



## Iowa Community Health Snapshot Series

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



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*By Matthew Voss & Shawn Dorius*

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# Iowa Community Health Snapshot Series

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# Health in Emmetsburg: Overview

Dear Community Members & Stakeholders of Emmetsburg,

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 Emmetsburg ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Emmetsburg’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 Emmetsburg. 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
Current Smoking	63rd	15th	Annual Checkup	66th	11th
Sleep <7 hours	81st	15th	Hearing Disability	110th	25th
Dental Visit	122nd	21st	Stroke	116th	24th
Core preventive services for older men	156th	16th	Coronary Heart Disease	120th	26th
Colorectal Cancer Screening	177th	25th	Core preventive services for older men	120th	17th

## 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
Mammography	753rd	87th	Taking BP Medication	685th	81st
Cancer (except skin)	632nd	69th	High Blood Pressure	644th	63rd
Cholesterol Screening	581st	48th	Binge Drinking	478th	64th
High Blood Pressure	535th	61st	Obesity	462nd	46th
Core preventive services for older women	492nd	40th	Cancer (except skin)	418th	41st

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 Emmetsburg.

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.

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## How to Use this Report

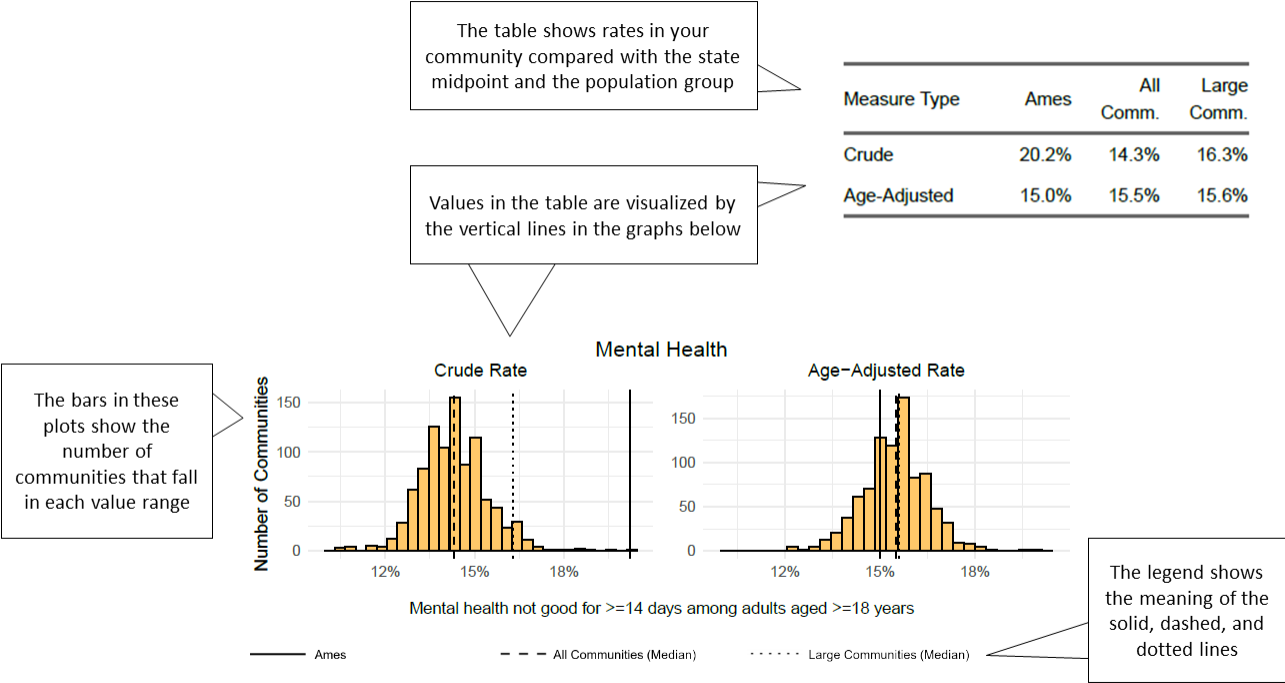
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Emmetsburg that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Emmetsburg, a review of risky behaviors in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

With a population of 3,671, Emmetsburg’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

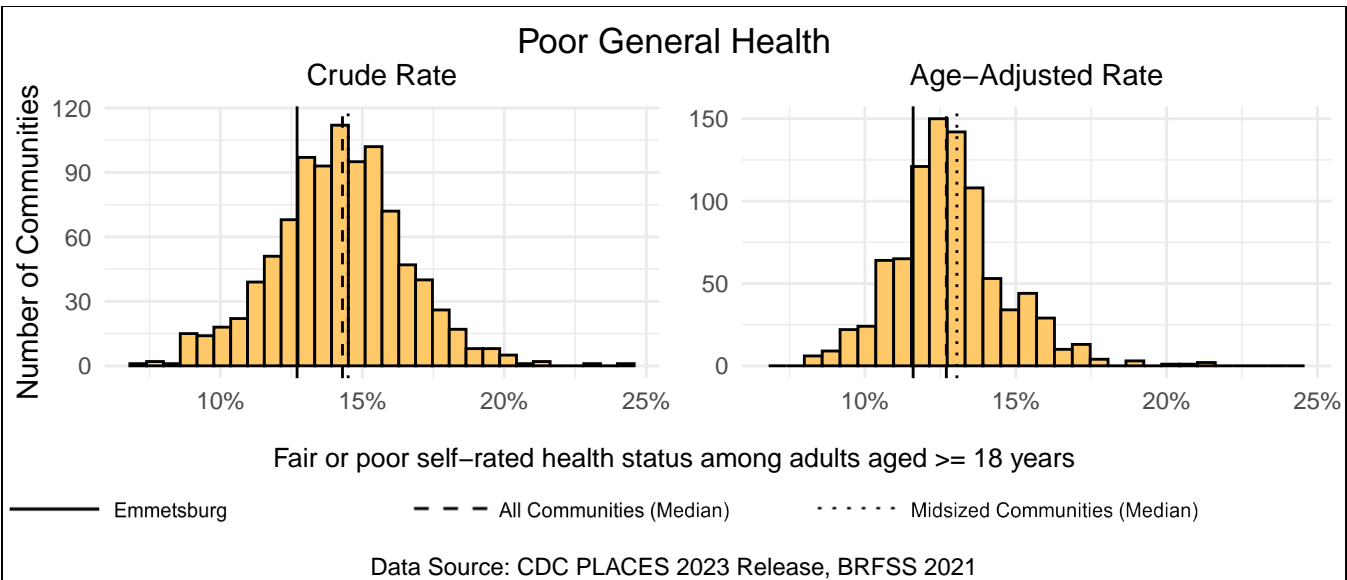
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Emmetsburg has a crude rate of 12.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 221st out of 958 Iowa communities (32nd out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 11.6%, which ranks 191st out of 905 Iowa communities (34th out of 102 midsize communities).

Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	12.7%	14.3%	14.5%
Age-Adjusted	11.6%	12.7%	13.0%

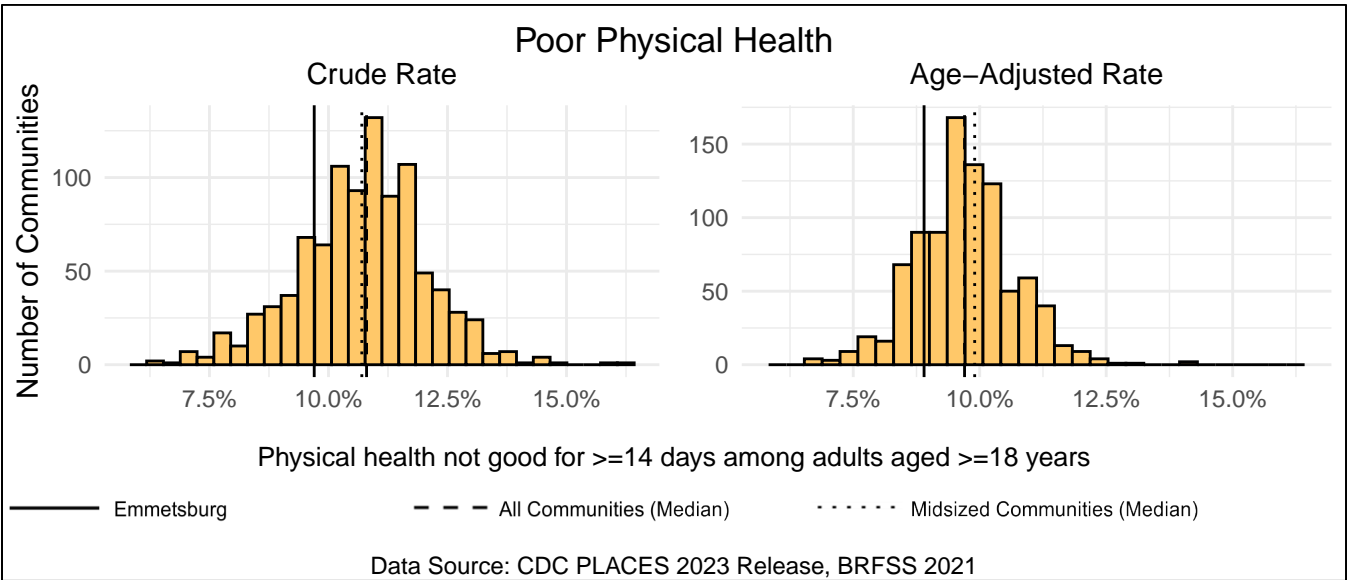




# Poor Physical Health

Emmetsburg has a crude rate of 9.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 183rd out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 8.9%, which ranks 160th out of 905 Iowa communities (26th out of 102 mid-sized communities).

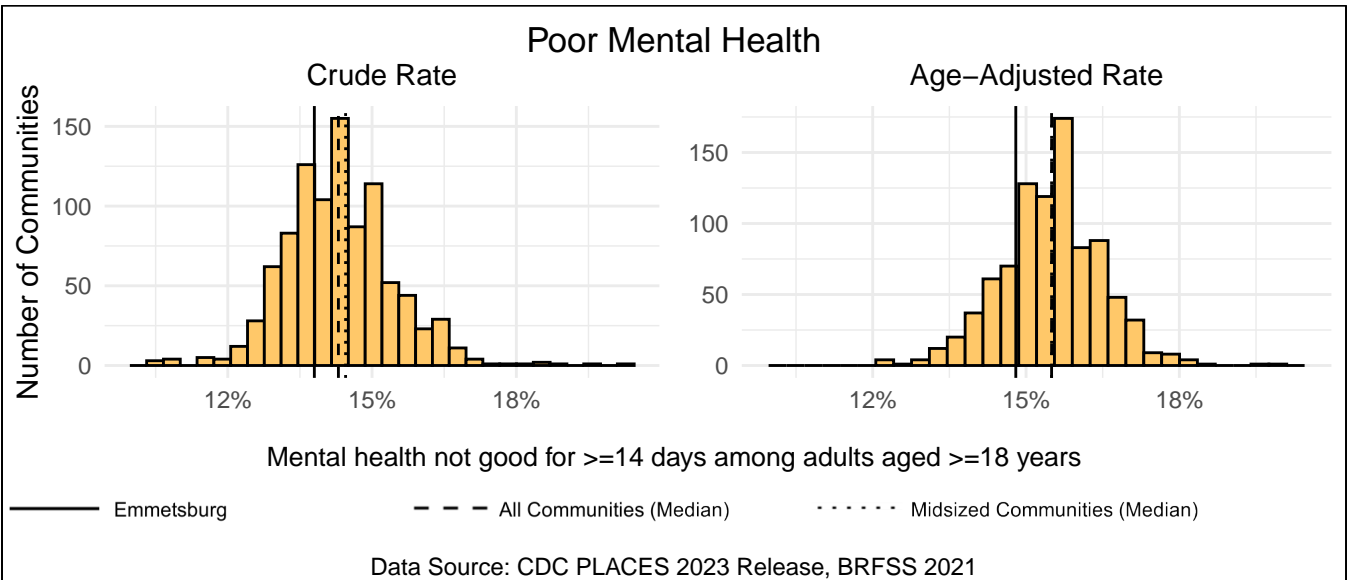
Measure Type	Emmetsburg	All Comm.	Mid-sized Comm.
Crude	9.7%	10.8%	10.7%
Age-Adjusted	8.9%	9.7%	9.9%



# Poor Mental Health

Emmetsburg has a crude rate of 13.8% for mental health not good for >=14 days among adults aged >=18 years, which ranks 291st out of 958 Iowa communities (23rd out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 14.8%, which ranks 189th out of 905 Iowa communities (28th out of 102 mid-sized communities).

Measure Type	Emmetsburg	All Comm.	Mid-sized Comm.
Crude	13.8%	14.3%	14.4%
Age-Adjusted	14.8%	15.5%	15.5%



# Health Risk Behaviors

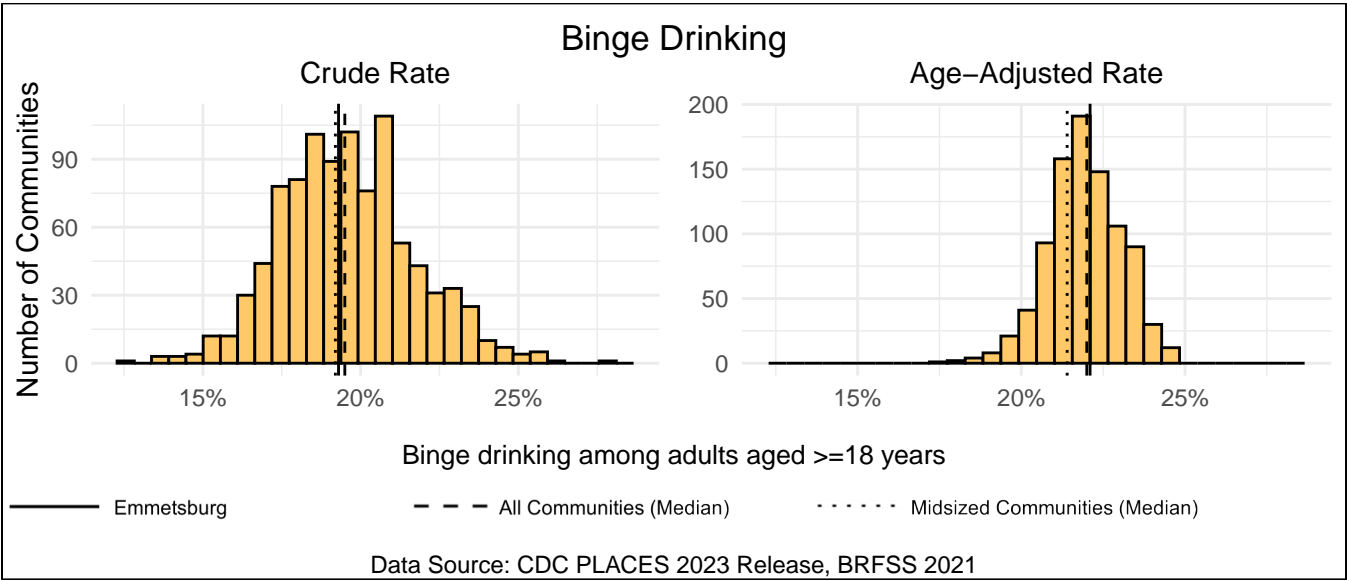
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Emmetsburg has a crude rate of 19.3% for binge drinking among adults aged  $\geq 18$  years, which ranks 441st out of 958 Iowa communities (53rd out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 22.1%, which ranks 478th out of 905 Iowa communities (64th out of 102 midsize communities).

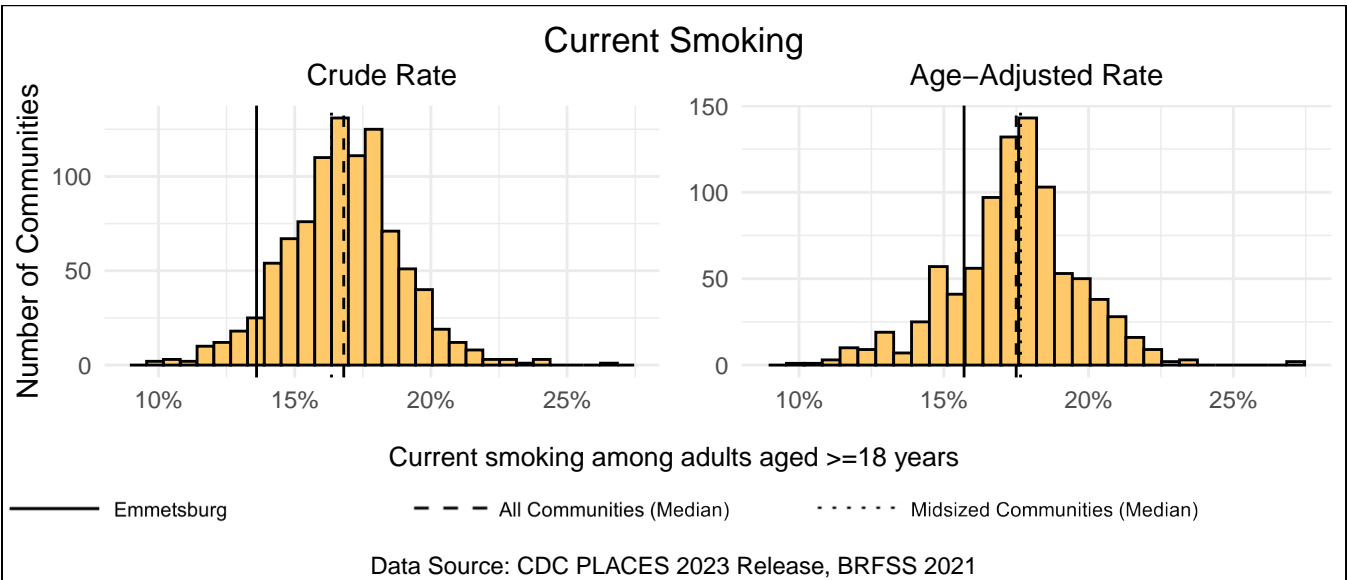
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	19.3%	19.5%	19.2%
Age-Adjusted	22.1%	22.0%	21.4%



# Current Smoking

Emmetsburg has a crude rate of 13.6% for current smoking among adults aged >=18 years, which ranks 63rd out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 15.7%, which ranks 168th out of 905 Iowa communities (30th out of 102 mid-sized communities).

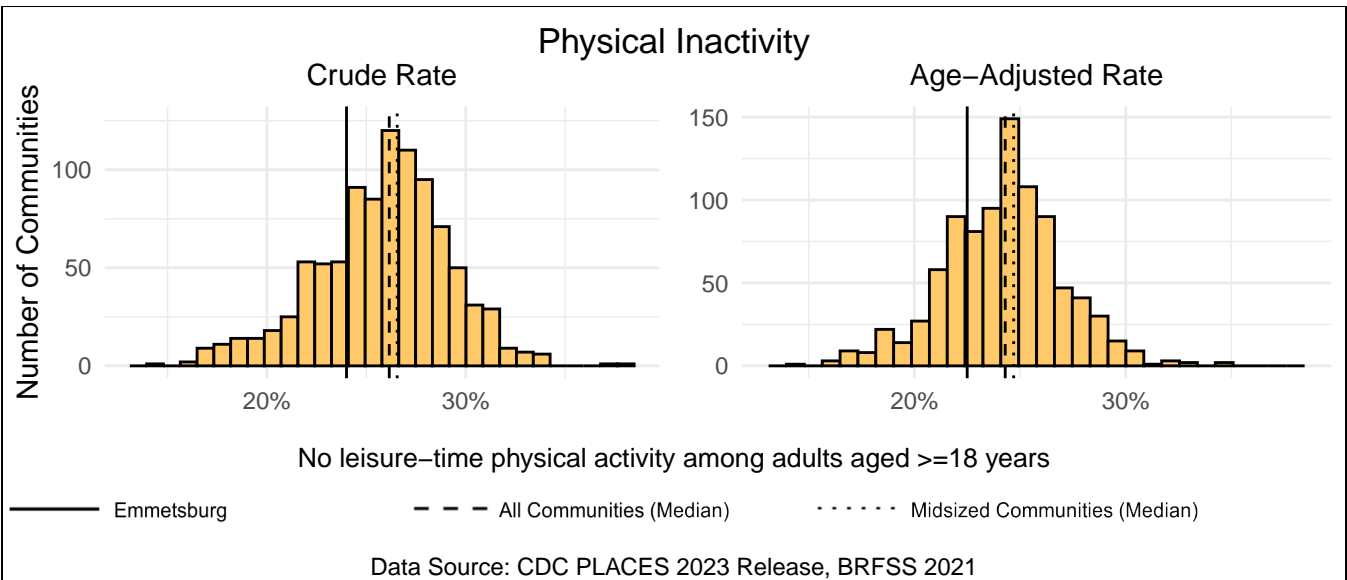
Measure Type	Emmetsburg	All Comm.	Mid-sized Comm.
Crude	13.6%	16.8%	16.4%
Age-Adjusted	15.7%	17.5%	17.6%



# Physical Inactivity

Emmetsburg has a crude rate of 24.0% for no leisure-time physical activity among adults aged >=18 years, which ranks 245th out of 958 Iowa communities (33rd out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 22.5%, which ranks 233rd out of 905 Iowa communities (32nd out of 102 mid-sized communities).

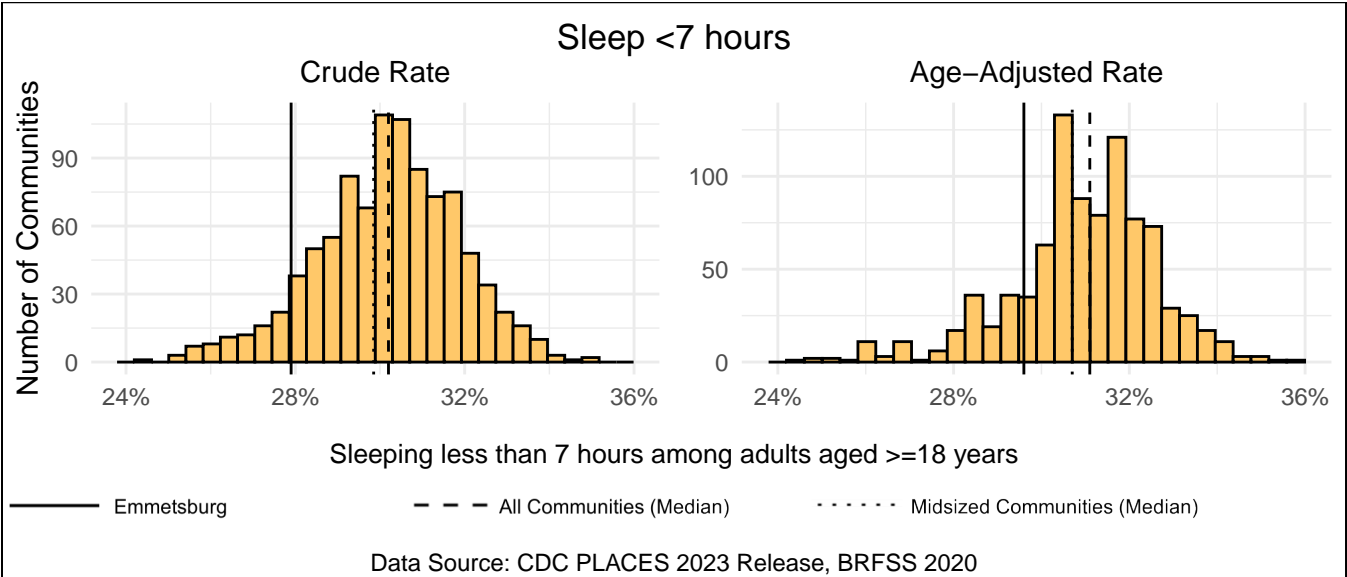
Measure Type	Emmetsburg	All Comm.	Mid-sized Comm.
Crude	24.0%	26.1%	26.6%
Age-Adjusted	22.5%	24.3%	24.7%



# Sleep <7 hours

Emmetsburg has a crude rate of 27.9% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 81st out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 29.6%, which ranks 155th out of 905 Iowa communities (25th out of 102 mid-sized communities).

Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	27.9%	30.2%	29.8%
Age-Adjusted	29.6%	31.1%	30.7%



# Health Outcomes

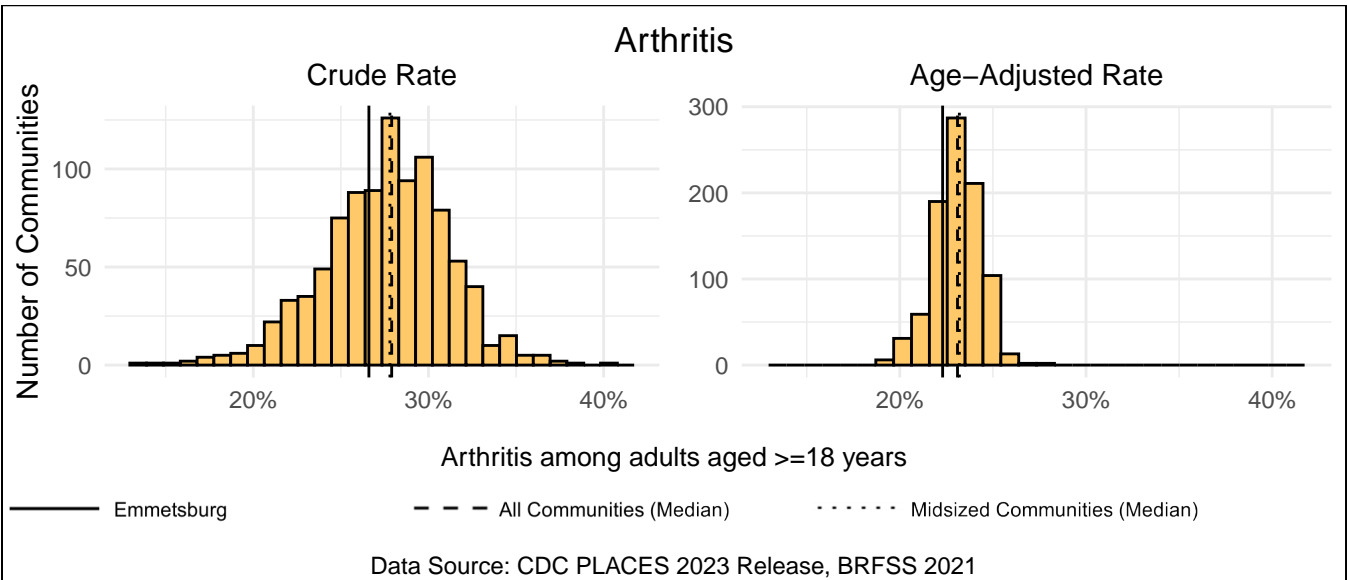
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Emmetsburg has a crude rate of 26.6% for arthritis among adults aged  $\geq 18$  years, which ranks 349th out of 958 Iowa communities (37th out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 22.3%, which ranks 210th out of 905 Iowa communities (30th out of 102 midsize communities).

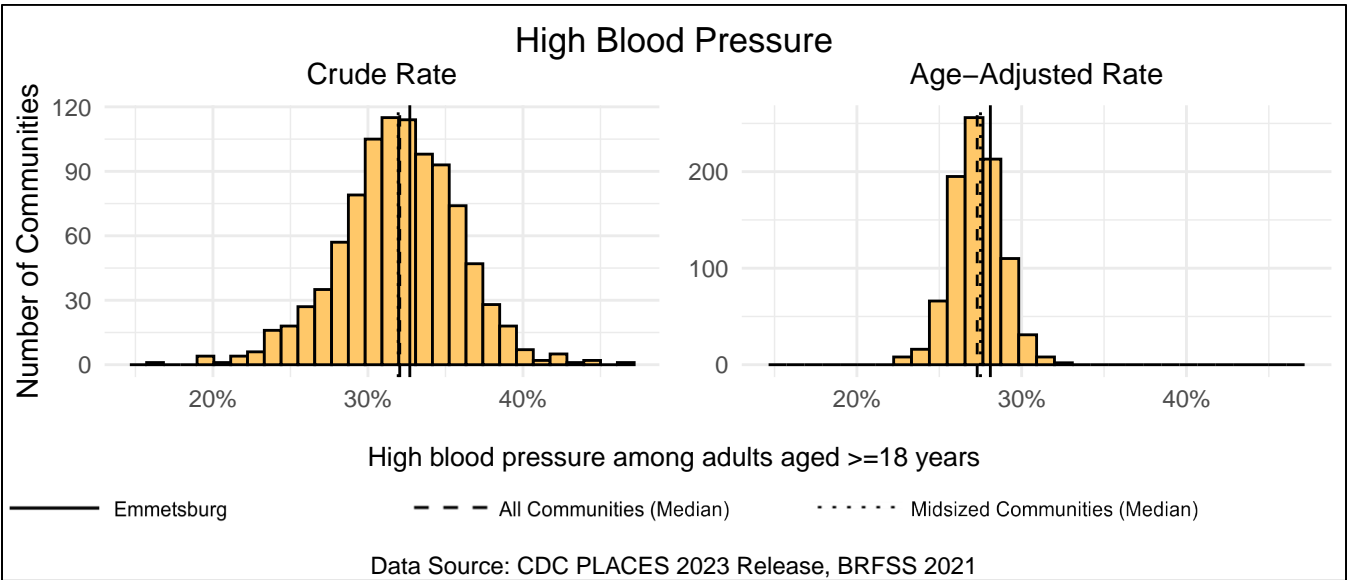
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	26.6%	27.9%	27.8%
Age-Adjusted	22.3%	23.1%	23.2%



# High Blood Pressure

Emmetsburg has a crude rate of 32.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 535th out of 958 Iowa communities (61st out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 28.1%, which ranks 644th out of 905 Iowa communities (63rd out of 102 midsized communities).

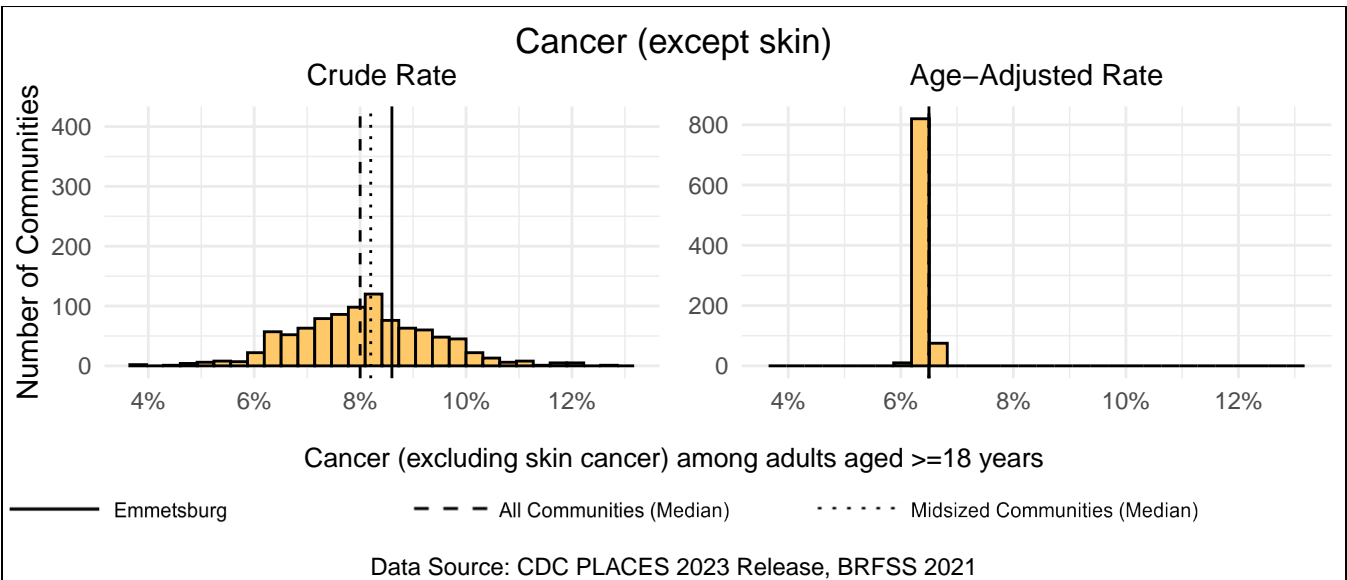
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	32.7%	32.0%	32.0%
Age-Adjusted	28.1%	27.3%	27.5%



# Cancer (except skin)

Emmetsburg has a crude rate of 8.6% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 632nd out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

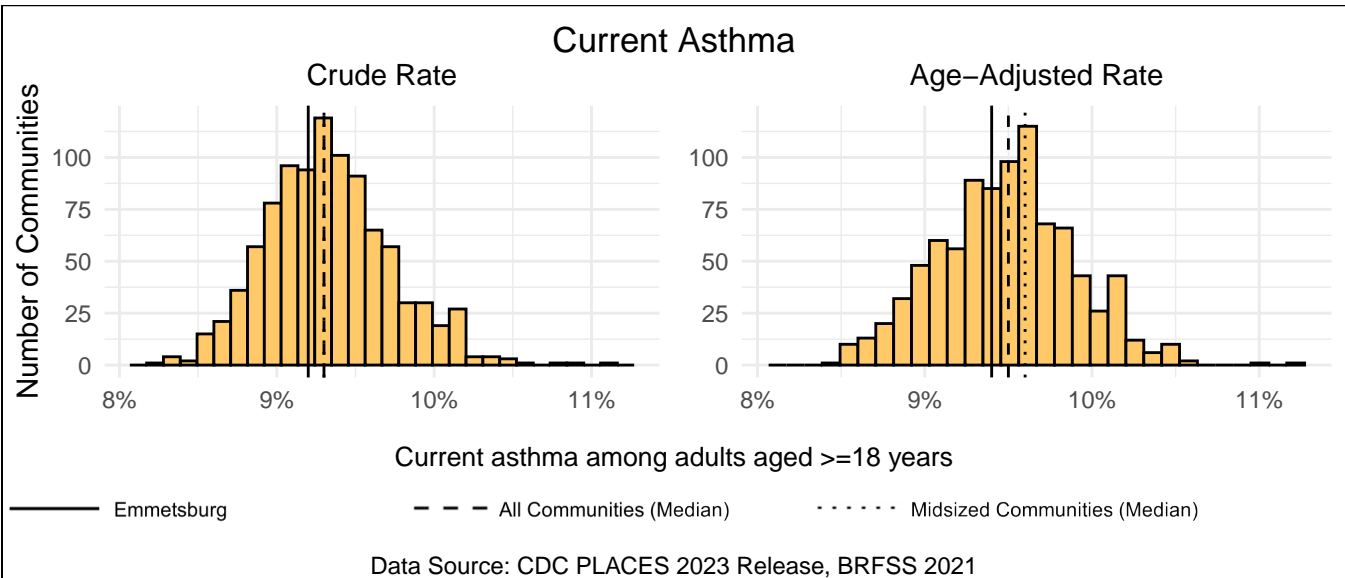
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	8.6%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Emmetsburg has a crude rate of 9.2% for current asthma among adults aged  $\geq 18$  years, which ranks 311th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 9.4%, which ranks 330th out of 905 Iowa communities (33rd out of 102 midsize communities).

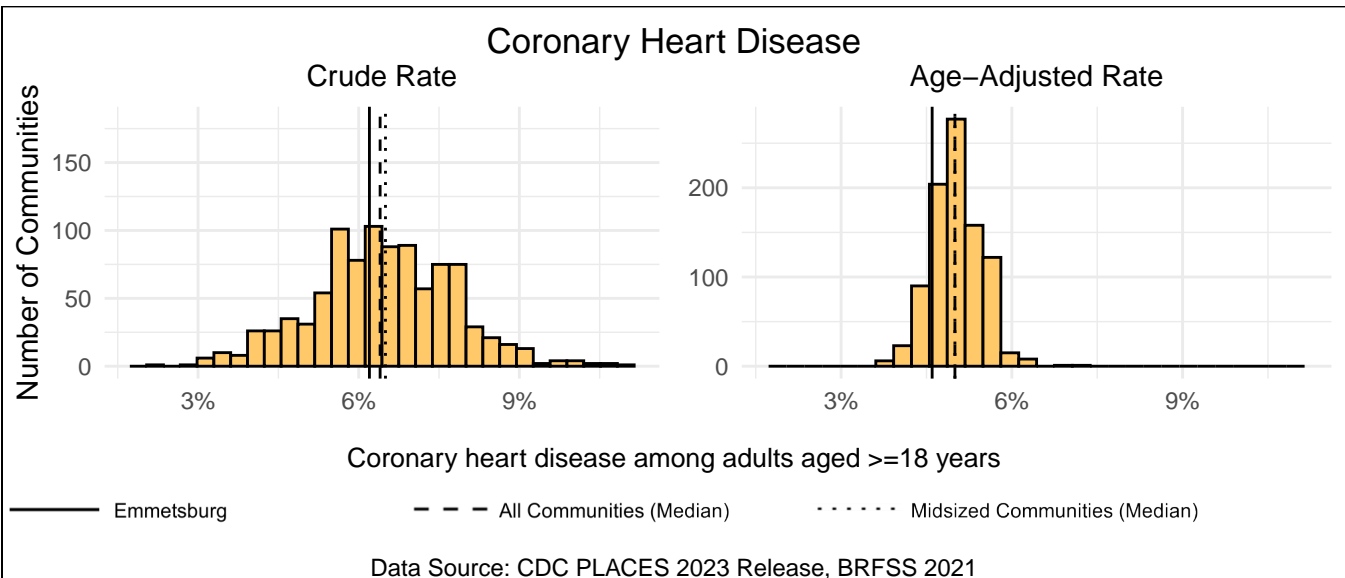
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.6%



## Coronary Heart Disease

Emmetsburg has a crude rate of 6.2% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 378th out of 958 Iowa communities (38th out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 4.6%, which ranks 120th out of 905 Iowa communities (26th out of 102 midsize communities).

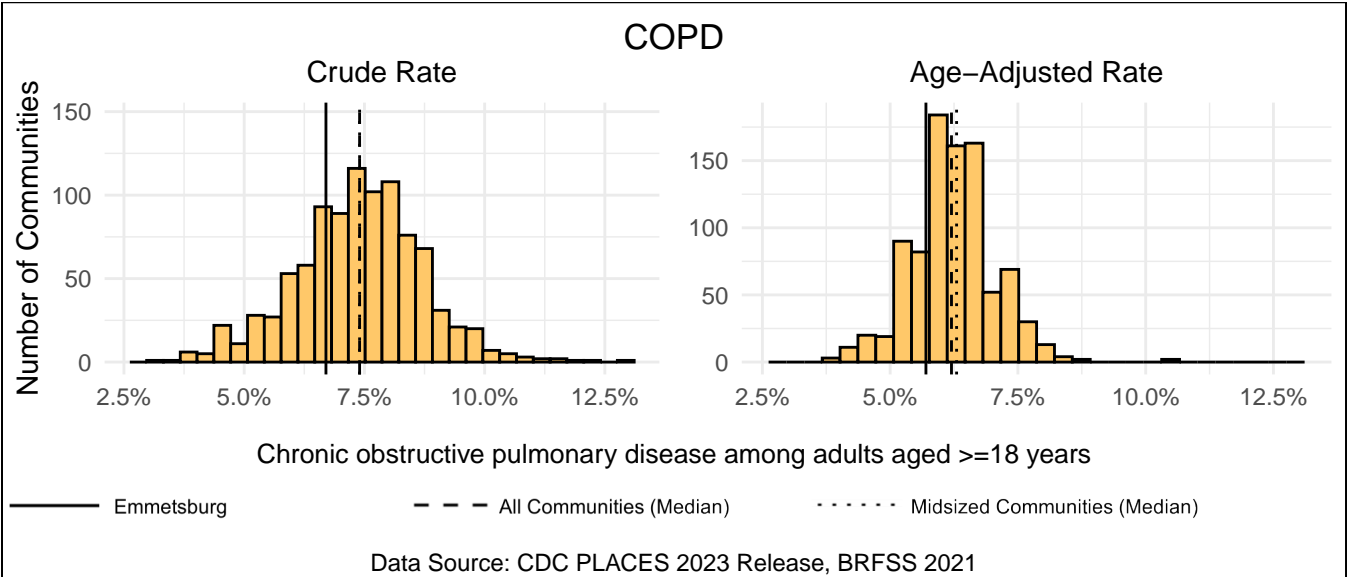
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	6.2%	6.4%	6.5%
Age-Adjusted	4.6%	5.0%	5.0%



# COPD

Emmetsburg has a crude rate of 6.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 250th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 5.7%, which ranks 183rd out of 905 Iowa communities (30th out of 102 mid-sized communities).

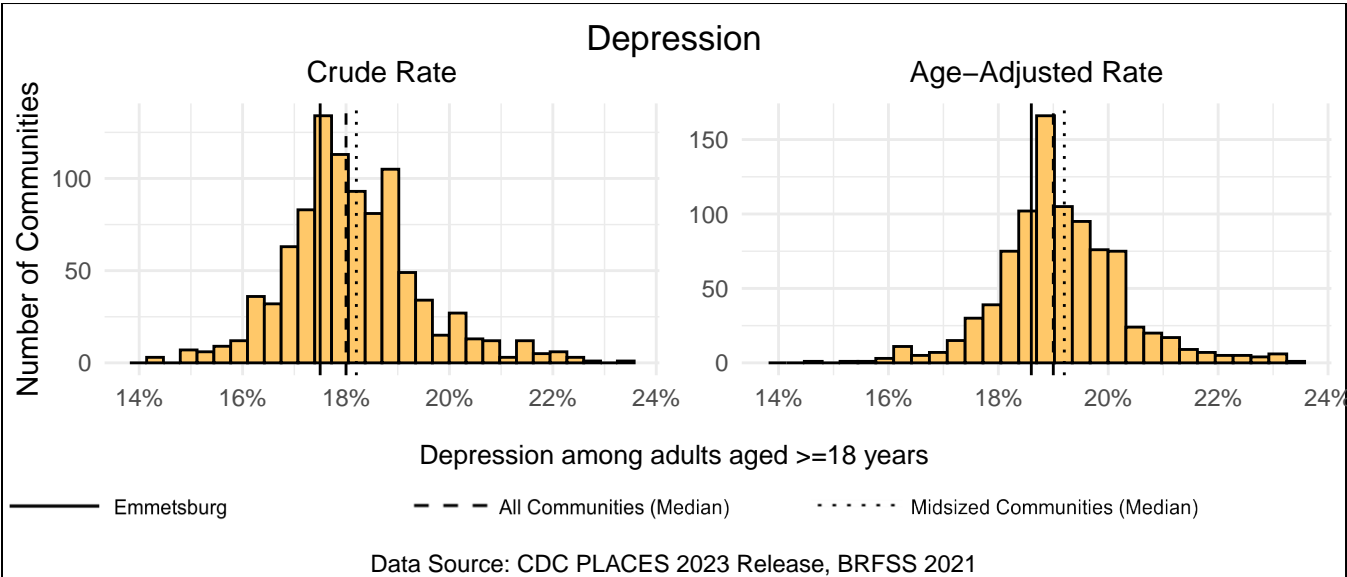
Measure Type	Emmetsburg	All Comm.	Mid-sized Comm.
Crude	6.7%	7.4%	7.4%
Age-Adjusted	5.7%	6.2%	6.3%



# Depression

Emmetsburg has a crude rate of 17.5% for depression among adults aged  $\geq 18$  years, which ranks 284th out of 958 Iowa communities (26th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 18.6%, which ranks 251st out of 905 Iowa communities (25th out of 102 mid-sized communities).

Measure Type	Emmetsburg	All Comm.	Mid-sized Comm.
Crude	17.5%	18.0%	18.2%
Age-Adjusted	18.6%	19.0%	19.2%

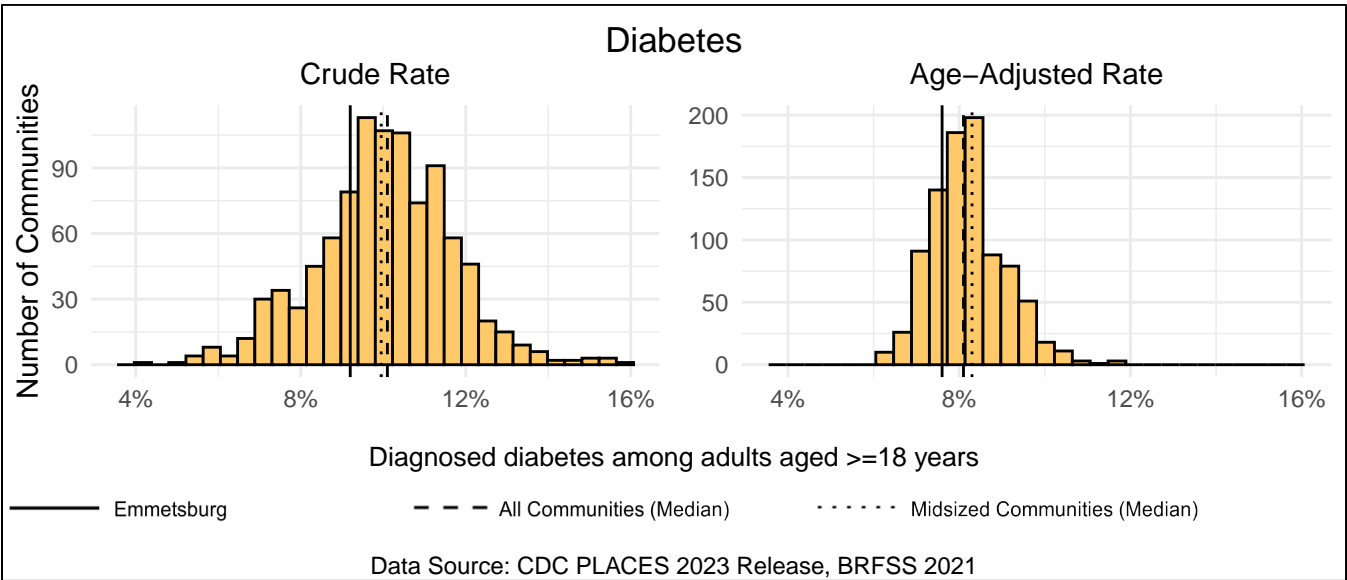




# Diabetes

Emmetsburg has a crude rate of 9.2% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 258th out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 7.6%, which ranks 190th out of 905 Iowa communities (32nd out of 102 midsized communities).

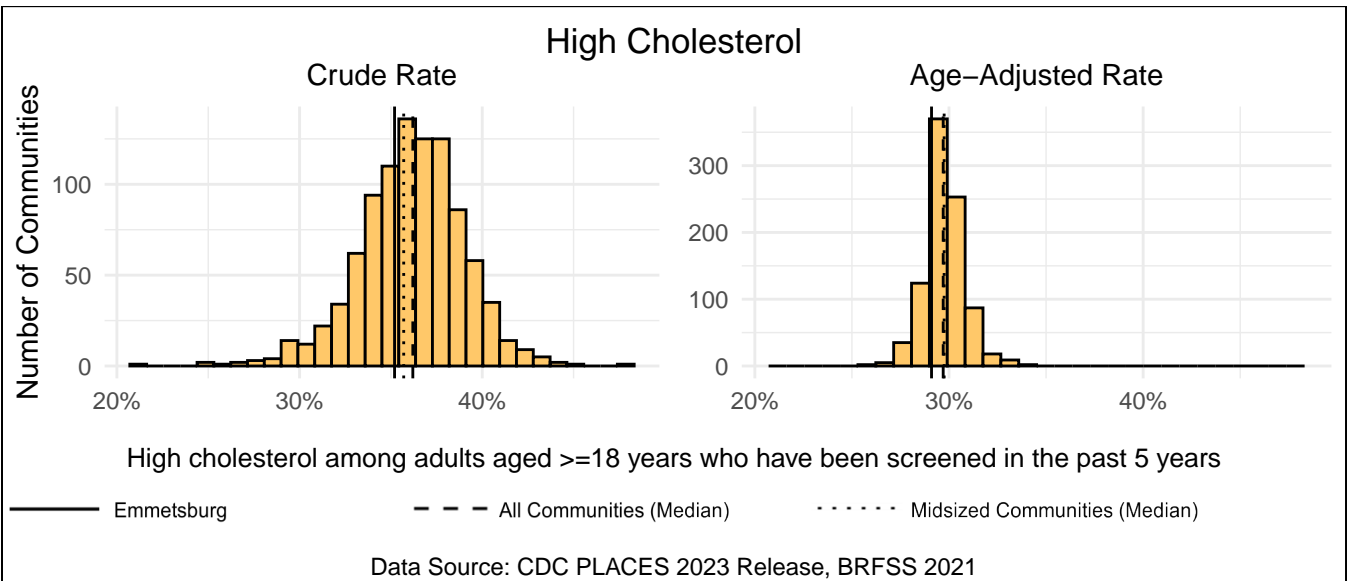
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	9.2%	10.1%	9.9%
Age-Adjusted	7.6%	8.1%	8.3%



# High Cholesterol

Emmetsburg has a crude rate of 35.2% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 318th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 29.1%, which ranks 195th out of 905 Iowa communities (20th out of 102 midsized communities).

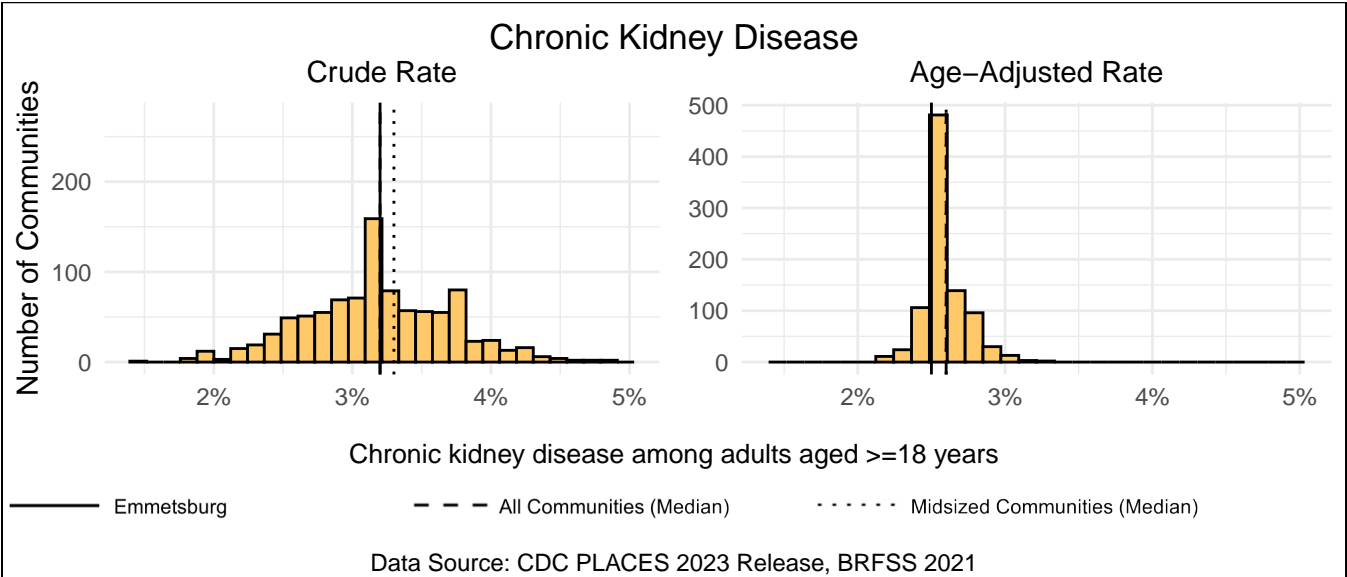
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	35.2%	36.2%	35.7%
Age-Adjusted	29.1%	29.7%	29.8%



# Chronic Kidney Disease

Emmetsburg has a crude rate of 3.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 446th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 2.5%, which ranks 142nd out of 905 Iowa communities (27th out of 102 midsized communities).

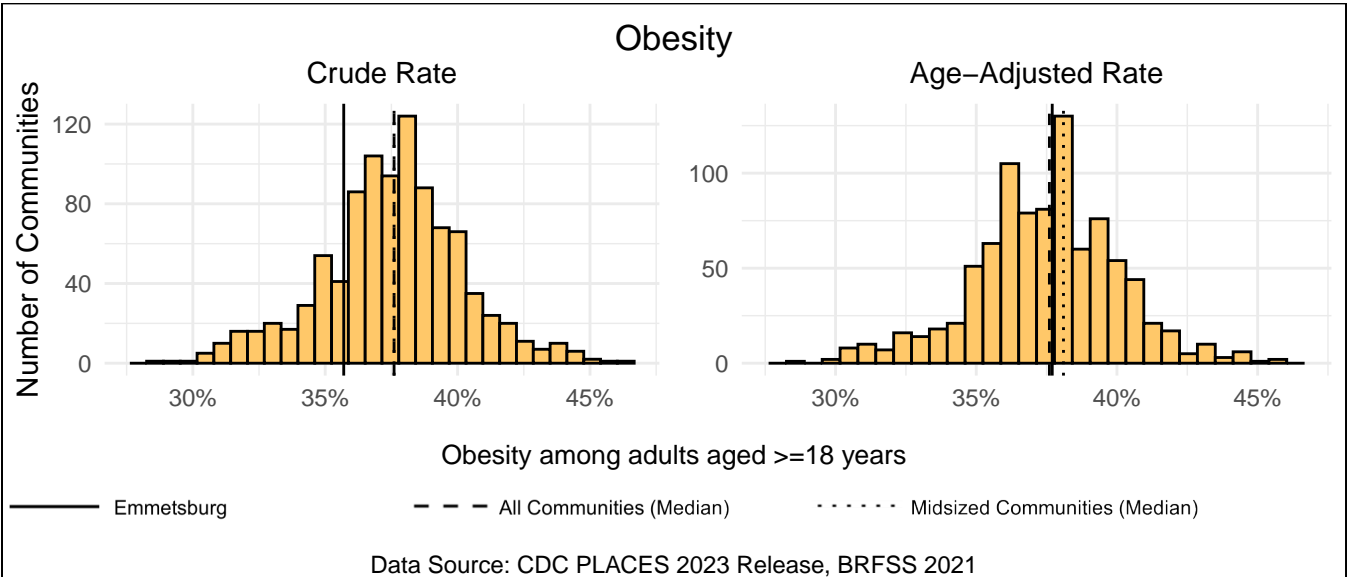
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# Obesity

Emmetsburg has a crude rate of 35.7% for obesity among adults aged  $\geq 18$  years, which ranks 193rd out of 958 Iowa communities (31st out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 37.7%, which ranks 462nd out of 905 Iowa communities (46th out of 102 midsized communities).

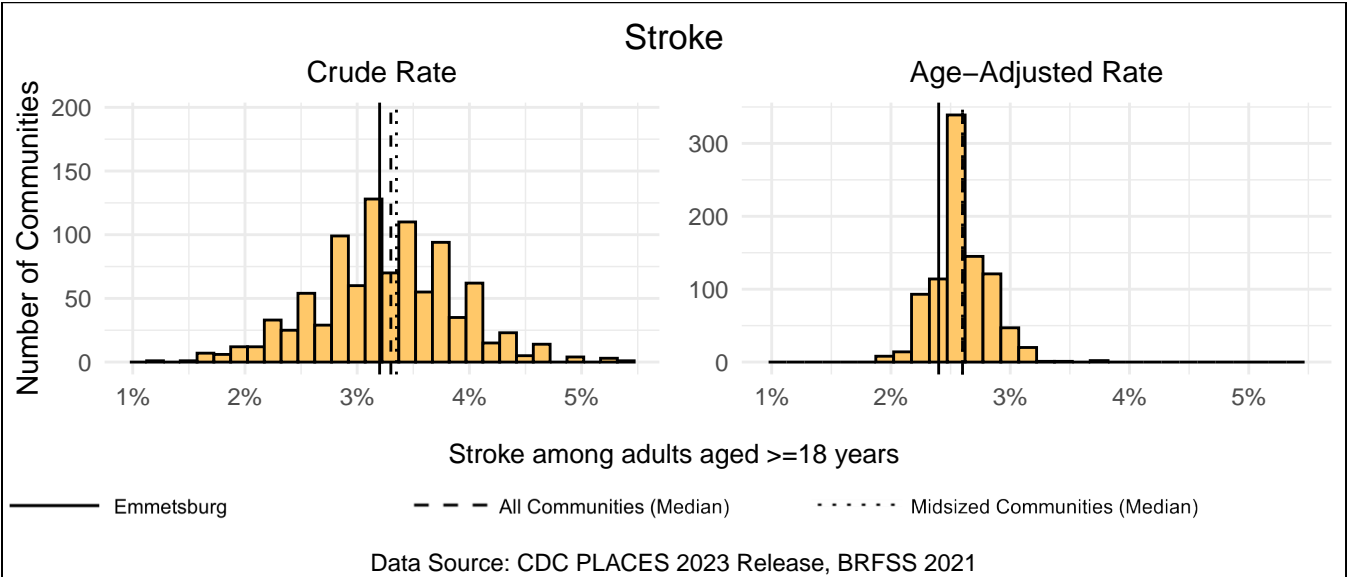
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	35.7%	37.6%	37.6%
Age-Adjusted	37.7%	37.6%	38.1%



# Stroke

Emmetsburg has a crude rate of 3.2% for stroke among adults aged >=18 years, which ranks 397th out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 2.4%, which ranks 116th out of 905 Iowa communities (24th out of 102 mid-sized communities).

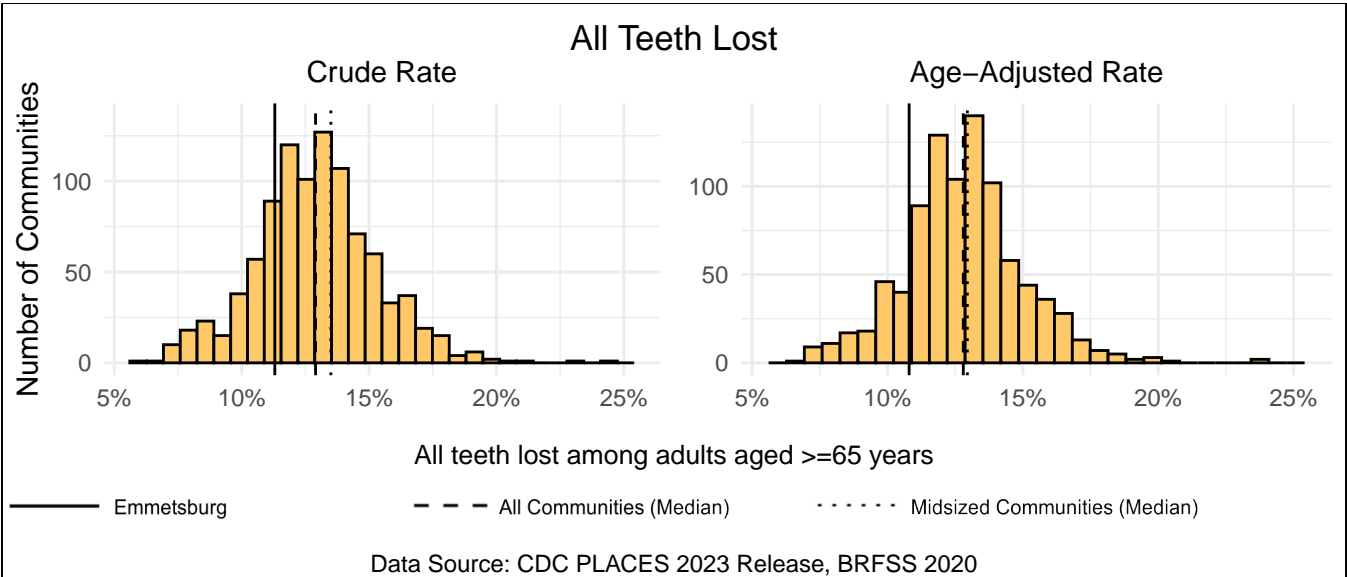
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	3.2%	3.3%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



# All Teeth Lost

Emmetsburg has a crude rate of 11.3% for all teeth lost among adults aged >=65 years, which ranks 215th out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 10.8%, which ranks 135th out of 905 Iowa communities (25th out of 102 mid-sized communities).

Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	11.3%	12.9%	13.5%
Age-Adjusted	10.8%	12.8%	12.9%



# Prevention

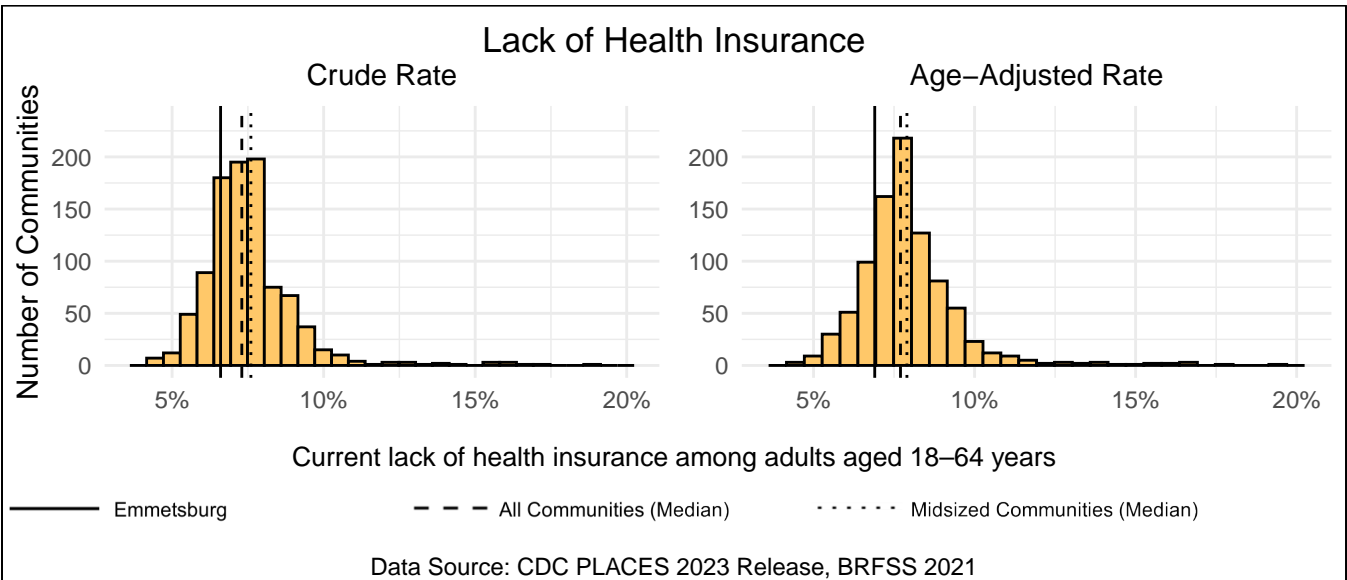
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Emmetsburg has a crude rate of 6.6% for current lack of health insurance among adults aged 18–64 years, which ranks 196th out of 958 Iowa communities (26th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 6.9%, which ranks 168th out of 905 Iowa communities (31st out of 102 mid-sized communities).

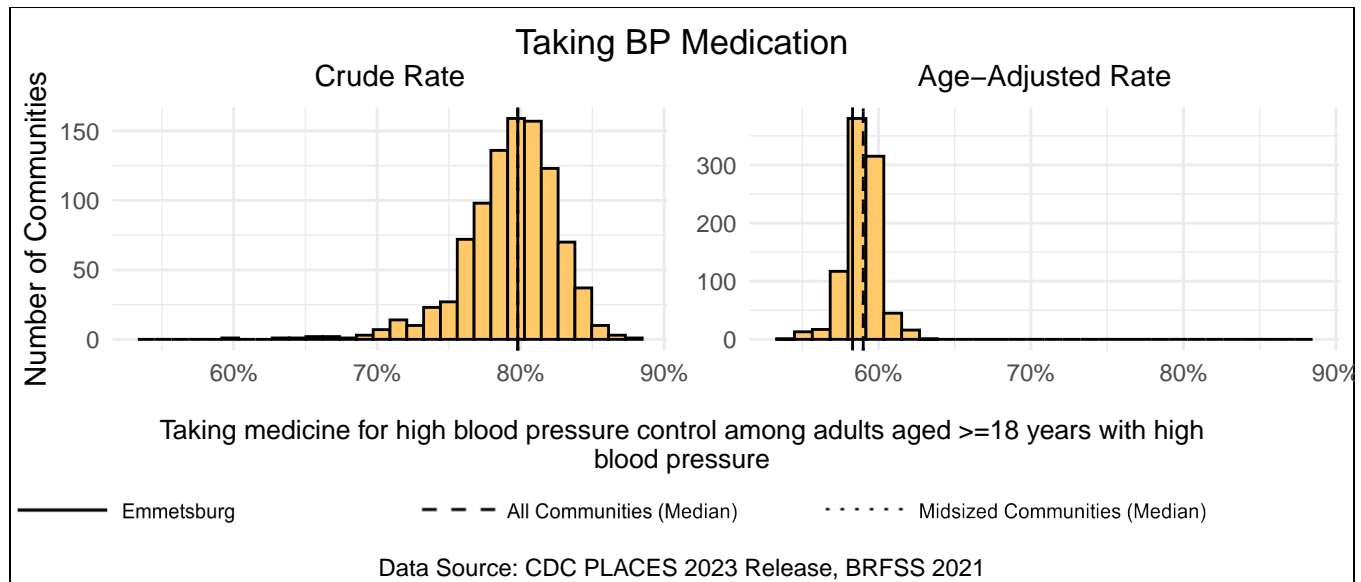
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	6.6%	7.3%	7.6%
Age-Adjusted	6.9%	7.7%	7.9%



## Taking BP Medication

Emmetsburg has a crude rate of 79.8% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 469th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 58.3%, which ranks 685th out of 905 Iowa communities (81st out of 102 mid-sized communities).

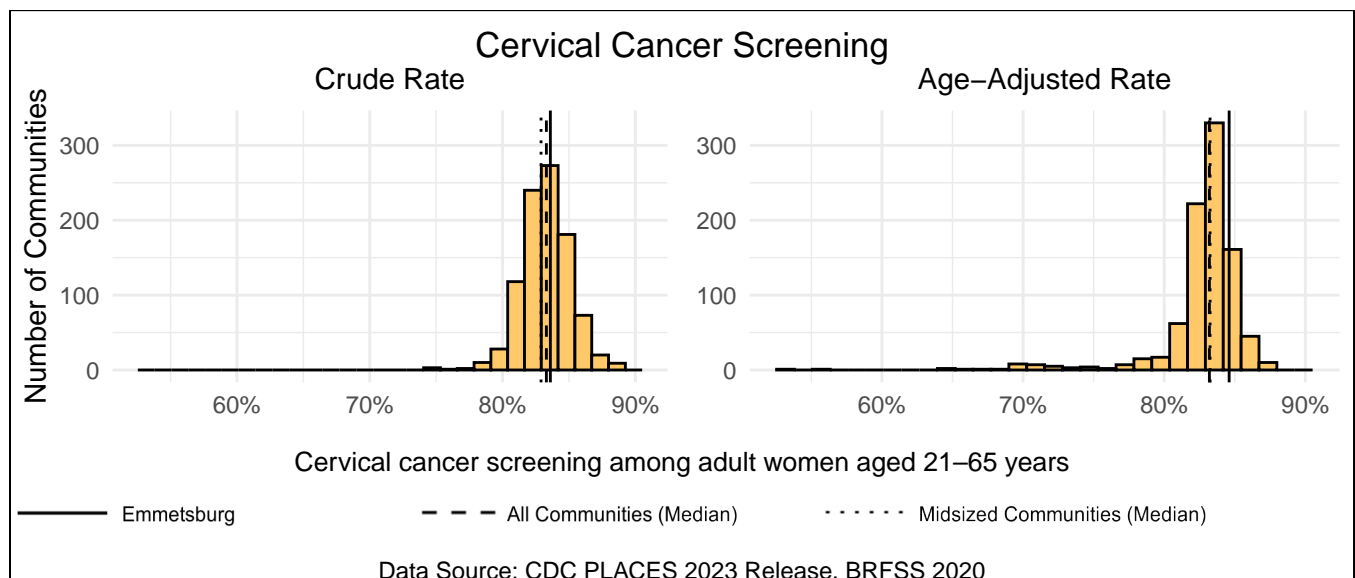
Measure Type	Emmetsburg	All Comm.	Mid-sized Comm.
Crude	79.8%	79.8%	79.8%
Age-Adjusted	58.3%	59.0%	59.0%



## Cervical Cancer Screening

Emmetsburg has a crude rate of 83.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 402nd out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 84.6%, which ranks 142nd out of 905 Iowa communities (28th out of 102 mid-sized communities).

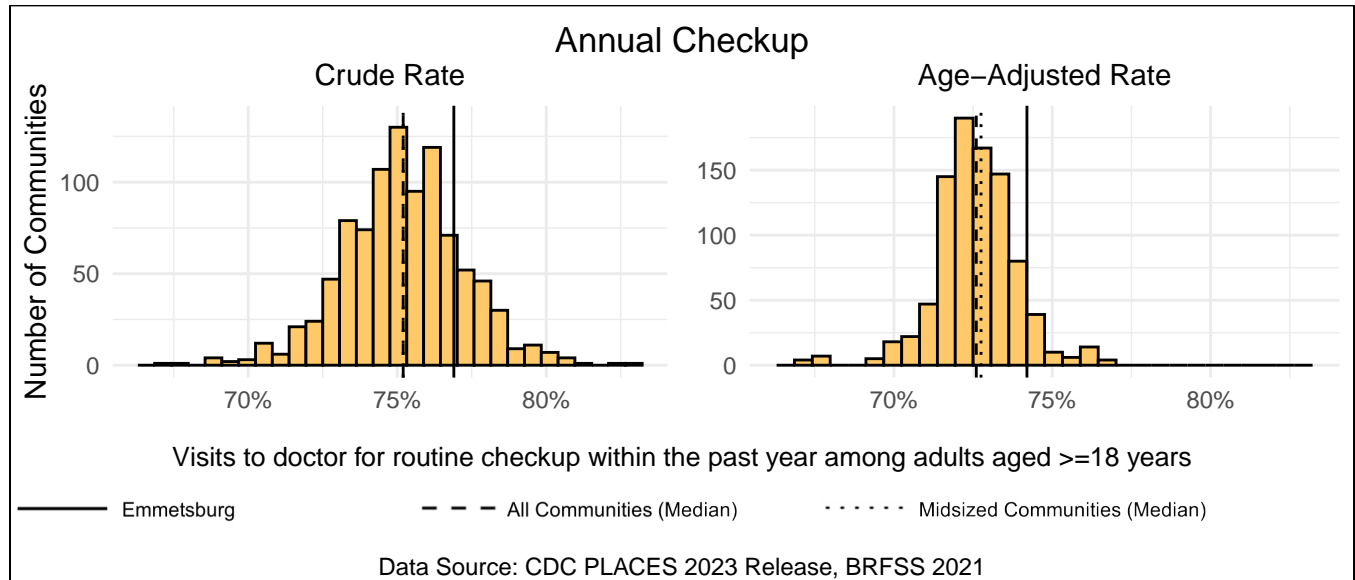
Measure Type	Emmetsburg	All Comm.	Mid-sized Comm.
Crude	83.6%	83.3%	82.9%
Age-Adjusted	84.6%	83.2%	83.2%



## Annual Checkup

Emmetsburg has a crude rate of 76.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 177th out of 958 Iowa communities (14th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 74.2%, which ranks 66th out of 905 Iowa communities (11th out of 102 mid-sized communities).

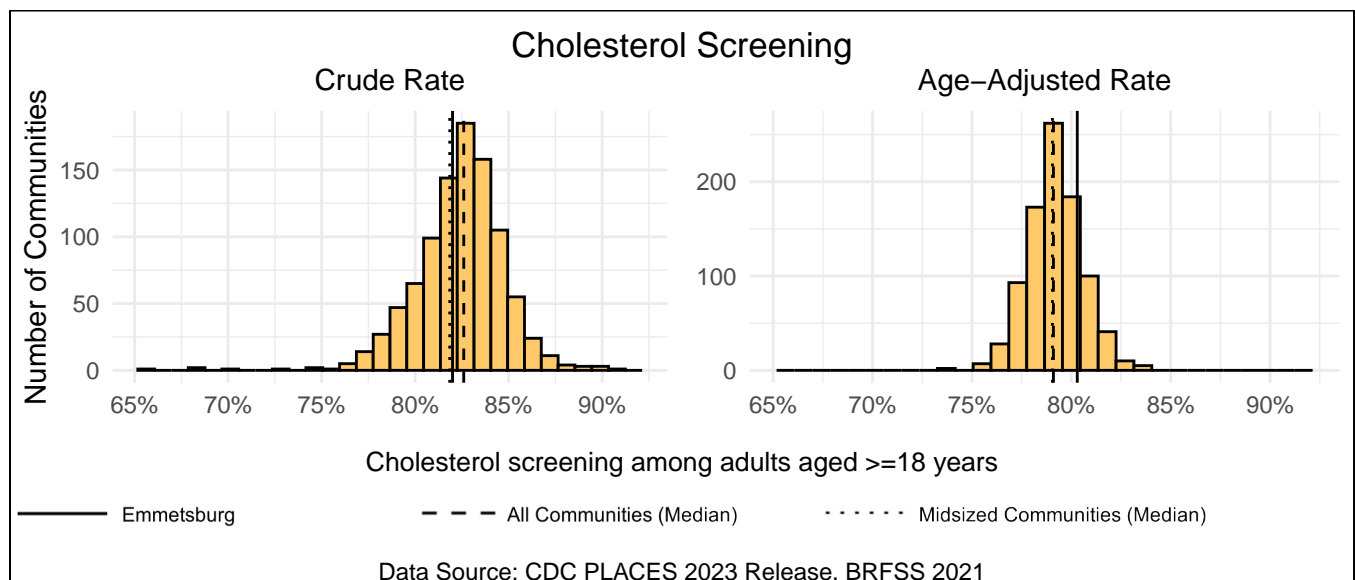
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	76.9%	75.2%	75.2%
Age-Adjusted	74.2%	72.6%	72.8%



## Cholesterol Screening

Emmetsburg has a crude rate of 82.0% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 581st out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 80.3%, which ranks 179th out of 905 Iowa communities (30th out of 102 mid-sized communities).

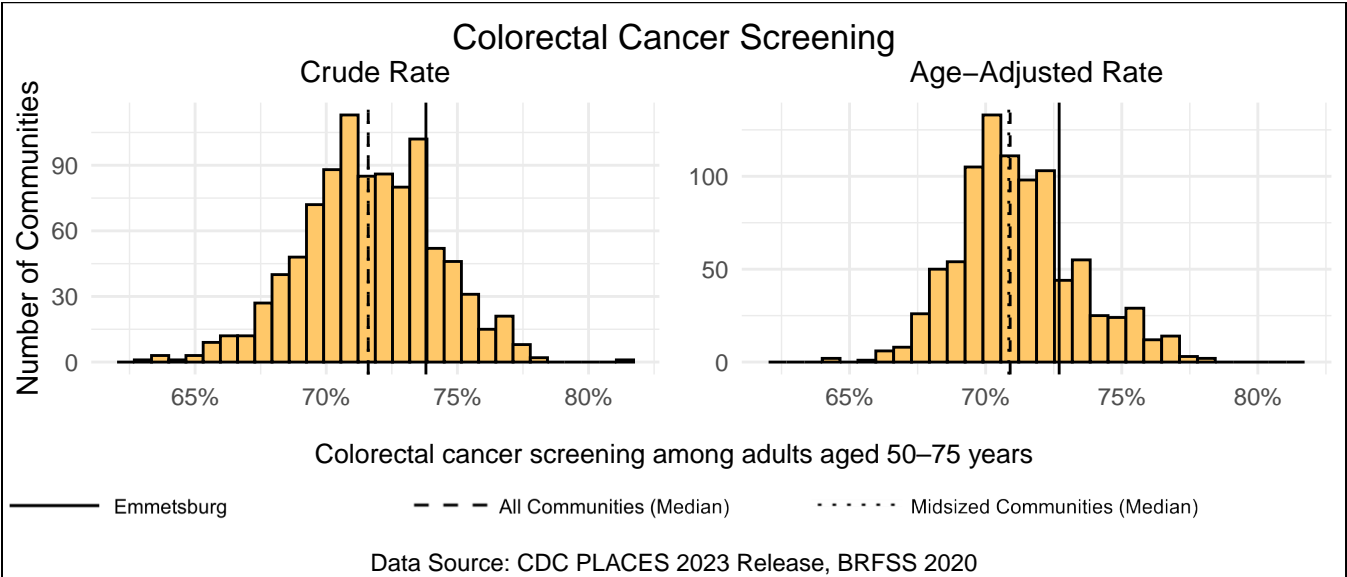
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	82.0%	82.6%	81.8%
Age-Adjusted	80.3%	79.1%	79.0%



## Colorectal Cancer Screening

Emmetsburg has a crude rate of 73.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 177th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 72.7%, which ranks 191st out of 905 Iowa communities (34th out of 102 mid-sized communities).

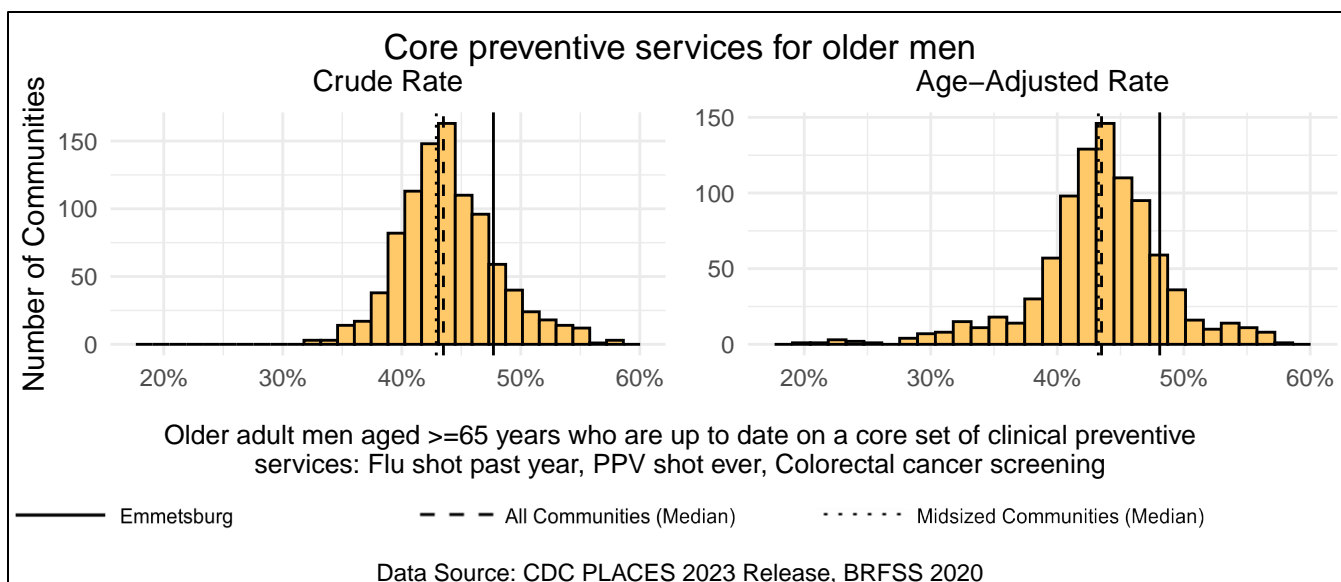
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	73.8%	71.6%	71.6%
Age-Adjusted	72.7%	70.9%	70.8%



## Core preventive services for older men

Emmetsburg has a crude rate of 47.7% 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 156th out of 958 Iowa communities (16th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 48.1%, which ranks 120th out of 905 Iowa communities (17th out of 102 mid-sized communities).

Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	47.7%	43.5%	42.9%
Age-Adjusted	48.1%	43.5%	43.2%

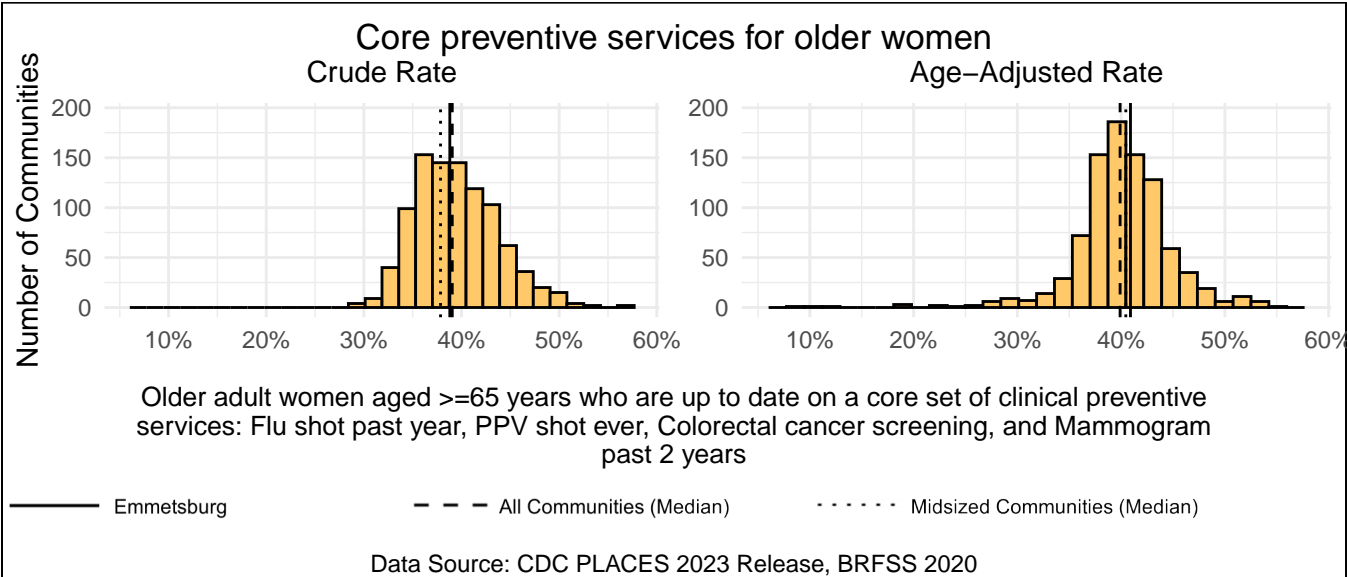




### Core preventive services for older women

Emmetsburg has a crude rate of 38.8% 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 492nd out of 958 Iowa communities (40th out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 40.9%, which ranks 368th out of 905 Iowa communities (44th out of 102 midsized communities).

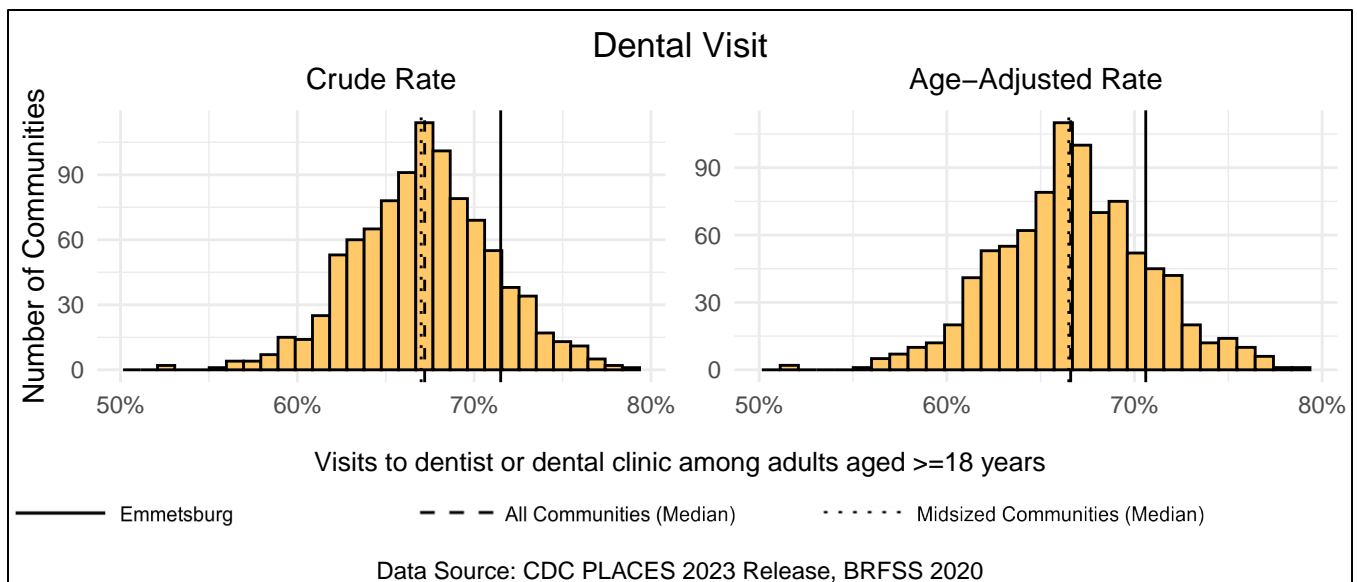
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	38.8%	39.0%	37.8%
Age-Adjusted	40.9%	39.9%	40.4%



### Dental Visit

Emmetsburg has a crude rate of 71.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 122nd out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 70.6%, which ranks 148th out of 905 Iowa communities (26th out of 102 midsized communities).

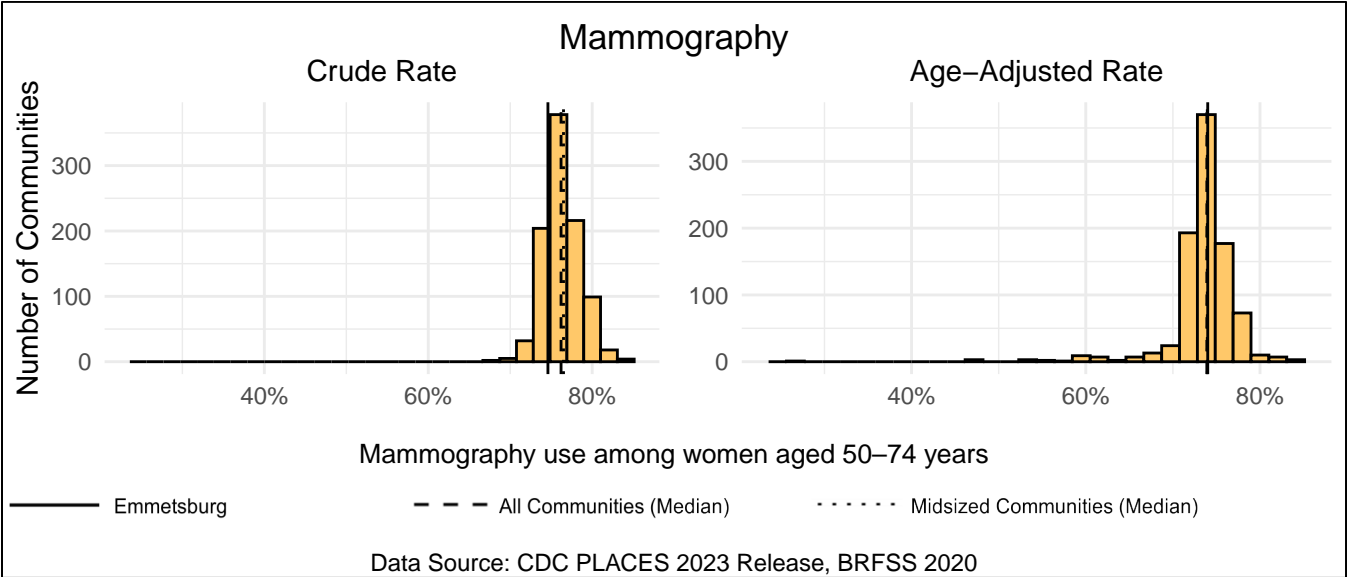
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	71.5%	67.2%	67.0%
Age-Adjusted	70.6%	66.6%	66.5%



# Mammography

Emmetsburg has a crude rate of 74.6% for mammography use among women aged 50–74 years, which ranks 753rd out of 958 Iowa communities (87th out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 74.0%, which ranks 415th out of 905 Iowa communities (50th out of 102 midsized communities).

Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	74.6%	76.2%	76.5%
Age-Adjusted	74.0%	73.9%	74.0%



# Disability

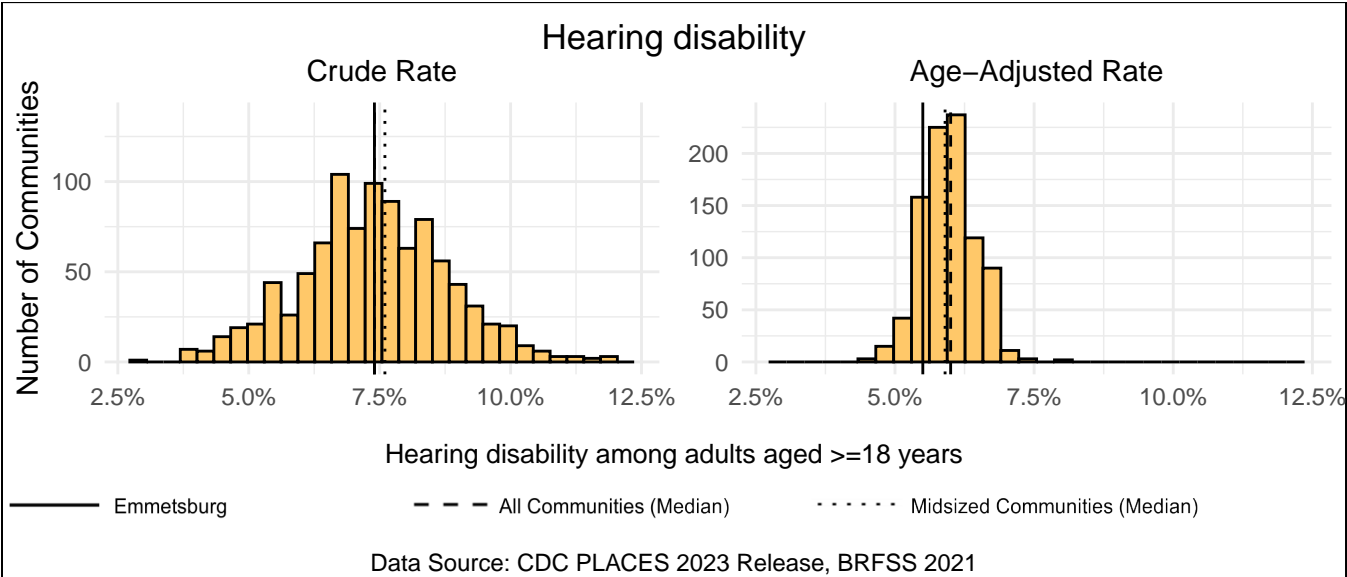
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Emmetsburg has a crude rate of 7.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 470th out of 958 Iowa communities (42nd out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 5.5%, which ranks 110th out of 905 Iowa communities (25th out of 102 midsize communities).

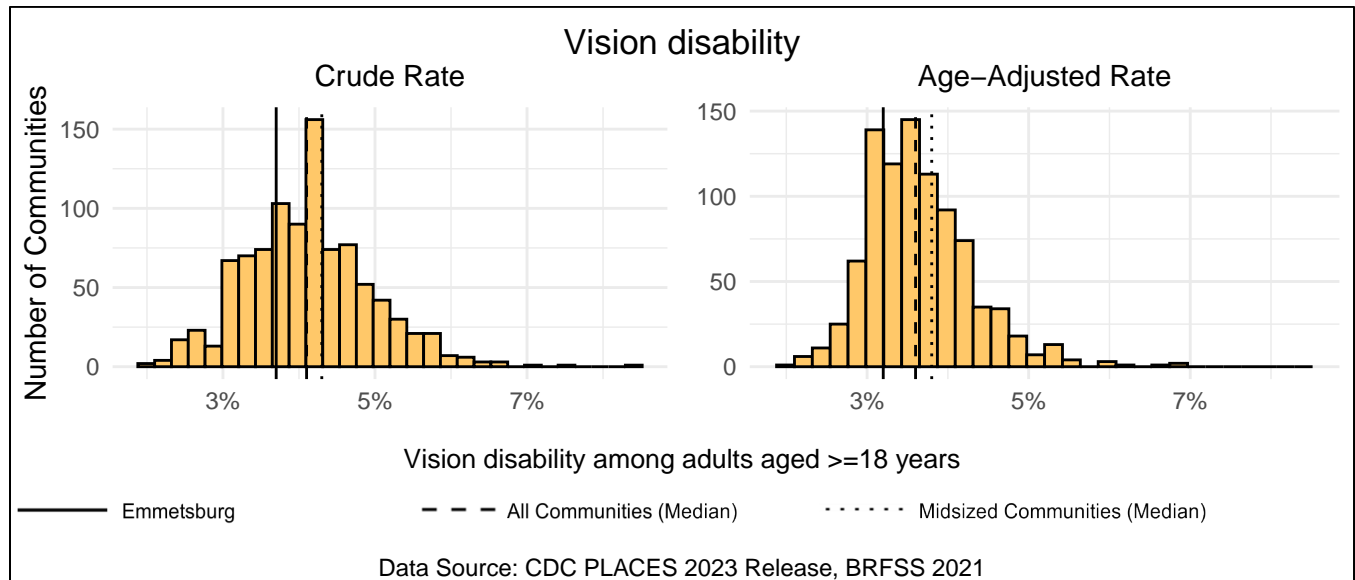
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	7.4%	7.4%	7.6%
Age-Adjusted	5.5%	6.0%	5.9%



## Vision disability

Emmetsburg has a crude rate of 3.7% for vision disability among adults aged  $\geq 18$  years, which ranks 271st out of 958 Iowa communities (32nd out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 3.2%, which ranks 176th out of 905 Iowa communities (28th out of 102 midsize communities).

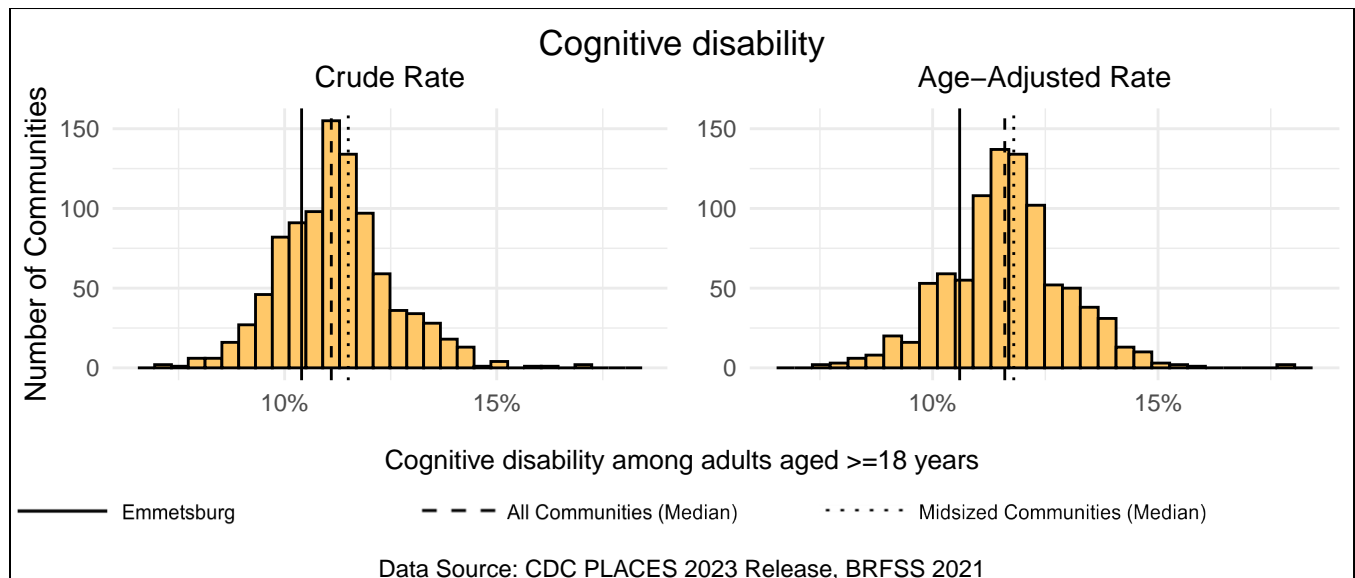
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	3.7%	4.1%	4.3%
Age-Adjusted	3.2%	3.6%	3.8%



## Cognitive disability

Emmetsburg has a crude rate of 10.4% for cognitive disability among adults aged  $\geq 18$  years, which ranks 223rd out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 10.6%, which ranks 168th out of 905 Iowa communities (26th out of 102 midsize communities).

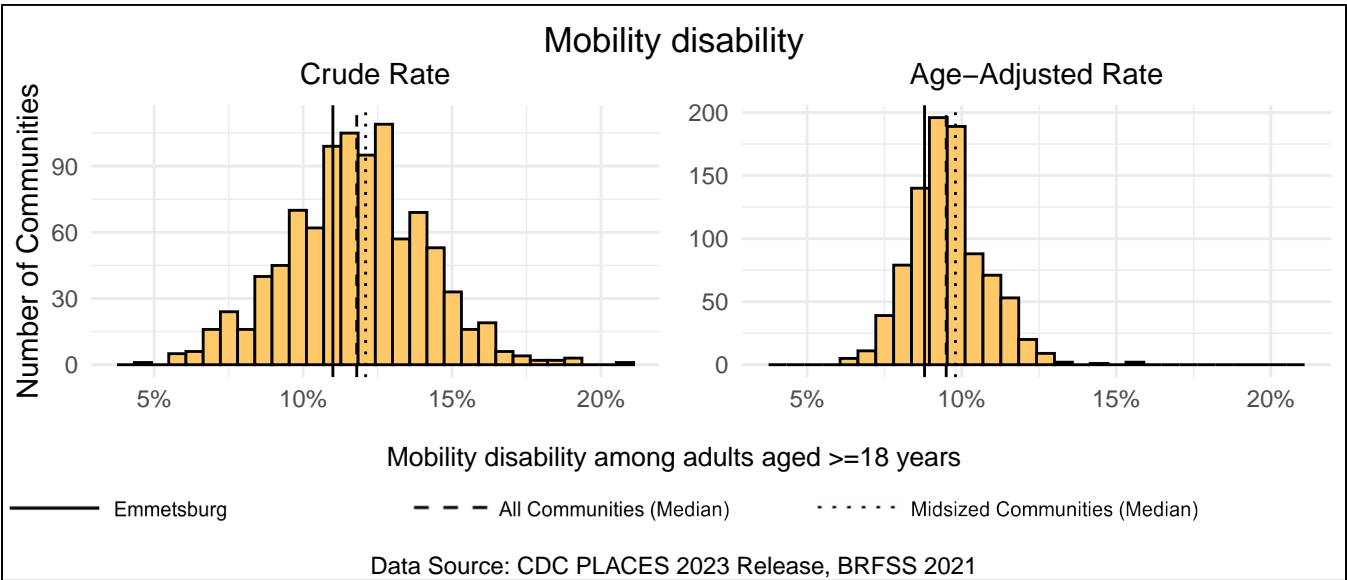
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	10.4%	11.1%	11.5%
Age-Adjusted	10.6%	11.6%	11.8%



# Mobility disability

Emmetsburg has a crude rate of 11.0% for mobility disability among adults aged >=18 years, which ranks 328th out of 958 Iowa communities (34th out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 8.8%, which ranks 231st out of 905 Iowa communities (33rd out of 102 midsize communities).

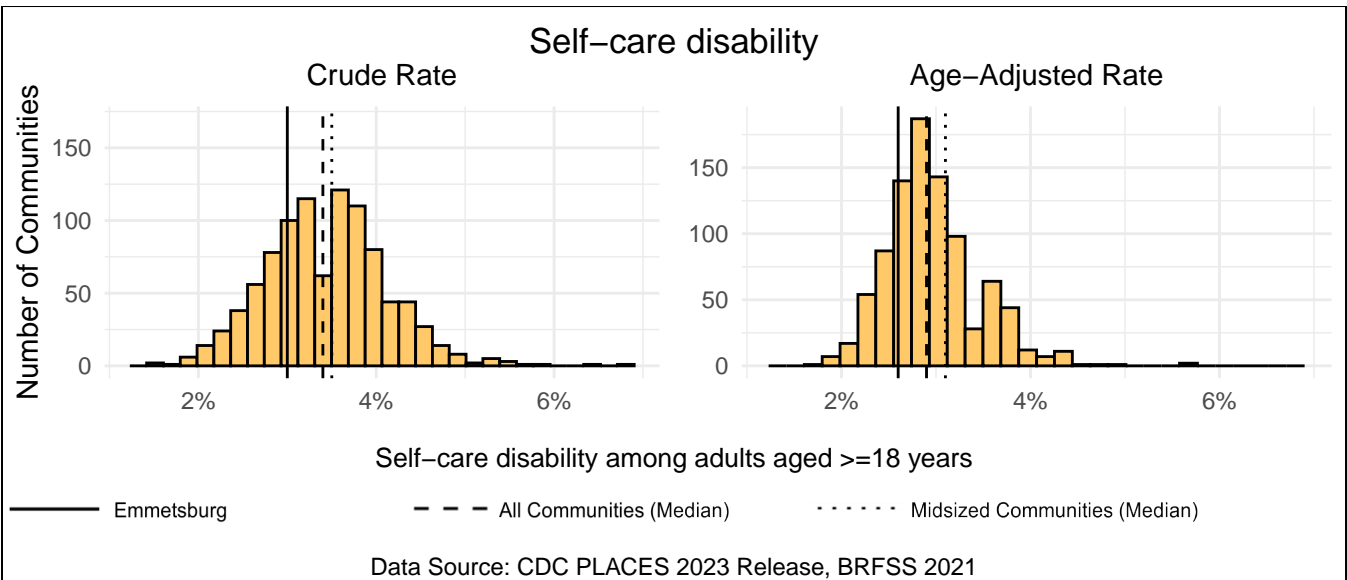
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	11.0%	11.8%	12.1%
Age-Adjusted	8.8%	9.5%	9.8%



# Self-care disability

Emmetsburg has a crude rate of 3.0% for self-care disability among adults aged >=18 years, which ranks 220th out of 958 Iowa communities (31st out of 102 midsize communities). The age-adjusted rate for Emmetsburg is 2.6%, which ranks 167th out of 905 Iowa communities (28th out of 102 midsize communities).

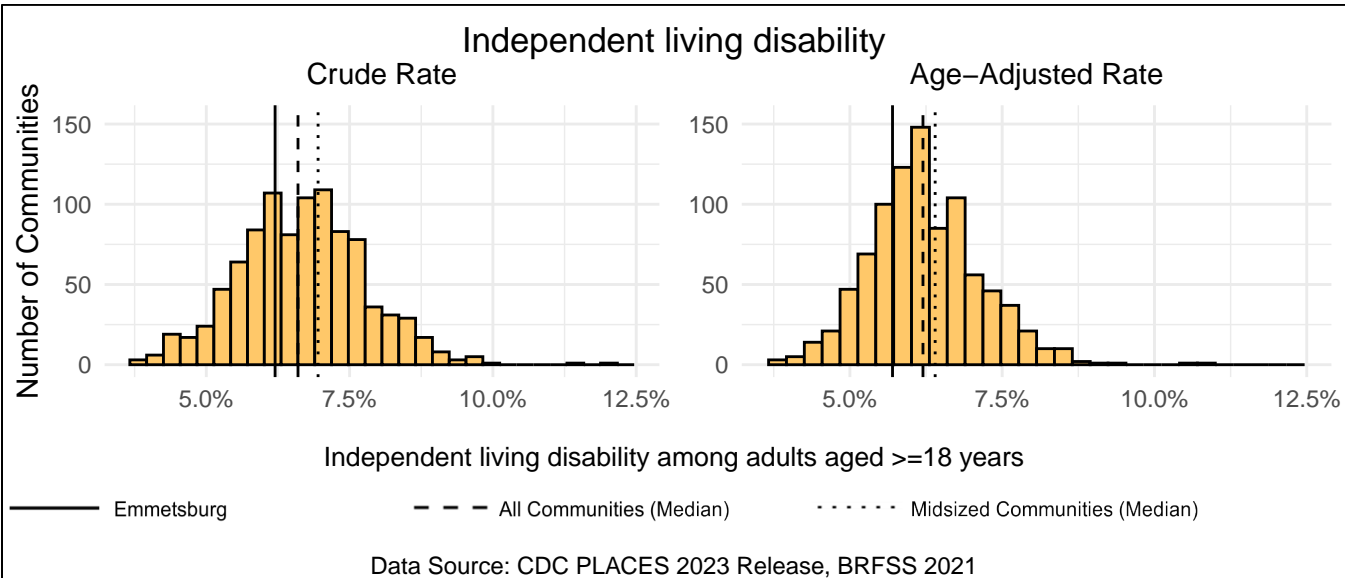
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	3.0%	3.4%	3.5%
Age-Adjusted	2.6%	2.9%	3.1%



### Independent living disability

Emmetsburg has a crude rate of 6.2% for independent living disability among adults aged  $\geq 18$  years, which ranks 299th out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Emmetsburg is 5.7%, which ranks 216th out of 905 Iowa communities (31st out of 102 mid-sized communities).

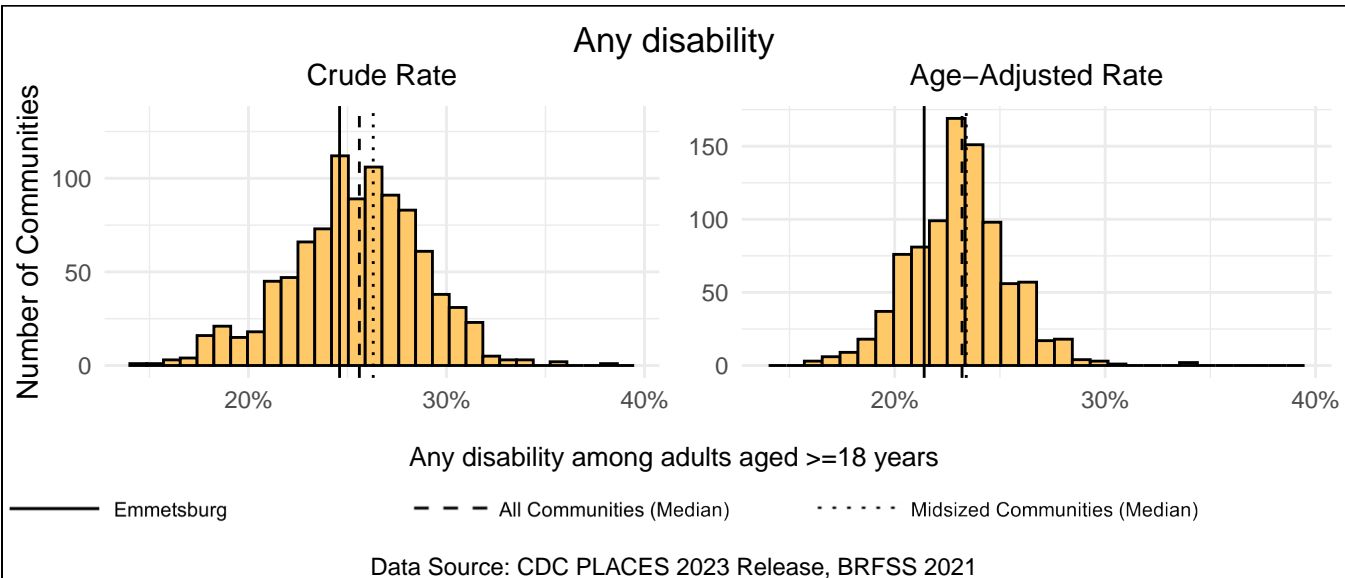
Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	6.2%	6.6%	7.0%
Age-Adjusted	5.7%	6.2%	6.4%



### Any disability

Emmetsburg has a crude rate of 24.6% for any disability among adults aged  $\geq 18$  years, which ranks 357th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Emmetsburg is 21.4%, which ranks 191st out of 905 Iowa communities (30th out of 102 midsized communities).

Measure Type	Emmetsburg	All Comm.	Midsized Comm.
Crude	24.6%	25.6%	26.3%
Age-Adjusted	21.4%	23.2%	23.4%



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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: Emmetsburg 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	291	13.8% (11.7% - 16.1%)	189	14.8% (12.6% - 17.0%)
Health Status	General Health	221	12.7% (10.4% - 15.5%)	191	11.6% (9.3% - 13.9%)
Health Status	Physical Health	183	9.7% (8.1% - 11.5%)	160	8.9% (7.6% - 10.4%)
Health Risk Behaviors	Physical Inactivity	245	24.0% (19.3% - 29.1%)	233	22.5% (18.0% - 27.3%)
Health Risk Behaviors	Binge Drinking	441	19.3% (16.0% - 22.9%)	478	22.1% (18.4% - 25.9%)
Health Risk Behaviors	Current Smoking	63	13.6% (10.7% - 16.9%)	168	15.7% (11.9% - 19.7%)
Health Risk Behaviors	Sleep <7 hours	81	27.9% (26.2% - 29.6%)	155	29.6% (27.8% - 31.4%)
Health Outcomes	All Teeth Lost	215	11.3% (6.5% - 17.8%)	135	10.8% (6.3% - 16.6%)
Health Outcomes	Depression	284	17.5% (14.4% - 20.9%)	251	18.6% (15.3% - 22.0%)
Health Outcomes	Stroke	397	3.2% (2.7% - 3.8%)	116	2.4% (2.1% - 2.8%)
Health Outcomes	Coronary Heart Disease	378	6.2% (5.3% - 7.2%)	120	4.6% (4.0% - 5.3%)
Health Outcomes	Obesity	193	35.7% (28.6% - 43.1%)	462	37.7% (30.2% - 45.1%)
Health Outcomes	Cancer (except skin)	632	8.6% (7.7% - 9.5%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.8% - 3.6%)	142	2.5% (2.2% - 2.8%)
Health Outcomes	High Cholesterol	318	35.2% (30.8% - 39.6%)	195	29.1% (24.8% - 33.6%)
Health Outcomes	Current Asthma	311	9.2% (8.1% - 10.4%)	330	9.4% (8.2% - 10.6%)
Health Outcomes	COPD	250	6.7% (5.4% - 8.2%)	183	5.7% (4.6% - 6.9%)
Health Outcomes	Arthritis	349	26.6% (22.7% - 30.6%)	210	22.3% (18.8% - 25.9%)
Health Outcomes	High Blood Pressure	535	32.7% (28.5% - 36.8%)	644	28.1% (24.4% - 31.8%)
Health Outcomes	Diabetes	258	9.2% (7.8% - 10.8%)	190	7.6% (6.4% - 8.9%)
Prevention	Colorectal Cancer Screening	177	73.8% (70.5% - 76.8%)	191	72.7% (69.3% - 75.9%)
Prevention	Health Insurance	196	6.6% (4.7% - 8.9%)	168	6.9% (5.1% - 9.2%)
Prevention	Cholesterol Screening	581	82.0% (78.9% - 85.0%)	179	80.3% (76.8% - 83.7%)
Prevention	Core preventive services for older men	156	47.7% (37.8% - 57.1%)	120	48.1% (38.5% - 57.6%)
Prevention	Cervical Cancer Screening	402	83.6% (80.9% - 86.2%)	142	84.6% (82.1% - 87.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	469	79.8% (76.7% - 82.6%)	685	58.3% (53.5% - 63.0%)
Prevention	Annual Checkup	177	76.9% (72.3% - 81.1%)	66	74.2% (69.3% - 78.8%)
Prevention	Core preventive services for older women	492	38.8% (31.2% - 46.9%)	368	40.9% (33.7% - 48.7%)
Prevention	Dental Visit	122	71.5% (67.7% - 74.9%)	148	70.6% (66.9% - 74.2%)
Prevention	Mammography	753	74.6% (70.1% - 79.0%)	415	74.0% (69.2% - 78.5%)
Disability	Independent Living Disability	299	6.2% (5.2% - 7.6%)	216	5.7% (4.6% - 6.7%)
Disability	Self-care Disability	220	3.0% (2.5% - 3.6%)	167	2.6% (2.2% - 3.1%)
Disability	Any Disability	357	24.6% (20.7% - 28.8%)	191	21.4% (17.7% - 25.4%)
Disability	Vision Disability	271	3.7% (3.0% - 4.5%)	176	3.2% (2.7% - 3.8%)
Disability	Hearing Disability	470	7.4% (6.4% - 8.4%)	110	5.5% (4.8% - 6.3%)
Disability	Cognitive Disability	223	10.4% (8.7% - 12.4%)	168	10.6% (8.6% - 12.7%)
Disability	Mobility Disability	328	11.0% (9.0% - 13.5%)	231	8.8% (7.1% - 10.5%)

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)

Emmetsburg 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

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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

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