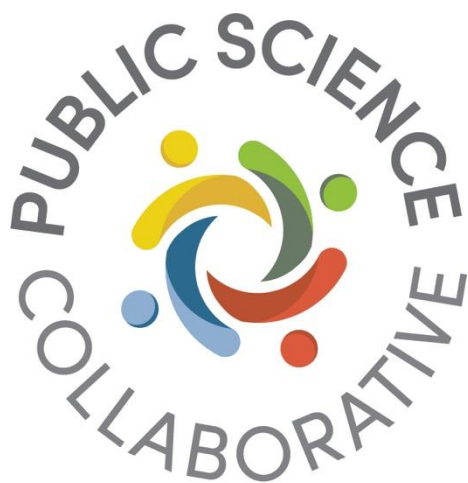




## Iowa Community Health Snapshot Series

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



*May 2024*

*By Matthew Voss & Shawn Dorius*

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

# Iowa Community Health Snapshot Series

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# Health in Hawarden: Overview

Dear Community Members & Stakeholders of Hawarden,

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 Hawarden ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Hawarden’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 Hawarden. 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
Depression	30th	2nd	Binge Drinking	14th	6th
Binge Drinking	84th	6th	Cancer (except skin)	16th	6th
Sleep <7 hours	169th	24th	Depression	25th	5th
Mammography	273rd	33rd	Sleep <7 hours	192nd	33rd
Current Asthma	311th	27th	High Cholesterol	195th	20th

# 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	943rd	96th	Annual Checkup	892nd	101st
Core preventive services for older women	942nd	100th	Cholesterol Screening	891st	99th
Core preventive services for older men	931st	97th	Health Insurance	890th	96th
All Teeth Lost	931st	94th	All Teeth Lost	876th	93rd
Cervical Cancer Screening	898th	90th	Obesity	861st	89th

Please review the rest of the report to learn more about your community and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Hawarden.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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

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## How to Use this Report

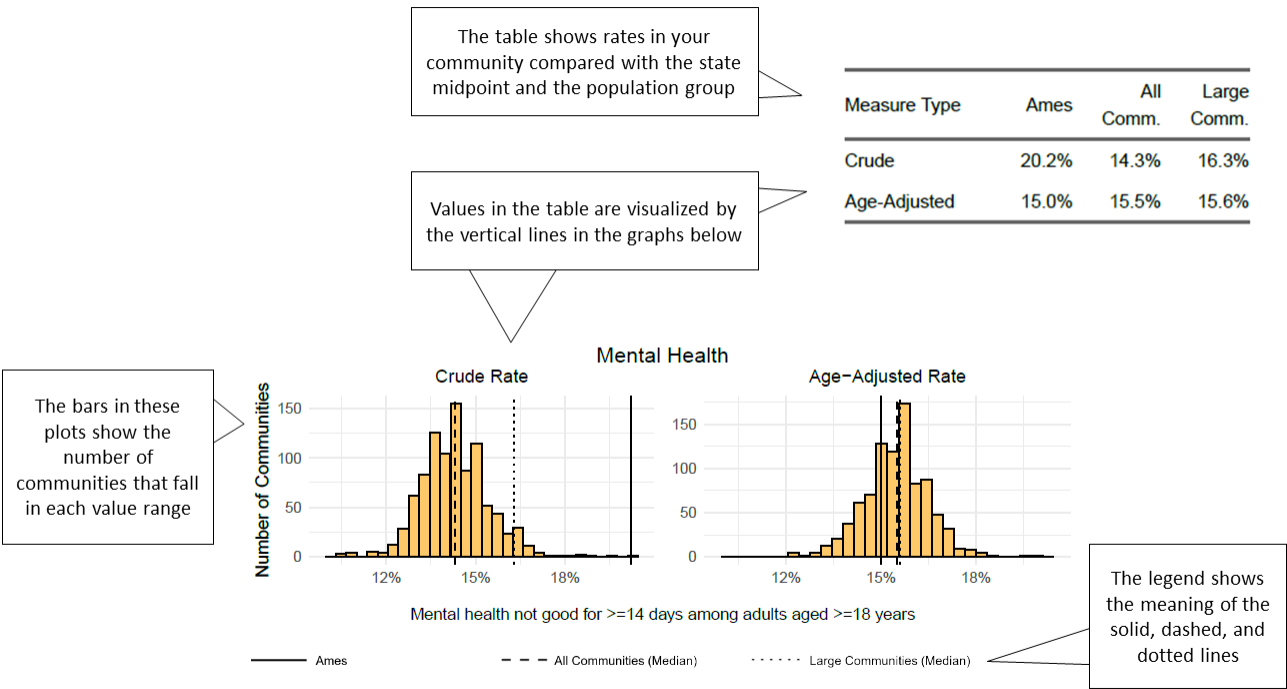
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Hawarden that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Hawarden, a review of risky behaviors in the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

With a population of 2,673, Hawarden’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.



# Health Status

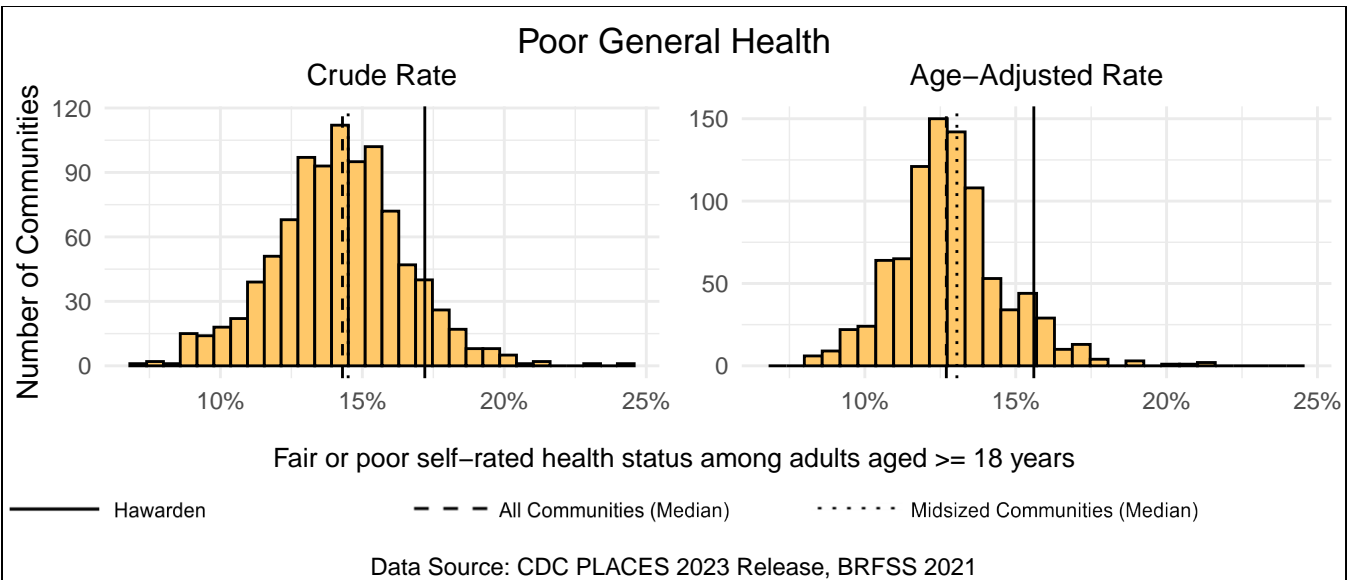
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Hawarden has a crude rate of 17.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 874th out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 15.6%, which ranks 839th out of 905 Iowa communities (82nd out of 102 mid-sized communities).

Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	17.2%	14.3%	14.5%
Age-Adjusted	15.6%	12.7%	13.0%

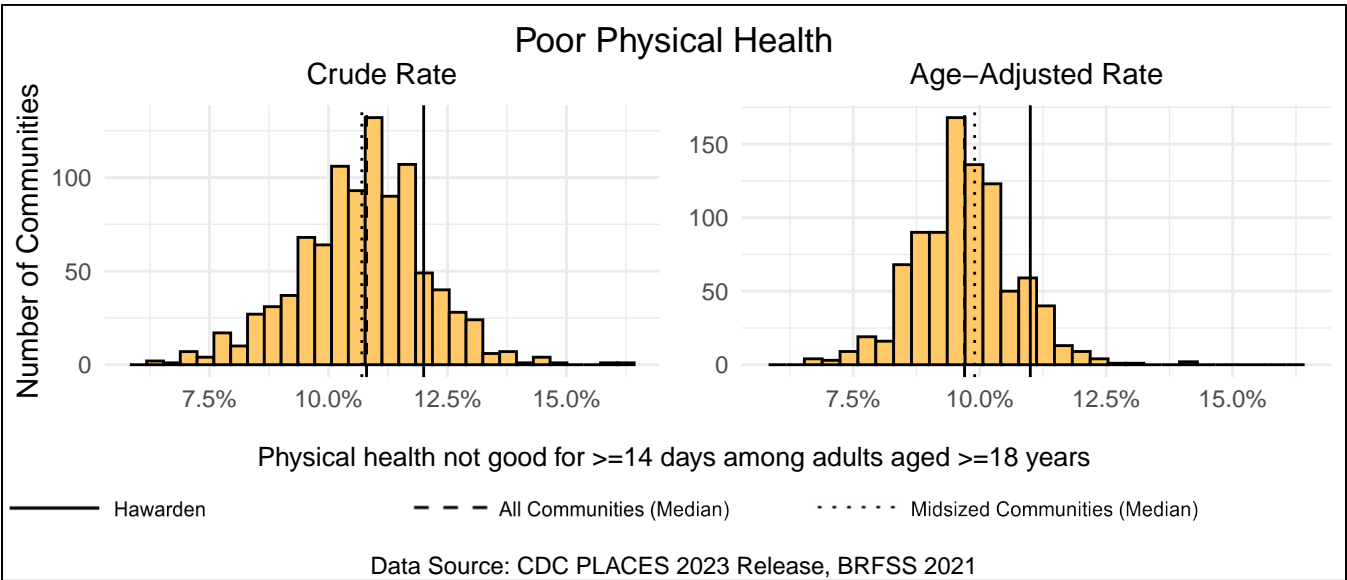




# Poor Physical Health

Hawarden has a crude rate of 12.0% for physical health not good for >=14 days among adults aged >=18 years, which ranks 811th out of 958 Iowa communities (79th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 11.0%, which ranks 806th out of 905 Iowa communities (81st out of 102 mid-sized communities).

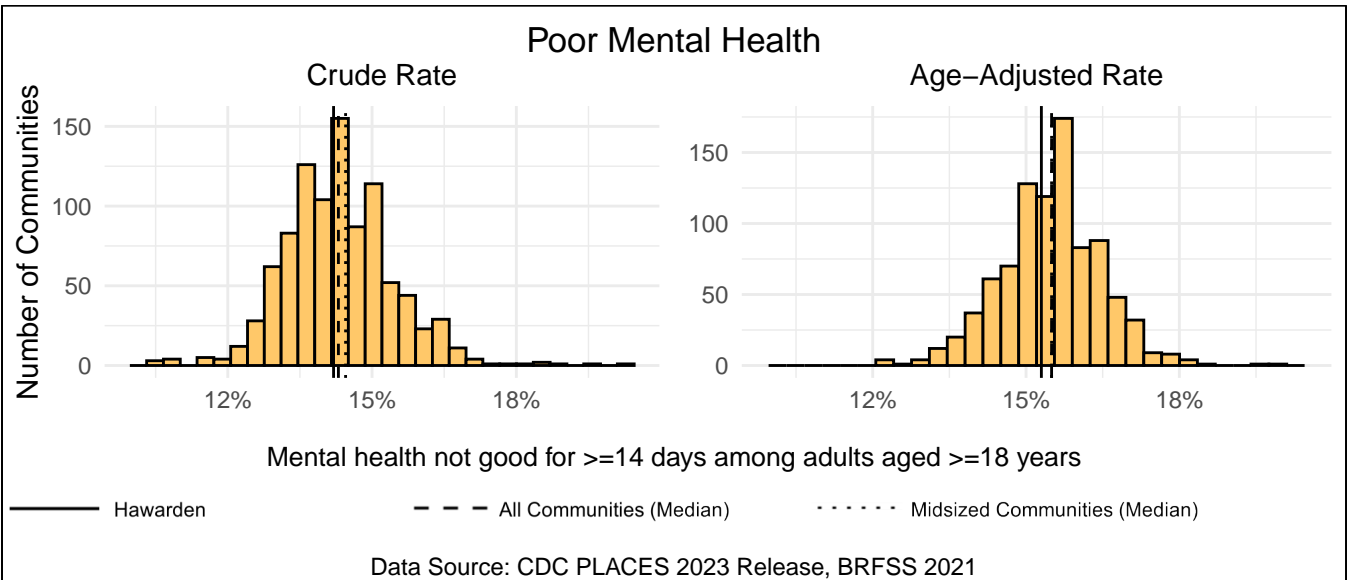
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	12.0%	10.8%	10.7%
Age-Adjusted	11.0%	9.7%	9.9%



# Poor Mental Health

Hawarden has a crude rate of 14.2% for mental health not good for >=14 days among adults aged >=18 years, which ranks 432nd out of 958 Iowa communities (41st out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 15.3%, which ranks 338th out of 905 Iowa communities (44th out of 102 mid-sized communities).

Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	14.2%	14.3%	14.4%
Age-Adjusted	15.3%	15.5%	15.5%



# Health Risk Behaviors

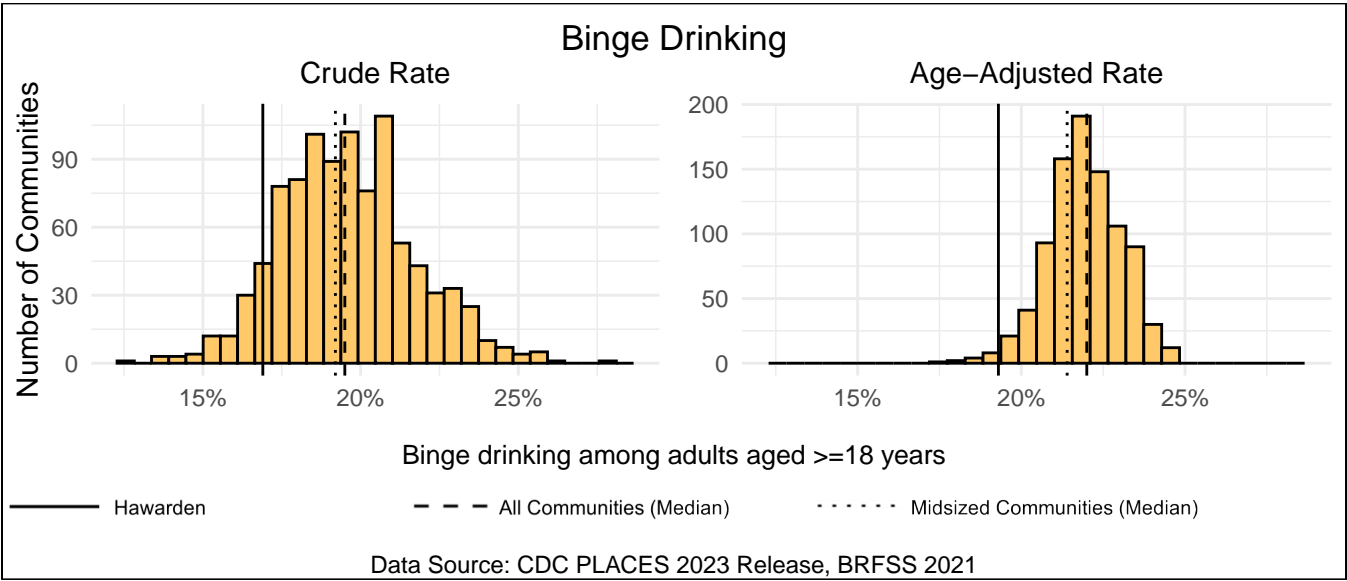
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Hawarden has a crude rate of 16.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 84th out of 958 Iowa communities (6th out of 102 midsized communities). The age-adjusted rate for Hawarden is 19.3%, which ranks 14th out of 905 Iowa communities (6th out of 102 midsized communities).

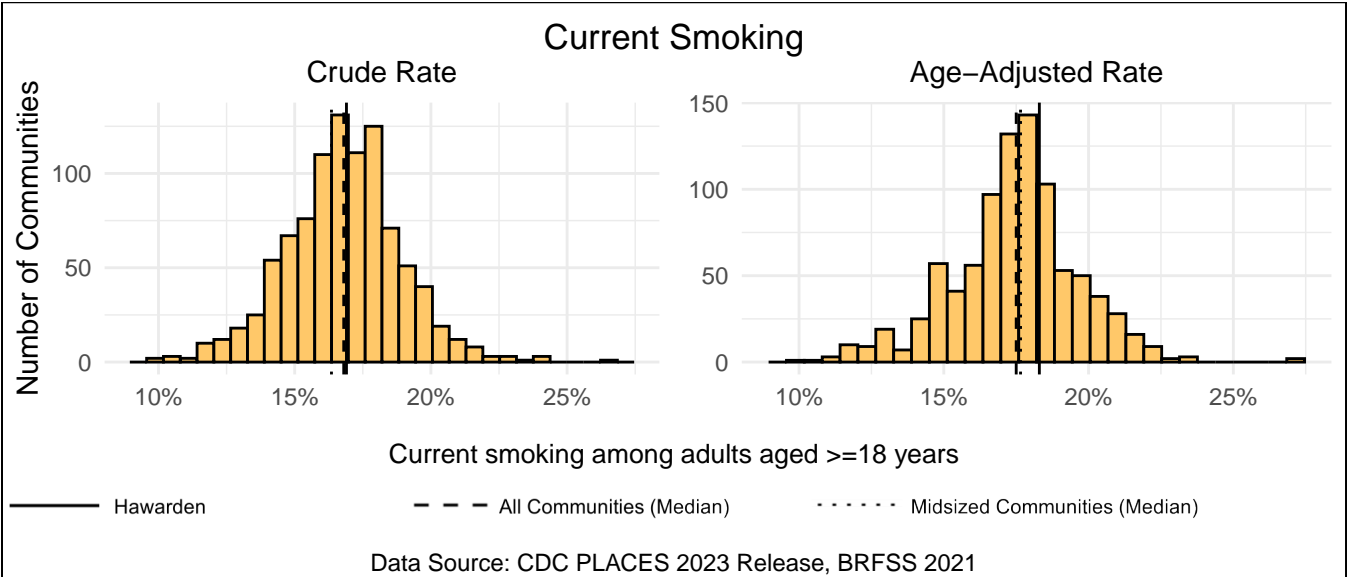
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	16.9%	19.5%	19.2%
Age-Adjusted	19.3%	22.0%	21.4%



# Current Smoking

Hawarden has a crude rate of 16.9% for current smoking among adults aged >=18 years, which ranks 490th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 18.3%, which ranks 602nd out of 905 Iowa communities (69th out of 102 mid-sized communities).

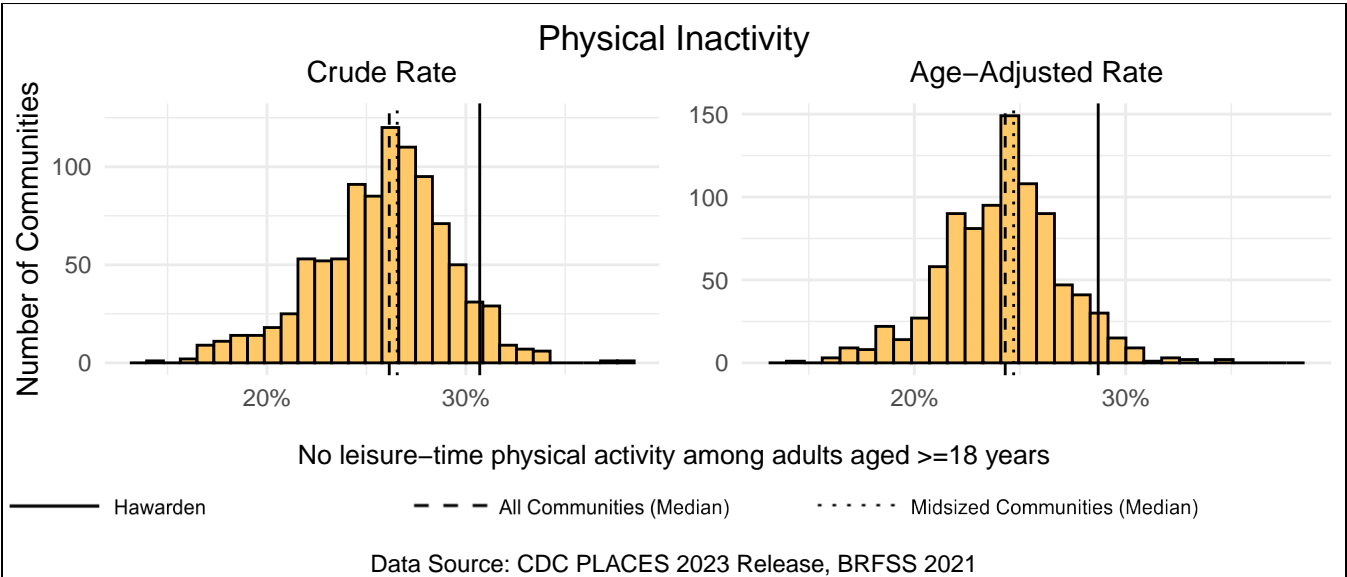
Measure Type	Hawarden	All Comm.	Mid-sized Comm.
Crude	16.9%	16.8%	16.4%
Age-Adjusted	18.3%	17.5%	17.6%



# Physical Inactivity

Hawarden has a crude rate of 30.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 897th out of 958 Iowa communities (86th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 28.7%, which ranks 858th out of 905 Iowa communities (88th out of 102 mid-sized communities).

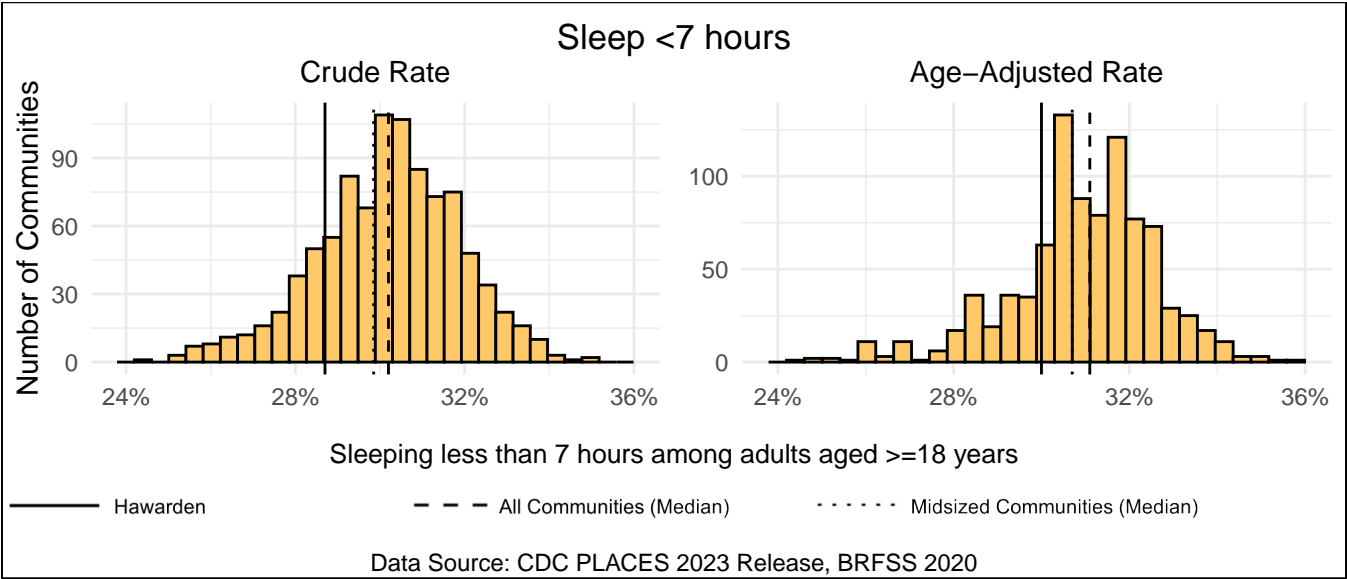
Measure Type	Hawarden	All Comm.	Mid-sized Comm.
Crude	30.7%	26.1%	26.6%
Age-Adjusted	28.7%	24.3%	24.7%



Sleep <7 hours

Hawarden has a crude rate of 28.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 169th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 30.0%, which ranks 192nd out of 905 Iowa communities (33rd out of 102 midsized communities).

Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	28.7%	30.2%	29.8%
Age-Adjusted	30.0%	31.1%	30.7%



# Health Outcomes

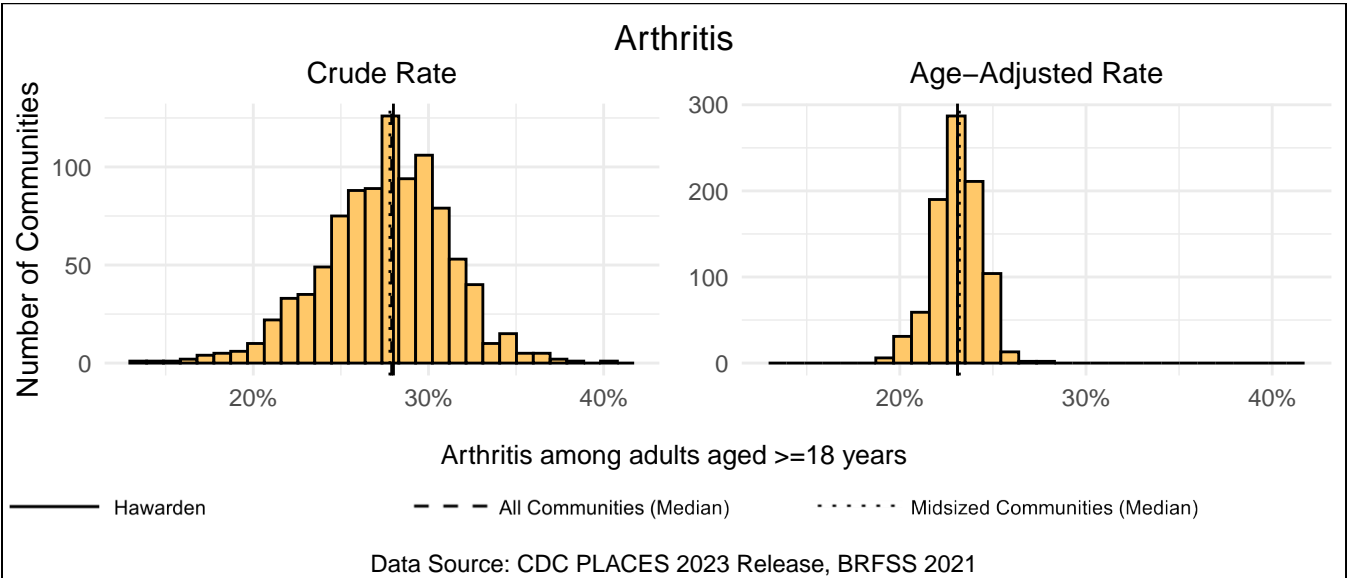
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Hawarden has a crude rate of 28.0% for arthritis among adults aged  $\geq 18$  years, which ranks 489th out of 958 Iowa communities (54th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 23.1%, which ranks 426th out of 905 Iowa communities (48th out of 102 mid-sized communities).

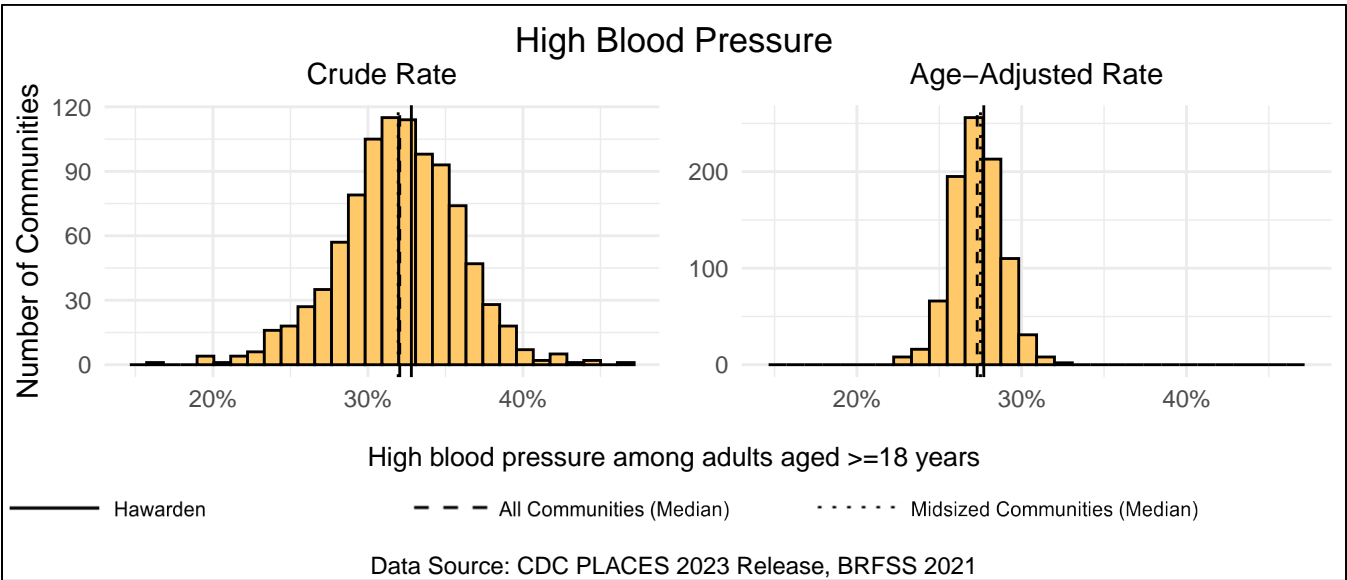
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	28.0%	27.9%	27.8%
Age-Adjusted	23.1%	23.1%	23.2%



# High Blood Pressure

Hawarden has a crude rate of 32.8% for high blood pressure among adults aged  $\geq 18$  years, which ranks 552nd out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Hawarden is 27.7%, which ranks 542nd out of 905 Iowa communities (56th out of 102 midsized communities).

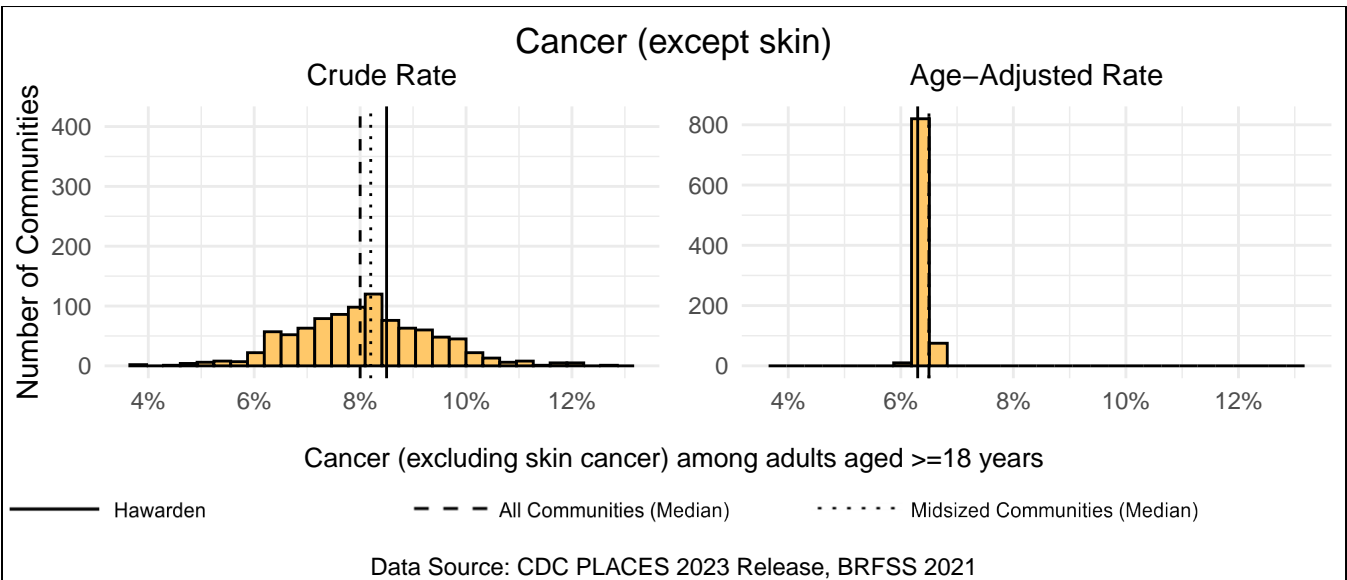
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	32.8%	32.0%	32.0%
Age-Adjusted	27.7%	27.3%	27.5%



# Cancer (except skin)

Hawarden has a crude rate of 8.5% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 606th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Hawarden is 6.3%, which ranks 16th out of 905 Iowa communities (6th out of 102 midsized communities).

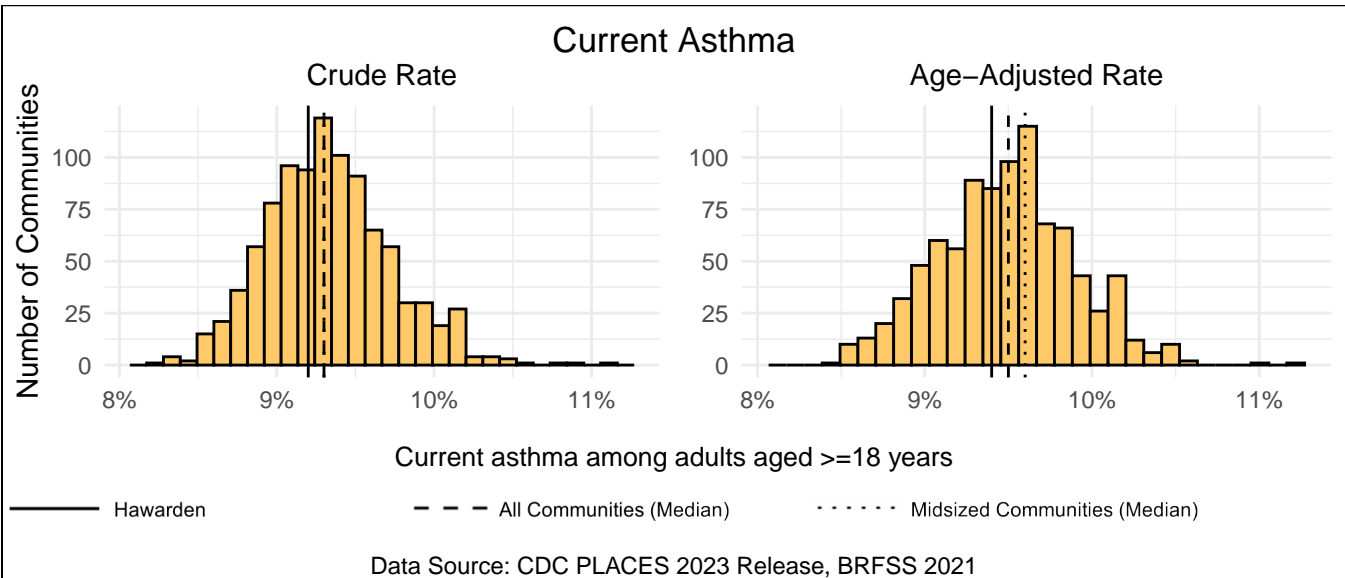
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	8.5%	8.0%	8.2%
Age-Adjusted	6.3%	6.5%	6.5%



## Current Asthma

Hawarden has a crude rate of 9.2% for current asthma among adults aged  $\geq 18$  years, which ranks 311th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Hawarden is 9.4%, which ranks 330th out of 905 Iowa communities (33rd out of 102 midsize communities).

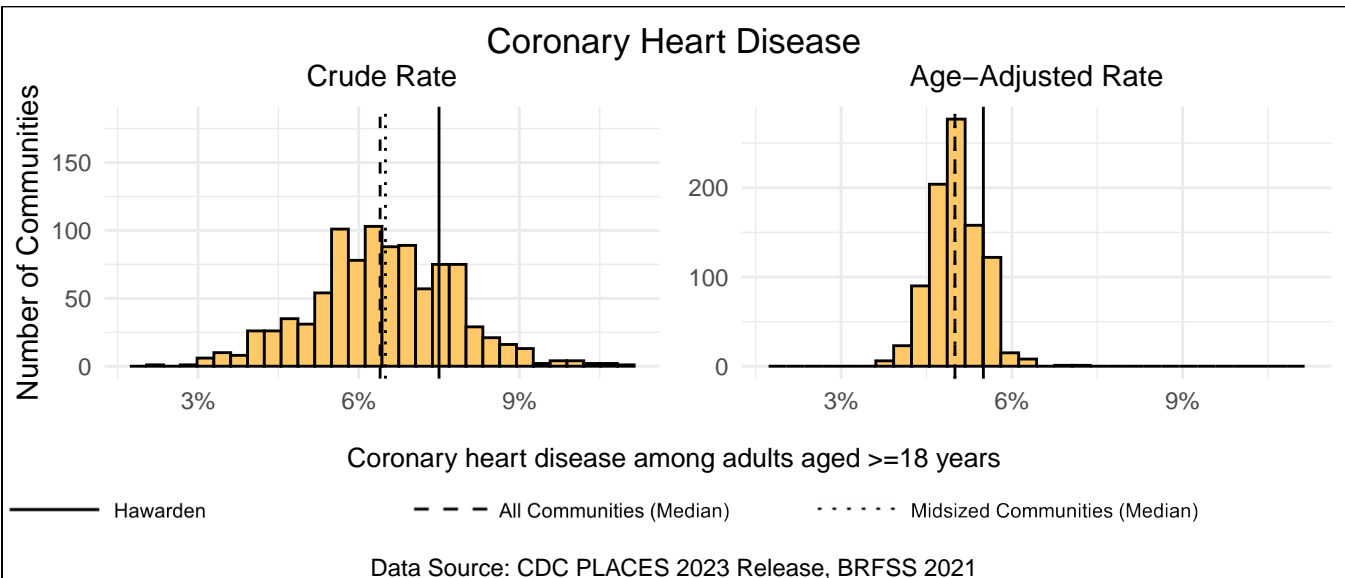
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.6%



## Coronary Heart Disease

Hawarden has a crude rate of 7.5% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 747th out of 958 Iowa communities (81st out of 102 midsize communities). The age-adjusted rate for Hawarden is 5.5%, which ranks 759th out of 905 Iowa communities (80th out of 102 midsize communities).

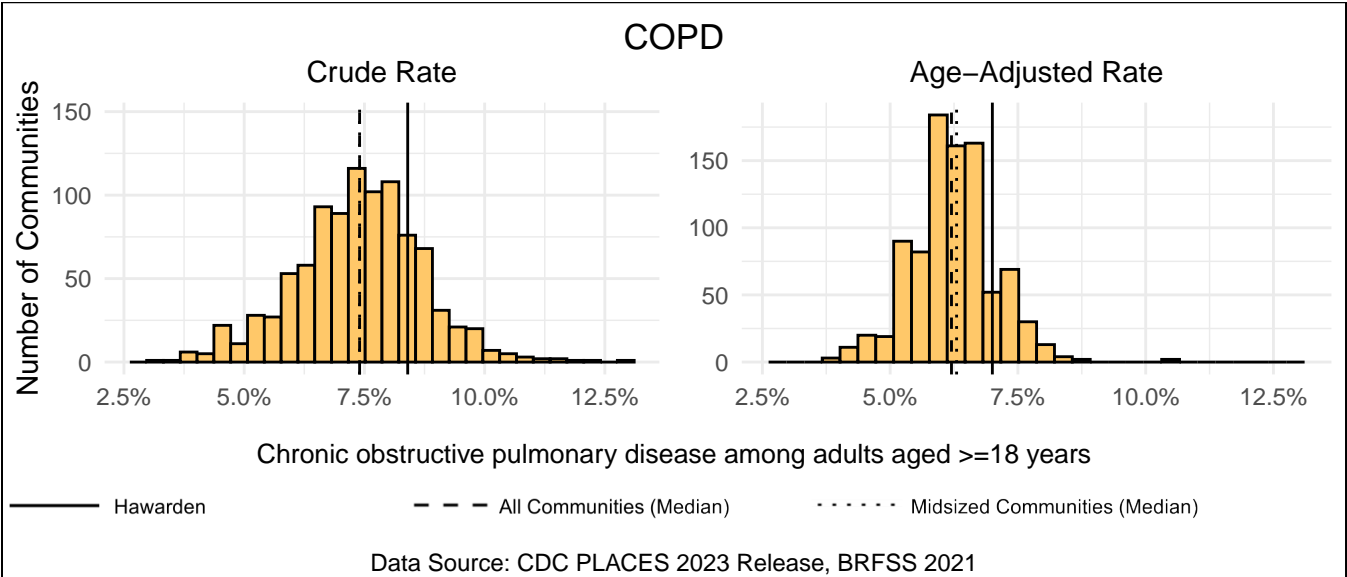
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	7.5%	6.4%	6.5%
Age-Adjusted	5.5%	5.0%	5.0%



# COPD

Hawarden has a crude rate of 8.4% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 749th out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for Hawarden is 7.0%, which ranks 753rd out of 905 Iowa communities (73rd out of 102 midsized communities).

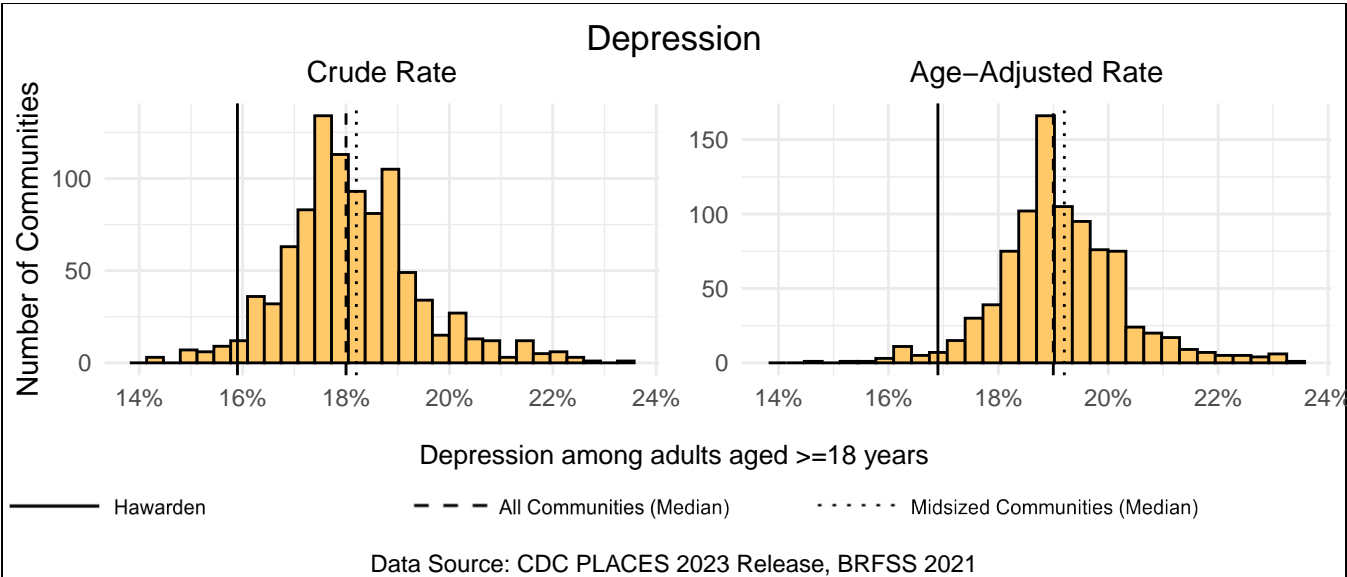
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	8.4%	7.4%	7.4%
Age-Adjusted	7.0%	6.2%	6.3%



# Depression

Hawarden has a crude rate of 15.9% for depression among adults aged  $\geq 18$  years, which ranks 30th out of 958 Iowa communities (2nd out of 102 midsized communities). The age-adjusted rate for Hawarden is 16.9%, which ranks 25th out of 905 Iowa communities (5th out of 102 midsized communities).

Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	15.9%	18.0%	18.2%
Age-Adjusted	16.9%	19.0%	19.2%

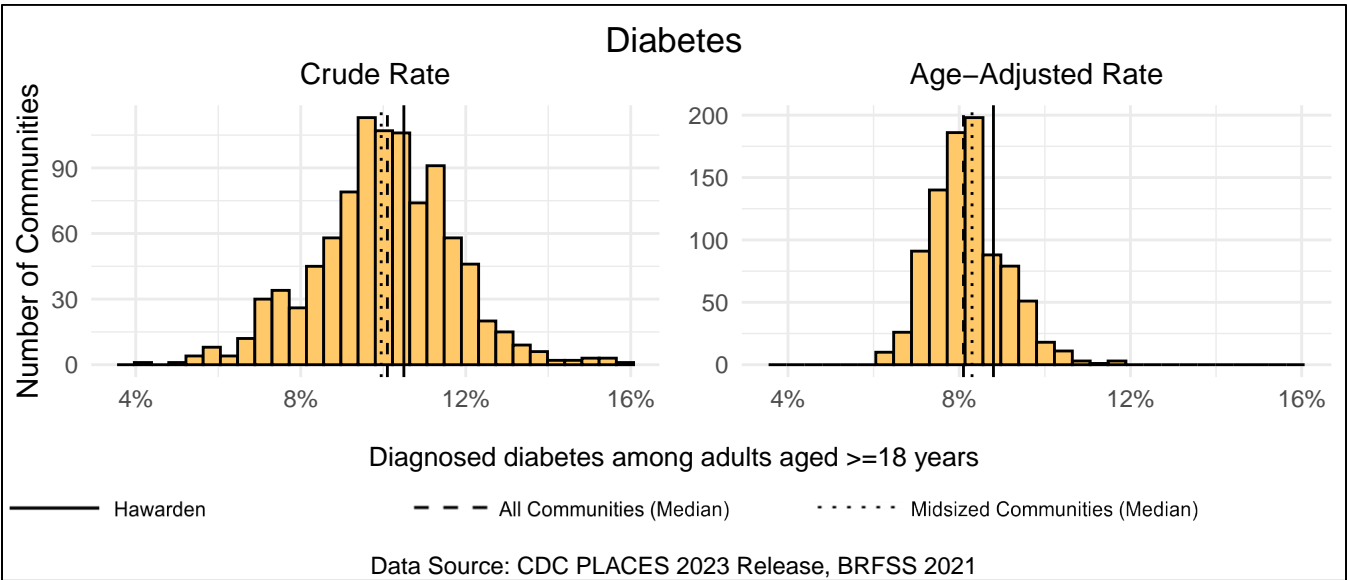




# Diabetes

Hawarden has a crude rate of 10.5% for diagnosed diabetes among adults aged >=18 years, which ranks 575th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Hawarden is 8.8%, which ranks 705th out of 905 Iowa communities (68th out of 102 midsized communities).

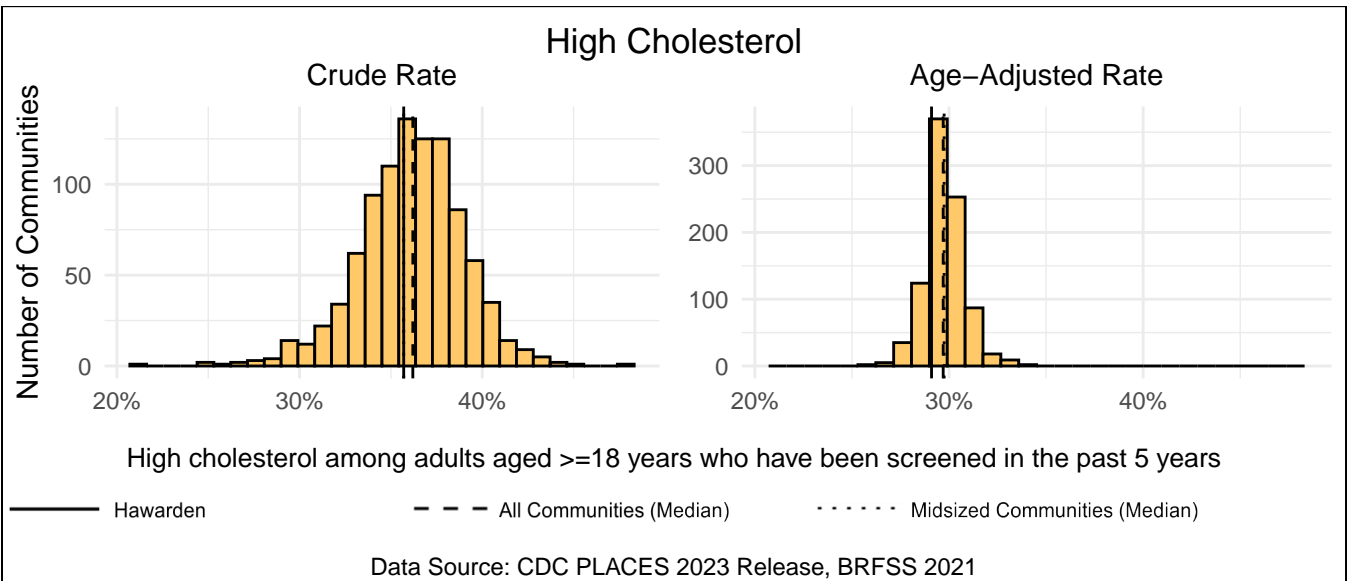
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	10.5%	10.1%	9.9%
Age-Adjusted	8.8%	8.1%	8.3%



# High Cholesterol

Hawarden has a crude rate of 35.7% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 391st out of 958 Iowa communities (49th out of 102 midsized communities). The age-adjusted rate for Hawarden is 29.1%, which ranks 195th out of 905 Iowa communities (20th out of 102 midsized communities).

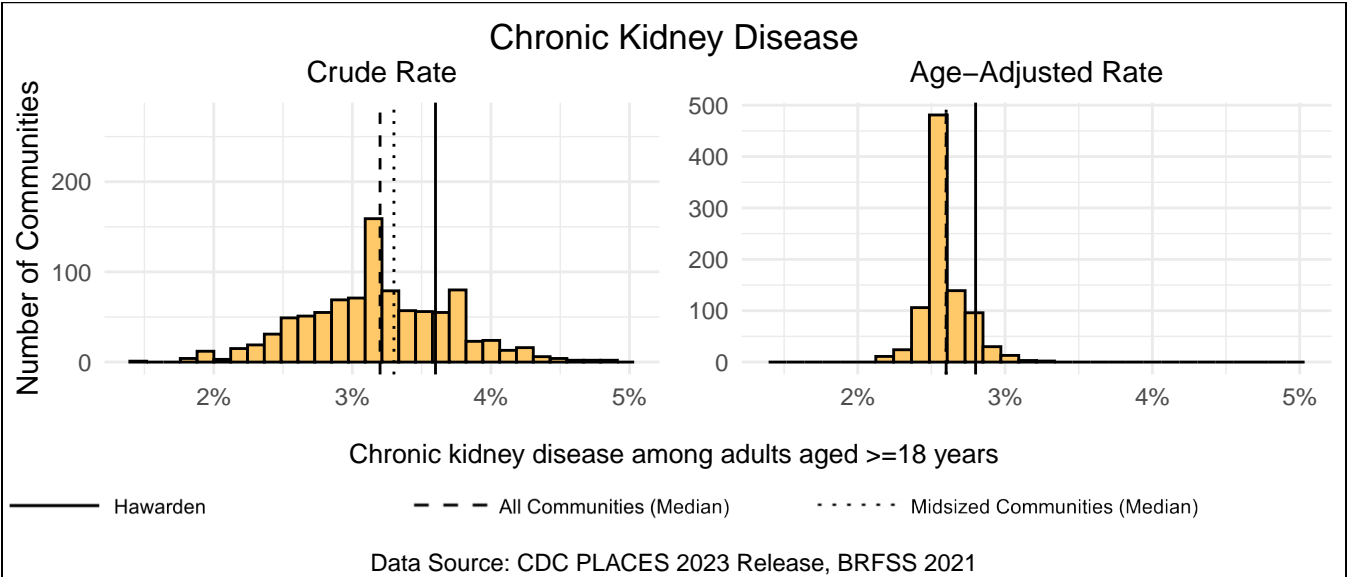
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	35.7%	36.2%	35.7%
Age-Adjusted	29.1%	29.7%	29.8%



# Chronic Kidney Disease

Hawarden has a crude rate of 3.6% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 732nd out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for Hawarden is 2.8%, which ranks 762nd out of 905 Iowa communities (74th out of 102 midsized communities).

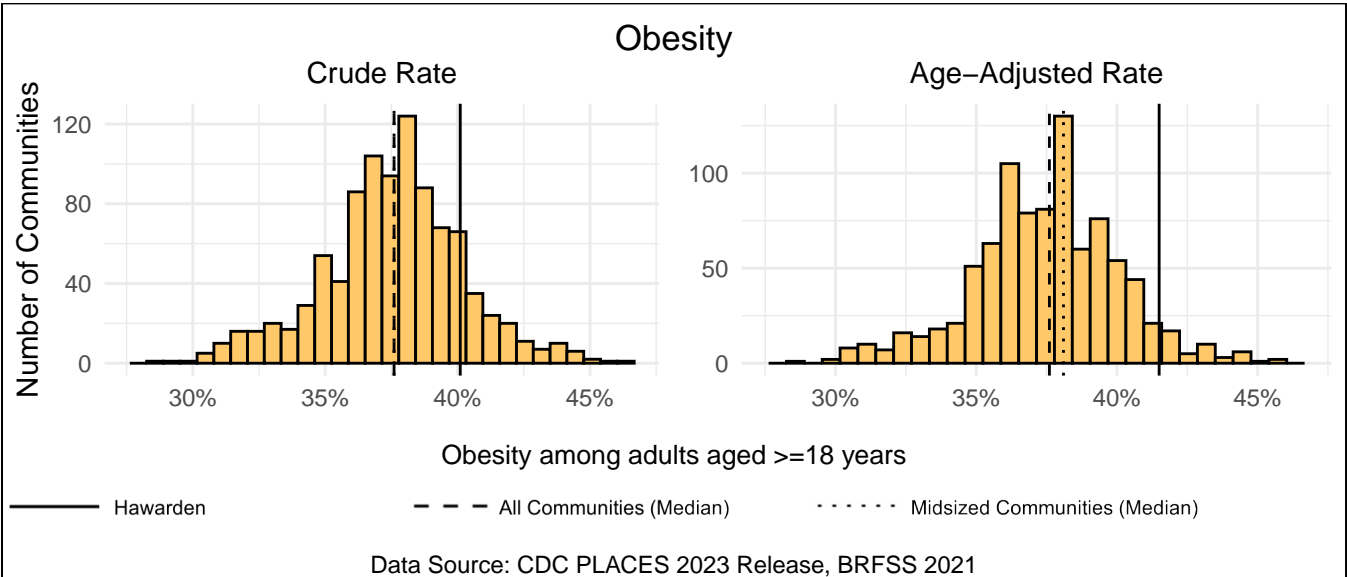
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



# Obesity

Hawarden has a crude rate of 40.1% for obesity among adults aged  $\geq 18$  years, which ranks 816th out of 958 Iowa communities (87th out of 102 midsized communities). The age-adjusted rate for Hawarden is 41.5%, which ranks 861st out of 905 Iowa communities (89th out of 102 midsized communities).

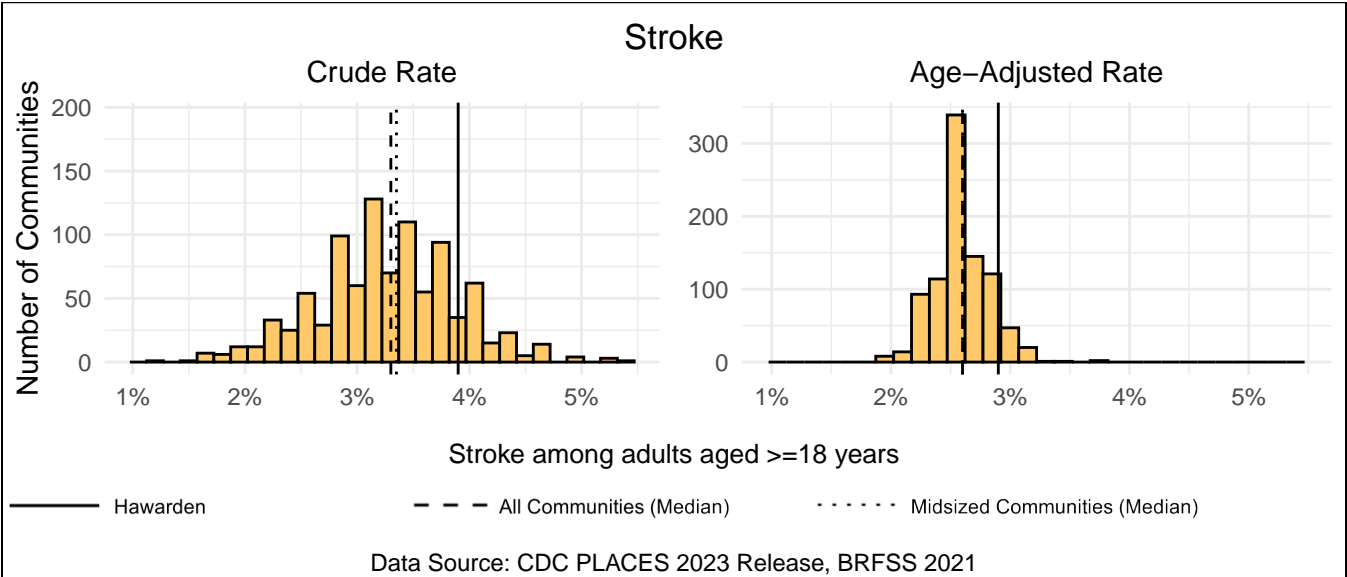
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	40.1%	37.6%	37.6%
Age-Adjusted	41.5%	37.6%	38.1%



# Stroke

Hawarden has a crude rate of 3.9% for stroke among adults aged  $\geq 18$  years, which ranks 797th out of 958 Iowa communities (83rd out of 102 midsized communities). The age-adjusted rate for Hawarden is 2.9%, which ranks 781st out of 905 Iowa communities (79th out of 102 midsized communities).

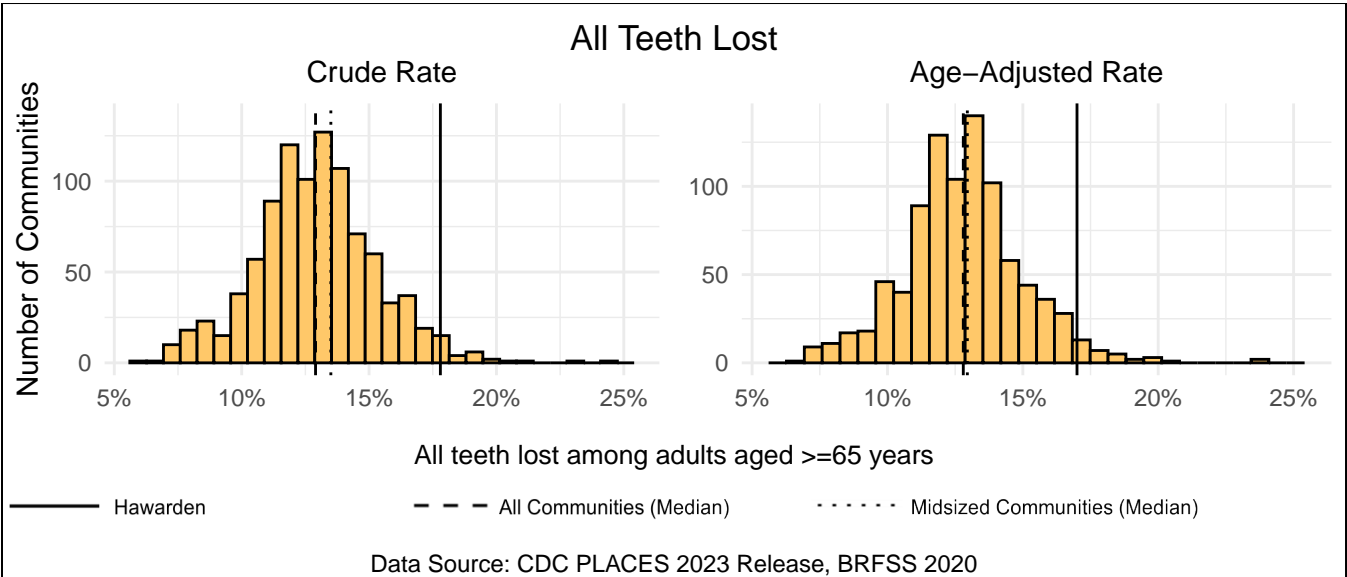
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	3.9%	3.3%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



# All Teeth Lost

Hawarden has a crude rate of 17.8% for all teeth lost among adults aged  $\geq 65$  years, which ranks 931st out of 958 Iowa communities (94th out of 102 midsized communities). The age-adjusted rate for Hawarden is 17.0%, which ranks 876th out of 905 Iowa communities (93rd out of 102 midsized communities).

Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	17.8%	12.9%	13.5%
Age-Adjusted	17.0%	12.8%	12.9%



# Prevention

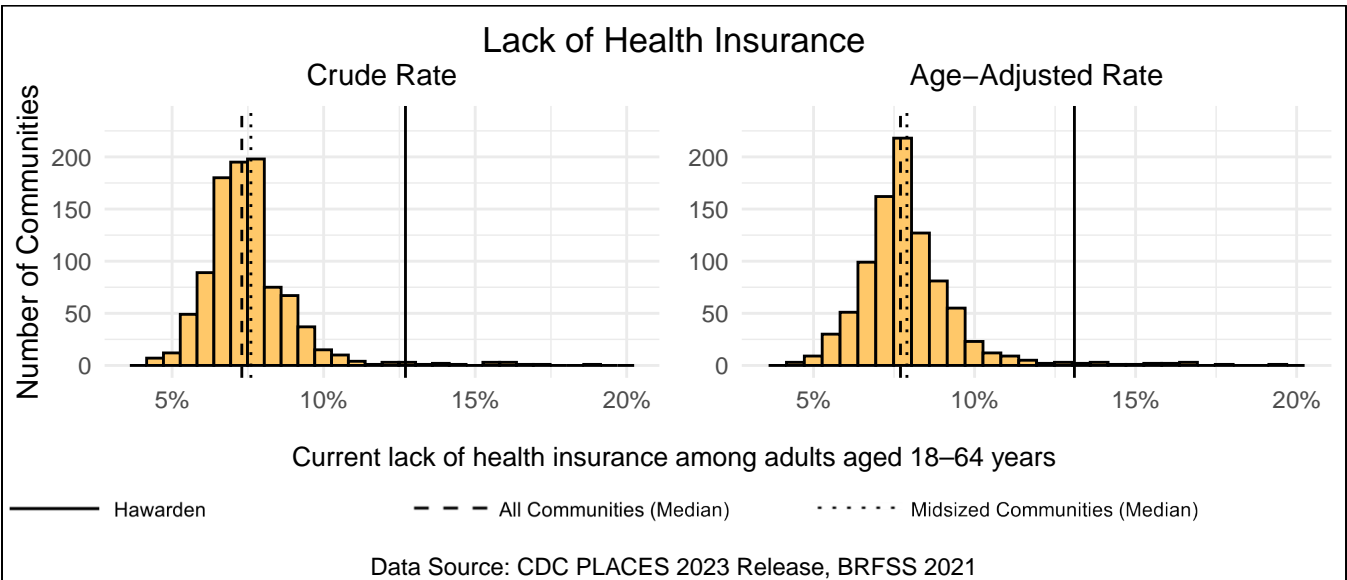
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Hawarden has a crude rate of 12.7% for current lack of health insurance among adults aged 18–64 years, which ranks 943rd out of 958 Iowa communities (96th out of 102 midsize communities). The age-adjusted rate for Hawarden is 13.1%, which ranks 890th out of 905 Iowa communities (96th out of 102 midsize communities).

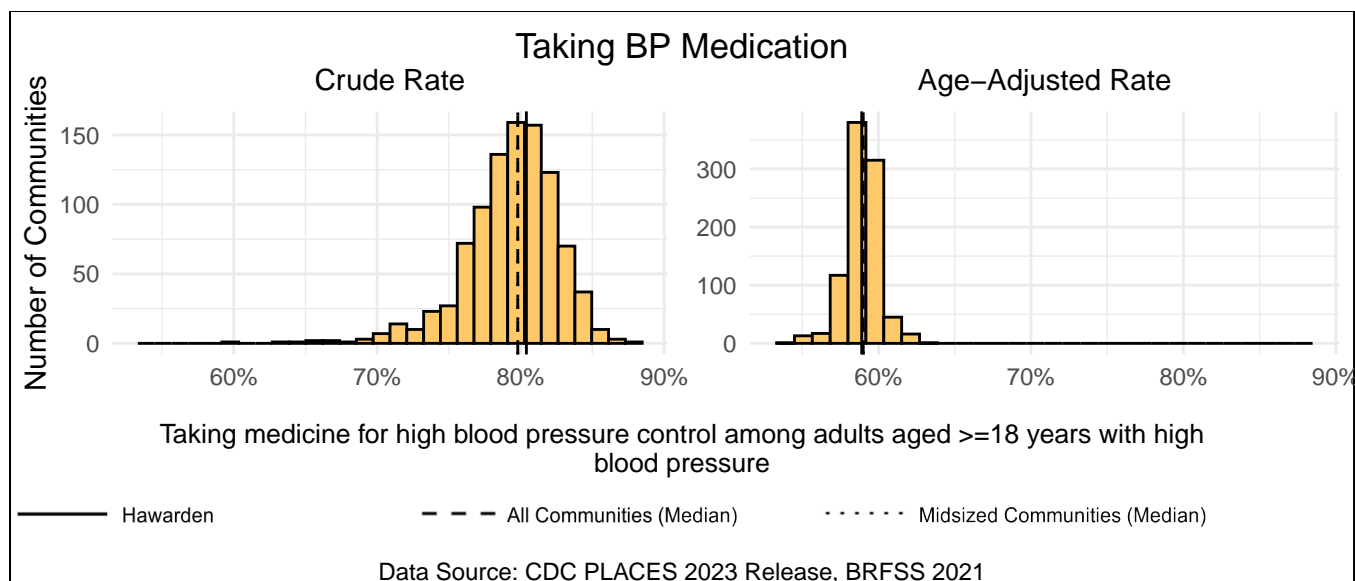
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	12.7%	7.3%	7.6%
Age-Adjusted	13.1%	7.7%	7.9%



## Taking BP Medication

Hawarden has a crude rate of 80.4% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 370th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Hawarden is 58.9%, which ranks 464th out of 905 Iowa communities (55th out of 102 midsized communities).

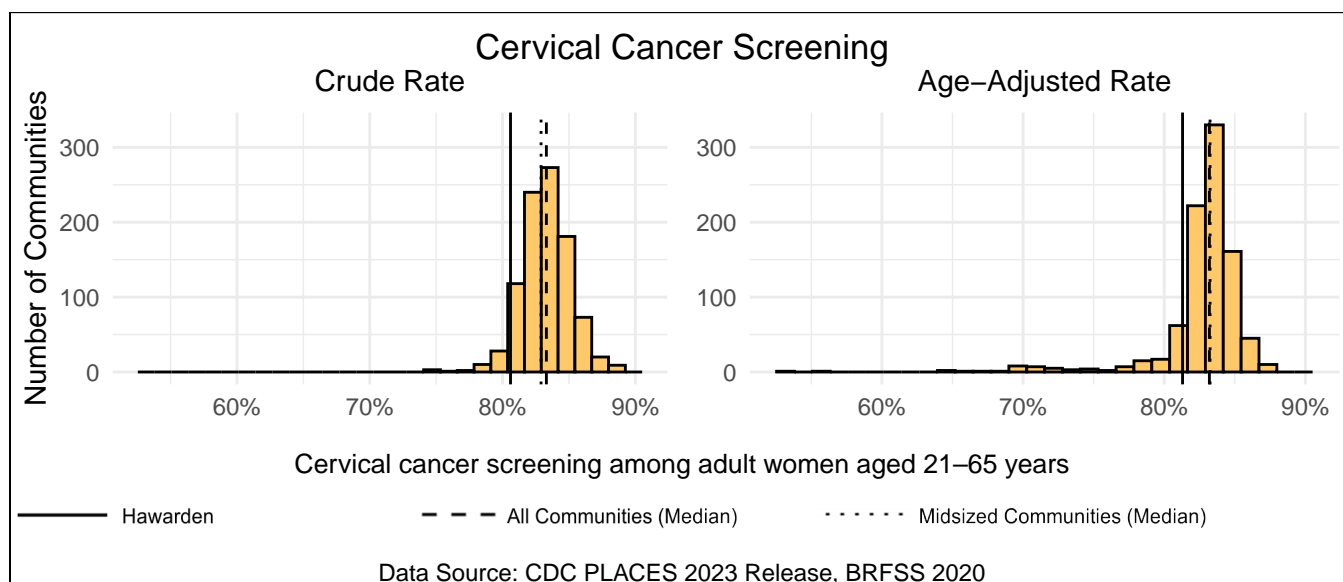
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	80.4%	79.8%	79.8%
Age-Adjusted	58.9%	59.0%	59.0%



## Cervical Cancer Screening

Hawarden 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 (90th out of 102 midsized communities). The age-adjusted rate for Hawarden is 81.3%, which ranks 795th out of 905 Iowa communities (89th out of 102 midsized communities).

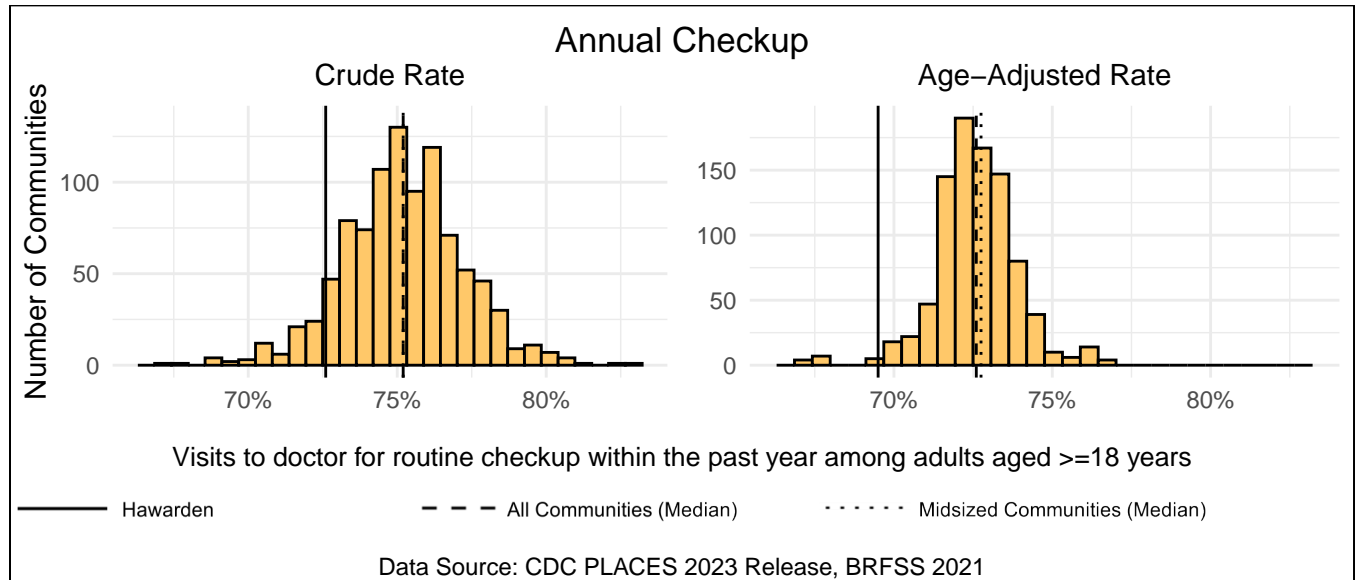
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	80.6%	83.3%	82.9%
Age-Adjusted	81.3%	83.2%	83.2%



## Annual Checkup

Hawarden has a crude rate of 72.6% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 871st out of 958 Iowa communities (89th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 69.5%, which ranks 892nd out of 905 Iowa communities (101st out of 102 mid-sized communities).

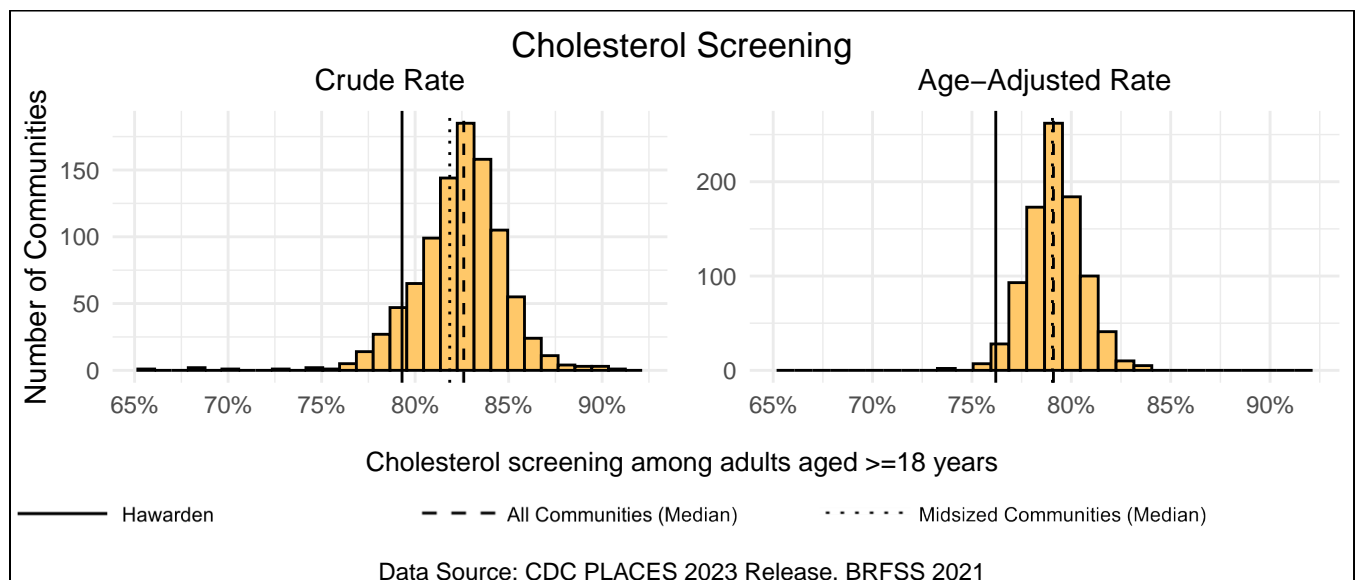
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	72.6%	75.2%	75.2%
Age-Adjusted	69.5%	72.6%	72.8%



## Cholesterol Screening

Hawarden has a crude rate of 79.3% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 871st out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 76.2%, which ranks 891st out of 905 Iowa communities (99th out of 102 mid-sized communities).

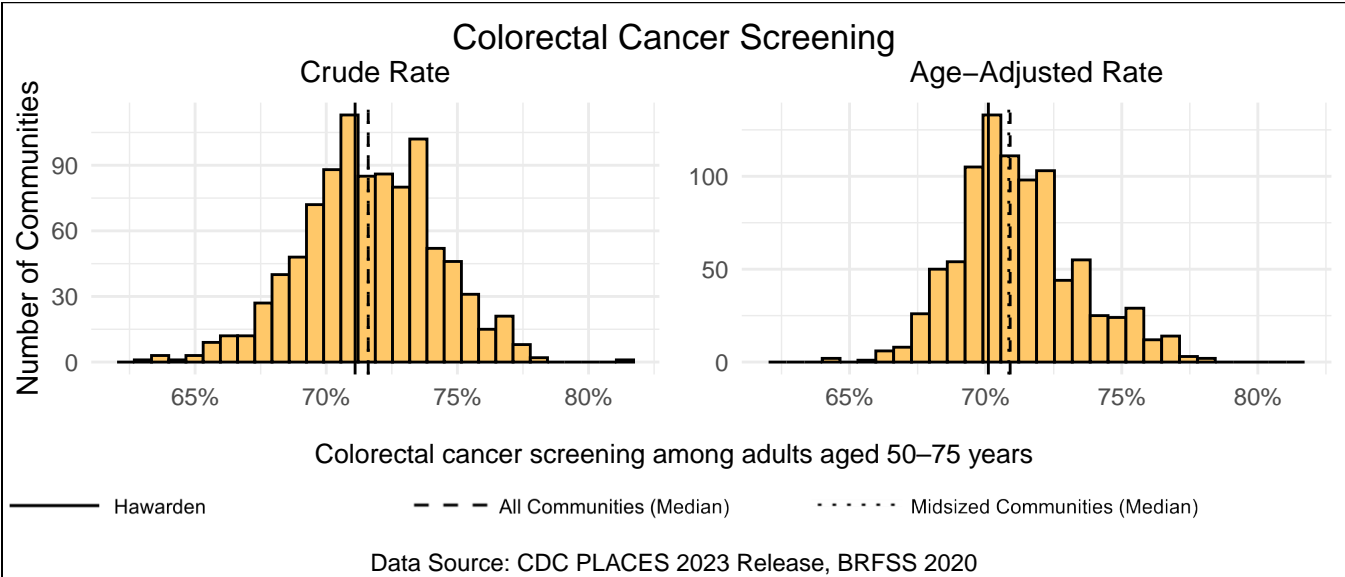
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	79.3%	82.6%	81.8%
Age-Adjusted	76.2%	79.1%	79.0%



## Colorectal Cancer Screening

Hawarden has a crude rate of 71.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 551st out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 70.1%, which ranks 597th out of 905 Iowa communities (63rd out of 102 mid-sized communities).

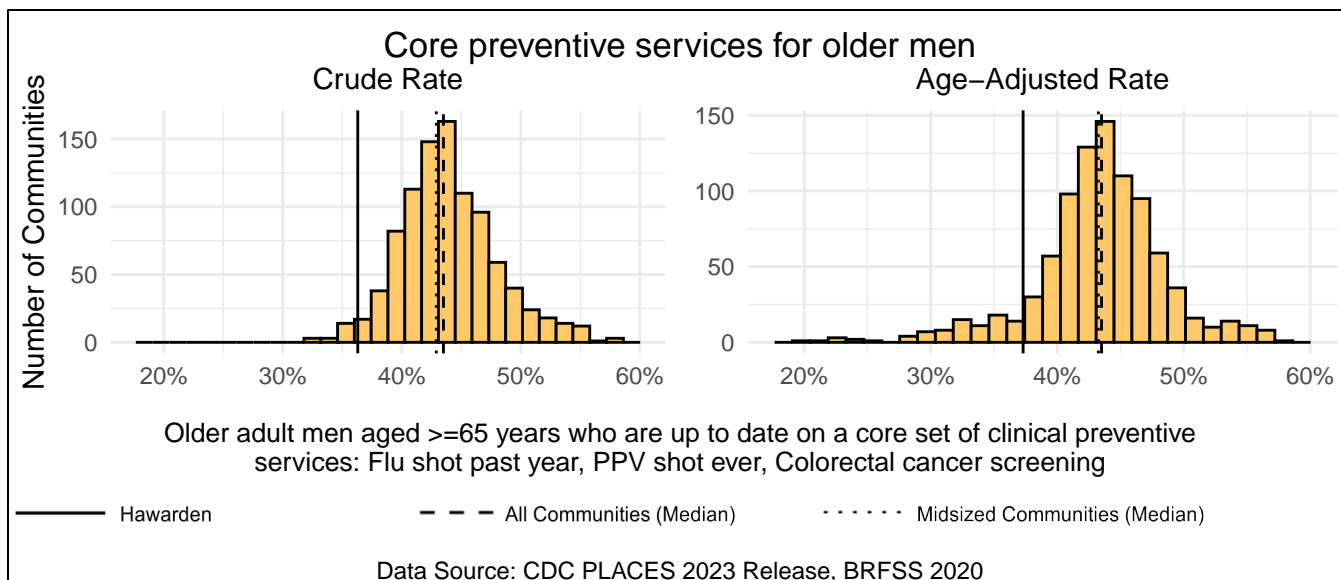
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	71.1%	71.6%	71.6%
Age-Adjusted	70.1%	70.9%	70.8%



## Core preventive services for older men

Hawarden has a crude rate of 36.3% for older adult men aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 931st out of 958 Iowa communities (97th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 37.3%, which ranks 821st out of 905 Iowa communities (97th out of 102 mid-sized communities).

Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	36.3%	43.5%	42.9%
Age-Adjusted	37.3%	43.5%	43.2%

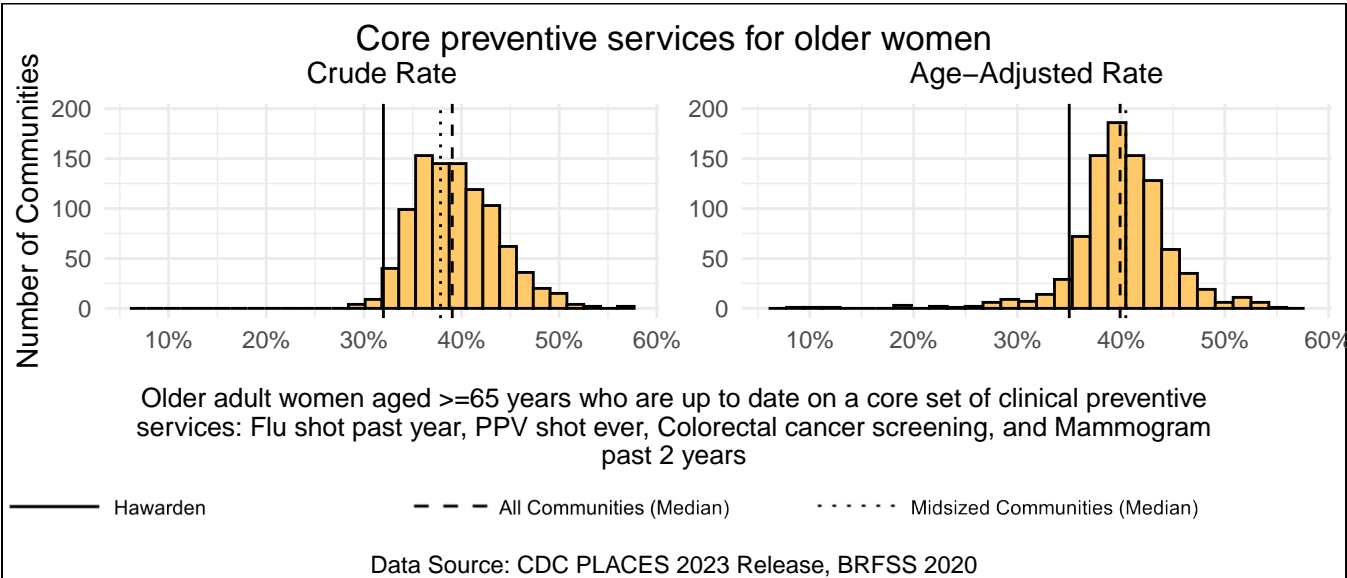




### Core preventive services for older women

Hawarden has a crude rate of 32.0% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 942nd out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Hawarden is 35.0%, which ranks 835th out of 905 Iowa communities (99th out of 102 midsized communities).

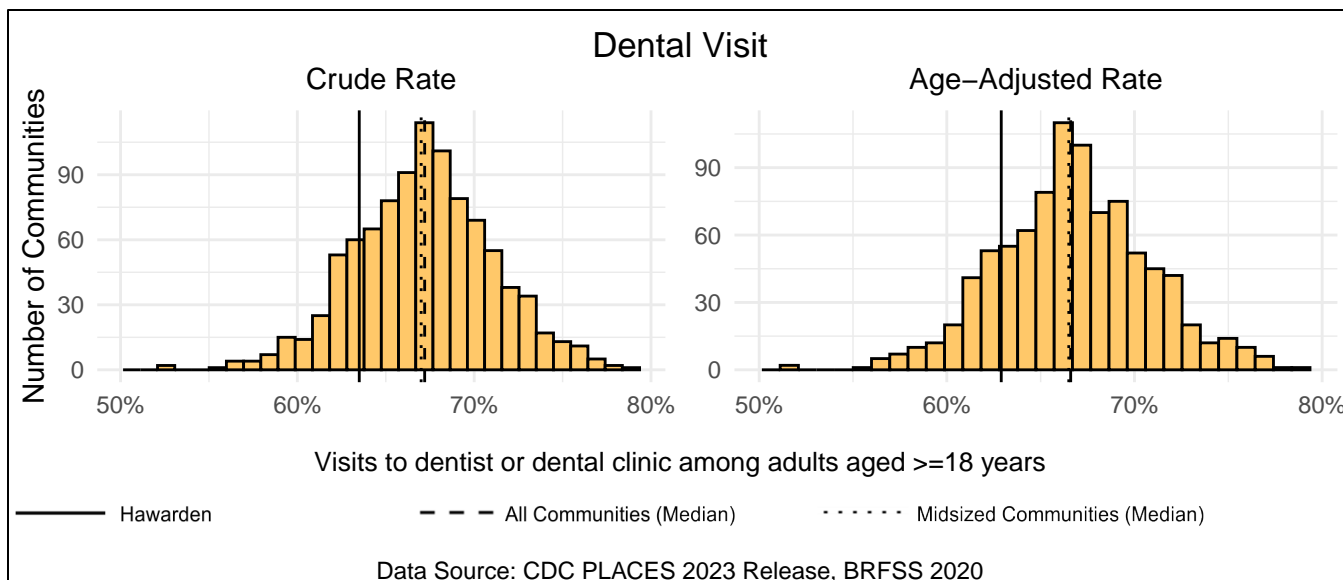
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	32.0%	39.0%	37.8%
Age-Adjusted	35.0%	39.9%	40.4%



### Dental Visit

Hawarden has a crude rate of 63.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 791st out of 958 Iowa communities (72nd out of 102 midsized communities). The age-adjusted rate for Hawarden is 62.9%, which ranks 748th out of 905 Iowa communities (71st out of 102 midsized communities).

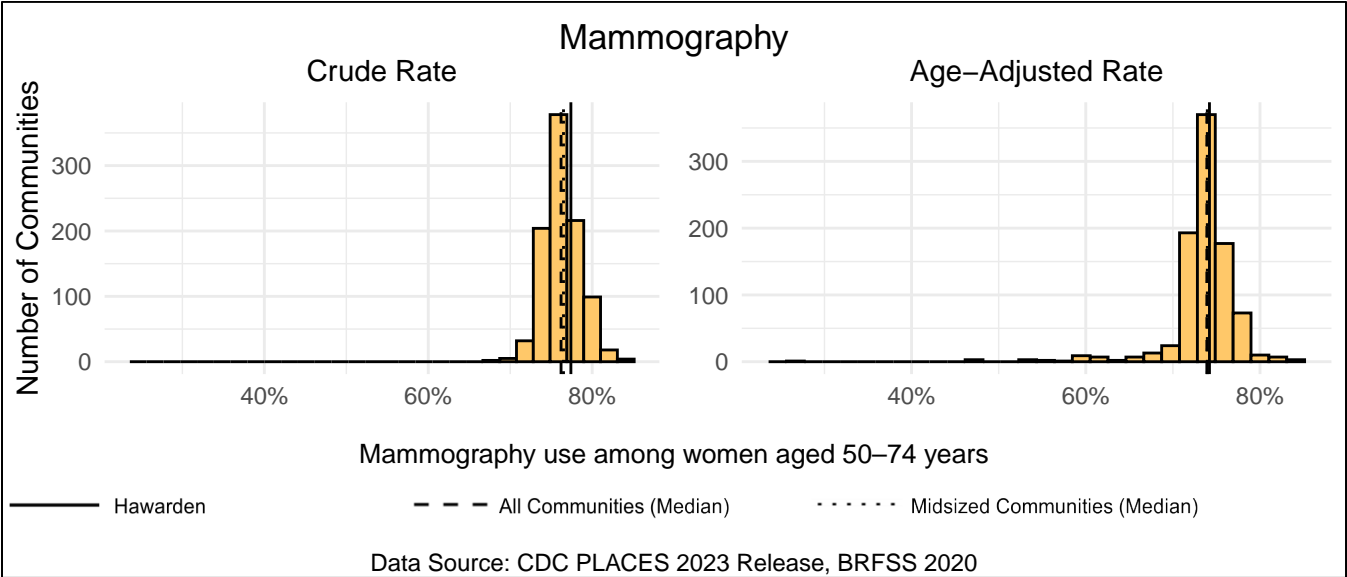
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	63.5%	67.2%	67.0%
Age-Adjusted	62.9%	66.6%	66.5%



# Mammography

Hawarden has a crude rate of 77.4% for mammography use among women aged 50–74 years, which ranks 273rd out of 958 Iowa communities (33rd out of 102 midsized communities). The age-adjusted rate for Hawarden is 74.2%, which ranks 378th out of 905 Iowa communities (47th out of 102 midsized communities).

Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	77.4%	76.2%	76.5%
Age-Adjusted	74.2%	73.9%	74.0%



# Disability

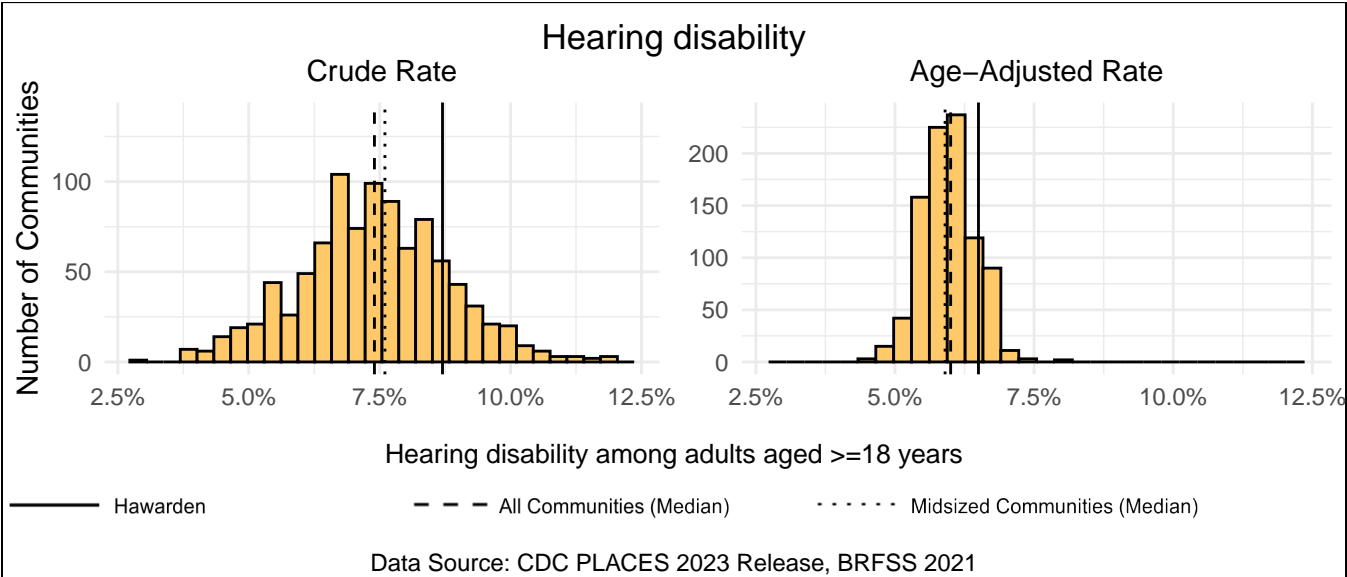
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Hawarden has a crude rate of 8.7% for hearing disability among adults aged  $\geq 18$  years, which ranks 781st out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 6.5%, which ranks 766th out of 905 Iowa communities (81st out of 102 mid-sized communities).

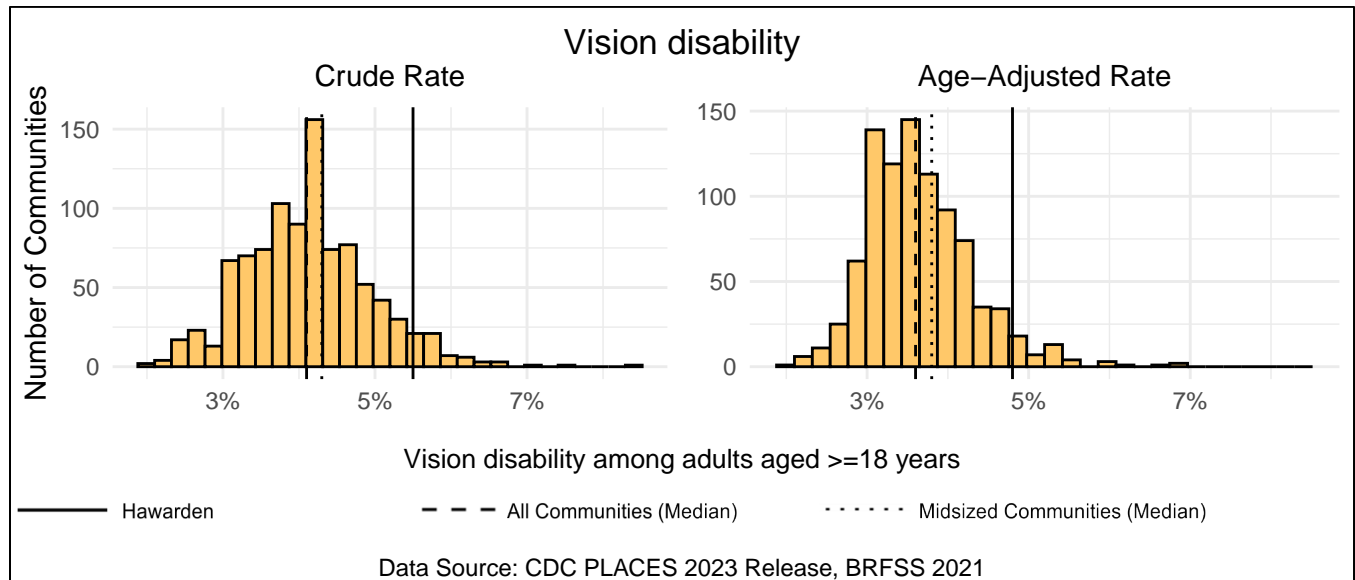
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	8.7%	7.4%	7.6%
Age-Adjusted	6.5%	6.0%	5.9%



## Vision disability

Hawarden has a crude rate of 5.5% for vision disability among adults aged  $\geq 18$  years, which ranks 895th out of 958 Iowa communities (84th out of 102 midsize communities). The age-adjusted rate for Hawarden is 4.8%, which ranks 857th out of 905 Iowa communities (84th out of 102 midsize communities).

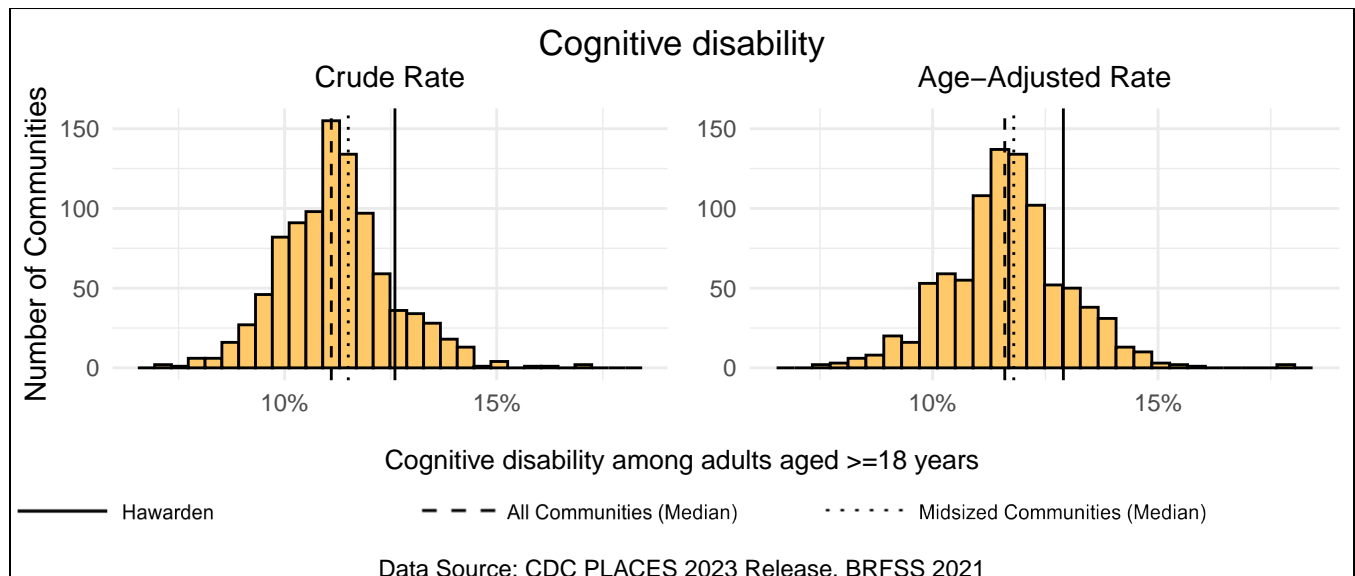
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	5.5%	4.1%	4.3%
Age-Adjusted	4.8%	3.6%	3.8%



## Cognitive disability

Hawarden has a crude rate of 12.6% for cognitive disability among adults aged  $\geq 18$  years, which ranks 830th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Hawarden is 12.9%, which ranks 756th out of 905 Iowa communities (74th out of 102 midsize communities).

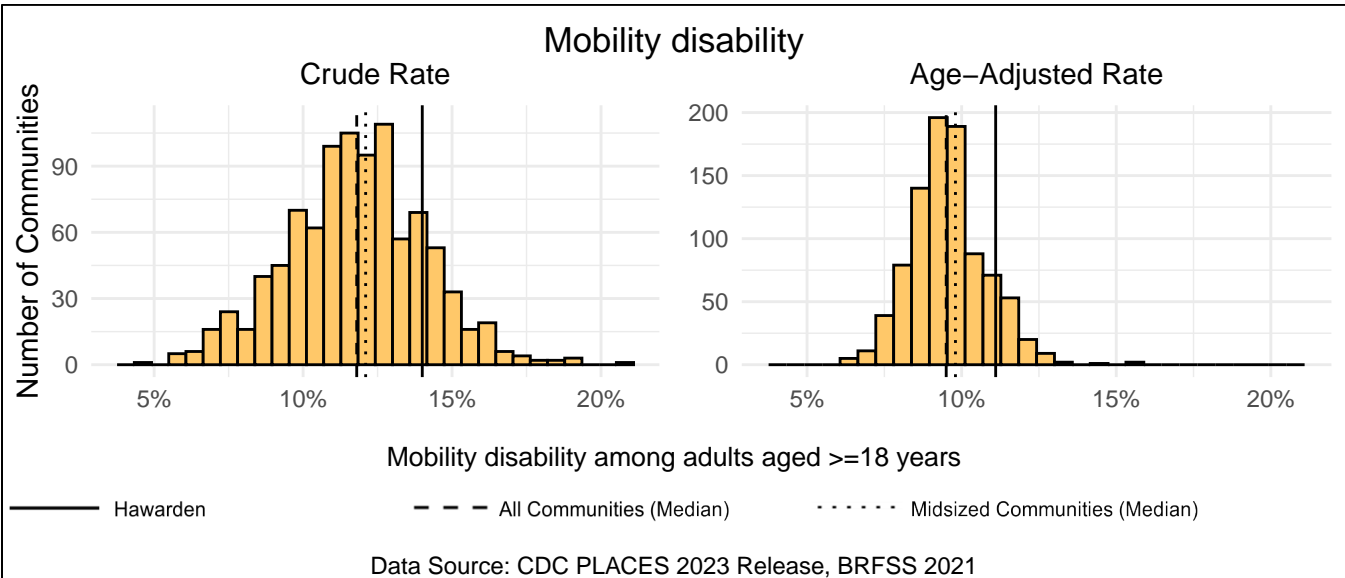
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	12.6%	11.1%	11.5%
Age-Adjusted	12.9%	11.6%	11.8%



## Mobility disability

Hawarden has a crude rate of 14.0% for mobility disability among adults aged  $\geq 18$  years, which ranks 803rd out of 958 Iowa communities (79th out of 102 midsize communities). The age-adjusted rate for Hawarden is 11.1%, which ranks 797th out of 905 Iowa communities (79th out of 102 midsize communities).

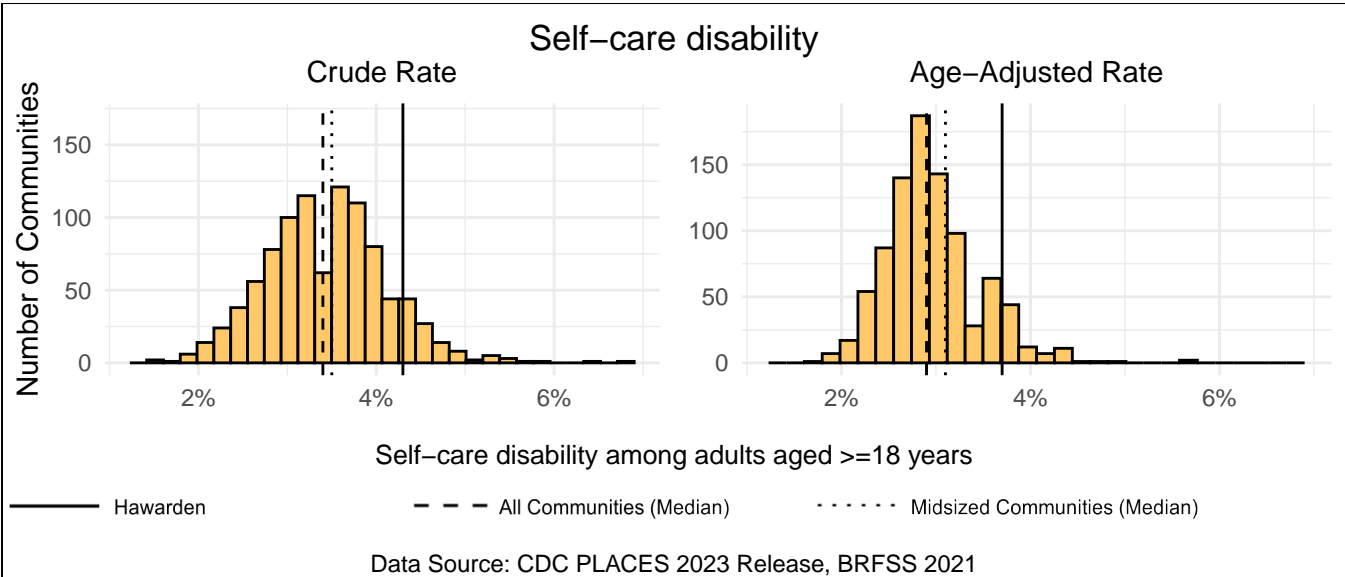
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	14.0%	11.8%	12.1%
Age-Adjusted	11.1%	9.5%	9.8%



## Self-care disability

Hawarden has a crude rate of 4.3% for self-care disability among adults aged  $\geq 18$  years, which ranks 852nd out of 958 Iowa communities (82nd out of 102 midsize communities). The age-adjusted rate for Hawarden is 3.7%, which ranks 827th out of 905 Iowa communities (81st out of 102 midsize communities).

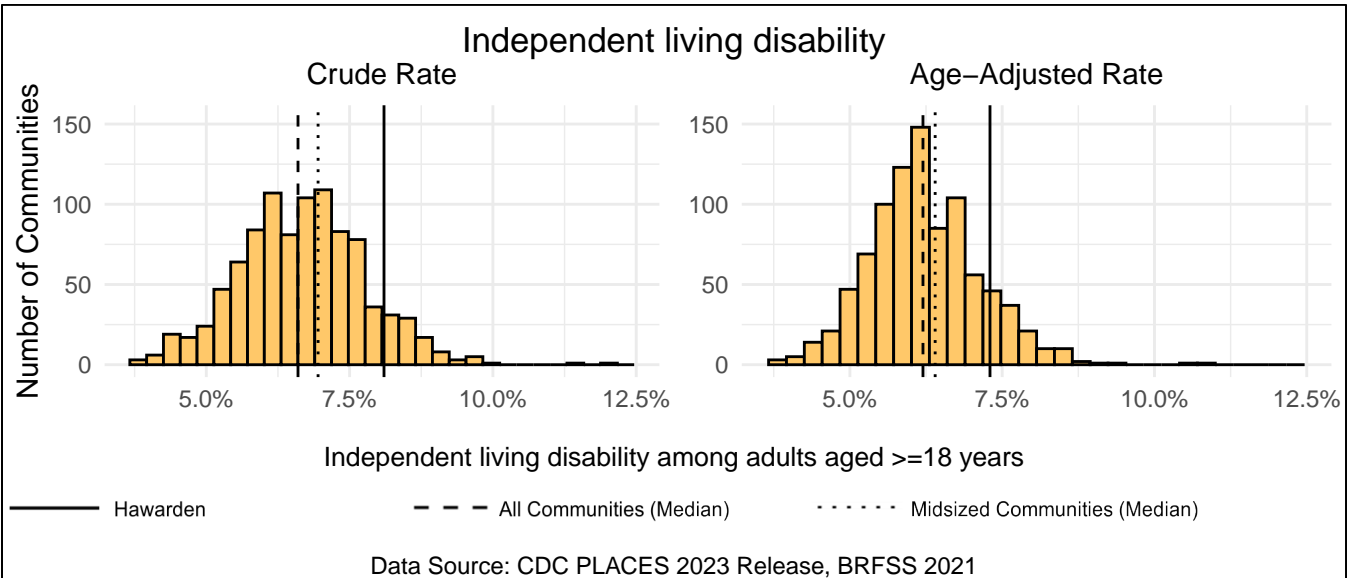
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	4.3%	3.4%	3.5%
Age-Adjusted	3.7%	2.9%	3.1%



## Independent living disability

Hawarden has a crude rate of 8.1% for independent living disability among adults aged  $\geq 18$  years, which ranks 863rd out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 7.3%, which ranks 794th out of 905 Iowa communities (78th out of 102 mid-sized communities).

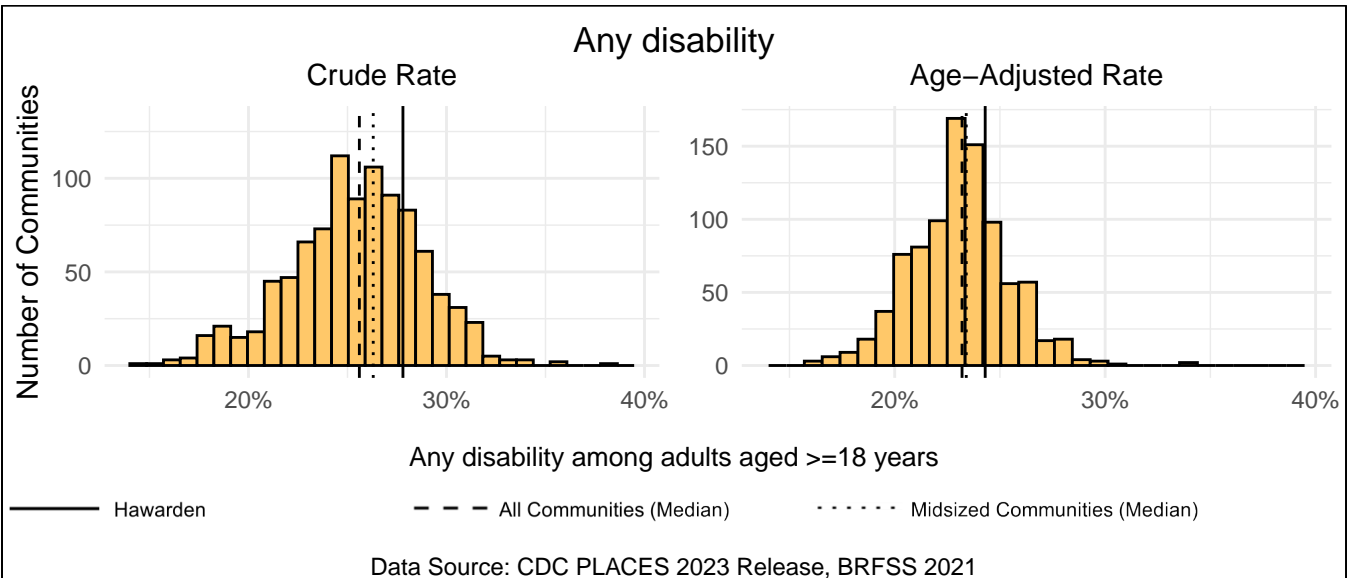
Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	8.1%	6.6%	7.0%
Age-Adjusted	7.3%	6.2%	6.4%



## Any disability

Hawarden has a crude rate of 27.8% for any disability among adults aged  $\geq 18$  years, which ranks 733rd out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Hawarden is 24.3%, which ranks 663rd out of 905 Iowa communities (67th out of 102 mid-sized communities).

Measure Type	Hawarden	All Comm.	Midsized Comm.
Crude	27.8%	25.6%	26.3%
Age-Adjusted	24.3%	23.2%	23.4%



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## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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





## Appendix 2: Hawarden PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	432	14.2% (12.3% - 16.2%)	338	15.3% (13.1% - 17.7%)
Health Status	Physical Health	811	12.0% (10.1% - 14.1%)	806	11.0% (9.3% - 12.9%)
Health Status	General Health	874	17.2% (14.2% - 20.6%)	839	15.6% (13.0% - 18.5%)
Health Risk Behaviors	Binge Drinking	84	16.9% (14.1% - 19.7%)	14	19.3% (16.1% - 22.4%)
Health Risk Behaviors	Physical Inactivity	897	30.7% (25.7% - 36.1%)	858	28.7% (24.1% - 33.9%)
Health Risk Behaviors	Sleep <7 hours	169	28.7% (27.4% - 30.1%)	192	30.0% (28.5% - 31.4%)
Health Risk Behaviors	Current Smoking	490	16.9% (13.2% - 20.5%)	602	18.3% (14.6% - 22.6%)
Health Outcomes	Diabetes	575	10.5% (8.9% - 12.3%)	705	8.8% (7.4% - 10.2%)
Health Outcomes	Obesity	816	40.1% (34.2% - 45.9%)	861	41.5% (35.5% - 47.7%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.1%)	762	2.8% (2.5% - 3.1%)
Health Outcomes	Stroke	797	3.9% (3.2% - 4.6%)	781	2.9% (2.5% - 3.3%)
Health Outcomes	Current Asthma	311	9.2% (8.1% - 10.4%)	330	9.4% (8.2% - 10.6%)
Health Outcomes	Coronary Heart Disease	747	7.5% (6.4% - 8.6%)	759	5.5% (4.7% - 6.3%)
Health Outcomes	COPD	749	8.4% (6.7% - 10.2%)	753	7.0% (5.7% - 8.5%)
Health Outcomes	Depression	30	15.9% (13.0% - 18.9%)	25	16.9% (14.0% - 20.2%)
Health Outcomes	High Cholesterol	391	35.7% (31.6% - 39.7%)	195	29.1% (25.1% - 33.0%)
Health Outcomes	Arthritis	489	28.0% (24.4% - 31.7%)	426	23.1% (19.9% - 26.3%)
Health Outcomes	All Teeth Lost	931	17.8% (10.3% - 25.9%)	876	17.0% (10.5% - 24.1%)
Health Outcomes	High Blood Pressure	552	32.8% (28.9% - 36.5%)	542	27.7% (24.4% - 31.3%)
Health Outcomes	Cancer (except skin)	606	8.5% (7.6% - 9.4%)	16	6.3% (5.7% - 7.0%)
Prevention	Cholesterol Screening	871	79.3% (76.0% - 82.3%)	891	76.2% (72.5% - 79.6%)
Prevention	Taking BP Medication	370	80.4% (77.3% - 83.1%)	464	58.9% (54.1% - 63.6%)
Prevention	Colorectal Cancer Screening	551	71.1% (67.8% - 74.4%)	597	70.1% (66.6% - 73.6%)
Prevention	Dental Visit	791	63.5% (59.4% - 67.1%)	748	62.9% (58.7% - 66.8%)
Prevention	Cervical Cancer Screening	898	80.6% (77.8% - 83.5%)	795	81.3% (78.5% - 83.8%)

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	942	32.0% (24.8% - 39.8%)	835	35.0% (27.7% - 42.7%)
Prevention	Core preventive services for older men	931	36.3% (28.0% - 46.0%)	821	37.3% (29.3% - 46.0%)
Prevention	Annual Checkup	871	72.6% (68.3% - 76.5%)	892	69.5% (64.6% - 73.6%)
Prevention	Health Insurance	943	12.7% (9.7% - 16.0%)	890	13.1% (10.2% - 16.4%)
Prevention	Mammography	273	77.4% (73.4% - 81.1%)	378	74.2% (69.2% - 78.8%)
Disability	Self-care Disability	852	4.3% (3.5% - 5.1%)	827	3.7% (3.1% - 4.3%)
Disability	Hearing Disability	781	8.7% (7.5% - 10.0%)	766	6.5% (5.7% - 7.3%)
Disability	Vision Disability	895	5.5% (4.6% - 6.5%)	857	4.8% (4.0% - 5.6%)
Disability	Any Disability	733	27.8% (23.4% - 32.2%)	663	24.3% (20.5% - 28.5%)
Disability	Cognitive Disability	830	12.6% (10.4% - 15.0%)	756	12.9% (10.8% - 15.2%)
Disability	Independent Living Disability	863	8.1% (6.6% - 9.8%)	794	7.3% (6.1% - 8.7%)
Disability	Mobility Disability	803	14.0% (11.5% - 16.8%)	797	11.1% (9.2% - 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: Midsized Communities (2,500-9,999)

Hawarden 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

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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

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