



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

Table of contents

Health in Avoca: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Avoca PLACES Data	32
Appendix 3: Small Communities (1,000-2,499)	34

Health in Avoca: Overview

Dear Community Members & Stakeholders of Avoca,

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 Avoca ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Avoca'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 Avoca. 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
Core preventive services for older men	321st	51st	High Cholesterol	195th	35th
Depression	356th	59th	Core preventive services for older men	296th	56th
Cervical Cancer Screening	378th	63rd	Depression	330th	47th
Health Insurance	415th	68th	Chronic Kidney Disease	349th	65th
Physical Inactivity	421st	68th	Stroke	375th	70th

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
Mammography	890th	127th	Mammography	825th	130th
Dental Visit	771st	121st	High Blood Pressure	728th	116th
Sleep <7 hours	708th	114th	Dental Visit	721st	117th
High Blood Pressure	690th	98th	Sleep <7 hours	717th	116th
Diabetes	670th	99th	Arthritis	707th	109th

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 Avoca.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

With a population of 1,375, Avoca’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

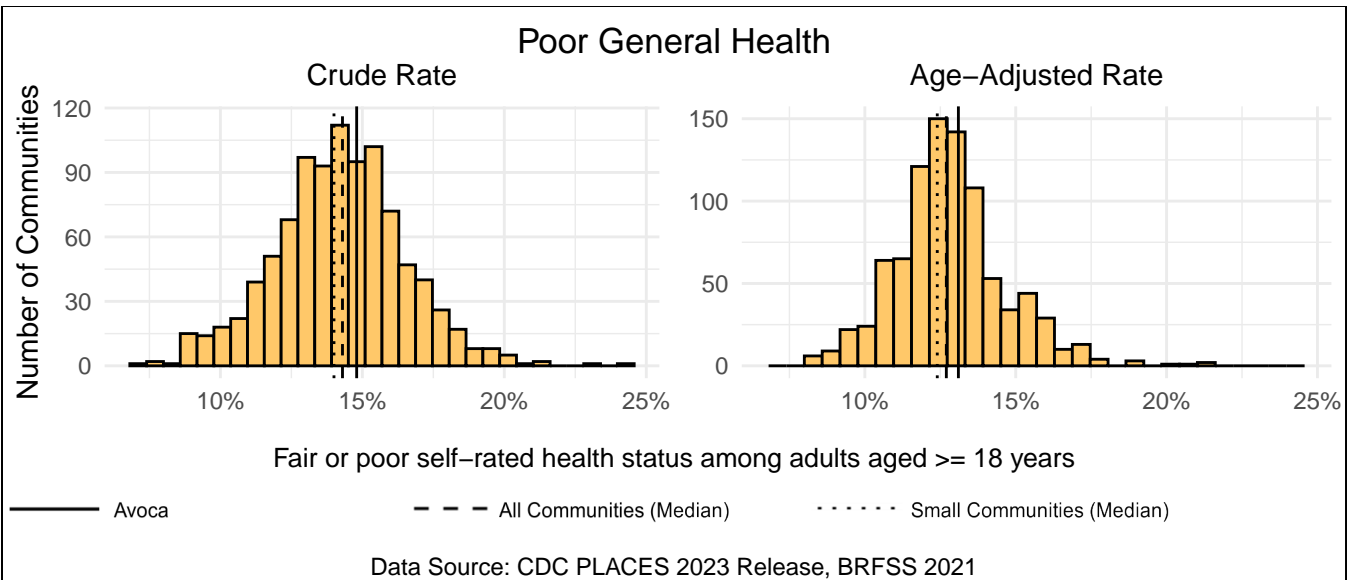
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Avoca has a crude rate of 14.8% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 576th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Avoca is 13.1%, which ranks 533rd out of 905 Iowa communities (87th out of 138 small communities).

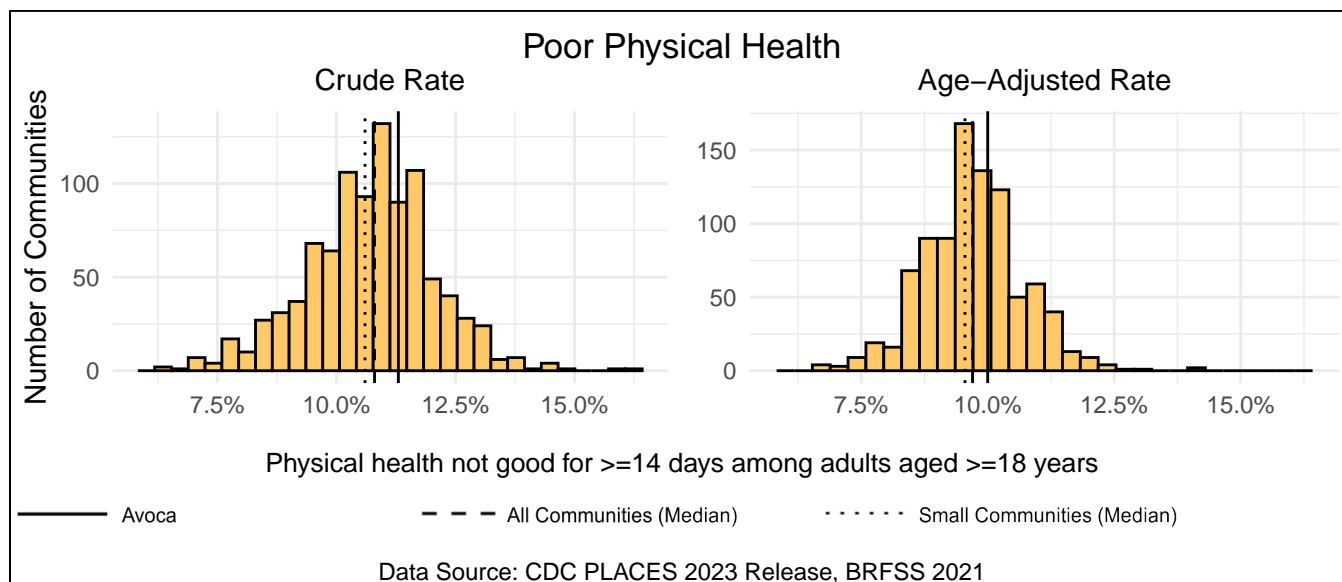
Measure Type	Avoca	All Comm.	Small Comm.
Crude	14.8%	14.3%	14.0%
Age-Adjusted	13.1%	12.7%	12.4%



Poor Physical Health

Avoca has a crude rate of 11.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 636th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Avoca is 10.0%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

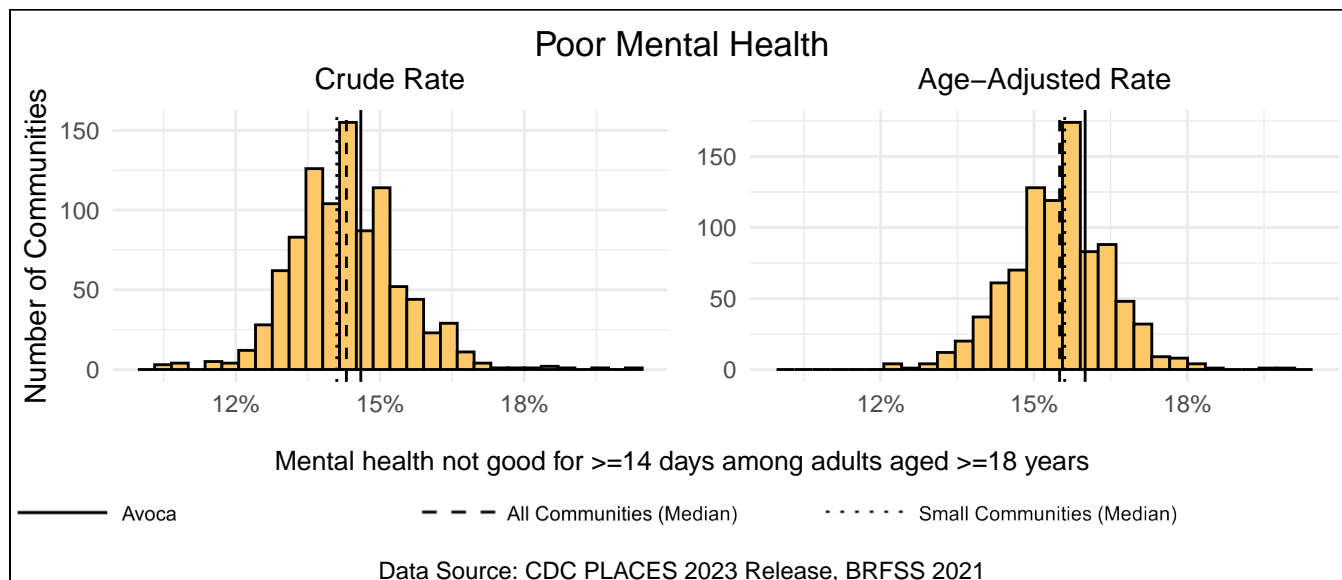
Measure Type	Avoca	All Comm.	Small Comm.
Crude	11.3%	10.8%	10.6%
Age-Adjusted	10.0%	9.7%	9.6%



Poor Mental Health

Avoca has a crude rate of 14.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 587th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Avoca is 16.0%, which ranks 631st out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Avoca	All Comm.	Small Comm.
Crude	14.6%	14.3%	14.1%
Age-Adjusted	16.0%	15.5%	15.6%



Health Risk Behaviors

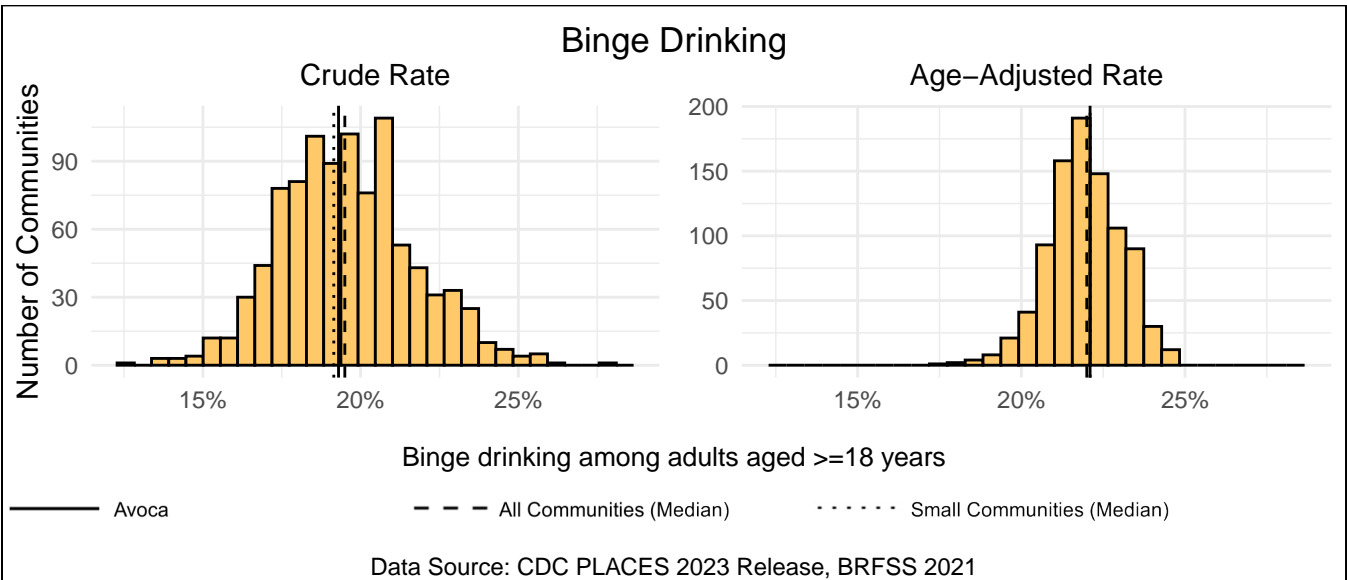
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Avoca has a crude rate of 19.3% for binge drinking among adults aged ≥ 18 years, which ranks 441st out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Avoca is 22.1%, which ranks 478th out of 905 Iowa communities (69th out of 138 small communities).

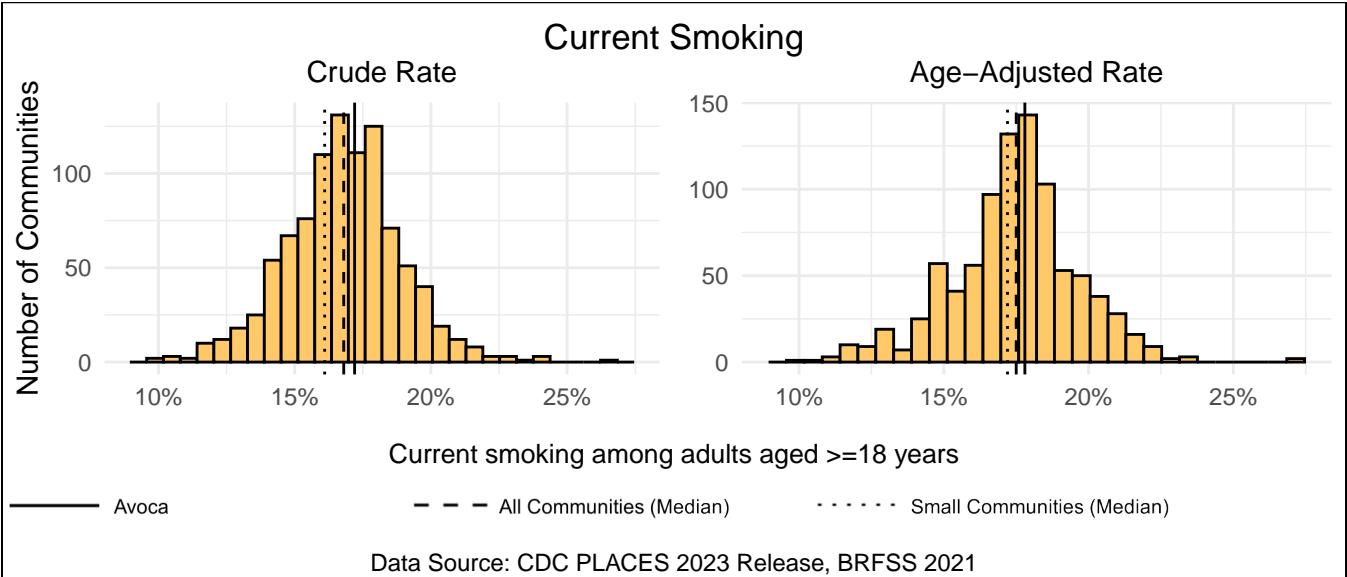
Measure Type	Avoca	All Comm.	Small Comm.
Crude	19.3%	19.5%	19.1%
Age-Adjusted	22.1%	22.0%	22.1%



Current Smoking

Avoca has a crude rate of 17.2% for current smoking among adults aged ≥ 18 years, which ranks 555th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Avoca is 17.8%, which ranks 495th out of 905 Iowa communities (84th out of 138 small communities).

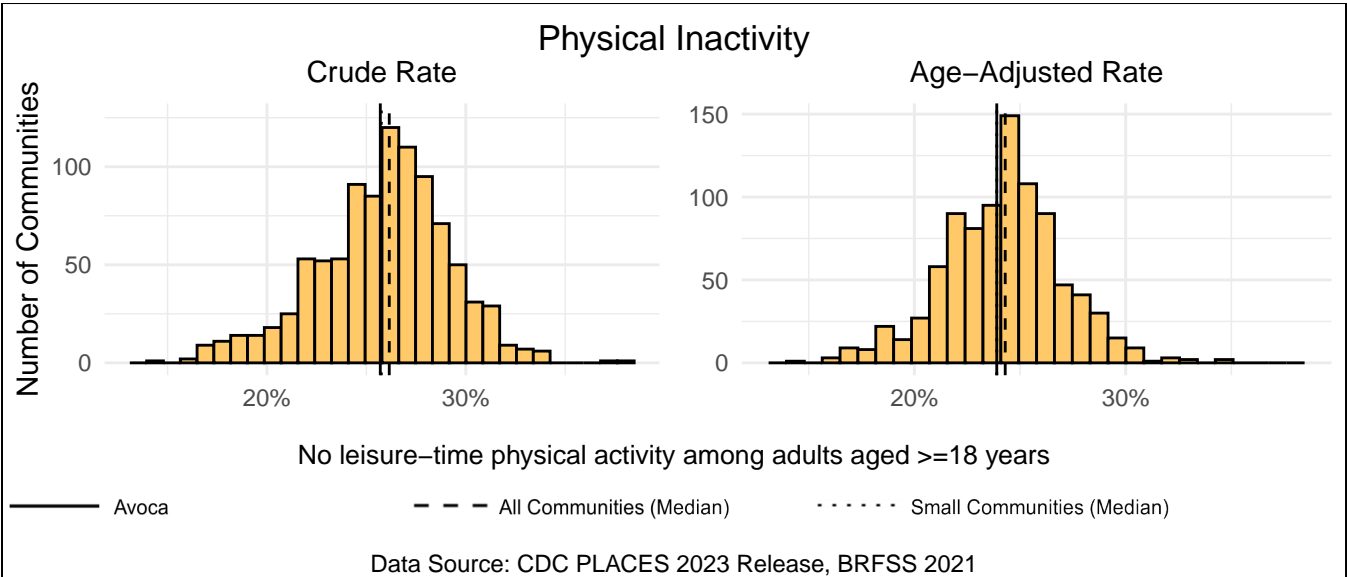
Measure Type	Avoca	All Comm.	Small Comm.
Crude	17.2%	16.8%	16.1%
Age-Adjusted	17.8%	17.5%	17.2%



Physical Inactivity

Avoca 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 Avoca is 23.9%, which ranks 381st out of 905 Iowa communities (69th out of 138 small communities).

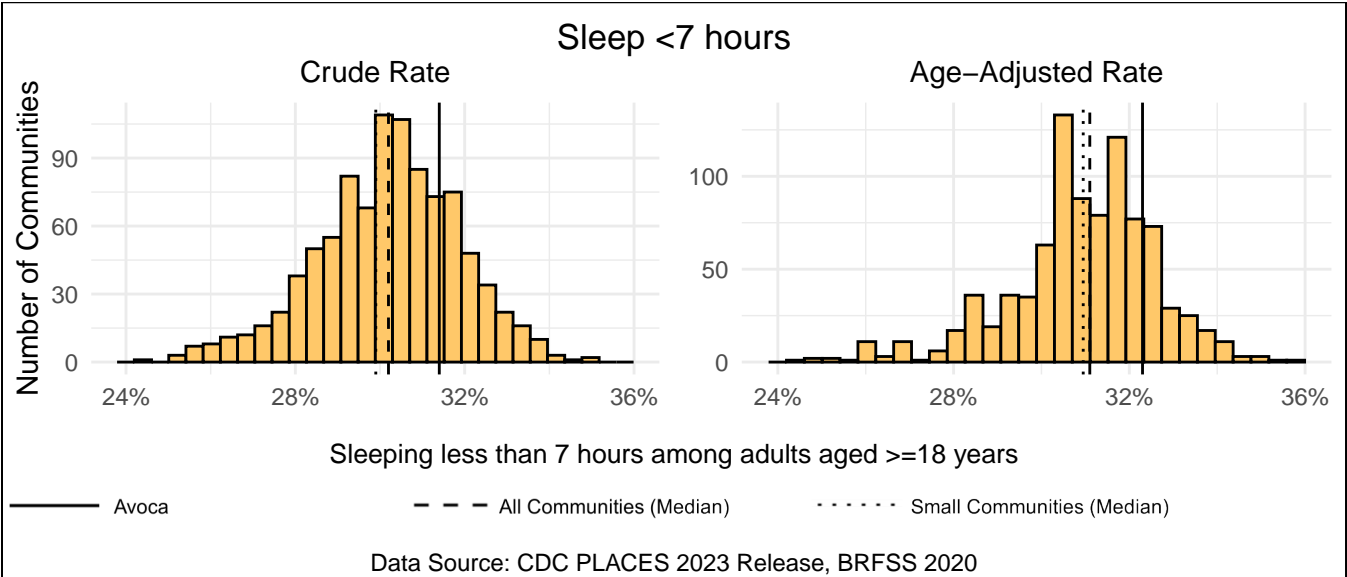
Measure Type	Avoca	All Comm.	Small Comm.
Crude	25.7%	26.1%	25.8%
Age-Adjusted	23.9%	24.3%	23.9%



Sleep <7 hours

Avoca has a crude rate of 31.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 708th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Avoca is 32.3%, which ranks 717th out of 905 Iowa communities (116th out of 138 small communities).

Measure Type	Avoca	All Comm.	Small Comm.
Crude	31.4%	30.2%	29.9%
Age-Adjusted	32.3%	31.1%	31.0%



Health Outcomes

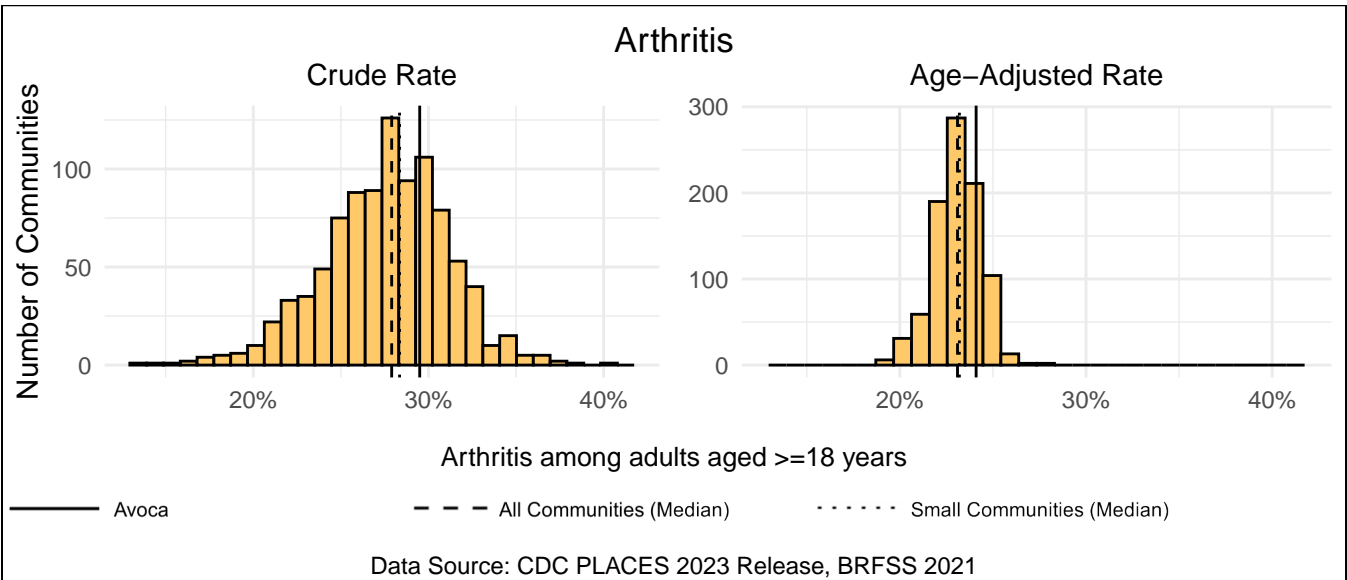
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Avoca has a crude rate of 29.5% for arthritis among adults aged ≥ 18 years, which ranks 654th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Avoca is 24.1%, which ranks 707th out of 905 Iowa communities (109th out of 138 small communities).

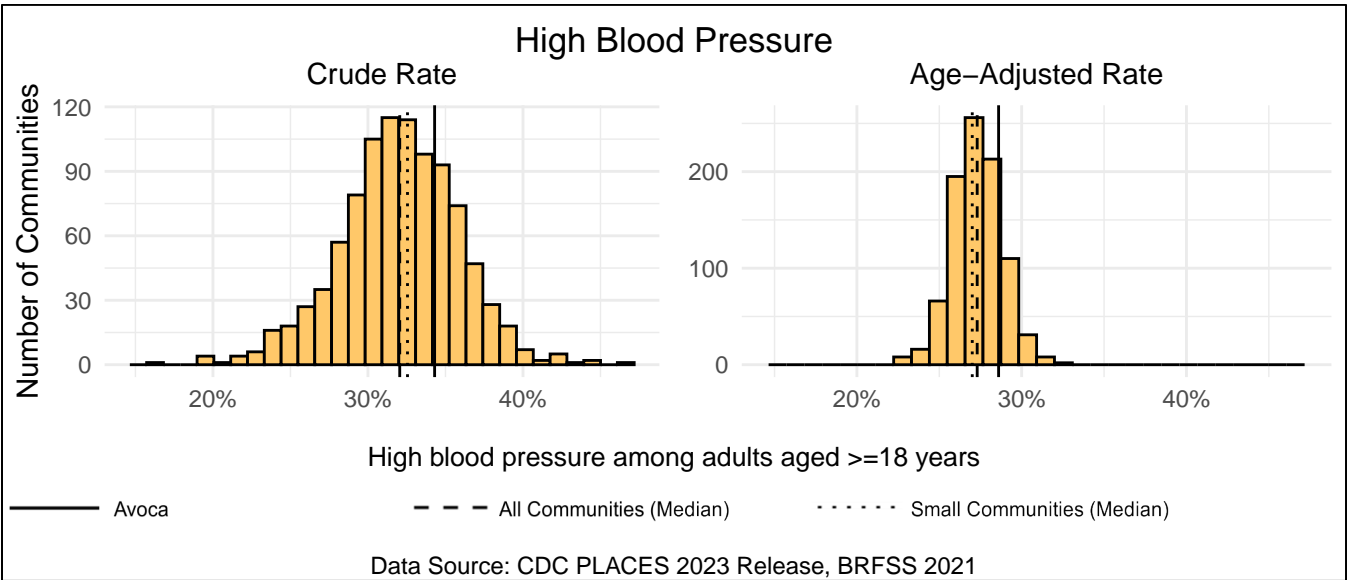
Measure Type	Avoca	All Comm.	Small Comm.
Crude	29.5%	27.9%	28.4%
Age-Adjusted	24.1%	23.1%	23.2%



High Blood Pressure

Avoca has a crude rate of 34.3% for high blood pressure among adults aged ≥ 18 years, which ranks 690th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Avoca is 28.6%, which ranks 728th out of 905 Iowa communities (116th out of 138 small communities).

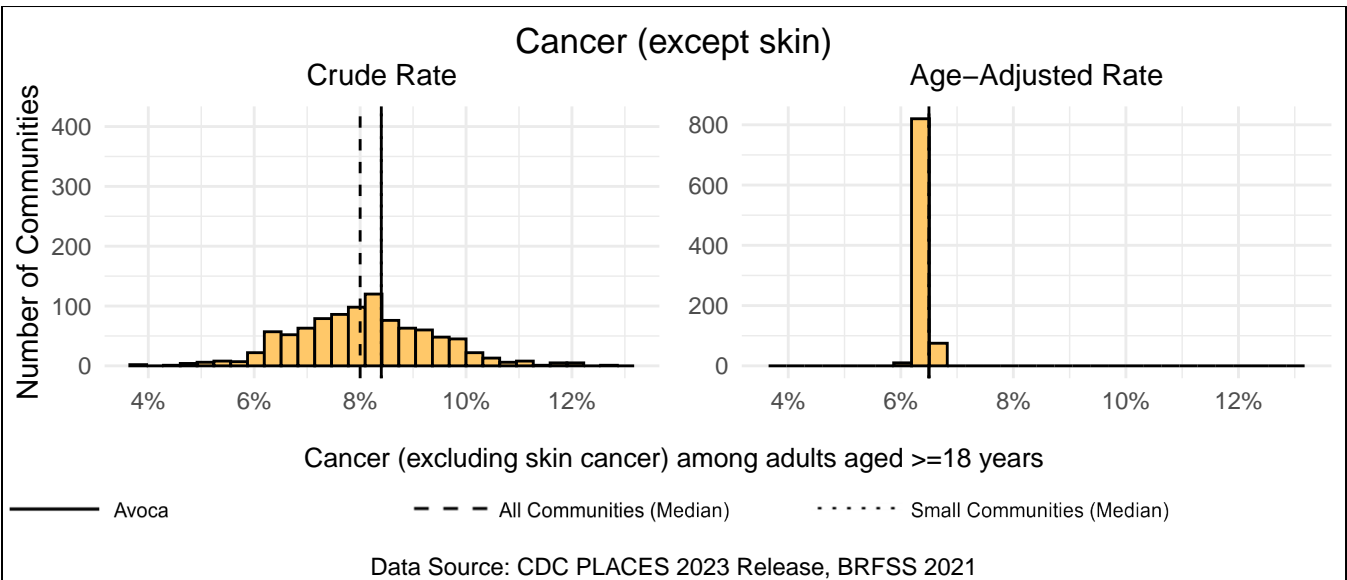
Measure Type	Avoca	All Comm.	Small Comm.
Crude	34.3%	32.0%	32.5%
Age-Adjusted	28.6%	27.3%	27.0%



Cancer (except skin)

Avoca has a crude rate of 8.4% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 578th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Avoca is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

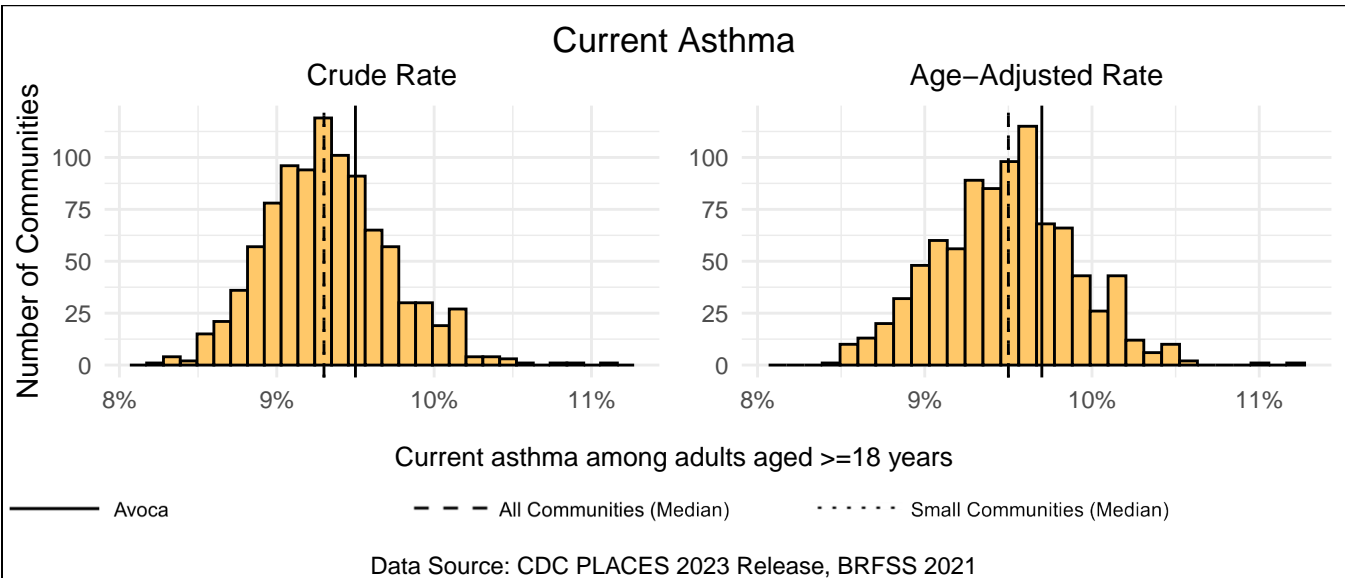
Measure Type	Avoca	All Comm.	Small Comm.
Crude	8.4%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Avoca has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Avoca is 9.7%, which ranks 628th out of 905 Iowa communities (99th out of 138 small communities).

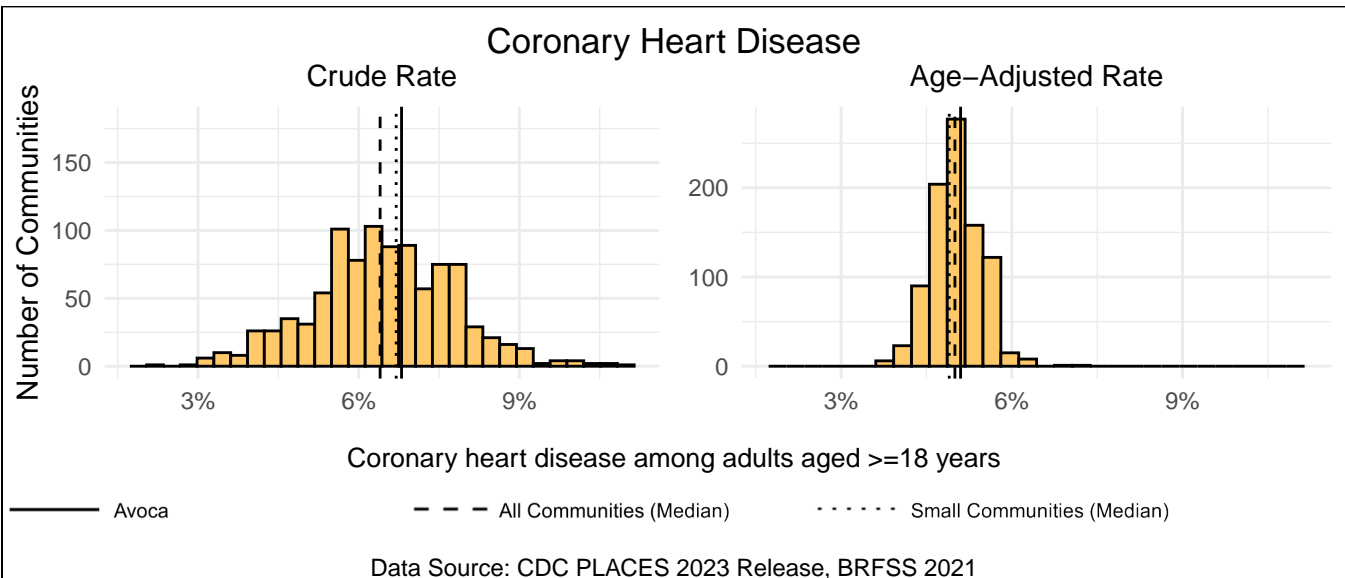
Measure Type	Avoca	All Comm.	Small Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.5%



Coronary Heart Disease

Avoca has a crude rate of 6.8% for coronary heart disease among adults aged ≥ 18 years, which ranks 569th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Avoca is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

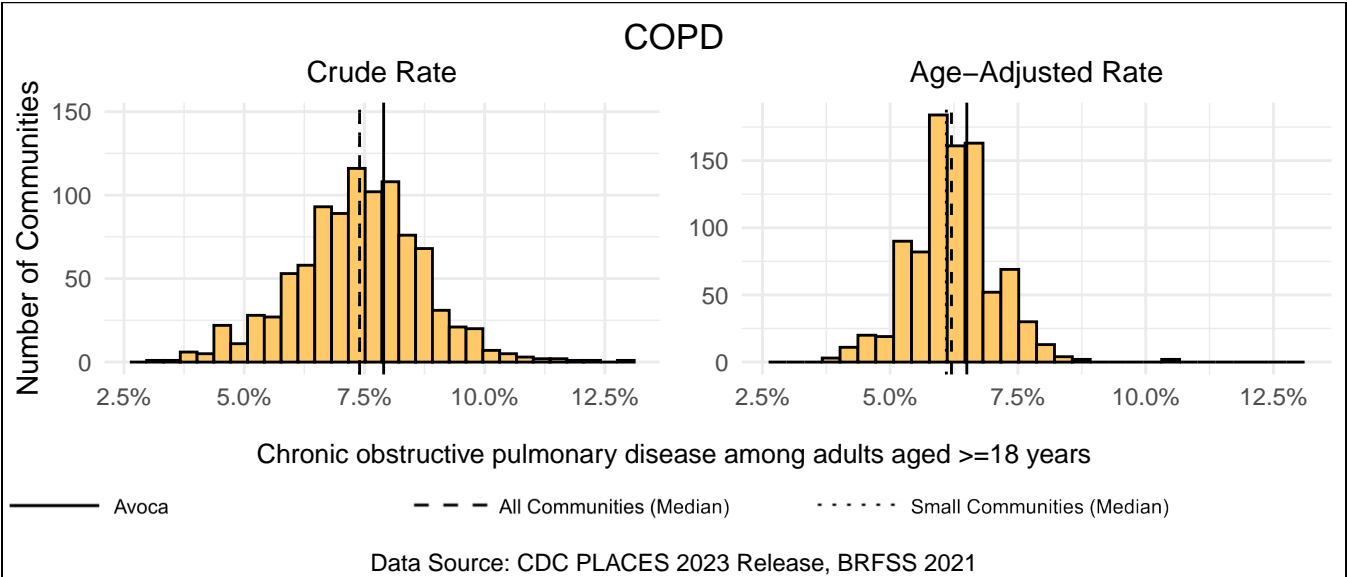
Measure Type	Avoca	All Comm.	Small Comm.
Crude	6.8%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%



COPD

Avoca has a crude rate of 7.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 613th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Avoca is 6.5%, which ranks 571st out of 905 Iowa communities (95th out of 138 small communities).

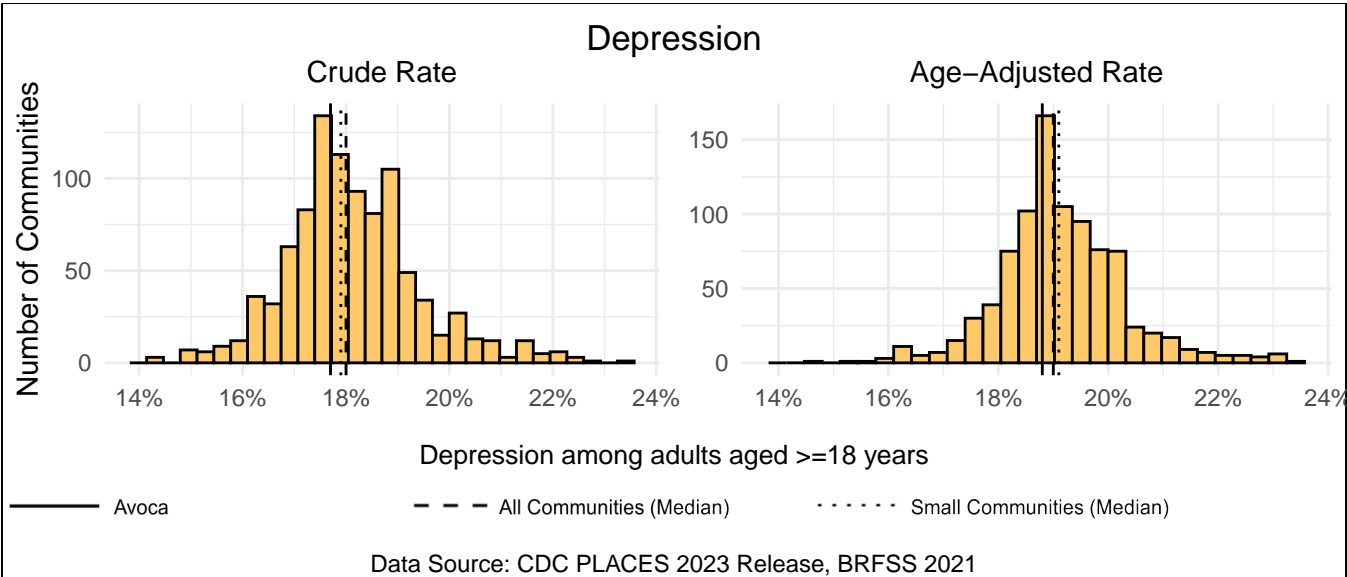
Measure Type	Avoca	All Comm.	Small Comm.
Crude	7.9%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.1%



Depression

Avoca has a crude rate of 17.7% for depression among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for Avoca is 18.8%, which ranks 330th out of 905 Iowa communities (47th out of 138 small communities).

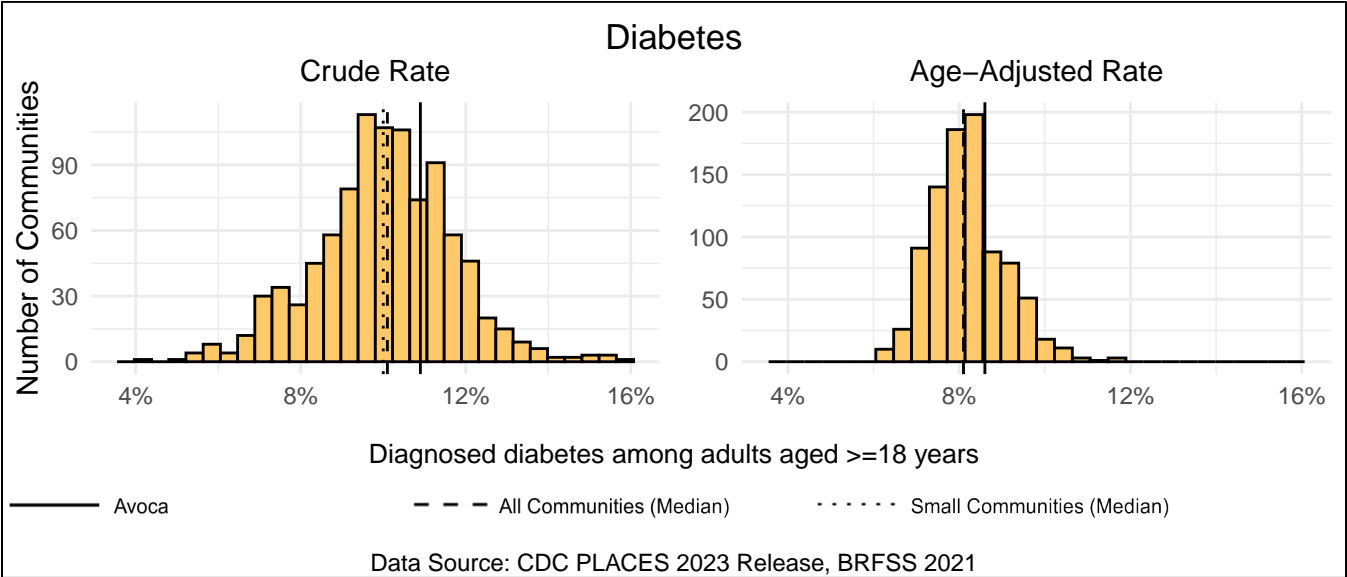
Measure Type	Avoca	All Comm.	Small Comm.
Crude	17.7%	18.0%	17.9%
Age-Adjusted	18.8%	19.0%	19.1%



Diabetes

Avoca has a crude rate of 10.9% for diagnosed diabetes among adults aged >=18 years, which ranks 670th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Avoca is 8.6%, which ranks 652nd out of 905 Iowa communities (112th out of 138 small communities).

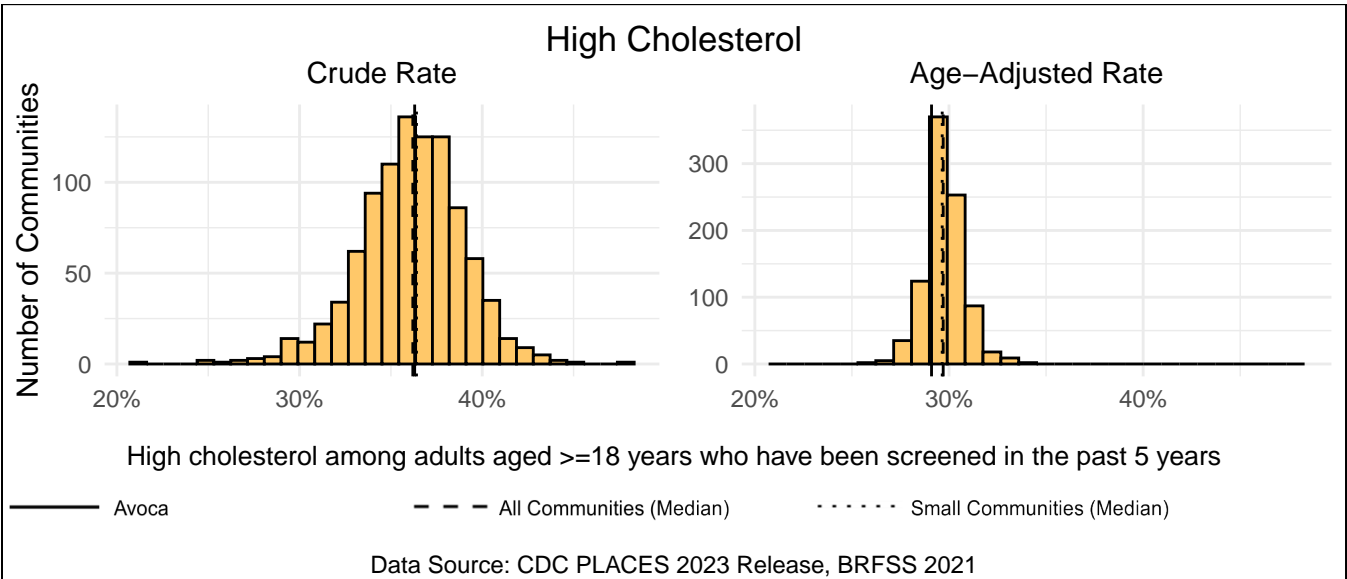
Measure Type	Avoca	All Comm.	Small Comm.
Crude	10.9%	10.1%	10.0%
Age-Adjusted	8.6%	8.1%	8.1%



High Cholesterol

Avoca has a crude rate of 36.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 482nd out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Avoca is 29.1%, which ranks 195th out of 905 Iowa communities (35th out of 138 small communities).

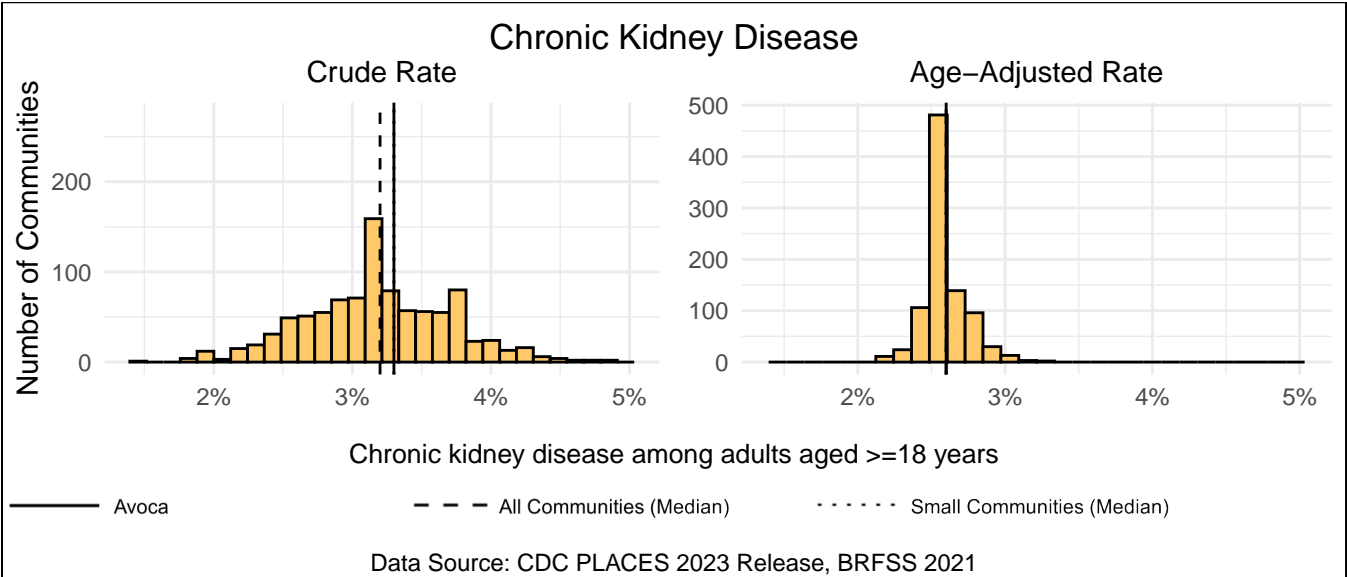
Measure Type	Avoca	All Comm.	Small Comm.
Crude	36.3%	36.2%	36.4%
Age-Adjusted	29.1%	29.7%	29.6%



Chronic Kidney Disease

Avoca has a crude rate of 3.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (69th out of 138 small communities). The age-adjusted rate for Avoca is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

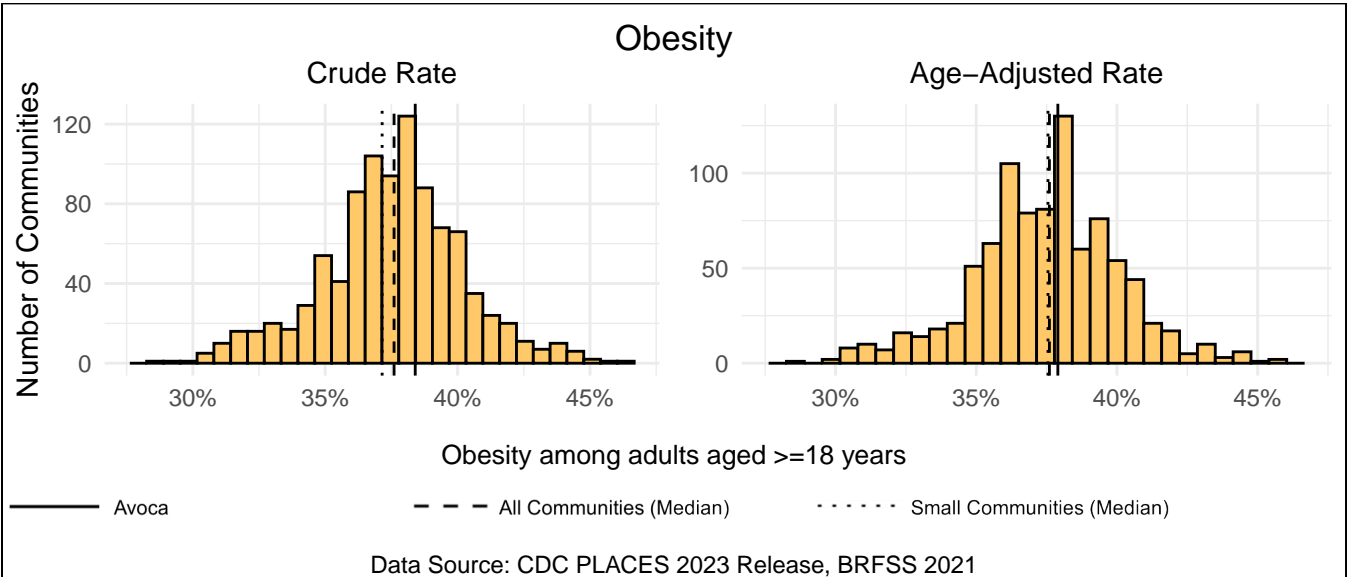
Measure Type	Avoca	All Comm.	Small Comm.
Crude	3.3%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Avoca has a crude rate of 38.4% for obesity among adults aged ≥ 18 years, which ranks 601st out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Avoca is 37.9%, which ranks 490th out of 905 Iowa communities (75th out of 138 small communities).

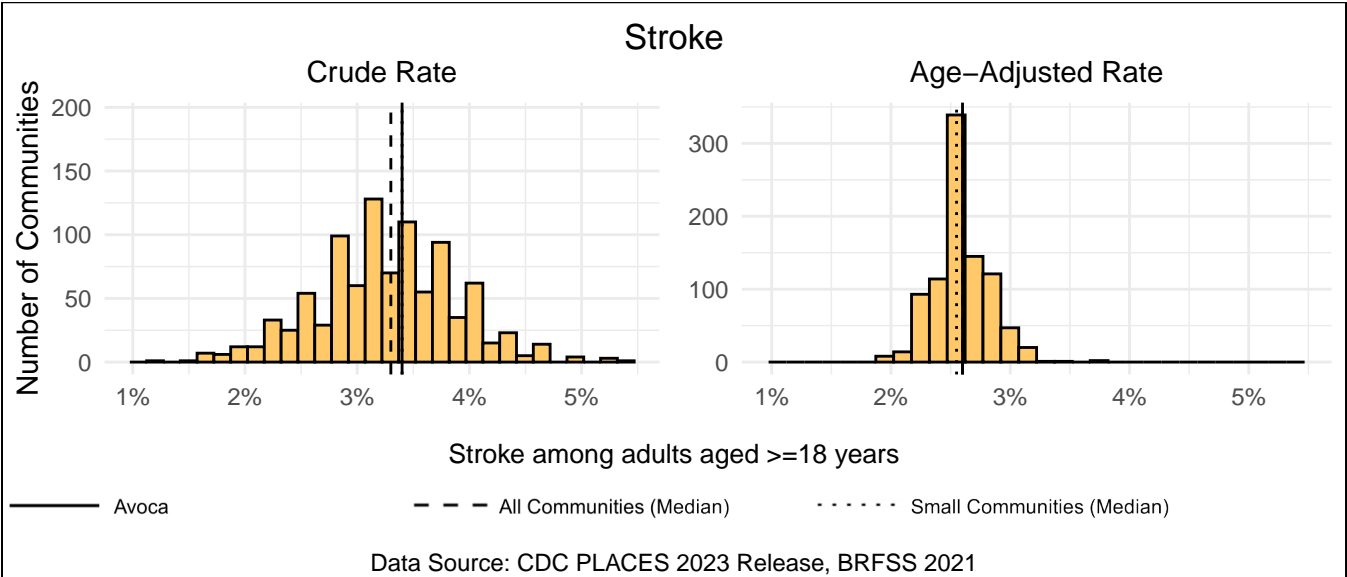
Measure Type	Avoca	All Comm.	Small Comm.
Crude	38.4%	37.6%	37.2%
Age-Adjusted	37.9%	37.6%	37.5%



Stroke

Avoca has a crude rate of 3.4% for stroke among adults aged ≥ 18 years, which ranks 538th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Avoca is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

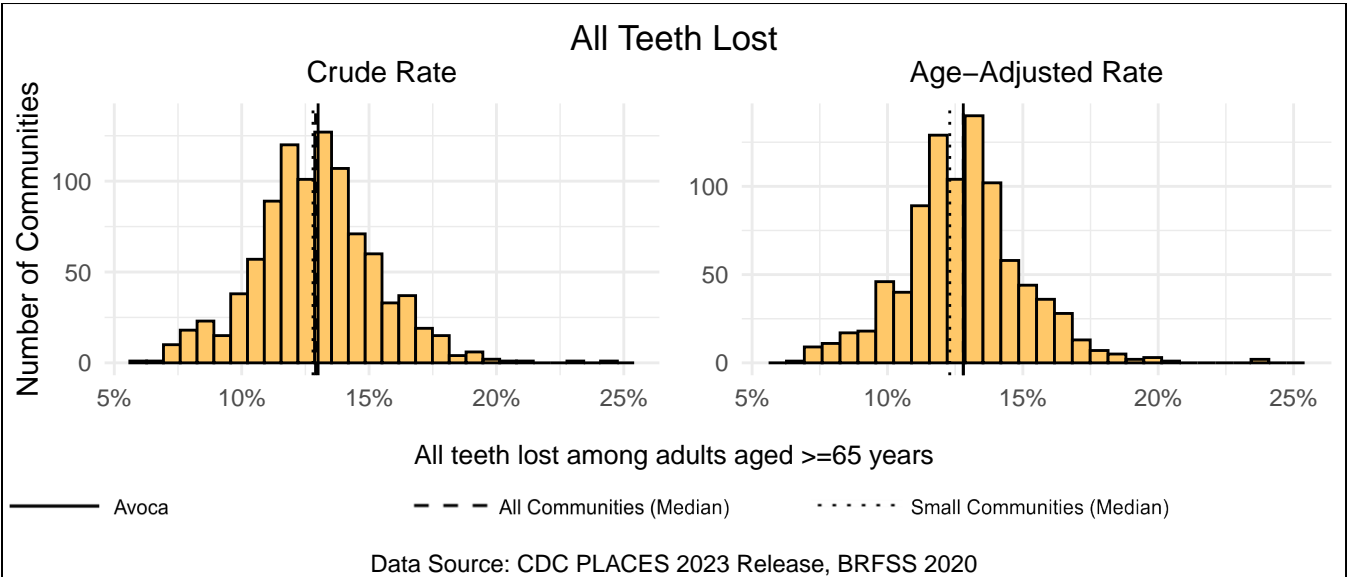
Measure Type	Avoca	All Comm.	Small Comm.
Crude	3.4%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



All Teeth Lost

Avoca has a crude rate of 13.0% for all teeth lost among adults aged ≥ 65 years, which ranks 487th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Avoca is 12.8%, which ranks 448th out of 905 Iowa communities (80th out of 138 small communities).

Measure Type	Avoca	All Comm.	Small Comm.
Crude	13.0%	12.9%	12.8%
Age-Adjusted	12.8%	12.8%	12.3%



Prevention

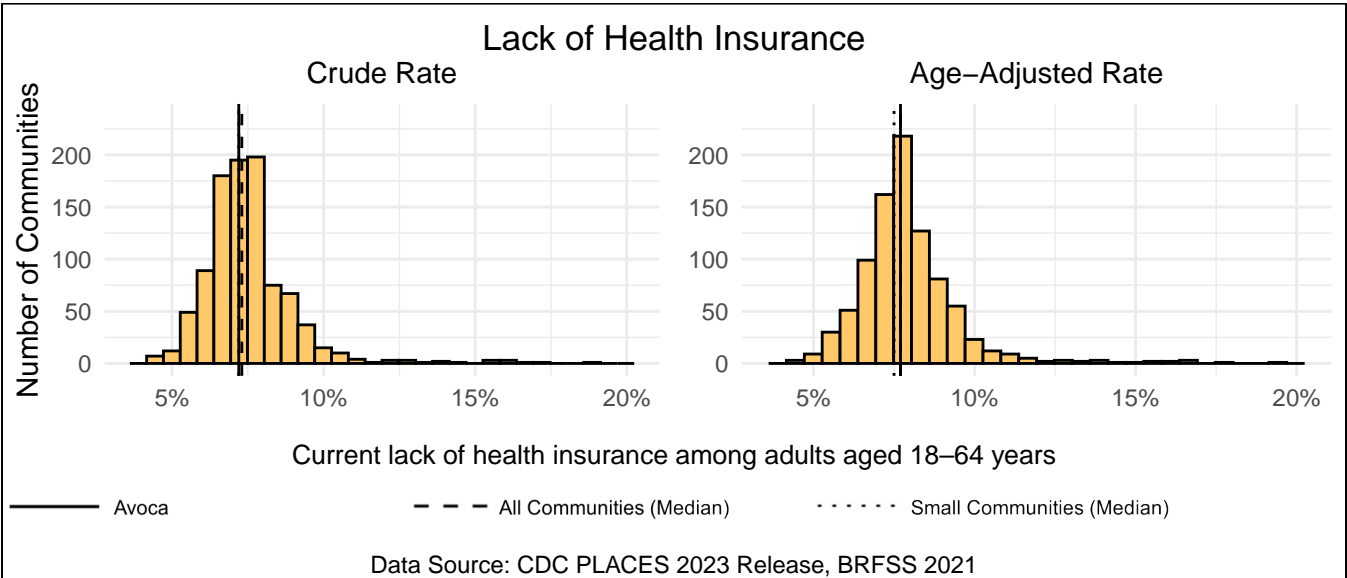
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Avoca has a crude rate of 7.2% for current lack of health insurance among adults aged 18–64 years, which ranks 415th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Avoca is 7.7%, which ranks 427th out of 905 Iowa communities (73rd out of 138 small communities).

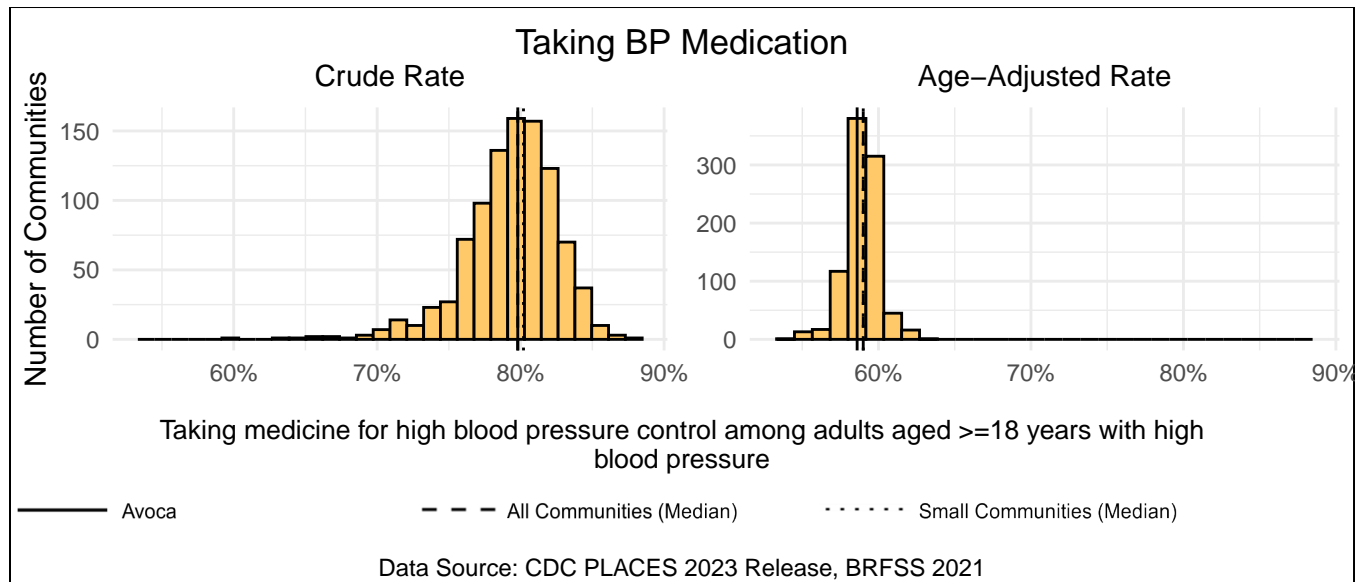
Measure Type	Avoca	All Comm.	Small Comm.
Crude	7.2%	7.3%	7.2%
Age-Adjusted	7.7%	7.7%	7.5%



Taking BP Medication

Avoca has a crude rate of 79.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 469th out of 958 Iowa communities (76th out of 138 small communities). The age-adjusted rate for Avoca is 58.6%, which ranks 579th out of 905 Iowa communities (89th out of 138 small communities).

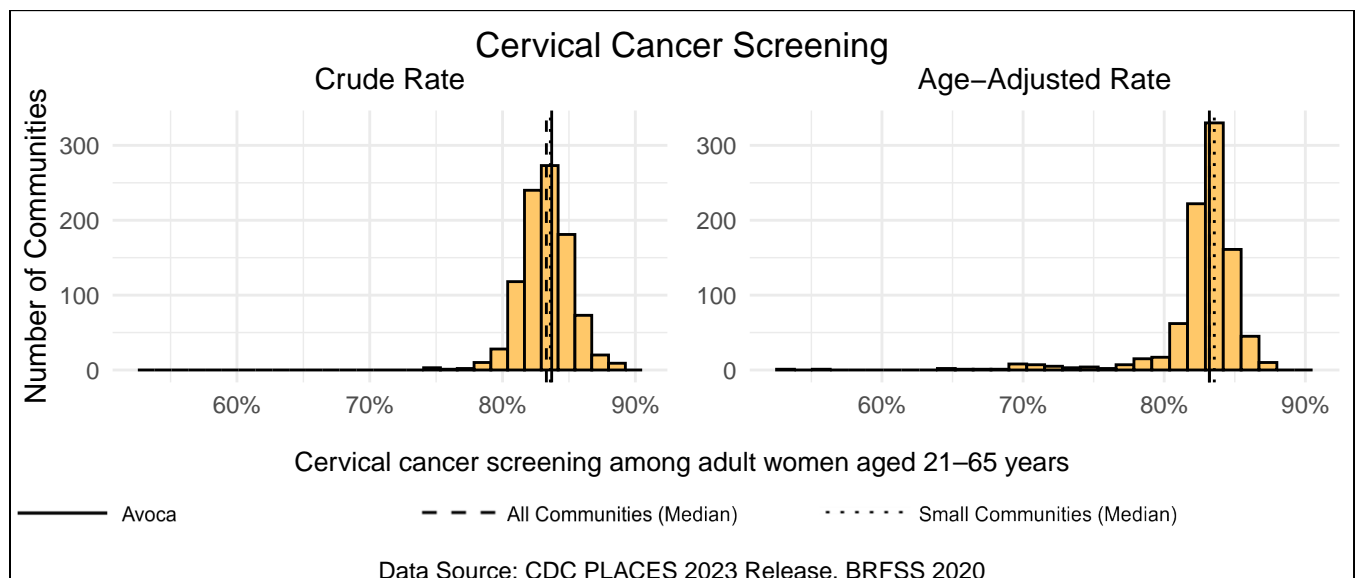
Measure Type	Avoca	All Comm.	Small Comm.
Crude	79.8%	79.8%	80.2%
Age-Adjusted	58.6%	59.0%	59.0%



Cervical Cancer Screening

Avoca has a crude rate of 83.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 378th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Avoca is 83.2%, which ranks 442nd out of 905 Iowa communities (83rd out of 138 small communities).

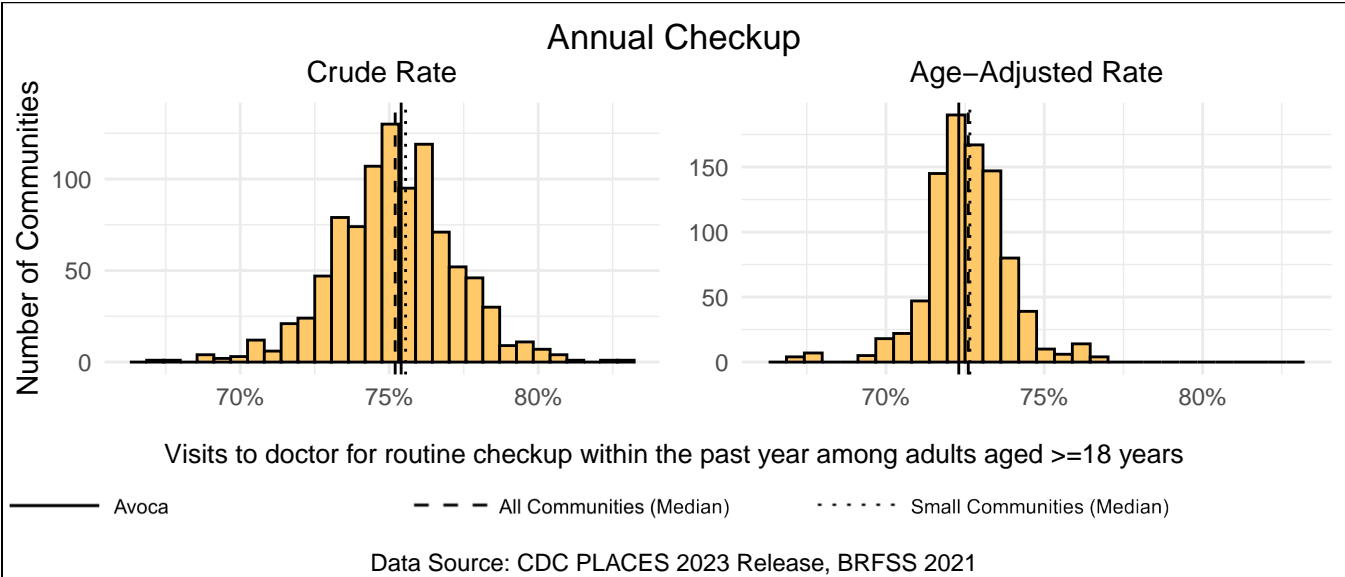
Measure Type	Avoca	All Comm.	Small Comm.
Crude	83.7%	83.3%	83.6%
Age-Adjusted	83.2%	83.2%	83.5%



Annual Checkup

Avoca has a crude rate of 75.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 428th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Avoca is 72.3%, which ranks 530th out of 905 Iowa communities (89th out of 138 small communities).

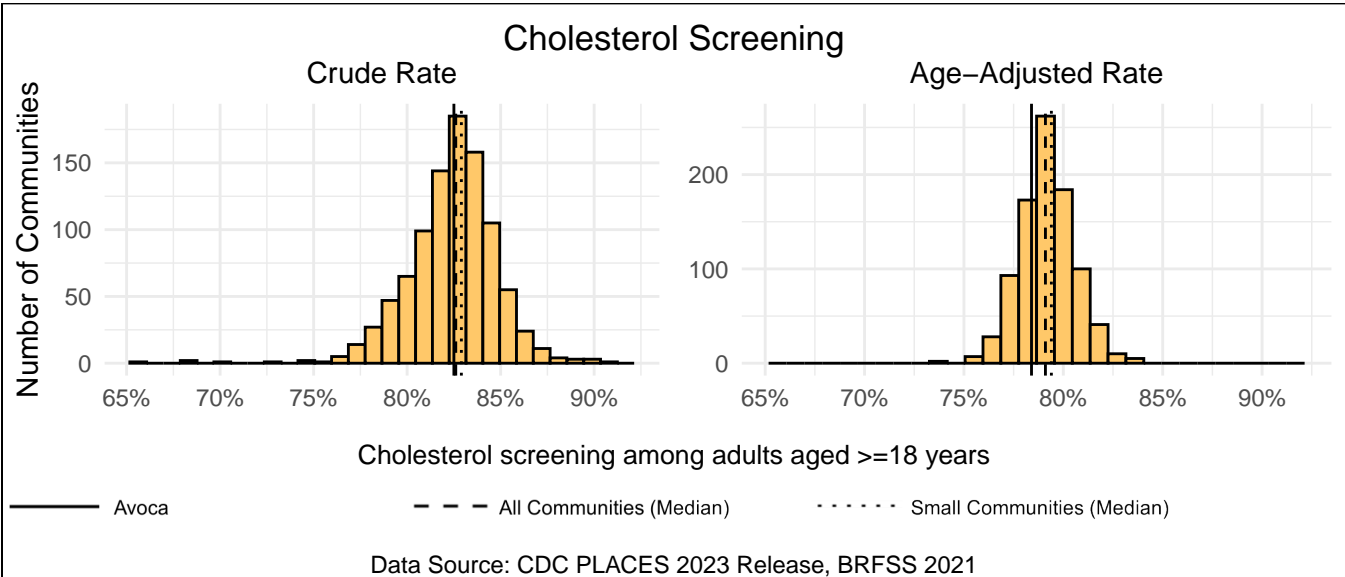
Measure Type	Avoca	All Comm.	Small Comm.
Crude	75.4%	75.2%	75.5%
Age-Adjusted	72.3%	72.6%	72.6%



Cholesterol Screening

Avoca has a crude rate of 82.5% for cholesterol screening among adults aged ≥ 18 years, which ranks 501st out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Avoca is 78.4%, which ranks 649th out of 905 Iowa communities (107th out of 138 small communities).

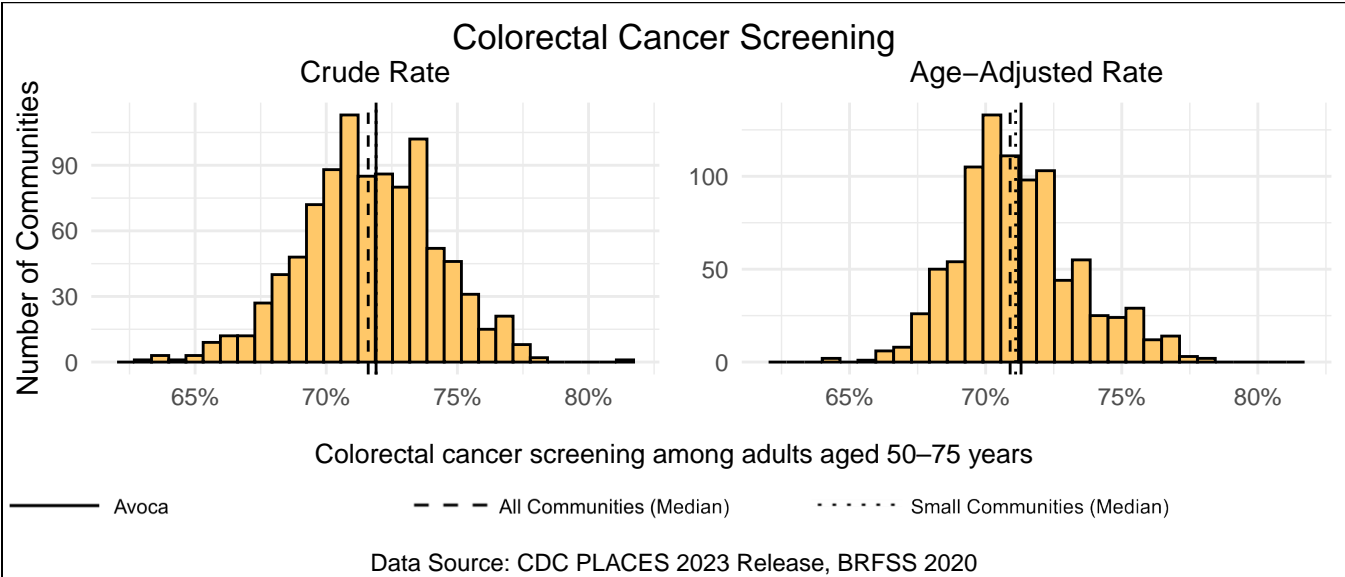
Measure Type	Avoca	All Comm.	Small Comm.
Crude	82.5%	82.6%	82.9%
Age-Adjusted	78.4%	79.1%	79.4%



Colorectal Cancer Screening

Avoca has a crude rate of 71.9% for colorectal cancer screening among adults aged 50–75 years, which ranks 430th out of 958 Iowa communities (69th out of 138 small communities). The age-adjusted rate for Avoca is 71.3%, which ranks 399th out of 905 Iowa communities (66th out of 138 small communities).

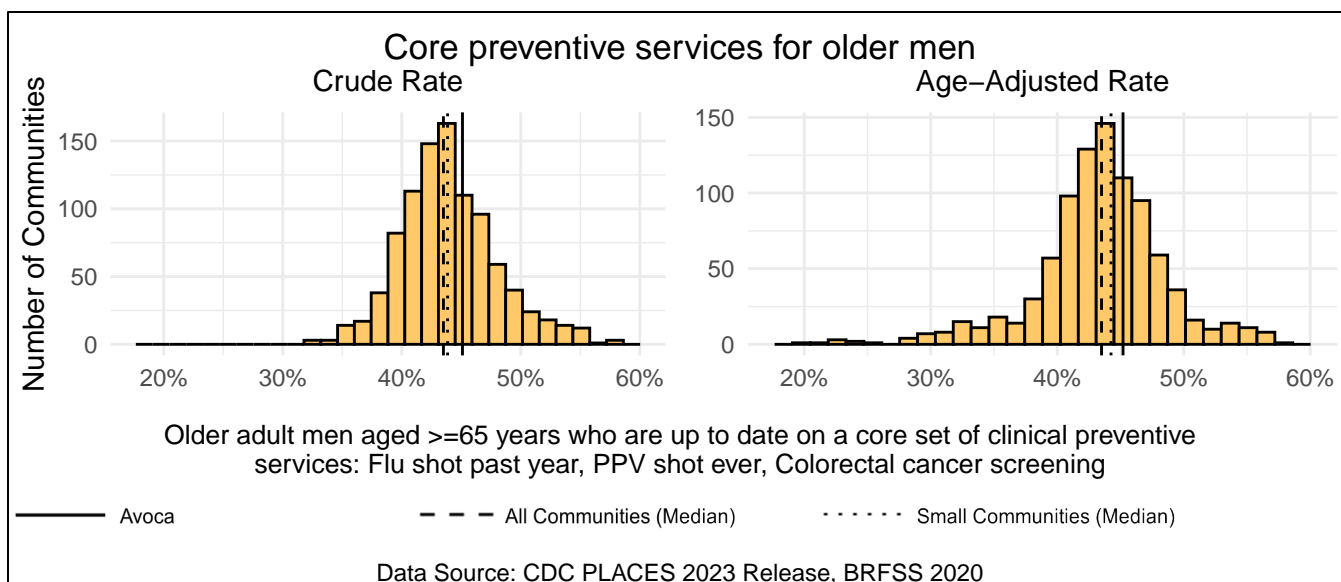
Measure Type	Avoca	All Comm.	Small Comm.
Crude	71.9%	71.6%	71.9%
Age-Adjusted	71.3%	70.9%	71.1%



Core preventive services for older men

Avoca has a crude rate of 45.1% 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 321st out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Avoca is 45.2%, which ranks 296th out of 905 Iowa communities (56th out of 138 small communities).

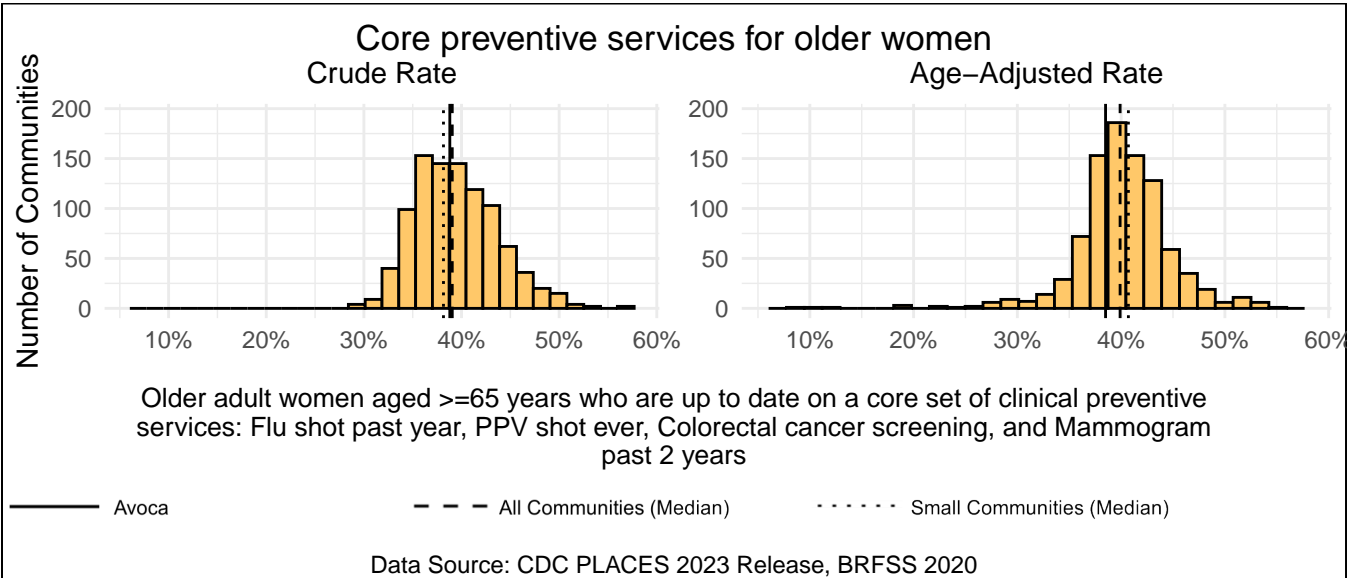
Measure Type	Avoca	All Comm.	Small Comm.
Crude	45.1%	43.5%	43.8%
Age-Adjusted	45.2%	43.5%	44.2%



Core preventive services for older women

Avoca has a crude rate of 38.8% 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 492nd out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Avoca is 38.5%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

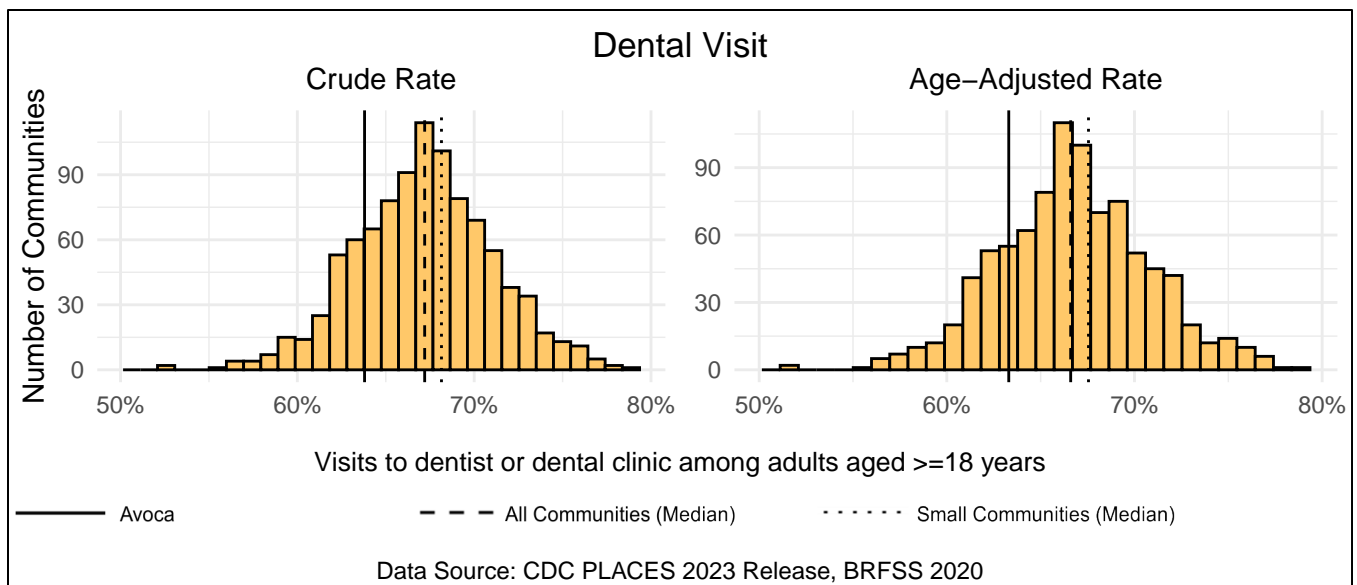
Measure Type	Avoca	All Comm.	Small Comm.
Crude	38.8%	39.0%	38.2%
Age-Adjusted	38.5%	39.9%	40.7%



Dental Visit

Avoca has a crude rate of 63.8% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Avoca is 63.3%, which ranks 721st out of 905 Iowa communities (117th out of 138 small communities).

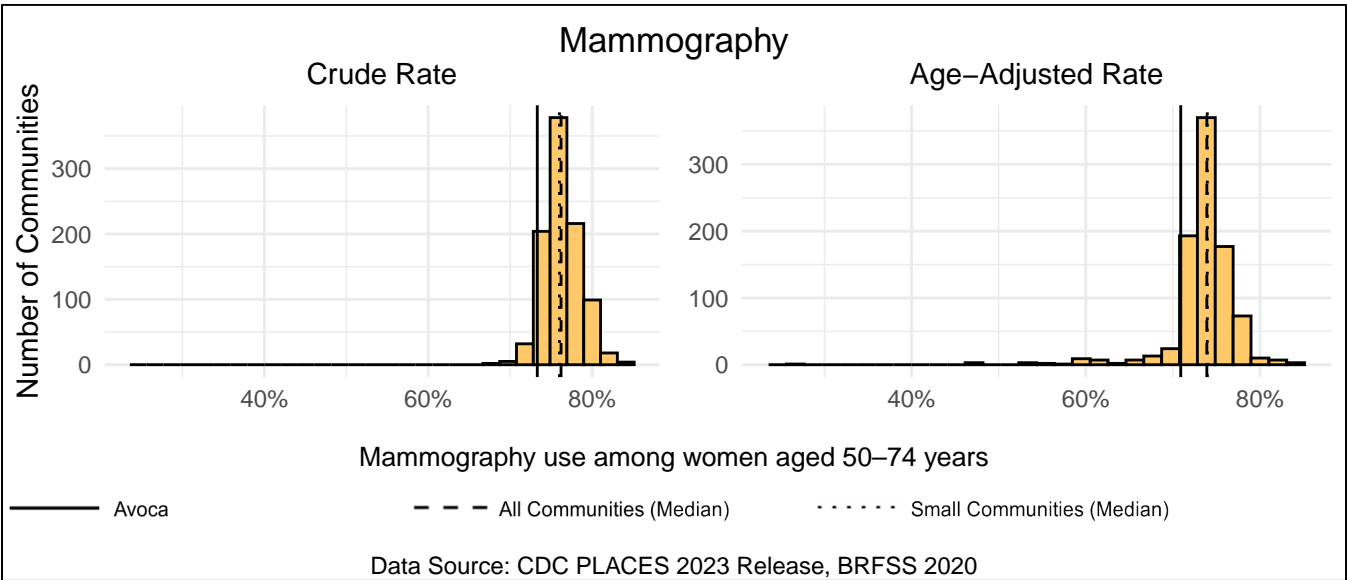
Measure Type	Avoca	All Comm.	Small Comm.
Crude	63.8%	67.2%	68.2%
Age-Adjusted	63.3%	66.6%	67.5%



Mammography

Avoca has a crude rate of 73.3% for mammography use among women aged 50–74 years, which ranks 890th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Avoca is 70.9%, which ranks 825th out of 905 Iowa communities (130th out of 138 small communities).

Measure Type	Avoca	All Comm.	Small Comm.
Crude	73.3%	76.2%	76.0%
Age-Adjusted	70.9%	73.9%	74.0%



Disability

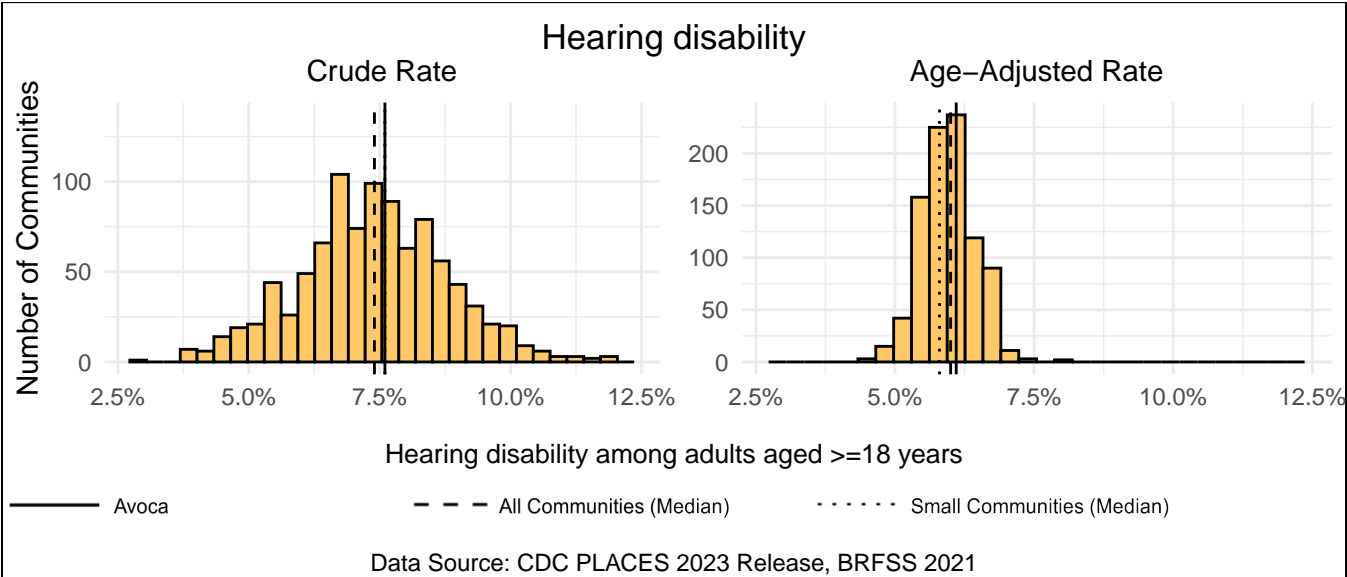
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Avoca has a crude rate of 7.6% for hearing disability among adults aged ≥ 18 years, which ranks 531st out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Avoca is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

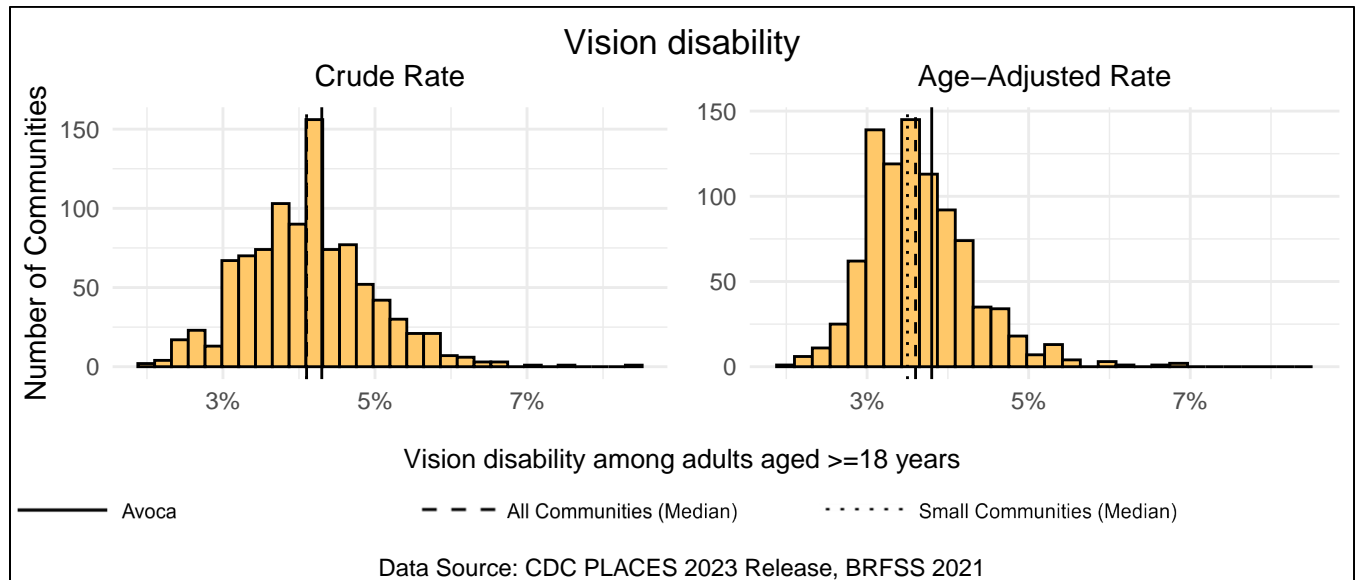
Measure Type	Avoca	All Comm.	Small Comm.
Crude	7.6%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%



Vision disability

Avoca has a crude rate of 4.3% for vision disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Avoca is 3.8%, which ranks 564th out of 905 Iowa communities (96th out of 138 small communities).

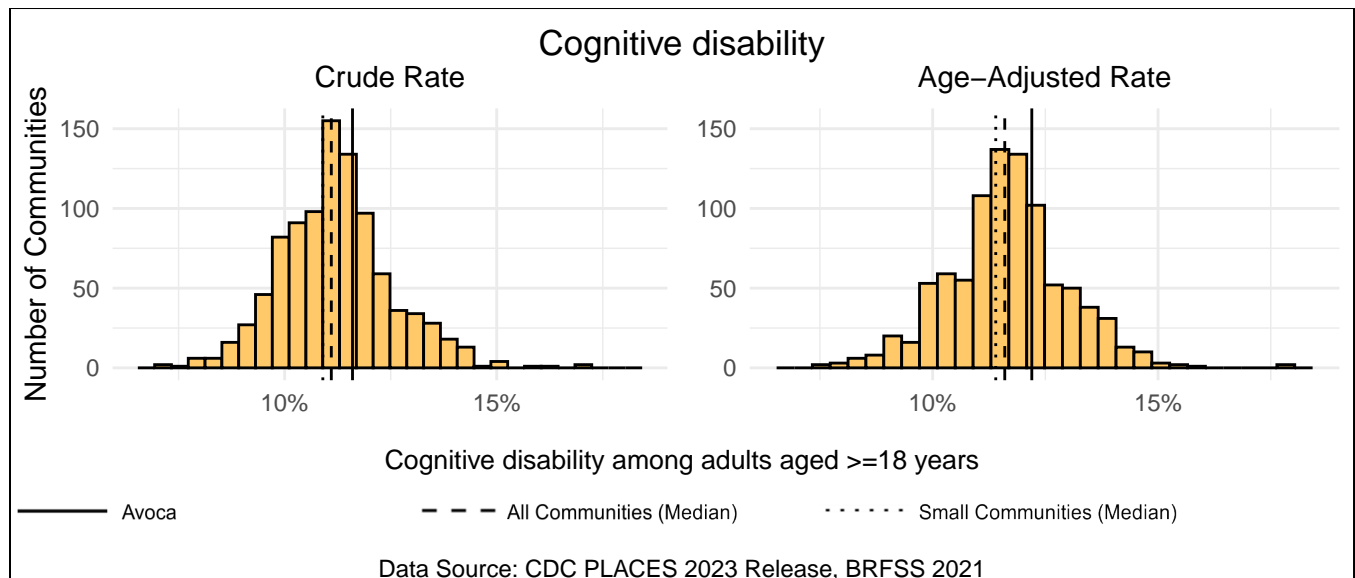
Measure Type	Avoca	All Comm.	Small Comm.
Crude	4.3%	4.1%	4.1%
Age-Adjusted	3.8%	3.6%	3.5%



Cognitive disability

Avoca has a crude rate of 11.6% for cognitive disability among adults aged ≥ 18 years, which ranks 639th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Avoca is 12.2%, which ranks 631st out of 905 Iowa communities (102nd out of 138 small communities).

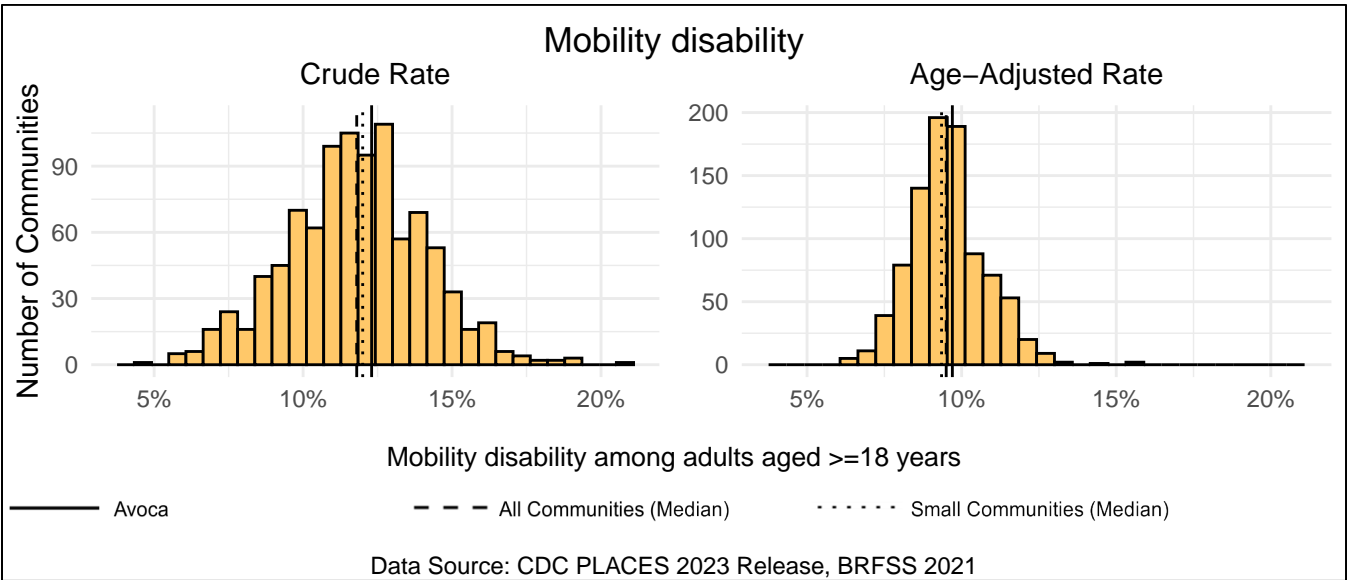
Measure Type	Avoca	All Comm.	Small Comm.
Crude	11.6%	11.1%	10.9%
Age-Adjusted	12.2%	11.6%	11.4%



Mobility disability

Avoca has a crude rate of 12.3% for mobility disability among adults aged ≥ 18 years, which ranks 559th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Avoca is 9.7%, which ranks 502nd out of 905 Iowa communities (83rd out of 138 small communities).

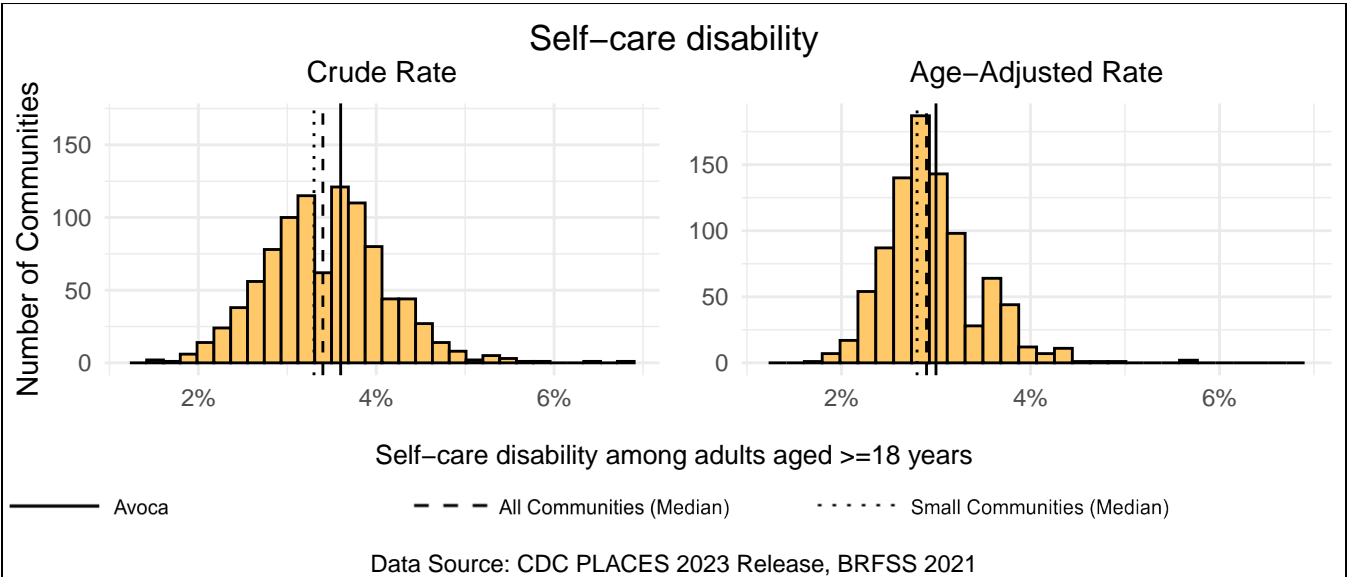
Measure Type	Avoca	All Comm.	Small Comm.
Crude	12.3%	11.8%	12.0%
Age-Adjusted	9.7%	9.5%	9.4%



Self-care disability

Avoca has a crude rate of 3.6% for self-care disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Avoca is 3.0%, which ranks 494th out of 905 Iowa communities (83rd out of 138 small communities).

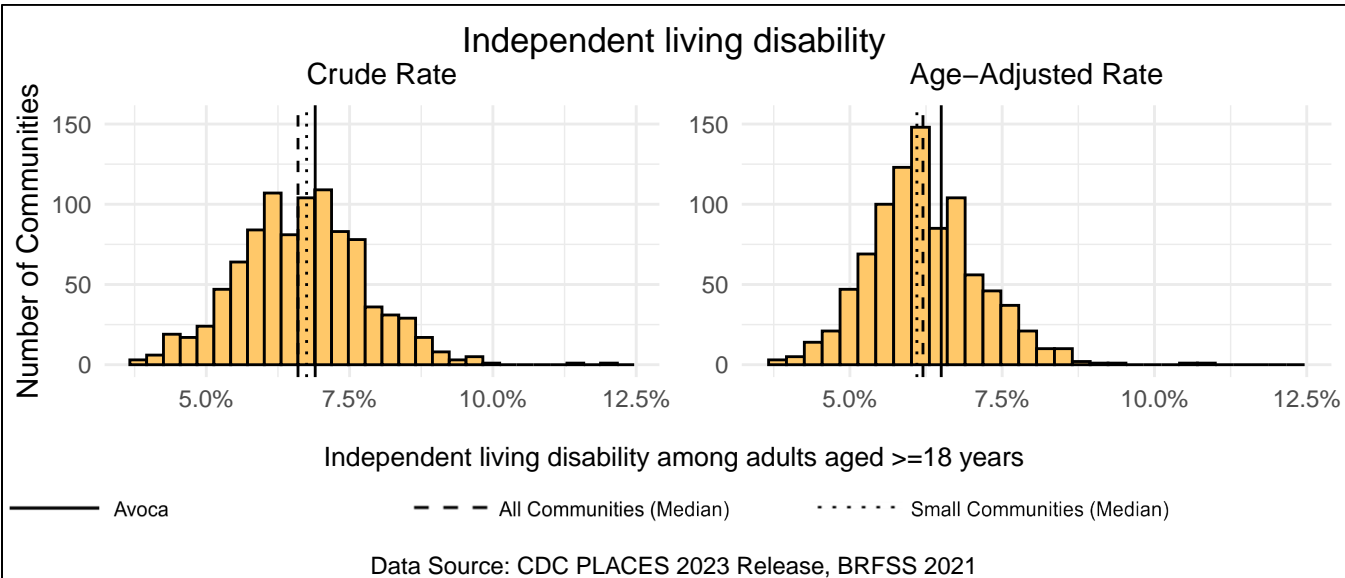
Measure Type	Avoca	All Comm.	Small Comm.
Crude	3.6%	3.4%	3.3%
Age-Adjusted	3.0%	2.9%	2.8%



Independent living disability

Avoca has a crude rate of 6.9% for independent living disability among adults aged ≥ 18 years, which ranks 557th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Avoca is 6.5%, which ranks 570th out of 905 Iowa communities (93rd out of 138 small communities).

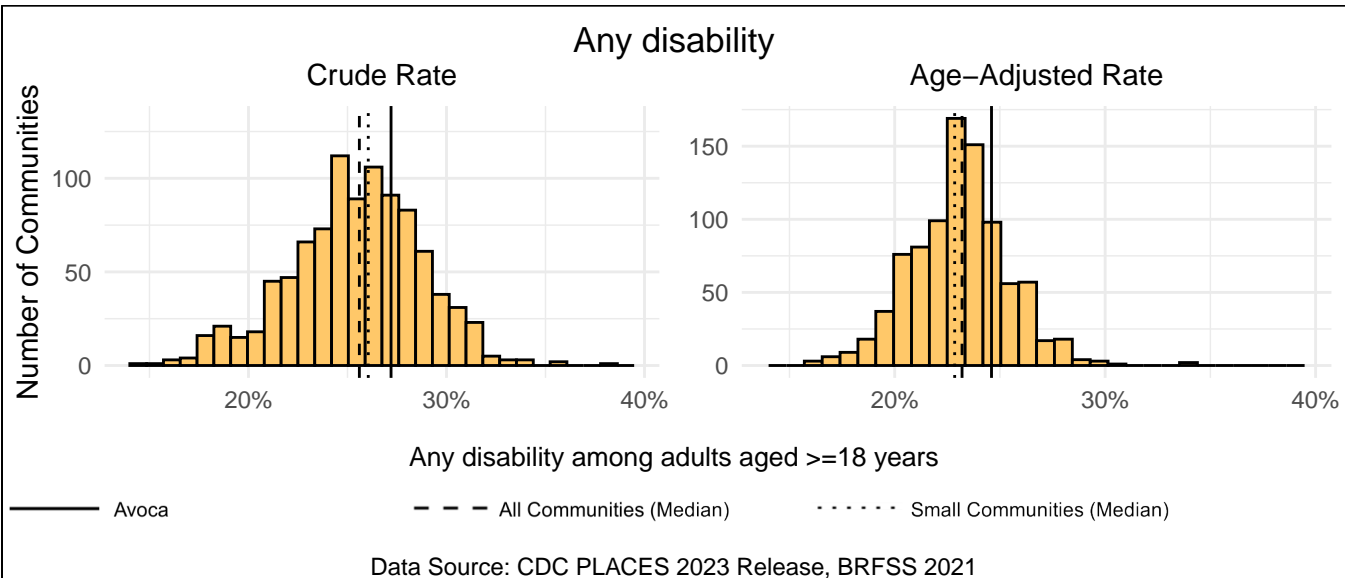
Measure Type	Avoca	All Comm.	Small Comm.
Crude	6.9%	6.6%	6.8%
Age-Adjusted	6.5%	6.2%	6.1%



Any disability

Avoca has a crude rate of 27.2% for any disability among adults aged ≥ 18 years, which ranks 657th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Avoca is 24.6%, which ranks 698th out of 905 Iowa communities (112th out of 138 small communities).

Measure Type	Avoca	All Comm.	Small Comm.
Crude	27.2%	25.6%	26.0%
Age-Adjusted	24.6%	23.2%	22.8%



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: Avoca 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	576	14.8% (12.2% - 17.4%)	533	13.1% (10.9% - 15.7%)
Health Status	Physical Health	636	11.3% (9.5% - 13.0%)	559	10.0% (8.5% - 11.6%)
Health Status	Mental Health	587	14.6% (12.5% - 16.7%)	631	16.0% (13.9% - 18.4%)
Health Risk Behaviors	Sleep <7 hours	708	31.4% (29.7% - 32.9%)	717	32.3% (30.5% - 33.8%)
Health Risk Behaviors	Binge Drinking	441	19.3% (16.4% - 22.4%)	478	22.1% (18.9% - 25.5%)
Health Risk Behaviors	Current Smoking	555	17.2% (13.8% - 21.1%)	495	17.8% (14.2% - 22.0%)
Health Risk Behaviors	Physical Inactivity	421	25.7% (21.0% - 30.5%)	381	23.9% (20.0% - 28.4%)
Health Outcomes	Cancer (except skin)	578	8.4% (7.5% - 9.2%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Arthritis	654	29.5% (25.9% - 33.3%)	707	24.1% (21.0% - 27.2%)
Health Outcomes	Chronic Kidney Disease	540	3.3% (3.0% - 3.7%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	Depression	356	17.7% (14.9% - 20.8%)	330	18.8% (15.7% - 22.1%)
Health Outcomes	High Cholesterol	482	36.3% (32.6% - 40.2%)	195	29.1% (25.5% - 32.8%)
Health Outcomes	Diabetes	670	10.9% (9.3% - 12.6%)	652	8.6% (7.3% - 10.0%)
Health Outcomes	High Blood Pressure	690	34.3% (30.7% - 38.0%)	728	28.6% (25.3% - 31.9%)
Health Outcomes	Obesity	601	38.4% (33.2% - 43.8%)	490	37.9% (32.6% - 43.5%)
Health Outcomes	COPD	613	7.9% (6.6% - 9.5%)	571	6.5% (5.4% - 7.8%)
Health Outcomes	Stroke	538	3.4% (2.9% - 3.9%)	375	2.6% (2.3% - 3.0%)
Health Outcomes	All Teeth Lost	487	13.0% (8.3% - 18.3%)	448	12.8% (8.2% - 17.9%)
Health Outcomes	Current Asthma	625	9.5% (8.4% - 10.8%)	628	9.7% (8.5% - 11.0%)
Health Outcomes	Coronary Heart Disease	569	6.8% (5.9% - 7.8%)	511	5.1% (4.4% - 5.9%)
Prevention	Taking BP Medication	469	79.8% (76.6% - 82.7%)	579	58.6% (53.8% - 63.1%)
Prevention	Annual Checkup	428	75.4% (71.4% - 79.1%)	530	72.3% (68.1% - 76.4%)
Prevention	Dental Visit	771	63.8% (60.1% - 67.7%)	721	63.3% (59.1% - 67.3%)
Prevention	Mammography	890	73.3% (69.0% - 77.4%)	825	70.9% (65.9% - 75.3%)
Prevention	Core preventive services for older women	492	38.8% (31.4% - 46.5%)	623	38.5% (31.2% - 45.9%)
Prevention	Core preventive services for older men	321	45.1% (37.3% - 53.1%)	296	45.2% (37.5% - 53.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Health Insurance	415	7.2% (5.3% - 9.6%)	427	7.7% (5.7% - 10.1%)
Prevention	Cervical Cancer Screening	378	83.7% (81.2% - 86.5%)	442	83.2% (80.7% - 85.9%)
Prevention	Colorectal Cancer Screening	430	71.9% (68.9% - 75.2%)	399	71.3% (68.1% - 74.7%)
Prevention	Cholesterol Screening	501	82.5% (79.5% - 85.3%)	649	78.4% (74.8% - 81.8%)
Disability	Any Disability	657	27.2% (23.4% - 31.2%)	698	24.6% (21.2% - 28.6%)
Disability	Mobility Disability	559	12.3% (10.1% - 14.5%)	502	9.7% (8.2% - 11.6%)
Disability	Cognitive Disability	639	11.6% (9.8% - 13.6%)	631	12.2% (10.3% - 14.4%)
Disability	Vision Disability	562	4.3% (3.6% - 5.0%)	564	3.8% (3.2% - 4.4%)
Disability	Self-care Disability	562	3.6% (3.0% - 4.2%)	494	3.0% (2.6% - 3.5%)
Disability	Independent Living Disability	557	6.9% (5.8% - 8.1%)	570	6.5% (5.5% - 7.6%)
Disability	Hearing Disability	531	7.6% (6.7% - 8.6%)	544	6.1% (5.3% - 6.9%)

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)

Avoca 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		