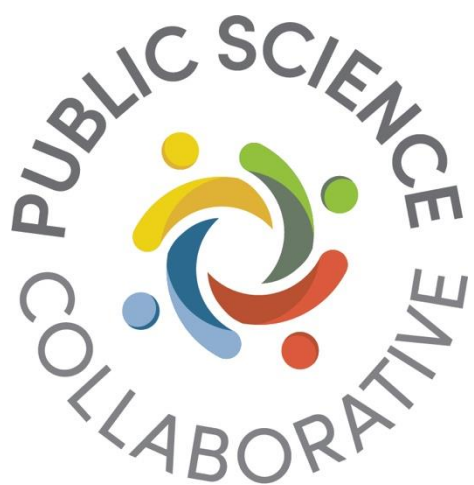# Iowa Community Health Snapshot Series

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 Dike: Overview

Dear Community Members & Stakeholders of Dike,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Health Insurance	87th	14th	Chronic Kidney Disease	36th	8th
Cervical Cancer Screening	103rd	19th	High Cholesterol	71st	16th
Cognitive Disability	105th	16th	Physical Inactivity	104th	19th
All Teeth Lost	129th	20th	Health Insurance	107th	21st
Physical Inactivity	140th	26th	Annual Checkup	110th	26th

Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Mammography	873rd	124th	Binge Drinking	792nd	123rd
Core preventive services for older men	787th	120th	Core preventive services for older men	707th	119th
Binge Drinking	663rd	102nd	Mammography	676th	103rd
Colorectal Cancer Screening	530th	87th	Taking BP Medication	537th	81st
Arthritis	499th	63rd	Arthritis	465th	67th

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 Dike.

Sincerely,

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

How to Use this Report

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

With a population of 1,240, Dike's similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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

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

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

Mental Health

Crude Rate / Age-Adjusted Rate

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

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

Dike has a crude rate of 12.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 164th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Dike is 10.9%, which ranks 117th out of 905 Iowa communities (20th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	12.2%	14.3%	14.0%
Age-Adjusted	10.9%	12.7%	12.4%

Poor General Health — Crude Rate and Age–Adjusted Rate. Fair or poor self–rated health status among adults aged >= 18 years. Dike, All Communities (Median), Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
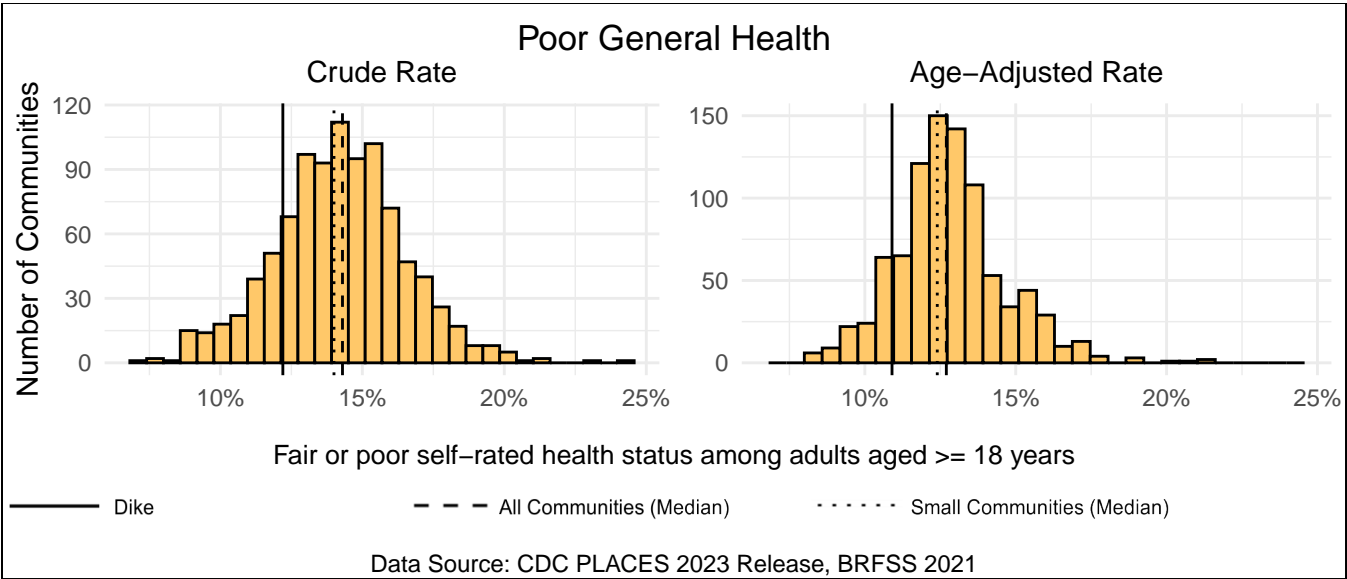
Poor Physical Health

Dike has a crude rate of 9.8% for physical health not good for >=14 days among adults aged >=18 years, which ranks 205th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Dike is 8.7%, which ranks 120th out of 905 Iowa communities (21st out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	9.8%	10.8%	10.6%
Age-Adjusted	8.7%	9.7%	9.6%

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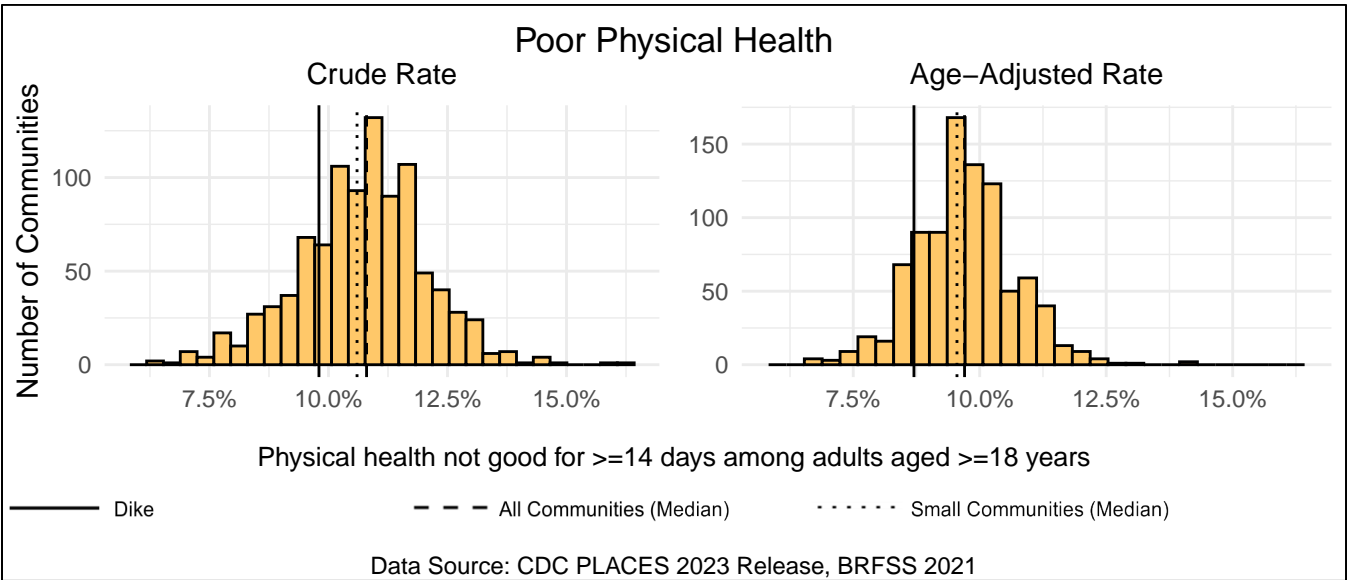
Poor Mental Health

Dike has a crude rate of 13.3% for mental health not good for >=14 days among adults aged >=18 years, which ranks 141st out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Dike is 14.6%, which ranks 140th out of 905 Iowa communities (27th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	13.3%	14.3%	14.1%
Age-Adjusted	14.6%	15.5%	15.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
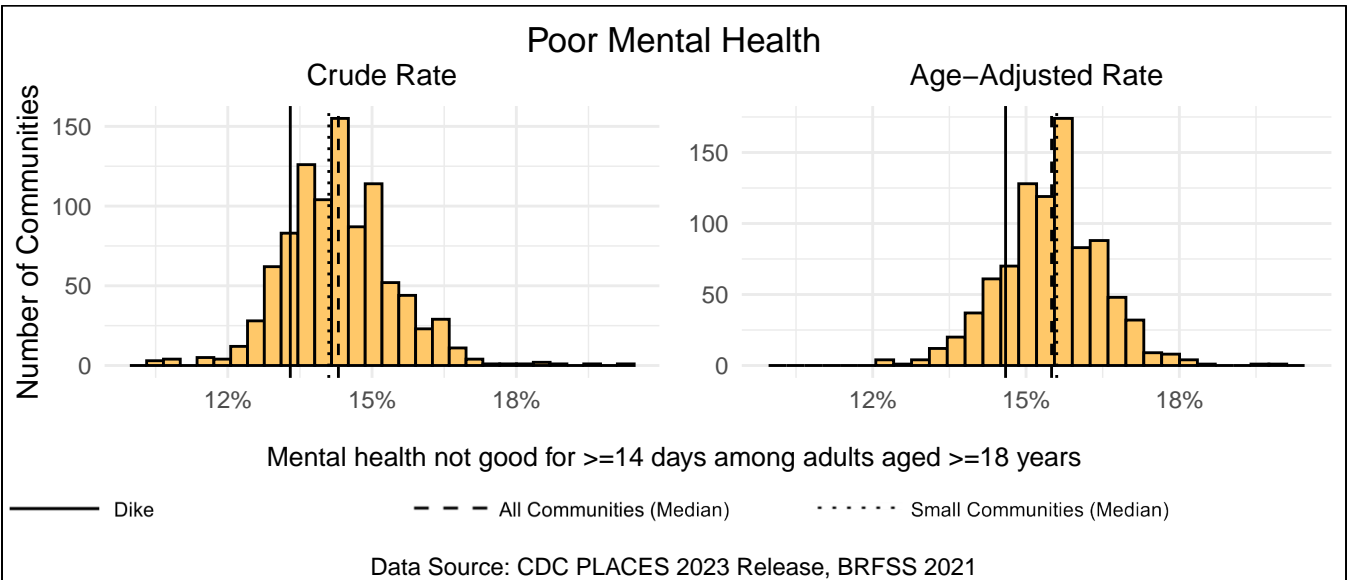
Health Risk Behaviors

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

Dike has a crude rate of 20.6% for binge drinking among adults aged >=18 years, which ranks 663rd out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Dike is 23.3%, which ranks 792nd out of 905 Iowa communities (123rd out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	20.6%	19.5%	19.1%
Age-Adjusted	23.3%	22.0%	22.1%

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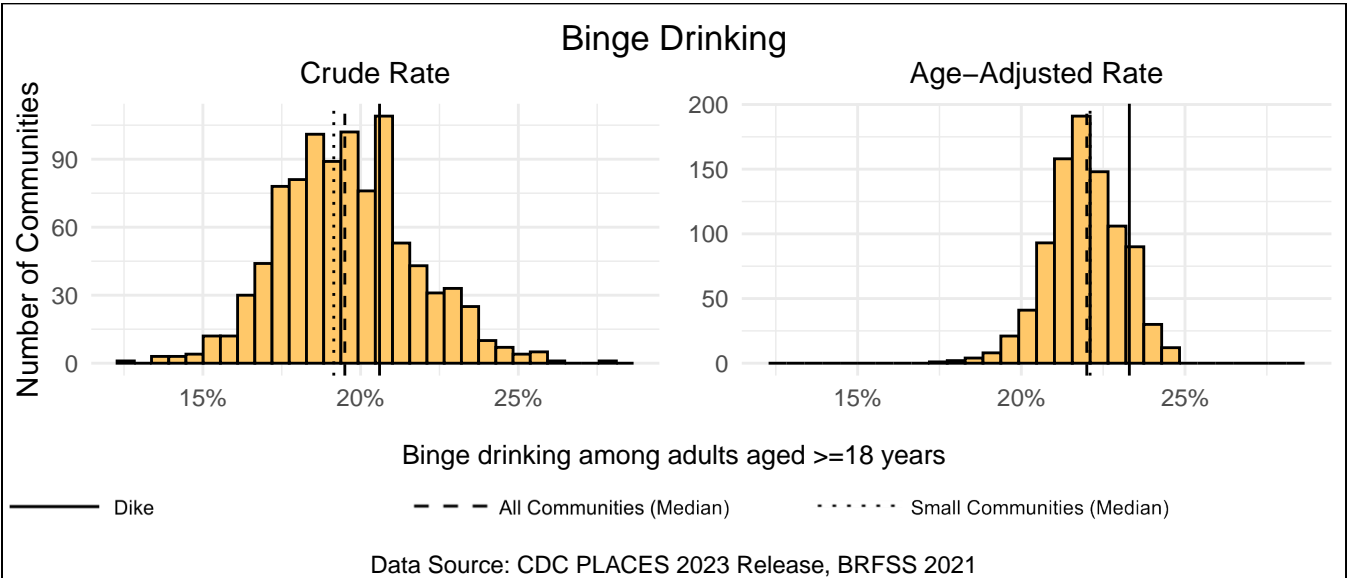
Current Smoking

Dike has a crude rate of 15.0% for current smoking among adults aged >=18 years, which ranks 175th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Dike is 15.1%, which ranks 123rd out of 905 Iowa communities (23rd out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	15.0%	16.8%	16.1%
Age-Adjusted	15.1%	17.5%	17.2%

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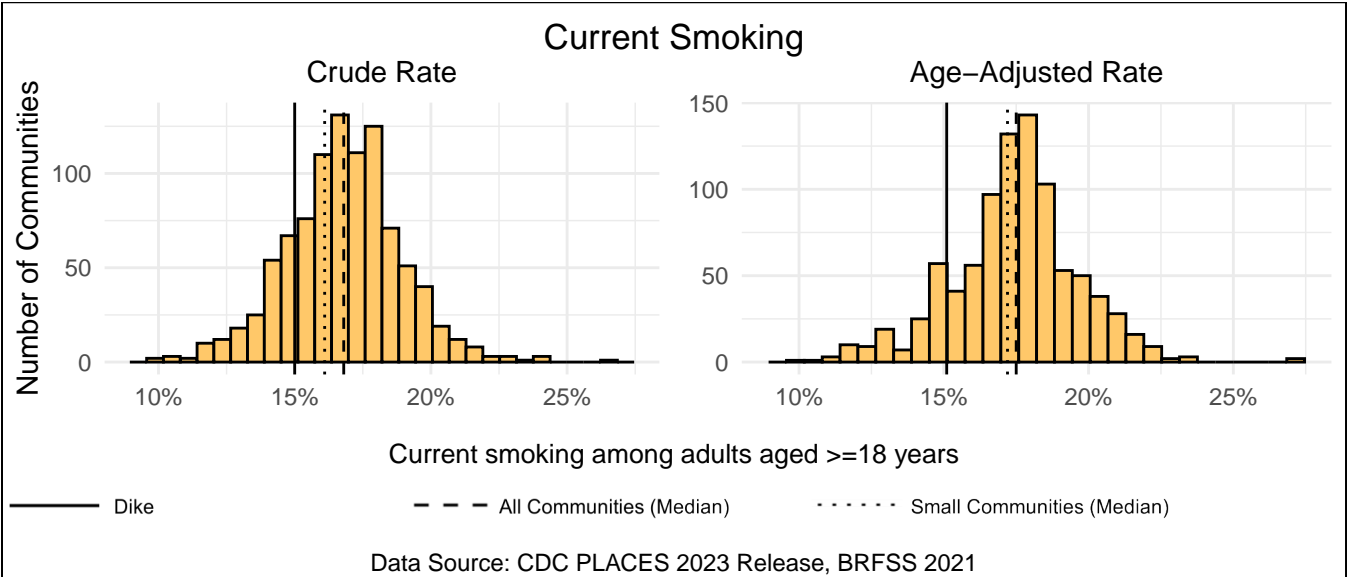
Physical Inactivity

Dike has a crude rate of 22.4% for no leisure-time physical activity among adults aged >=18 years, which ranks 140th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Dike is 21.0%, which ranks 104th out of 905 Iowa communities (19th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	22.4%	26.1%	25.8%
Age-Adjusted	21.0%	24.3%	23.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Dike has a crude rate of 29.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 258th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Dike is 29.7%, which ranks 162nd out of 905 Iowa communities (33rd out of 138 small communities).
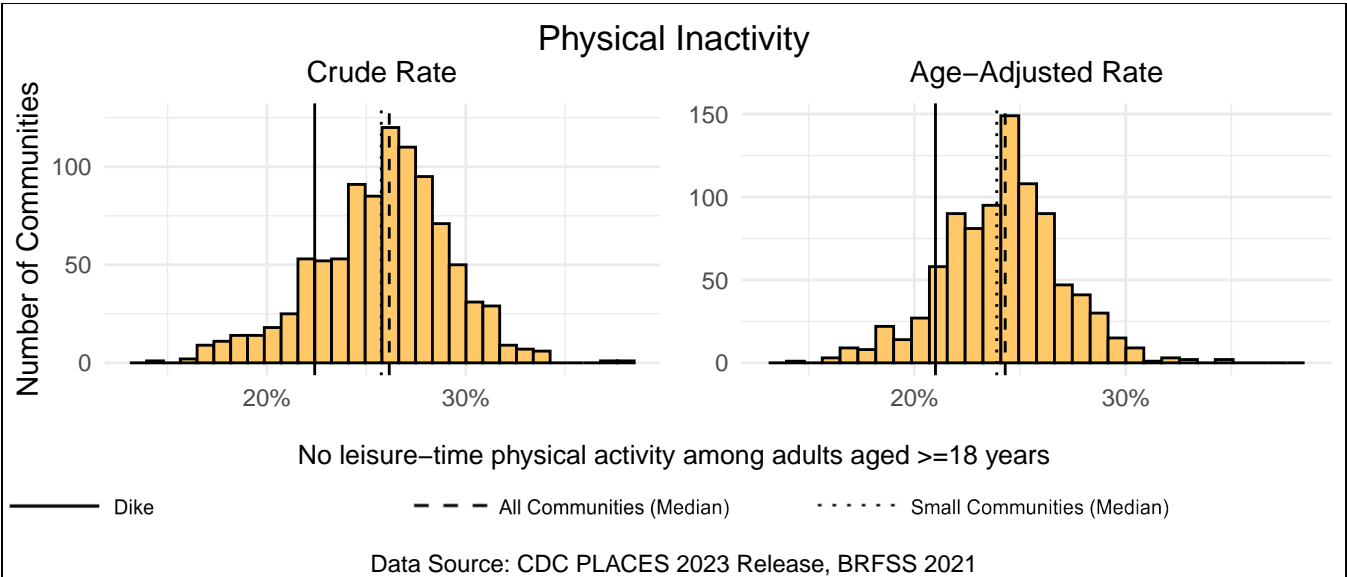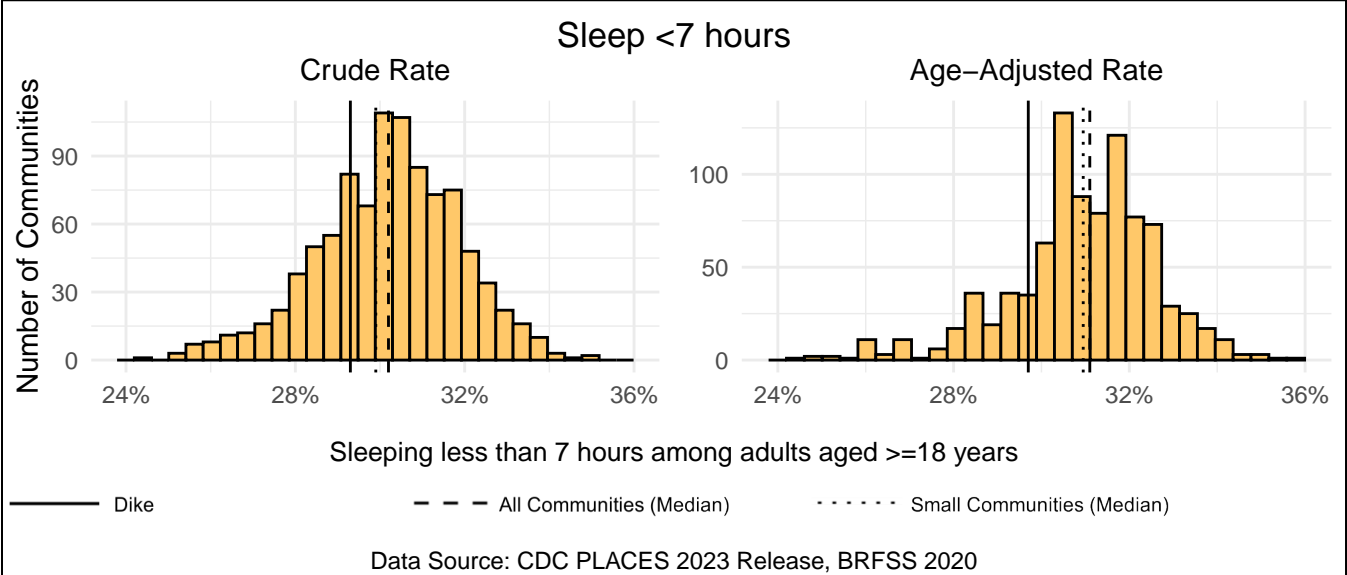
Measure Type	Dike	All Comm.	Small Comm.
Crude	29.3%	30.2%	29.9%
Age-Adjusted	29.7%	31.1%	31.0%

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

Dike has a crude rate of 28.1% for arthritis among adults aged >=18 years, which ranks 499th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Dike is 23.2%, which ranks 465th out of 905 Iowa communities (67th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	28.1%	27.9%	28.4%
Age-Adjusted	23.2%	23.1%	23.2%

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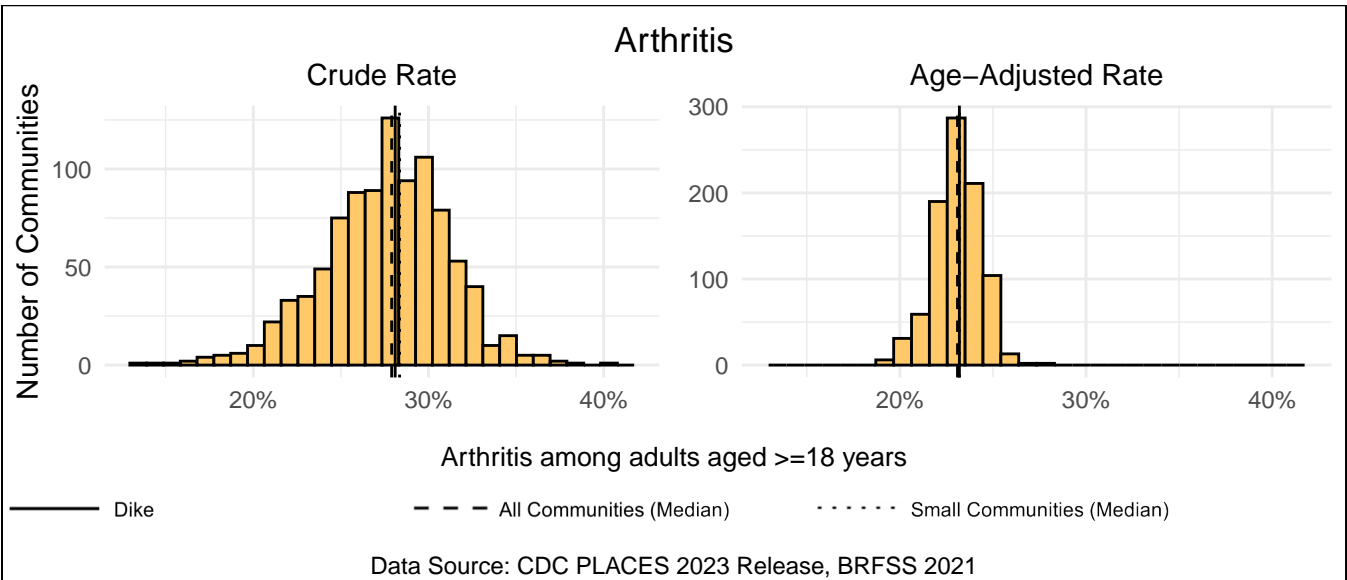
High Blood Pressure

Dike has a crude rate of 31.5% for high blood pressure among adults aged >=18 years, which ranks 400th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Dike is 26.3%, which ranks 230th out of 905 Iowa communities (33rd out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	31.5%	32.0%	32.5%
Age-Adjusted	26.3%	27.3%	27.0%

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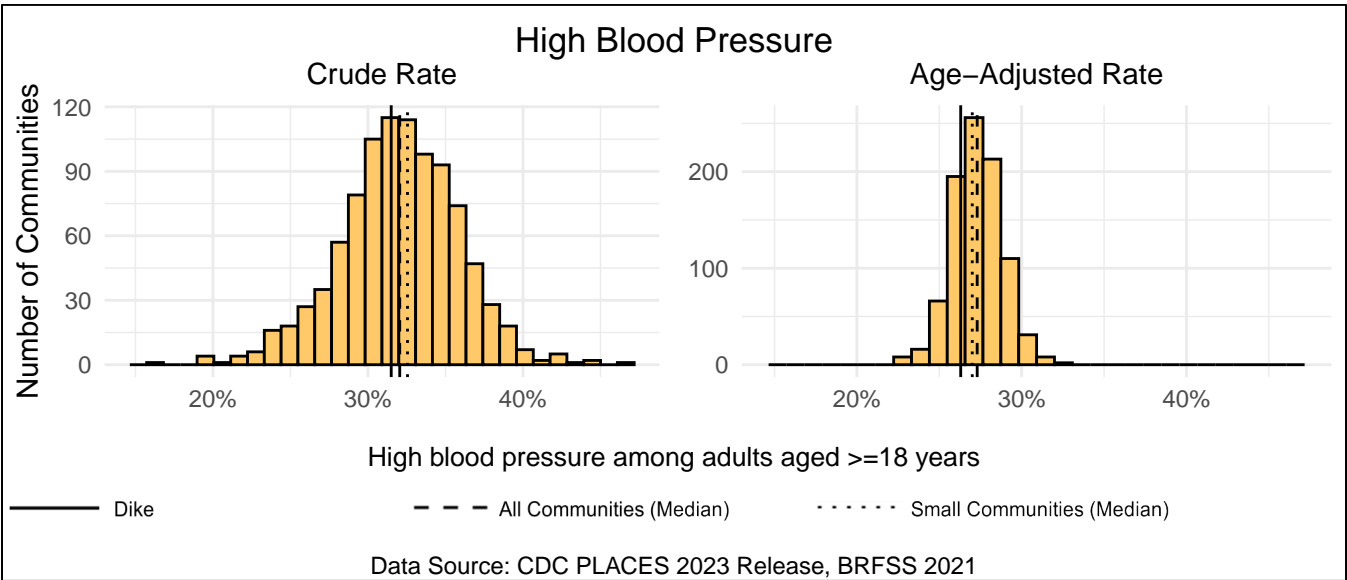
Cancer (except skin)

Dike 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 (49th out of 138 small communities). The age-adjusted rate for Dike is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

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

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Dike has a crude rate of 9.1% for current asthma among adults aged >=18 years, which ranks 215th out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Dike is 9.2%, which ranks 185th out of 905 Iowa communities (26th out of 138 small communities).
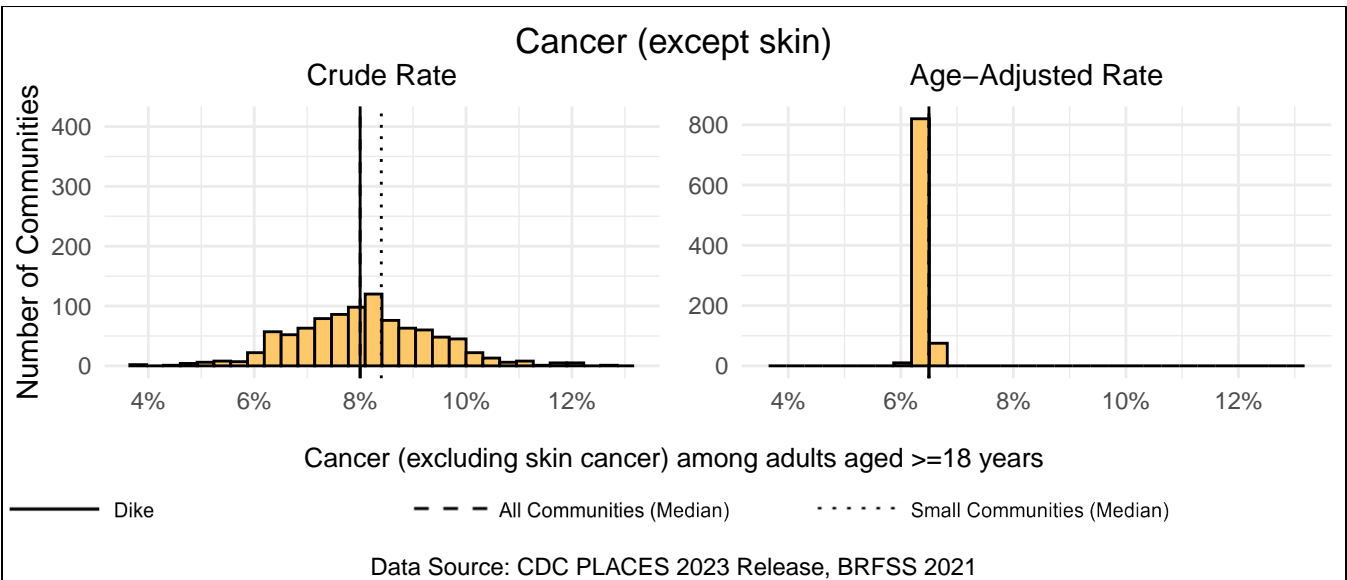
Measure Type	Dike	All Comm.	Small Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.2%	9.5%	9.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
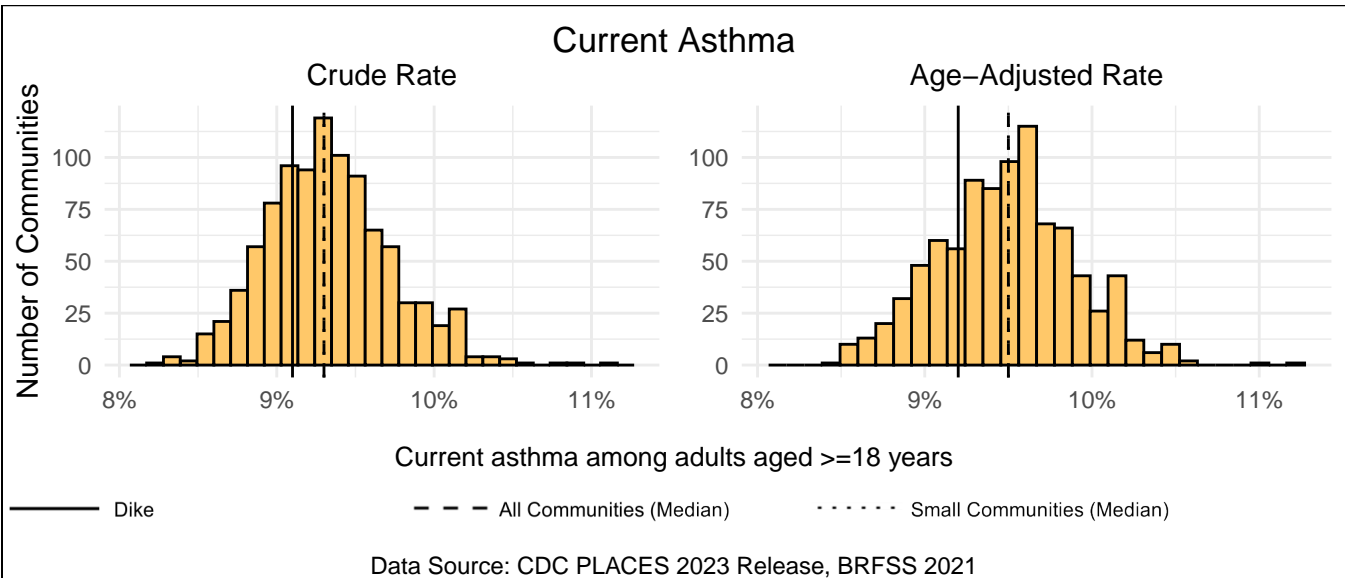
Coronary Heart Disease

Dike has a crude rate of 6.0% for coronary heart disease among adults aged >=18 years, which ranks 324th out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Dike is 4.7%, which ranks 187th out of 905 Iowa communities (36th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	6.0%	6.4%	6.7%
Age-Adjusted	4.7%	5.0%	4.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Dike has a crude rate of 6.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 213th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Dike is 5.4%, which ranks 120th out of 905 Iowa communities (21st out of 138 small communities).
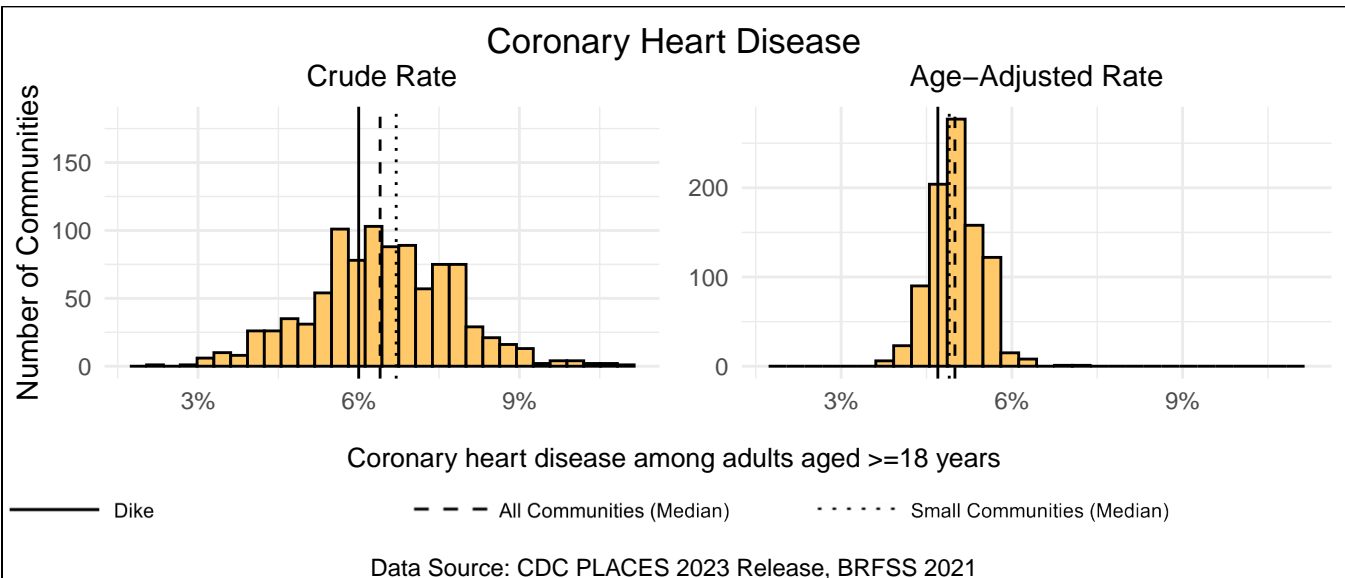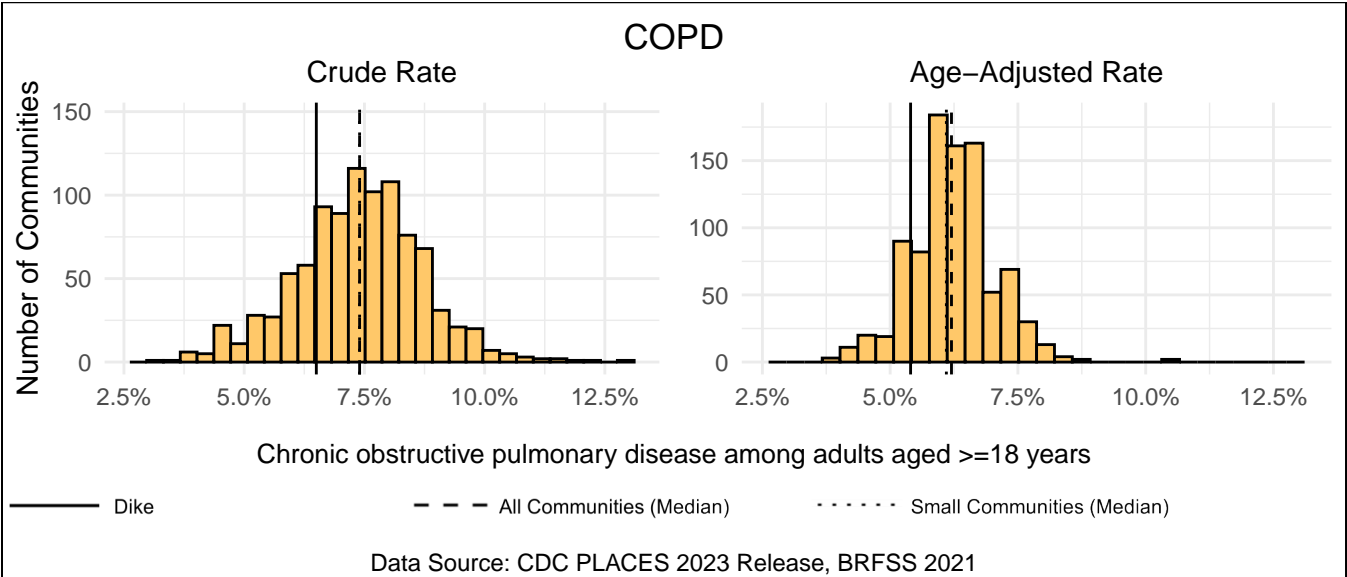
Measure Type	Dike	All Comm.	Small Comm.
Crude	6.5%	7.4%	7.4%
Age-Adjusted	5.4%	6.2%	6.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Dike has a crude rate of 17.3% for depression among adults aged >=18 years, which ranks 220th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Dike is 18.4%, which ranks 189th out of 905 Iowa communities (23rd out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	17.3%	18.0%	17.9%
Age-Adjusted	18.4%	19.0%	19.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Dike has a crude rate of 9.3% for diagnosed diabetes among adults aged >=18 years, which ranks 275th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Dike is 7.4%, which ranks 128th out of 905 Iowa communities (23rd out of 138 small communities).
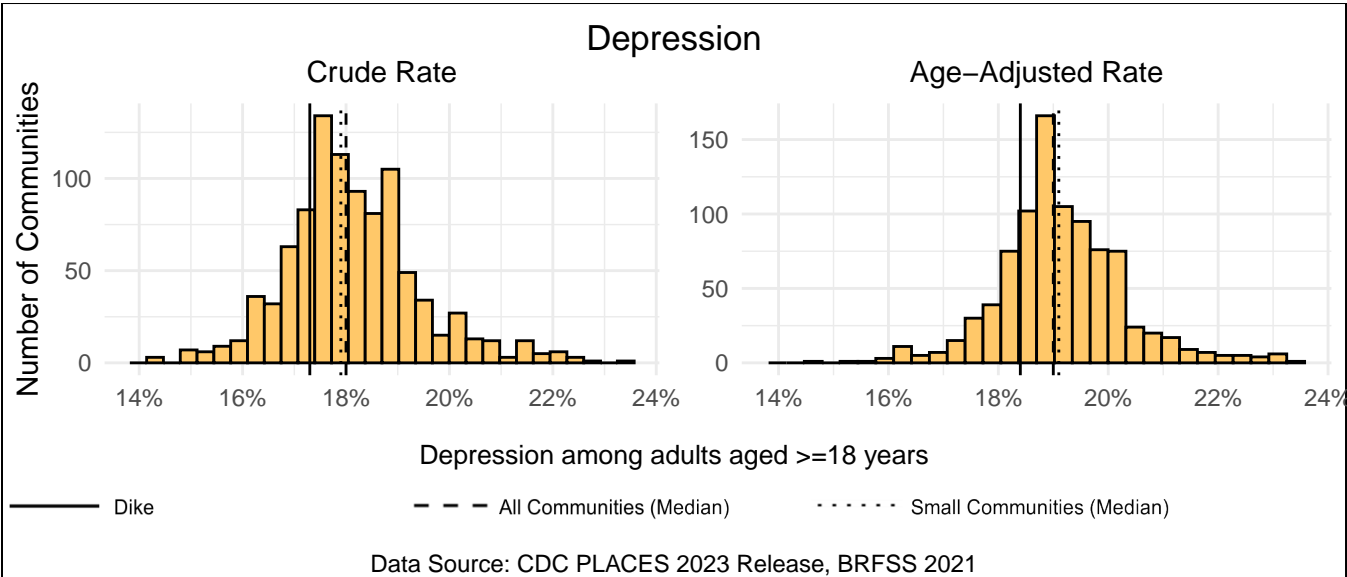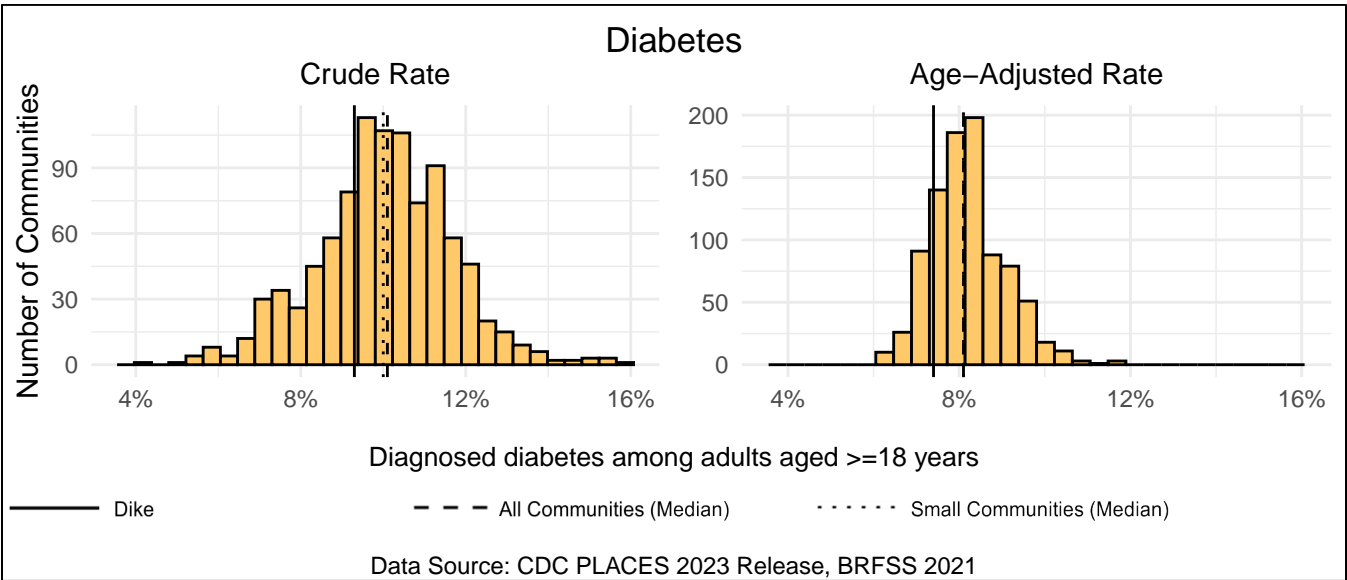
Measure Type	Dike	All Comm.	Small Comm.
Crude	9.3%	10.1%	10.0%
Age-Adjusted	7.4%	8.1%	8.1%

Diabetes

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

Dike has a crude rate of 35.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 308th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Dike is 28.5%, which ranks 71st out of 905 Iowa communities (16th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	35.1%	36.2%	36.4%
Age-Adjusted	28.5%	29.7%	29.6%

High Cholesterol

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Dike has a crude rate of 3.0% for chronic kidney disease among adults aged >=18 years, which ranks 310th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Dike is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 138 small communities).

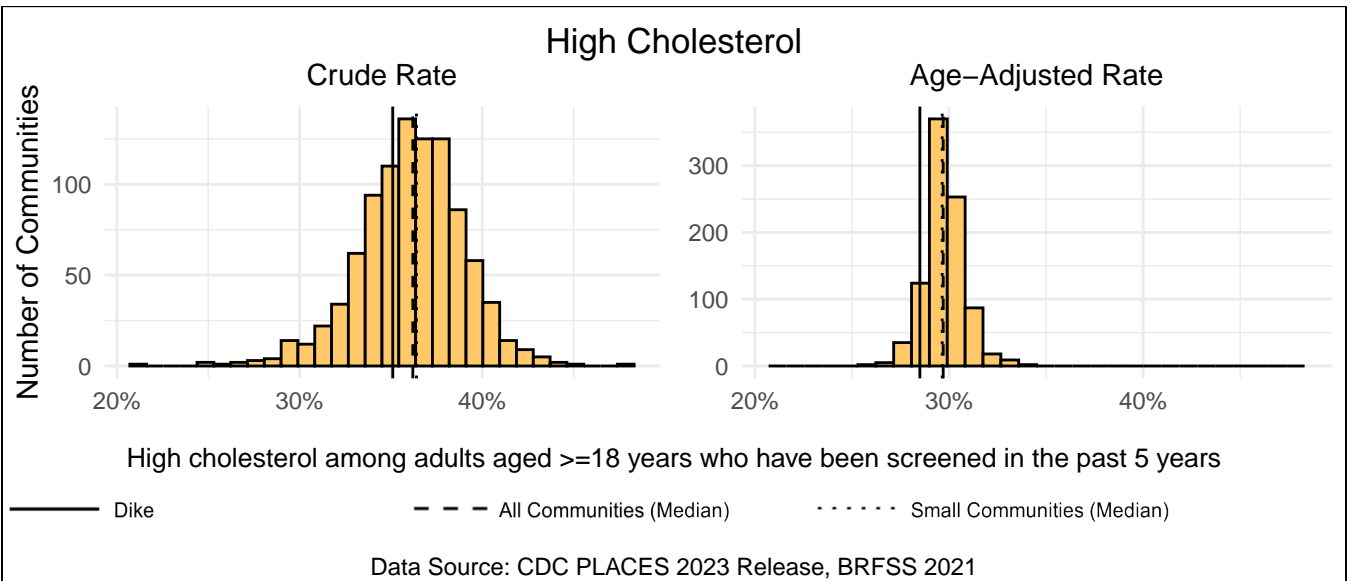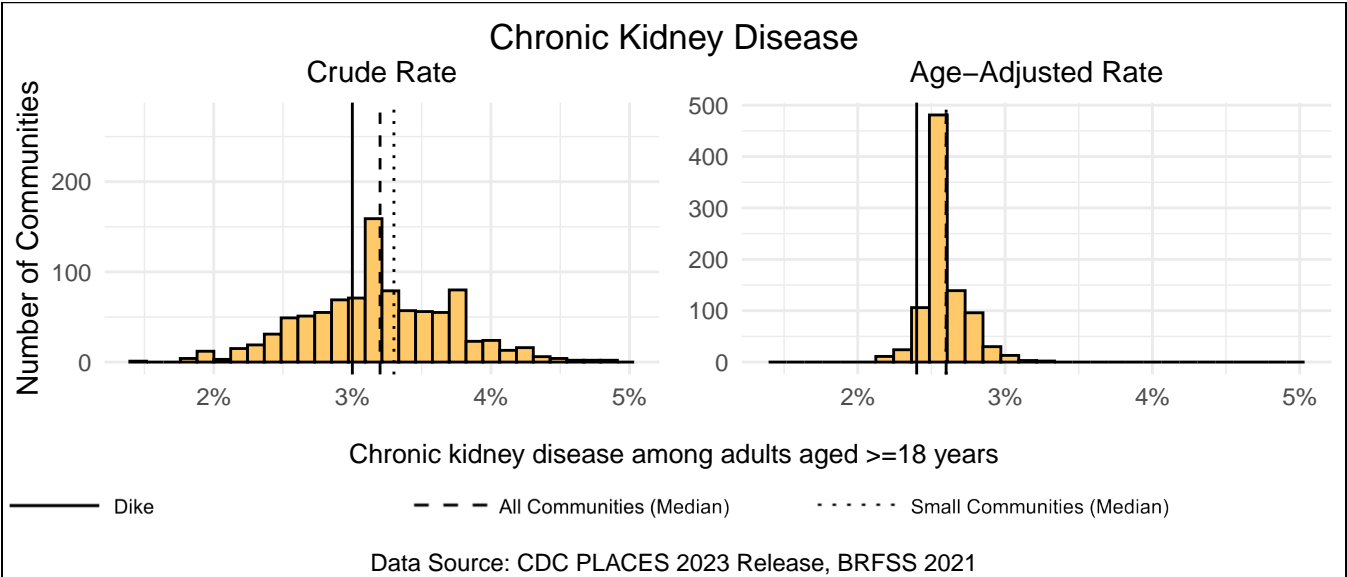| Measure Type	Dike	All Comm.	Small Comm.
Crude	3.0%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Dike has a crude rate of 37.8% for obesity among adults aged >=18 years, which ranks 496th out of 958 Iowa communities (89th out of 138 small communities). The age-adjusted rate for Dike is 37.0%, which ranks 367th out of 905 Iowa communities (54th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	37.8%	37.6%	37.2%
Age-Adjusted	37.0%	37.6%	37.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
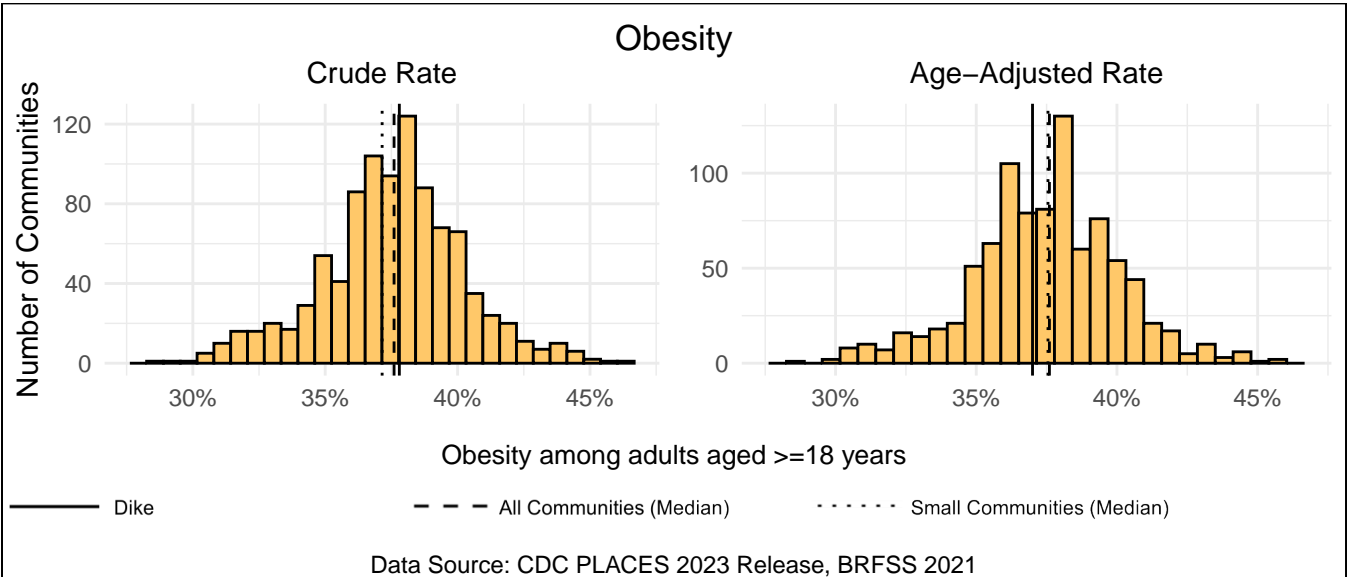
Stroke

Dike has a crude rate of 3.0% for stroke among adults aged >=18 years, which ranks 280th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Dike is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	3.0%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

Dike has a crude rate of 10.5% for all teeth lost among adults aged >=65 years, which ranks 129th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Dike is 10.5%, which ranks 115th out of 905 Iowa communities (21st out of 138 small communities).
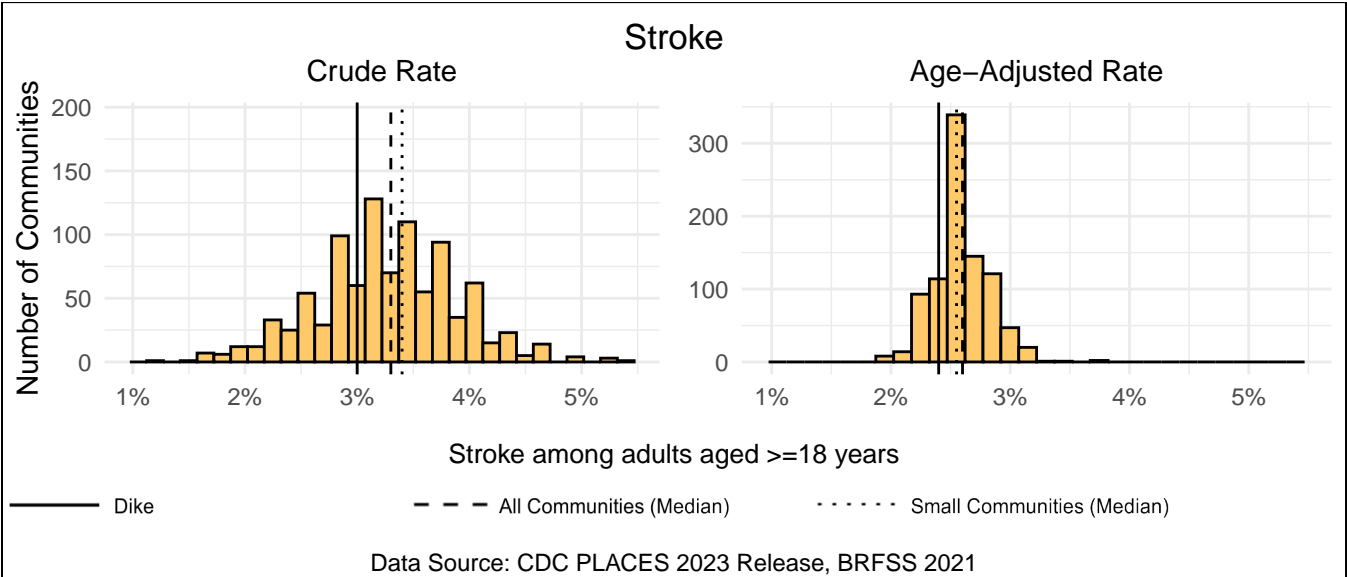
Measure Type	Dike	All Comm.	Small Comm.
Crude	10.5%	12.9%	12.8%
Age-Adjusted	10.5%	12.8%	12.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
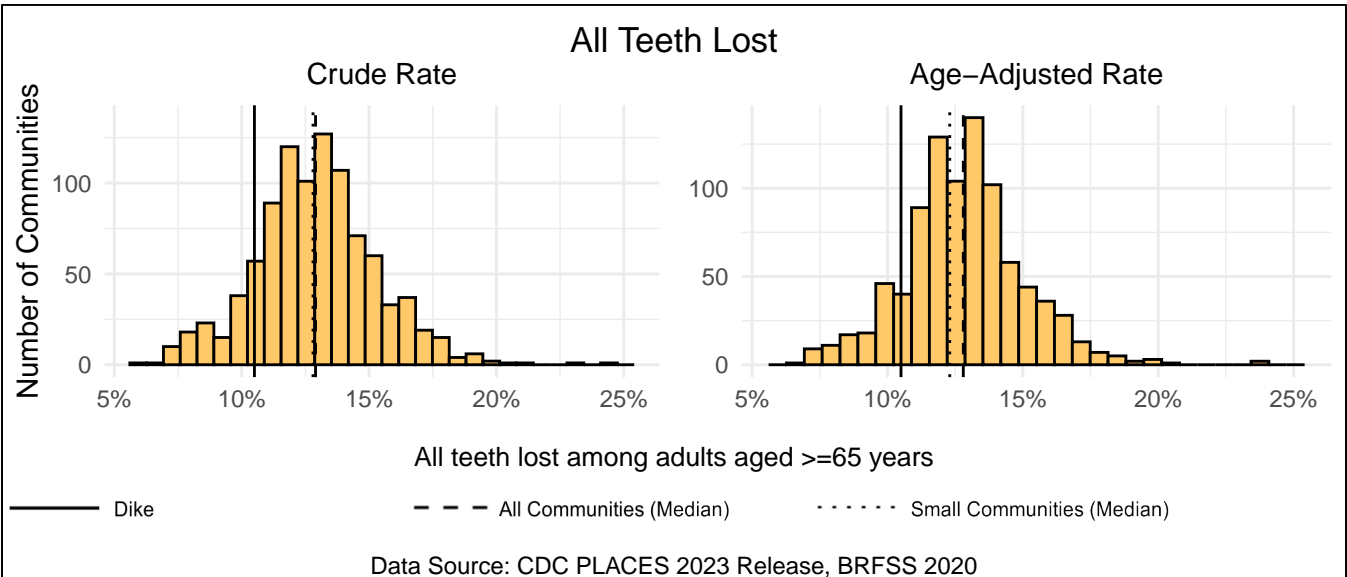
Prevention

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

Dike has a crude rate of 6.0% for current lack of health insurance among adults aged 18–64 years, which ranks 87th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Dike is 6.5%, which ranks 107th out of 905 Iowa communities (21st out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	6.0%	7.3%	7.2%
Age-Adjusted	6.5%	7.7%	7.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
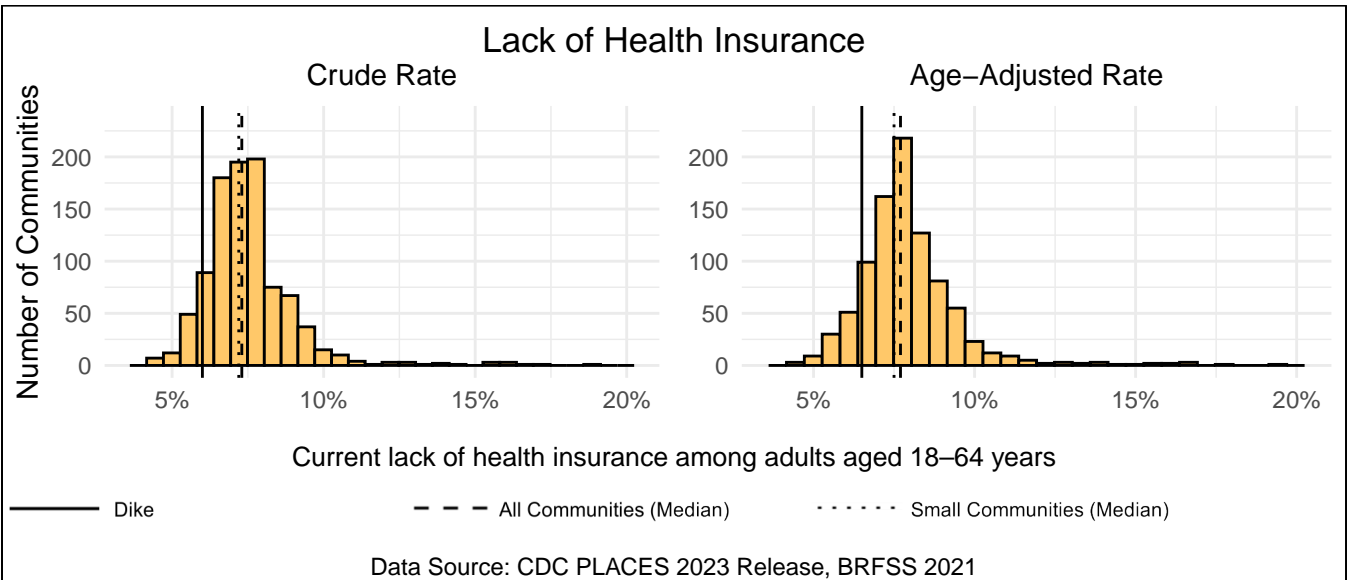
Taking BP Medication

Dike has a crude rate of 79.9% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 455th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Dike is 58.7%, which ranks 537th out of 905 Iowa communities (81st out of 138 small communities).

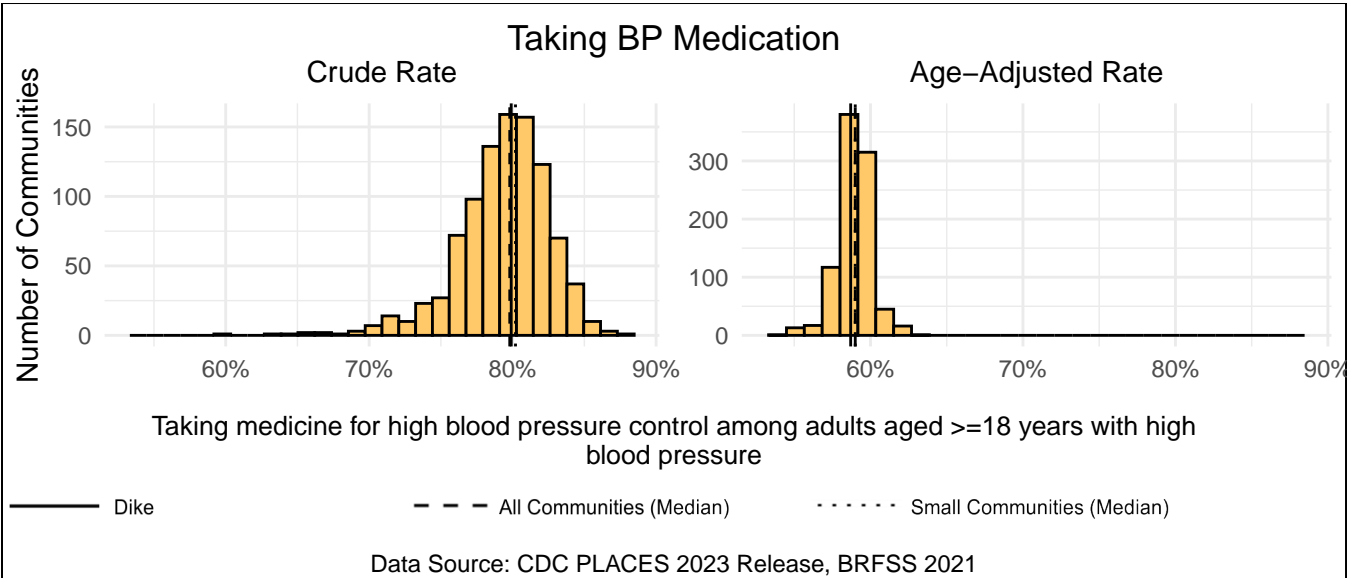| Measure Type	Dike	All Comm.	Small Comm.
Crude	79.9%	79.8%	80.2%
Age-Adjusted	58.7%	59.0%	59.0%

Taking BP Medication

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

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Dike has a crude rate of 85.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 103rd out of 958 Iowa communities (19th out of 138 small communities). The age-adjusted rate for Dike is 84.6%, which ranks 142nd out of 905 Iowa communities (32nd out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	85.4%	83.3%	83.6%
Age-Adjusted	84.6%	83.2%	83.5%

Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years

Data Source: CDC PLACES 2023 Release, BRFSS 2020
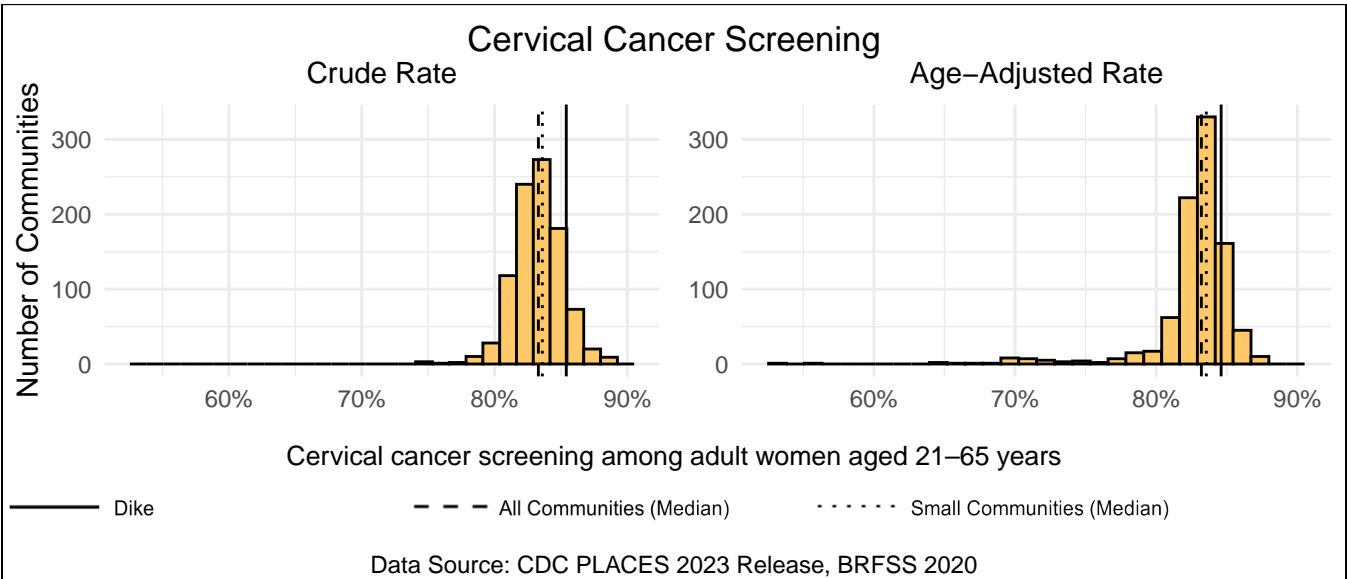
Annual Checkup

Dike has a crude rate of 76.6% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 213th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Dike is 73.8%, which ranks 110th out of 905 Iowa communities (26th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	76.6%	75.2%	75.5%
Age-Adjusted	73.8%	72.6%	72.6%

Annual Checkup

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Dike has a crude rate of 84.4% for cholesterol screening among adults aged >=18 years, which ranks 163rd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Dike is 80.4%, which ranks 157th out of 905 Iowa communities (30th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	84.4%	82.6%	82.9%
Age-Adjusted	80.4%	79.1%	79.4%

Cholesterol Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Dike has a crude rate of 71.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 530th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Dike is 71.1%, which ranks 417th out of 905 Iowa communities (69th out of 138 small communities).
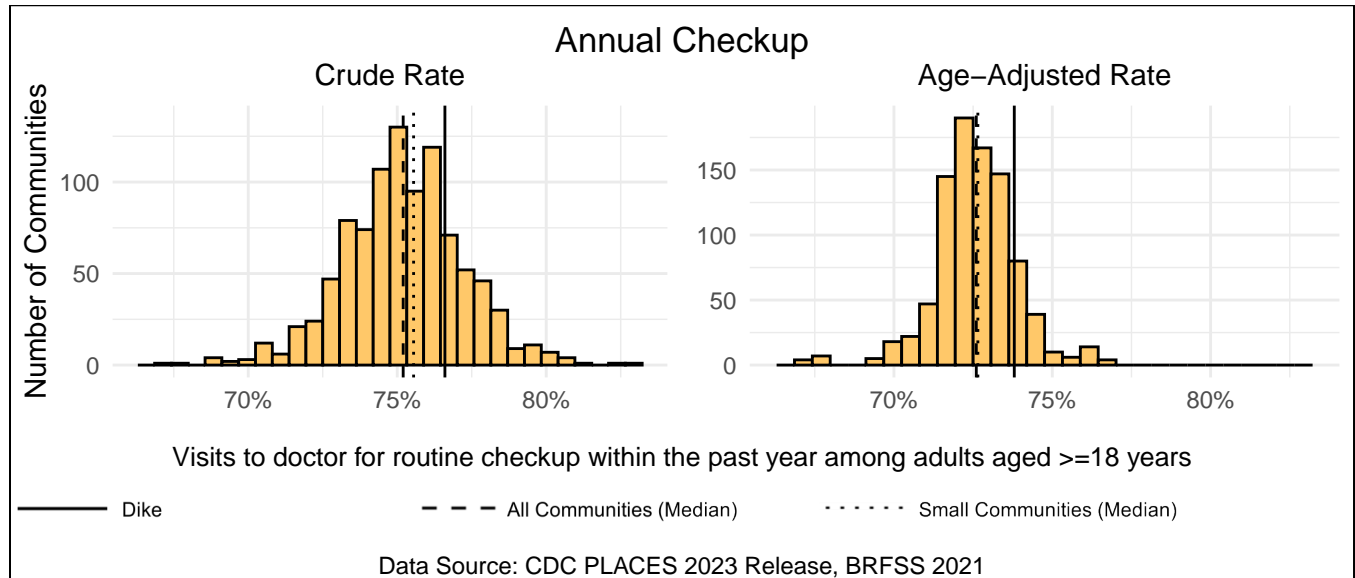
Measure Type	Dike	All Comm.	Small Comm.
Crude	71.2%	71.6%	71.9%
Age-Adjusted	71.1%	70.9%	71.1%

Colorectal cancer screening among adults aged 50–75 years

Dike — All Communities (Median) — Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Dike has a crude rate of 40.4% 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 787th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Dike is 40.7%, which ranks 707th out of 905 Iowa communities (119th out of 138 small communities).
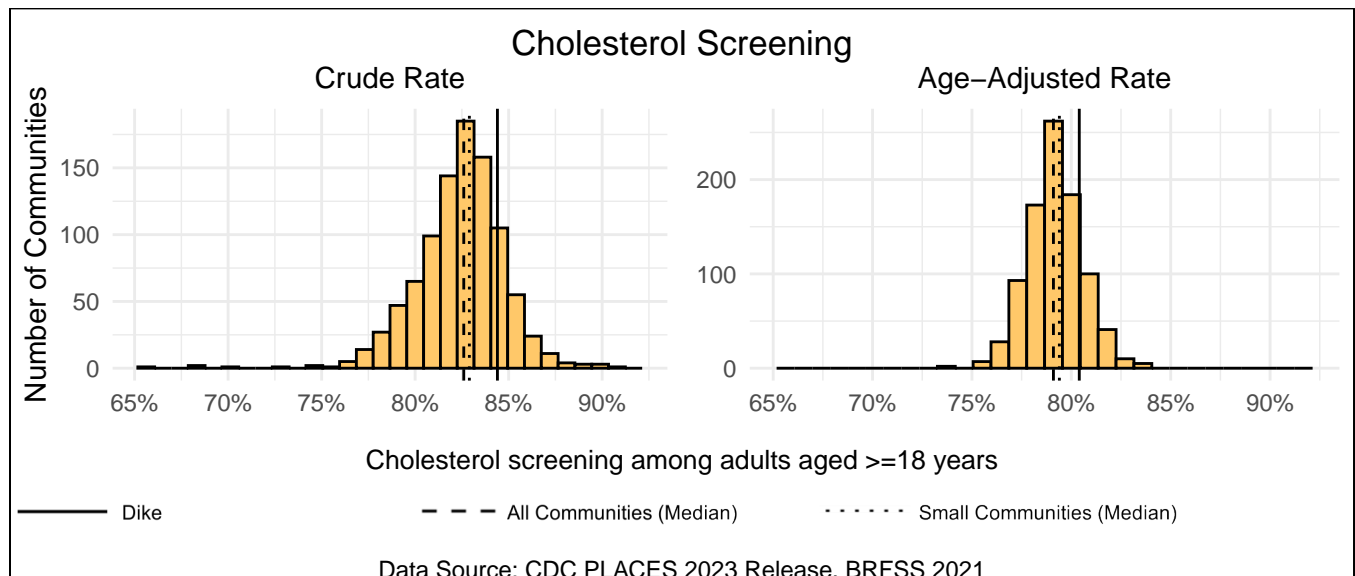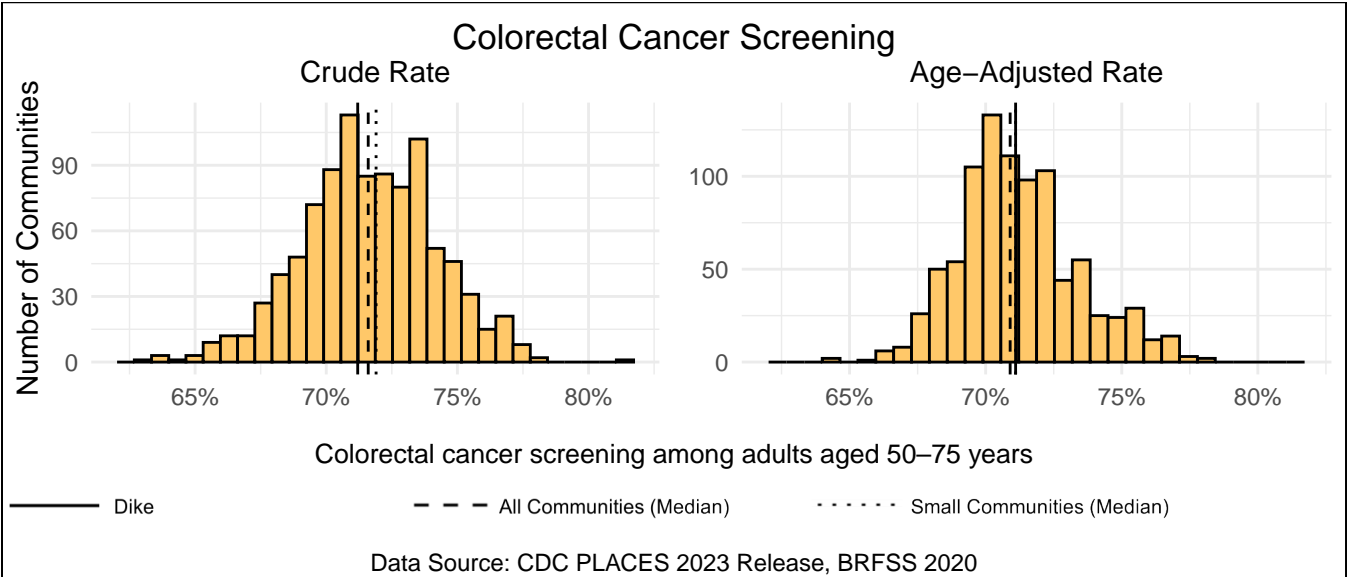
Measure Type	Dike	All Comm.	Small Comm.
Crude	40.4%	43.5%	43.8%
Age-Adjusted	40.7%	43.5%	44.2%

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

——— Dike   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Dike has a crude rate of 40.2% 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 376th out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Dike is 40.9%, which ranks 368th out of 905 Iowa communities (65th out of 138 small communities).
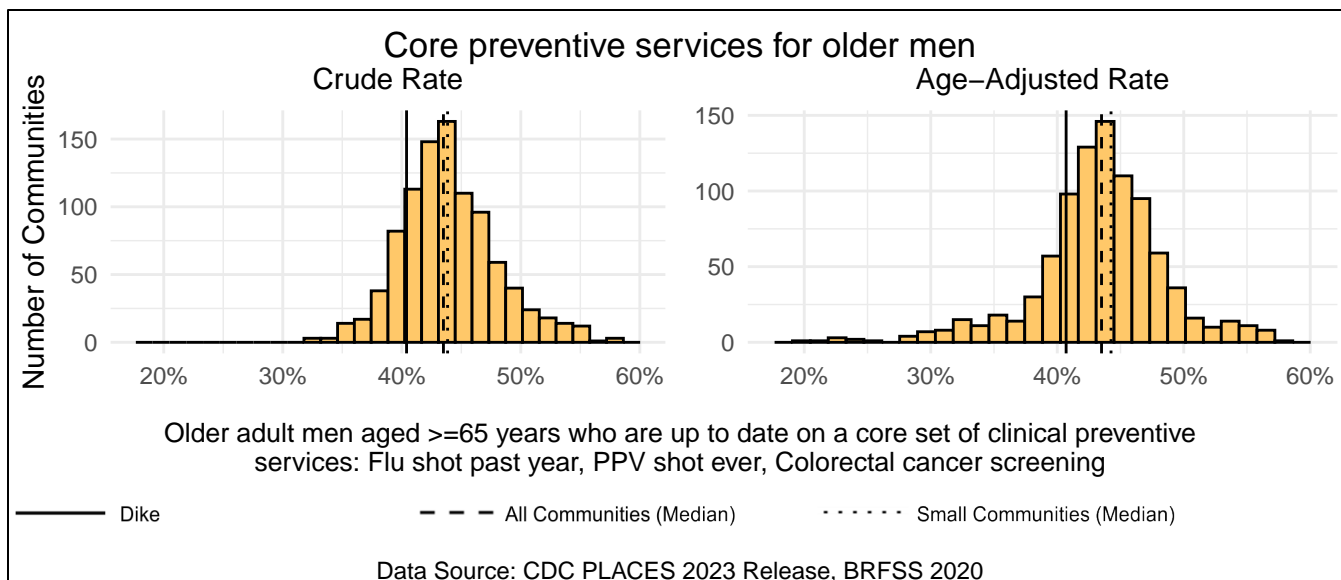
Measure Type	Dike	All Comm.	Small Comm.
Crude	40.2%	39.0%	38.2%
Age-Adjusted	40.9%	39.9%	40.7%

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

Dike — All Communities (Median) — Small Communities (Median)

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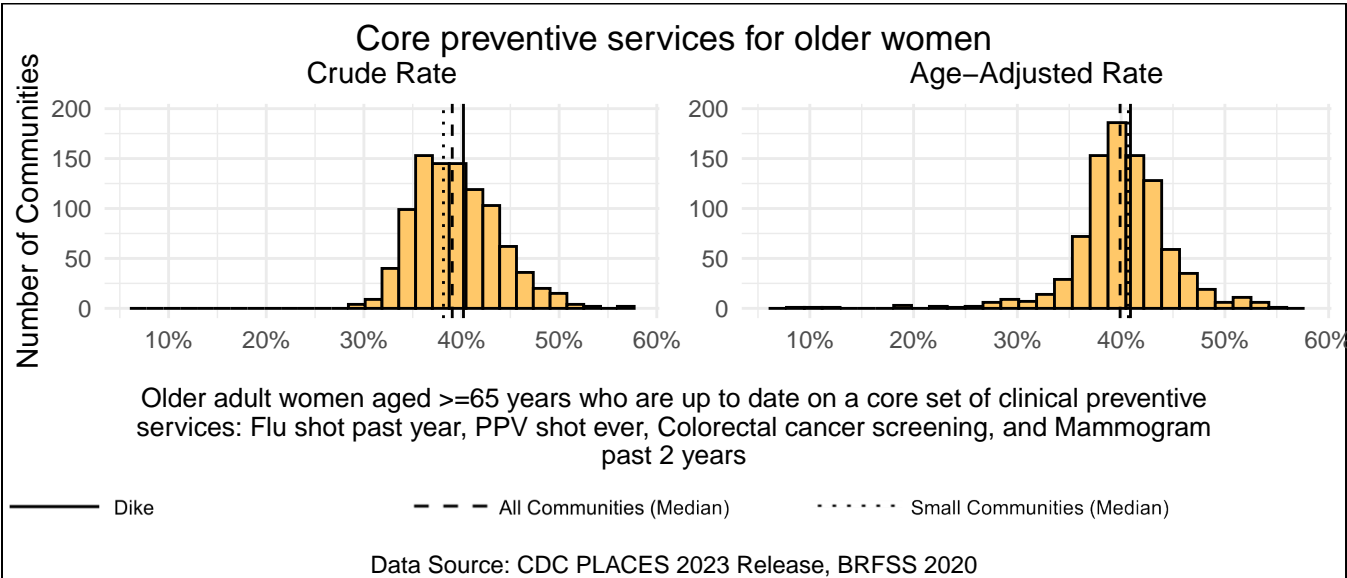
Dental Visit

Dike has a crude rate of 68.1% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 374th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Dike is 67.4%, which ranks 362nd out of 905 Iowa communities (73rd out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	68.1%	67.2%	68.2%
Age-Adjusted	67.4%	66.6%	67.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

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

—— Dike   — — — All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Dike has a crude rate of 73.5% for mammography use among women aged 50–74 years, which ranks 873rd out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Dike is 72.5%, which ranks 676th out of 905 Iowa communities (103rd out of 138 small communities).
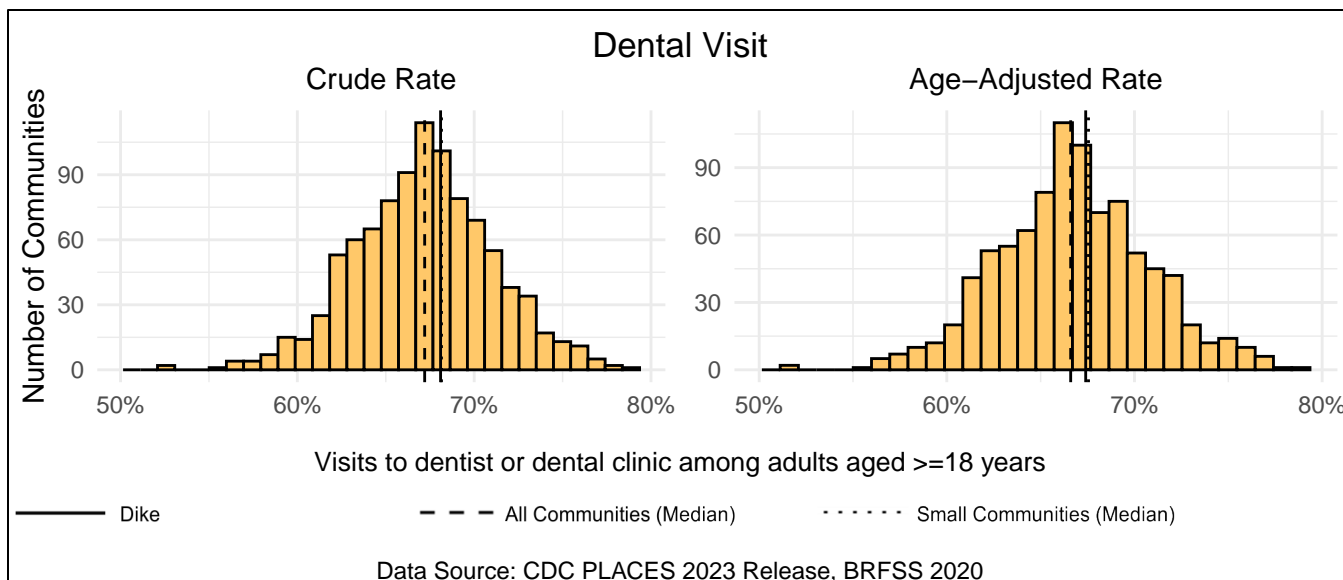
Measure Type	Dike	All Comm.	Small Comm.
Crude	73.5%	76.2%	76.0%
Age-Adjusted	72.5%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
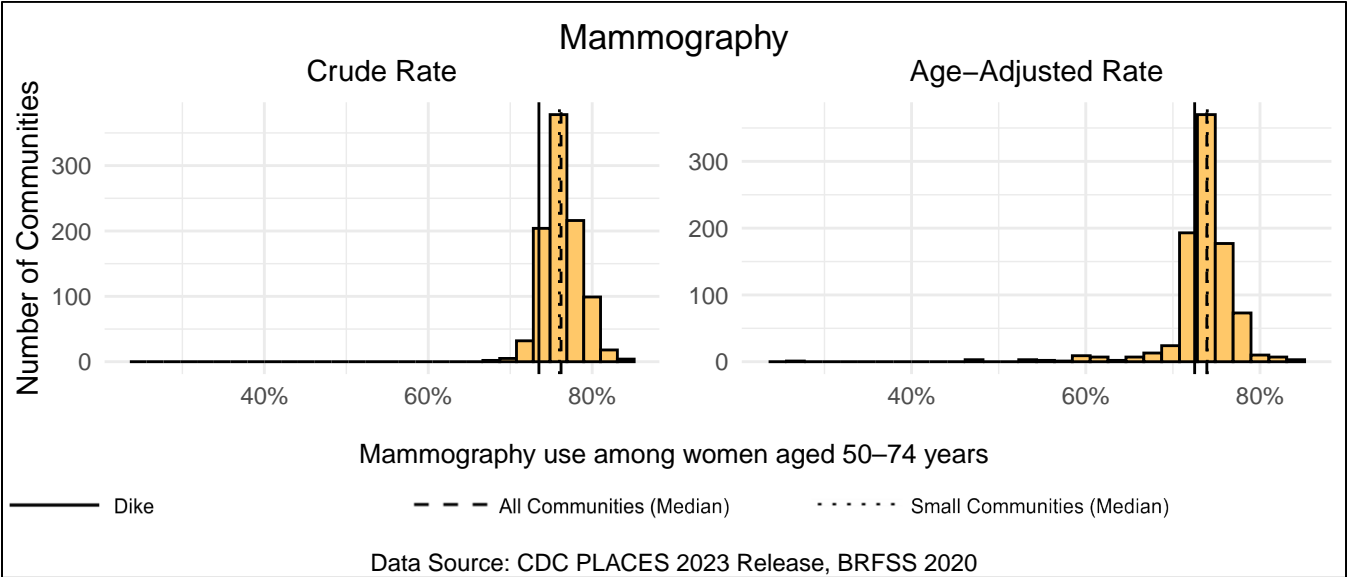
Disability

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

Dike has a crude rate of 6.7% for hearing disability among adults aged >=18 years, which ranks 282nd out of 958 Iowa communities (40th out of 138 small communities). The age-adjusted rate for Dike is 5.6%, which ranks 163rd out of 905 Iowa communities (29th out of 138 small communities).
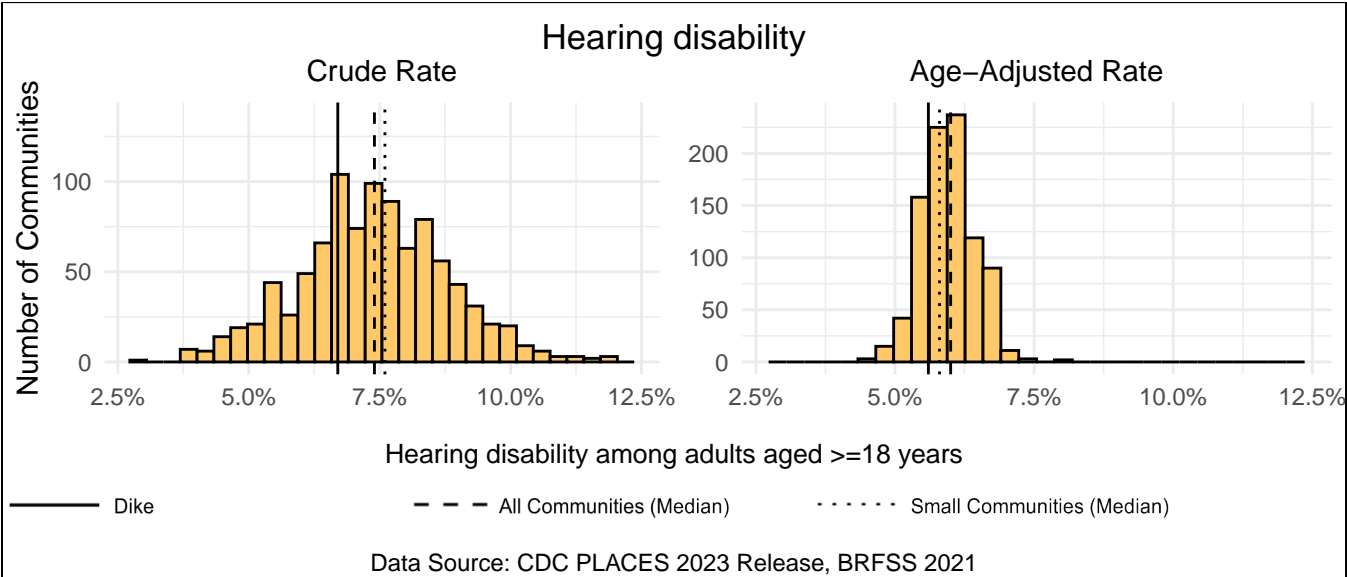
Measure Type	Dike	All Comm.	Small Comm.
Crude	6.7%	7.4%	7.6%
Age-Adjusted	5.6%	6.0%	5.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Dike has a crude rate of 3.4% for vision disability among adults aged >=18 years, which ranks 158th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Dike is 3.1%, which ranks 135th out of 905 Iowa communities (22nd out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	3.4%	4.1%	4.1%
Age-Adjusted	3.1%	3.6%	3.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
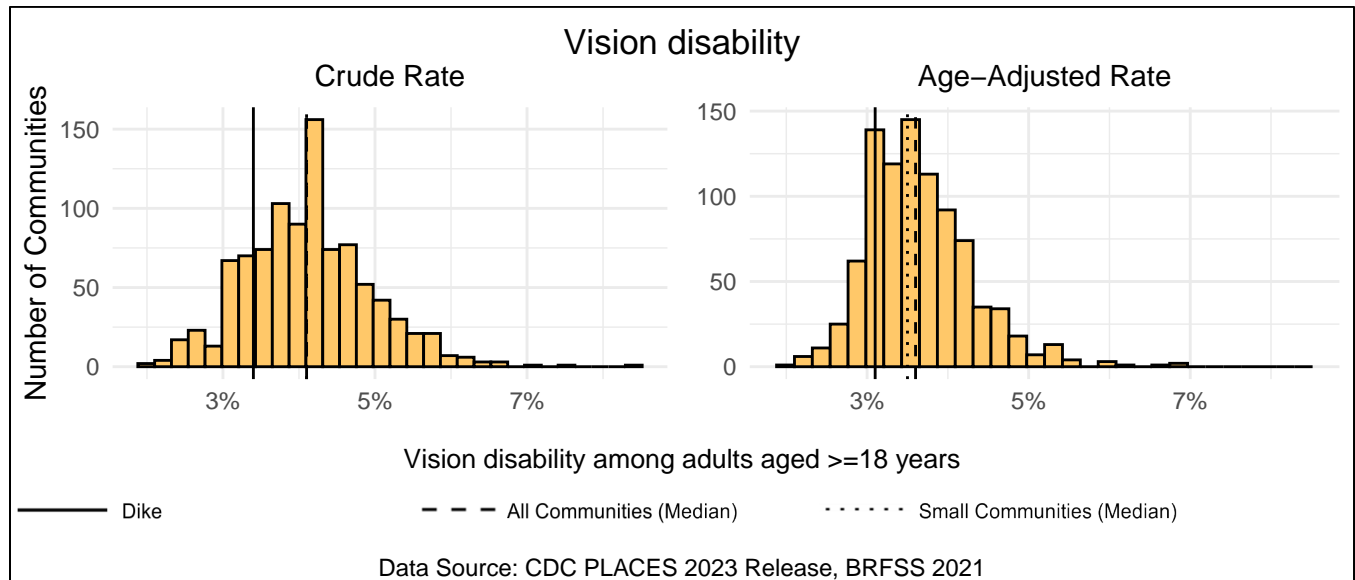
Cognitive disability

Dike has a crude rate of 9.8% for cognitive disability among adults aged >=18 years, which ranks 105th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Dike is 10.4%, which ranks 141st out of 905 Iowa communities (24th out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	9.8%	11.1%	10.9%
Age-Adjusted	10.4%	11.6%	11.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Dike has a crude rate of 10.2% for mobility disability among adults aged >=18 years, which ranks 224th out of 958 Iowa communities (38th out of 138 small communities). The age-adjusted rate for Dike is 8.3%, which ranks 117th out of 905 Iowa communities (19th out of 138 small communities).
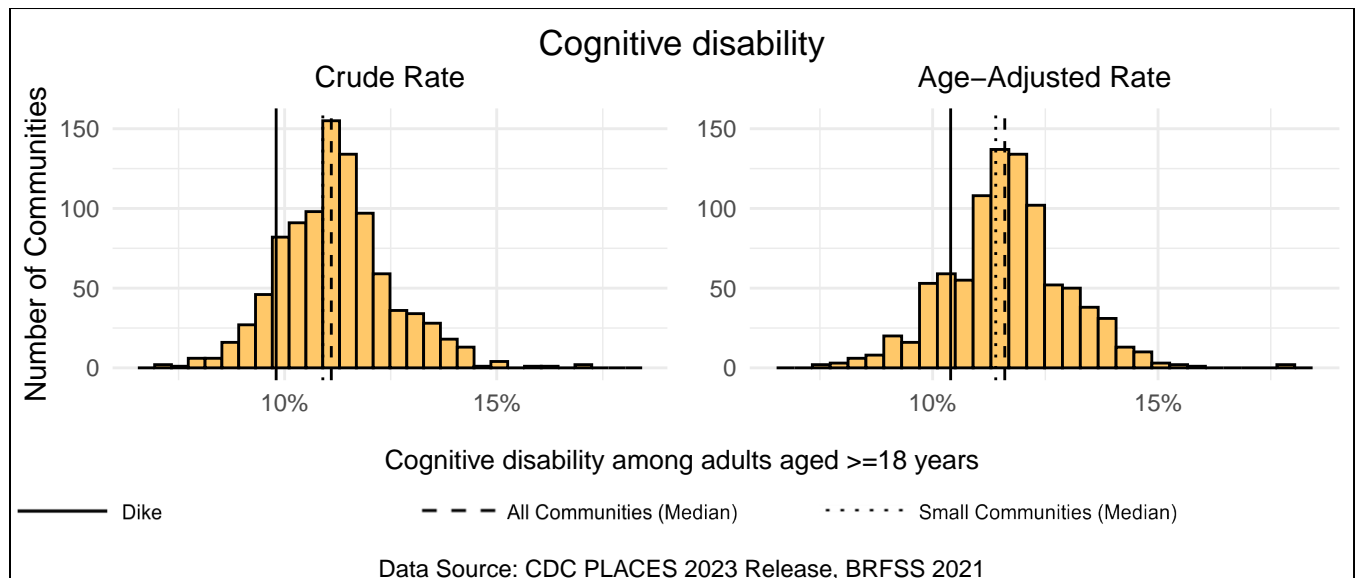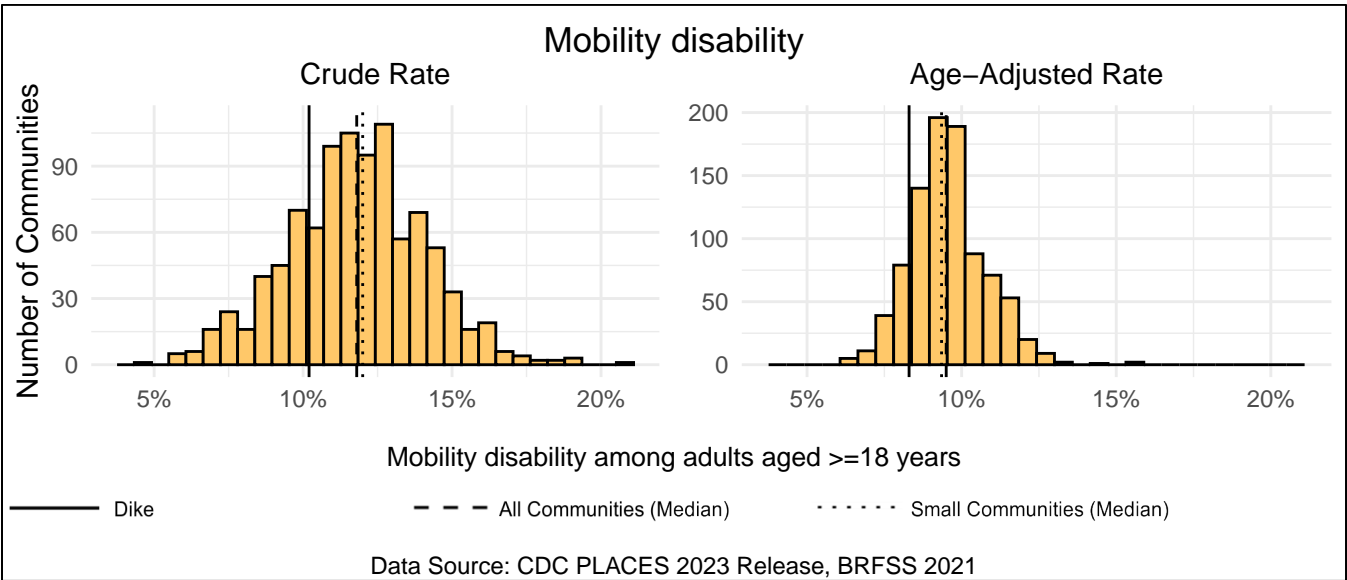
Measure Type	Dike	All Comm.	Small Comm.
Crude	10.2%	11.8%	12.0%
Age-Adjusted	8.3%	9.5%	9.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Dike has a crude rate of 3.0% for self-care disability among adults aged >=18 years, which ranks 220th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Dike is 2.5%, which ranks 123rd out of 905 Iowa communities (22nd out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	3.0%	3.4%	3.3%
Age-Adjusted	2.5%	2.9%	2.8%

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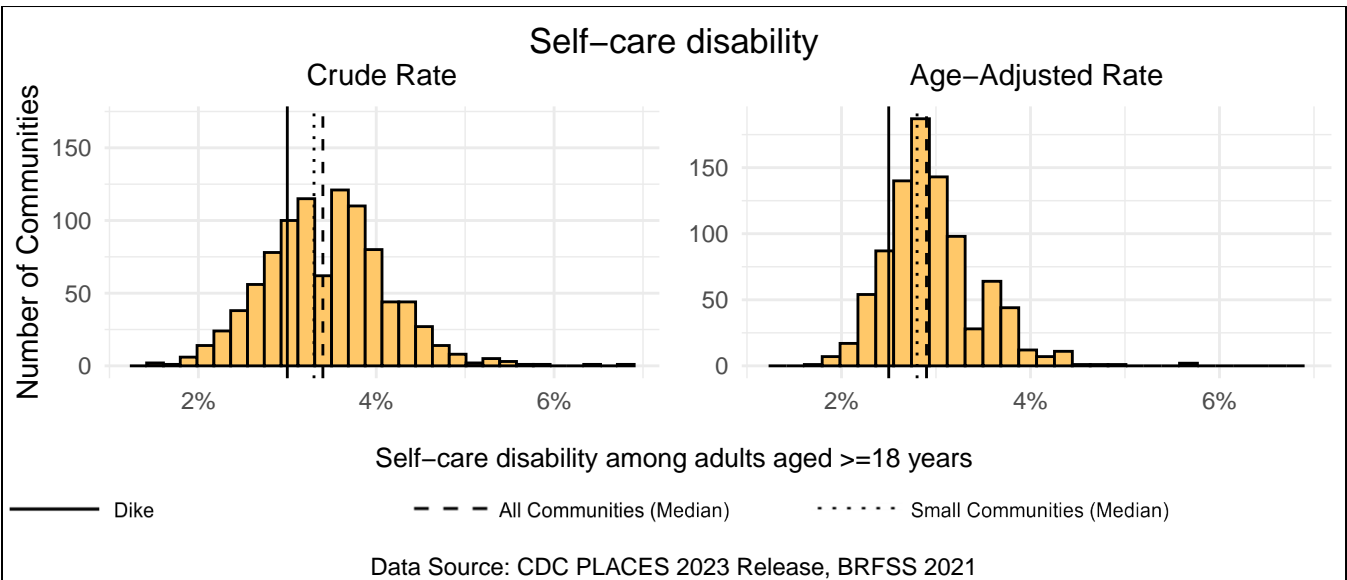
Independent living disability

Dike has a crude rate of 5.7% for independent living disability among adults aged >=18 years, which ranks 158th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Dike is 5.4%, which ranks 133rd out of 905 Iowa communities (21st out of 138 small communities).

Measure Type	Dike	All Comm.	Small Comm.
Crude	5.7%	6.6%	6.8%
Age-Adjusted	5.4%	6.2%	6.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Dike has a crude rate of 22.8% for any disability among adults aged >=18 years, which ranks 190th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Dike is 20.9%, which ranks 150th out of 905 Iowa communities (31st out of 138 small communities).
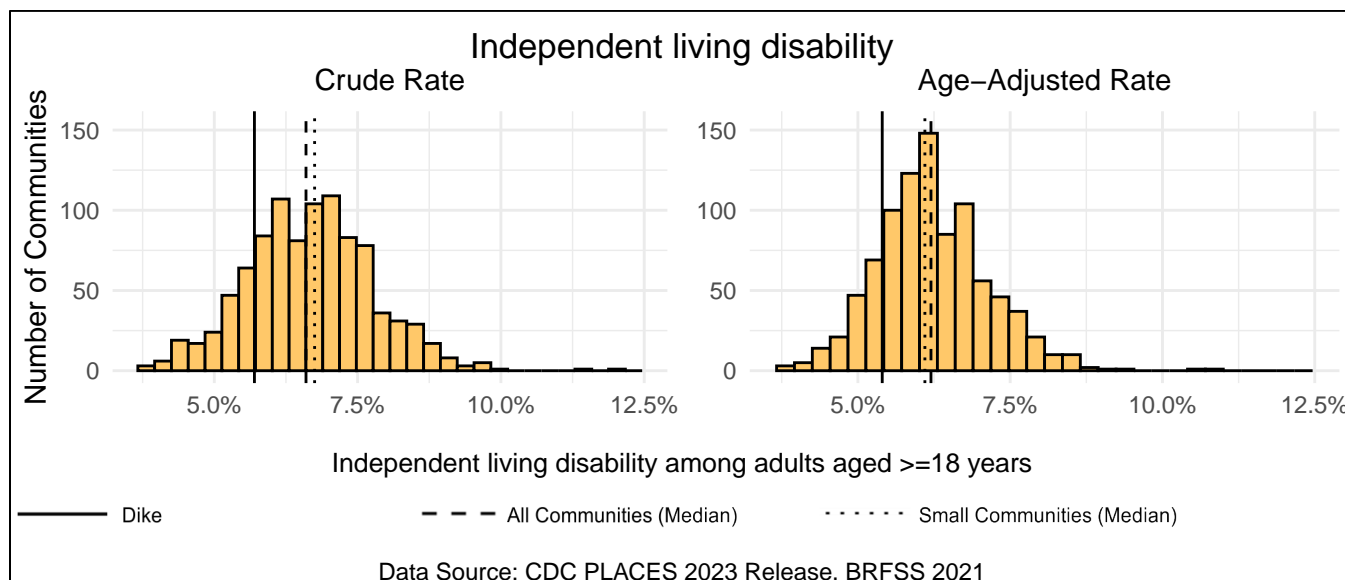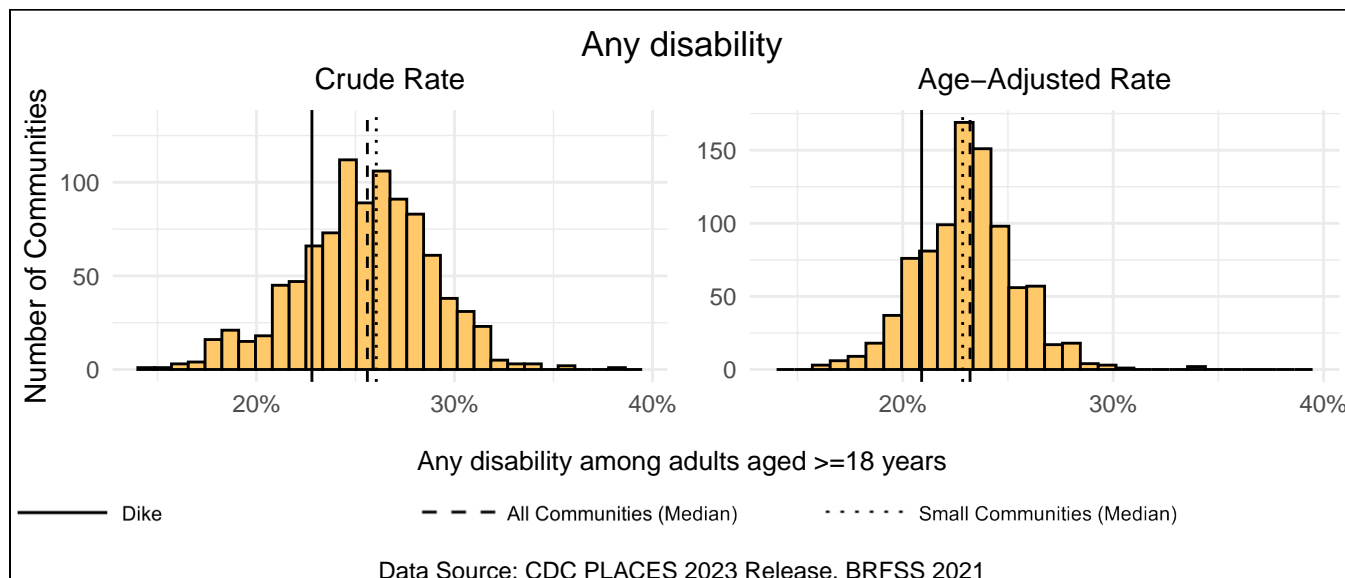
Measure Type	Dike	All Comm.	Small Comm.
Crude	22.8%	25.6%	26.0%
Age-Adjusted	20.9%	23.2%	22.8%

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: Dike 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	141	13.3% (11.3% - 15.3%)	140	14.6% (12.3% - 17.1%)
Health Status	General Health	164	12.2% (9.8% - 15.0%)	117	10.9% (8.7% - 13.3%)
Health Status	Physical Health	205	9.8% (8.2% - 11.6%)	120	8.7% (7.3% - 10.4%)
Health Risk Behaviors	Current Smoking	175	15.0% (11.3% - 19.2%)	123	15.1% (11.3% - 19.3%)
Health Risk Behaviors	Sleep <7 hours	258	29.3% (27.4% - 31.0%)	162	29.7% (27.8% - 31.6%)
Health Risk Behaviors	Binge Drinking	663	20.6% (16.9% - 23.9%)	792	23.3% (19.4% - 27.0%)
Health Risk Behaviors	Physical Inactivity	140	22.4% (18.2% - 27.0%)	104	21.0% (16.4% - 25.8%)
Health Outcomes	High Cholesterol	308	35.1% (30.5% - 39.5%)	71	28.5% (24.2% - 32.3%)
Health Outcomes	Obesity	496	37.8% (30.6% - 44.5%)	367	37.0% (29.6% - 43.8%)
Health Outcomes	Stroke	280	3.0% (2.5% - 3.5%)	116	2.4% (2.0% - 2.7%)
Health Outcomes	Arthritis	499	28.1% (23.7% - 32.2%)	465	23.2% (19.5% - 26.6%)
Health Outcomes	All Teeth Lost	129	10.5% (6.4% - 15.5%)	115	10.5% (6.3% - 15.5%)
Health Outcomes	Current Asthma	215	9.1% (7.9% - 10.3%)	185	9.2% (8.0% - 10.4%)
Health Outcomes	Coronary Heart Disease	324	6.0% (5.1% - 7.0%)	187	4.7% (4.0% - 5.4%)
Health Outcomes	Chronic Kidney Disease	310	3.0% (2.6% - 3.3%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	Cancer (except skin)	449	8.0% (7.2% - 8.8%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	High Blood Pressure	400	31.5% (27.1% - 35.6%)	230	26.3% (22.6% - 30.0%)
Health Outcomes	Depression	220	17.3% (14.0% - 20.5%)	189	18.4% (14.8% - 21.8%)
Health Outcomes	Diabetes	275	9.3% (7.6% - 10.9%)	128	7.4% (6.2% - 8.8%)
Health Outcomes	COPD	213	6.5% (5.1% - 8.0%)	120	5.4% (4.3% - 6.6%)
Prevention	Colorectal Cancer Screening	530	71.2% (67.3% - 74.6%)	417	71.1% (67.3% - 74.5%)
Prevention	Core preventive services for older women	376	40.2% (31.7% - 48.2%)	368	40.9% (32.4% - 48.7%)
Prevention	Dental Visit	374	68.1% (64.1% - 72.0%)	362	67.4% (63.0% - 71.4%)
Prevention	Taking BP Medication	455	79.9% (76.1% - 82.9%)	537	58.7% (53.5% - 63.3%)
Prevention	Core preventive services for older men	787	40.4% (32.3% - 48.6%)	707	40.7% (32.7% - 48.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Annual Checkup	213	76.6% (71.9% - 80.5%)	110	73.8% (68.6% - 78.1%)
Prevention	Mammography	873	73.5% (68.2% - 78.3%)	676	72.5% (67.7% - 77.3%)
Prevention	Cervical Cancer Screening	103	85.4% (82.4% - 88.0%)	142	84.6% (81.8% - 87.3%)
Prevention	Health Insurance	87	6.0% (4.2% - 8.0%)	107	6.5% (4.6% - 8.7%)
Prevention	Cholesterol Screening	163	84.4% (81.1% - 87.0%)	157	80.4% (76.4% - 83.5%)
Disability	Self-care Disability	220	3.0% (2.5% - 3.6%)	123	2.5% (2.1% - 3.0%)
Disability	Any Disability	190	22.8% (18.8% - 27.2%)	150	20.9% (17.1% - 25.0%)
Disability	Hearing Disability	282	6.7% (5.8% - 7.7%)	163	5.6% (4.8% - 6.4%)
Disability	Cognitive Disability	105	9.8% (8.0% - 11.8%)	141	10.4% (8.3% - 12.5%)
Disability	Vision Disability	158	3.4% (2.8% - 4.1%)	135	3.1% (2.5% - 3.7%)
Disability	Independent Living Disability	158	5.7% (4.6% - 6.9%)	133	5.4% (4.3% - 6.5%)
Disability	Mobility Disability	224	10.2% (8.3% - 12.3%)	117	8.3% (6.7% - 10.0%)

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: Small Communities (1,000-2,499)

Dike falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		