



Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

Iowa Community Health Snapshot Series

Table of contents

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

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

Health in Earlham: Overview

Dear Community Members & Stakeholders of Earlham,

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 Earlham ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Earlham'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 Earlham. 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
High Cholesterol	37th	11th	High Cholesterol	21st	5th
Diabetes	39th	12th	Coronary Heart Disease	30th	7th
Self-care Disability	48th	12th	Chronic Kidney Disease	36th	8th
Vision Disability	50th	12th	Diabetes	37th	9th
High Blood Pressure	53rd	15th	Hearing Disability	41st	7th

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
Taking BP Medication	887th	122nd	Taking BP Medication	812th	123rd
Binge Drinking	881st	122nd	Binge Drinking	736th	111th
Annual Checkup	759th	115th	Cancer (except skin)	418th	41st
Cholesterol Screening	581st	93rd	Obesity	409th	65th
Depression	537th	88th	Dental Visit	216th	42nd

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 Earlham.

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

With a population of 1,367, Earlham’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 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

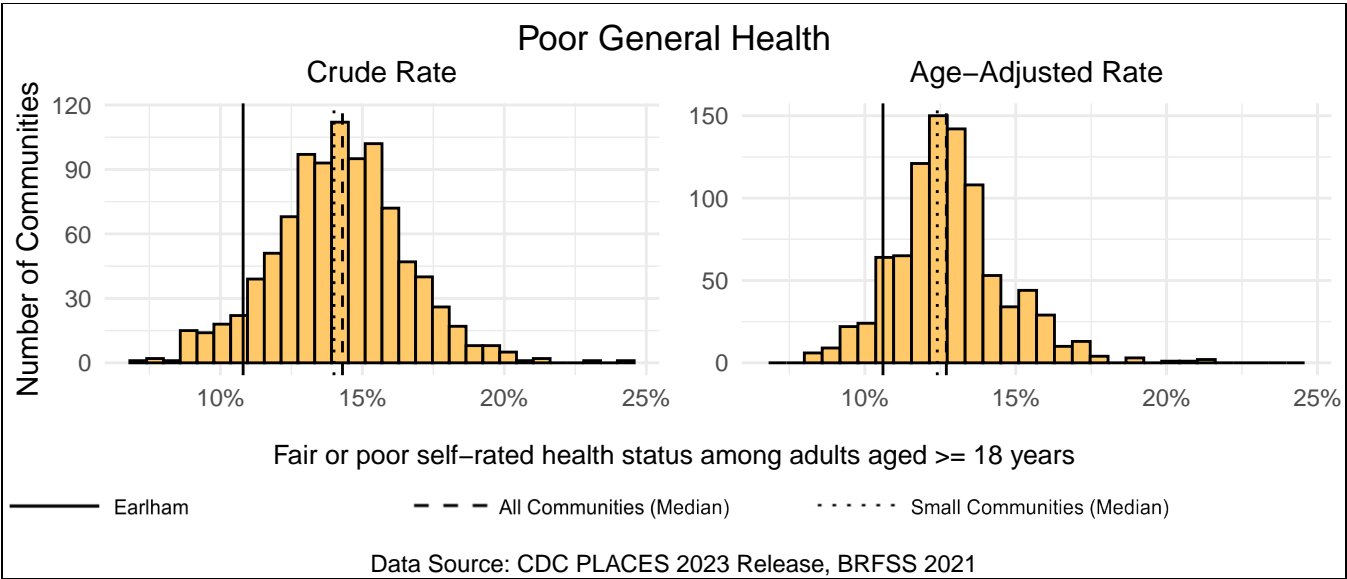
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Earlham has a crude rate of 10.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 62nd out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Earlham is 10.6%, which ranks 85th out of 905 Iowa communities (16th out of 138 small communities).

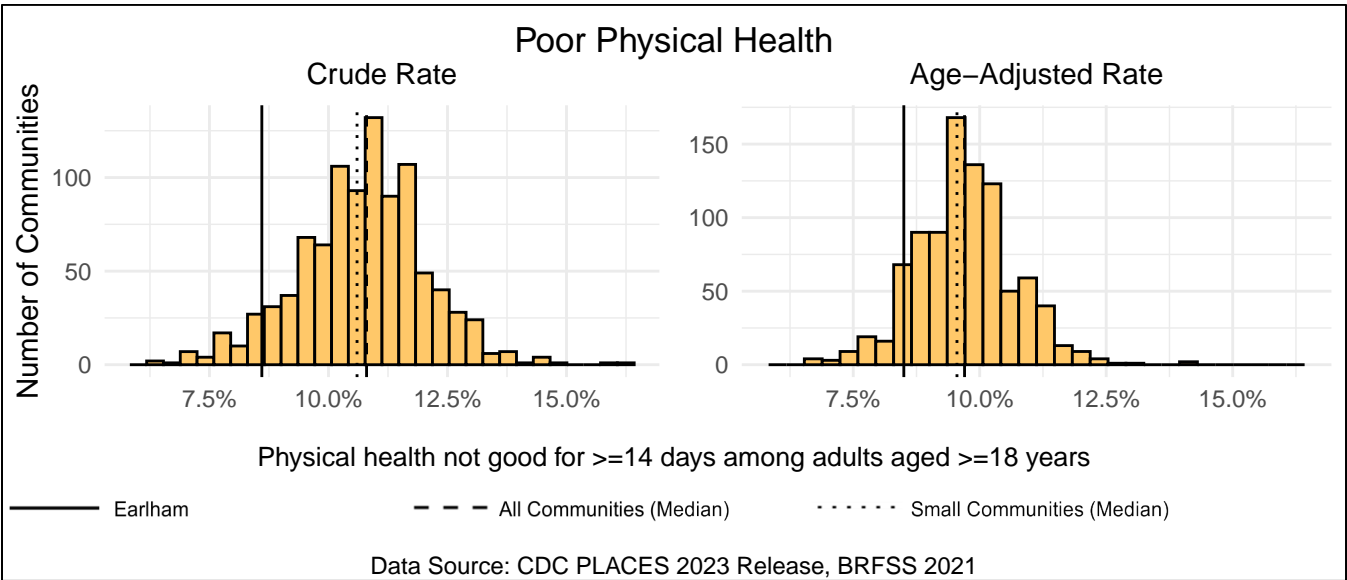
Measure Type	Earlham	All Comm.	Small Comm.
Crude	10.8%	14.3%	14.0%
Age-Adjusted	10.6%	12.7%	12.4%



Poor Physical Health

Earlham has a crude rate of 8.6% for physical health not good for >=14 days among adults aged >=18 years, which ranks 63rd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Earlham is 8.5%, which ranks 83rd out of 905 Iowa communities (16th out of 138 small communities).

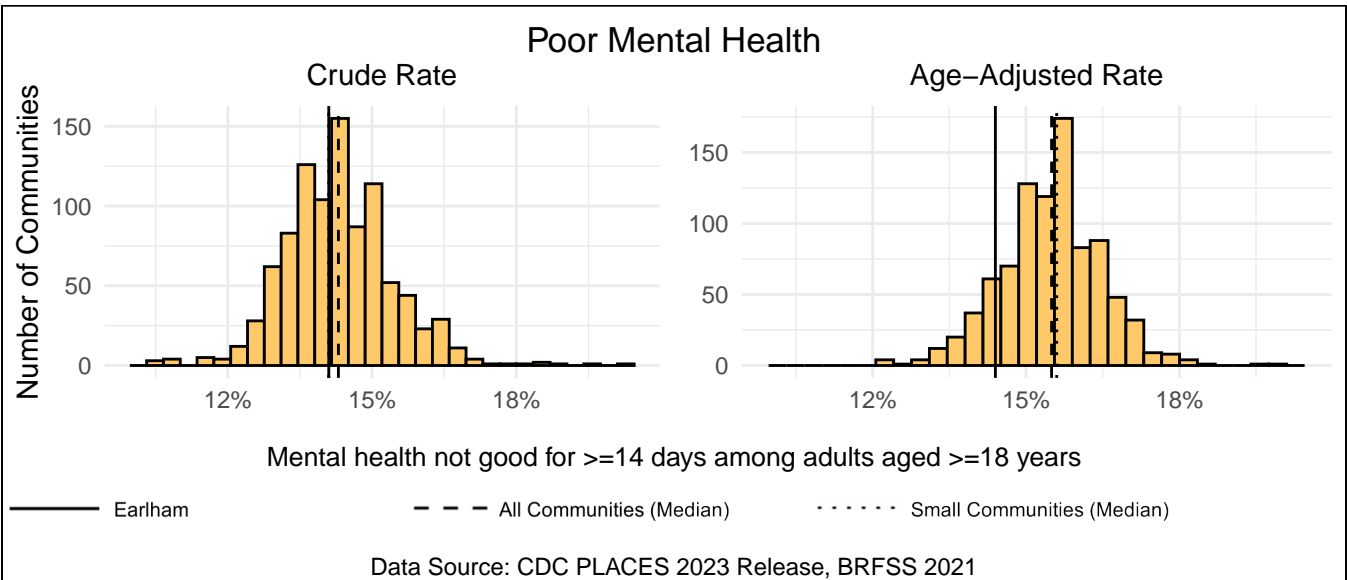
Measure Type	Earlham	All Comm.	Small Comm.
Crude	8.6%	10.8%	10.6%
Age-Adjusted	8.5%	9.7%	9.6%



Poor Mental Health

Earlham has a crude rate of 14.1% for mental health not good for >=14 days among adults aged >=18 years, which ranks 390th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Earlham is 14.4%, which ranks 103rd out of 905 Iowa communities (19th out of 138 small communities).

Measure Type	Earlham	All Comm.	Small Comm.
Crude	14.1%	14.3%	14.1%
Age-Adjusted	14.4%	15.5%	15.6%



Health Risk Behaviors

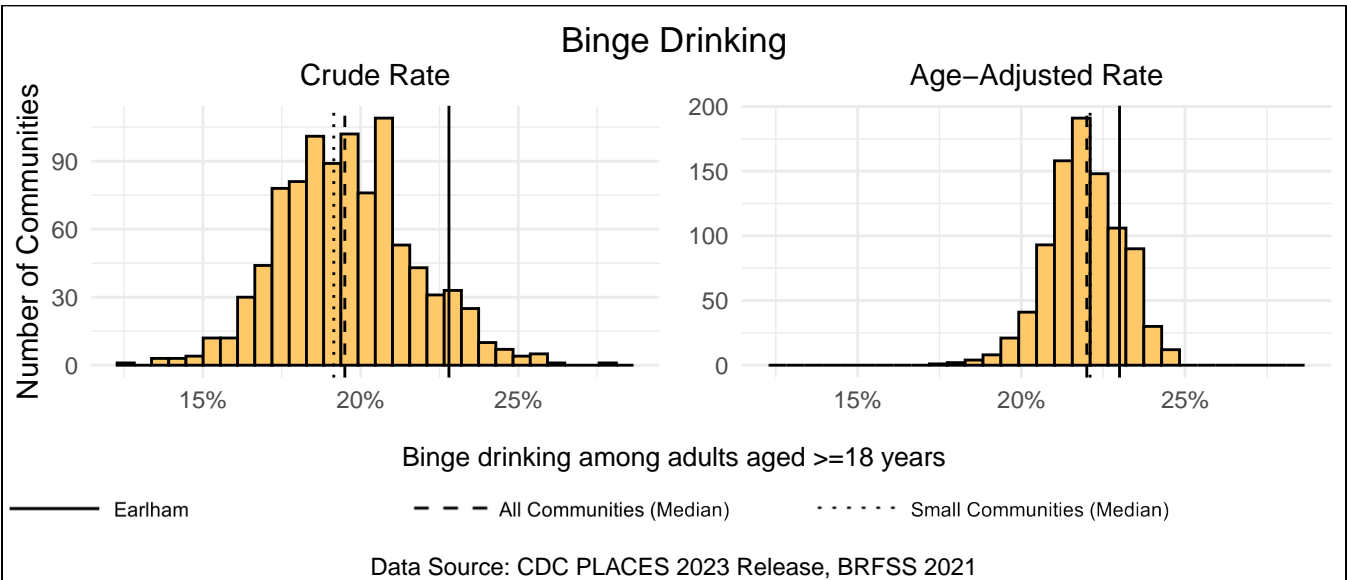
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

Binge Drinking

Earlham has a crude rate of 22.8% for binge drinking among adults aged ≥ 18 years, which ranks 881st out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Earlham is 23.0%, which ranks 736th out of 905 Iowa communities (111th out of 138 small communities).

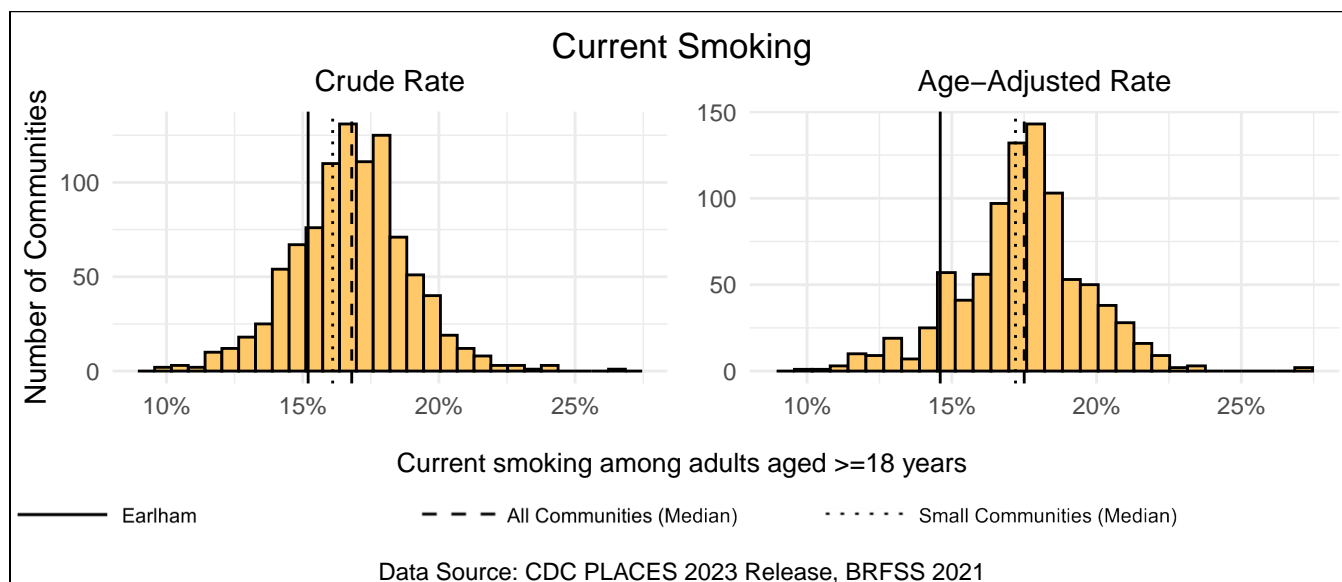
Measure Type	Earlham	All Comm.	Small Comm.
Crude	22.8%	19.5%	19.1%
Age-Adjusted	23.0%	22.0%	22.1%



Current Smoking

Earlham has a crude rate of 15.2% for current smoking among adults aged ≥ 18 years, which ranks 194th out of 958 Iowa communities (40th out of 138 small communities). The age-adjusted rate for Earlham is 14.6%, which ranks 76th out of 905 Iowa communities (14th out of 138 small communities).

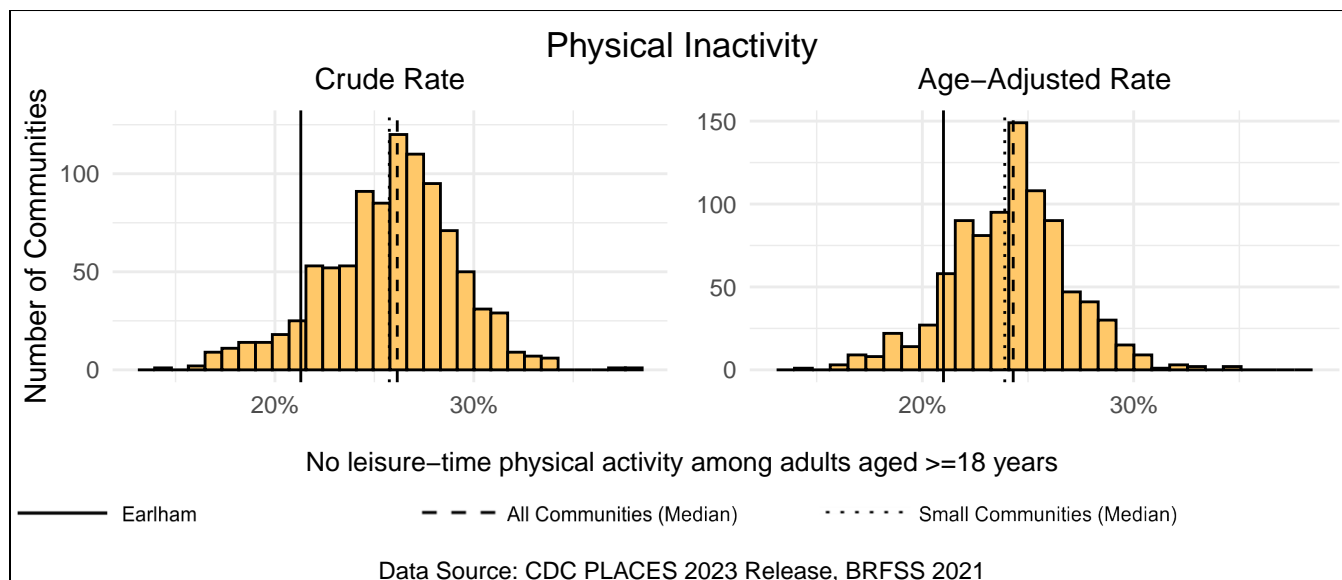
Measure Type	Earlham	All Comm.	Small Comm.
Crude	15.2%	16.8%	16.1%
Age-Adjusted	14.6%	17.5%	17.2%



Physical Inactivity

Earlham has a crude rate of 21.3% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 82nd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Earlham is 21.0%, which ranks 104th out of 905 Iowa communities (19th out of 138 small communities).

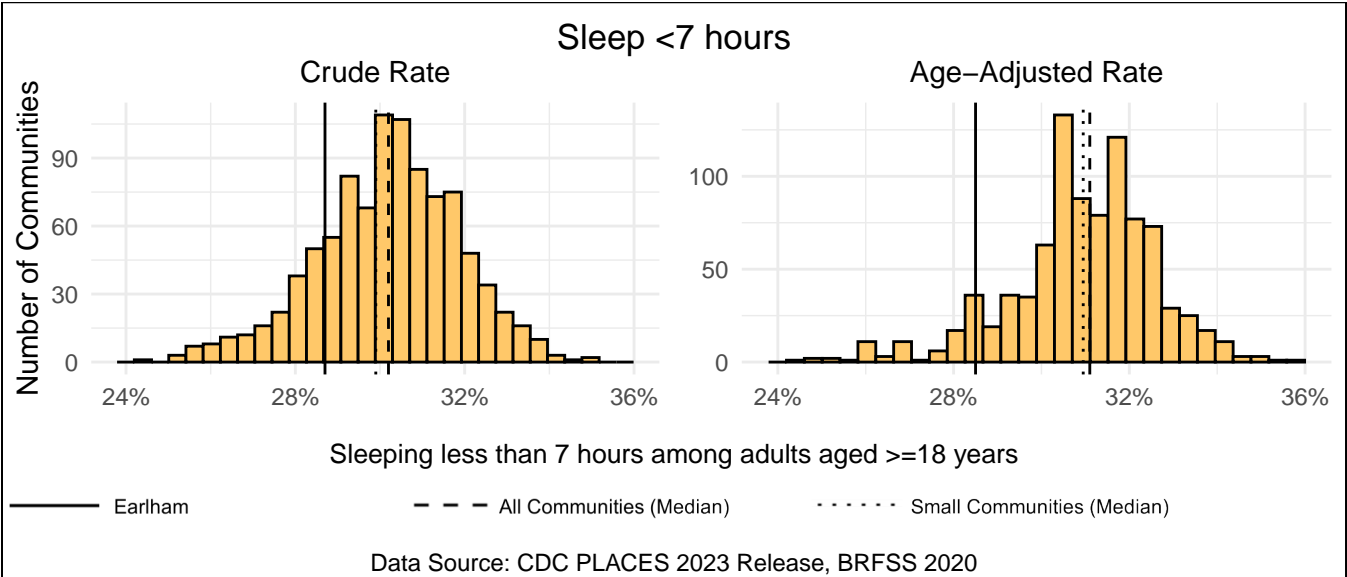
Measure Type	Earlham	All Comm.	Small Comm.
Crude	21.3%	26.1%	25.8%
Age-Adjusted	21.0%	24.3%	23.9%



Sleep <7 hours

Earlham has a crude rate of 28.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Earlham is 28.5%, which ranks 68th out of 905 Iowa communities (12th out of 138 small communities).

Measure Type	Earlham	All Comm.	Small Comm.
Crude	28.7%	30.2%	29.9%
Age-Adjusted	28.5%	31.1%	31.0%



Health Outcomes

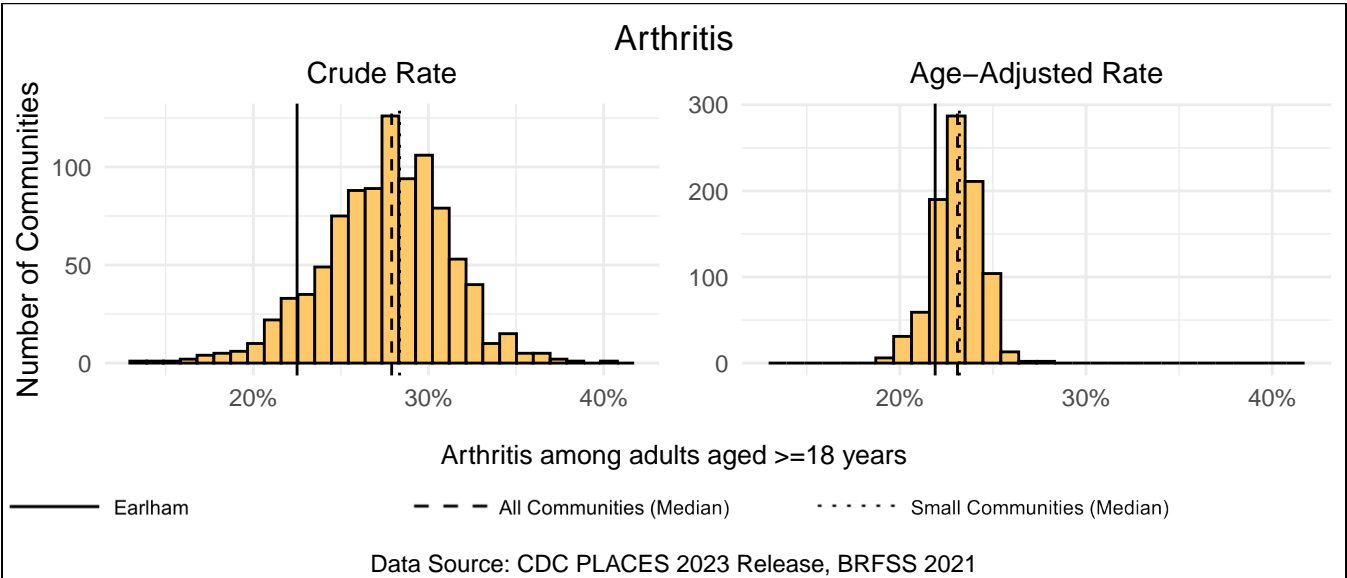
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

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

Arthritis

Earlham has a crude rate of 22.5% for arthritis among adults aged ≥ 18 years, which ranks 80th out of 958 Iowa communities (19th out of 138 small communities). The age-adjusted rate for Earlham is 21.9%, which ranks 135th out of 905 Iowa communities (26th out of 138 small communities).

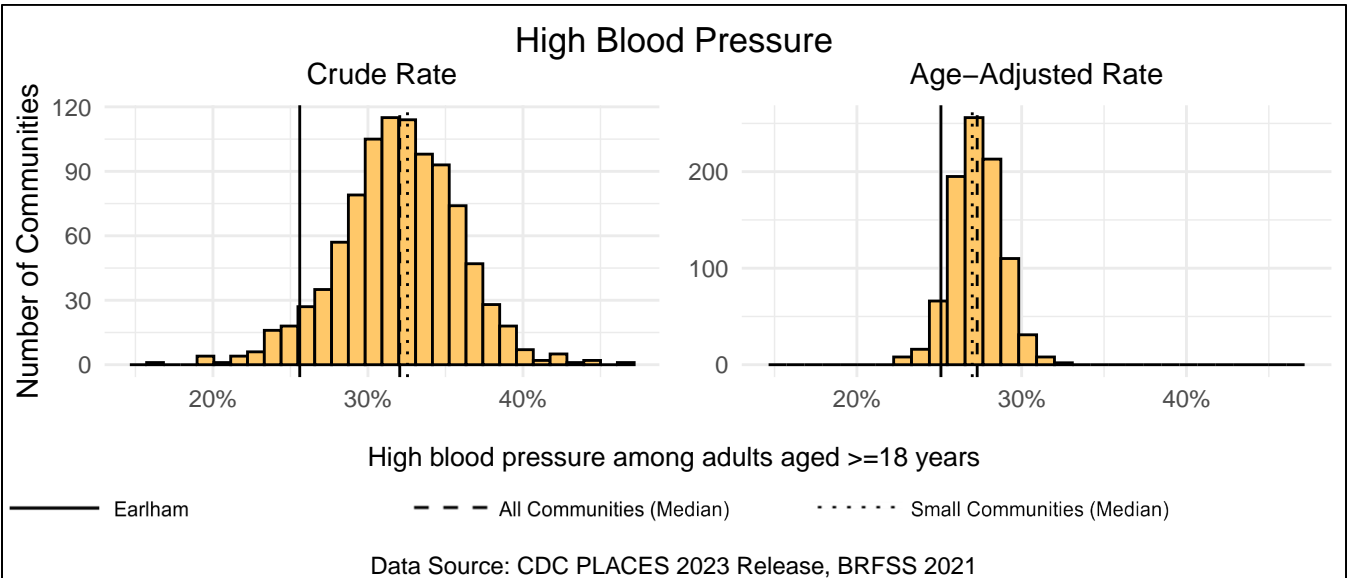
Measure Type	Earlham	All Comm.	Small Comm.
Crude	22.5%	27.9%	28.4%
Age-Adjusted	21.9%	23.1%	23.2%



High Blood Pressure

Earlham has a crude rate of 25.6% for high blood pressure among adults aged ≥ 18 years, which ranks 53rd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Earlham is 25.1%, which ranks 46th out of 905 Iowa communities (13th out of 138 small communities).

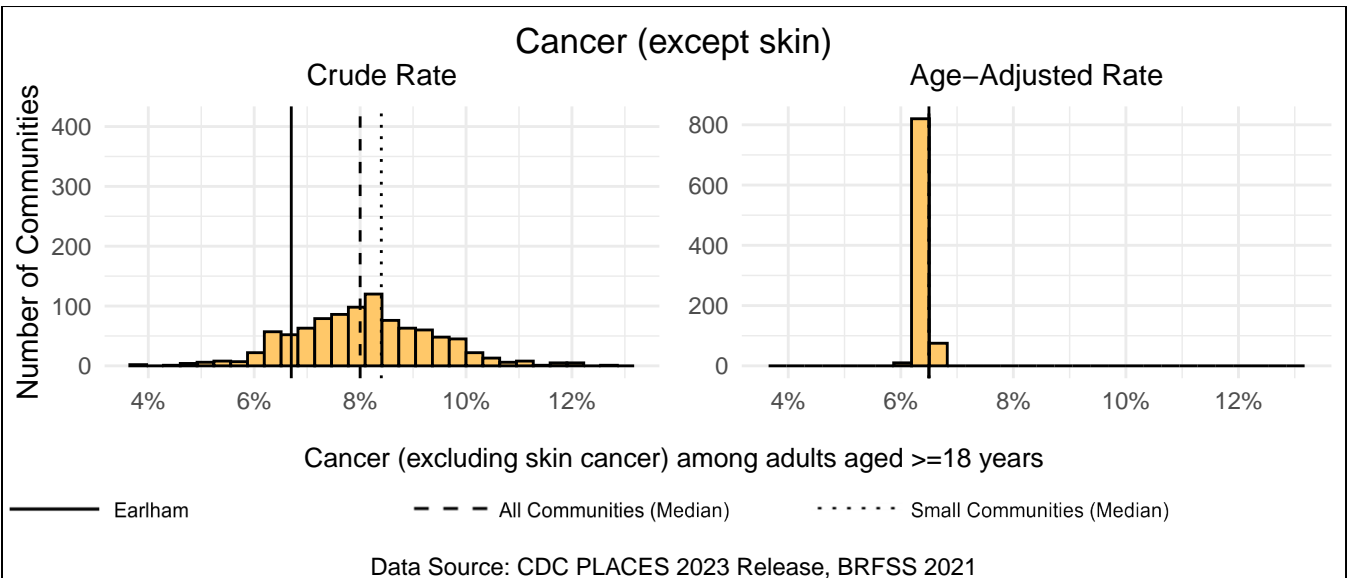
Measure Type	Earlham	All Comm.	Small Comm.
Crude	25.6%	32.0%	32.5%
Age-Adjusted	25.1%	27.3%	27.0%



Cancer (except skin)

Earlham has a crude rate of 6.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 126th out of 958 Iowa communities (19th out of 138 small communities). The age-adjusted rate for Earlham is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

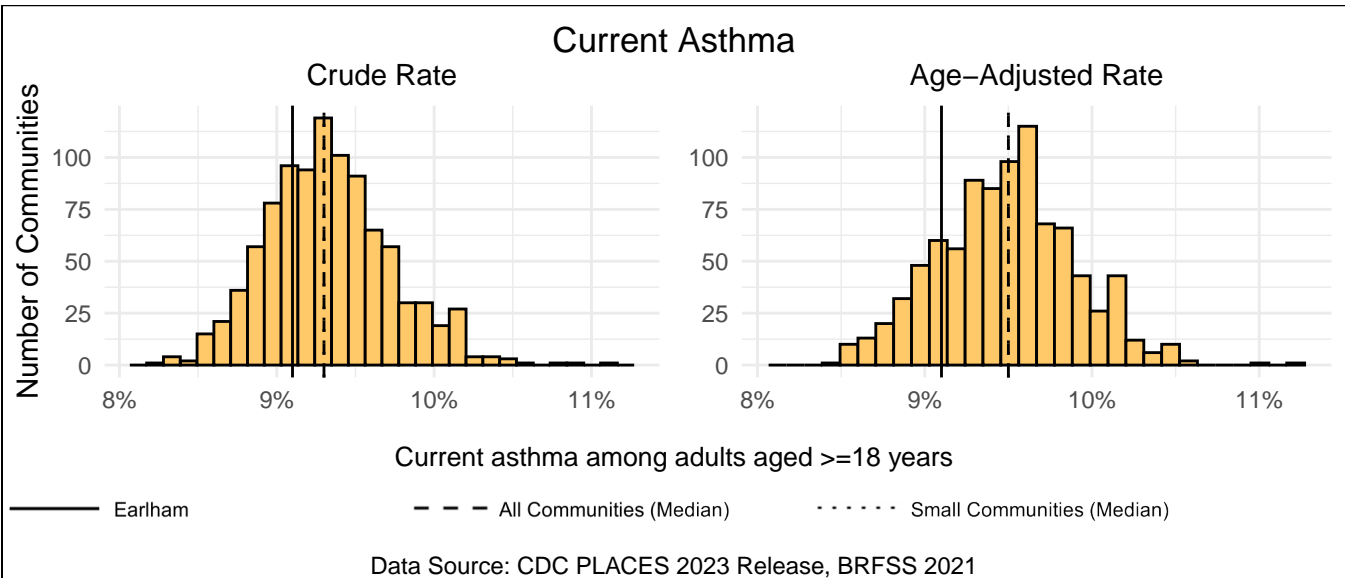
Measure Type	Earlham	All Comm.	Small Comm.
Crude	6.7%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Earlham 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 Earlham is 9.1%, which ranks 125th out of 905 Iowa communities (17th out of 138 small communities).

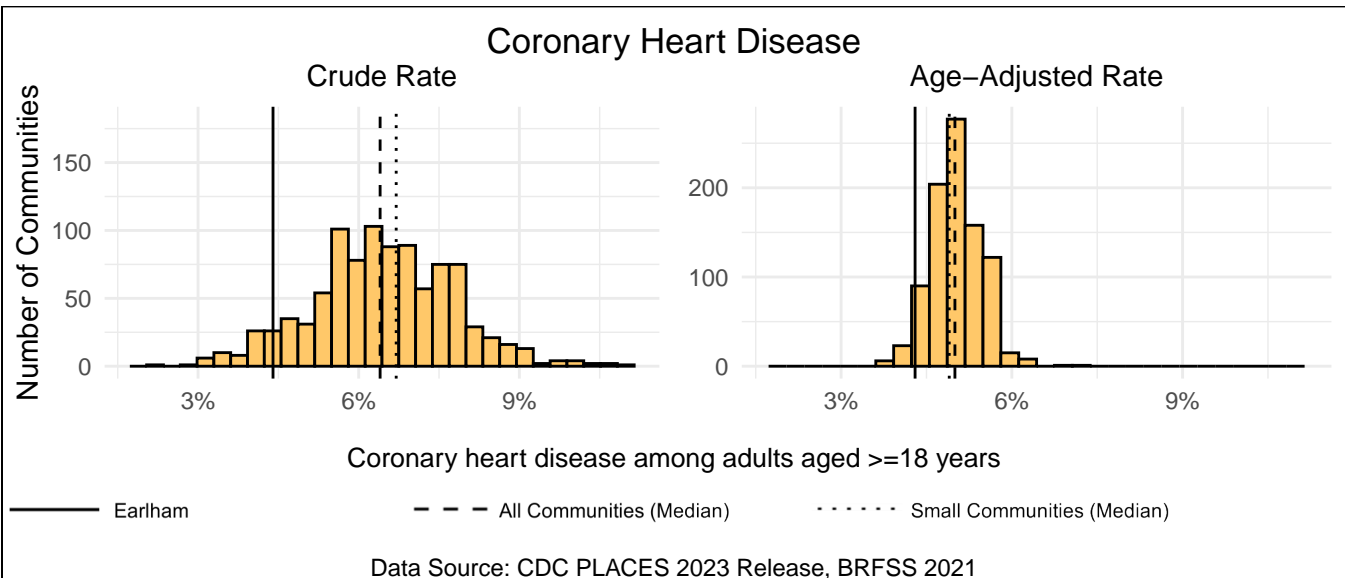
Measure Type	Earlham	All Comm.	Small Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.1%	9.5%	9.5%



Coronary Heart Disease

Earlham has a crude rate of 4.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 61st out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Earlham is 4.3%, which ranks 30th out of 905 Iowa communities (7th out of 138 small communities).

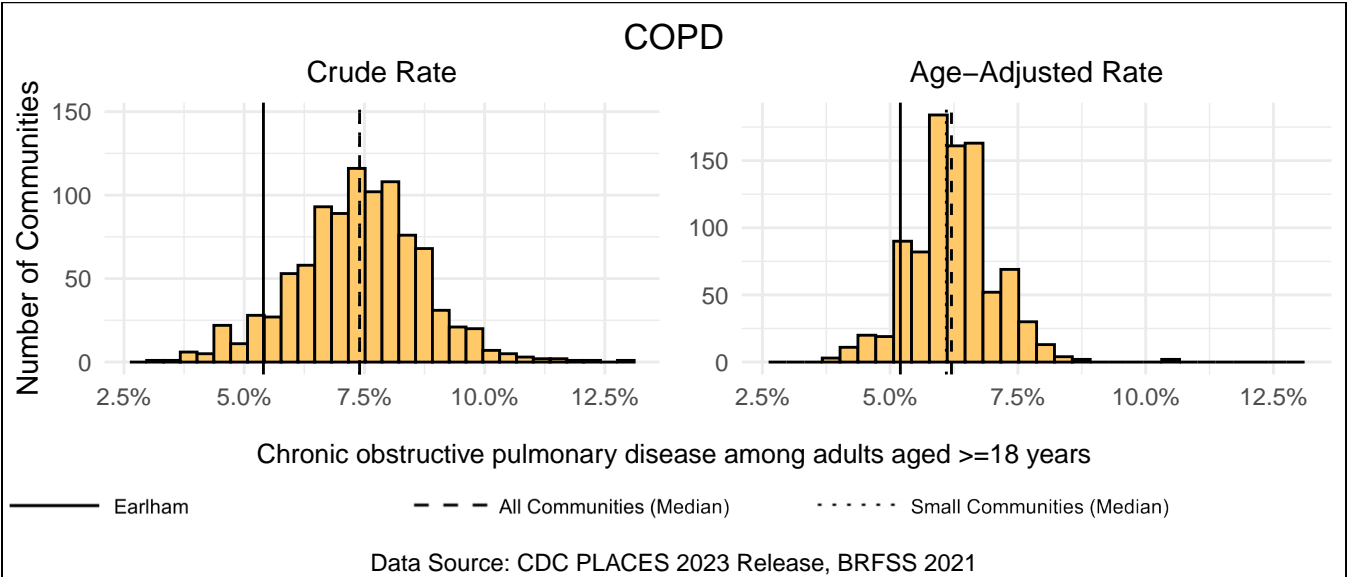
Measure Type	Earlham	All Comm.	Small Comm.
Crude	4.4%	6.4%	6.7%
Age-Adjusted	4.3%	5.0%	4.9%



COPD

Earlham has a crude rate of 5.4% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 69th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Earlham is 5.2%, which ranks 68th out of 905 Iowa communities (14th out of 138 small communities).

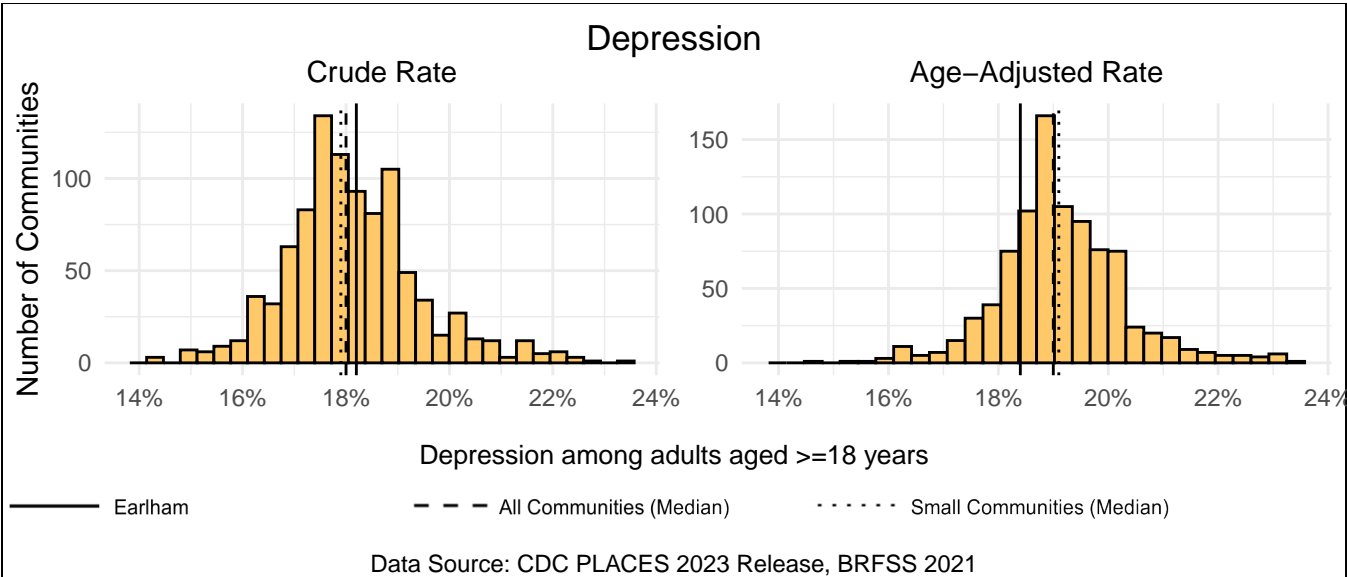
Measure Type	Earlham	All Comm.	Small Comm.
Crude	5.4%	7.4%	7.4%
Age-Adjusted	5.2%	6.2%	6.1%



Depression

Earlham has a crude rate of 18.2% for depression among adults aged ≥ 18 years, which ranks 537th out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Earlham is 18.4%, which ranks 189th out of 905 Iowa communities (23rd out of 138 small communities).

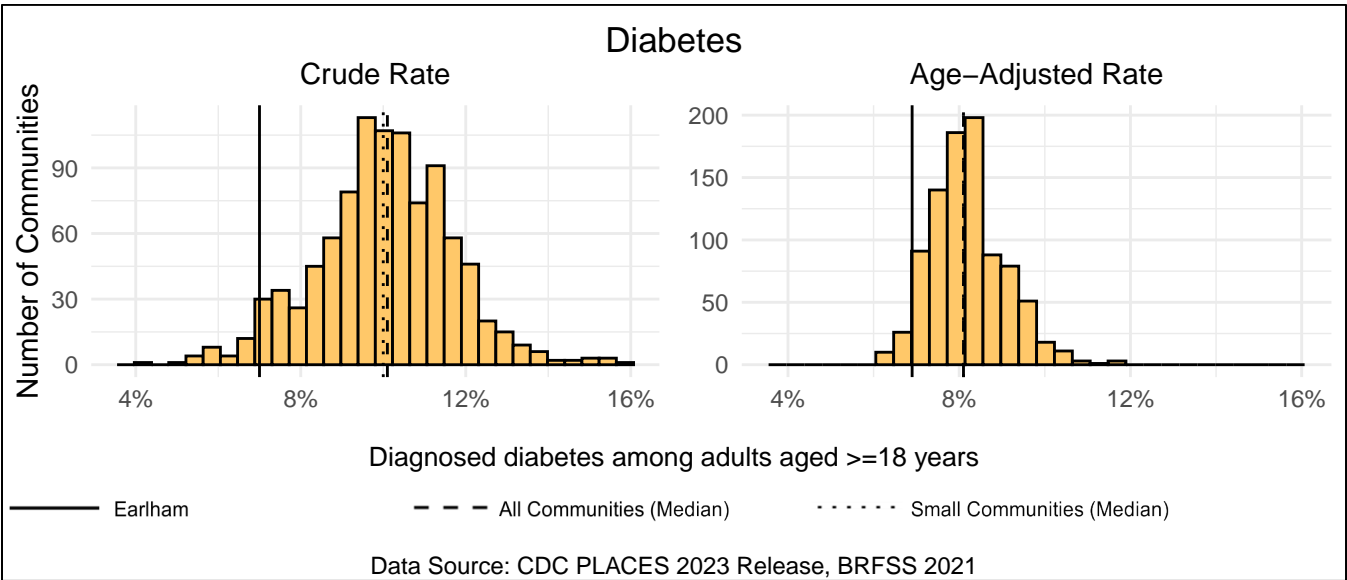
Measure Type	Earlham	All Comm.	Small Comm.
Crude	18.2%	18.0%	17.9%
Age-Adjusted	18.4%	19.0%	19.1%



Diabetes

Earlham has a crude rate of 7.0% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 39th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Earlham is 6.9%, which ranks 37th out of 905 Iowa communities (9th out of 138 small communities).

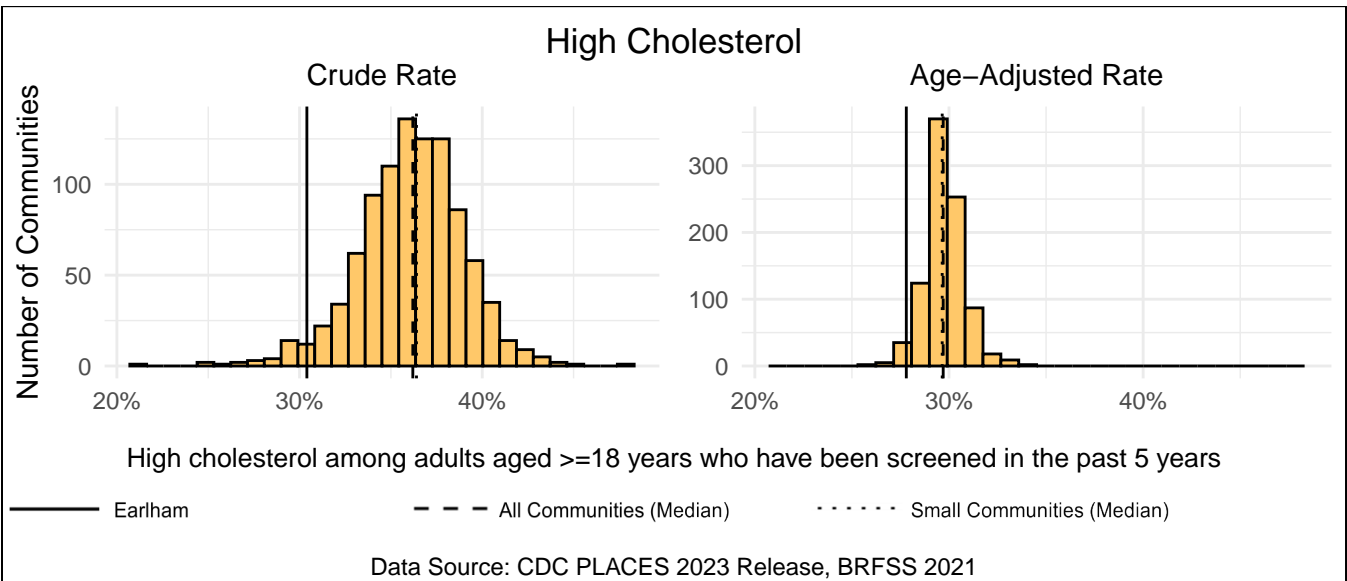
Measure Type	Earlham	All Comm.	Small Comm.
Crude	7.0%	10.1%	10.0%
Age-Adjusted	6.9%	8.1%	8.1%



High Cholesterol

Earlham has a crude rate of 30.4% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 37th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Earlham is 27.8%, which ranks 21st out of 905 Iowa communities (5th out of 138 small communities).

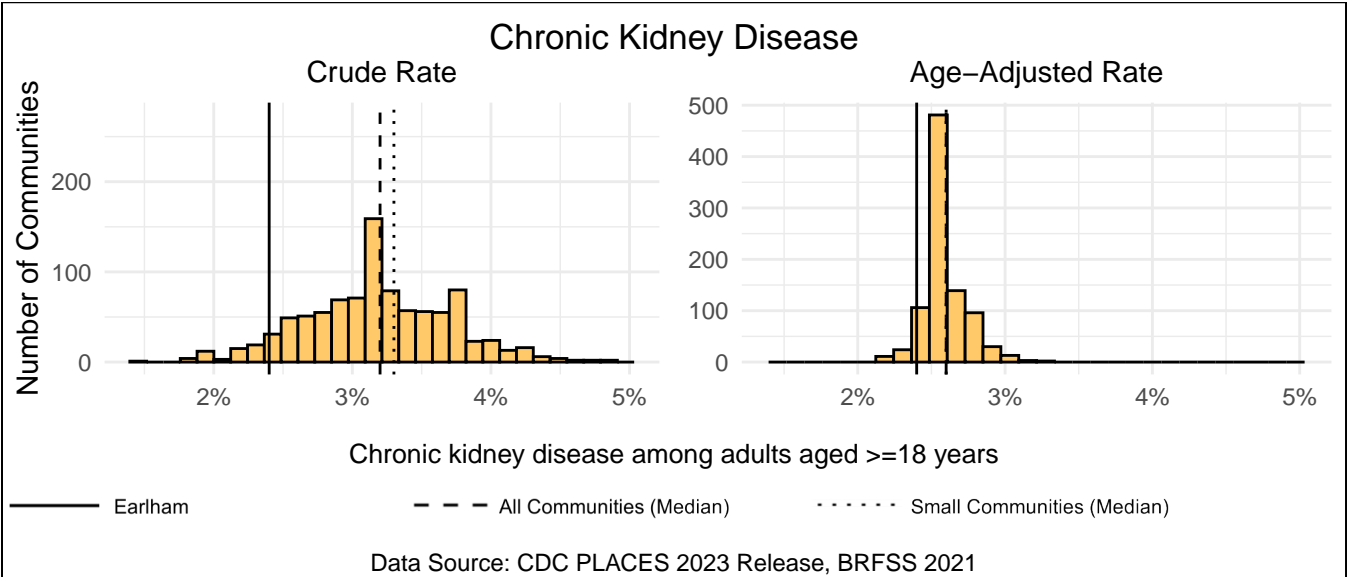
Measure Type	Earlham	All Comm.	Small Comm.
Crude	30.4%	36.2%	36.4%
Age-Adjusted	27.8%	29.7%	29.6%



Chronic Kidney Disease

Earlham has a crude rate of 2.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Earlham is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 138 small communities).

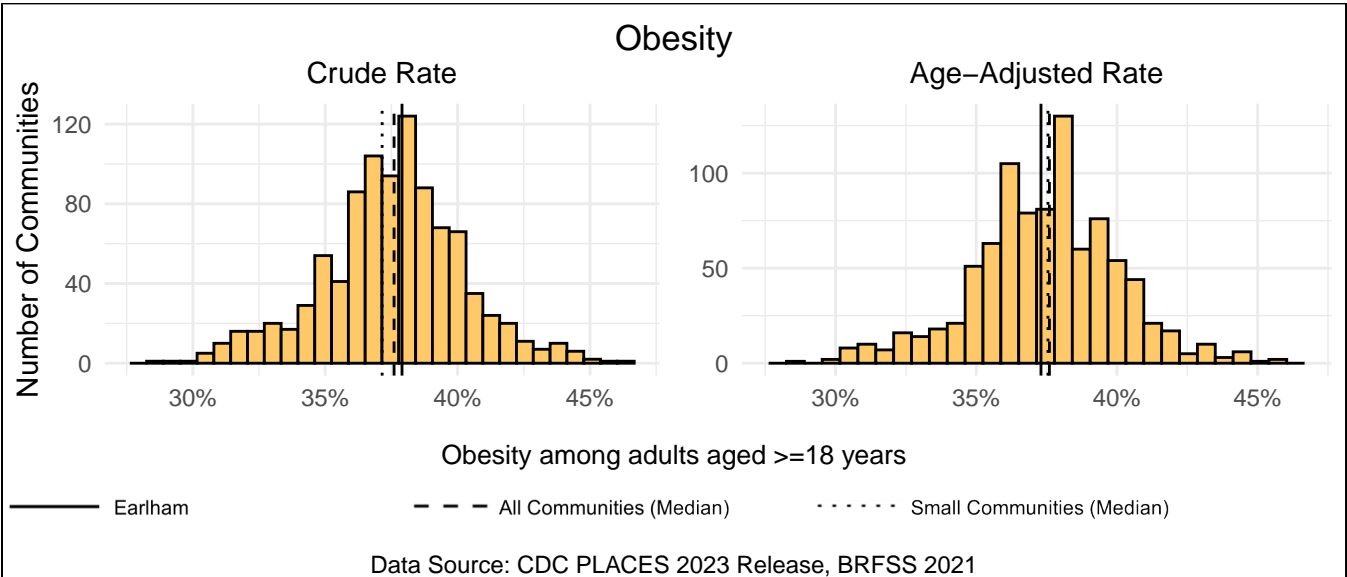
Measure Type	Earlham	All Comm.	Small Comm.
Crude	2.4%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Earlham has a crude rate of 37.9% for obesity among adults aged ≥ 18 years, which ranks 513th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Earlham is 37.3%, which ranks 409th out of 905 Iowa communities (65th out of 138 small communities).

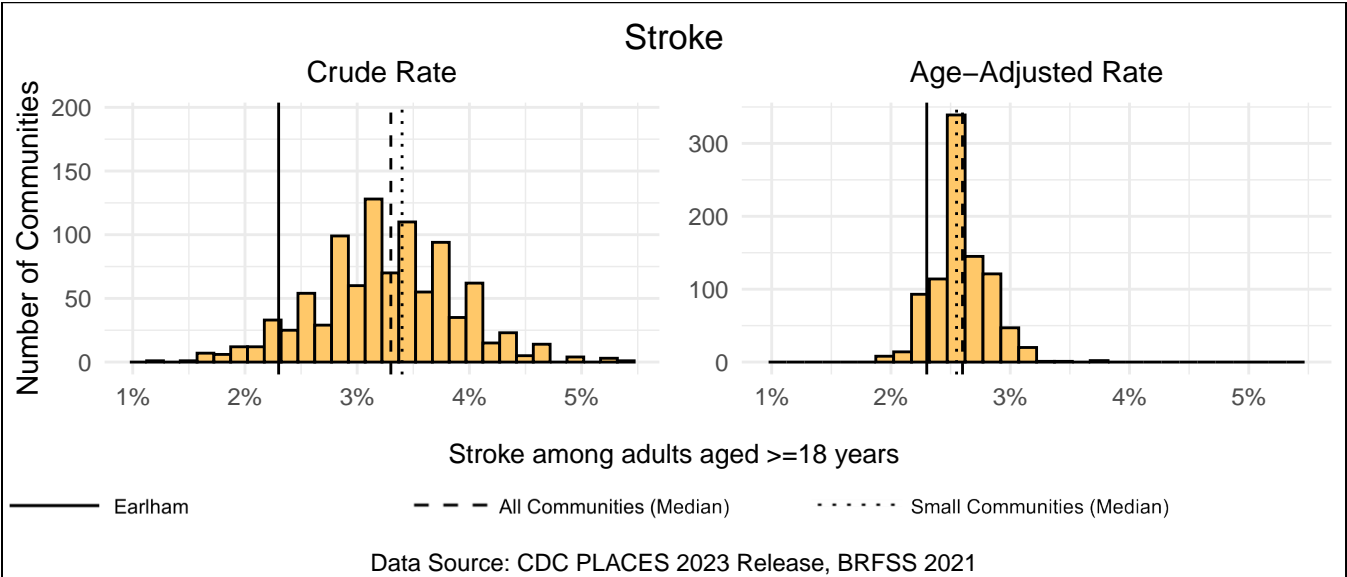
Measure Type	Earlham	All Comm.	Small Comm.
Crude	37.9%	37.6%	37.2%
Age-Adjusted	37.3%	37.6%	37.5%



Stroke

Earlham has a crude rate of 2.3% for stroke among adults aged ≥ 18 years, which ranks 59th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Earlham is 2.3%, which ranks 49th out of 905 Iowa communities (10th out of 138 small communities).

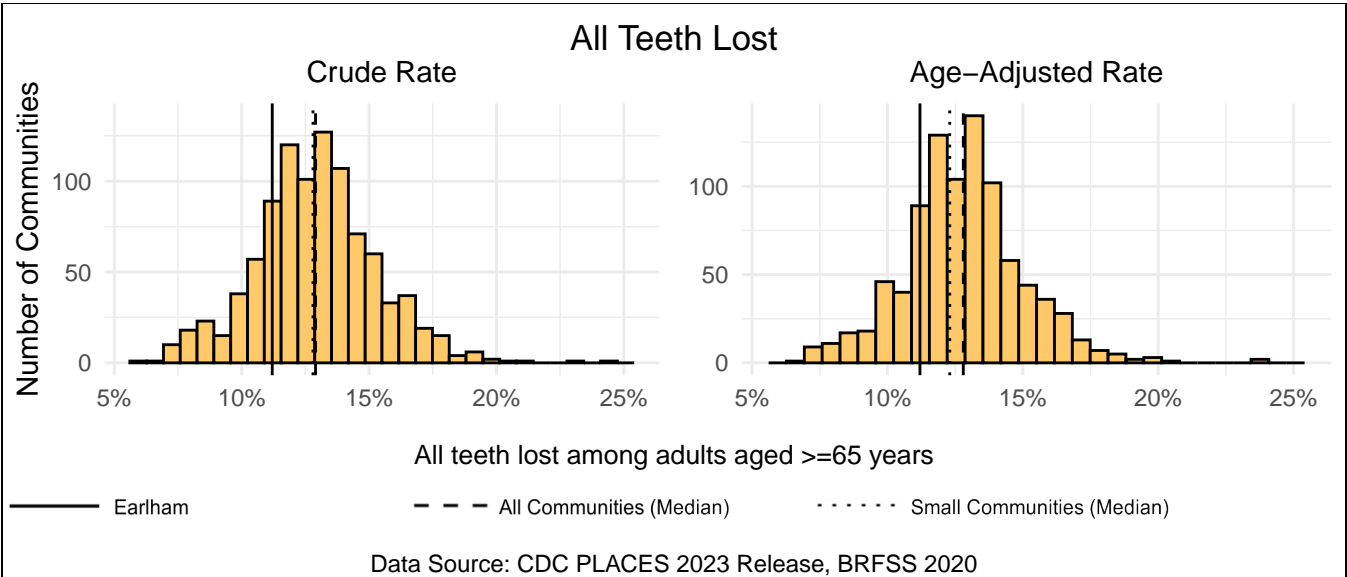
Measure Type	Earlham	All Comm.	Small Comm.
Crude	2.3%	3.3%	3.4%
Age-Adjusted	2.3%	2.6%	2.5%



All Teeth Lost

Earlham has a crude rate of 11.2% for all teeth lost among adults aged ≥ 65 years, which ranks 202nd out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Earlham is 11.2%, which ranks 184th out of 905 Iowa communities (36th out of 138 small communities).

Measure Type	Earlham	All Comm.	Small Comm.
Crude	11.2%	12.9%	12.8%
Age-Adjusted	11.2%	12.8%	12.3%



Prevention

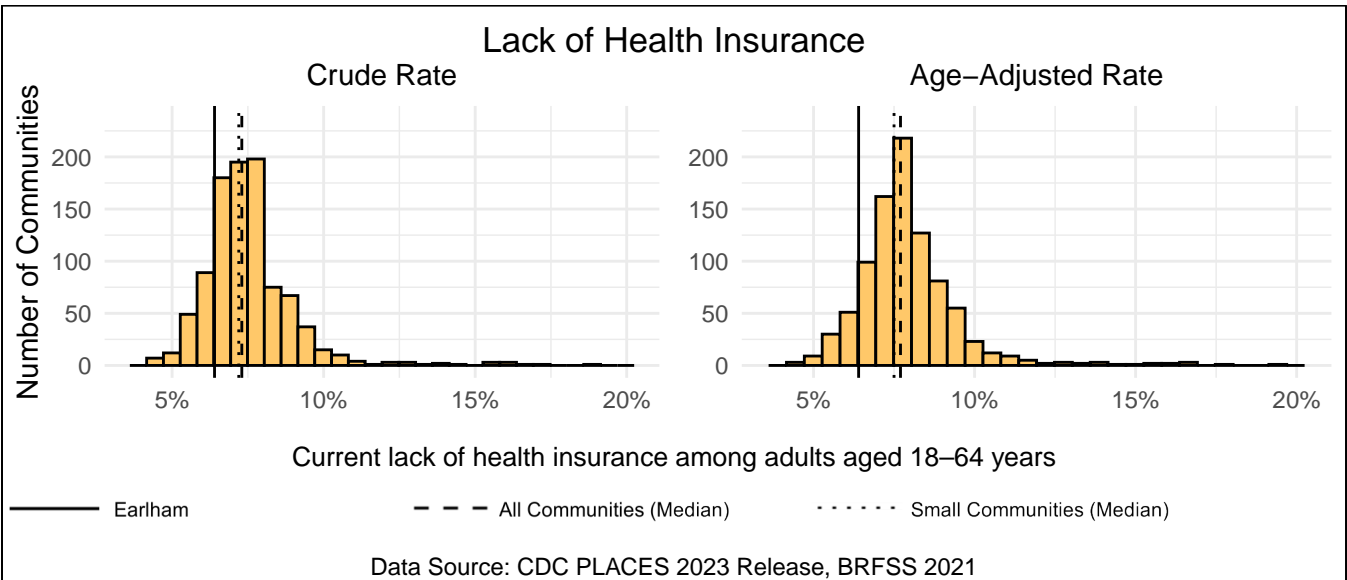
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

Lack of Health Insurance

Earlham has a crude rate of 6.4% for current lack of health insurance among adults aged 18–64 years, which ranks 158th out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Earlham is 6.4%, which ranks 94th out of 905 Iowa communities (18th out of 138 small communities).

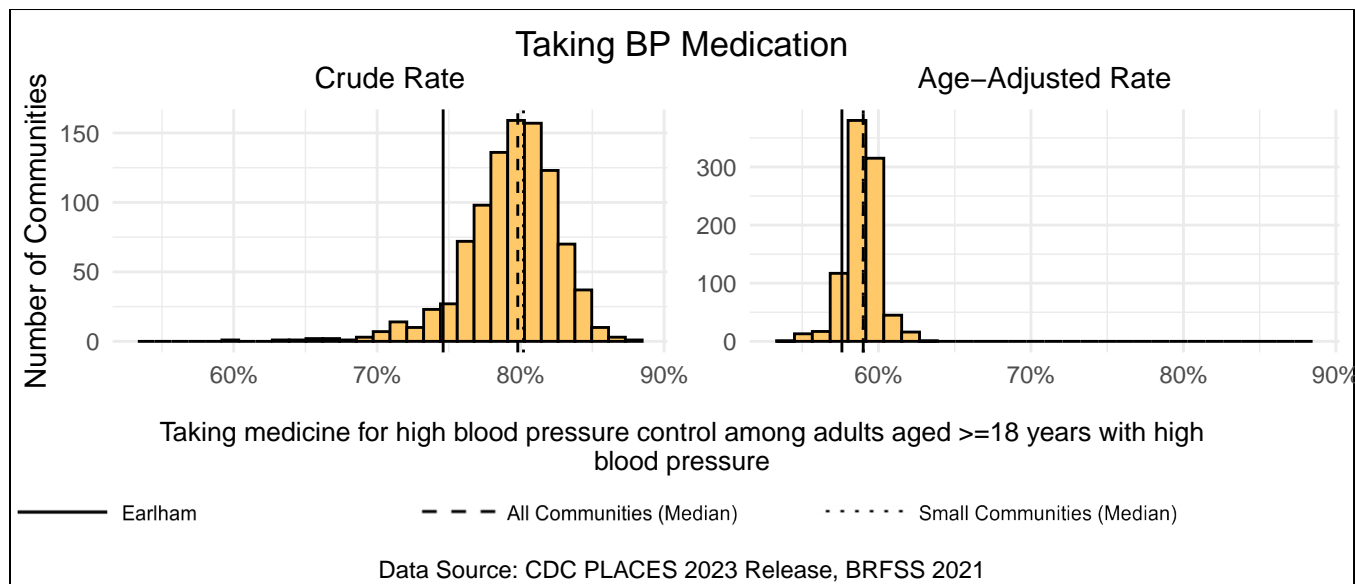
Measure Type	Earlham	All Comm.	Small Comm.
Crude	6.4%	7.3%	7.2%
Age-Adjusted	6.4%	7.7%	7.5%



Taking BP Medication

Earlham has a crude rate of 74.6% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 887th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Earlham is 57.6%, which ranks 812th out of 905 Iowa communities (123rd out of 138 small communities).

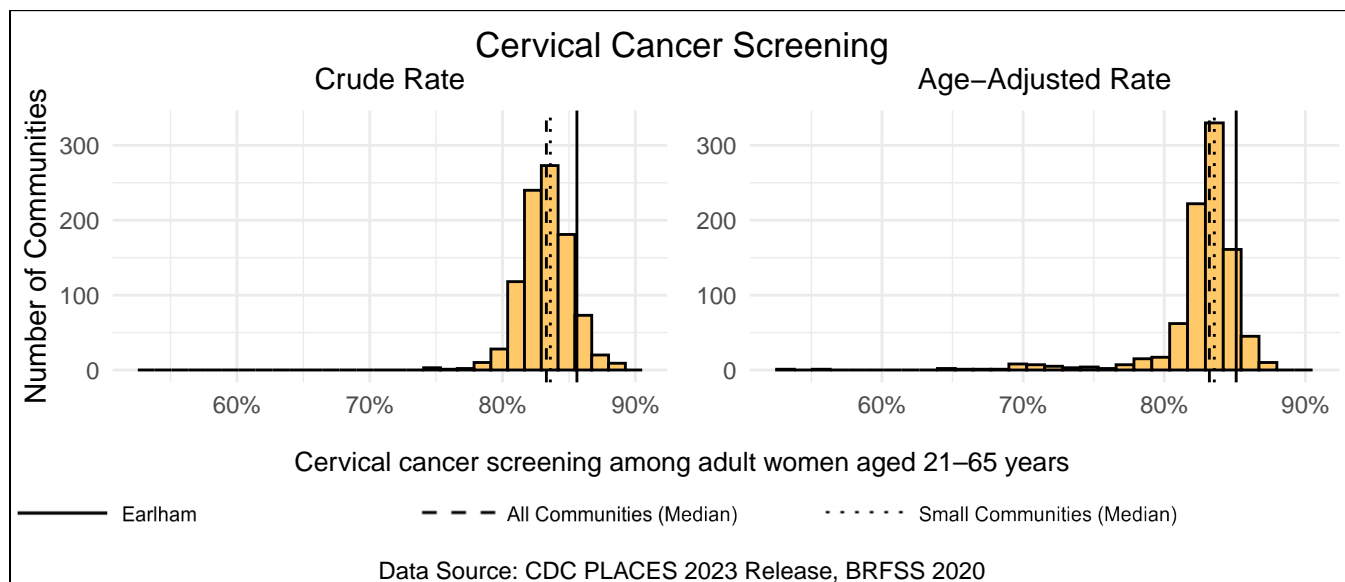
Measure Type	Earlham	All Comm.	Small Comm.
Crude	74.6%	79.8%	80.2%
Age-Adjusted	57.6%	59.0%	59.0%



Cervical Cancer Screening

Earlham has a crude rate of 85.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 86th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Earlham is 85.1%, which ranks 79th out of 905 Iowa communities (15th out of 138 small communities).

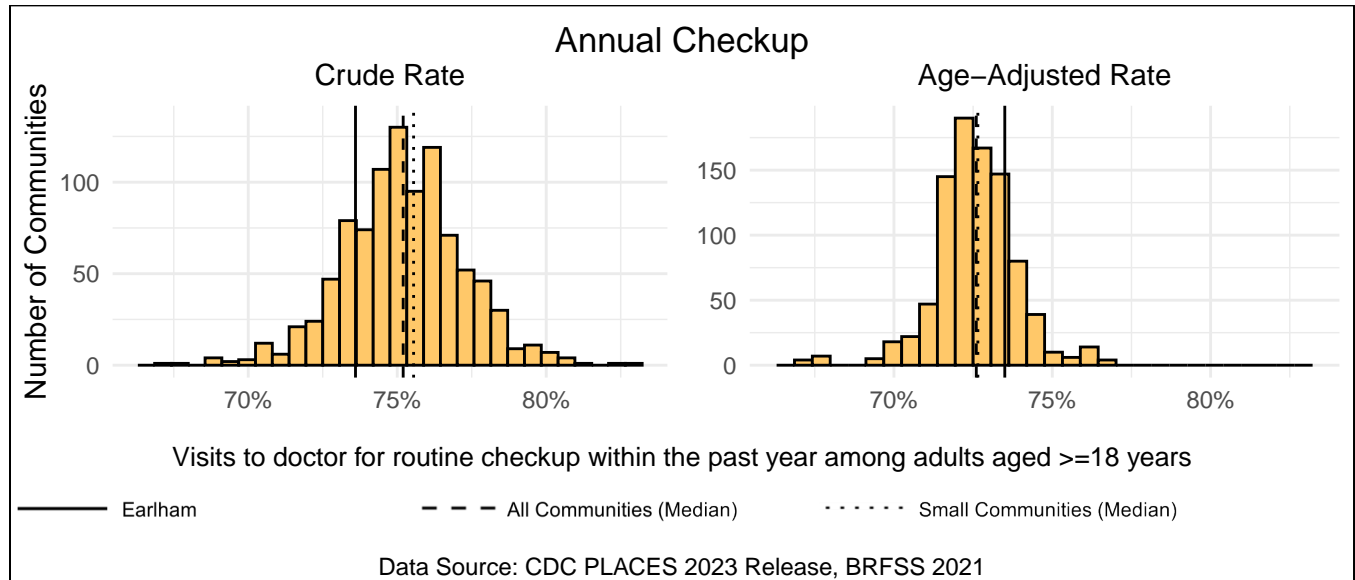
Measure Type	Earlham	All Comm.	Small Comm.
Crude	85.6%	83.3%	83.6%
Age-Adjusted	85.1%	83.2%	83.5%



Annual Checkup

Earlham has a crude rate of 73.6% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 759th out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Earlham is 73.5%, which ranks 172nd out of 905 Iowa communities (33rd out of 138 small communities).

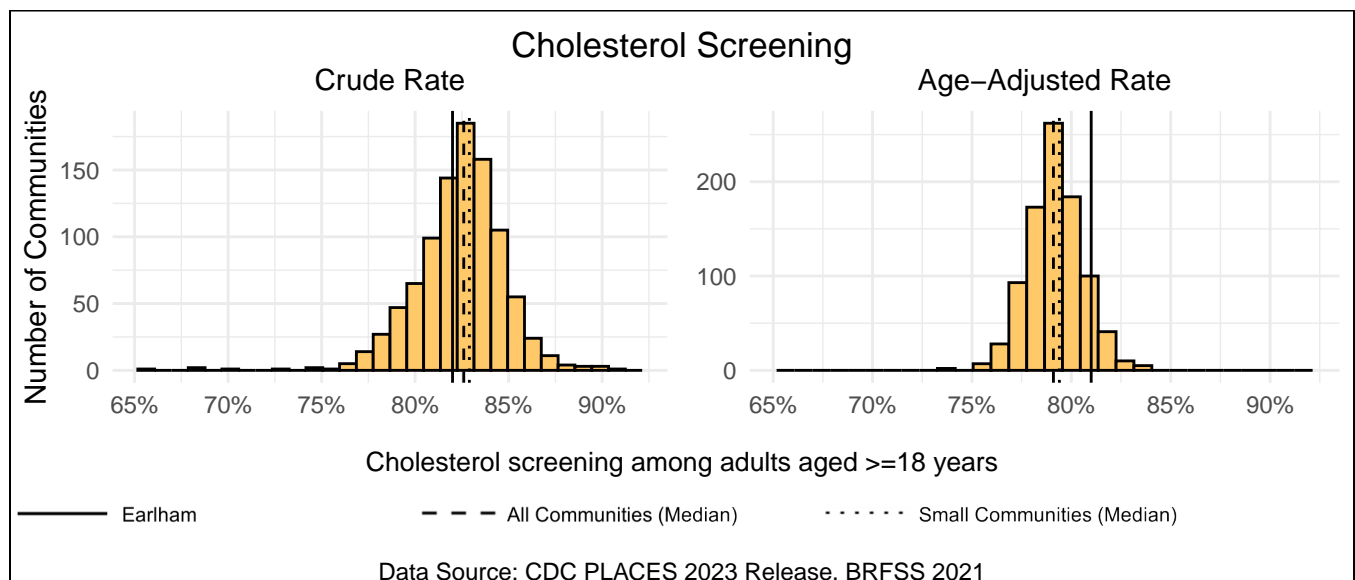
Measure Type	Earlham	All Comm.	Small Comm.
Crude	73.6%	75.2%	75.5%
Age-Adjusted	73.5%	72.6%	72.6%



Cholesterol Screening

Earlham has a crude rate of 82.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 581st out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Earlham is 81.0%, which ranks 83rd out of 905 Iowa communities (14th out of 138 small communities).

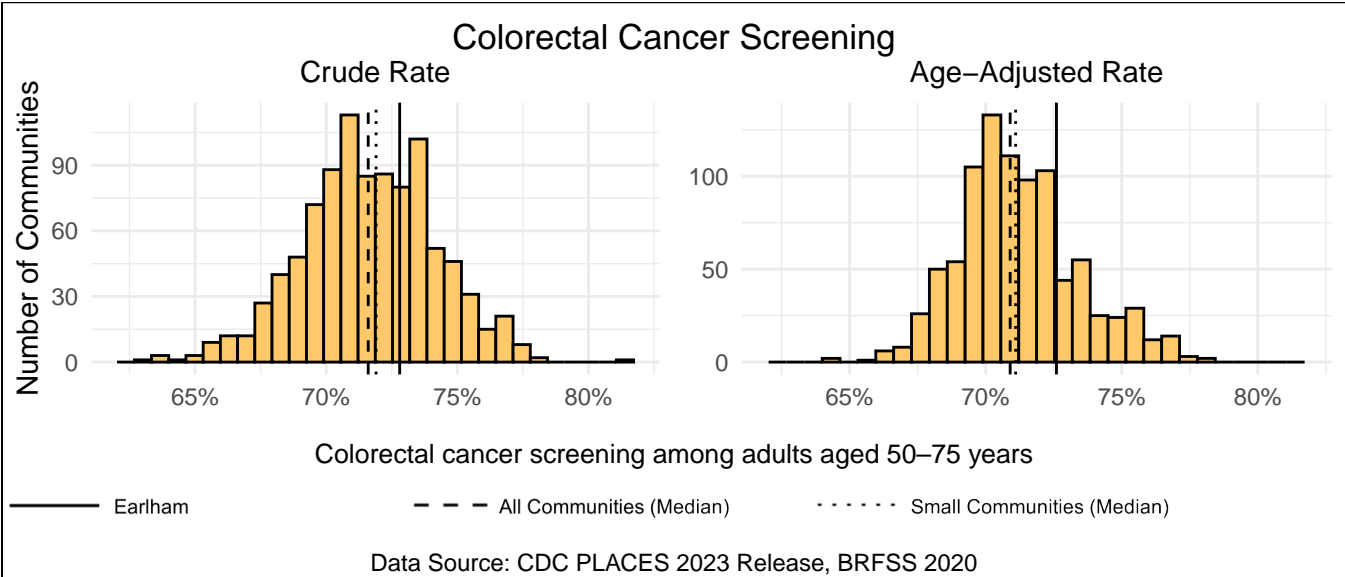
Measure Type	Earlham	All Comm.	Small Comm.
Crude	82.0%	82.6%	82.9%
Age-Adjusted	81.0%	79.1%	79.4%



Colorectal Cancer Screening

Earlham has a crude rate of 72.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 314th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Earlham is 72.6%, which ranks 197th out of 905 Iowa communities (37th out of 138 small communities).

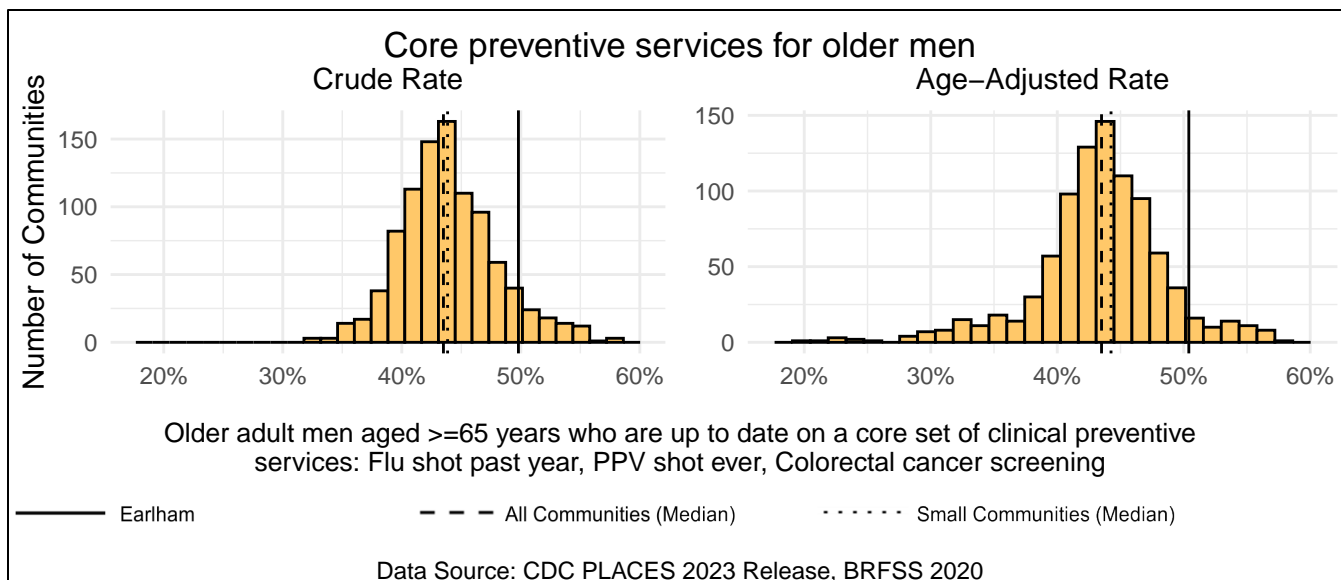
Measure Type	Earlham	All Comm.	Small Comm.
Crude	72.8%	71.6%	71.9%
Age-Adjusted	72.6%	70.9%	71.1%



Core preventive services for older men

Earlham has a crude rate of 49.8% 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 75th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Earlham is 50.4%, which ranks 52nd out of 905 Iowa communities (7th out of 138 small communities).

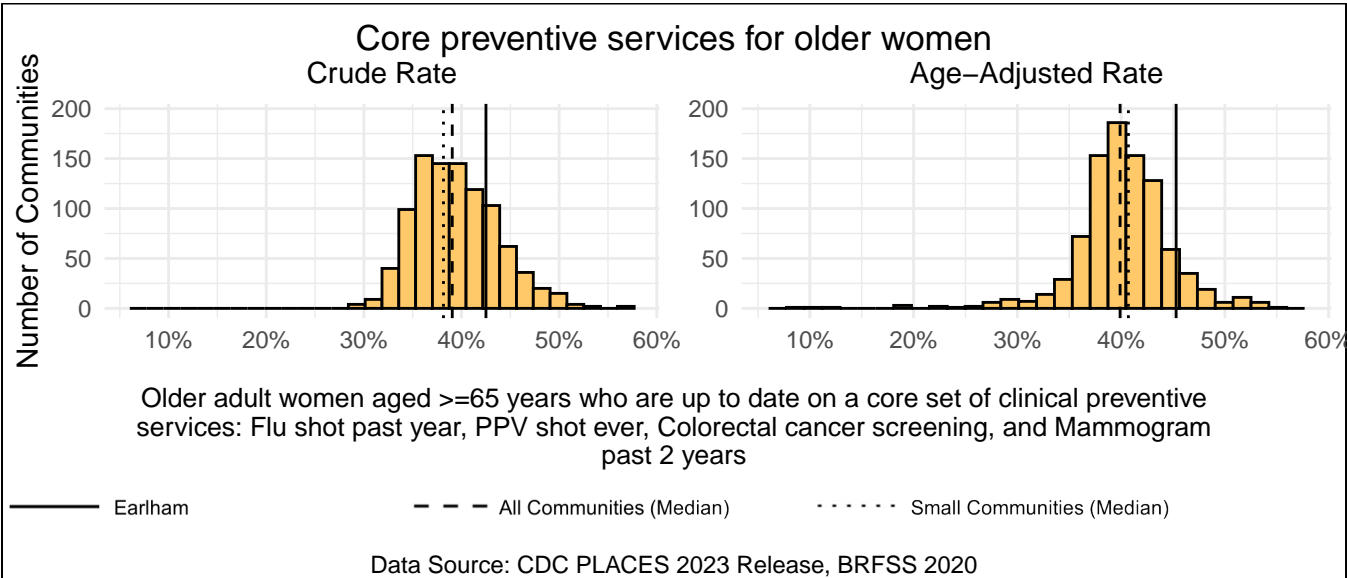
Measure Type	Earlham	All Comm.	Small Comm.
Crude	49.8%	43.5%	43.8%
Age-Adjusted	50.4%	43.5%	44.2%



Core preventive services for older women

Earlham has a crude rate of 42.5% 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 219th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Earlham is 45.3%, which ranks 91st out of 905 Iowa communities (19th out of 138 small communities).

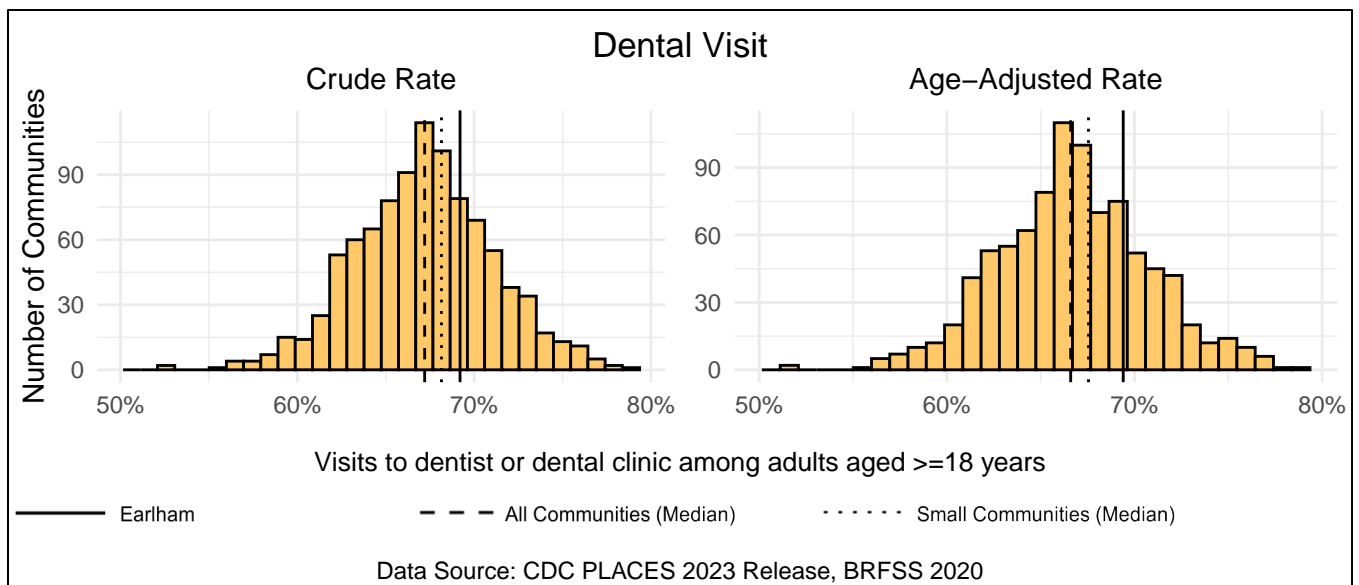
Measure Type	Earlham	All Comm.	Small Comm.
Crude	42.5%	39.0%	38.2%
Age-Adjusted	45.3%	39.9%	40.7%



Dental Visit

Earlham has a crude rate of 69.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Earlham is 69.4%, which ranks 216th out of 905 Iowa communities (42nd out of 138 small communities).

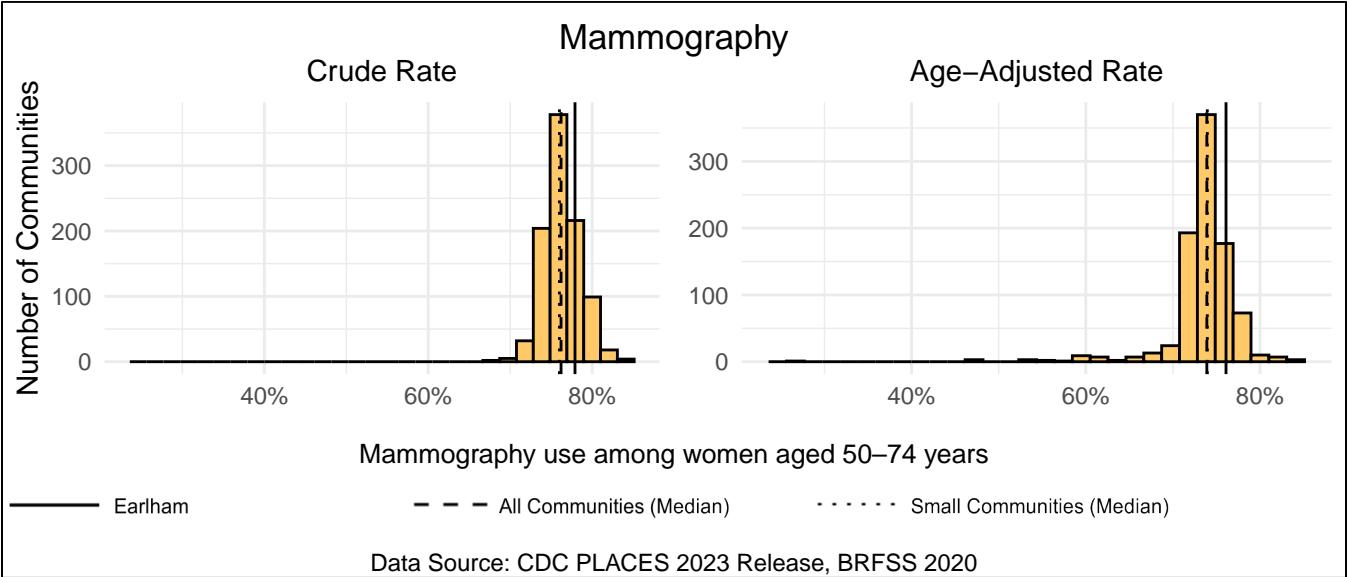
Measure Type	Earlham	All Comm.	Small Comm.
Crude	69.2%	67.2%	68.2%
Age-Adjusted	69.4%	66.6%	67.5%



Mammography

Earlham has a crude rate of 77.9% for mammography use among women aged 50–74 years, which ranks 221st out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Earlham is 76.1%, which ranks 146th out of 905 Iowa communities (25th out of 138 small communities).

Measure Type	Earlham	All Comm.	Small Comm.
Crude	77.9%	76.2%	76.0%
Age-Adjusted	76.1%	73.9%	74.0%



Disability

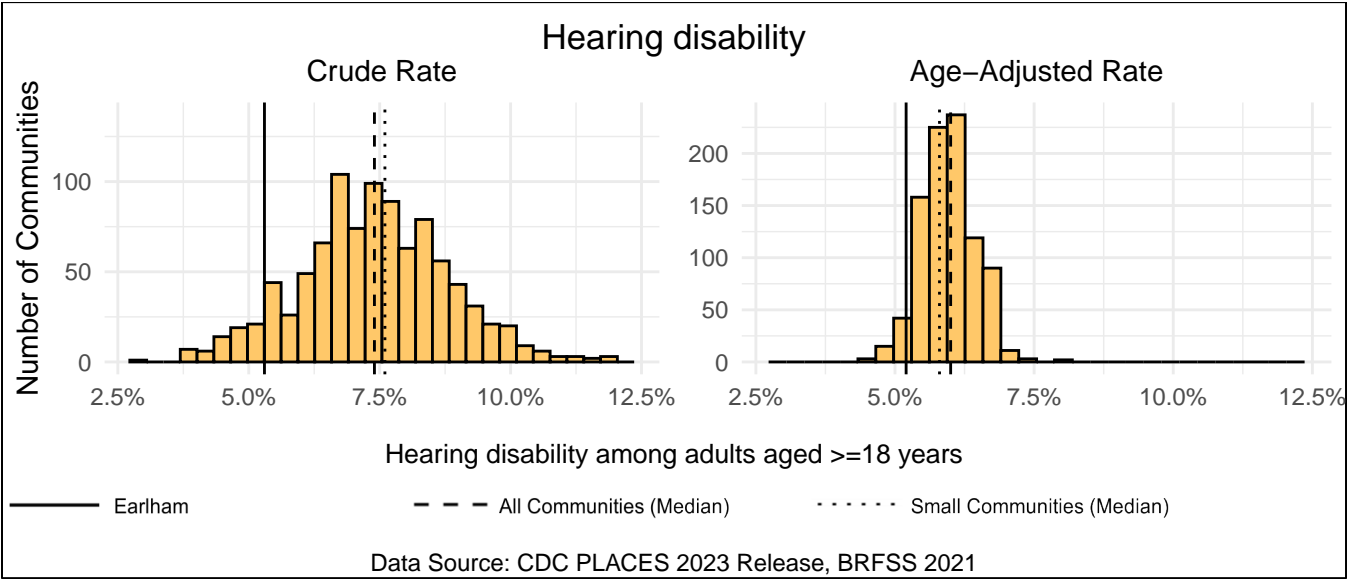
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Earlham has a crude rate of 5.3% for hearing disability among adults aged ≥ 18 years, which ranks 69th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Earlham is 5.2%, which ranks 41st out of 905 Iowa communities (7th out of 138 small communities).

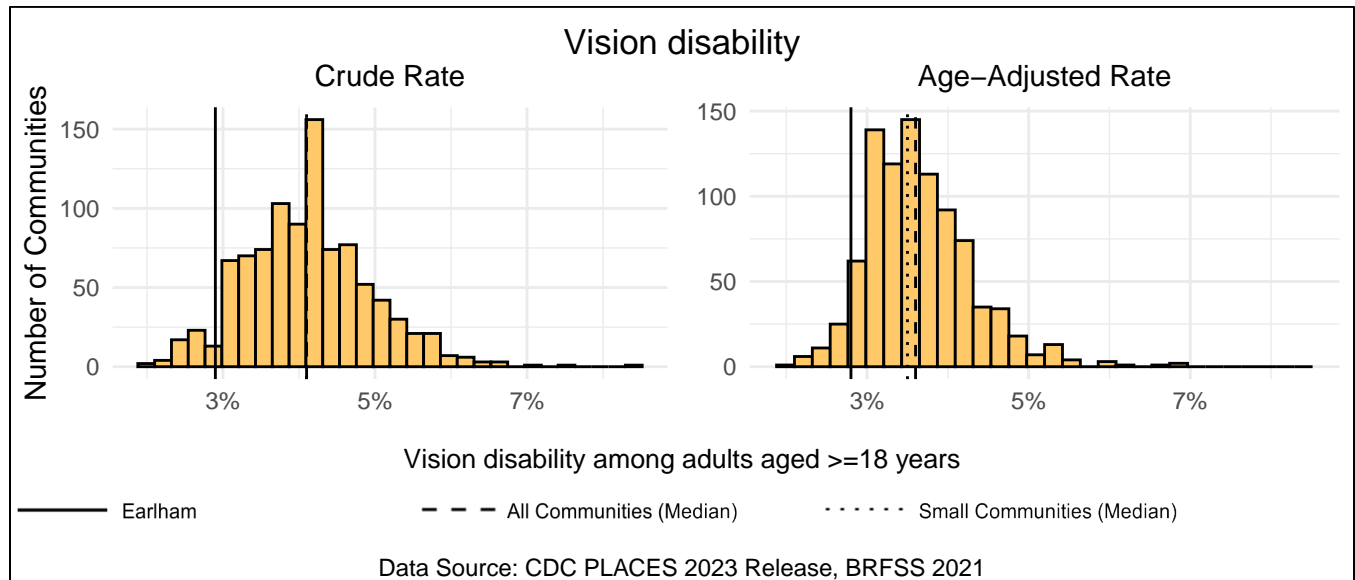
Measure Type	Earlham	All Comm.	Small Comm.
Crude	5.3%	7.4%	7.6%
Age-Adjusted	5.2%	6.0%	5.8%



Vision disability

Earlham has a crude rate of 2.9% for vision disability among adults aged ≥ 18 years, which ranks 50th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Earlham is 2.8%, which ranks 44th out of 905 Iowa communities (9th out of 138 small communities).

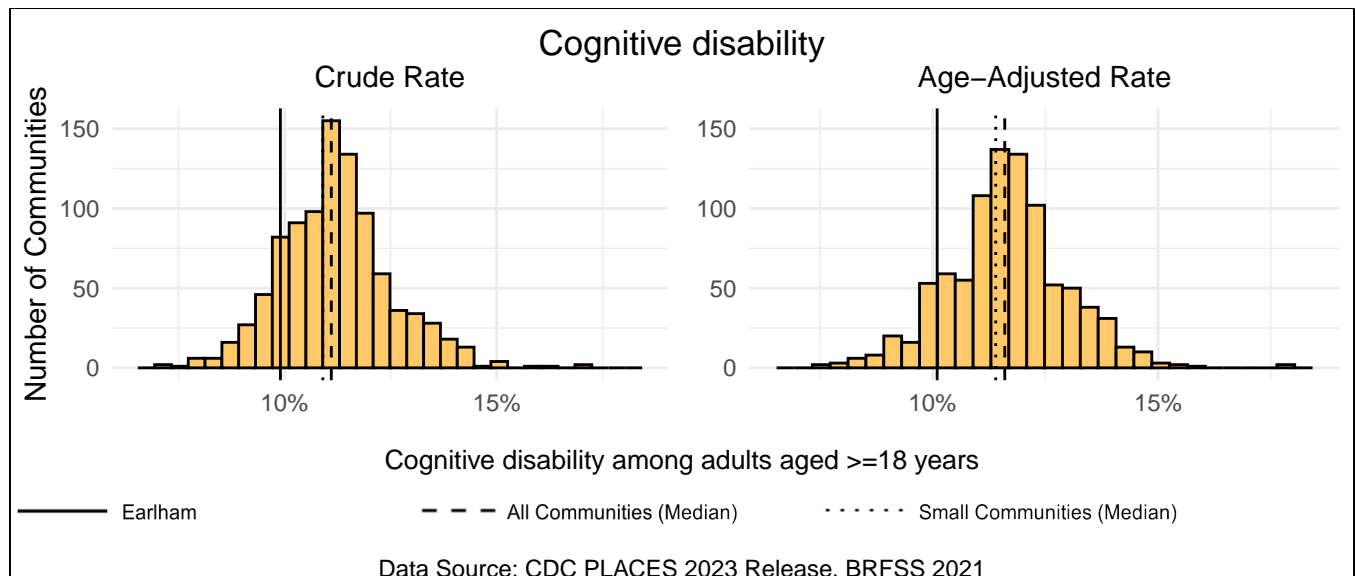
Measure Type	Earlham	All Comm.	Small Comm.
Crude	2.9%	4.1%	4.1%
Age-Adjusted	2.8%	3.6%	3.5%



Cognitive disability

Earlham has a crude rate of 9.9% for cognitive disability among adults aged ≥ 18 years, which ranks 128th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Earlham is 10.1%, which ranks 96th out of 905 Iowa communities (18th out of 138 small communities).

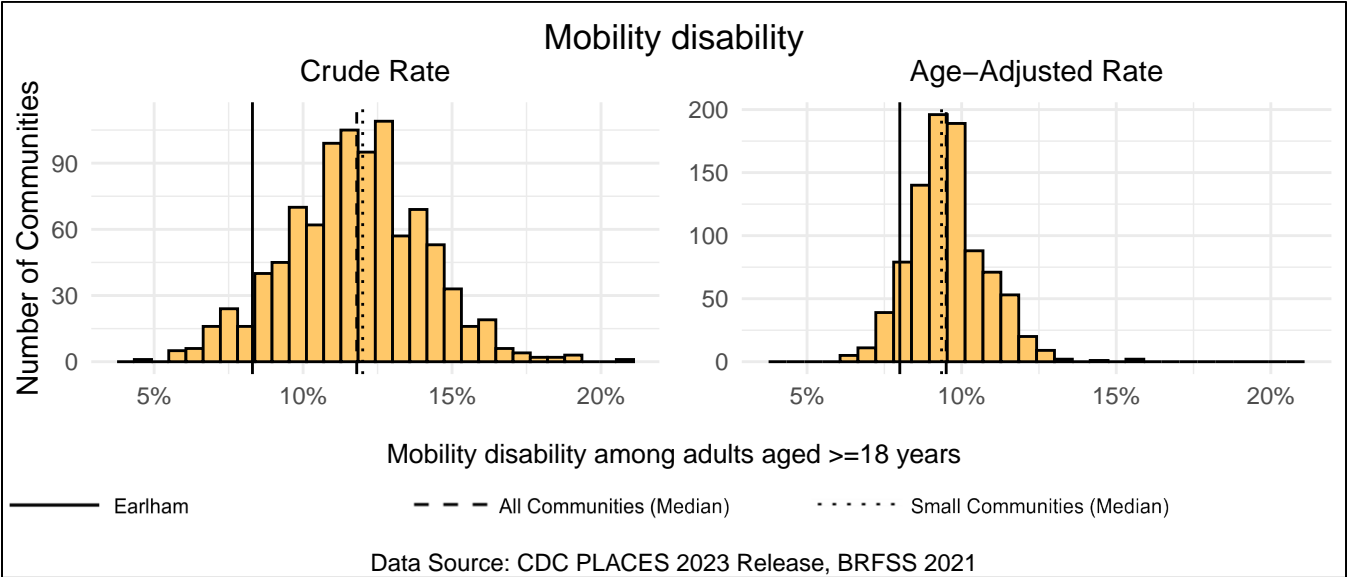
Measure Type	Earlham	All Comm.	Small Comm.
Crude	9.9%	11.1%	10.9%
Age-Adjusted	10.1%	11.6%	11.4%



Mobility disability

Earlham has a crude rate of 8.3% for mobility disability among adults aged ≥ 18 years, which ranks 62nd out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Earlham is 8.0%, which ranks 73rd out of 905 Iowa communities (16th out of 138 small communities).

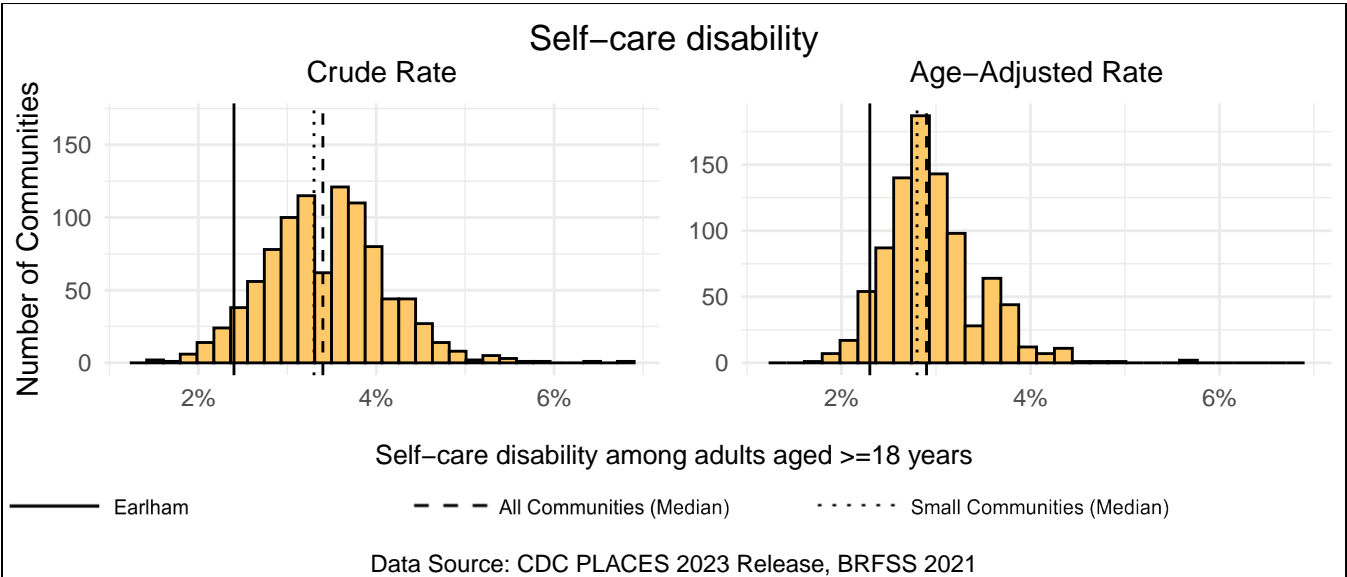
Measure Type	Earlham	All Comm.	Small Comm.
Crude	8.3%	11.8%	12.0%
Age-Adjusted	8.0%	9.5%	9.4%



Self-care disability

Earlham has a crude rate of 2.4% for self-care disability among adults aged ≥ 18 years, which ranks 48th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Earlham is 2.3%, which ranks 45th out of 905 Iowa communities (10th out of 138 small communities).

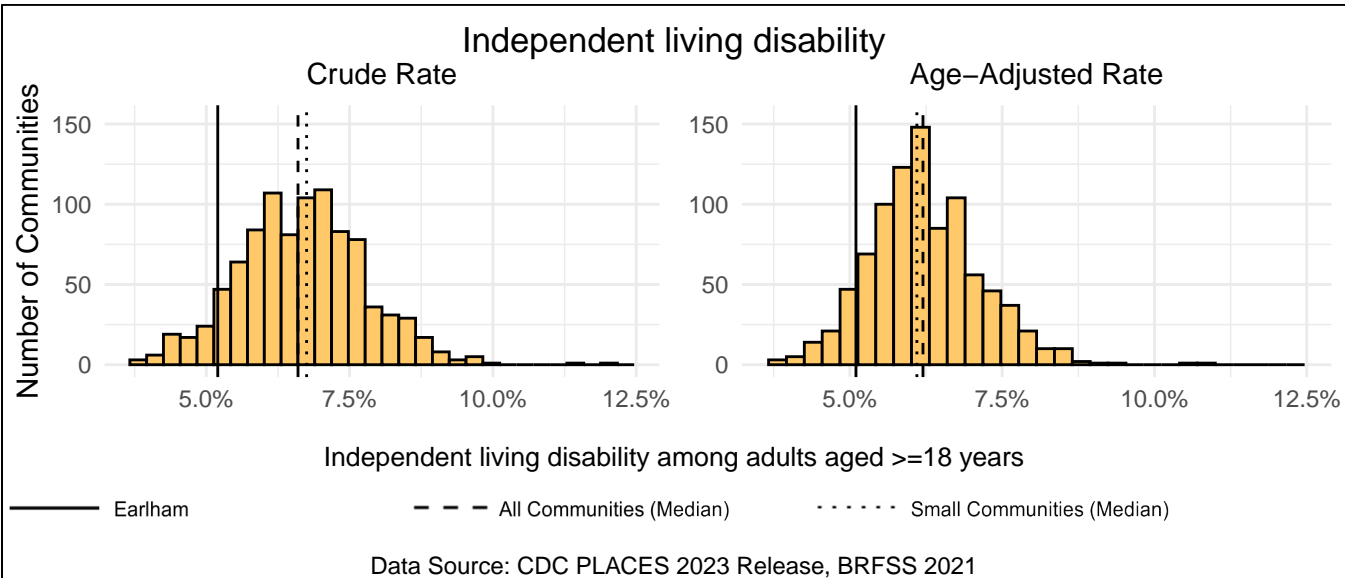
Measure Type	Earlham	All Comm.	Small Comm.
Crude	2.4%	3.4%	3.3%
Age-Adjusted	2.3%	2.9%	2.8%



Independent living disability

Earlham has a crude rate of 5.2% for independent living disability among adults aged ≥ 18 years, which ranks 70th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Earlham is 5.1%, which ranks 67th out of 905 Iowa communities (14th out of 138 small communities).

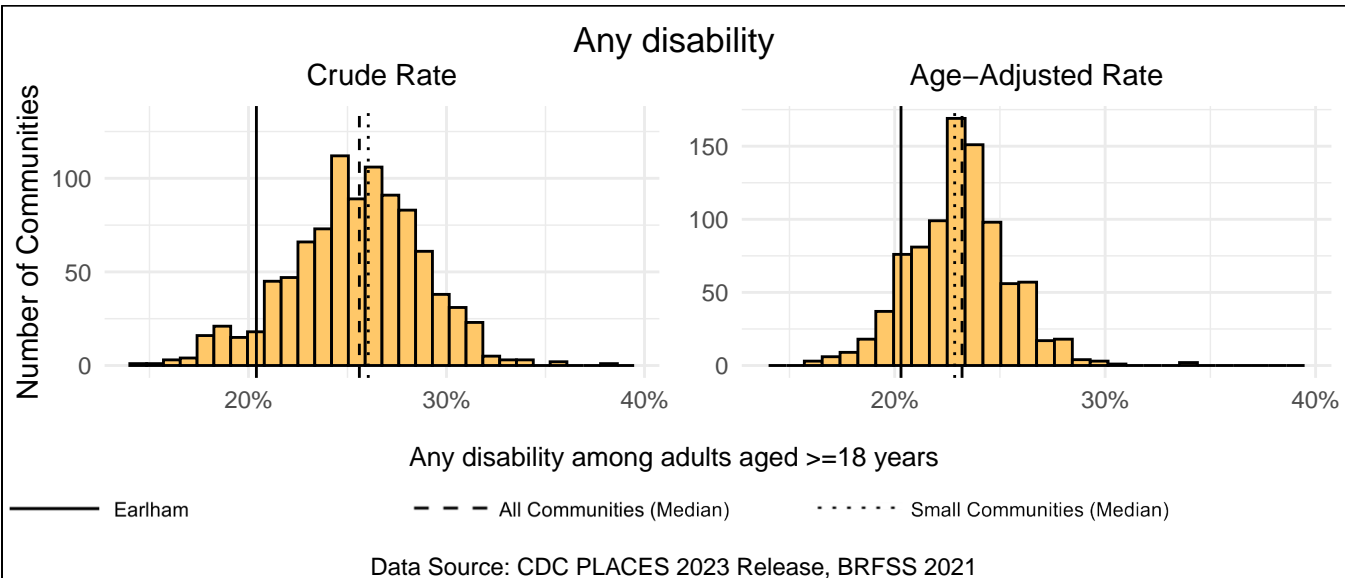
Measure Type	Earlham	All Comm.	Small Comm.
Crude	5.2%	6.6%	6.8%
Age-Adjusted	5.1%	6.2%	6.1%



Any disability

Earlham has a crude rate of 20.4% for any disability among adults aged ≥ 18 years, which ranks 68th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Earlham is 20.3%, which ranks 82nd out of 905 Iowa communities (16th out of 138 small communities).

Measure Type	Earlham	All Comm.	Small Comm.
Crude	20.4%	25.6%	26.0%
Age-Adjusted	20.3%	23.2%	22.8%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Earlham PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	63	8.6% (7.1% - 10.2%)	83	8.5% (7.0% - 9.9%)
Health Status	General Health	62	10.8% (8.8% - 13.1%)	85	10.6% (8.6% - 12.9%)
Health Status	Mental Health	390	14.1% (12.0% - 16.5%)	103	14.4% (12.2% - 16.9%)
Health Risk Behaviors	Sleep <7 hours	169	28.7% (26.9% - 30.5%)	68	28.5% (26.8% - 30.2%)
Health Risk Behaviors	Current Smoking	194	15.2% (11.5% - 19.2%)	76	14.6% (11.0% - 18.4%)
Health Risk Behaviors	Physical Inactivity	82	21.3% (16.9% - 26.2%)	104	21.0% (16.7% - 25.8%)
Health Risk Behaviors	Binge Drinking	881	22.8% (18.9% - 26.7%)	736	23.0% (19.3% - 26.9%)
Health Outcomes	High Blood Pressure	53	25.6% (21.8% - 29.6%)	46	25.1% (21.5% - 28.8%)
Health Outcomes	Diabetes	39	7.0% (5.9% - 8.3%)	37	6.9% (5.8% - 8.1%)
Health Outcomes	Cancer (except skin)	126	6.7% (6.0% - 7.4%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	All Teeth Lost	202	11.2% (6.9% - 17.1%)	184	11.2% (7.0% - 16.3%)
Health Outcomes	Obesity	513	37.9% (30.4% - 45.6%)	409	37.3% (30.1% - 44.9%)
Health Outcomes	High Cholesterol	37	30.4% (26.1% - 34.9%)	21	27.8% (23.6% - 32.2%)
Health Outcomes	Arthritis	80	22.5% (18.8% - 26.3%)	135	21.9% (18.4% - 25.7%)
Health Outcomes	COPD	69	5.4% (4.3% - 6.4%)	68	5.2% (4.2% - 6.4%)
Health Outcomes	Current Asthma	215	9.1% (7.9% - 10.4%)	125	9.1% (8.0% - 10.4%)
Health Outcomes	Chronic Kidney Disease	55	2.4% (2.1% - 2.7%)	36	2.4% (2.1% - 2.6%)
Health Outcomes	Stroke	59	2.3% (2.0% - 2.7%)	49	2.3% (2.0% - 2.6%)
Health Outcomes	Depression	537	18.2% (15.0% - 22.0%)	189	18.4% (15.0% - 21.9%)
Health Outcomes	Coronary Heart Disease	61	4.4% (3.7% - 5.1%)	30	4.3% (3.7% - 5.0%)
Prevention	Mammography	221	77.9% (73.2% - 81.8%)	146	76.1% (71.6% - 80.3%)
Prevention	Core preventive services for older men	75	49.8% (40.7% - 58.5%)	52	50.4% (41.4% - 58.9%)
Prevention	Dental Visit	283	69.2% (65.1% - 72.9%)	216	69.4% (65.4% - 72.9%)
Prevention	Cervical Cancer Screening	86	85.6% (83.3% - 88.0%)	79	85.1% (82.6% - 87.5%)
Prevention	Core preventive services for older women	219	42.5% (33.8% - 50.7%)	91	45.3% (36.8% - 53.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	314	72.8% (69.4% - 76.1%)	197	72.6% (69.2% - 76.0%)
Prevention	Cholesterol Screening	581	82.0% (78.7% - 85.2%)	83	81.0% (77.6% - 84.3%)
Prevention	Health Insurance	158	6.4% (4.6% - 8.7%)	94	6.4% (4.8% - 8.3%)
Prevention	Taking BP Medication	887	74.6% (70.6% - 78.0%)	812	57.6% (52.6% - 62.4%)
Prevention	Annual Checkup	759	73.6% (68.4% - 78.3%)	172	73.5% (68.4% - 78.1%)
Disability	Cognitive Disability	128	9.9% (8.2% - 11.9%)	96	10.1% (8.2% - 12.2%)
Disability	Self-care Disability	48	2.4% (2.0% - 2.8%)	45	2.3% (1.9% - 2.7%)
Disability	Mobility Disability	62	8.3% (6.7% - 10.0%)	73	8.0% (6.5% - 9.6%)
Disability	Any Disability	68	20.4% (16.8% - 24.3%)	82	20.3% (16.8% - 24.3%)
Disability	Hearing Disability	69	5.3% (4.6% - 6.0%)	41	5.2% (4.6% - 6.0%)
Disability	Independent Living Disability	70	5.2% (4.3% - 6.2%)	67	5.1% (4.3% - 6.2%)
Disability	Vision Disability	50	2.9% (2.4% - 3.4%)	44	2.8% (2.4% - 3.3%)

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)

Earlham 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		