



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 La Porte City: Overview

Dear Community Members & Stakeholders of La Porte City,

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 La Porte City ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify La Porte City'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 La Porte City. 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
Mammography	35th	5th	Annual Checkup	18th	4th
Cervical Cancer Screening	54th	11th	Core preventive services for older women	28th	5th
Annual Checkup	57th	12th	Mammography	38th	6th
Colorectal Cancer Screening	60th	11th	Colorectal Cancer Screening	47th	14th
Core preventive services for older men	99th	10th	Cervical Cancer Screening	79th	15th

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
Sleep <7 hours	748th	122nd	Arthritis	867th	136th
Depression	730th	111th	Taking BP Medication	830th	125th
Arthritis	714th	95th	Depression	787th	122nd
Binge Drinking	637th	96th	Binge Drinking	753rd	117th
Taking BP Medication	606th	96th	Sleep <7 hours	717th	116th

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 La Porte City.

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

With a population of 2,347, La Porte City'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

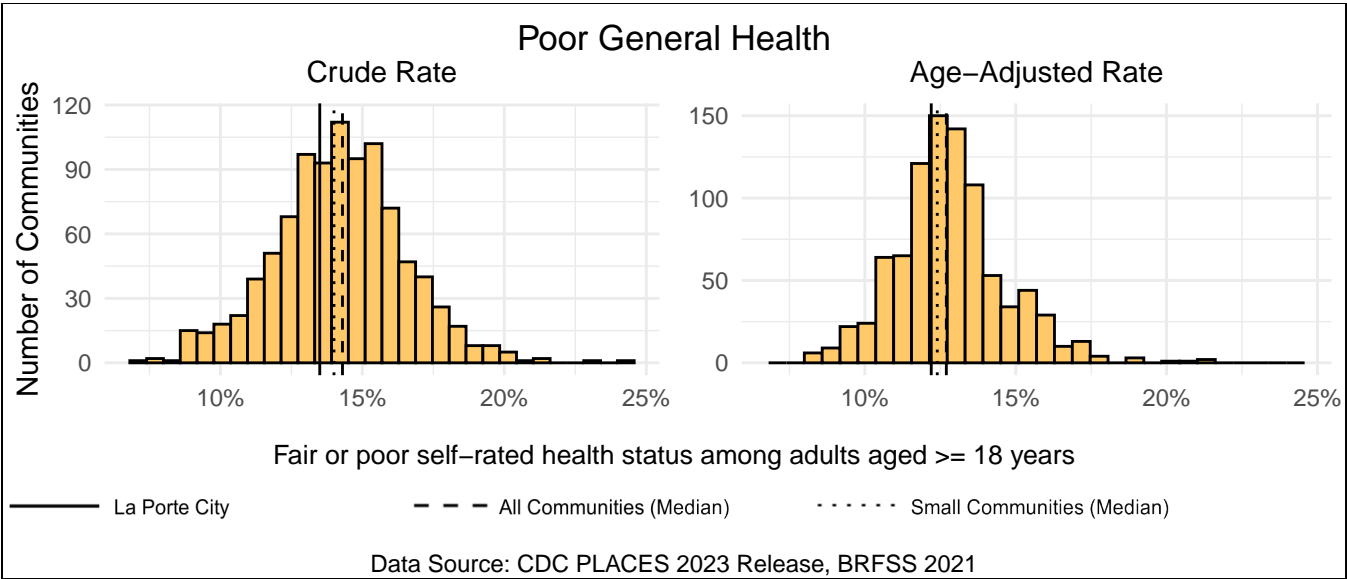
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

La Porte City has a crude rate of 13.5% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 346th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for La Porte City is 12.2%, which ranks 312th out of 905 Iowa communities (61st out of 138 small communities).

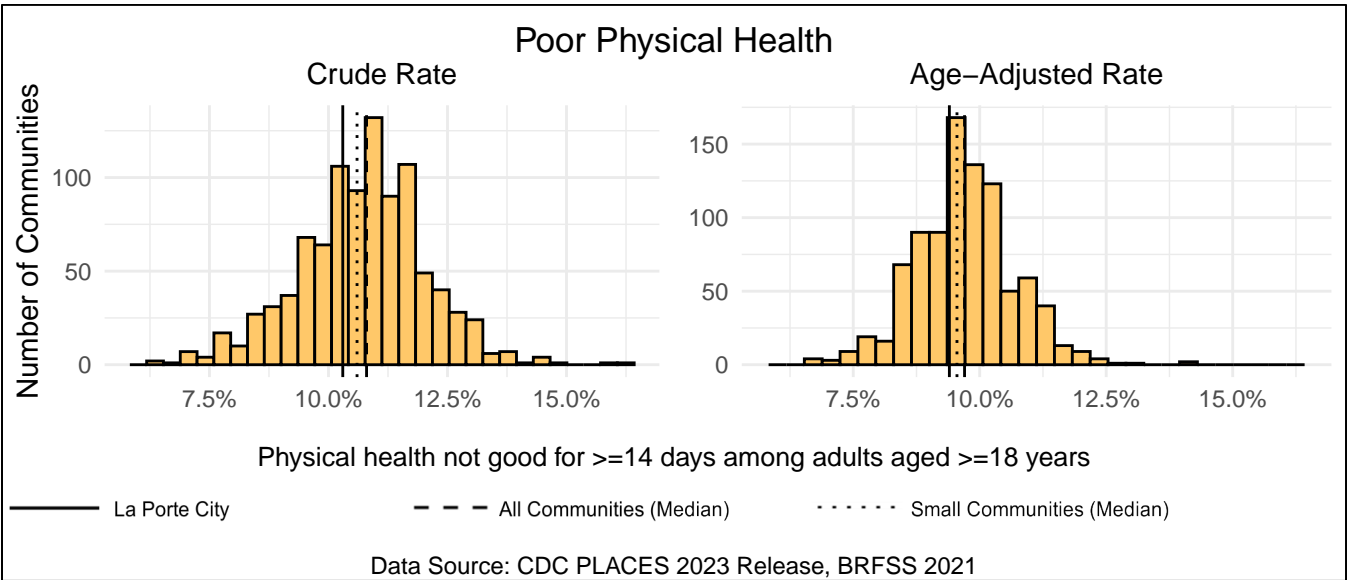
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	13.5%	14.3%	14.0%
Age-Adjusted	12.2%	12.7%	12.4%



Poor Physical Health

La Porte City has a crude rate of 10.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 323rd out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for La Porte City is 9.4%, which ranks 300th out of 905 Iowa communities (57th out of 138 small communities).

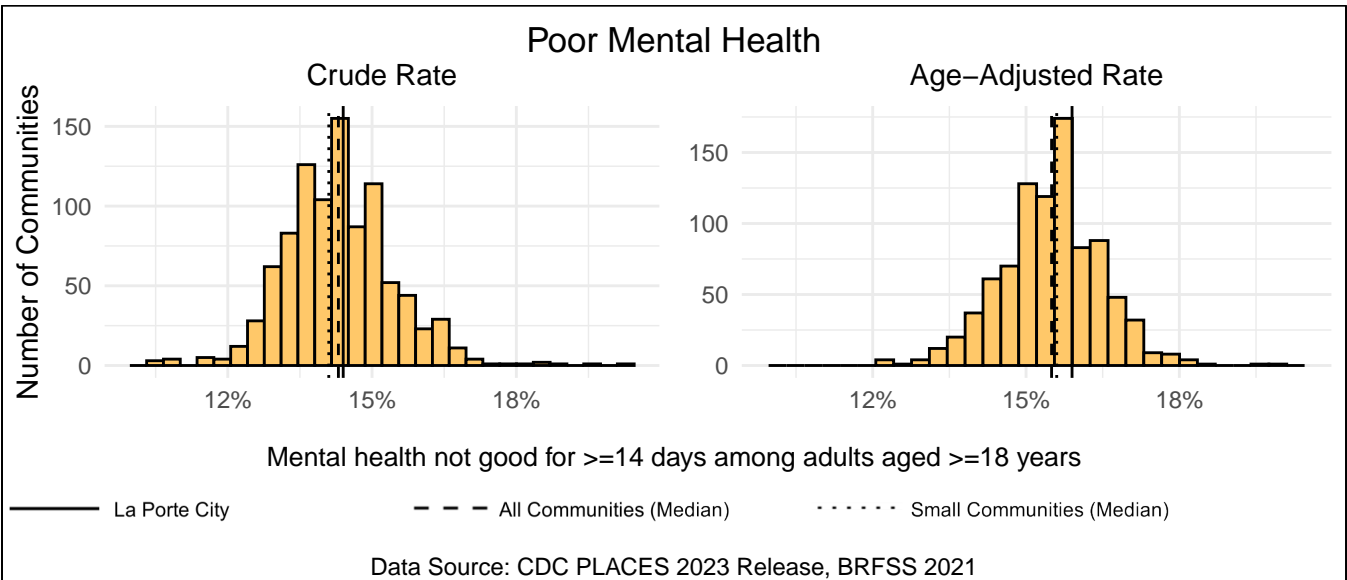
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	10.3%	10.8%	10.6%
Age-Adjusted	9.4%	9.7%	9.6%



Poor Mental Health

La Porte City has a crude rate of 14.4% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 514th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for La Porte City is 15.9%, which ranks 596th out of 905 Iowa communities (93rd out of 138 small communities).

Measure Type	La Porte City	All Comm.	Small Comm.
Crude	14.4%	14.3%	14.1%
Age-Adjusted	15.9%	15.5%	15.6%



Health Risk Behaviors

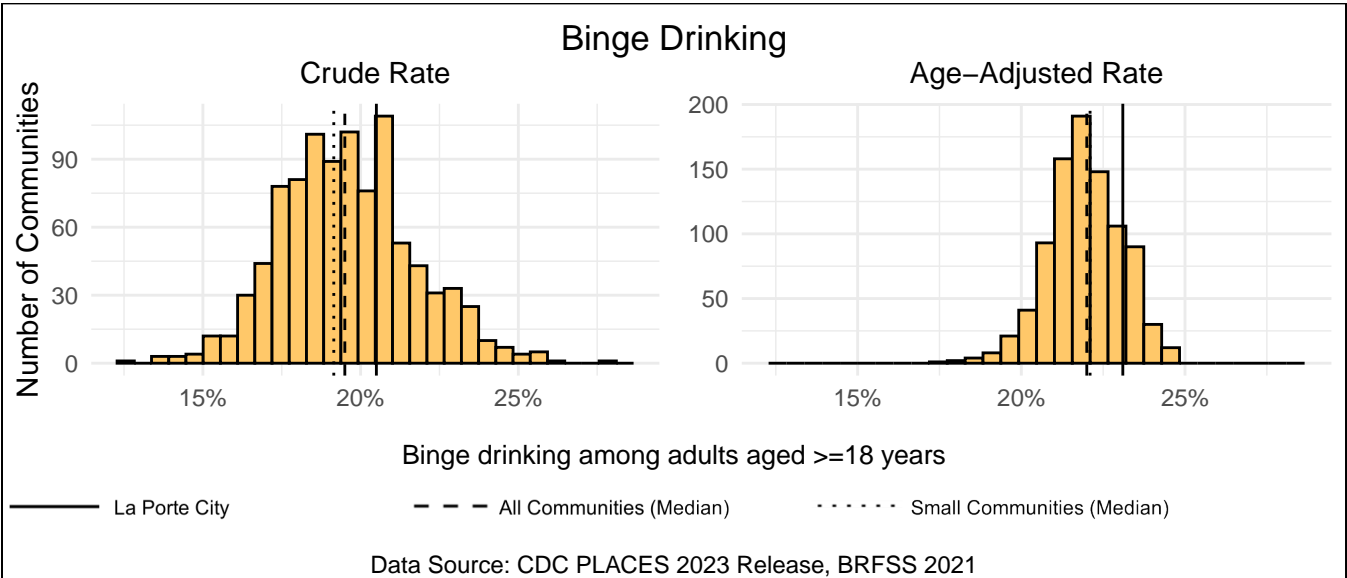
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

La Porte City has a crude rate of 20.5% for binge drinking among adults aged ≥ 18 years, which ranks 637th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for La Porte City is 23.1%, which ranks 753rd out of 905 Iowa communities (117th out of 138 small communities).

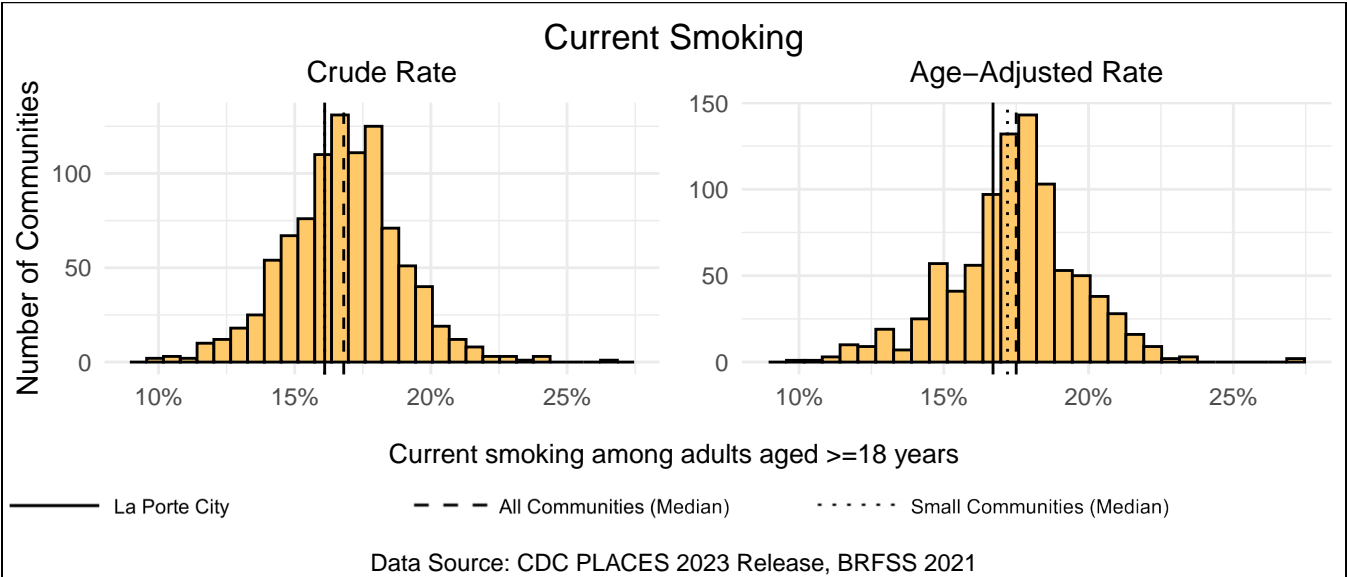
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	20.5%	19.5%	19.1%
Age-Adjusted	23.1%	22.0%	22.1%



Current Smoking

La Porte City has a crude rate of 16.1% for current smoking among adults aged >=18 years, which ranks 316th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for La Porte City is 16.7%, which ranks 273rd out of 905 Iowa communities (54th out of 138 small communities).

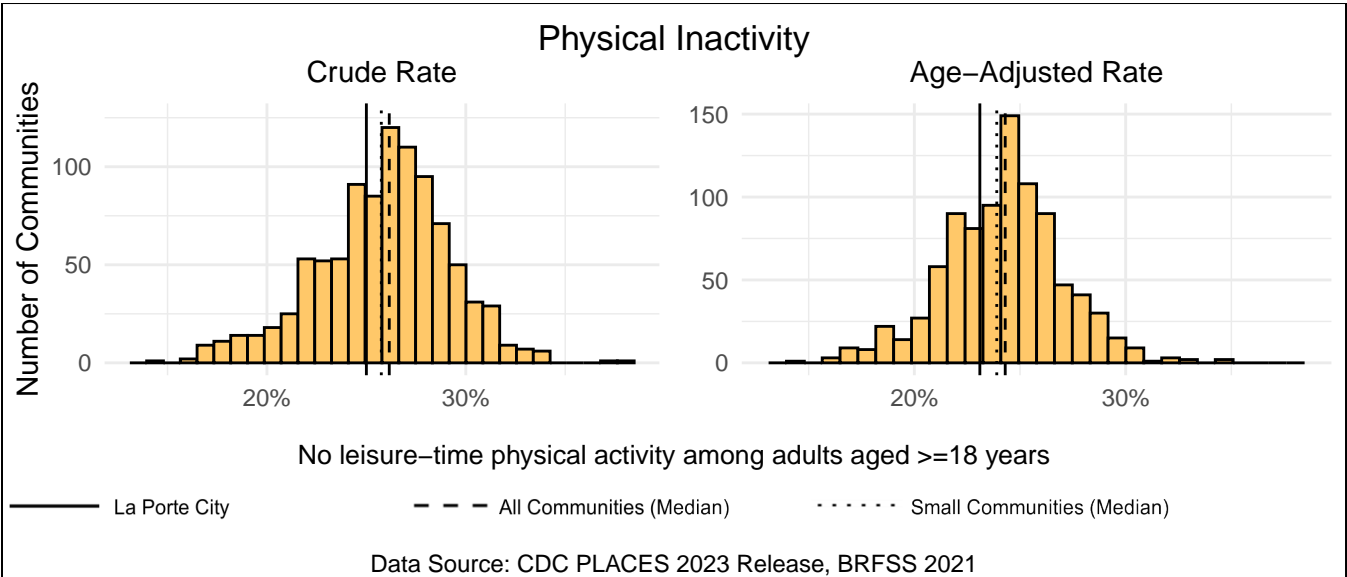
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	16.1%	16.8%	16.1%
Age-Adjusted	16.7%	17.5%	17.2%



Physical Inactivity

La Porte City has a crude rate of 25.0% for no leisure-time physical activity among adults aged >=18 years, which ranks 344th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for La Porte City is 23.1%, which ranks 296th out of 905 Iowa communities (60th out of 138 small communities).

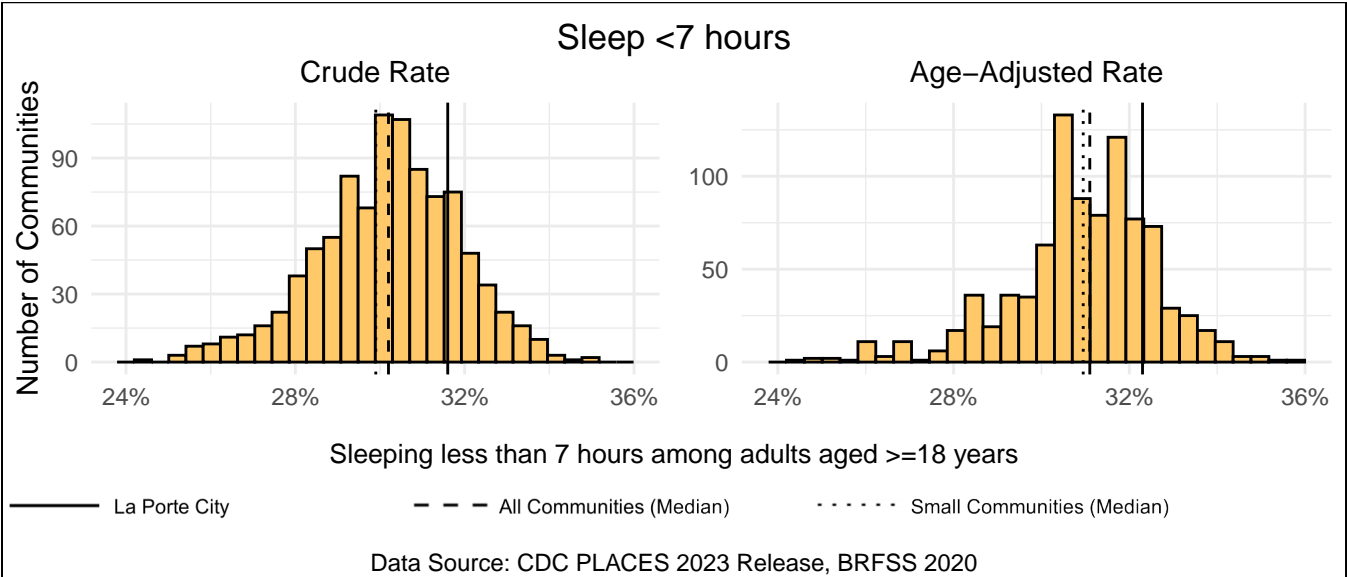
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	25.0%	26.1%	25.8%
Age-Adjusted	23.1%	24.3%	23.9%



Sleep <7 hours

La Porte City has a crude rate of 31.6% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 748th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for La Porte City is 32.3%, which ranks 717th out of 905 Iowa communities (116th out of 138 small communities).

Measure Type	La Porte City	All Comm.	Small Comm.
Crude	31.6%	30.2%	29.9%
Age-Adjusted	32.3%	31.1%	31.0%



Health Outcomes

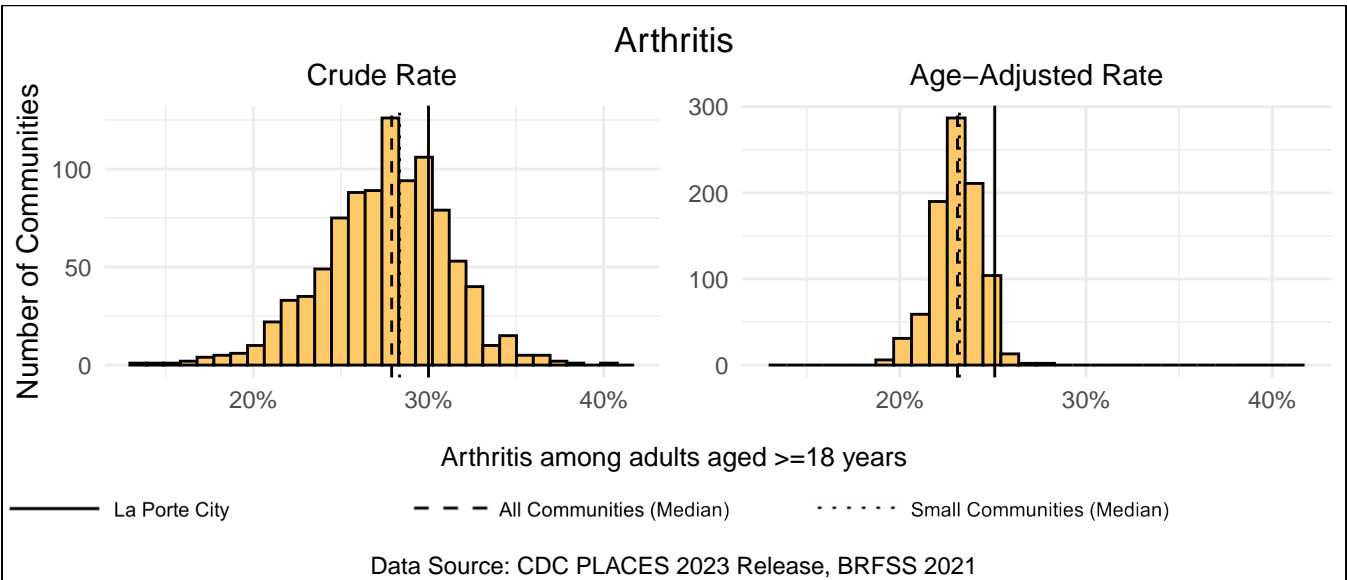
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

La Porte City has a crude rate of 30.0% for arthritis among adults aged ≥ 18 years, which ranks 714th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for La Porte City is 25.1%, which ranks 867th out of 905 Iowa communities (136th out of 138 small communities).

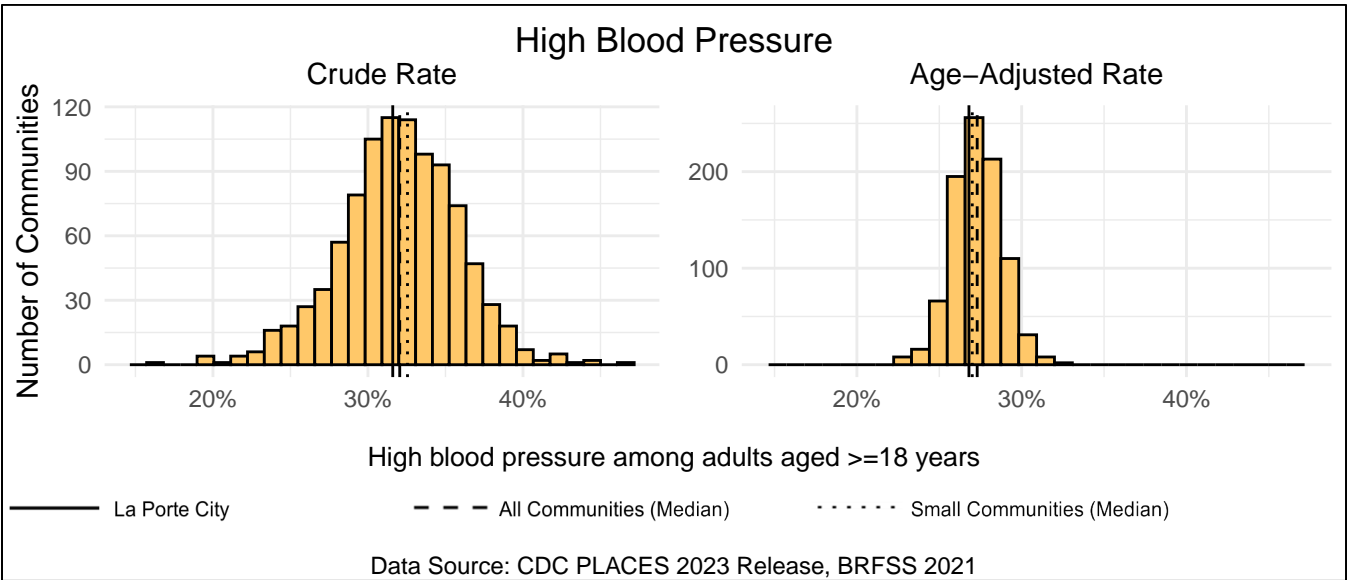
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	30.0%	27.9%	28.4%
Age-Adjusted	25.1%	23.1%	23.2%



High Blood Pressure

La Porte City has a crude rate of 31.6% for high blood pressure among adults aged ≥ 18 years, which ranks 408th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for La Porte City is 26.8%, which ranks 319th out of 905 Iowa communities (58th out of 138 small communities).

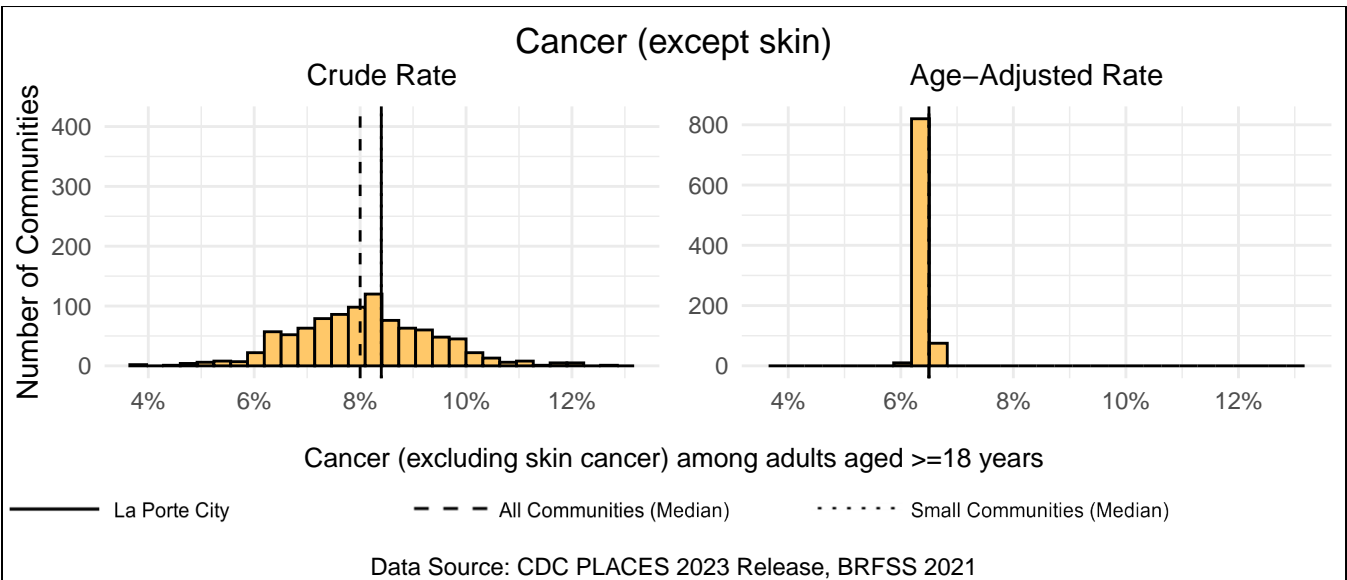
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	31.6%	32.0%	32.5%
Age-Adjusted	26.8%	27.3%	27.0%



Cancer (except skin)

La Porte City 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 (68th out of 138 small communities). The age-adjusted rate for La Porte City is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

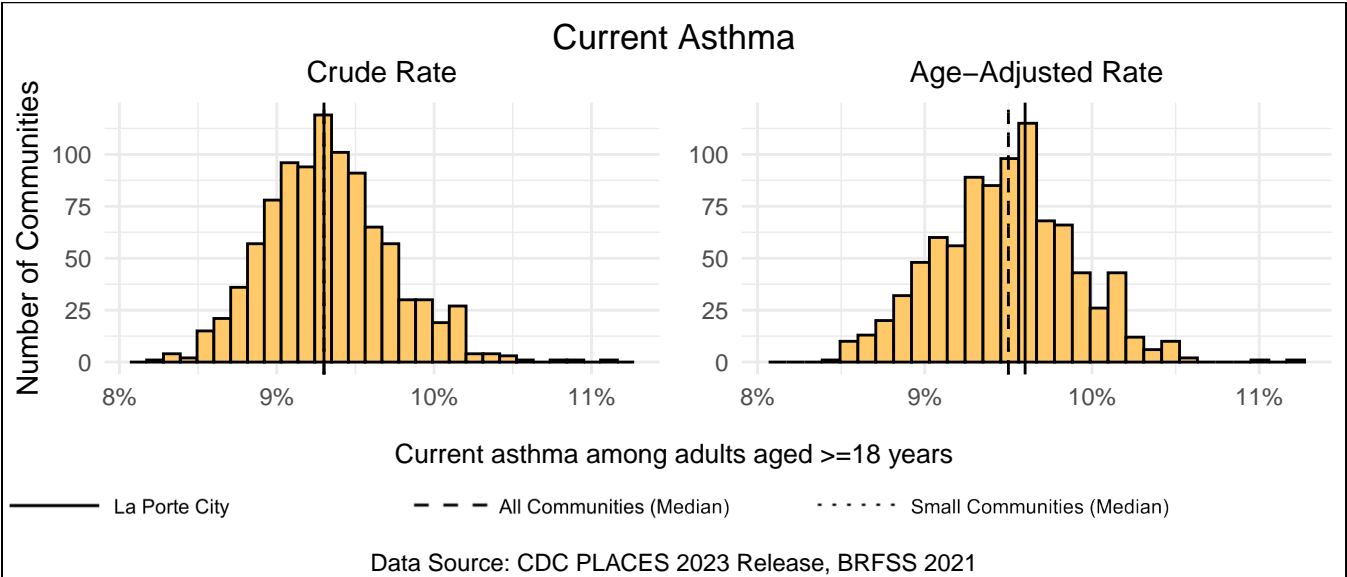
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	8.4%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

La Porte City has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for La Porte City is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

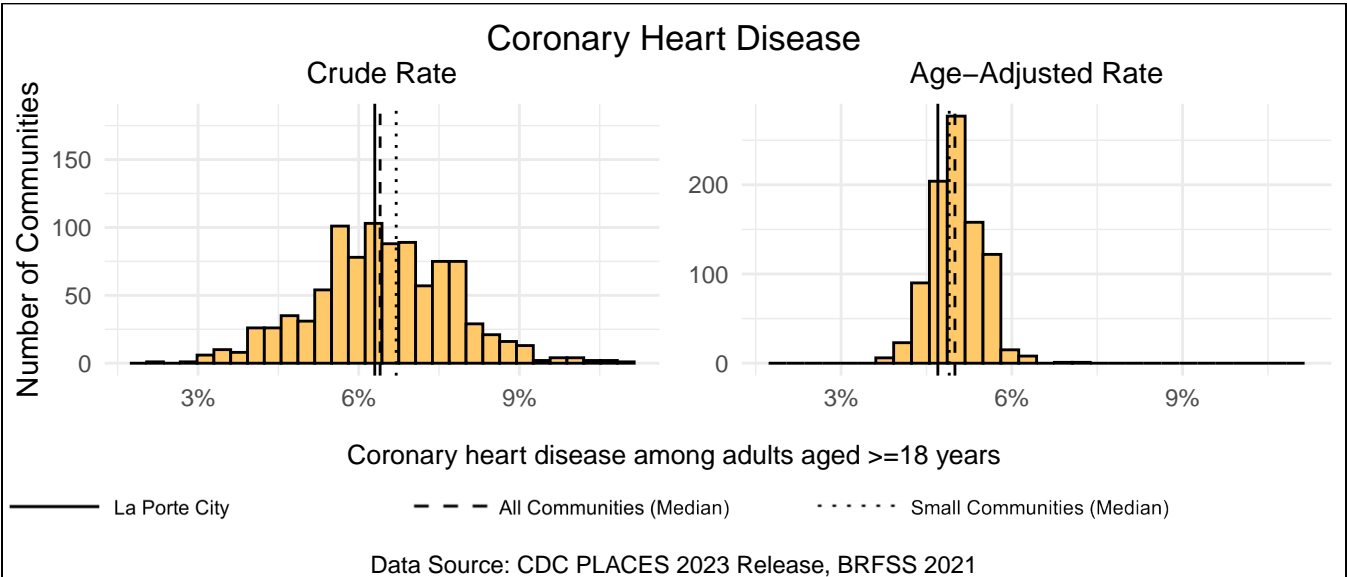
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



Coronary Heart Disease

La Porte City has a crude rate of 6.3% for coronary heart disease among adults aged ≥ 18 years, which ranks 408th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for La Porte City is 4.7%, which ranks 187th out of 905 Iowa communities (36th out of 138 small communities).

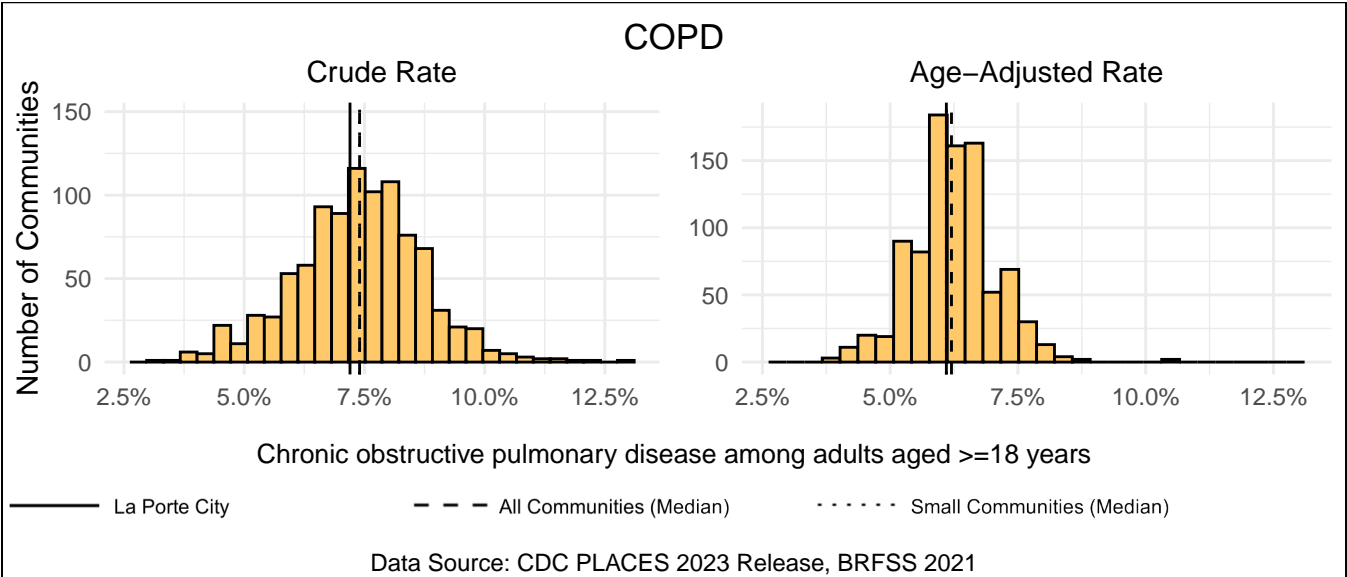
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	6.3%	6.4%	6.7%
Age-Adjusted	4.7%	5.0%	4.9%



COPD

La Porte City has a crude rate of 7.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 395th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for La Porte City is 6.1%, which ranks 346th out of 905 Iowa communities (66th out of 138 small communities).

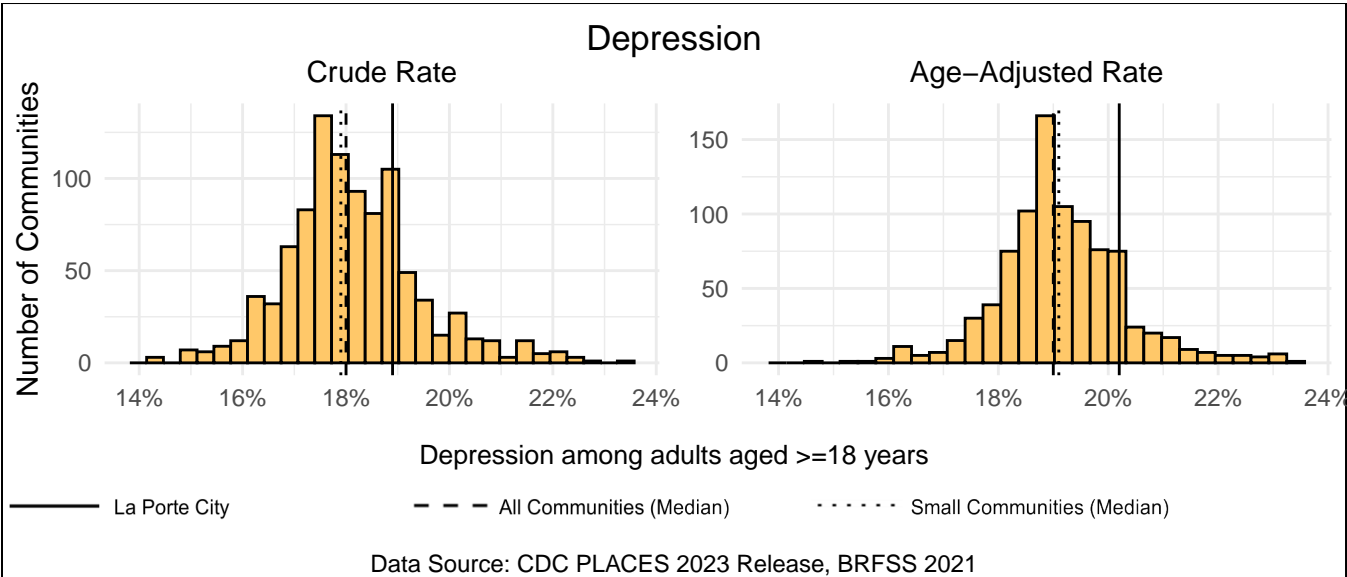
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	7.2%	7.4%	7.4%
Age-Adjusted	6.1%	6.2%	6.1%



Depression

La Porte City has a crude rate of 18.9% for depression among adults aged ≥ 18 years, which ranks 730th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for La Porte City is 20.2%, which ranks 787th out of 905 Iowa communities (122nd out of 138 small communities).

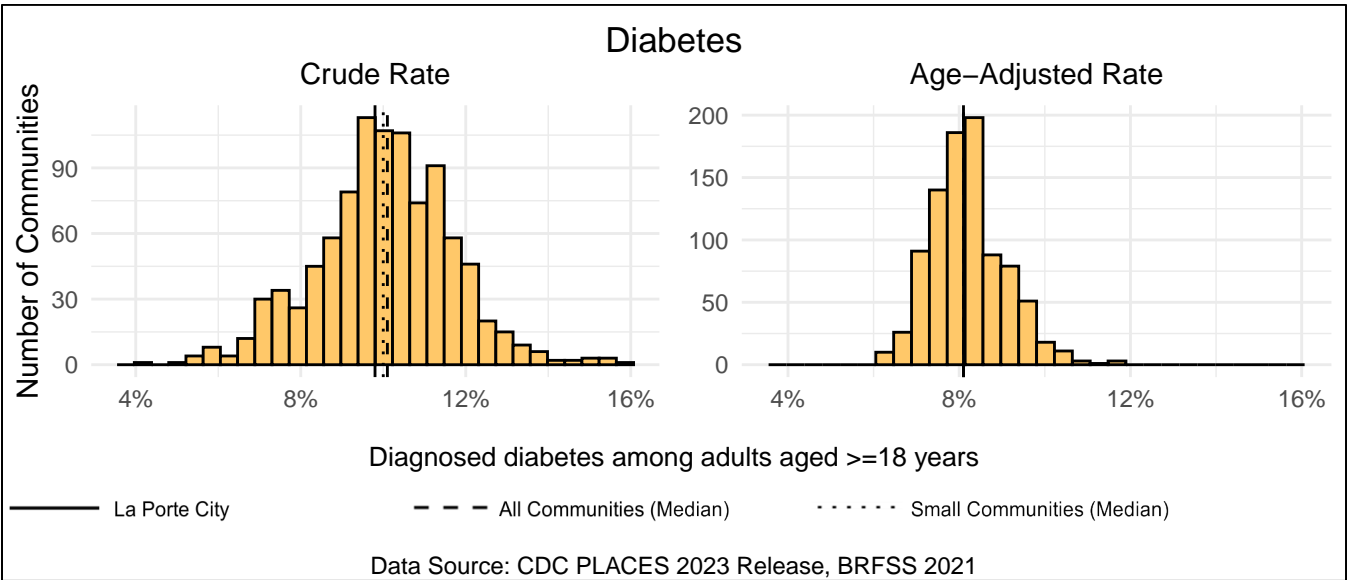
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	18.9%	18.0%	17.9%
Age-Adjusted	20.2%	19.0%	19.1%



Diabetes

La Porte City has a crude rate of 9.8% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 397th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for La Porte City is 8.1%, which ranks 401st out of 905 Iowa communities (69th out of 138 small communities).

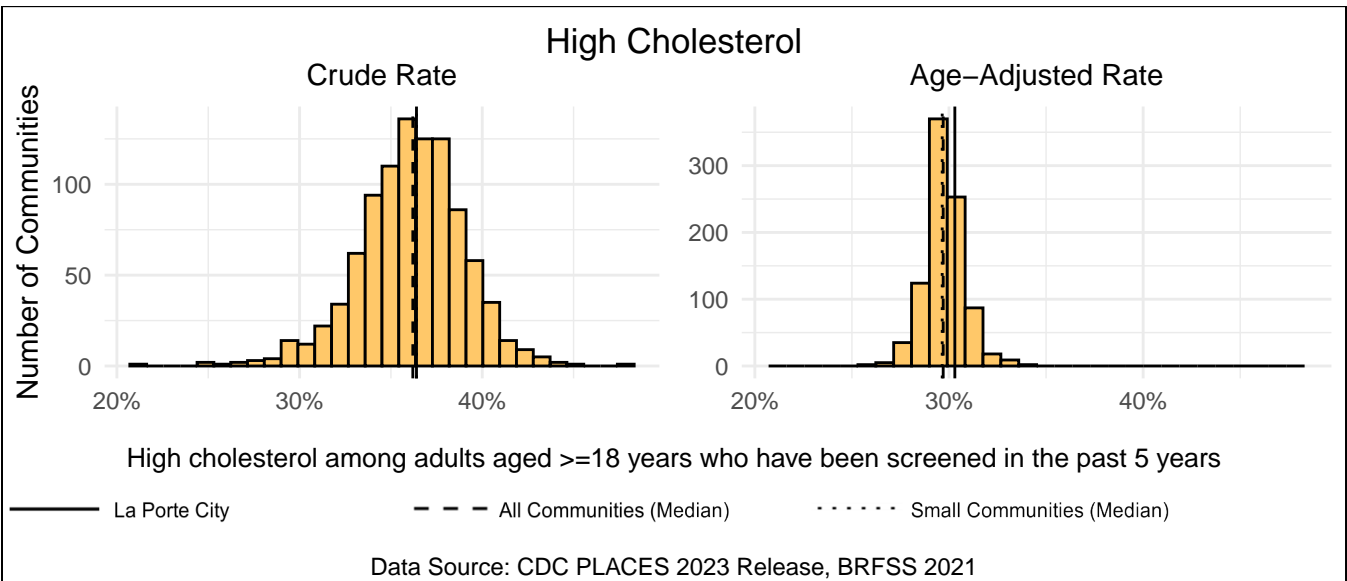
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	9.8%	10.1%	10.0%
Age-Adjusted	8.1%	8.1%	8.1%



High Cholesterol

La Porte City has a crude rate of 36.4% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 498th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for La Porte City is 30.3%, which ranks 634th out of 905 Iowa communities (103rd out of 138 small communities).

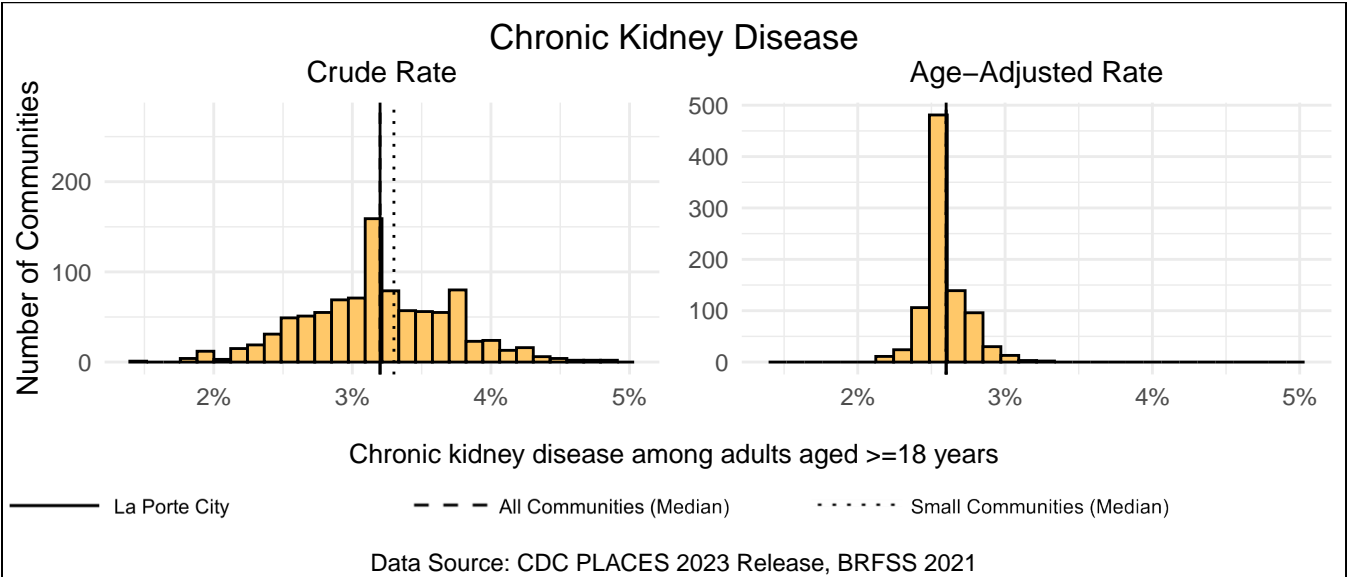
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	36.4%	36.2%	36.4%
Age-Adjusted	30.3%	29.7%	29.6%



Chronic Kidney Disease

La Porte City has a crude rate of 3.2% for chronic kidney disease among adults aged >=18 years, which ranks 446th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for La Porte City is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

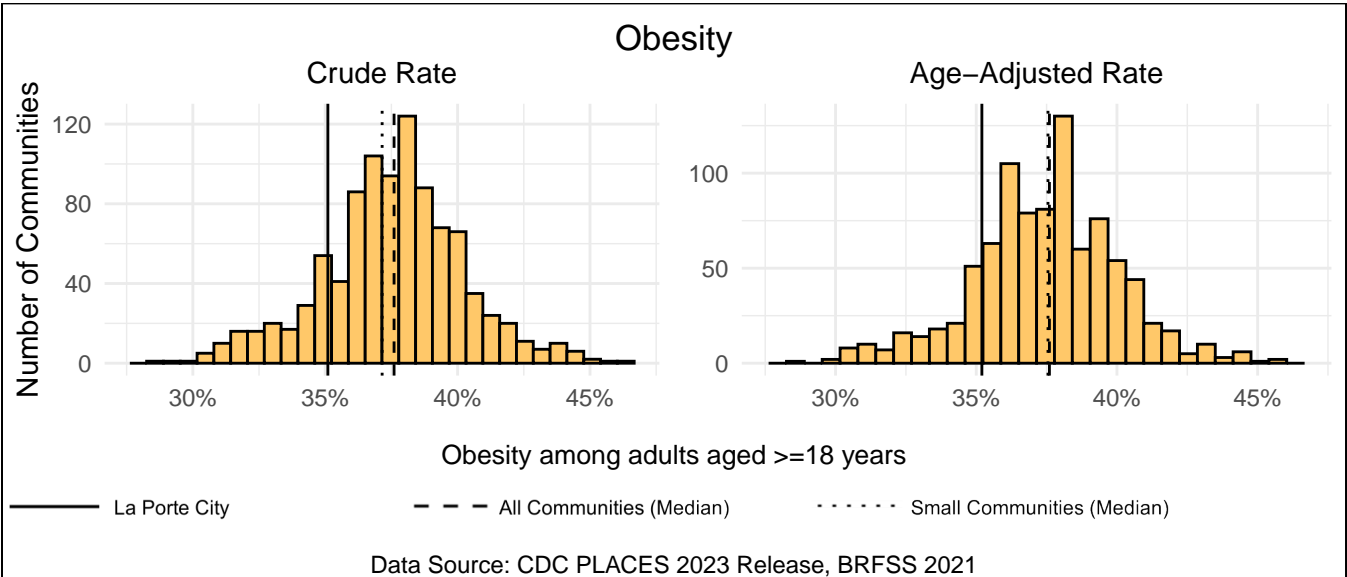
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

La Porte City has a crude rate of 35.1% for obesity among adults aged >=18 years, which ranks 153rd out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for La Porte City is 35.2%, which ranks 135th out of 905 Iowa communities (23rd out of 138 small communities).

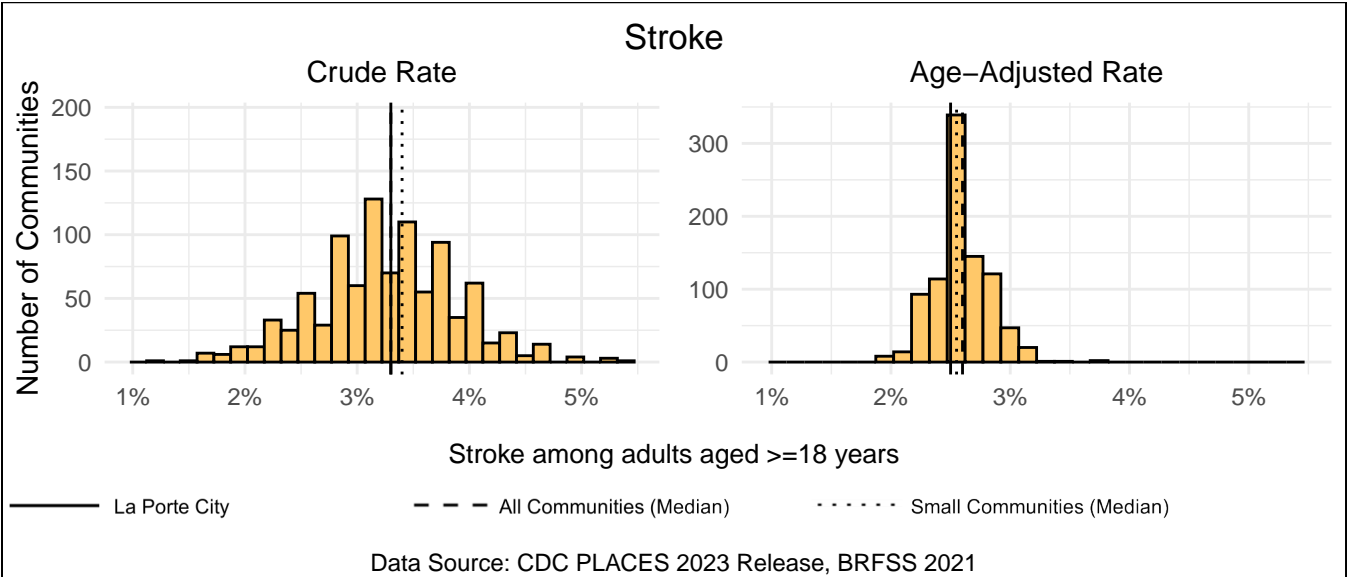
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	35.1%	37.6%	37.2%
Age-Adjusted	35.2%	37.6%	37.5%



Stroke

La Porte City has a crude rate of 3.3% for stroke among adults aged ≥ 18 years, which ranks 468th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for La Porte City is 2.5%, which ranks 230th out of 905 Iowa communities (43rd out of 138 small communities).

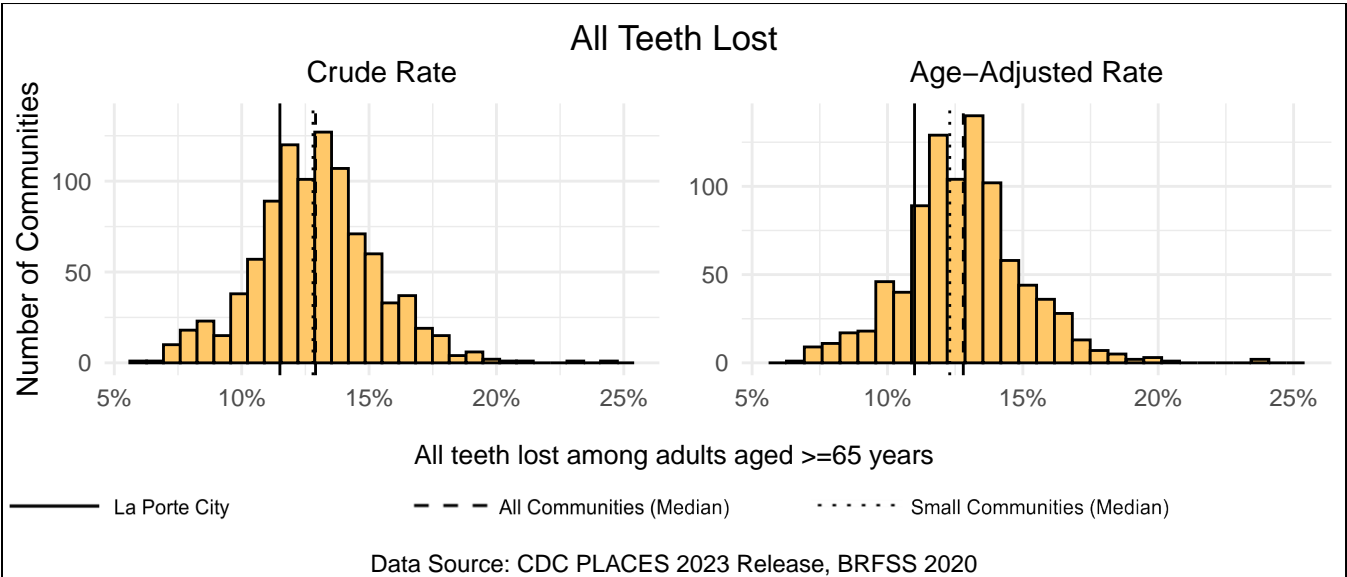
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	3.3%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



All Teeth Lost

La Porte City has a crude rate of 11.5% for all teeth lost among adults aged ≥ 65 years, which ranks 236th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for La Porte City is 11.0%, which ranks 151st out of 905 Iowa communities (32nd out of 138 small communities).

Measure Type	La Porte City	All Comm.	Small Comm.
Crude	11.5%	12.9%	12.8%
Age-Adjusted	11.0%	12.8%	12.3%



Prevention

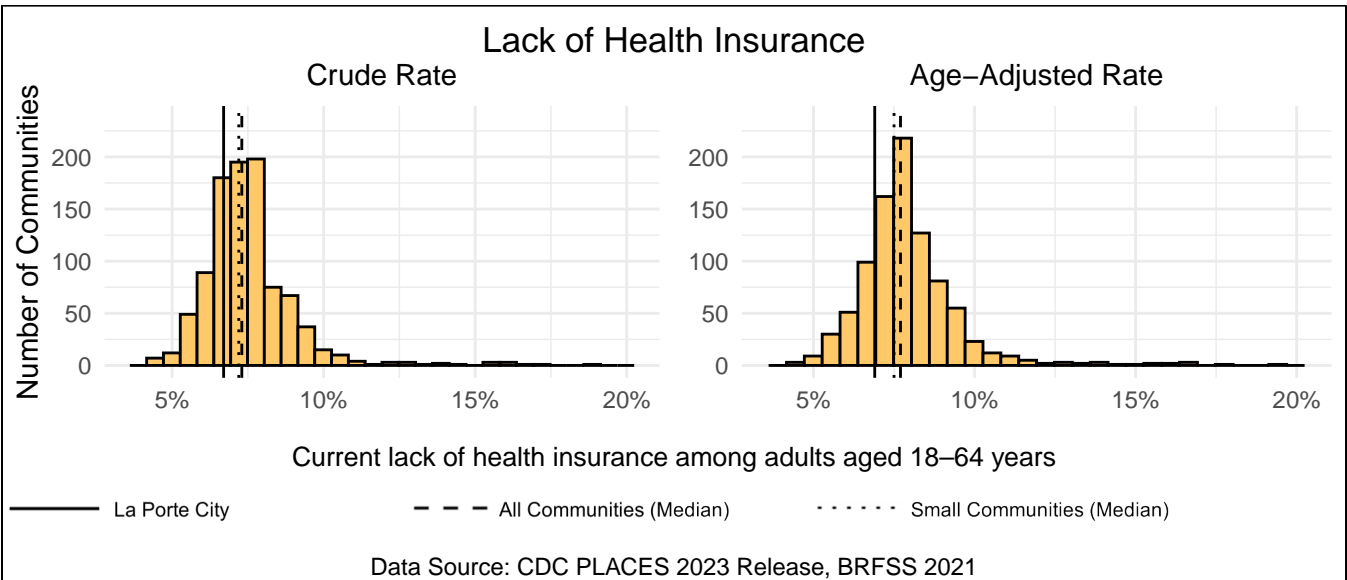
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

La Porte City has a crude rate of 6.7% for current lack of health insurance among adults aged 18–64 years, which ranks 217th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for La Porte City is 6.9%, which ranks 168th out of 905 Iowa communities (36th out of 138 small communities).

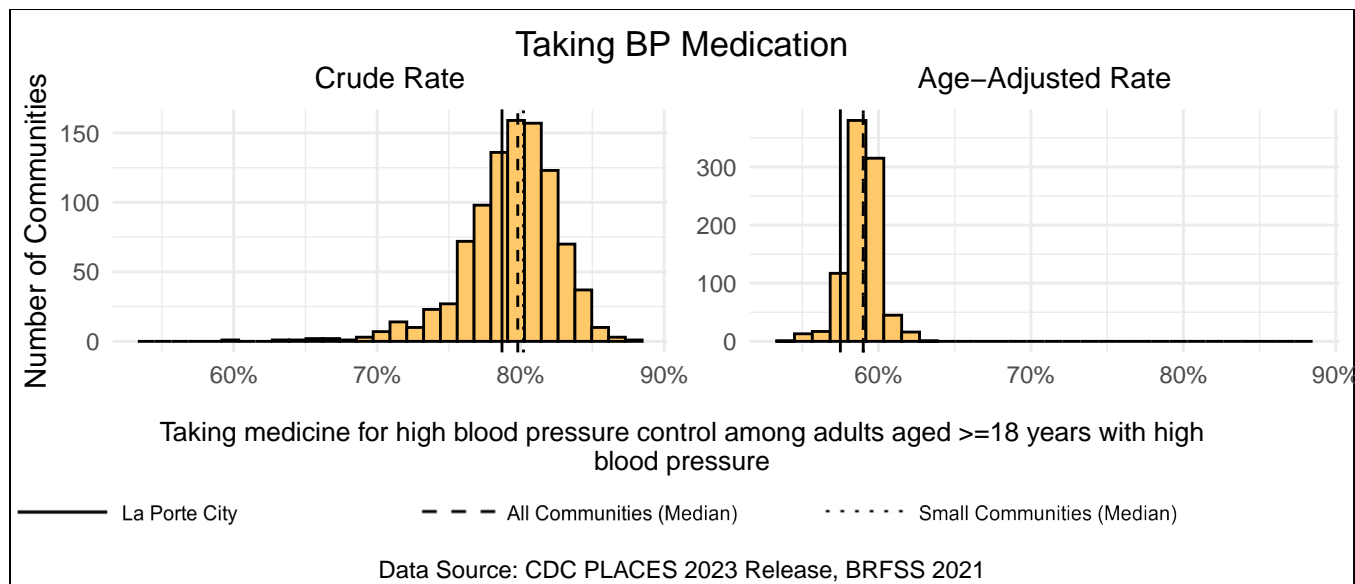
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	6.7%	7.3%	7.2%
Age-Adjusted	6.9%	7.7%	7.5%



Taking BP Medication

La Porte City has a crude rate of 78.7% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 606th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for La Porte City is 57.5%, which ranks 830th out of 905 Iowa communities (125th out of 138 small communities).

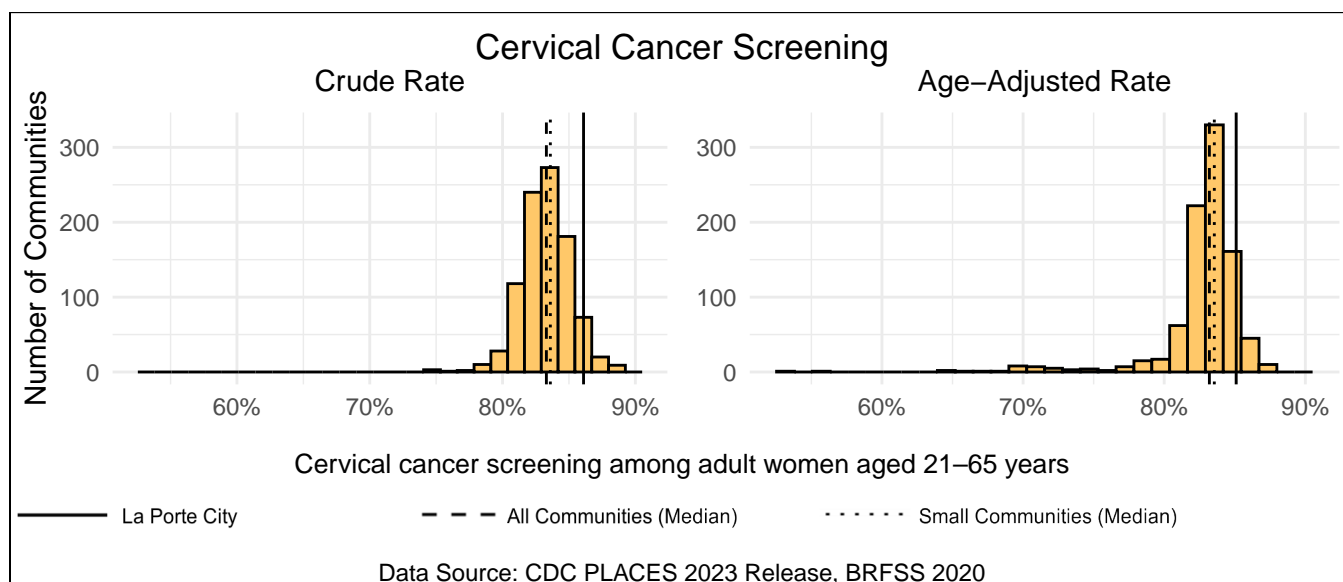
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	78.7%	79.8%	80.2%
Age-Adjusted	57.5%	59.0%	59.0%



Cervical Cancer Screening

La Porte City has a crude rate of 86.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 54th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for La Porte City is 85.1%, which ranks 79th out of 905 Iowa communities (15th out of 138 small communities).

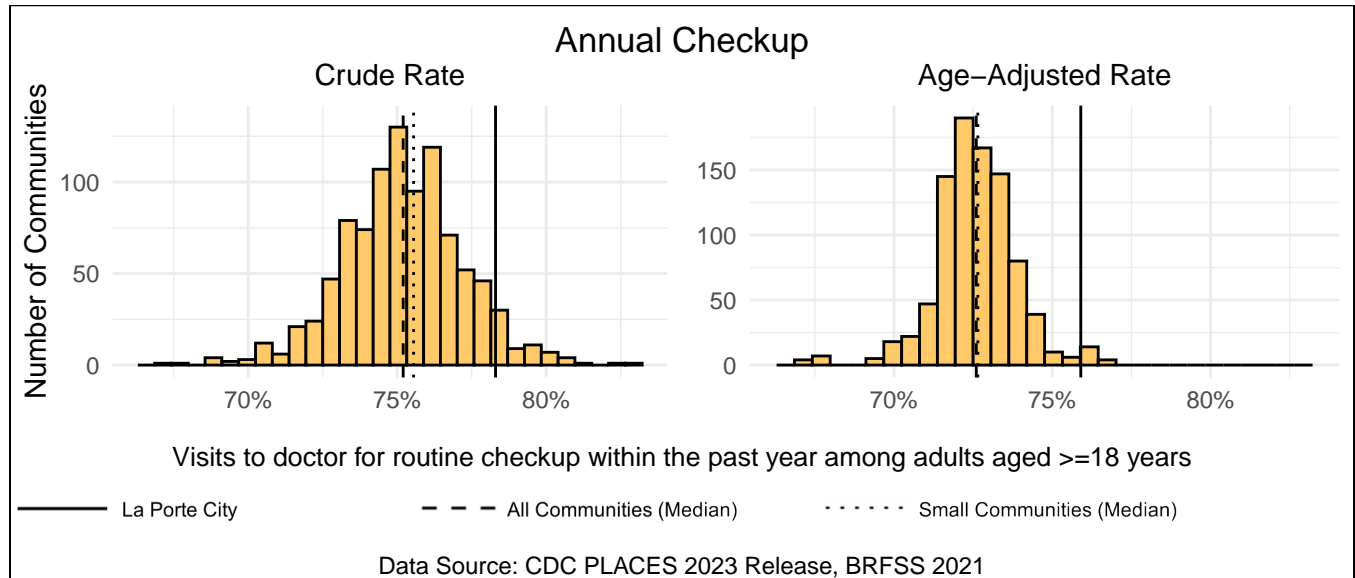
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	86.1%	83.3%	83.6%
Age-Adjusted	85.1%	83.2%	83.5%



Annual Checkup

La Porte City has a crude rate of 78.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 57th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for La Porte City is 75.9%, which ranks 18th out of 905 Iowa communities (4th out of 138 small communities).

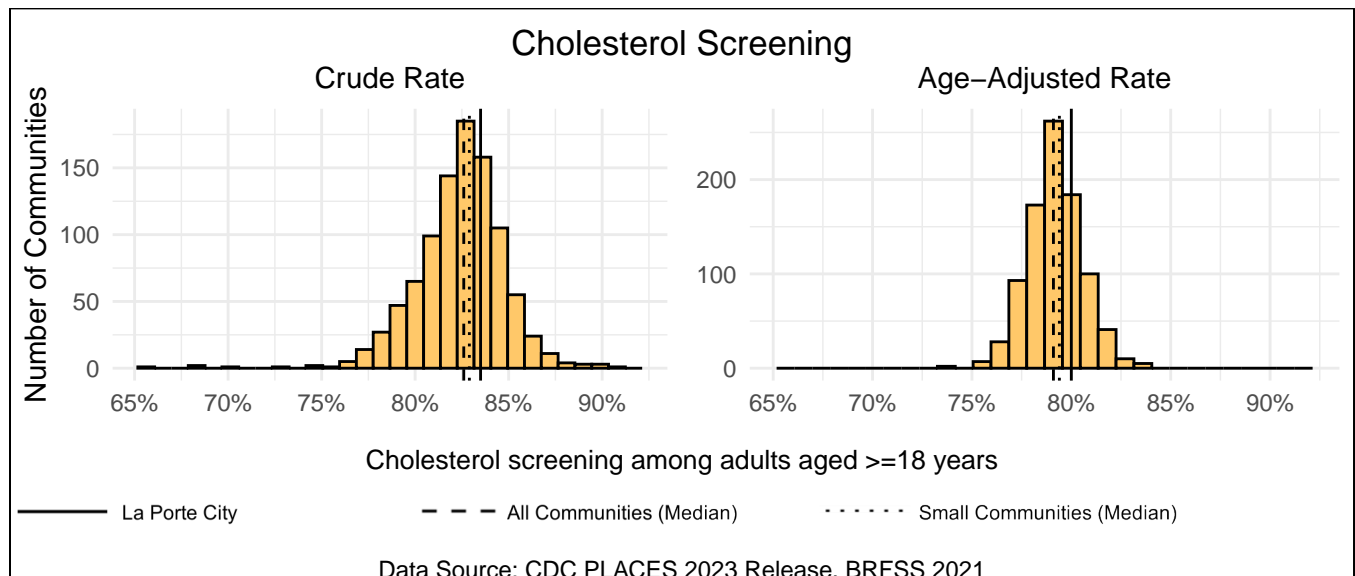
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	78.3%	75.2%	75.5%
Age-Adjusted	75.9%	72.6%	72.6%



Cholesterol Screening

La Porte City has a crude rate of 83.5% for cholesterol screening among adults aged ≥ 18 years, which ranks 298th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for La Porte City is 80.0%, which ranks 237th out of 905 Iowa communities (46th out of 138 small communities).

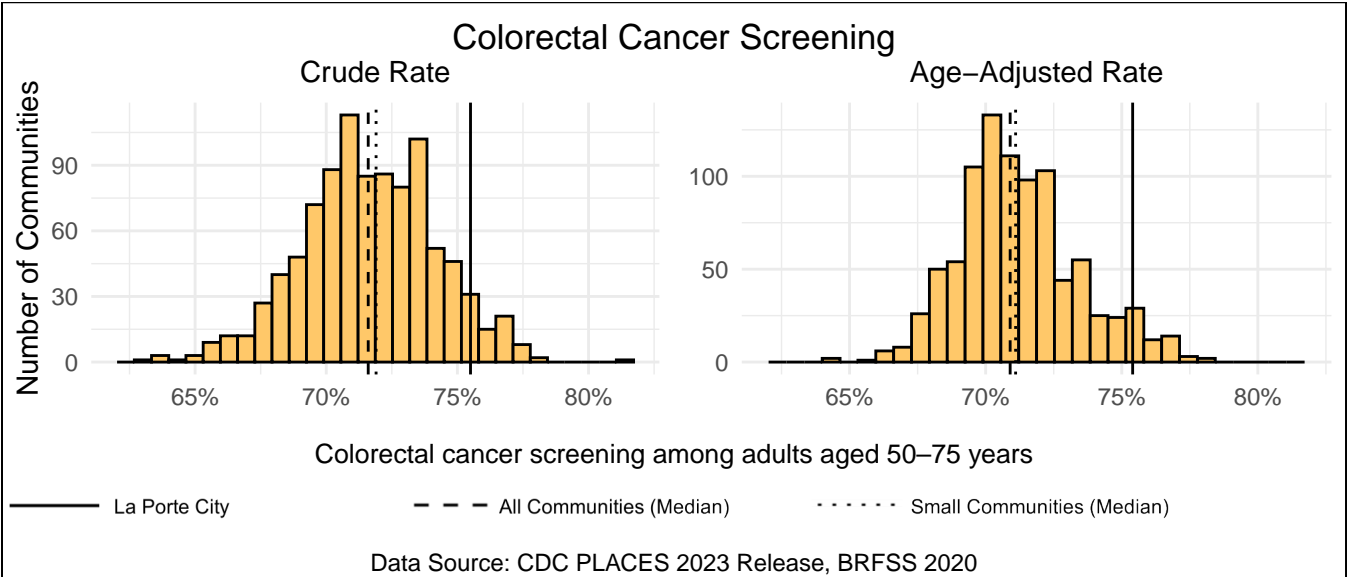
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	83.5%	82.6%	82.9%
Age-Adjusted	80.0%	79.1%	79.4%



Colorectal Cancer Screening

La Porte City has a crude rate of 75.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 60th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for La Porte City is 75.4%, which ranks 47th out of 905 Iowa communities (14th out of 138 small communities).

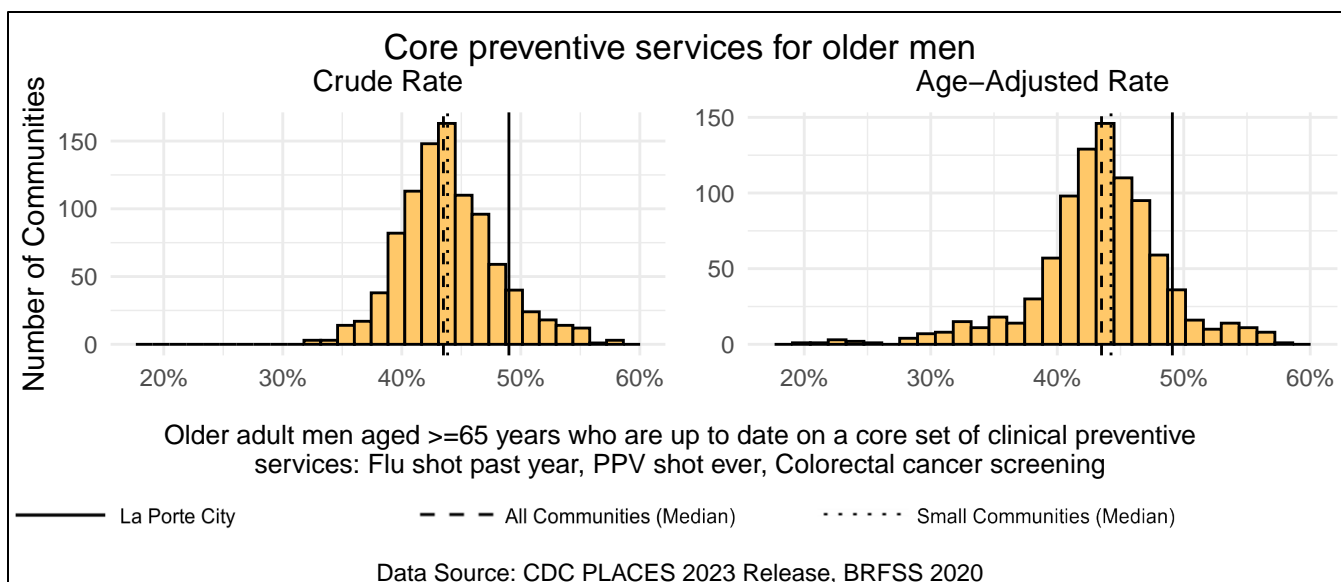
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	75.5%	71.6%	71.9%
Age-Adjusted	75.4%	70.9%	71.1%



Core preventive services for older men

La Porte City has a crude rate of 49.0% 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 99th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for La Porte City is 49.1%, which ranks 87th out of 905 Iowa communities (12th out of 138 small communities).

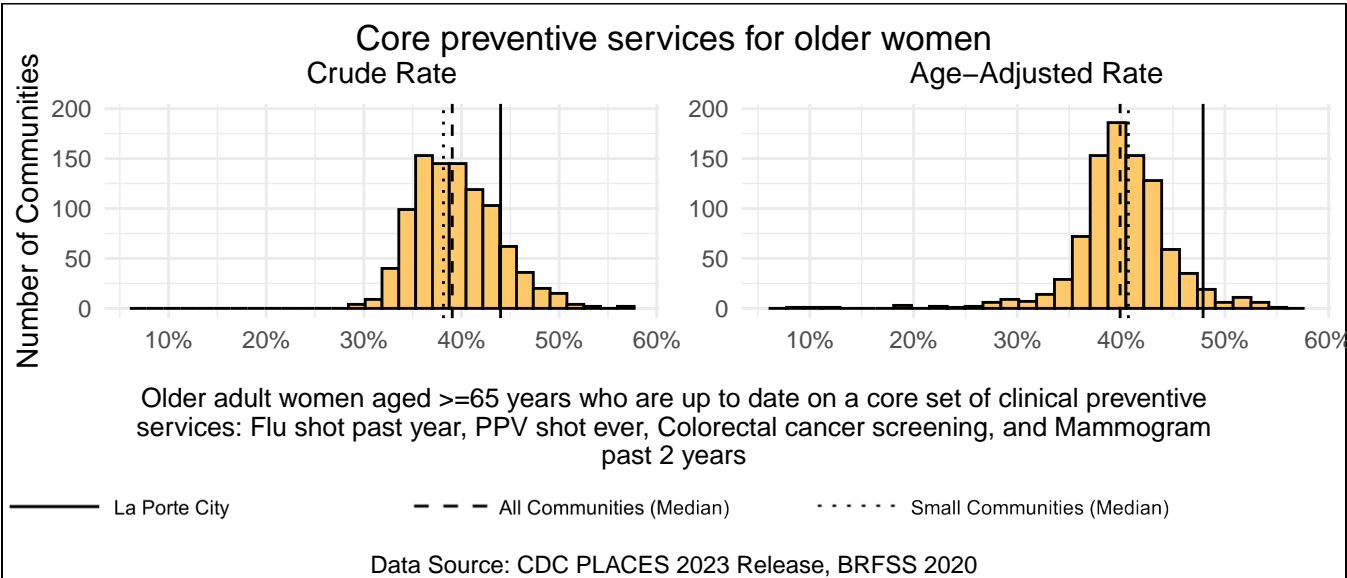
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	49.0%	43.5%	43.8%
Age-Adjusted	49.1%	43.5%	44.2%



Core preventive services for older women

La Porte City has a crude rate of 44.0% 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 136th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for La Porte City is 47.9%, which ranks 28th out of 905 Iowa communities (5th out of 138 small communities).

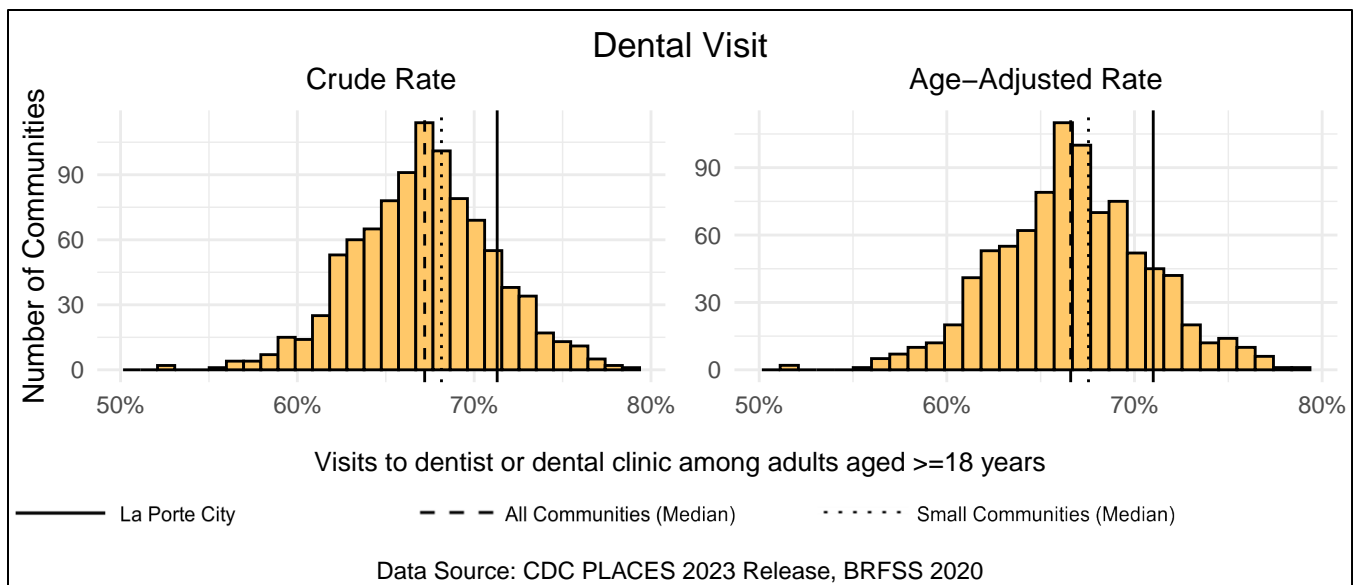
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	44.0%	39.0%	38.2%
Age-Adjusted	47.9%	39.9%	40.7%



Dental Visit

La Porte City 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 (26th out of 138 small communities). The age-adjusted rate for La Porte City is 71.0%, which ranks 135th out of 905 Iowa communities (28th out of 138 small communities).

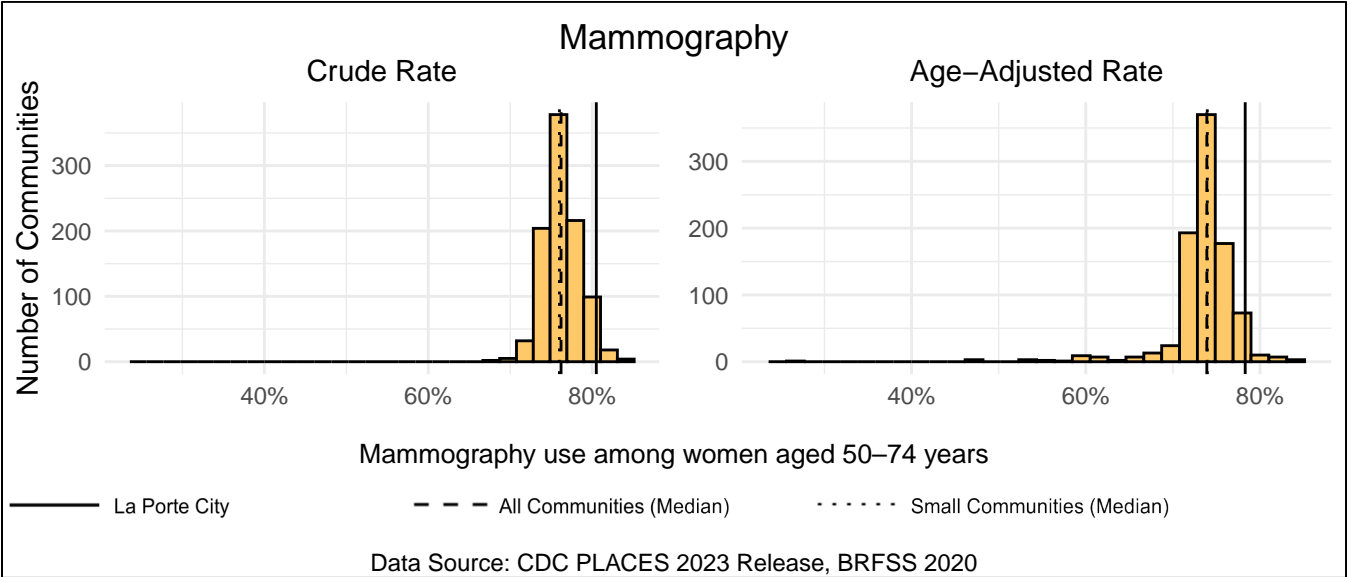
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	71.3%	67.2%	68.2%
Age-Adjusted	71.0%	66.6%	67.5%



Mammography

La Porte City has a crude rate of 80.5% for mammography use among women aged 50–74 years, which ranks 35th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for La Porte City is 78.3%, which ranks 38th out of 905 Iowa communities (6th out of 138 small communities).

Measure Type	La Porte City	All Comm.	Small Comm.
Crude	80.5%	76.2%	76.0%
Age-Adjusted	78.3%	73.9%	74.0%



Disability

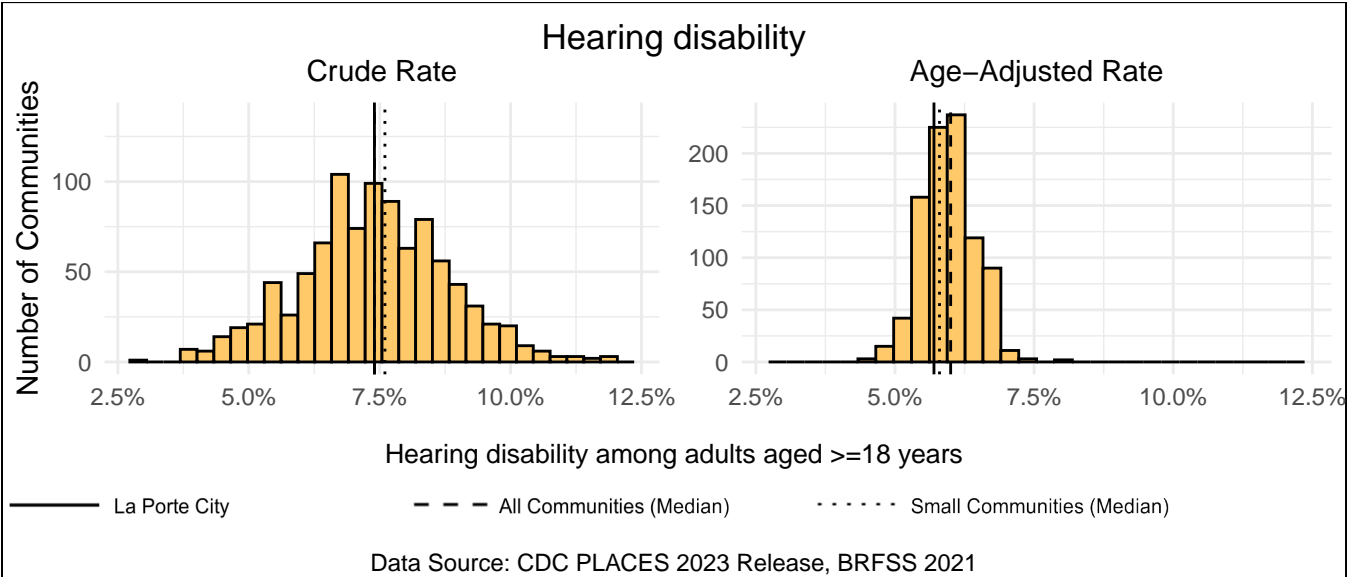
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

La Porte City has a crude rate of 7.4% for hearing disability among adults aged ≥ 18 years, which ranks 470th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for La Porte City is 5.7%, which ranks 219th out of 905 Iowa communities (46th out of 138 small communities).

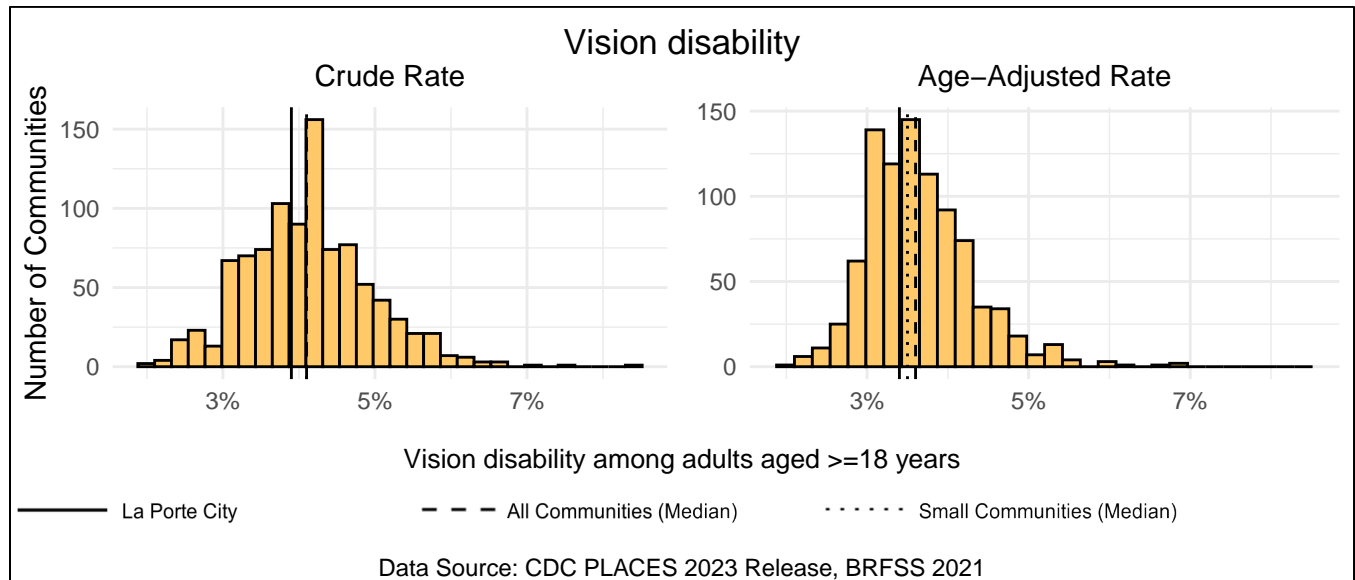
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	7.4%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.8%



Vision disability

La Porte City has a crude rate of 3.9% for vision disability among adults aged ≥ 18 years, which ranks 374th out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for La Porte City is 3.4%, which ranks 295th out of 905 Iowa communities (55th out of 138 small communities).

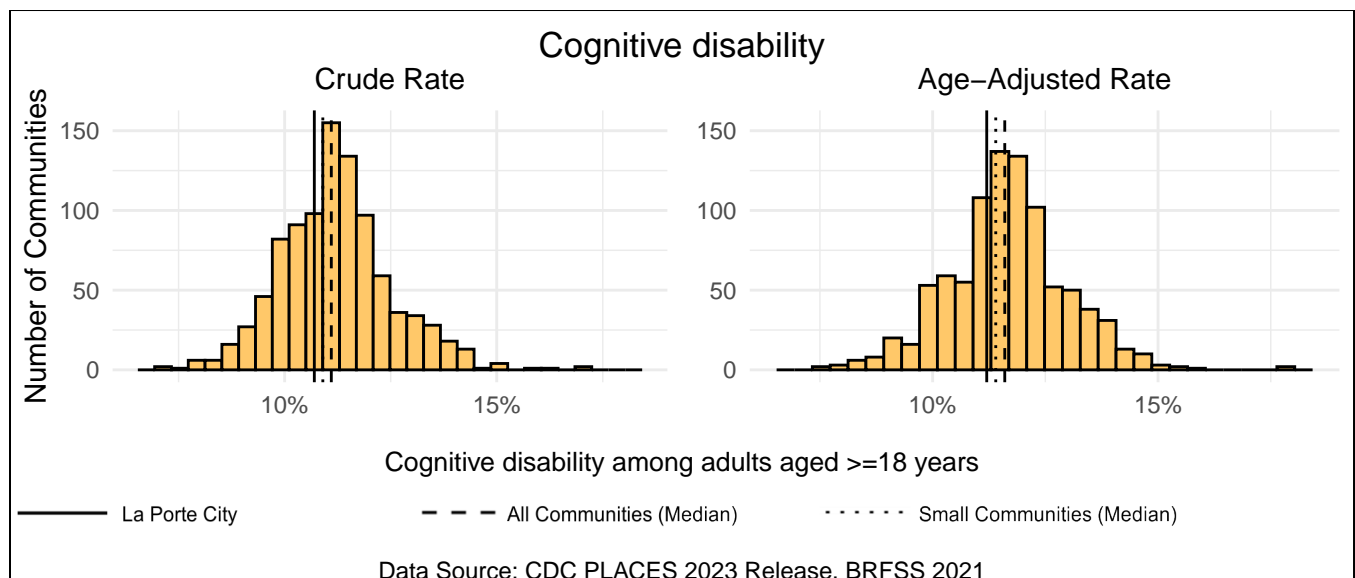
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	3.9%	4.1%	4.1%
Age-Adjusted	3.4%	3.6%	3.5%



Cognitive disability

La Porte City has a crude rate of 10.7% for cognitive disability among adults aged ≥ 18 years, which ranks 302nd out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for La Porte City is 11.2%, which ranks 296th out of 905 Iowa communities (54th out of 138 small communities).

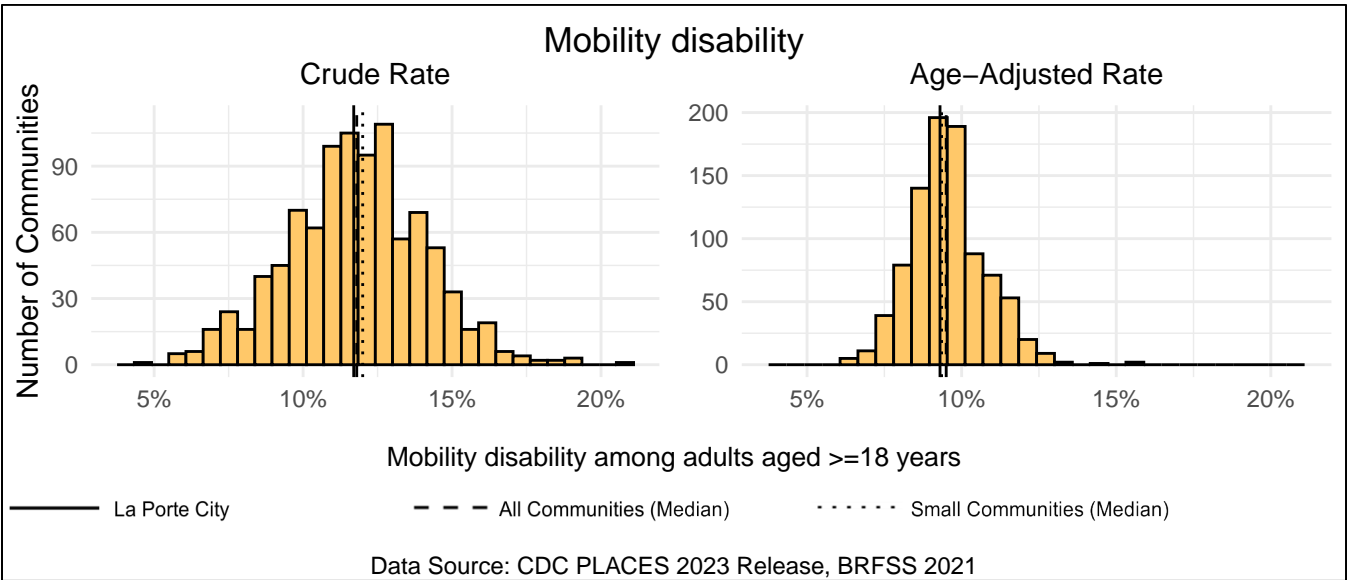
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	10.7%	11.1%	10.9%
Age-Adjusted	11.2%	11.6%	11.4%



Mobility disability

La Porte City has a crude rate of 11.7% for mobility disability among adults aged >=18 years, which ranks 452nd out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for La Porte City is 9.3%, which ranks 361st out of 905 Iowa communities (64th out of 138 small communities).

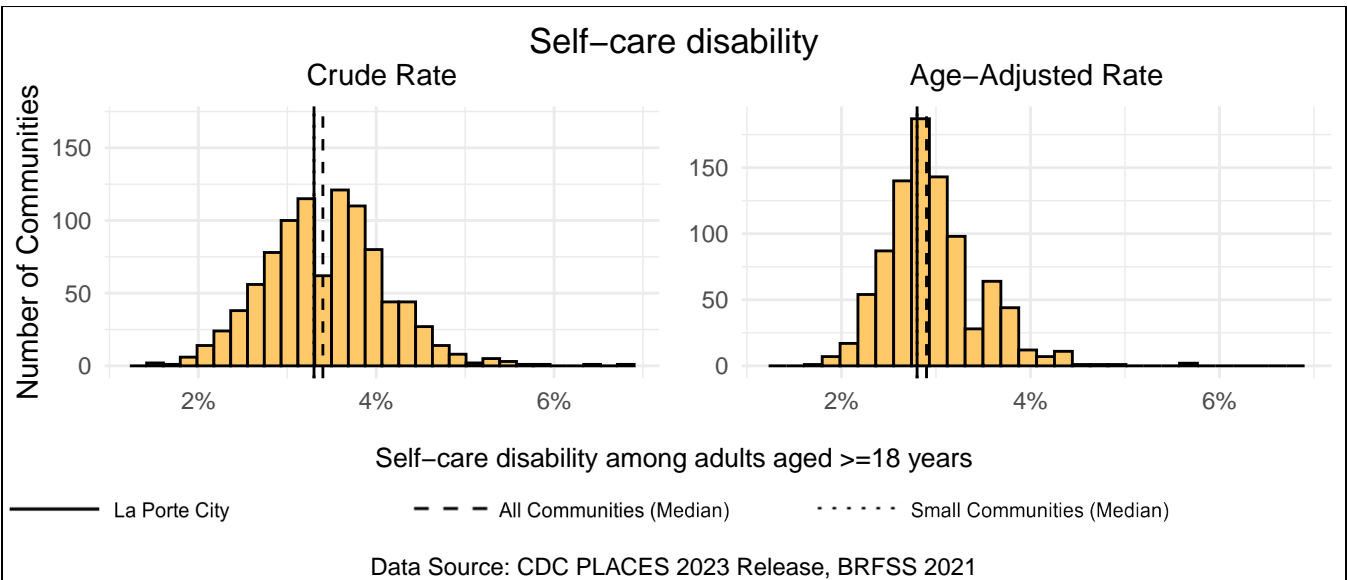
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	11.7%	11.8%	12.0%
Age-Adjusted	9.3%	9.5%	9.4%



Self-care disability

La Porte City has a crude rate of 3.3% for self-care disability among adults aged >=18 years, which ranks 386th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for La Porte City is 2.8%, which ranks 307th out of 905 Iowa communities (58th out of 138 small communities).

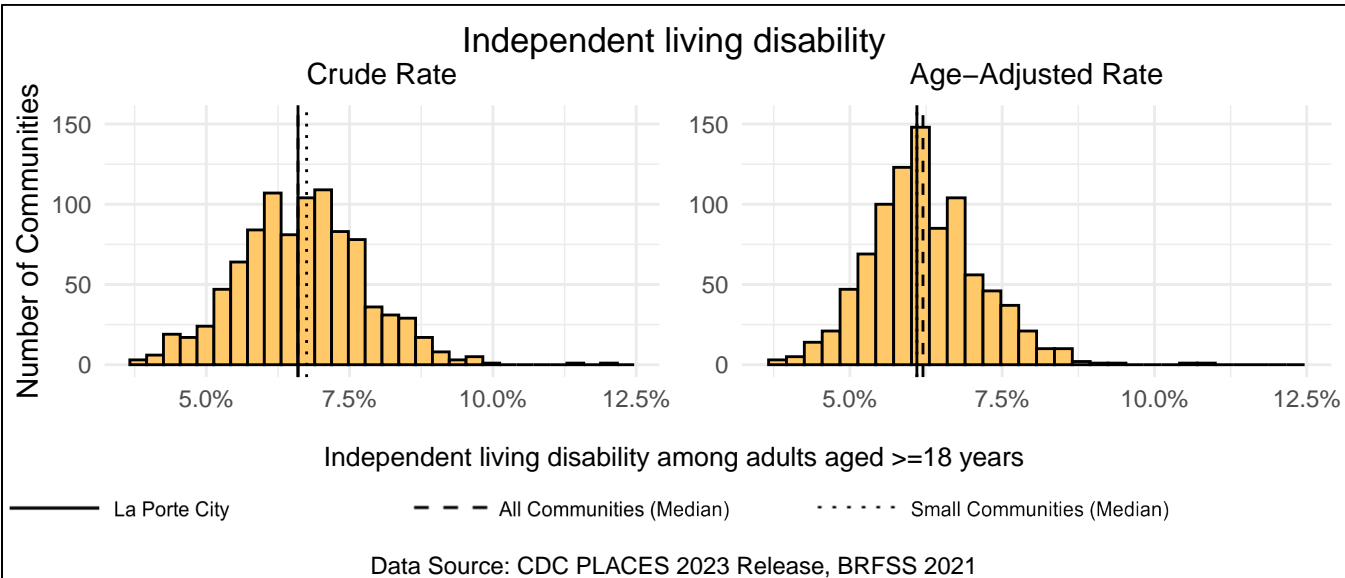
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	3.3%	3.4%	3.3%
Age-Adjusted	2.8%	2.9%	2.8%



Independent living disability

La Porte City has a crude rate of 6.6% for independent living disability among adults aged ≥ 18 years, which ranks 453rd out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for La Porte City is 6.1%, which ranks 383rd out of 905 Iowa communities (66th out of 138 small communities).

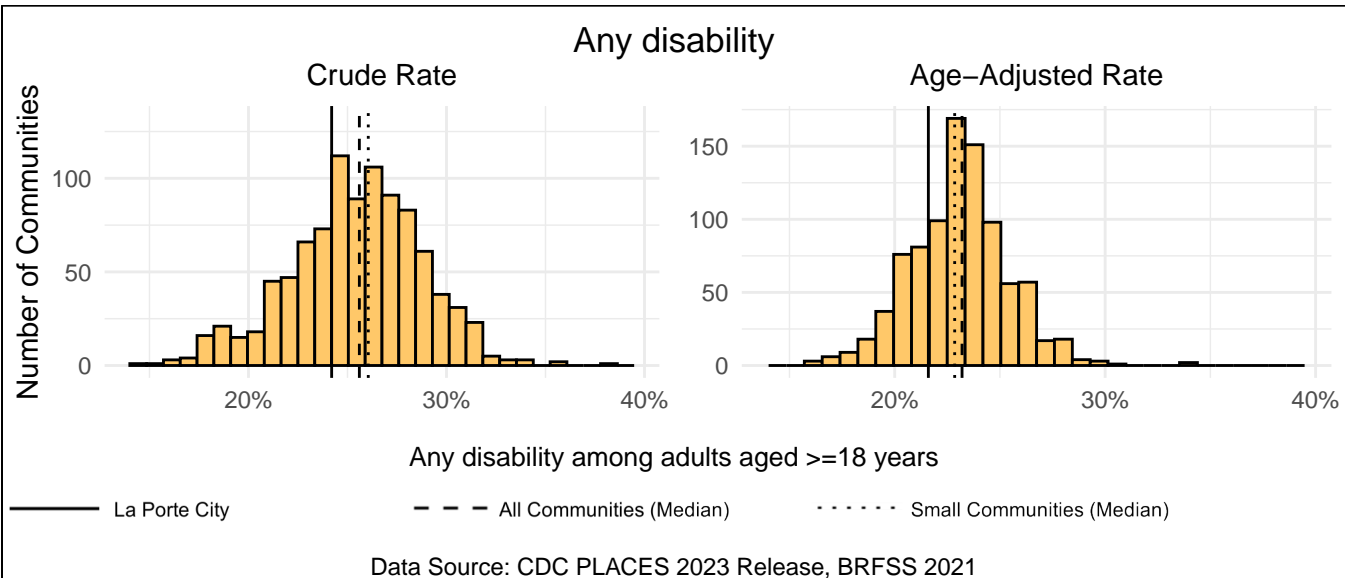
Measure Type	La Porte City	All Comm.	Small Comm.
Crude	6.6%	6.6%	6.8%
Age-Adjusted	6.1%	6.2%	6.1%



Any disability

La Porte City has a crude rate of 24.2% for any disability among adults aged ≥ 18 years, which ranks 311th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for La Porte City is 21.6%, which ranks 220th out of 905 Iowa communities (41st out of 138 small communities).

Measure Type	La Porte City	All Comm.	Small Comm.
Crude	24.2%	25.6%	26.0%
Age-Adjusted	21.6%	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: La Porte City PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	514	14.4% (12.5% - 16.6%)	596	15.9% (13.6% - 18.4%)
Health Status	General Health	346	13.5% (11.3% - 16.1%)	312	12.2% (10.1% - 14.6%)
Health Status	Physical Health	323	10.3% (8.8% - 12.1%)	300	9.4% (8.0% - 10.9%)
Health Risk Behaviors	Sleep <7 hours	748	31.6% (30.0% - 33.2%)	717	32.3% (30.7% - 33.9%)
Health Risk Behaviors	Physical Inactivity	344	25.0% (20.7% - 29.9%)	296	23.1% (18.9% - 27.7%)
Health Risk Behaviors	Binge Drinking	637	20.5% (17.3% - 23.7%)	753	23.1% (19.8% - 26.9%)
Health Risk Behaviors	Current Smoking	316	16.1% (12.9% - 19.7%)	273	16.7% (13.2% - 20.8%)
Health Outcomes	High Blood Pressure	408	31.6% (27.9% - 35.3%)	319	26.8% (23.5% - 30.3%)
Health Outcomes	Obesity	153	35.1% (29.9% - 40.6%)	135	35.2% (30.2% - 40.9%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.7%)	513	9.6% (8.3% - 10.9%)
Health Outcomes	Arthritis	714	30.0% (26.4% - 33.8%)	867	25.1% (22.0% - 28.5%)
Health Outcomes	Diabetes	397	9.8% (8.3% - 11.5%)	401	8.1% (6.8% - 9.4%)
Health Outcomes	All Teeth Lost	236	11.5% (7.2% - 16.9%)	151	11.0% (7.3% - 15.3%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.7%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	COPD	395	7.2% (5.9% - 8.6%)	346	6.1% (5.0% - 7.3%)
Health Outcomes	Coronary Heart Disease	408	6.3% (5.4% - 7.2%)	187	4.7% (4.1% - 5.4%)
Health Outcomes	High Cholesterol	498	36.4% (32.3% - 40.5%)	634	30.3% (26.5% - 34.3%)
Health Outcomes	Cancer (except skin)	578	8.4% (7.5% - 9.3%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Stroke	468	3.3% (2.8% - 3.7%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	Depression	730	18.9% (15.9% - 22.1%)	787	20.2% (17.1% - 23.9%)
Prevention	Dental Visit	130	71.3% (68.0% - 74.4%)	135	71.0% (67.5% - 74.3%)
Prevention	Core preventive services for older men	99	49.0% (41.7% - 56.1%)	87	49.1% (41.8% - 56.1%)
Prevention	Colorectal Cancer Screening	60	75.5% (72.8% - 78.1%)	47	75.4% (72.6% - 78.0%)
Prevention	Taking BP Medication	606	78.7% (75.1% - 81.8%)	830	57.5% (52.2% - 62.3%)
Prevention	Annual Checkup	57	78.3% (74.4% - 81.7%)	18	75.9% (71.7% - 79.7%)
Prevention	Mammography	35	80.5% (77.2% - 83.5%)	38	78.3% (74.6% - 81.4%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	54	86.1% (83.9% - 88.1%)	79	85.1% (82.8% - 87.4%)
Prevention	Cholesterol Screening	298	83.5% (80.7% - 86.2%)	237	80.0% (76.8% - 83.2%)
Prevention	Core preventive services for older women	136	44.0% (37.2% - 51.3%)	28	47.9% (41.5% - 54.7%)
Prevention	Health Insurance	217	6.7% (5.0% - 8.7%)	168	6.9% (5.3% - 9.0%)
Disability	Vision Disability	374	3.9% (3.3% - 4.6%)	295	3.4% (2.9% - 4.0%)
Disability	Hearing Disability	470	7.4% (6.4% - 8.4%)	219	5.7% (5.0% - 6.5%)
Disability	Any Disability	311	24.2% (20.8% - 28.0%)	220	21.6% (18.2% - 25.2%)
Disability	Self-care Disability	386	3.3% (2.8% - 3.9%)	307	2.8% (2.4% - 3.2%)
Disability	Cognitive Disability	302	10.7% (9.1% - 12.6%)	296	11.2% (9.3% - 13.4%)
Disability	Mobility Disability	452	11.7% (9.6% - 13.9%)	361	9.3% (7.7% - 11.0%)
Disability	Independent Living Disability	453	6.6% (5.5% - 7.8%)	383	6.1% (5.1% - 7.1%)

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)

La Porte City 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		