



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in Fort Madison: Overview

Dear Community Members & Stakeholders of Fort Madison,

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 Fort Madison ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Fort Madison'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 Fort Madison. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Mammography	86th	8th	Taking BP Medication	33rd	3rd
Cancer (except skin)	248th	19th	Binge Drinking	37th	6th
High Cholesterol	328th	21st	Cancer (except skin)	74th	4th
Binge Drinking	356th	7th	Mammography	195th	16th
Arthritis	364th	22nd	Core preventive services for older men	444th	22nd

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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Dental Visit	930th	29th	Diabetes	888th	30th
Obesity	922nd	30th	High Blood Pressure	884th	29th
Health Insurance	910th	27th	Obesity	882nd	30th
Mental Health	907th	25th	Dental Visit	878th	28th
Current Smoking	900th	28th	General Health	869th	26th

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 Fort Madison.

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

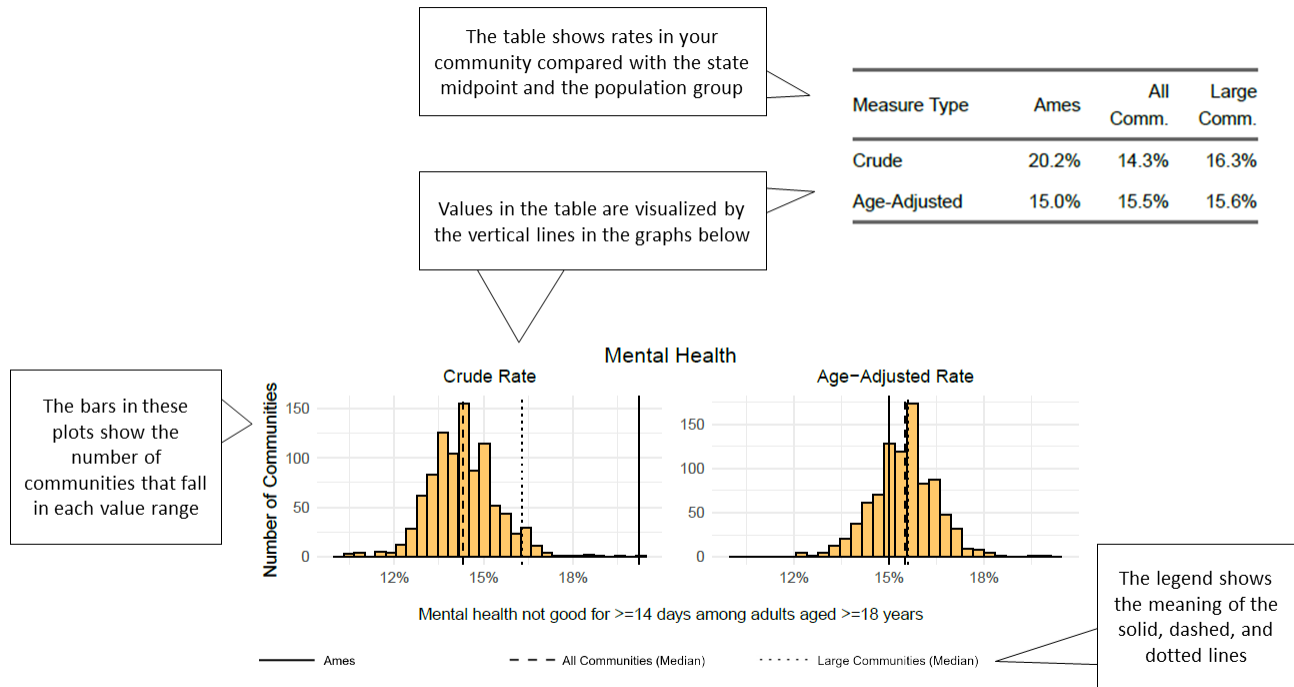
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Fort Madison that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Fort Madison, a review of risky behaviors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

With a population of 10,293, Fort Madison’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

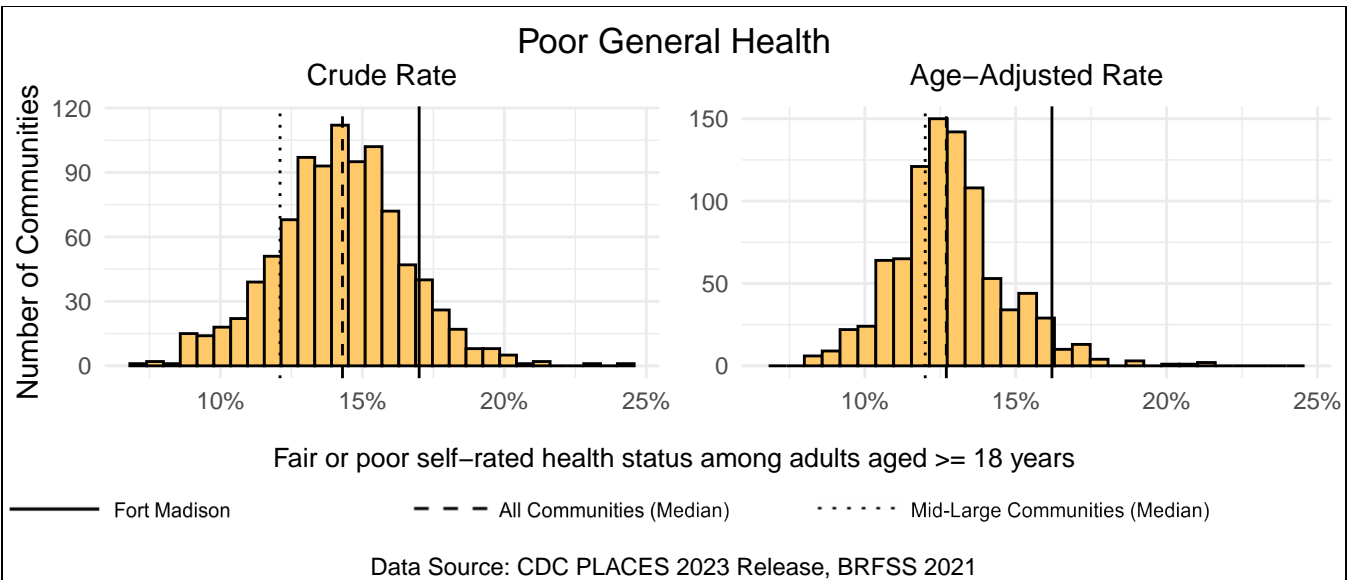
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Fort Madison has a crude rate of 17.0% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 858th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 16.2%, which ranks 869th out of 905 Iowa communities (26th out of 31 mid-large communities).

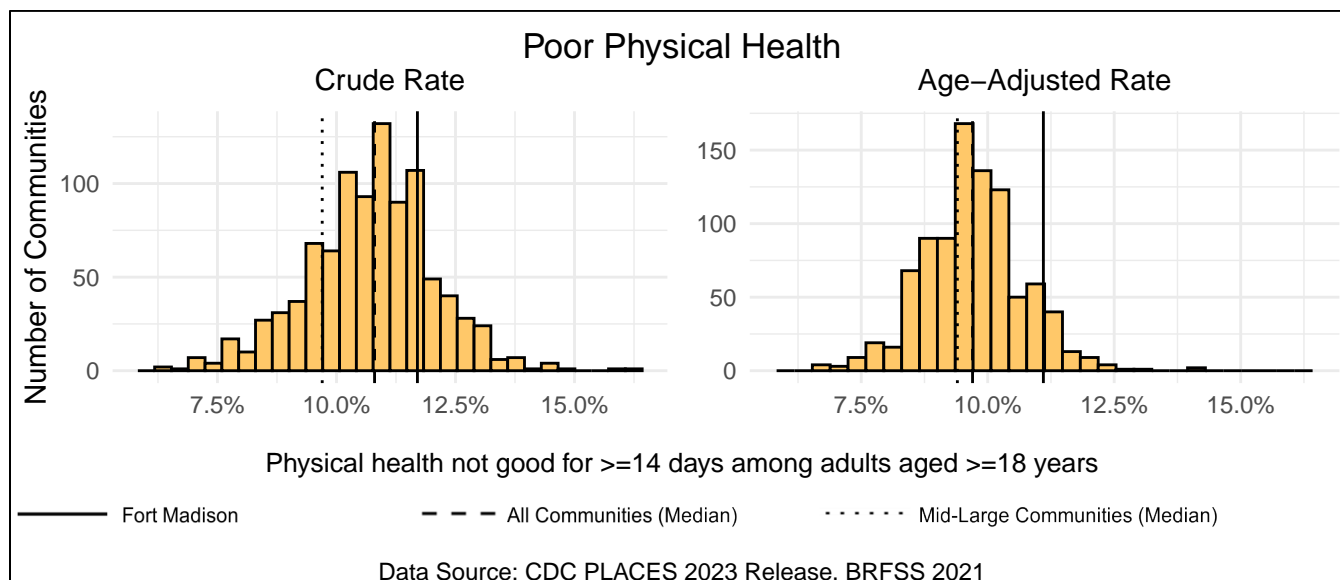
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	17.0%	14.3%	12.1%
Age-Adjusted	16.2%	12.7%	12.0%



Poor Physical Health

Fort Madison has a crude rate of 11.7% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 748th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 11.1%, which ranks 816th out of 905 Iowa communities (24th out of 31 mid-large communities).

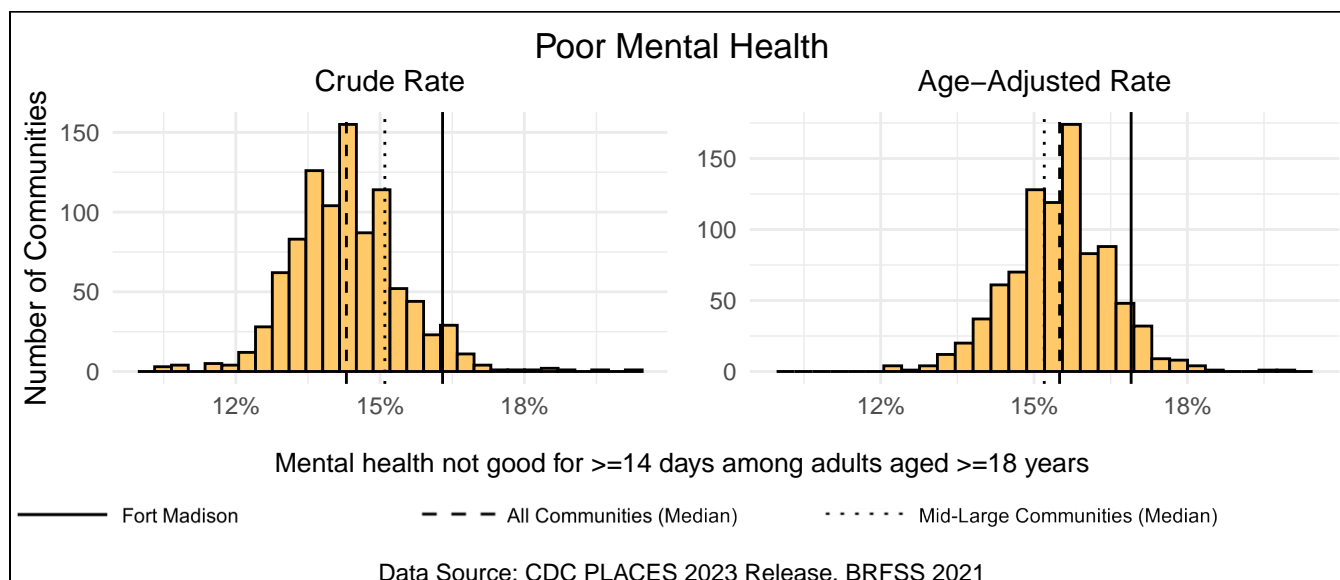
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	11.7%	10.8%	9.7%
Age-Adjusted	11.1%	9.7%	9.4%



Poor Mental Health

Fort Madison has a crude rate of 16.3% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 907th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 16.9%, which ranks 834th out of 905 Iowa communities (27th out of 31 mid-large communities).

Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	16.3%	14.3%	15.1%
Age-Adjusted	16.9%	15.5%	15.2%



Health Risk Behaviors

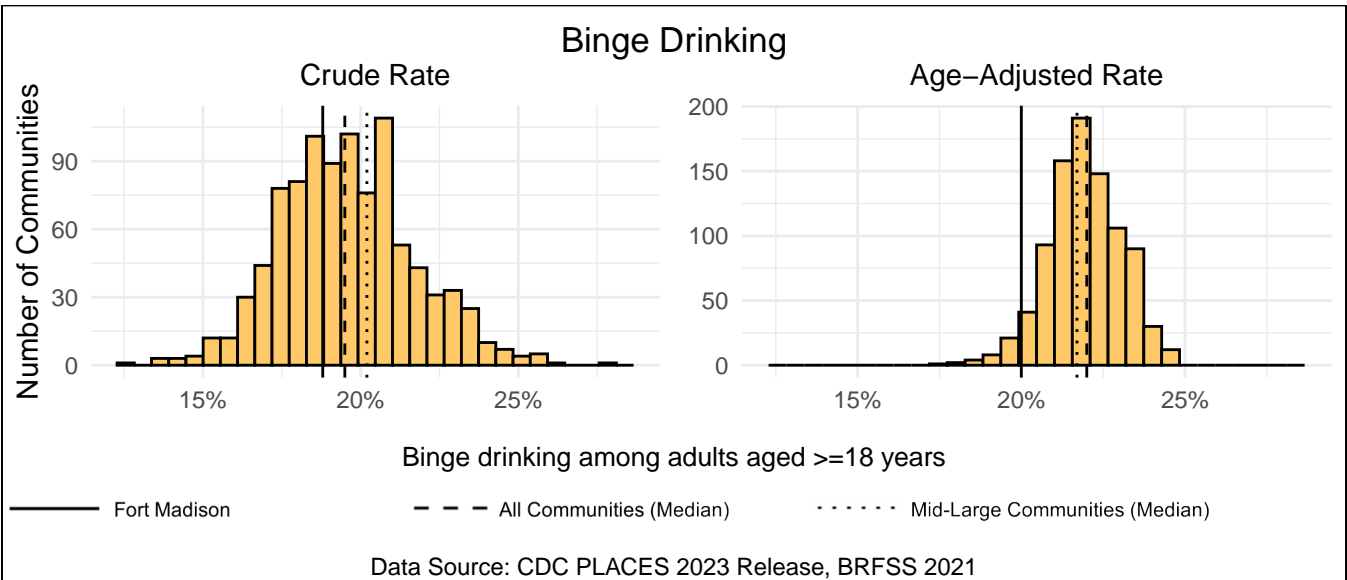
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Fort Madison has a crude rate of 18.8% for binge drinking among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 20.0%, which ranks 37th out of 905 Iowa communities (6th out of 31 mid-large communities).

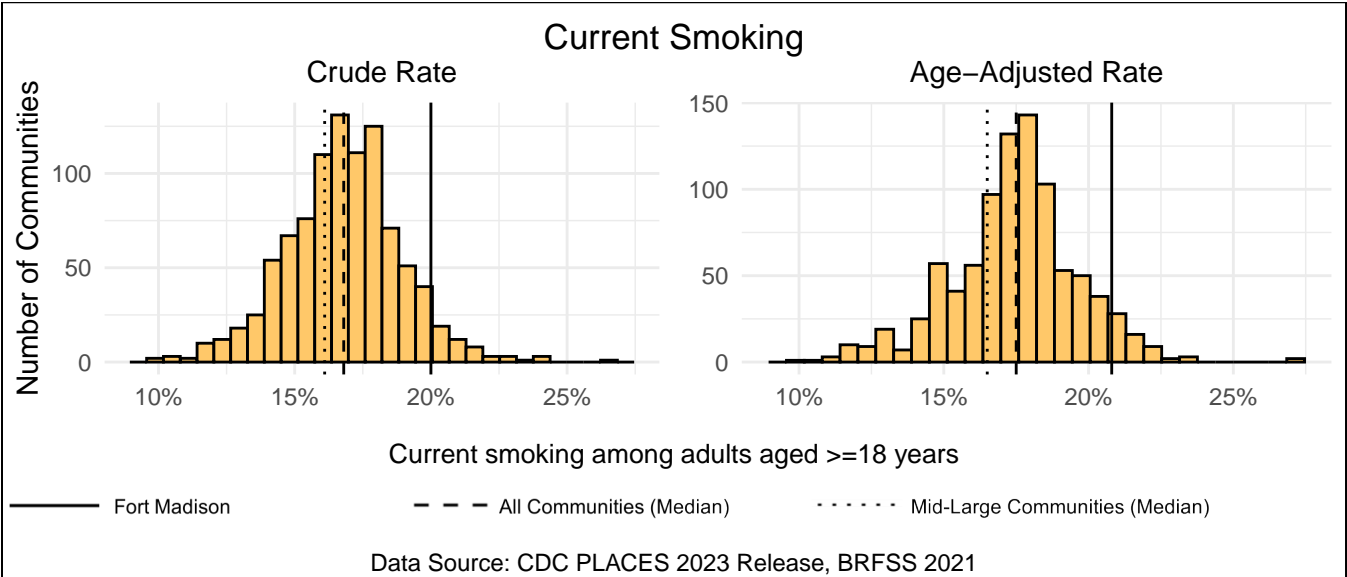
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	18.8%	19.5%	20.2%
Age-Adjusted	20.0%	22.0%	21.7%



Current Smoking

Fort Madison has a crude rate of 20.0% for current smoking among adults aged >=18 years, which ranks 900th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 20.8%, which ranks 849th out of 905 Iowa communities (28th out of 31 mid-large communities).

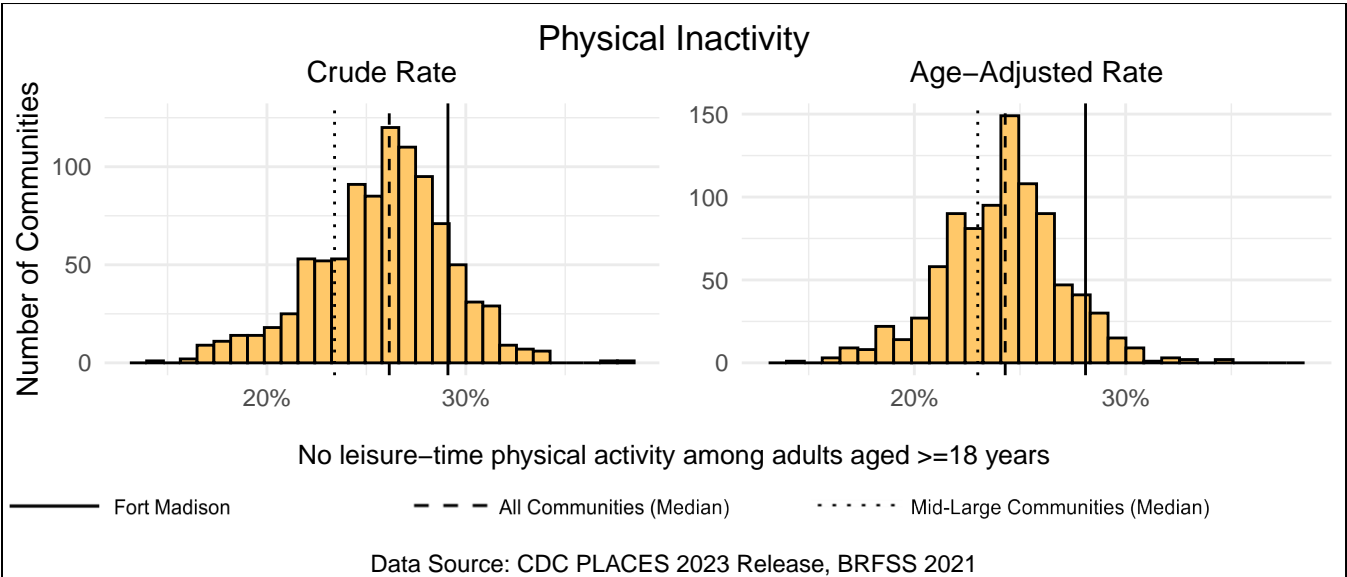
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	20.0%	16.8%	16.1%
Age-Adjusted	20.8%	17.5%	16.5%



Physical Inactivity

Fort Madison has a crude rate of 29.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 816th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 28.1%, which ranks 836th out of 905 Iowa communities (25th out of 31 mid-large communities).

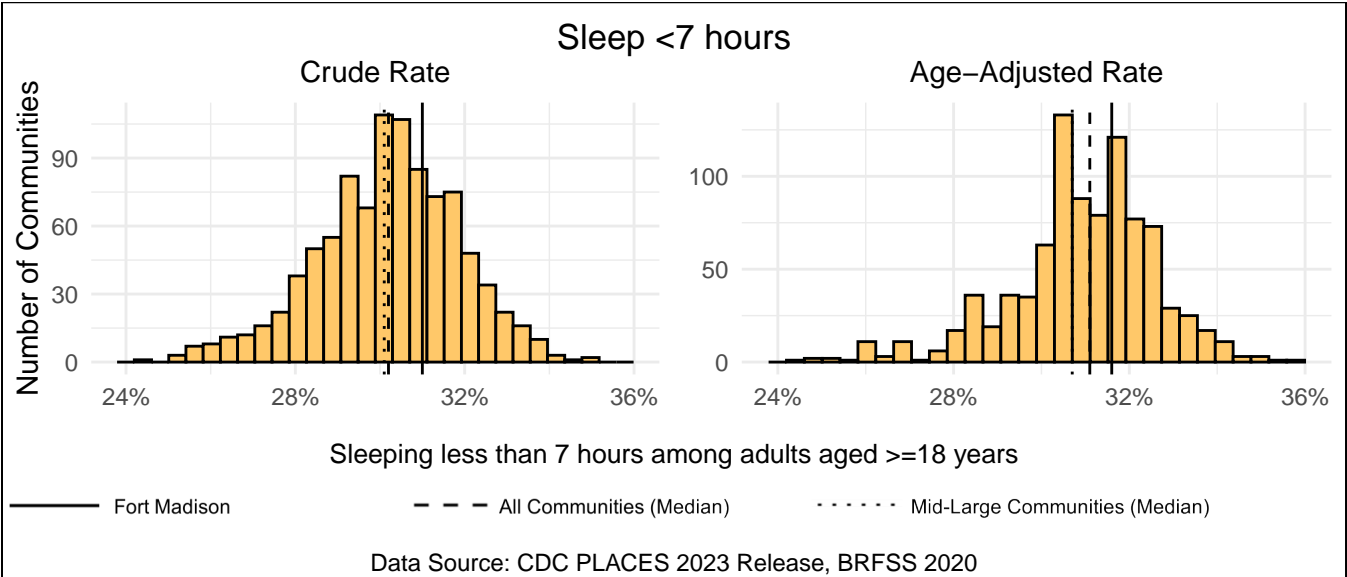
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	29.1%	26.1%	23.4%
Age-Adjusted	28.1%	24.3%	23.0%



Sleep <7 hours

Fort Madison has a crude rate of 31.0% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 630th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 31.6%, which ranks 545th out of 905 Iowa communities (19th out of 31 mid-large communities).

Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	31.0%	30.2%	30.1%
Age-Adjusted	31.6%	31.1%	30.7%



Health Outcomes

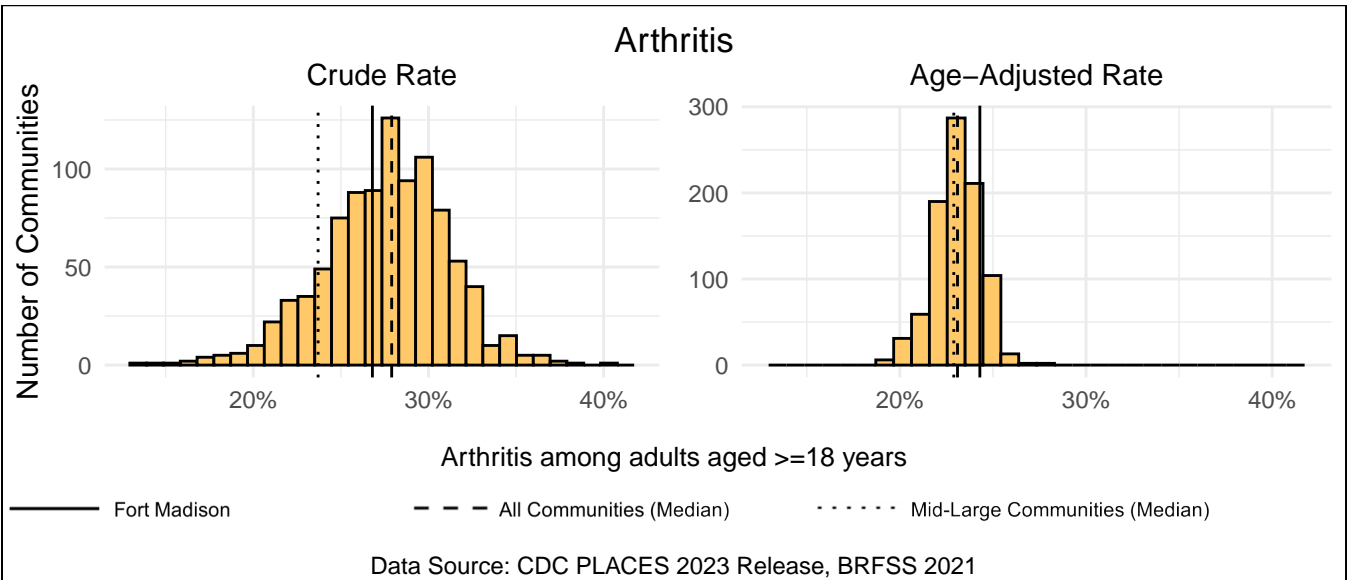
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Fort Madison has a crude rate of 26.8% for arthritis among adults aged ≥ 18 years, which ranks 364th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 24.3%, which ranks 755th out of 905 Iowa communities (21st out of 31 mid-large communities).

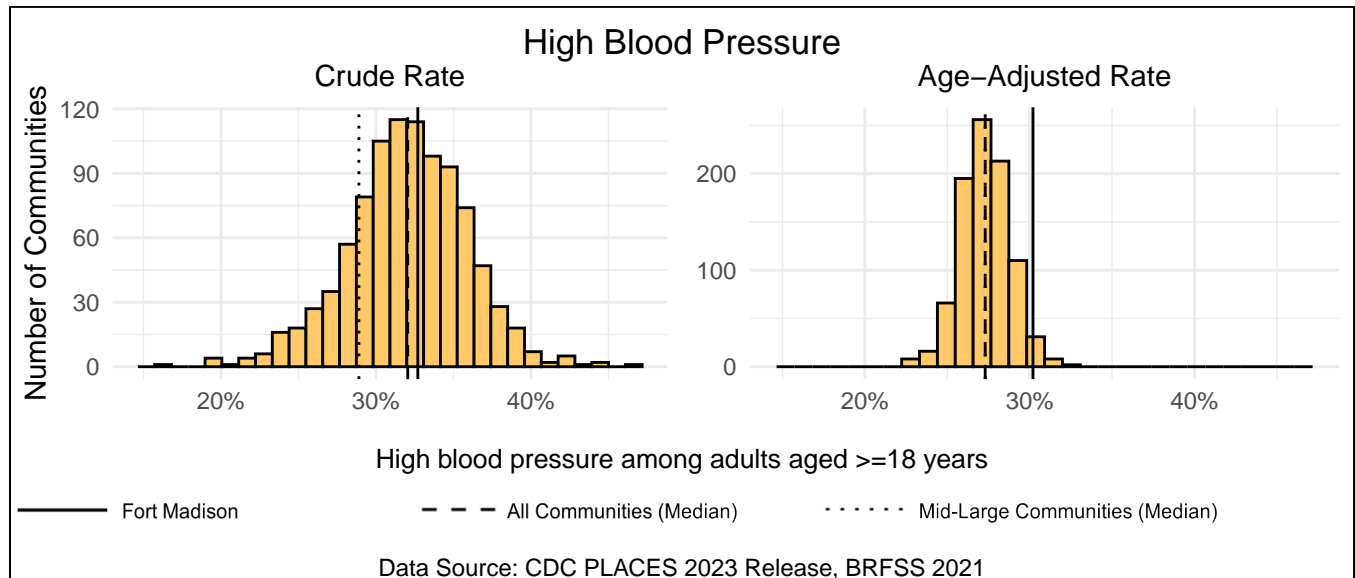
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	26.8%	27.9%	23.7%
Age-Adjusted	24.3%	23.1%	22.9%



High Blood Pressure

Fort Madison has a crude rate of 32.7% for high blood pressure among adults aged ≥ 18 years, which ranks 535th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 30.2%, which ranks 884th out of 905 Iowa communities (29th out of 31 mid-large communities).

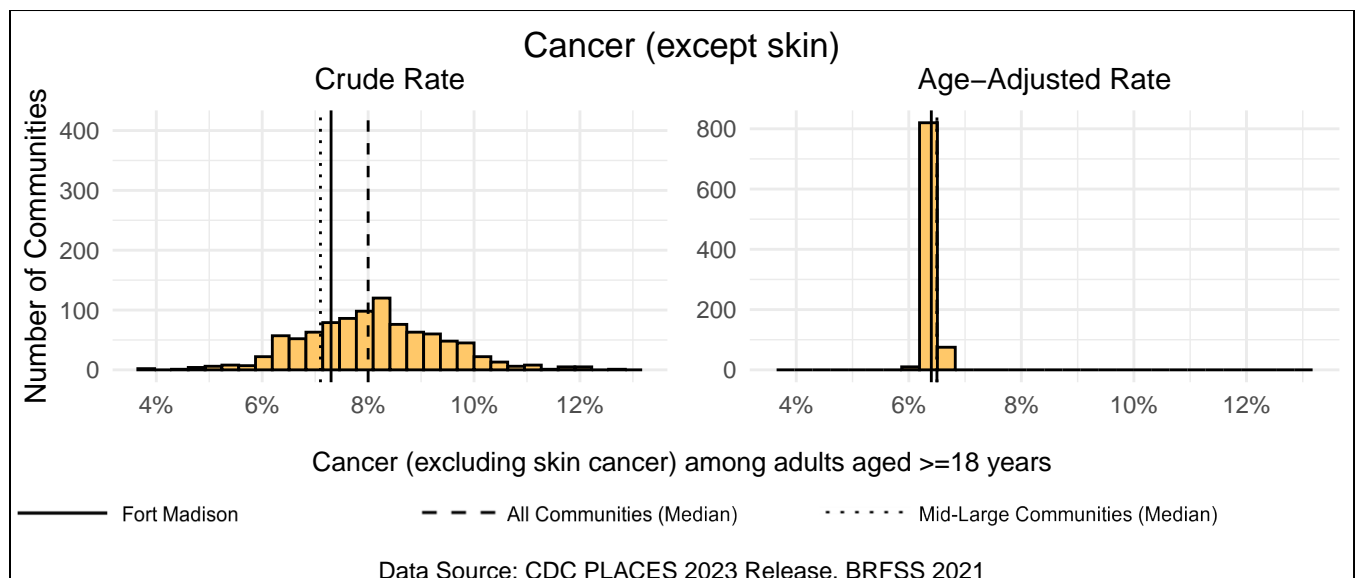
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	32.7%	32.0%	28.9%
Age-Adjusted	30.2%	27.3%	27.3%



Cancer (except skin)

Fort Madison has a crude rate of 7.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 248th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 31 mid-large communities).

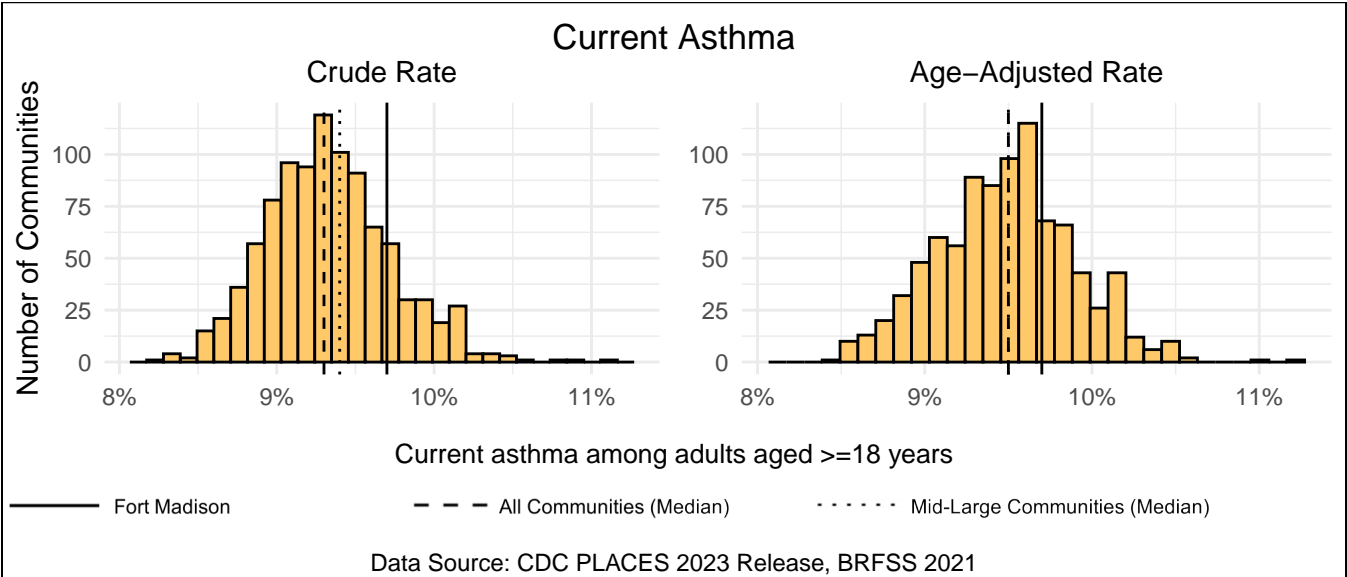
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	7.3%	8.0%	7.1%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Fort Madison has a crude rate of 9.7% for current asthma among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 9.7%, which ranks 628th out of 905 Iowa communities (20th out of 31 mid-large communities).

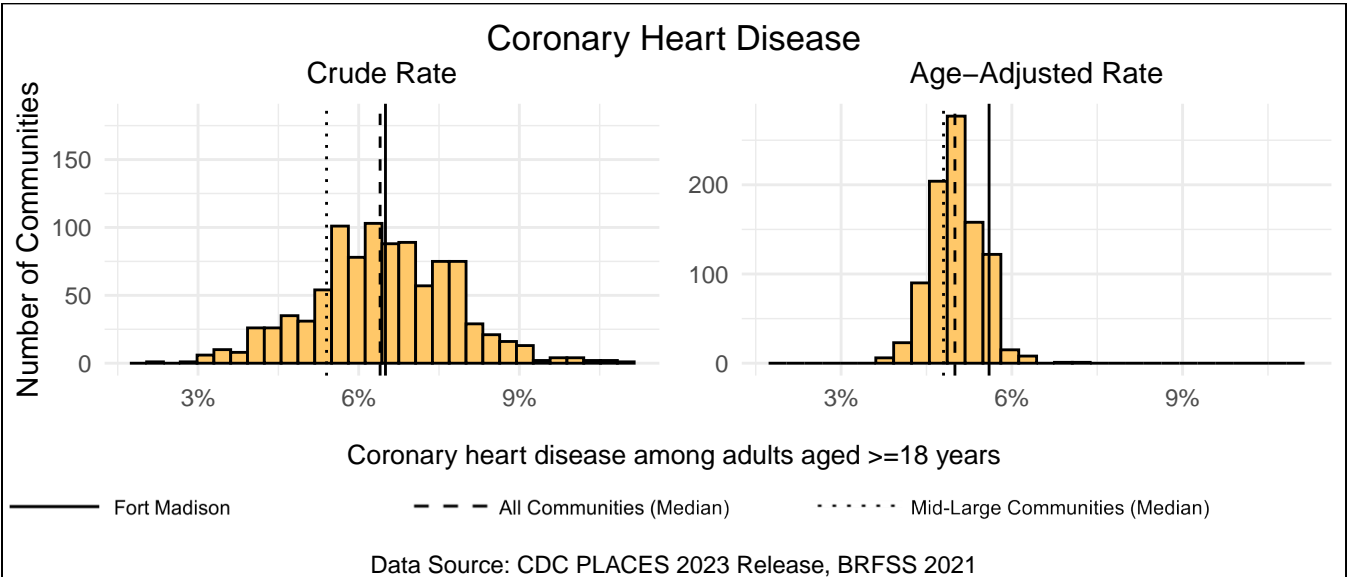
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	9.7%	9.3%	9.4%
Age-Adjusted	9.7%	9.5%	9.5%



Coronary Heart Disease

Fort Madison has a crude rate of 6.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 481st out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 5.6%, which ranks 797th out of 905 Iowa communities (25th out of 31 mid-large communities).

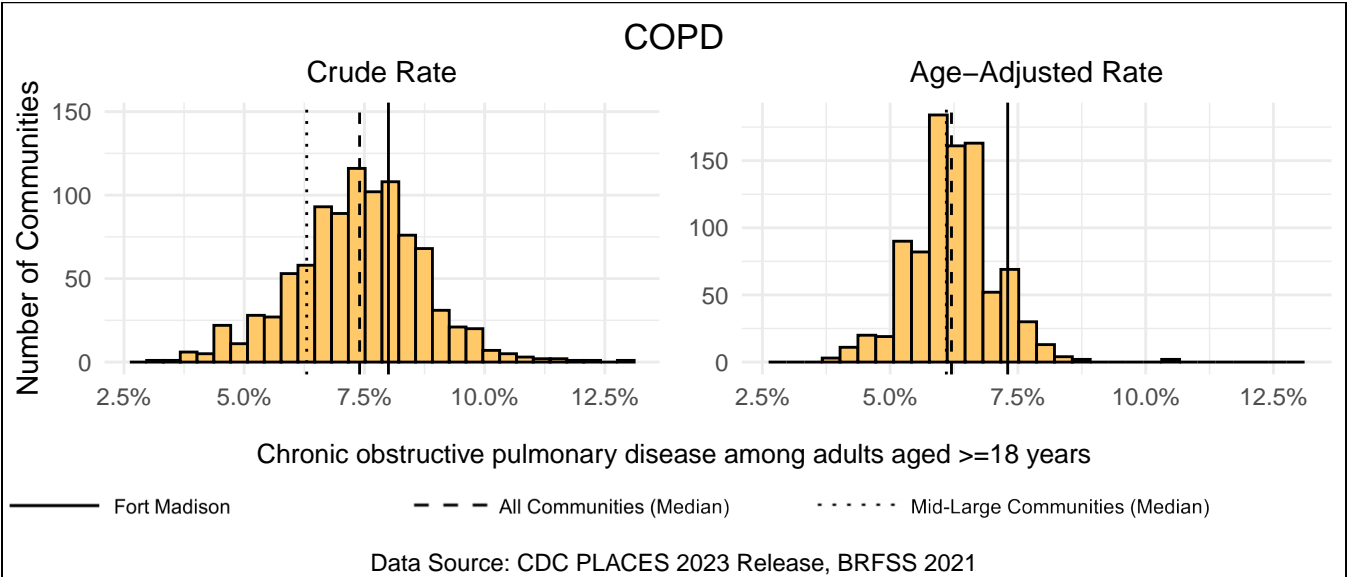
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	6.5%	6.4%	5.4%
Age-Adjusted	5.6%	5.0%	4.8%



COPD

Fort Madison has a crude rate of 8.0% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 651st out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 7.3%, which ranks 809th out of 905 Iowa communities (25th out of 31 mid-large communities).

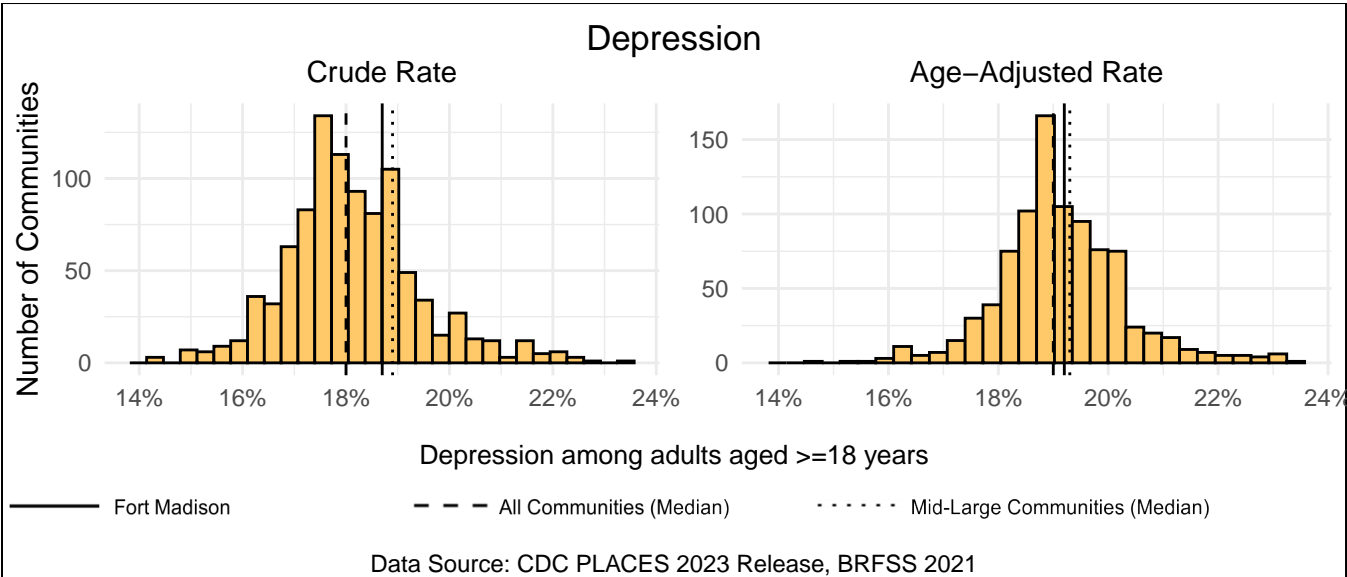
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	8.0%	7.4%	6.3%
Age-Adjusted	7.3%	6.2%	6.1%



Depression

Fort Madison has a crude rate of 18.7% for depression among adults aged ≥ 18 years, which ranks 673rd out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 19.2%, which ranks 489th out of 905 Iowa communities (14th out of 31 mid-large communities).

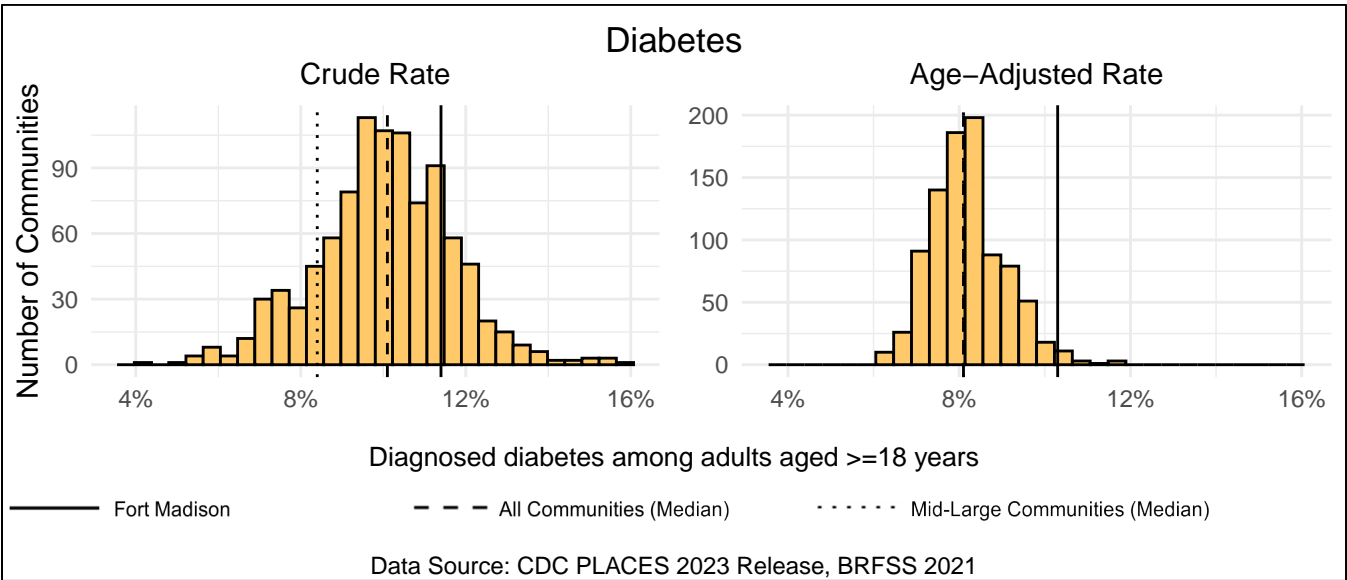
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	18.7%	18.0%	18.9%
Age-Adjusted	19.2%	19.0%	19.3%



Diabetes

Fort Madison has a crude rate of 11.4% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 10.3%, which ranks 888th out of 905 Iowa communities (30th out of 31 mid-large communities).

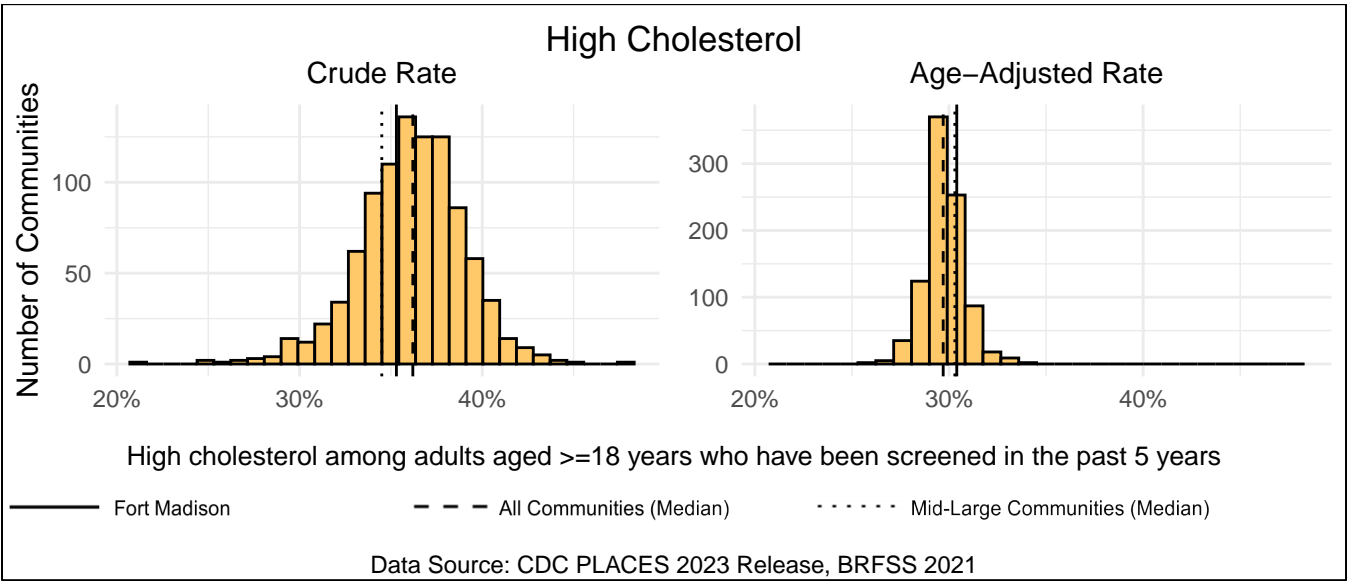
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	11.4%	10.1%	8.4%
Age-Adjusted	10.3%	8.1%	8.1%



High Cholesterol

Fort Madison has a crude rate of 35.3% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 328th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 30.4%, which ranks 669th out of 905 Iowa communities (17th out of 31 mid-large communities).

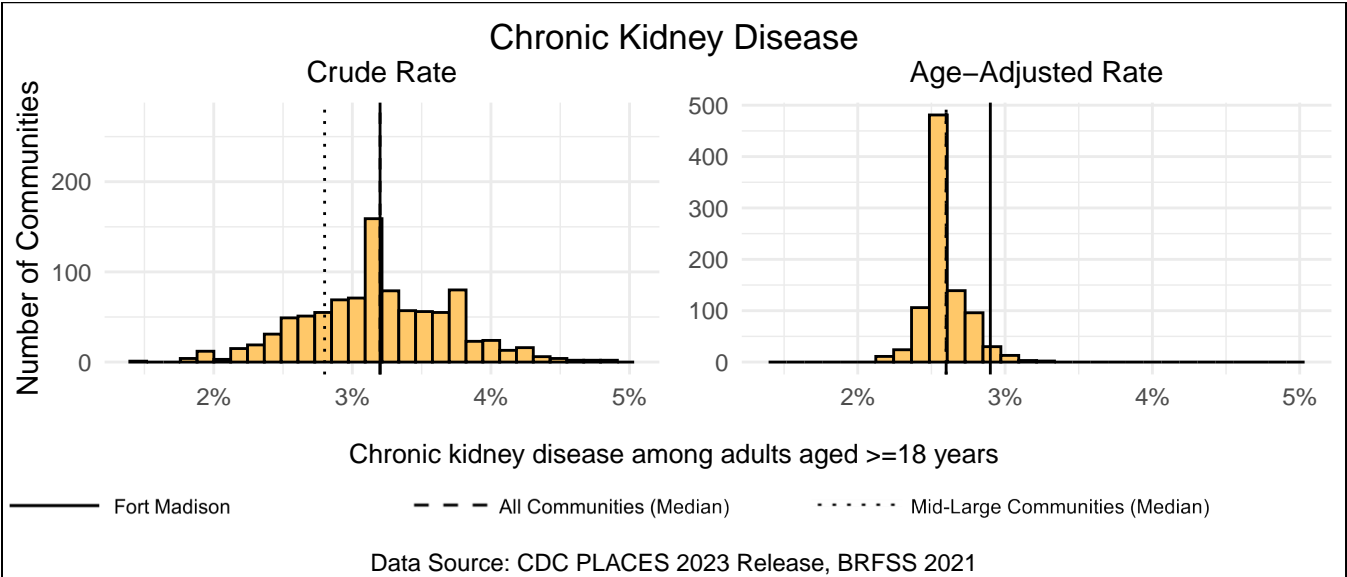
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	35.3%	36.2%	34.5%
Age-Adjusted	30.4%	29.7%	30.3%



Chronic Kidney Disease

Fort Madison has a crude rate of 3.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 446th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 2.9%, which ranks 858th out of 905 Iowa communities (25th out of 31 mid-large communities).

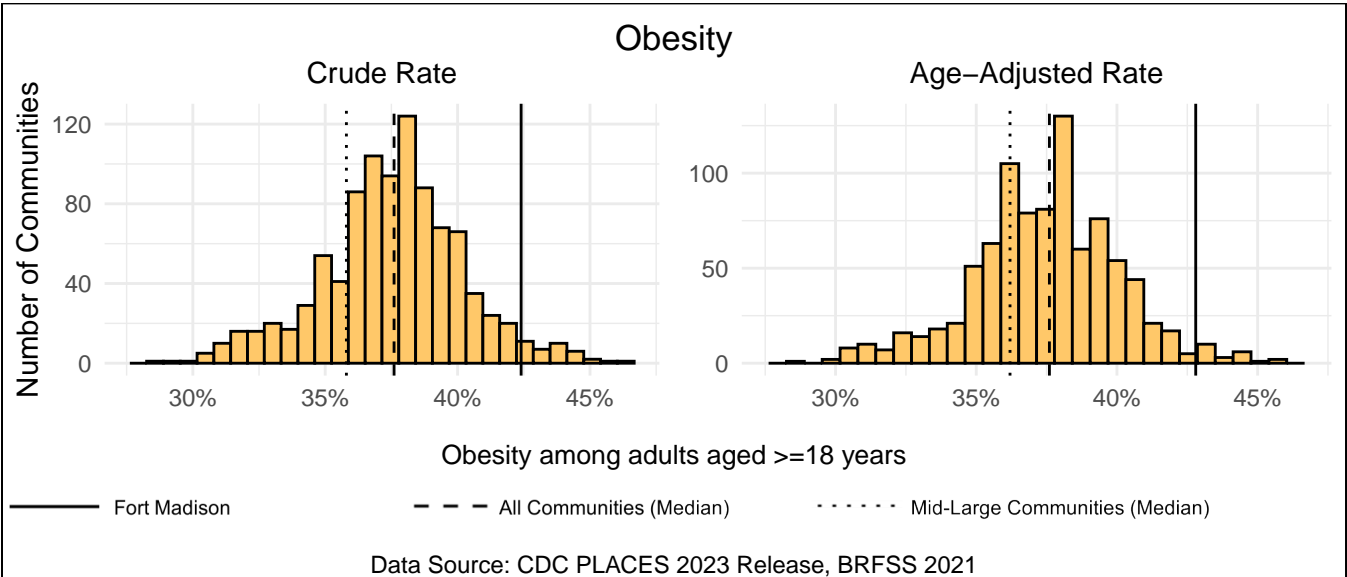
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	3.2%	3.2%	2.8%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Fort Madison has a crude rate of 42.4% for obesity among adults aged ≥ 18 years, which ranks 922nd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 42.8%, which ranks 882nd out of 905 Iowa communities (30th out of 31 mid-large communities).

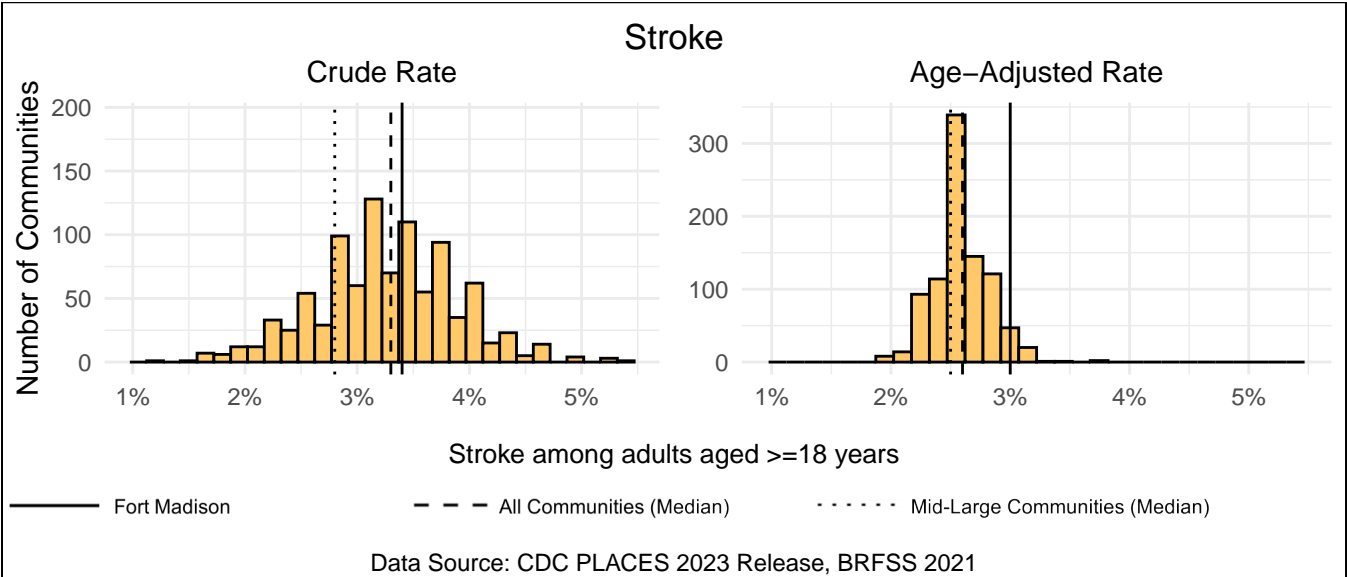
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	42.4%	37.6%	35.8%
Age-Adjusted	42.8%	37.6%	36.2%



Stroke

Fort Madison has a crude rate of 3.4% for stroke among adults aged ≥ 18 years, which ranks 538th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 3.0%, which ranks 835th out of 905 Iowa communities (25th out of 31 mid-large communities).

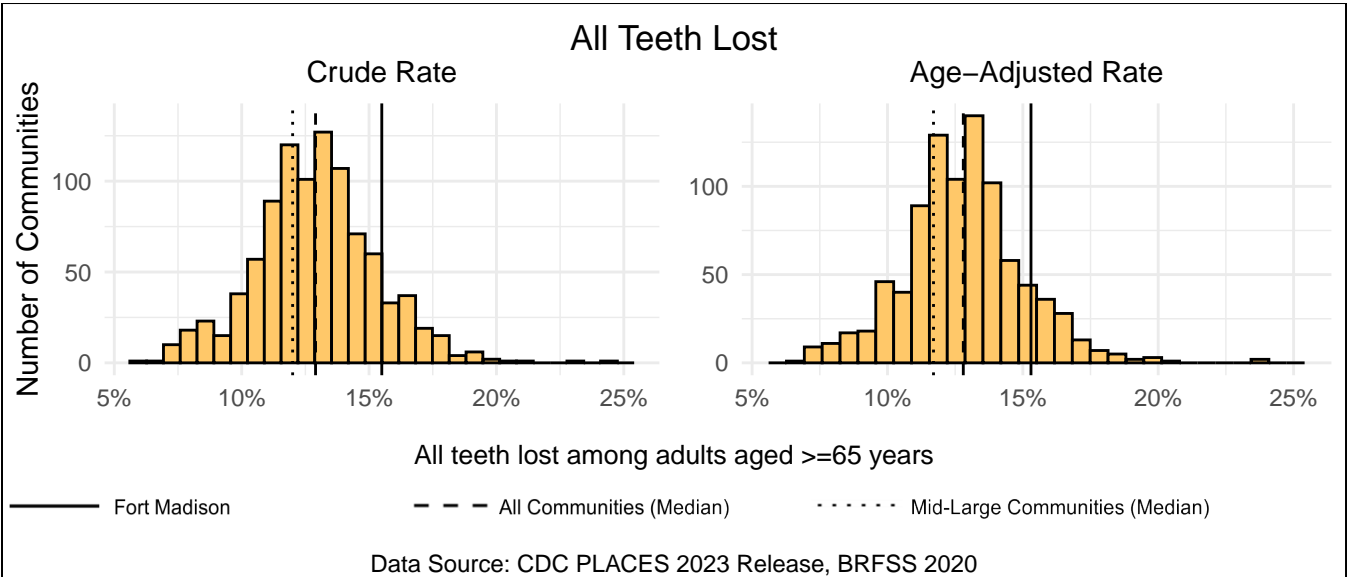
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	3.4%	3.3%	2.8%
Age-Adjusted	3.0%	2.6%	2.5%



All Teeth Lost

Fort Madison has a crude rate of 15.5% for all teeth lost among adults aged ≥ 65 years, which ranks 831st out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 15.3%, which ranks 791st out of 905 Iowa communities (25th out of 31 mid-large communities).

Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	15.5%	12.9%	12.0%
Age-Adjusted	15.3%	12.8%	11.7%



Prevention

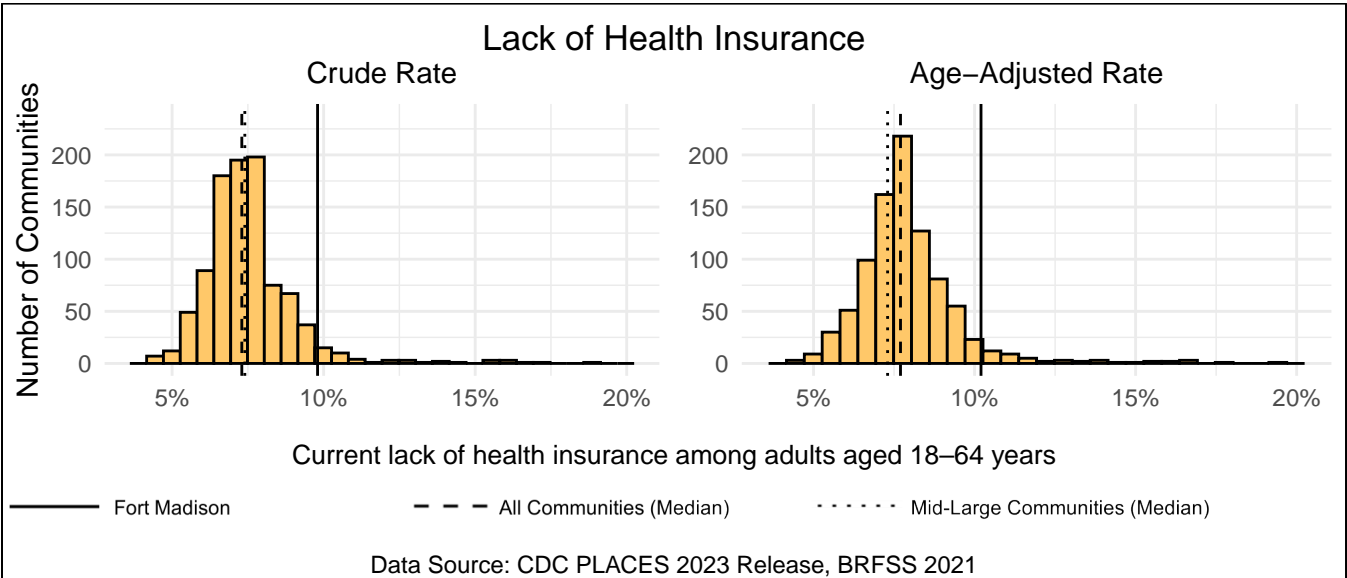
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Fort Madison has a crude rate of 9.8% for current lack of health insurance among adults aged 18–64 years, which ranks 910th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 10.2%, which ranks 855th out of 905 Iowa communities (27th out of 31 mid-large communities).

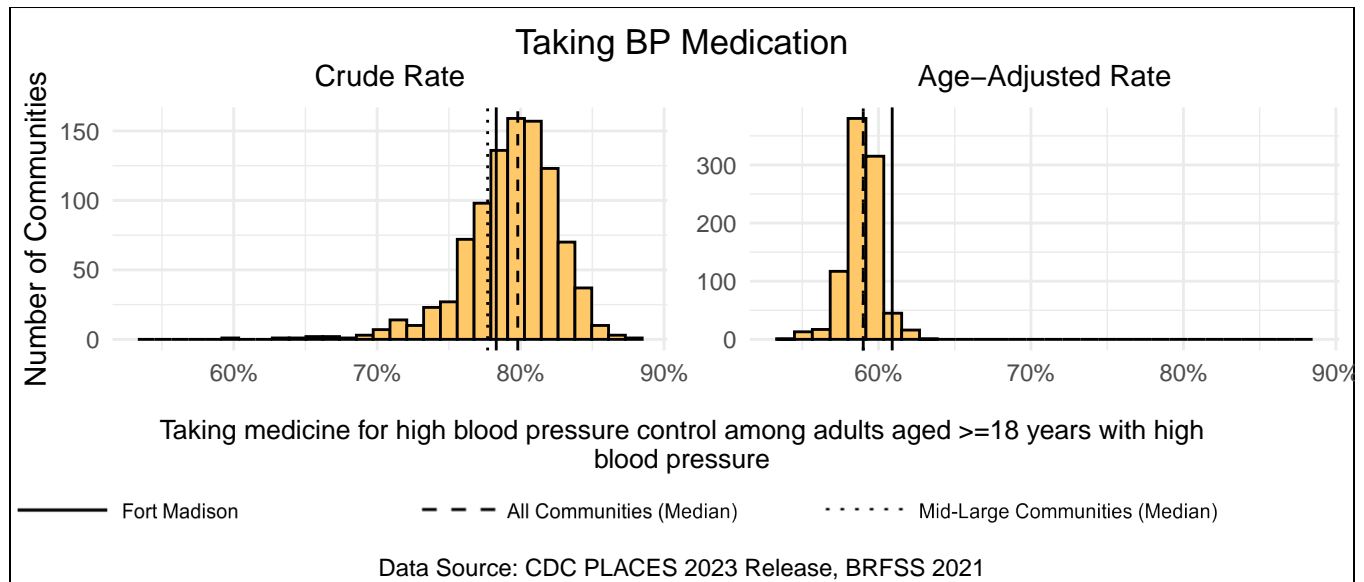
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	9.8%	7.3%	7.4%
Age-Adjusted	10.2%	7.7%	7.3%



Taking BP Medication

Fort Madison has a crude rate of 78.3% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 649th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 60.9%, which ranks 33rd out of 905 Iowa communities (3rd out of 31 mid-large communities).

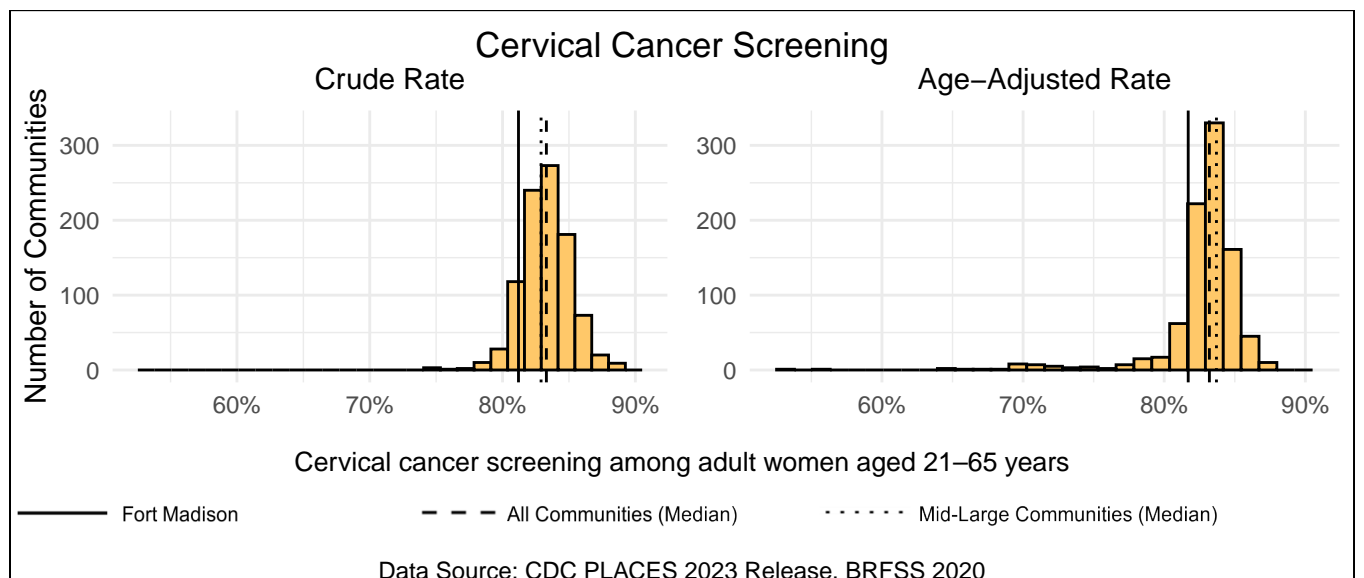
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	78.3%	79.8%	77.7%
Age-Adjusted	60.9%	59.0%	59.0%



Cervical Cancer Screening

Fort Madison has a crude rate of 81.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 849th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 81.7%, which ranks 762nd out of 905 Iowa communities (26th out of 31 mid-large communities).

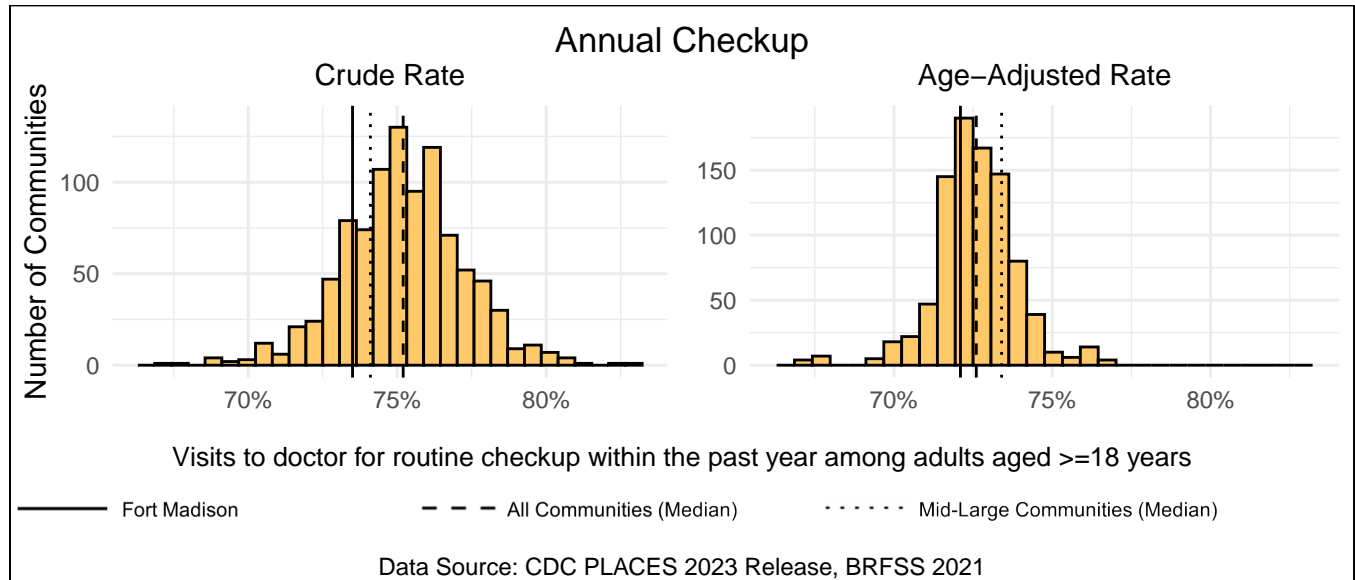
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	81.2%	83.3%	82.9%
Age-Adjusted	81.7%	83.2%	83.7%



Annual Checkup

Fort Madison has a crude rate of 73.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 72.1%, which ranks 597th out of 905 Iowa communities (24th out of 31 mid-large communities).

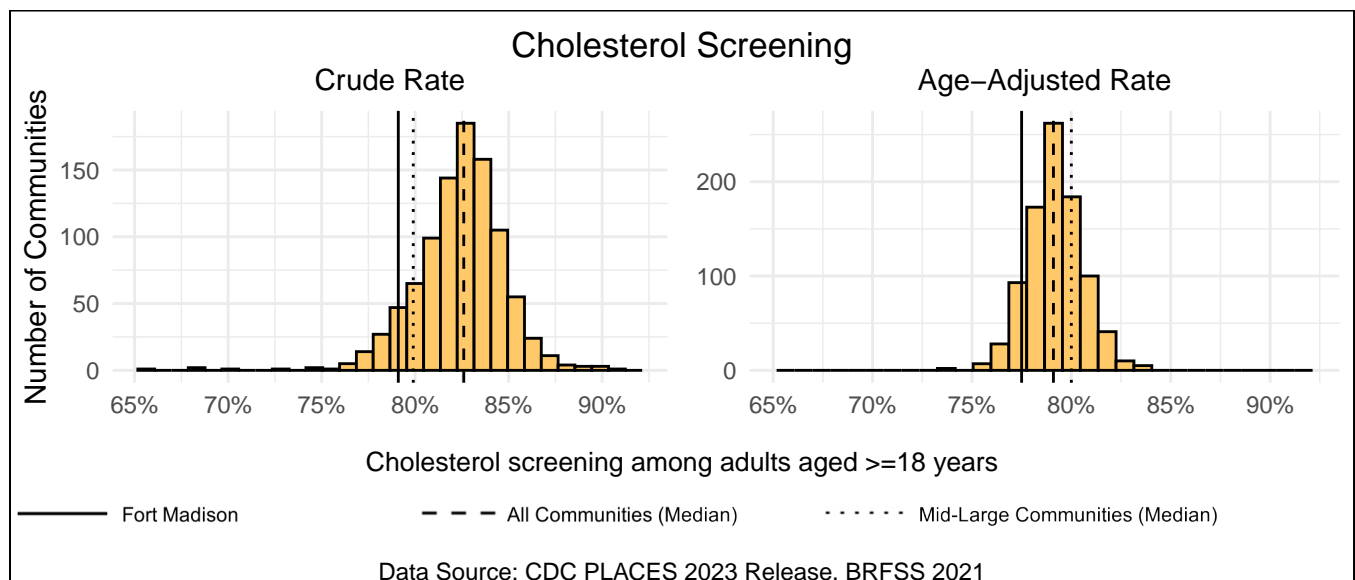
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	73.5%	75.2%	74.1%
Age-Adjusted	72.1%	72.6%	73.4%



Cholesterol Screening

Fort Madison has a crude rate of 79.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 885th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 77.5%, which ranks 805th out of 905 Iowa communities (26th out of 31 mid-large communities).

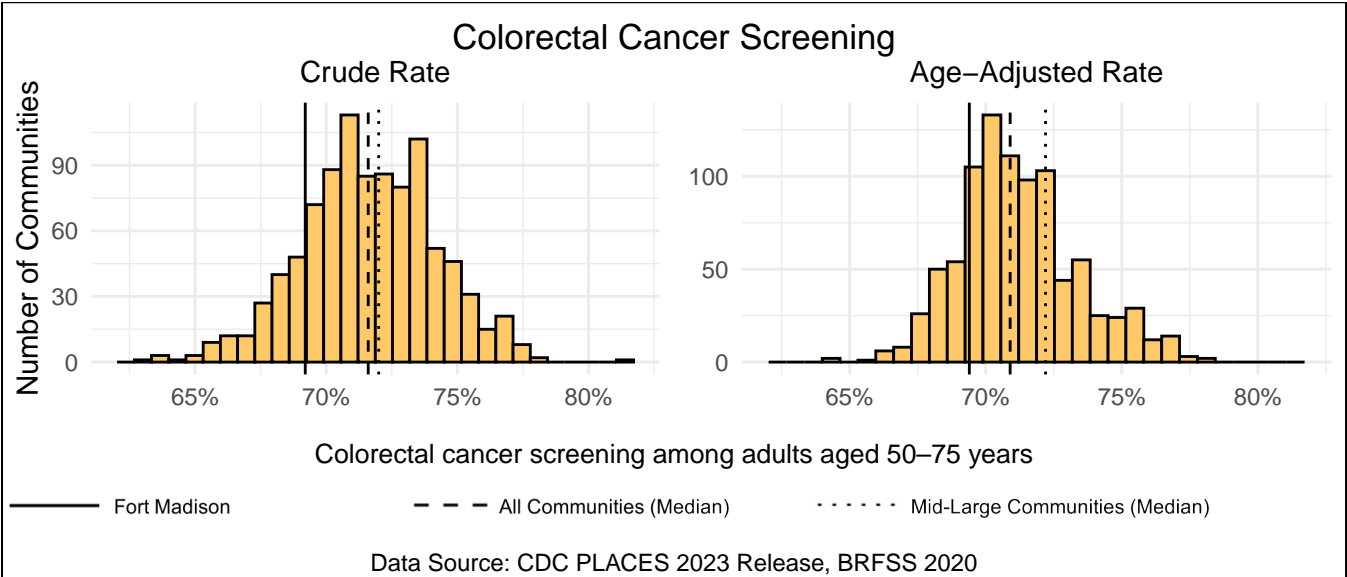
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	79.1%	82.6%	79.9%
Age-Adjusted	77.5%	79.1%	80.0%



Colorectal Cancer Screening

Fort Madison has a crude rate of 69.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 803rd out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 69.4%, which ranks 729th out of 905 Iowa communities (23rd out of 31 mid-large communities).

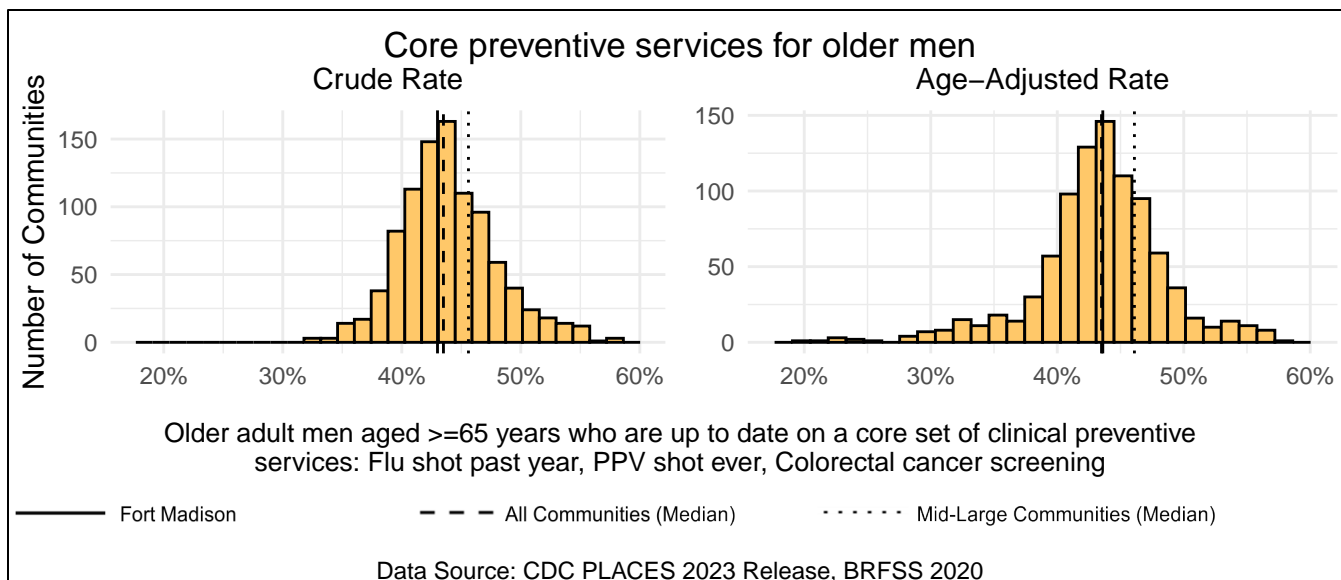
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	69.2%	71.6%	72.0%
Age-Adjusted	69.4%	70.9%	72.2%



Core preventive services for older men

Fort Madison has a crude rate of 43.0% 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 541st out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 43.6%, which ranks 444th out of 905 Iowa communities (22nd out of 31 mid-large communities).

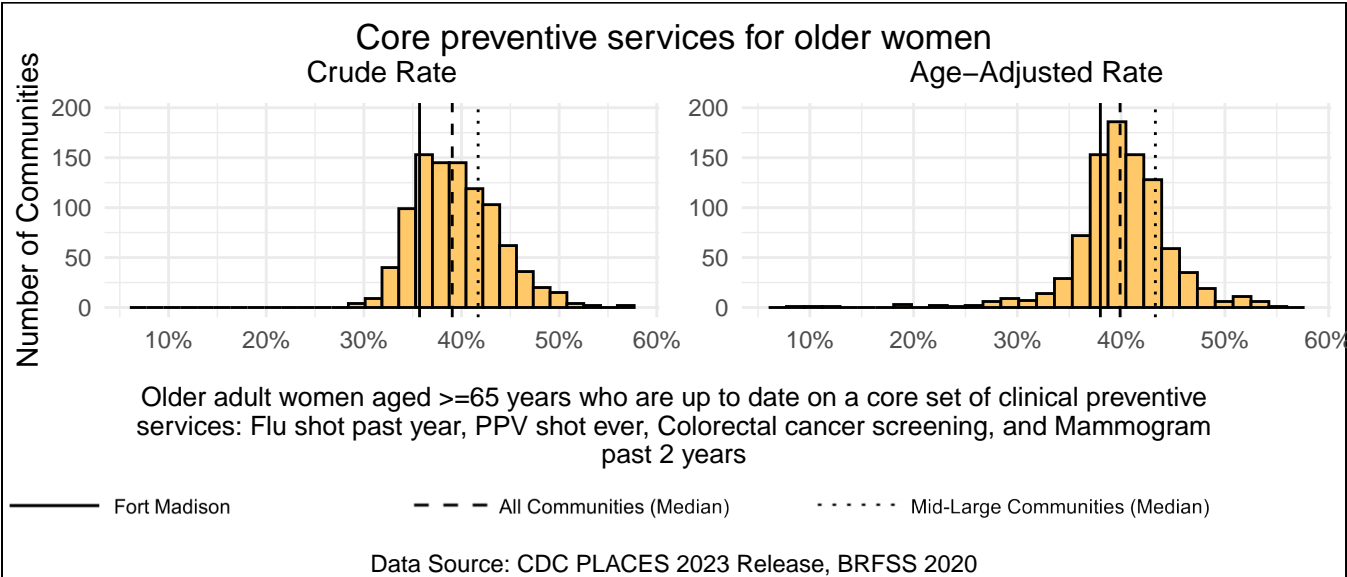
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	43.0%	43.5%	45.6%
Age-Adjusted	43.6%	43.5%	46.1%



Core preventive services for older women

Fort Madison has a crude rate of 35.7% 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 780th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 38.0%, which ranks 667th out of 905 Iowa communities (25th out of 31 mid-large communities).

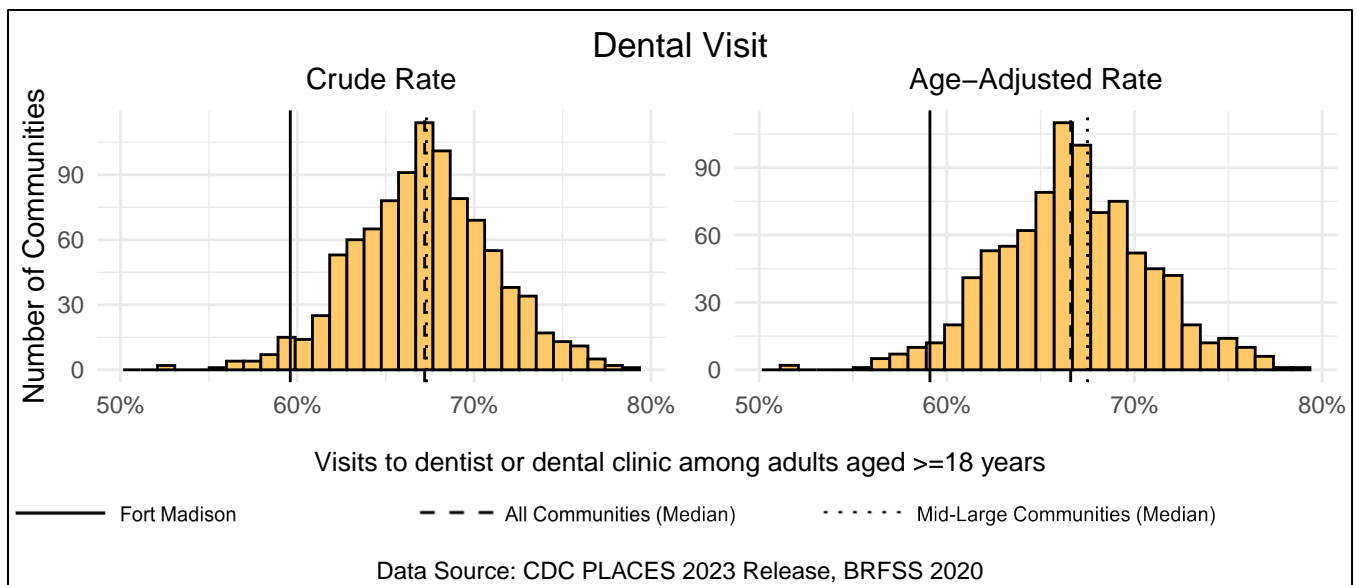
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	35.7%	39.0%	41.7%
Age-Adjusted	38.0%	39.9%	43.3%



Dental Visit

Fort Madison has a crude rate of 59.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 930th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 59.1%, which ranks 878th out of 905 Iowa communities (28th out of 31 mid-large communities).

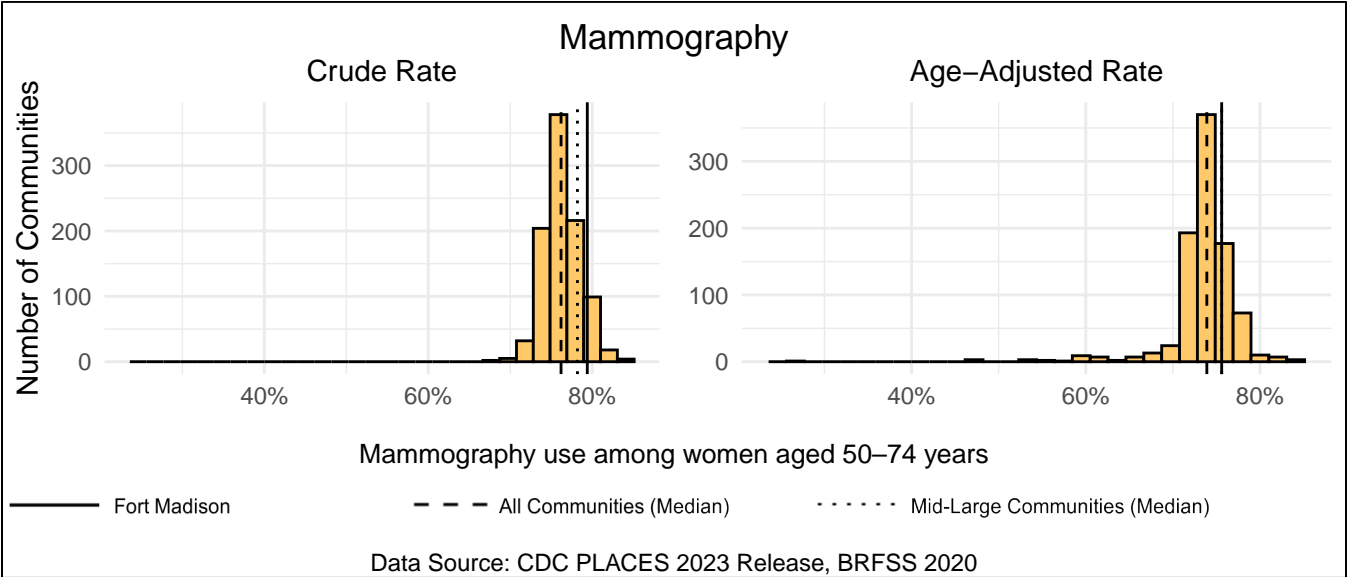
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	59.6%	67.2%	67.3%
Age-Adjusted	59.1%	66.6%	67.5%



Mammography

Fort Madison has a crude rate of 79.4% for mammography use among women aged 50–74 years, which ranks 86th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 75.6%, which ranks 195th out of 905 Iowa communities (16th out of 31 mid-large communities).

Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	79.4%	76.2%	78.2%
Age-Adjusted	75.6%	73.9%	75.6%



Disability

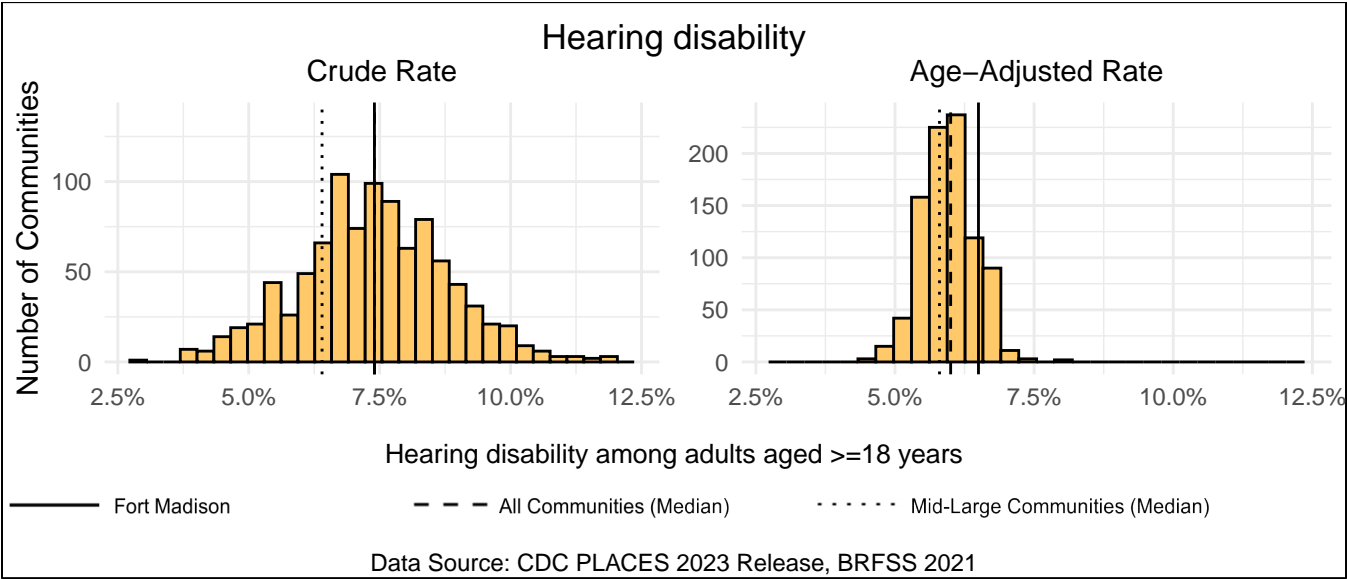
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Fort Madison has a crude rate of 7.4% for hearing disability among adults aged ≥ 18 years, which ranks 470th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 6.5%, which ranks 766th out of 905 Iowa communities (24th out of 31 mid-large communities).

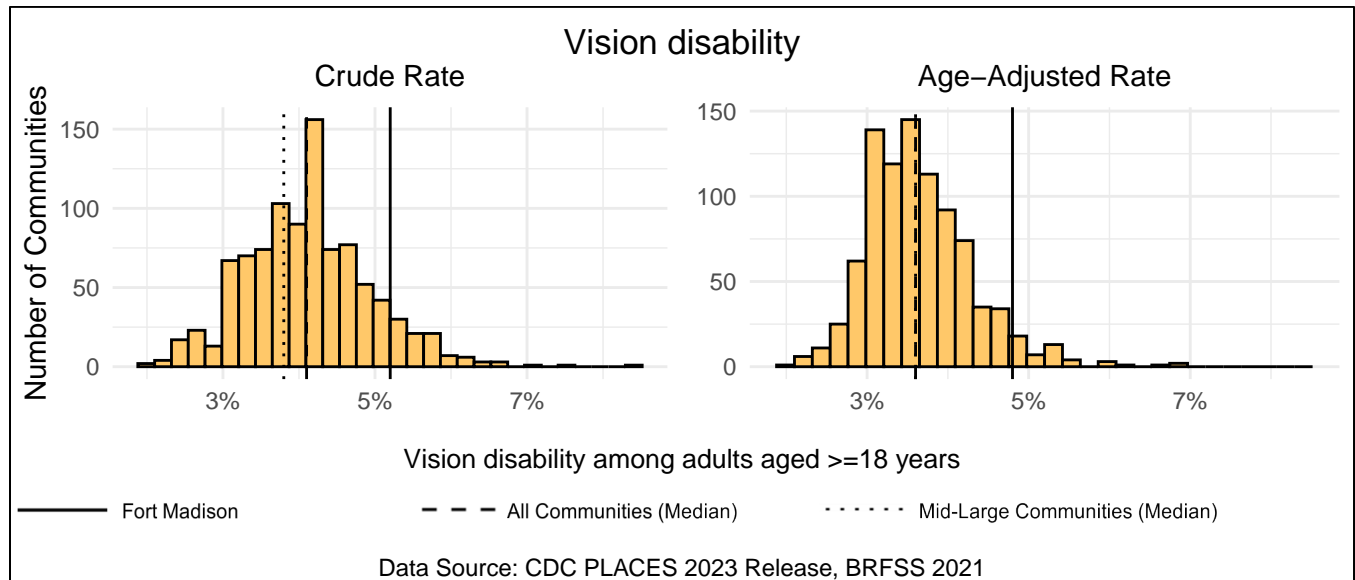
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	7.4%	7.4%	6.4%
Age-Adjusted	6.5%	6.0%	5.8%



Vision disability

Fort Madison has a crude rate of 5.2% for vision disability among adults aged ≥ 18 years, which ranks 865th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 4.8%, which ranks 857th out of 905 Iowa communities (25th out of 31 mid-large communities).

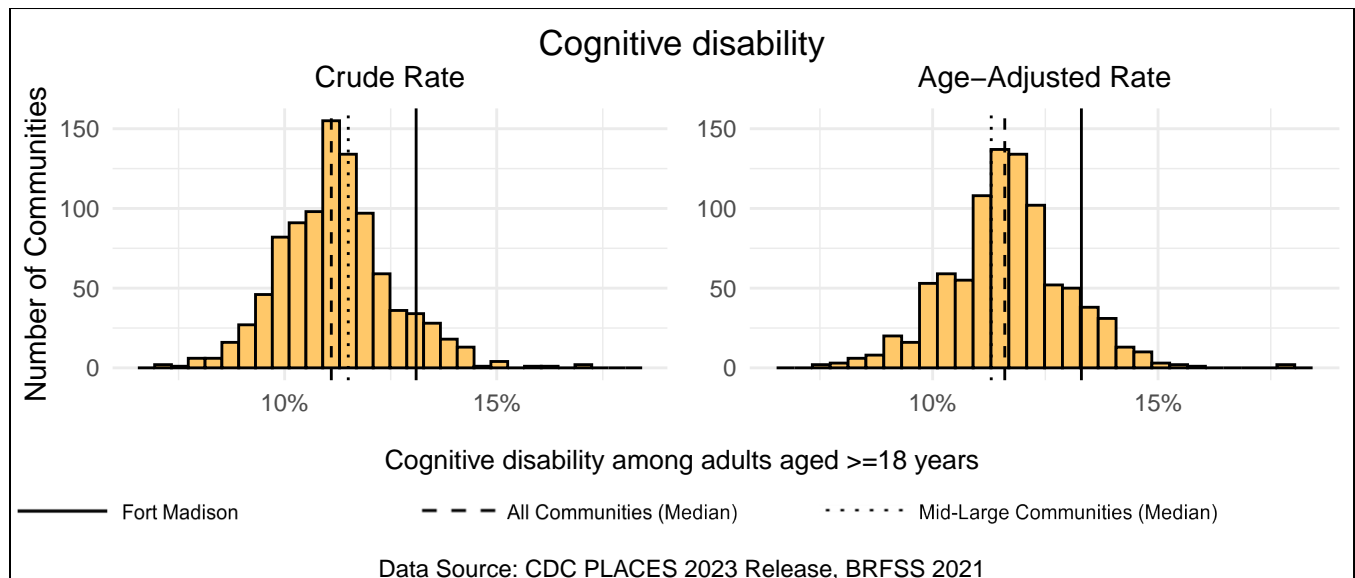
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	5.2%	4.1%	3.8%
Age-Adjusted	4.8%	3.6%	3.6%



Cognitive disability

Fort Madison has a crude rate of 13.1% for cognitive disability among adults aged ≥ 18 years, which ranks 871st out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 13.3%, which ranks 806th out of 905 Iowa communities (23rd out of 31 mid-large communities).

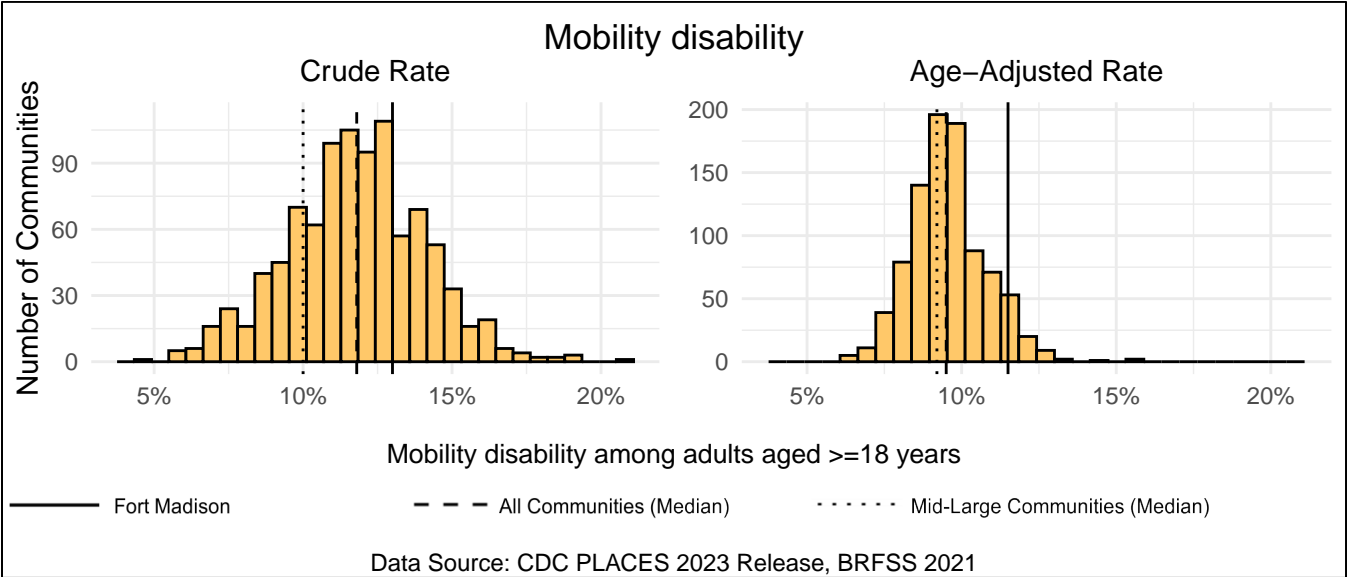
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	13.1%	11.1%	11.5%
Age-Adjusted	13.3%	11.6%	11.3%



Mobility disability

Fort Madison has a crude rate of 13.0% for mobility disability among adults aged ≥ 18 years, which ranks 676th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 11.5%, which ranks 846th out of 905 Iowa communities (26th out of 31 mid-large communities).

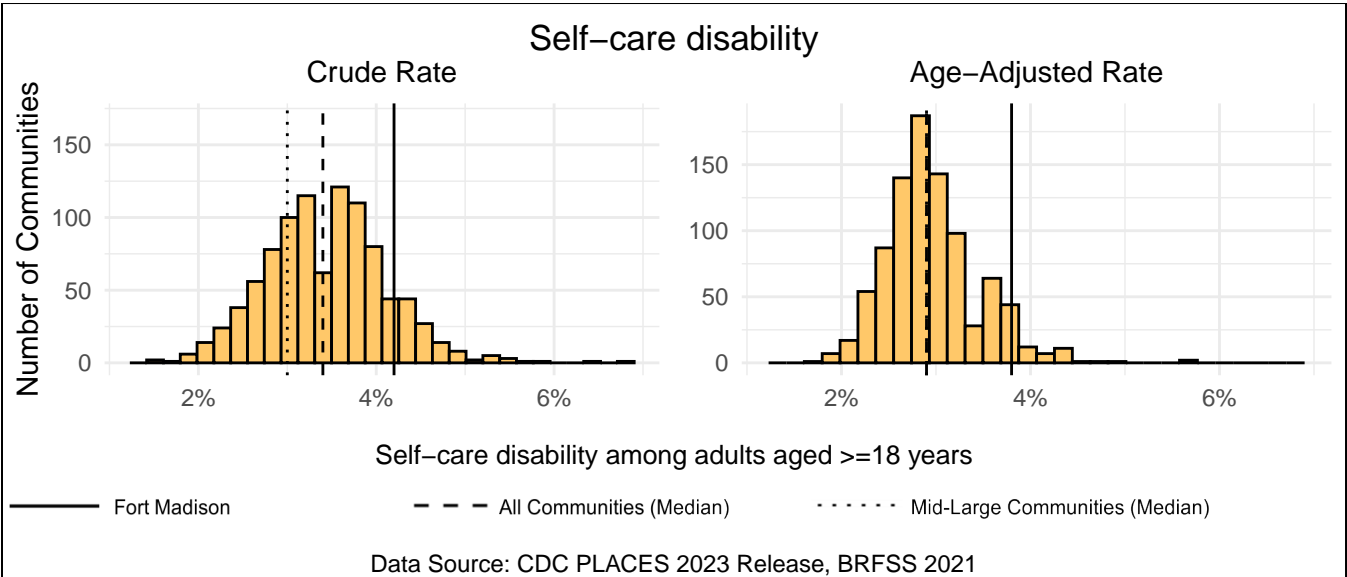
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	13.0%	11.8%	10.0%
Age-Adjusted	11.5%	9.5%	9.2%



Self-care disability

Fort Madison has a crude rate of 4.2% for self-care disability among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 3.8%, which ranks 839th out of 905 Iowa communities (24th out of 31 mid-large communities).

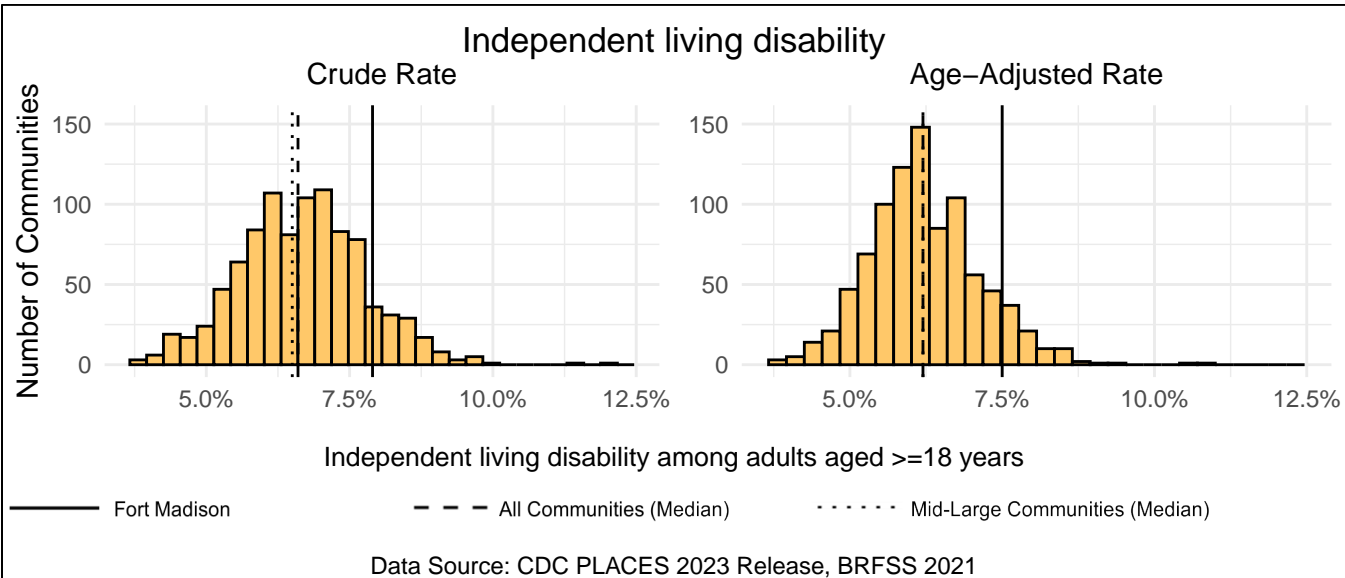
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	4.2%	3.4%	3.0%
Age-Adjusted	3.8%	2.9%	2.9%



Independent living disability

Fort Madison has a crude rate of 7.9% for independent living disability among adults aged ≥ 18 years, which ranks 835th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 7.5%, which ranks 822nd out of 905 Iowa communities (24th out of 31 mid-large communities).

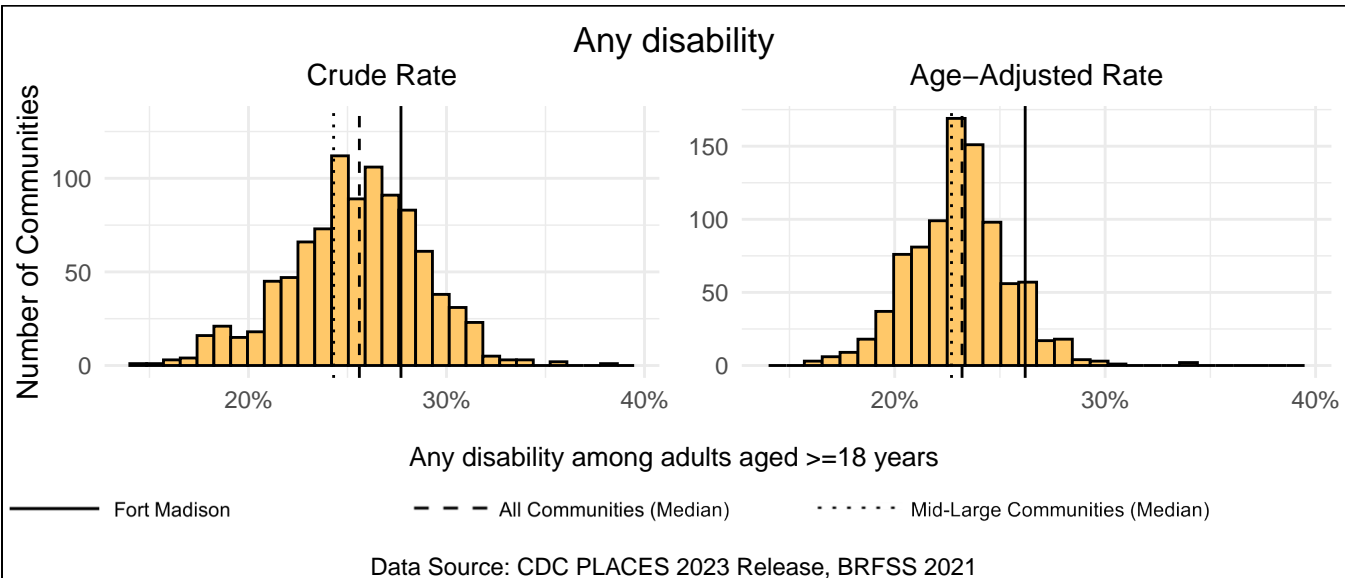
Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	7.9%	6.6%	6.5%
Age-Adjusted	7.5%	6.2%	6.2%



Any disability

Fort Madison has a crude rate of 27.7% for any disability among adults aged ≥ 18 years, which ranks 720th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Fort Madison is 26.2%, which ranks 819th out of 905 Iowa communities (23rd out of 31 mid-large communities).

Measure Type	Fort Madison	All Comm.	Mid-Large Comm.
Crude	27.7%	25.6%	24.3%
Age-Adjusted	26.2%	23.2%	22.7%



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: Fort Madison PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	858	17.0% (14.7% - 19.3%)	869	16.2% (14.1% - 18.5%)
Health Status	Mental Health	907	16.3% (14.2% - 18.6%)	834	16.9% (14.8% - 19.1%)
Health Status	Physical Health	748	11.7% (10.2% - 13.4%)	816	11.1% (9.6% - 12.6%)
Health Risk Behaviors	Sleep <7 hours	630	31.0% (30.3% - 31.8%)	545	31.6% (30.8% - 32.5%)
Health Risk Behaviors	Binge Drinking	356	18.8% (15.5% - 22.3%)	37	20.0% (16.4% - 23.7%)
Health Risk Behaviors	Current Smoking	900	20.0% (16.7% - 23.3%)	849	20.8% (17.6% - 24.4%)
Health Risk Behaviors	Physical Inactivity	816	29.1% (24.5% - 34.3%)	836	28.1% (24.0% - 32.8%)
Health Outcomes	Obesity	922	42.4% (35.2% - 49.7%)	882	42.8% (35.8% - 50.1%)
Health Outcomes	High Cholesterol	328	35.3% (30.9% - 39.8%)	669	30.4% (25.9% - 35.0%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.5%)	858	2.9% (2.6% - 3.1%)
Health Outcomes	Stroke	538	3.4% (3.1% - 3.8%)	835	3.0% (2.7% - 3.2%)
Health Outcomes	Depression	673	18.7% (15.4% - 22.4%)	489	19.2% (15.8% - 22.8%)
Health Outcomes	Cancer (except skin)	248	7.3% (6.6% - 8.0%)	74	6.4% (5.7% - 7.1%)
Health Outcomes	Arthritis	364	26.8% (22.9% - 30.7%)	755	24.3% (20.8% - 27.9%)
Health Outcomes	Coronary Heart Disease	481	6.5% (5.8% - 7.3%)	797	5.6% (5.0% - 6.4%)
Health Outcomes	COPD	651	8.0% (6.9% - 9.1%)	809	7.3% (6.3% - 8.4%)
Health Outcomes	Diabetes	771	11.4% (9.8% - 13.2%)	888	10.3% (8.8% - 11.8%)
Health Outcomes	All Teeth Lost	831	15.5% (12.6% - 18.8%)	791	15.3% (12.5% - 18.2%)
Health Outcomes	High Blood Pressure	535	32.7% (28.6% - 36.8%)	884	30.2% (26.4% - 34.1%)
Health Outcomes	Current Asthma	781	9.7% (8.5% - 11.0%)	628	9.7% (8.5% - 11.0%)
Prevention	Annual Checkup	771	73.5% (68.5% - 78.1%)	597	72.1% (66.7% - 76.9%)
Prevention	Dental Visit	930	59.6% (57.4% - 61.6%)	878	59.1% (57.0% - 61.3%)
Prevention	Cholesterol Screening	885	79.1% (75.7% - 82.2%)	805	77.5% (73.7% - 80.8%)
Prevention	Mammography	86	79.4% (77.5% - 81.3%)	195	75.6% (73.3% - 77.7%)
Prevention	Taking BP Medication	649	78.3% (74.9% - 81.3%)	33	60.9% (56.0% - 65.8%)
Prevention	Core preventive services for older men	541	43.0% (38.8% - 47.7%)	444	43.6% (39.4% - 48.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	849	81.2% (79.6% - 82.6%)	762	81.7% (80.2% - 83.0%)
Prevention	Colorectal Cancer Screening	803	69.2% (67.4% - 70.9%)	729	69.4% (67.7% - 71.1%)
Prevention	Health Insurance	910	9.8% (8.1% - 11.8%)	855	10.2% (8.5% - 12.2%)
Prevention	Core preventive services for older women	780	35.7% (31.8% - 39.8%)	667	38.0% (34.3% - 42.1%)
Disability	Vision Disability	865	5.2% (4.6% - 5.8%)	857	4.8% (4.2% - 5.4%)
Disability	Any Disability	720	27.7% (24.1% - 31.3%)	819	26.2% (22.8% - 29.9%)
Disability	Self-care Disability	834	4.2% (3.7% - 4.7%)	839	3.8% (3.4% - 4.3%)
Disability	Cognitive Disability	871	13.1% (11.4% - 15.0%)	806	13.3% (11.6% - 15.3%)
Disability	Hearing Disability	470	7.4% (6.6% - 8.2%)	766	6.5% (5.8% - 7.3%)
Disability	Independent Living Disability	835	7.9% (6.9% - 8.9%)	822	7.5% (6.6% - 8.6%)
Disability	Mobility Disability	676	13.0% (11.2% - 15.0%)	846	11.5% (10.0% - 13.2%)

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: Mid-Large Communities (10,000-49,999)

Fort Madison falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukeke	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		