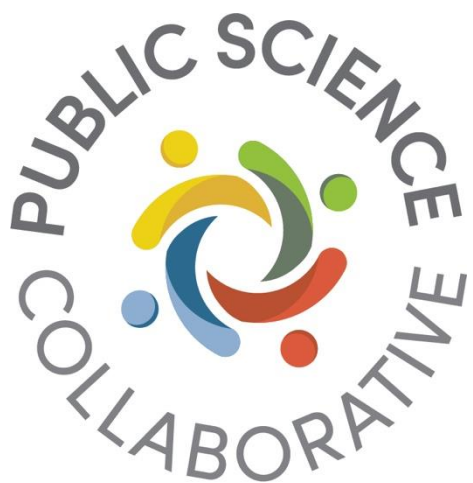




## Iowa Community Health Snapshot Series

*275 community reports prepared for the Iowa State University  
Extension and Outreach Community and Economic  
Development Unit*



*May 2024*

*By Matthew Voss & Shawn Dorius*

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*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.*

# Iowa Community Health Snapshot Series

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# Health in Ackley: Overview

Dear Community Members & Stakeholders of Ackley,

We are pleased to share the Iowa Community 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. The following pages include the health snapshot for your community. The snapshot can be used to see how Ackley ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Ackley's strengths and opportunities for growth by leveraging 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 community ranks compared to all Iowa communities and communities of similar size to Ackley. 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 community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

## Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community'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 Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Binge Drinking	33rd	4th	Current Smoking	241st	49th
Taking BP Medication	39th	4th	Binge Drinking	249th	38th
Annual Checkup	40th	5th	Colorectal Cancer Screening	250th	46th
Cholesterol Screening	47th	3rd	Hearing Disability	287th	63rd
Mental Health	57th	7th	Taking BP Medication	298th	47th

# Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Arthritis	941st	138th	Arthritis	803rd	129th
Cancer (except skin)	920th	135th	Health Insurance	658th	116th
High Cholesterol	892nd	133rd	High Cholesterol	565th	89th
Chronic Kidney Disease	890th	128th	Core preventive services for older women	534th	92nd
Coronary Heart Disease	883rd	127th	Current Asthma	513th	73rd

Please review the rest of the report to learn more about your community and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Ackley.

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.

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## How to Use this Report

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

With a population of 1,699, Ackley's similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA 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 community’s crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.



# Health Status

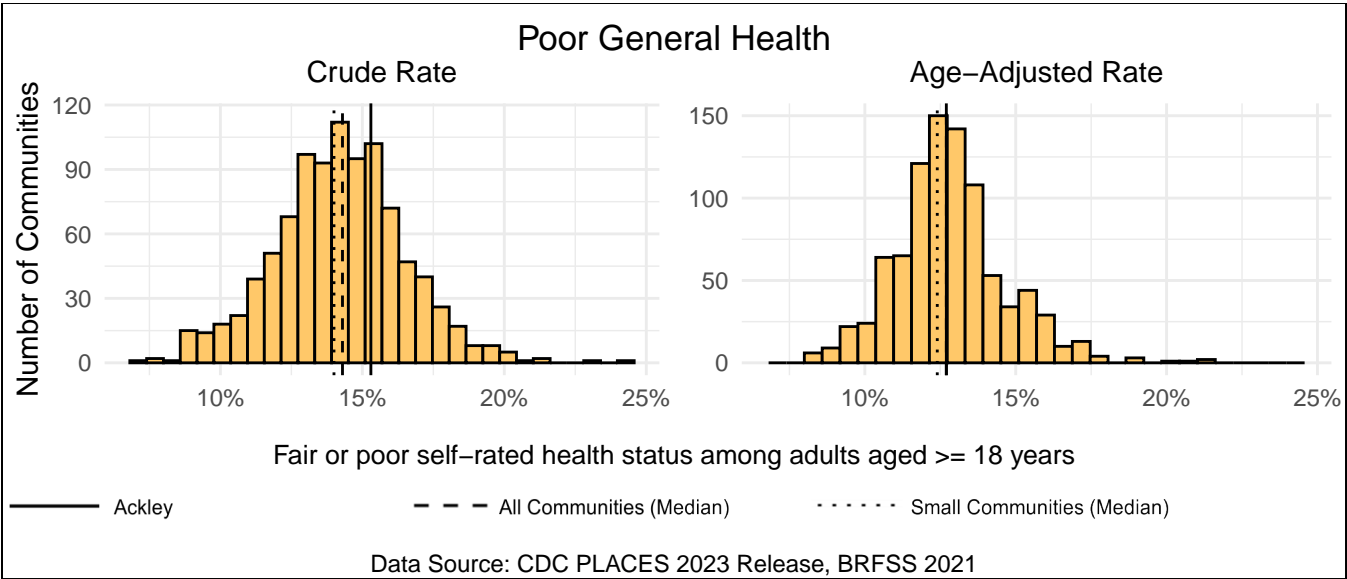
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Ackley has a crude rate of 15.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 660th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Ackley is 12.7%, which ranks 438th out of 905 Iowa communities (76th out of 138 small communities).

Measure Type	Ackley	All Comm.	Small Comm.
Crude	15.3%	14.3%	14.0%
Age-Adjusted	12.7%	12.7%	12.4%

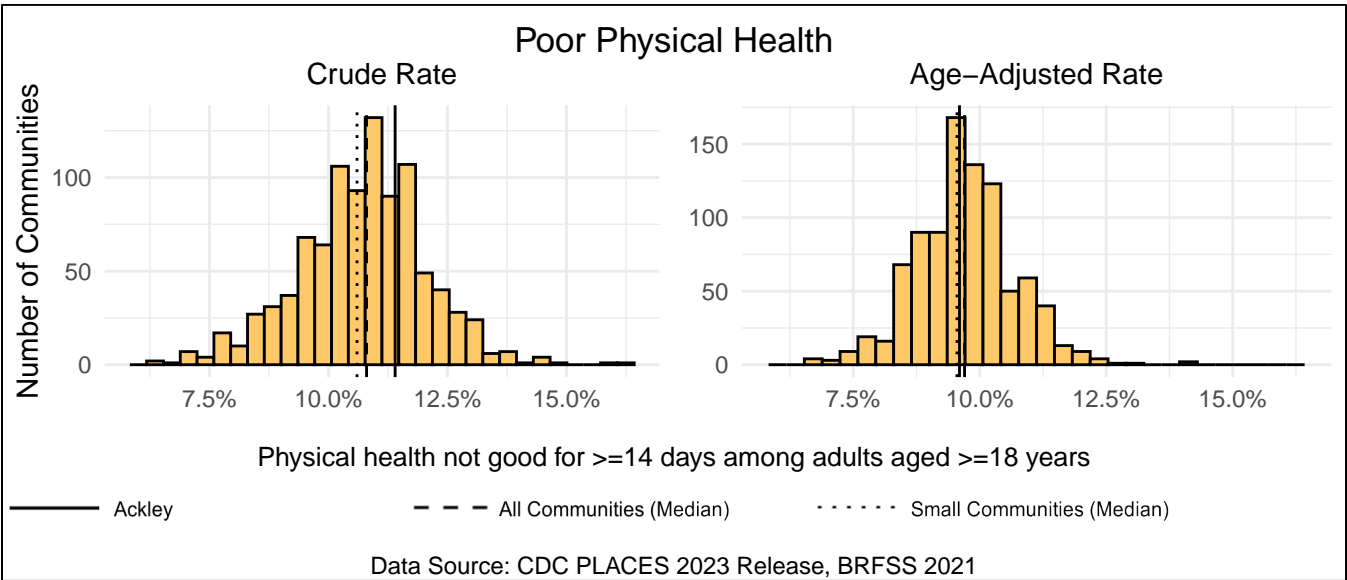




# Poor Physical Health

Ackley has a crude rate of 11.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 656th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Ackley is 9.6%, which ranks 377th out of 905 Iowa communities (70th out of 138 small communities).

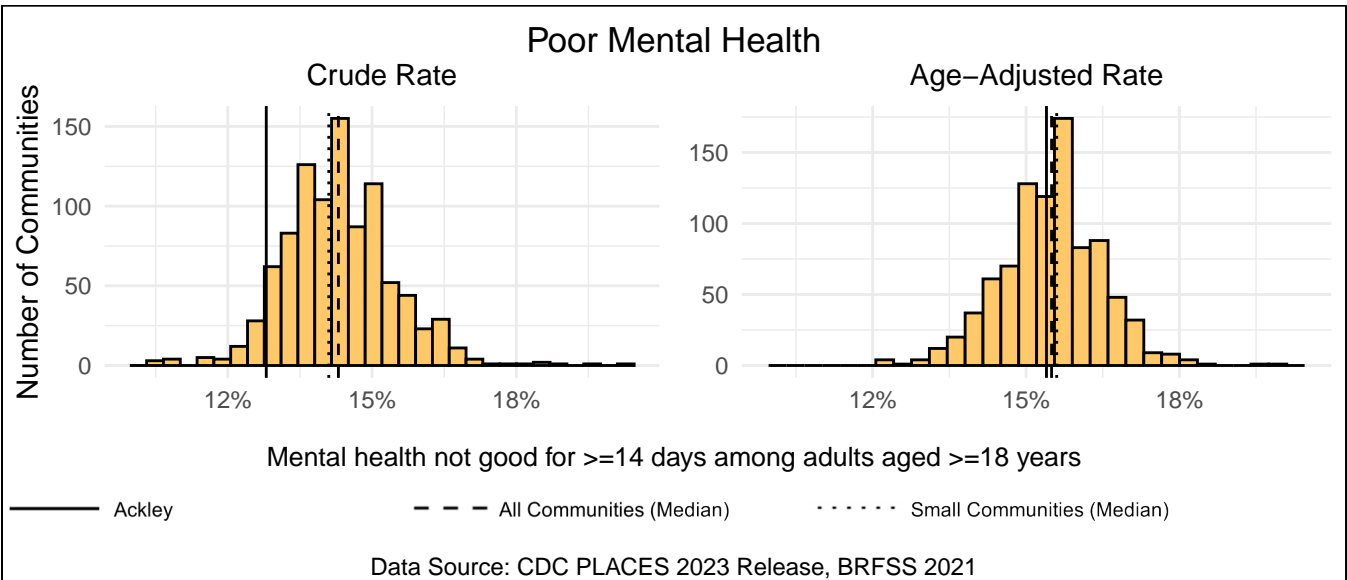
Measure Type	Ackley	All Comm.	Small Comm.
Crude	11.4%	10.8%	10.6%
Age-Adjusted	9.6%	9.7%	9.6%



# Poor Mental Health

Ackley has a crude rate of 12.8% for mental health not good for >=14 days among adults aged >=18 years, which ranks 57th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Ackley is 15.4%, which ranks 370th out of 905 Iowa communities (60th out of 138 small communities).

Measure Type	Ackley	All Comm.	Small Comm.
Crude	12.8%	14.3%	14.1%
Age-Adjusted	15.4%	15.5%	15.6%



# Health Risk Behaviors

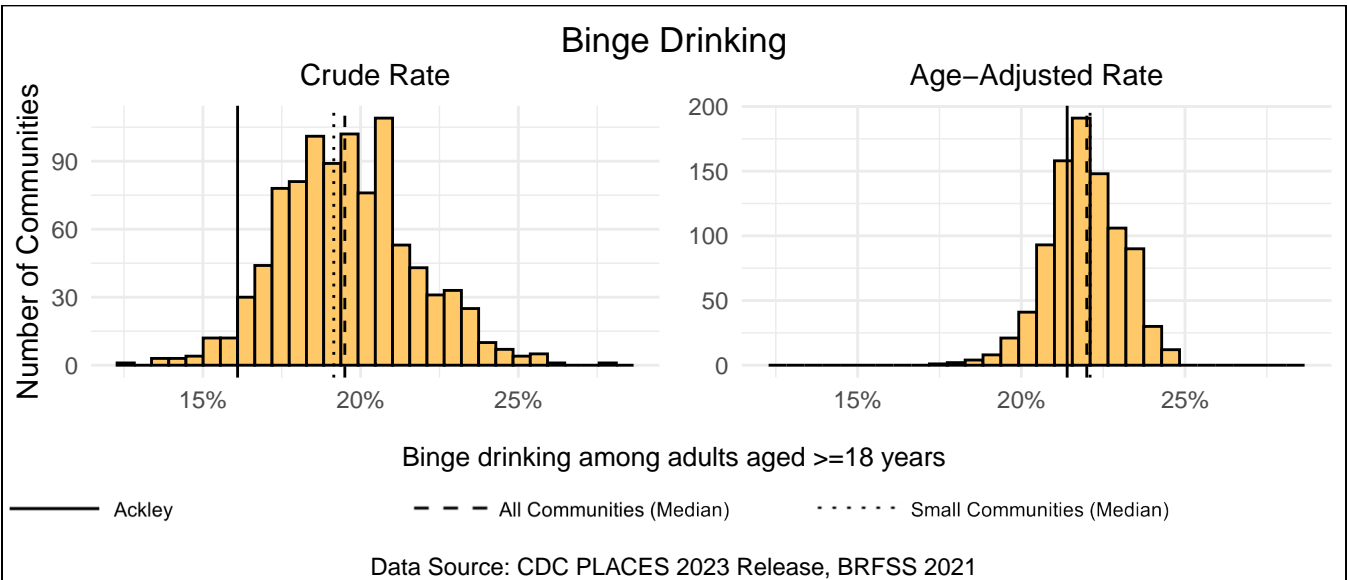
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Ackley has a crude rate of 16.1% for binge drinking among adults aged  $\geq 18$  years, which ranks 33rd out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Ackley is 21.4%, which ranks 249th out of 905 Iowa communities (38th out of 138 small communities).

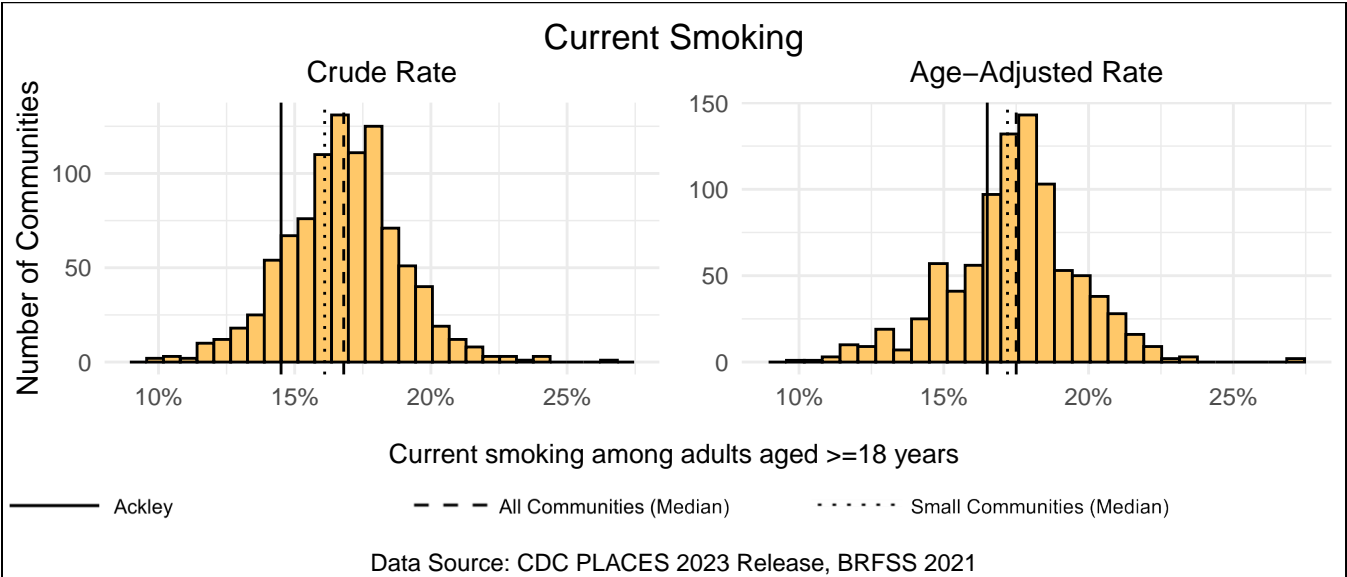
Measure Type	Ackley	All Comm.	Small Comm.
Crude	16.1%	19.5%	19.1%
Age-Adjusted	21.4%	22.0%	22.1%



# Current Smoking

Ackley has a crude rate of 14.5% for current smoking among adults aged >=18 years, which ranks 117th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Ackley is 16.5%, which ranks 241st out of 905 Iowa communities (49th out of 138 small communities).

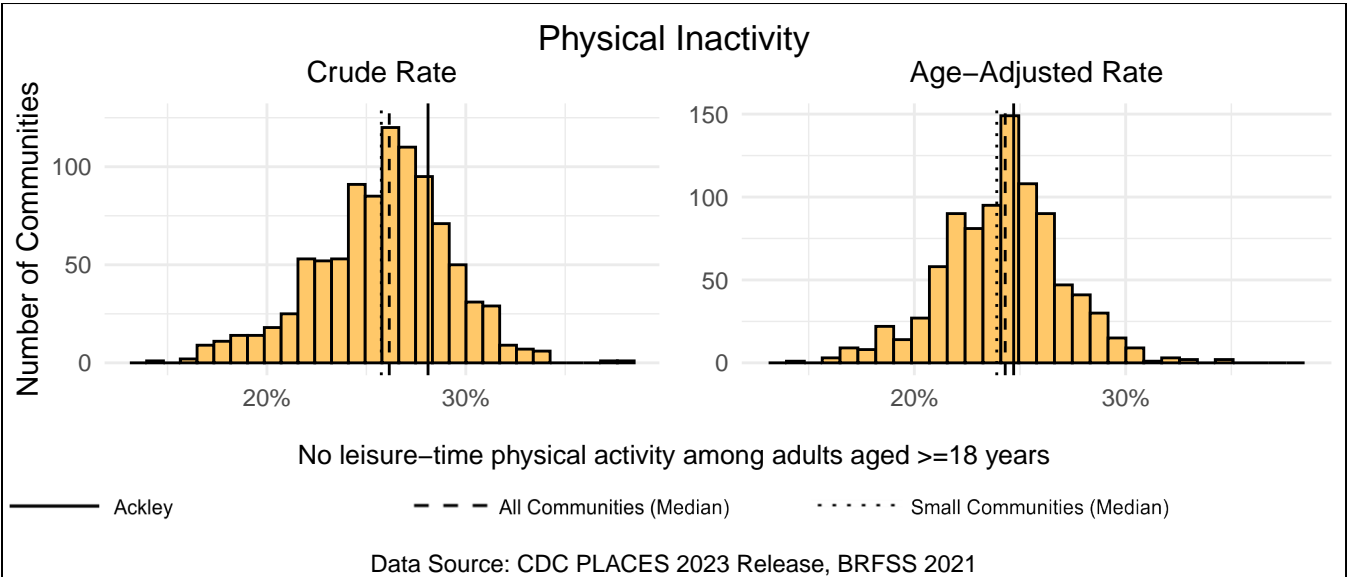
Measure Type	Ackley	All Comm.	Small Comm.
Crude	14.5%	16.8%	16.1%
Age-Adjusted	16.5%	17.5%	17.2%



# Physical Inactivity

Ackley has a crude rate of 28.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 726th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Ackley is 24.7%, which ranks 504th out of 905 Iowa communities (85th out of 138 small communities).

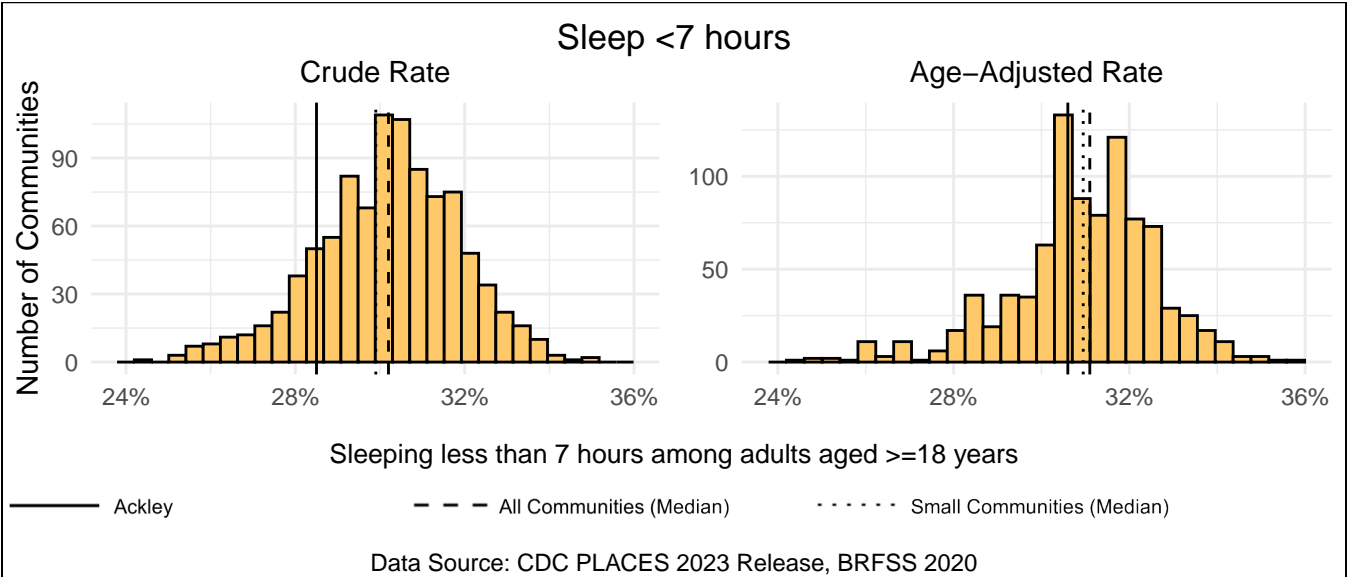
Measure Type	Ackley	All Comm.	Small Comm.
Crude	28.1%	26.1%	25.8%
Age-Adjusted	24.7%	24.3%	23.9%



Sleep <7 hours

Ackley has a crude rate of 28.5% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 147th out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Ackley is 30.6%, which ranks 330th out of 905 Iowa communities (54th out of 138 small communities).

Measure Type	Ackley	All Comm.	Small Comm.
Crude	28.5%	30.2%	29.9%
Age-Adjusted	30.6%	31.1%	31.0%



# Health Outcomes

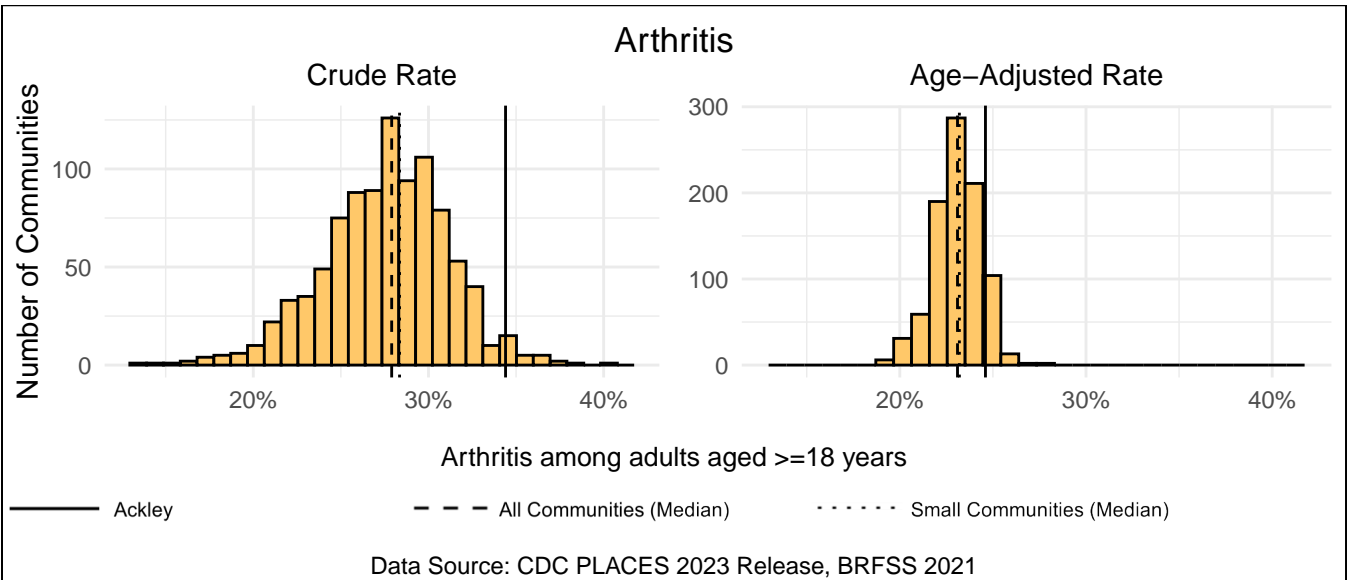
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Ackley has a crude rate of 34.4% for arthritis among adults aged  $\geq 18$  years, which ranks 941st out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Ackley is 24.6%, which ranks 803rd out of 905 Iowa communities (129th out of 138 small communities).

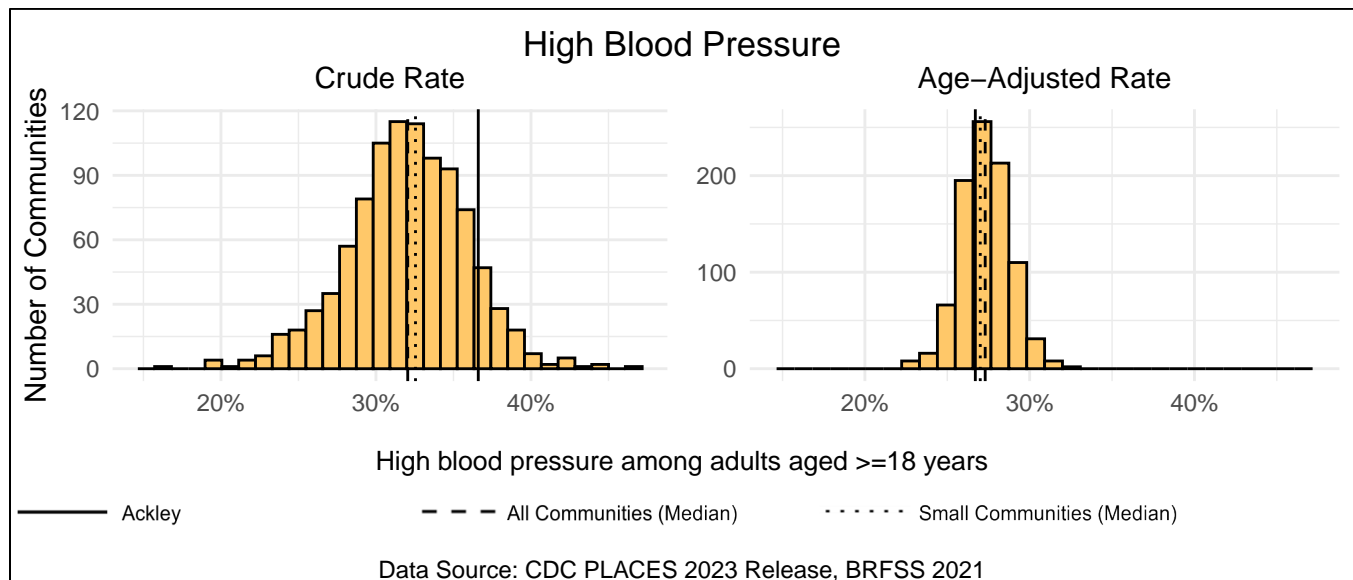
Measure Type	Ackley	All Comm.	Small Comm.
Crude	34.4%	27.9%	28.4%
Age-Adjusted	24.6%	23.1%	23.2%



## High Blood Pressure

Ackley has a crude rate of 36.6% for high blood pressure among adults aged  $\geq 18$  years, which ranks 860th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Ackley is 26.7%, which ranks 304th out of 905 Iowa communities (55th out of 138 small communities).

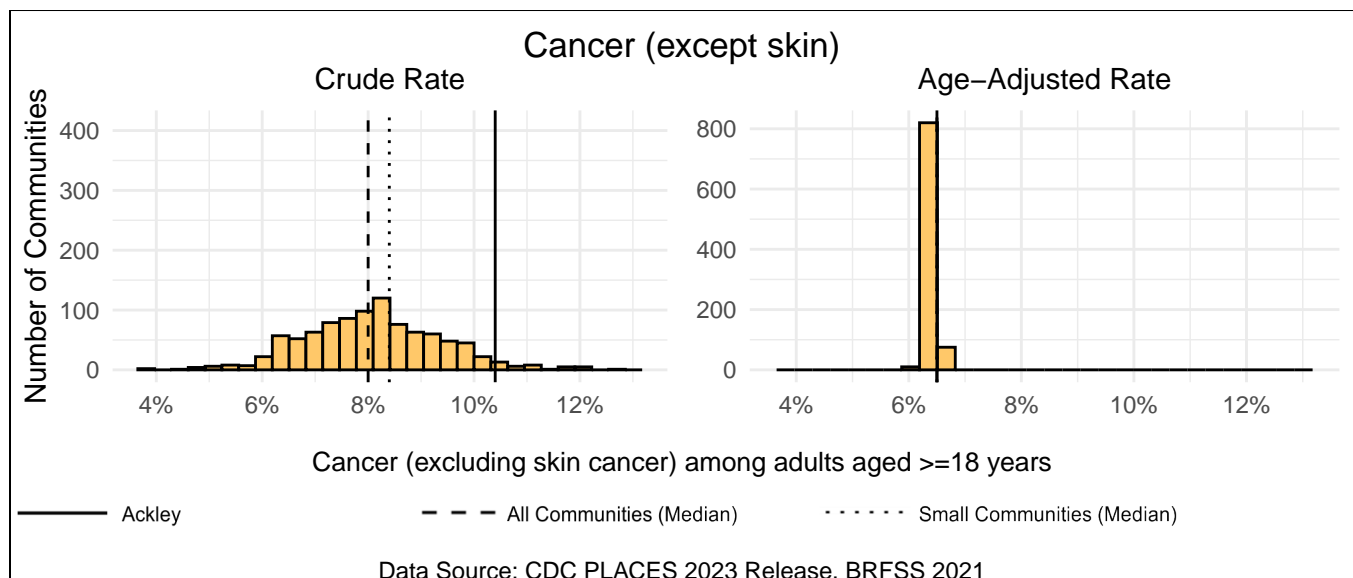
Measure Type	Ackley	All Comm.	Small Comm.
Crude	36.6%	32.0%	32.5%
Age-Adjusted	26.7%	27.3%	27.0%



## Cancer (except skin)

Ackley has a crude rate of 10.4% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 920th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Ackley is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

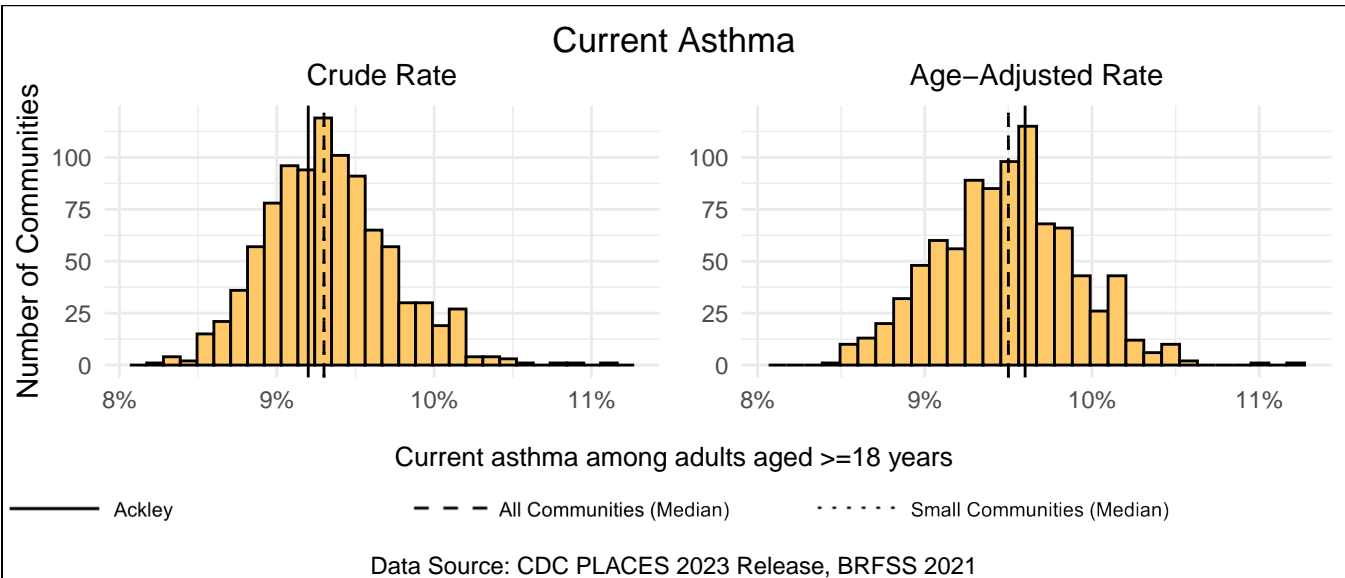
Measure Type	Ackley	All Comm.	Small Comm.
Crude	10.4%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Ackley has a crude rate of 9.2% for current asthma among adults aged  $\geq 18$  years, which ranks 311th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Ackley is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

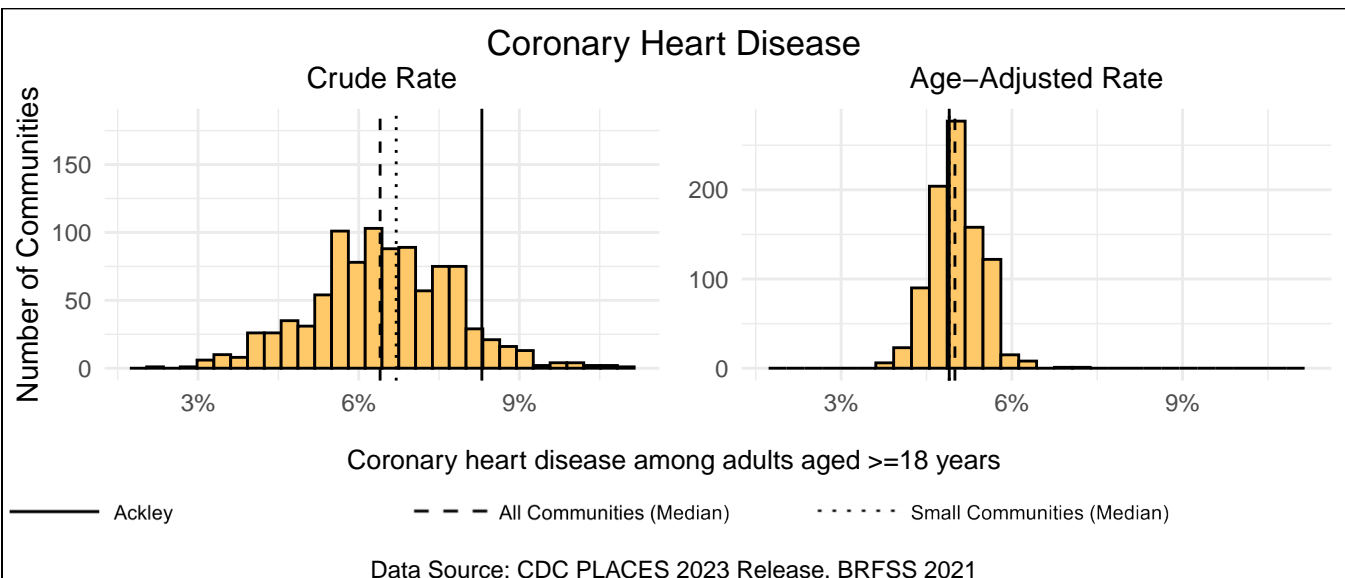
Measure Type	Ackley	All Comm.	Small Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



## Coronary Heart Disease

Ackley has a crude rate of 8.3% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 883rd out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Ackley is 4.9%, which ranks 324th out of 905 Iowa communities (68th out of 138 small communities).

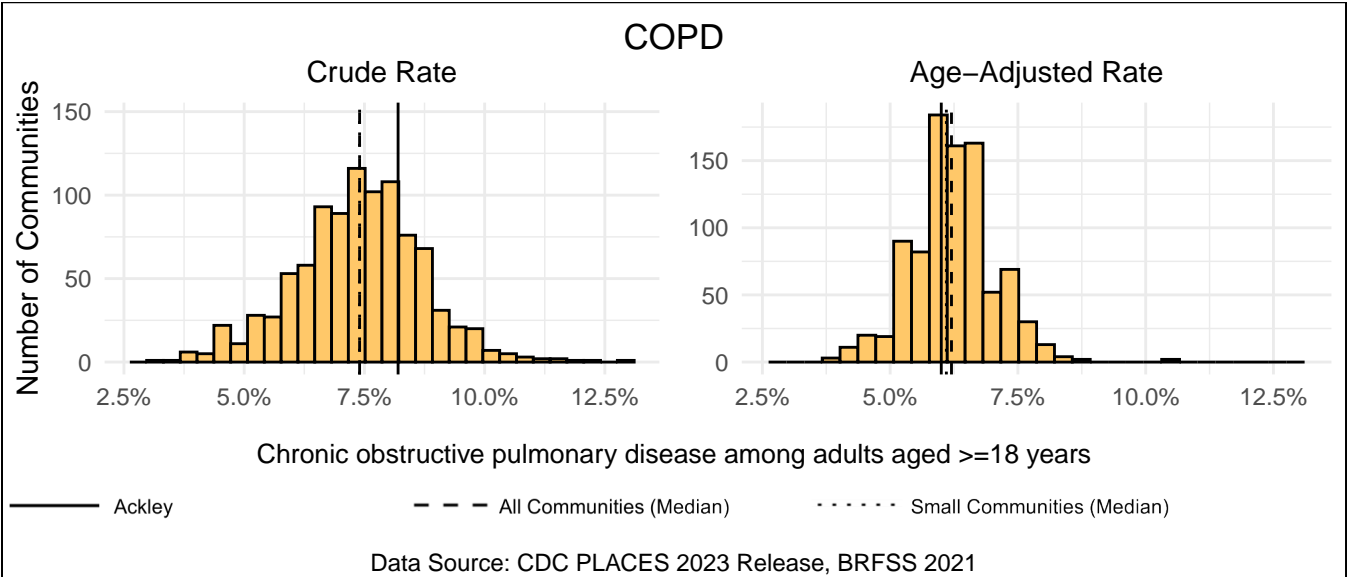
Measure Type	Ackley	All Comm.	Small Comm.
Crude	8.3%	6.4%	6.7%
Age-Adjusted	4.9%	5.0%	4.9%



# COPD

Ackley has a crude rate of 8.2% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 696th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Ackley is 6.0%, which ranks 305th out of 905 Iowa communities (56th out of 138 small communities).

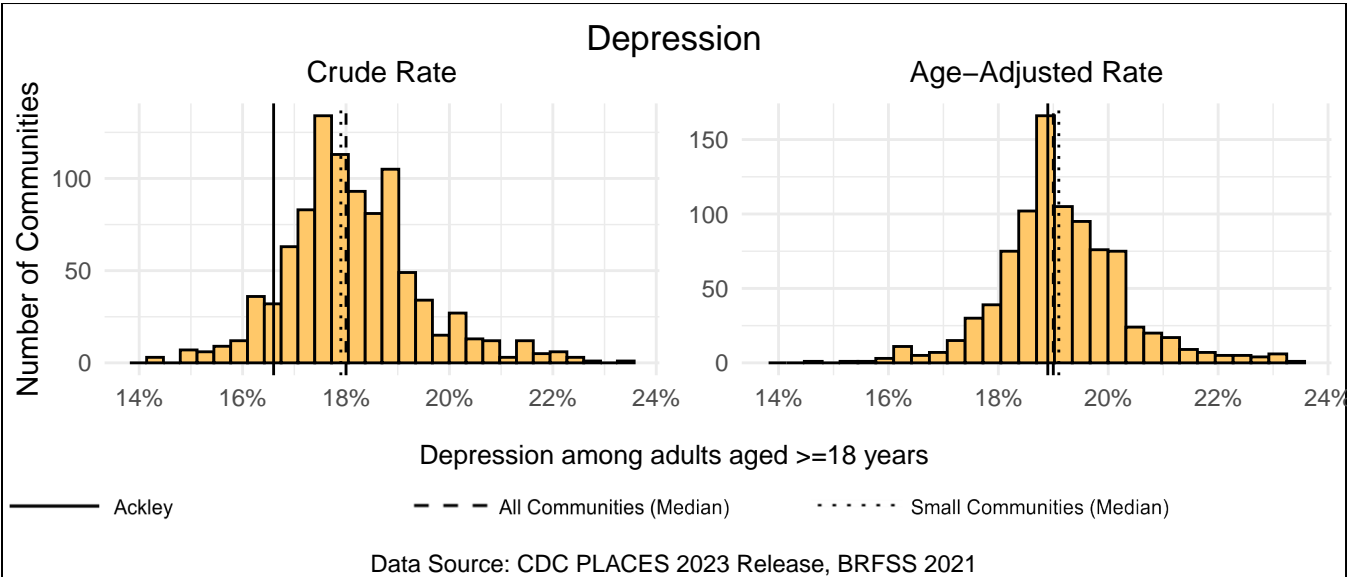
Measure Type	Ackley	All Comm.	Small Comm.
Crude	8.2%	7.4%	7.4%
Age-Adjusted	6.0%	6.2%	6.1%



# Depression

Ackley has a crude rate of 16.6% for depression among adults aged  $\geq 18$  years, which ranks 82nd out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Ackley is 18.9%, which ranks 368th out of 905 Iowa communities (56th out of 138 small communities).

Measure Type	Ackley	All Comm.	Small Comm.
Crude	16.6%	18.0%	17.9%
Age-Adjusted	18.9%	19.0%	19.1%

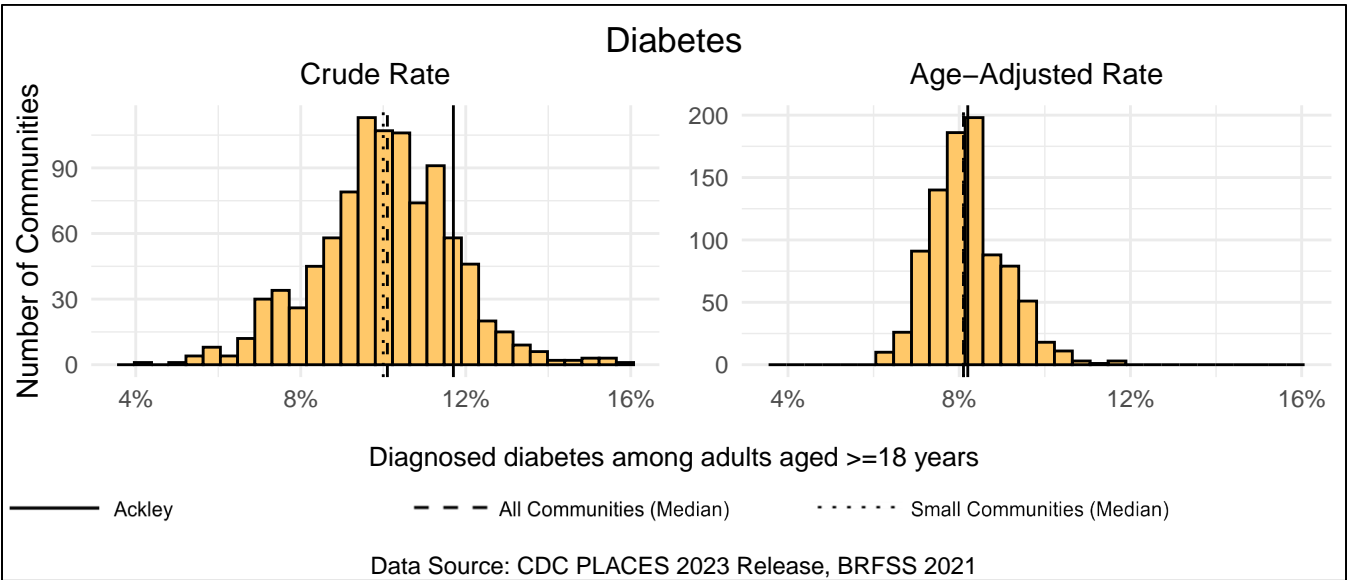




# Diabetes

Ackley has a crude rate of 11.7% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 822nd out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Ackley is 8.2%, which ranks 454th out of 905 Iowa communities (78th out of 138 small communities).

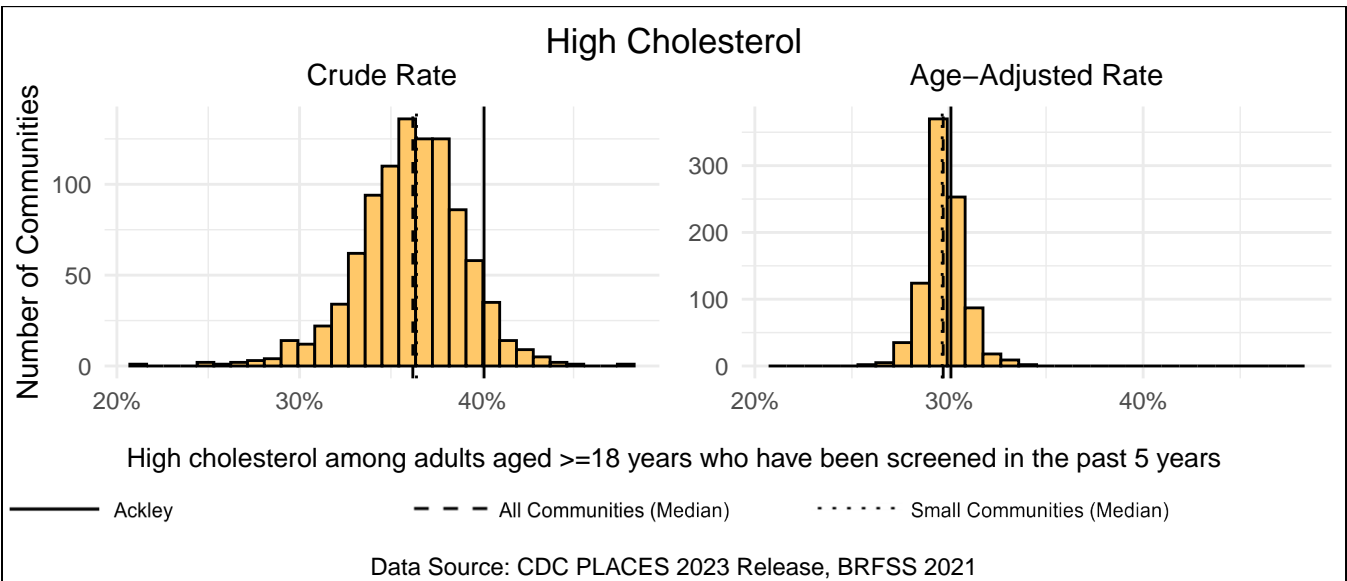
Measure Type	Ackley	All Comm.	Small Comm.
Crude	11.7%	10.1%	10.0%
Age-Adjusted	8.2%	8.1%	8.1%



# High Cholesterol

Ackley has a crude rate of 40.1% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 892nd out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Ackley is 30.1%, which ranks 565th out of 905 Iowa communities (89th out of 138 small communities).

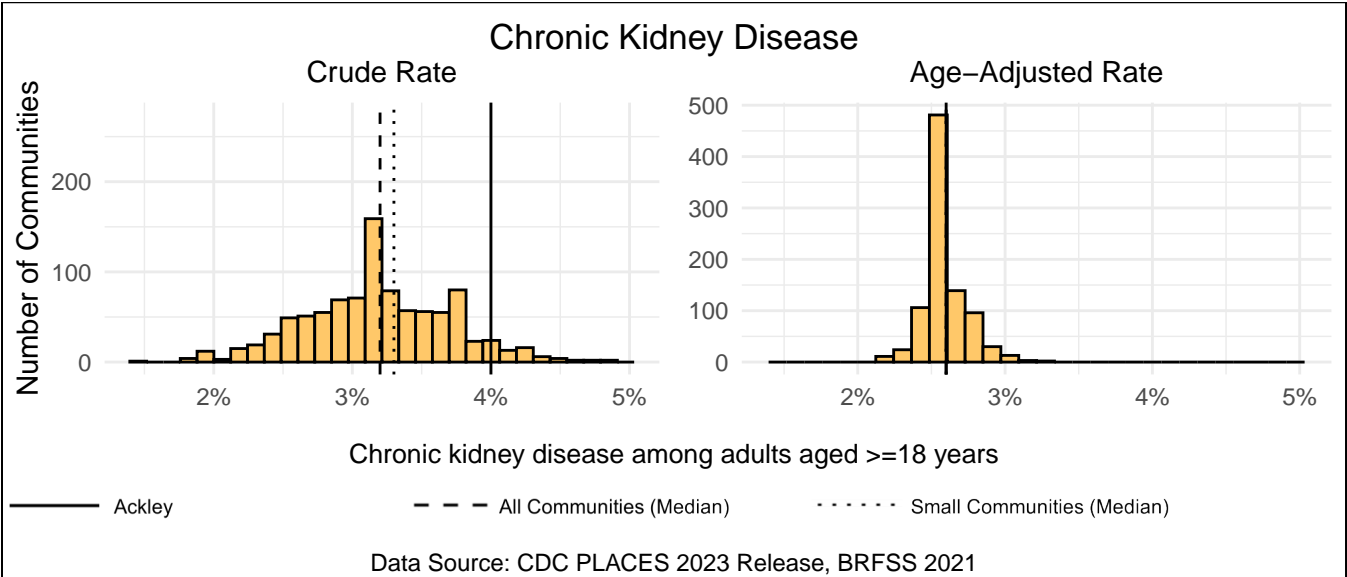
Measure Type	Ackley	All Comm.	Small Comm.
Crude	40.1%	36.2%	36.4%
Age-Adjusted	30.1%	29.7%	29.6%



## Chronic Kidney Disease

Ackley has a crude rate of 4.0% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 890th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Ackley is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

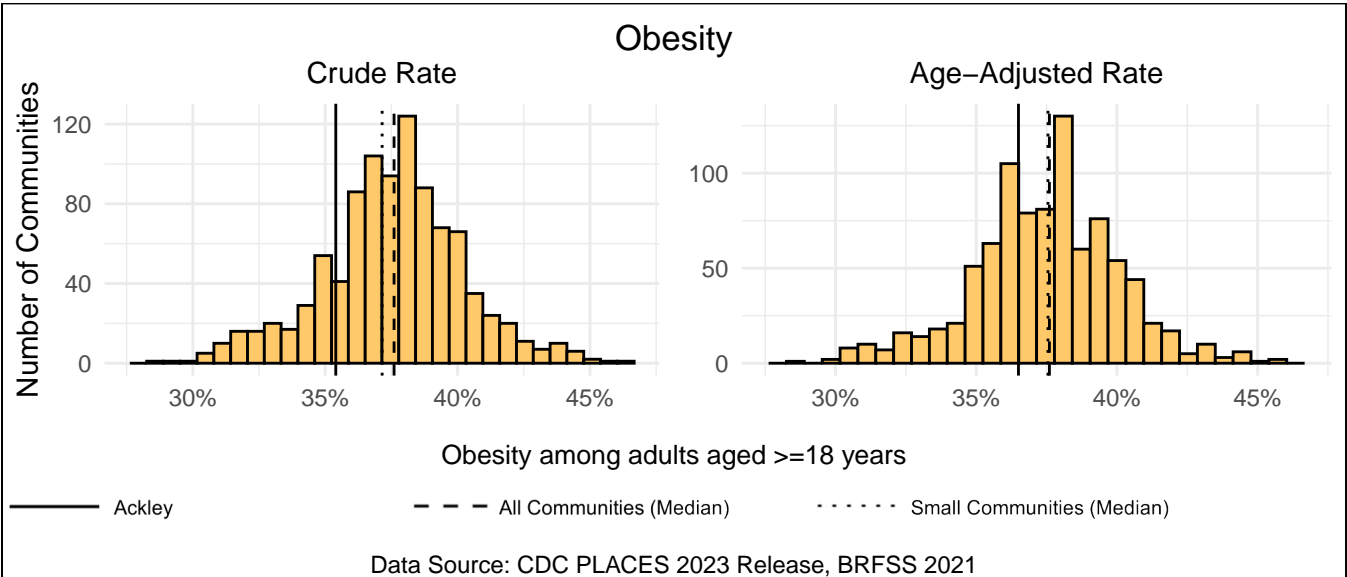
Measure Type	Ackley	All Comm.	Small Comm.
Crude	4.0%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



## Obesity

Ackley has a crude rate of 35.4% for obesity among adults aged  $\geq 18$  years, which ranks 178th out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Ackley is 36.5%, which ranks 302nd out of 905 Iowa communities (45th out of 138 small communities).

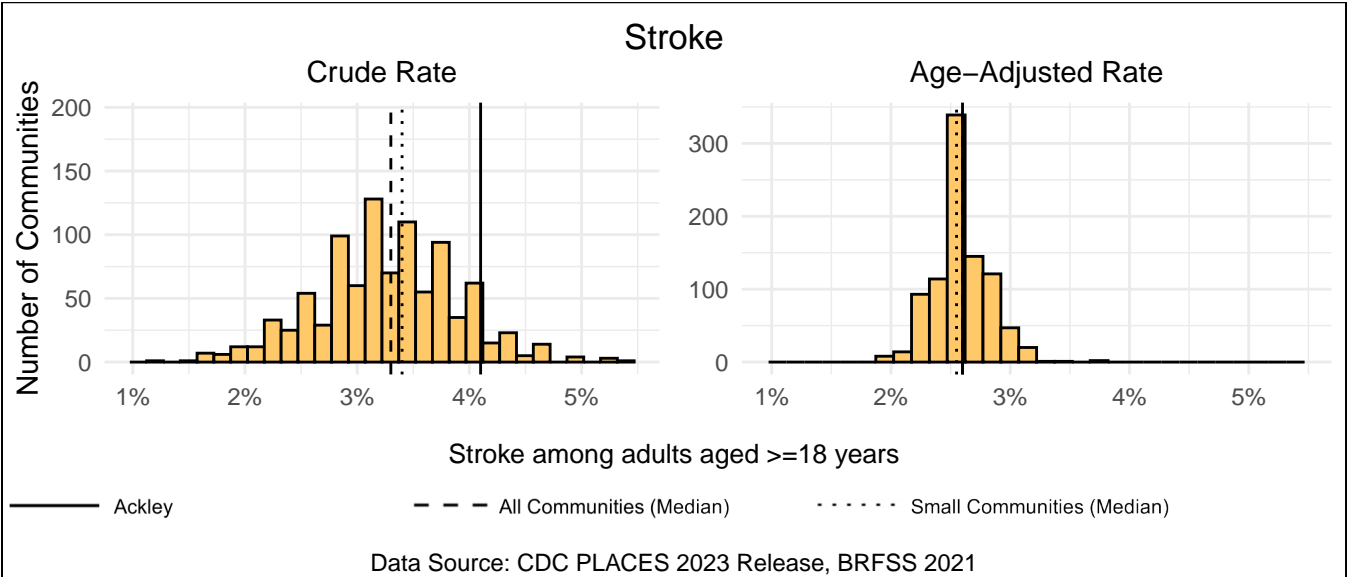
Measure Type	Ackley	All Comm.	Small Comm.
Crude	35.4%	37.6%	37.2%
Age-Adjusted	36.5%	37.6%	37.5%



# Stroke

Ackley has a crude rate of 4.1% for stroke among adults aged  $\geq 18$  years, which ranks 867th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Ackley is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

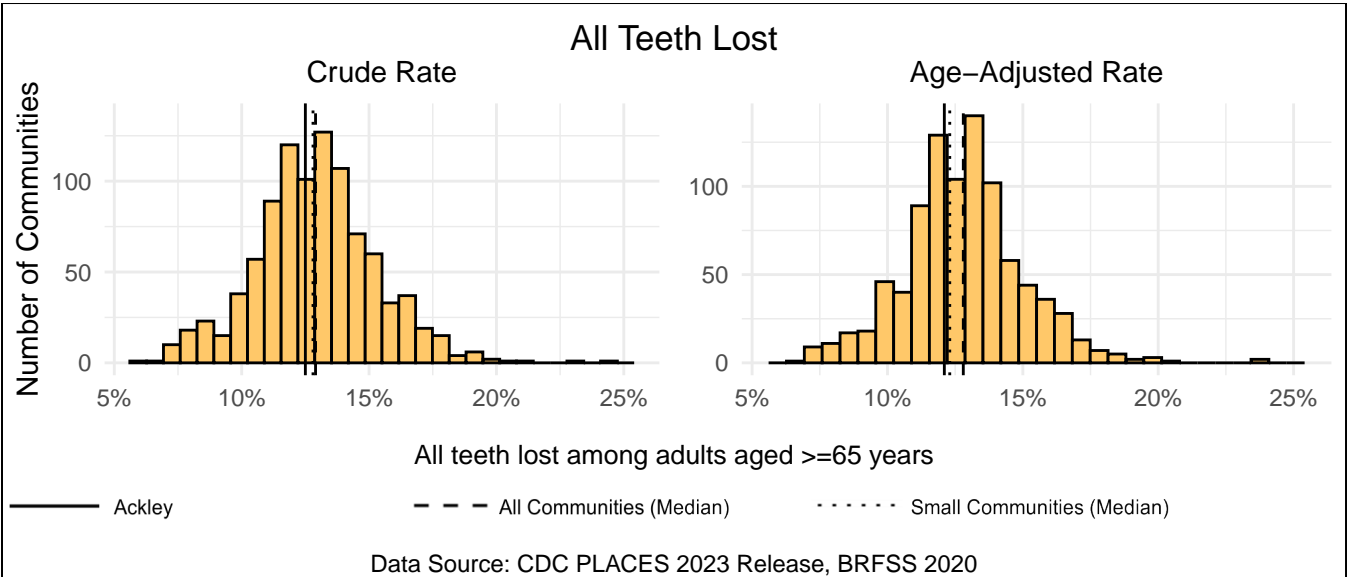
Measure Type	Ackley	All Comm.	Small Comm.
Crude	4.1%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Ackley has a crude rate of 12.5% for all teeth lost among adults aged  $\geq 65$  years, which ranks 396th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Ackley is 12.1%, which ranks 314th out of 905 Iowa communities (60th out of 138 small communities).

Measure Type	Ackley	All Comm.	Small Comm.
Crude	12.5%	12.9%	12.8%
Age-Adjusted	12.1%	12.8%	12.3%



# Prevention

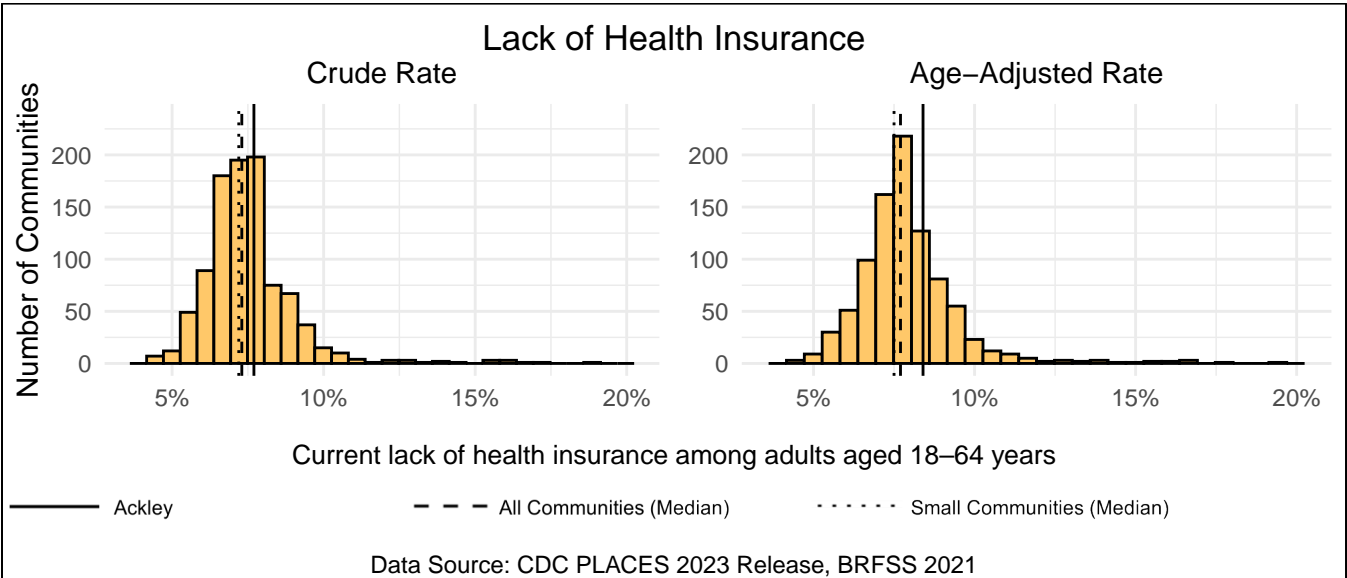
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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 community. The link below includes more information about each variable.

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

## Lack of Health Insurance

Ackley has a crude rate of 7.7% for current lack of health insurance among adults aged 18–64 years, which ranks 598th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Ackley is 8.4%, which ranks 658th out of 905 Iowa communities (116th out of 138 small communities).

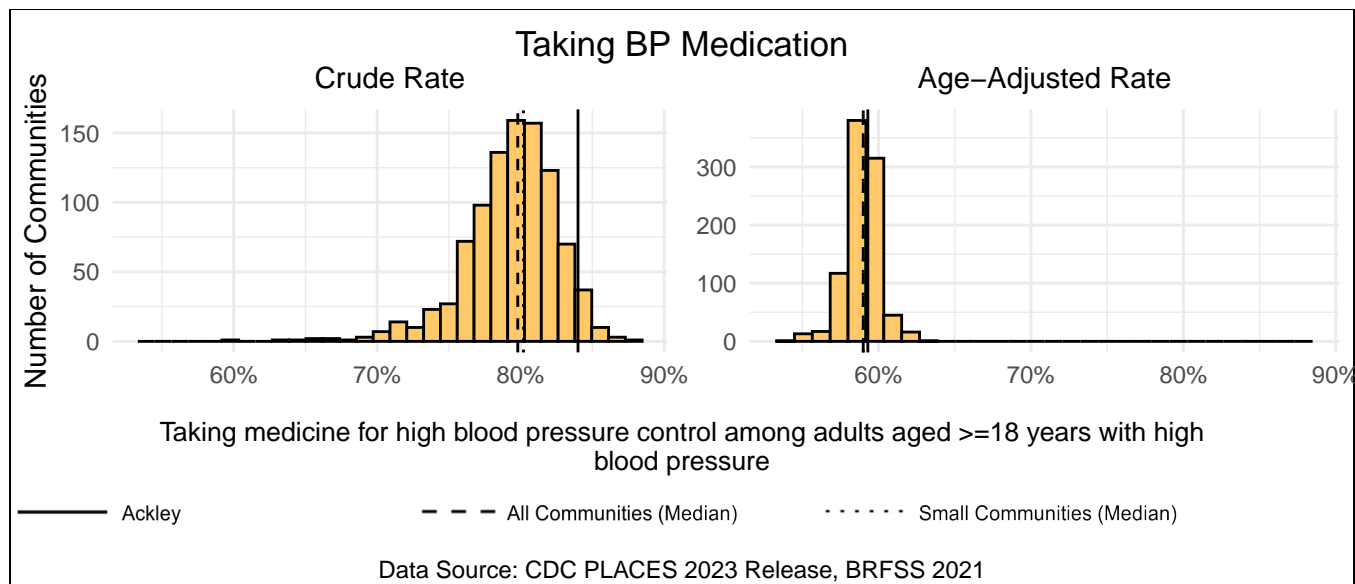
Measure Type	Ackley	All Comm.	Small Comm.
Crude	7.7%	7.3%	7.2%
Age-Adjusted	8.4%	7.7%	7.5%



## Taking BP Medication

Ackley has a crude rate of 84.0% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 39th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Ackley is 59.3%, which ranks 298th out of 905 Iowa communities (47th out of 138 small communities).

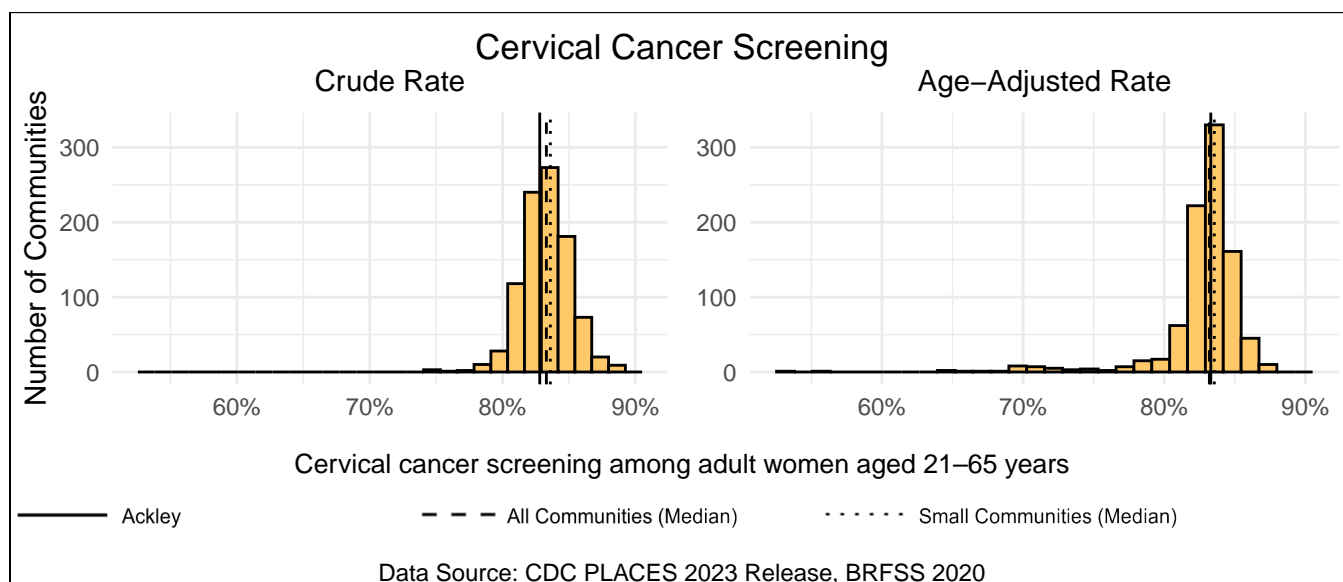
Measure Type	Ackley	All Comm.	Small Comm.
Crude	84.0%	79.8%	80.2%
Age-Adjusted	59.3%	59.0%	59.0%



## Cervical Cancer Screening

Ackley has a crude rate of 82.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 591st out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Ackley is 83.3%, which ranks 402nd out of 905 Iowa communities (77th out of 138 small communities).

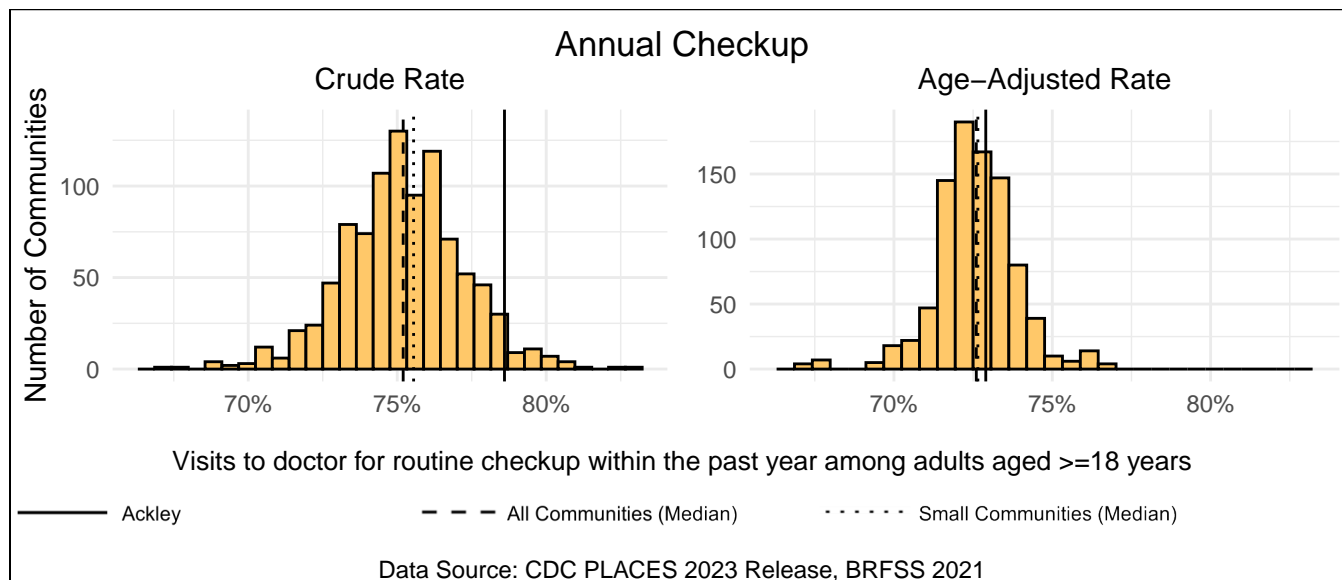
Measure Type	Ackley	All Comm.	Small Comm.
Crude	82.8%	83.3%	83.6%
Age-Adjusted	83.3%	83.2%	83.5%



## Annual Checkup

Ackley has a crude rate of 78.6% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 40th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Ackley is 72.9%, which ranks 333rd out of 905 Iowa communities (52nd out of 138 small communities).

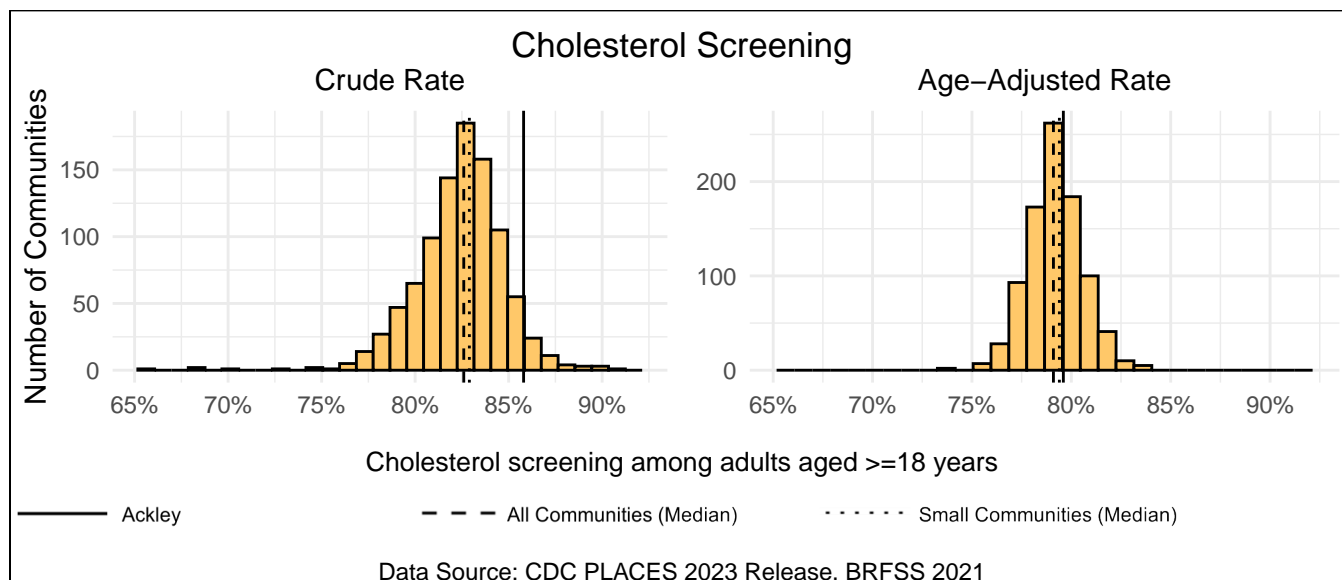
Measure Type	Ackley	All Comm.	Small Comm.
Crude	78.6%	75.2%	75.5%
Age-Adjusted	72.9%	72.6%	72.6%



## Cholesterol Screening

Ackley has a crude rate of 85.8% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 47th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Ackley is 79.6%, which ranks 318th out of 905 Iowa communities (59th out of 138 small communities).

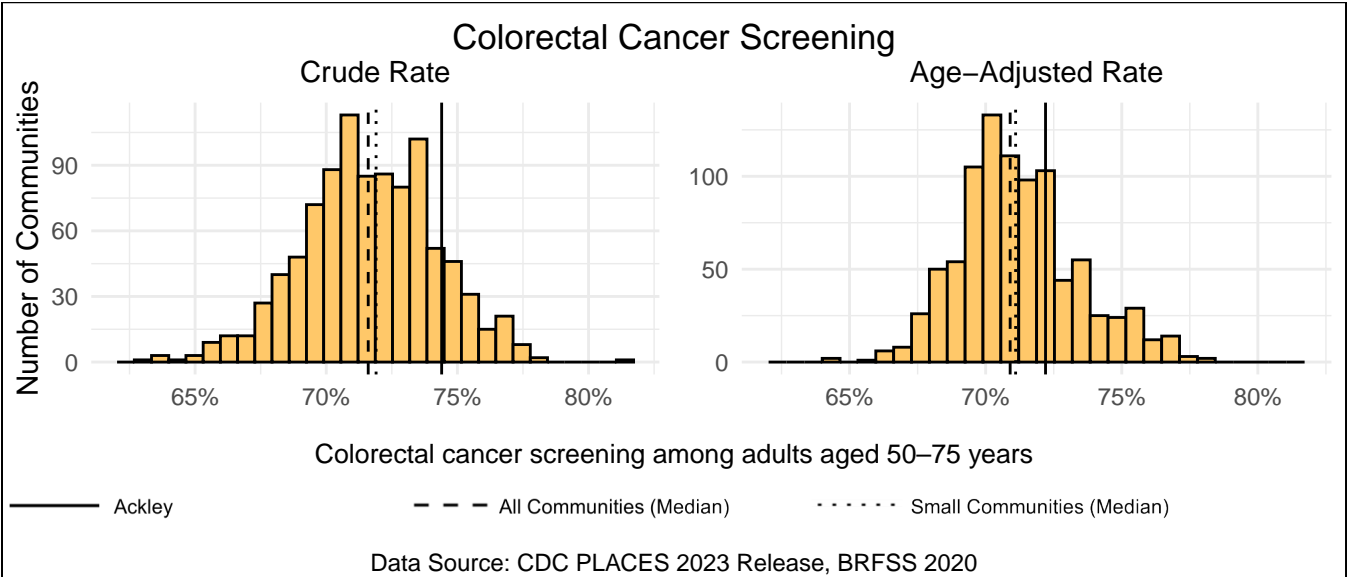
Measure Type	Ackley	All Comm.	Small Comm.
Crude	85.8%	82.6%	82.9%
Age-Adjusted	79.6%	79.1%	79.4%



## Colorectal Cancer Screening

Ackley has a crude rate of 74.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 125th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Ackley is 72.2%, which ranks 250th out of 905 Iowa communities (46th out of 138 small communities).

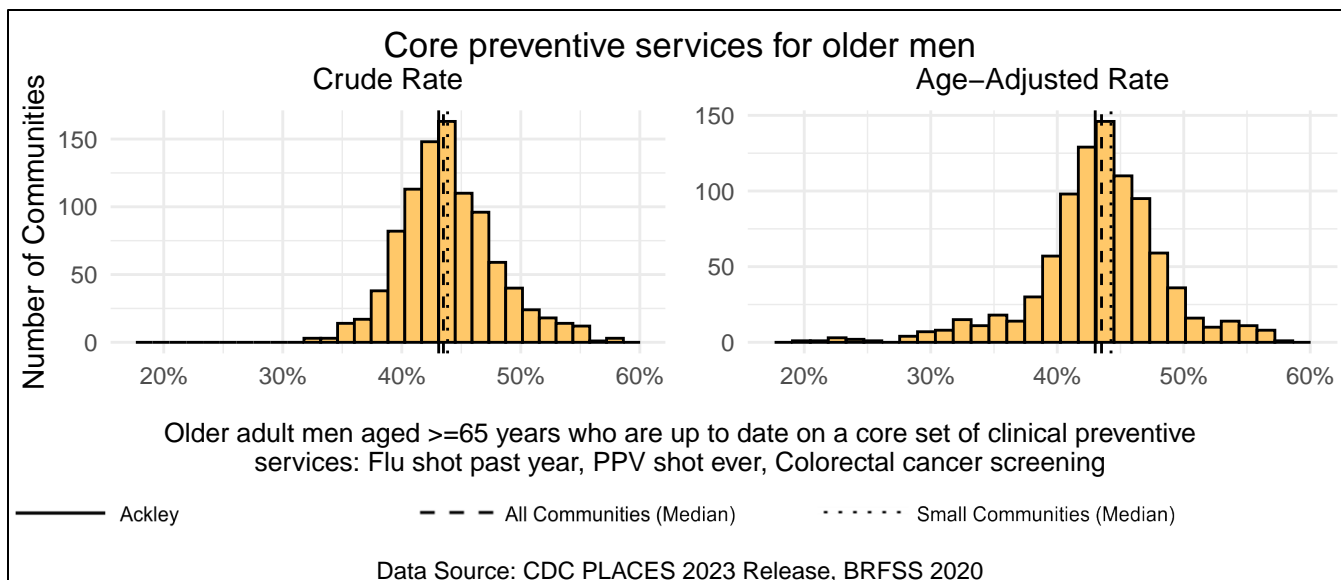
Measure Type	Ackley	All Comm.	Small Comm.
Crude	74.4%	71.6%	71.9%
Age-Adjusted	72.2%	70.9%	71.1%



## Core preventive services for older men

Ackley has a crude rate of 43.1% 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 530th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Ackley is 43.0%, which ranks 507th out of 905 Iowa communities (95th out of 138 small communities).

Measure Type	Ackley	All Comm.	Small Comm.
Crude	43.1%	43.5%	43.8%
Age-Adjusted	43.0%	43.5%	44.2%

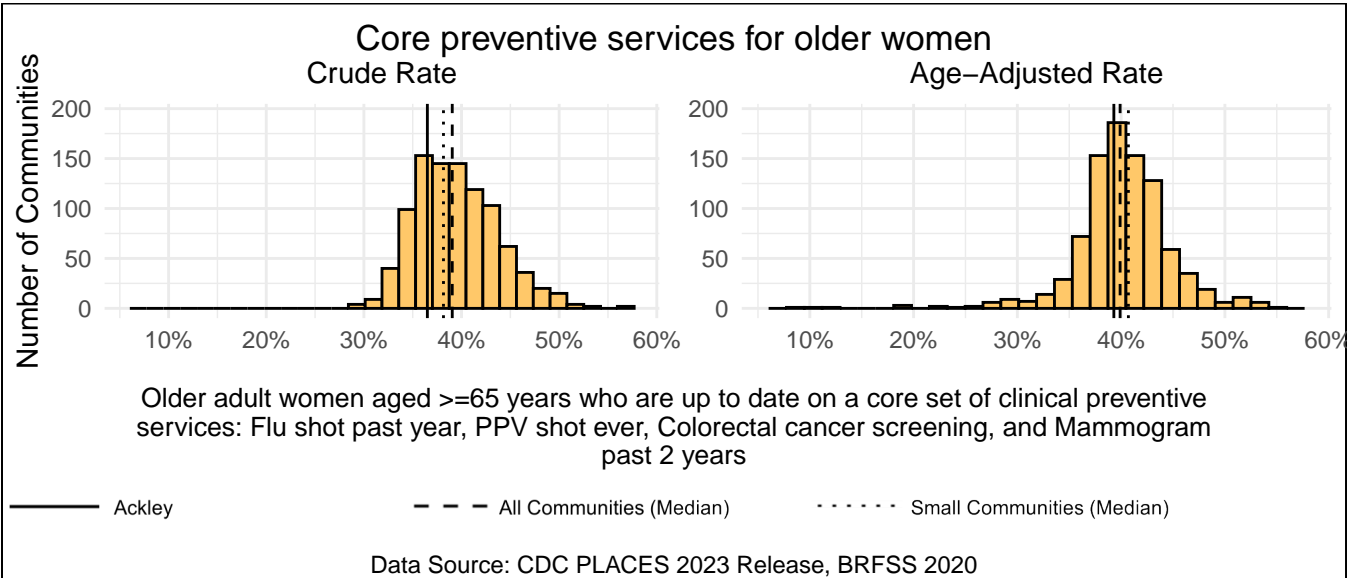




### Core preventive services for older women

Ackley has a crude rate of 36.5% 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 704th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Ackley is 39.3%, which ranks 534th out of 905 Iowa communities (92nd out of 138 small communities).

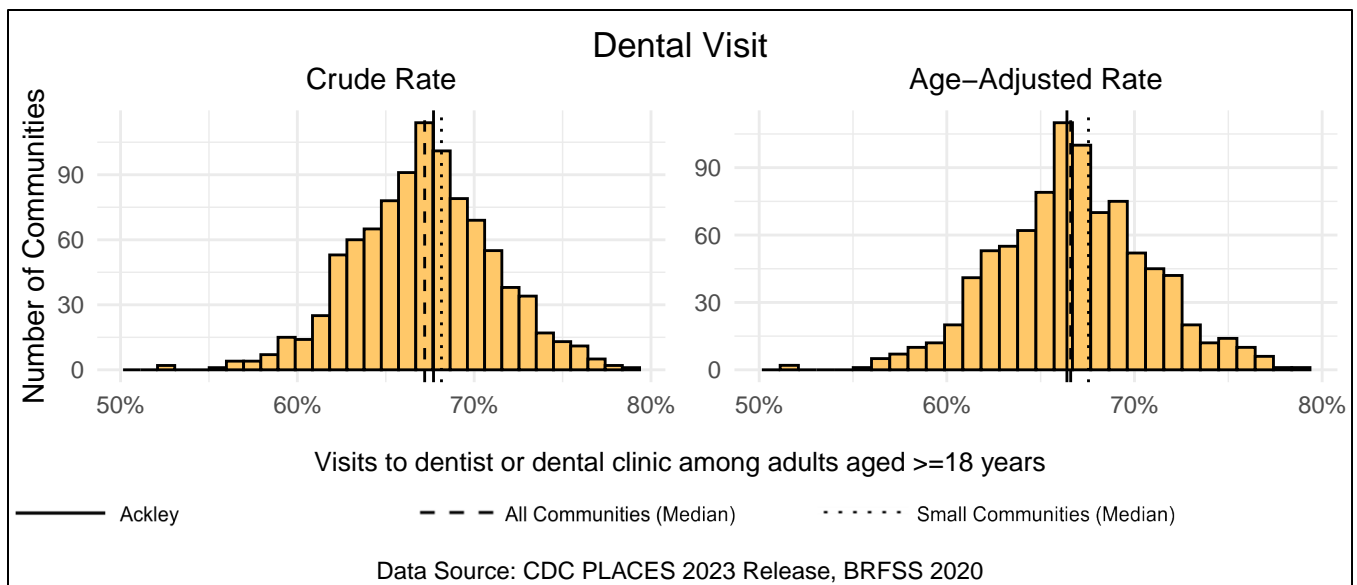
Measure Type	Ackley	All Comm.	Small Comm.
Crude	36.5%	39.0%	38.2%
Age-Adjusted	39.3%	39.9%	40.7%



### Dental Visit

Ackley has a crude rate of 67.7% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 416th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Ackley is 66.4%, which ranks 475th out of 905 Iowa communities (85th out of 138 small communities).

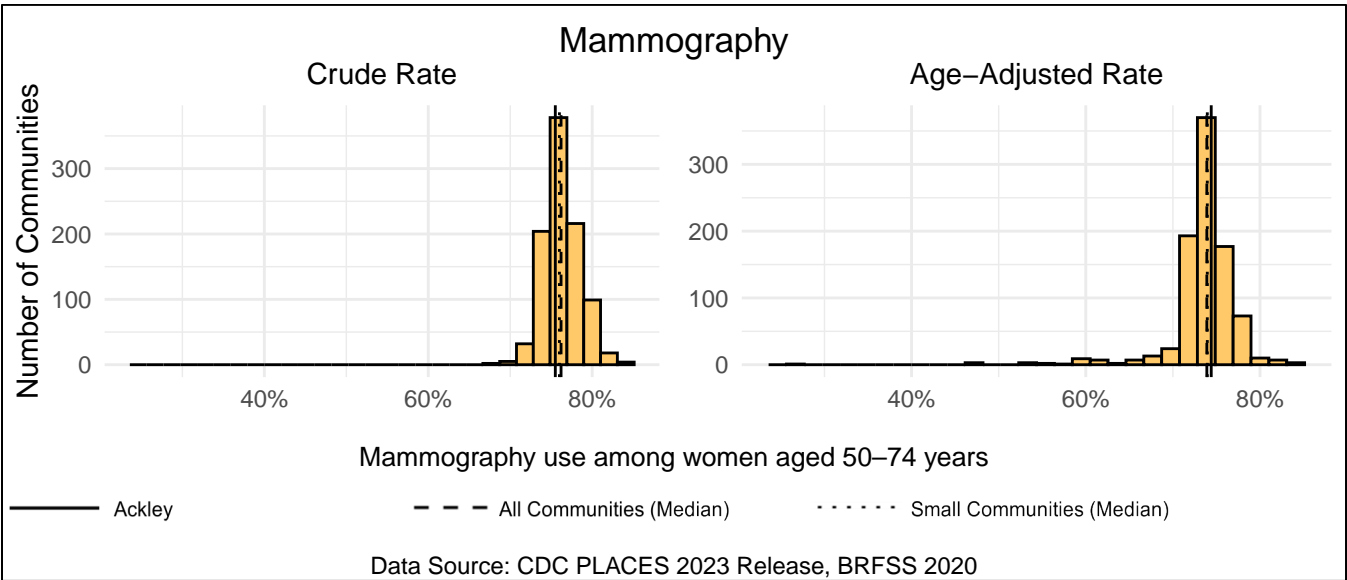
Measure Type	Ackley	All Comm.	Small Comm.
Crude	67.7%	67.2%	68.2%
Age-Adjusted	66.4%	66.6%	67.5%



# Mammography

Ackley has a crude rate of 75.5% for mammography use among women aged 50–74 years, which ranks 603rd out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Ackley is 74.4%, which ranks 338th out of 905 Iowa communities (57th out of 138 small communities).

Measure Type	Ackley	All Comm.	Small Comm.
Crude	75.5%	76.2%	76.0%
Age-Adjusted	74.4%	73.9%	74.0%



# Disability

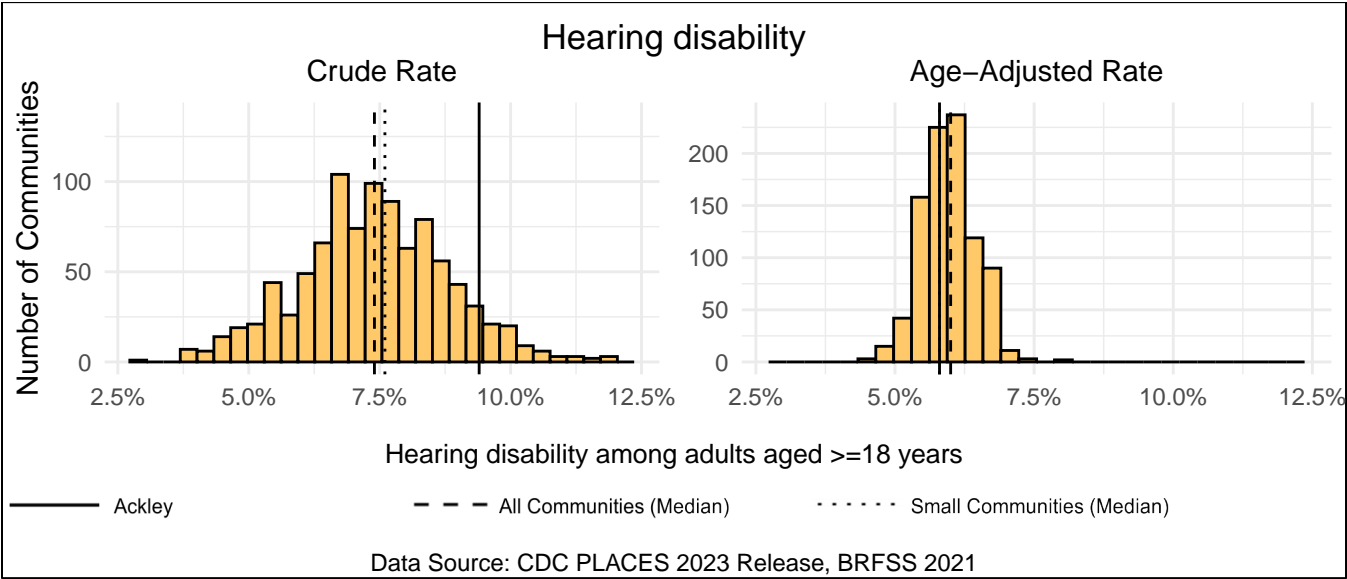
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Ackley has a crude rate of 9.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 880th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Ackley is 5.8%, which ranks 287th out of 905 Iowa communities (63rd out of 138 small communities).

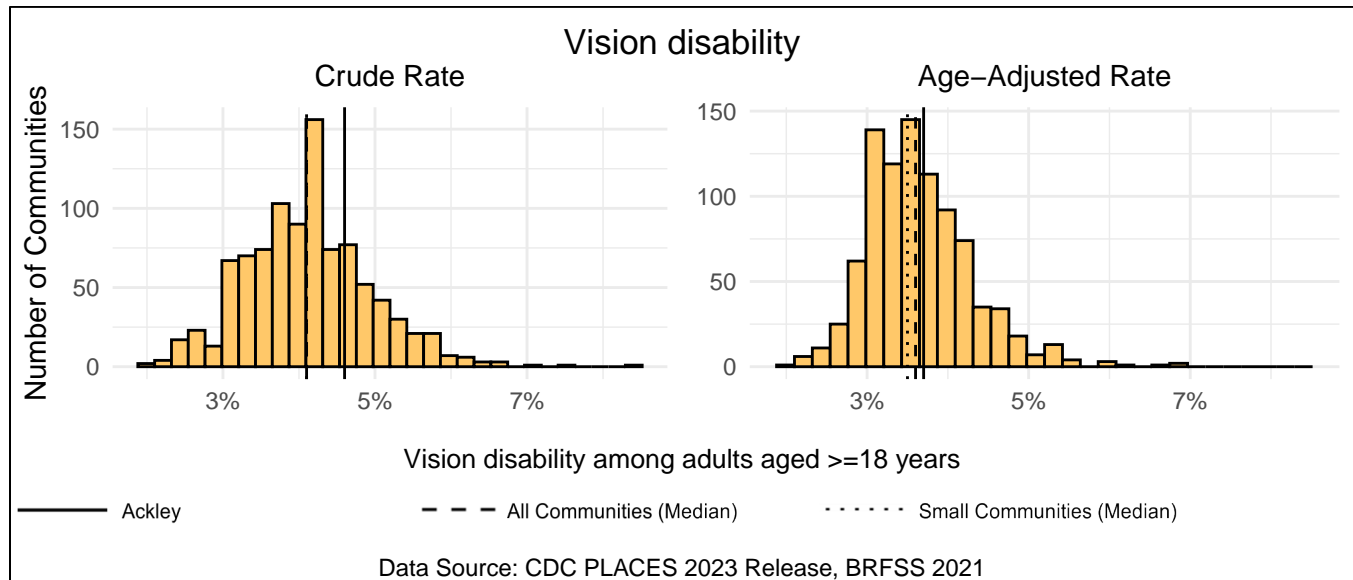
Measure Type	Ackley	All Comm.	Small Comm.
Crude	9.4%	7.4%	7.6%
Age-Adjusted	5.8%	6.0%	5.8%



## Vision disability

Ackley has a crude rate of 4.6% for vision disability among adults aged  $\geq 18$  years, which ranks 694th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Ackley is 3.7%, which ranks 509th out of 905 Iowa communities (83rd out of 138 small communities).

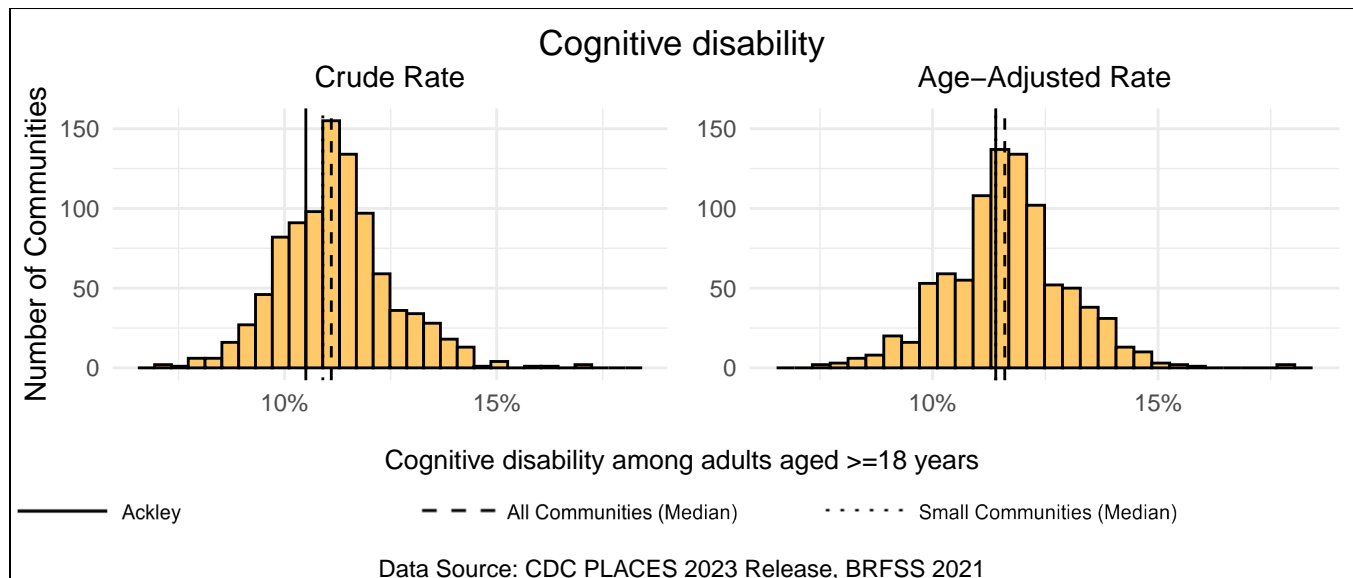
Measure Type	Ackley	All Comm.	Small Comm.
Crude	4.6%	4.1%	4.1%
Age-Adjusted	3.7%	3.6%	3.5%



## Cognitive disability

Ackley has a crude rate of 10.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 253rd out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Ackley is 11.4%, which ranks 359th out of 905 Iowa communities (65th out of 138 small communities).

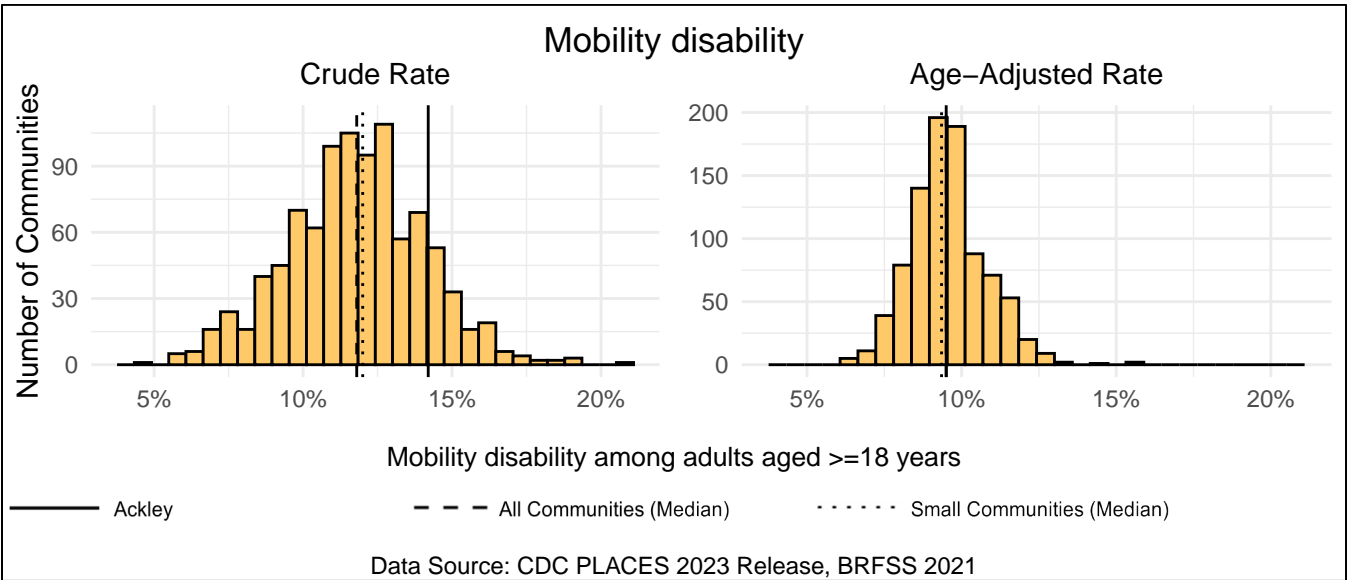
Measure Type	Ackley	All Comm.	Small Comm.
Crude	10.5%	11.1%	10.9%
Age-Adjusted	11.4%	11.6%	11.4%



# Mobility disability

Ackley has a crude rate of 14.2% for mobility disability among adults aged  $\geq 18$  years, which ranks 820th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Ackley is 9.5%, which ranks 426th out of 905 Iowa communities (72nd out of 138 small communities).

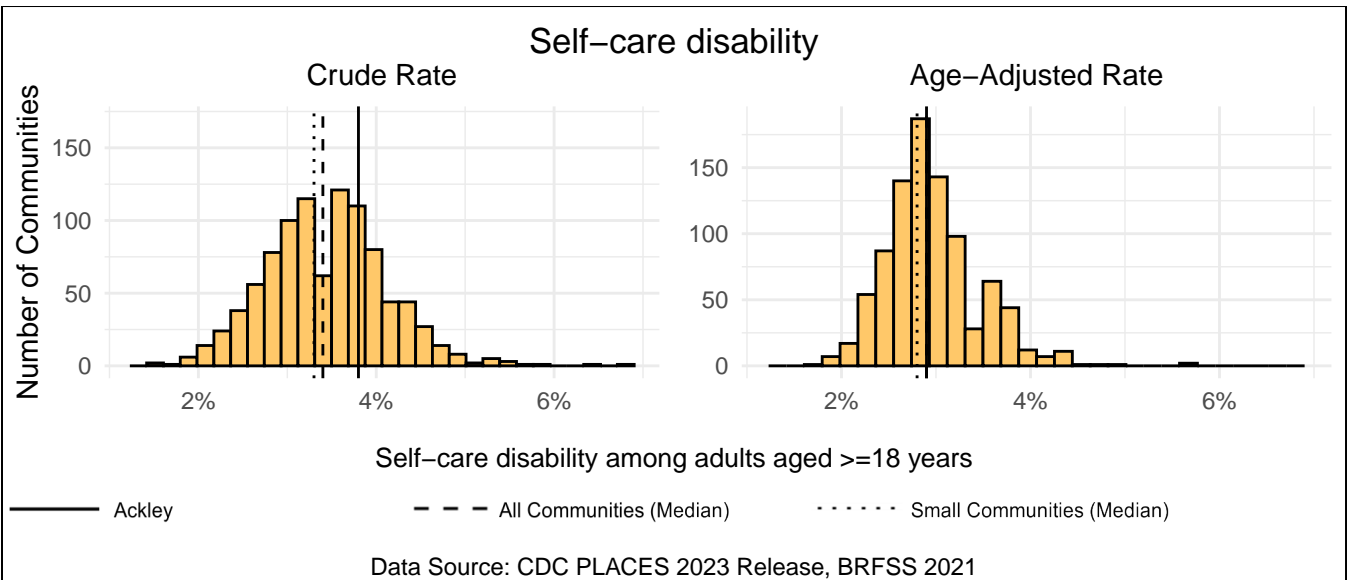
Measure Type	Ackley	All Comm.	Small Comm.
Crude	14.2%	11.8%	12.0%
Age-Adjusted	9.5%	9.5%	9.4%



# Self-care disability

Ackley has a crude rate of 3.8% for self-care disability among adults aged  $\geq 18$  years, which ranks 676th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Ackley is 2.9%, which ranks 397th out of 905 Iowa communities (72nd out of 138 small communities).

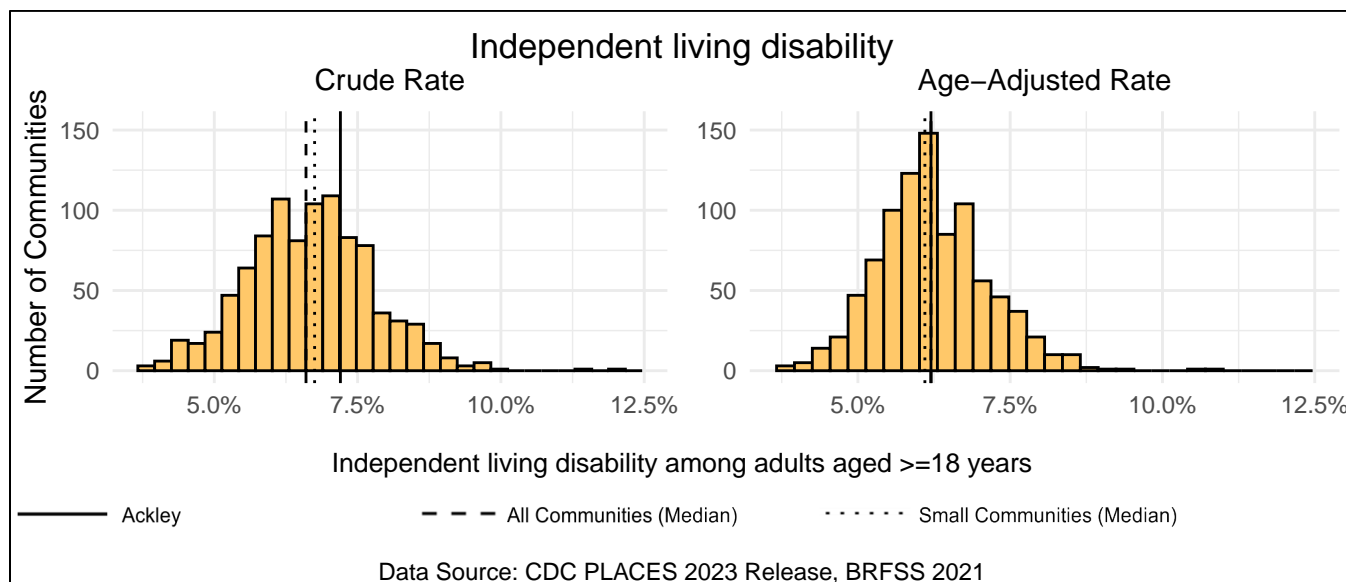
Measure Type	Ackley	All Comm.	Small Comm.
Crude	3.8%	3.4%	3.3%
Age-Adjusted	2.9%	2.9%	2.8%



## Independent living disability

Ackley has a crude rate of 7.2% for independent living disability among adults aged  $\geq 18$  years, which ranks 666th out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Ackley is 6.2%, which ranks 438th out of 905 Iowa communities (75th out of 138 small communities).

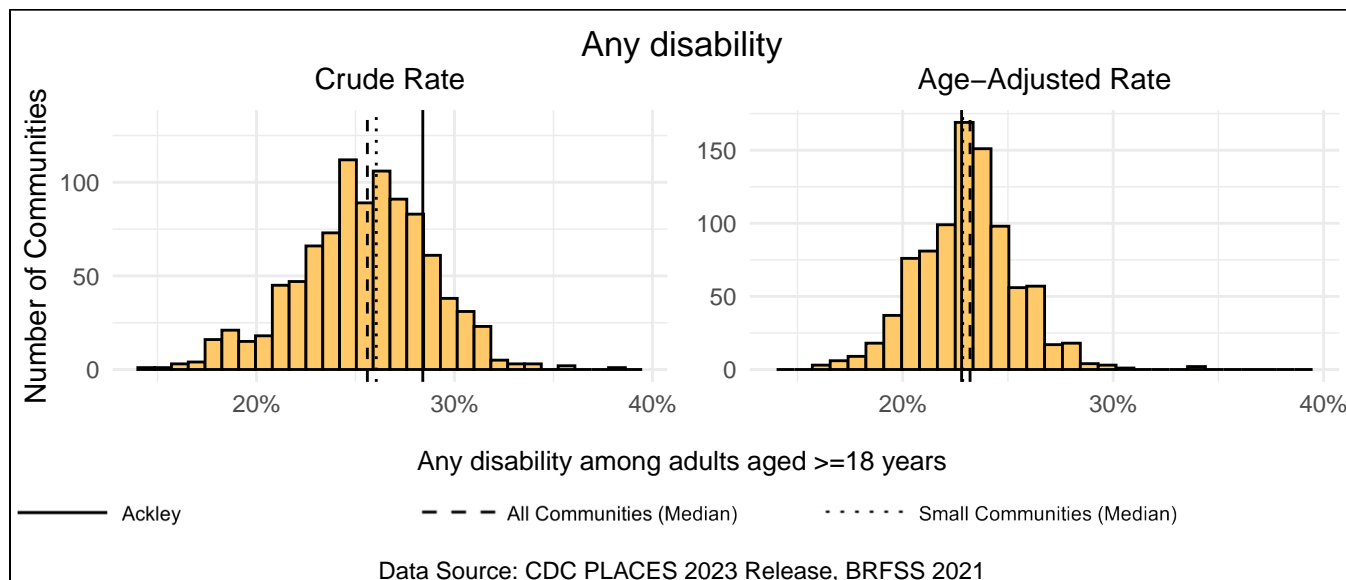
Measure Type	Ackley	All Comm.	Small Comm.
Crude	7.2%	6.6%	6.8%
Age-Adjusted	6.2%	6.2%	6.1%



## Any disability

Ackley has a crude rate of 28.4% for any disability among adults aged  $\geq 18$  years, which ranks 782nd out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Ackley is 22.8%, which ranks 371st out of 905 Iowa communities (63rd out of 138 small communities).

Measure Type	Ackley	All Comm.	Small Comm.
Crude	28.4%	25.6%	26.0%
Age-Adjusted	22.8%	23.2%	22.8%



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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: Ackley 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	660	15.3% (12.4% - 18.3%)	438	12.7% (10.5% - 15.0%)
Health Status	Mental Health	57	12.8% (11.1% - 14.8%)	370	15.4% (13.2% - 17.6%)
Health Status	Physical Health	656	11.4% (9.7% - 13.3%)	377	9.6% (8.2% - 11.1%)
Health Risk Behaviors	Current Smoking	117	14.5% (11.5% - 17.7%)	241	16.5% (12.8% - 19.9%)
Health Risk Behaviors	Binge Drinking	33	16.1% (13.3% - 19.2%)	249	21.4% (17.9% - 25.3%)
Health Risk Behaviors	Sleep <7 hours	147	28.5% (26.9% - 30.0%)	330	30.6% (29.0% - 32.2%)
Health Risk Behaviors	Physical Inactivity	726	28.1% (23.1% - 33.6%)	504	24.7% (20.1% - 29.4%)
Health Outcomes	COPD	696	8.2% (6.5% - 10.0%)	305	6.0% (4.9% - 7.1%)
Health Outcomes	Obesity	178	35.4% (28.8% - 42.4%)	302	36.5% (29.7% - 43.5%)
Health Outcomes	Current Asthma	311	9.2% (8.1% - 10.4%)	513	9.6% (8.5% - 10.9%)
Health Outcomes	Chronic Kidney Disease	890	4.0% (3.6% - 4.5%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	All Teeth Lost	396	12.5% (7.7% - 18.7%)	314	12.1% (7.7% - 17.3%)
Health Outcomes	Diabetes	822	11.7% (9.8% - 13.7%)	454	8.2% (7.0% - 9.6%)
Health Outcomes	Stroke	867	4.1% (3.5% - 4.8%)	375	2.6% (2.2% - 2.9%)
Health Outcomes	Depression	82	16.6% (13.6% - 19.9%)	368	18.9% (15.7% - 22.6%)
Health Outcomes	Cancer (except skin)	920	10.4% (9.3% - 11.6%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	Arthritis	941	34.4% (29.8% - 38.9%)	803	24.6% (21.2% - 28.3%)
Health Outcomes	High Cholesterol	892	40.1% (35.5% - 45.0%)	565	30.1% (25.9% - 34.6%)
Health Outcomes	High Blood Pressure	860	36.6% (32.1% - 40.9%)	304	26.7% (23.3% - 30.3%)
Health Outcomes	Coronary Heart Disease	883	8.3% (7.1% - 9.6%)	324	4.9% (4.2% - 5.6%)
Prevention	Mammography	603	75.5% (71.4% - 79.5%)	338	74.4% (70.1% - 78.4%)
Prevention	Taking BP Medication	39	84.0% (81.2% - 86.5%)	298	59.3% (54.4% - 64.1%)
Prevention	Annual Checkup	40	78.6% (74.2% - 82.4%)	333	72.9% (67.8% - 77.7%)
Prevention	Core preventive services for older men	530	43.1% (35.0% - 52.0%)	507	43.0% (35.3% - 51.5%)
Prevention	Health Insurance	598	7.7% (6.0% - 9.7%)	658	8.4% (6.4% - 10.9%)
Prevention	Dental Visit	416	67.7% (63.9% - 71.2%)	475	66.4% (63.1% - 69.9%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	591	82.8% (80.2% - 85.2%)	402	83.3% (80.9% - 85.6%)
Prevention	Cholesterol Screening	47	85.8% (83.2% - 88.2%)	318	79.6% (76.1% - 82.9%)
Prevention	Colorectal Cancer Screening	125	74.4% (71.5% - 77.1%)	250	72.2% (69.1% - 75.1%)
Prevention	Core preventive services for older women	704	36.5% (29.3% - 44.1%)	534	39.3% (32.0% - 46.5%)
Disability	Self-care Disability	676	3.8% (3.2% - 4.5%)	397	2.9% (2.5% - 3.5%)
Disability	Cognitive Disability	253	10.5% (8.8% - 12.5%)	359	11.4% (9.6% - 13.4%)
Disability	Mobility Disability	820	14.2% (11.7% - 17.0%)	426	9.5% (8.0% - 11.2%)
Disability	Hearing Disability	880	9.4% (8.1% - 10.8%)	287	5.8% (5.1% - 6.6%)
Disability	Any Disability	782	28.4% (24.0% - 32.7%)	371	22.8% (19.3% - 26.5%)
Disability	Vision Disability	694	4.6% (3.8% - 5.6%)	509	3.7% (3.2% - 4.3%)
Disability	Independent Living Disability	666	7.2% (5.8% - 8.7%)	438	6.2% (5.2% - 7.2%)

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: Small Communities (1,000-2,499)

Ackley falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		