



## Iowa Community Health Snapshot Series

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



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# Iowa Community Health Snapshot Series

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# Health in Kalona: Overview

Dear Community Members & Stakeholders of Kalona,

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 Kalona ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Kalona'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 Kalona. 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	53rd	4th	Binge Drinking	68th	21st
Sleep <7 hours	74th	13th	High Blood Pressure	80th	15th
Mental Health	102nd	8th	Sleep <7 hours	105th	19th
Obesity	140th	26th	Core preventive services for older men	139th	19th
Current Smoking	160th	29th	Chronic Kidney Disease	142nd	27th

# 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
Mammography	839th	98th	Mammography	742nd	85th
Cancer (except skin)	824th	96th	Colorectal Cancer Screening	553rd	58th
Chronic Kidney Disease	732nd	77th	Taking BP Medication	537th	65th
Stroke	703rd	70th	Health Insurance	498th	46th
Hearing Disability	702nd	72nd	Annual Checkup	468th	59th

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 Kalona.

Sincerely,



Shawn F. Dorius, PhD  
Iowa State University  
Public Science Collaborative



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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

With a population of 2,637, Kalona’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

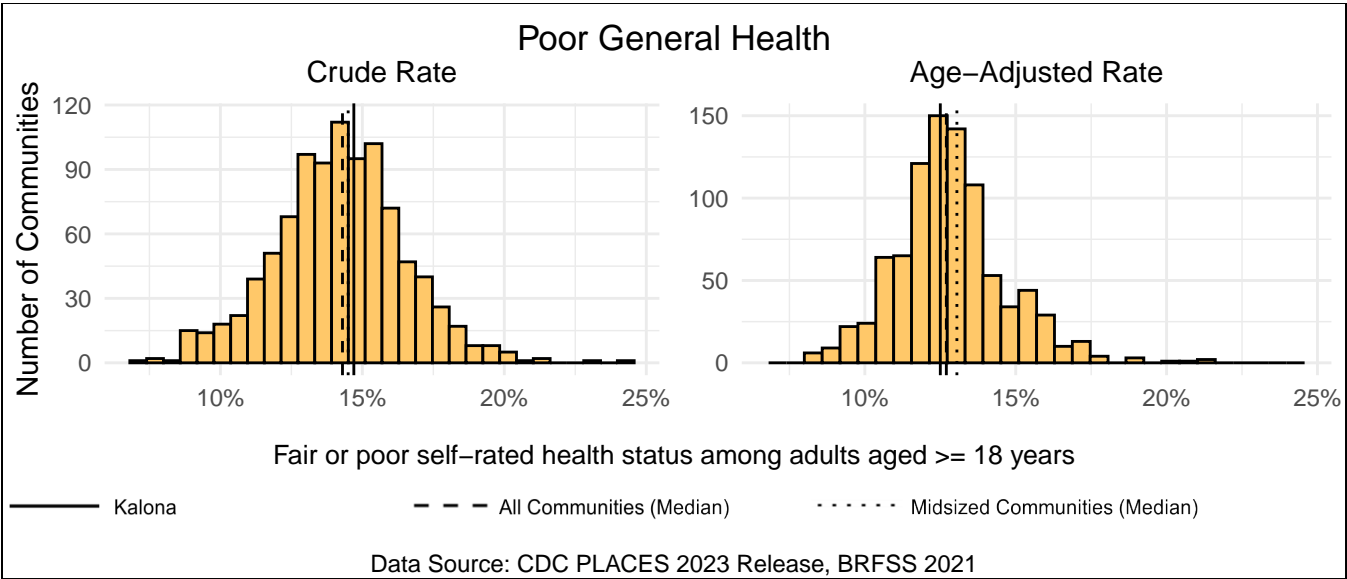
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Kalona has a crude rate of 14.7% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 552nd out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 12.5%, which ranks 385th out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	14.7%	14.3%	14.5%
Age-Adjusted	12.5%	12.7%	13.0%

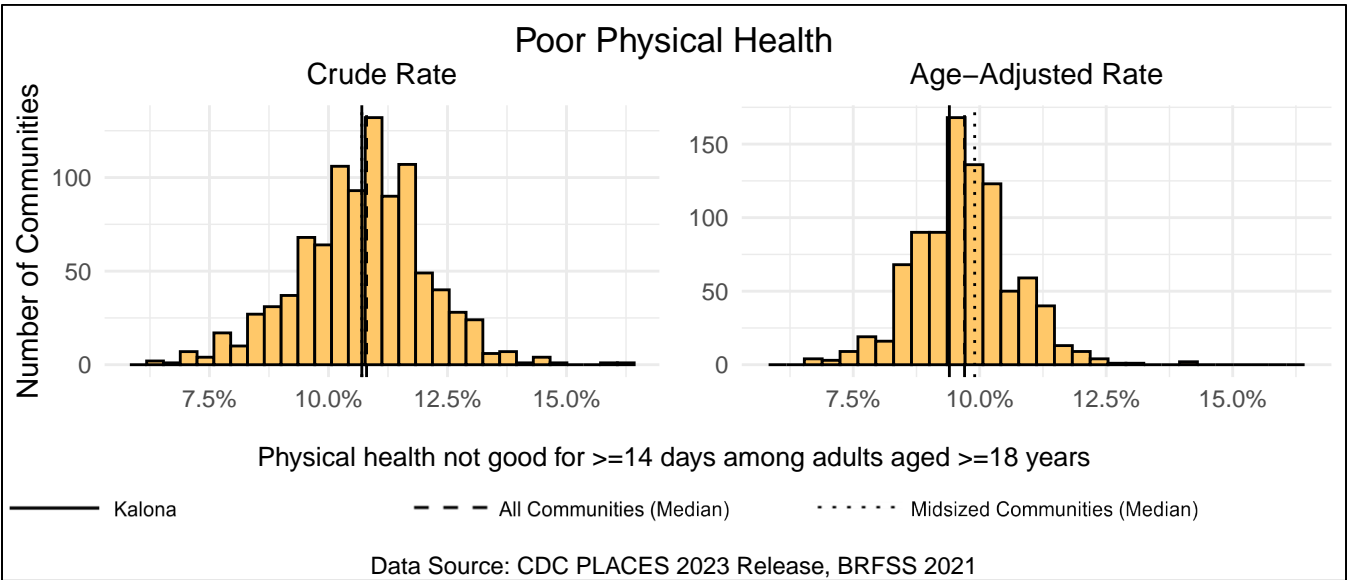




# Poor Physical Health

Kalona has a crude rate of 10.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 435th out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Kalona is 9.4%, which ranks 300th out of 905 Iowa communities (39th out of 102 midsized communities).

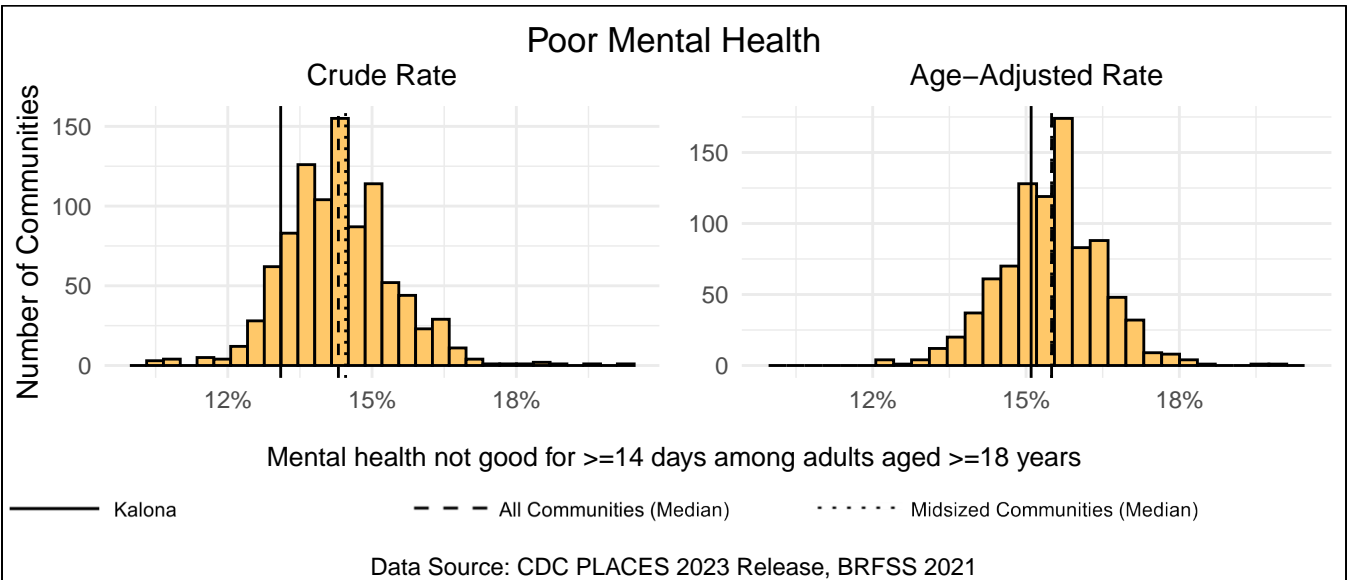
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	10.7%	10.8%	10.7%
Age-Adjusted	9.4%	9.7%	9.9%



# Poor Mental Health

Kalona 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 Kalona is 15.1%, which ranks 270th out of 905 Iowa communities (37th out of 102 midsized communities).

Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	13.1%	14.3%	14.4%
Age-Adjusted	15.1%	15.5%	15.5%



# Health Risk Behaviors

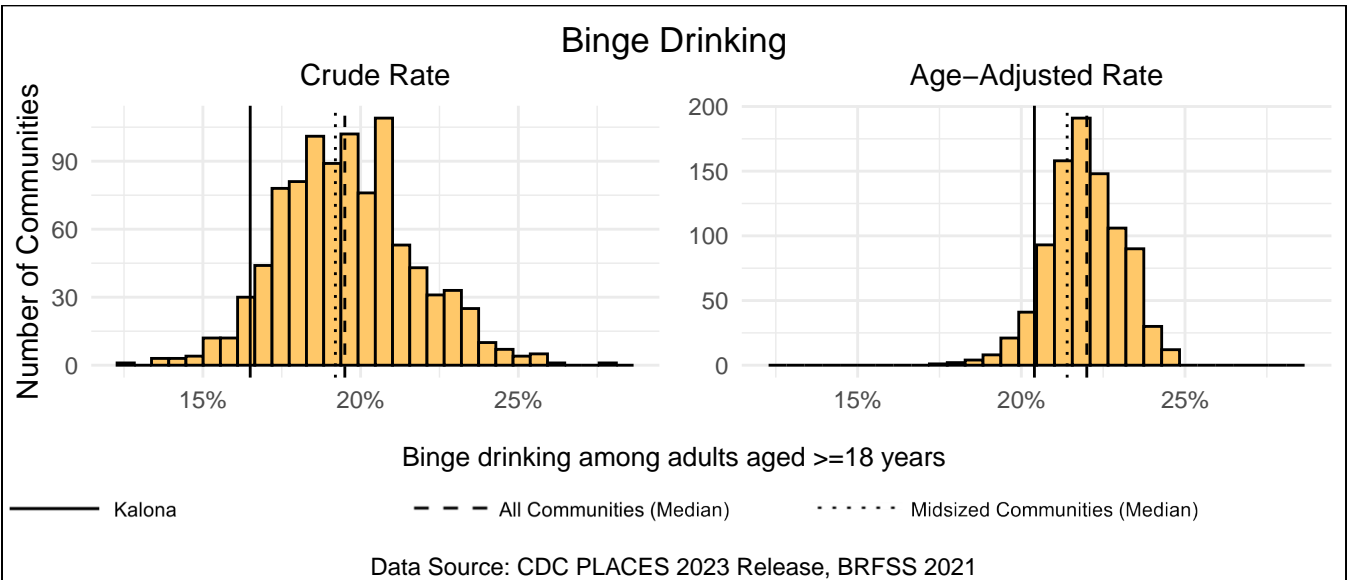
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Kalona has a crude rate of 16.5% for binge drinking among adults aged  $\geq 18$  years, which ranks 53rd out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Kalona is 20.4%, which ranks 68th out of 905 Iowa communities (21st out of 102 midsize communities).

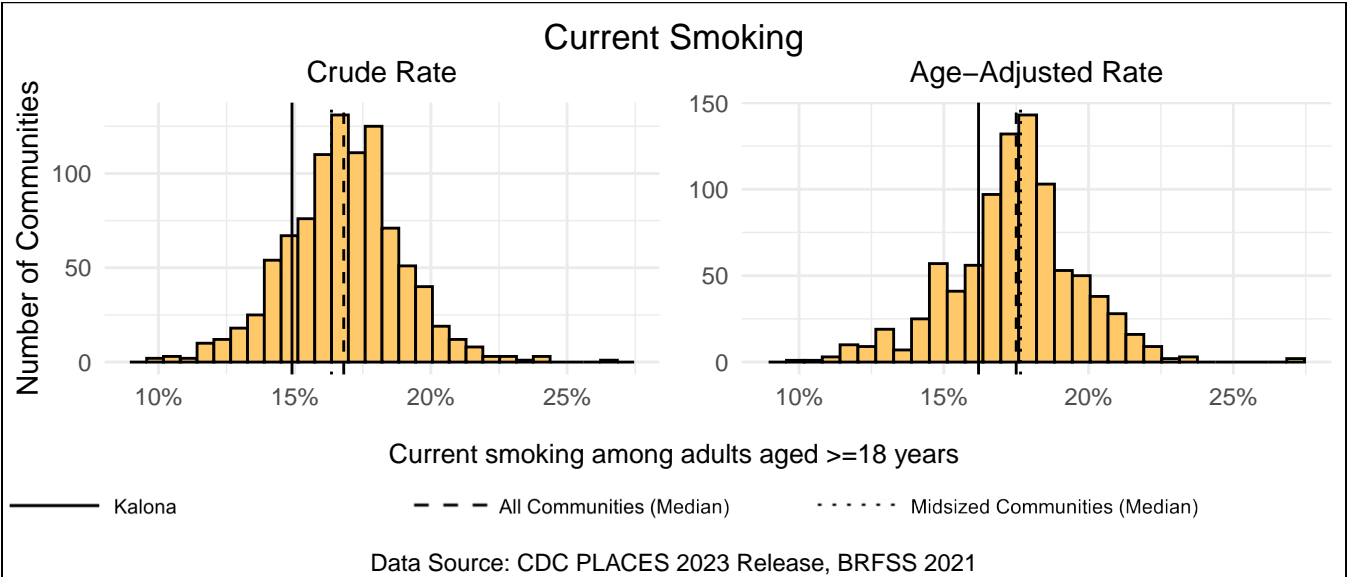
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	16.5%	19.5%	19.2%
Age-Adjusted	20.4%	22.0%	21.4%



# Current Smoking

Kalona has a crude rate of 14.9% for current smoking among adults aged >=18 years, which ranks 160th out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 16.2%, which ranks 209th out of 905 Iowa communities (35th out of 102 mid-sized communities).

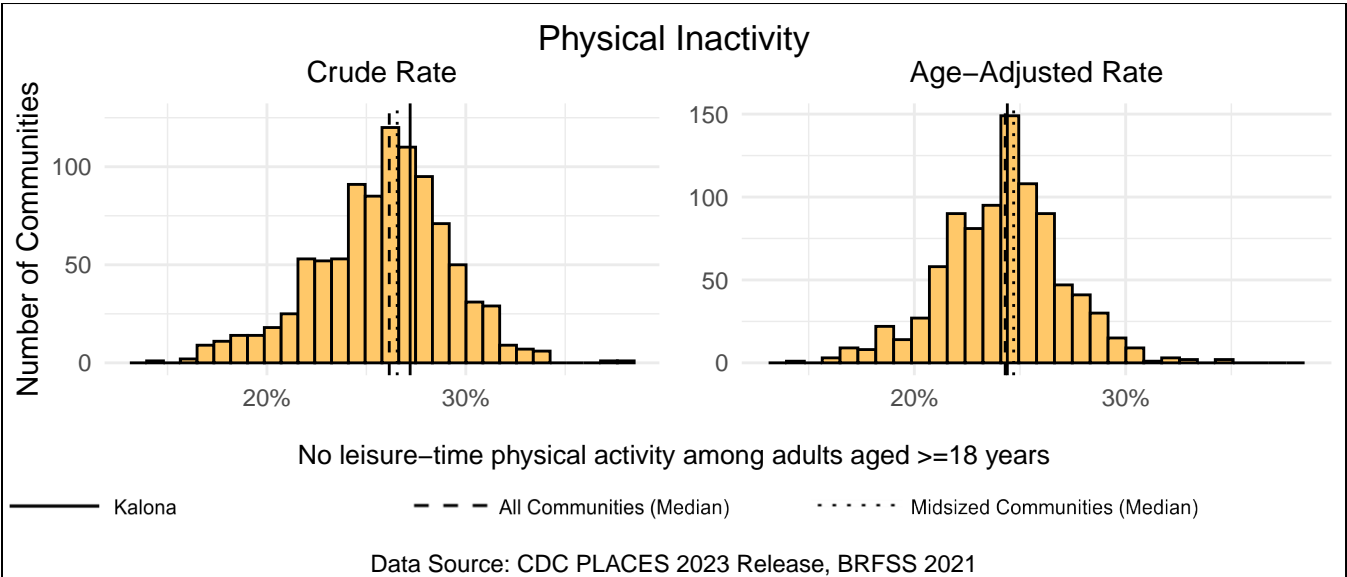
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	14.9%	16.8%	16.4%
Age-Adjusted	16.2%	17.5%	17.6%



# Physical Inactivity

Kalona has a crude rate of 27.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 616th out of 958 Iowa communities (60th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 24.4%, which ranks 462nd out of 905 Iowa communities (45th out of 102 mid-sized communities).

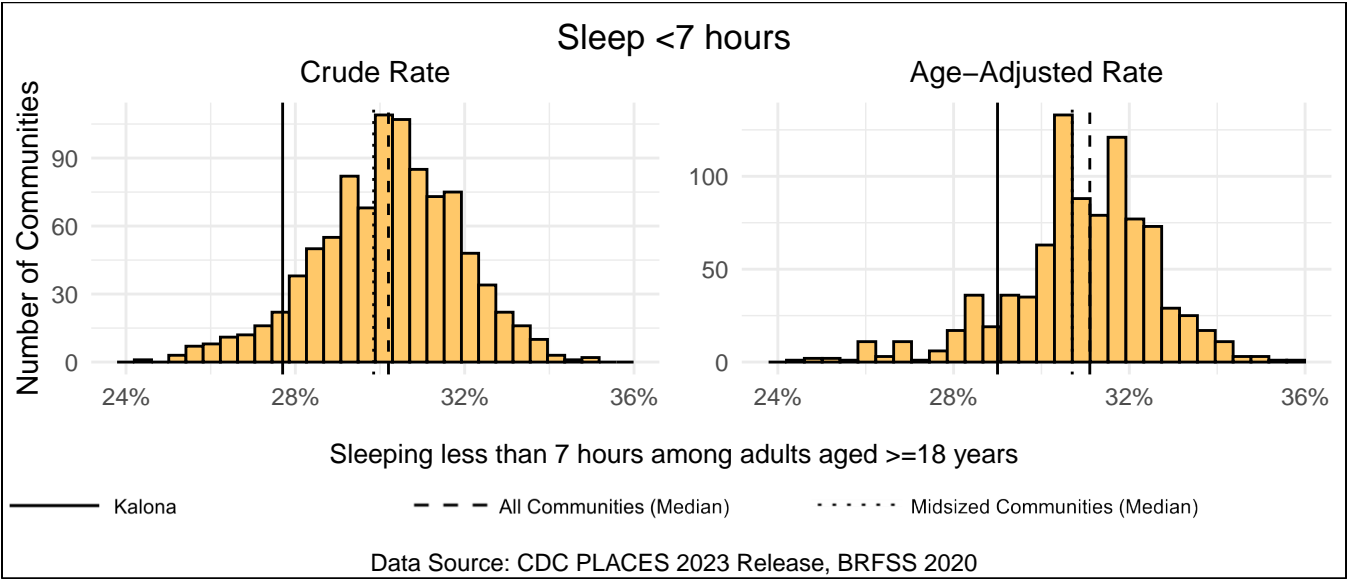
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	27.2%	26.1%	26.6%
Age-Adjusted	24.4%	24.3%	24.7%



Sleep <7 hours

Kalona has a crude rate of 27.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 74th out of 958 Iowa communities (13th out of 102 midsized communities). The age-adjusted rate for Kalona is 29.0%, which ranks 105th out of 905 Iowa communities (19th out of 102 midsized communities).

Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	27.7%	30.2%	29.8%
Age-Adjusted	29.0%	31.1%	30.7%



# Health Outcomes

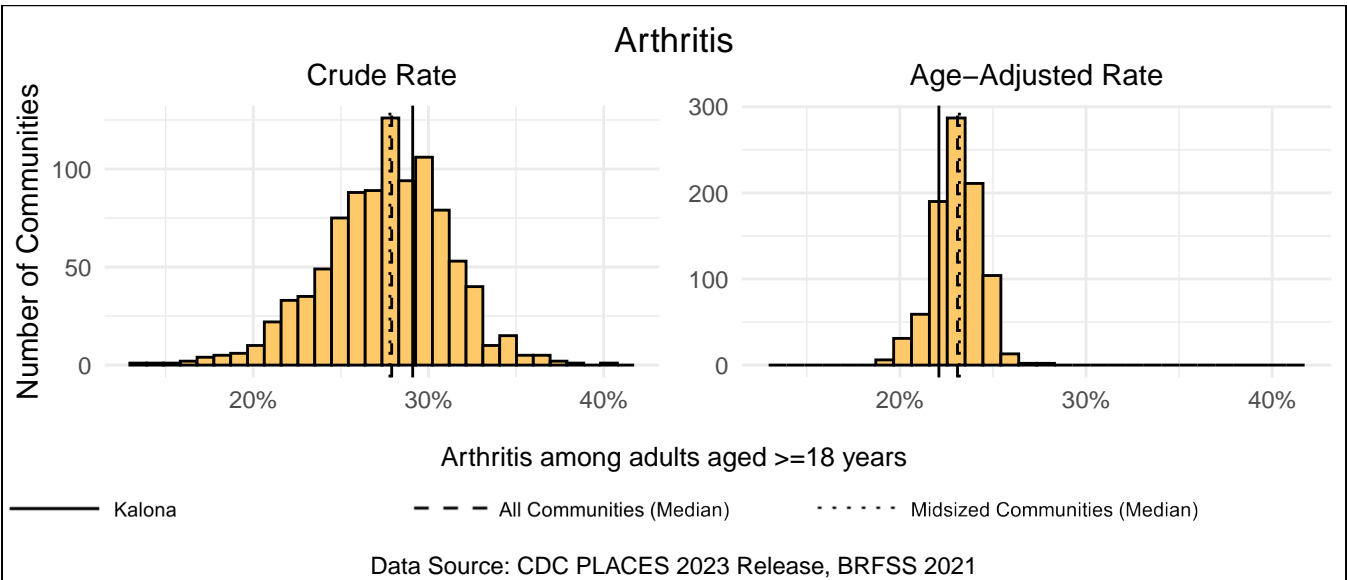
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Kalona has a crude rate of 29.1% for arthritis among adults aged  $\geq 18$  years, which ranks 618th out of 958 Iowa communities (73rd out of 102 midsized communities). The age-adjusted rate for Kalona is 22.1%, which ranks 176th out of 905 Iowa communities (25th out of 102 midsized communities).

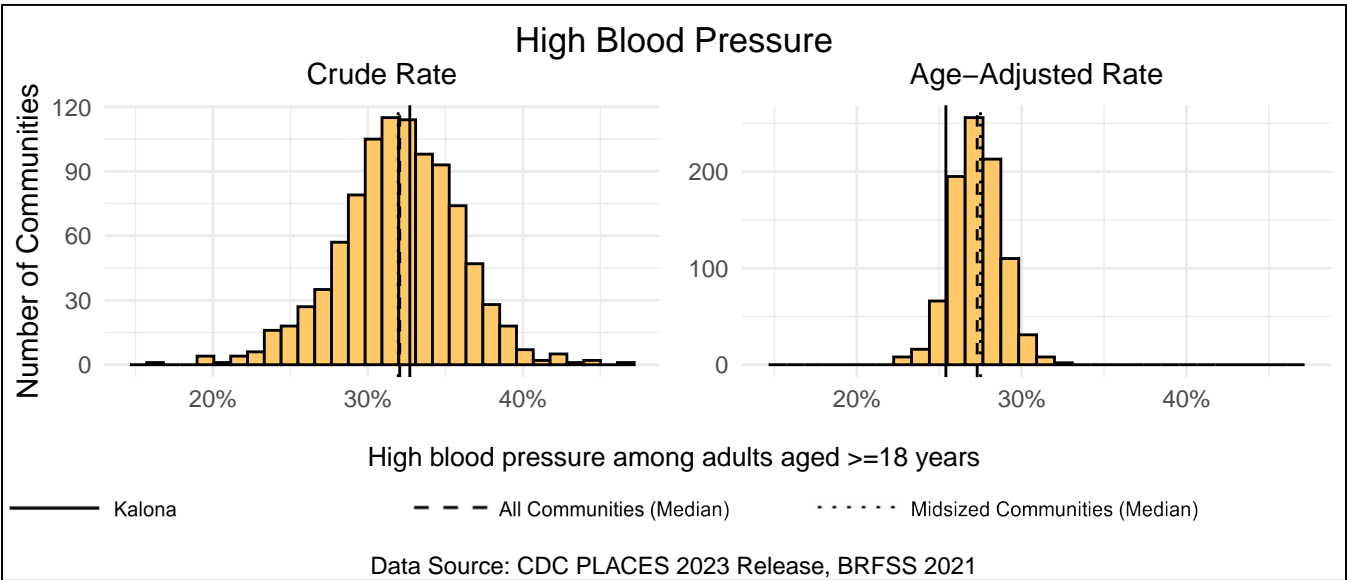
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	29.1%	27.9%	27.8%
Age-Adjusted	22.1%	23.1%	23.2%



## High Blood Pressure

Kalona has a crude rate of 32.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 535th out of 958 Iowa communities (61st out of 102 mid-sized communities). The age-adjusted rate for Kalona is 25.4%, which ranks 80th out of 905 Iowa communities (15th out of 102 mid-sized communities).

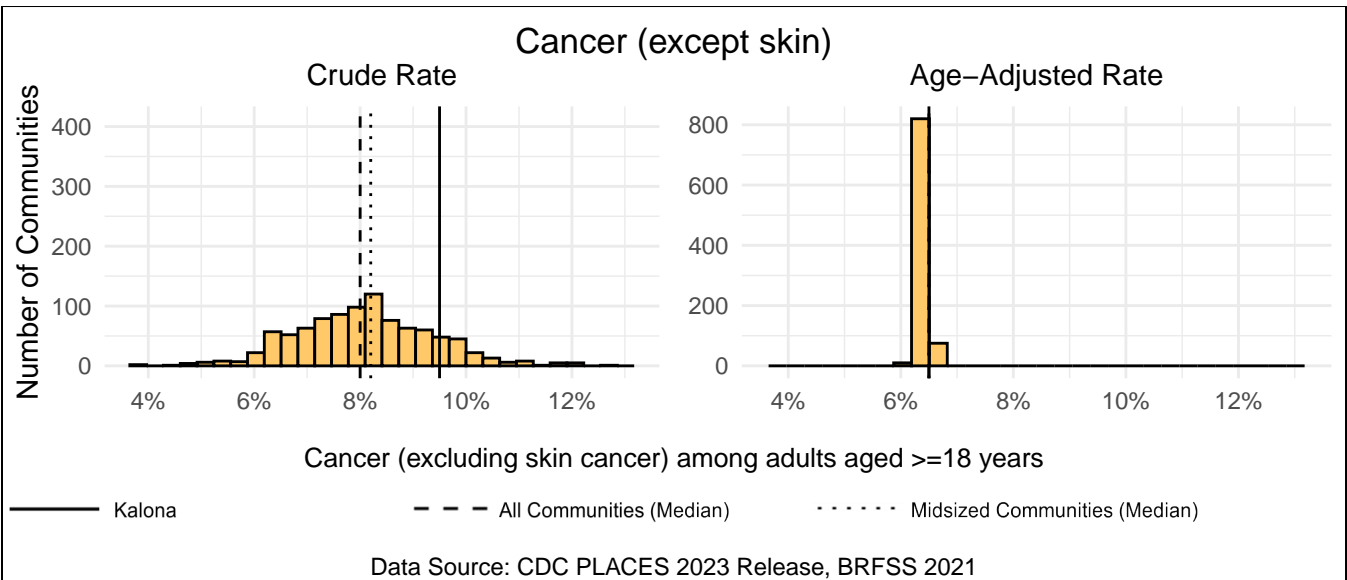
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	32.7%	32.0%	32.0%
Age-Adjusted	25.4%	27.3%	27.5%



## Cancer (except skin)

Kalona has a crude rate of 9.5% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 824th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

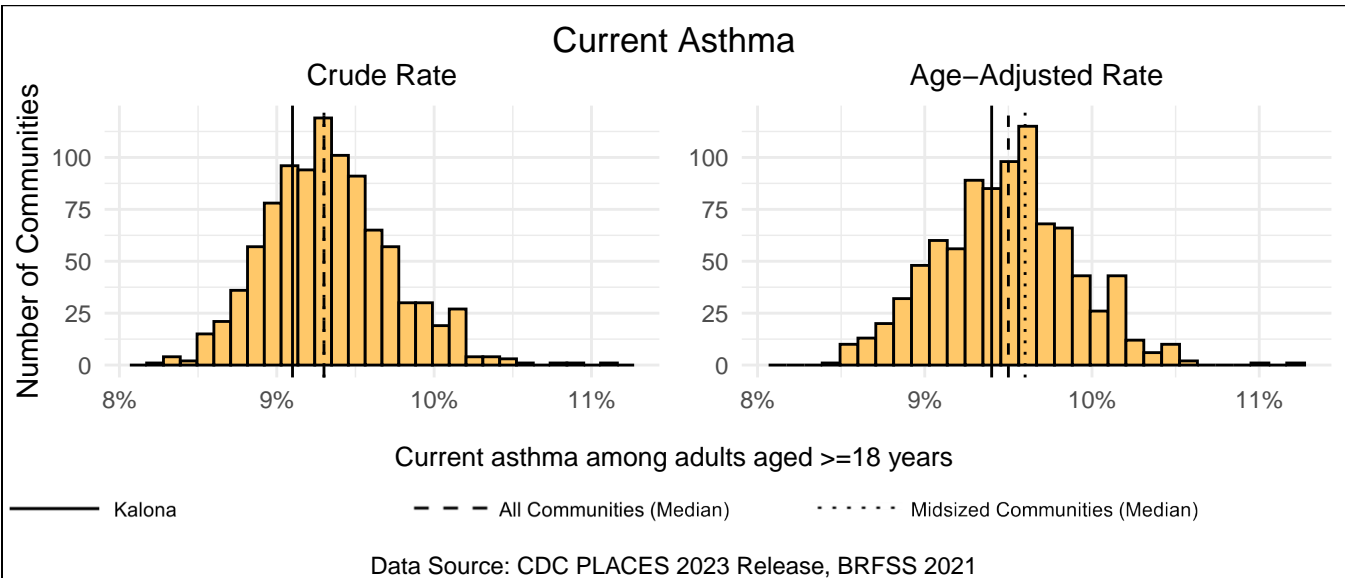
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	9.5%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Kalona has a crude rate of 9.1% for current asthma among adults aged  $\geq 18$  years, which ranks 215th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Kalona is 9.4%, which ranks 330th out of 905 Iowa communities (33rd out of 102 midsize communities).

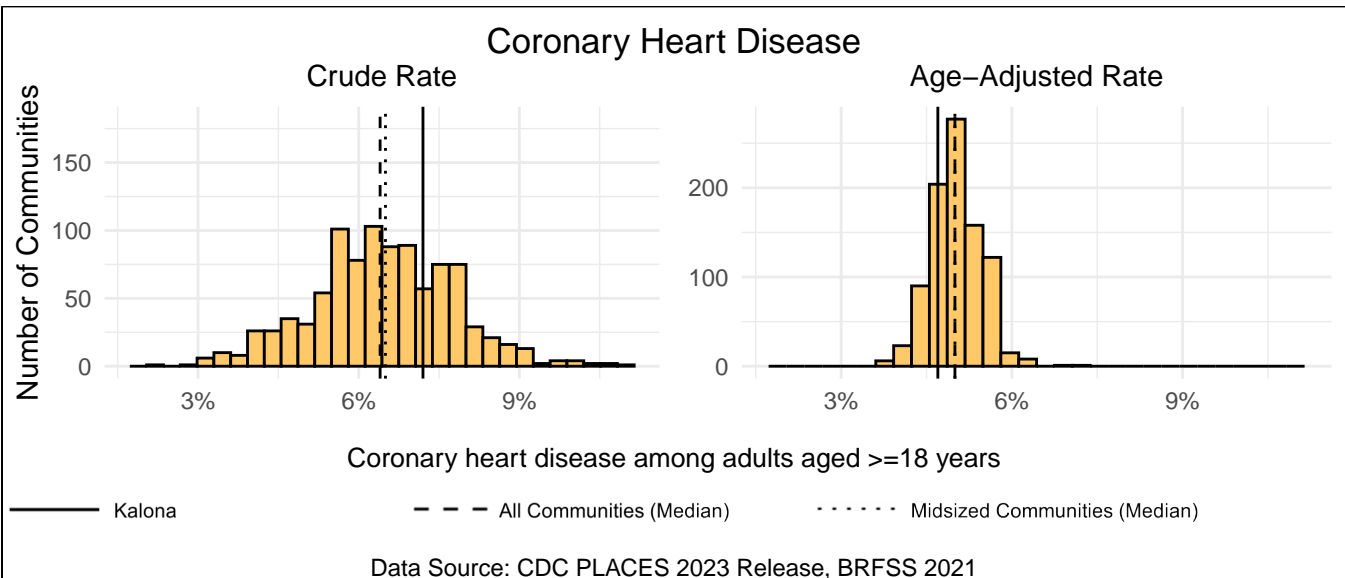
Measure Type	Kalona	All Comm.	Midsize Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.6%



## Coronary Heart Disease

Kalona has a crude rate of 7.2% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 678th out of 958 Iowa communities (72nd out of 102 midsize communities). The age-adjusted rate for Kalona is 4.7%, which ranks 187th out of 905 Iowa communities (35th out of 102 midsize communities).

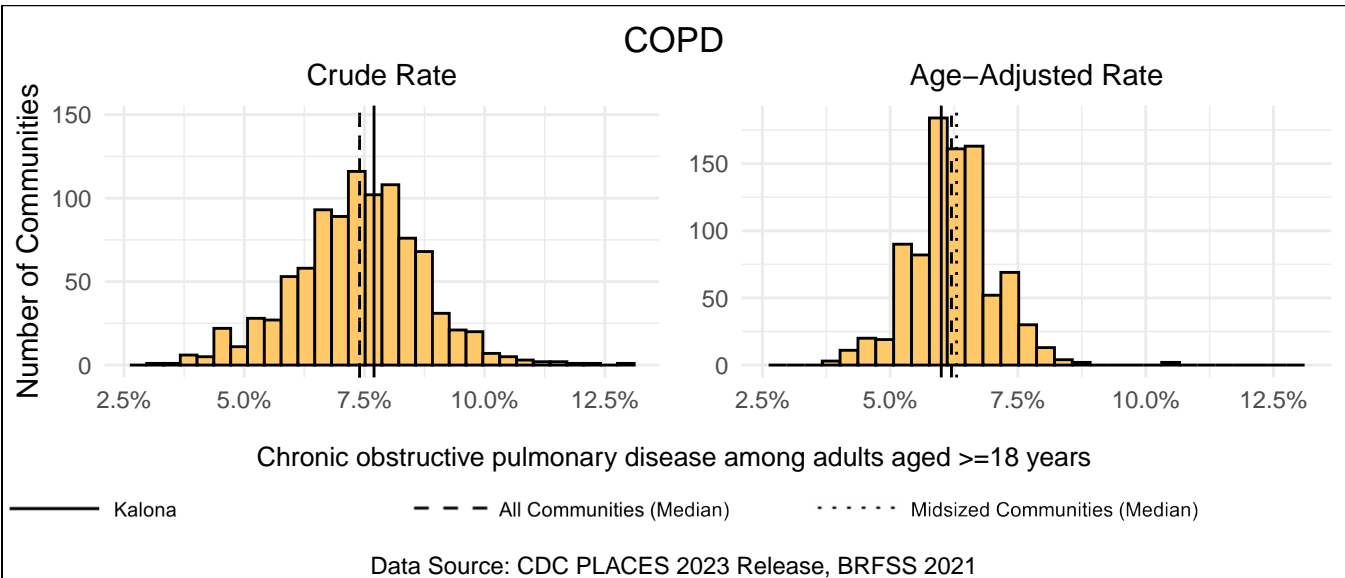
Measure Type	Kalona	All Comm.	Midsize Comm.
Crude	7.2%	6.4%	6.5%
Age-Adjusted	4.7%	5.0%	5.0%



## COPD

Kalona has a crude rate of 7.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 540th out of 958 Iowa communities (58th out of 102 midsized communities). The age-adjusted rate for Kalona is 6.0%, which ranks 305th out of 905 Iowa communities (39th out of 102 midsized communities).

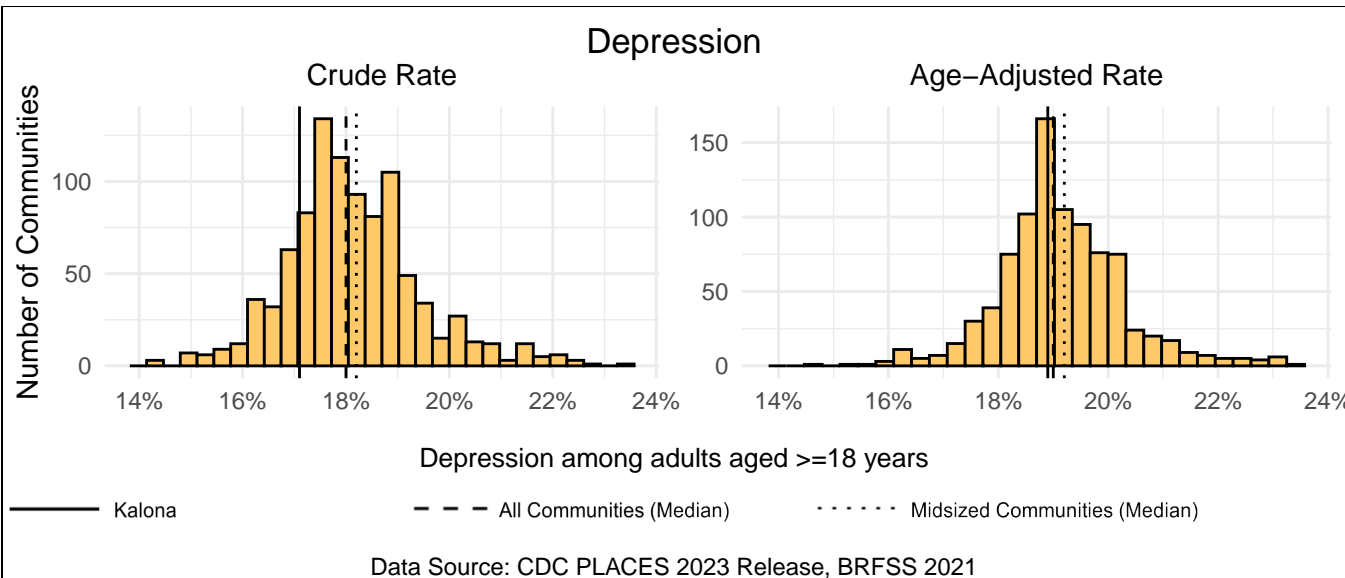
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	7.7%	7.4%	7.4%
Age-Adjusted	6.0%	6.2%	6.3%



## Depression

Kalona has a crude rate of 17.1% for depression among adults aged  $\geq 18$  years, which ranks 169th out of 958 Iowa communities (12th out of 102 midsized communities). The age-adjusted rate for Kalona is 18.9%, which ranks 368th out of 905 Iowa communities (39th out of 102 midsized communities).

Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	17.1%	18.0%	18.2%
Age-Adjusted	18.9%	19.0%	19.2%

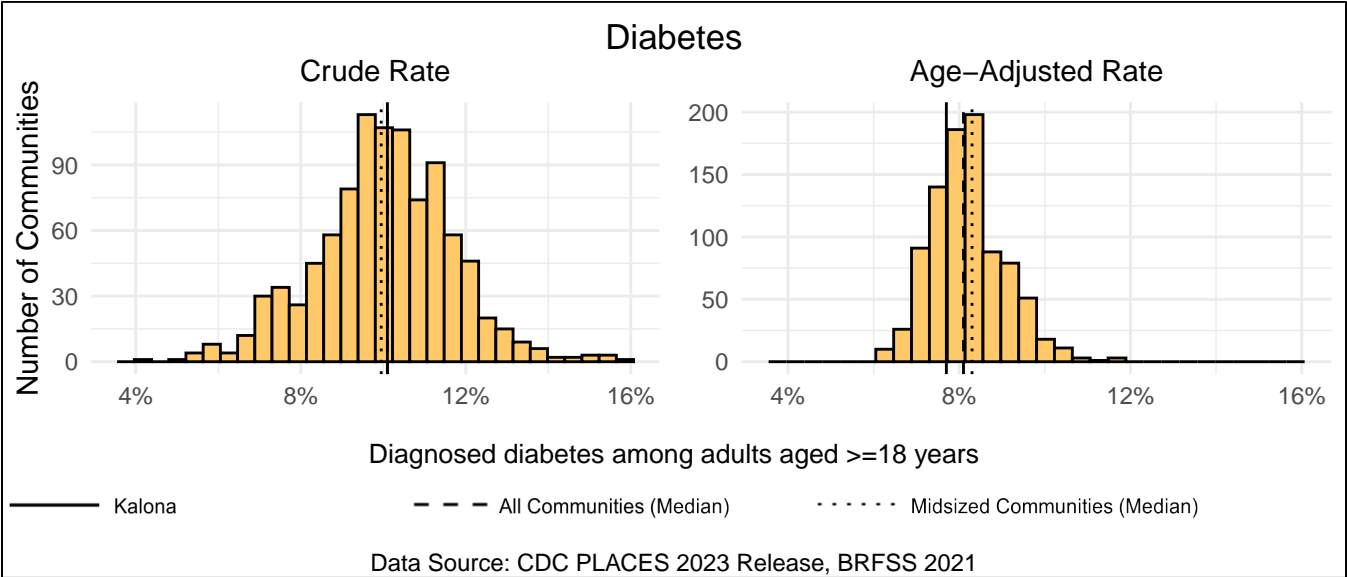




# Diabetes

Kalona has a crude rate of 10.1% for diagnosed diabetes among adults aged >=18 years, which ranks 470th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Kalona is 7.7%, which ranks 234th out of 905 Iowa communities (37th out of 102 midsize communities).

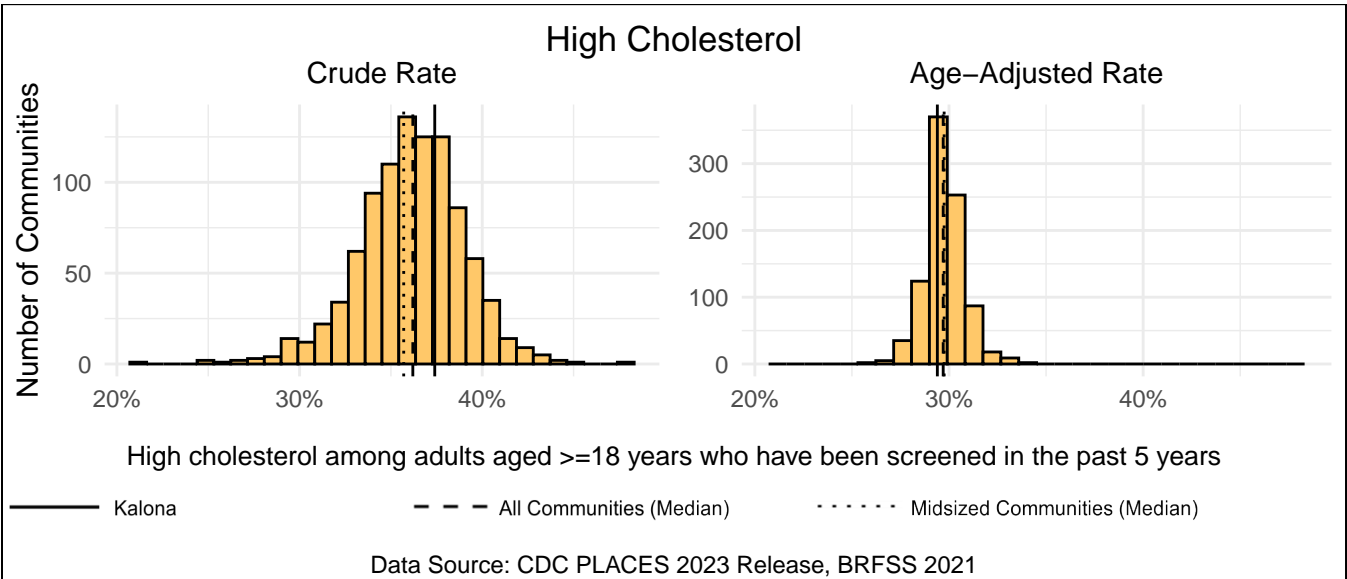
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	10.1%	10.1%	9.9%
Age-Adjusted	7.7%	8.1%	8.3%



# High Cholesterol

Kalona has a crude rate of 37.4% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 642nd out of 958 Iowa communities (82nd out of 102 midsize communities). The age-adjusted rate for Kalona is 29.4%, which ranks 301st out of 905 Iowa communities (32nd out of 102 midsize communities).

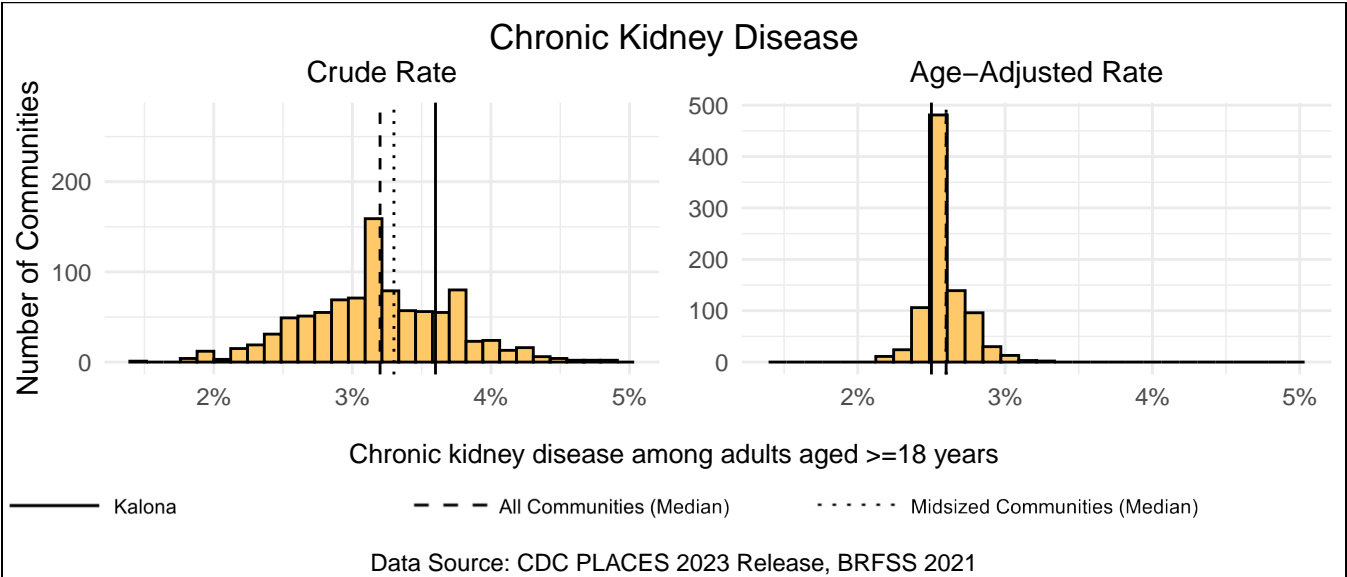
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	37.4%	36.2%	35.7%
Age-Adjusted	29.4%	29.7%	29.8%



# Chronic Kidney Disease

Kalona has a crude rate of 3.6% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 732nd out of 958 Iowa communities (77th out of 102 midsize communities). The age-adjusted rate for Kalona is 2.5%, which ranks 142nd out of 905 Iowa communities (27th out of 102 midsize communities).

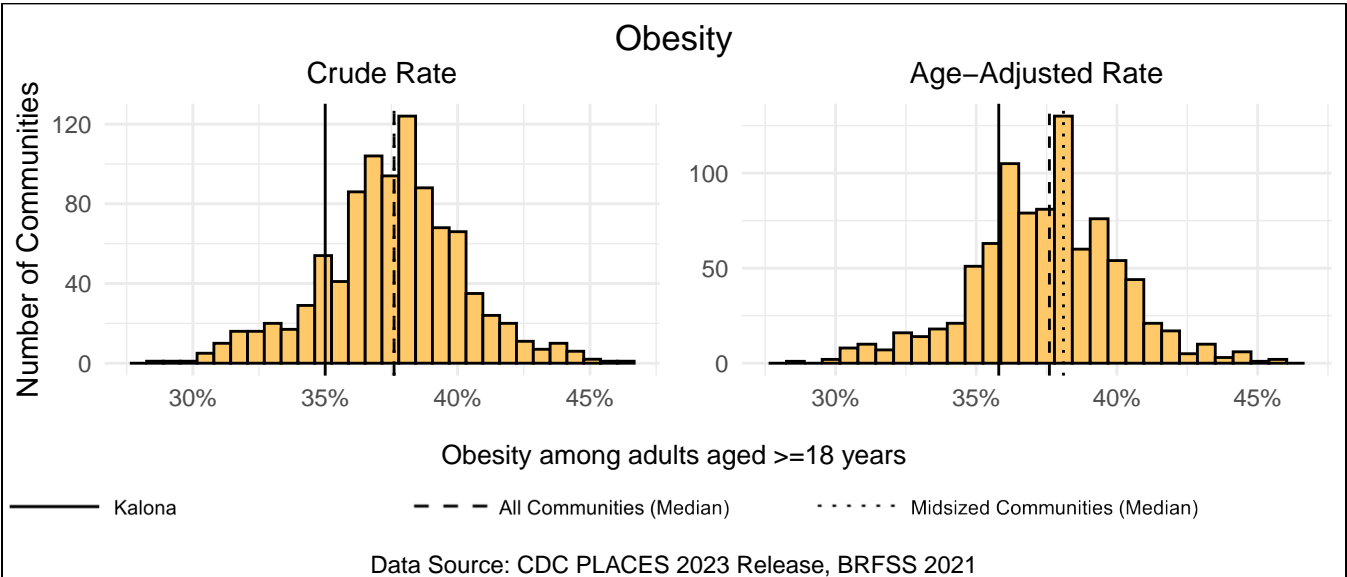
Measure Type	Kalona	All Comm.	Midsize Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# Obesity

Kalona has a crude rate of 35.0% for obesity among adults aged  $\geq 18$  years, which ranks 140th out of 958 Iowa communities (26th out of 102 midsize communities). The age-adjusted rate for Kalona is 35.8%, which ranks 201st out of 905 Iowa communities (26th out of 102 midsize communities).

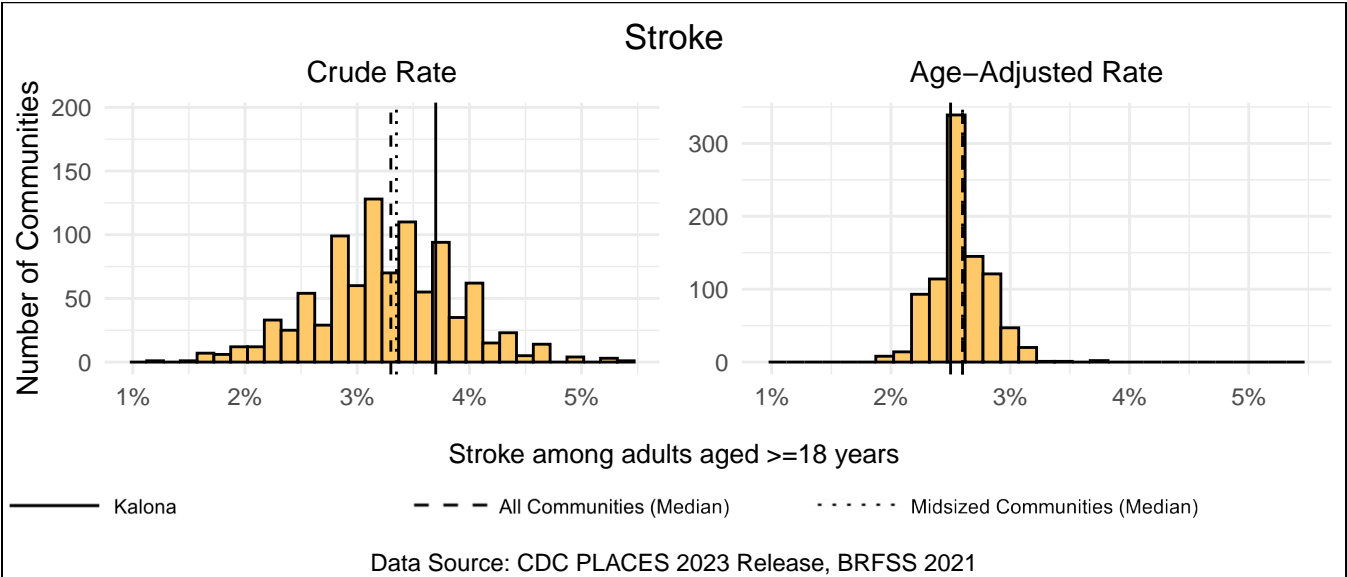
Measure Type	Kalona	All Comm.	Midsize Comm.
Crude	35.0%	37.6%	37.6%
Age-Adjusted	35.8%	37.6%	38.1%



# Stroke

Kalona has a crude rate of 3.7% for stroke among adults aged >=18 years, which ranks 703rd out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Kalona is 2.5%, which ranks 230th out of 905 Iowa communities (36th out of 102 midsize communities).

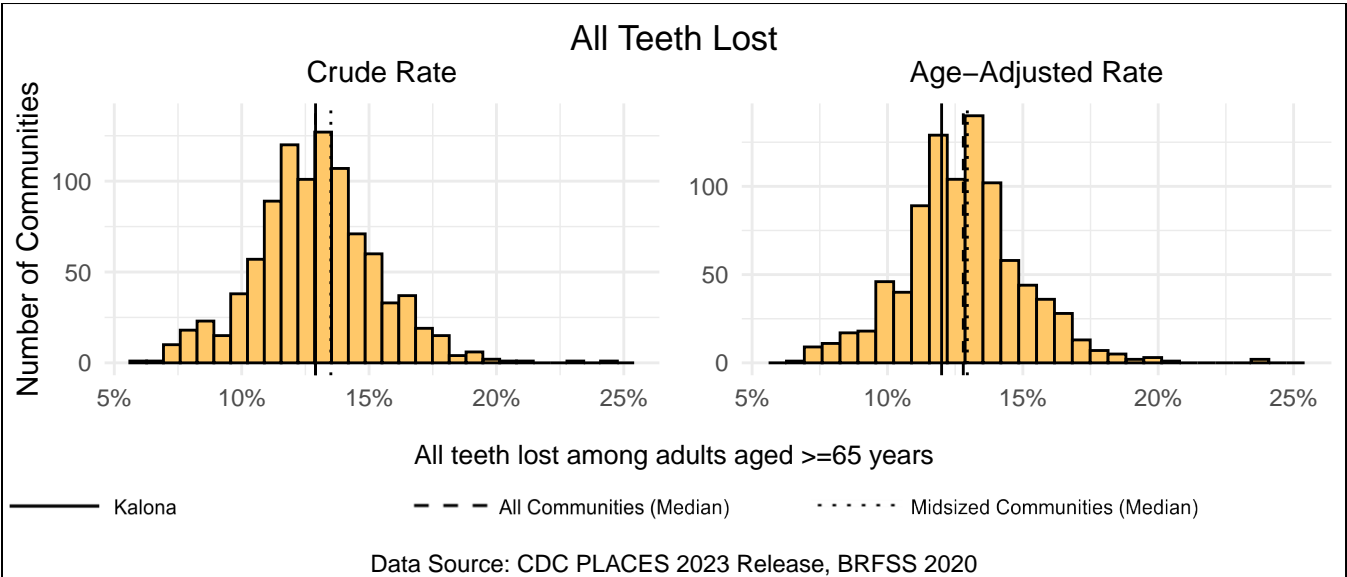
Measure Type	Kalona	All Comm.	Midsize Comm.
Crude	3.7%	3.3%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# All Teeth Lost

Kalona has a crude rate of 12.9% for all teeth lost among adults aged >=65 years, which ranks 474th out of 958 Iowa communities (41st out of 102 midsize communities). The age-adjusted rate for Kalona is 12.0%, which ranks 302nd out of 905 Iowa communities (38th out of 102 midsize communities).

Measure Type	Kalona	All Comm.	Midsize Comm.
Crude	12.9%	12.9%	13.5%
Age-Adjusted	12.0%	12.8%	12.9%



# Prevention

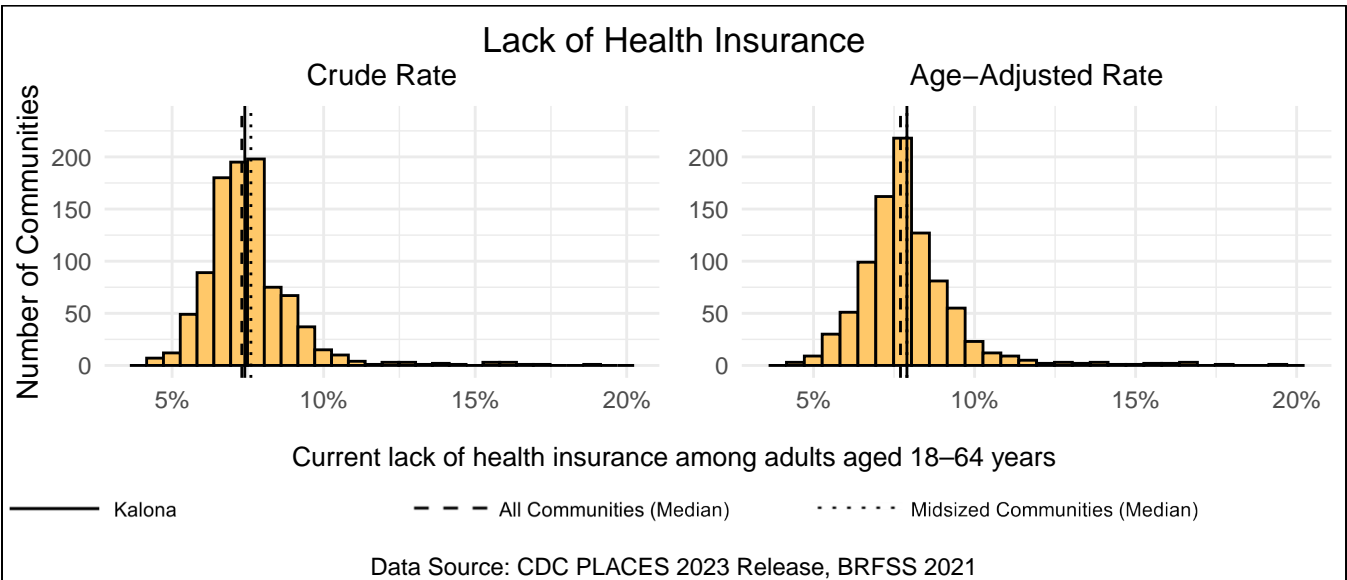
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Kalona has a crude rate of 7.4% for current lack of health insurance among adults aged 18–64 years, which ranks 489th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 7.9%, which ranks 498th out of 905 Iowa communities (46th out of 102 mid-sized communities).

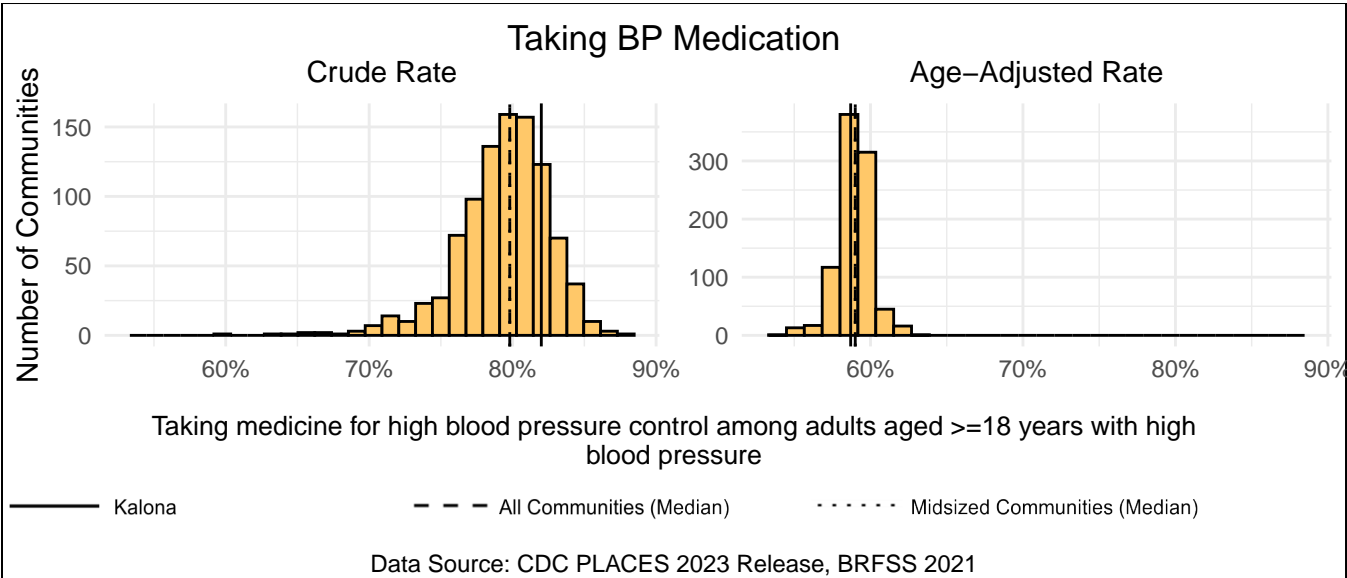
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	7.4%	7.3%	7.6%
Age-Adjusted	7.9%	7.7%	7.9%



# Taking BP Medication

Kalona has a crude rate of 82.0% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 163rd out of 958 Iowa communities (8th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 58.7%, which ranks 537th out of 905 Iowa communities (65th out of 102 mid-sized communities).

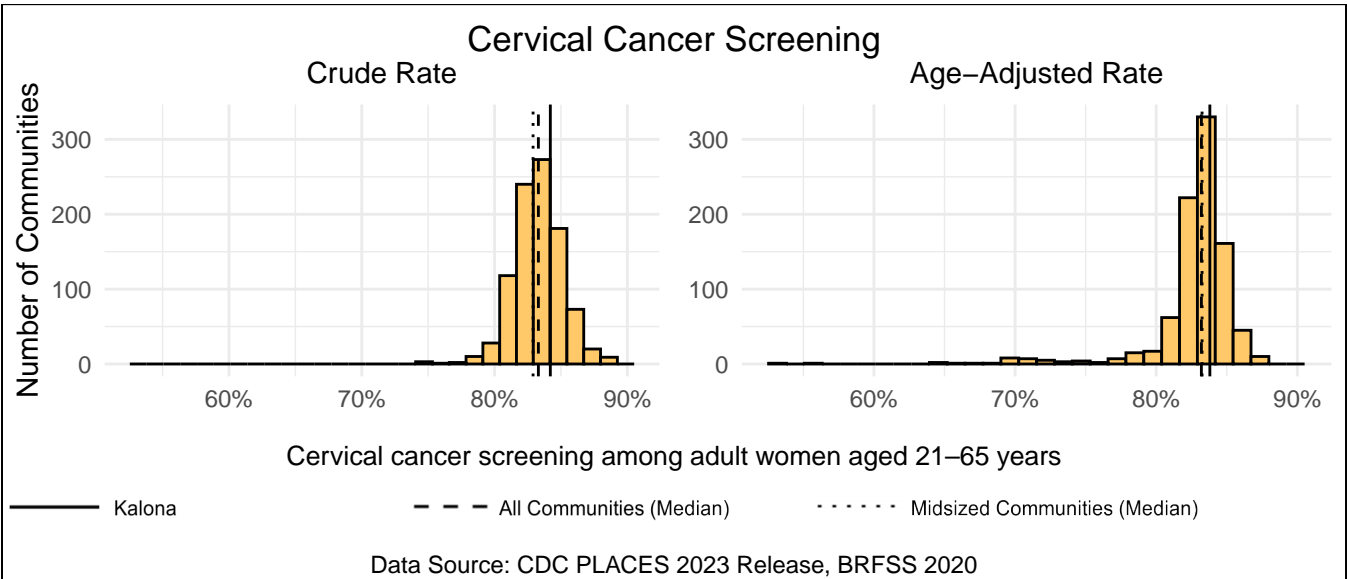
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	82.0%	79.8%	79.8%
Age-Adjusted	58.7%	59.0%	59.0%



# Cervical Cancer Screening

Kalona has a crude rate of 84.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 264th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Kalona is 83.8%, which ranks 268th out of 905 Iowa communities (40th out of 102 midsized communities).

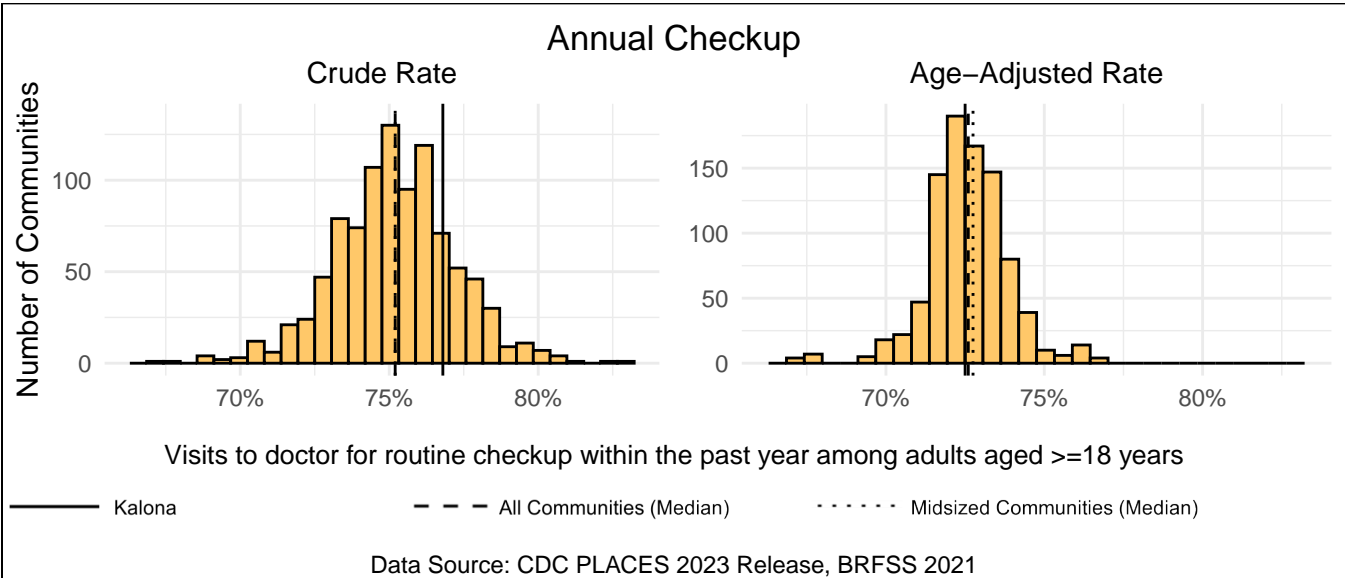
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	84.2%	83.3%	82.9%
Age-Adjusted	83.8%	83.2%	83.2%



## Annual Checkup

Kalona has a crude rate of 76.8% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 191st out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Kalona is 72.5%, which ranks 468th out of 905 Iowa communities (59th out of 102 midsize communities).

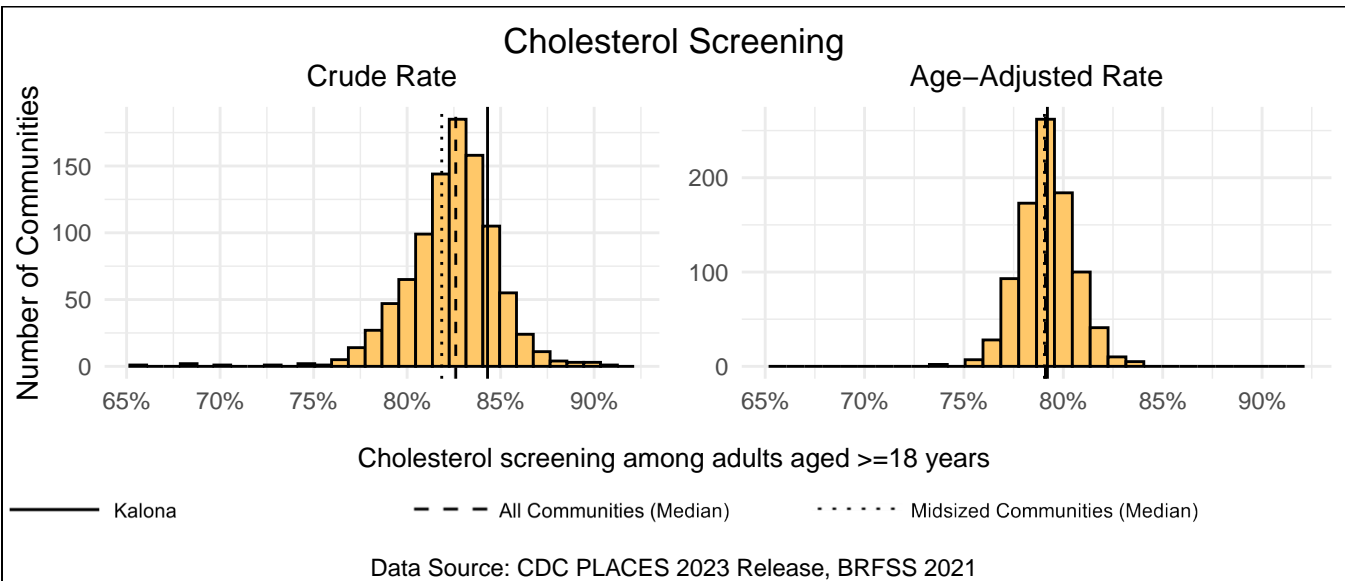
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	76.8%	75.2%	75.2%
Age-Adjusted	72.5%	72.6%	72.8%



## Cholesterol Screening

Kalona has a crude rate of 84.3% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 172nd out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Kalona is 79.2%, which ranks 408th out of 905 Iowa communities (47th out of 102 midsize communities).

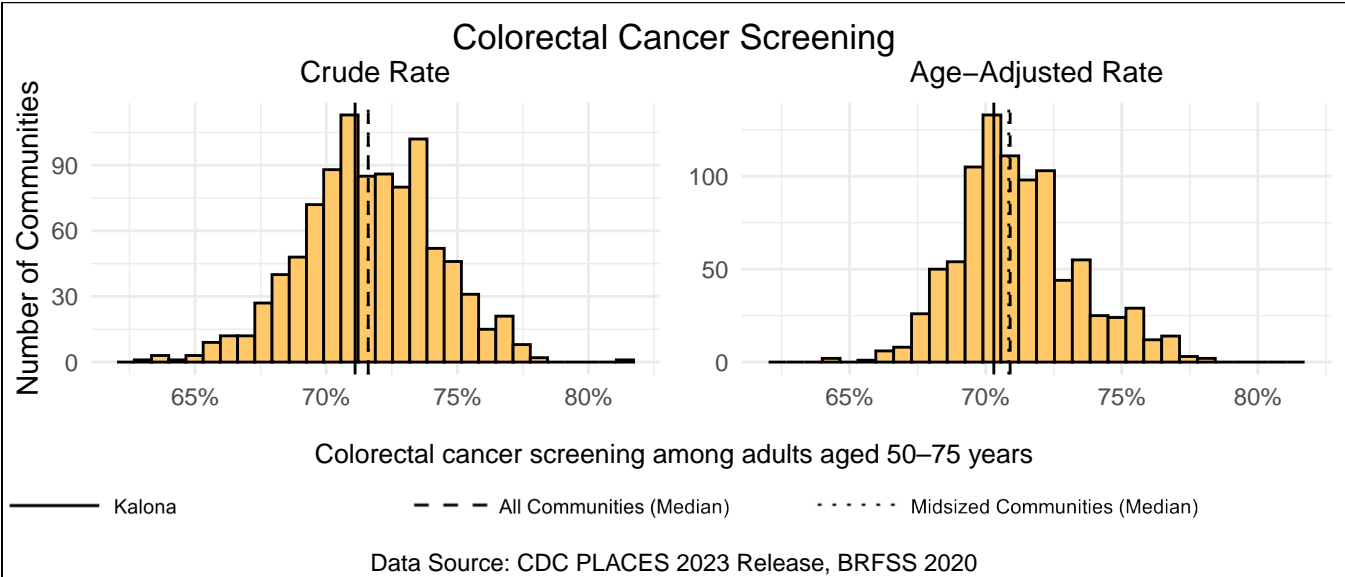
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	84.3%	82.6%	81.8%
Age-Adjusted	79.2%	79.1%	79.0%



## Colorectal Cancer Screening

Kalona has a crude rate of 71.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 551st out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 70.3%, which ranks 553rd out of 905 Iowa communities (58th out of 102 mid-sized communities).

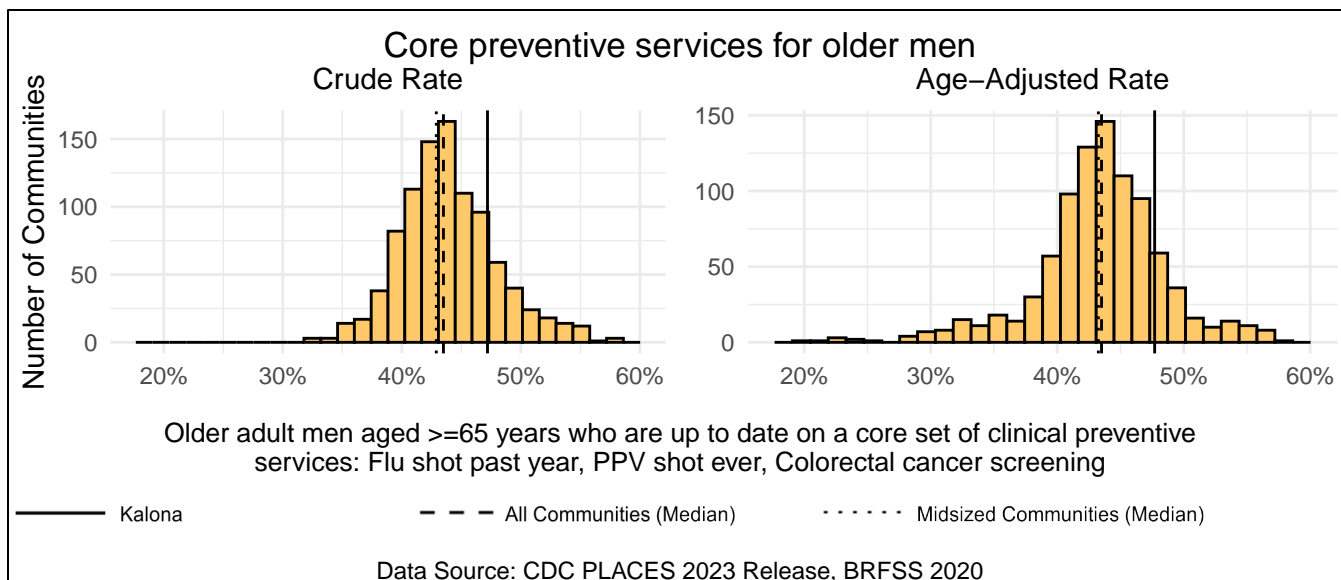
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	71.1%	71.6%	71.6%
Age-Adjusted	70.3%	70.9%	70.8%



## Core preventive services for older men

Kalona has a crude rate of 47.2% 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 177th out of 958 Iowa communities (18th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 47.7%, which ranks 139th out of 905 Iowa communities (19th out of 102 mid-sized communities).

Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	47.2%	43.5%	42.9%
Age-Adjusted	47.7%	43.5%	43.2%

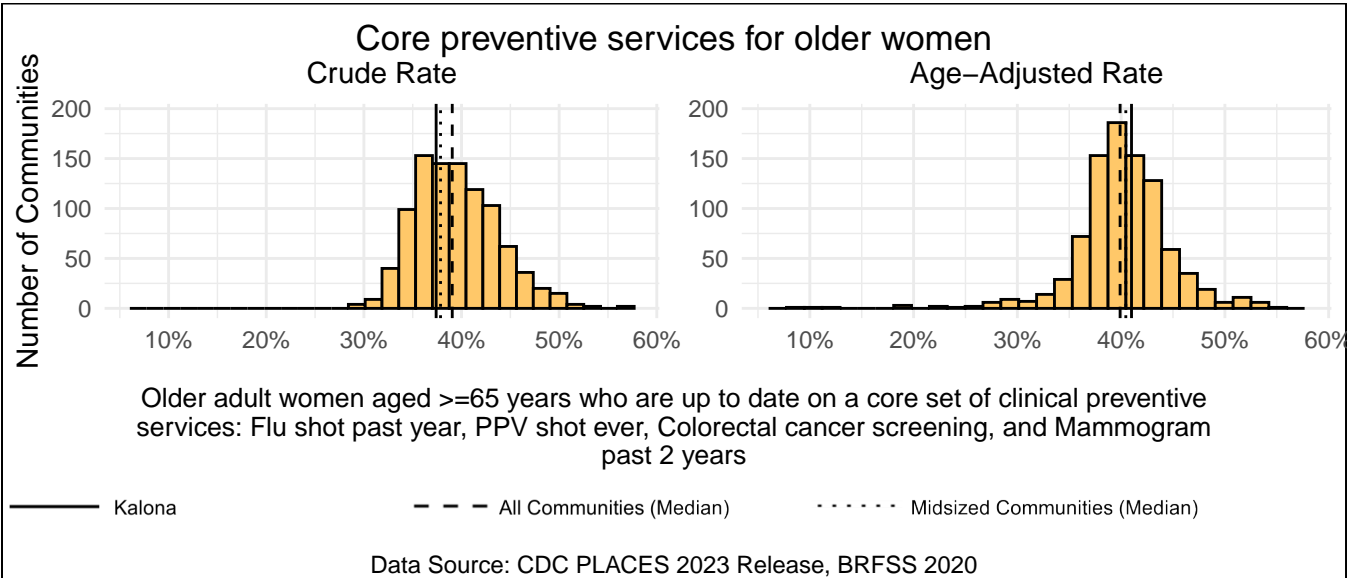




### Core preventive services for older women

Kalona has a crude rate of 37.4% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 631st out of 958 Iowa communities (54th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 41.0%, which ranks 359th out of 905 Iowa communities (42nd out of 102 mid-sized communities).

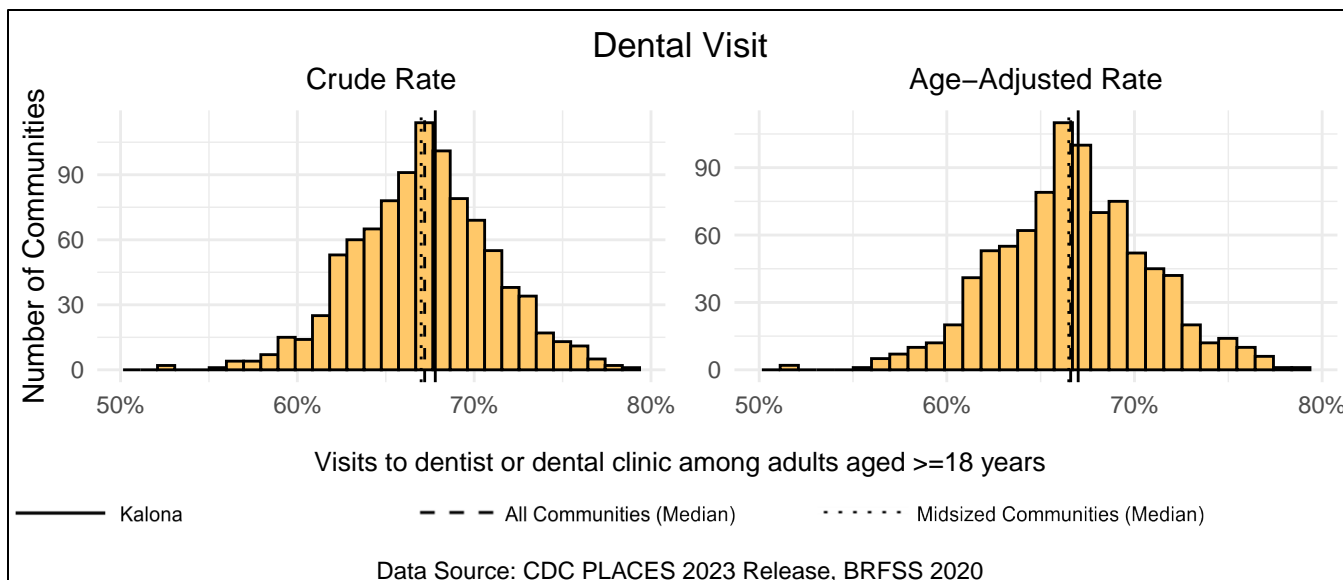
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	37.4%	39.0%	37.8%
Age-Adjusted	41.0%	39.9%	40.4%



### Dental Visit

Kalona has a crude rate of 67.8% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 407th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 67.0%, which ranks 411th out of 905 Iowa communities (46th out of 102 mid-sized communities).

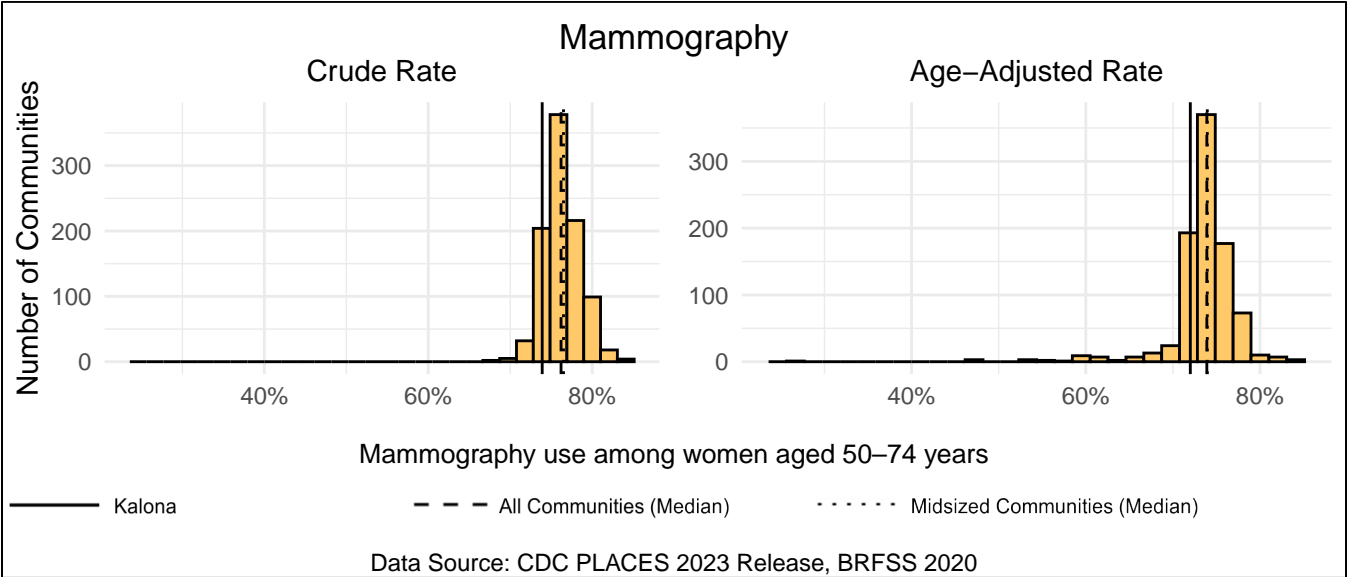
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	67.8%	67.2%	67.0%
Age-Adjusted	67.0%	66.6%	66.5%



# Mammography

Kalona has a crude rate of 73.9% for mammography use among women aged 50–74 years, which ranks 839th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Kalona is 72.0%, which ranks 742nd out of 905 Iowa communities (85th out of 102 mid-sized communities).

Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	73.9%	76.2%	76.5%
Age-Adjusted	72.0%	73.9%	74.0%



# Disability

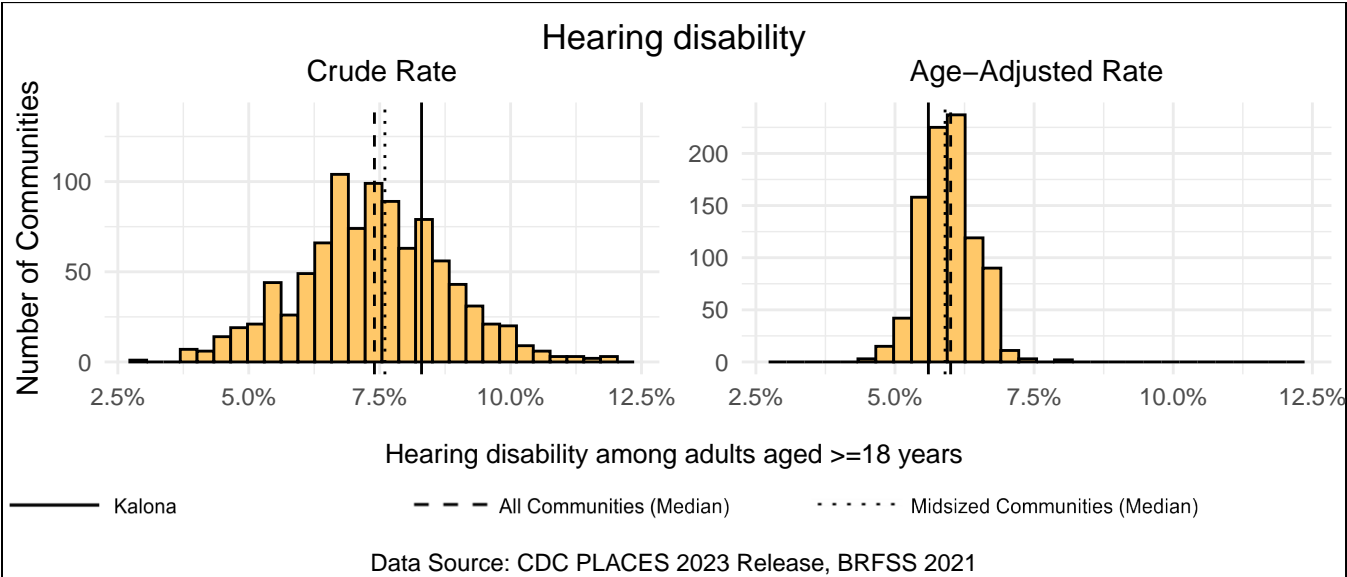
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Kalona has a crude rate of 8.3% for hearing disability among adults aged  $\geq 18$  years, which ranks 702nd out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for Kalona is 5.6%, which ranks 163rd out of 905 Iowa communities (35th out of 102 mid-sized communities).

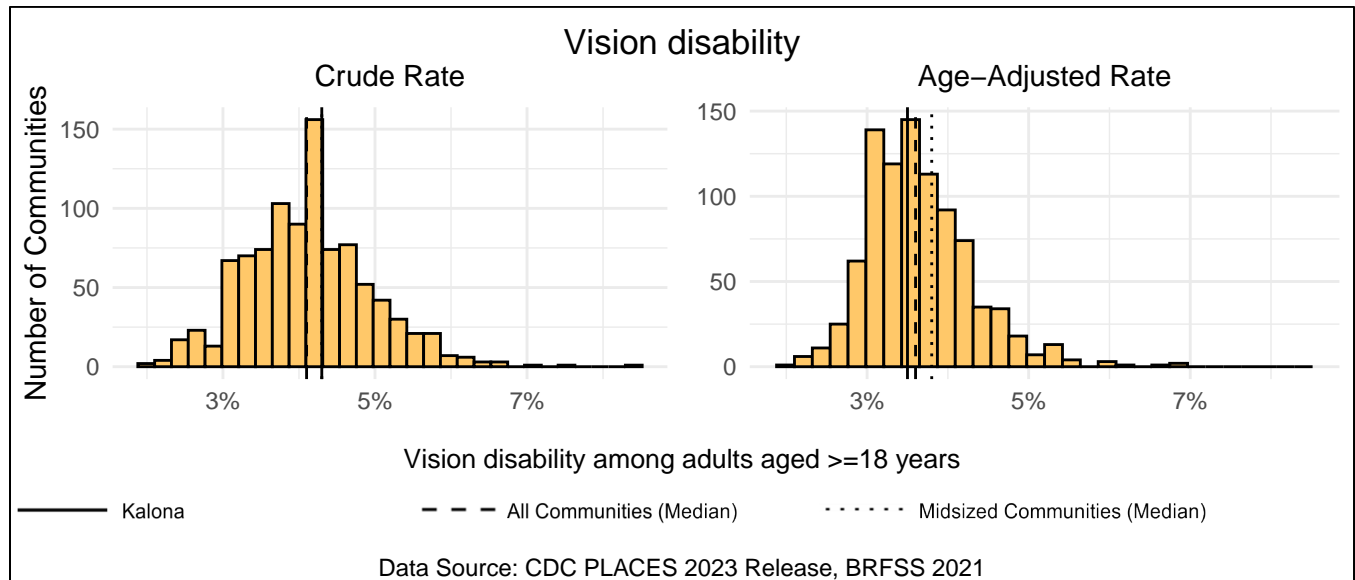
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	8.3%	7.4%	7.6%
Age-Adjusted	5.6%	6.0%	5.9%



## Vision disability

Kalona has a crude rate of 4.3% for vision disability among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Kalona is 3.5%, which ranks 364th out of 905 Iowa communities (40th out of 102 midsize communities).

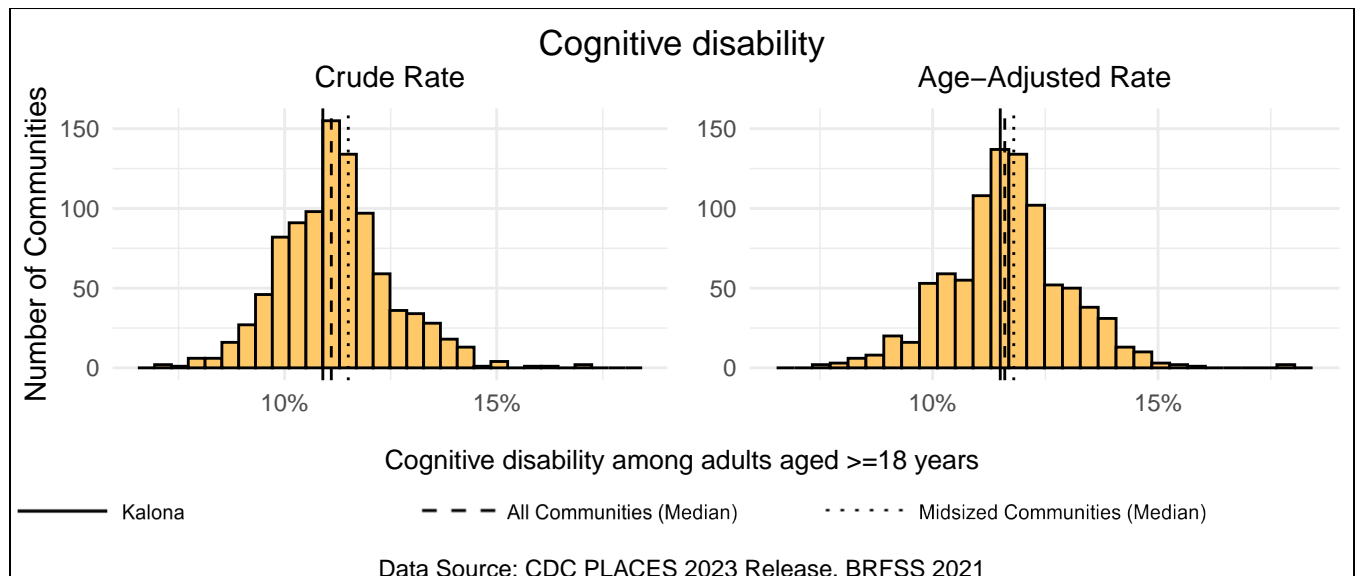
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	4.3%	4.1%	4.3%
Age-Adjusted	3.5%	3.6%	3.8%



## Cognitive disability

Kalona has a crude rate of 10.9% for cognitive disability among adults aged  $\geq 18$  years, which ranks 376th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Kalona is 11.5%, which ranks 399th out of 905 Iowa communities (42nd out of 102 midsize communities).

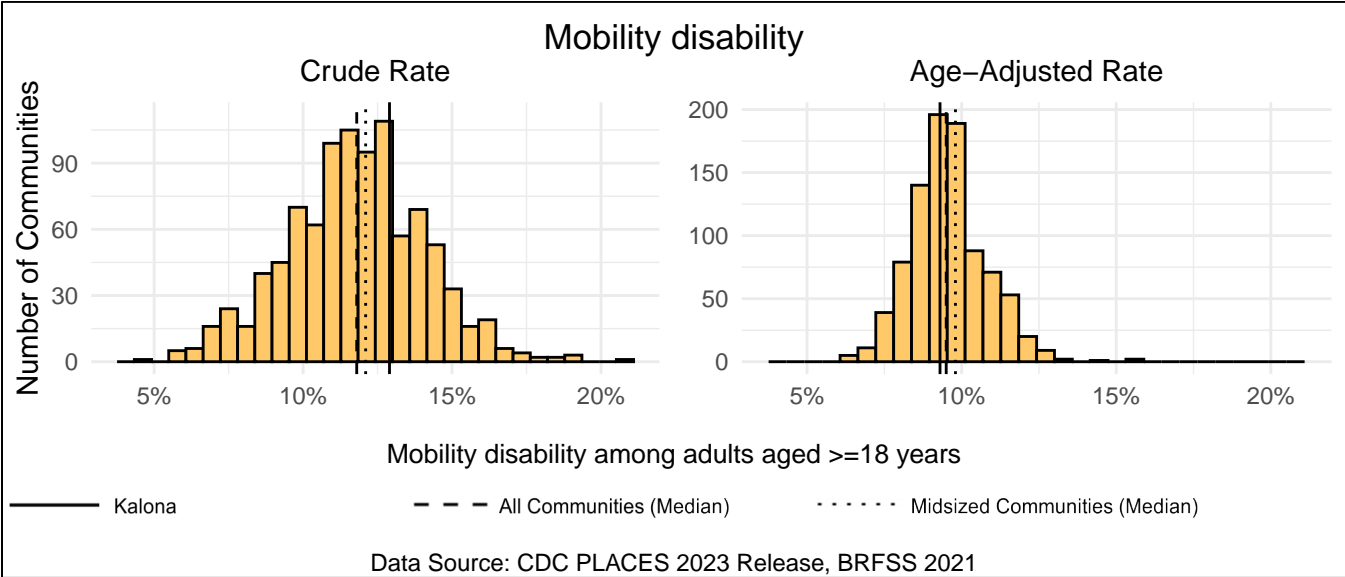
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	10.9%	11.1%	11.5%
Age-Adjusted	11.5%	11.6%	11.8%



## Mobility disability

Kalona has a crude rate of 12.9% for mobility disability among adults aged  $\geq 18$  years, which ranks 655th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Kalona is 9.3%, which ranks 361st out of 905 Iowa communities (40th out of 102 mid-sized communities).

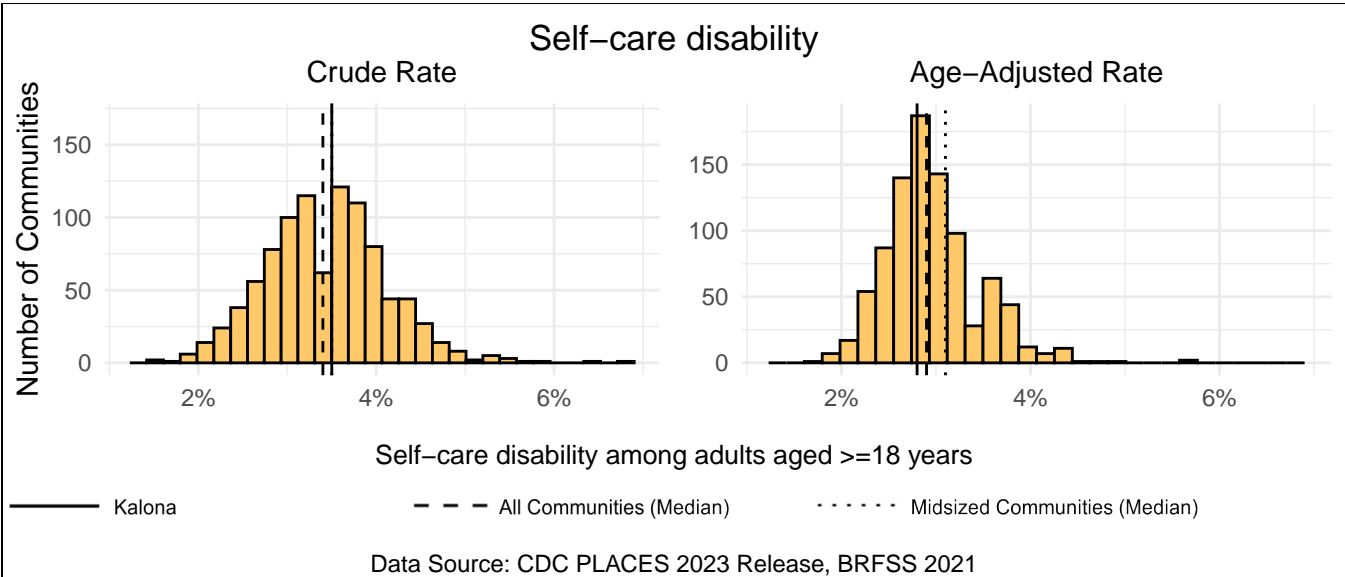
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	12.9%	11.8%	12.1%
Age-Adjusted	9.3%	9.5%	9.8%



## Self-care disability

Kalona has a crude rate of 3.5% for self-care disability among adults aged  $\geq 18$  years, which ranks 497th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Kalona is 2.8%, which ranks 307th out of 905 Iowa communities (37th out of 102 mid-sized communities).

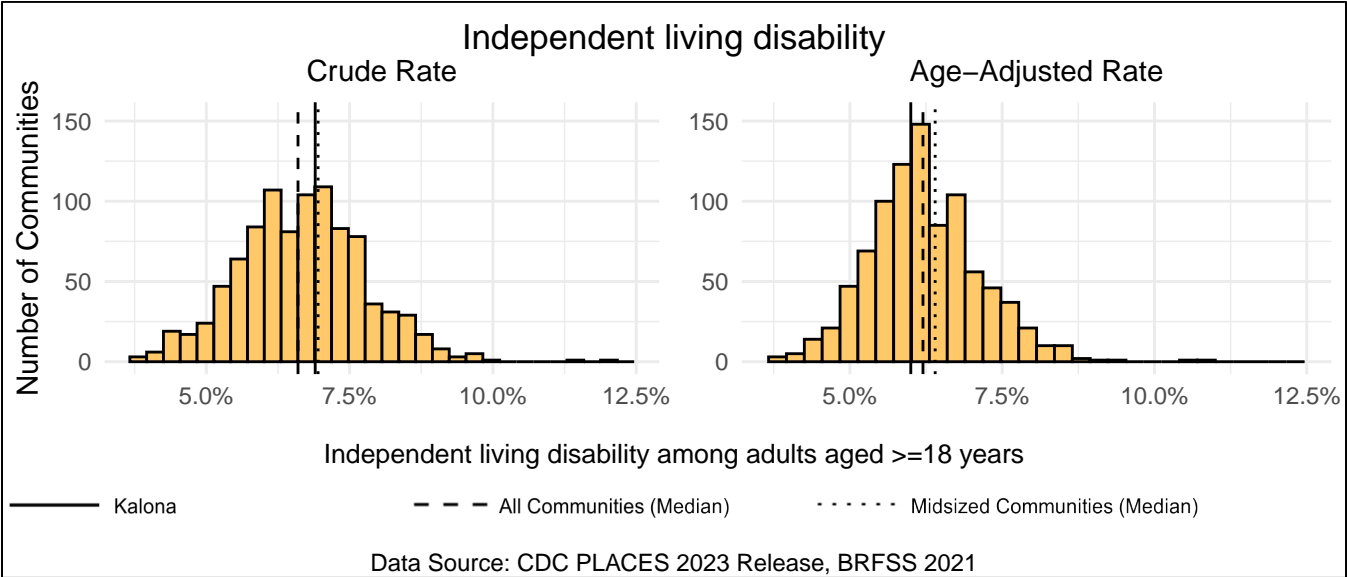
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	3.5%	3.4%	3.5%
Age-Adjusted	2.8%	2.9%	3.1%



# Independent living disability

Kalona has a crude rate of 6.9% for independent living disability among adults aged >=18 years, which ranks 557th out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Kalona is 6.0%, which ranks 331st out of 905 Iowa communities (39th out of 102 midsized communities).

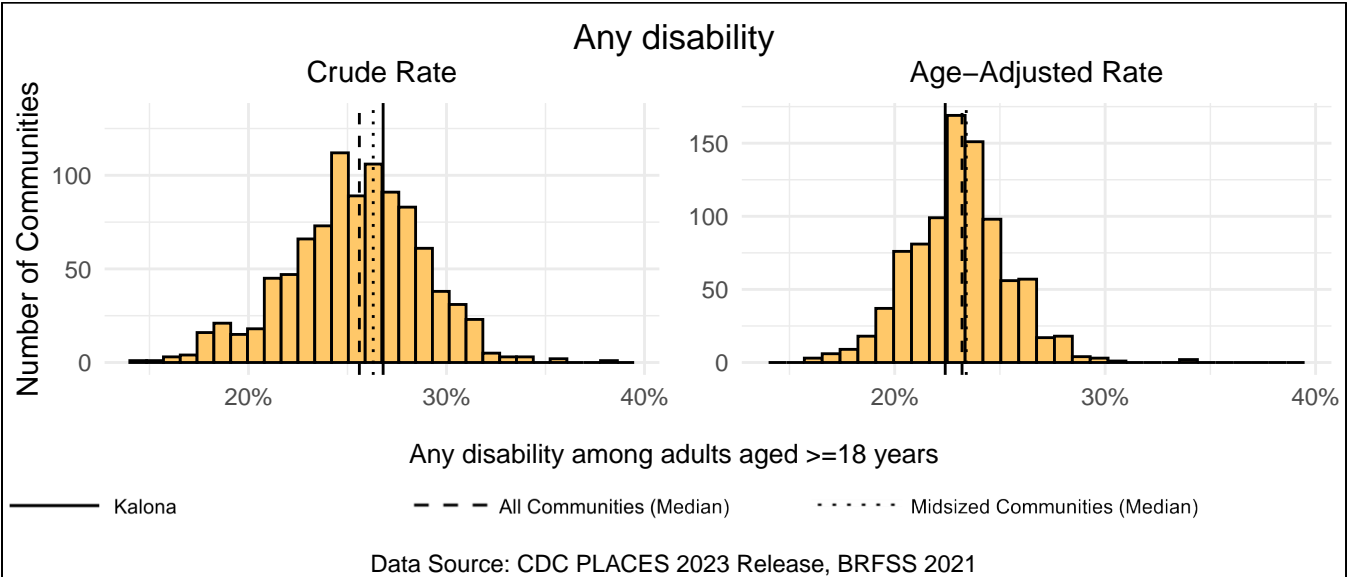
Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	6.9%	6.6%	7.0%
Age-Adjusted	6.0%	6.2%	6.4%



# Any disability

Kalona has a crude rate of 26.8% for any disability among adults aged >=18 years, which ranks 618th out of 958 Iowa communities (58th out of 102 midsized communities). The age-adjusted rate for Kalona is 22.4%, which ranks 311th out of 905 Iowa communities (40th out of 102 midsized communities).

Measure Type	Kalona	All Comm.	Midsized Comm.
Crude	26.8%	25.6%	26.3%
Age-Adjusted	22.4%	23.2%	23.4%



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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: Kalona PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	435	10.7% (9.0% - 12.7%)	300	9.4% (7.9% - 11.1%)
Health Status	Mental Health	102	13.1% (11.1% - 15.3%)	270	15.1% (12.8% - 17.5%)
Health Status	General Health	552	14.7% (11.7% - 18.1%)	385	12.5% (10.1% - 15.3%)
Health Risk Behaviors	Sleep <7 hours	74	27.7% (25.9% - 29.3%)	105	29.0% (27.3% - 30.9%)
Health Risk Behaviors	Binge Drinking	53	16.5% (13.7% - 19.7%)	68	20.4% (16.9% - 24.2%)
Health Risk Behaviors	Current Smoking	160	14.9% (11.4% - 18.7%)	209	16.2% (12.3% - 20.3%)
Health Risk Behaviors	Physical Inactivity	616	27.2% (21.9% - 32.8%)	462	24.4% (19.5% - 29.6%)
Health Outcomes	COPD	540	7.7% (6.1% - 9.6%)	305	6.0% (4.9% - 7.4%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.0%)	142	2.5% (2.3% - 2.8%)
Health Outcomes	Arthritis	618	29.1% (24.8% - 33.6%)	176	22.1% (18.8% - 25.7%)
Health Outcomes	All Teeth Lost	474	12.9% (7.0% - 20.8%)	302	12.0% (7.0% - 18.1%)
Health Outcomes	High Cholesterol	642	37.4% (32.6% - 42.3%)	301	29.4% (25.1% - 33.9%)
Health Outcomes	High Blood Pressure	535	32.7% (28.3% - 37.1%)	80	25.4% (21.8% - 29.1%)
Health Outcomes	Diabetes	470	10.1% (8.4% - 12.1%)	234	7.7% (6.4% - 9.0%)
Health Outcomes	Obesity	140	35.0% (28.2% - 42.2%)	201	35.8% (28.9% - 43.0%)
Health Outcomes	Depression	169	17.1% (14.0% - 20.7%)	368	18.9% (15.5% - 22.7%)
Health Outcomes	Current Asthma	215	9.1% (8.0% - 10.3%)	330	9.4% (8.3% - 10.7%)
Health Outcomes	Coronary Heart Disease	678	7.2% (5.9% - 8.3%)	187	4.7% (4.1% - 5.4%)
Health Outcomes	Stroke	703	3.7% (3.1% - 4.4%)	230	2.5% (2.1% - 2.9%)
Health Outcomes	Cancer (except skin)	824	9.5% (8.5% - 10.6%)	418	6.5% (5.8% - 7.2%)
Prevention	Core preventive services for older women	631	37.4% (29.5% - 46.0%)	359	41.0% (33.4% - 48.7%)
Prevention	Mammography	839	73.9% (69.1% - 78.1%)	742	72.0% (66.9% - 76.4%)
Prevention	Dental Visit	407	67.8% (63.3% - 71.8%)	411	67.0% (62.3% - 71.4%)
Prevention	Cervical Cancer Screening	264	84.2% (81.5% - 86.8%)	268	83.8% (81.2% - 86.5%)
Prevention	Annual Checkup	191	76.8% (72.4% - 80.9%)	468	72.5% (67.5% - 77.3%)
Prevention	Taking BP Medication	163	82.0% (78.7% - 84.9%)	537	58.7% (53.6% - 63.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	177	47.2% (37.0% - 56.4%)	139	47.7% (37.7% - 56.4%)
Prevention	Health Insurance	489	7.4% (5.2% - 9.8%)	498	7.9% (5.7% - 10.6%)
Prevention	Cholesterol Screening	172	84.3% (81.5% - 87.0%)	408	79.2% (75.4% - 83.0%)
Prevention	Colorectal Cancer Screening	551	71.1% (67.4% - 74.6%)	553	70.3% (66.6% - 73.8%)
Disability	Cognitive Disability	376	10.9% (8.9% - 13.2%)	399	11.5% (9.4% - 14.0%)
Disability	Mobility Disability	655	12.9% (10.3% - 15.6%)	361	9.3% (7.5% - 11.2%)
Disability	Independent Living Disability	557	6.9% (5.5% - 8.6%)	331	6.0% (5.0% - 7.3%)
Disability	Hearing Disability	702	8.3% (7.0% - 9.7%)	163	5.6% (4.9% - 6.5%)
Disability	Any Disability	618	26.8% (22.2% - 31.6%)	311	22.4% (18.5% - 26.4%)
Disability	Vision Disability	562	4.3% (3.4% - 5.4%)	364	3.5% (2.9% - 4.2%)
Disability	Self-care Disability	497	3.5% (2.8% - 4.2%)	307	2.8% (2.3% - 3.4%)

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)

Kalona 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

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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

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