



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

Table of contents

Health in Belmond: 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: Belmond PLACES Data	32
Appendix 3: Midsized Communities (2,500-9,999)	34

Health in Belmond: Overview

Dear Community Members & Stakeholders of Belmond,

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 Belmond ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Belmond’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 Belmond. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community’s strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	45th	2nd	Binge Drinking	58th	20th
Annual Checkup	111th	4th	Taking BP Medication	179th	33rd
Taking BP Medication	112th	3rd	Core preventive services for older women	185th	29th
Depression	169th	12th	Annual Checkup	259th	35th
Cholesterol Screening	207th	14th	Depression	368th	39th

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
Hearing Disability	880th	100th	Health Insurance	819th	79th
Coronary Heart Disease	875th	100th	Vision Disability	766th	74th
Mobility Disability	873rd	88th	Obesity	764th	84th
Stroke	867th	96th	Chronic Kidney Disease	762nd	74th
Chronic Kidney Disease	867th	100th	Diabetes	760th	75th

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 Belmond.

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

With a population of 2,512, Belmond’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

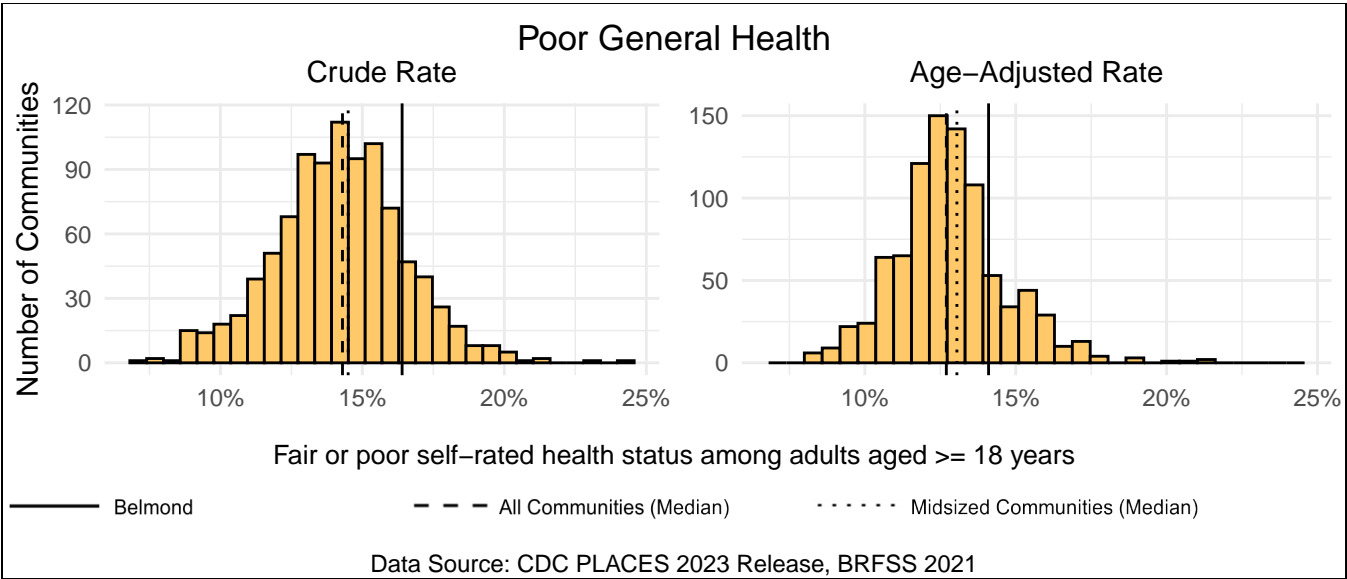
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Belmond has a crude rate of 16.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 811th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 14.1%, which ranks 721st out of 905 Iowa communities (69th out of 102 mid-sized communities).

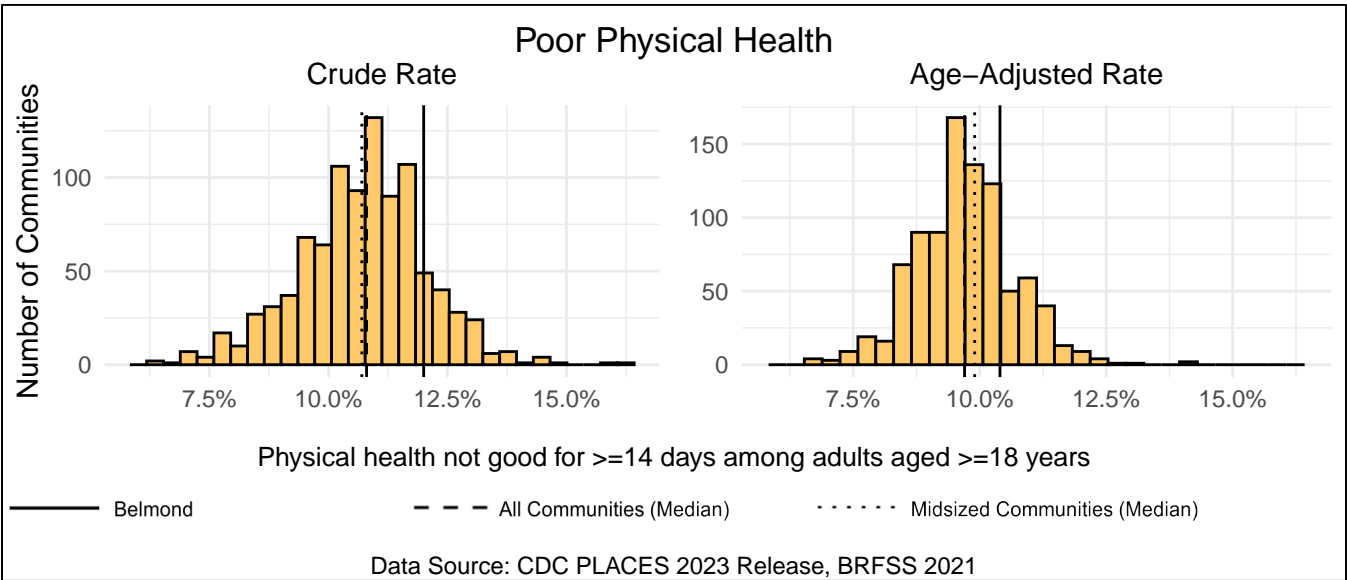
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	16.4%	14.3%	14.5%
Age-Adjusted	14.1%	12.7%	13.0%



Poor Physical Health

Belmond has a crude rate of 12.0% for physical health not good for >=14 days among adults aged >=18 years, which ranks 811th out of 958 Iowa communities (79th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 10.4%, which ranks 707th out of 905 Iowa communities (69th out of 102 mid-sized communities).

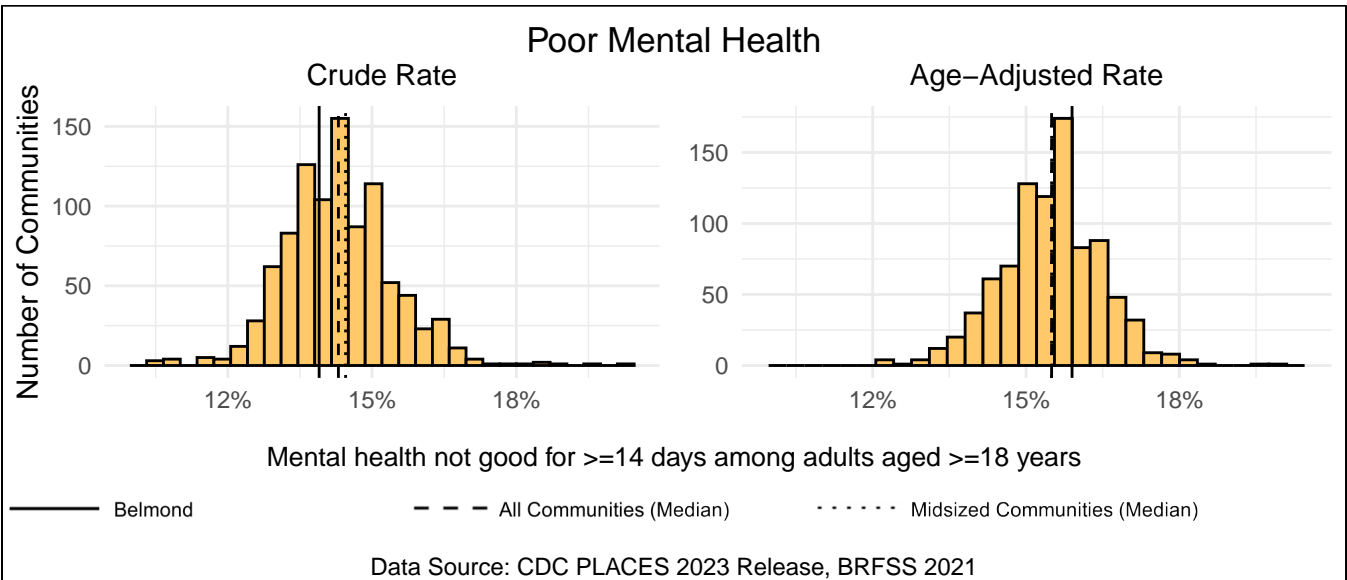
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	12.0%	10.8%	10.7%
Age-Adjusted	10.4%	9.7%	9.9%



Poor Mental Health

Belmond has a crude rate of 13.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 328th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 15.9%, which ranks 596th out of 905 Iowa communities (67th out of 102 mid-sized communities).

Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	13.9%	14.3%	14.4%
Age-Adjusted	15.9%	15.5%	15.5%



Health Risk Behaviors

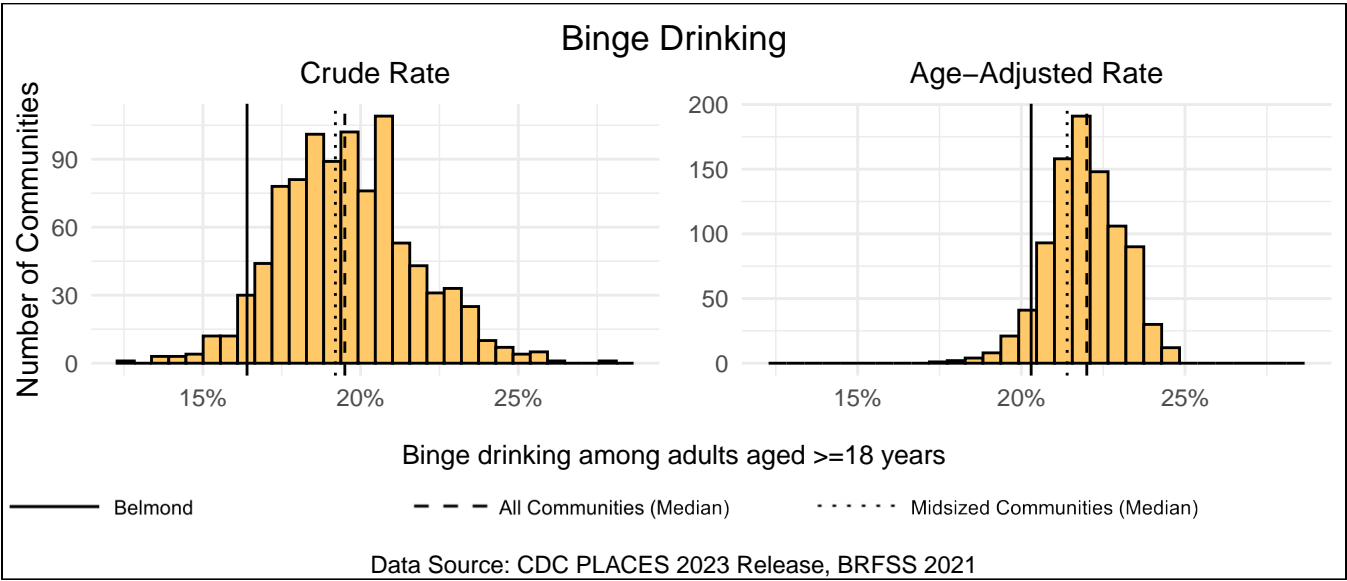
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Belmond has a crude rate of 16.4% for binge drinking among adults aged ≥ 18 years, which ranks 45th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Belmond is 20.3%, which ranks 58th out of 905 Iowa communities (20th out of 102 midsize communities).

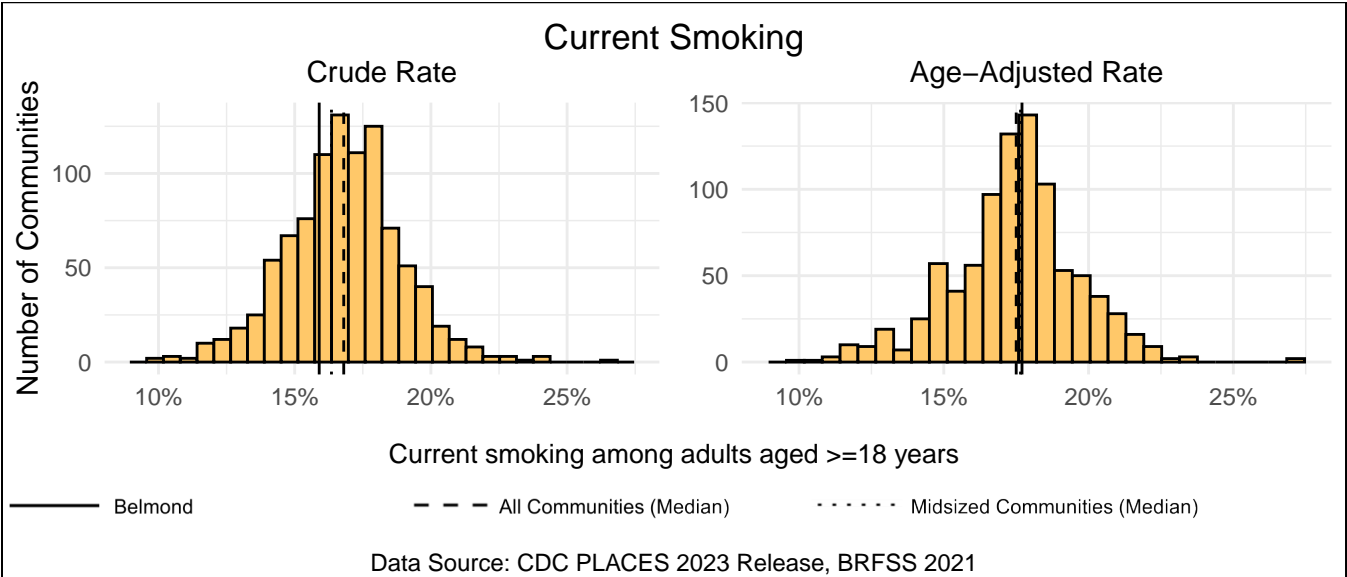
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	16.4%	19.5%	19.2%
Age-Adjusted	20.3%	22.0%	21.4%



Current Smoking

Belmond has a crude rate of 15.9% for current smoking among adults aged ≥ 18 years, which ranks 286th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Belmond is 17.7%, which ranks 474th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

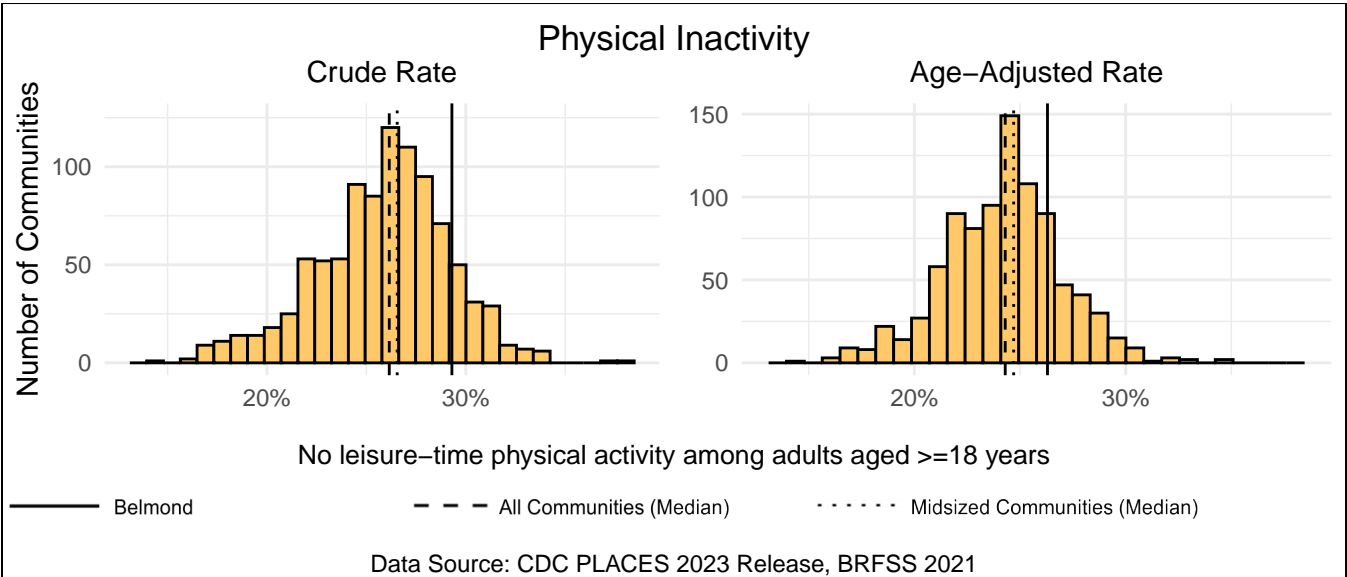
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	15.9%	16.8%	16.4%
Age-Adjusted	17.7%	17.5%	17.6%



Physical Inactivity

Belmond has a crude rate of 29.3% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 829th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 26.3%, which ranks 726th out of 905 Iowa communities (70th out of 102 mid-sized communities).

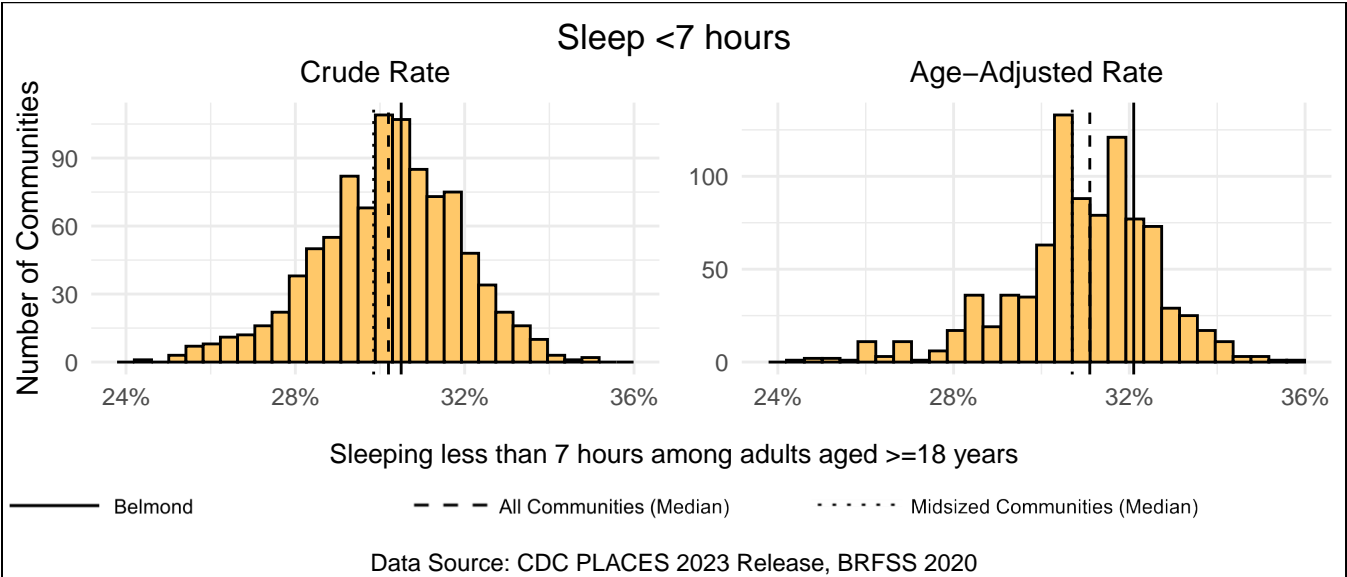
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	29.3%	26.1%	26.6%
Age-Adjusted	26.3%	24.3%	24.7%



Sleep <7 hours

Belmond has a crude rate of 30.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 521st out of 958 Iowa communities (60th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 32.1%, which ranks 679th out of 905 Iowa communities (76th out of 102 mid-sized communities).

Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	30.5%	30.2%	29.8%
Age-Adjusted	32.1%	31.1%	30.7%



Health Outcomes

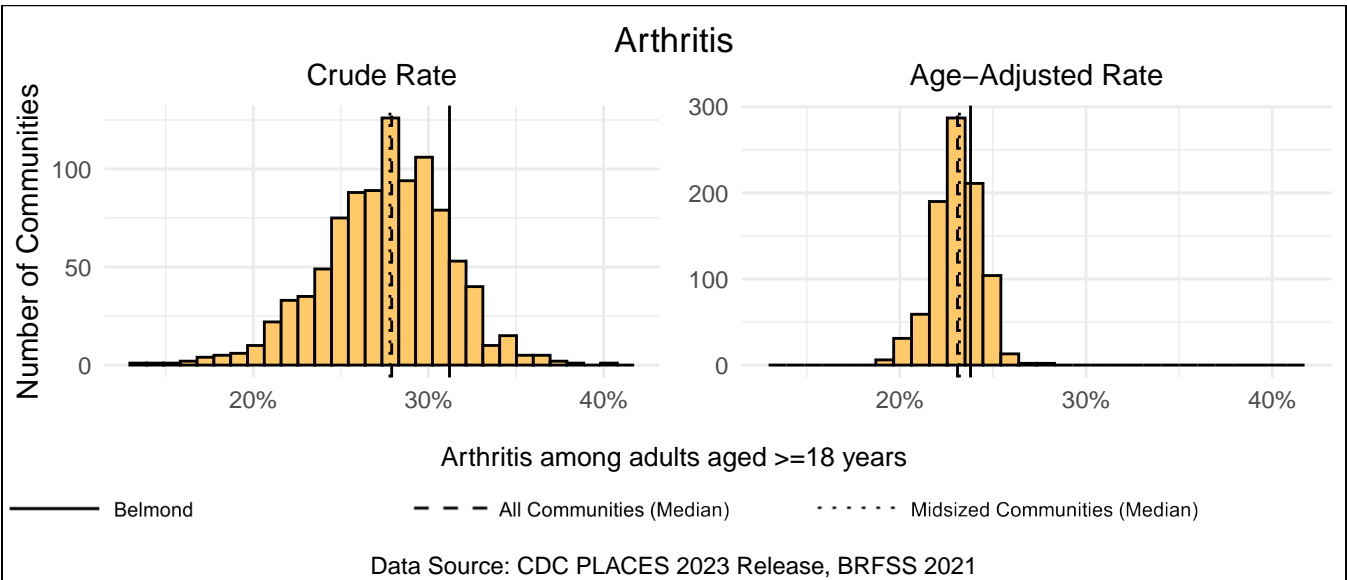
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Belmond has a crude rate of 31.2% for arthritis among adults aged ≥ 18 years, which ranks 827th out of 958 Iowa communities (97th out of 102 midsize communities). The age-adjusted rate for Belmond is 23.8%, which ranks 631st out of 905 Iowa communities (65th out of 102 midsize communities).

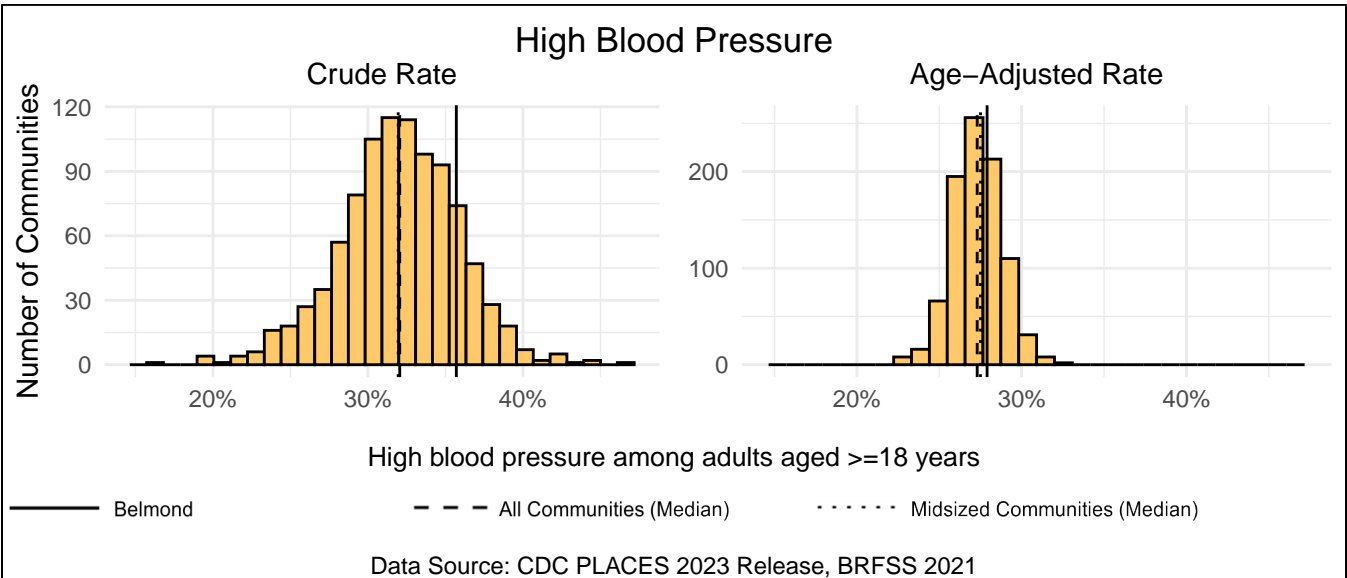
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	31.2%	27.9%	27.8%
Age-Adjusted	23.8%	23.1%	23.2%



High Blood Pressure

Belmond has a crude rate of 35.7% for high blood pressure among adults aged ≥ 18 years, which ranks 803rd out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Belmond is 27.9%, which ranks 602nd out of 905 Iowa communities (60th out of 102 mid-sized communities).

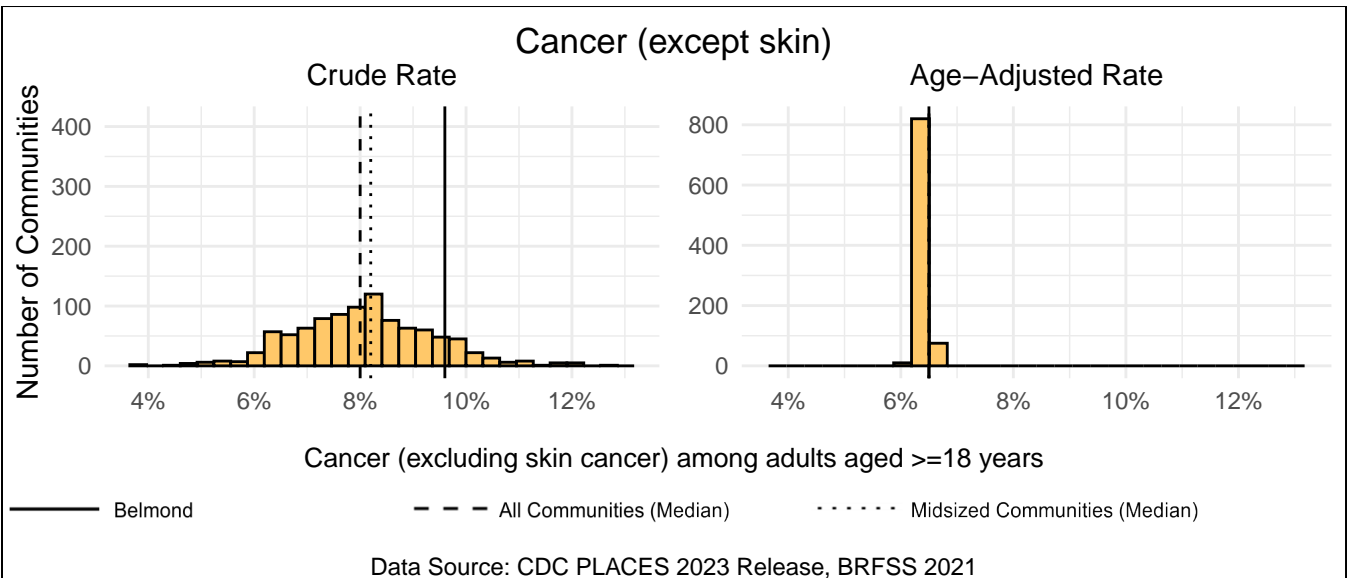
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	35.7%	32.0%	32.0%
Age-Adjusted	27.9%	27.3%	27.5%



Cancer (except skin)

Belmond has a crude rate of 9.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 841st out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

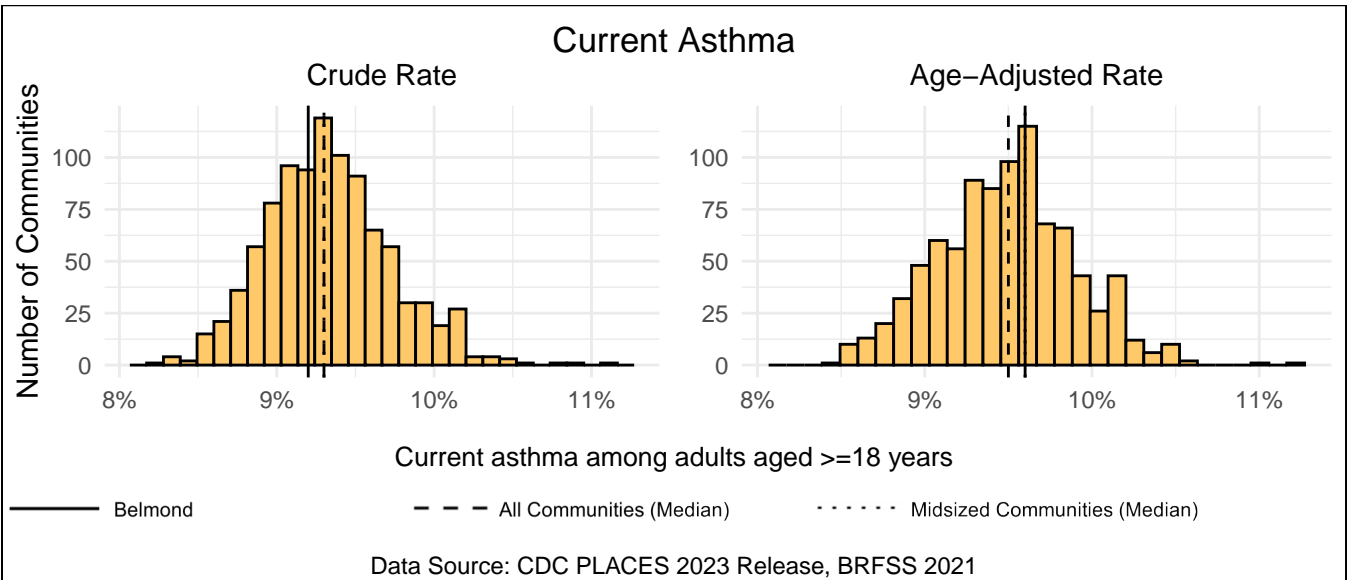
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	9.6%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Belmond has a crude rate of 9.2% for current asthma among adults aged ≥ 18 years, which ranks 311th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Belmond is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

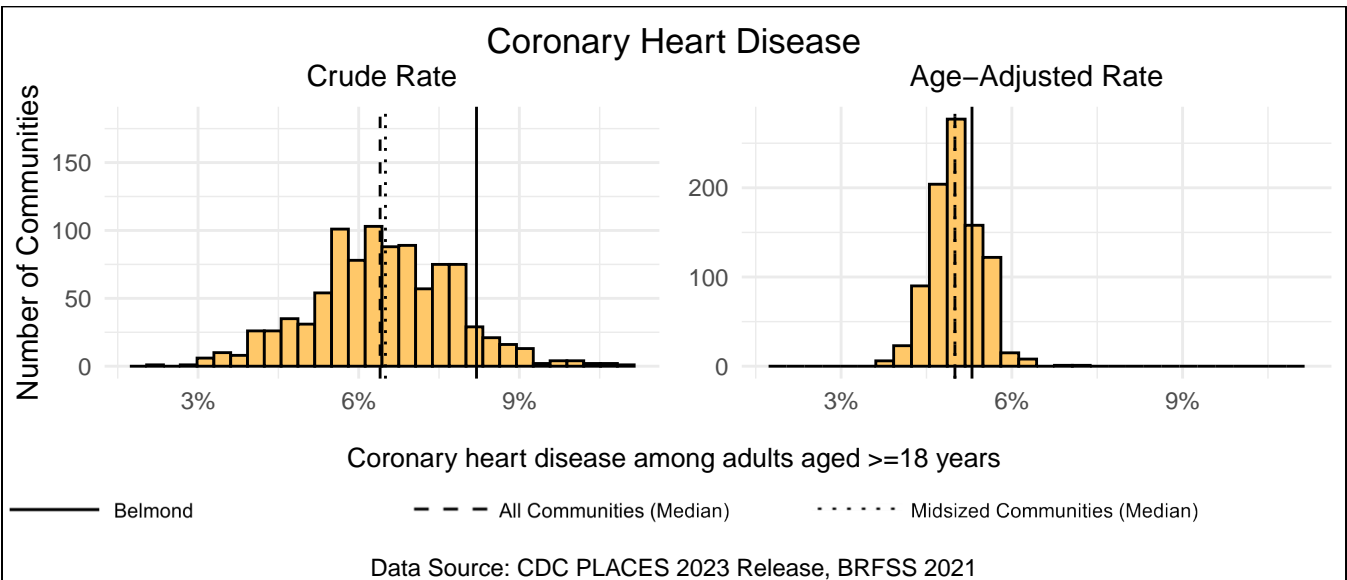
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

Belmond has a crude rate of 8.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 875th out of 958 Iowa communities (100th out of 102 midsize communities). The age-adjusted rate for Belmond is 5.3%, which ranks 674th out of 905 Iowa communities (71st out of 102 midsize communities).

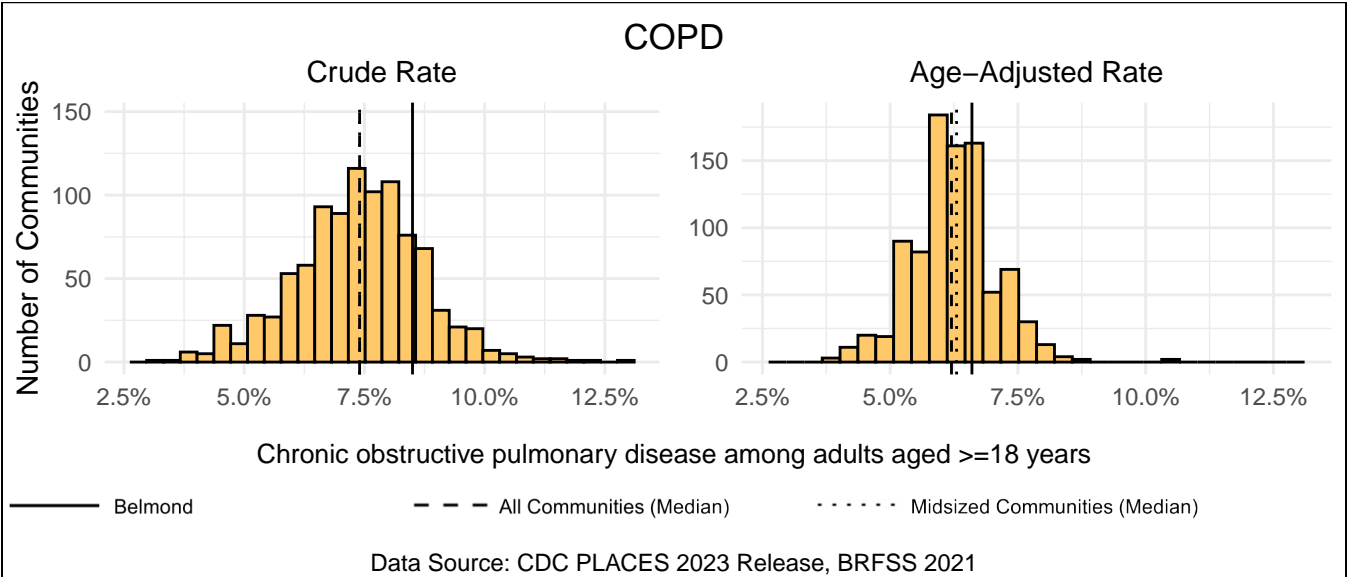
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	8.2%	6.4%	6.5%
Age-Adjusted	5.3%	5.0%	5.0%



COPD

Belmond has a crude rate of 8.5% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 770th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 6.6%, which ranks 620th out of 905 Iowa communities (67th out of 102 mid-sized communities).

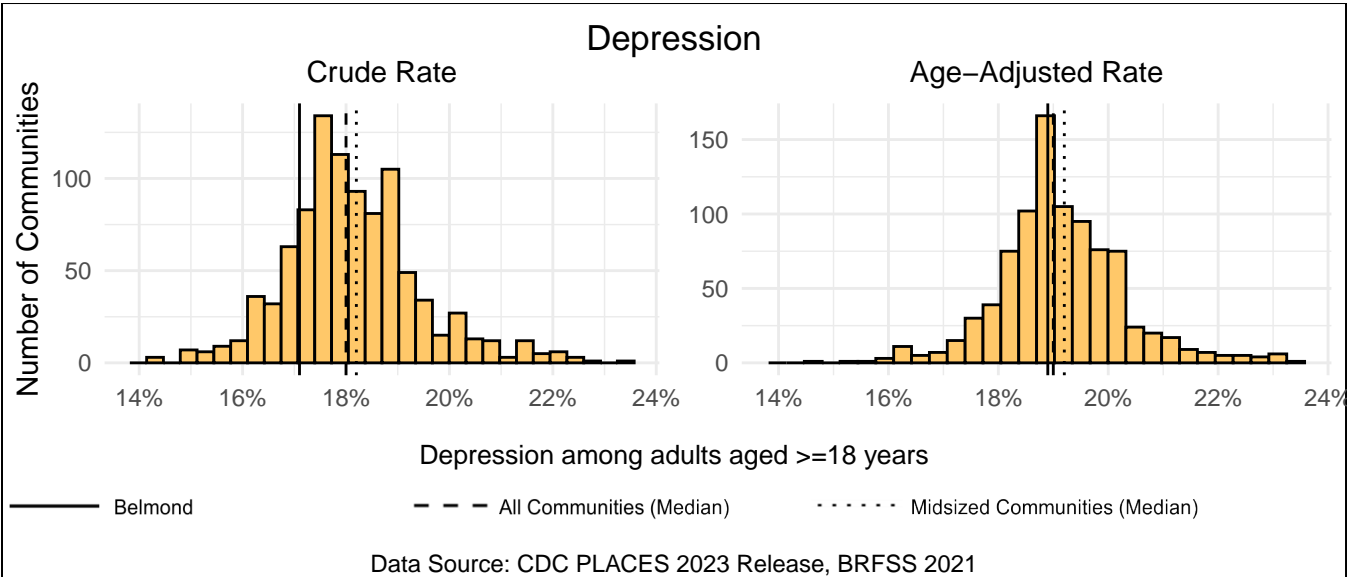
Measure Type	Belmond	All Comm.	Mid-sized Comm.
Crude	8.5%	7.4%	7.4%
Age-Adjusted	6.6%	6.2%	6.3%



Depression

Belmond has a crude rate of 17.1% for depression among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (12th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 18.9%, which ranks 368th out of 905 Iowa communities (39th out of 102 mid-sized communities).

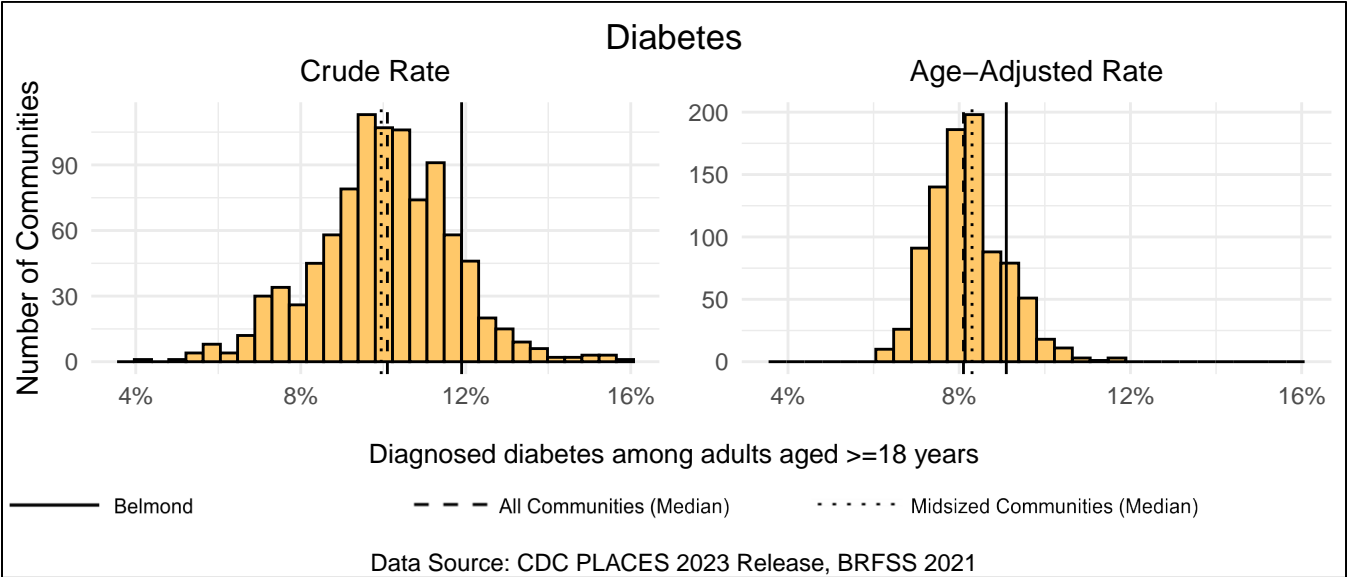
Measure Type	Belmond	All Comm.	Mid-sized Comm.
Crude	17.1%	18.0%	18.2%
Age-Adjusted	18.9%	19.0%	19.2%



Diabetes

Belmond has a crude rate of 11.9% for diagnosed diabetes among adults aged >=18 years, which ranks 852nd out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 9.1%, which ranks 760th out of 905 Iowa communities (75th out of 102 mid-sized communities).

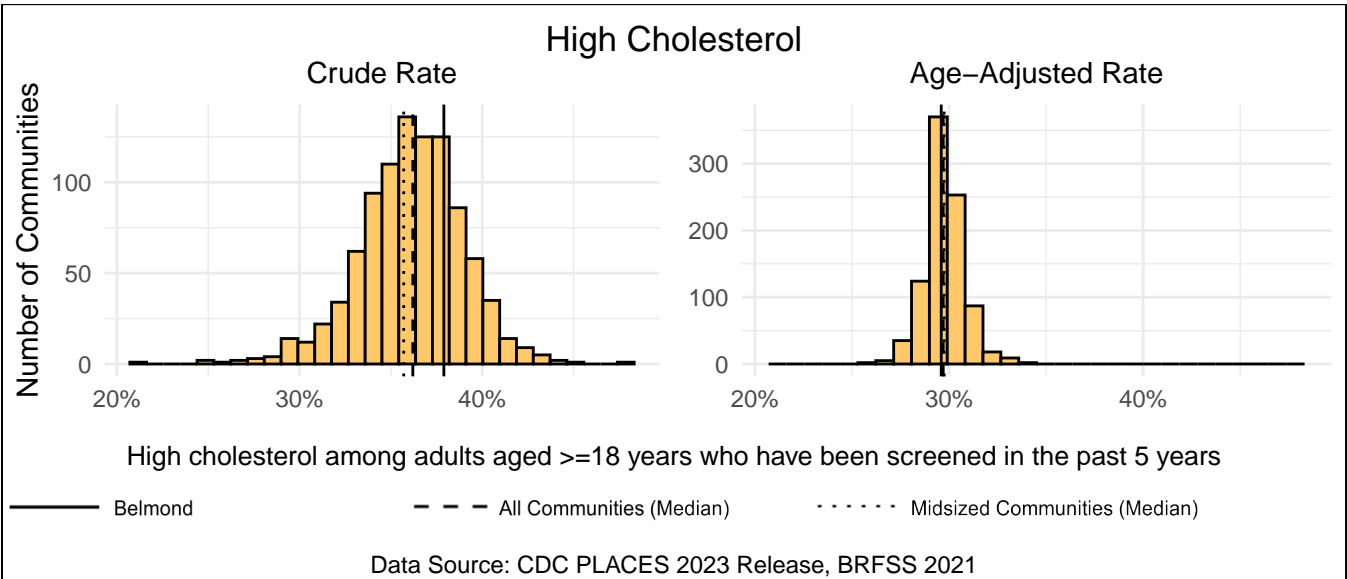
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	11.9%	10.1%	9.9%
Age-Adjusted	9.1%	8.1%	8.3%



High Cholesterol

Belmond has a crude rate of 37.9% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 704th out of 958 Iowa communities (87th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 29.6%, which ranks 379th out of 905 Iowa communities (41st out of 102 mid-sized communities).

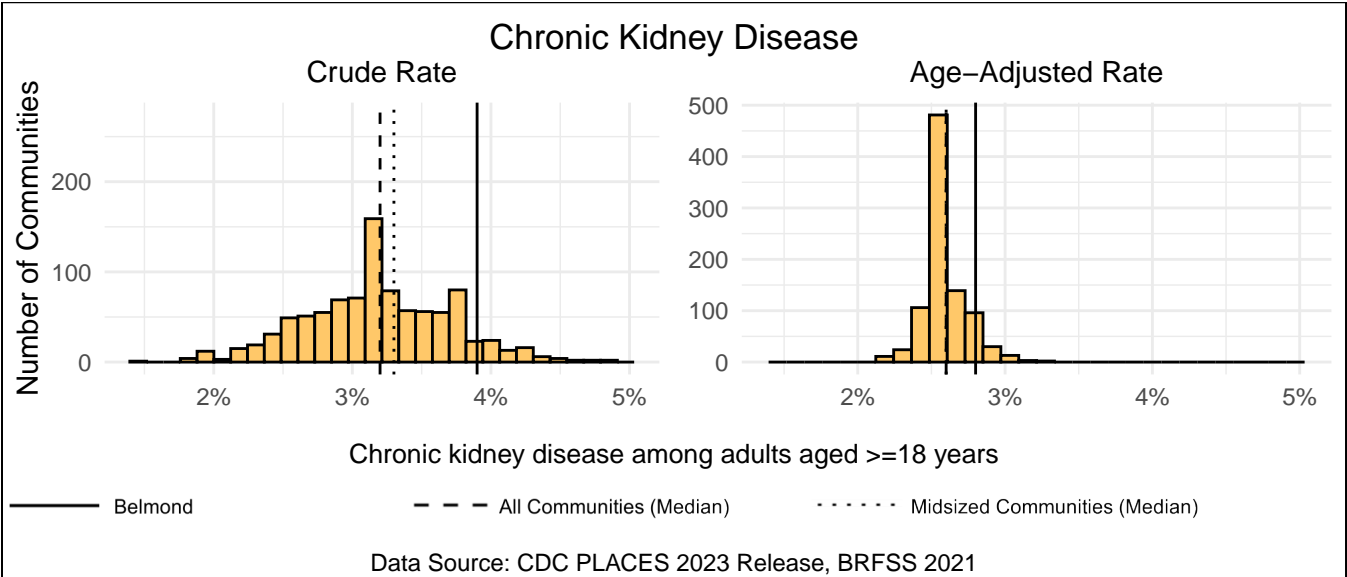
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	37.9%	36.2%	35.7%
Age-Adjusted	29.6%	29.7%	29.8%



Chronic Kidney Disease

Belmond has a crude rate of 3.9% for chronic kidney disease among adults aged ≥ 18 years, which ranks 867th out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Belmond is 2.8%, which ranks 762nd out of 905 Iowa communities (74th out of 102 midsized communities).

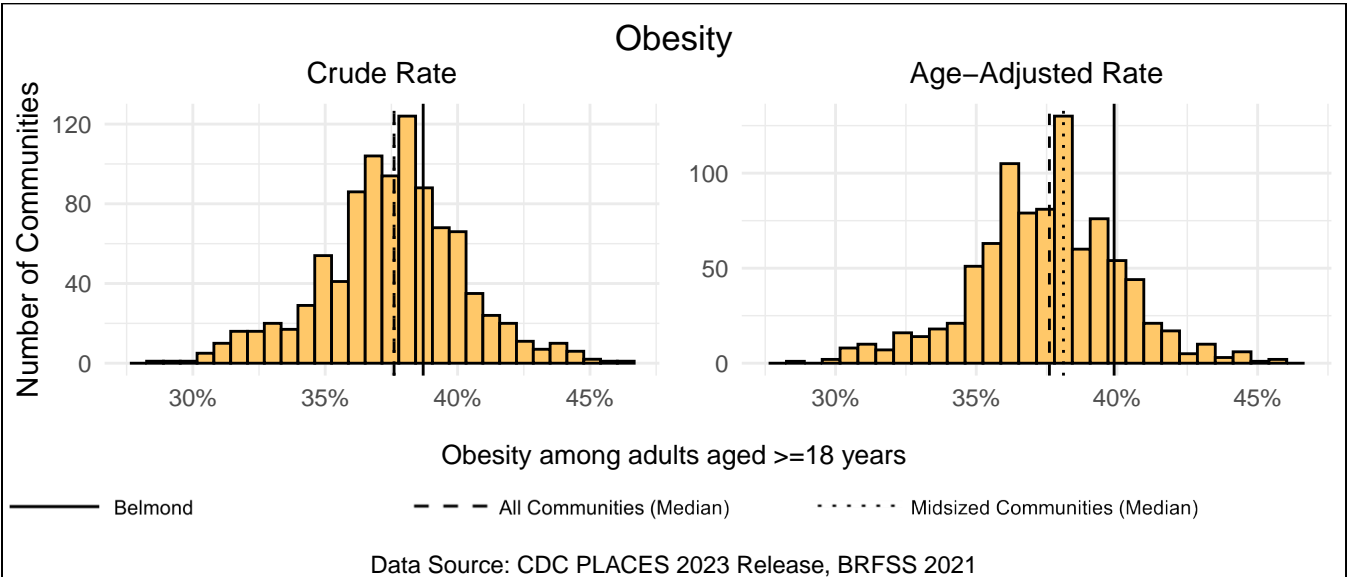
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	3.9%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Belmond has a crude rate of 38.7% for obesity among adults aged ≥ 18 years, which ranks 650th out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Belmond is 39.9%, which ranks 764th out of 905 Iowa communities (84th out of 102 midsized communities).

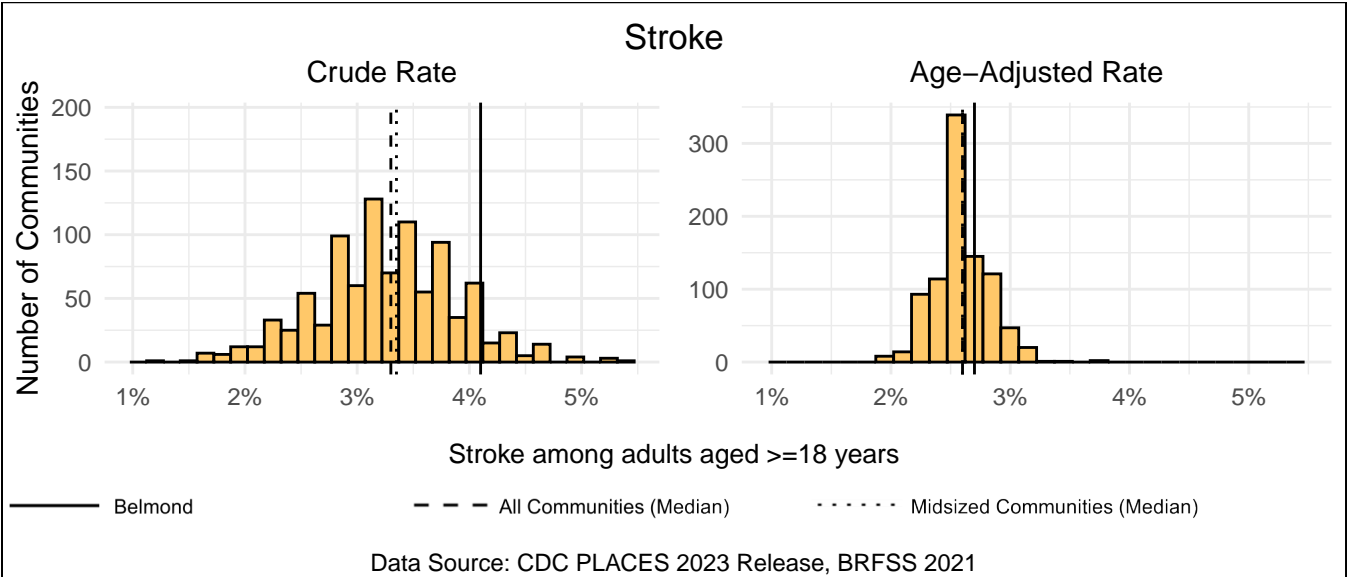
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	38.7%	37.6%	37.6%
Age-Adjusted	39.9%	37.6%	38.1%



Stroke

Belmond has a crude rate of 4.1% for stroke among adults aged ≥ 18 years, which ranks 867th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 mid-sized communities).

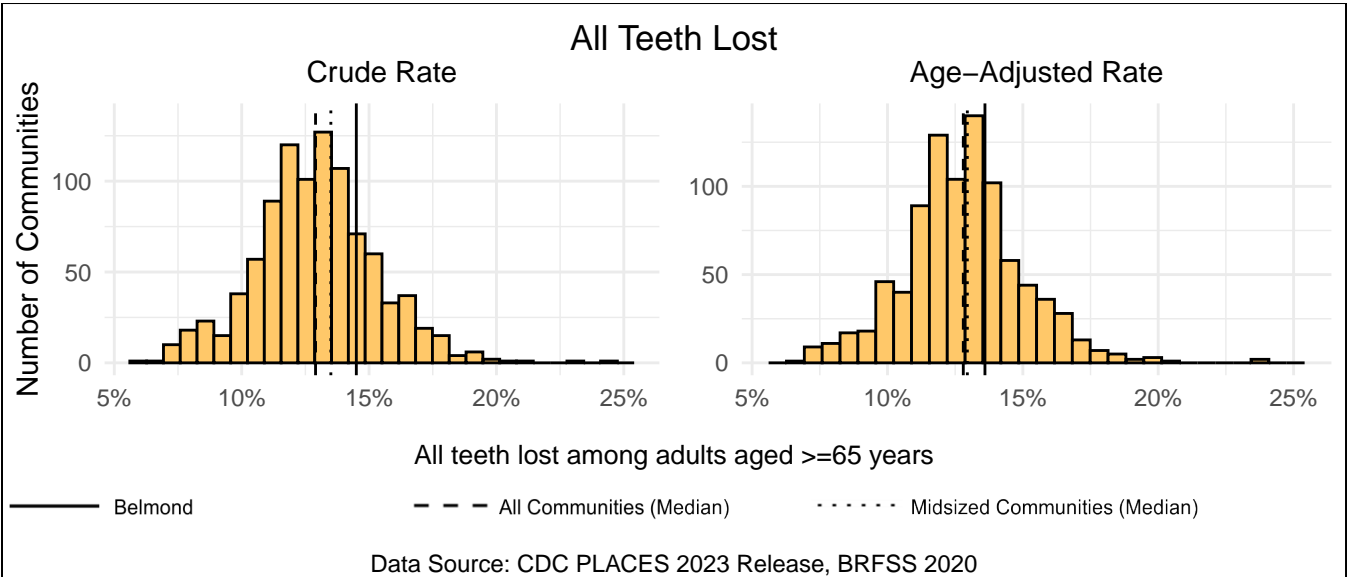
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	4.1%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



All Teeth Lost

Belmond has a crude rate of 14.5% for all teeth lost among adults aged ≥ 65 years, which ranks 739th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 13.6%, which ranks 605th out of 905 Iowa communities (61st out of 102 mid-sized communities).

Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	14.5%	12.9%	13.5%
Age-Adjusted	13.6%	12.8%	12.9%



Prevention

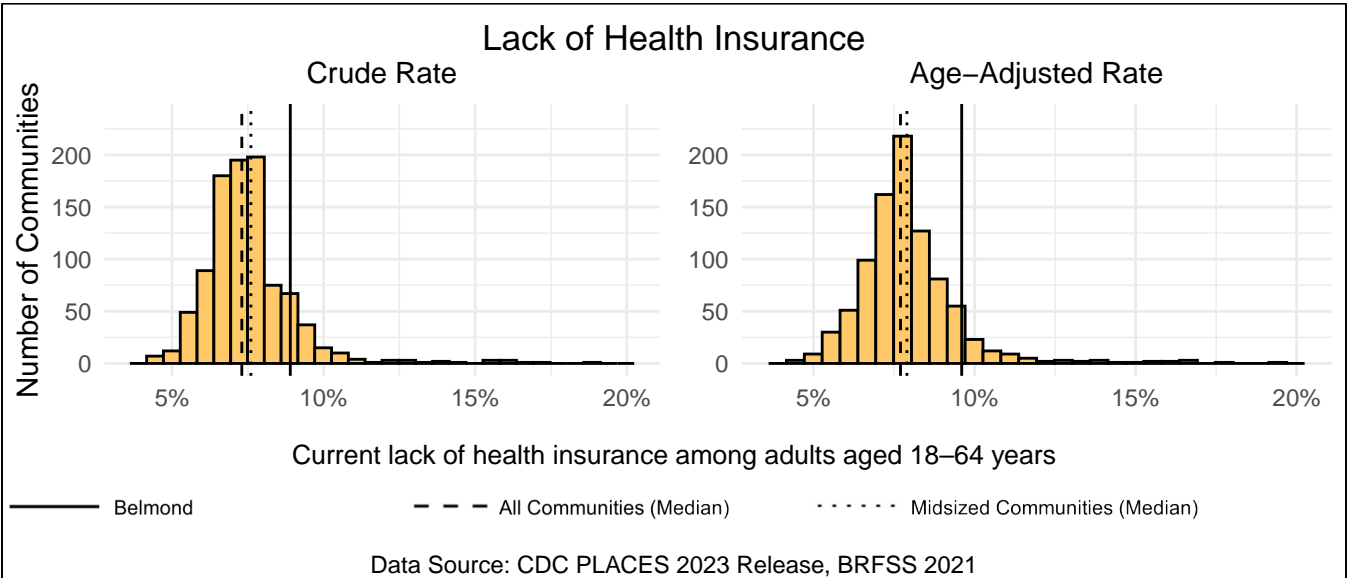
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Belmond has a crude rate of 8.9% for current lack of health insurance among adults aged 18–64 years, which ranks 841st out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Belmond is 9.6%, which ranks 819th out of 905 Iowa communities (79th out of 102 mid-sized communities).

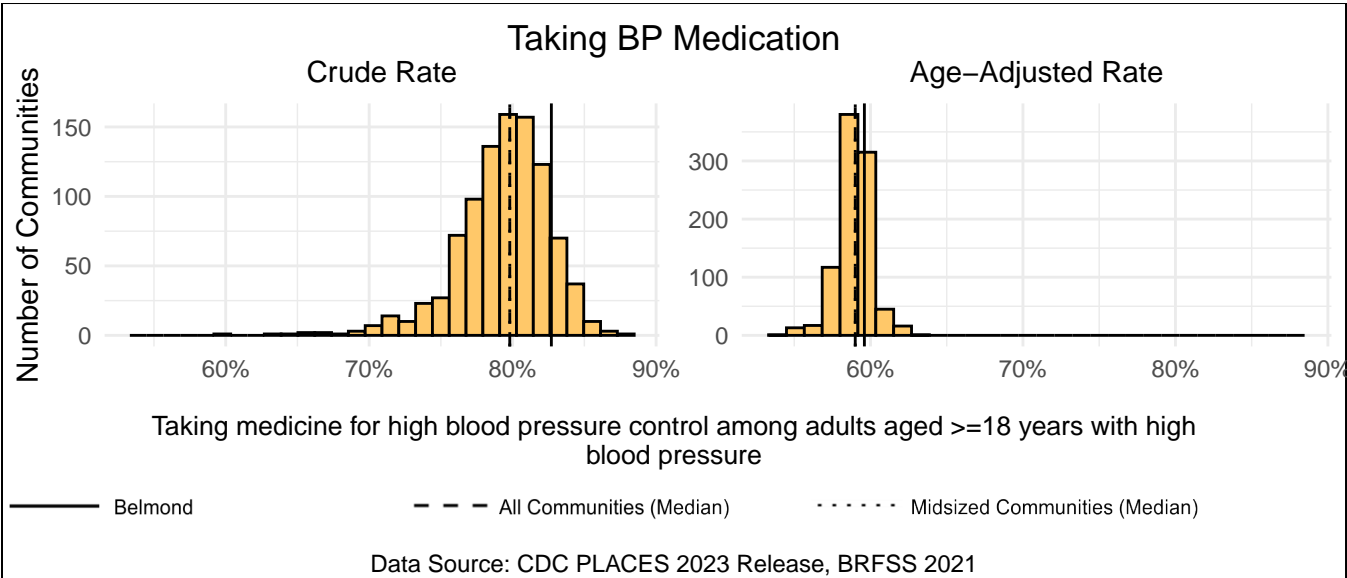
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	8.9%	7.3%	7.6%
Age-Adjusted	9.6%	7.7%	7.9%



Taking BP Medication

Belmond has a crude rate of 82.7% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 112th out of 958 Iowa communities (3rd out of 102 mid-sized communities). The age-adjusted rate for Belmond is 59.6%, which ranks 179th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

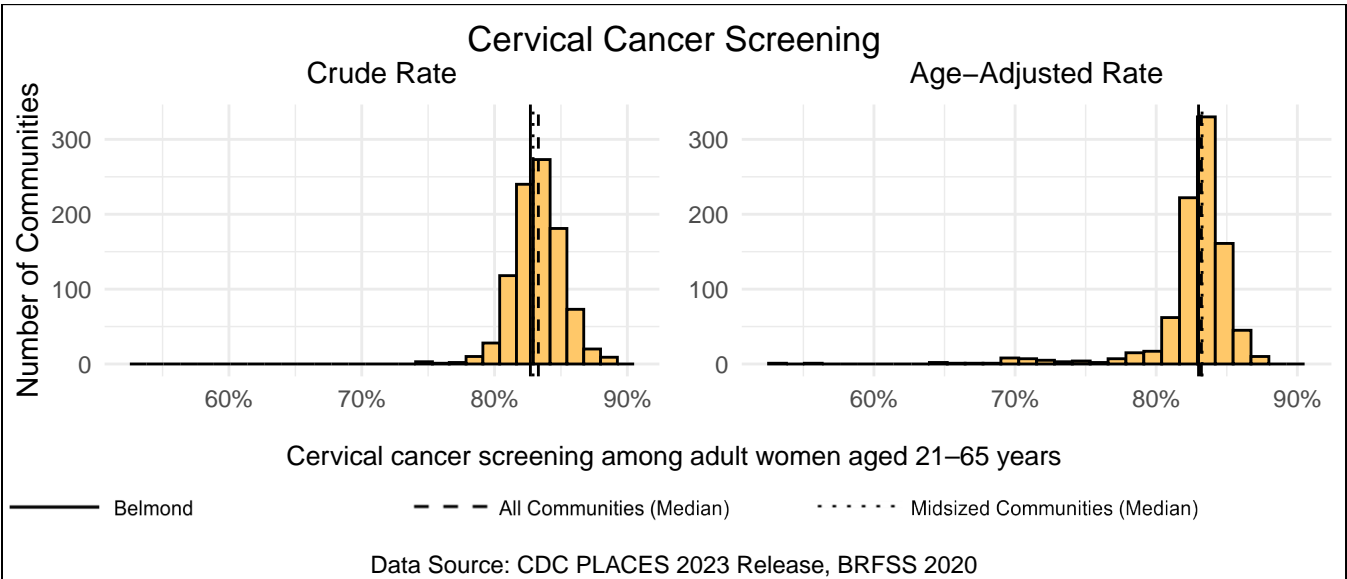
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	82.7%	79.8%	79.8%
Age-Adjusted	59.6%	59.0%	59.0%



Cervical Cancer Screening

Belmond 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 (56th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 83.0%, which ranks 519th out of 905 Iowa communities (60th out of 102 mid-sized communities).

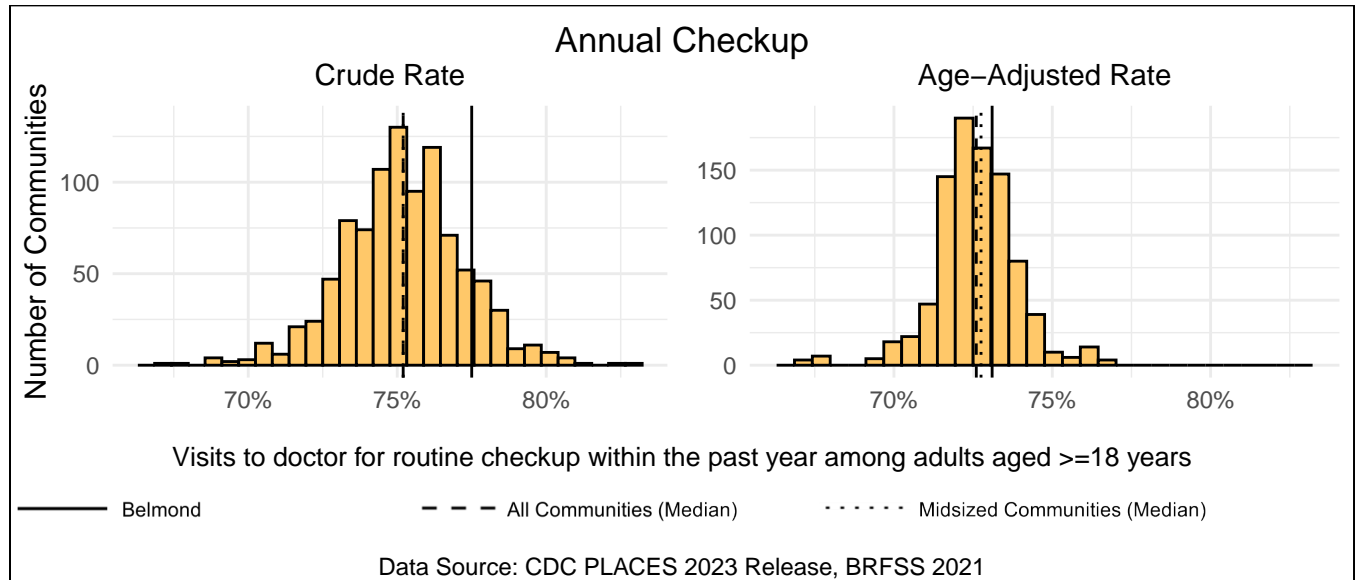
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	82.7%	83.3%	82.9%
Age-Adjusted	83.0%	83.2%	83.2%



Annual Checkup

Belmond has a crude rate of 77.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 111th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Belmond is 73.1%, which ranks 259th out of 905 Iowa communities (35th out of 102 midsize communities).

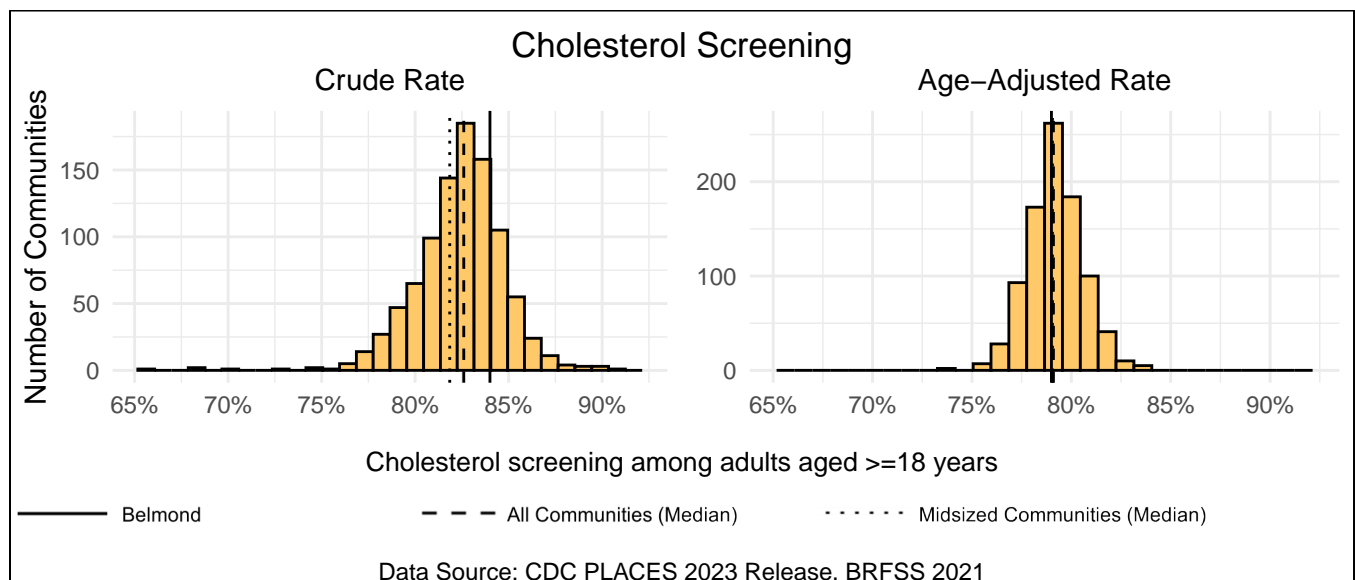
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	77.5%	75.2%	75.2%
Age-Adjusted	73.1%	72.6%	72.8%



Cholesterol Screening

Belmond has a crude rate of 84.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 207th out of 958 Iowa communities (14th out of 102 midsize communities). The age-adjusted rate for Belmond is 79.0%, which ranks 470th out of 905 Iowa communities (52nd out of 102 midsize communities).

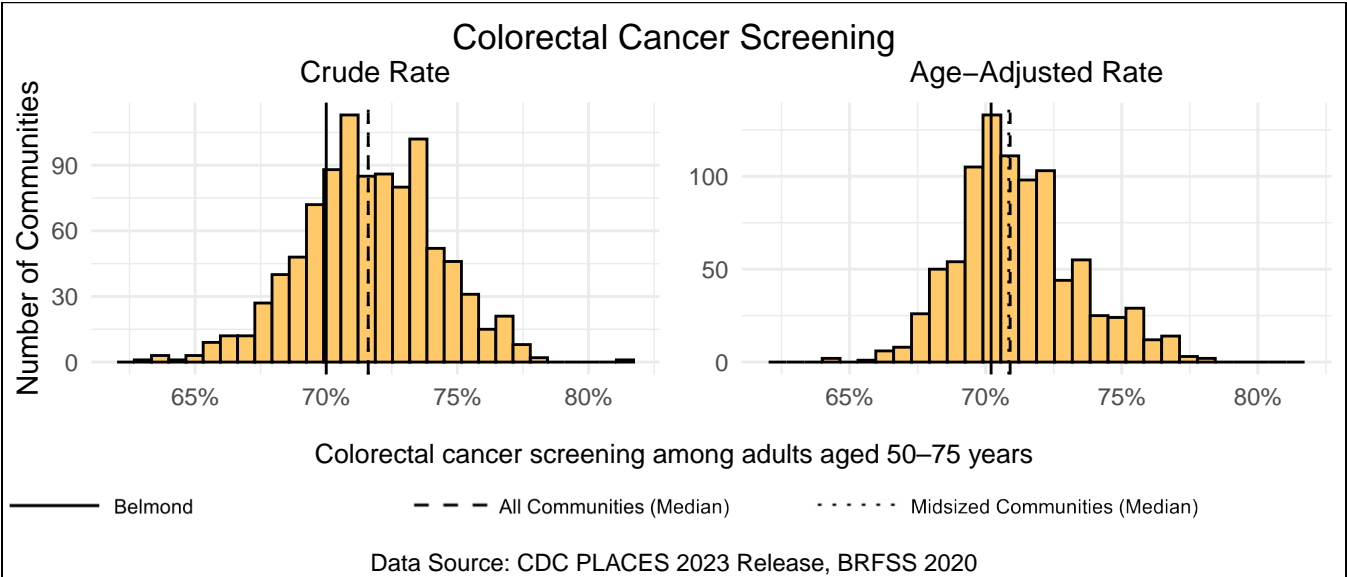
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	84.0%	82.6%	81.8%
Age-Adjusted	79.0%	79.1%	79.0%



Colorectal Cancer Screening

Belmond has a crude rate of 70.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 720th out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 70.2%, which ranks 578th out of 905 Iowa communities (62nd out of 102 mid-sized communities).

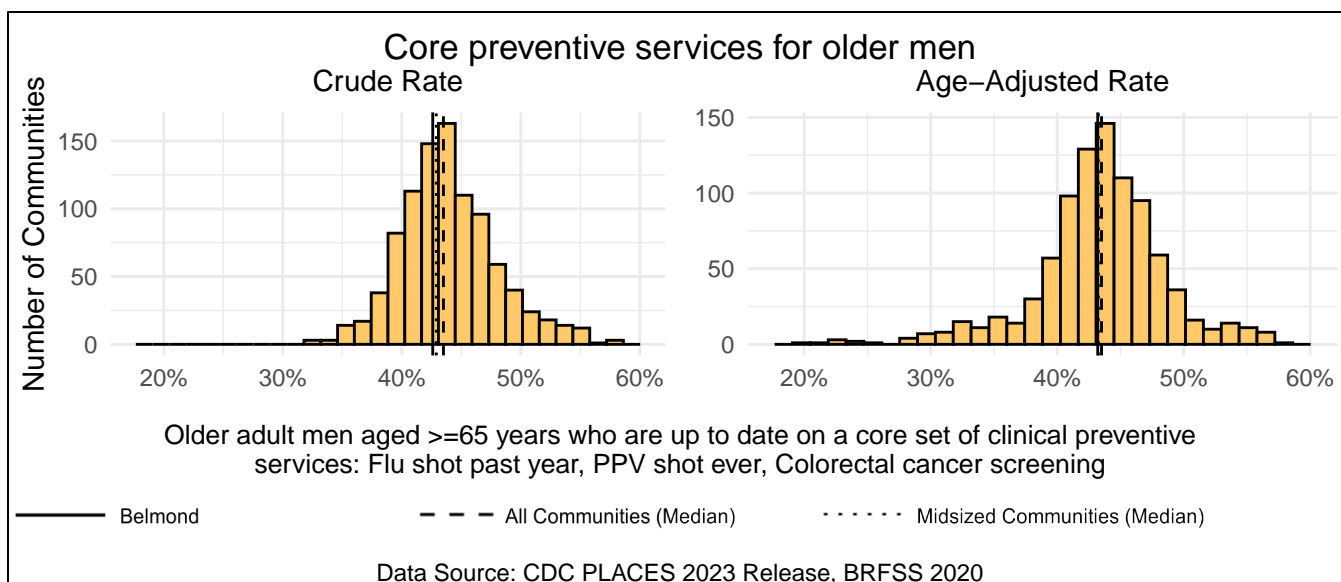
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	70.0%	71.6%	71.6%
Age-Adjusted	70.2%	70.9%	70.8%



Core preventive services for older men

Belmond has a crude rate of 42.6% 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 592nd out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for Belmond is 43.2%, which ranks 479th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

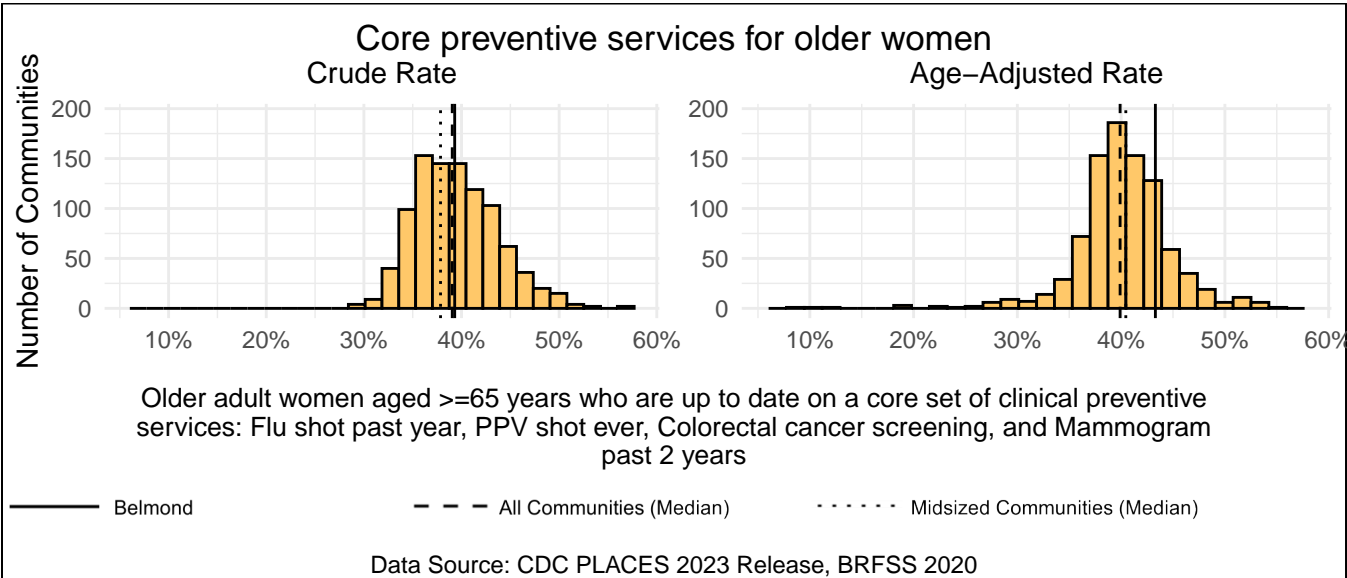
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	42.6%	43.5%	42.9%
Age-Adjusted	43.2%	43.5%	43.2%



Core preventive services for older women

Belmond has a crude rate of 39.3% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 451st out of 958 Iowa communities (37th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 43.3%, which ranks 185th out of 905 Iowa communities (29th out of 102 mid-sized communities).

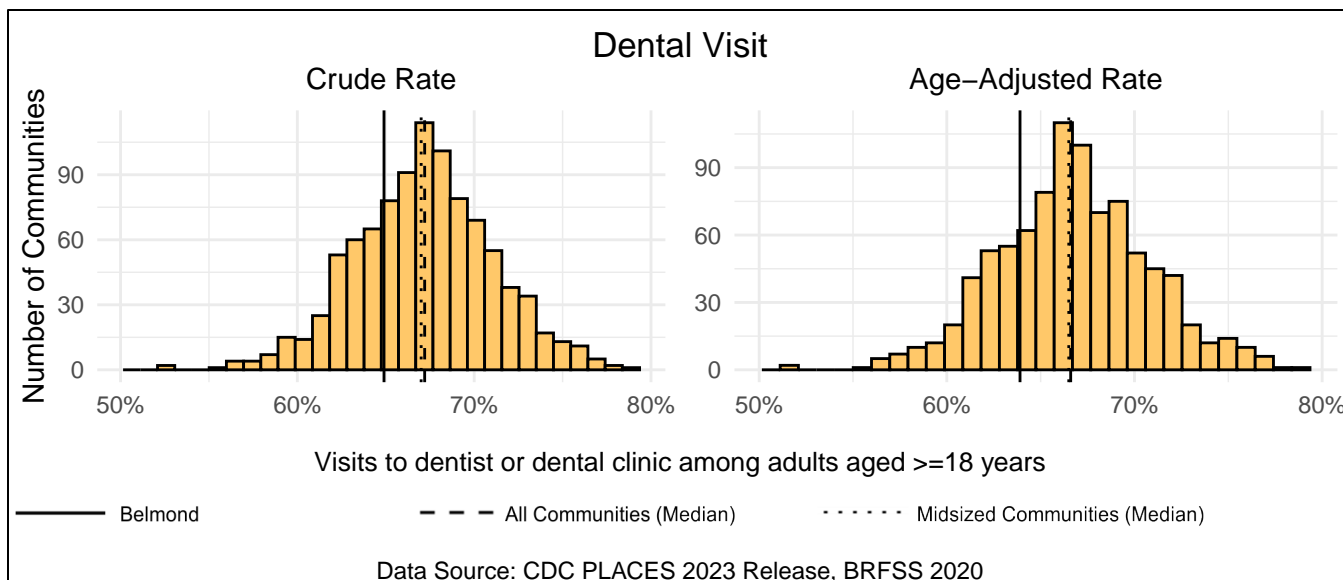
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	39.3%	39.0%	37.8%
Age-Adjusted	43.3%	39.9%	40.4%



Dental Visit

Belmond has a crude rate of 64.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 700th out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 63.9%, which ranks 695th out of 905 Iowa communities (67th out of 102 mid-sized communities).

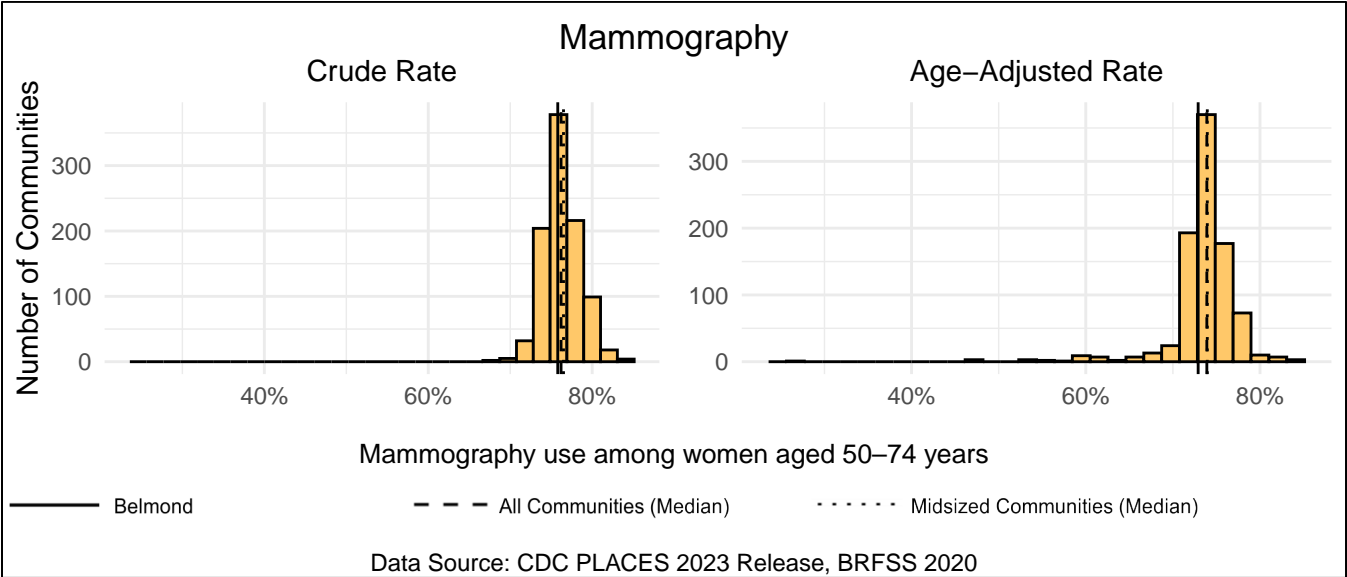
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	64.9%	67.2%	67.0%
Age-Adjusted	63.9%	66.6%	66.5%



Mammography

Belmond has a crude rate of 75.8% for mammography use among women aged 50–74 years, which ranks 554th out of 958 Iowa communities (65th out of 102 midsize communities). The age-adjusted rate for Belmond is 72.9%, which ranks 628th out of 905 Iowa communities (73rd out of 102 midsize communities).

Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	75.8%	76.2%	76.5%
Age-Adjusted	72.9%	73.9%	74.0%



Disability

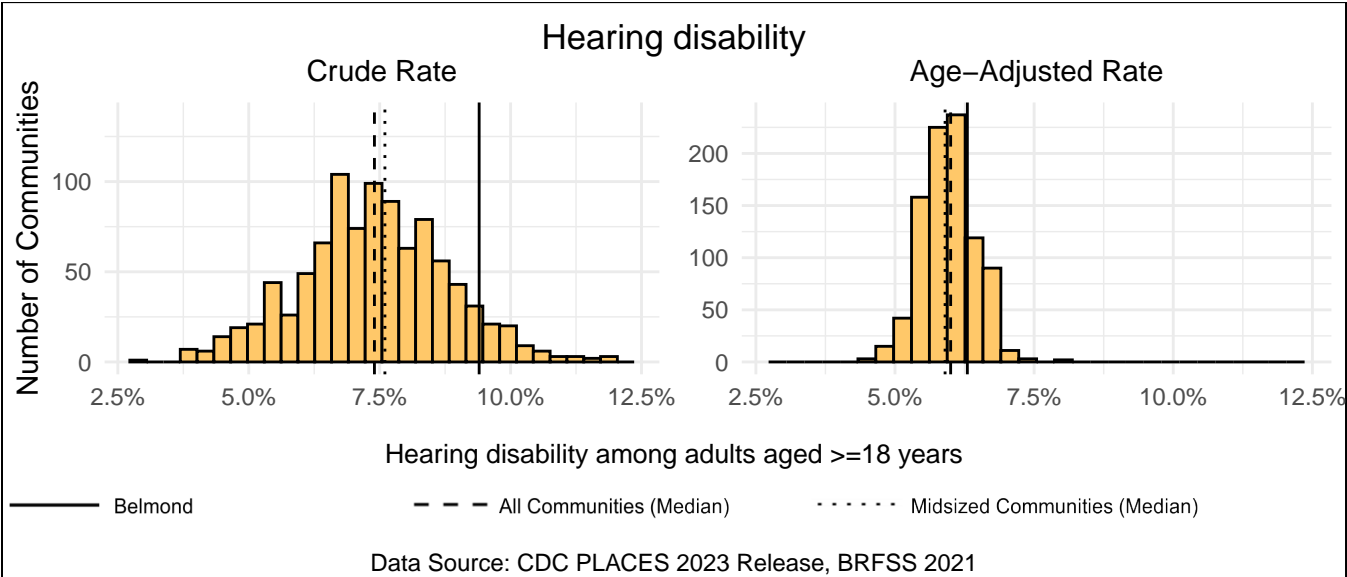
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Belmond has a crude rate of 9.4% for hearing disability among adults aged ≥ 18 years, which ranks 880th out of 958 Iowa communities (100th out of 102 mid-sized communities). The age-adjusted rate for Belmond is 6.3%, which ranks 681st out of 905 Iowa communities (72nd out of 102 mid-sized communities).

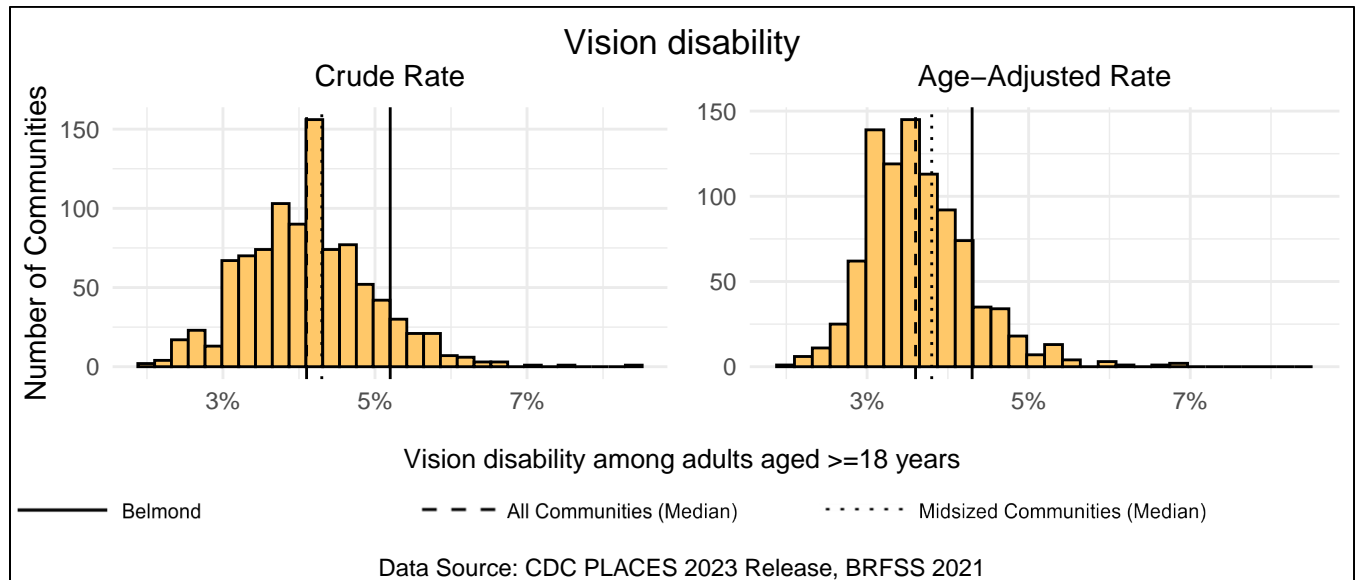
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	9.4%	7.4%	7.6%
Age-Adjusted	6.3%	6.0%	5.9%



Vision disability

Belmond has a crude rate of 5.2% for vision disability among adults aged ≥ 18 years, which ranks 865th out of 958 Iowa communities (79th out of 102 midsize communities). The age-adjusted rate for Belmond is 4.3%, which ranks 766th out of 905 Iowa communities (74th out of 102 midsize communities).

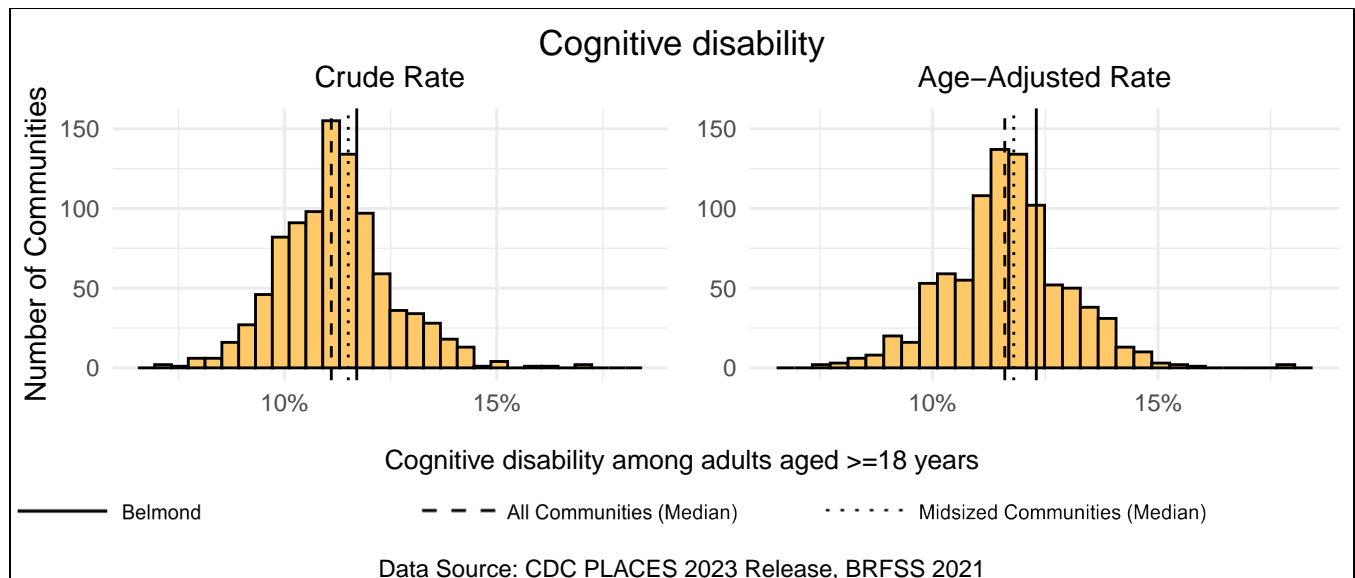
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	5.2%	4.1%	4.3%
Age-Adjusted	4.3%	3.6%	3.8%



Cognitive disability

Belmond has a crude rate of 11.7% for cognitive disability among adults aged ≥ 18 years, which ranks 665th out of 958 Iowa communities (62nd out of 102 midsize communities). The age-adjusted rate for Belmond is 12.3%, which ranks 655th out of 905 Iowa communities (68th out of 102 midsize communities).

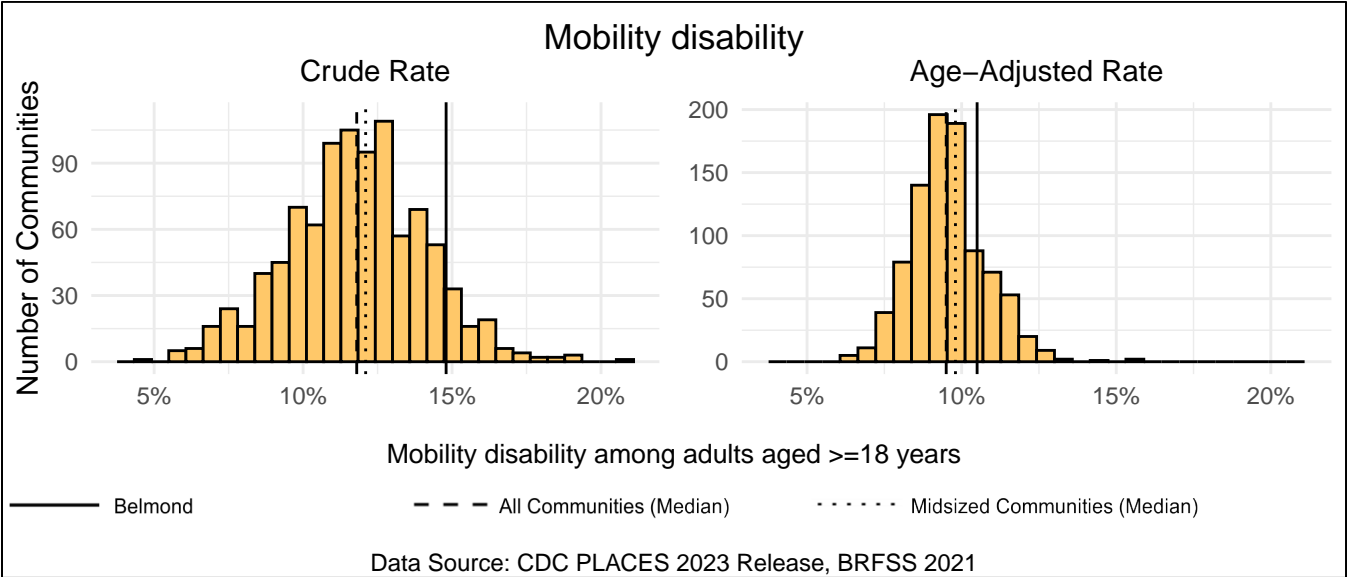
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	11.7%	11.1%	11.5%
Age-Adjusted	12.3%	11.6%	11.8%



Mobility disability

Belmond has a crude rate of 14.8% for mobility disability among adults aged ≥ 18 years, which ranks 873rd out of 958 Iowa communities (88th out of 102 midsized communities). The age-adjusted rate for Belmond is 10.5%, which ranks 720th out of 905 Iowa communities (69th out of 102 midsized communities).

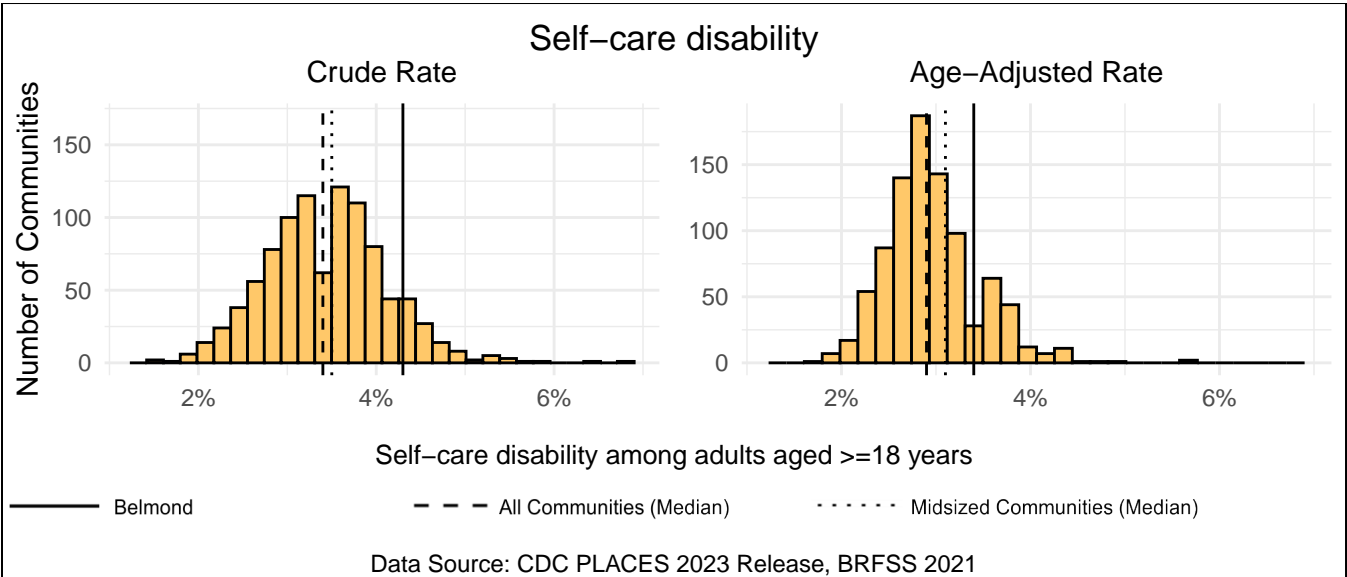
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	14.8%	11.8%	12.1%
Age-Adjusted	10.5%	9.5%	9.8%



Self-care disability

Belmond has a crude rate of 4.3% for self-care disability among adults aged ≥ 18 years, which ranks 852nd out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Belmond is 3.4%, which ranks 735th out of 905 Iowa communities (71st out of 102 midsized communities).

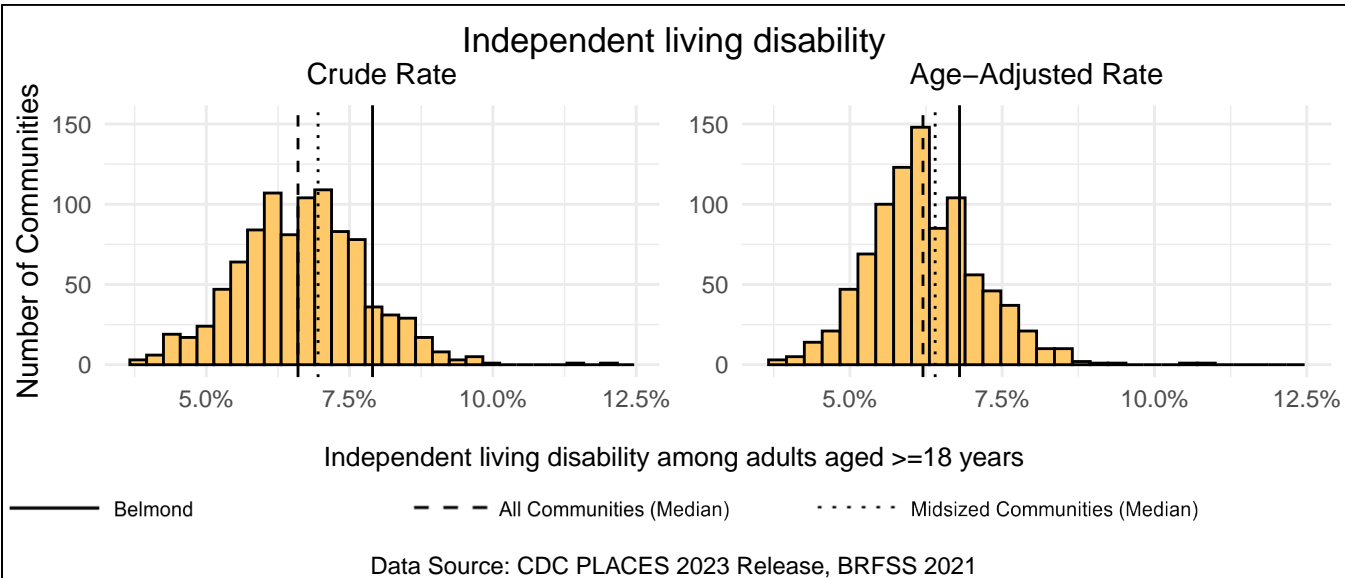
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	4.3%	3.4%	3.5%
Age-Adjusted	3.4%	2.9%	3.1%



Independent living disability

Belmond 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 Belmond is 6.8%, which ranks 695th out of 905 Iowa communities (67th out of 102 mid-sized communities).

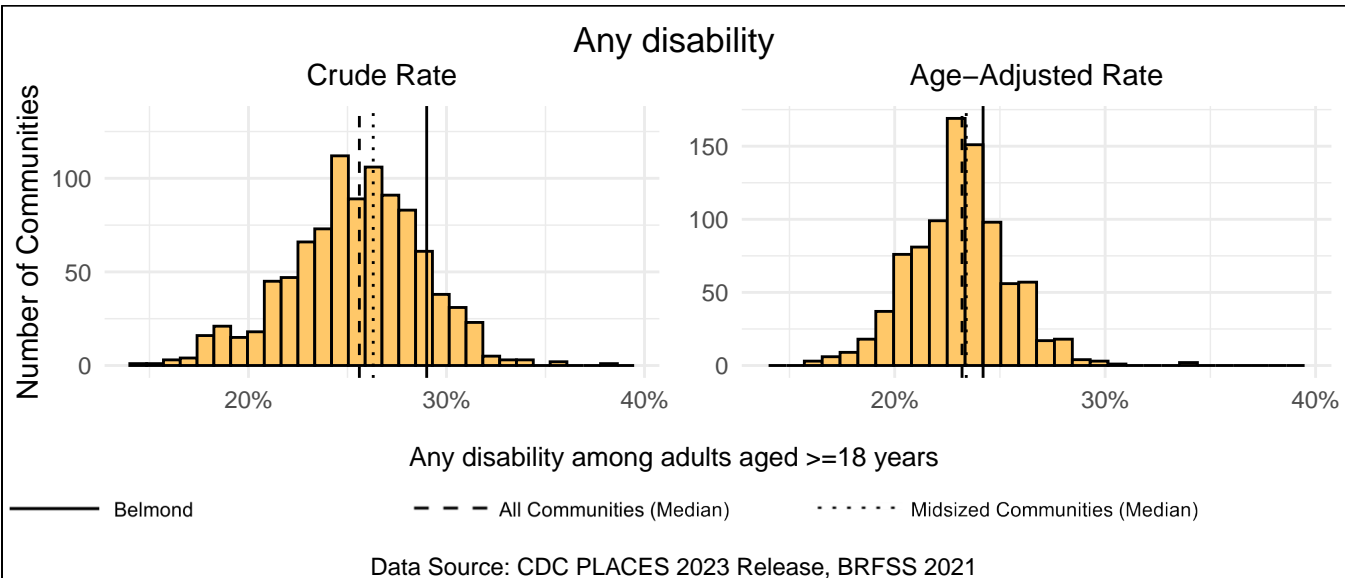
Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	7.9%	6.6%	7.0%
Age-Adjusted	6.8%	6.2%	6.4%



Any disability

Belmond has a crude rate of 29.0% for any disability among adults aged ≥ 18 years, which ranks 833rd out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Belmond is 24.2%, which ranks 650th out of 905 Iowa communities (66th out of 102 mid-sized communities).

Measure Type	Belmond	All Comm.	Midsized Comm.
Crude	29.0%	25.6%	26.3%
Age-Adjusted	24.2%	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: Belmond 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	328	13.9% (12.0% - 16.0%)	596	15.9% (13.8% - 18.1%)
Health Status	General Health	811	16.4% (13.5% - 19.5%)	721	14.1% (11.9% - 16.5%)
Health Status	Physical Health	811	12.0% (10.4% - 14.0%)	707	10.4% (8.8% - 12.0%)
Health Risk Behaviors	Current Smoking	286	15.9% (13.0% - 19.4%)	474	17.7% (14.2% - 21.5%)
Health Risk Behaviors	Sleep <7 hours	521	30.5% (28.9% - 31.9%)	679	32.1% (30.5% - 33.6%)
Health Risk Behaviors	Physical Inactivity	829	29.3% (24.4% - 35.1%)	726	26.3% (21.8% - 31.3%)
Health Risk Behaviors	Binge Drinking	45	16.4% (13.6% - 19.8%)	58	20.3% (16.9% - 24.3%)
Health Outcomes	Arthritis	827	31.2% (26.9% - 36.0%)	631	23.8% (20.2% - 27.7%)
Health Outcomes	Obesity	650	38.7% (31.3% - 46.7%)	764	39.9% (32.5% - 48.0%)
Health Outcomes	Current Asthma	311	9.2% (8.1% - 10.5%)	513	9.6% (8.4% - 10.8%)
Health Outcomes	Coronary Heart Disease	875	8.2% (7.1% - 9.4%)	674	5.3% (4.6% - 6.0%)
Health Outcomes	High Cholesterol	704	37.9% (33.0% - 43.1%)	379	29.6% (25.3% - 34.3%)
Health Outcomes	All Teeth Lost	739	14.5% (9.1% - 21.6%)	605	13.6% (9.2% - 18.7%)
Health Outcomes	High Blood Pressure	803	35.7% (31.3% - 40.2%)	602	27.9% (24.2% - 31.9%)
Health Outcomes	Diabetes	852	11.9% (10.1% - 14.1%)	760	9.1% (7.8% - 10.6%)
Health Outcomes	Depression	169	17.1% (14.0% - 20.7%)	368	18.9% (15.5% - 22.7%)
Health Outcomes	Cancer (except skin)	841	9.6% (8.6% - 10.7%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Stroke	867	4.1% (3.5% - 4.8%)	569	2.7% (2.4% - 3.1%)
Health Outcomes	Chronic Kidney Disease	867	3.9% (3.5% - 4.4%)	762	2.8% (2.5% - 3.0%)
Health Outcomes	COPD	770	8.5% (6.9% - 10.2%)	620	6.6% (5.6% - 7.7%)
Prevention	Dental Visit	700	64.9% (61.5% - 68.1%)	695	63.9% (60.6% - 66.9%)
Prevention	Core preventive services for older men	592	42.6% (33.5% - 52.3%)	479	43.2% (35.4% - 51.7%)
Prevention	Health Insurance	841	8.9% (7.1% - 10.8%)	819	9.6% (7.7% - 11.8%)
Prevention	Cholesterol Screening	207	84.0% (81.3% - 86.5%)	470	79.0% (75.7% - 82.3%)
Prevention	Taking BP Medication	112	82.7% (79.7% - 85.4%)	179	59.6% (54.8% - 64.6%)
Prevention	Colorectal Cancer Screening	720	70.0% (66.6% - 73.1%)	578	70.2% (66.8% - 73.2%)

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% (80.3% - 85.2%)	519	83.0% (80.8% - 85.3%)
Prevention	Annual Checkup	111	77.5% (73.0% - 81.8%)	259	73.1% (68.1% - 78.0%)
Prevention	Mammography	554	75.8% (71.7% - 79.7%)	628	72.9% (68.6% - 77.2%)
Prevention	Core preventive services for older women	451	39.3% (31.1% - 47.8%)	185	43.3% (35.6% - 50.8%)
Disability	Hearing Disability	880	9.4% (8.2% - 10.8%)	681	6.3% (5.6% - 7.1%)
Disability	Independent Living Disability	835	7.9% (6.5% - 9.4%)	695	6.8% (5.8% - 7.9%)
Disability	Vision Disability	865	5.2% (4.3% - 6.3%)	766	4.3% (3.6% - 4.9%)
Disability	Any Disability	833	29.0% (24.7% - 33.6%)	650	24.2% (20.5% - 28.0%)
Disability	Self-care Disability	852	4.3% (3.6% - 5.1%)	735	3.4% (2.9% - 3.9%)
Disability	Mobility Disability	873	14.8% (12.4% - 17.6%)	720	10.5% (8.9% - 12.2%)
Disability	Cognitive Disability	665	11.7% (9.8% - 13.7%)	655	12.3% (10.5% - 14.2%)

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)

Belmond 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
