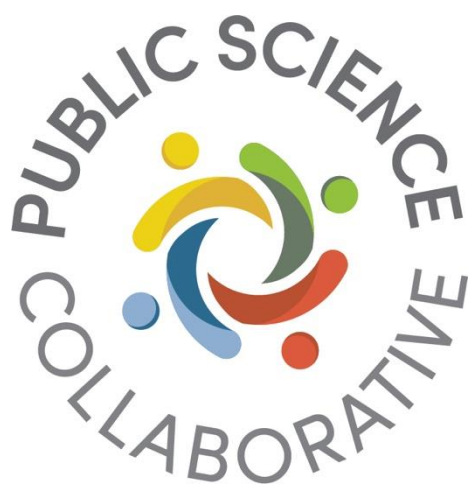# Iowa Community Health Snapshot Series

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

May 2024

By Matthew Voss & Shawn Dorius

Iowa Community Health Snapshot Series

Table of contents

Health in Decorah: Overview

Dear Community Members & Stakeholders of Decorah,

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 Decorah ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Decorah'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 Decorah. 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
Obesity	1st	1st	Dental Visit	25th	8th
Current Smoking	1st	1st	Coronary Heart Disease	30th	8th
Dental Visit	8th	3rd	High Cholesterol	33rd	5th
Sleep <7 hours	11th	3rd	Chronic Kidney Disease	36th	9th
Colorectal Cancer Screening	24th	4th	All Teeth Lost	39th	12th

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
Cholesterol Screening	939th	97th	Taking BP Medication	812th	90th
Cervical Cancer Screening	903rd	91st	Annual Checkup	530th	65th
Annual Checkup	848th	88th	Cancer (except skin)	418th	41st
Mental Health	809th	78th	Binge Drinking	202nd	41st
Taking BP Medication	788th	76th	Core preventive services for older men	194th	23rd

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 Decorah.

Sincerely,

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

PUBLIC SCIENCE COLLABORATIVE

IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

How to Use this Report

The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Decorah that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Decorah, 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 Decorah compares to the rest of the state and similarly-sized communities.

With a population of 7,611, Decorah'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 table shows rates in your community compared with the state midpoint and the population group

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

Mental Health

Crude Rate

Age-Adjusted Rate

Mental health not good for >=14 days among adults aged >=18 years

The legend shows the meaning of the solid, dashed, and dotted lines

Ames — All Communities (Median) - - - Large Communities (Median)

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

Decorah has a crude rate of 10.0% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 41st out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Decorah is 10.3%, which ranks 55th out of 905 Iowa communities (15th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	10.0%	14.3%	14.5%
Age-Adjusted	10.3%	12.7%	13.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
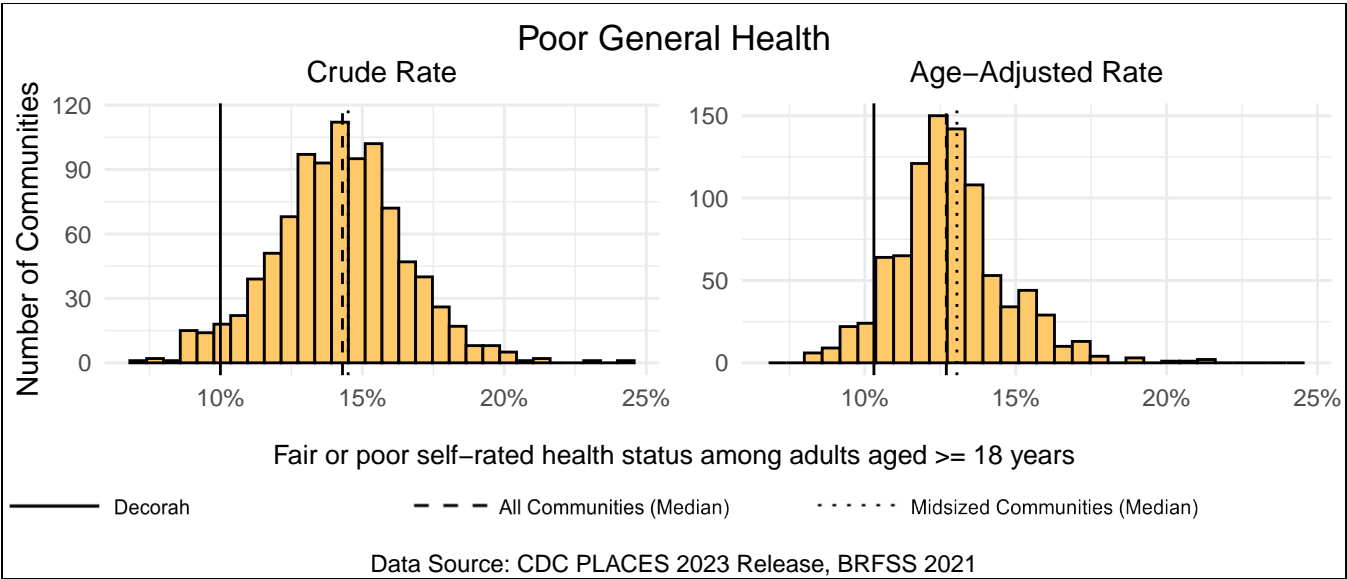
Poor Physical Health

Decorah has a crude rate of 7.8% for physical health not good for >=14 days among adults aged >=18 years, which ranks 25th out of 958 Iowa communities (8th out of 102 midsized communities). The age-adjusted rate for Decorah is 8.3%, which ranks 52nd out of 905 Iowa communities (17th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	7.8%	10.8%	10.7%
Age-Adjusted	8.3%	9.7%	9.9%
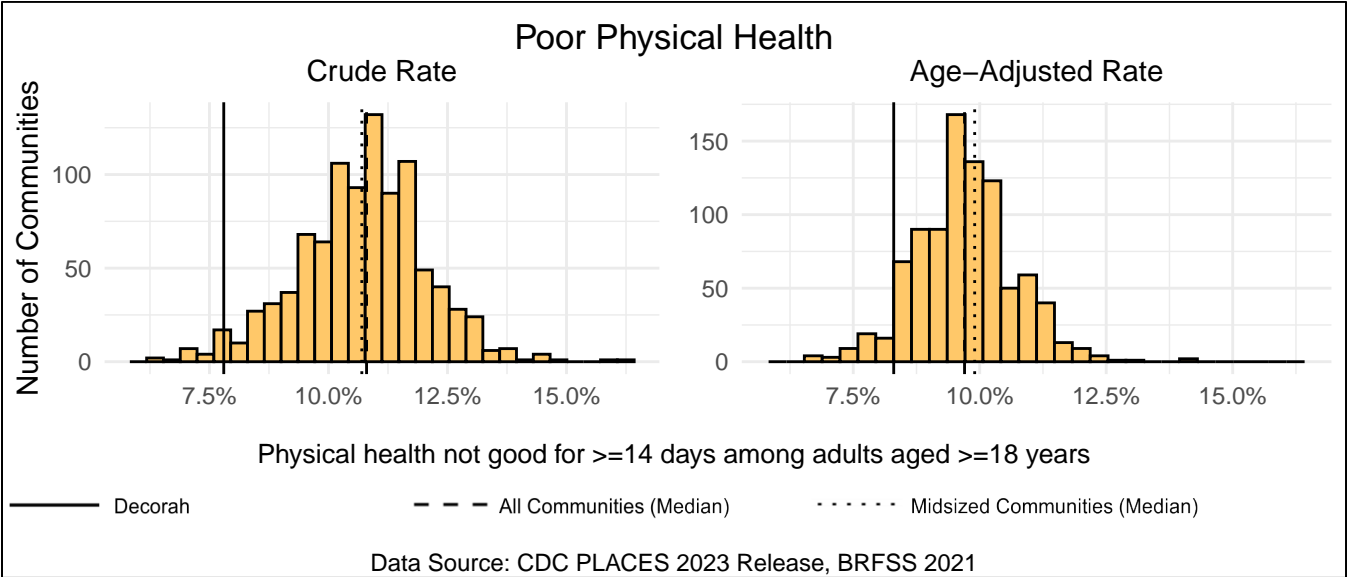
Poor Mental Health

Decorah has a crude rate of 15.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 809th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Decorah is 14.4%, which ranks 103rd out of 905 Iowa communities (20th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	15.4%	14.3%	14.4%
Age-Adjusted	14.4%	15.5%	15.5%
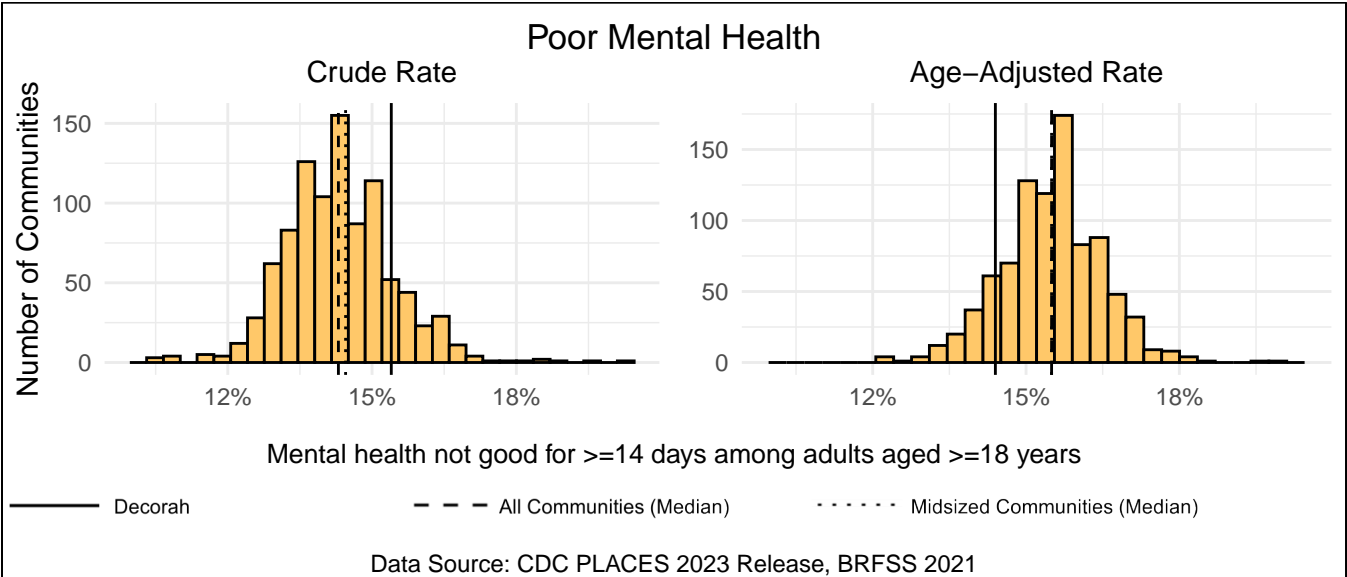
Health Risk Behaviors

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

Decorah has a crude rate of 20.5% for binge drinking among adults aged >=18 years, which ranks 637th out of 958 Iowa communities (71st out of 102 midsized communities). The age-adjusted rate for Decorah is 21.2%, which ranks 202nd out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	20.5%	19.5%	19.2%
Age-Adjusted	21.2%	22.0%	21.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
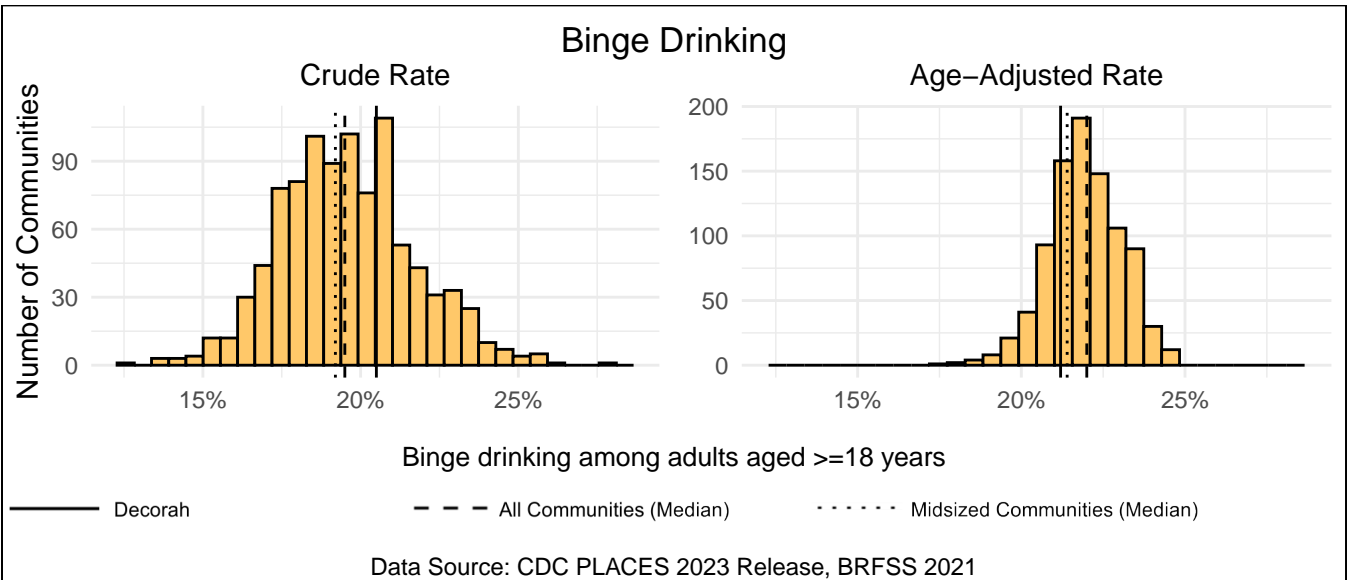
Current Smoking

Decorah has a crude rate of 10.1% for current smoking among adults aged >=18 years, which ranks 1st out of 958 Iowa communities (1st out of 102 midsized communities). The age-adjusted rate for Decorah is 13.6%, which ranks 48th out of 905 Iowa communities (13th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	10.1%	16.8%	16.4%
Age-Adjusted	13.6%	17.5%	17.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
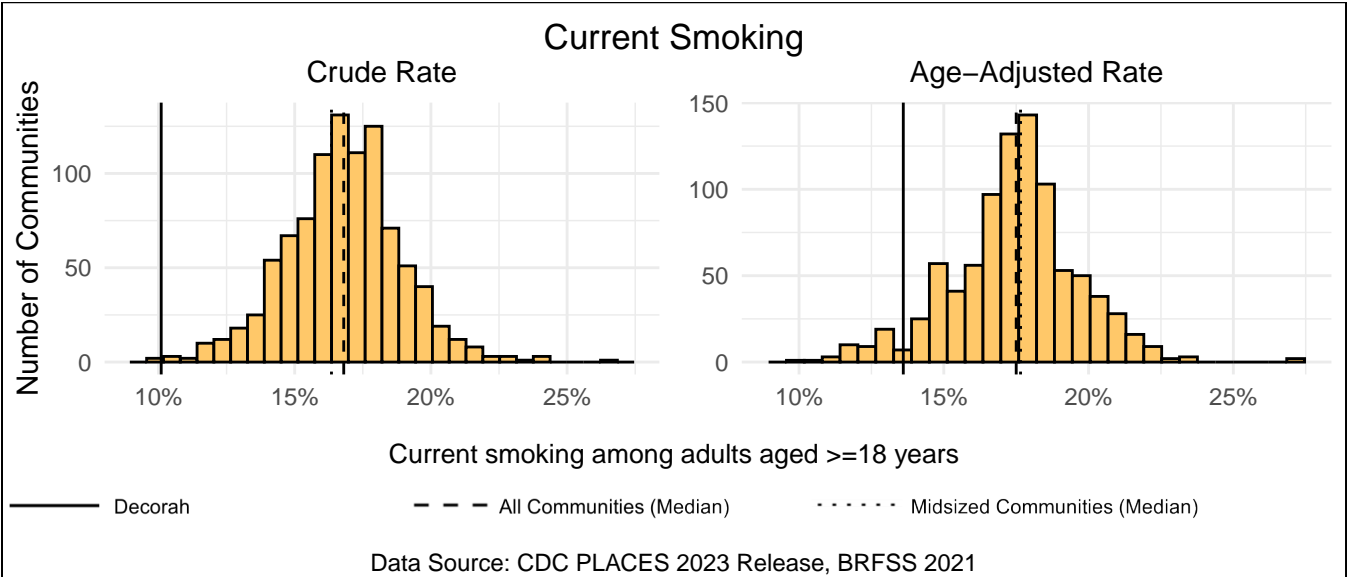
Physical Inactivity

Decorah has a crude rate of 20.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 68th out of 958 Iowa communities (16th out of 102 midsized communities). The age-adjusted rate for Decorah is 21.2%, which ranks 118th out of 905 Iowa communities (24th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	20.7%	26.1%	26.6%
Age-Adjusted	21.2%	24.3%	24.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
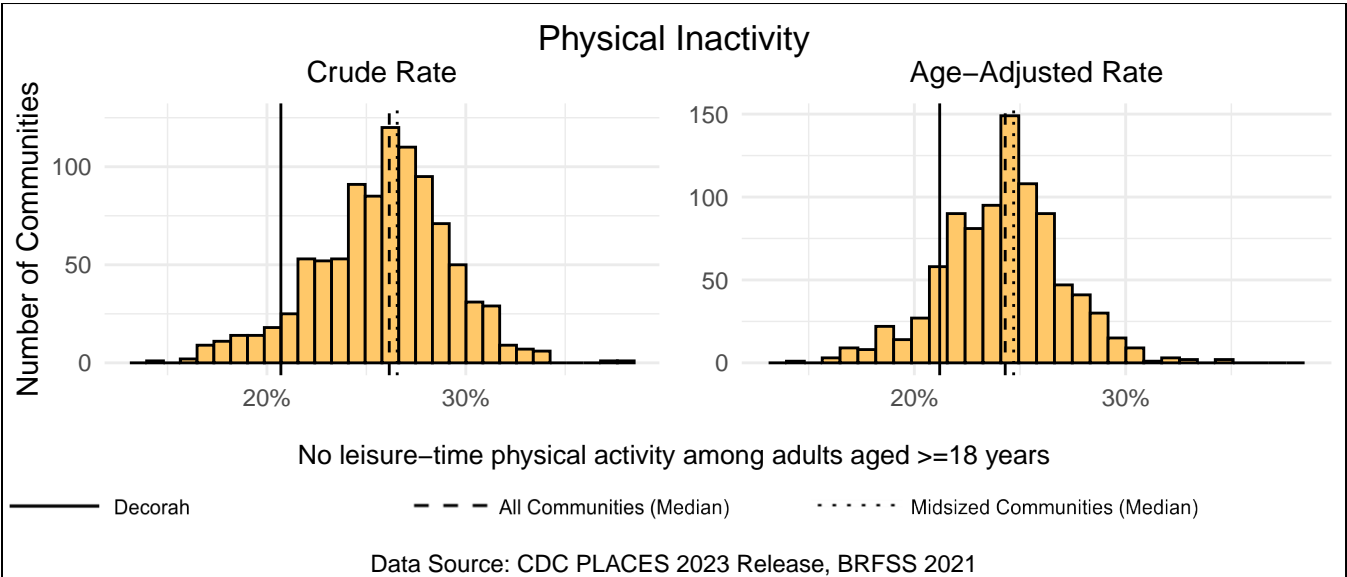
Sleep <7 hours

Decorah has a crude rate of 25.8% for sleeping less than 7 hours among adults aged >=18 years, which ranks 11th out of 958 Iowa communities (3rd out of 102 midsized communities). The age-adjusted rate for Decorah is 28.2%, which ranks 50th out of 905 Iowa communities (11th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	25.8%	30.2%	29.8%
Age-Adjusted	28.2%	31.1%	30.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
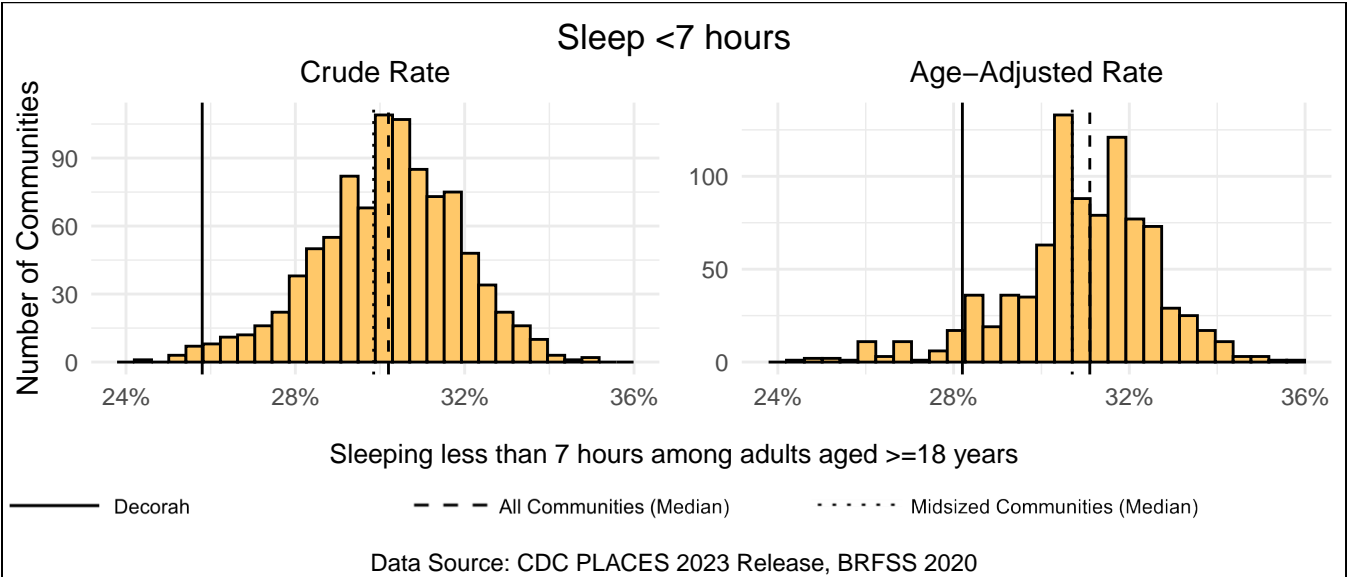
Health Outcomes

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

Decorah has a crude rate of 21.3% for arthritis among adults aged >=18 years, which ranks 44th out of 958 Iowa communities (13th out of 102 midsized communities). The age-adjusted rate for Decorah is 22.2%, which ranks 190th out of 905 Iowa communities (29th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	21.3%	27.9%	27.8%
Age-Adjusted	22.2%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
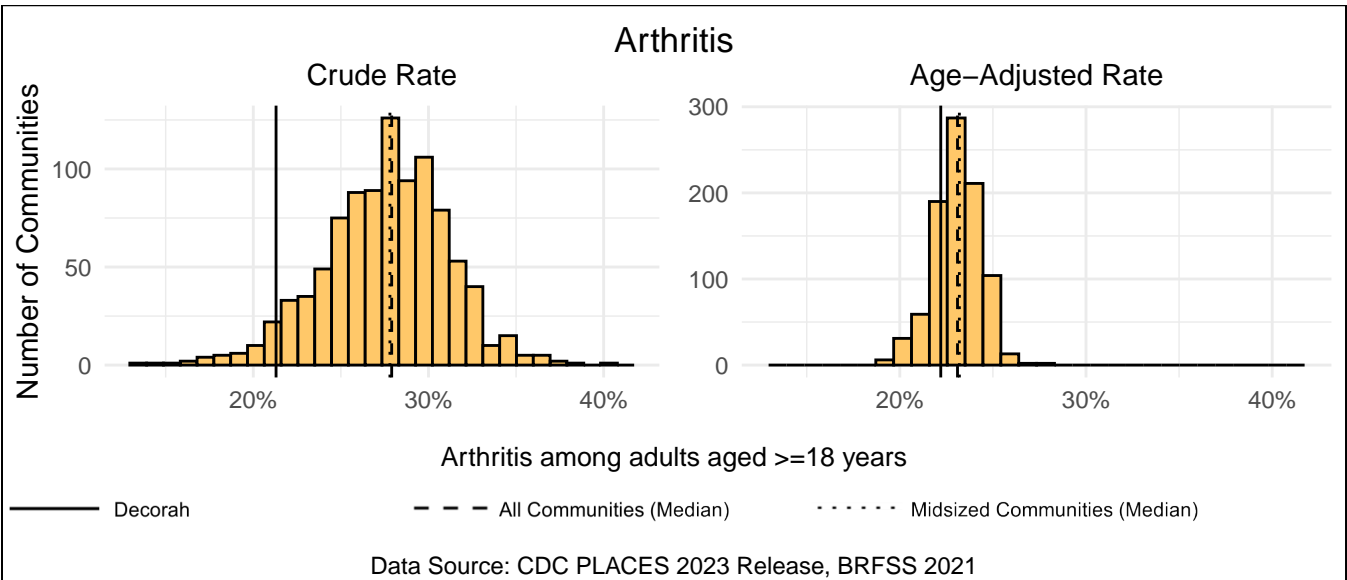
High Blood Pressure

Decorah has a crude rate of 24.6% for high blood pressure among adults aged >=18 years, which ranks 36th out of 958 Iowa communities (10th out of 102 midsized communities). The age-adjusted rate for Decorah is 25.5%, which ranks 91st out of 905 Iowa communities (16th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	24.6%	32.0%	32.0%
Age-Adjusted	25.5%	27.3%	27.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
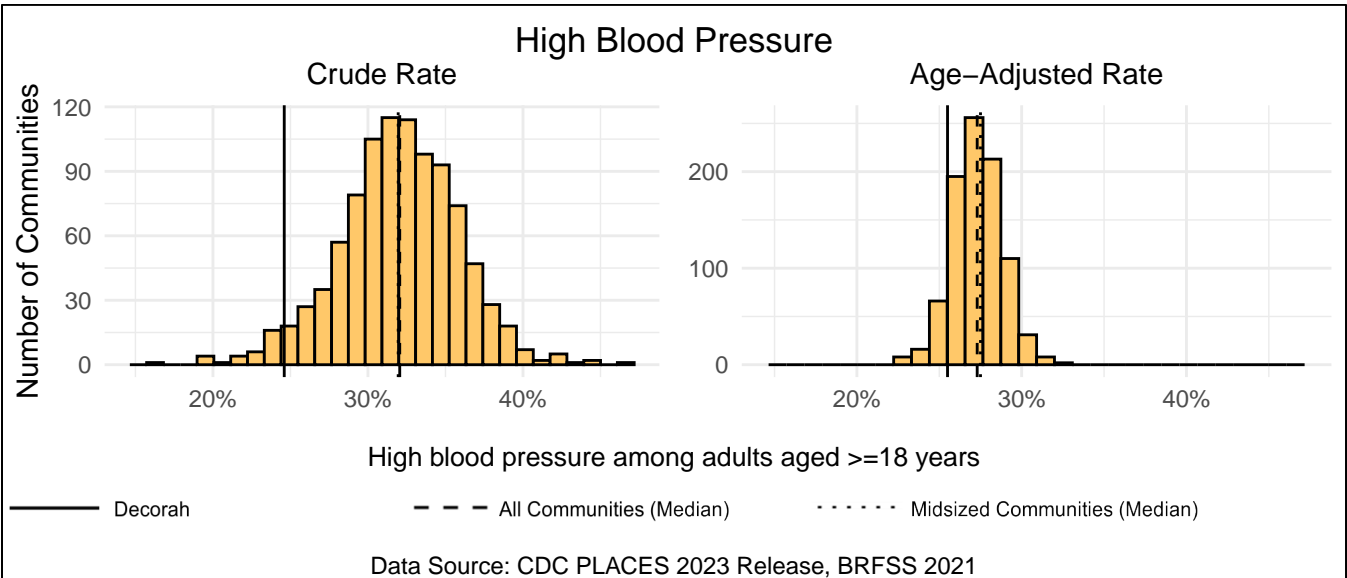
Cancer (except skin)

Decorah has a crude rate of 7.0% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 177th out of 958 Iowa communities (23rd out of 102 midsized communities). The age-adjusted rate for Decorah is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	7.0%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
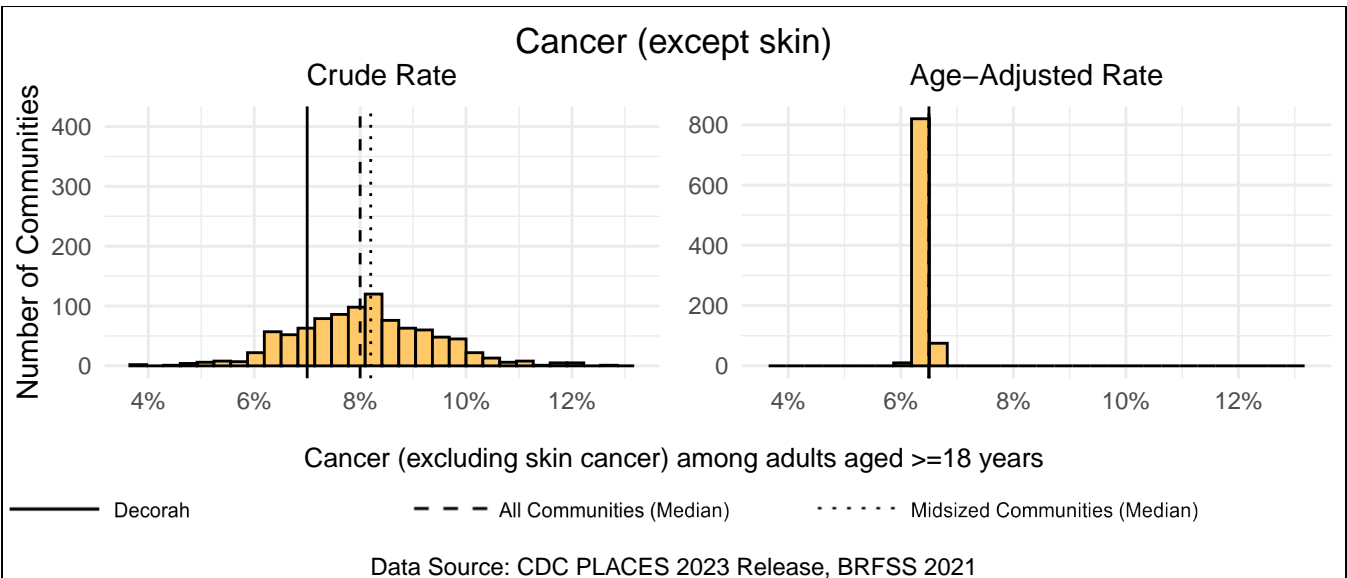
Current Asthma

Decorah has a crude rate of 9.3% for current asthma among adults aged >=18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Decorah is 9.2%, which ranks 185th out of 905 Iowa communities (22nd out of 102 midsized communities).

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

Current Asthma — Crude Rate and Age–Adjusted Rate. Number of Communities vs Current asthma among adults aged >=18 years. Decorah, All Communities (Median), Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Decorah has a crude rate of 4.8% for coronary heart disease among adults aged >=18 years, which ranks 97th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Decorah is 4.3%, which ranks 30th out of 905 Iowa communities (8th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	4.8%	6.4%	6.5%
Age-Adjusted	4.3%	5.0%	5.0%

Coronary Heart Disease — Crude Rate and Age–Adjusted Rate. Number of Communities vs Coronary heart disease among adults aged >=18 years. Decorah, All Communities (Median), Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Decorah has a crude rate of 4.9% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 40th out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Decorah is 5.0%, which ranks 45th out of 905 Iowa communities (12th out of 102 midsized communities).

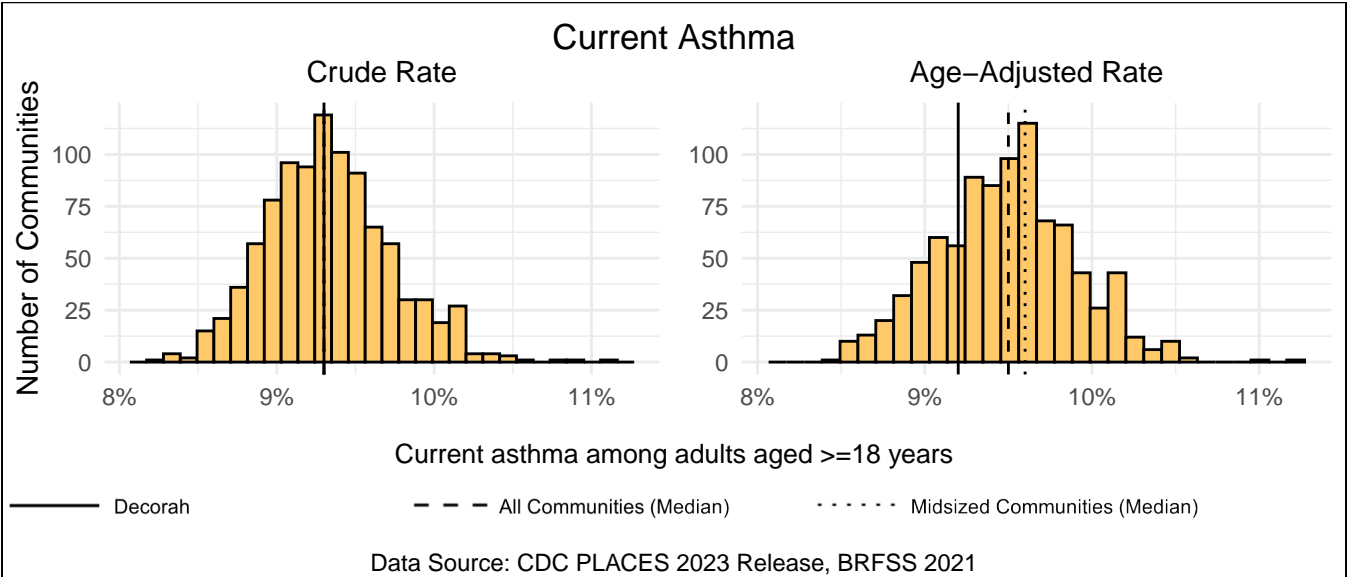| Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	4.9%	7.4%	7.4%
Age-Adjusted	5.0%	6.2%	6.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
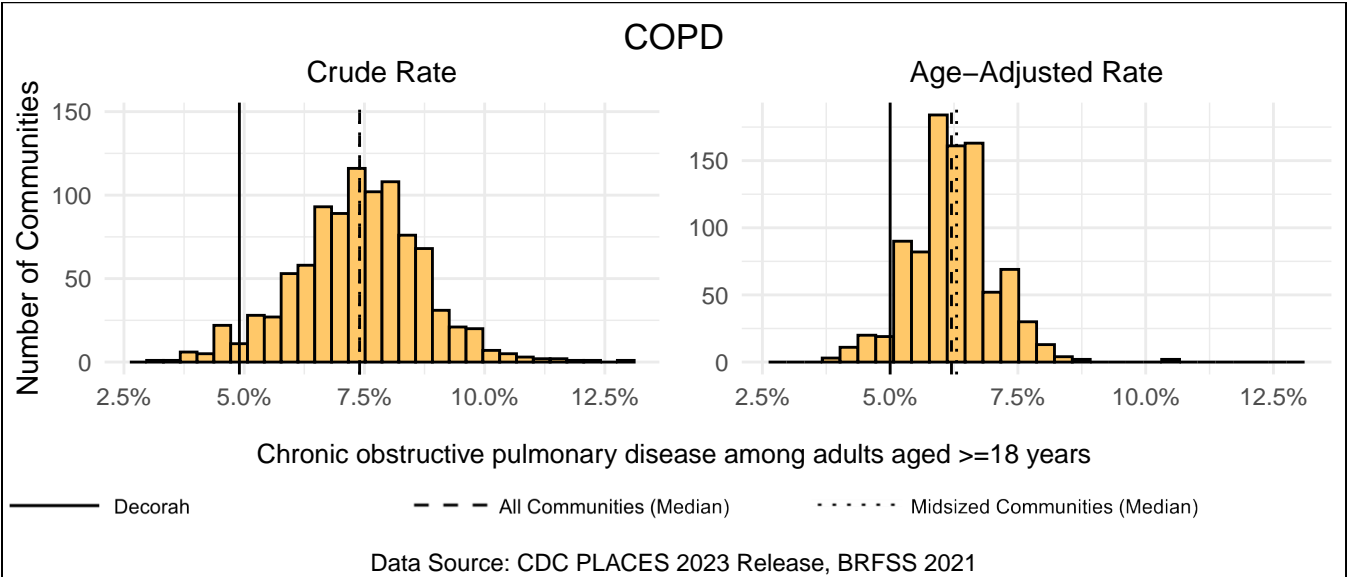
Depression

Decorah has a crude rate of 18.3% for depression among adults aged >=18 years, which ranks 568th out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Decorah is 18.2%, which ranks 138th out of 905 Iowa communities (16th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	18.3%	18.0%	18.2%
Age-Adjusted	18.2%	19.0%	19.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
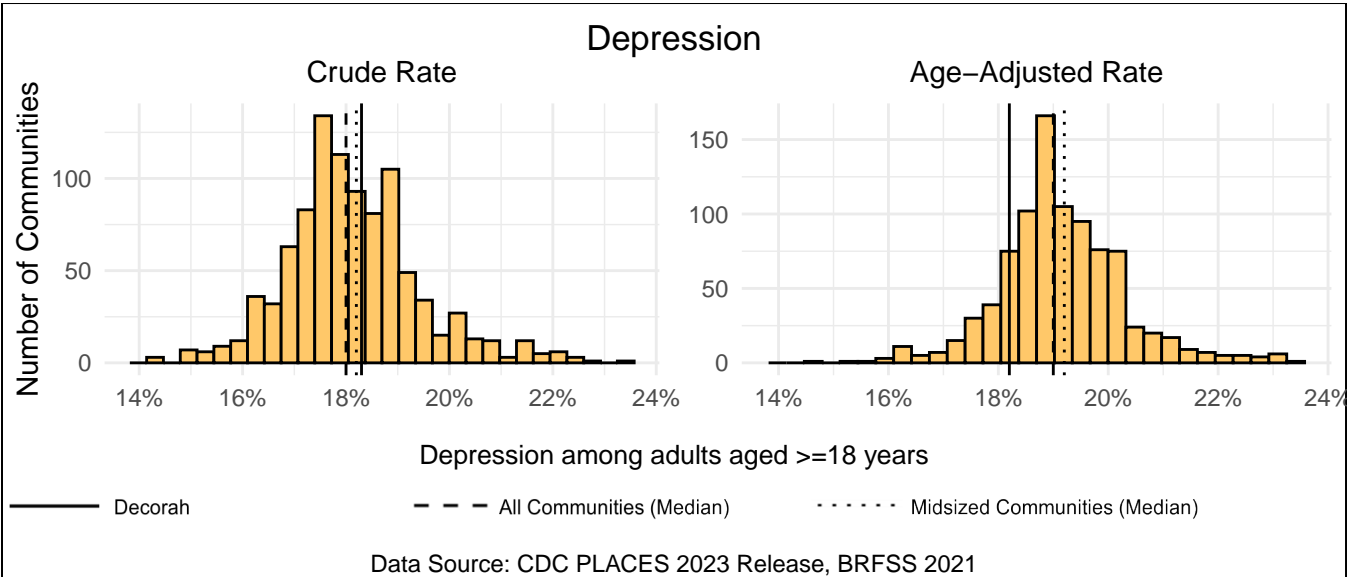
Diabetes

Decorah has a crude rate of 7.0% for diagnosed diabetes among adults aged >=18 years, which ranks 39th out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Decorah is 7.3%, which ranks 103rd out of 905 Iowa communities (18th out of 102 midsized communities).
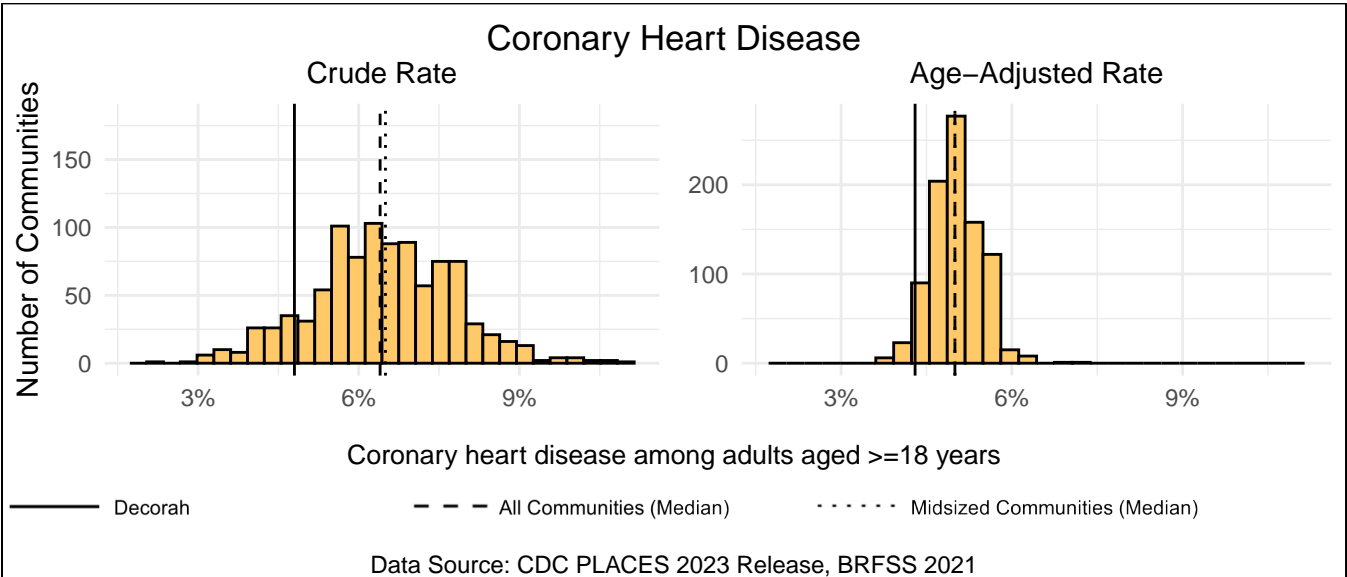
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	7.0%	10.1%	9.9%
Age-Adjusted	7.3%	8.1%	8.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
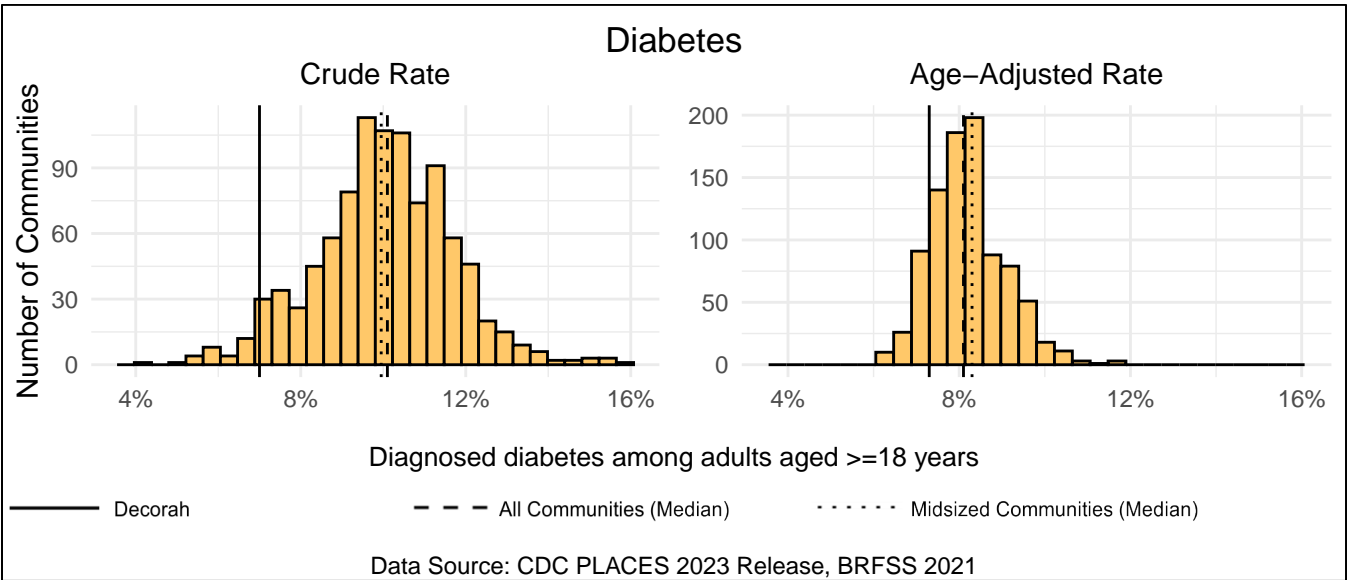
High Cholesterol

Decorah has a crude rate of 29.8% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 26th out of 958 Iowa communities (9th out of 102 midsized communities). The age-adjusted rate for Decorah is 28.0%, which ranks 33rd out of 905 Iowa communities (5th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	29.8%	36.2%	35.7%
Age-Adjusted	28.0%	29.7%	29.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
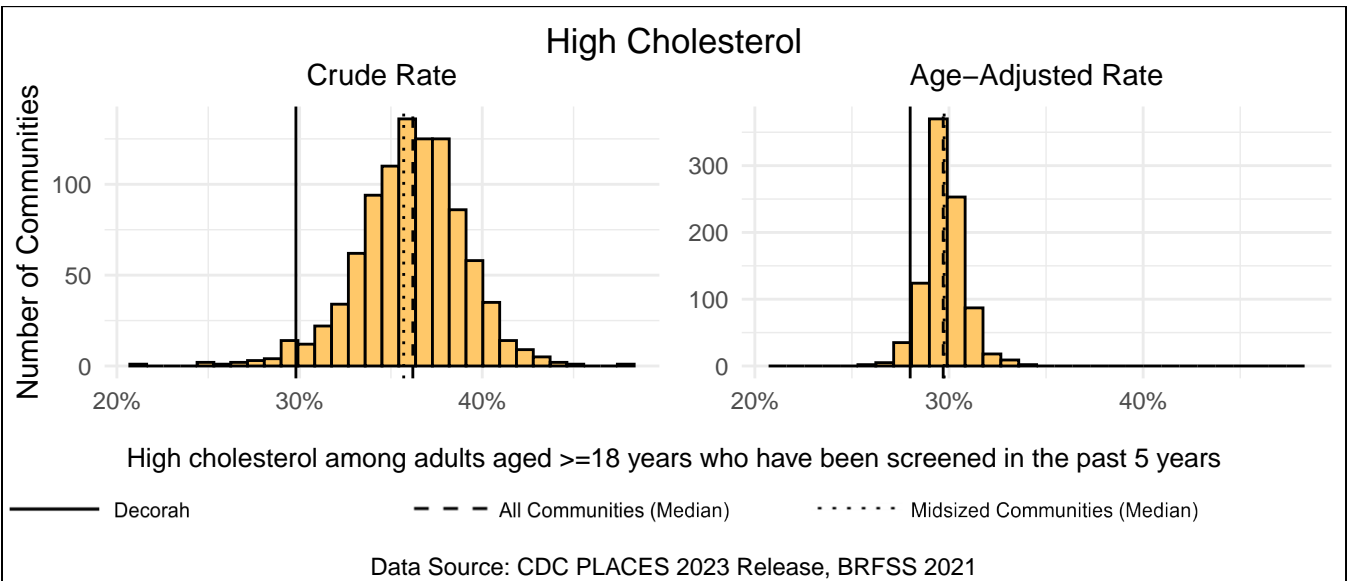
Chronic Kidney Disease

Decorah has a crude rate of 2.6% for chronic kidney disease among adults aged >=18 years, which ranks 115th out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Decorah is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	2.6%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
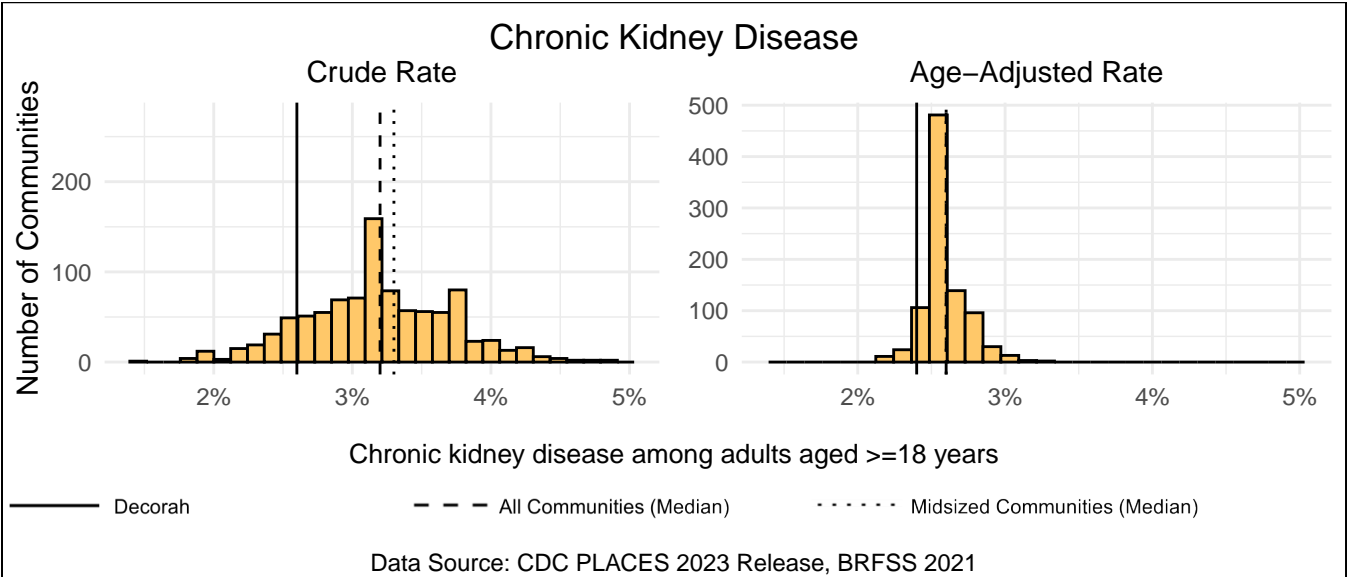
Obesity

Decorah has a crude rate of 28.4% for obesity among adults aged >=18 years, which ranks 1st out of 958 Iowa communities (1st out of 102 midsized communities). The age-adjusted rate for Decorah is 33.4%, which ranks 59th out of 905 Iowa communities (11th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	28.4%	37.6%	37.6%
Age-Adjusted	33.4%	37.6%	38.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
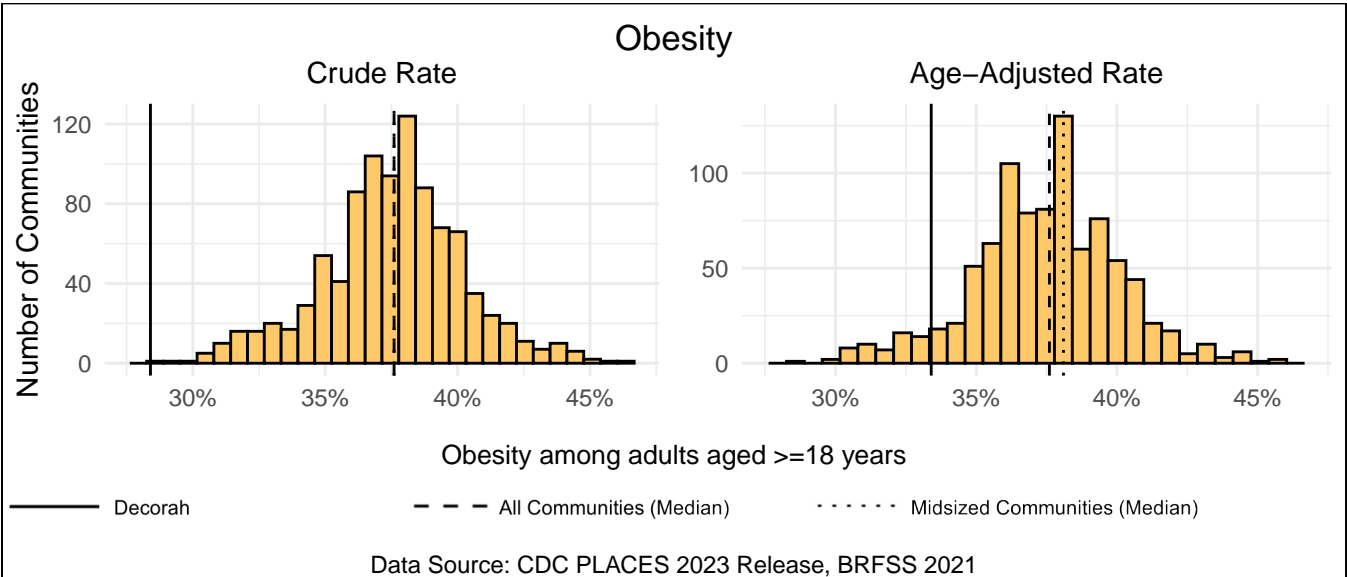
Stroke

Decorah has a crude rate of 2.5% for stroke among adults aged >=18 years, which ranks 98th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Decorah is 2.3%, which ranks 49th out of 905 Iowa communities (14th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	2.5%	3.3%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
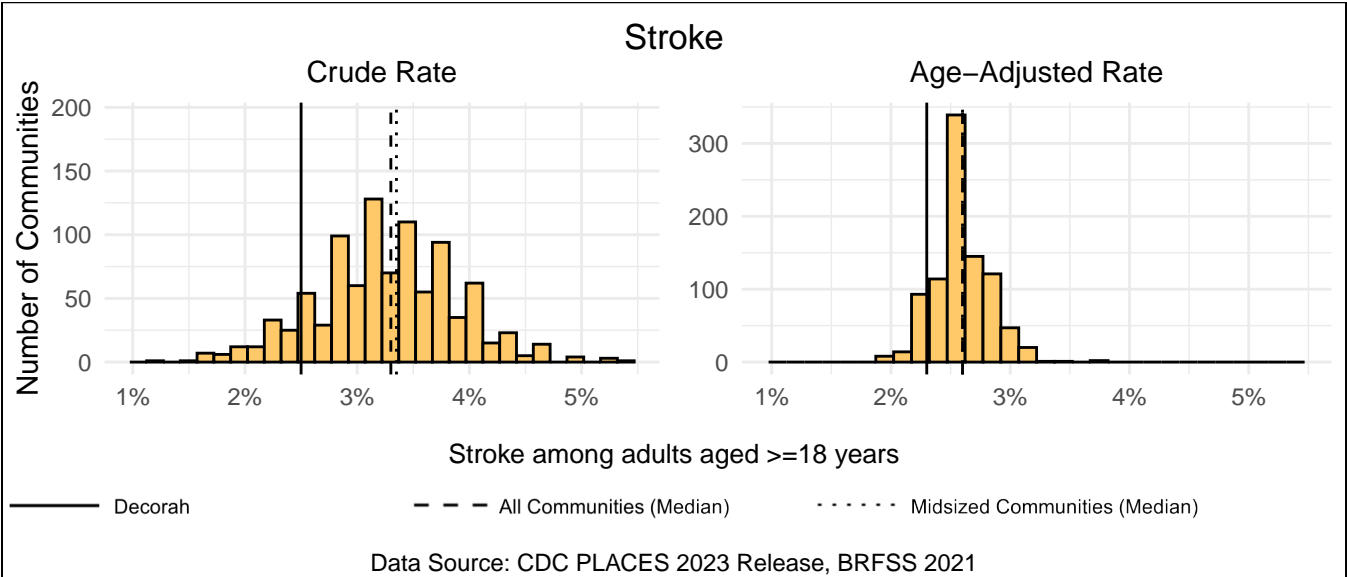
All Teeth Lost

Decorah has a crude rate of 9.6% for all teeth lost among adults aged >=65 years, which ranks 69th out of 958 Iowa communities (14th out of 102 midsized communities). The age-adjusted rate for Decorah is 9.0%, which ranks 39th out of 905 Iowa communities (12th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	9.6%	12.9%	13.5%
Age-Adjusted	9.0%	12.8%	12.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
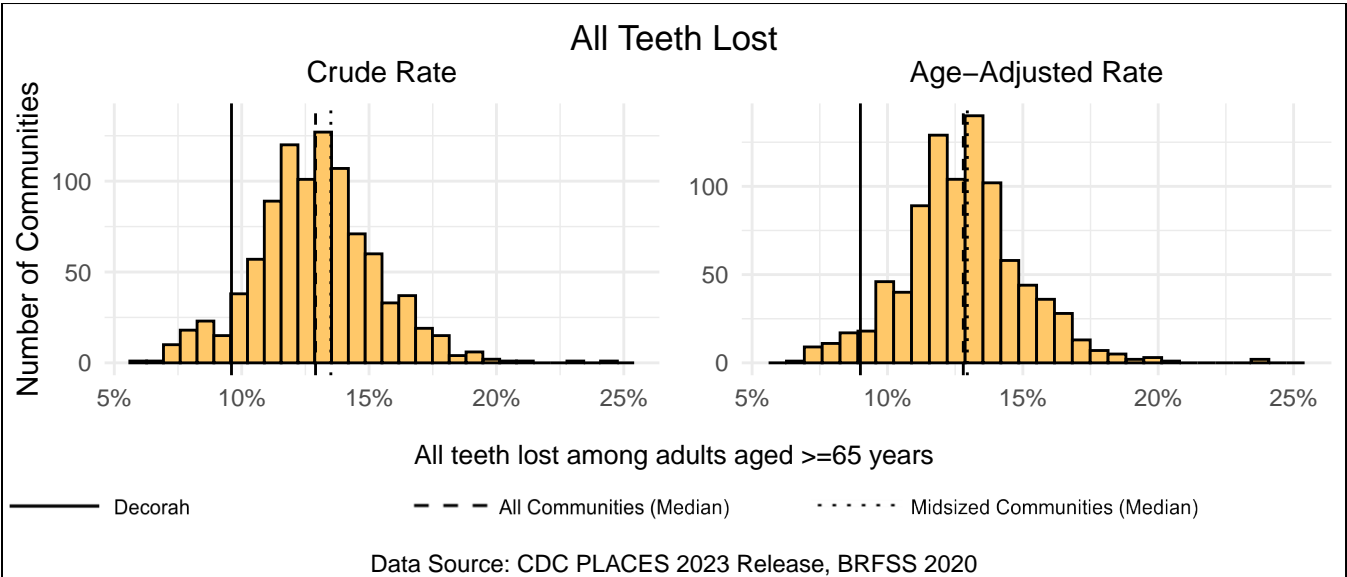
Prevention

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

Decorah has a crude rate of 5.6% for current lack of health insurance among adults aged 18–64 years, which ranks 40th out of 958 Iowa communities (9th out of 102 midsized communities). The age-adjusted rate for Decorah is 5.9%, which ranks 43rd out of 905 Iowa communities (11th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	5.6%	7.3%	7.6%
Age-Adjusted	5.9%	7.7%	7.9%

Lack of Health Insurance — Crude Rate / Age–Adjusted Rate. Current lack of health insurance among adults aged 18–64 years. Decorah, All Communities (Median), Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
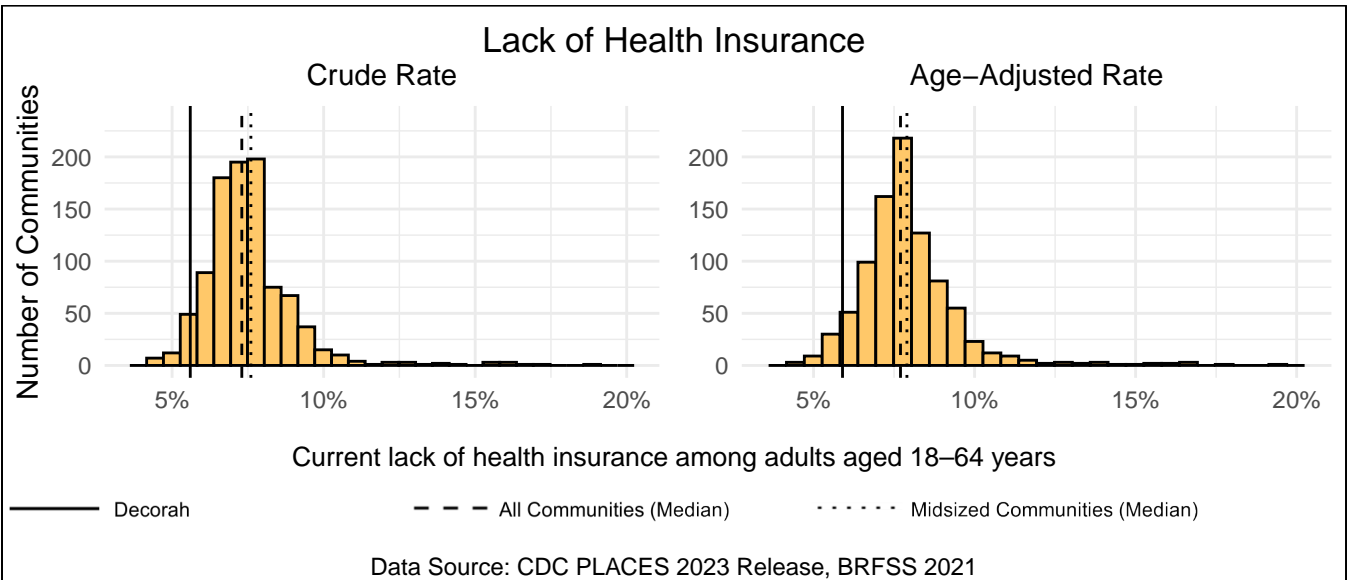
Taking BP Medication

Decorah has a crude rate of 76.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 788th out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Decorah is 57.6%, which ranks 812th out of 905 Iowa communities (90th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	76.8%	79.8%	79.8%
Age-Adjusted	57.6%	59.0%	59.0%

Taking BP Medication

Crude Rate — Age-Adjusted Rate

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

—— Decorah   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Decorah has a crude rate of 80.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 903rd out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Decorah is 85.4%, which ranks 56th out of 905 Iowa communities (15th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	80.5%	83.3%	82.9%
Age-Adjusted	85.4%	83.2%	83.2%

Cervical Cancer Screening

Crude Rate — Age-Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

—— Decorah   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Decorah has a crude rate of 72.9% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 848th out of 958 Iowa communities (88th out of 102 midsized communities). The age-adjusted rate for Decorah is 72.3%, which ranks 530th out of 905 Iowa communities (65th out of 102 midsized communities).
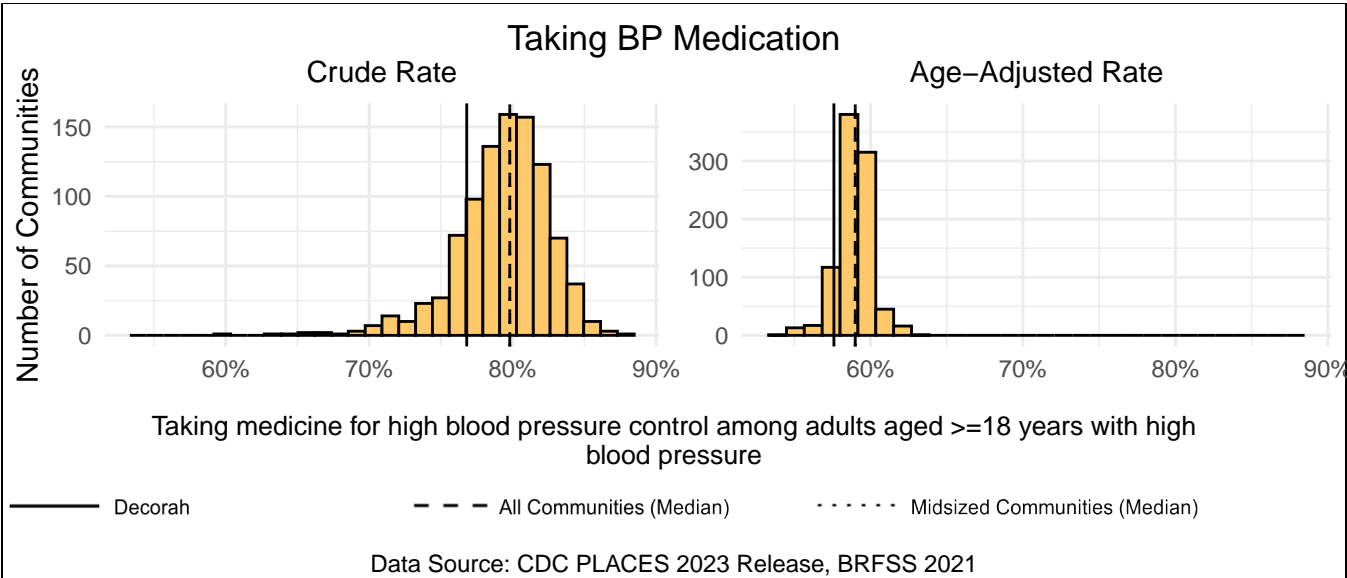
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	72.9%	75.2%	75.2%
Age-Adjusted	72.3%	72.6%	72.8%

Annual Checkup — Crude Rate, Age–Adjusted Rate

Visits to doctor for routine checkup within the past year among adults aged >=18 years

Decorah — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
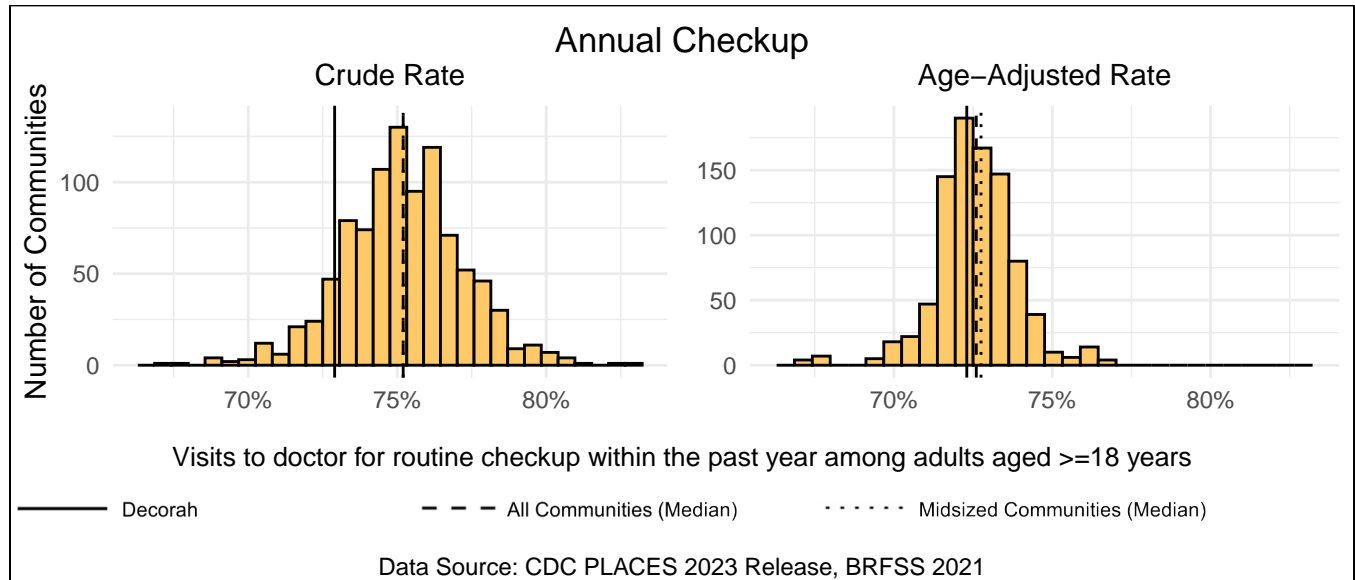
Cholesterol Screening

Decorah has a crude rate of 77.1% for cholesterol screening among adults aged >=18 years, which ranks 939th out of 958 Iowa communities (97th out of 102 midsized communities). The age-adjusted rate for Decorah is 81.5%, which ranks 46th out of 905 Iowa communities (13th out of 102 midsized communities).
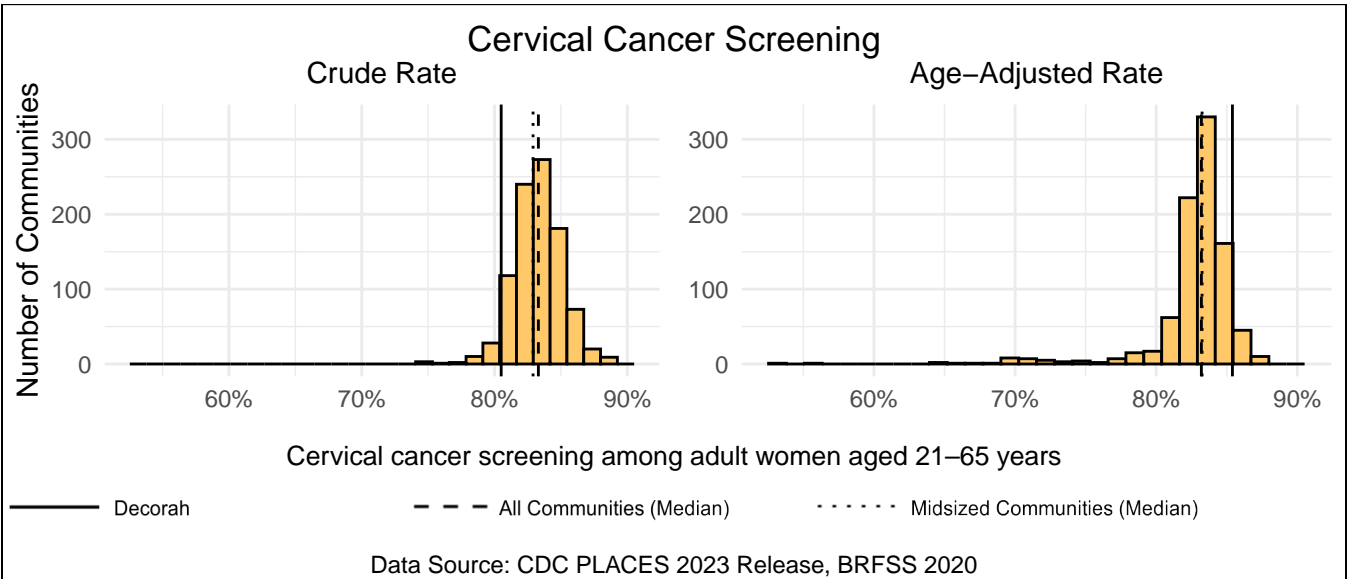
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	77.1%	82.6%	81.8%
Age-Adjusted	81.5%	79.1%	79.0%

Cholesterol Screening — Crude Rate, Age–Adjusted Rate

Cholesterol screening among adults aged >=18 years

Decorah — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Decorah has a crude rate of 76.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 24th out of 958 Iowa communities (4th out of 102 midsized communities). The age-adjusted rate for Decorah is 75.2%, which ranks 54th out of 905 Iowa communities (13th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	76.7%	71.6%	71.6%
Age-Adjusted	75.2%	70.9%	70.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Decorah has a crude rate of 46.5% 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 220th out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Decorah is 46.7%, which ranks 194th out of 905 Iowa communities (23rd out of 102 midsized communities).
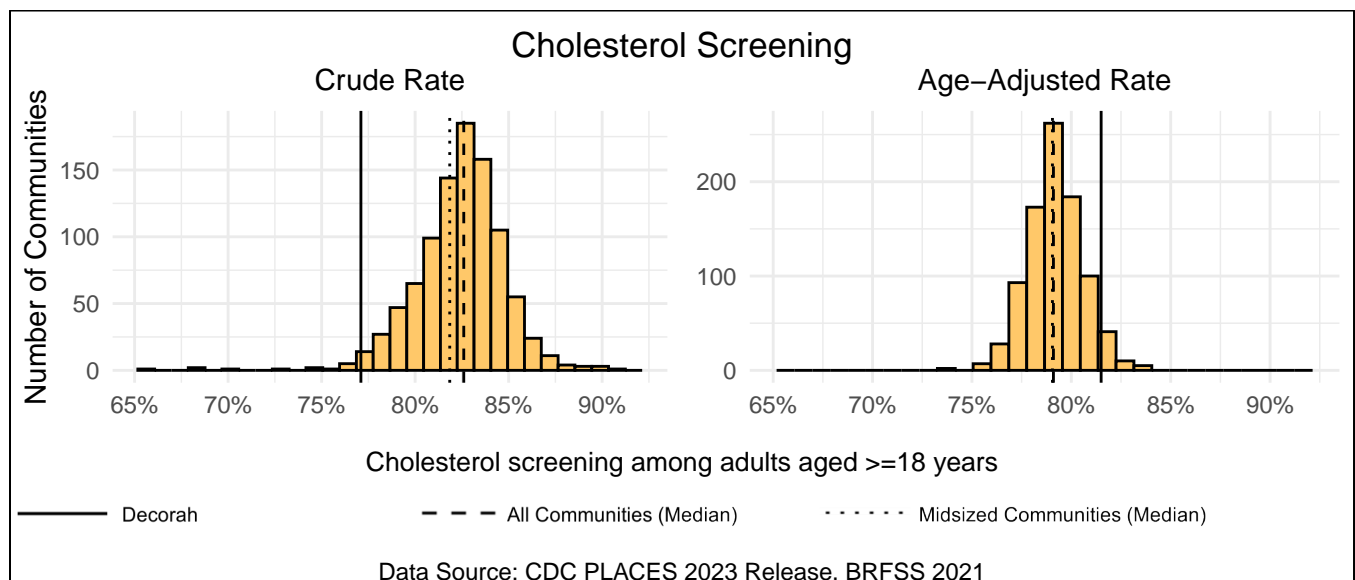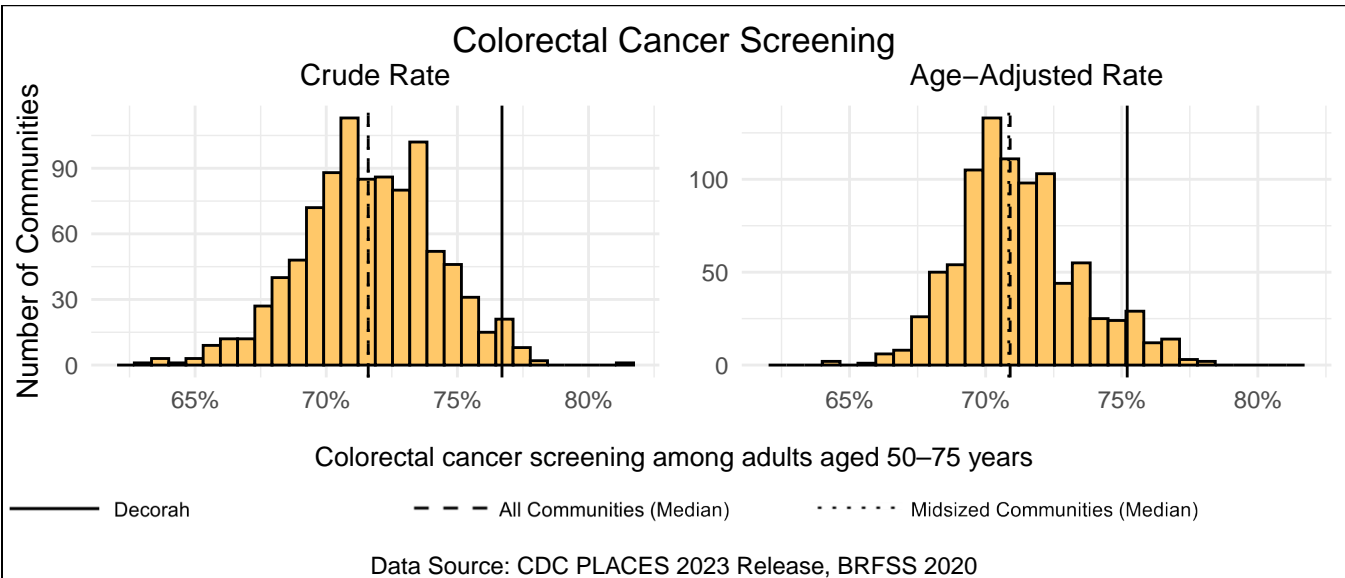
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	46.5%	43.5%	42.9%
Age-Adjusted	46.7%	43.5%	43.2%

Core preventive services for older men

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

—— Decorah
− − − All Communities (Median)
· · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Decorah has a crude rate of 40.3% 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 370th out of 958 Iowa communities (31st out of 102 midsized communities). The age-adjusted rate for Decorah is 43.6%, which ranks 164th out of 905 Iowa communities (25th out of 102 midsized communities).
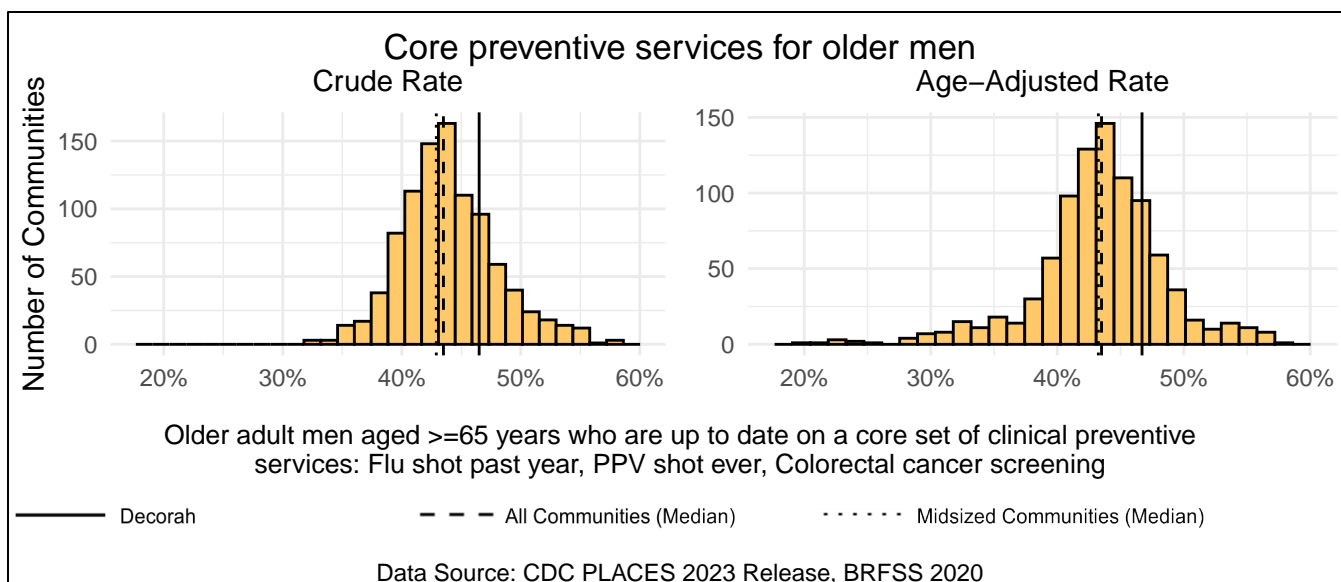
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	40.3%	39.0%	37.8%
Age-Adjusted	43.6%	39.9%	40.4%

Core preventive services for older women

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

Decorah — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
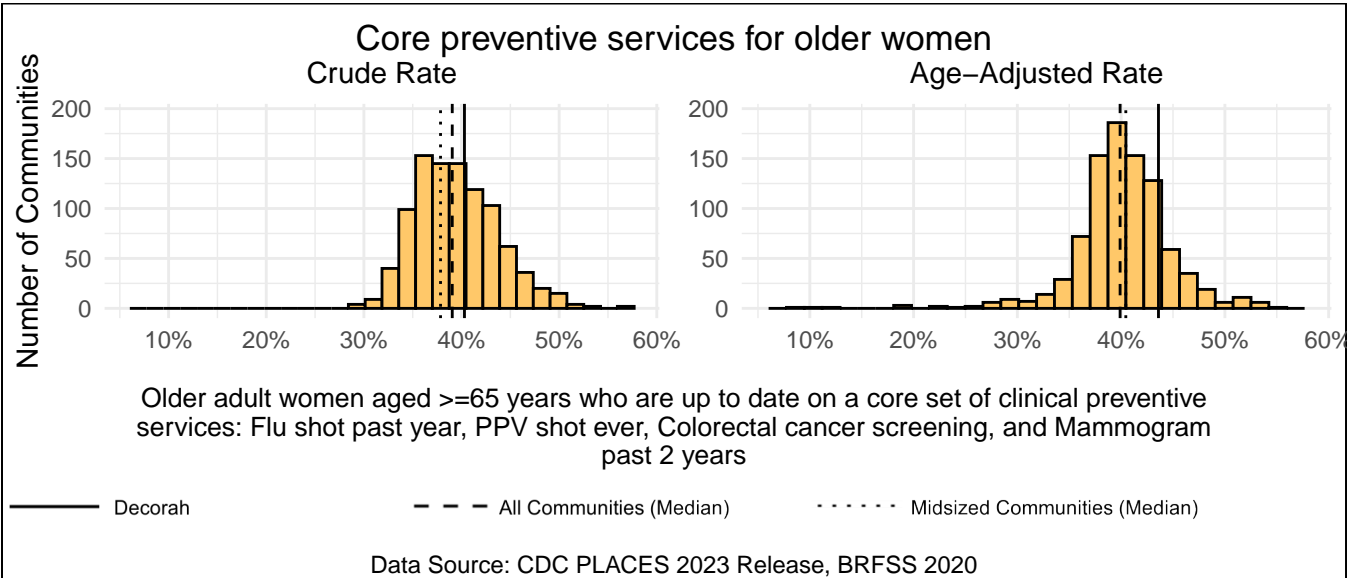
Dental Visit

Decorah has a crude rate of 76.5% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 8th out of 958 Iowa communities (3rd out of 102 midsized communities). The age-adjusted rate for Decorah is 75.0%, which ranks 25th out of 905 Iowa communities (8th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	76.5%	67.2%	67.0%
Age-Adjusted	75.0%	66.6%	66.5%

Dental Visit

Crude Rate

Age−Adjusted Rate

Visits to dentist or dental clinic among adults aged >=18 years

—— Decorah — — — All Communities (Median) · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Decorah has a crude rate of 77.2% for mammography use among women aged 50–74 years, which ranks 294th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Decorah is 76.1%, which ranks 146th out of 905 Iowa communities (28th out of 102 midsized communities).
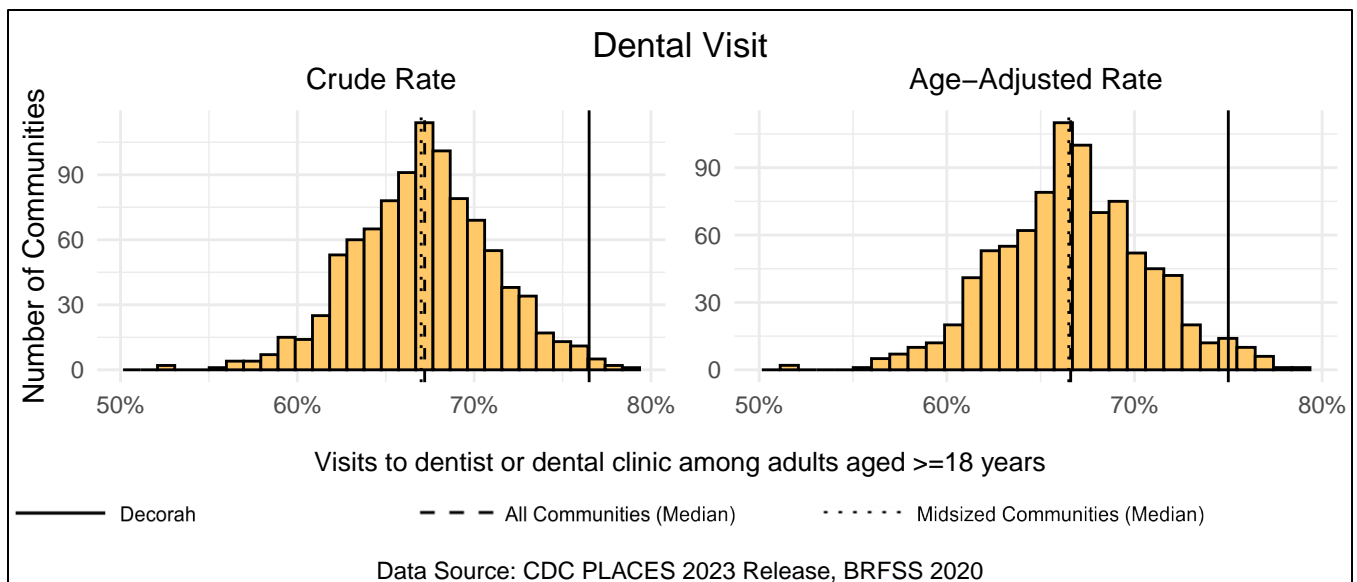
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	77.2%	76.2%	76.5%
Age-Adjusted	76.1%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
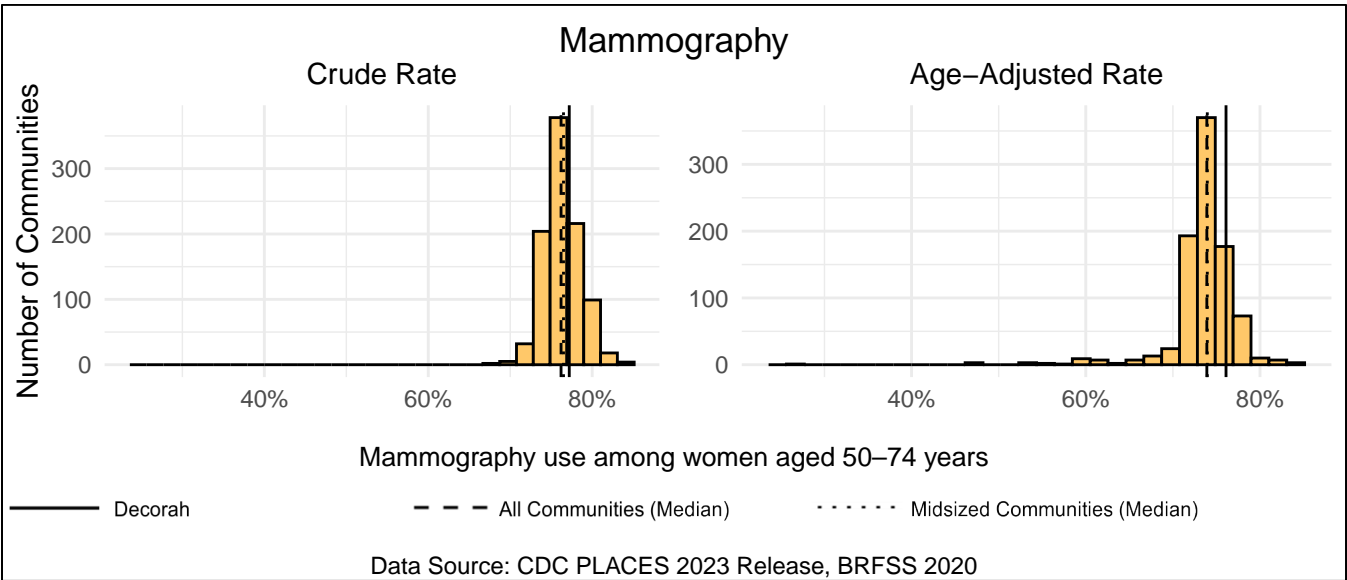
Disability

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

Decorah has a crude rate of 6.0% for hearing disability among adults aged >=18 years, which ranks 139th out of 958 Iowa communities (22nd out of 102 midsized communities). The age-adjusted rate for Decorah is 5.2%, which ranks 41st out of 905 Iowa communities (11th out of 102 midsized communities).
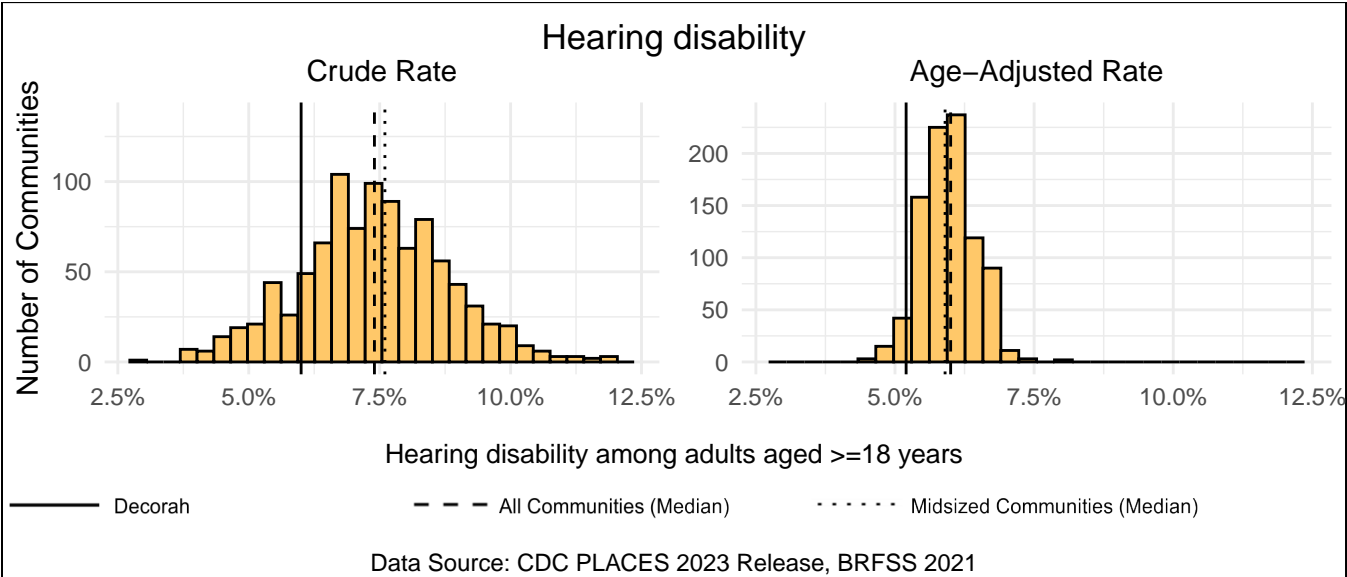
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	6.0%	7.4%	7.6%
Age-Adjusted	5.2%	6.0%	5.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Decorah has a crude rate of 3.1% for vision disability among adults aged >=18 years, which ranks 82nd out of 958 Iowa communities (17th out of 102 midsized communities). The age-adjusted rate for Decorah is 2.9%, which ranks 70th out of 905 Iowa communities (16th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	3.1%	4.1%	4.3%
Age-Adjusted	2.9%	3.6%	3.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Decorah 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 midsized communities). The age-adjusted rate for Decorah is 9.8%, which ranks 56th out of 905 Iowa communities (15th out of 102 midsized communities).
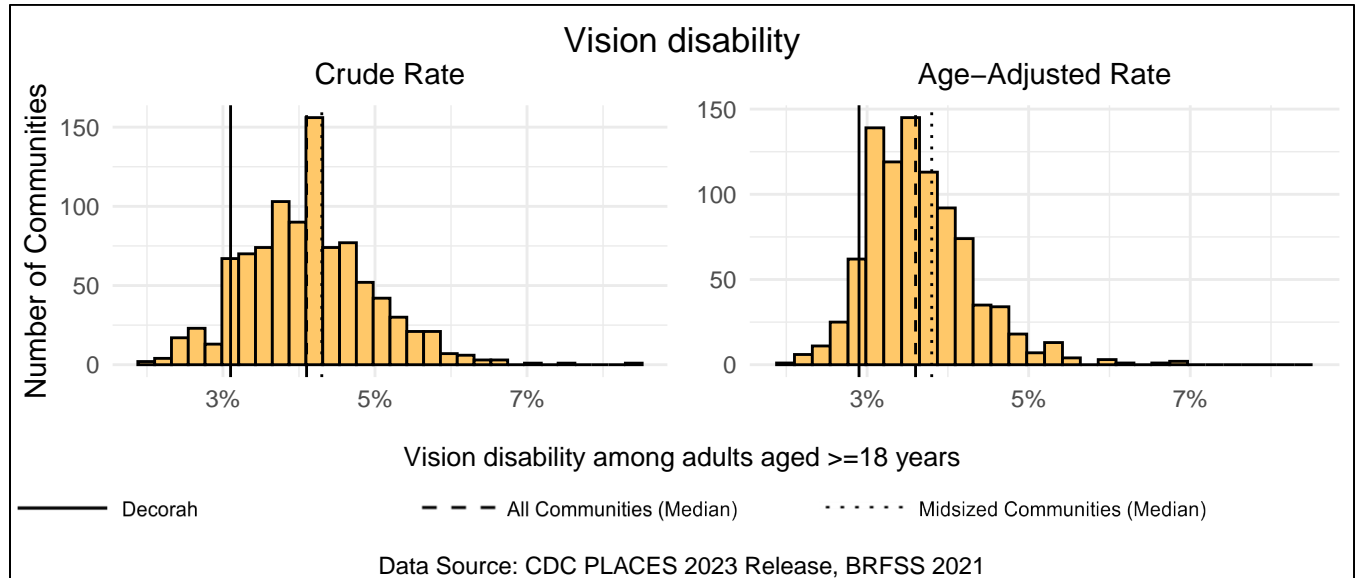
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	10.6%	11.1%	11.5%
Age-Adjusted	9.8%	11.6%	11.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Decorah has a crude rate of 8.3% for mobility disability among adults aged >=18 years, which ranks 62nd out of 958 Iowa communities (14th out of 102 midsized communities). The age-adjusted rate for Decorah is 8.0%, which ranks 73rd out of 905 Iowa communities (16th out of 102 midsized communities).
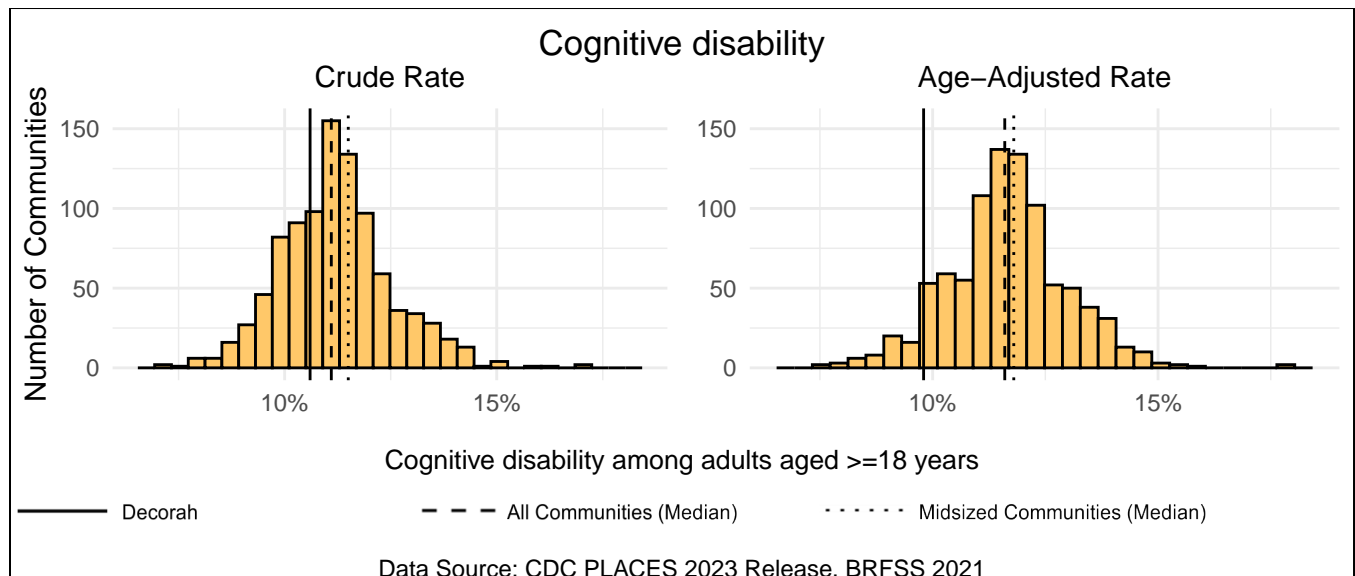
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	8.3%	11.8%	12.1%
Age-Adjusted	8.0%	9.5%	9.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
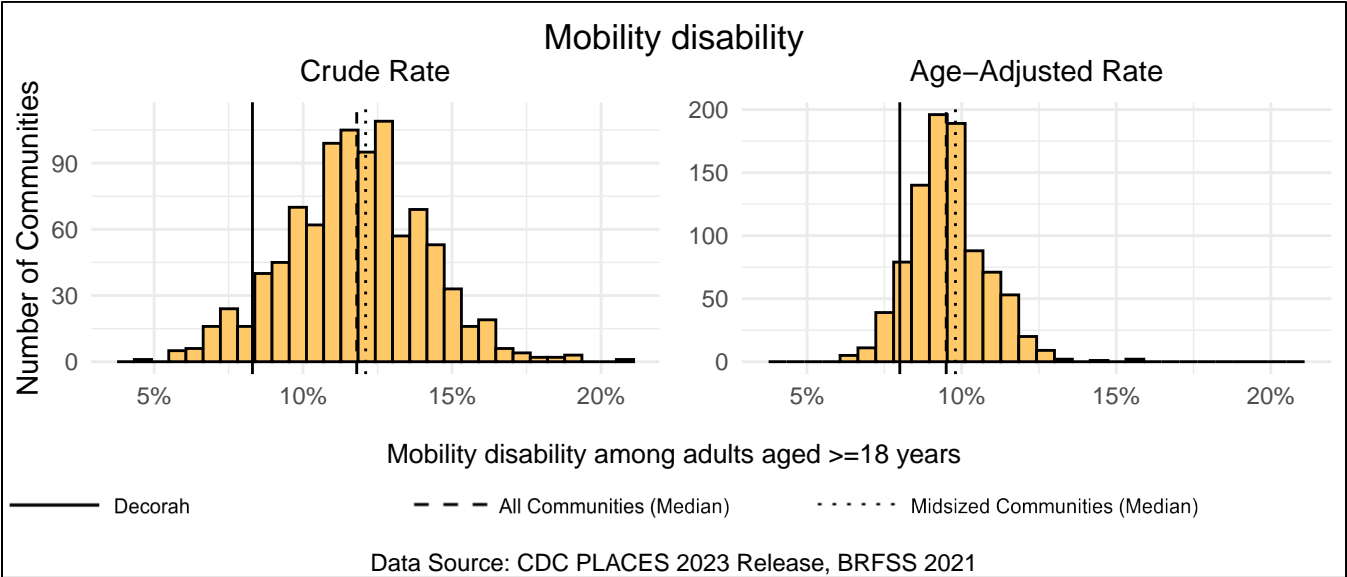
Self-care disability

Decorah has a crude rate of 2.2% for self-care disability among adults aged >=18 years, which ranks 24th out of 958 Iowa communities (8th out of 102 midsized communities). The age-adjusted rate for Decorah is 2.4%, which ranks 80th out of 905 Iowa communities (18th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	2.2%	3.4%	3.5%
Age-Adjusted	2.4%	2.9%	3.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
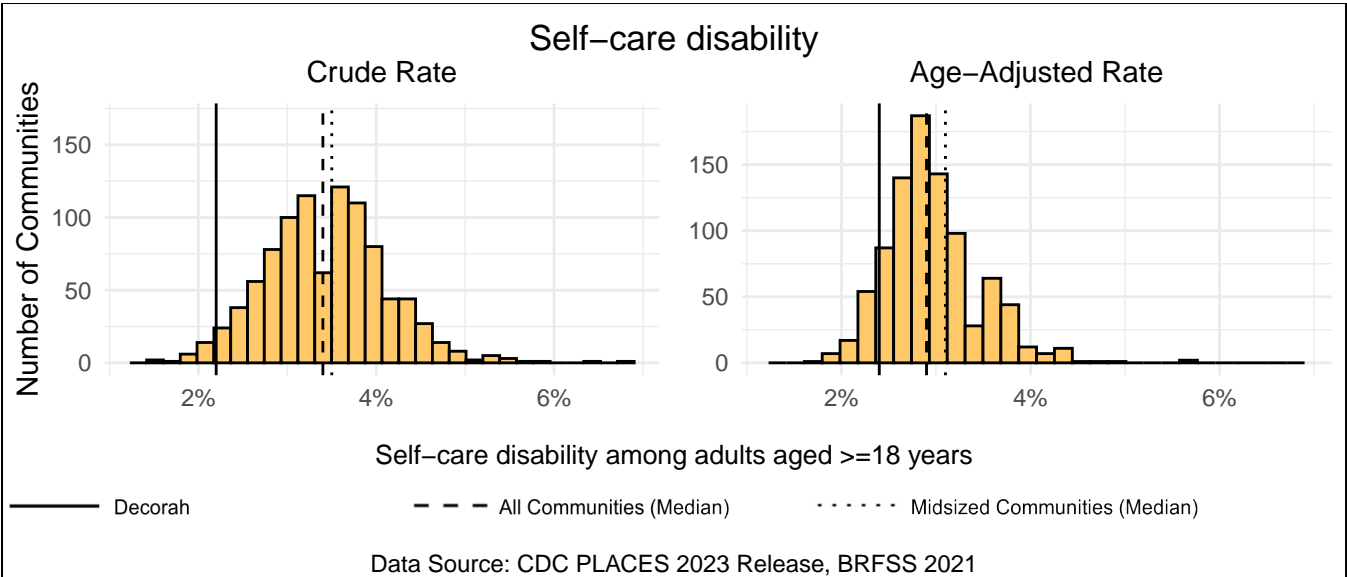
Independent living disability

Decorah has a crude rate of 5.5% for independent living disability among adults aged >=18 years, which ranks 117th out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Decorah is 5.1%, which ranks 67th out of 905 Iowa communities (16th out of 102 midsized communities).

Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	5.5%	6.6%	7.0%
Age-Adjusted	5.1%	6.2%	6.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Decorah has a crude rate of 21.9% for any disability among adults aged >=18 years, which ranks 133rd out of 958 Iowa communities (20th out of 102 midsized communities). The age-adjusted rate for Decorah is 19.9%, which ranks 67th out of 905 Iowa communities (15th out of 102 midsized communities).
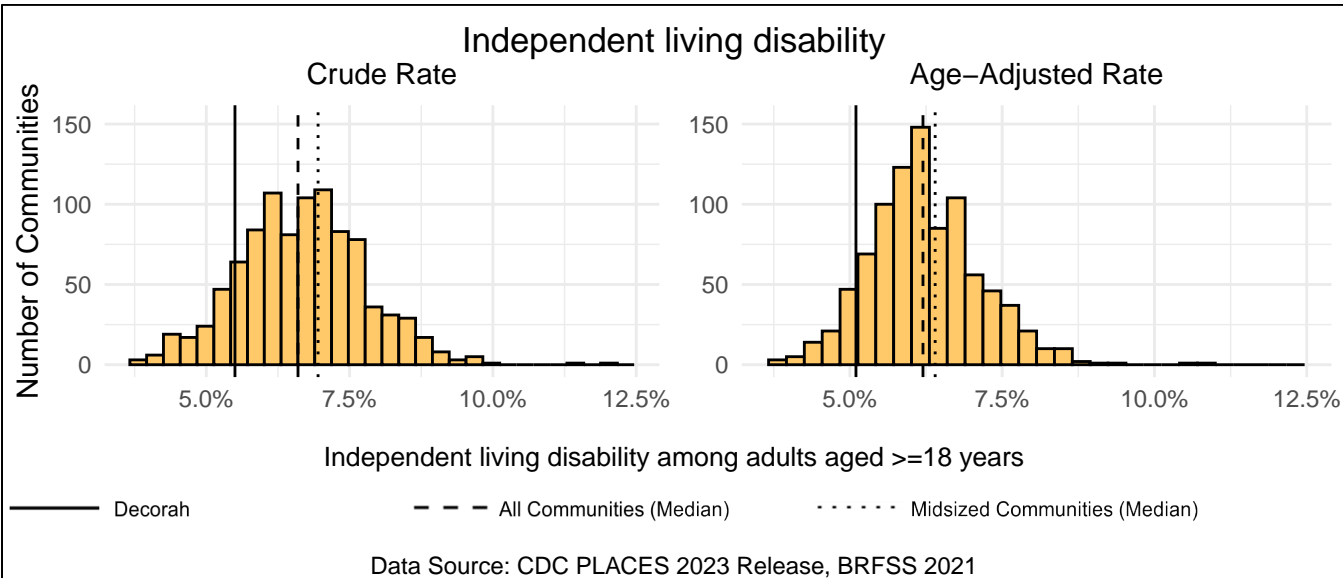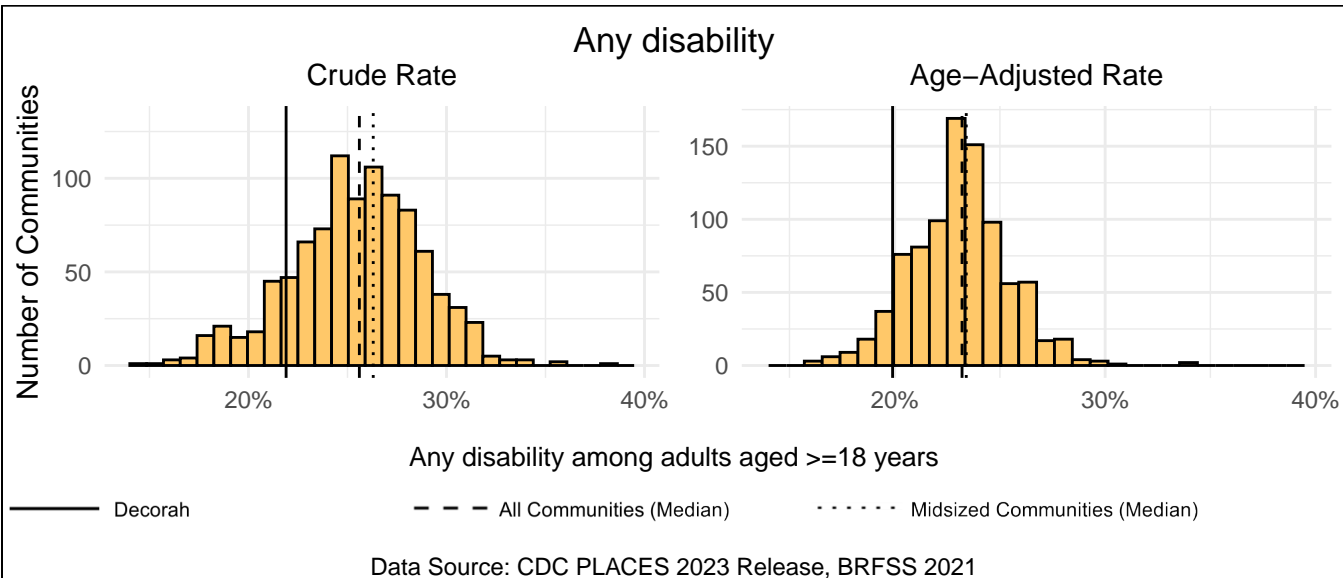
Measure Type	Decorah	All Comm.	Midsized Comm.
Crude	21.9%	25.6%	26.3%
Age-Adjusted	19.9%	23.2%	23.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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: Decorah 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	809	15.4% (12.9% - 18.0%)	103	14.4% (12.4% - 16.6%)
Health Status	Physical Health	25	7.8% (6.7% - 9.2%)	52	8.3% (7.1% - 9.6%)
Health Status	General Health	41	10.0% (8.4% - 12.1%)	55	10.3% (8.7% - 12.2%)
Health Risk Behaviors	Sleep <7 hours	11	25.8% (23.9% - 27.4%)	50	28.2% (27.0% - 29.5%)
Health Risk Behaviors	Physical Inactivity	68	20.7% (16.9% - 25.3%)	118	21.2% (17.3% - 25.2%)
Health Risk Behaviors	Binge Drinking	637	20.5% (17.0% - 24.2%)	202	21.2% (17.6% - 25.0%)
Health Risk Behaviors	Current Smoking	1	10.1% (7.8% - 12.8%)	48	13.6% (10.8% - 16.7%)
Health Outcomes	Arthritis	44	21.3% (18.2% - 24.4%)	190	22.2% (18.7% - 25.6%)
Health Outcomes	Coronary Heart Disease	97	4.8% (4.2% - 5.5%)	30	4.3% (3.8% - 4.9%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.6%)	185	9.2% (8.0% - 10.3%)
Health Outcomes	Chronic Kidney Disease	115	2.6% (2.3% - 2.8%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	COPD	40	4.9% (4.1% - 5.8%)	45	5.0% (4.2% - 5.9%)
Health Outcomes	Obesity	1	28.4% (22.4% - 34.9%)	59	33.4% (26.6% - 40.5%)
Health Outcomes	High Cholesterol	26	29.8% (26.1% - 33.8%)	33	28.0% (23.8% - 32.3%)
Health Outcomes	Stroke	98	2.5% (2.2% - 2.8%)	49	2.3% (2.0% - 2.5%)
Health Outcomes	All Teeth Lost	69	9.6% (6.7% - 13.5%)	39	9.0% (6.5% - 11.8%)
Health Outcomes	High Blood Pressure	36	24.6% (21.4% - 27.9%)	91	25.5% (22.0% - 29.1%)
Health Outcomes	Diabetes	39	7.0% (5.9% - 8.2%)	103	7.3% (6.1% - 8.5%)
Health Outcomes	Depression	568	18.3% (14.9% - 22.1%)	138	18.2% (14.9% - 21.7%)
Health Outcomes	Cancer (except skin)	177	7.0% (6.3% - 7.7%)	418	6.5% (5.9% - 7.2%)
Prevention	Dental Visit	8	76.5% (72.7% - 79.6%)	25	75.0% (72.7% - 77.3%)
Prevention	Colorectal Cancer Screening	24	76.7% (74.7% - 78.6%)	54	75.2% (73.0% - 77.3%)
Prevention	Taking BP Medication	788	76.8% (73.9% - 79.4%)	812	57.6% (52.5% - 62.6%)
Prevention	Cholesterol Screening	939	77.1% (73.0% - 81.0%)	46	81.5% (78.4% - 84.3%)
Prevention	Core preventive services for older women	370	40.3% (34.7% - 46.1%)	164	43.6% (38.1% - 49.0%)
Prevention	Annual Checkup	848	72.9% (67.9% - 77.6%)	530	72.3% (67.0% - 77.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	294	77.2% (74.3% - 79.9%)	146	76.1% (73.0% - 78.9%)
Prevention	Core preventive services for older men	220	46.5% (39.8% - 52.7%)	194	46.7% (40.5% - 52.8%)
Prevention	Cervical Cancer Screening	903	80.5% (77.1% - 83.6%)	56	85.4% (83.6% - 87.1%)
Prevention	Health Insurance	40	5.6% (4.1% - 8.2%)	43	5.9% (4.7% - 7.4%)
Disability	Vision Disability	82	3.1% (2.6% - 3.6%)	70	2.9% (2.5% - 3.3%)
Disability	Any Disability	133	21.9% (18.4% - 26.2%)	67	19.9% (16.8% - 23.2%)
Disability	Independent Living Disability	117	5.5% (4.5% - 6.8%)	67	5.1% (4.4% - 5.9%)
Disability	Hearing Disability	139	6.0% (5.3% - 6.7%)	41	5.2% (4.6% - 5.9%)
Disability	Cognitive Disability	278	10.6% (8.4% - 13.3%)	56	9.8% (8.3% - 11.5%)
Disability	Mobility Disability	62	8.3% (6.9% - 9.8%)	73	8.0% (6.7% - 9.4%)
Disability	Self-care Disability	24	2.2% (1.9% - 2.6%)	80	2.4% (2.1% - 2.7%)

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)

Decorah 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