



## Iowa Community Health Snapshot Series

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



*May 2024*

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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 Alta: Overview

Dear Community Members & Stakeholders of Alta,

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 Alta ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Alta'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 Alta. 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
Depression	8th	1st	Depression	3rd	1st
Obesity	65th	12th	Cancer (except skin)	16th	2nd
Arthritis	96th	21st	Arthritis	16th	4th
High Blood Pressure	130th	25th	Binge Drinking	37th	1st
Sleep <7 hours	169th	31st	High Blood Pressure	46th	13th

# 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
Health Insurance	861st	131st	High Cholesterol	896th	138th
Cholesterol Screening	781st	127th	Health Insurance	788th	127th
High Cholesterol	748th	112th	Vision Disability	622nd	107th
Annual Checkup	719th	110th	Annual Checkup	597th	104th
Mammography	671st	94th	Mammography	594th	89th

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 Alta.

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

With a population of 2,207, Alta’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

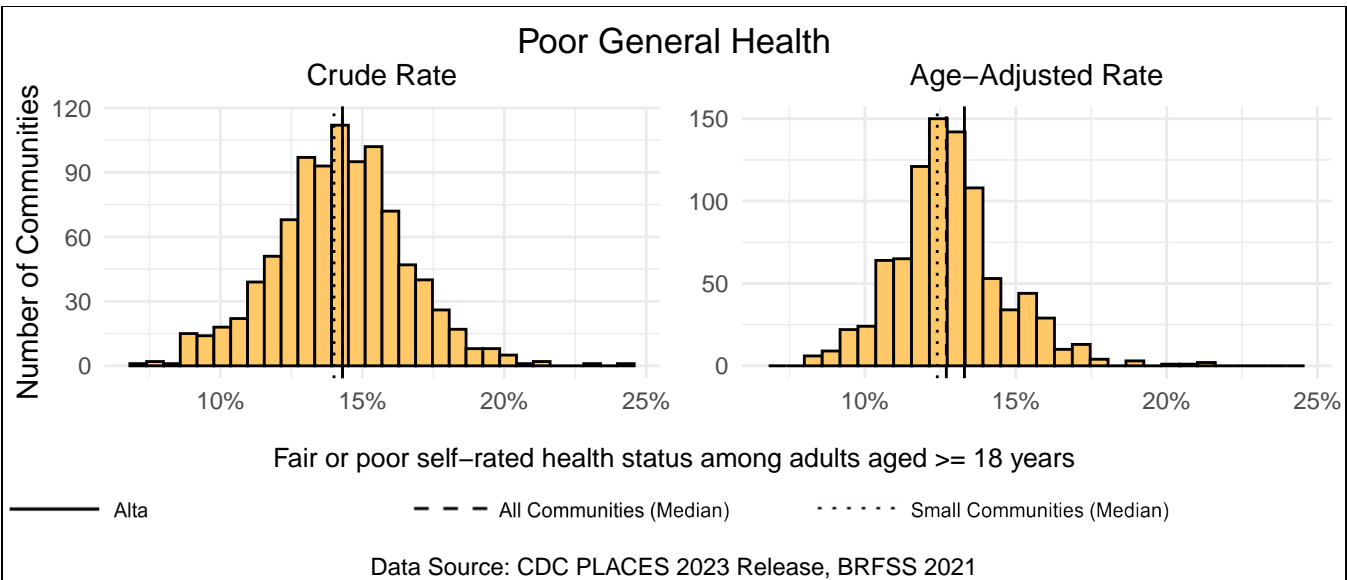
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Alta has a crude rate of 14.3% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 478th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Alta is 13.3%, which ranks 581st out of 905 Iowa communities (100th out of 138 small communities).

Measure Type	Alta	All Comm.	Small Comm.
Crude	14.3%	14.3%	14.0%
Age-Adjusted	13.3%	12.7%	12.4%

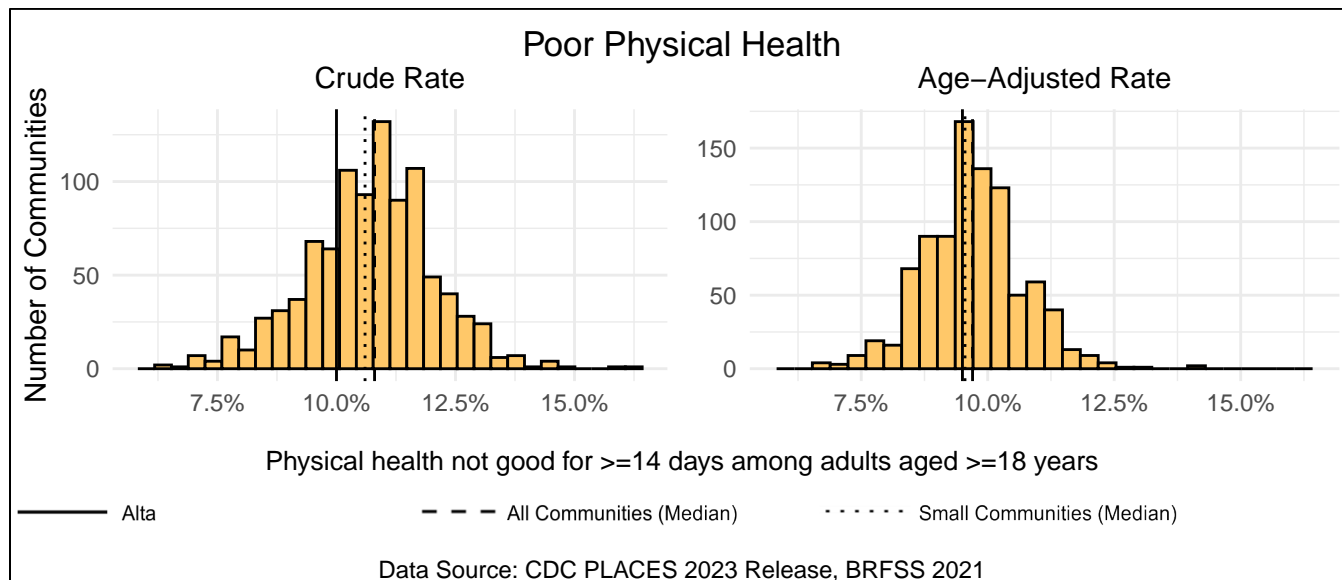




## Poor Physical Health

Alta has a crude rate of 10.0% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 245th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Alta is 9.5%, which ranks 342nd out of 905 Iowa communities (64th out of 138 small communities).

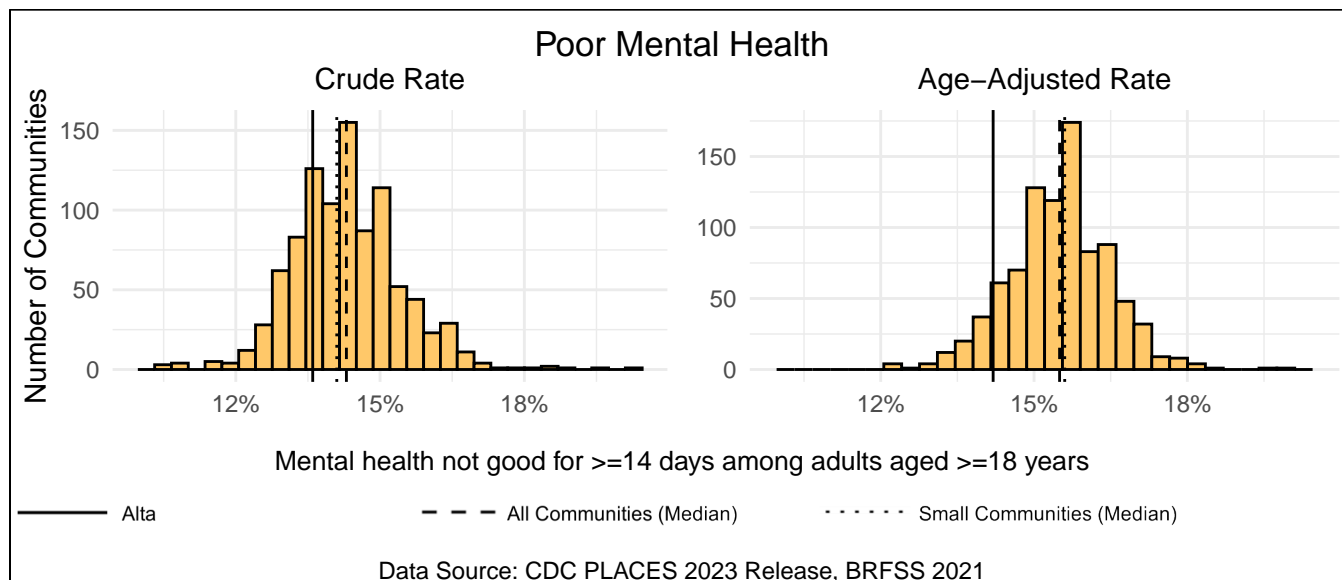
Measure Type	Alta	All Comm.	Small Comm.
Crude	10.0%	10.8%	10.6%
Age-Adjusted	9.5%	9.7%	9.6%



## Poor Mental Health

Alta has a crude rate of 13.6% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 231st out of 958 Iowa communities (40th out of 138 small communities). The age-adjusted rate for Alta is 14.2%, which ranks 79th out of 905 Iowa communities (15th out of 138 small communities).

Measure Type	Alta	All Comm.	Small Comm.
Crude	13.6%	14.3%	14.1%
Age-Adjusted	14.2%	15.5%	15.6%



# Health Risk Behaviors

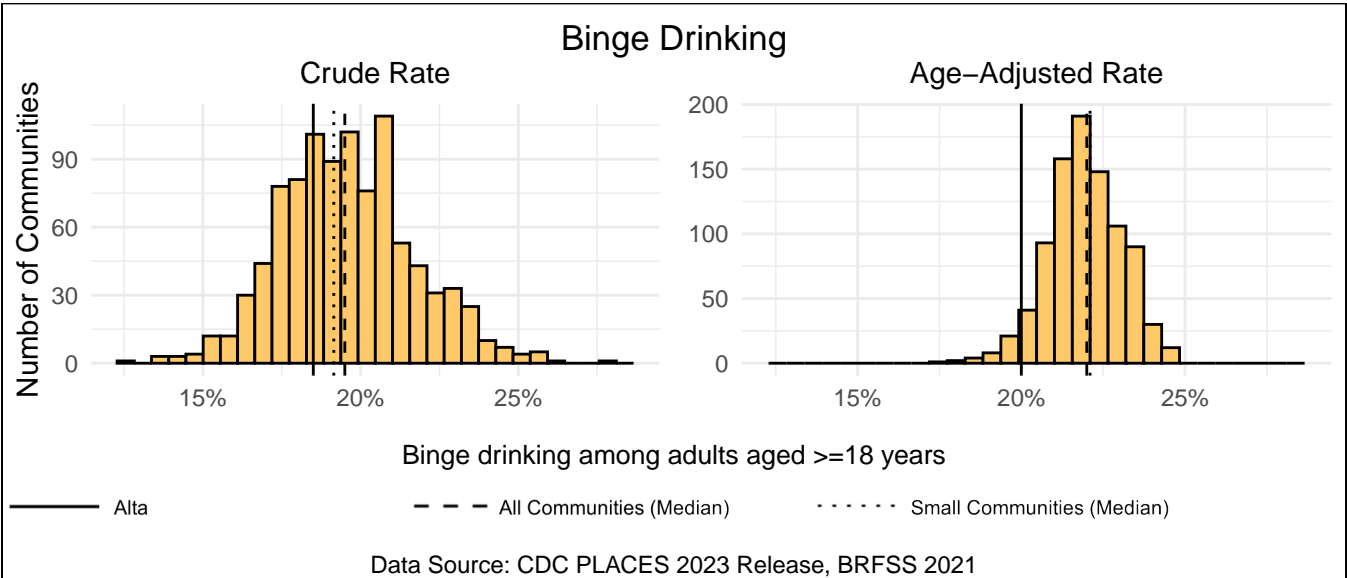
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Alta has a crude rate of 18.5% for binge drinking among adults aged  $\geq 18$  years, which ranks 305th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Alta is 20.0%, which ranks 37th out of 905 Iowa communities (1st out of 138 small communities).

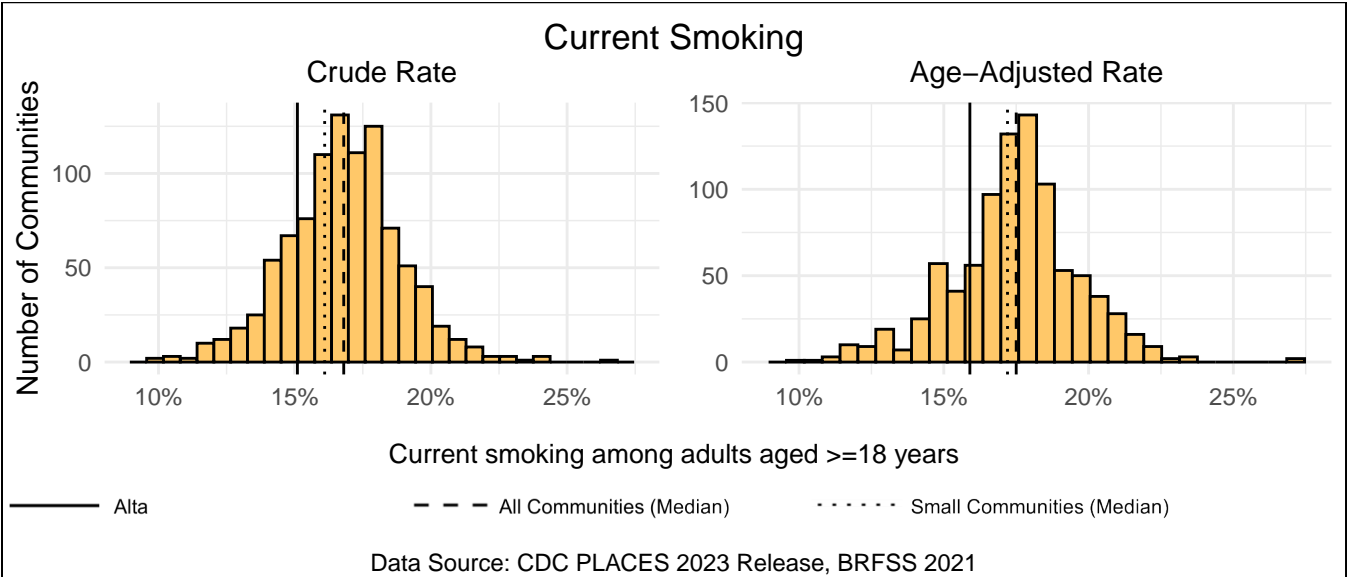
Measure Type	Alta	All Comm.	Small Comm.
Crude	18.5%	19.5%	19.1%
Age-Adjusted	20.0%	22.0%	22.1%



# Current Smoking

Alta has a crude rate of 15.1% for current smoking among adults aged >=18 years, which ranks 187th out of 958 Iowa communities (38th out of 138 small communities). The age-adjusted rate for Alta is 15.9%, which ranks 180th out of 905 Iowa communities (34th out of 138 small communities).

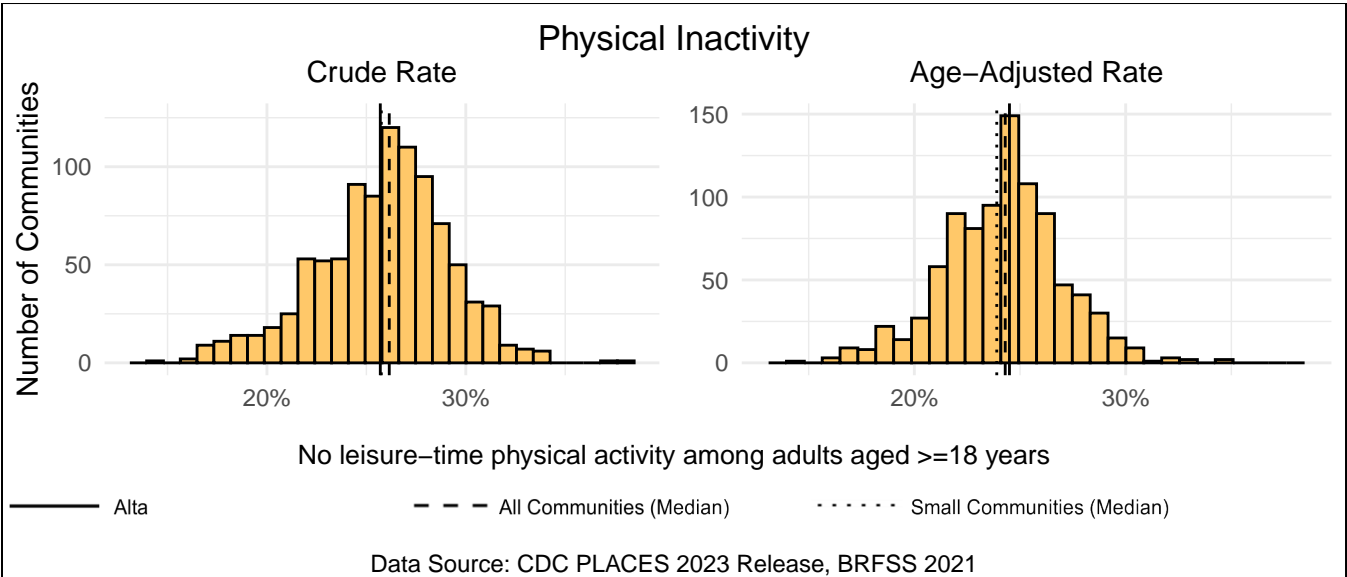
Measure Type	Alta	All Comm.	Small Comm.
Crude	15.1%	16.8%	16.1%
Age-Adjusted	15.9%	17.5%	17.2%



# Physical Inactivity

Alta has a crude rate of 25.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 421st out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Alta is 24.5%, which ranks 478th out of 905 Iowa communities (80th out of 138 small communities).

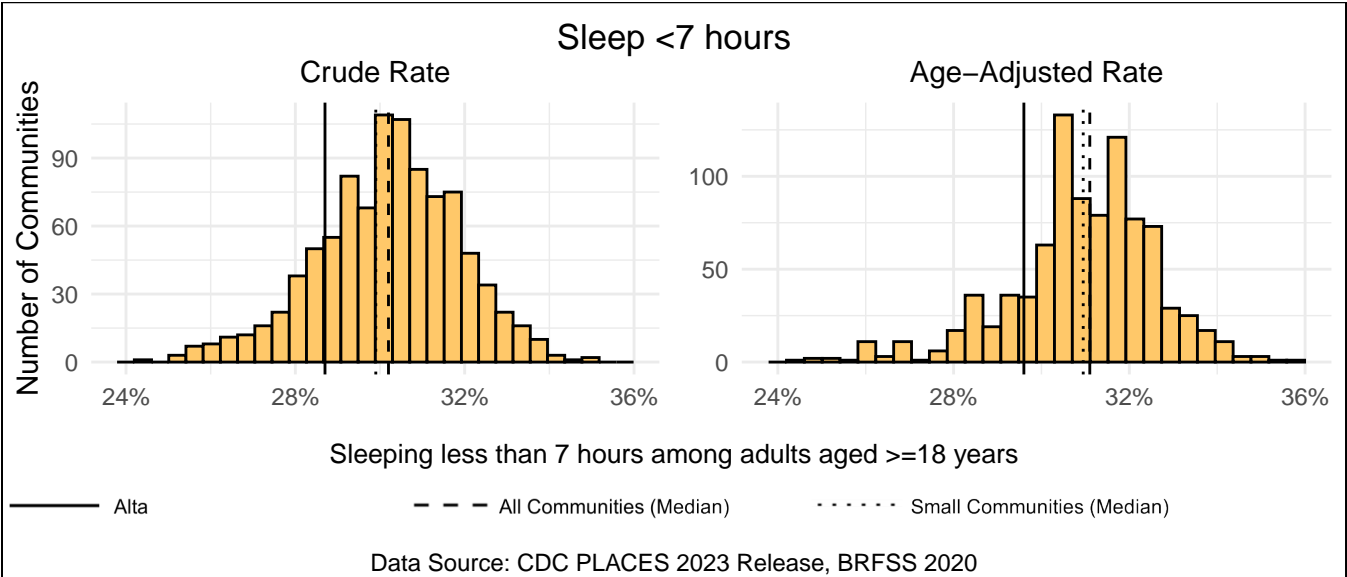
Measure Type	Alta	All Comm.	Small Comm.
Crude	25.7%	26.1%	25.8%
Age-Adjusted	24.5%	24.3%	23.9%



Sleep <7 hours

Alta has a crude rate of 28.7% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 169th out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Alta is 29.6%, which ranks 155th out of 905 Iowa communities (30th out of 138 small communities).

Measure Type	Alta	All Comm.	Small Comm.
Crude	28.7%	30.2%	29.9%
Age-Adjusted	29.6%	31.1%	31.0%



# Health Outcomes

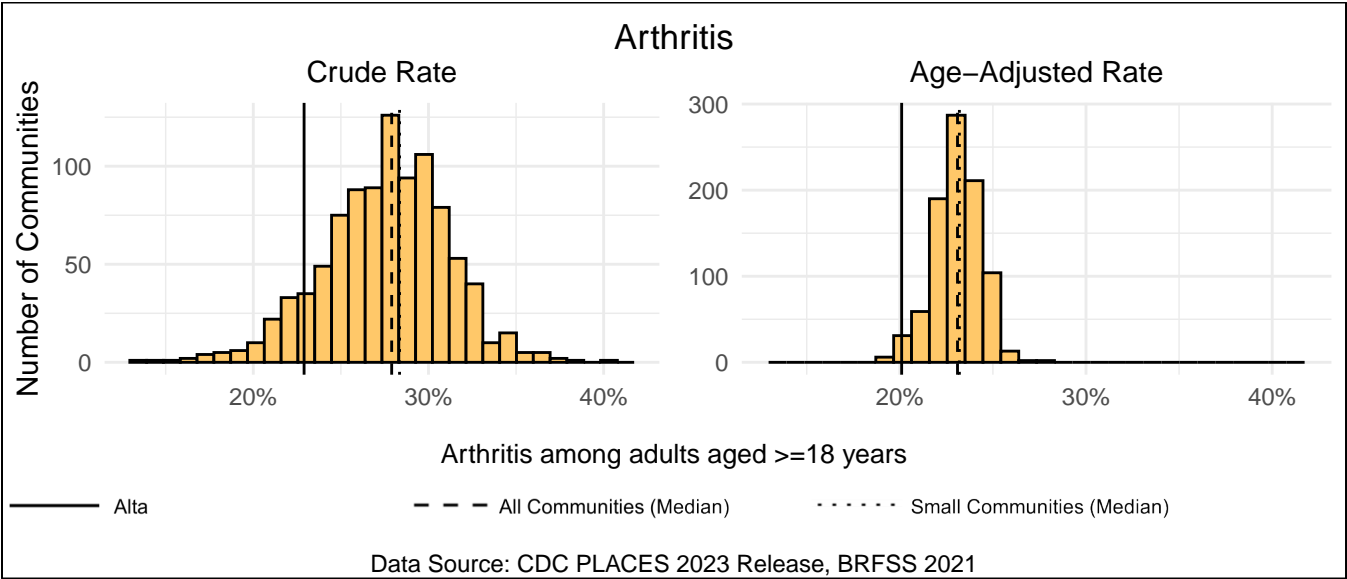
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Alta has a crude rate of 22.9% for arthritis among adults aged  $\geq 18$  years, which ranks 96th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Alta is 20.1%, which ranks 16th out of 905 Iowa communities (4th out of 138 small communities).

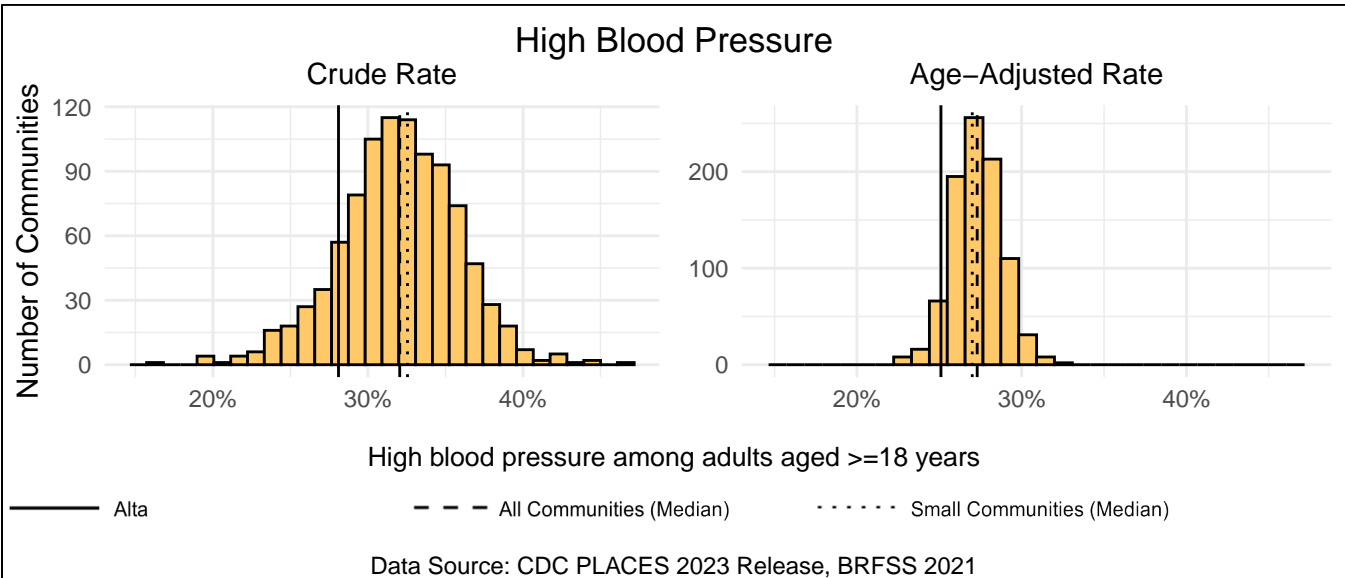
Measure Type	Alta	All Comm.	Small Comm.
Crude	22.9%	27.9%	28.4%
Age-Adjusted	20.1%	23.1%	23.2%



## High Blood Pressure

Alta has a crude rate of 28.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 130th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Alta is 25.1%, which ranks 46th out of 905 Iowa communities (13th out of 138 small communities).

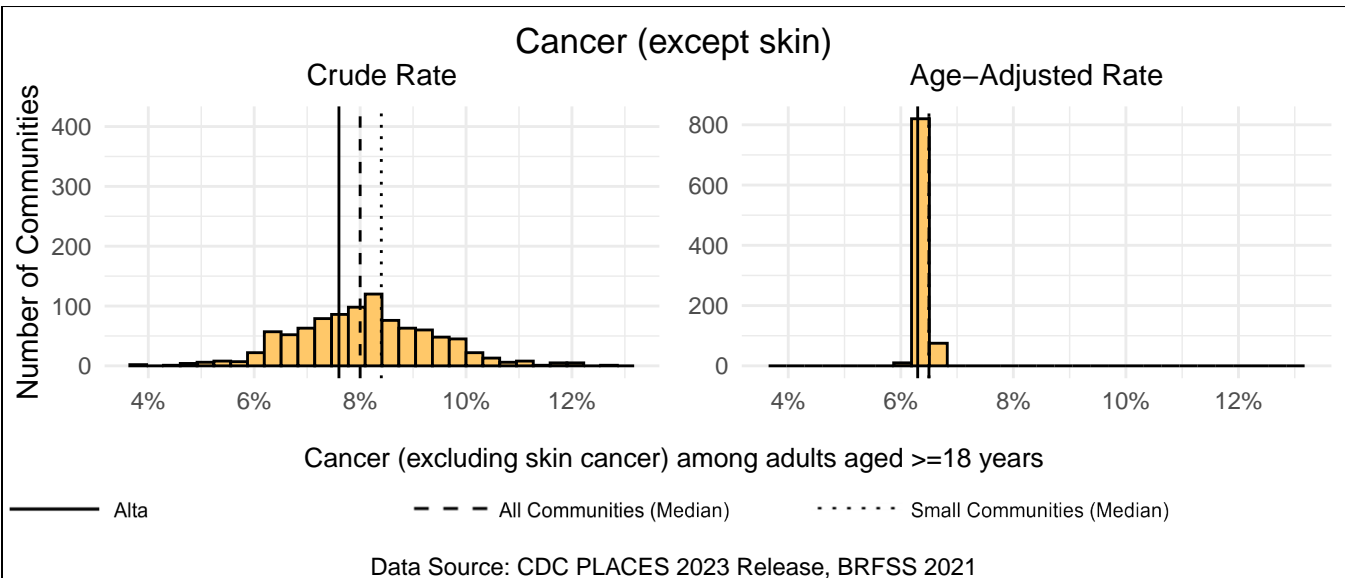
Measure Type	Alta	All Comm.	Small Comm.
Crude	28.1%	32.0%	32.5%
Age-Adjusted	25.1%	27.3%	27.0%



## Cancer (except skin)

Alta has a crude rate of 7.6% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 335th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Alta is 6.3%, which ranks 16th out of 905 Iowa communities (2nd out of 138 small communities).

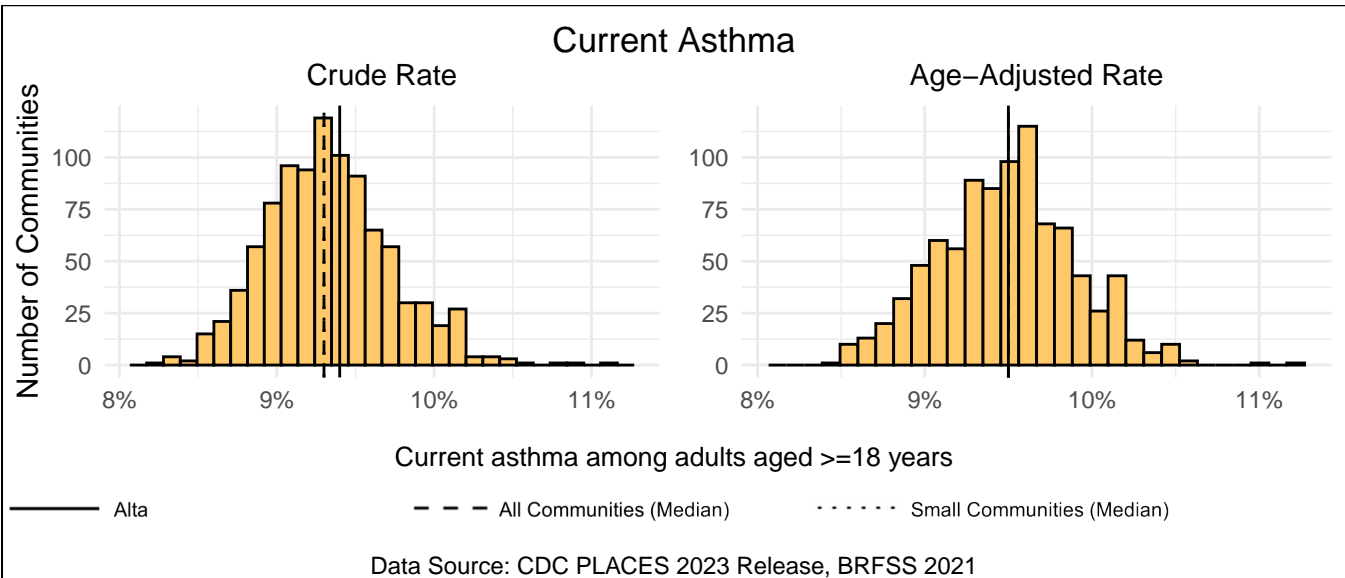
Measure Type	Alta	All Comm.	Small Comm.
Crude	7.6%	8.0%	8.4%
Age-Adjusted	6.3%	6.5%	6.5%



## Current Asthma

Alta has a crude rate of 9.4% for current asthma among adults aged  $\geq 18$  years, which ranks 524th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Alta is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

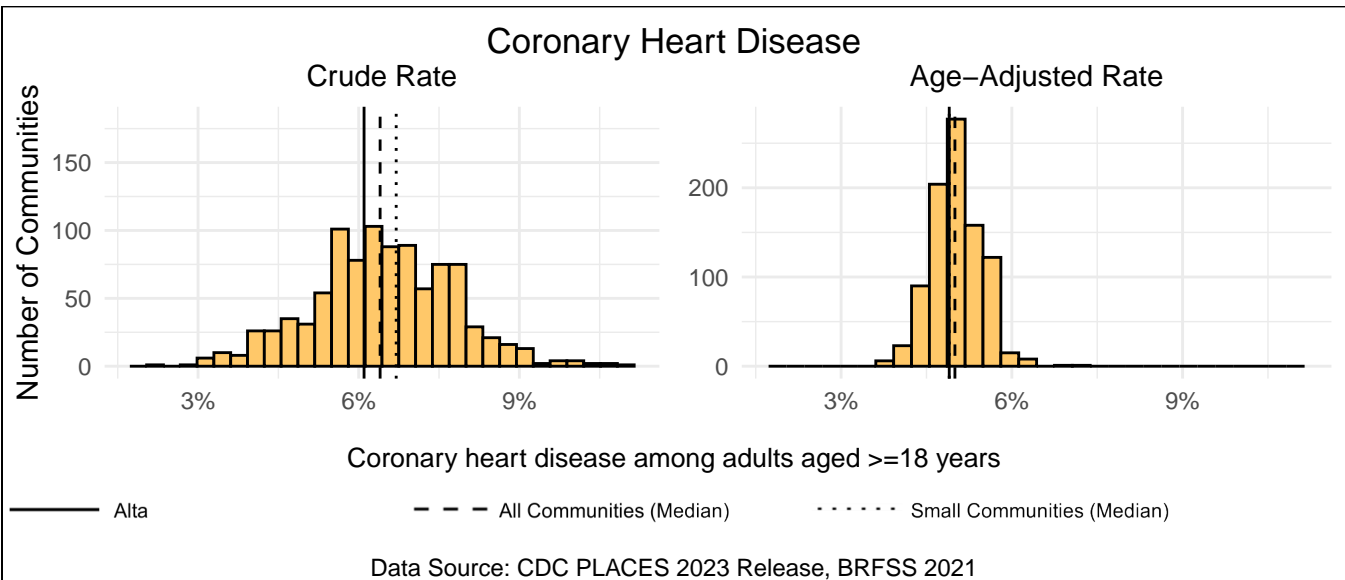
Measure Type	Alta	All Comm.	Small Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



## Coronary Heart Disease

Alta has a crude rate of 6.1% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 353rd out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Alta is 4.9%, which ranks 324th out of 905 Iowa communities (68th out of 138 small communities).

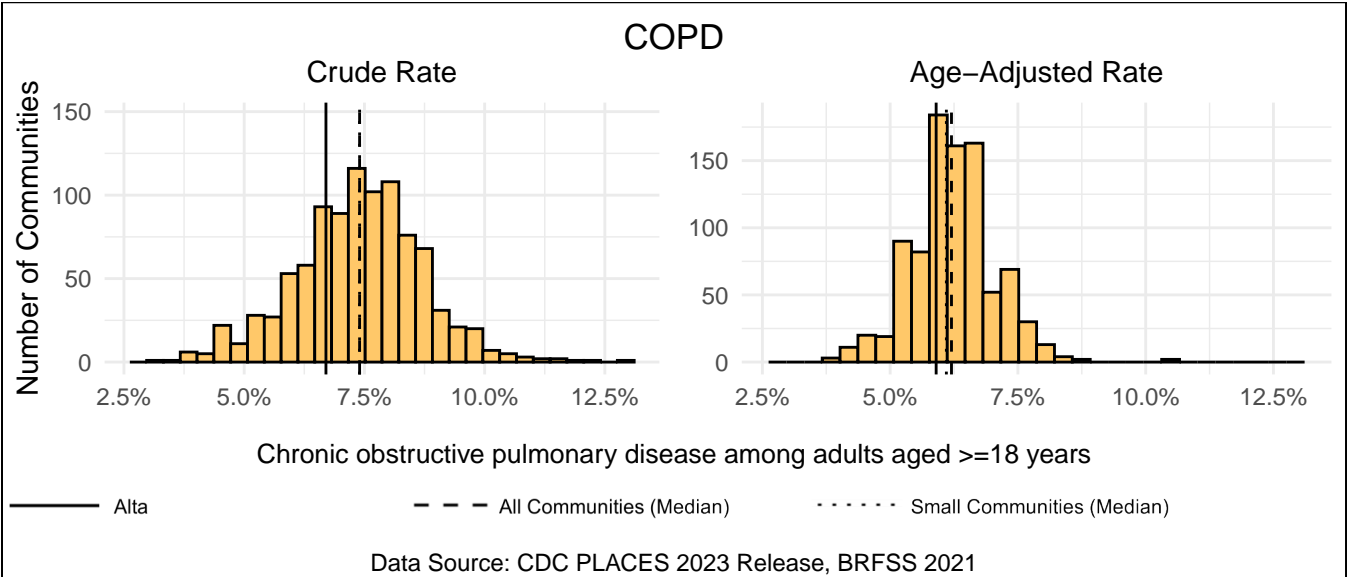
Measure Type	Alta	All Comm.	Small Comm.
Crude	6.1%	6.4%	6.7%
Age-Adjusted	4.9%	5.0%	4.9%



## COPD

Alta has a crude rate of 6.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 250th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Alta is 5.9%, which ranks 260th out of 905 Iowa communities (48th out of 138 small communities).

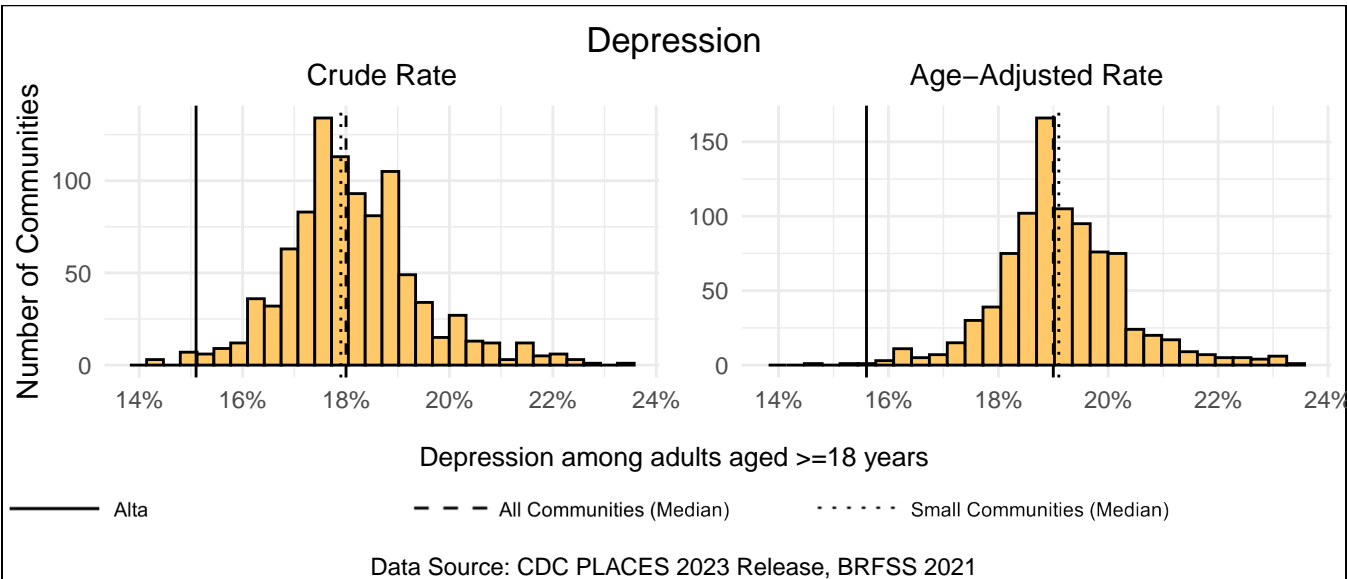
Measure Type	Alta	All Comm.	Small Comm.
Crude	6.7%	7.4%	7.4%
Age-Adjusted	5.9%	6.2%	6.1%



## Depression

Alta has a crude rate of 15.1% for depression among adults aged  $\geq 18$  years, which ranks 8th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Alta is 15.6%, which ranks 3rd out of 905 Iowa communities (1st out of 138 small communities).

Measure Type	Alta	All Comm.	Small Comm.
Crude	15.1%	18.0%	17.9%
Age-Adjusted	15.6%	19.0%	19.1%

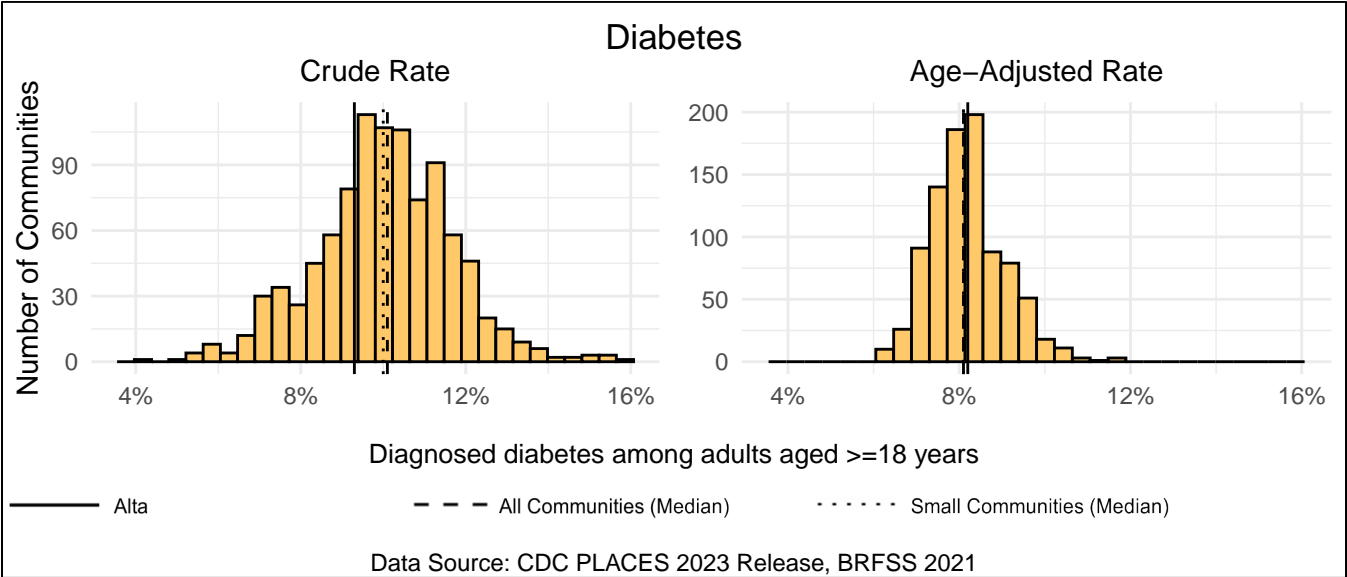




# Diabetes

Alta has a crude rate of 9.3% for diagnosed diabetes among adults aged >=18 years, which ranks 275th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Alta is 8.2%, which ranks 454th out of 905 Iowa communities (78th out of 138 small communities).

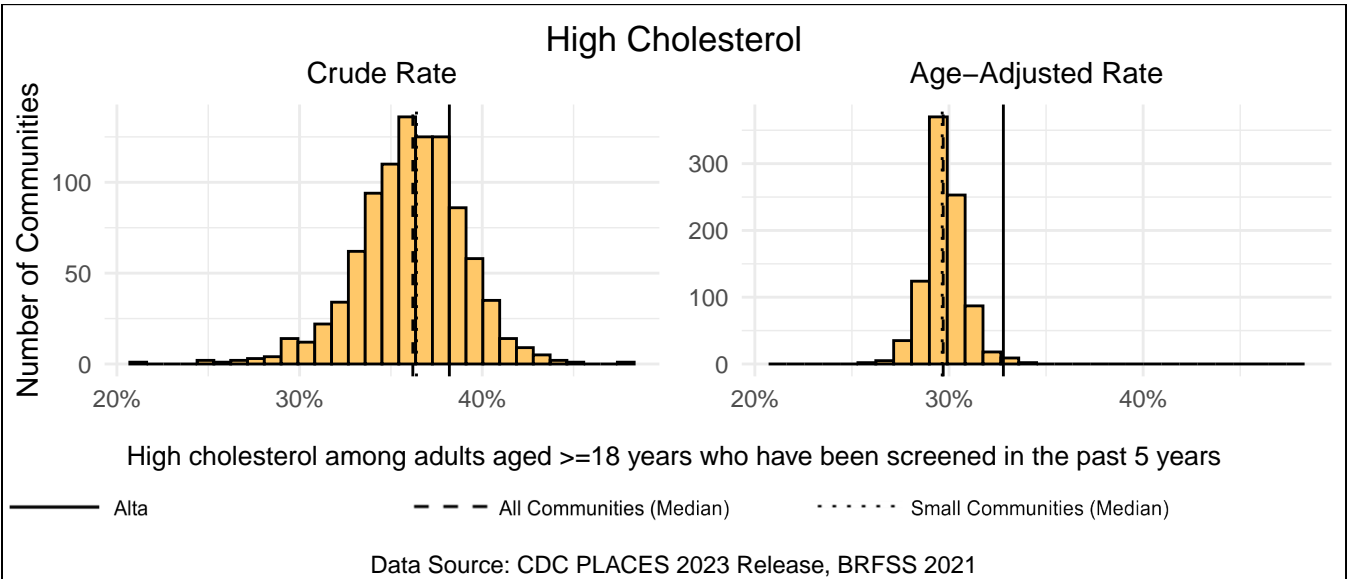
Measure Type	Alta	All Comm.	Small Comm.
Crude	9.3%	10.1%	10.0%
Age-Adjusted	8.2%	8.1%	8.1%



# High Cholesterol

Alta has a crude rate of 38.2% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 748th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Alta is 32.8%, which ranks 896th out of 905 Iowa communities (138th out of 138 small communities).

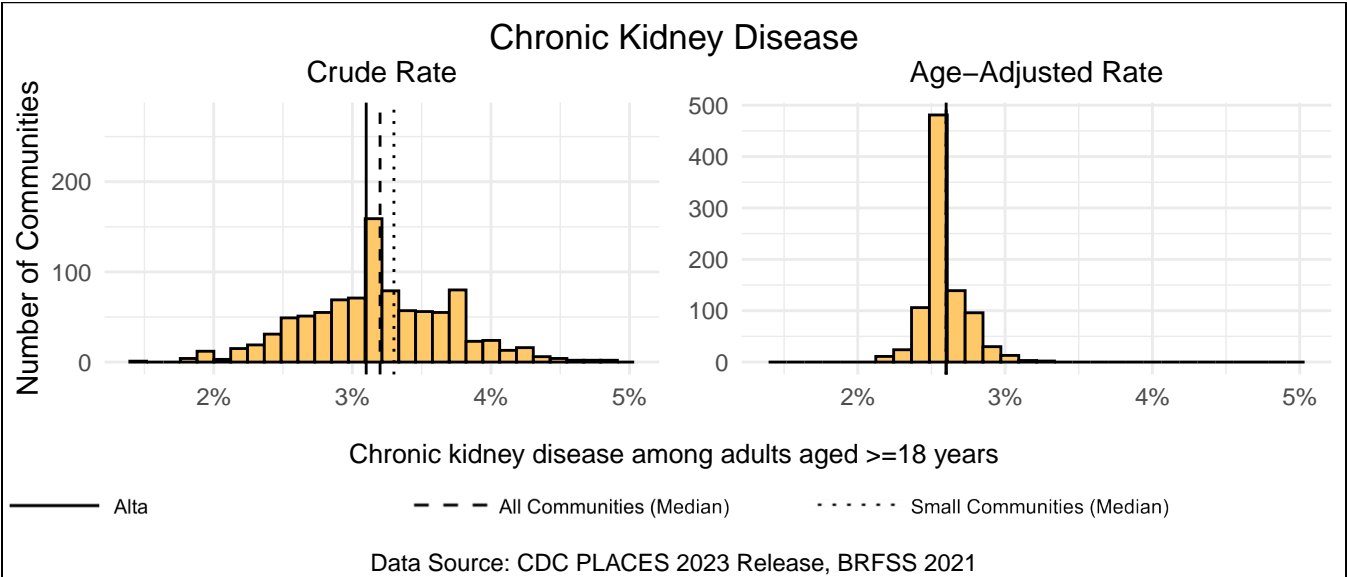
Measure Type	Alta	All Comm.	Small Comm.
Crude	38.2%	36.2%	36.4%
Age-Adjusted	32.8%	29.7%	29.6%



# Chronic Kidney Disease

Alta has a crude rate of 3.1% for chronic kidney disease among adults aged >=18 years, which ranks 381st out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Alta is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

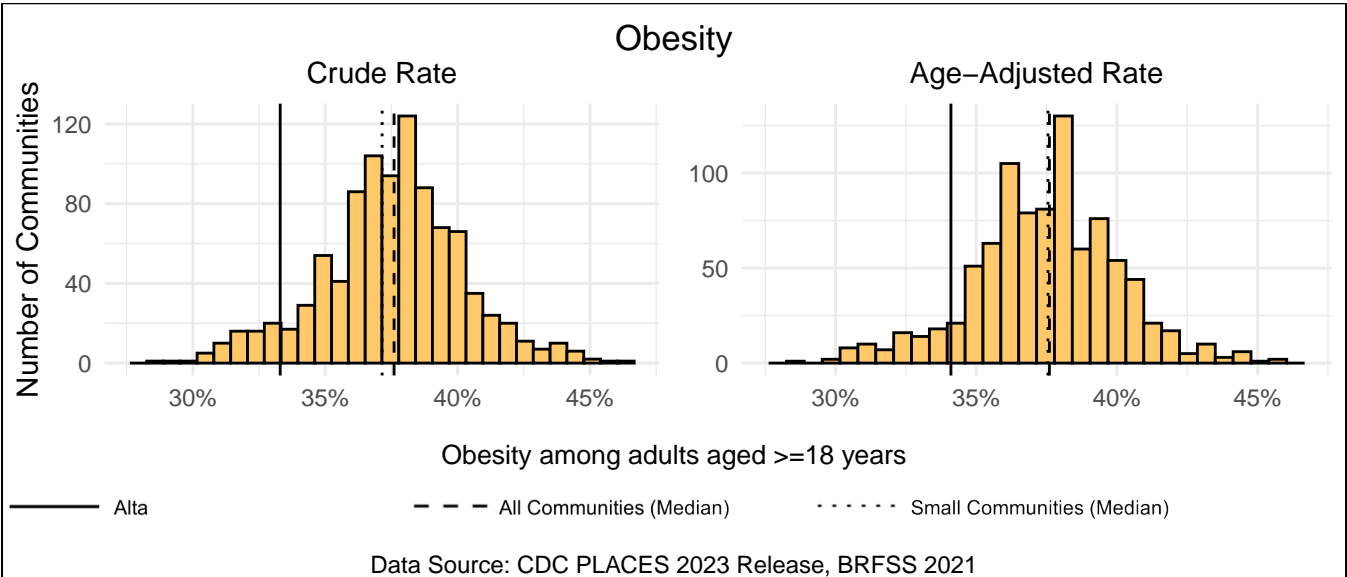
Measure Type	Alta	All Comm.	Small Comm.
Crude	3.1%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Alta has a crude rate of 33.3% for obesity among adults aged >=18 years, which ranks 65th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Alta is 34.1%, which ranks 78th out of 905 Iowa communities (11th out of 138 small communities).

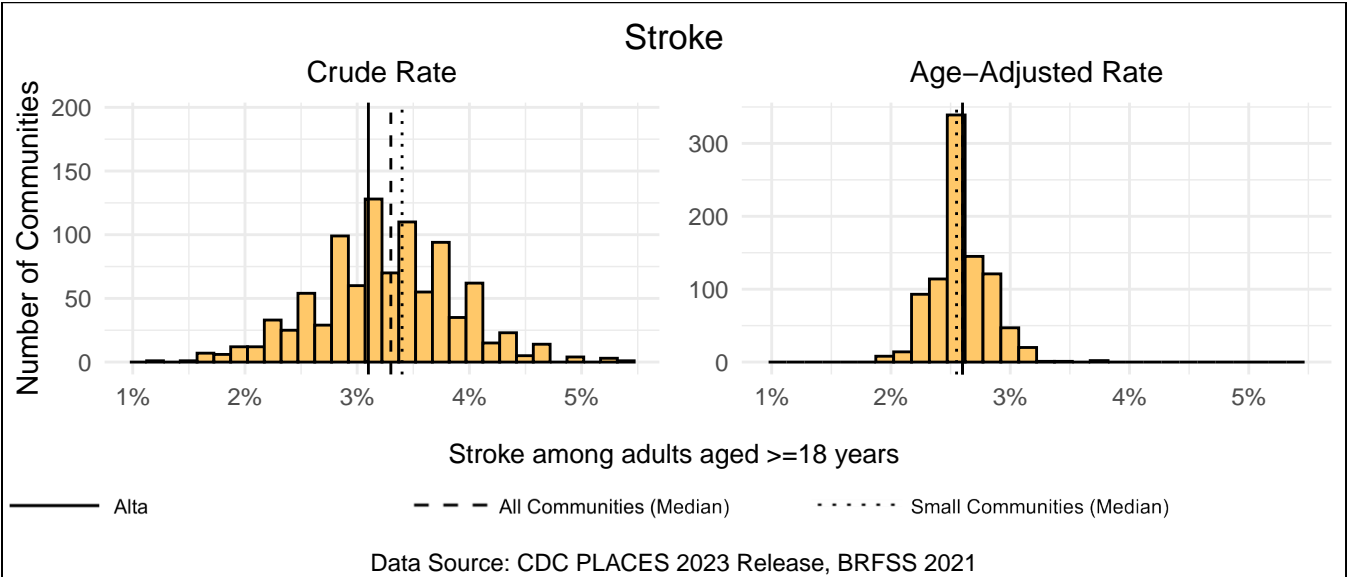
Measure Type	Alta	All Comm.	Small Comm.
Crude	33.3%	37.6%	37.2%
Age-Adjusted	34.1%	37.6%	37.5%



# Stroke

Alta has a crude rate of 3.1% for stroke among adults aged >=18 years, which ranks 340th out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Alta is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

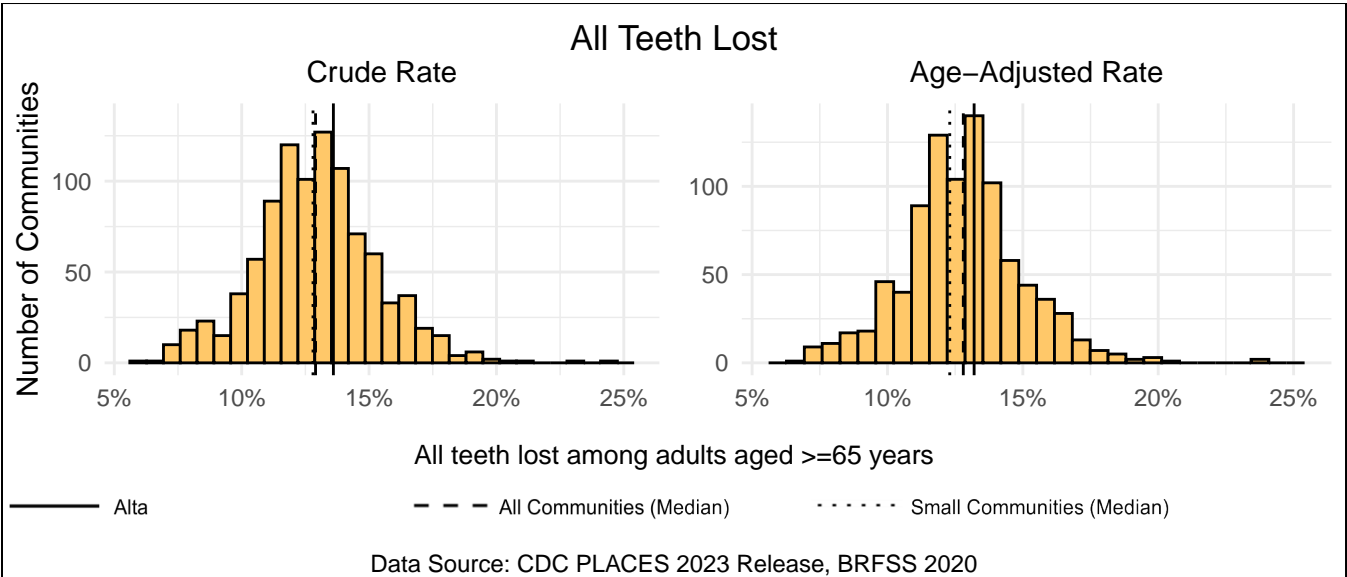
Measure Type	Alta	All Comm.	Small Comm.
Crude	3.1%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Alta has a crude rate of 13.6% for all teeth lost among adults aged >=65 years, which ranks 601st out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Alta is 13.2%, which ranks 528th out of 905 Iowa communities (94th out of 138 small communities).

Measure Type	Alta	All Comm.	Small Comm.
Crude	13.6%	12.9%	12.8%
Age-Adjusted	13.2%	12.8%	12.3%



# Prevention

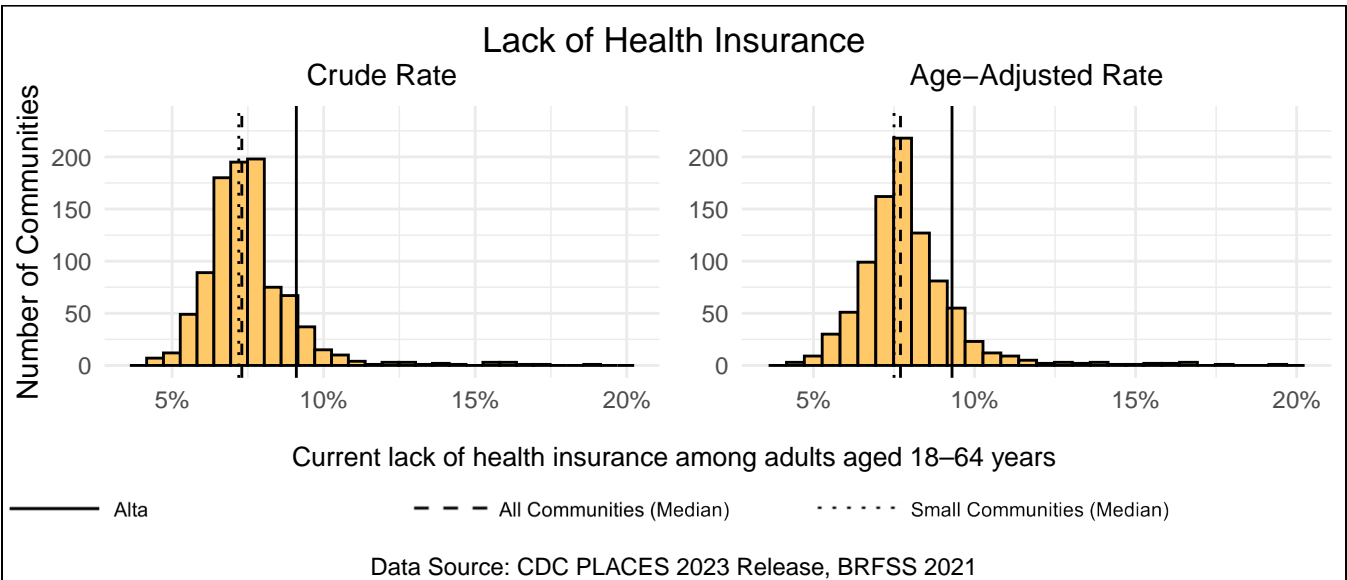
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Alta has a crude rate of 9.1% for current lack of health insurance among adults aged 18–64 years, which ranks 861st out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Alta is 9.3%, which ranks 788th out of 905 Iowa communities (127th out of 138 small communities).

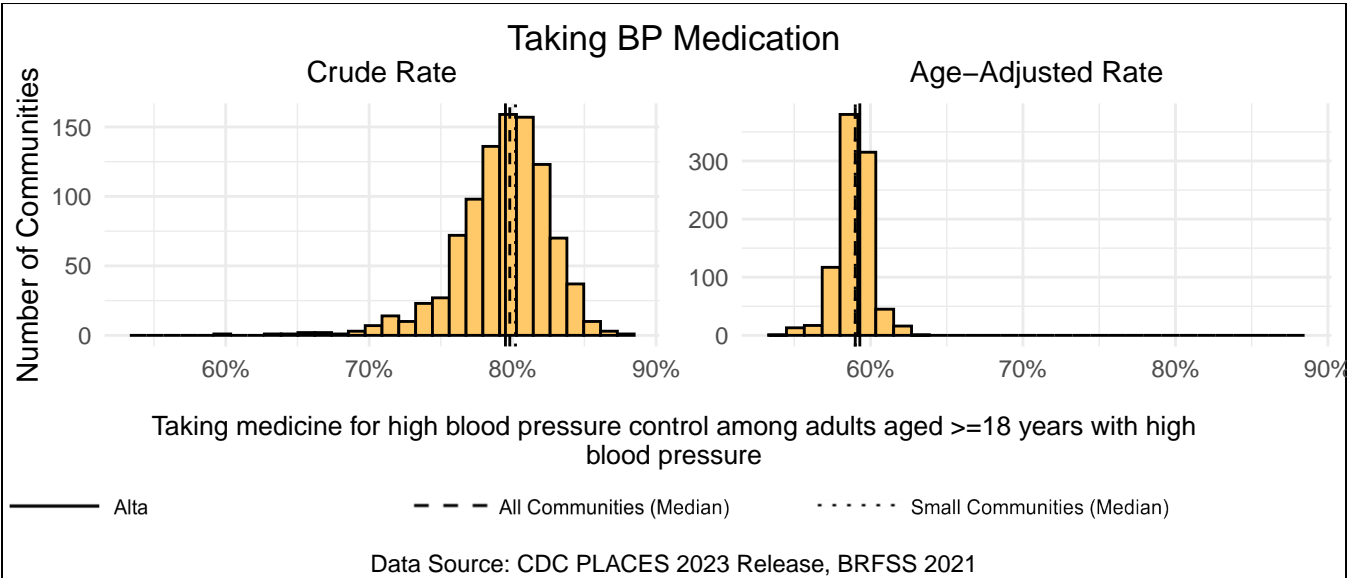
Measure Type	Alta	All Comm.	Small Comm.
Crude	9.1%	7.3%	7.2%
Age-Adjusted	9.3%	7.7%	7.5%



# Taking BP Medication

Alta has a crude rate of 79.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 505th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Alta is 59.3%, which ranks 298th out of 905 Iowa communities (47th out of 138 small communities).

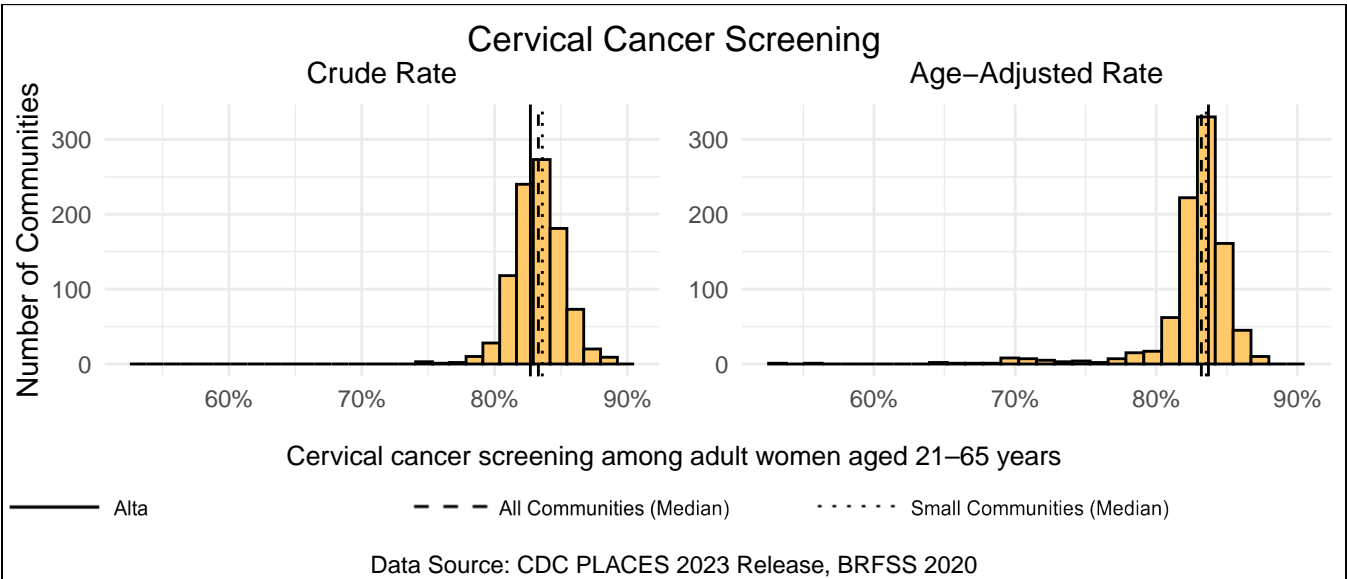
Measure Type	Alta	All Comm.	Small Comm.
Crude	79.5%	79.8%	80.2%
Age-Adjusted	59.3%	59.0%	59.0%



# Cervical Cancer Screening

Alta has a crude rate of 82.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 614th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Alta is 83.7%, which ranks 294th out of 905 Iowa communities (60th out of 138 small communities).

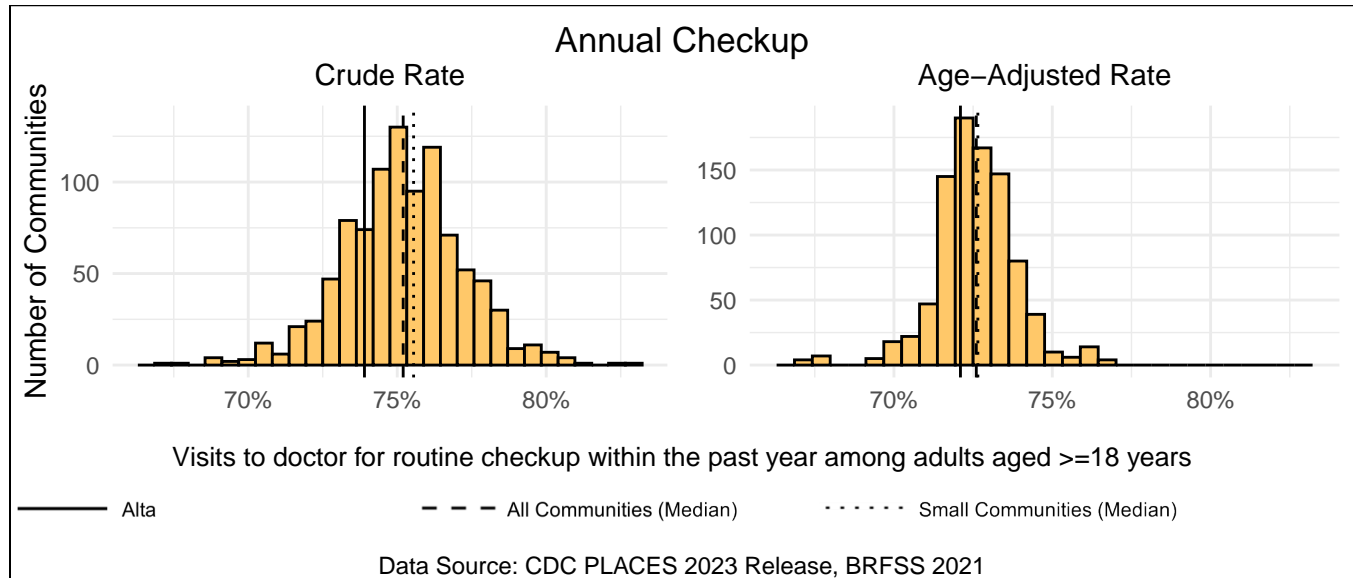
Measure Type	Alta	All Comm.	Small Comm.
Crude	82.7%	83.3%	83.6%
Age-Adjusted	83.7%	83.2%	83.5%



## Annual Checkup

Alta has a crude rate of 73.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 719th out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Alta is 72.1%, which ranks 597th out of 905 Iowa communities (104th out of 138 small communities).

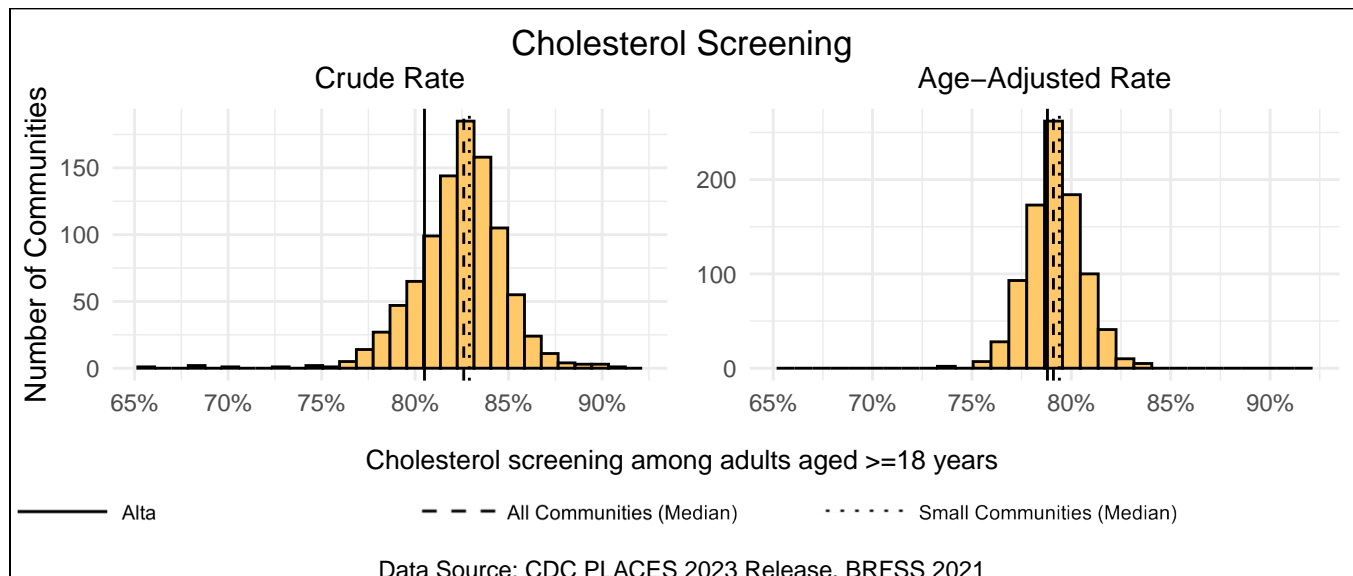
Measure Type	Alta	All Comm.	Small Comm.
Crude	73.9%	75.2%	75.5%
Age-Adjusted	72.1%	72.6%	72.6%



## Cholesterol Screening

Alta has a crude rate of 80.5% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 781st out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Alta is 78.8%, which ranks 536th out of 905 Iowa communities (88th out of 138 small communities).

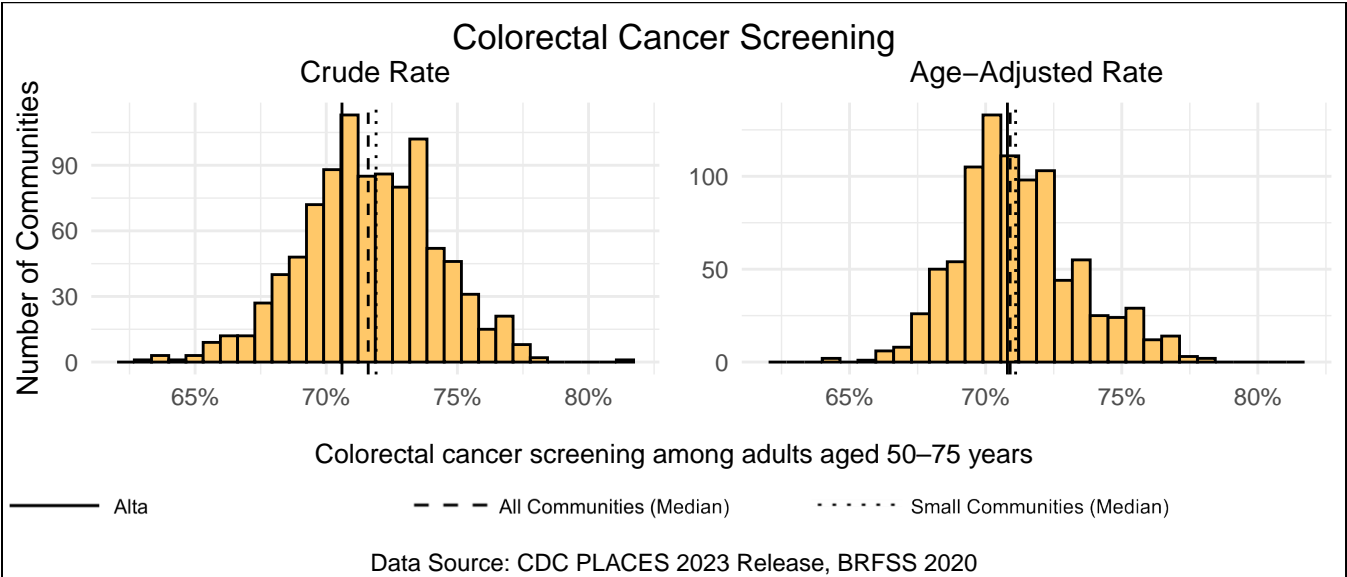
Measure Type	Alta	All Comm.	Small Comm.
Crude	80.5%	82.6%	82.9%
Age-Adjusted	78.8%	79.1%	79.4%



# Colorectal Cancer Screening

Alta has a crude rate of 70.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 630th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Alta is 70.8%, which ranks 474th out of 905 Iowa communities (78th out of 138 small communities).

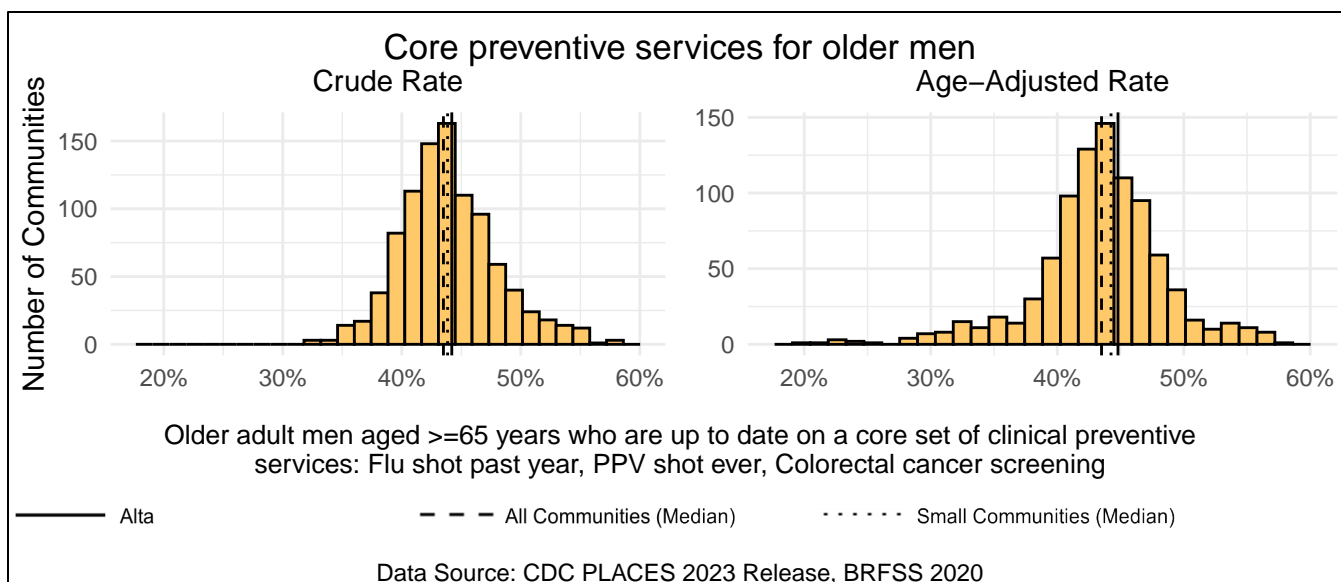
Measure Type	Alta	All Comm.	Small Comm.
Crude	70.6%	71.6%	71.9%
Age-Adjusted	70.8%	70.9%	71.1%



# Core preventive services for older men

Alta has a crude rate of 44.2% 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 396th out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for Alta is 44.8%, which ranks 332nd out of 905 Iowa communities (62nd out of 138 small communities).

Measure Type	Alta	All Comm.	Small Comm.
Crude	44.2%	43.5%	43.8%
Age-Adjusted	44.8%	43.5%	44.2%

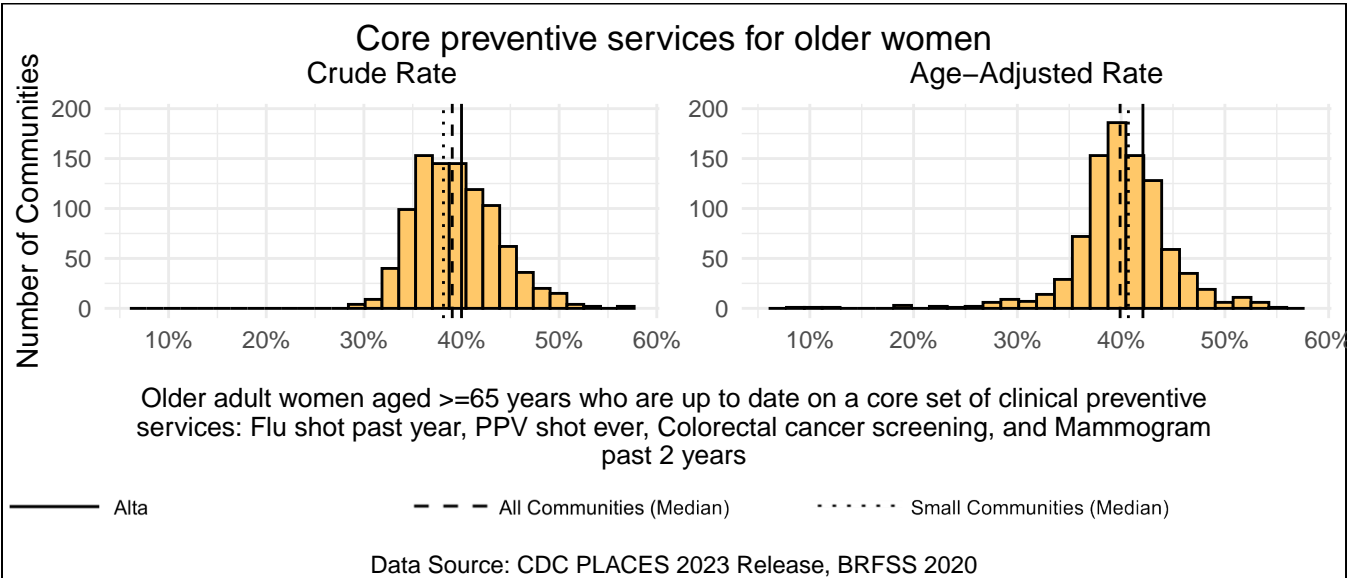




### Core preventive services for older women

Alta has a crude rate of 40.0% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 392nd out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Alta is 42.1%, which ranks 266th out of 905 Iowa communities (54th out of 138 small communities).

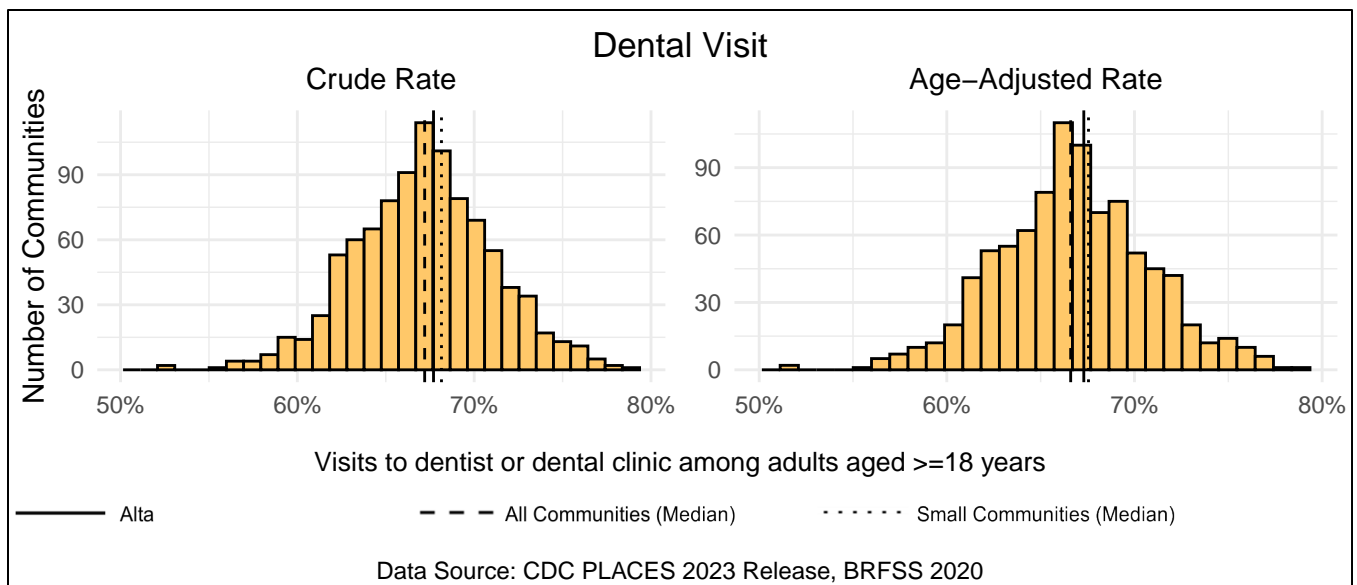
Measure Type	Alta	All Comm.	Small Comm.
Crude	40.0%	39.0%	38.2%
Age-Adjusted	42.1%	39.9%	40.7%



### Dental Visit

Alta 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 Alta is 67.3%, which ranks 377th out of 905 Iowa communities (74th out of 138 small communities).

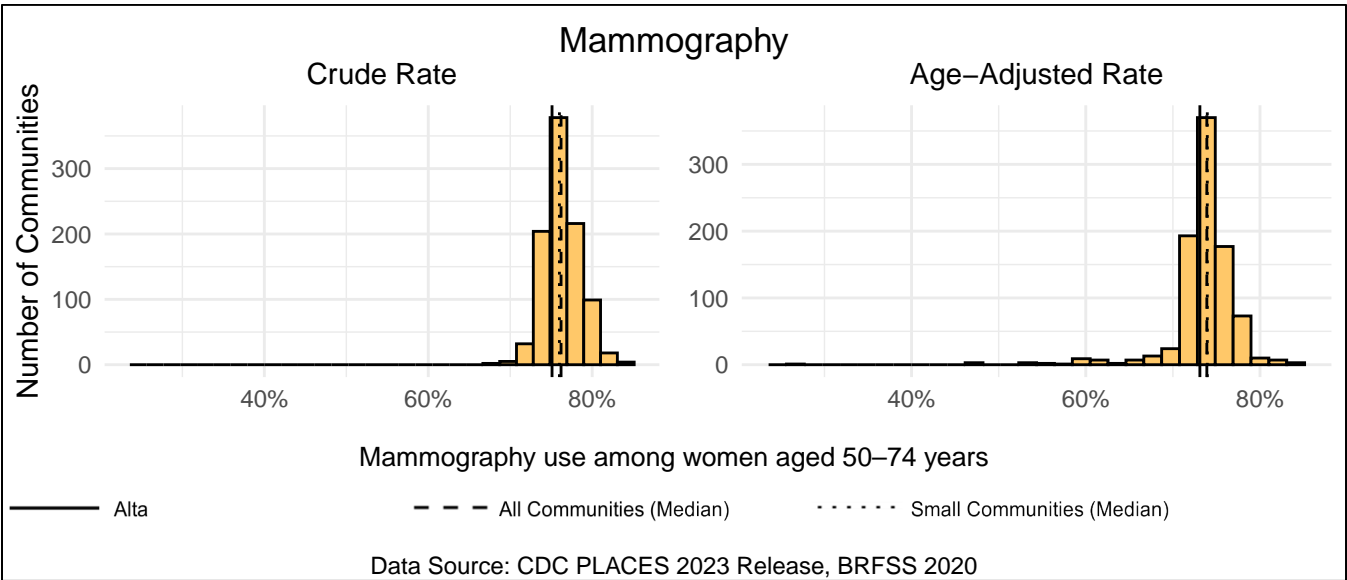
Measure Type	Alta	All Comm.	Small Comm.
Crude	67.7%	67.2%	68.2%
Age-Adjusted	67.3%	66.6%	67.5%



# Mammography

Alta has a crude rate of 75.1% for mammography use among women aged 50–74 years, which ranks 671st out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for Alta is 73.1%, which ranks 594th out of 905 Iowa communities (89th out of 138 small communities).

Measure Type	Alta	All Comm.	Small Comm.
Crude	75.1%	76.2%	76.0%
Age-Adjusted	73.1%	73.9%	74.0%



# Disability

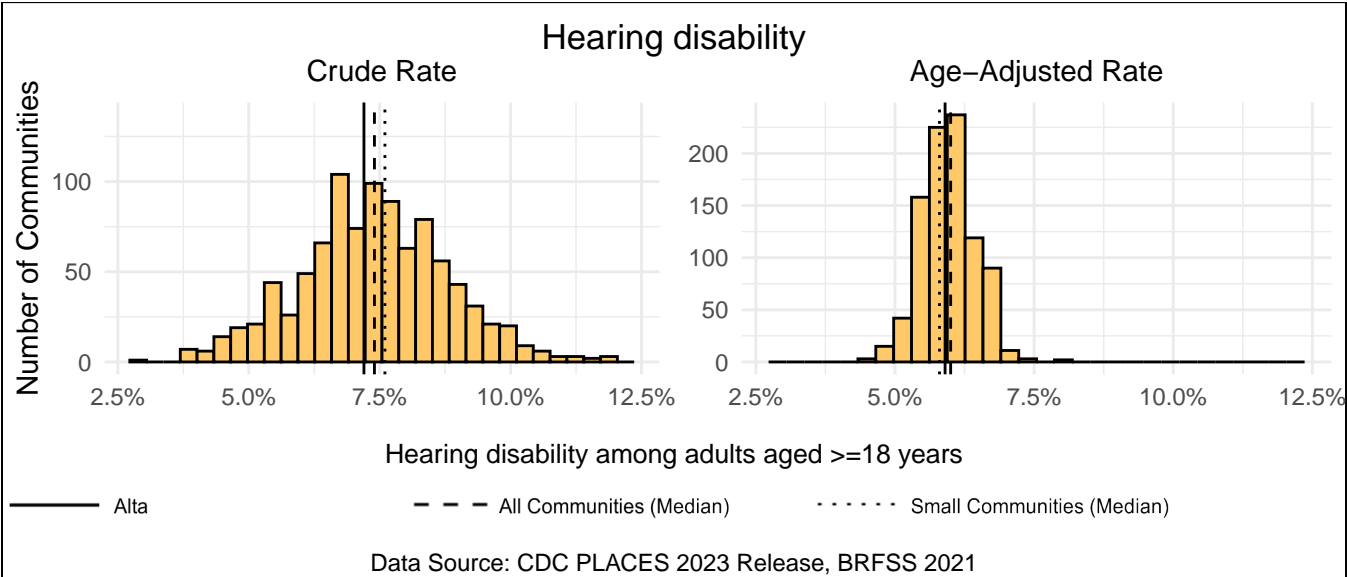
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Alta has a crude rate of 7.2% for hearing disability among adults aged  $\geq 18$  years, which ranks 411th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Alta is 5.9%, which ranks 360th out of 905 Iowa communities (73rd out of 138 small communities).

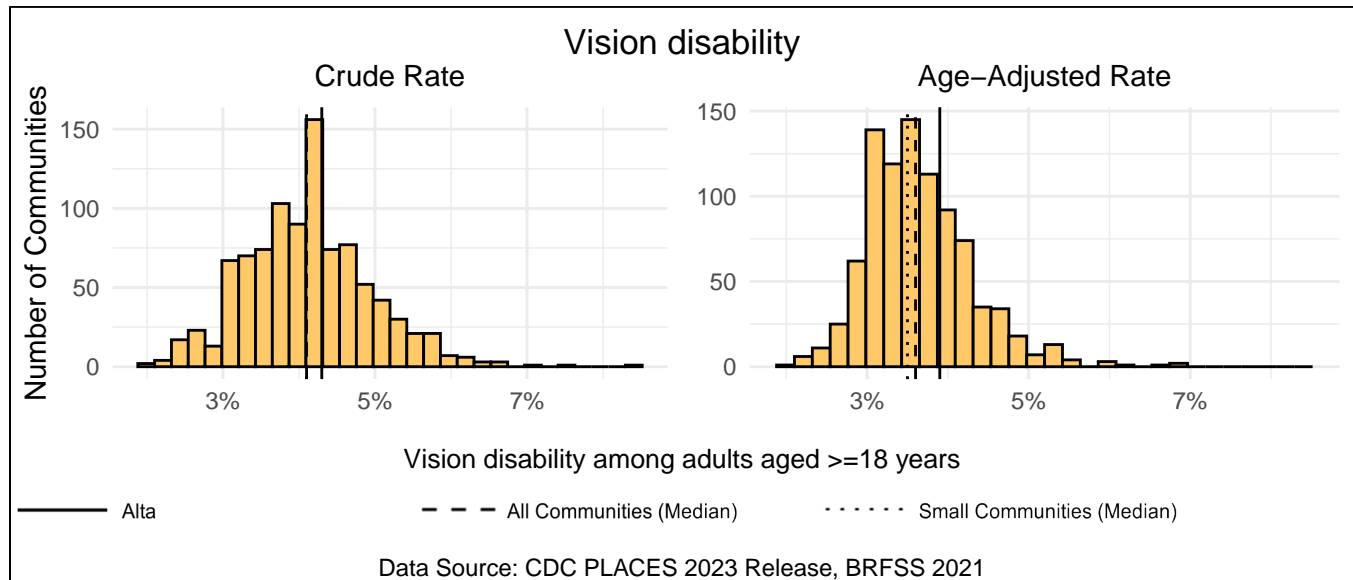
Measure Type	Alta	All Comm.	Small Comm.
Crude	7.2%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.8%



## Vision disability

Alta has a crude rate of 4.3% for vision disability among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Alta is 3.9%, which ranks 622nd out of 905 Iowa communities (107th out of 138 small communities).

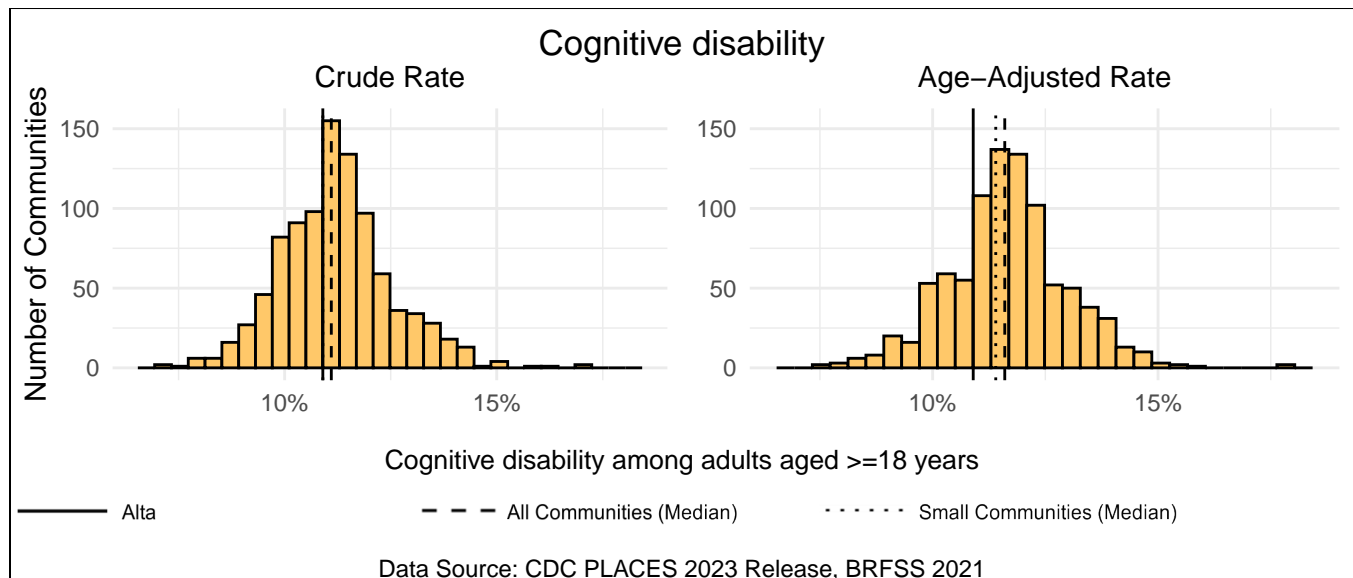
Measure Type	Alta	All Comm.	Small Comm.
Crude	4.3%	4.1%	4.1%
Age-Adjusted	3.9%	3.6%	3.5%



## Cognitive disability

Alta has a crude rate of 10.9% for cognitive disability among adults aged  $\geq 18$  years, which ranks 376th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Alta is 10.9%, which ranks 223rd out of 905 Iowa communities (41st out of 138 small communities).

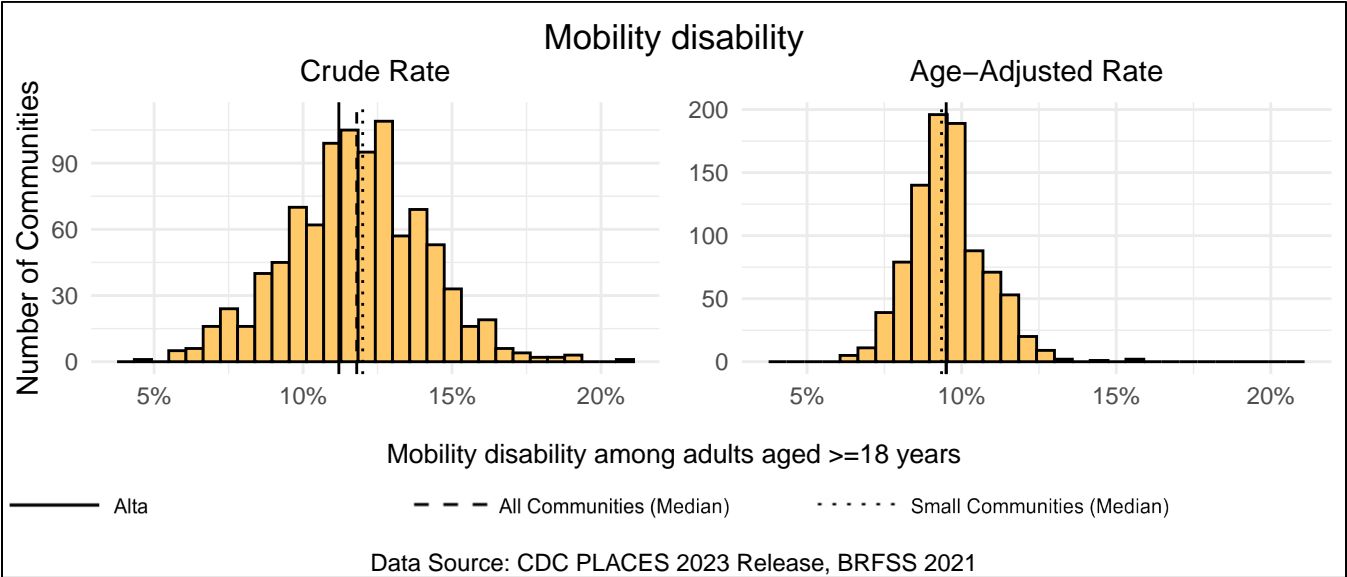
Measure Type	Alta	All Comm.	Small Comm.
Crude	10.9%	11.1%	10.9%
Age-Adjusted	10.9%	11.6%	11.4%



## Mobility disability

Alta has a crude rate of 11.2% for mobility disability among adults aged  $\geq 18$  years, which ranks 369th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Alta is 9.5%, which ranks 426th out of 905 Iowa communities (72nd out of 138 small communities).

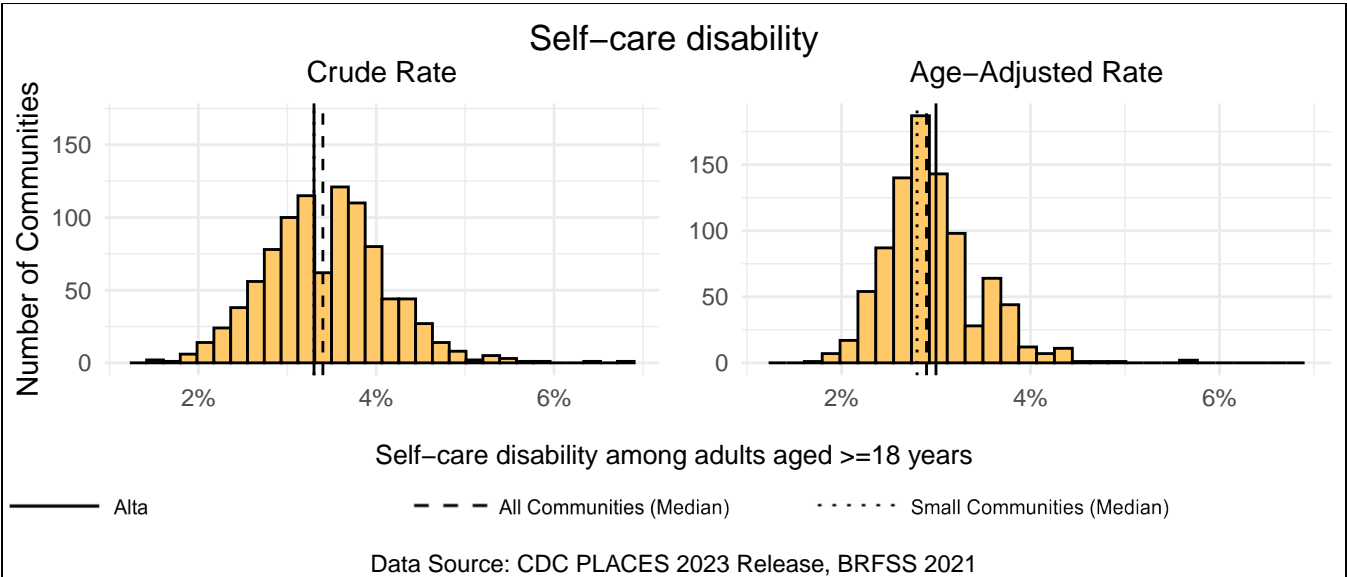
Measure Type	Alta	All Comm.	Small Comm.
Crude	11.2%	11.8%	12.0%
Age-Adjusted	9.5%	9.5%	9.4%



## Self-care disability

Alta has a crude rate of 3.3% for self-care disability among adults aged  $\geq 18$  years, which ranks 386th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Alta is 3.0%, which ranks 494th out of 905 Iowa communities (83rd out of 138 small communities).

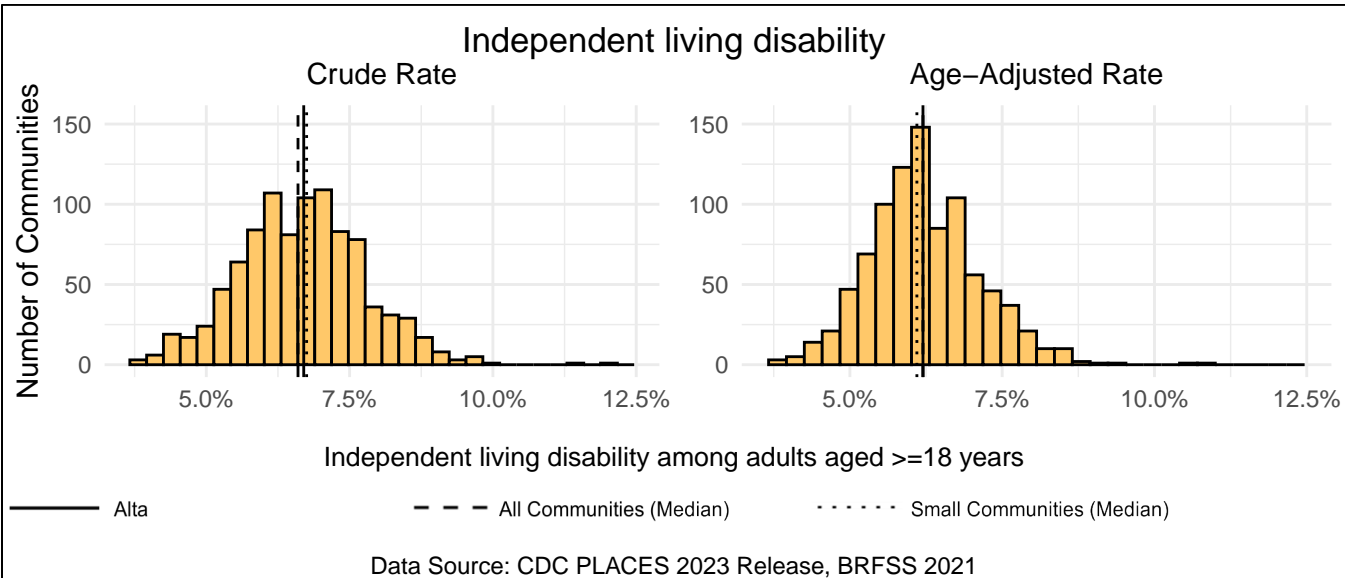
Measure Type	Alta	All Comm.	Small Comm.
Crude	3.3%	3.4%	3.3%
Age-Adjusted	3.0%	2.9%	2.8%



### Independent living disability

Alta has a crude rate of 6.7% for independent living disability among adults aged  $\geq 18$  years, which ranks 487th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Alta is 6.2%, which ranks 438th out of 905 Iowa communities (75th out of 138 small communities).

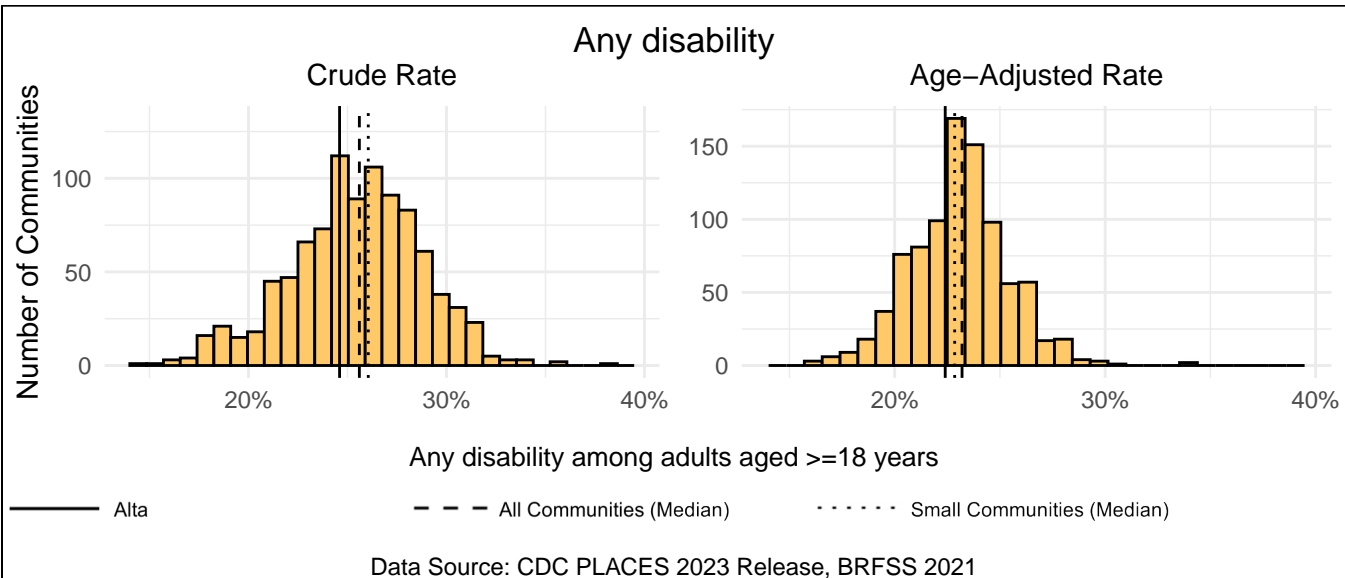
Measure Type	Alta	All Comm.	Small Comm.
Crude	6.7%	6.6%	6.8%
Age-Adjusted	6.2%	6.2%	6.1%



### Any disability

Alta has a crude rate of 24.6% for any disability among adults aged  $\geq 18$  years, which ranks 357th out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Alta is 22.4%, which ranks 311th out of 905 Iowa communities (56th out of 138 small communities).

Measure Type	Alta	All Comm.	Small Comm.
Crude	24.6%	25.6%	26.0%
Age-Adjusted	22.4%	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: Alta 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	478	14.3% (11.8% - 17.0%)	581	13.3% (10.9% - 16.0%)
Health Status	Mental Health	231	13.6% (11.6% - 15.7%)	79	14.2% (12.1% - 16.5%)
Health Status	Physical Health	245	10.0% (8.4% - 11.9%)	342	9.5% (8.1% - 11.0%)
Health Risk Behaviors	Binge Drinking	305	18.5% (15.5% - 21.6%)	37	20.0% (16.9% - 23.2%)
Health Risk Behaviors	Physical Inactivity	421	25.7% (21.2% - 31.0%)	478	24.5% (20.2% - 29.0%)
Health Risk Behaviors	Sleep <7 hours	169	28.7% (27.0% - 30.2%)	155	29.6% (27.9% - 31.1%)
Health Risk Behaviors	Current Smoking	187	15.1% (11.9% - 18.5%)	180	15.9% (12.5% - 19.8%)
Health Outcomes	COPD	250	6.7% (5.4% - 8.1%)	260	5.9% (4.7% - 7.1%)
Health Outcomes	Obesity	65	33.3% (28.1% - 38.9%)	78	34.1% (28.6% - 39.7%)
Health Outcomes	All Teeth Lost	601	13.6% (7.6% - 20.6%)	528	13.2% (7.7% - 19.2%)
Health Outcomes	High Cholesterol	748	38.2% (34.3% - 42.2%)	896	32.8% (28.8% - 36.8%)
Health Outcomes	Diabetes	275	9.3% (7.9% - 10.8%)	454	8.2% (6.9% - 9.6%)
Health Outcomes	Current Asthma	524	9.4% (8.1% - 10.6%)	415	9.5% (8.2% - 10.7%)
Health Outcomes	Cancer (except skin)	335	7.6% (6.8% - 8.4%)	16	6.3% (5.7% - 7.0%)
Health Outcomes	Stroke	340	3.1% (2.6% - 3.7%)	375	2.6% (2.3% - 3.0%)
Health Outcomes	Coronary Heart Disease	353	6.1% (5.2% - 7.0%)	324	4.9% (4.2% - 5.7%)
Health Outcomes	Depression	8	15.1% (12.4% - 17.9%)	3	15.6% (12.8% - 18.5%)
Health Outcomes	Chronic Kidney Disease	381	3.1% (2.7% - 3.5%)	349	2.6% (2.3% - 3.0%)
Health Outcomes	High Blood Pressure	130	28.1% (24.8% - 31.5%)	46	25.1% (21.8% - 28.3%)
Health Outcomes	Arthritis	96	22.9% (19.8% - 26.1%)	16	20.1% (17.2% - 23.1%)
Prevention	Taking BP Medication	505	79.5% (76.2% - 82.3%)	298	59.3% (54.7% - 63.8%)
Prevention	Mammography	671	75.1% (70.4% - 79.4%)	594	73.1% (68.3% - 77.6%)
Prevention	Core preventive services for older women	392	40.0% (31.9% - 48.1%)	266	42.1% (34.0% - 49.7%)
Prevention	Health Insurance	861	9.1% (7.1% - 11.6%)	788	9.3% (7.1% - 11.8%)
Prevention	Annual Checkup	719	73.9% (69.8% - 77.8%)	597	72.1% (67.7% - 76.0%)
Prevention	Dental Visit	416	67.7% (63.7% - 71.3%)	377	67.3% (63.6% - 71.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	614	82.7% (79.9% - 85.4%)	294	83.7% (81.2% - 86.2%)
Prevention	Core preventive services for older men	396	44.2% (36.3% - 52.4%)	332	44.8% (36.8% - 52.5%)
Prevention	Colorectal Cancer Screening	630	70.6% (67.1% - 74.1%)	474	70.8% (67.5% - 74.3%)
Prevention	Cholesterol Screening	781	80.5% (77.3% - 83.4%)	536	78.8% (75.4% - 82.0%)
Disability	Self-care Disability	386	3.3% (2.7% - 4.1%)	494	3.0% (2.6% - 3.6%)
Disability	Cognitive Disability	376	10.9% (9.0% - 12.9%)	223	10.9% (9.0% - 13.1%)
Disability	Independent Living Disability	487	6.7% (5.5% - 7.9%)	438	6.2% (5.1% - 7.4%)
Disability	Hearing Disability	411	7.2% (6.2% - 8.2%)	360	5.9% (5.1% - 6.7%)
Disability	Any Disability	357	24.6% (20.8% - 28.5%)	311	22.4% (18.7% - 26.3%)
Disability	Vision Disability	562	4.3% (3.5% - 5.2%)	622	3.9% (3.3% - 4.6%)
Disability	Mobility Disability	369	11.2% (9.0% - 13.5%)	426	9.5% (7.8% - 11.3%)

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)

Alta 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		