



Iowa Community Health Snapshot Series

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



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By Matthew Voss & Shawn Dorius

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Iowa Community Health Snapshot Series

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Health in Hamburg: Overview

Dear Community Members & Stakeholders of Hamburg,

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 Hamburg ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Hamburg’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 Hamburg. 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
Binge Drinking	203rd	38th	Cancer (except skin)	74th	4th
Taking BP Medication	310th	58th	Taking BP Medication	91st	12th
Annual Checkup	490th	81st	Binge Drinking	95th	13th
Arthritis	518th	65th	Arthritis	494th	72nd
Core preventive services for older women	519th	66th	Core preventive services for older women	564th	96th

Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Core preventive services for older men	925th	137th	Colorectal Cancer Screening	853rd	133rd
Cervical Cancer Screening	898th	135th	High Cholesterol	842nd	132nd
Health Insurance	831st	125th	Core preventive services for older men	821st	137th
Physical Health	830th	123rd	Sleep <7 hours	816th	127th
Physical Inactivity	816th	120th	Physical Health	806th	129th

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 Hamburg.

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 Hamburg that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Hamburg, 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 Hamburg compares to the rest of the state and similarly-sized communities.

With a population of 1,087, Hamburg’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

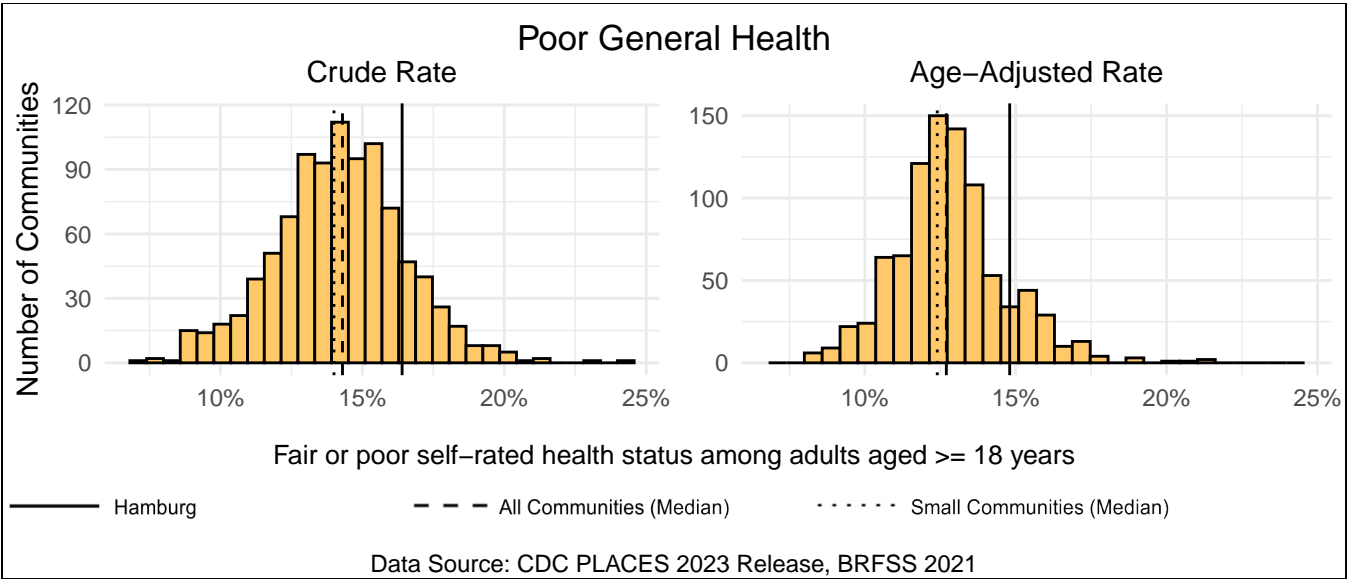
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Hamburg has a crude rate of 16.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 811th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Hamburg is 14.8%, which ranks 783rd out of 905 Iowa communities (127th out of 138 small communities).

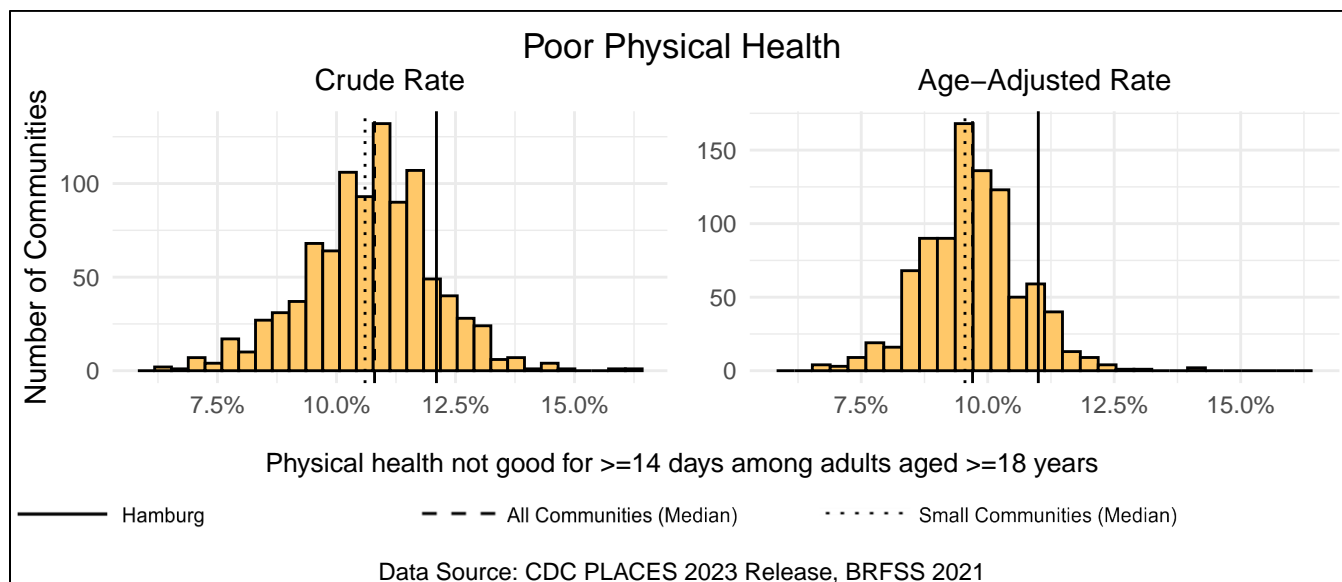
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	16.4%	14.3%	14.0%
Age-Adjusted	14.8%	12.7%	12.4%



Poor Physical Health

Hamburg has a crude rate of 12.1% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 830th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Hamburg is 11.0%, which ranks 806th out of 905 Iowa communities (129th out of 138 small communities).

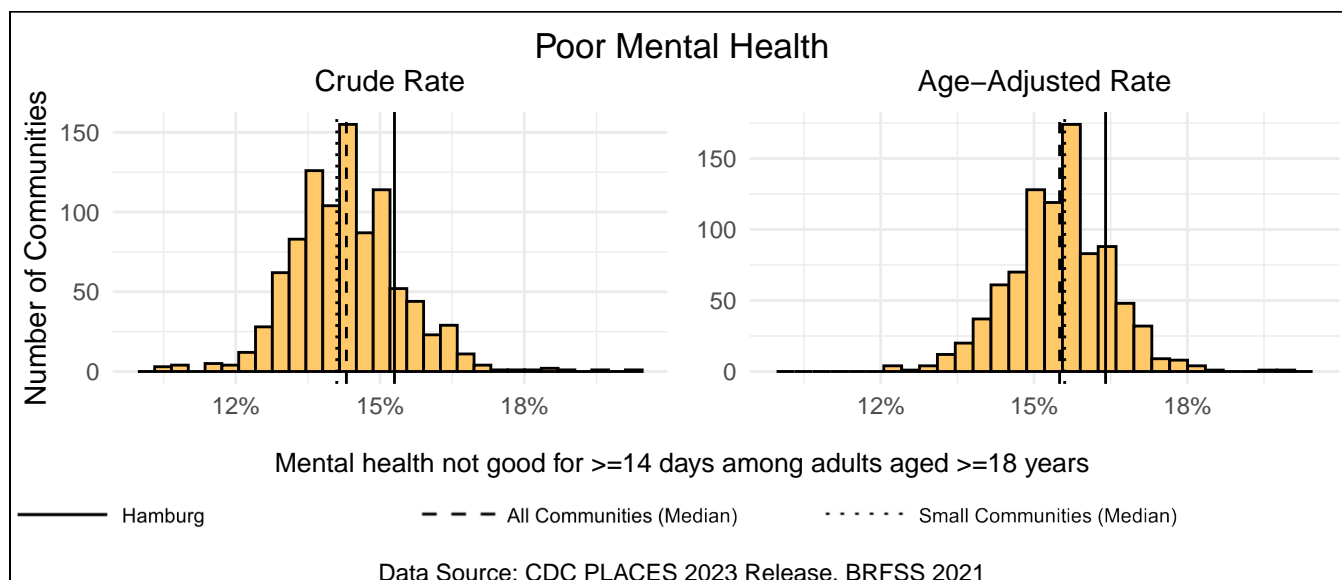
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	12.1%	10.8%	10.6%
Age-Adjusted	11.0%	9.7%	9.6%



Poor Mental Health

Hamburg has a crude rate of 15.3% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 788th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Hamburg is 16.4%, which ranks 744th out of 905 Iowa communities (121st out of 138 small communities).

Measure Type	Hamburg	All Comm.	Small Comm.
Crude	15.3%	14.3%	14.1%
Age-Adjusted	16.4%	15.5%	15.6%



Health Risk Behaviors

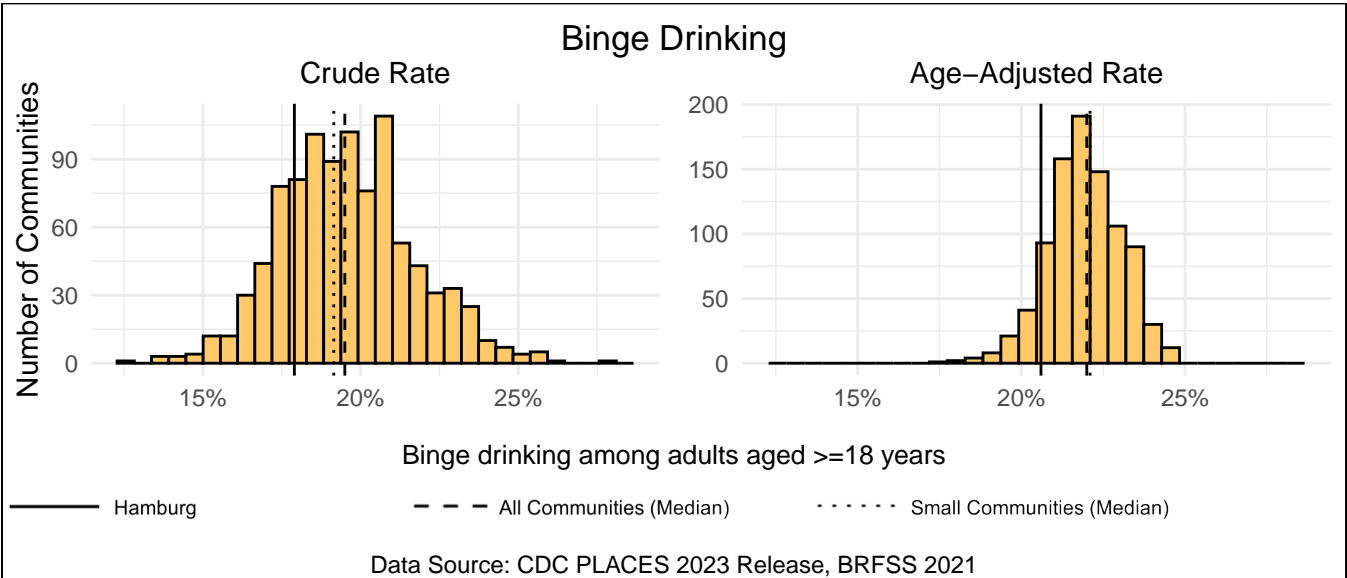
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Hamburg has a crude rate of 17.9% for binge drinking among adults aged ≥ 18 years, which ranks 203rd out of 958 Iowa communities (38th out of 138 small communities). The age-adjusted rate for Hamburg is 20.6%, which ranks 95th out of 905 Iowa communities (13th out of 138 small communities).

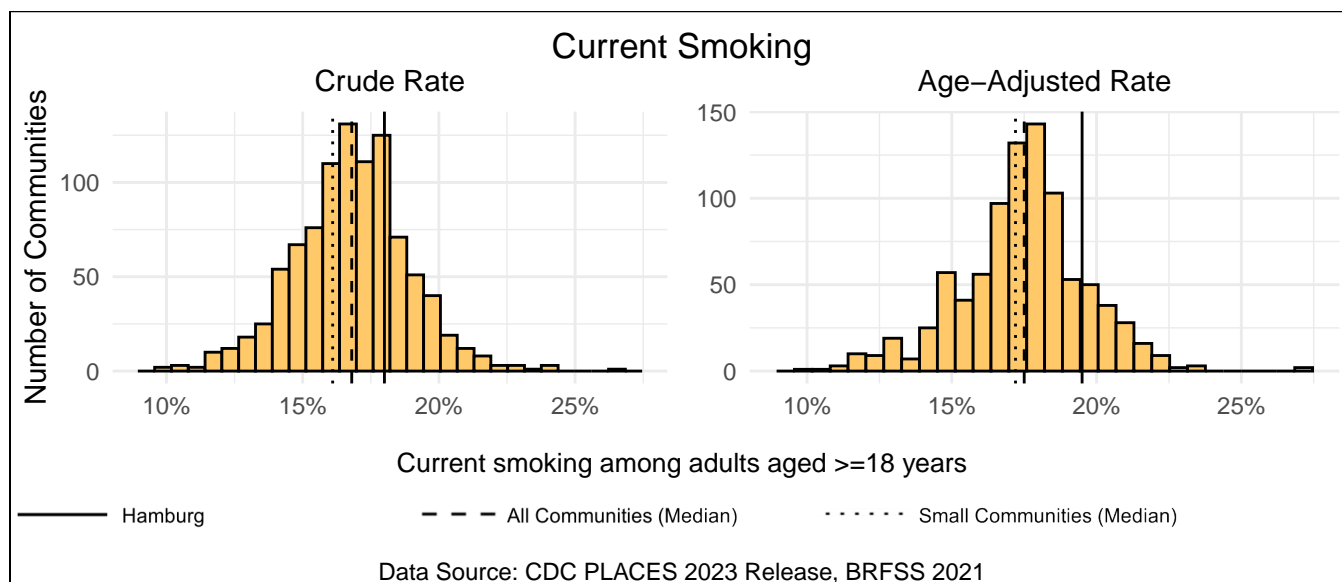
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	17.9%	19.5%	19.1%
Age-Adjusted	20.6%	22.0%	22.1%



Current Smoking

Hamburg has a crude rate of 18.0% for current smoking among adults aged ≥ 18 years, which ranks 694th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Hamburg is 19.5%, which ranks 758th out of 905 Iowa communities (122nd out of 138 small communities).

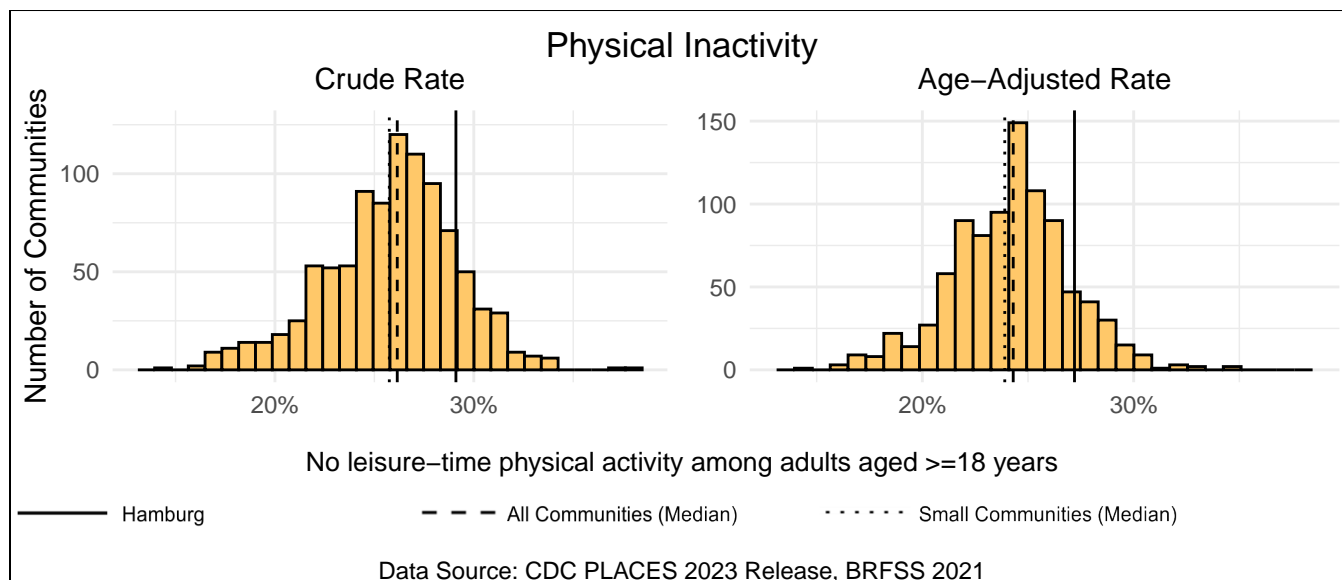
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	18.0%	16.8%	16.1%
Age-Adjusted	19.5%	17.5%	17.2%



Physical Inactivity

Hamburg 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 (120th out of 138 small communities). The age-adjusted rate for Hamburg is 27.2%, which ranks 784th out of 905 Iowa communities (125th out of 138 small communities).

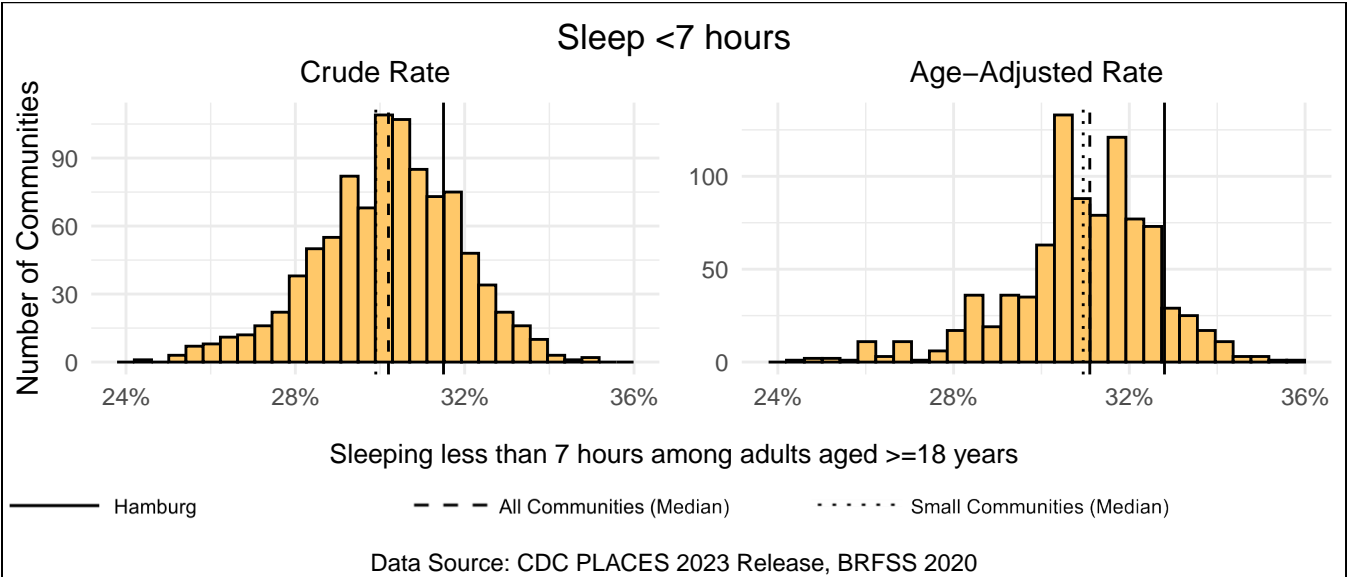
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	29.1%	26.1%	25.8%
Age-Adjusted	27.2%	24.3%	23.9%



Sleep <7 hours

Hamburg has a crude rate of 31.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 728th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Hamburg is 32.8%, which ranks 816th out of 905 Iowa communities (127th out of 138 small communities).

Measure Type	Hamburg	All Comm.	Small Comm.
Crude	31.5%	30.2%	29.9%
Age-Adjusted	32.8%	31.1%	31.0%



Health Outcomes

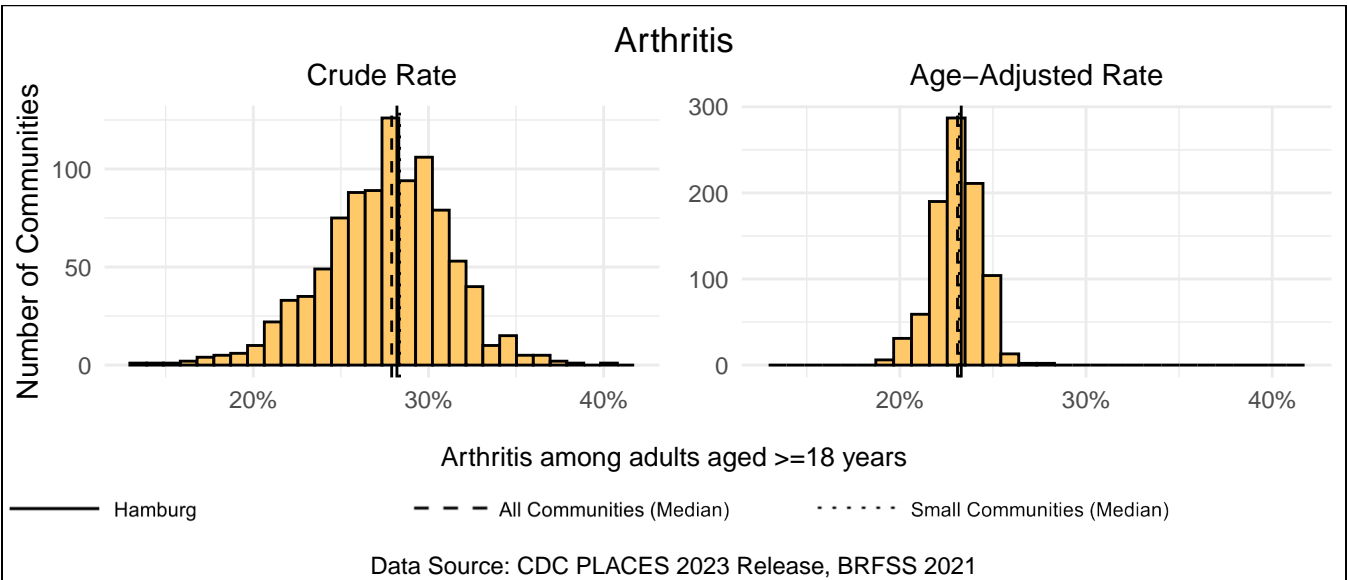
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Hamburg has a crude rate of 28.2% for arthritis among adults aged ≥ 18 years, which ranks 518th out of 958 Iowa communities (65th out of 138 small communities). The age-adjusted rate for Hamburg is 23.3%, which ranks 494th out of 905 Iowa communities (72nd out of 138 small communities).

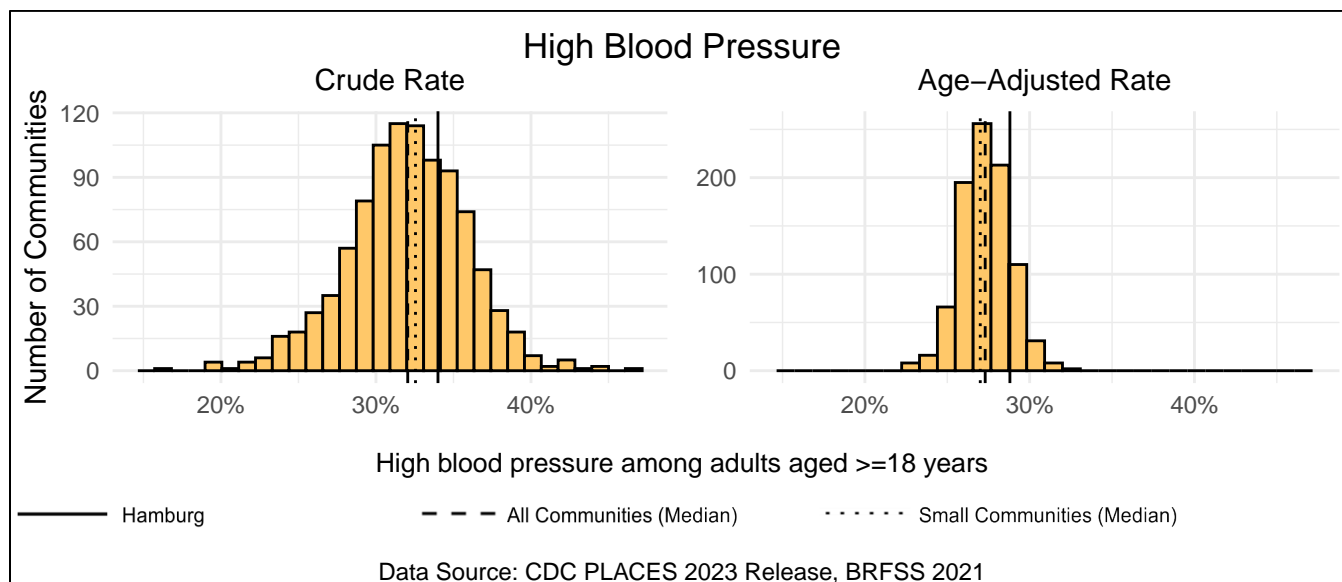
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	28.2%	27.9%	28.4%
Age-Adjusted	23.3%	23.1%	23.2%



High Blood Pressure

Hamburg has a crude rate of 34.0% for high blood pressure among adults aged ≥ 18 years, which ranks 665th out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for Hamburg is 28.8%, which ranks 755th out of 905 Iowa communities (119th out of 138 small communities).

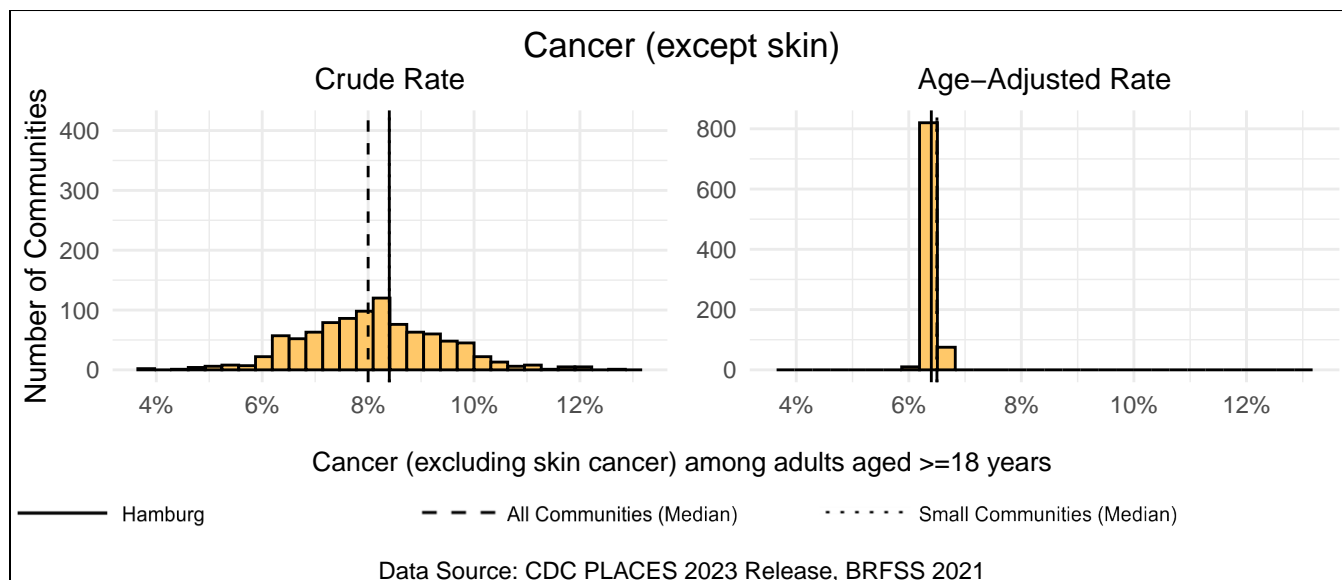
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	34.0%	32.0%	32.5%
Age-Adjusted	28.8%	27.3%	27.0%



Cancer (except skin)

Hamburg has a crude rate of 8.4% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 578th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Hamburg is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

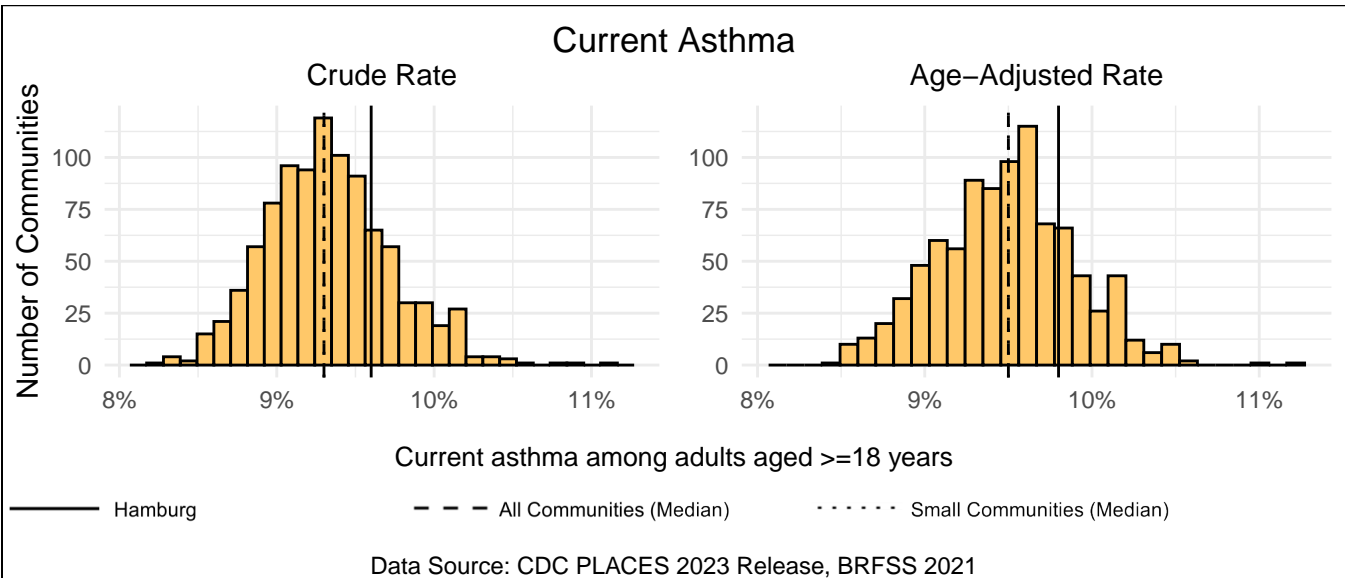
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	8.4%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Hamburg has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Hamburg is 9.8%, which ranks 696th out of 905 Iowa communities (107th out of 138 small communities).

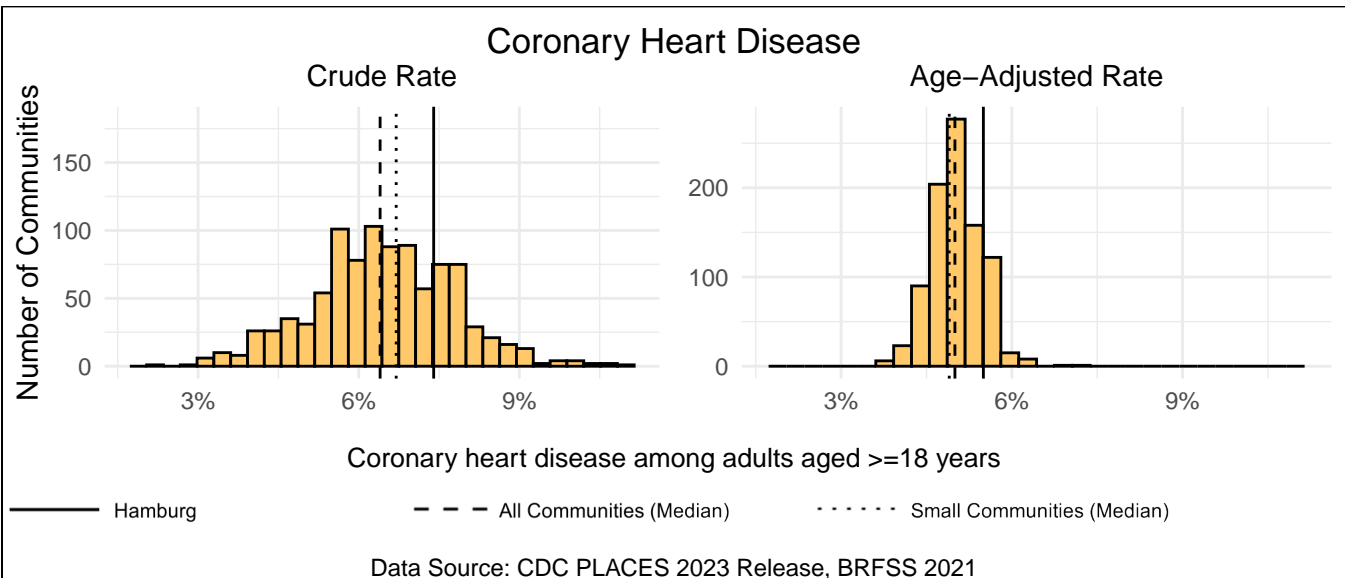
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.5%



Coronary Heart Disease

Hamburg has a crude rate of 7.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 715th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Hamburg is 5.5%, which ranks 759th out of 905 Iowa communities (127th out of 138 small communities).

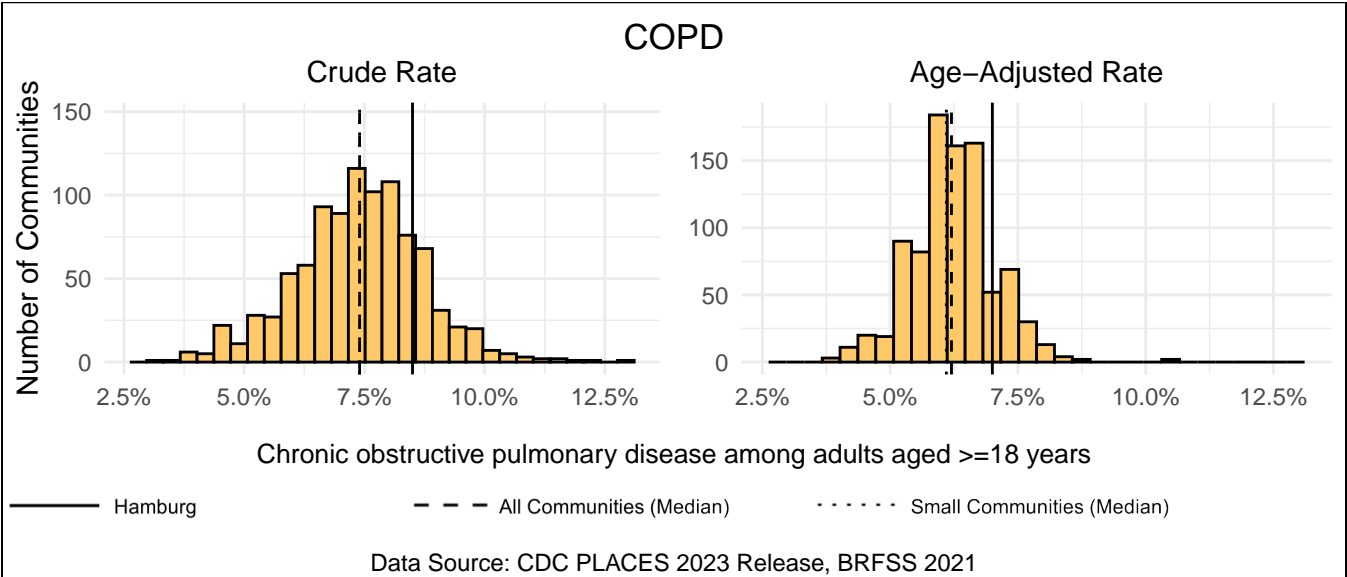
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	7.4%	6.4%	6.7%
Age-Adjusted	5.5%	5.0%	4.9%



COPD

Hamburg has a crude rate of 8.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 770th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Hamburg is 7.0%, which ranks 753rd out of 905 Iowa communities (123rd out of 138 small communities).

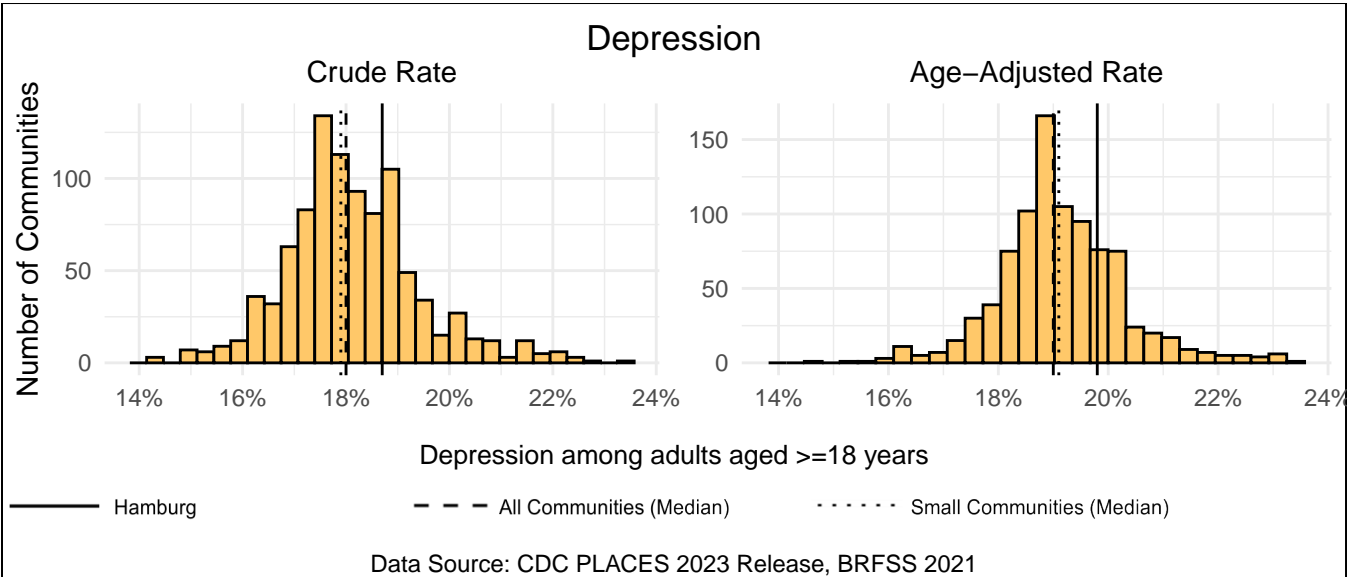
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	8.5%	7.4%	7.4%
Age-Adjusted	7.0%	6.2%	6.1%



Depression

Hamburg has a crude rate of 18.7% for depression among adults aged >=18 years, which ranks 673rd out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Hamburg is 19.8%, which ranks 675th out of 905 Iowa communities (104th out of 138 small communities).

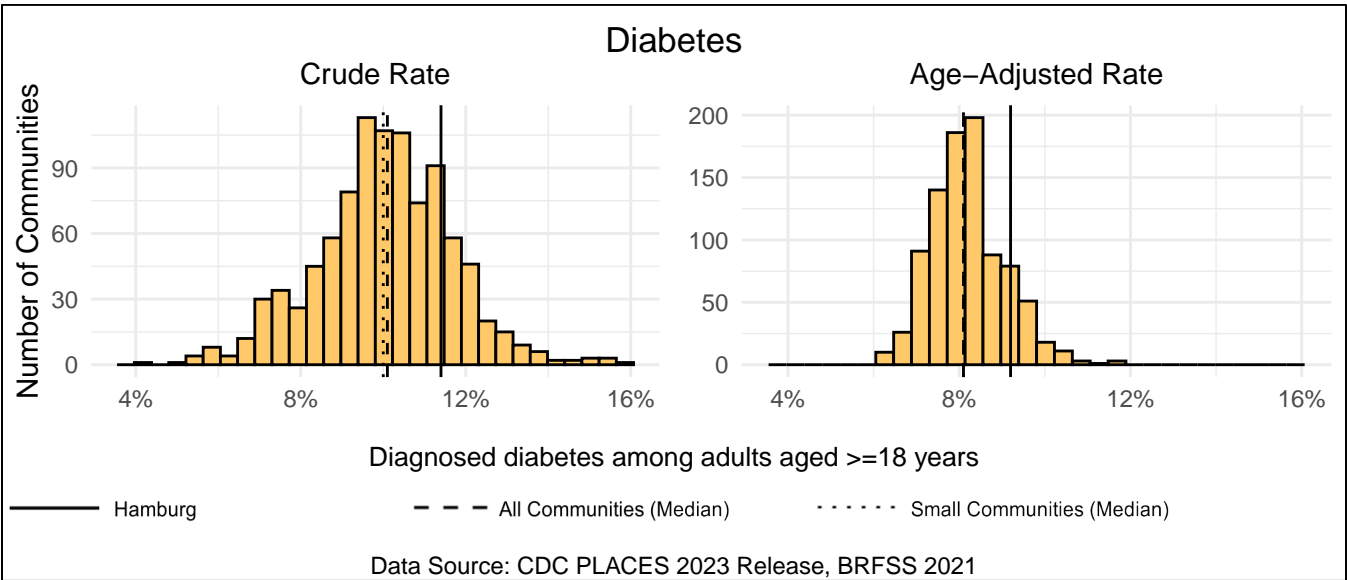
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	18.7%	18.0%	17.9%
Age-Adjusted	19.8%	19.0%	19.1%



Diabetes

Hamburg has a crude rate of 11.4% for diagnosed diabetes among adults aged >=18 years, which ranks 771st out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Hamburg is 9.2%, which ranks 782nd out of 905 Iowa communities (127th out of 138 small communities).

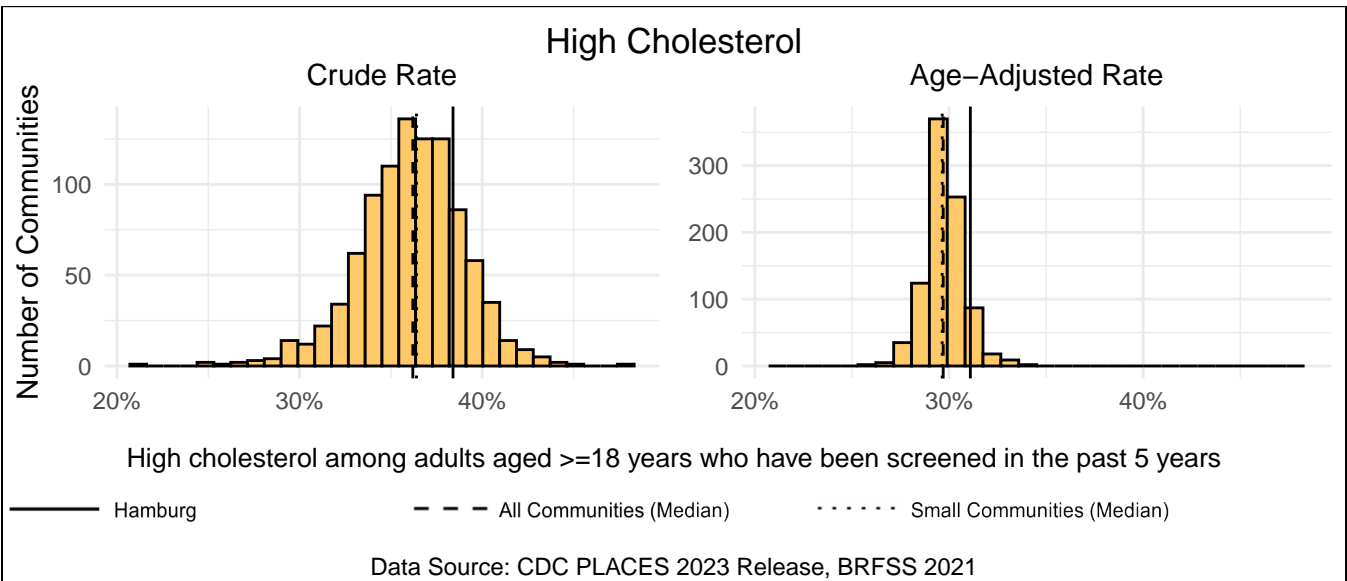
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	11.4%	10.1%	10.0%
Age-Adjusted	9.2%	8.1%	8.1%



High Cholesterol

Hamburg has a crude rate of 38.4% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 770th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Hamburg is 31.1%, which ranks 842nd out of 905 Iowa communities (132nd out of 138 small communities).

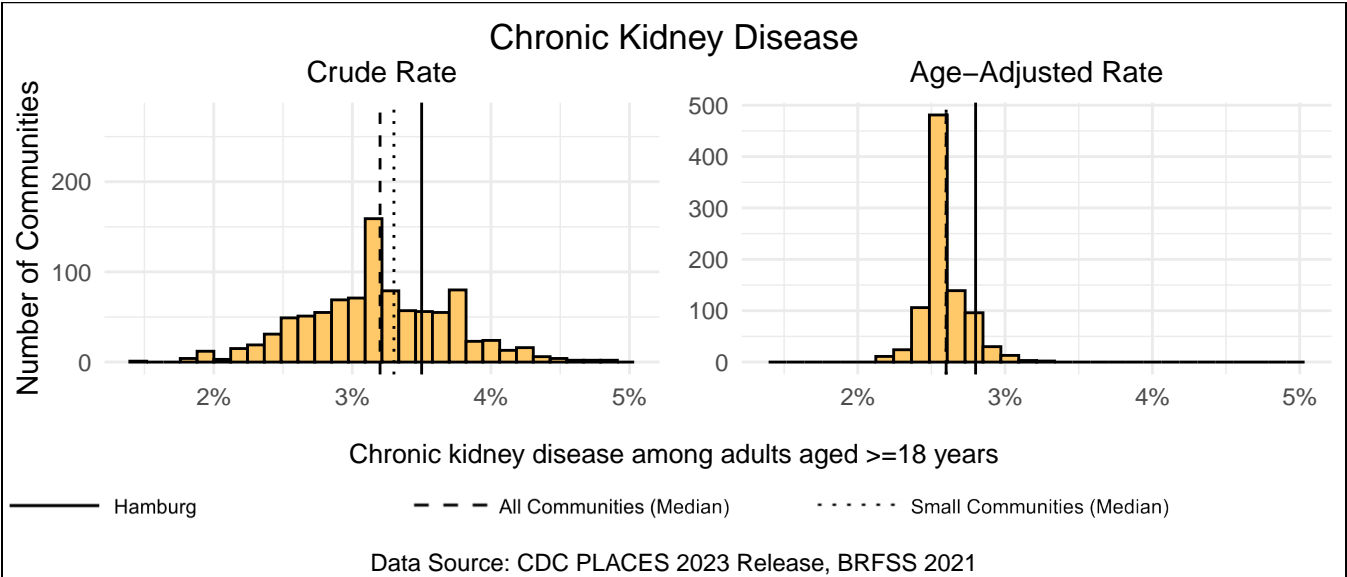
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	38.4%	36.2%	36.4%
Age-Adjusted	31.1%	29.7%	29.6%



Chronic Kidney Disease

Hamburg has a crude rate of 3.5% for chronic kidney disease among adults aged ≥ 18 years, which ranks 676th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Hamburg is 2.8%, which ranks 762nd out of 905 Iowa communities (125th out of 138 small communities).

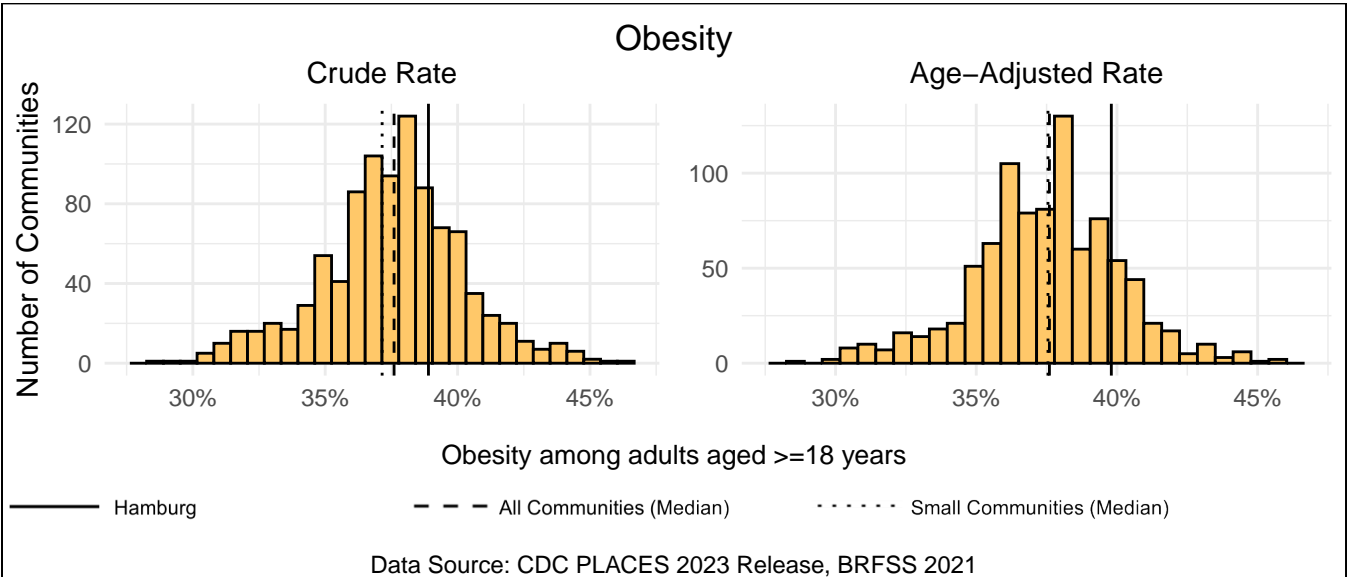
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Hamburg has a crude rate of 38.9% for obesity among adults aged ≥ 18 years, which ranks 675th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Hamburg is 39.8%, which ranks 754th out of 905 Iowa communities (120th out of 138 small communities).

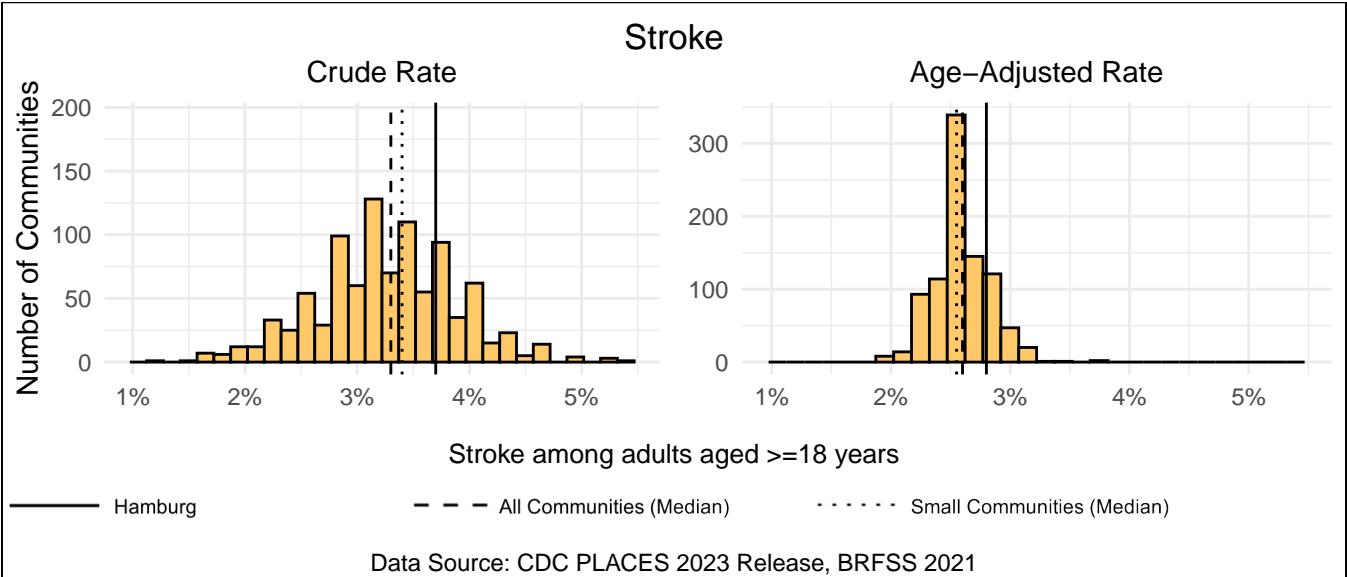
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	38.9%	37.6%	37.2%
Age-Adjusted	39.8%	37.6%	37.5%



Stroke

Hamburg has a crude rate of 3.7% for stroke among adults aged ≥ 18 years, which ranks 703rd out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Hamburg is 2.8%, which ranks 714th out of 905 Iowa communities (119th out of 138 small communities).

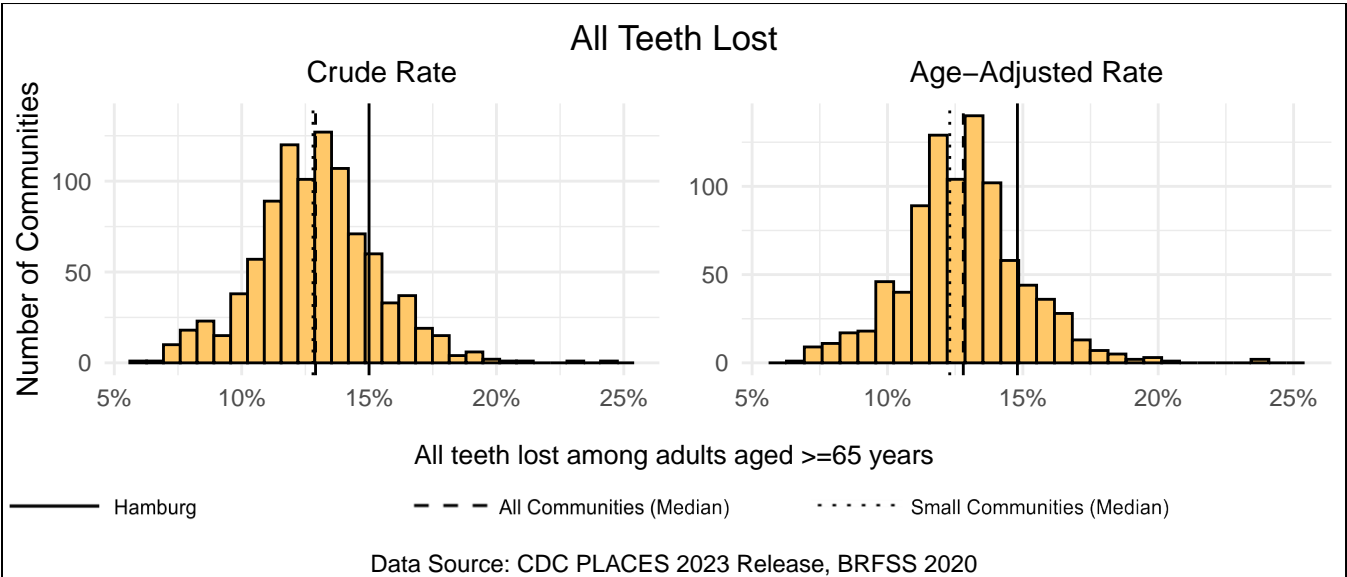
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	3.7%	3.3%	3.4%
Age-Adjusted	2.8%	2.6%	2.5%



All Teeth Lost

Hamburg has a crude rate of 15.0% for all teeth lost among adults aged ≥ 65 years, which ranks 786th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Hamburg is 14.8%, which ranks 756th out of 905 Iowa communities (123rd out of 138 small communities).

Measure Type	Hamburg	All Comm.	Small Comm.
Crude	15.0%	12.9%	12.8%
Age-Adjusted	14.8%	12.8%	12.3%



Prevention

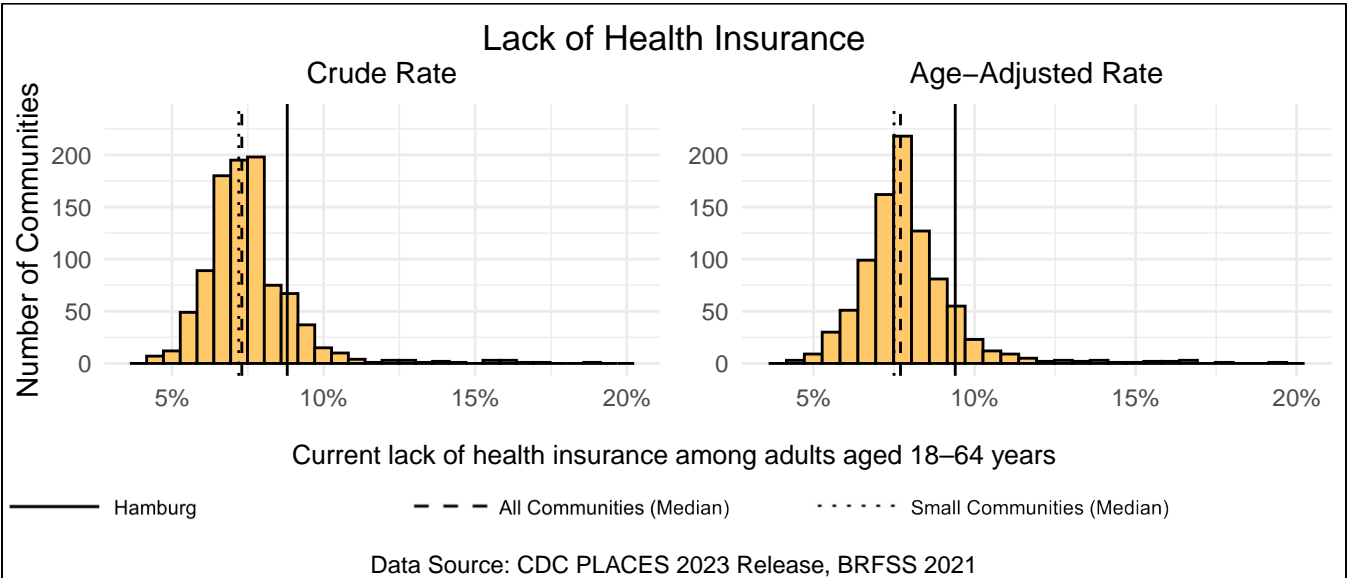
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Hamburg has a crude rate of 8.8% for current lack of health insurance among adults aged 18–64 years, which ranks 831st out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Hamburg is 9.4%, which ranks 801st out of 905 Iowa communities (129th out of 138 small communities).

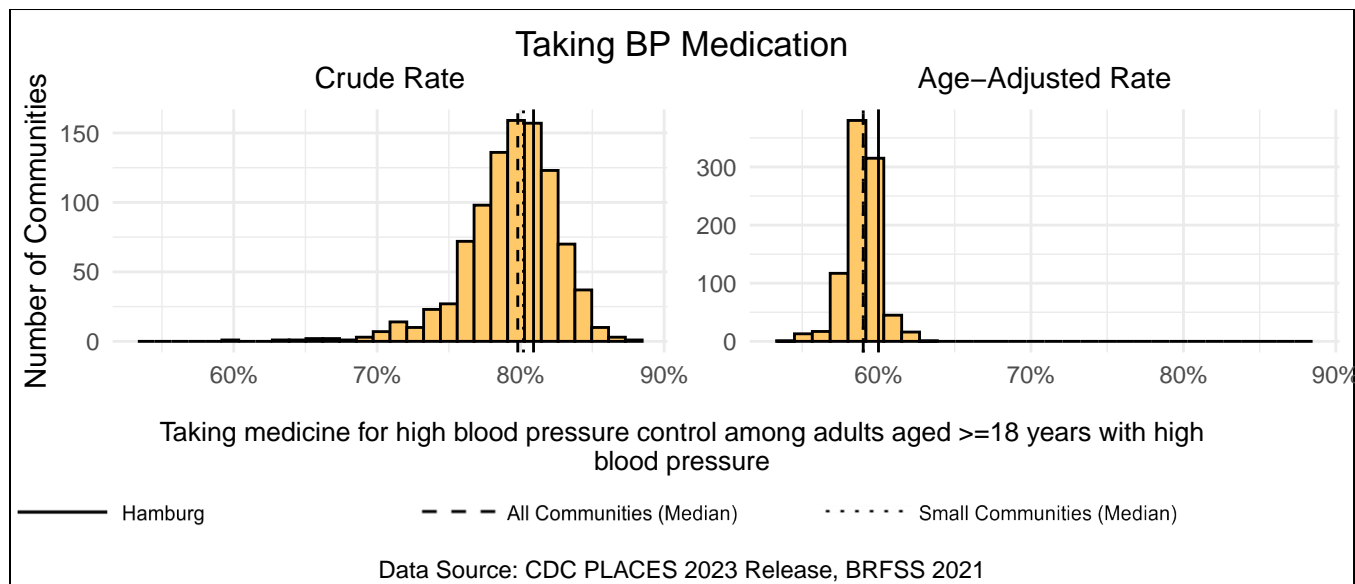
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	8.8%	7.3%	7.2%
Age-Adjusted	9.4%	7.7%	7.5%



Taking BP Medication

Hamburg has a crude rate of 80.9% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 310th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Hamburg is 60.0%, which ranks 91st out of 905 Iowa communities (12th out of 138 small communities).

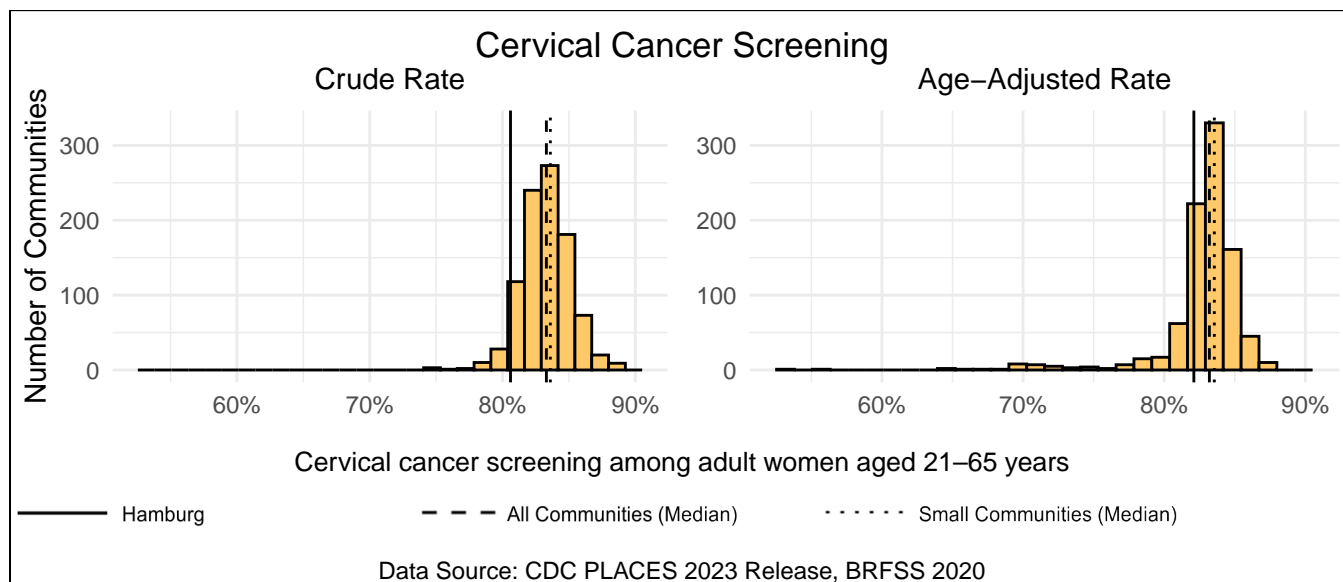
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	80.9%	79.8%	80.2%
Age-Adjusted	60.0%	59.0%	59.0%



Cervical Cancer Screening

Hamburg has a crude rate of 80.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 898th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Hamburg is 82.1%, which ranks 700th out of 905 Iowa communities (124th out of 138 small communities).

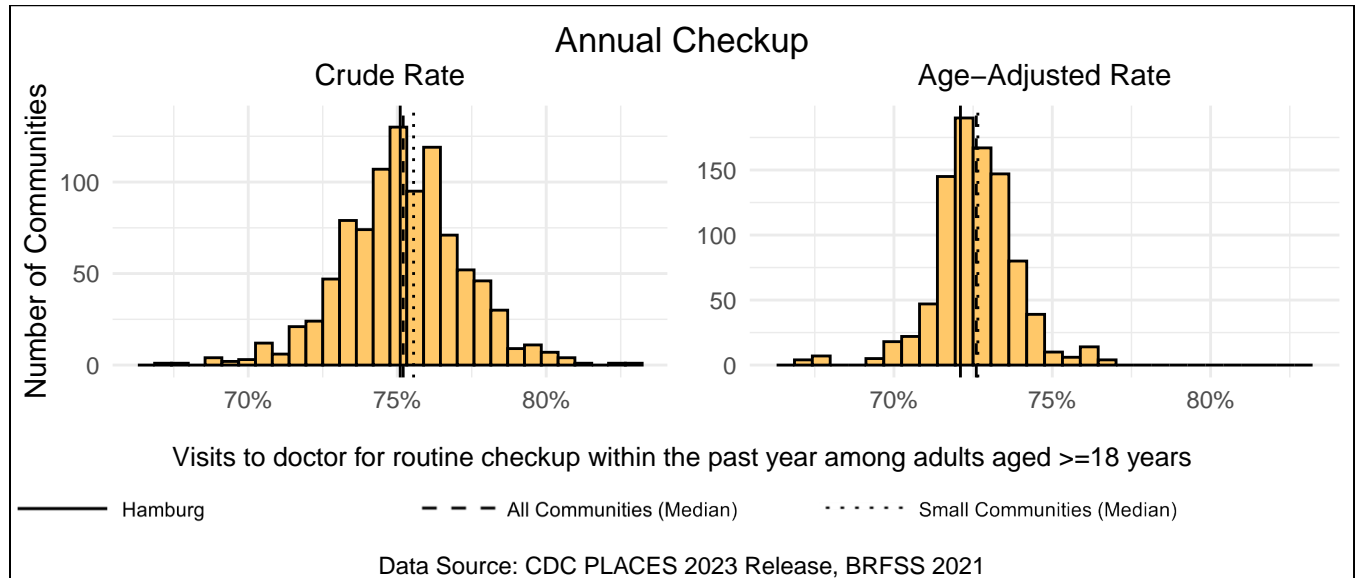
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	80.6%	83.3%	83.6%
Age-Adjusted	82.1%	83.2%	83.5%



Annual Checkup

Hamburg has a crude rate of 75.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Hamburg is 72.1%, which ranks 597th out of 905 Iowa communities (104th out of 138 small communities).

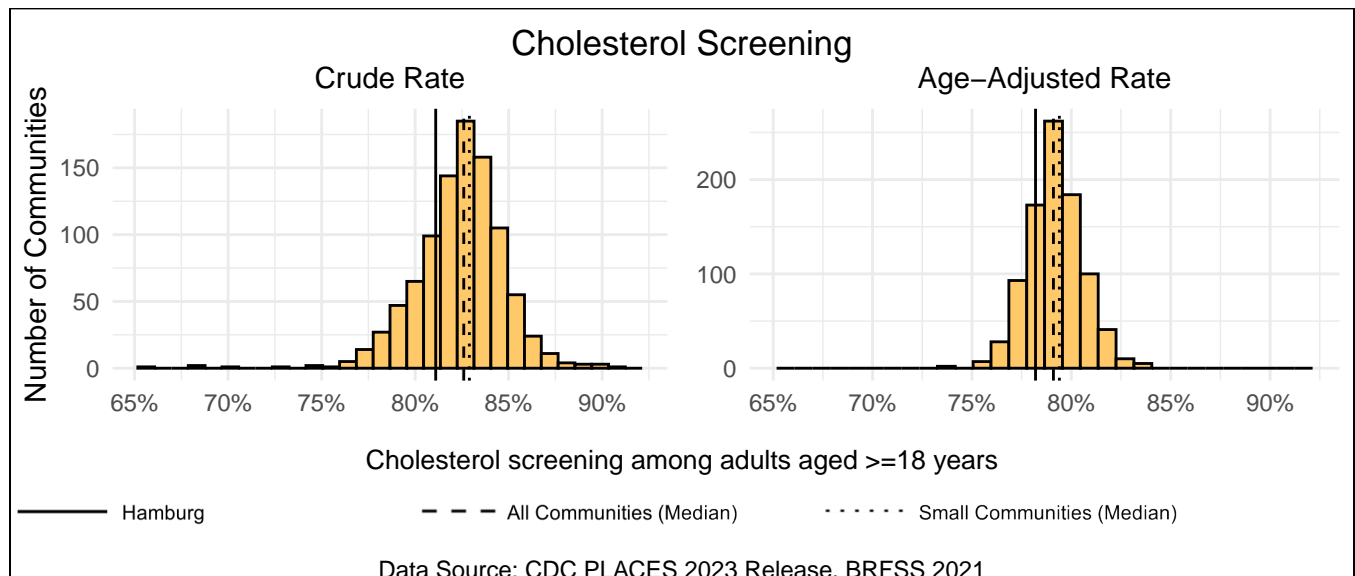
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	75.1%	75.2%	75.5%
Age-Adjusted	72.1%	72.6%	72.6%



Cholesterol Screening

Hamburg has a crude rate of 81.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 719th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Hamburg is 78.2%, which ranks 693rd out of 905 Iowa communities (116th out of 138 small communities).

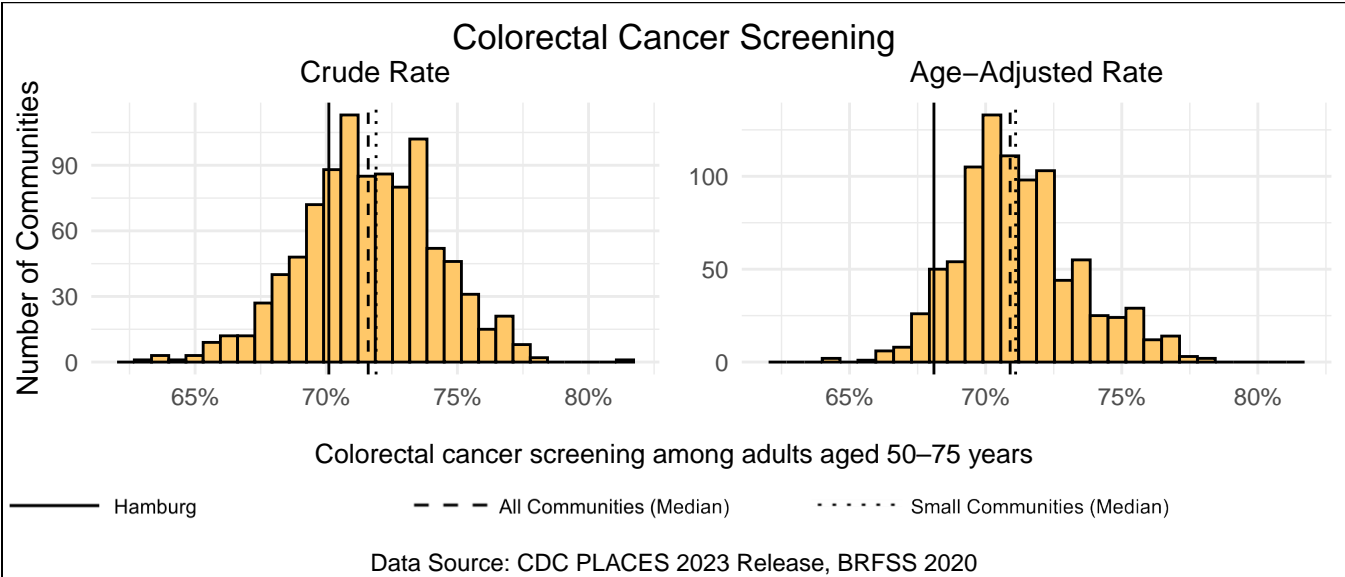
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	81.1%	82.6%	82.9%
Age-Adjusted	78.2%	79.1%	79.4%



Colorectal Cancer Screening

Hamburg has a crude rate of 70.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 708th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Hamburg is 68.1%, which ranks 853rd out of 905 Iowa communities (133rd out of 138 small communities).

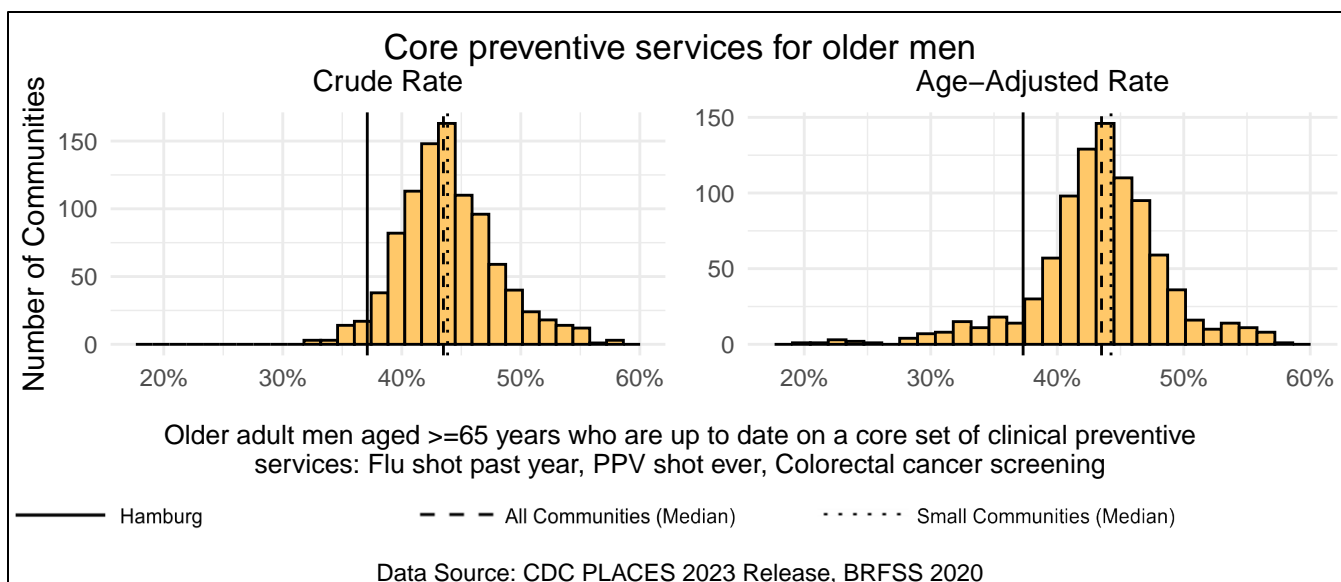
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	70.1%	71.6%	71.9%
Age-Adjusted	68.1%	70.9%	71.1%



Core preventive services for older men

Hamburg has a crude rate of 37.1% 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 925th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Hamburg is 37.3%, which ranks 821st out of 905 Iowa communities (137th out of 138 small communities).

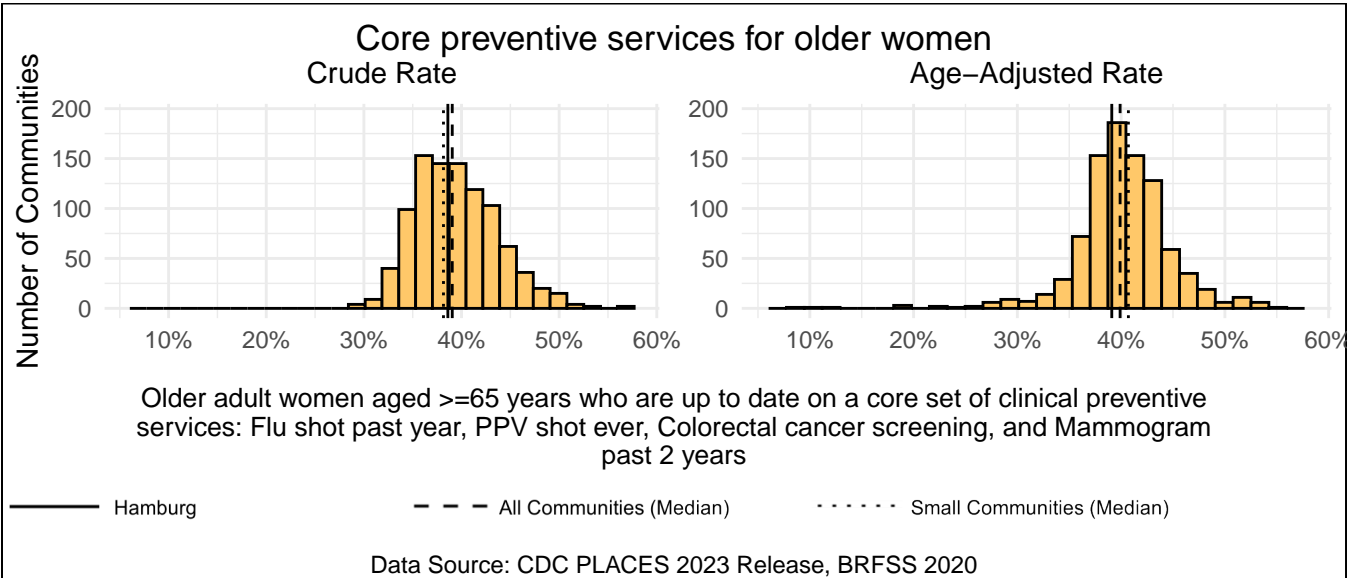
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	37.1%	43.5%	43.8%
Age-Adjusted	37.3%	43.5%	44.2%



Core preventive services for older women

Hamburg has a crude rate of 38.6% 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 519th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Hamburg is 39.1%, which ranks 564th out of 905 Iowa communities (96th out of 138 small communities).

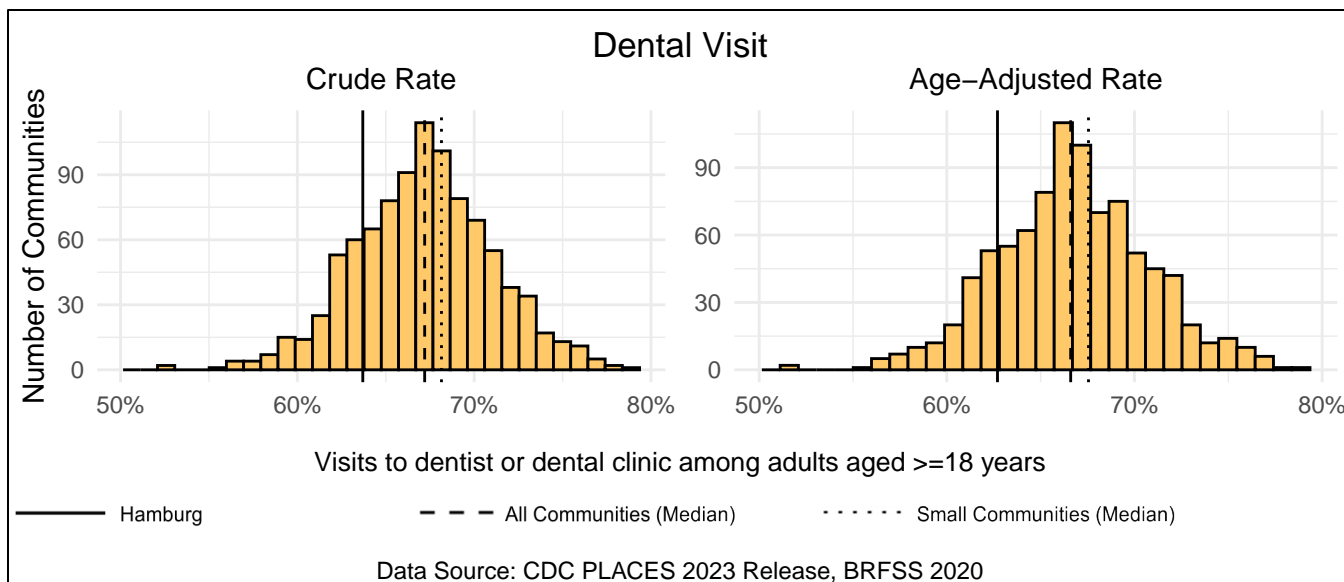
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	38.6%	39.0%	38.2%
Age-Adjusted	39.1%	39.9%	40.7%



Dental Visit

Hamburg has a crude rate of 63.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 774th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Hamburg is 62.7%, which ranks 760th out of 905 Iowa communities (123rd out of 138 small communities).

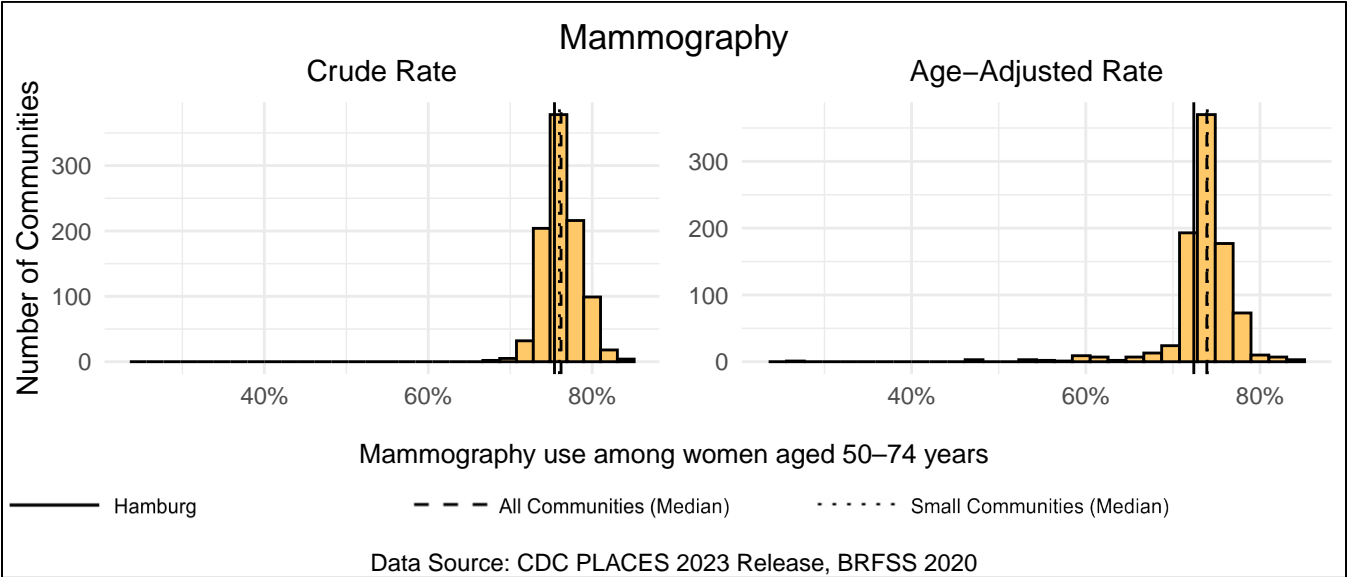
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	63.7%	67.2%	68.2%
Age-Adjusted	62.7%	66.6%	67.5%



Mammography

Hamburg has a crude rate of 75.4% for mammography use among women aged 50–74 years, which ranks 624th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Hamburg is 72.4%, which ranks 683rd out of 905 Iowa communities (106th out of 138 small communities).

Measure Type	Hamburg	All Comm.	Small Comm.
Crude	75.4%	76.2%	76.0%
Age-Adjusted	72.4%	73.9%	74.0%



Disability

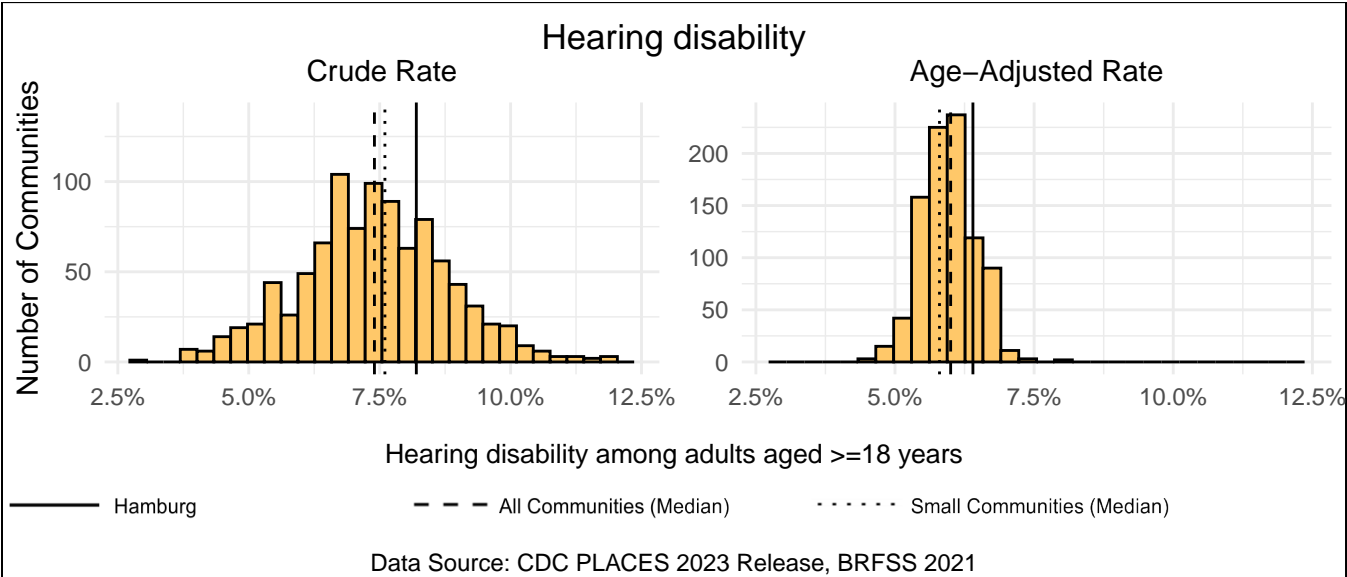
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Hamburg has a crude rate of 8.2% for hearing disability among adults aged ≥ 18 years, which ranks 683rd out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Hamburg is 6.4%, which ranks 736th out of 905 Iowa communities (124th out of 138 small communities).

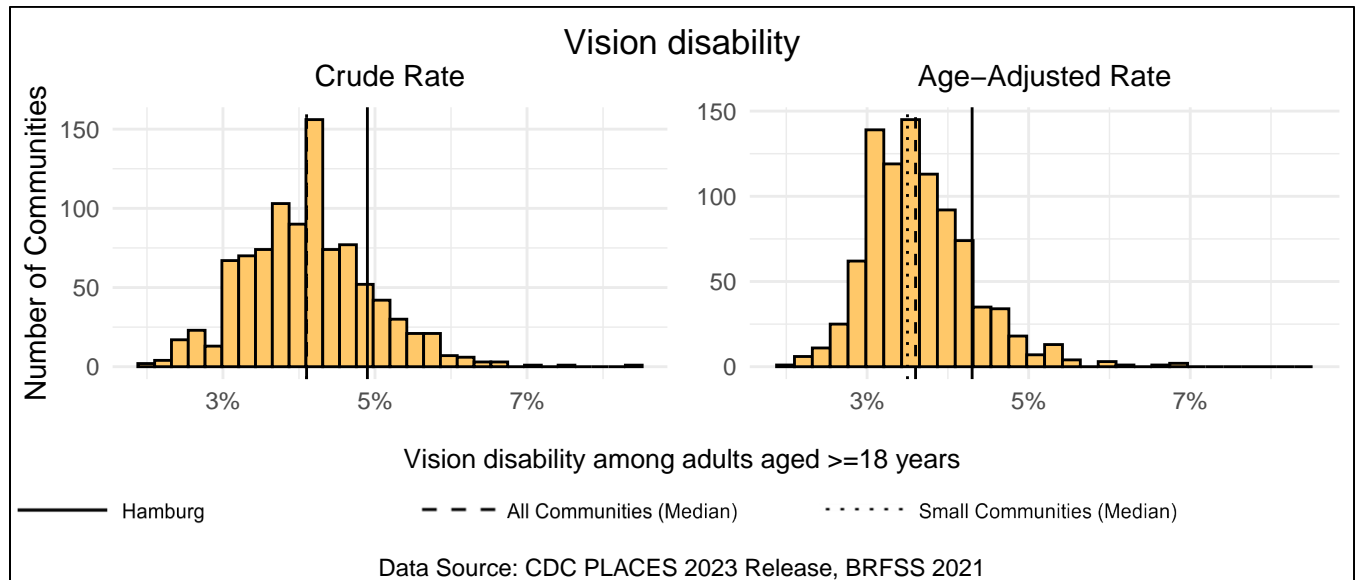
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	8.2%	7.4%	7.6%
Age-Adjusted	6.4%	6.0%	5.8%



Vision disability

Hamburg has a crude rate of 4.9% for vision disability among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Hamburg is 4.3%, which ranks 766th out of 905 Iowa communities (125th out of 138 small communities).

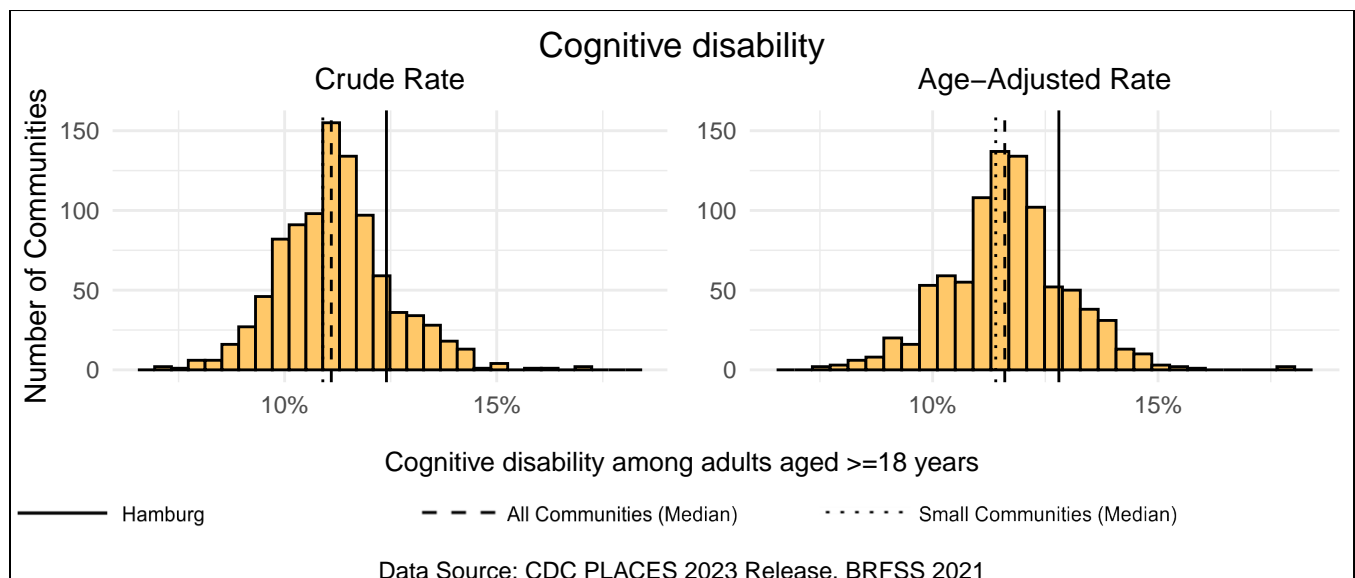
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	4.9%	4.1%	4.1%
Age-Adjusted	4.3%	3.6%	3.5%



Cognitive disability

Hamburg has a crude rate of 12.4% for cognitive disability among adults aged ≥ 18 years, which ranks 804th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Hamburg is 12.8%, which ranks 746th out of 905 Iowa communities (124th out of 138 small communities).

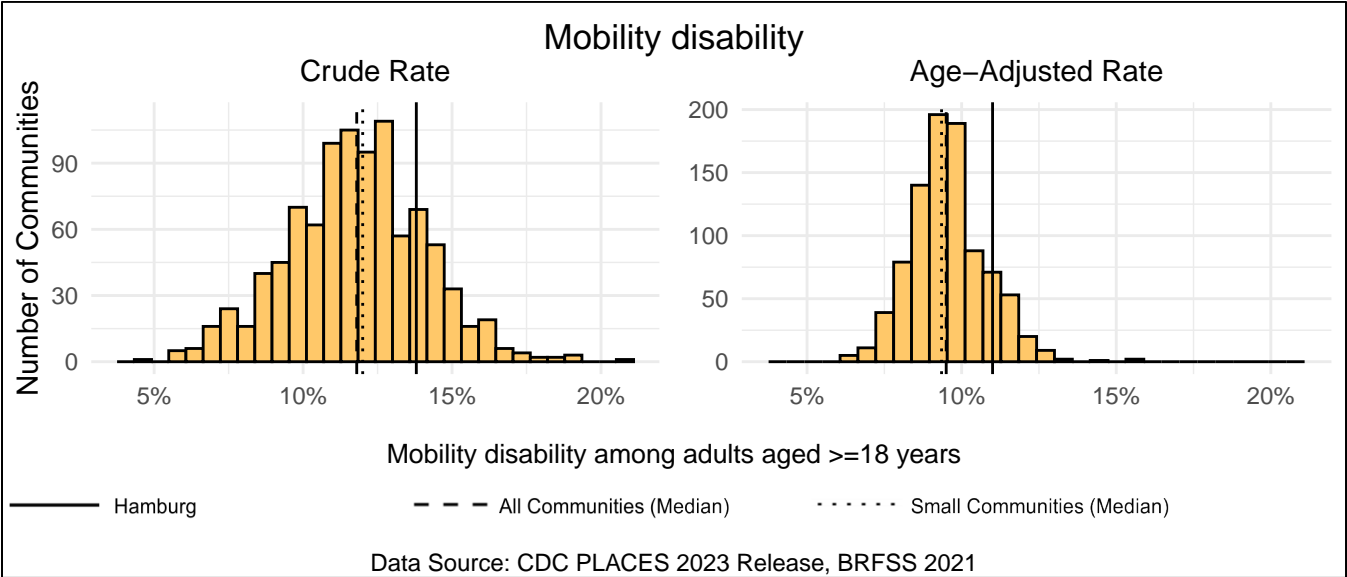
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	12.4%	11.1%	10.9%
Age-Adjusted	12.8%	11.6%	11.4%



Mobility disability

Hamburg has a crude rate of 13.8% for mobility disability among adults aged ≥ 18 years, which ranks 779th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Hamburg is 11.0%, which ranks 787th out of 905 Iowa communities (127th out of 138 small communities).

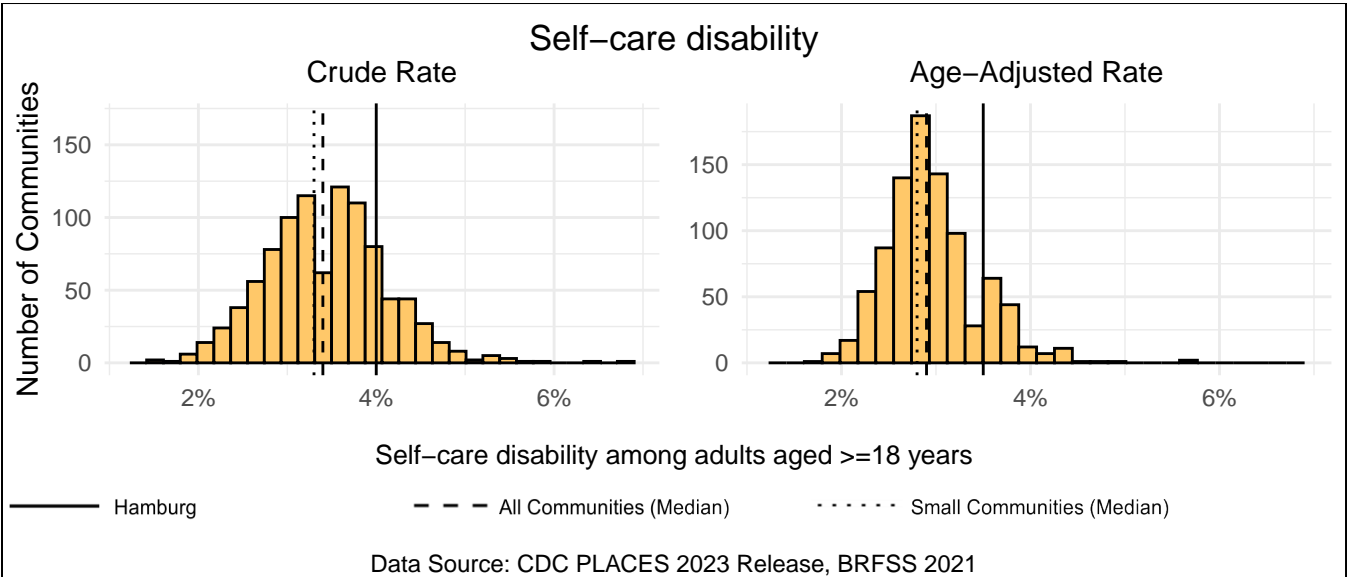
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	13.8%	11.8%	12.0%
Age-Adjusted	11.0%	9.5%	9.4%



Self-care disability

Hamburg has a crude rate of 4.0% for self-care disability among adults aged ≥ 18 years, which ranks 772nd out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Hamburg is 3.5%, which ranks 763rd out of 905 Iowa communities (125th out of 138 small communities).

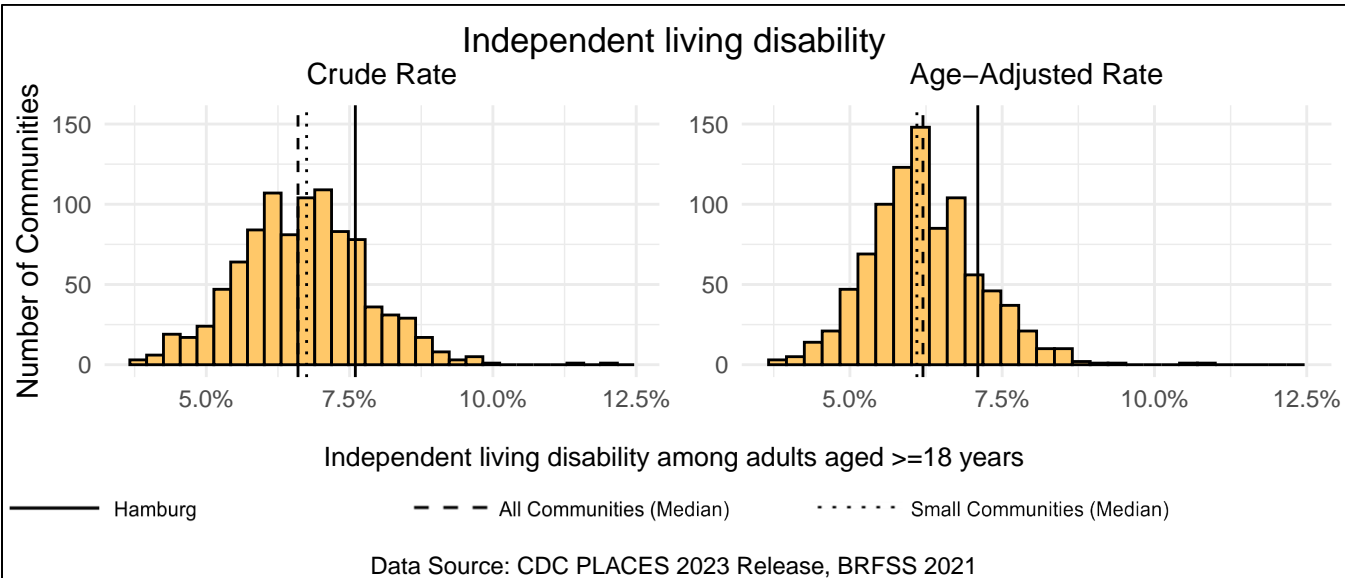
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	4.0%	3.4%	3.3%
Age-Adjusted	3.5%	2.9%	2.8%



Independent living disability

Hamburg has a crude rate of 7.6% for independent living disability among adults aged ≥ 18 years, which ranks 785th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Hamburg is 7.1%, which ranks 754th out of 905 Iowa communities (124th out of 138 small communities).

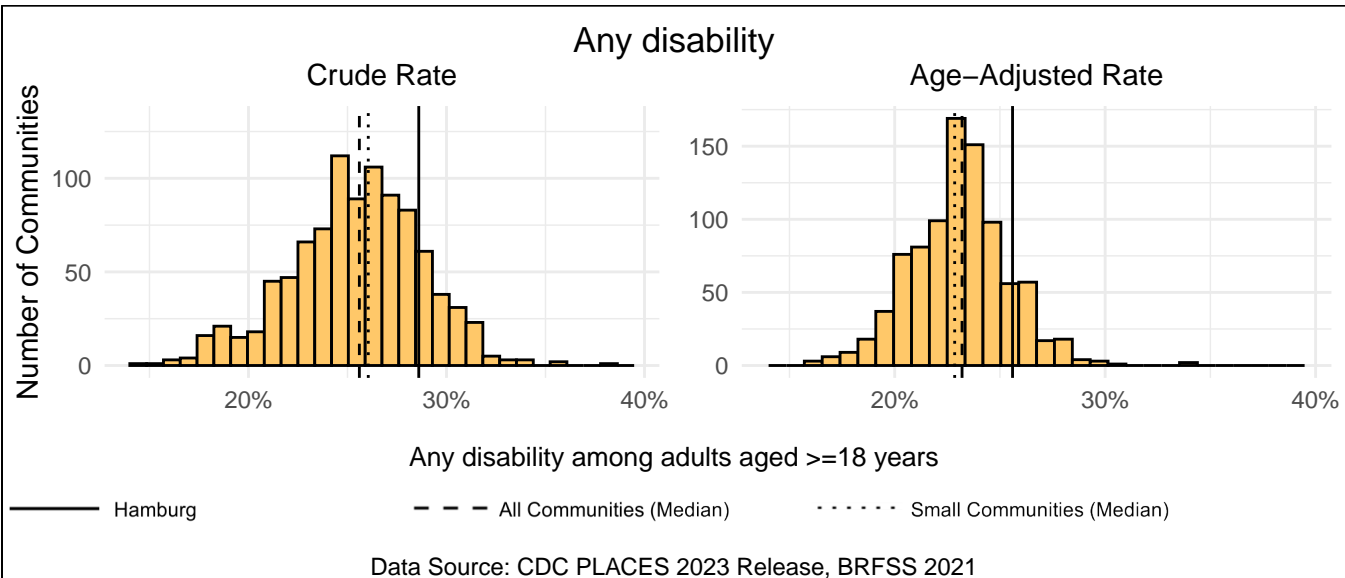
Measure Type	Hamburg	All Comm.	Small Comm.
Crude	7.6%	6.6%	6.8%
Age-Adjusted	7.1%	6.2%	6.1%



Any disability

Hamburg has a crude rate of 28.6% for any disability among adults aged ≥ 18 years, which ranks 801st out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Hamburg is 25.6%, which ranks 785th out of 905 Iowa communities (127th out of 138 small communities).

Measure Type	Hamburg	All Comm.	Small Comm.
Crude	28.6%	25.6%	26.0%
Age-Adjusted	25.6%	23.2%	22.8%



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: Hamburg 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	811	16.4% (13.7% - 19.4%)	783	14.8% (12.4% - 17.6%)
Health Status	Mental Health	788	15.3% (13.0% - 17.6%)	744	16.4% (14.2% - 18.9%)
Health Status	Physical Health	830	12.1% (10.3% - 14.0%)	806	11.0% (9.4% - 12.8%)
Health Risk Behaviors	Sleep <7 hours	728	31.5% (29.8% - 33.0%)	816	32.8% (31.1% - 34.5%)
Health Risk Behaviors	Binge Drinking	203	17.9% (14.6% - 21.4%)	95	20.6% (16.9% - 24.5%)
Health Risk Behaviors	Current Smoking	694	18.0% (14.5% - 21.9%)	758	19.5% (15.4% - 23.7%)
Health Risk Behaviors	Physical Inactivity	816	29.1% (23.9% - 34.3%)	784	27.2% (22.2% - 32.5%)
Health Outcomes	Arthritis	518	28.2% (24.1% - 32.5%)	494	23.3% (19.5% - 27.1%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.1% - 3.9%)	762	2.8% (2.5% - 3.1%)
Health Outcomes	Cancer (except skin)	578	8.4% (7.5% - 9.3%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Depression	673	18.7% (15.3% - 22.5%)	675	19.8% (16.2% - 23.8%)
Health Outcomes	Stroke	703	3.7% (3.2% - 4.2%)	714	2.8% (2.5% - 3.2%)
Health Outcomes	High Cholesterol	770	38.4% (33.5% - 43.3%)	842	31.1% (26.5% - 35.9%)
Health Outcomes	Obesity	675	38.9% (30.7% - 47.1%)	754	39.8% (31.7% - 48.1%)
Health Outcomes	Coronary Heart Disease	715	7.4% (6.3% - 8.4%)	759	5.5% (4.8% - 6.3%)
Health Outcomes	Current Asthma	716	9.6% (8.5% - 11.0%)	696	9.8% (8.6% - 11.1%)
Health Outcomes	All Teeth Lost	786	15.0% (9.9% - 21.3%)	756	14.8% (9.8% - 20.8%)
Health Outcomes	High Blood Pressure	665	34.0% (29.8% - 38.3%)	755	28.8% (24.8% - 33.0%)
Health Outcomes	Diabetes	771	11.4% (9.7% - 13.4%)	782	9.2% (7.8% - 10.9%)
Health Outcomes	COPD	770	8.5% (7.0% - 10.1%)	753	7.0% (5.8% - 8.3%)
Prevention	Mammography	624	75.4% (71.1% - 79.3%)	683	72.4% (67.7% - 76.8%)
Prevention	Dental Visit	774	63.7% (59.8% - 67.4%)	760	62.7% (58.6% - 66.7%)
Prevention	Core preventive services for older women	519	38.6% (31.6% - 46.0%)	564	39.1% (32.2% - 46.5%)
Prevention	Annual Checkup	490	75.1% (70.1% - 79.7%)	597	72.1% (66.6% - 77.1%)
Prevention	Colorectal Cancer Screening	708	70.1% (66.9% - 73.3%)	853	68.1% (64.7% - 71.4%)
Prevention	Health Insurance	831	8.8% (6.7% - 11.2%)	801	9.4% (7.2% - 12.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	898	80.6% (77.6% - 83.3%)	700	82.1% (79.5% - 84.5%)
Prevention	Core preventive services for older men	925	37.1% (29.1% - 45.6%)	821	37.3% (29.3% - 45.5%)
Prevention	Taking BP Medication	310	80.9% (77.8% - 83.6%)	91	60.0% (55.0% - 64.9%)
Prevention	Cholesterol Screening	719	81.1% (77.8% - 84.1%)	693	78.2% (74.3% - 81.7%)
Disability	Cognitive Disability	804	12.4% (10.4% - 14.7%)	746	12.8% (10.7% - 15.1%)
Disability	Self-care Disability	772	4.0% (3.4% - 4.7%)	763	3.5% (3.0% - 4.1%)
Disability	Any Disability	801	28.6% (24.4% - 33.4%)	785	25.6% (21.6% - 29.9%)
Disability	Vision Disability	805	4.9% (4.1% - 5.8%)	766	4.3% (3.7% - 5.1%)
Disability	Mobility Disability	779	13.8% (11.5% - 16.2%)	787	11.0% (9.2% - 12.9%)
Disability	Independent Living Disability	785	7.6% (6.4% - 9.0%)	754	7.1% (6.0% - 8.4%)
Disability	Hearing Disability	683	8.2% (7.3% - 9.4%)	736	6.4% (5.7% - 7.3%)

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)

Hamburg 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		