



## 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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*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 Indianola: Overview

Dear Community Members & Stakeholders of Indianola,

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 Indianola ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Indianola’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 Indianola. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Sleep <7 hours	100th	8th	Core preventive services for older men	120th	10th
High Blood Pressure	111th	13th	Sleep <7 hours	124th	12th
Arthritis	127th	15th	Annual Checkup	127th	8th
High Cholesterol	127th	10th	Health Insurance	168th	14th
Diabetes	127th	15th	Cholesterol Screening	179th	13th

## 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Cholesterol Screening	863rd	20th	Cancer (except skin)	831st	28th
Mental Health	856th	20th	Obesity	677th	25th
Cervical Cancer Screening	728th	18th	Current Asthma	628th	20th
Taking BP Medication	718th	16th	High Cholesterol	565th	13th
Current Asthma	716th	18th	Mental Health	516th	20th

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 Indianola.

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

With a population of 15,845, Indianola’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large 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

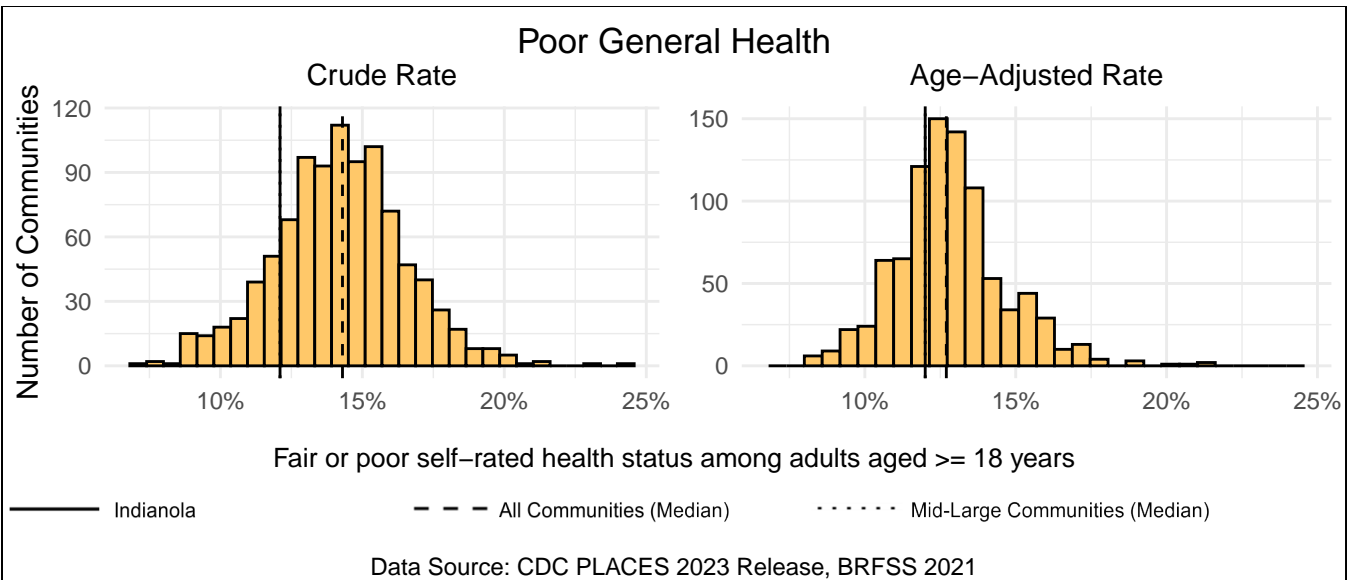
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Indianola has a crude rate of 12.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 153rd out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 12.0%, which ranks 280th out of 905 Iowa communities (16th out of 31 mid-large communities).

Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	12.1%	14.3%	12.1%
Age-Adjusted	12.0%	12.7%	12.0%

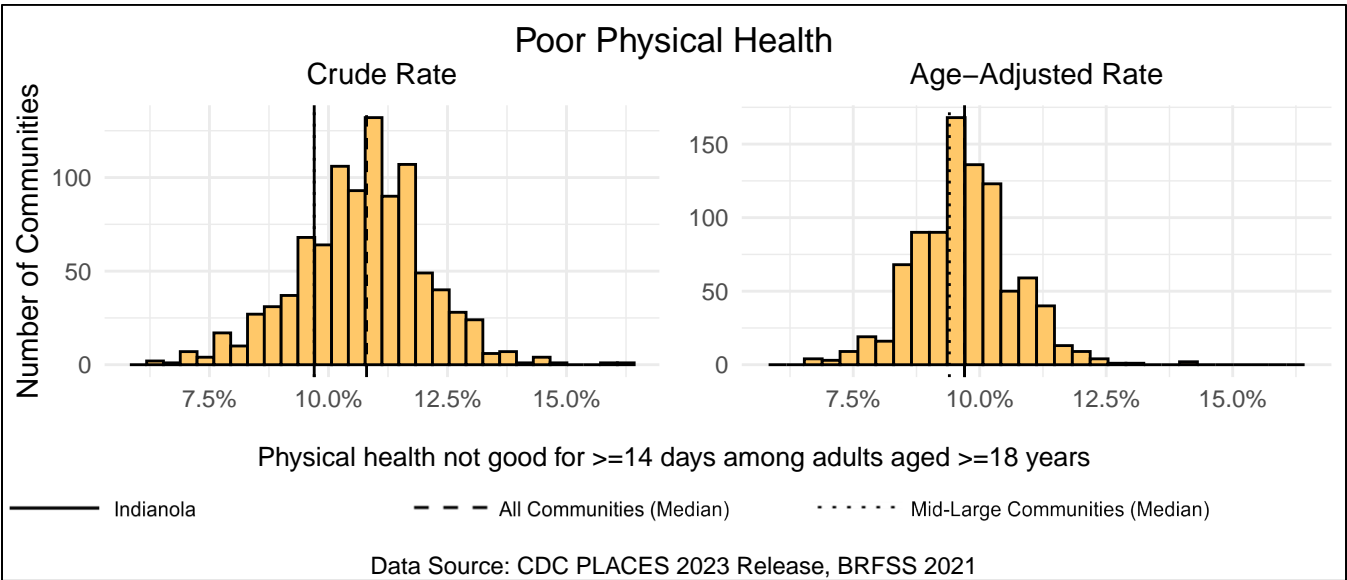




# Poor Physical Health

Indianola has a crude rate of 9.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 183rd out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 9.7%, which ranks 429th out of 905 Iowa communities (17th out of 31 mid-large communities).

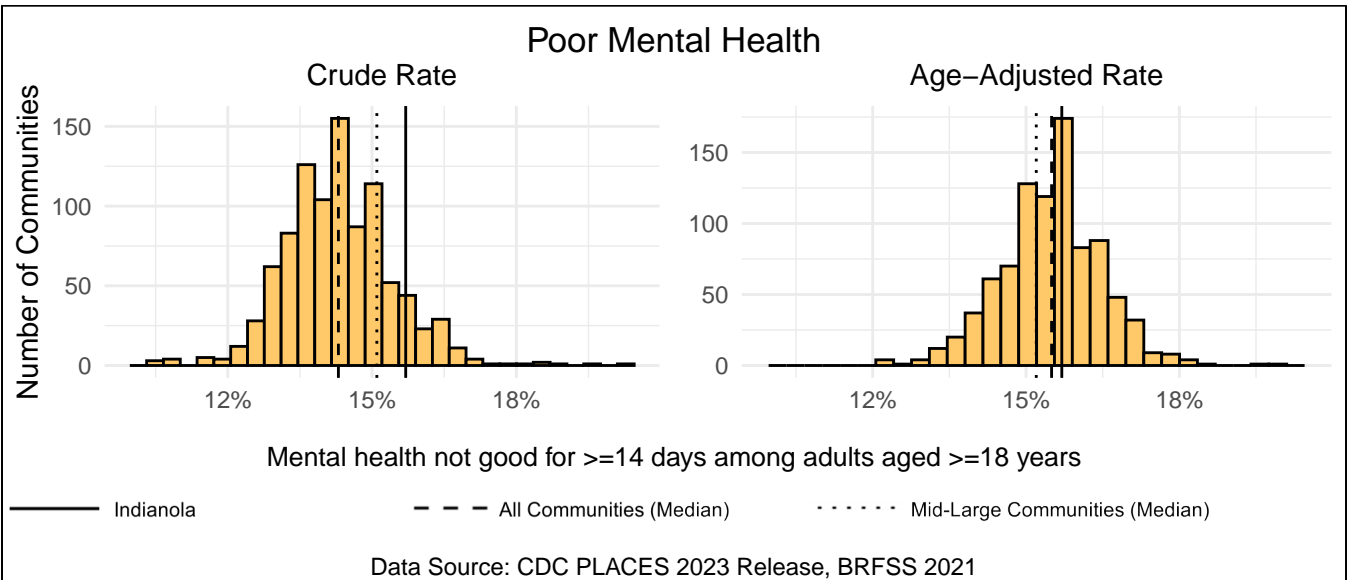
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	9.7%	10.8%	9.7%
Age-Adjusted	9.7%	9.7%	9.4%



# Poor Mental Health

Indianola has a crude rate of 15.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 856th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Indianola is 15.7%, which ranks 516th out of 905 Iowa communities (20th out of 31 mid-large communities).

Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	15.7%	14.3%	15.1%
Age-Adjusted	15.7%	15.5%	15.2%



# Health Risk Behaviors

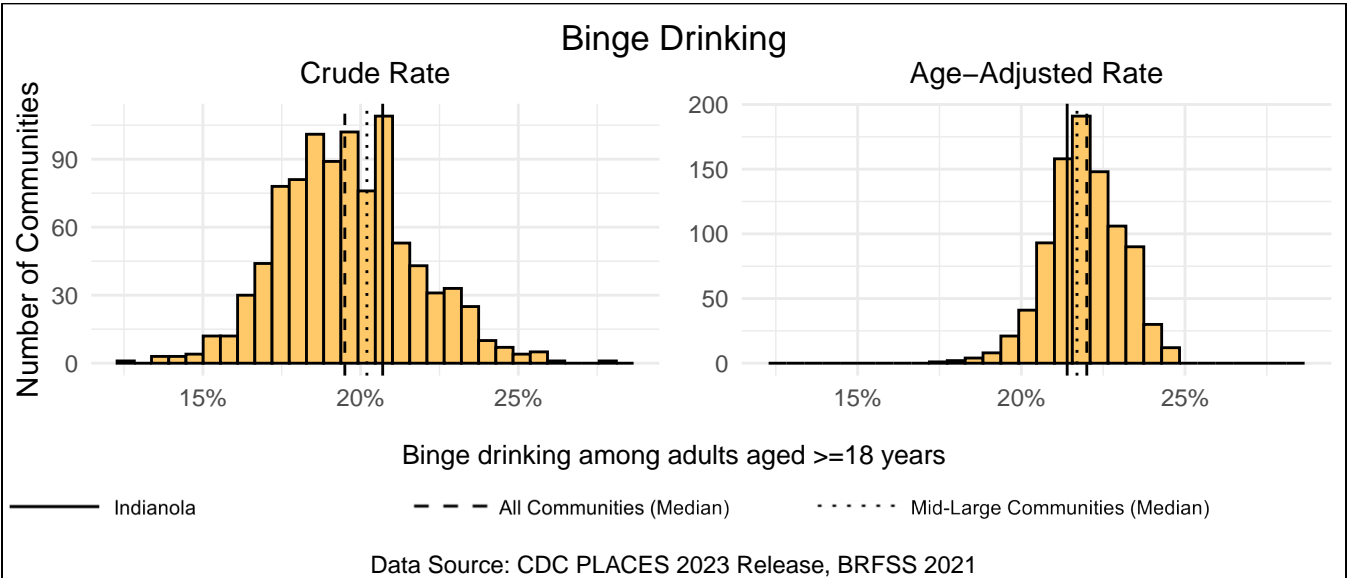
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Indianola has a crude rate of 20.7% for binge drinking among adults aged  $\geq 18$  years, which ranks 687th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Indianola is 21.4%, which ranks 249th out of 905 Iowa communities (12th out of 31 mid-large communities).

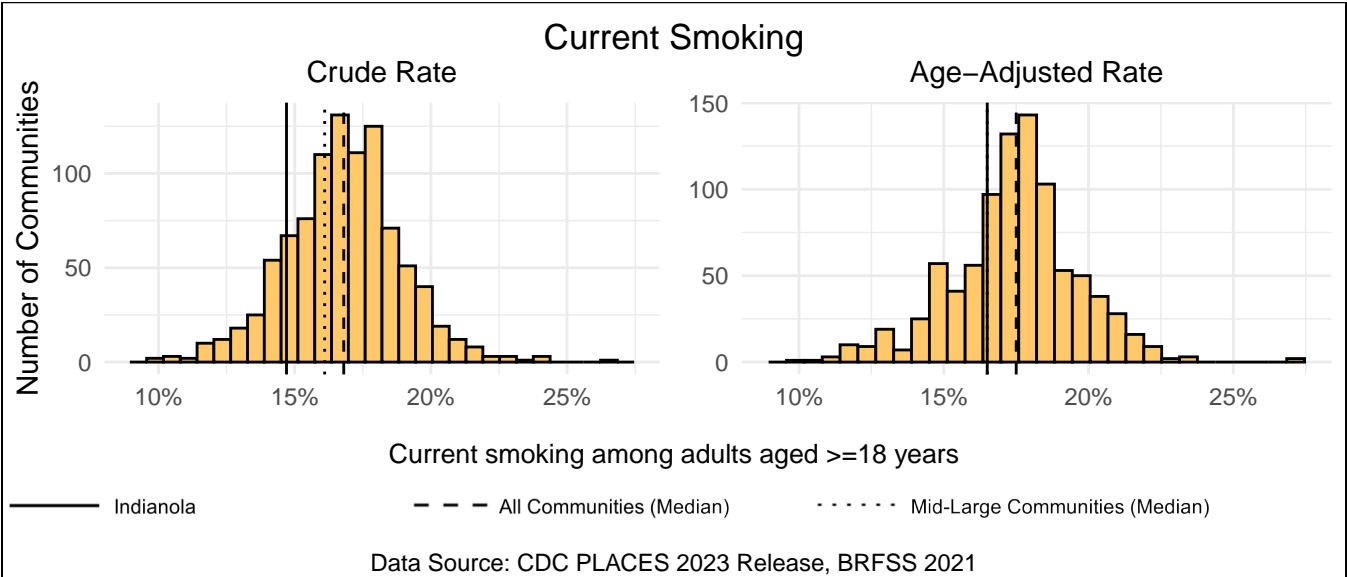
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	20.7%	19.5%	20.2%
Age-Adjusted	21.4%	22.0%	21.7%



# Current Smoking

Indianola has a crude rate of 14.7% for current smoking among adults aged >=18 years, which ranks 141st out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Indianola is 16.5%, which ranks 241st out of 905 Iowa communities (16th out of 31 mid-large communities).

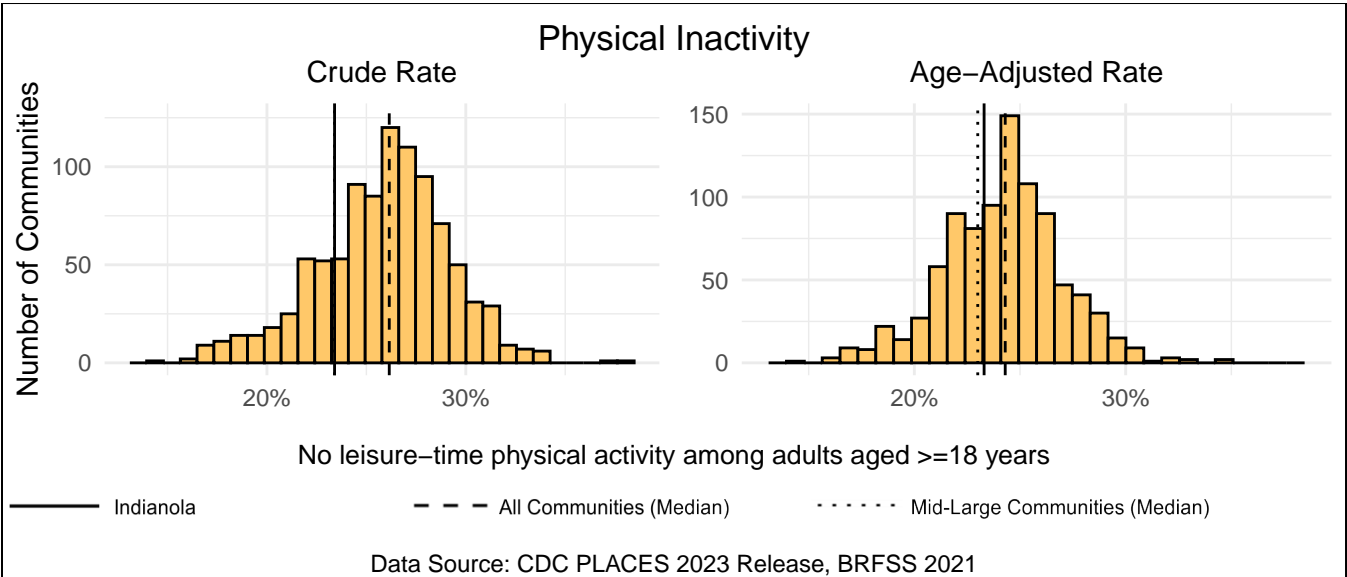
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	14.7%	16.8%	16.1%
Age-Adjusted	16.5%	17.5%	16.5%



# Physical Inactivity

Indianola has a crude rate of 23.4% for no leisure-time physical activity among adults aged >=18 years, which ranks 211th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 23.3%, which ranks 314th out of 905 Iowa communities (17th out of 31 mid-large communities).

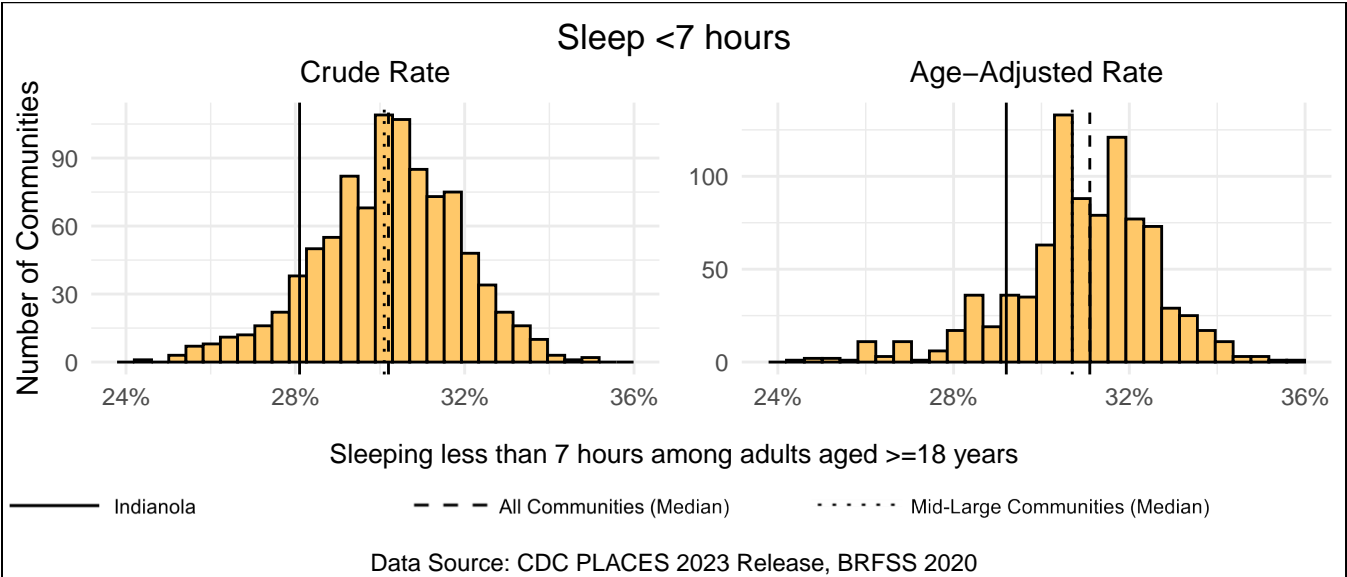
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	23.4%	26.1%	23.4%
Age-Adjusted	23.3%	24.3%	23.0%



# Sleep <7 hours

Indianola has a crude rate of 28.1% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 100th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Indianola is 29.2%, which ranks 124th out of 905 Iowa communities (12th out of 31 mid-large communities).

Measure Type	Indianola	All	Mid-Large
		Comm.	Comm.
Crude	28.1%	30.2%	30.1%
Age-Adjusted	29.2%	31.1%	30.7%



# Health Outcomes

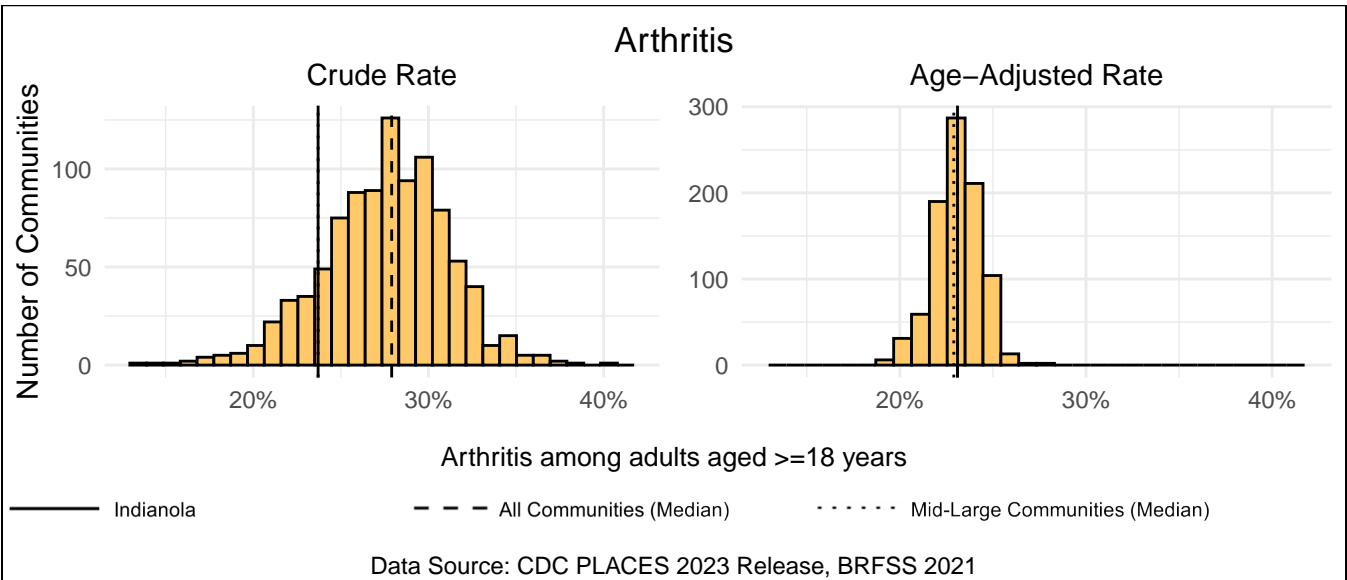
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Indianola has a crude rate of 23.7% for arthritis among adults aged  $\geq 18$  years, which ranks 127th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Indianola is 23.1%, which ranks 426th out of 905 Iowa communities (19th out of 31 mid-large communities).

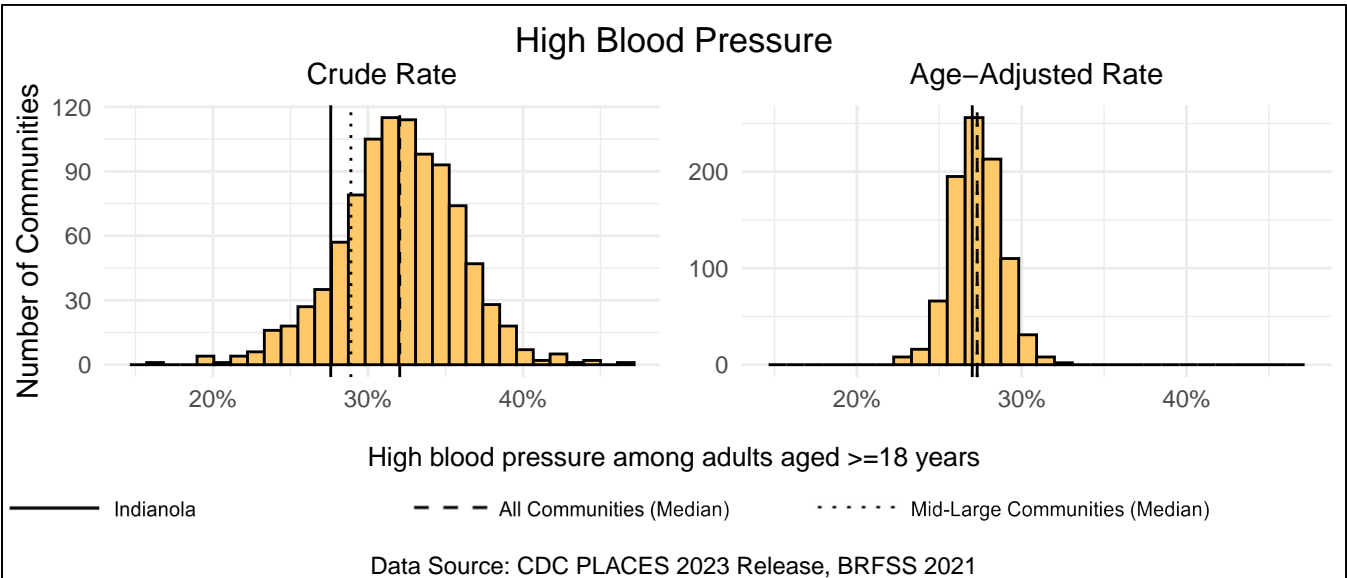
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	23.7%	27.9%	23.7%
Age-Adjusted	23.1%	23.1%	22.9%



## High Blood Pressure

Indianola has a crude rate of 27.6% for high blood pressure among adults aged  $\geq 18$  years, which ranks 111th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Indianola is 27.0%, which ranks 368th out of 905 Iowa communities (13th out of 31 mid-large communities).

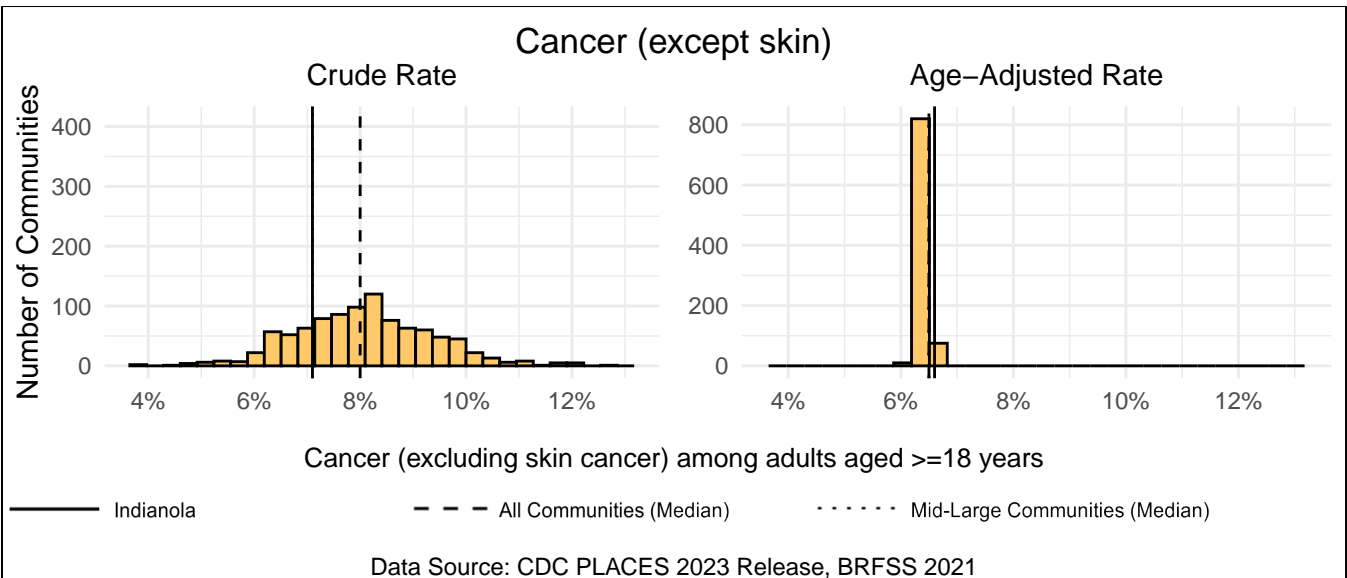
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	27.6%	32.0%	28.9%
Age-Adjusted	27.0%	27.3%	27.3%



## Cancer (except skin)

Indianola has a crude rate of 7.1% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 204th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 6.6%, which ranks 831st out of 905 Iowa communities (28th out of 31 mid-large communities).

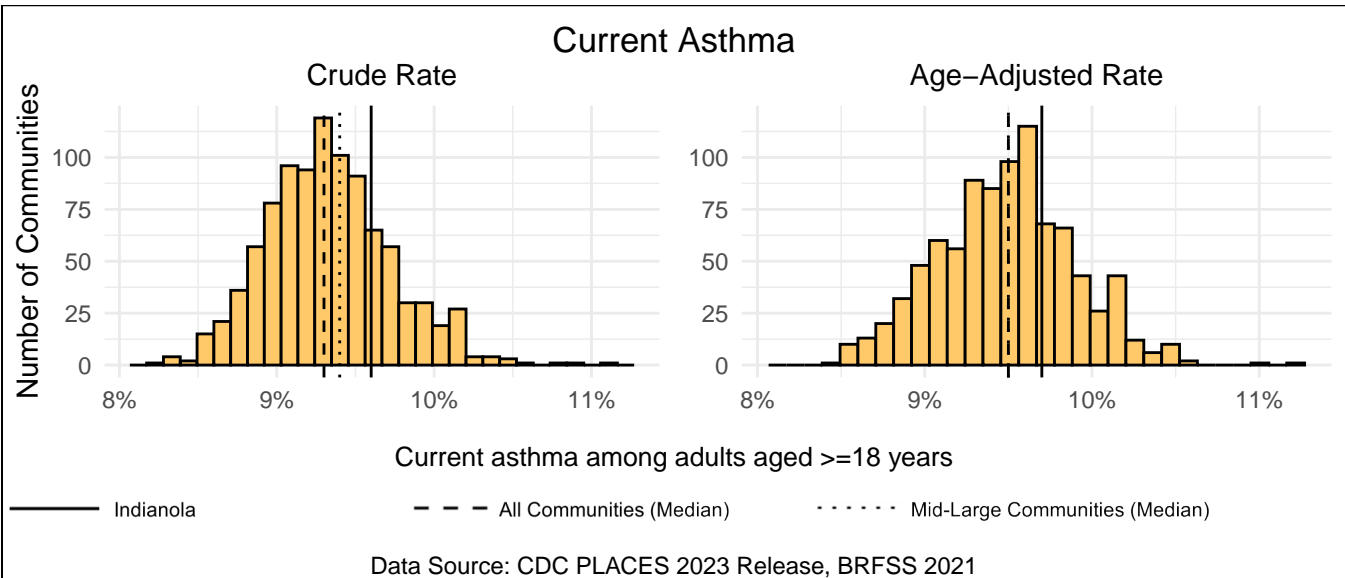
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	7.1%	8.0%	7.1%
Age-Adjusted	6.6%	6.5%	6.5%



## Current Asthma

Indianola has a crude rate of 9.6% for current asthma among adults aged  $\geq 18$  years, which ranks 716th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Indianola is 9.7%, which ranks 628th out of 905 Iowa communities (20th out of 31 mid-large communities).

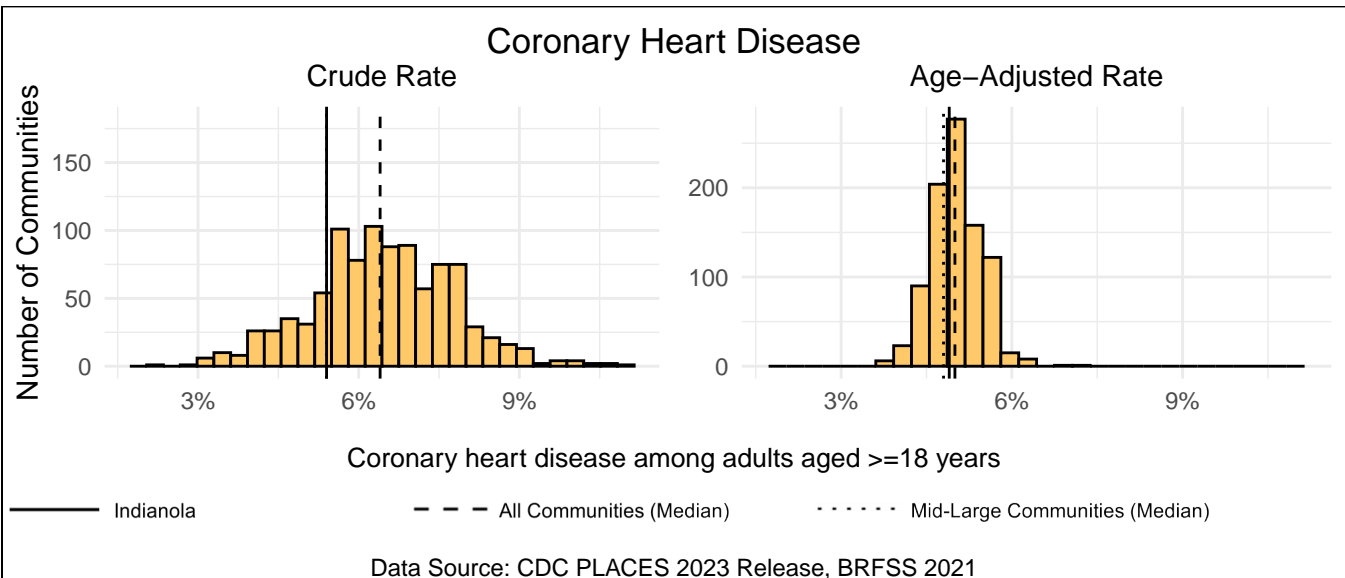
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	9.6%	9.3%	9.4%
Age-Adjusted	9.7%	9.5%	9.5%



## Coronary Heart Disease

Indianola has a crude rate of 5.4% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 172nd out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 4.9%, which ranks 324th out of 905 Iowa communities (17th out of 31 mid-large communities).

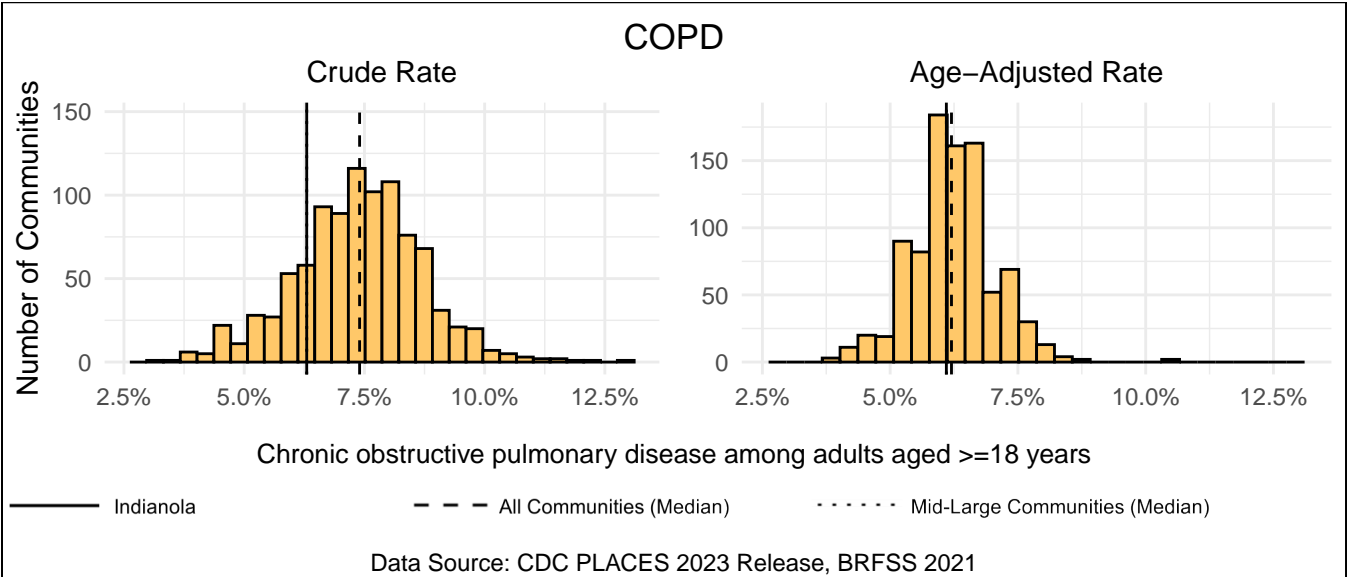
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	5.4%	6.4%	5.4%
Age-Adjusted	4.9%	5.0%	4.8%



# COPD

Indianola has a crude rate of 6.3% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 179th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 6.1%, which ranks 346th out of 905 Iowa communities (16th out of 31 mid-large communities).

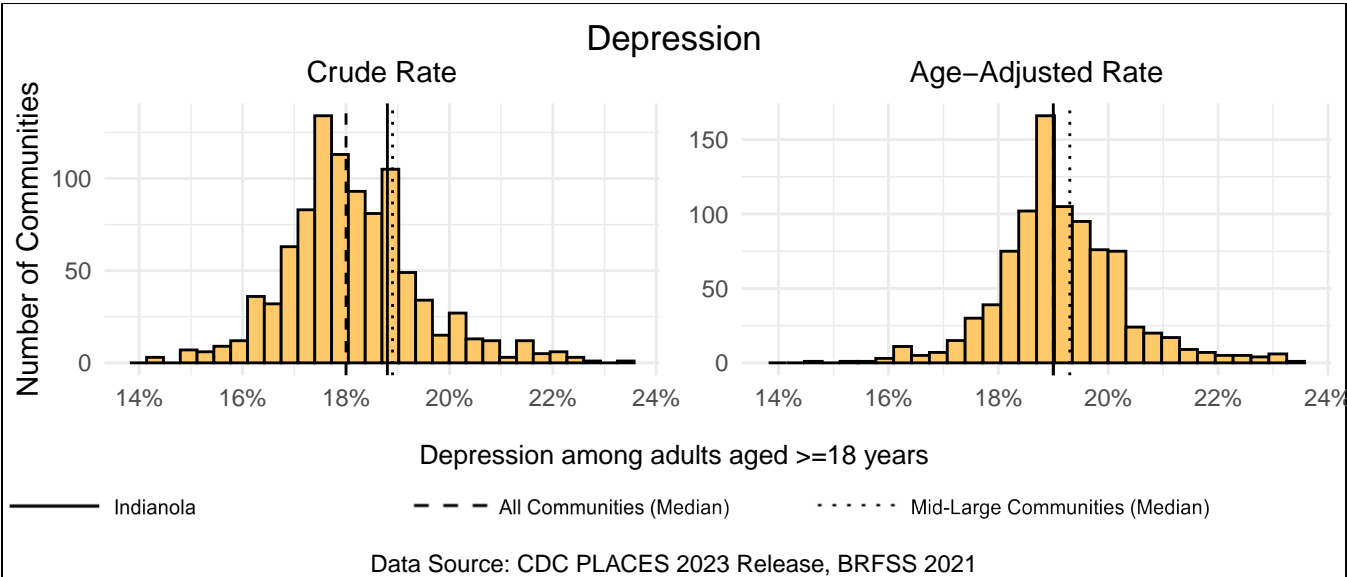
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	6.3%	7.4%	6.3%
Age-Adjusted	6.1%	6.2%	6.1%



# Depression

Indianola has a crude rate of 18.8% for depression among adults aged  $\geq 18$  years, which ranks 708th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Indianola is 19.0%, which ranks 420th out of 905 Iowa communities (12th out of 31 mid-large communities).

Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	18.8%	18.0%	18.9%
Age-Adjusted	19.0%	19.0%	19.3%

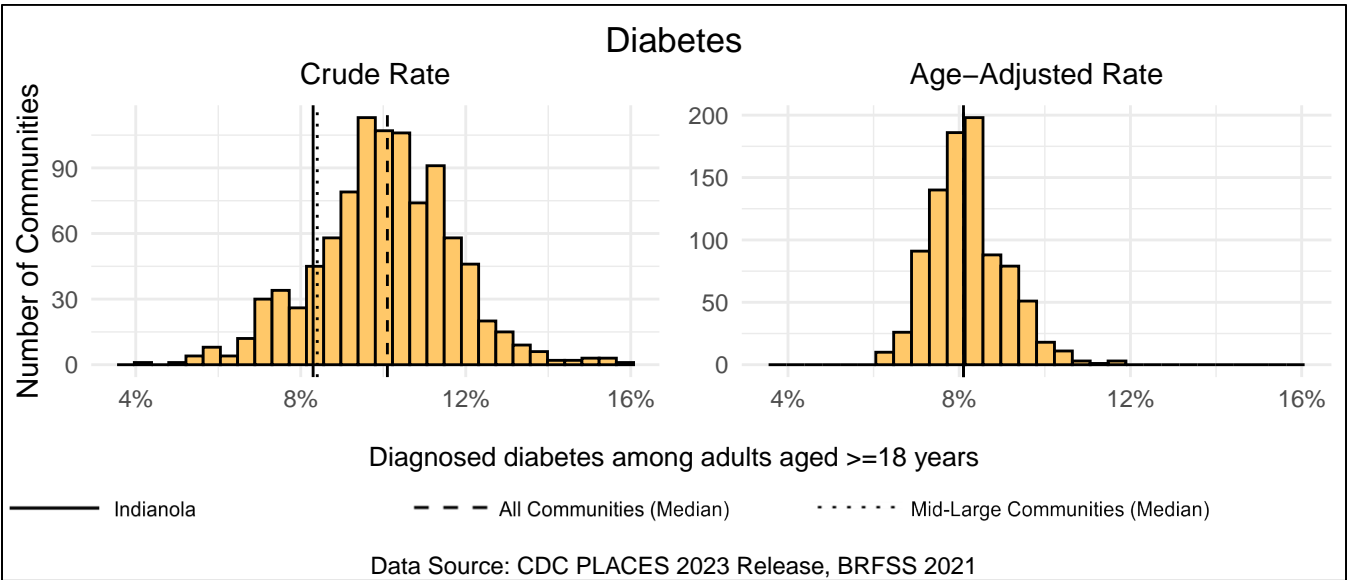




# Diabetes

Indianola has a crude rate of 8.3% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 127th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Indianola is 8.1%, which ranks 401st out of 905 Iowa communities (14th out of 31 mid-large communities).

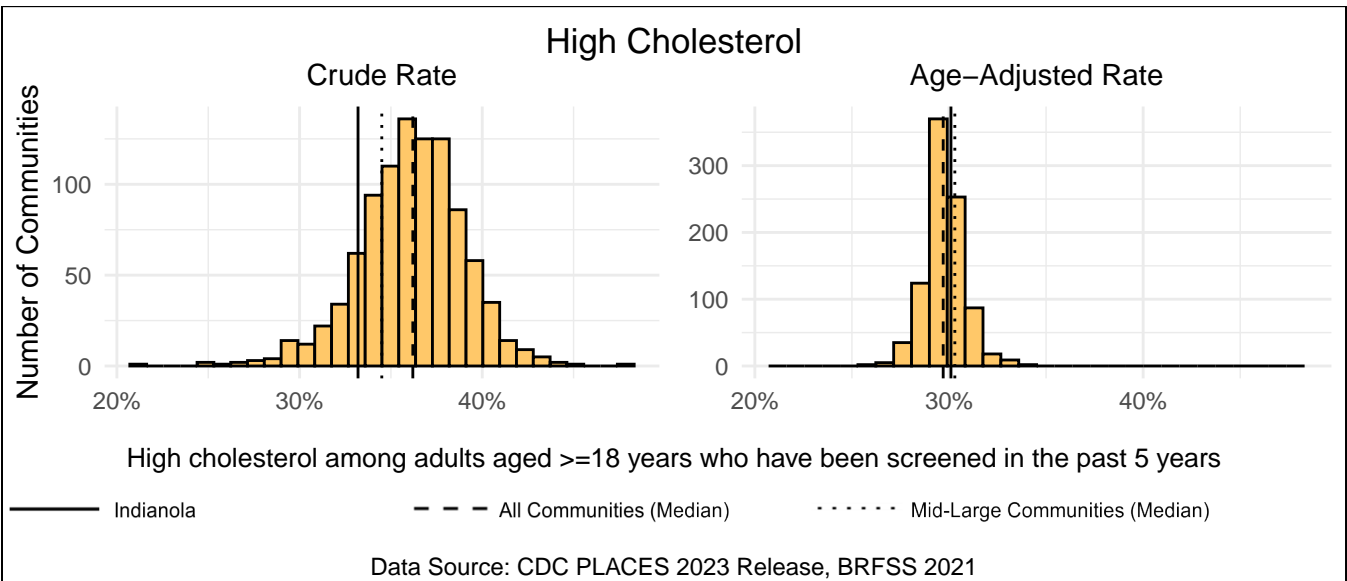
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	8.3%	10.1%	8.4%
Age-Adjusted	8.1%	8.1%	8.1%



# High Cholesterol

Indianola has a crude rate of 33.2% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 127th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Indianola is 30.1%, which ranks 565th out of 905 Iowa communities (13th out of 31 mid-large communities).

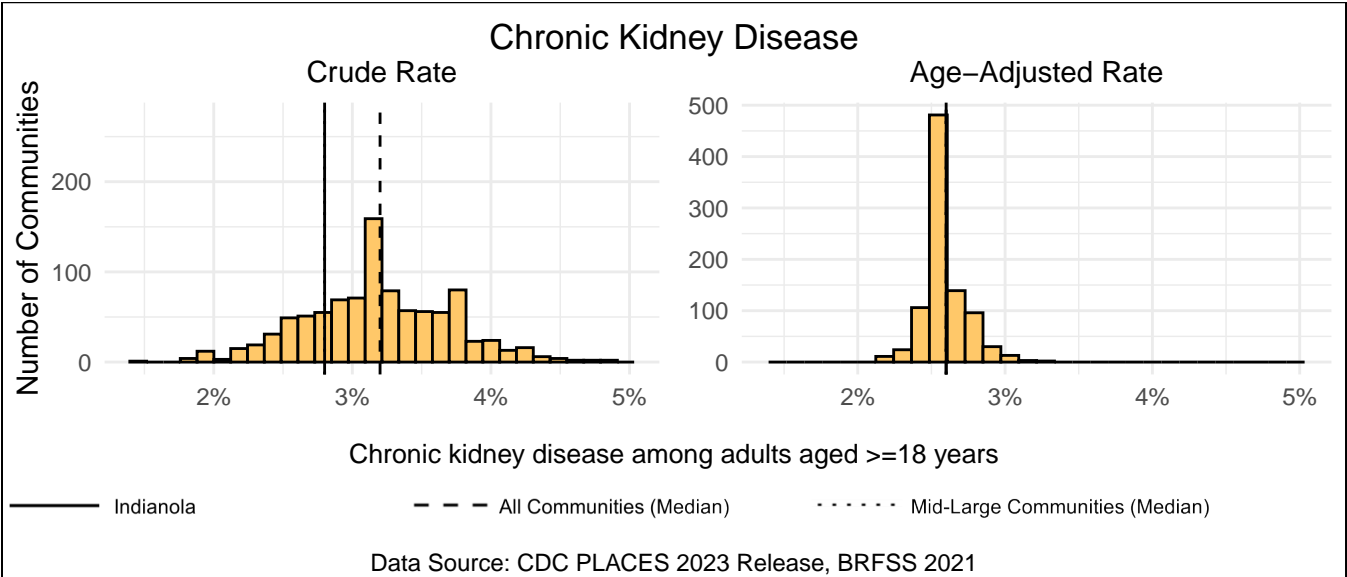
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	33.2%	36.2%	34.5%
Age-Adjusted	30.1%	29.7%	30.3%



# Chronic Kidney Disease

Indianola has a crude rate of 2.8% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 186th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 2.6%, which ranks 349th out of 905 Iowa communities (14th out of 31 mid-large communities).

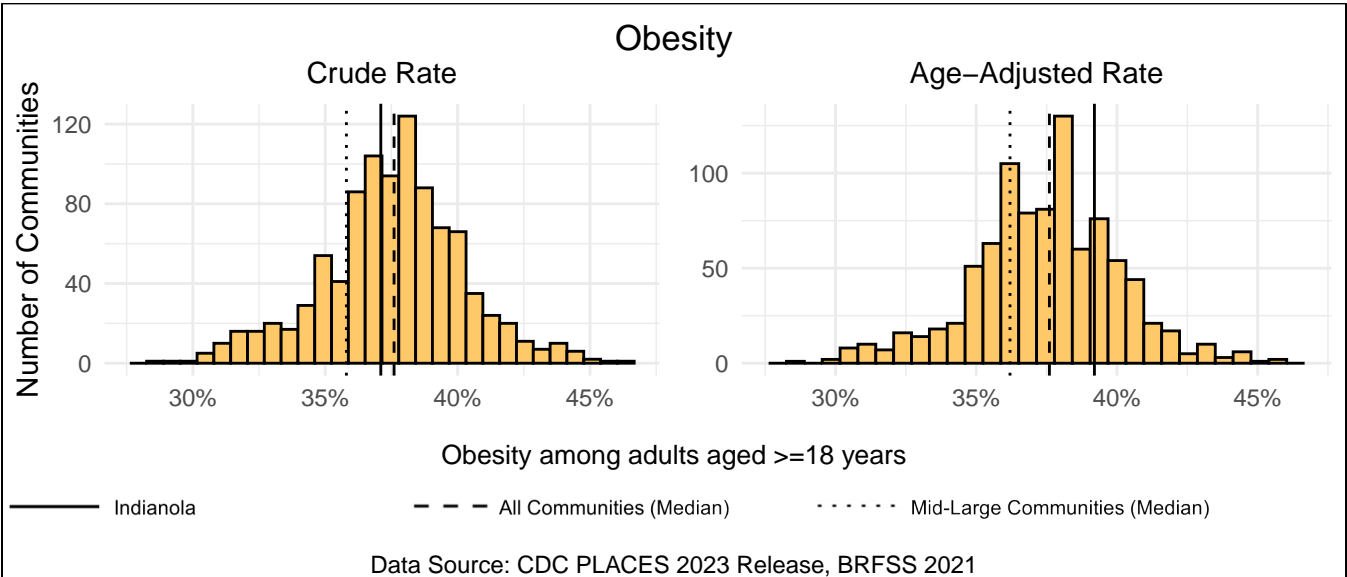
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	2.8%	3.2%	2.8%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Indianola has a crude rate of 37.1% for obesity among adults aged  $\geq 18$  years, which ranks 379th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Indianola is 39.2%, which ranks 677th out of 905 Iowa communities (25th out of 31 mid-large communities).

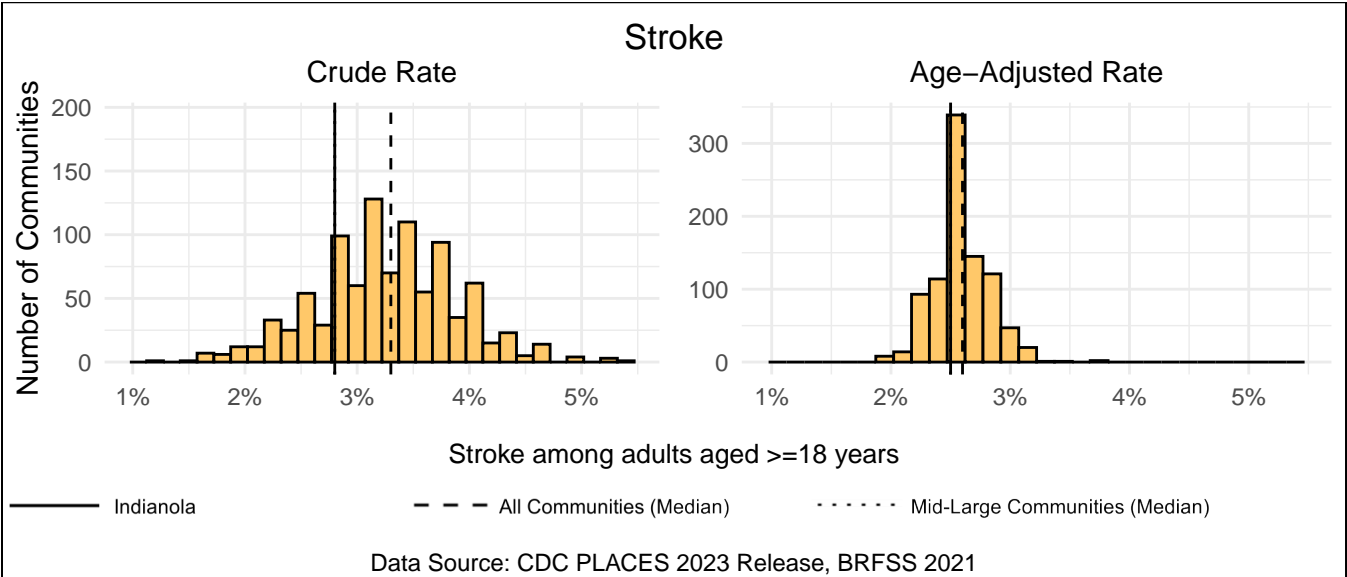
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	37.1%	37.6%	35.8%
Age-Adjusted	39.2%	37.6%	36.2%



# Stroke

Indianola has a crude rate of 2.8% for stroke among adults aged  $\geq 18$  years, which ranks 181st out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 2.5%, which ranks 230th out of 905 Iowa communities (15th out of 31 mid-large communities).

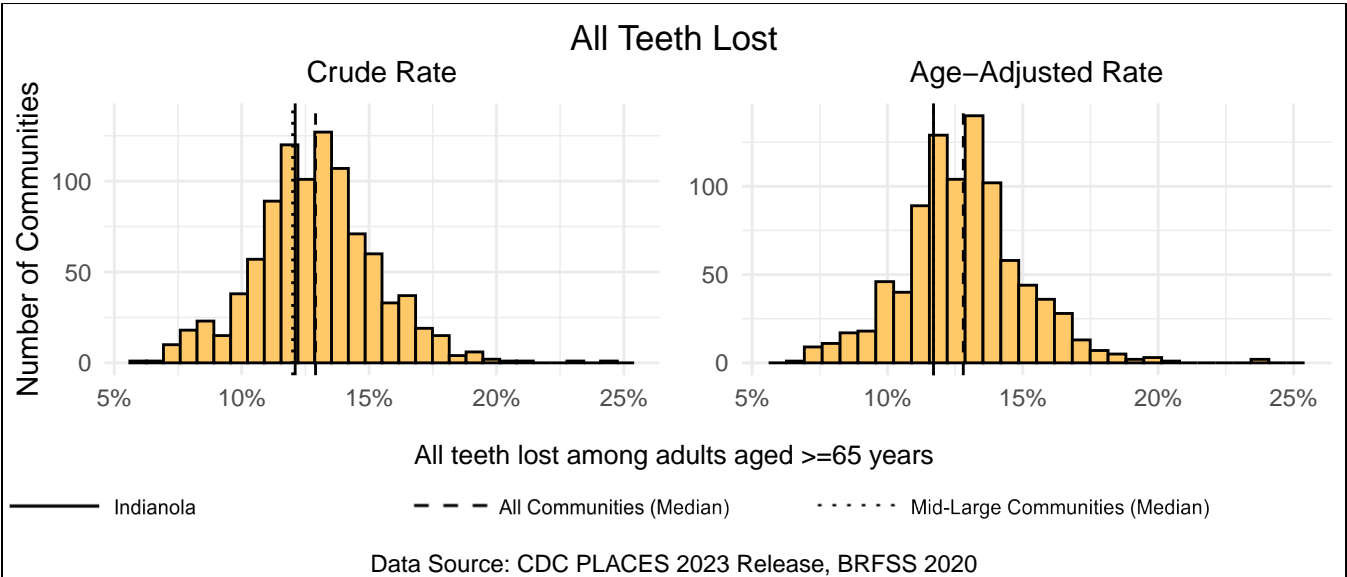
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	2.8%	3.3%	2.8%
Age-Adjusted	2.5%	2.6%	2.5%



# All Teeth Lost

Indianola has a crude rate of 12.1% for all teeth lost among adults aged  $\geq 65$  years, which ranks 329th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Indianola is 11.7%, which ranks 242nd out of 905 Iowa communities (16th out of 31 mid-large communities).

Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	12.1%	12.9%	12.0%
Age-Adjusted	11.7%	12.8%	11.7%



# Prevention

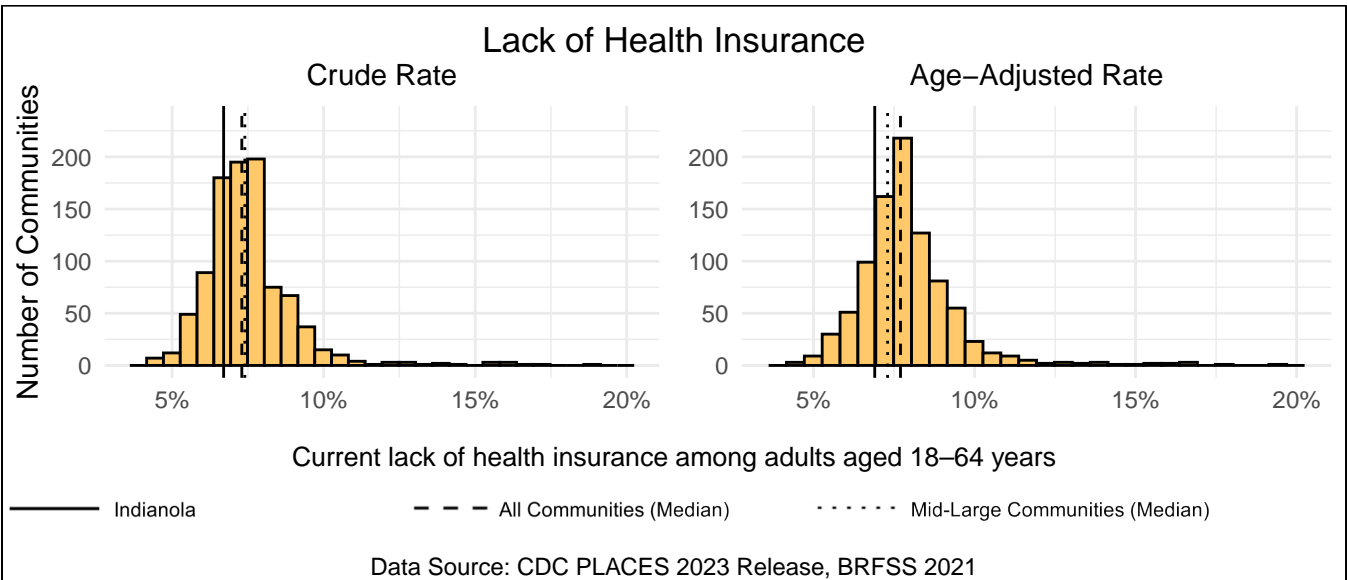
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Indianola has a crude rate of 6.7% for current lack of health insurance among adults aged 18–64 years, which ranks 217th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Indianola is 6.9%, which ranks 168th out of 905 Iowa communities (14th out of 31 mid-large communities).

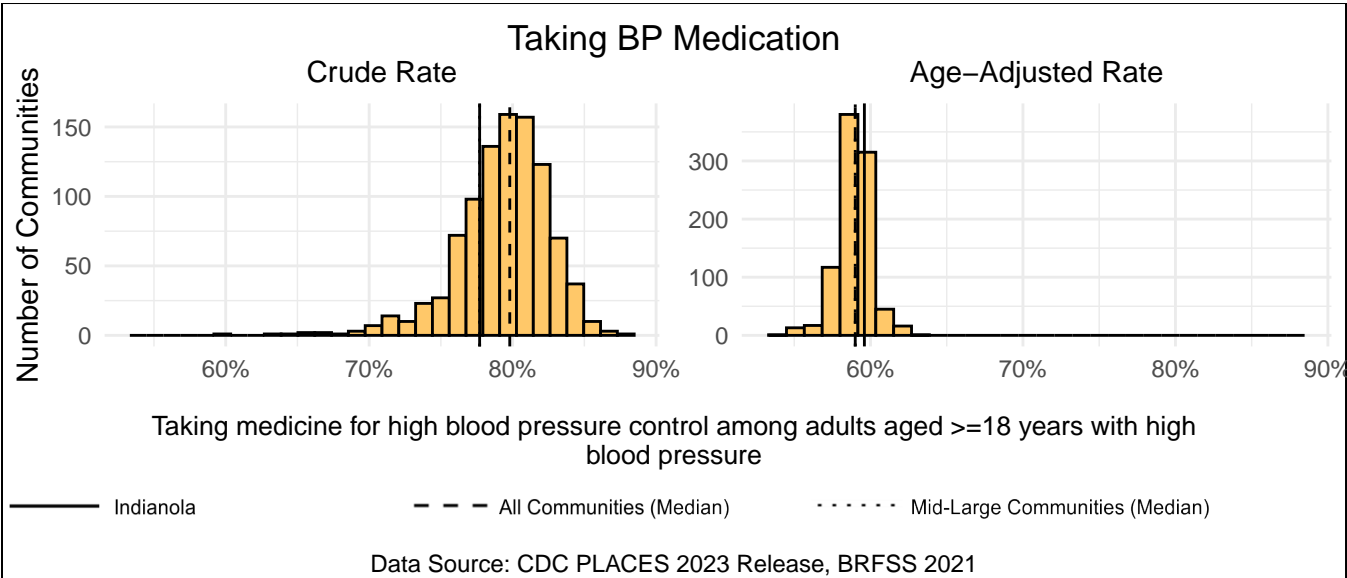
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	6.7%	7.3%	7.4%
Age-Adjusted	6.9%	7.7%	7.3%



## Taking BP Medication

Indianola has a crude rate of 77.7% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 718th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 59.6%, which ranks 179th out of 905 Iowa communities (14th out of 31 mid-large communities).

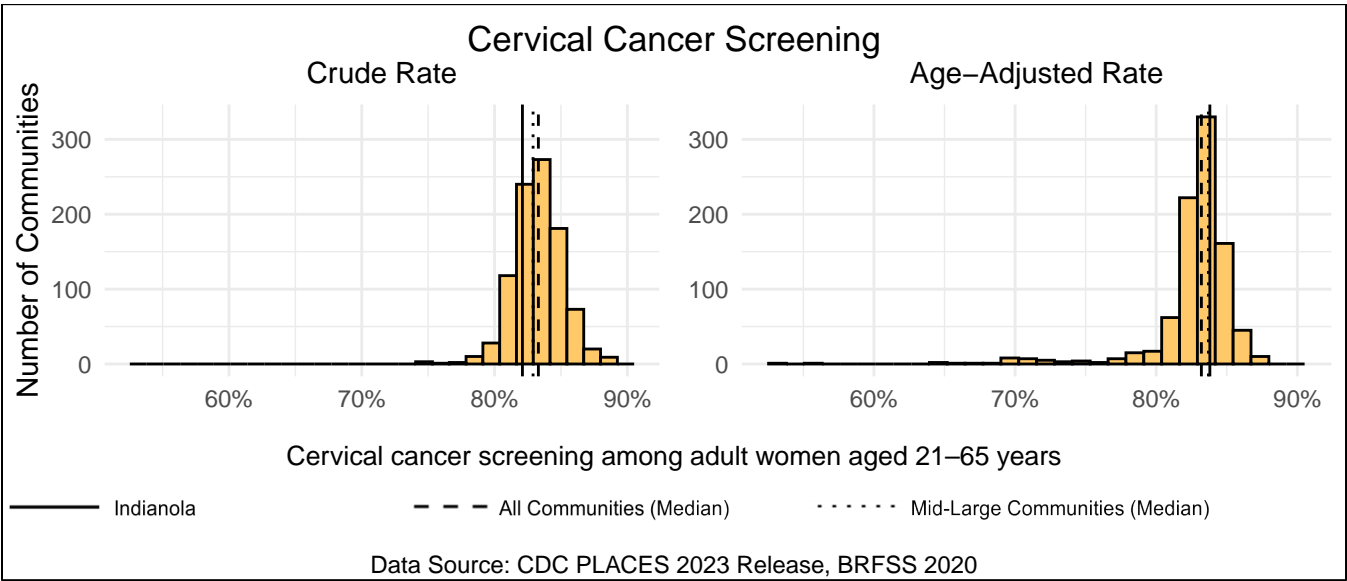
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	77.7%	79.8%	77.7%
Age-Adjusted	59.6%	59.0%	59.0%



## Cervical Cancer Screening

Indianola has a crude rate of 82.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 728th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Indianola is 83.8%, which ranks 268th out of 905 Iowa communities (14th out of 31 mid-large communities).

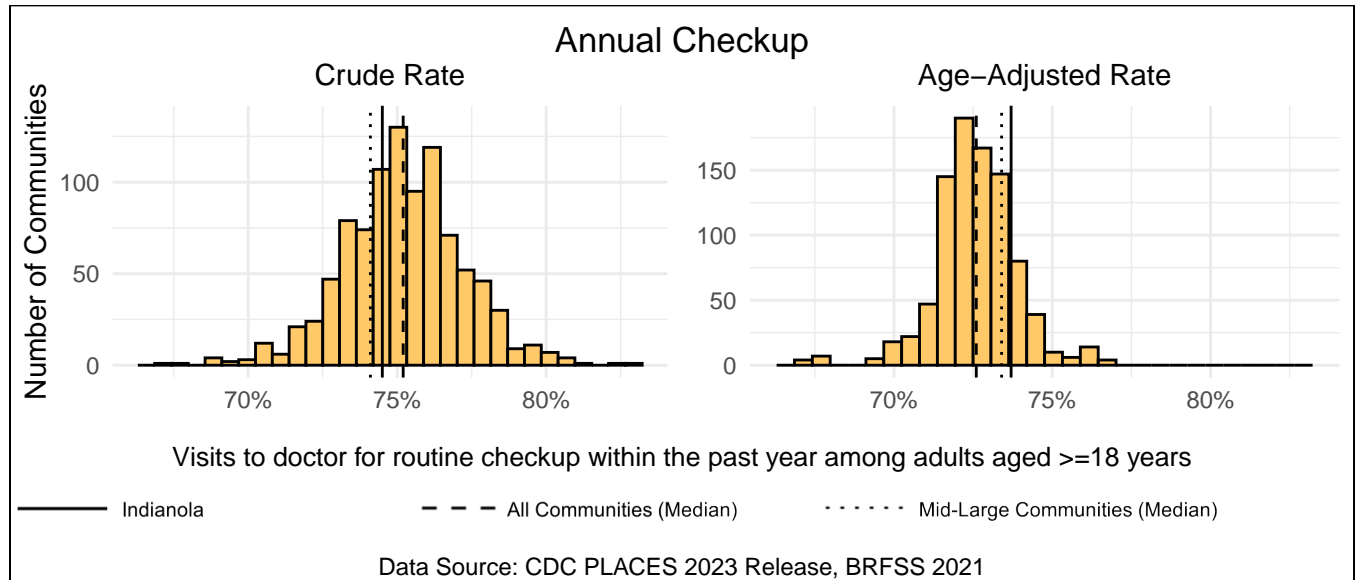
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	82.1%	83.3%	82.9%
Age-Adjusted	83.8%	83.2%	83.7%



## Annual Checkup

Indianola has a crude rate of 74.5% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 614th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Indianola is 73.7%, which ranks 127th out of 905 Iowa communities (8th out of 31 mid-large communities).

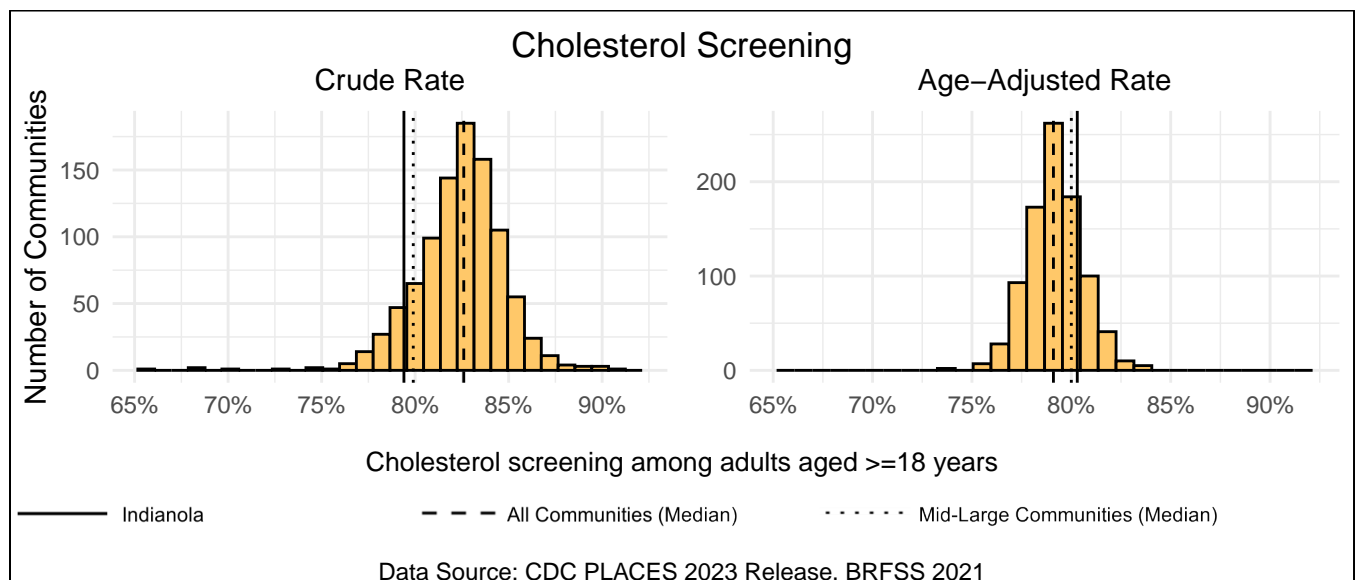
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	74.5%	75.2%	74.1%
Age-Adjusted	73.7%	72.6%	73.4%



## Cholesterol Screening

Indianola has a crude rate of 79.4% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 863rd out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Indianola is 80.3%, which ranks 179th out of 905 Iowa communities (13th out of 31 mid-large communities).

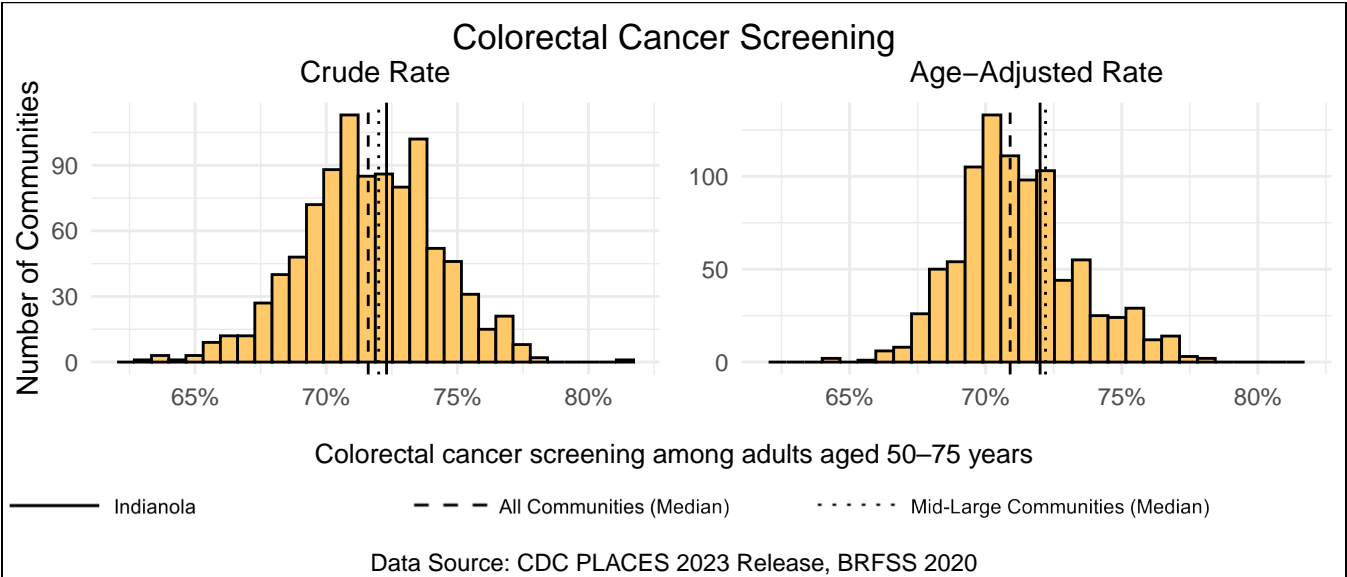
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	79.4%	82.6%	79.9%
Age-Adjusted	80.3%	79.1%	80.0%



## Colorectal Cancer Screening

Indianola has a crude rate of 72.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 376th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Indianola is 72.0%, which ranks 285th out of 905 Iowa communities (17th out of 31 mid-large communities).

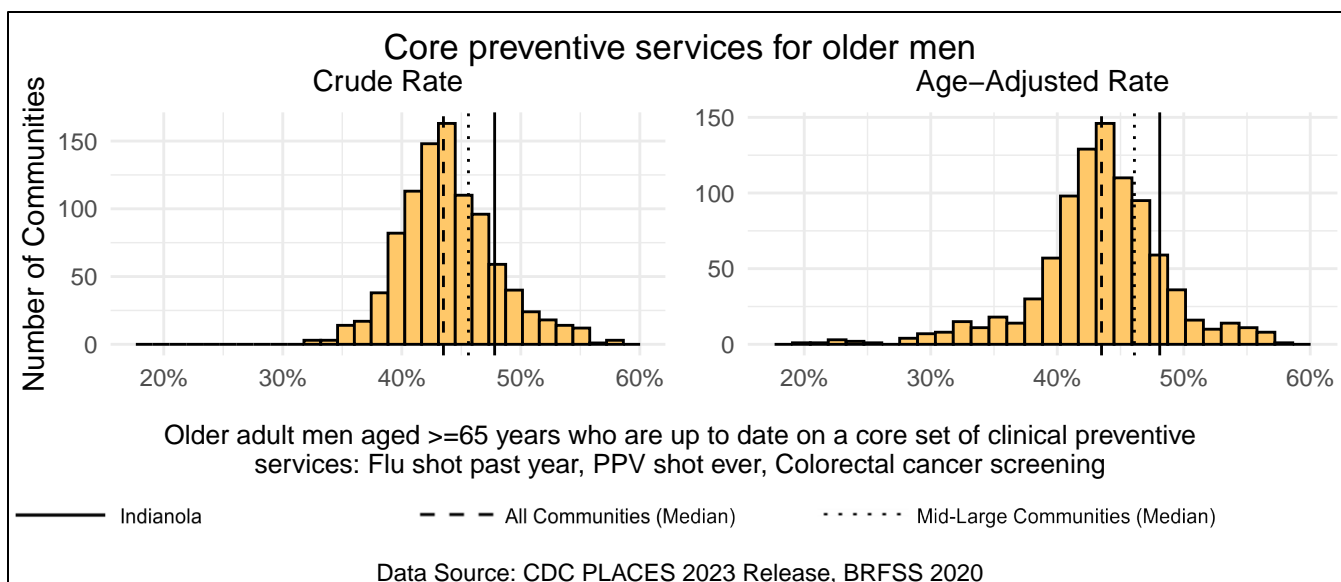
Measure Type	Indianola	All	Mid-Large
		Comm.	Comm.
Crude	72.3%	71.6%	72.0%
Age-Adjusted	72.0%	70.9%	72.2%



## Core preventive services for older men

Indianola has a crude rate of 47.8% for older adult men aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 151st out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Indianola is 48.1%, which ranks 120th out of 905 Iowa communities (10th out of 31 mid-large communities).

Measure Type	Indianola	All	Mid-Large
		Comm.	Comm.
Crude	47.8%	43.5%	45.6%
Age-Adjusted	48.1%	43.5%	46.1%

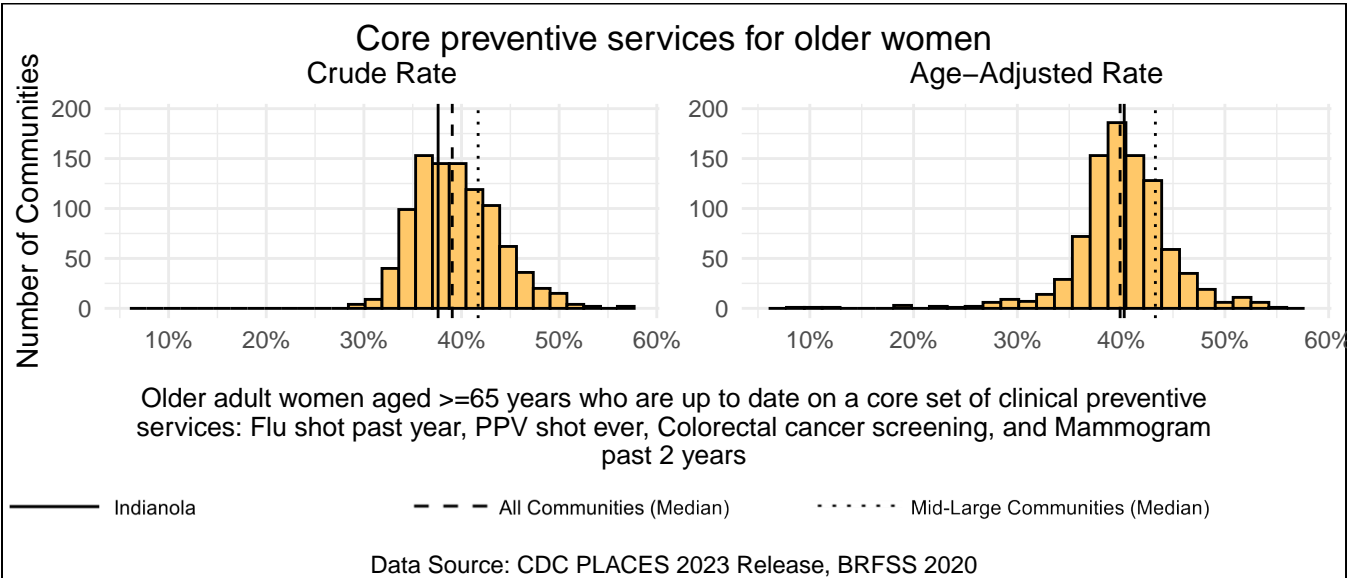




## Core preventive services for older women

Indianola has a crude rate of 37.6% 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 613th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Indianola is 40.3%, which ranks 425th out of 905 Iowa communities (19th out of 31 mid-large communities).

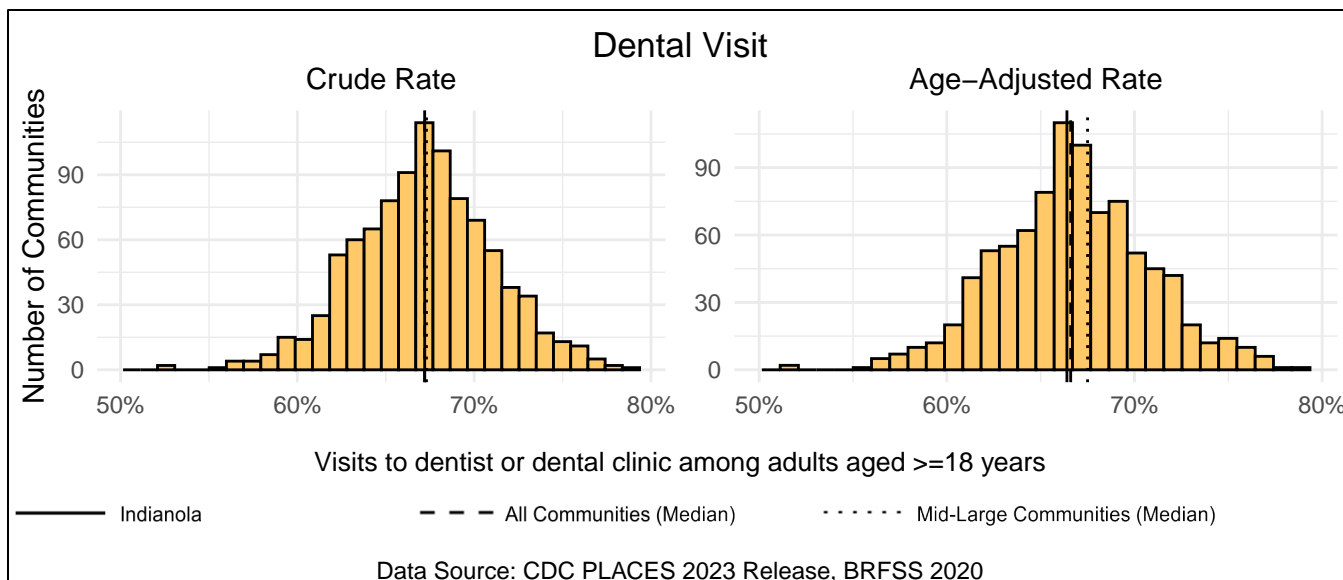
Measure Type	Indianola	All	Mid-Large
		Comm.	Comm.
Crude	37.6%	39.0%	41.7%
Age-Adjusted	40.3%	39.9%	43.3%



## Dental Visit

Indianola has a crude rate of 67.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 469th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Indianola is 66.4%, which ranks 475th out of 905 Iowa communities (18th out of 31 mid-large communities).

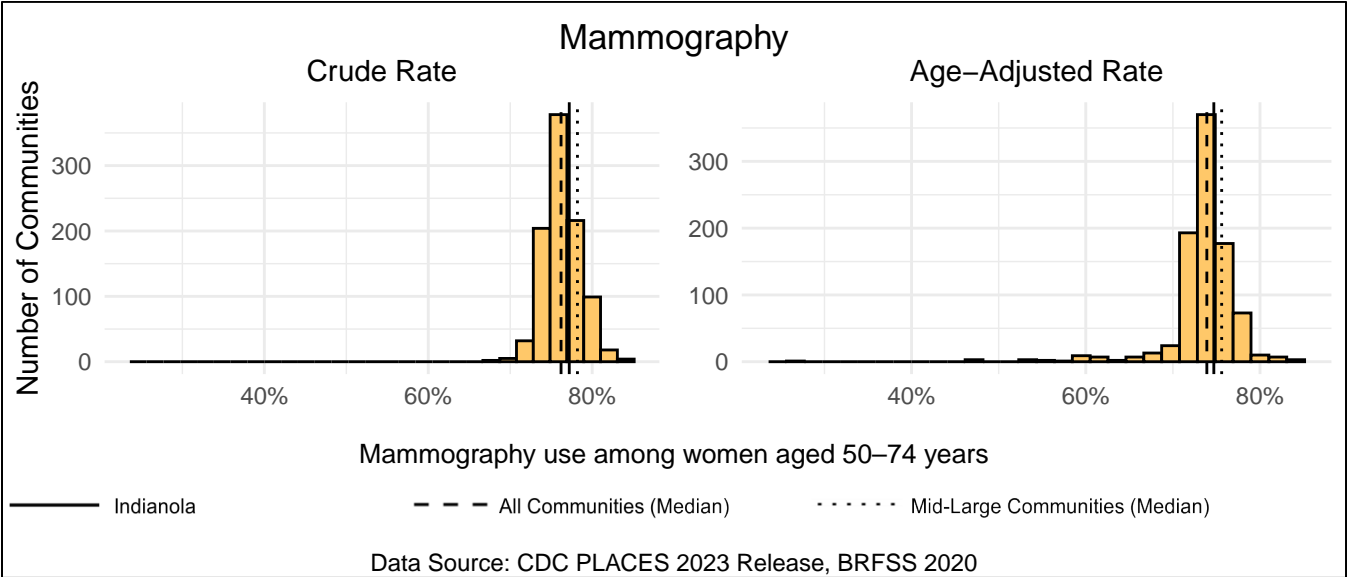
Measure Type	Indianola	All	Mid-Large
		Comm.	Comm.
Crude	67.2%	67.2%	67.3%
Age-Adjusted	66.4%	66.6%	67.5%



# Mammography

Indianola has a crude rate of 77.2% for mammography use among women aged 50–74 years, which ranks 294th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Indianola is 74.7%, which ranks 285th out of 905 Iowa communities (18th out of 31 mid-large communities).

Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	77.2%	76.2%	78.2%
Age-Adjusted	74.7%	73.9%	75.6%



# Disability

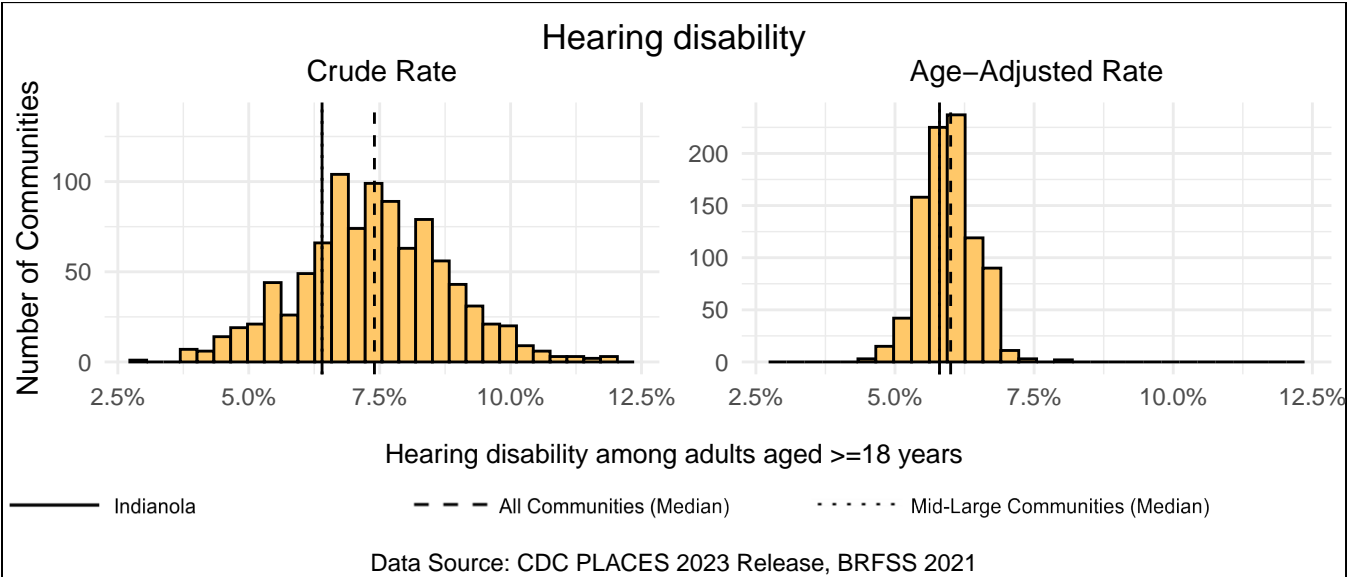
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Indianola has a crude rate of 6.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 207th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 5.8%, which ranks 287th out of 905 Iowa communities (16th out of 31 mid-large communities).

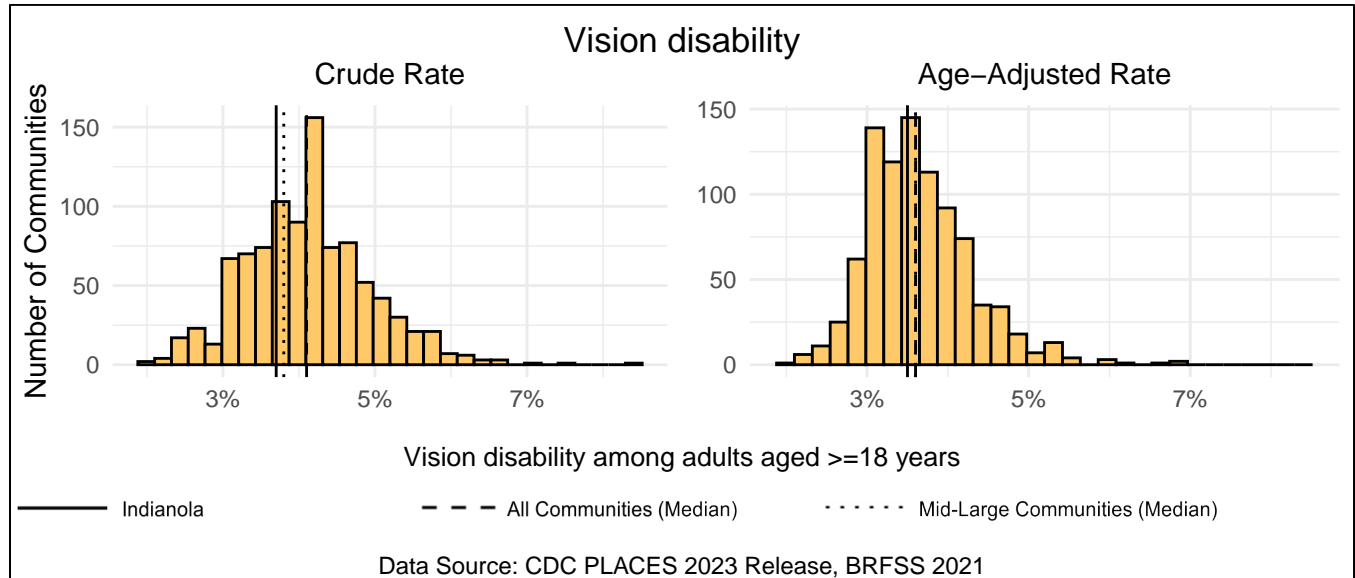
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	6.4%	7.4%	6.4%
Age-Adjusted	5.8%	6.0%	5.8%



## Vision disability

Indianola has a crude rate of 3.7% for vision disability among adults aged  $\geq 18$  years, which ranks 271st out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Indianola is 3.5%, which ranks 364th out of 905 Iowa communities (14th out of 31 mid-large communities).

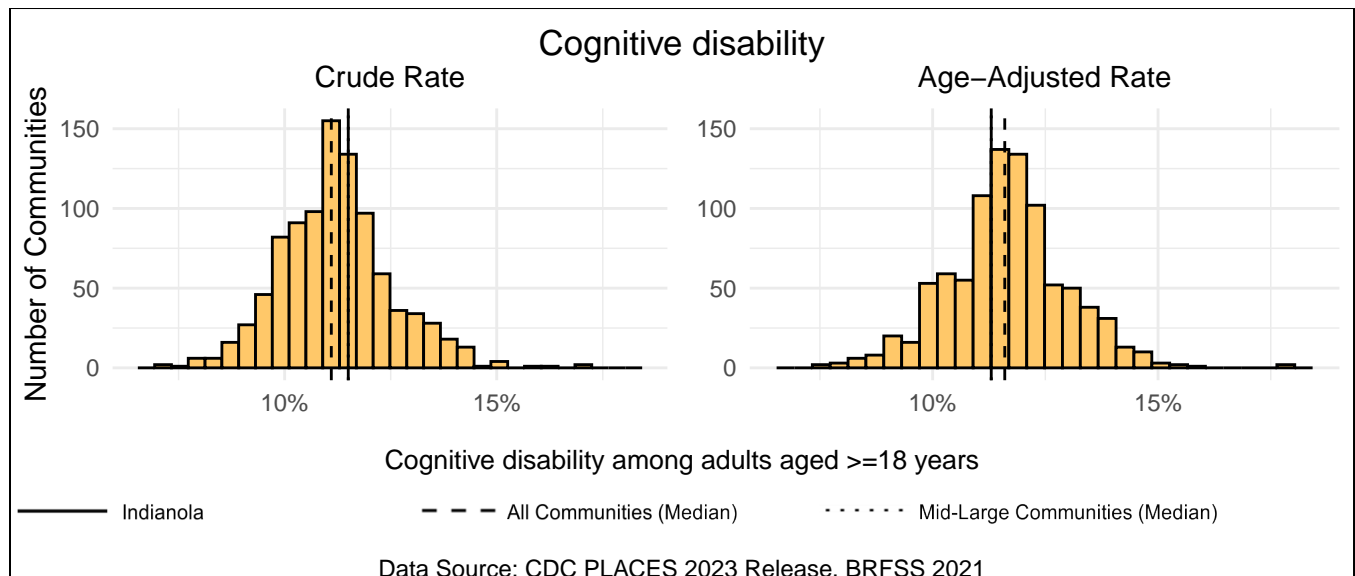
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	3.7%	4.1%	3.8%
Age-Adjusted	3.5%	3.6%	3.6%



## Cognitive disability

Indianola has a crude rate of 11.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 601st out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 11.3%, which ranks 331st out of 905 Iowa communities (16th out of 31 mid-large communities).

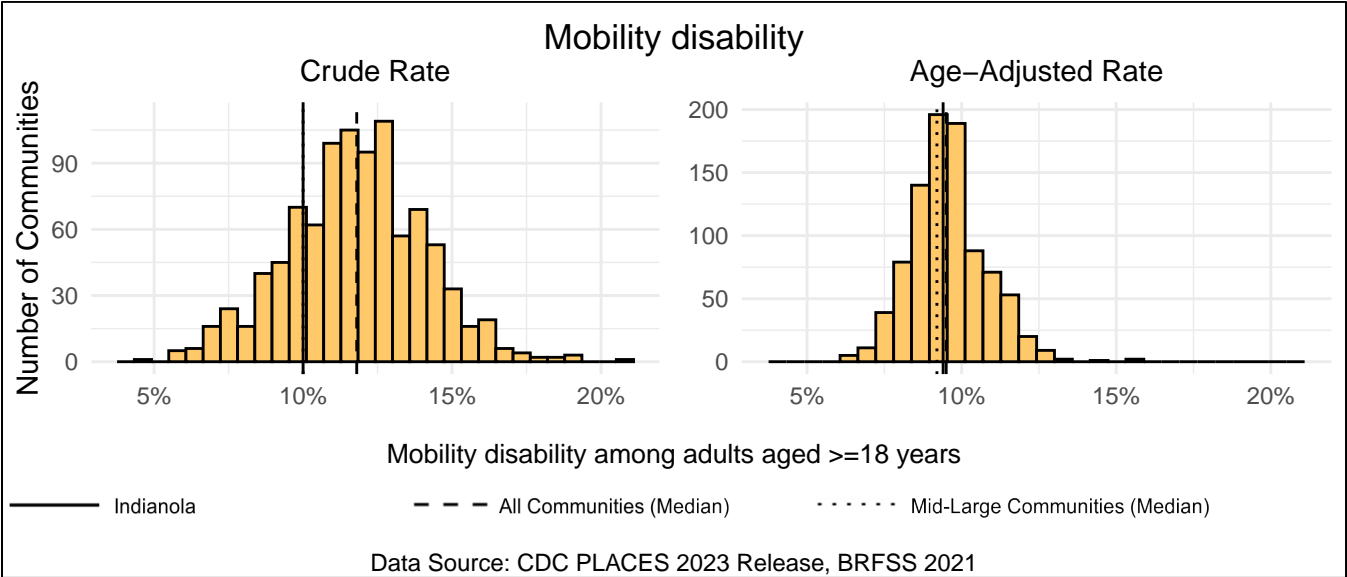
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	11.5%	11.1%	11.5%
Age-Adjusted	11.3%	11.6%	11.3%



## Mobility disability

Indianola has a crude rate of 10.0% for mobility disability among adults aged  $\geq 18$  years, which ranks 203rd out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 9.4%, which ranks 398th out of 905 Iowa communities (17th out of 31 mid-large communities).

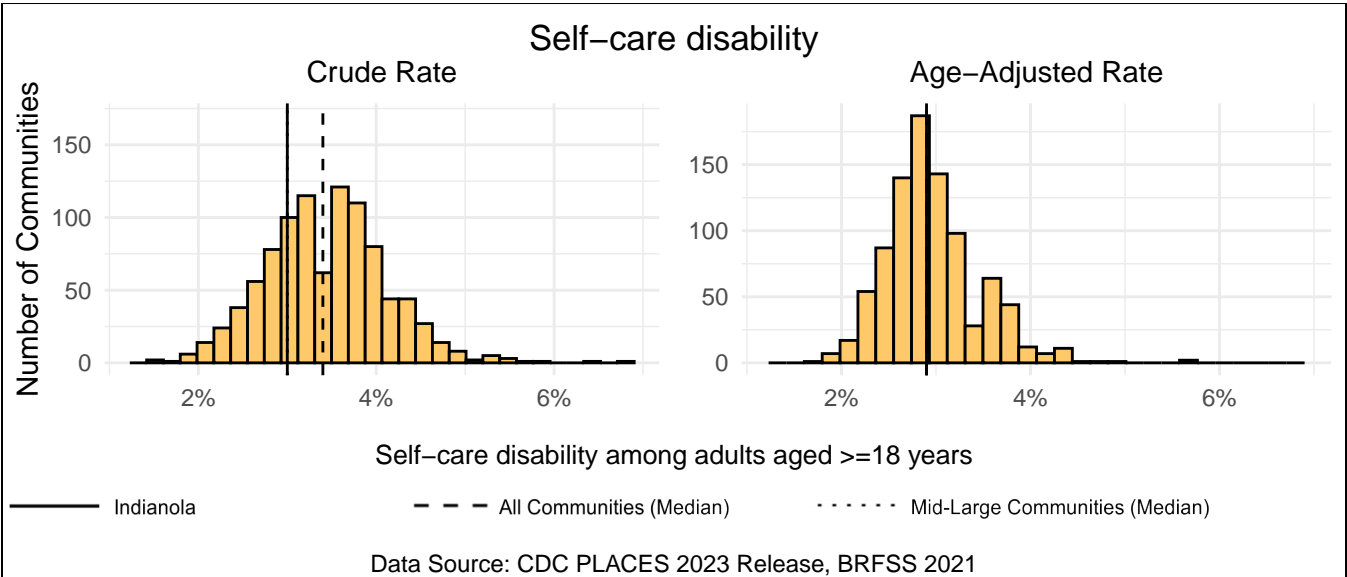
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	10.0%	11.8%	10.0%
Age-Adjusted	9.4%	9.5%	9.2%



## Self-care disability

Indianola has a crude rate of 3.0% for self-care disability among adults aged  $\geq 18$  years, which ranks 220th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 2.9%, which ranks 397th out of 905 Iowa communities (15th out of 31 mid-large communities).

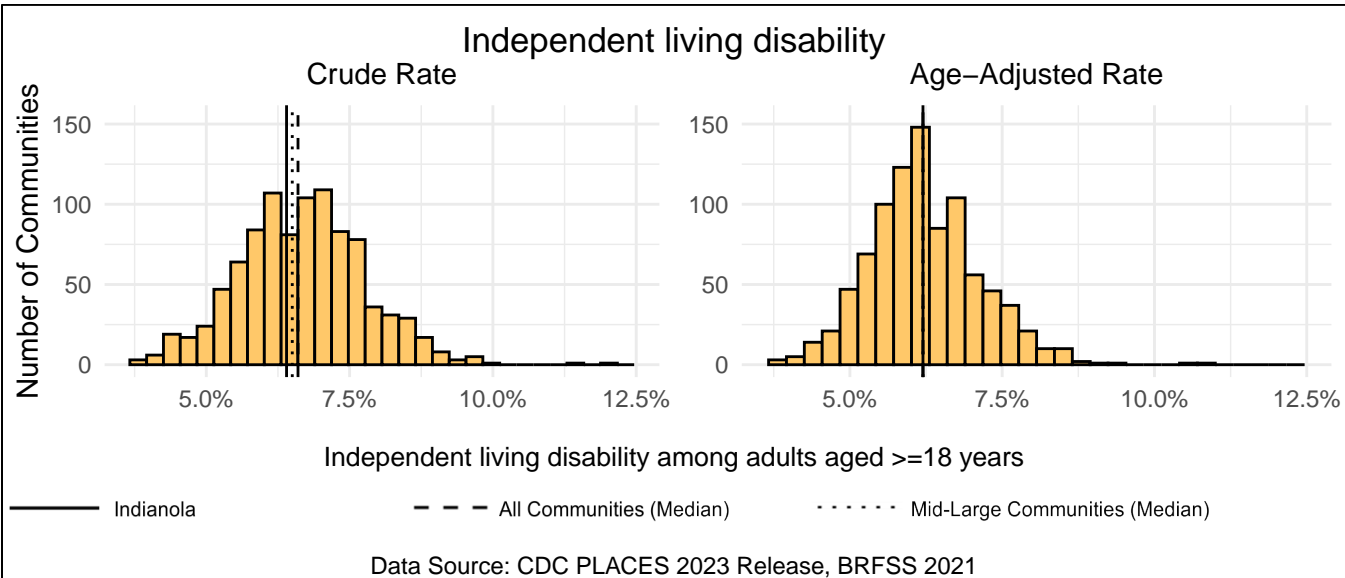
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	3.0%	3.4%	3.0%
Age-Adjusted	2.9%	2.9%	2.9%



### Independent living disability

Indianola has a crude rate of 6.4% for independent living disability among adults aged  $\geq 18$  years, which ranks 372nd out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Indianola is 6.2%, which ranks 438th out of 905 Iowa communities (16th out of 31 mid-large communities).

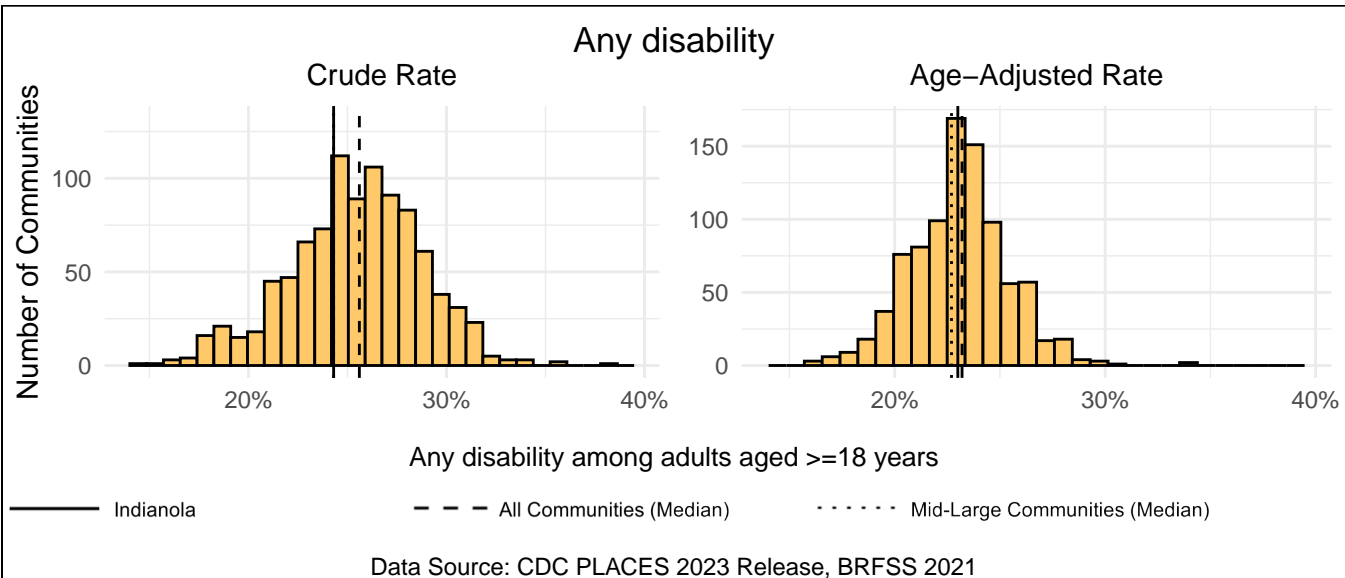
Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	6.4%	6.6%	6.5%
Age-Adjusted	6.2%	6.2%	6.2%



### Any disability

Indianola has a crude rate of 24.3% for any disability among adults aged  $\geq 18$  years, which ranks 321st out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Indianola is 23.0%, which ranks 413th out of 905 Iowa communities (17th out of 31 mid-large communities).

Measure Type	Indianola	All Comm.	Mid-Large Comm.
Crude	24.3%	25.6%	24.3%
Age-Adjusted	23.0%	23.2%	22.7%



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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: Indianola 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	856	15.7% (13.6% - 18.0%)	516	15.7% (13.7% - 17.9%)
Health Status	Physical Health	183	9.7% (8.4% - 11.1%)	429	9.7% (8.4% - 10.9%)
Health Status	General Health	153	12.1% (10.5% - 13.8%)	280	12.0% (10.4% - 13.7%)
Health Risk Behaviors	Sleep <7 hours	100	28.1% (27.1% - 28.9%)	124	29.2% (28.4% - 30.1%)
Health Risk Behaviors	Current Smoking	141	14.7% (12.3% - 17.2%)	241	16.5% (13.8% - 19.5%)
Health Risk Behaviors	Binge Drinking	687	20.7% (17.3% - 24.4%)	249	21.4% (18.1% - 25.1%)
Health Risk Behaviors	Physical Inactivity	211	23.4% (19.6% - 27.6%)	314	23.3% (19.6% - 27.4%)
Health Outcomes	Arthritis	127	23.7% (20.5% - 27.1%)	426	23.1% (19.8% - 26.6%)
Health Outcomes	Chronic Kidney Disease	186	2.8% (2.5% - 3.0%)	349	2.6% (2.4% - 2.8%)
Health Outcomes	Diabetes	127	8.3% (7.1% - 9.6%)	401	8.1% (6.9% - 9.3%)
Health Outcomes	High Blood Pressure	111	27.6% (24.3% - 31.1%)	368	27.0% (23.6% - 30.6%)
Health Outcomes	COPD	179	6.3% (5.4% - 7.1%)	346	6.1% (5.3% - 7.0%)
Health Outcomes	All Teeth Lost	329	12.1% (9.5% - 14.8%)	242	11.7% (9.4% - 14.1%)
Health Outcomes	Cancer (except skin)	204	7.1% (6.5% - 7.9%)	831	6.6% (6.0% - 7.2%)
Health Outcomes	High Cholesterol	127	33.2% (29.3% - 37.3%)	565	30.1% (26.1% - 34.4%)
Health Outcomes	Obesity	379	37.1% (30.8% - 43.7%)	677	39.2% (32.8% - 45.8%)
Health Outcomes	Stroke	181	2.8% (2.5% - 3.0%)	230	2.5% (2.3% - 2.8%)
Health Outcomes	Depression	708	18.8% (15.6% - 22.3%)	420	19.0% (15.7% - 22.6%)
Health Outcomes	Current Asthma	716	9.6% (8.5% - 10.9%)	628	9.7% (8.5% - 10.9%)
Health Outcomes	Coronary Heart Disease	172	5.4% (4.8% - 6.0%)	324	4.9% (4.3% - 5.4%)
Prevention	Colorectal Cancer Screening	376	72.3% (70.7% - 73.8%)	285	72.0% (70.3% - 73.5%)
Prevention	Dental Visit	469	67.2% (65.4% - 69.1%)	475	66.4% (64.6% - 68.3%)
Prevention	Core preventive services for older women	613	37.6% (34.1% - 41.2%)	425	40.3% (36.6% - 43.7%)
Prevention	Cervical Cancer Screening	728	82.1% (80.6% - 83.6%)	268	83.8% (82.4% - 85.1%)
Prevention	Cholesterol Screening	863	79.4% (76.4% - 82.4%)	179	80.3% (77.3% - 83.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Health Insurance	217	6.7% (5.5% - 8.0%)	168	6.9% (5.7% - 8.3%)
Prevention	Core preventive services for older men	151	47.8% (43.7% - 52.0%)	120	48.1% (44.0% - 52.2%)
Prevention	Annual Checkup	614	74.5% (69.8% - 78.8%)	127	73.7% (69.0% - 78.1%)
Prevention	Mammography	294	77.2% (75.2% - 79.2%)	285	74.7% (72.6% - 76.9%)
Prevention	Taking BP Medication	718	77.7% (74.6% - 80.5%)	179	59.6% (54.7% - 64.3%)
Disability	Mobility Disability	203	10.0% (8.6% - 11.5%)	398	9.4% (8.1% - 10.8%)
Disability	Cognitive Disability	601	11.5% (9.9% - 13.1%)	331	11.3% (9.8% - 12.9%)
Disability	Self-care Disability	220	3.0% (2.7% - 3.3%)	397	2.9% (2.6% - 3.2%)
Disability	Independent Living Disability	372	6.4% (5.7% - 7.2%)	438	6.2% (5.4% - 6.9%)
Disability	Hearing Disability	207	6.4% (5.7% - 7.2%)	287	5.8% (5.2% - 6.5%)
Disability	Any Disability	321	24.3% (21.1% - 27.5%)	413	23.0% (19.8% - 26.3%)
Disability	Vision Disability	271	3.7% (3.3% - 4.2%)	364	3.5% (3.2% - 3.9%)

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

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## Appendix 3: Mid-Large Communities (10,000-49,999)

Indianola falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukeke	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		