



## 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 Holstein: Overview

Dear Community Members & Stakeholders of Holstein,

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 Holstein ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Holstein'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 Holstein. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

## Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community's strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Current Asthma	44th	4th	High Blood Pressure	69th	16th
Depression	48th	7th	Cancer (except skin)	74th	4th
Obesity	73rd	13th	Depression	88th	11th
Sleep <7 hours	81st	16th	Obesity	98th	14th
Mental Health	102nd	14th	Arthritis	124th	23rd

## Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Cancer (except skin)	841st	110th	Taking BP Medication	737th	108th
Core preventive services for older women	796th	108th	Core preventive services for older women	472nd	79th
Hearing Disability	781st	102nd	Annual Checkup	396th	64th
Chronic Kidney Disease	732nd	91st	Binge Drinking	358th	57th
Stroke	703rd	92nd	Colorectal Cancer Screening	347th	62nd

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 Holstein.

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

With a population of 1,560, Holstein’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



# Health Status

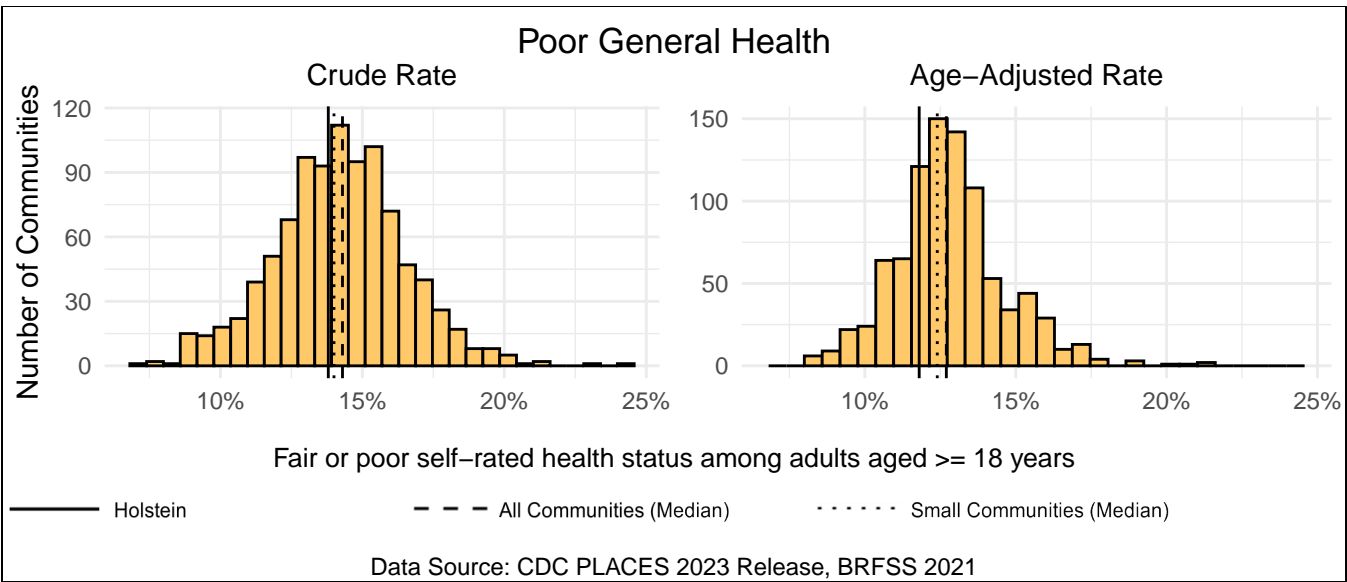
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

## Poor General Health

Holstein has a crude rate of 13.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 391st out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for Holstein is 11.8%, which ranks 238th out of 905 Iowa communities (45th out of 138 small communities).

Measure Type	Holstein	All Comm.	Small Comm.
Crude	13.8%	14.3%	14.0%
Age-Adjusted	11.8%	12.7%	12.4%

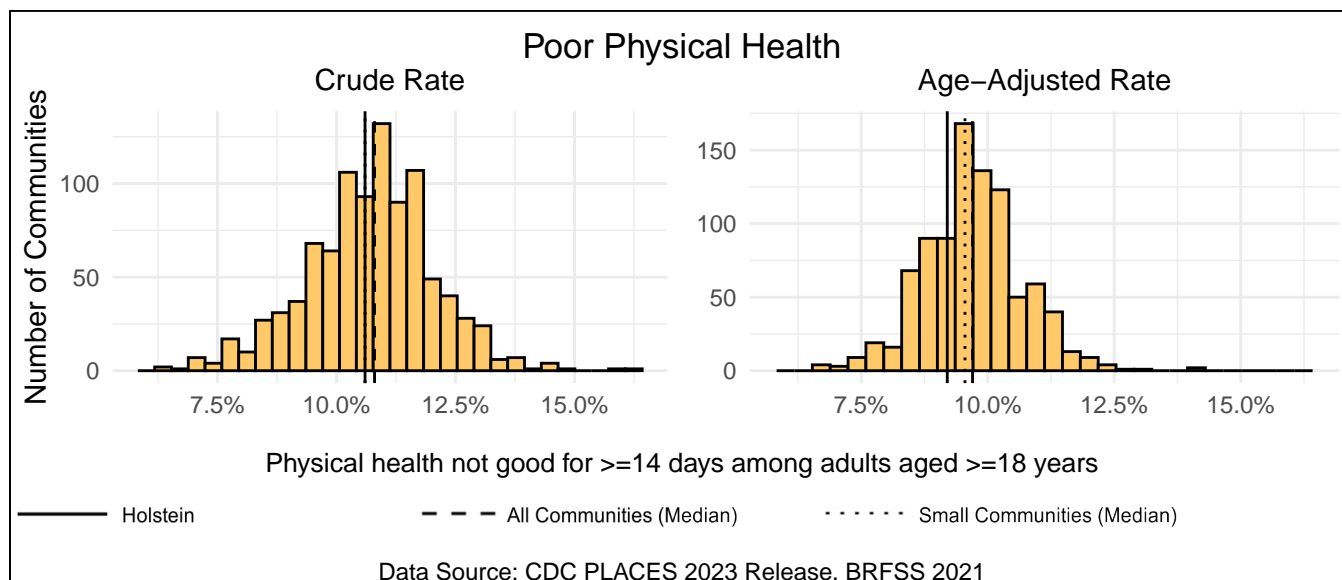




## Poor Physical Health

Holstein has a crude rate of 10.6% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 404th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Holstein is 9.2%, which ranks 238th out of 905 Iowa communities (43rd out of 138 small communities).

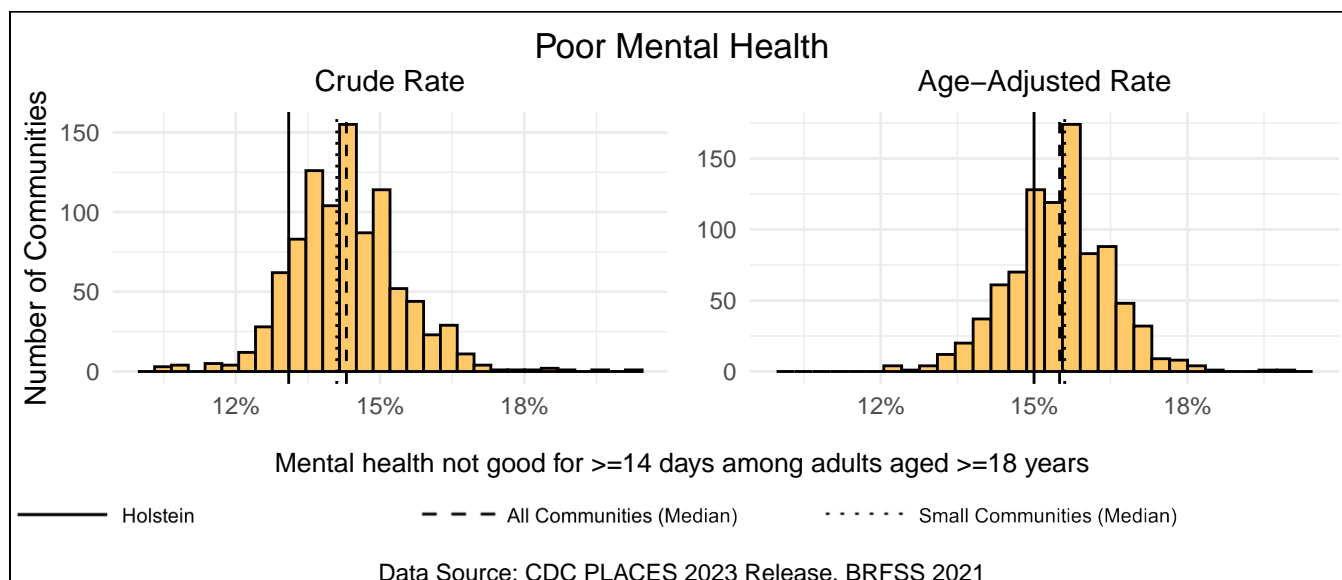
Measure Type	Holstein	All Comm.	Small Comm.
Crude	10.6%	10.8%	10.6%
Age-Adjusted	9.2%	9.7%	9.6%



## Poor Mental Health

Holstein has a crude rate of 13.1% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 102nd out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Holstein is 15.0%, which ranks 241st out of 905 Iowa communities (41st out of 138 small communities).

Measure Type	Holstein	All Comm.	Small Comm.
Crude	13.1%	14.3%	14.1%
Age-Adjusted	15.0%	15.5%	15.6%



# Health Risk Behaviors

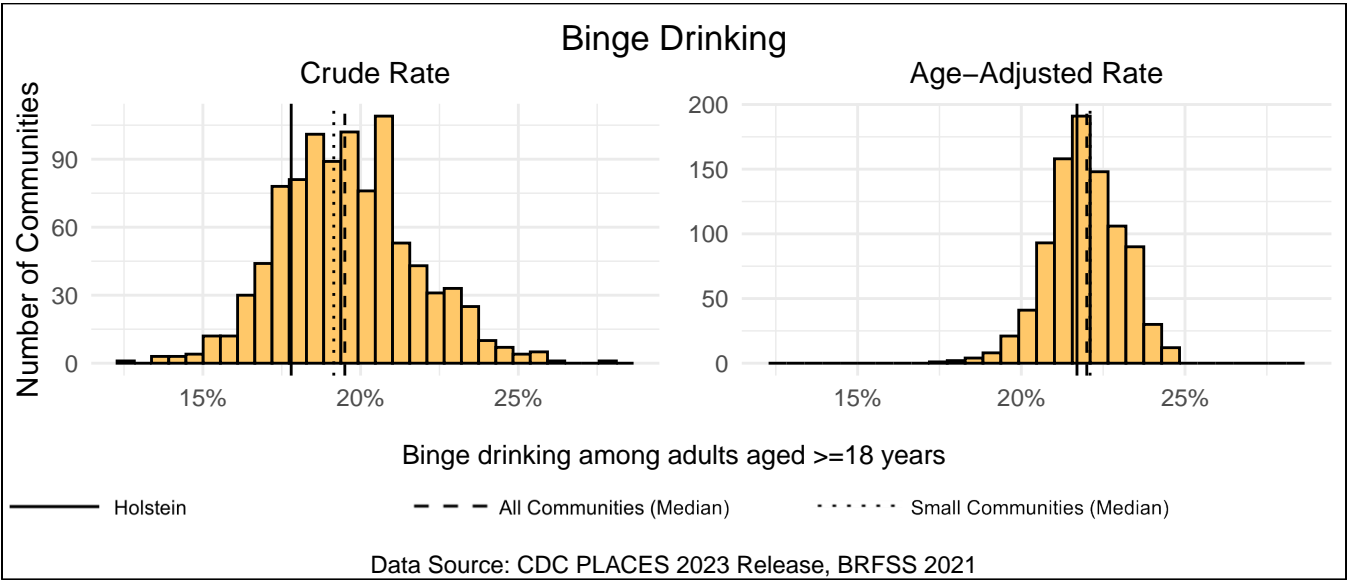
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

## Binge Drinking

Holstein has a crude rate of 17.8% for binge drinking among adults aged  $\geq 18$  years, which ranks 188th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Holstein is 21.7%, which ranks 358th out of 905 Iowa communities (57th out of 138 small communities).

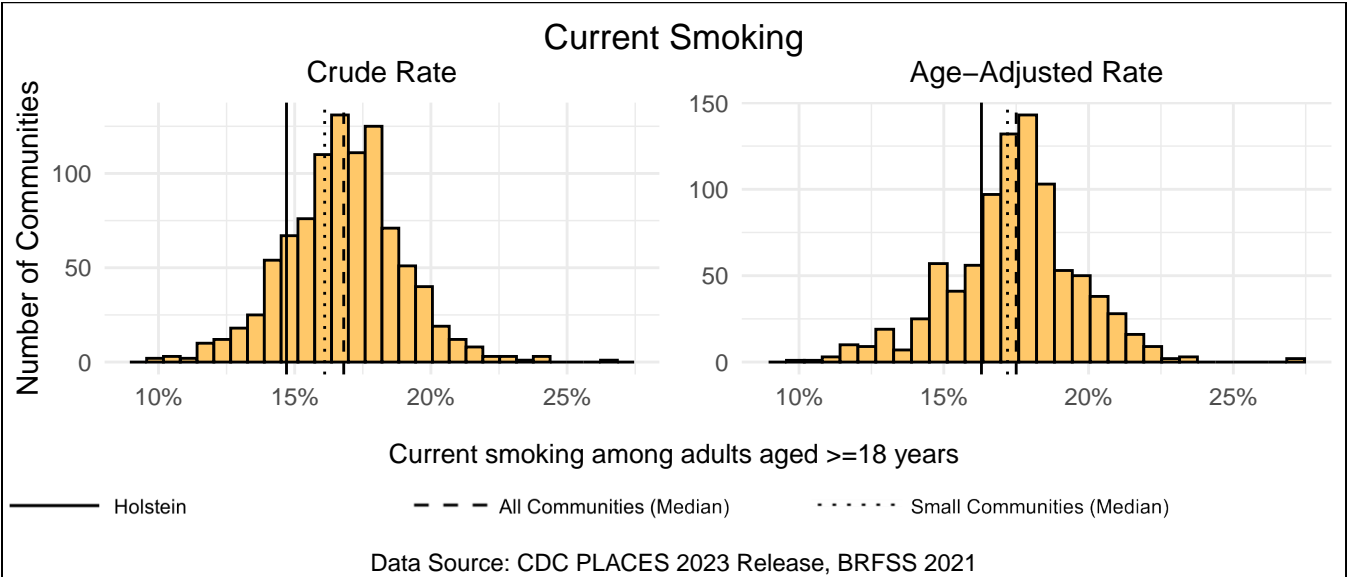
Measure Type	Holstein	All Comm.	Small Comm.
Crude	17.8%	19.5%	19.1%
Age-Adjusted	21.7%	22.0%	22.1%



# Current Smoking

Holstein has a crude rate of 14.7% for current smoking among adults aged >=18 years, which ranks 141st out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Holstein is 16.3%, which ranks 216th out of 905 Iowa communities (41st out of 138 small communities).

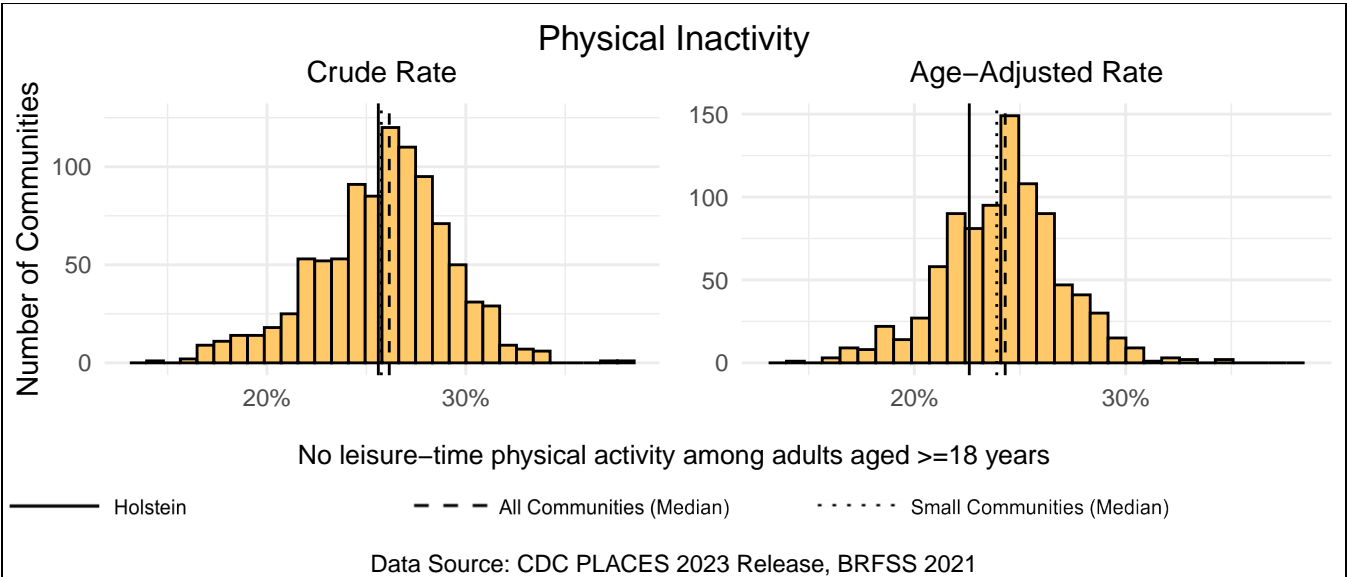
Measure Type	Holstein	All Comm.	Small Comm.
Crude	14.7%	16.8%	16.1%
Age-Adjusted	16.3%	17.5%	17.2%



# Physical Inactivity

Holstein has a crude rate of 25.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 415th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Holstein is 22.6%, which ranks 241st out of 905 Iowa communities (50th out of 138 small communities).

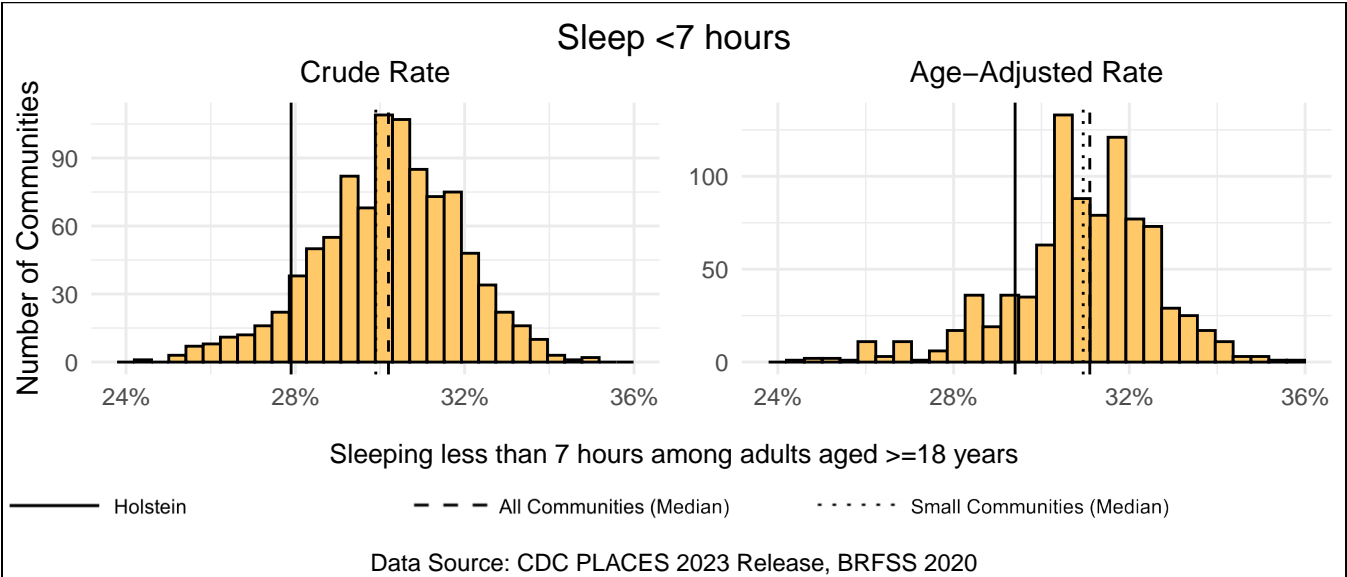
Measure Type	Holstein	All Comm.	Small Comm.
Crude	25.6%	26.1%	25.8%
Age-Adjusted	22.6%	24.3%	23.9%



# Sleep <7 hours

Holstein has a crude rate of 27.9% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 81st out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Holstein is 29.4%, which ranks 142nd out of 905 Iowa communities (27th out of 138 small communities).

Measure Type	Holstein	All Comm.	Small Comm.
Crude	27.9%	30.2%	29.9%
Age-Adjusted	29.4%	31.1%	31.0%



# Health Outcomes

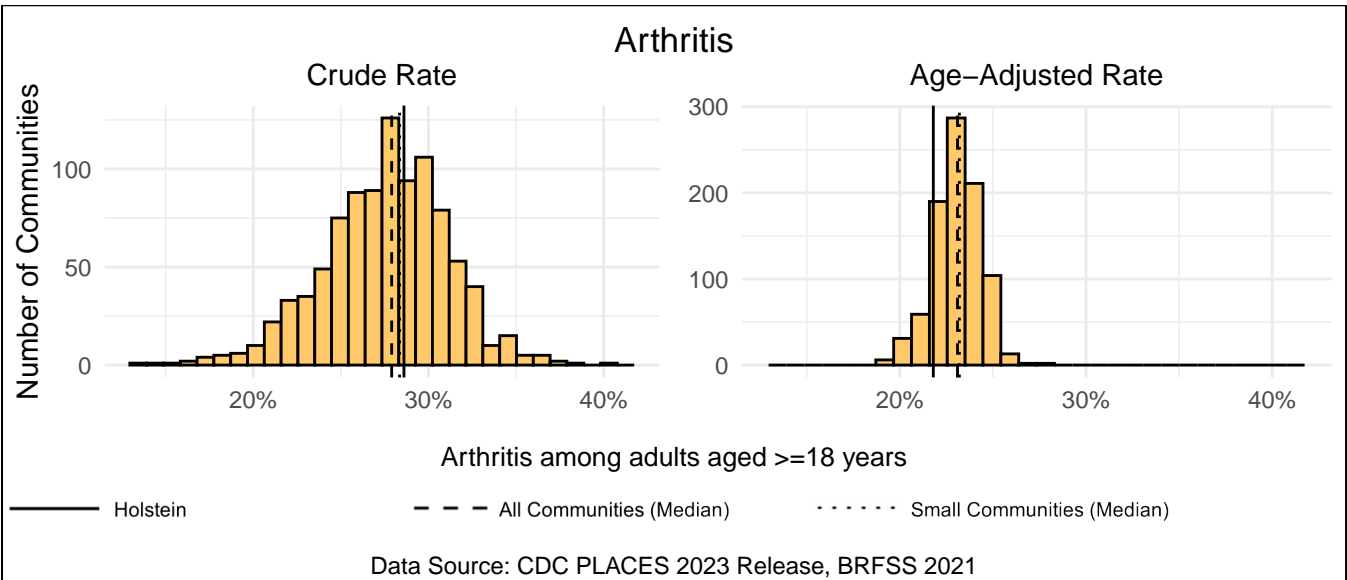
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

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

## Arthritis

Holstein has a crude rate of 28.6% for arthritis among adults aged  $\geq 18$  years, which ranks 574th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Holstein is 21.8%, which ranks 124th out of 905 Iowa communities (23rd out of 138 small communities).

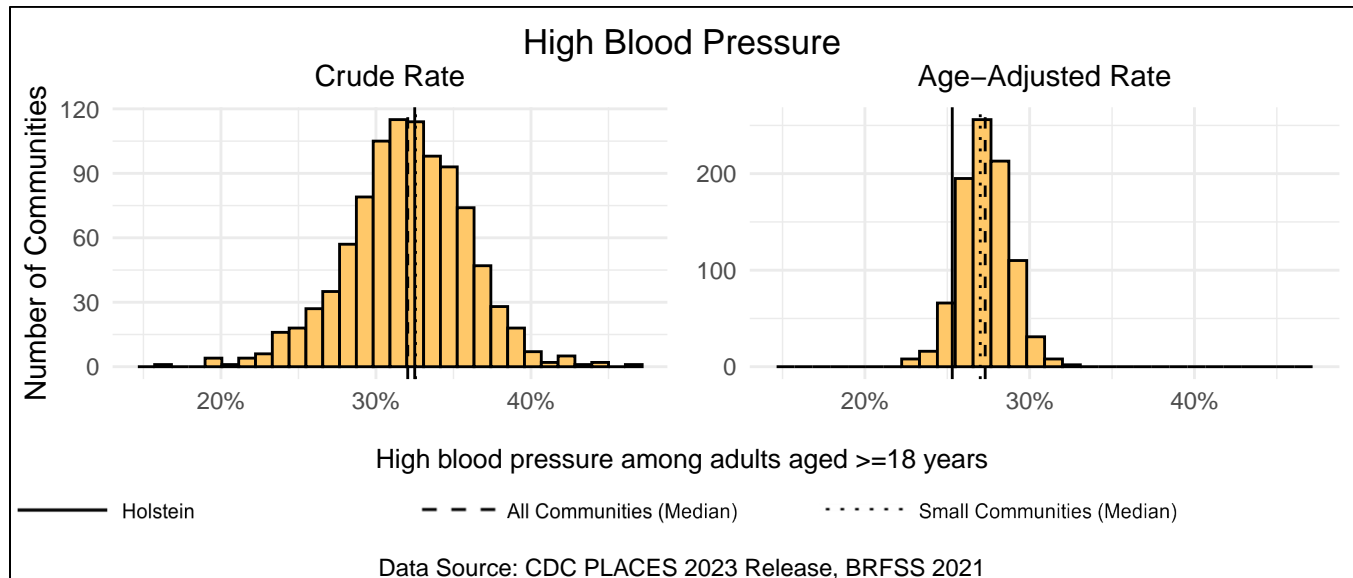
Measure Type	Holstein	All Comm.	Small Comm.
Crude	28.6%	27.9%	28.4%
Age-Adjusted	21.8%	23.1%	23.2%



## High Blood Pressure

Holstein has a crude rate of 32.5% for high blood pressure among adults aged  $\geq 18$  years, which ranks 517th out of 958 Iowa communities (69th out of 138 small communities). The age-adjusted rate for Holstein is 25.3%, which ranks 69th out of 905 Iowa communities (16th out of 138 small communities).

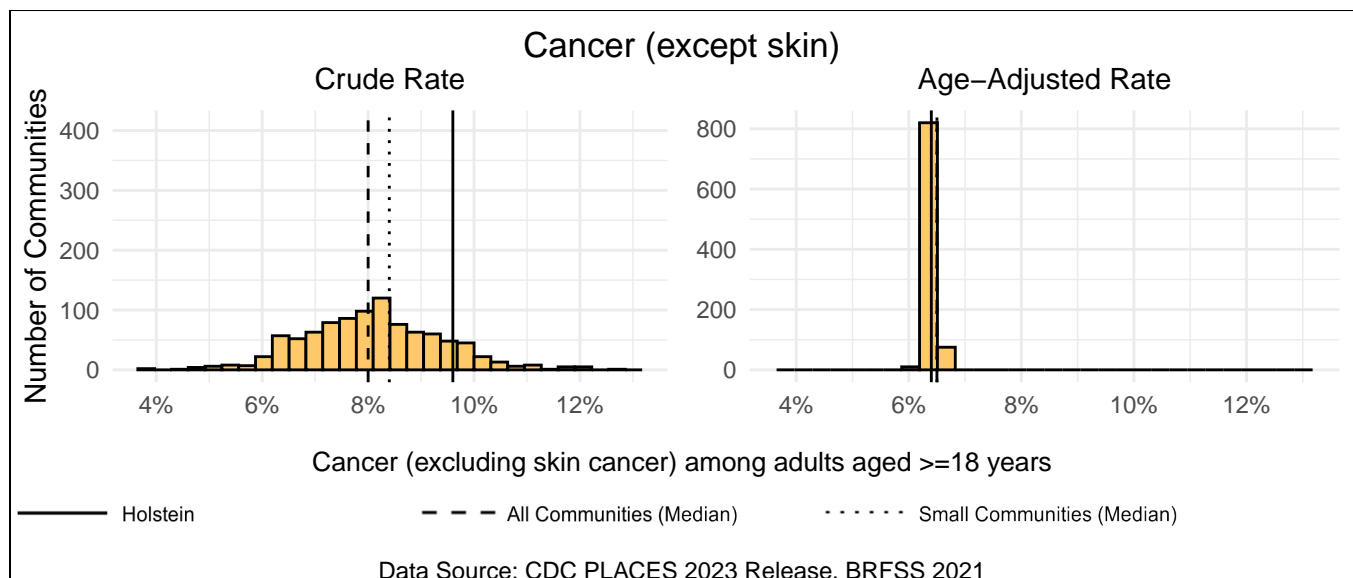
Measure Type	Holstein	All Comm.	Small Comm.
Crude	32.5%	32.0%	32.5%
Age-Adjusted	25.3%	27.3%	27.0%



## Cancer (except skin)

Holstein has a crude rate of 9.6% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 841st out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Holstein is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

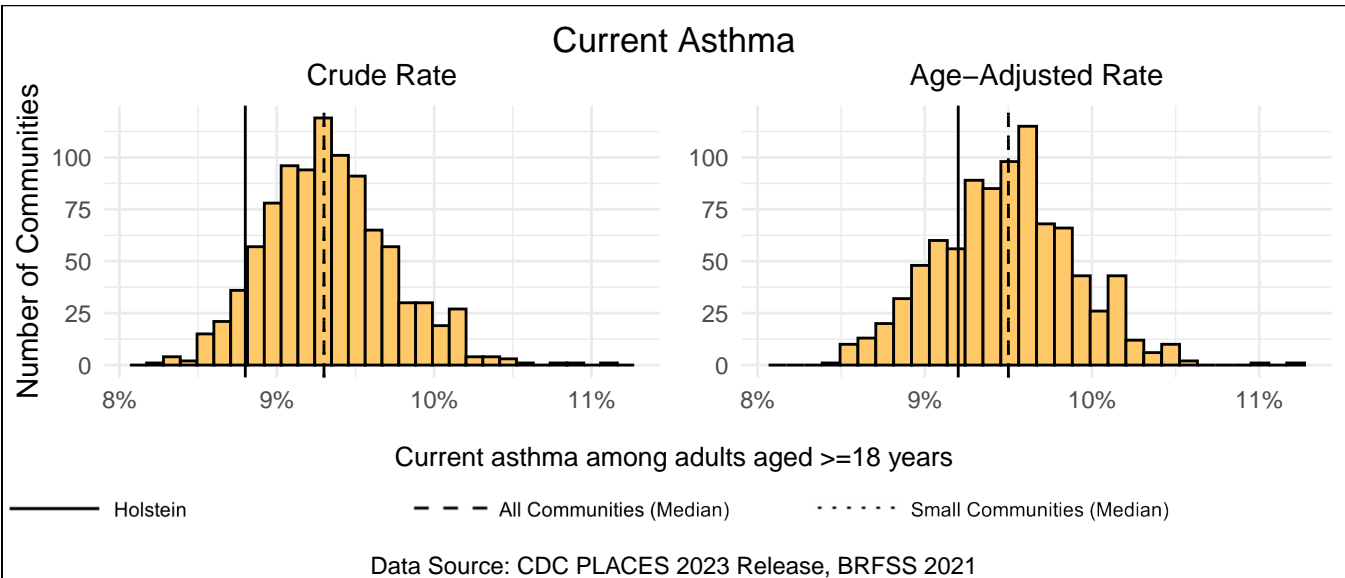
Measure Type	Holstein	All Comm.	Small Comm.
Crude	9.6%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



## Current Asthma

Holstein has a crude rate of 8.8% for current asthma among adults aged  $\geq 18$  years, which ranks 44th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Holstein is 9.2%, which ranks 185th out of 905 Iowa communities (26th out of 138 small communities).

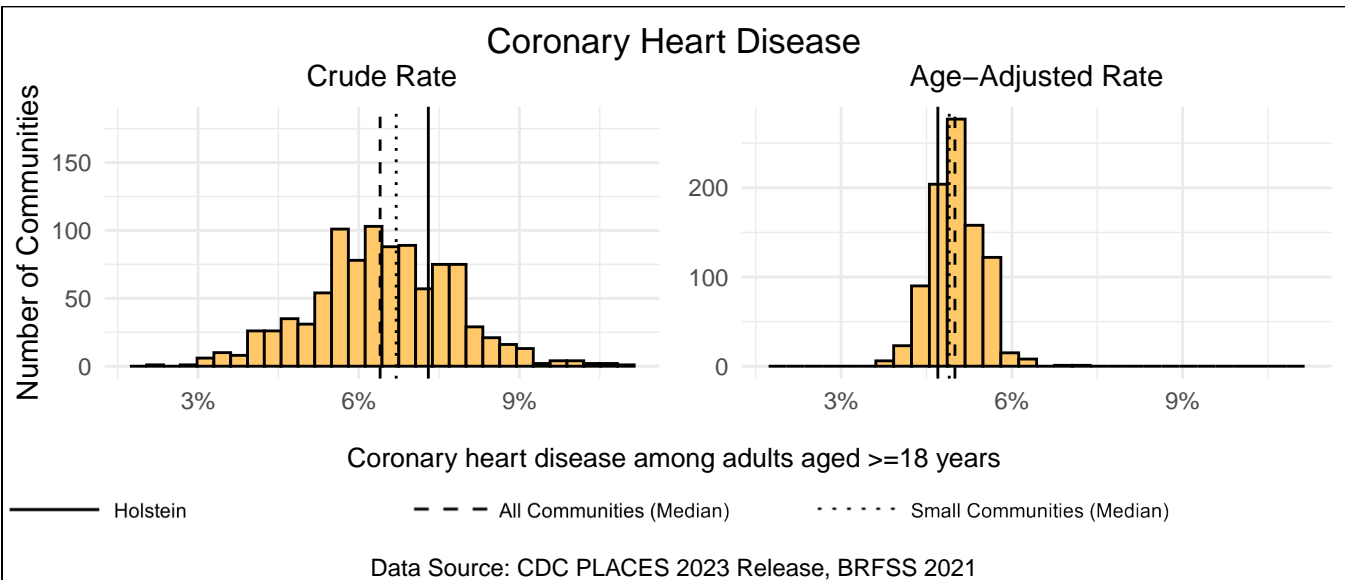
Measure Type	Holstein	All Comm.	Small Comm.
Crude	8.8%	9.3%	9.3%
Age-Adjusted	9.2%	9.5%	9.5%



## Coronary Heart Disease

Holstein has a crude rate of 7.3% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 696th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Holstein is 4.7%, which ranks 187th out of 905 Iowa communities (36th out of 138 small communities).

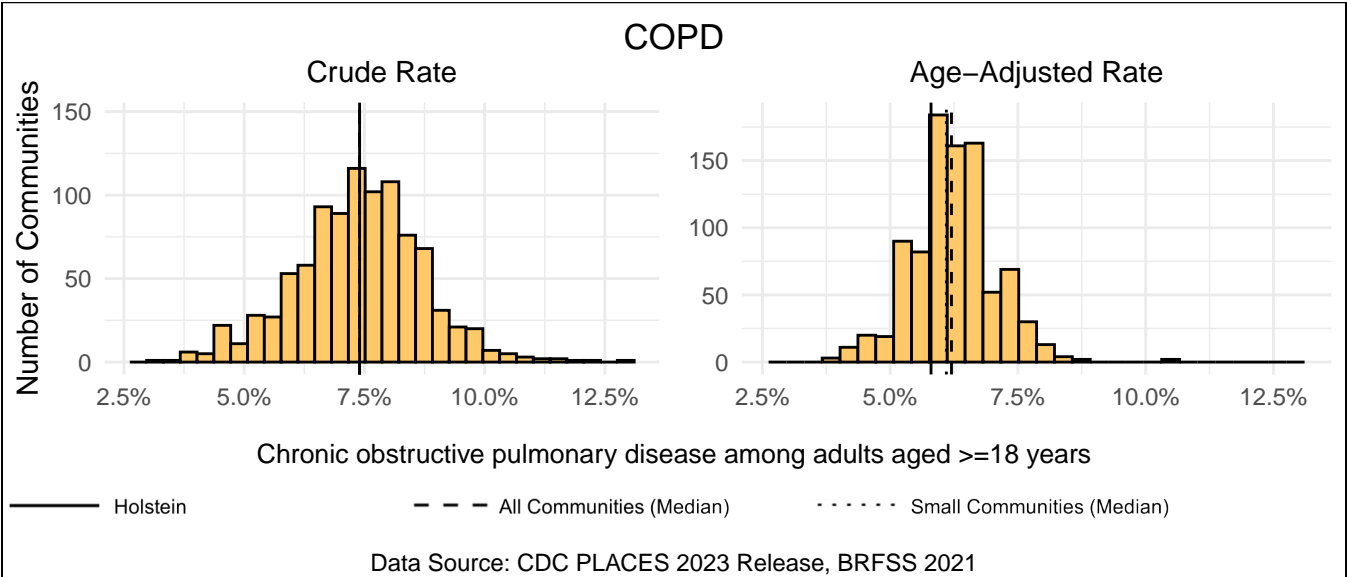
Measure Type	Holstein	All Comm.	Small Comm.
Crude	7.3%	6.4%	6.7%
Age-Adjusted	4.7%	5.0%	4.9%



# COPD

Holstein has a crude rate of 7.4% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 448th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Holstein is 5.8%, which ranks 226th out of 905 Iowa communities (40th out of 138 small communities).

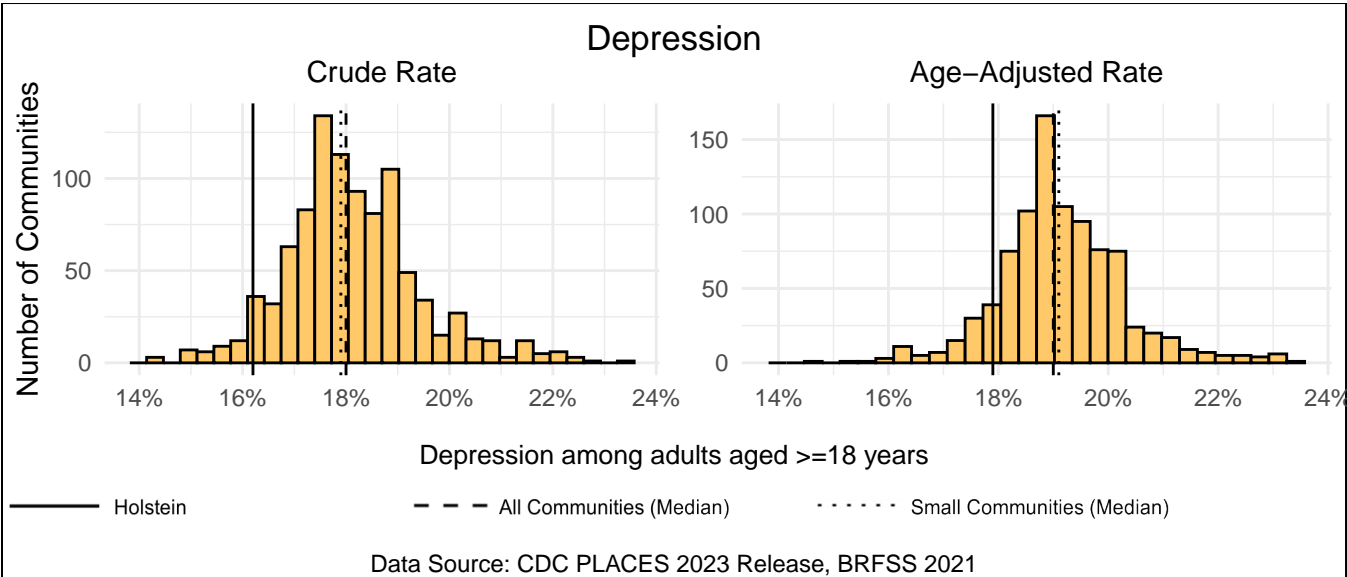
Measure Type	Holstein	All Comm.	Small Comm.
Crude	7.4%	7.4%	7.4%
Age-Adjusted	5.8%	6.2%	6.1%



# Depression

Holstein has a crude rate of 16.2% for depression among adults aged >=18 years, which ranks 48th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Holstein is 17.9%, which ranks 88th out of 905 Iowa communities (11th out of 138 small communities).

Measure Type	Holstein	All Comm.	Small Comm.
Crude	16.2%	18.0%	17.9%
Age-Adjusted	17.9%	19.0%	19.1%

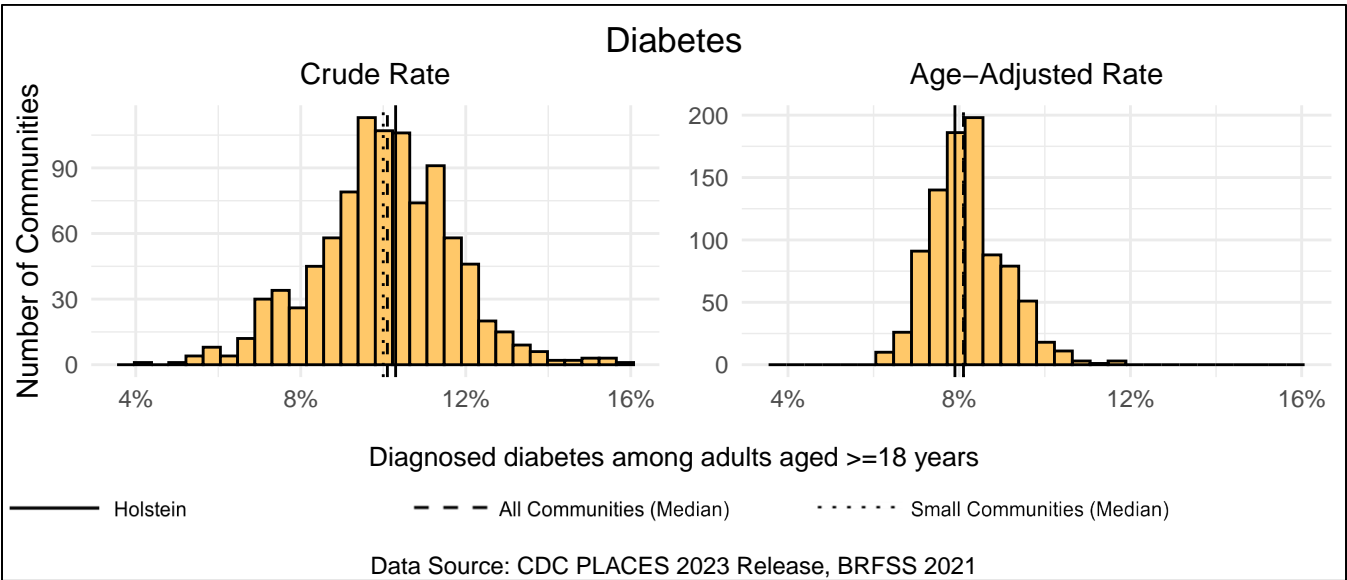




# Diabetes

Holstein has a crude rate of 10.3% for diagnosed diabetes among adults aged >=18 years, which ranks 523rd out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Holstein is 7.9%, which ranks 307th out of 905 Iowa communities (57th out of 138 small communities).

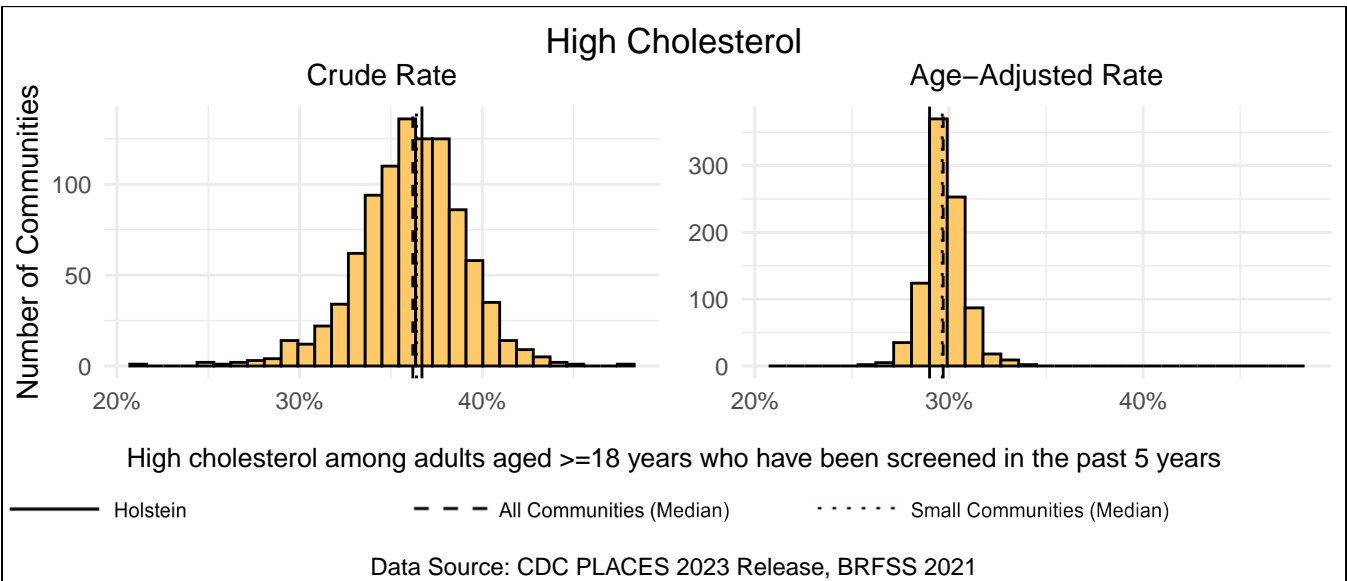
Measure Type	Holstein	All Comm.	Small Comm.
Crude	10.3%	10.1%	10.0%
Age-Adjusted	7.9%	8.1%	8.1%



# High Cholesterol

Holstein has a crude rate of 36.7% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 539th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Holstein is 29.0%, which ranks 167th out of 905 Iowa communities (31st out of 138 small communities).

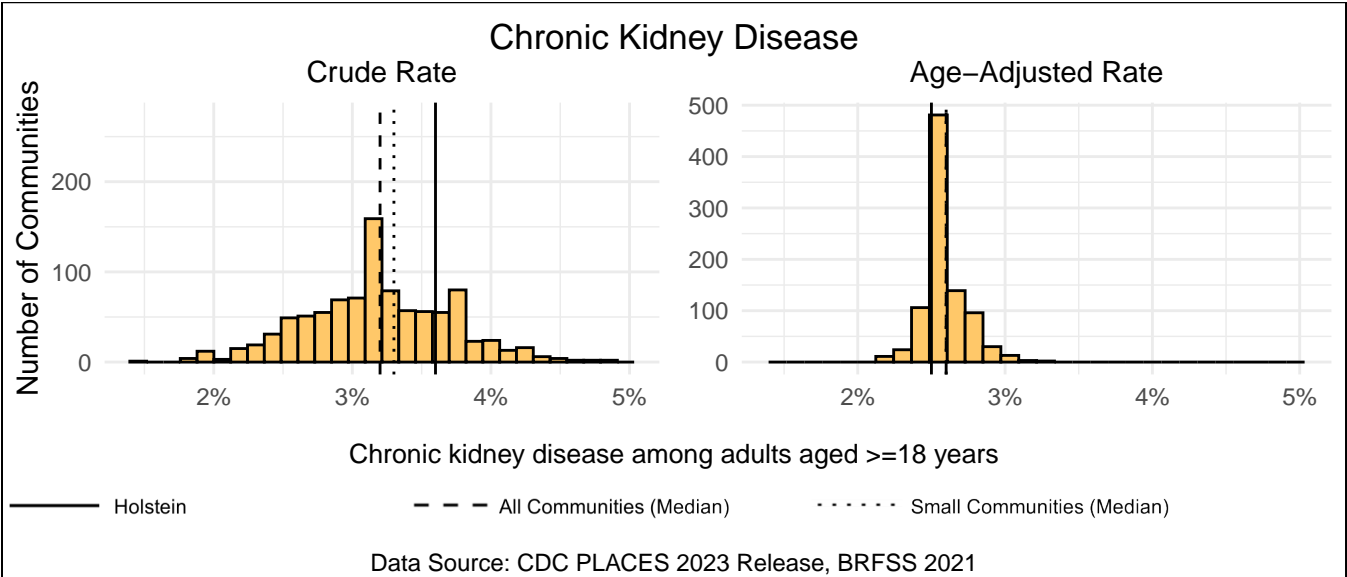
Measure Type	Holstein	All Comm.	Small Comm.
Crude	36.7%	36.2%	36.4%
Age-Adjusted	29.0%	29.7%	29.6%



## Chronic Kidney Disease

Holstein 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 (91st out of 138 small communities). The age-adjusted rate for Holstein is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

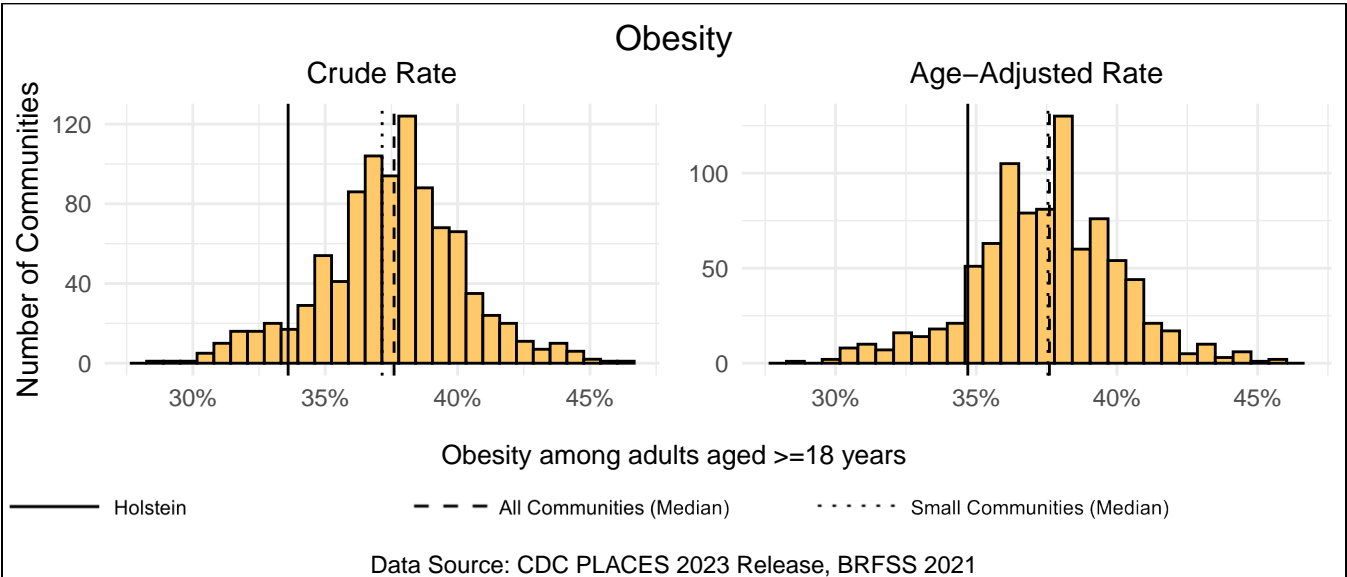
Measure Type	Holstein	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



## Obesity

Holstein has a crude rate of 33.6% for obesity among adults aged  $\geq 18$  years, which ranks 73rd out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Holstein is 34.7%, which ranks 98th out of 905 Iowa communities (14th out of 138 small communities).

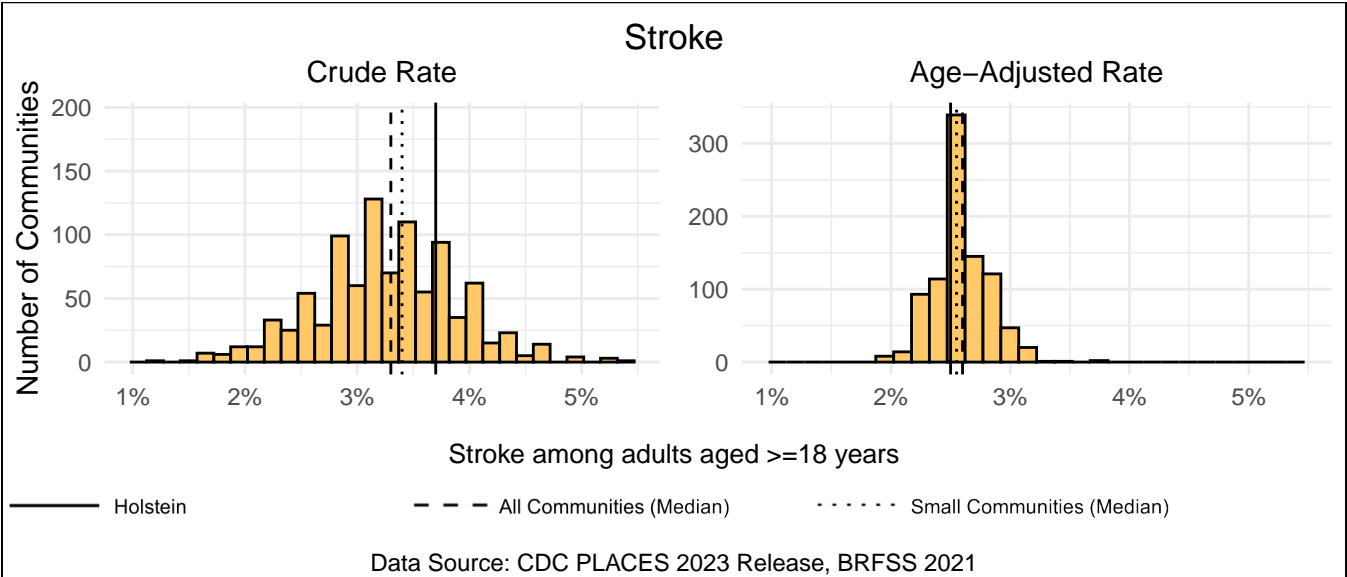
Measure Type	Holstein	All Comm.	Small Comm.
Crude	33.6%	37.6%	37.2%
Age-Adjusted	34.7%	37.6%	37.5%



# Stroke

Holstein has a crude rate of 3.7% for stroke among adults aged  $\geq 18$  years, which ranks 703rd out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Holstein is 2.5%, which ranks 230th out of 905 Iowa communities (43rd out of 138 small communities).

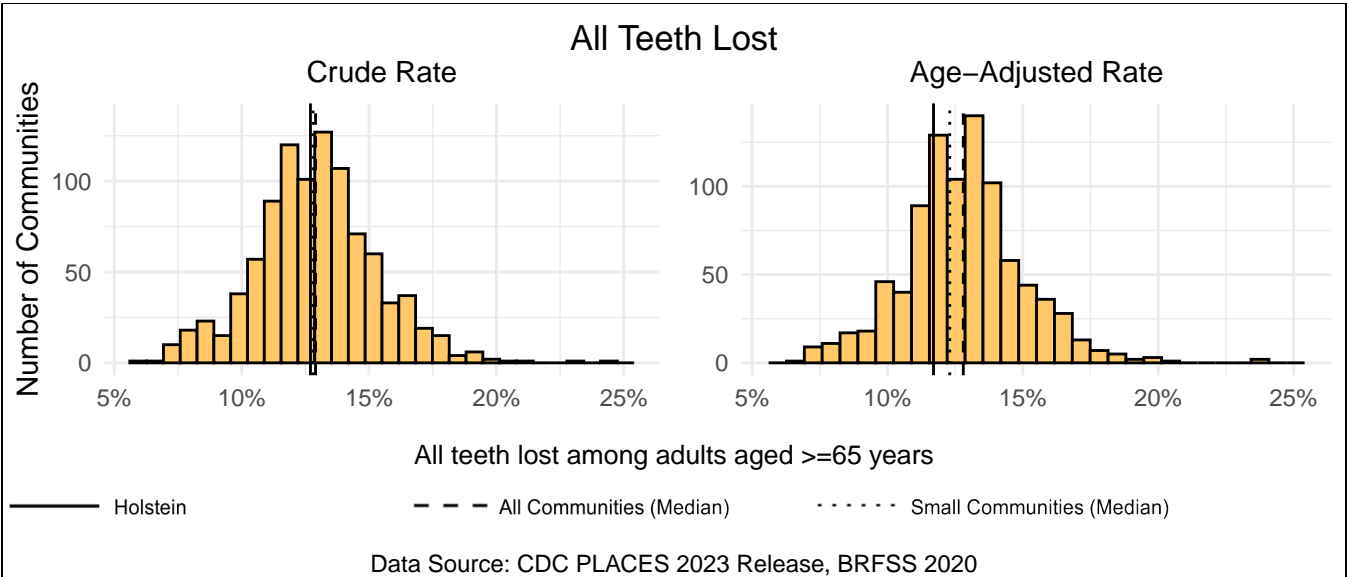
Measure Type	Holstein	All Comm.	Small Comm.
Crude	3.7%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



# All Teeth Lost

Holstein has a crude rate of 12.7% for all teeth lost among adults aged  $\geq 65$  years, which ranks 433rd out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Holstein is 11.7%, which ranks 242nd out of 905 Iowa communities (45th out of 138 small communities).

Measure Type	Holstein	All Comm.	Small Comm.
Crude	12.7%	12.9%	12.8%
Age-Adjusted	11.7%	12.8%	12.3%



# Prevention

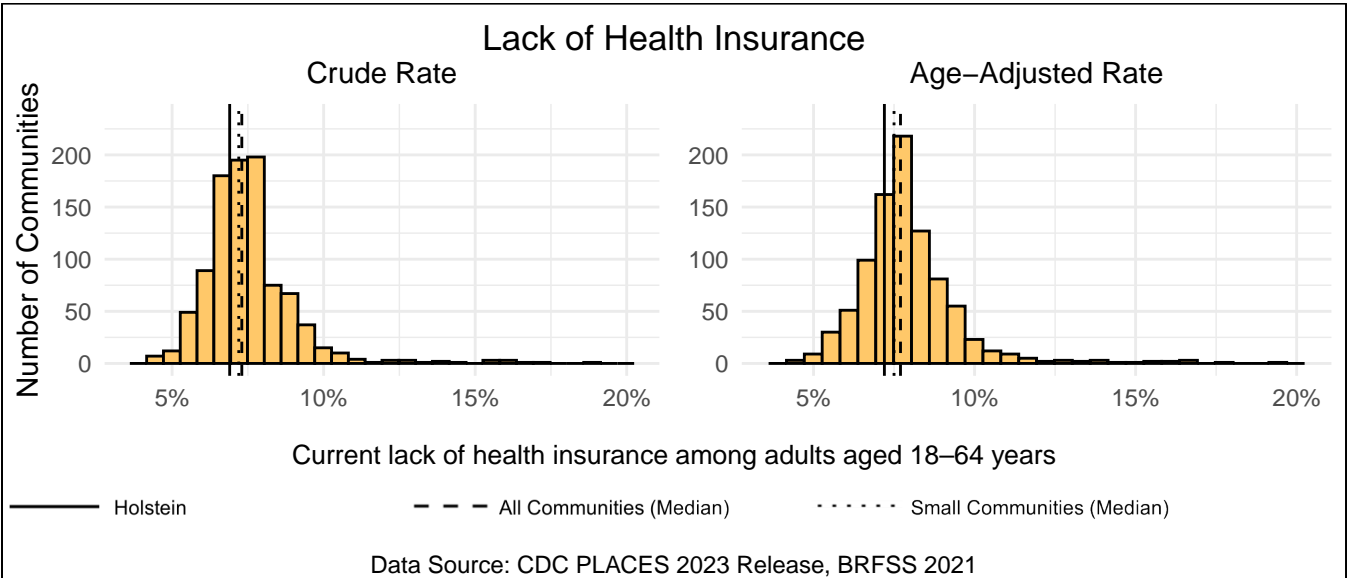
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

## Lack of Health Insurance

Holstein has a crude rate of 6.9% for current lack of health insurance among adults aged 18–64 years, which ranks 296th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Holstein is 7.2%, which ranks 266th out of 905 Iowa communities (54th out of 138 small communities).

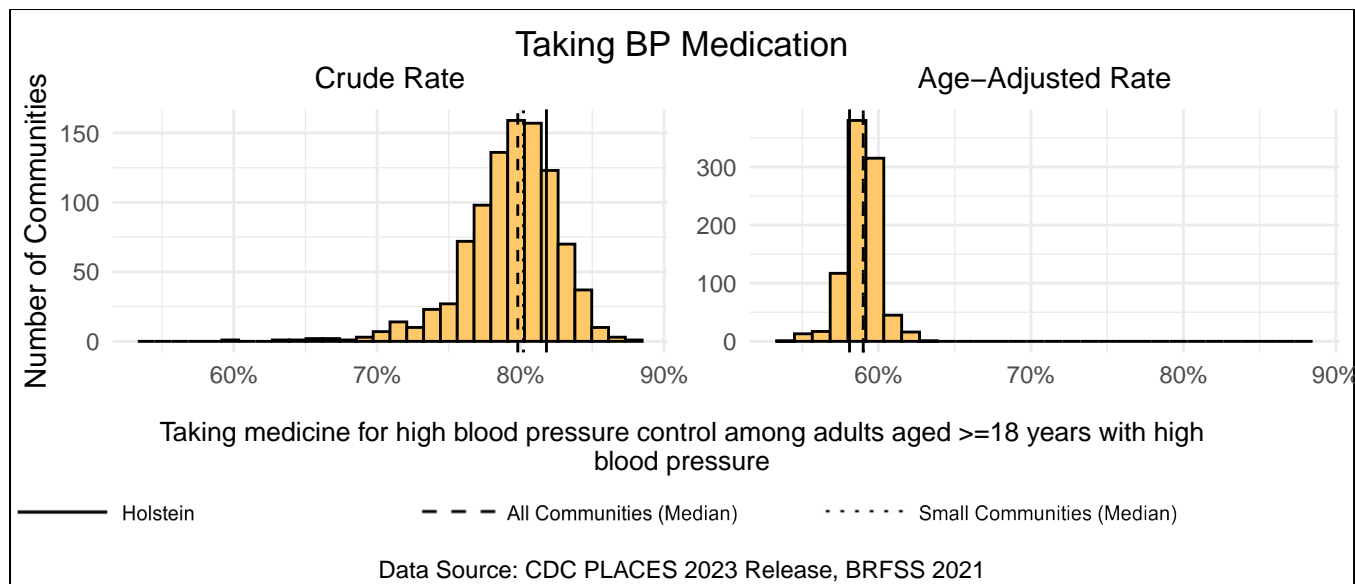
Measure Type	Holstein	All Comm.	Small Comm.
Crude	6.9%	7.3%	7.2%
Age-Adjusted	7.2%	7.7%	7.5%



## Taking BP Medication

Holstein has a crude rate of 81.8% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 190th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Holstein is 58.1%, which ranks 737th out of 905 Iowa communities (108th out of 138 small communities).

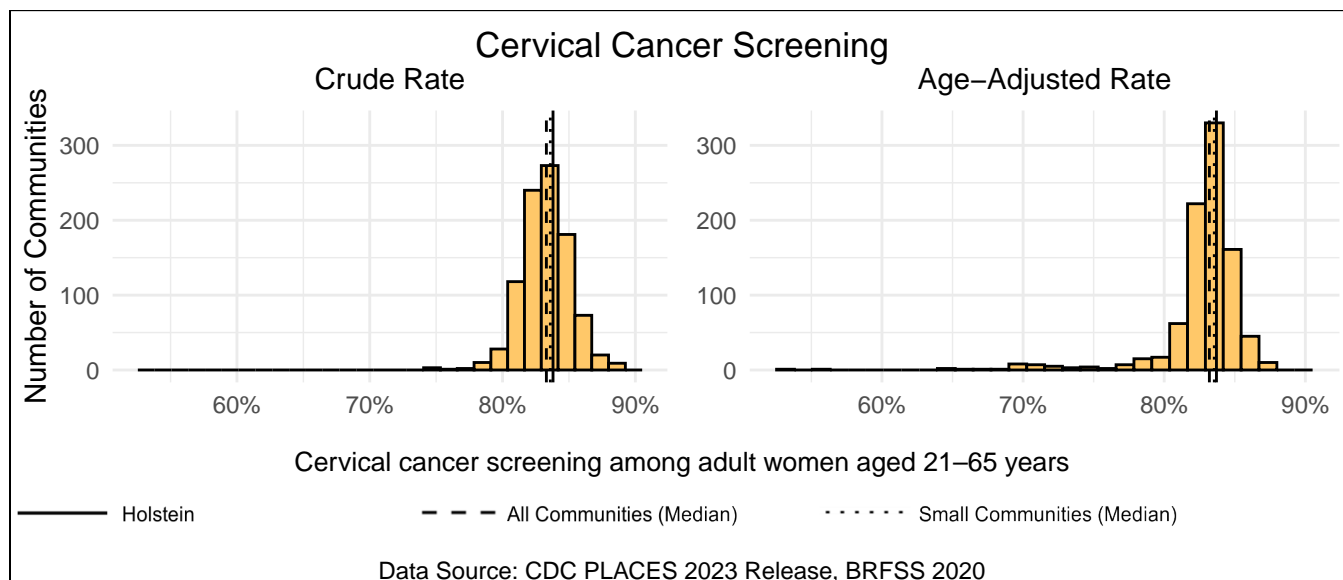
Measure Type	Holstein	All Comm.	Small Comm.
Crude	81.8%	79.8%	80.2%
Age-Adjusted	58.1%	59.0%	59.0%



## Cervical Cancer Screening

Holstein has a crude rate of 83.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 352nd out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Holstein is 83.7%, which ranks 294th out of 905 Iowa communities (60th out of 138 small communities).

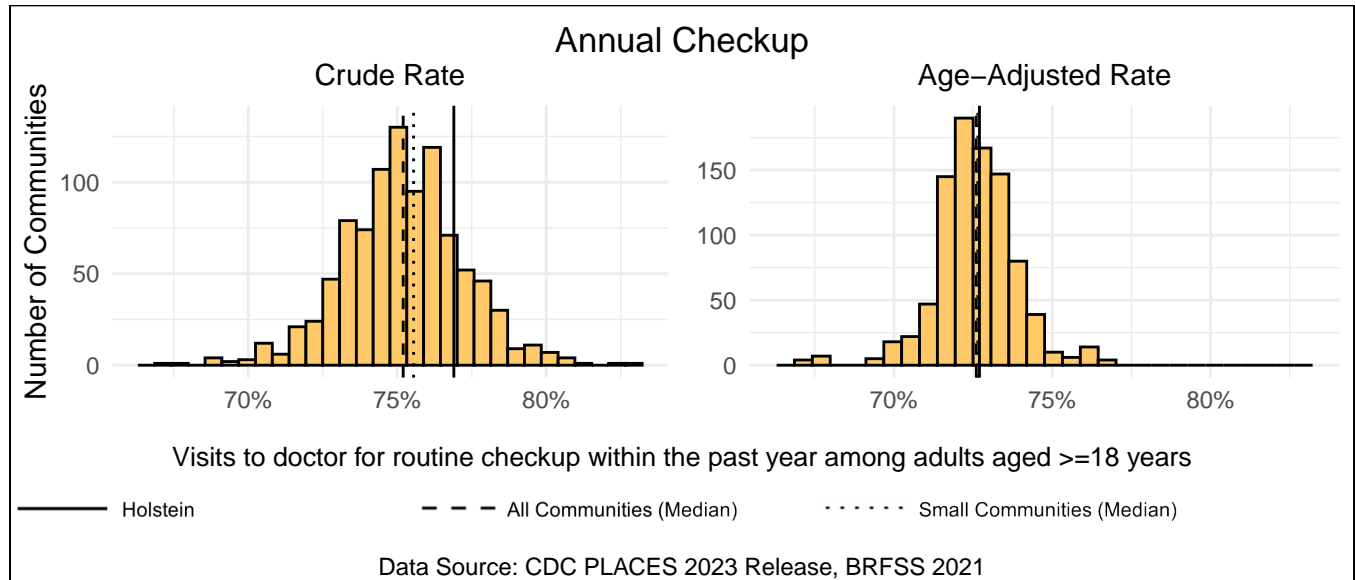
Measure Type	Holstein	All Comm.	Small Comm.
Crude	83.8%	83.3%	83.6%
Age-Adjusted	83.7%	83.2%	83.5%



## Annual Checkup

Holstein has a crude rate of 76.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 177th out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Holstein is 72.7%, which ranks 396th out of 905 Iowa communities (64th out of 138 small communities).

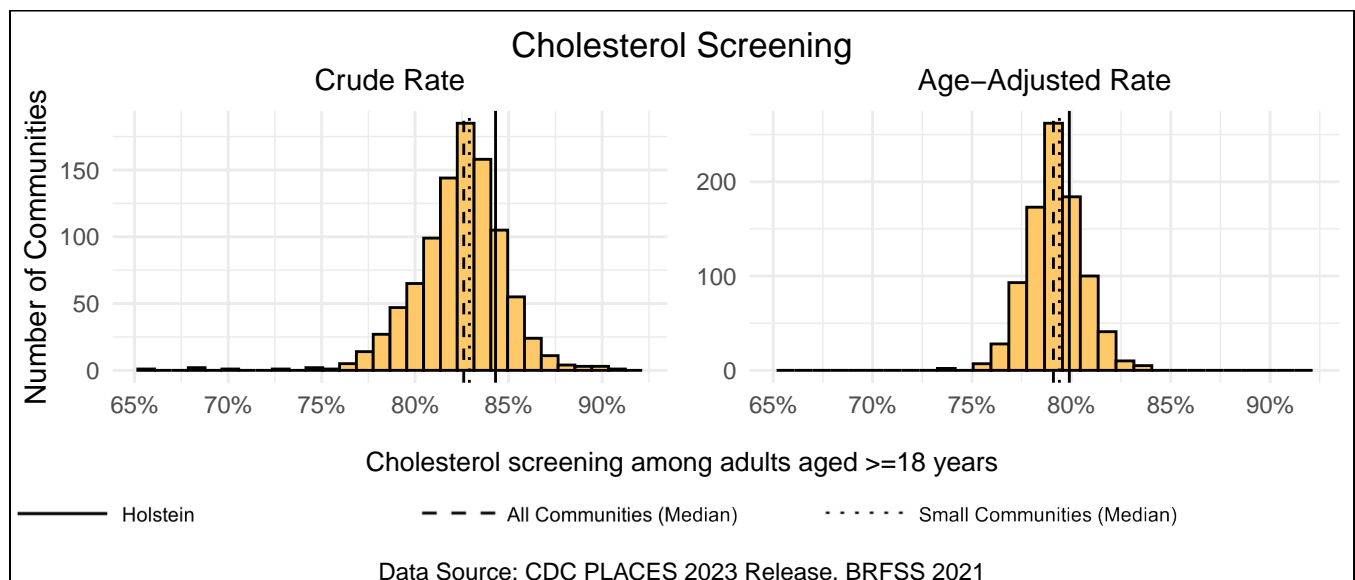
Measure Type	Holstein	All Comm.	Small Comm.
Crude	76.9%	75.2%	75.5%
Age-Adjusted	72.7%	72.6%	72.6%



## Cholesterol Screening

Holstein has a crude rate of 84.3% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 172nd out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Holstein is 79.9%, which ranks 258th out of 905 Iowa communities (51st out of 138 small communities).

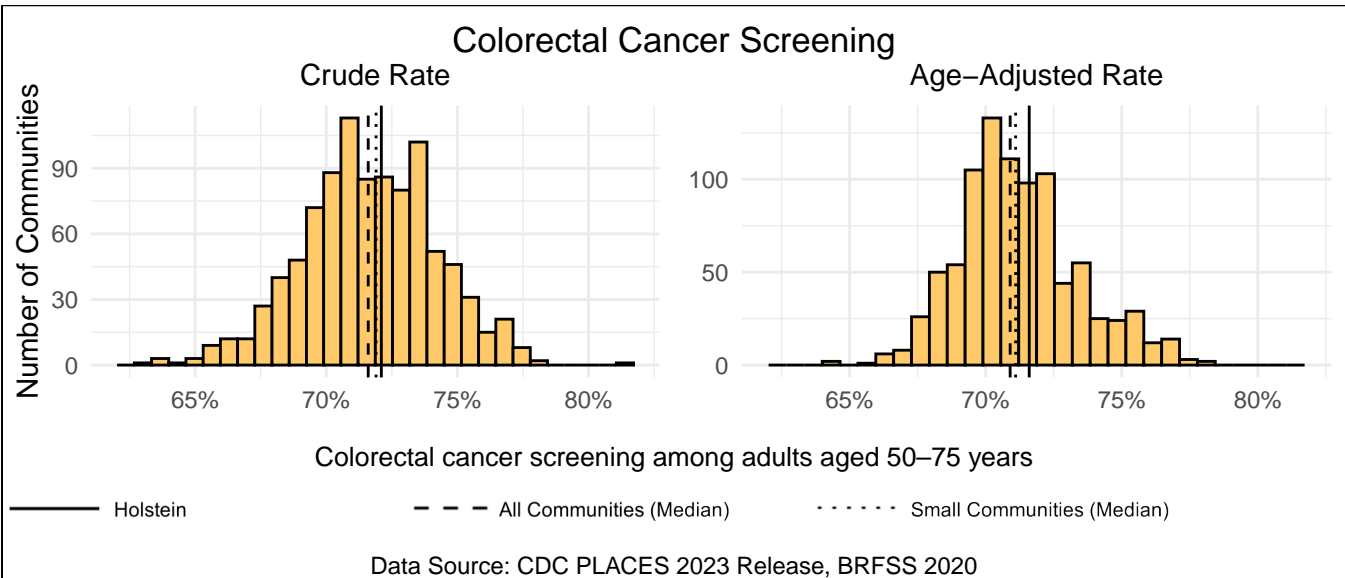
Measure Type	Holstein	All Comm.	Small Comm.
Crude	84.3%	82.6%	82.9%
Age-Adjusted	79.9%	79.1%	79.4%



## Colorectal Cancer Screening

Holstein has a crude rate of 72.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 397th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Holstein is 71.6%, which ranks 347th out of 905 Iowa communities (62nd out of 138 small communities).

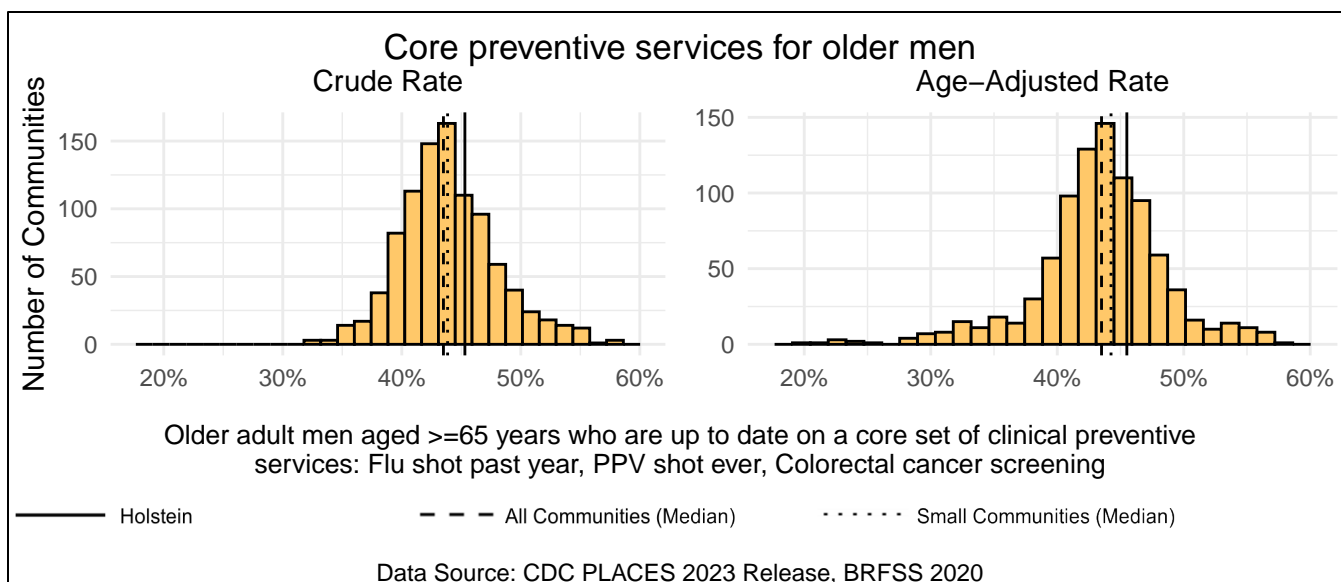
Measure Type	Holstein	All Comm.	Small Comm.
Crude	72.1%	71.6%	71.9%
Age-Adjusted	71.6%	70.9%	71.1%



## Core preventive services for older men

Holstein has a crude rate of 45.3% 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 309th out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Holstein is 45.5%, which ranks 277th out of 905 Iowa communities (52nd out of 138 small communities).

Measure Type	Holstein	All Comm.	Small Comm.
Crude	45.3%	43.5%	43.8%
Age-Adjusted	45.5%	43.5%	44.2%

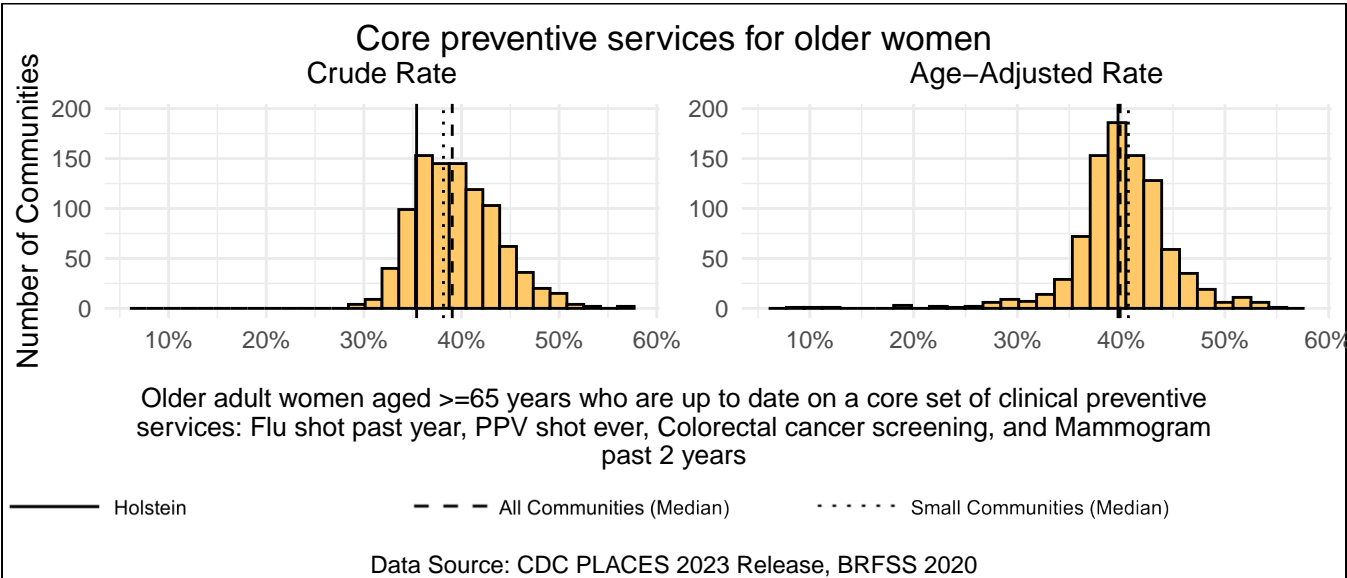




### Core preventive services for older women

Holstein has a crude rate of 35.4% 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 796th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Holstein is 39.7%, which ranks 472nd out of 905 Iowa communities (79th out of 138 small communities).

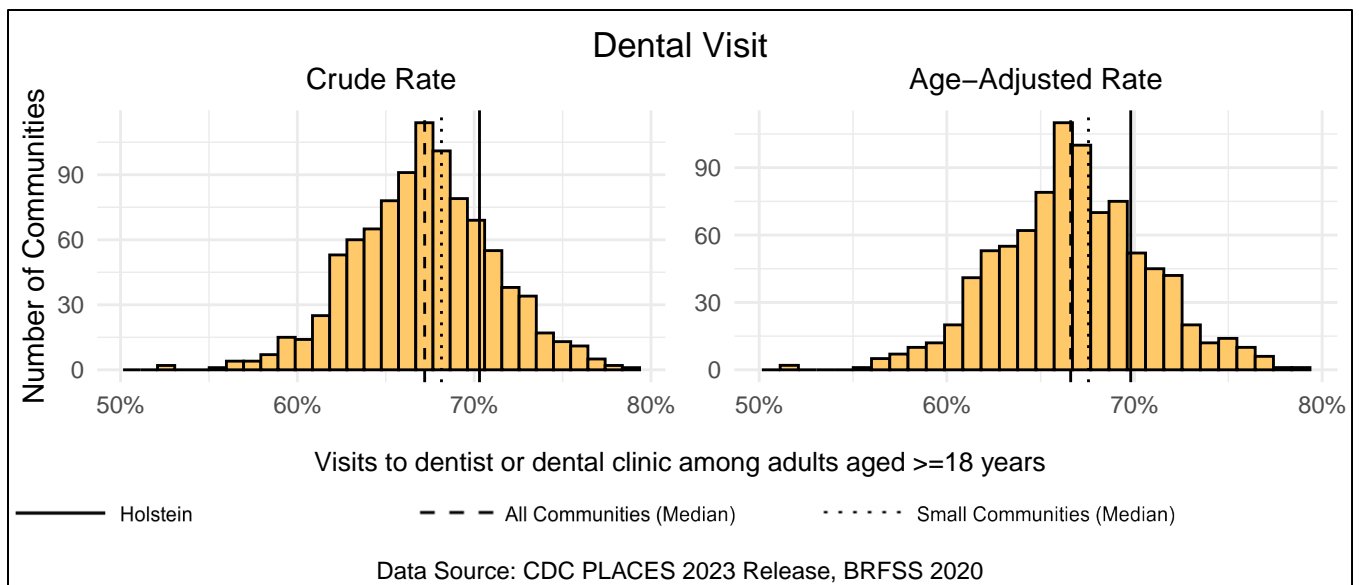
Measure Type	Holstein	All Comm.	Small Comm.
Crude	35.4%	39.0%	38.2%
Age-Adjusted	39.7%	39.9%	40.7%



### Dental Visit

Holstein has a crude rate of 70.3% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 184th out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Holstein is 69.8%, which ranks 190th out of 905 Iowa communities (33rd out of 138 small communities).

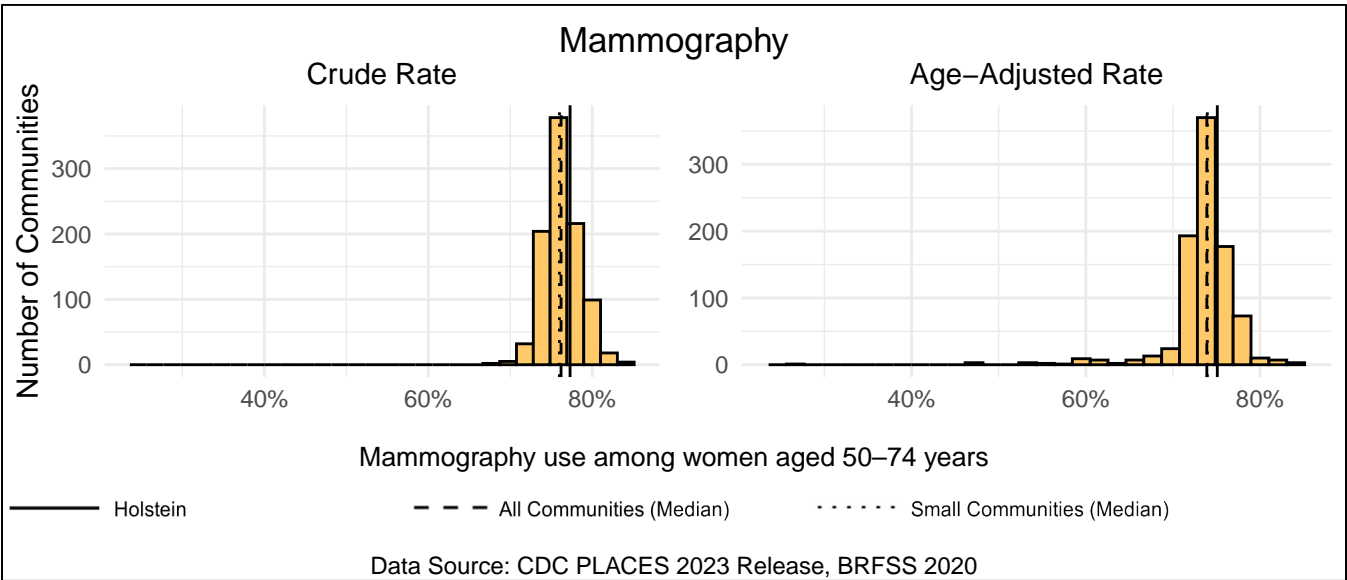
Measure Type	Holstein	All Comm.	Small Comm.
Crude	70.3%	67.2%	68.2%
Age-Adjusted	69.8%	66.6%	67.5%



# Mammography

Holstein has a crude rate of 77.3% for mammography use among women aged 50–74 years, which ranks 282nd out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Holstein is 75.1%, which ranks 233rd out of 905 Iowa communities (37th out of 138 small communities).

Measure Type	Holstein	All Comm.	Small Comm.
Crude	77.3%	76.2%	76.0%
Age-Adjusted	75.1%	73.9%	74.0%



# Disability

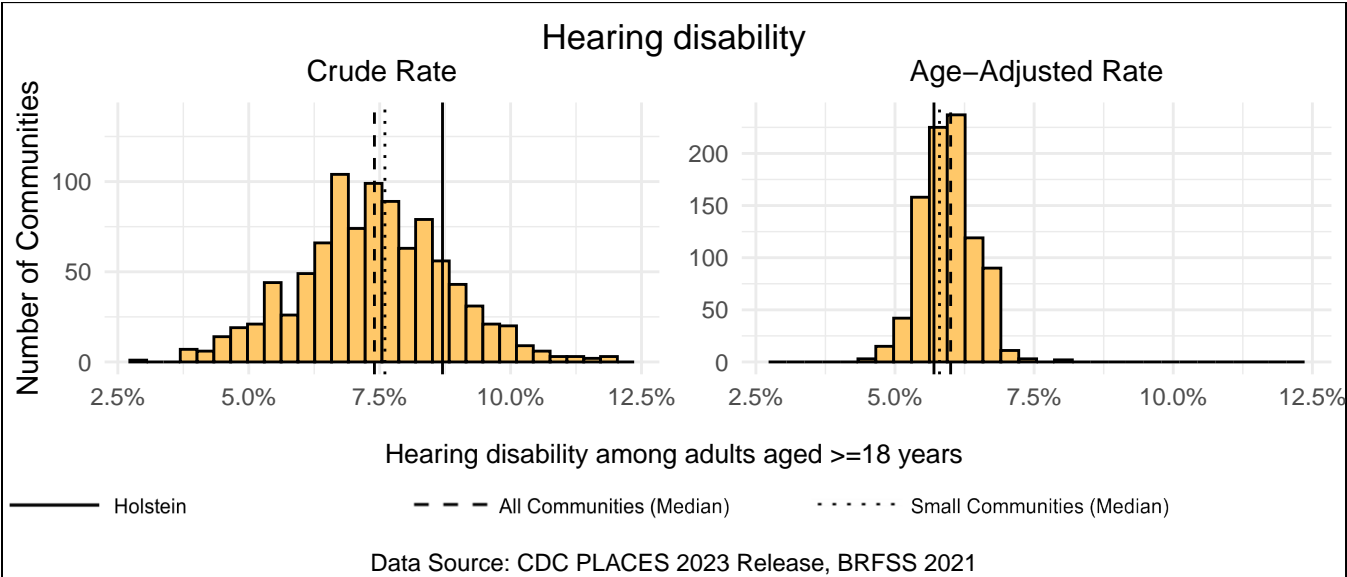
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Holstein has a crude rate of 8.7% for hearing disability among adults aged  $\geq 18$  years, which ranks 781st out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Holstein is 5.7%, which ranks 219th out of 905 Iowa communities (46th out of 138 small communities).

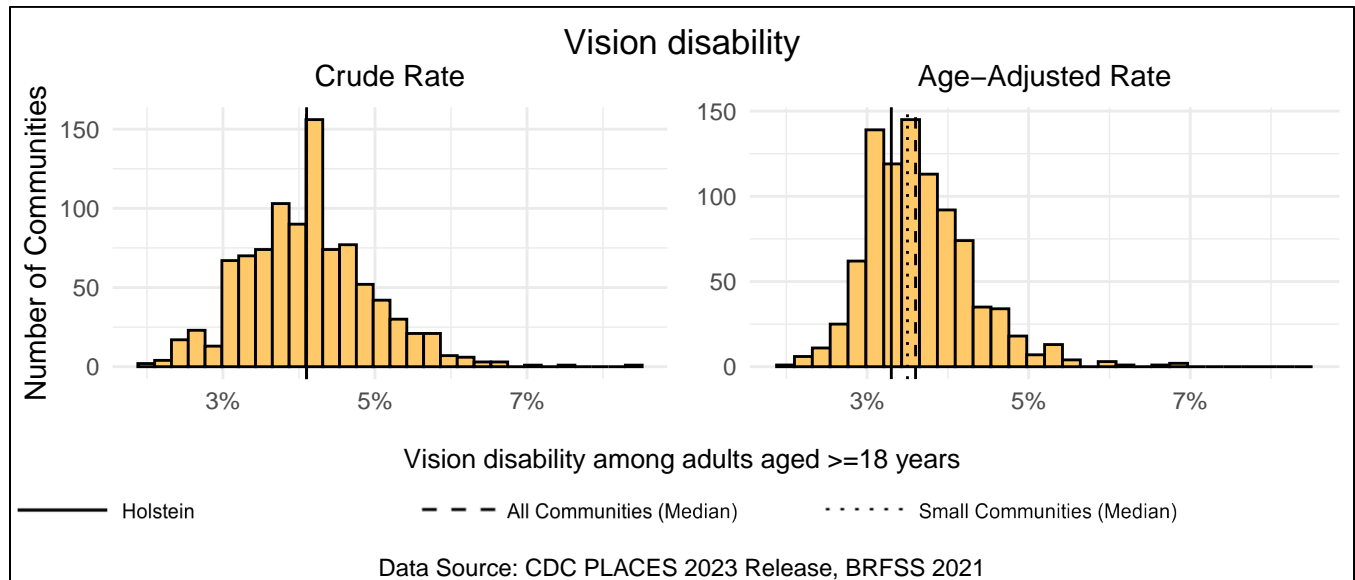
Measure Type	Holstein	All Comm.	Small Comm.
Crude	8.7%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.8%



## Vision disability

Holstein has a crude rate of 4.1% for vision disability among adults aged  $\geq 18$  years, which ranks 464th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Holstein is 3.3%, which ranks 245th out of 905 Iowa communities (43rd out of 138 small communities).

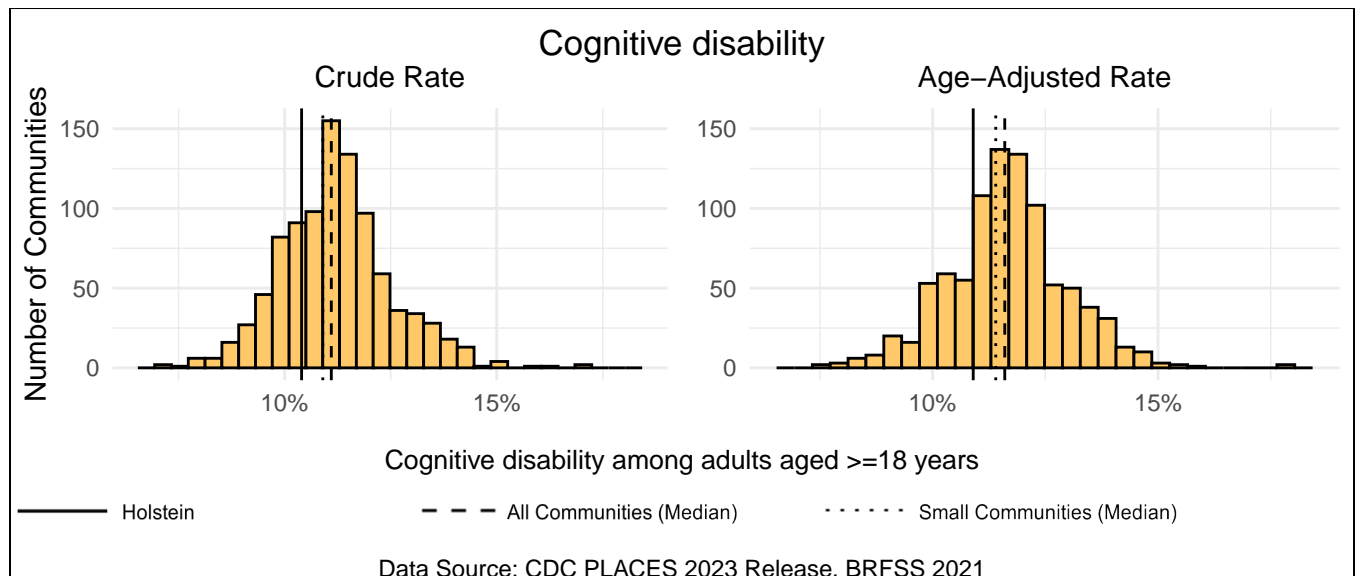
Measure Type	Holstein	All Comm.	Small Comm.
Crude	4.1%	4.1%	4.1%
Age-Adjusted	3.3%	3.6%	3.5%



## Cognitive disability

Holstein has a crude rate of 10.4% for cognitive disability among adults aged  $\geq 18$  years, which ranks 223rd out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Holstein is 10.9%, which ranks 223rd out of 905 Iowa communities (41st out of 138 small communities).

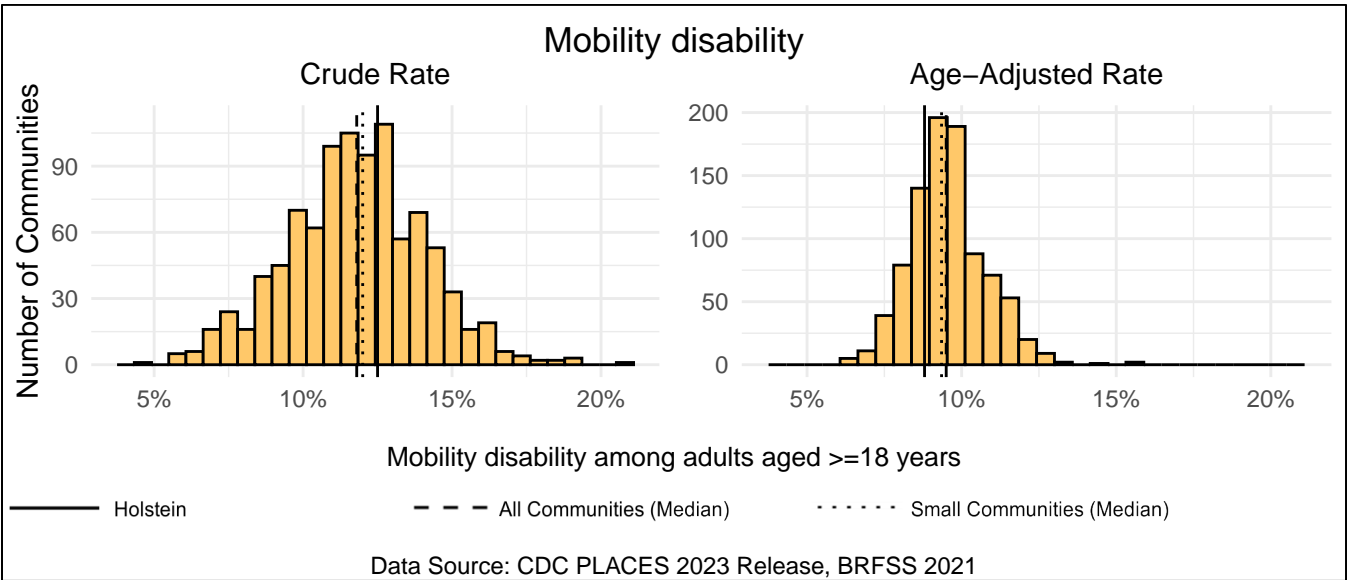
Measure Type	Holstein	All Comm.	Small Comm.
Crude	10.4%	11.1%	10.9%
Age-Adjusted	10.9%	11.6%	11.4%



# Mobility disability

Holstein has a crude rate of 12.5% for mobility disability among adults aged >=18 years, which ranks 585th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Holstein is 8.8%, which ranks 231st out of 905 Iowa communities (45th out of 138 small communities).

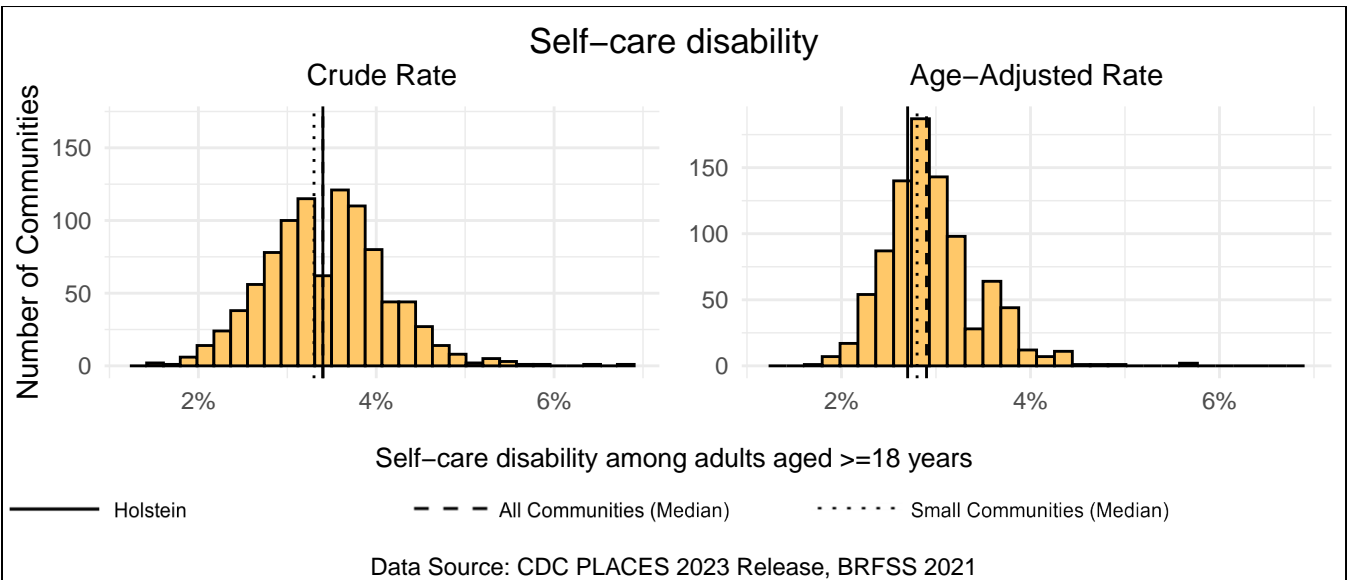
Measure Type	Holstein	All Comm.	Small Comm.
Crude	12.5%	11.8%	12.0%
Age-Adjusted	8.8%	9.5%	9.4%



# Self-care disability

Holstein has a crude rate of 3.4% for self-care disability among adults aged >=18 years, which ranks 435th out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Holstein is 2.7%, which ranks 248th out of 905 Iowa communities (45th out of 138 small communities).

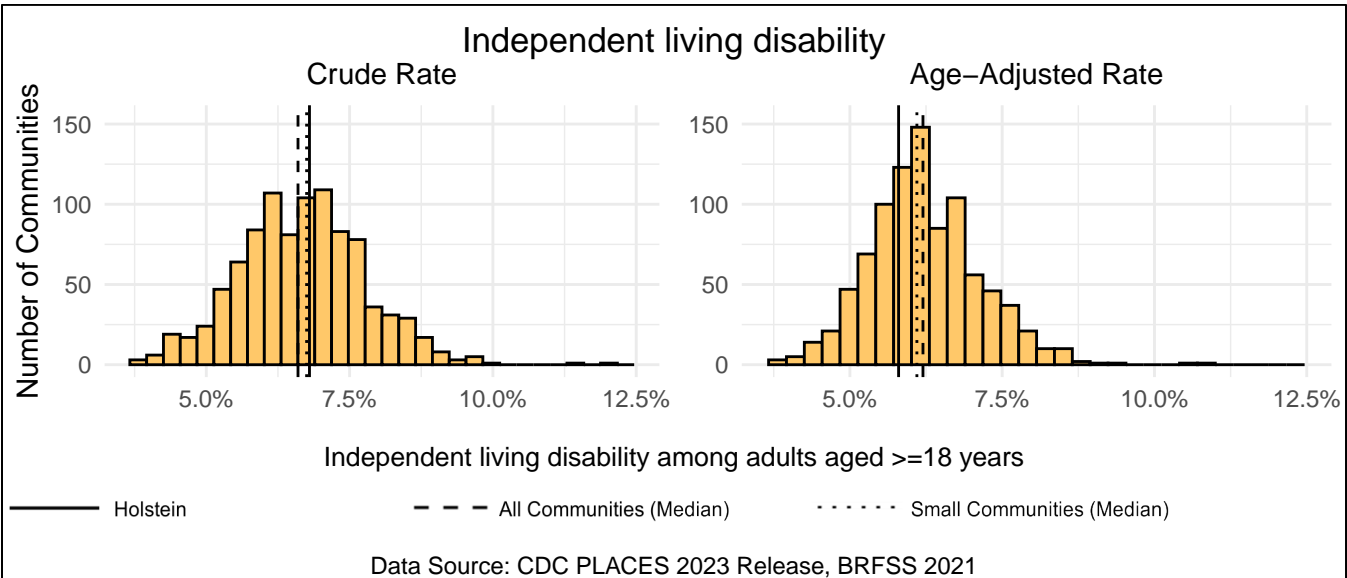
Measure Type	Holstein	All Comm.	Small Comm.
Crude	3.4%	3.4%	3.3%
Age-Adjusted	2.7%	2.9%	2.8%



### Independent living disability

Holstein has a crude rate of 6.8% for independent living disability among adults aged  $\geq 18$  years, which ranks 519th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Holstein is 5.8%, which ranks 260th out of 905 Iowa communities (48th out of 138 small communities).

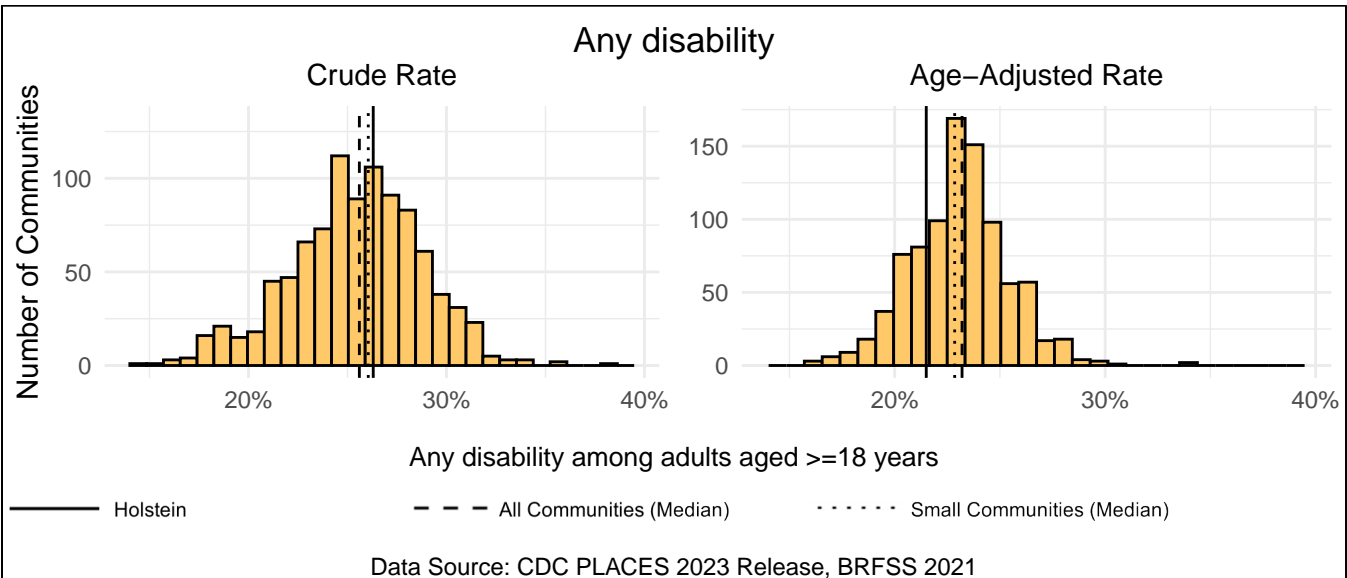
Measure Type	Holstein	All Comm.	Small Comm.
Crude	6.8%	6.6%	6.8%
Age-Adjusted	5.8%	6.2%	6.1%



### Any disability

Holstein has a crude rate of 26.3% for any disability among adults aged  $\geq 18$  years, which ranks 564th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Holstein is 21.5%, which ranks 202nd out of 905 Iowa communities (38th out of 138 small communities).

Measure Type	Holstein	All Comm.	Small Comm.
Crude	26.3%	25.6%	26.0%
Age-Adjusted	21.5%	23.2%	22.8%



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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: Holstein 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	404	10.6% (8.8% - 12.4%)	238	9.2% (7.8% - 10.8%)
Health Status	Mental Health	102	13.1% (11.1% - 15.1%)	241	15.0% (12.7% - 17.1%)
Health Status	General Health	391	13.8% (11.2% - 16.7%)	238	11.8% (9.6% - 14.1%)
Health Risk Behaviors	Binge Drinking	188	17.8% (14.5% - 21.0%)	358	21.7% (17.9% - 25.7%)
Health Risk Behaviors	Physical Inactivity	415	25.6% (20.7% - 31.0%)	241	22.6% (17.9% - 27.0%)
Health Risk Behaviors	Current Smoking	141	14.7% (11.7% - 18.1%)	216	16.3% (12.7% - 20.2%)
Health Risk Behaviors	Sleep <7 hours	81	27.9% (26.2% - 29.4%)	142	29.4% (27.6% - 31.1%)
Health Outcomes	High Cholesterol	539	36.7% (31.9% - 41.3%)	167	29.0% (24.5% - 33.4%)
Health Outcomes	Stroke	703	3.7% (3.1% - 4.4%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	Current Asthma	44	8.8% (7.6% - 10.0%)	185	9.2% (8.0% - 10.5%)
Health Outcomes	Coronary Heart Disease	696	7.3% (6.2% - 8.6%)	187	4.7% (4.1% - 5.4%)
Health Outcomes	Depression	48	16.2% (13.2% - 19.3%)	88	17.9% (14.5% - 21.4%)
Health Outcomes	COPD	448	7.4% (5.9% - 9.1%)	226	5.8% (4.7% - 6.9%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.1%)	142	2.5% (2.2% - 2.8%)
Health Outcomes	Obesity	73	33.6% (26.4% - 41.0%)	98	34.7% (27.2% - 42.0%)
Health Outcomes	Arthritis	574	28.6% (24.2% - 32.6%)	124	21.8% (18.2% - 25.4%)
Health Outcomes	High Blood Pressure	517	32.5% (28.1% - 36.5%)	69	25.3% (21.5% - 29.0%)
Health Outcomes	Diabetes	523	10.3% (8.6% - 12.1%)	307	7.9% (6.6% - 9.2%)
Health Outcomes	Cancer (except skin)	841	9.6% (8.6% - 10.7%)	74	6.4% (5.8% - 7.2%)
Health Outcomes	All Teeth Lost	433	12.7% (7.3% - 19.7%)	242	11.7% (7.4% - 17.0%)
Prevention	Core preventive services for older women	796	35.4% (27.3% - 44.8%)	472	39.7% (32.0% - 47.9%)
Prevention	Cervical Cancer Screening	352	83.8% (81.1% - 86.4%)	294	83.7% (81.2% - 86.2%)
Prevention	Cholesterol Screening	172	84.3% (81.4% - 86.9%)	258	79.9% (76.3% - 83.1%)
Prevention	Taking BP Medication	190	81.8% (78.4% - 84.5%)	737	58.1% (52.8% - 62.8%)
Prevention	Core preventive services for older men	309	45.3% (35.7% - 55.2%)	277	45.5% (36.6% - 54.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	397	72.1% (68.7% - 75.2%)	347	71.6% (68.2% - 74.9%)
Prevention	Annual Checkup	177	76.9% (71.8% - 80.9%)	396	72.7% (67.3% - 77.5%)
Prevention	Health Insurance	296	6.9% (5.3% - 9.1%)	266	7.2% (5.4% - 9.5%)
Prevention	Mammography	282	77.3% (73.0% - 81.6%)	233	75.1% (70.4% - 79.5%)
Prevention	Dental Visit	184	70.3% (66.6% - 74.0%)	190	69.8% (66.1% - 73.3%)
Disability	Hearing Disability	781	8.7% (7.4% - 10.0%)	219	5.7% (4.9% - 6.5%)
Disability	Independent Living Disability	519	6.8% (5.4% - 8.3%)	260	5.8% (4.8% - 6.8%)
Disability	Any Disability	564	26.3% (21.9% - 30.7%)	202	21.5% (17.7% - 25.1%)
Disability	Vision Disability	464	4.1% (3.3% - 5.0%)	245	3.3% (2.8% - 3.9%)
Disability	Mobility Disability	585	12.5% (10.0% - 15.0%)	231	8.8% (7.1% - 10.4%)
Disability	Self-care Disability	435	3.4% (2.8% - 4.0%)	248	2.7% (2.3% - 3.2%)
Disability	Cognitive Disability	223	10.4% (8.7% - 12.4%)	223	10.9% (9.0% - 12.9%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

## Appendix 3: Small Communities (1,000-2,499)

Holstein falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		