



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 Anamosa: Overview

Dear Community Members & Stakeholders of Anamosa,

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 Anamosa ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Anamosa’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 Anamosa. 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
Mammography	184th	29th	Cancer (except skin)	16th	6th
Cancer (except skin)	248th	33rd	Taking BP Medication	33rd	6th
High Cholesterol	318th	39th	Binge Drinking	155th	33rd
Arthritis	364th	39th	Mammography	184th	33rd
Current Asthma	405th	36th	Depression	291st	29th

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
Obesity	949th	102nd	Obesity	903rd	102nd
Health Insurance	927th	93rd	High Blood Pressure	899th	102nd
Current Smoking	917th	96th	Diabetes	870th	91st
Cholesterol Screening	909th	92nd	Health Insurance	865th	91st
Cognitive Disability	891st	85th	Current Smoking	864th	92nd

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 Anamosa.

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

With a population of 5,493, Anamosa’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.



Health Status

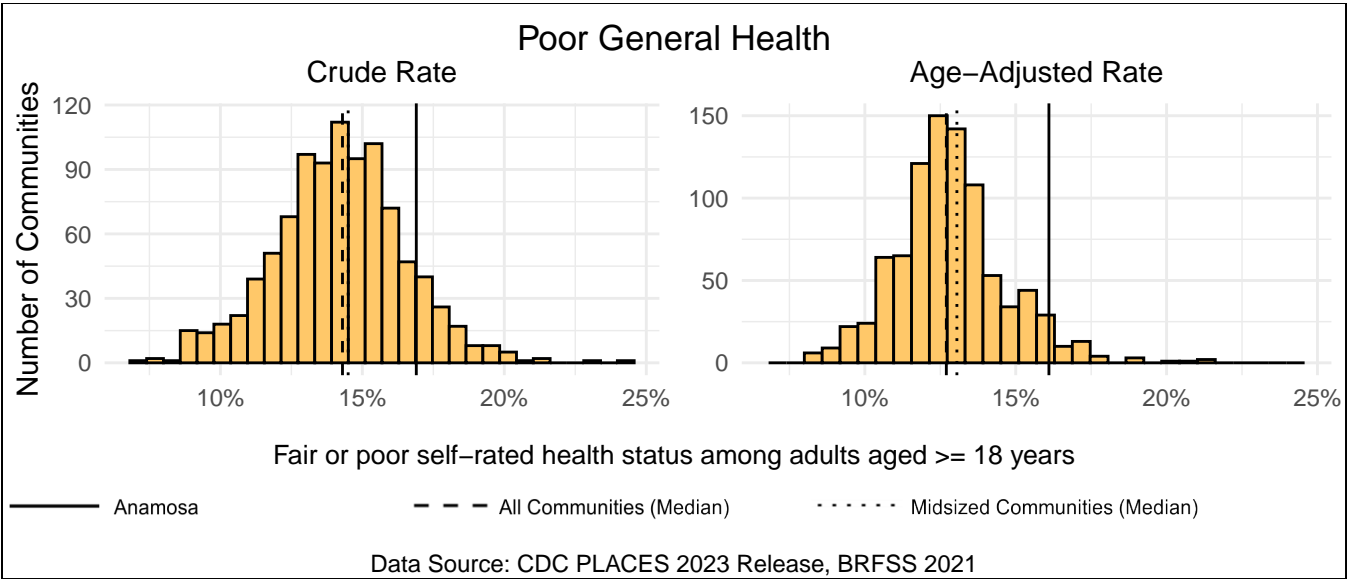
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Anamosa has a crude rate of 16.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 850th out of 958 Iowa communities (80th out of 102 midsize communities). The age-adjusted rate for Anamosa is 16.1%, which ranks 863rd out of 905 Iowa communities (87th out of 102 midsize communities).

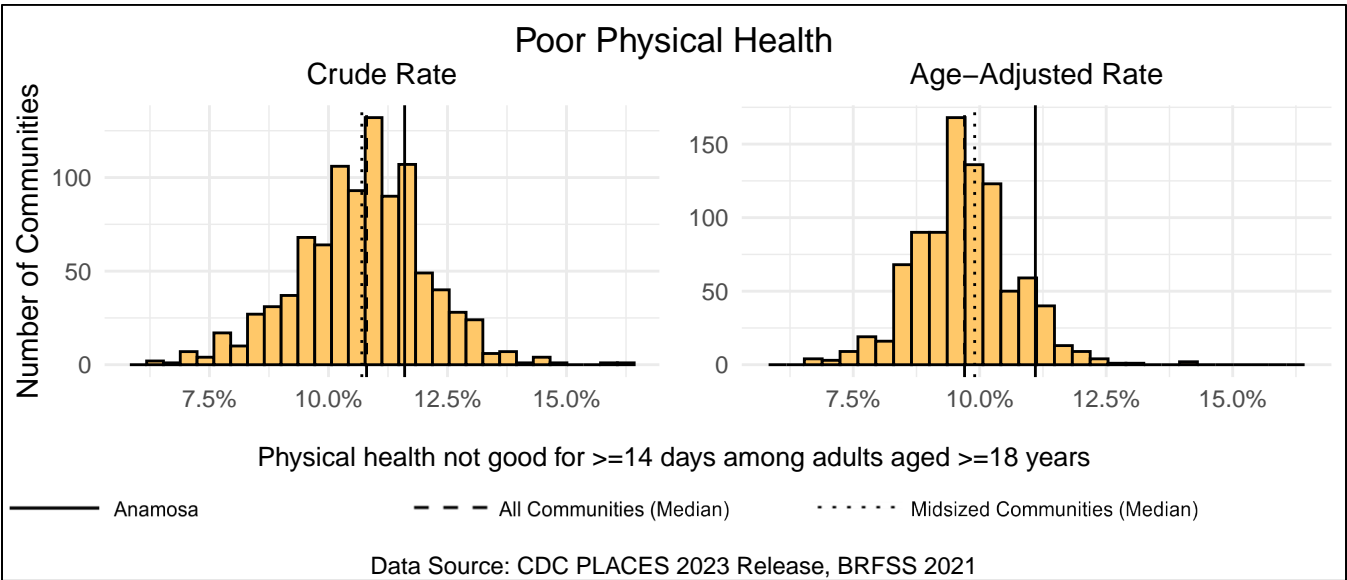
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	16.9%	14.3%	14.5%
Age-Adjusted	16.1%	12.7%	13.0%



Poor Physical Health

Anamosa has a crude rate of 11.6% for physical health not good for >=14 days among adults aged >=18 years, which ranks 719th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 11.1%, which ranks 816th out of 905 Iowa communities (82nd out of 102 mid-sized communities).

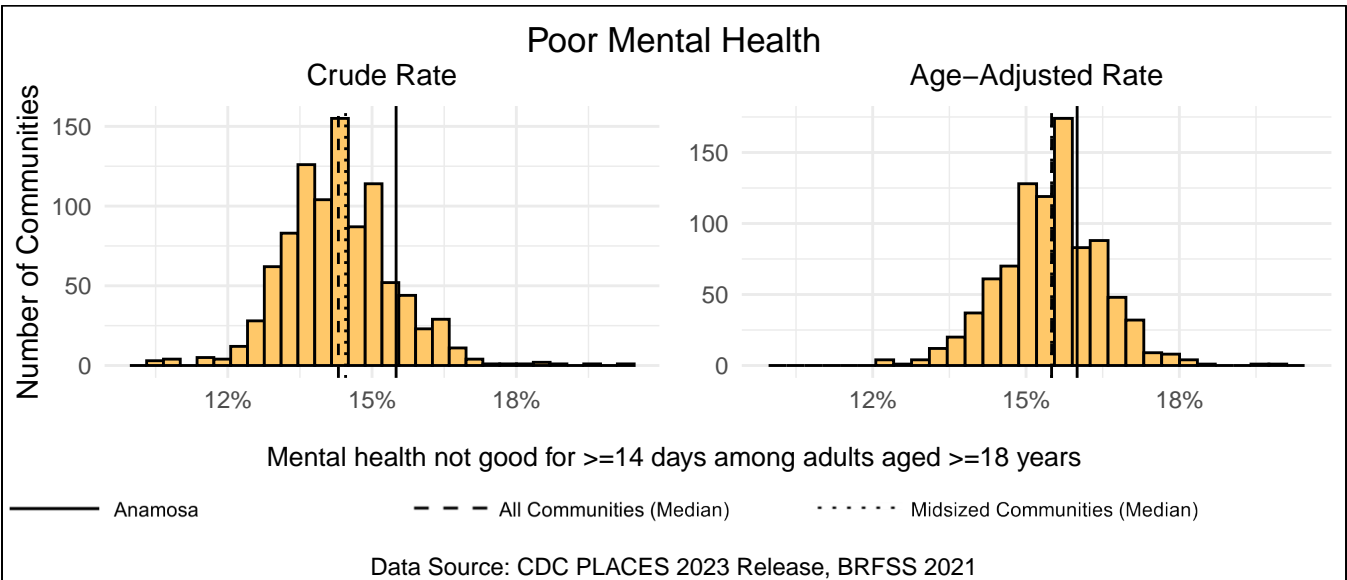
Measure Type	Anamosa	All Comm.	Mid-sized Comm.
Crude	11.6%	10.8%	10.7%
Age-Adjusted	11.1%	9.7%	9.9%



Poor Mental Health

Anamosa has a crude rate of 15.5% for mental health not good for >=14 days among adults aged >=18 years, which ranks 825th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 16.0%, which ranks 631st out of 905 Iowa communities (71st out of 102 mid-sized communities).

Measure Type	Anamosa	All Comm.	Mid-sized Comm.
Crude	15.5%	14.3%	14.4%
Age-Adjusted	16.0%	15.5%	15.5%



Health Risk Behaviors

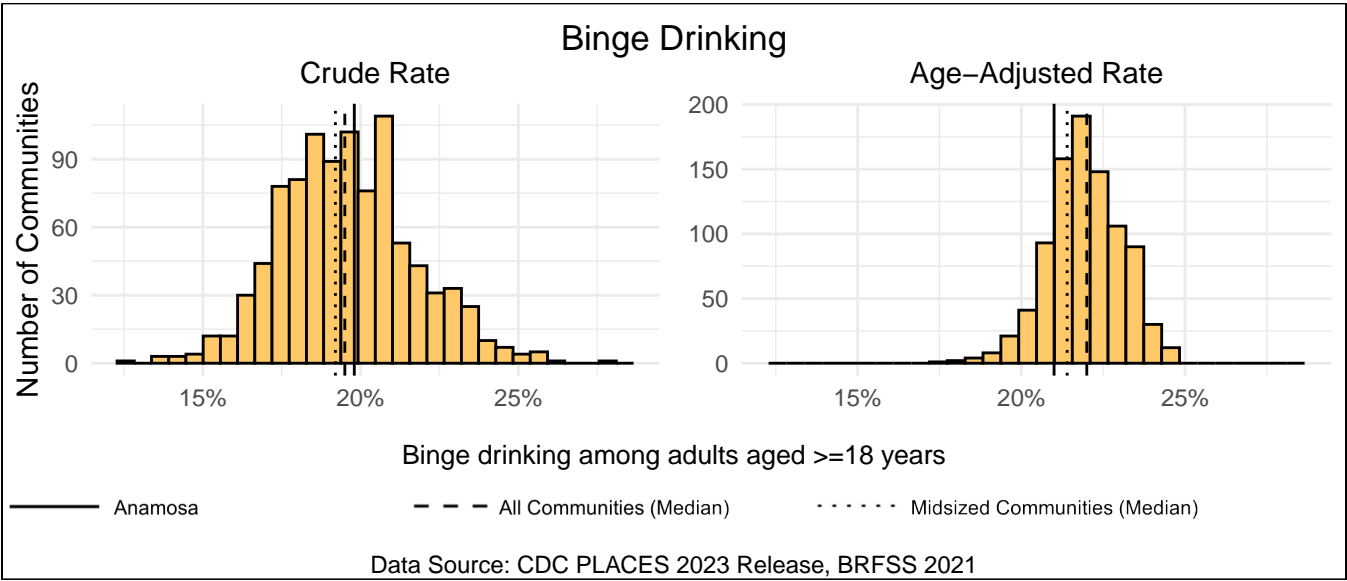
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Anamosa has a crude rate of 19.8% for binge drinking among adults aged ≥ 18 years, which ranks 530th out of 958 Iowa communities (62nd out of 102 midsize communities). The age-adjusted rate for Anamosa is 21.0%, which ranks 155th out of 905 Iowa communities (33rd out of 102 midsize communities).

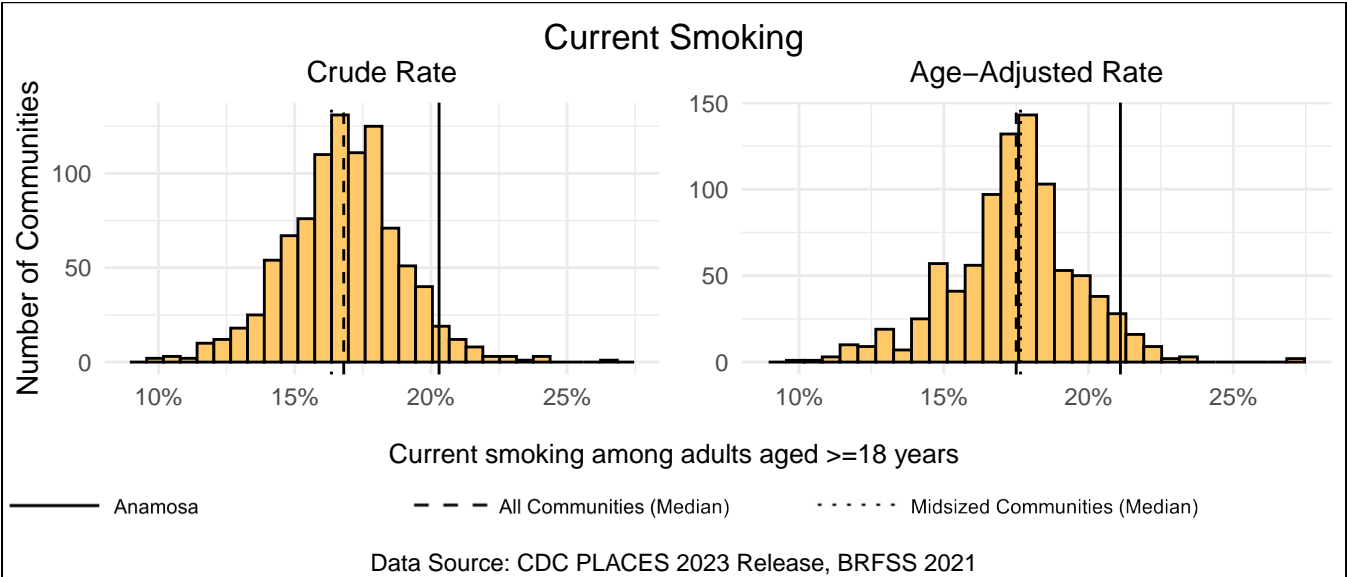
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	19.8%	19.5%	19.2%
Age-Adjusted	21.0%	22.0%	21.4%



Current Smoking

Anamosa has a crude rate of 20.3% for current smoking among adults aged >=18 years, which ranks 917th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 21.1%, which ranks 864th out of 905 Iowa communities (92nd out of 102 mid-sized communities).

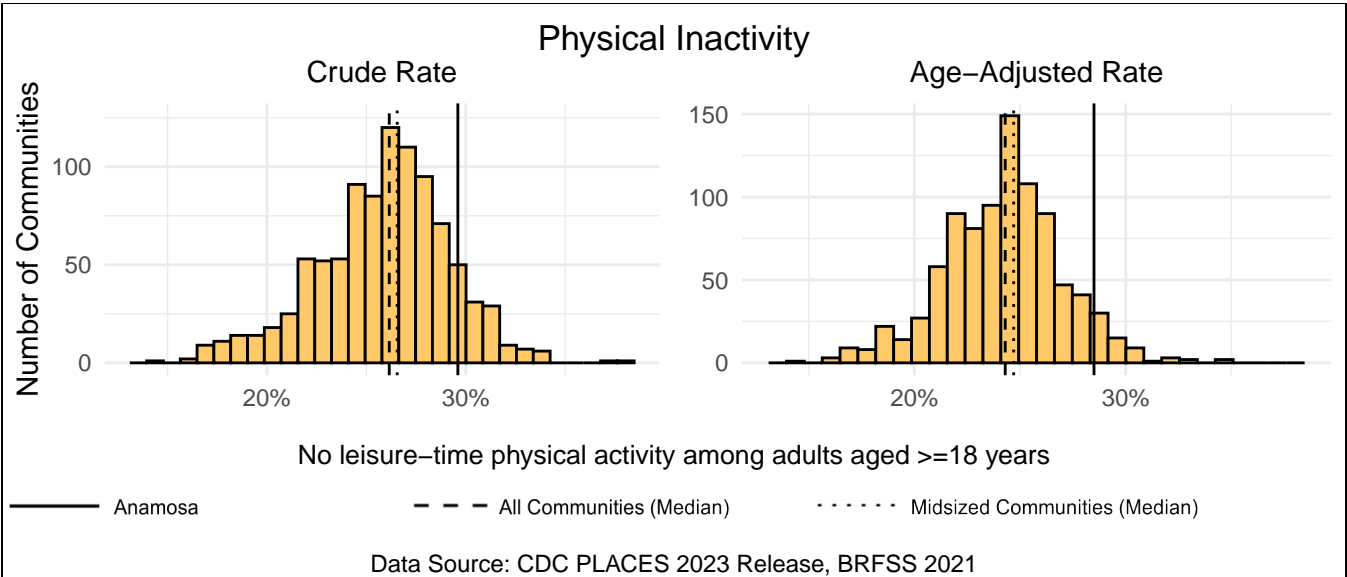
Measure Type	Anamosa	All Comm.	Mid-sized Comm.
Crude	20.3%	16.8%	16.4%
Age-Adjusted	21.1%	17.5%	17.6%



Physical Inactivity

Anamosa has a crude rate of 29.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 847th out of 958 Iowa communities (79th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 28.5%, which ranks 846th out of 905 Iowa communities (84th out of 102 mid-sized communities).

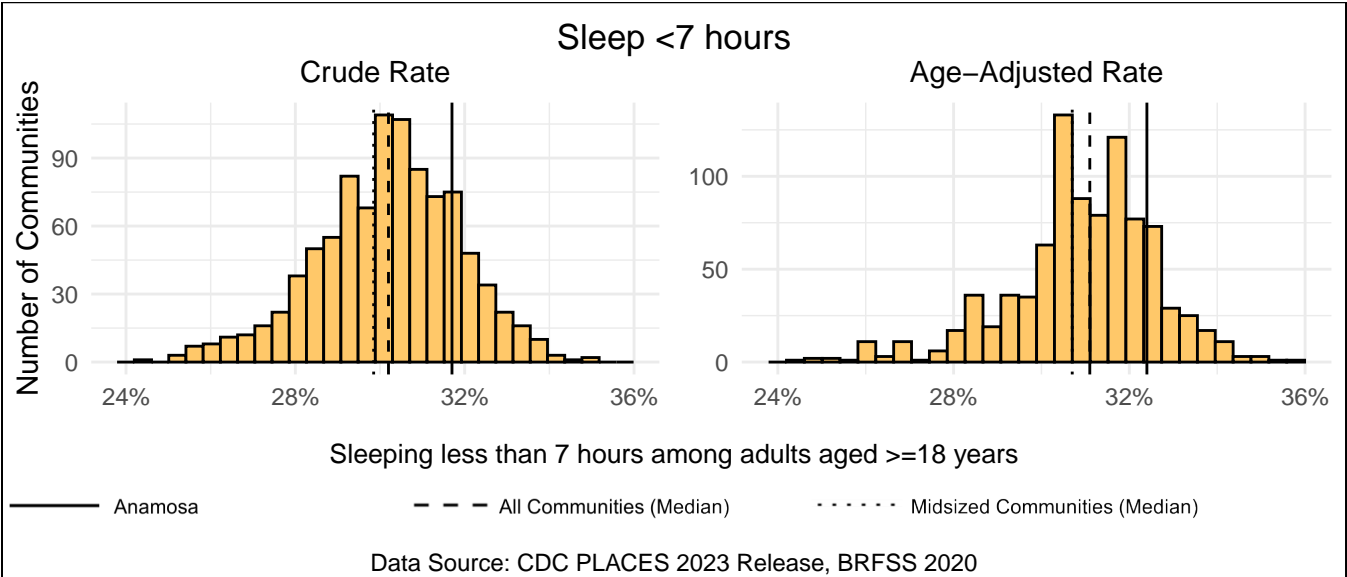
Measure Type	Anamosa	All Comm.	Mid-sized Comm.
Crude	29.6%	26.1%	26.6%
Age-Adjusted	28.5%	24.3%	24.7%



Sleep <7 hours

Anamosa has a crude rate of 31.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 775th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 32.4%, which ranks 743rd out of 905 Iowa communities (82nd out of 102 mid-sized communities).

Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	31.7%	30.2%	29.8%
Age-Adjusted	32.4%	31.1%	30.7%



Health Outcomes

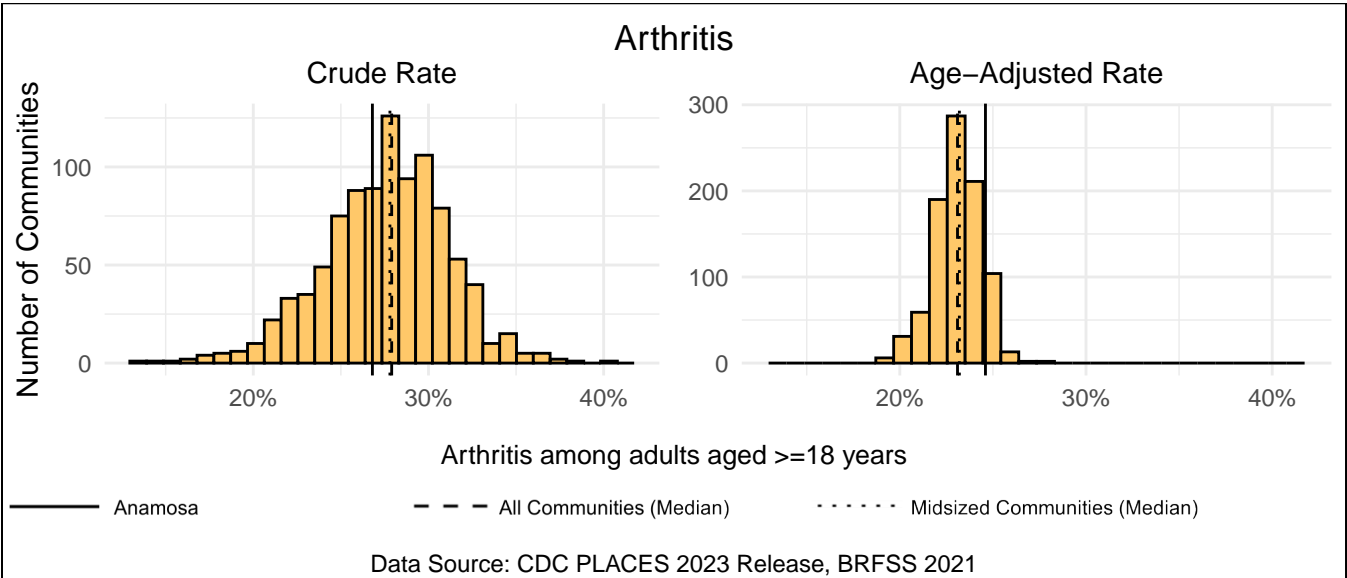
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Anamosa has a crude rate of 26.8% for arthritis among adults aged ≥ 18 years, which ranks 364th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Anamosa is 24.6%, which ranks 803rd out of 905 Iowa communities (87th out of 102 midsize communities).

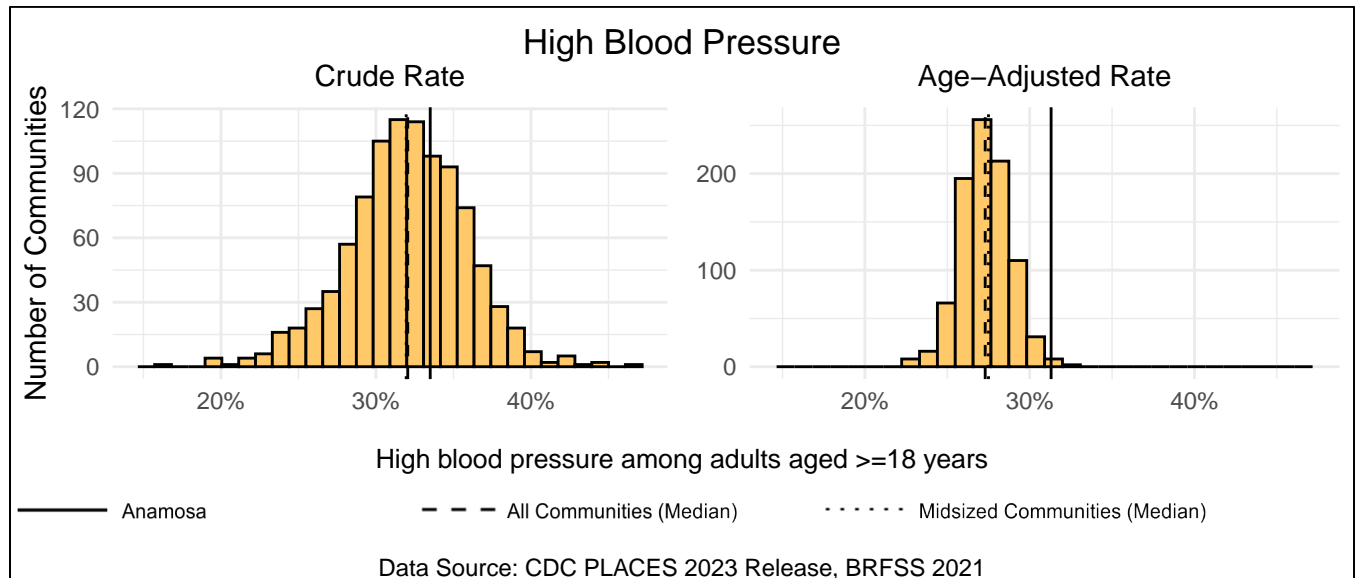
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	26.8%	27.9%	27.8%
Age-Adjusted	24.6%	23.1%	23.2%



High Blood Pressure

Anamosa has a crude rate of 33.5% for high blood pressure among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 31.3%, which ranks 899th out of 905 Iowa communities (102nd out of 102 mid-sized communities).

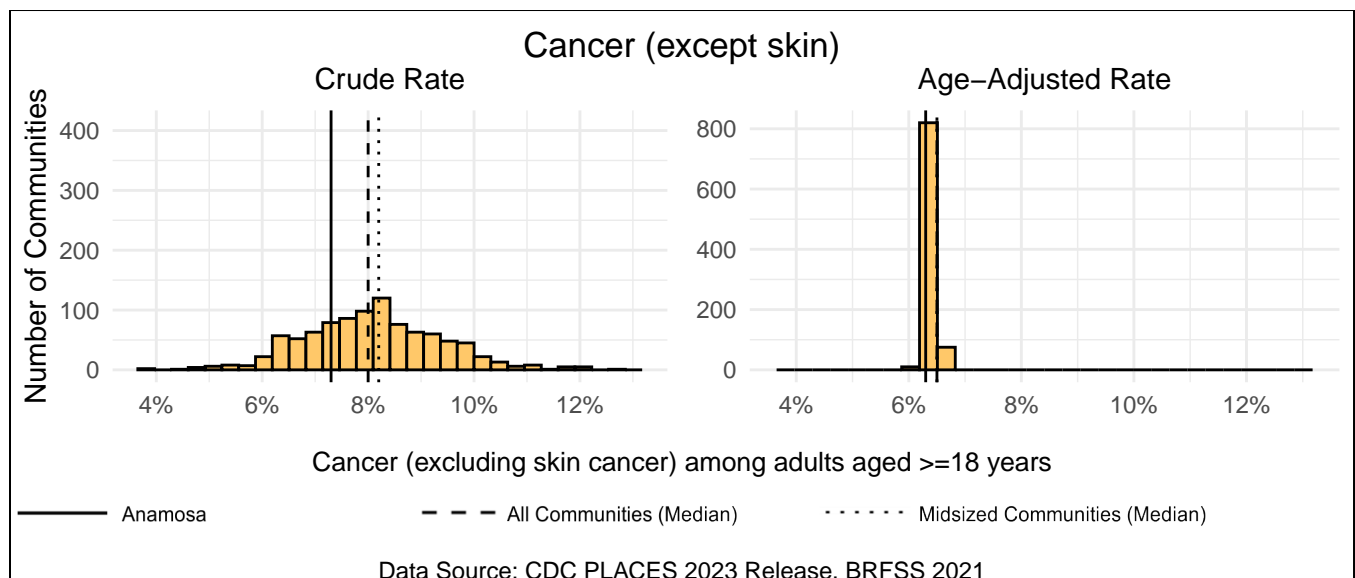
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	33.5%	32.0%	32.0%
Age-Adjusted	31.3%	27.3%	27.5%



Cancer (except skin)

Anamosa has a crude rate of 7.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 248th out of 958 Iowa communities (33rd out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 6.3%, which ranks 16th out of 905 Iowa communities (6th out of 102 mid-sized communities).

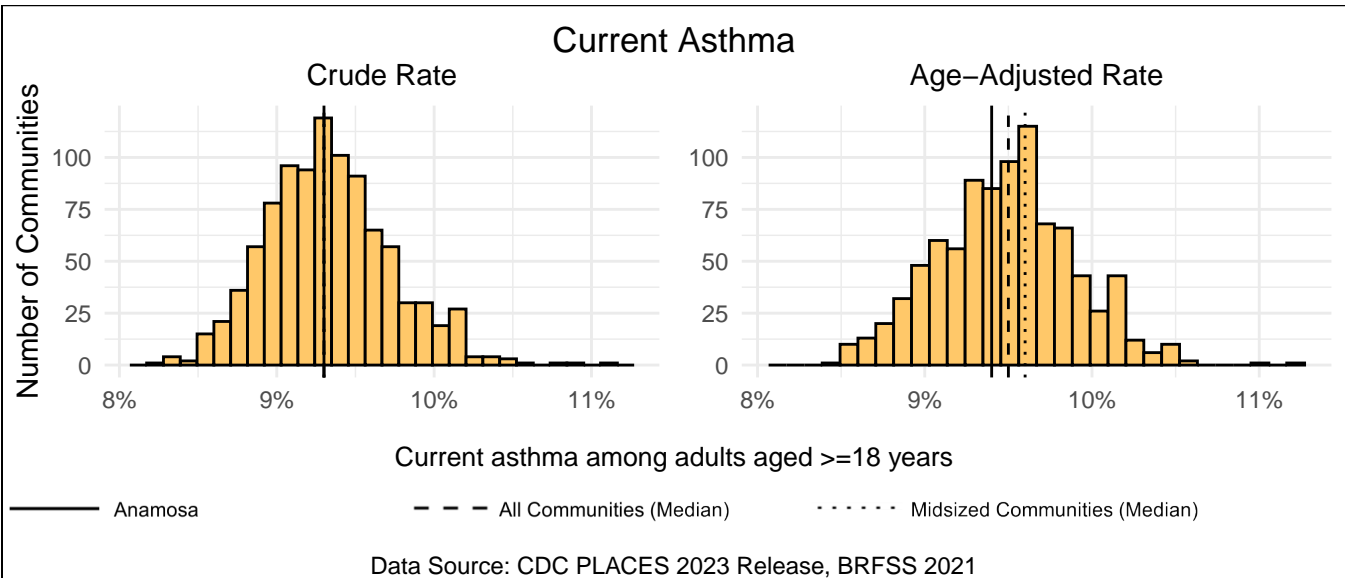
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	7.3%	8.0%	8.2%
Age-Adjusted	6.3%	6.5%	6.5%



Current Asthma

Anamosa has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Anamosa is 9.4%, which ranks 330th out of 905 Iowa communities (33rd out of 102 midsize communities).

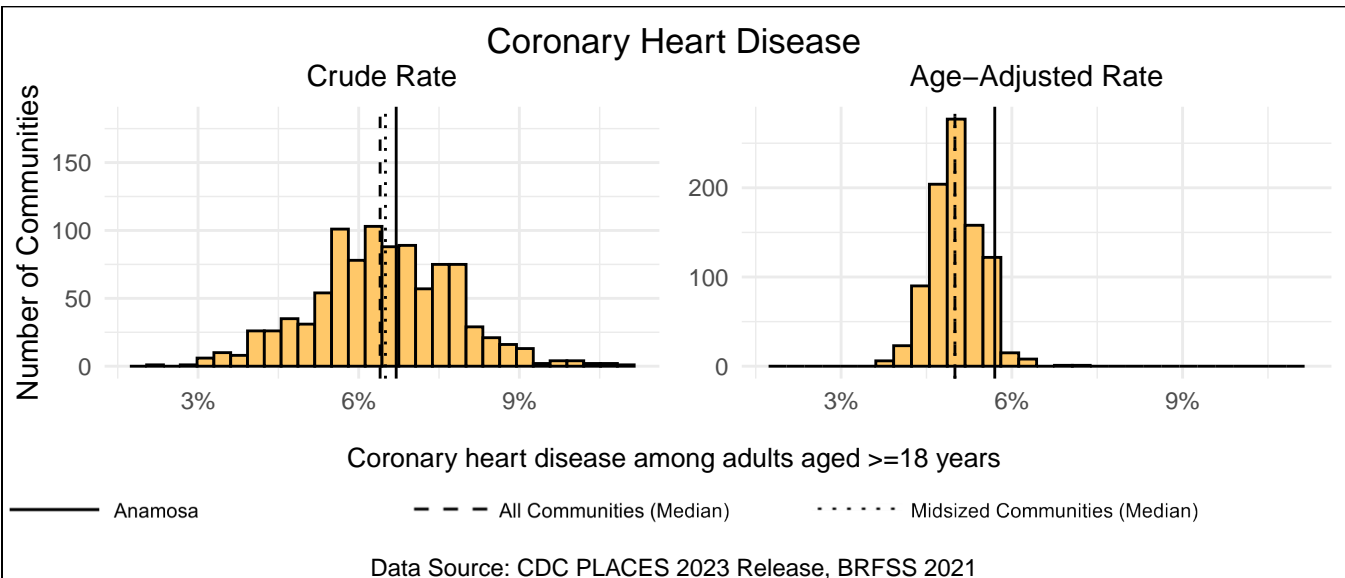
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.6%



Coronary Heart Disease

Anamosa has a crude rate of 6.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 536th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Anamosa is 5.7%, which ranks 836th out of 905 Iowa communities (87th out of 102 midsize communities).

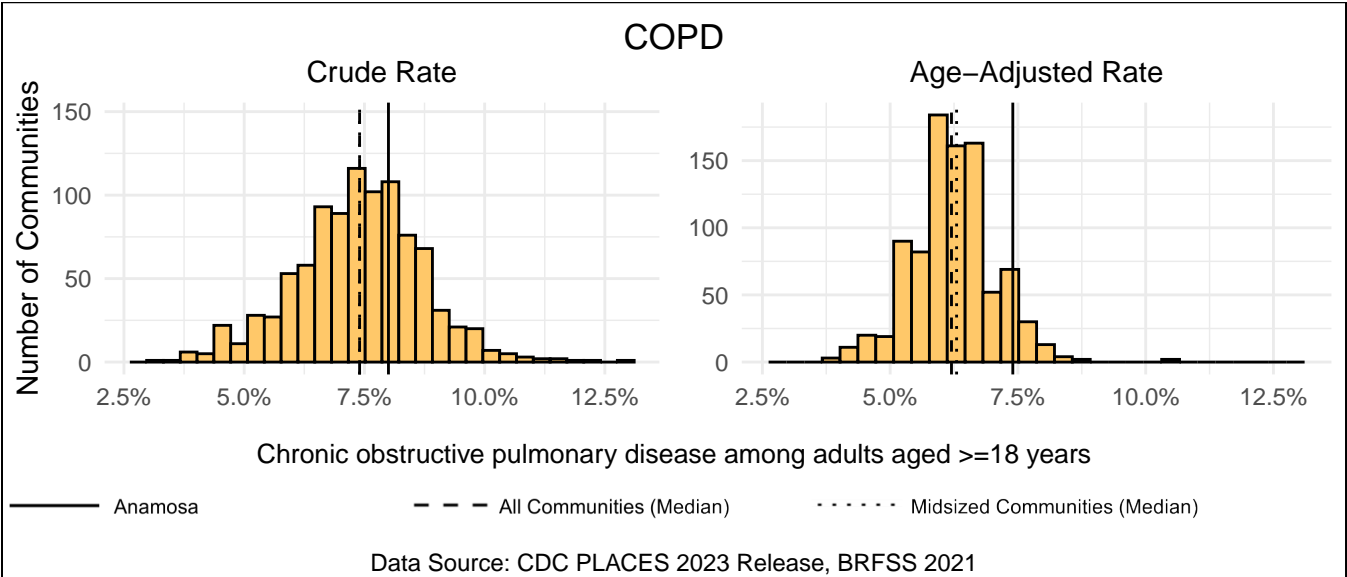
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	6.7%	6.4%	6.5%
Age-Adjusted	5.7%	5.0%	5.0%



COPD

Anamosa has a crude rate of 8.0% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 651st out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 7.4%, which ranks 822nd out of 905 Iowa communities (85th out of 102 mid-sized communities).

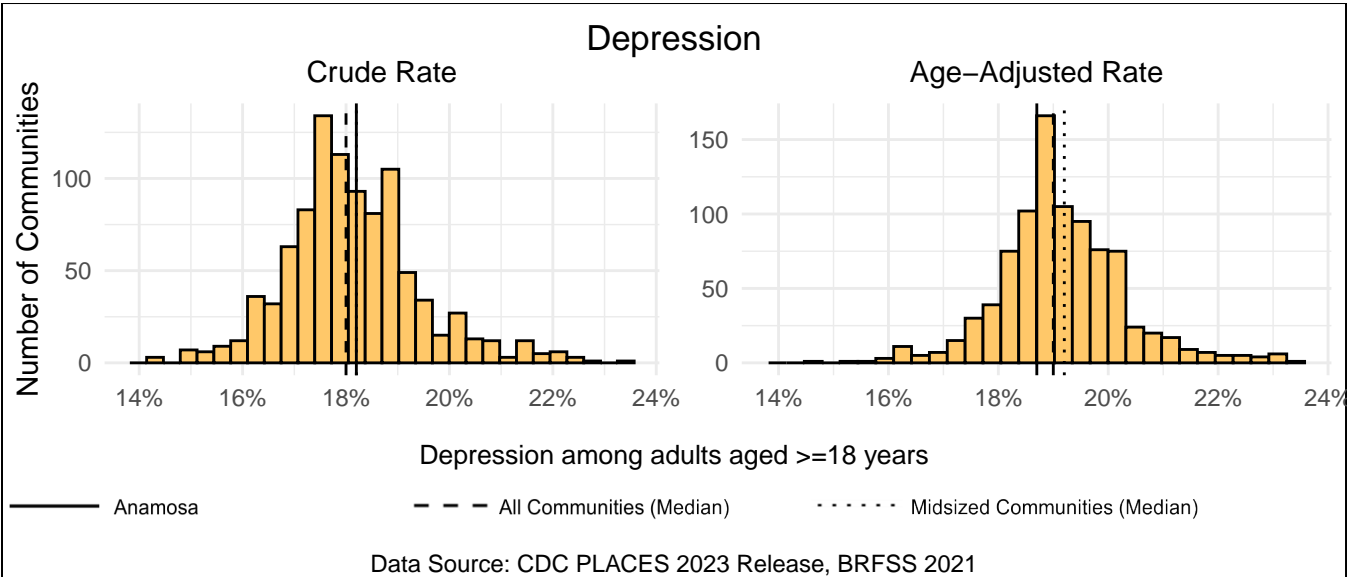
Measure Type	Anamosa	All Comm.	Mid-sized Comm.
Crude	8.0%	7.4%	7.4%
Age-Adjusted	7.4%	6.2%	6.3%



Depression

Anamosa has a crude rate of 18.2% for depression among adults aged ≥ 18 years, which ranks 537th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 18.7%, which ranks 291st out of 905 Iowa communities (29th out of 102 mid-sized communities).

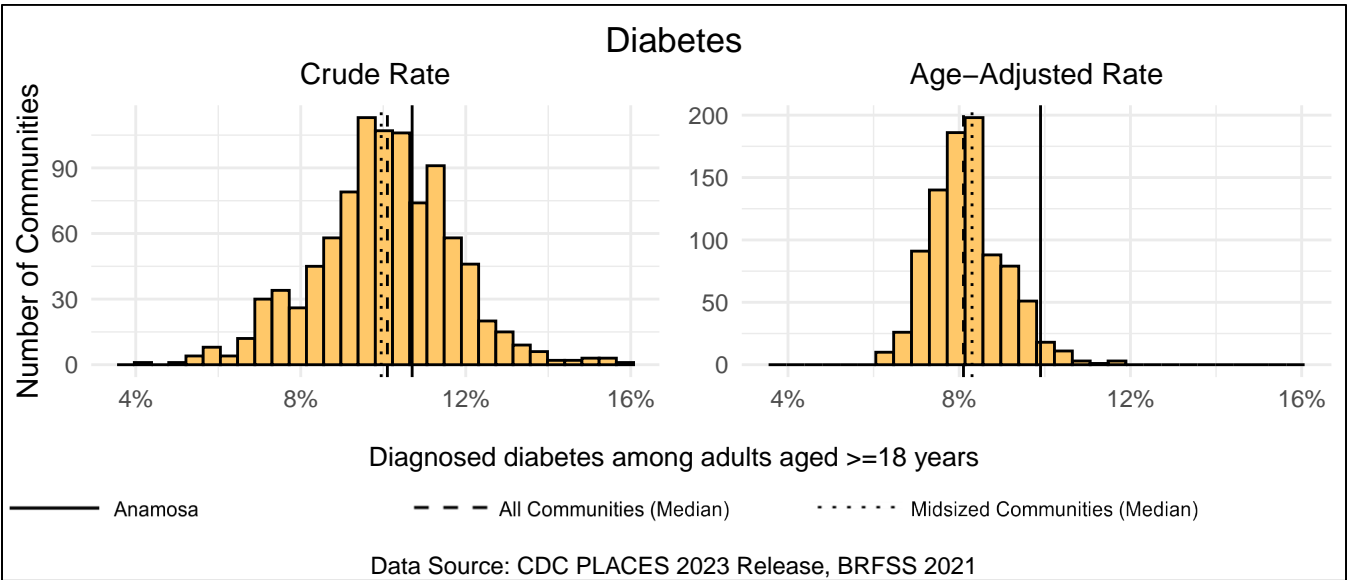
Measure Type	Anamosa	All Comm.	Mid-sized Comm.
Crude	18.2%	18.0%	18.2%
Age-Adjusted	18.7%	19.0%	19.2%



Diabetes

Anamosa has a crude rate of 10.7% for diagnosed diabetes among adults aged >=18 years, which ranks 629th out of 958 Iowa communities (68th out of 102 midsized communities). The age-adjusted rate for Anamosa is 9.9%, which ranks 870th out of 905 Iowa communities (91st out of 102 midsized communities).

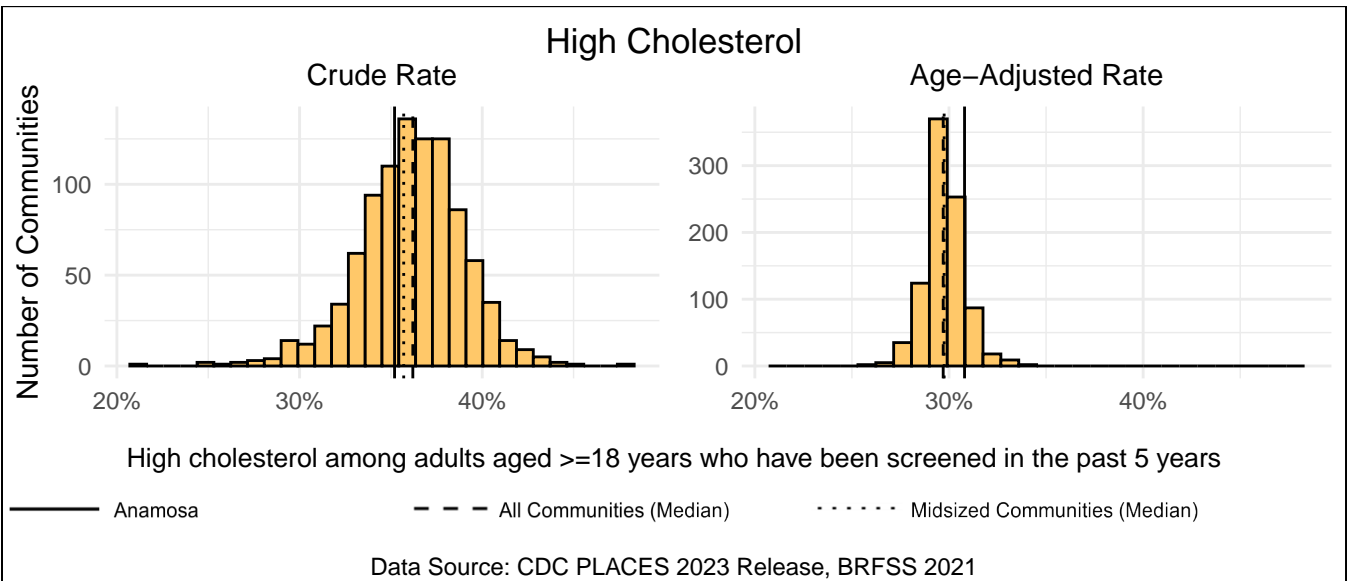
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	10.7%	10.1%	9.9%
Age-Adjusted	9.9%	8.1%	8.3%



High Cholesterol

Anamosa has a crude rate of 35.2% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 318th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Anamosa is 30.8%, which ranks 777th out of 905 Iowa communities (85th out of 102 midsized communities).

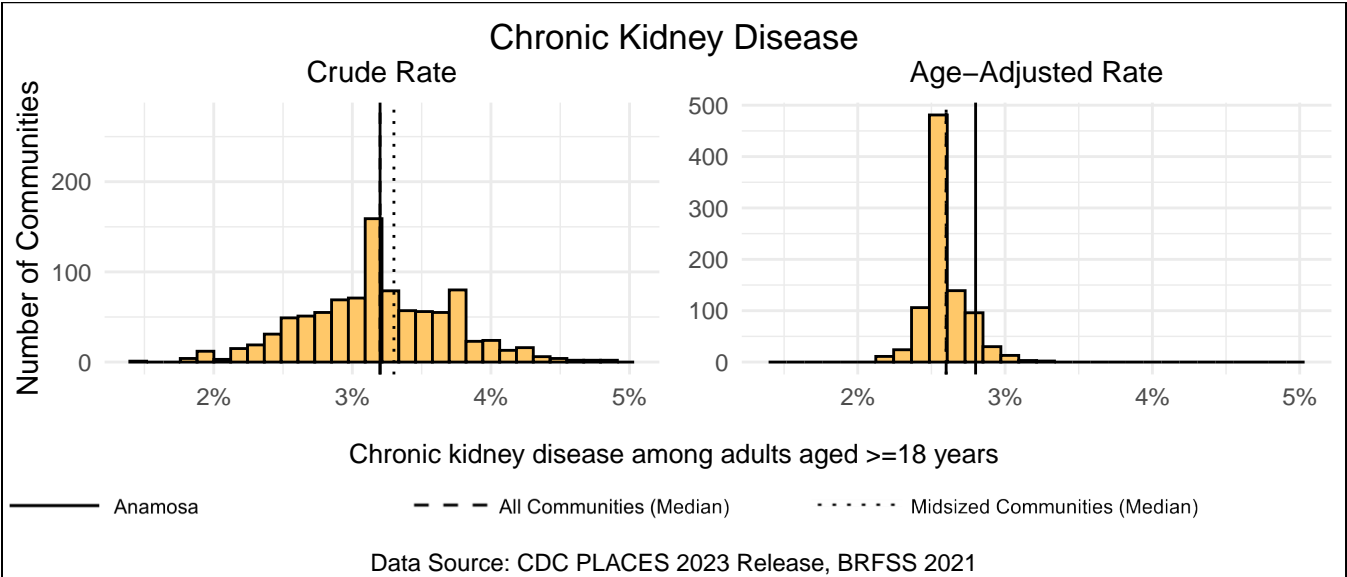
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	35.2%	36.2%	35.7%
Age-Adjusted	30.8%	29.7%	29.8%



Chronic Kidney Disease

Anamosa has a crude rate of 3.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 446th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Anamosa is 2.8%, which ranks 762nd out of 905 Iowa communities (74th out of 102 midsized communities).

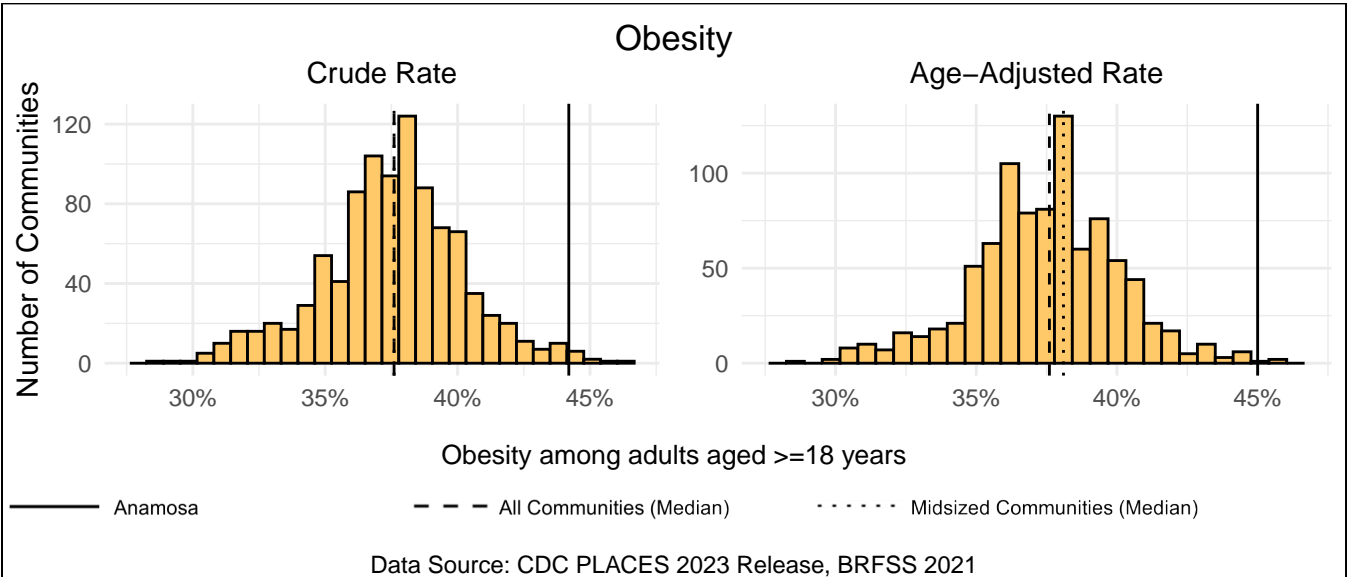
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Anamosa has a crude rate of 44.2% for obesity among adults aged ≥ 18 years, which ranks 949th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Anamosa is 45.0%, which ranks 903rd out of 905 Iowa communities (102nd out of 102 midsized communities).

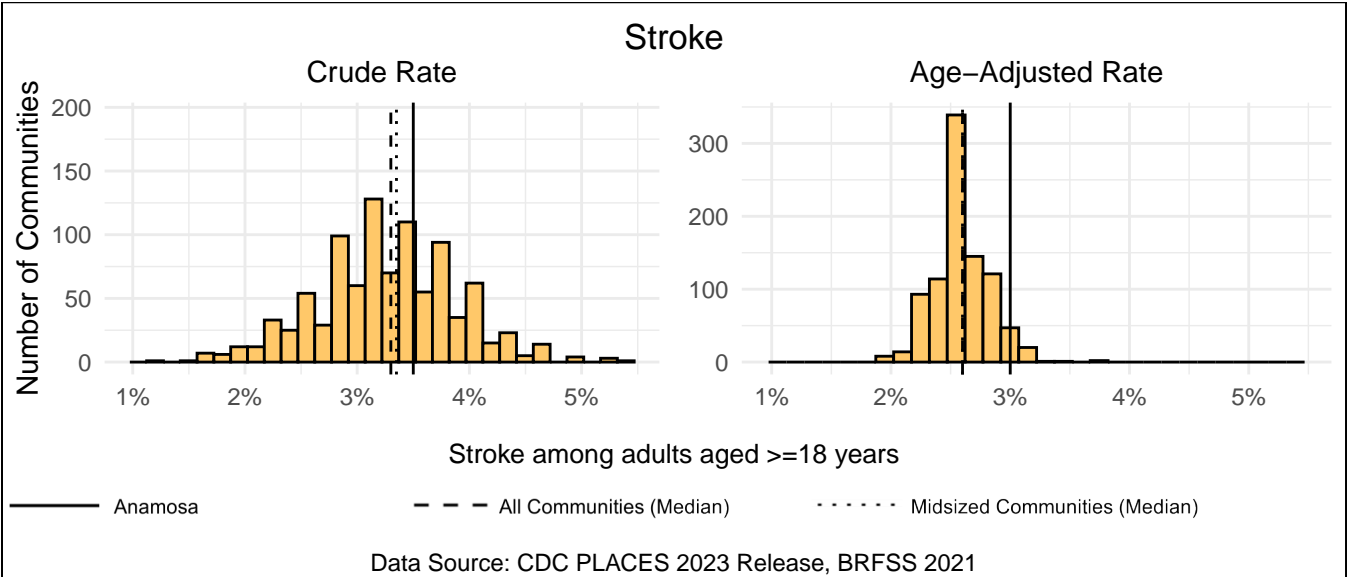
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	44.2%	37.6%	37.6%
Age-Adjusted	45.0%	37.6%	38.1%



Stroke

Anamosa has a crude rate of 3.5% for stroke among adults aged >=18 years, which ranks 601st out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 3.0%, which ranks 835th out of 905 Iowa communities (85th out of 102 mid-sized communities).

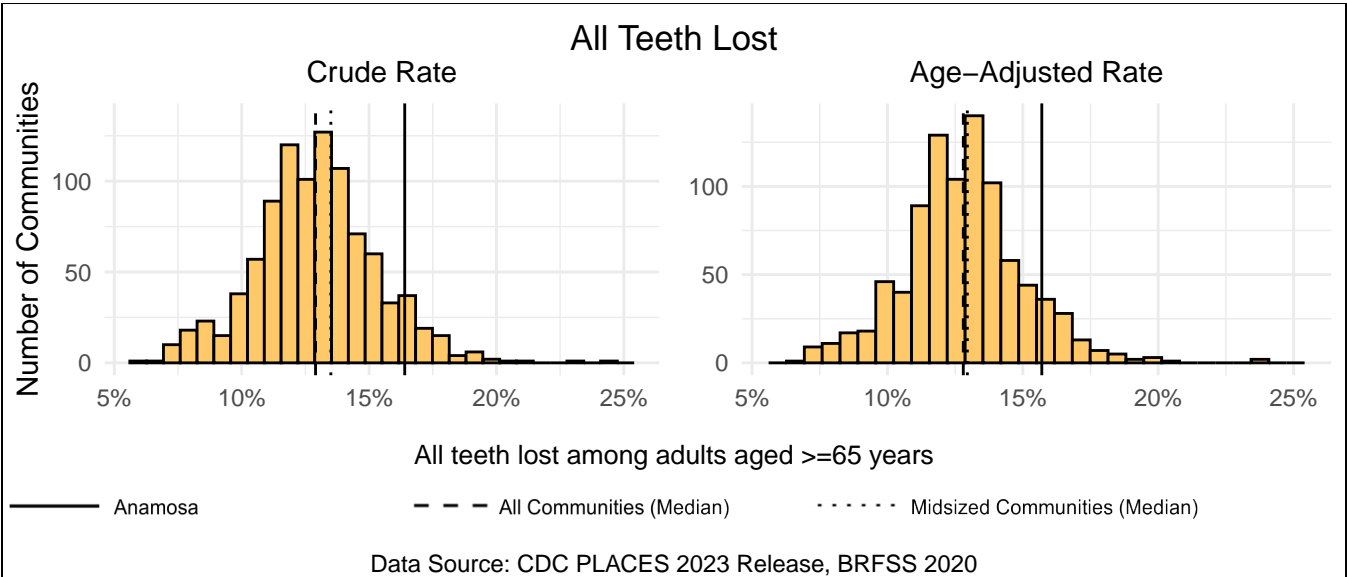
Measure Type	Anamosa	All Comm.	Mid-sized Comm.
Crude	3.5%	3.3%	3.3%
Age-Adjusted	3.0%	2.6%	2.6%



All Teeth Lost

Anamosa has a crude rate of 16.4% for all teeth lost among adults aged >=65 years, which ranks 881st out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 15.7%, which ranks 816th out of 905 Iowa communities (80th out of 102 mid-sized communities).

Measure Type	Anamosa	All Comm.	Mid-sized Comm.
Crude	16.4%	12.9%	13.5%
Age-Adjusted	15.7%	12.8%	12.9%



Prevention

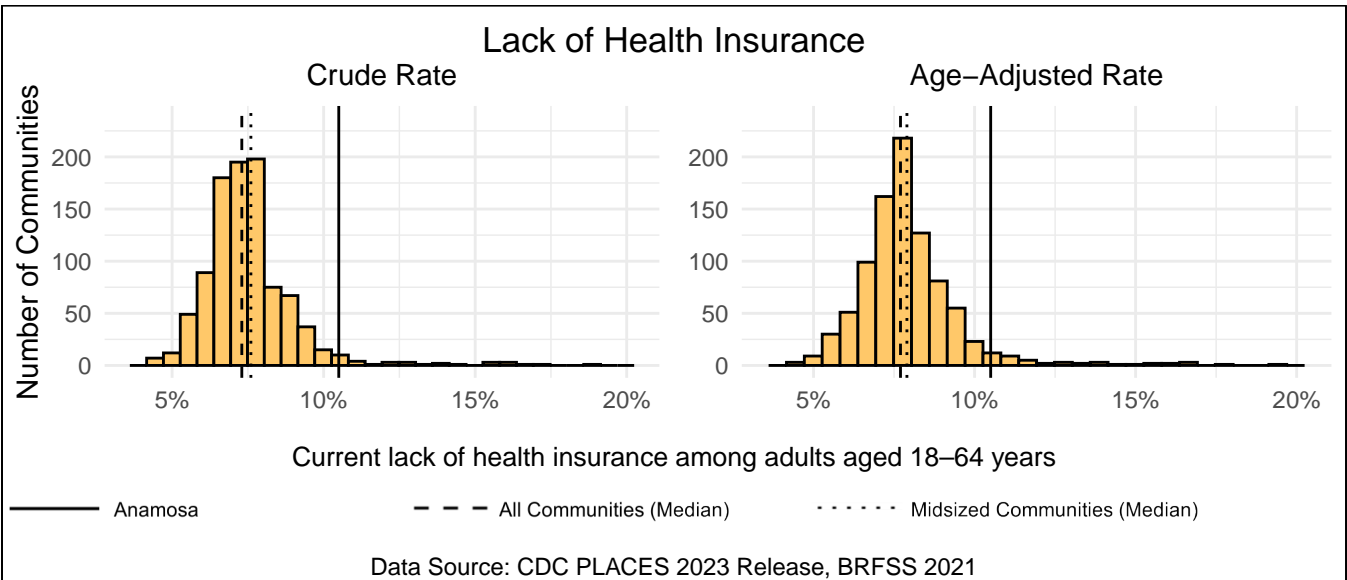
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Anamosa has a crude rate of 10.5% for current lack of health insurance among adults aged 18–64 years, which ranks 927th out of 958 Iowa communities (93rd out of 102 midsized communities). The age-adjusted rate for Anamosa is 10.5%, which ranks 865th out of 905 Iowa communities (91st out of 102 midsized communities).

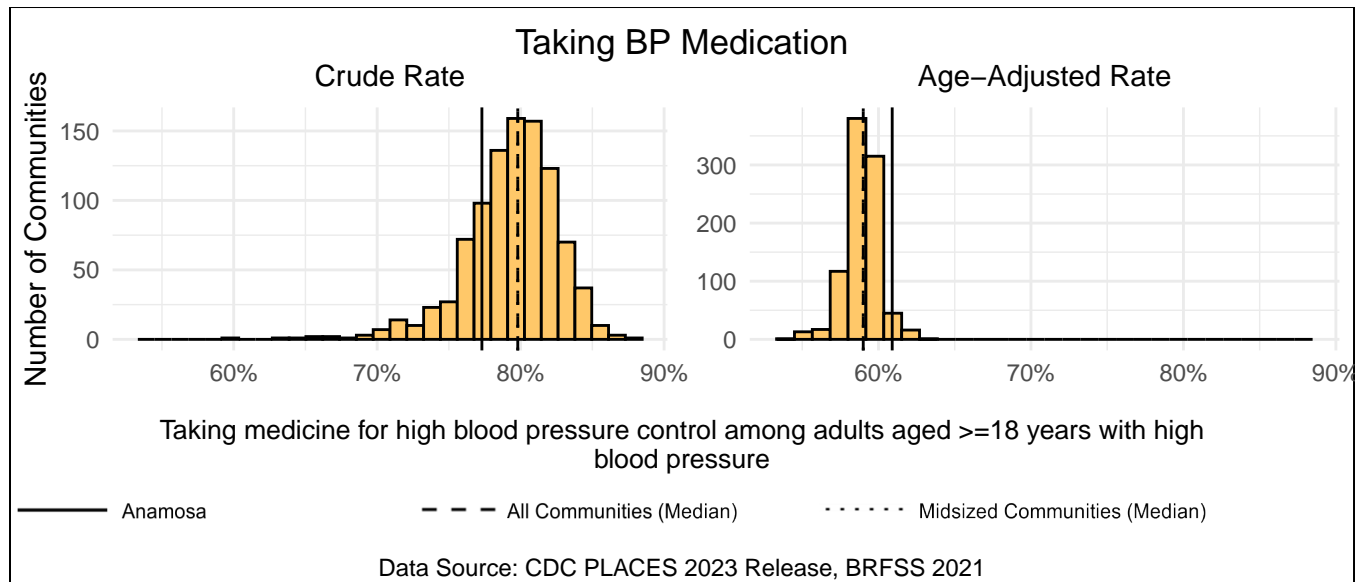
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	10.5%	7.3%	7.6%
Age-Adjusted	10.5%	7.7%	7.9%



Taking BP Medication

Anamosa has a crude rate of 77.3% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 751st out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Anamosa is 60.9%, which ranks 33rd out of 905 Iowa communities (6th out of 102 midsize communities).

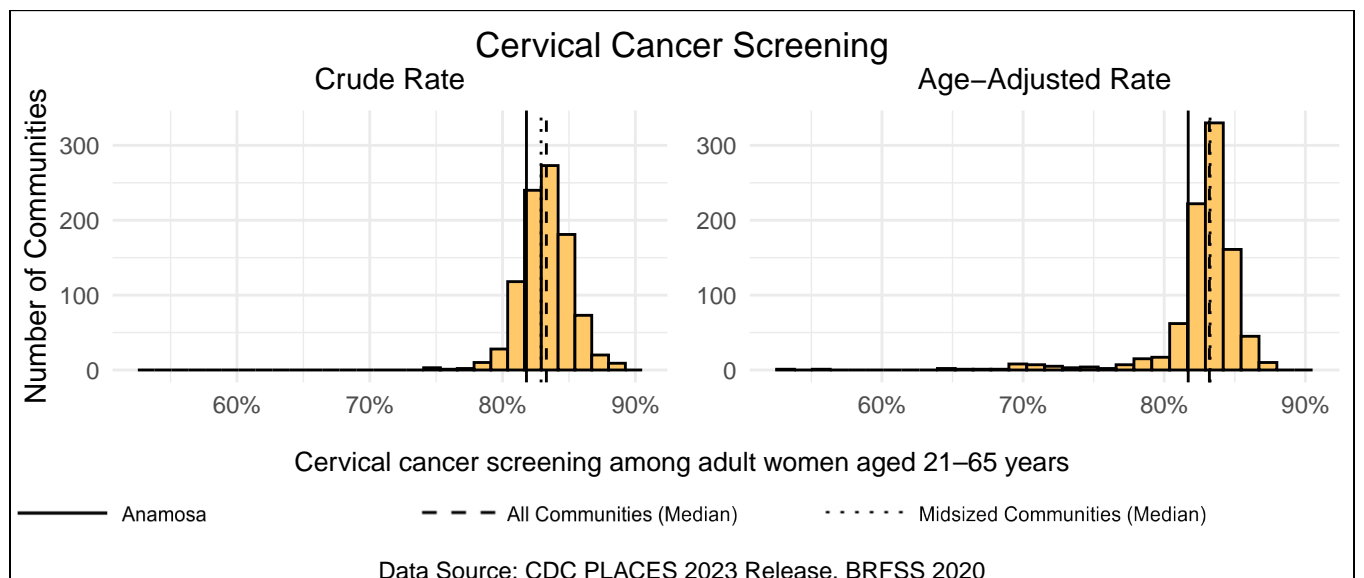
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	77.3%	79.8%	79.8%
Age-Adjusted	60.9%	59.0%	59.0%



Cervical Cancer Screening

Anamosa has a crude rate of 81.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 768th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Anamosa is 81.7%, which ranks 762nd out of 905 Iowa communities (81st out of 102 midsize communities).

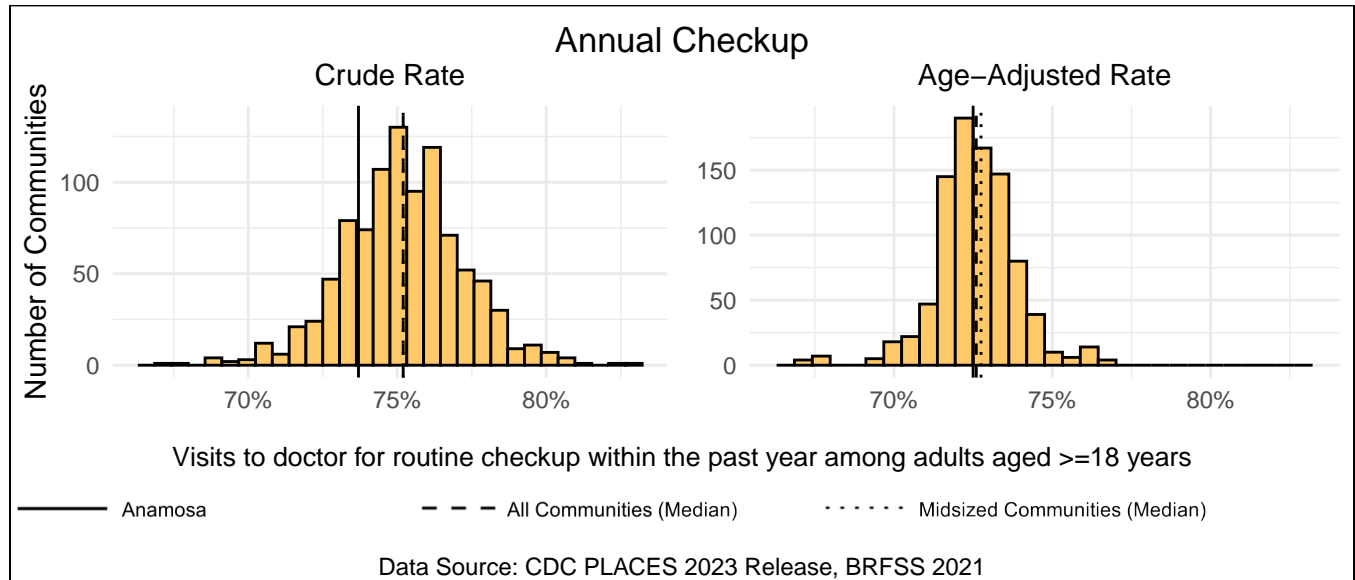
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	81.8%	83.3%	82.9%
Age-Adjusted	81.7%	83.2%	83.2%



Annual Checkup

Anamosa has a crude rate of 73.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 751st out of 958 Iowa communities (77th out of 102 midsize communities). The age-adjusted rate for Anamosa is 72.5%, which ranks 468th out of 905 Iowa communities (59th out of 102 midsize communities).

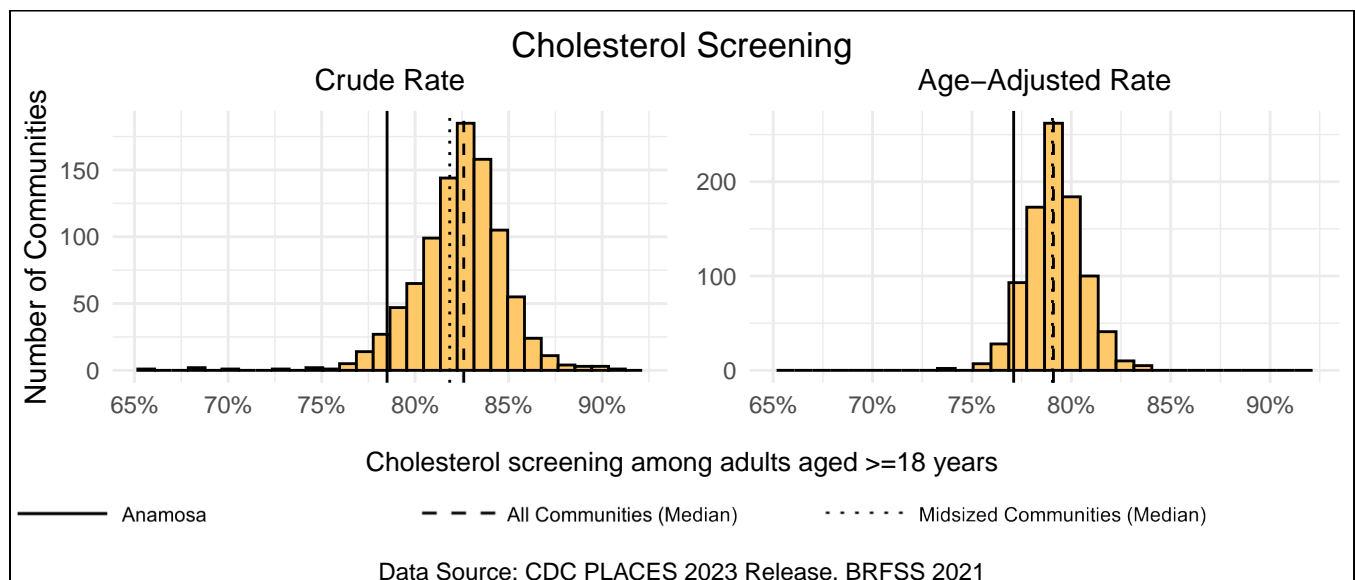
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	73.7%	75.2%	75.2%
Age-Adjusted	72.5%	72.6%	72.8%



Cholesterol Screening

Anamosa has a crude rate of 78.5% for cholesterol screening among adults aged ≥ 18 years, which ranks 909th out of 958 Iowa communities (92nd out of 102 midsize communities). The age-adjusted rate for Anamosa is 77.1%, which ranks 851st out of 905 Iowa communities (85th out of 102 midsize communities).

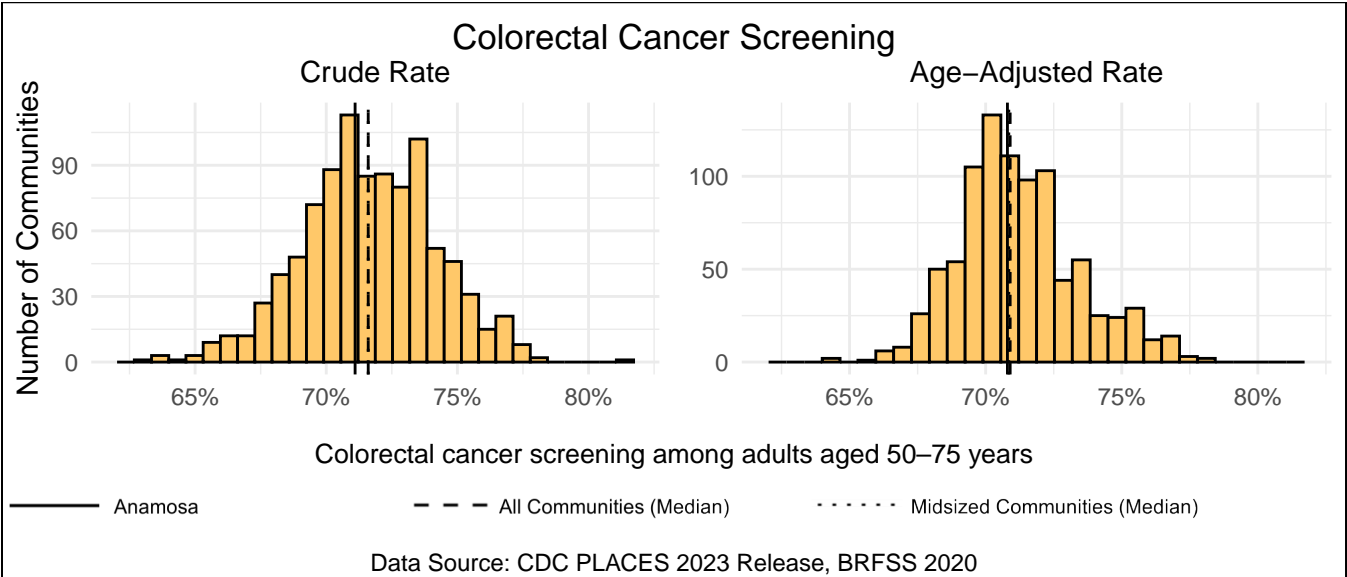
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	78.5%	82.6%	81.8%
Age-Adjusted	77.1%	79.1%	79.0%



Colorectal Cancer Screening

Anamosa has a crude rate of 71.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 551st out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 70.8%, which ranks 474th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

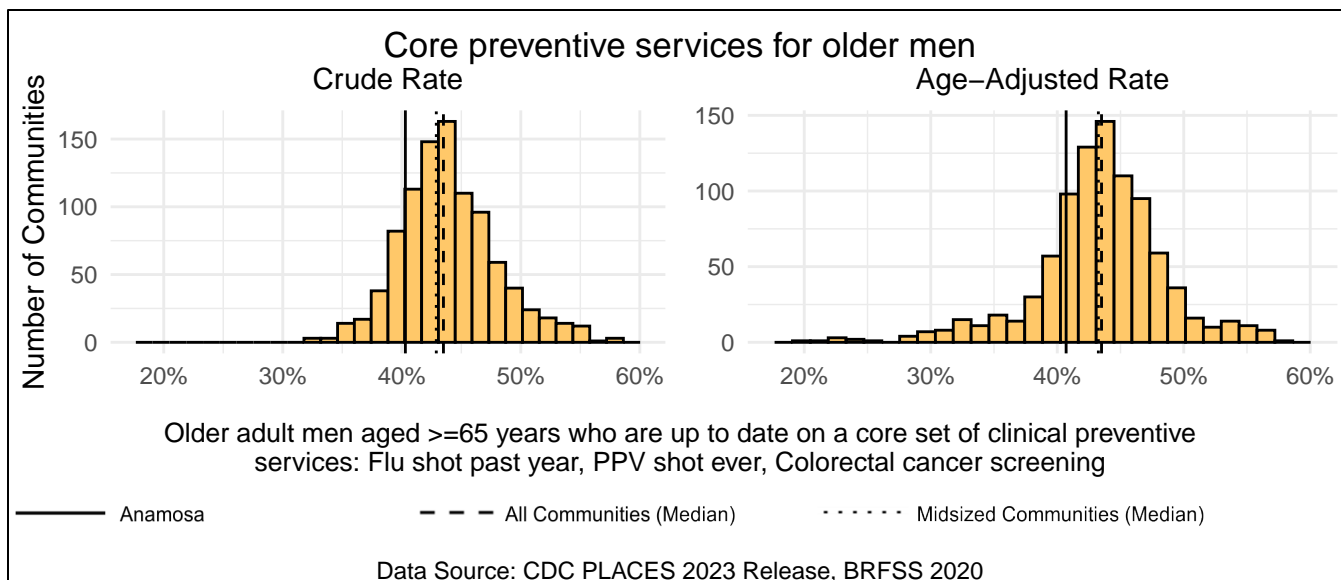
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	71.1%	71.6%	71.6%
Age-Adjusted	70.8%	70.9%	70.8%



Core preventive services for older men

Anamosa has a crude rate of 40.3% 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 794th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 40.7%, which ranks 707th out of 905 Iowa communities (76th out of 102 mid-sized communities).

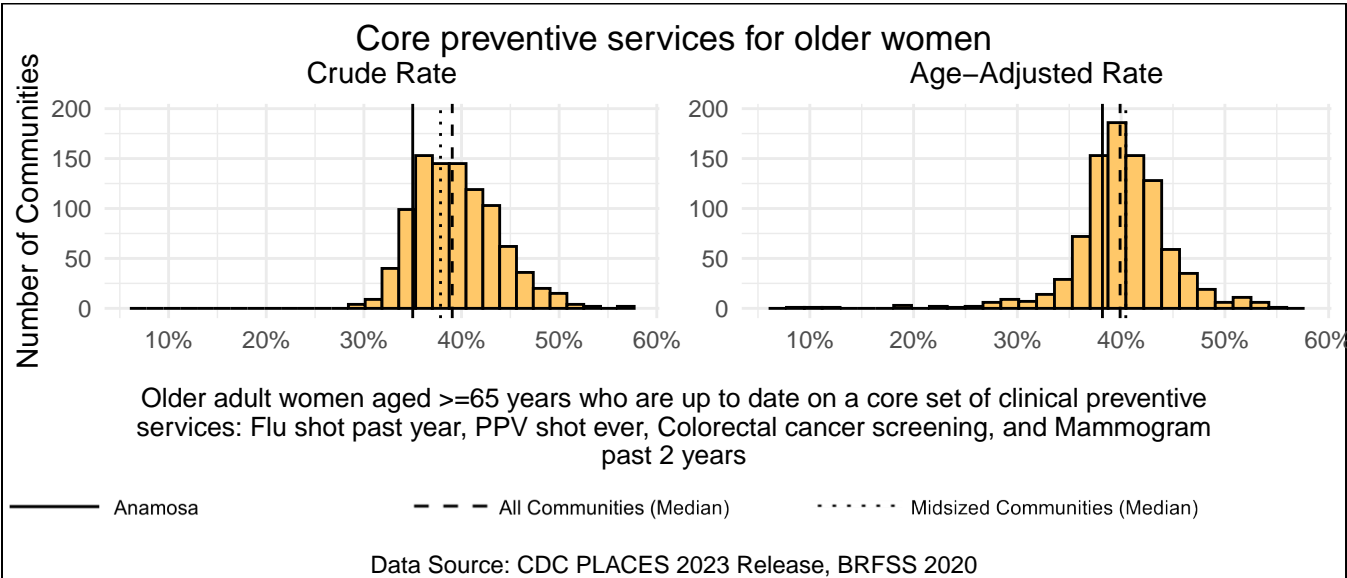
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	40.3%	43.5%	42.9%
Age-Adjusted	40.7%	43.5%	43.2%



Core preventive services for older women

Anamosa has a crude rate of 35.0% 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 824th out of 958 Iowa communities (86th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 38.2%, which ranks 650th out of 905 Iowa communities (76th out of 102 mid-sized communities).

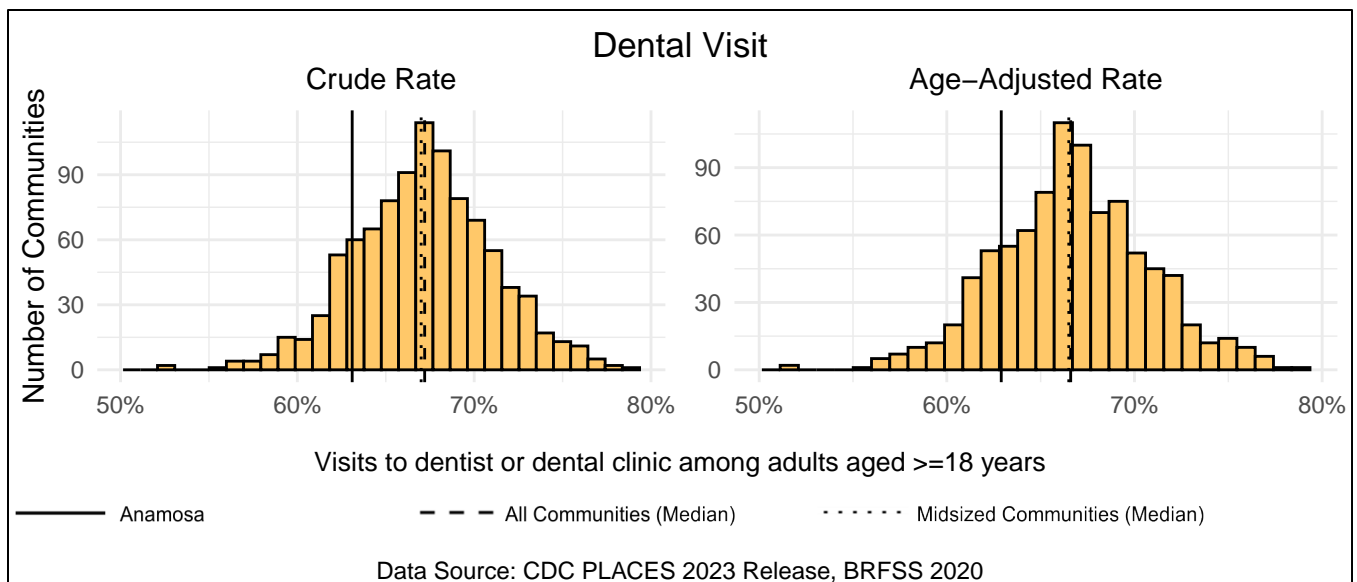
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	35.0%	39.0%	37.8%
Age-Adjusted	38.2%	39.9%	40.4%



Dental Visit

Anamosa has a crude rate of 63.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 817th out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 62.9%, which ranks 748th out of 905 Iowa communities (71st out of 102 mid-sized communities).

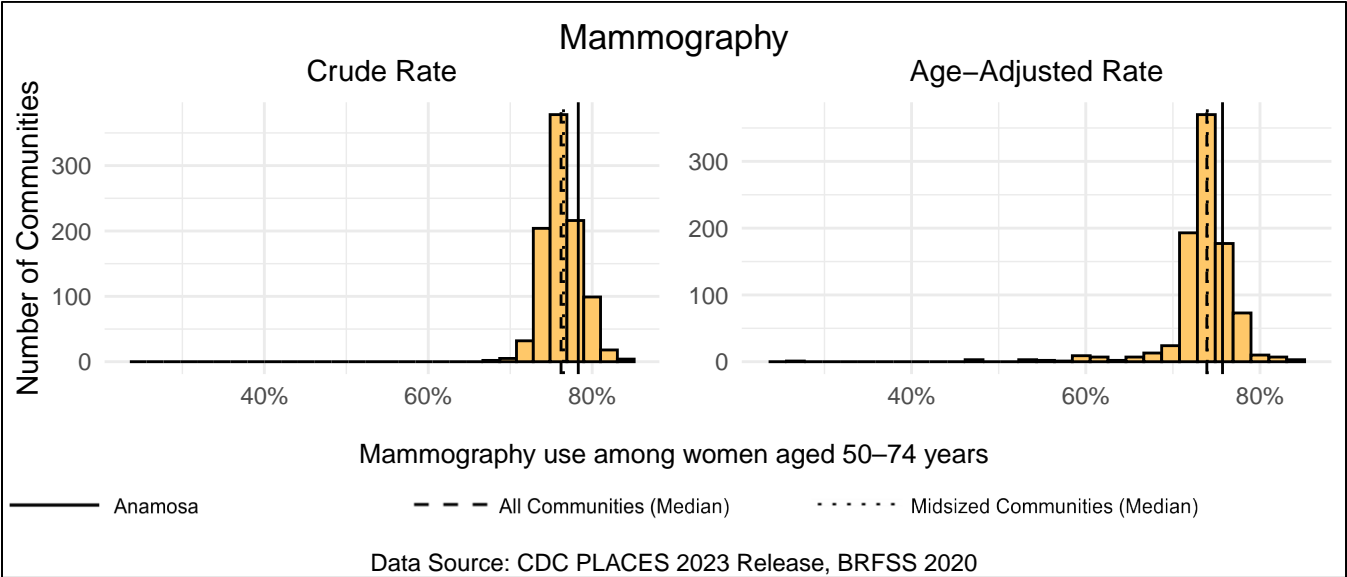
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	63.1%	67.2%	67.0%
Age-Adjusted	62.9%	66.6%	66.5%



Mammography

Anamosa has a crude rate of 78.3% for mammography use among women aged 50–74 years, which ranks 184th out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 75.7%, which ranks 184th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	78.3%	76.2%	76.5%
Age-Adjusted	75.7%	73.9%	74.0%



Disability

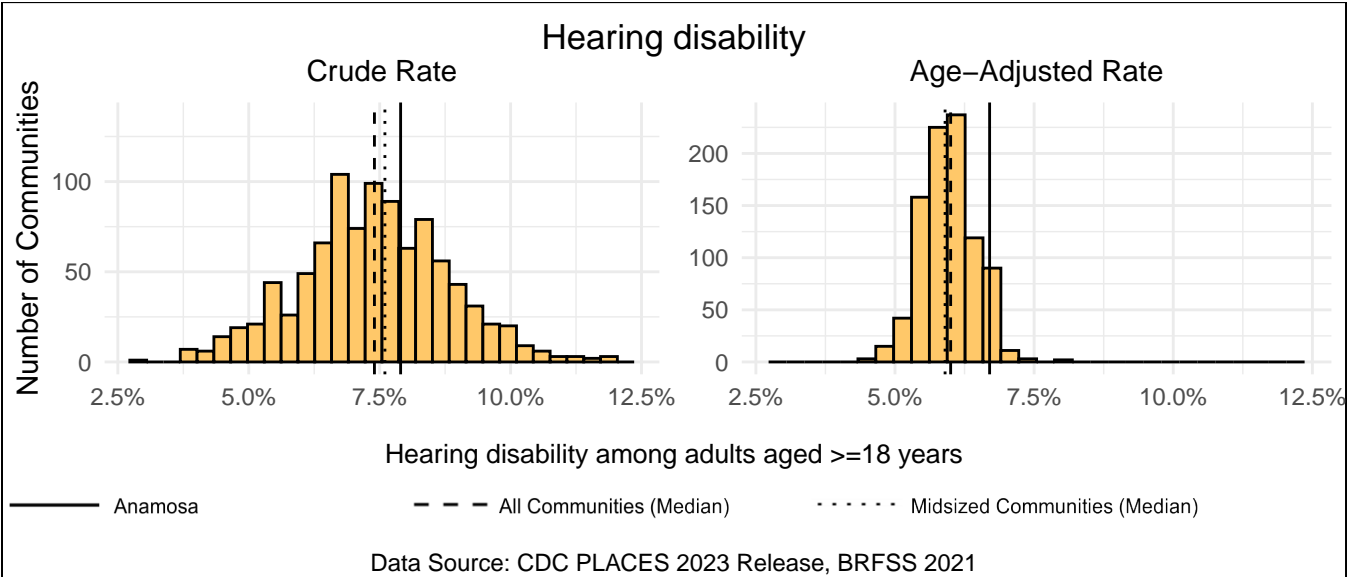
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Anamosa has a crude rate of 7.9% for hearing disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Anamosa is 6.7%, which ranks 838th out of 905 Iowa communities (90th out of 102 midsize communities).

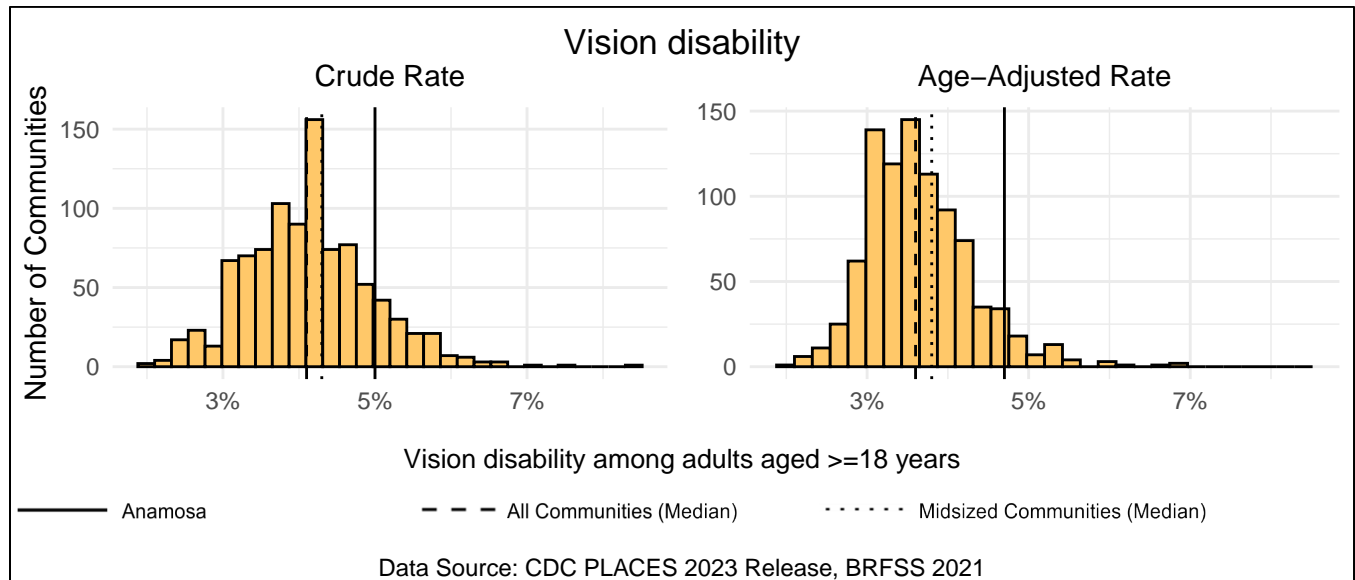
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	7.9%	7.4%	7.6%
Age-Adjusted	6.7%	6.0%	5.9%



Vision disability

Anamosa 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 Anamosa is 4.7%, which ranks 837th out of 905 Iowa communities (80th out of 102 midsize communities).

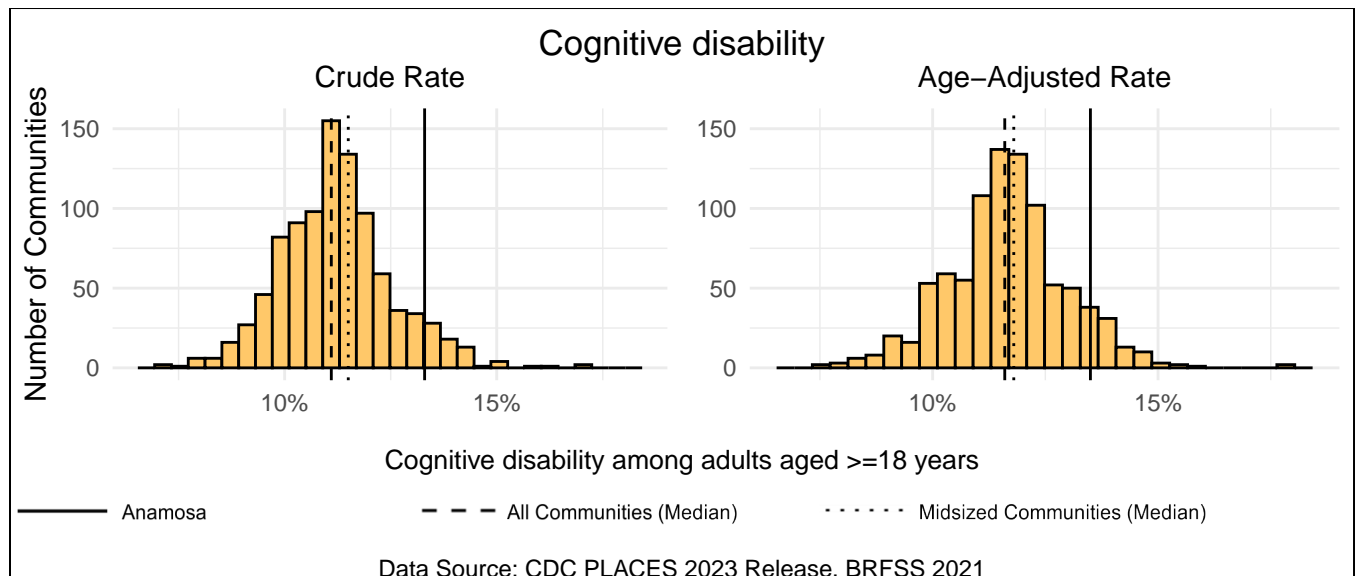
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	5.0%	4.1%	4.3%
Age-Adjusted	4.7%	3.6%	3.8%



Cognitive disability

Anamosa has a crude rate of 13.3% for cognitive disability among adults aged ≥ 18 years, which ranks 891st out of 958 Iowa communities (85th out of 102 midsize communities). The age-adjusted rate for Anamosa is 13.5%, which ranks 823rd out of 905 Iowa communities (84th out of 102 midsize communities).

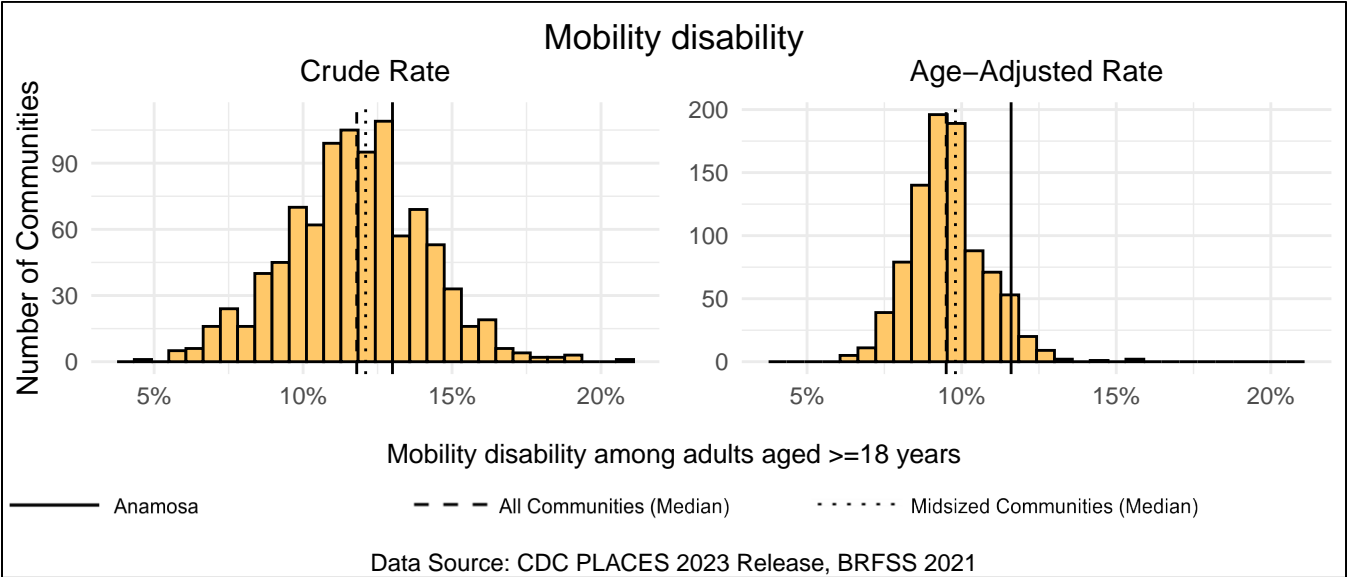
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	13.3%	11.1%	11.5%
Age-Adjusted	13.5%	11.6%	11.8%



Mobility disability

Anamosa has a crude rate of 13.0% for mobility disability among adults aged ≥ 18 years, which ranks 676th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 11.6%, which ranks 852nd out of 905 Iowa communities (86th out of 102 mid-sized communities).

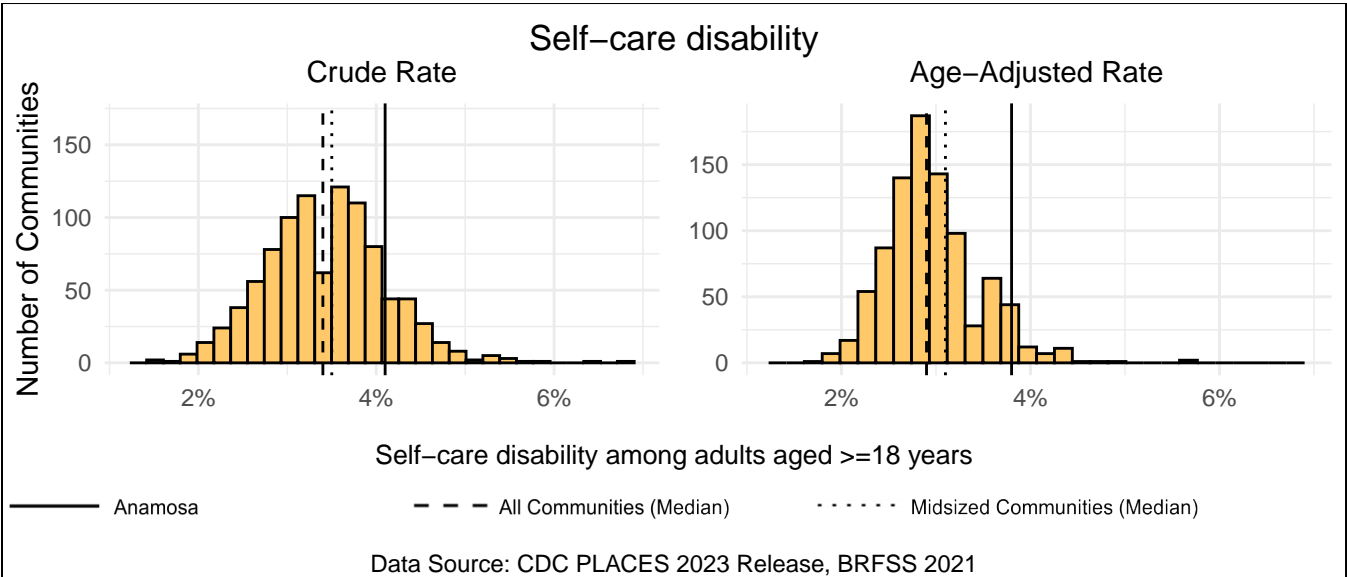
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	13.0%	11.8%	12.1%
Age-Adjusted	11.6%	9.5%	9.8%



Self-care disability

Anamosa has a crude rate of 4.1% for self-care disability among adults aged ≥ 18 years, which ranks 808th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 3.8%, which ranks 839th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

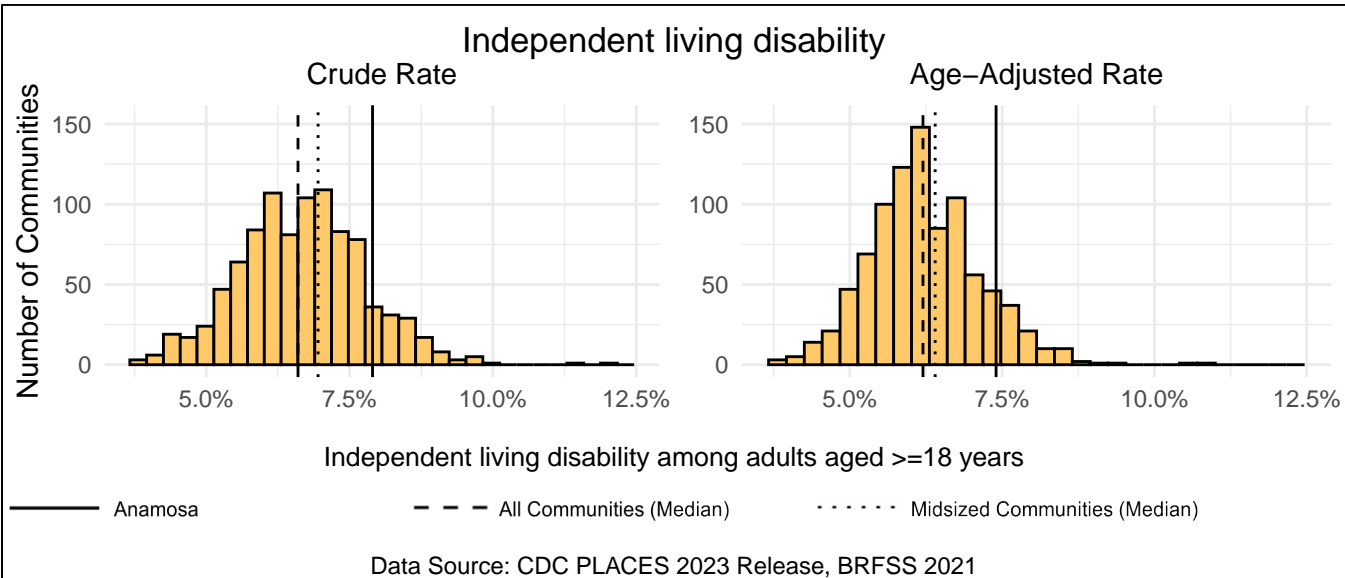
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	4.1%	3.4%	3.5%
Age-Adjusted	3.8%	2.9%	3.1%



Independent living disability

Anamosa has a crude rate of 7.9% for independent living disability among adults aged ≥ 18 years, which ranks 835th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 7.4%, which ranks 809th out of 905 Iowa communities (82nd out of 102 mid-sized communities).

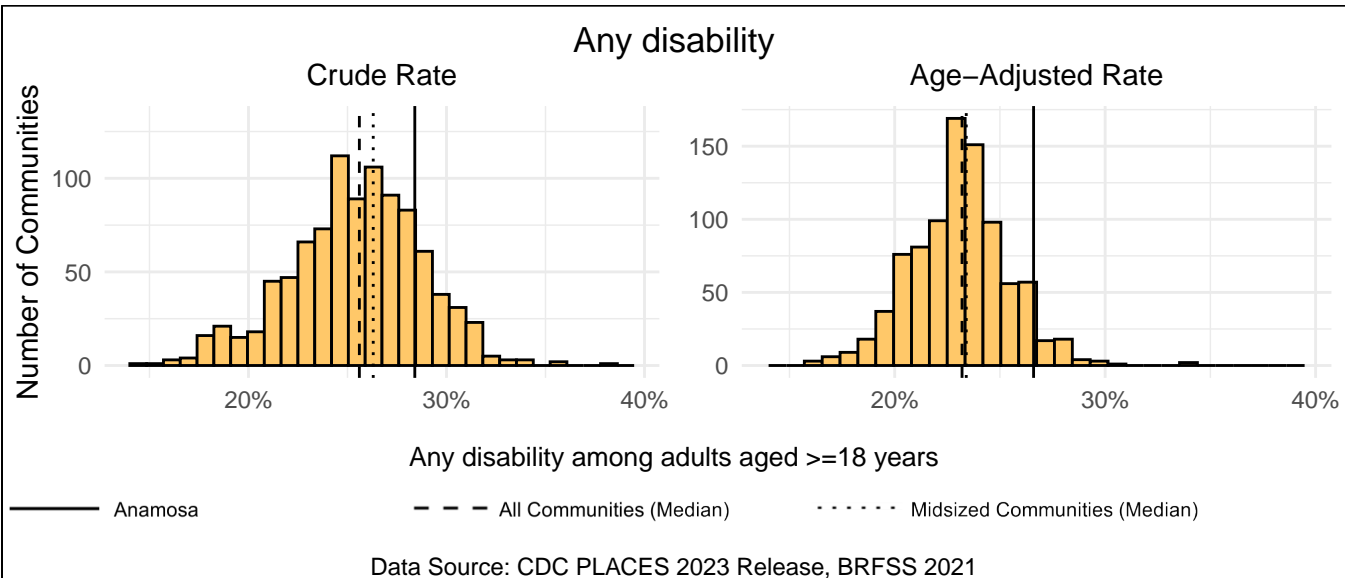
Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	7.9%	6.6%	7.0%
Age-Adjusted	7.4%	6.2%	6.4%



Any disability

Anamosa has a crude rate of 28.4% for any disability among adults aged ≥ 18 years, which ranks 782nd out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Anamosa is 26.6%, which ranks 845th out of 905 Iowa communities (84th out of 102 mid-sized communities).

Measure Type	Anamosa	All Comm.	Midsized Comm.
Crude	28.4%	25.6%	26.3%
Age-Adjusted	26.6%	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: Anamosa 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	825	15.5% (13.4% - 17.7%)	631	16.0% (13.9% - 18.3%)
Health Status	Physical Health	719	11.6% (9.9% - 13.3%)	816	11.1% (9.6% - 12.7%)
Health Status	General Health	850	16.9% (14.4% - 19.6%)	863	16.1% (13.6% - 18.7%)
Health Risk Behaviors	Sleep <7 hours	775	31.7% (30.4% - 33.0%)	743	32.4% (31.1% - 33.6%)
Health Risk Behaviors	Physical Inactivity	847	29.6% (24.5% - 34.8%)	846	28.5% (23.8% - 33.4%)
Health Risk Behaviors	Binge Drinking	530	19.8% (16.5% - 23.6%)	155	21.0% (17.4% - 24.8%)
Health Risk Behaviors	Current Smoking	917	20.3% (16.7% - 23.9%)	864	21.1% (17.4% - 24.9%)
Health Outcomes	All Teeth Lost	881	16.4% (11.9% - 21.7%)	816	15.7% (11.5% - 20.3%)
Health Outcomes	Depression	537	18.2% (14.9% - 21.6%)	291	18.7% (15.4% - 22.3%)
Health Outcomes	Arthritis	364	26.8% (23.0% - 30.7%)	803	24.6% (20.9% - 28.3%)
Health Outcomes	Obesity	949	44.2% (36.6% - 52.2%)	903	45.0% (37.4% - 52.6%)
Health Outcomes	Cancer (except skin)	248	7.3% (6.6% - 8.1%)	16	6.3% (5.7% - 6.9%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.5%)	762	2.8% (2.6% - 3.1%)
Health Outcomes	Coronary Heart Disease	536	6.7% (5.8% - 7.6%)	836	5.7% (5.0% - 6.6%)
Health Outcomes	High Blood Pressure	625	33.5% (29.5% - 37.7%)	899	31.3% (27.3% - 35.4%)
Health Outcomes	COPD	651	8.0% (6.8% - 9.3%)	822	7.4% (6.3% - 8.7%)
Health Outcomes	Diabetes	629	10.7% (9.1% - 12.4%)	870	9.9% (8.5% - 11.5%)
Health Outcomes	High Cholesterol	318	35.2% (30.8% - 39.7%)	777	30.8% (26.6% - 35.4%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.6%)	330	9.4% (8.3% - 10.7%)
Health Outcomes	Stroke	601	3.5% (3.1% - 3.9%)	835	3.0% (2.7% - 3.4%)
Prevention	Annual Checkup	751	73.7% (68.8% - 78.4%)	468	72.5% (67.4% - 77.2%)
Prevention	Cervical Cancer Screening	768	81.8% (79.4% - 84.1%)	762	81.7% (79.3% - 84.1%)
Prevention	Core preventive services for older men	794	40.3% (33.4% - 47.2%)	707	40.7% (33.8% - 47.2%)
Prevention	Mammography	184	78.3% (74.8% - 81.4%)	184	75.7% (71.8% - 79.2%)
Prevention	Health Insurance	927	10.5% (8.3% - 13.0%)	865	10.5% (8.2% - 13.2%)
Prevention	Cholesterol Screening	909	78.5% (74.9% - 81.7%)	851	77.1% (73.3% - 80.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	551	71.1% (68.3% - 73.9%)	474	70.8% (67.9% - 73.6%)
Prevention	Core preventive services for older women	824	35.0% (29.6% - 40.7%)	650	38.2% (32.9% - 43.9%)
Prevention	Taking BP Medication	751	77.3% (74.1% - 80.4%)	33	60.9% (55.9% - 65.6%)
Prevention	Dental Visit	817	63.1% (59.9% - 66.3%)	748	62.9% (59.7% - 66.2%)
Disability	Self-care Disability	808	4.1% (3.5% - 4.7%)	839	3.8% (3.3% - 4.4%)
Disability	Any Disability	782	28.4% (24.4% - 32.4%)	845	26.6% (22.7% - 30.7%)
Disability	Hearing Disability	620	7.9% (6.9% - 8.8%)	838	6.7% (5.9% - 7.6%)
Disability	Cognitive Disability	891	13.3% (11.3% - 15.4%)	823	13.5% (11.4% - 15.5%)
Disability	Mobility Disability	676	13.0% (11.2% - 15.1%)	852	11.6% (9.9% - 13.4%)
Disability	Independent Living Disability	835	7.9% (6.8% - 9.0%)	809	7.4% (6.3% - 8.5%)
Disability	Vision Disability	823	5.0% (4.3% - 5.8%)	837	4.7% (4.1% - 5.4%)

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)

Anamosa 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
