



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 Lake City: Overview

Dear Community Members & Stakeholders of Lake 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 Lake City ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Lake 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 Lake 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
Annual Checkup	31st	2nd	Annual Checkup	110th	26th
Binge Drinking	53rd	6th	Taking BP Medication	126th	14th
Taking BP Medication	64th	9th	Binge Drinking	202nd	28th
Depression	169th	29th	Sleep <7 hours	378th	61st
Cholesterol Screening	172nd	26th	Cancer (except skin)	418th	41st

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
High Blood Pressure	920th	134th	Obesity	802nd	126th
Arthritis	906th	131st	High Blood Pressure	798th	127th
Mobility Disability	901st	131st	Dental Visit	741st	120th
Hearing Disability	900th	129th	Arthritis	736th	117th
Coronary Heart Disease	894th	130th	Any Disability	731st	119th

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

With a population of 1,745, Lake 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.



Health Status

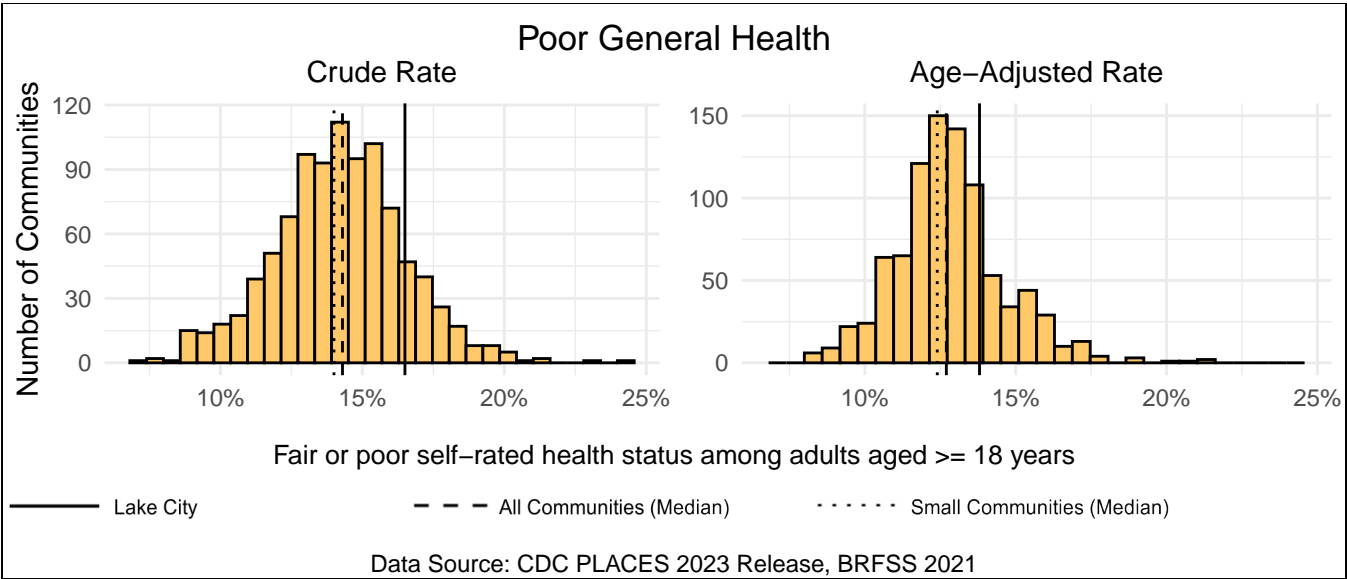
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Lake City has a crude rate of 16.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 820th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Lake City is 13.8%, which ranks 685th out of 905 Iowa communities (116th out of 138 small communities).

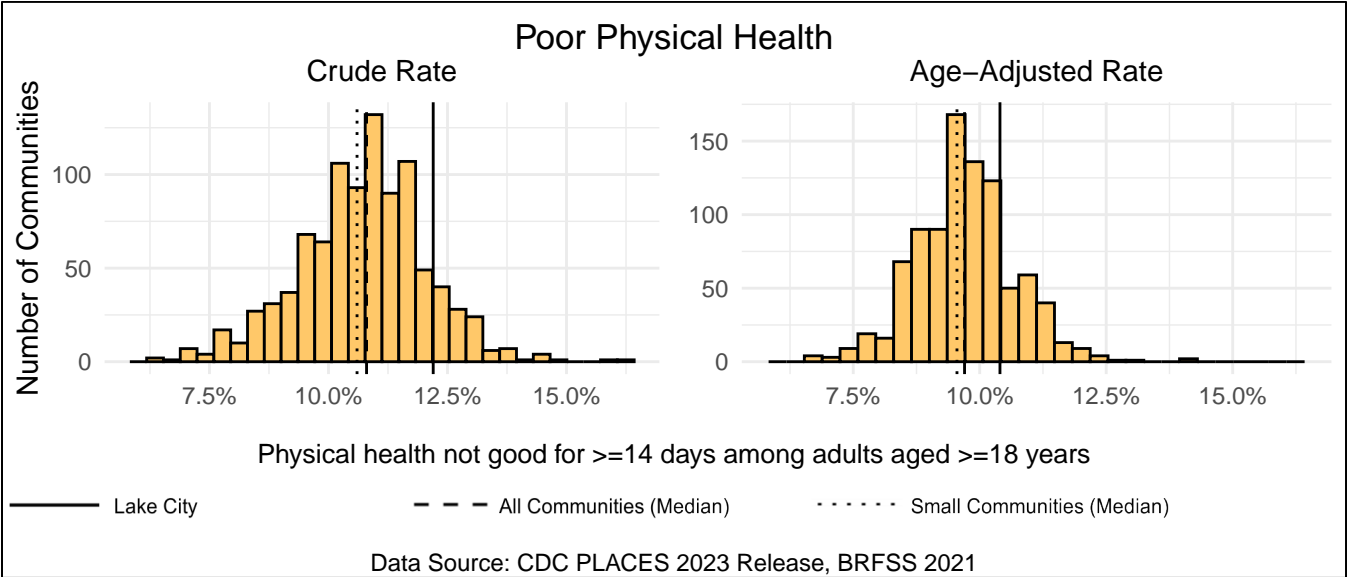
Measure Type	Lake City	All Comm.	Small Comm.
Crude	16.5%	14.3%	14.0%
Age-Adjusted	13.8%	12.7%	12.4%



Poor Physical Health

Lake City has a crude rate of 12.2% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 846th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Lake City is 10.4%, which ranks 707th out of 905 Iowa communities (115th out of 138 small communities).

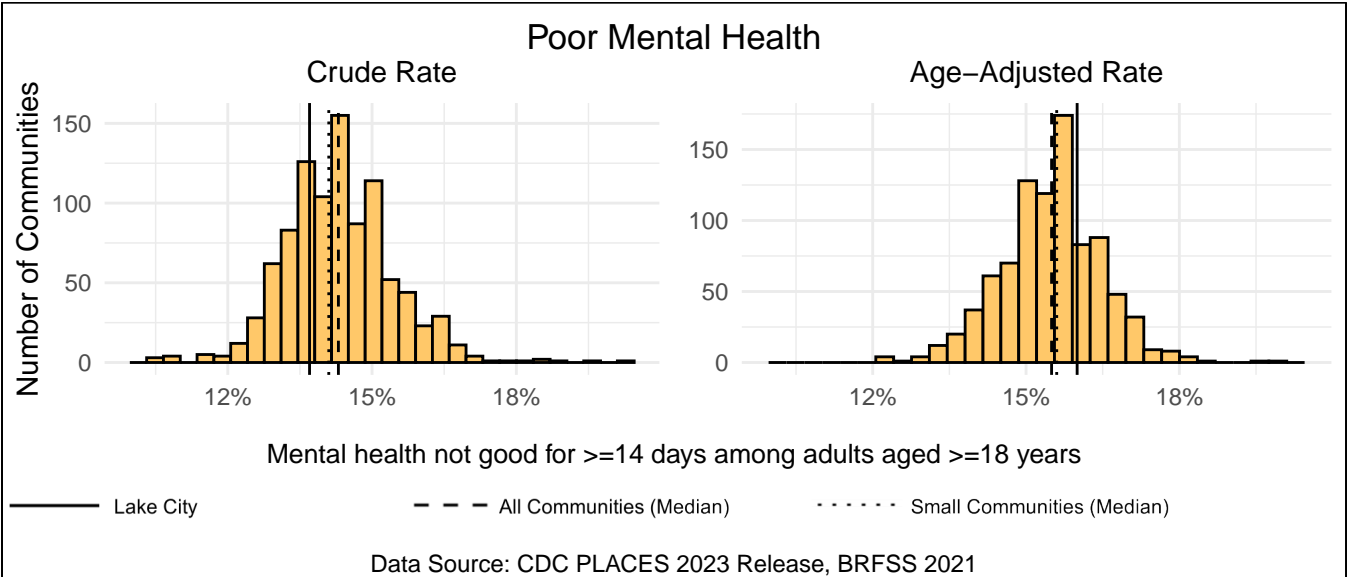
Measure Type	Lake City	All Comm.	Small Comm.
Crude	12.2%	10.8%	10.6%
Age-Adjusted	10.4%	9.7%	9.6%



Poor Mental Health

Lake City has a crude rate of 13.7% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 260th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Lake City is 16.0%, which ranks 631st out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Lake City	All Comm.	Small Comm.
Crude	13.7%	14.3%	14.1%
Age-Adjusted	16.0%	15.5%	15.6%



Health Risk Behaviors

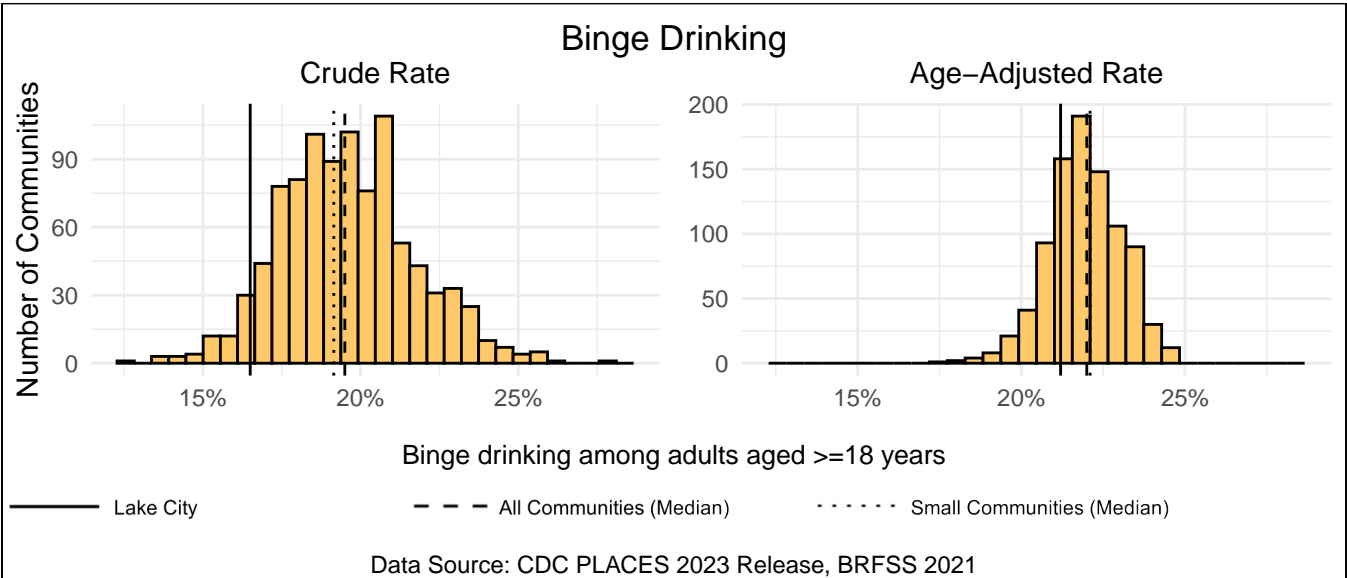
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Lake City has a crude rate of 16.5% for binge drinking among adults aged ≥ 18 years, which ranks 53rd out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Lake City is 21.2%, which ranks 202nd out of 905 Iowa communities (28th out of 138 small communities).

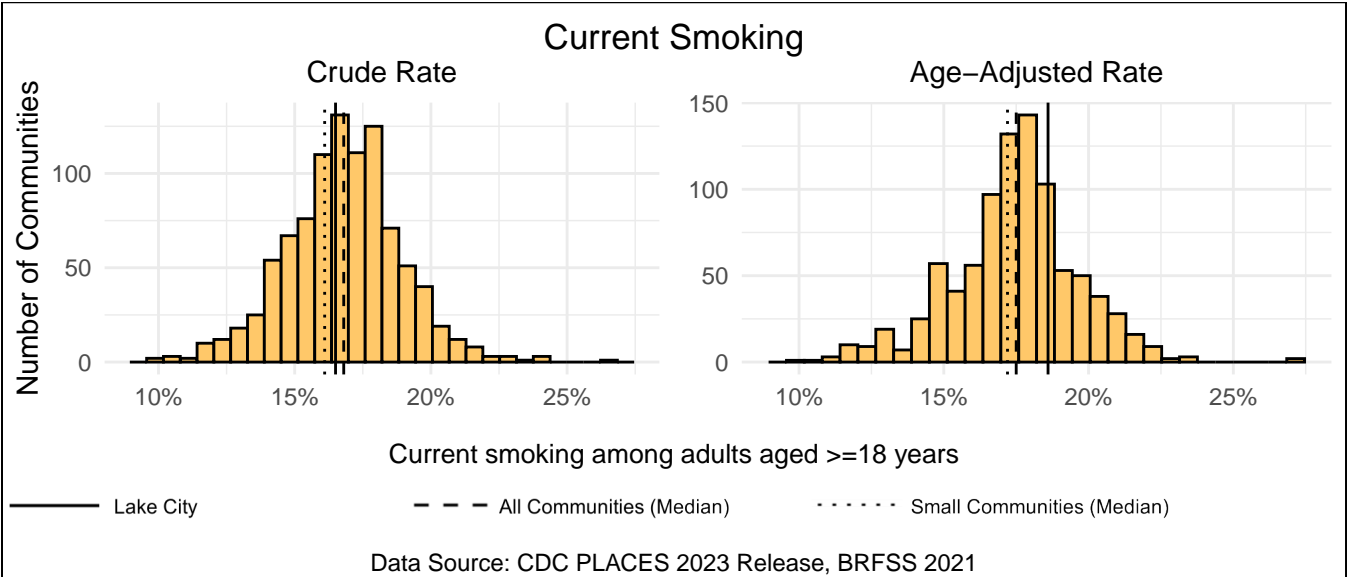
Measure Type	Lake City	All Comm.	Small Comm.
Crude	16.5%	19.5%	19.1%
Age-Adjusted	21.2%	22.0%	22.1%



Current Smoking

Lake City has a crude rate of 16.5% for current smoking among adults aged >=18 years, which ranks 406th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Lake City is 18.6%, which ranks 649th out of 905 Iowa communities (109th out of 138 small communities).

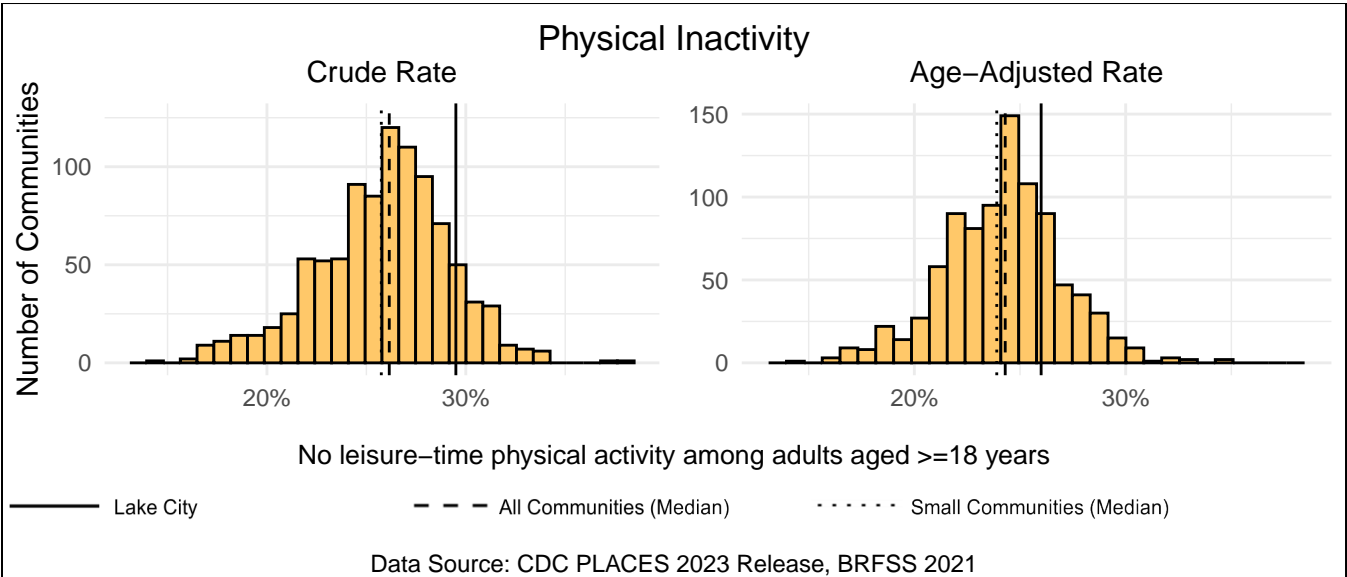
Measure Type	Lake City	All Comm.	Small Comm.
Crude	16.5%	16.8%	16.1%
Age-Adjusted	18.6%	17.5%	17.2%



Physical Inactivity

Lake City has a crude rate of 29.5% for no leisure-time physical activity among adults aged >=18 years, which ranks 840th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Lake City is 26.0%, which ranks 692nd out of 905 Iowa communities (114th out of 138 small communities).

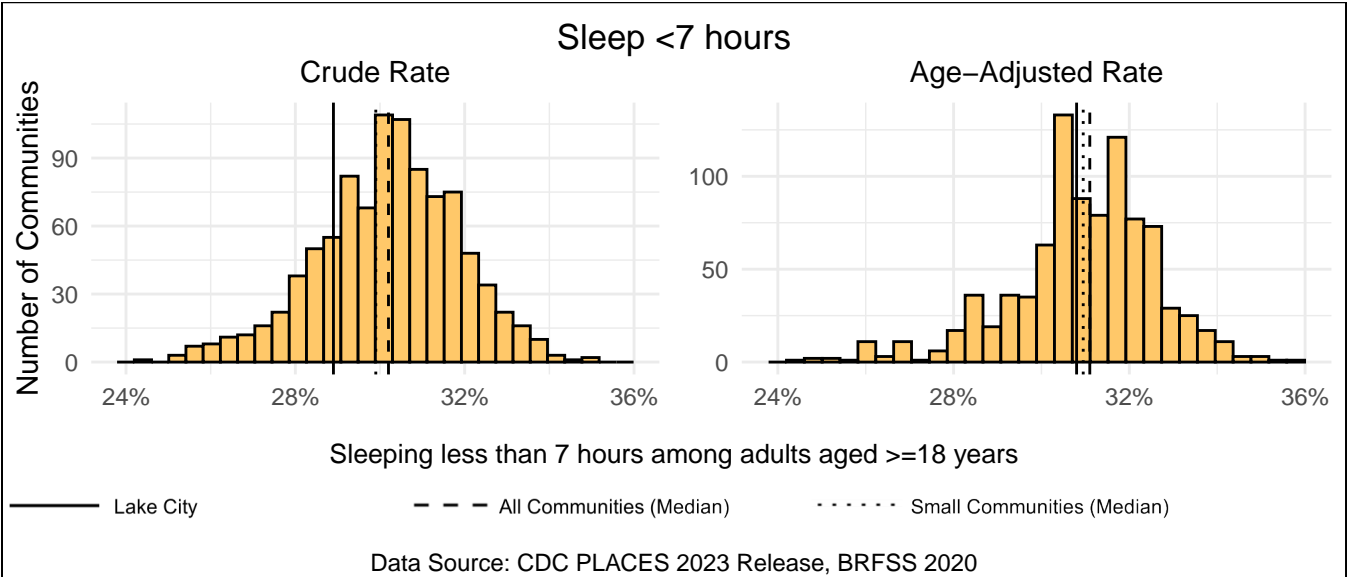
Measure Type	Lake City	All Comm.	Small Comm.
Crude	29.5%	26.1%	25.8%
Age-Adjusted	26.0%	24.3%	23.9%



Sleep <7 hours

Lake City has a crude rate of 28.9% for sleeping less than 7 hours among adults aged >=18 years, which ranks 196th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Lake City is 30.8%, which ranks 378th out of 905 Iowa communities (61st out of 138 small communities).

Measure Type	Lake City	All Comm.	Small Comm.
Crude	28.9%	30.2%	29.9%
Age-Adjusted	30.8%	31.1%	31.0%



Health Outcomes

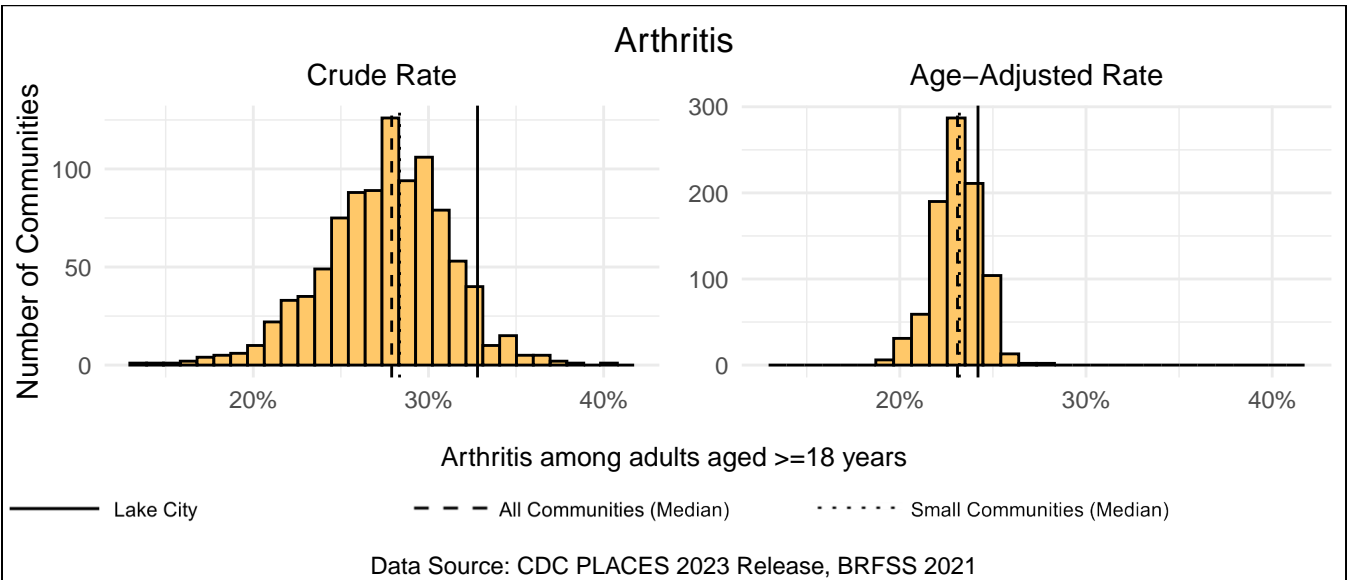
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Lake City has a crude rate of 32.8% for arthritis among adults aged ≥ 18 years, which ranks 906th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Lake City is 24.2%, which ranks 736th out of 905 Iowa communities (117th out of 138 small communities).

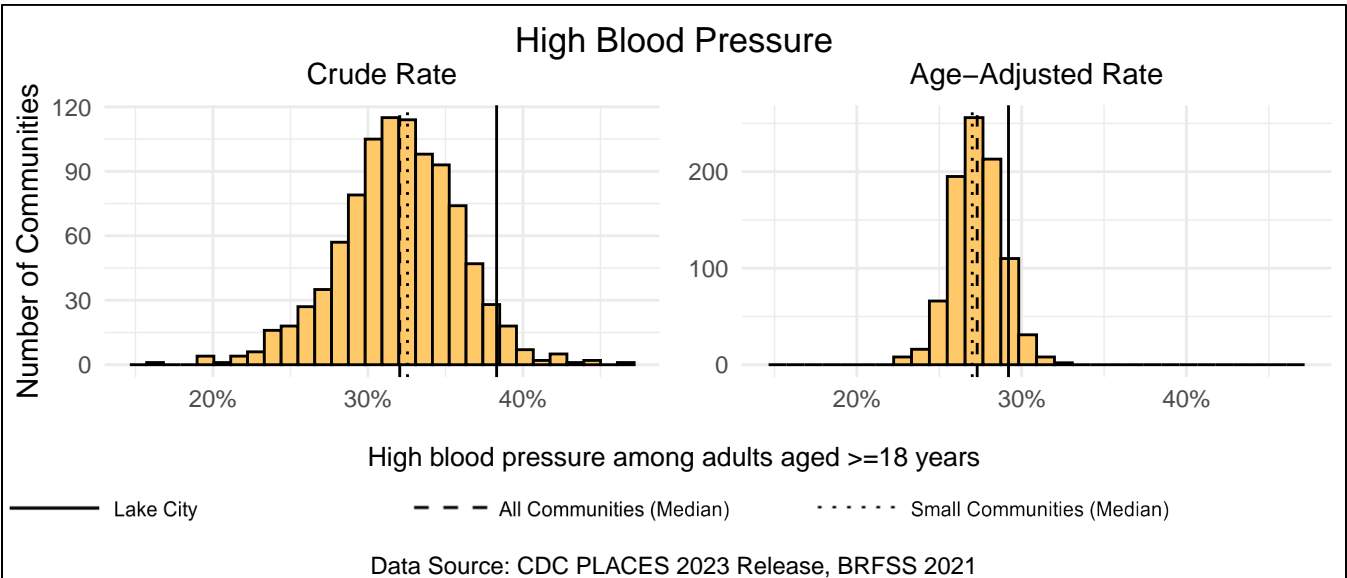
Measure Type	Lake City	All Comm.	Small Comm.
Crude	32.8%	27.9%	28.4%
Age-Adjusted	24.2%	23.1%	23.2%



High Blood Pressure

Lake City has a crude rate of 38.3% for high blood pressure among adults aged ≥ 18 years, which ranks 920th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Lake City is 29.2%, which ranks 798th out of 905 Iowa communities (127th out of 138 small communities).

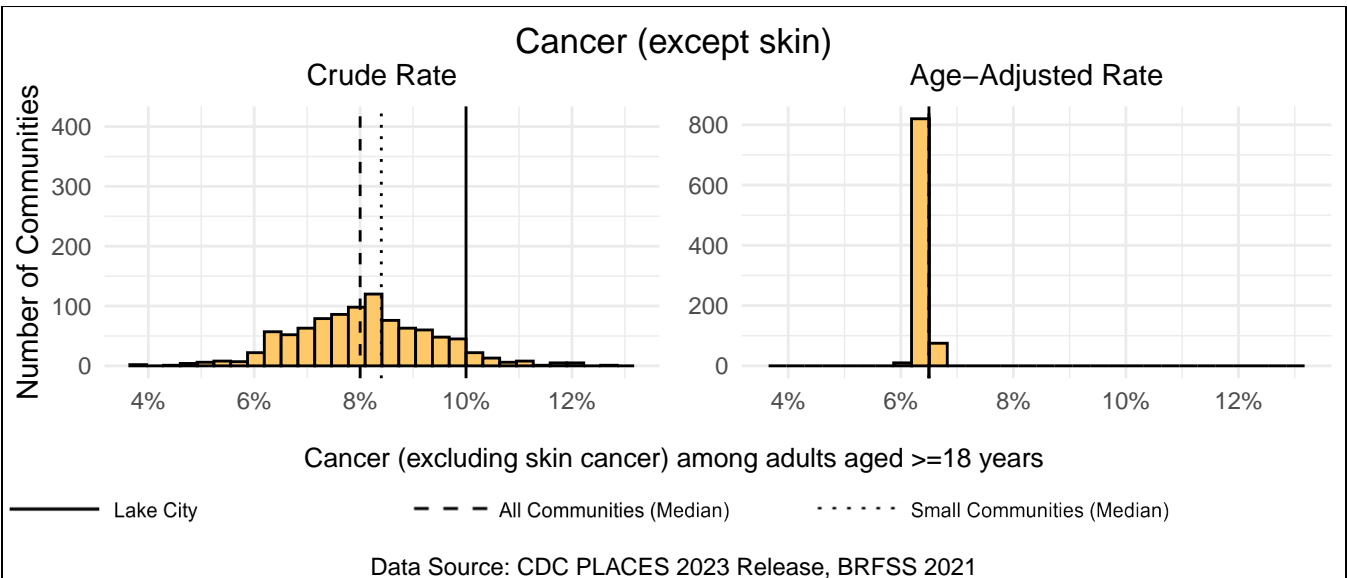
Measure Type	Lake City	All Comm.	Small Comm.
Crude	38.3%	32.0%	32.5%
Age-Adjusted	29.2%	27.3%	27.0%



Cancer (except skin)

Lake City has a crude rate of 10.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 887th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Lake City is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

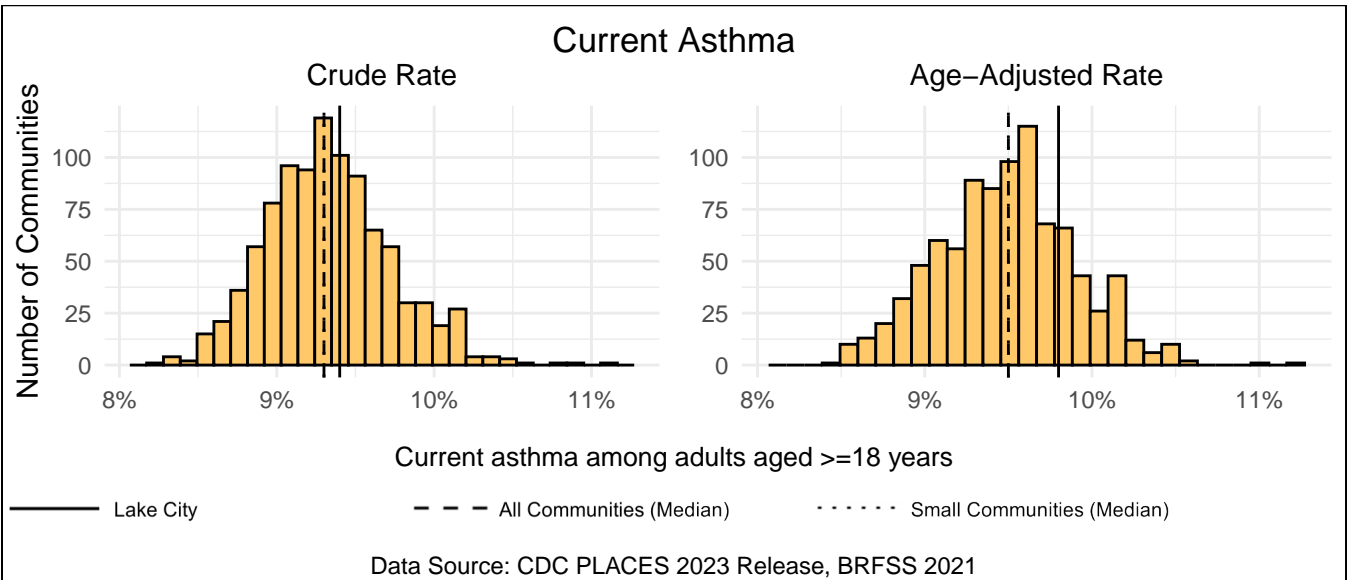
Measure Type	Lake City	All Comm.	Small Comm.
Crude	10.0%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Lake City has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Lake City is 9.8%, which ranks 696th out of 905 Iowa communities (107th out of 138 small communities).

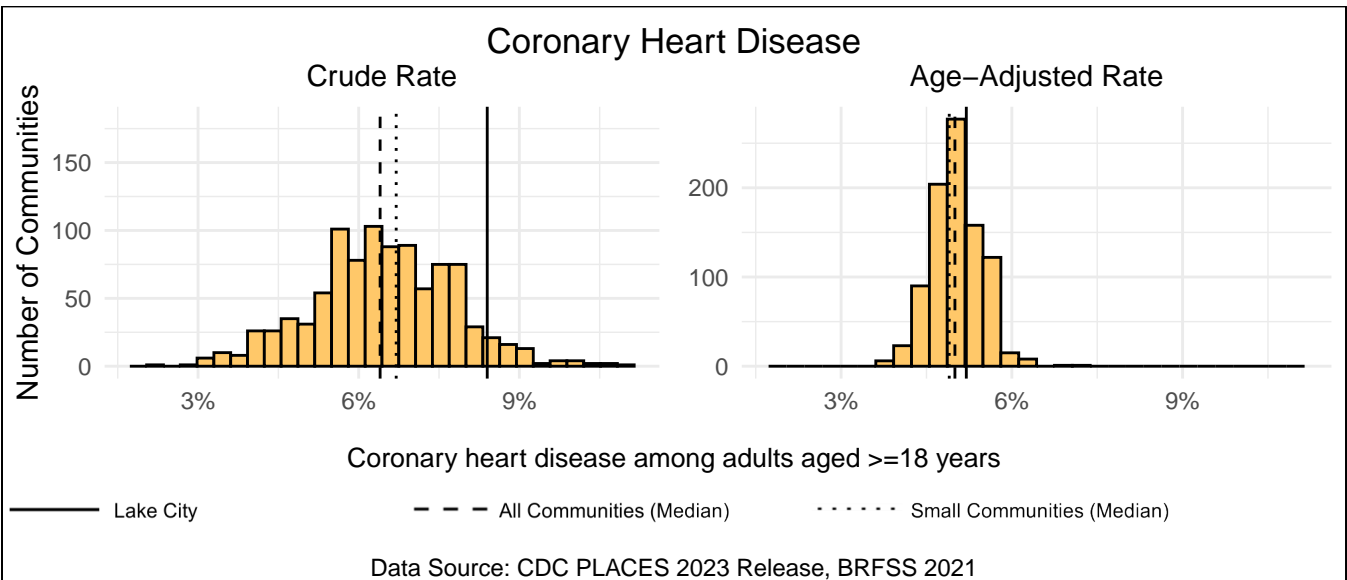
Measure Type	Lake City	All Comm.	Small Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.5%



Coronary Heart Disease

Lake City has a crude rate of 8.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 894th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Lake City is 5.2%, which ranks 601st out of 905 Iowa communities (110th out of 138 small communities).

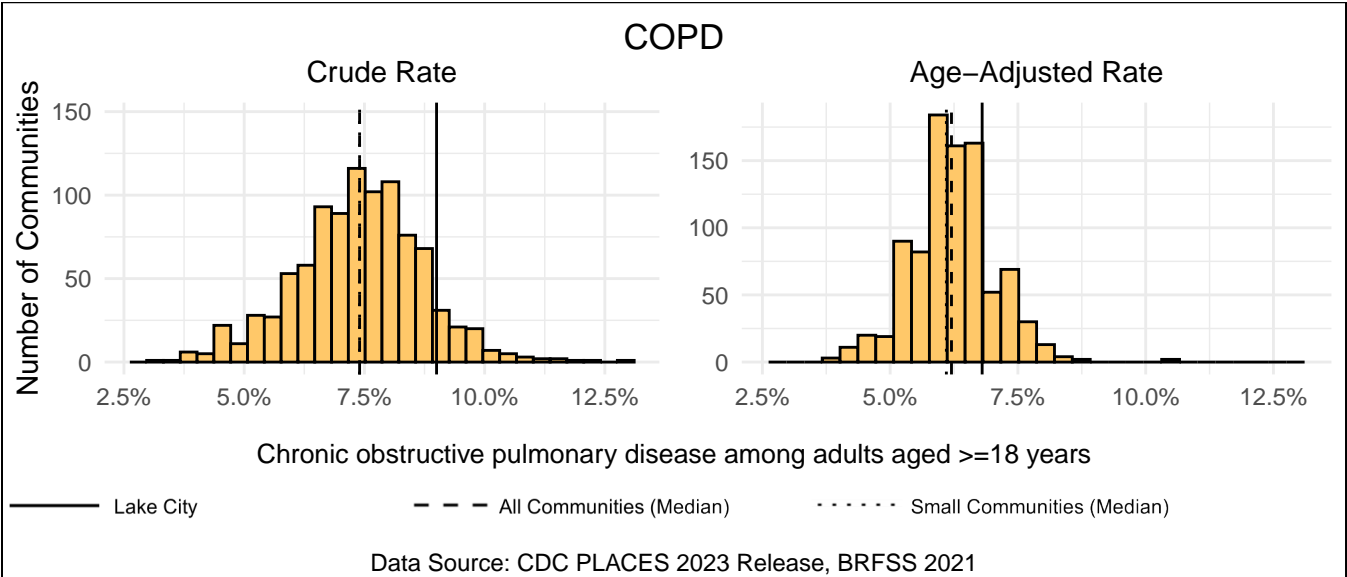
Measure Type	Lake City	All Comm.	Small Comm.
Crude	8.4%	6.4%	6.7%
Age-Adjusted	5.2%	5.0%	4.9%



COPD

Lake City has a crude rate of 9.0% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 865th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Lake City is 6.8%, which ranks 699th out of 905 Iowa communities (115th out of 138 small communities).

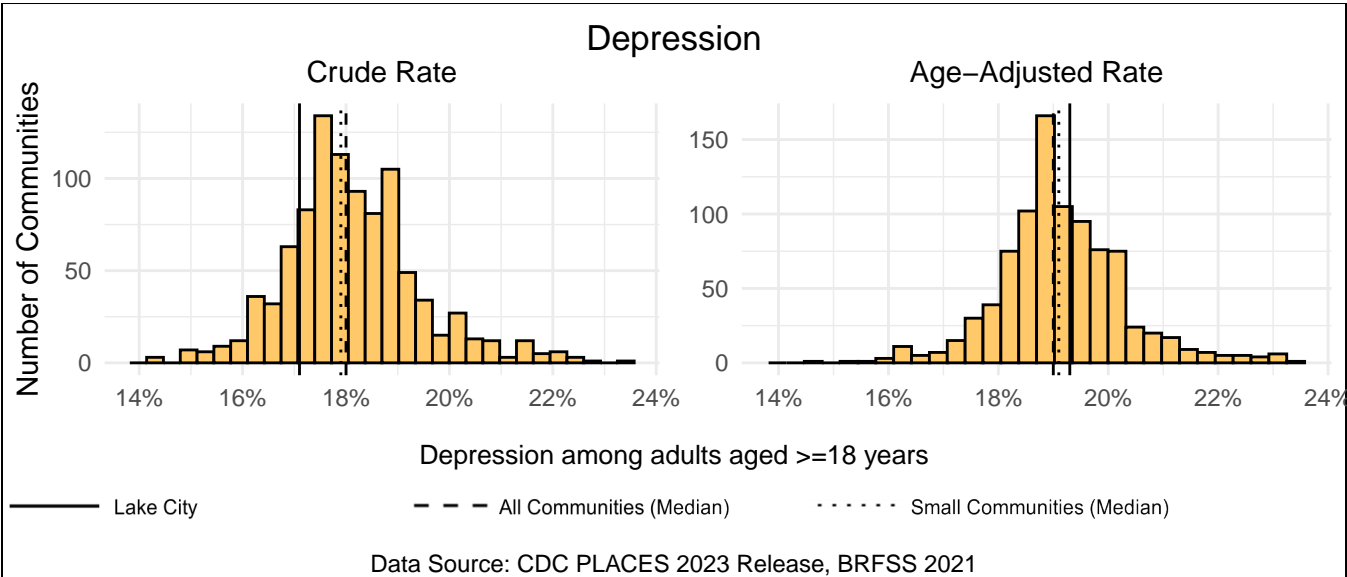
Measure Type	Lake City	All Comm.	Small Comm.
Crude	9.0%	7.4%	7.4%
Age-Adjusted	6.8%	6.2%	6.1%



Depression

Lake City has a crude rate of 17.1% for depression among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Lake City is 19.3%, which ranks 527th out of 905 Iowa communities (81st out of 138 small communities).

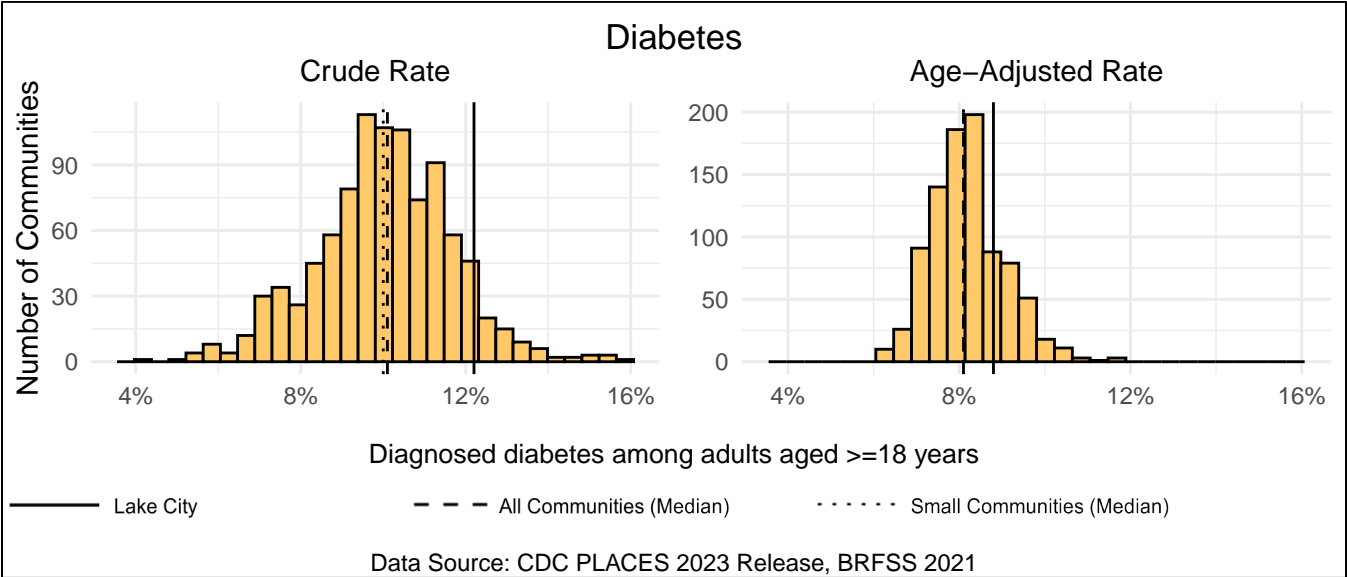
Measure Type	Lake City	All Comm.	Small Comm.
Crude	17.1%	18.0%	17.9%
Age-Adjusted	19.3%	19.0%	19.1%



Diabetes

Lake City has a crude rate of 12.2% for diagnosed diabetes among adults aged >=18 years, which ranks 887th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Lake City is 8.8%, which ranks 705th out of 905 Iowa communities (117th out of 138 small communities).

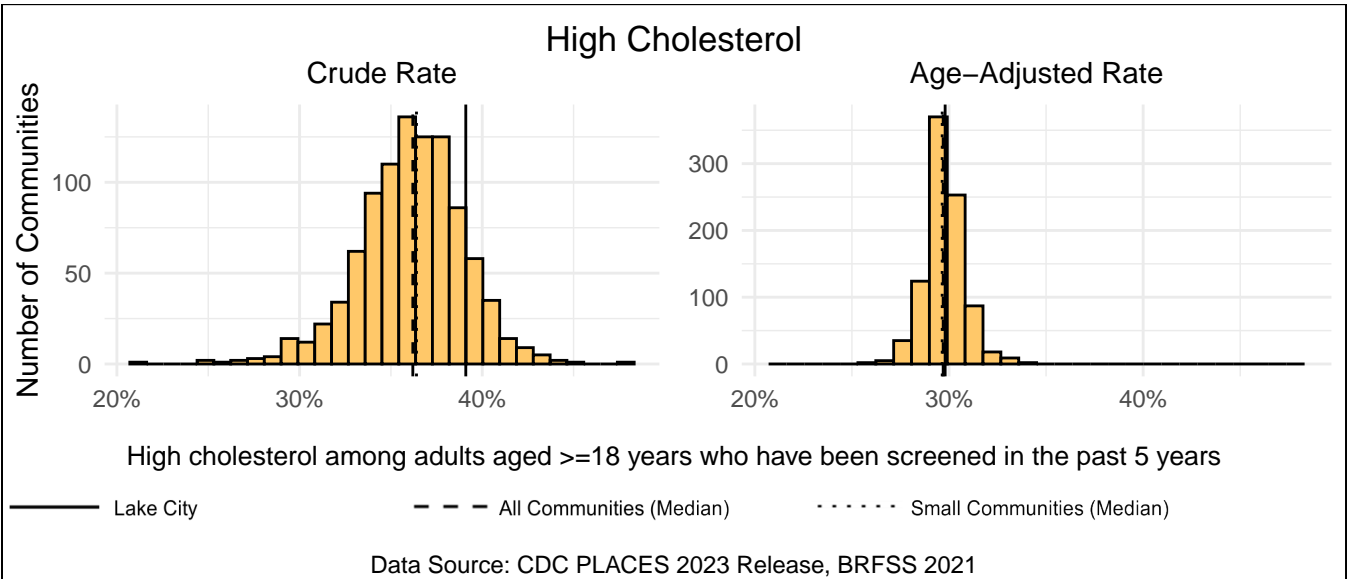
Measure Type	Lake City	All Comm.	Small Comm.
Crude	12.2%	10.1%	10.0%
Age-Adjusted	8.8%	8.1%	8.1%



High Cholesterol

Lake City has a crude rate of 39.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 827th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Lake City is 29.8%, which ranks 467th out of 905 Iowa communities (78th out of 138 small communities).

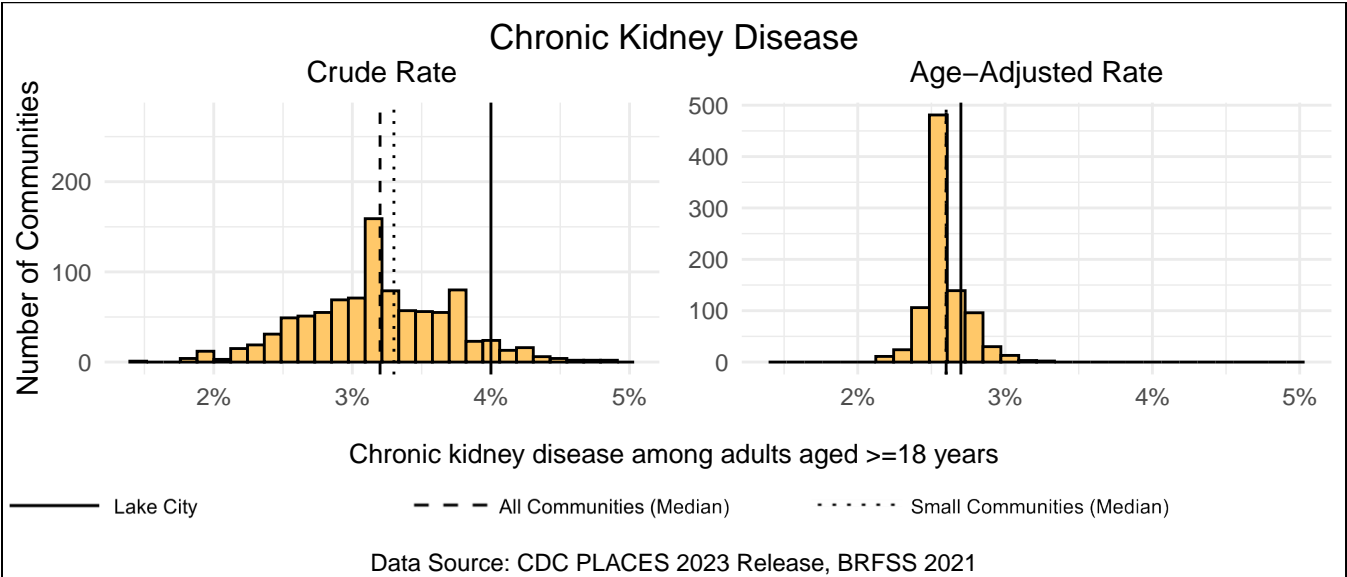
Measure Type	Lake City	All Comm.	Small Comm.
Crude	39.1%	36.2%	36.4%
Age-Adjusted	29.8%	29.7%	29.6%



Chronic Kidney Disease

Lake City has a crude rate of 4.0% for chronic kidney disease among adults aged ≥ 18 years, which ranks 890th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Lake City is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

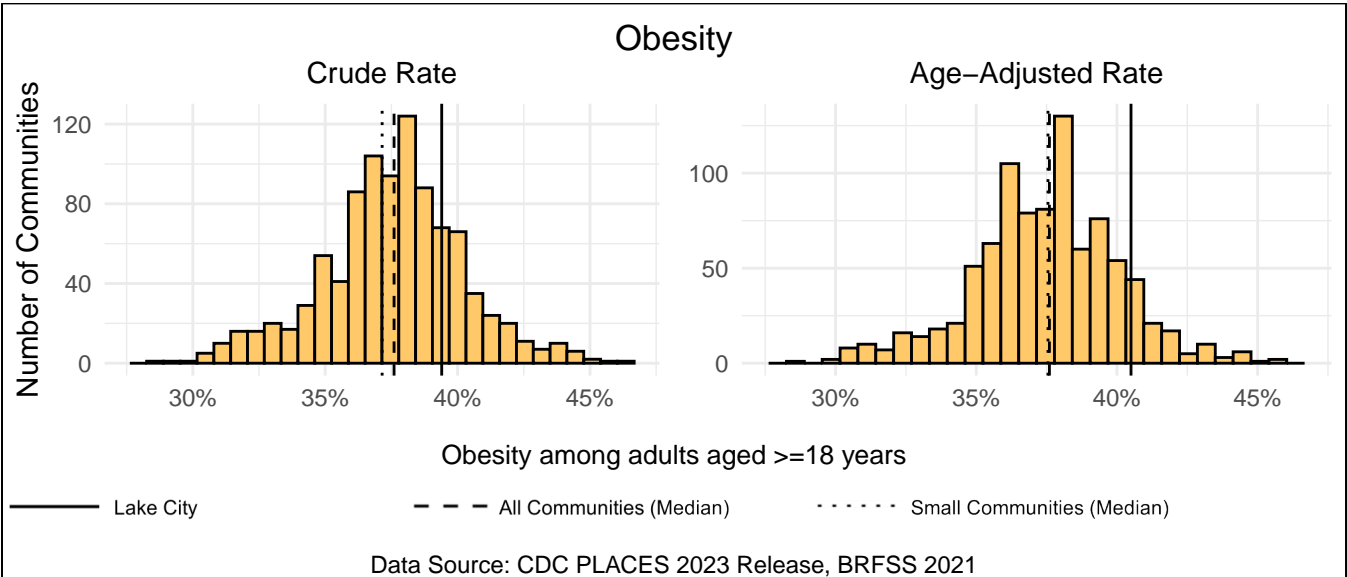
Measure Type	Lake City	All Comm.	Small Comm.
Crude	4.0%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Lake City has a crude rate of 39.4% for obesity among adults aged ≥ 18 years, which ranks 747th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Lake City is 40.5%, which ranks 802nd out of 905 Iowa communities (126th out of 138 small communities).

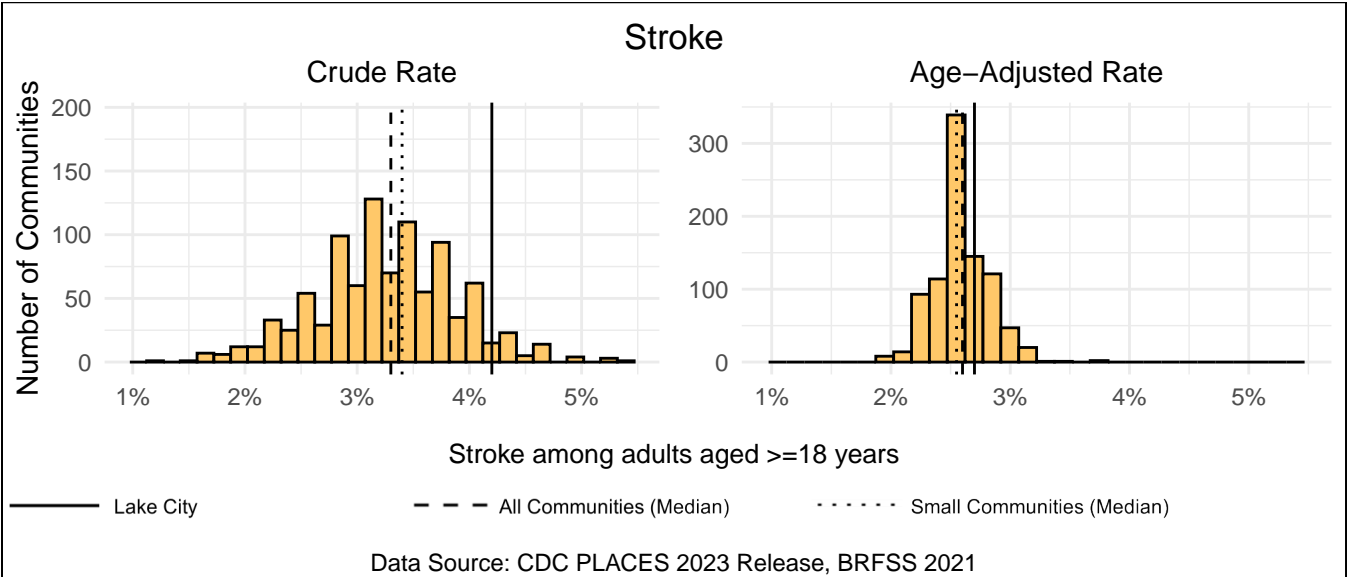
Measure Type	Lake City	All Comm.	Small Comm.
Crude	39.4%	37.6%	37.2%
Age-Adjusted	40.5%	37.6%	37.5%



Stroke

Lake City has a crude rate of 4.2% for stroke among adults aged >=18 years, which ranks 894th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Lake City is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

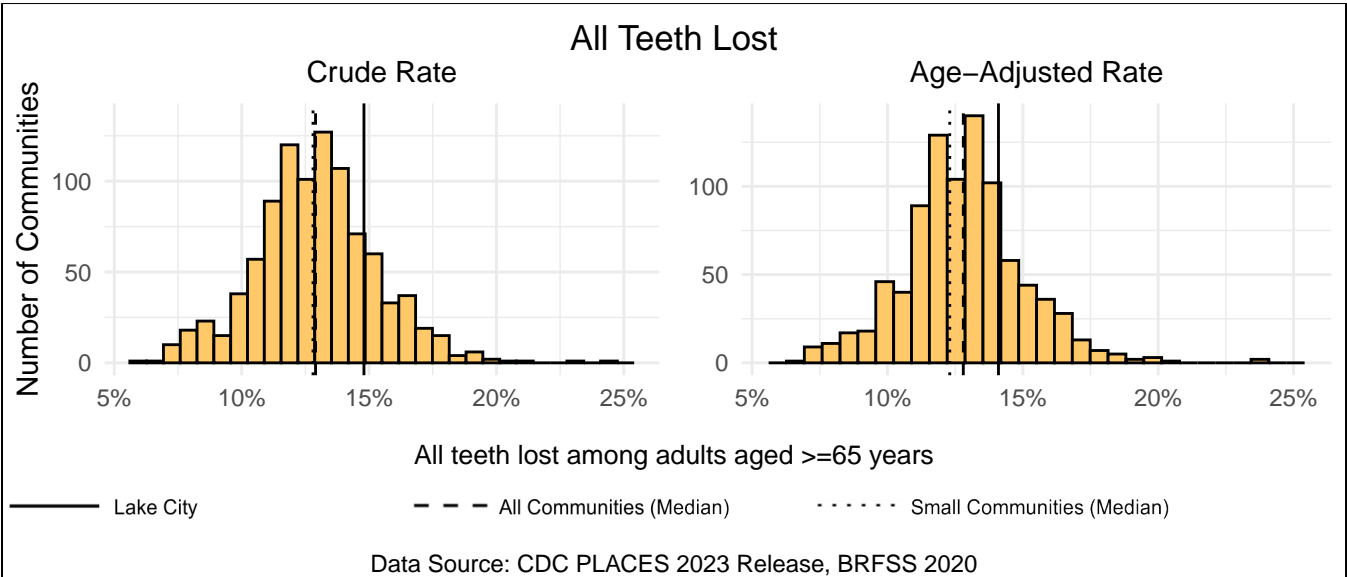
Measure Type	Lake City	All Comm.	Small Comm.
Crude	4.2%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



All Teeth Lost

Lake City has a crude rate of 14.8% for all teeth lost among adults aged >=65 years, which ranks 772nd out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Lake City is 14.1%, which ranks 693rd out of 905 Iowa communities (114th out of 138 small communities).

Measure Type	Lake City	All Comm.	Small Comm.
Crude	14.8%	12.9%	12.8%
Age-Adjusted	14.1%	12.8%	12.3%



Prevention

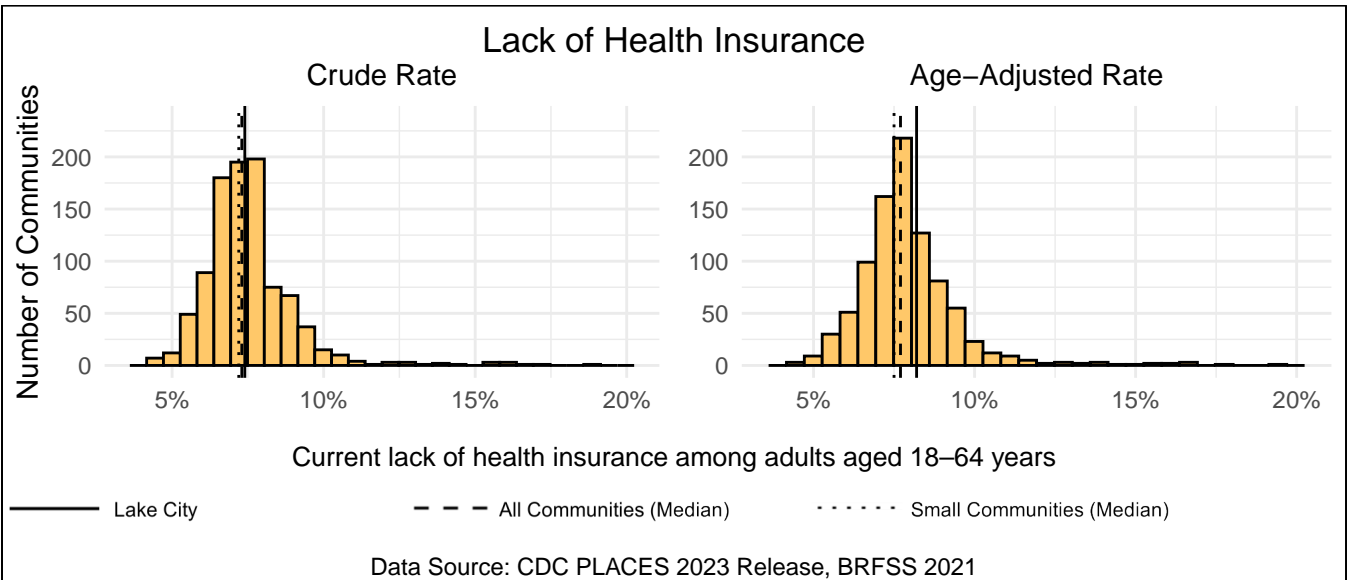
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Lake City has a crude rate of 7.4% for current lack of health insurance among adults aged 18–64 years, which ranks 489th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Lake City is 8.2%, which ranks 598th out of 905 Iowa communities (104th out of 138 small communities).

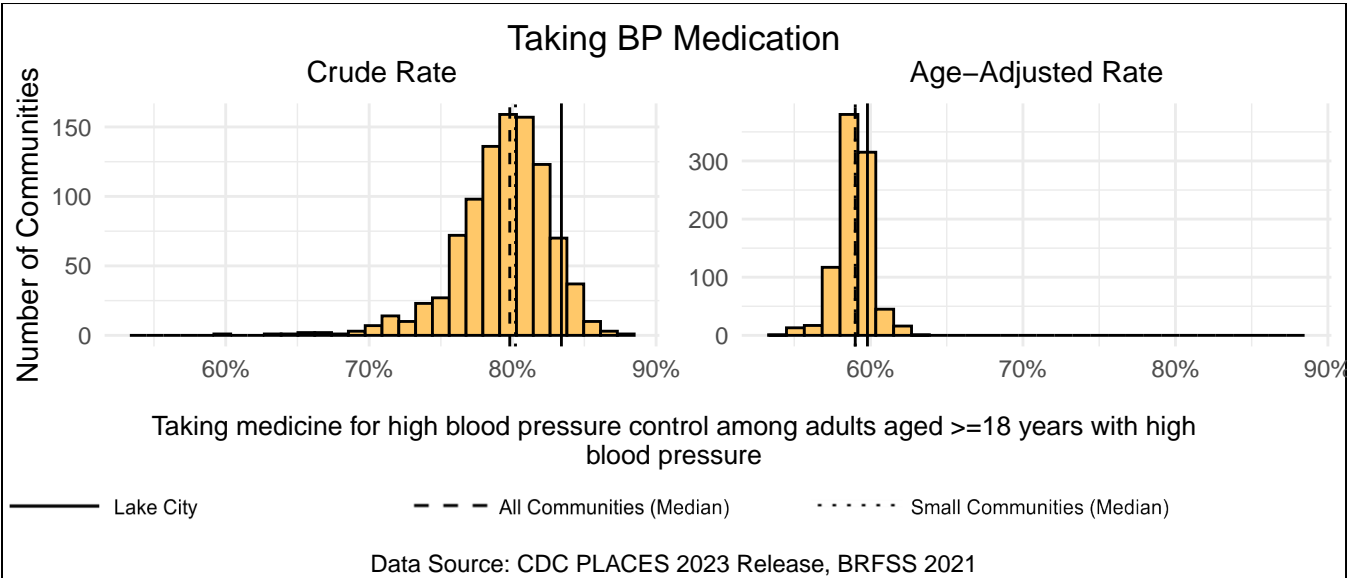
Measure Type	Lake City	All Comm.	Small Comm.
Crude	7.4%	7.3%	7.2%
Age-Adjusted	8.2%	7.7%	7.5%



Taking BP Medication

Lake City has a crude rate of 83.4% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 64th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Lake City is 59.8%, which ranks 126th out of 905 Iowa communities (14th out of 138 small communities).

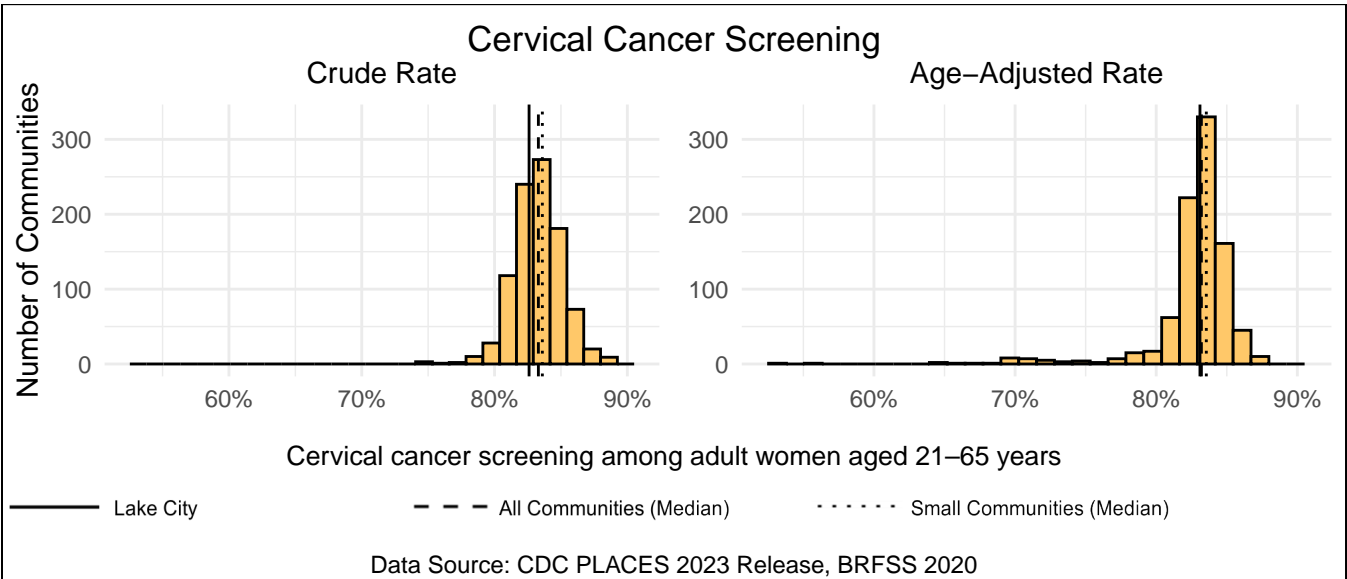
Measure Type	Lake City	All Comm.	Small Comm.
Crude	83.4%	79.8%	80.2%
Age-Adjusted	59.8%	59.0%	59.0%



Cervical Cancer Screening

Lake City has a crude rate of 82.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 633rd out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Lake City is 83.1%, which ranks 477th out of 905 Iowa communities (93rd out of 138 small communities).

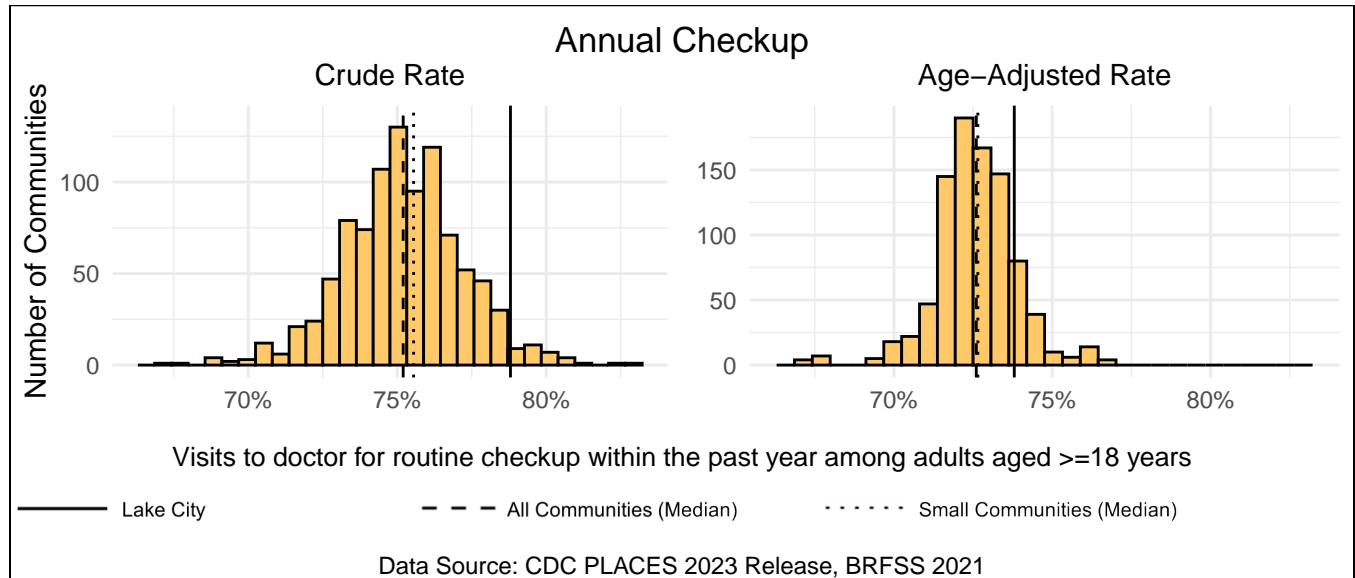
Measure Type	Lake City	All Comm.	Small Comm.
Crude	82.6%	83.3%	83.6%
Age-Adjusted	83.1%	83.2%	83.5%



Annual Checkup

Lake City has a crude rate of 78.8% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 31st out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Lake City is 73.8%, which ranks 110th out of 905 Iowa communities (26th out of 138 small communities).

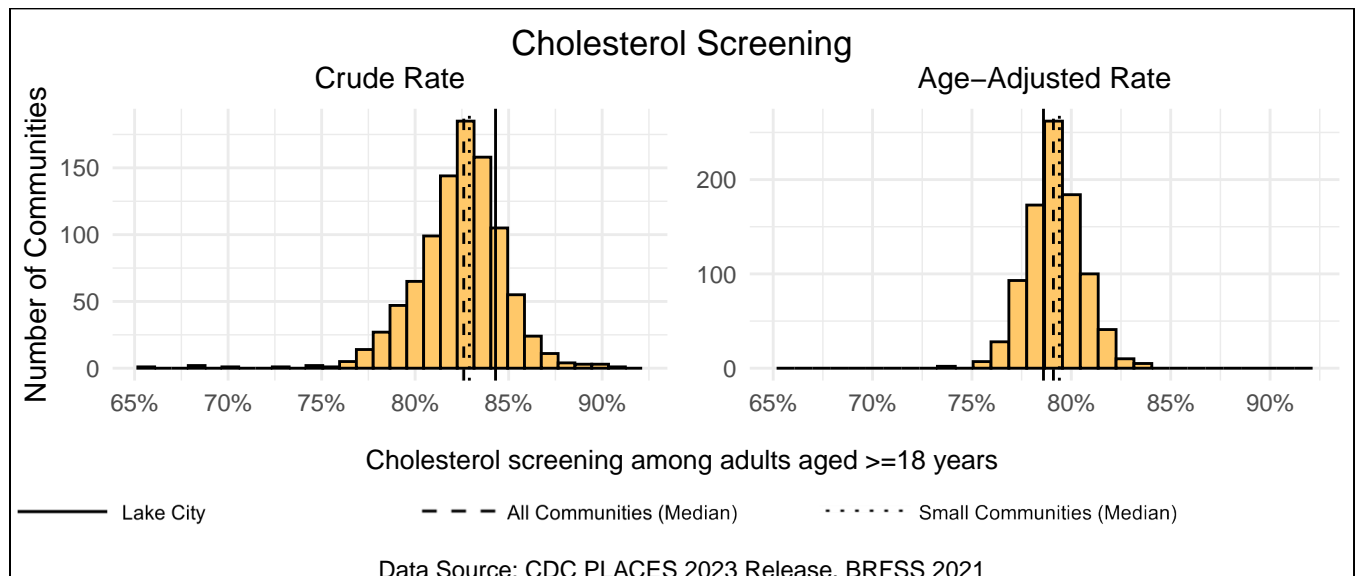
Measure Type	Lake City	All Comm.	Small Comm.
Crude	78.8%	75.2%	75.5%
Age-Adjusted	73.8%	72.6%	72.6%



Cholesterol Screening

Lake City has a crude rate of 84.3% for cholesterol screening among adults aged ≥ 18 years, which ranks 172nd out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Lake City is 78.6%, which ranks 603rd out of 905 Iowa communities (103rd out of 138 small communities).

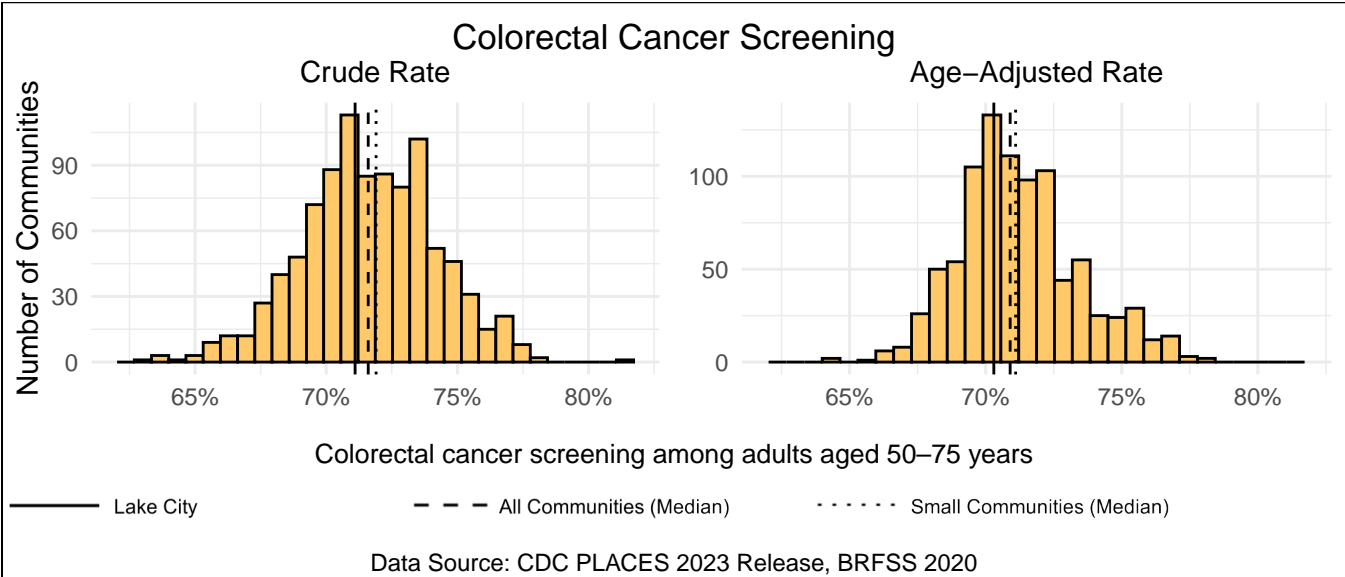
Measure Type	Lake City	All Comm.	Small Comm.
Crude	84.3%	82.6%	82.9%
Age-Adjusted	78.6%	79.1%	79.4%



Colorectal Cancer Screening

Lake City has a crude rate of 71.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 551st out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Lake City is 70.3%, which ranks 553rd out of 905 Iowa communities (97th out of 138 small communities).

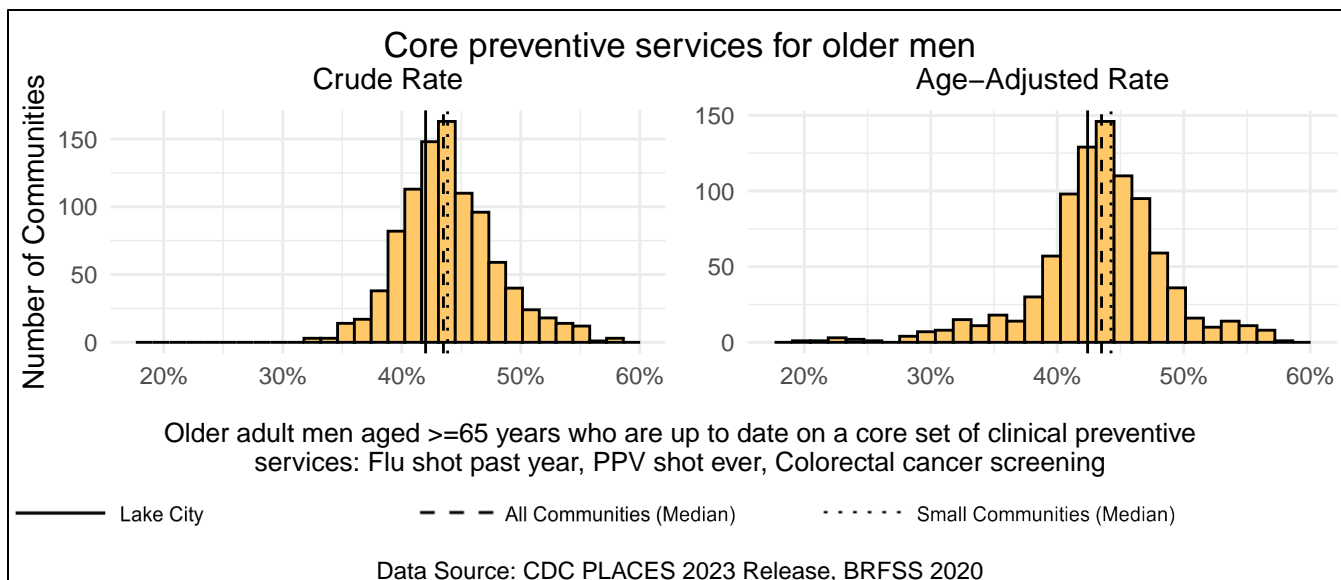
Measure Type	Lake City	All Comm.	Small Comm.
Crude	71.1%	71.6%	71.9%
Age-Adjusted	70.3%	70.9%	71.1%



Core preventive services for older men

Lake City has a crude rate of 42.0% 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 653rd out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Lake City is 42.4%, which ranks 559th out of 905 Iowa communities (105th out of 138 small communities).

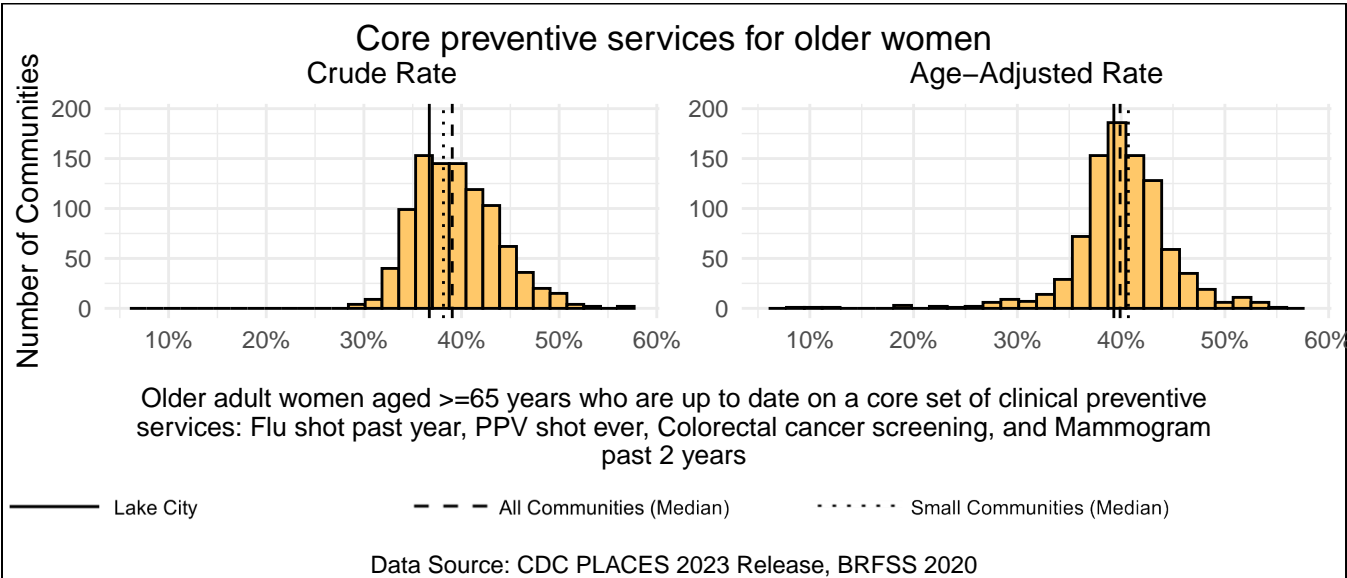
Measure Type	Lake City	All Comm.	Small Comm.
Crude	42.0%	43.5%	43.8%
Age-Adjusted	42.4%	43.5%	44.2%



Core preventive services for older women

Lake City has a crude rate of 36.7% 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 692nd out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Lake City is 39.3%, which ranks 534th out of 905 Iowa communities (92nd out of 138 small communities).

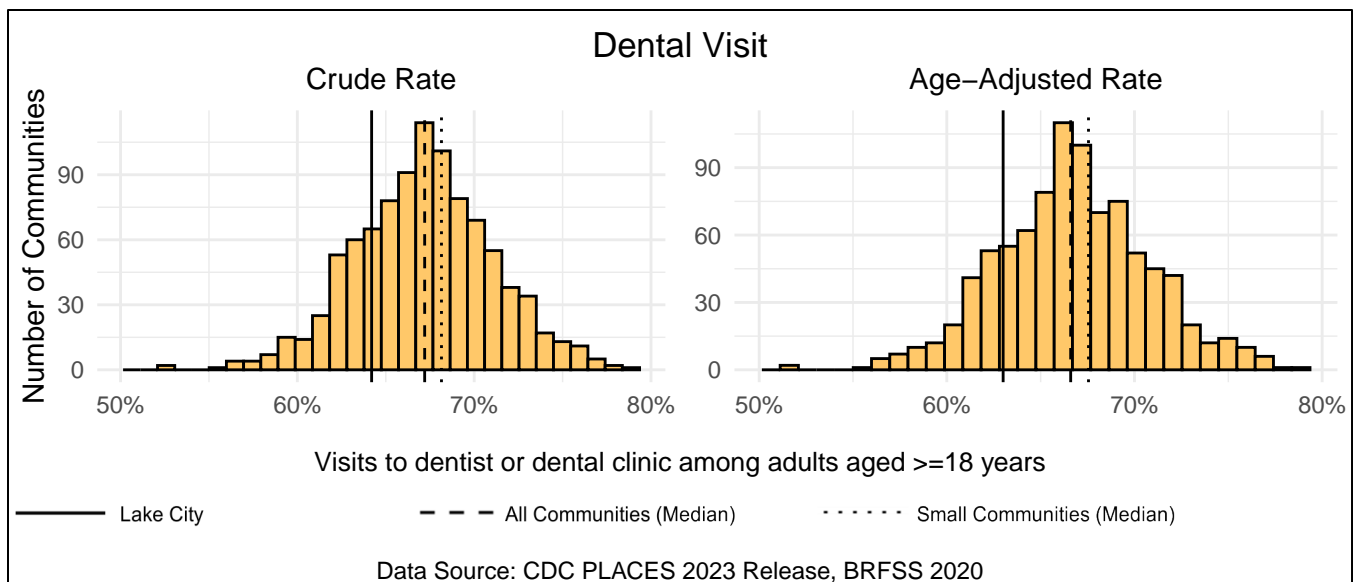
Measure Type	Lake City	All Comm.	Small Comm.
Crude	36.7%	39.0%	38.2%
Age-Adjusted	39.3%	39.9%	40.7%



Dental Visit

Lake City has a crude rate of 64.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 743rd out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Lake City is 63.0%, which ranks 741st out of 905 Iowa communities (120th out of 138 small communities).

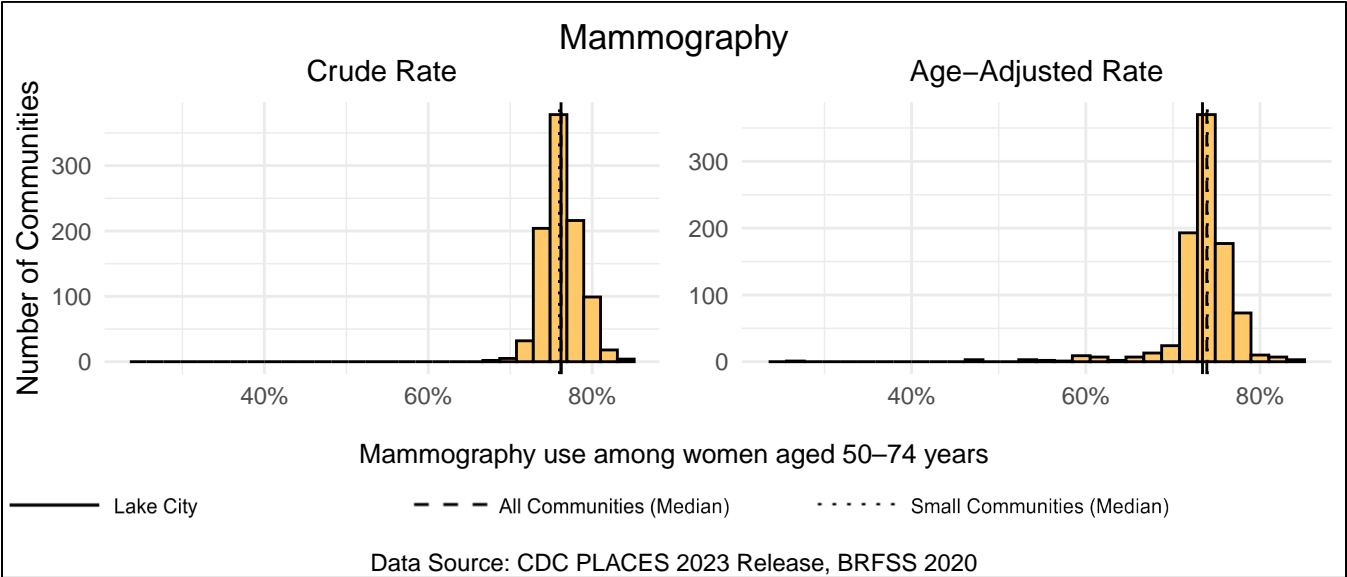
Measure Type	Lake City	All Comm.	Small Comm.
Crude	64.2%	67.2%	68.2%
Age-Adjusted	63.0%	66.6%	67.5%



Mammography

Lake City has a crude rate of 76.2% for mammography use among women aged 50–74 years, which ranks 467th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Lake City is 73.4%, which ranks 547th out of 905 Iowa communities (85th out of 138 small communities).

Measure Type	Lake City	All Comm.	Small Comm.
Crude	76.2%	76.2%	76.0%
Age-Adjusted	73.4%	73.9%	74.0%



Disability

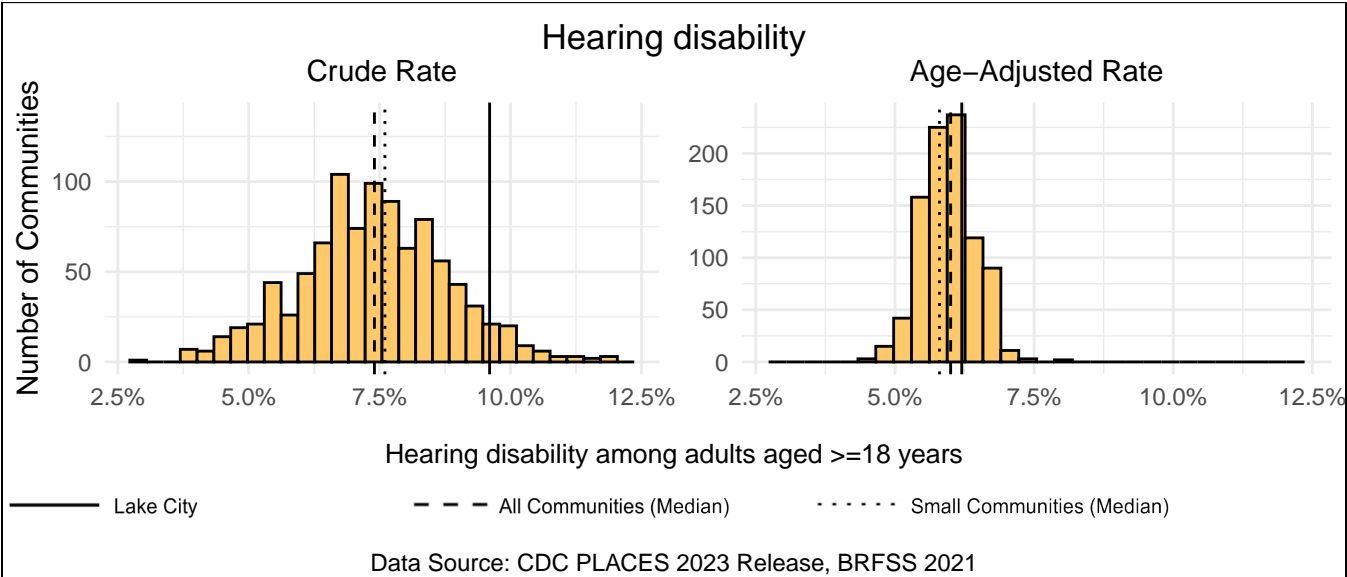
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Lake City has a crude rate of 9.6% for hearing disability among adults aged ≥ 18 years, which ranks 900th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Lake City is 6.2%, which ranks 621st out of 905 Iowa communities (115th out of 138 small communities).

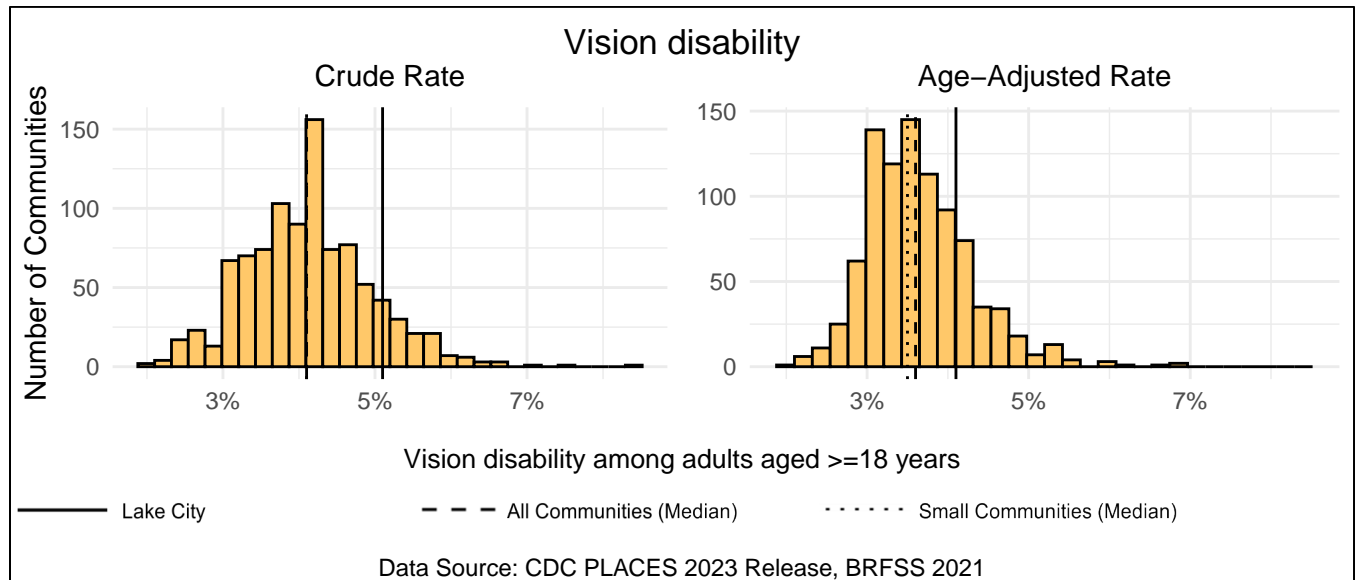
Measure Type	Lake City	All Comm.	Small Comm.
Crude	9.6%	7.4%	7.6%
Age-Adjusted	6.2%	6.0%	5.8%



Vision disability

Lake City has a crude rate of 5.1% for vision disability among adults aged ≥ 18 years, which ranks 844th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Lake City is 4.1%, which ranks 714th out of 905 Iowa communities (117th out of 138 small communities).

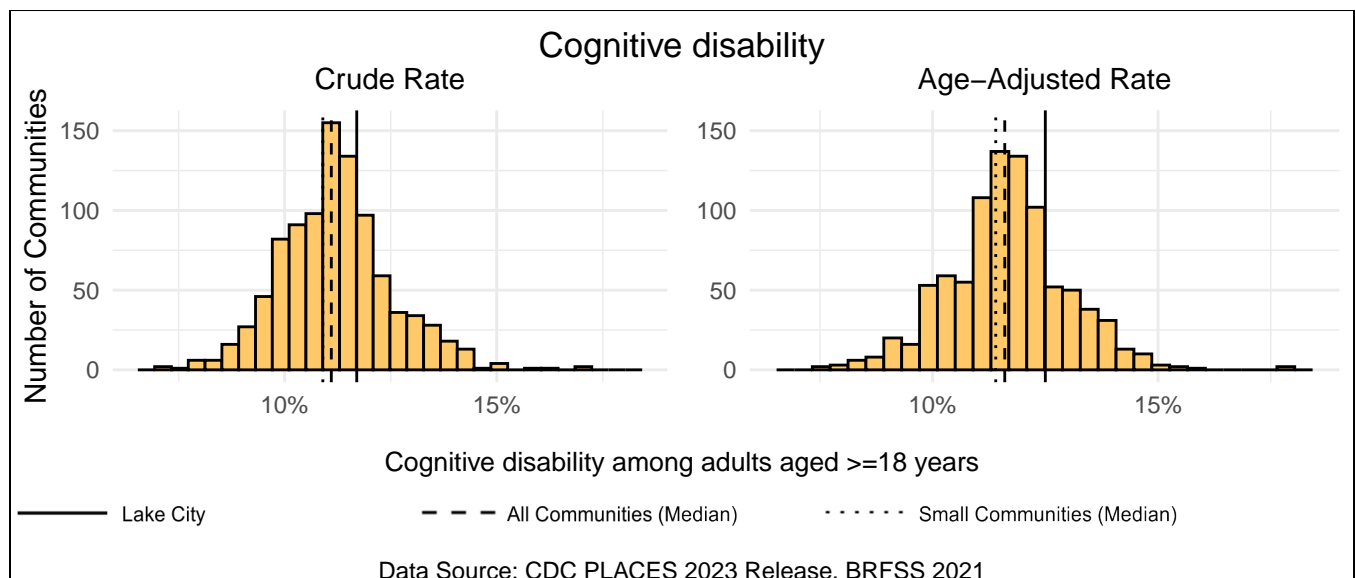
Measure Type	Lake City	All Comm.	Small Comm.
Crude	5.1%	4.1%	4.1%
Age-Adjusted	4.1%	3.6%	3.5%



Cognitive disability

Lake City has a crude rate of 11.7% for cognitive disability among adults aged ≥ 18 years, which ranks 665th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Lake City is 12.5%, which ranks 704th out of 905 Iowa communities (115th out of 138 small communities).

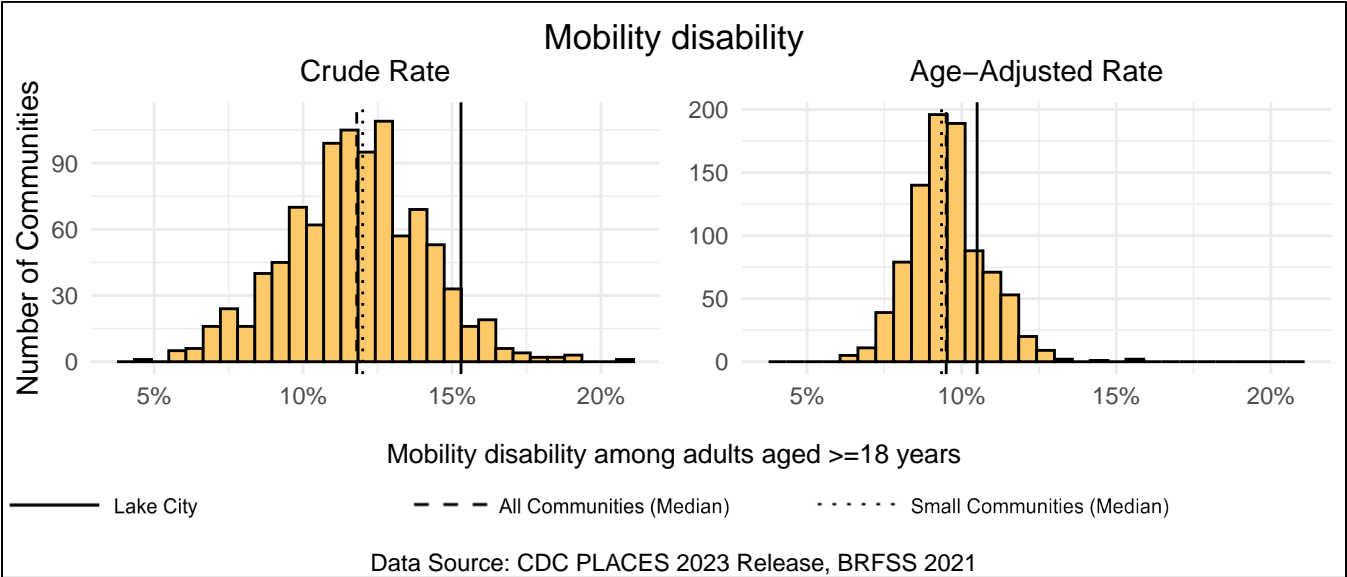
Measure Type	Lake City	All Comm.	Small Comm.
Crude	11.7%	11.1%	10.9%
Age-Adjusted	12.5%	11.6%	11.4%



Mobility disability

Lake City has a crude rate of 15.3% for mobility disability among adults aged ≥ 18 years, which ranks 901st out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Lake City is 10.5%, which ranks 720th out of 905 Iowa communities (116th out of 138 small communities).

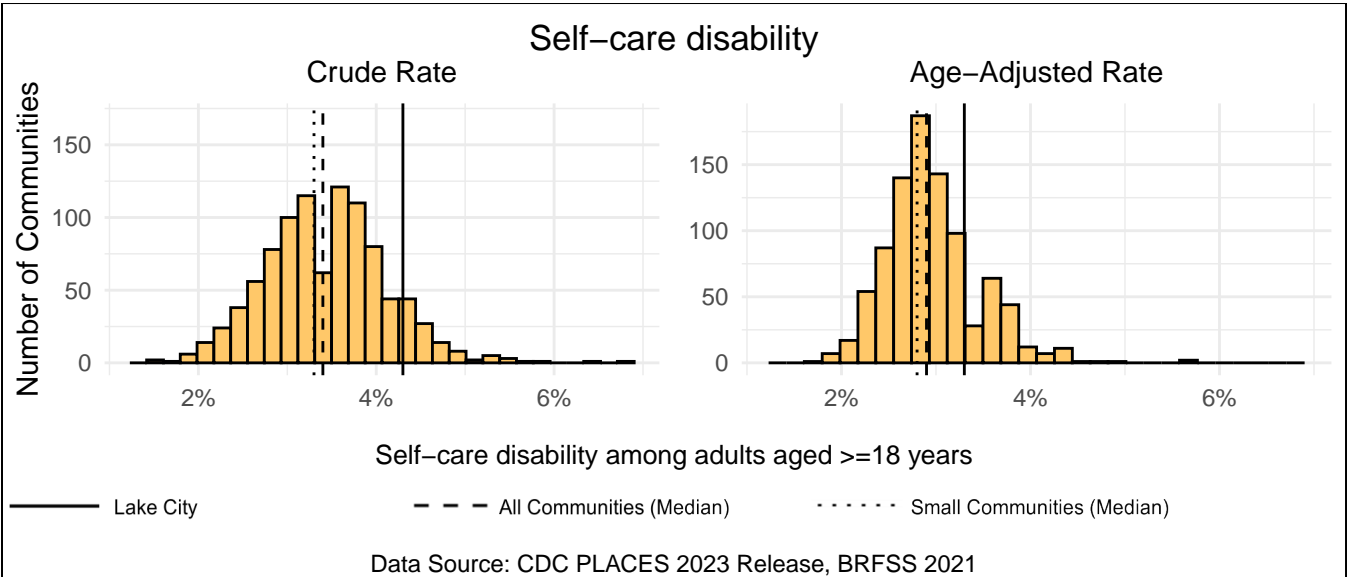
Measure Type	Lake City	All Comm.	Small Comm.
Crude	15.3%	11.8%	12.0%
Age-Adjusted	10.5%	9.5%	9.4%



Self-care disability

Lake City has a crude rate of 4.3% for self-care disability among adults aged ≥ 18 years, which ranks 852nd out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Lake City is 3.3%, which ranks 702nd out of 905 Iowa communities (117th out of 138 small communities).

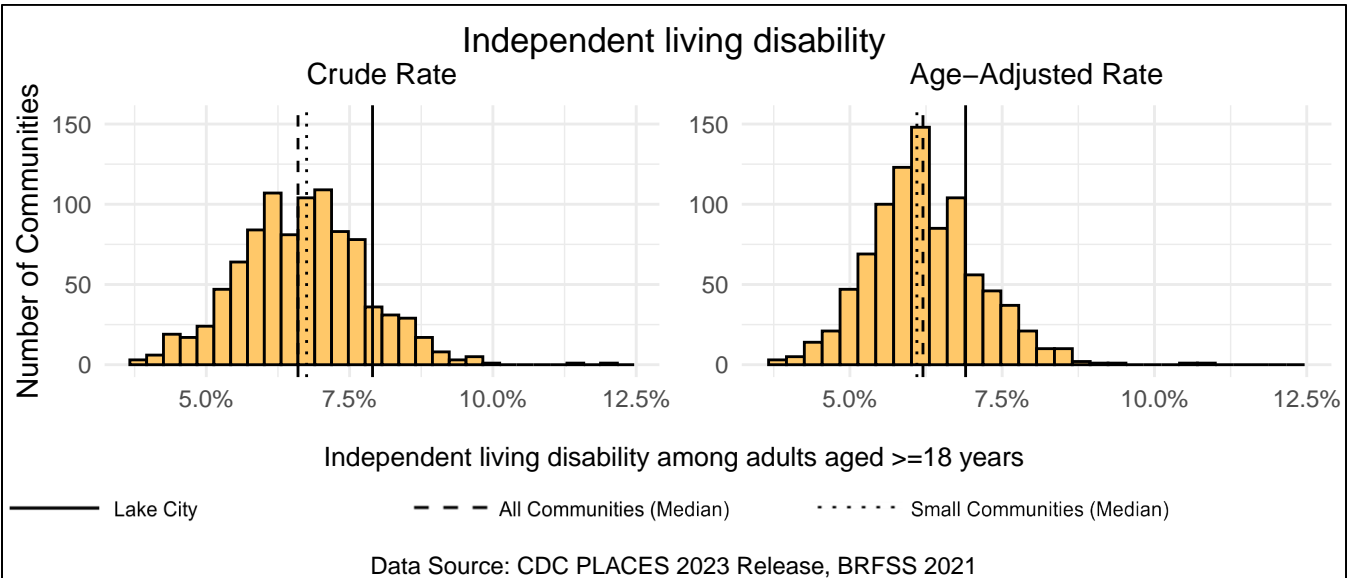
Measure Type	Lake City	All Comm.	Small Comm.
Crude	4.3%	3.4%	3.3%
Age-Adjusted	3.3%	2.9%	2.8%



Independent living disability

Lake City has a crude rate of 7.9% for independent living disability among adults aged ≥ 18 years, which ranks 835th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Lake City is 6.9%, which ranks 720th out of 905 Iowa communities (118th out of 138 small communities).

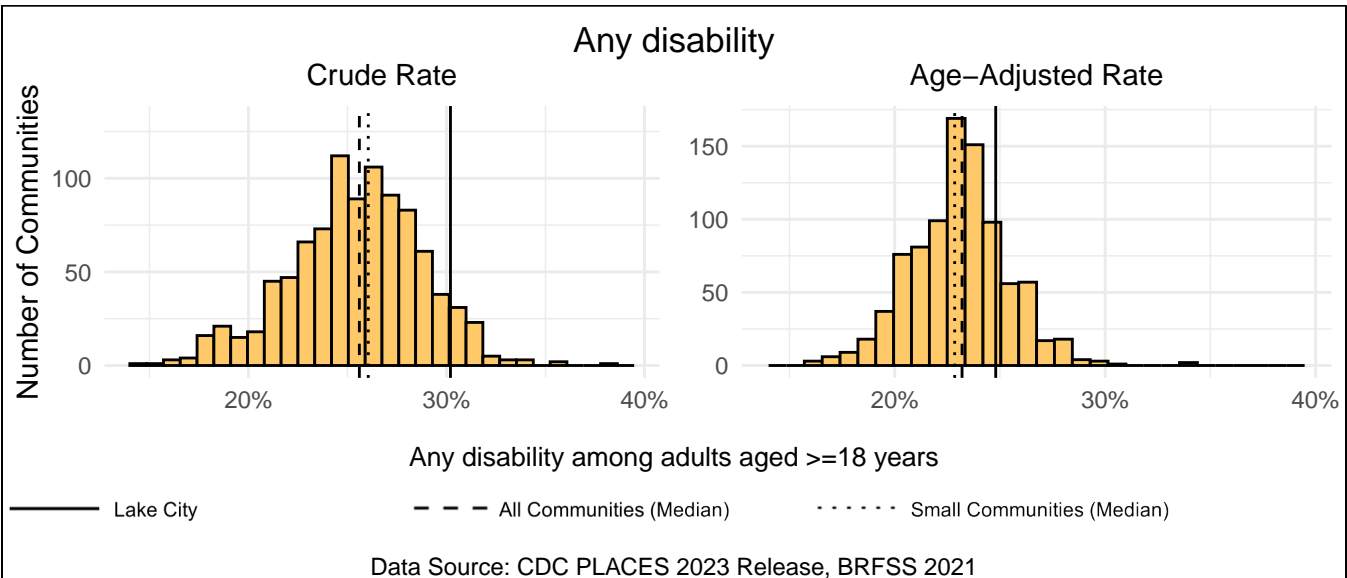
Measure Type	Lake City	All Comm.	Small Comm.
Crude	7.9%	6.6%	6.8%
Age-Adjusted	6.9%	6.2%	6.1%



Any disability

Lake City has a crude rate of 30.2% for any disability among adults aged ≥ 18 years, which ranks 891st out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Lake City is 24.8%, which ranks 731st out of 905 Iowa communities (119th out of 138 small communities).

Measure Type	Lake City	All Comm.	Small Comm.
Crude	30.2%	25.6%	26.0%
Age-Adjusted	24.8%	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: Lake 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	260	13.7% (11.8% - 16.1%)	631	16.0% (13.7% - 18.6%)
Health Status	General Health	820	16.5% (13.5% - 19.9%)	685	13.8% (11.5% - 16.4%)
Health Status	Physical Health	846	12.2% (10.3% - 14.3%)	707	10.4% (8.8% - 12.1%)
Health Risk Behaviors	Current Smoking	406	16.5% (13.0% - 20.2%)	649	18.6% (14.7% - 22.8%)
Health Risk Behaviors	Sleep <7 hours	196	28.9% (27.1% - 30.6%)	378	30.8% (29.0% - 32.6%)
Health Risk Behaviors	Physical Inactivity	840	29.5% (24.1% - 35.8%)	692	26.0% (21.2% - 31.4%)
Health Risk Behaviors	Binge Drinking	53	16.5% (13.6% - 19.7%)	202	21.2% (17.6% - 25.1%)
Health Outcomes	Current Asthma	524	9.4% (8.2% - 10.7%)	696	9.8% (8.6% - 11.2%)
Health Outcomes	All Teeth Lost	772	14.8% (9.1% - 22.0%)	693	14.1% (9.4% - 19.8%)
Health Outcomes	Diabetes	887	12.2% (10.2% - 14.3%)	705	8.8% (7.5% - 10.3%)
Health Outcomes	Obesity	747	39.4% (31.8% - 47.8%)	802	40.5% (32.6% - 48.8%)
Health Outcomes	Chronic Kidney Disease	890	4.0% (3.5% - 4.5%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	High Blood Pressure	920	38.3% (33.6% - 43.1%)	798	29.2% (25.4% - 33.4%)
Health Outcomes	COPD	865	9.0% (7.3% - 11.0%)	699	6.8% (5.7% - 8.1%)
Health Outcomes	Coronary Heart Disease	894	8.4% (7.2% - 9.7%)	601	5.2% (4.5% - 6.0%)
Health Outcomes	Arthritis	906	32.8% (28.1% - 37.6%)	736	24.2% (20.6% - 28.4%)
Health Outcomes	Cancer (except skin)	887	10.0% (9.0% - 11.0%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Depression	169	17.1% (14.0% - 20.6%)	527	19.3% (15.7% - 23.3%)
Health Outcomes	High Cholesterol	827	39.1% (34.2% - 44.4%)	467	29.8% (25.3% - 34.3%)
Health Outcomes	Stroke	894	4.2% (3.6% - 5.0%)	569	2.7% (2.4% - 3.1%)
Prevention	Health Insurance	489	7.4% (5.4% - 9.7%)	598	8.2% (6.0% - 10.6%)
Prevention	Mammography	467	76.2% (71.7% - 80.3%)	547	73.4% (68.3% - 78.1%)
Prevention	Taking BP Medication	64	83.4% (80.6% - 86.0%)	126	59.8% (55.0% - 64.7%)
Prevention	Annual Checkup	31	78.8% (74.4% - 82.9%)	110	73.8% (68.7% - 78.6%)
Prevention	Core preventive services for older men	653	42.0% (32.8% - 51.8%)	559	42.4% (33.9% - 52.0%)
Prevention	Cholesterol Screening	172	84.3% (81.5% - 87.0%)	603	78.6% (74.9% - 82.3%)

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 women	692	36.7% (29.4% - 45.1%)	534	39.3% (31.8% - 47.1%)
Prevention	Colorectal Cancer Screening	551	71.1% (67.5% - 74.3%)	553	70.3% (66.6% - 73.6%)
Prevention	Dental Visit	743	64.2% (60.2% - 68.3%)	741	63.0% (58.7% - 67.5%)
Prevention	Cervical Cancer Screening	633	82.6% (79.7% - 85.4%)	477	83.1% (80.2% - 85.9%)
Disability	Hearing Disability	900	9.6% (8.3% - 11.0%)	621	6.2% (5.5% - 7.0%)
Disability	Any Disability	891	30.2% (25.5% - 34.9%)	731	24.8% (20.8% - 29.0%)
Disability	Cognitive Disability	665	11.7% (9.7% - 13.9%)	704	12.5% (10.4% - 14.8%)
Disability	Vision Disability	844	5.1% (4.2% - 6.2%)	714	4.1% (3.4% - 4.7%)
Disability	Independent Living Disability	835	7.9% (6.5% - 9.7%)	720	6.9% (5.7% - 8.1%)
Disability	Self-care Disability	852	4.3% (3.5% - 5.2%)	702	3.3% (2.8% - 3.9%)
Disability	Mobility Disability	901	15.3% (12.6% - 18.1%)	720	10.5% (8.8% - 12.4%)

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)

Lake 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		