



## Iowa Community Health Snapshot Series

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



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# Iowa Community Health Snapshot Series

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# Health in Albia: Overview

Dear Community Members & Stakeholders of Albia,

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 Albia ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Albia'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 Albia. 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
Binge Drinking	283rd	35th	Binge Drinking	171st	36th
Taking BP Medication	358th	32nd	Taking BP Medication	251st	39th
Obesity	448th	49th	High Cholesterol	379th	41st
High Cholesterol	465th	60th	Cancer (except skin)	418th	41st
Annual Checkup	562nd	62nd	Obesity	607th	59th

## 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
Dental Visit	893rd	82nd	Colorectal Cancer Screening	873rd	94th
Core preventive services for older women	872nd	91st	Dental Visit	839th	81st
Independent Living Disability	849th	78th	Sleep <7 hours	816th	87th
All Teeth Lost	845th	79th	Current Asthma	805th	83rd
Cognitive Disability	839th	77th	Independent Living Disability	794th	78th

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 Albia.

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 Albia that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Albia, 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 Albia compares to the rest of the state and similarly-sized communities.

With a population of 3,705, Albia’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

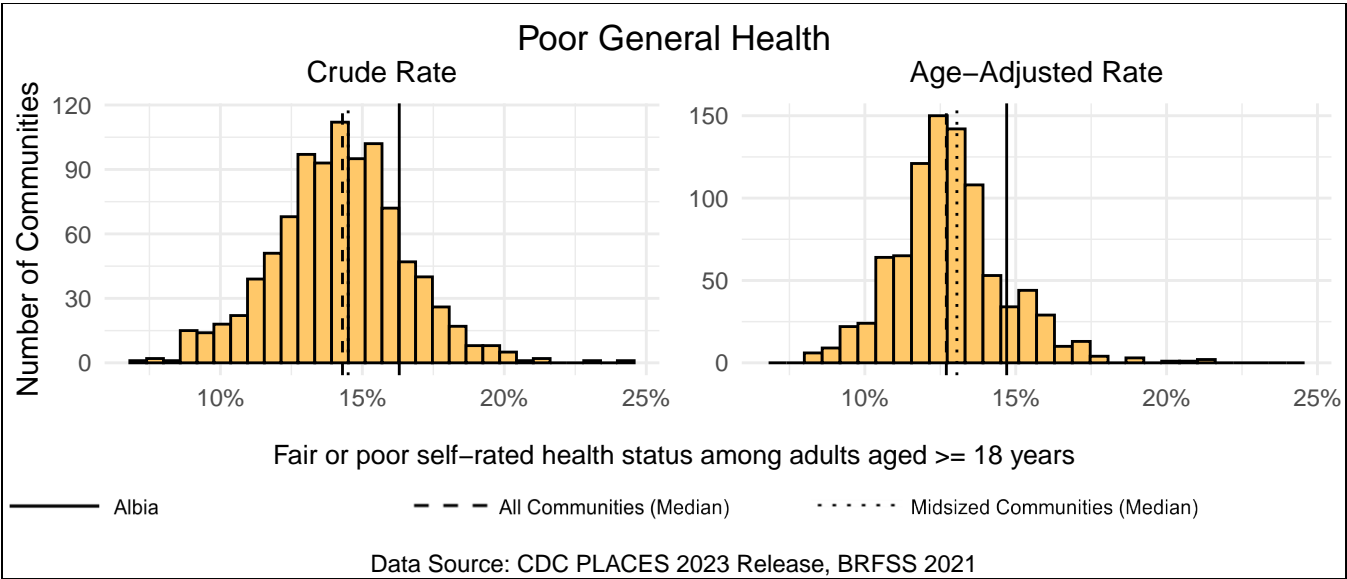
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Albia has a crude rate of 16.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 803rd out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Albia is 14.7%, which ranks 775th out of 905 Iowa communities (76th out of 102 mid-sized communities).

Measure Type	Albia	All Comm.	Midsized Comm.
Crude	16.3%	14.3%	14.5%
Age-Adjusted	14.7%	12.7%	13.0%

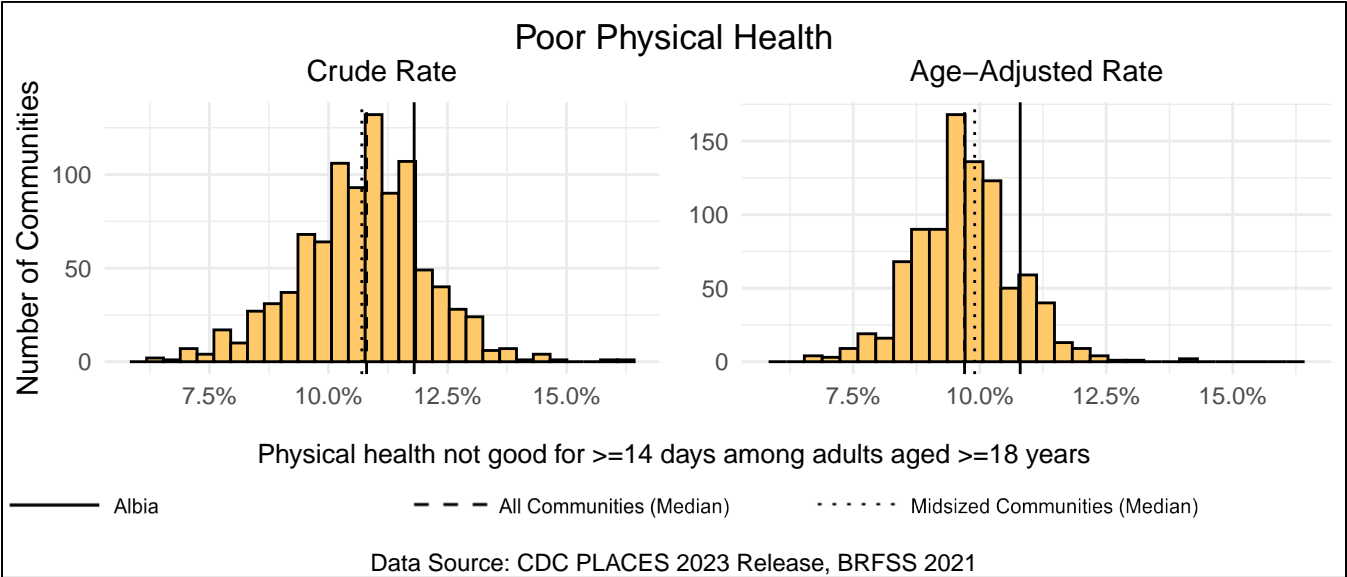




## Poor Physical Health

Albia has a crude rate of 11.8% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 775th out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Albia is 10.8%, which ranks 777th out of 905 Iowa communities (77th out of 102 mid-sized communities).

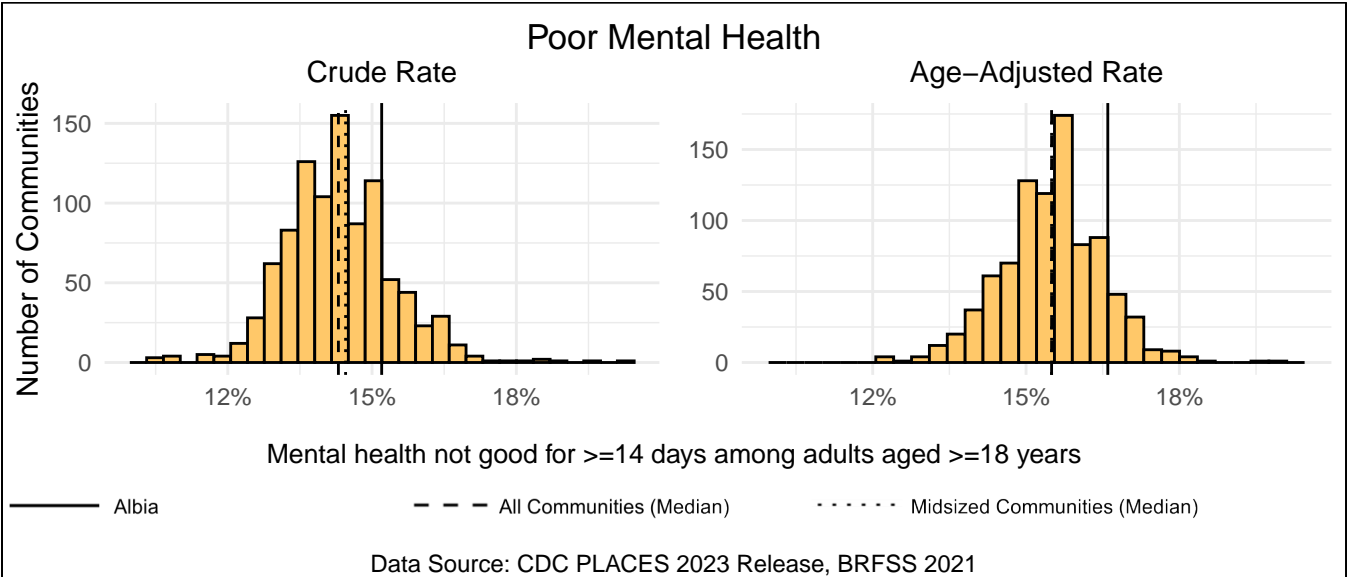
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	11.8%	10.8%	10.7%
Age-Adjusted	10.8%	9.7%	9.9%



## Poor Mental Health

Albia has a crude rate of 15.2% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 764th out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Albia is 16.6%, which ranks 792nd out of 905 Iowa communities (84th out of 102 mid-sized communities).

Measure Type	Albia	All Comm.	Midsized Comm.
Crude	15.2%	14.3%	14.4%
Age-Adjusted	16.6%	15.5%	15.5%



# Health Risk Behaviors

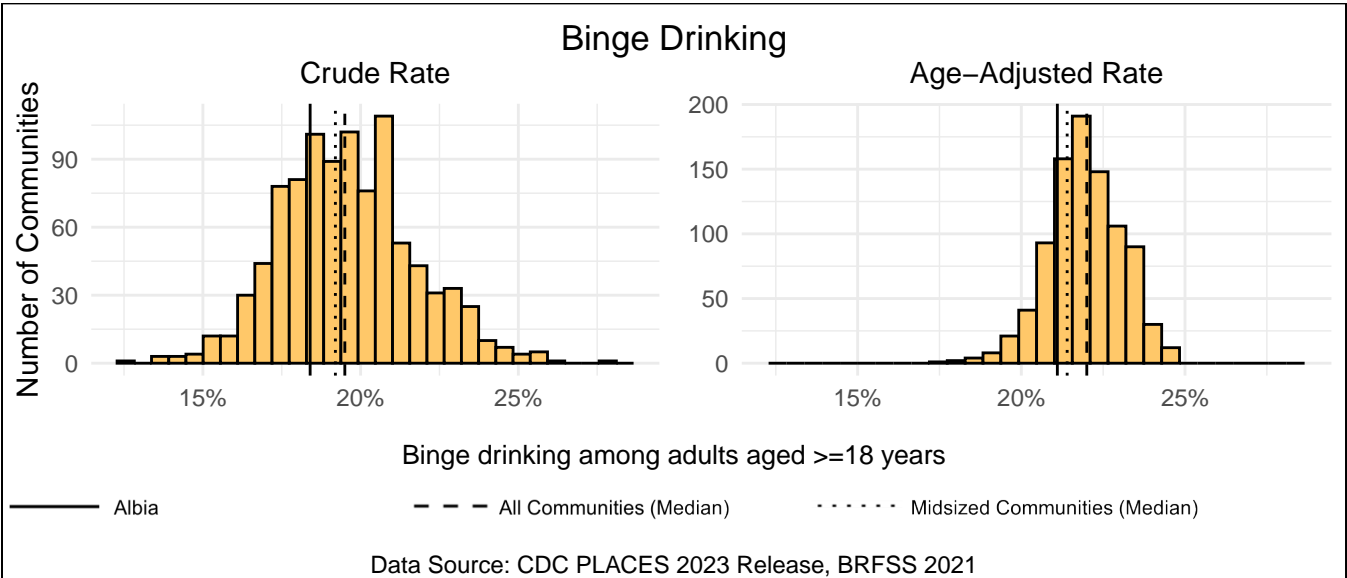
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

## Binge Drinking

Albia has a crude rate of 18.4% for binge drinking among adults aged  $\geq 18$  years, which ranks 283rd out of 958 Iowa communities (35th out of 102 midsize communities). The age-adjusted rate for Albia is 21.1%, which ranks 171st out of 905 Iowa communities (36th out of 102 midsize communities).

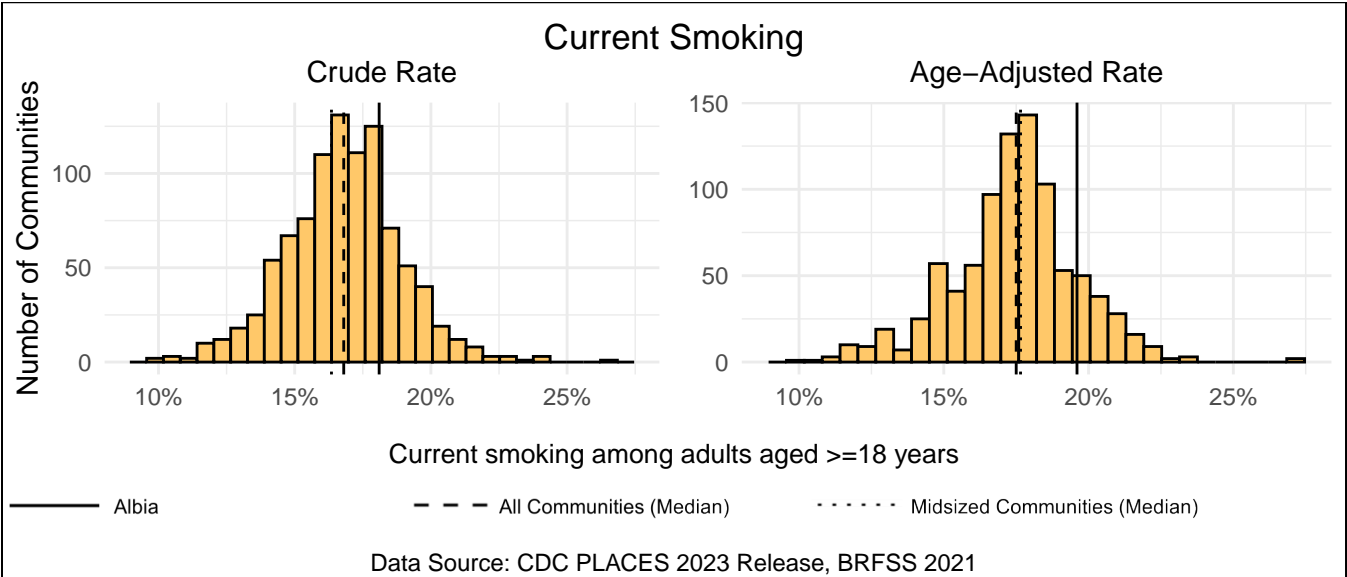
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	18.4%	19.5%	19.2%
Age-Adjusted	21.1%	22.0%	21.4%



# Current Smoking

Albia has a crude rate of 18.1% for current smoking among adults aged >=18 years, which ranks 713th out of 958 Iowa communities (82nd out of 102 midsize communities). The age-adjusted rate for Albia is 19.6%, which ranks 765th out of 905 Iowa communities (82nd out of 102 midsize communities).

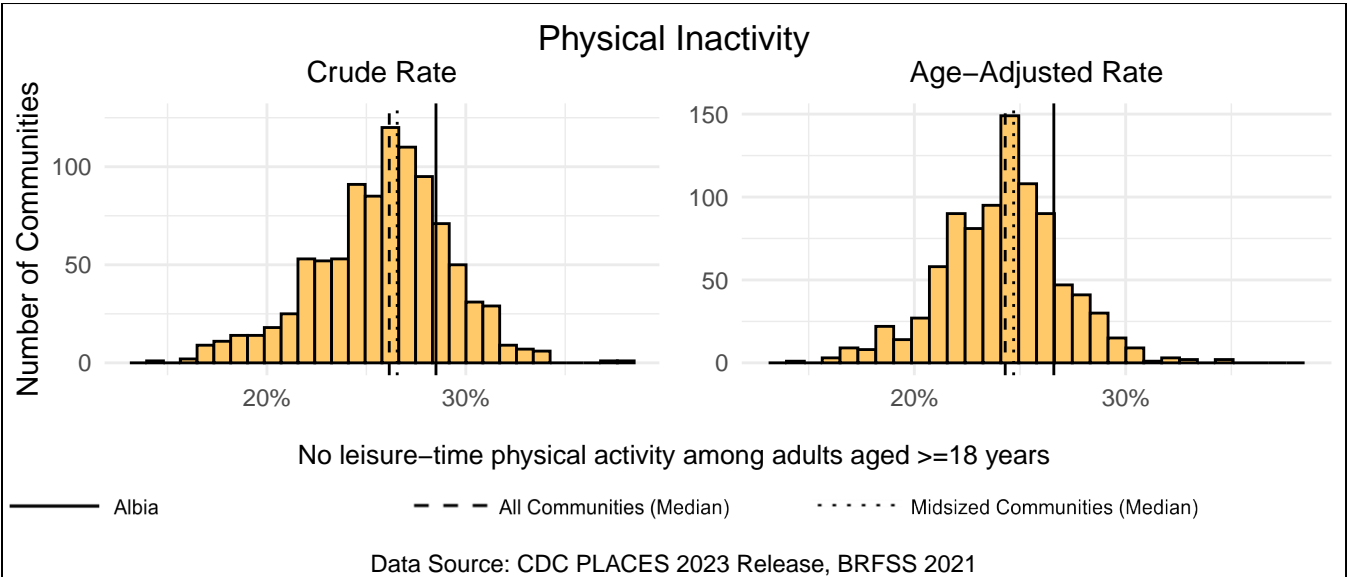
Measure Type	Albia	All Comm.	Midsize Comm.
Crude	18.1%	16.8%	16.4%
Age-Adjusted	19.6%	17.5%	17.6%



# Physical Inactivity

Albia has a crude rate of 28.5% for no leisure-time physical activity among adults aged >=18 years, which ranks 760th out of 958 Iowa communities (73rd out of 102 midsize communities). The age-adjusted rate for Albia is 26.6%, which ranks 746th out of 905 Iowa communities (74th out of 102 midsize communities).

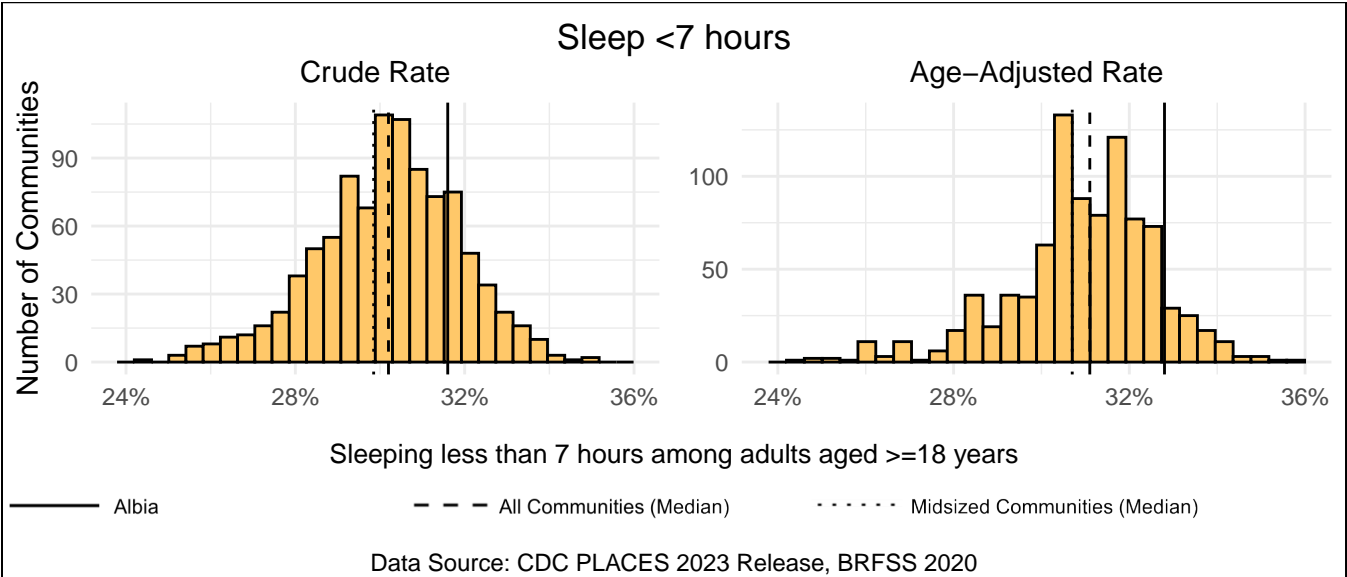
Measure Type	Albia	All Comm.	Midsize Comm.
Crude	28.5%	26.1%	26.6%
Age-Adjusted	26.6%	24.3%	24.7%



Sleep <7 hours

Albia has a crude rate of 31.6% for sleeping less than 7 hours among adults aged >=18 years, which ranks 748th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Albia is 32.8%, which ranks 816th out of 905 Iowa communities (87th out of 102 midsized communities).

Measure Type	Albia	All Comm.	Midsized Comm.
Crude	31.6%	30.2%	29.8%
Age-Adjusted	32.8%	31.1%	30.7%



# Health Outcomes

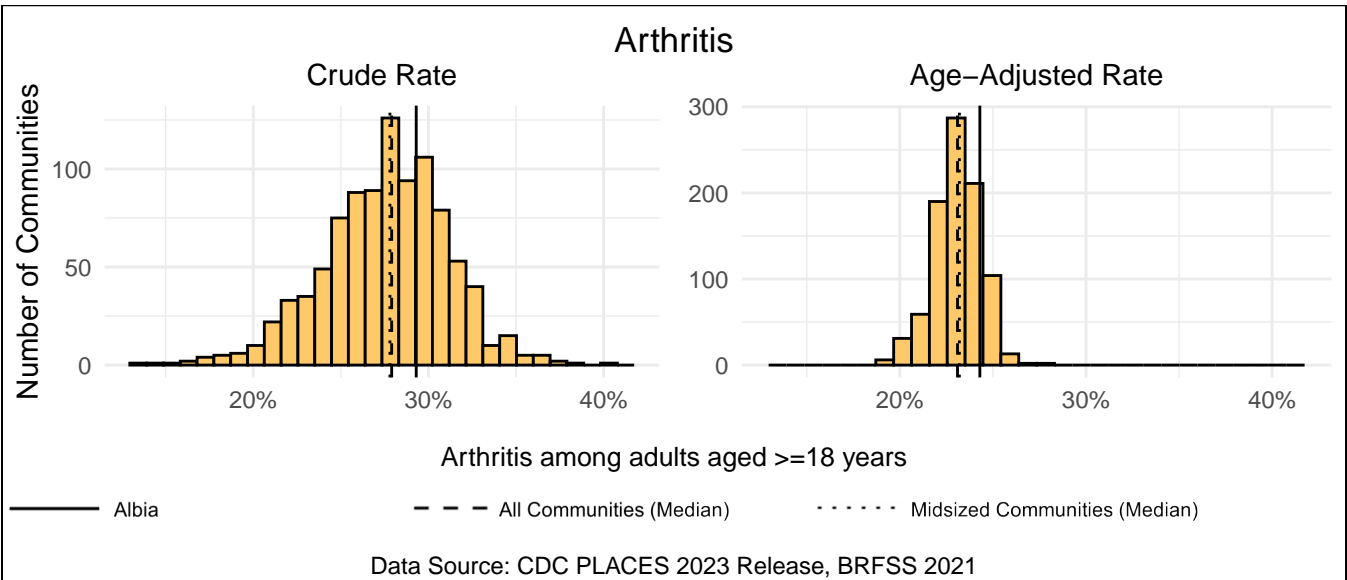
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Albia has a crude rate of 29.3% for arthritis among adults aged  $\geq 18$  years, which ranks 642nd out of 958 Iowa communities (74th out of 102 midsized communities). The age-adjusted rate for Albia is 24.3%, which ranks 755th out of 905 Iowa communities (80th out of 102 midsized communities).

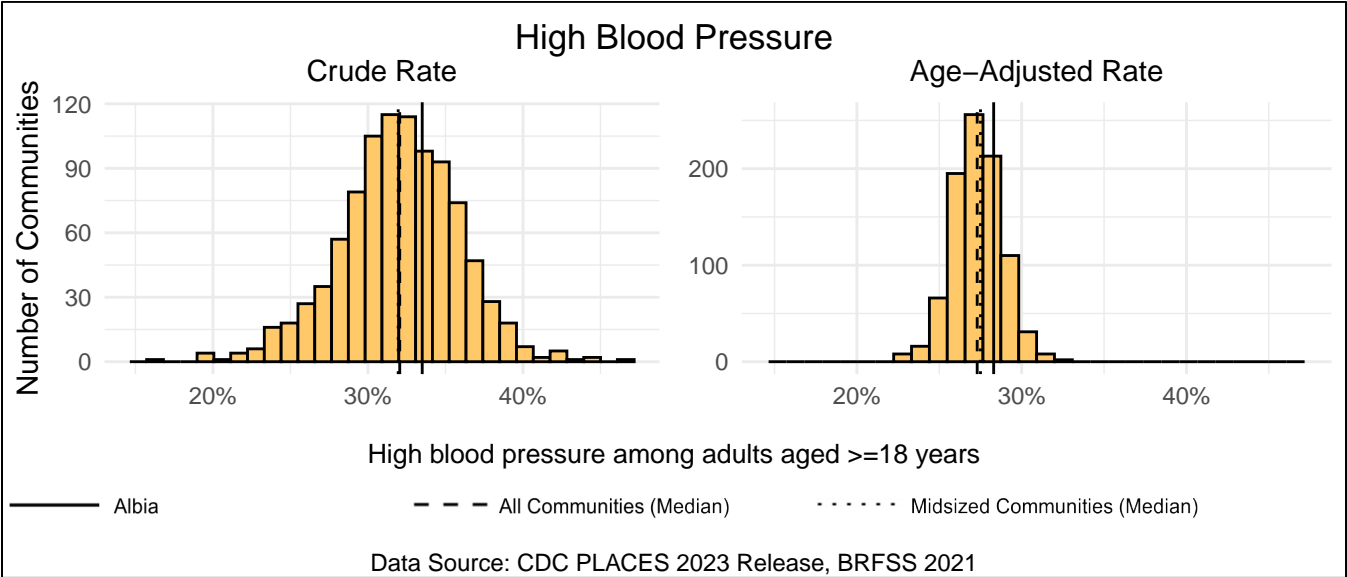
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	29.3%	27.9%	27.8%
Age-Adjusted	24.3%	23.1%	23.2%



## High Blood Pressure

Albia has a crude rate of 33.5% for high blood pressure among adults aged  $\geq 18$  years, which ranks 625th out of 958 Iowa communities (73rd out of 102 midsize communities). The age-adjusted rate for Albia is 28.3%, which ranks 677th out of 905 Iowa communities (69th out of 102 midsize communities).

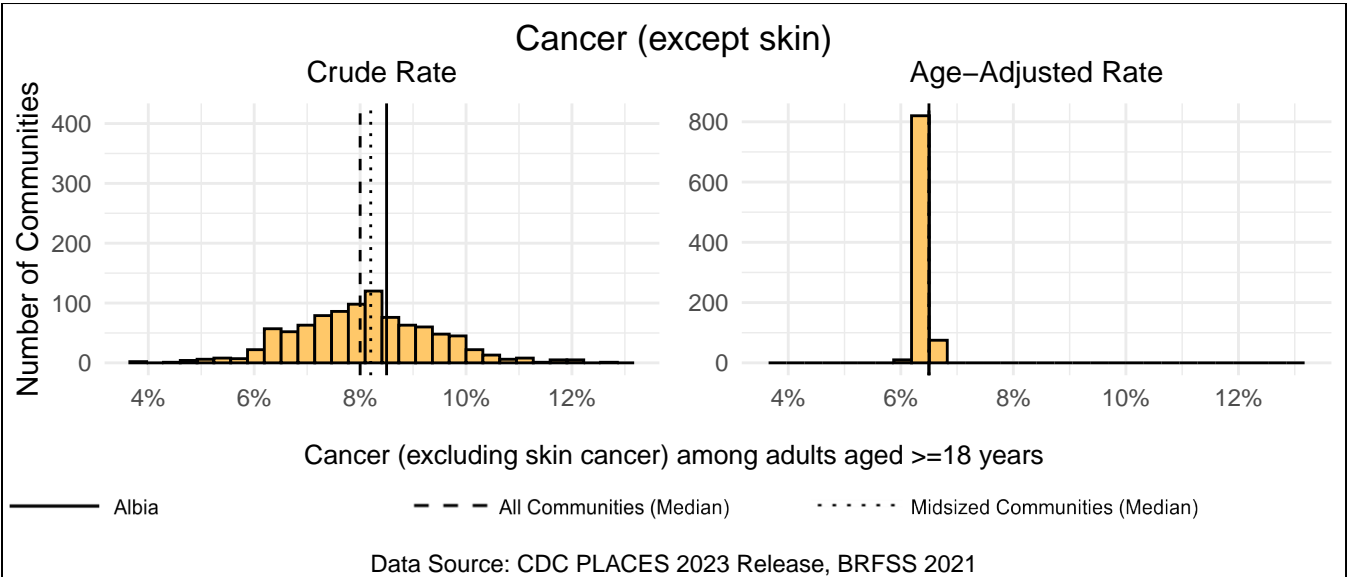
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	33.5%	32.0%	32.0%
Age-Adjusted	28.3%	27.3%	27.5%



## Cancer (except skin)

Albia has a crude rate of 8.5% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 606th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Albia is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsize communities).

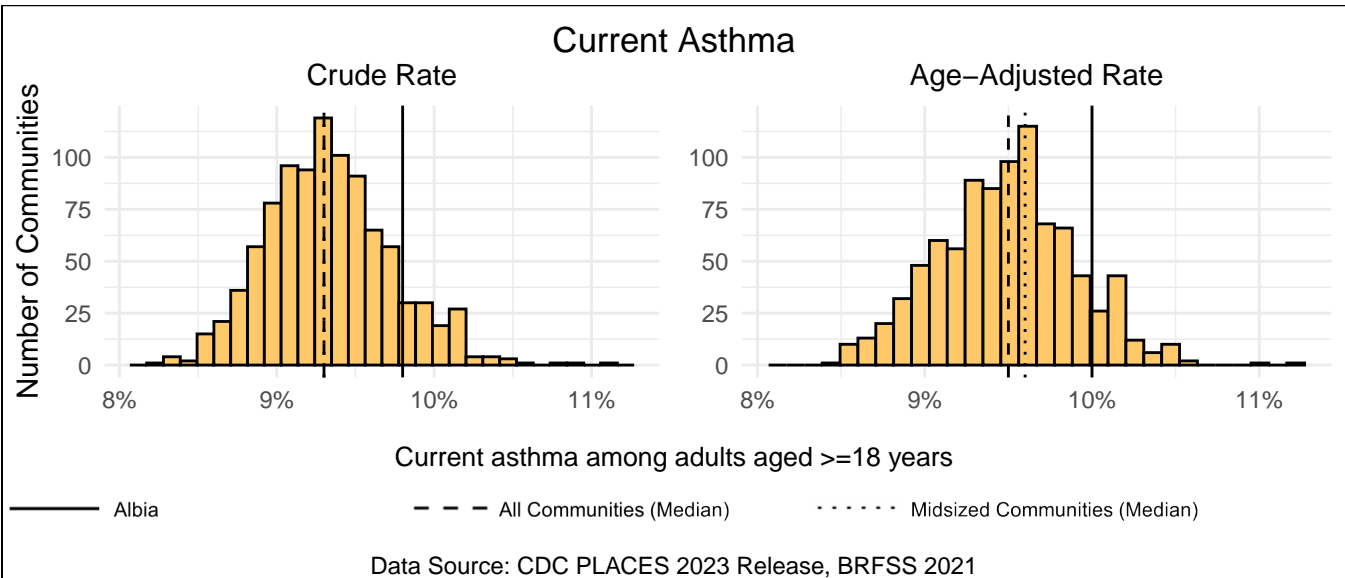
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	8.5%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Albia has a crude rate of 9.8% for current asthma among adults aged  $\geq 18$  years, which ranks 838th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Albia is 10.0%, which ranks 805th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

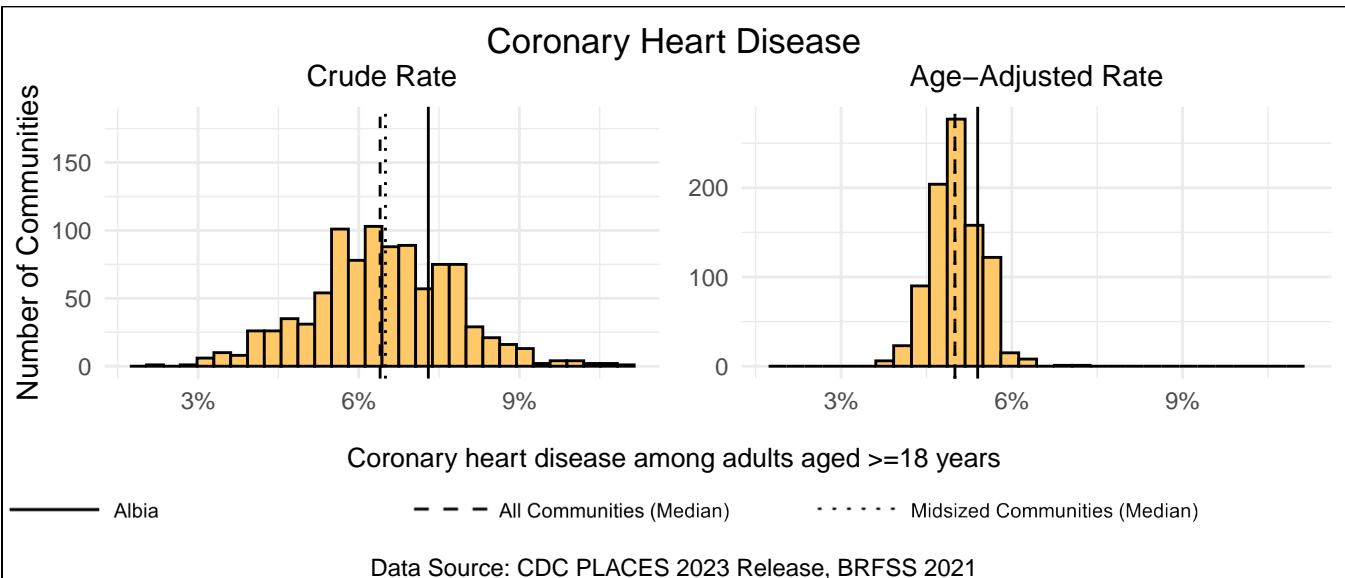
Measure Type	Albia	All Comm.	Mid-sized Comm.
Crude	9.8%	9.3%	9.3%
Age-Adjusted	10.0%	9.5%	9.6%



## Coronary Heart Disease

Albia has a crude rate of 7.3% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 696th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Albia is 5.4%, which ranks 729th out of 905 Iowa communities (76th out of 102 mid-sized communities).

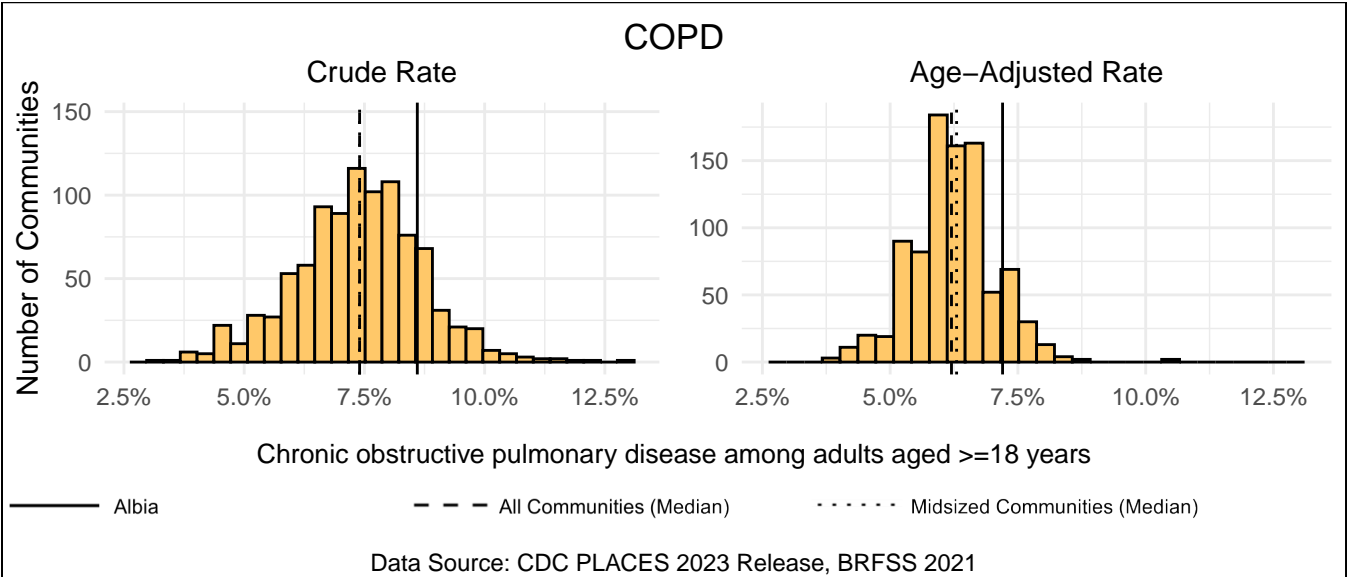
Measure Type	Albia	All Comm.	Mid-sized Comm.
Crude	7.3%	6.4%	6.5%
Age-Adjusted	5.4%	5.0%	5.0%



# COPD

Albia has a crude rate of 8.6% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 797th out of 958 Iowa communities (83rd out of 102 midsize communities). The age-adjusted rate for Albia is 7.2%, which ranks 786th out of 905 Iowa communities (80th out of 102 midsize communities).

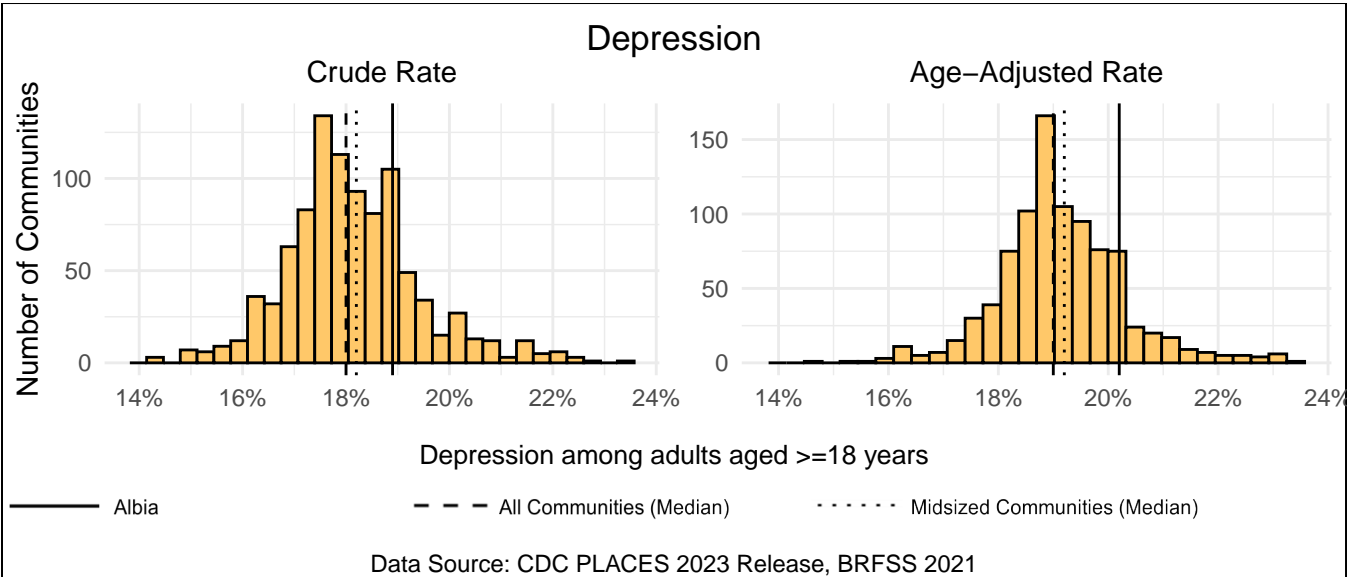
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	8.6%	7.4%	7.4%
Age-Adjusted	7.2%	6.2%	6.3%



# Depression

Albia has a crude rate of 18.9% for depression among adults aged  $\geq 18$  years, which ranks 730th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Albia is 20.2%, which ranks 787th out of 905 Iowa communities (88th out of 102 midsize communities).

Measure Type	Albia	All Comm.	Midsized Comm.
Crude	18.9%	18.0%	18.2%
Age-Adjusted	20.2%	19.0%	19.2%

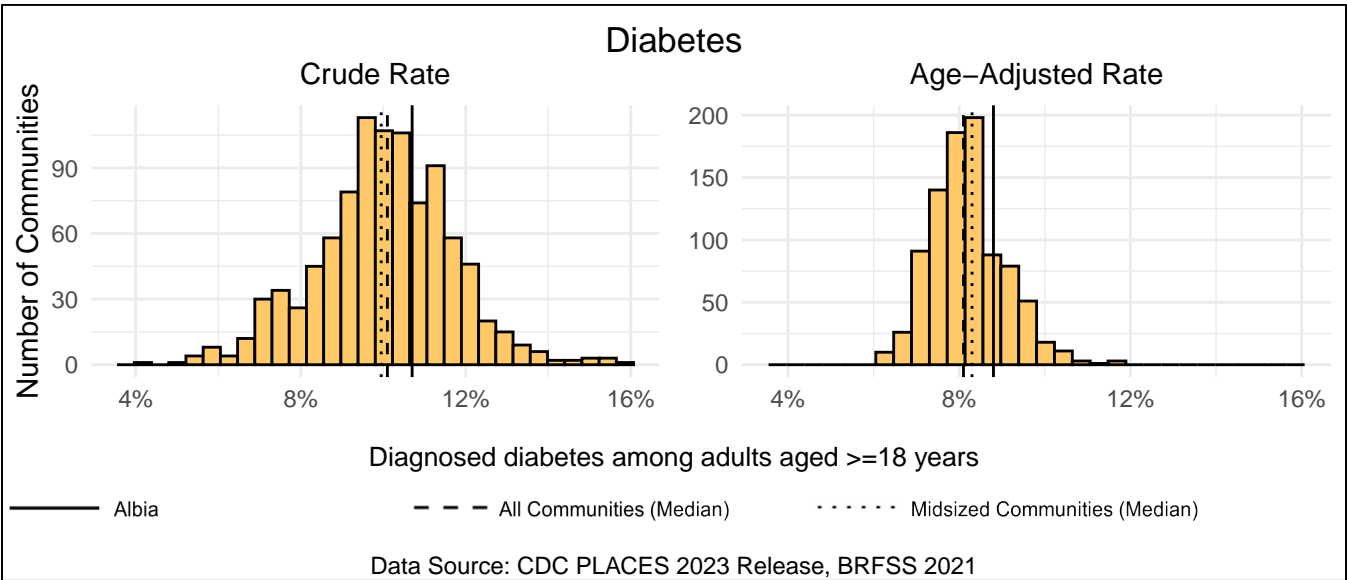




# Diabetes

Albia has a crude rate of 10.7% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 629th out of 958 Iowa communities (68th out of 102 mid-sized communities). The age-adjusted rate for Albia is 8.8%, which ranks 705th out of 905 Iowa communities (68th out of 102 mid-sized communities).

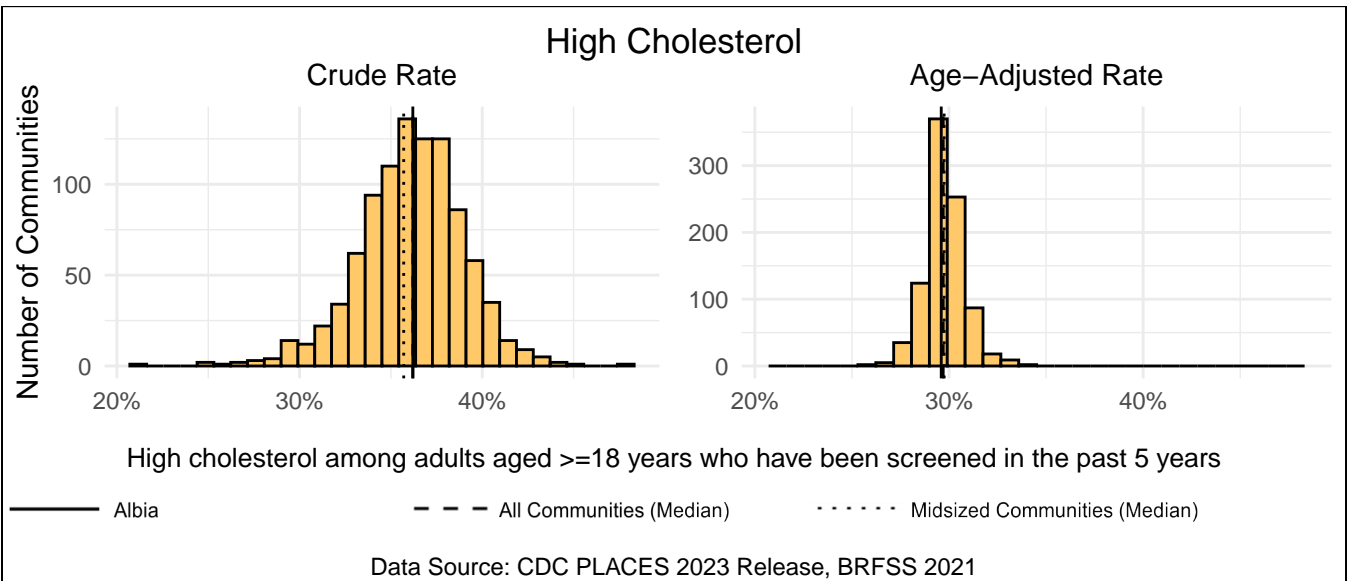
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	10.7%	10.1%	9.9%
Age-Adjusted	8.8%	8.1%	8.3%



# High Cholesterol

Albia has a crude rate of 36.2% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 465th out of 958 Iowa communities (60th out of 102 mid-sized communities). The age-adjusted rate for Albia is 29.6%, which ranks 379th out of 905 Iowa communities (41st out of 102 mid-sized communities).

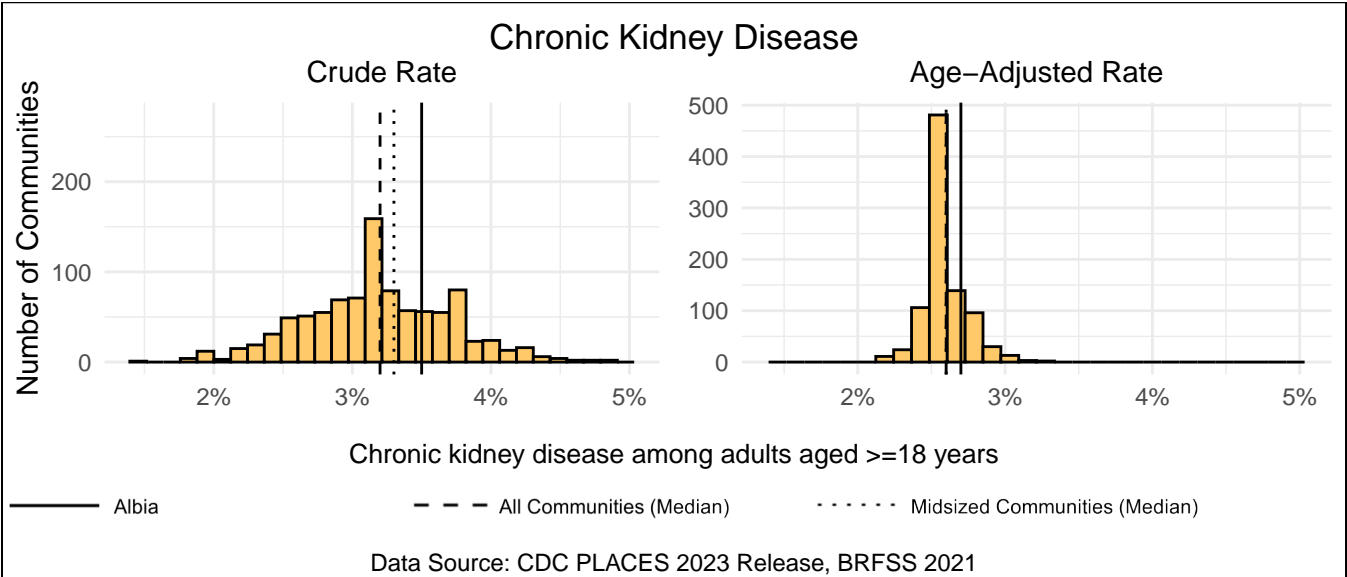
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	36.2%	36.2%	35.7%
Age-Adjusted	29.6%	29.7%	29.8%



## Chronic Kidney Disease

Albia has a crude rate of 3.5% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 676th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Albia is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 mid-sized communities).

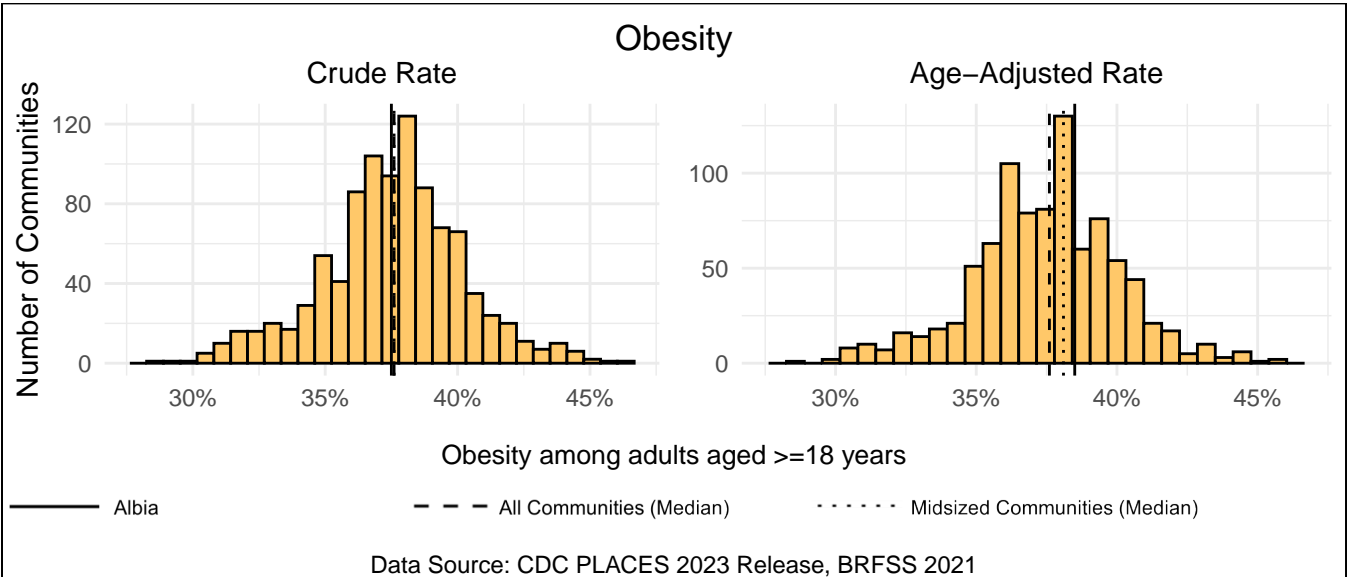
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



## Obesity

Albia has a crude rate of 37.5% for obesity among adults aged  $\geq 18$  years, which ranks 448th out of 958 Iowa communities (49th out of 102 mid-sized communities). The age-adjusted rate for Albia is 38.5%, which ranks 607th out of 905 Iowa communities (59th out of 102 mid-sized communities).

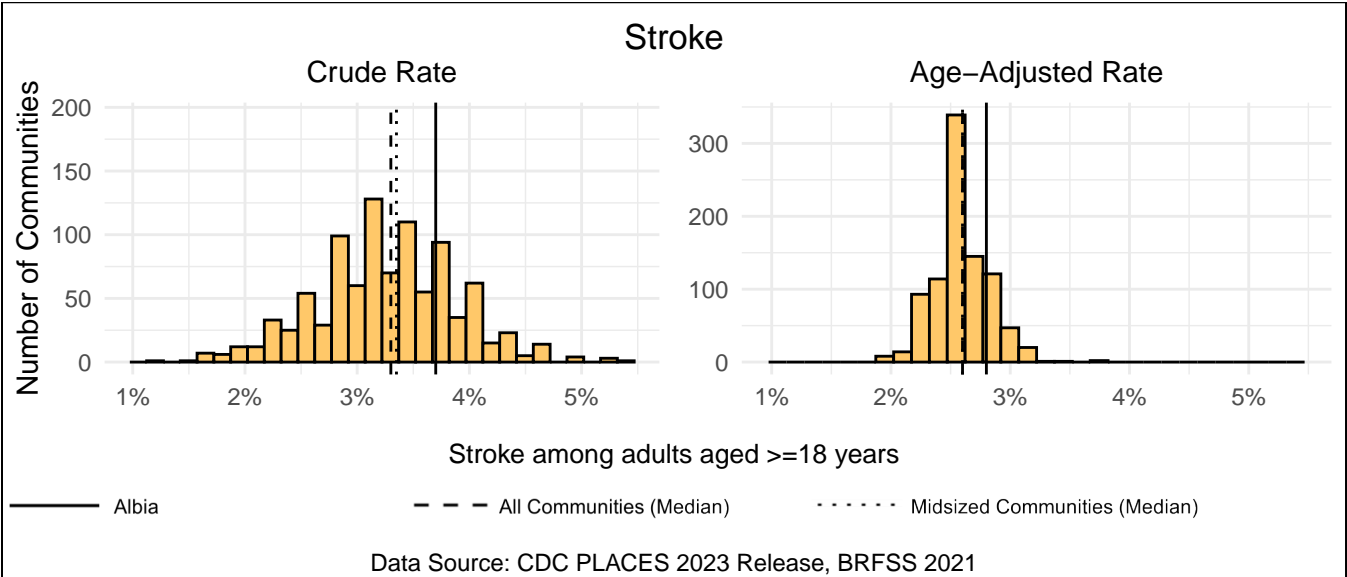
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	37.5%	37.6%	37.6%
Age-Adjusted	38.5%	37.6%	38.1%



# Stroke

Albia has a crude rate of 3.7% for stroke among adults aged  $\geq 18$  years, which ranks 703rd out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Albia is 2.8%, which ranks 714th out of 905 Iowa communities (71st out of 102 midsize communities).

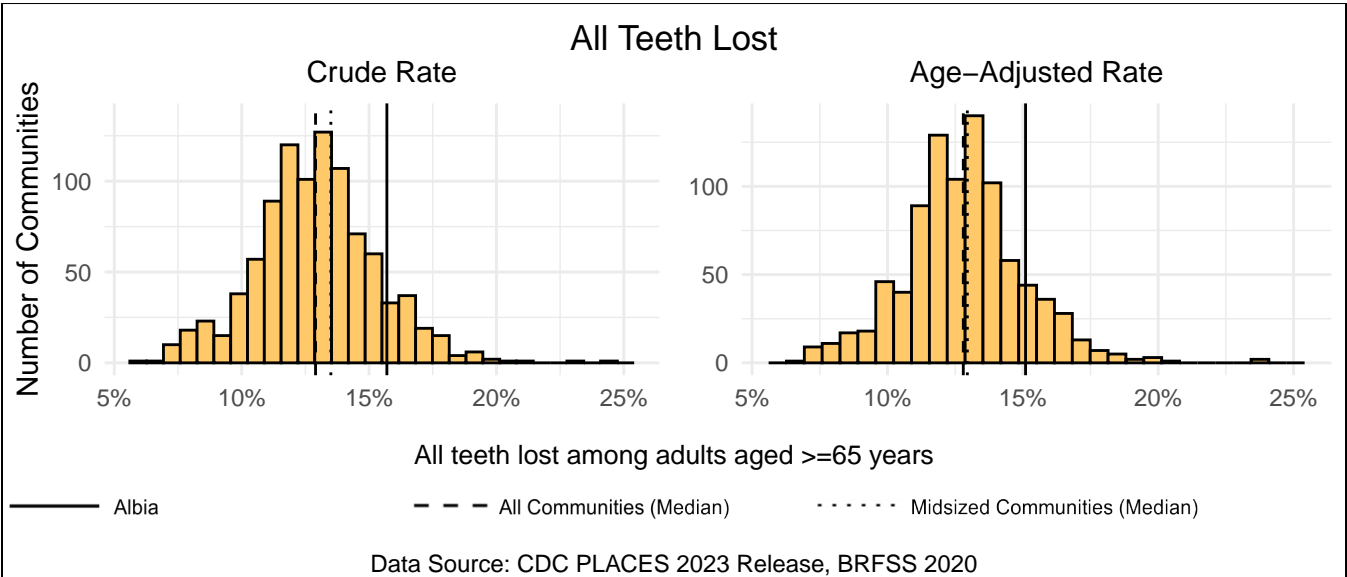
Measure Type	Albia	All Comm.	Midsize Comm.
Crude	3.7%	3.3%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



# All Teeth Lost

Albia has a crude rate of 15.7% for all teeth lost among adults aged  $\geq 65$  years, which ranks 845th out of 958 Iowa communities (79th out of 102 midsize communities). The age-adjusted rate for Albia is 15.1%, which ranks 777th out of 905 Iowa communities (77th out of 102 midsize communities).

Measure Type	Albia	All Comm.	Midsize Comm.
Crude	15.7%	12.9%	13.5%
Age-Adjusted	15.1%	12.8%	12.9%



# Prevention

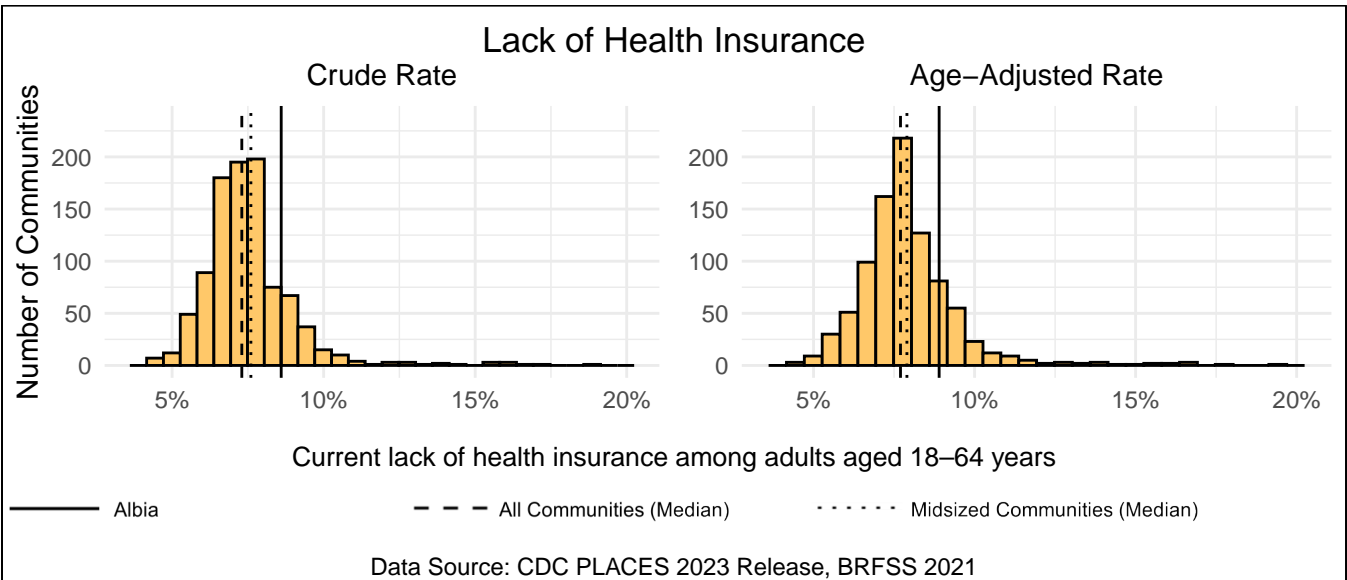
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Albia has a crude rate of 8.6% for current lack of health insurance among adults aged 18–64 years, which ranks 806th out of 958 Iowa communities (68th out of 102 mid-sized communities). The age-adjusted rate for Albia is 8.9%, which ranks 748th out of 905 Iowa communities (67th out of 102 mid-sized communities).

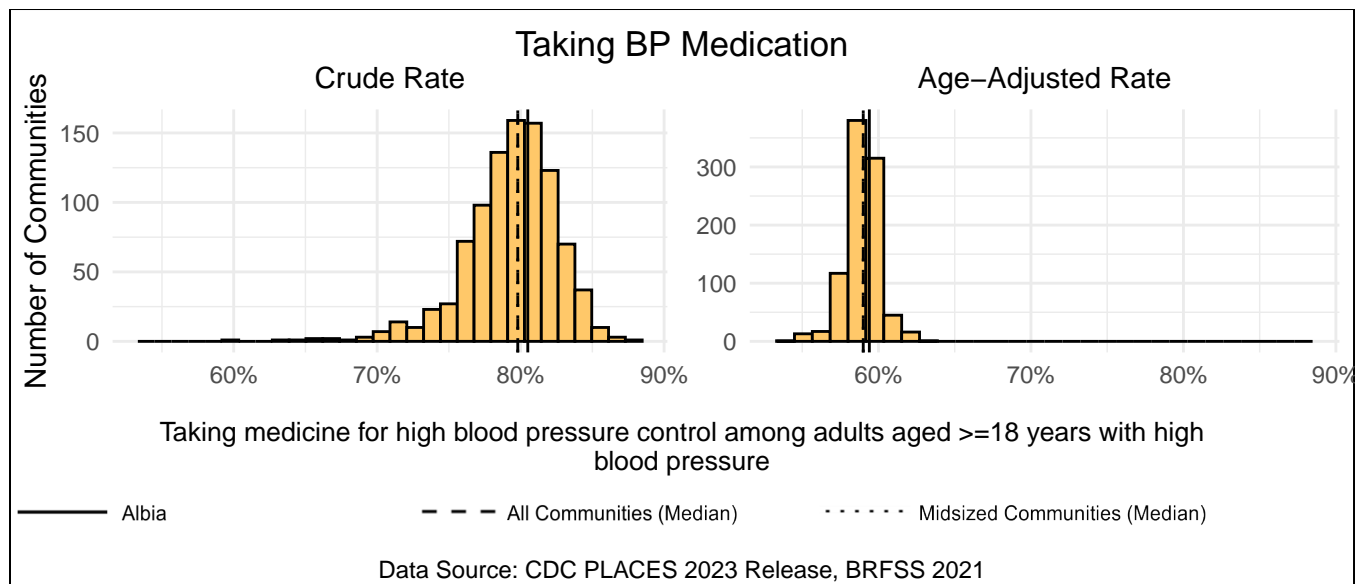
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	8.6%	7.3%	7.6%
Age-Adjusted	8.9%	7.7%	7.9%



## Taking BP Medication

Albia 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 358th out of 958 Iowa communities (32nd out of 102 mid-sized communities). The age-adjusted rate for Albia is 59.4%, which ranks 251st out of 905 Iowa communities (39th out of 102 mid-sized communities).

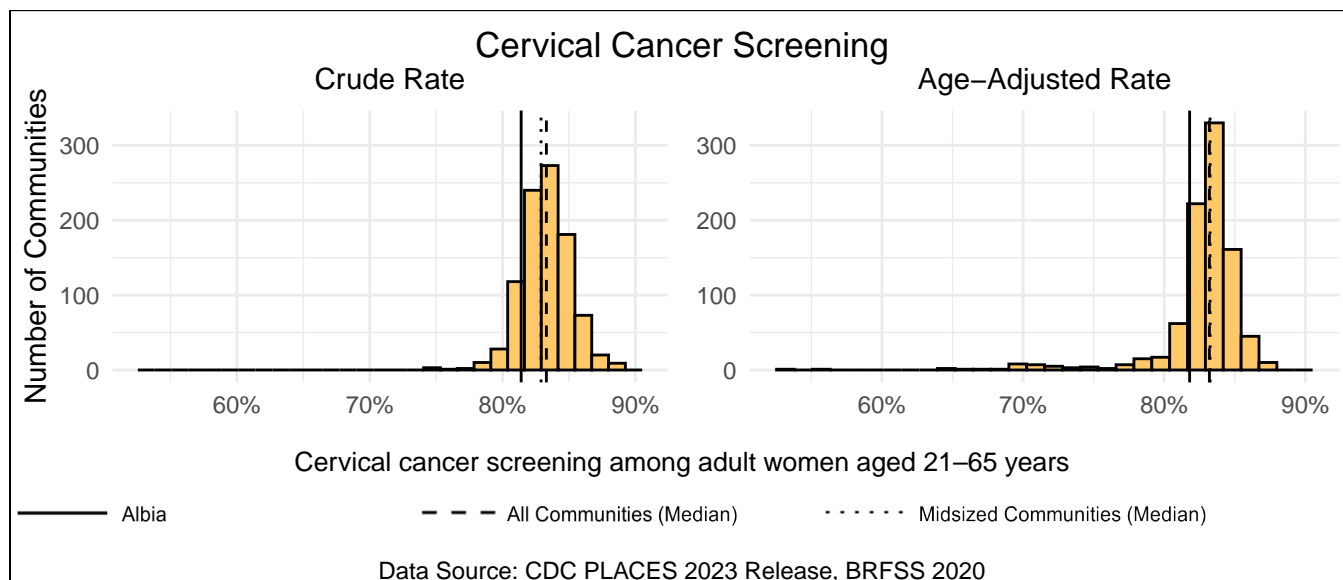
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	80.5%	79.8%	79.8%
Age-Adjusted	59.4%	59.0%	59.0%



## Cervical Cancer Screening

Albia has a crude rate of 81.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 819th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Albia is 81.8%, which ranks 744th out of 905 Iowa communities (79th out of 102 mid-sized communities).

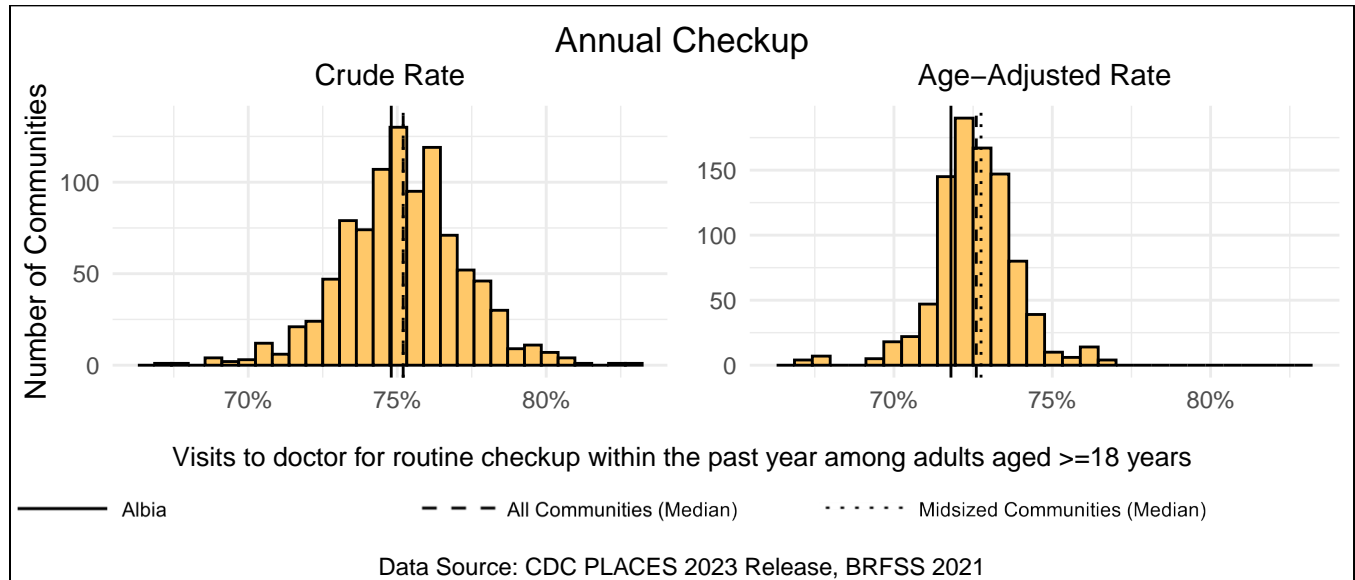
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	81.4%	83.3%	82.9%
Age-Adjusted	81.8%	83.2%	83.2%



## Annual Checkup

Albia has a crude rate of 74.8% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (62nd out of 102 midsized communities). The age-adjusted rate for Albia is 71.8%, which ranks 686th out of 905 Iowa communities (82nd out of 102 midsized communities).

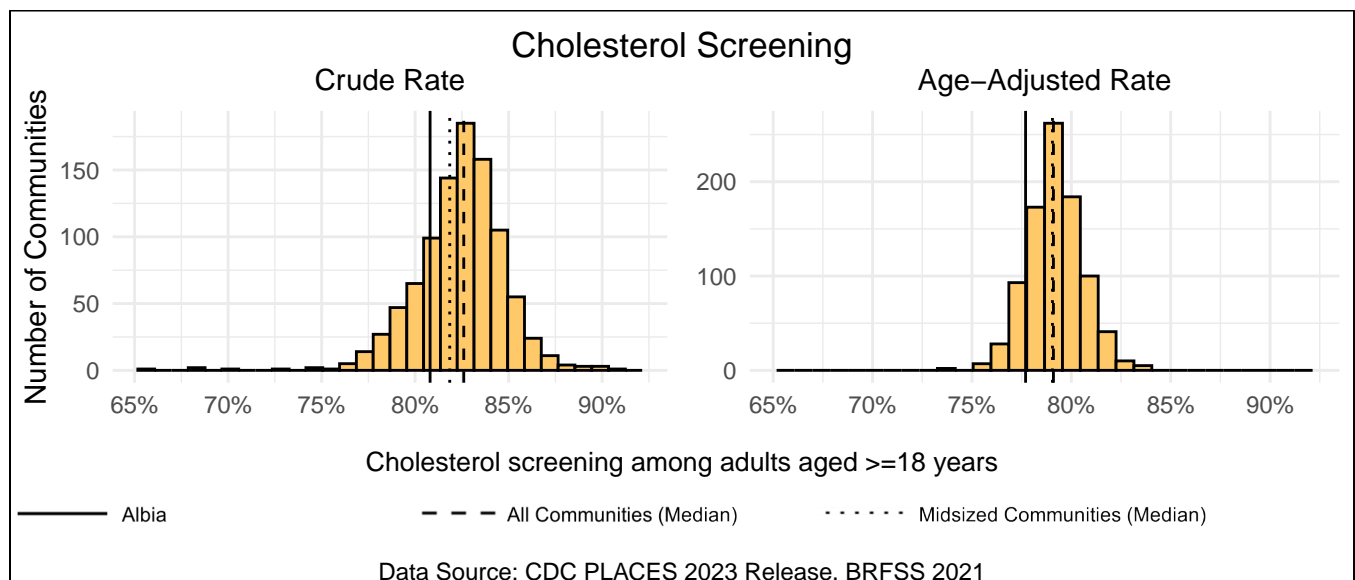
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	74.8%	75.2%	75.2%
Age-Adjusted	71.8%	72.6%	72.8%



## Cholesterol Screening

Albia has a crude rate of 80.8% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 746th out of 958 Iowa communities (67th out of 102 midsized communities). The age-adjusted rate for Albia is 77.7%, which ranks 776th out of 905 Iowa communities (79th out of 102 midsized communities).

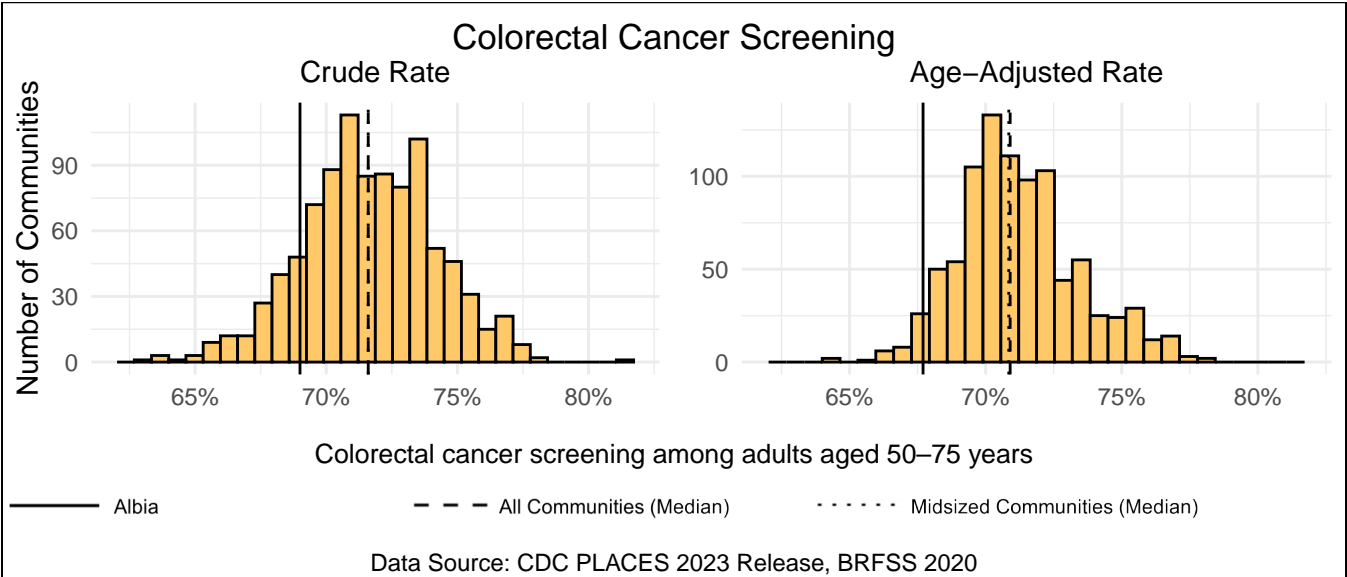
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	80.8%	82.6%	81.8%
Age-Adjusted	77.7%	79.1%	79.0%



### Colorectal Cancer Screening

Albia has a crude rate of 69.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 821st out of 958 Iowa communities (90th out of 102 mid-sized communities). The age-adjusted rate for Albia is 67.7%, which ranks 873rd out of 905 Iowa communities (94th out of 102 mid-sized communities).

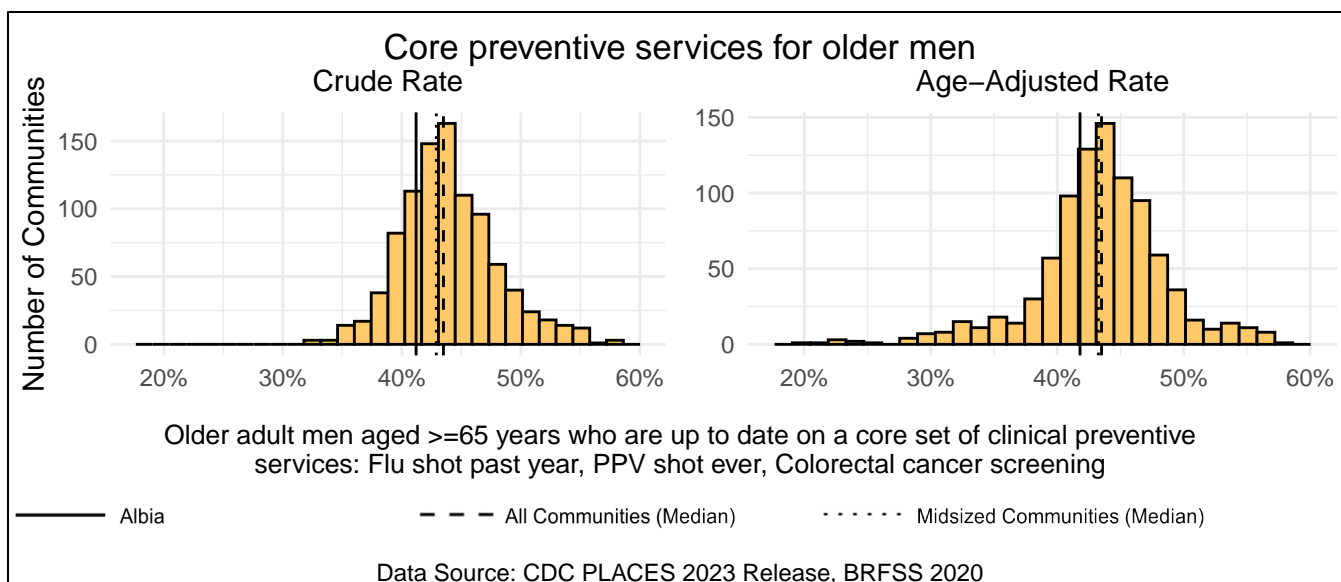
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	69.0%	71.6%	71.6%
Age-Adjusted	67.7%	70.9%	70.8%



### Core preventive services for older men

Albia has a crude rate of 41.2% 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 720th out of 958 Iowa communities (68th out of 102 mid-sized communities). The age-adjusted rate for Albia is 41.8%, which ranks 615th out of 905 Iowa communities (64th out of 102 mid-sized communities).

Measure Type	Albia	All Comm.	Midsized Comm.
Crude	41.2%	43.5%	42.9%
Age-Adjusted	41.8%	43.5%	43.2%

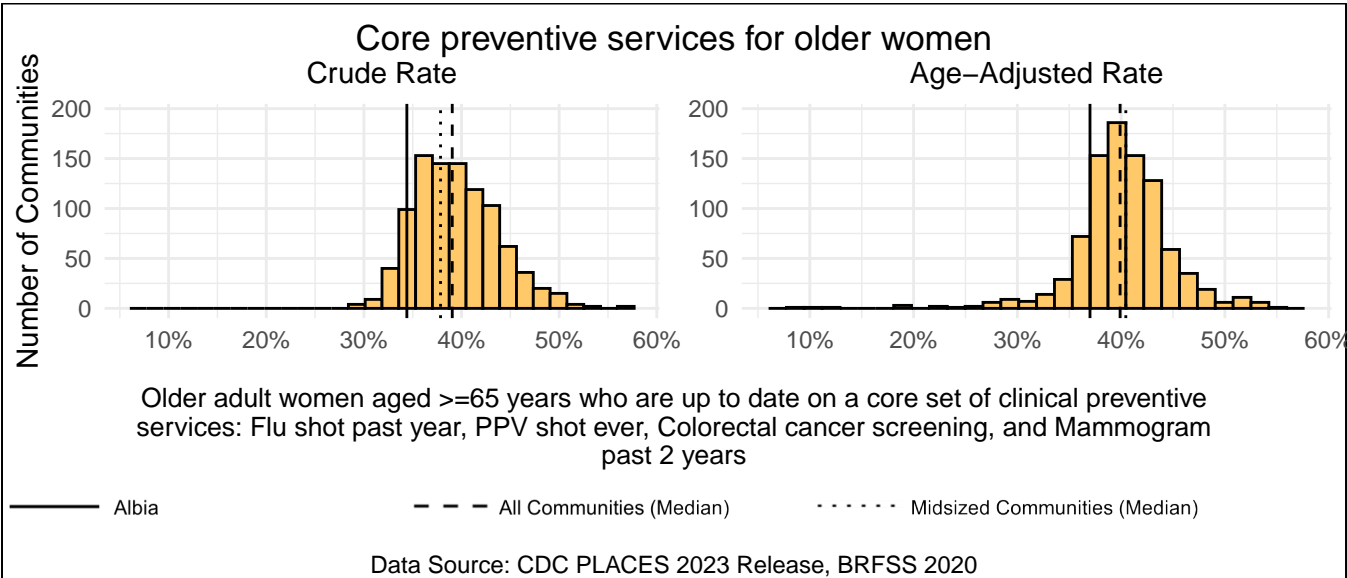




## Core preventive services for older women

Albia has a crude rate of 34.4% 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 872nd out of 958 Iowa communities (91st out of 102 midsize communities). The age-adjusted rate for Albia is 37.0%, which ranks 758th out of 905 Iowa communities (89th out of 102 midsize communities).

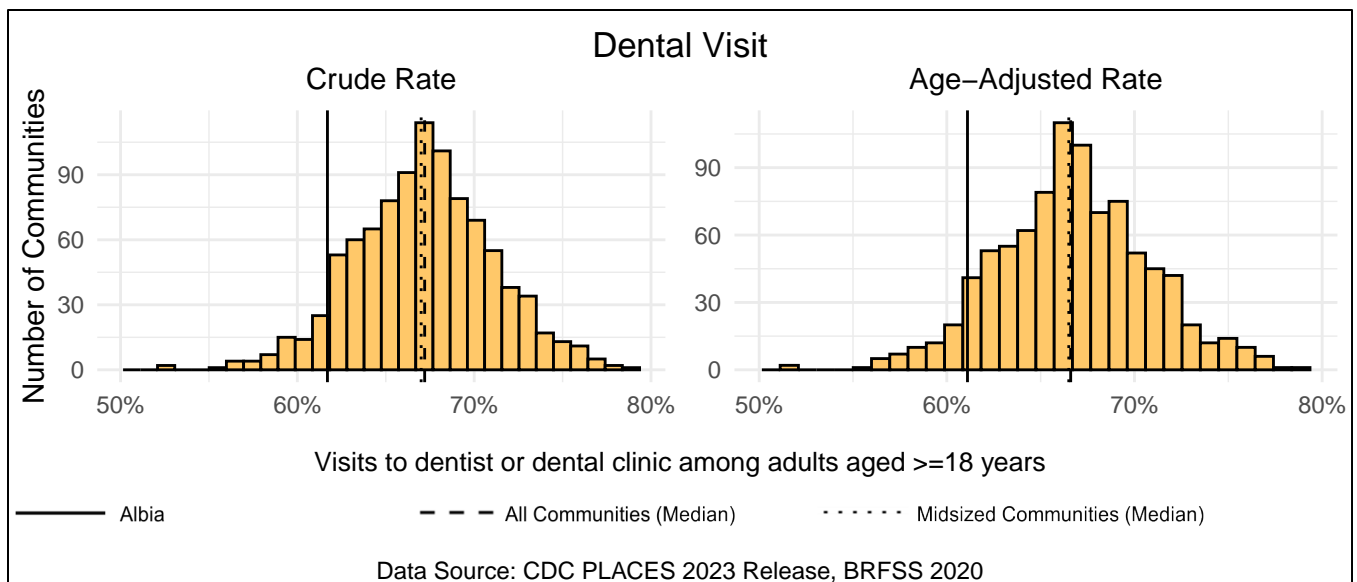
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	34.4%	39.0%	37.8%
Age-Adjusted	37.0%	39.9%	40.4%



## Dental Visit

Albia has a crude rate of 61.7% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 893rd out of 958 Iowa communities (82nd out of 102 midsize communities). The age-adjusted rate for Albia is 61.1%, which ranks 839th out of 905 Iowa communities (81st out of 102 midsize communities).

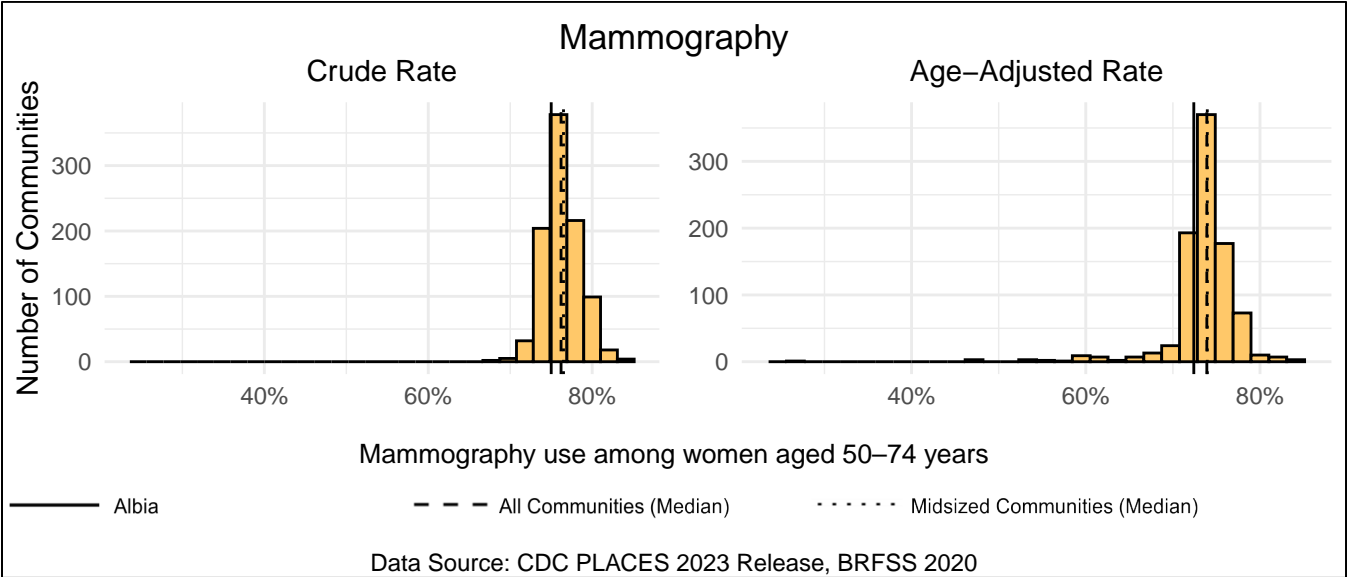
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	61.7%	67.2%	67.0%
Age-Adjusted	61.1%	66.6%	66.5%



# Mammography

Albia has a crude rate of 75.0% for mammography use among women aged 50–74 years, which ranks 684th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Albia is 72.4%, which ranks 683rd out of 905 Iowa communities (83rd out of 102 mid-sized communities).

Measure Type	Albia	All Comm.	Midsized Comm.
Crude	75.0%	76.2%	76.5%
Age-Adjusted	72.4%	73.9%	74.0%



# Disability

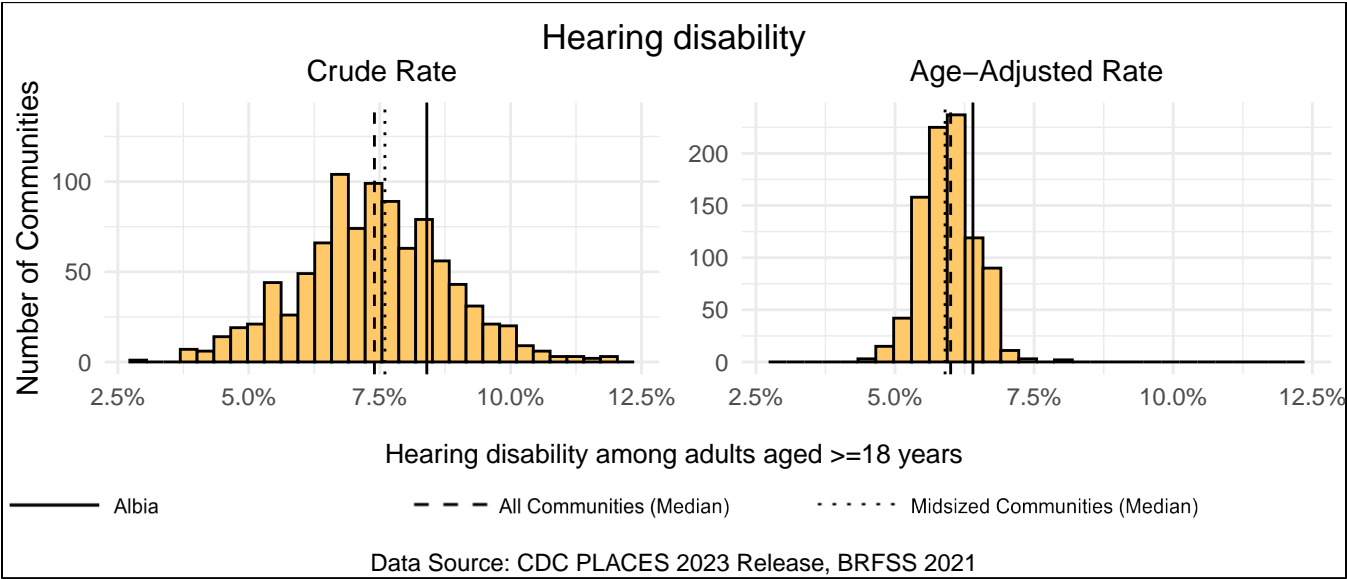
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Albia has a crude rate of 8.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 724th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Albia is 6.4%, which ranks 736th out of 905 Iowa communities (76th out of 102 midsize communities).

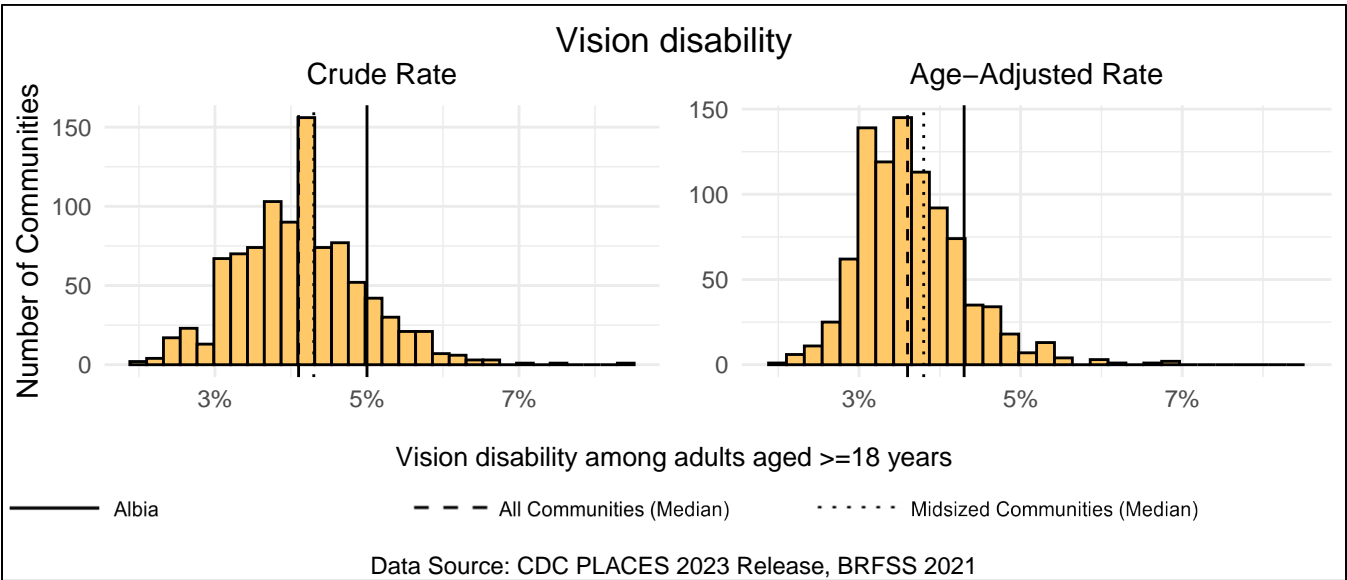
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	8.4%	7.4%	7.6%
Age-Adjusted	6.4%	6.0%	5.9%



# Vision disability

Albia has a crude rate of 5.0% for vision disability among adults aged >=18 years, which ranks 823rd out of 958 Iowa communities (74th out of 102 midsize communities). The age-adjusted rate for Albia is 4.3%, which ranks 766th out of 905 Iowa communities (74th out of 102 midsize communities).

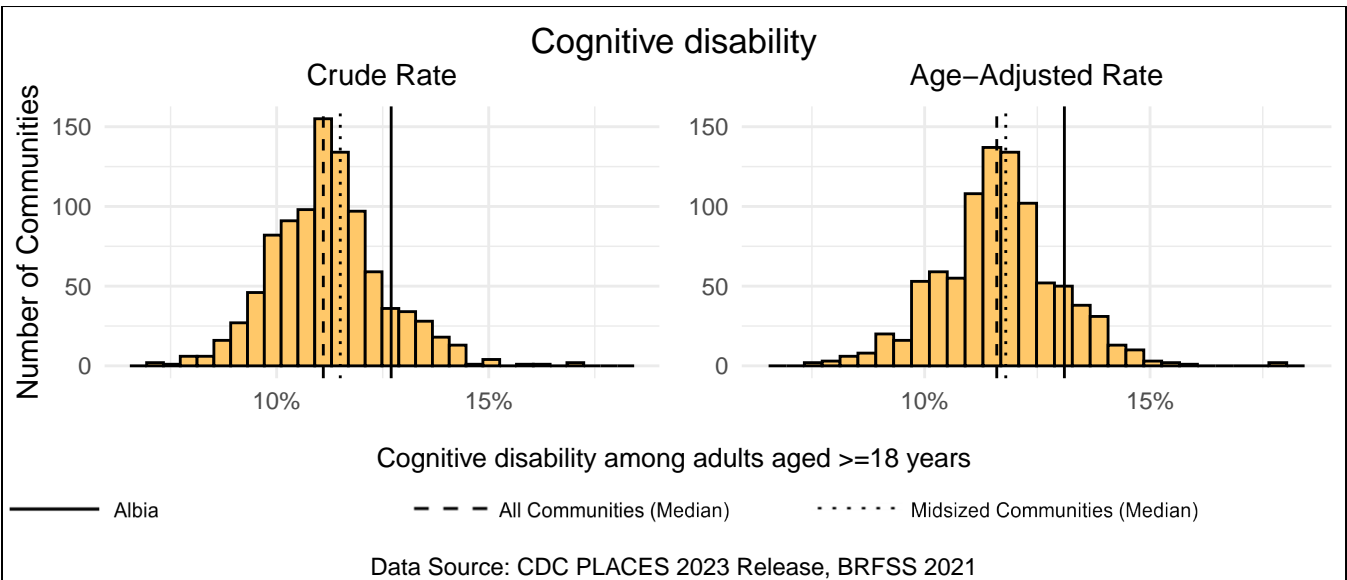
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	5.0%	4.1%	4.3%
Age-Adjusted	4.3%	3.6%	3.8%



# Cognitive disability

Albia has a crude rate of 12.7% for cognitive disability among adults aged >=18 years, which ranks 839th out of 958 Iowa communities (77th out of 102 midsize communities). The age-adjusted rate for Albia is 13.1%, which ranks 788th out of 905 Iowa communities (77th out of 102 midsize communities).

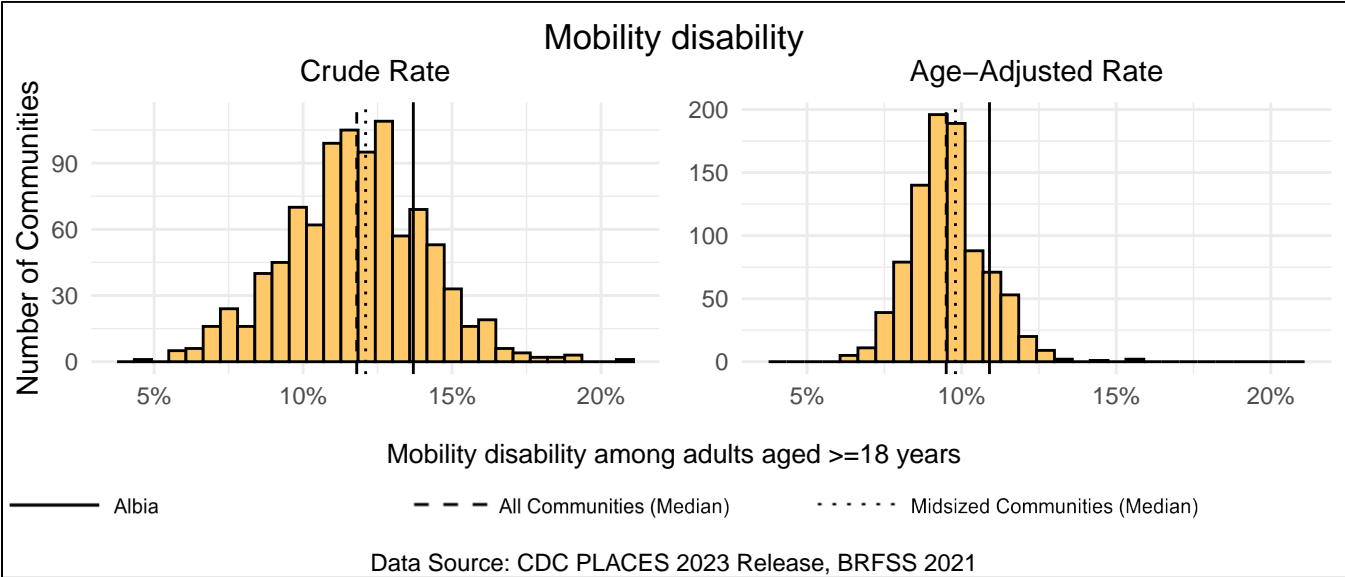
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	12.7%	11.1%	11.5%
Age-Adjusted	13.1%	11.6%	11.8%



## Mobility disability

Albia has a crude rate of 13.7% for mobility disability among adults aged  $\geq 18$  years, which ranks 767th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Albia is 10.9%, which ranks 771st out of 905 Iowa communities (74th out of 102 mid-sized communities).

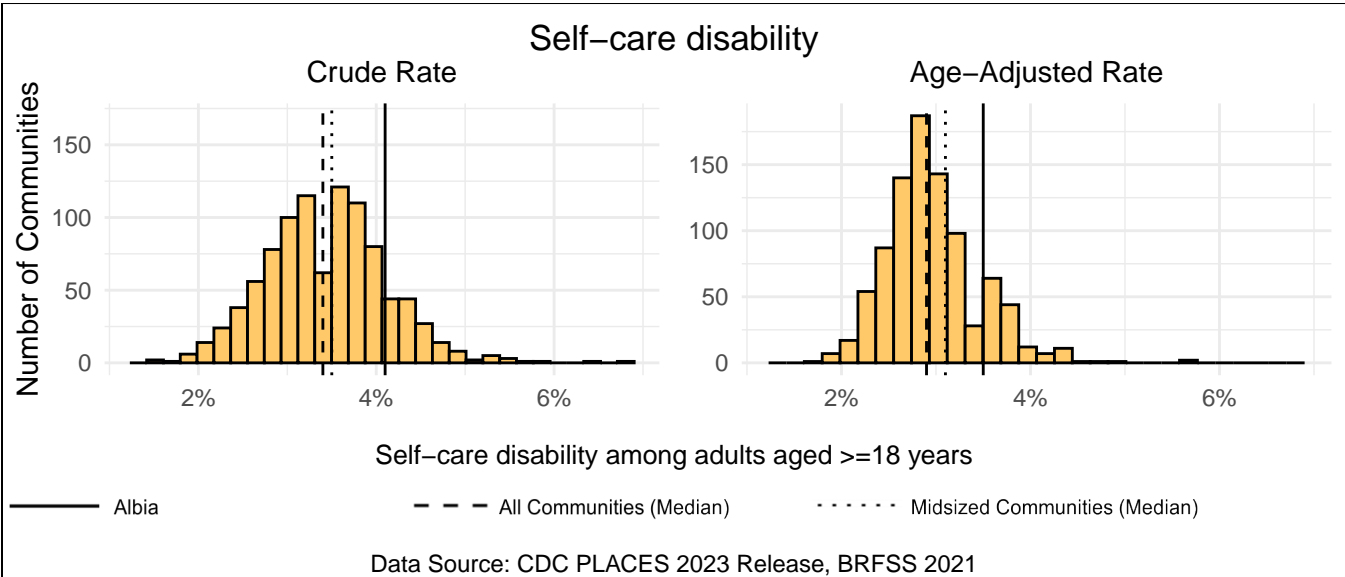
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	13.7%	11.8%	12.1%
Age-Adjusted	10.9%	9.5%	9.8%



## Self-care disability

Albia has a crude rate of 4.1% for self-care disability among adults aged  $\geq 18$  years, which ranks 808th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Albia is 3.5%, which ranks 763rd out of 905 Iowa communities (75th out of 102 mid-sized communities).

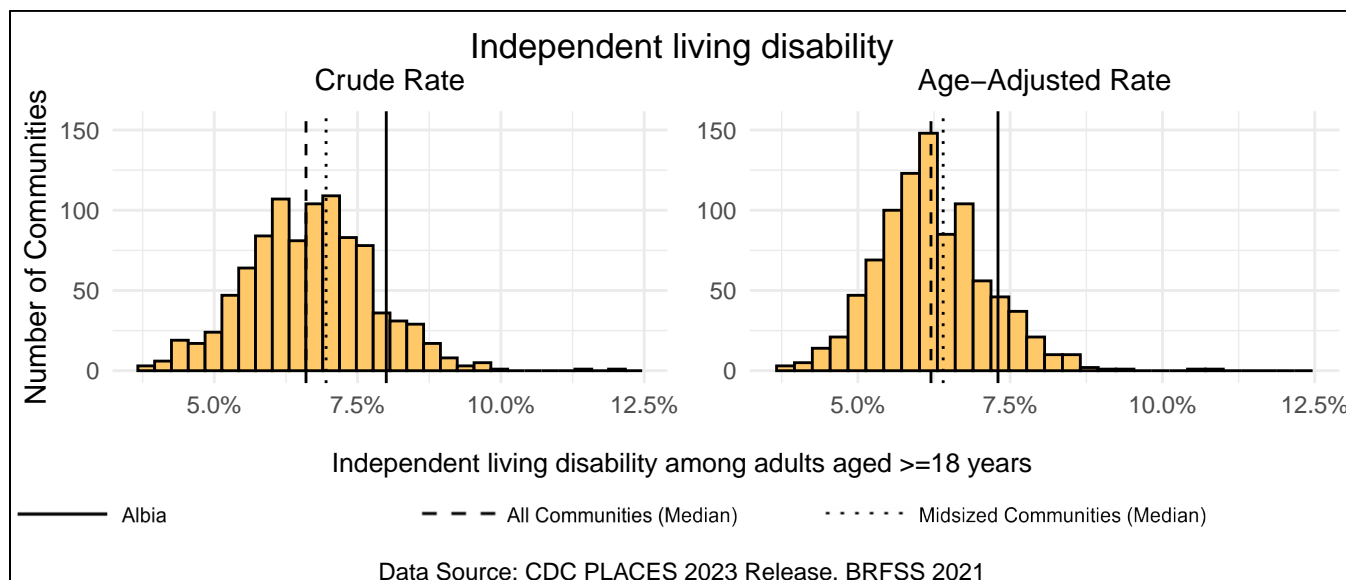
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	4.1%	3.4%	3.5%
Age-Adjusted	3.5%	2.9%	3.1%



## Independent living disability

Albia has a crude rate of 8.0% for independent living disability among adults aged  $\geq 18$  years, which ranks 849th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Albia is 7.3%, which ranks 794th out of 905 Iowa communities (78th out of 102 midsized communities).

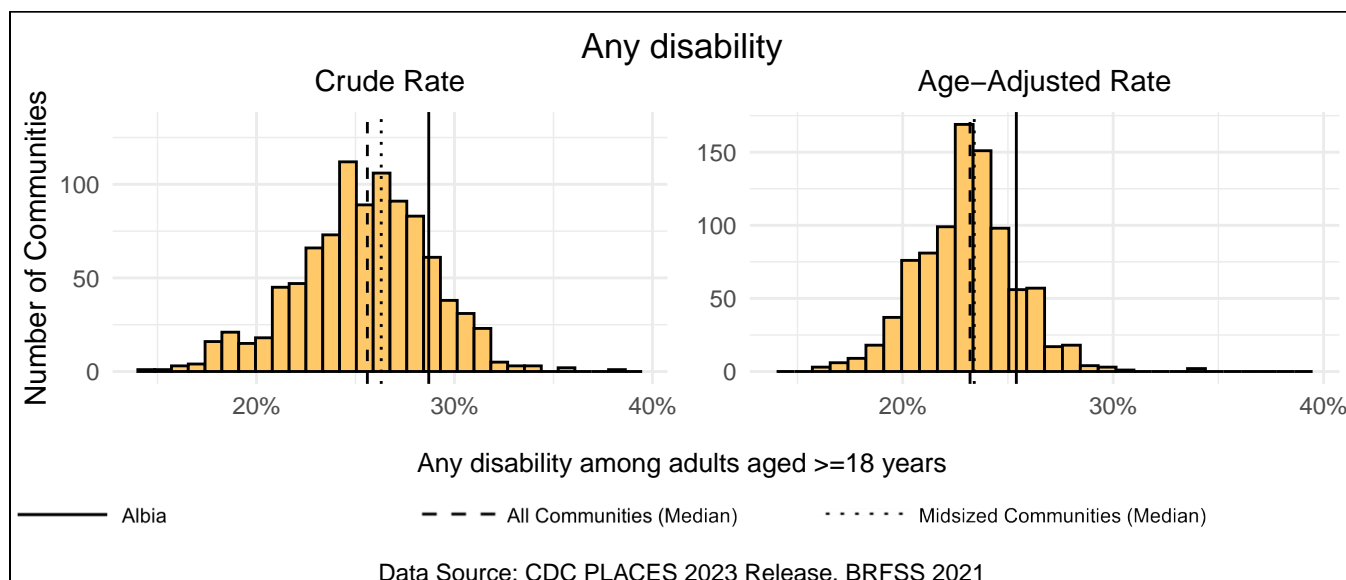
Measure Type	Albia	All Comm.	Midsized Comm.
Crude	8.0%	6.6%	7.0%
Age-Adjusted	7.3%	6.2%	6.4%



## Any disability

Albia has a crude rate of 28.7% for any disability among adults aged  $\geq 18$  years, which ranks 809th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Albia is 25.4%, which ranks 762nd out of 905 Iowa communities (75th out of 102 midsized communities).

Measure Type	Albia	All Comm.	Midsized Comm.
Crude	28.7%	25.6%	26.3%
Age-Adjusted	25.4%	23.2%	23.4%



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## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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





## Appendix 2: Albia 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	775	11.8% (10.1% - 13.8%)	777	10.8% (9.3% - 12.4%)
Health Status	Mental Health	764	15.2% (13.2% - 17.6%)	792	16.6% (14.3% - 19.1%)
Health Status	General Health	803	16.3% (13.8% - 18.9%)	775	14.7% (12.6% - 17.2%)
Health Risk Behaviors	Current Smoking	713	18.1% (14.9% - 21.8%)	765	19.6% (16.1% - 23.7%)
Health Risk Behaviors	Binge Drinking	283	18.4% (15.2% - 22.0%)	171	21.1% (17.4% - 25.1%)
Health Risk Behaviors	Physical Inactivity	760	28.5% (23.7% - 34.1%)	746	26.6% (22.0% - 31.8%)
Health Risk Behaviors	Sleep <7 hours	748	31.6% (30.5% - 32.8%)	816	32.8% (31.5% - 34.1%)
Health Outcomes	Current Asthma	838	9.8% (8.6% - 11.1%)	805	10.0% (8.8% - 11.4%)
Health Outcomes	Obesity	448	37.5% (29.9% - 46.3%)	607	38.5% (30.7% - 47.1%)
Health Outcomes	Stroke	703	3.7% (3.3% - 4.2%)	714	2.8% (2.5% - 3.2%)
Health Outcomes	High Cholesterol	465	36.2% (31.4% - 41.3%)	379	29.6% (25.2% - 34.5%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.2% - 3.9%)	623	2.7% (2.5% - 3.0%)
Health Outcomes	Depression	730	18.9% (15.6% - 22.9%)	787	20.2% (16.7% - 24.3%)
Health Outcomes	Arthritis	642	29.3% (25.1% - 33.8%)	755	24.3% (20.6% - 28.6%)
Health Outcomes	COPD	797	8.6% (7.2% - 10.0%)	786	7.2% (6.2% - 8.4%)
Health Outcomes	High Blood Pressure	625	33.5% (29.3% - 37.9%)	677	28.3% (24.6% - 32.5%)
Health Outcomes	Diabetes	629	10.7% (9.1% - 12.5%)	705	8.8% (7.5% - 10.2%)
Health Outcomes	Cancer (except skin)	606	8.5% (7.7% - 9.5%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Coronary Heart Disease	696	7.3% (6.4% - 8.3%)	729	5.4% (4.7% - 6.1%)
Health Outcomes	All Teeth Lost	845	15.7% (11.4% - 20.7%)	777	15.1% (11.3% - 19.7%)
Prevention	Taking BP Medication	358	80.5% (77.4% - 83.4%)	251	59.4% (54.4% - 64.5%)
Prevention	Core preventive services for older men	720	41.2% (34.7% - 47.9%)	615	41.8% (35.6% - 48.5%)
Prevention	Mammography	684	75.0% (71.5% - 78.2%)	683	72.4% (68.5% - 75.8%)
Prevention	Cervical Cancer Screening	819	81.4% (79.2% - 83.4%)	744	81.8% (79.7% - 83.8%)
Prevention	Health Insurance	806	8.6% (6.8% - 10.6%)	748	8.9% (7.0% - 11.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	821	69.0% (66.5% - 71.3%)	873	67.7% (65.0% - 70.2%)
Prevention	Core preventive services for older women	872	34.4% (28.5% - 40.1%)	758	37.0% (31.4% - 42.8%)
Prevention	Cholesterol Screening	746	80.8% (77.6% - 83.6%)	776	77.7% (74.0% - 80.9%)
Prevention	Dental Visit	893	61.7% (58.7% - 64.7%)	839	61.1% (58.0% - 64.2%)
Prevention	Annual Checkup	562	74.8% (69.9% - 79.5%)	686	71.8% (66.2% - 76.9%)
Disability	Cognitive Disability	839	12.7% (10.8% - 14.7%)	788	13.1% (11.2% - 15.3%)
Disability	Any Disability	809	28.7% (24.6% - 33.0%)	762	25.4% (21.8% - 29.6%)
Disability	Hearing Disability	724	8.4% (7.4% - 9.5%)	736	6.4% (5.7% - 7.1%)
Disability	Vision Disability	823	5.0% (4.3% - 5.7%)	766	4.3% (3.7% - 5.0%)
Disability	Mobility Disability	767	13.7% (11.6% - 16.0%)	771	10.9% (9.3% - 12.6%)
Disability	Self-care Disability	808	4.1% (3.5% - 4.7%)	763	3.5% (3.0% - 4.0%)
Disability	Independent Living Disability	849	8.0% (6.8% - 9.3%)	794	7.3% (6.3% - 8.4%)

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)

Albia 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

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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

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