



Iowa Community Health Snapshot Series

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



May 2024

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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 Hudson: Overview

Dear Community Members & Stakeholders of Hudson,

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 Hudson ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Hudson'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 Hudson. 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
Core preventive services for older women	5th	2nd	Colorectal Cancer Screening	3rd	2nd
Colorectal Cancer Screening	6th	1st	Cervical Cancer Screening	7th	4th
Dental Visit	9th	4th	Core preventive services for older women	14th	4th
Cervical Cancer Screening	14th	3rd	Annual Checkup	15th	2nd
All Teeth Lost	17th	5th	Dental Visit	16th	5th

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
Binge Drinking	842nd	87th	Binge Drinking	894th	101st
Taking BP Medication	780th	74th	Taking BP Medication	881st	96th
Depression	499th	44th	Arthritis	494th	52nd
Sleep <7 hours	498th	57th	High Cholesterol	427th	48th
Arthritis	414th	45th	Cancer (except skin)	418th	41st

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 Hudson.

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

With a population of 2,557, Hudson’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

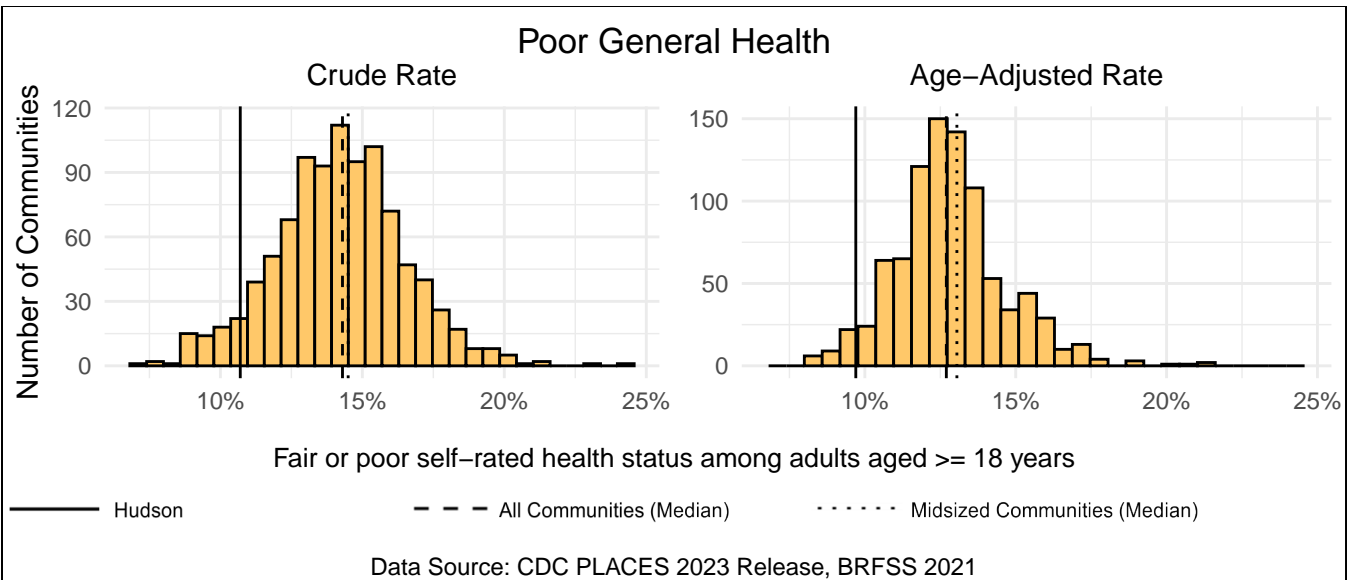
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Hudson has a crude rate of 10.7% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 57th out of 958 Iowa communities (14th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 9.7%, which ranks 34th out of 905 Iowa communities (9th out of 102 mid-sized communities).

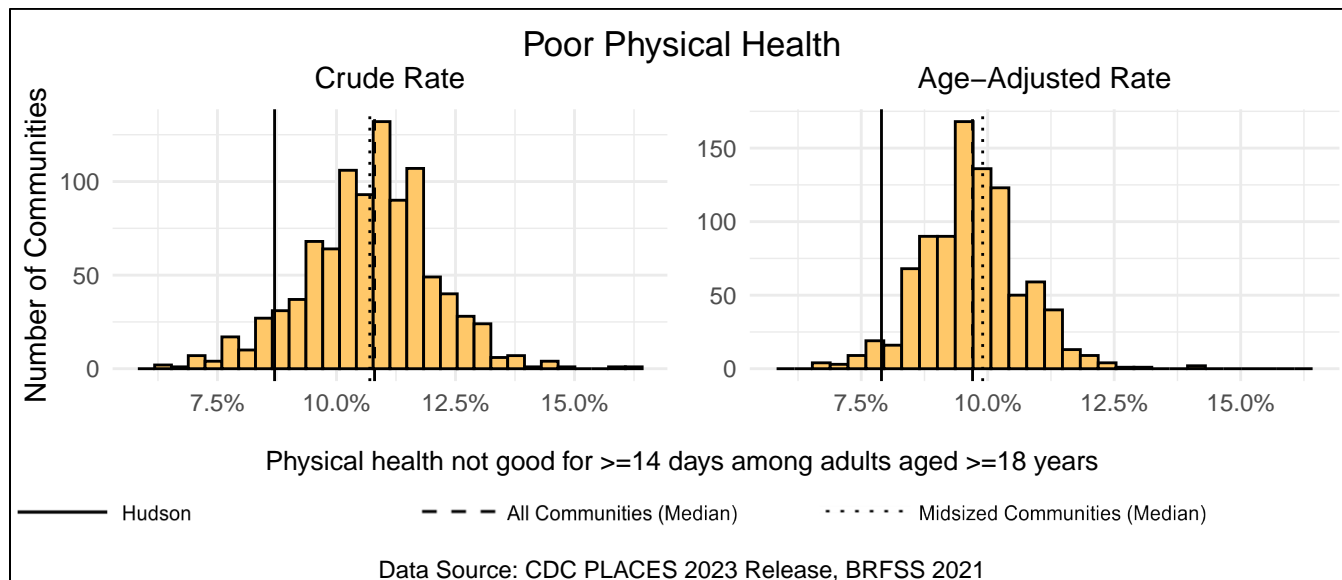
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	10.7%	14.3%	14.5%
Age-Adjusted	9.7%	12.7%	13.0%



Poor Physical Health

Hudson has a crude rate of 8.7% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 69th out of 958 Iowa communities (17th out of 102 midsized communities). The age-adjusted rate for Hudson is 7.9%, which ranks 34th out of 905 Iowa communities (10th out of 102 midsized communities).

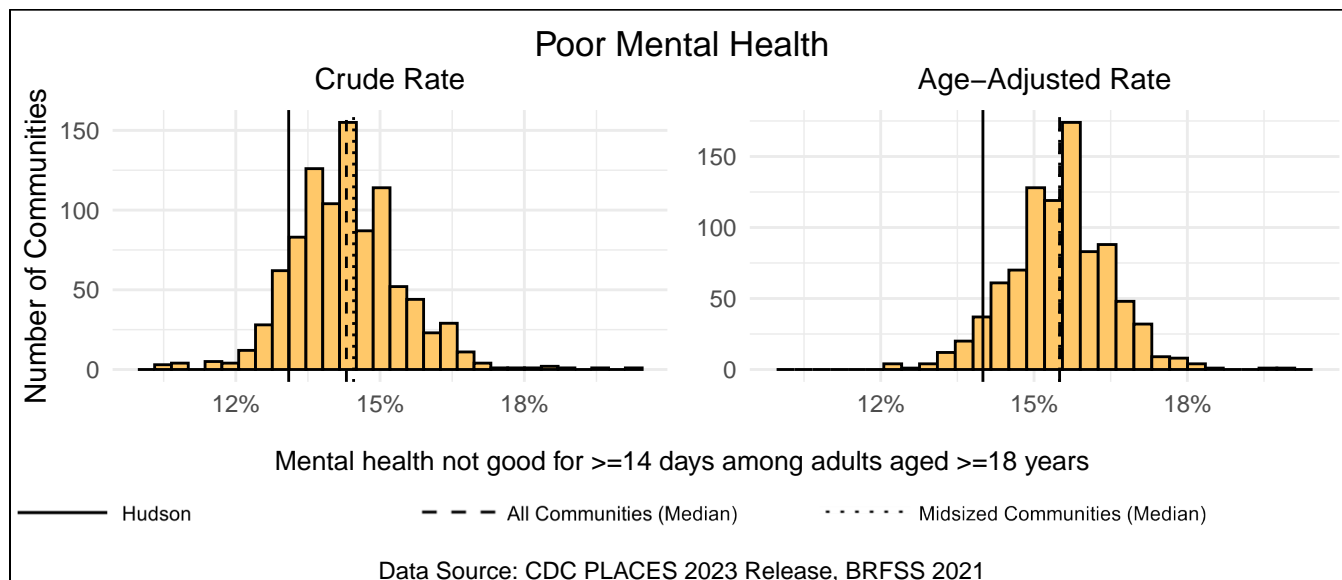
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	8.7%	10.8%	10.7%
Age-Adjusted	7.9%	9.7%	9.9%



Poor Mental Health

Hudson has a crude rate of 13.1% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 102nd out of 958 Iowa communities (8th out of 102 midsized communities). The age-adjusted rate for Hudson is 14.0%, which ranks 57th out of 905 Iowa communities (12th out of 102 midsized communities).

Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	13.1%	14.3%	14.4%
Age-Adjusted	14.0%	15.5%	15.5%



Health Risk Behaviors

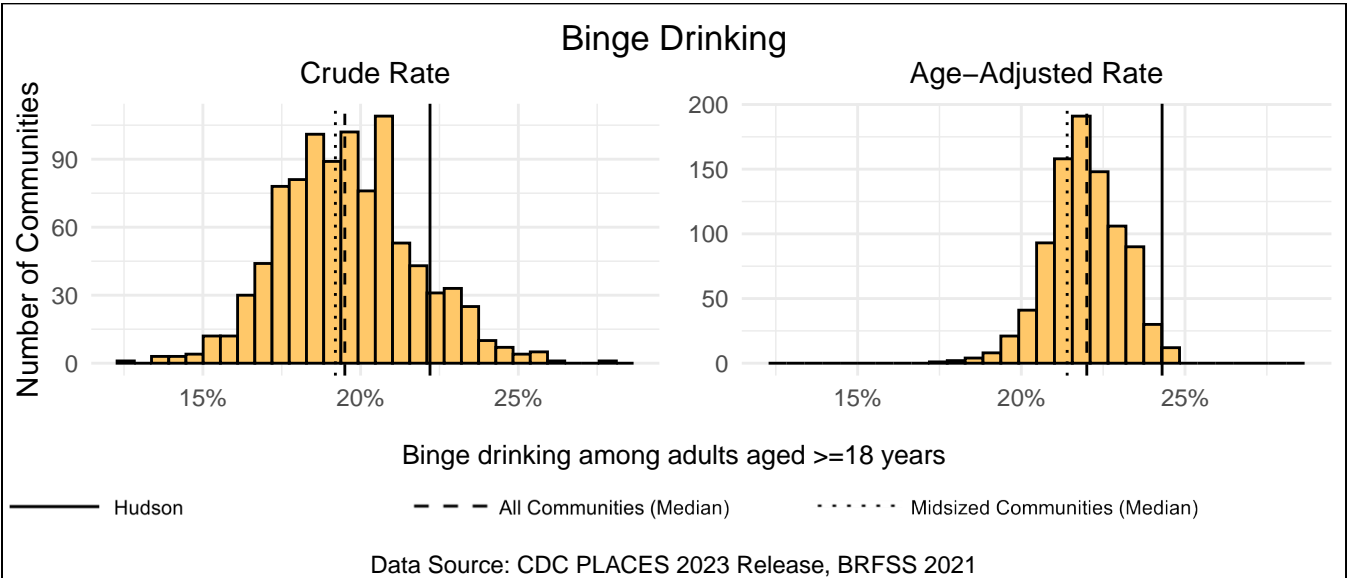
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Hudson has a crude rate of 22.2% for binge drinking among adults aged ≥ 18 years, which ranks 842nd out of 958 Iowa communities (87th out of 102 midsized communities). The age-adjusted rate for Hudson is 24.3%, which ranks 894th out of 905 Iowa communities (101st out of 102 midsized communities).

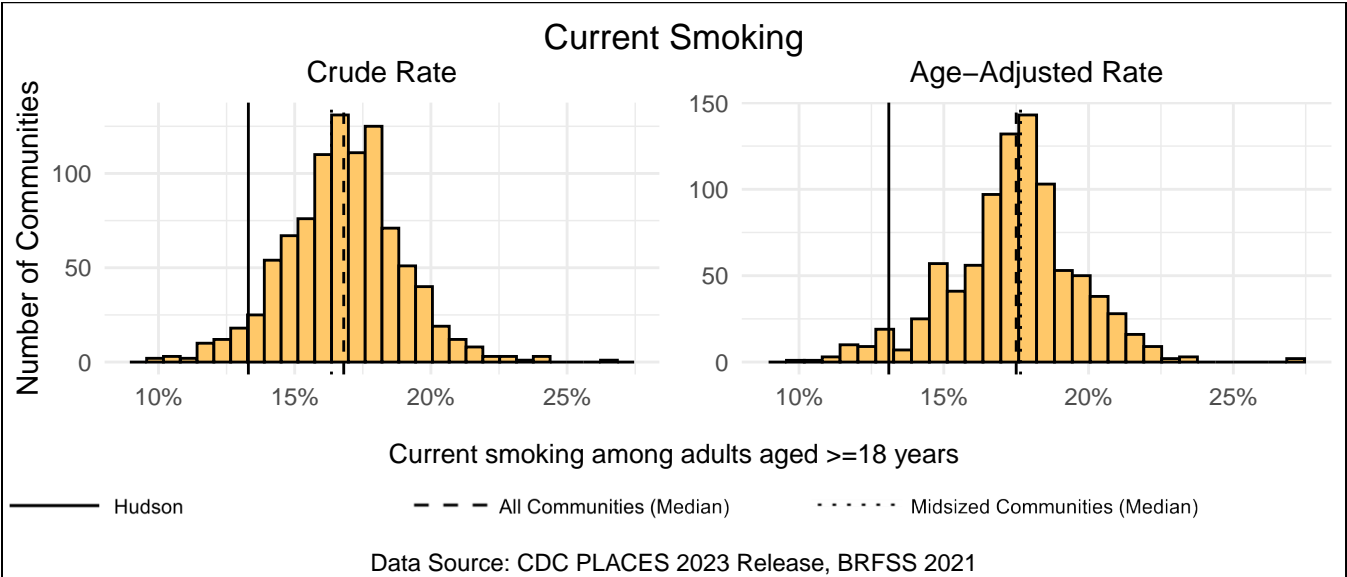
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	22.2%	19.5%	19.2%
Age-Adjusted	24.3%	22.0%	21.4%



Current Smoking

Hudson has a crude rate of 13.3% for current smoking among adults aged >=18 years, which ranks 48th out of 958 Iowa communities (14th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 13.1%, which ranks 37th out of 905 Iowa communities (9th out of 102 mid-sized communities).

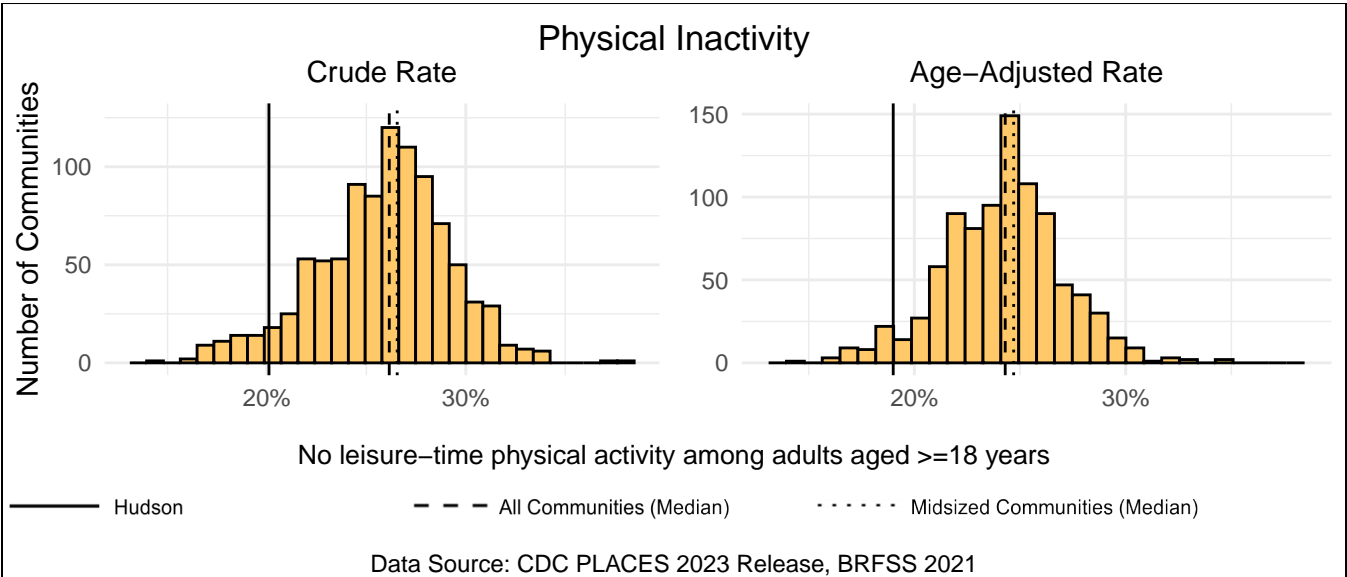
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	13.3%	16.8%	16.4%
Age-Adjusted	13.1%	17.5%	17.6%



Physical Inactivity

Hudson has a crude rate of 20.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 57th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 19.0%, which ranks 42nd out of 905 Iowa communities (10th out of 102 mid-sized communities).

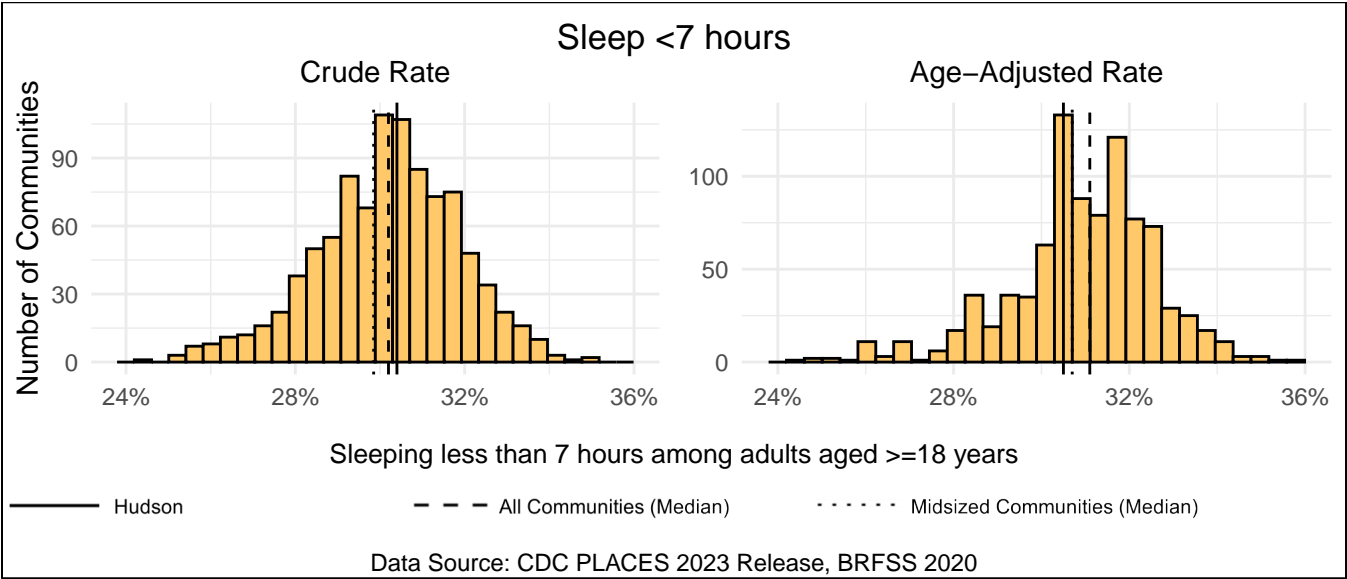
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	20.1%	26.1%	26.6%
Age-Adjusted	19.0%	24.3%	24.7%



Sleep <7 hours

Hudson has a crude rate of 30.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 498th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Hudson is 30.5%, which ranks 291st out of 905 Iowa communities (43rd out of 102 midsized communities).

Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	30.4%	30.2%	29.8%
Age-Adjusted	30.5%	31.1%	30.7%



Health Outcomes

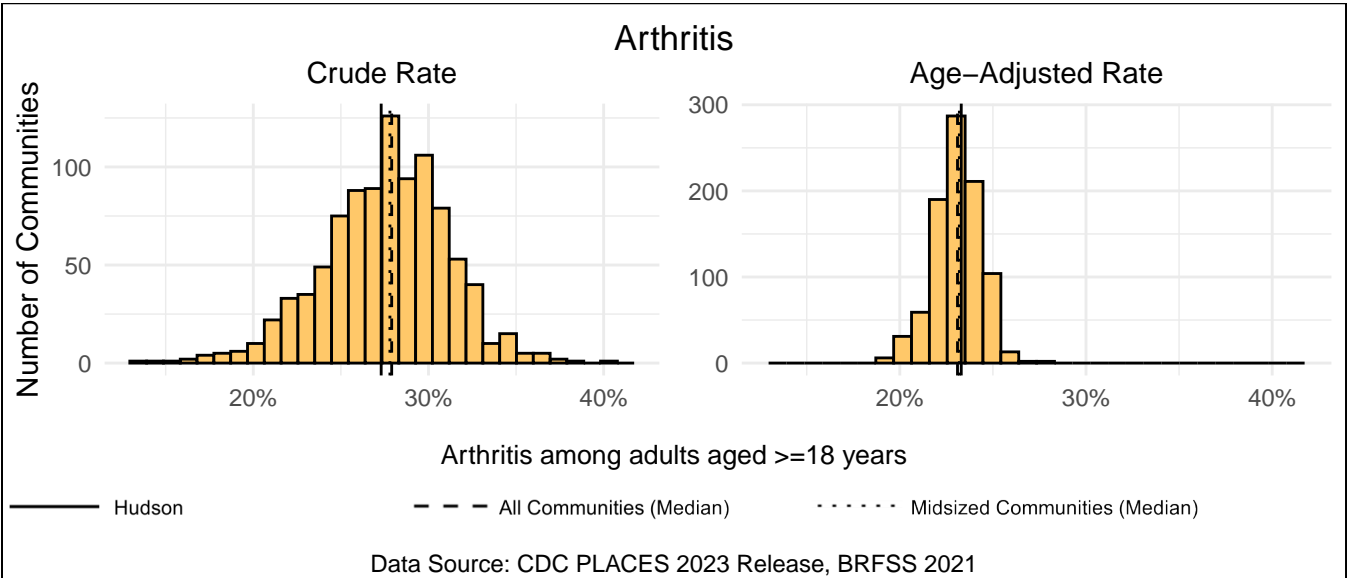
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Hudson has a crude rate of 27.3% for arthritis among adults aged ≥ 18 years, which ranks 414th out of 958 Iowa communities (45th out of 102 midsized communities). The age-adjusted rate for Hudson is 23.3%, which ranks 494th out of 905 Iowa communities (52nd out of 102 midsized communities).

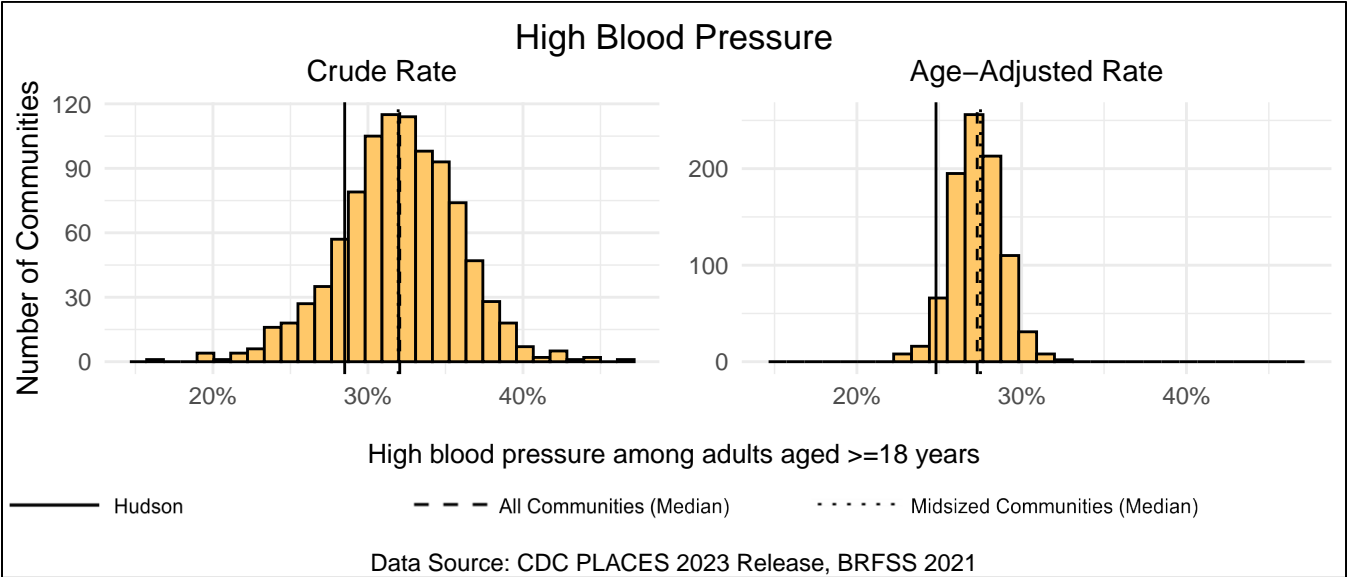
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	27.3%	27.9%	27.8%
Age-Adjusted	23.3%	23.1%	23.2%



High Blood Pressure

Hudson has a crude rate of 28.5% for high blood pressure among adults aged ≥ 18 years, which ranks 149th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 24.8%, which ranks 31st out of 905 Iowa communities (7th out of 102 mid-sized communities).

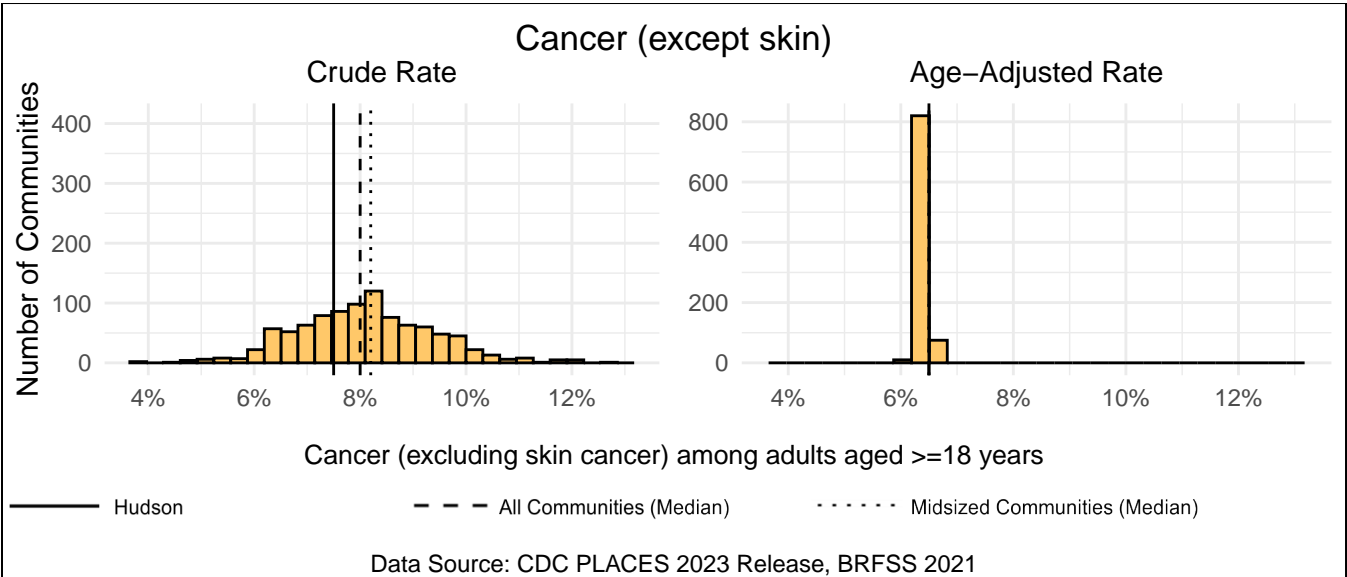
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	28.5%	32.0%	32.0%
Age-Adjusted	24.8%	27.3%	27.5%



Cancer (except skin)

Hudson has a crude rate of 7.5% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 302nd out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

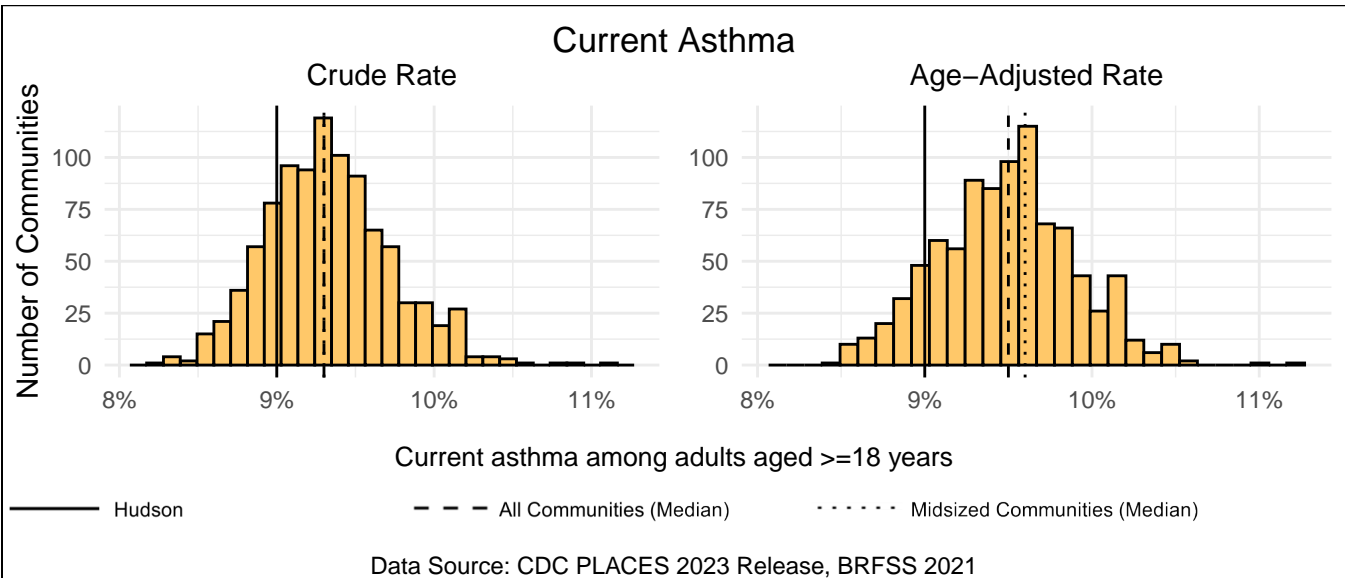
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	7.5%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Hudson has a crude rate of 9.0% for current asthma among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Hudson is 9.0%, which ranks 77th out of 905 Iowa communities (10th out of 102 midsize communities).

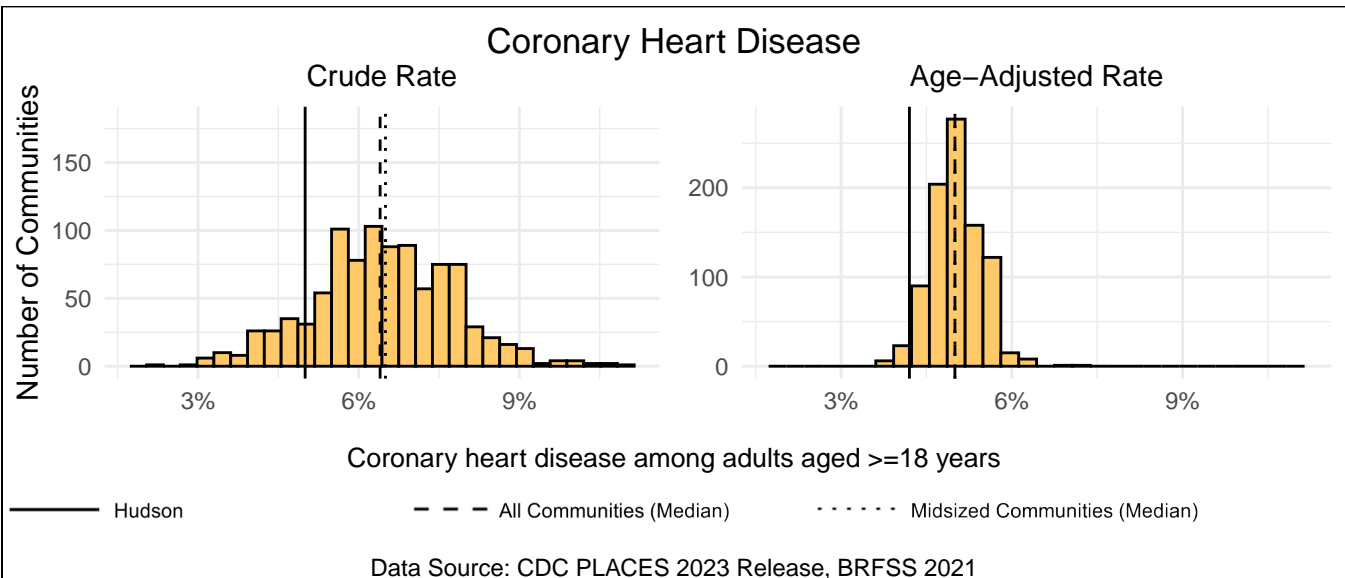
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	9.0%	9.3%	9.3%
Age-Adjusted	9.0%	9.5%	9.6%



Coronary Heart Disease

Hudson has a crude rate of 5.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 124th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Hudson is 4.2%, which ranks 20th out of 905 Iowa communities (5th out of 102 midsize communities).

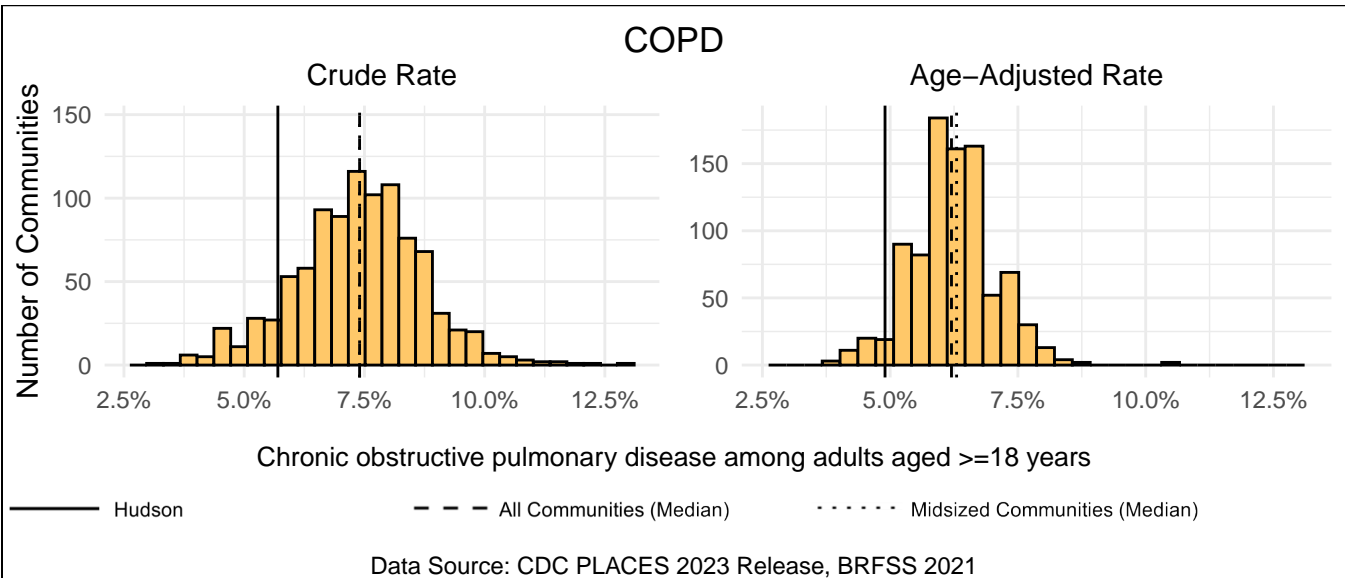
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	5.0%	6.4%	6.5%
Age-Adjusted	4.2%	5.0%	5.0%



COPD

Hudson has a crude rate of 5.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 94th out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Hudson is 4.9%, which ranks 41st out of 905 Iowa communities (10th out of 102 midsized communities).

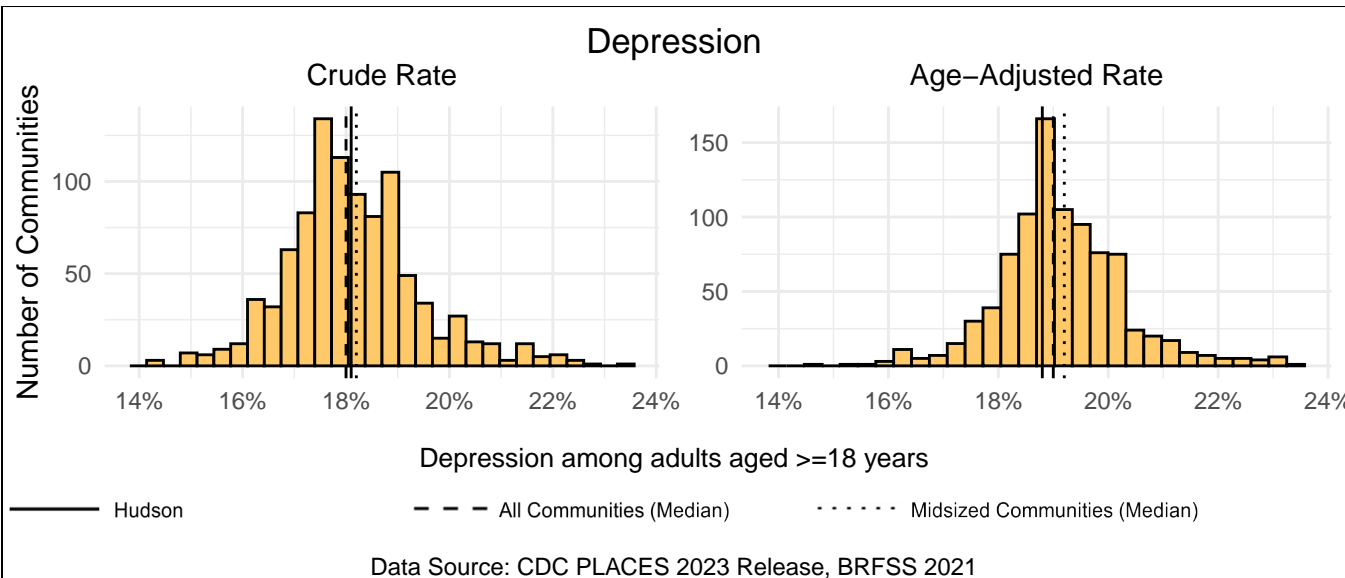
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	5.7%	7.4%	7.4%
Age-Adjusted	4.9%	6.2%	6.3%



Depression

Hudson has a crude rate of 18.1% for depression among adults aged ≥ 18 years, which ranks 499th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Hudson is 18.8%, which ranks 330th out of 905 Iowa communities (34th out of 102 midsized communities).

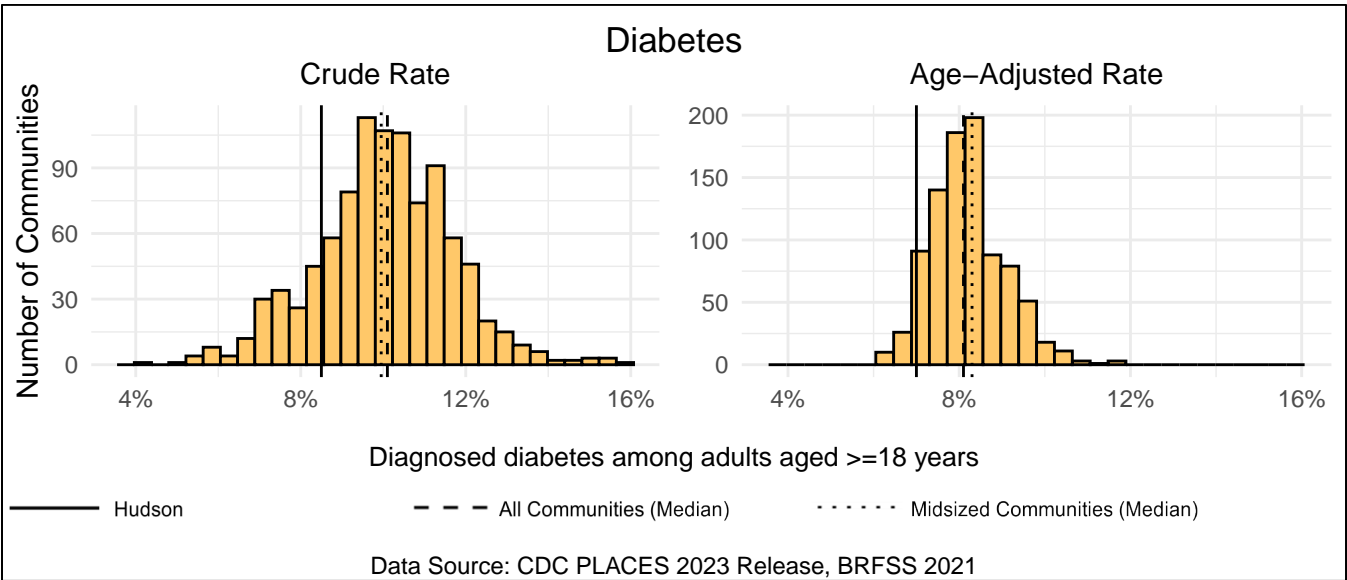
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	18.1%	18.0%	18.2%
Age-Adjusted	18.8%	19.0%	19.2%



Diabetes

Hudson has a crude rate of 8.5% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 154th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 7.0%, which ranks 46th out of 905 Iowa communities (11th out of 102 mid-sized communities).

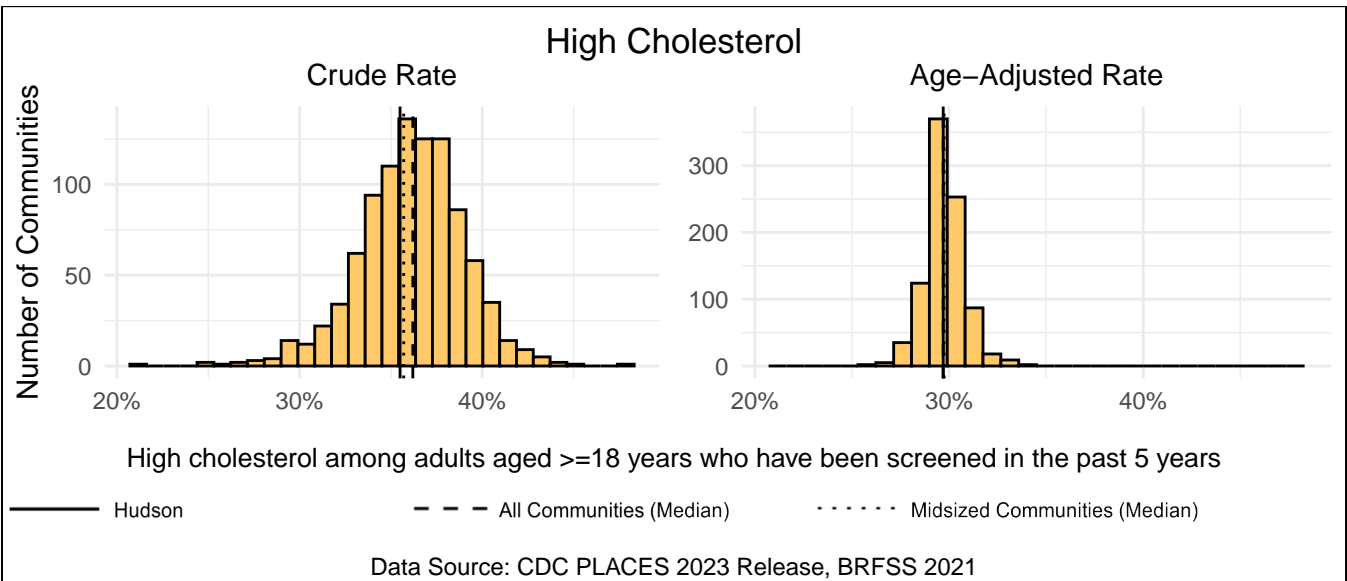
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	8.5%	10.1%	9.9%
Age-Adjusted	7.0%	8.1%	8.3%



High Cholesterol

Hudson has a crude rate of 35.5% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 362nd out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 29.7%, which ranks 427th out of 905 Iowa communities (48th out of 102 mid-sized communities).

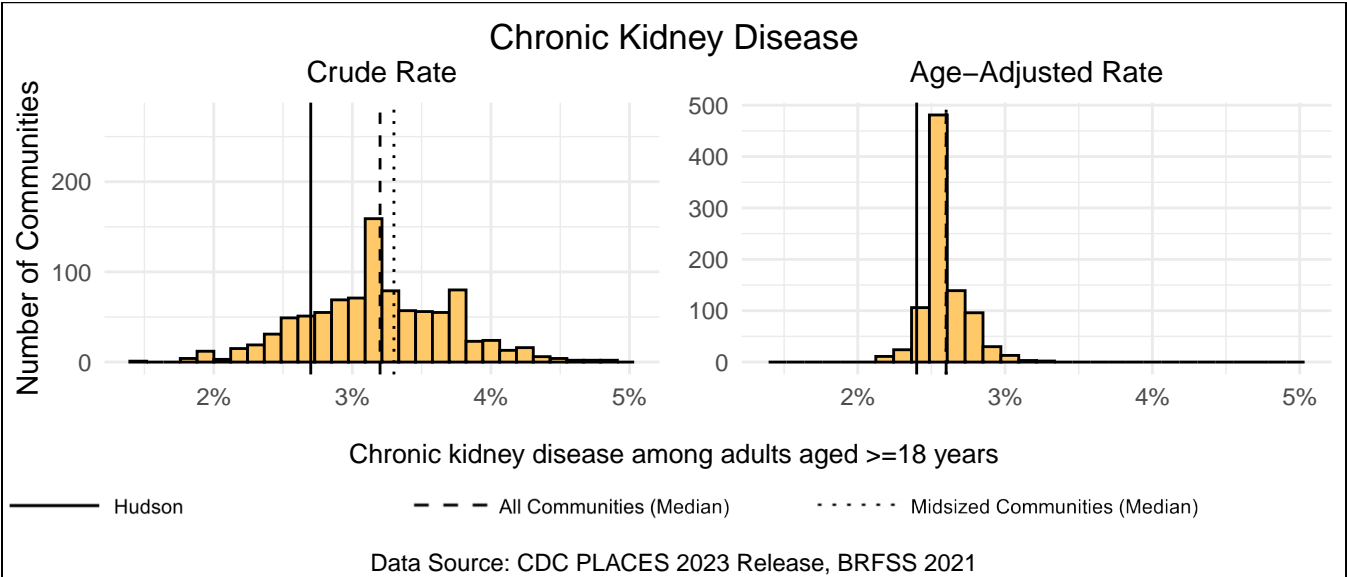
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	35.5%	36.2%	35.7%
Age-Adjusted	29.7%	29.7%	29.8%



Chronic Kidney Disease

Hudson has a crude rate of 2.7% for chronic kidney disease among adults aged >=18 years, which ranks 135th out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Hudson is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

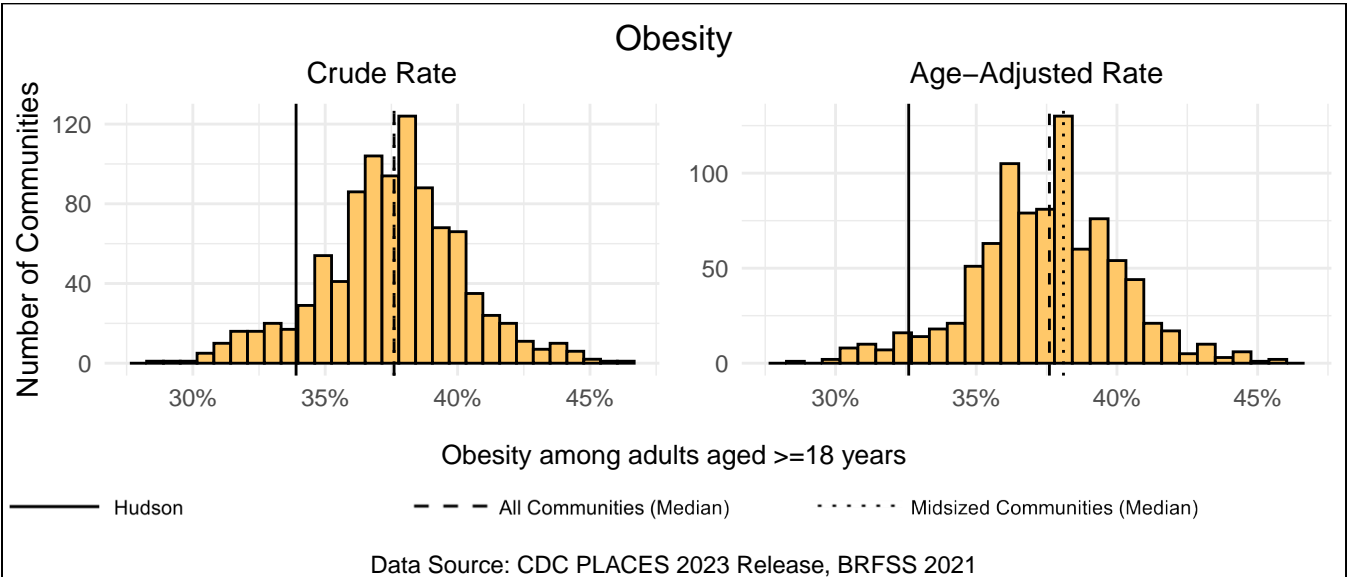
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	2.7%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Hudson has a crude rate of 33.9% for obesity among adults aged >=18 years, which ranks 84th out of 958 Iowa communities (13th out of 102 midsized communities). The age-adjusted rate for Hudson is 32.6%, which ranks 40th out of 905 Iowa communities (10th out of 102 midsized communities).

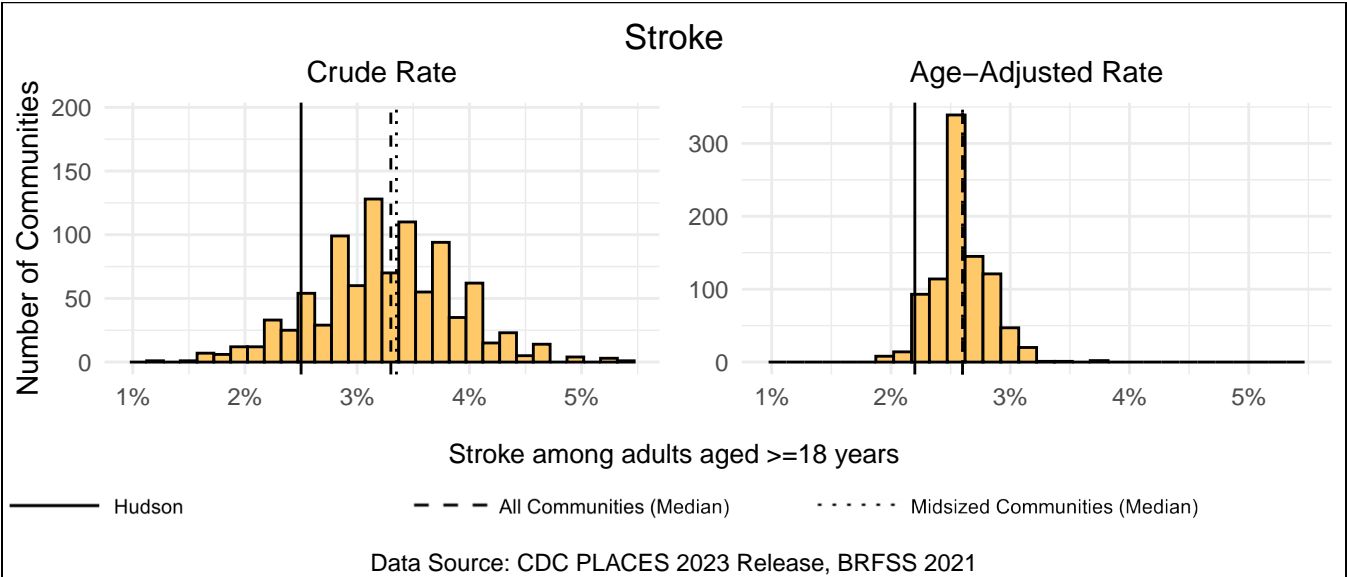
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	33.9%	37.6%	37.6%
Age-Adjusted	32.6%	37.6%	38.1%



Stroke

Hudson has a crude rate of 2.5% for stroke among adults aged ≥ 18 years, which ranks 98th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Hudson is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 102 midsize communities).

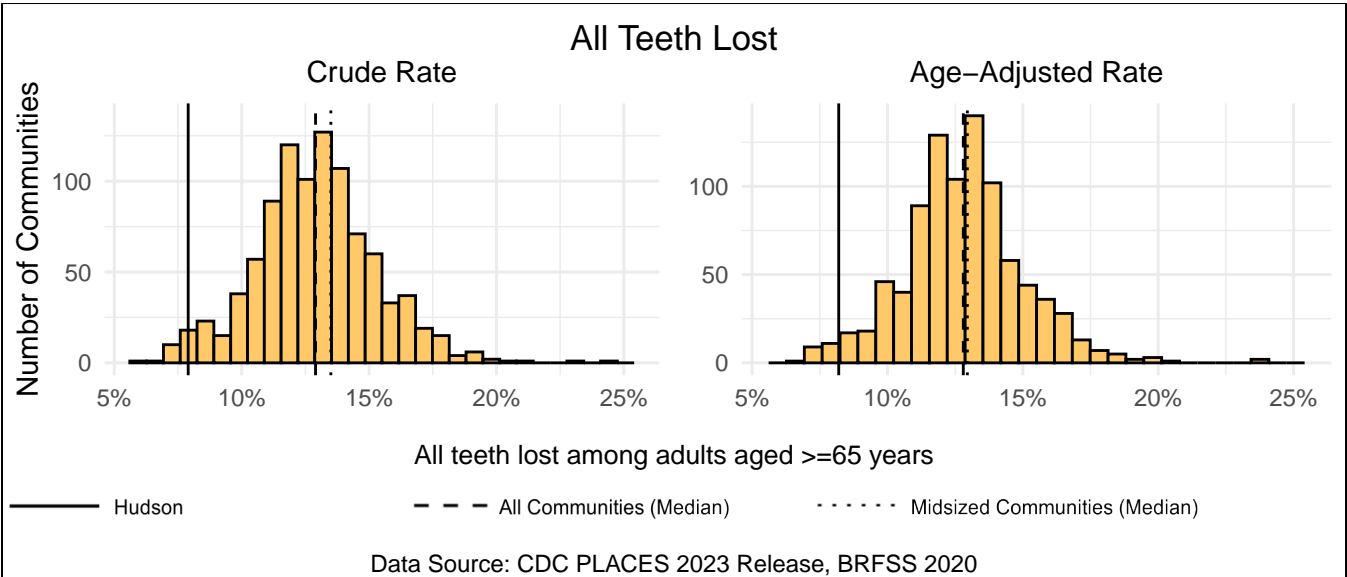
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	2.5%	3.3%	3.3%
Age-Adjusted	2.2%	2.6%	2.6%



All Teeth Lost

Hudson has a crude rate of 7.9% for all teeth lost among adults aged ≥ 65 years, which ranks 17th out of 958 Iowa communities (5th out of 102 midsize communities). The age-adjusted rate for Hudson is 8.2%, which ranks 20th out of 905 Iowa communities (6th out of 102 midsize communities).

Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	7.9%	12.9%	13.5%
Age-Adjusted	8.2%	12.8%	12.9%



Prevention

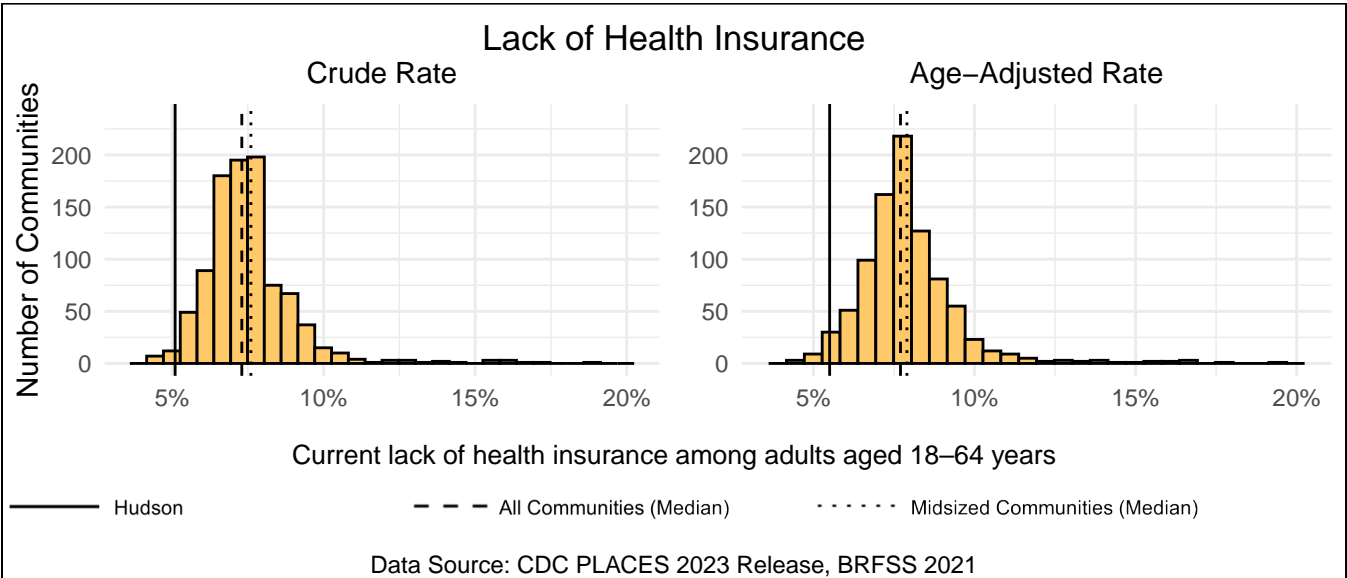
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Hudson has a crude rate of 5.1% for current lack of health insurance among adults aged 18–64 years, which ranks 17th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Hudson is 5.5%, which ranks 21st out of 905 Iowa communities (6th out of 102 midsize communities).

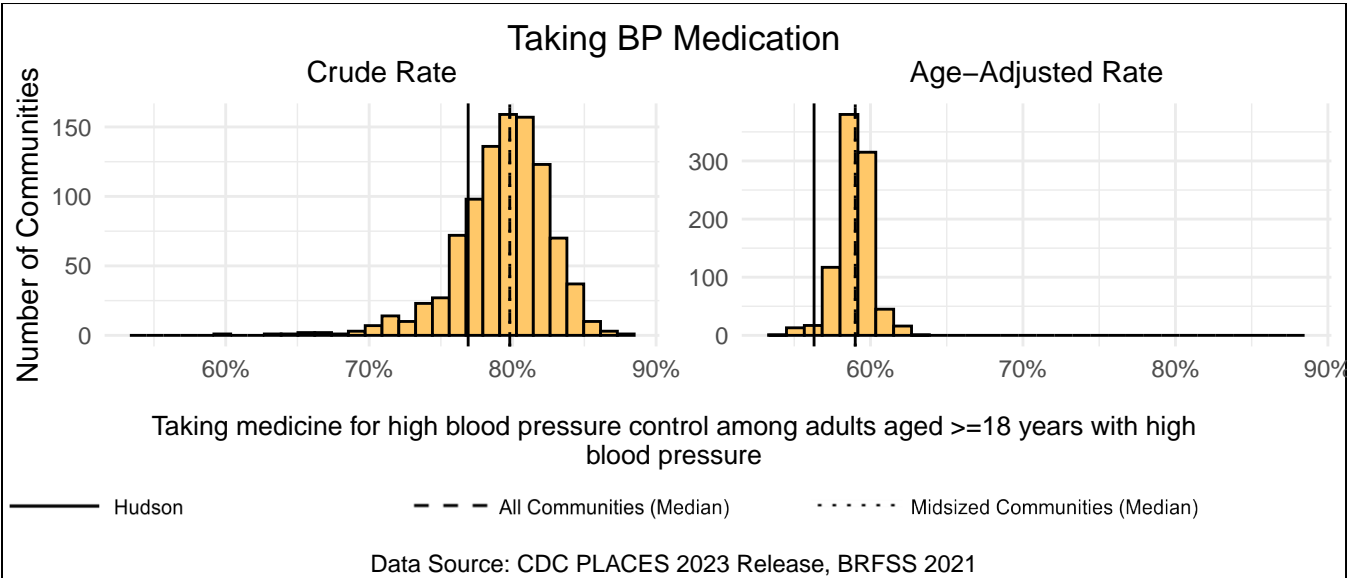
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	5.1%	7.3%	7.6%
Age-Adjusted	5.5%	7.7%	7.9%



Taking BP Medication

Hudson has a crude rate of 76.9% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 780th out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 56.3%, which ranks 881st out of 905 Iowa communities (96th out of 102 mid-sized communities).

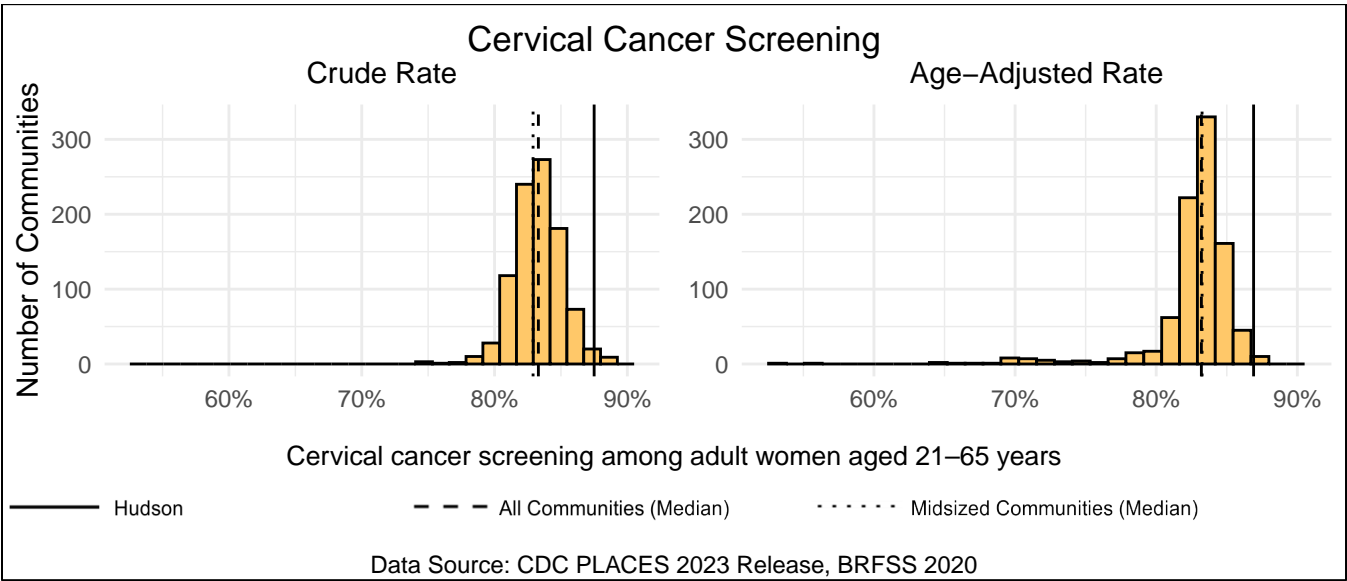
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	76.9%	79.8%	79.8%
Age-Adjusted	56.3%	59.0%	59.0%



Cervical Cancer Screening

Hudson has a crude rate of 87.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 14th out of 958 Iowa communities (3rd out of 102 midsized communities). The age-adjusted rate for Hudson is 86.9%, which ranks 7th out of 905 Iowa communities (4th out of 102 midsized communities).

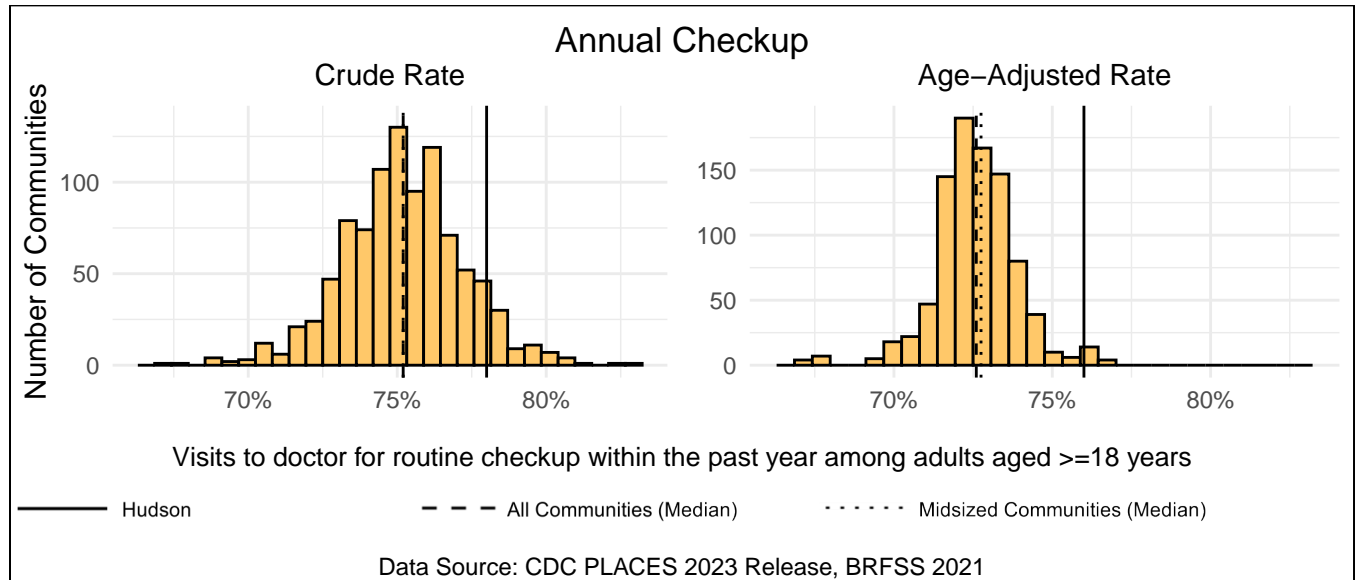
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	87.5%	83.3%	82.9%
Age-Adjusted	86.9%	83.2%	83.2%



Annual Checkup

Hudson has a crude rate of 78.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 72nd out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Hudson is 76.0%, which ranks 15th out of 905 Iowa communities (2nd out of 102 midsize communities).

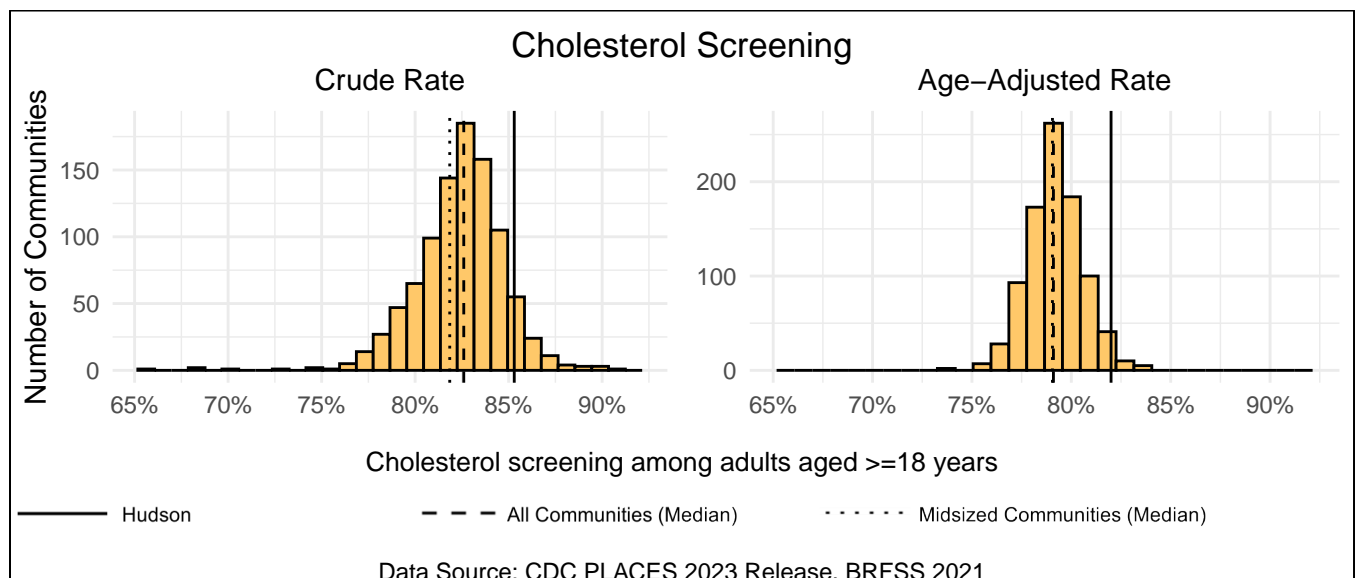
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	78.0%	75.2%	75.2%
Age-Adjusted	76.0%	72.6%	72.8%



Cholesterol Screening

Hudson has a crude rate of 85.3% for cholesterol screening among adults aged ≥ 18 years, which ranks 69th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Hudson is 82.0%, which ranks 27th out of 905 Iowa communities (9th out of 102 midsize communities).

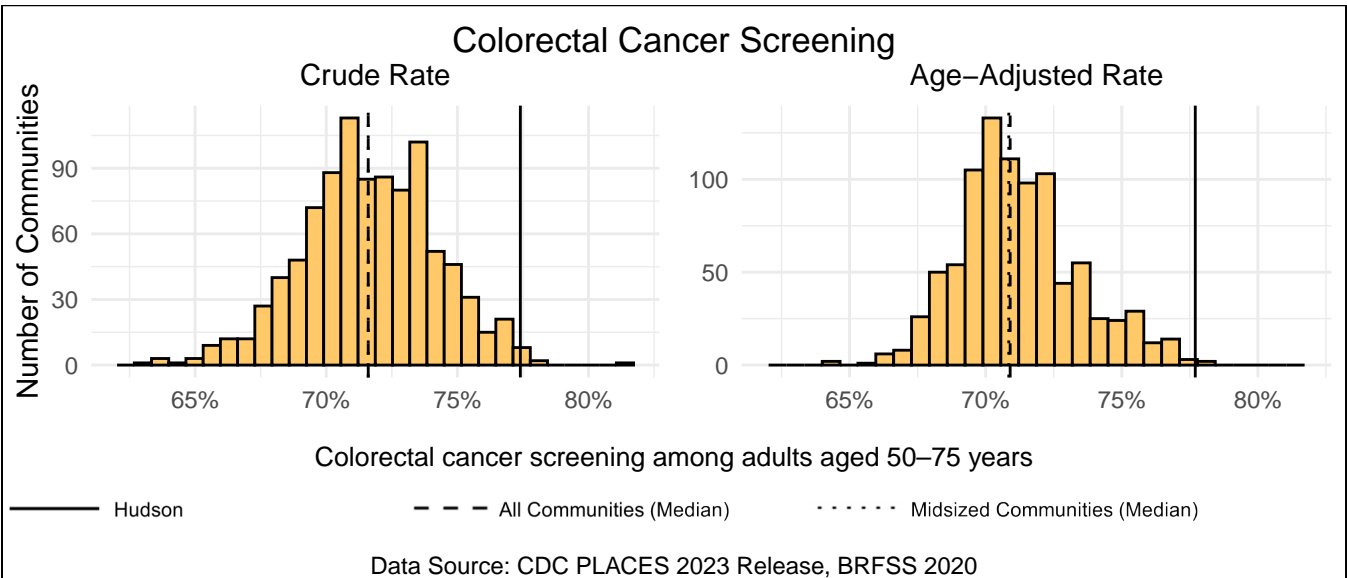
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	85.3%	82.6%	81.8%
Age-Adjusted	82.0%	79.1%	79.0%



Colorectal Cancer Screening

Hudson has a crude rate of 77.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 6th out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Hudson is 77.7%, which ranks 3rd out of 905 Iowa communities (2nd out of 102 midsize communities).

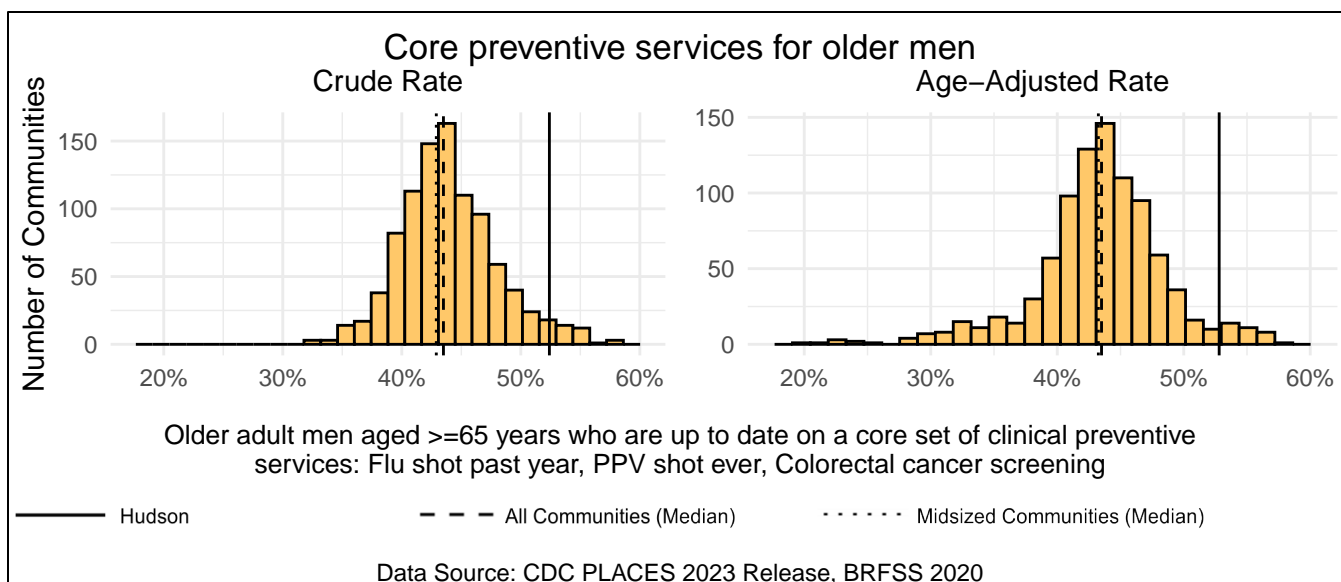
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	77.4%	71.6%	71.6%
Age-Adjusted	77.7%	70.9%	70.8%



Core preventive services for older men

Hudson has a crude rate of 52.4% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 35th out of 958 Iowa communities (8th out of 102 midsize communities). The age-adjusted rate for Hudson is 52.8%, which ranks 36th out of 905 Iowa communities (8th out of 102 midsize communities).

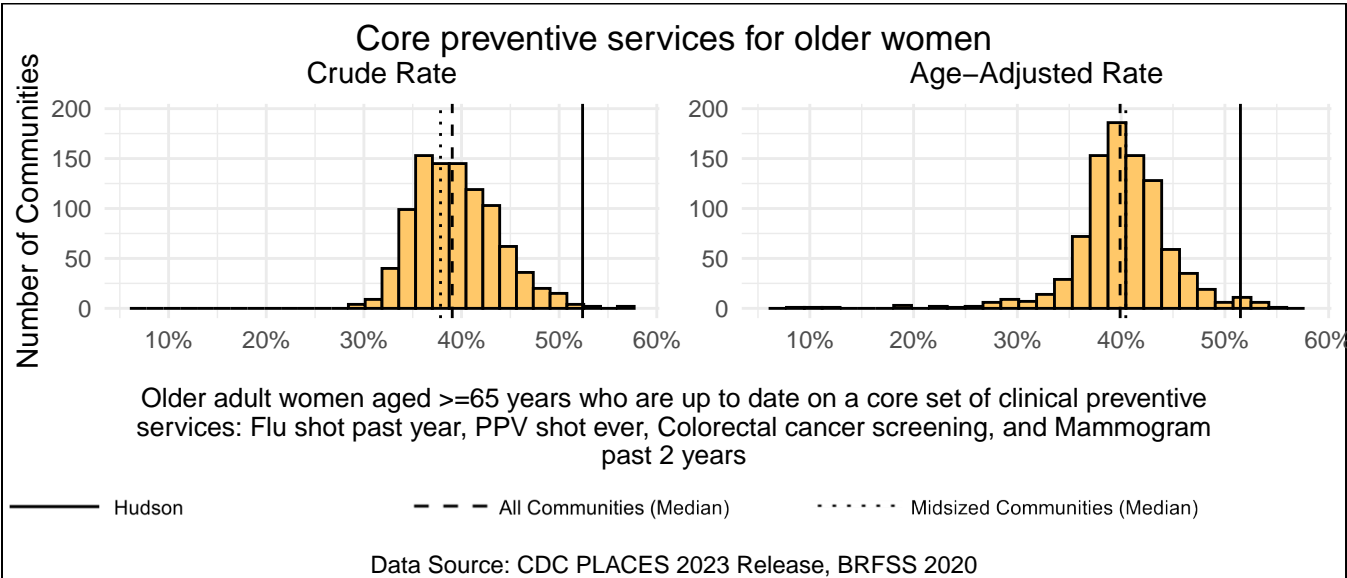
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	52.4%	43.5%	42.9%
Age-Adjusted	52.8%	43.5%	43.2%



Core preventive services for older women

Hudson has a crude rate of 52.4% 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 5th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Hudson is 51.5%, which ranks 14th out of 905 Iowa communities (4th out of 102 midsize communities).

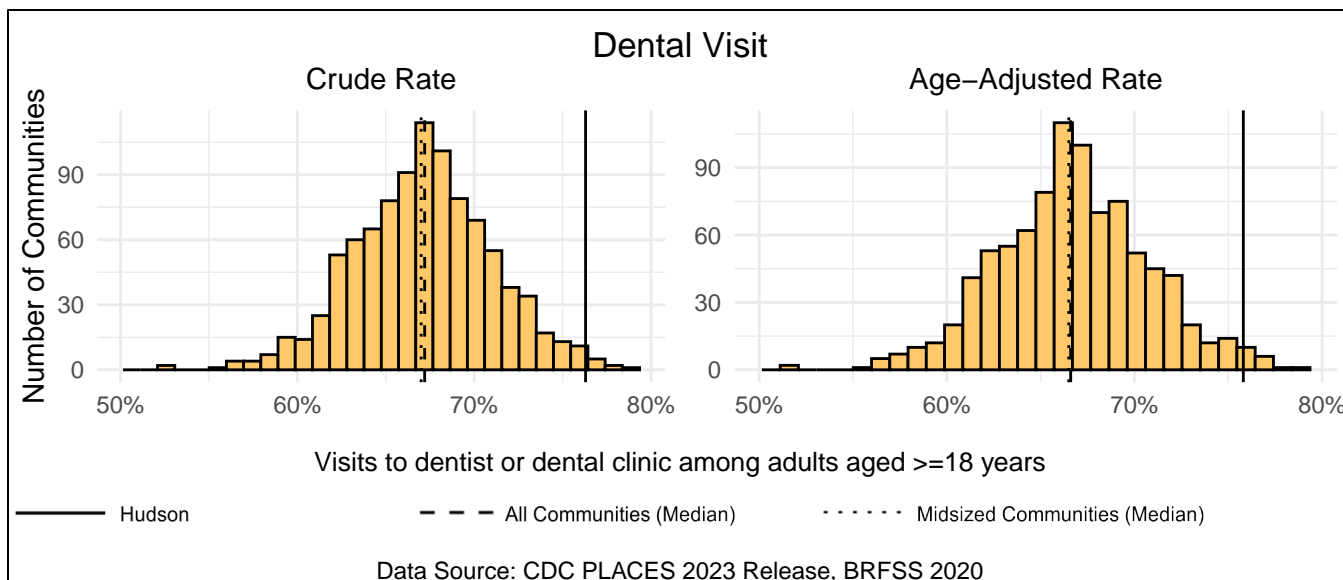
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	52.4%	39.0%	37.8%
Age-Adjusted	51.5%	39.9%	40.4%



Dental Visit

Hudson has a crude rate of 76.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 9th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Hudson is 75.8%, which ranks 16th out of 905 Iowa communities (5th out of 102 midsize communities).

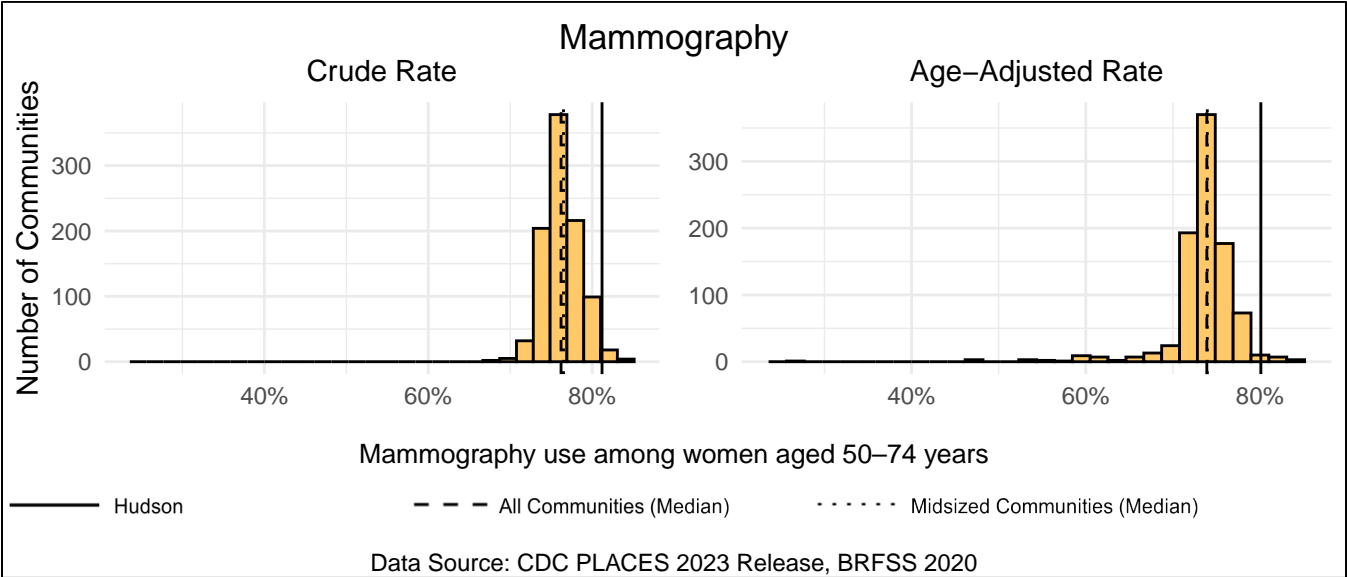
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	76.3%	67.2%	67.0%
Age-Adjusted	75.8%	66.6%	66.5%



Mammography

Hudson has a crude rate of 81.2% for mammography use among women aged 50–74 years, which ranks 20th out of 958 Iowa communities (4th out of 102 mid-sized communities). The age-adjusted rate for Hudson is 80.1%, which ranks 17th out of 905 Iowa communities (4th out of 102 mid-sized communities).

Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	81.2%	76.2%	76.5%
Age-Adjusted	80.1%	73.9%	74.0%



Disability

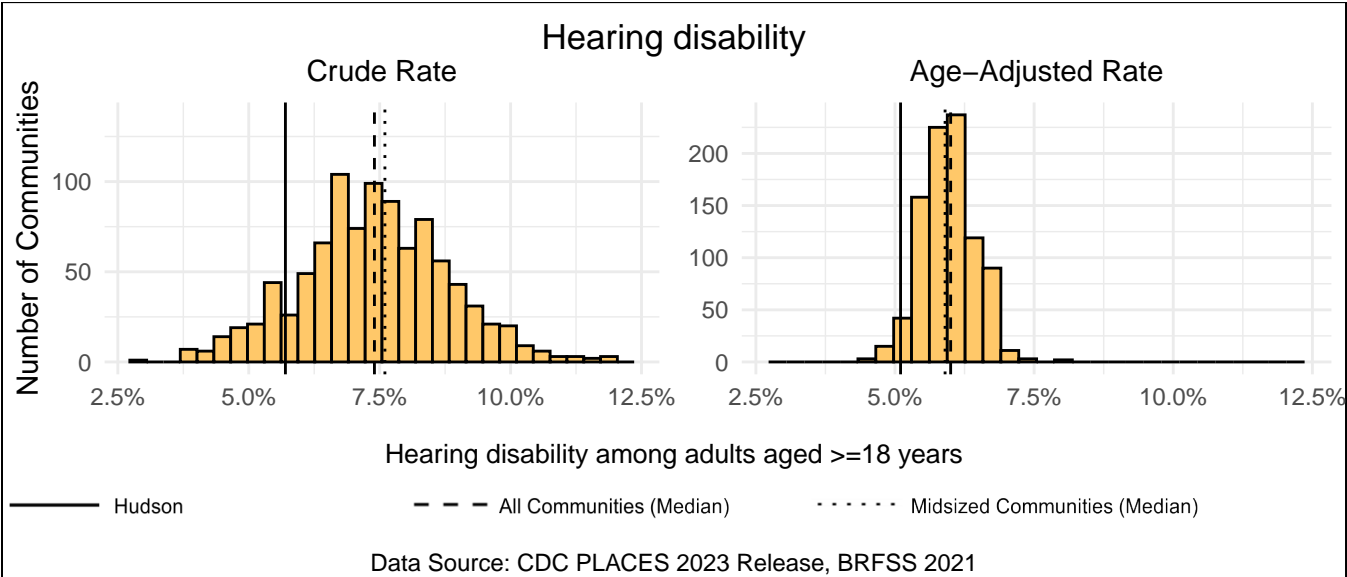
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Hudson has a crude rate of 5.7% for hearing disability among adults aged ≥ 18 years, which ranks 113th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Hudson is 5.1%, which ranks 30th out of 905 Iowa communities (9th out of 102 midsize communities).

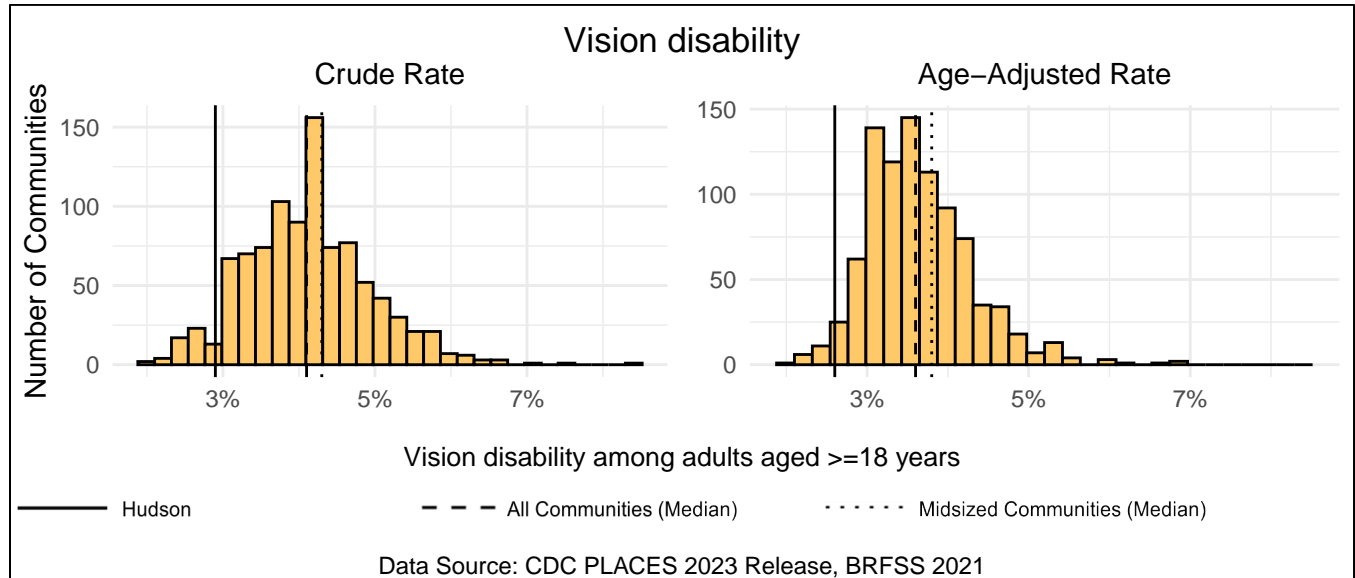
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	5.7%	7.4%	7.6%
Age-Adjusted	5.1%	6.0%	5.9%



Vision disability

Hudson has a crude rate of 2.9% for vision disability among adults aged ≥ 18 years, which ranks 50th out of 958 Iowa communities (13th out of 102 midsize communities). The age-adjusted rate for Hudson is 2.6%, which ranks 19th out of 905 Iowa communities (5th out of 102 midsize communities).

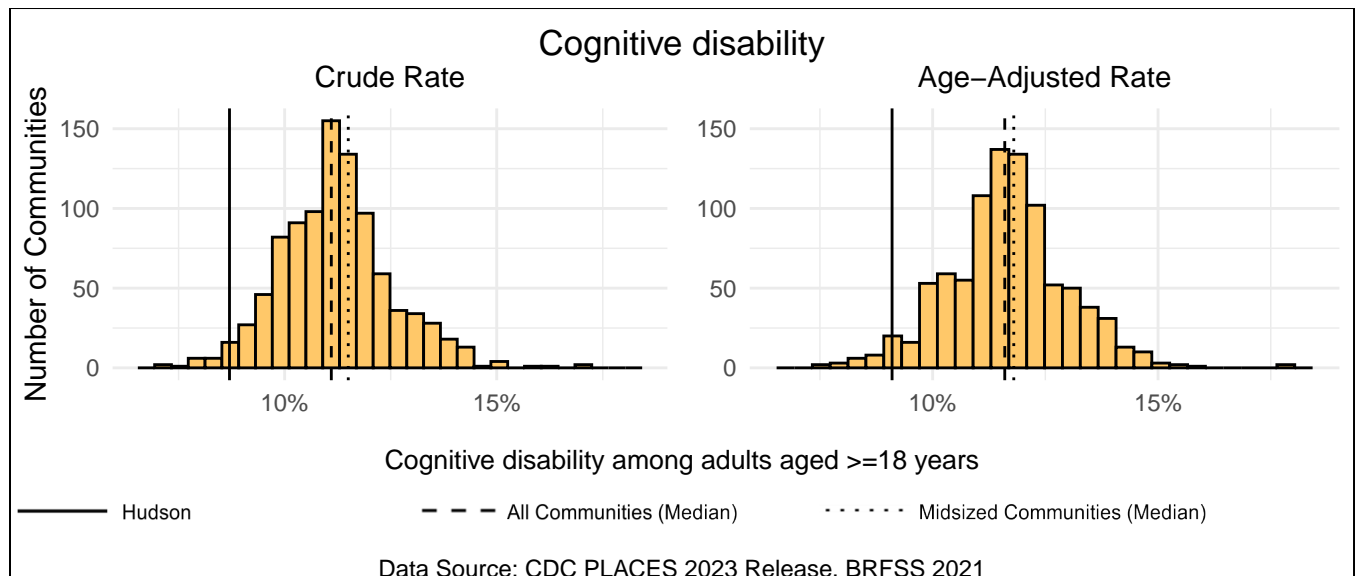
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	2.9%	4.1%	4.3%
Age-Adjusted	2.6%	3.6%	3.8%



Cognitive disability

Hudson has a crude rate of 8.7% for cognitive disability among adults aged ≥ 18 years, which ranks 18th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Hudson is 9.1%, which ranks 24th out of 905 Iowa communities (6th out of 102 midsize communities).

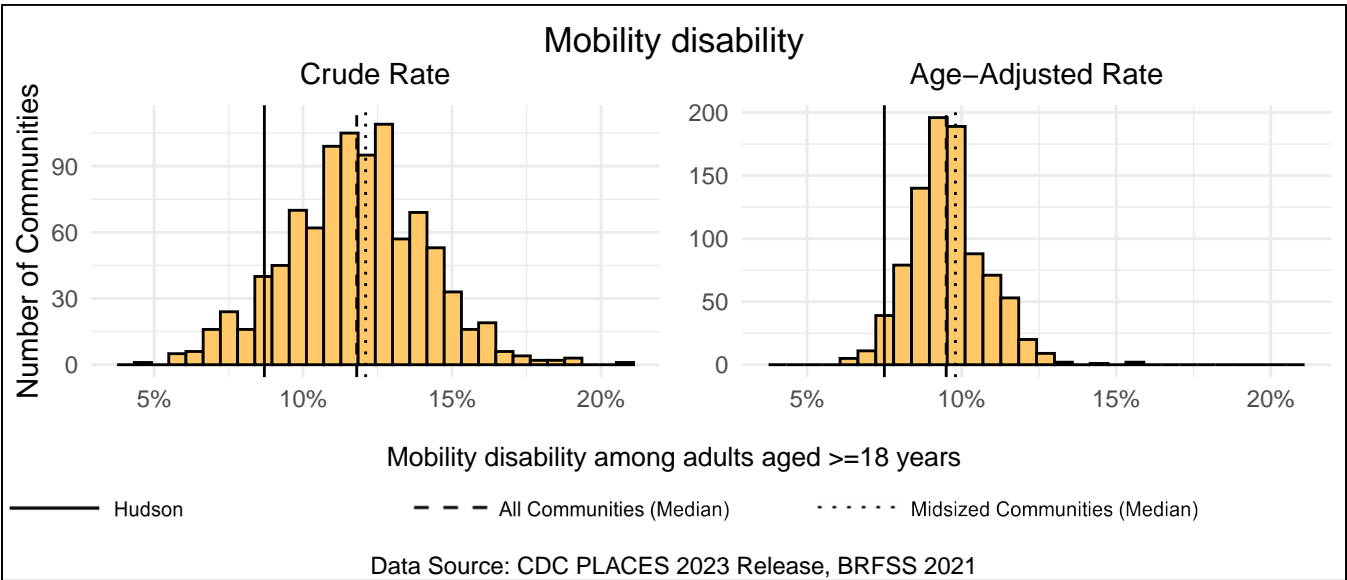
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	8.7%	11.1%	11.5%
Age-Adjusted	9.1%	11.6%	11.8%



Mobility disability

Hudson has a crude rate of 8.7% for mobility disability among adults aged ≥ 18 years, which ranks 88th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Hudson is 7.5%, which ranks 32nd out of 905 Iowa communities (9th out of 102 midsized communities).

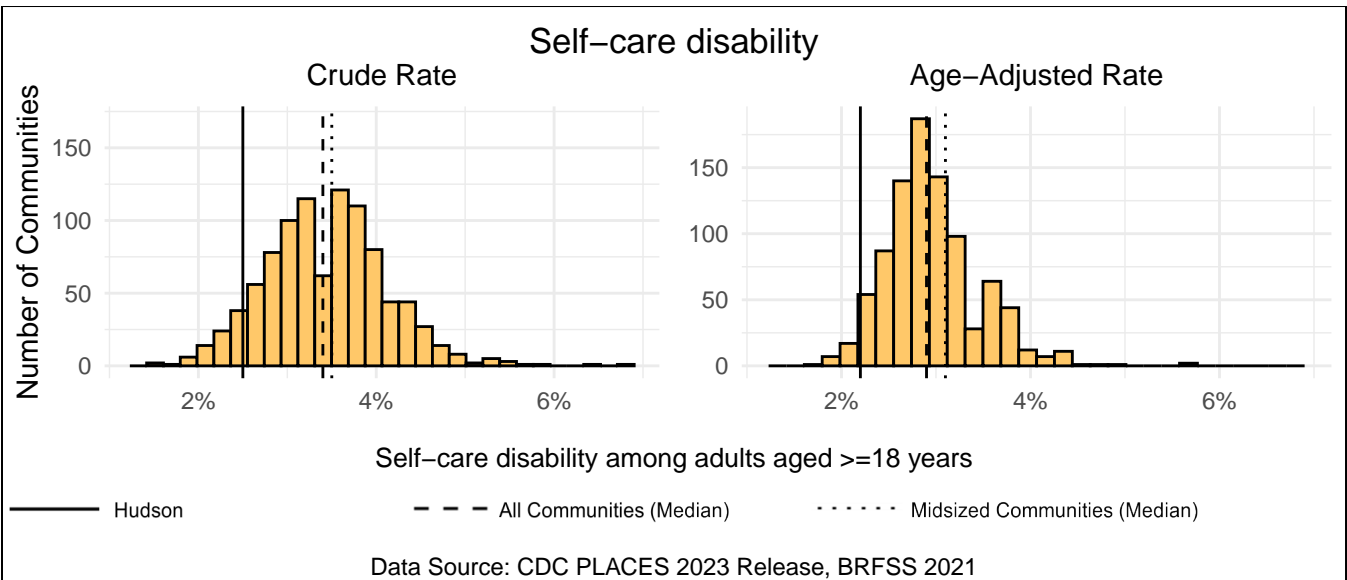
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	8.7%	11.8%	12.1%
Age-Adjusted	7.5%	9.5%	9.8%



Self-care disability

Hudson has a crude rate of 2.5% for self-care disability among adults aged ≥ 18 years, which ranks 60th out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Hudson is 2.2%, which ranks 26th out of 905 Iowa communities (7th out of 102 midsized communities).

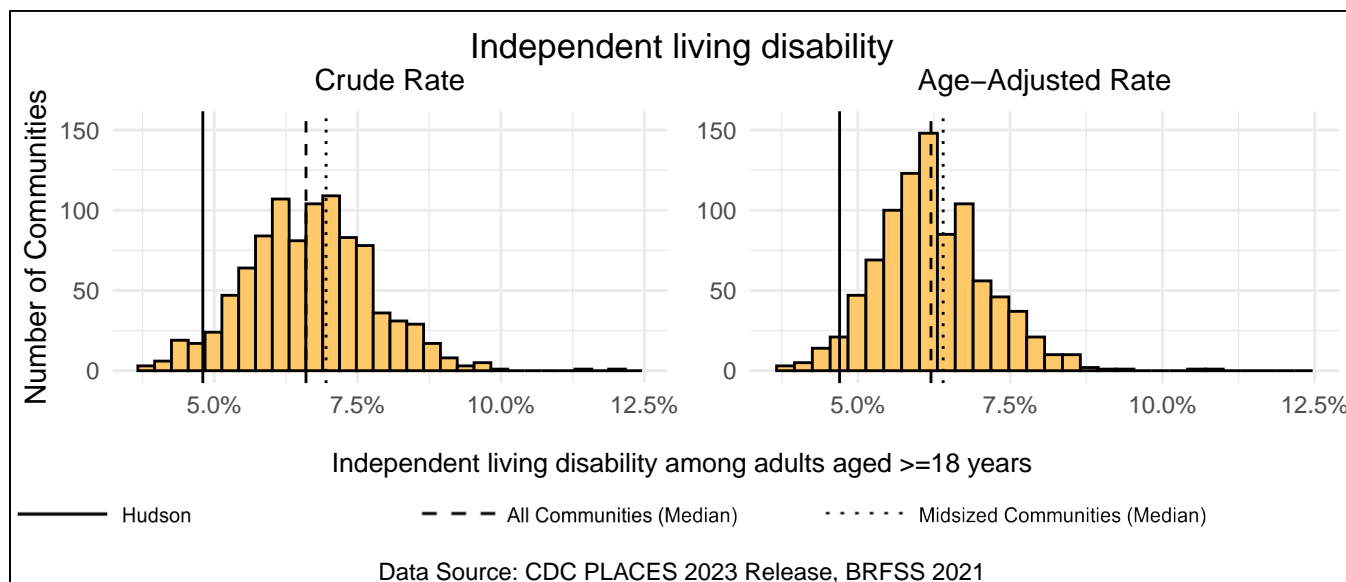
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	2.5%	3.4%	3.5%
Age-Adjusted	2.2%	2.9%	3.1%



Independent living disability

Hudson has a crude rate of 4.8% for independent living disability among adults aged ≥ 18 years, which ranks 40th out of 958 Iowa communities (10th out of 102 midsized communities). The age-adjusted rate for Hudson is 4.7%, which ranks 26th out of 905 Iowa communities (7th out of 102 midsized communities).

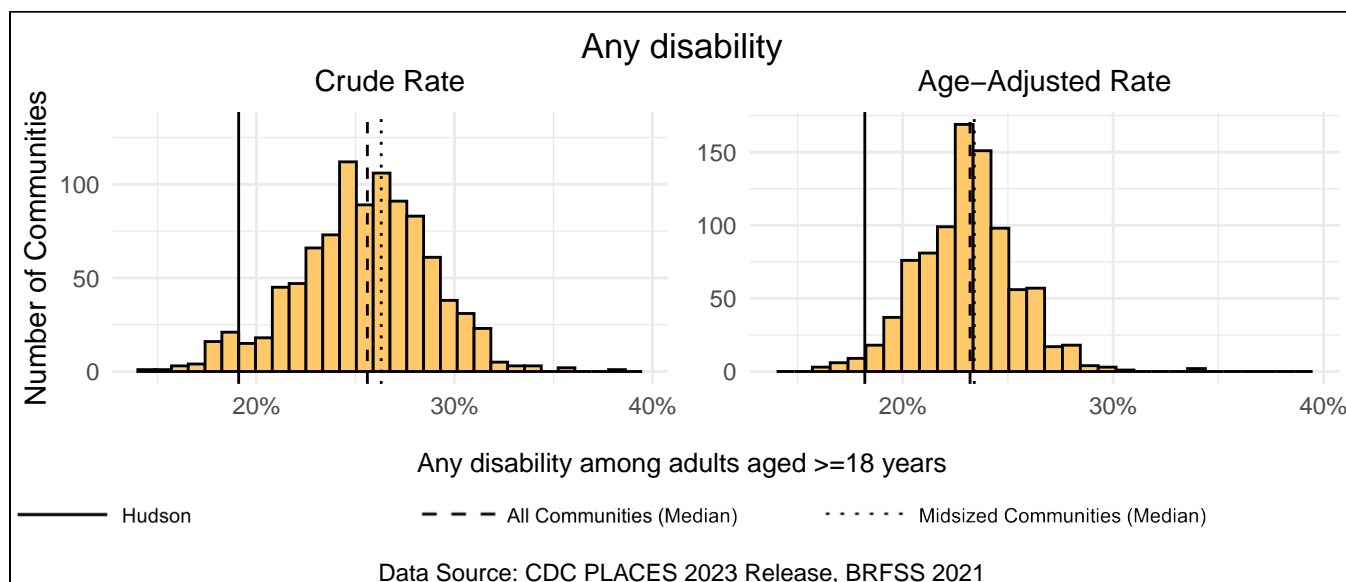
Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	4.8%	6.6%	7.0%
Age-Adjusted	4.7%	6.2%	6.4%



Any disability

Hudson has a crude rate of 19.1% for any disability among adults aged ≥ 18 years, which ranks 41st out of 958 Iowa communities (10th out of 102 midsized communities). The age-adjusted rate for Hudson is 18.2%, which ranks 17th out of 905 Iowa communities (6th out of 102 midsized communities).

Measure Type	Hudson	All Comm.	Midsized Comm.
Crude	19.1%	25.6%	26.3%
Age-Adjusted	18.2%	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: Hudson 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	102	13.1% (11.0% - 15.2%)	57	14.0% (12.0% - 16.3%)
Health Status	General Health	57	10.7% (8.8% - 12.8%)	34	9.7% (8.0% - 11.5%)
Health Status	Physical Health	69	8.7% (7.2% - 10.3%)	34	7.9% (6.7% - 9.2%)
Health Risk Behaviors	Physical Inactivity	57	20.1% (16.2% - 24.0%)	42	19.0% (15.6% - 22.9%)
Health Risk Behaviors	Sleep <7 hours	498	30.4% (28.8% - 32.0%)	291	30.5% (28.7% - 32.2%)
Health Risk Behaviors	Current Smoking	48	13.3% (10.2% - 16.9%)	37	13.1% (10.0% - 16.7%)
Health Risk Behaviors	Binge Drinking	842	22.2% (18.8% - 25.7%)	894	24.3% (20.7% - 28.0%)
Health Outcomes	Arthritis	414	27.3% (23.8% - 31.1%)	494	23.3% (20.1% - 26.7%)
Health Outcomes	All Teeth Lost	17	7.9% (5.0% - 11.6%)	20	8.2% (5.1% - 12.0%)
Health Outcomes	Diabetes	154	8.5% (7.2% - 10.1%)	46	7.0% (5.9% - 8.3%)
Health Outcomes	Obesity	84	33.9% (28.5% - 39.3%)	40	32.6% (27.6% - 37.9%)
Health Outcomes	High Blood Pressure	149	28.5% (25.1% - 32.3%)	31	24.8% (21.7% - 28.2%)
Health Outcomes	Cancer (except skin)	302	7.5% (6.8% - 8.4%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Coronary Heart Disease	124	5.0% (4.3% - 5.7%)	20	4.2% (3.7% - 4.8%)
Health Outcomes	Stroke	98	2.5% (2.2% - 2.9%)	23	2.2% (1.9% - 2.5%)
Health Outcomes	Depression	499	18.1% (15.2% - 21.3%)	330	18.8% (15.7% - 22.1%)
Health Outcomes	High Cholesterol	362	35.5% (31.4% - 39.6%)	427	29.7% (25.9% - 33.6%)
Health Outcomes	Current Asthma	137	9.0% (7.8% - 10.2%)	77	9.0% (7.8% - 10.2%)
Health Outcomes	Chronic Kidney Disease	135	2.7% (2.4% - 3.0%)	36	2.4% (2.1% - 2.6%)
Health Outcomes	COPD	94	5.7% (4.6% - 6.9%)	41	4.9% (4.0% - 5.9%)
Prevention	Cholesterol Screening	69	85.3% (82.5% - 87.7%)	27	82.0% (78.8% - 84.9%)
Prevention	Cervical Cancer Screening	14	87.5% (85.4% - 89.5%)	7	86.9% (84.7% - 88.8%)
Prevention	Core preventive services for older men	35	52.4% (45.2% - 59.4%)	36	52.8% (45.9% - 59.8%)
Prevention	Colorectal Cancer Screening	6	77.4% (74.9% - 79.8%)	3	77.7% (75.2% - 80.0%)
Prevention	Dental Visit	9	76.3% (73.5% - 78.9%)	16	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	Health Insurance	17	5.1% (3.8% - 6.7%)	21	5.5% (4.1% - 7.3%)
Prevention	Annual Checkup	72	78.0% (74.0% - 81.5%)	15	76.0% (71.9% - 79.7%)
Prevention	Core preventive services for older women	5	52.4% (46.0% - 58.9%)	14	51.5% (45.3% - 58.0%)
Prevention	Taking BP Medication	780	76.9% (73.0% - 80.5%)	881	56.3% (51.3% - 61.2%)
Prevention	Mammography	20	81.2% (77.9% - 84.0%)	17	80.1% (76.9% - 83.1%)
Disability	Any Disability	41	19.1% (16.0% - 22.5%)	17	18.2% (15.2% - 21.5%)
Disability	Vision Disability	50	2.9% (2.4% - 3.4%)	19	2.6% (2.2% - 3.1%)
Disability	Hearing Disability	113	5.7% (4.9% - 6.5%)	30	5.1% (4.5% - 5.9%)
Disability	Independent Living Disability	40	4.8% (4.1% - 5.7%)	26	4.7% (3.9% - 5.6%)
Disability	Self-care Disability	60	2.5% (2.1% - 3.0%)	26	2.2% (1.9% - 2.5%)
Disability	Mobility Disability	88	8.7% (7.1% - 10.5%)	32	7.5% (6.1% - 9.0%)
Disability	Cognitive Disability	18	8.7% (7.2% - 10.4%)	24	9.1% (7.5% - 11.0%)

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)

Hudson 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
