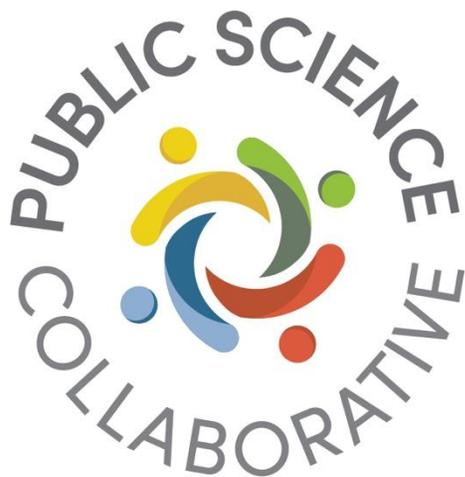




Iowa Community Health Snapshot Series

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

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Health in Eldora: Overview

Dear Community Members & Stakeholders of Eldora,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	188th	24th	Cancer (except skin)	74th	11th
Taking BP Medication	202nd	14th	Taking BP Medication	91st	17th
Annual Checkup	312th	29th	Binge Drinking	171st	36th
Obesity	379th	47th	Obesity	462nd	46th
Sleep <7 hours	498th	57th	Annual Checkup	530th	65th

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
Arthritis	880th	100th	Arthritis	895th	100th
Physical Inactivity	871st	82nd	Cholesterol Screening	822nd	82nd
Independent Living Disability	849th	78th	Physical Inactivity	812th	80th
Vision Disability	844th	77th	Health Insurance	801st	76th
Any Disability	843rd	83rd	Dental Visit	800th	78th

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 Eldora.

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

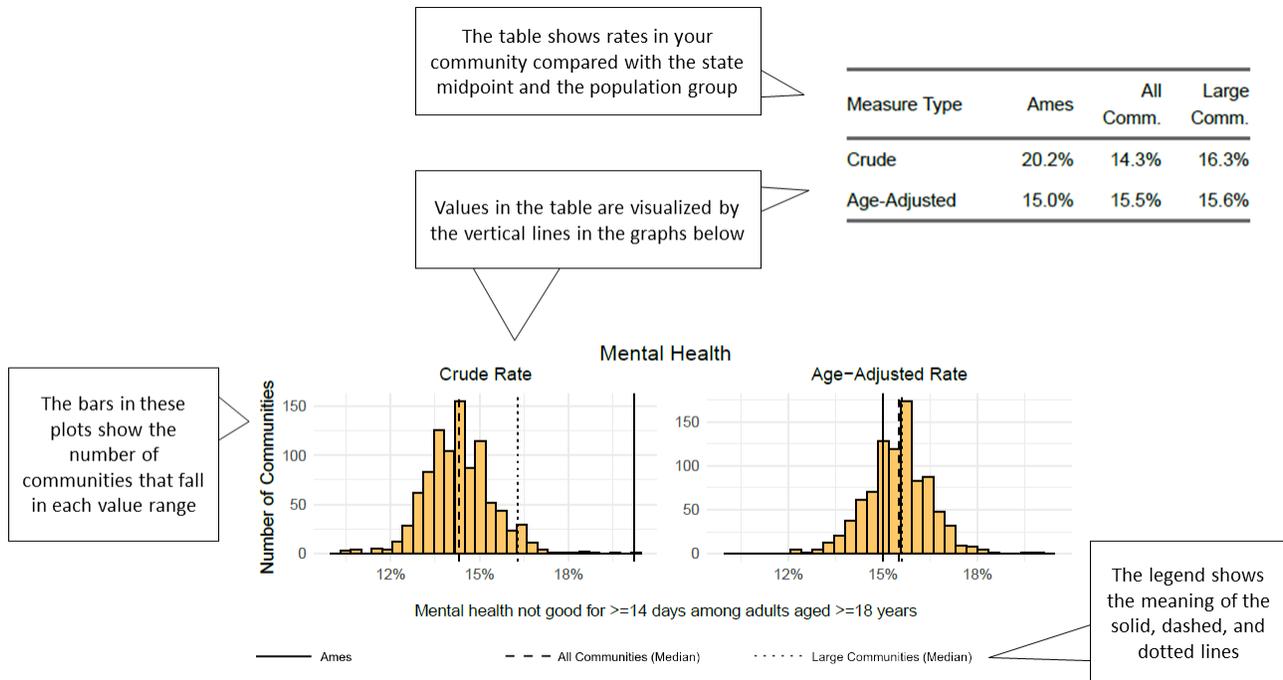
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Eldora that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Eldora, a review of risky behaviors in the community,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

With a population of 2,645, Eldora's similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



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

Health Status

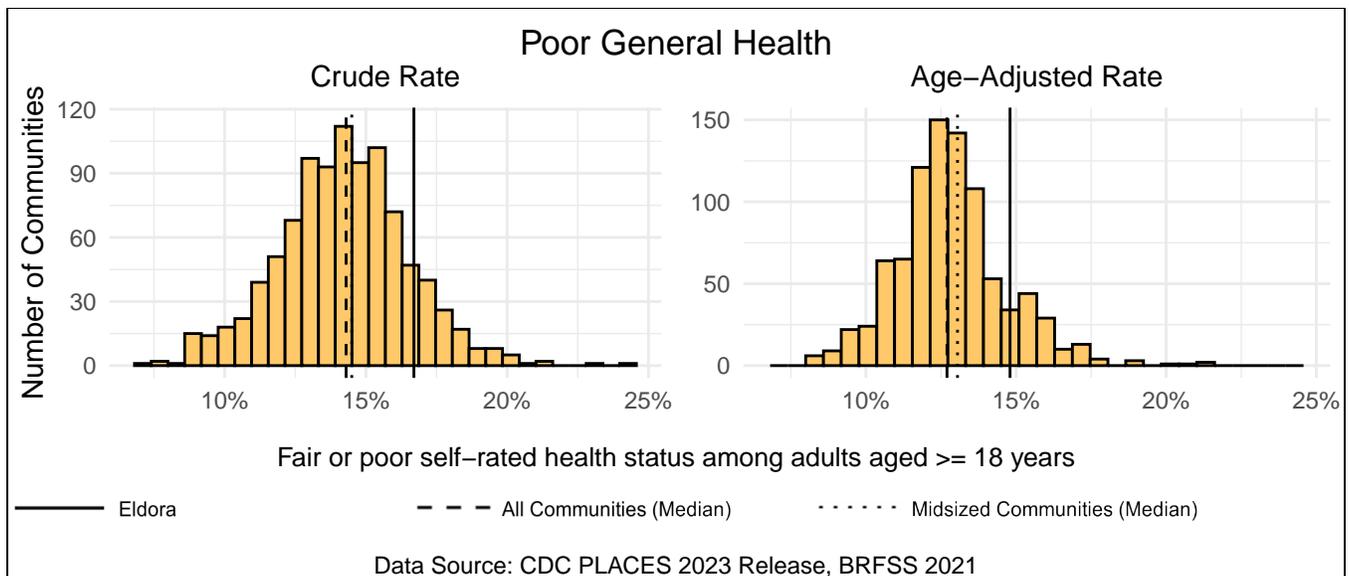
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Eldora has a crude rate of 16.7% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 837th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 14.8%, which ranks 783rd out of 905 Iowa communities (77th out of 102 mid-sized communities).

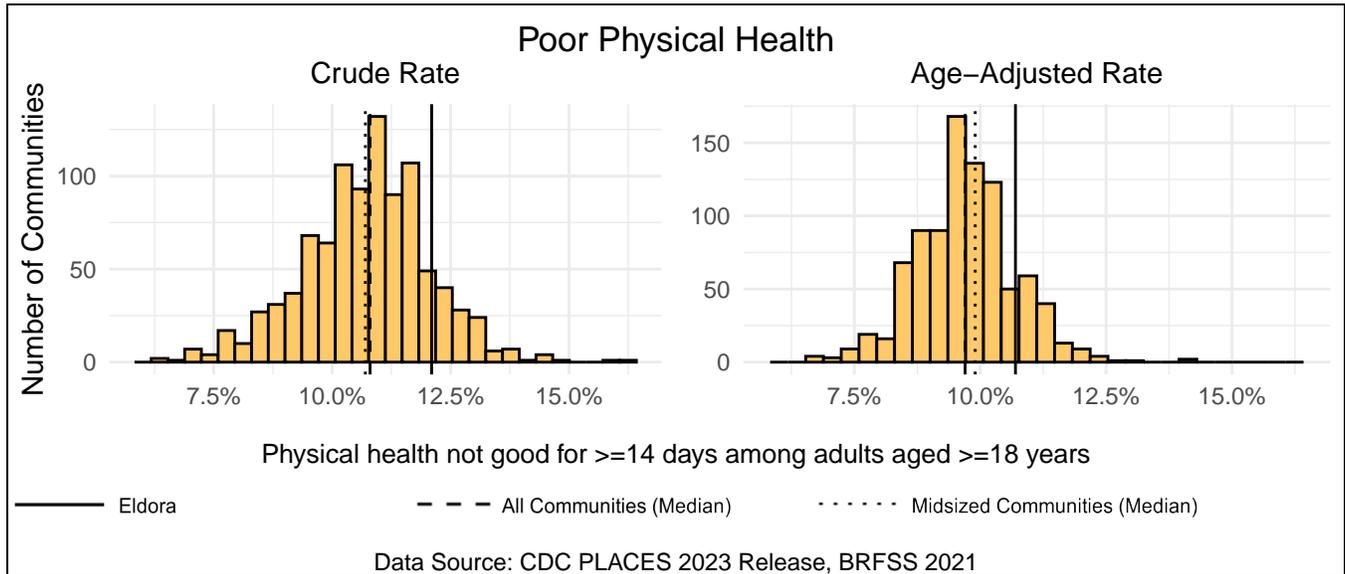
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	16.7%	14.3%	14.5%
Age-Adjusted	14.8%	12.7%	13.0%



Poor Physical Health

Eldora has a crude rate of 12.1% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 830th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Eldora is 10.7%, which ranks 757th out of 905 Iowa communities (74th out of 102 midsized communities).

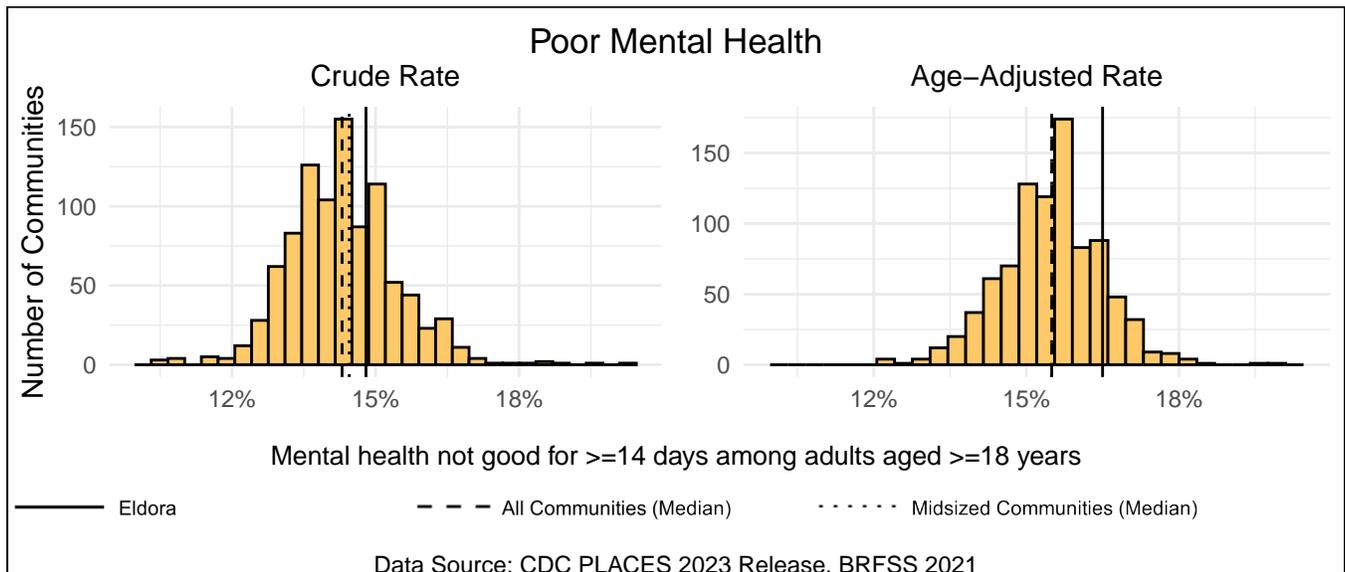
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	12.1%	10.8%	10.7%
Age-Adjusted	10.7%	9.7%	9.9%



Poor Mental Health

Eldora has a crude rate of 14.8% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 646th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Eldora is 16.5%, which ranks 765th out of 905 Iowa communities (80th out of 102 midsized communities).

Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	14.8%	14.3%	14.4%
Age-Adjusted	16.5%	15.5%	15.5%



Health Risk Behaviors

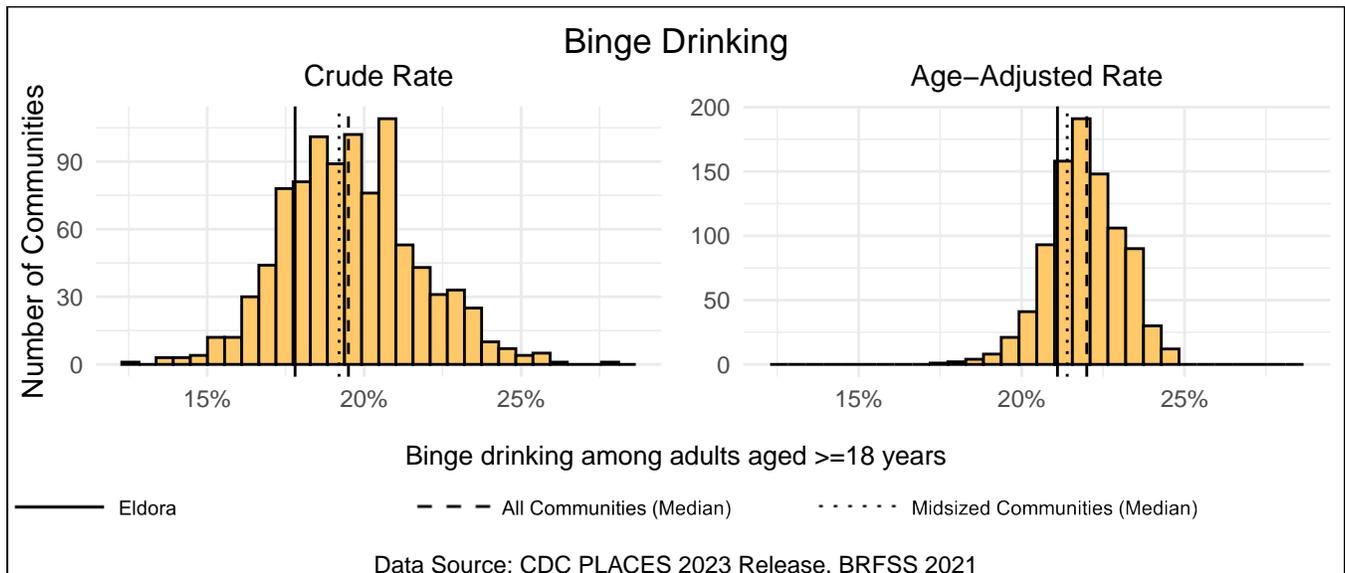
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Eldora has a crude rate of 17.8% for binge drinking among adults aged ≥ 18 years, which ranks 188th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 21.1%, which ranks 171st out of 905 Iowa communities (36th out of 102 mid-sized communities).

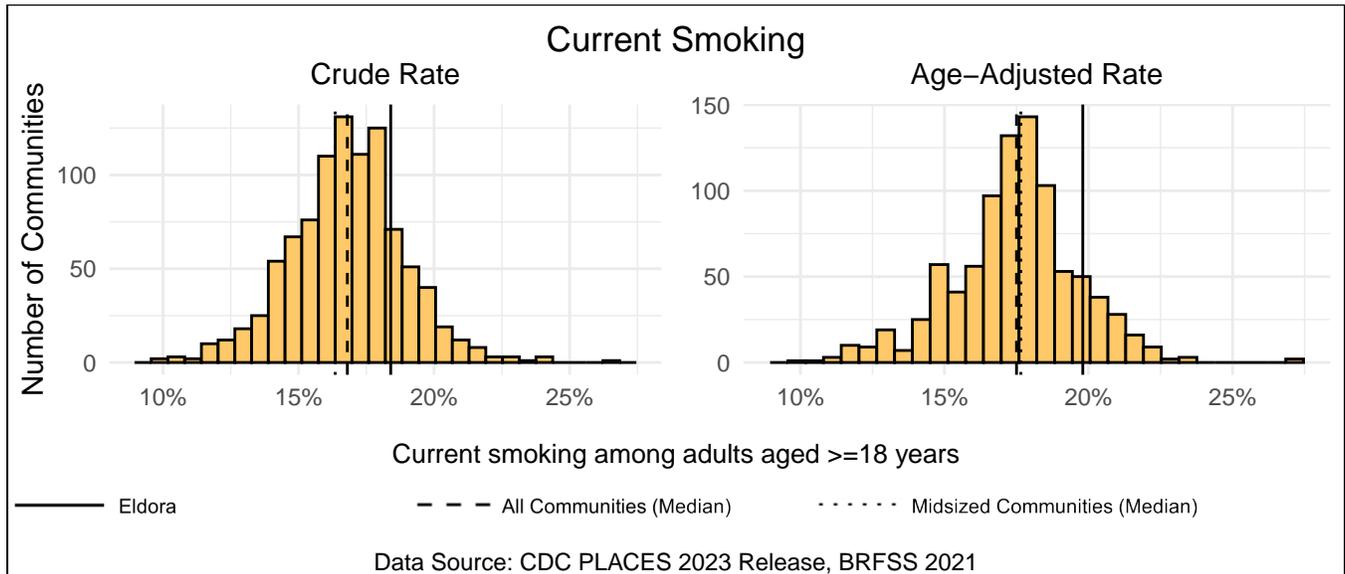
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	17.8%	19.5%	19.2%
Age-Adjusted	21.1%	22.0%	21.4%



Current Smoking

Eldora has a crude rate of 18.4% for current smoking among adults aged ≥ 18 years, which ranks 759th out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for Eldora is 19.8%, which ranks 782nd out of 905 Iowa communities (84th out of 102 mid-sized communities).

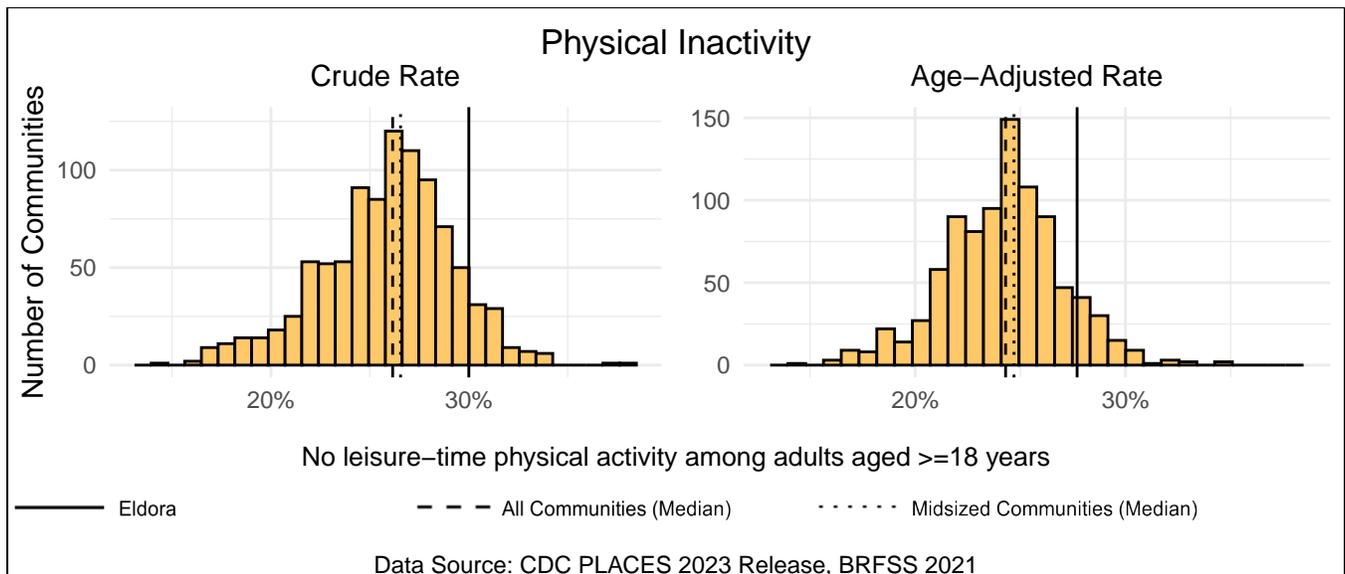
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	18.4%	16.8%	16.4%
Age-Adjusted	19.8%	17.5%	17.6%



Physical Inactivity

Eldora has a crude rate of 30.0% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 871st out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Eldora is 27.7%, which ranks 812th out of 905 Iowa communities (80th out of 102 mid-sized communities).

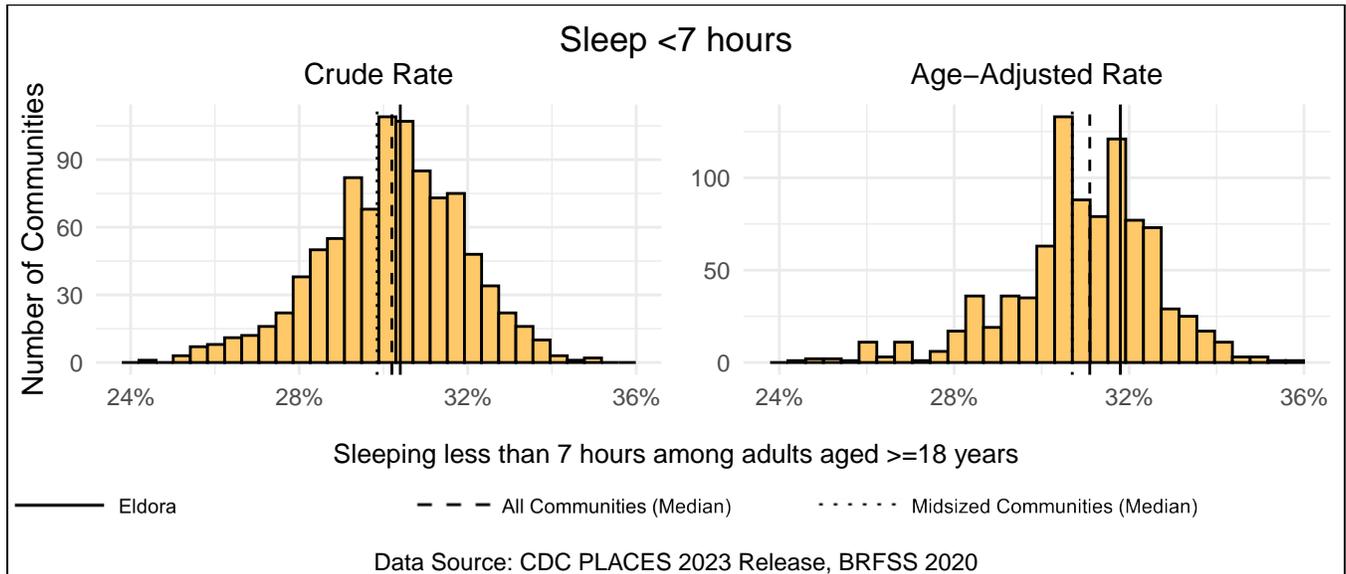
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	30.0%	26.1%	26.6%
Age-Adjusted	27.7%	24.3%	24.7%



Sleep <7 hours

Eldora has a crude rate of 30.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 498th out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 31.8%, which ranks 613th out of 905 Iowa communities (68th out of 102 mid-sized communities).

Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	30.4%	30.2%	29.8%
Age-Adjusted	31.8%	31.1%	30.7%



Health Outcomes

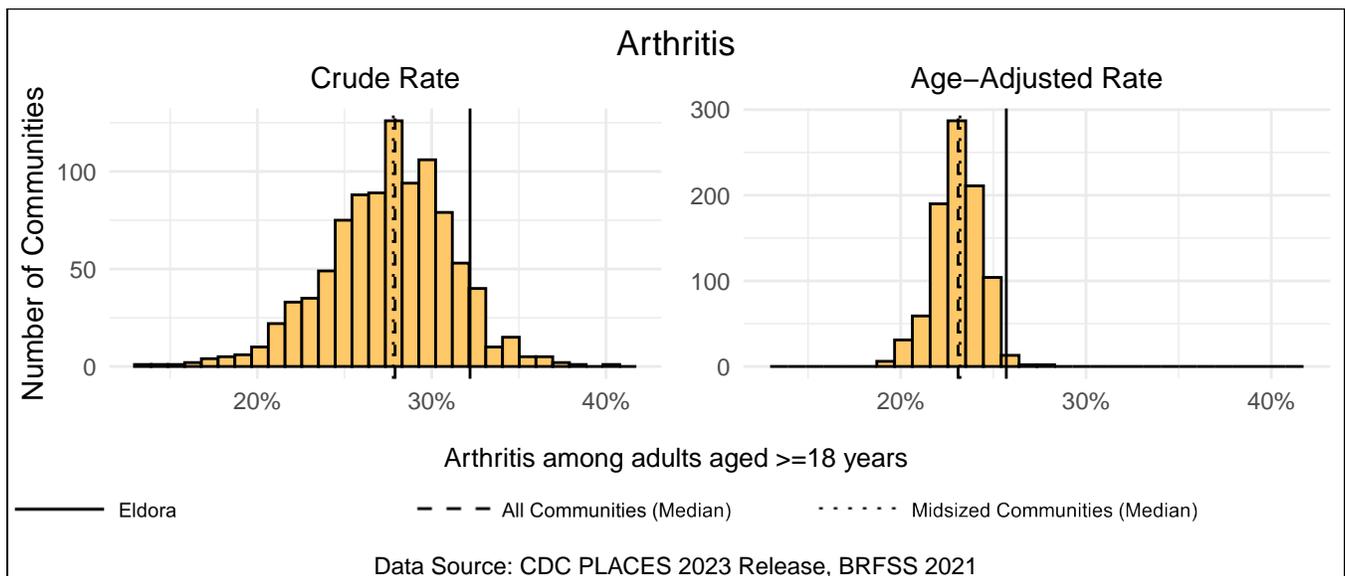
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Eldora has a crude rate of 32.2% for arthritis among adults aged ≥ 18 years, which ranks 880th out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Eldora is 25.7%, which ranks 895th out of 905 Iowa communities (100th out of 102 midsized communities).

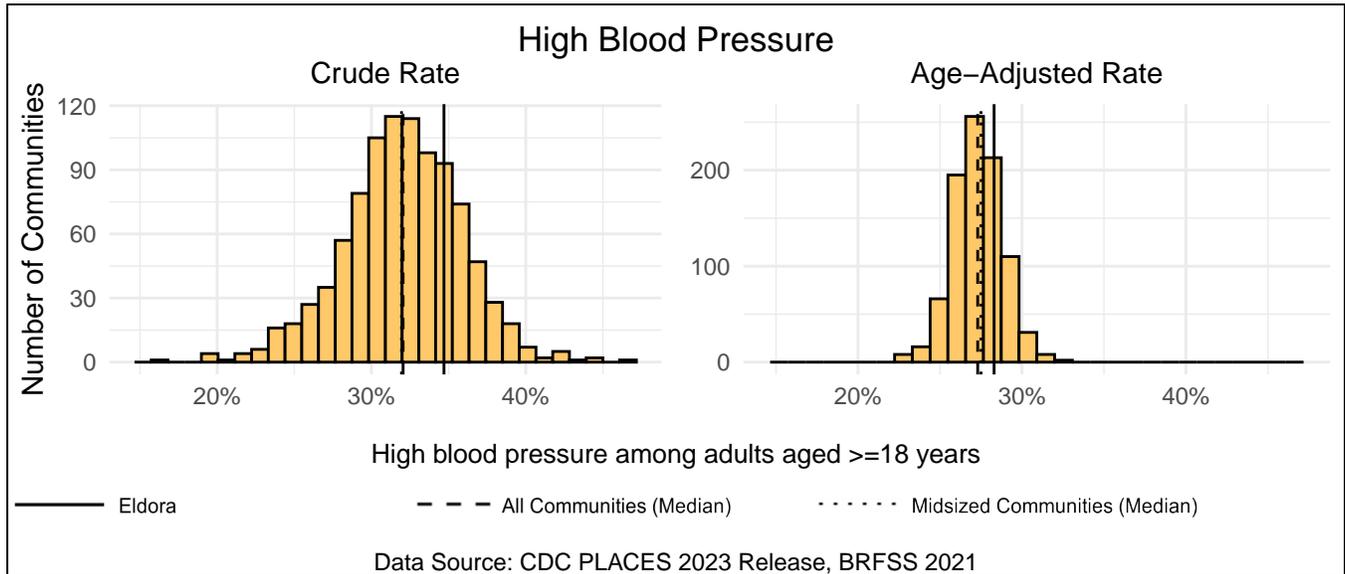
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	32.2%	27.9%	27.8%
Age-Adjusted	25.7%	23.1%	23.2%



High Blood Pressure

Eldora has a crude rate of 34.7% for high blood pressure among adults aged ≥ 18 years, which ranks 726th out of 958 Iowa communities (86th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 28.3%, which ranks 677th out of 905 Iowa communities (69th out of 102 mid-sized communities).

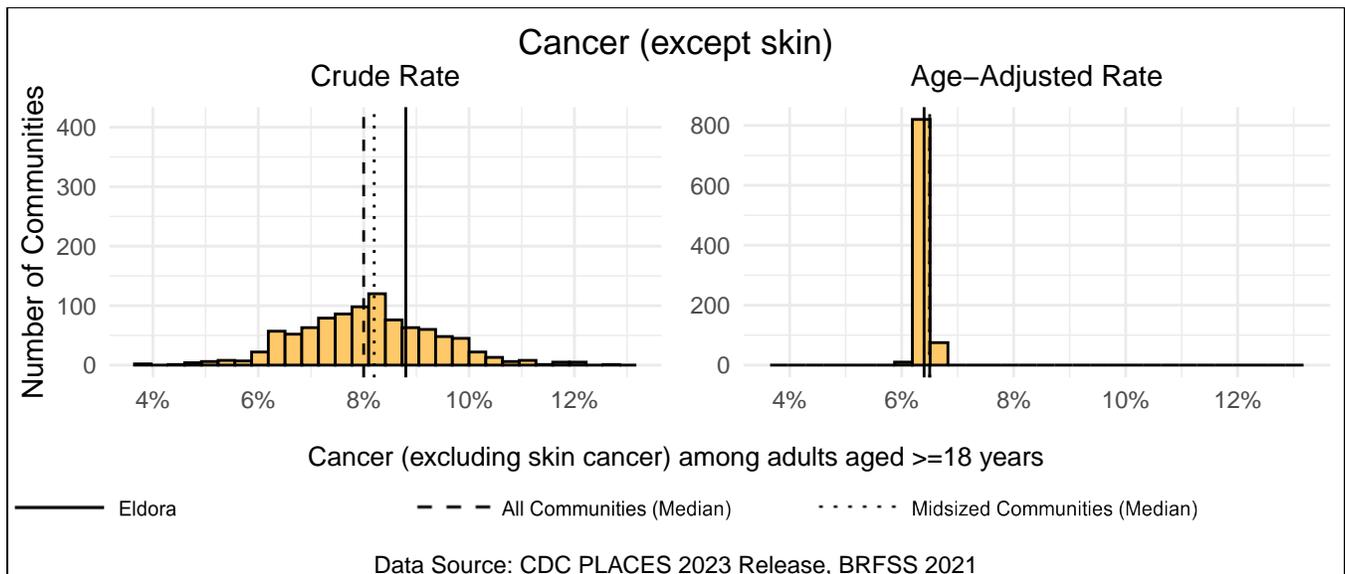
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	34.7%	32.0%	32.0%
Age-Adjusted	28.3%	27.3%	27.5%



Cancer (except skin)

Eldora has a crude rate of 8.8% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 682nd out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

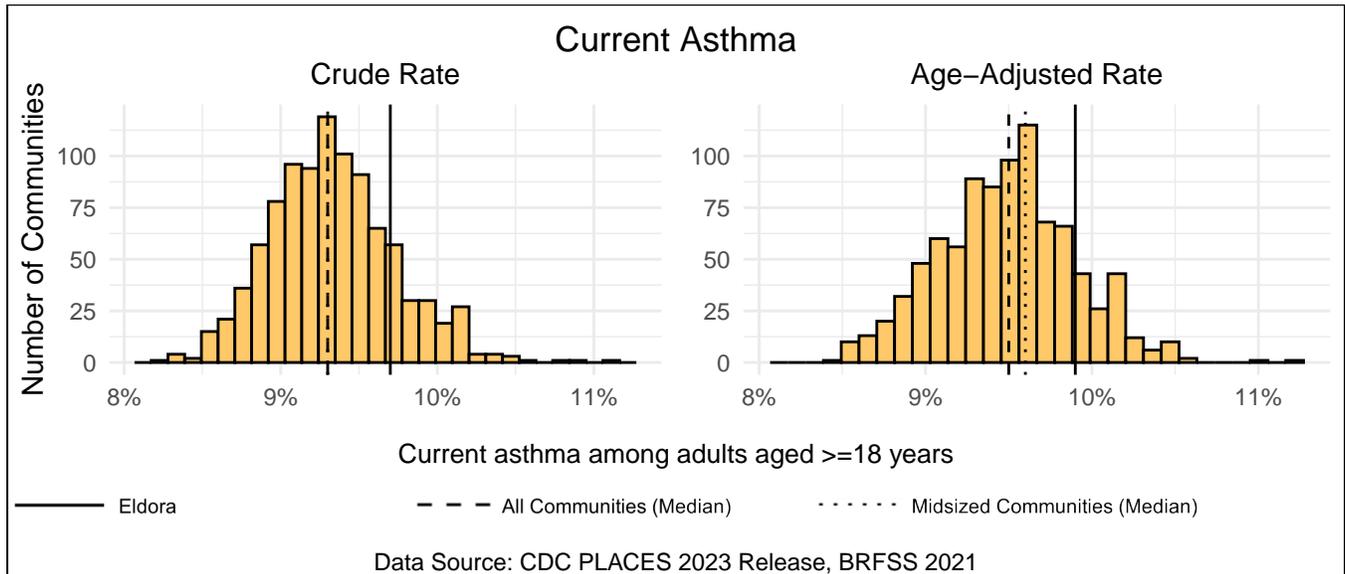
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	8.8%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Eldora has a crude rate of 9.7% for current asthma among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 9.9%, which ranks 762nd out of 905 Iowa communities (80th out of 102 mid-sized communities).

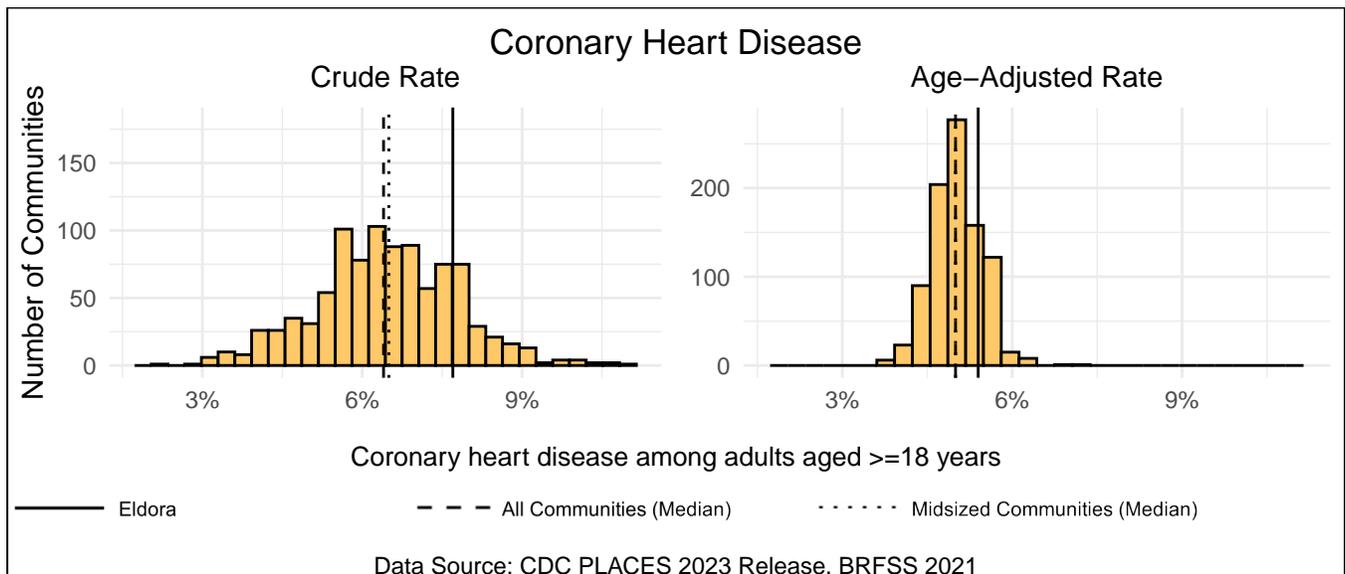
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	9.7%	9.3%	9.3%
Age-Adjusted	9.9%	9.5%	9.6%



Coronary Heart Disease

Eldora has a crude rate of 7.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 790th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 5.4%, which ranks 729th out of 905 Iowa communities (76th out of 102 mid-sized communities).

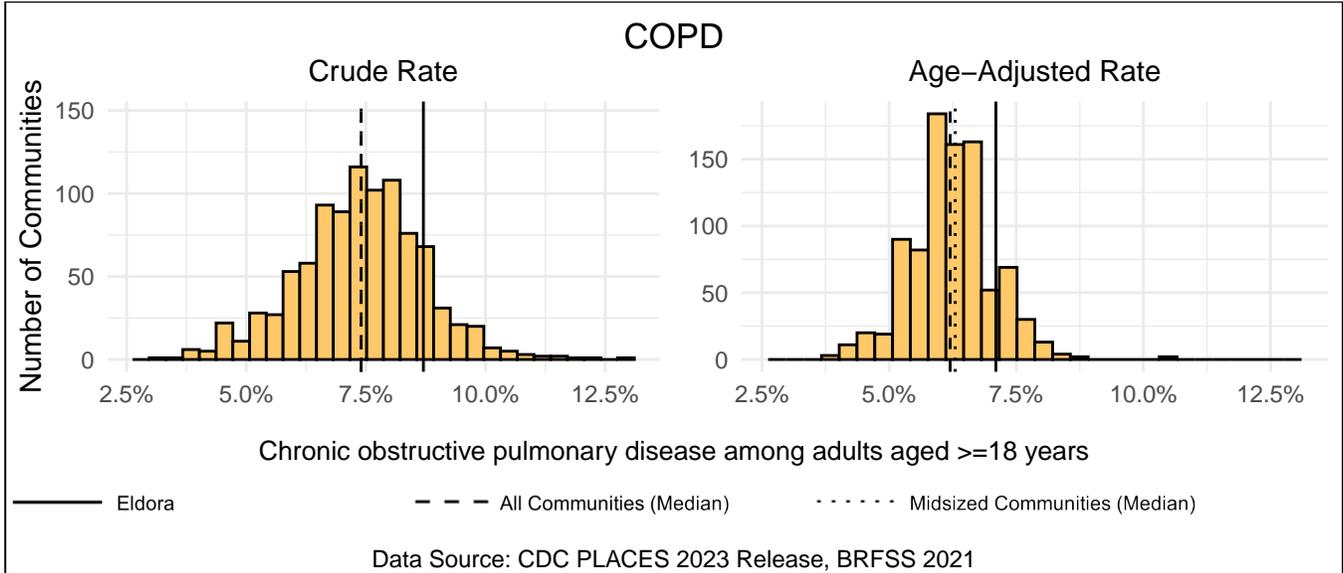
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	7.7%	6.4%	6.5%
Age-Adjusted	5.4%	5.0%	5.0%



COPD

Eldora has a crude rate of 8.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 815th out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for Eldora is 7.1%, which ranks 765th out of 905 Iowa communities (75th out of 102 midsized communities).

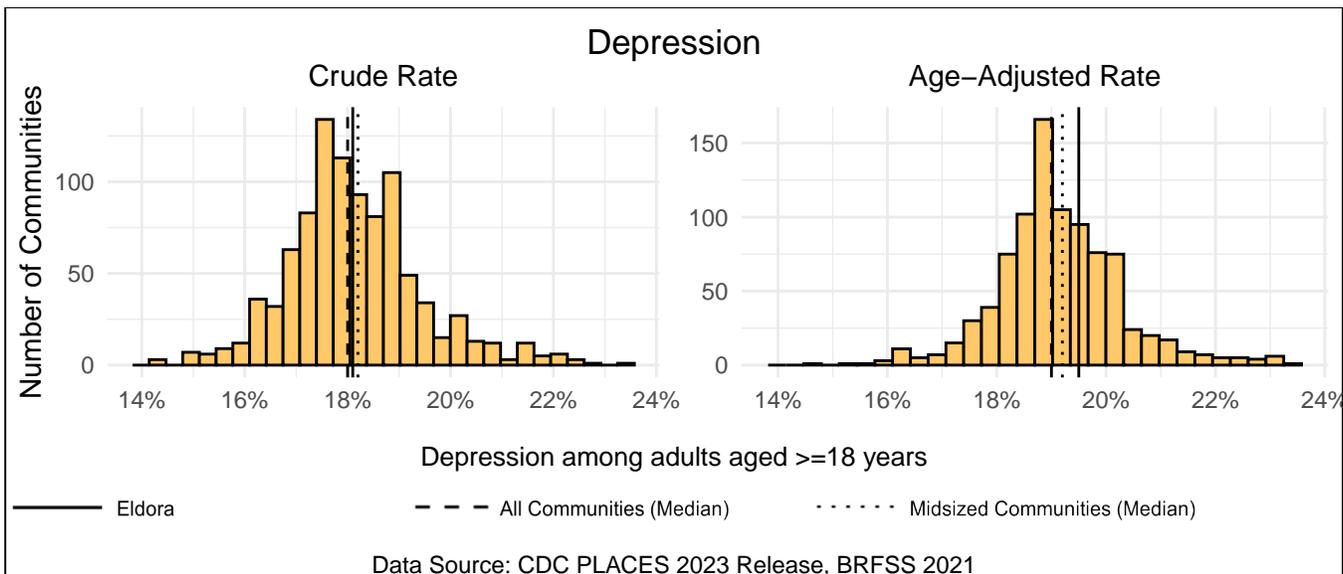
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	8.7%	7.4%	7.4%
Age-Adjusted	7.1%	6.2%	6.3%



Depression

Eldora has a crude rate of 18.1% for depression among adults aged ≥ 18 years, which ranks 499th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Eldora is 19.5%, which ranks 598th out of 905 Iowa communities (64th out of 102 midsized communities).

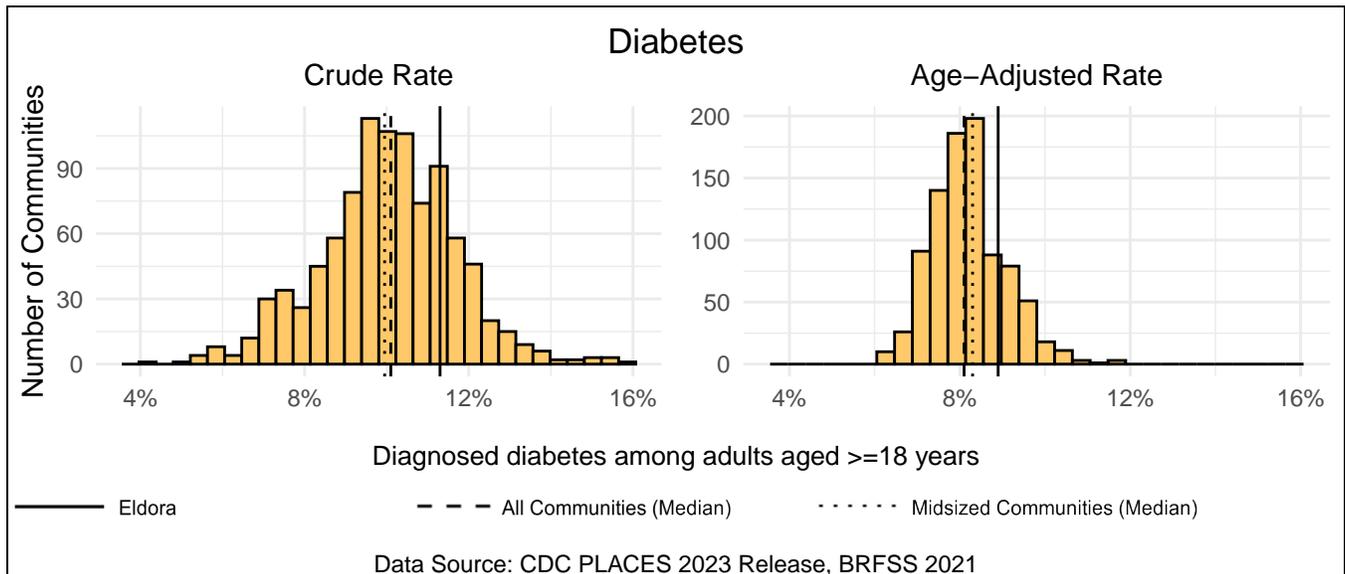
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	18.1%	18.0%	18.2%
Age-Adjusted	19.5%	19.0%	19.2%



Diabetes

Eldora has a crude rate of 11.3% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 753rd out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 8.9%, which ranks 722nd out of 905 Iowa communities (70th out of 102 mid-sized communities).

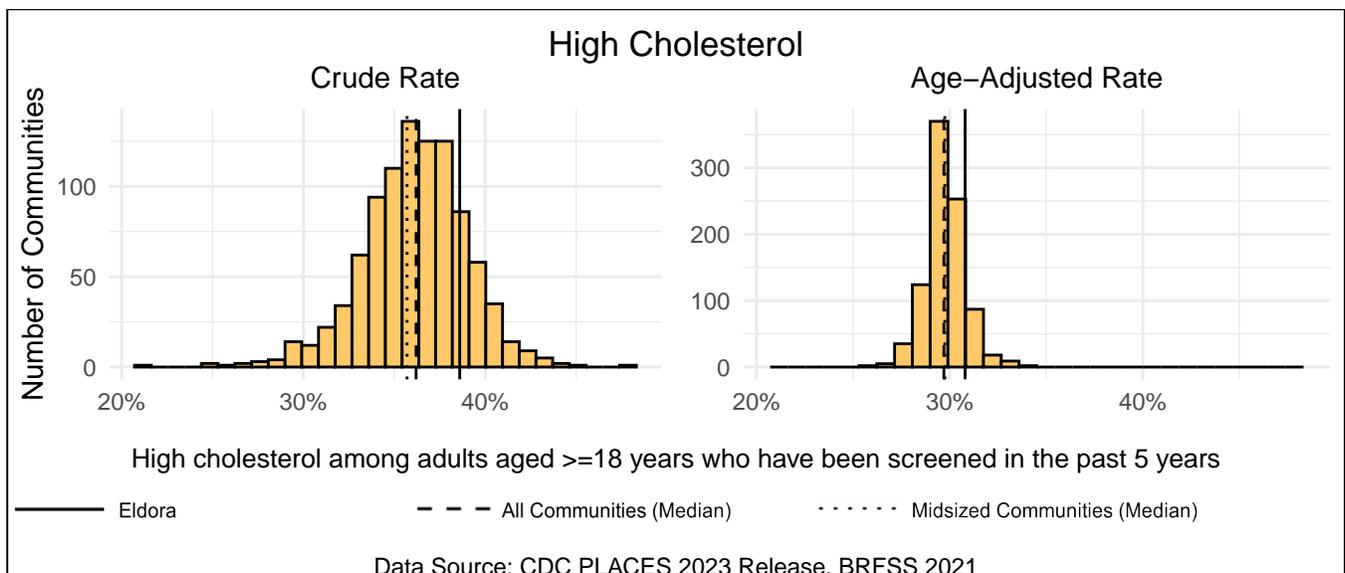
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	11.3%	10.1%	9.9%
Age-Adjusted	8.9%	8.1%	8.3%



High Cholesterol

Eldora has a crude rate of 38.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 787th out of 958 Iowa communities (97th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 30.8%, which ranks 777th out of 905 Iowa communities (85th out of 102 mid-sized communities).

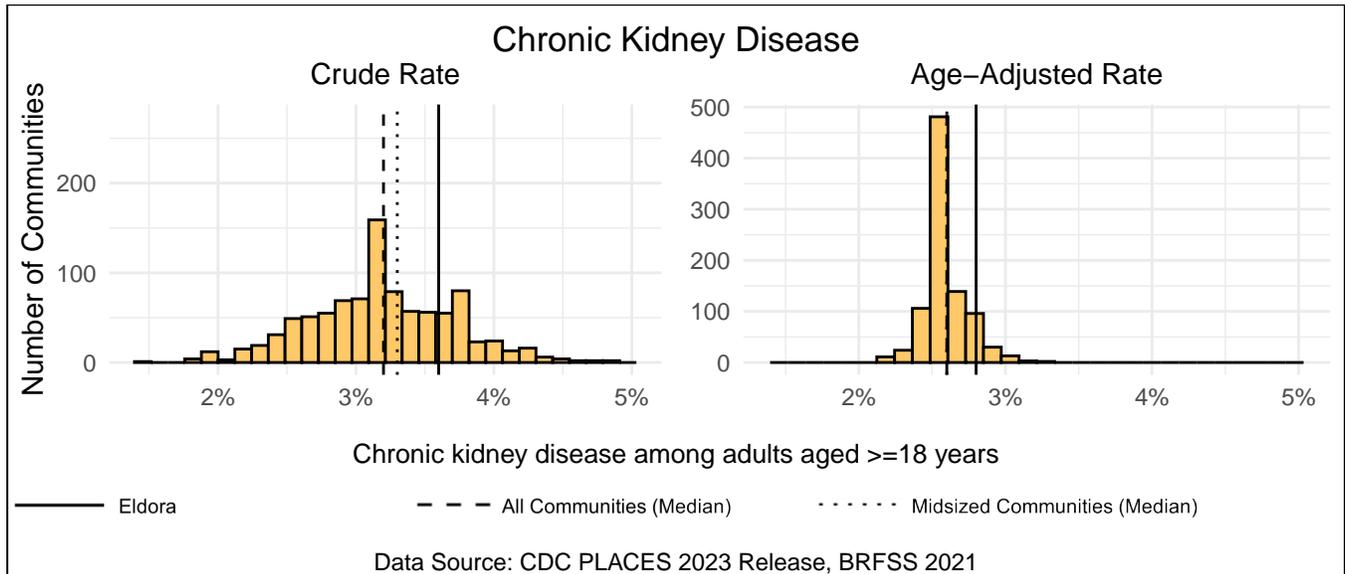
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	38.6%	36.2%	35.7%
Age-Adjusted	30.8%	29.7%	29.8%



Chronic Kidney Disease

Eldora has a crude rate of 3.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 732nd out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 2.8%, which ranks 762nd out of 905 Iowa communities (74th out of 102 mid-sized communities).

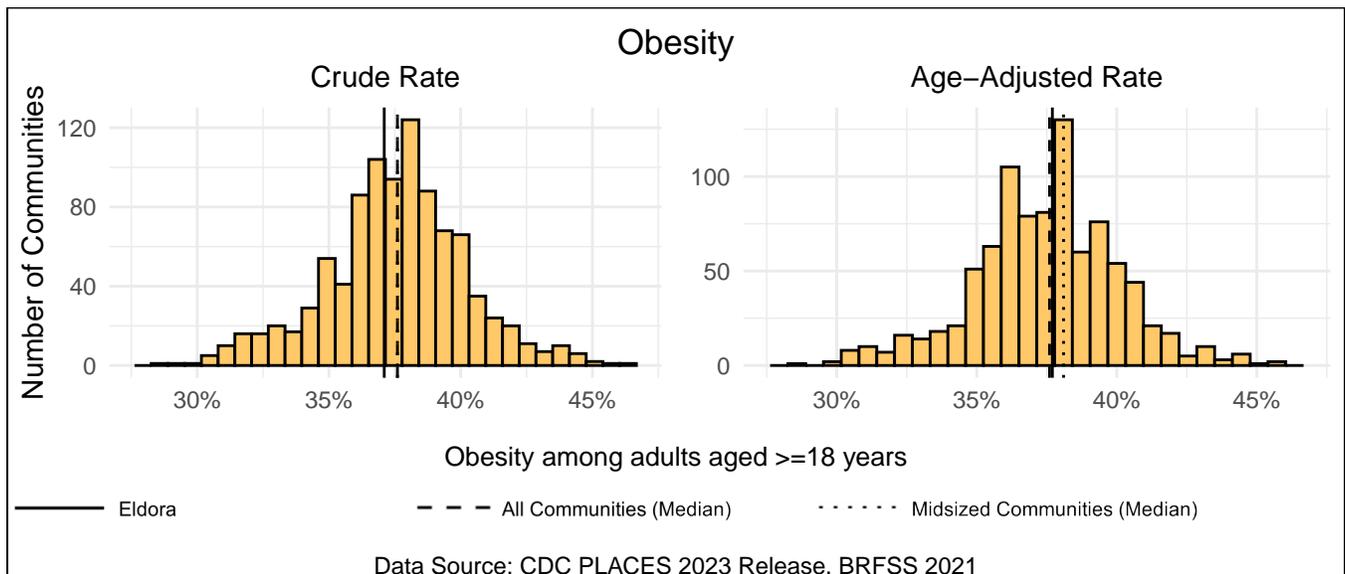
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Eldora has a crude rate of 37.1% for obesity among adults aged ≥ 18 years, which ranks 379th out of 958 Iowa communities (47th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 37.7%, which ranks 462nd out of 905 Iowa communities (46th out of 102 mid-sized communities).

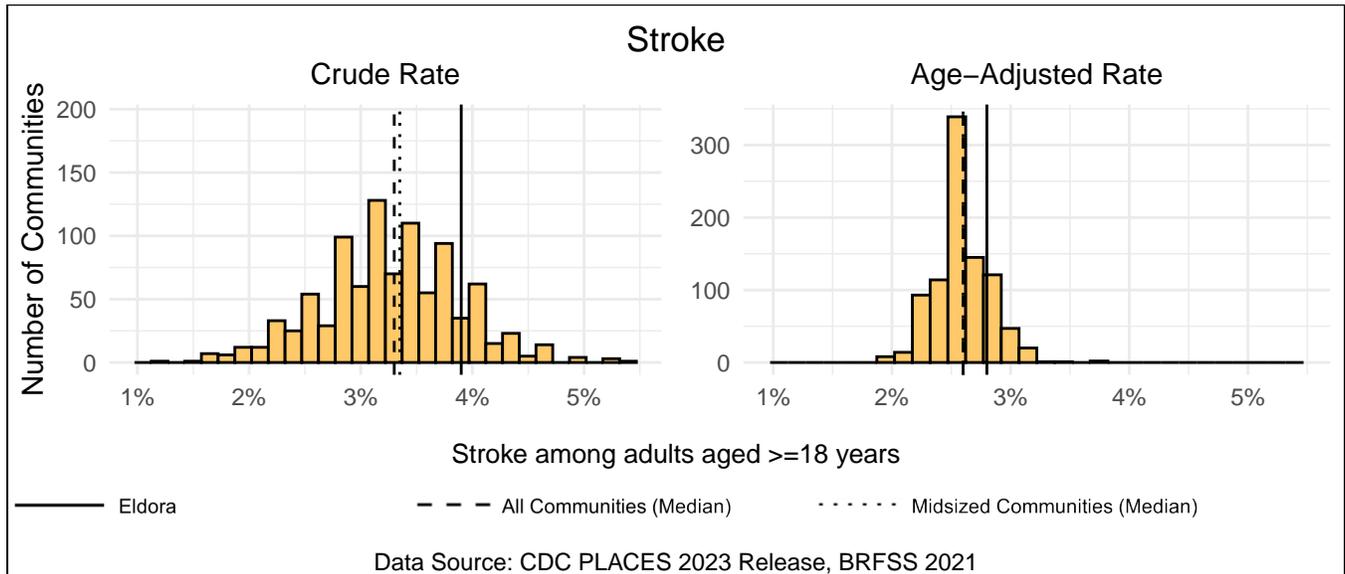
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	37.1%	37.6%	37.6%
Age-Adjusted	37.7%	37.6%	38.1%



Stroke

Eldora has a crude rate of 3.9% for stroke among adults aged ≥ 18 years, which ranks 797th out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for Eldora is 2.8%, which ranks 714th out of 905 Iowa communities (71st out of 102 mid-sized communities).

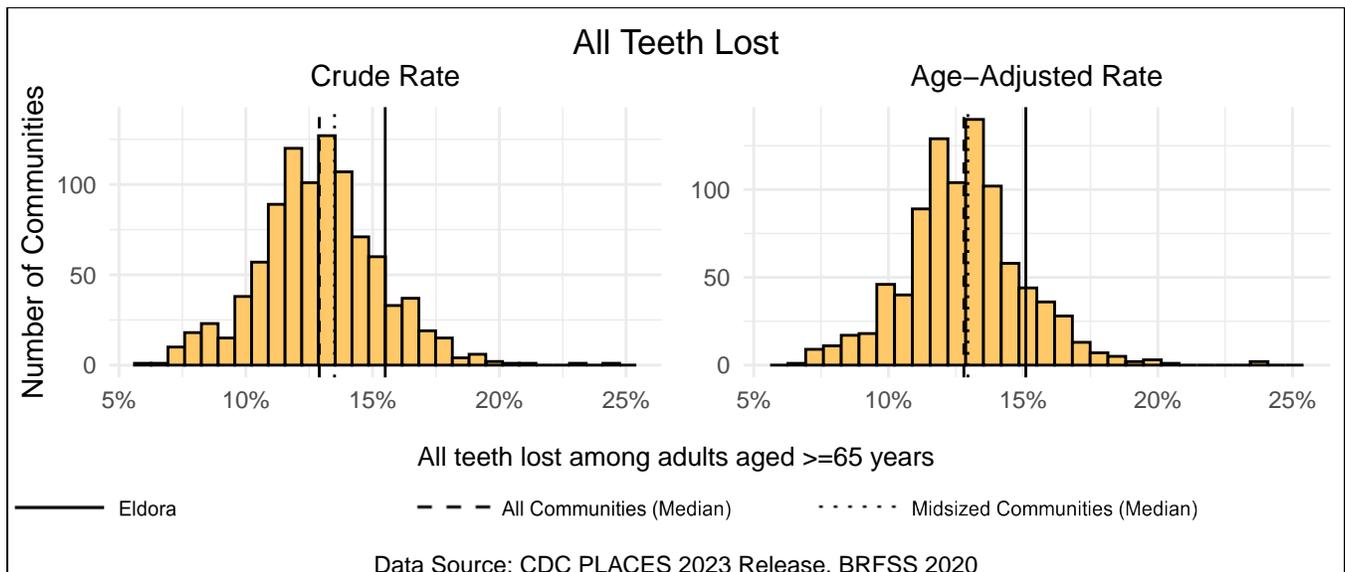
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	3.9%	3.3%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



All Teeth Lost

Eldora has a crude rate of 15.5% for all teeth lost among adults aged ≥ 65 years, which ranks 831st out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 15.1%, which ranks 777th out of 905 Iowa communities (77th out of 102 mid-sized communities).

Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	15.5%	12.9%	13.5%
Age-Adjusted	15.1%	12.8%	12.9%



Prevention

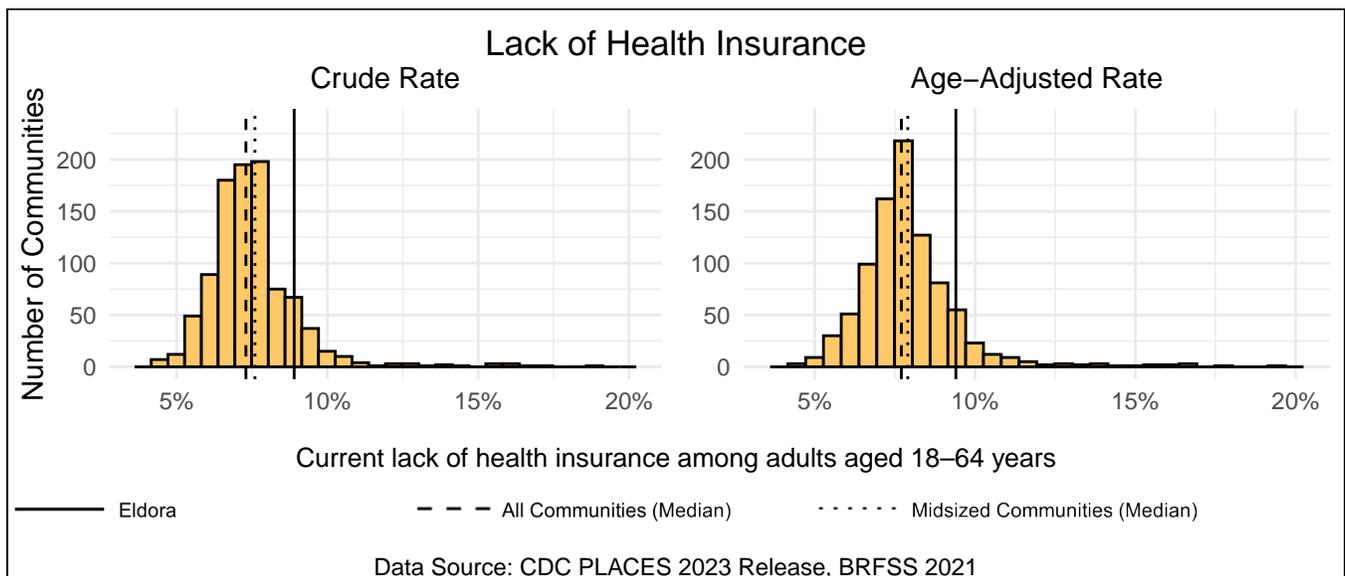
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Eldora has a crude rate of 8.9% for current lack of health insurance among adults aged 18–64 years, which ranks 841st out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Eldora is 9.4%, which ranks 801st out of 905 Iowa communities (76th out of 102 mid-sized communities).

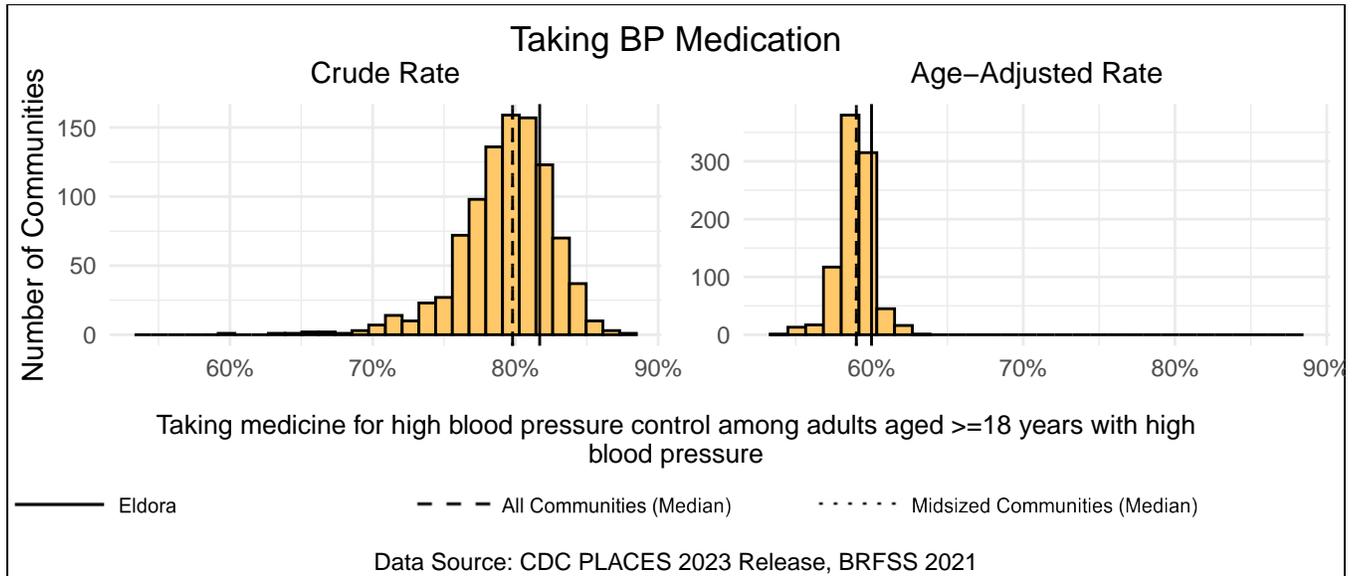
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	8.9%	7.3%	7.6%
Age-Adjusted	9.4%	7.7%	7.9%



Taking BP Medication

Eldora has a crude rate of 81.7% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 202nd out of 958 Iowa communities (14th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 60.0%, which ranks 91st out of 905 Iowa communities (17th out of 102 mid-sized communities).

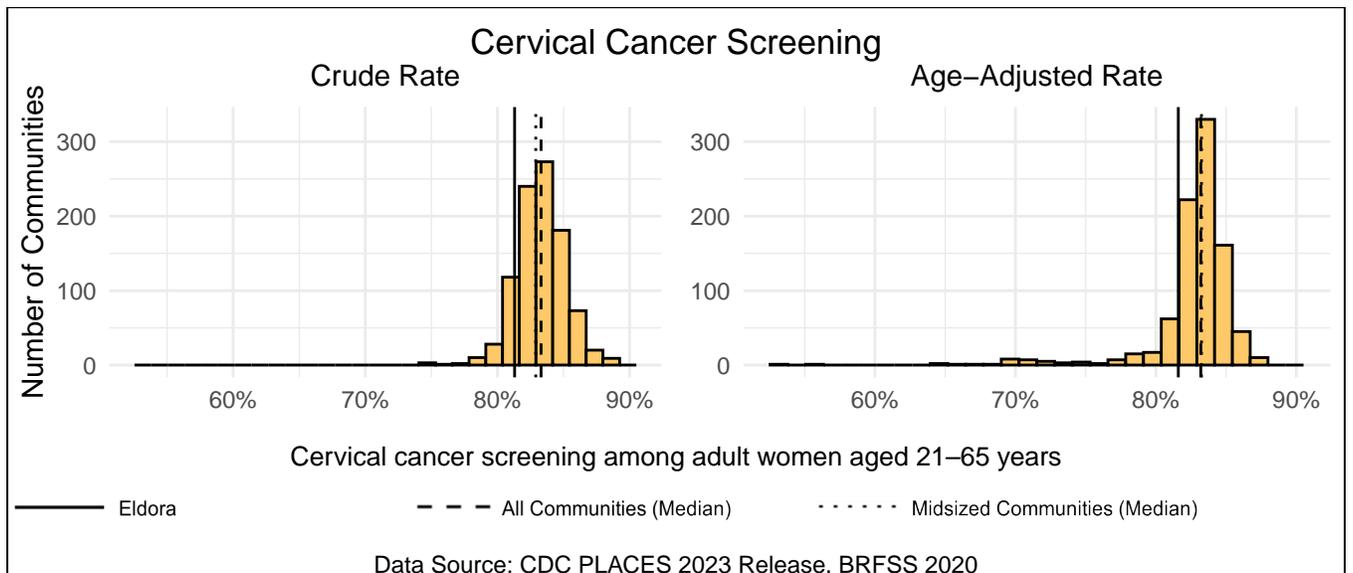
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	81.7%	79.8%	79.8%
Age-Adjusted	60.0%	59.0%	59.0%



Cervical Cancer Screening

Eldora has a crude rate of 81.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 832nd out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 81.6%, which ranks 769th out of 905 Iowa communities (84th out of 102 mid-sized communities).

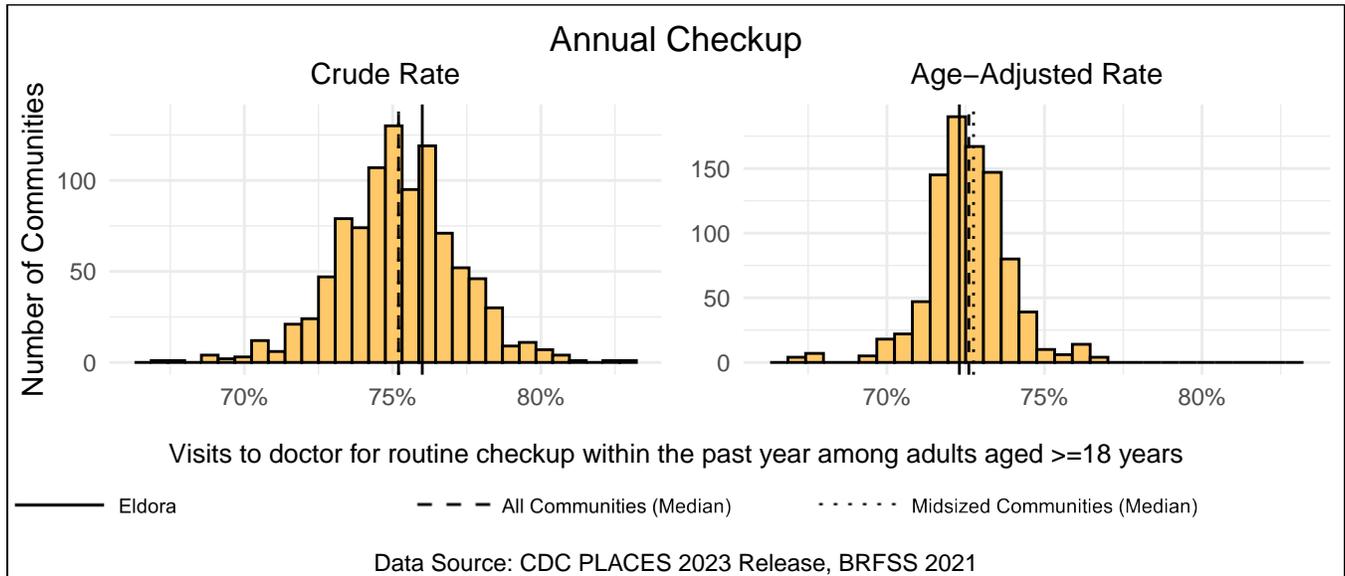
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	81.3%	83.3%	82.9%
Age-Adjusted	81.6%	83.2%	83.2%



Annual Checkup

Eldora has a crude rate of 76.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 312th out of 958 Iowa communities (29th out of 102 midsized communities). The age-adjusted rate for Eldora is 72.3%, which ranks 530th out of 905 Iowa communities (65th out of 102 midsized communities).

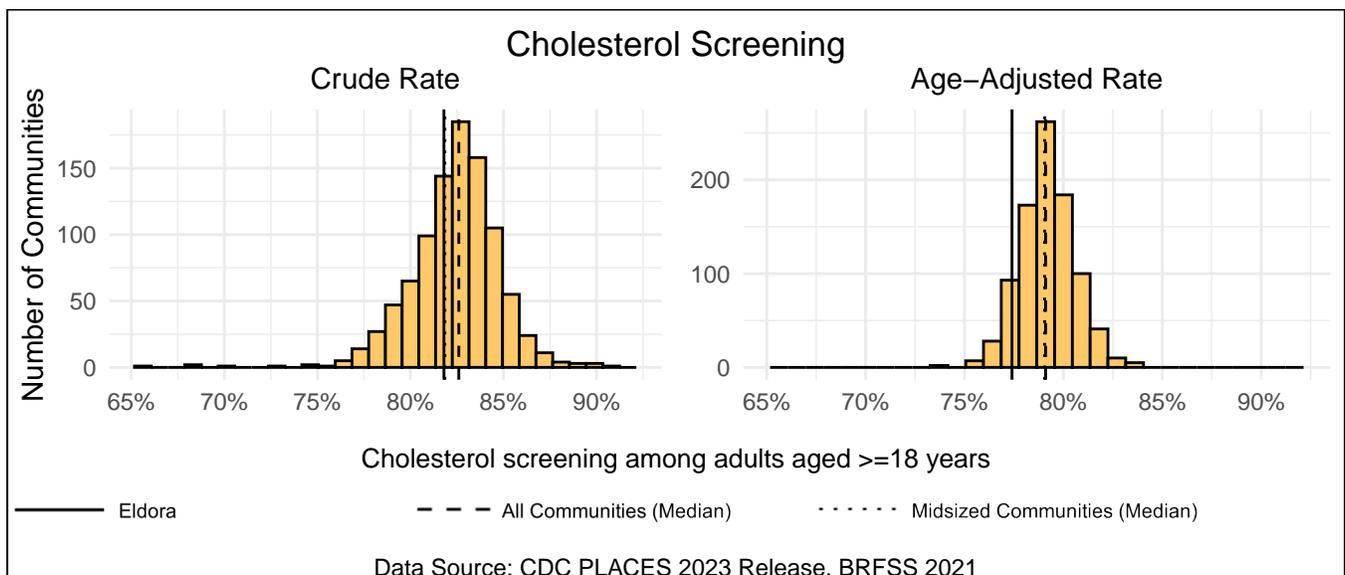
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	76.0%	75.2%	75.2%
Age-Adjusted	72.3%	72.6%	72.8%



Cholesterol Screening

Eldora has a crude rate of 81.8% for cholesterol screening among adults aged ≥ 18 years, which ranks 607th out of 958 Iowa communities (52nd out of 102 midsized communities). The age-adjusted rate for Eldora is 77.4%, which ranks 822nd out of 905 Iowa communities (82nd out of 102 midsized communities).

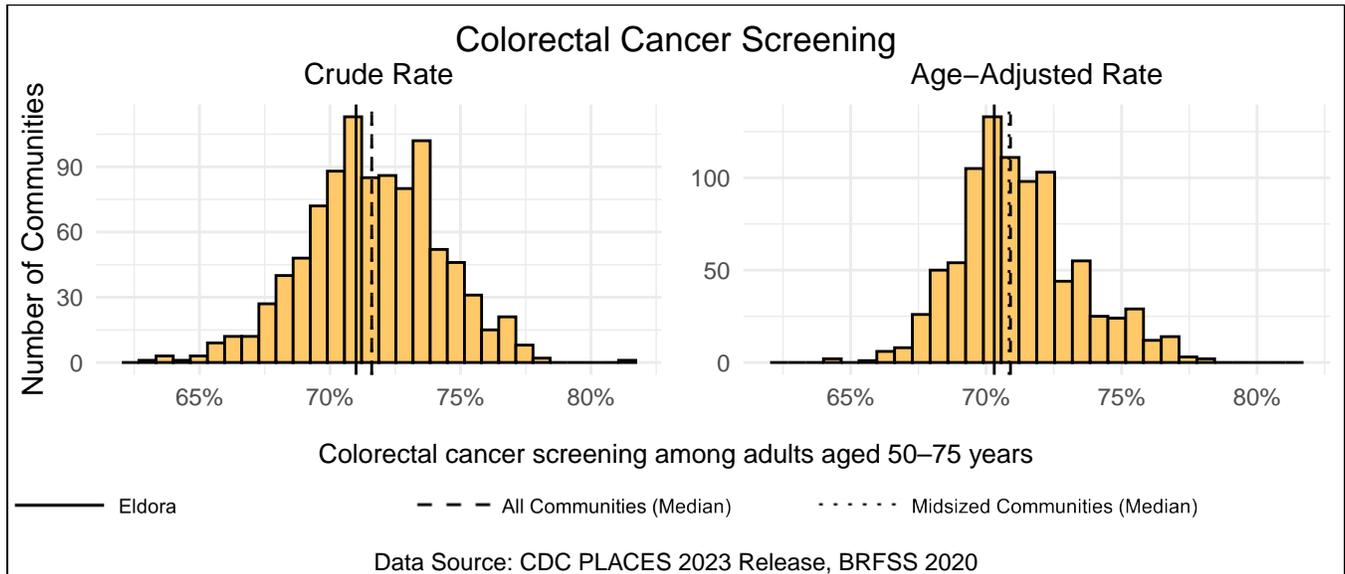
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	81.8%	82.6%	81.8%
Age-Adjusted	77.4%	79.1%	79.0%



Colorectal Cancer Screening

Eldora has a crude rate of 71.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 571st out of 958 Iowa communities (61st out of 102 mid-sized communities). The age-adjusted rate for Eldora is 70.3%, which ranks 553rd out of 905 Iowa communities (58th out of 102 mid-sized communities).

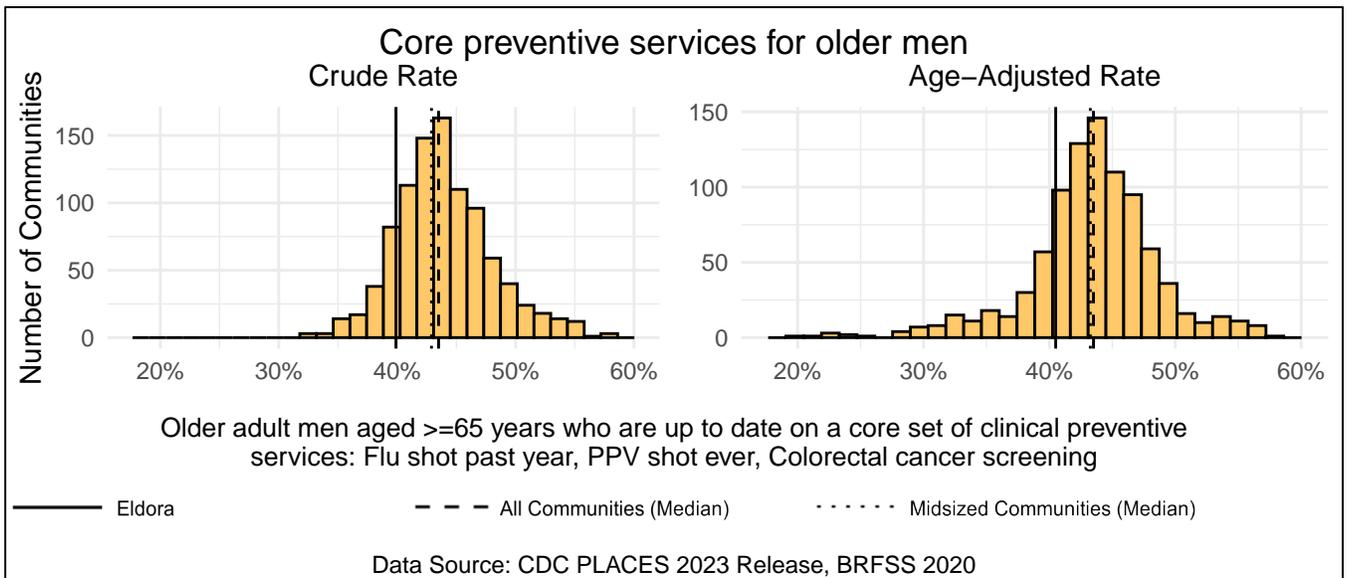
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	71.0%	71.6%	71.6%
Age-Adjusted	70.3%	70.9%	70.8%



Core preventive services for older men

Eldora has a crude rate of 39.9% 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 817th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Eldora is 40.5%, which ranks 716th out of 905 Iowa communities (79th out of 102 mid-sized communities).

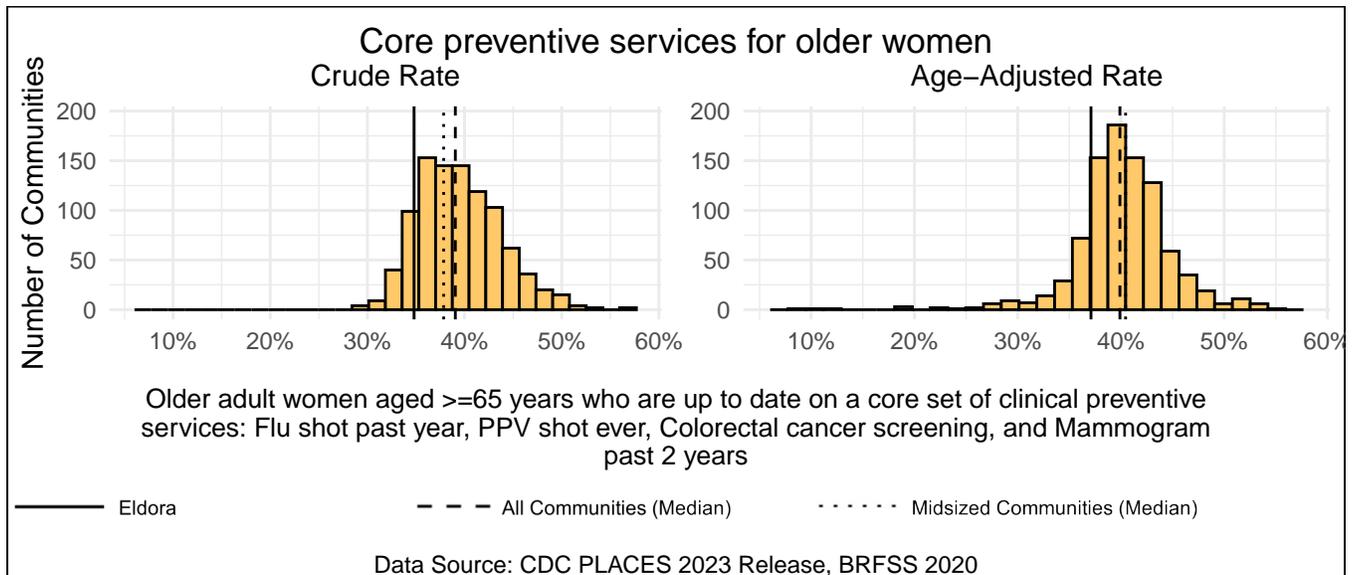
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	39.9%	43.5%	42.9%
Age-Adjusted	40.5%	43.5%	43.2%



Core preventive services for older women

Eldora has a crude rate of 34.8% 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 838th out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 37.1%, which ranks 749th out of 905 Iowa communities (88th out of 102 mid-sized communities).

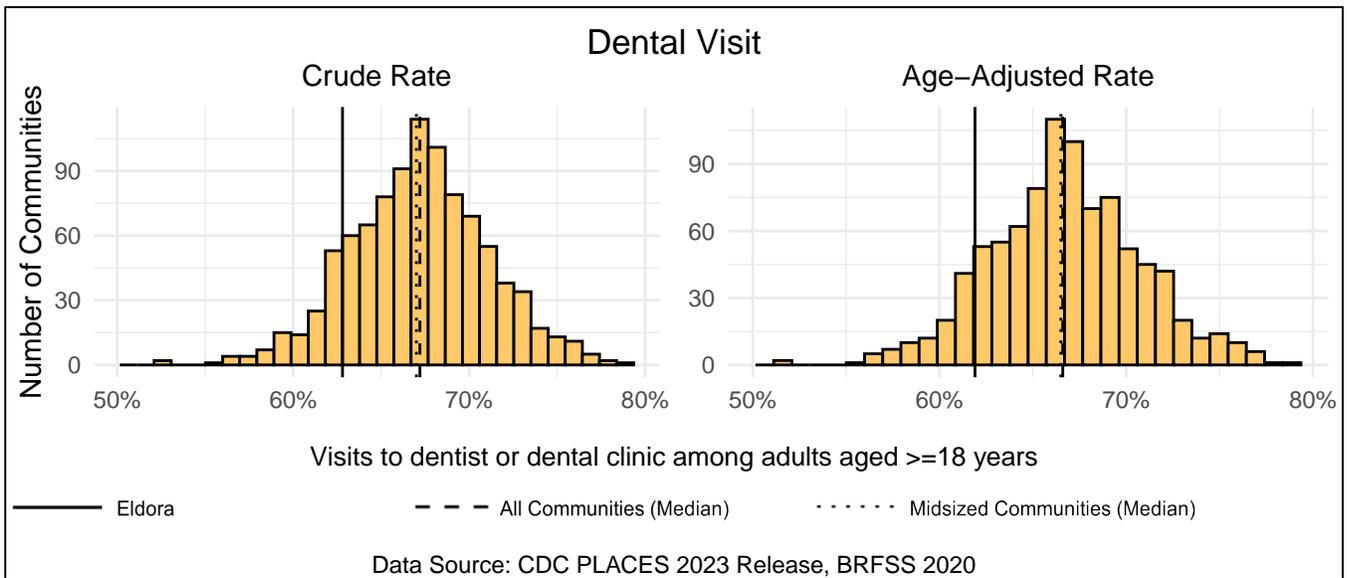
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	34.8%	39.0%	37.8%
Age-Adjusted	37.1%	39.9%	40.4%



Dental Visit

Eldora has a crude rate of 62.8% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 61.9%, which ranks 800th out of 905 Iowa communities (78th out of 102 mid-sized communities).

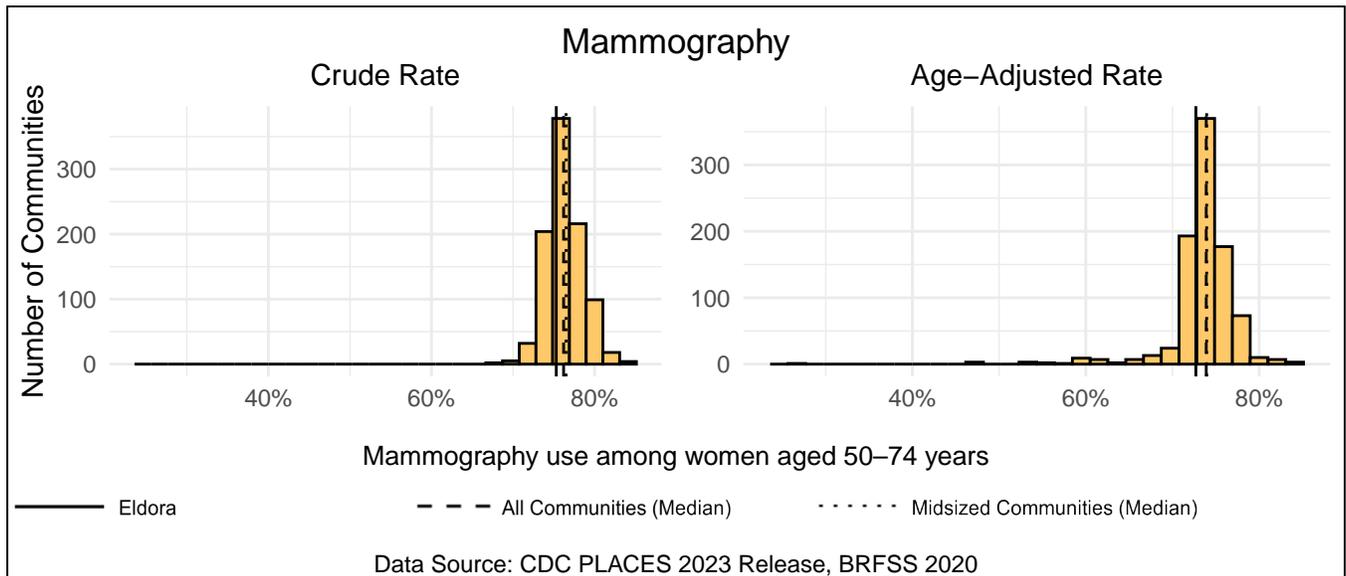
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	62.8%	67.2%	67.0%
Age-Adjusted	61.9%	66.6%	66.5%



Mammography

Eldora has a crude rate of 75.3% for mammography use among women aged 50–74 years, which ranks 642nd out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 72.7%, which ranks 655th out of 905 Iowa communities (78th out of 102 mid-sized communities).

Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	75.3%	76.2%	76.5%
Age-Adjusted	72.7%	73.9%	74.0%



Disability

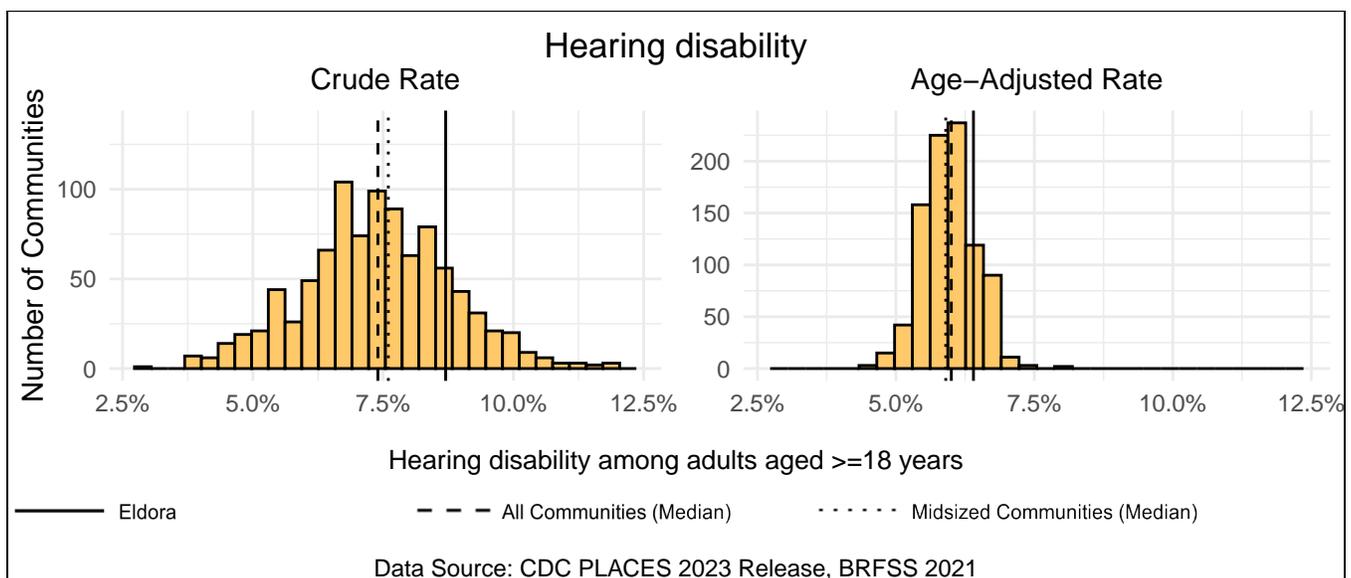
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Eldora has a crude rate of 8.7% for hearing disability among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Eldora is 6.4%, which ranks 736th out of 905 Iowa communities (76th out of 102 mid-sized communities).

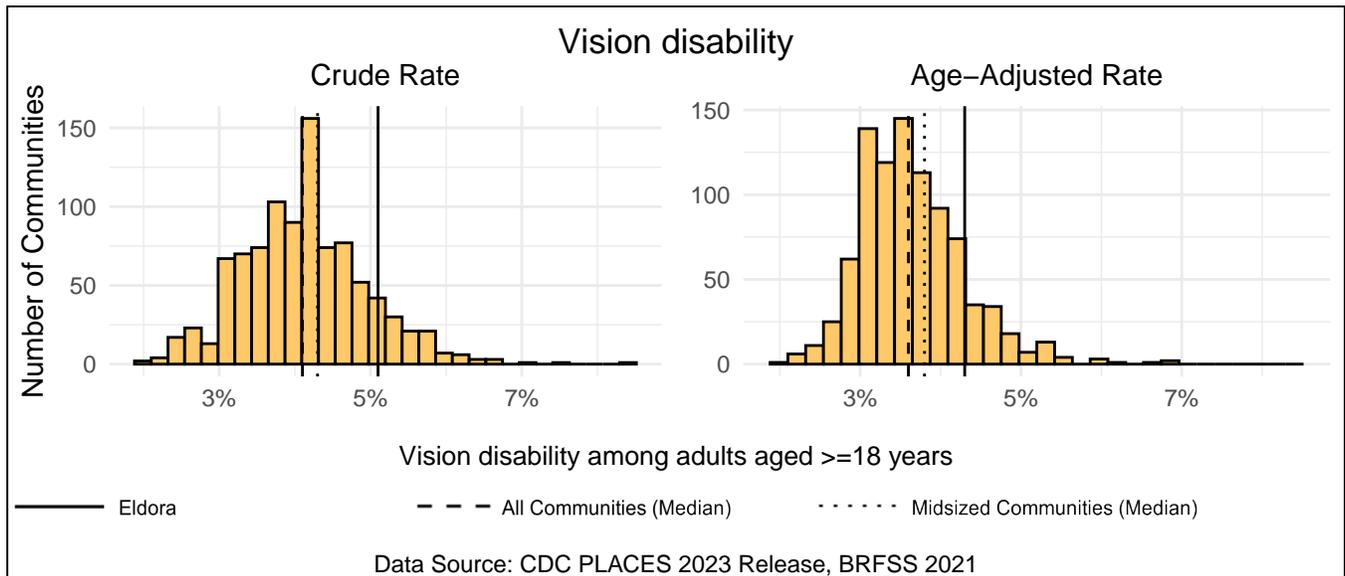
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	8.7%	7.4%	7.6%
Age-Adjusted	6.4%	6.0%	5.9%



Vision disability

Eldora has a crude rate of 5.1% for vision disability among adults aged ≥ 18 years, which ranks 844th out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 4.3%, which ranks 766th out of 905 Iowa communities (74th out of 102 mid-sized communities).

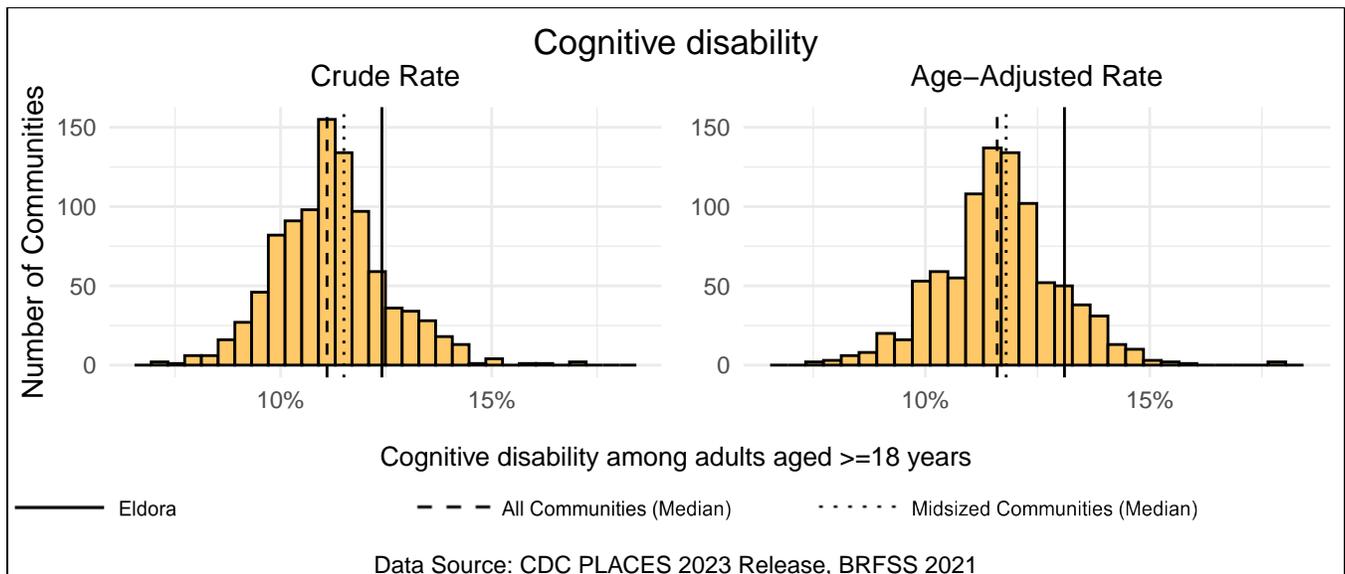
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	5.1%	4.1%	4.3%
Age-Adjusted	4.3%	3.6%	3.8%



Cognitive disability

Eldora has a crude rate of 12.4% for cognitive disability among adults aged ≥ 18 years, which ranks 804th out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for Eldora is 13.1%, which ranks 788th out of 905 Iowa communities (77th out of 102 mid-sized communities).

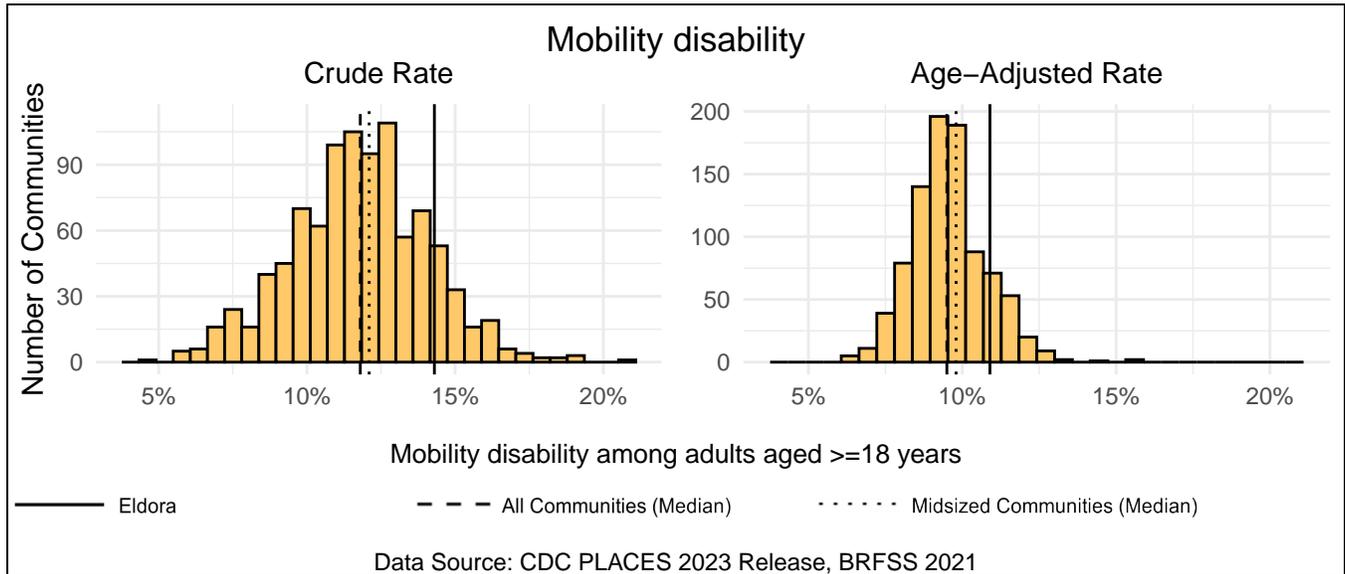
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	12.4%	11.1%	11.5%
Age-Adjusted	13.1%	11.6%	11.8%



Mobility disability

Eldora has a crude rate of 14.3% for mobility disability among adults aged ≥ 18 years, which ranks 829th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Eldora is 10.9%, which ranks 771st out of 905 Iowa communities (74th out of 102 mid-sized communities).

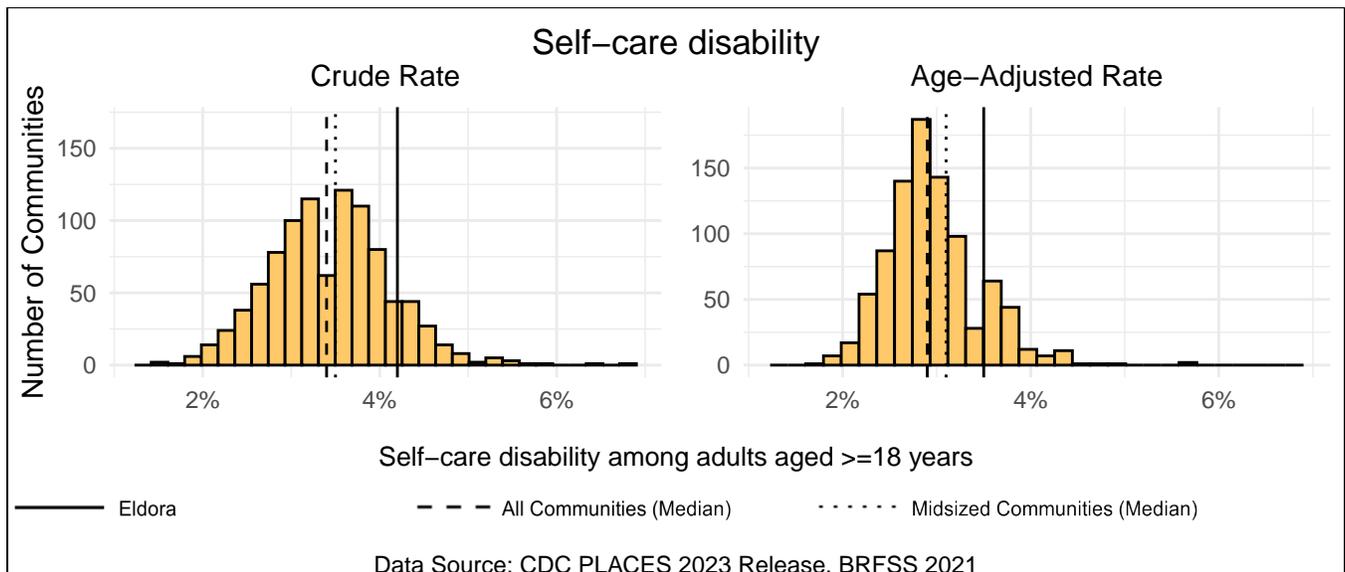
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	14.3%	11.8%	12.1%
Age-Adjusted	10.9%	9.5%	9.8%



Self-care disability

Eldora has a crude rate of 4.2% for self-care disability among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Eldora is 3.5%, which ranks 763rd out of 905 Iowa communities (75th out of 102 mid-sized communities).

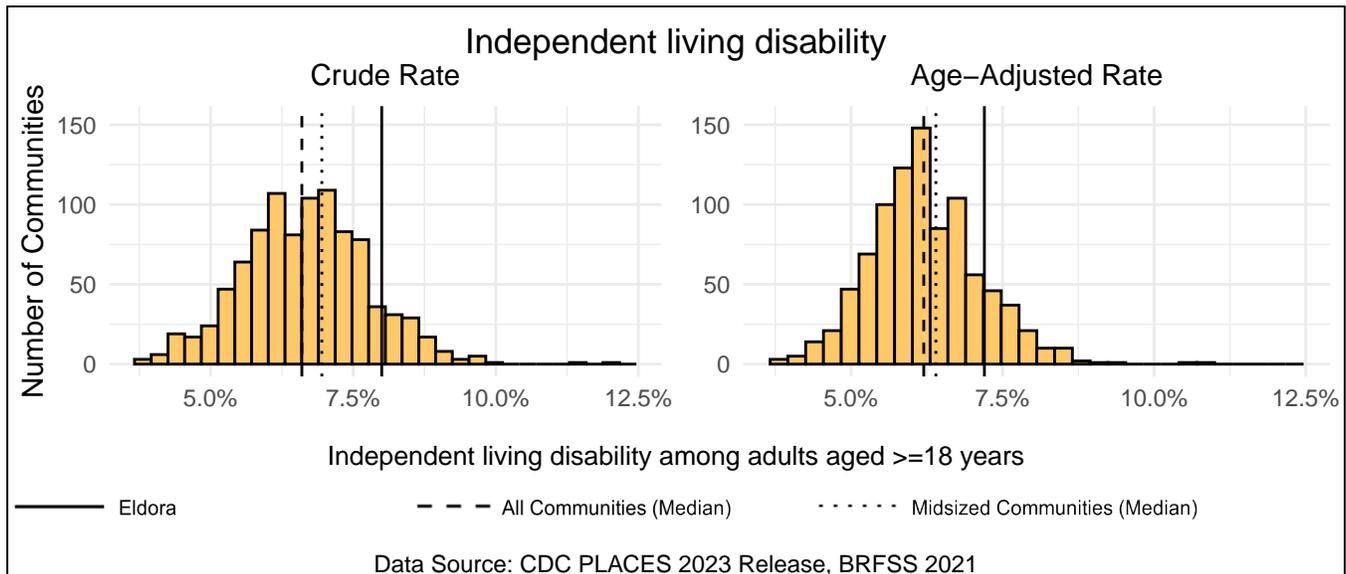
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	4.2%	3.4%	3.5%
Age-Adjusted	3.5%	2.9%	3.1%



Independent living disability

Eldora has a crude rate of 8.0% for independent living disability among adults aged ≥ 18 years, which ranks 849th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Eldora is 7.2%, which ranks 776th out of 905 Iowa communities (76th out of 102 midsized communities).

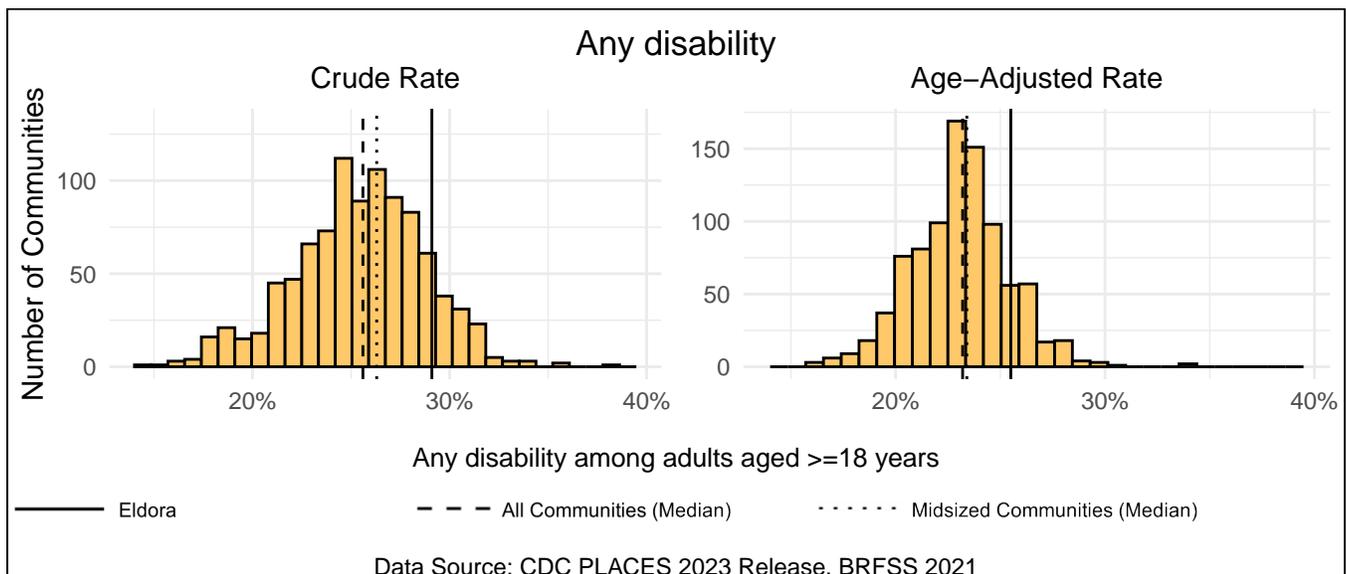
Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	8.0%	6.6%	7.0%
Age-Adjusted	7.2%	6.2%	6.4%



Any disability

Eldora has a crude rate of 29.1% for any disability among adults aged ≥ 18 years, which ranks 843rd out of 958 Iowa communities (83rd out of 102 midsized communities). The age-adjusted rate for Eldora is 25.5%, which ranks 772nd out of 905 Iowa communities (76th out of 102 midsized communities).

Measure Type	Eldora	All Comm.	Midsized Comm.
Crude	29.1%	25.6%	26.3%
Age-Adjusted	25.5%	23.2%	23.4%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Eldora 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	830	12.1% (10.2% - 14.2%)	757	10.7% (9.1% - 12.5%)
Health Status	Mental Health	646	14.8% (12.6% - 17.1%)	765	16.5% (14.1% - 18.9%)
Health Status	General Health	837	16.7% (13.6% - 20.2%)	783	14.8% (12.3% - 17.4%)
Health Risk Behaviors	Sleep <7 hours	498	30.4% (28.9% - 32.0%)	613	31.8% (30.3% - 33.4%)
Health Risk Behaviors	Binge Drinking	188	17.8% (14.8% - 21.2%)	171	21.1% (17.4% - 25.1%)
Health Risk Behaviors	Current Smoking	759	18.4% (14.4% - 22.6%)	782	19.8% (15.8% - 24.1%)
Health Risk Behaviors	Physical Inactivity	871	30.0% (24.6% - 36.2%)	812	27.7% (22.8% - 32.7%)
Health Outcomes	Current Asthma	781	9.7% (8.4% - 10.9%)	762	9.9% (8.6% - 11.2%)
Health Outcomes	High Cholesterol	787	38.6% (33.8% - 43.5%)	777	30.8% (26.3% - 35.4%)
Health Outcomes	Arthritis	880	32.2% (27.8% - 36.8%)	895	25.7% (22.0% - 29.7%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.1%)	762	2.8% (2.5% - 3.1%)
Health Outcomes	High Blood Pressure	726	34.7% (30.4% - 39.2%)	677	28.3% (24.7% - 32.4%)
Health Outcomes	Diabetes	753	11.3% (9.5% - 13.3%)	722	8.9% (7.5% - 10.4%)
Health Outcomes	COPD	815	8.7% (7.0% - 10.7%)	765	7.1% (5.9% - 8.3%)
Health Outcomes	Obesity	379	37.1% (30.1% - 44.6%)	462	37.7% (30.7% - 45.2%)
Health Outcomes	All Teeth Lost	831	15.5% (9.7% - 22.4%)	777	15.1% (9.6% - 21.5%)
Health Outcomes	Stroke	797	3.9% (3.3% - 4.5%)	714	2.8% (2.5% - 3.3%)
Health Outcomes	Depression	499	18.1% (14.8% - 21.8%)	598	19.5% (16.0% - 23.2%)
Health Outcomes	Cancer (except skin)	682	8.8% (7.8% - 9.9%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Coronary Heart Disease	790	7.7% (6.6% - 8.8%)	729	5.4% (4.7% - 6.2%)
Prevention	Annual Checkup	312	76.0% (71.3% - 80.4%)	530	72.3% (67.0% - 77.3%)
Prevention	Mammography	642	75.3% (70.8% - 79.3%)	655	72.7% (68.0% - 77.4%)
Prevention	Taking BP Medication	202	81.7% (78.7% - 84.5%)	91	60.0% (55.1% - 65.0%)
Prevention	Core preventive services for older women	838	34.8% (27.5% - 43.0%)	749	37.1% (29.4% - 44.9%)
Prevention	Dental Visit	834	62.8% (58.7% - 66.9%)	800	61.9% (57.7% - 65.9%)
Prevention	Cervical Cancer Screening	832	81.3% (78.2% - 84.4%)	769	81.6% (78.8% - 84.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	817	39.9% (31.3% - 48.5%)	716	40.5% (31.8% - 48.8%)
Prevention	Health Insurance	841	8.9% (6.7% - 11.2%)	801	9.4% (7.1% - 12.2%)
Prevention	Colorectal Cancer Screening	571	71.0% (67.4% - 74.3%)	553	70.3% (66.6% - 73.6%)
Prevention	Cholesterol Screening	607	81.8% (78.6% - 84.6%)	822	77.4% (73.6% - 80.9%)
Disability	Vision Disability	844	5.1% (4.2% - 6.0%)	766	4.3% (3.6% - 5.1%)
Disability	Cognitive Disability	804	12.4% (10.2% - 14.8%)	788	13.1% (11.0% - 15.4%)
Disability	Hearing Disability	781	8.7% (7.5% - 10.0%)	736	6.4% (5.6% - 7.2%)
Disability	Any Disability	843	29.1% (24.4% - 33.8%)	772	25.5% (21.6% - 29.7%)
Disability	Mobility Disability	829	14.3% (12.0% - 17.0%)	771	10.9% (9.1% - 12.8%)
Disability	Self-care Disability	834	4.2% (3.5% - 5.0%)	763	3.5% (2.9% - 4.1%)
Disability	Independent Living Disability	849	8.0% (6.5% - 9.7%)	776	7.2% (6.1% - 8.4%)

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)

Eldora 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
