



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in DeWitt: Overview

Dear Community Members & Stakeholders of DeWitt,

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 DeWitt ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify DeWitt'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 DeWitt. 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	110th	16th	Mammography	70th	17th
Cervical Cancer Screening	170th	23rd	Annual Checkup	98th	13th
Health Insurance	217th	31st	Cervical Cancer Screening	99th	22nd
High Cholesterol	225th	30th	High Cholesterol	133rd	17th
Physical Inactivity	253rd	34th	Cholesterol Screening	139th	27th

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
Binge Drinking	734th	79th	Binge Drinking	774th	85th
Obesity	708th	80th	Obesity	677th	69th
Core preventive services for older men	581st	54th	Core preventive services for older men	516th	56th
Depression	537th	48th	Current Asthma	513th	48th
Taking BP Medication	535th	59th	Taking BP Medication	464th	55th

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 DeWitt.

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

With a population of 5,508, DeWitt’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community’s crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

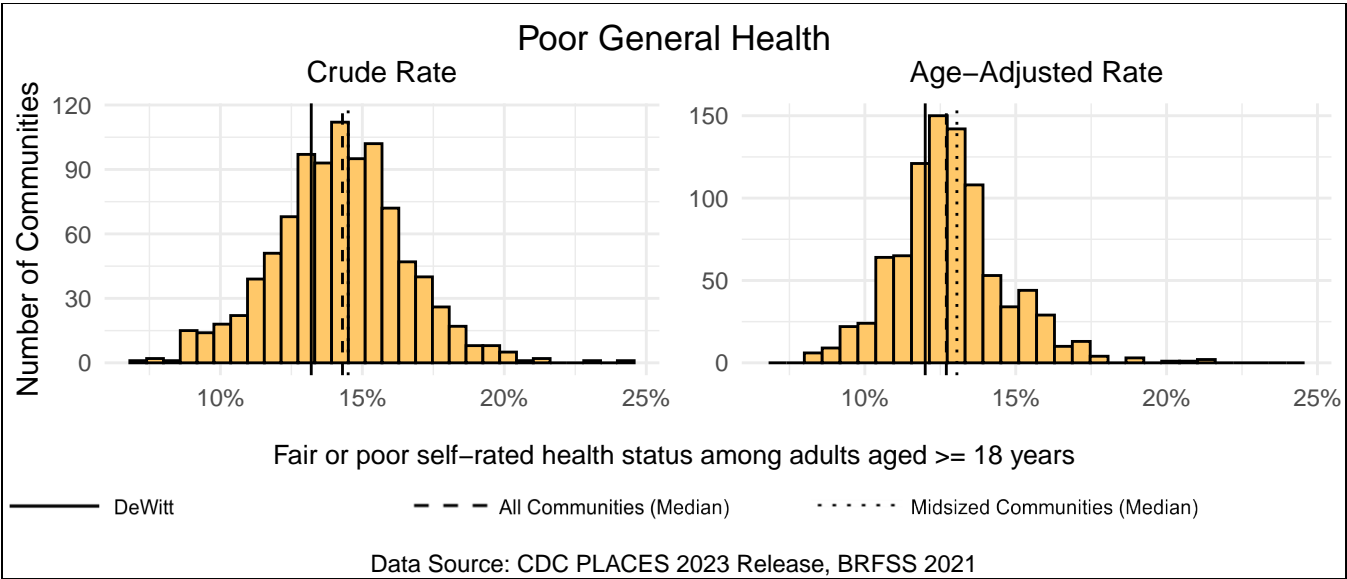
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of “excellent,” “very good,” “good,” “fair,” or “poor,” from which the respondents who answer “fair” or “poor” are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-status/index.html>

Poor General Health

DeWitt has a crude rate of 13.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 292nd out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 12.0%, which ranks 280th out of 905 Iowa communities (37th out of 102 mid-sized communities).

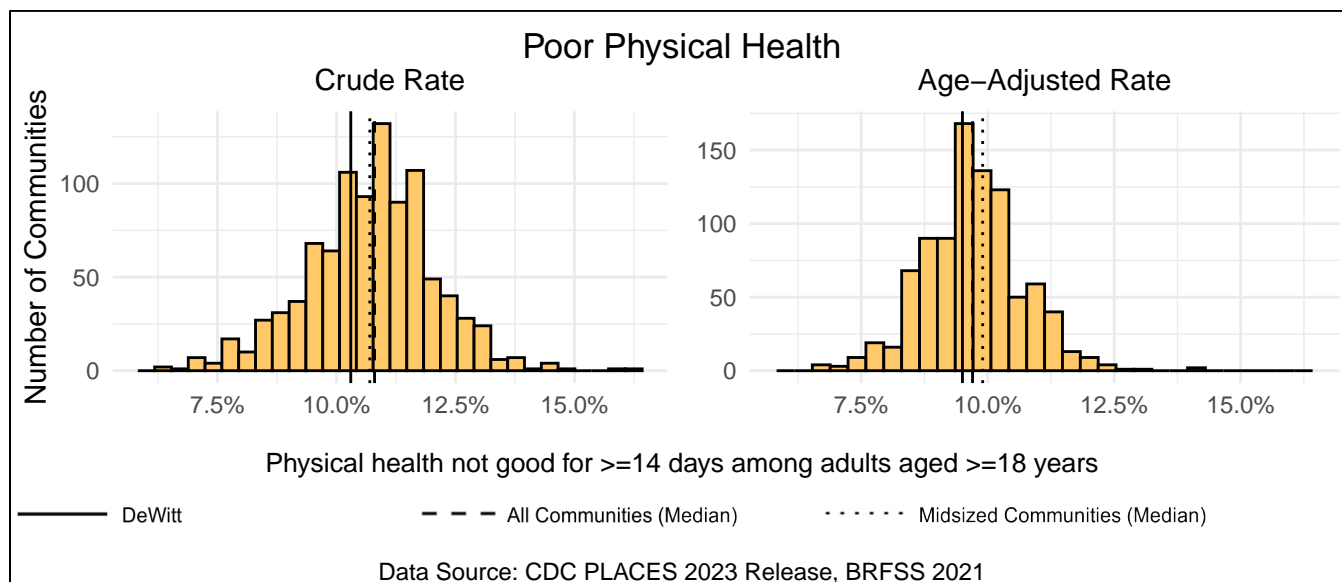
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	13.2%	14.3%	14.5%
Age-Adjusted	12.0%	12.7%	13.0%



Poor Physical Health

DeWitt has a crude rate of 10.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 323rd out of 958 Iowa communities (41st out of 102 midsize communities). The age-adjusted rate for DeWitt is 9.5%, which ranks 342nd out of 905 Iowa communities (41st out of 102 midsize communities).

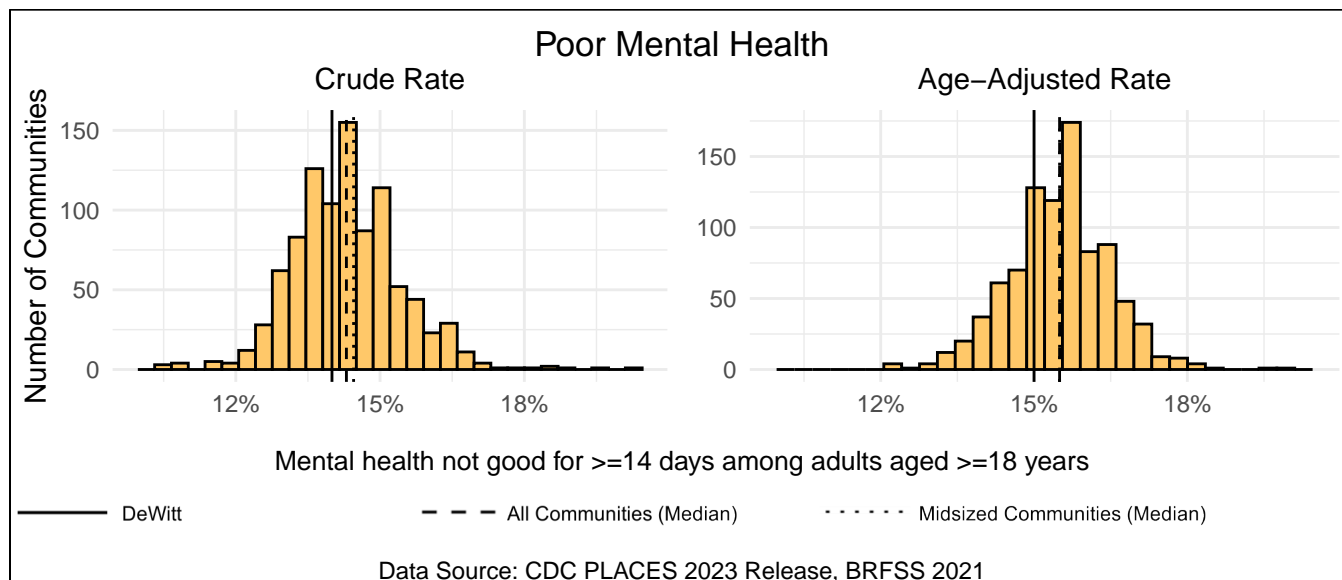
Measure Type	DeWitt	All Comm.	Midsize Comm.
Crude	10.3%	10.8%	10.7%
Age-Adjusted	9.5%	9.7%	9.9%



Poor Mental Health

DeWitt has a crude rate of 14.0% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (33rd out of 102 midsize communities). The age-adjusted rate for DeWitt is 15.0%, which ranks 241st out of 905 Iowa communities (35th out of 102 midsize communities).

Measure Type	DeWitt	All Comm.	Midsize Comm.
Crude	14.0%	14.3%	14.4%
Age-Adjusted	15.0%	15.5%	15.5%



Health Risk Behaviors

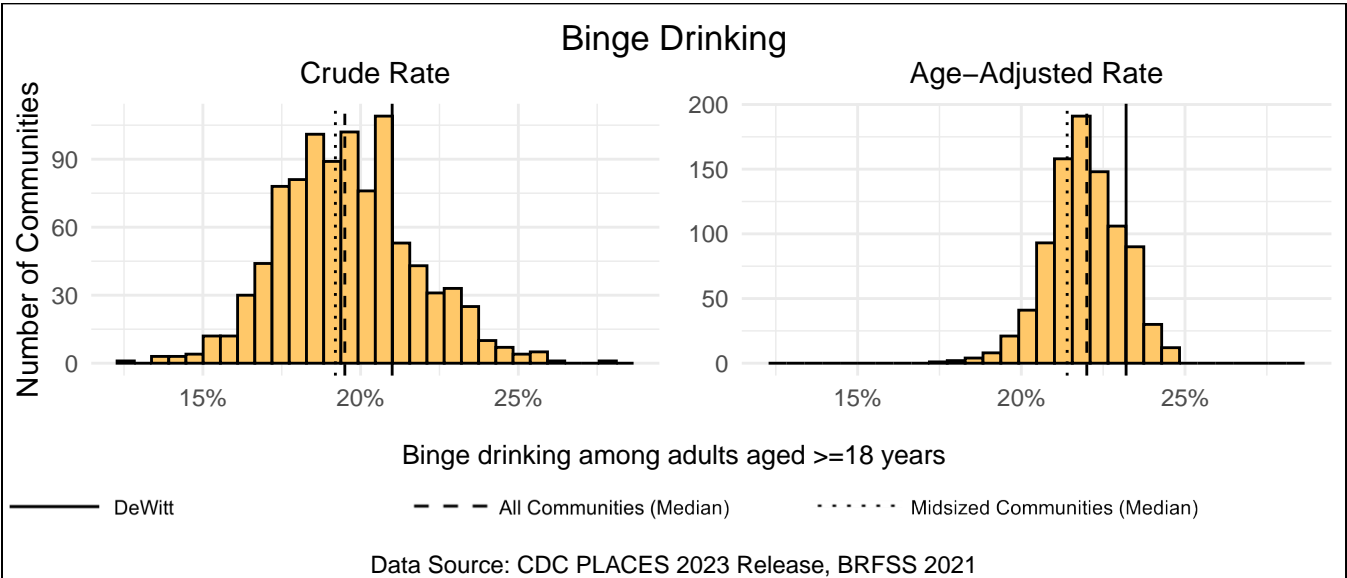
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

DeWitt has a crude rate of 21.0% for binge drinking among adults aged ≥ 18 years, which ranks 734th out of 958 Iowa communities (79th out of 102 midsize communities). The age-adjusted rate for DeWitt is 23.2%, which ranks 774th out of 905 Iowa communities (85th out of 102 midsize communities).

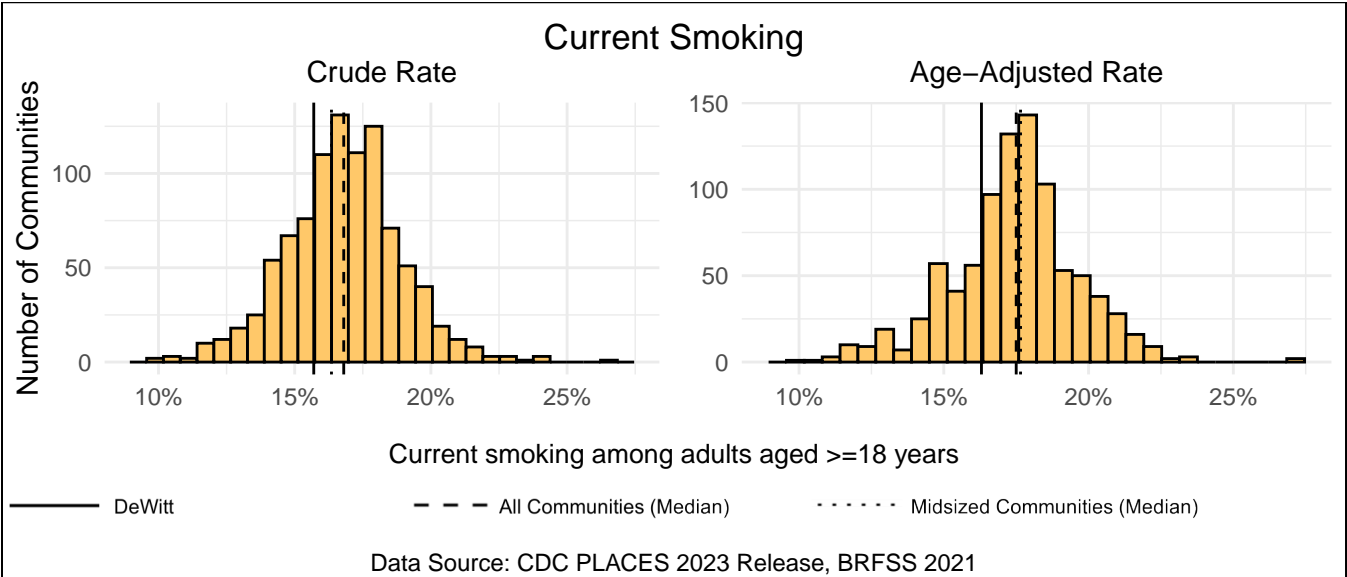
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	21.0%	19.5%	19.2%
Age-Adjusted	23.2%	22.0%	21.4%



Current Smoking

DeWitt has a crude rate of 15.7% for current smoking among adults aged >=18 years, which ranks 256th out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 16.3%, which ranks 216th out of 905 Iowa communities (37th out of 102 mid-sized communities).

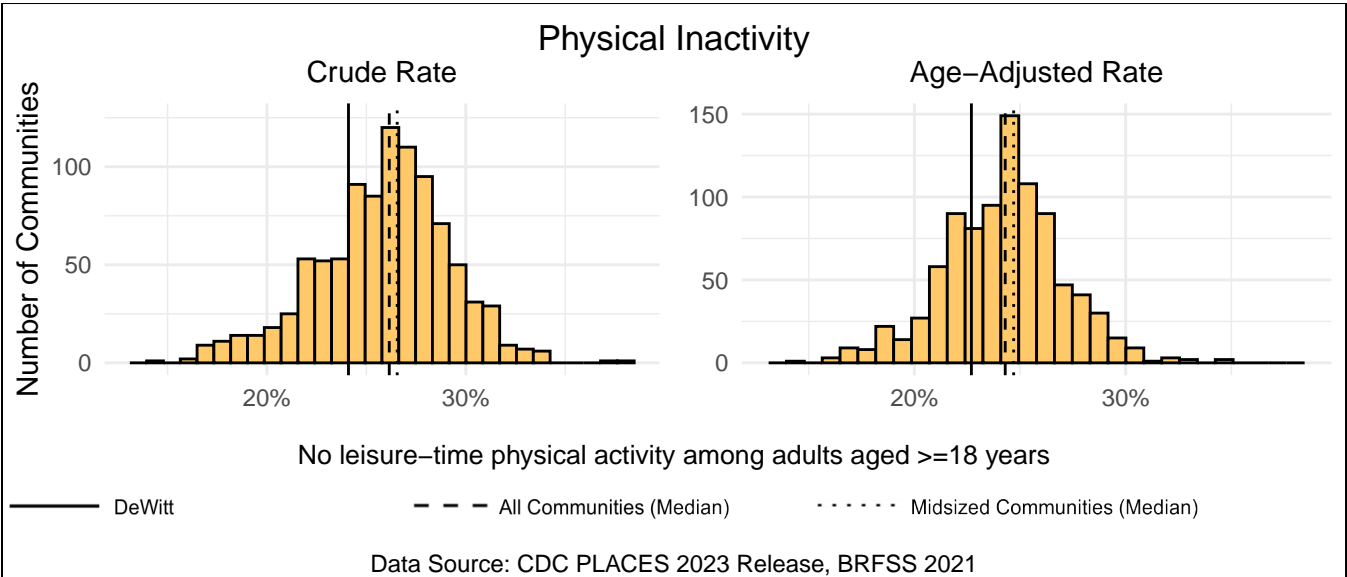
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	15.7%	16.8%	16.4%
Age-Adjusted	16.3%	17.5%	17.6%



Physical Inactivity

DeWitt has a crude rate of 24.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 253rd out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 22.7%, which ranks 255th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

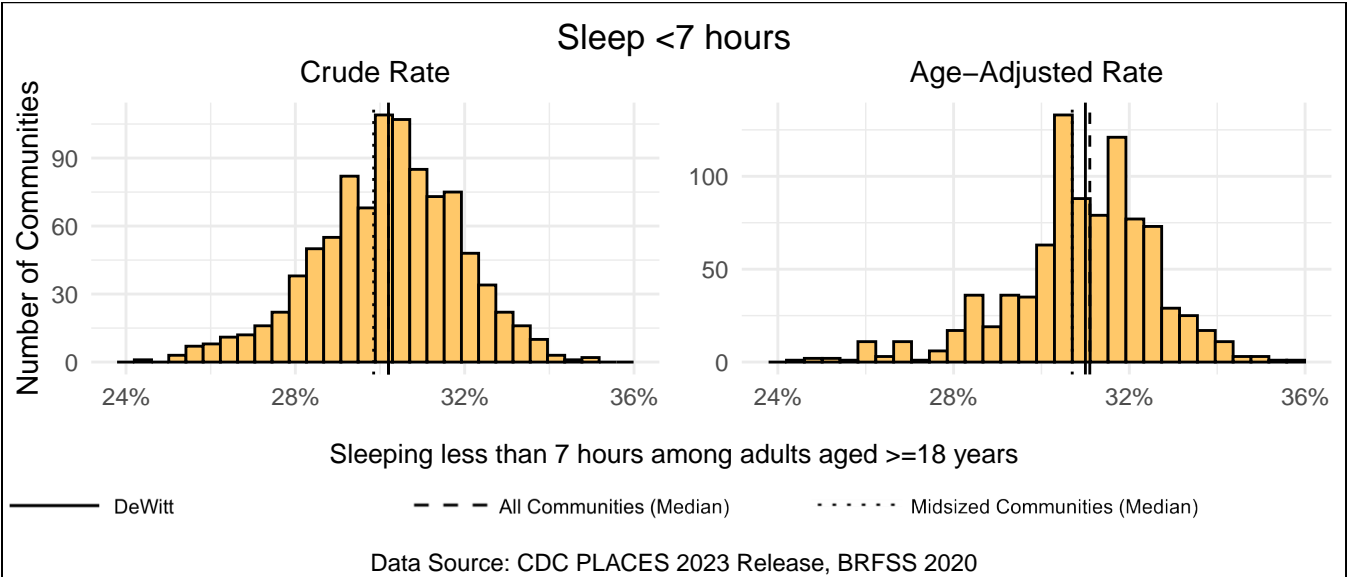
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	24.1%	26.1%	26.6%
Age-Adjusted	22.7%	24.3%	24.7%



Sleep <7 hours

DeWitt has a crude rate of 30.2% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 456th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for DeWitt is 31.0%, which ranks 417th out of 905 Iowa communities (54th out of 102 midsize communities).

Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	30.2%	30.2%	29.8%
Age-Adjusted	31.0%	31.1%	30.7%



Health Outcomes

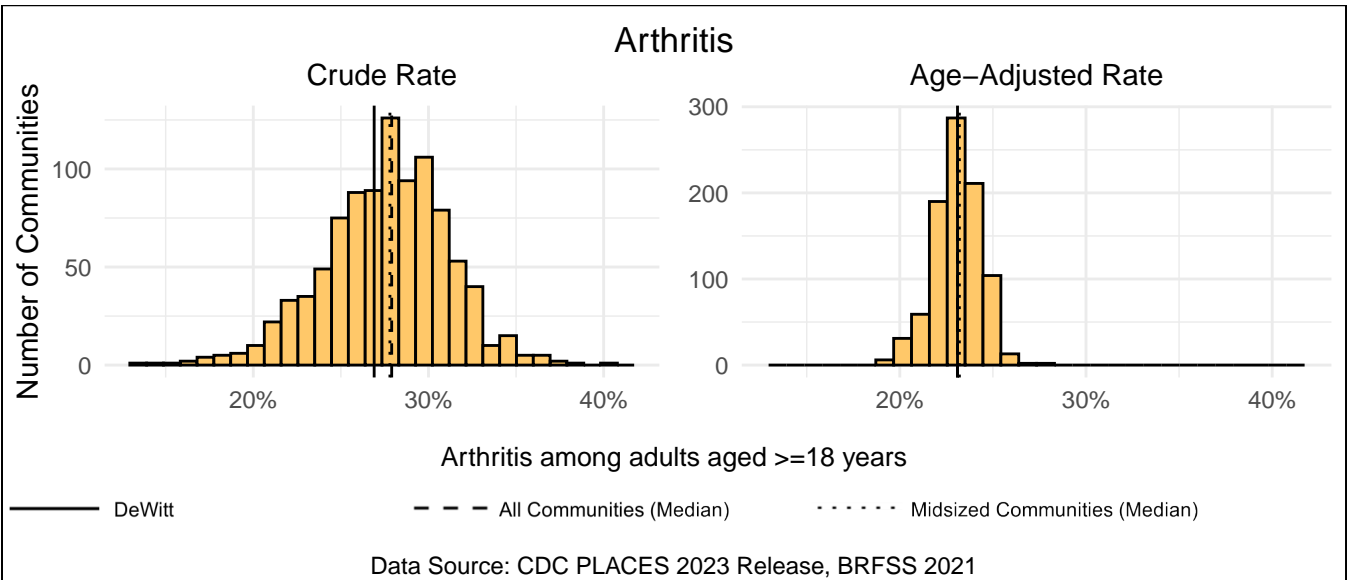
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

DeWitt has a crude rate of 26.9% for arthritis among adults aged ≥ 18 years, which ranks 373rd out of 958 Iowa communities (40th out of 102 midsized communities). The age-adjusted rate for DeWitt is 23.1%, which ranks 426th out of 905 Iowa communities (48th out of 102 midsized communities).

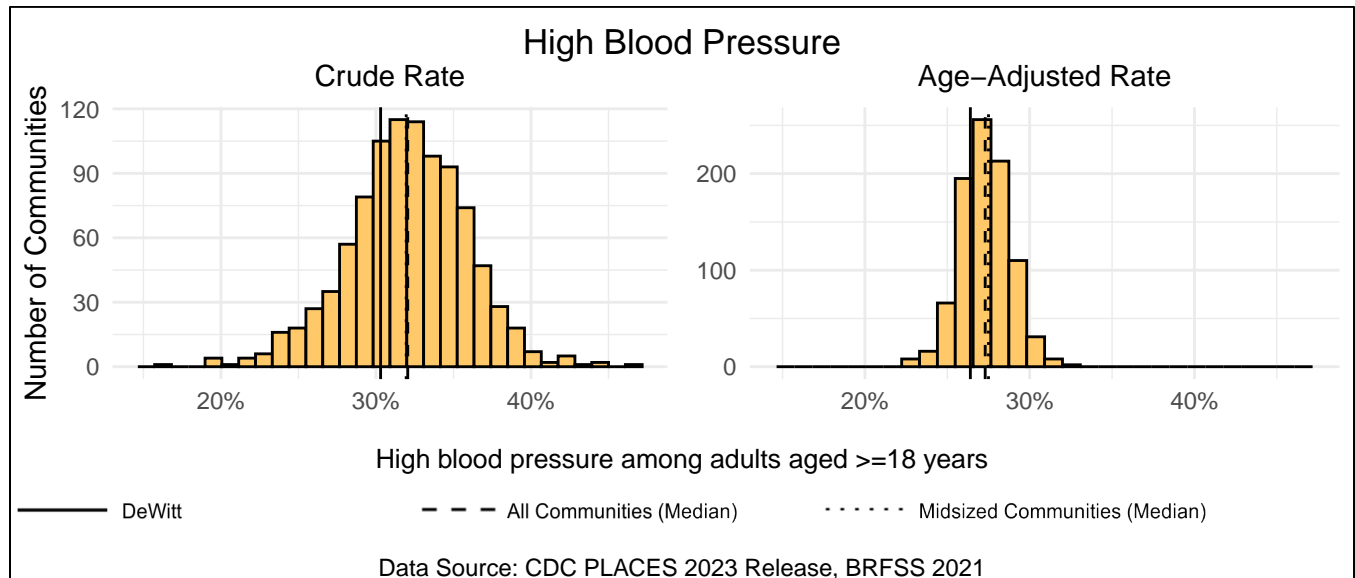
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	26.9%	27.9%	27.8%
Age-Adjusted	23.1%	23.1%	23.2%



High Blood Pressure

DeWitt has a crude rate of 30.3% for high blood pressure among adults aged ≥ 18 years, which ranks 286th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 26.4%, which ranks 244th out of 905 Iowa communities (28th out of 102 mid-sized communities).

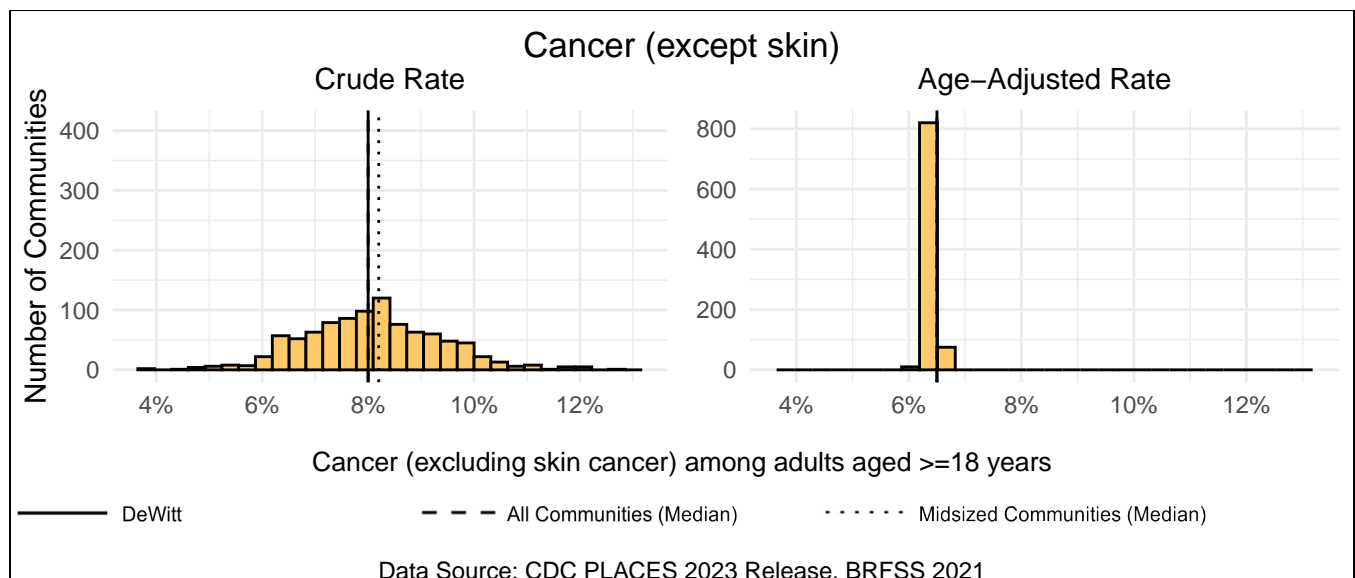
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	30.3%	32.0%	32.0%
Age-Adjusted	26.4%	27.3%	27.5%



Cancer (except skin)

DeWitt has a crude rate of 8.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 449th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

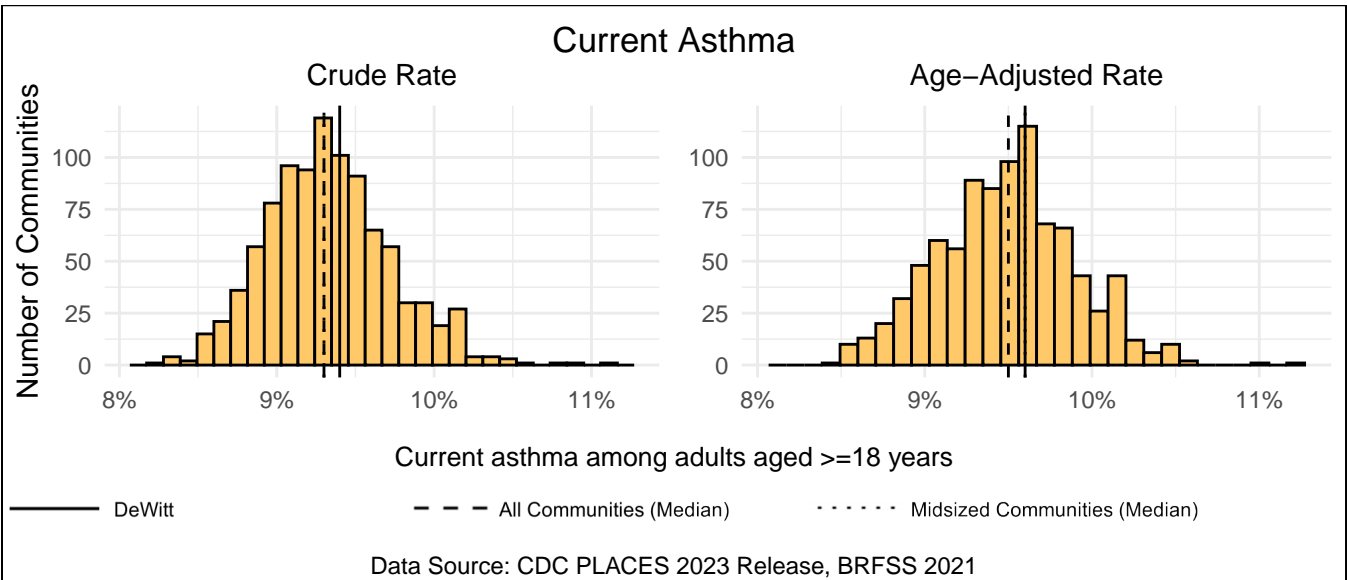
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	8.0%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

DeWitt has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for DeWitt is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

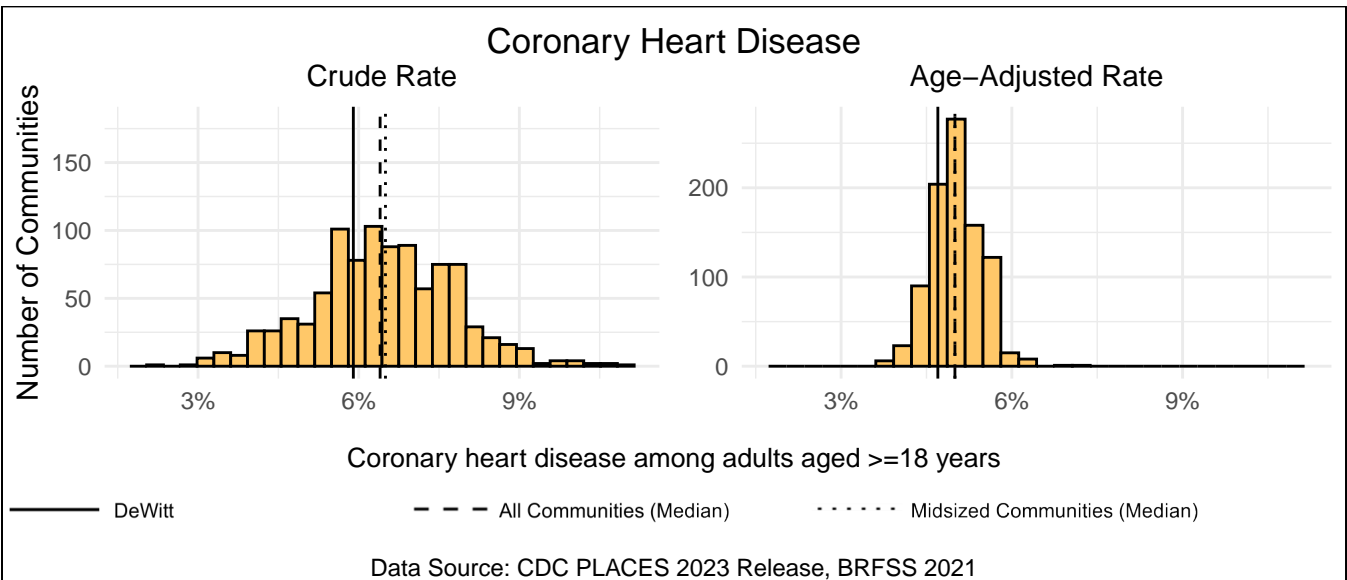
Measure Type	DeWitt	All Comm.	Midsize Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

DeWitt has a crude rate of 5.9% for coronary heart disease among adults aged ≥ 18 years, which ranks 300th out of 958 Iowa communities (33rd out of 102 midsize communities). The age-adjusted rate for DeWitt is 4.7%, which ranks 187th out of 905 Iowa communities (35th out of 102 midsize communities).

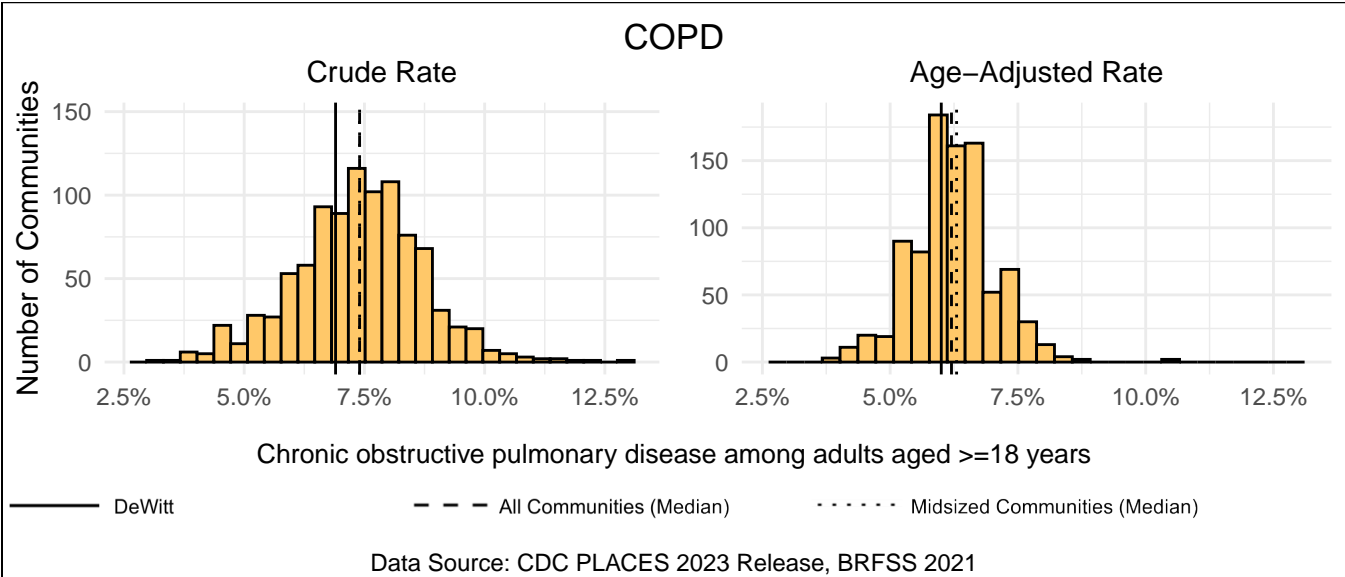
Measure Type	DeWitt	All Comm.	Midsize Comm.
Crude	5.9%	6.4%	6.5%
Age-Adjusted	4.7%	5.0%	5.0%



COPD

DeWitt has a crude rate of 6.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 306th out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for DeWitt is 6.0%, which ranks 305th out of 905 Iowa communities (39th out of 102 midsized communities).

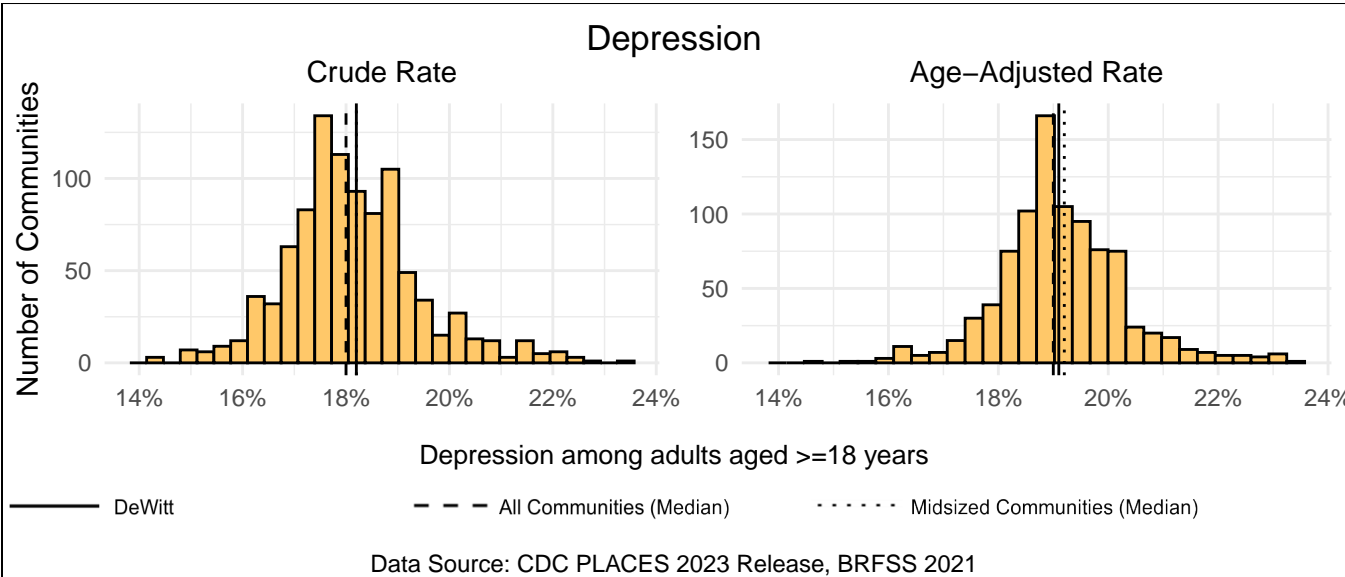
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	6.9%	7.4%	7.4%
Age-Adjusted	6.0%	6.2%	6.3%



Depression

DeWitt 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 midsized communities). The age-adjusted rate for DeWitt is 19.1%, which ranks 457th out of 905 Iowa communities (49th out of 102 midsized communities).

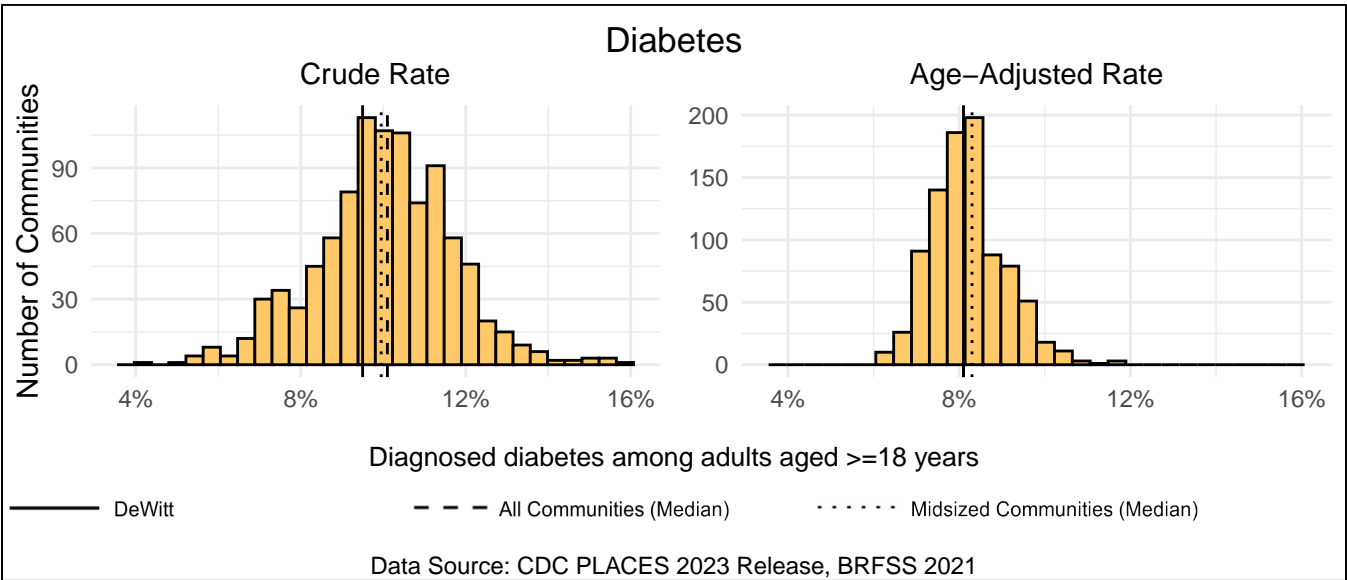
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	18.2%	18.0%	18.2%
Age-Adjusted	19.1%	19.0%	19.2%



Diabetes

DeWitt has a crude rate of 9.5% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 327th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 8.1%, which ranks 401st out of 905 Iowa communities (42nd out of 102 mid-sized communities).

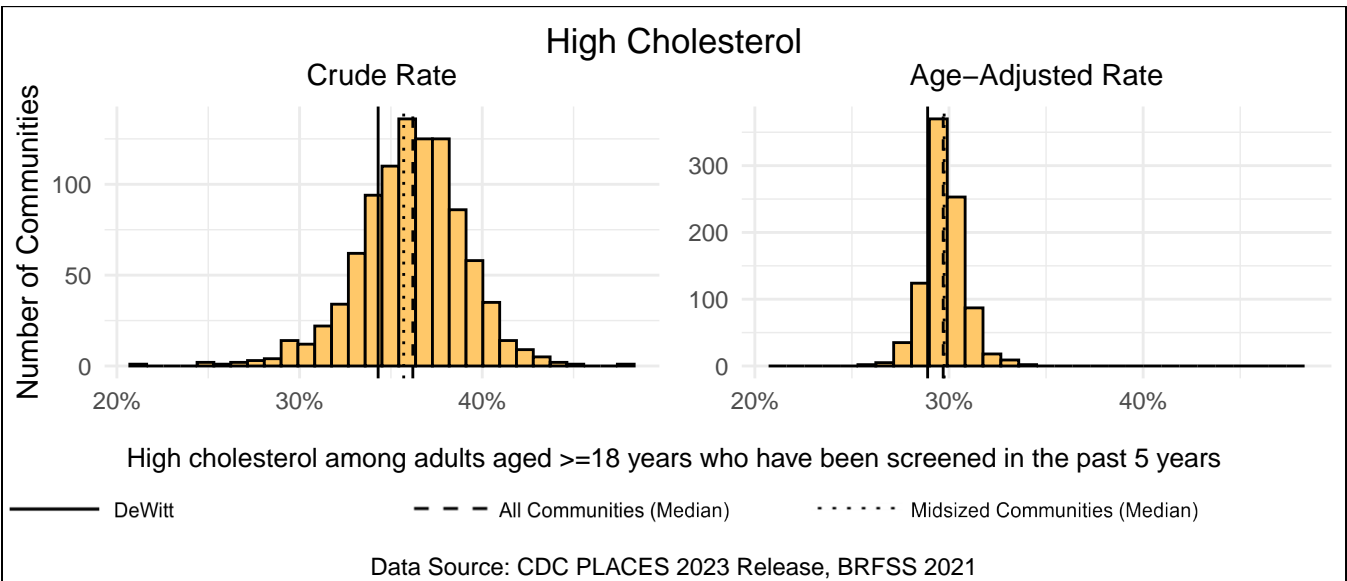
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	9.5%	10.1%	9.9%
Age-Adjusted	8.1%	8.1%	8.3%



High Cholesterol

DeWitt has a crude rate of 34.3% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 225th out of 958 Iowa communities (30th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 28.9%, which ranks 133rd out of 905 Iowa communities (17th out of 102 mid-sized communities).

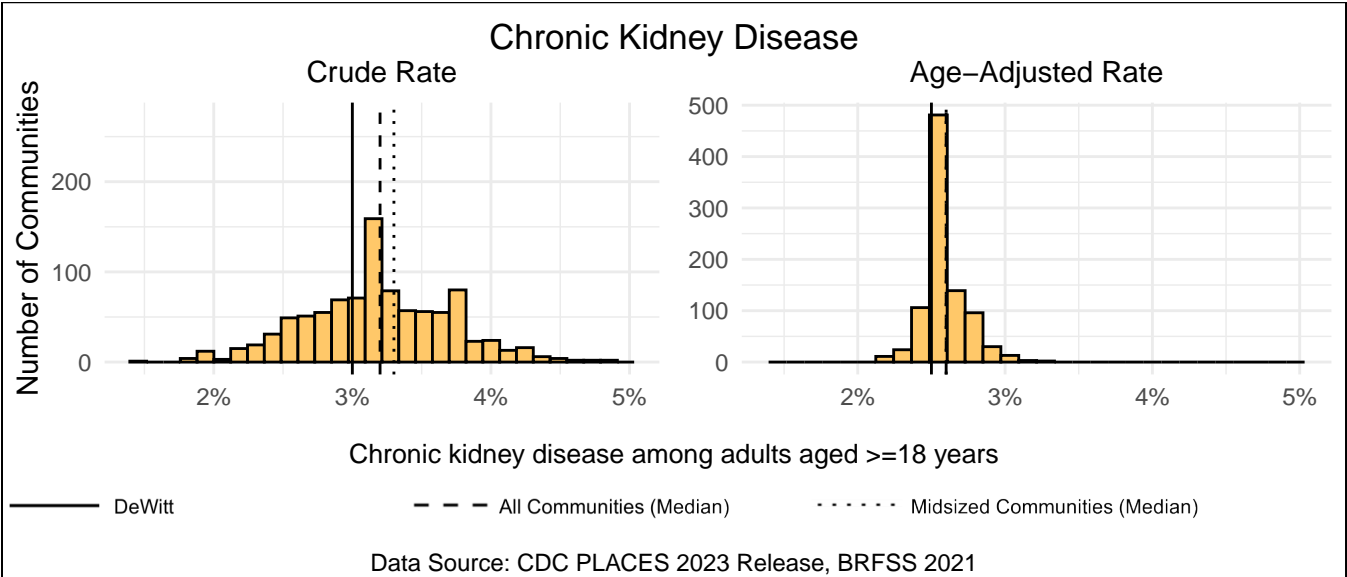
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	34.3%	36.2%	35.7%
Age-Adjusted	28.9%	29.7%	29.8%



Chronic Kidney Disease

DeWitt has a crude rate of 3.0% for chronic kidney disease among adults aged ≥ 18 years, which ranks 310th out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 2.5%, which ranks 142nd out of 905 Iowa communities (27th out of 102 mid-sized communities).

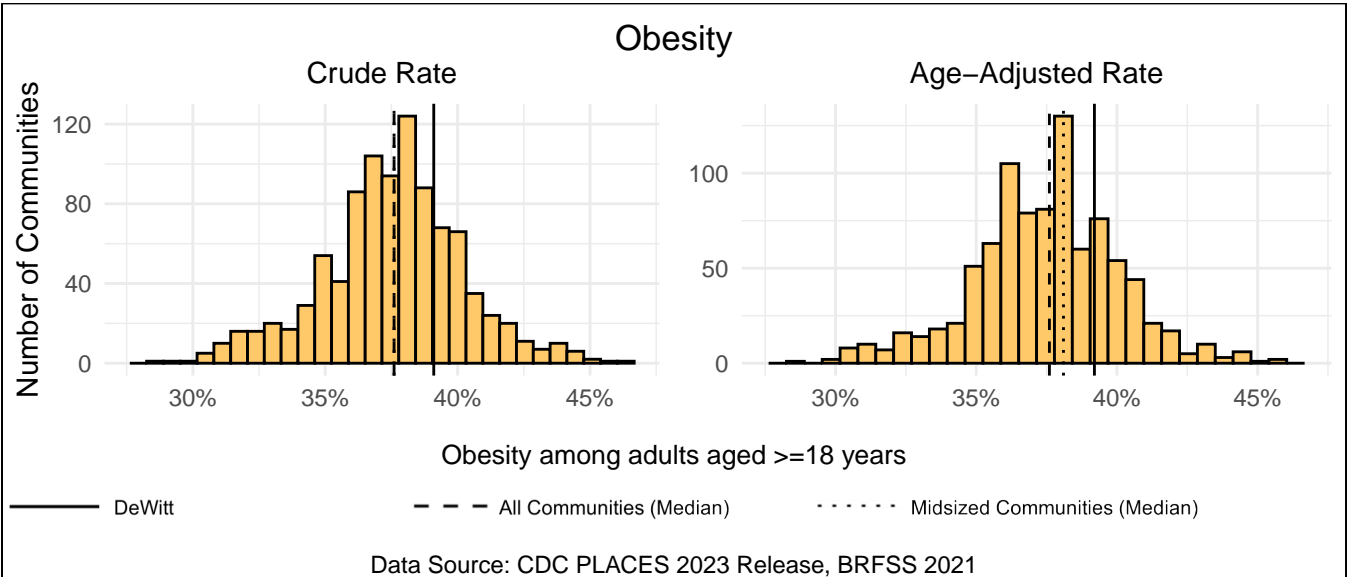
Measure Type	DeWitt	All Comm.	Mid-sized Comm.
Crude	3.0%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

DeWitt has a crude rate of 39.1% for obesity among adults aged ≥ 18 years, which ranks 708th out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 39.2%, which ranks 677th out of 905 Iowa communities (69th out of 102 mid-sized communities).

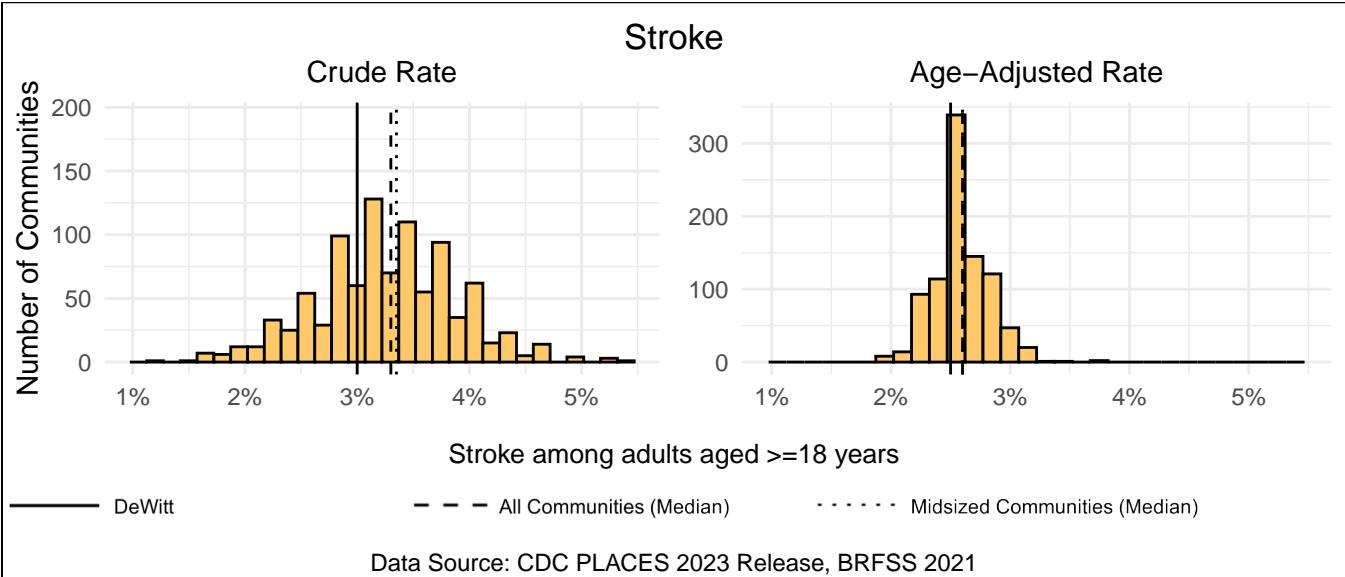
Measure Type	DeWitt	All Comm.	Mid-sized Comm.
Crude	39.1%	37.6%	37.6%
Age-Adjusted	39.2%	37.6%	38.1%



Stroke

DeWitt has a crude rate of 3.0% for stroke among adults aged ≥ 18 years, which ranks 280th out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for DeWitt is 2.5%, which ranks 230th out of 905 Iowa communities (36th out of 102 midsize communities).

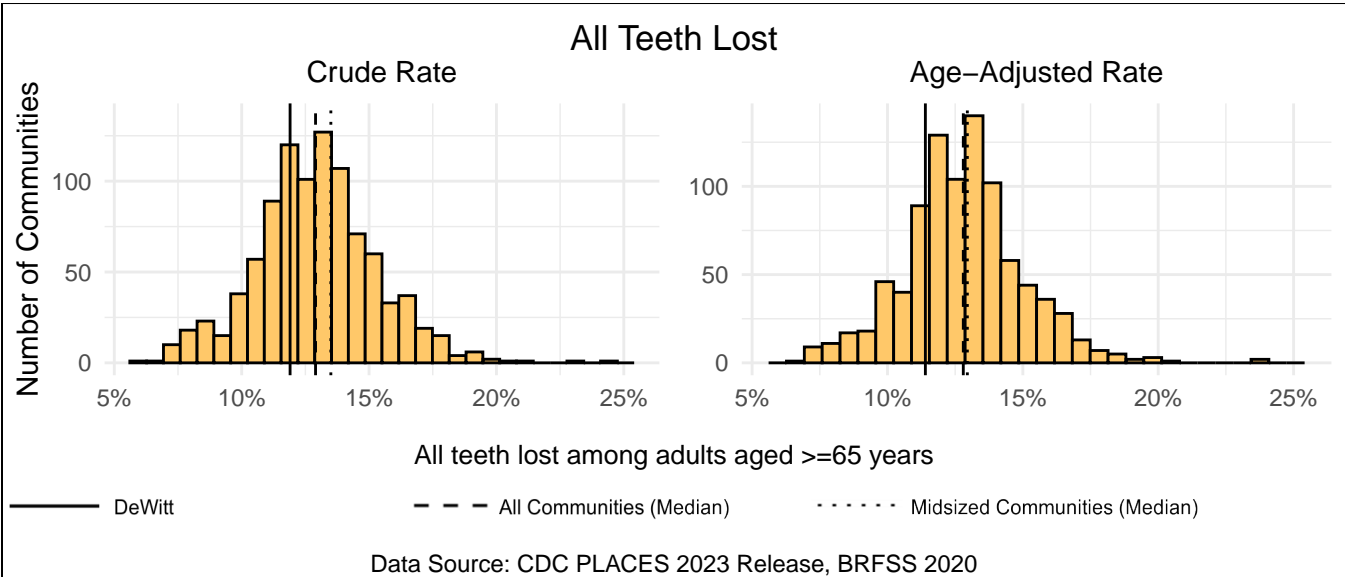
Measure Type	DeWitt	All Comm.	Midsize Comm.
Crude	3.0%	3.3%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



All Teeth Lost

DeWitt has a crude rate of 11.9% for all teeth lost among adults aged ≥ 65 years, which ranks 300th out of 958 Iowa communities (34th out of 102 midsize communities). The age-adjusted rate for DeWitt is 11.4%, which ranks 211th out of 905 Iowa communities (35th out of 102 midsize communities).

Measure Type	DeWitt	All Comm.	Midsize Comm.
Crude	11.9%	12.9%	13.5%
Age-Adjusted	11.4%	12.8%	12.9%



Prevention

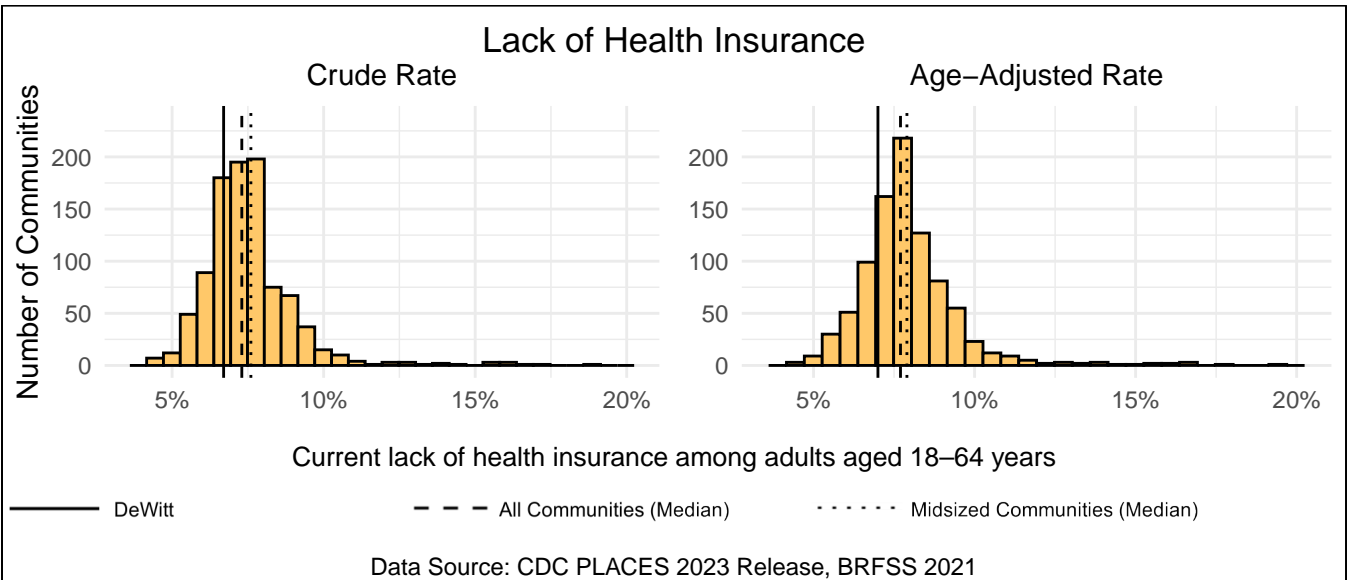
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

DeWitt has a crude rate of 6.7% for current lack of health insurance among adults aged 18–64 years, which ranks 217th out of 958 Iowa communities (31st out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 7.0%, which ranks 193rd out of 905 Iowa communities (32nd out of 102 mid-sized communities).

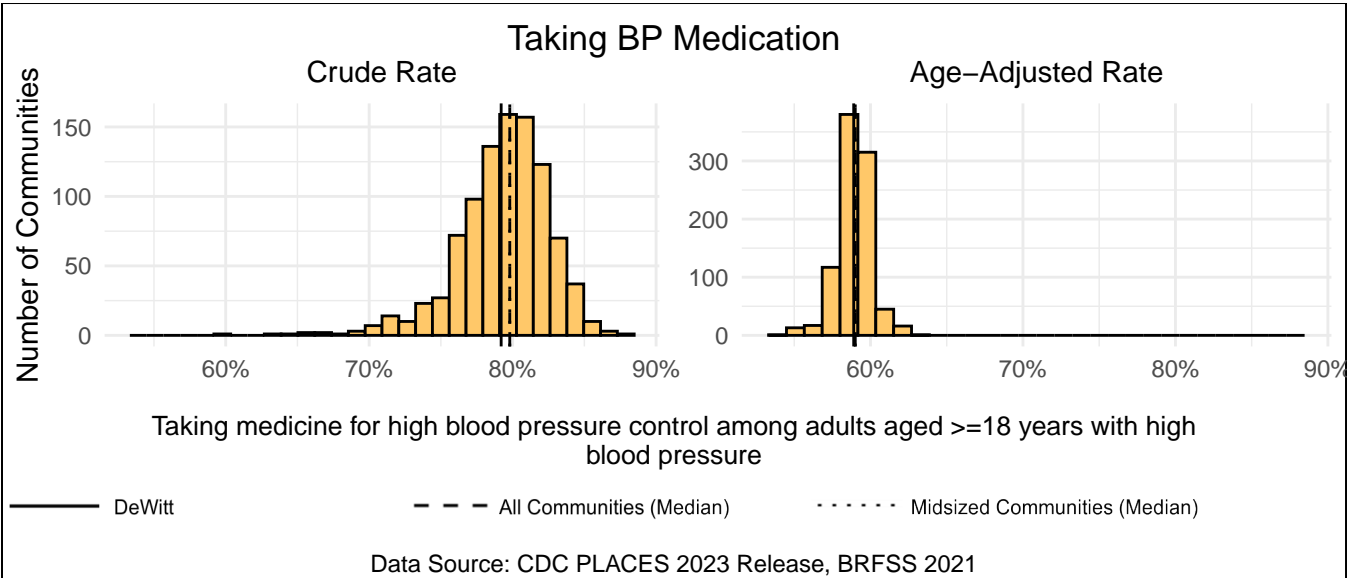
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	6.7%	7.3%	7.6%
Age-Adjusted	7.0%	7.7%	7.9%



Taking BP Medication

DeWitt has a crude rate of 79.2% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 535th out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 58.9%, which ranks 464th out of 905 Iowa communities (55th out of 102 mid-sized communities).

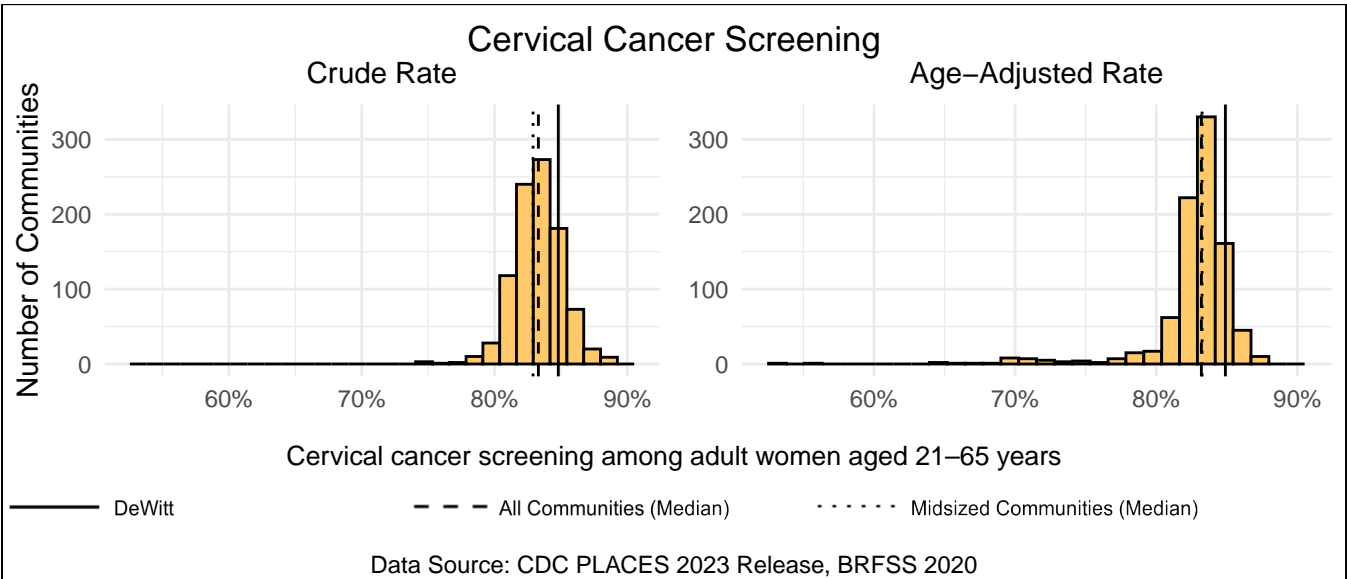
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	79.2%	79.8%	79.8%
Age-Adjusted	58.9%	59.0%	59.0%



Cervical Cancer Screening

DeWitt has a crude rate of 84.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 170th out of 958 Iowa communities (23rd out of 102 midsized communities). The age-adjusted rate for DeWitt is 84.9%, which ranks 99th out of 905 Iowa communities (22nd out of 102 midsized communities).

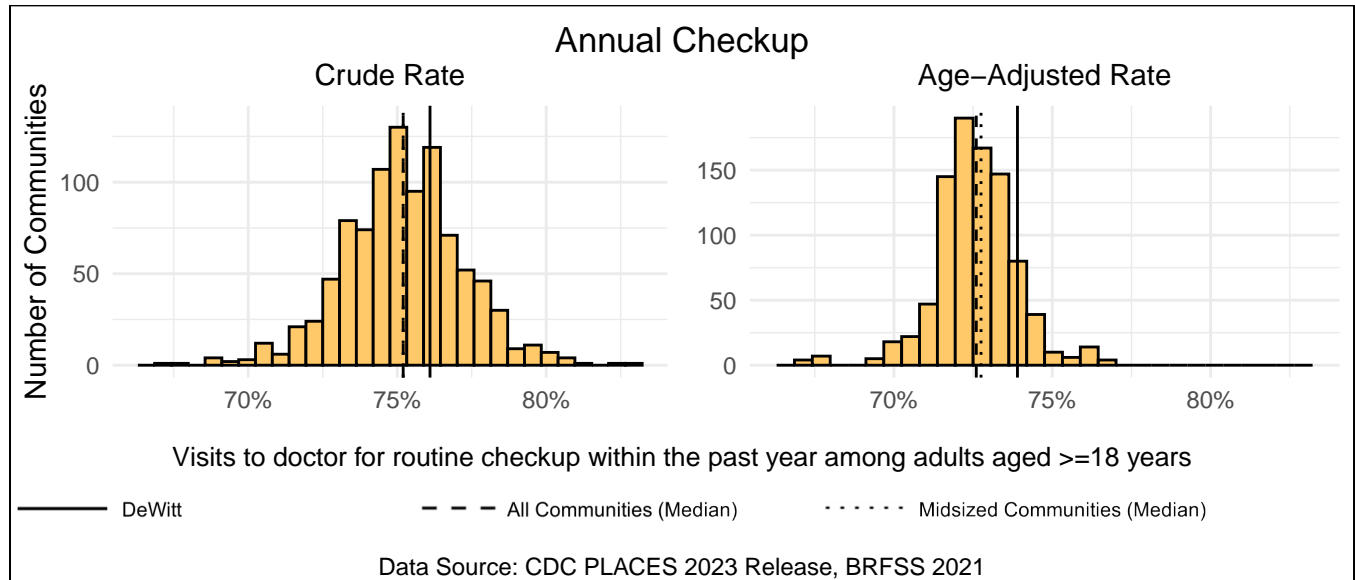
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	84.8%	83.3%	82.9%
Age-Adjusted	84.9%	83.2%	83.2%



Annual Checkup

DeWitt has a crude rate of 76.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 291st out of 958 Iowa communities (25th out of 102 midsize communities). The age-adjusted rate for DeWitt is 73.9%, which ranks 98th out of 905 Iowa communities (13th out of 102 midsize communities).

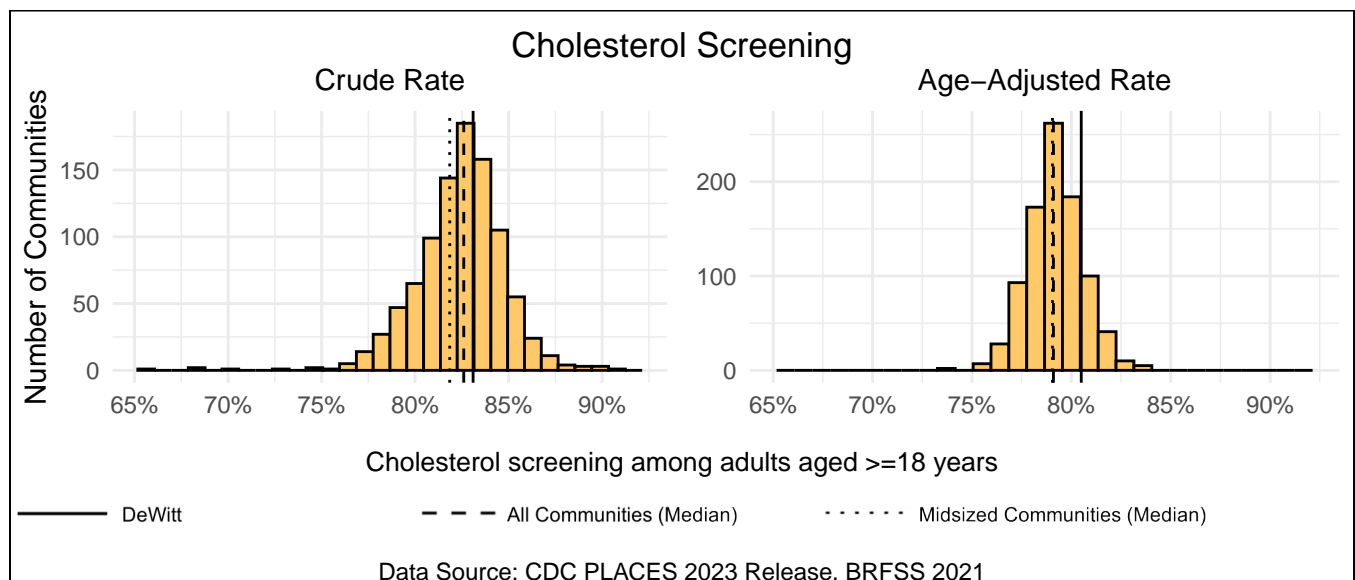
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	76.1%	75.2%	75.2%
Age-Adjusted	73.9%	72.6%	72.8%



Cholesterol Screening

DeWitt has a crude rate of 83.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 365th out of 958 Iowa communities (25th out of 102 midsize communities). The age-adjusted rate for DeWitt is 80.5%, which ranks 139th out of 905 Iowa communities (27th out of 102 midsize communities).

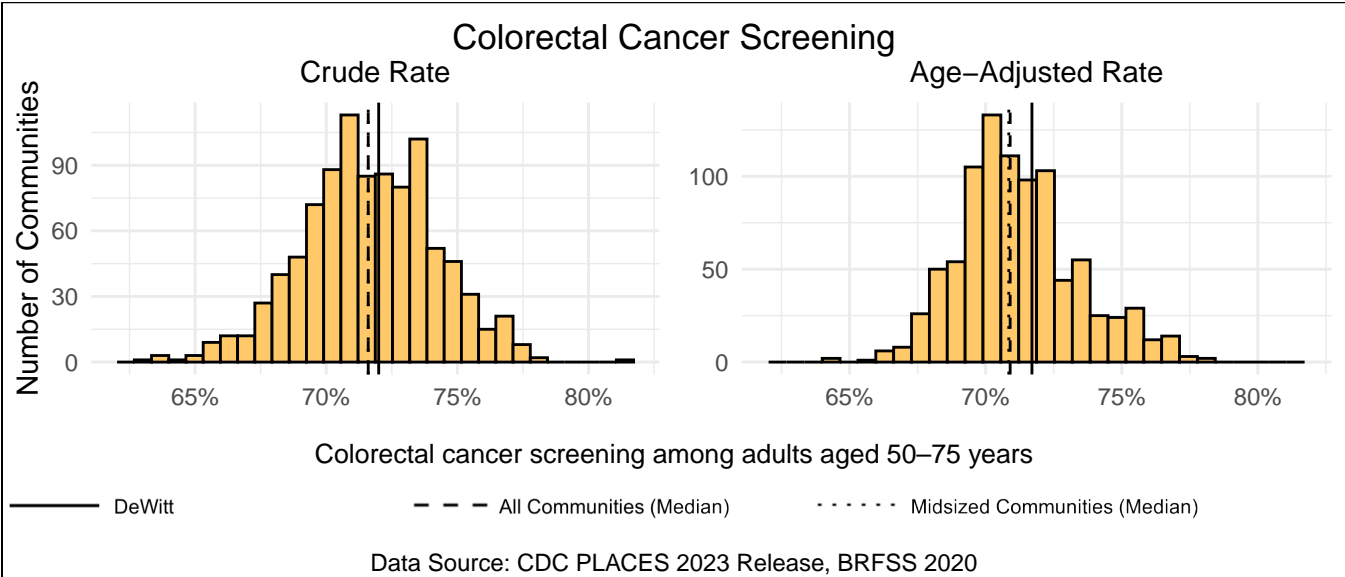
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	83.1%	82.6%	81.8%
Age-Adjusted	80.5%	79.1%	79.0%



Colorectal Cancer Screening

DeWitt has a crude rate of 72.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 411th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 71.7%, which ranks 326th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

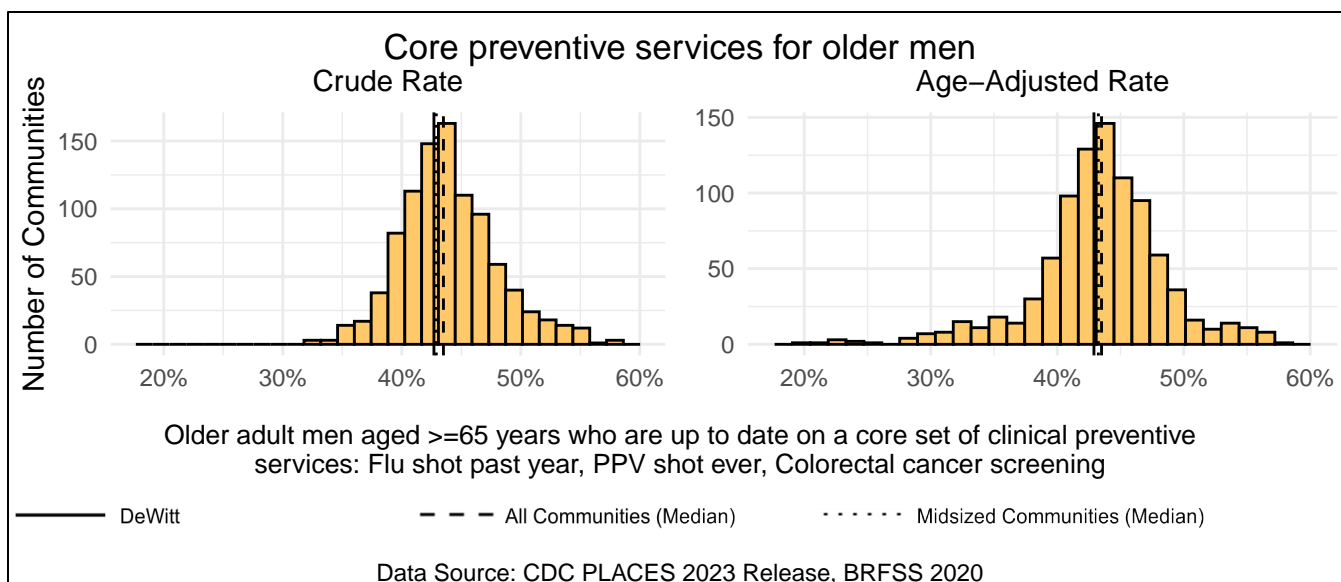
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	72.0%	71.6%	71.6%
Age-Adjusted	71.7%	70.9%	70.8%



Core preventive services for older men

DeWitt has a crude rate of 42.7% 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 581st out of 958 Iowa communities (54th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 42.9%, which ranks 516th out of 905 Iowa communities (56th out of 102 mid-sized communities).

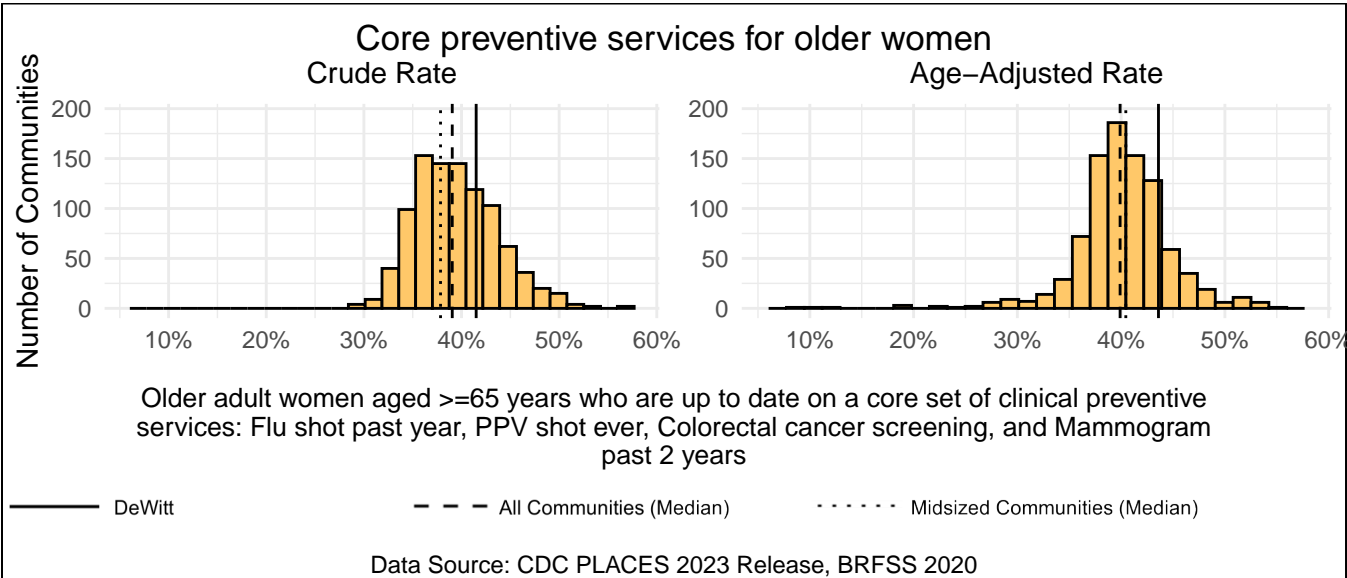
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	42.7%	43.5%	42.9%
Age-Adjusted	42.9%	43.5%	43.2%



Core preventive services for older women

DeWitt has a crude rate of 41.5% 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 285th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 43.6%, which ranks 164th out of 905 Iowa communities (25th out of 102 mid-sized communities).

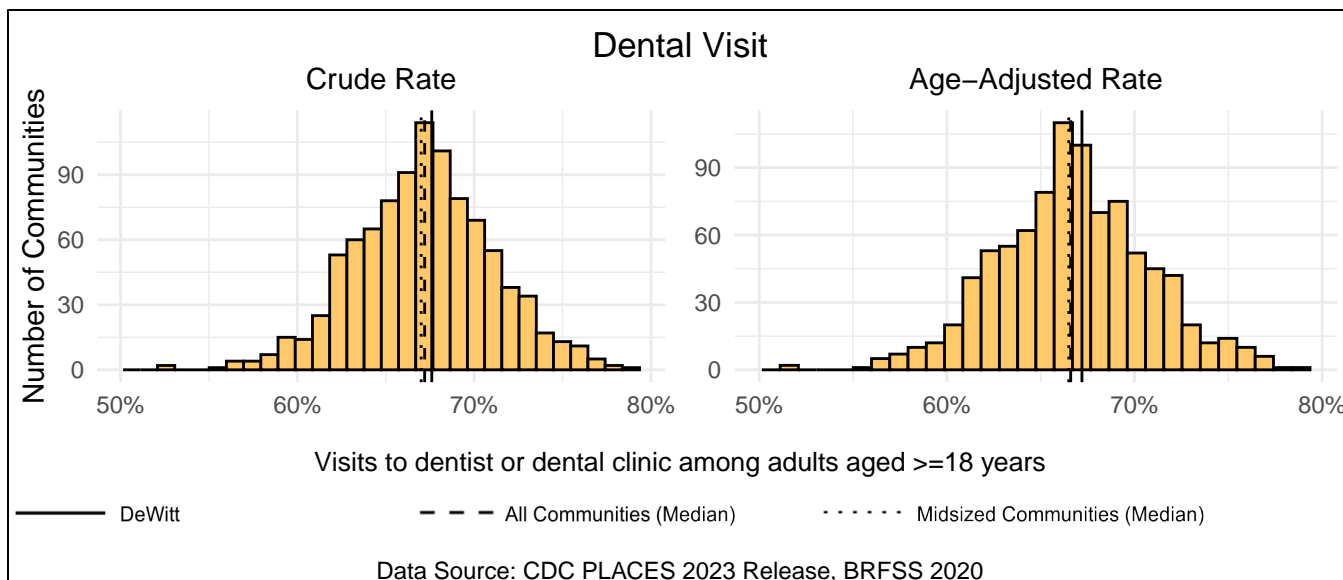
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	41.5%	39.0%	37.8%
Age-Adjusted	43.6%	39.9%	40.4%



Dental Visit

DeWitt has a crude rate of 67.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 426th out of 958 Iowa communities (47th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 67.2%, which ranks 390th out of 905 Iowa communities (44th out of 102 mid-sized communities).

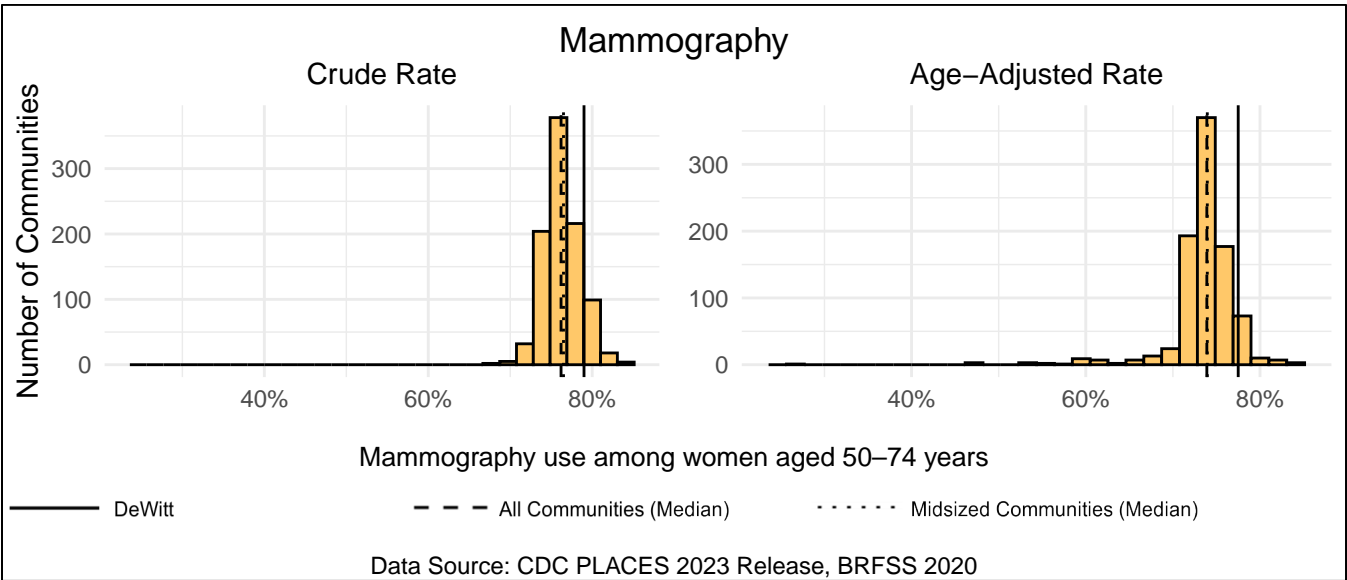
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	67.6%	67.2%	67.0%
Age-Adjusted	67.2%	66.6%	66.5%



Mammography

DeWitt has a crude rate of 79.0% for mammography use among women aged 50–74 years, which ranks 110th out of 958 Iowa communities (16th out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 77.5%, which ranks 70th out of 905 Iowa communities (17th out of 102 mid-sized communities).

Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	79.0%	76.2%	76.5%
Age-Adjusted	77.5%	73.9%	74.0%



Disability

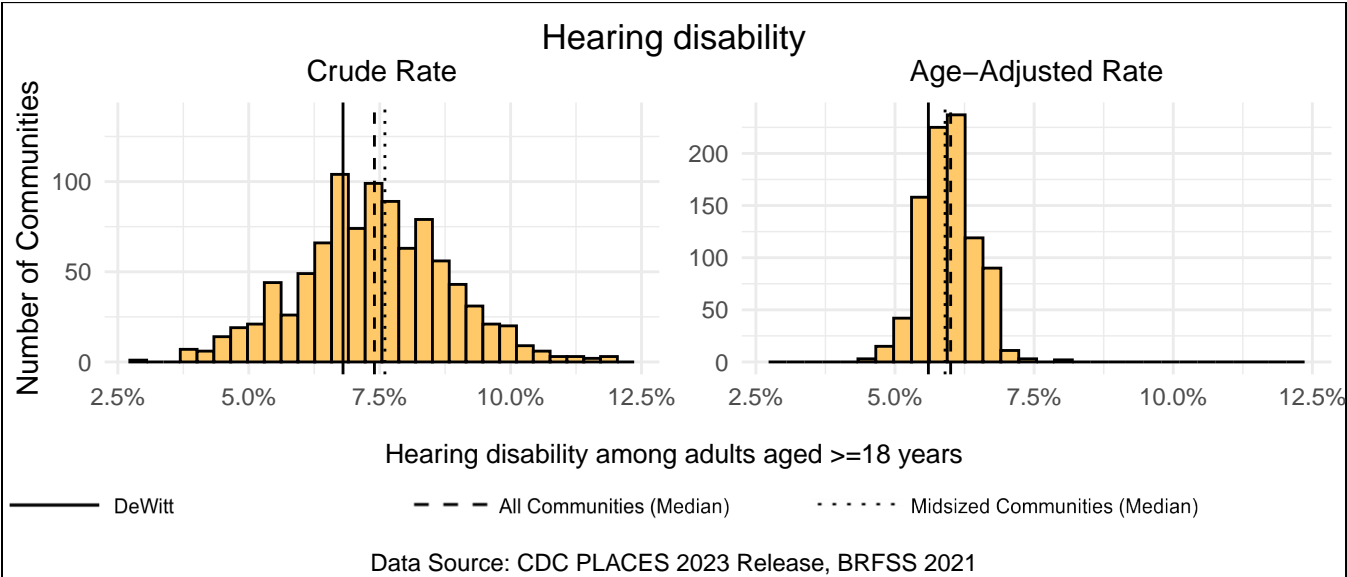
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

DeWitt has a crude rate of 6.8% for hearing disability among adults aged ≥ 18 years, which ranks 303rd out of 958 Iowa communities (32nd out of 102 midsize communities). The age-adjusted rate for DeWitt is 5.6%, which ranks 163rd out of 905 Iowa communities (35th out of 102 midsize communities).

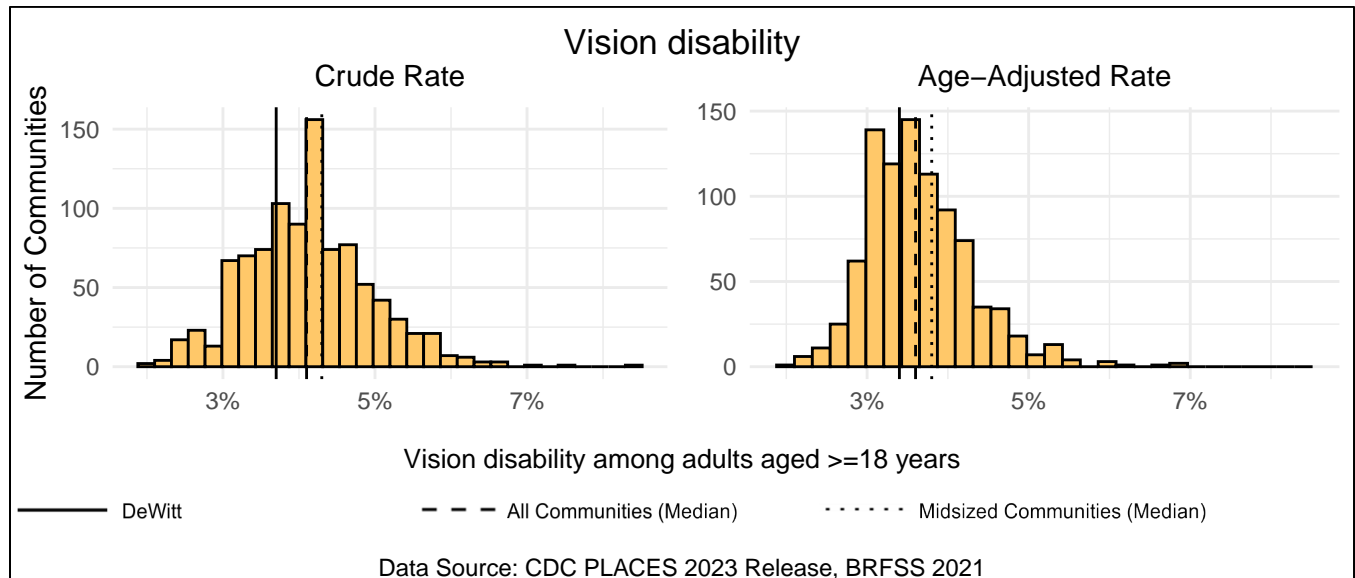
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	6.8%	7.4%	7.6%
Age-Adjusted	5.6%	6.0%	5.9%



Vision disability

DeWitt has a crude rate of 3.7% for vision disability among adults aged ≥ 18 years, which ranks 271st out of 958 Iowa communities (32nd out of 102 midsize communities). The age-adjusted rate for DeWitt is 3.4%, which ranks 295th out of 905 Iowa communities (35th out of 102 midsize communities).

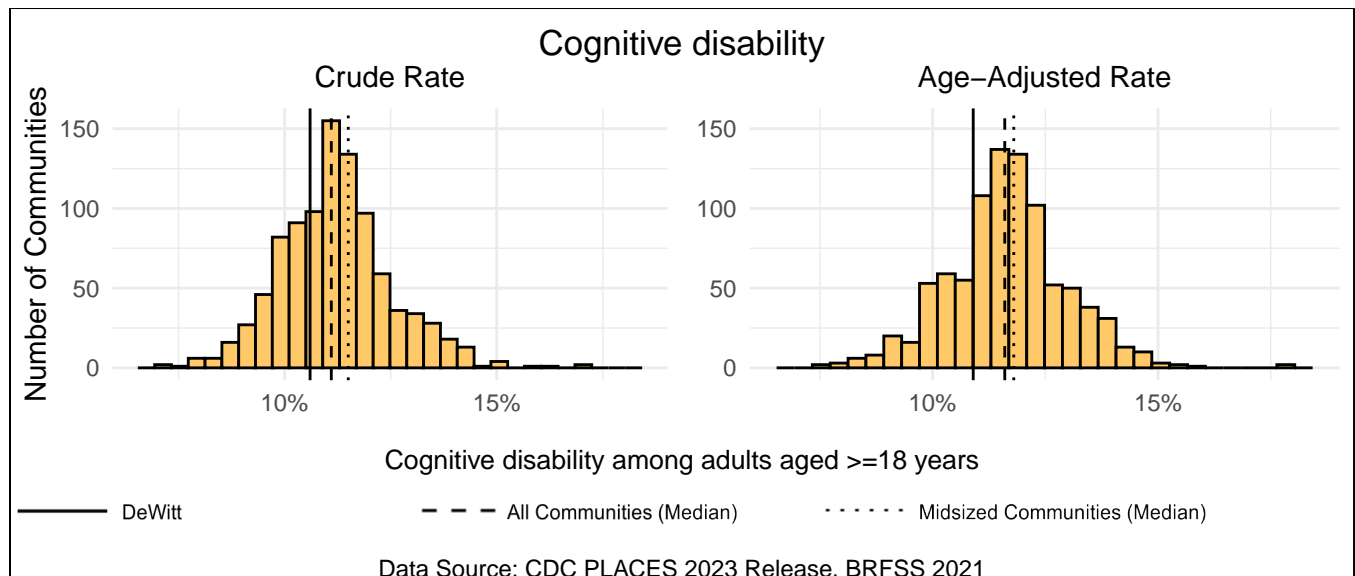
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	3.7%	4.1%	4.3%
Age-Adjusted	3.4%	3.6%	3.8%



Cognitive disability

DeWitt has a crude rate of 10.6% for cognitive disability among adults aged ≥ 18 years, which ranks 278th out of 958 Iowa communities (33rd out of 102 midsize communities). The age-adjusted rate for DeWitt is 10.9%, which ranks 223rd out of 905 Iowa communities (35th out of 102 midsize communities).

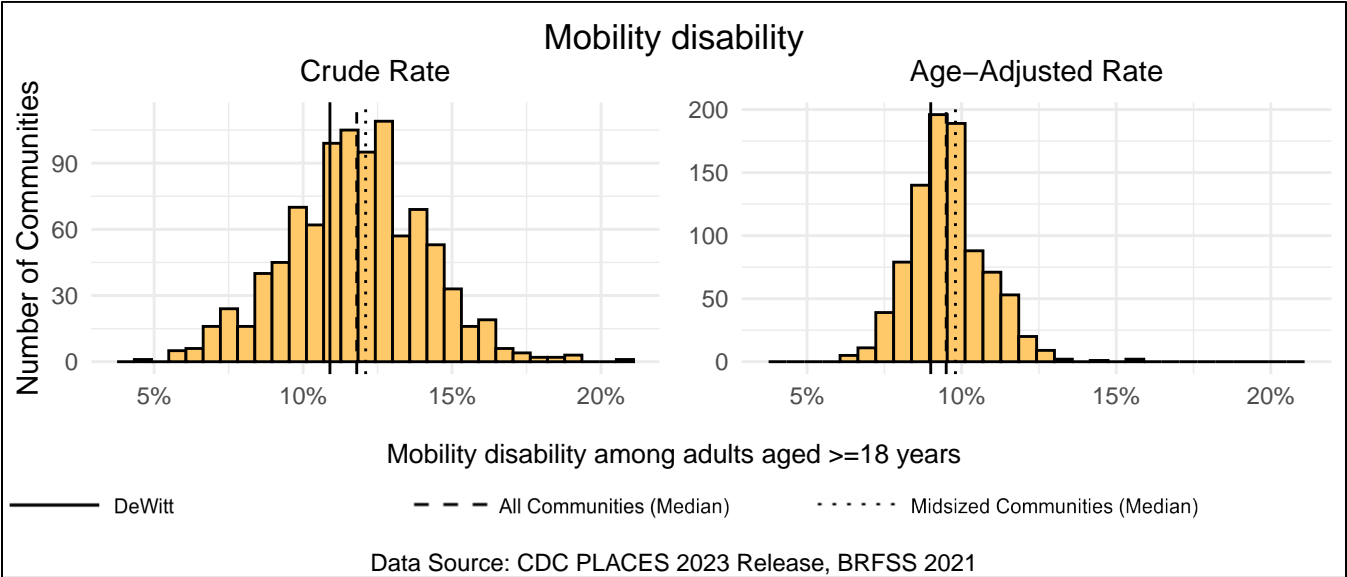
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	10.6%	11.1%	11.5%
Age-Adjusted	10.9%	11.6%	11.8%



Mobility disability

DeWitt has a crude rate of 10.9% for mobility disability among adults aged ≥ 18 years, which ranks 315th out of 958 Iowa communities (31st out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 9.0%, which ranks 275th out of 905 Iowa communities (36th out of 102 mid-sized communities).

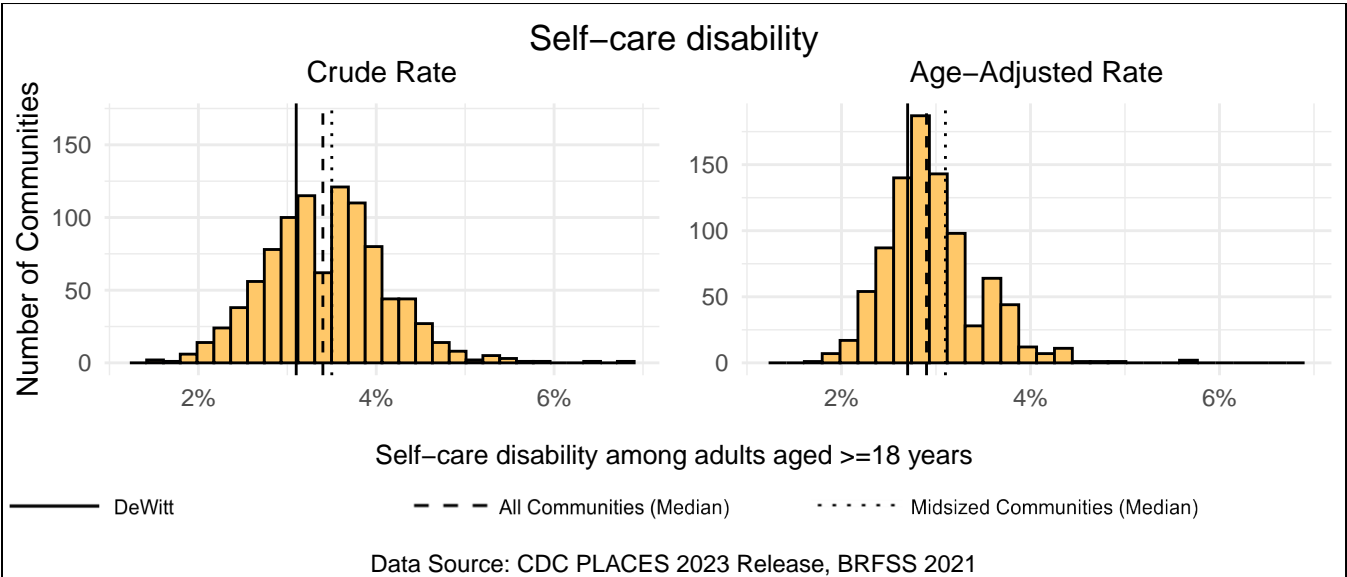
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	10.9%	11.8%	12.1%
Age-Adjusted	9.0%	9.5%	9.8%



Self-care disability

DeWitt has a crude rate of 3.1% for self-care disability among adults aged ≥ 18 years, which ranks 267th out of 958 Iowa communities (33rd out of 102 mid-sized communities). The age-adjusted rate for DeWitt is 2.7%, which ranks 248th out of 905 Iowa communities (35th out of 102 mid-sized communities).

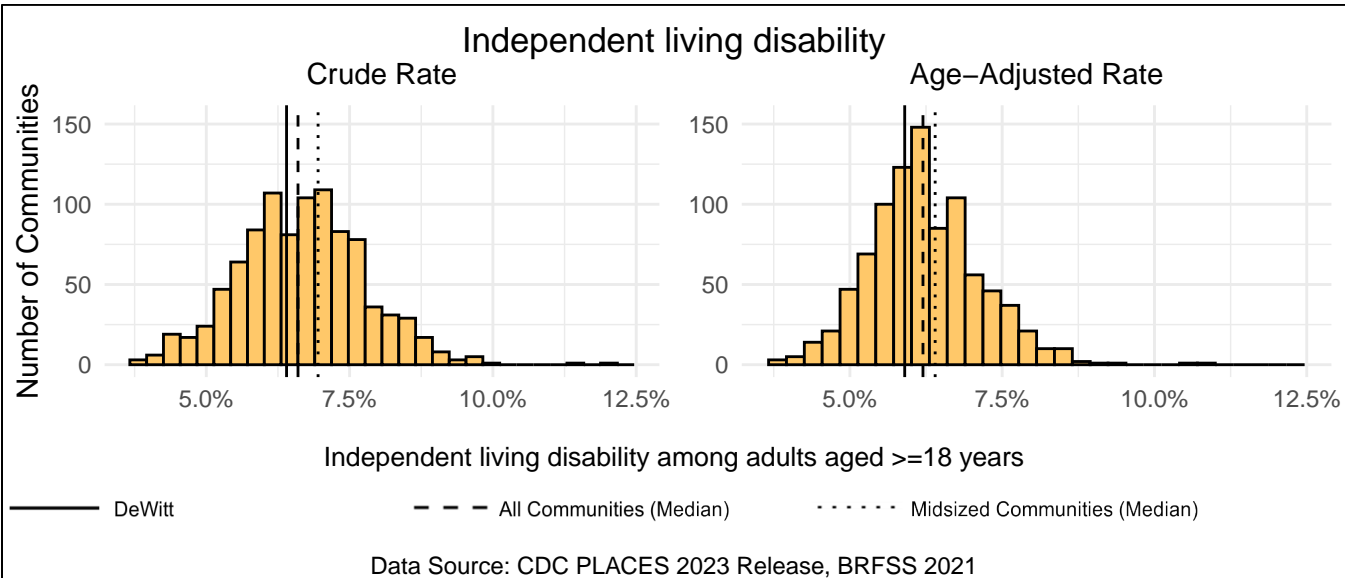
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	3.1%	3.4%	3.5%
Age-Adjusted	2.7%	2.9%	3.1%



Independent living disability

DeWitt has a crude rate of 6.4% for independent living disability among adults aged ≥ 18 years, which ranks 372nd out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for DeWitt is 5.9%, which ranks 291st out of 905 Iowa communities (36th out of 102 midsized communities).

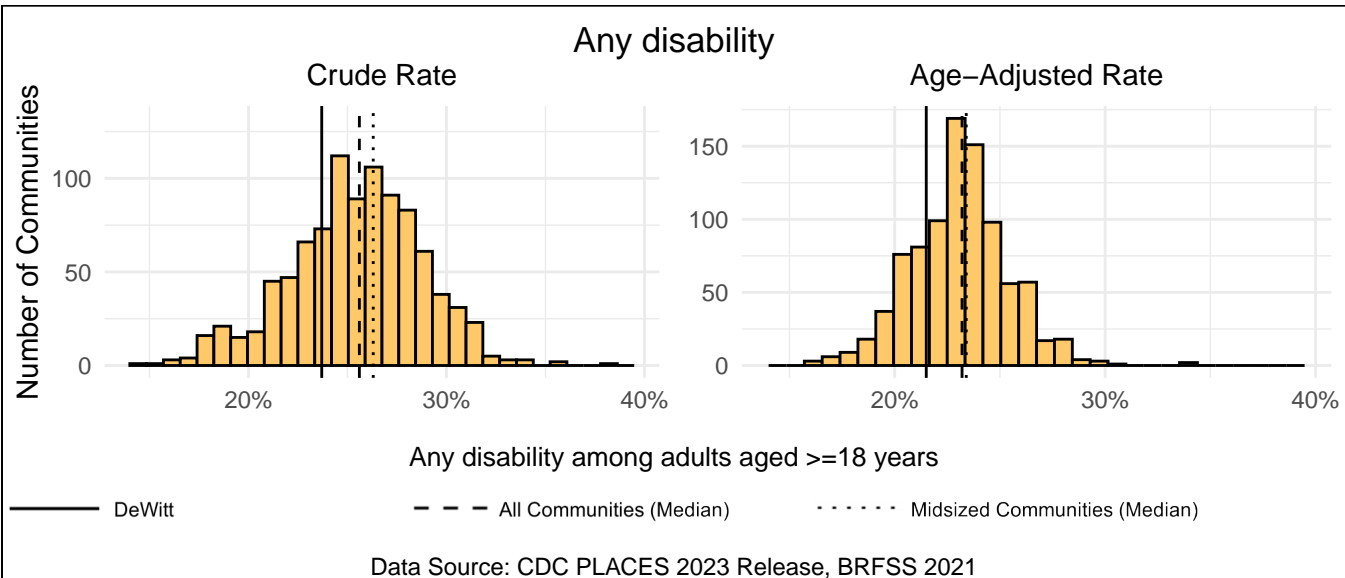
Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	6.4%	6.6%	7.0%
Age-Adjusted	5.9%	6.2%	6.4%



Any disability

DeWitt has a crude rate of 23.7% for any disability among adults aged ≥ 18 years, which ranks 261st out of 958 Iowa communities (29th out of 102 midsized communities). The age-adjusted rate for DeWitt is 21.5%, which ranks 202nd out of 905 Iowa communities (32nd out of 102 midsized communities).

Measure Type	DeWitt	All Comm.	Midsized Comm.
Crude	23.7%	25.6%	26.3%
Age-Adjusted	21.5%	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: DeWitt 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	292	13.2% (10.9% - 16.1%)	280	12.0% (9.8% - 14.3%)
Health Status	Mental Health	356	14.0% (11.8% - 16.2%)	241	15.0% (12.7% - 17.6%)
Health Status	Physical Health	323	10.3% (8.7% - 12.1%)	342	9.5% (8.0% - 11.2%)
Health Risk Behaviors	Physical Inactivity	253	24.1% (19.5% - 29.1%)	255	22.7% (18.2% - 27.3%)
Health Risk Behaviors	Current Smoking	256	15.7% (12.3% - 19.8%)	216	16.3% (12.4% - 20.4%)
Health Risk Behaviors	Binge Drinking	734	21.0% (17.5% - 25.0%)	774	23.2% (19.4% - 27.3%)
Health Risk Behaviors	Sleep <7 hours	456	30.2% (28.5% - 31.8%)	417	31.0% (29.2% - 32.7%)
Health Outcomes	Coronary Heart Disease	300	5.9% (5.1% - 6.8%)	187	4.7% (4.0% - 5.4%)
Health Outcomes	Stroke	280	3.0% (2.6% - 3.5%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	Obesity	708	39.1% (32.4% - 46.4%)	677	39.2% (32.5% - 46.4%)
Health Outcomes	Depression	537	18.2% (14.9% - 21.8%)	457	19.1% (15.6% - 22.8%)
Health Outcomes	High Cholesterol	225	34.3% (30.0% - 38.9%)	133	28.9% (24.8% - 33.4%)
Health Outcomes	Current Asthma	524	9.4% (8.2% - 10.7%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	High Blood Pressure	286	30.3% (26.5% - 34.4%)	244	26.4% (22.9% - 30.2%)
Health Outcomes	All Teeth Lost	300	11.9% (7.1% - 17.7%)	211	11.4% (7.1% - 16.4%)
Health Outcomes	Cancer (except skin)	449	8.0% (7.2% - 8.9%)	418	6.5% (5.9% - 7.3%)
Health Outcomes	Diabetes	327	9.5% (8.0% - 11.2%)	401	8.1% (6.8% - 9.4%)
Health Outcomes	Arthritis	373	26.9% (23.2% - 31.0%)	426	23.1% (19.7% - 27.0%)
Health Outcomes	COPD	306	6.9% (5.7% - 8.4%)	305	6.0% (4.9% - 7.1%)
Health Outcomes	Chronic Kidney Disease	310	3.0% (2.7% - 3.4%)	142	2.5% (2.3% - 2.8%)
Prevention	Taking BP Medication	535	79.2% (75.8% - 82.3%)	464	58.9% (53.8% - 64.0%)
Prevention	Core preventive services for older men	581	42.7% (34.6% - 50.5%)	516	42.9% (34.7% - 50.7%)
Prevention	Colorectal Cancer Screening	411	72.0% (68.6% - 75.4%)	326	71.7% (68.2% - 75.1%)
Prevention	Health Insurance	217	6.7% (5.0% - 8.8%)	193	7.0% (5.1% - 9.2%)
Prevention	Cholesterol Screening	365	83.1% (79.8% - 85.9%)	139	80.5% (76.8% - 83.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	285	41.5% (33.9% - 49.4%)	164	43.6% (35.7% - 51.4%)
Prevention	Dental Visit	426	67.6% (63.8% - 71.3%)	390	67.2% (63.3% - 70.8%)
Prevention	Cervical Cancer Screening	170	84.8% (82.3% - 87.3%)	99	84.9% (82.5% - 87.3%)
Prevention	Annual Checkup	291	76.1% (71.3% - 80.5%)	98	73.9% (68.8% - 78.4%)
Prevention	Mammography	110	79.0% (75.1% - 82.7%)	70	77.5% (73.4% - 81.1%)
Disability	Self-care Disability	267	3.1% (2.6% - 3.6%)	248	2.7% (2.3% - 3.2%)
Disability	Independent Living Disability	372	6.4% (5.3% - 7.7%)	291	5.9% (4.9% - 7.0%)
Disability	Mobility Disability	315	10.9% (9.1% - 13.1%)	275	9.0% (7.5% - 10.6%)
Disability	Any Disability	261	23.7% (20.1% - 28.0%)	202	21.5% (17.8% - 25.4%)
Disability	Cognitive Disability	278	10.6% (8.8% - 12.7%)	223	10.9% (8.9% - 13.0%)
Disability	Hearing Disability	303	6.8% (6.0% - 7.8%)	163	5.6% (4.8% - 6.3%)
Disability	Vision Disability	271	3.7% (3.1% - 4.4%)	295	3.4% (2.8% - 4.0%)

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)

DeWitt 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
