



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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By Matthew Voss & Shawn Dorius

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Iowa Community Health Snapshot Series

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Health in Humboldt: Overview

Dear Community Members & Stakeholders of Humboldt,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	127th	15th	Cancer (except skin)	74th	11th
Taking BP Medication	131st	6th	Binge Drinking	230th	47th
Annual Checkup	163rd	12th	Core preventive services for older women	238th	32nd
Obesity	201st	32nd	Taking BP Medication	251st	39th
Sleep <7 hours	240th	34th	Core preventive services for older men	349th	39th

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
Hearing Disability	861st	97th	Colorectal Cancer Screening	846th	88th
Coronary Heart Disease	845th	94th	Health Insurance	719th	63rd
Mobility Disability	836th	84th	Vision Disability	714th	66th
Chronic Kidney Disease	832nd	91st	Mobility Disability	704th	67th
Stroke	832nd	88th	Self-care Disability	702nd	66th

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 Humboldt.

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

With a population of 4,774, Humboldt’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

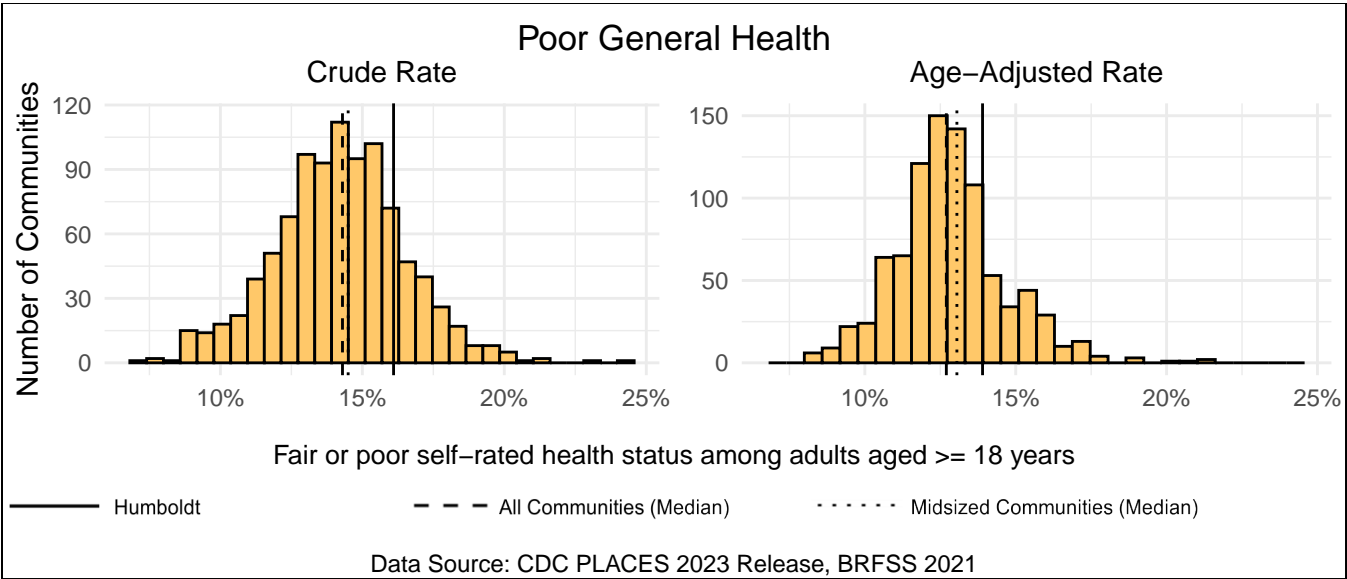
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Humboldt has a crude rate of 16.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 785th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 13.9%, which ranks 700th out of 905 Iowa communities (66th out of 102 mid-sized communities).

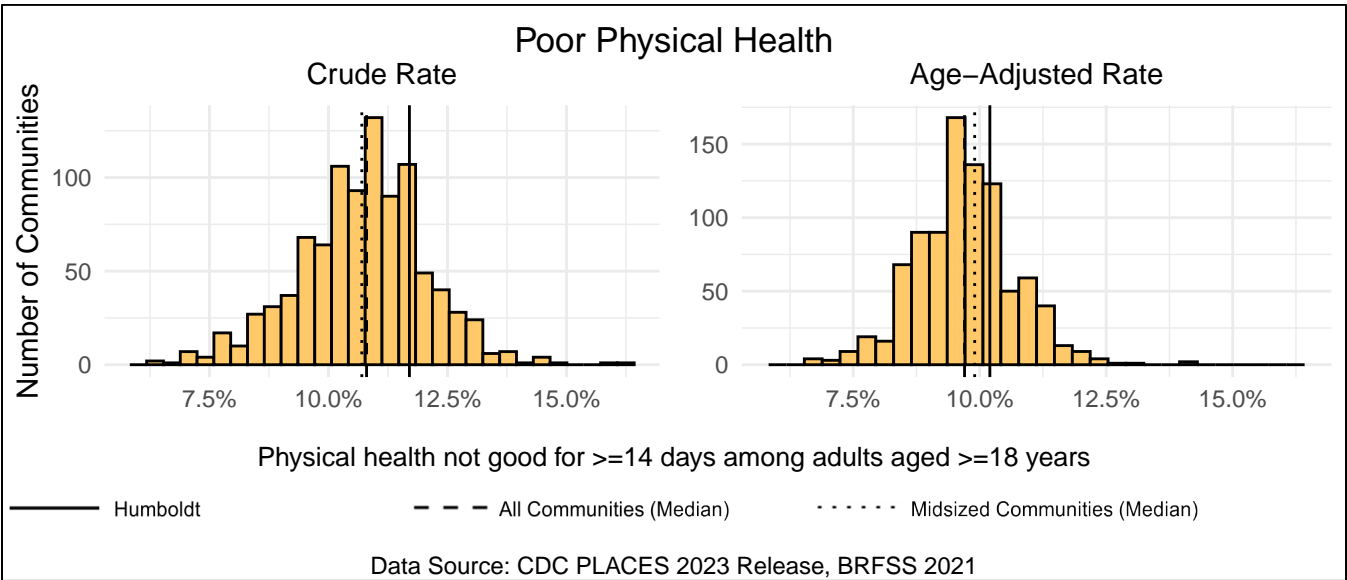
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	16.1%	14.3%	14.5%
Age-Adjusted	13.9%	12.7%	13.0%



Poor Physical Health

Humboldt has a crude rate of 11.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 748th out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 10.2%, which ranks 644th out of 905 Iowa communities (65th out of 102 mid-sized communities).

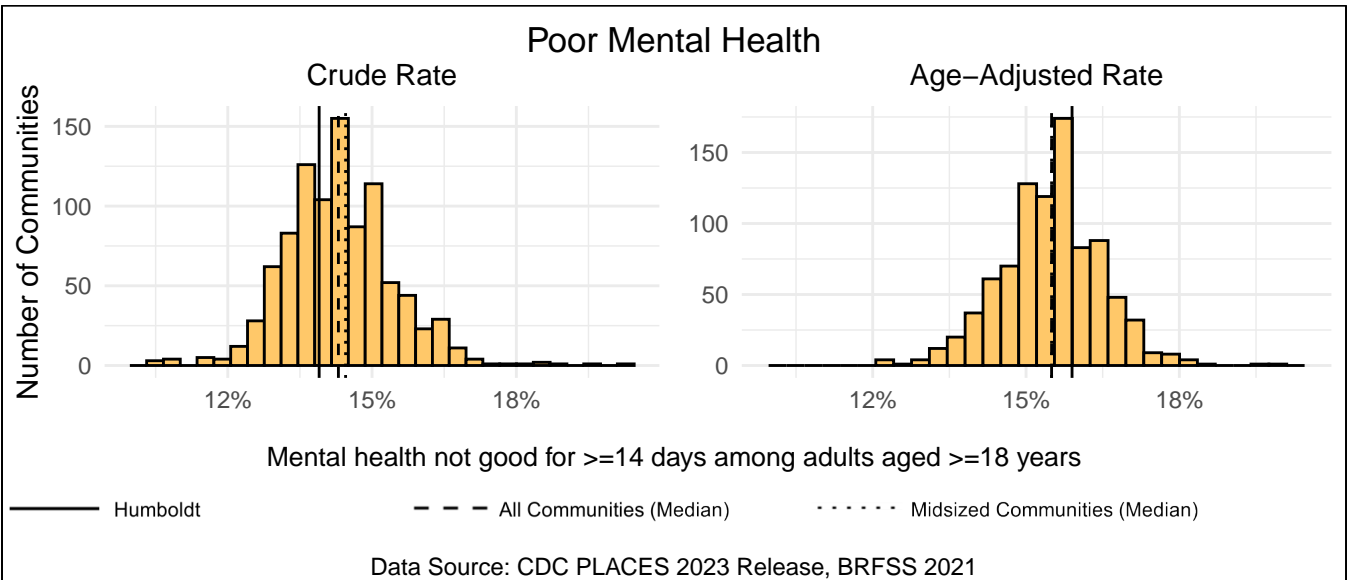
Measure Type	Humboldt	All Comm.	Mid-sized Comm.
Crude	11.7%	10.8%	10.7%
Age-Adjusted	10.2%	9.7%	9.9%



Poor Mental Health

Humboldt has a crude rate of 13.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 328th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 15.9%, which ranks 596th out of 905 Iowa communities (67th out of 102 mid-sized communities).

Measure Type	Humboldt	All Comm.	Mid-sized Comm.
Crude	13.9%	14.3%	14.4%
Age-Adjusted	15.9%	15.5%	15.5%



Health Risk Behaviors

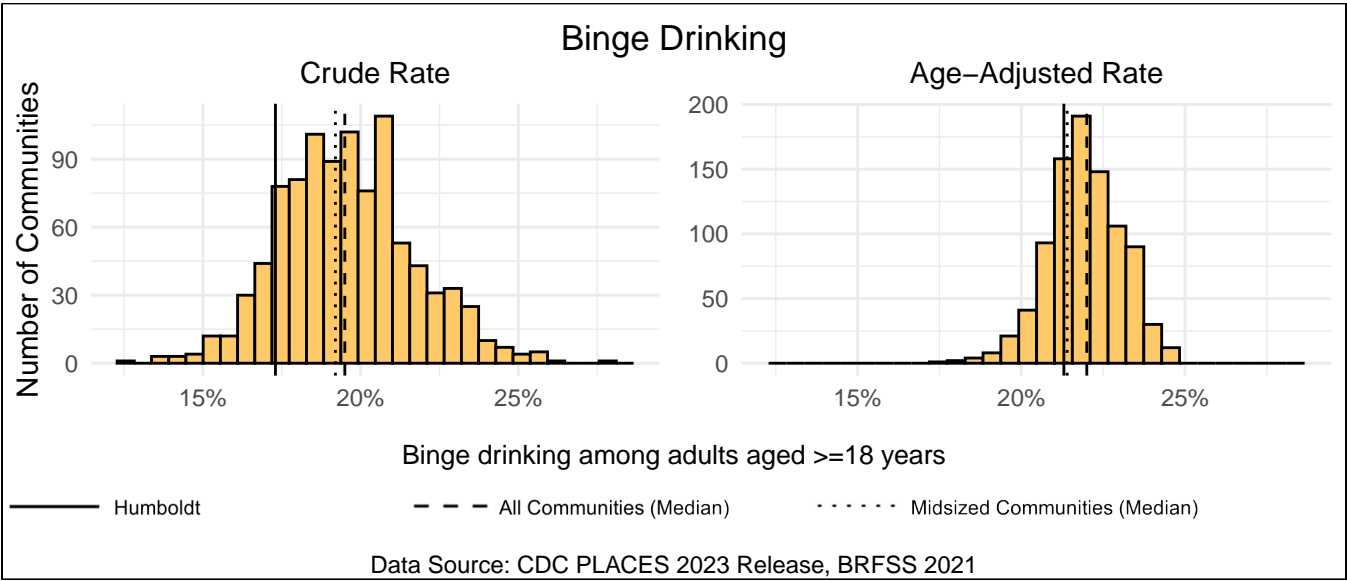
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Humboldt has a crude rate of 17.3% for binge drinking among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Humboldt is 21.3%, which ranks 230th out of 905 Iowa communities (47th out of 102 midsize communities).

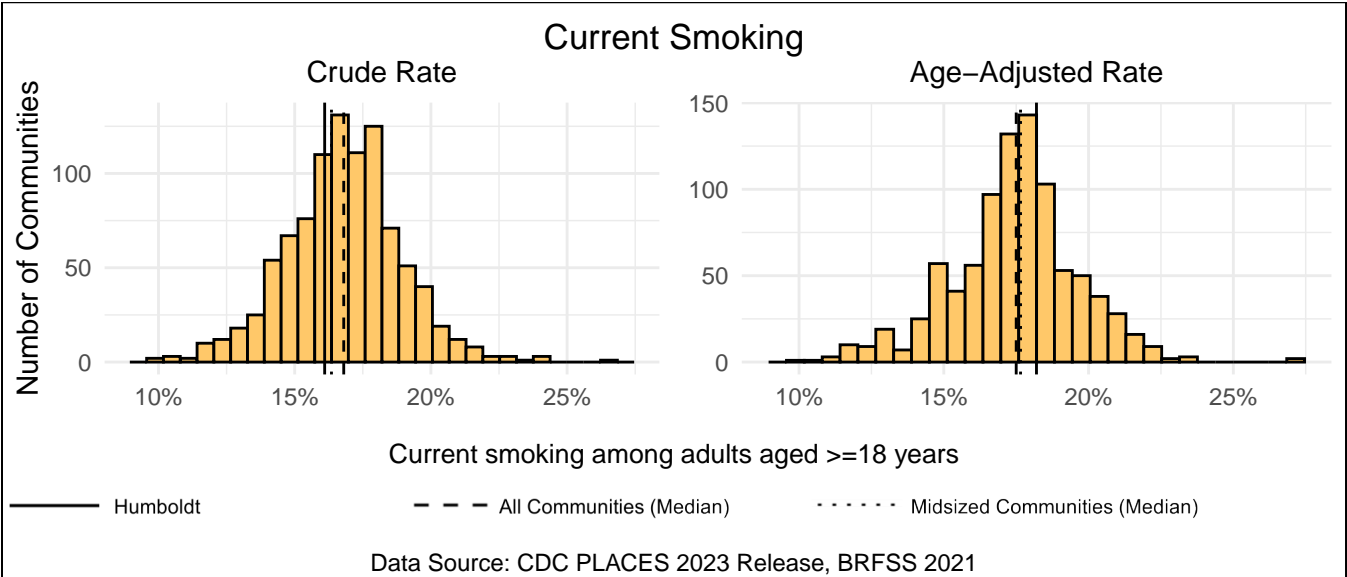
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	17.3%	19.5%	19.2%
Age-Adjusted	21.3%	22.0%	21.4%



Current Smoking

Humboldt has a crude rate of 16.1% for current smoking among adults aged >=18 years, which ranks 316th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 18.2%, which ranks 572nd out of 905 Iowa communities (66th out of 102 mid-sized communities).

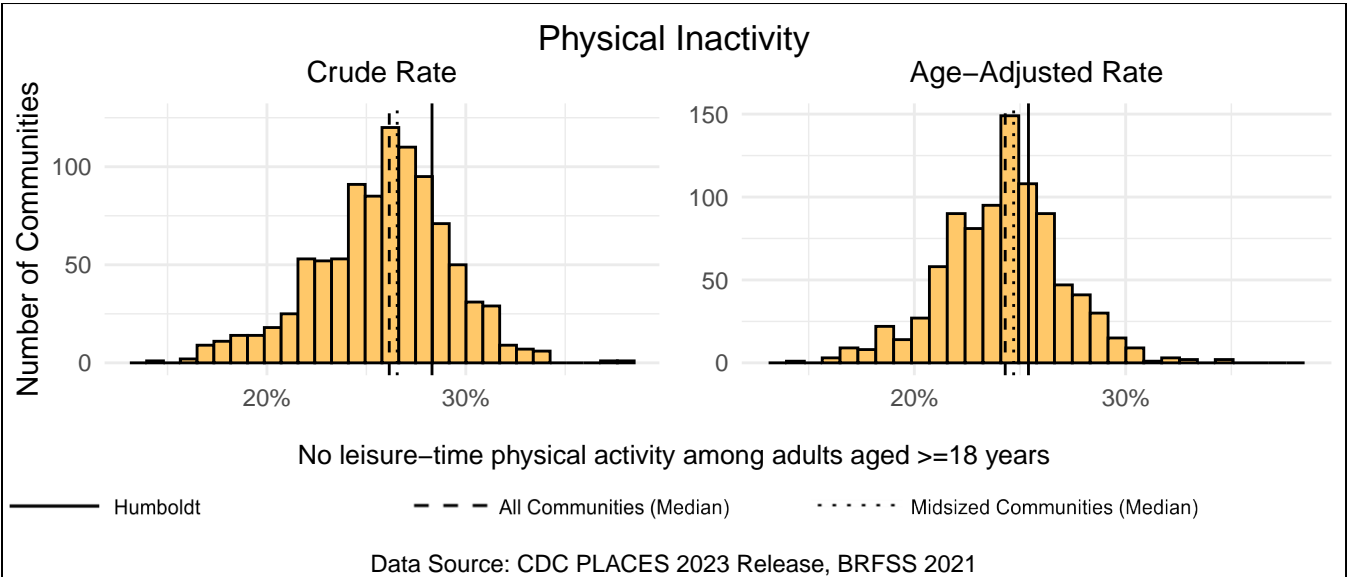
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	16.1%	16.8%	16.4%
Age-Adjusted	18.2%	17.5%	17.6%



Physical Inactivity

Humboldt has a crude rate of 28.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 744th out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 25.4%, which ranks 623rd out of 905 Iowa communities (64th out of 102 mid-sized communities).

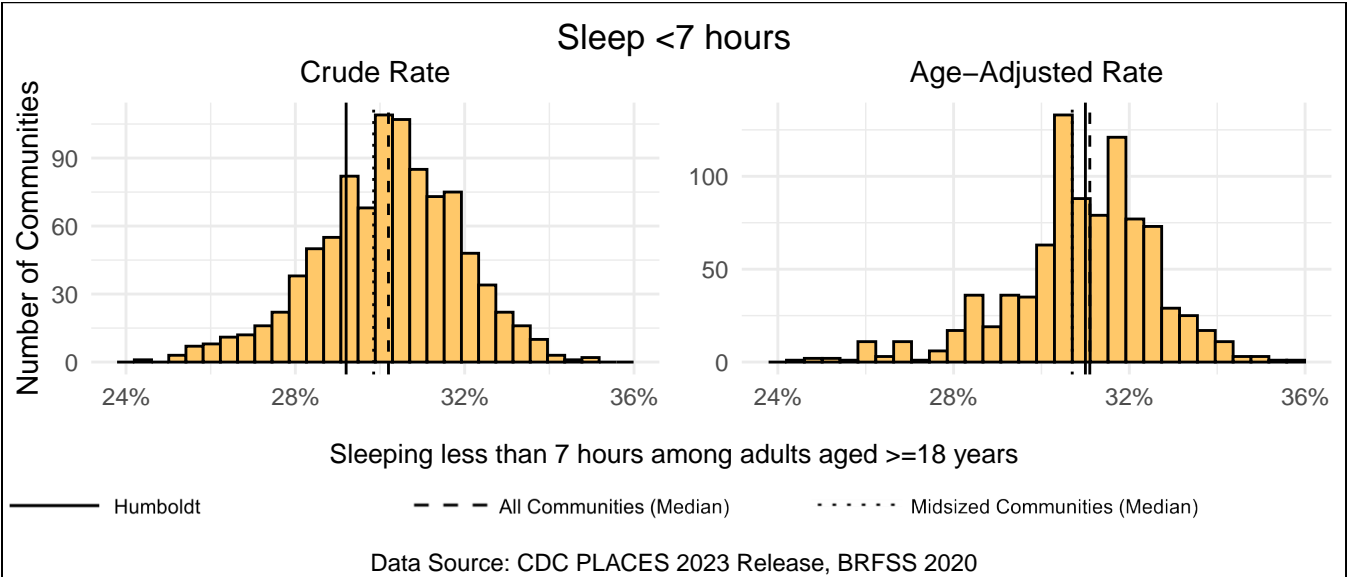
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	28.3%	26.1%	26.6%
Age-Adjusted	25.4%	24.3%	24.7%



Sleep <7 hours

Humboldt has a crude rate of 29.2% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 240th out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 31.0%, which ranks 417th out of 905 Iowa communities (54th out of 102 mid-sized communities).

Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	29.2%	30.2%	29.8%
Age-Adjusted	31.0%	31.1%	30.7%



Health Outcomes

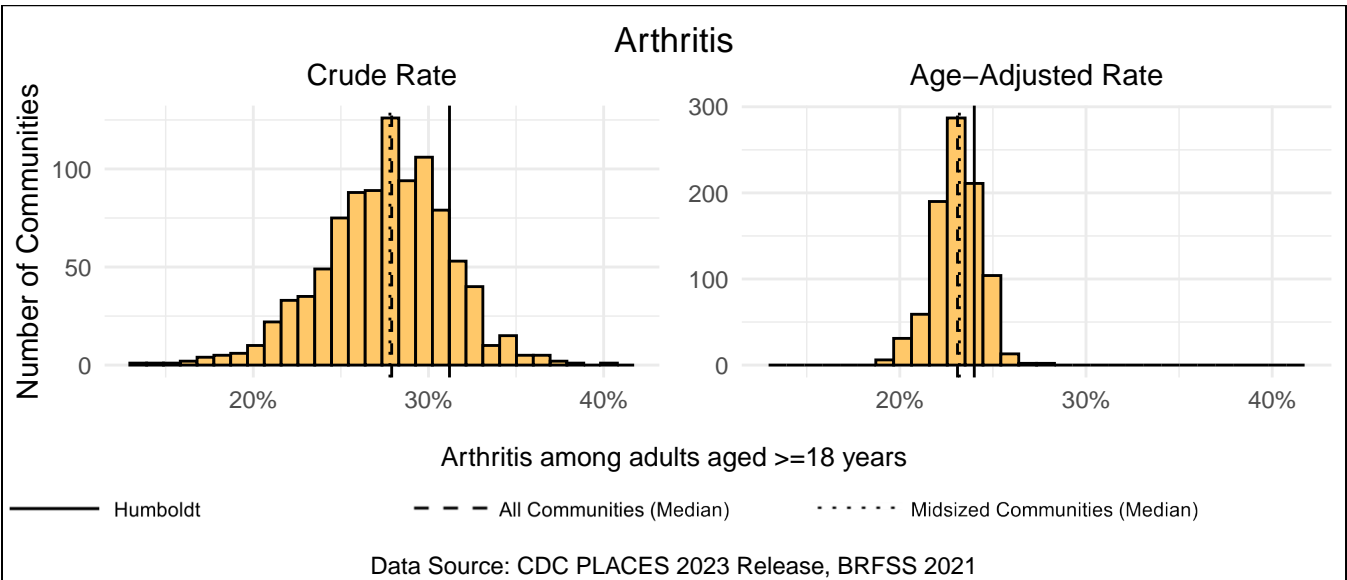
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Humboldt has a crude rate of 31.2% for arthritis among adults aged ≥ 18 years, which ranks 827th out of 958 Iowa communities (97th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 24.0%, which ranks 683rd out of 905 Iowa communities (73rd out of 102 mid-sized communities).

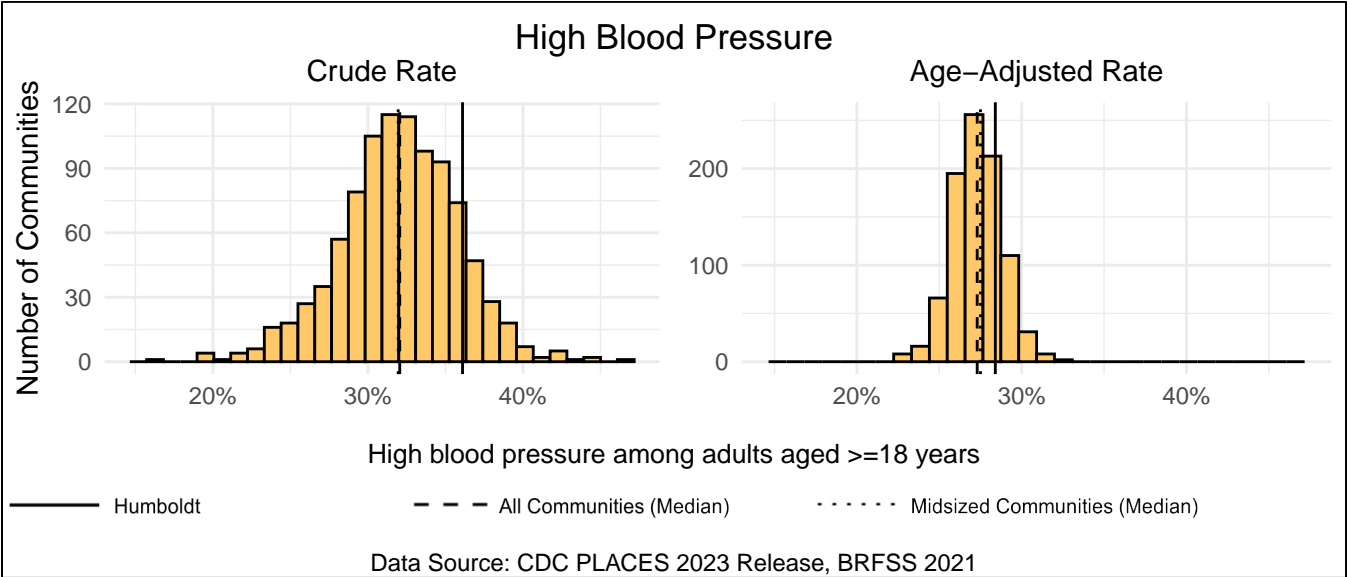
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	31.2%	27.9%	27.8%
Age-Adjusted	24.0%	23.1%	23.2%



High Blood Pressure

Humboldt has a crude rate of 36.1% for high blood pressure among adults aged ≥ 18 years, which ranks 824th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 28.4%, which ranks 696th out of 905 Iowa communities (72nd out of 102 mid-sized communities).

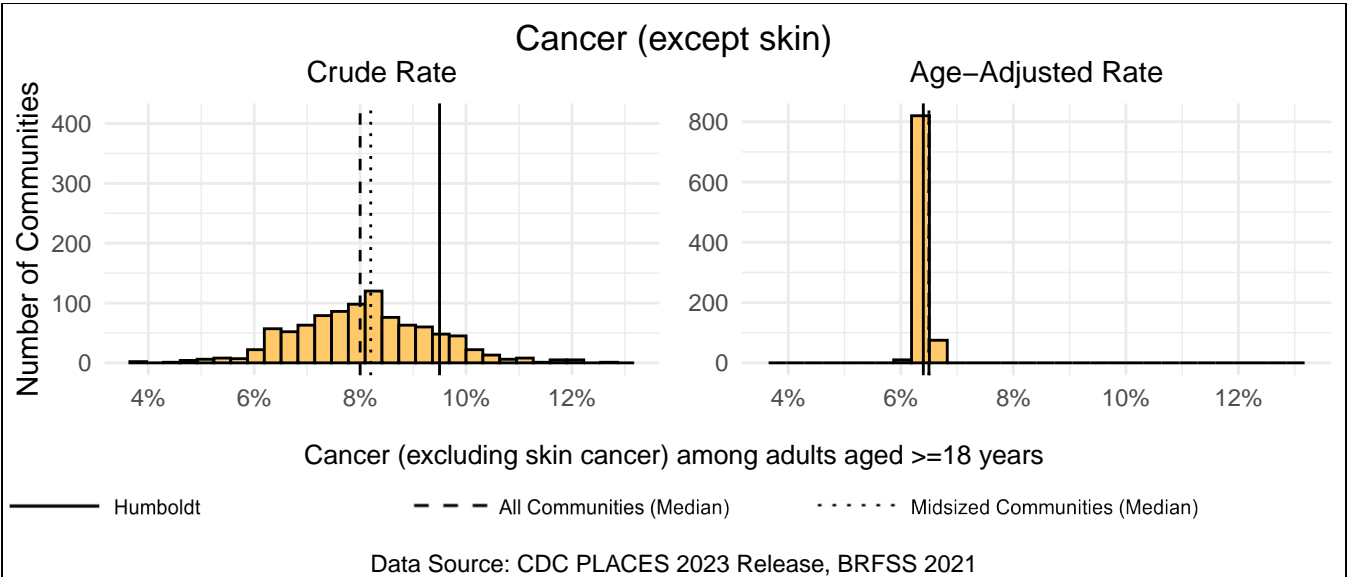
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	36.1%	32.0%	32.0%
Age-Adjusted	28.4%	27.3%	27.5%



Cancer (except skin)

Humboldt has a crude rate of 9.5% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 824th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

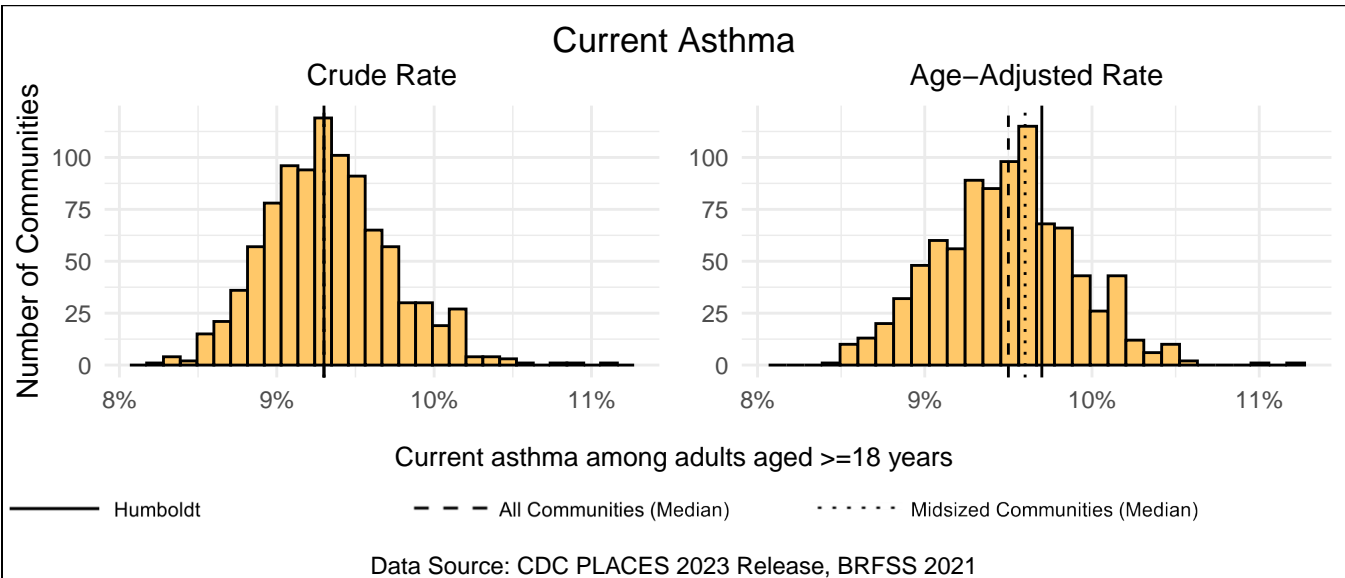
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	9.5%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Humboldt has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Humboldt is 9.7%, which ranks 628th out of 905 Iowa communities (67th out of 102 midsize communities).

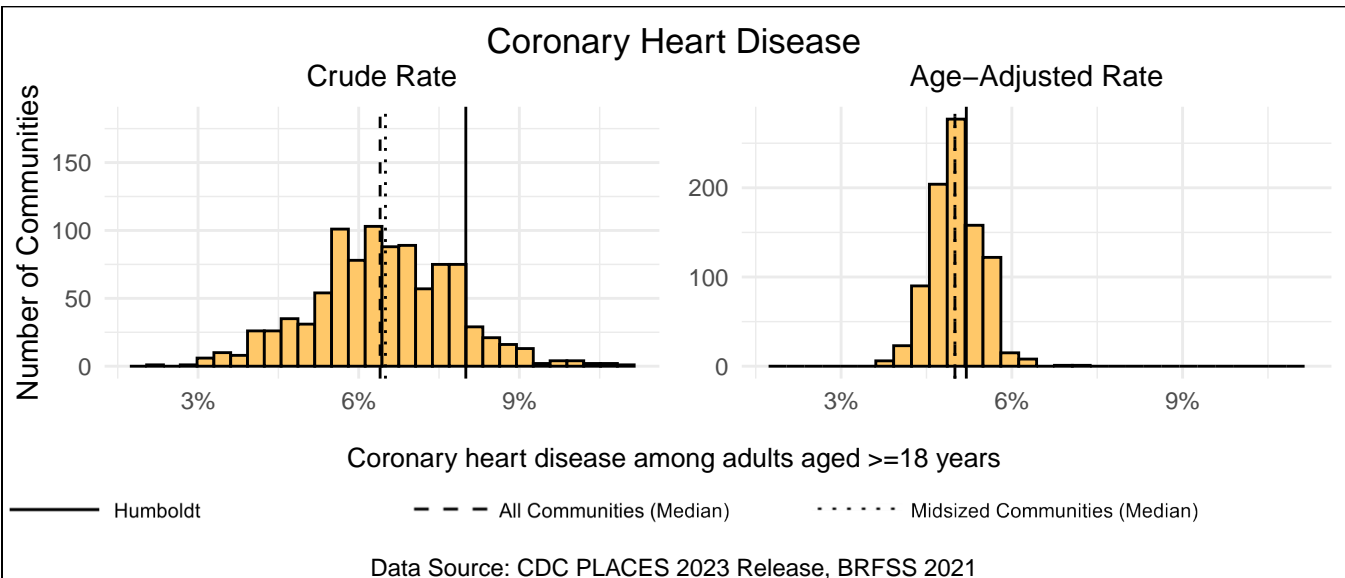
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.6%



Coronary Heart Disease

Humboldt has a crude rate of 8.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 845th out of 958 Iowa communities (94th out of 102 midsize communities). The age-adjusted rate for Humboldt is 5.2%, which ranks 601st out of 905 Iowa communities (63rd out of 102 midsize communities).

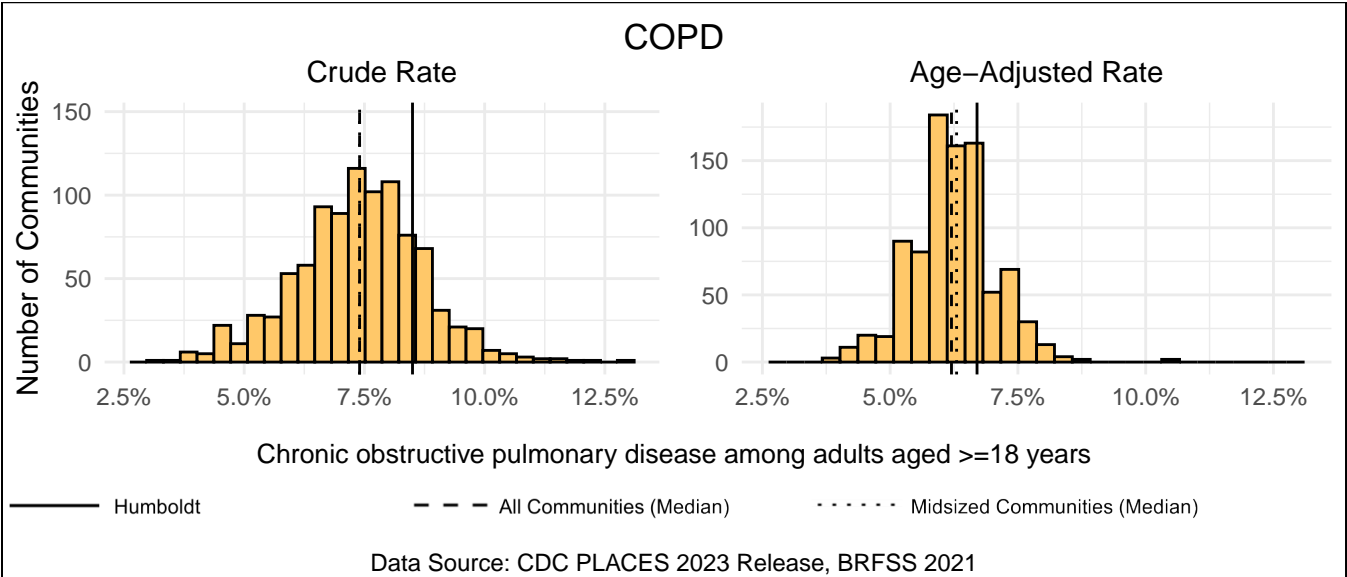
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	8.0%	6.4%	6.5%
Age-Adjusted	5.2%	5.0%	5.0%



COPD

Humboldt has a crude rate of 8.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 770th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 6.7%, which ranks 661st out of 905 Iowa communities (70th out of 102 mid-sized communities).

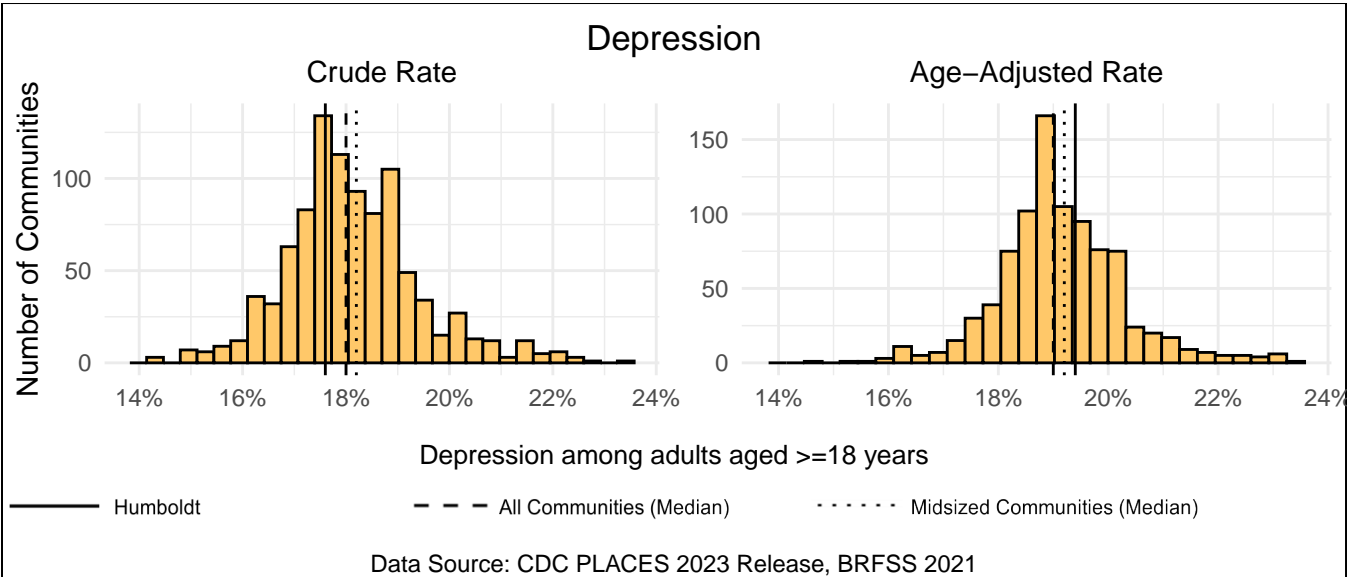
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	8.5%	7.4%	7.4%
Age-Adjusted	6.7%	6.2%	6.3%



Depression

Humboldt has a crude rate of 17.6% for depression among adults aged >=18 years, which ranks 326th out of 958 Iowa communities (28th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 19.4%, which ranks 562nd out of 905 Iowa communities (58th out of 102 mid-sized communities).

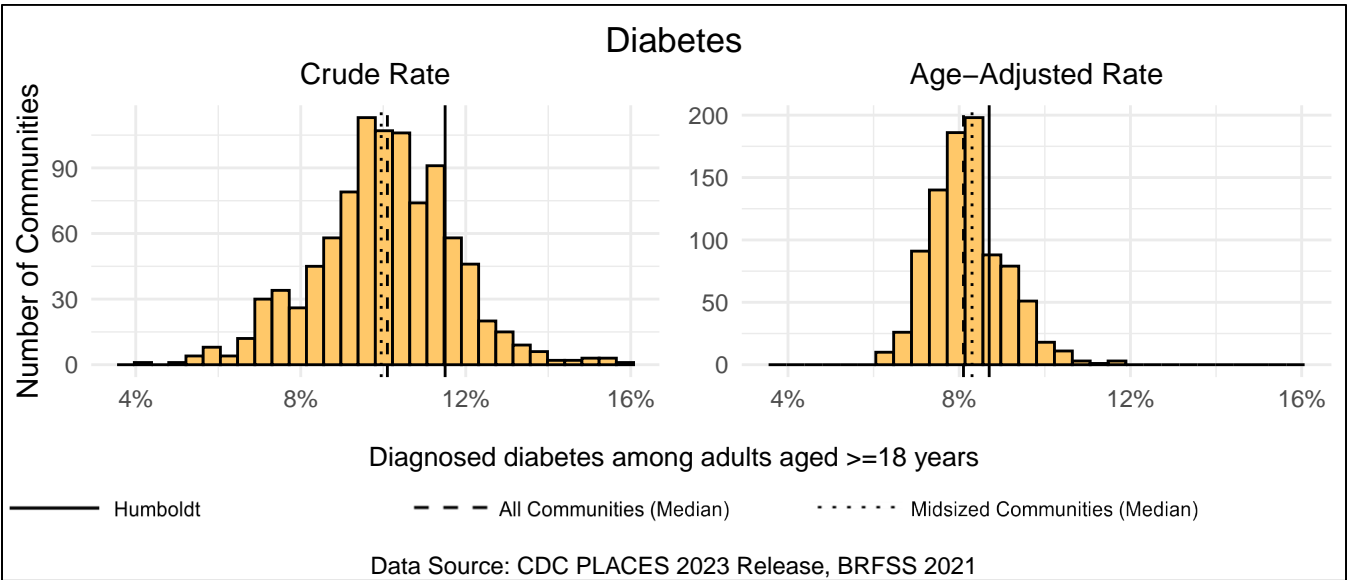
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	17.6%	18.0%	18.2%
Age-Adjusted	19.4%	19.0%	19.2%



Diabetes

Humboldt has a crude rate of 11.5% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 794th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Humboldt is 8.7%, which ranks 685th out of 905 Iowa communities (66th out of 102 midsized communities).

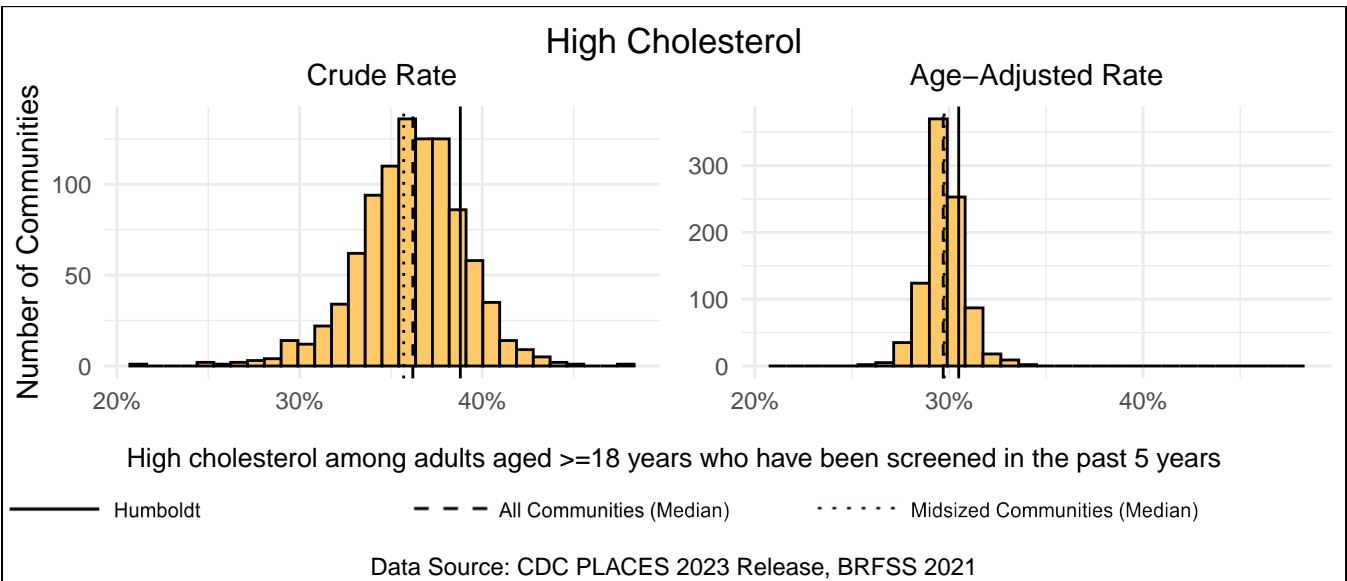
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	11.5%	10.1%	9.9%
Age-Adjusted	8.7%	8.1%	8.3%



High Cholesterol

Humboldt has a crude rate of 38.8% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 803rd out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Humboldt is 30.5%, which ranks 701st out of 905 Iowa communities (73rd out of 102 midsized communities).

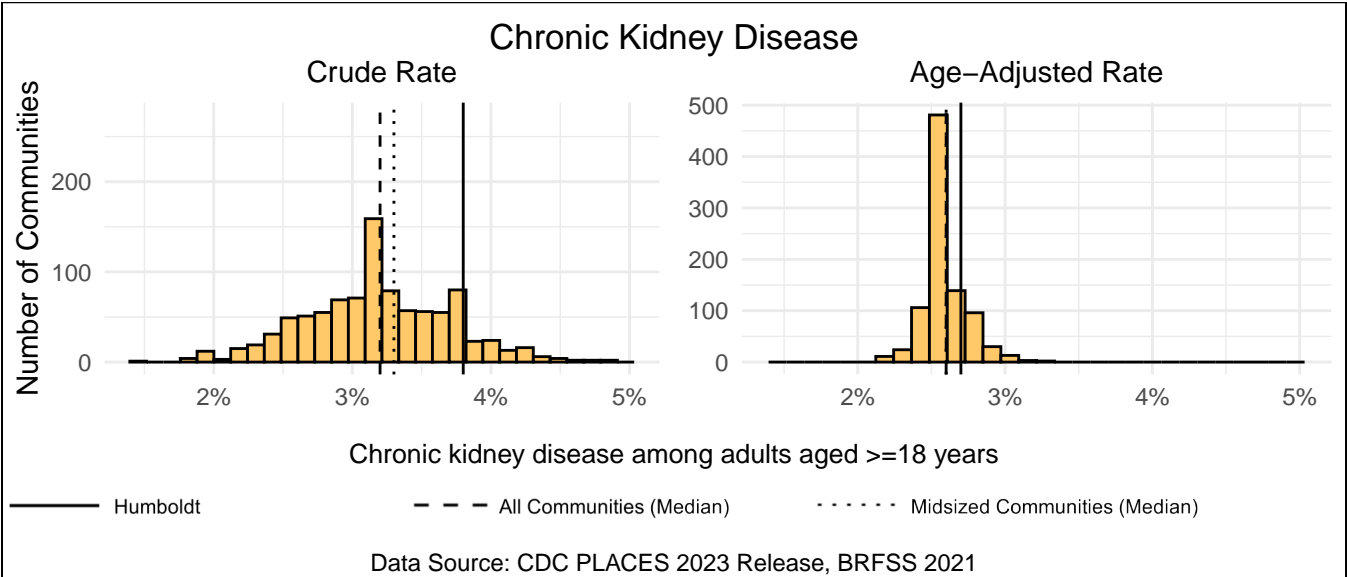
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	38.8%	36.2%	35.7%
Age-Adjusted	30.5%	29.7%	29.8%



Chronic Kidney Disease

Humboldt has a crude rate of 3.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Humboldt is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 midsized communities).

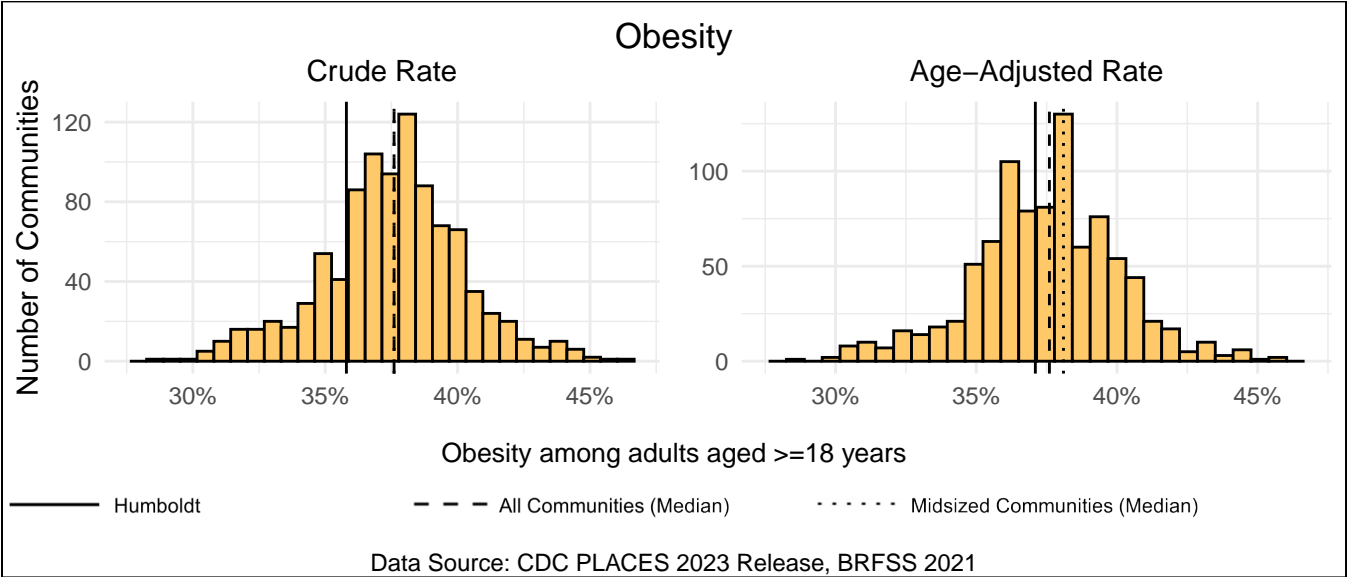
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Humboldt has a crude rate of 35.8% for obesity among adults aged ≥ 18 years, which ranks 201st out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Humboldt is 37.1%, which ranks 380th out of 905 Iowa communities (40th out of 102 midsized communities).

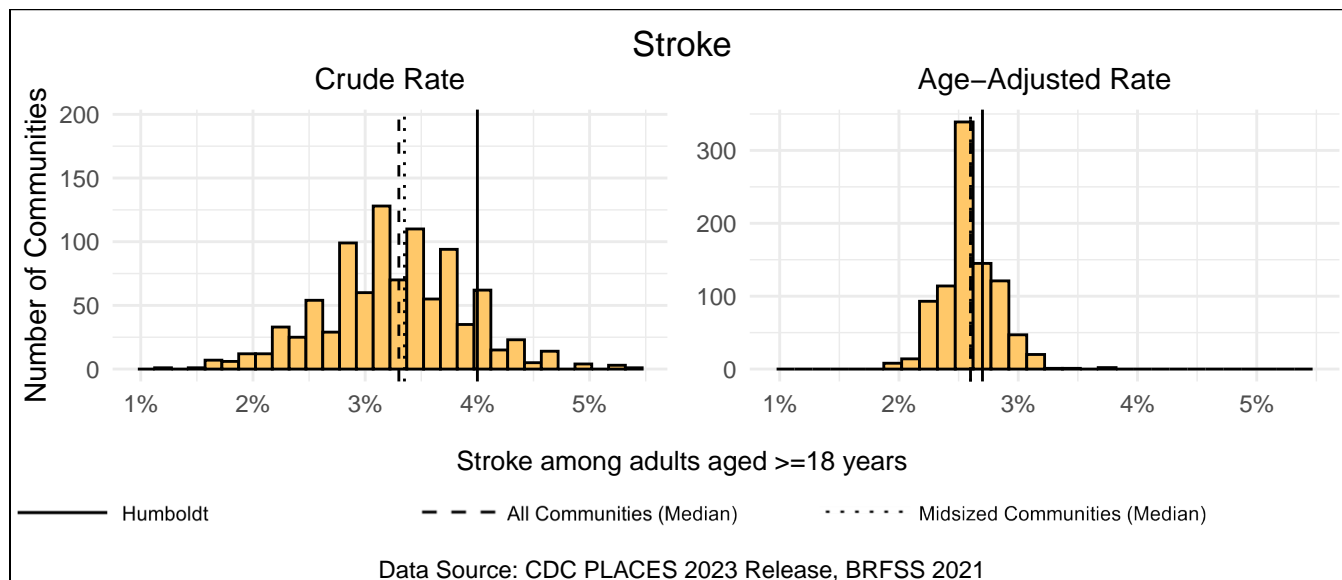
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	35.8%	37.6%	37.6%
Age-Adjusted	37.1%	37.6%	38.1%



Stroke

Humboldt has a crude rate of 4.0% for stroke among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 mid-sized communities).

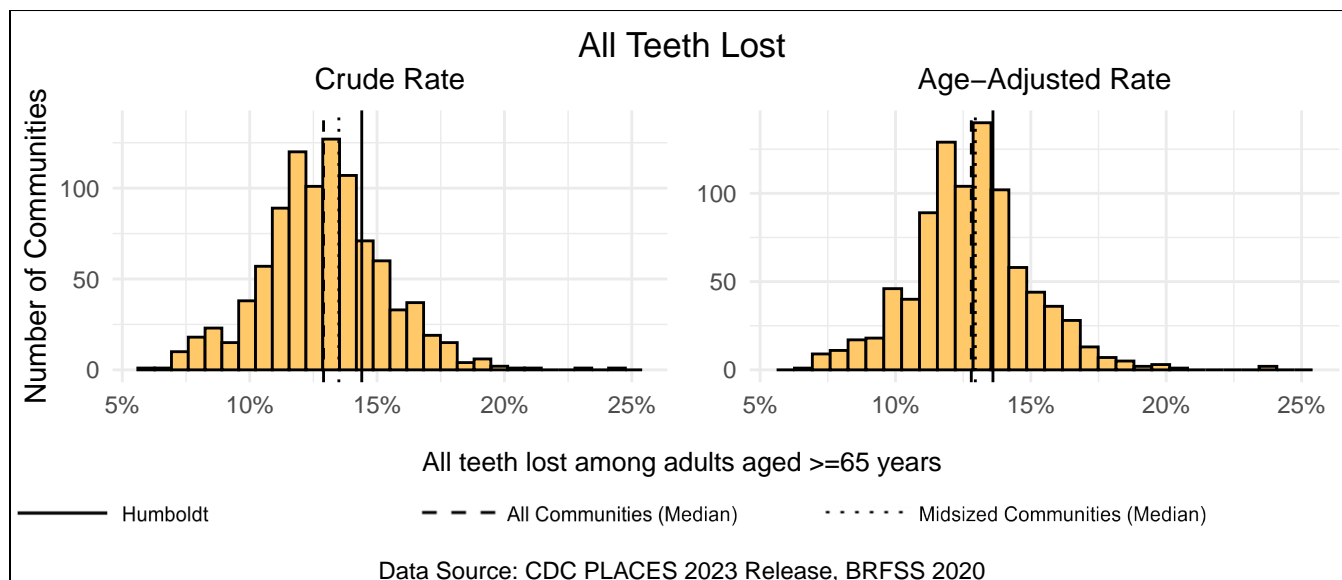
Measure Type	Humboldt	All Comm.	Mid-sized Comm.
Crude	4.0%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



All Teeth Lost

Humboldt has a crude rate of 14.4% for all teeth lost among adults aged ≥ 65 years, which ranks 725th out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 13.6%, which ranks 605th out of 905 Iowa communities (61st out of 102 mid-sized communities).

Measure Type	Humboldt	All Comm.	Mid-sized Comm.
Crude	14.4%	12.9%	13.5%
Age-Adjusted	13.6%	12.8%	12.9%



Prevention

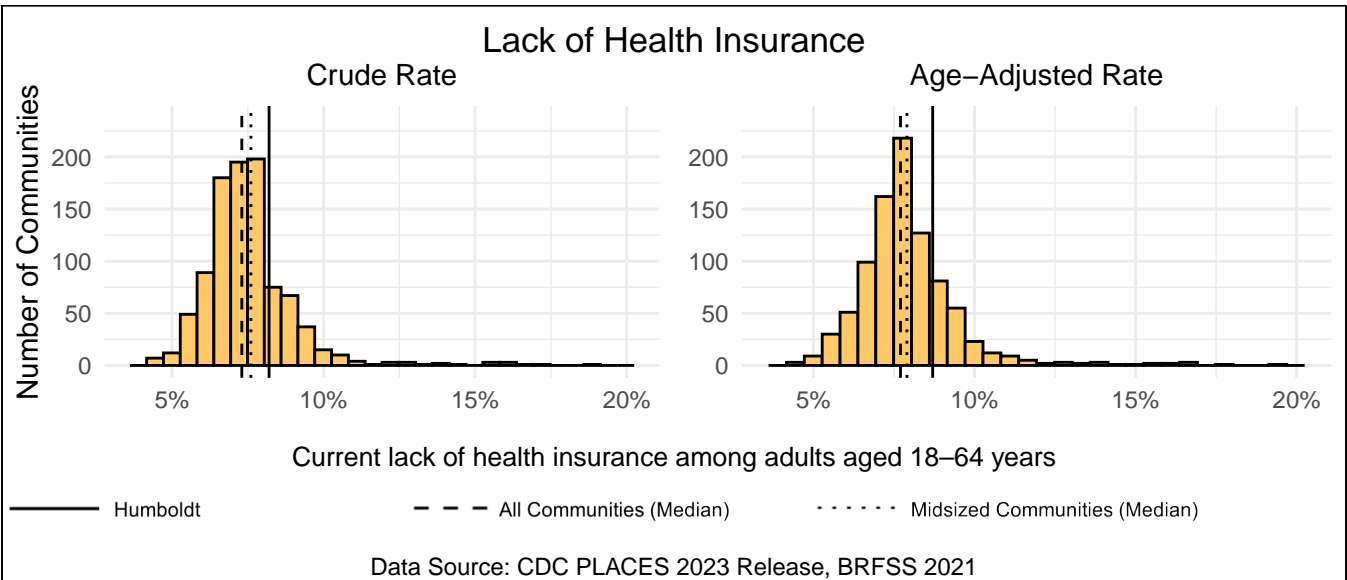
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Humboldt has a crude rate of 8.2% for current lack of health insurance among adults aged 18–64 years, which ranks 752nd out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Humboldt is 8.7%, which ranks 719th out of 905 Iowa communities (63rd out of 102 midsized communities).

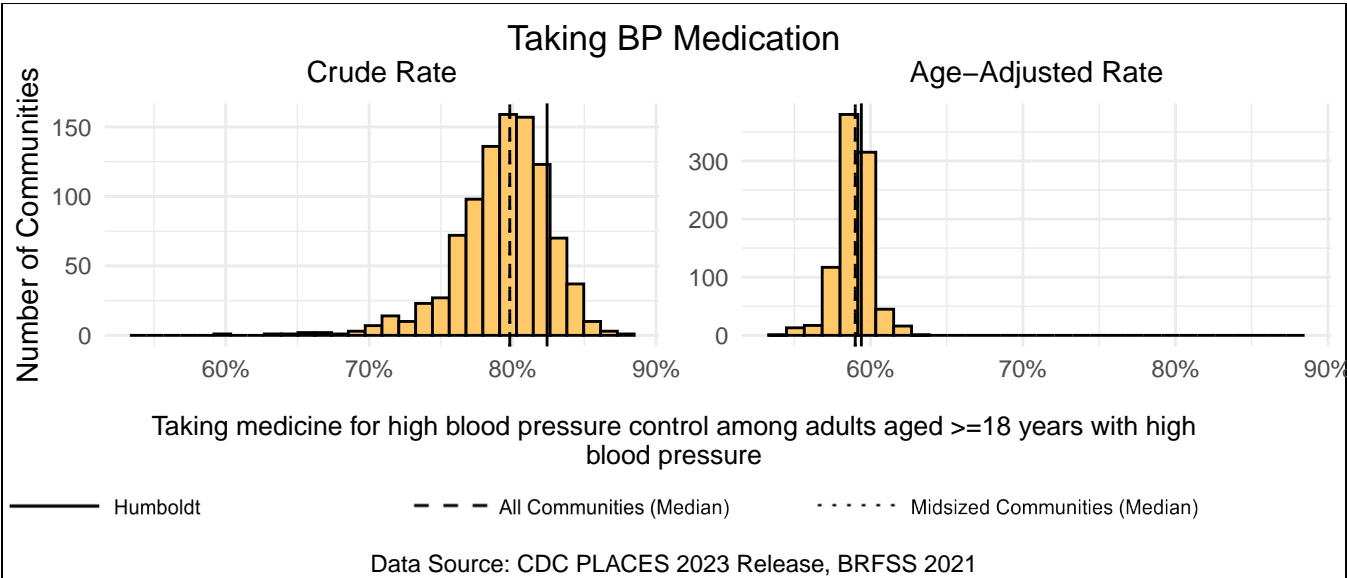
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	8.2%	7.3%	7.6%
Age-Adjusted	8.7%	7.7%	7.9%



Taking BP Medication

Humboldt has a crude rate of 82.4% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 131st out of 958 Iowa communities (6th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 59.4%, which ranks 251st out of 905 Iowa communities (39th out of 102 mid-sized communities).

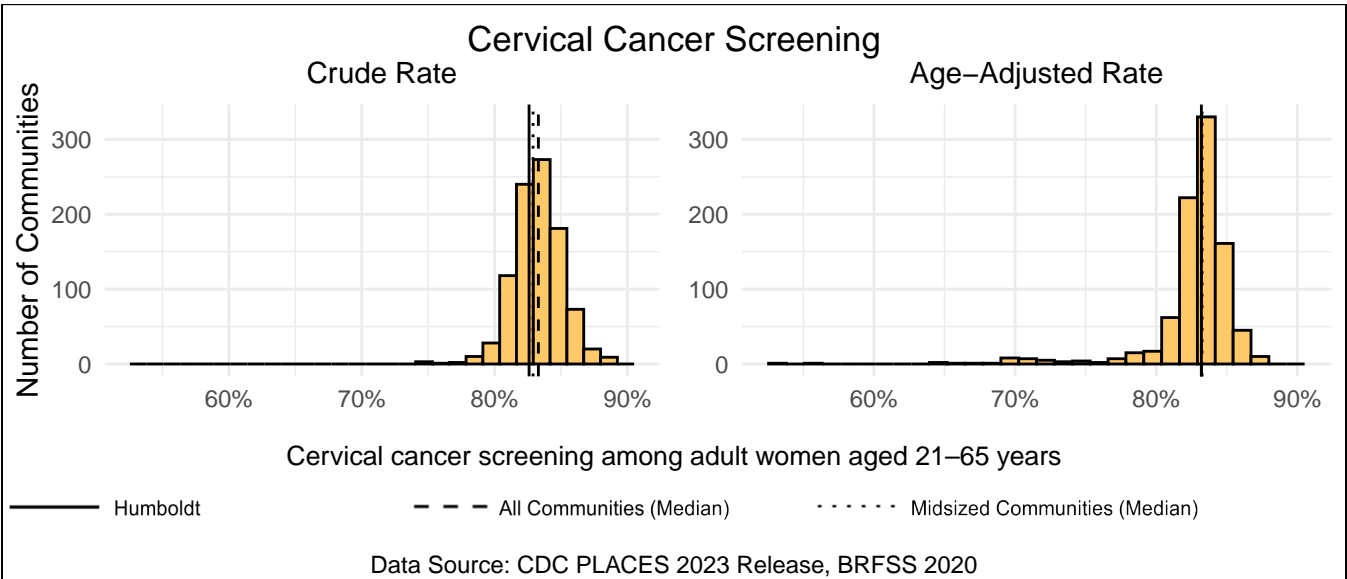
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	82.4%	79.8%	79.8%
Age-Adjusted	59.4%	59.0%	59.0%



Cervical Cancer Screening

Humboldt has a crude rate of 82.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 633rd out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 83.2%, which ranks 442nd out of 905 Iowa communities (52nd out of 102 mid-sized communities).

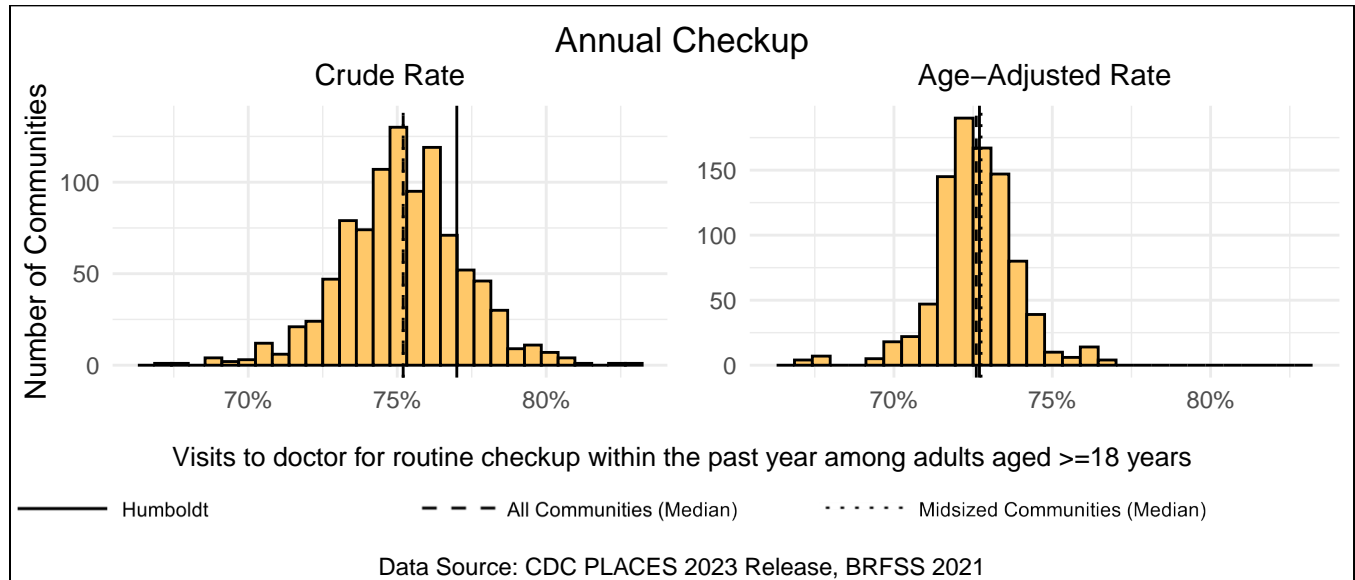
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	82.6%	83.3%	82.9%
Age-Adjusted	83.2%	83.2%	83.2%



Annual Checkup

Humboldt has a crude rate of 77.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 163rd out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Humboldt is 72.7%, which ranks 396th out of 905 Iowa communities (52nd out of 102 midsize communities).

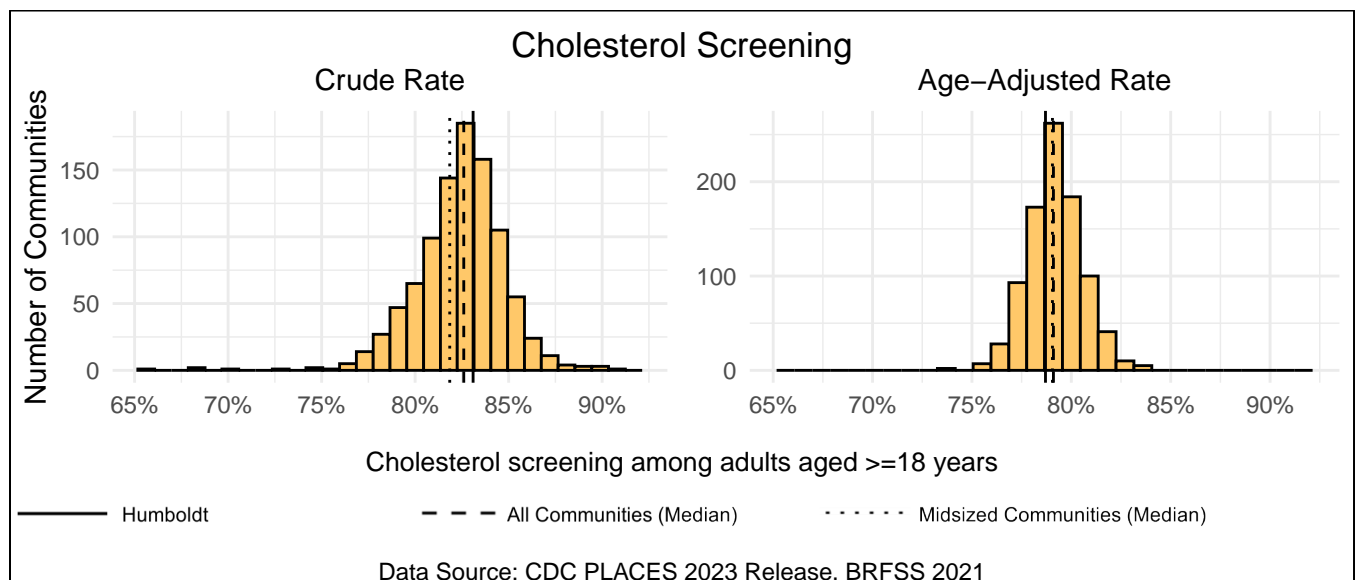
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	77.0%	75.2%	75.2%
Age-Adjusted	72.7%	72.6%	72.8%



Cholesterol Screening

Humboldt has a crude rate of 83.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 365th out of 958 Iowa communities (25th out of 102 midsize communities). The age-adjusted rate for Humboldt is 78.7%, which ranks 573rd out of 905 Iowa communities (64th out of 102 midsize communities).

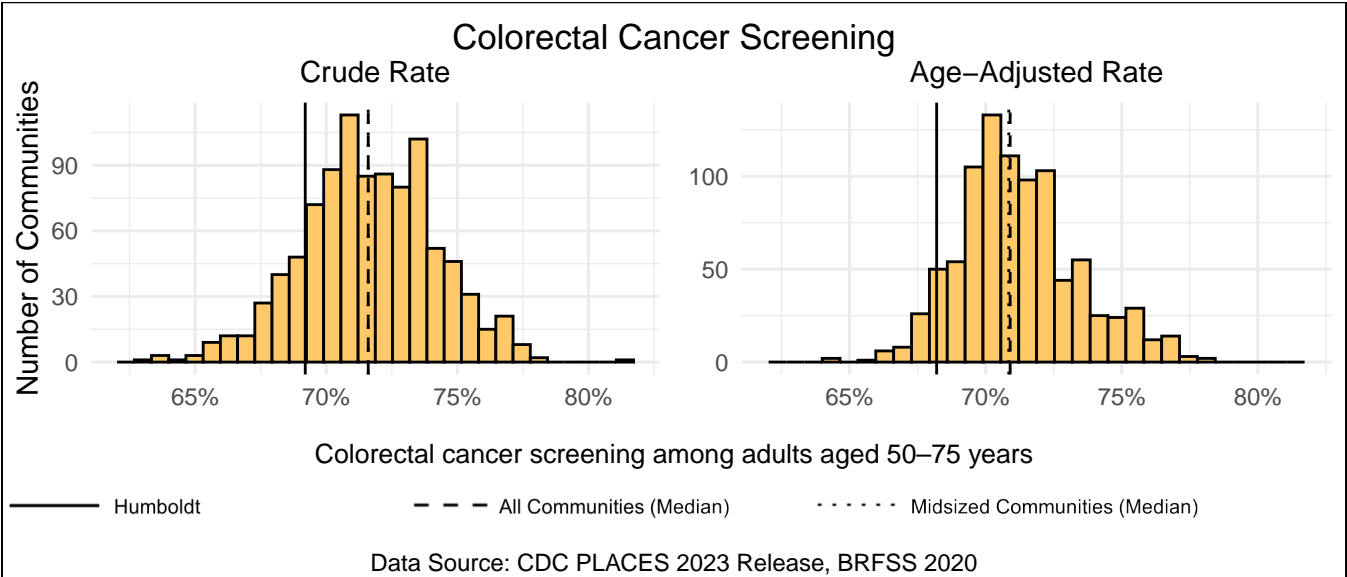
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	83.1%	82.6%	81.8%
Age-Adjusted	78.7%	79.1%	79.0%



Colorectal Cancer Screening

Humboldt has a crude rate of 69.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 803rd out of 958 Iowa communities (86th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 68.2%, which ranks 846th out of 905 Iowa communities (88th out of 102 mid-sized communities).

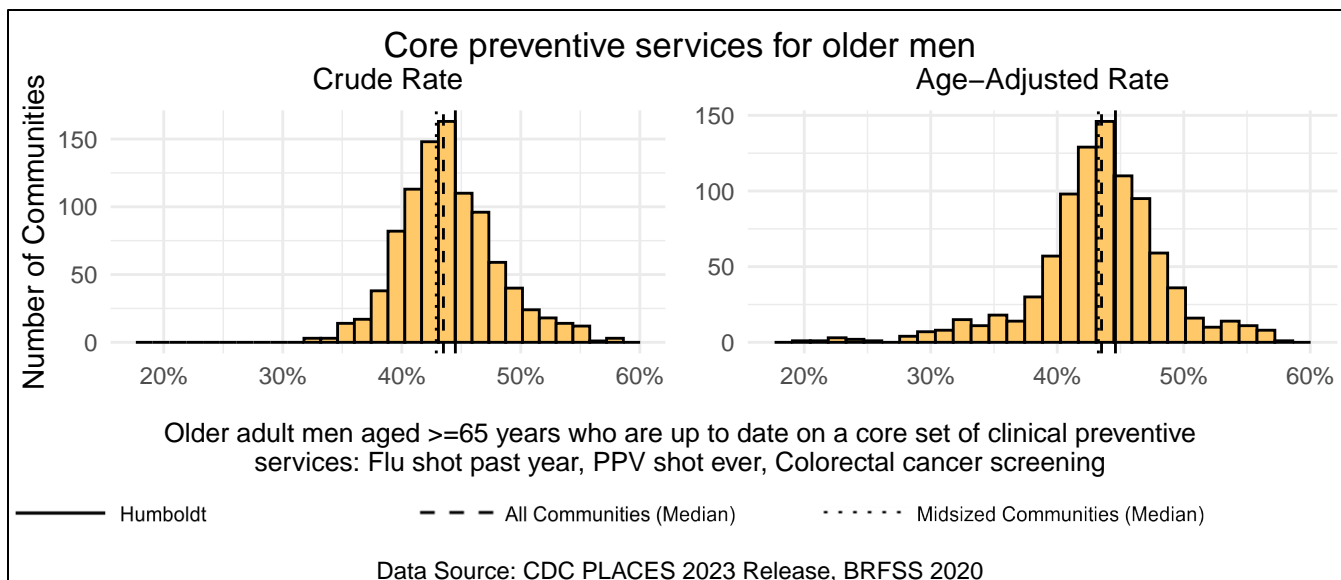
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	69.2%	71.6%	71.6%
Age-Adjusted	68.2%	70.9%	70.8%



Core preventive services for older men

Humboldt has a crude rate of 44.5% 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 372nd out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 44.6%, which ranks 349th out of 905 Iowa communities (39th out of 102 mid-sized communities).

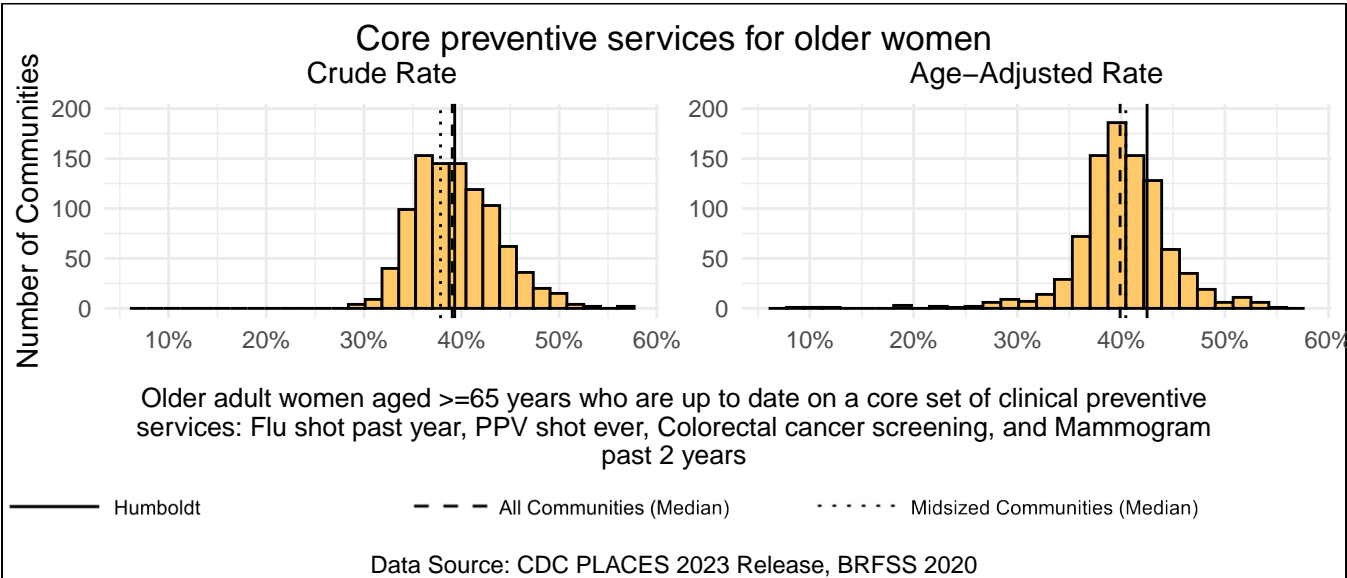
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	44.5%	43.5%	42.9%
Age-Adjusted	44.6%	43.5%	43.2%



Core preventive services for older women

Humboldt has a crude rate of 39.3% 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 451st out of 958 Iowa communities (37th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 42.5%, which ranks 238th out of 905 Iowa communities (32nd out of 102 mid-sized communities).

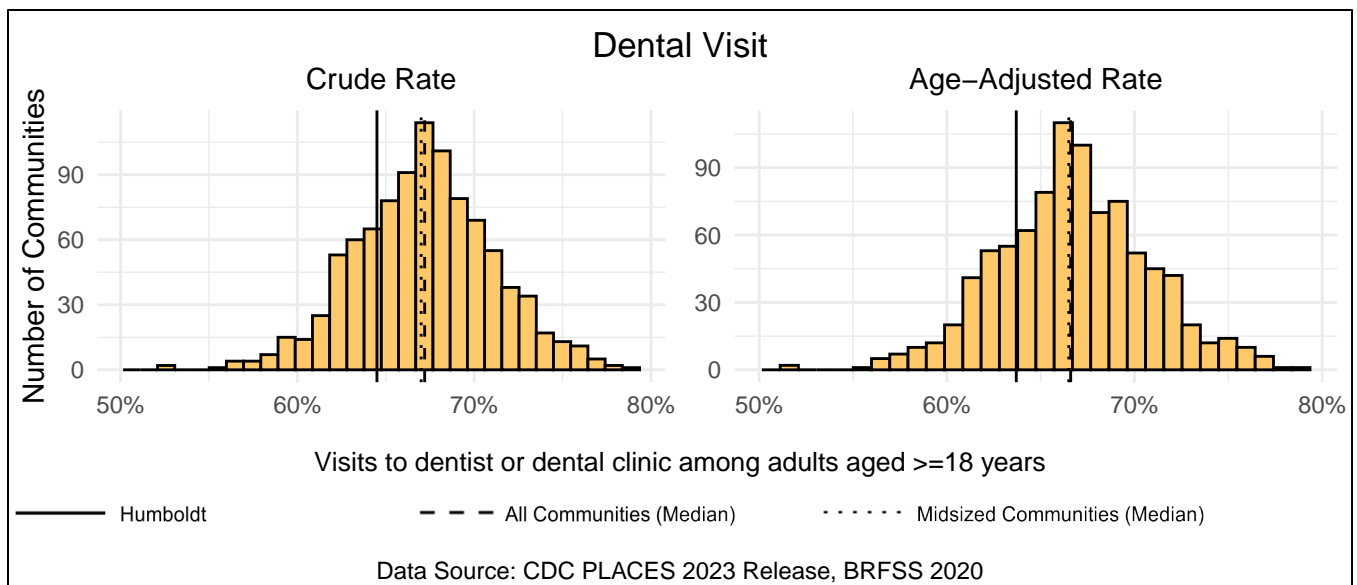
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	39.3%	39.0%	37.8%
Age-Adjusted	42.5%	39.9%	40.4%



Dental Visit

Humboldt has a crude rate of 64.5% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 726th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 63.7%, which ranks 700th out of 905 Iowa communities (68th out of 102 mid-sized communities).

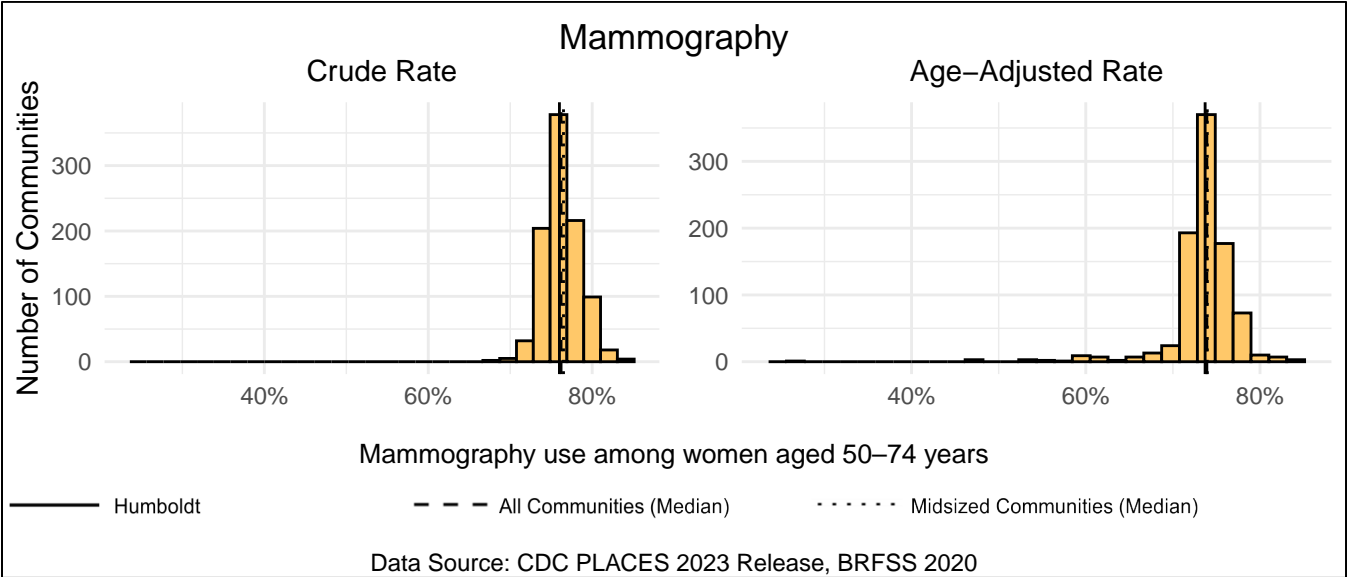
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	64.5%	67.2%	67.0%
Age-Adjusted	63.7%	66.6%	66.5%



Mammography

Humboldt has a crude rate of 76.0% for mammography use among women aged 50–74 years, which ranks 510th out of 958 Iowa communities (59th out of 102 midsized communities). The age-adjusted rate for Humboldt is 73.7%, which ranks 481st out of 905 Iowa communities (56th out of 102 midsized communities).

Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	76.0%	76.2%	76.5%
Age-Adjusted	73.7%	73.9%	74.0%



Disability

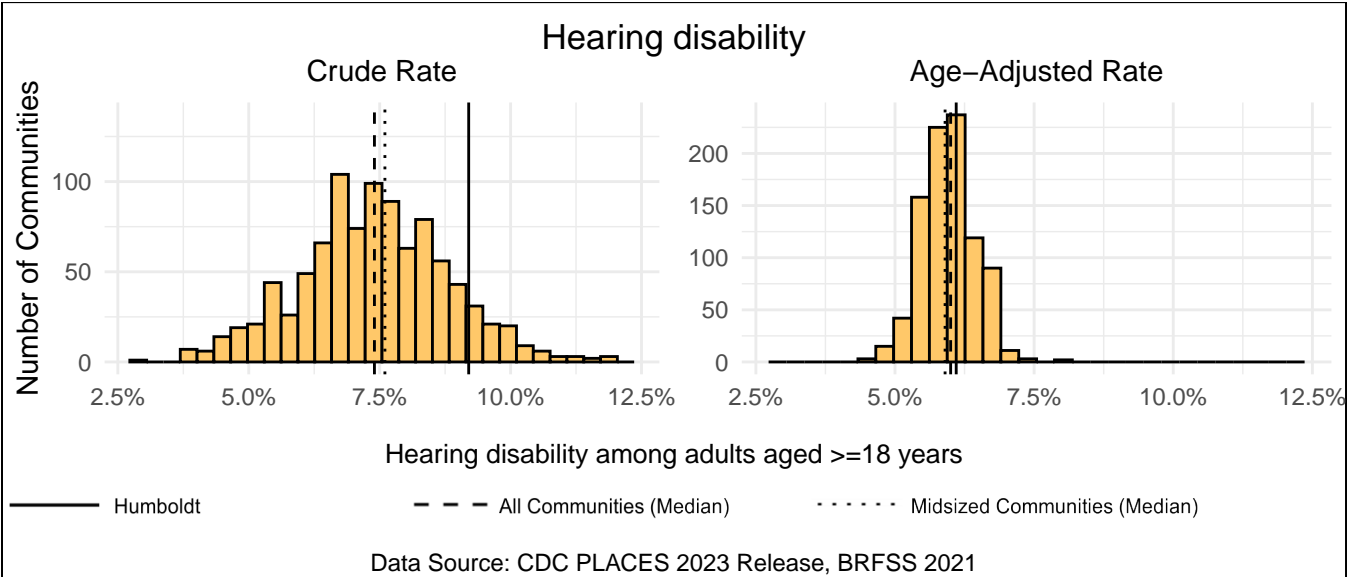
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Humboldt has a crude rate of 9.2% for hearing disability among adults aged ≥ 18 years, which ranks 861st out of 958 Iowa communities (97th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 6.1%, which ranks 544th out of 905 Iowa communities (62nd out of 102 mid-sized communities).

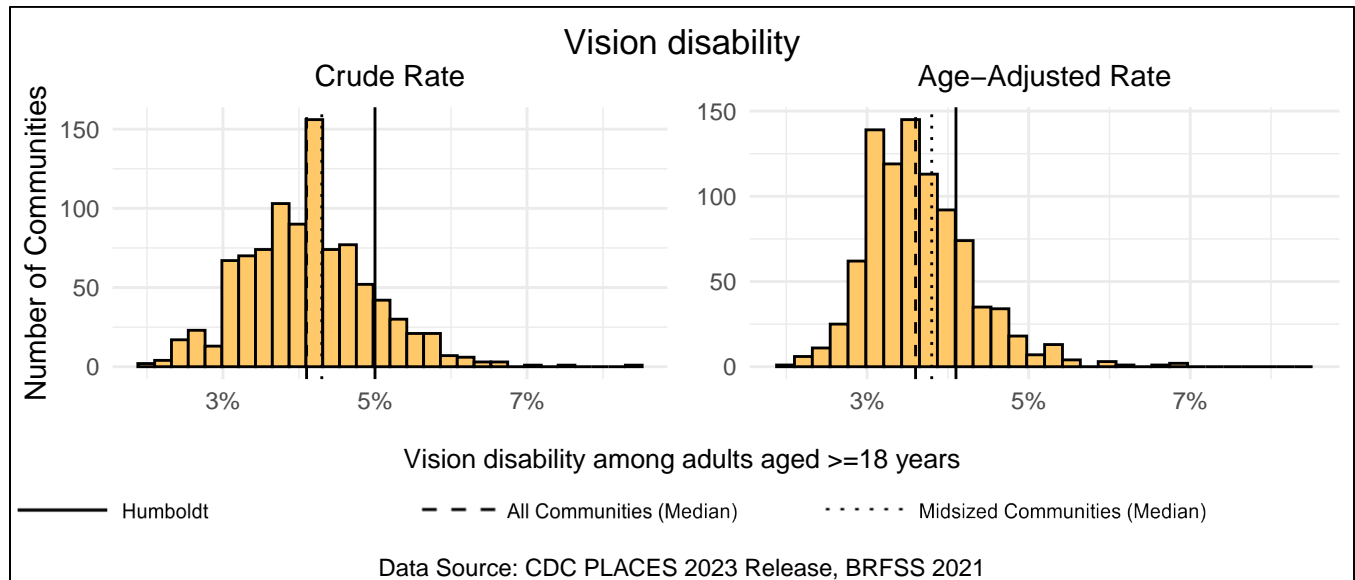
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	9.2%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.9%



Vision disability

Humboldt has a crude rate of 5.0% for vision disability among adults aged ≥ 18 years, which ranks 823rd out of 958 Iowa communities (74th out of 102 midsize communities). The age-adjusted rate for Humboldt is 4.1%, which ranks 714th out of 905 Iowa communities (66th out of 102 midsize communities).

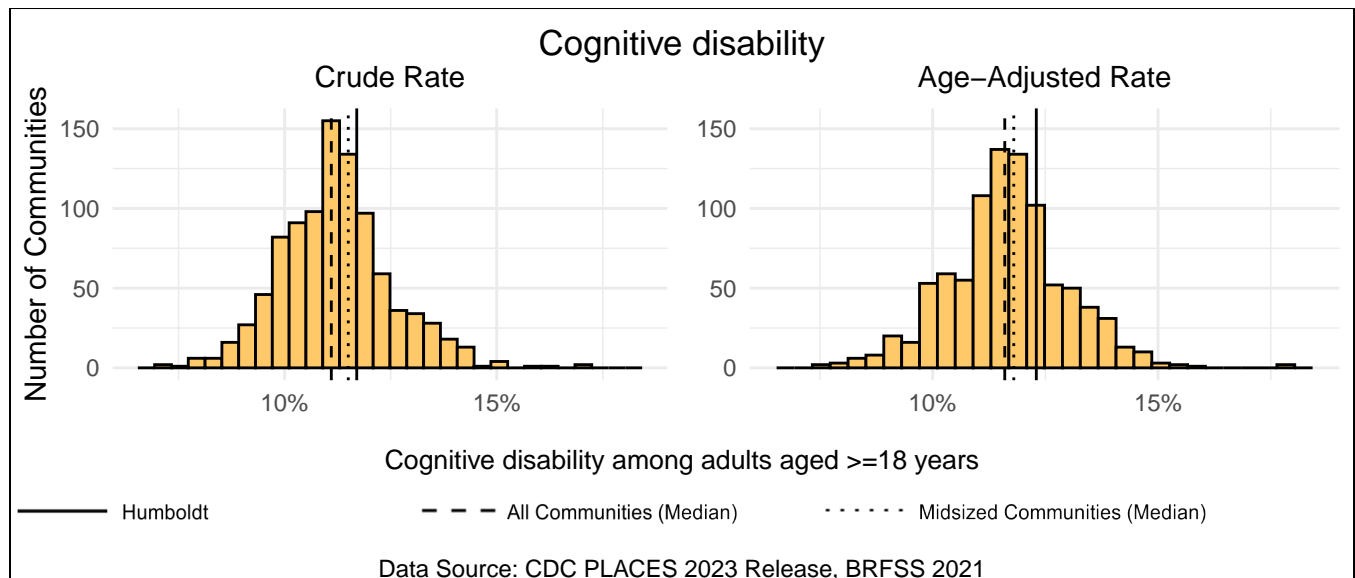
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	5.0%	4.1%	4.3%
Age-Adjusted	4.1%	3.6%	3.8%



Cognitive disability

Humboldt 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 Humboldt is 12.3%, which ranks 655th out of 905 Iowa communities (68th out of 102 midsize communities).

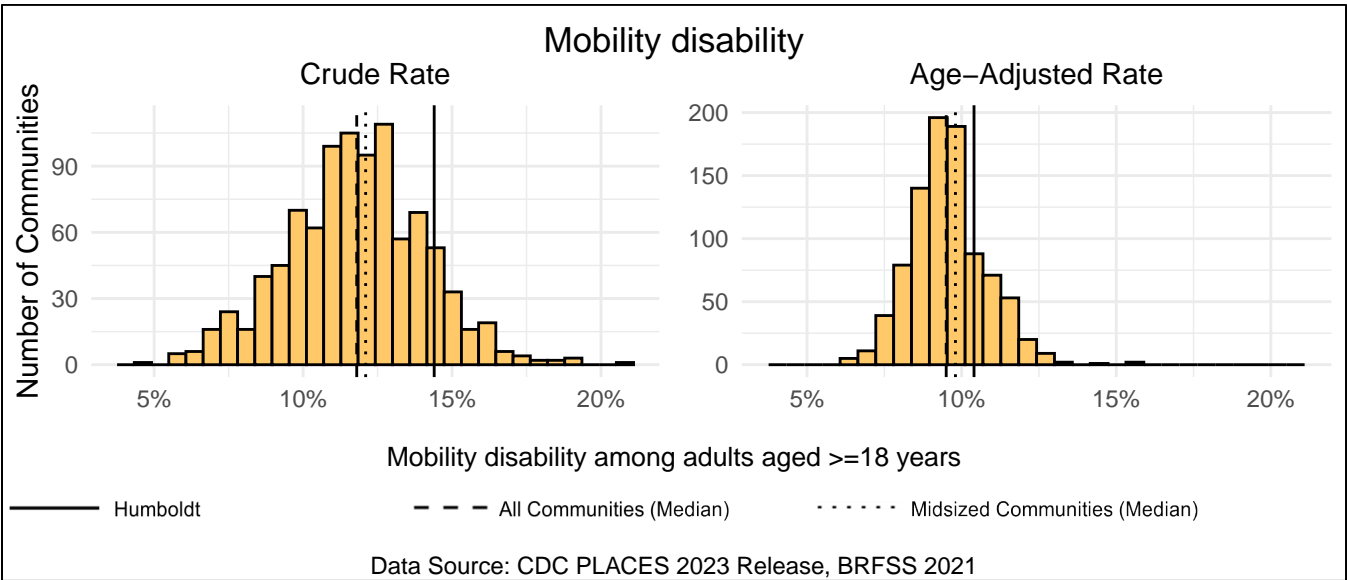
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	11.7%	11.1%	11.5%
Age-Adjusted	12.3%	11.6%	11.8%



Mobility disability

Humboldt has a crude rate of 14.4% for mobility disability among adults aged >=18 years, which ranks 836th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 10.4%, which ranks 704th out of 905 Iowa communities (67th out of 102 mid-sized communities).

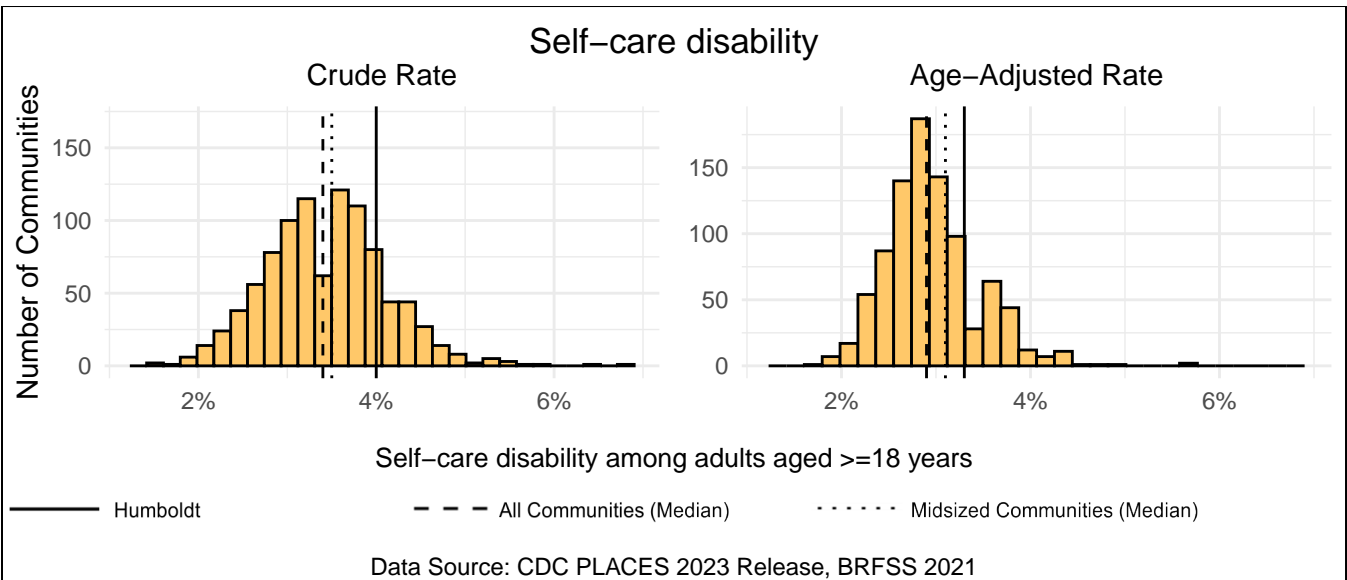
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	14.4%	11.8%	12.1%
Age-Adjusted	10.4%	9.5%	9.8%



Self-care disability

Humboldt has a crude rate of 4.0% for self-care disability among adults aged >=18 years, which ranks 772nd out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 3.3%, which ranks 702nd out of 905 Iowa communities (66th out of 102 mid-sized communities).

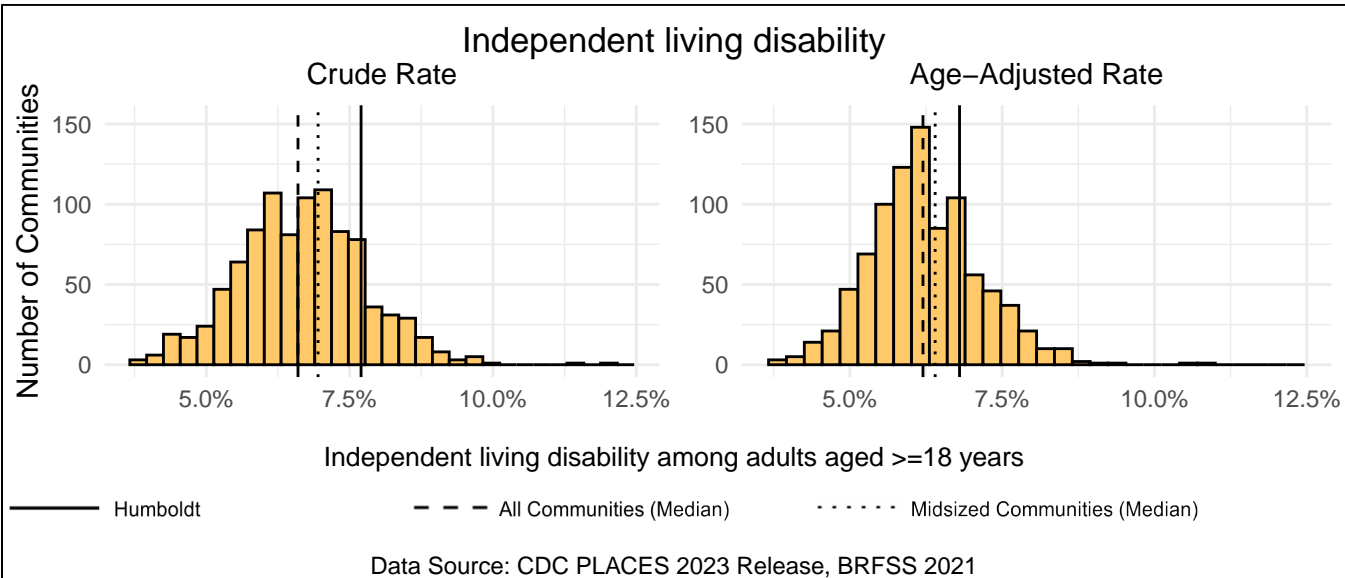
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	4.0%	3.4%	3.5%
Age-Adjusted	3.3%	2.9%	3.1%



Independent living disability

Humboldt has a crude rate of 7.7% for independent living disability among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 6.8%, which ranks 695th out of 905 Iowa communities (67th out of 102 mid-sized communities).

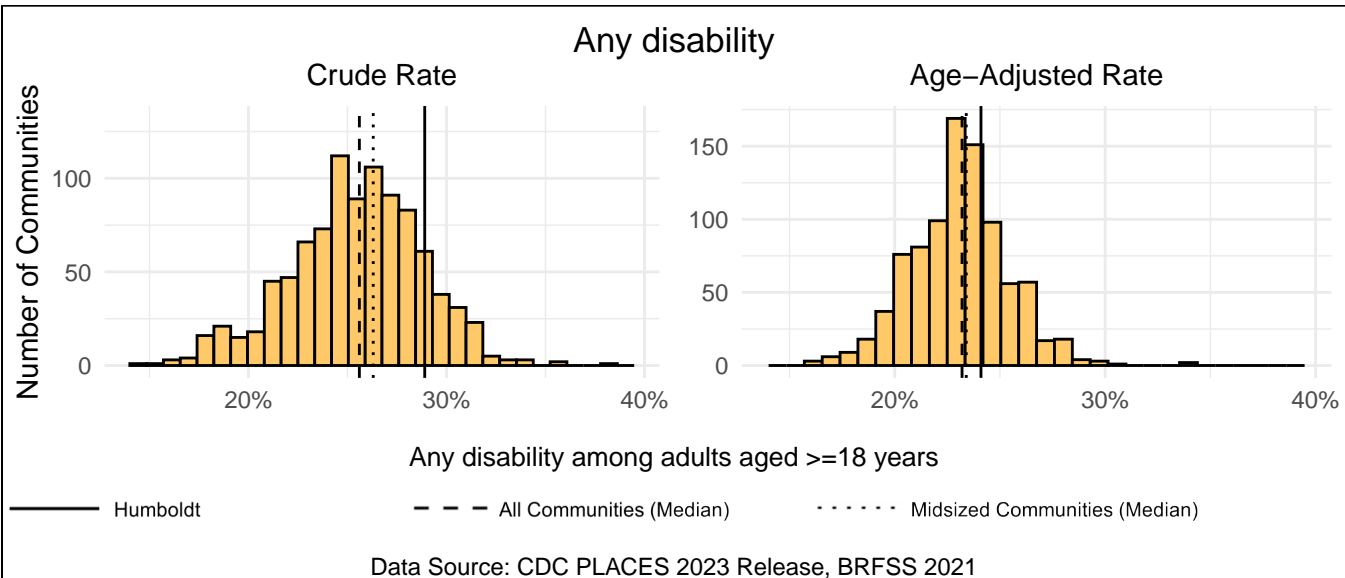
Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	7.7%	6.6%	7.0%
Age-Adjusted	6.8%	6.2%	6.4%



Any disability

Humboldt has a crude rate of 28.9% for any disability among adults aged ≥ 18 years, which ranks 824th out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Humboldt is 24.1%, which ranks 635th out of 905 Iowa communities (65th out of 102 mid-sized communities).

Measure Type	Humboldt	All Comm.	Midsized Comm.
Crude	28.9%	25.6%	26.3%
Age-Adjusted	24.1%	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: Humboldt PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	785	16.1% (13.5% - 18.9%)	700	13.9% (11.7% - 16.2%)
Health Status	Mental Health	328	13.9% (12.0% - 15.9%)	596	15.9% (13.6% - 18.1%)
Health Status	Physical Health	748	11.7% (9.9% - 13.4%)	644	10.2% (8.8% - 11.7%)
Health Risk Behaviors	Current Smoking	316	16.1% (13.1% - 19.4%)	572	18.2% (14.6% - 21.7%)
Health Risk Behaviors	Physical Inactivity	744	28.3% (23.0% - 33.5%)	623	25.4% (20.7% - 30.1%)
Health Risk Behaviors	Binge Drinking	127	17.3% (14.3% - 20.8%)	230	21.3% (17.7% - 25.5%)
Health Risk Behaviors	Sleep <7 hours	240	29.2% (27.9% - 30.4%)	417	31.0% (29.7% - 32.3%)
Health Outcomes	High Cholesterol	803	38.8% (34.0% - 44.2%)	701	30.5% (26.1% - 35.4%)
Health Outcomes	Obesity	201	35.8% (28.3% - 44.2%)	380	37.1% (29.4% - 45.4%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.4% - 4.3%)	623	2.7% (2.4% - 2.9%)
Health Outcomes	COPD	770	8.5% (7.1% - 10.0%)	661	6.7% (5.6% - 7.8%)
Health Outcomes	Cancer (except skin)	824	9.5% (8.5% - 10.5%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.6%)	628	9.7% (8.5% - 11.0%)
Health Outcomes	Coronary Heart Disease	845	8.0% (7.0% - 9.2%)	601	5.2% (4.5% - 5.9%)
Health Outcomes	Depression	326	17.6% (14.5% - 21.4%)	562	19.4% (15.9% - 23.3%)
Health Outcomes	Stroke	832	4.0% (3.4% - 4.6%)	569	2.7% (2.4% - 3.0%)
Health Outcomes	All Teeth Lost	725	14.4% (9.4% - 20.1%)	605	13.6% (9.4% - 18.2%)
Health Outcomes	Diabetes	794	11.5% (9.8% - 13.4%)	685	8.7% (7.4% - 10.1%)
Health Outcomes	High Blood Pressure	824	36.1% (31.8% - 40.8%)	696	28.4% (24.6% - 32.6%)
Health Outcomes	Arthritis	827	31.2% (26.9% - 36.0%)	683	24.0% (20.3% - 28.1%)
Prevention	Core preventive services for older men	372	44.5% (37.3% - 51.6%)	349	44.6% (38.0% - 51.4%)
Prevention	Taking BP Medication	131	82.4% (79.7% - 85.1%)	251	59.4% (54.6% - 64.5%)
Prevention	Cervical Cancer Screening	633	82.6% (80.5% - 84.5%)	442	83.2% (81.3% - 85.0%)
Prevention	Annual Checkup	163	77.0% (72.5% - 81.5%)	396	72.7% (67.5% - 77.9%)
Prevention	Mammography	510	76.0% (72.6% - 79.2%)	481	73.7% (70.3% - 77.2%)
Prevention	Cholesterol Screening	365	83.1% (80.5% - 85.8%)	573	78.7% (75.4% - 82.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Health Insurance	752	8.2% (6.5% - 10.1%)	719	8.7% (7.0% - 10.7%)
Prevention	Colorectal Cancer Screening	803	69.2% (66.7% - 71.6%)	846	68.2% (65.6% - 70.7%)
Prevention	Dental Visit	726	64.5% (61.1% - 67.3%)	700	63.7% (60.5% - 66.4%)
Prevention	Core preventive services for older women	451	39.3% (32.8% - 46.1%)	238	42.5% (36.4% - 48.6%)
Disability	Self-care Disability	772	4.0% (3.4% - 4.7%)	702	3.3% (2.8% - 3.7%)
Disability	Mobility Disability	836	14.4% (12.0% - 16.9%)	704	10.4% (8.7% - 12.0%)
Disability	Any Disability	824	28.9% (24.8% - 33.1%)	635	24.1% (20.3% - 27.8%)
Disability	Vision Disability	823	5.0% (4.2% - 5.9%)	714	4.1% (3.5% - 4.6%)
Disability	Hearing Disability	861	9.2% (8.0% - 10.4%)	544	6.1% (5.4% - 6.9%)
Disability	Cognitive Disability	665	11.7% (10.0% - 13.6%)	655	12.3% (10.3% - 14.1%)
Disability	Independent Living Disability	805	7.7% (6.5% - 9.1%)	695	6.8% (5.7% - 7.8%)

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

Appendix 3: Midsized Communities (2,500-9,999)

Humboldt 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
