



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 Kingsley: Overview

Dear Community Members & Stakeholders of Kingsley,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Sleep <7 hours	31st	6th	Sleep <7 hours	56th	9th
Annual Checkup	72nd	14th	Annual Checkup	86th	18th
Cholesterol Screening	102nd	8th	Cholesterol Screening	113th	21st
Mental Health	141st	20th	Core preventive services for older men	164th	22nd
Depression	143rd	24th	Taking BP Medication	179th	22nd

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Cancer (except skin)	841st	110th	High Cholesterol	701st	117th
Mammography	793rd	115th	Mammography	683rd	106th
Hearing Disability	762nd	97th	High Blood Pressure	572nd	96th
High Blood Pressure	751st	107th	Binge Drinking	554th	77th
High Cholesterol	748th	112th	Core preventive services for older women	472nd	79th

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 Kingsley.

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

With a population of 1,382, Kingsley’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



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

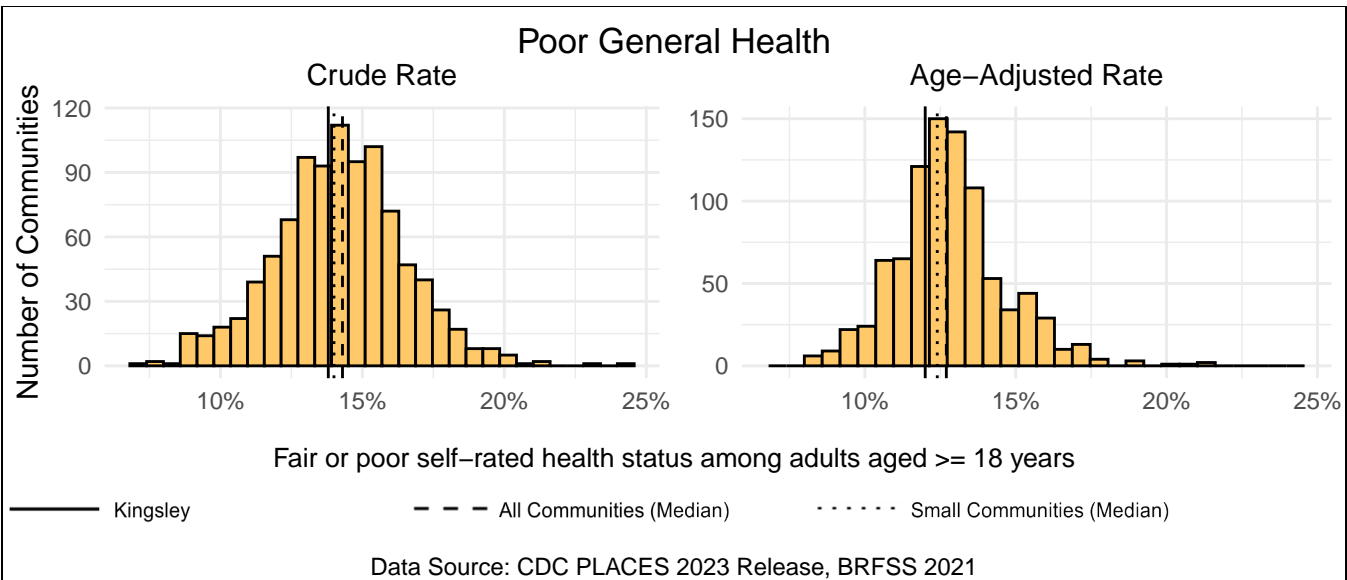
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Kingsley has a crude rate of 13.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 391st out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for Kingsley is 12.0%, which ranks 280th out of 905 Iowa communities (58th out of 138 small communities).

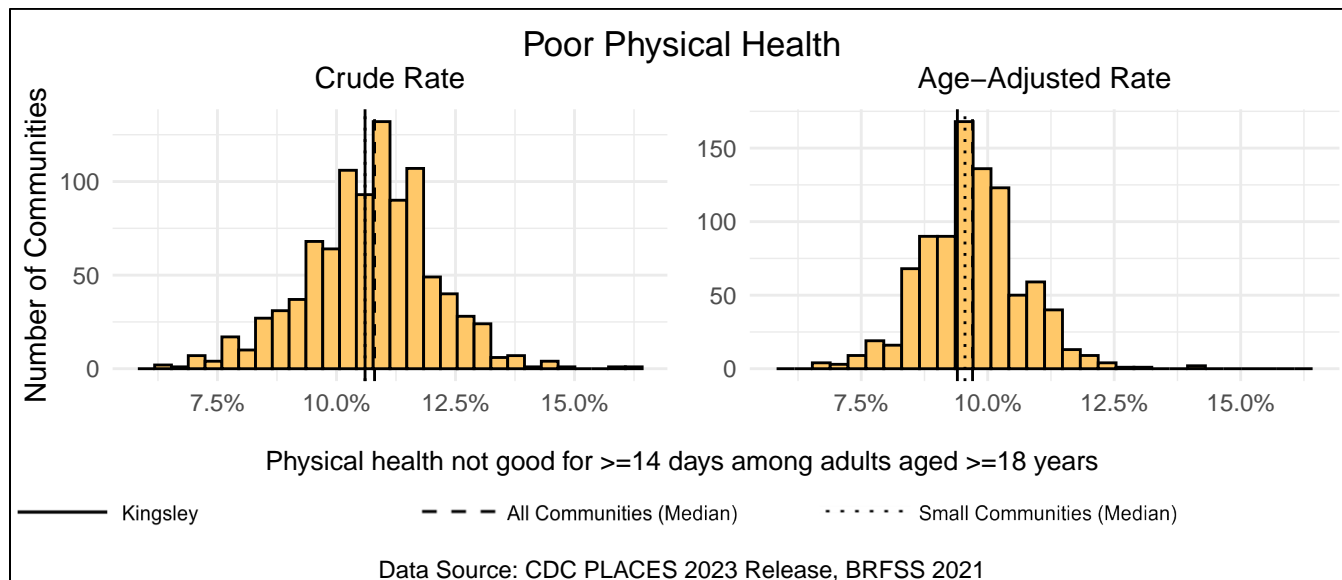
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	13.8%	14.3%	14.0%
Age-Adjusted	12.0%	12.7%	12.4%



Poor Physical Health

Kingsley has a crude rate of 10.6% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 404th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Kingsley is 9.4%, which ranks 300th out of 905 Iowa communities (57th out of 138 small communities).

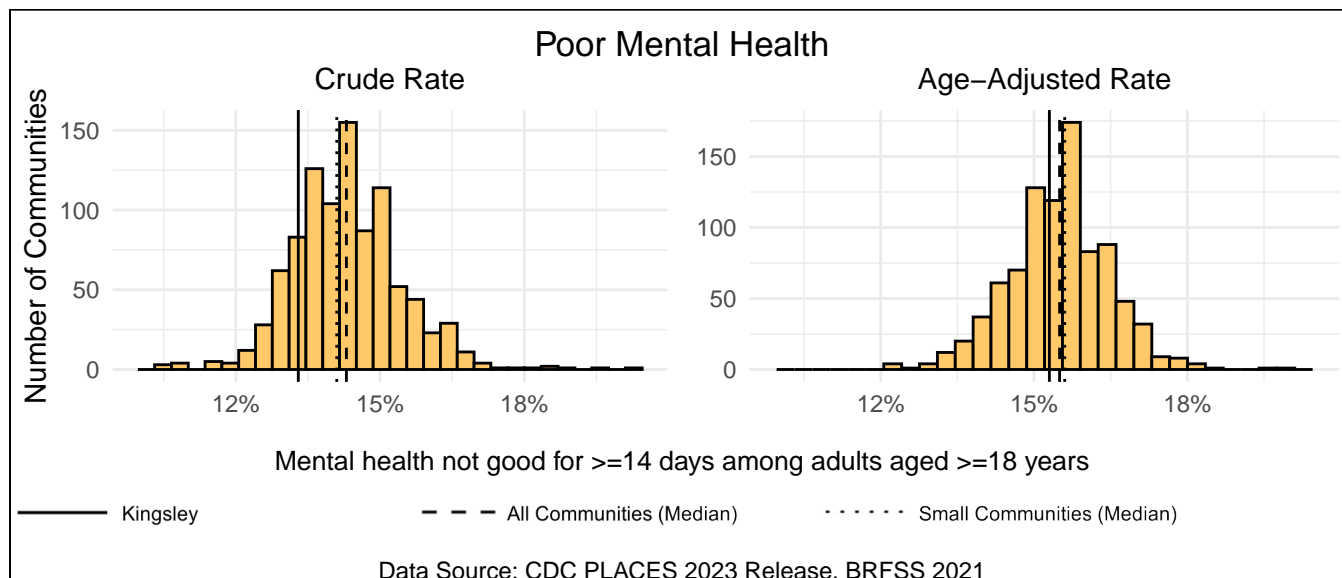
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	10.6%	10.8%	10.6%
Age-Adjusted	9.4%	9.7%	9.6%



Poor Mental Health

Kingsley has a crude rate of 13.3% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 141st out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Kingsley is 15.3%, which ranks 338th out of 905 Iowa communities (58th out of 138 small communities).

Measure Type	Kingsley	All Comm.	Small Comm.
Crude	13.3%	14.3%	14.1%
Age-Adjusted	15.3%	15.5%	15.6%



Health Risk Behaviors

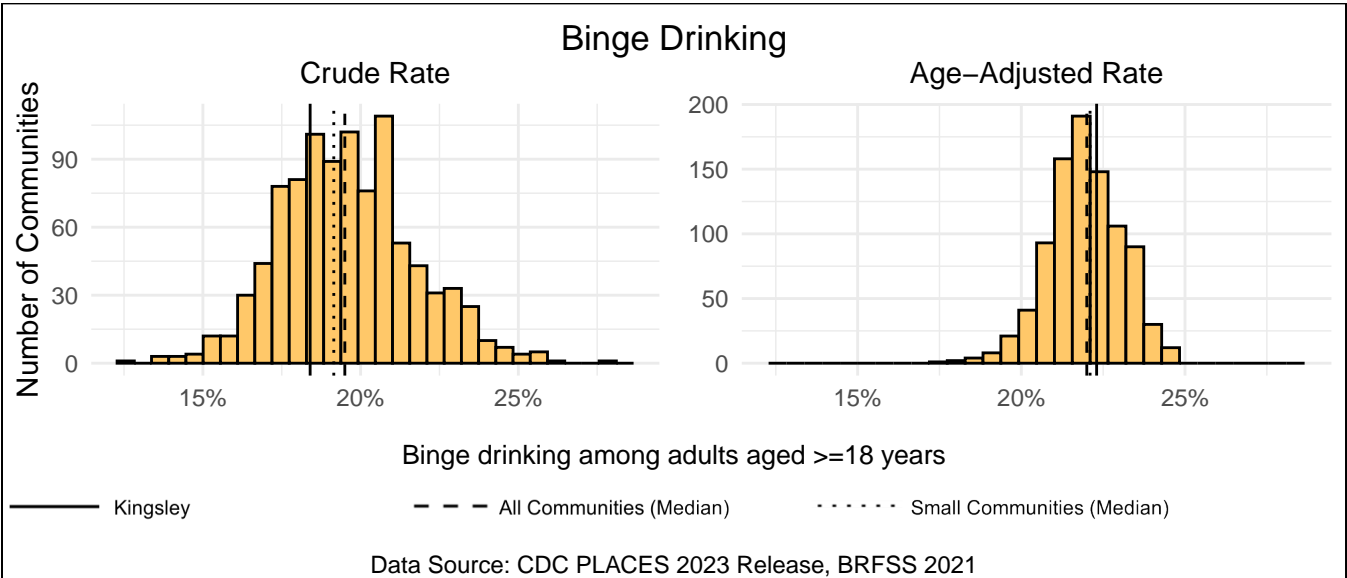
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Kingsley has a crude rate of 18.4% for binge drinking among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Kingsley is 22.3%, which ranks 554th out of 905 Iowa communities (77th out of 138 small communities).

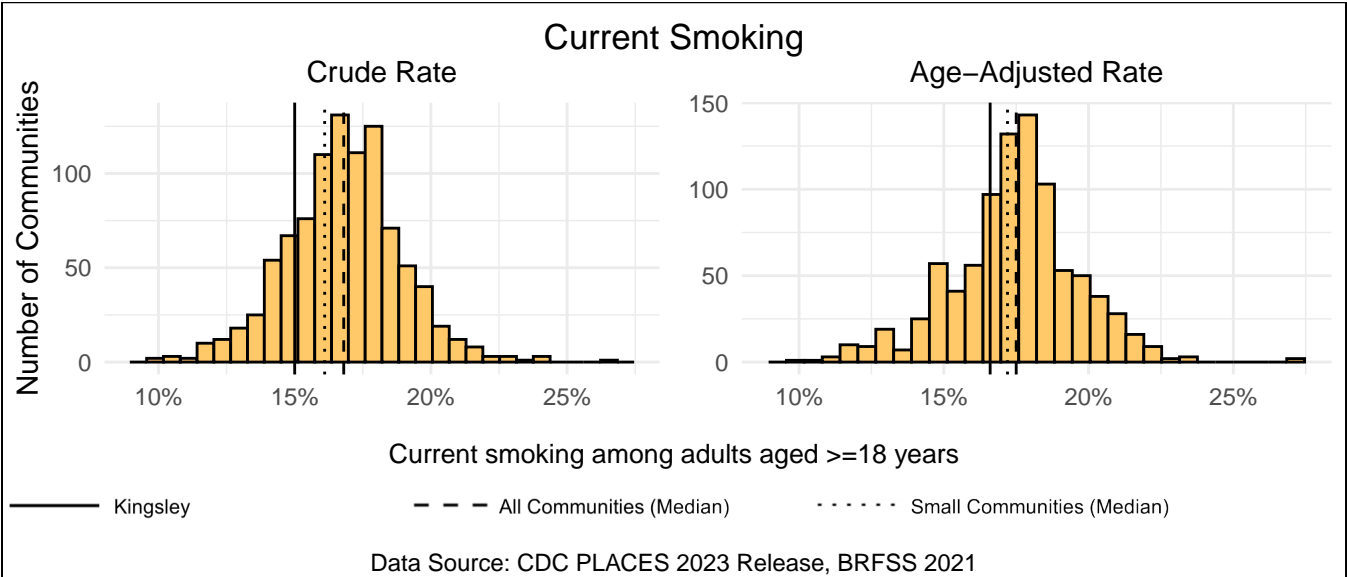
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	18.4%	19.5%	19.1%
Age-Adjusted	22.3%	22.0%	22.1%



Current Smoking

Kingsley has a crude rate of 15.0% for current smoking among adults aged >=18 years, which ranks 175th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Kingsley is 16.6%, which ranks 259th out of 905 Iowa communities (52nd out of 138 small communities).

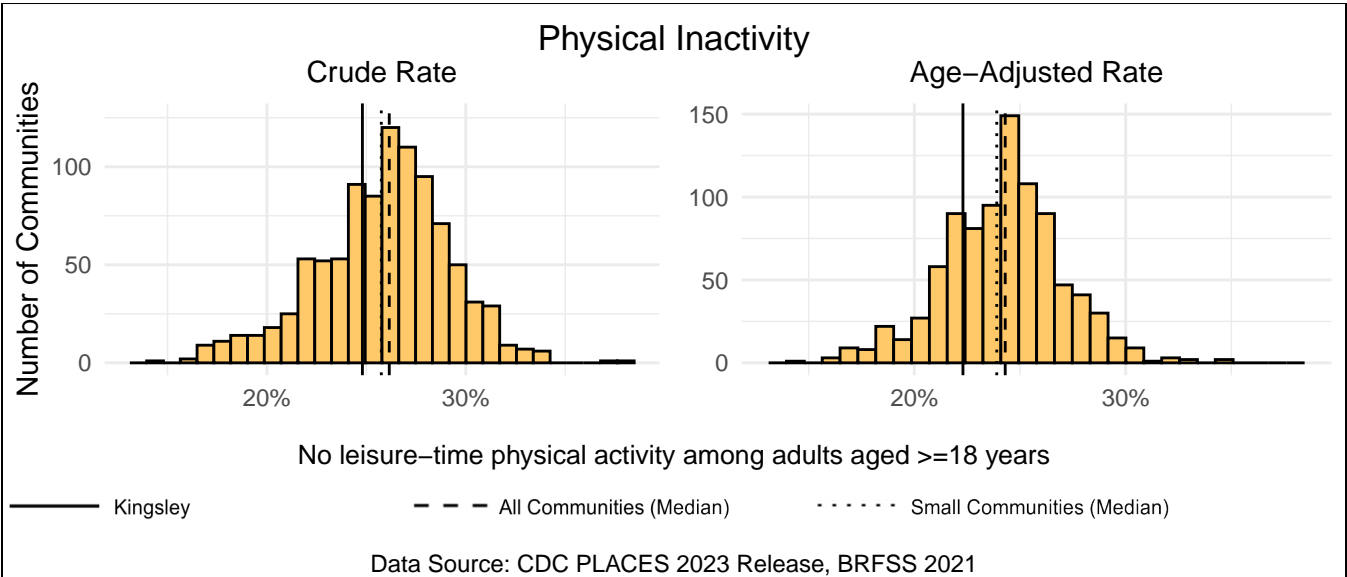
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	15.0%	16.8%	16.1%
Age-Adjusted	16.6%	17.5%	17.2%



Physical Inactivity

Kingsley has a crude rate of 24.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 325th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Kingsley is 22.3%, which ranks 203rd out of 905 Iowa communities (38th out of 138 small communities).

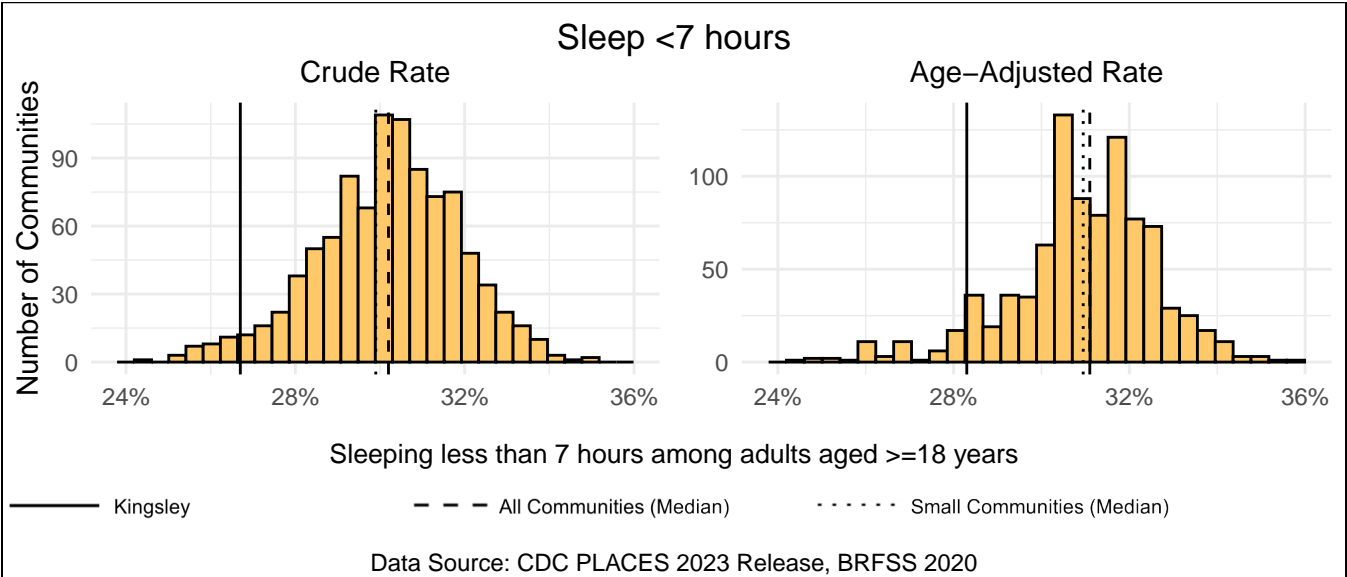
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	24.8%	26.1%	25.8%
Age-Adjusted	22.3%	24.3%	23.9%



Sleep <7 hours

Kingsley has a crude rate of 26.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 31st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Kingsley is 28.3%, which ranks 56th out of 905 Iowa communities (9th out of 138 small communities).

Measure Type	Kingsley	All Comm.	Small Comm.
Crude	26.7%	30.2%	29.9%
Age-Adjusted	28.3%	31.1%	31.0%



Health Outcomes

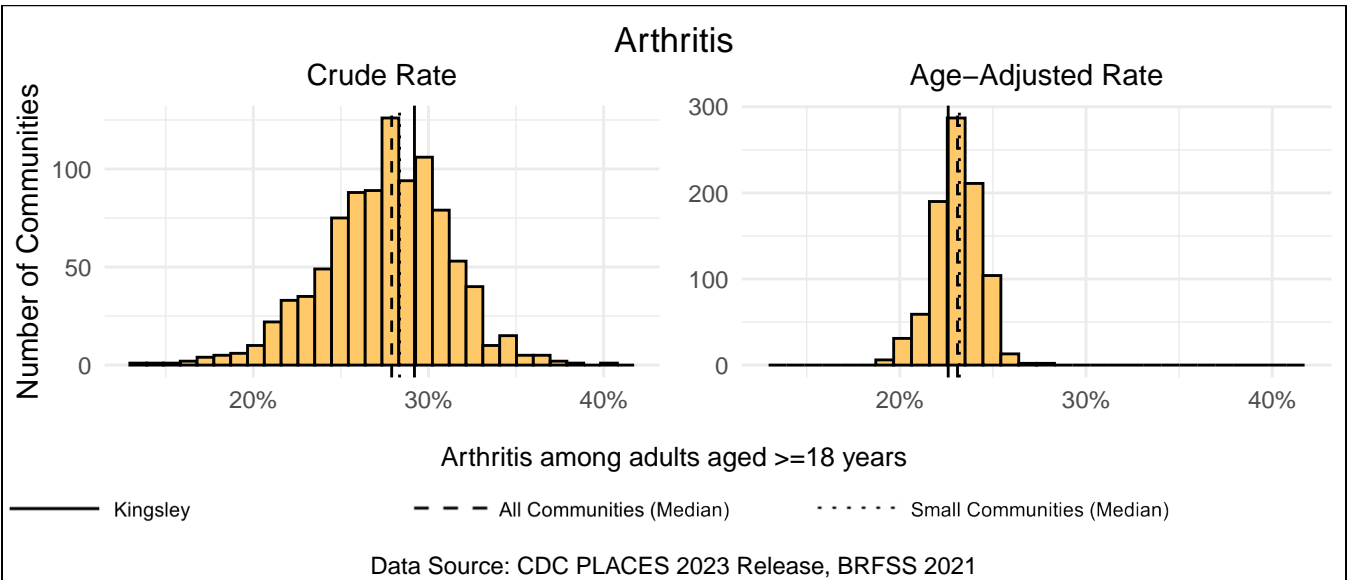
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Kingsley has a crude rate of 29.2% for arthritis among adults aged ≥ 18 years, which ranks 629th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Kingsley is 22.6%, which ranks 287th out of 905 Iowa communities (42nd out of 138 small communities).

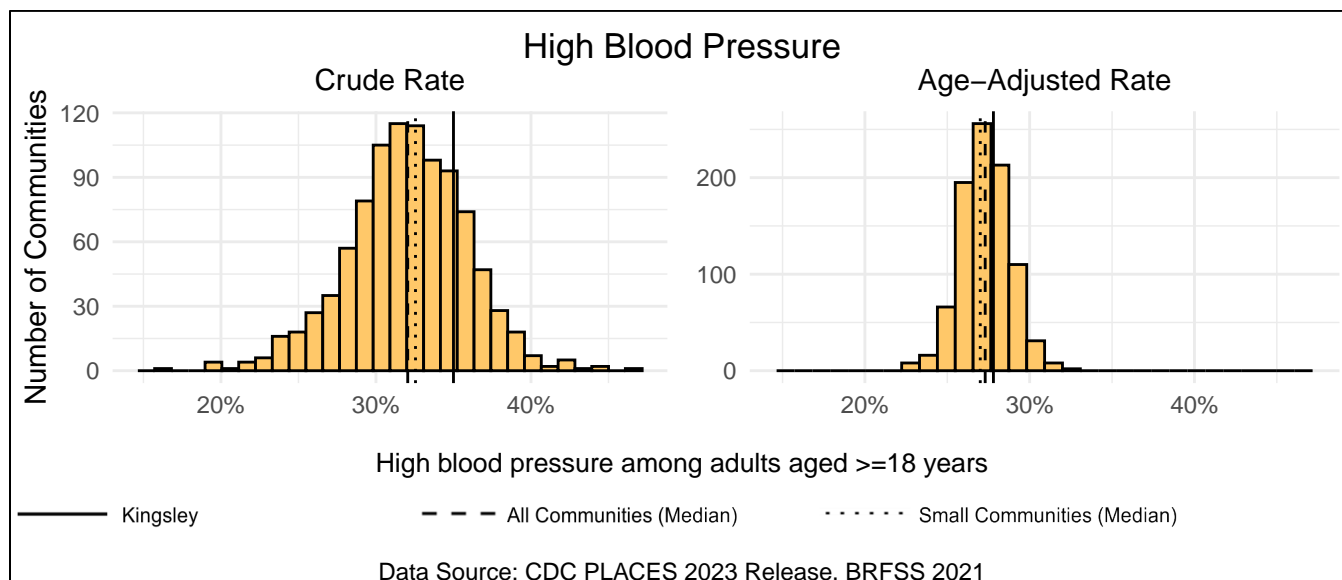
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	29.2%	27.9%	28.4%
Age-Adjusted	22.6%	23.1%	23.2%



High Blood Pressure

Kingsley has a crude rate of 35.0% for high blood pressure among adults aged ≥ 18 years, which ranks 751st out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Kingsley is 27.8%, which ranks 572nd out of 905 Iowa communities (96th out of 138 small communities).

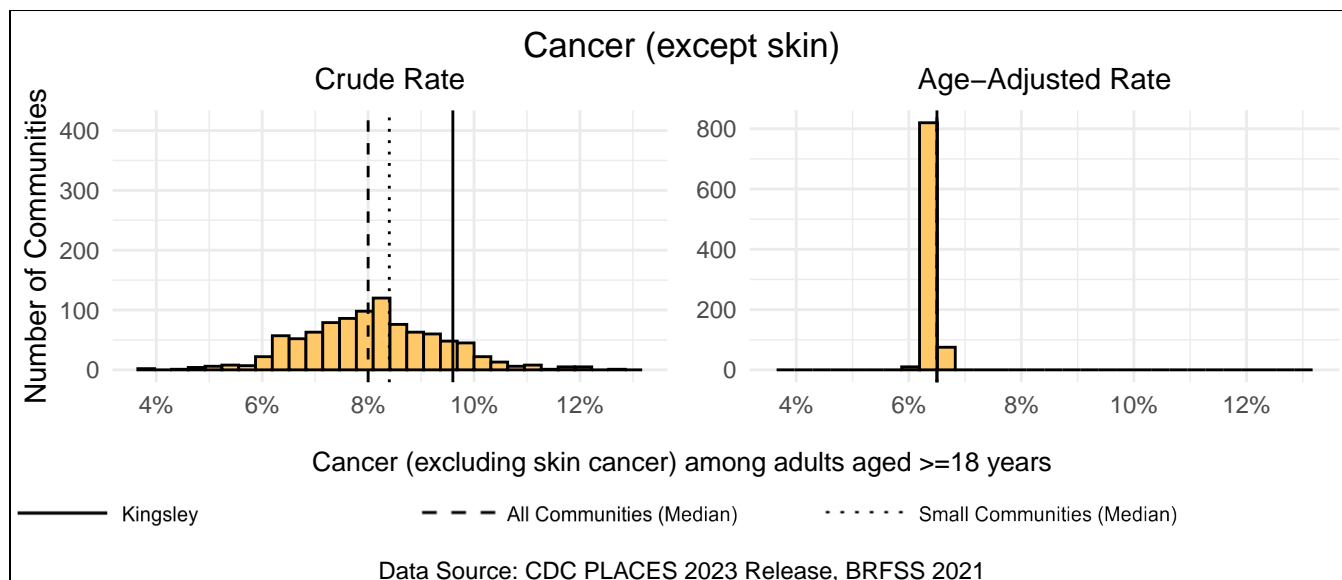
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	35.0%	32.0%	32.5%
Age-Adjusted	27.8%	27.3%	27.0%



Cancer (except skin)

Kingsley has a crude rate of 9.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 841st out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Kingsley is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

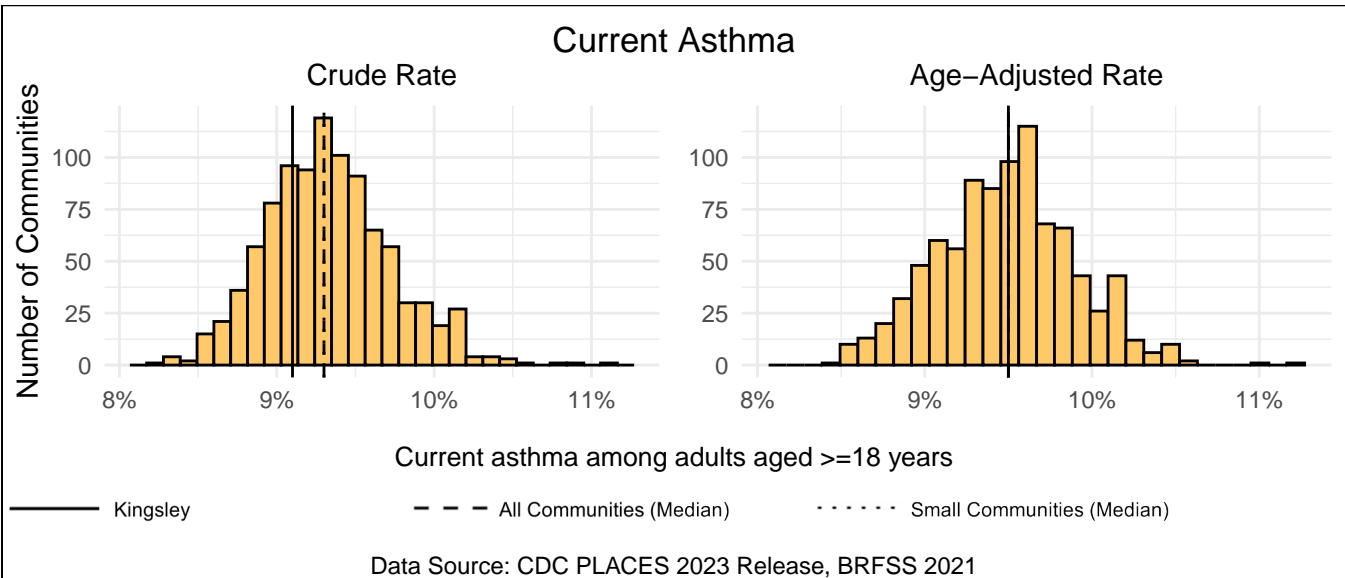
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	9.6%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Kingsley has a crude rate of 9.1% for current asthma among adults aged ≥ 18 years, which ranks 215th out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Kingsley is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

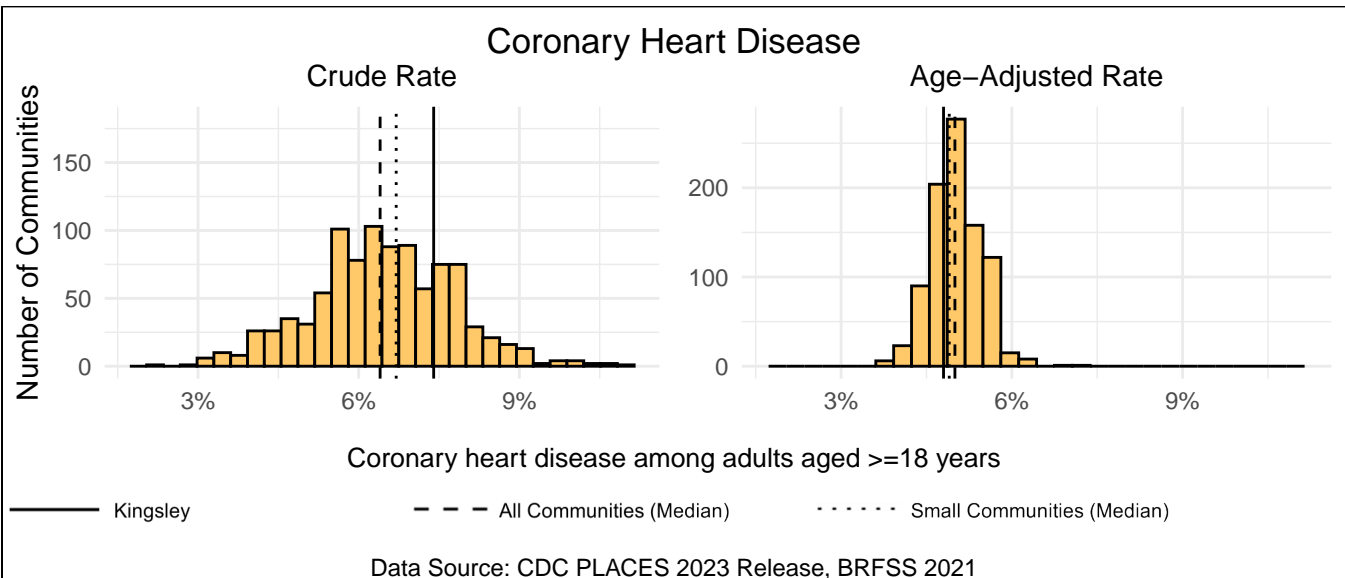
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

Kingsley has a crude rate of 7.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 715th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Kingsley is 4.8%, which ranks 257th out of 905 Iowa communities (53rd out of 138 small communities).

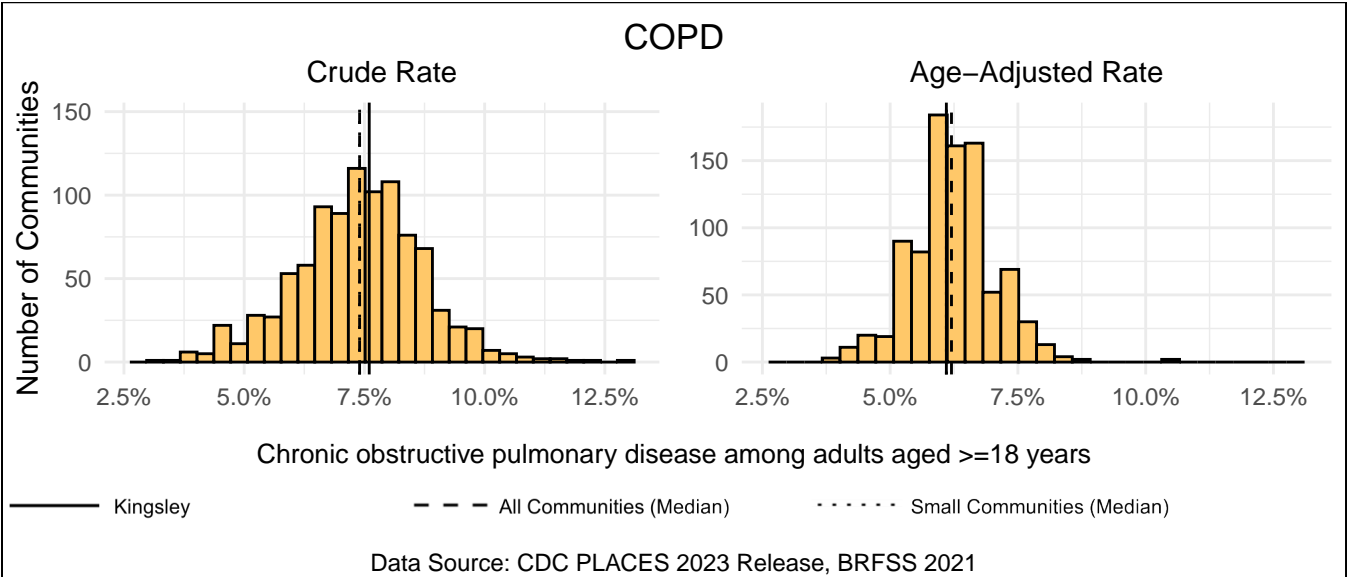
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	7.4%	6.4%	6.7%
Age-Adjusted	4.8%	5.0%	4.9%



COPD

Kingsley has a crude rate of 7.6% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 511th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Kingsley is 6.1%, which ranks 346th out of 905 Iowa communities (66th out of 138 small communities).

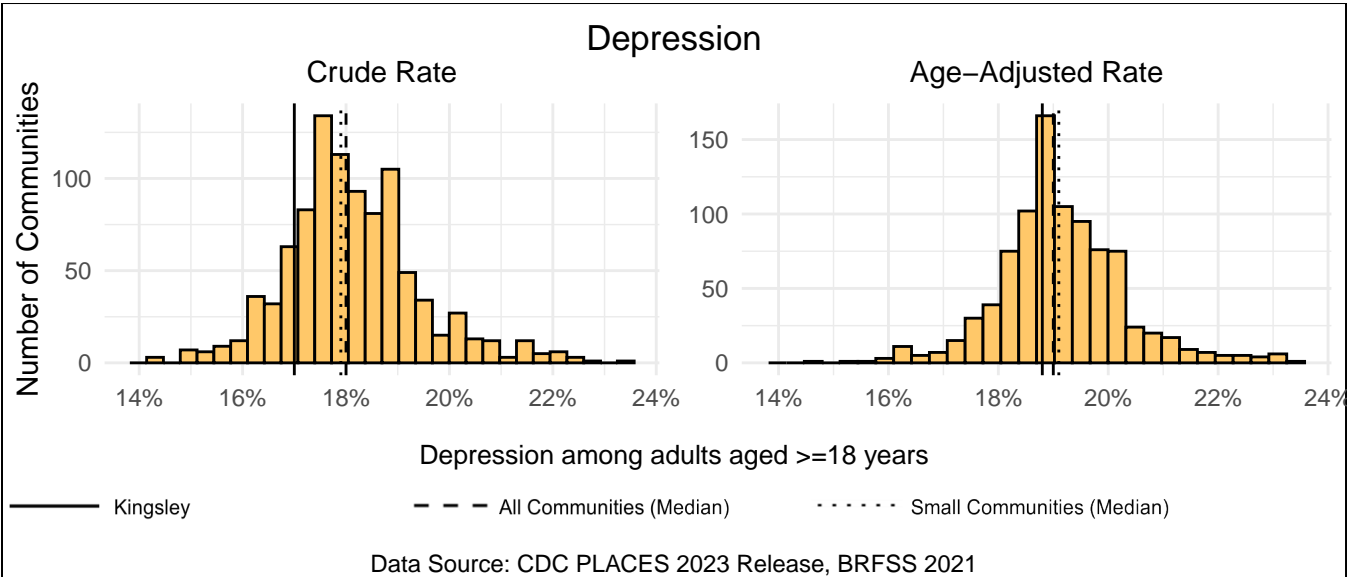
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	7.6%	7.4%	7.4%
Age-Adjusted	6.1%	6.2%	6.1%



Depression

Kingsley has a crude rate of 17.0% for depression among adults aged ≥ 18 years, which ranks 143rd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Kingsley is 18.8%, which ranks 330th out of 905 Iowa communities (47th out of 138 small communities).

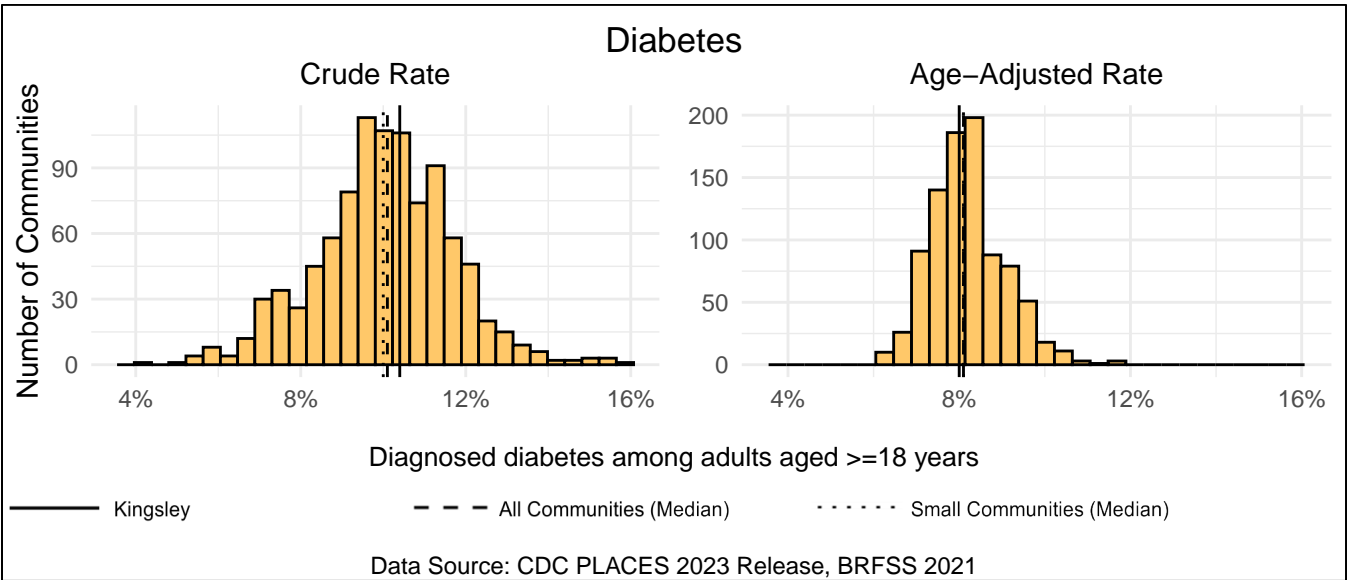
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	17.0%	18.0%	17.9%
Age-Adjusted	18.8%	19.0%	19.1%



Diabetes

Kingsley has a crude rate of 10.4% for diagnosed diabetes among adults aged >=18 years, which ranks 543rd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for Kingsley is 8.0%, which ranks 347th out of 905 Iowa communities (61st out of 138 small communities).

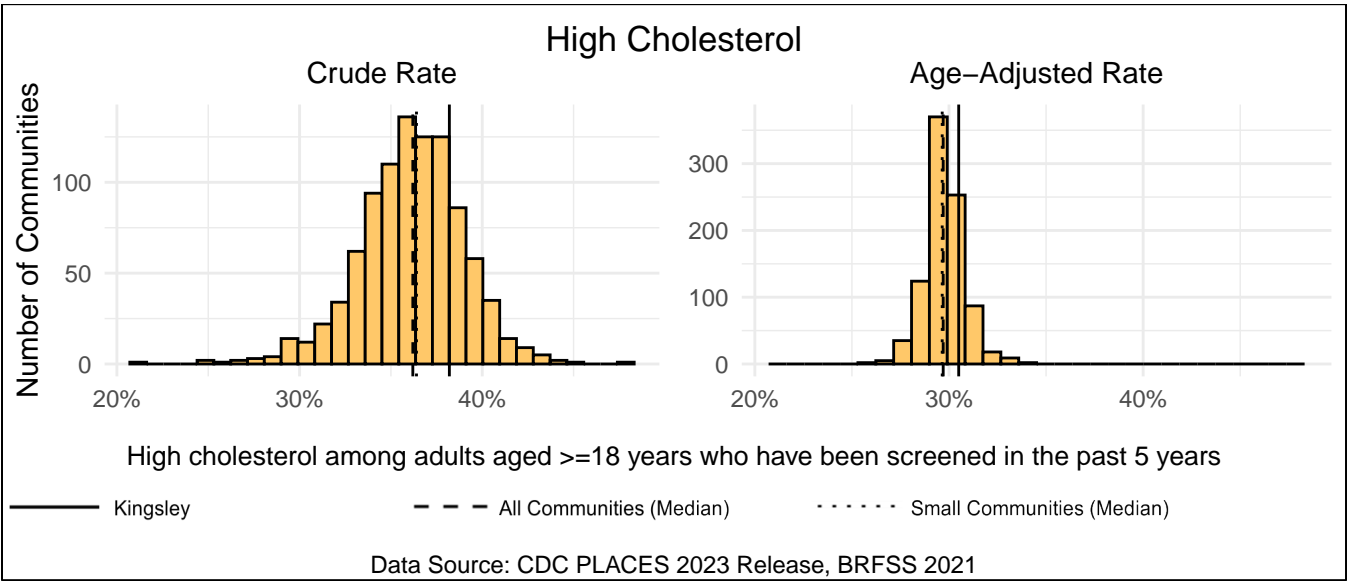
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	10.4%	10.1%	10.0%
Age-Adjusted	8.0%	8.1%	8.1%



High Cholesterol

Kingsley has a crude rate of 38.2% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 748th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Kingsley is 30.5%, which ranks 701st out of 905 Iowa communities (117th out of 138 small communities).

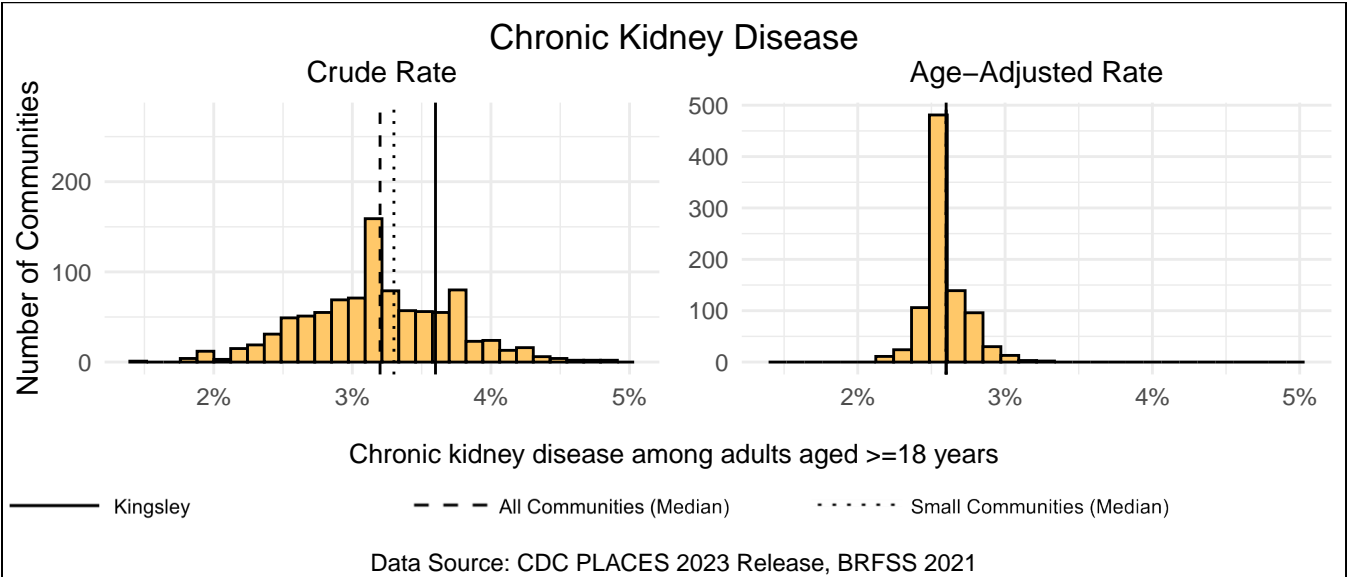
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	38.2%	36.2%	36.4%
Age-Adjusted	30.5%	29.7%	29.6%



Chronic Kidney Disease

Kingsley has a crude rate of 3.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 732nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Kingsley is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

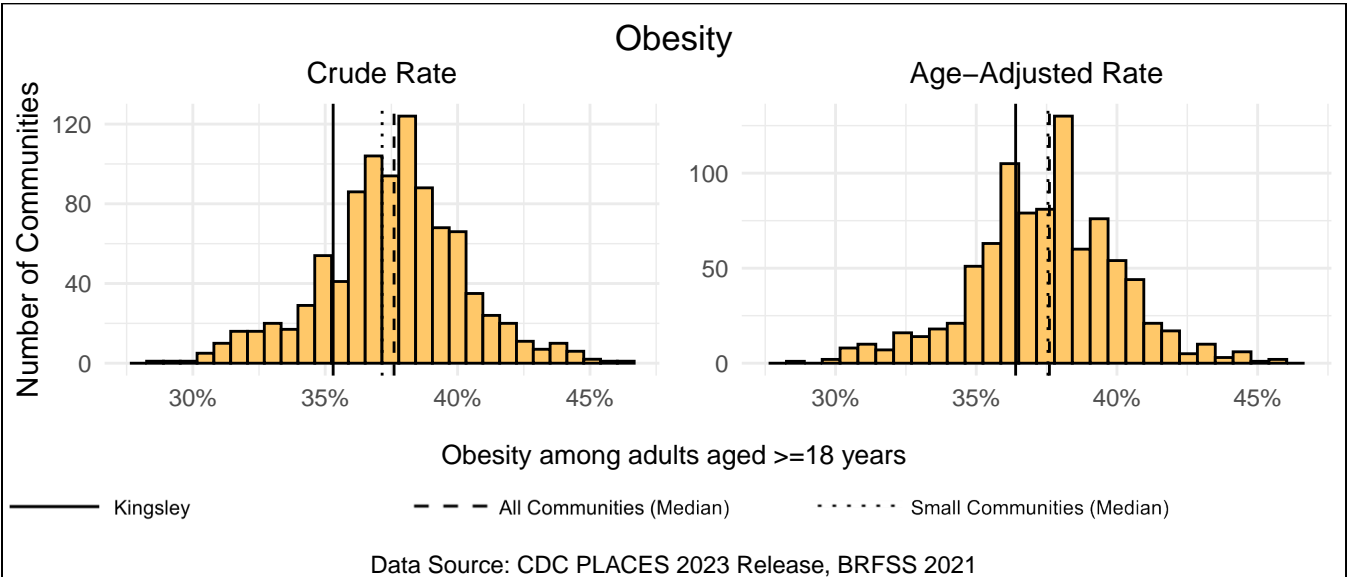
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Kingsley has a crude rate of 35.3% for obesity among adults aged ≥ 18 years, which ranks 171st out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Kingsley is 36.4%, which ranks 287th out of 905 Iowa communities (44th out of 138 small communities).

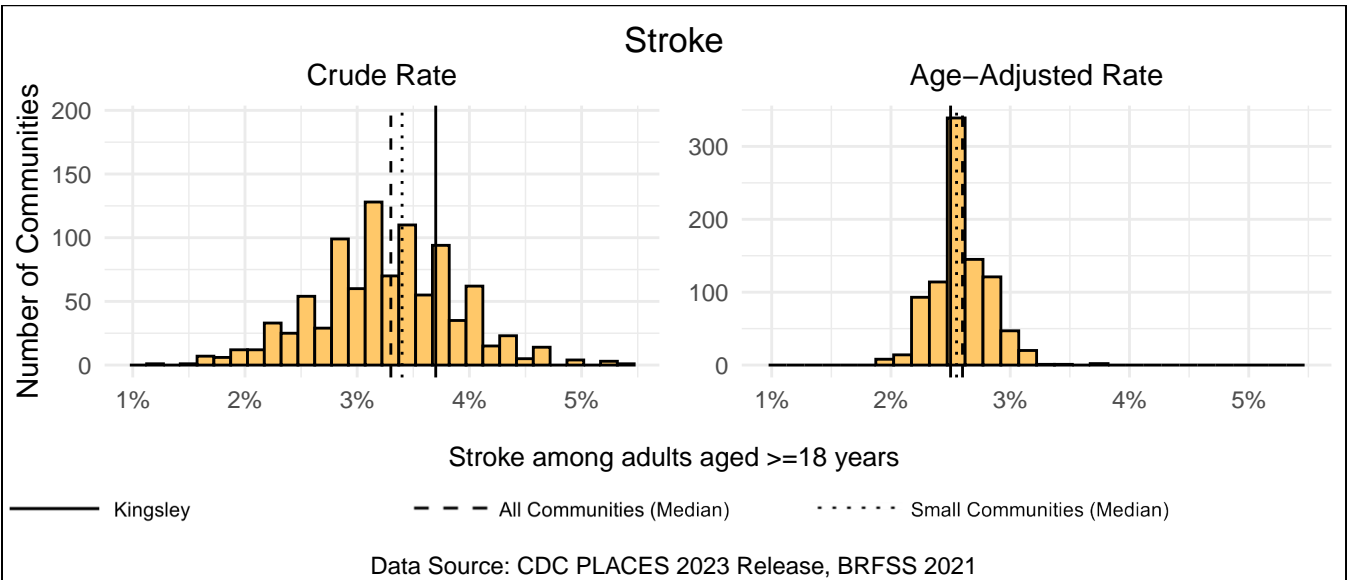
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	35.3%	37.6%	37.2%
Age-Adjusted	36.4%	37.6%	37.5%



Stroke

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

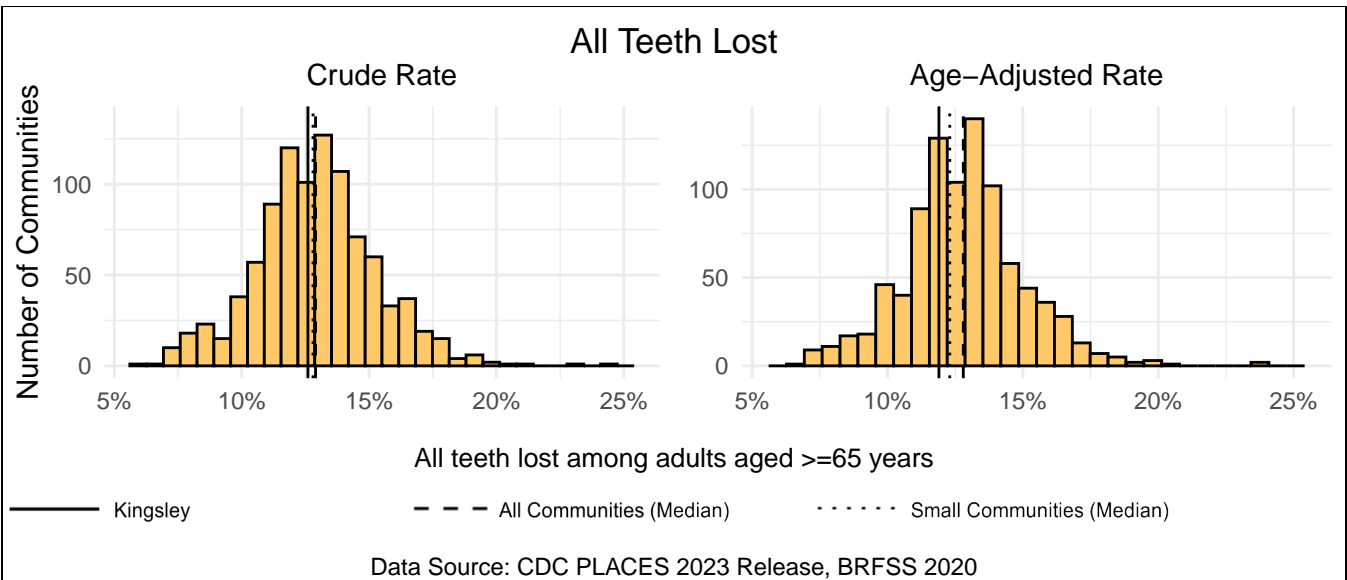
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	3.7%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



All Teeth Lost

Kingsley has a crude rate of 12.6% for all teeth lost among adults aged ≥ 65 years, which ranks 412th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Kingsley is 11.9%, which ranks 280th out of 905 Iowa communities (54th out of 138 small communities).

Measure Type	Kingsley	All Comm.	Small Comm.
Crude	12.6%	12.9%	12.8%
Age-Adjusted	11.9%	12.8%	12.3%



Prevention

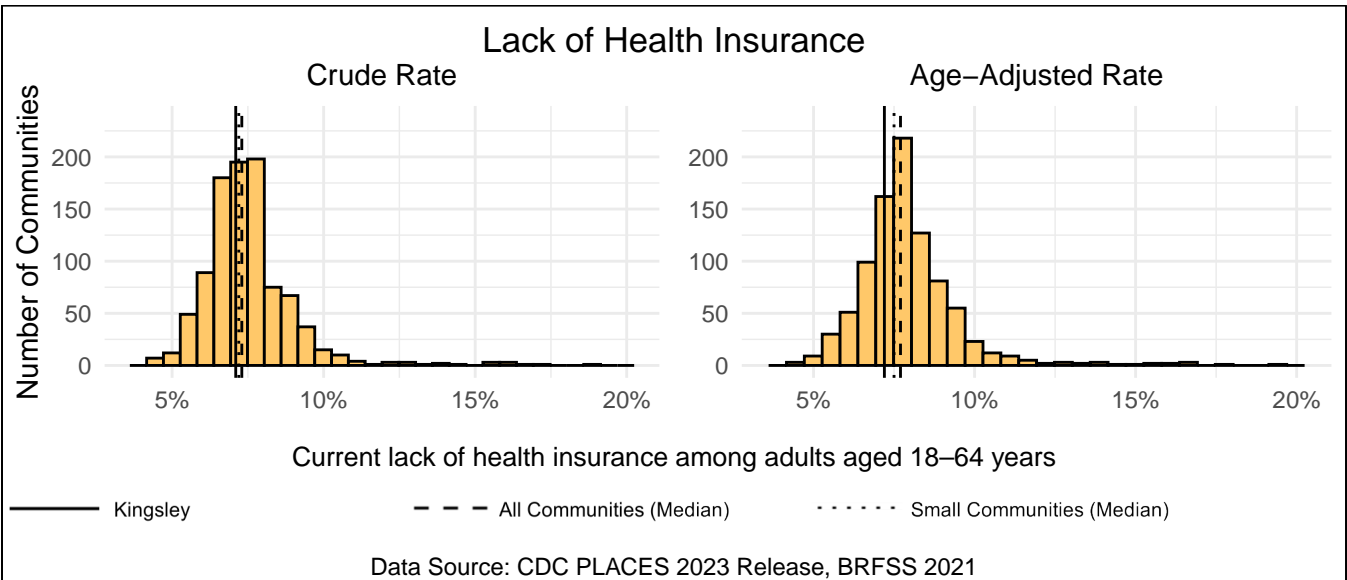
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Kingsley has a crude rate of 7.1% for current lack of health insurance among adults aged 18–64 years, which ranks 386th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Kingsley is 7.2%, which ranks 266th out of 905 Iowa communities (54th out of 138 small communities).

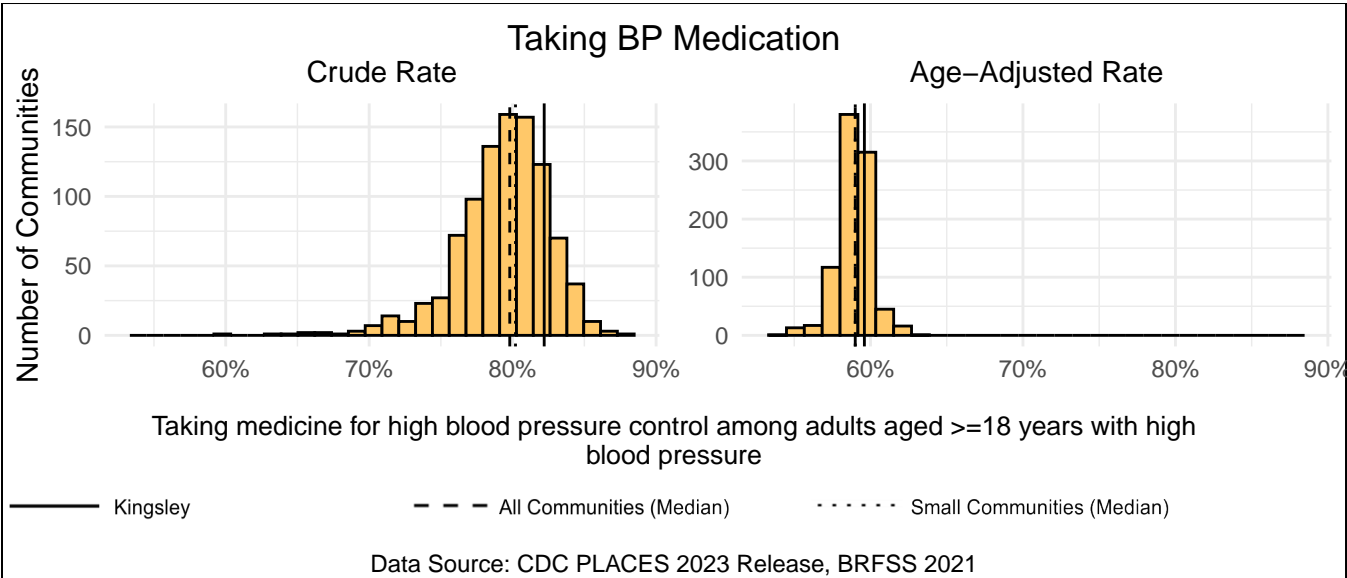
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	7.1%	7.3%	7.2%
Age-Adjusted	7.2%	7.7%	7.5%



Taking BP Medication

Kingsley has a crude rate of 82.2% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 150th out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Kingsley is 59.6%, which ranks 179th out of 905 Iowa communities (22nd out of 138 small communities).

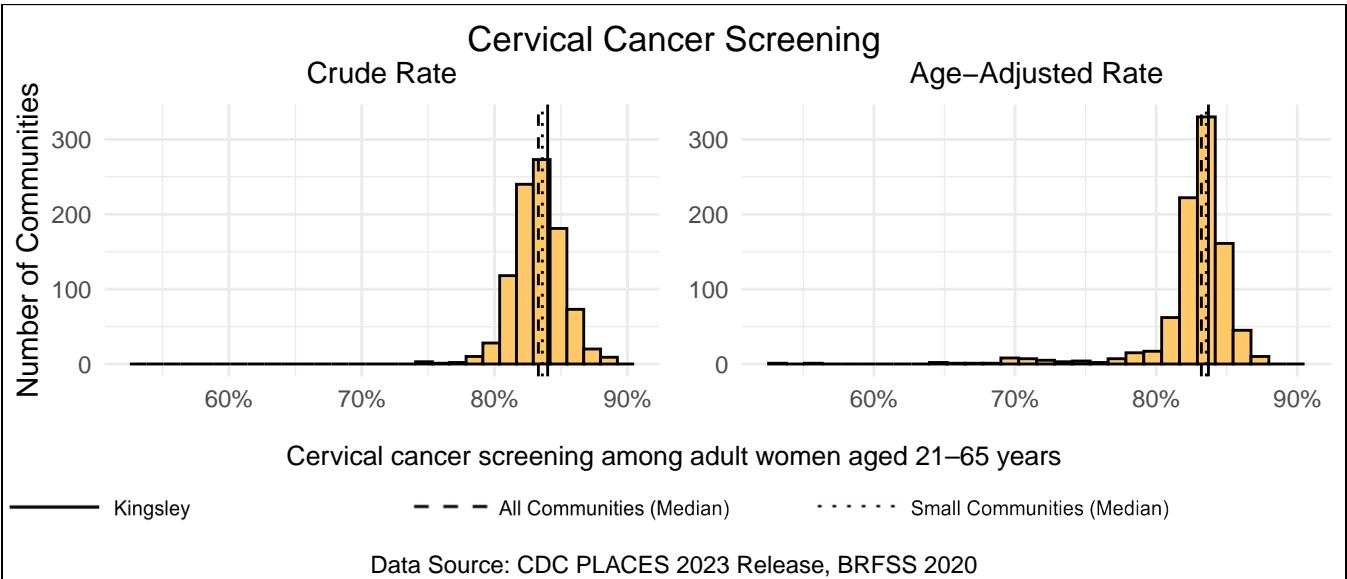
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	82.2%	79.8%	80.2%
Age-Adjusted	59.6%	59.0%	59.0%



Cervical Cancer Screening

Kingsley has a crude rate of 84.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 311th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Kingsley is 83.7%, which ranks 294th out of 905 Iowa communities (60th out of 138 small communities).

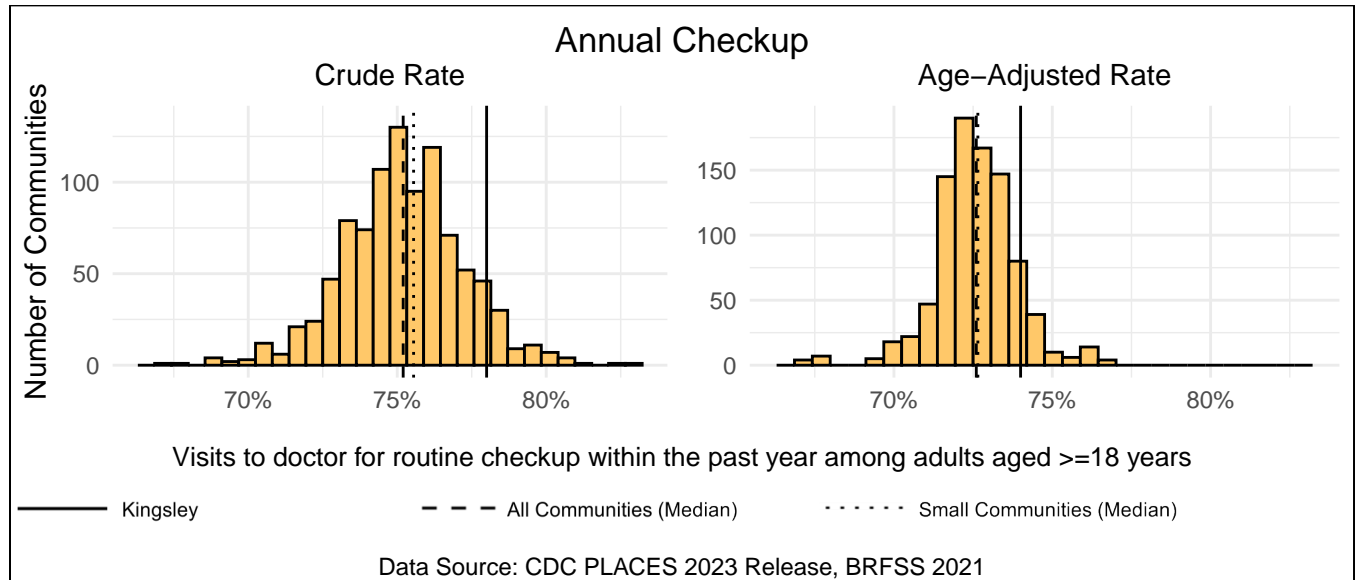
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	84.0%	83.3%	83.6%
Age-Adjusted	83.7%	83.2%	83.5%



Annual Checkup

Kingsley has a crude rate of 78.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 72nd out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Kingsley is 74.0%, which ranks 86th out of 905 Iowa communities (18th out of 138 small communities).

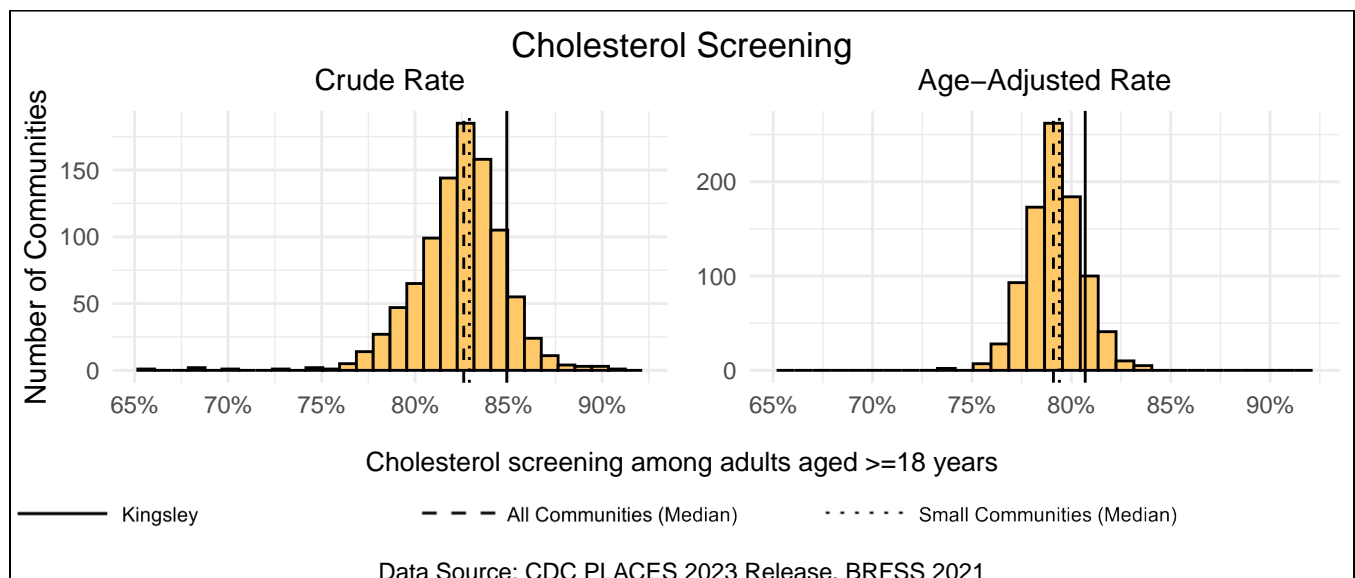
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	78.0%	75.2%	75.5%
Age-Adjusted	74.0%	72.6%	72.6%



Cholesterol Screening

Kingsley has a crude rate of 84.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 102nd out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Kingsley is 80.7%, which ranks 113th out of 905 Iowa communities (21st out of 138 small communities).

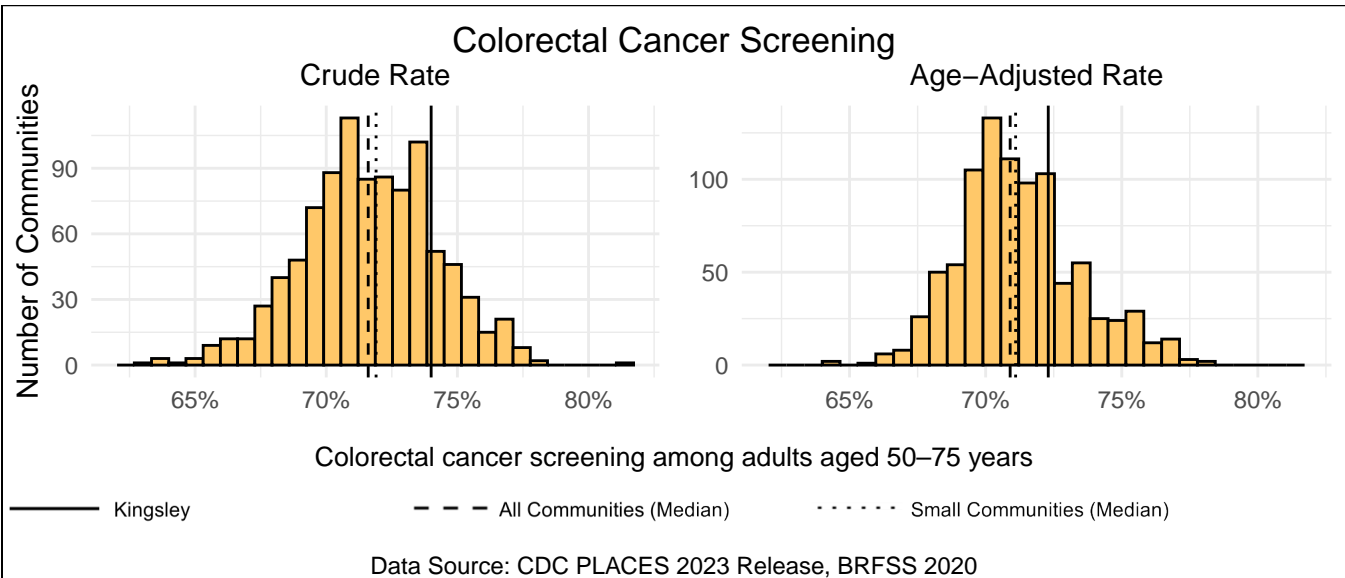
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	84.9%	82.6%	82.9%
Age-Adjusted	80.7%	79.1%	79.4%



Colorectal Cancer Screening

Kingsley has a crude rate of 74.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 164th out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Kingsley is 72.3%, which ranks 237th out of 905 Iowa communities (44th out of 138 small communities).

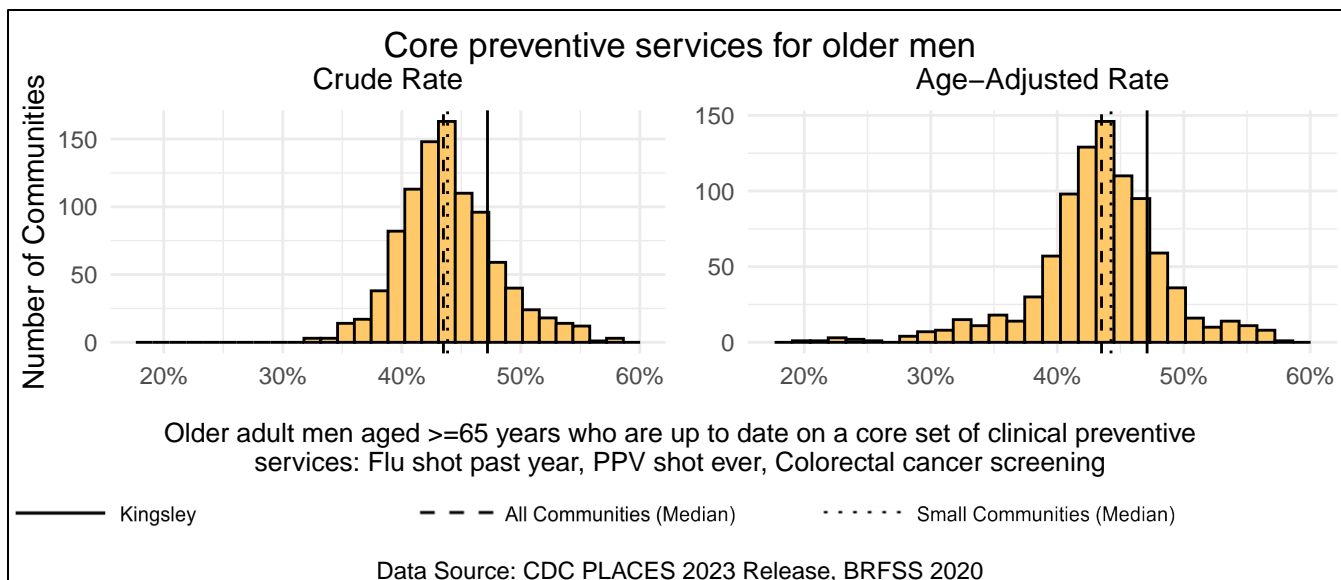
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	74.0%	71.6%	71.9%
Age-Adjusted	72.3%	70.9%	71.1%



Core preventive services for older men

Kingsley 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 (20th out of 138 small communities). The age-adjusted rate for Kingsley is 47.1%, which ranks 164th out of 905 Iowa communities (22nd out of 138 small communities).

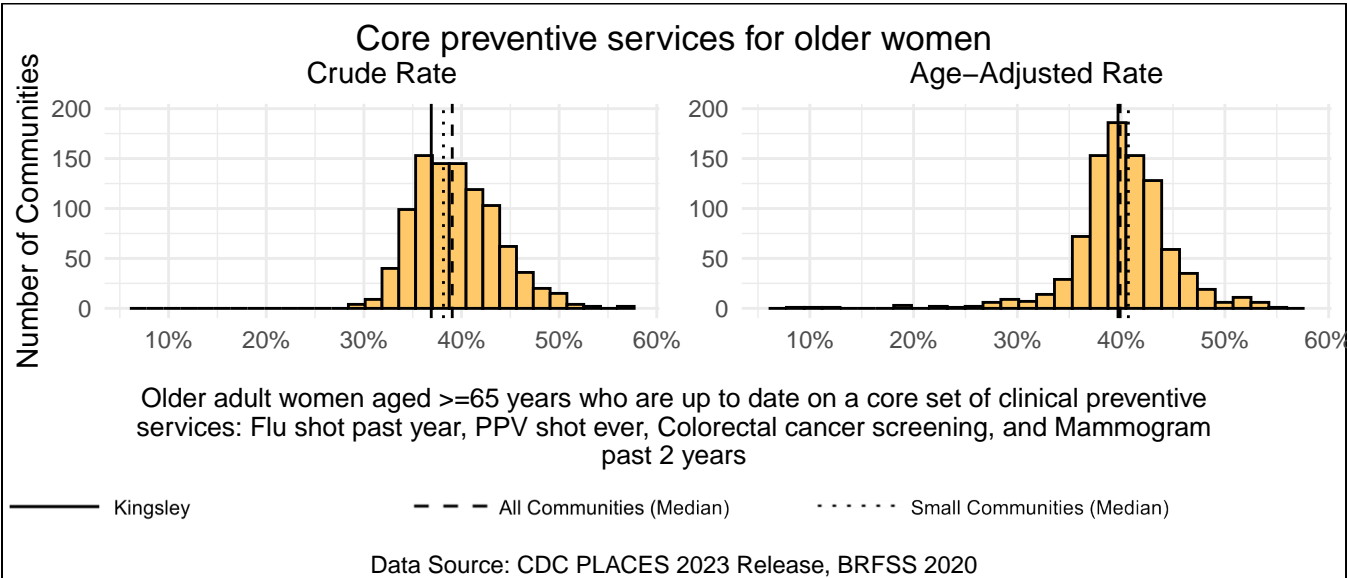
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	47.2%	43.5%	43.8%
Age-Adjusted	47.1%	43.5%	44.2%



Core preventive services for older women

Kingsley has a crude rate of 36.9% 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 669th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Kingsley is 39.7%, which ranks 472nd out of 905 Iowa communities (79th out of 138 small communities).

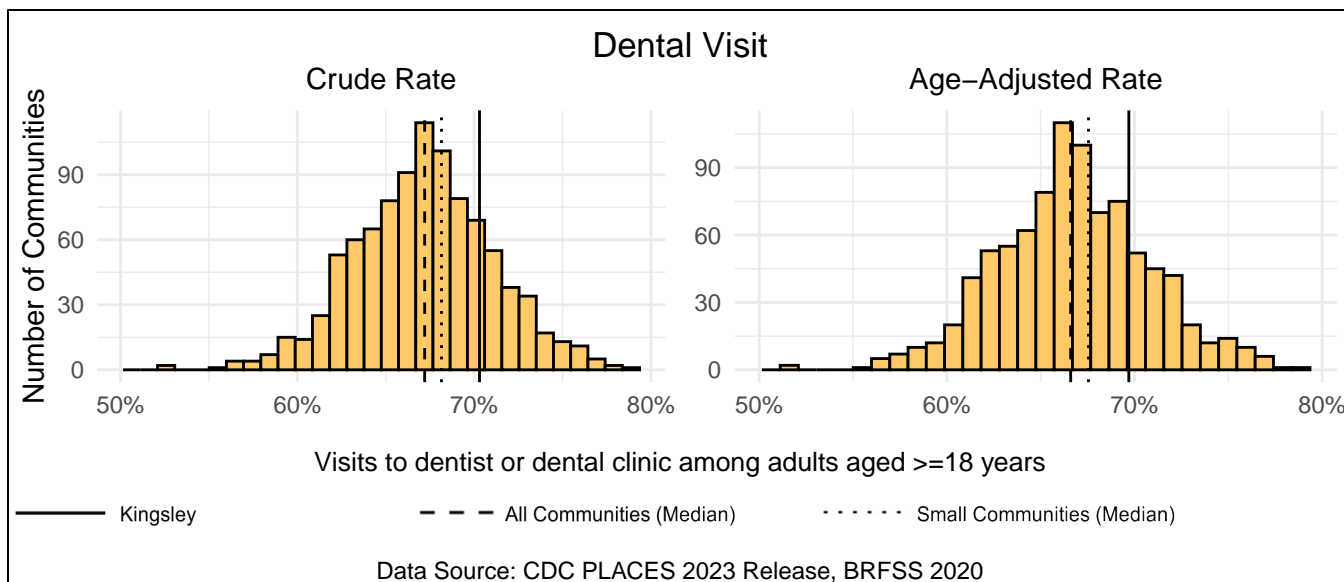
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	36.9%	39.0%	38.2%
Age-Adjusted	39.7%	39.9%	40.7%



Dental Visit

Kingsley has a crude rate of 70.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 184th out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Kingsley is 69.7%, which ranks 197th out of 905 Iowa communities (35th out of 138 small communities).

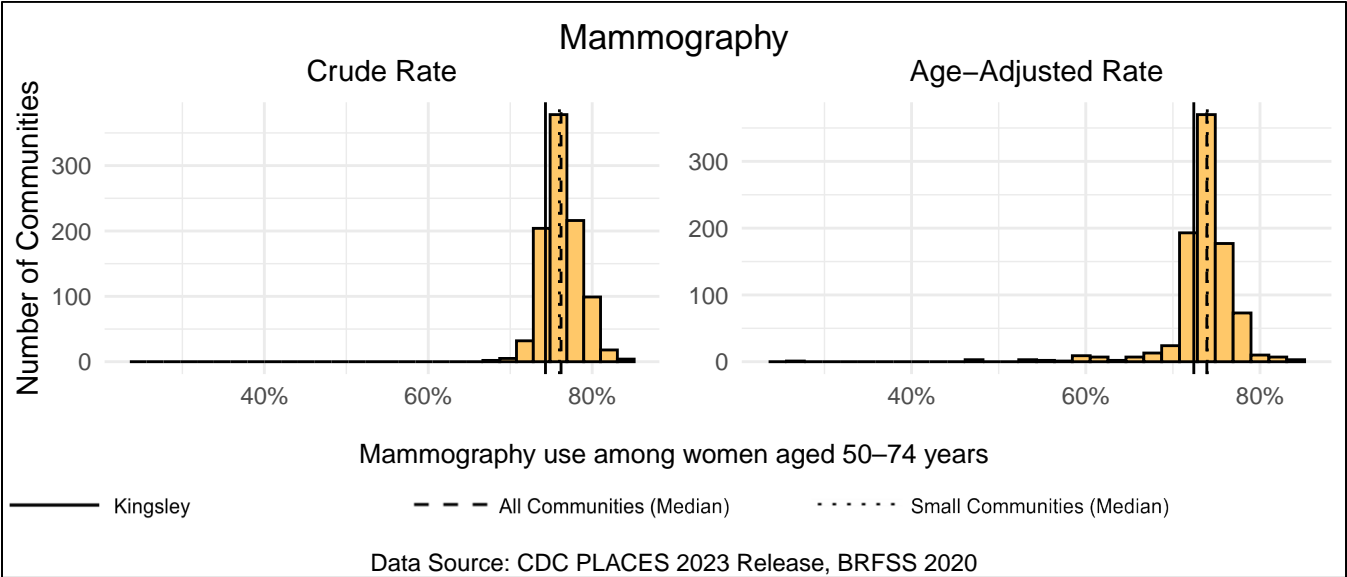
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	70.3%	67.2%	68.2%
Age-Adjusted	69.7%	66.6%	67.5%



Mammography

Kingsley has a crude rate of 74.3% for mammography use among women aged 50–74 years, which ranks 793rd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Kingsley is 72.4%, which ranks 683rd out of 905 Iowa communities (106th out of 138 small communities).

Measure Type	Kingsley	All Comm.	Small Comm.
Crude	74.3%	76.2%	76.0%
Age-Adjusted	72.4%	73.9%	74.0%



Disability

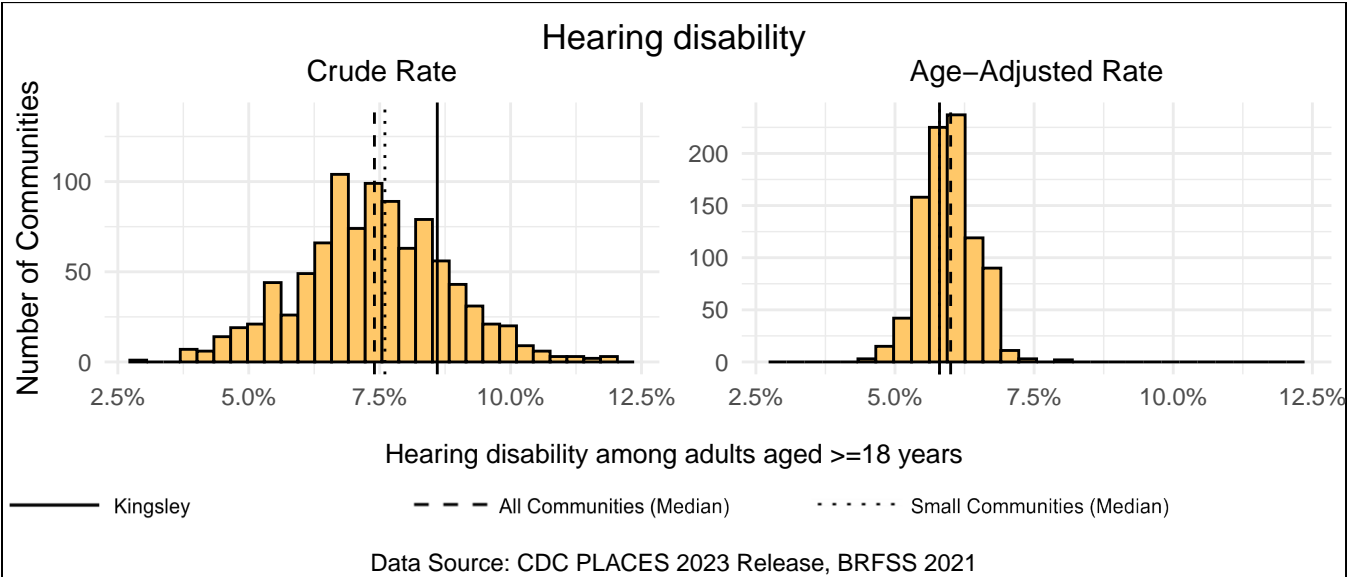
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Kingsley has a crude rate of 8.6% for hearing disability among adults aged ≥ 18 years, which ranks 762nd out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Kingsley is 5.8%, which ranks 287th out of 905 Iowa communities (63rd out of 138 small communities).

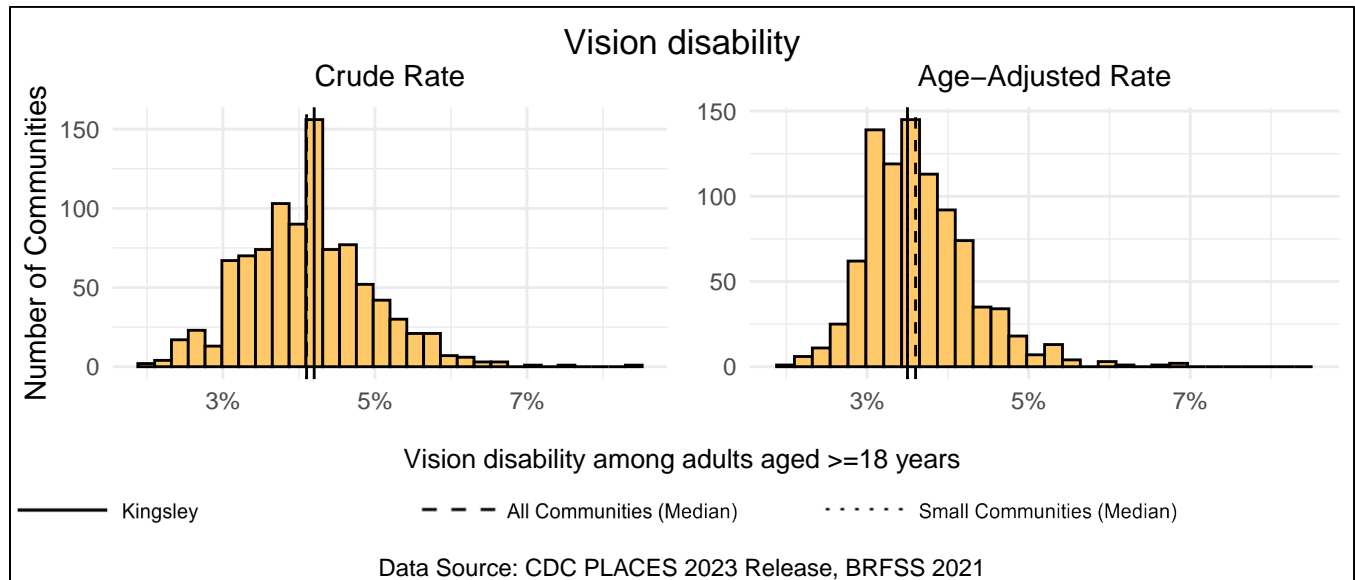
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	8.6%	7.4%	7.6%
Age-Adjusted	5.8%	6.0%	5.8%



Vision disability

Kingsley has a crude rate of 4.2% for vision disability among adults aged ≥ 18 years, which ranks 516th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Kingsley is 3.5%, which ranks 364th out of 905 Iowa communities (68th out of 138 small communities).

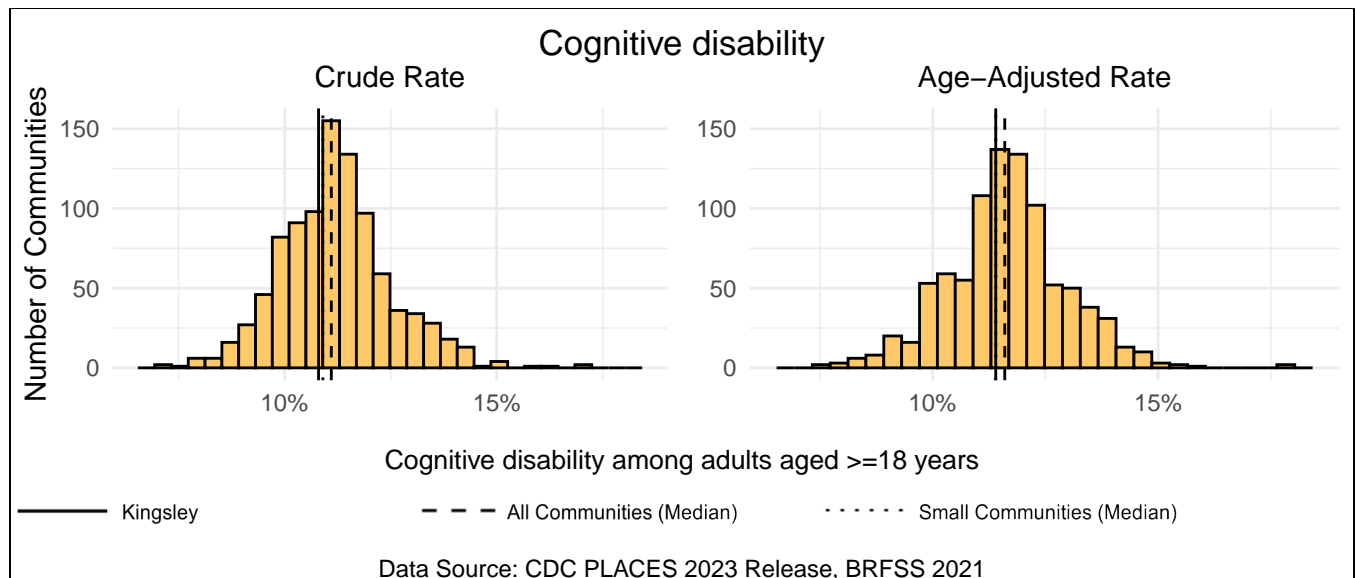
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	4.2%	4.1%	4.1%
Age-Adjusted	3.5%	3.6%	3.5%



Cognitive disability

Kingsley has a crude rate of 10.8% for cognitive disability among adults aged ≥ 18 years, which ranks 330th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Kingsley is 11.4%, which ranks 359th out of 905 Iowa communities (65th out of 138 small communities).

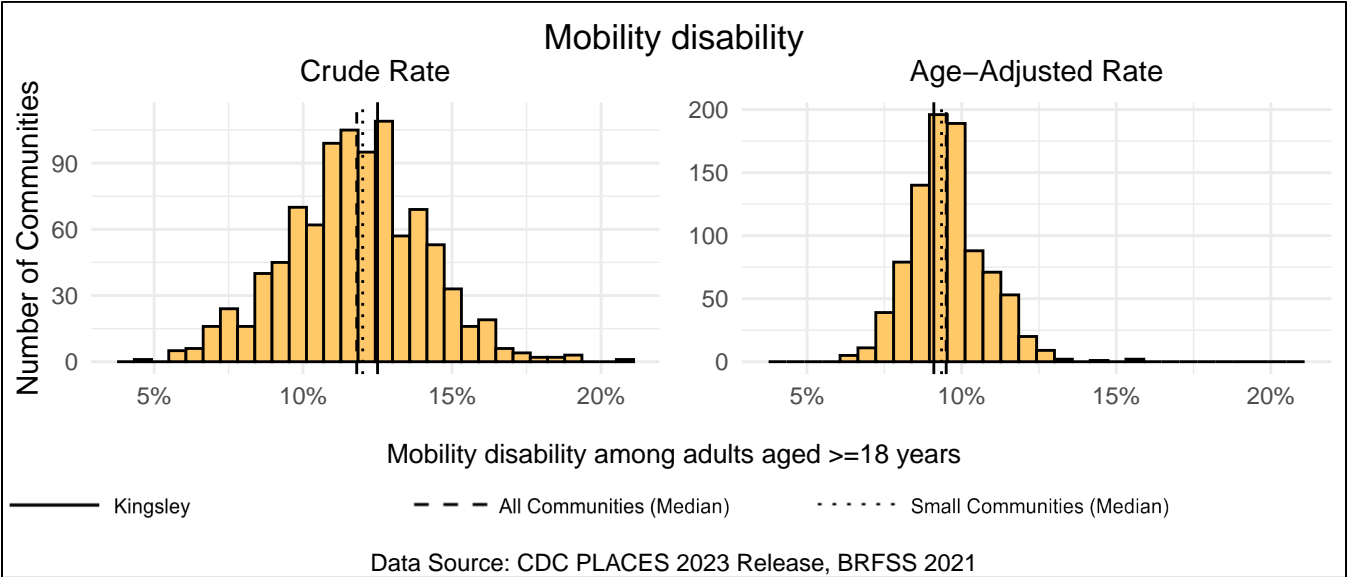
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	10.8%	11.1%	10.9%
Age-Adjusted	11.4%	11.6%	11.4%



Mobility disability

Kingsley has a crude rate of 12.5% for mobility disability among adults aged ≥ 18 years, which ranks 585th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Kingsley is 9.1%, which ranks 307th out of 905 Iowa communities (59th out of 138 small communities).

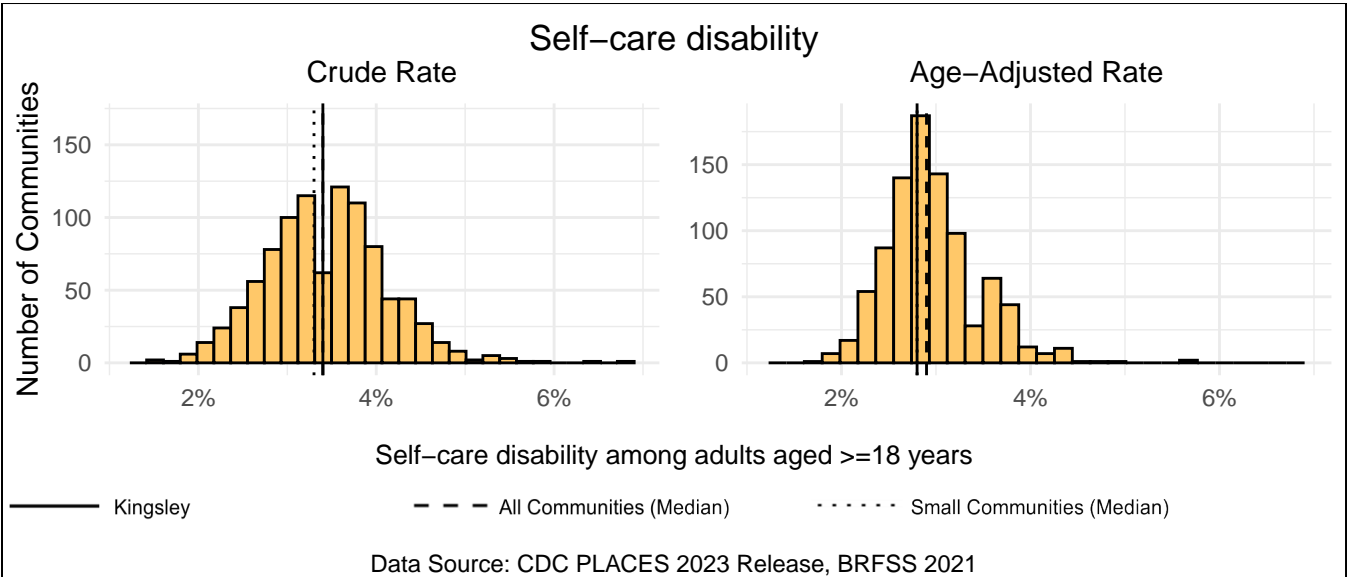
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	12.5%	11.8%	12.0%
Age-Adjusted	9.1%	9.5%	9.4%



Self-care disability

Kingsley has a crude rate of 3.4% for self-care disability among adults aged ≥ 18 years, which ranks 435th out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Kingsley is 2.8%, which ranks 307th out of 905 Iowa communities (58th out of 138 small communities).

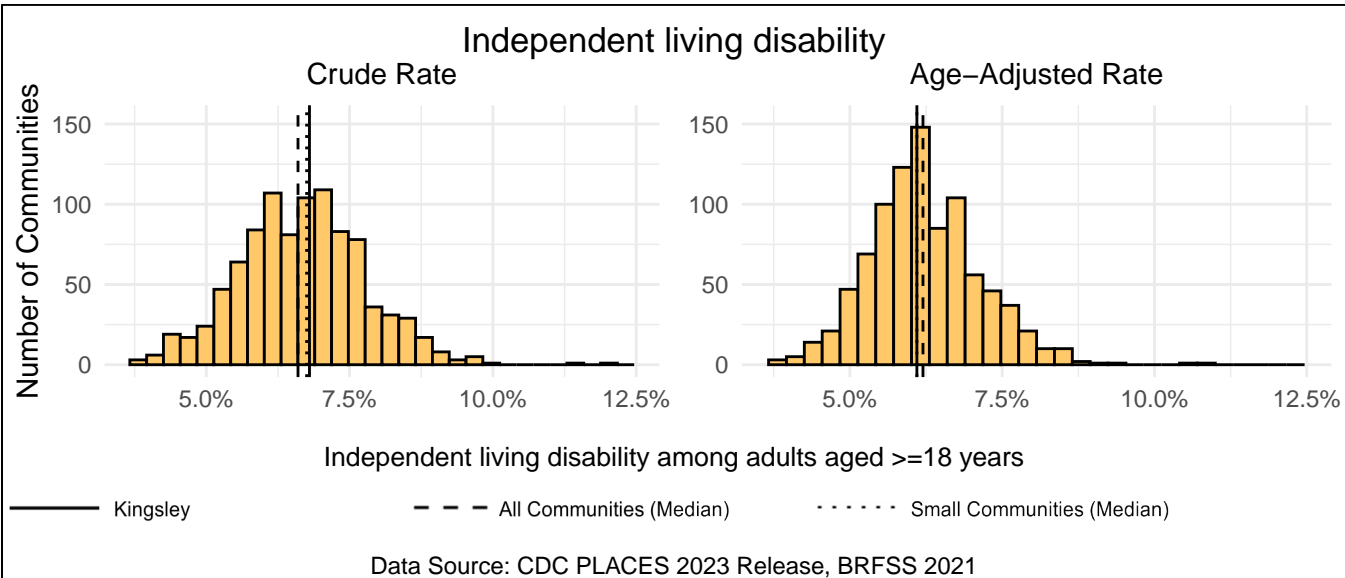
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	3.4%	3.4%	3.3%
Age-Adjusted	2.8%	2.9%	2.8%



Independent living disability

Kingsley has a crude rate of 6.8% for independent living disability among adults aged ≥ 18 years, which ranks 519th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Kingsley is 6.1%, which ranks 383rd out of 905 Iowa communities (66th out of 138 small communities).

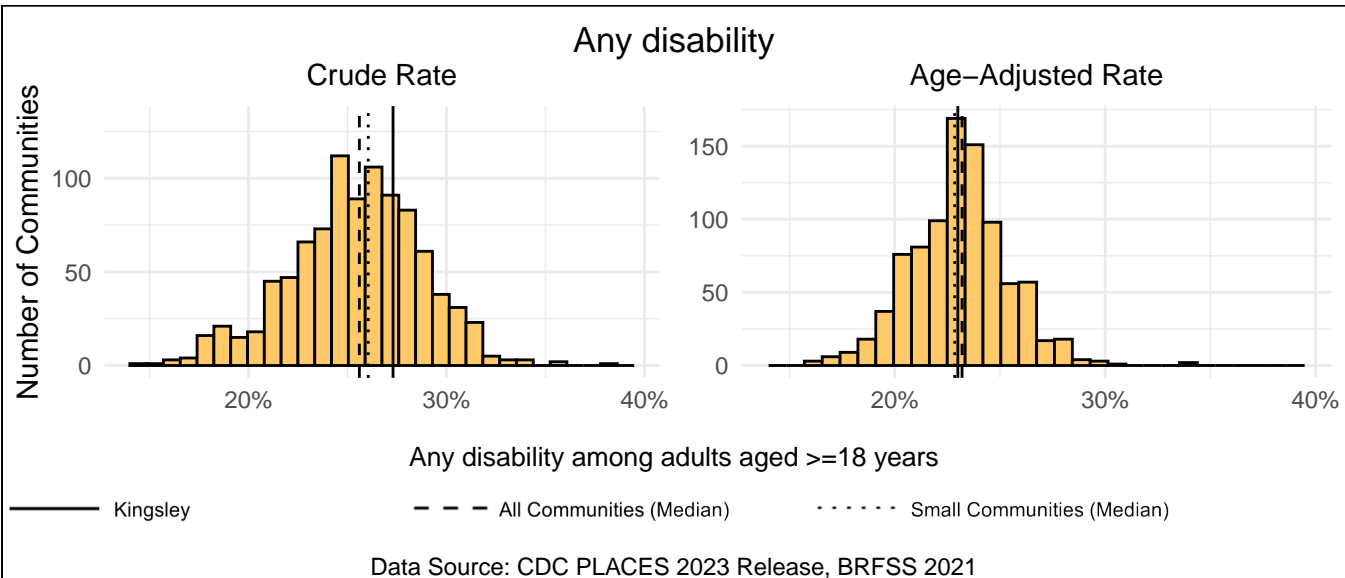
Measure Type	Kingsley	All Comm.	Small Comm.
Crude	6.8%	6.6%	6.8%
Age-Adjusted	6.1%	6.2%	6.1%



Any disability

Kingsley has a crude rate of 27.3% for any disability among adults aged ≥ 18 years, which ranks 675th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Kingsley is 23.0%, which ranks 413th out of 905 Iowa communities (72nd out of 138 small communities).

Measure Type	Kingsley	All Comm.	Small Comm.
Crude	27.3%	25.6%	26.0%
Age-Adjusted	23.0%	23.2%	22.8%



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: Kingsley PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	404	10.6% (8.9% - 12.5%)	300	9.4% (7.9% - 11.1%)
Health Status	General Health	391	13.8% (11.3% - 16.8%)	280	12.0% (9.8% - 14.7%)
Health Status	Mental Health	141	13.3% (11.4% - 15.3%)	338	15.3% (12.9% - 17.7%)
Health Risk Behaviors	Physical Inactivity	325	24.8% (20.2% - 29.9%)	203	22.3% (18.0% - 27.1%)
Health Risk Behaviors	Binge Drinking	283	18.4% (15.4% - 21.8%)	554	22.3% (18.8% - 26.3%)
Health Risk Behaviors	Current Smoking	175	15.0% (11.6% - 18.5%)	259	16.6% (12.9% - 20.9%)
Health Risk Behaviors	Sleep <7 hours	31	26.7% (25.1% - 28.4%)	56	28.3% (26.5% - 30.1%)
Health Outcomes	Cancer (except skin)	841	9.6% (8.7% - 10.7%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Arthritis	629	29.2% (25.2% - 33.3%)	287	22.6% (19.3% - 26.2%)
Health Outcomes	Stroke	703	3.7% (3.1% - 4.4%)	230	2.5% (2.2% - 2.9%)
Health Outcomes	High Cholesterol	748	38.2% (33.9% - 42.7%)	701	30.5% (26.6% - 35.0%)
Health Outcomes	Coronary Heart Disease	715	7.4% (6.3% - 8.6%)	257	4.8% (4.1% - 5.6%)
Health Outcomes	Diabetes	543	10.4% (8.8% - 12.2%)	347	8.0% (6.8% - 9.4%)
Health Outcomes	All Teeth Lost	412	12.6% (7.2% - 20.1%)	280	11.9% (7.1% - 18.2%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.1%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	Obesity	171	35.3% (29.3% - 42.1%)	287	36.4% (30.1% - 43.3%)
Health Outcomes	COPD	511	7.6% (6.2% - 9.3%)	346	6.1% (5.0% - 7.4%)
Health Outcomes	High Blood Pressure	751	35.0% (30.9% - 39.2%)	572	27.8% (24.2% - 31.6%)
Health Outcomes	Depression	143	17.0% (14.1% - 20.4%)	330	18.8% (15.4% - 22.5%)
Health Outcomes	Current Asthma	215	9.1% (7.9% - 10.3%)	415	9.5% (8.3% - 10.8%)
Prevention	Cholesterol Screening	102	84.9% (82.2% - 87.4%)	113	80.7% (77.5% - 83.9%)
Prevention	Cervical Cancer Screening	311	84.0% (81.2% - 86.5%)	294	83.7% (80.9% - 86.2%)
Prevention	Annual Checkup	72	78.0% (73.9% - 81.9%)	86	74.0% (69.5% - 78.4%)
Prevention	Colorectal Cancer Screening	164	74.0% (70.8% - 77.0%)	237	72.3% (69.0% - 75.4%)
Prevention	Mammography	793	74.3% (69.8% - 78.6%)	683	72.4% (67.9% - 76.6%)

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% (38.3% - 56.0%)	164	47.1% (38.2% - 55.7%)
Prevention	Taking BP Medication	150	82.2% (79.1% - 84.9%)	179	59.6% (54.7% - 64.7%)
Prevention	Dental Visit	184	70.3% (66.1% - 73.9%)	197	69.7% (65.6% - 73.5%)
Prevention	Health Insurance	386	7.1% (5.1% - 9.5%)	266	7.2% (5.1% - 9.5%)
Prevention	Core preventive services for older women	669	36.9% (29.4% - 44.6%)	472	39.7% (31.8% - 47.1%)
Disability	Mobility Disability	585	12.5% (10.1% - 15.0%)	307	9.1% (7.5% - 10.9%)
Disability	Independent Living Disability	519	6.8% (5.5% - 8.3%)	383	6.1% (4.9% - 7.4%)
Disability	Vision Disability	516	4.2% (3.4% - 5.3%)	364	3.5% (2.9% - 4.2%)
Disability	Any Disability	675	27.3% (23.2% - 31.8%)	413	23.0% (19.1% - 27.2%)
Disability	Hearing Disability	762	8.6% (7.4% - 9.8%)	287	5.8% (5.0% - 6.6%)
Disability	Cognitive Disability	330	10.8% (8.9% - 12.9%)	359	11.4% (9.2% - 13.8%)
Disability	Self-care Disability	435	3.4% (2.8% - 4.1%)	307	2.8% (2.4% - 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: Small Communities (1,000-2,499)

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

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

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