



## Iowa Community Health Snapshot Series

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



*May 2024*

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*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 Elkader: Overview

Dear Community Members & Stakeholders of Elkader,

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 Elkader ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Elkader'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 Elkader. 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
Taking BP Medication	39th	4th	Taking BP Medication	25th	4th
Annual Checkup	50th	9th	Annual Checkup	190th	35th
Binge Drinking	66th	10th	Binge Drinking	249th	38th
Depression	196th	33rd	Cancer (except skin)	418th	41st
Cholesterol Screening	224th	37th	Core preventive services for older men	457th	84th

# 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	944th	136th	Mammography	865th	137th
Physical Inactivity	937th	137th	High Blood Pressure	856th	135th
High Blood Pressure	935th	137th	Current Smoking	855th	136th
Mobility Disability	933rd	135th	Physical Inactivity	839th	134th
Self-care Disability	923rd	136th	All Teeth Lost	834th	133rd

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 Elkader.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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## How to Use this Report

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

With a population of 1,326, Elkader’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.



# Health Status

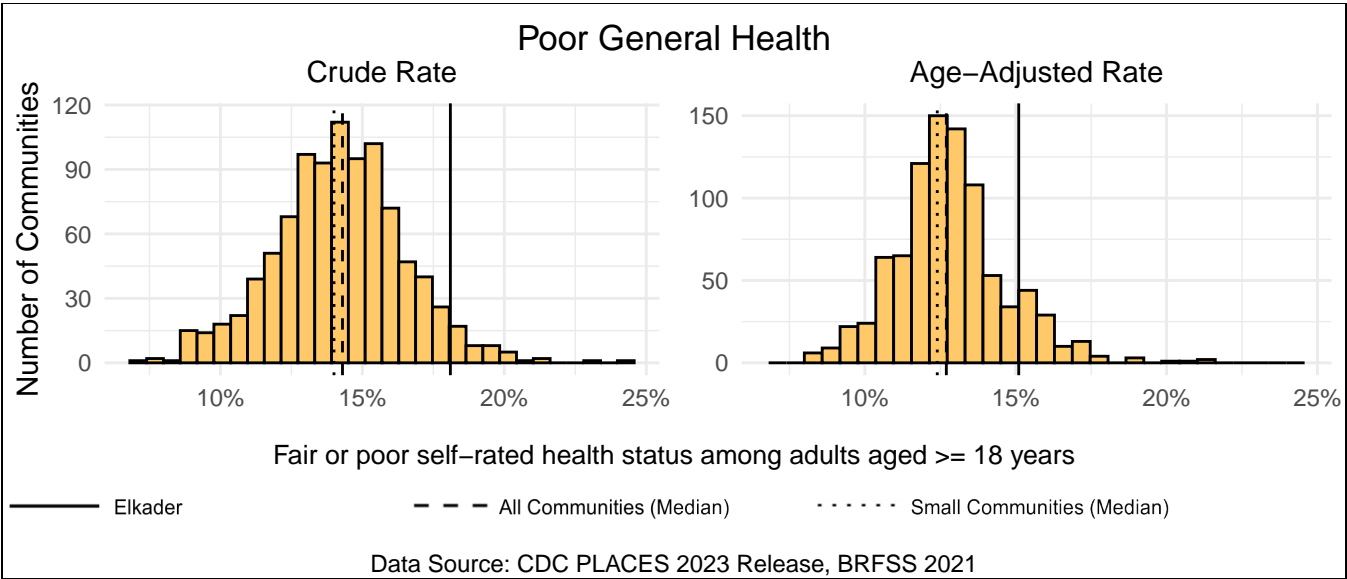
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Elkader has a crude rate of 18.1% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 916th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Elkader is 15.1%, which ranks 799th out of 905 Iowa communities (129th out of 138 small communities).

Measure Type	Elkader	All Comm.	Small Comm.
Crude	18.1%	14.3%	14.0%
Age-Adjusted	15.1%	12.7%	12.4%

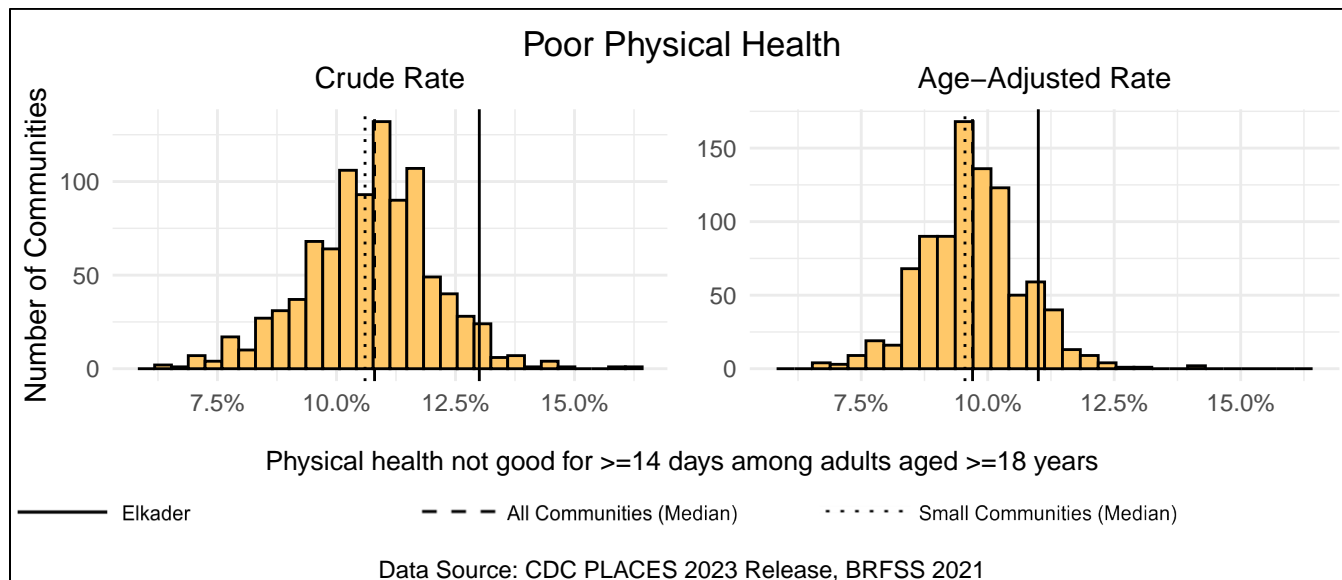




## Poor Physical Health

Elkader has a crude rate of 13.0% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 921st out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Elkader is 11.0%, which ranks 806th out of 905 Iowa communities (129th out of 138 small communities).

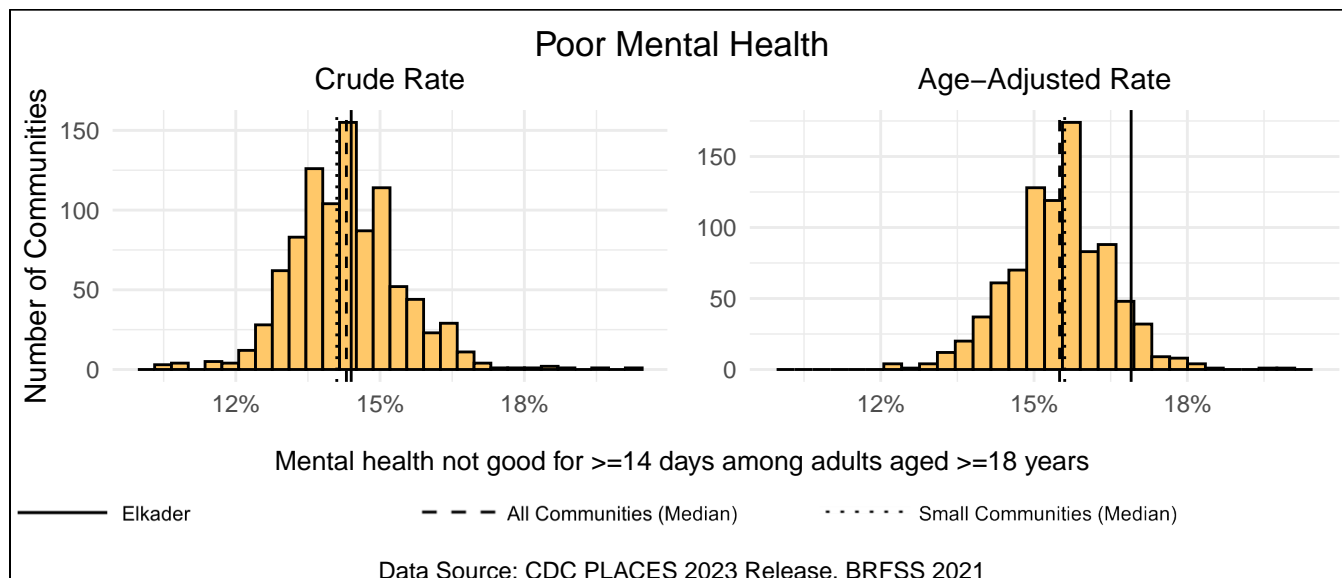
Measure Type	Elkader	All Comm.	Small Comm.
Crude	13.0%	10.8%	10.6%
Age-Adjusted	11.0%	9.7%	9.6%



## Poor Mental Health

Elkader has a crude rate of 14.4% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 514th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Elkader is 16.9%, which ranks 834th out of 905 Iowa communities (131st out of 138 small communities).

Measure Type	Elkader	All Comm.	Small Comm.
Crude	14.4%	14.3%	14.1%
Age-Adjusted	16.9%	15.5%	15.6%



# Health Risk Behaviors

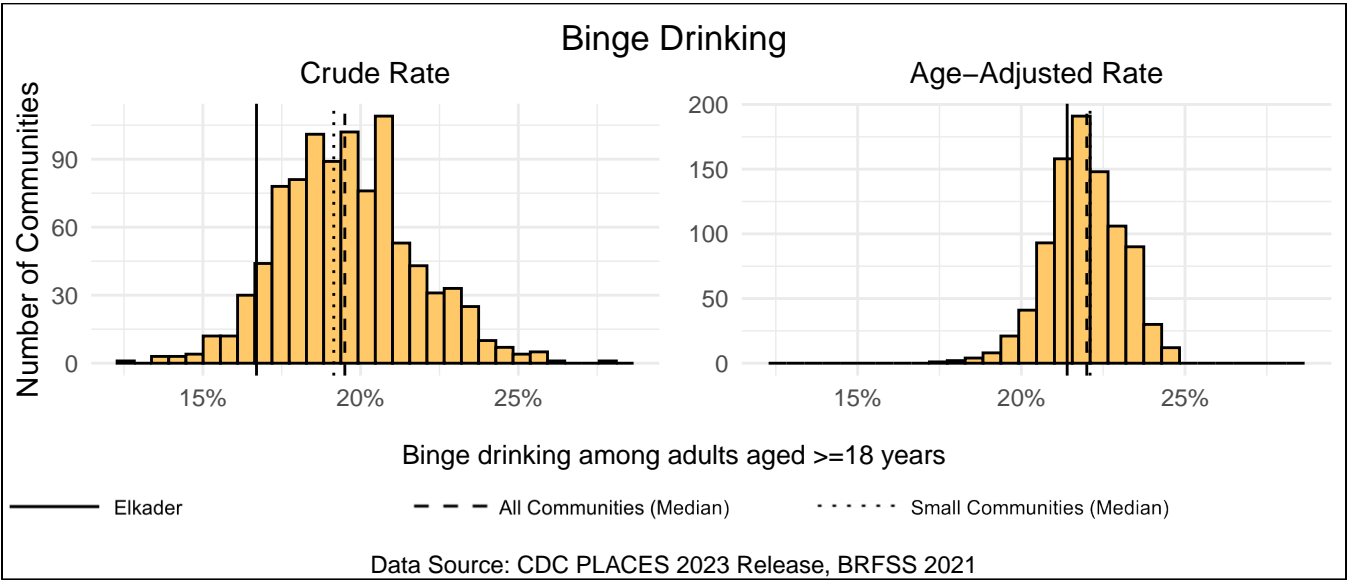
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Elkader has a crude rate of 16.7% for binge drinking among adults aged  $\geq 18$  years, which ranks 66th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Elkader is 21.4%, which ranks 249th out of 905 Iowa communities (38th out of 138 small communities).

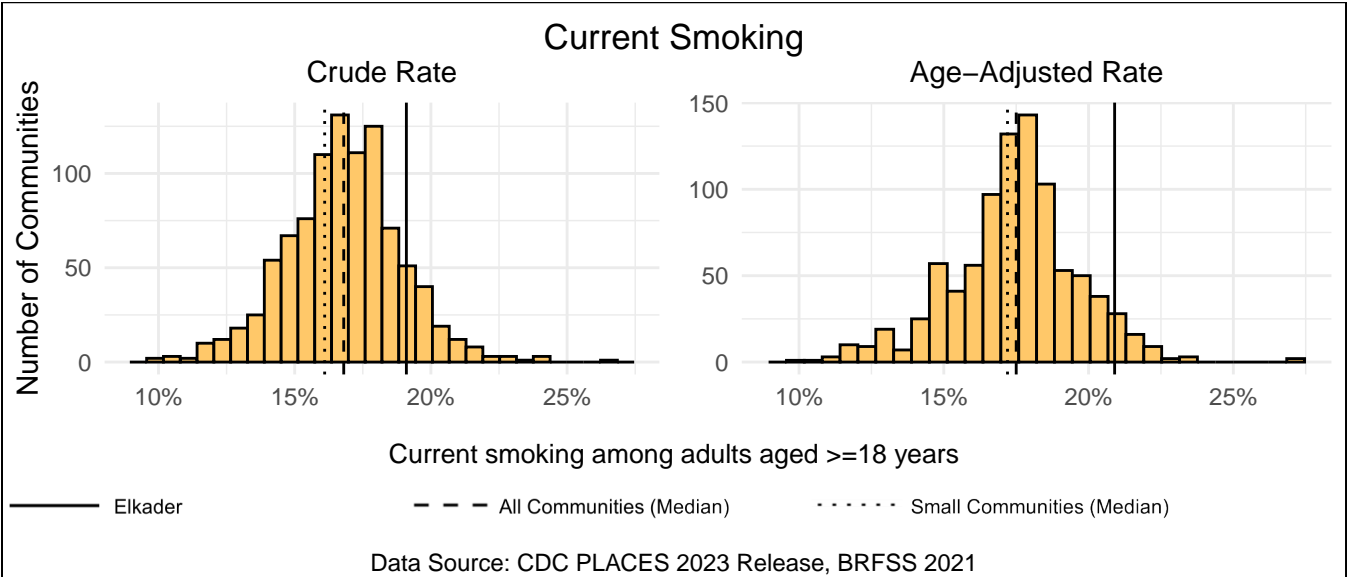
Measure Type	Elkader	All Comm.	Small Comm.
Crude	16.7%	19.5%	19.1%
Age-Adjusted	21.4%	22.0%	22.1%



# Current Smoking

Elkader has a crude rate of 19.1% for current smoking among adults aged >=18 years, which ranks 835th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Elkader is 20.9%, which ranks 855th out of 905 Iowa communities (136th out of 138 small communities).

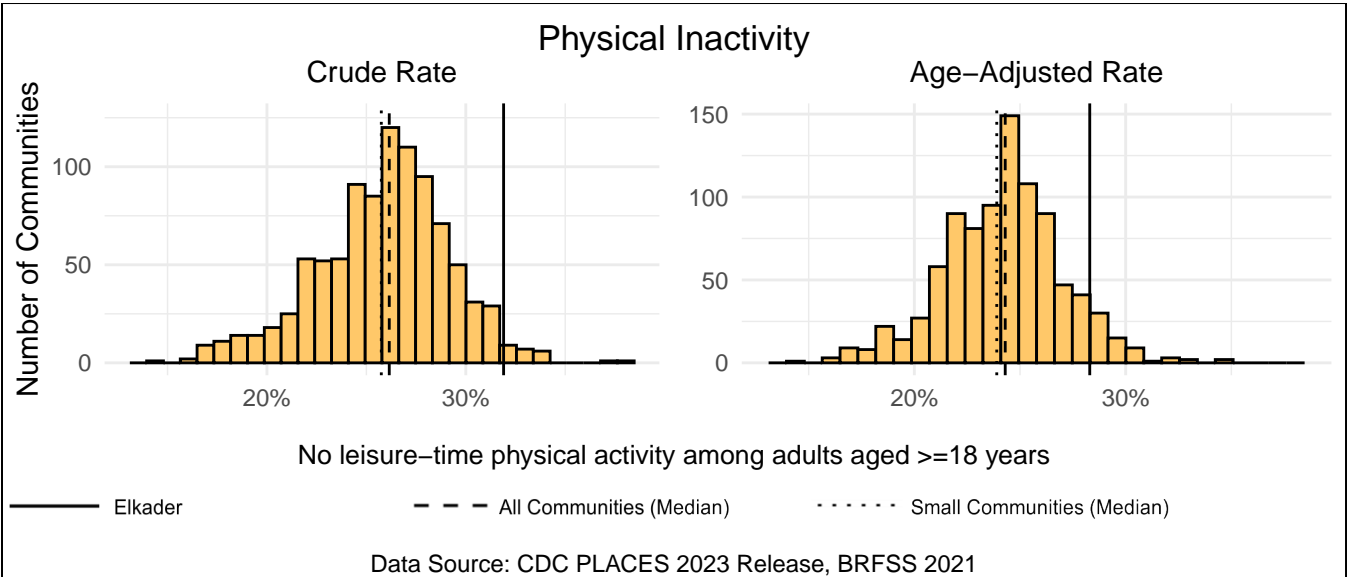
Measure Type	Elkader	All Comm.	Small Comm.
Crude	19.1%	16.8%	16.1%
Age-Adjusted	20.9%	17.5%	17.2%



# Physical Inactivity

Elkader has a crude rate of 31.9% for no leisure-time physical activity among adults aged >=18 years, which ranks 937th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Elkader is 28.3%, which ranks 839th out of 905 Iowa communities (134th out of 138 small communities).

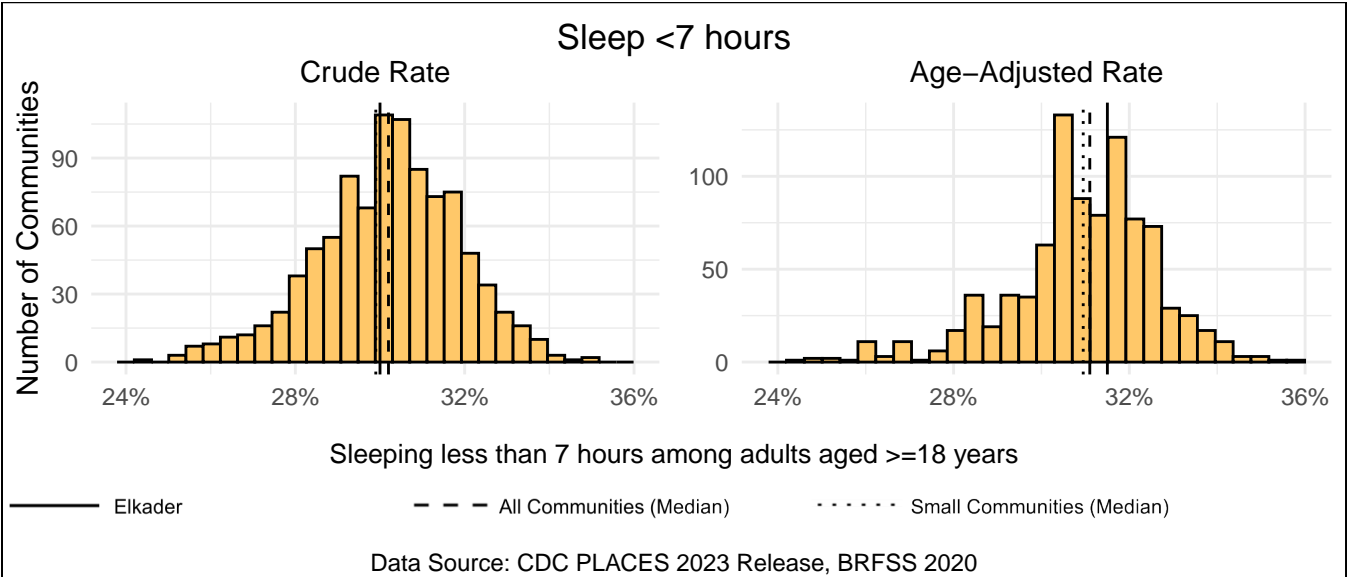
Measure Type	Elkader	All Comm.	Small Comm.
Crude	31.9%	26.1%	25.8%
Age-Adjusted	28.3%	24.3%	23.9%



### Sleep <7 hours

Elkader has a crude rate of 30.0% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 405th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Elkader is 31.5%, which ranks 522nd out of 905 Iowa communities (88th out of 138 small communities).

Measure Type	Elkader	All Comm.	Small Comm.
Crude	30.0%	30.2%	29.9%
Age-Adjusted	31.5%	31.1%	31.0%



# Health Outcomes

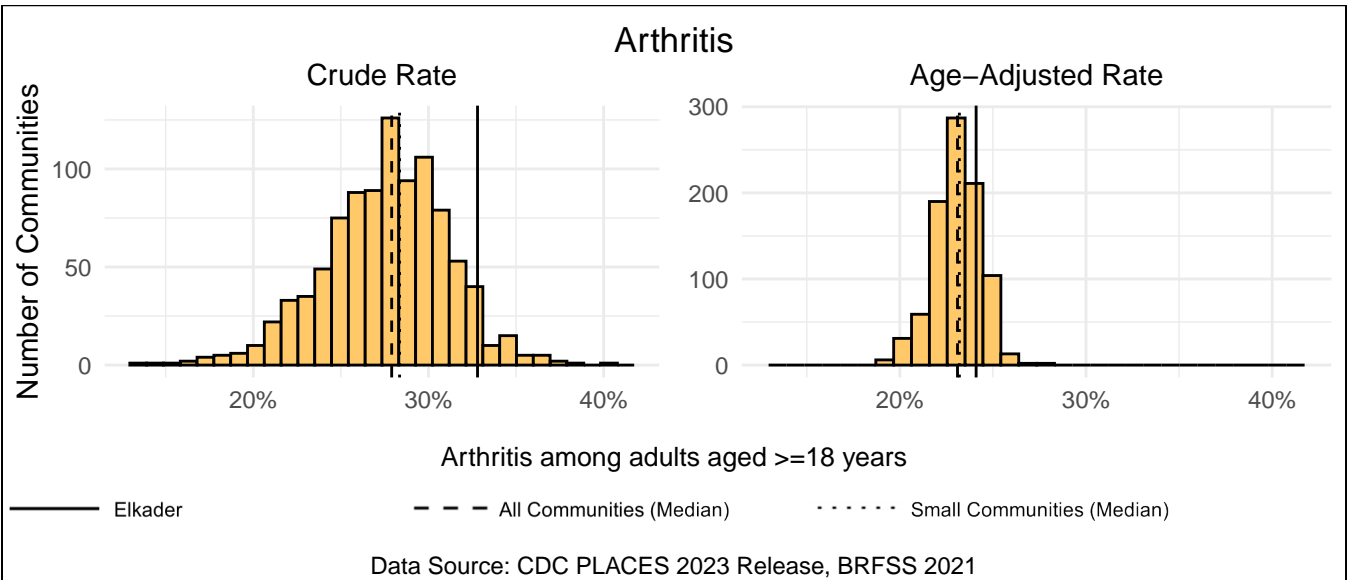
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Elkader has a crude rate of 32.8% for arthritis among adults aged  $\geq 18$  years, which ranks 906th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Elkader is 24.1%, which ranks 707th out of 905 Iowa communities (109th out of 138 small communities).

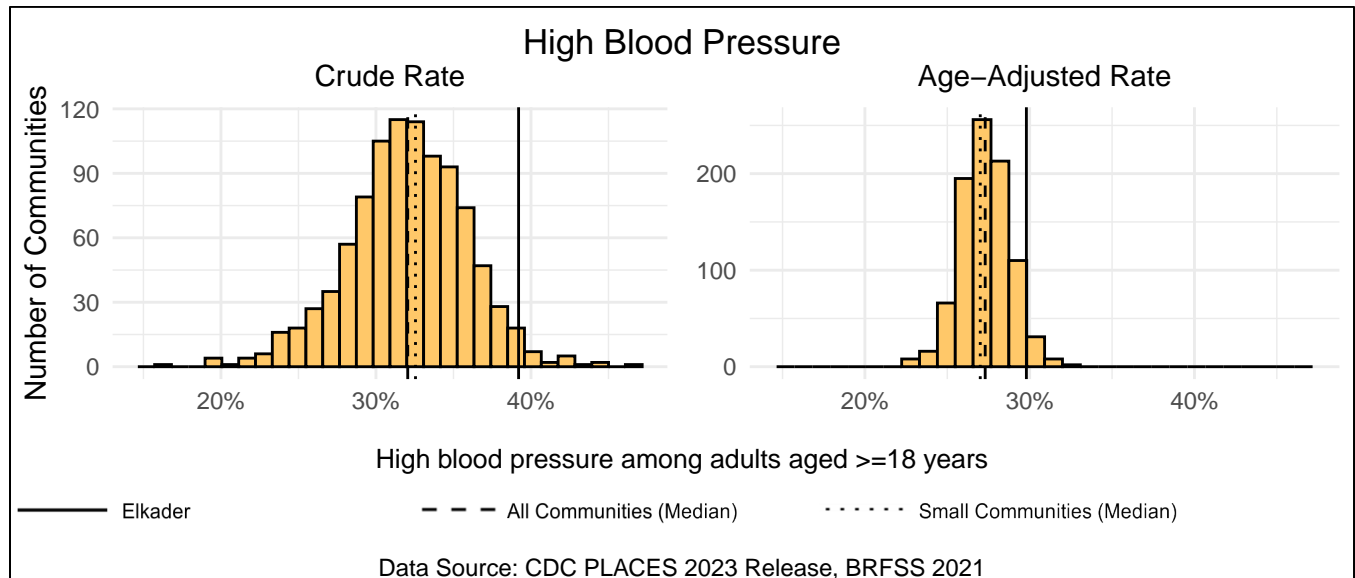
Measure Type	Elkader	All Comm.	Small Comm.
Crude	32.8%	27.9%	28.4%
Age-Adjusted	24.1%	23.1%	23.2%



## High Blood Pressure

Elkader has a crude rate of 39.2% for high blood pressure among adults aged  $\geq 18$  years, which ranks 935th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Elkader is 29.8%, which ranks 856th out of 905 Iowa communities (135th out of 138 small communities).

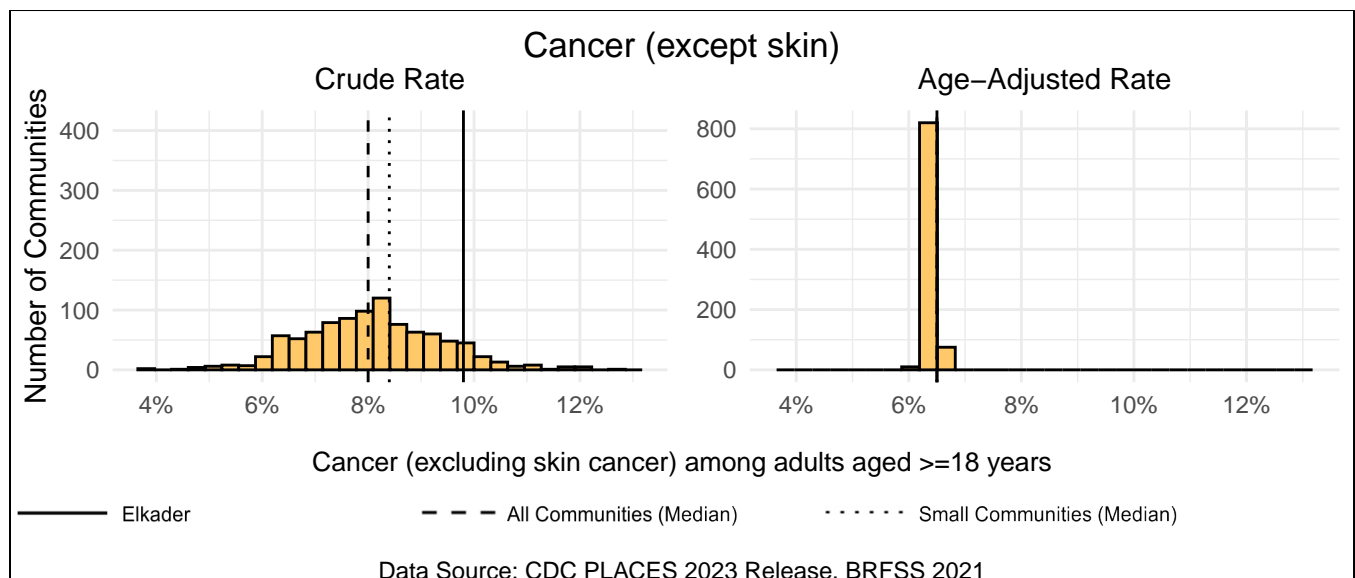
Measure Type	Elkader	All Comm.	Small Comm.
Crude	39.2%	32.0%	32.5%
Age-Adjusted	29.8%	27.3%	27.0%



## Cancer (except skin)

Elkader has a crude rate of 9.8% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 859th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Elkader is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

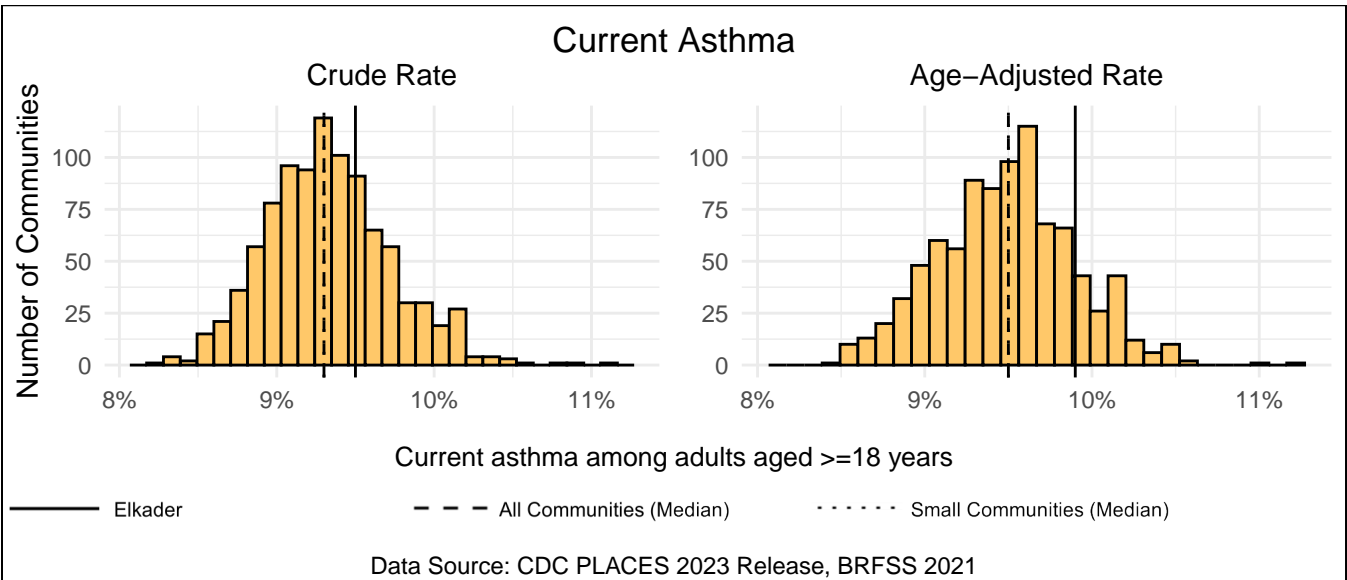
Measure Type	Elkader	All Comm.	Small Comm.
Crude	9.8%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



# Current Asthma

Elkader has a crude rate of 9.5% for current asthma among adults aged  $\geq 18$  years, which ranks 625th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Elkader is 9.9%, which ranks 762nd out of 905 Iowa communities (120th out of 138 small communities).

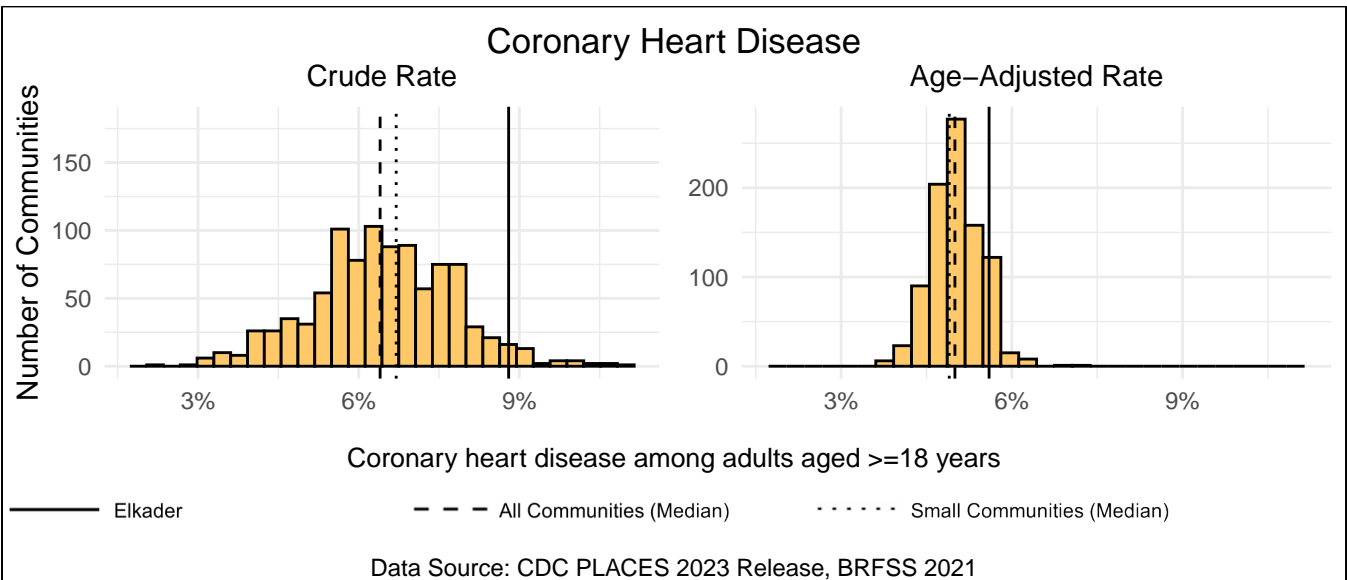
Measure Type	Elkader	All Comm.	Small Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.9%	9.5%	9.5%



# Coronary Heart Disease

Elkader has a crude rate of 8.8% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 919th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Elkader is 5.6%, which ranks 797th out of 905 Iowa communities (130th out of 138 small communities).

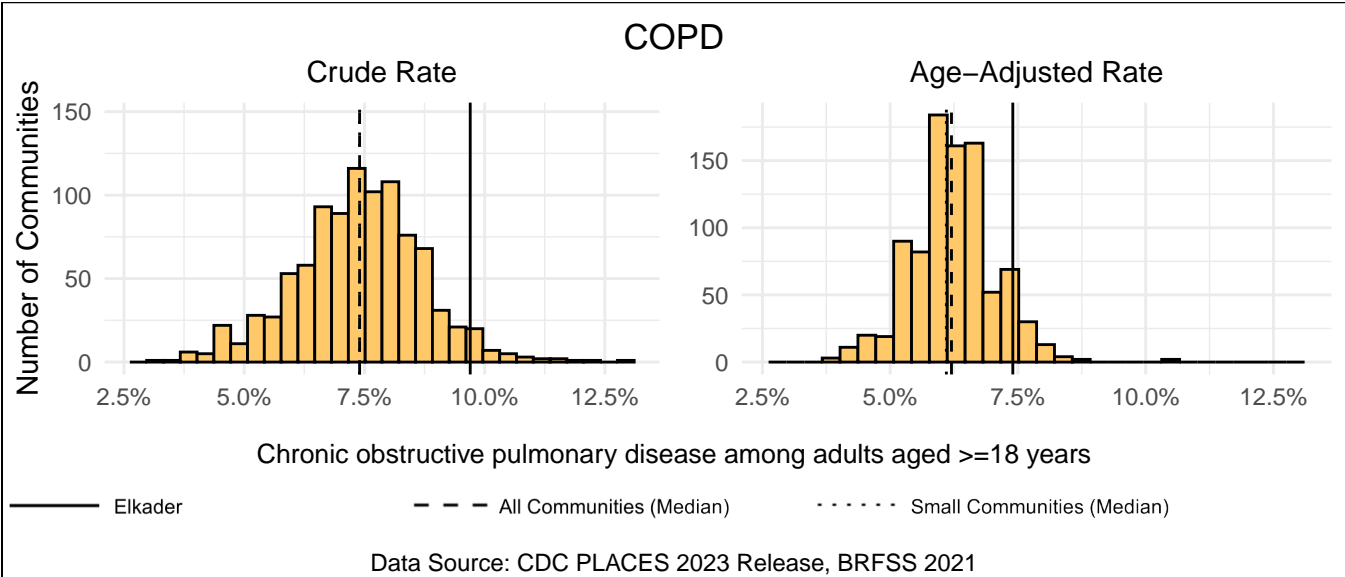
Measure Type	Elkader	All Comm.	Small Comm.
Crude	8.8%	6.4%	6.7%
Age-Adjusted	5.6%	5.0%	4.9%



# COPD

Elkader has a crude rate of 9.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 917th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Elkader is 7.4%, which ranks 822nd out of 905 Iowa communities (130th out of 138 small communities).

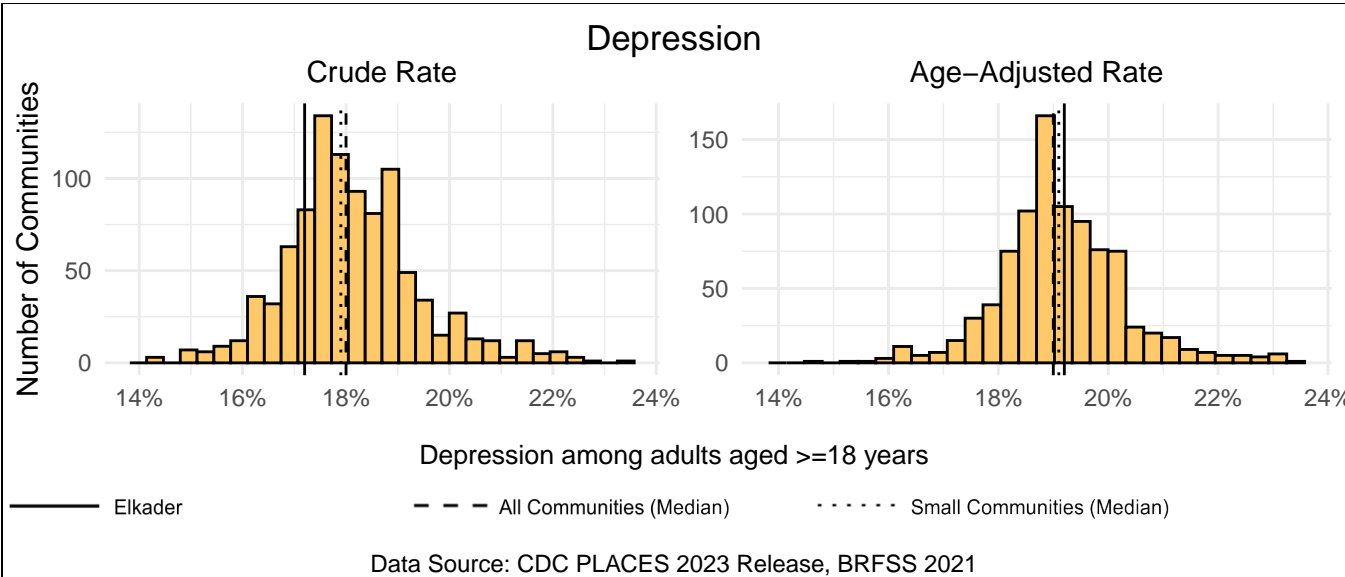
Measure Type	Elkader	All Comm.	Small Comm.
Crude	9.7%	7.4%	7.4%
Age-Adjusted	7.4%	6.2%	6.1%



# Depression

Elkader has a crude rate of 17.2% for depression among adults aged  $\geq 18$  years, which ranks 196th out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Elkader is 19.2%, which ranks 489th out of 905 Iowa communities (74th out of 138 small communities).

Measure Type	Elkader	All Comm.	Small Comm.
Crude	17.2%	18.0%	17.9%
Age-Adjusted	19.2%	19.0%	19.1%

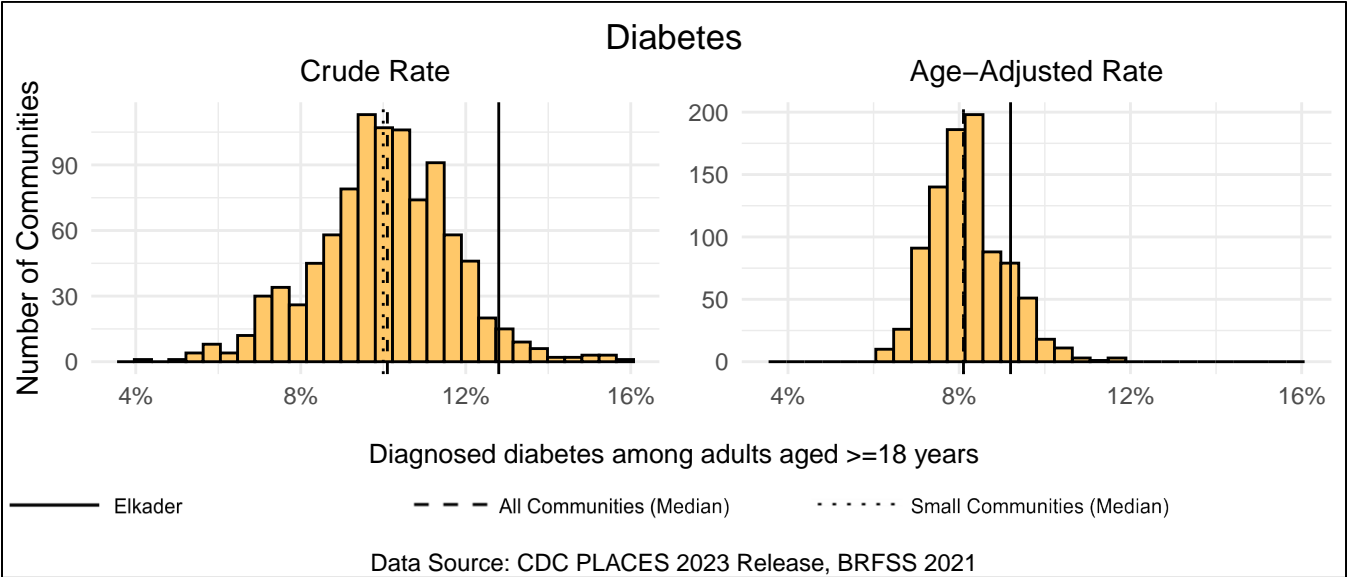




# Diabetes

Elkader has a crude rate of 12.8% for diagnosed diabetes among adults aged >=18 years, which ranks 918th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Elkader is 9.2%, which ranks 782nd out of 905 Iowa communities (127th out of 138 small communities).

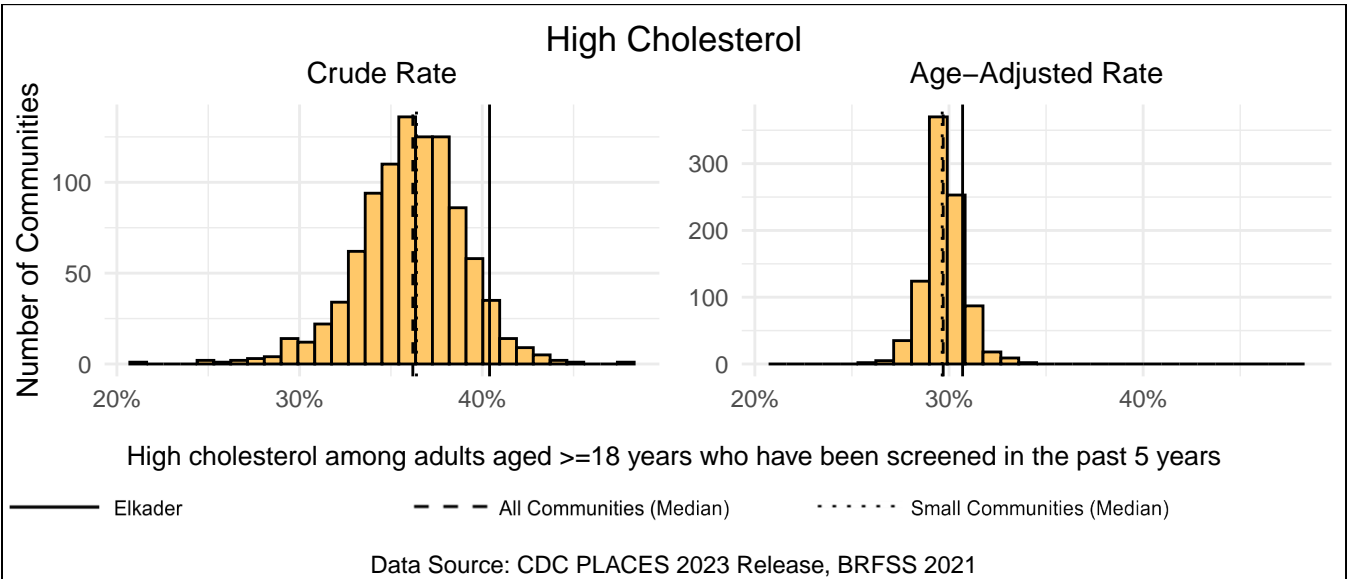
Measure Type	Elkader	All Comm.	Small Comm.
Crude	12.8%	10.1%	10.0%
Age-Adjusted	9.2%	8.1%	8.1%



# High Cholesterol

Elkader has a crude rate of 40.4% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 910th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Elkader is 30.7%, which ranks 757th out of 905 Iowa communities (123rd out of 138 small communities).

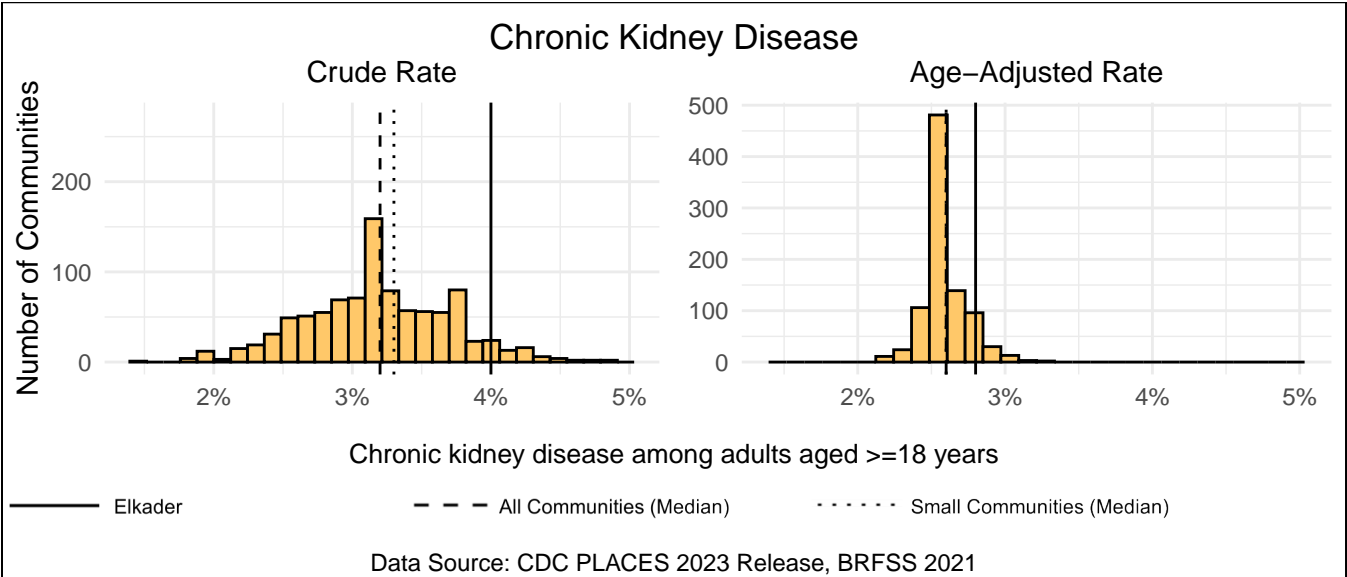
Measure Type	Elkader	All Comm.	Small Comm.
Crude	40.4%	36.2%	36.4%
Age-Adjusted	30.7%	29.7%	29.6%



# Chronic Kidney Disease

Elkader has a crude rate of 4.0% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 890th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Elkader is 2.8%, which ranks 762nd out of 905 Iowa communities (125th out of 138 small communities).

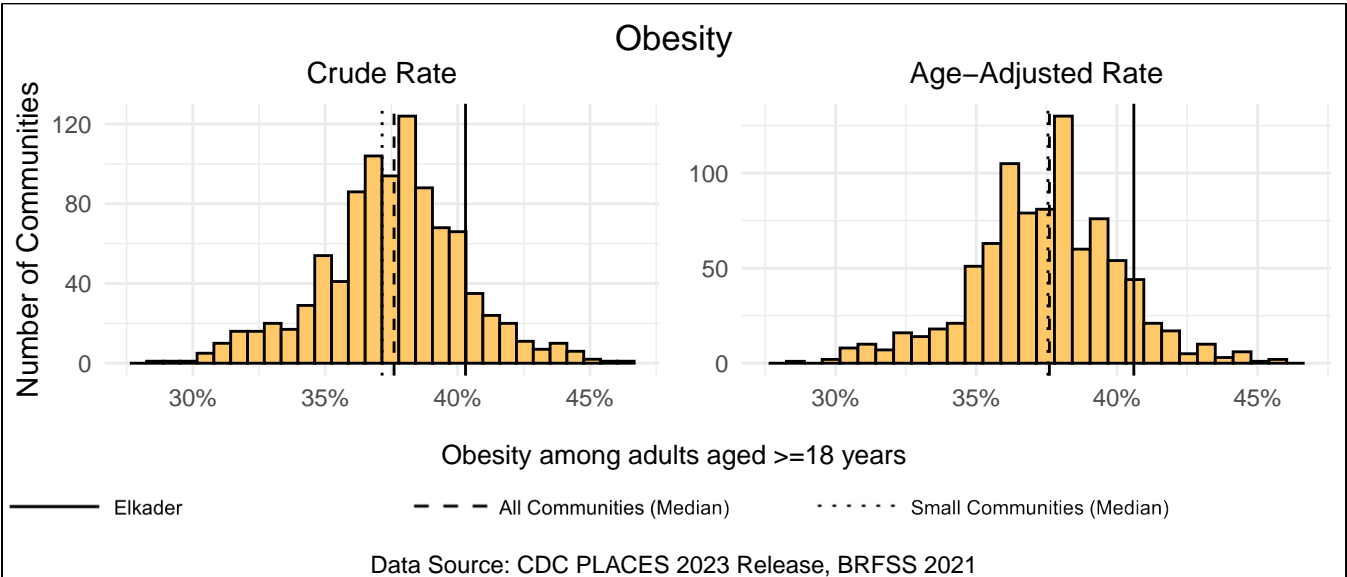
Measure Type	Elkader	All Comm.	Small Comm.
Crude	4.0%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



# Obesity

Elkader has a crude rate of 40.3% for obesity among adults aged  $\geq 18$  years, which ranks 832nd out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Elkader is 40.6%, which ranks 813th out of 905 Iowa communities (127th out of 138 small communities).

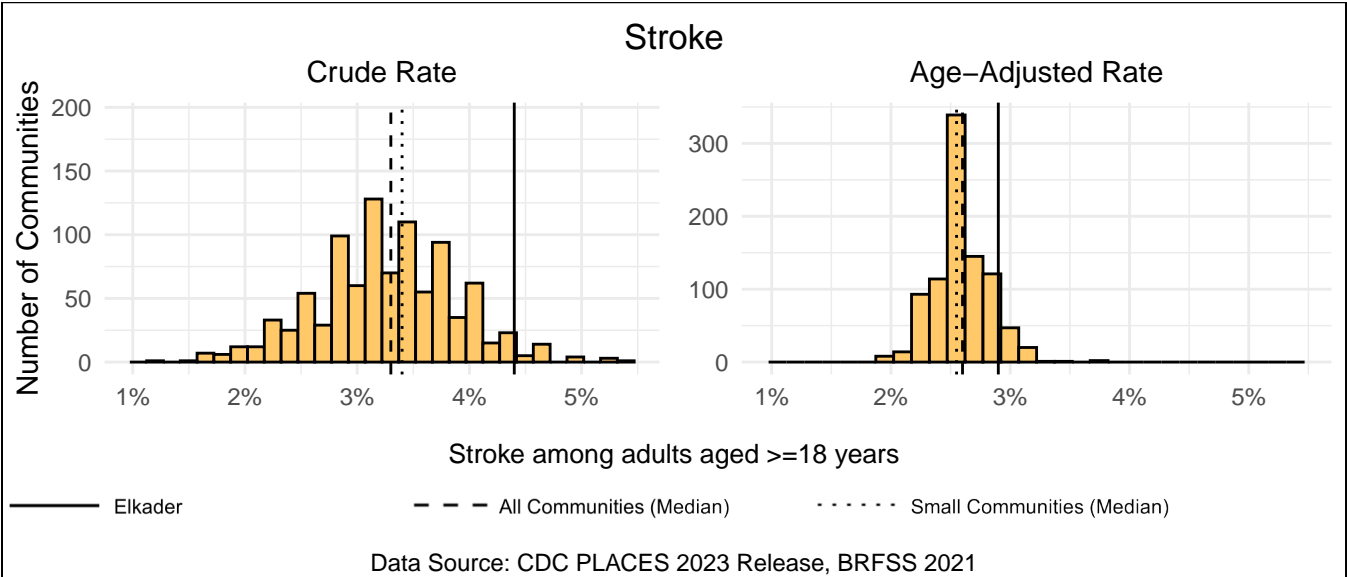
Measure Type	Elkader	All Comm.	Small Comm.
Crude	40.3%	37.6%	37.2%
Age-Adjusted	40.6%	37.6%	37.5%



# Stroke

Elkader has a crude rate of 4.4% for stroke among adults aged >=18 years, which ranks 921st out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Elkader is 2.9%, which ranks 781st out of 905 Iowa communities (129th out of 138 small communities).

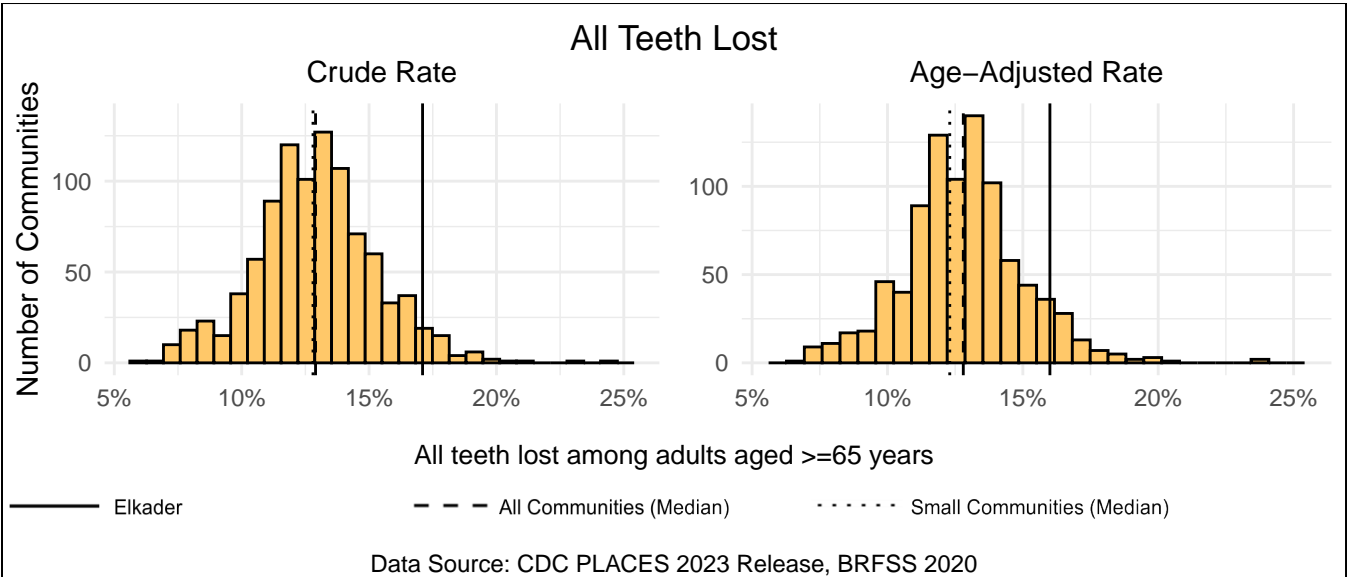
Measure Type	Elkader	All Comm.	Small Comm.
Crude	4.4%	3.3%	3.4%
Age-Adjusted	2.9%	2.6%	2.5%



# All Teeth Lost

Elkader has a crude rate of 17.1% for all teeth lost among adults aged >=65 years, which ranks 917th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Elkader is 16.0%, which ranks 834th out of 905 Iowa communities (133rd out of 138 small communities).

Measure Type	Elkader	All Comm.	Small Comm.
Crude	17.1%	12.9%	12.8%
Age-Adjusted	16.0%	12.8%	12.3%



# Prevention

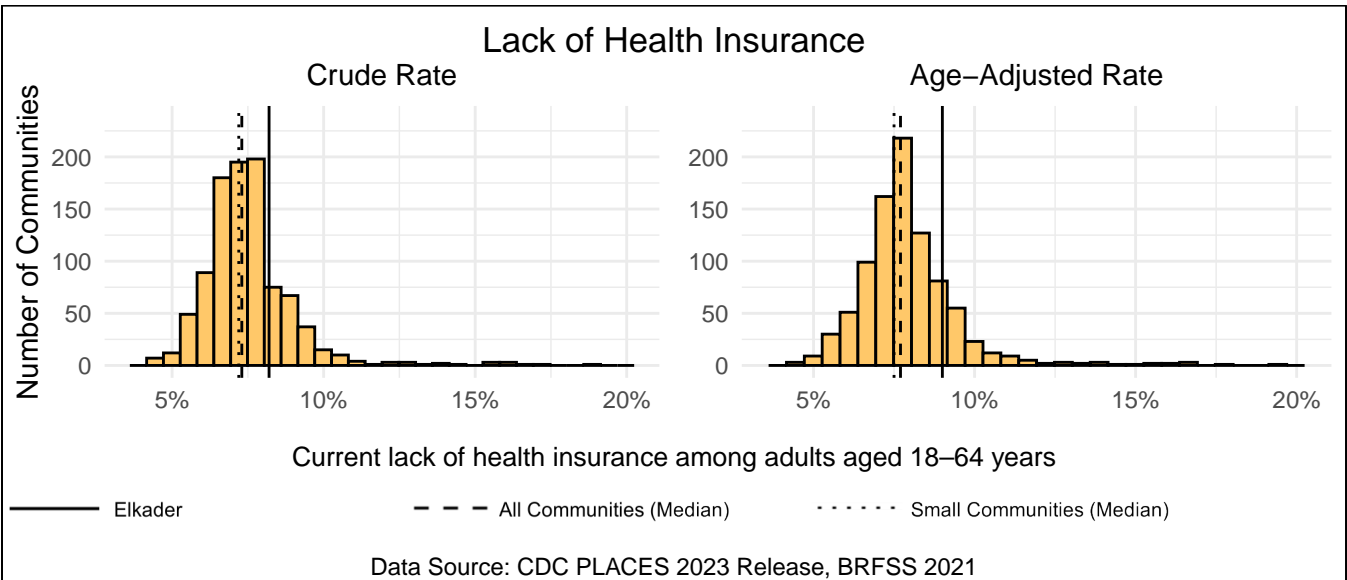
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Elkader has a crude rate of 8.2% for current lack of health insurance among adults aged 18–64 years, which ranks 752nd out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Elkader is 9.0%, which ranks 761st out of 905 Iowa communities (125th out of 138 small communities).

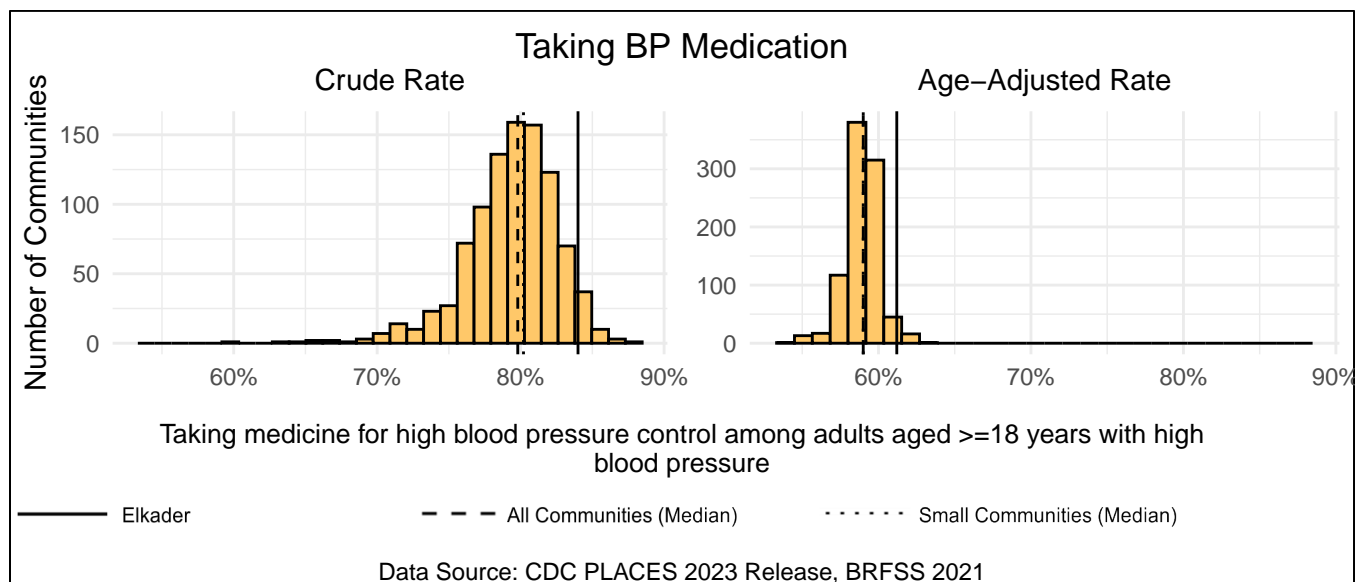
Measure Type	Elkader	All Comm.	Small Comm.
Crude	8.2%	7.3%	7.2%
Age-Adjusted	9.0%	7.7%	7.5%



## Taking BP Medication

Elkader has a crude rate of 84.0% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 39th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Elkader is 61.2%, which ranks 25th out of 905 Iowa communities (4th out of 138 small communities).

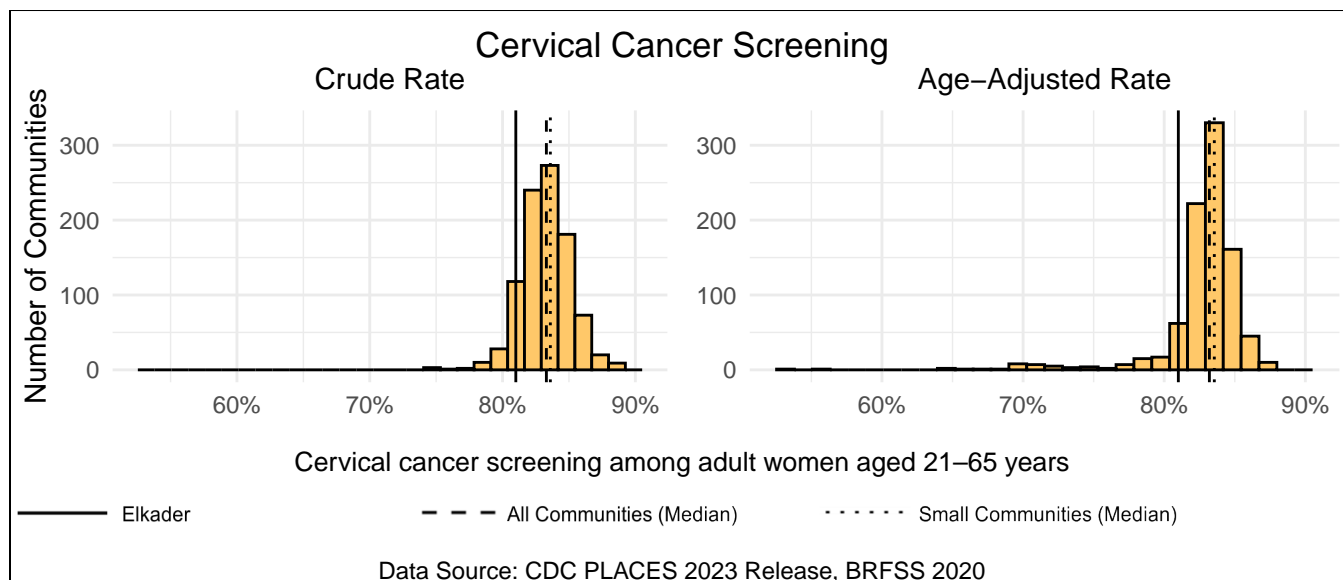
Measure Type	Elkader	All Comm.	Small Comm.
Crude	84.0%	79.8%	80.2%
Age-Adjusted	61.2%	59.0%	59.0%



## Cervical Cancer Screening

Elkader has a crude rate of 81.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 863rd out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Elkader is 81.0%, which ranks 816th out of 905 Iowa communities (136th out of 138 small communities).

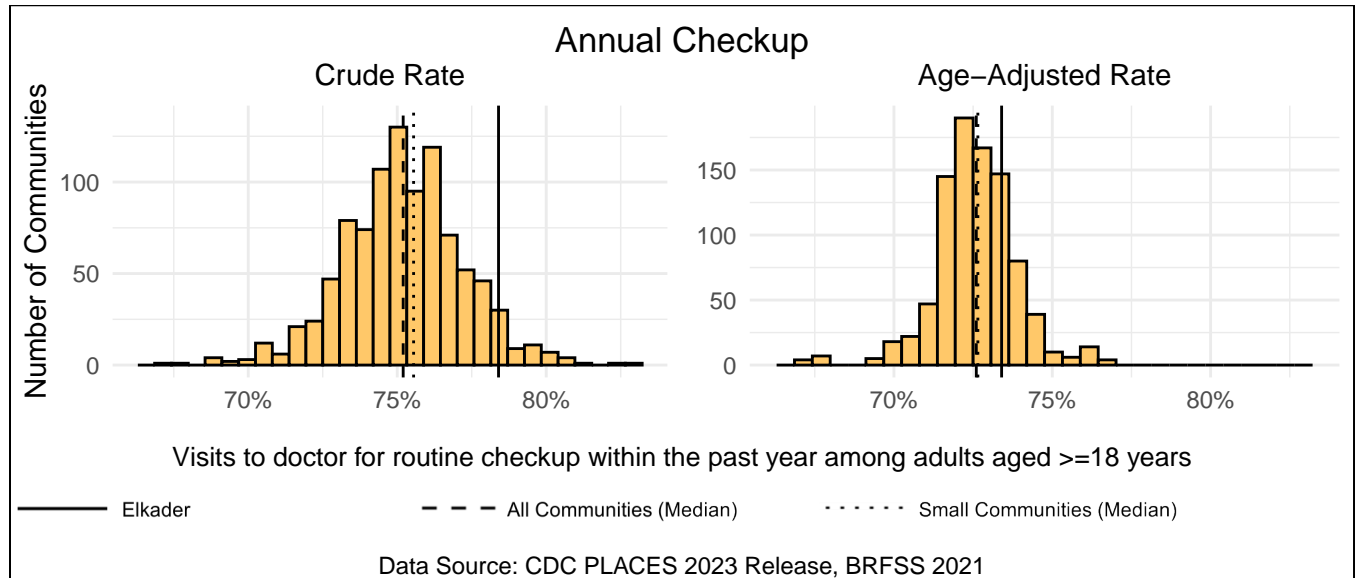
Measure Type	Elkader	All Comm.	Small Comm.
Crude	81.0%	83.3%	83.6%
Age-Adjusted	81.0%	83.2%	83.5%



## Annual Checkup

Elkader has a crude rate of 78.4% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 50th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Elkader is 73.4%, which ranks 190th out of 905 Iowa communities (35th out of 138 small communities).

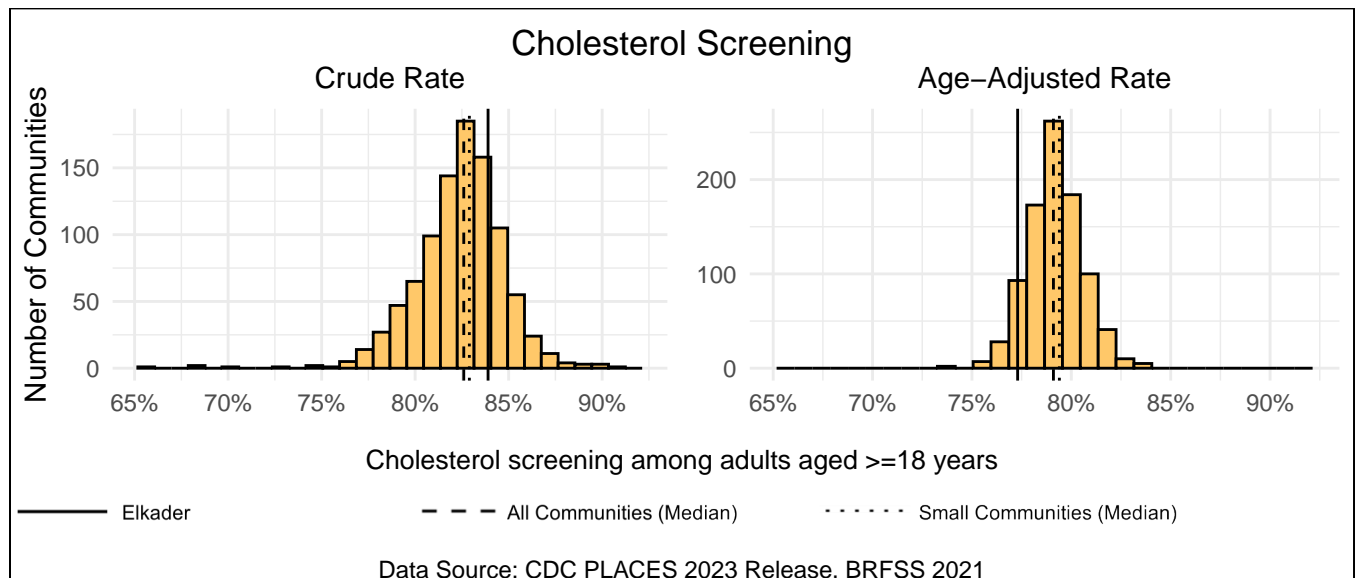
Measure Type	Elkader	All Comm.	Small Comm.
Crude	78.4%	75.2%	75.5%
Age-Adjusted	73.4%	72.6%	72.6%



## Cholesterol Screening

Elkader has a crude rate of 83.9% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 224th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Elkader is 77.3%, which ranks 831st out of 905 Iowa communities (132nd out of 138 small communities).

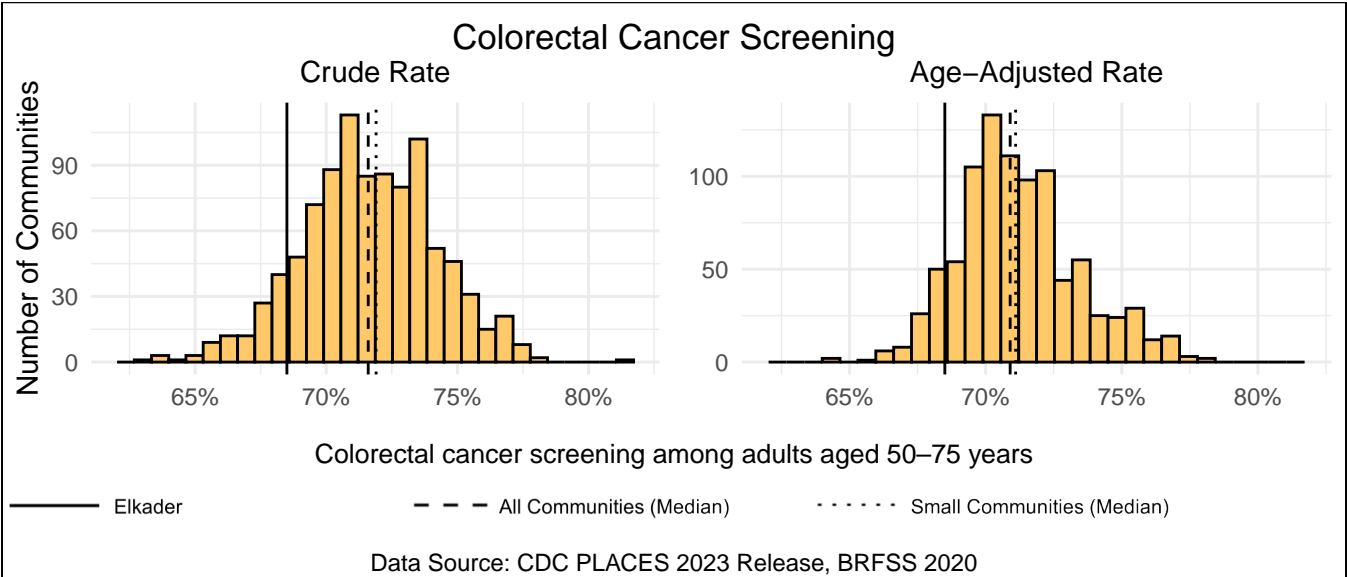
Measure Type	Elkader	All Comm.	Small Comm.
Crude	83.9%	82.6%	82.9%
Age-Adjusted	77.3%	79.1%	79.4%



## Colorectal Cancer Screening

Elkader has a crude rate of 68.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 851st out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Elkader is 68.5%, which ranks 813th out of 905 Iowa communities (130th out of 138 small communities).

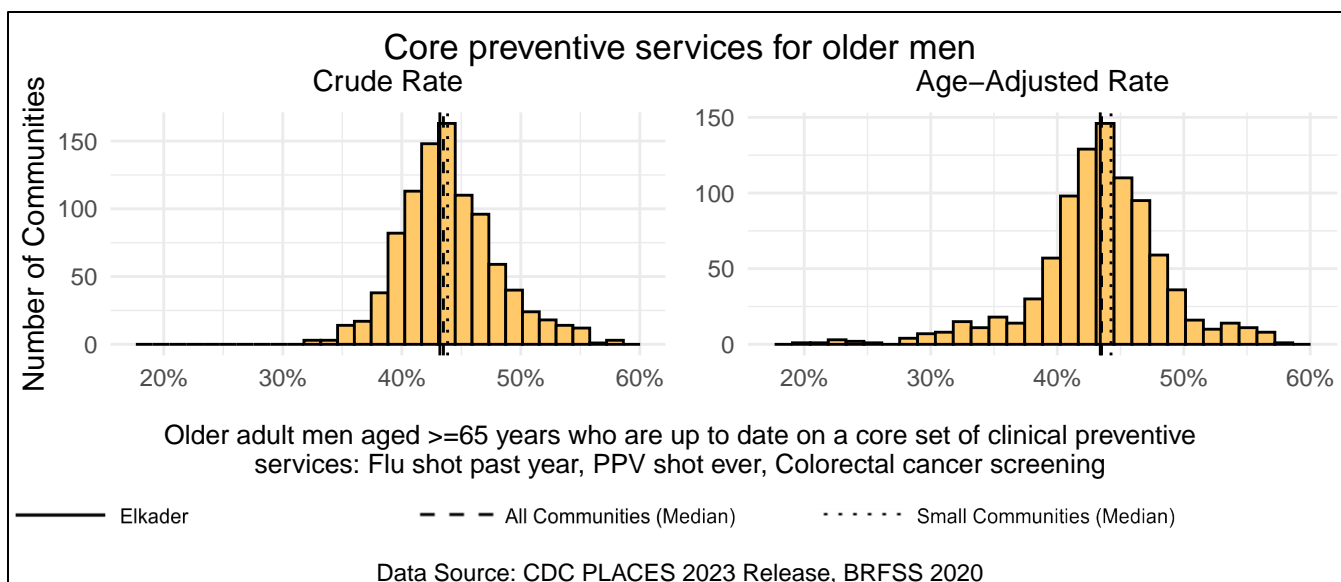
Measure Type	Elkader	All Comm.	Small Comm.
Crude	68.5%	71.6%	71.9%
Age-Adjusted	68.5%	70.9%	71.1%



## Core preventive services for older men

Elkader has a crude rate of 43.2% for older adult men aged  $\geq 65$  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 518th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Elkader is 43.4%, which ranks 457th out of 905 Iowa communities (84th out of 138 small communities).

Measure Type	Elkader	All Comm.	Small Comm.
Crude	43.2%	43.5%	43.8%
Age-Adjusted	43.4%	43.5%	44.2%

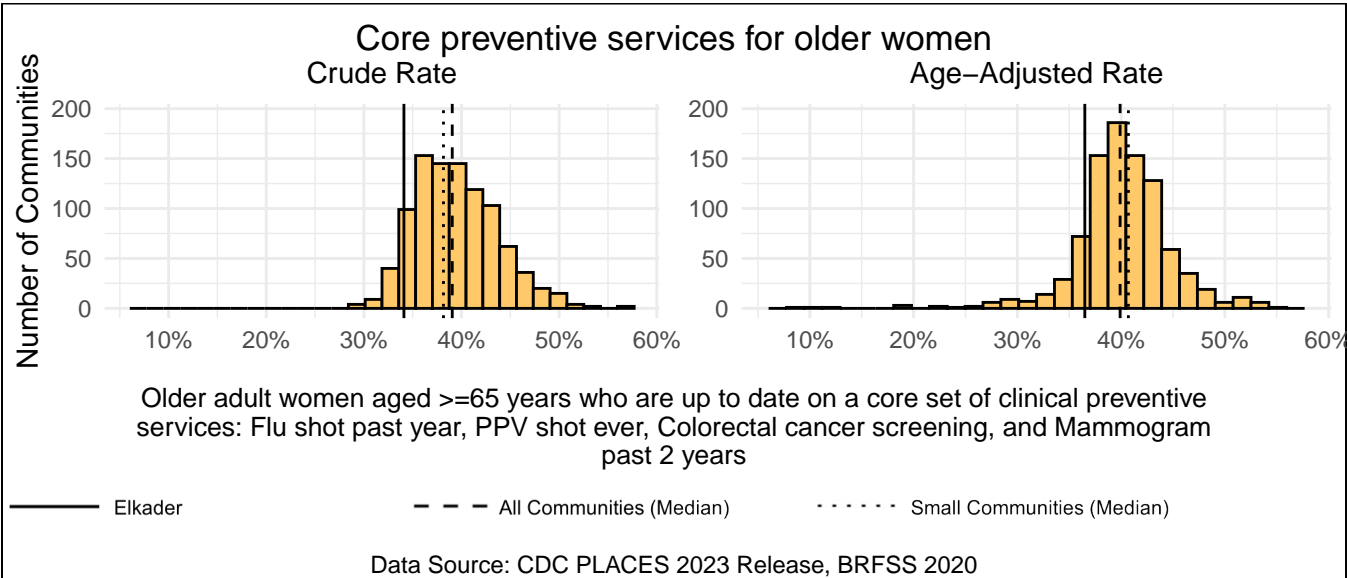




### Core preventive services for older women

Elkader has a crude rate of 34.1% for older adult women aged  $\geq 65$  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 882nd out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Elkader is 36.5%, which ranks 790th out of 905 Iowa communities (134th out of 138 small communities).

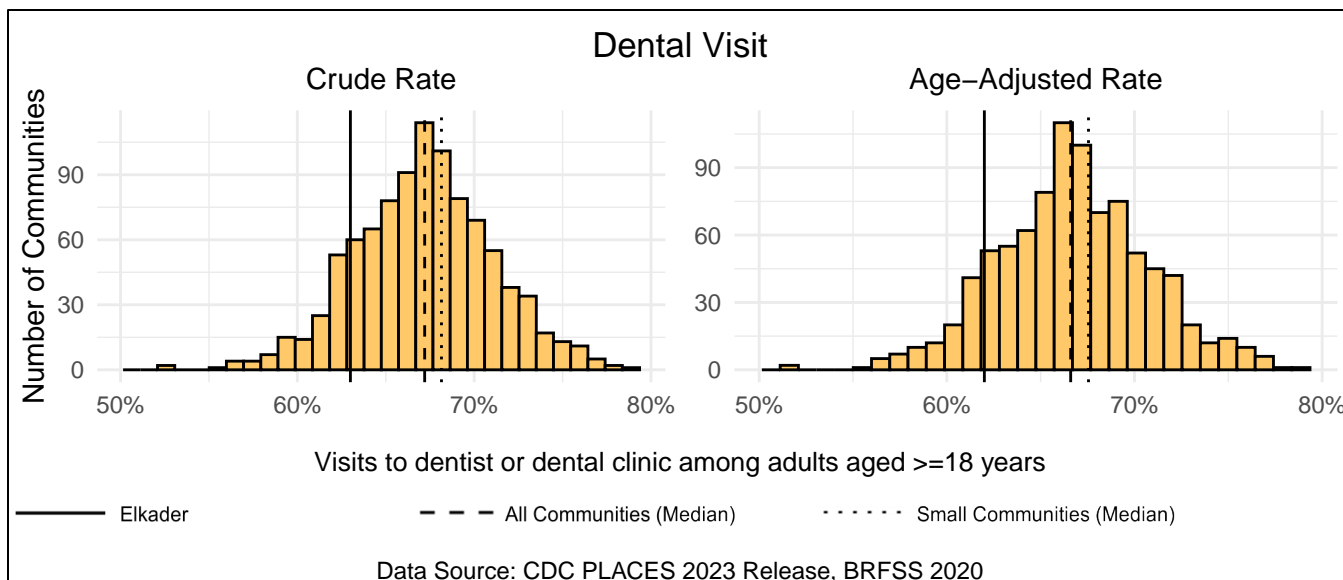
Measure Type	Elkader	All Comm.	Small Comm.
Crude	34.1%	39.0%	38.2%
Age-Adjusted	36.5%	39.9%	40.7%



### Dental Visit

Elkader has a crude rate of 63.0% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 822nd out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Elkader is 62.0%, which ranks 797th out of 905 Iowa communities (128th out of 138 small communities).

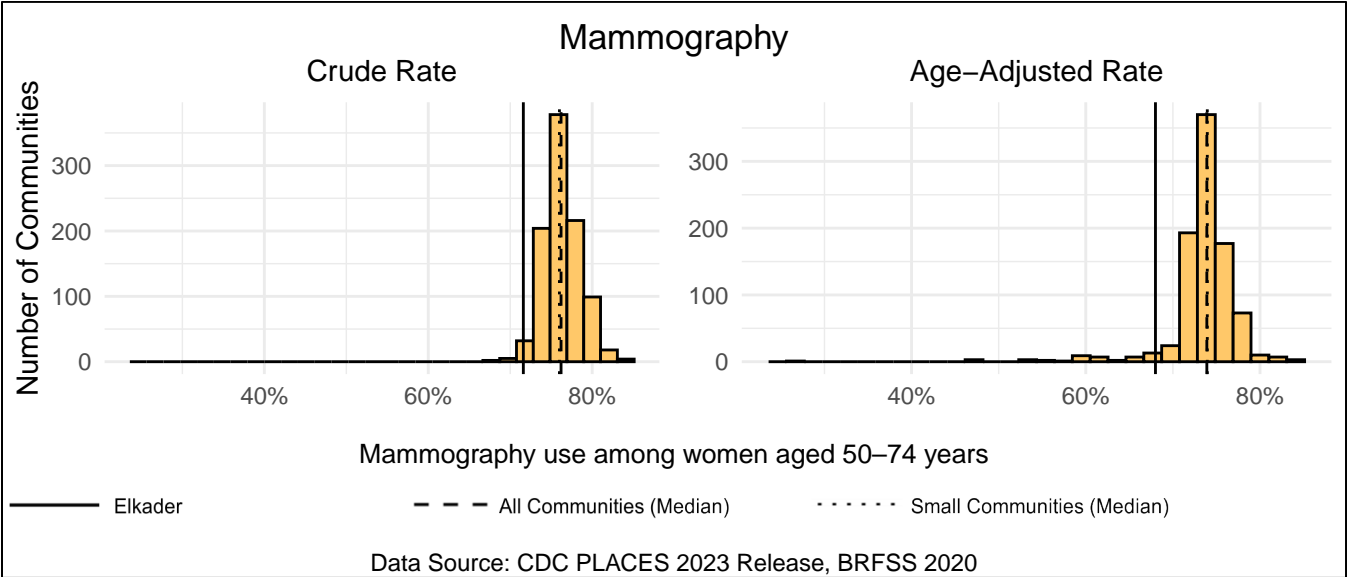
Measure Type	Elkader	All Comm.	Small Comm.
Crude	63.0%	67.2%	68.2%
Age-Adjusted	62.0%	66.6%	67.5%



# Mammography

Elkader has a crude rate of 71.6% for mammography use among women aged 50–74 years, which ranks 944th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Elkader is 68.0%, which ranks 865th out of 905 Iowa communities (137th out of 138 small communities).

Measure Type	Elkader	All Comm.	Small Comm.
Crude	71.6%	76.2%	76.0%
Age-Adjusted	68.0%	73.9%	74.0%



# Disability

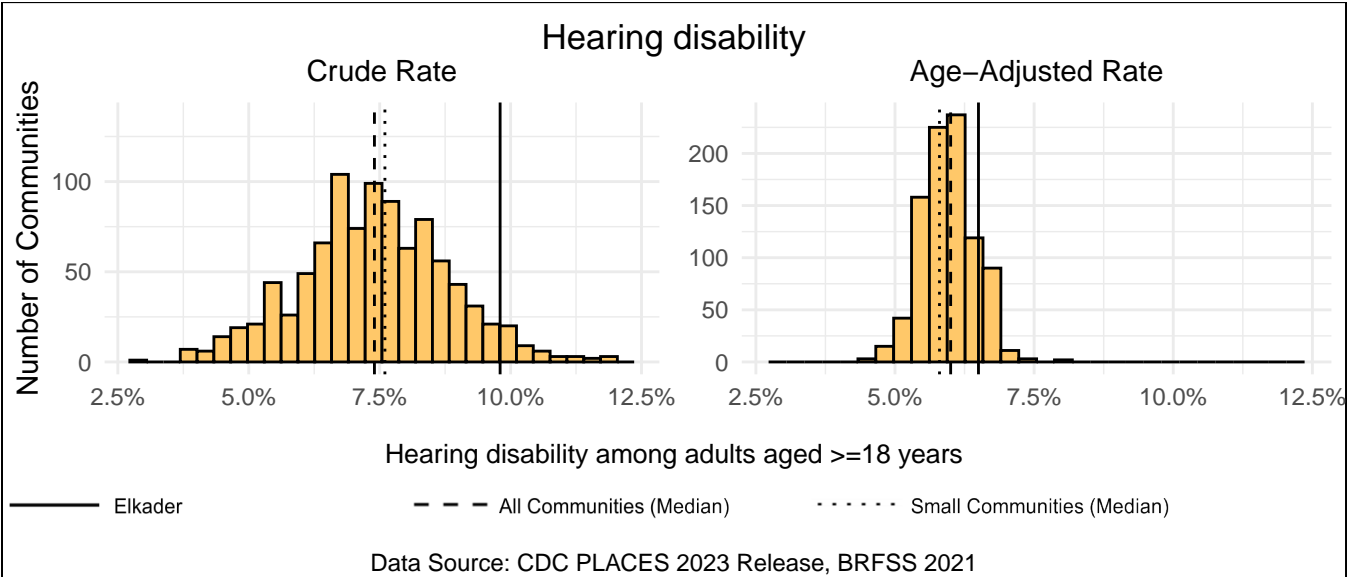
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Elkader has a crude rate of 9.8% for hearing disability among adults aged  $\geq 18$  years, which ranks 913th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Elkader is 6.5%, which ranks 766th out of 905 Iowa communities (129th out of 138 small communities).

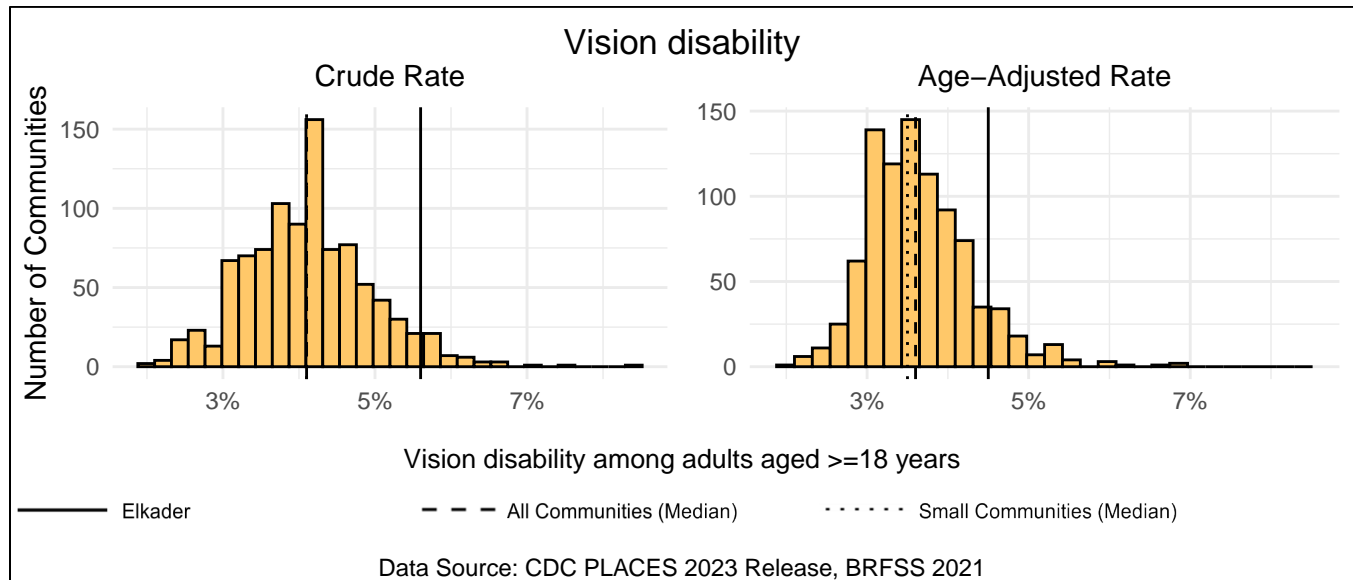
Measure Type	Elkader	All Comm.	Small Comm.
Crude	9.8%	7.4%	7.6%
Age-Adjusted	6.5%	6.0%	5.8%



## Vision disability

Elkader has a crude rate of 5.6% for vision disability among adults aged  $\geq 18$  years, which ranks 910th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Elkader is 4.5%, which ranks 809th out of 905 Iowa communities (128th out of 138 small communities).

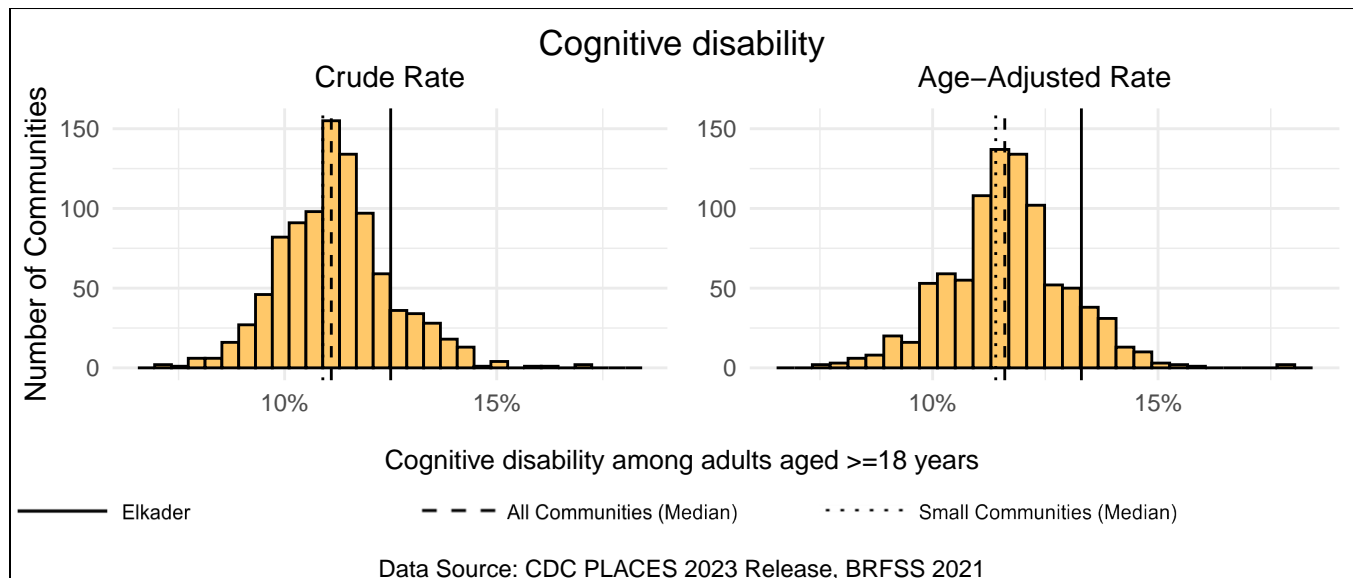
Measure Type	Elkader	All Comm.	Small Comm.
Crude	5.6%	4.1%	4.1%
Age-Adjusted	4.5%	3.6%	3.5%



## Cognitive disability

Elkader has a crude rate of 12.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 821st out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Elkader is 13.3%, which ranks 806th out of 905 Iowa communities (130th out of 138 small communities).

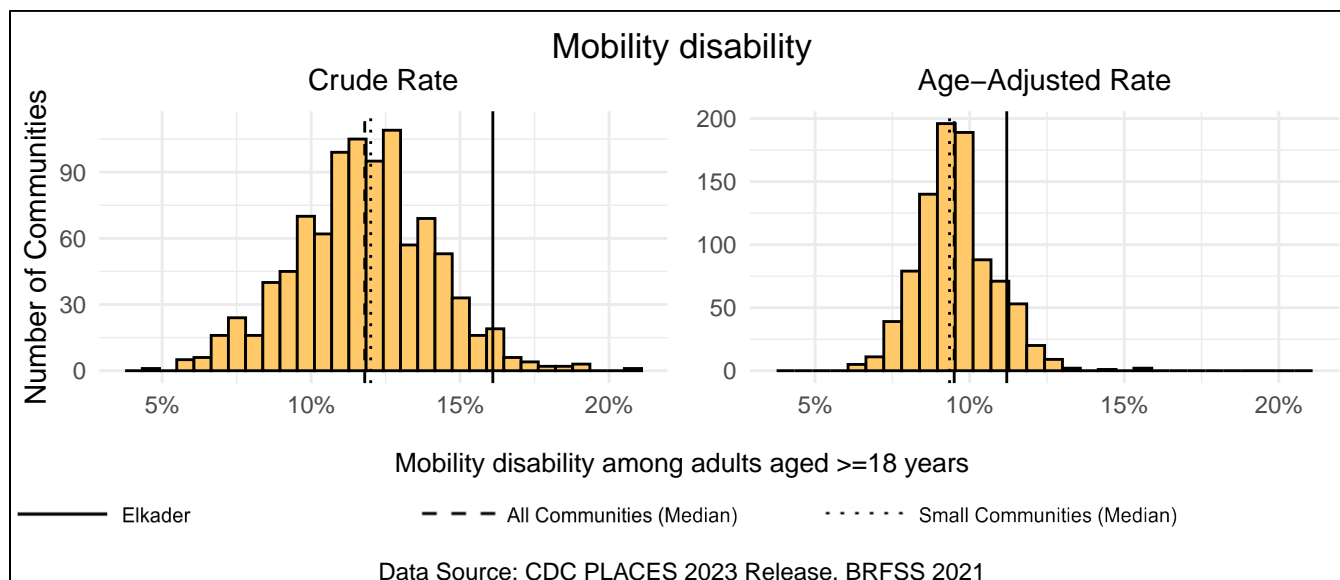
Measure Type	Elkader	All Comm.	Small Comm.
Crude	12.5%	11.1%	10.9%
Age-Adjusted	13.3%	11.6%	11.4%



## Mobility disability

Elkader has a crude rate of 16.1% for mobility disability among adults aged  $\geq 18$  years, which ranks 933rd out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Elkader is 11.2%, which ranks 812th out of 905 Iowa communities (130th out of 138 small communities).

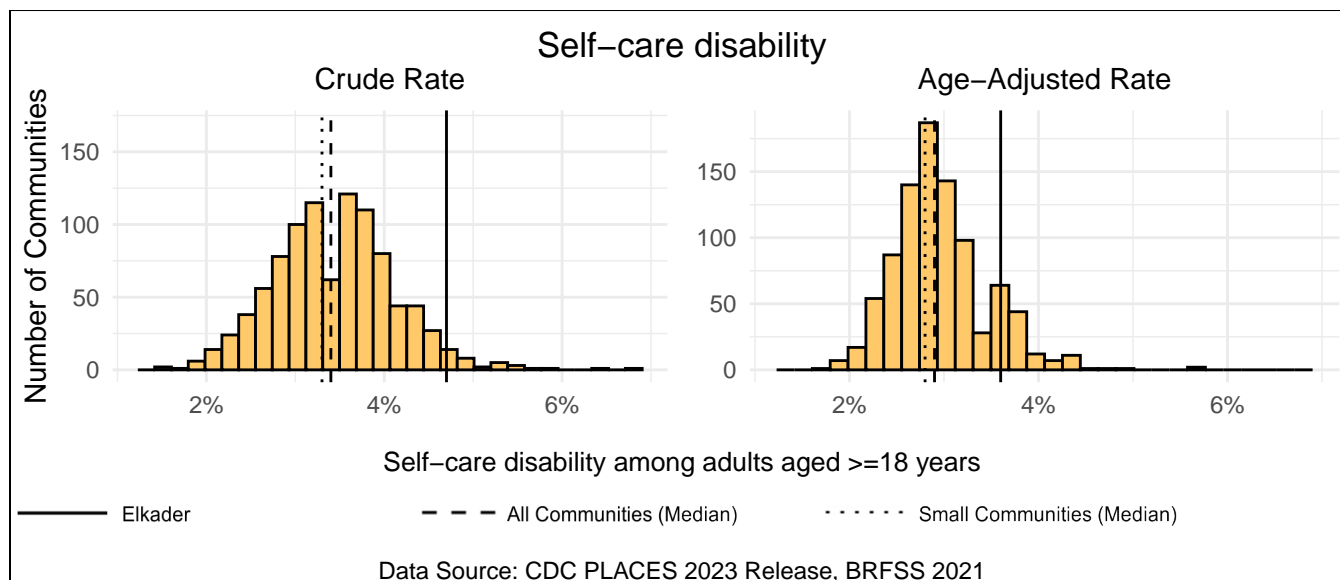
Measure Type	Elkader	All Comm.	Small Comm.
Crude	16.1%	11.8%	12.0%
Age-Adjusted	11.2%	9.5%	9.4%



## Self-care disability

Elkader has a crude rate of 4.7% for self-care disability among adults aged  $\geq 18$  years, which ranks 923rd out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Elkader is 3.6%, which ranks 798th out of 905 Iowa communities (129th out of 138 small communities).

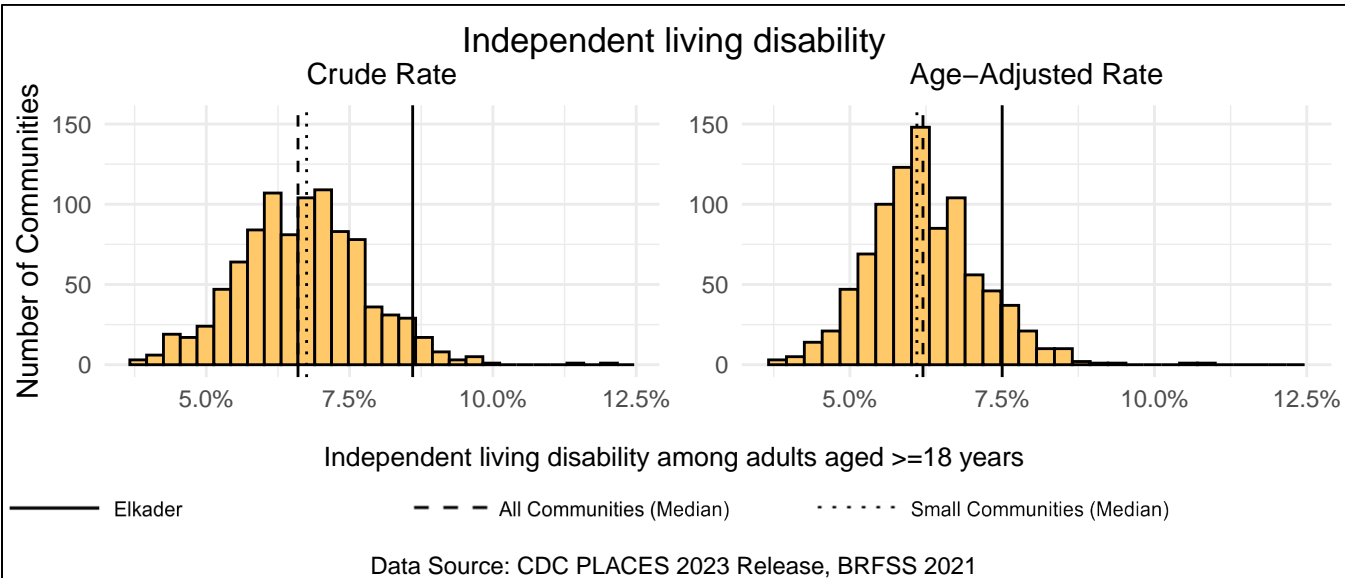
Measure Type	Elkader	All Comm.	Small Comm.
Crude	4.7%	3.4%	3.3%
Age-Adjusted	3.6%	2.9%	2.8%



### Independent living disability

Elkader has a crude rate of 8.6% for independent living disability among adults aged  $\geq 18$  years, which ranks 913th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Elkader is 7.5%, which ranks 822nd out of 905 Iowa communities (130th out of 138 small communities).

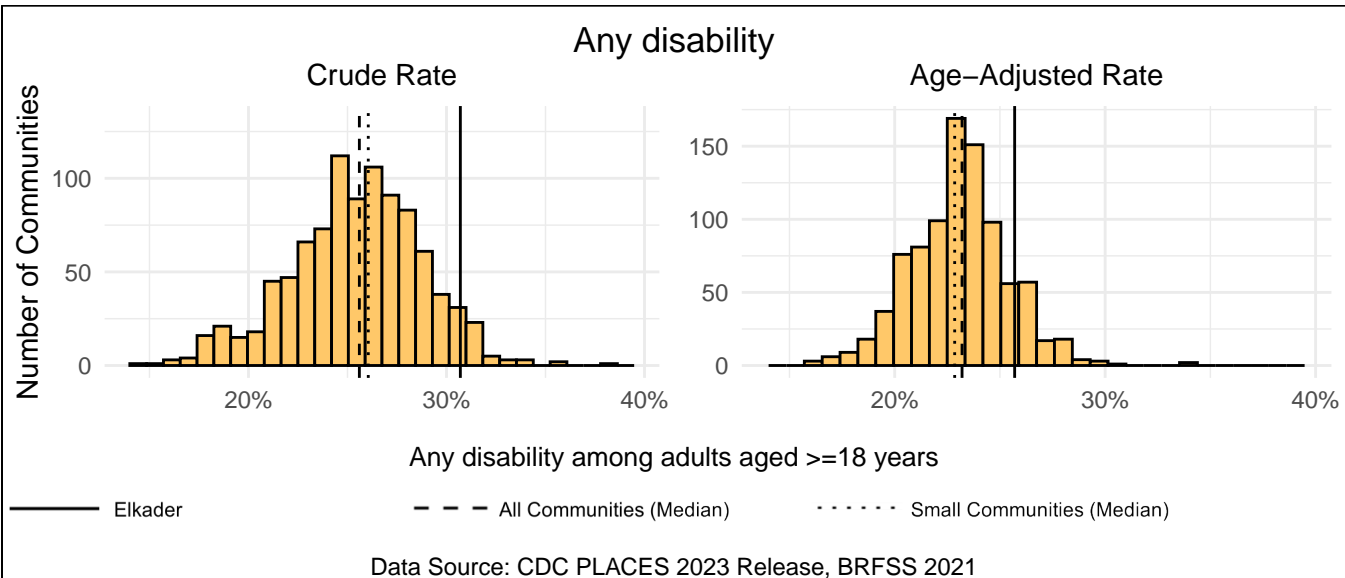
Measure Type	Elkader	All Comm.	Small Comm.
Crude	8.6%	6.6%	6.8%
Age-Adjusted	7.5%	6.2%	6.1%



### Any disability

Elkader has a crude rate of 30.7% for any disability among adults aged  $\geq 18$  years, which ranks 910th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Elkader is 25.7%, which ranks 796th out of 905 Iowa communities (129th out of 138 small communities).

Measure Type	Elkader	All Comm.	Small Comm.
Crude	30.7%	25.6%	26.0%
Age-Adjusted	25.7%	23.2%	22.8%



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## 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: Elkader 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	514	14.4% (12.4% - 16.6%)	834	16.9% (14.4% - 19.4%)
Health Status	Physical Health	921	13.0% (11.0% - 15.2%)	806	11.0% (9.3% - 12.9%)
Health Status	General Health	916	18.1% (15.0% - 22.0%)	799	15.1% (12.5% - 18.0%)
Health Risk Behaviors	Sleep <7 hours	405	30.0% (28.4% - 31.6%)	522	31.5% (29.7% - 33.2%)
Health Risk Behaviors	Current Smoking	835	19.1% (15.1% - 23.6%)	855	20.9% (16.7% - 25.4%)
Health Risk Behaviors	Physical Inactivity	937	31.9% (26.1% - 37.7%)	839	28.3% (23.2% - 33.6%)
Health Risk Behaviors	Binge Drinking	66	16.7% (13.9% - 19.9%)	249	21.4% (17.9% - 25.3%)
Health Outcomes	COPD	917	9.7% (7.9% - 12.0%)	822	7.4% (6.1% - 8.9%)
Health Outcomes	Cancer (except skin)	859	9.8% (8.8% - 10.8%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	Diabetes	918	12.8% (10.9% - 15.0%)	782	9.2% (7.8% - 10.8%)
Health Outcomes	All Teeth Lost	917	17.1% (10.5% - 24.5%)	834	16.0% (10.5% - 22.1%)
Health Outcomes	High Cholesterol	910	40.4% (35.7% - 45.1%)	757	30.7% (26.5% - 35.3%)
Health Outcomes	Coronary Heart Disease	919	8.8% (7.6% - 10.2%)	797	5.6% (4.8% - 6.4%)
Health Outcomes	High Blood Pressure	935	39.2% (34.8% - 43.7%)	856	29.8% (26.0% - 33.8%)
Health Outcomes	Obesity	832	40.3% (33.2% - 47.7%)	813	40.6% (33.4% - 48.3%)
Health Outcomes	Arthritis	906	32.8% (28.5% - 37.4%)	707	24.1% (20.8% - 27.8%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.9%)	762	9.9% (8.6% - 11.2%)
Health Outcomes	Stroke	921	4.4% (3.7% - 5.1%)	781	2.9% (2.5% - 3.3%)
Health Outcomes	Depression	196	17.2% (14.1% - 20.5%)	489	19.2% (15.8% - 23.0%)
Health Outcomes	Chronic Kidney Disease	890	4.0% (3.6% - 4.5%)	762	2.8% (2.5% - 3.1%)
Prevention	Mammography	944	71.6% (66.8% - 76.5%)	865	68.0% (63.2% - 72.8%)
Prevention	Dental Visit	822	63.0% (58.9% - 66.6%)	797	62.0% (57.8% - 66.1%)
Prevention	Cervical Cancer Screening	863	81.0% (78.0% - 83.9%)	816	81.0% (78.1% - 83.9%)
Prevention	Cholesterol Screening	224	83.9% (81.1% - 86.5%)	831	77.3% (73.6% - 80.9%)
Prevention	Core preventive services for older women	882	34.1% (26.7% - 42.2%)	790	36.5% (29.1% - 43.7%)
Prevention	Health Insurance	752	8.2% (6.0% - 10.6%)	761	9.0% (6.7% - 11.9%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	851	68.5% (65.0% - 71.8%)	813	68.5% (65.1% - 71.8%)
Prevention	Core preventive services for older men	518	43.2% (34.1% - 52.8%)	457	43.4% (34.8% - 52.6%)
Prevention	Taking BP Medication	39	84.0% (81.1% - 86.5%)	25	61.2% (56.4% - 65.8%)
Prevention	Annual Checkup	50	78.4% (74.1% - 82.4%)	190	73.4% (68.5% - 78.1%)
Disability	Independent Living Disability	913	8.6% (7.1% - 10.6%)	822	7.5% (6.3% - 9.0%)
Disability	Self-care Disability	923	4.7% (3.9% - 5.6%)	798	3.6% (3.1% - 4.3%)
Disability	Cognitive Disability	821	12.5% (10.3% - 15.0%)	806	13.3% (11.2% - 15.9%)
Disability	Mobility Disability	933	16.1% (13.2% - 19.0%)	812	11.2% (9.4% - 13.3%)
Disability	Vision Disability	910	5.6% (4.7% - 6.7%)	809	4.5% (3.8% - 5.4%)
Disability	Any Disability	910	30.7% (26.4% - 35.8%)	796	25.7% (21.7% - 29.9%)
Disability	Hearing Disability	913	9.8% (8.5% - 11.2%)	766	6.5% (5.8% - 7.4%)

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

Elkader 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		