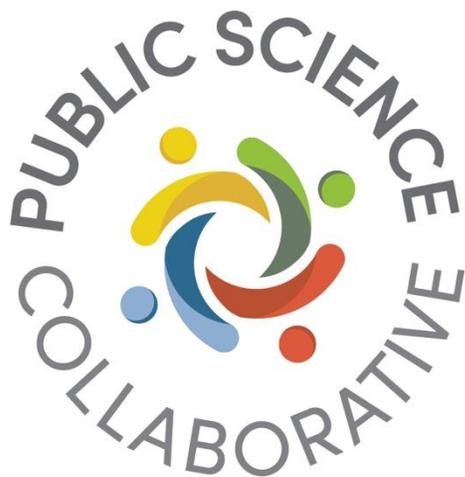




## Iowa Community Health Snapshot Series

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



*May 2024*

*By Matthew Voss & Shawn Dorius*

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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 Epworth: Overview

Dear Community Members & Stakeholders of Epworth,

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

## Strengths

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

| Crude                  |                          |                      | Age-Adjusted        |                          |                      |
|------------------------|--------------------------|----------------------|---------------------|--------------------------|----------------------|
| Health Domain          | Statewide Community Rank | Small Community Rank | Health Domain       | Statewide Community Rank | Small Community Rank |
| High Blood Pressure    | 14th                     | 4th                  | Current Asthma      | 12th                     | 2nd                  |
| Obesity                | 15th                     | 4th                  | Obesity             | 13th                     | 5th                  |
| Arthritis              | 17th                     | 6th                  | Arthritis           | 14th                     | 3rd                  |
| Cancer (except skin)   | 29th                     | 9th                  | High Blood Pressure | 16th                     | 5th                  |
| Chronic Kidney Disease | 36th                     | 11th                 | Depression          | 25th                     | 5th                  |

## 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<br>Community<br>Rank | Small<br>Community<br>Rank | Health Domain        | Statewide<br>Community<br>Rank | Small<br>Community<br>Rank |
| Annual Checkup        | 925th                          | 133rd                      | Binge Drinking       | 714th                          | 109th                      |
| Binge Drinking        | 920th                          | 127th                      | Annual Checkup       | 559th                          | 95th                       |
| Taking BP Medication  | 889th                          | 123rd                      | Sleep <7 hours       | 378th                          | 61st                       |
| Cholesterol Screening | 814th                          | 133rd                      | Taking BP Medication | 378th                          | 63rd                       |
| Sleep <7 hours        | 656th                          | 105th                      | High Cholesterol     | 336th                          | 52nd                       |

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 Epworth.

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

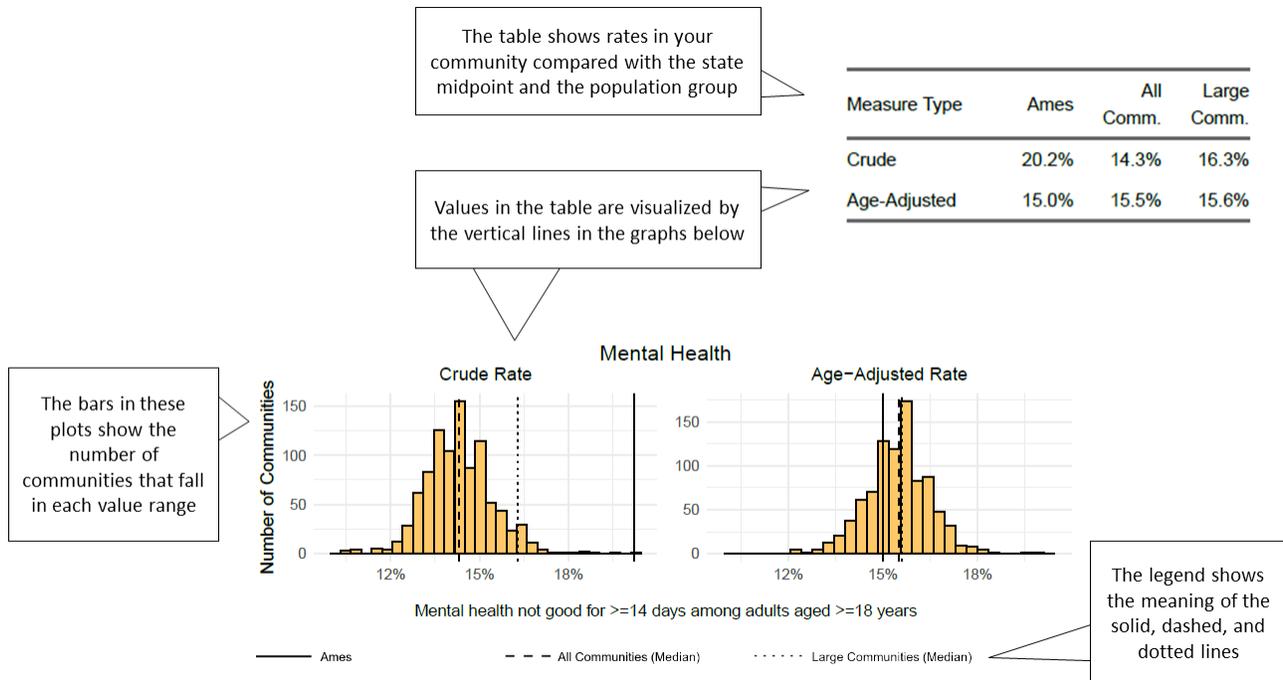
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Epworth that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Epworth, a review of risky behaviors in the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

With a population of 1,982, Epworth's similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

## Using Ames, IA as an Example

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



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

## Health Status

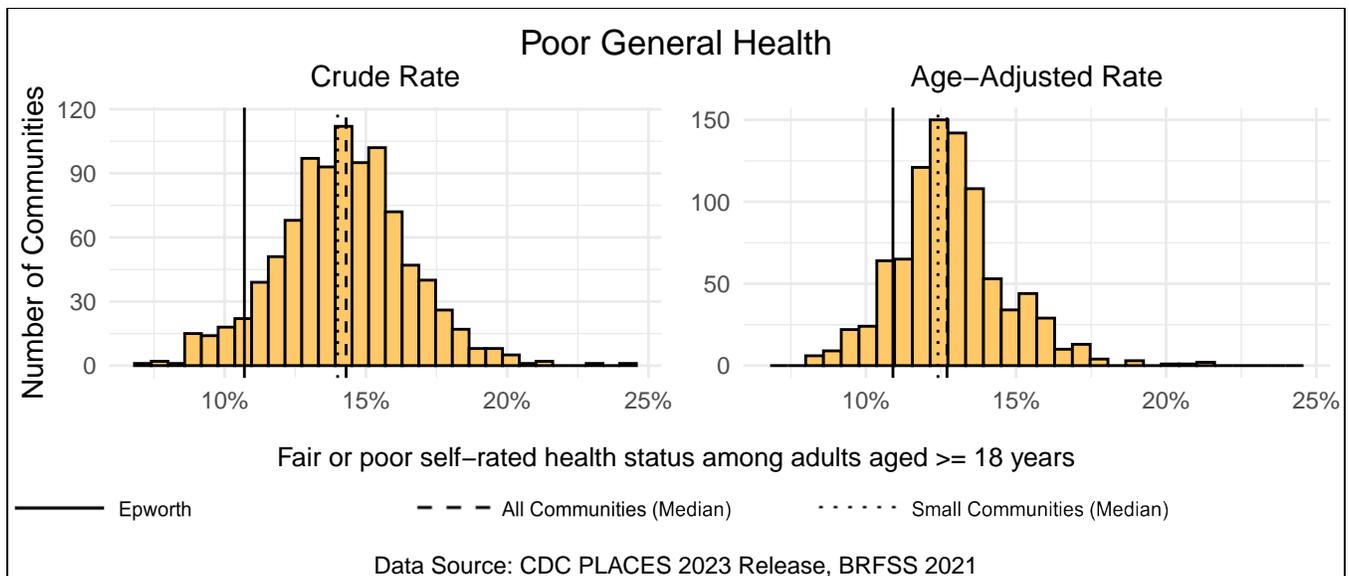
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

### Poor General Health

Epworth has a crude rate of 10.7% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 57th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Epworth is 10.9%, which ranks 117th out of 905 Iowa communities (20th out of 138 small communities).

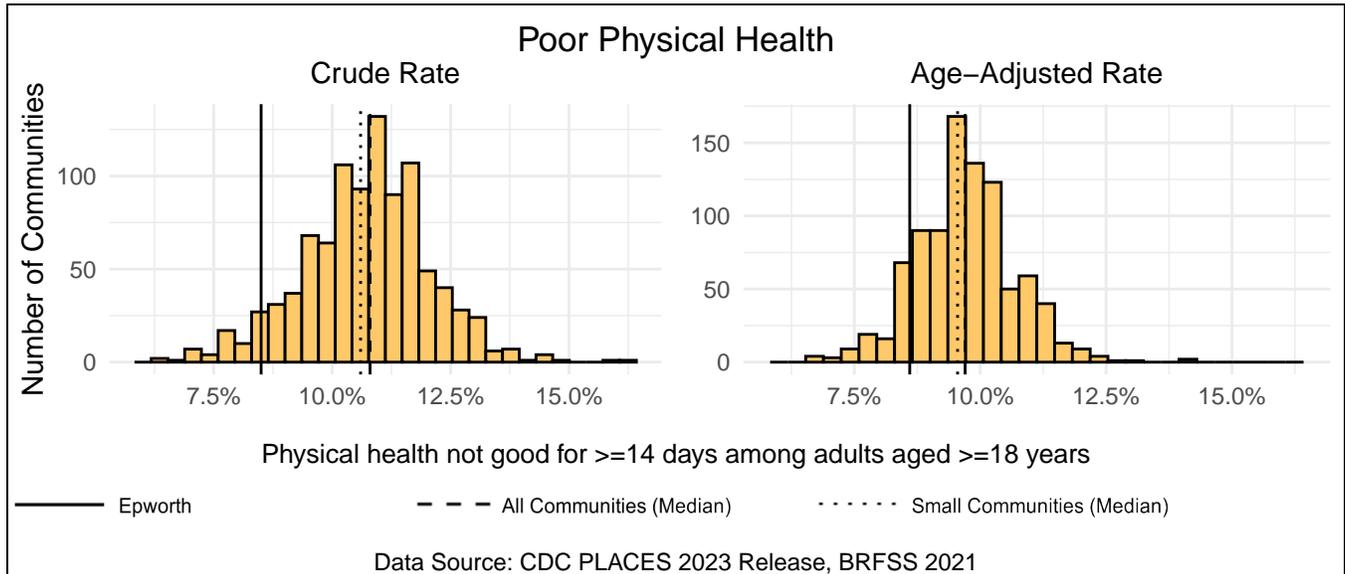
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 10.7%   | 14.3%     | 14.0%       |
| Age-Adjusted | 10.9%   | 12.7%     | 12.4%       |



## Poor Physical Health

Epworth has a crude rate of 8.5% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 52nd out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Epworth is 8.6%, which ranks 103rd out of 905 Iowa communities (17th out of 138 small communities).

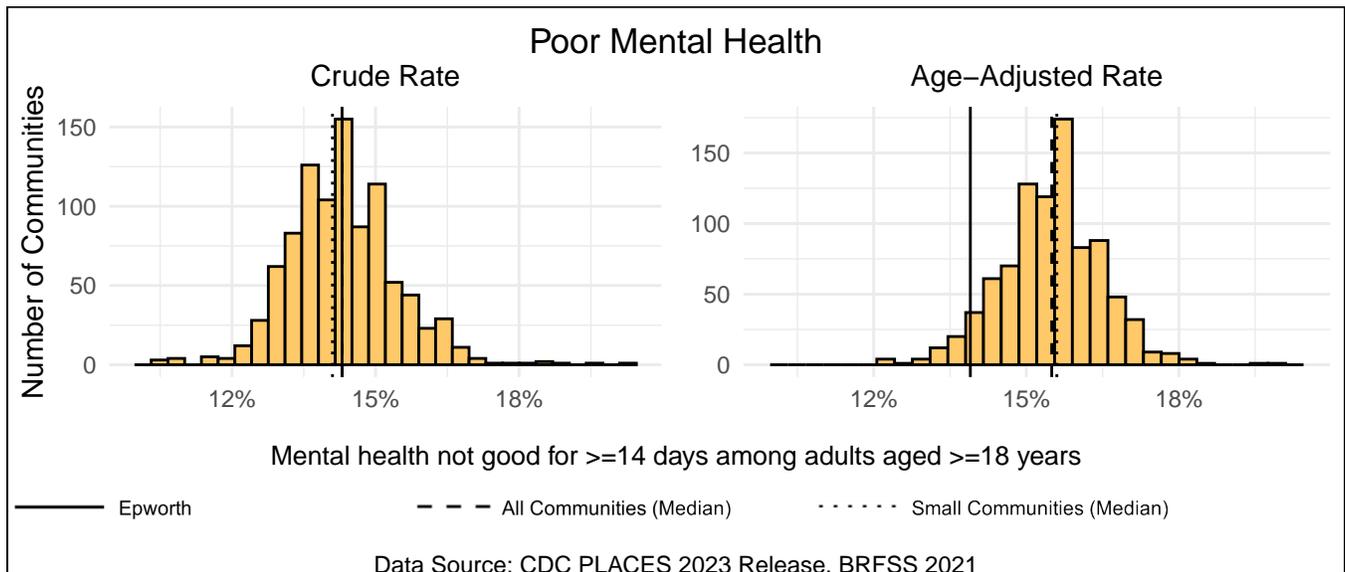
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 8.5%    | 10.8%     | 10.6%       |
| Age-Adjusted | 8.6%    | 9.7%      | 9.6%        |



## Poor Mental Health

Epworth has a crude rate of 14.3% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 464th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Epworth is 13.9%, which ranks 42nd out of 905 Iowa communities (10th out of 138 small communities).

| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 14.3%   | 14.3%     | 14.1%       |
| Age-Adjusted | 13.9%   | 15.5%     | 15.6%       |



## Health Risk Behaviors

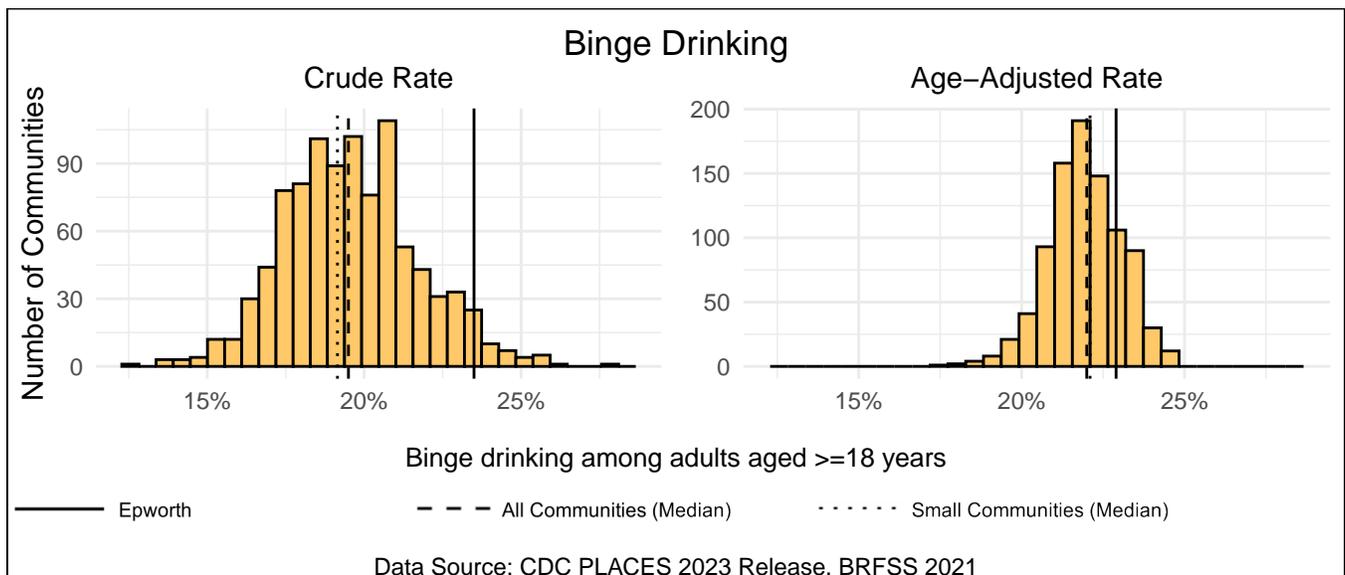
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Epworth has a crude rate of 23.5% for binge drinking among adults aged  $\geq 18$  years, which ranks 920th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Epworth is 22.9%, which ranks 714th out of 905 Iowa communities (109th out of 138 small communities).

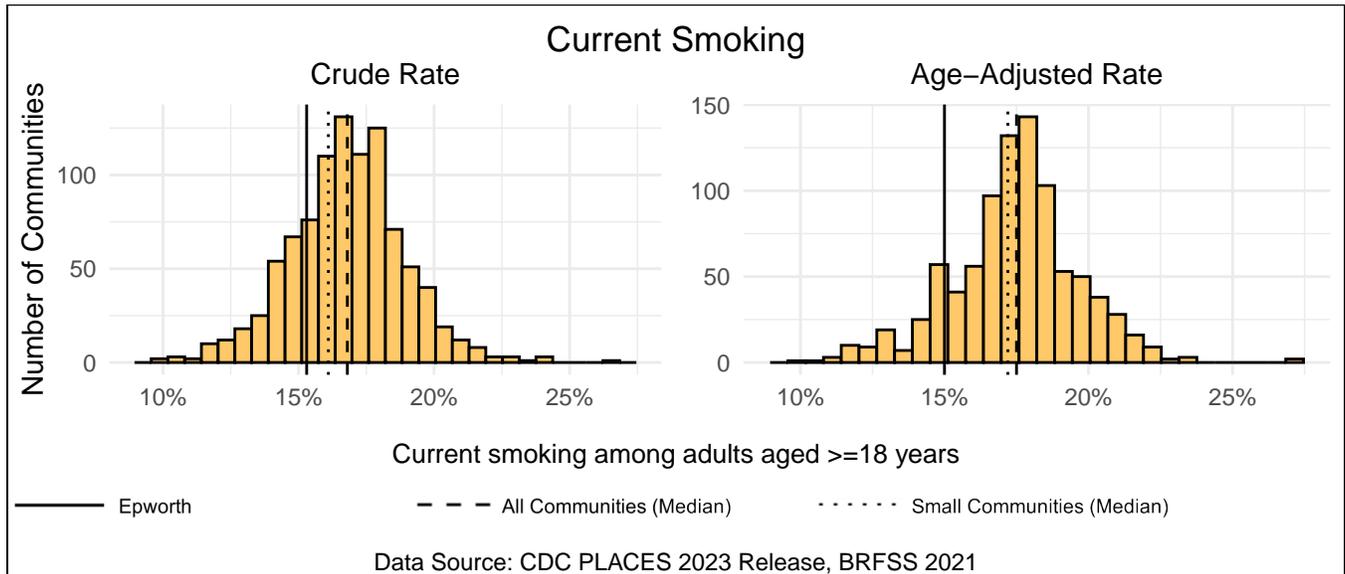
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 23.5%   | 19.5%     | 19.1%       |
| Age-Adjusted | 22.9%   | 22.0%     | 22.1%       |



## Current Smoking

Epworth has a crude rate of 15.3% for current smoking among adults aged  $\geq 18$  years, which ranks 204th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Epworth is 15.0%, which ranks 113th out of 905 Iowa communities (22nd out of 138 small communities).

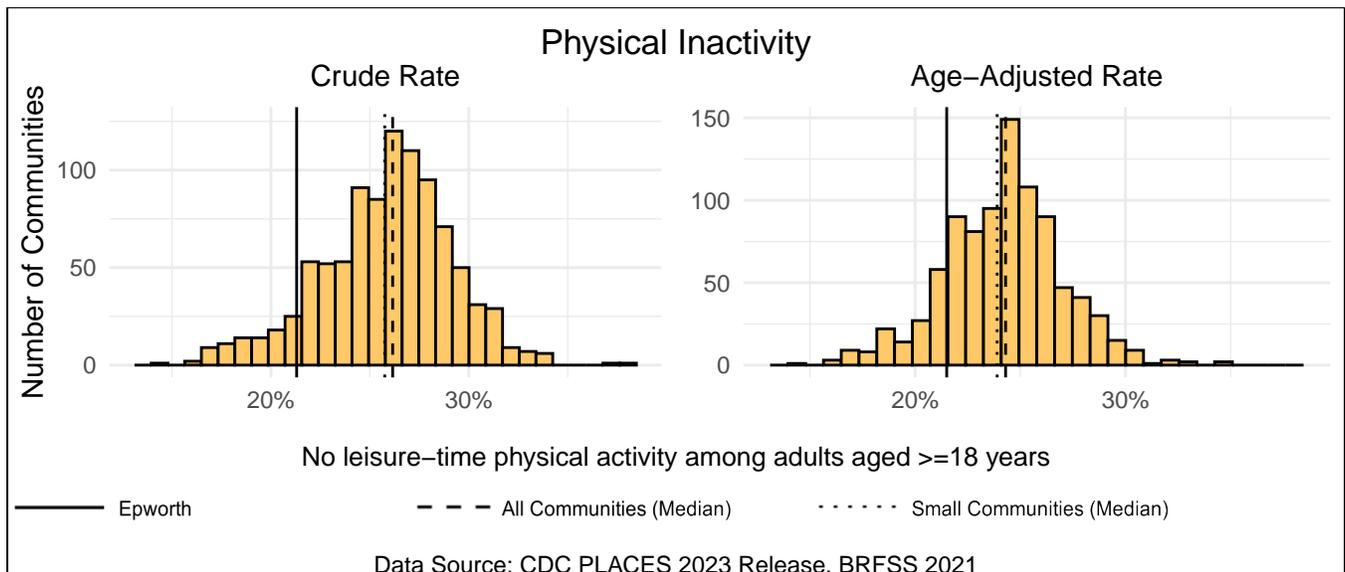
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 15.3%   | 16.8%     | 16.1%       |
| Age-Adjusted | 15.0%   | 17.5%     | 17.2%       |



## Physical Inactivity

Epworth has a crude rate of 21.3% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 82nd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Epworth is 21.5%, which ranks 134th out of 905 Iowa communities (26th out of 138 small communities).

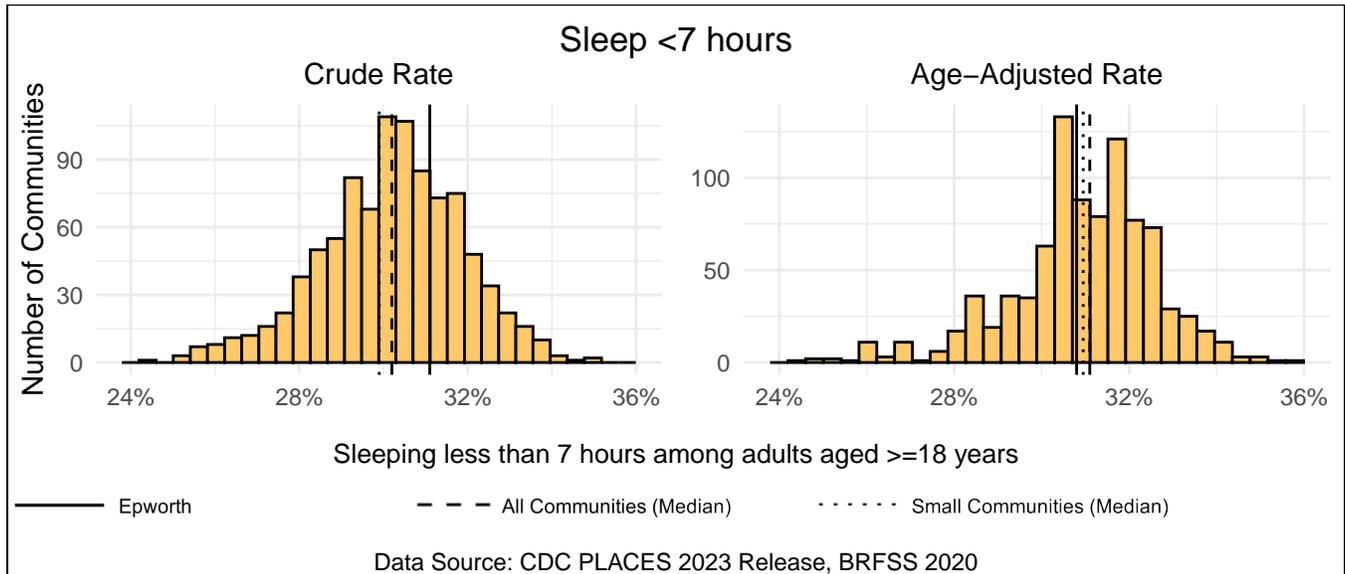
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 21.3%   | 26.1%     | 25.8%       |
| Age-Adjusted | 21.5%   | 24.3%     | 23.9%       |



## Sleep <7 hours

Epworth has a crude rate of 31.1% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 656th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Epworth is 30.8%, which ranks 378th out of 905 Iowa communities (61st out of 138 small communities).

| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 31.1%   | 30.2%     | 29.9%       |
| Age-Adjusted | 30.8%   | 31.1%     | 31.0%       |



## Health Outcomes

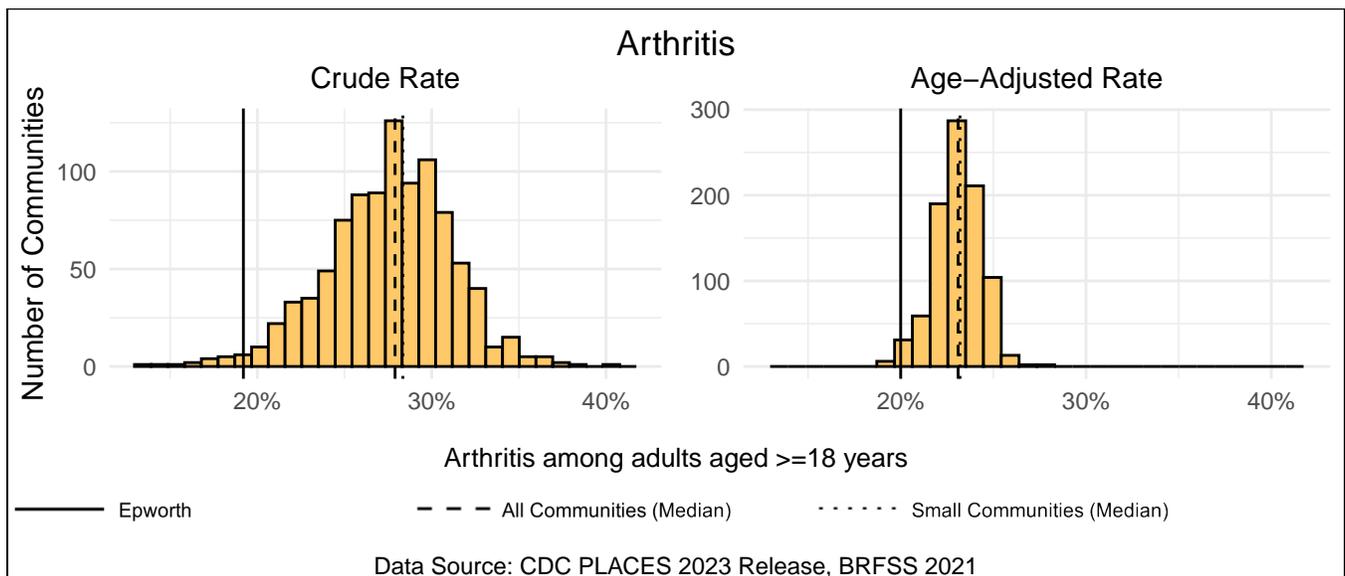
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Epworth has a crude rate of 19.2% for arthritis among adults aged  $\geq 18$  years, which ranks 17th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Epworth is 20.0%, which ranks 14th out of 905 Iowa communities (3rd out of 138 small communities).

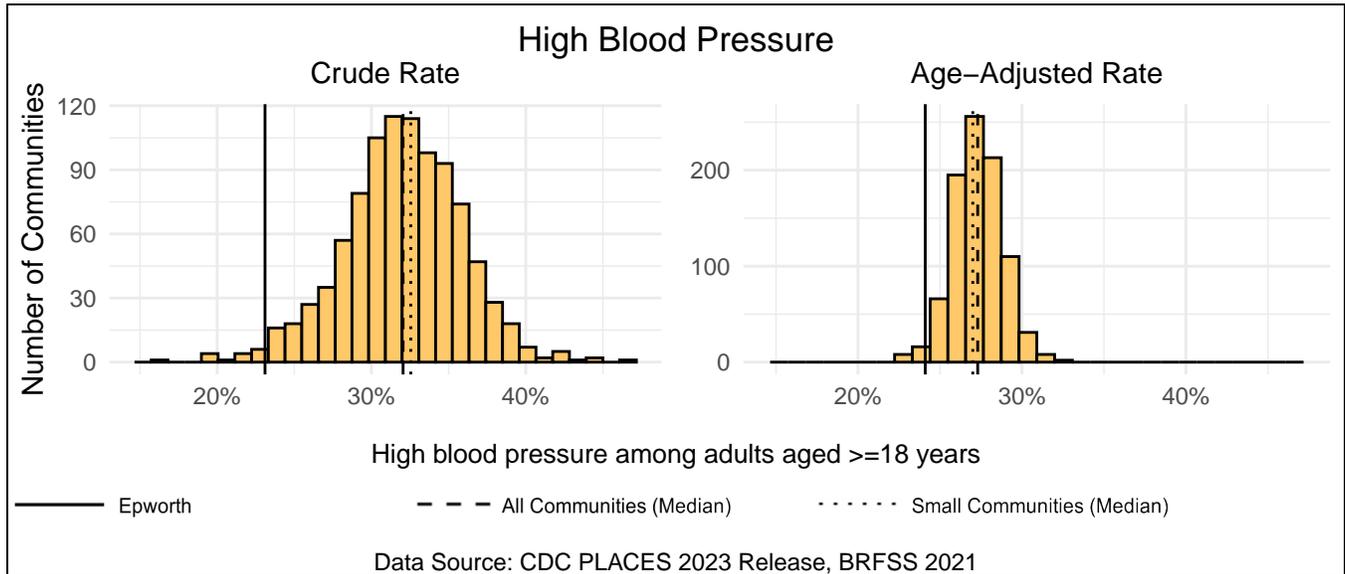
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 19.2%   | 27.9%     | 28.4%       |
| Age-Adjusted | 20.0%   | 23.1%     | 23.2%       |



## High Blood Pressure

Epworth has a crude rate of 23.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 14th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Epworth is 24.1%, which ranks 16th out of 905 Iowa communities (5th out of 138 small communities).

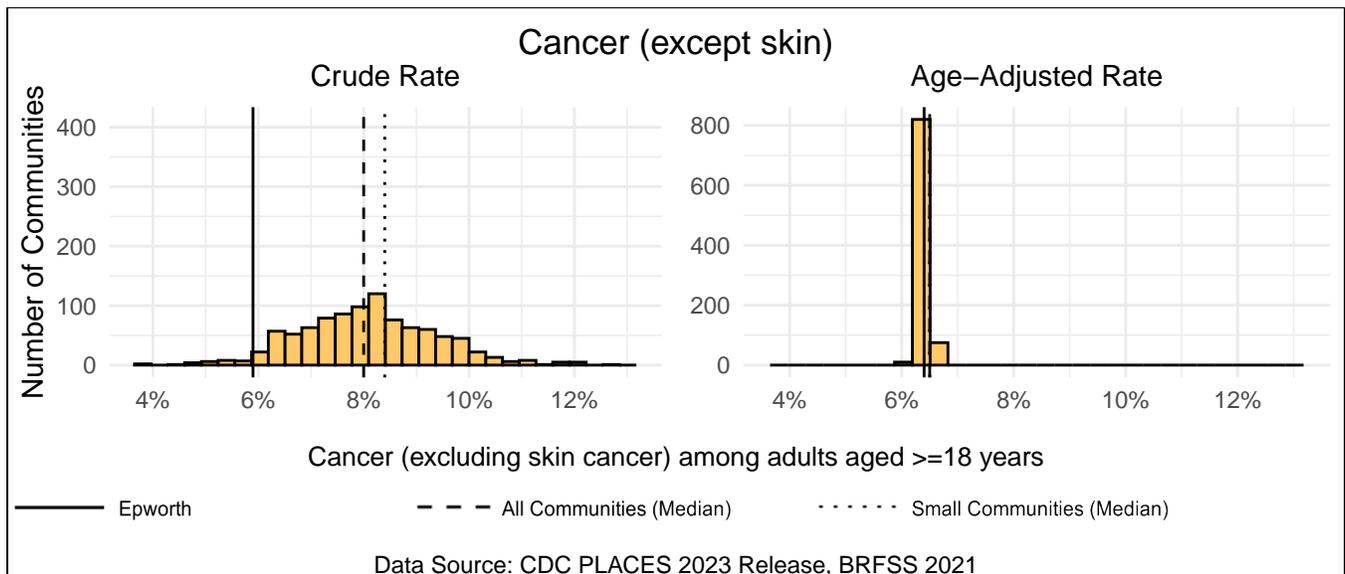
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 23.1%   | 32.0%     | 32.5%       |
| Age-Adjusted | 24.1%   | 27.3%     | 27.0%       |



## Cancer (except skin)

Epworth has a crude rate of 5.9% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 29th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Epworth is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

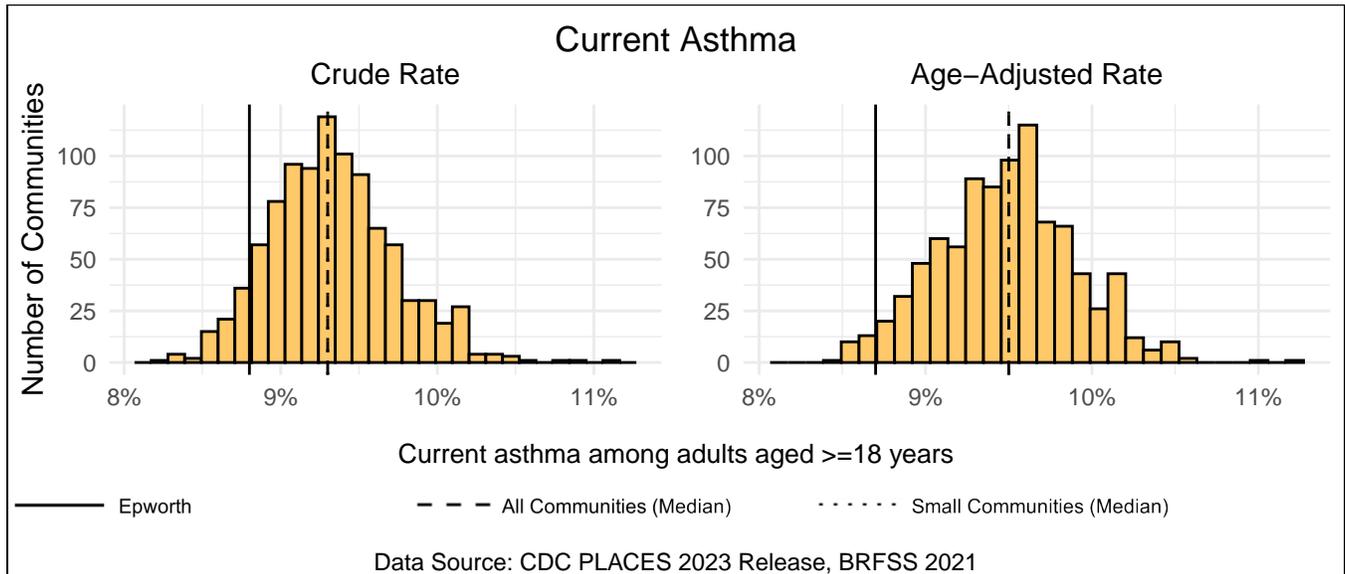
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 5.9%    | 8.0%      | 8.4%        |
| Age-Adjusted | 6.4%    | 6.5%      | 6.5%        |



## Current Asthma

Epworth has a crude rate of 8.8% for current asthma among adults aged  $\geq 18$  years, which ranks 44th out of 958 lowa communities (4th out of 138 small communities). The age-adjusted rate for Epworth is 8.7%, which ranks 12th out of 905 lowa communities (2nd out of 138 small communities).

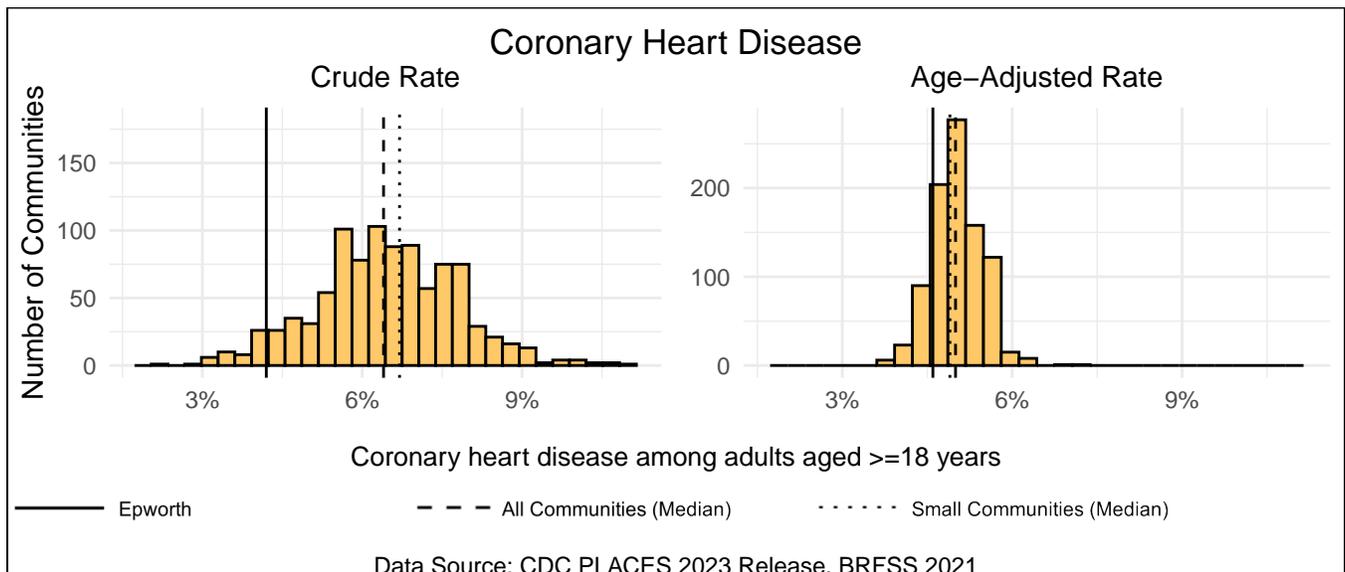
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 8.8%    | 9.3%      | 9.3%        |
| Age-Adjusted | 8.7%    | 9.5%      | 9.5%        |



## Coronary Heart Disease

Epworth has a crude rate of 4.2% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 42nd out of 958 lowa communities (11th out of 138 small communities). The age-adjusted rate for Epworth is 4.6%, which ranks 120th out of 905 lowa communities (24th out of 138 small communities).

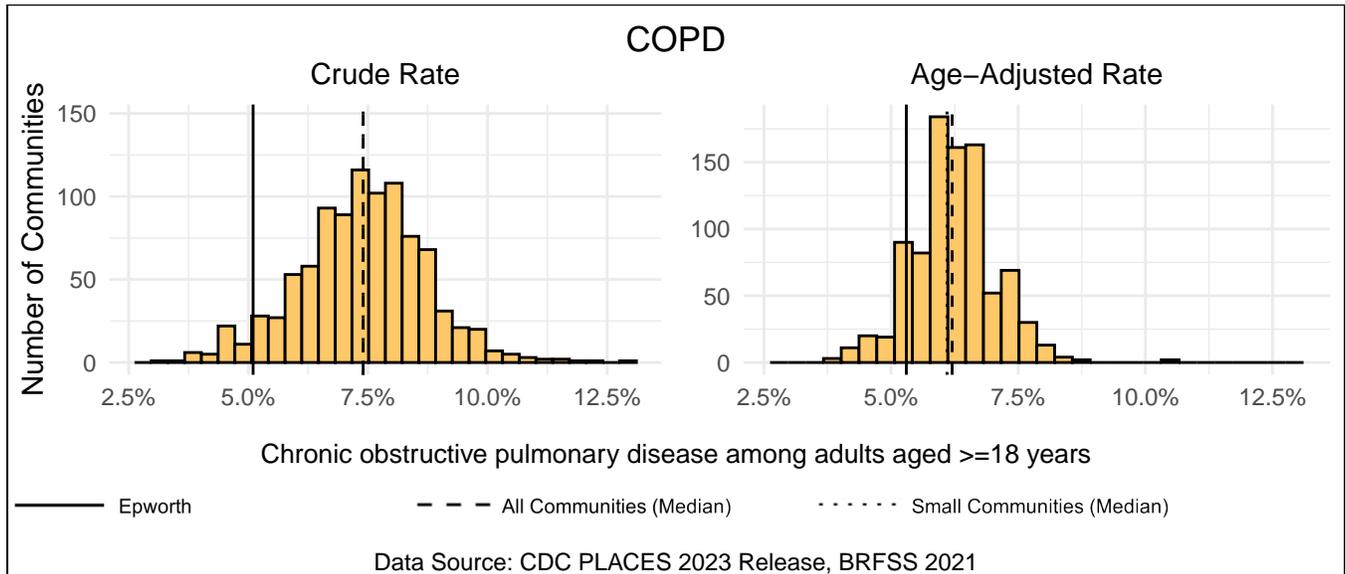
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 4.2%    | 6.4%      | 6.7%        |
| Age-Adjusted | 4.6%    | 5.0%      | 4.9%        |



## COPD

Epworth has a crude rate of 5.1% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 47th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Epworth is 5.3%, which ranks 93rd out of 905 Iowa communities (18th out of 138 small communities).

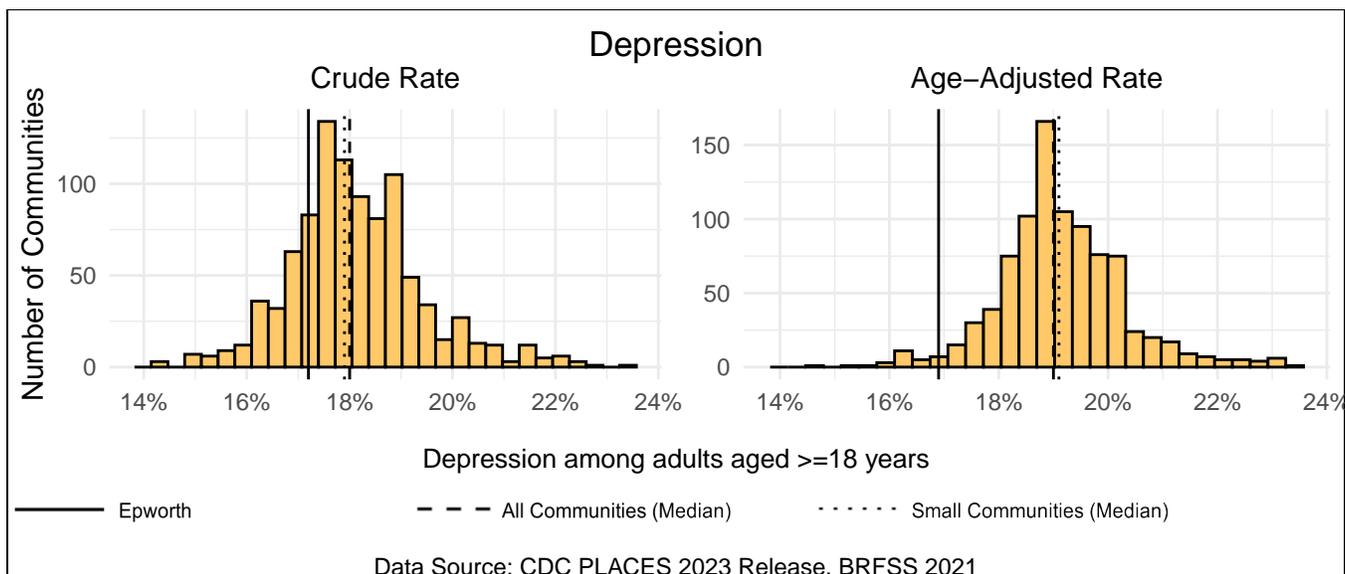
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 5.1%    | 7.4%      | 7.4%        |
| Age-Adjusted | 5.3%    | 6.2%      | 6.1%        |



## Depression

Epworth 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 Epworth is 16.9%, which ranks 25th out of 905 Iowa communities (5th out of 138 small communities).

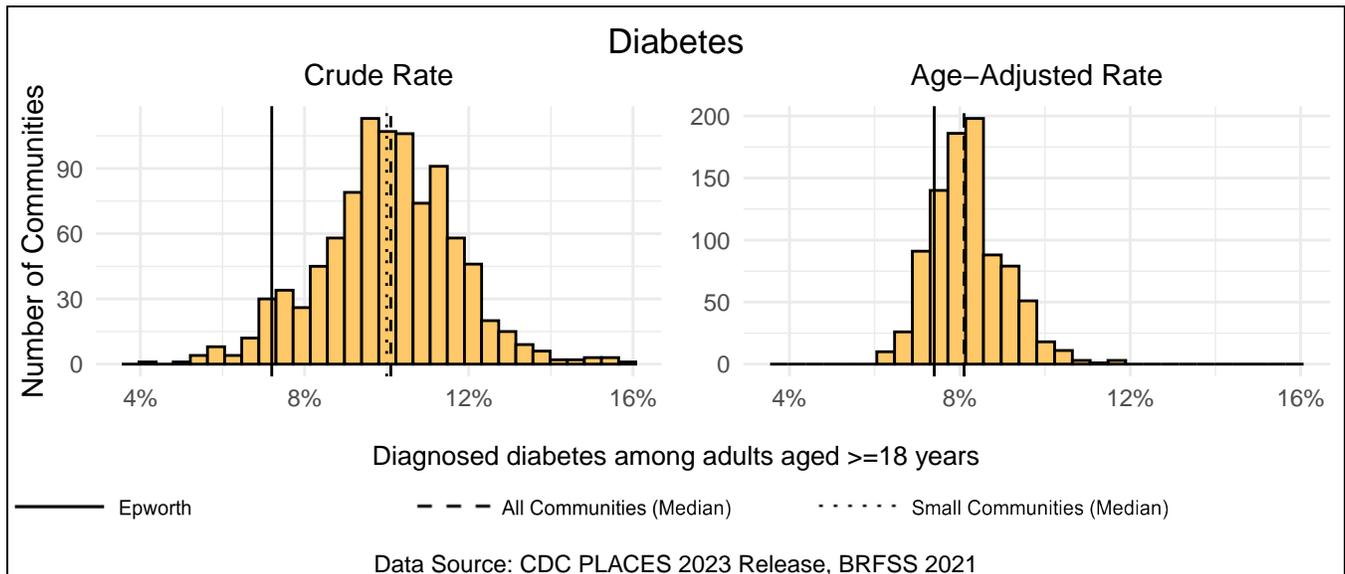
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 17.2%   | 18.0%     | 17.9%       |
| Age-Adjusted | 16.9%   | 19.0%     | 19.1%       |



## Diabetes

Epworth has a crude rate of 7.2% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 48th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Epworth is 7.4%, which ranks 128th out of 905 Iowa communities (23rd out of 138 small communities).

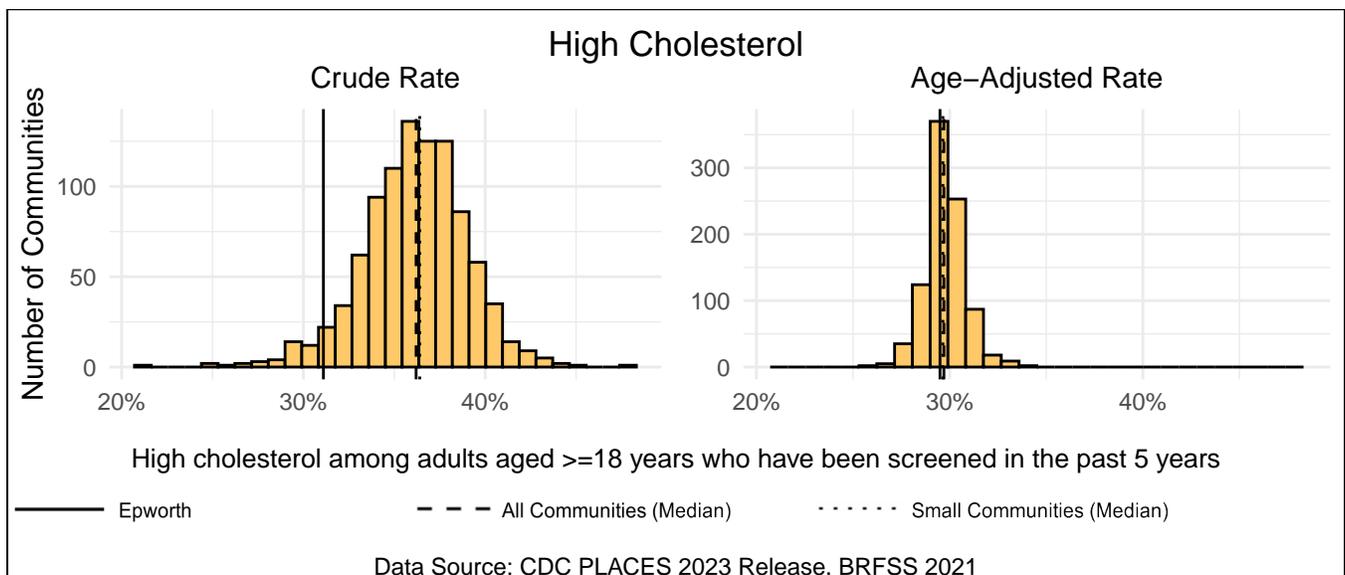
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 7.2%    | 10.1%     | 10.0%       |
| Age-Adjusted | 7.4%    | 8.1%      | 8.1%        |



## High Cholesterol

Epworth has a crude rate of 31.1% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 47th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Epworth is 29.5%, which ranks 336th out of 905 Iowa communities (52nd out of 138 small communities).

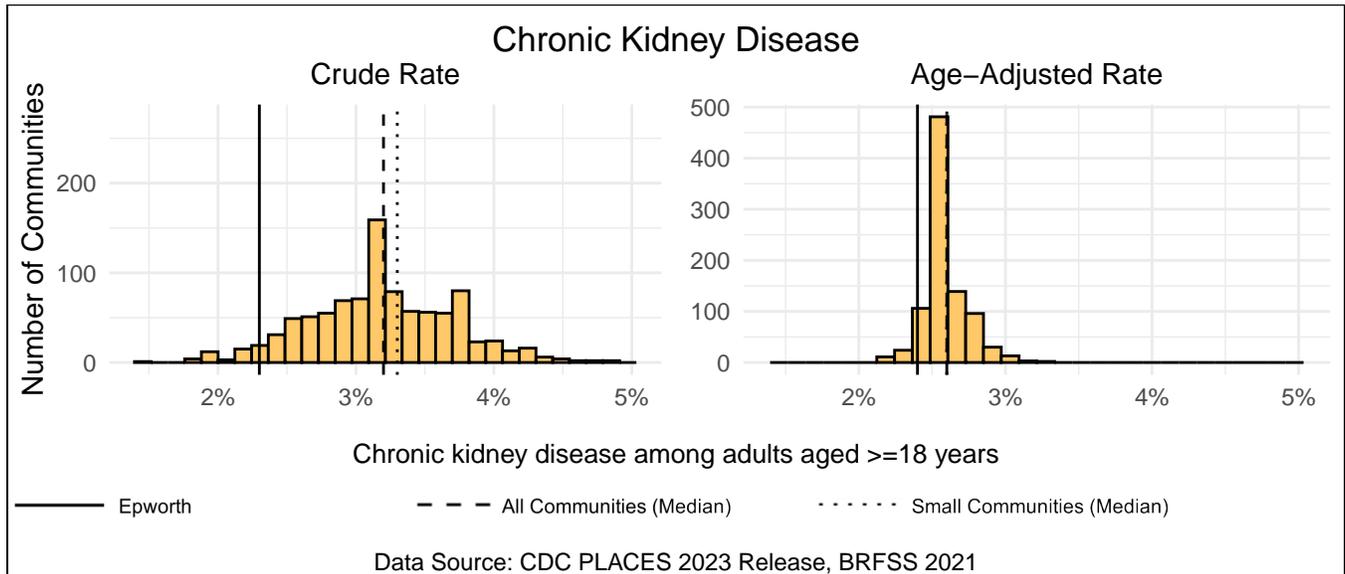
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 31.1%   | 36.2%     | 36.4%       |
| Age-Adjusted | 29.5%   | 29.7%     | 29.6%       |



## Chronic Kidney Disease

Epworth has a crude rate of 2.3% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 36th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Epworth is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 138 small communities).

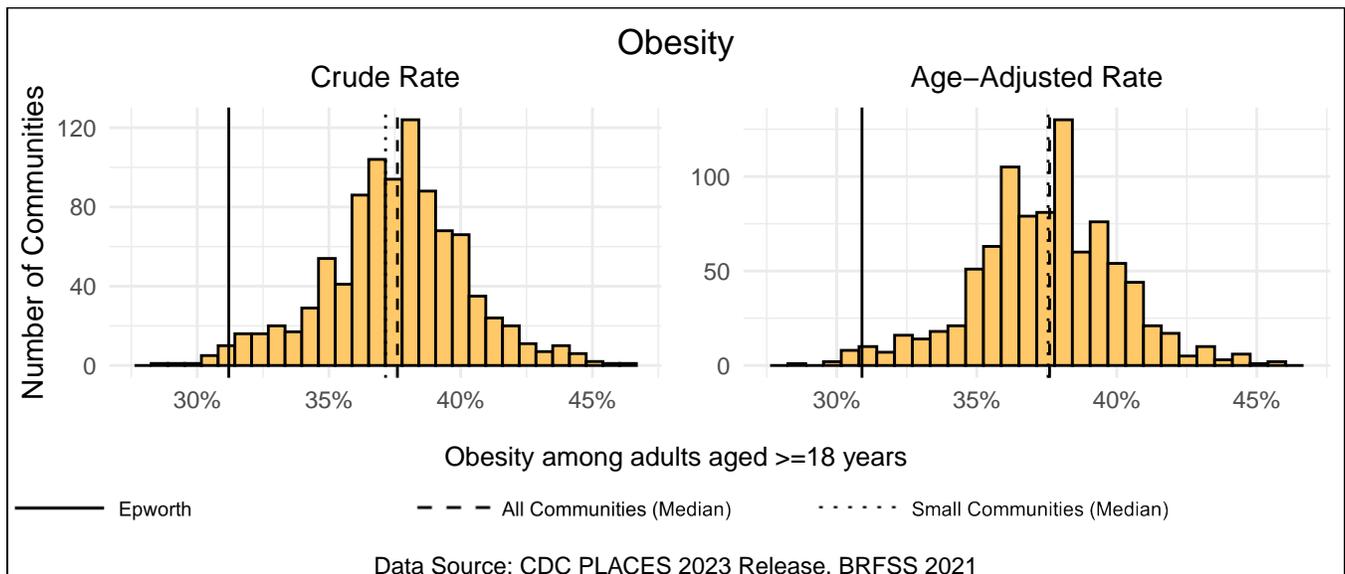
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 2.3%    | 3.2%      | 3.3%        |
| Age-Adjusted | 2.4%    | 2.6%      | 2.6%        |



## Obesity

Epworth has a crude rate of 31.2% for obesity among adults aged  $\geq 18$  years, which ranks 15th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Epworth is 30.9%, which ranks 13th out of 905 Iowa communities (5th out of 138 small communities).

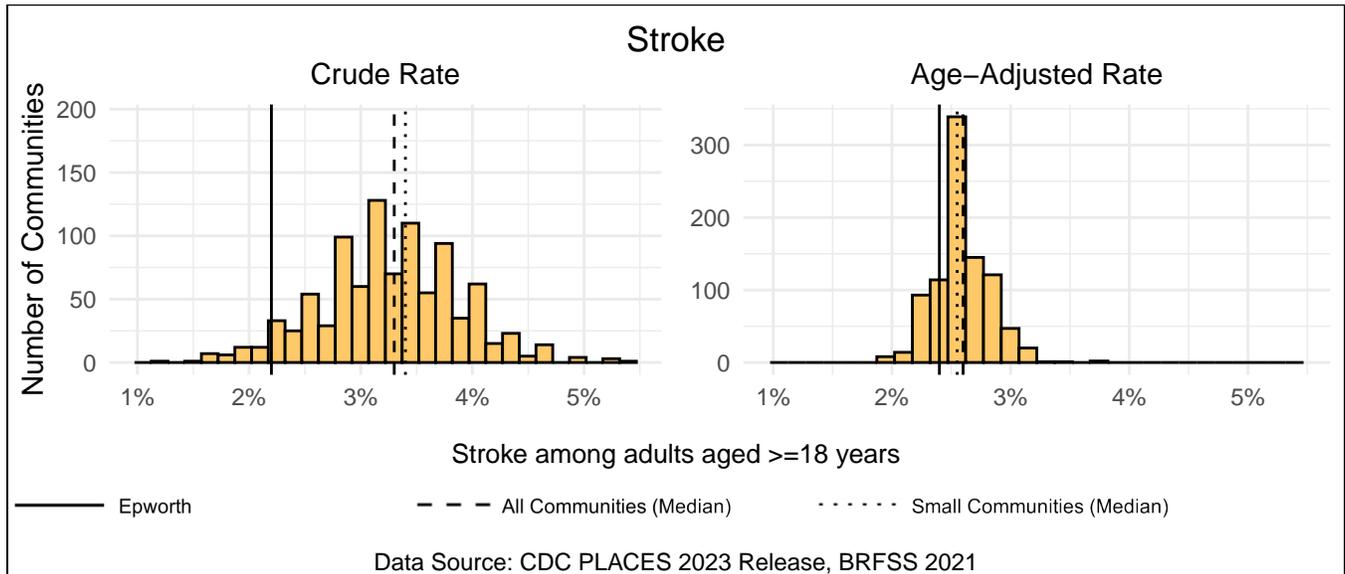
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 31.2%   | 37.6%     | 37.2%       |
| Age-Adjusted | 30.9%   | 37.6%     | 37.5%       |



## Stroke

Epworth has a crude rate of 2.2% for stroke among adults aged  $\geq 18$  years, which ranks 40th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Epworth is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

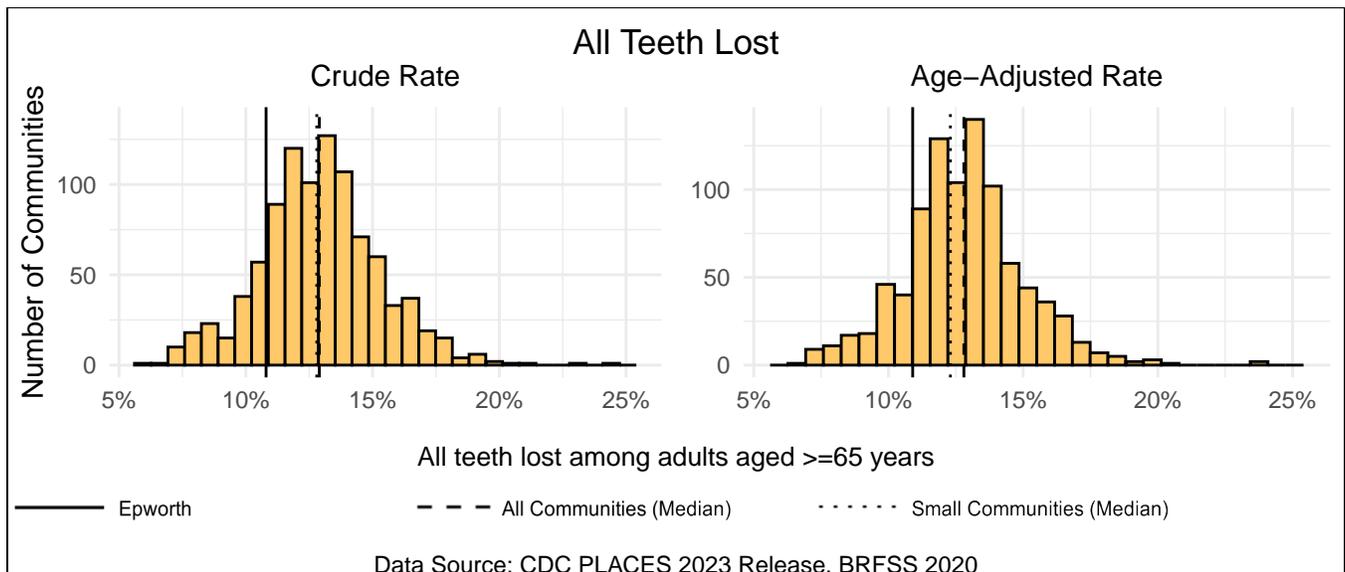
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 2.2%    | 3.3%      | 3.4%        |
| Age-Adjusted | 2.4%    | 2.6%      | 2.5%        |



## All Teeth Lost

Epworth has a crude rate of 10.8% for all teeth lost among adults aged  $\geq 65$  years, which ranks 156th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Epworth is 10.9%, which ranks 143rd out of 905 Iowa communities (29th out of 138 small communities).

| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 10.8%   | 12.9%     | 12.8%       |
| Age-Adjusted | 10.9%   | 12.8%     | 12.3%       |



## Prevention

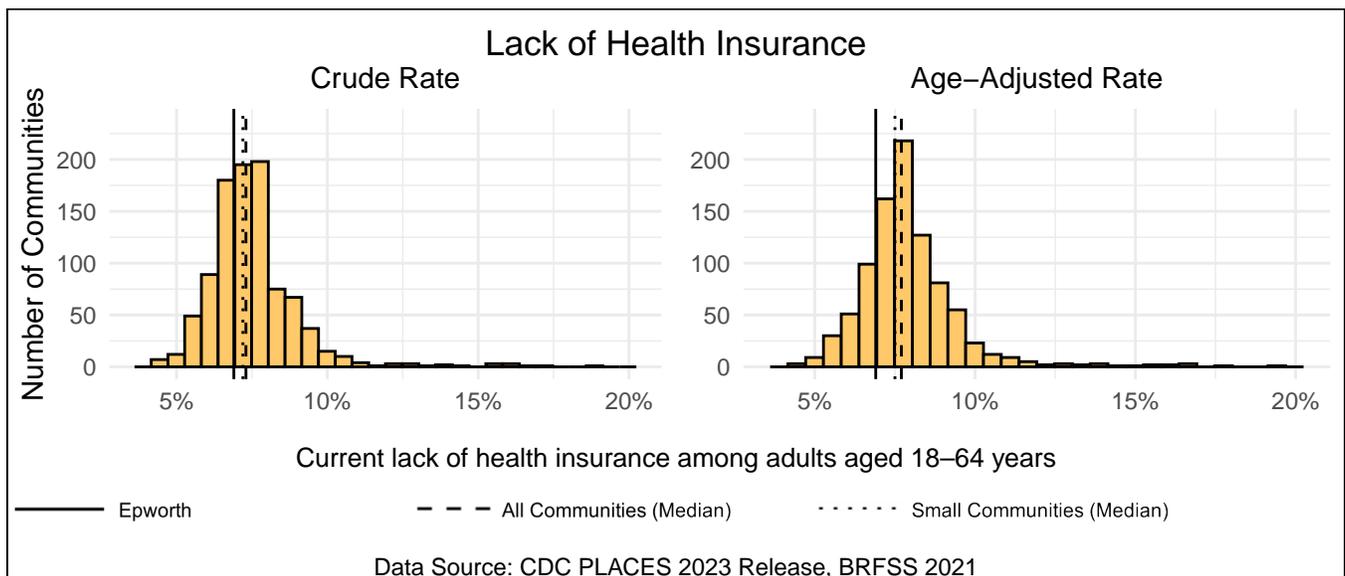
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Epworth has a crude rate of 6.9% for current lack of health insurance among adults aged 18–64 years, which ranks 296th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Epworth is 6.9%, which ranks 168th out of 905 Iowa communities (36th out of 138 small communities).

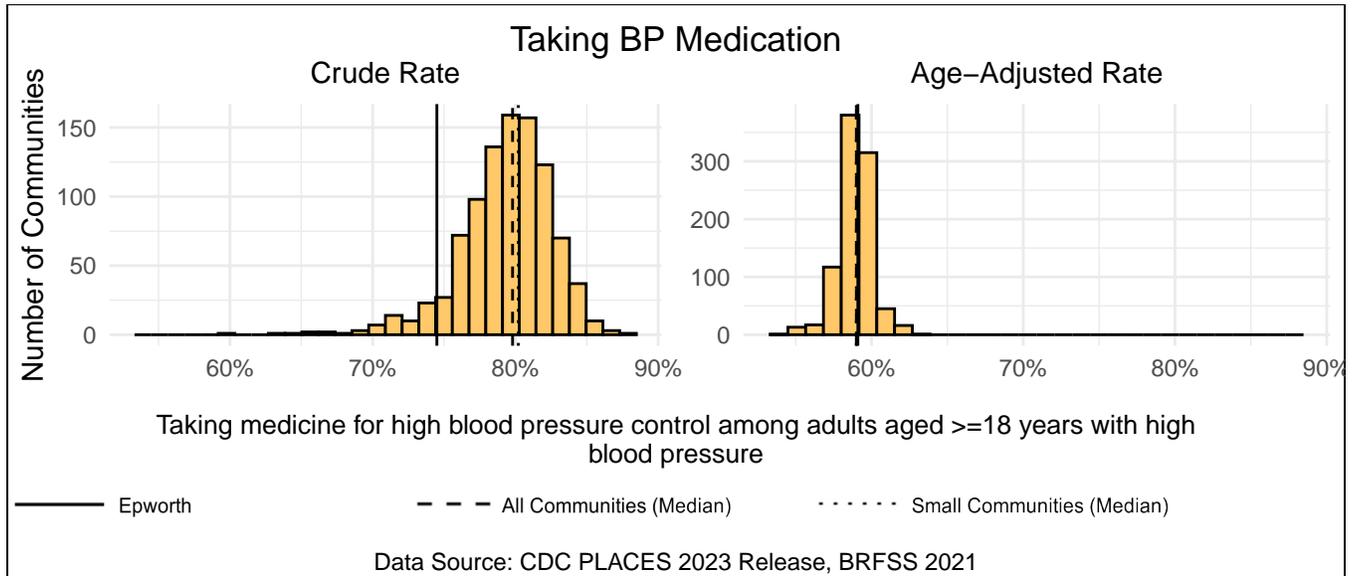
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 6.9%    | 7.3%      | 7.2%        |
| Age-Adjusted | 6.9%    | 7.7%      | 7.5%        |



## Taking BP Medication

Epworth has a crude rate of 74.5% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 889th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Epworth is 59.1%, which ranks 378th out of 905 Iowa communities (63rd out of 138 small communities).

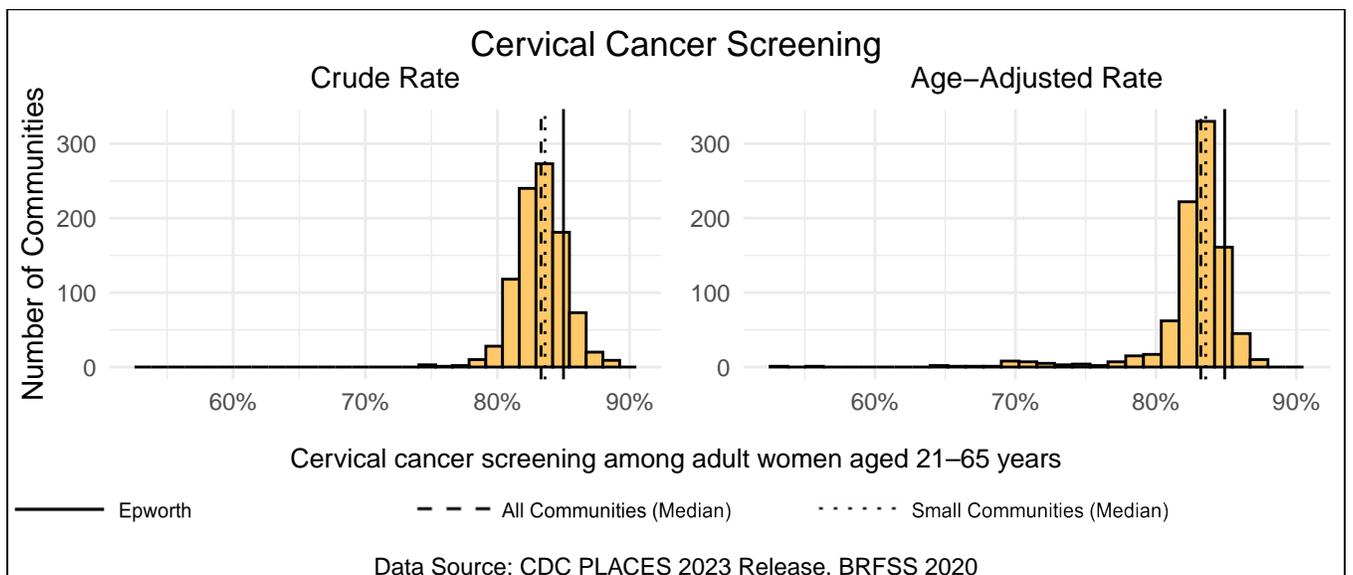
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 74.5%   | 79.8%     | 80.2%       |
| Age-Adjusted | 59.1%   | 59.0%     | 59.0%       |



## Cervical Cancer Screening

Epworth has a crude rate of 85.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 142nd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Epworth is 84.9%, which ranks 99th out of 905 Iowa communities (24th out of 138 small communities).

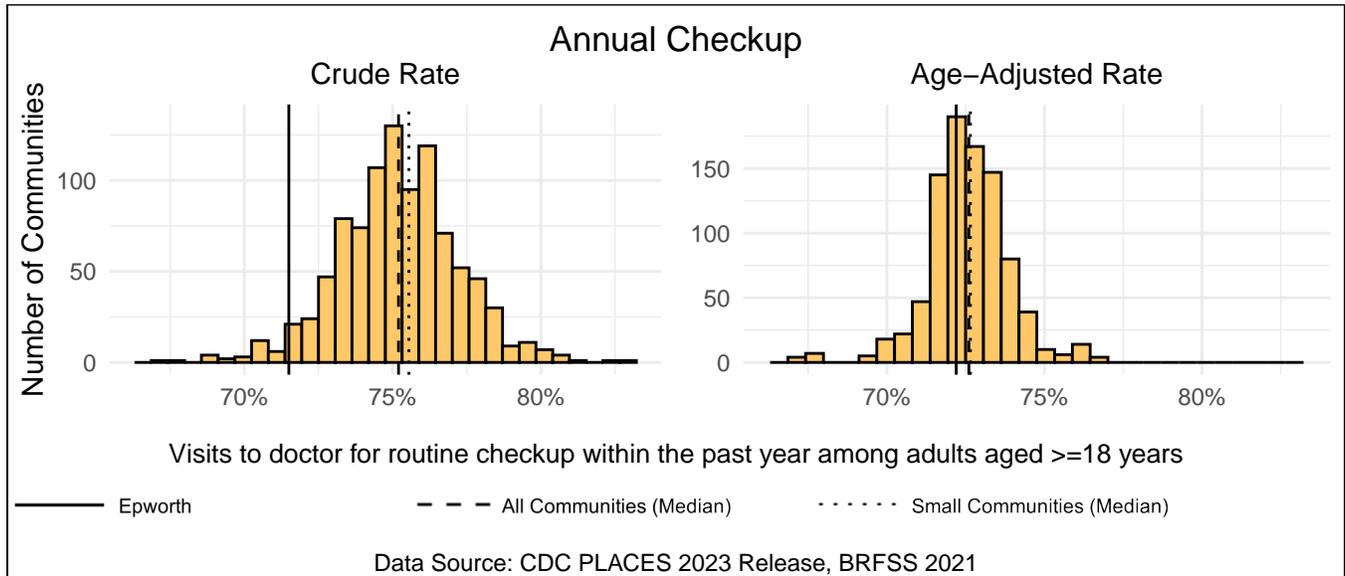
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 85.0%   | 83.3%     | 83.6%       |
| Age-Adjusted | 84.9%   | 83.2%     | 83.5%       |



## Annual Checkup

Epworth has a crude rate of 71.5% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 925th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Epworth is 72.2%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

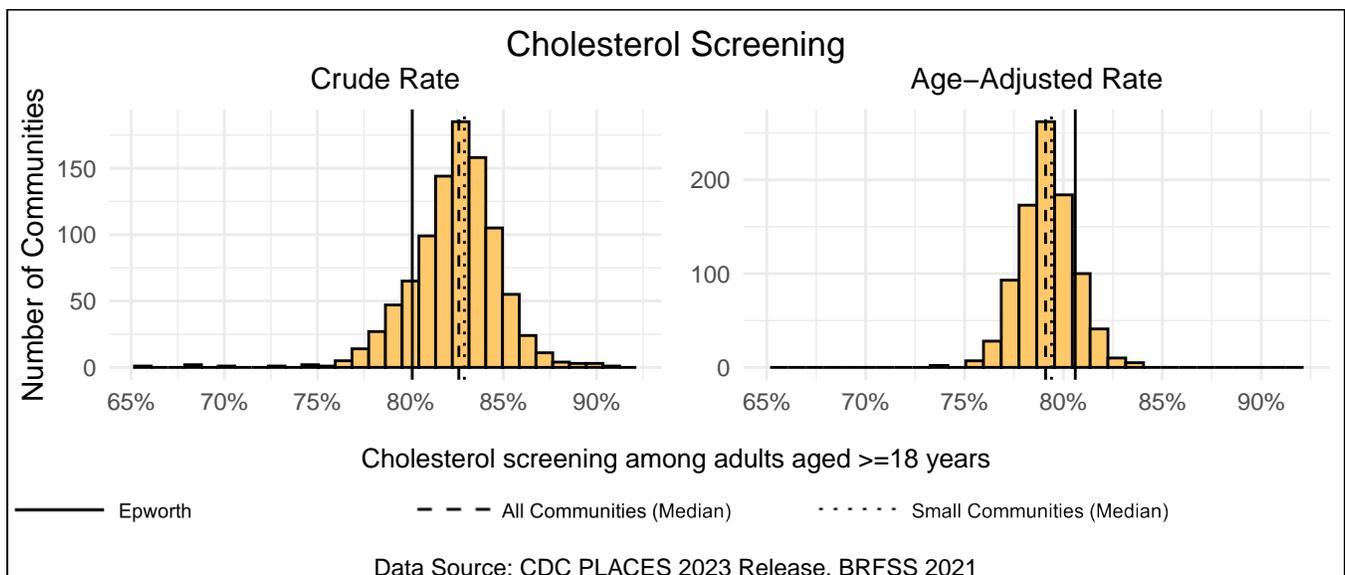
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 71.5%   | 75.2%     | 75.5%       |
| Age-Adjusted | 72.2%   | 72.6%     | 72.6%       |



## Cholesterol Screening

Epworth has a crude rate of 80.1% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 814th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Epworth is 80.6%, which ranks 124th out of 905 Iowa communities (23rd out of 138 small communities).

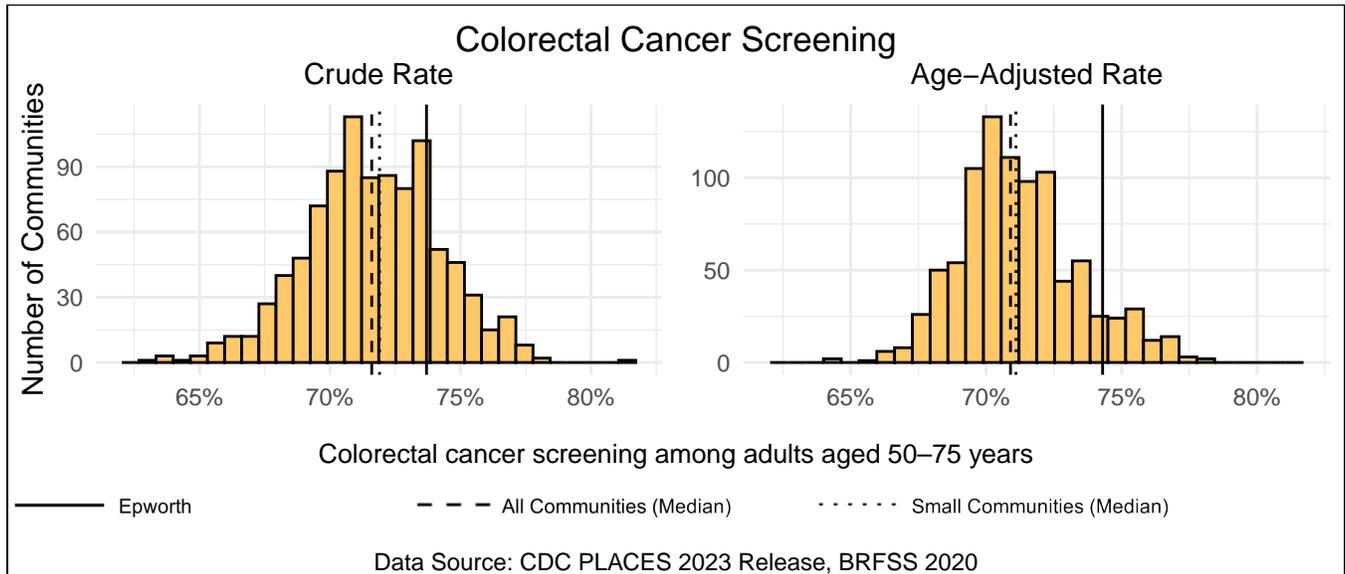
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 80.1%   | 82.6%     | 82.9%       |
| Age-Adjusted | 80.6%   | 79.1%     | 79.4%       |



## Colorectal Cancer Screening

Epworth has a crude rate of 73.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 193rd out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Epworth is 74.3%, which ranks 88th out of 905 Iowa communities (20th out of 138 small communities).

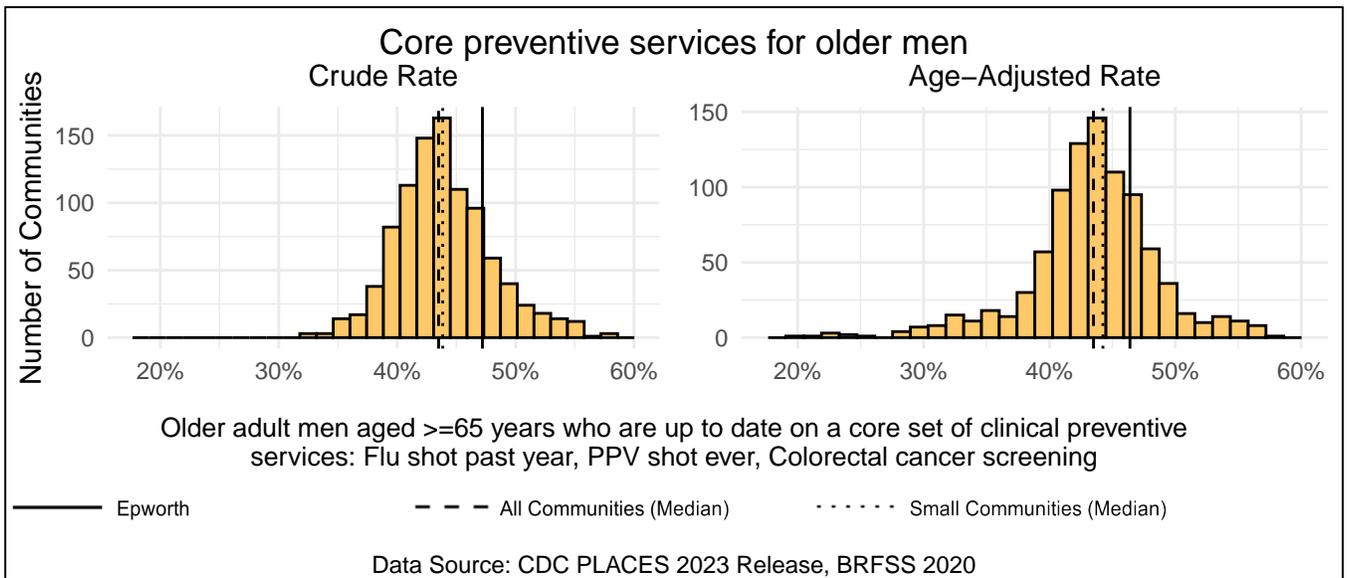
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 73.7%   | 71.6%     | 71.9%       |
| Age-Adjusted | 74.3%   | 70.9%     | 71.1%       |



## Core preventive services for older men

Epworth has a crude rate of 47.2% 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 177th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Epworth is 46.4%, which ranks 217th out of 905 Iowa communities (36th out of 138 small communities).

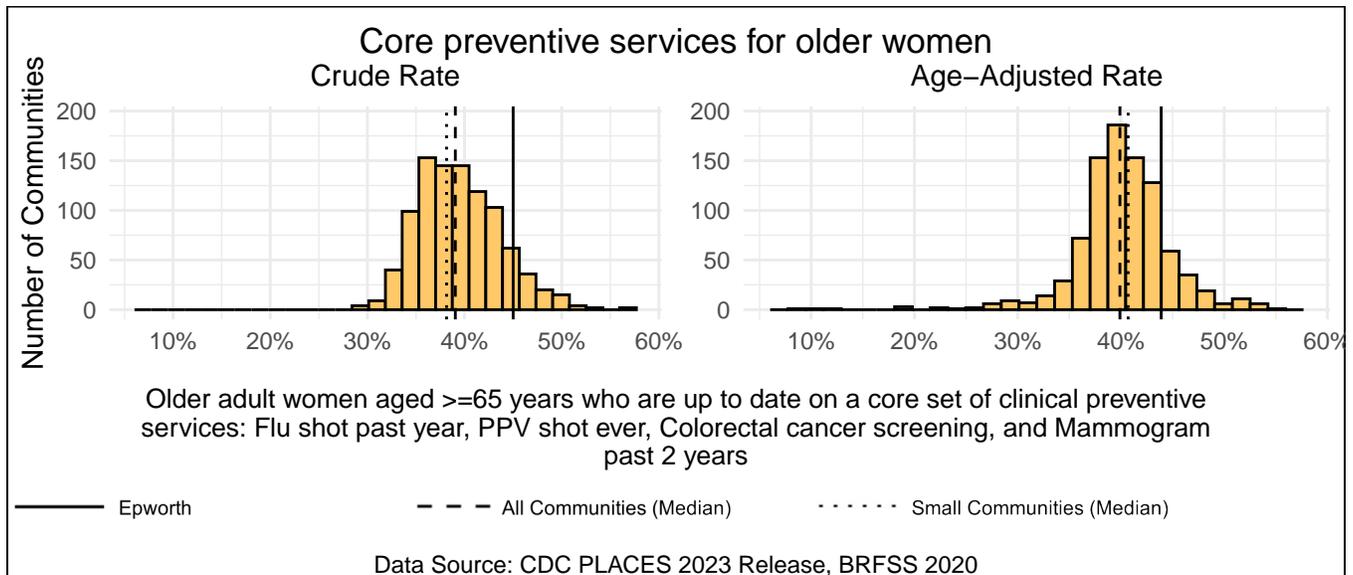
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 47.2%   | 43.5%     | 43.8%       |
| Age-Adjusted | 46.4%   | 43.5%     | 44.2%       |



## Core preventive services for older women

Epworth has a crude rate of 45.0% 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 99th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Epworth is 43.9%, which ranks 138th out of 905 Iowa communities (32nd out of 138 small communities).

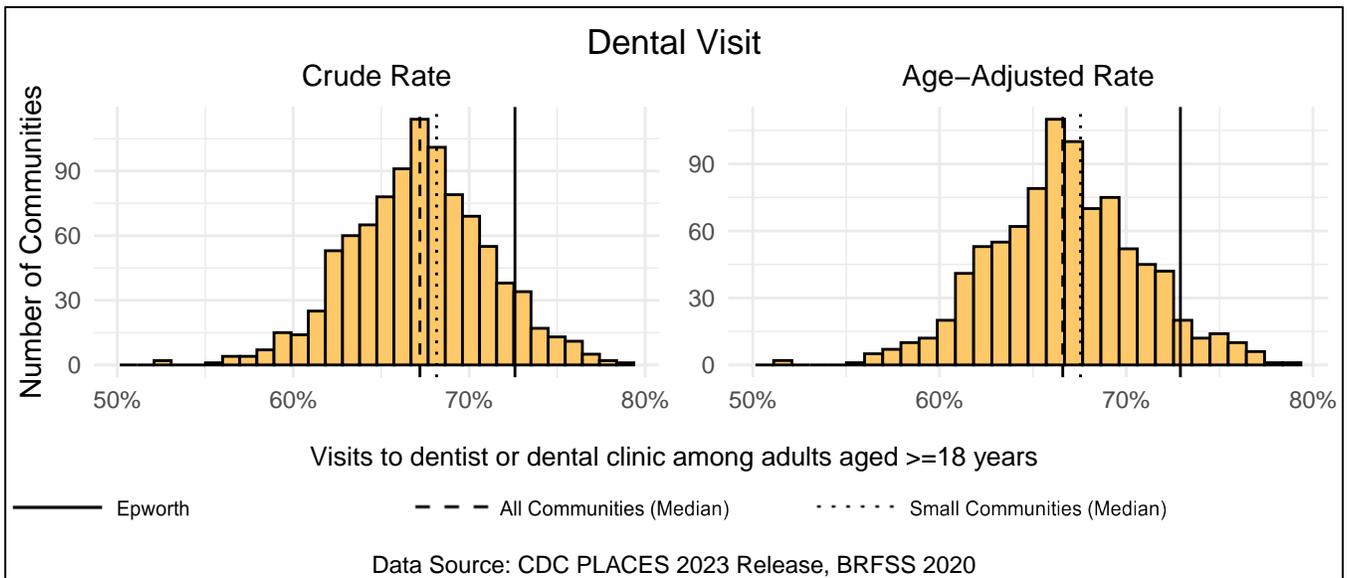
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 45.0%   | 39.0%     | 38.2%       |
| Age-Adjusted | 43.9%   | 39.9%     | 40.7%       |



## Dental Visit

Epworth has a crude rate of 72.6% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 82nd out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Epworth is 72.9%, which ranks 59th out of 905 Iowa communities (13th out of 138 small communities).

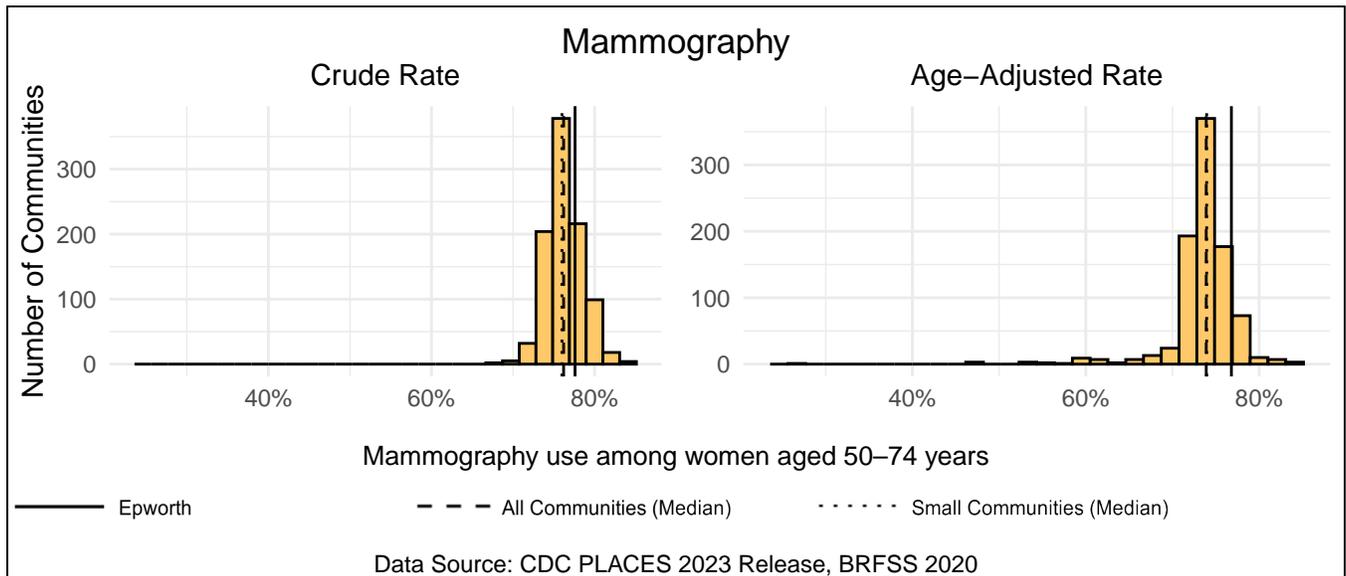
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 72.6%   | 67.2%     | 68.2%       |
| Age-Adjusted | 72.9%   | 66.6%     | 67.5%       |



## Mammography

Epworth has a crude rate of 77.6% for mammography use among women aged 50–74 years, which ranks 248th out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Epworth is 76.8%, which ranks 103rd out of 905 Iowa communities (20th out of 138 small communities).

| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 77.6%   | 76.2%     | 76.0%       |
| Age-Adjusted | 76.8%   | 73.9%     | 74.0%       |



# Disability

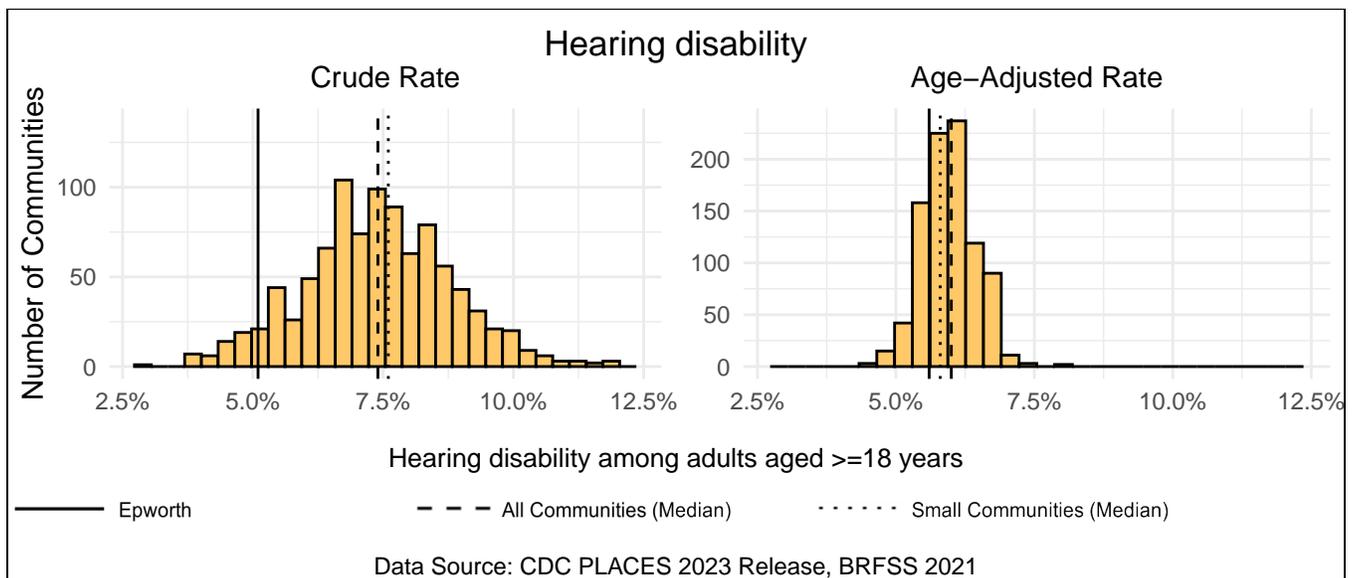
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Epworth has a crude rate of 5.1% for hearing disability among adults aged  $\geq 18$  years, which ranks 56th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Epworth is 5.6%, which ranks 163rd out of 905 Iowa communities (29th out of 138 small communities).

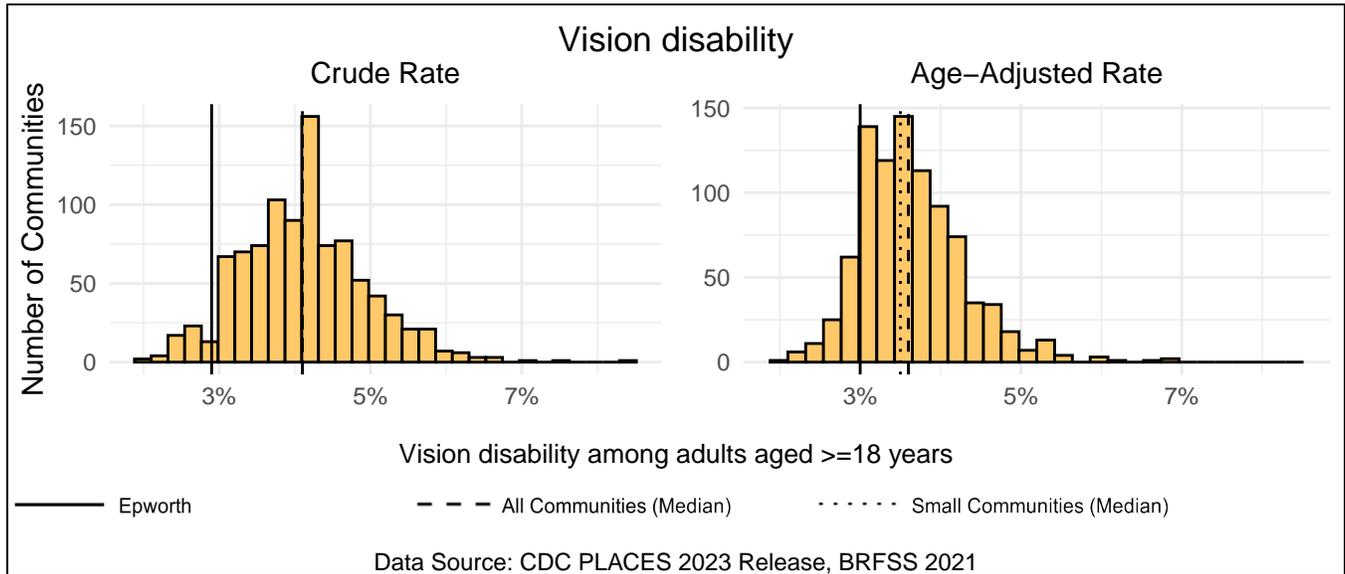
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 5.1%    | 7.4%      | 7.6%        |
| Age-Adjusted | 5.6%    | 6.0%      | 5.8%        |



## Vision disability

Epworth has a crude rate of 2.9% for vision disability among adults aged  $\geq 18$  years, which ranks 50th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Epworth is 3.0%, which ranks 106th out of 905 Iowa communities (18th out of 138 small communities).

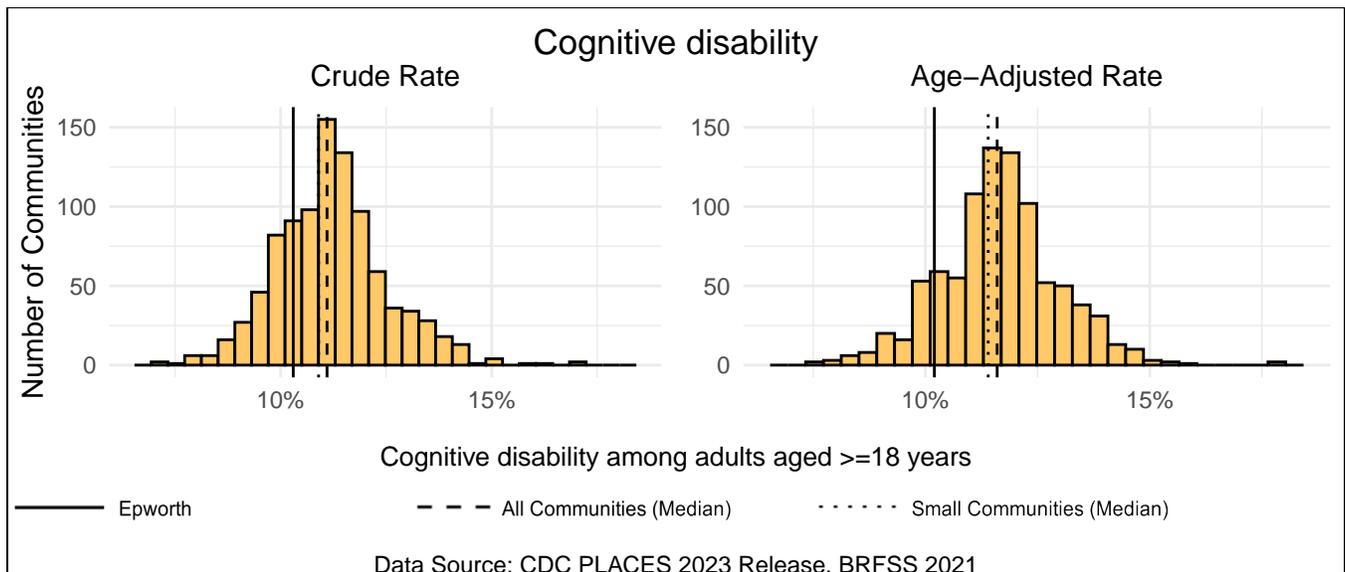
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 2.9%    | 4.1%      | 4.1%        |
| Age-Adjusted | 3.0%    | 3.6%      | 3.5%        |



## Cognitive disability

Epworth has a crude rate of 10.3% for cognitive disability among adults aged  $\geq 18$  years, which ranks 199th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Epworth is 10.2%, which ranks 109th out of 905 Iowa communities (19th out of 138 small communities).

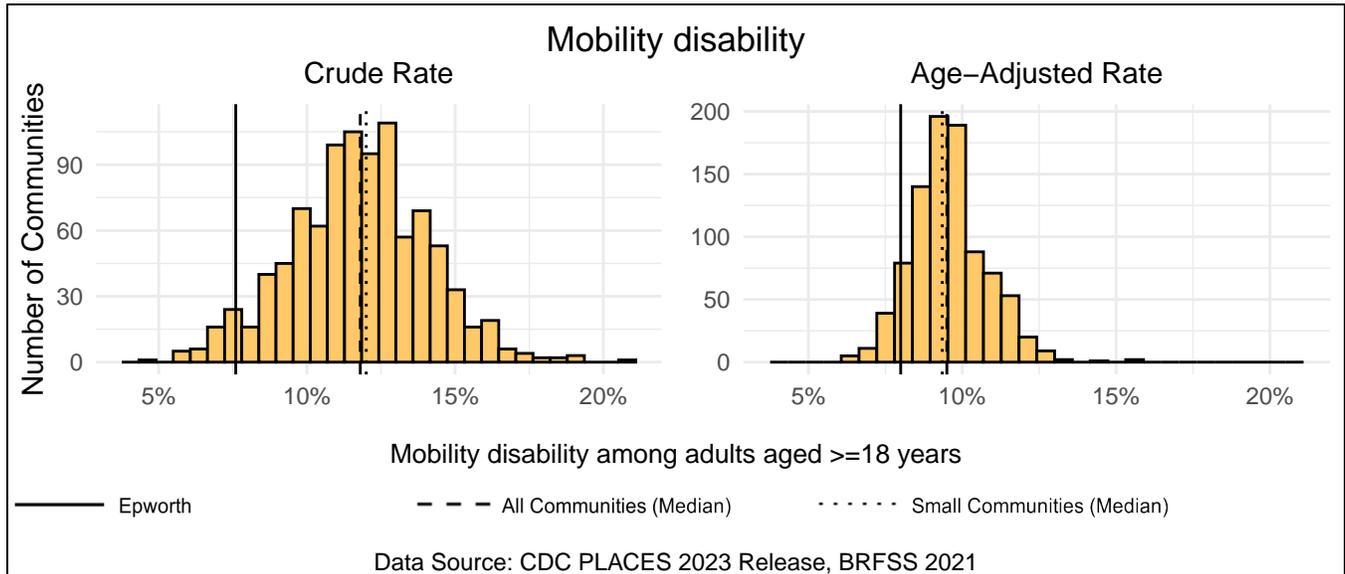
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 10.3%   | 11.1%     | 10.9%       |
| Age-Adjusted | 10.2%   | 11.6%     | 11.4%       |



## Mobility disability

Epworth has a crude rate of 7.6% for mobility disability among adults aged  $\geq 18$  years, which ranks 40th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Epworth is 8.0%, which ranks 73rd out of 905 Iowa communities (16th out of 138 small communities).

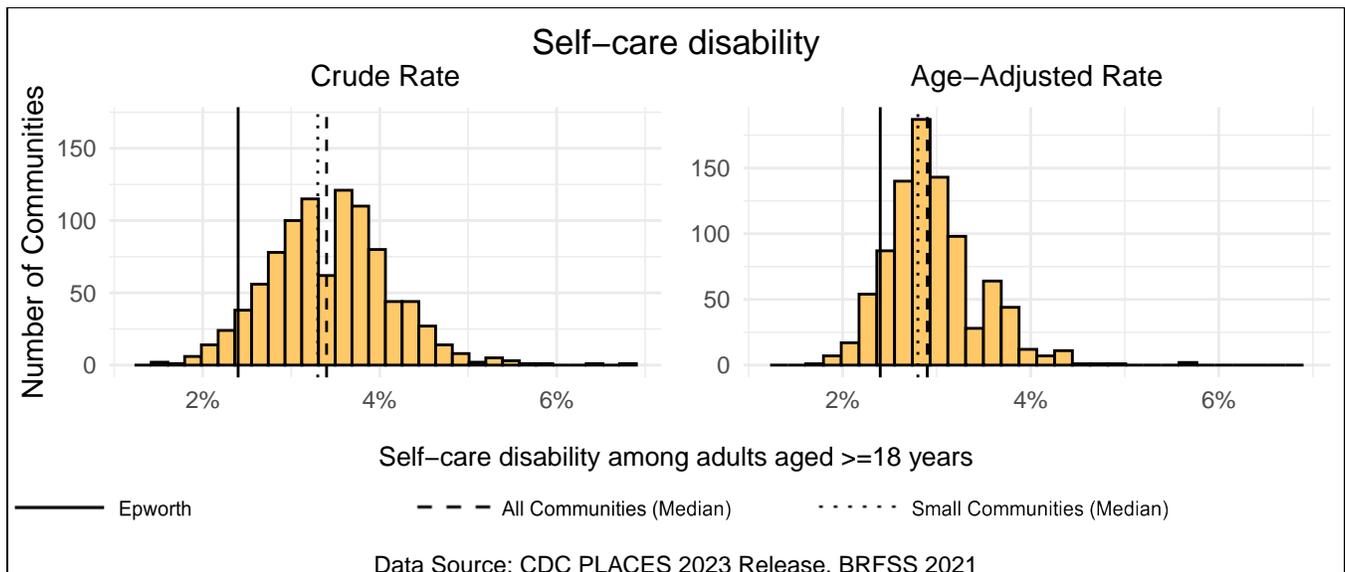
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 7.6%    | 11.8%     | 12.0%       |
| Age-Adjusted | 8.0%    | 9.5%      | 9.4%        |



## Self-care disability

Epworth has a crude rate of 2.4% for self-care disability among adults aged  $\geq 18$  years, which ranks 48th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Epworth is 2.4%, which ranks 80th out of 905 Iowa communities (16th out of 138 small communities).

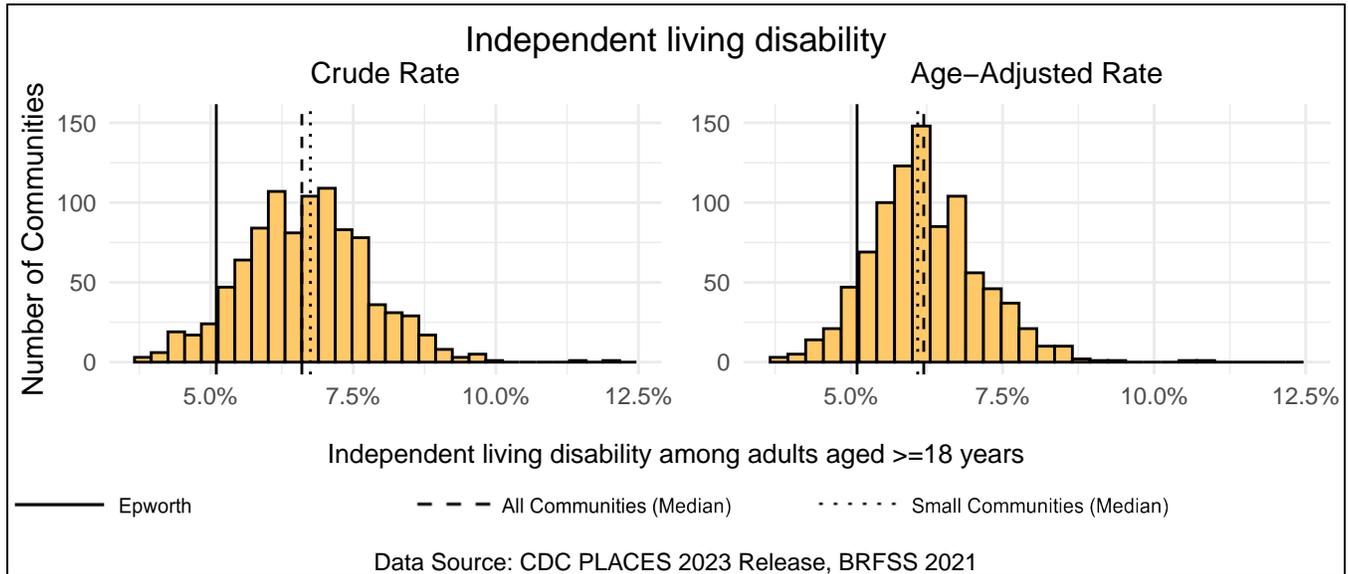
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 2.4%    | 3.4%      | 3.3%        |
| Age-Adjusted | 2.4%    | 2.9%      | 2.8%        |



## Independent living disability

Epworth has a crude rate of 5.1% for independent living disability among adults aged  $\geq 18$  years, which ranks 62nd out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Epworth is 5.1%, which ranks 67th out of 905 Iowa communities (14th out of 138 small communities).

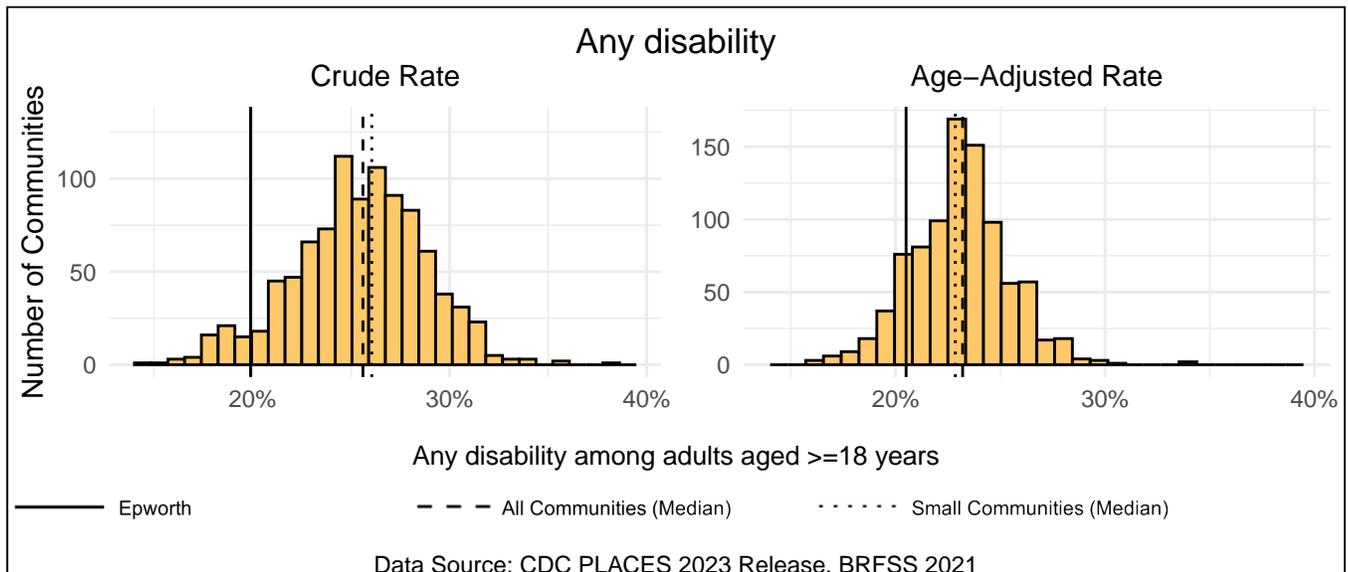
| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 5.1%    | 6.6%      | 6.8%        |
| Age-Adjusted | 5.1%    | 6.2%      | 6.1%        |



## Any disability

Epworth has a crude rate of 19.9% for any disability among adults aged  $\geq 18$  years, which ranks 57th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Epworth is 20.5%, which ranks 101st out of 905 Iowa communities (22nd out of 138 small communities).

| Measure Type | Epworth | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude        | 19.9%   | 25.6%     | 26.0%       |
| Age-Adjusted | 20.5%   | 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: Epworth 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                            | 464             | 14.3% (12.2% - 16.5%) | 42                 | 13.9% (12.0% - 16.0%)  |
| Health Status         | Physical Health                          | 52              | 8.5% (7.2% - 10.0%)   | 103                | 8.6% (7.3% - 10.2%)    |
| Health Status         | General Health                           | 57              | 10.7% (8.8% - 13.1%)  | 117                | 10.9% (9.0% - 13.0%)   |
| Health Risk Behaviors | Sleep <7 hours                           | 656             | 31.1% (29.6% - 32.7%) | 378                | 30.8% (29.2% - 32.2%)  |
| Health Risk Behaviors | Physical Inactivity                      | 82              | 21.3% (17.4% - 25.6%) | 134                | 21.5% (17.5% - 25.6%)  |
| Health Risk Behaviors | Binge Drinking                           | 920             | 23.5% (19.9% - 27.6%) | 714                | 22.9% (19.3% - 26.8%)  |
| Health Risk Behaviors | Current Smoking                          | 204             | 15.3% (12.0% - 19.1%) | 113                | 15.0% (11.6% - 18.5%)  |
| Health Outcomes       | COPD                                     | 47              | 5.1% (4.2% - 6.3%)    | 93                 | 5.3% (4.4% - 6.3%)     |
| Health Outcomes       | All Teeth Lost                           | 156             | 10.8% (6.9% - 14.8%)  | 143                | 10.9% (6.9% - 15.0%)   |
| Health Outcomes       | High Blood Pressure                      | 14              | 23.1% (19.8% - 26.4%) | 16                 | 24.1% (20.9% - 27.5%)  |
| Health Outcomes       | Depression                               | 196             | 17.2% (14.2% - 20.5%) | 25                 | 16.9% (14.0% - 20.1%)  |
| Health Outcomes       | Arthritis                                | 17              | 19.2% (16.3% - 22.3%) | 14                 | 20.0% (17.1% - 23.2%)  |
| Health Outcomes       | Diabetes                                 | 48              | 7.2% (6.0% - 8.5%)    | 128                | 7.4% (6.3% - 8.7%)     |
| Health Outcomes       | Current Asthma                           | 44              | 8.8% (7.7% - 10.0%)   | 12                 | 8.7% (7.6% - 9.9%)     |
| Health Outcomes       | High Cholesterol                         | 47              | 31.1% (27.2% - 35.3%) | 336                | 29.5% (25.4% - 33.9%)  |
| Health Outcomes       | Stroke                                   | 40              | 2.2% (1.9% - 2.5%)    | 116                | 2.4% (2.1% - 2.7%)     |
| Health Outcomes       | Chronic Kidney Disease                   | 36              | 2.3% (2.0% - 2.5%)    | 36                 | 2.4% (2.2% - 2.7%)     |
| Health Outcomes       | Coronary Heart Disease                   | 42              | 4.2% (3.6% - 4.9%)    | 120                | 4.6% (3.9% - 5.3%)     |
| Health Outcomes       | Cancer (except skin)                     | 29              | 5.9% (5.3% - 6.6%)    | 74                 | 6.4% (5.8% - 7.1%)     |
| Health Outcomes       | Obesity                                  | 15              | 31.2% (25.7% - 37.0%) | 13                 | 30.9% (25.3% - 36.7%)  |
| Prevention            | Cervical Cancer Screening                | 142             | 85.0% (82.8% - 87.2%) | 99                 | 84.9% (82.8% - 87.1%)  |
| Prevention            | Annual Checkup                           | 925             | 71.5% (66.6% - 76.3%) | 559                | 72.2% (67.4% - 76.8%)  |
| Prevention            | Core preventive services for older women | 99              | 45.0% (37.7% - 52.4%) | 138                | 43.9% (37.0% - 50.8%)  |
| Prevention            | Dental Visit                             | 82              | 72.6% (69.2% - 75.8%) | 59                 | 72.9% (69.6% - 76.0%)  |
| Prevention            | Health Insurance                         | 296             | 6.9% (5.1% - 8.9%)    | 168                | 6.9% (5.1% - 8.9%)     |

| 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 | 177             | 47.2% (39.3% - 54.7%) | 217                | 46.4% (39.0% - 54.1%)  |
| Prevention | Taking BP Medication                   | 889             | 74.5% (70.6% - 78.0%) | 378                | 59.1% (54.0% - 64.2%)  |
| Prevention | Colorectal Cancer Screening            | 193             | 73.7% (70.4% - 76.8%) | 88                 | 74.3% (71.3% - 77.3%)  |
| Prevention | Cholesterol Screening                  | 814             | 80.1% (76.2% - 83.5%) | 124                | 80.6% (77.0% - 84.0%)  |
| Prevention | Mammography                            | 248             | 77.6% (73.7% - 81.5%) | 103                | 76.8% (72.9% - 80.8%)  |
| Disability | Hearing Disability                     | 56              | 5.1% (4.5% - 5.9%)    | 163                | 5.6% (4.9% - 6.3%)     |
| Disability | Any Disability                         | 57              | 19.9% (16.6% - 23.6%) | 101                | 20.5% (17.3% - 23.9%)  |
| Disability | Cognitive Disability                   | 199             | 10.3% (8.6% - 12.4%)  | 109                | 10.2% (8.5% - 12.0%)   |
| Disability | Independent Living Disability          | 62              | 5.1% (4.2% - 6.1%)    | 67                 | 5.1% (4.3% - 6.0%)     |
| Disability | Mobility Disability                    | 40              | 7.6% (6.3% - 9.1%)    | 73                 | 8.0% (6.6% - 9.5%)     |
| Disability | Self-care Disability                   | 48              | 2.4% (2.0% - 2.8%)    | 80                 | 2.4% (2.0% - 2.9%)     |
| Disability | Vision Disability                      | 50              | 2.9% (2.5% - 3.4%)    | 106                | 3.0% (2.5% - 3.6%)     |

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)

Epworth 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      |             |            |