



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 Hampton: Overview

Dear Community Members & Stakeholders of Hampton,

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 Hampton ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Hampton’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 Hampton. 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
Binge Drinking	176th	22nd	Cancer (except skin)	16th	6th
Sleep <7 hours	278th	42nd	Binge Drinking	37th	13th
Depression	326th	28th	Taking BP Medication	126th	27th
Mammography	338th	41st	Depression	218th	20th
High Cholesterol	362nd	44th	High Cholesterol	242nd	25th

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
Health Insurance	941st	95th	Health Insurance	887th	95th
All Teeth Lost	914th	88th	Vision Disability	875th	91st
Vision Disability	910th	87th	Physical Inactivity	868th	92nd
Core preventive services for older women	906th	96th	General Health	863rd	87th
Physical Inactivity	900th	89th	Chronic Kidney Disease	858th	85th

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 Hampton.

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

With a population of 4,328, Hampton’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

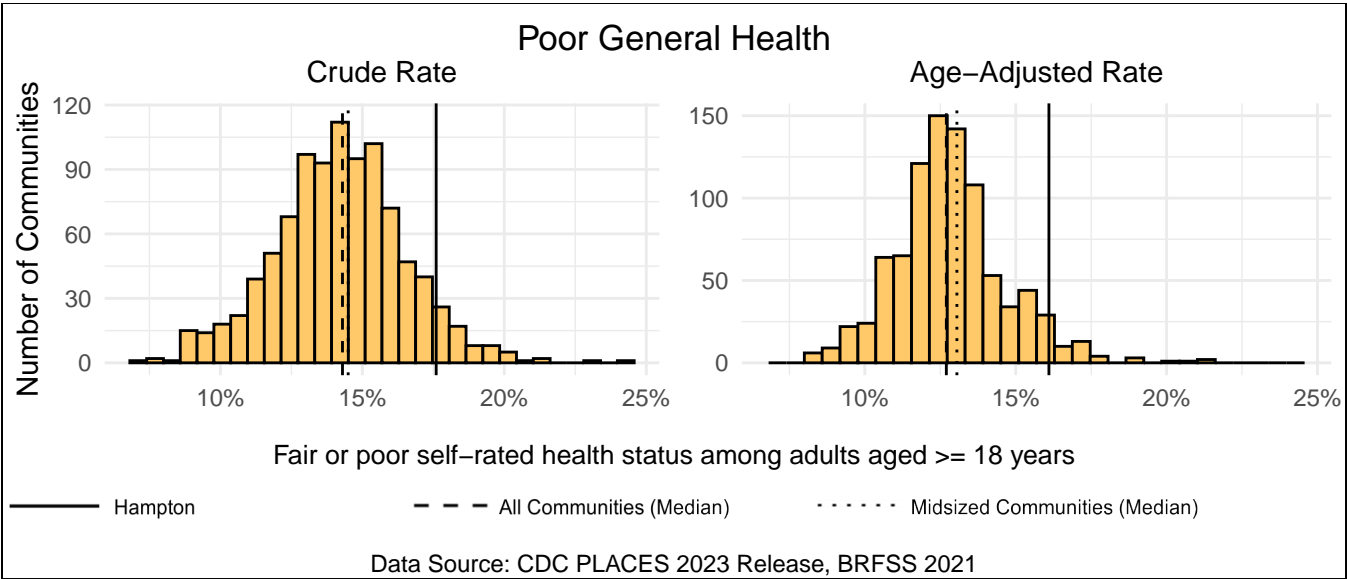
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Hampton has a crude rate of 17.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 895th out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 16.1%, which ranks 863rd out of 905 Iowa communities (87th out of 102 mid-sized communities).

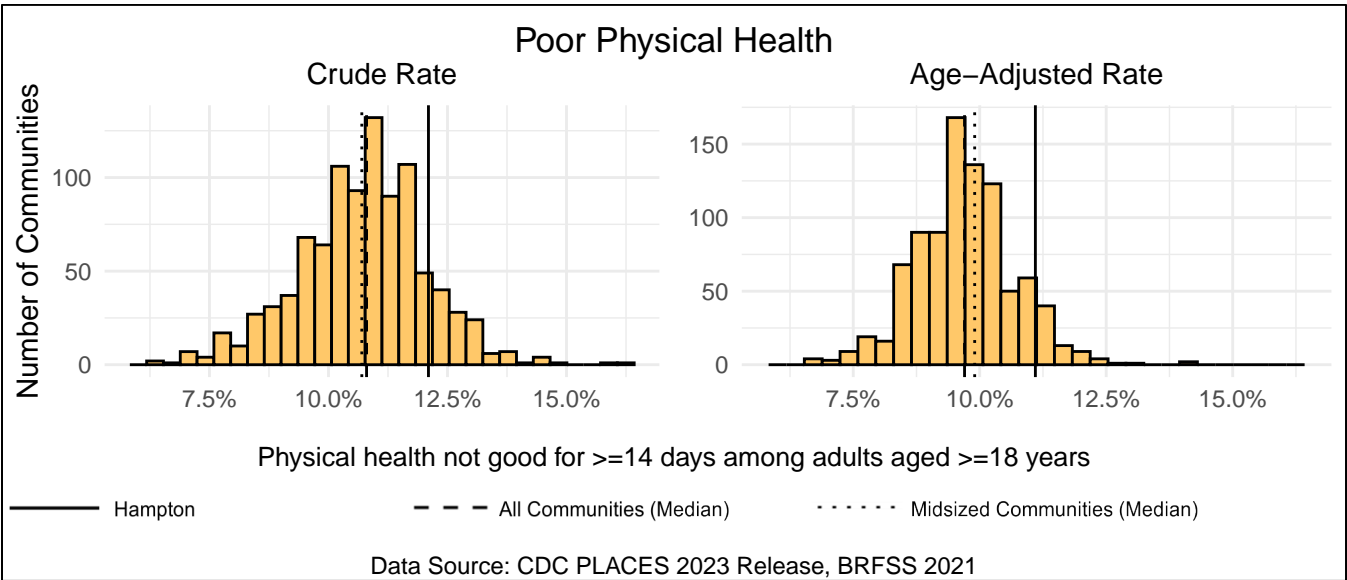
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	17.6%	14.3%	14.5%
Age-Adjusted	16.1%	12.7%	13.0%



Poor Physical Health

Hampton 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 (82nd out of 102 midsize communities). The age-adjusted rate for Hampton is 11.1%, which ranks 816th out of 905 Iowa communities (82nd out of 102 midsize communities).

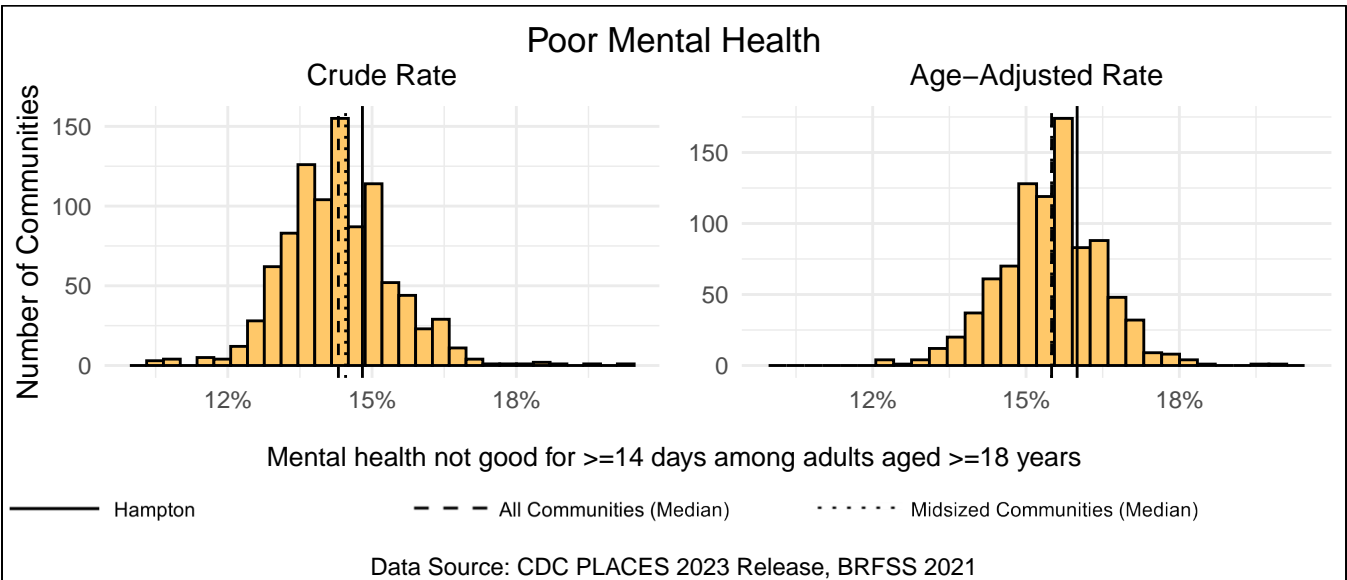
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	12.1%	10.8%	10.7%
Age-Adjusted	11.1%	9.7%	9.9%



Poor Mental Health

Hampton has a crude rate of 14.8% for mental health not good for >=14 days among adults aged >=18 years, which ranks 646th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Hampton is 16.0%, which ranks 631st out of 905 Iowa communities (71st out of 102 midsize communities).

Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	14.8%	14.3%	14.4%
Age-Adjusted	16.0%	15.5%	15.5%



Health Risk Behaviors

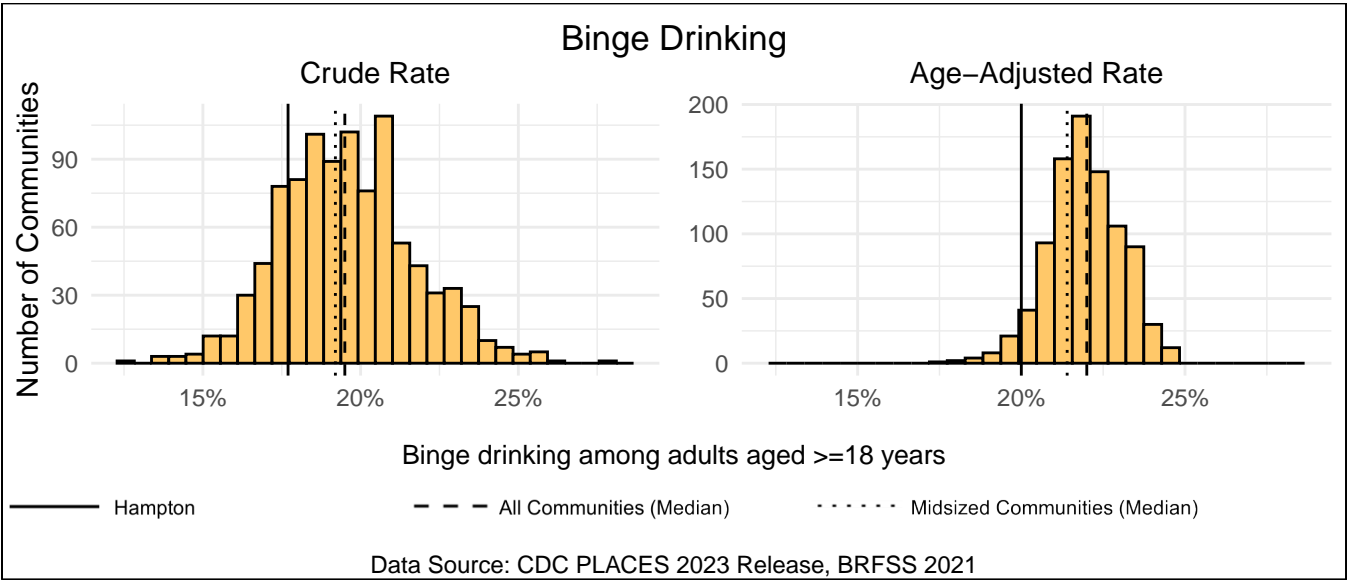
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Hampton has a crude rate of 17.7% for binge drinking among adults aged ≥ 18 years, which ranks 176th out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for Hampton is 20.0%, which ranks 37th out of 905 Iowa communities (13th out of 102 mid-sized communities).

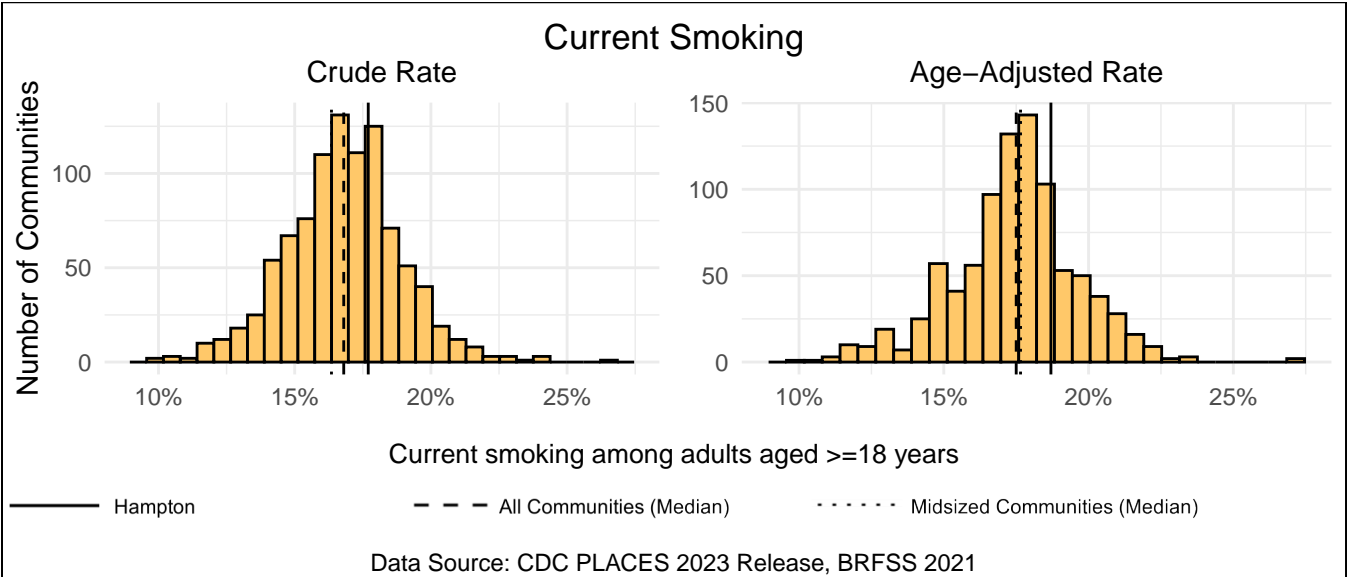
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	17.7%	19.5%	19.2%
Age-Adjusted	20.0%	22.0%	21.4%



Current Smoking

Hampton has a crude rate of 17.7% for current smoking among adults aged >=18 years, which ranks 640th out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 18.7%, which ranks 677th out of 905 Iowa communities (74th out of 102 mid-sized communities).

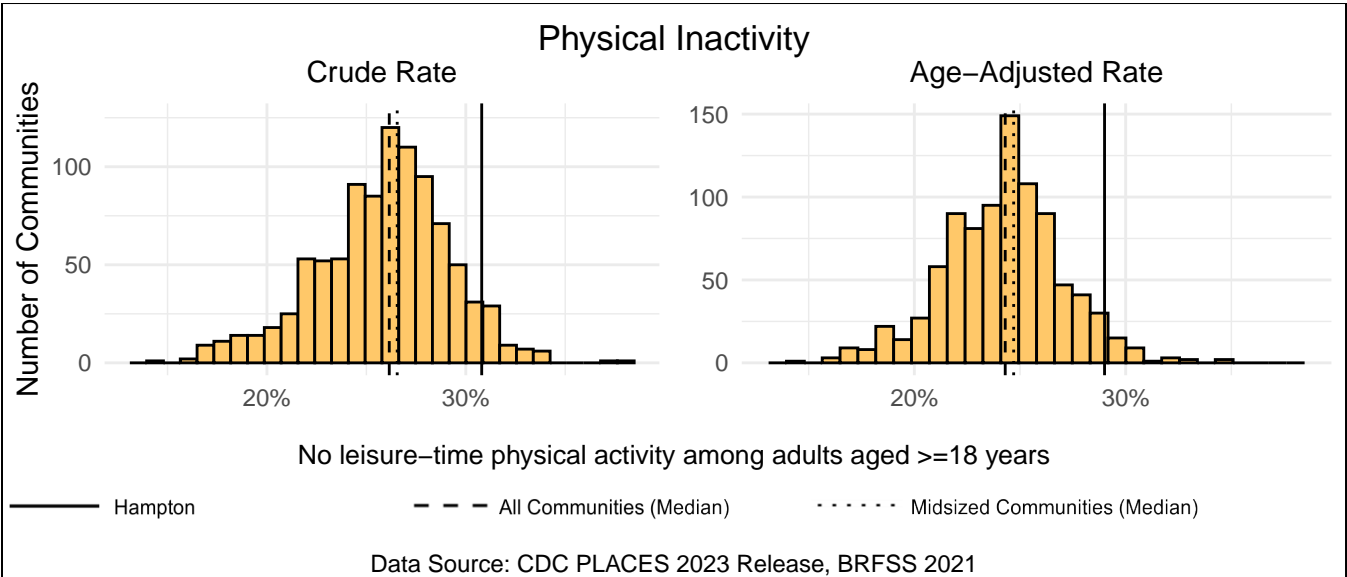
Measure Type	Hampton	All Comm.	Mid-sized Comm.
Crude	17.7%	16.8%	16.4%
Age-Adjusted	18.7%	17.5%	17.6%



Physical Inactivity

Hampton has a crude rate of 30.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 900th out of 958 Iowa communities (89th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 29.0%, which ranks 868th out of 905 Iowa communities (92nd out of 102 mid-sized communities).

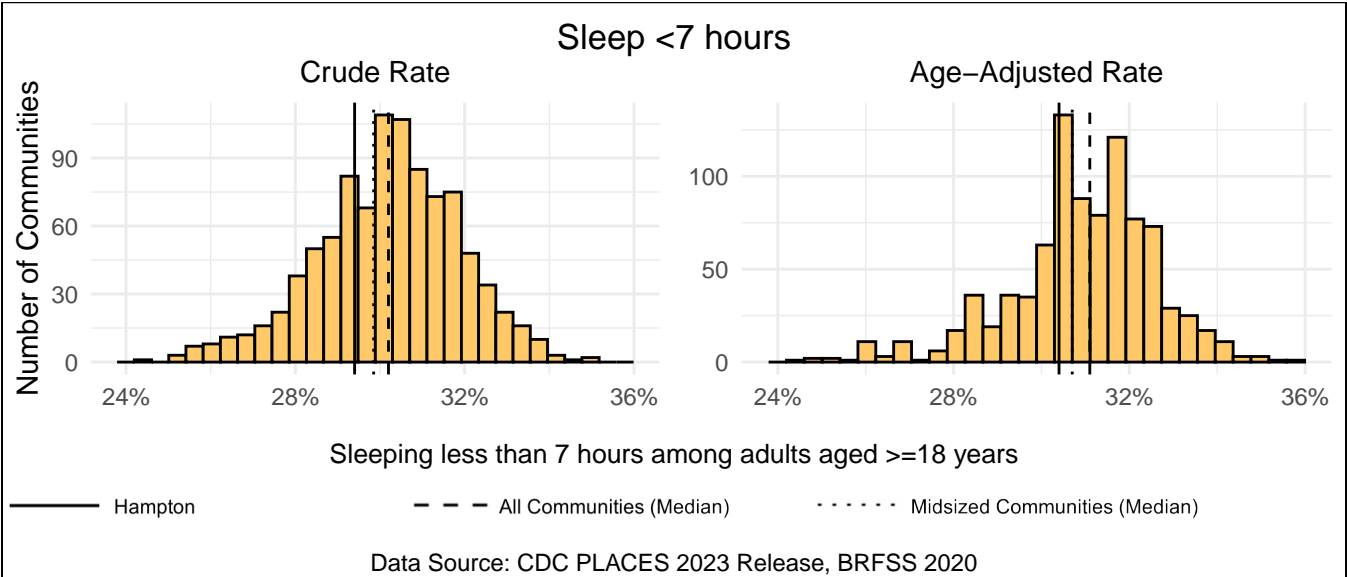
Measure Type	Hampton	All Comm.	Mid-sized Comm.
Crude	30.8%	26.1%	26.6%
Age-Adjusted	29.0%	24.3%	24.7%



Sleep <7 hours

Hampton 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 Hampton is 30.4%, which ranks 265th out of 905 Iowa communities (39th out of 102 mid-sized communities).

Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	29.4%	30.2%	29.8%
Age-Adjusted	30.4%	31.1%	30.7%



Health Outcomes

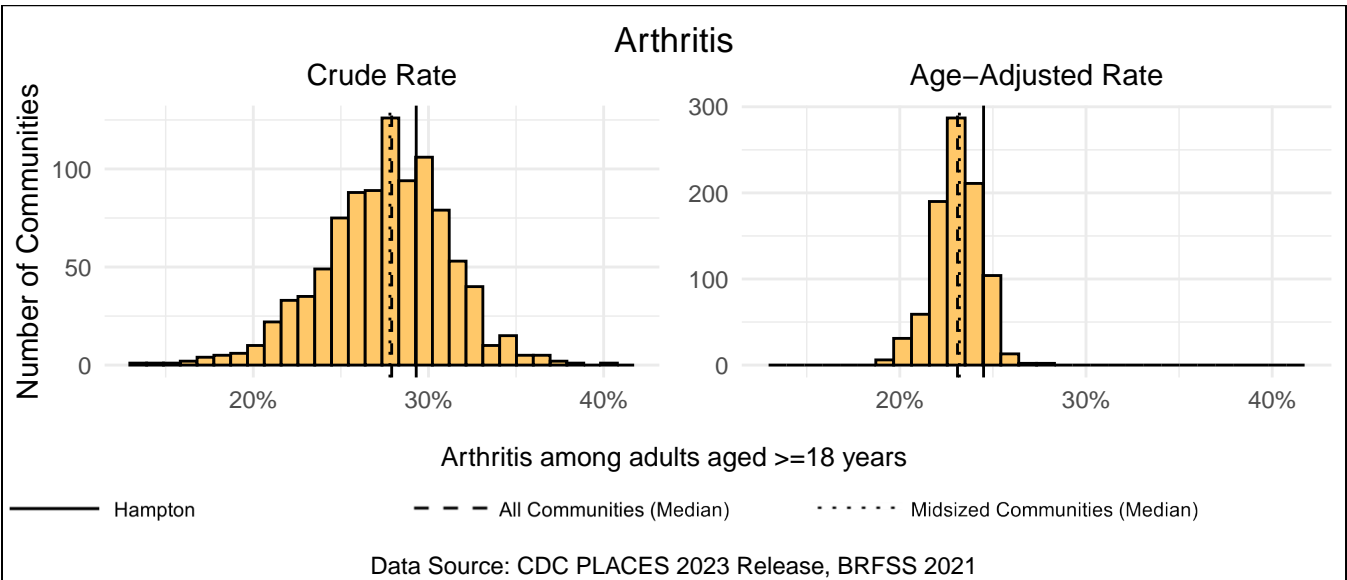
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Hampton has a crude rate of 29.3% for arthritis among adults aged ≥ 18 years, which ranks 642nd out of 958 Iowa communities (74th out of 102 midsize communities). The age-adjusted rate for Hampton is 24.5%, which ranks 785th out of 905 Iowa communities (83rd out of 102 midsize communities).

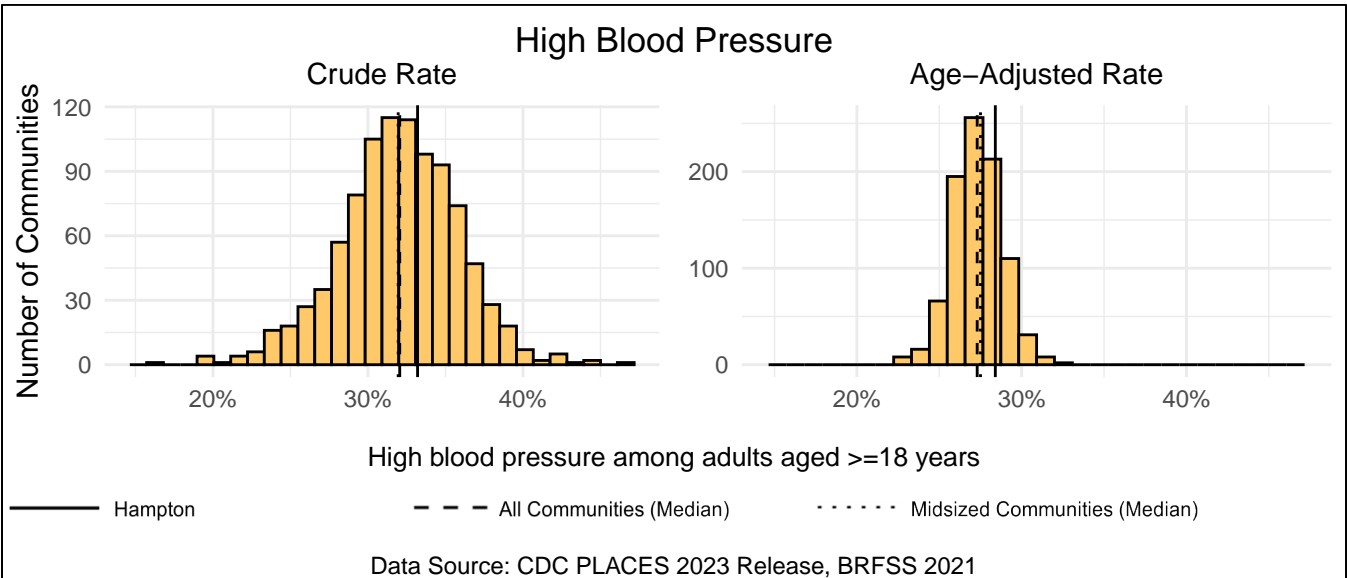
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	29.3%	27.9%	27.8%
Age-Adjusted	24.5%	23.1%	23.2%



High Blood Pressure

Hampton has a crude rate of 33.2% for high blood pressure among adults aged ≥ 18 years, which ranks 595th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 28.4%, which ranks 696th out of 905 Iowa communities (72nd out of 102 mid-sized communities).

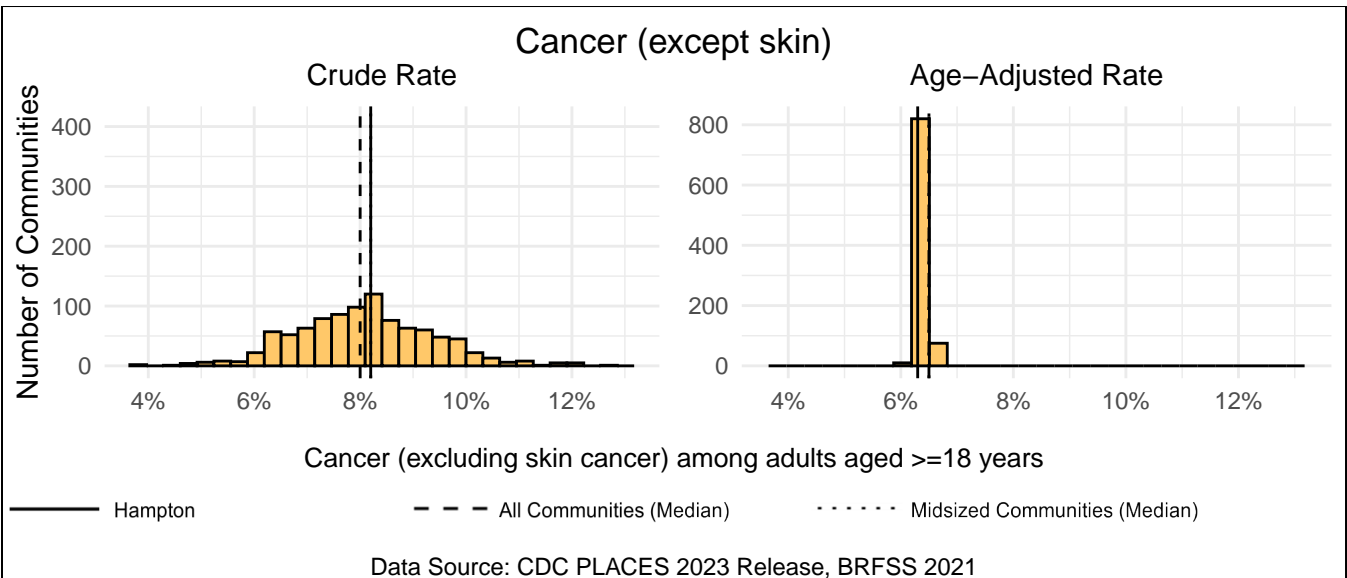
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	33.2%	32.0%	32.0%
Age-Adjusted	28.4%	27.3%	27.5%



Cancer (except skin)

Hampton has a crude rate of 8.2% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 505th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Hampton is 6.3%, which ranks 16th out of 905 Iowa communities (6th out of 102 mid-sized communities).

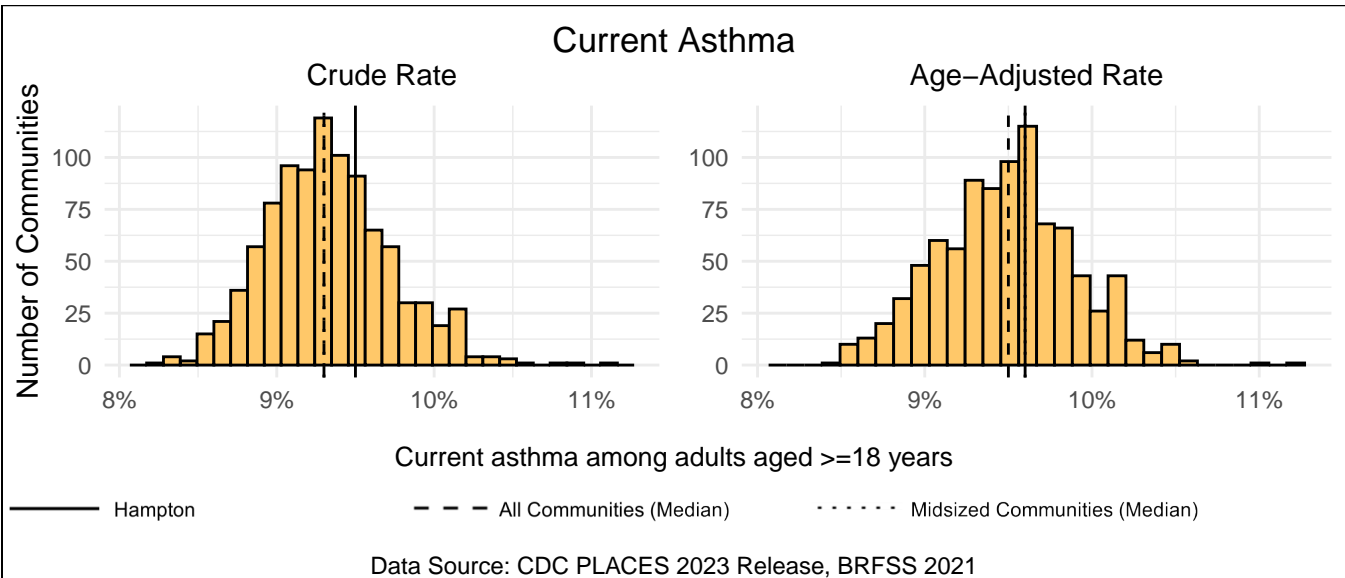
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	8.2%	8.0%	8.2%
Age-Adjusted	6.3%	6.5%	6.5%



Current Asthma

Hampton has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Hampton is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

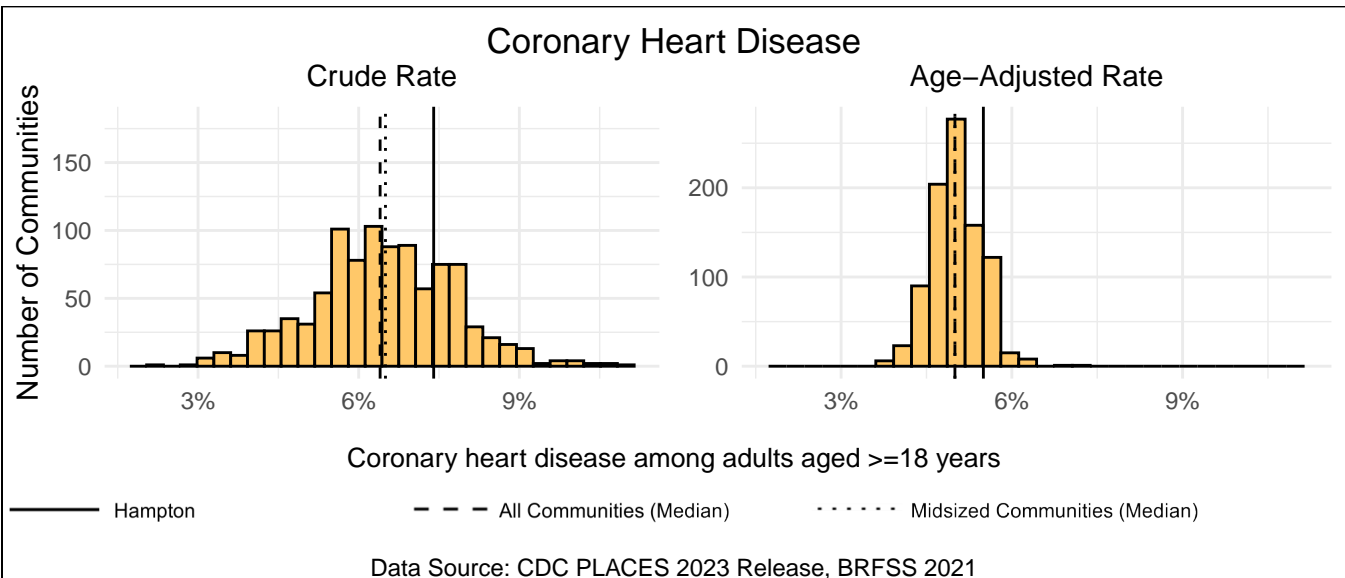
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

Hampton has a crude rate of 7.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 715th out of 958 Iowa communities (77th out of 102 midsize communities). The age-adjusted rate for Hampton is 5.5%, which ranks 759th out of 905 Iowa communities (80th out of 102 midsize communities).

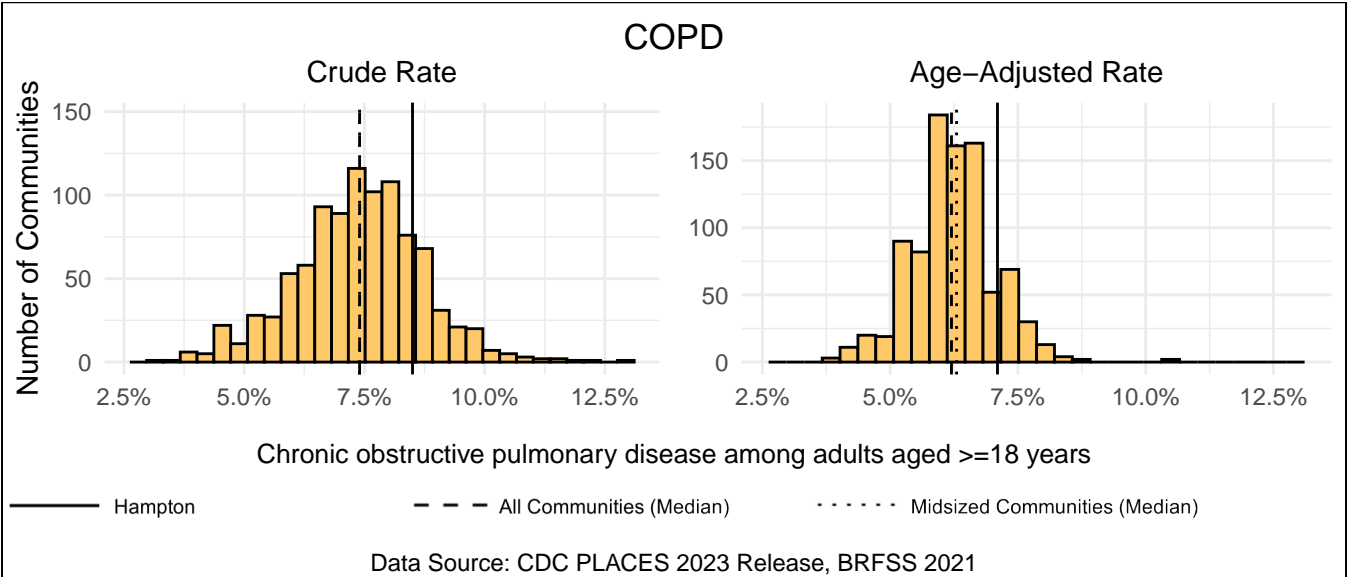
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	7.4%	6.4%	6.5%
Age-Adjusted	5.5%	5.0%	5.0%



COPD

Hampton 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 (78th out of 102 midsized communities). The age-adjusted rate for Hampton is 7.1%, which ranks 765th out of 905 Iowa communities (75th out of 102 midsized communities).

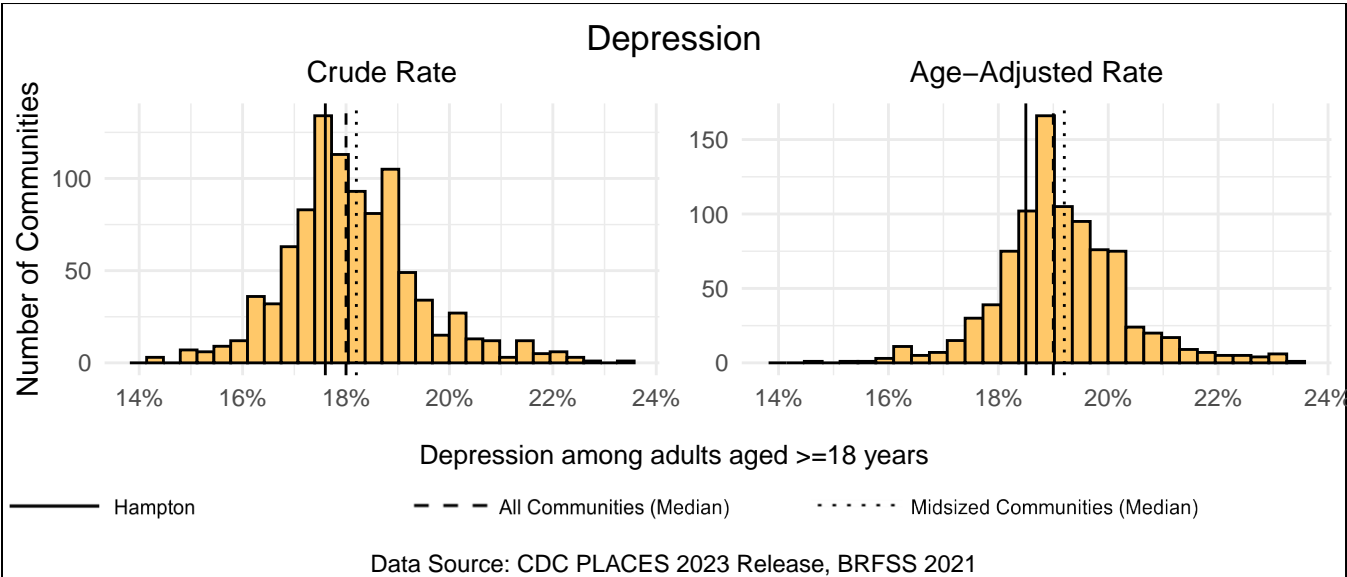
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	8.5%	7.4%	7.4%
Age-Adjusted	7.1%	6.2%	6.3%



Depression

Hampton has a crude rate of 17.6% for depression among adults aged ≥ 18 years, which ranks 326th out of 958 Iowa communities (28th out of 102 midsized communities). The age-adjusted rate for Hampton is 18.5%, which ranks 218th out of 905 Iowa communities (20th out of 102 midsized communities).

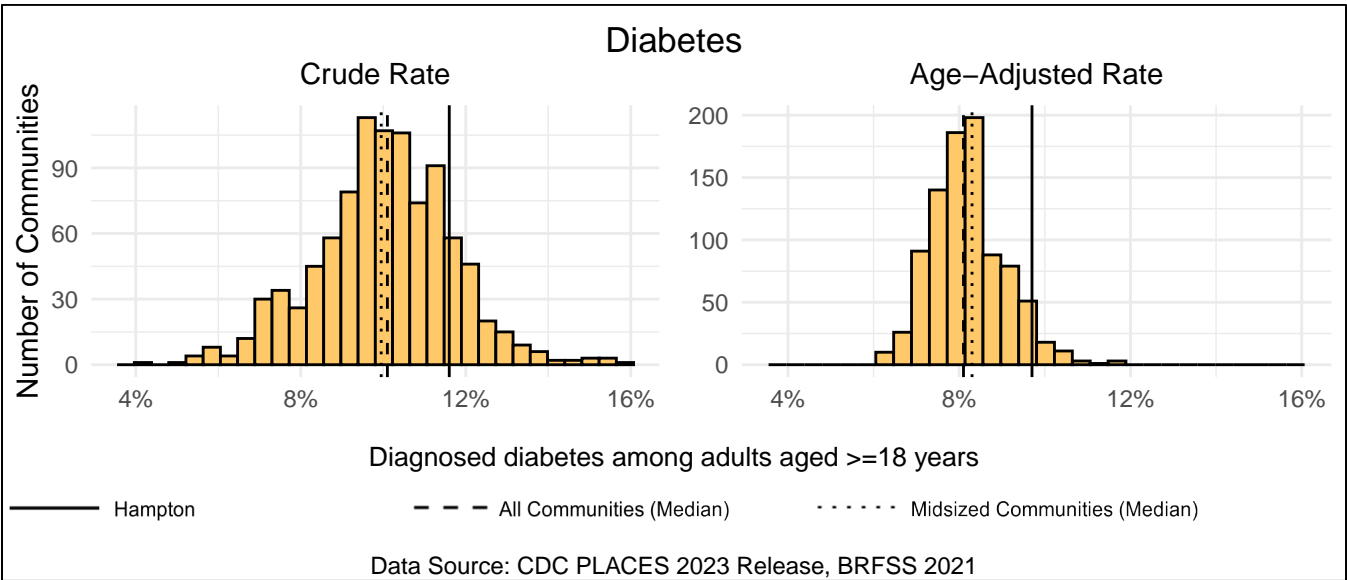
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	17.6%	18.0%	18.2%
Age-Adjusted	18.5%	19.0%	19.2%



Diabetes

Hampton has a crude rate of 11.6% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 806th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 9.7%, which ranks 857th out of 905 Iowa communities (88th out of 102 mid-sized communities).

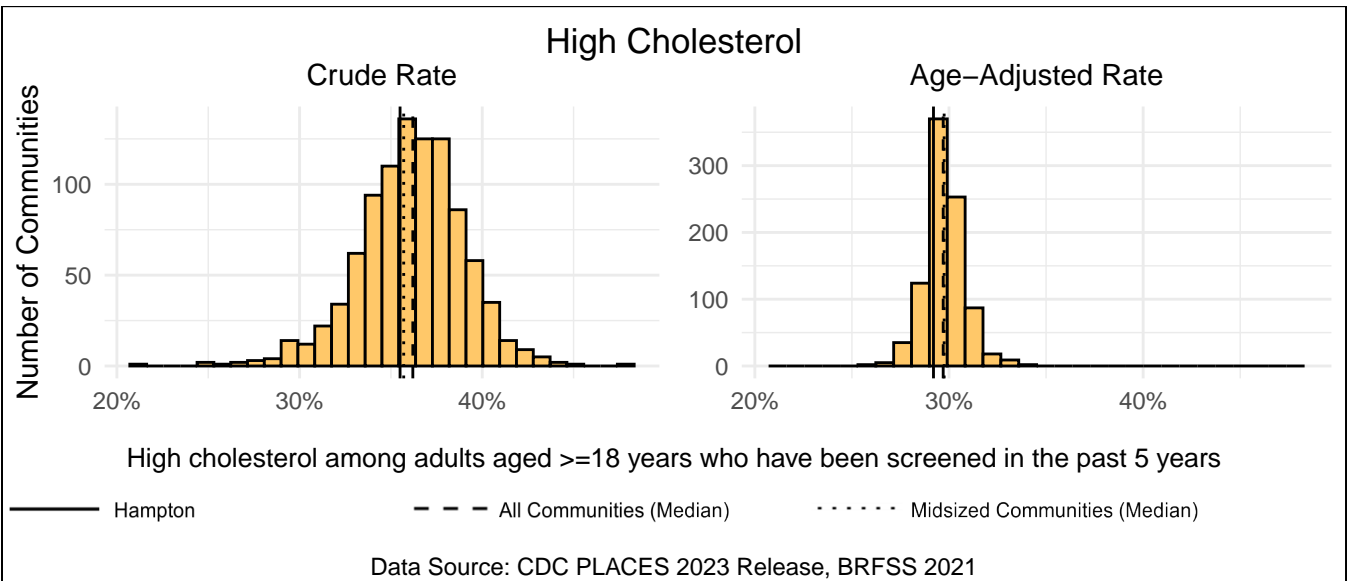
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	11.6%	10.1%	9.9%
Age-Adjusted	9.7%	8.1%	8.3%



High Cholesterol

Hampton has a crude rate of 35.5% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 362nd out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 29.2%, which ranks 242nd out of 905 Iowa communities (25th out of 102 mid-sized communities).

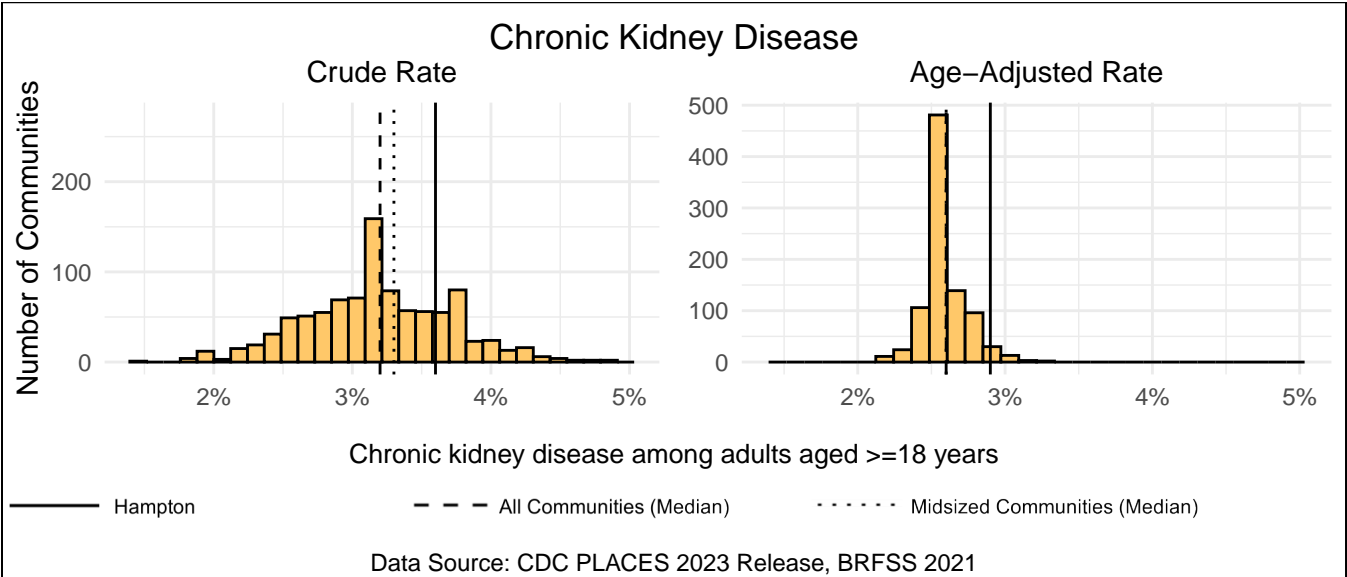
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	35.5%	36.2%	35.7%
Age-Adjusted	29.2%	29.7%	29.8%



Chronic Kidney Disease

Hampton has a crude rate of 3.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 732nd out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for Hampton is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 midsized communities).

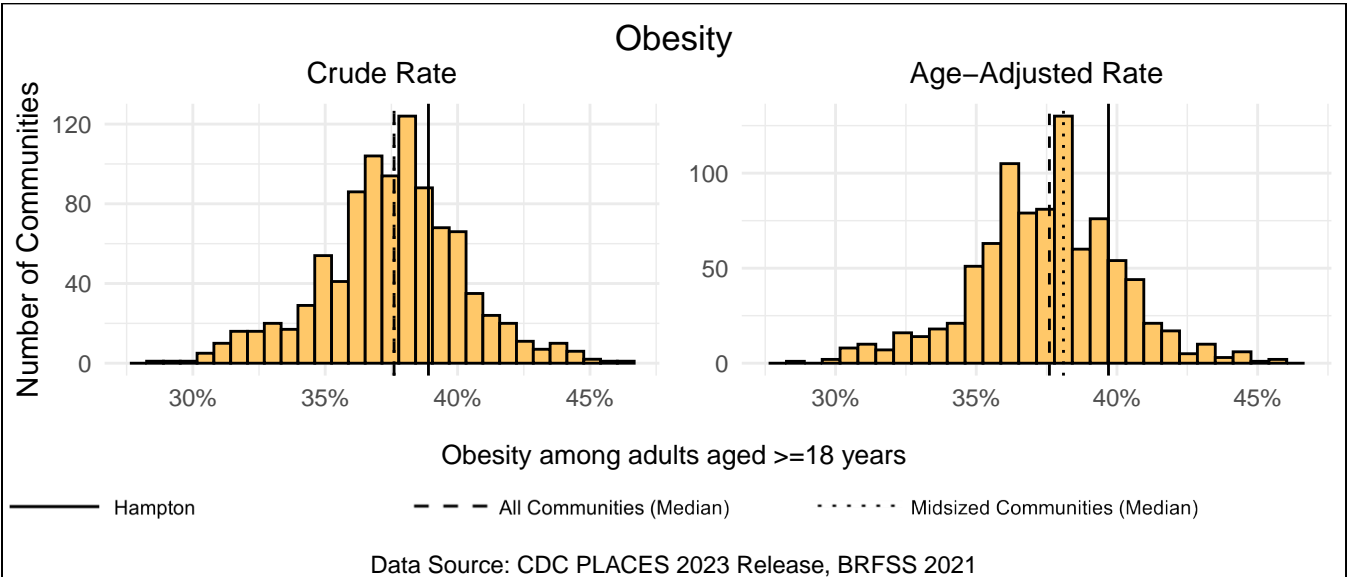
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Hampton has a crude rate of 38.9% for obesity among adults aged ≥ 18 years, which ranks 675th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Hampton is 39.7%, which ranks 743rd out of 905 Iowa communities (78th out of 102 midsized communities).

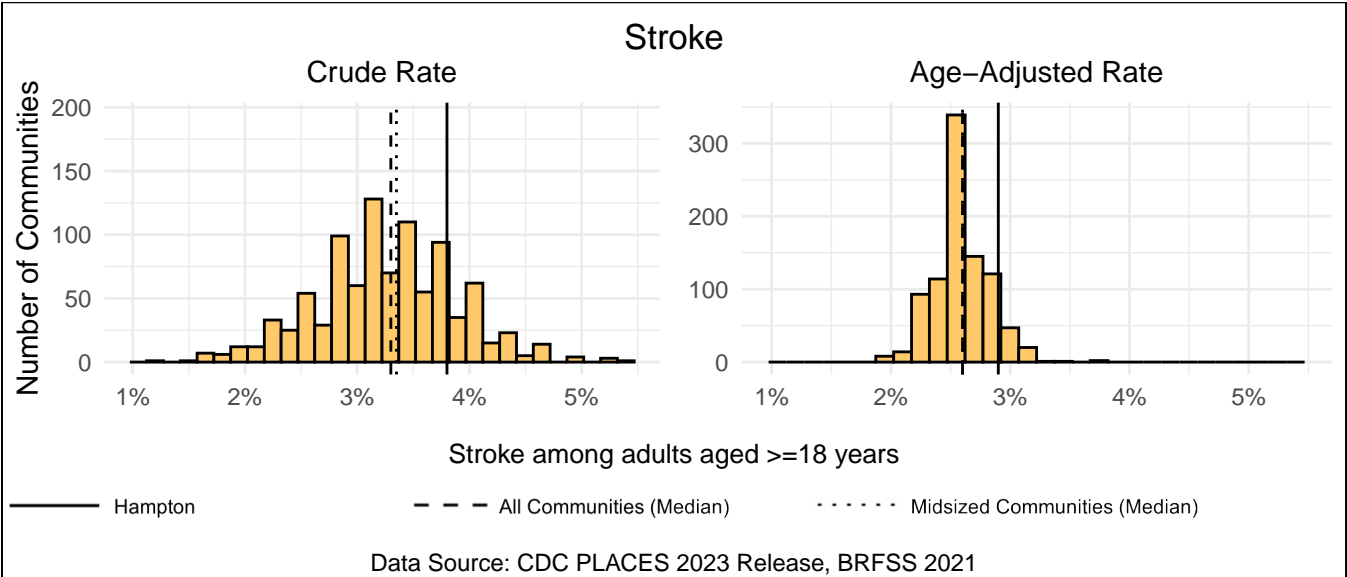
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	38.9%	37.6%	37.6%
Age-Adjusted	39.7%	37.6%	38.1%



Stroke

Hampton has a crude rate of 3.8% for stroke among adults aged ≥ 18 years, which ranks 760th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 2.9%, which ranks 781st out of 905 Iowa communities (79th out of 102 mid-sized communities).

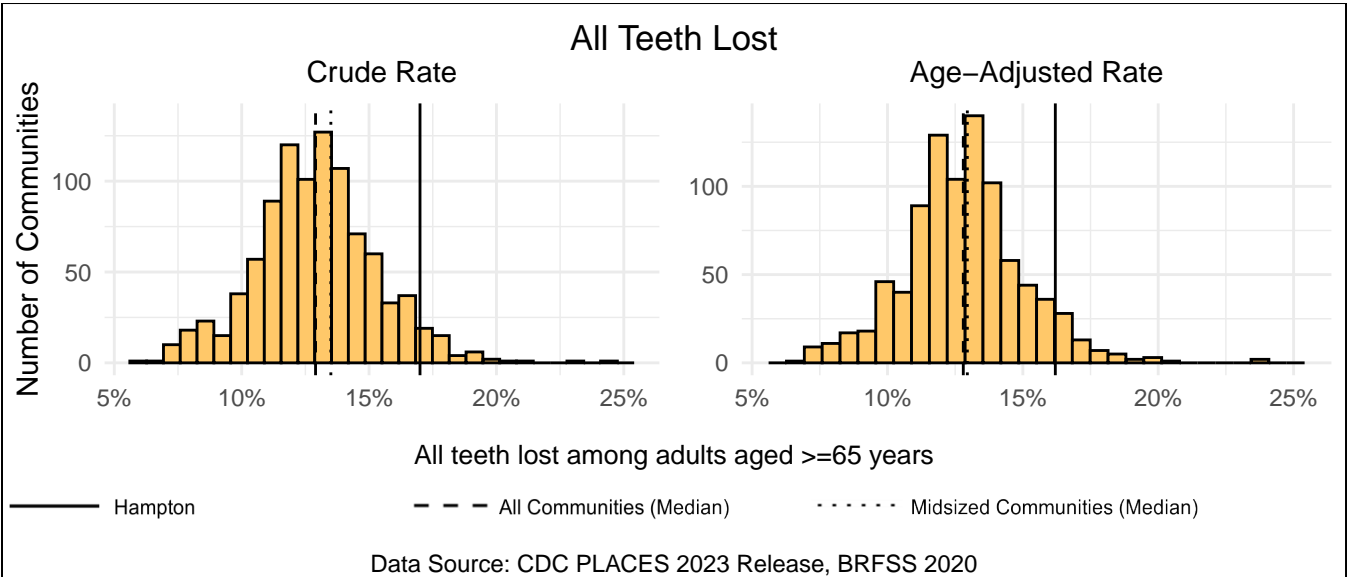
Measure Type	Hampton	All Comm.	Mid-sized Comm.
Crude	3.8%	3.3%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



All Teeth Lost

Hampton has a crude rate of 17.0% for all teeth lost among adults aged ≥ 65 years, which ranks 914th out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 16.2%, which ranks 845th out of 905 Iowa communities (88th out of 102 mid-sized communities).

Measure Type	Hampton	All Comm.	Mid-sized Comm.
Crude	17.0%	12.9%	13.5%
Age-Adjusted	16.2%	12.8%	12.9%



Prevention

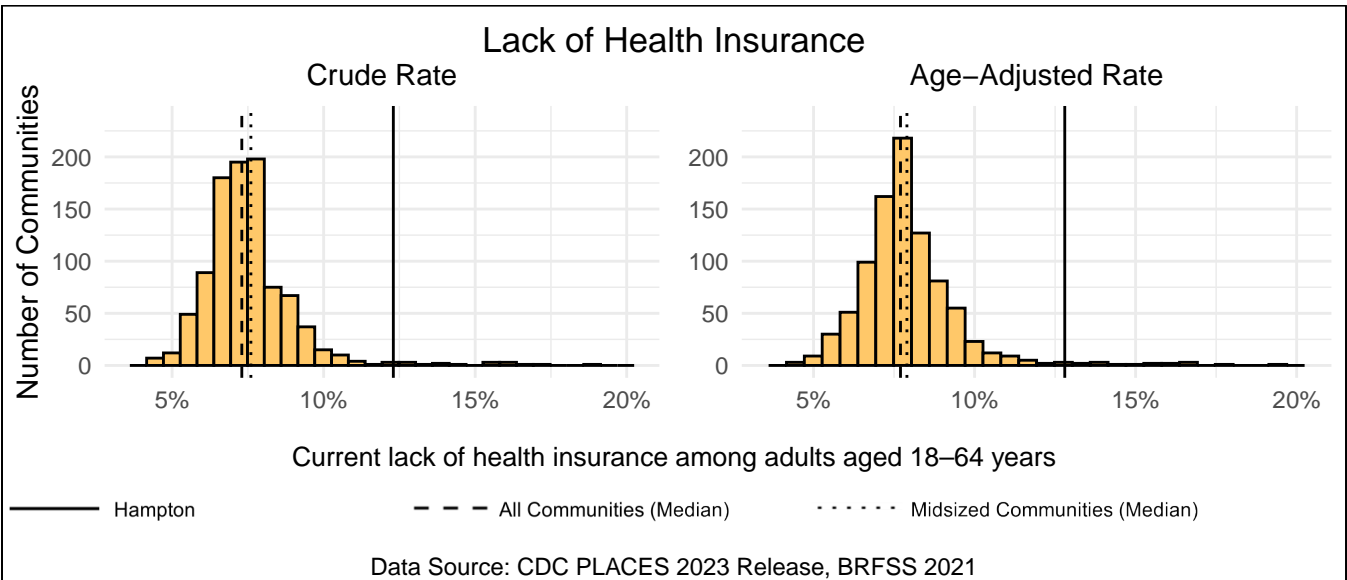
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Hampton has a crude rate of 12.3% for current lack of health insurance among adults aged 18–64 years, which ranks 941st out of 958 Iowa communities (95th out of 102 midsize communities). The age-adjusted rate for Hampton is 12.8%, which ranks 887th out of 905 Iowa communities (95th out of 102 midsize communities).

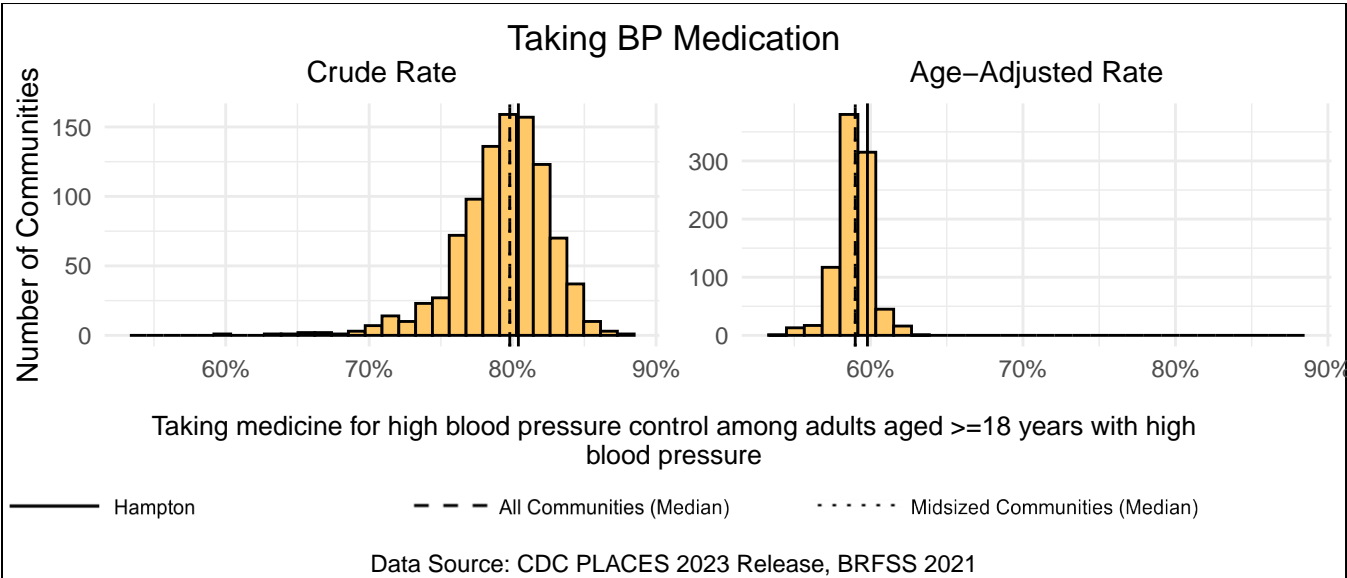
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	12.3%	7.3%	7.6%
Age-Adjusted	12.8%	7.7%	7.9%



Taking BP Medication

Hampton has a crude rate of 80.4% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 370th out of 958 lowa communities (36th out of 102 midsize communities). The age-adjusted rate for Hampton is 59.8%, which ranks 126th out of 905 lowa communities (27th out of 102 midsize communities).

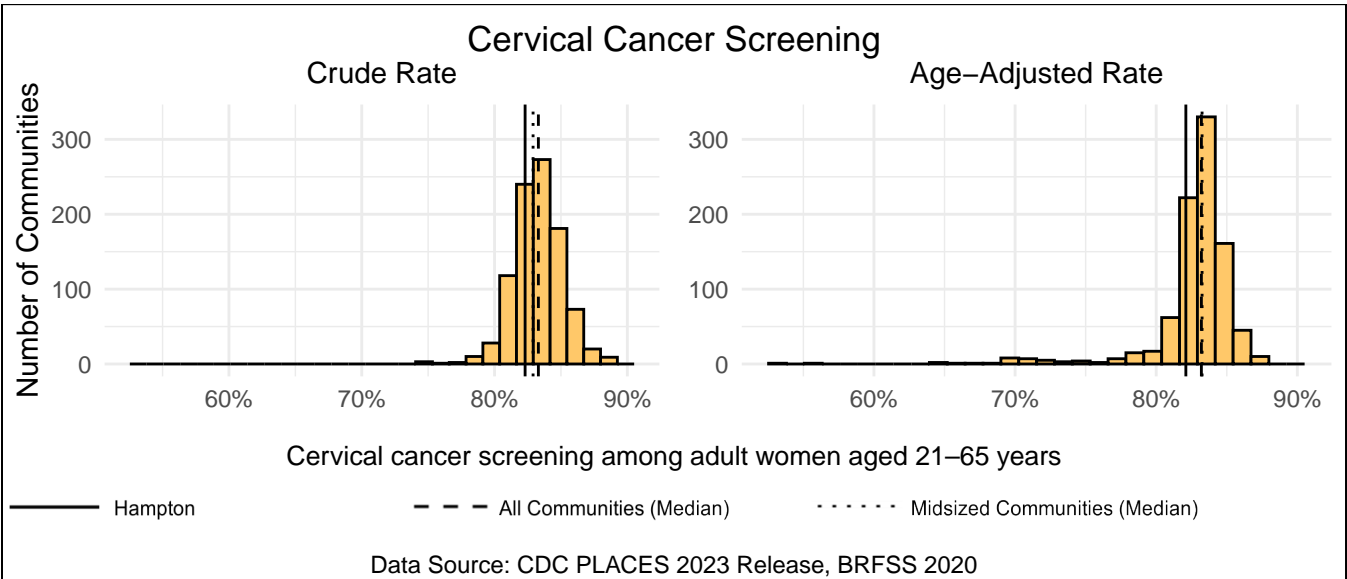
Measure Type	Hampton	All Comm.	Midsize Comm.
Crude	80.4%	79.8%	79.8%
Age-Adjusted	59.8%	59.0%	59.0%



Cervical Cancer Screening

Hampton has a crude rate of 82.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 691st out of 958 lowa communities (61st out of 102 midsize communities). The age-adjusted rate for Hampton is 82.1%, which ranks 700th out of 905 lowa communities (75th out of 102 midsize communities).

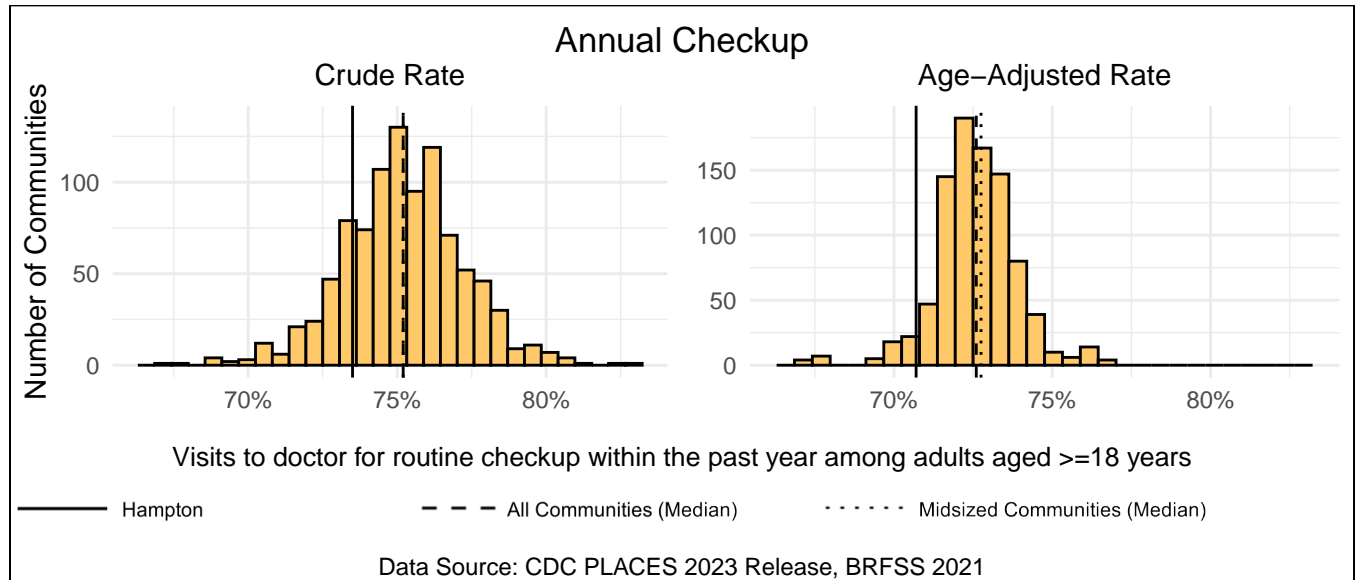
Measure Type	Hampton	All Comm.	Midsize Comm.
Crude	82.3%	83.3%	82.9%
Age-Adjusted	82.1%	83.2%	83.2%



Annual Checkup

Hampton 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 (80th out of 102 midsize communities). The age-adjusted rate for Hampton is 70.7%, which ranks 853rd out of 905 Iowa communities (96th out of 102 midsize communities).

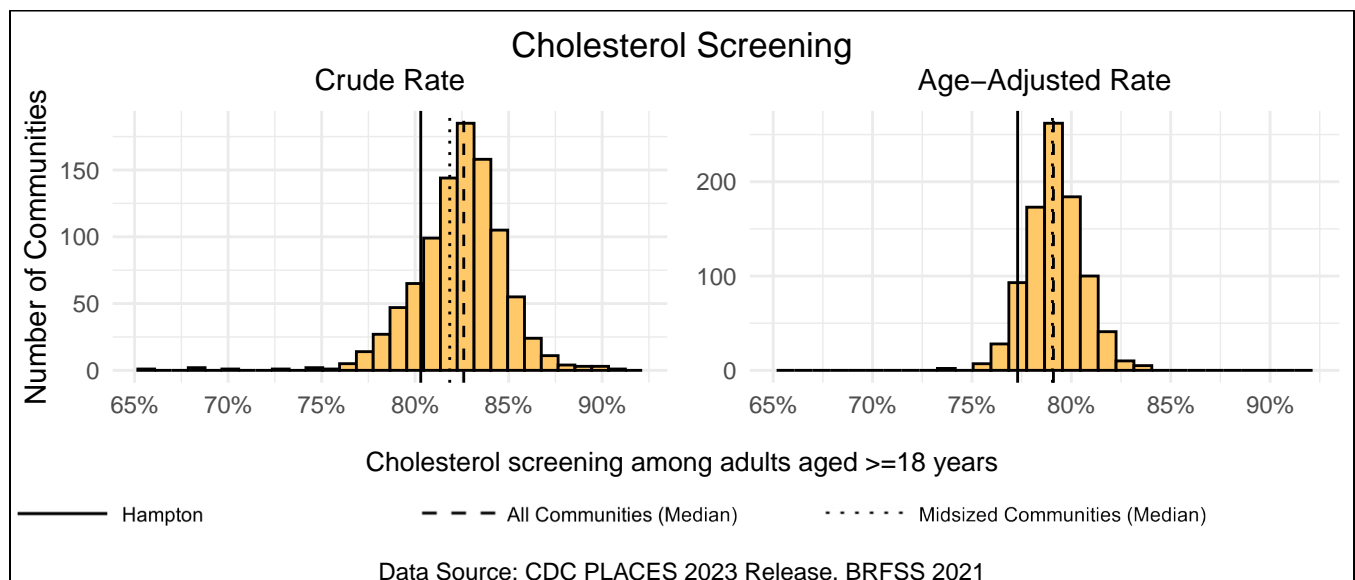
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	73.5%	75.2%	75.2%
Age-Adjusted	70.7%	72.6%	72.8%



Cholesterol Screening

Hampton has a crude rate of 80.3% for cholesterol screening among adults aged ≥ 18 years, which ranks 801st out of 958 Iowa communities (72nd out of 102 midsize communities). The age-adjusted rate for Hampton is 77.3%, which ranks 831st out of 905 Iowa communities (83rd out of 102 midsize communities).

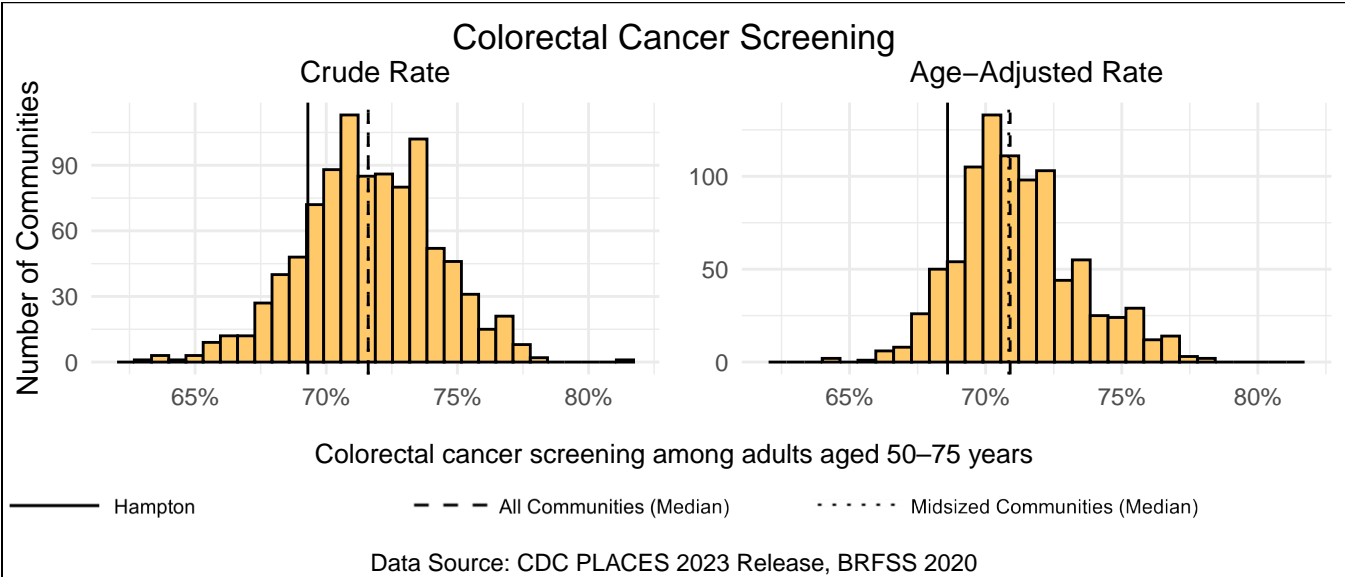
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	80.3%	82.6%	81.8%
Age-Adjusted	77.3%	79.1%	79.0%



Colorectal Cancer Screening

Hampton has a crude rate of 69.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 790th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 68.6%, which ranks 805th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

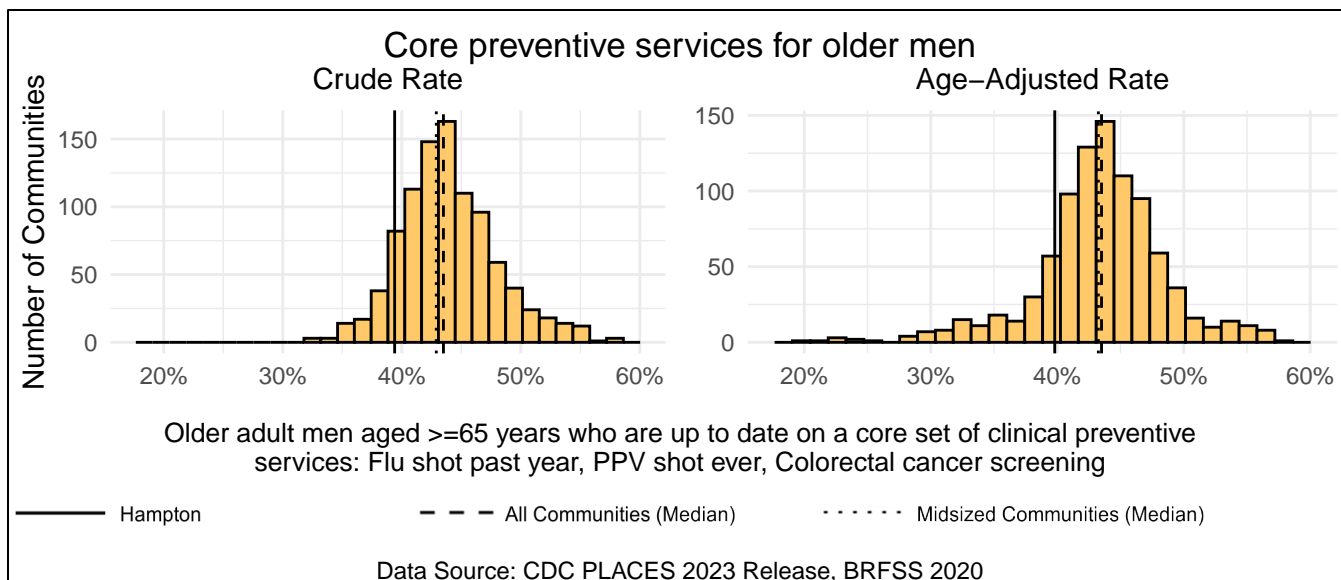
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	69.3%	71.6%	71.6%
Age-Adjusted	68.6%	70.9%	70.8%



Core preventive services for older men

Hampton has a crude rate of 39.4% 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 862nd out of 958 Iowa communities (87th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 39.8%, which ranks 771st out of 905 Iowa communities (88th out of 102 mid-sized communities).

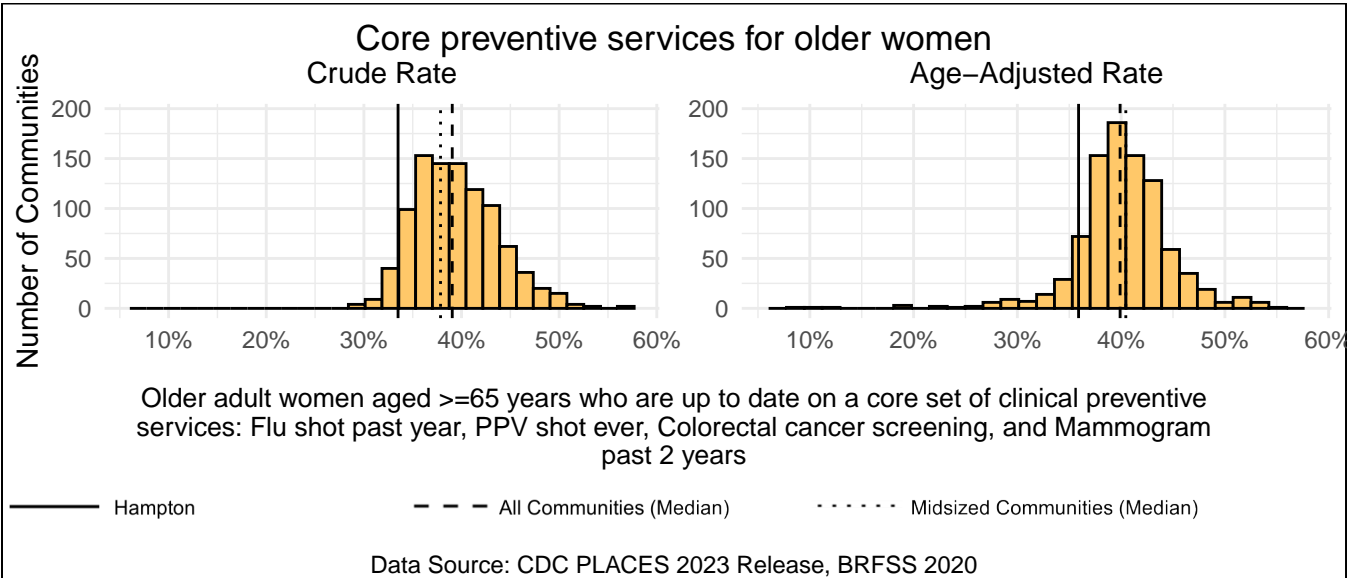
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	39.4%	43.5%	42.9%
Age-Adjusted	39.8%	43.5%	43.2%



Core preventive services for older women

Hampton has a crude rate of 33.5% 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 906th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 35.9%, which ranks 818th out of 905 Iowa communities (97th out of 102 mid-sized communities).

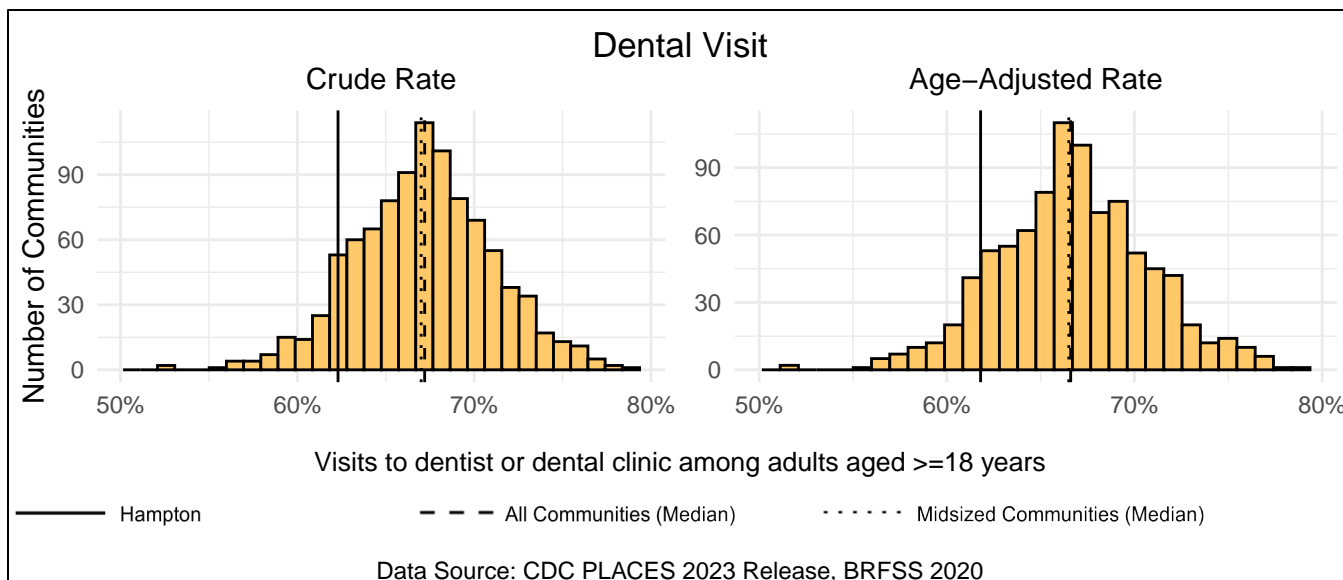
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	33.5%	39.0%	37.8%
Age-Adjusted	35.9%	39.9%	40.4%



Dental Visit

Hampton has a crude rate of 62.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 865th out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 61.8%, which ranks 808th out of 905 Iowa communities (79th out of 102 mid-sized communities).

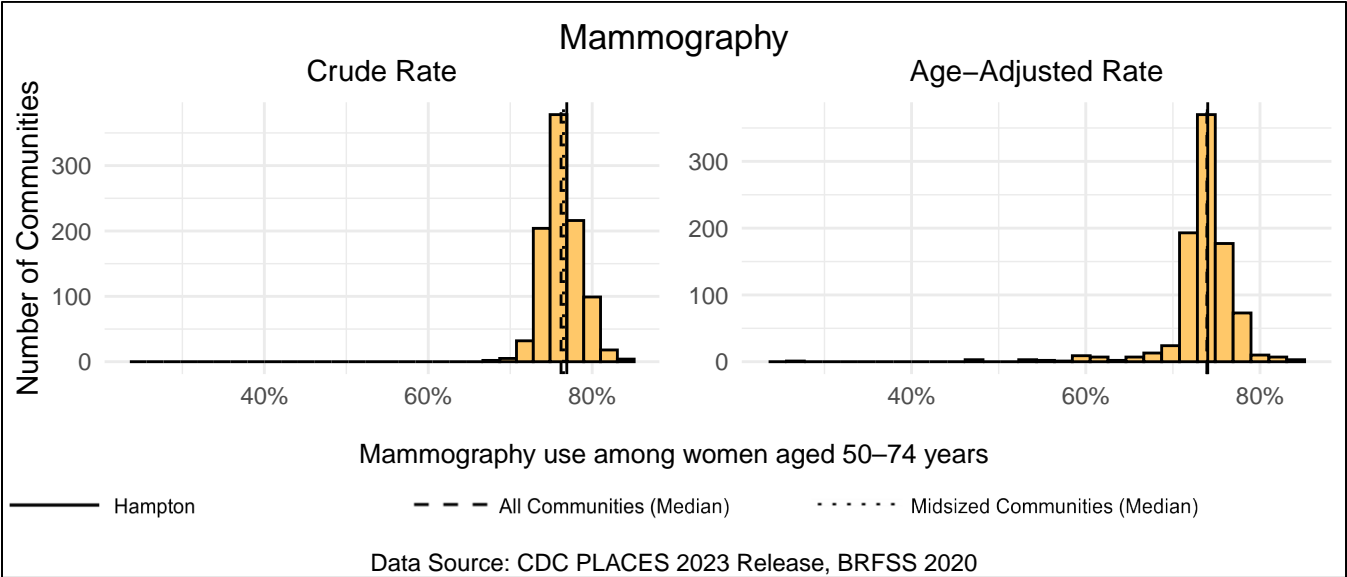
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	62.3%	67.2%	67.0%
Age-Adjusted	61.8%	66.6%	66.5%



Mammography

Hampton has a crude rate of 76.9% for mammography use among women aged 50–74 years, which ranks 338th out of 958 Iowa communities (41st out of 102 mid-sized communities). The age-adjusted rate for Hampton is 74.0%, which ranks 415th out of 905 Iowa communities (50th out of 102 mid-sized communities).

Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	76.9%	76.2%	76.5%
Age-Adjusted	74.0%	73.9%	74.0%



Disability

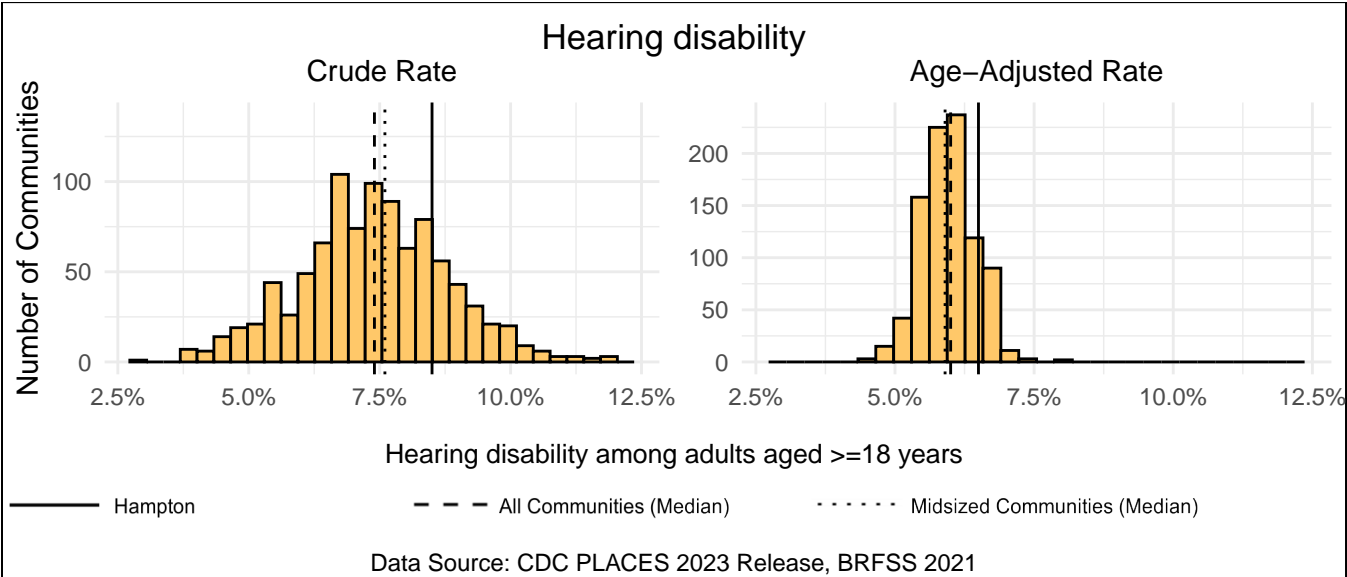
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Hampton has a crude rate of 8.5% for hearing disability among adults aged ≥ 18 years, which ranks 744th out of 958 Iowa communities (78th out of 102 midsize communities). The age-adjusted rate for Hampton is 6.5%, which ranks 766th out of 905 Iowa communities (81st out of 102 midsize communities).

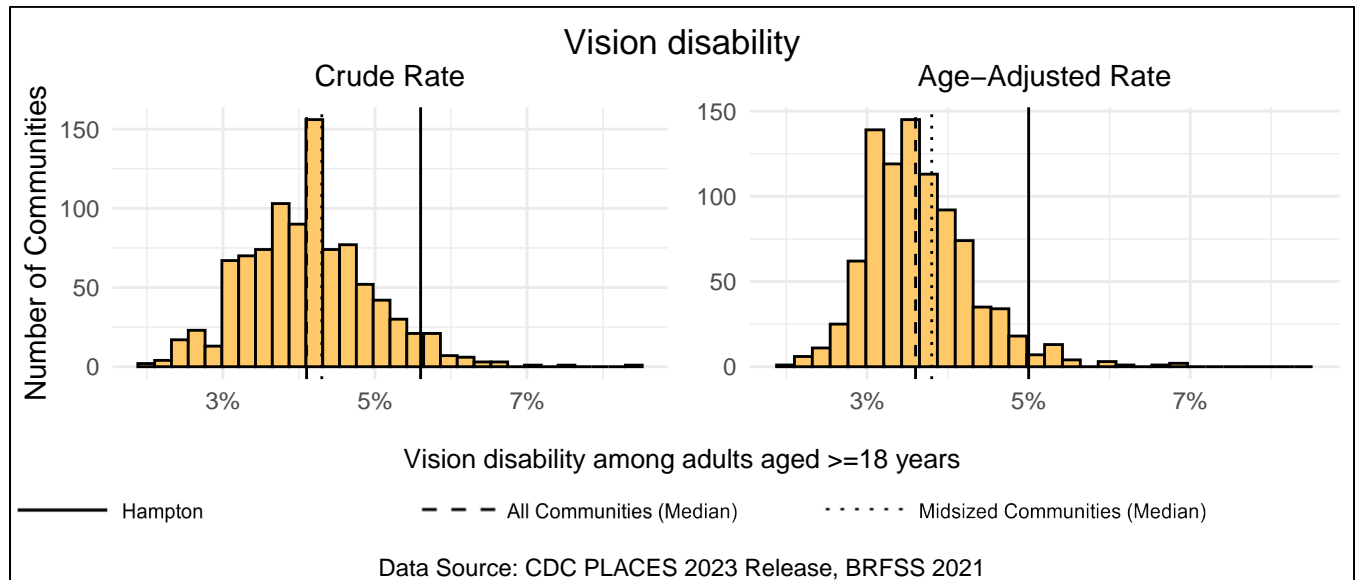
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	8.5%	7.4%	7.6%
Age-Adjusted	6.5%	6.0%	5.9%



Vision disability

Hampton has a crude rate of 5.6% for vision disability among adults aged ≥ 18 years, which ranks 910th out of 958 Iowa communities (87th out of 102 midsize communities). The age-adjusted rate for Hampton is 5.0%, which ranks 875th out of 905 Iowa communities (91st out of 102 midsize communities).

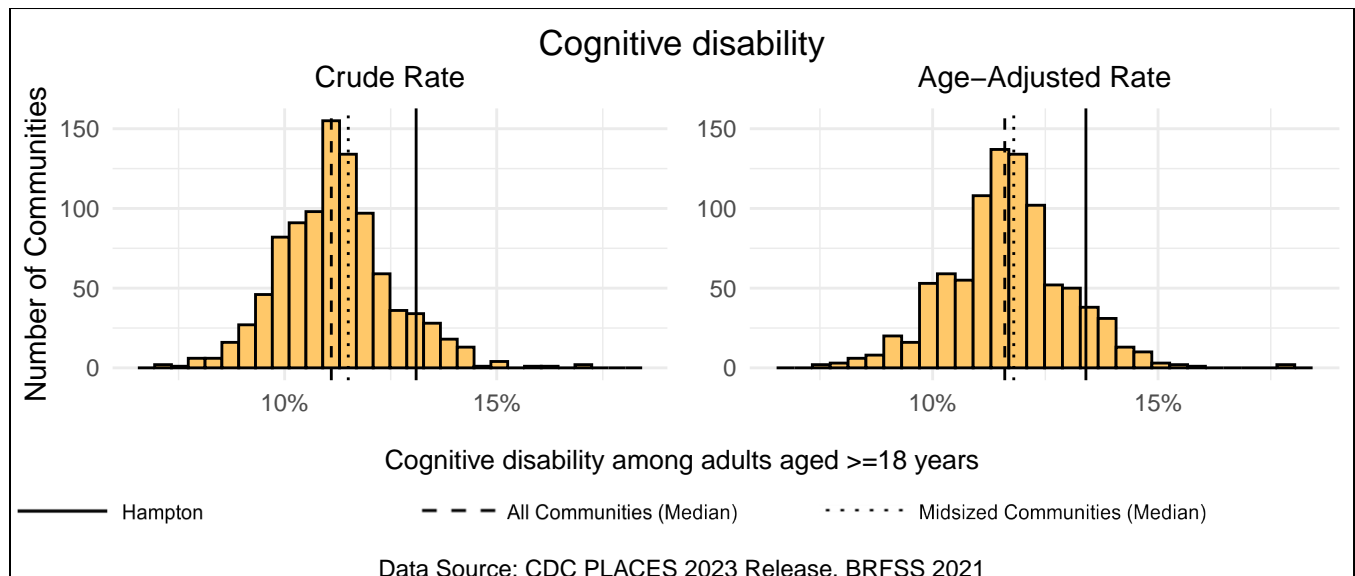
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	5.6%	4.1%	4.3%
Age-Adjusted	5.0%	3.6%	3.8%



Cognitive disability

Hampton has a crude rate of 13.1% for cognitive disability among adults aged ≥ 18 years, which ranks 871st out of 958 Iowa communities (82nd out of 102 midsize communities). The age-adjusted rate for Hampton is 13.4%, which ranks 815th out of 905 Iowa communities (83rd out of 102 midsize communities).

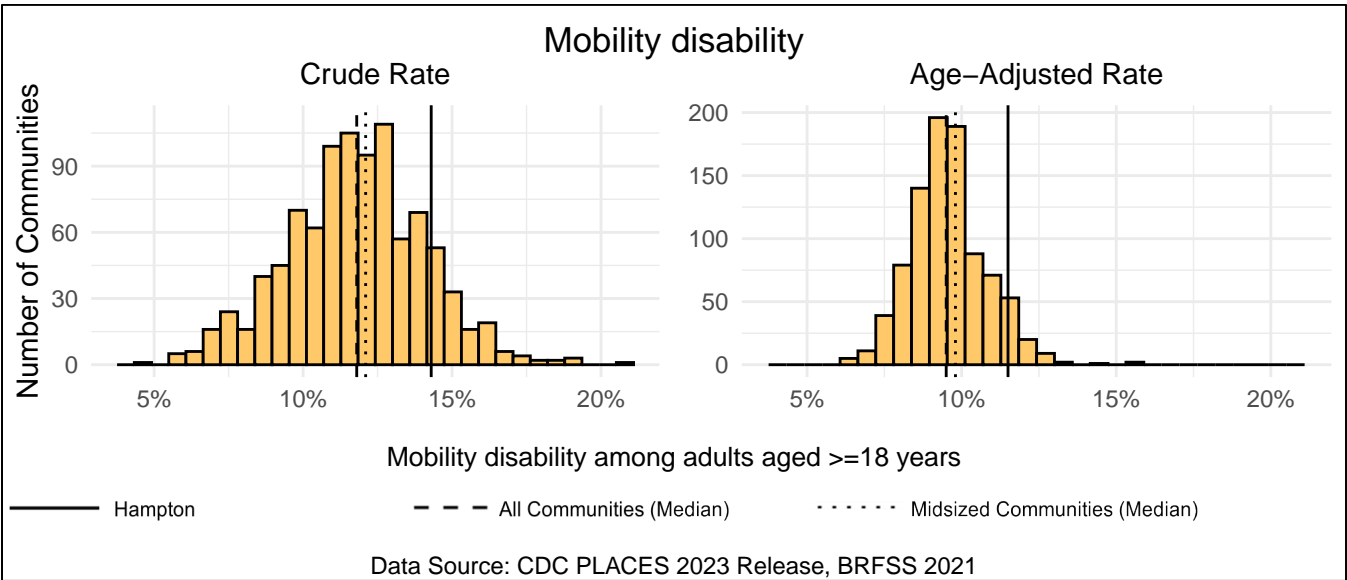
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	13.1%	11.1%	11.5%
Age-Adjusted	13.4%	11.6%	11.8%



Mobility disability

Hampton has a crude rate of 14.3% for mobility disability among adults aged ≥ 18 years, which ranks 829th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Hampton is 11.5%, which ranks 846th out of 905 Iowa communities (85th out of 102 mid-sized communities).

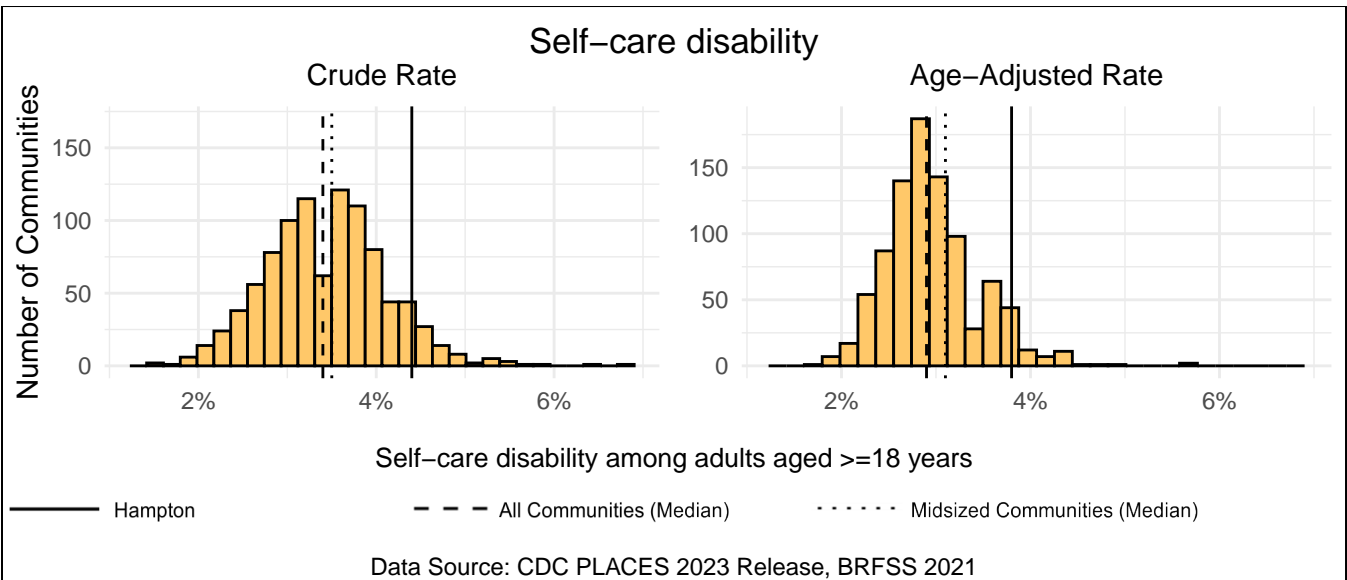
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	14.3%	11.8%	12.1%
Age-Adjusted	11.5%	9.5%	9.8%



Self-care disability

Hampton has a crude rate of 4.4% for self-care disability among adults aged ≥ 18 years, which ranks 875th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 3.8%, which ranks 839th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

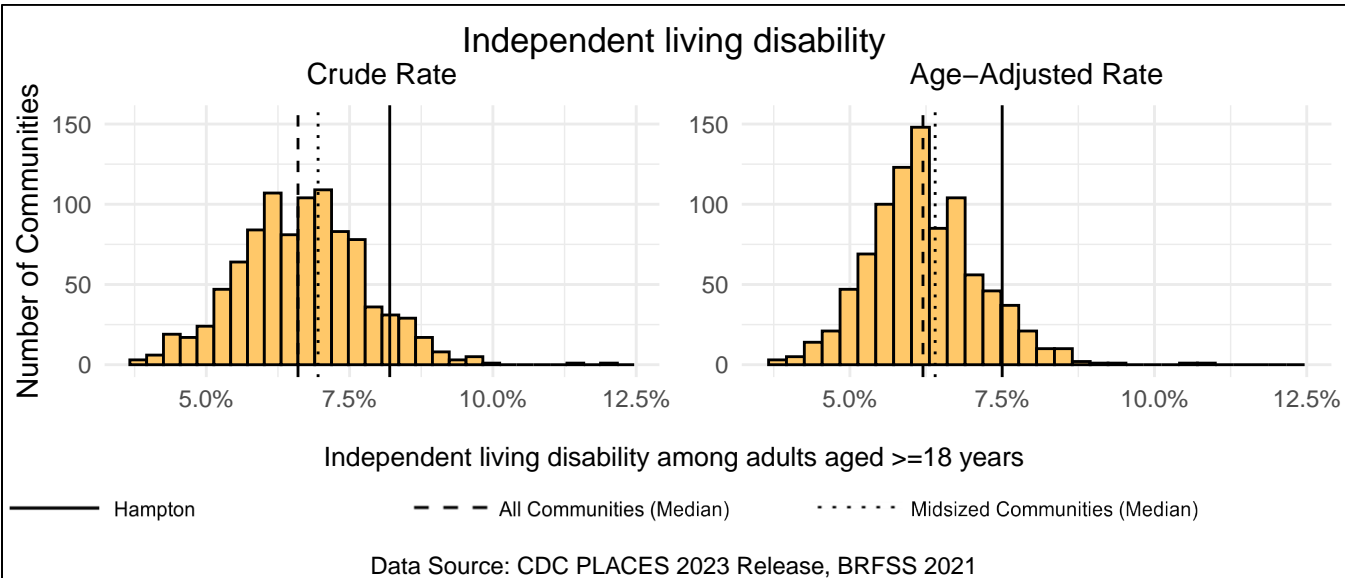
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	4.4%	3.4%	3.5%
Age-Adjusted	3.8%	2.9%	3.1%



Independent living disability

Hampton has a crude rate of 8.2% for independent living disability among adults aged ≥ 18 years, which ranks 877th out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for Hampton is 7.5%, which ranks 822nd out of 905 Iowa communities (83rd out of 102 mid-sized communities).

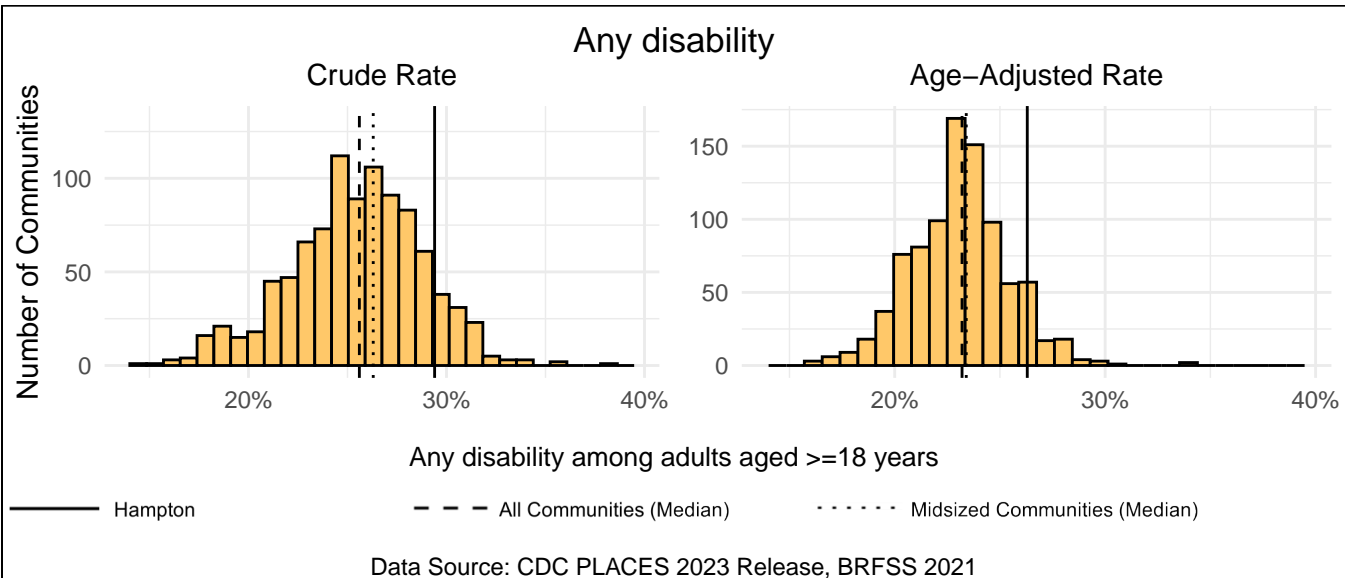
Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	8.2%	6.6%	7.0%
Age-Adjusted	7.5%	6.2%	6.4%



Any disability

Hampton has a crude rate of 29.4% for any disability among adults aged ≥ 18 years, which ranks 854th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Hampton is 26.3%, which ranks 824th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

Measure Type	Hampton	All Comm.	Midsized Comm.
Crude	29.4%	25.6%	26.3%
Age-Adjusted	26.3%	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: Hampton 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	895	17.6% (14.5% - 20.8%)	863	16.1% (13.2% - 18.8%)
Health Status	Mental Health	646	14.8% (12.6% - 17.1%)	631	16.0% (13.6% - 18.2%)
Health Status	Physical Health	830	12.1% (10.0% - 14.0%)	816	11.1% (9.4% - 12.9%)
Health Risk Behaviors	Current Smoking	640	17.7% (14.1% - 21.4%)	677	18.7% (14.8% - 22.6%)
Health Risk Behaviors	Physical Inactivity	900	30.8% (24.8% - 36.5%)	868	29.0% (23.8% - 34.3%)
Health Risk Behaviors	Sleep <7 hours	278	29.4% (28.1% - 30.8%)	265	30.4% (28.9% - 32.0%)
Health Risk Behaviors	Binge Drinking	176	17.7% (14.5% - 21.3%)	37	20.0% (16.5% - 23.8%)
Health Outcomes	Obesity	675	38.9% (31.0% - 47.3%)	743	39.7% (31.8% - 47.7%)
Health Outcomes	Cancer (except skin)	505	8.2% (7.3% - 9.1%)	16	6.3% (5.6% - 6.9%)
Health Outcomes	All Teeth Lost	914	17.0% (10.2% - 25.4%)	845	16.2% (10.2% - 23.2%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.7%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	High Blood Pressure	595	33.2% (29.1% - 37.4%)	696	28.4% (24.4% - 32.3%)
Health Outcomes	Coronary Heart Disease	715	7.4% (6.3% - 8.5%)	759	5.5% (4.8% - 6.3%)
Health Outcomes	Diabetes	806	11.6% (9.7% - 13.5%)	857	9.7% (8.1% - 11.3%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.0%)	858	2.9% (2.5% - 3.2%)
Health Outcomes	COPD	770	8.5% (6.8% - 10.2%)	765	7.1% (5.7% - 8.4%)
Health Outcomes	Arthritis	642	29.3% (25.1% - 33.5%)	785	24.5% (20.8% - 28.5%)
Health Outcomes	Depression	326	17.6% (14.5% - 21.0%)	218	18.5% (15.1% - 22.0%)
Health Outcomes	High Cholesterol	362	35.5% (31.0% - 40.2%)	242	29.2% (25.0% - 33.7%)
Health Outcomes	Stroke	760	3.8% (3.2% - 4.5%)	781	2.9% (2.5% - 3.3%)
Prevention	Mammography	338	76.9% (72.5% - 80.9%)	415	74.0% (68.8% - 78.5%)
Prevention	Health Insurance	941	12.3% (9.4% - 15.2%)	887	12.8% (9.9% - 15.8%)
Prevention	Core preventive services for older men	862	39.4% (30.1% - 49.5%)	771	39.8% (30.6% - 49.2%)
Prevention	Colorectal Cancer Screening	790	69.3% (65.8% - 72.8%)	805	68.6% (65.0% - 72.1%)
Prevention	Annual Checkup	771	73.5% (68.1% - 78.4%)	853	70.7% (65.1% - 75.9%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	906	33.5% (26.4% - 41.7%)	818	35.9% (28.3% - 43.8%)
Prevention	Dental Visit	865	62.3% (58.3% - 66.0%)	808	61.8% (57.9% - 65.6%)
Prevention	Taking BP Medication	370	80.4% (77.2% - 83.1%)	126	59.8% (54.5% - 64.7%)
Prevention	Cholesterol Screening	801	80.3% (77.0% - 83.4%)	831	77.3% (73.5% - 80.9%)
Prevention	Cervical Cancer Screening	691	82.3% (79.6% - 84.7%)	700	82.1% (79.6% - 84.4%)
Disability	Cognitive Disability	871	13.1% (10.9% - 15.2%)	815	13.4% (11.0% - 15.6%)
Disability	Hearing Disability	744	8.5% (7.4% - 9.6%)	766	6.5% (5.6% - 7.3%)
Disability	Independent Living Disability	877	8.2% (6.8% - 9.8%)	822	7.5% (6.2% - 8.7%)
Disability	Self-care Disability	875	4.4% (3.6% - 5.2%)	839	3.8% (3.3% - 4.5%)
Disability	Mobility Disability	829	14.3% (11.5% - 16.9%)	846	11.5% (9.3% - 13.5%)
Disability	Any Disability	854	29.4% (25.0% - 33.8%)	824	26.3% (22.1% - 30.4%)
Disability	Vision Disability	910	5.6% (4.6% - 6.6%)	875	5.0% (4.2% - 5.8%)

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)

Hampton 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
