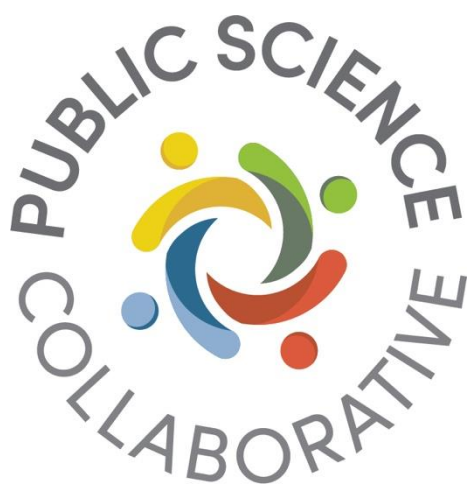




Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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

Iowa Community Health Snapshot Series

Table of contents

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

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

Health in Hiawatha: Overview

Dear Community Members & Stakeholders of Hiawatha,

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 Hiawatha ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Hiawatha’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 Hiawatha. 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
Arthritis	103rd	21st	Annual Checkup	32nd	6th
Colorectal Cancer Screening	125th	14th	Taking BP Medication	69th	13th
Cancer (except skin)	126th	16th	Cancer (except skin)	74th	11th
Mammography	143rd	24th	Colorectal Cancer Screening	79th	19th
Coronary Heart Disease	156th	24th	Arthritis	135th	21st

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
Depression	938th	99th	Depression	876th	100th
Mental Health	856th	88th	High Blood Pressure	865th	88th
Current Asthma	838th	81st	Obesity	725th	75th
Taking BP Medication	811th	81st	Core preventive services for older men	725th	83rd
Core preventive services for older men	807th	79th	Current Asthma	628th	67th

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 Hiawatha.

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

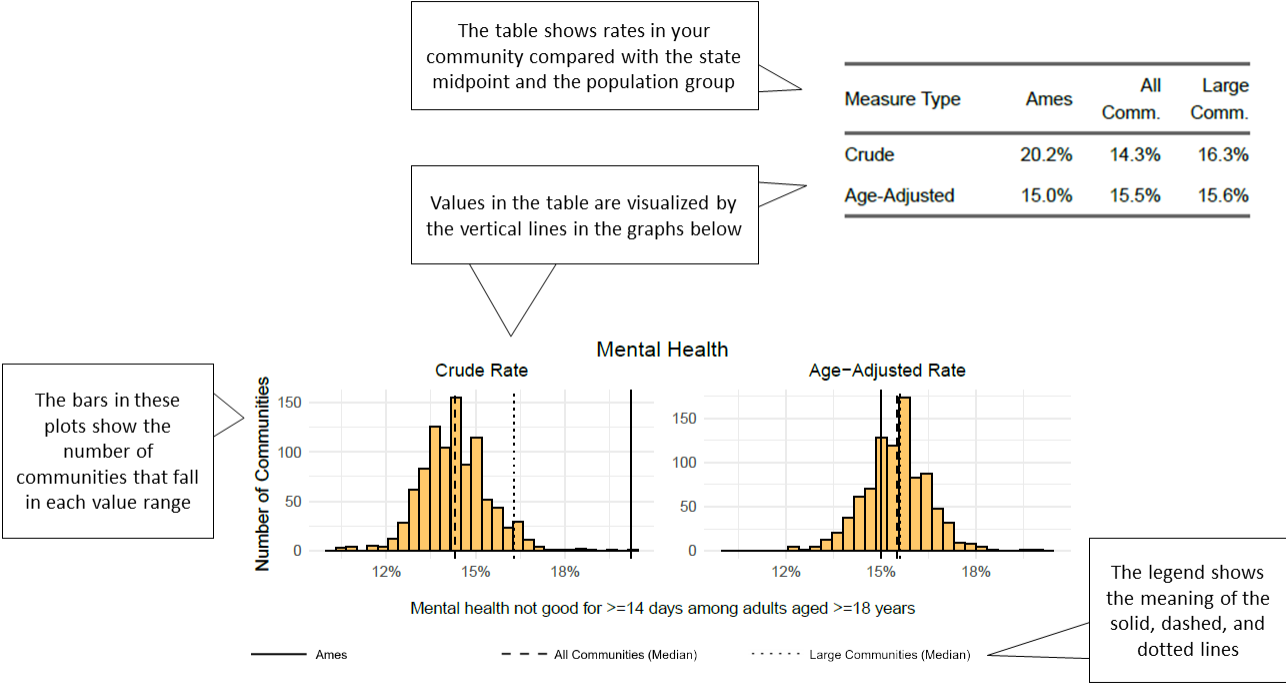
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Hiawatha that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Hiawatha, a review of risky behaviors in the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

With a population of 7,179, Hiawatha’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

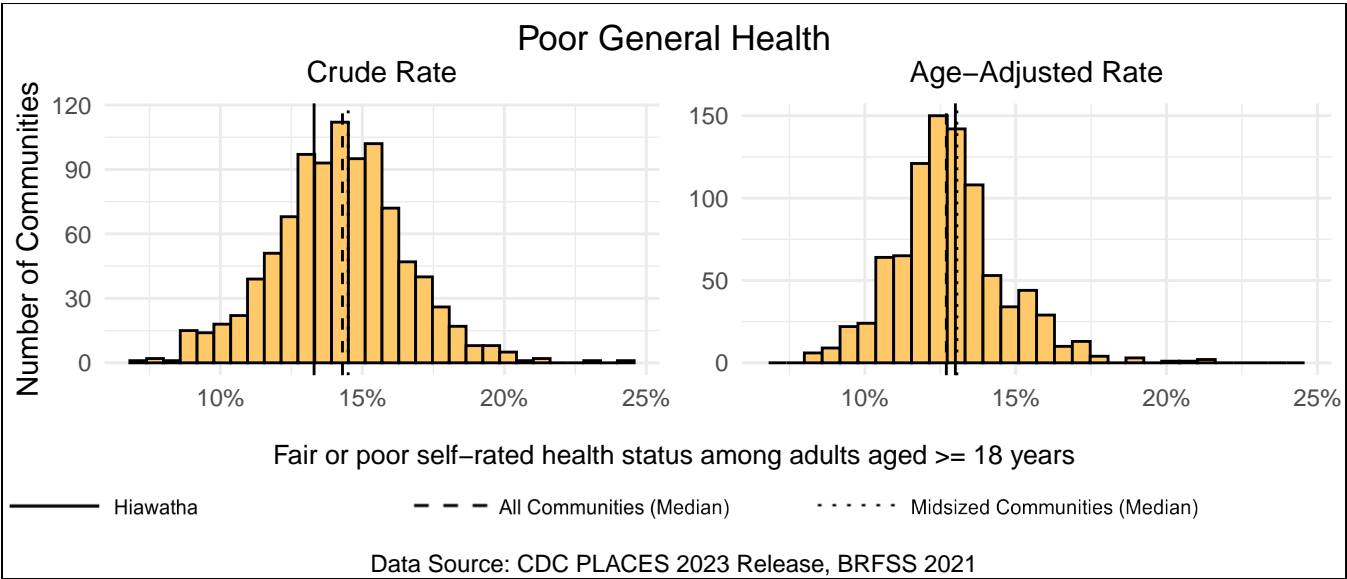
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Hiawatha has a crude rate of 13.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 312th out of 958 Iowa communities (40th out of 102 midsize communities). The age-adjusted rate for Hiawatha is 13.0%, which ranks 505th out of 905 Iowa communities (50th out of 102 midsize communities).

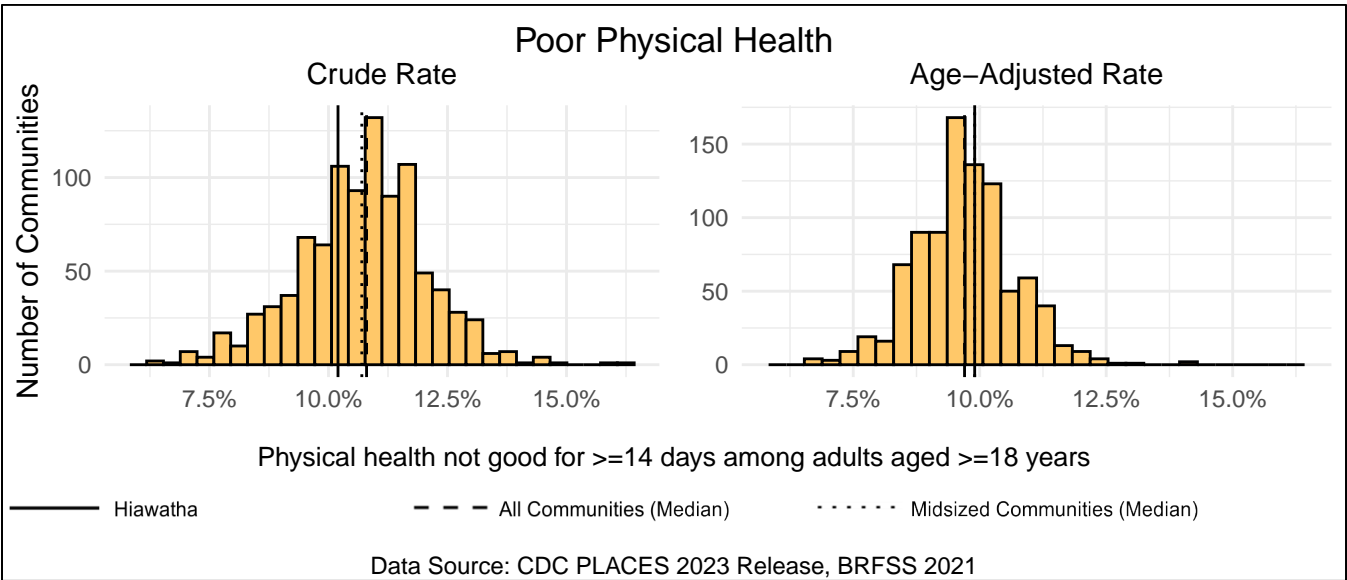
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	13.3%	14.3%	14.5%
Age-Adjusted	13.0%	12.7%	13.0%



Poor Physical Health

Hiawatha has a crude rate of 10.2% for physical health not good for >=14 days among adults aged >=18 years, which ranks 293rd out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 9.9%, which ranks 518th out of 905 Iowa communities (51st out of 102 mid-sized communities).

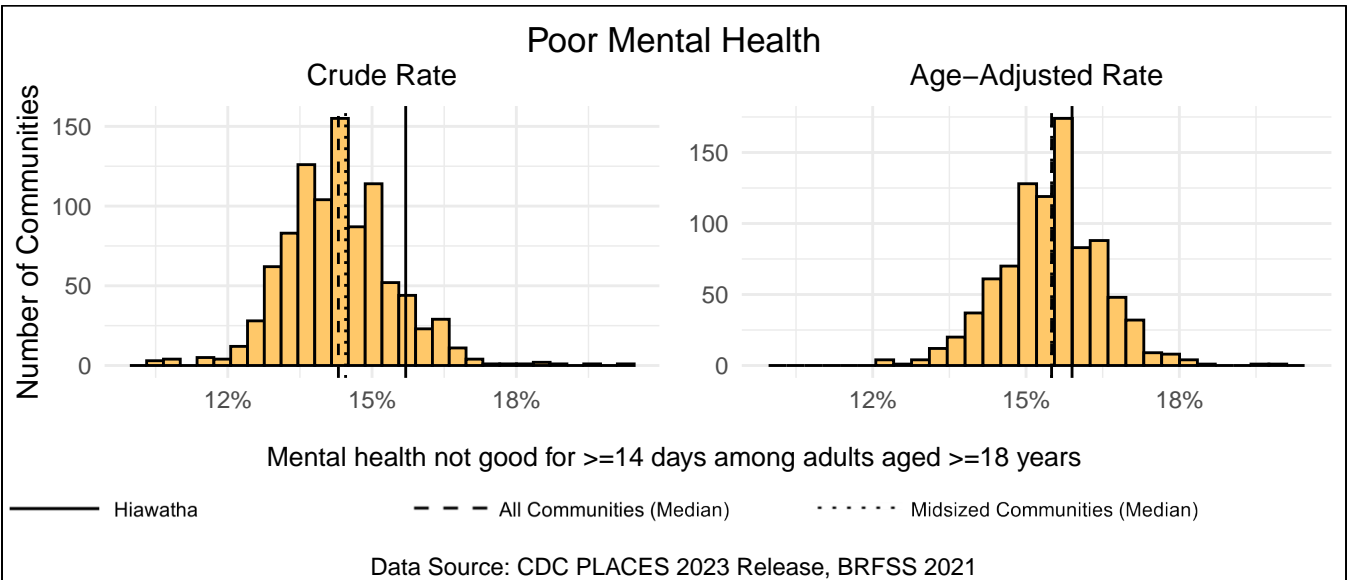
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	10.2%	10.8%	10.7%
Age-Adjusted	9.9%	9.7%	9.9%



Poor Mental Health

Hiawatha has a crude rate of 15.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 856th out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 15.9%, which ranks 596th out of 905 Iowa communities (67th out of 102 mid-sized communities).

Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	15.7%	14.3%	14.4%
Age-Adjusted	15.9%	15.5%	15.5%



Health Risk Behaviors

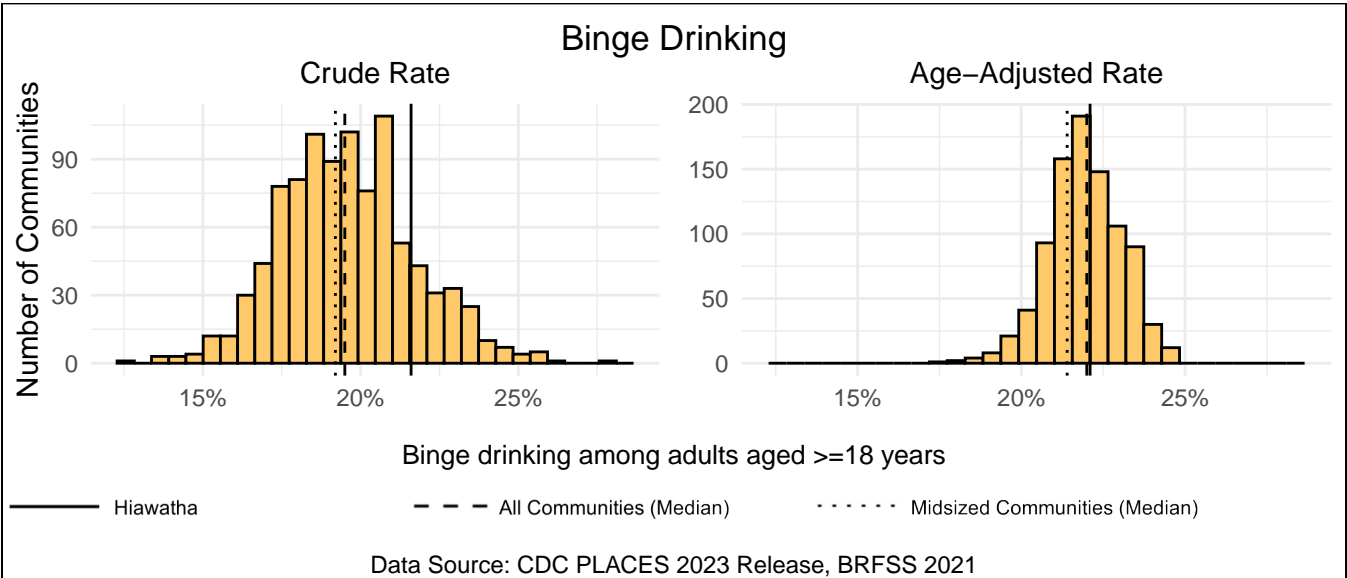
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Hiawatha has a crude rate of 21.6% for binge drinking among adults aged ≥ 18 years, which ranks 799th out of 958 Iowa communities (82nd out of 102 midsize communities). The age-adjusted rate for Hiawatha is 22.1%, which ranks 478th out of 905 Iowa communities (64th out of 102 midsize communities).

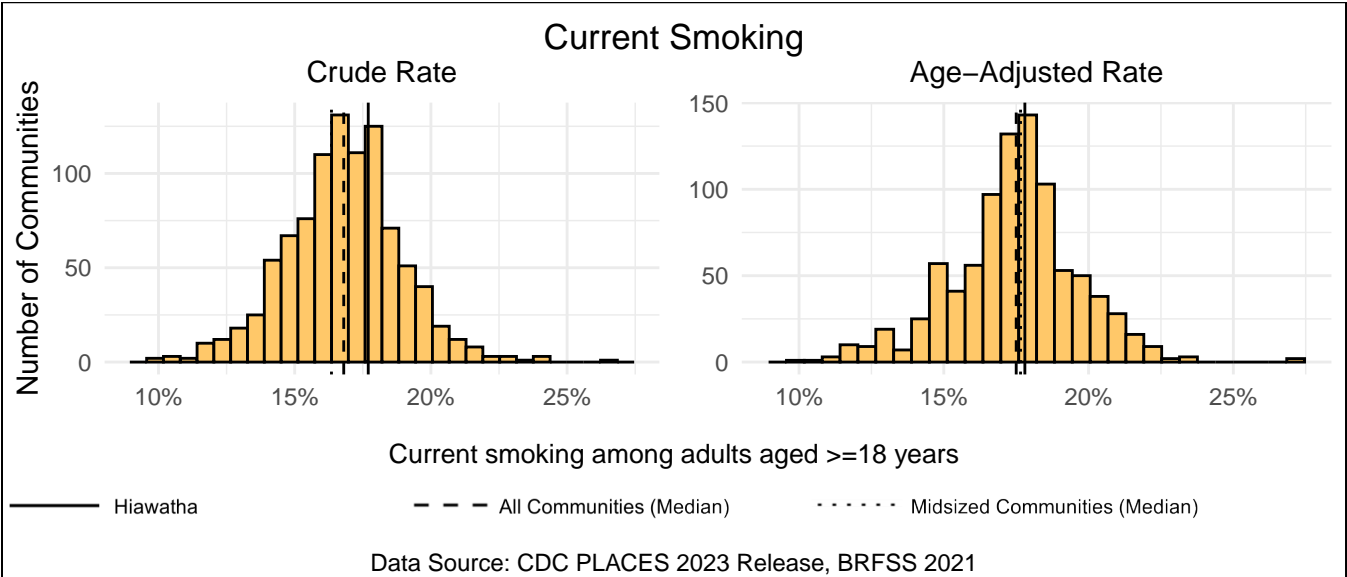
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	21.6%	19.5%	19.2%
Age-Adjusted	22.1%	22.0%	21.4%



Current Smoking

Hiawatha 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 midsize communities). The age-adjusted rate for Hiawatha is 17.8%, which ranks 495th out of 905 Iowa communities (54th out of 102 midsize communities).

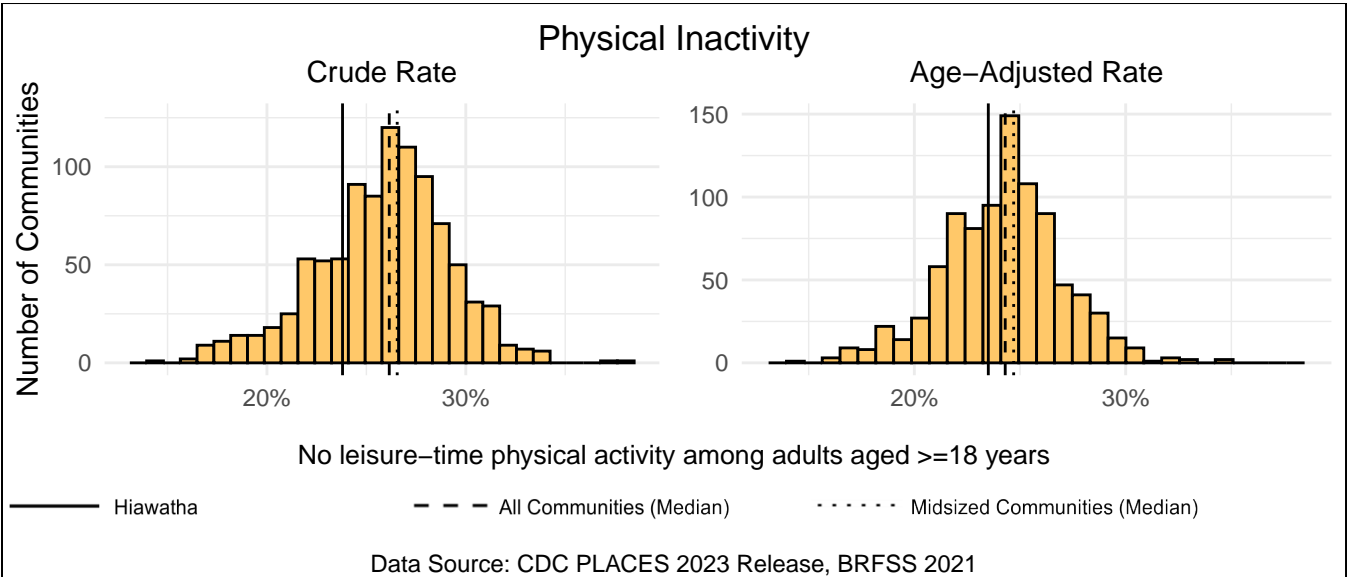
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	17.7%	16.8%	16.4%
Age-Adjusted	17.8%	17.5%	17.6%



Physical Inactivity

Hiawatha has a crude rate of 23.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 232nd out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Hiawatha is 23.5%, which ranks 333rd out of 905 Iowa communities (40th out of 102 midsize communities).

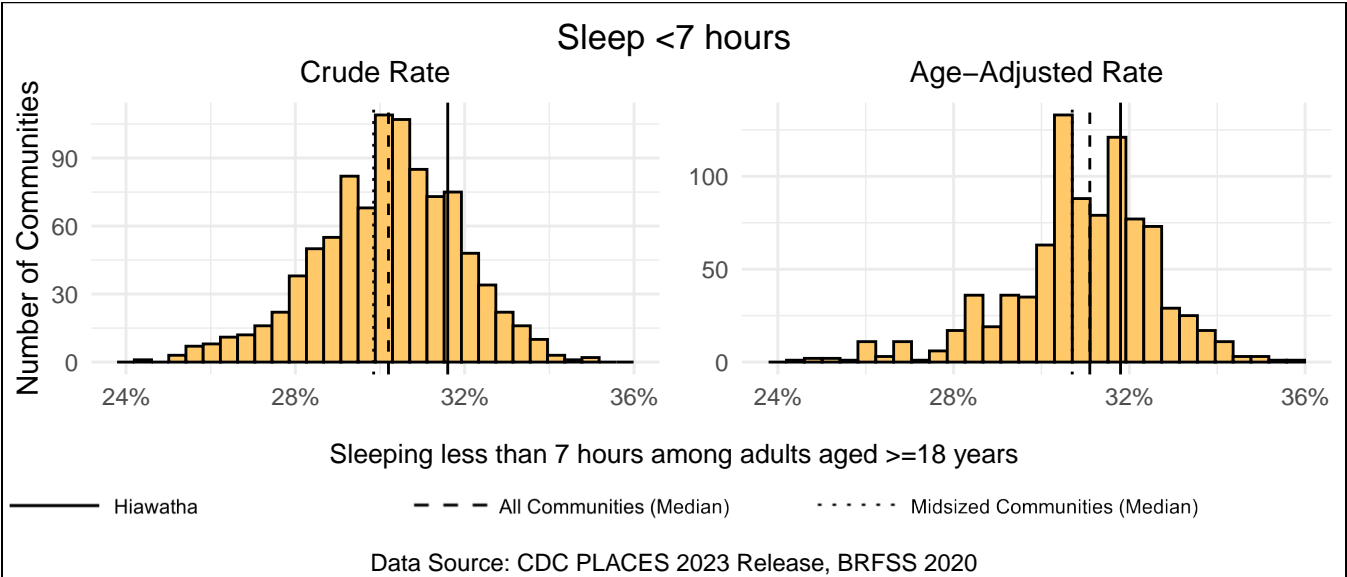
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	23.8%	26.1%	26.6%
Age-Adjusted	23.5%	24.3%	24.7%



Sleep <7 hours

Hiawatha has a crude rate of 31.6% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 748th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 31.8%, which ranks 613th out of 905 Iowa communities (68th out of 102 mid-sized communities).

Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	31.6%	30.2%	29.8%
Age-Adjusted	31.8%	31.1%	30.7%



Health Outcomes

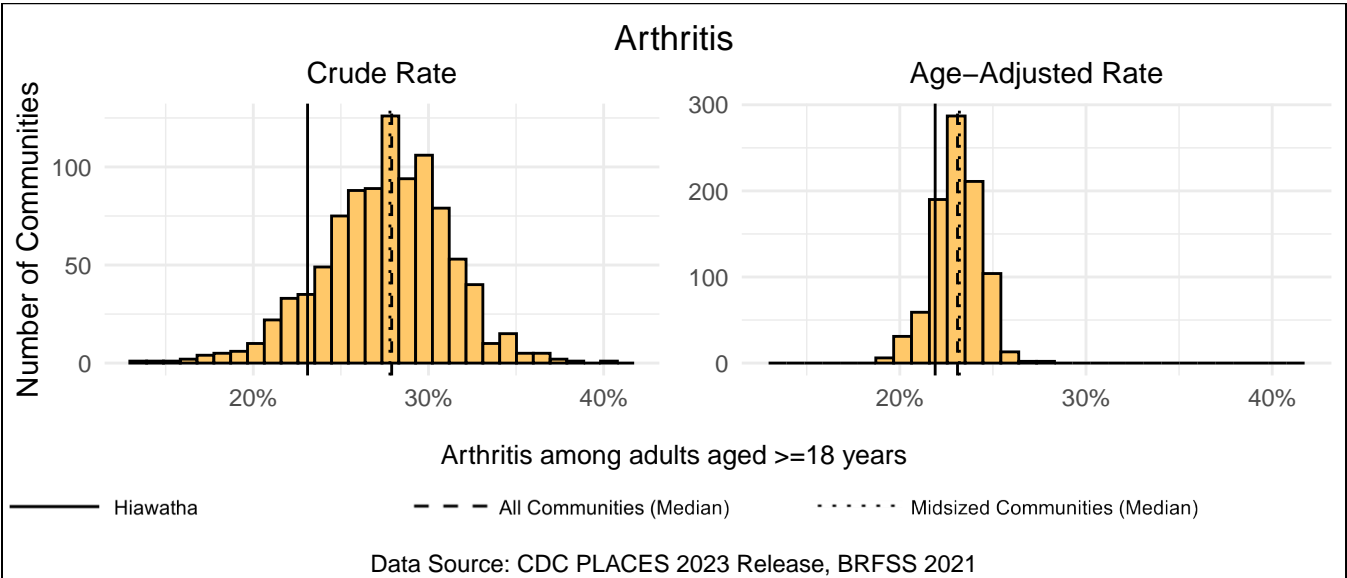
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Hiawatha has a crude rate of 23.1% for arthritis among adults aged ≥ 18 years, which ranks 103rd out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Hiawatha is 21.9%, which ranks 135th out of 905 Iowa communities (21st out of 102 midsize communities).

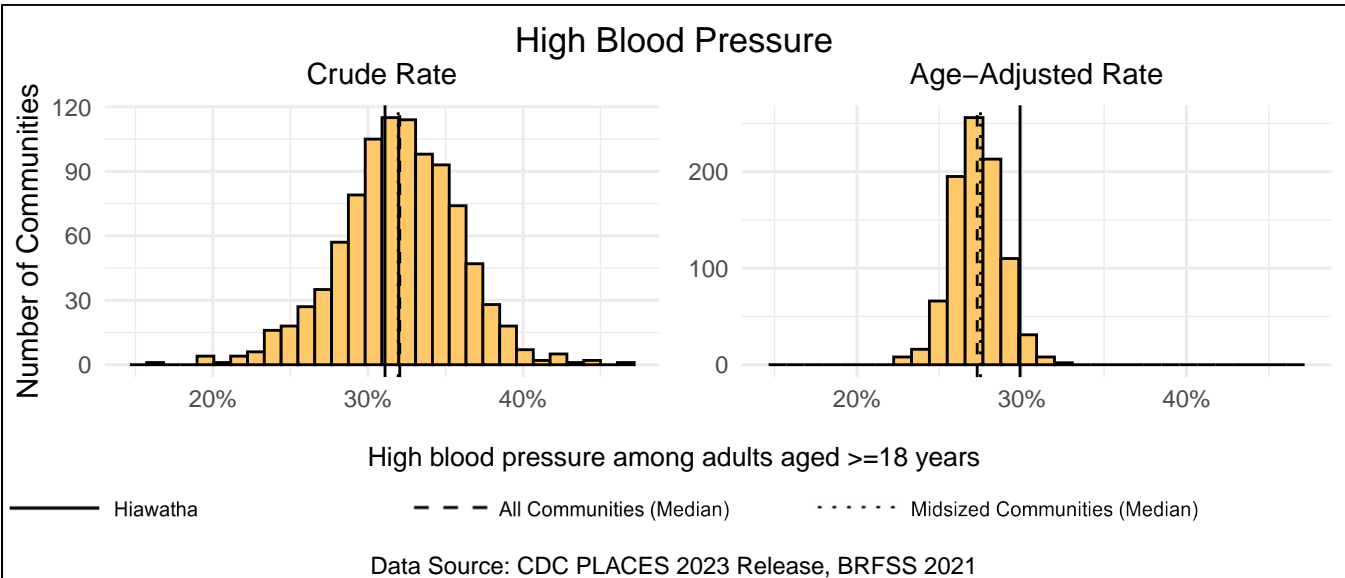
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	23.1%	27.9%	27.8%
Age-Adjusted	21.9%	23.1%	23.2%



High Blood Pressure

Hiawatha has a crude rate of 31.1% for high blood pressure among adults aged ≥ 18 years, which ranks 362nd out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Hiawatha is 29.9%, which ranks 865th out of 905 Iowa communities (88th out of 102 midsized communities).

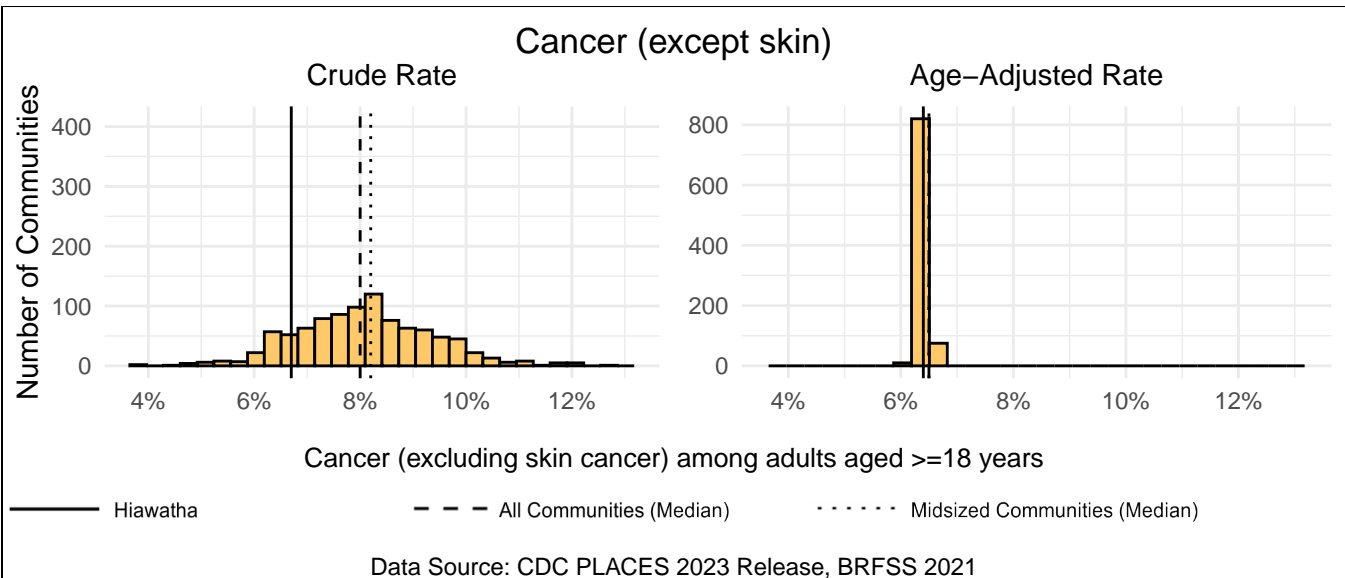
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	31.1%	32.0%	32.0%
Age-Adjusted	29.9%	27.3%	27.5%



Cancer (except skin)

Hiawatha has a crude rate of 6.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 126th out of 958 Iowa communities (16th out of 102 midsized communities). The age-adjusted rate for Hiawatha is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 midsized communities).

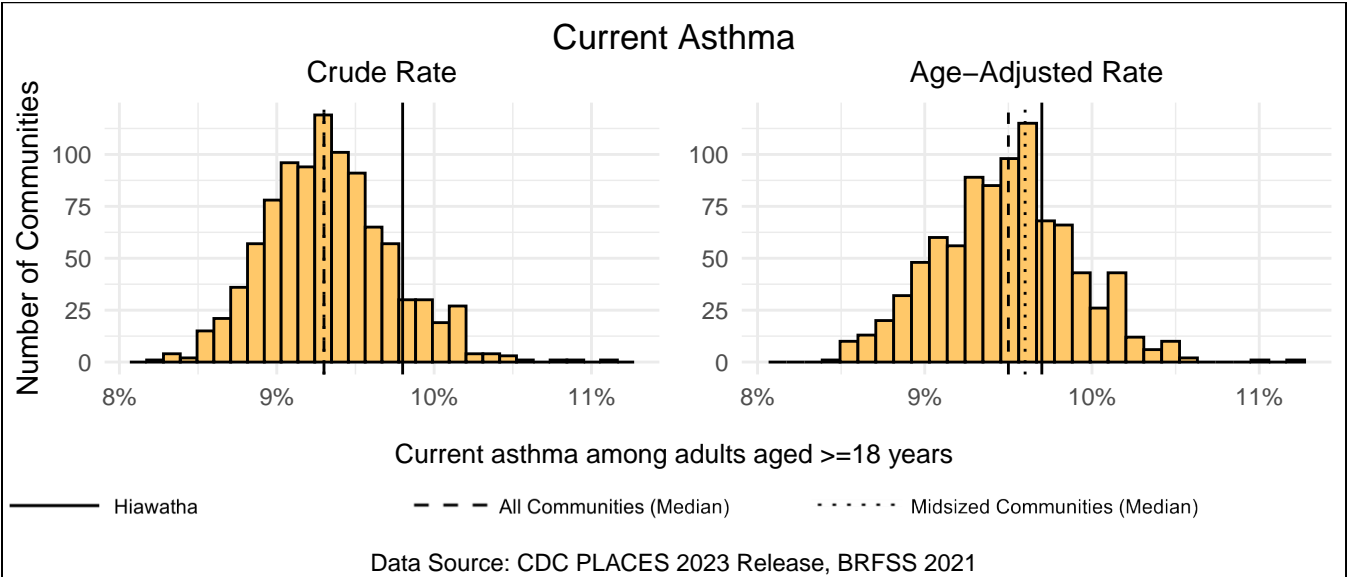
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	6.7%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Hiawatha has a crude rate of 9.8% for current asthma among adults aged ≥ 18 years, which ranks 838th out of 958 Iowa communities (81st out of 102 midsize communities). The age-adjusted rate for Hiawatha is 9.7%, which ranks 628th out of 905 Iowa communities (67th out of 102 midsize communities).

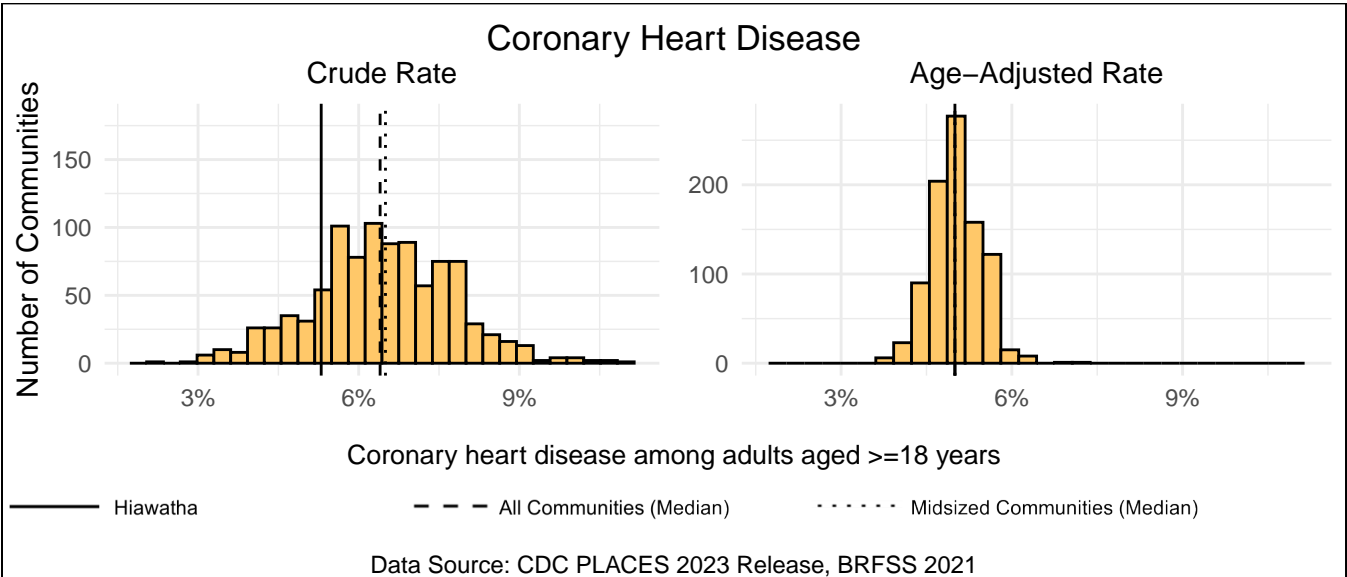
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	9.8%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.6%



Coronary Heart Disease

Hiawatha has a crude rate of 5.3% for coronary heart disease among adults aged ≥ 18 years, which ranks 156th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Hiawatha is 5.0%, which ranks 419th out of 905 Iowa communities (49th out of 102 midsize communities).

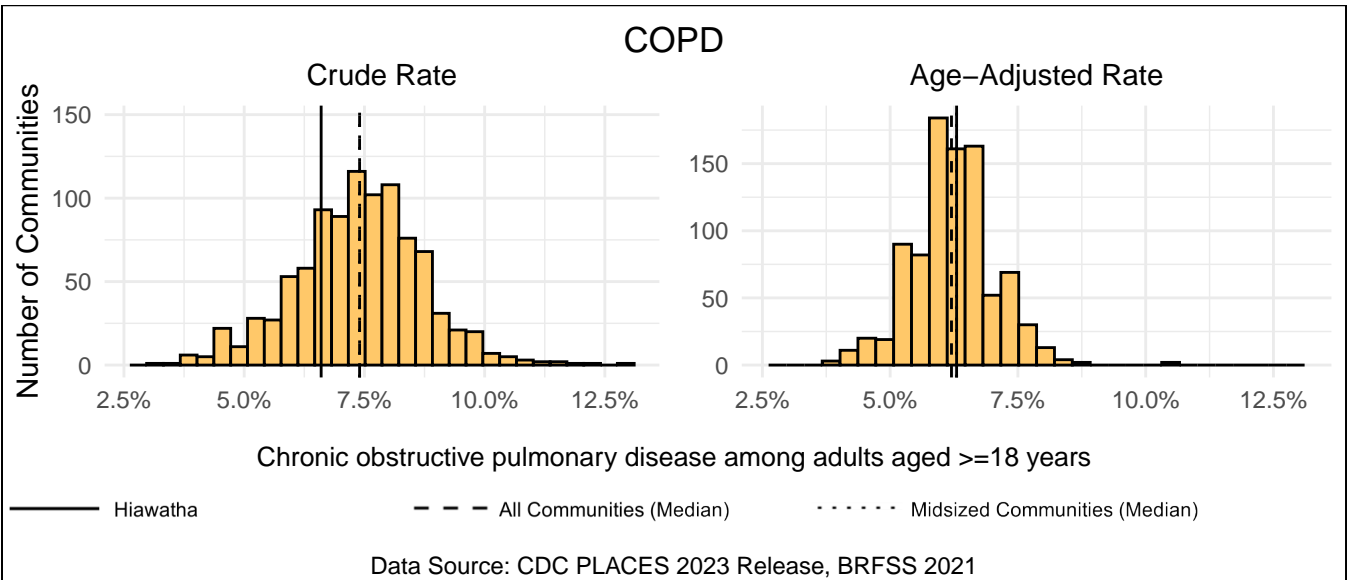
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	5.3%	6.4%	6.5%
Age-Adjusted	5.0%	5.0%	5.0%



COPD

Hiawatha has a crude rate of 6.6% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 232nd out of 958 Iowa communities (32nd out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 6.3%, which ranks 459th out of 905 Iowa communities (46th out of 102 mid-sized communities).

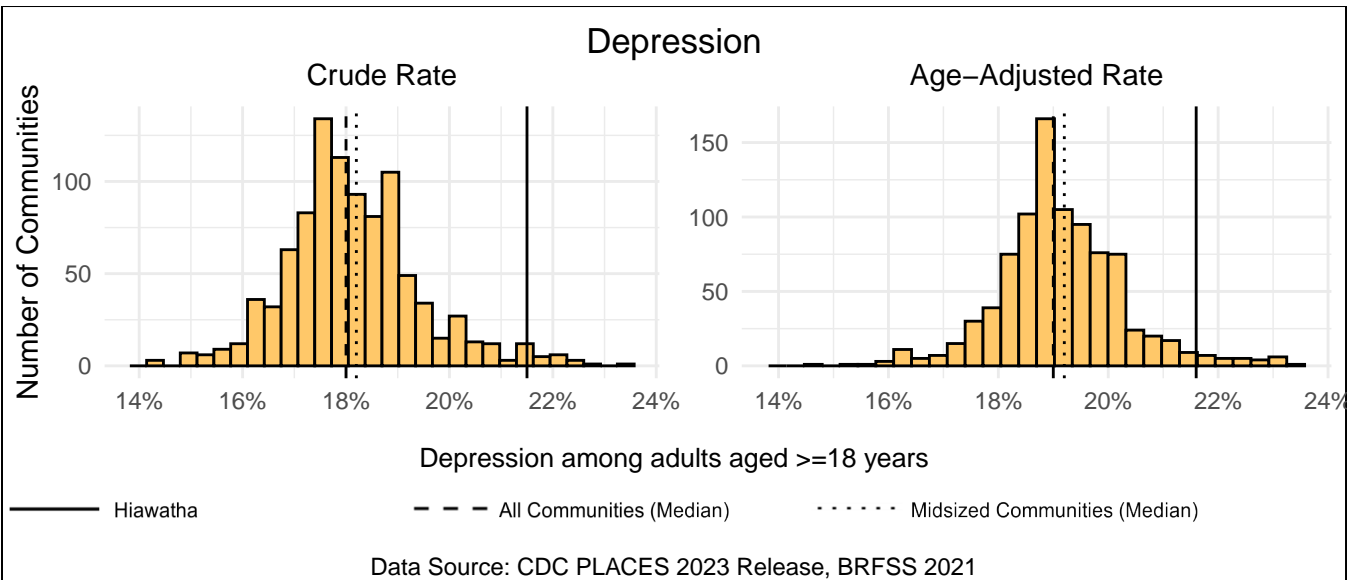
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	6.6%	7.4%	7.4%
Age-Adjusted	6.3%	6.2%	6.3%



Depression

Hiawatha has a crude rate of 21.5% for depression among adults aged ≥ 18 years, which ranks 938th out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 21.6%, which ranks 876th out of 905 Iowa communities (100th out of 102 mid-sized communities).

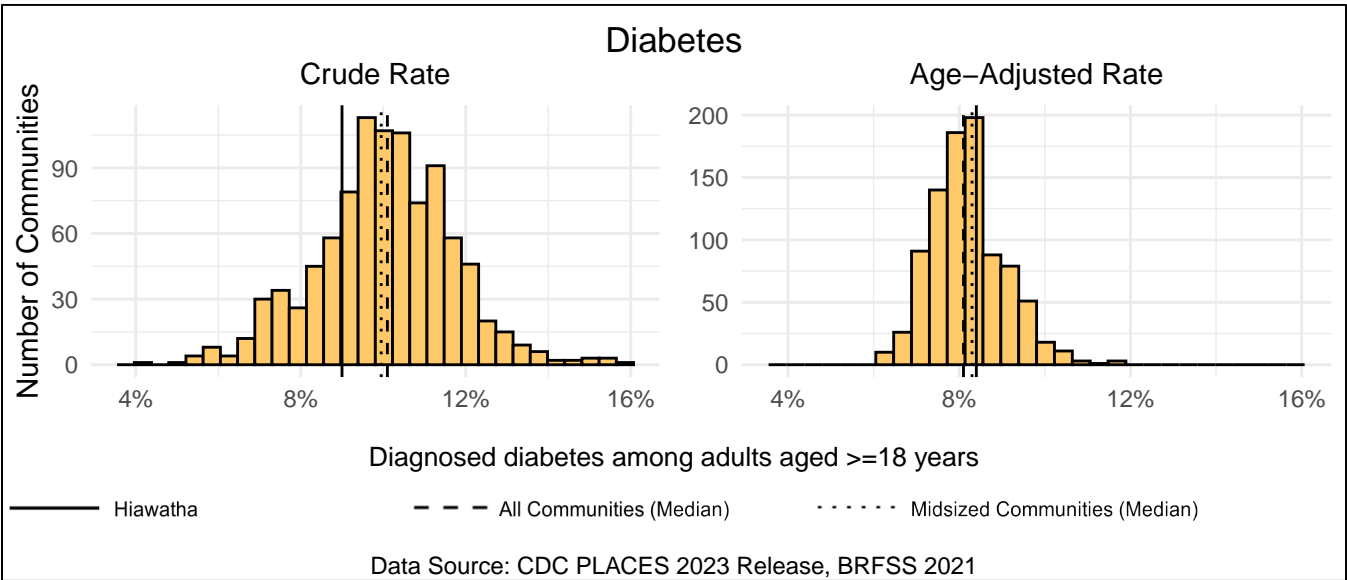
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	21.5%	18.0%	18.2%
Age-Adjusted	21.6%	19.0%	19.2%



Diabetes

Hiawatha has a crude rate of 9.0% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 224th out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for Hiawatha is 8.4%, which ranks 567th out of 905 Iowa communities (56th out of 102 midsize communities).

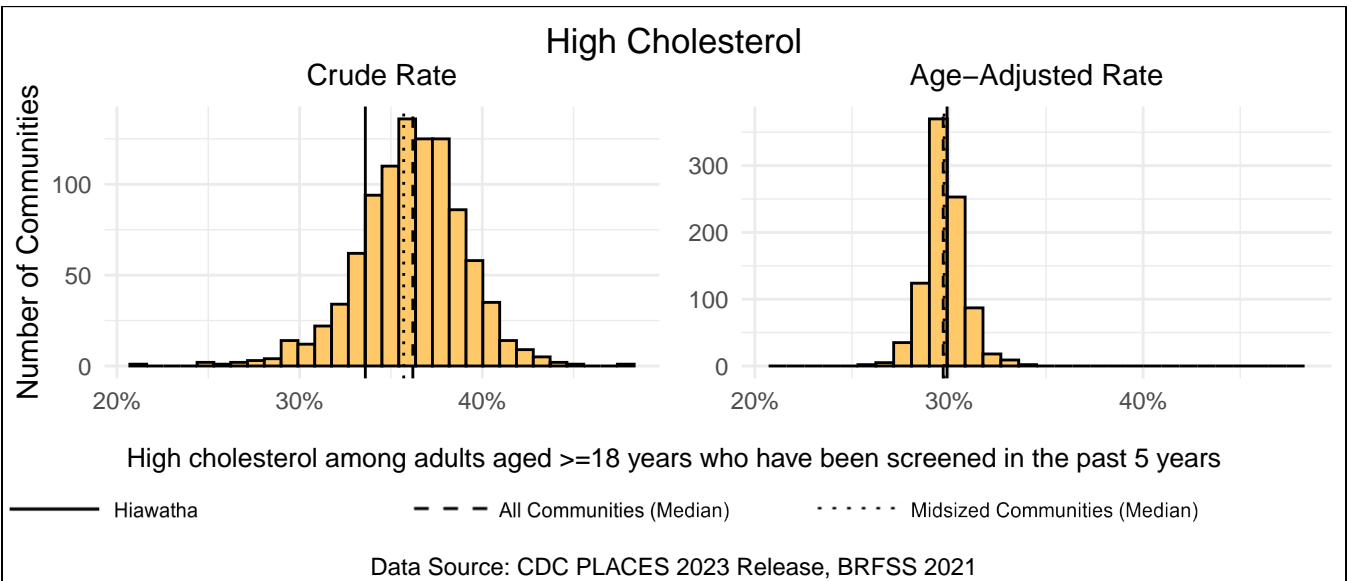
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	9.0%	10.1%	9.9%
Age-Adjusted	8.4%	8.1%	8.3%



High Cholesterol

Hiawatha has a crude rate of 33.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 158th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Hiawatha is 29.9%, which ranks 501st out of 905 Iowa communities (56th out of 102 midsize communities).

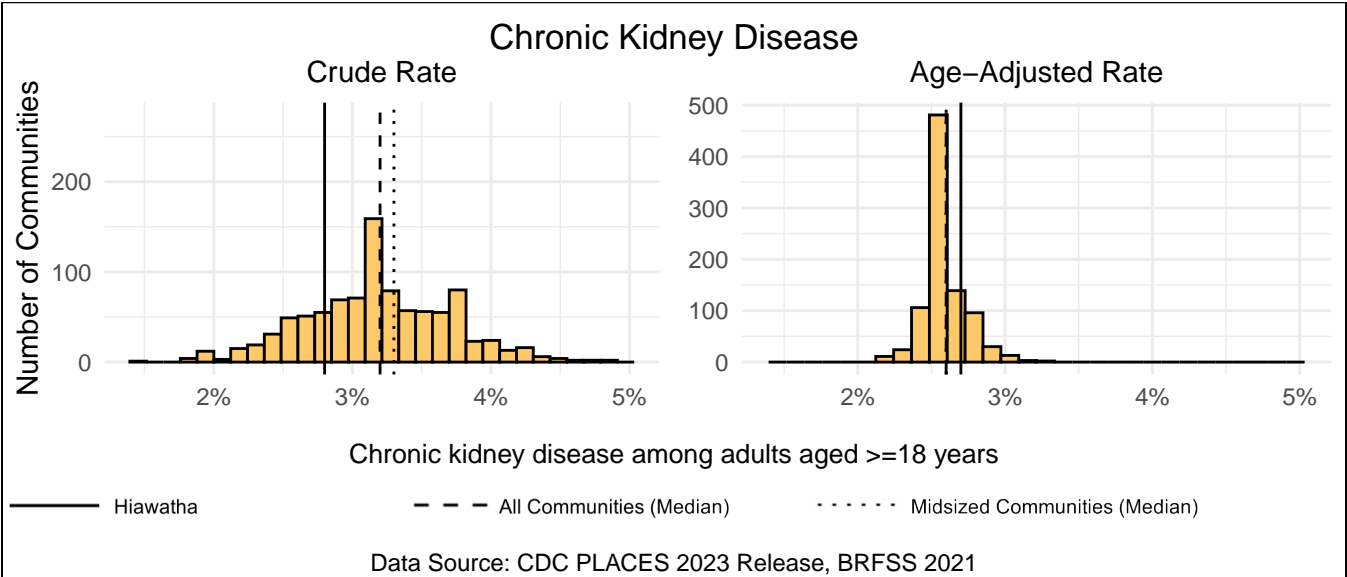
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	33.6%	36.2%	35.7%
Age-Adjusted	29.9%	29.7%	29.8%



Chronic Kidney Disease

Hiawatha has a crude rate of 2.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 186th out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Hiawatha is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 midsized communities).

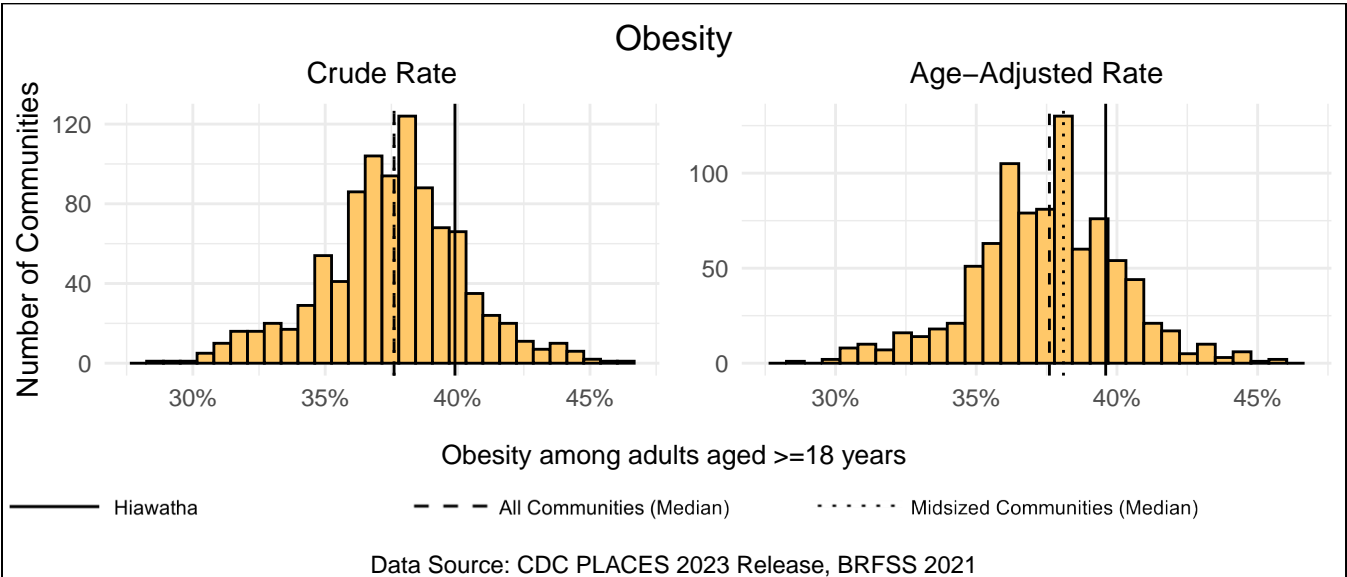
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	2.8%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Hiawatha has a crude rate of 39.9% for obesity among adults aged ≥ 18 years, which ranks 794th out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Hiawatha is 39.6%, which ranks 725th out of 905 Iowa communities (75th out of 102 midsized communities).

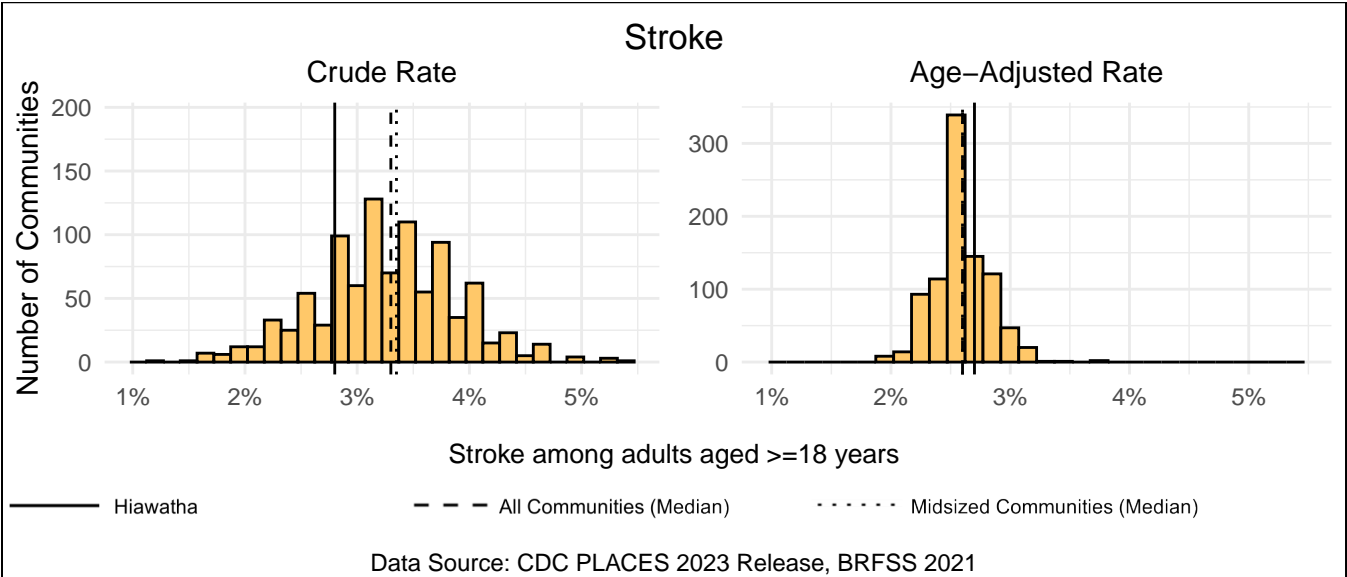
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	39.9%	37.6%	37.6%
Age-Adjusted	39.6%	37.6%	38.1%



Stroke

Hiawatha has a crude rate of 2.8% for stroke among adults aged ≥ 18 years, which ranks 181st out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 mid-sized communities).

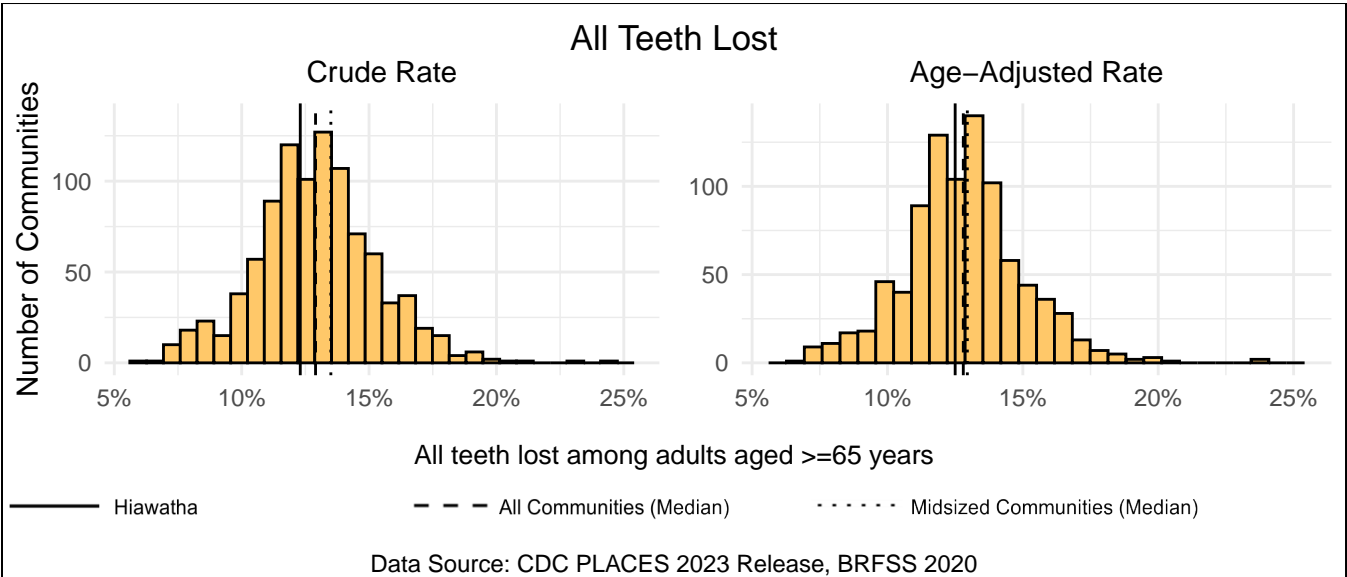
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	2.8%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



All Teeth Lost

Hiawatha has a crude rate of 12.3% for all teeth lost among adults aged ≥ 65 years, which ranks 373rd out of 958 Iowa communities (37th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 12.5%, which ranks 397th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	12.3%	12.9%	13.5%
Age-Adjusted	12.5%	12.8%	12.9%



Prevention

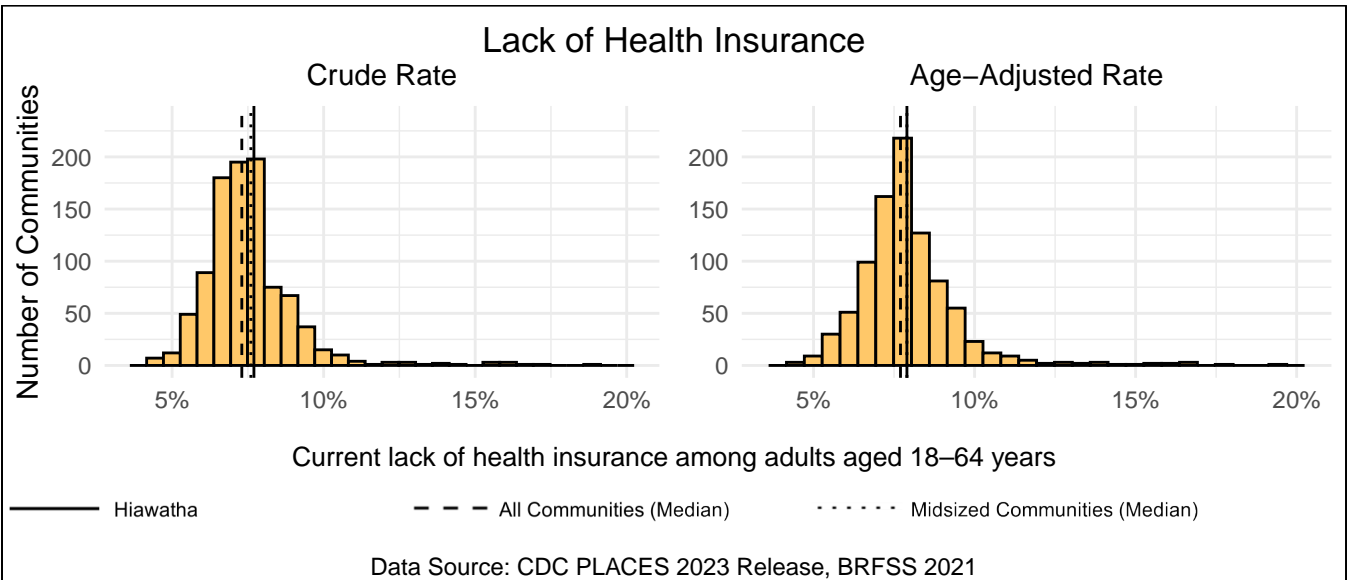
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Hiawatha has a crude rate of 7.7% for current lack of health insurance among adults aged 18–64 years, which ranks 598th out of 958 Iowa communities (53rd out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 7.9%, which ranks 498th out of 905 Iowa communities (46th out of 102 mid-sized communities).

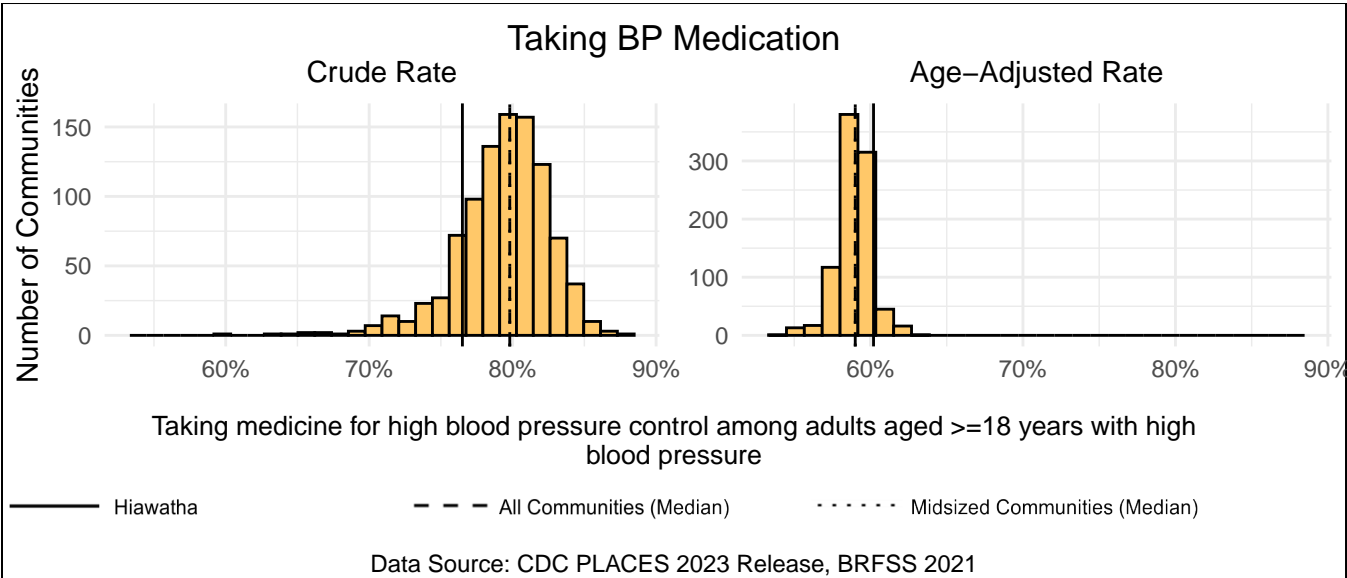
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	7.7%	7.3%	7.6%
Age-Adjusted	7.9%	7.7%	7.9%



Taking BP Medication

Hiawatha has a crude rate of 76.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 811th out of 958 Iowa communities (81st out of 102 midsize communities). The age-adjusted rate for Hiawatha is 60.2%, which ranks 69th out of 905 Iowa communities (13th out of 102 midsize communities).

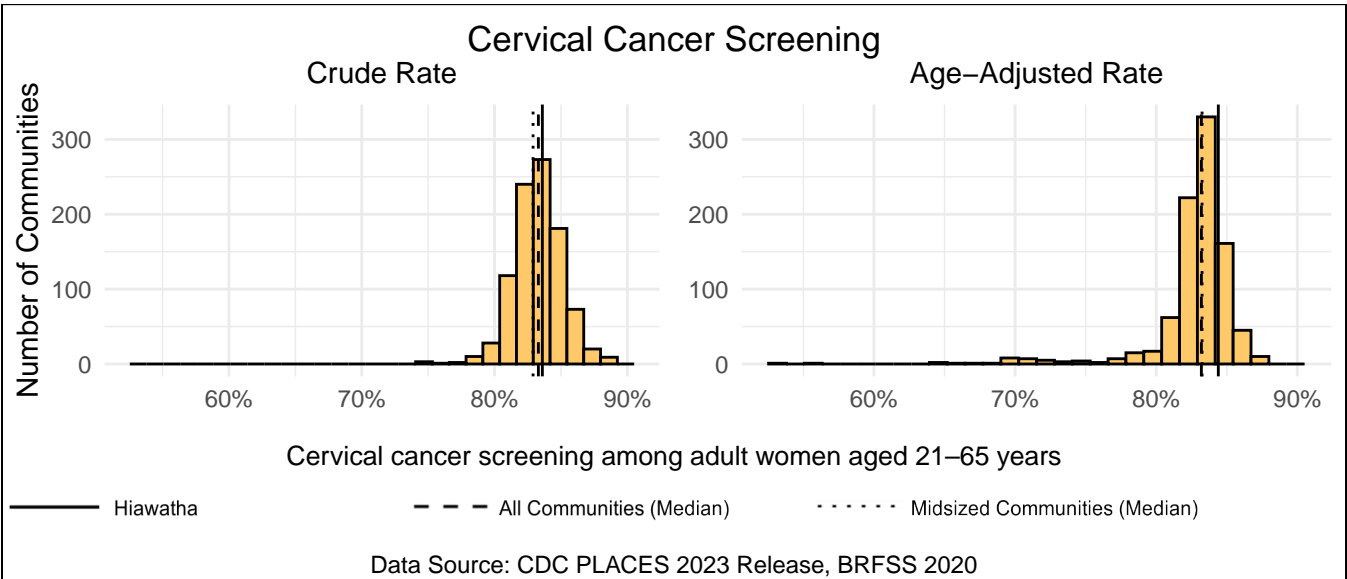
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	76.5%	79.8%	79.8%
Age-Adjusted	60.2%	59.0%	59.0%



Cervical Cancer Screening

Hiawatha has a crude rate of 83.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 402nd out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Hiawatha is 84.4%, which ranks 168th out of 905 Iowa communities (31st out of 102 midsize communities).

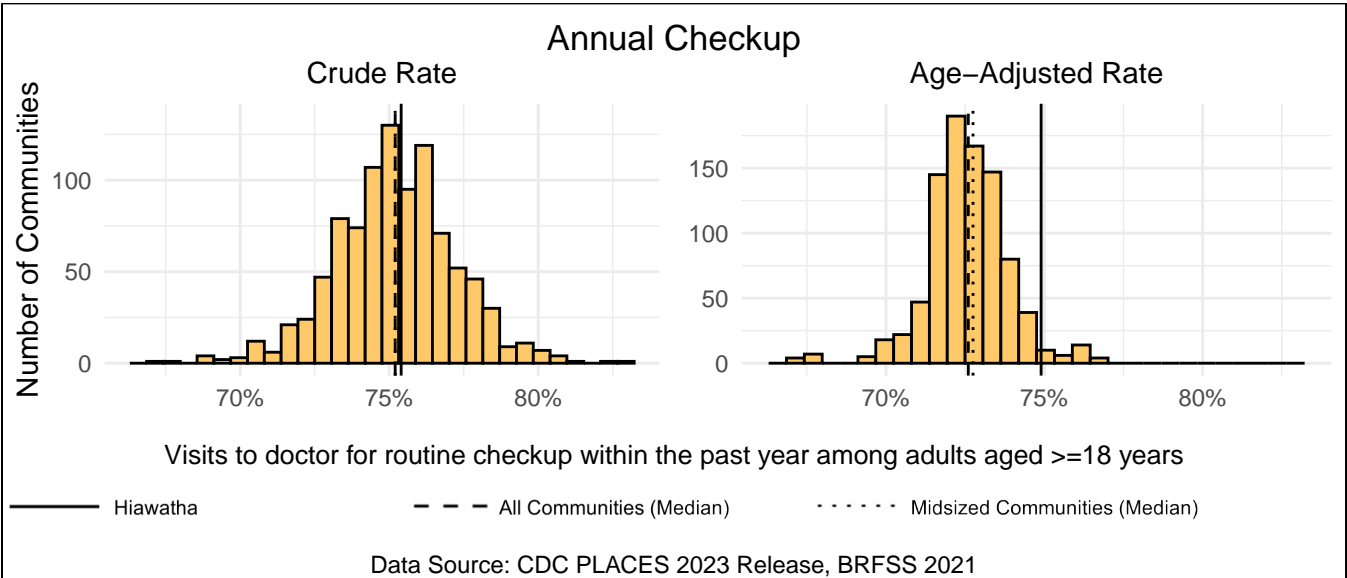
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	83.6%	83.3%	82.9%
Age-Adjusted	84.4%	83.2%	83.2%



Annual Checkup

Hiawatha has a crude rate of 75.4% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 428th out of 958 Iowa communities (43rd out of 102 midsized communities). The age-adjusted rate for Hiawatha is 74.9%, which ranks 32nd out of 905 Iowa communities (6th out of 102 midsized communities).

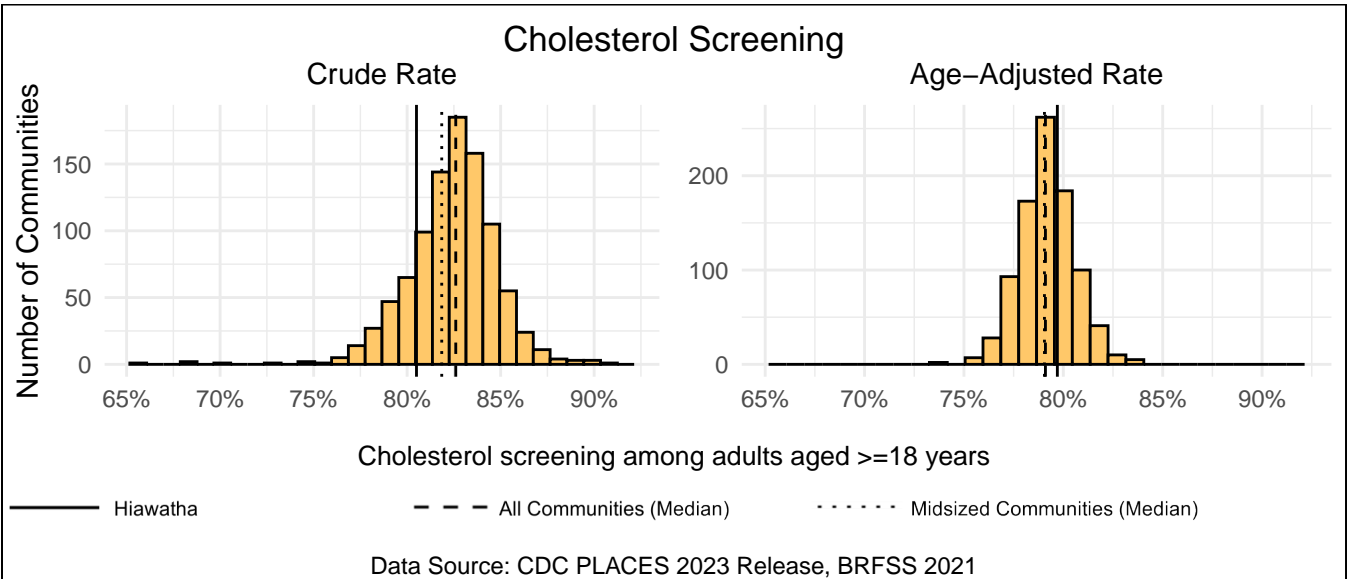
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	75.4%	75.2%	75.2%
Age-Adjusted	74.9%	72.6%	72.8%



Cholesterol Screening

Hiawatha has a crude rate of 80.5% for cholesterol screening among adults aged >=18 years, which ranks 781st out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Hiawatha is 79.7%, which ranks 296th out of 905 Iowa communities (36th out of 102 midsized communities).

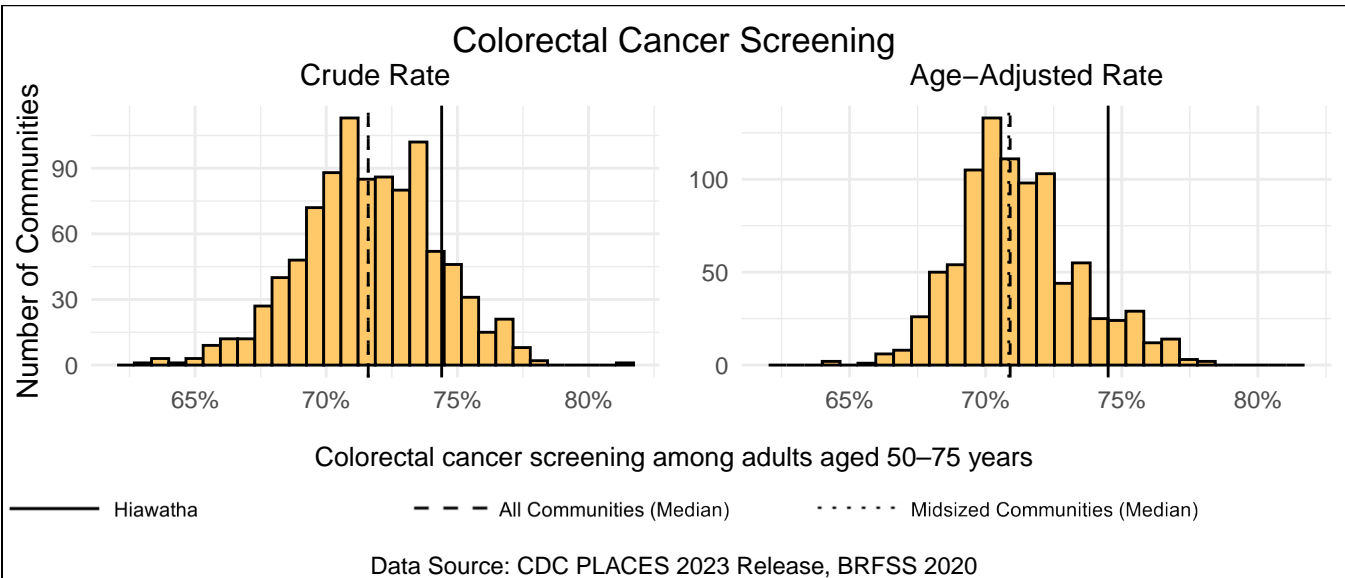
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	80.5%	82.6%	81.8%
Age-Adjusted	79.7%	79.1%	79.0%



Colorectal Cancer Screening

Hiawatha has a crude rate of 74.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 125th out of 958 Iowa communities (14th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 74.5%, which ranks 79th out of 905 Iowa communities (19th out of 102 mid-sized communities).

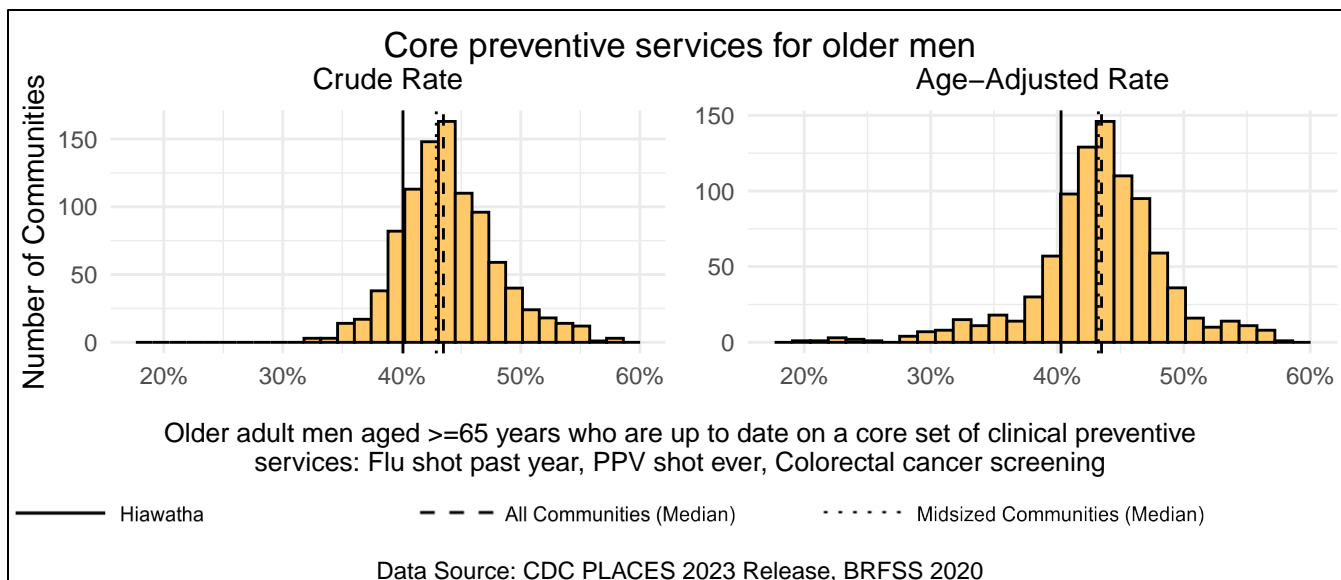
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	74.4%	71.6%	71.6%
Age-Adjusted	74.5%	70.9%	70.8%



Core preventive services for older men

Hiawatha has a crude rate of 40.1% 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 807th out of 958 Iowa communities (79th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 40.3%, which ranks 725th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

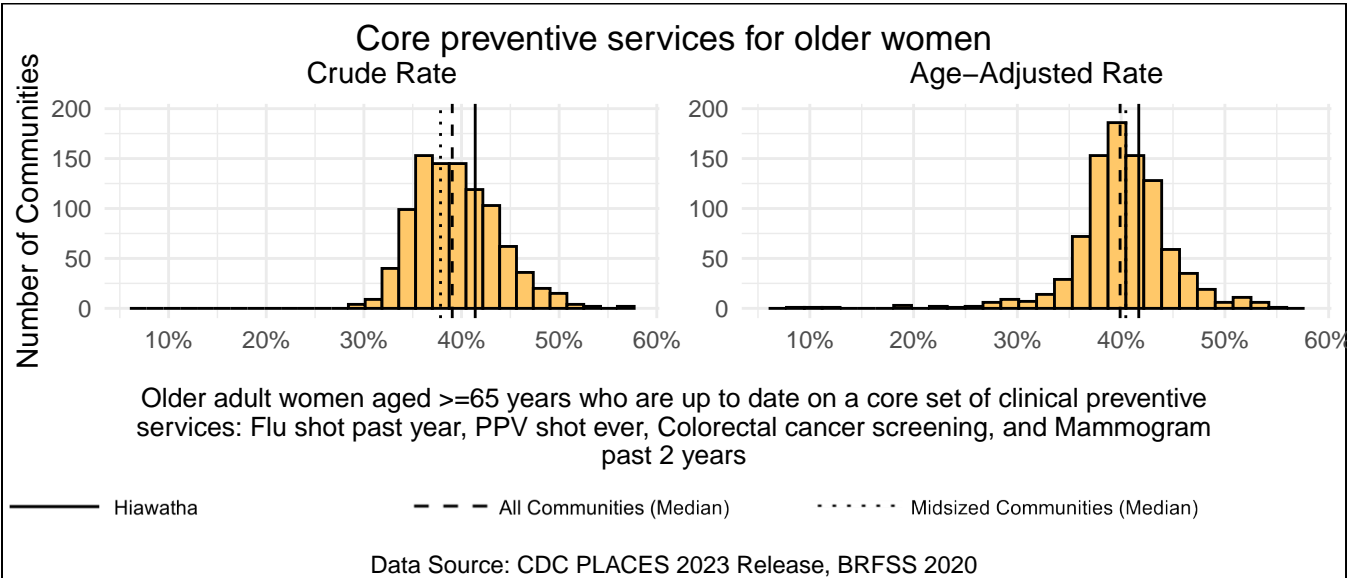
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	40.1%	43.5%	42.9%
Age-Adjusted	40.3%	43.5%	43.2%



Core preventive services for older women

Hiawatha has a crude rate of 41.4% 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 288th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 41.7%, which ranks 296th out of 905 Iowa communities (37th out of 102 mid-sized communities).

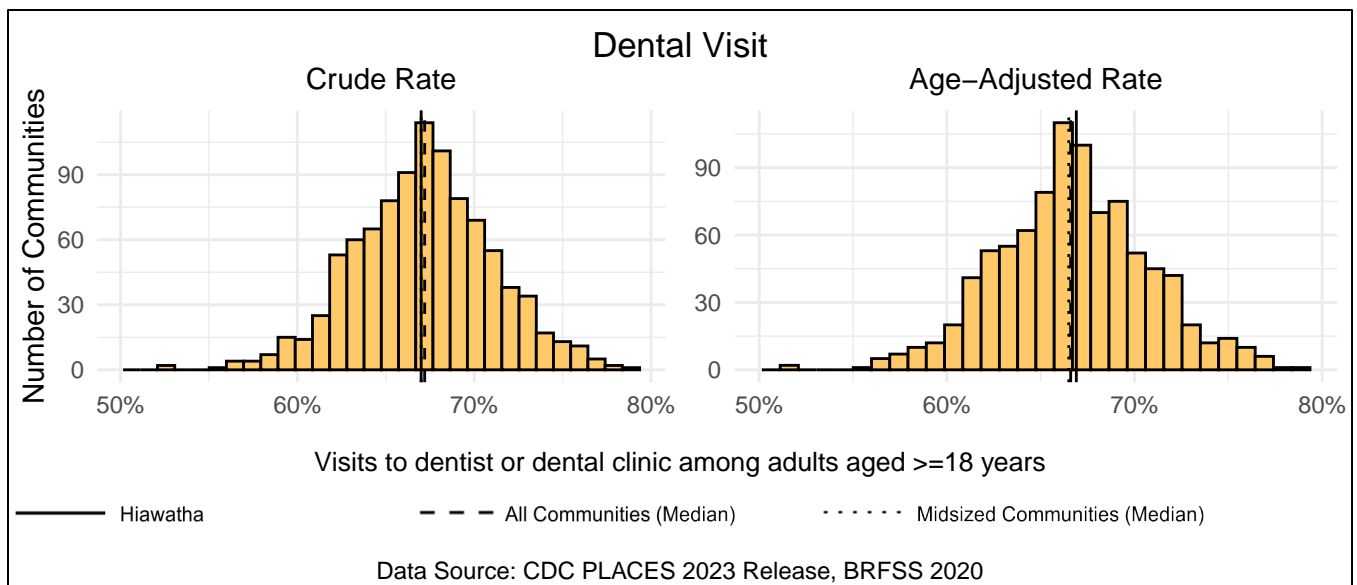
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	41.4%	39.0%	37.8%
Age-Adjusted	41.7%	39.9%	40.4%



Dental Visit

Hiawatha has a crude rate of 67.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 66.9%, which ranks 424th out of 905 Iowa communities (48th out of 102 mid-sized communities).

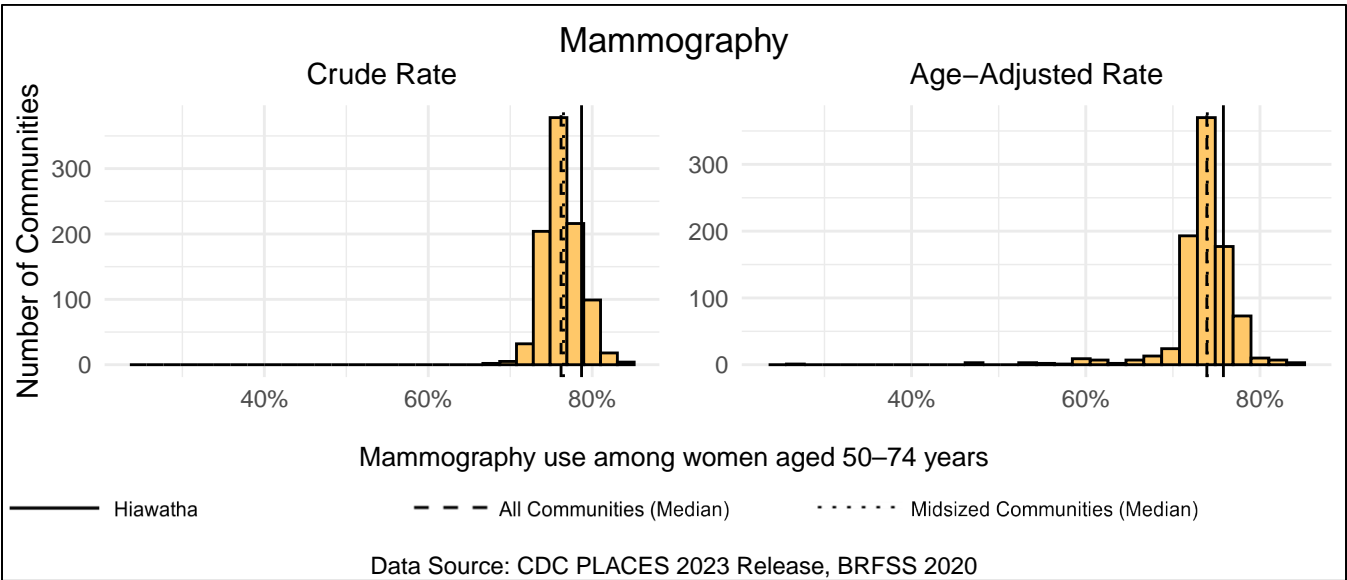
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	67.0%	67.2%	67.0%
Age-Adjusted	66.9%	66.6%	66.5%



Mammography

Hiawatha has a crude rate of 78.7% for mammography use among women aged 50–74 years, which ranks 143rd out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 75.8%, which ranks 174th out of 905 Iowa communities (32nd out of 102 mid-sized communities).

Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	78.7%	76.2%	76.5%
Age-Adjusted	75.8%	73.9%	74.0%



Disability

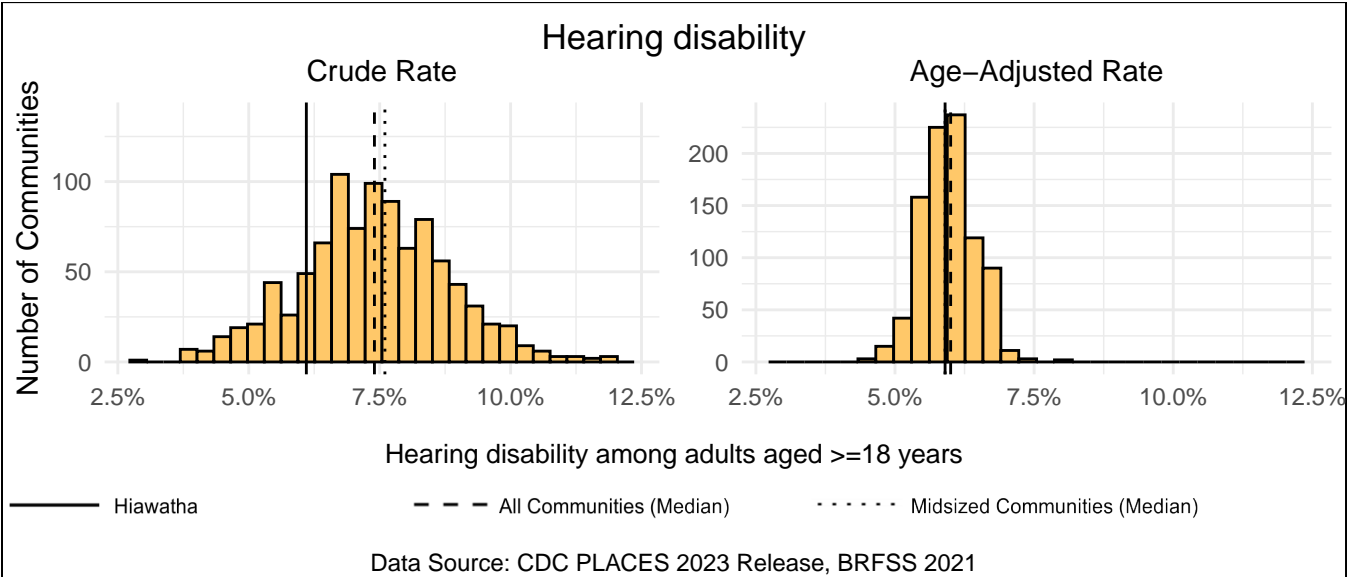
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Hiawatha has a crude rate of 6.1% for hearing disability among adults aged ≥ 18 years, which ranks 160th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Hiawatha is 5.9%, which ranks 360th out of 905 Iowa communities (44th out of 102 midsize communities).

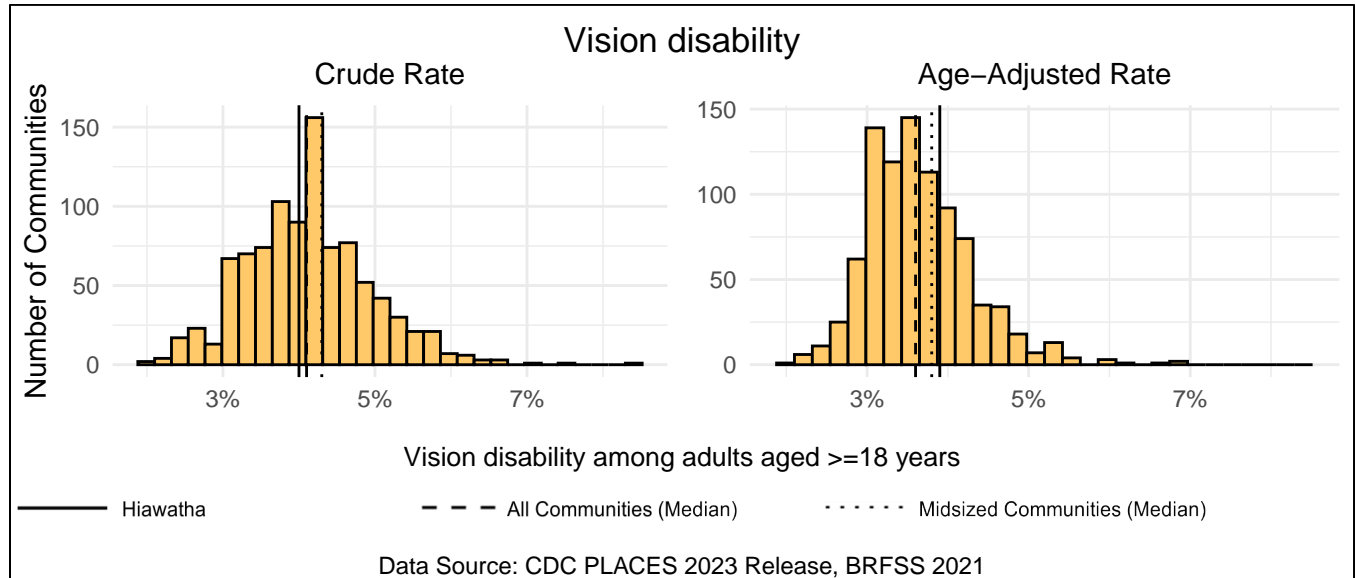
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	6.1%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.9%



Vision disability

Hiawatha has a crude rate of 4.0% for vision disability among adults aged ≥ 18 years, which ranks 425th out of 958 Iowa communities (41st out of 102 midsize communities). The age-adjusted rate for Hiawatha is 3.9%, which ranks 622nd out of 905 Iowa communities (59th out of 102 midsize communities).

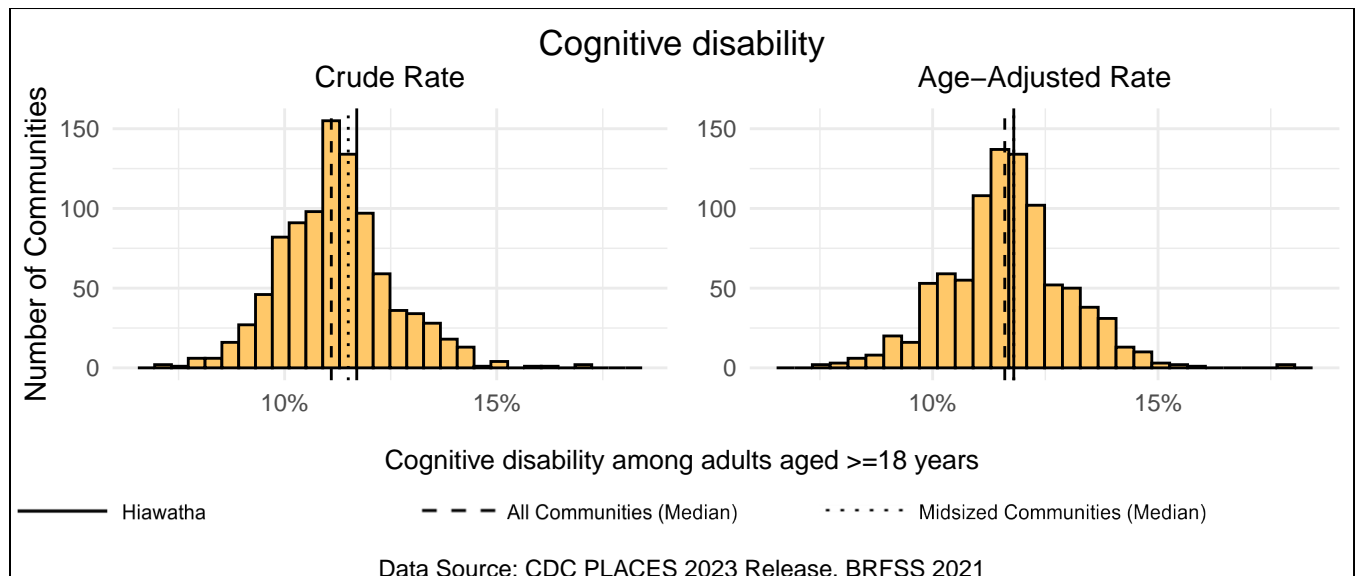
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	4.0%	4.1%	4.3%
Age-Adjusted	3.9%	3.6%	3.8%



Cognitive disability

Hiawatha has a crude rate of 11.7% for cognitive disability among adults aged ≥ 18 years, which ranks 665th out of 958 Iowa communities (62nd out of 102 midsize communities). The age-adjusted rate for Hiawatha is 11.8%, which ranks 495th out of 905 Iowa communities (49th out of 102 midsize communities).

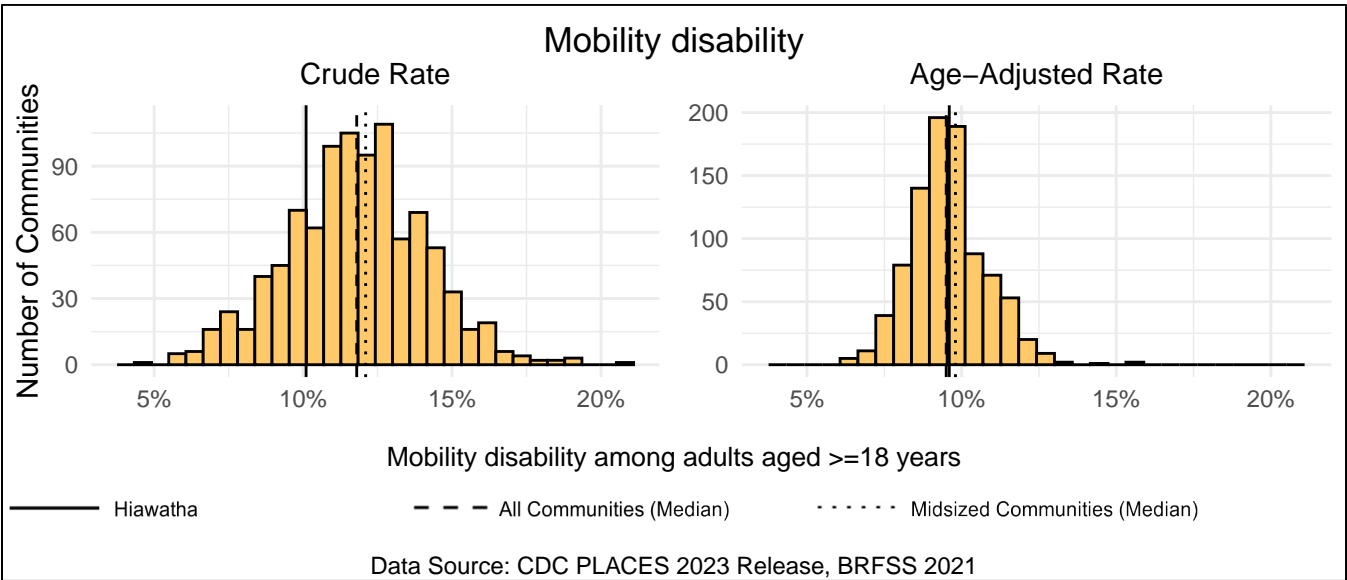
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	11.7%	11.1%	11.5%
Age-Adjusted	11.8%	11.6%	11.8%



Mobility disability

Hiawatha has a crude rate of 10.1% for mobility disability among adults aged ≥ 18 years, which ranks 215th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 9.6%, which ranks 471st out of 905 Iowa communities (42nd out of 102 mid-sized communities).

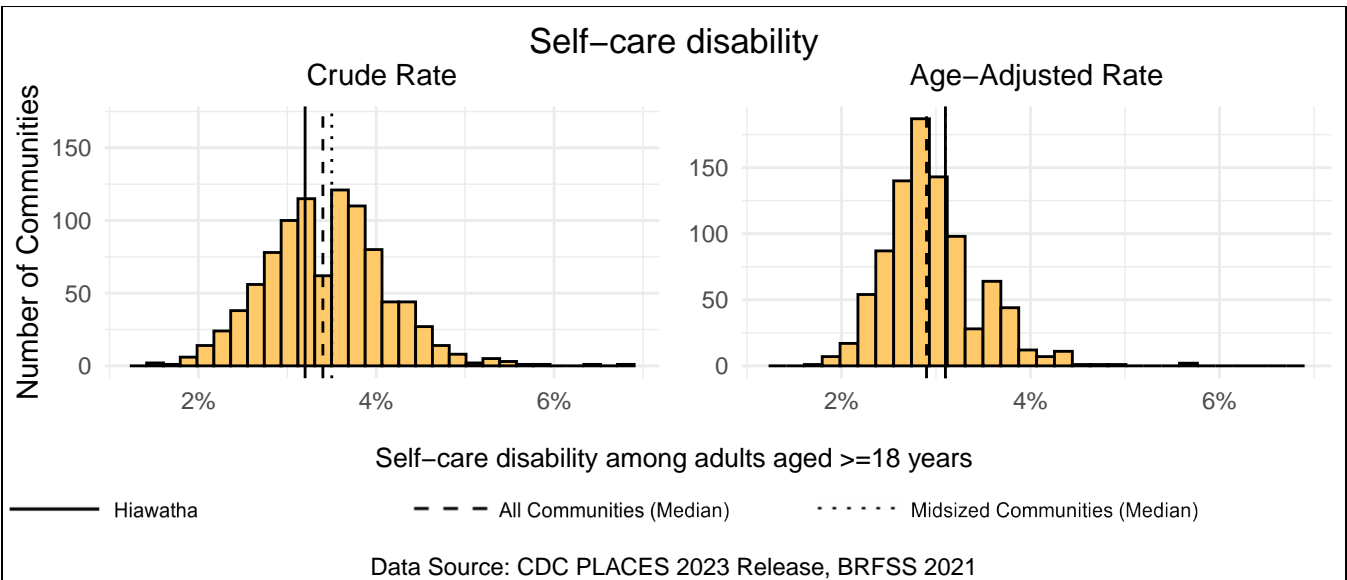
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	10.1%	11.8%	12.1%
Age-Adjusted	9.6%	9.5%	9.8%



Self-care disability

Hiawatha has a crude rate of 3.2% for self-care disability among adults aged ≥ 18 years, which ranks 320th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 mid-sized communities).

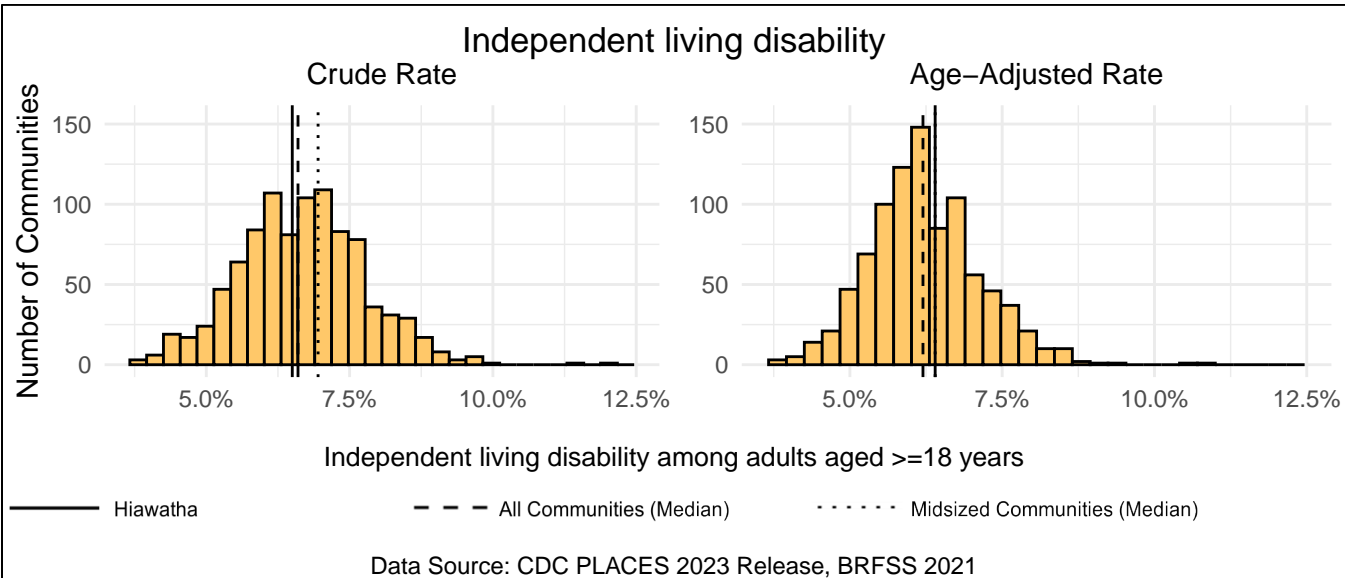
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	3.2%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



Independent living disability

Hiawatha has a crude rate of 6.5% for independent living disability among adults aged ≥ 18 years, which ranks 413th out of 958 Iowa communities (39th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 6.4%, which ranks 531st out of 905 Iowa communities (51st out of 102 mid-sized communities).

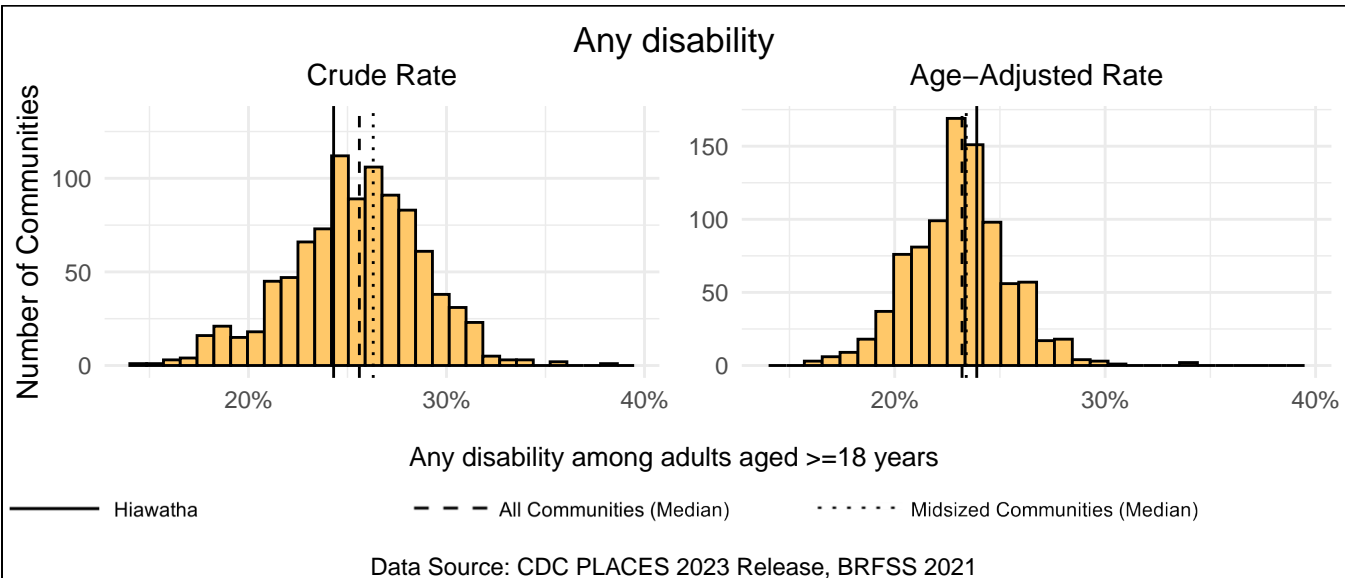
Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	6.5%	6.6%	7.0%
Age-Adjusted	6.4%	6.2%	6.4%



Any disability

Hiawatha has a crude rate of 24.3% for any disability among adults aged ≥ 18 years, which ranks 321st out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Hiawatha is 23.9%, which ranks 607th out of 905 Iowa communities (62nd out of 102 mid-sized communities).

Measure Type	Hiawatha	All Comm.	Midsized Comm.
Crude	24.3%	25.6%	26.3%
Age-Adjusted	23.9%	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: Hiawatha PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	293	10.2% (8.8% - 11.7%)	518	9.9% (8.6% - 11.2%)
Health Status	General Health	312	13.3% (11.4% - 15.4%)	505	13.0% (11.1% - 15.0%)
Health Status	Mental Health	856	15.7% (13.7% - 17.8%)	596	15.9% (13.9% - 18.1%)
Health Risk Behaviors	Sleep <7 hours	748	31.6% (30.5% - 32.6%)	613	31.8% (30.6% - 32.8%)
Health Risk Behaviors	Physical Inactivity	232	23.8% (20.3% - 27.6%)	333	23.5% (20.0% - 27.2%)
Health Risk Behaviors	Binge Drinking	799	21.6% (18.7% - 24.7%)	478	22.1% (19.3% - 25.3%)
Health Risk Behaviors	Current Smoking	640	17.7% (14.6% - 20.9%)	495	17.8% (14.5% - 21.2%)
Health Outcomes	COPD	232	6.6% (5.6% - 7.7%)	459	6.3% (5.3% - 7.4%)
Health Outcomes	Arthritis	103	23.1% (20.4% - 25.9%)	135	21.9% (19.3% - 24.6%)
Health Outcomes	Stroke	181	2.8% (2.5% - 3.1%)	569	2.7% (2.4% - 3.0%)
Health Outcomes	Current Asthma	838	9.8% (8.7% - 11.0%)	628	9.7% (8.6% - 11.0%)
Health Outcomes	Chronic Kidney Disease	186	2.8% (2.5% - 3.0%)	623	2.7% (2.4% - 2.9%)
Health Outcomes	High Cholesterol	158	33.6% (30.4% - 37.0%)	501	29.9% (26.6% - 33.3%)
Health Outcomes	Cancer (except skin)	126	6.7% (6.1% - 7.3%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Diabetes	224	9.0% (7.7% - 10.3%)	567	8.4% (7.2% - 9.7%)
Health Outcomes	Coronary Heart Disease	156	5.3% (4.6% - 6.0%)	419	5.0% (4.5% - 5.7%)
Health Outcomes	Obesity	794	39.9% (35.2% - 44.7%)	725	39.6% (35.1% - 44.3%)
Health Outcomes	All Teeth Lost	373	12.3% (8.6% - 16.4%)	397	12.5% (8.7% - 17.0%)
Health Outcomes	High Blood Pressure	362	31.1% (28.0% - 34.3%)	865	29.9% (26.9% - 32.9%)
Health Outcomes	Depression	938	21.5% (18.5% - 24.7%)	876	21.6% (18.8% - 25.0%)
Prevention	Taking BP Medication	811	76.5% (73.3% - 79.5%)	69	60.2% (55.9% - 64.5%)
Prevention	Dental Visit	490	67.0% (64.3% - 69.8%)	424	66.9% (64.2% - 69.6%)
Prevention	Cholesterol Screening	781	80.5% (77.6% - 83.2%)	296	79.7% (76.6% - 82.5%)
Prevention	Annual Checkup	428	75.4% (71.9% - 78.9%)	32	74.9% (71.2% - 78.2%)
Prevention	Core preventive services for older women	288	41.4% (36.4% - 46.5%)	296	41.7% (36.6% - 46.8%)
Prevention	Mammography	143	78.7% (76.2% - 81.0%)	174	75.8% (72.9% - 78.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	402	83.6% (81.8% - 85.6%)	168	84.4% (82.7% - 86.3%)
Prevention	Colorectal Cancer Screening	125	74.4% (72.2% - 76.6%)	79	74.5% (72.3% - 76.7%)
Prevention	Health Insurance	598	7.7% (6.2% - 9.7%)	498	7.9% (6.2% - 9.7%)
Prevention	Core preventive services for older men	807	40.1% (35.2% - 45.4%)	725	40.3% (35.3% - 45.5%)
Disability	Hearing Disability	160	6.1% (5.4% - 6.9%)	360	5.9% (5.3% - 6.7%)
Disability	Mobility Disability	215	10.1% (8.6% - 11.7%)	471	9.6% (8.2% - 11.1%)
Disability	Vision Disability	425	4.0% (3.5% - 4.5%)	622	3.9% (3.3% - 4.4%)
Disability	Any Disability	321	24.3% (21.2% - 27.3%)	607	23.9% (20.7% - 27.2%)
Disability	Cognitive Disability	665	11.7% (10.0% - 13.4%)	495	11.8% (10.0% - 13.7%)
Disability	Independent Living Disability	413	6.5% (5.6% - 7.4%)	531	6.4% (5.5% - 7.4%)
Disability	Self-care Disability	320	3.2% (2.8% - 3.7%)	567	3.1% (2.7% - 3.5%)

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)

Hiawatha 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
