



Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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

Iowa Community Health Snapshot Series

Table of contents

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

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Estherville PLACES Data	32
Appendix 3: Midsized Communities (2,500-9,999)	34

Health in Estherville: Overview

Dear Community Members & Stakeholders of Estherville,

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 Estherville ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Estherville’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 Estherville. 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
Sleep <7 hours	278th	42nd	Binge Drinking	171st	36th
Arthritis	341st	35th	Taking BP Medication	251st	39th
Cancer (except skin)	388th	40th	Sleep <7 hours	330th	46th
High Blood Pressure	424th	45th	Cancer (except skin)	418th	41st
High Cholesterol	449th	58th	Annual Checkup	435th	56th

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
Core preventive services for older women	902nd	94th	Health Insurance	830th	82nd
Health Insurance	885th	83rd	Mammography	823rd	95th
Cholesterol Screening	871st	84th	Diabetes	802nd	79th
Mental Health	840th	86th	Core preventive services for older women	794th	93rd
Cognitive Disability	839th	77th	High Cholesterol	790th	89th

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 Estherville.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

How to Use this Report

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

With a population of 5,881, Estherville’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

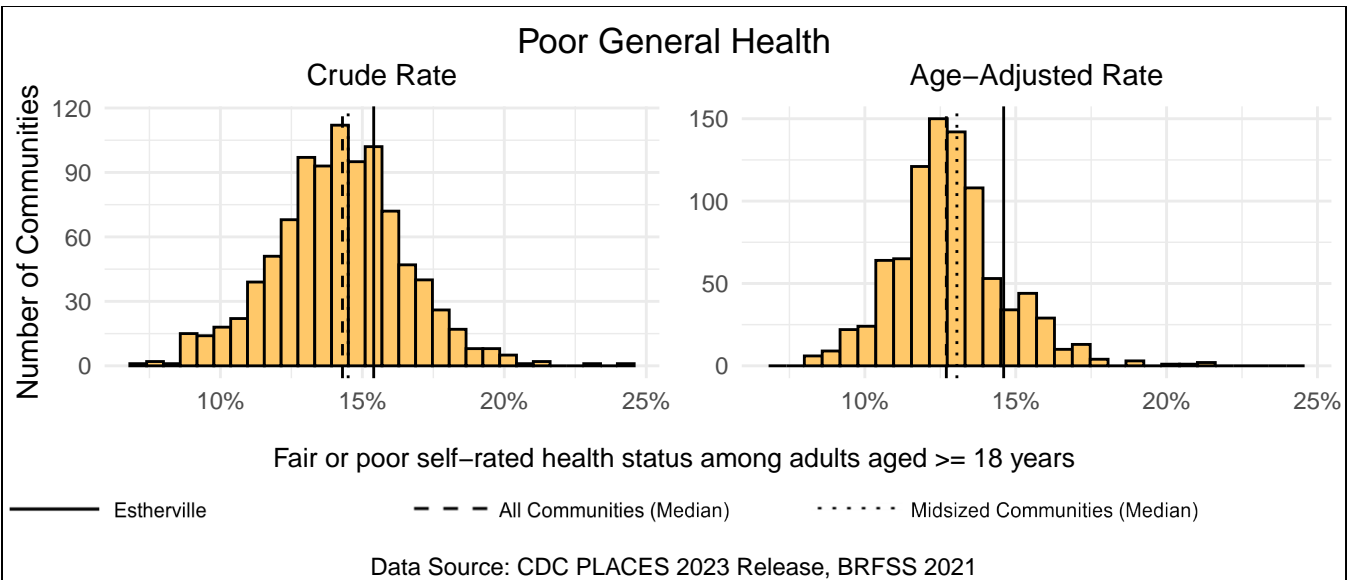
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Estherville has a crude rate of 15.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 682nd out of 958 Iowa communities (68th out of 102 midsize communities). The age-adjusted rate for Estherville is 14.6%, which ranks 765th out of 905 Iowa communities (73rd out of 102 midsize communities).

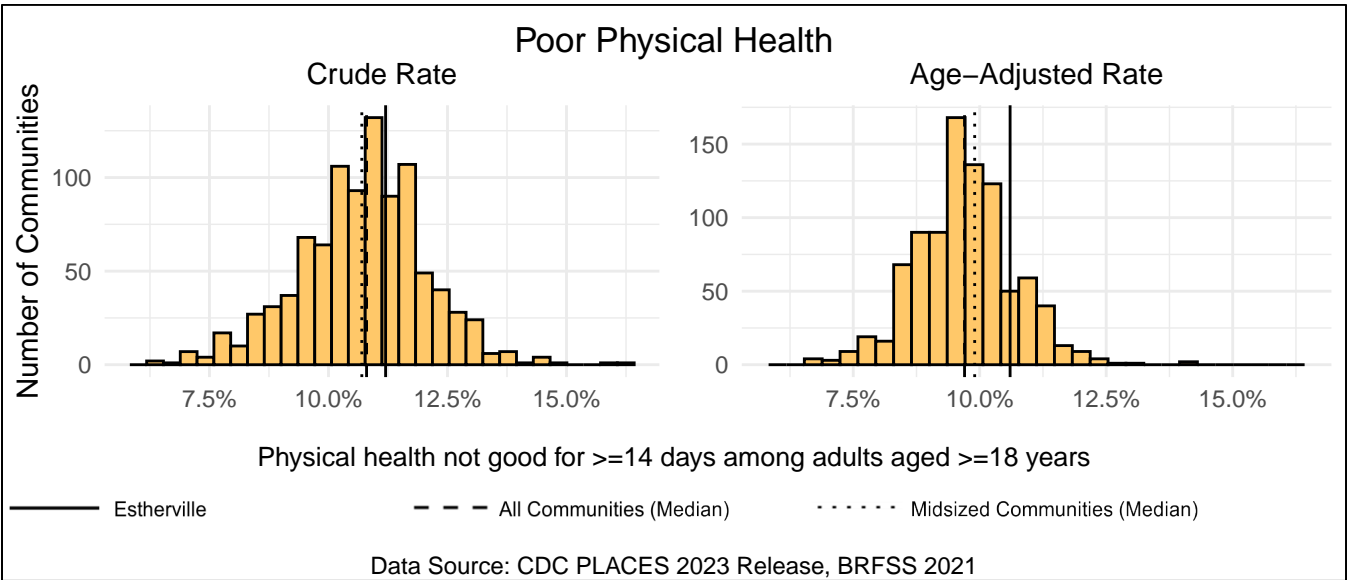
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	15.4%	14.3%	14.5%
Age-Adjusted	14.6%	12.7%	13.0%



Poor Physical Health

Estherville has a crude rate of 11.2% for physical health not good for >=14 days among adults aged >=18 years, which ranks 600th out of 958 Iowa communities (61st out of 102 midsize communities). The age-adjusted rate for Estherville is 10.6%, which ranks 742nd out of 905 Iowa communities (72nd out of 102 midsize communities).

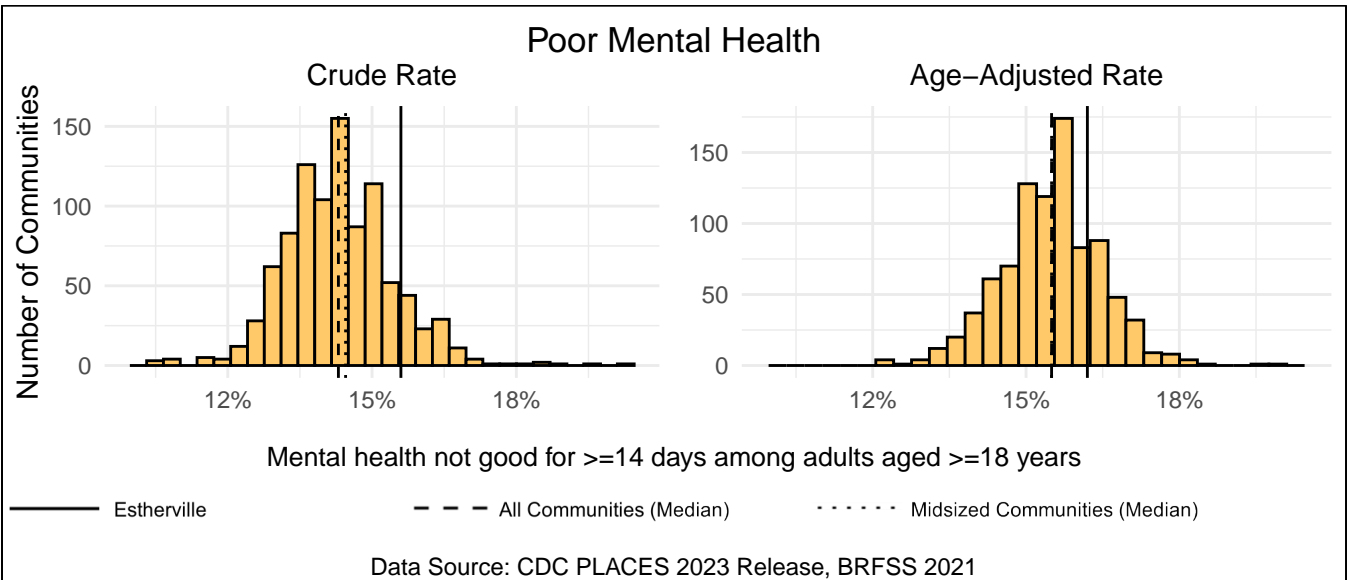
Measure Type	Estherville	All Comm.	Midsize Comm.
Crude	11.2%	10.8%	10.7%
Age-Adjusted	10.6%	9.7%	9.9%



Poor Mental Health

Estherville has a crude rate of 15.6% for mental health not good for >=14 days among adults aged >=18 years, which ranks 840th out of 958 Iowa communities (86th out of 102 midsize communities). The age-adjusted rate for Estherville is 16.2%, which ranks 686th out of 905 Iowa communities (75th out of 102 midsize communities).

Measure Type	Estherville	All Comm.	Midsize Comm.
Crude	15.6%	14.3%	14.4%
Age-Adjusted	16.2%	15.5%	15.5%



Health Risk Behaviors

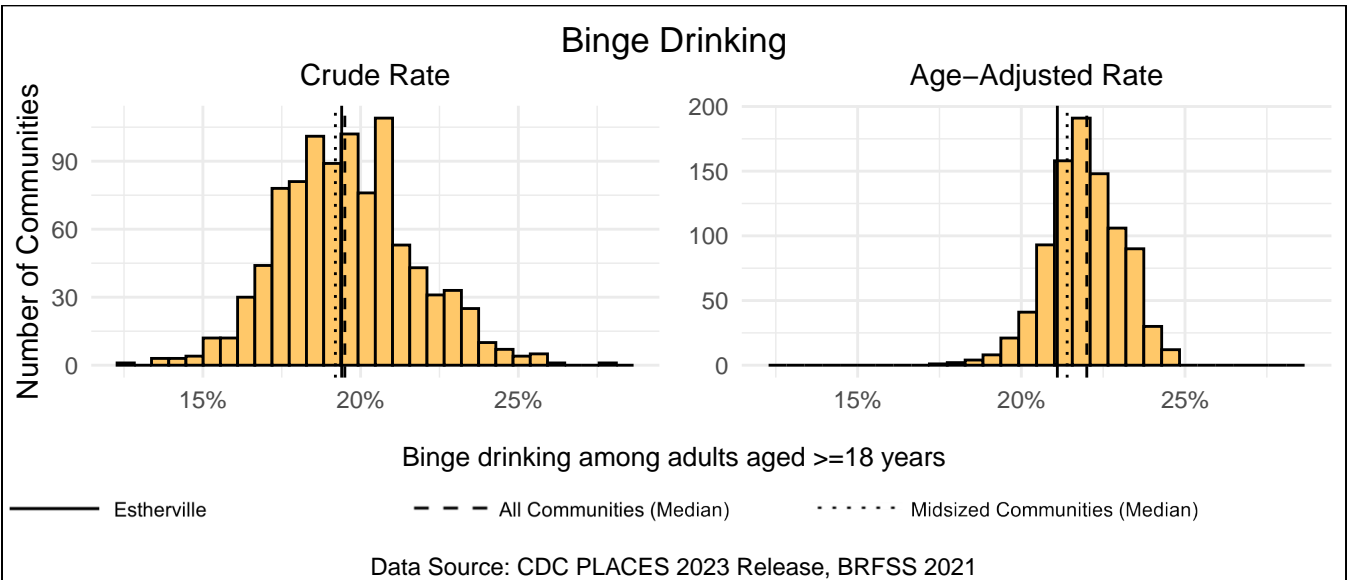
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Estherville has a crude rate of 19.4% for binge drinking among adults aged ≥ 18 years, which ranks 459th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Estherville is 21.1%, which ranks 171st out of 905 Iowa communities (36th out of 102 midsized communities).

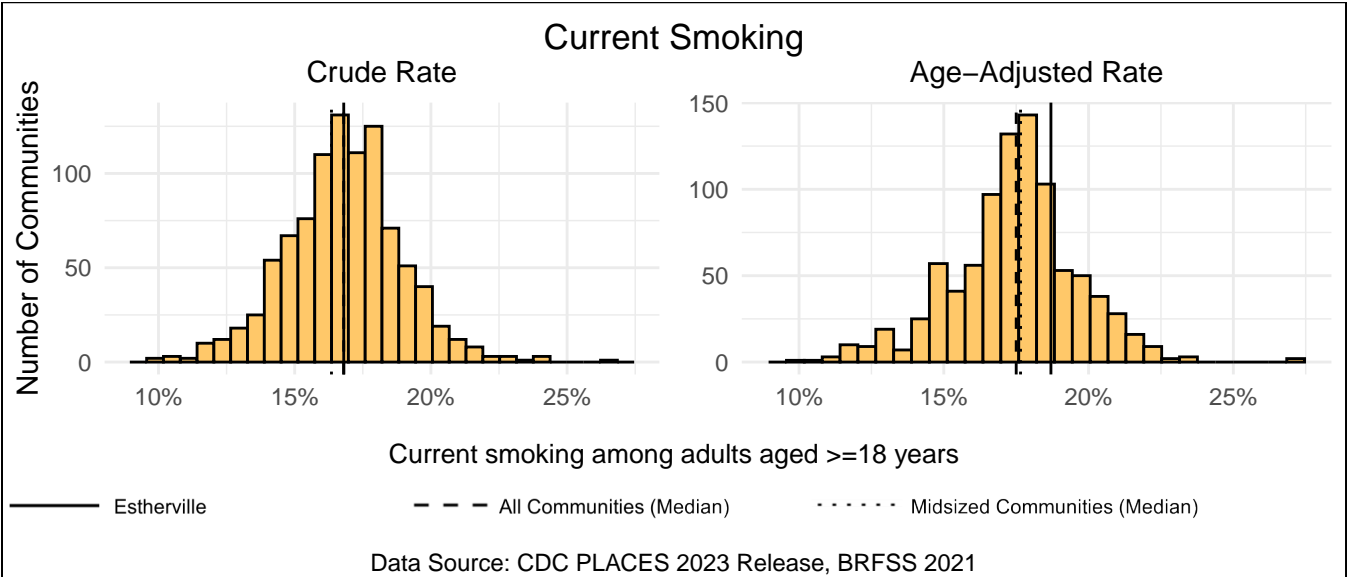
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	19.4%	19.5%	19.2%
Age-Adjusted	21.1%	22.0%	21.4%



Current Smoking

Estherville has a crude rate of 16.8% for current smoking among adults aged >=18 years, which ranks 474th out of 958 Iowa communities (61st out of 102 mid-sized communities). The age-adjusted rate for Estherville is 18.7%, which ranks 677th out of 905 Iowa communities (74th out of 102 mid-sized communities).

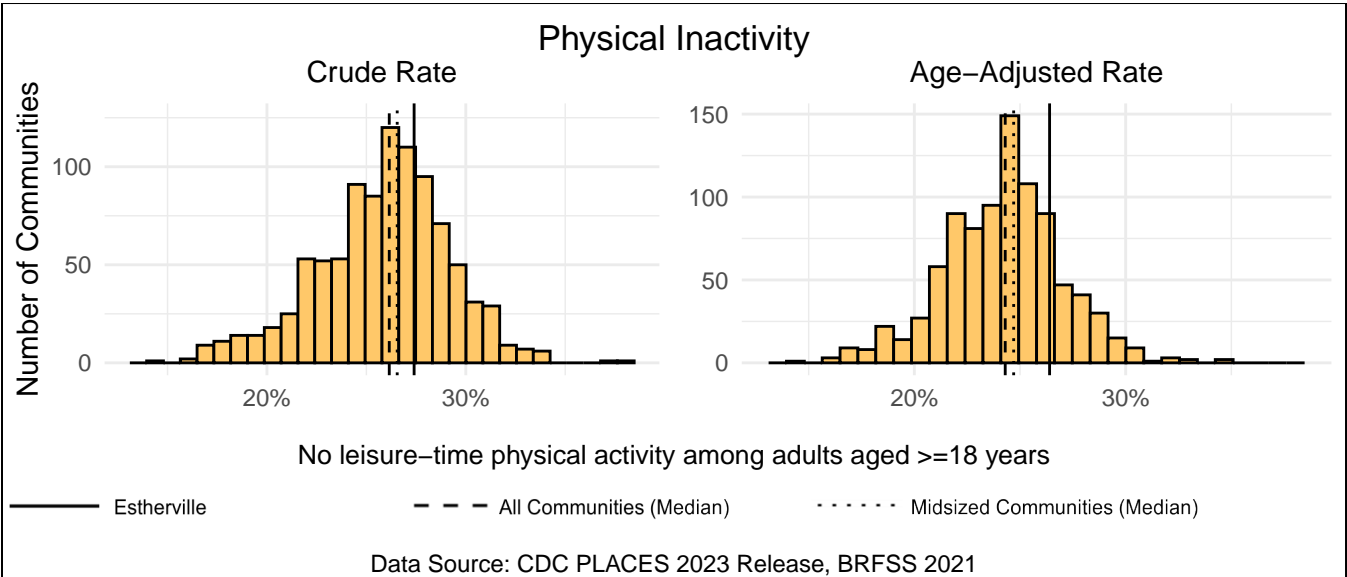
Measure Type	Estherville	All Comm.	Mid-sized Comm.
Crude	16.8%	16.8%	16.4%
Age-Adjusted	18.7%	17.5%	17.6%



Physical Inactivity

Estherville has a crude rate of 27.4% for no leisure-time physical activity among adults aged >=18 years, which ranks 650th out of 958 Iowa communities (62nd out of 102 mid-sized communities). The age-adjusted rate for Estherville is 26.4%, which ranks 735th out of 905 Iowa communities (72nd out of 102 mid-sized communities).

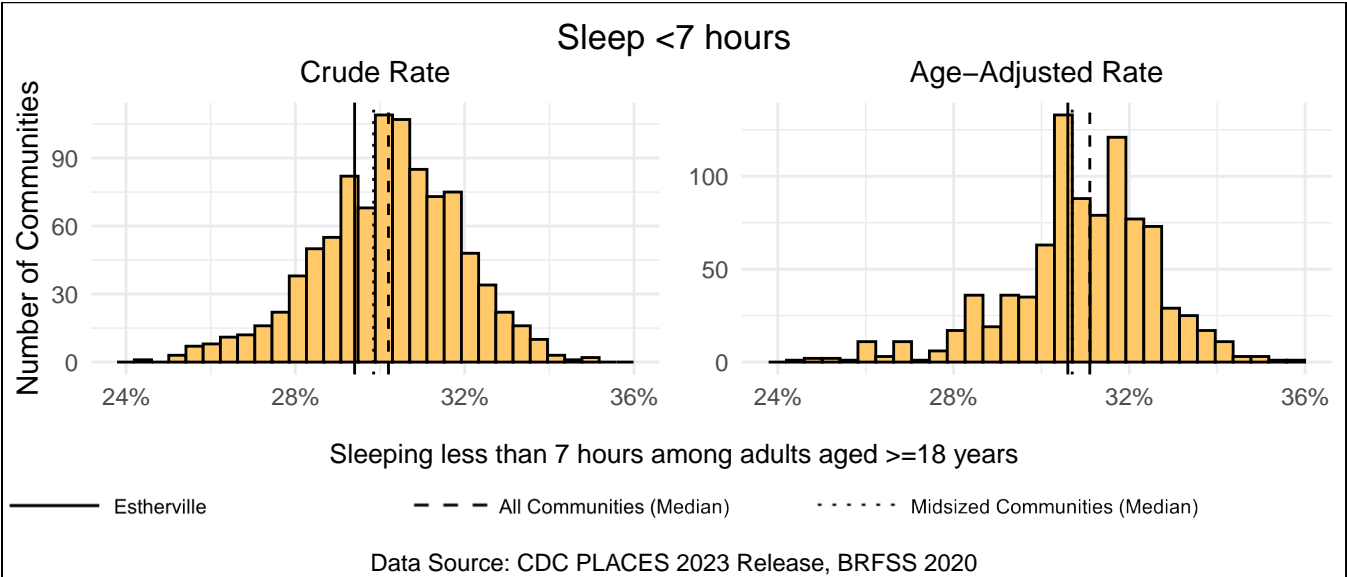
Measure Type	Estherville	All Comm.	Mid-sized Comm.
Crude	27.4%	26.1%	26.6%
Age-Adjusted	26.4%	24.3%	24.7%



Sleep <7 hours

Estherville has a crude rate of 29.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 278th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Estherville is 30.6%, which ranks 330th out of 905 Iowa communities (46th out of 102 mid-sized communities).

Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	29.4%	30.2%	29.8%
Age-Adjusted	30.6%	31.1%	30.7%



Health Outcomes

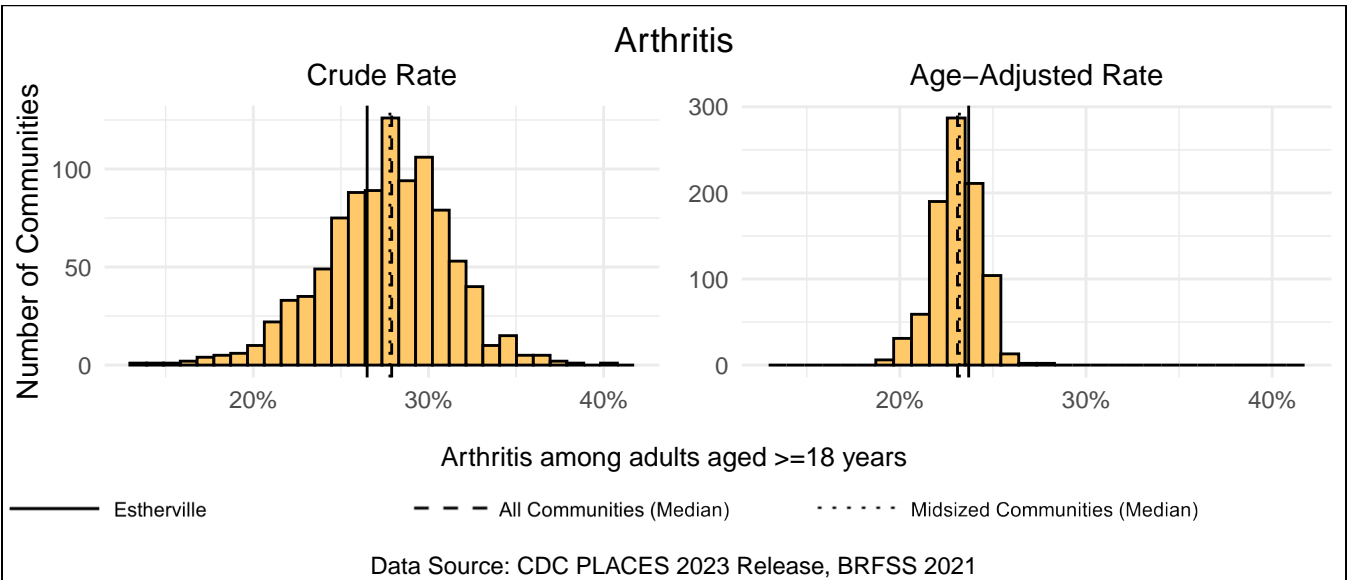
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Estherville has a crude rate of 26.5% for arthritis among adults aged ≥ 18 years, which ranks 341st out of 958 Iowa communities (35th out of 102 midsize communities). The age-adjusted rate for Estherville is 23.7%, which ranks 606th out of 905 Iowa communities (63rd out of 102 midsize communities).

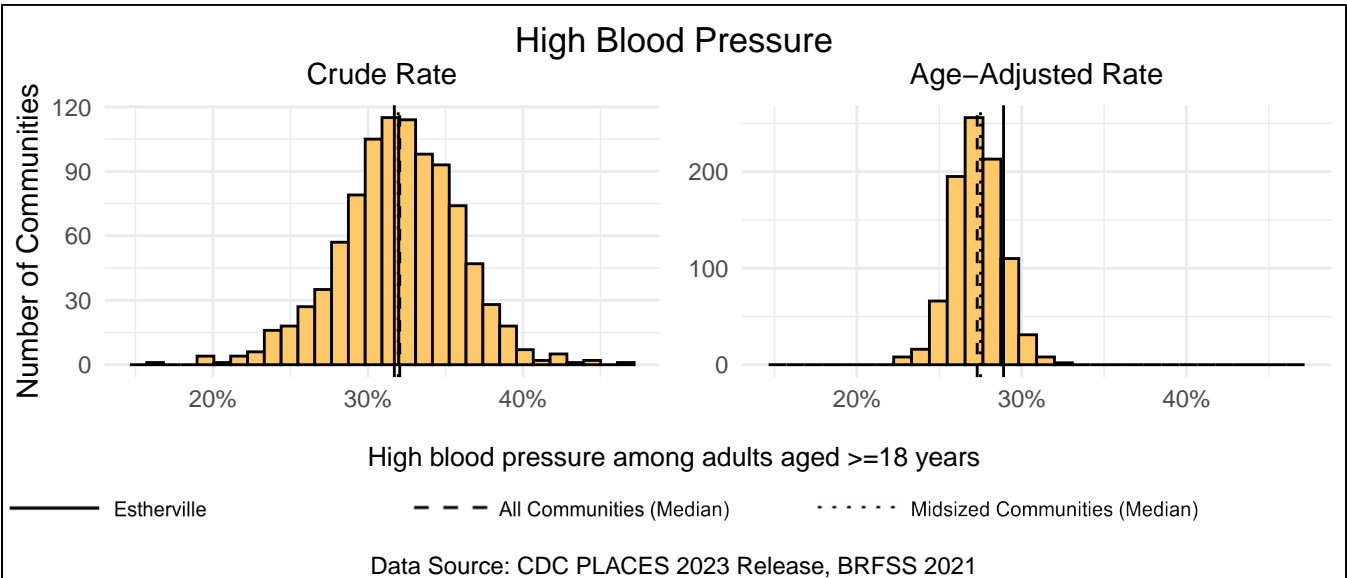
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	26.5%	27.9%	27.8%
Age-Adjusted	23.7%	23.1%	23.2%



High Blood Pressure

Estherville has a crude rate of 31.7% for high blood pressure among adults aged ≥ 18 years, which ranks 424th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 28.9%, which ranks 766th out of 905 Iowa communities (80th out of 102 mid-sized communities).

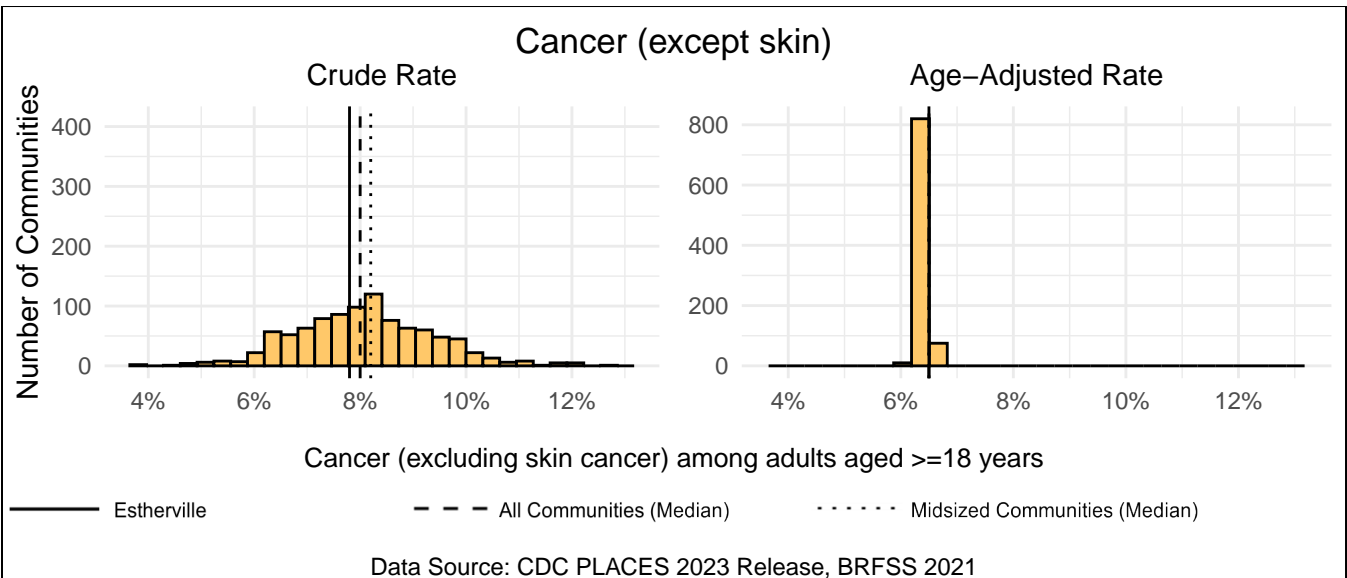
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	31.7%	32.0%	32.0%
Age-Adjusted	28.9%	27.3%	27.5%



Cancer (except skin)

Estherville has a crude rate of 7.8% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 388th out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

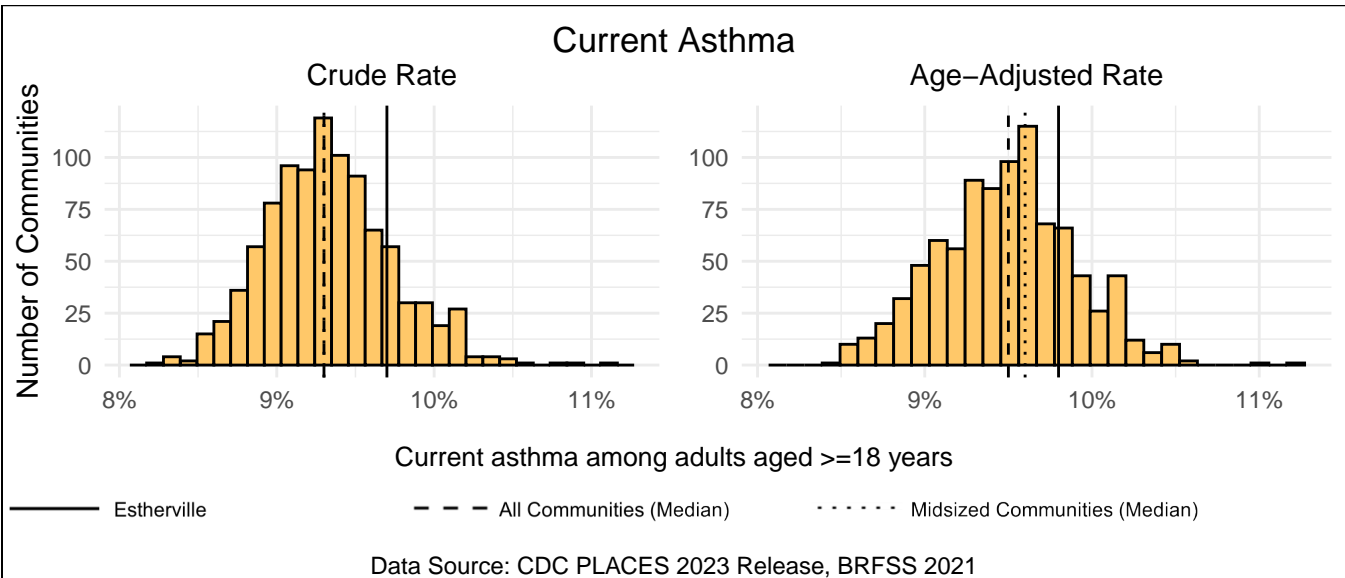
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	7.8%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Estherville has a crude rate of 9.7% for current asthma among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Estherville is 9.8%, which ranks 696th out of 905 Iowa communities (75th out of 102 midsize communities).

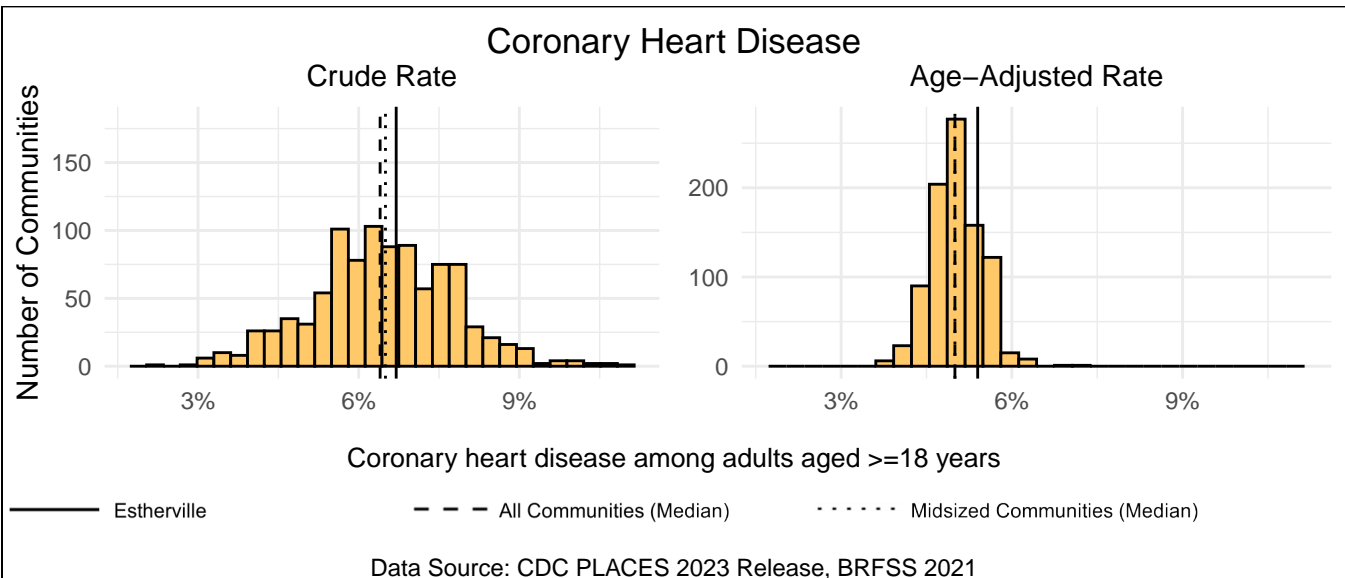
Measure Type	Estherville	All Comm.	Midsize Comm.
Crude	9.7%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.6%



Coronary Heart Disease

Estherville has a crude rate of 6.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 536th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Estherville is 5.4%, which ranks 729th out of 905 Iowa communities (76th out of 102 midsize communities).

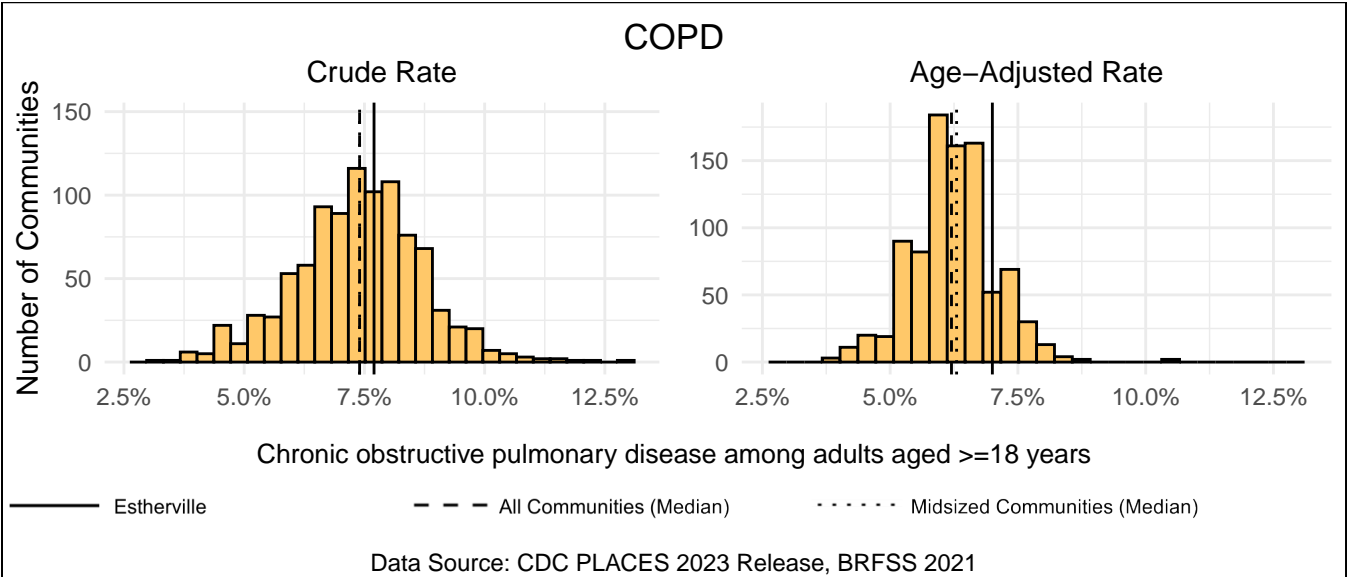
Measure Type	Estherville	All Comm.	Midsize Comm.
Crude	6.7%	6.4%	6.5%
Age-Adjusted	5.4%	5.0%	5.0%



COPD

Estherville has a crude rate of 7.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (58th out of 102 midsize communities). The age-adjusted rate for Estherville is 7.0%, which ranks 753rd out of 905 Iowa communities (73rd out of 102 midsize communities).

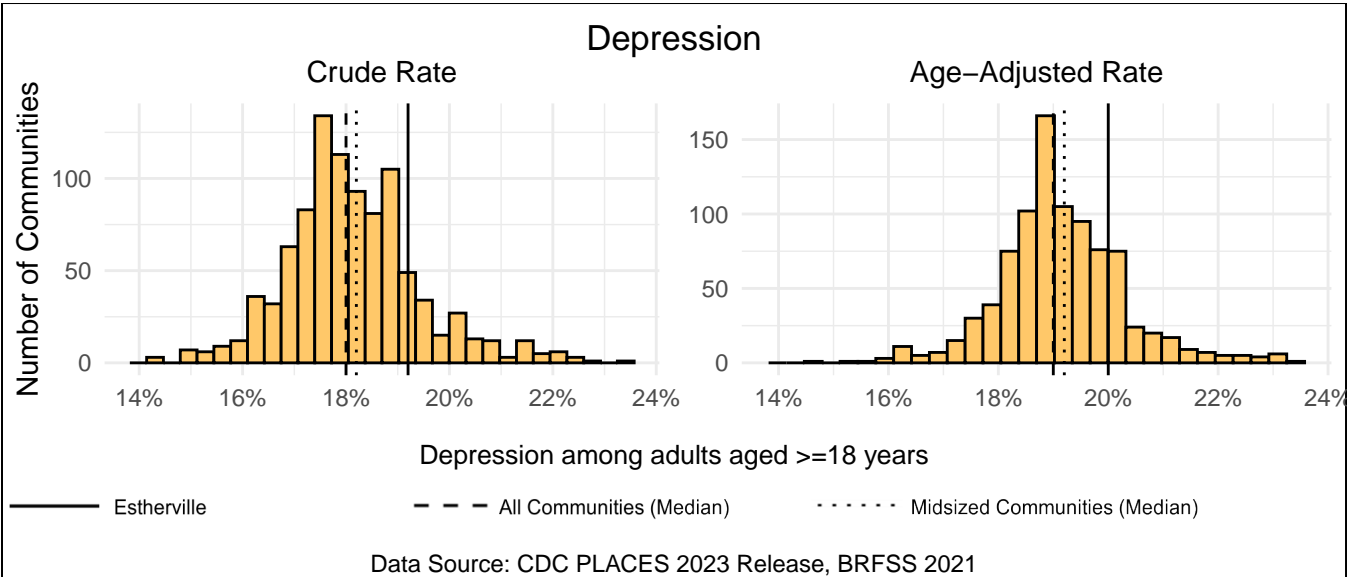
Measure Type	Estherville	All Comm.	Midsize Comm.
Crude	7.7%	7.4%	7.4%
Age-Adjusted	7.0%	6.2%	6.3%



Depression

Estherville has a crude rate of 19.2% for depression among adults aged ≥ 18 years, which ranks 797th out of 958 Iowa communities (83rd out of 102 midsize communities). The age-adjusted rate for Estherville is 20.0%, which ranks 733rd out of 905 Iowa communities (79th out of 102 midsize communities).

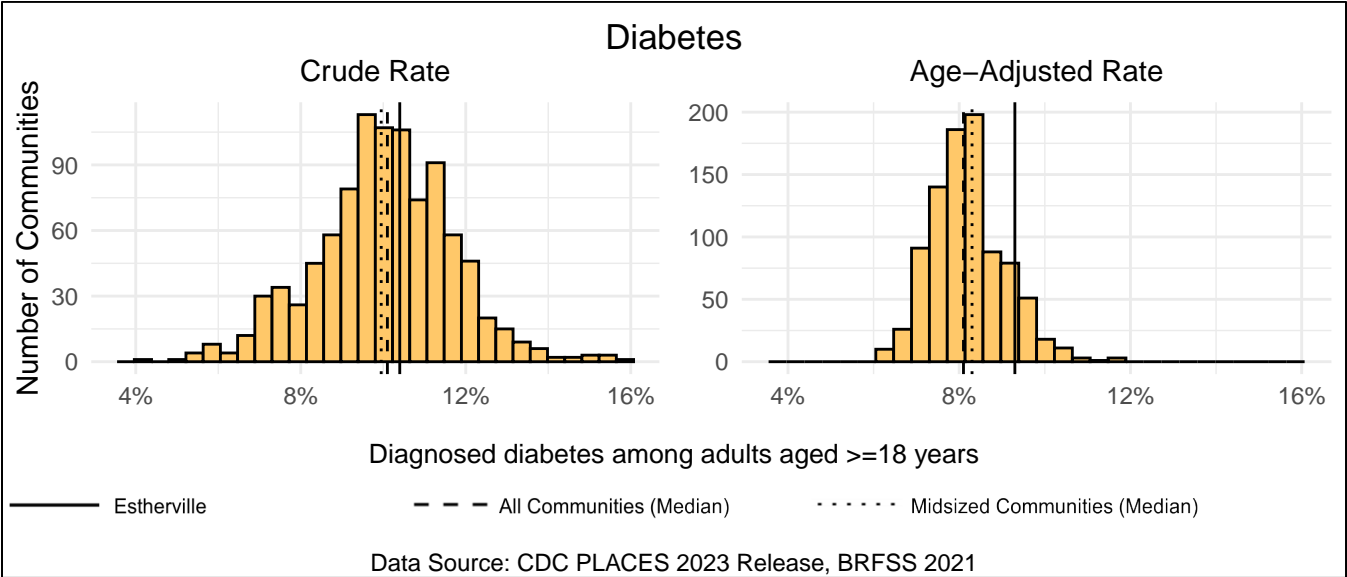
Measure Type	Estherville	All Comm.	Midsize Comm.
Crude	19.2%	18.0%	18.2%
Age-Adjusted	20.0%	19.0%	19.2%



Diabetes

Estherville has a crude rate of 10.4% for diagnosed diabetes among adults aged >=18 years, which ranks 543rd out of 958 Iowa communities (59th out of 102 midsized communities). The age-adjusted rate for Estherville is 9.3%, which ranks 802nd out of 905 Iowa communities (79th out of 102 midsized communities).

Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	10.4%	10.1%	9.9%
Age-Adjusted	9.3%	8.1%	8.3%



High Cholesterol

Estherville has a crude rate of 36.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 449th out of 958 Iowa communities (58th out of 102 midsized communities). The age-adjusted rate for Estherville is 30.9%, which ranks 790th out of 905 Iowa communities (89th out of 102 midsized communities).

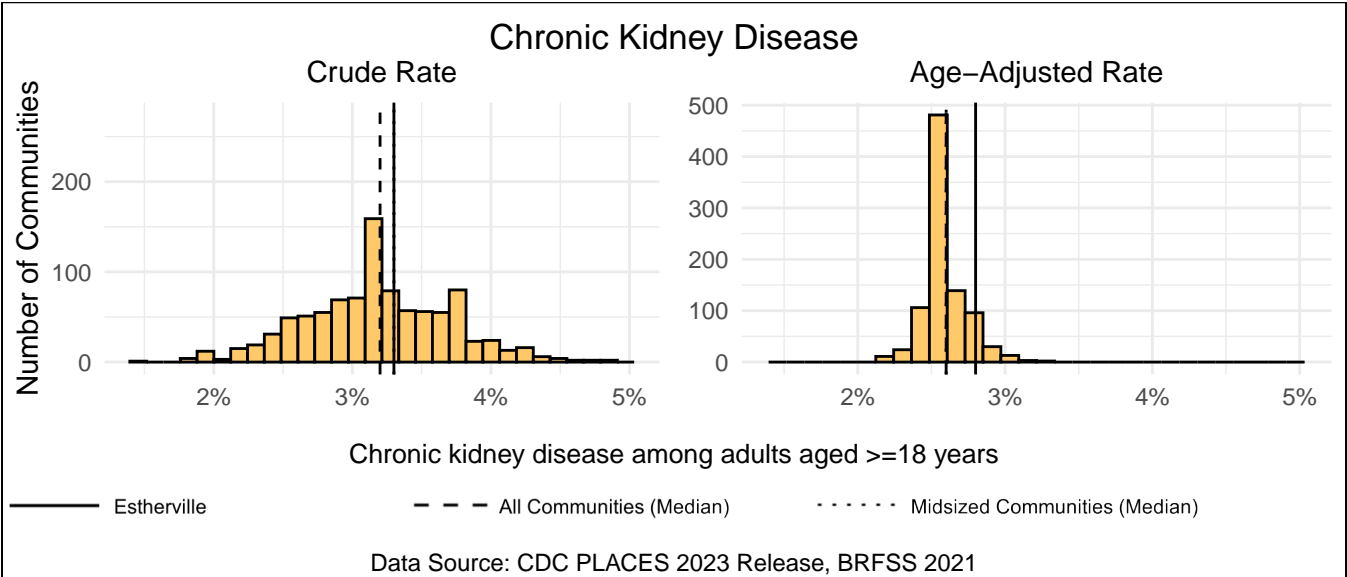
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	36.1%	36.2%	35.7%
Age-Adjusted	30.9%	29.7%	29.8%



Chronic Kidney Disease

Estherville has a crude rate of 3.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Estherville is 2.8%, which ranks 762nd out of 905 Iowa communities (74th out of 102 midsize communities).

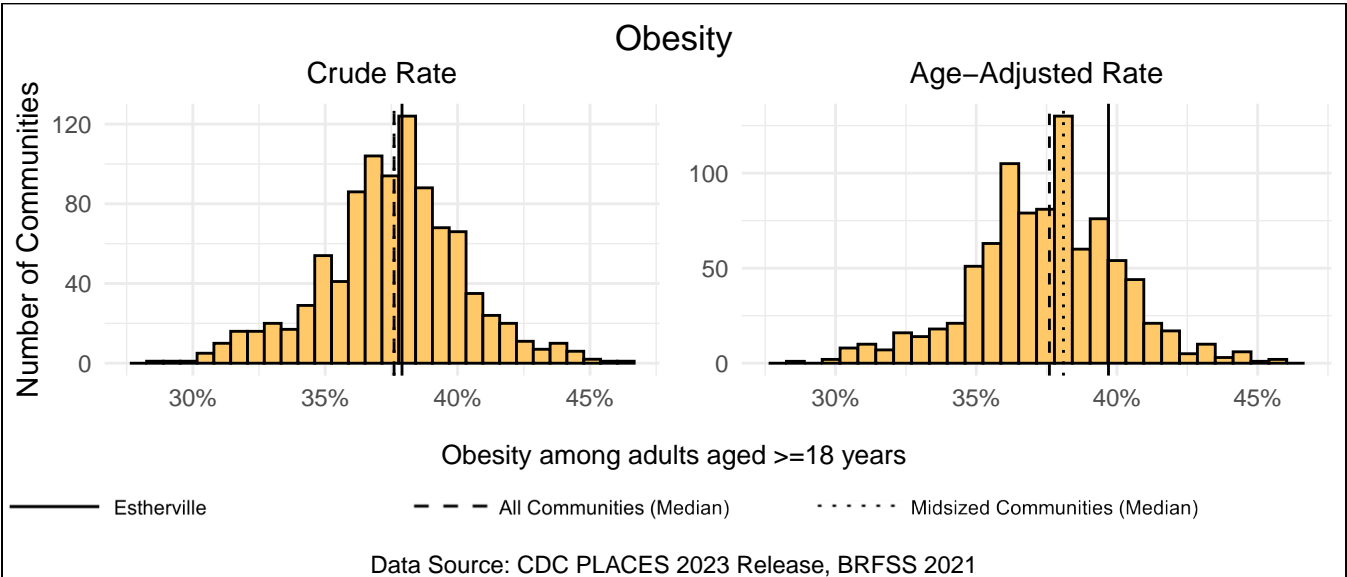
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	3.3%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Estherville has a crude rate of 37.9% for obesity among adults aged ≥ 18 years, which ranks 513th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Estherville is 39.7%, which ranks 743rd out of 905 Iowa communities (78th out of 102 midsize communities).

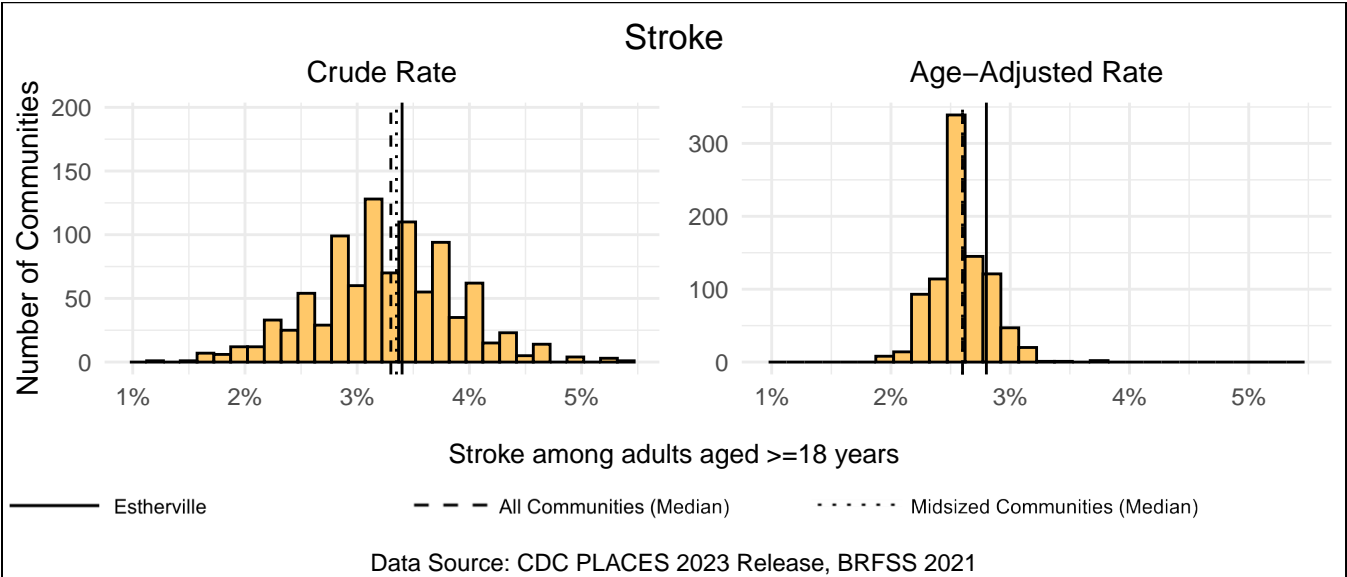
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	37.9%	37.6%	37.6%
Age-Adjusted	39.7%	37.6%	38.1%



Stroke

Estherville has a crude rate of 3.4% for stroke among adults aged ≥ 18 years, which ranks 538th out of 958 Iowa communities (52nd out of 102 midsized communities). The age-adjusted rate for Estherville is 2.8%, which ranks 714th out of 905 Iowa communities (71st out of 102 midsized communities).

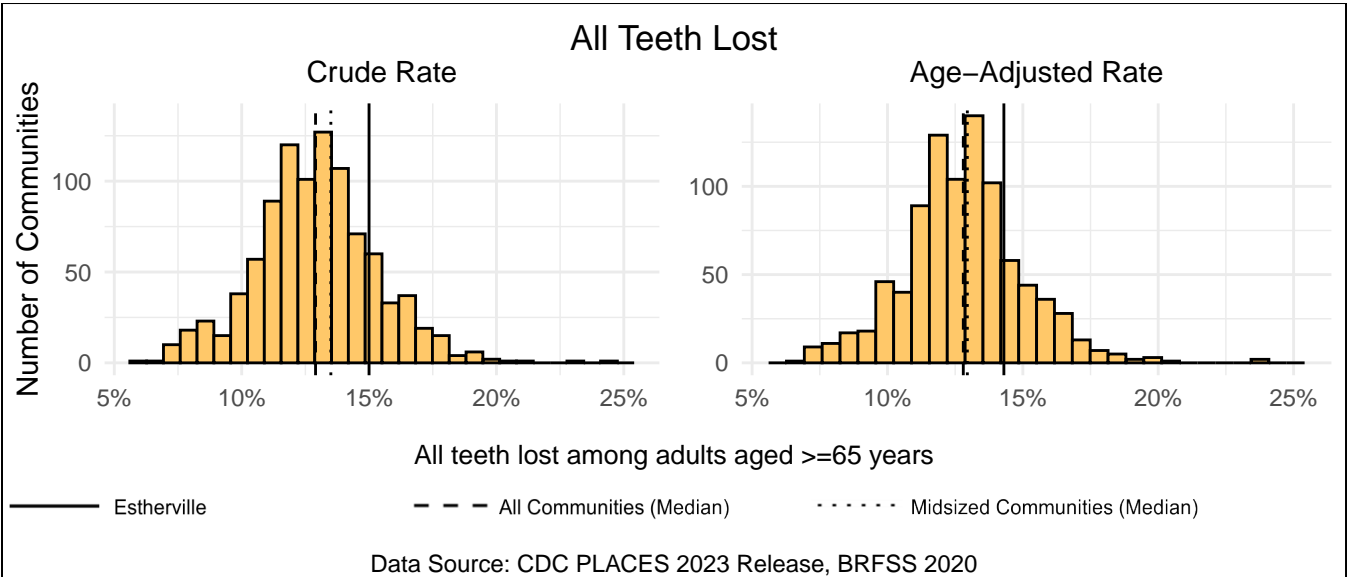
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	3.4%	3.3%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



All Teeth Lost

Estherville has a crude rate of 15.0% for all teeth lost among adults aged ≥ 65 years, which ranks 786th out of 958 Iowa communities (74th out of 102 midsized communities). The age-adjusted rate for Estherville is 14.3%, which ranks 718th out of 905 Iowa communities (72nd out of 102 midsized communities).

Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	15.0%	12.9%	13.5%
Age-Adjusted	14.3%	12.8%	12.9%



Prevention

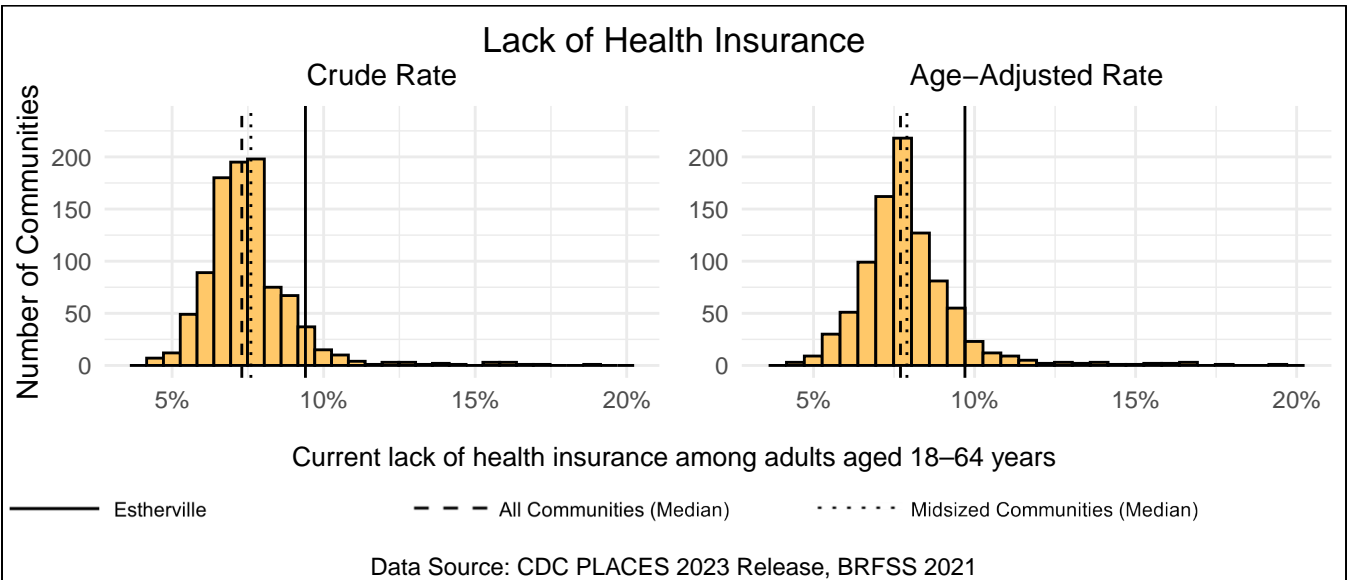
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Estherville has a crude rate of 9.4% for current lack of health insurance among adults aged 18–64 years, which ranks 885th out of 958 Iowa communities (83rd out of 102 midsize communities). The age-adjusted rate for Estherville is 9.7%, which ranks 830th out of 905 Iowa communities (82nd out of 102 midsize communities).

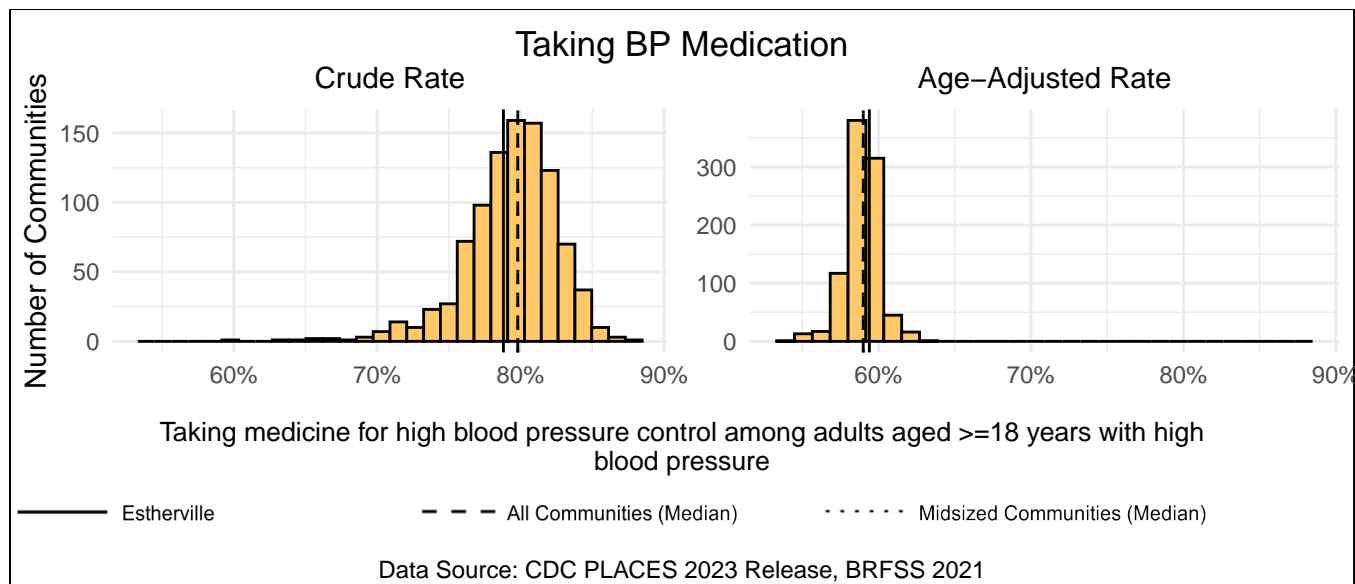
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	9.4%	7.3%	7.6%
Age-Adjusted	9.7%	7.7%	7.9%



Taking BP Medication

Estherville has a crude rate of 78.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 591st out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Estherville is 59.4%, which ranks 251st out of 905 Iowa communities (39th out of 102 mid-sized communities).

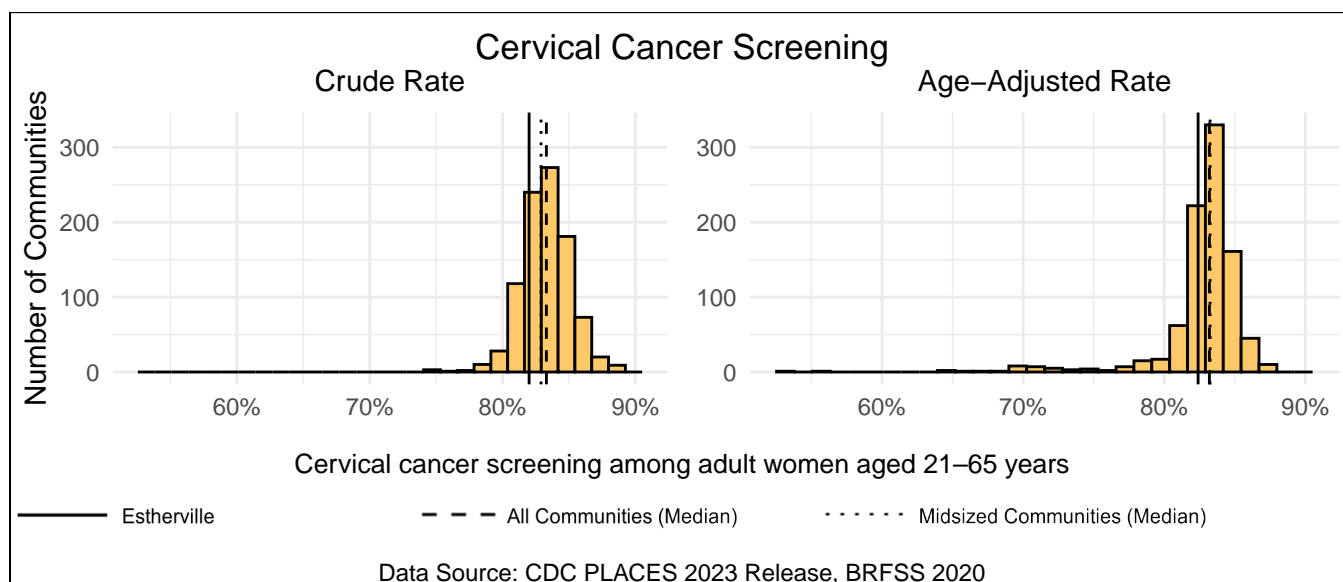
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	78.8%	79.8%	79.8%
Age-Adjusted	59.4%	59.0%	59.0%



Cervical Cancer Screening

Estherville has a crude rate of 82.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 745th out of 958 Iowa communities (68th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 82.4%, which ranks 657th out of 905 Iowa communities (71st out of 102 mid-sized communities).

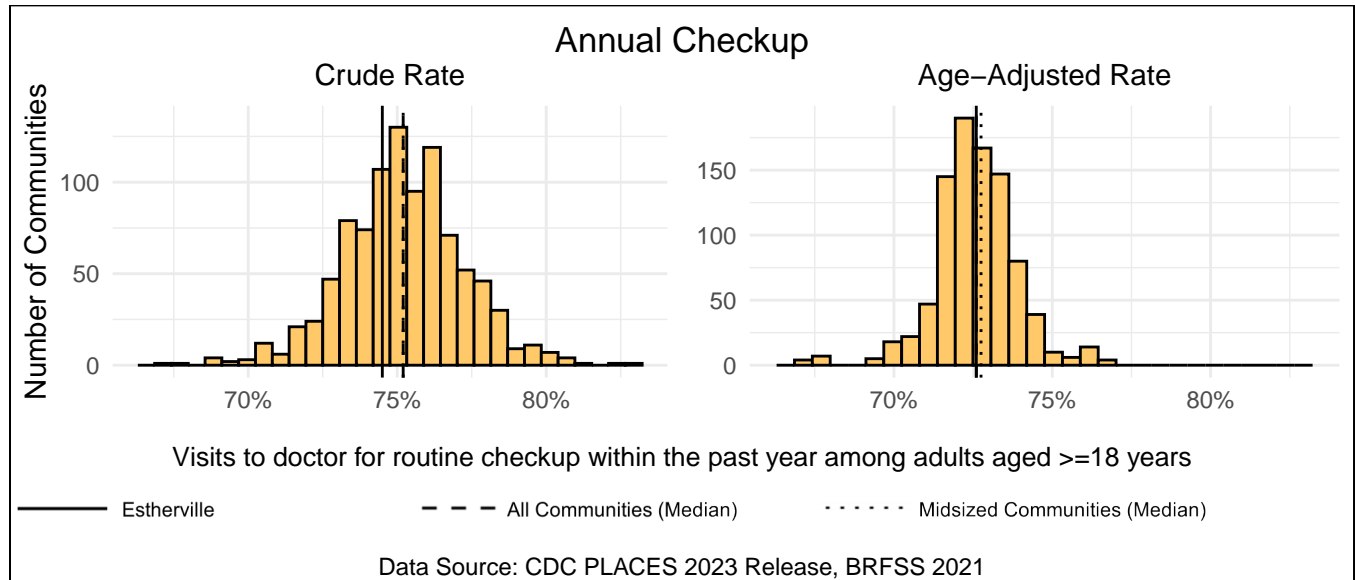
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	82.0%	83.3%	82.9%
Age-Adjusted	82.4%	83.2%	83.2%



Annual Checkup

Estherville has a crude rate of 74.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 614th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 72.6%, which ranks 435th out of 905 Iowa communities (56th out of 102 mid-sized communities).

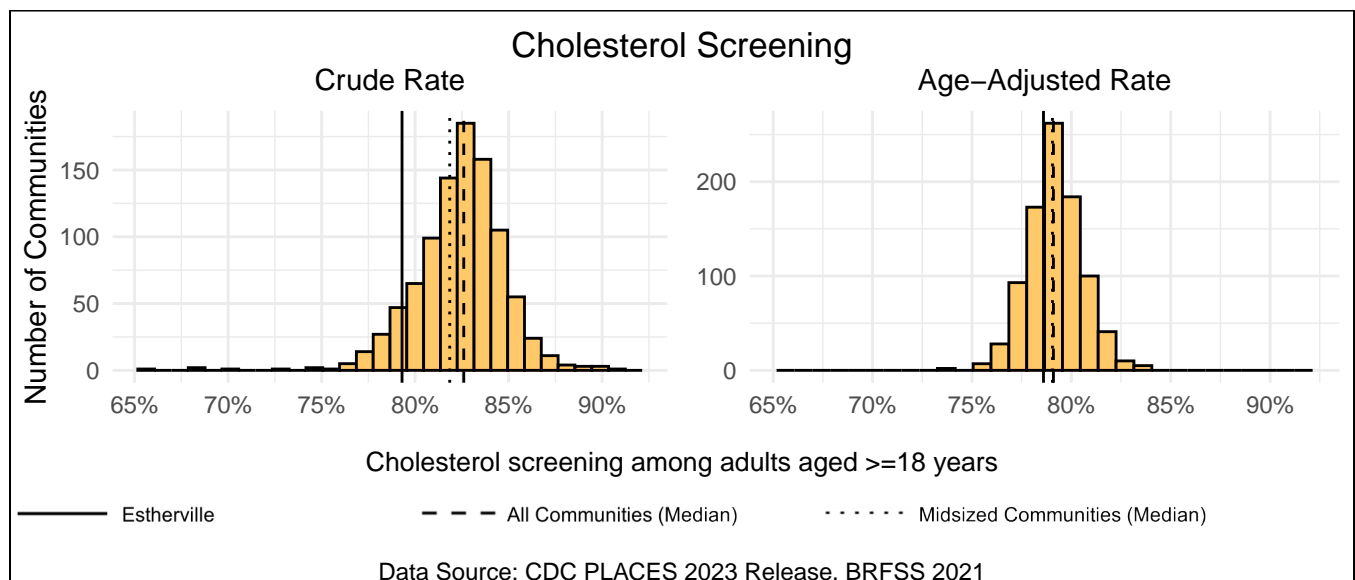
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	74.5%	75.2%	75.2%
Age-Adjusted	72.6%	72.6%	72.8%



Cholesterol Screening

Estherville has a crude rate of 79.3% for cholesterol screening among adults aged ≥ 18 years, which ranks 871st out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 78.6%, which ranks 603rd out of 905 Iowa communities (68th out of 102 mid-sized communities).

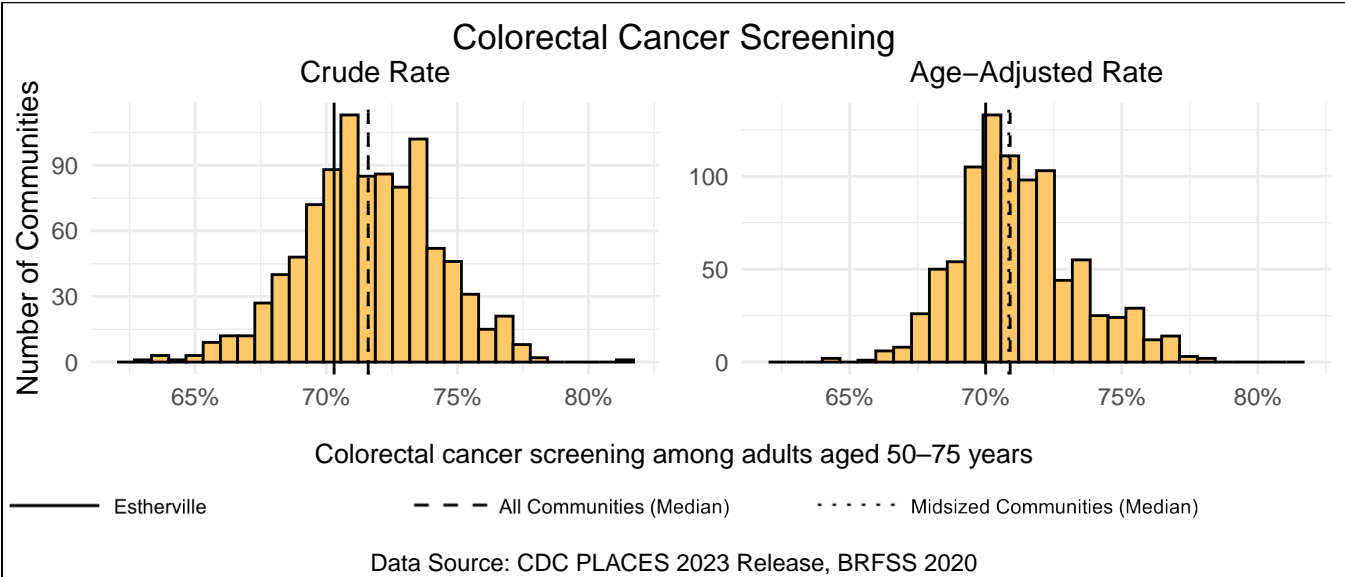
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	79.3%	82.6%	81.8%
Age-Adjusted	78.6%	79.1%	79.0%



Colorectal Cancer Screening

Estherville has a crude rate of 70.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 677th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 70.0%, which ranks 626th out of 905 Iowa communities (67th out of 102 mid-sized communities).

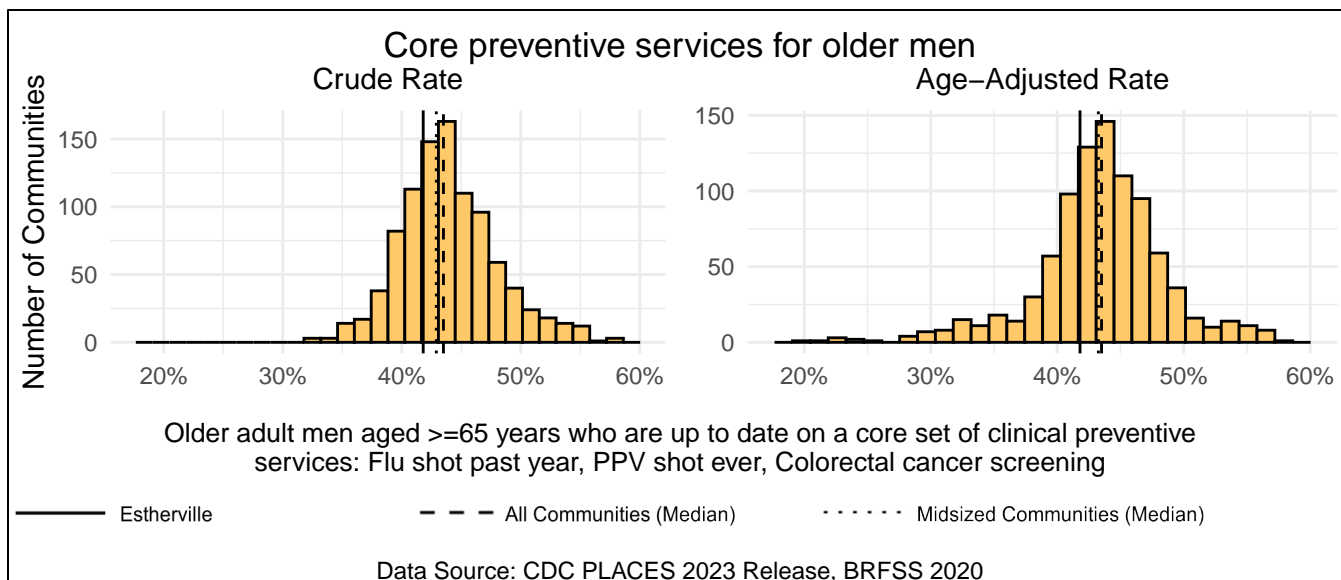
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	70.3%	71.6%	71.6%
Age-Adjusted	70.0%	70.9%	70.8%



Core preventive services for older men

Estherville has a crude rate of 41.8% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 672nd out of 958 Iowa communities (62nd out of 102 mid-sized communities). The age-adjusted rate for Estherville is 41.8%, which ranks 615th out of 905 Iowa communities (64th out of 102 mid-sized communities).

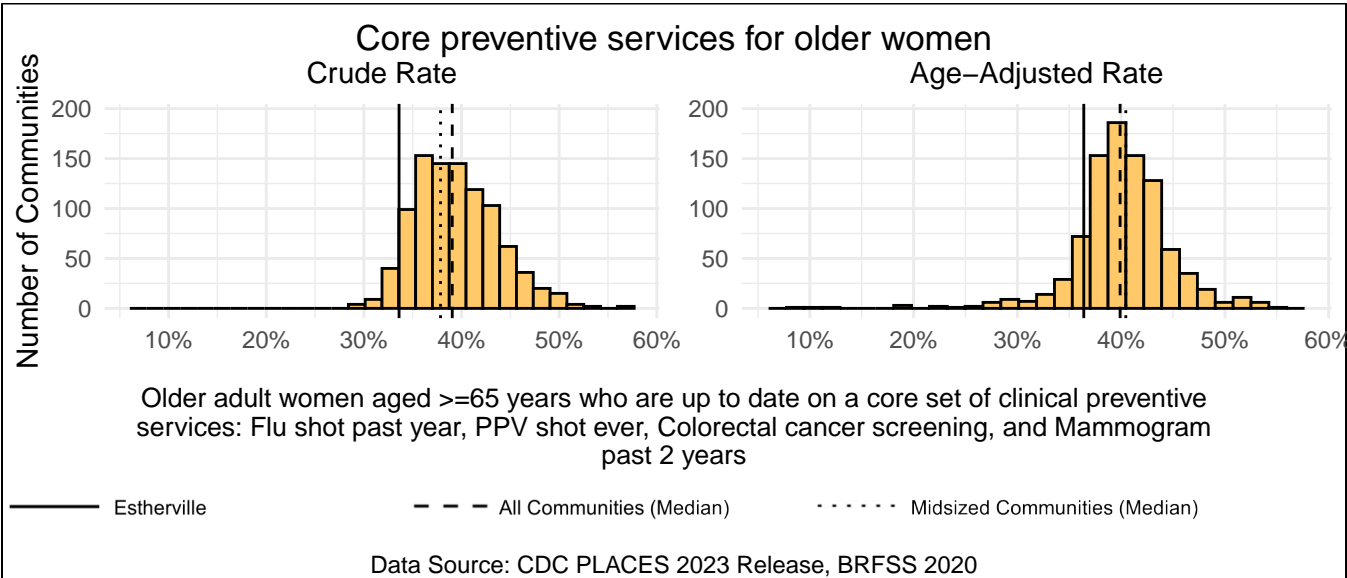
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	41.8%	43.5%	42.9%
Age-Adjusted	41.8%	43.5%	43.2%



Core preventive services for older women

Estherville has a crude rate of 33.6% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 902nd out of 958 Iowa communities (94th out of 102 midsize communities). The age-adjusted rate for Estherville is 36.4%, which ranks 794th out of 905 Iowa communities (93rd out of 102 midsize communities).

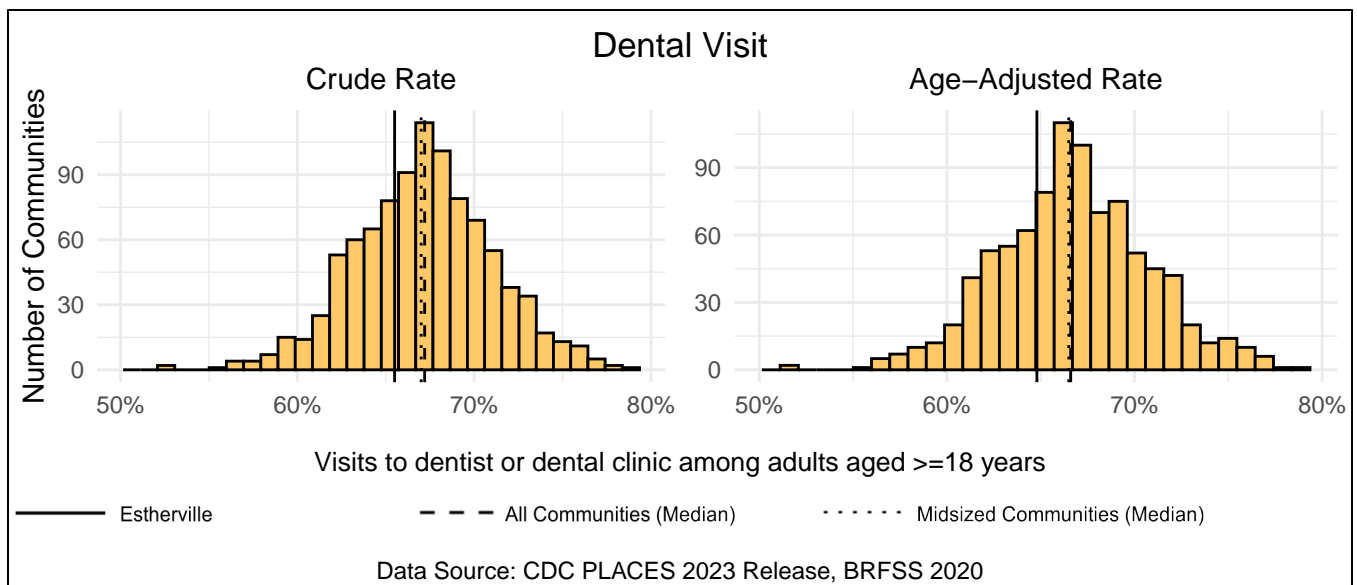
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	33.6%	39.0%	37.8%
Age-Adjusted	36.4%	39.9%	40.4%



Dental Visit

Estherville has a crude rate of 65.5% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 648th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Estherville is 64.8%, which ranks 627th out of 905 Iowa communities (64th out of 102 midsize communities).

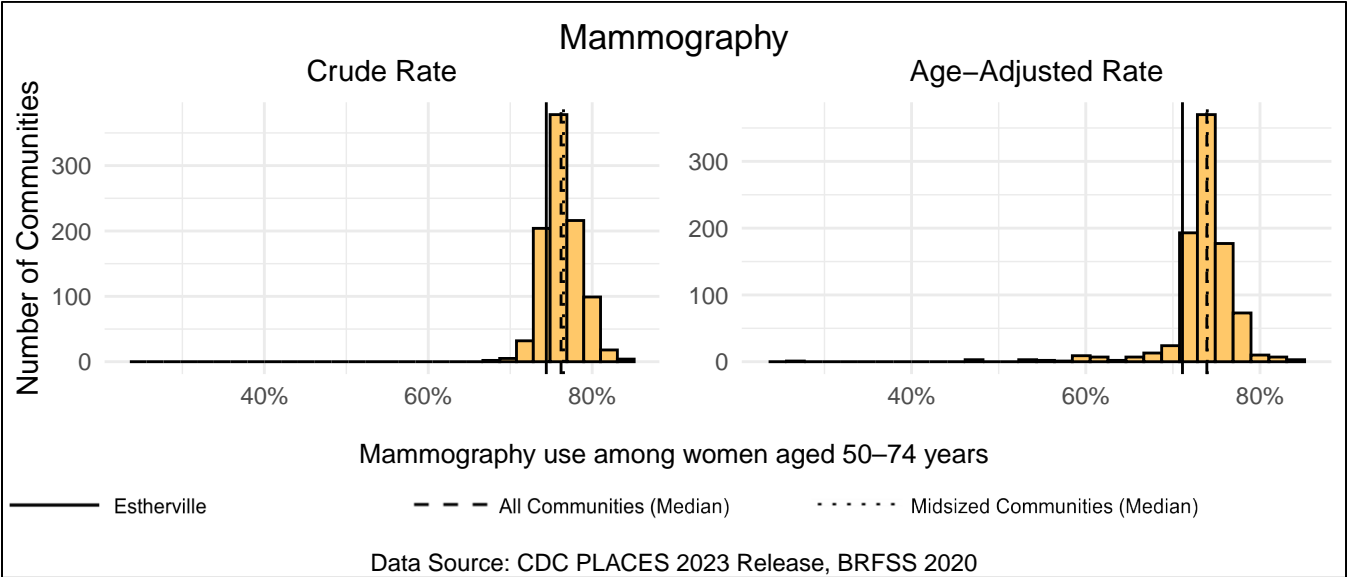
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	65.5%	67.2%	67.0%
Age-Adjusted	64.8%	66.6%	66.5%



Mammography

Estherville has a crude rate of 74.4% for mammography use among women aged 50–74 years, which ranks 772nd out of 958 Iowa communities (90th out of 102 midsized communities). The age-adjusted rate for Estherville is 71.1%, which ranks 823rd out of 905 Iowa communities (95th out of 102 midsized communities).

Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	74.4%	76.2%	76.5%
Age-Adjusted	71.1%	73.9%	74.0%



Disability

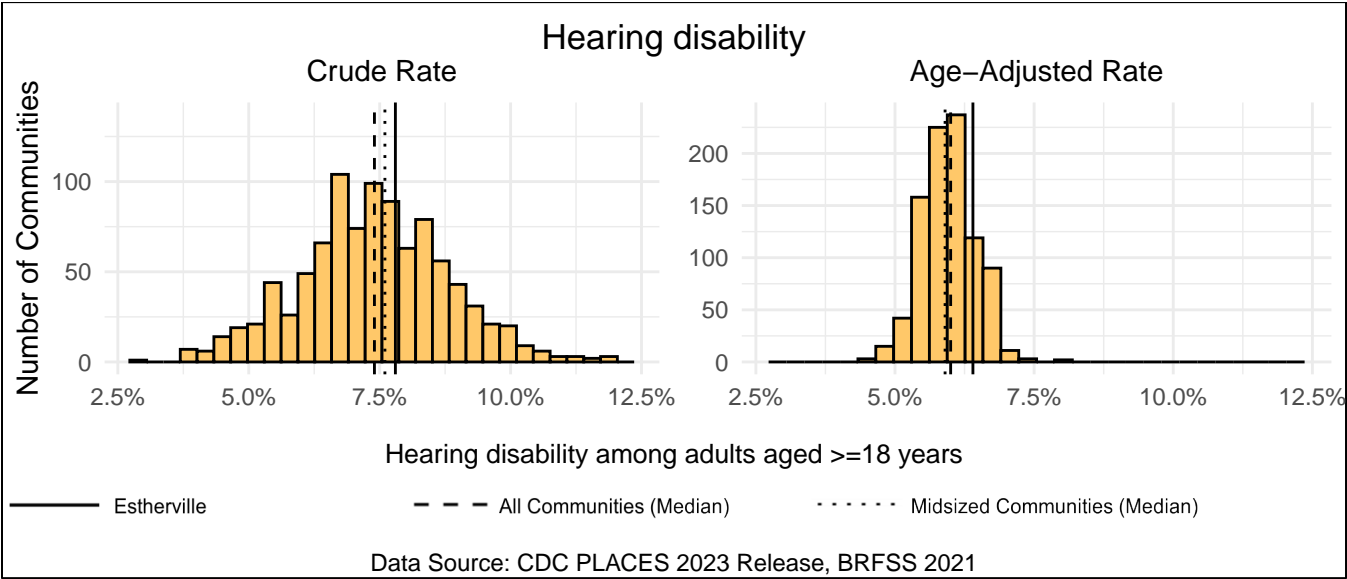
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Estherville has a crude rate of 7.8% for hearing disability among adults aged ≥ 18 years, which ranks 591st out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 6.4%, which ranks 736th out of 905 Iowa communities (76th out of 102 mid-sized communities).

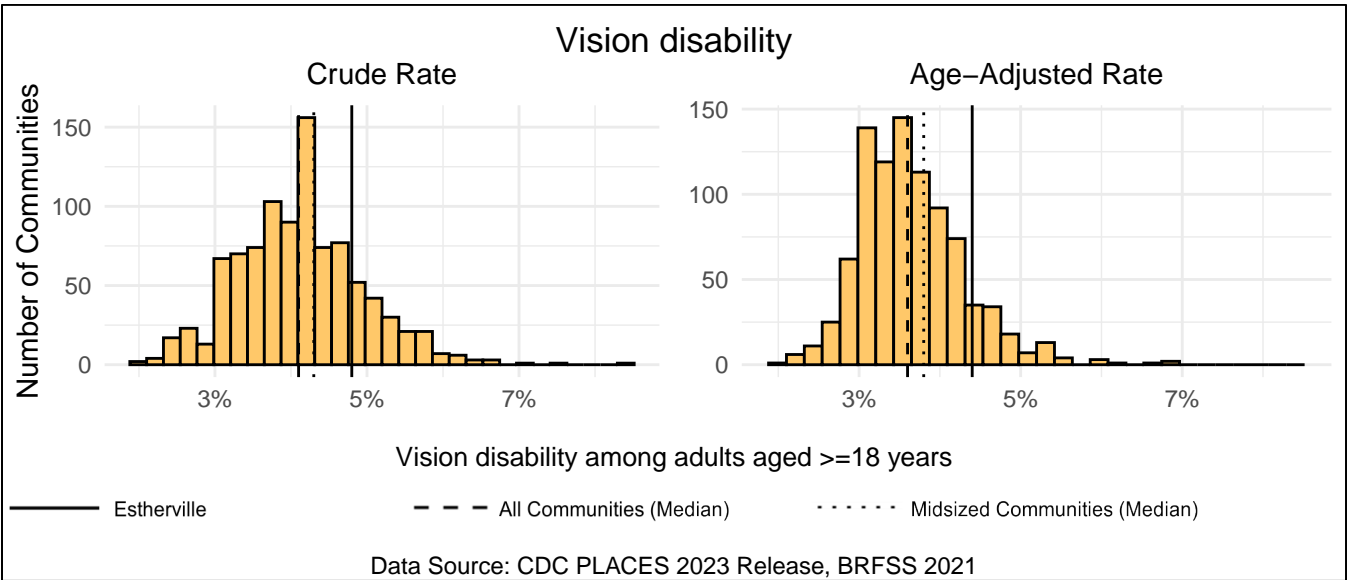
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	7.8%	7.4%	7.6%
Age-Adjusted	6.4%	6.0%	5.9%



Vision disability

Estherville has a crude rate of 4.8% for vision disability among adults aged >=18 years, which ranks 771st out of 958 Iowa communities (71st out of 102 midsize communities). The age-adjusted rate for Estherville is 4.4%, which ranks 788th out of 905 Iowa communities (77th out of 102 midsize communities).

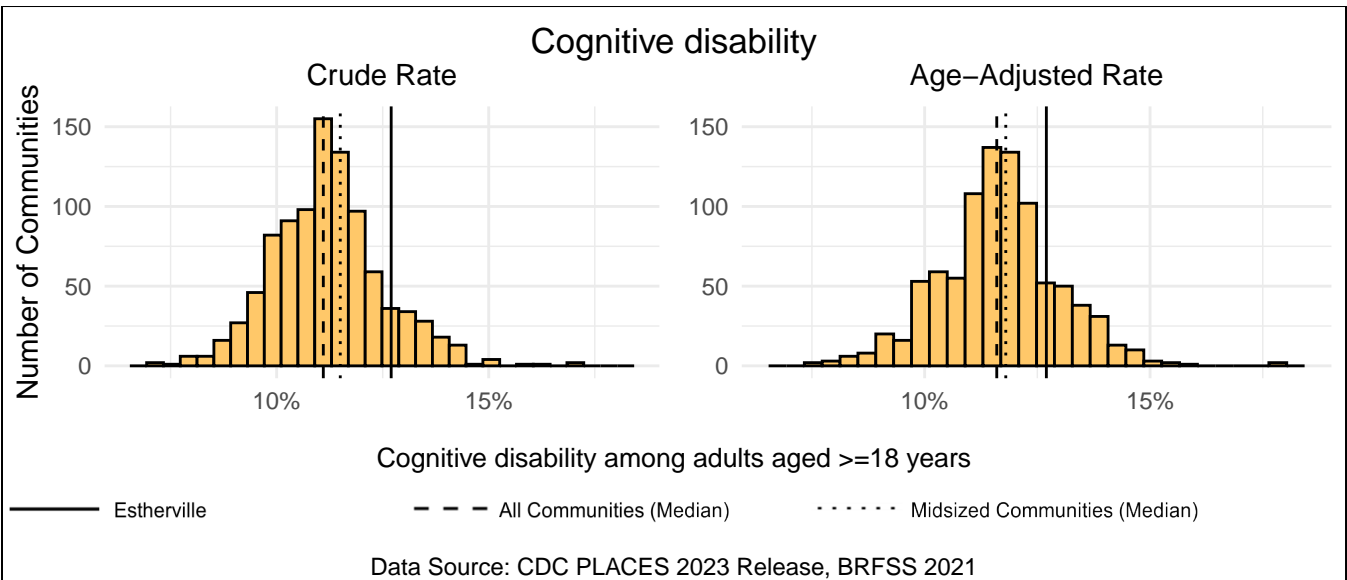
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	4.8%	4.1%	4.3%
Age-Adjusted	4.4%	3.6%	3.8%



Cognitive disability

Estherville has a crude rate of 12.7% for cognitive disability among adults aged >=18 years, which ranks 839th out of 958 Iowa communities (77th out of 102 midsize communities). The age-adjusted rate for Estherville is 12.7%, which ranks 738th out of 905 Iowa communities (72nd out of 102 midsize communities).

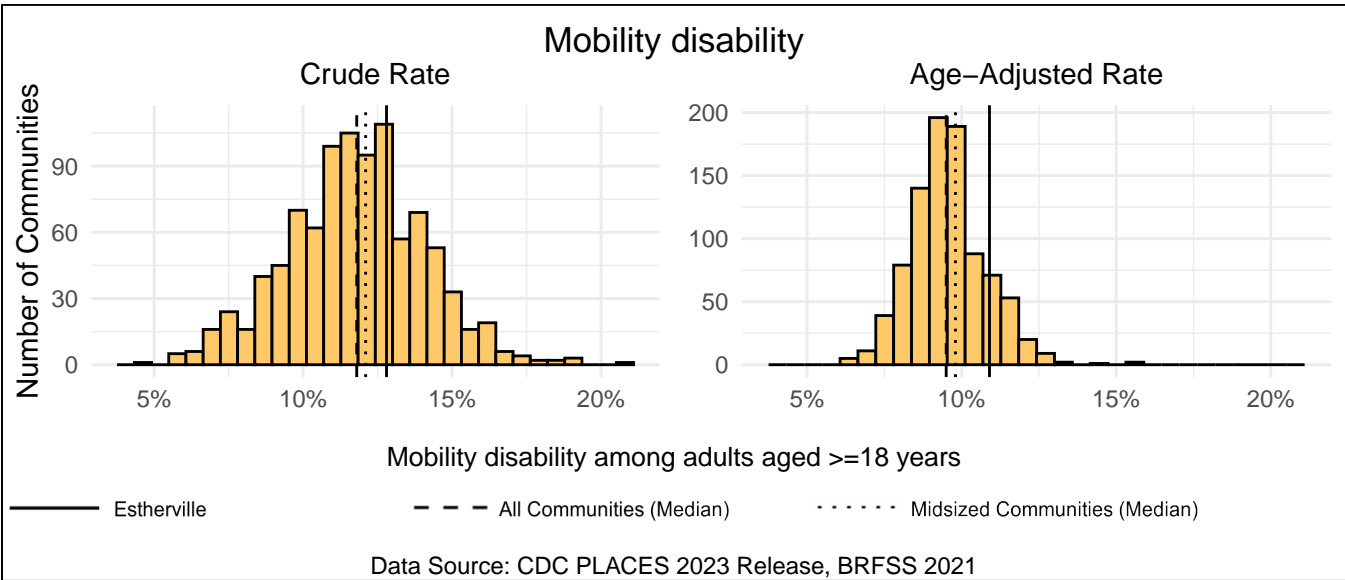
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	12.7%	11.1%	11.5%
Age-Adjusted	12.7%	11.6%	11.8%



Mobility disability

Estherville has a crude rate of 12.8% for mobility disability among adults aged ≥ 18 years, which ranks 633rd out of 958 Iowa communities (61st out of 102 midsize communities). The age-adjusted rate for Estherville is 10.9%, which ranks 771st out of 905 Iowa communities (74th out of 102 midsize communities).

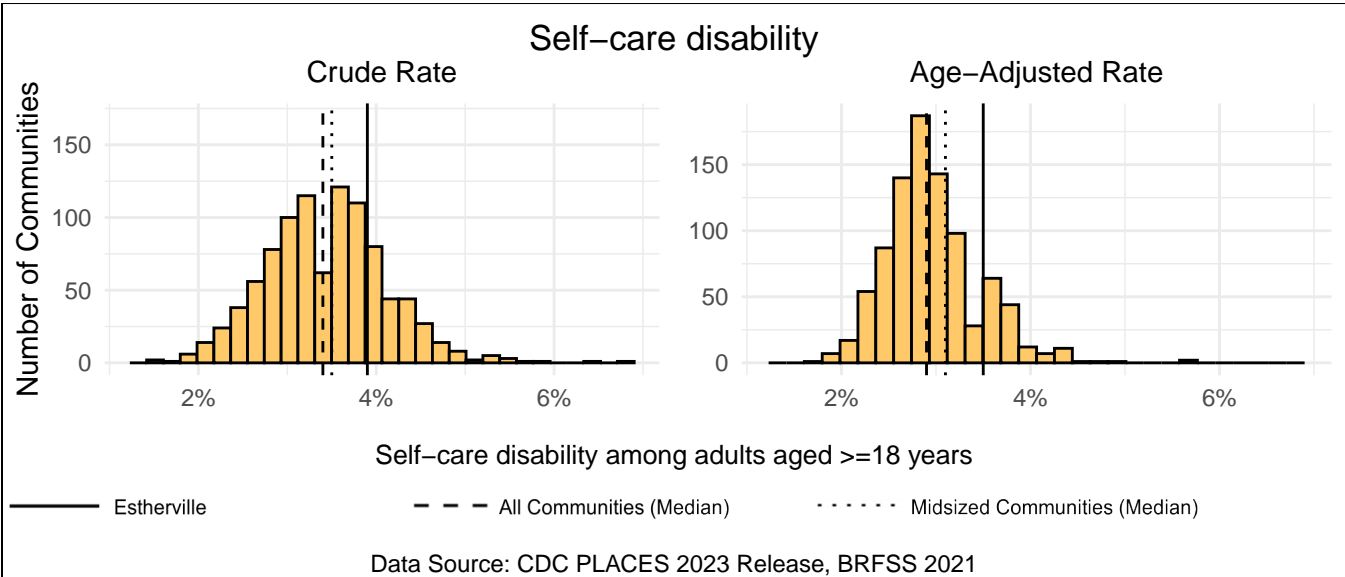
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	12.8%	11.8%	12.1%
Age-Adjusted	10.9%	9.5%	9.8%



Self-care disability

Estherville has a crude rate of 3.9% for self-care disability among adults aged ≥ 18 years, which ranks 728th out of 958 Iowa communities (68th out of 102 midsize communities). The age-adjusted rate for Estherville is 3.5%, which ranks 763rd out of 905 Iowa communities (75th out of 102 midsize communities).

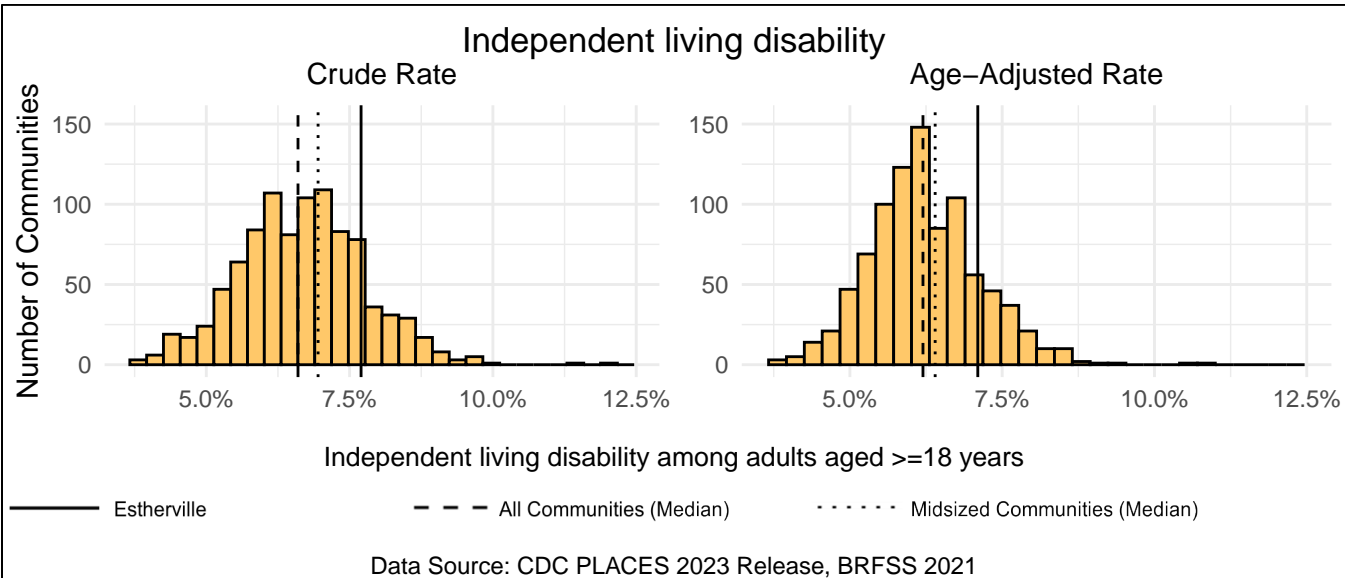
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	3.9%	3.4%	3.5%
Age-Adjusted	3.5%	2.9%	3.1%



Independent living disability

Estherville has a crude rate of 7.7% for independent living disability among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 7.1%, which ranks 754th out of 905 Iowa communities (73rd out of 102 mid-sized communities).

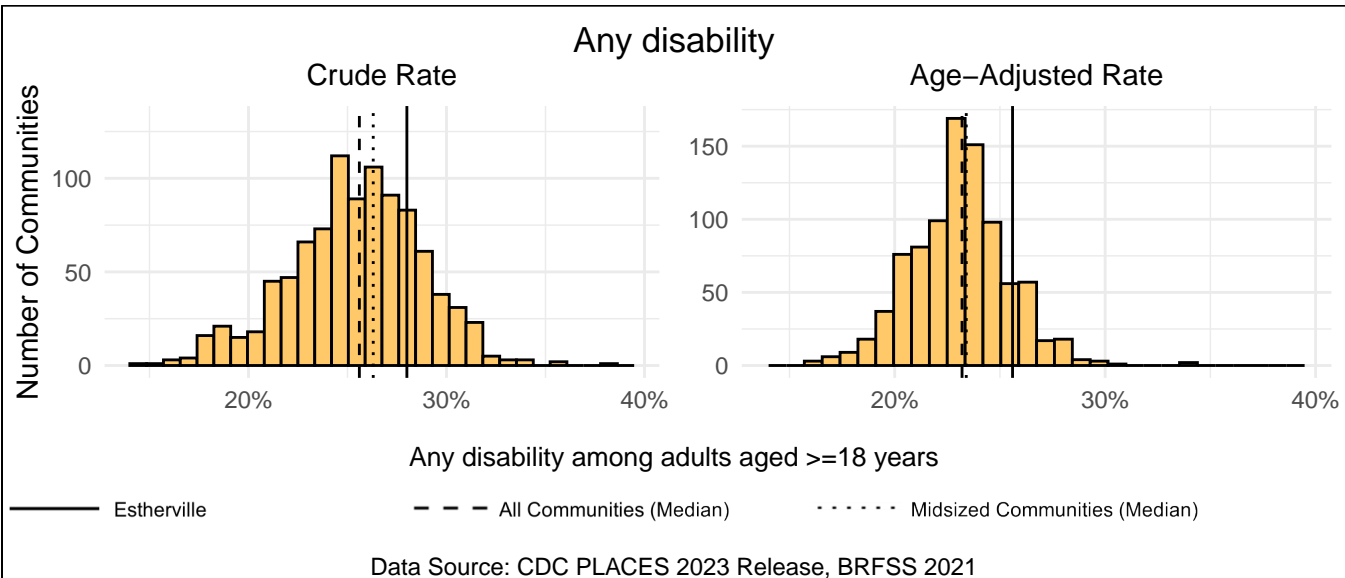
Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	7.7%	6.6%	7.0%
Age-Adjusted	7.1%	6.2%	6.4%



Any disability

Estherville has a crude rate of 28.0% for any disability among adults aged ≥ 18 years, which ranks 753rd out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Estherville is 25.6%, which ranks 785th out of 905 Iowa communities (77th out of 102 mid-sized communities).

Measure Type	Estherville	All Comm.	Midsized Comm.
Crude	28.0%	25.6%	26.3%
Age-Adjusted	25.6%	23.2%	23.4%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Estherville 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	840	15.6% (13.5% - 17.7%)	686	16.2% (14.0% - 18.5%)
Health Status	Physical Health	600	11.2% (9.7% - 12.8%)	742	10.6% (9.2% - 12.3%)
Health Status	General Health	682	15.4% (13.3% - 18.2%)	765	14.6% (12.5% - 17.0%)
Health Risk Behaviors	Sleep <7 hours	278	29.4% (28.2% - 30.6%)	330	30.6% (29.4% - 31.8%)
Health Risk Behaviors	Binge Drinking	459	19.4% (16.1% - 23.1%)	171	21.1% (17.5% - 25.0%)
Health Risk Behaviors	Current Smoking	474	16.8% (13.9% - 20.2%)	677	18.7% (15.2% - 22.5%)
Health Risk Behaviors	Physical Inactivity	650	27.4% (22.9% - 32.2%)	735	26.4% (21.9% - 31.4%)
Health Outcomes	All Teeth Lost	786	15.0% (10.6% - 20.5%)	718	14.3% (10.2% - 18.8%)
Health Outcomes	Obesity	513	37.9% (30.4% - 46.0%)	743	39.7% (31.9% - 47.8%)
Health Outcomes	Chronic Kidney Disease	540	3.3% (3.0% - 3.7%)	762	2.8% (2.6% - 3.1%)
Health Outcomes	High Cholesterol	449	36.1% (31.5% - 40.7%)	790	30.9% (26.4% - 35.7%)
Health Outcomes	Arthritis	341	26.5% (22.6% - 30.7%)	606	23.7% (20.1% - 27.5%)
Health Outcomes	Diabetes	543	10.4% (8.9% - 12.1%)	802	9.3% (7.9% - 10.8%)
Health Outcomes	High Blood Pressure	424	31.7% (27.8% - 36.0%)	766	28.9% (25.0% - 32.9%)
Health Outcomes	Cancer (except skin)	388	7.8% (7.0% - 8.6%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Depression	797	19.2% (15.9% - 23.0%)	733	20.0% (16.4% - 23.8%)
Health Outcomes	Stroke	538	3.4% (3.0% - 3.9%)	714	2.8% (2.5% - 3.2%)
Health Outcomes	COPD	540	7.7% (6.6% - 9.2%)	753	7.0% (5.9% - 8.1%)
Health Outcomes	Current Asthma	781	9.7% (8.5% - 11.0%)	696	9.8% (8.6% - 11.1%)
Health Outcomes	Coronary Heart Disease	536	6.7% (5.8% - 7.6%)	729	5.4% (4.8% - 6.1%)
Prevention	Core preventive services for older men	672	41.8% (35.2% - 48.0%)	615	41.8% (35.2% - 47.9%)
Prevention	Mammography	772	74.4% (71.2% - 77.5%)	823	71.1% (67.7% - 74.6%)
Prevention	Taking BP Medication	591	78.8% (76.0% - 81.6%)	251	59.4% (54.6% - 64.3%)
Prevention	Cervical Cancer Screening	745	82.0% (80.1% - 83.8%)	657	82.4% (80.6% - 84.2%)
Prevention	Colorectal Cancer Screening	677	70.3% (68.0% - 72.8%)	626	70.0% (67.7% - 72.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Annual Checkup	614	74.5% (69.6% - 79.1%)	435	72.6% (67.3% - 77.5%)
Prevention	Dental Visit	648	65.5% (62.6% - 68.2%)	627	64.8% (61.9% - 67.6%)
Prevention	Core preventive services for older women	902	33.6% (27.6% - 39.5%)	794	36.4% (30.4% - 41.9%)
Prevention	Health Insurance	885	9.4% (7.7% - 11.6%)	830	9.7% (7.8% - 11.8%)
Prevention	Cholesterol Screening	871	79.3% (76.2% - 82.4%)	603	78.6% (75.2% - 81.8%)
Disability	Any Disability	753	28.0% (24.3% - 32.3%)	785	25.6% (21.9% - 29.6%)
Disability	Cognitive Disability	839	12.7% (11.0% - 14.7%)	738	12.7% (10.9% - 14.7%)
Disability	Vision Disability	771	4.8% (4.2% - 5.6%)	788	4.4% (3.9% - 5.1%)
Disability	Self-care Disability	728	3.9% (3.4% - 4.4%)	763	3.5% (3.1% - 4.0%)
Disability	Independent Living Disability	805	7.7% (6.6% - 8.9%)	754	7.1% (6.2% - 8.1%)
Disability	Mobility Disability	633	12.8% (10.9% - 14.9%)	771	10.9% (9.3% - 12.7%)
Disability	Hearing Disability	591	7.8% (7.0% - 8.9%)	736	6.4% (5.7% - 7.2%)

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)

Estherville falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
