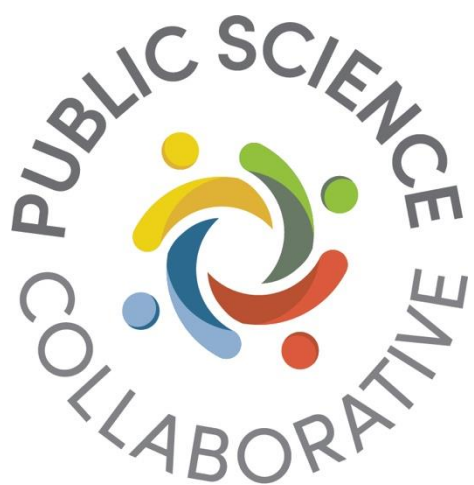




Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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 Adel: Overview

Dear Community Members & Stakeholders of Adel,

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 Adel ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Adel'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 Adel. 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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Sleep <7 hours	8th	2nd	Sleep <7 hours	6th	1st
Dental Visit	55th	15th	Chronic Kidney Disease	36th	9th
Health Insurance	69th	13th	Hearing Disability	41st	11th
Physical Inactivity	70th	17th	Stroke	49th	14th
Current Smoking	71st	16th	Current Smoking	49th	14th

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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	860th	88th	Arthritis	819th	88th
Taking BP Medication	834th	87th	Binge Drinking	792nd	88th
Annual Checkup	653rd	68th	Taking BP Medication	778th	88th
Depression	648th	63rd	High Cholesterol	501st	56th
Current Asthma	625th	63rd	Core preventive services for older women	419th	52nd

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 Adel.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

This project was supported by funding from Iowa State University’s Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University’s Presidential Strategic Initiative Plan 2022-2031.

How to Use this Report

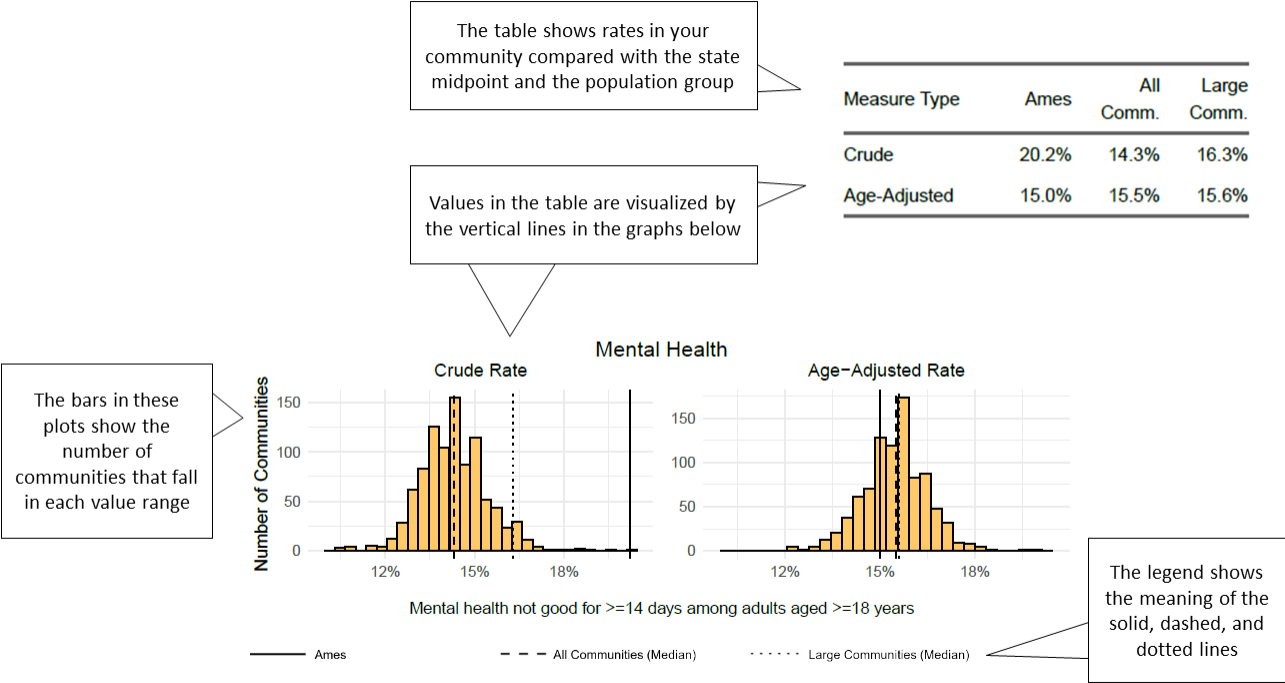
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Adel that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Adel, a review of risky behaviors in the community,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

With a population of 6,090, Adel’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized 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.



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames's unique age distribution, Ames's poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

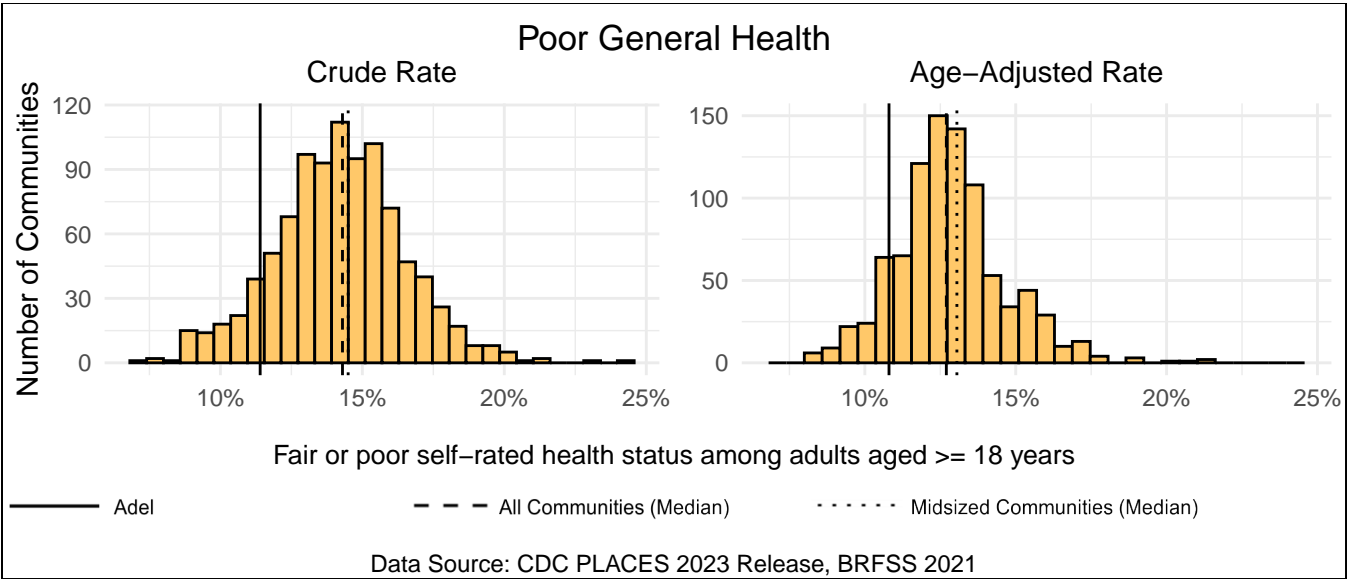
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Adel has a crude rate of 11.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 94th out of 958 Iowa communities (19th out of 102 mid-sized communities). The age-adjusted rate for Adel is 10.8%, which ranks 103rd out of 905 Iowa communities (20th out of 102 mid-sized communities).

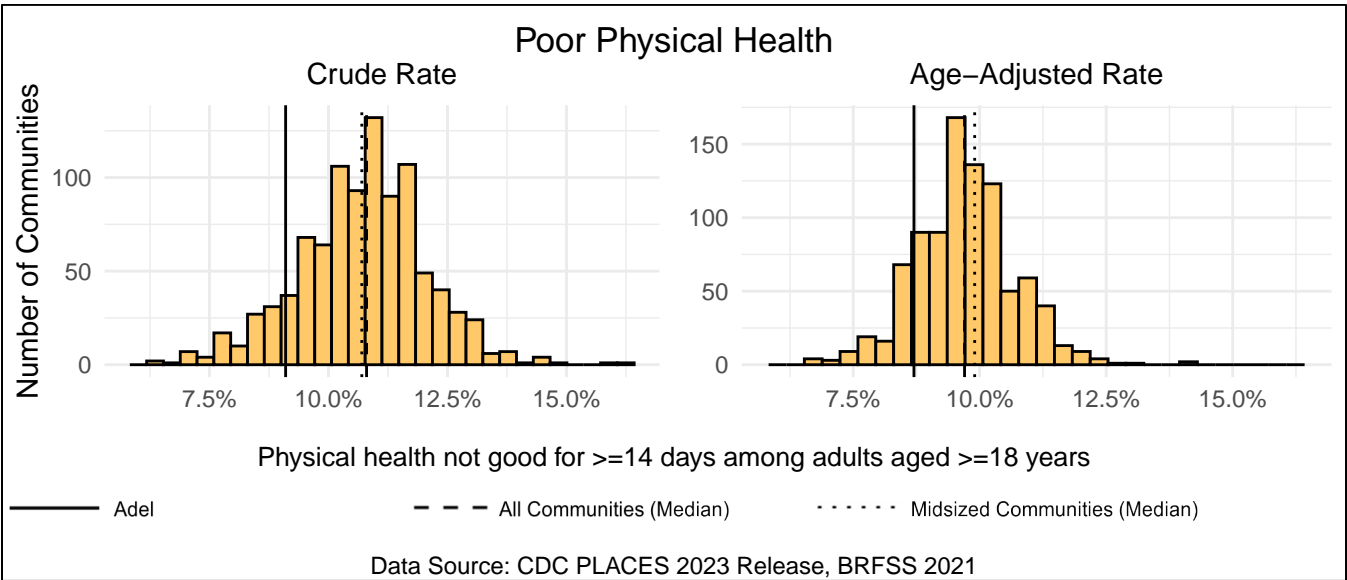
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	11.4%	14.3%	14.5%
Age-Adjusted	10.8%	12.7%	13.0%



Poor Physical Health

Adel has a crude rate of 9.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 100th out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for Adel is 8.7%, which ranks 120th out of 905 Iowa communities (23rd out of 102 mid-sized communities).

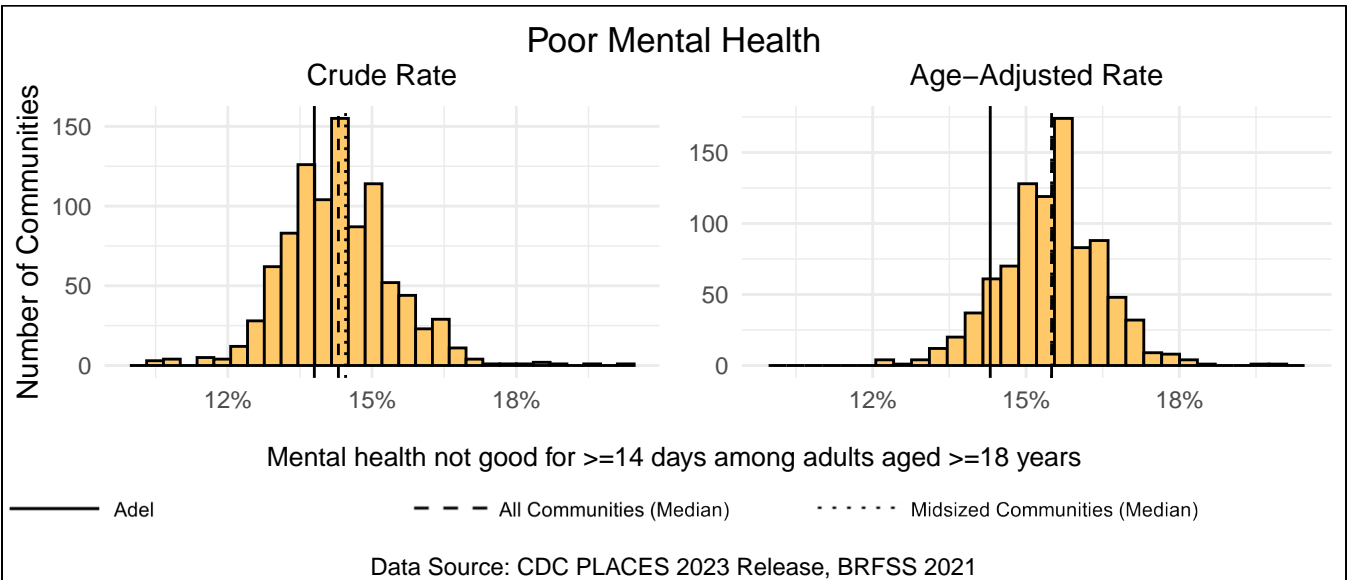
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	9.1%	10.8%	10.7%
Age-Adjusted	8.7%	9.7%	9.9%



Poor Mental Health

Adel has a crude rate of 13.8% for mental health not good for >=14 days among adults aged >=18 years, which ranks 291st out of 958 Iowa communities (23rd out of 102 mid-sized communities). The age-adjusted rate for Adel is 14.3%, which ranks 93rd out of 905 Iowa communities (17th out of 102 mid-sized communities).

Measure Type	Adel	All Comm.	Midsized Comm.
Crude	13.8%	14.3%	14.4%
Age-Adjusted	14.3%	15.5%	15.5%



Health Risk Behaviors

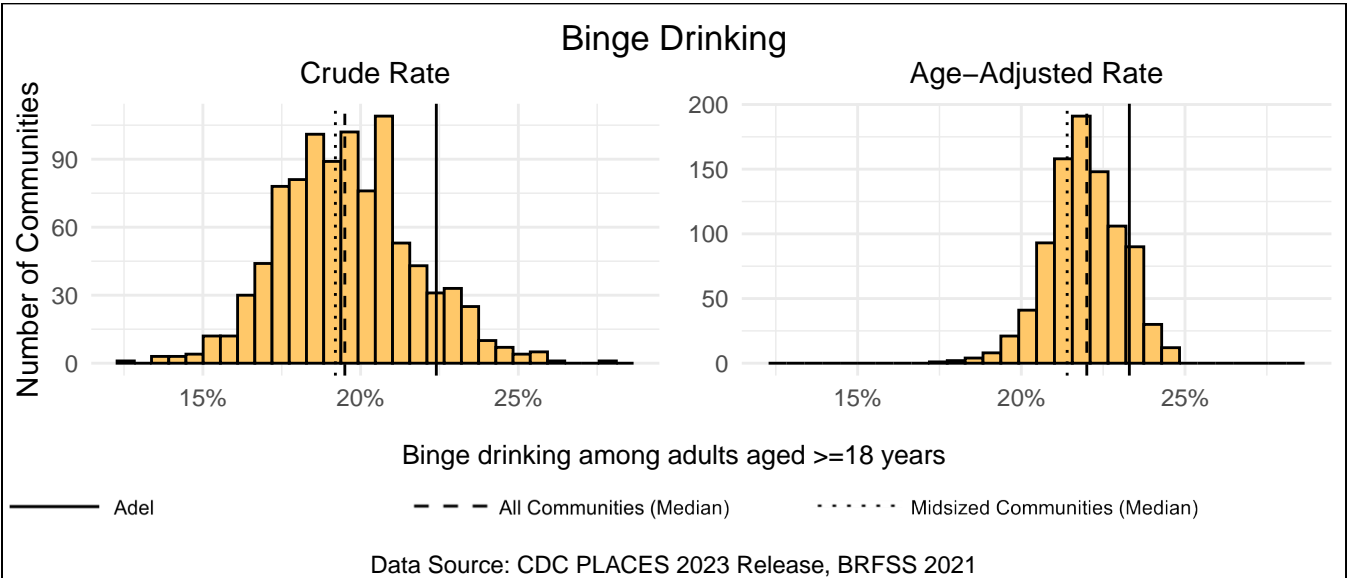
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

Binge Drinking

Adel has a crude rate of 22.4% for binge drinking among adults aged ≥ 18 years, which ranks 860th out of 958 Iowa communities (88th out of 102 midsize communities). The age-adjusted rate for Adel is 23.3%, which ranks 792nd out of 905 Iowa communities (88th out of 102 midsize communities).

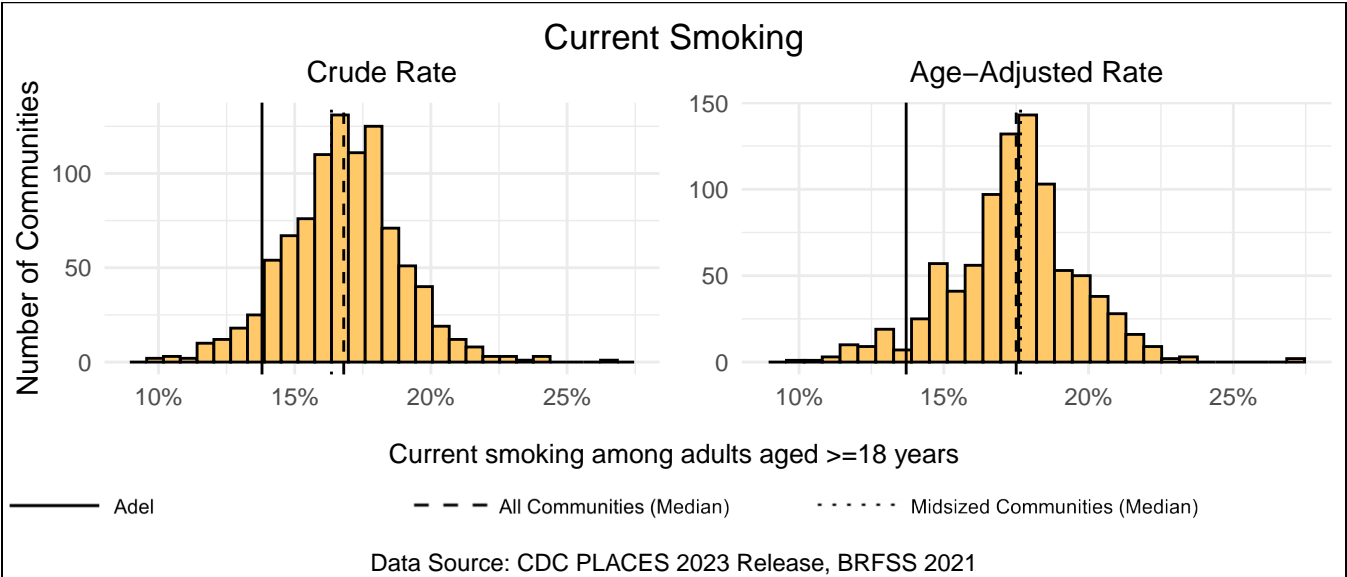
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	22.4%	19.5%	19.2%
Age-Adjusted	23.3%	22.0%	21.4%



Current Smoking

Adel has a crude rate of 13.8% for current smoking among adults aged >=18 years, which ranks 71st out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Adel is 13.7%, which ranks 49th out of 905 Iowa communities (14th out of 102 midsize communities).

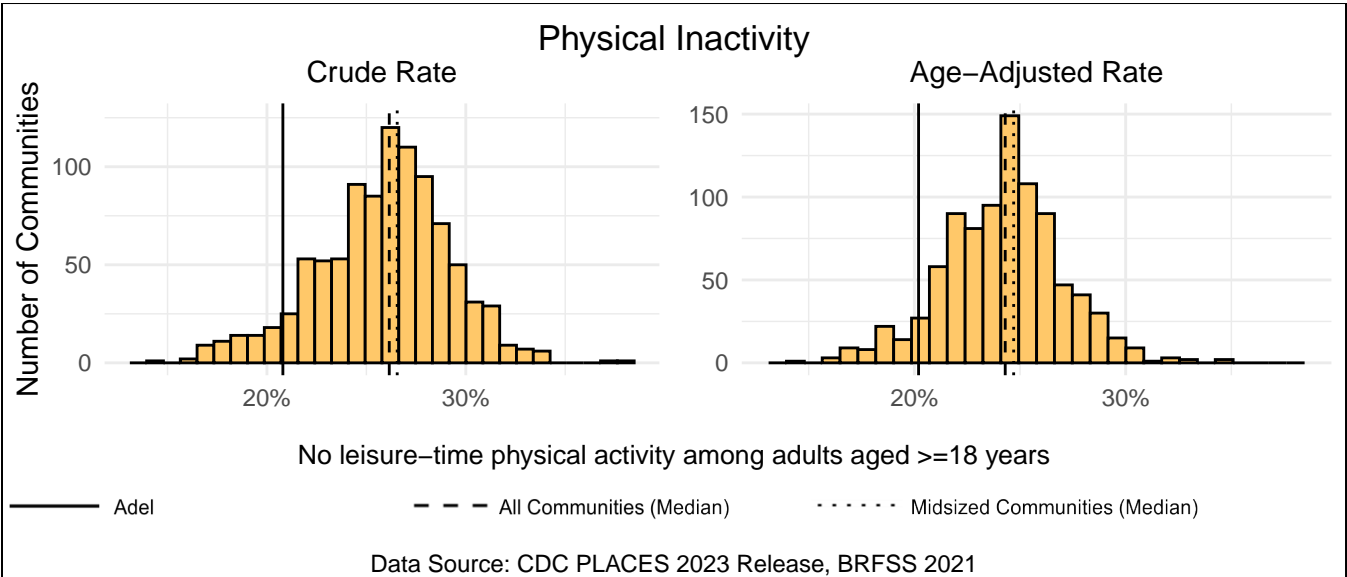
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	13.8%	16.8%	16.4%
Age-Adjusted	13.7%	17.5%	17.6%



Physical Inactivity

Adel has a crude rate of 20.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 70th out of 958 Iowa communities (17th out of 102 midsize communities). The age-adjusted rate for Adel is 20.2%, which ranks 61st out of 905 Iowa communities (15th out of 102 midsize communities).

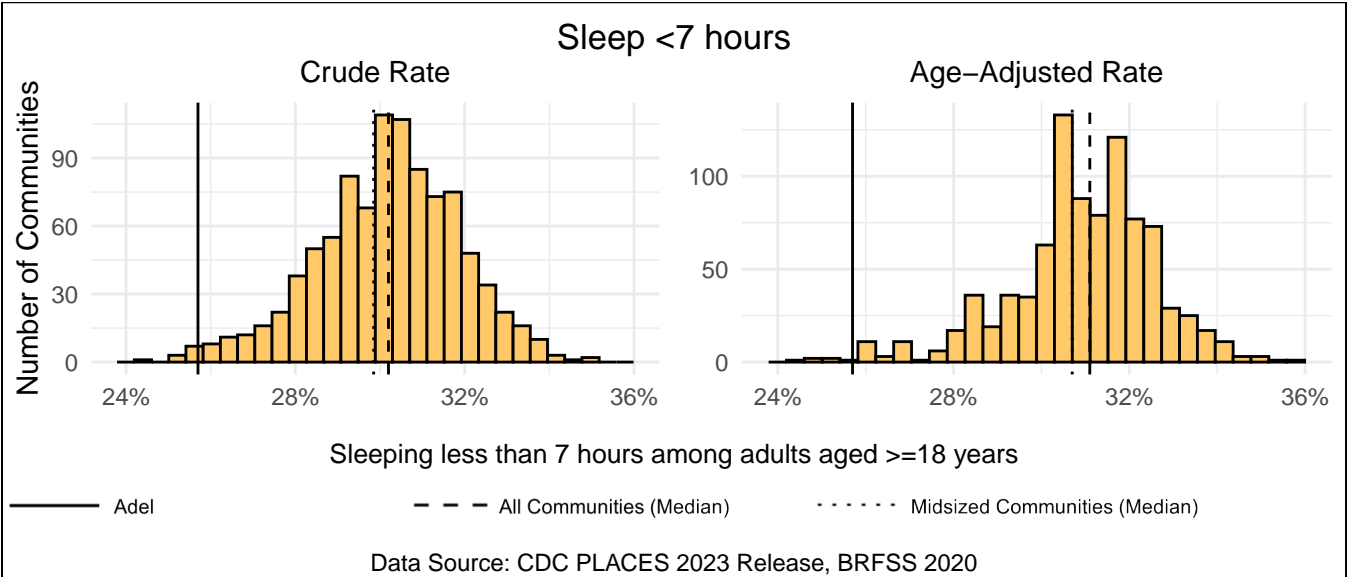
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	20.8%	26.1%	26.6%
Age-Adjusted	20.2%	24.3%	24.7%



Sleep <7 hours

Adel has a crude rate of 25.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 8th out of 958 Iowa communities (2nd out of 102 mid-sized communities). The age-adjusted rate for Adel is 25.7%, which ranks 6th out of 905 Iowa communities (1st out of 102 mid-sized communities).

Measure Type	Adel	All Comm.	Midsized Comm.
Crude	25.7%	30.2%	29.8%
Age-Adjusted	25.7%	31.1%	30.7%



Health Outcomes

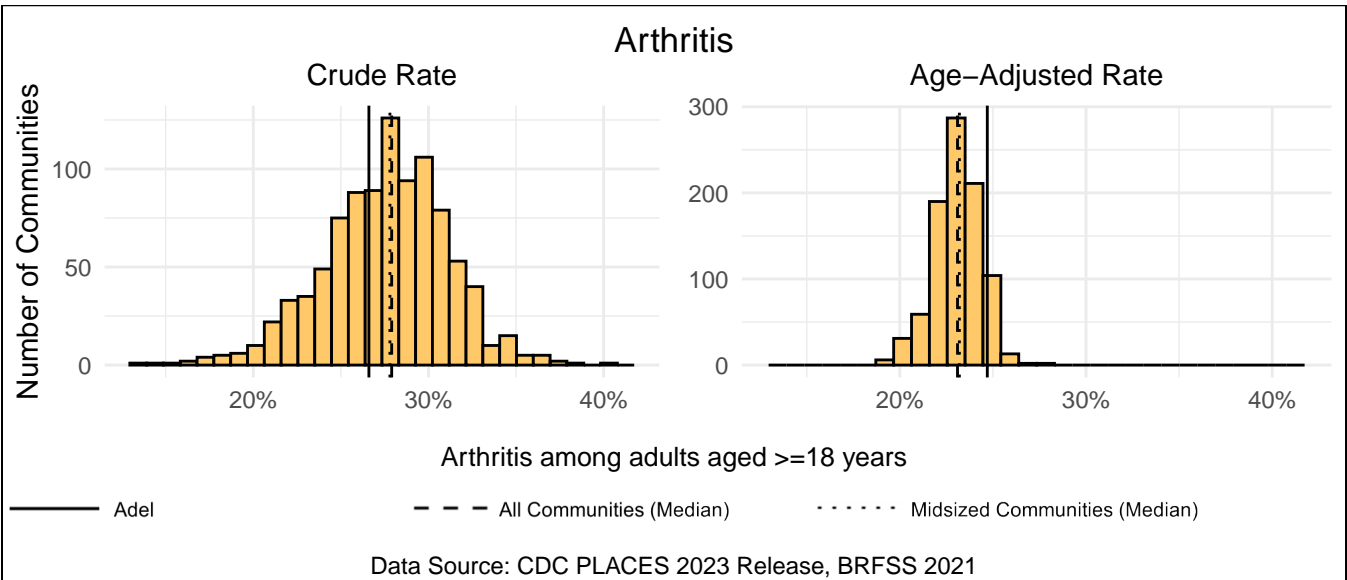
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Adel has a crude rate of 26.6% for arthritis among adults aged ≥ 18 years, which ranks 349th out of 958 Iowa communities (37th out of 102 midsize communities). The age-adjusted rate for Adel is 24.7%, which ranks 819th out of 905 Iowa communities (88th out of 102 midsize communities).

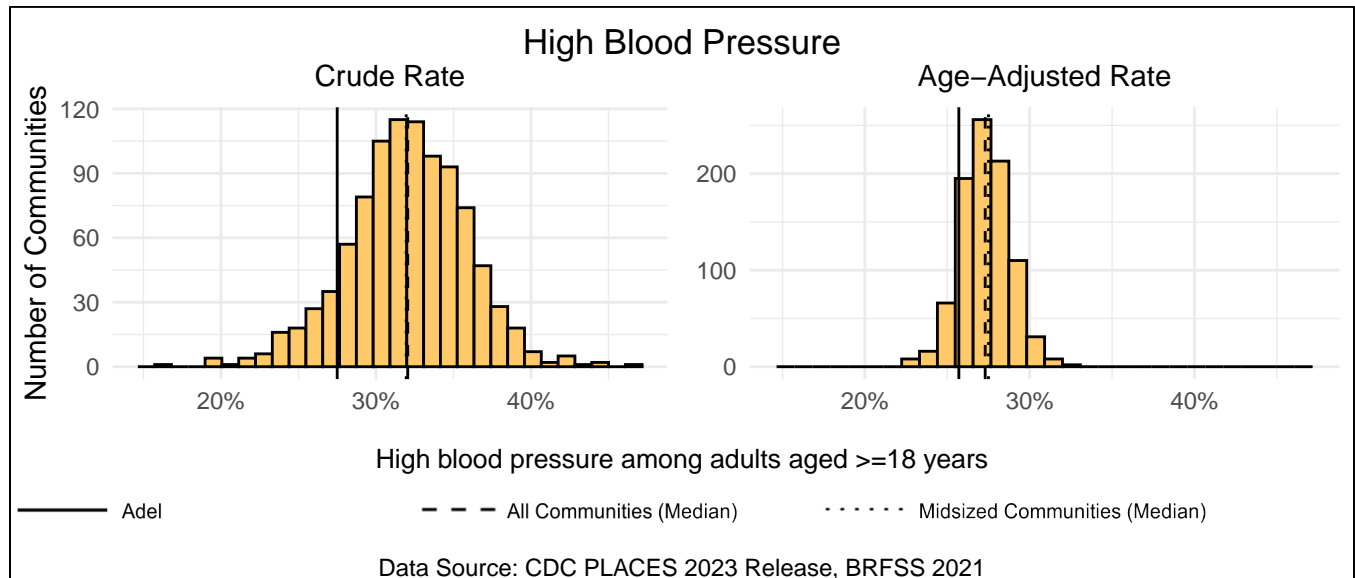
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	26.6%	27.9%	27.8%
Age-Adjusted	24.7%	23.1%	23.2%



High Blood Pressure

Adel has a crude rate of 27.5% for high blood pressure among adults aged ≥ 18 years, which ranks 108th out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Adel is 25.7%, which ranks 111th out of 905 Iowa communities (18th out of 102 midsize communities).

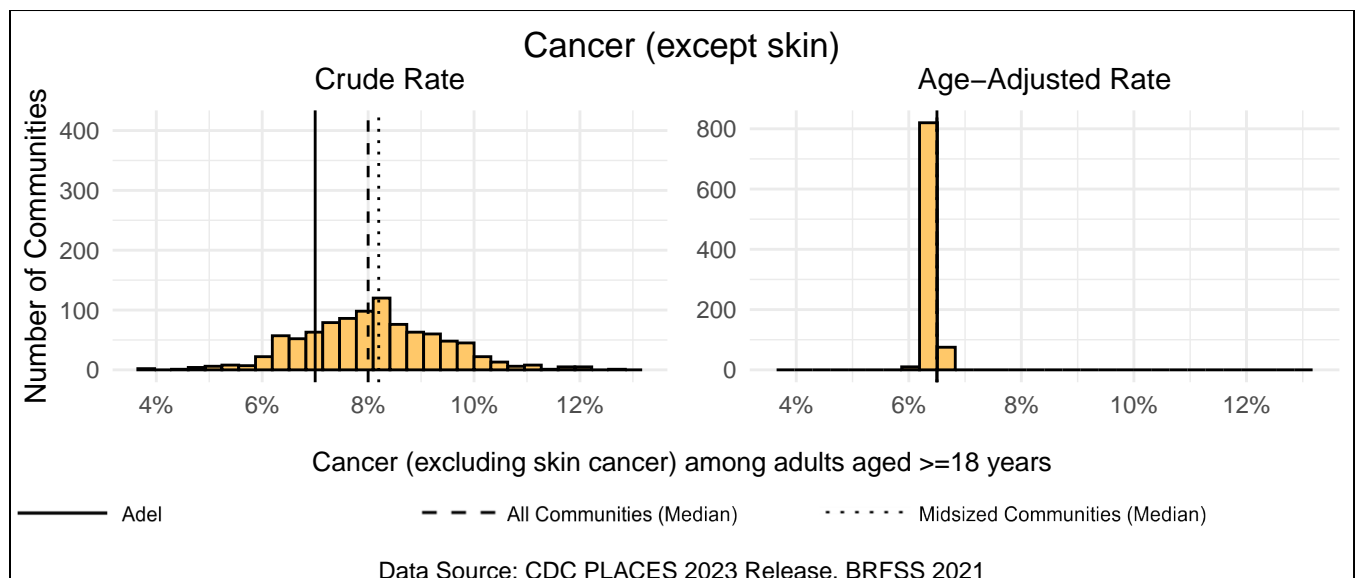
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	27.5%	32.0%	32.0%
Age-Adjusted	25.7%	27.3%	27.5%



Cancer (except skin)

Adel has a crude rate of 7.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 177th out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Adel is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsize communities).

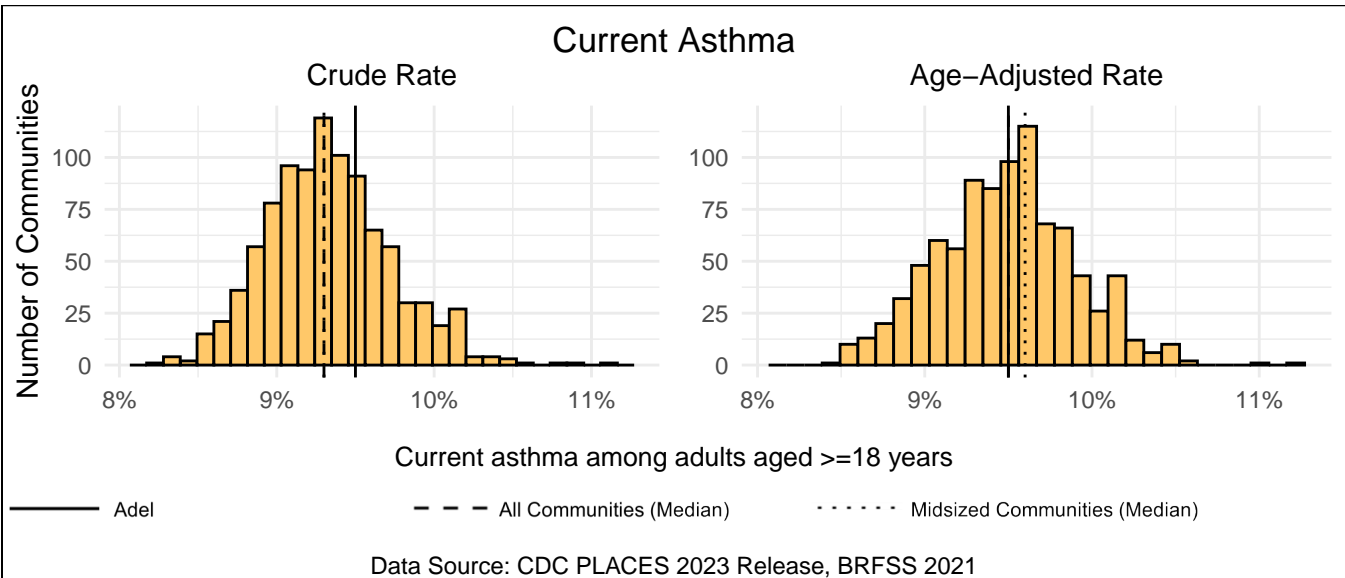
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	7.0%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Adel has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Adel is 9.5%, which ranks 415th out of 905 Iowa communities (45th out of 102 mid-sized communities).

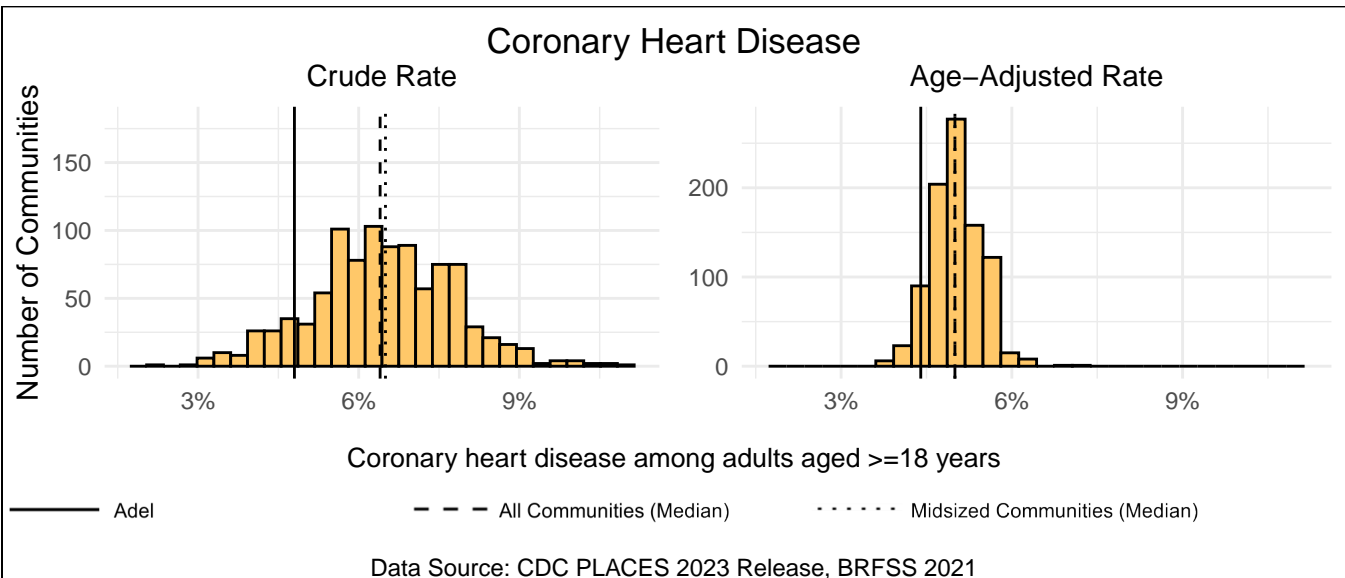
Measure Type	Adel	All Comm.	Mid-sized Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.6%



Coronary Heart Disease

Adel has a crude rate of 4.8% for coronary heart disease among adults aged ≥ 18 years, which ranks 97th out of 958 Iowa communities (18th out of 102 mid-sized communities). The age-adjusted rate for Adel is 4.4%, which ranks 52nd out of 905 Iowa communities (16th out of 102 mid-sized communities).

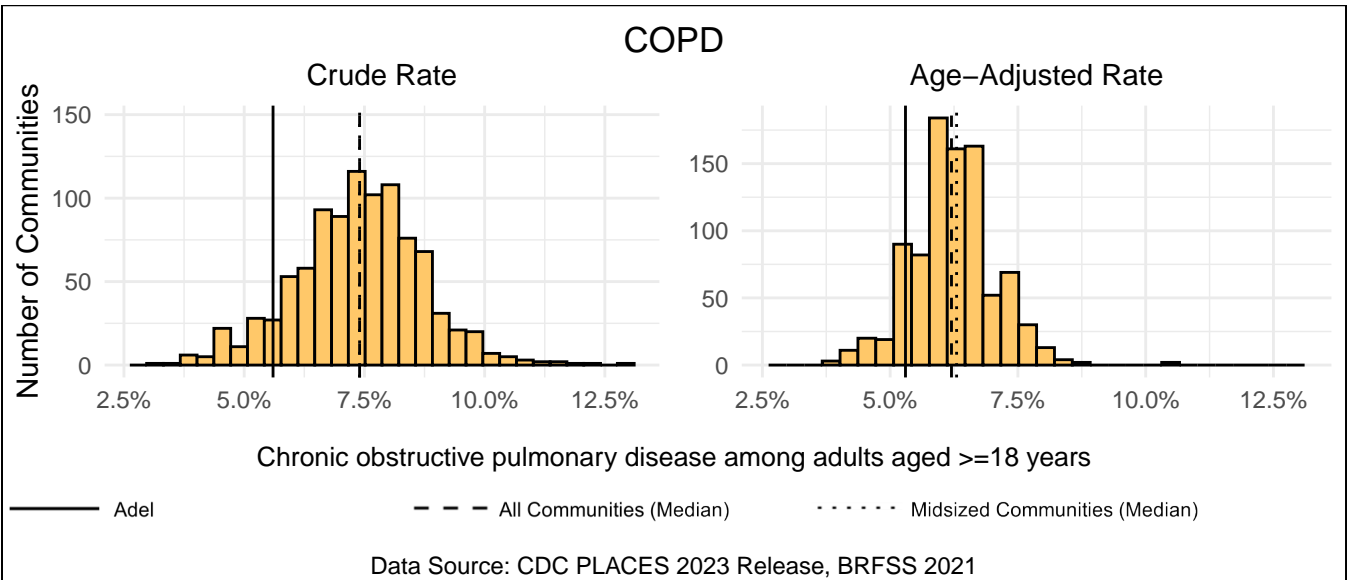
Measure Type	Adel	All Comm.	Mid-sized Comm.
Crude	4.8%	6.4%	6.5%
Age-Adjusted	4.4%	5.0%	5.0%



COPD

Adel has a crude rate of 5.6% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 82nd out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Adel is 5.3%, which ranks 93rd out of 905 Iowa communities (18th out of 102 midsized communities).

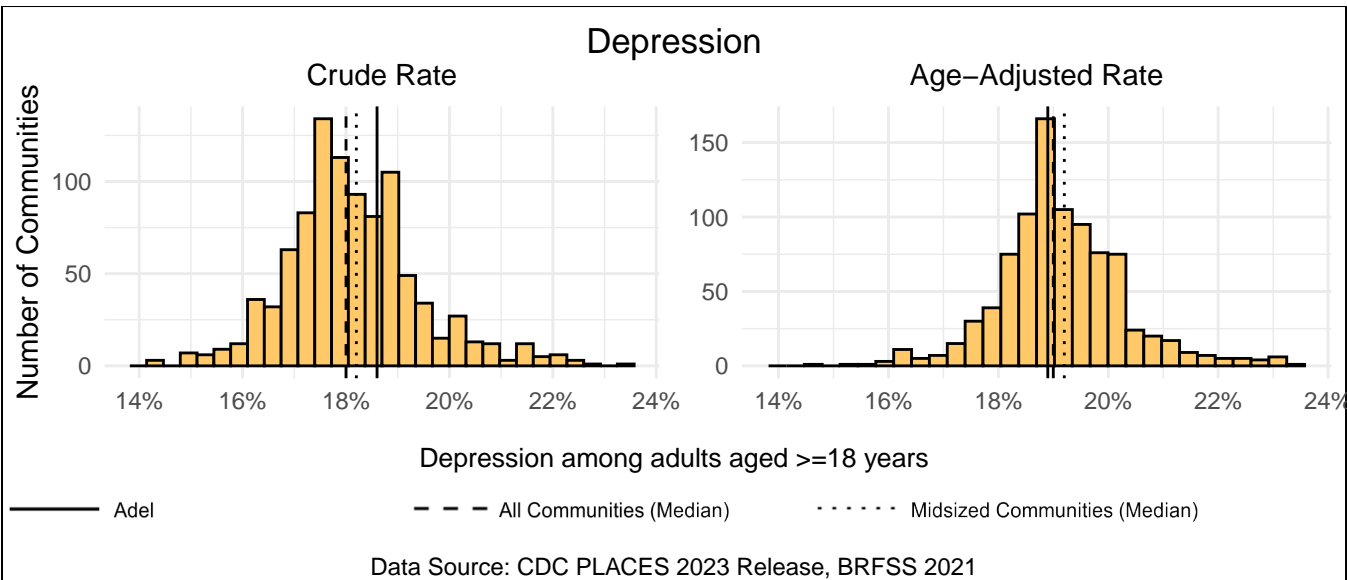
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	5.6%	7.4%	7.4%
Age-Adjusted	5.3%	6.2%	6.3%



Depression

Adel has a crude rate of 18.6% for depression among adults aged ≥ 18 years, which ranks 648th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Adel is 18.9%, which ranks 368th out of 905 Iowa communities (39th out of 102 midsized communities).

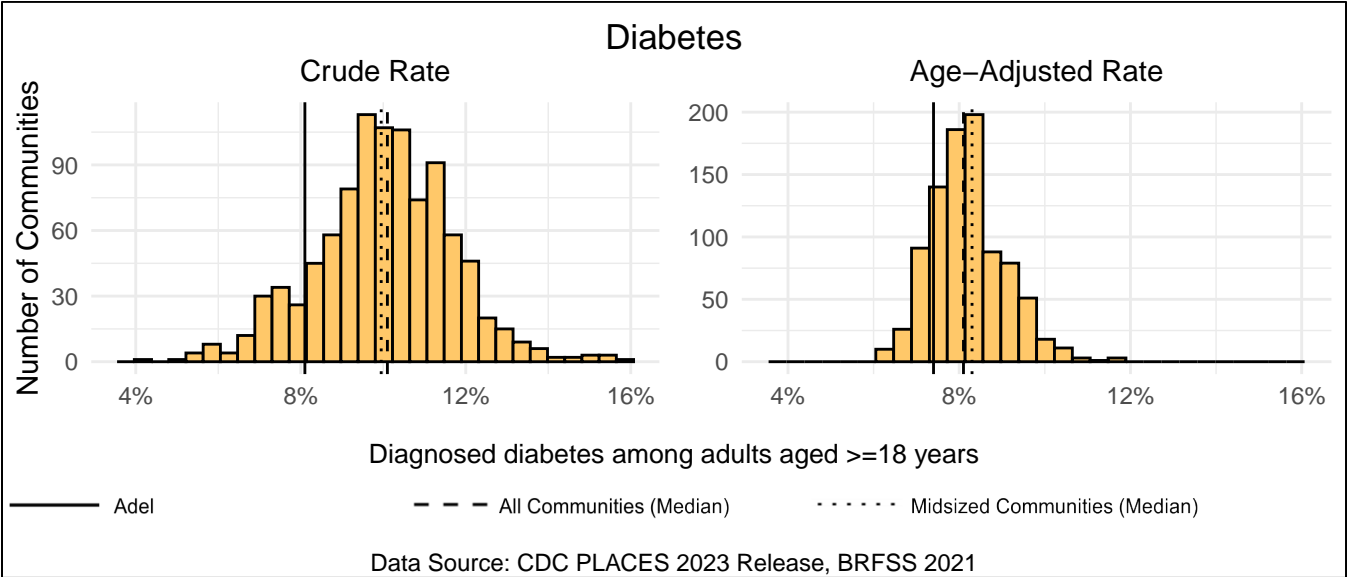
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	18.6%	18.0%	18.2%
Age-Adjusted	18.9%	19.0%	19.2%



Diabetes

Adel has a crude rate of 8.1% for diagnosed diabetes among adults aged >=18 years, which ranks 113th out of 958 Iowa communities (20th out of 102 mid-sized communities). The age-adjusted rate for Adel is 7.4%, which ranks 128th out of 905 Iowa communities (25th out of 102 mid-sized communities).

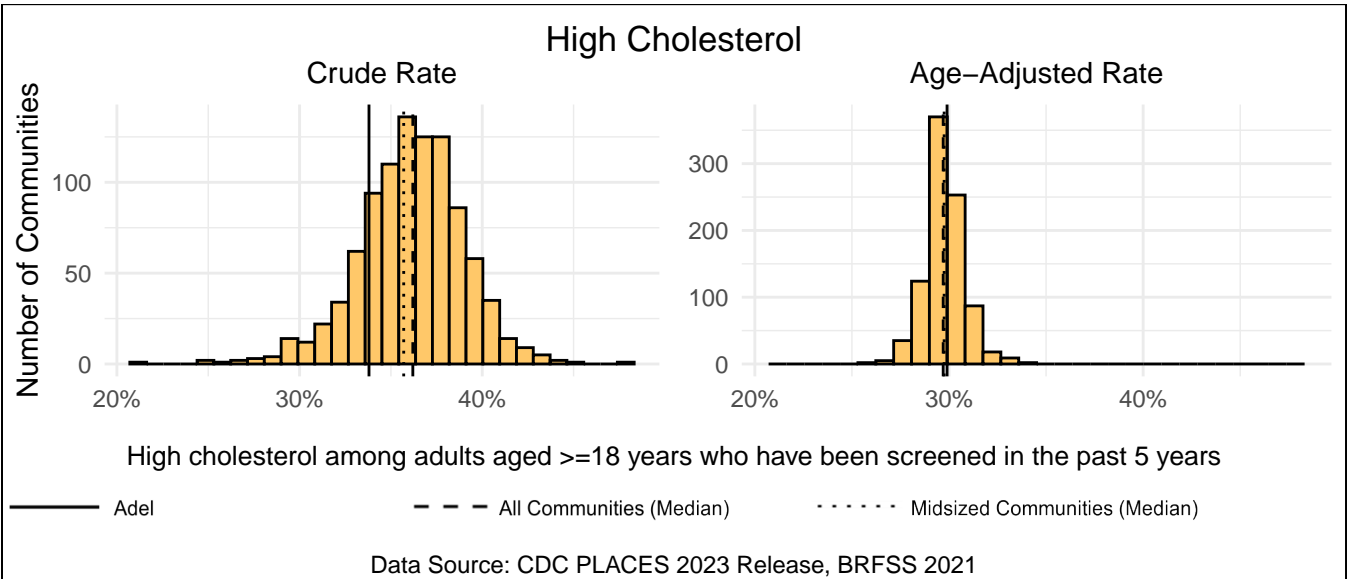
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	8.1%	10.1%	9.9%
Age-Adjusted	7.4%	8.1%	8.3%



High Cholesterol

Adel has a crude rate of 33.8% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 178th out of 958 Iowa communities (25th out of 102 midsized communities). The age-adjusted rate for Adel is 29.9%, which ranks 501st out of 905 Iowa communities (56th out of 102 midsized communities).

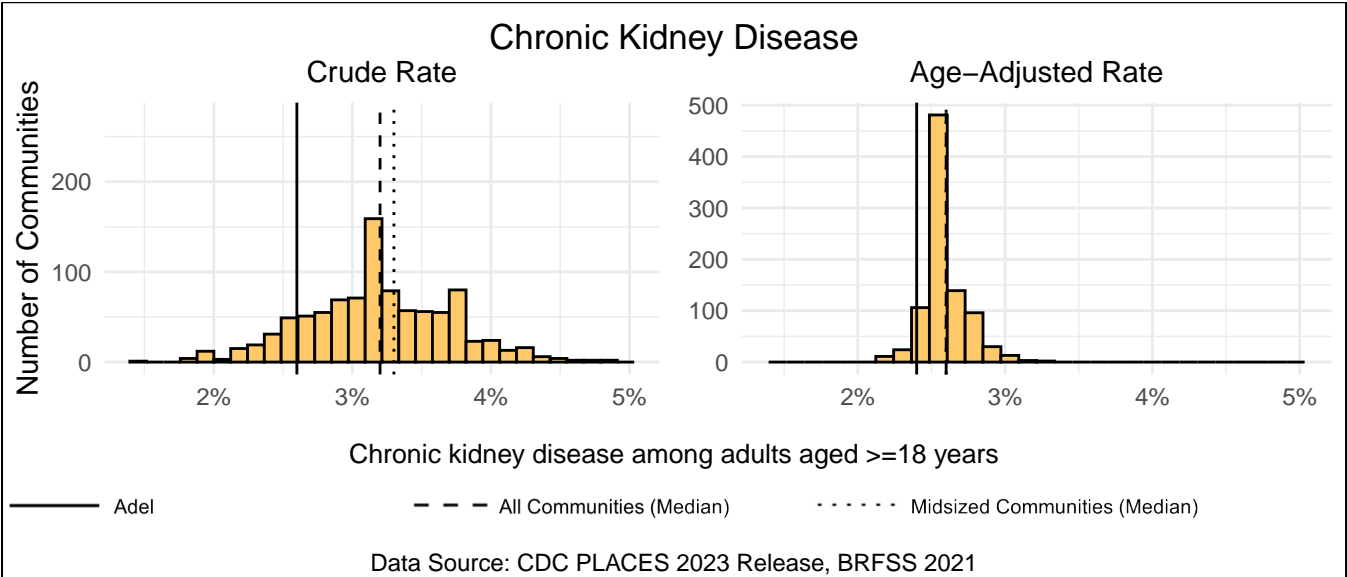
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	33.8%	36.2%	35.7%
Age-Adjusted	29.9%	29.7%	29.8%



Chronic Kidney Disease

Adel has a crude rate of 2.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 115th out of 958 Iowa communities (19th out of 102 mid-sized communities). The age-adjusted rate for Adel is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 mid-sized communities).

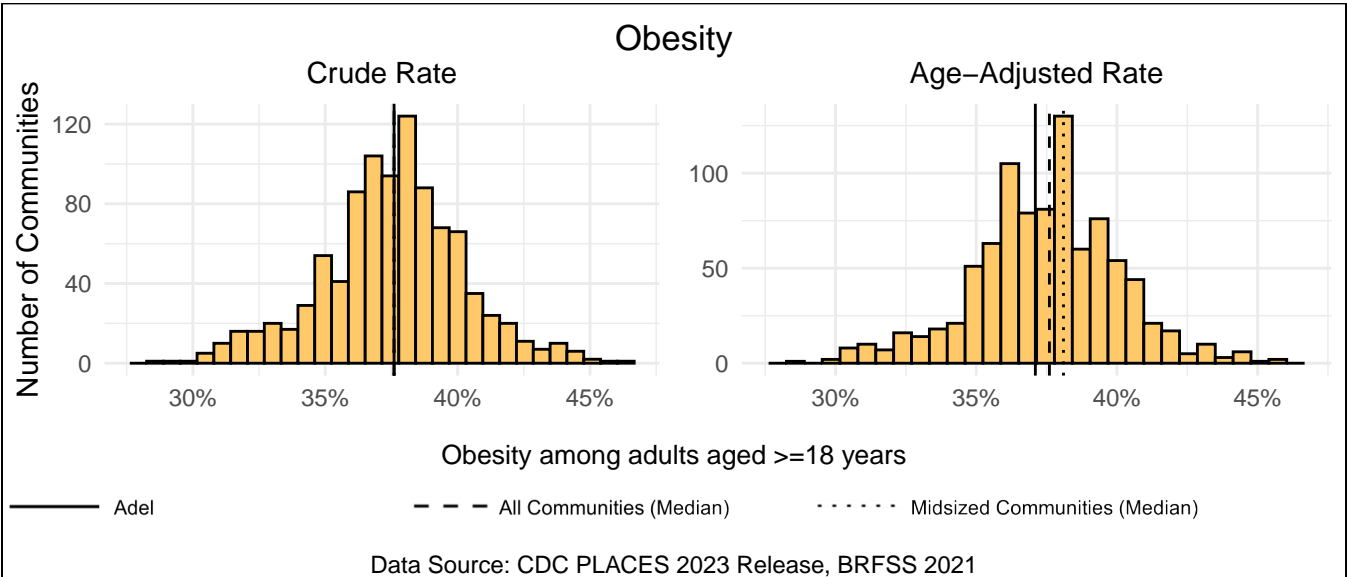
Measure Type	Adel	All Comm.	Mid-sized Comm.
Crude	2.6%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Adel has a crude rate of 37.6% for obesity among adults aged ≥ 18 years, which ranks 467th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Adel is 37.1%, which ranks 380th out of 905 Iowa communities (40th out of 102 mid-sized communities).

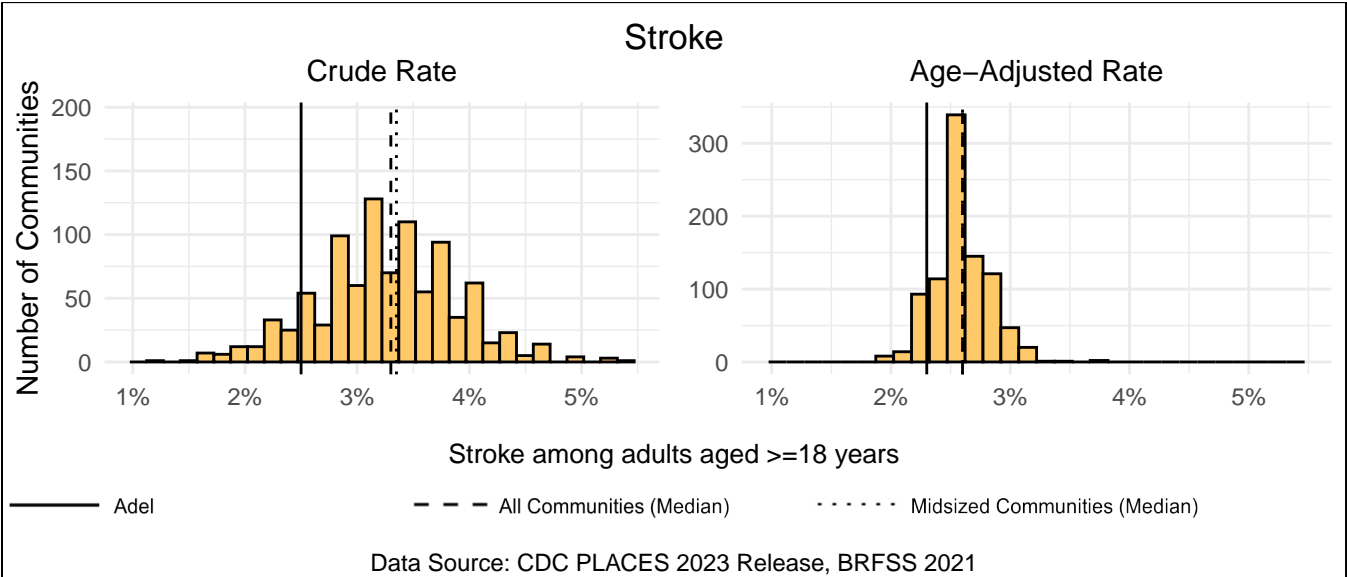
Measure Type	Adel	All Comm.	Mid-sized Comm.
Crude	37.6%	37.6%	37.6%
Age-Adjusted	37.1%	37.6%	38.1%



Stroke

Adel has a crude rate of 2.5% for stroke among adults aged >=18 years, which ranks 98th out of 958 Iowa communities (18th out of 102 mid-sized communities). The age-adjusted rate for Adel is 2.3%, which ranks 49th out of 905 Iowa communities (14th out of 102 mid-sized communities).

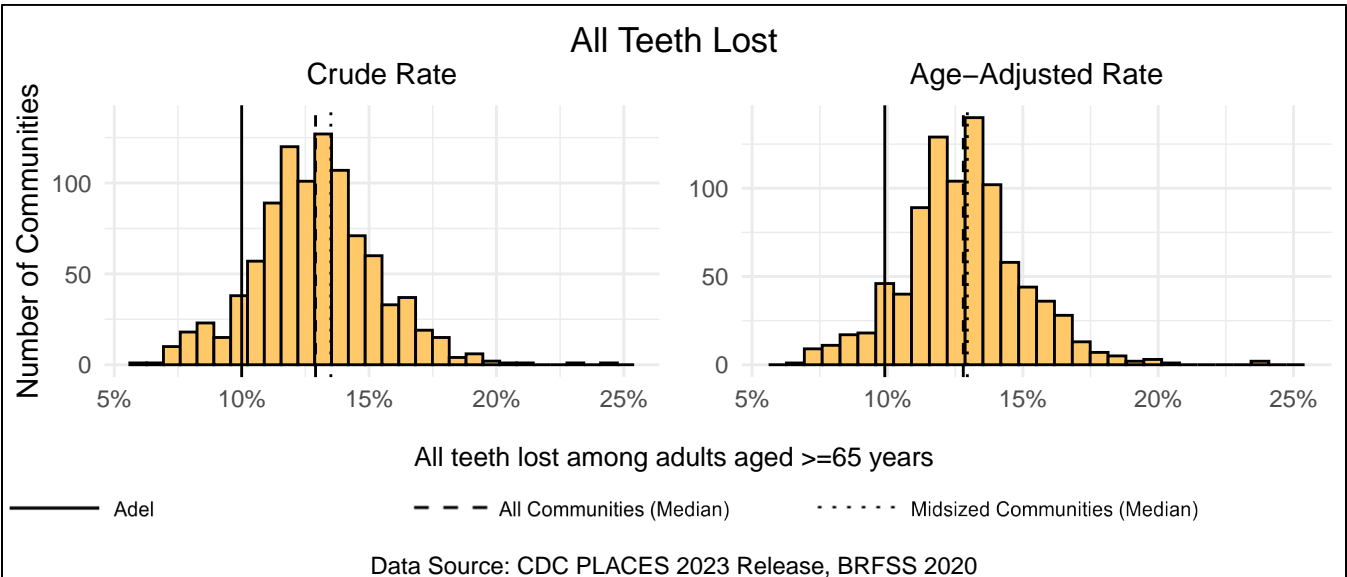
Measure Type	Adel	All Comm.	Mid-sized Comm.
Crude	2.5%	3.3%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



All Teeth Lost

Adel has a crude rate of 10.0% for all teeth lost among adults aged >=65 years, which ranks 90th out of 958 Iowa communities (18th out of 102 mid-sized communities). The age-adjusted rate for Adel is 9.9%, which ranks 72nd out of 905 Iowa communities (17th out of 102 mid-sized communities).

Measure Type	Adel	All Comm.	Mid-sized Comm.
Crude	10.0%	12.9%	13.5%
Age-Adjusted	9.9%	12.8%	12.9%



Prevention

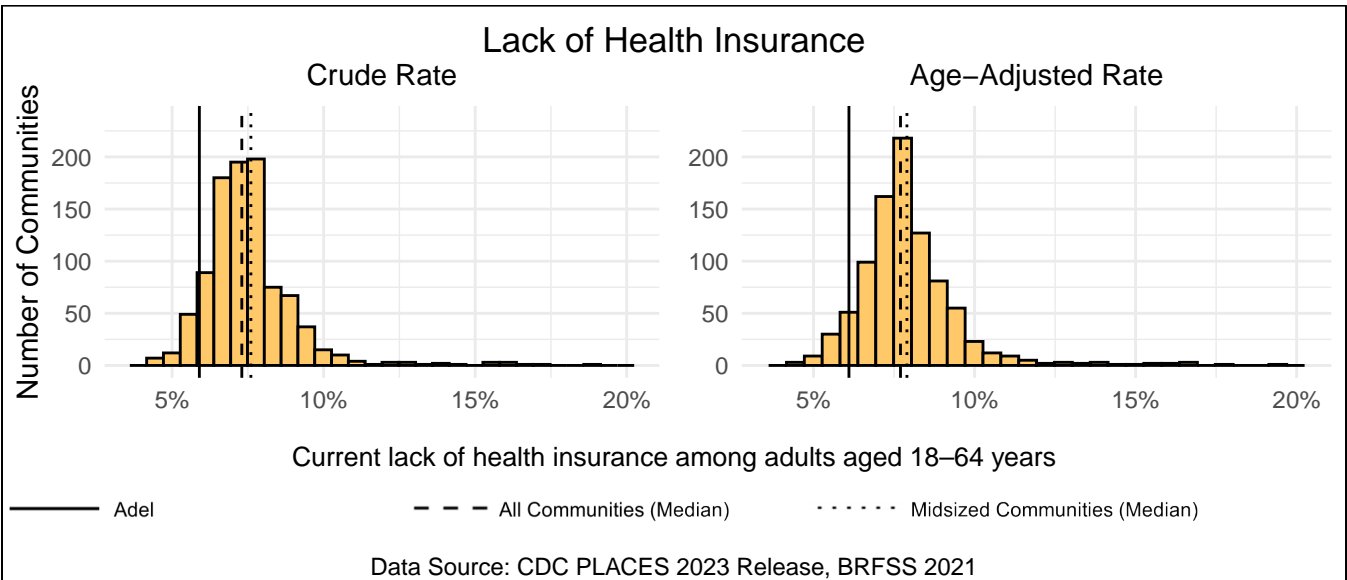
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Adel has a crude rate of 5.9% for current lack of health insurance among adults aged 18–64 years, which ranks 69th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Adel is 6.1%, which ranks 57th out of 905 Iowa communities (14th out of 102 mid-sized communities).

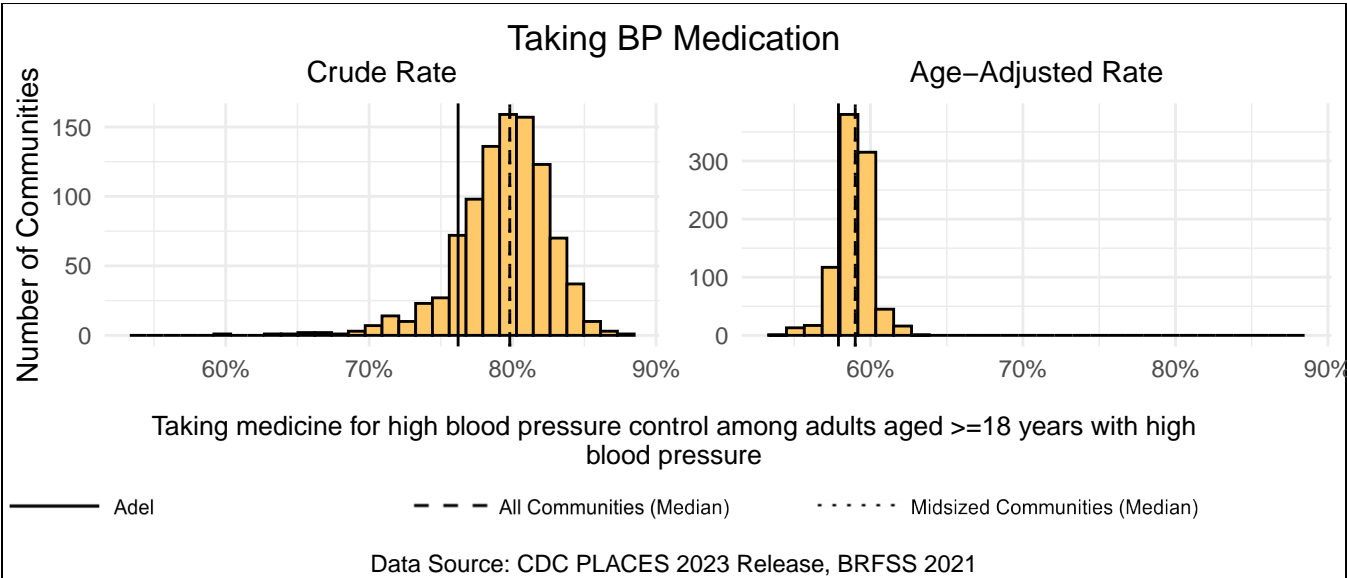
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	5.9%	7.3%	7.6%
Age-Adjusted	6.1%	7.7%	7.9%



Taking BP Medication

Adel has a crude rate of 76.2% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 834th out of 958 Iowa communities (87th out of 102 mid-sized communities). The age-adjusted rate for Adel is 57.9%, which ranks 778th out of 905 Iowa communities (88th out of 102 mid-sized communities).

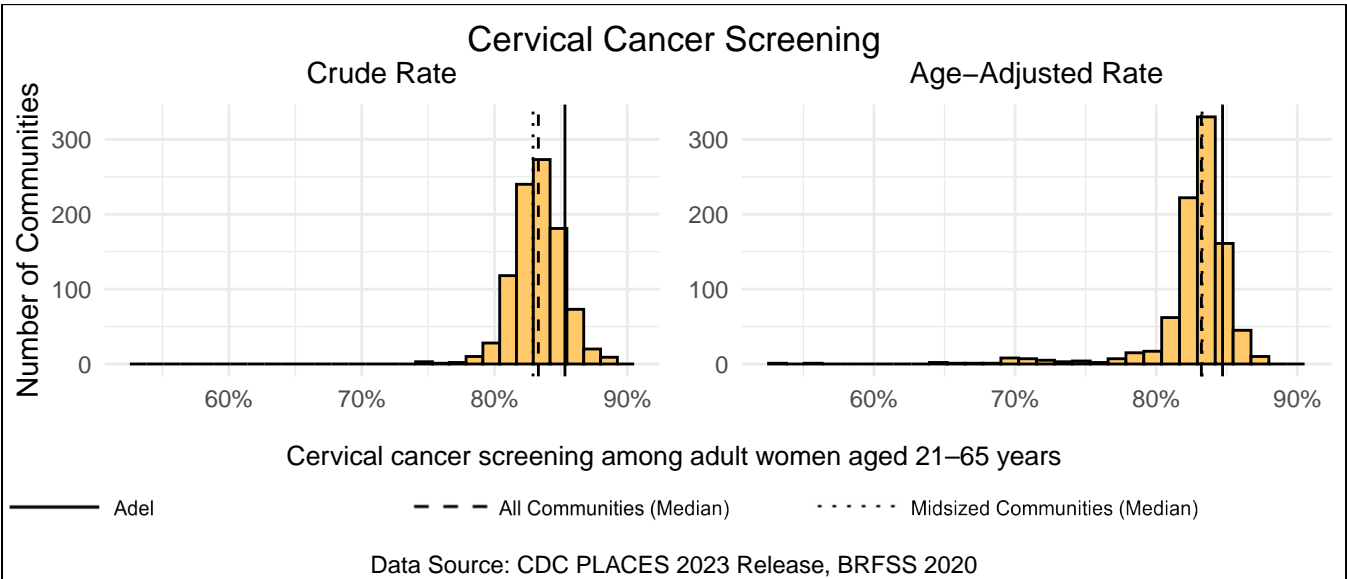
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	76.2%	79.8%	79.8%
Age-Adjusted	57.9%	59.0%	59.0%



Cervical Cancer Screening

Adel has a crude rate of 85.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 114th out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Adel is 84.7%, which ranks 126th out of 905 Iowa communities (25th out of 102 midsized communities).

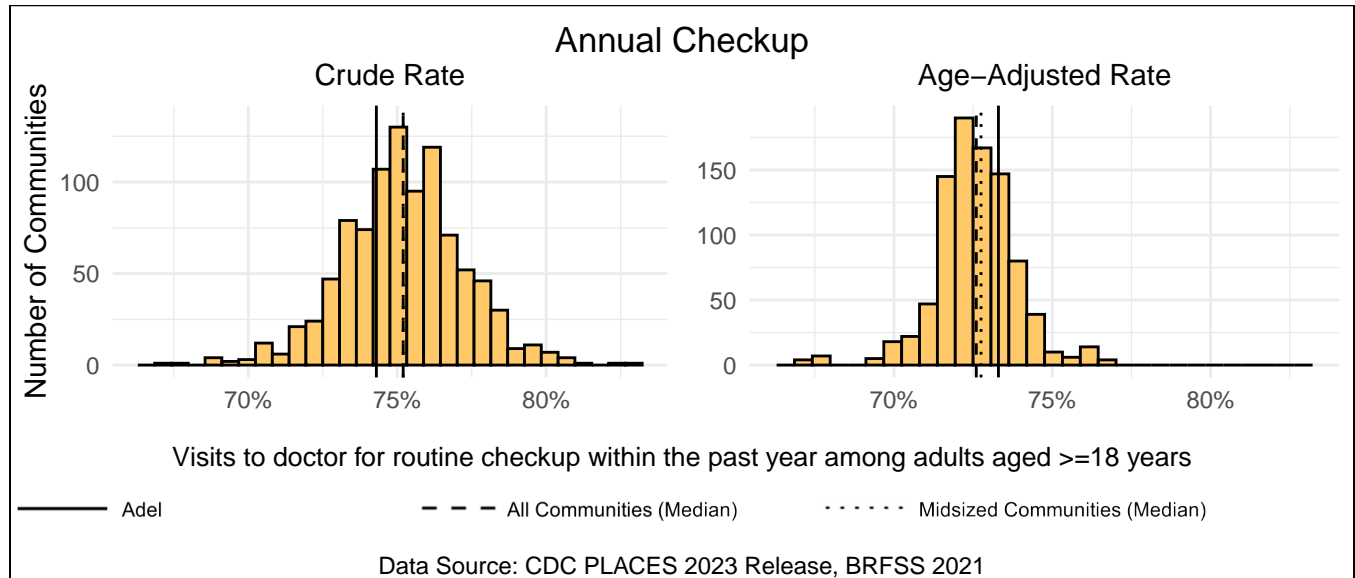
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	85.3%	83.3%	82.9%
Age-Adjusted	84.7%	83.2%	83.2%



Annual Checkup

Adel has a crude rate of 74.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 653rd out of 958 Iowa communities (68th out of 102 midsize communities). The age-adjusted rate for Adel is 73.3%, which ranks 211th out of 905 Iowa communities (28th out of 102 midsize communities).

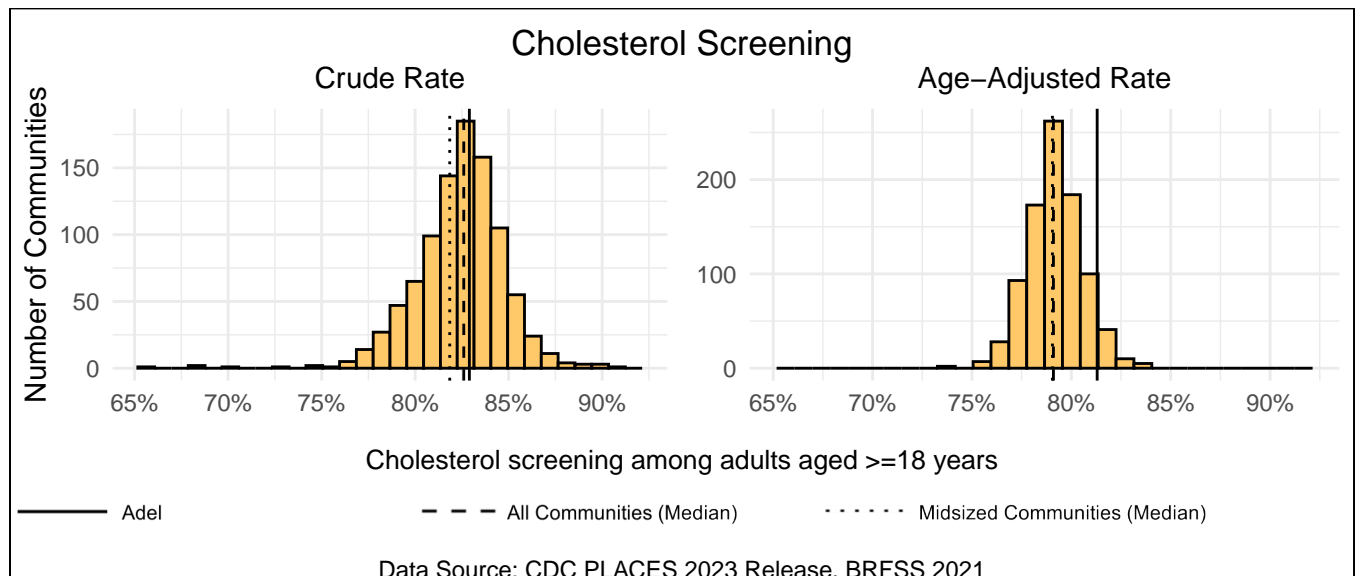
Measure Type	Adel	All Comm.	Midsize Comm.
Crude	74.3%	75.2%	75.2%
Age-Adjusted	73.3%	72.6%	72.8%



Cholesterol Screening

Adel has a crude rate of 82.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 407th out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for Adel is 81.3%, which ranks 57th out of 905 Iowa communities (16th out of 102 midsize communities).

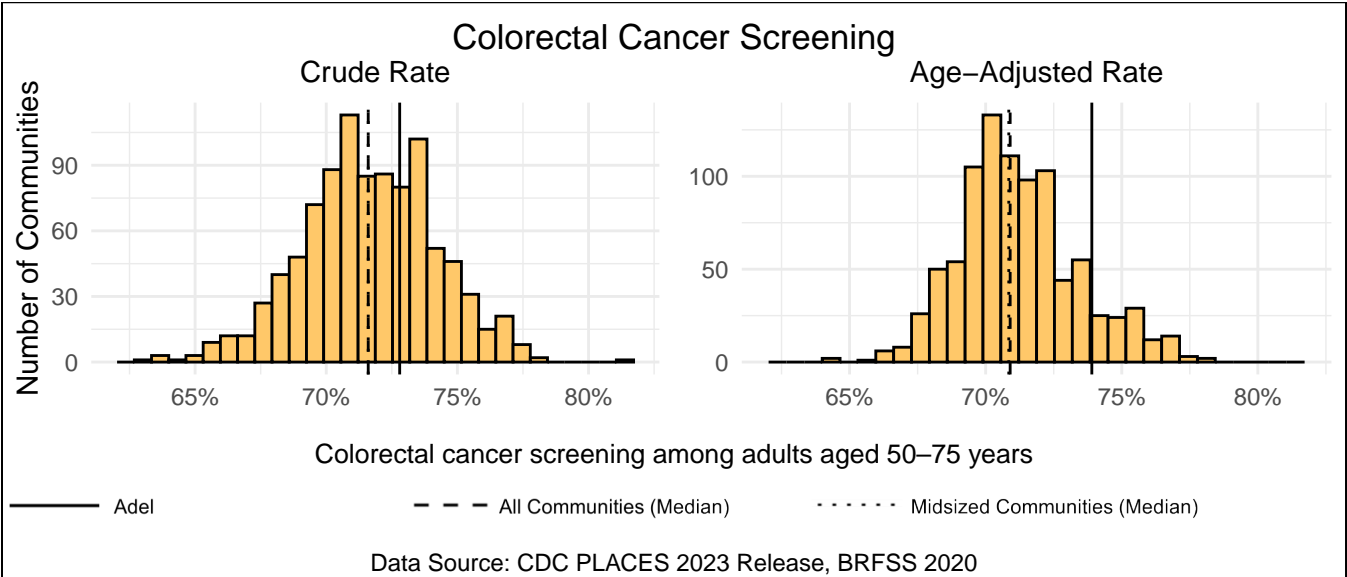
Measure Type	Adel	All Comm.	Midsize Comm.
Crude	82.9%	82.6%	81.8%
Age-Adjusted	81.3%	79.1%	79.0%



Colorectal Cancer Screening

Adel has a crude rate of 72.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 314th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Adel is 73.9%, which ranks 105th out of 905 Iowa communities (25th out of 102 mid-sized communities).

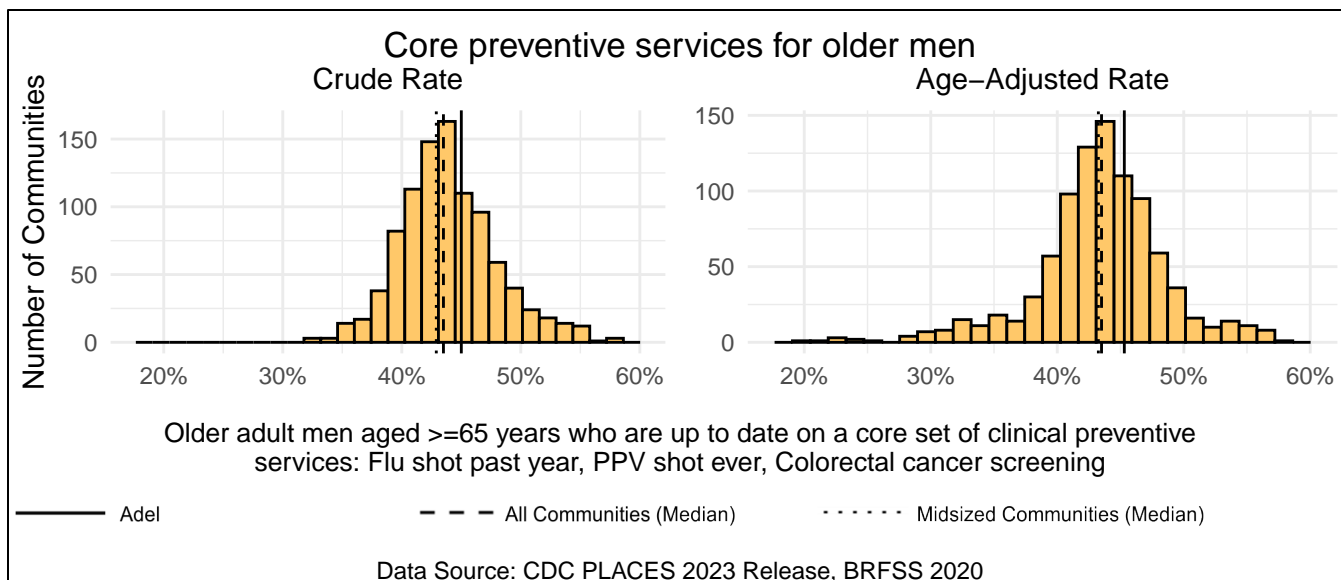
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	72.8%	71.6%	71.6%
Age-Adjusted	73.9%	70.9%	70.8%



Core preventive services for older men

Adel has a crude rate of 45.0% 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 333rd out of 958 Iowa communities (32nd out of 102 mid-sized communities). The age-adjusted rate for Adel is 45.3%, which ranks 287th out of 905 Iowa communities (31st out of 102 mid-sized communities).

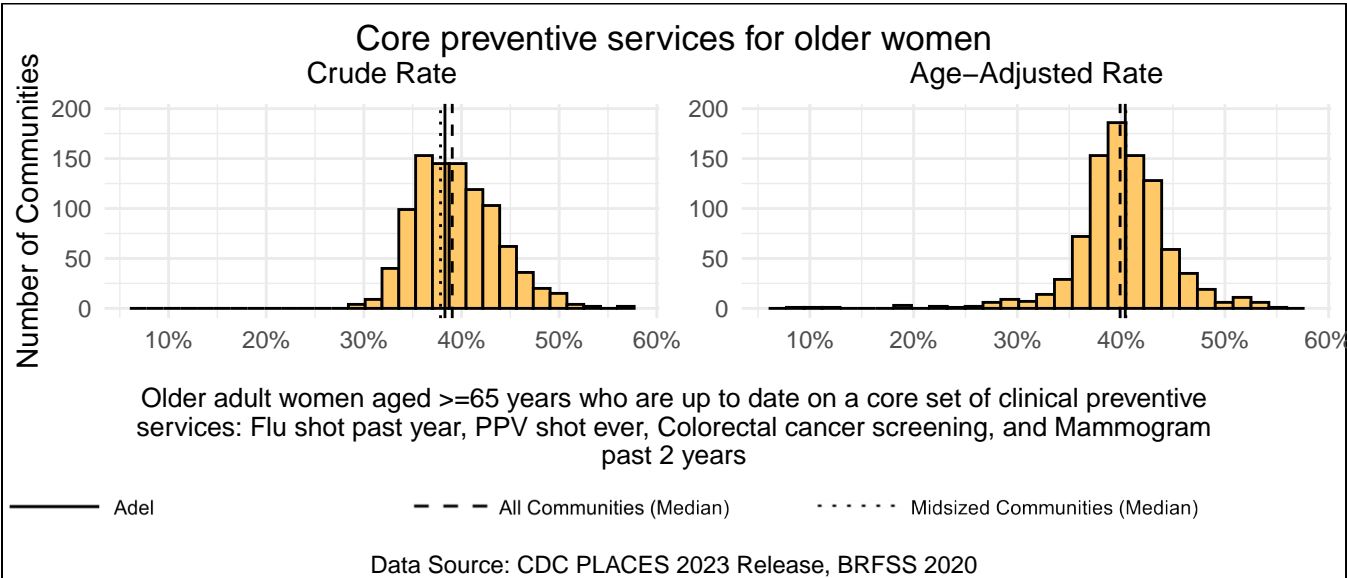
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	45.0%	43.5%	42.9%
Age-Adjusted	45.3%	43.5%	43.2%



Core preventive services for older women

Adel has a crude rate of 38.3% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 548th out of 958 Iowa communities (47th out of 102 midsize communities). The age-adjusted rate for Adel is 40.4%, which ranks 419th out of 905 Iowa communities (52nd out of 102 midsize communities).

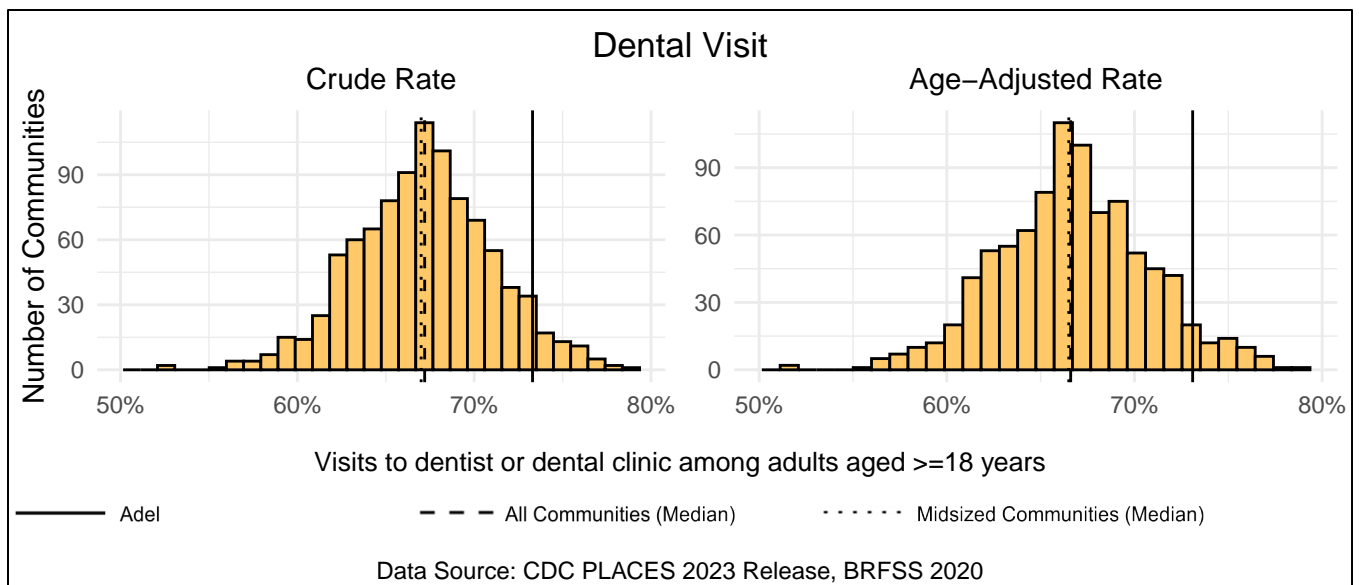
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	38.3%	39.0%	37.8%
Age-Adjusted	40.4%	39.9%	40.4%



Dental Visit

Adel has a crude rate of 73.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Adel is 73.1%, which ranks 57th out of 905 Iowa communities (15th out of 102 midsize communities).

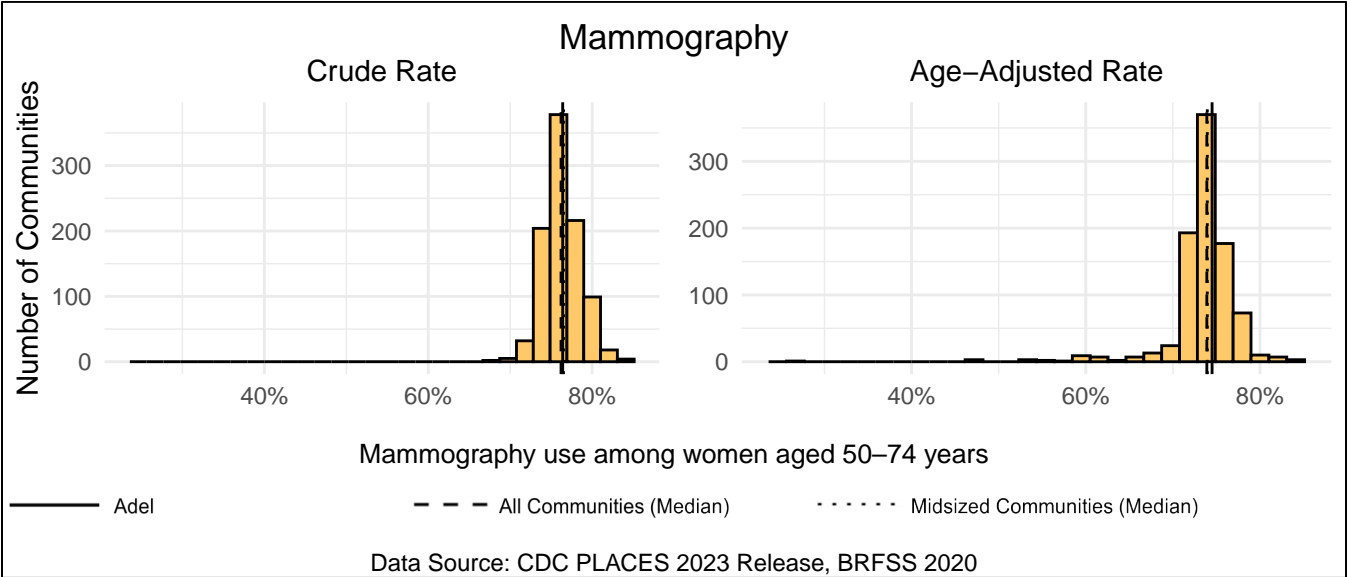
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	73.3%	67.2%	67.0%
Age-Adjusted	73.1%	66.6%	66.5%



Mammography

Adel has a crude rate of 76.4% for mammography use among women aged 50–74 years, which ranks 432nd out of 958 Iowa communities (53rd out of 102 mid-sized communities). The age-adjusted rate for Adel is 74.5%, which ranks 323rd out of 905 Iowa communities (46th out of 102 mid-sized communities).

Measure Type	Adel	All Comm.	Midsized Comm.
Crude	76.4%	76.2%	76.5%
Age-Adjusted	74.5%	73.9%	74.0%



Disability

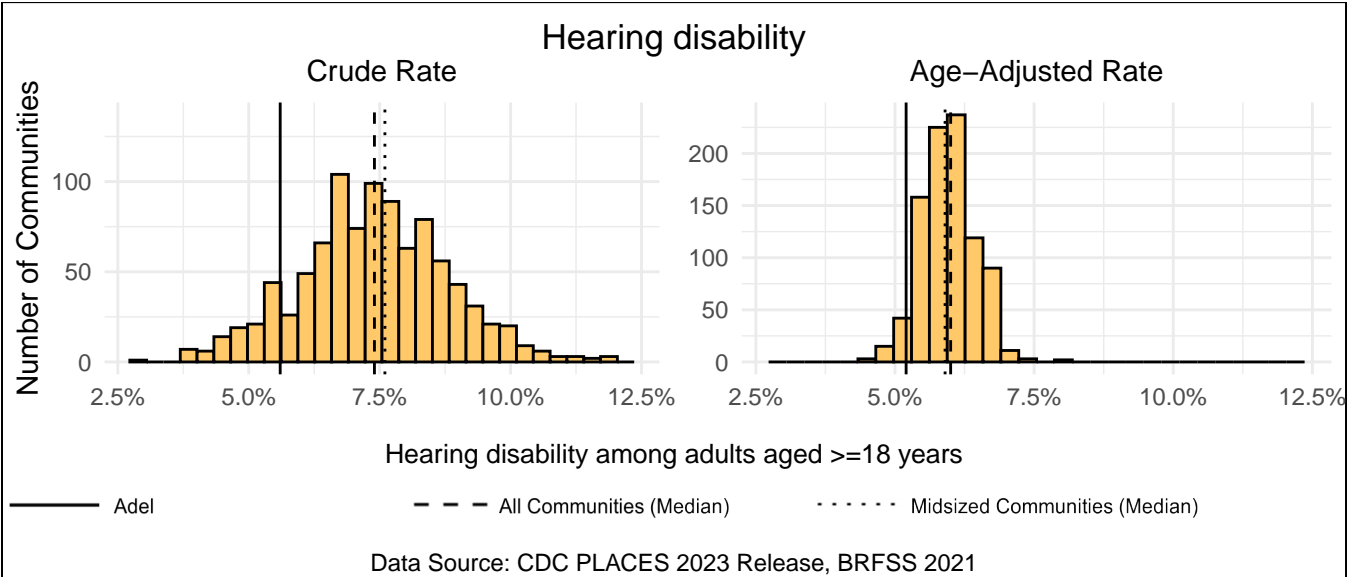
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Adel has a crude rate of 5.6% for hearing disability among adults aged ≥ 18 years, which ranks 95th out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Adel is 5.2%, which ranks 41st out of 905 Iowa communities (11th out of 102 midsize communities).

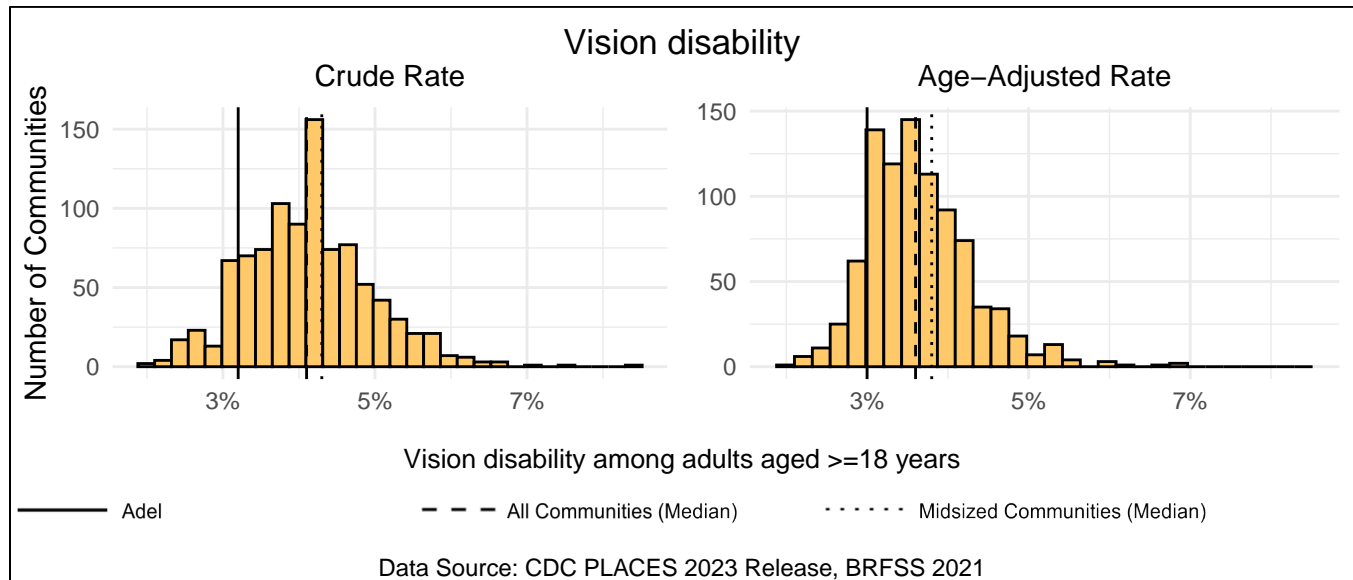
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	5.6%	7.4%	7.6%
Age-Adjusted	5.2%	6.0%	5.9%



Vision disability

Adel has a crude rate of 3.2% for vision disability among adults aged ≥ 18 years, which ranks 105th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Adel is 3.0%, which ranks 106th out of 905 Iowa communities (22nd out of 102 midsize communities).

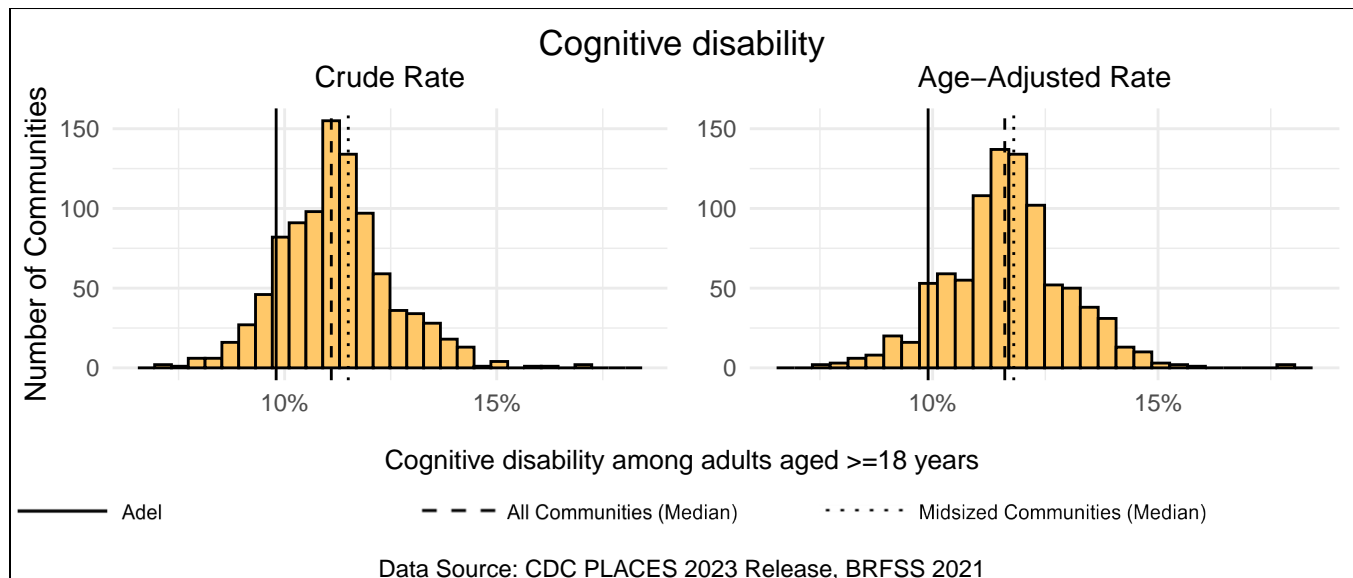
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	3.2%	4.1%	4.3%
Age-Adjusted	3.0%	3.6%	3.8%



Cognitive disability

Adel has a crude rate of 9.8% for cognitive disability among adults aged ≥ 18 years, which ranks 105th out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Adel is 9.9%, which ranks 70th out of 905 Iowa communities (18th out of 102 midsize communities).

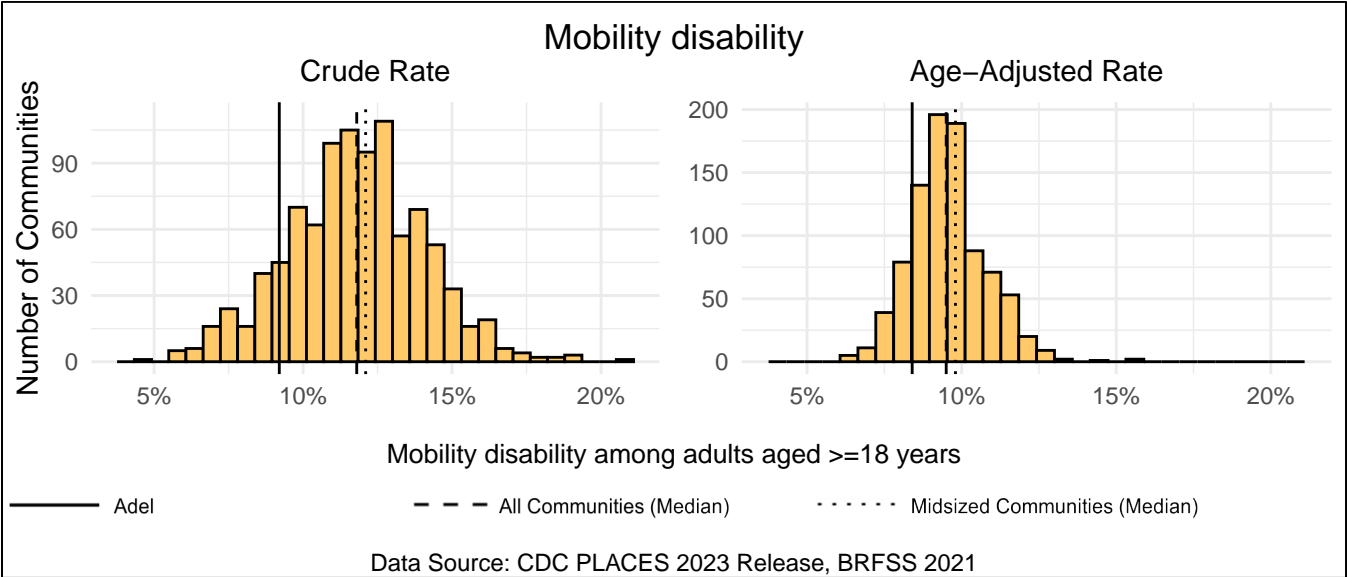
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	9.8%	11.1%	11.5%
Age-Adjusted	9.9%	11.6%	11.8%



Mobility disability

Adel has a crude rate of 9.2% for mobility disability among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Adel is 8.4%, which ranks 135th out of 905 Iowa communities (22nd out of 102 midsize communities).

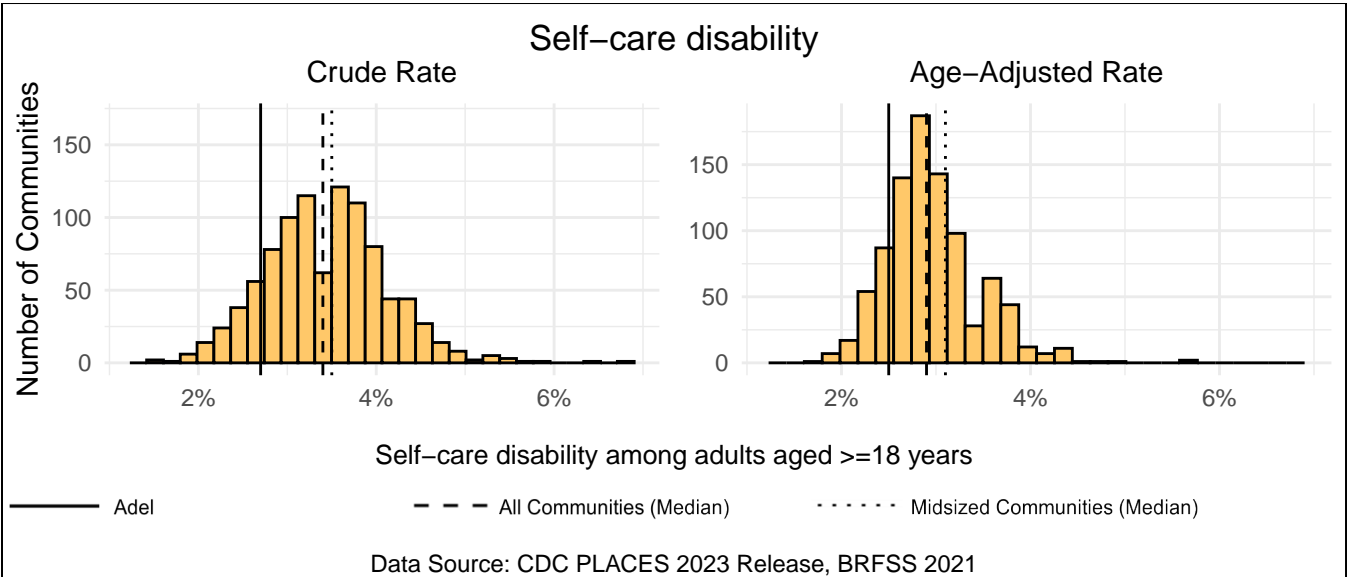
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	9.2%	11.8%	12.1%
Age-Adjusted	8.4%	9.5%	9.8%



Self-care disability

Adel has a crude rate of 2.7% for self-care disability among adults aged ≥ 18 years, which ranks 114th out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Adel is 2.5%, which ranks 123rd out of 905 Iowa communities (23rd out of 102 midsize communities).

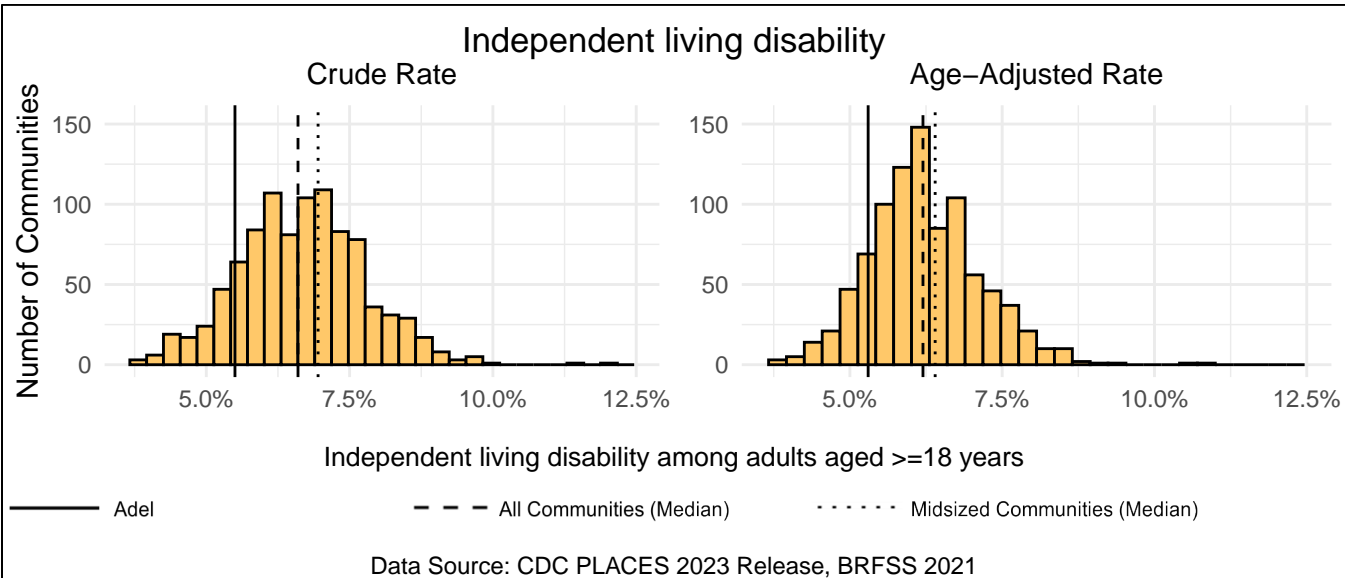
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	2.7%	3.4%	3.5%
Age-Adjusted	2.5%	2.9%	3.1%



Independent living disability

Adel has a crude rate of 5.5% for independent living disability among adults aged ≥ 18 years, which ranks 117th out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Adel is 5.3%, which ranks 111th out of 905 Iowa communities (21st out of 102 midsized communities).

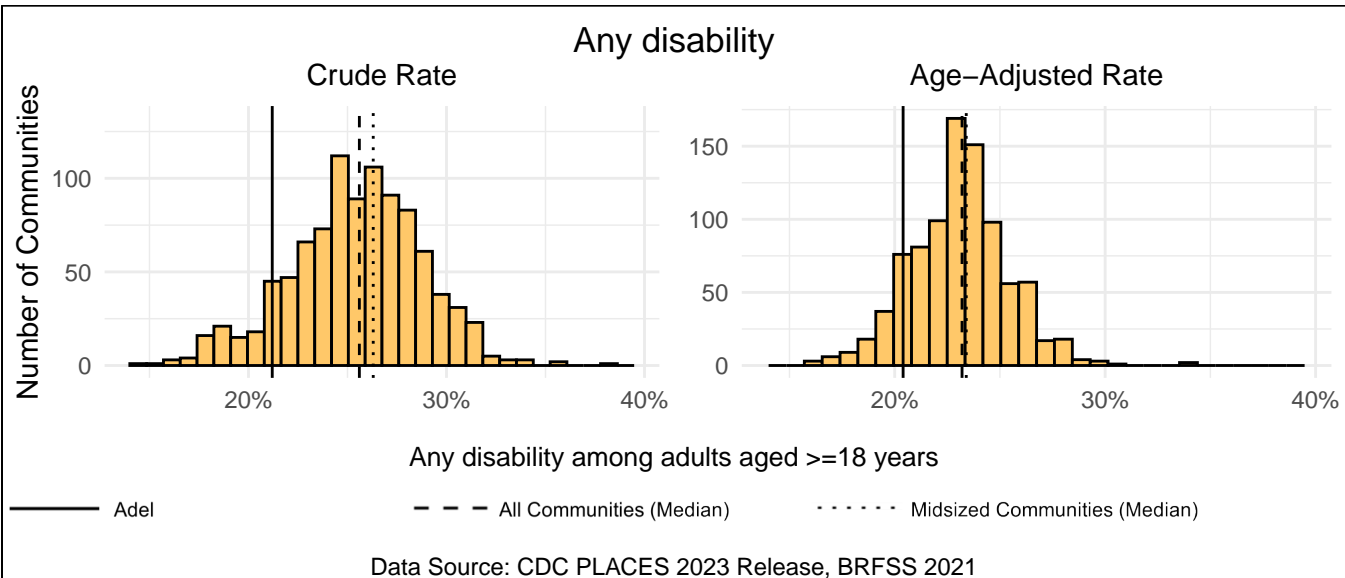
Measure Type	Adel	All Comm.	Midsized Comm.
Crude	5.5%	6.6%	7.0%
Age-Adjusted	5.3%	6.2%	6.4%



Any disability

Adel has a crude rate of 21.2% for any disability among adults aged ≥ 18 years, which ranks 99th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Adel is 20.4%, which ranks 91st out of 905 Iowa communities (19th out of 102 midsized communities).

Measure Type	Adel	All Comm.	Midsized Comm.
Crude	21.2%	25.6%	26.3%
Age-Adjusted	20.4%	23.2%	23.4%



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: Adel PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	291	13.8% (11.7% - 16.1%)	93	14.3% (12.0% - 16.6%)
Health Status	General Health	94	11.4% (9.2% - 13.6%)	103	10.8% (8.8% - 13.0%)
Health Status	Physical Health	100	9.1% (7.7% - 10.8%)	120	8.7% (7.3% - 10.2%)
Health Risk Behaviors	Physical Inactivity	70	20.8% (16.7% - 25.2%)	61	20.2% (16.4% - 24.5%)
Health Risk Behaviors	Current Smoking	71	13.8% (10.5% - 17.3%)	49	13.7% (10.3% - 17.4%)
Health Risk Behaviors	Binge Drinking	860	22.4% (19.1% - 25.9%)	792	23.3% (19.9% - 27.0%)
Health Risk Behaviors	Sleep <7 hours	8	25.7% (24.0% - 27.1%)	6	25.7% (23.9% - 27.4%)
Health Outcomes	Stroke	98	2.5% (2.2% - 2.9%)	49	2.3% (2.0% - 2.7%)
Health Outcomes	High Blood Pressure	108	27.5% (24.0% - 31.1%)	111	25.7% (22.5% - 29.1%)
Health Outcomes	Depression	648	18.6% (15.6% - 21.9%)	368	18.9% (15.9% - 22.3%)
Health Outcomes	Coronary Heart Disease	97	4.8% (4.1% - 5.6%)	52	4.4% (3.8% - 5.1%)
Health Outcomes	Obesity	467	37.6% (31.8% - 43.7%)	380	37.1% (31.4% - 43.3%)
Health Outcomes	Diabetes	113	8.1% (6.7% - 9.5%)	128	7.4% (6.3% - 8.7%)
Health Outcomes	All Teeth Lost	90	10.0% (5.8% - 16.1%)	72	9.9% (5.9% - 15.2%)
Health Outcomes	Cancer (except skin)	177	7.0% (6.3% - 7.8%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Arthritis	349	26.6% (23.1% - 30.3%)	819	24.7% (21.5% - 28.3%)
Health Outcomes	COPD	82	5.6% (4.5% - 6.9%)	93	5.3% (4.3% - 6.5%)
Health Outcomes	High Cholesterol	178	33.8% (29.9% - 37.8%)	501	29.9% (26.1% - 33.9%)
Health Outcomes	Chronic Kidney Disease	115	2.6% (2.3% - 2.9%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.7%)	415	9.5% (8.3% - 10.7%)
Prevention	Colorectal Cancer Screening	314	72.8% (69.5% - 76.2%)	105	73.9% (70.8% - 77.1%)
Prevention	Cholesterol Screening	407	82.9% (79.8% - 85.8%)	57	81.3% (78.1% - 84.5%)
Prevention	Health Insurance	69	5.9% (4.3% - 8.0%)	57	6.1% (4.4% - 8.3%)
Prevention	Core preventive services for older men	333	45.0% (36.6% - 52.6%)	287	45.3% (36.9% - 53.2%)
Prevention	Core preventive services for older women	548	38.3% (31.1% - 45.5%)	419	40.4% (33.2% - 47.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Dental Visit	55	73.3% (69.6% - 76.5%)	57	73.1% (69.1% - 76.4%)
Prevention	Cervical Cancer Screening	114	85.3% (82.7% - 87.7%)	126	84.7% (82.1% - 87.2%)
Prevention	Annual Checkup	653	74.3% (70.1% - 78.3%)	211	73.3% (68.9% - 77.4%)
Prevention	Mammography	432	76.4% (72.2% - 80.4%)	323	74.5% (70.4% - 78.6%)
Prevention	Taking BP Medication	834	76.2% (72.7% - 79.4%)	778	57.9% (53.1% - 62.5%)
Disability	Self-care Disability	114	2.7% (2.2% - 3.2%)	123	2.5% (2.0% - 2.9%)
Disability	Independent Living Disability	117	5.5% (4.5% - 6.6%)	111	5.3% (4.3% - 6.4%)
Disability	Vision Disability	105	3.2% (2.6% - 3.8%)	106	3.0% (2.5% - 3.5%)
Disability	Any Disability	99	21.2% (17.7% - 24.8%)	91	20.4% (17.1% - 24.1%)
Disability	Mobility Disability	127	9.2% (7.4% - 11.2%)	135	8.4% (6.9% - 10.1%)
Disability	Cognitive Disability	105	9.8% (8.1% - 11.6%)	70	9.9% (8.1% - 12.0%)
Disability	Hearing Disability	95	5.6% (4.8% - 6.4%)	41	5.2% (4.6% - 6.0%)

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: Midsized Communities (2,500-9,999)

Adel falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 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
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
