



Iowa Community Health Snapshot Series

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



May 2024

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This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

Iowa Community Health Snapshot Series

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Health in Knoxville: Overview

Dear Community Members & Stakeholders of Knoxville,

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 Knoxville ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Knoxville’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 Knoxville. 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
Dental Visit	130th	24th	Annual Checkup	66th	11th
Mammography	157th	27th	Cancer (except skin)	74th	11th
Annual Checkup	177th	14th	Mammography	133rd	26th
Taking BP Medication	386th	44th	Dental Visit	144th	25th
Arthritis	402nd	43rd	Taking BP Medication	206th	37th

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
High Cholesterol	720th	88th	High Cholesterol	851st	96th
Sleep <7 hours	708th	78th	Sleep <7 hours	770th	84th
Cognitive Disability	639th	55th	High Blood Pressure	696th	72nd
Diabetes	629th	68th	Diabetes	685th	66th
High Blood Pressure	625th	73rd	Depression	675th	73rd

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 Knoxville.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

This project was supported by funding from Iowa State University’s Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University’s Presidential Strategic Initiative Plan 2022-2031.

How to Use this Report

The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Knoxville that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Knoxville, 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 Knoxville compares to the rest of the state and similarly-sized communities.

With a population of 7,523, Knoxville’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

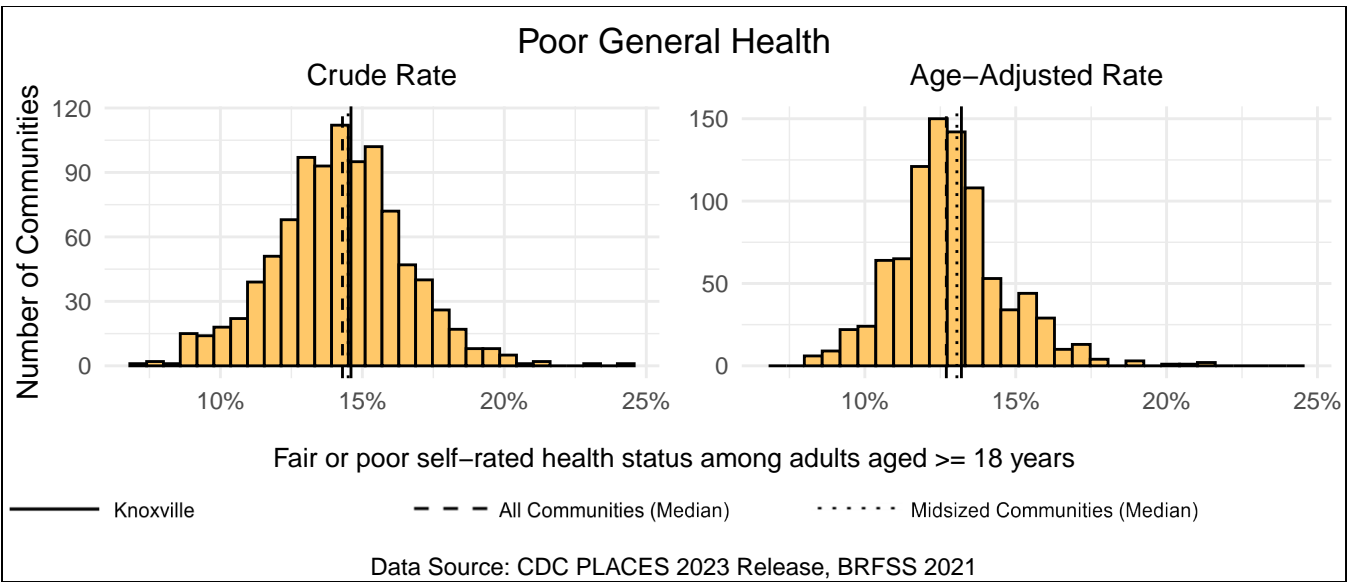
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Knoxville has a crude rate of 14.6% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 534th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 13.2%, which ranks 552nd out of 905 Iowa communities (53rd out of 102 mid-sized communities).

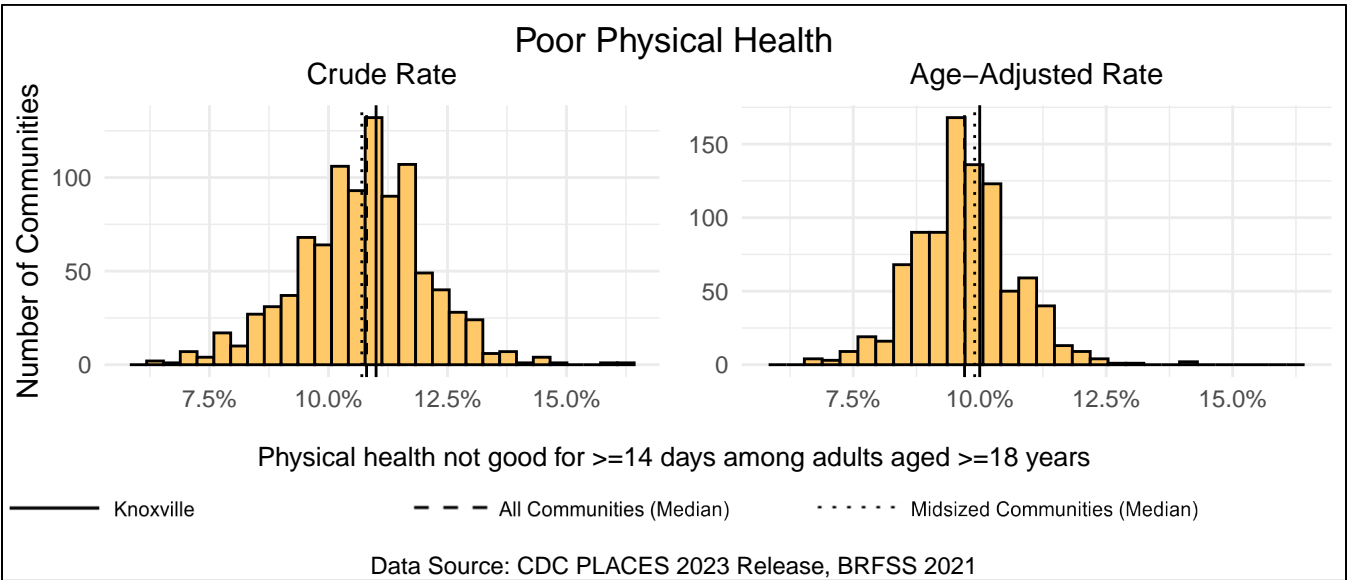
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	14.6%	14.3%	14.5%
Age-Adjusted	13.2%	12.7%	13.0%



Poor Physical Health

Knoxville has a crude rate of 11.0% for physical health not good for >=14 days among adults aged >=18 years, which ranks 539th out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 10.0%, which ranks 559th out of 905 Iowa communities (57th out of 102 mid-sized communities).

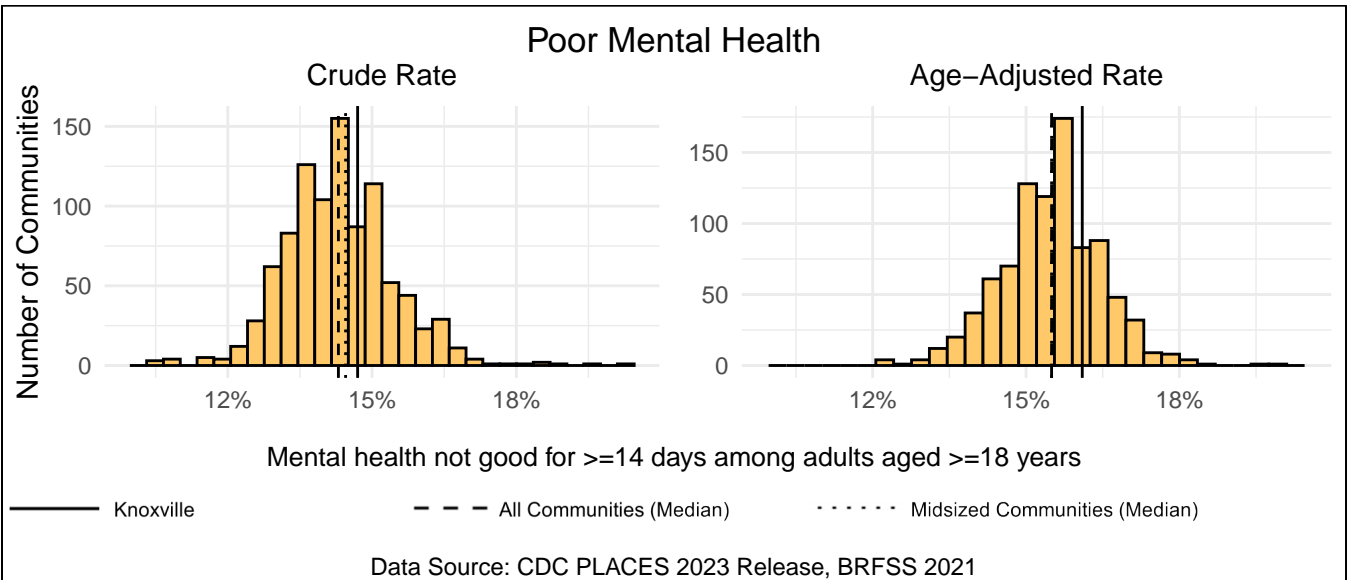
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	11.0%	10.8%	10.7%
Age-Adjusted	10.0%	9.7%	9.9%



Poor Mental Health

Knoxville has a crude rate of 14.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 625th out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 16.1%, which ranks 658th out of 905 Iowa communities (73rd out of 102 mid-sized communities).

Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	14.7%	14.3%	14.4%
Age-Adjusted	16.1%	15.5%	15.5%



Health Risk Behaviors

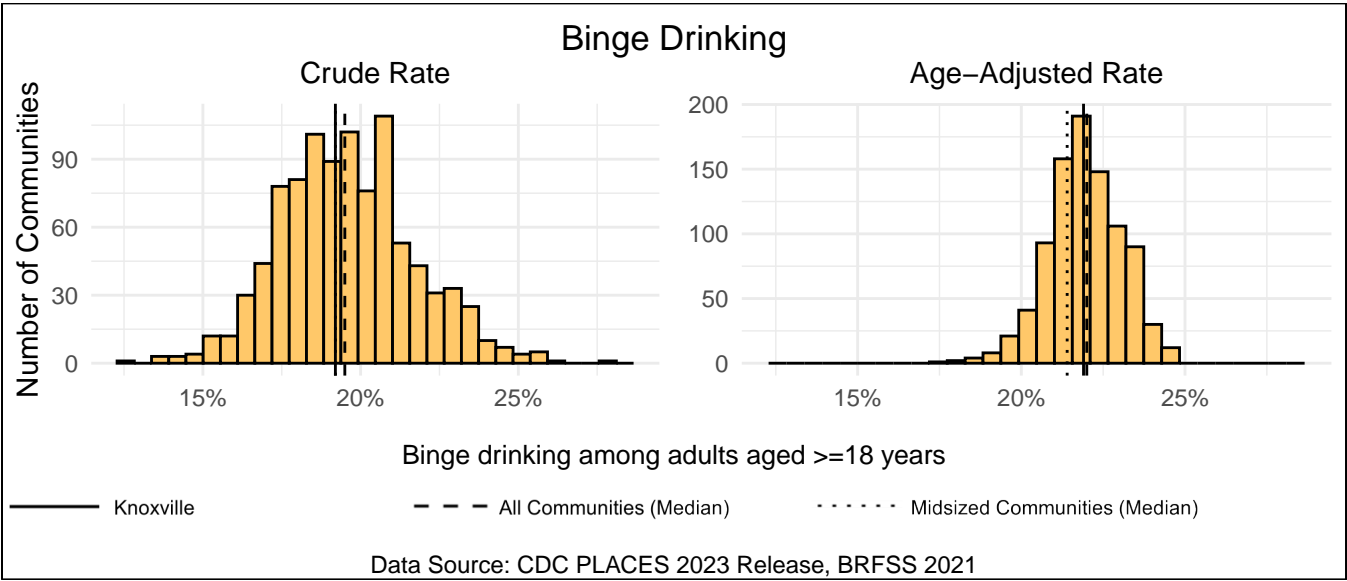
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Knoxville has a crude rate of 19.2% for binge drinking among adults aged ≥ 18 years, which ranks 416th out of 958 Iowa communities (49th out of 102 midsize communities). The age-adjusted rate for Knoxville is 21.9%, which ranks 418th out of 905 Iowa communities (58th out of 102 midsize communities).

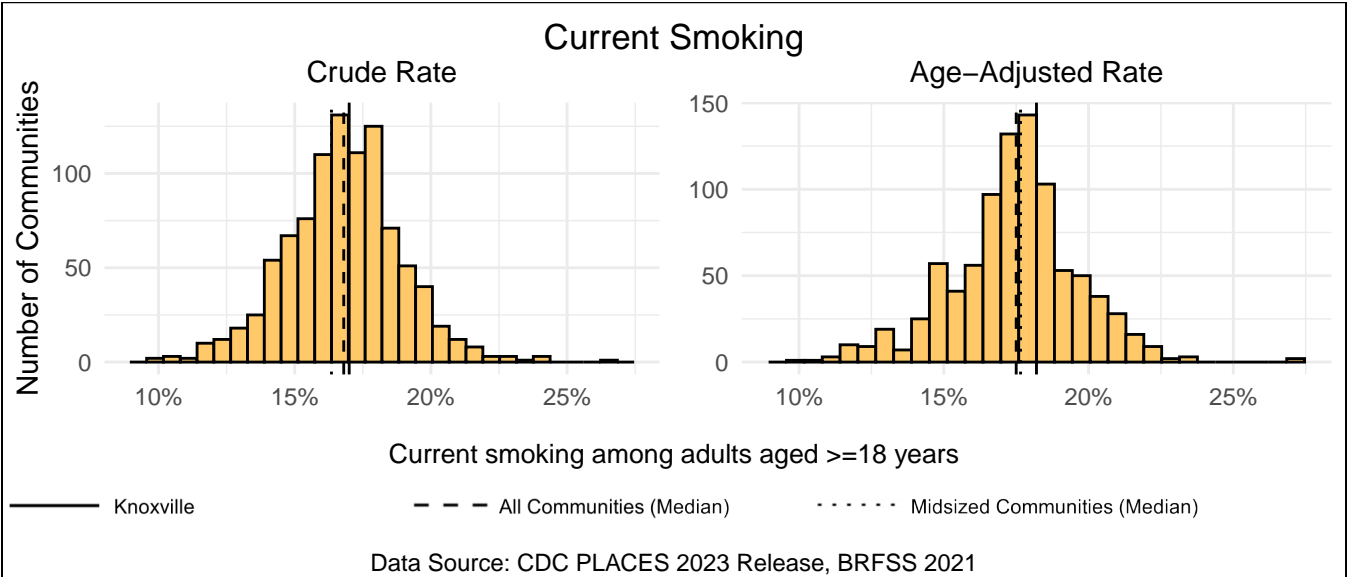
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	19.2%	19.5%	19.2%
Age-Adjusted	21.9%	22.0%	21.4%



Current Smoking

Knoxville has a crude rate of 17.0% for current smoking among adults aged >=18 years, which ranks 511th out of 958 Iowa communities (64th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 18.2%, which ranks 572nd out of 905 Iowa communities (66th out of 102 mid-sized communities).

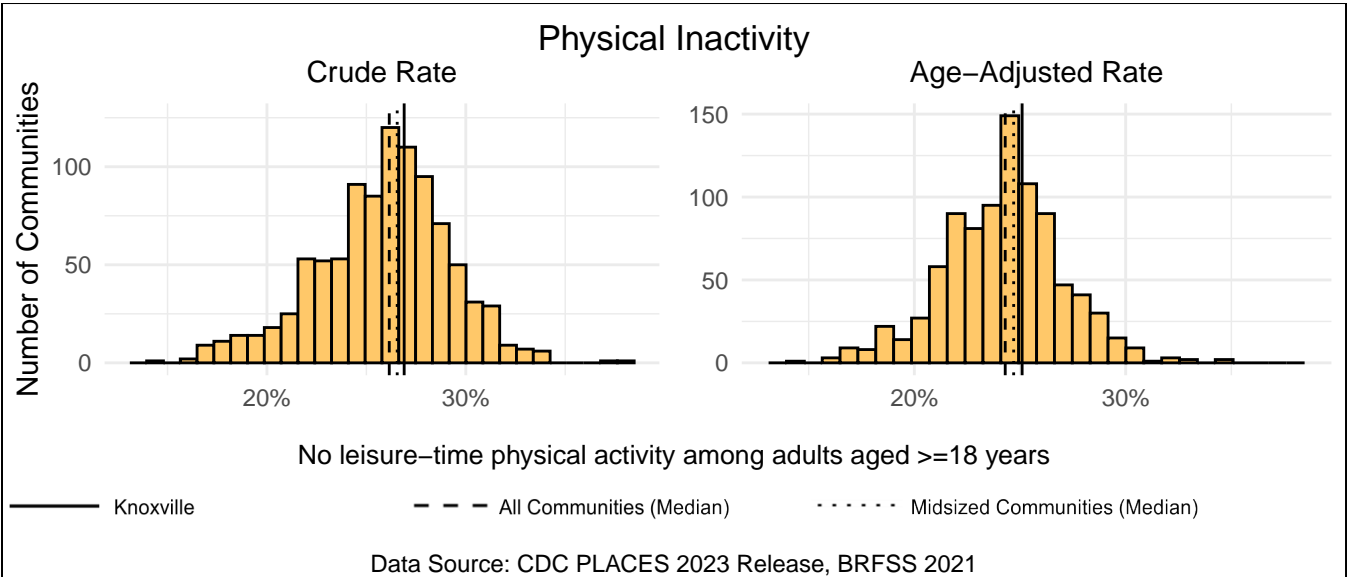
Measure Type	Knoxville	All Comm.	Mid-sized Comm.
Crude	17.0%	16.8%	16.4%
Age-Adjusted	18.2%	17.5%	17.6%



Physical Inactivity

Knoxville has a crude rate of 26.9% for no leisure-time physical activity among adults aged >=18 years, which ranks 582nd out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 25.1%, which ranks 578th out of 905 Iowa communities (59th out of 102 mid-sized communities).

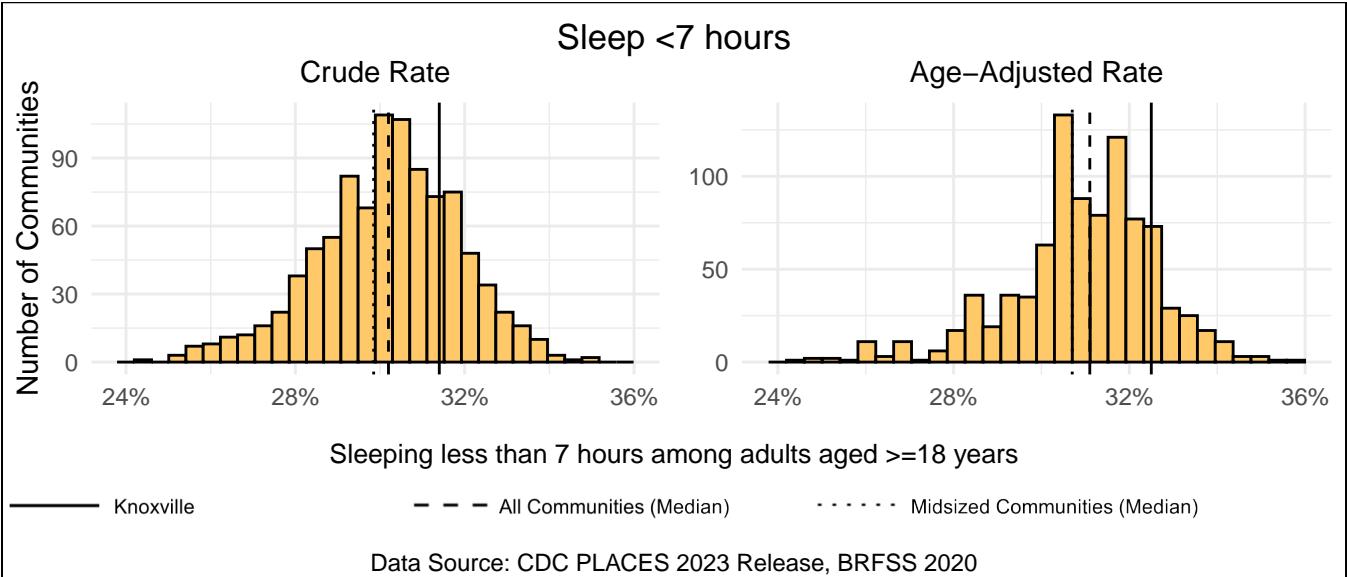
Measure Type	Knoxville	All Comm.	Mid-sized Comm.
Crude	26.9%	26.1%	26.6%
Age-Adjusted	25.1%	24.3%	24.7%



Sleep <7 hours

Knoxville has a crude rate of 31.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 708th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 32.5%, which ranks 770th out of 905 Iowa communities (84th out of 102 mid-sized communities).

Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	31.4%	30.2%	29.8%
Age-Adjusted	32.5%	31.1%	30.7%



Health Outcomes

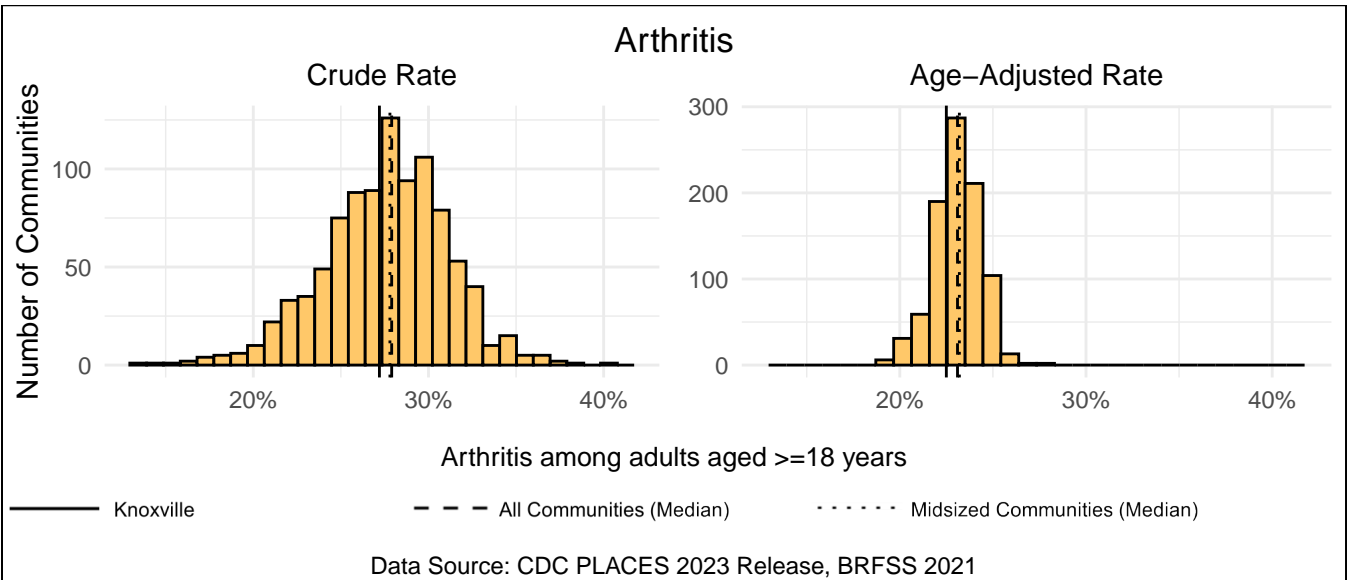
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Knoxville has a crude rate of 27.2% for arthritis among adults aged ≥ 18 years, which ranks 402nd out of 958 Iowa communities (43rd out of 102 midsize communities). The age-adjusted rate for Knoxville is 22.5%, which ranks 261st out of 905 Iowa communities (33rd out of 102 midsize communities).

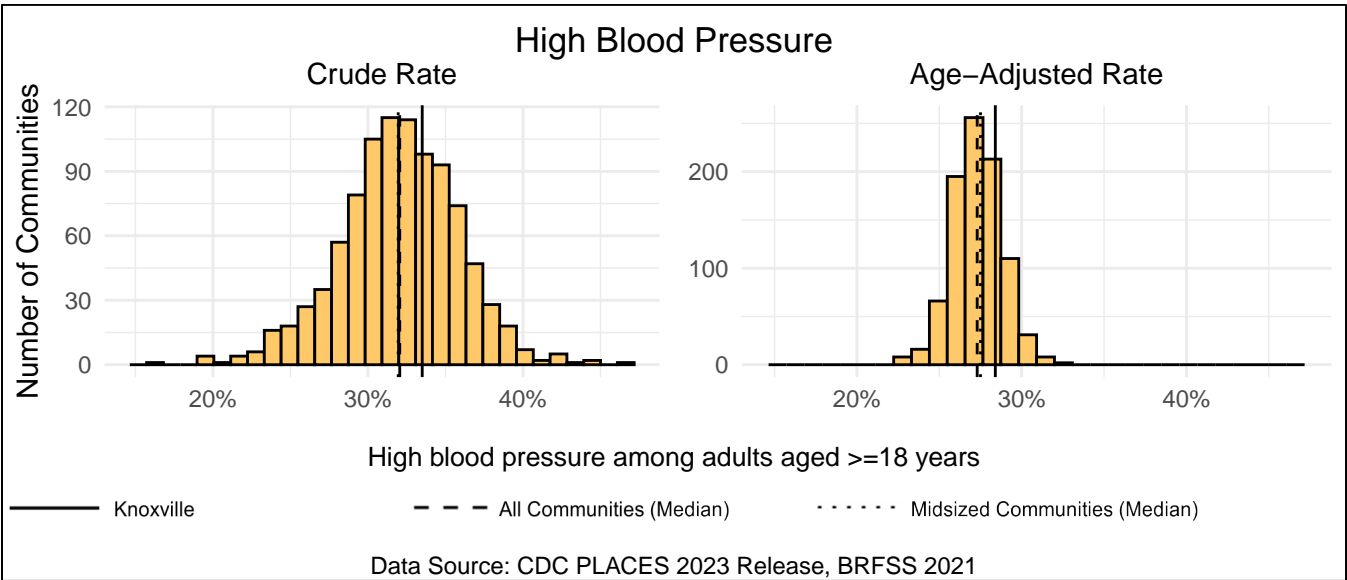
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	27.2%	27.9%	27.8%
Age-Adjusted	22.5%	23.1%	23.2%



High Blood Pressure

Knoxville has a crude rate of 33.5% for high blood pressure among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 28.4%, which ranks 696th out of 905 Iowa communities (72nd out of 102 mid-sized communities).

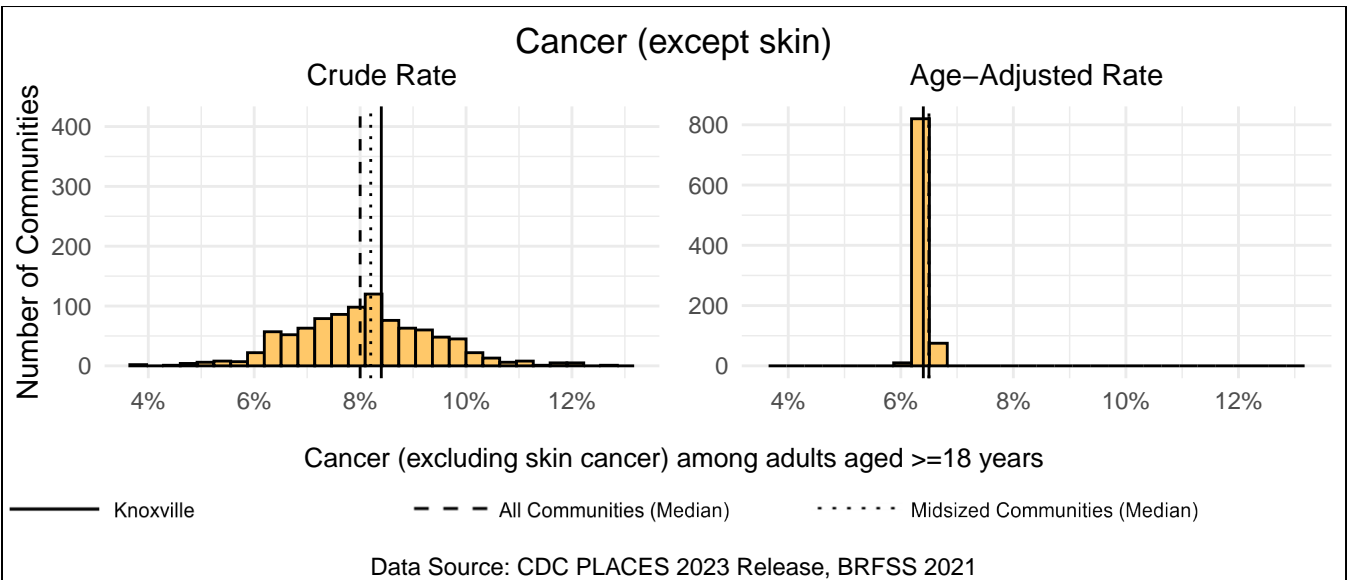
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	33.5%	32.0%	32.0%
Age-Adjusted	28.4%	27.3%	27.5%



Cancer (except skin)

Knoxville has a crude rate of 8.4% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 578th out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

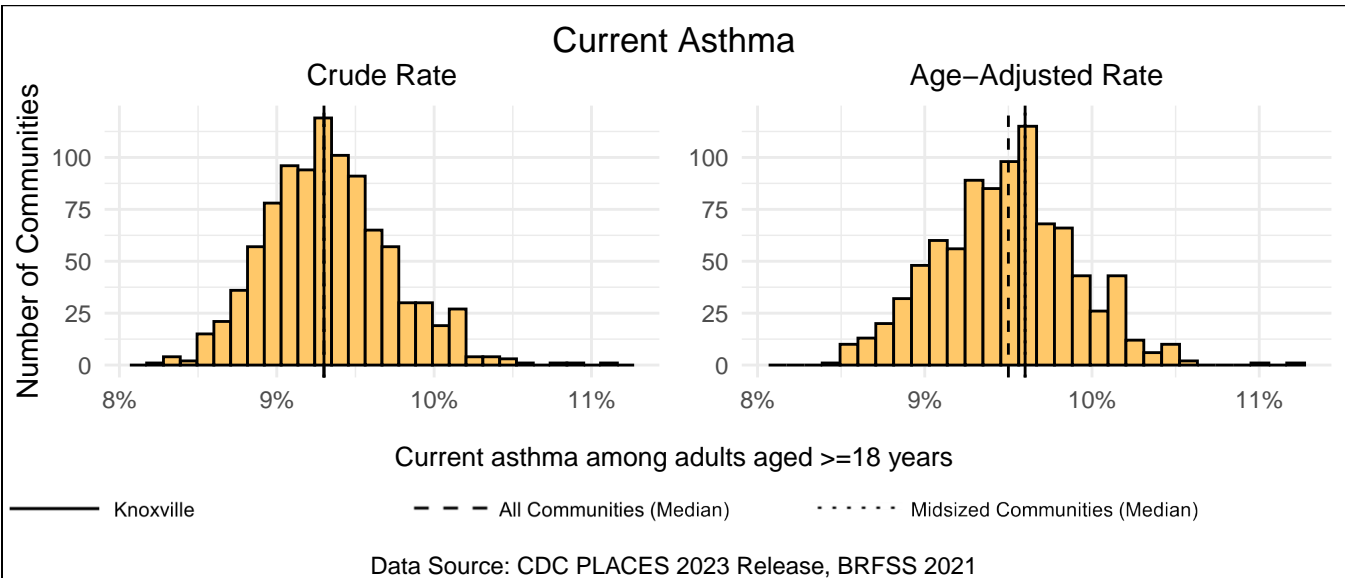
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	8.4%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Knoxville has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Knoxville is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

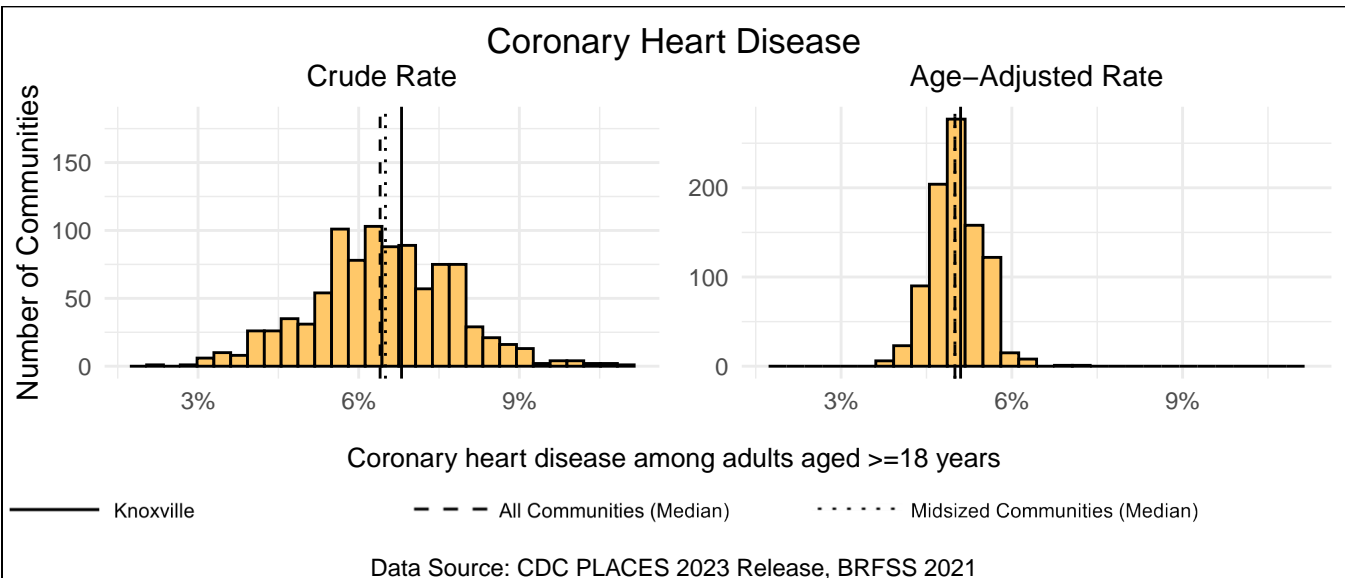
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

Knoxville has a crude rate of 6.8% for coronary heart disease among adults aged ≥ 18 years, which ranks 569th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Knoxville is 5.1%, which ranks 511th out of 905 Iowa communities (59th out of 102 midsize communities).

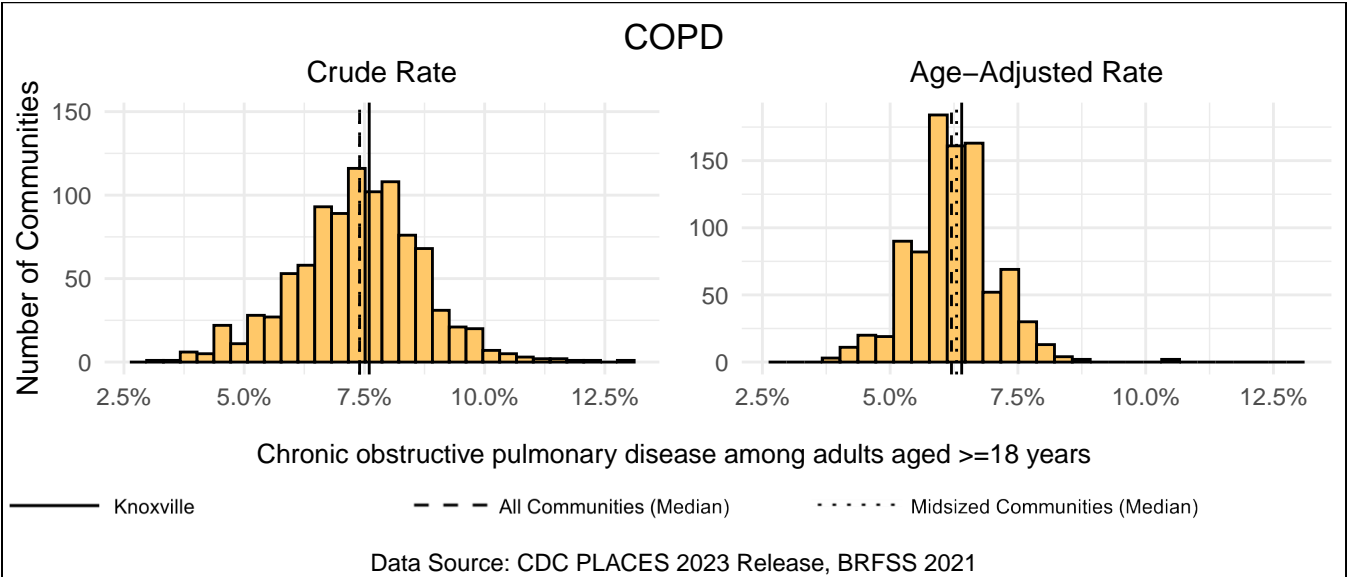
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	6.8%	6.4%	6.5%
Age-Adjusted	5.1%	5.0%	5.0%



COPD

Knoxville 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 (57th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 6.4%, which ranks 513th out of 905 Iowa communities (53rd out of 102 mid-sized communities).

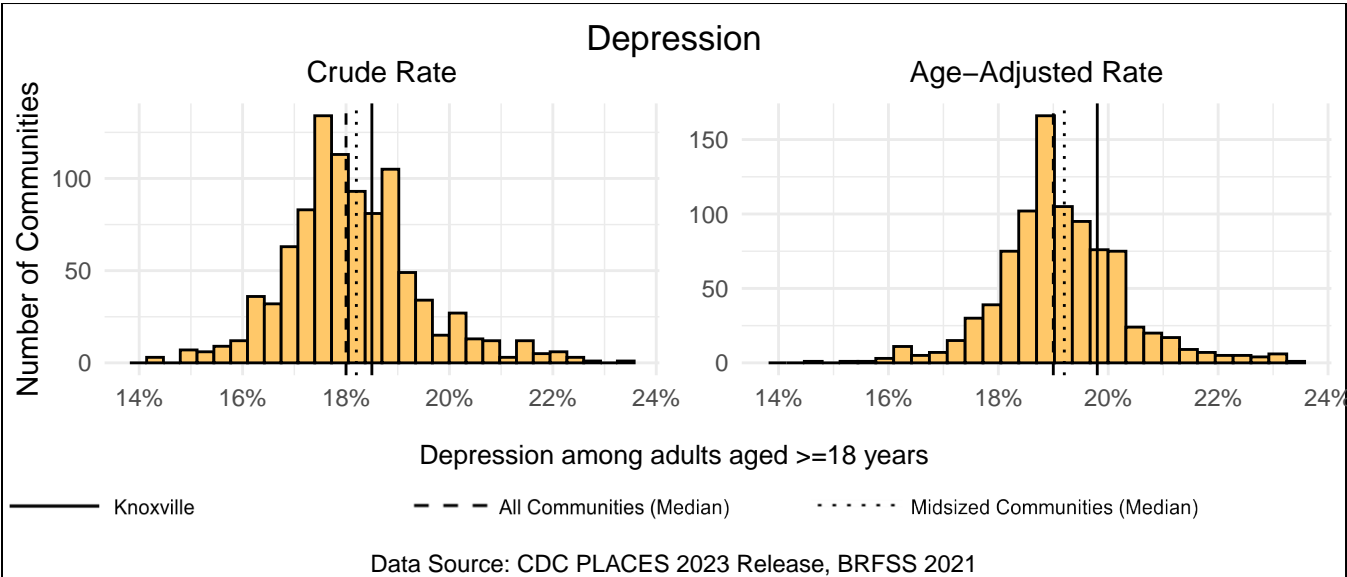
Measure Type	Knoxville	All Comm.	Mid-sized Comm.
Crude	7.6%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.3%



Depression

Knoxville has a crude rate of 18.5% for depression among adults aged ≥ 18 years, which ranks 624th out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 19.8%, which ranks 675th out of 905 Iowa communities (73rd out of 102 mid-sized communities).

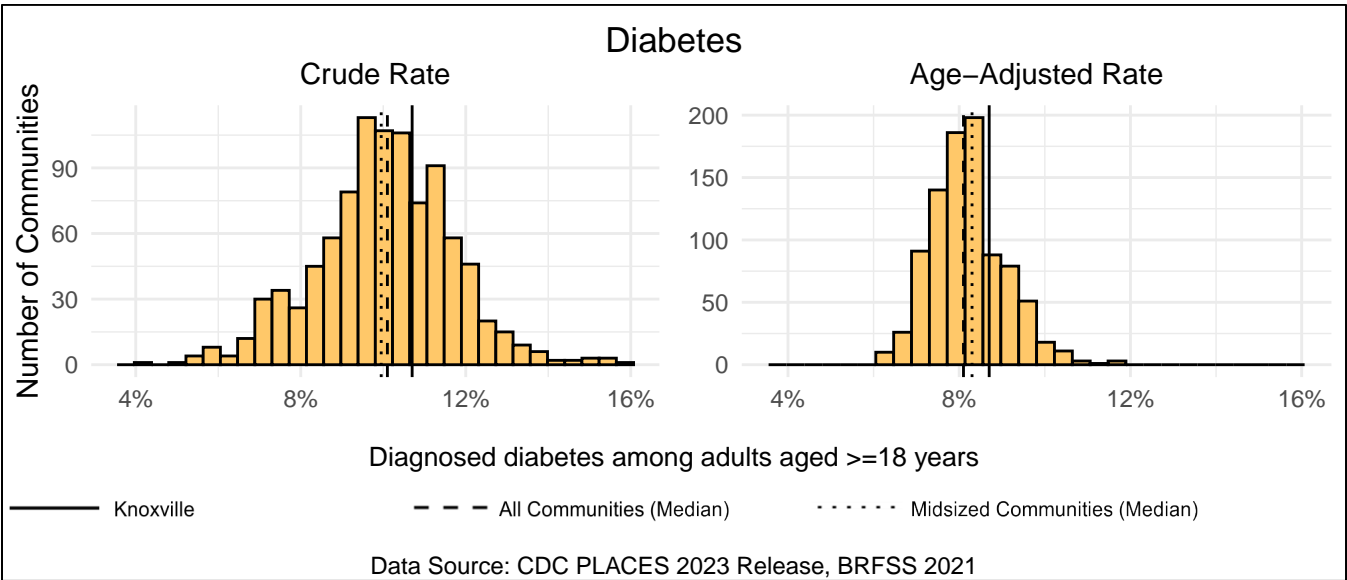
Measure Type	Knoxville	All Comm.	Mid-sized Comm.
Crude	18.5%	18.0%	18.2%
Age-Adjusted	19.8%	19.0%	19.2%



Diabetes

Knoxville has a crude rate of 10.7% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 629th out of 958 Iowa communities (68th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 8.7%, which ranks 685th out of 905 Iowa communities (66th out of 102 mid-sized communities).

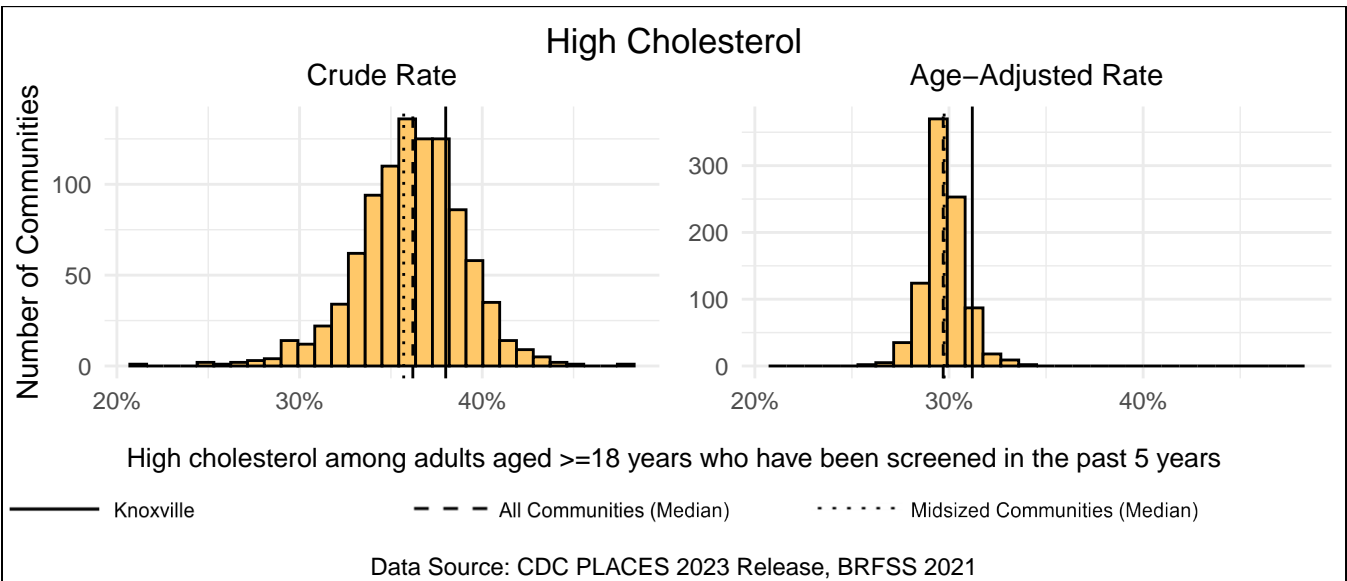
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	10.7%	10.1%	9.9%
Age-Adjusted	8.7%	8.1%	8.3%



High Cholesterol

Knoxville has a crude rate of 38.0% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 720th out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 31.2%, which ranks 851st out of 905 Iowa communities (96th out of 102 mid-sized communities).

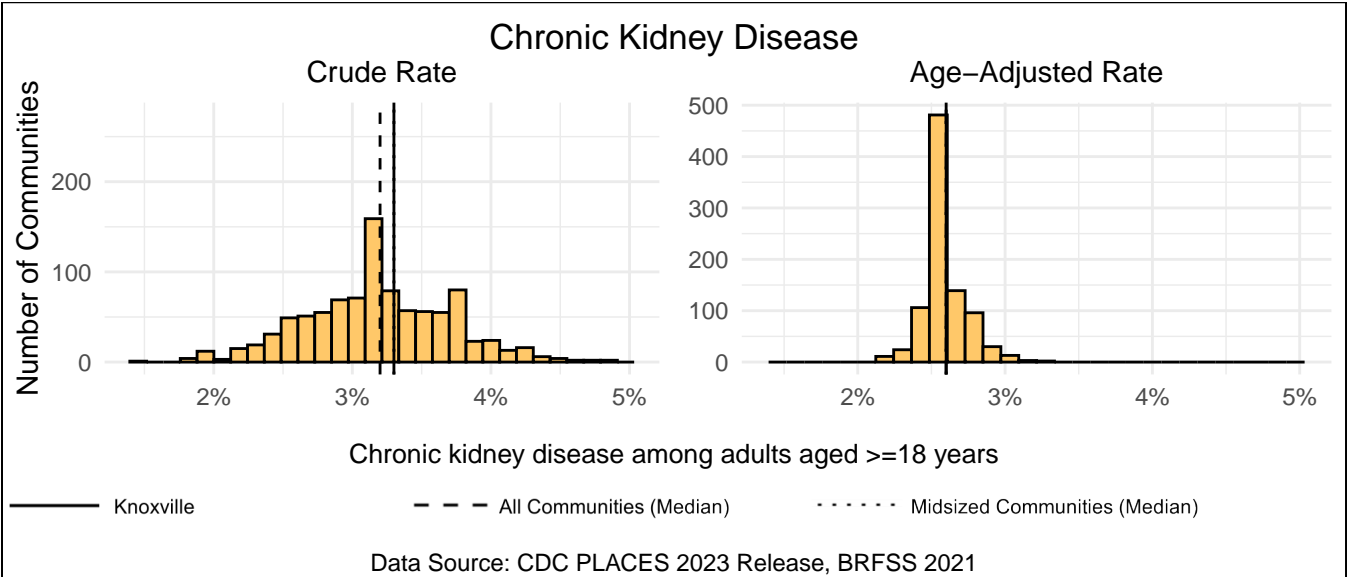
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	38.0%	36.2%	35.7%
Age-Adjusted	31.2%	29.7%	29.8%



Chronic Kidney Disease

Knoxville has a crude rate of 3.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (51st out of 102 midsized communities). The age-adjusted rate for Knoxville is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 midsized communities).

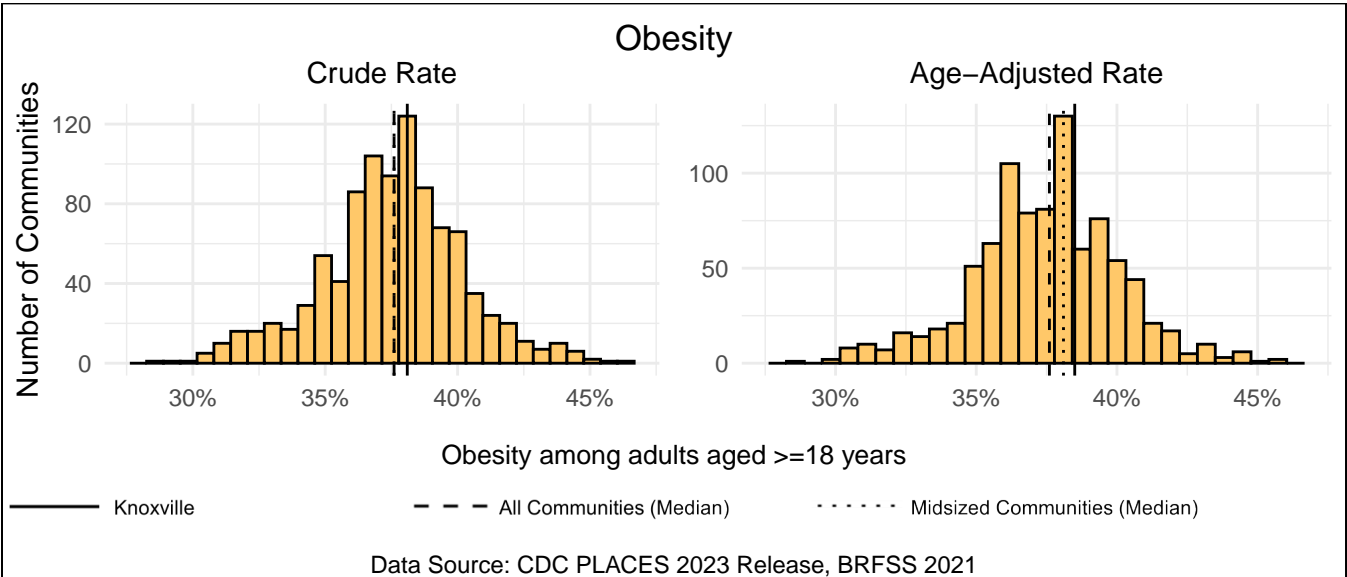
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	3.3%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Knoxville has a crude rate of 38.1% for obesity among adults aged ≥ 18 years, which ranks 552nd out of 958 Iowa communities (62nd out of 102 midsized communities). The age-adjusted rate for Knoxville is 38.5%, which ranks 607th out of 905 Iowa communities (59th out of 102 midsized communities).

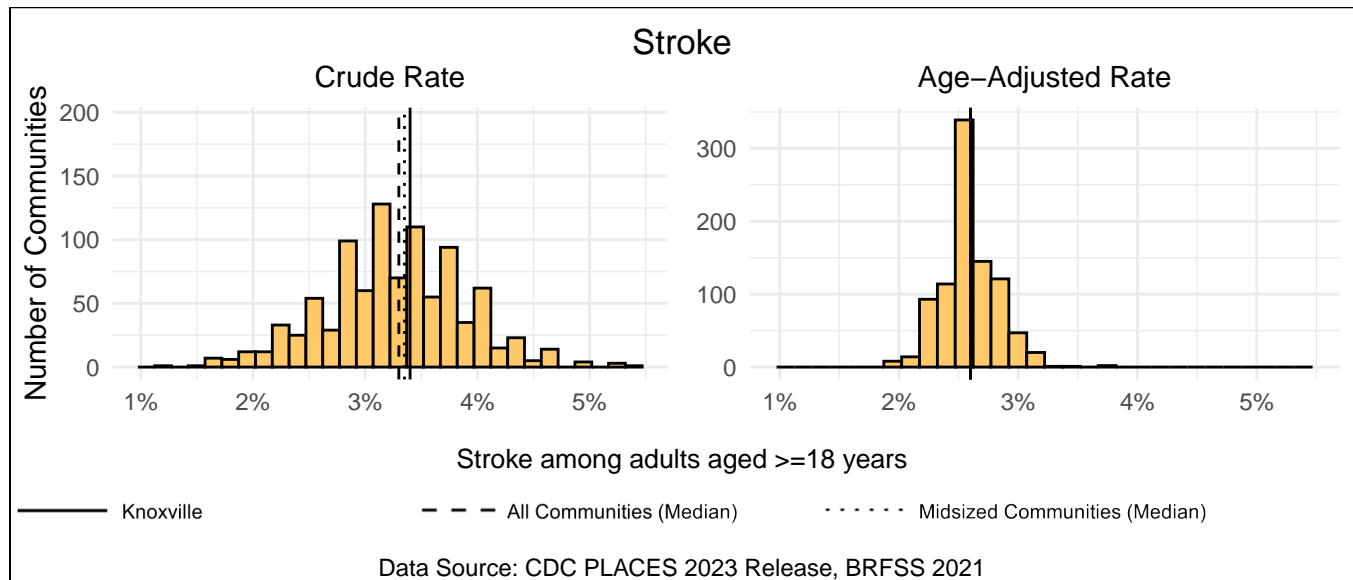
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	38.1%	37.6%	37.6%
Age-Adjusted	38.5%	37.6%	38.1%



Stroke

Knoxville has a crude rate of 3.4% for stroke among adults aged ≥ 18 years, which ranks 538th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

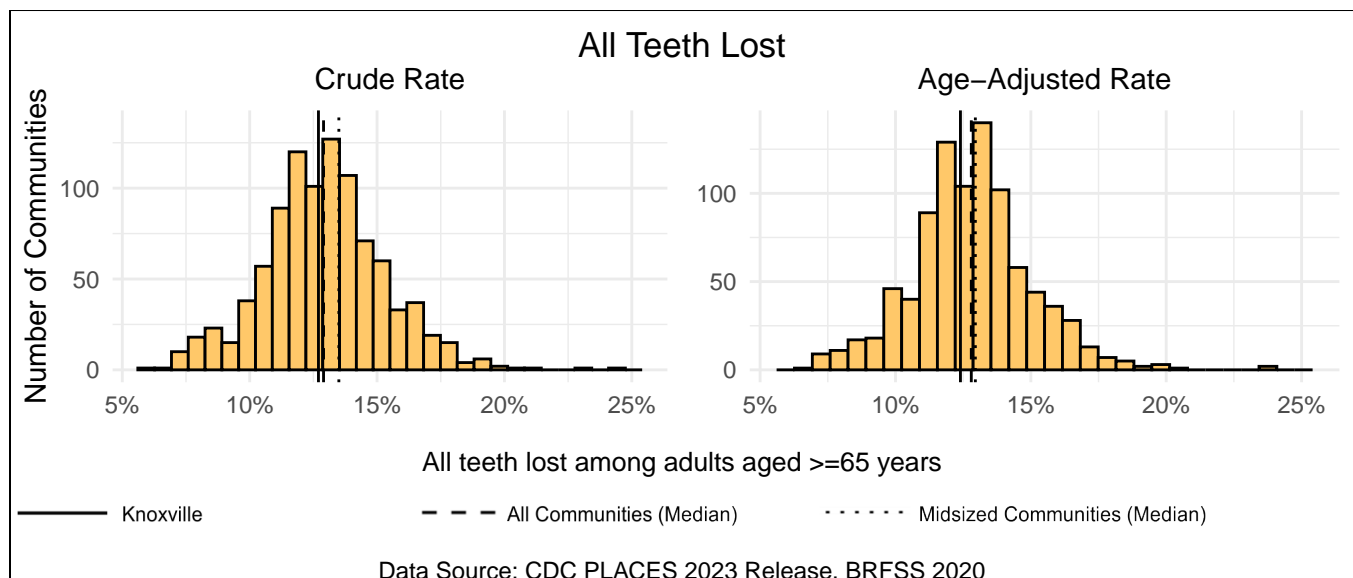
Measure Type	Knoxville	All Comm.	Mid-sized Comm.
Crude	3.4%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



All Teeth Lost

Knoxville has a crude rate of 12.7% for all teeth lost among adults aged ≥ 65 years, which ranks 433rd out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 12.4%, which ranks 374th out of 905 Iowa communities (41st out of 102 mid-sized communities).

Measure Type	Knoxville	All Comm.	Mid-sized Comm.
Crude	12.7%	12.9%	13.5%
Age-Adjusted	12.4%	12.8%	12.9%



Prevention

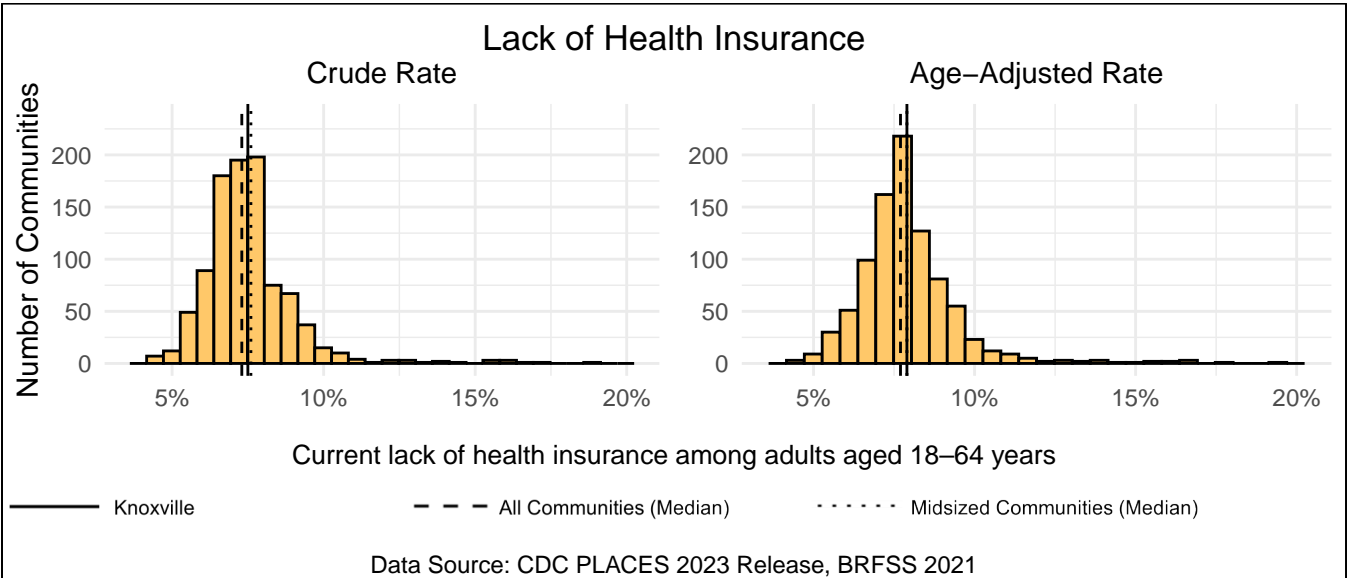
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Knoxville has a crude rate of 7.5% for current lack of health insurance among adults aged 18–64 years, which ranks 533rd out of 958 Iowa communities (49th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 7.9%, which ranks 498th out of 905 Iowa communities (46th out of 102 mid-sized communities).

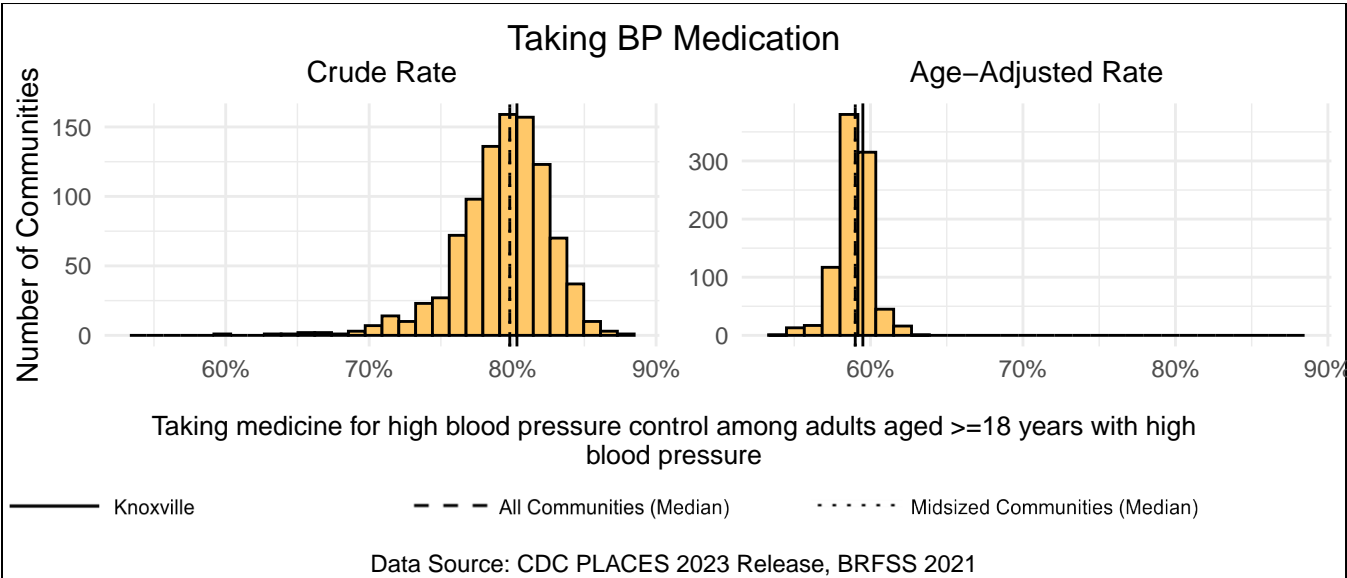
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	7.5%	7.3%	7.6%
Age-Adjusted	7.9%	7.7%	7.9%



Taking BP Medication

Knoxville has a crude rate of 80.3% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 386th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 59.5%, which ranks 206th out of 905 Iowa communities (37th out of 102 mid-sized communities).

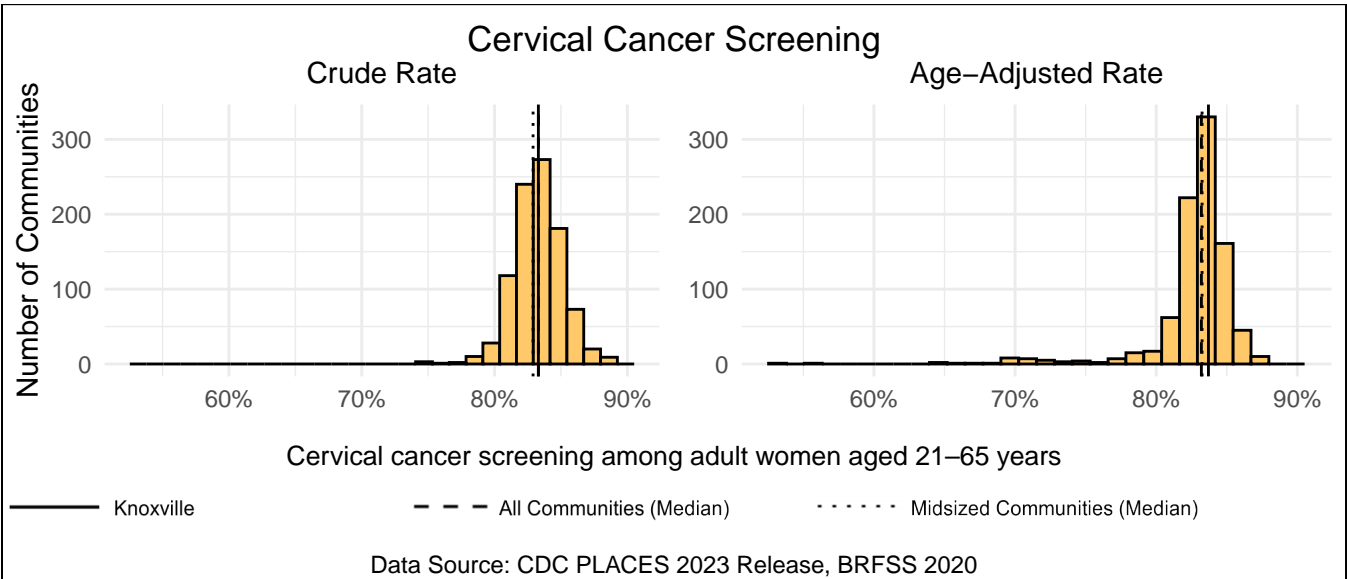
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	80.3%	79.8%	79.8%
Age-Adjusted	59.5%	59.0%	59.0%



Cervical Cancer Screening

Knoxville has a crude rate of 83.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 462nd out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 83.7%, which ranks 294th out of 905 Iowa communities (41st out of 102 mid-sized communities).

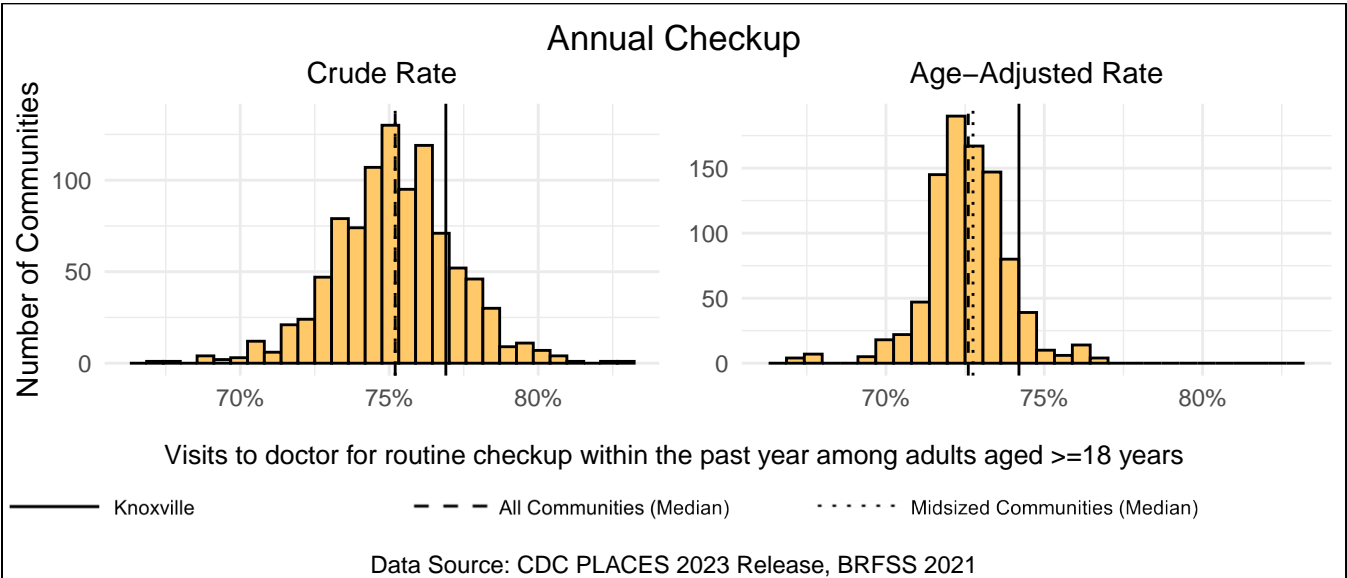
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	83.3%	83.3%	82.9%
Age-Adjusted	83.7%	83.2%	83.2%



Annual Checkup

Knoxville has a crude rate of 76.9% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 177th out of 958 Iowa communities (14th out of 102 midsize communities). The age-adjusted rate for Knoxville is 74.2%, which ranks 66th out of 905 Iowa communities (11th out of 102 midsize communities).

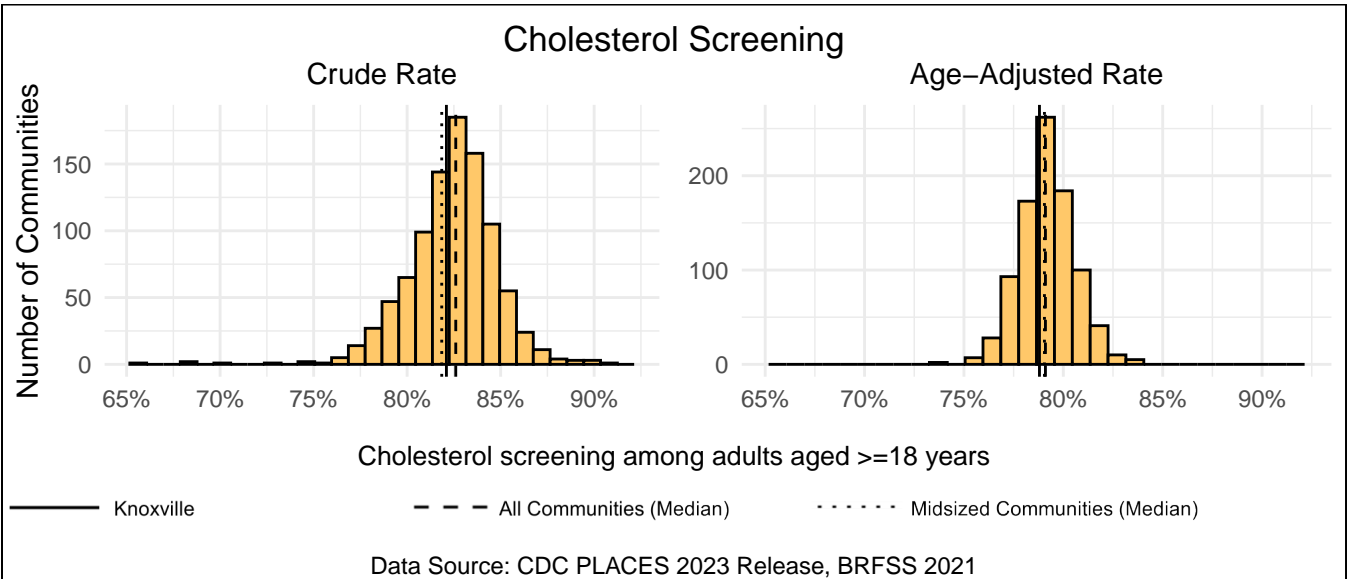
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	76.9%	75.2%	75.2%
Age-Adjusted	74.2%	72.6%	72.8%



Cholesterol Screening

Knoxville has a crude rate of 82.1% for cholesterol screening among adults aged >=18 years, which ranks 568th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Knoxville is 78.8%, which ranks 536th out of 905 Iowa communities (61st out of 102 midsize communities).

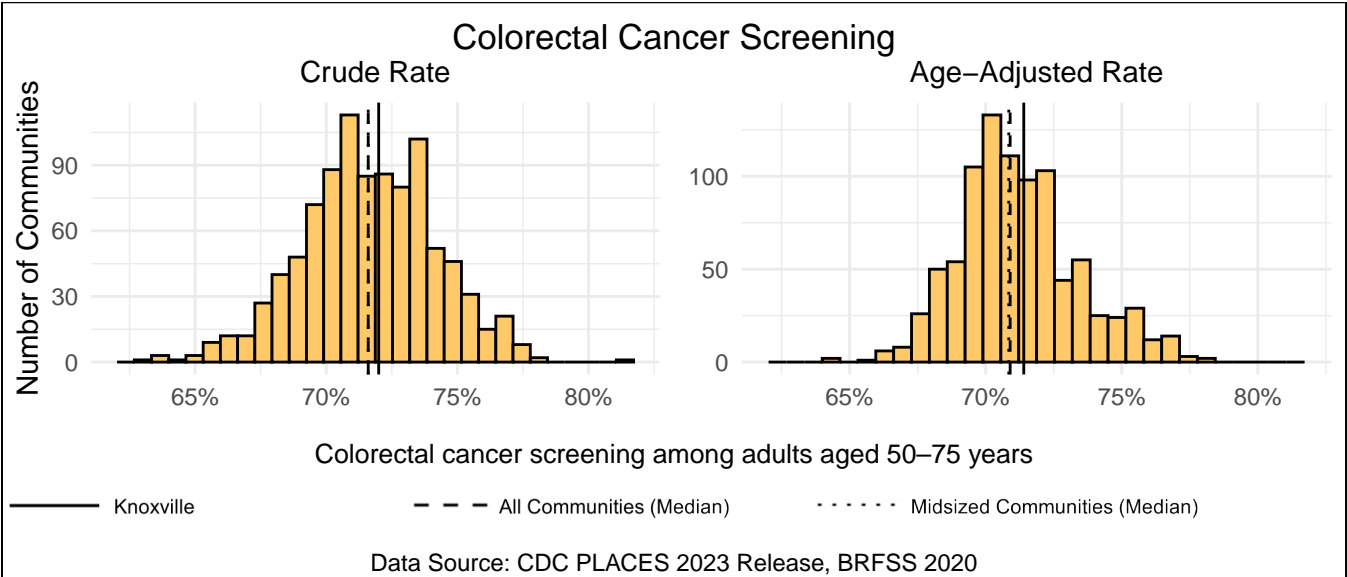
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	82.1%	82.6%	81.8%
Age-Adjusted	78.8%	79.1%	79.0%



Colorectal Cancer Screening

Knoxville has a crude rate of 72.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 411th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 71.4%, which ranks 381st out of 905 Iowa communities (46th out of 102 mid-sized communities).

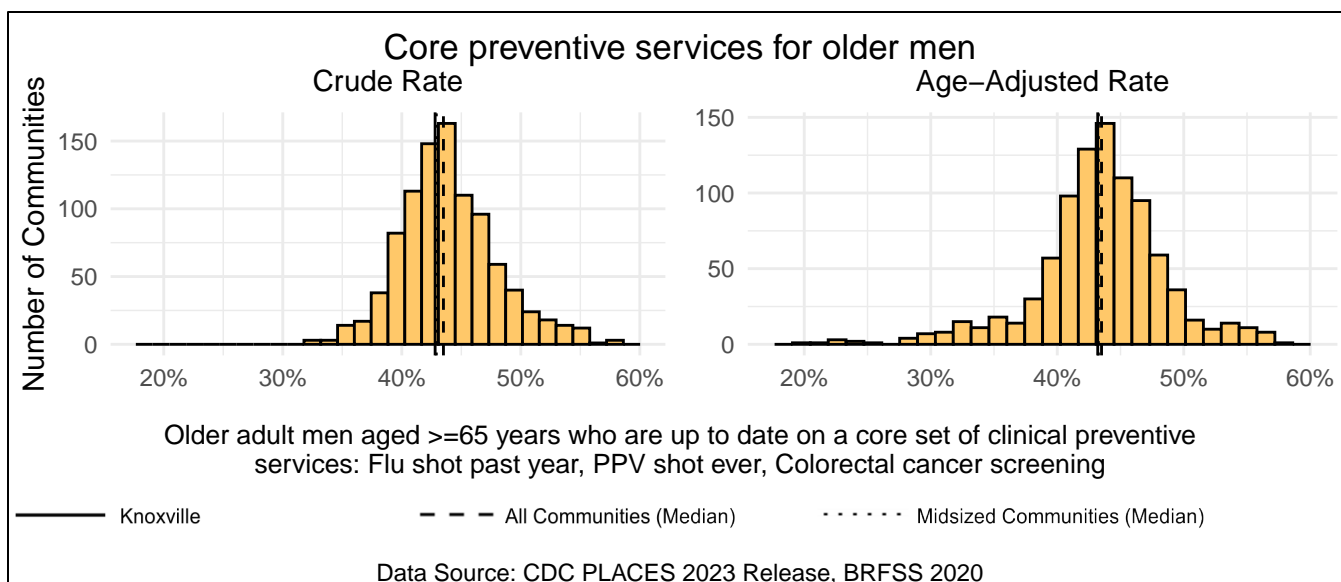
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	72.0%	71.6%	71.6%
Age-Adjusted	71.4%	70.9%	70.8%



Core preventive services for older men

Knoxville has a crude rate of 42.8% 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 566th out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Knoxville is 43.2%, which ranks 479th out of 905 Iowa communities (52nd out of 102 midsized communities).

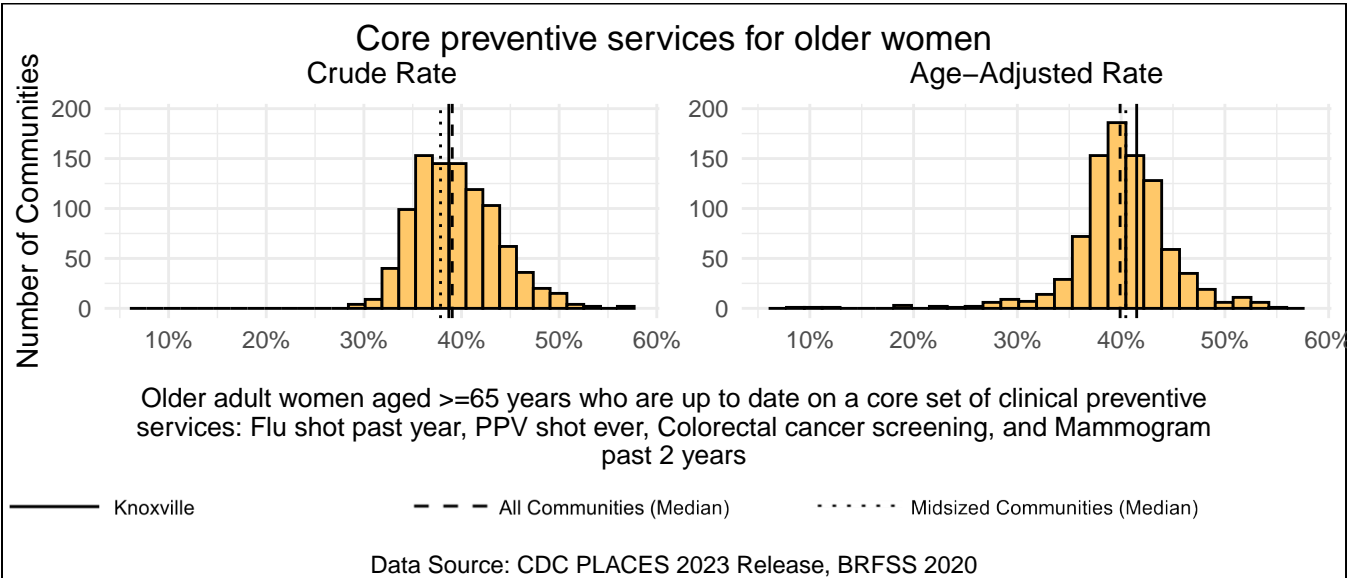
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	42.8%	43.5%	42.9%
Age-Adjusted	43.2%	43.5%	43.2%



Core preventive services for older women

Knoxville has a crude rate of 38.7% 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 509th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 41.5%, which ranks 316th out of 905 Iowa communities (38th out of 102 mid-sized communities).

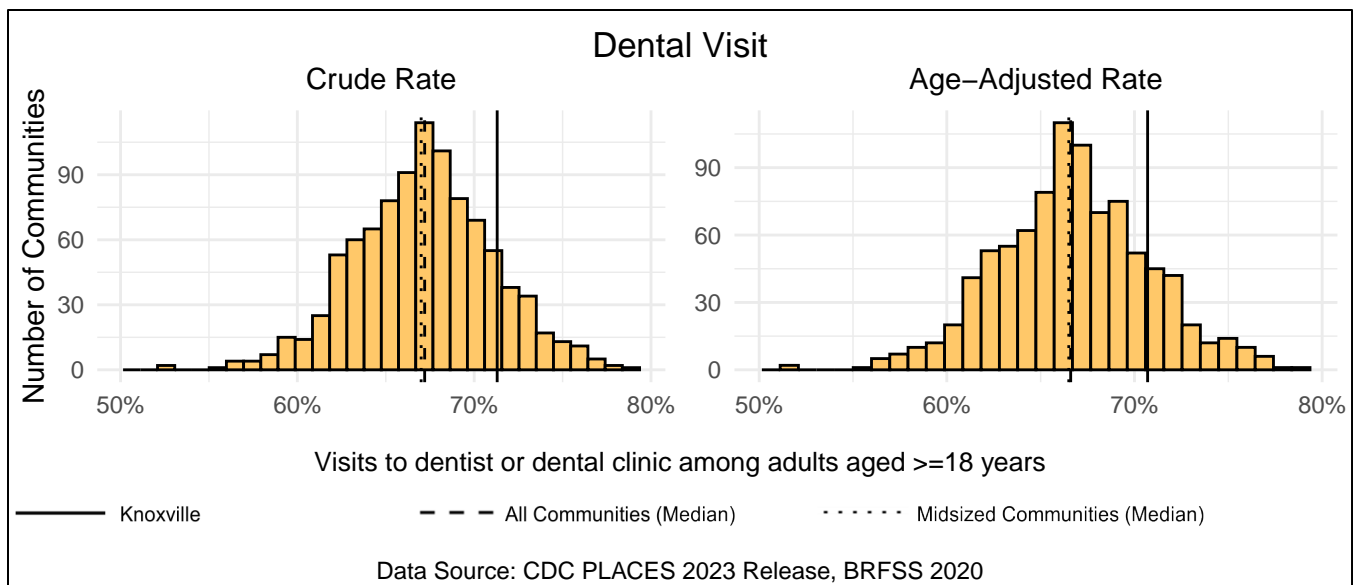
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	38.7%	39.0%	37.8%
Age-Adjusted	41.5%	39.9%	40.4%



Dental Visit

Knoxville has a crude rate of 71.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 130th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 70.7%, which ranks 144th out of 905 Iowa communities (25th out of 102 mid-sized communities).

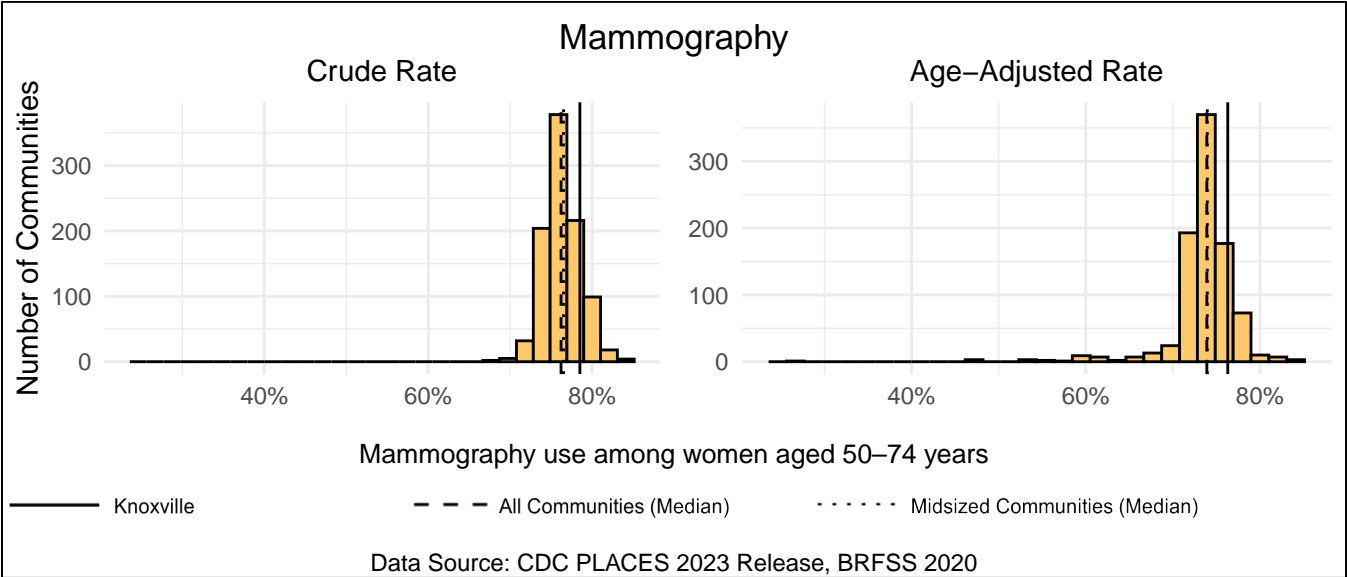
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	71.3%	67.2%	67.0%
Age-Adjusted	70.7%	66.6%	66.5%



Mammography

Knoxville has a crude rate of 78.5% for mammography use among women aged 50–74 years, which ranks 157th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 76.3%, which ranks 133rd out of 905 Iowa communities (26th out of 102 mid-sized communities).

Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	78.5%	76.2%	76.5%
Age-Adjusted	76.3%	73.9%	74.0%



Disability

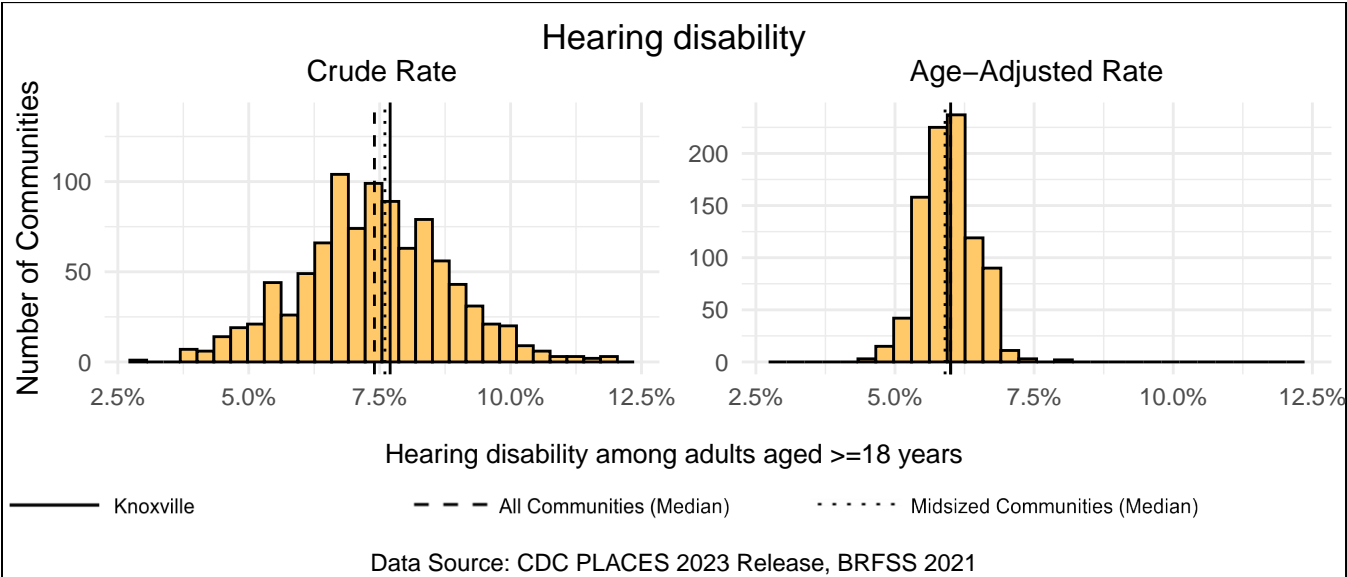
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Knoxville has a crude rate of 7.7% for hearing disability among adults aged ≥ 18 years, which ranks 566th out of 958 Iowa communities (53rd out of 102 midsize communities). The age-adjusted rate for Knoxville is 6.0%, which ranks 444th out of 905 Iowa communities (54th out of 102 midsize communities).

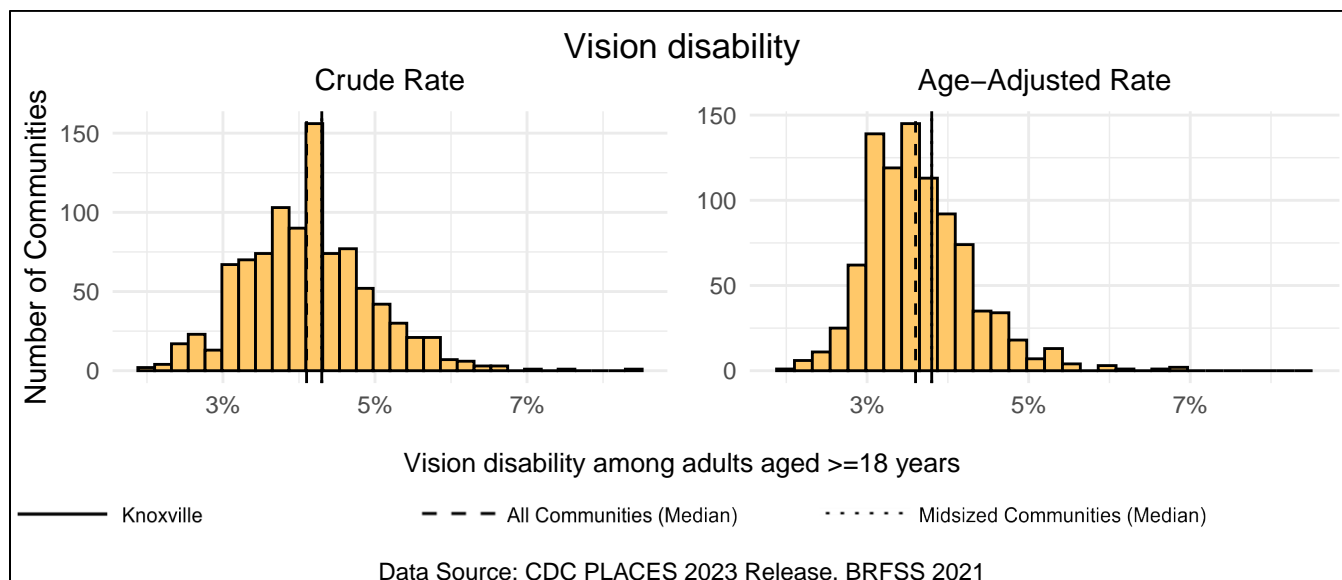
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	7.7%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.9%



Vision disability

Knoxville has a crude rate of 4.3% for vision disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Knoxville is 3.8%, which ranks 564th out of 905 Iowa communities (50th out of 102 midsize communities).

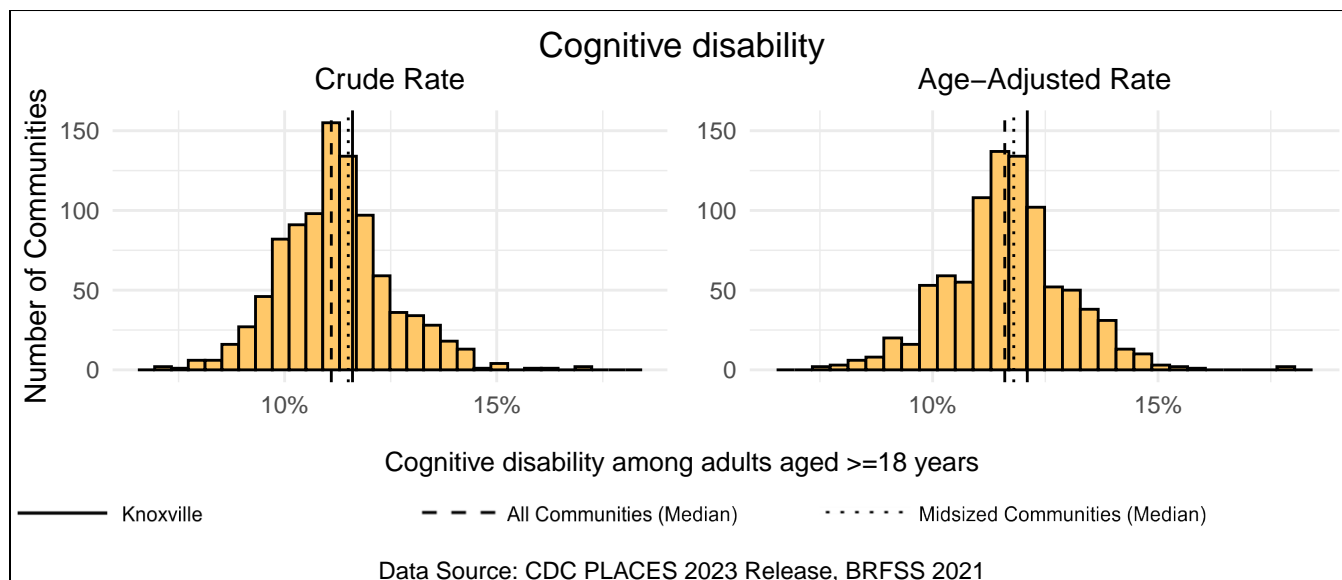
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	4.3%	4.1%	4.3%
Age-Adjusted	3.8%	3.6%	3.8%



Cognitive disability

Knoxville has a crude rate of 11.6% for cognitive disability among adults aged ≥ 18 years, which ranks 639th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Knoxville is 12.1%, which ranks 602nd out of 905 Iowa communities (64th out of 102 midsize communities).

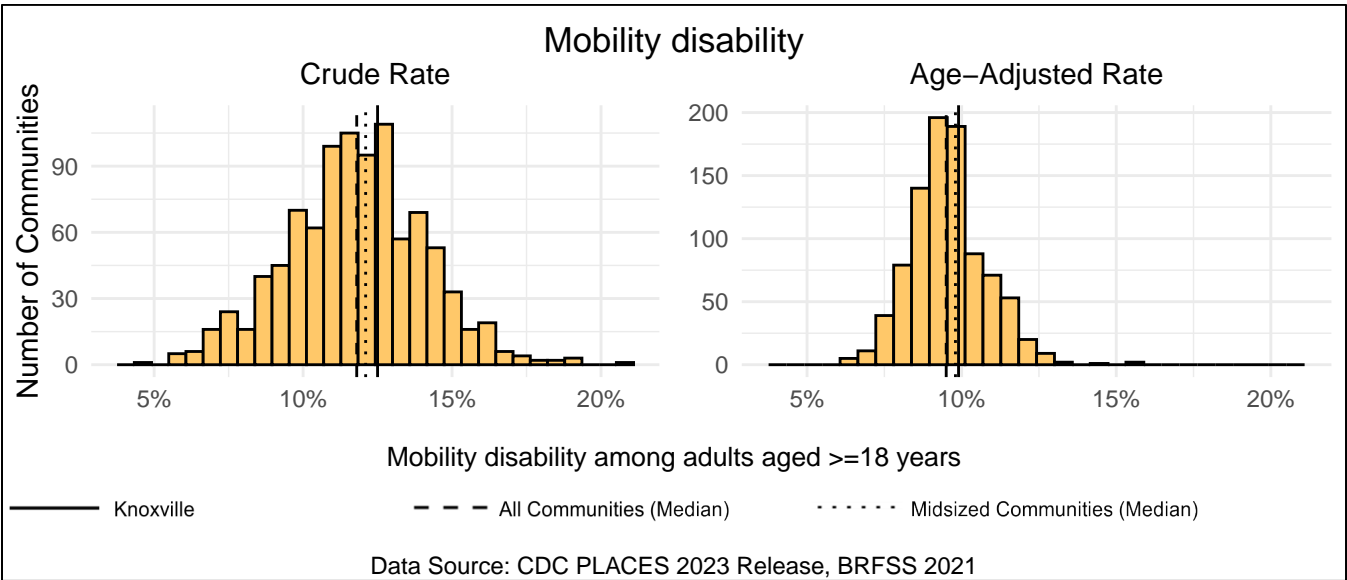
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	11.6%	11.1%	11.5%
Age-Adjusted	12.1%	11.6%	11.8%



Mobility disability

Knoxville has a crude rate of 12.5% for mobility disability among adults aged ≥ 18 years, which ranks 585th out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 9.9%, which ranks 577th out of 905 Iowa communities (55th out of 102 mid-sized communities).

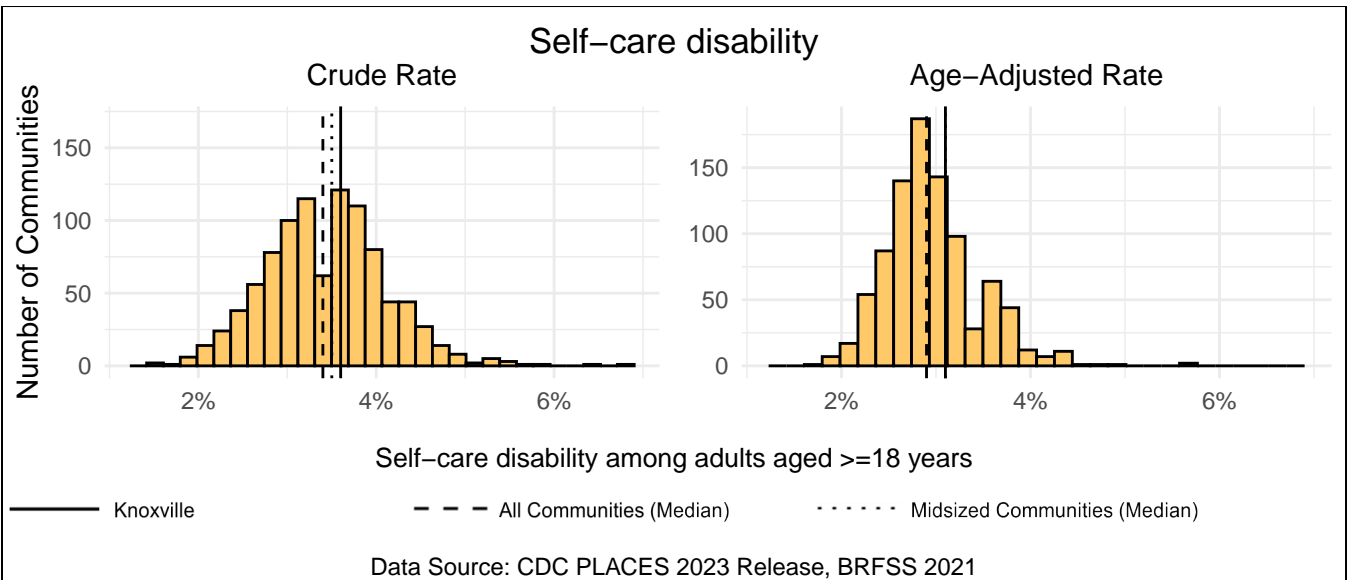
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	12.5%	11.8%	12.1%
Age-Adjusted	9.9%	9.5%	9.8%



Self-care disability

Knoxville has a crude rate of 3.6% for self-care disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (56th out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 mid-sized communities).

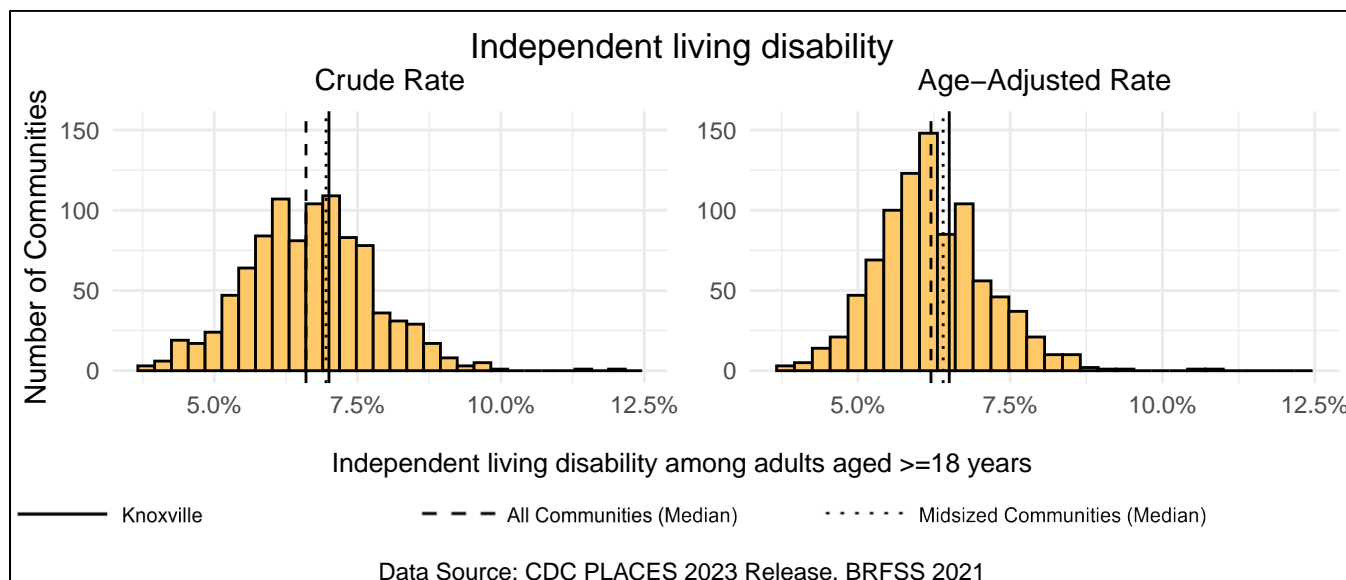
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	3.6%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



Independent living disability

Knoxville has a crude rate of 7.0% for independent living disability among adults aged ≥ 18 years, which ranks 599th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Knoxville is 6.5%, which ranks 570th out of 905 Iowa communities (57th out of 102 mid-sized communities).

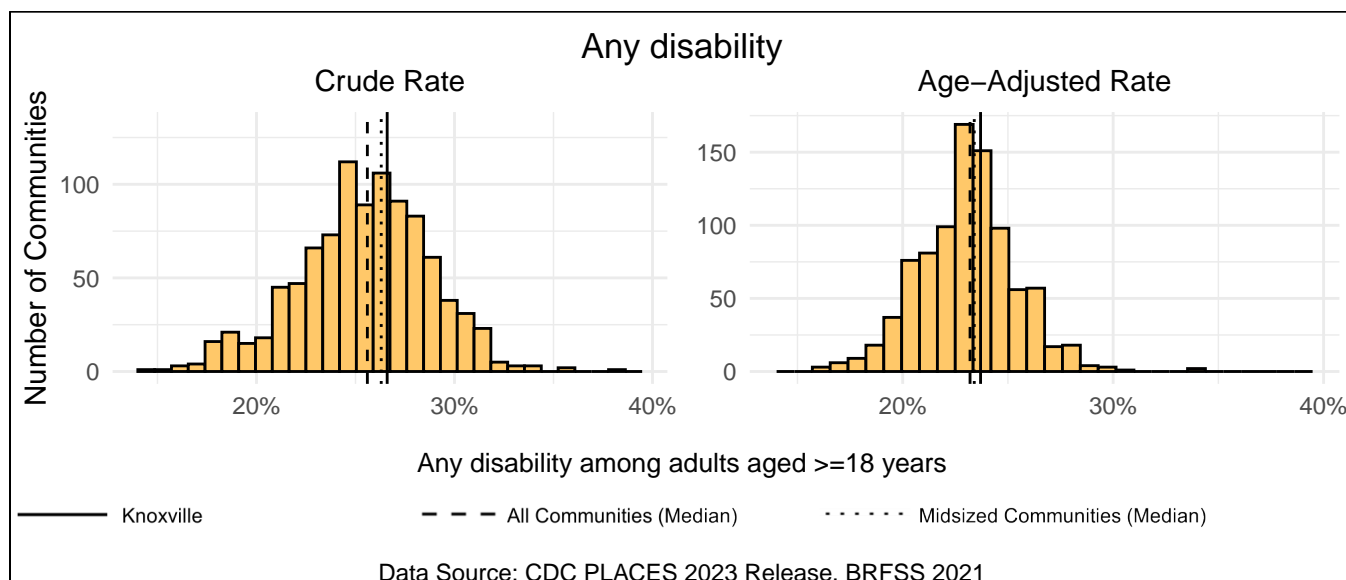
Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	7.0%	6.6%	7.0%
Age-Adjusted	6.5%	6.2%	6.4%



Any disability

Knoxville has a crude rate of 26.6% for any disability among adults aged ≥ 18 years, which ranks 593rd out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for Knoxville is 23.7%, which ranks 568th out of 905 Iowa communities (59th out of 102 midsized communities).

Measure Type	Knoxville	All Comm.	Midsized Comm.
Crude	26.6%	25.6%	26.3%
Age-Adjusted	23.7%	23.2%	23.4%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Knoxville 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	539	11.0% (9.5% - 12.6%)	559	10.0% (8.7% - 11.4%)
Health Status	General Health	534	14.6% (12.6% - 16.7%)	552	13.2% (11.4% - 15.1%)
Health Status	Mental Health	625	14.7% (12.7% - 16.7%)	658	16.1% (14.0% - 18.3%)
Health Risk Behaviors	Physical Inactivity	582	26.9% (22.3% - 31.3%)	578	25.1% (21.0% - 29.6%)
Health Risk Behaviors	Binge Drinking	416	19.2% (16.0% - 22.6%)	418	21.9% (18.2% - 25.6%)
Health Risk Behaviors	Current Smoking	511	17.0% (14.2% - 20.1%)	572	18.2% (15.2% - 21.6%)
Health Risk Behaviors	Sleep <7 hours	708	31.4% (30.5% - 32.3%)	770	32.5% (31.4% - 33.5%)
Health Outcomes	Stroke	538	3.4% (3.1% - 3.8%)	375	2.6% (2.4% - 2.9%)
Health Outcomes	High Blood Pressure	625	33.5% (29.3% - 37.5%)	696	28.4% (24.7% - 32.1%)
Health Outcomes	COPD	511	7.6% (6.5% - 8.7%)	513	6.4% (5.5% - 7.4%)
Health Outcomes	Coronary Heart Disease	569	6.8% (6.0% - 7.7%)	511	5.1% (4.5% - 5.8%)
Health Outcomes	Diabetes	629	10.7% (9.1% - 12.2%)	685	8.7% (7.4% - 10.1%)
Health Outcomes	All Teeth Lost	433	12.7% (9.7% - 16.0%)	374	12.4% (9.9% - 15.3%)
Health Outcomes	Cancer (except skin)	578	8.4% (7.5% - 9.2%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Arthritis	402	27.2% (23.2% - 31.0%)	261	22.5% (19.0% - 25.9%)
Health Outcomes	Chronic Kidney Disease	540	3.3% (3.0% - 3.6%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	High Cholesterol	720	38.0% (33.4% - 42.5%)	851	31.2% (26.6% - 35.6%)
Health Outcomes	Obesity	552	38.1% (30.9% - 44.7%)	607	38.5% (31.6% - 45.4%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.5%)	513	9.6% (8.4% - 10.8%)
Health Outcomes	Depression	624	18.5% (15.2% - 22.0%)	675	19.8% (16.3% - 23.5%)
Prevention	Health Insurance	533	7.5% (6.2% - 9.0%)	498	7.9% (6.3% - 9.6%)
Prevention	Cervical Cancer Screening	462	83.3% (81.8% - 84.9%)	294	83.7% (82.1% - 85.2%)
Prevention	Dental Visit	130	71.3% (69.4% - 73.3%)	144	70.7% (68.7% - 72.9%)
Prevention	Cholesterol Screening	568	82.1% (79.2% - 84.6%)	536	78.8% (75.4% - 81.8%)
Prevention	Mammography	157	78.5% (76.1% - 80.7%)	133	76.3% (73.5% - 78.8%)
Prevention	Core preventive services for older men	566	42.8% (37.5% - 48.4%)	479	43.2% (38.1% - 48.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Annual Checkup	177	76.9% (72.3% - 80.9%)	66	74.2% (69.1% - 78.5%)
Prevention	Colorectal Cancer Screening	411	72.0% (70.1% - 73.9%)	381	71.4% (69.4% - 73.3%)
Prevention	Core preventive services for older women	509	38.7% (33.9% - 43.9%)	316	41.5% (36.9% - 46.2%)
Prevention	Taking BP Medication	386	80.3% (76.9% - 83.1%)	206	59.5% (54.4% - 64.2%)
Disability	Mobility Disability	585	12.5% (10.6% - 14.5%)	577	9.9% (8.5% - 11.5%)
Disability	Cognitive Disability	639	11.6% (10.1% - 13.3%)	602	12.1% (10.5% - 13.9%)
Disability	Independent Living Disability	599	7.0% (6.1% - 8.0%)	570	6.5% (5.7% - 7.4%)
Disability	Self-care Disability	562	3.6% (3.2% - 4.1%)	567	3.1% (2.7% - 3.5%)
Disability	Vision Disability	562	4.3% (3.8% - 4.9%)	564	3.8% (3.3% - 4.2%)
Disability	Any Disability	593	26.6% (23.0% - 30.1%)	568	23.7% (20.4% - 27.3%)
Disability	Hearing Disability	566	7.7% (6.9% - 8.6%)	444	6.0% (5.3% - 6.7%)

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)

Knoxville falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
