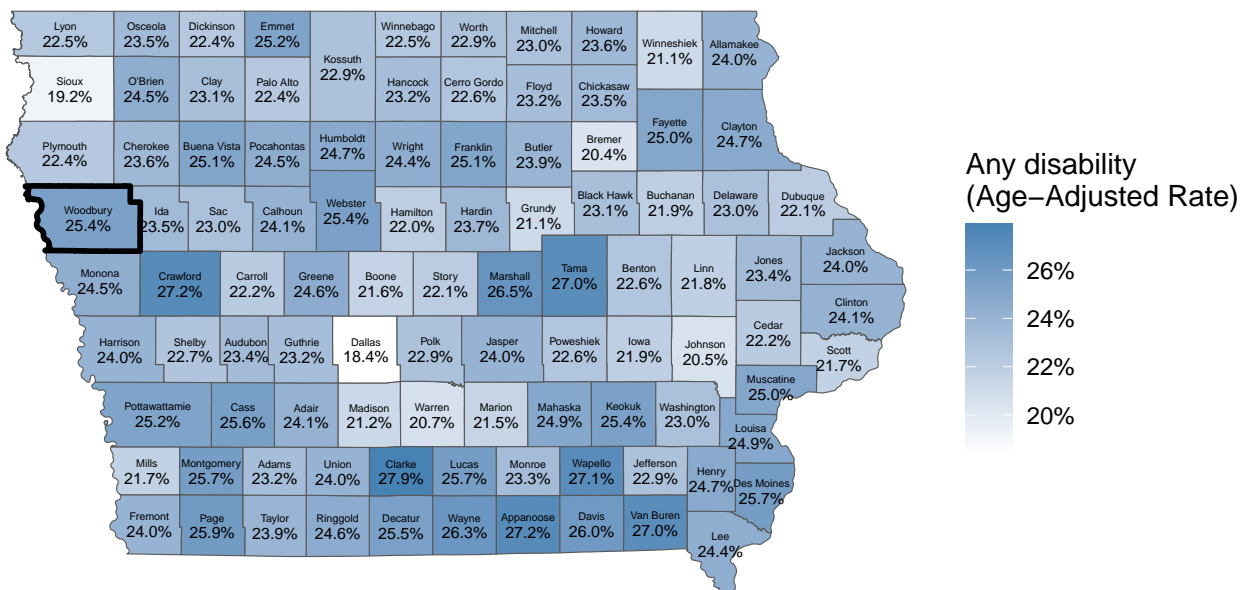


## Any disability

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021