



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 Park: Overview

Dear Community Members & Stakeholders of Lake Park,

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 Park ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Lake Park’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 Park. 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
Mental Health	48th	5th	Core preventive services for older men	49th	5th
Core preventive services for older men	58th	5th	Sleep <7 hours	111th	20th
Sleep <7 hours	59th	12th	Stroke	116th	20th
Cholesterol Screening	79th	5th	Diabetes	128th	23rd
Current Asthma	80th	11th	Health Insurance	132nd	26th

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
Mammography	873rd	124th	Cancer (except skin)	831st	126th
Cancer (except skin)	859th	116th	Binge Drinking	828th	128th
Arthritis	769th	104th	Annual Checkup	720th	119th
High Cholesterol	737th	110th	Mammography	594th	89th
Chronic Kidney Disease	732nd	91st	Taking BP Medication	537th	81st

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 Park.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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How to Use this Report

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

With a population of 1,223, Lake Park’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

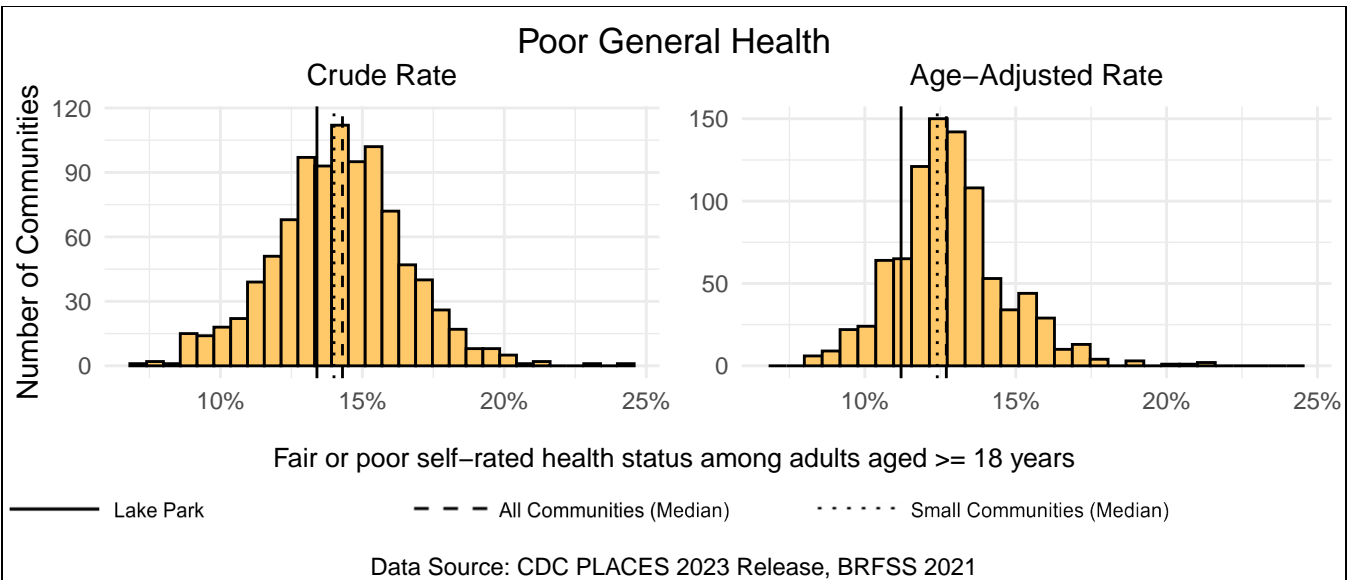
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health 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 Park has a crude rate of 13.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 329th out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Lake Park is 11.2%, which ranks 150th out of 905 Iowa communities (32nd out of 138 small communities).

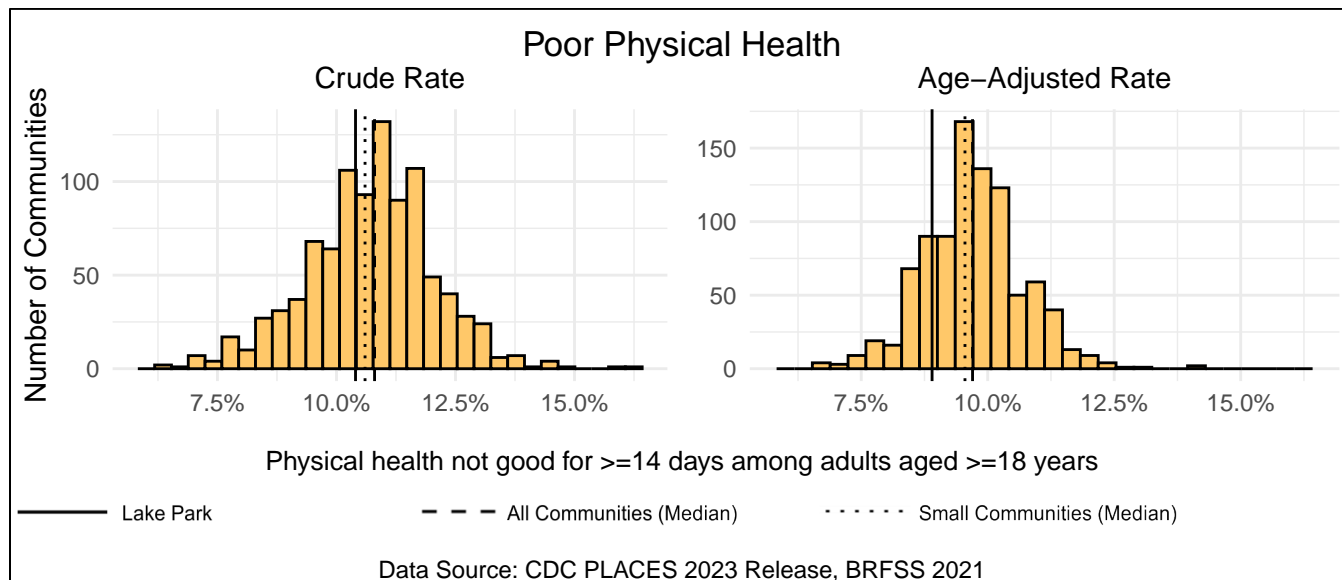
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	13.4%	14.3%	14.0%
Age-Adjusted	11.2%	12.7%	12.4%



Poor Physical Health

Lake Park has a crude rate of 10.4% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 354th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Lake Park is 8.9%, which ranks 160th out of 905 Iowa communities (33rd out of 138 small communities).

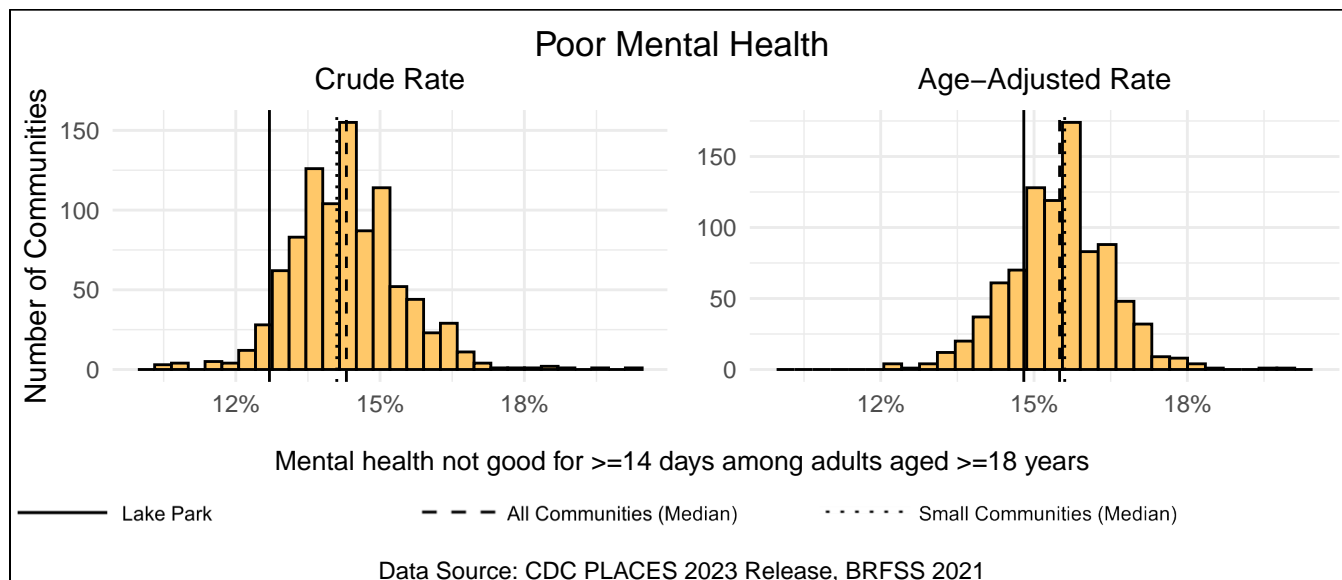
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	10.4%	10.8%	10.6%
Age-Adjusted	8.9%	9.7%	9.6%



Poor Mental Health

Lake Park has a crude rate of 12.7% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 48th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Lake Park is 14.8%, which ranks 189th out of 905 Iowa communities (34th out of 138 small communities).

Measure Type	Lake Park	All Comm.	Small Comm.
Crude	12.7%	14.3%	14.1%
Age-Adjusted	14.8%	15.5%	15.6%



Health Risk Behaviors

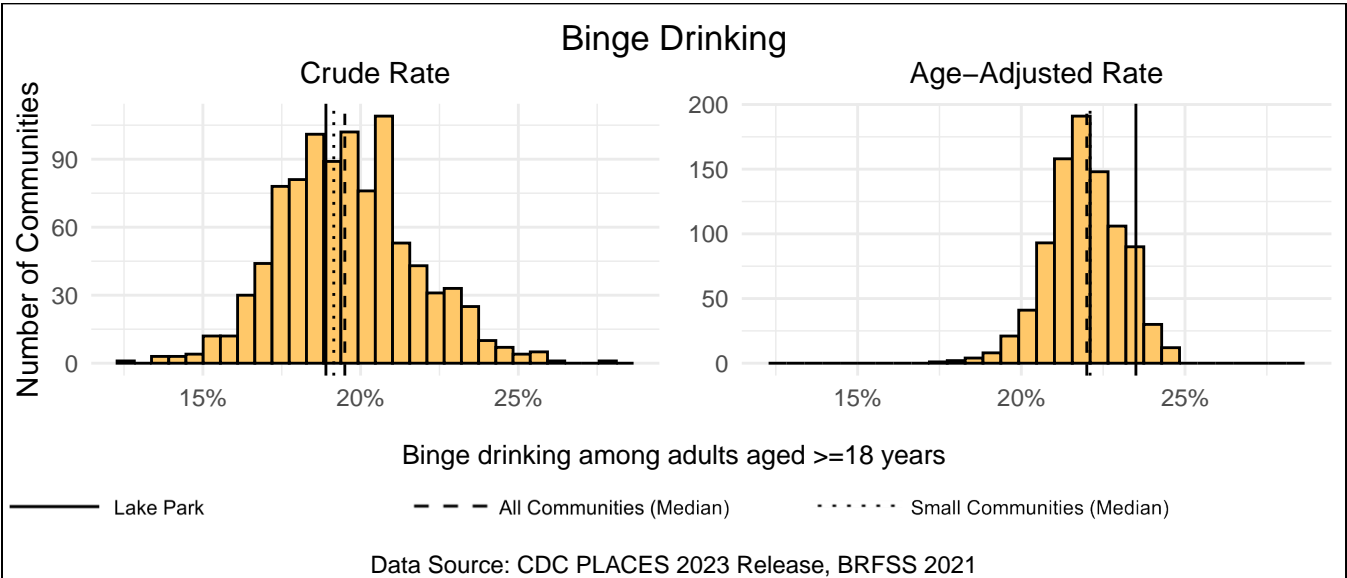
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives 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 Park has a crude rate of 18.9% for binge drinking among adults aged ≥ 18 years, which ranks 370th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Lake Park is 23.5%, which ranks 828th out of 905 Iowa communities (128th out of 138 small communities).

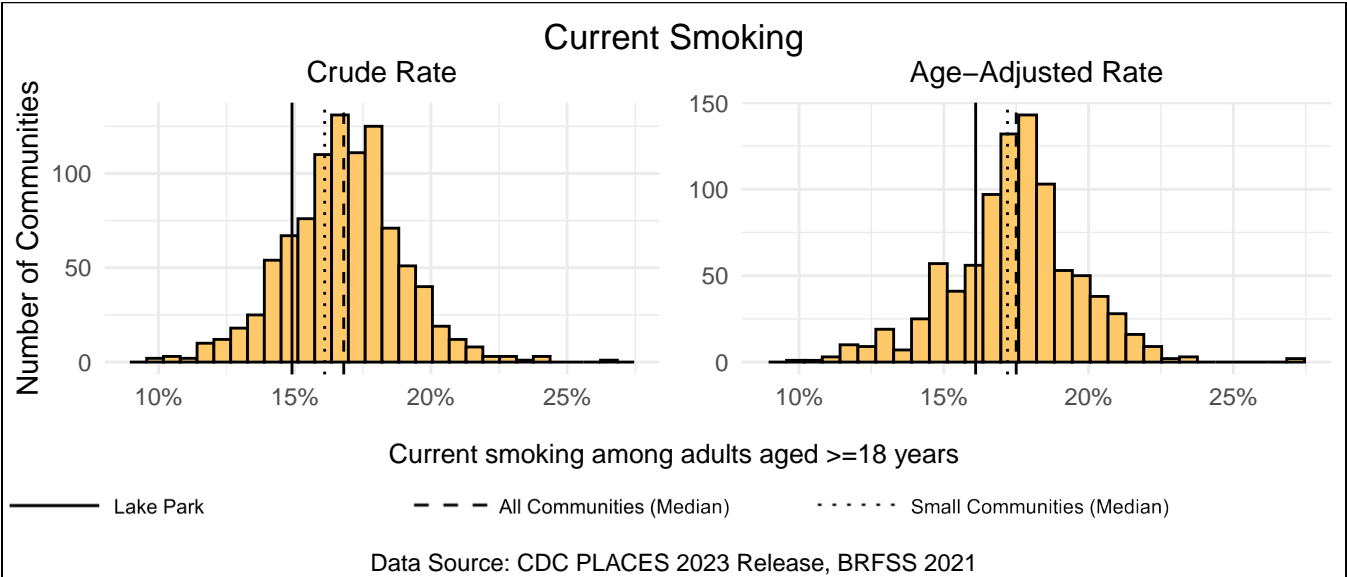
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	18.9%	19.5%	19.1%
Age-Adjusted	23.5%	22.0%	22.1%



Current Smoking

Lake Park has a crude rate of 14.9% for current smoking among adults aged >=18 years, which ranks 160th out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Lake Park is 16.1%, which ranks 204th out of 905 Iowa communities (38th out of 138 small communities).

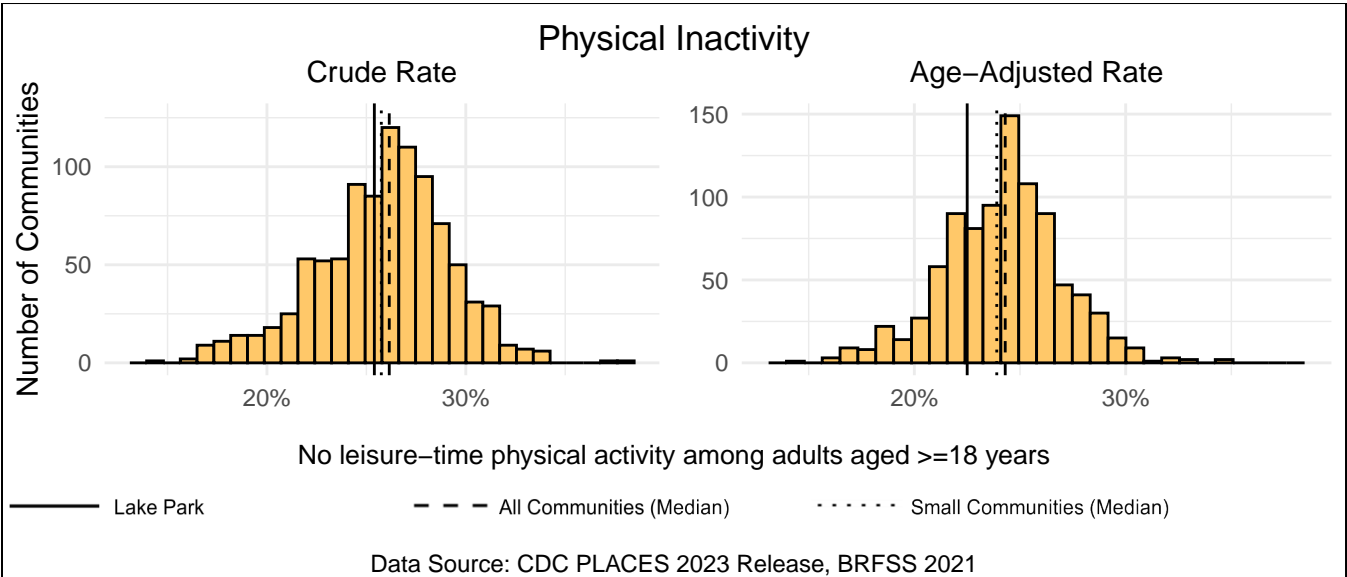
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	14.9%	16.8%	16.1%
Age-Adjusted	16.1%	17.5%	17.2%



Physical Inactivity

Lake Park has a crude rate of 25.4% for no leisure-time physical activity among adults aged >=18 years, which ranks 396th out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for Lake Park is 22.5%, which ranks 233rd out of 905 Iowa communities (48th out of 138 small communities).

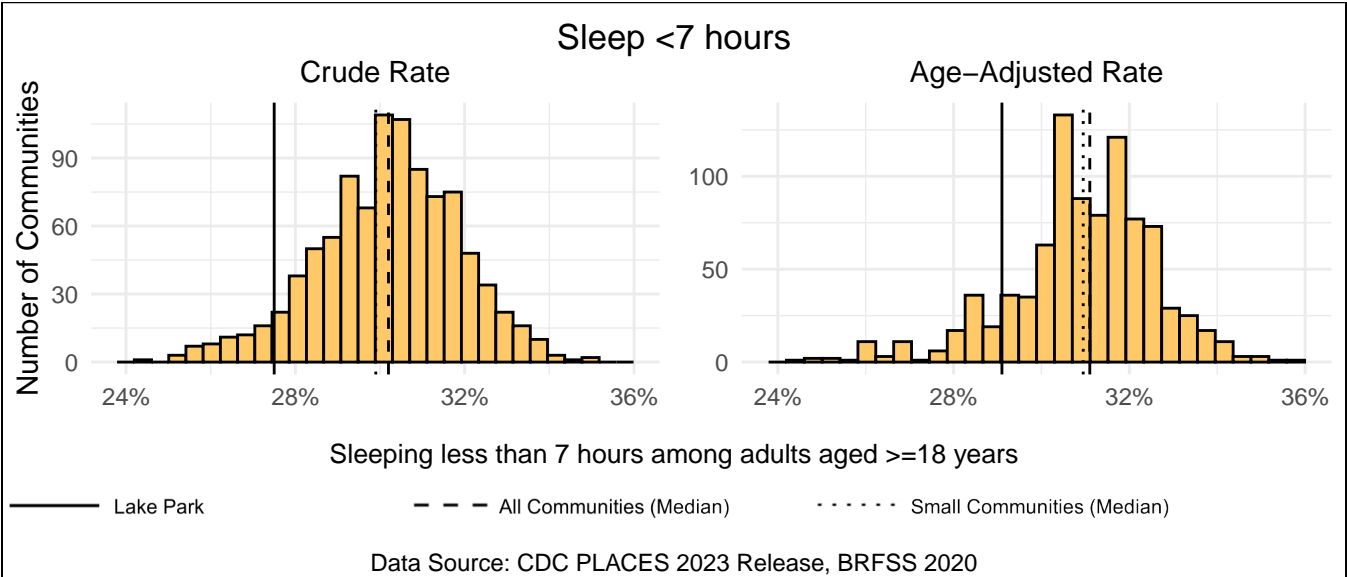
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	25.4%	26.1%	25.8%
Age-Adjusted	22.5%	24.3%	23.9%



Sleep <7 hours

Lake Park has a crude rate of 27.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 59th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Lake Park is 29.1%, which ranks 111th out of 905 Iowa communities (20th out of 138 small communities).

Measure Type	Lake Park	All Comm.	Small Comm.
Crude	27.5%	30.2%	29.9%
Age-Adjusted	29.1%	31.1%	31.0%



Health Outcomes

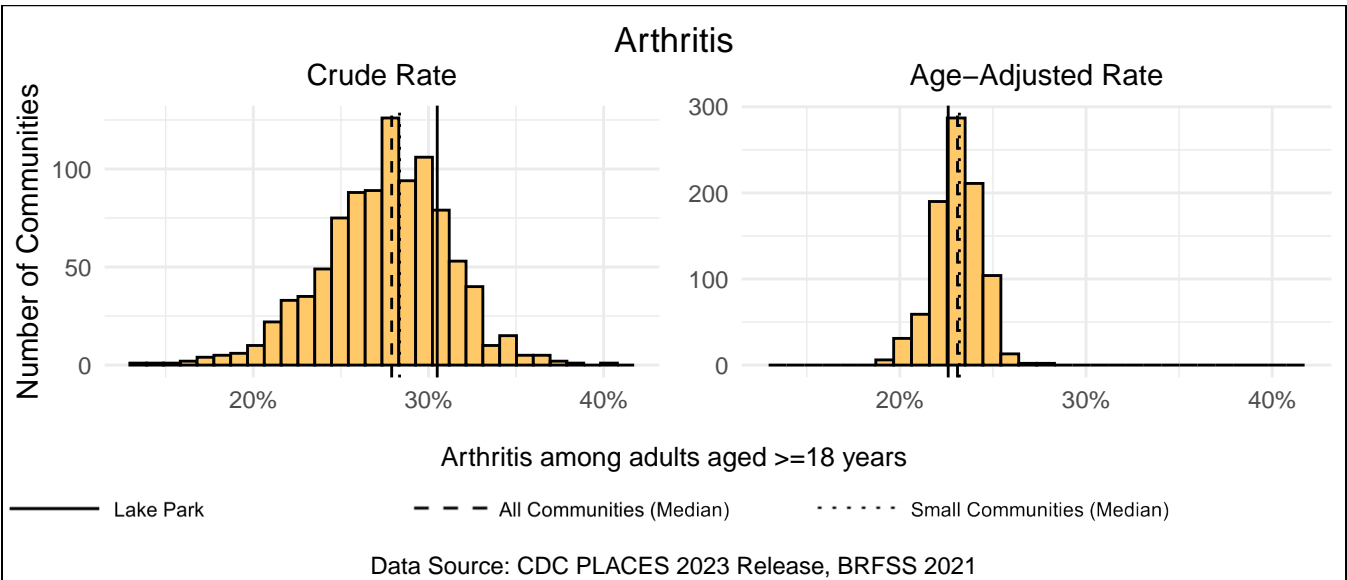
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage 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 Park has a crude rate of 30.5% for arthritis among adults aged ≥ 18 years, which ranks 769th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Lake Park is 22.6%, which ranks 287th out of 905 Iowa communities (42nd out of 138 small communities).

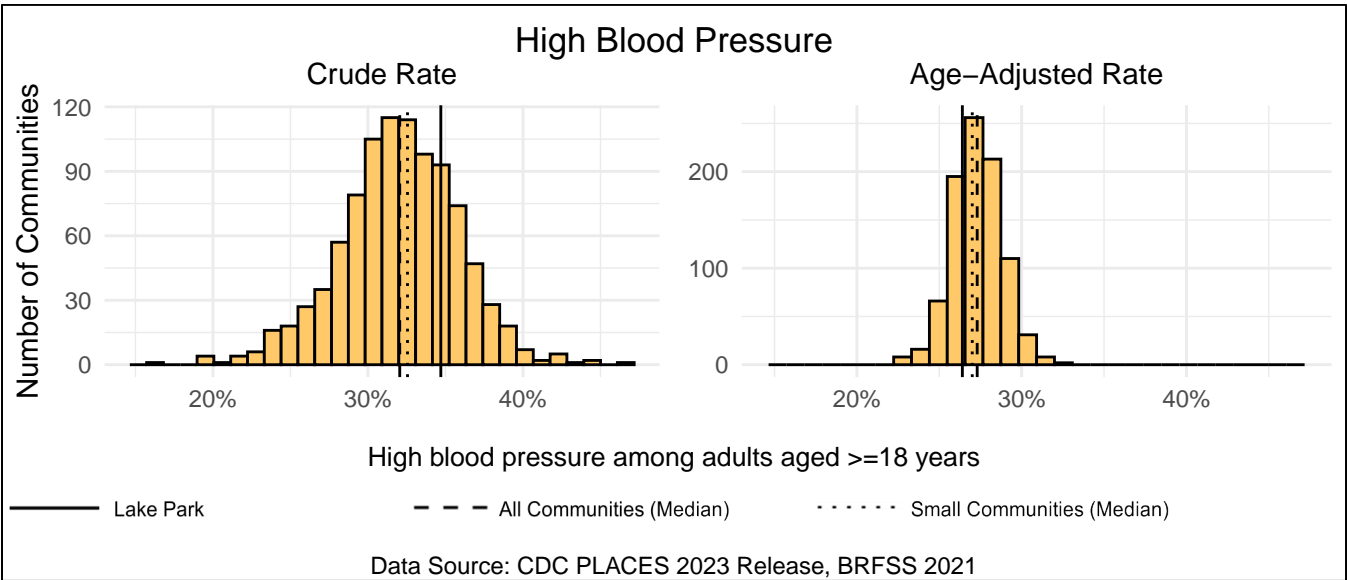
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	30.5%	27.9%	28.4%
Age-Adjusted	22.6%	23.1%	23.2%



High Blood Pressure

Lake Park has a crude rate of 34.7% for high blood pressure among adults aged ≥ 18 years, which ranks 726th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Lake Park is 26.4%, which ranks 244th out of 905 Iowa communities (38th out of 138 small communities).

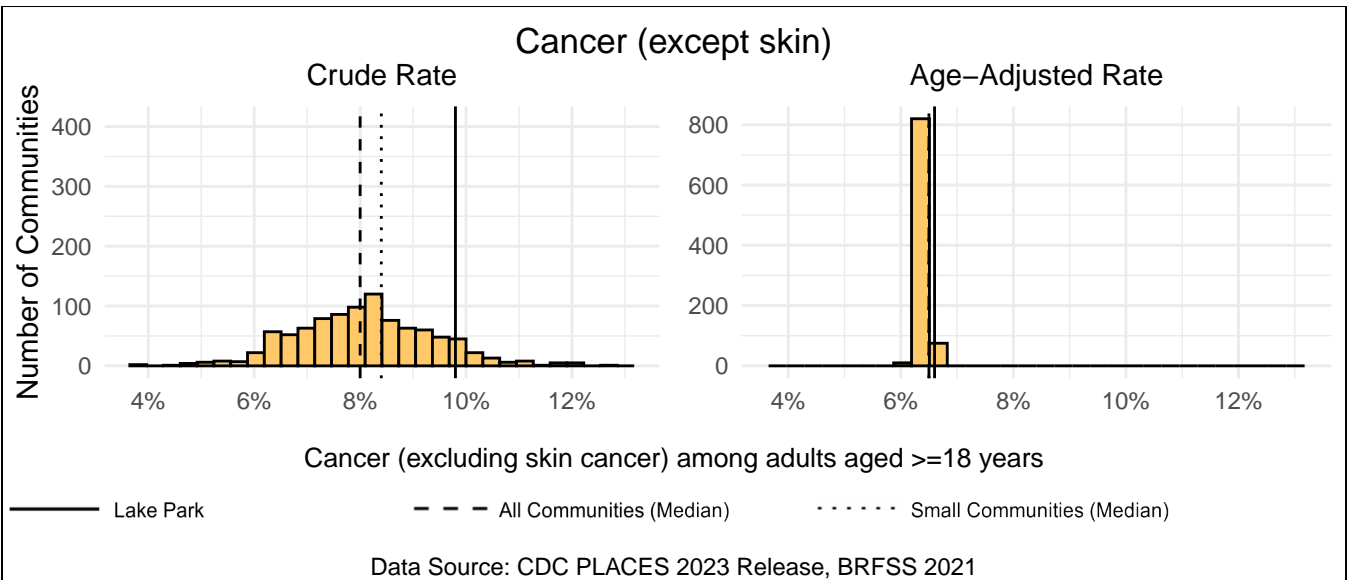
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	34.7%	32.0%	32.5%
Age-Adjusted	26.4%	27.3%	27.0%



Cancer (except skin)

Lake Park has a crude rate of 9.8% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 859th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Lake Park is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

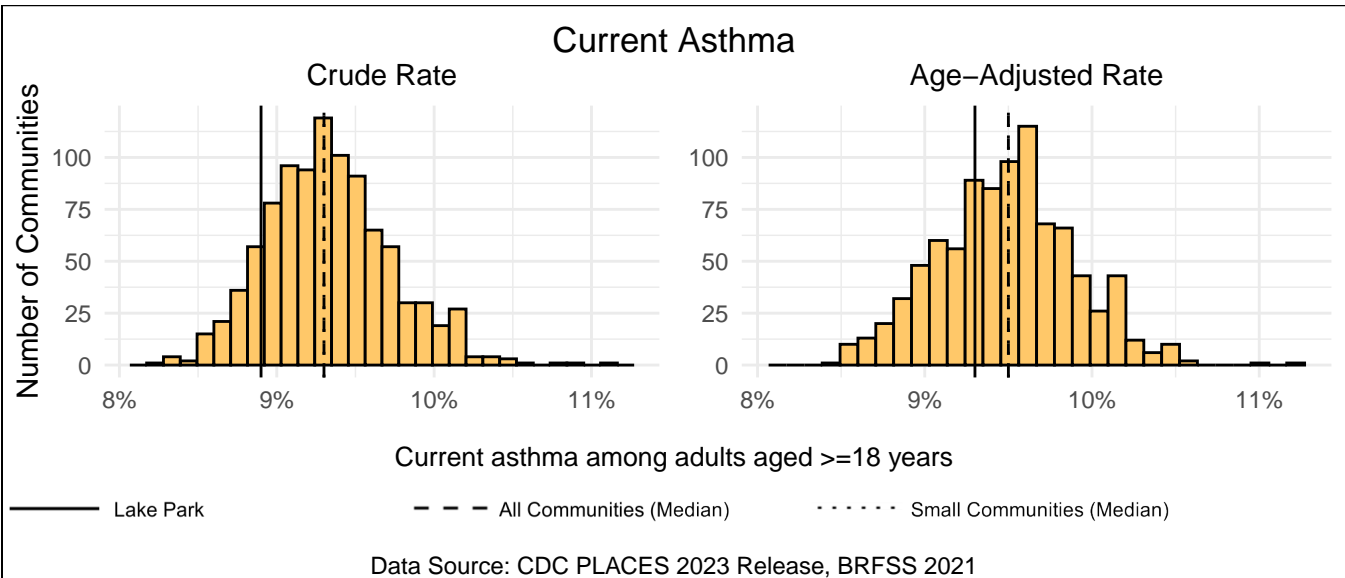
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	9.8%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

Lake Park has a crude rate of 8.9% for current asthma among adults aged ≥ 18 years, which ranks 80th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Lake Park is 9.3%, which ranks 241st out of 905 Iowa communities (34th out of 138 small communities).

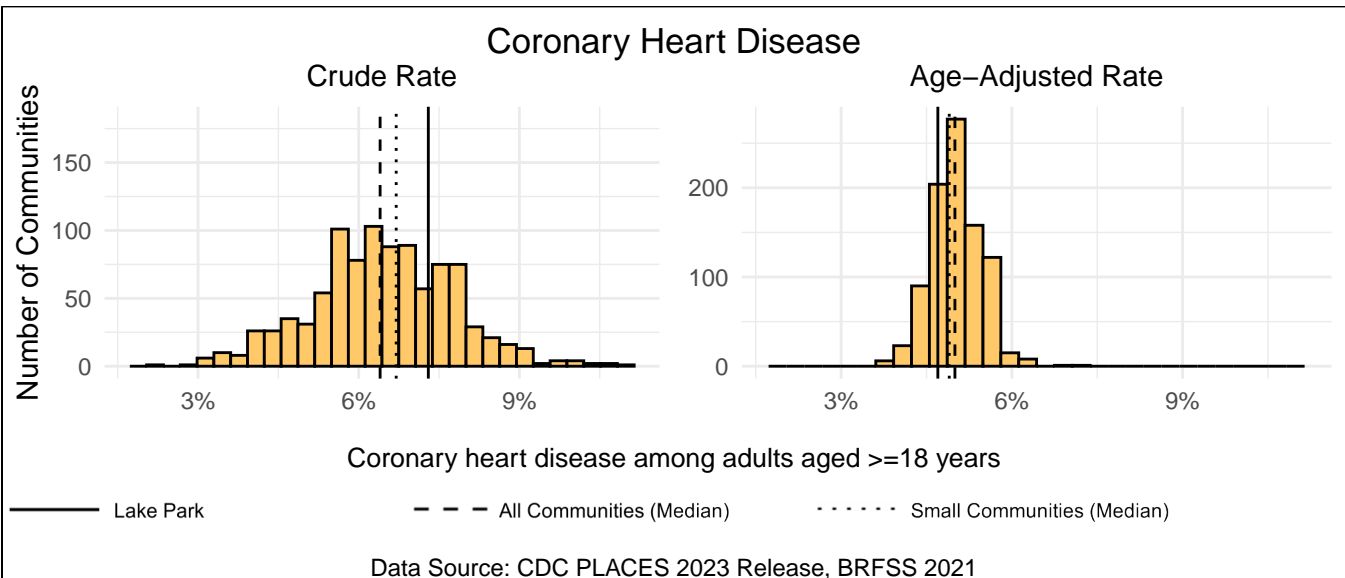
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	8.9%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.5%



Coronary Heart Disease

Lake Park has a crude rate of 7.3% for coronary heart disease among adults aged ≥ 18 years, which ranks 696th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Lake Park is 4.7%, which ranks 187th out of 905 Iowa communities (36th out of 138 small communities).

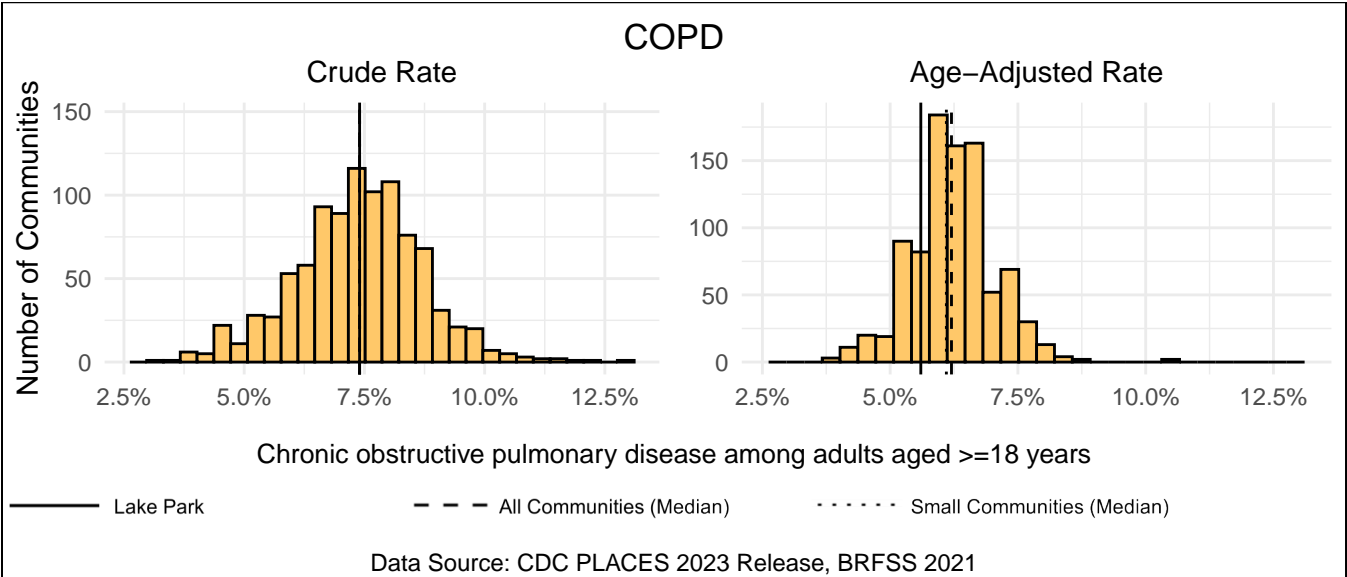
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	7.3%	6.4%	6.7%
Age-Adjusted	4.7%	5.0%	4.9%



COPD

Lake Park has a crude rate of 7.4% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 448th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Lake Park is 5.6%, which ranks 162nd out of 905 Iowa communities (33rd out of 138 small communities).

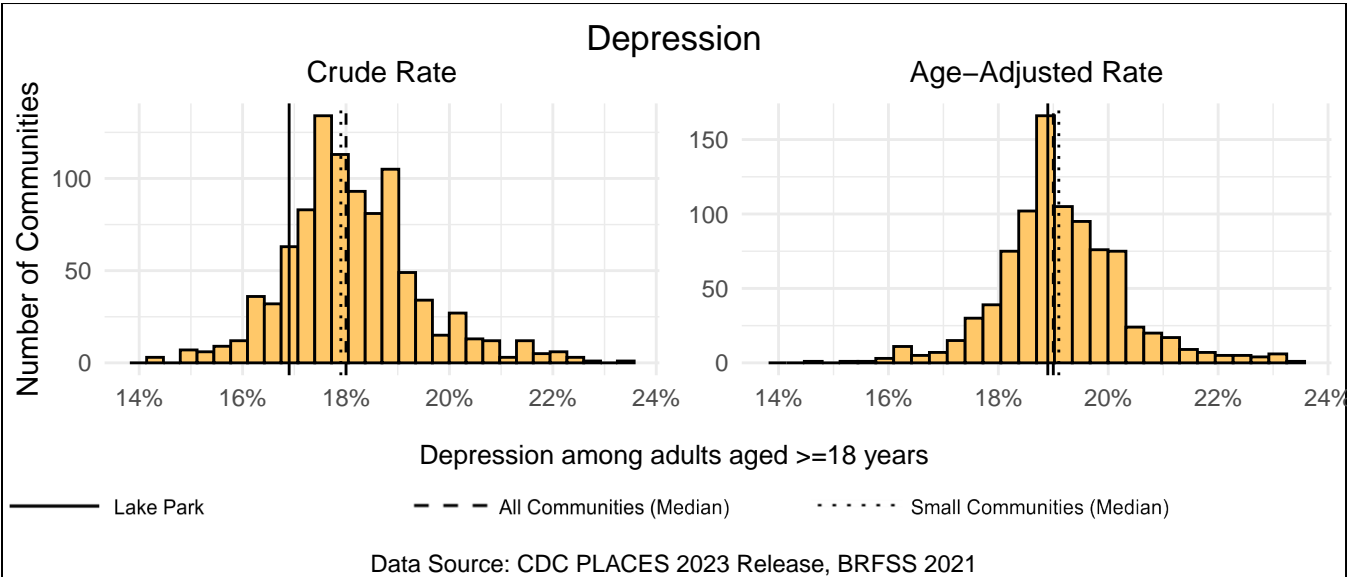
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	7.4%	7.4%	7.4%
Age-Adjusted	5.6%	6.2%	6.1%



Depression

Lake Park has a crude rate of 16.9% for depression among adults aged ≥ 18 years, which ranks 122nd out of 958 Iowa communities (22nd out of 138 small communities). The age-adjusted rate for Lake Park is 18.9%, which ranks 368th out of 905 Iowa communities (56th out of 138 small communities).

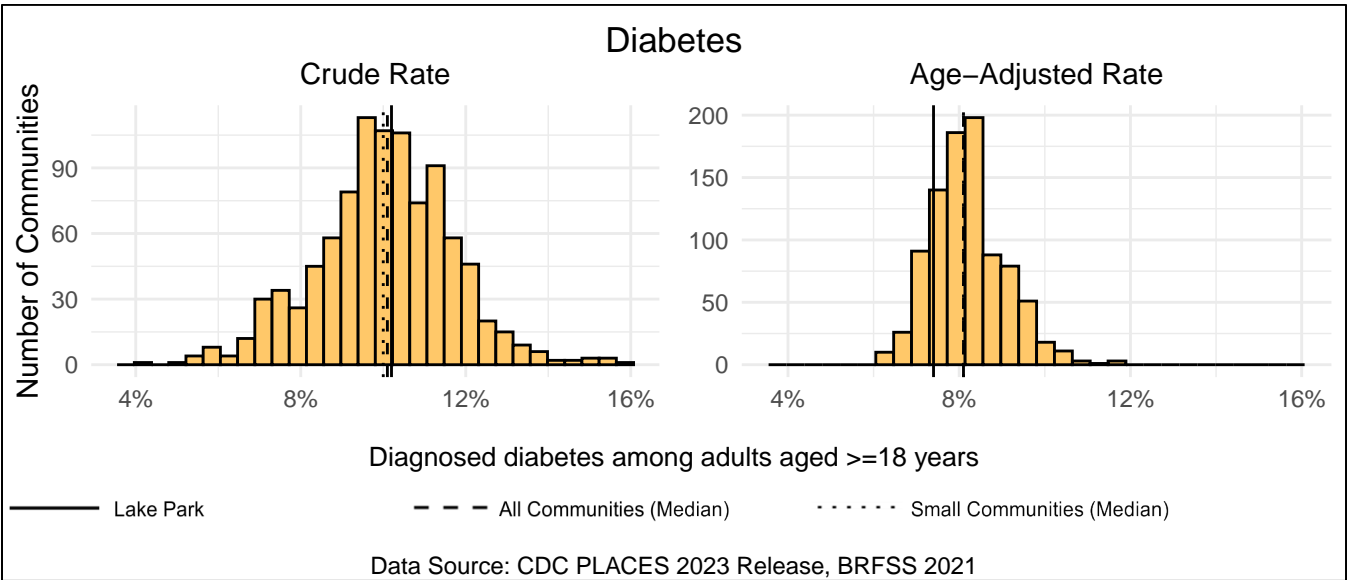
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	16.9%	18.0%	17.9%
Age-Adjusted	18.9%	19.0%	19.1%



Diabetes

Lake Park has a crude rate of 10.2% for diagnosed diabetes among adults aged >=18 years, which ranks 495th out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Lake Park is 7.4%, which ranks 128th out of 905 Iowa communities (23rd out of 138 small communities).

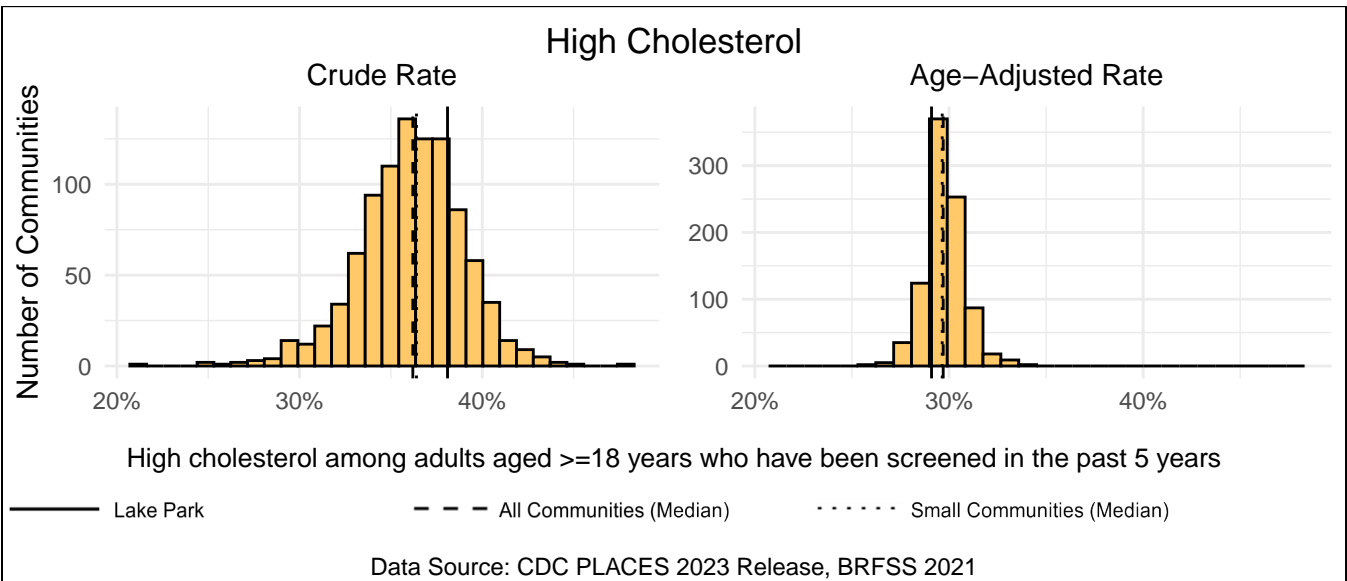
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	10.2%	10.1%	10.0%
Age-Adjusted	7.4%	8.1%	8.1%



High Cholesterol

Lake Park has a crude rate of 38.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 737th out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Lake Park is 29.1%, which ranks 195th out of 905 Iowa communities (35th out of 138 small communities).

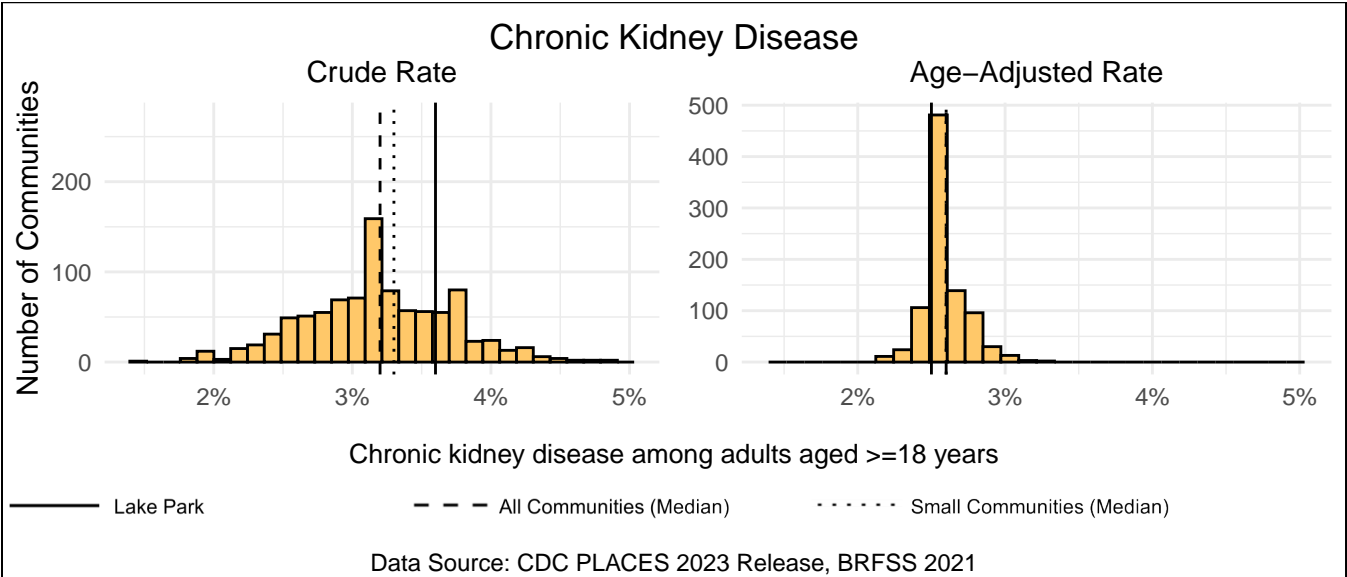
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	38.1%	36.2%	36.4%
Age-Adjusted	29.1%	29.7%	29.6%



Chronic Kidney Disease

Lake Park has a crude rate of 3.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 732nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Lake Park is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

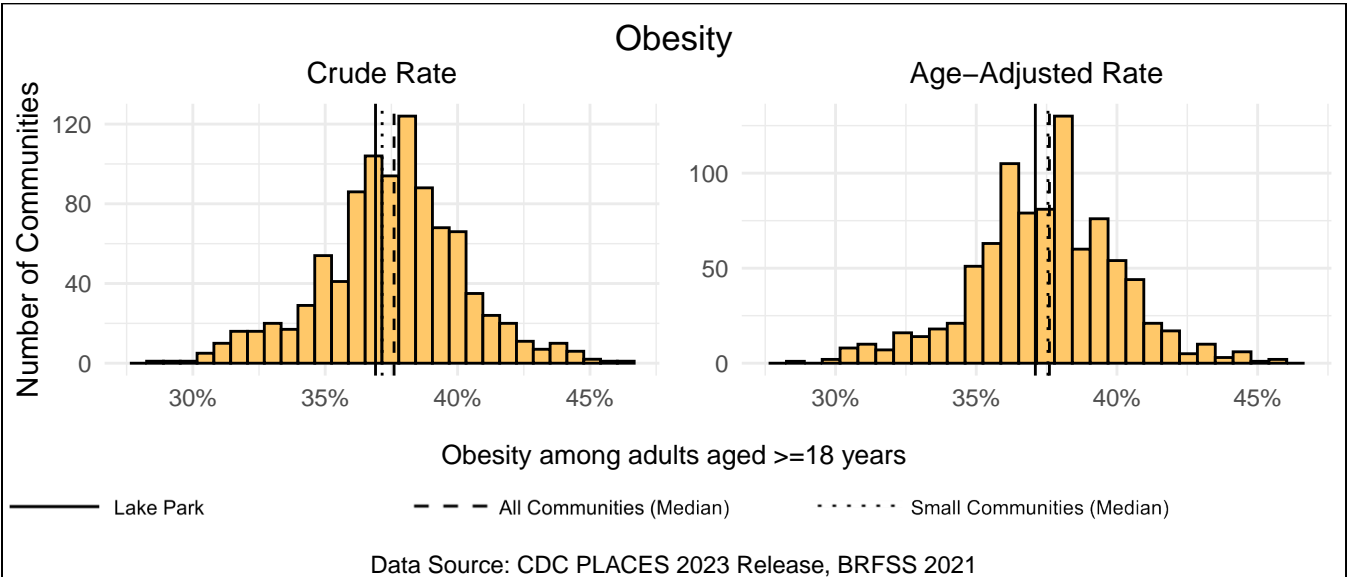
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Lake Park has a crude rate of 36.9% for obesity among adults aged ≥ 18 years, which ranks 354th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Lake Park is 37.1%, which ranks 380th out of 905 Iowa communities (57th out of 138 small communities).

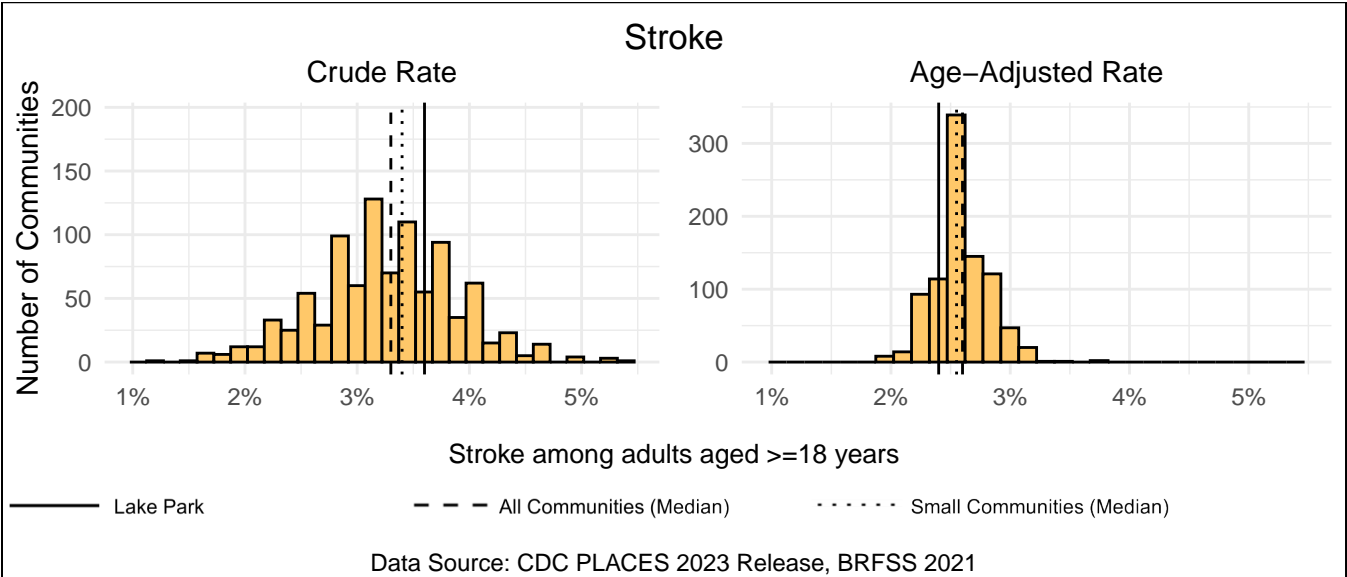
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	36.9%	37.6%	37.2%
Age-Adjusted	37.1%	37.6%	37.5%



Stroke

Lake Park has a crude rate of 3.6% for stroke among adults aged ≥ 18 years, which ranks 648th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Lake Park is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

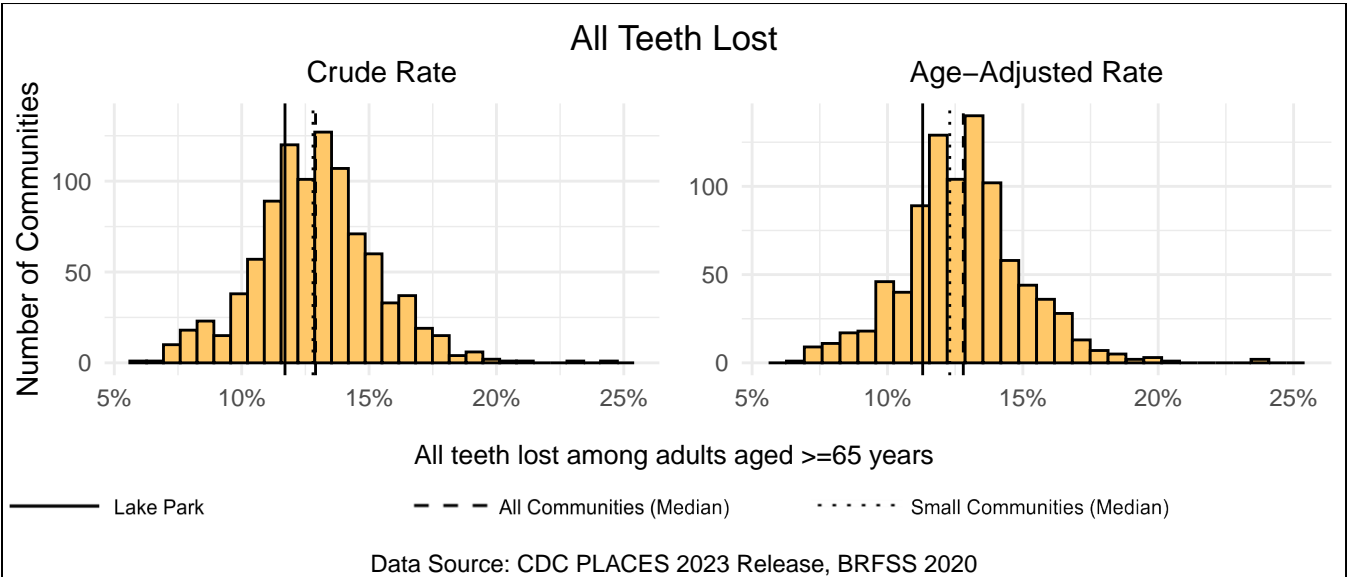
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	3.6%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



All Teeth Lost

Lake Park has a crude rate of 11.7% for all teeth lost among adults aged ≥ 65 years, which ranks 271st out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Lake Park is 11.3%, which ranks 197th out of 905 Iowa communities (37th out of 138 small communities).

Measure Type	Lake Park	All Comm.	Small Comm.
Crude	11.7%	12.9%	12.8%
Age-Adjusted	11.3%	12.8%	12.3%



Prevention

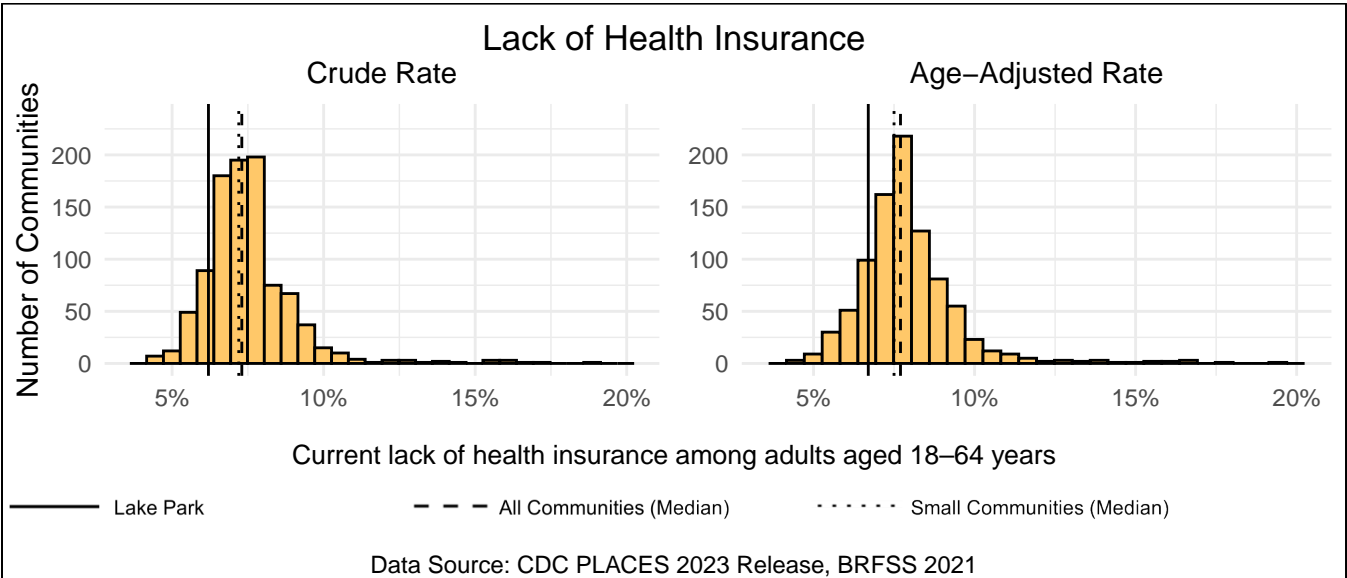
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor 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 Park has a crude rate of 6.2% for current lack of health insurance among adults aged 18–64 years, which ranks 120th out of 958 Iowa communities (19th out of 138 small communities). The age-adjusted rate for Lake Park is 6.7%, which ranks 132nd out of 905 Iowa communities (26th out of 138 small communities).

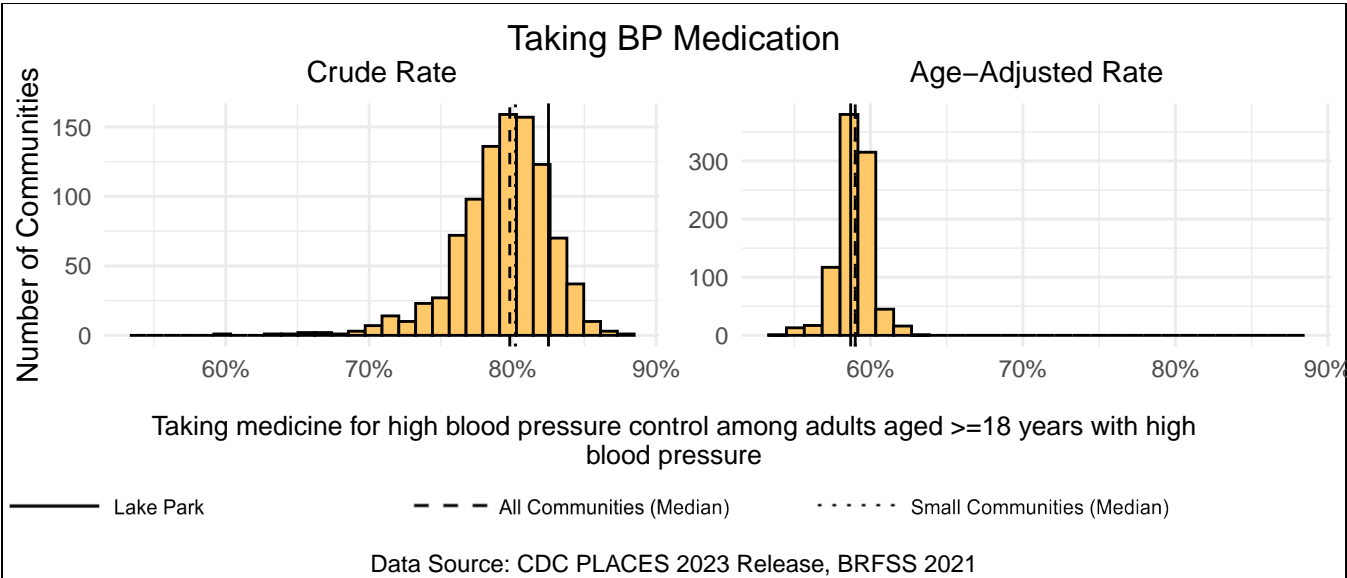
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	6.2%	7.3%	7.2%
Age-Adjusted	6.7%	7.7%	7.5%



Taking BP Medication

Lake Park has a crude rate of 82.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 126th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Lake Park is 58.7%, which ranks 537th out of 905 Iowa communities (81st out of 138 small communities).

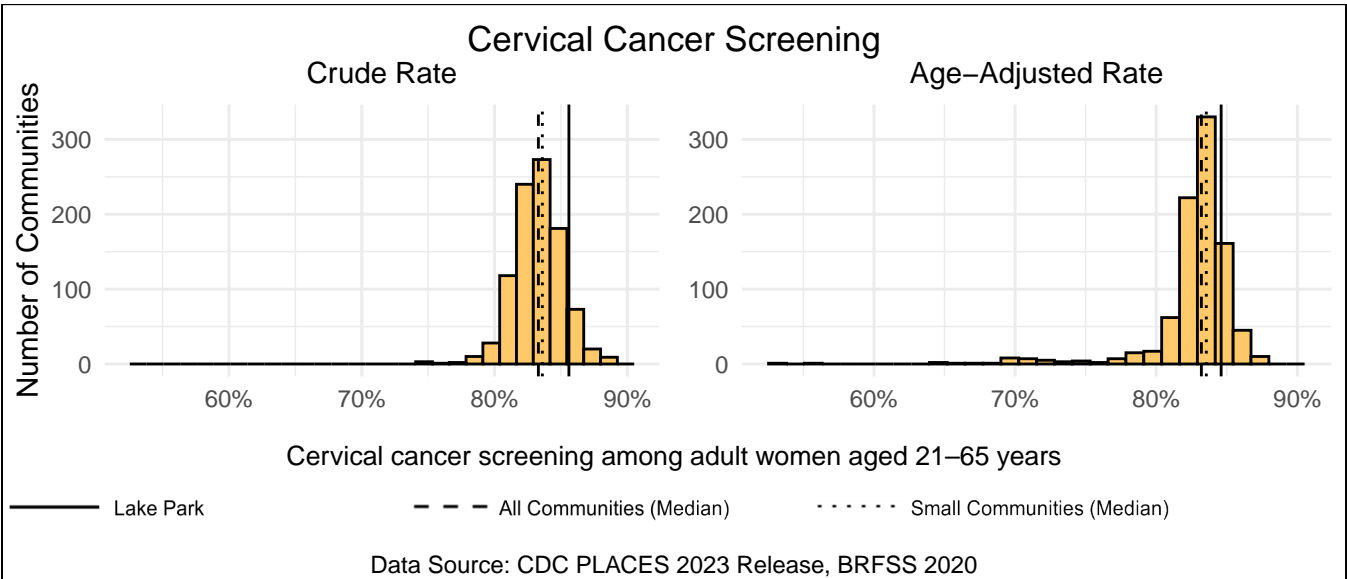
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	82.5%	79.8%	80.2%
Age-Adjusted	58.7%	59.0%	59.0%



Cervical Cancer Screening

Lake Park has a crude rate of 85.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 86th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Lake Park is 84.6%, which ranks 142nd out of 905 Iowa communities (32nd out of 138 small communities).

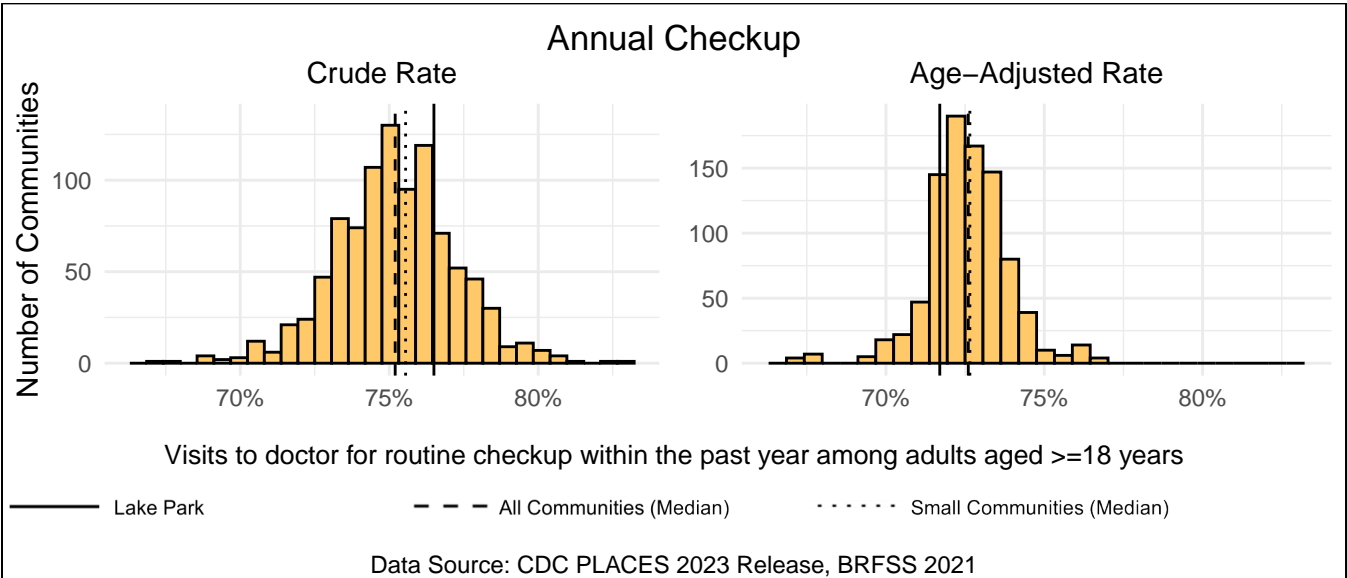
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	85.6%	83.3%	83.6%
Age-Adjusted	84.6%	83.2%	83.5%



Annual Checkup

Lake Park has a crude rate of 76.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 222nd out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Lake Park is 71.7%, which ranks 720th out of 905 Iowa communities (119th out of 138 small communities).

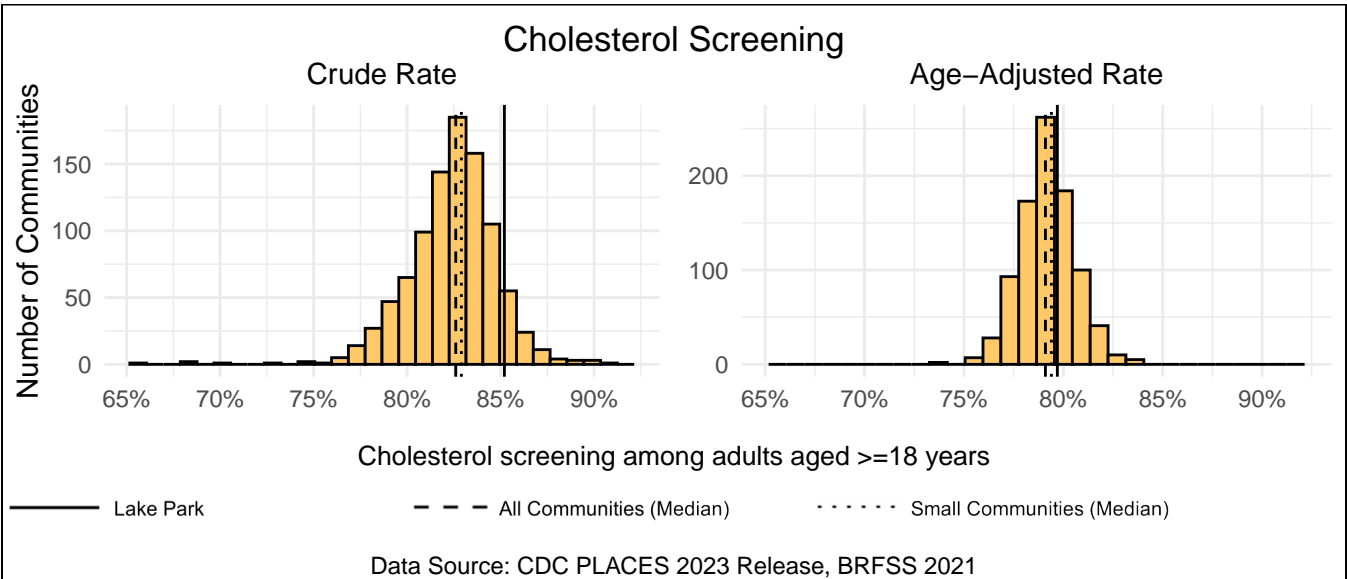
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	76.5%	75.2%	75.5%
Age-Adjusted	71.7%	72.6%	72.6%



Cholesterol Screening

Lake Park has a crude rate of 85.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 79th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Lake Park is 79.7%, which ranks 296th out of 905 Iowa communities (57th out of 138 small communities).

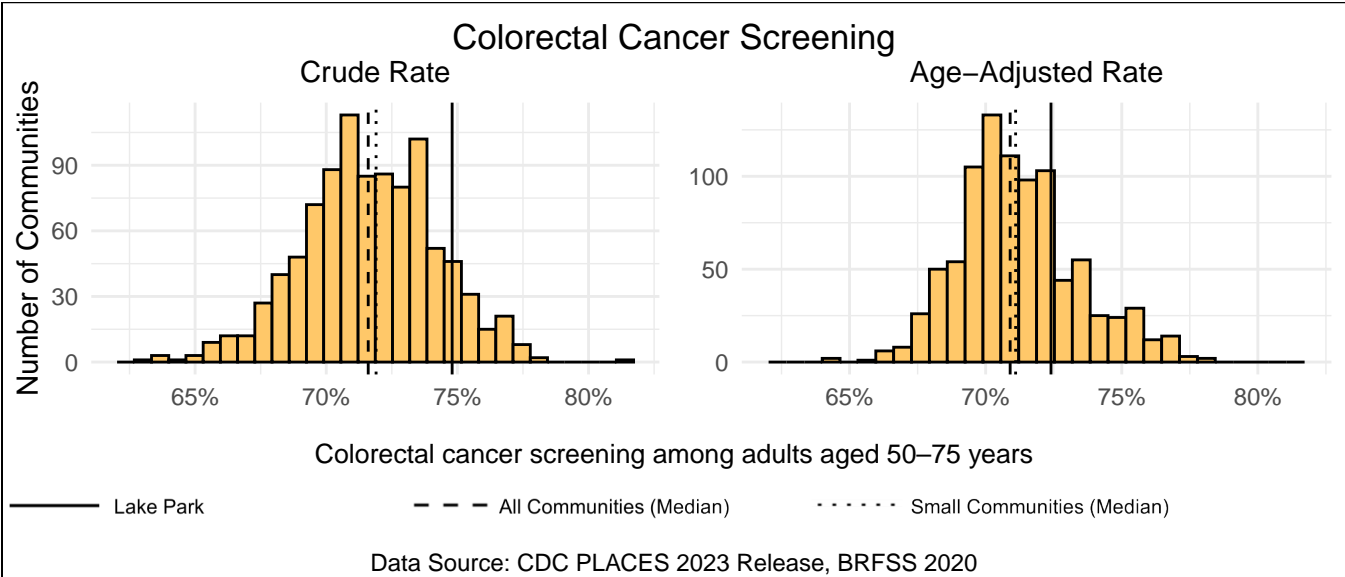
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	85.2%	82.6%	82.9%
Age-Adjusted	79.7%	79.1%	79.4%



Colorectal Cancer Screening

Lake Park has a crude rate of 74.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 97th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Lake Park is 72.4%, which ranks 223rd out of 905 Iowa communities (43rd out of 138 small communities).

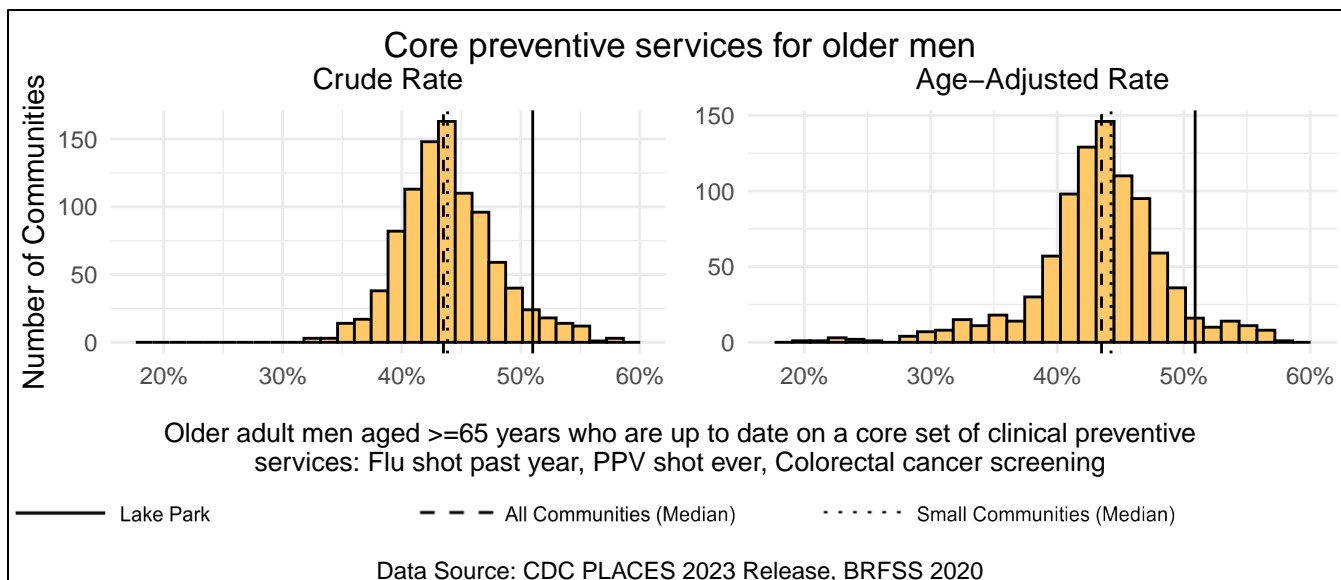
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	74.8%	71.6%	71.9%
Age-Adjusted	72.4%	70.9%	71.1%



Core preventive services for older men

Lake Park has a crude rate of 51.0% 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 58th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Lake Park is 50.9%, which ranks 49th out of 905 Iowa communities (5th out of 138 small communities).

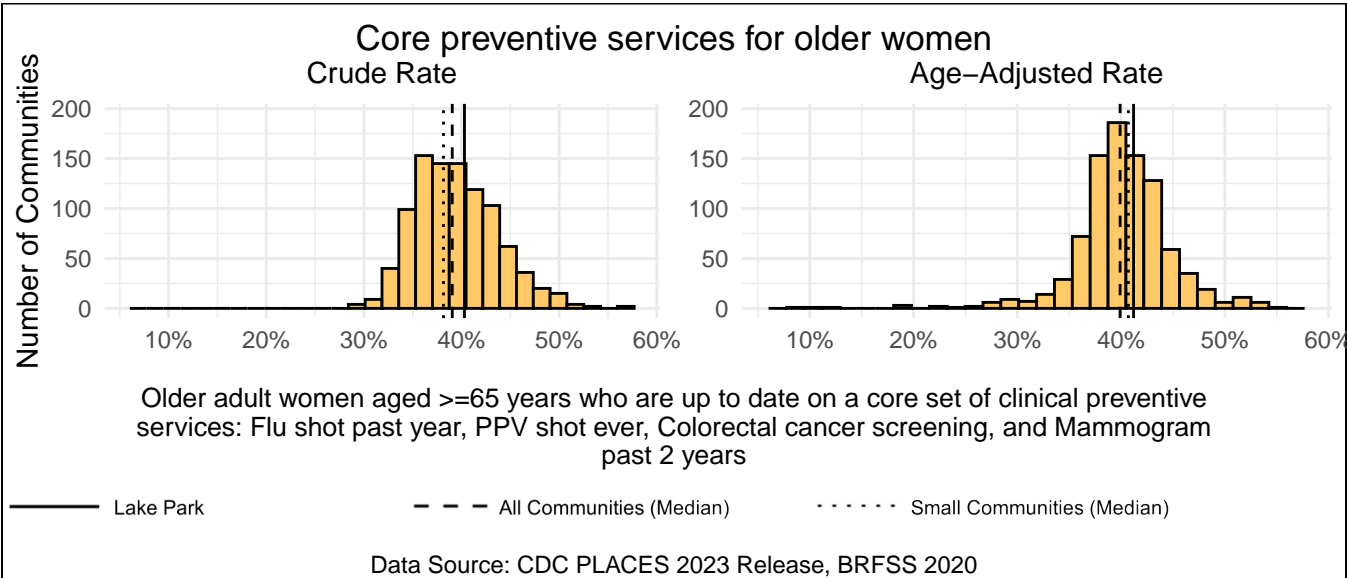
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	51.0%	43.5%	43.8%
Age-Adjusted	50.9%	43.5%	44.2%



Core preventive services for older women

Lake Park has a crude rate of 40.3% 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 370th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Lake Park is 41.2%, which ranks 345th out of 905 Iowa communities (60th out of 138 small communities).

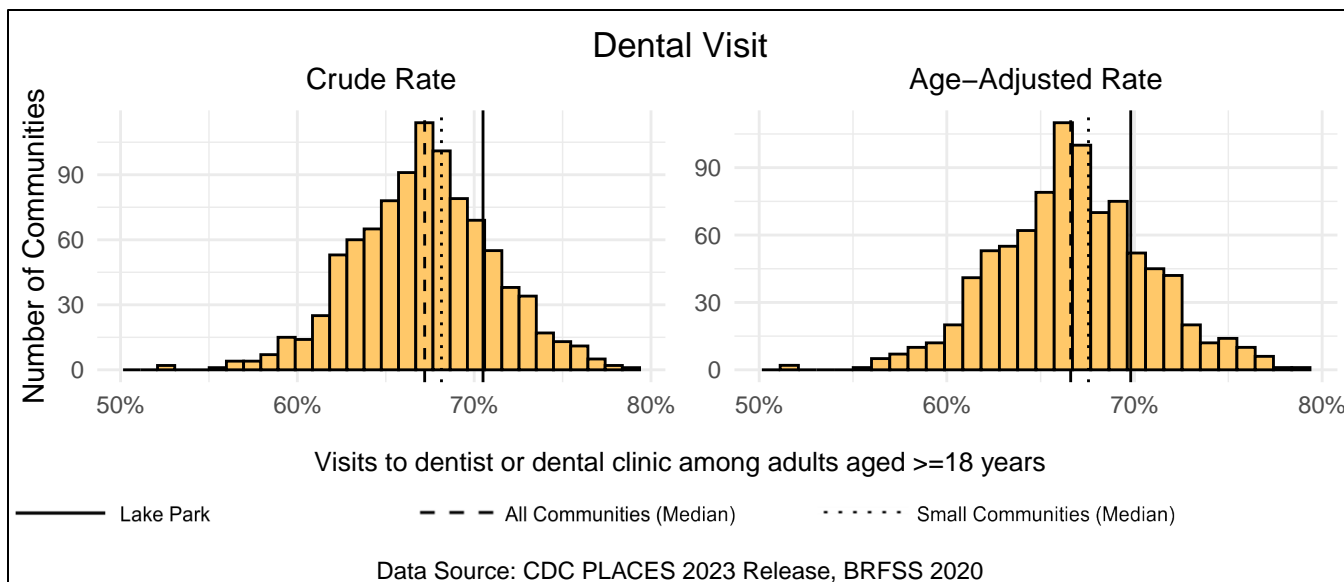
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	40.3%	39.0%	38.2%
Age-Adjusted	41.2%	39.9%	40.7%



Dental Visit

Lake Park has a crude rate of 70.5% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 177th out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Lake Park is 69.8%, which ranks 190th out of 905 Iowa communities (33rd out of 138 small communities).

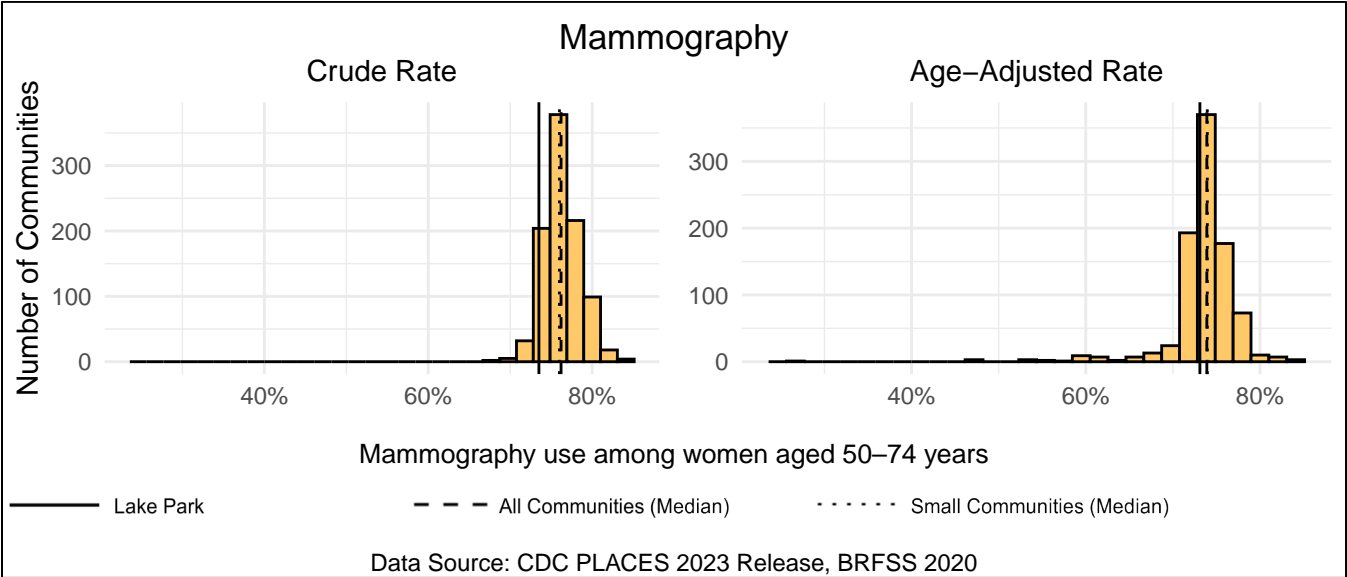
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	70.5%	67.2%	68.2%
Age-Adjusted	69.8%	66.6%	67.5%



Mammography

Lake Park has a crude rate of 73.5% for mammography use among women aged 50–74 years, which ranks 873rd out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Lake Park is 73.1%, which ranks 594th out of 905 Iowa communities (89th out of 138 small communities).

Measure Type	Lake Park	All Comm.	Small Comm.
Crude	73.5%	76.2%	76.0%
Age-Adjusted	73.1%	73.9%	74.0%



Disability

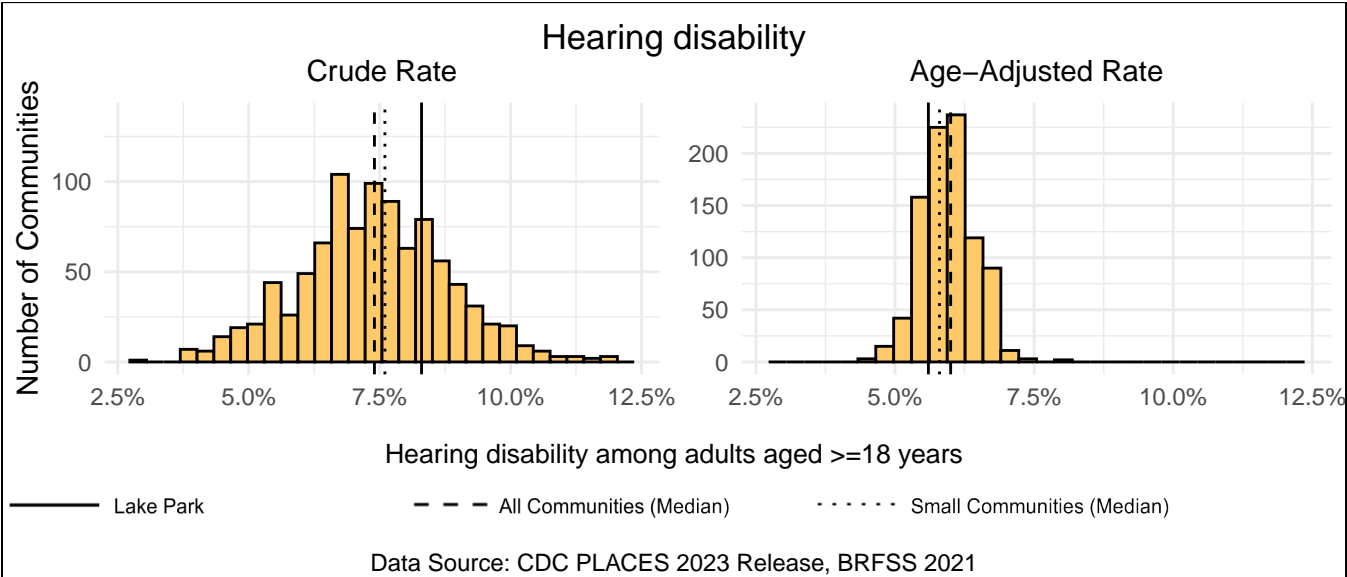
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Lake Park has a crude rate of 8.3% for hearing disability among adults aged ≥ 18 years, which ranks 702nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Lake Park is 5.6%, which ranks 163rd out of 905 Iowa communities (29th out of 138 small communities).

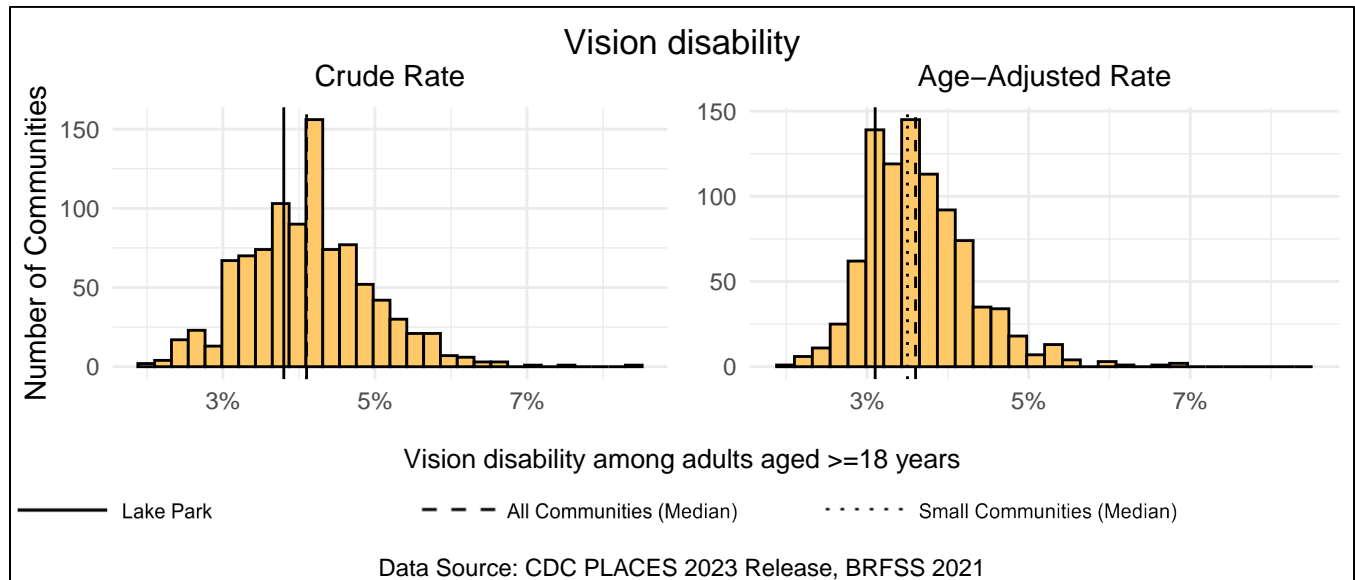
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	8.3%	7.4%	7.6%
Age-Adjusted	5.6%	6.0%	5.8%



Vision disability

Lake Park has a crude rate of 3.8% for vision disability among adults aged ≥ 18 years, which ranks 317th out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Lake Park is 3.1%, which ranks 135th out of 905 Iowa communities (22nd out of 138 small communities).

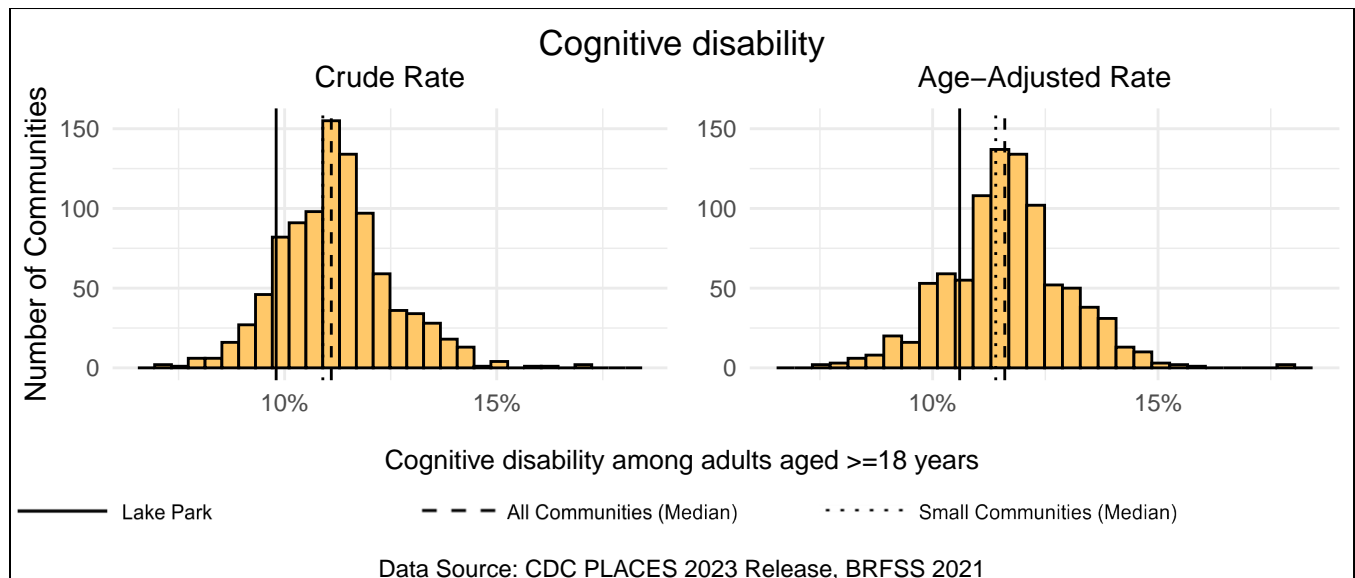
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	3.8%	4.1%	4.1%
Age-Adjusted	3.1%	3.6%	3.5%



Cognitive disability

Lake Park has a crude rate of 9.8% for cognitive disability among adults aged ≥ 18 years, which ranks 105th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Lake Park is 10.6%, which ranks 168th out of 905 Iowa communities (34th out of 138 small communities).

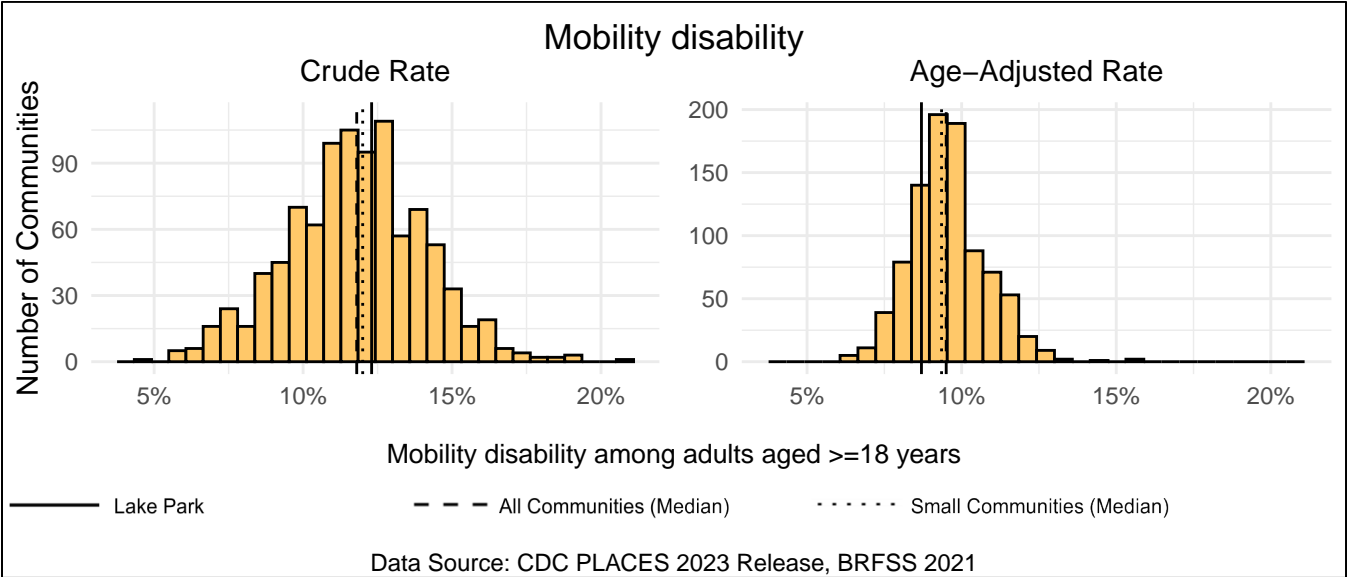
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	9.8%	11.1%	10.9%
Age-Adjusted	10.6%	11.6%	11.4%



Mobility disability

Lake Park has a crude rate of 12.3% for mobility disability among adults aged ≥ 18 years, which ranks 559th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Lake Park is 8.7%, which ranks 198th out of 905 Iowa communities (36th out of 138 small communities).

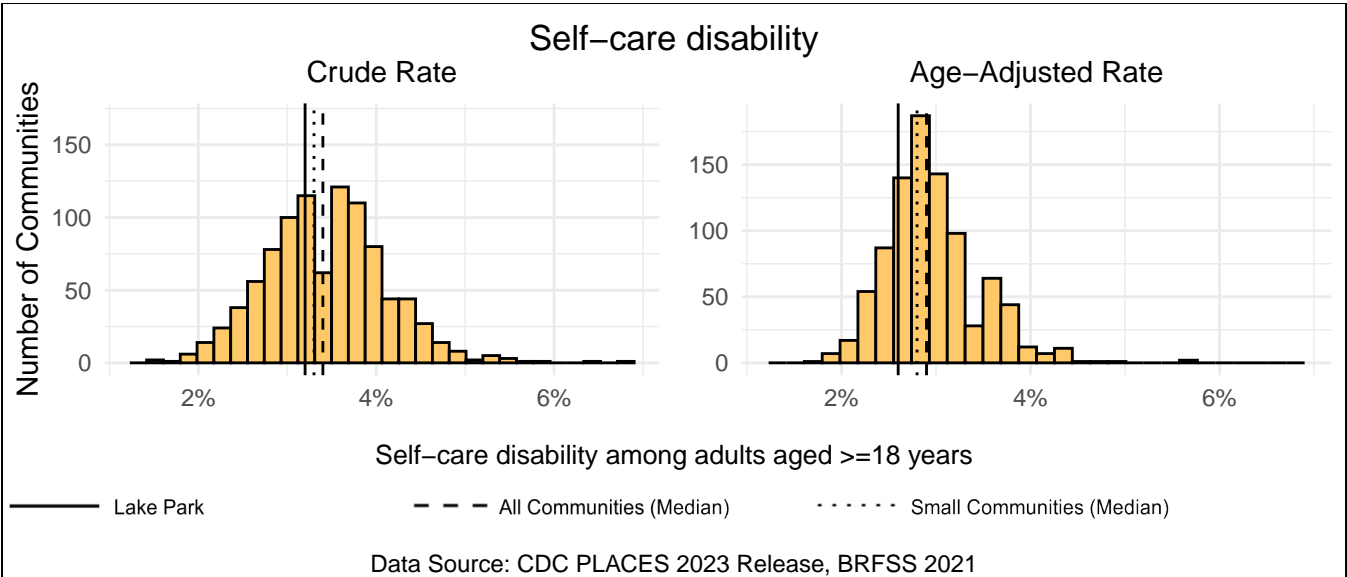
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	12.3%	11.8%	12.0%
Age-Adjusted	8.7%	9.5%	9.4%



Self-care disability

Lake Park has a crude rate of 3.2% for self-care disability among adults aged ≥ 18 years, which ranks 320th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Lake Park is 2.6%, which ranks 167th out of 905 Iowa communities (32nd out of 138 small communities).

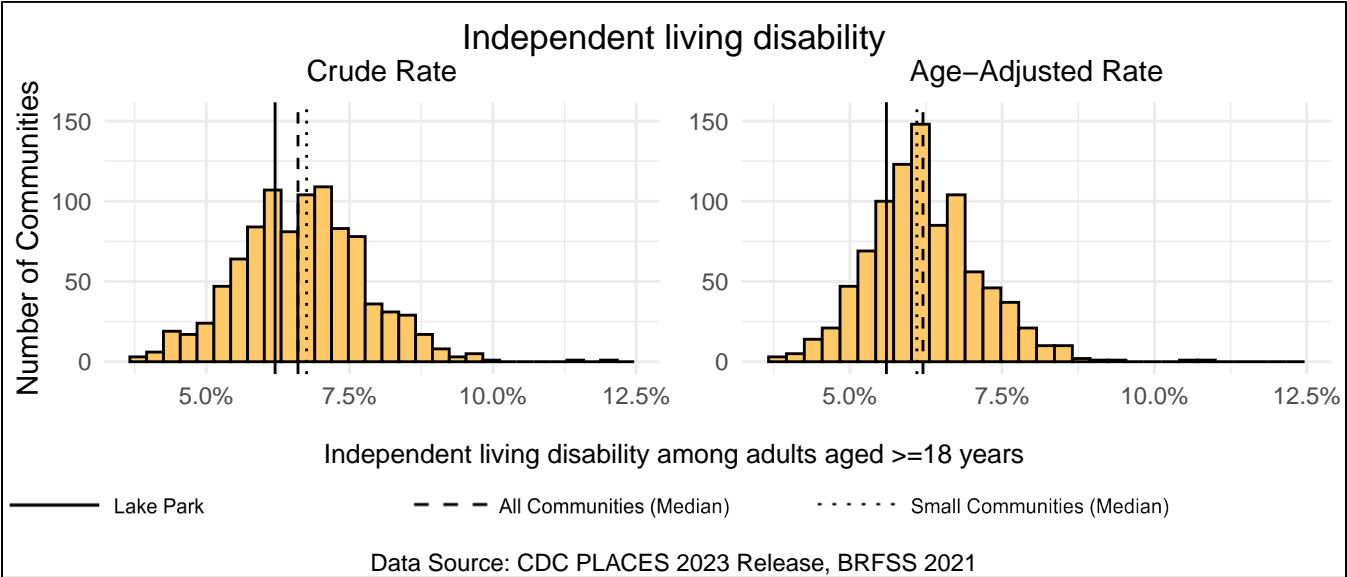
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	3.2%	3.4%	3.3%
Age-Adjusted	2.6%	2.9%	2.8%



Independent living disability

Lake Park has a crude rate of 6.2% for independent living disability among adults aged ≥ 18 years, which ranks 299th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Lake Park is 5.6%, which ranks 186th out of 905 Iowa communities (34th out of 138 small communities).

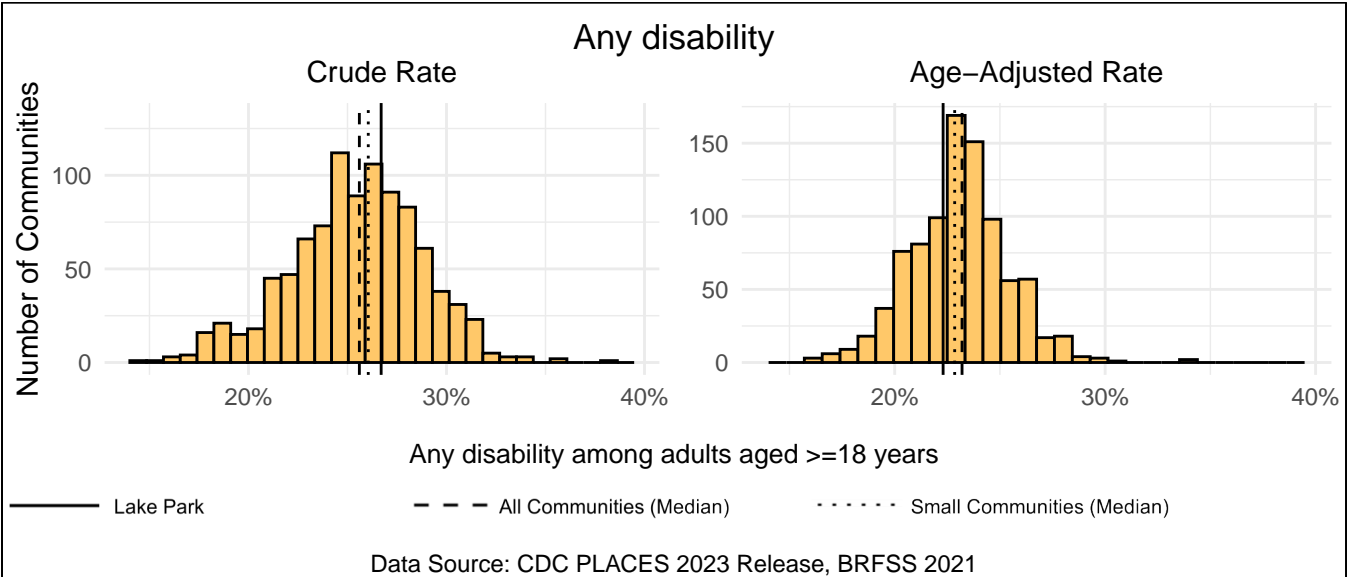
Measure Type	Lake Park	All Comm.	Small Comm.
Crude	6.2%	6.6%	6.8%
Age-Adjusted	5.6%	6.2%	6.1%



Any disability

Lake Park has a crude rate of 26.7% for any disability among adults aged ≥ 18 years, which ranks 606th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Lake Park is 22.3%, which ranks 294th out of 905 Iowa communities (51st out of 138 small communities).

Measure Type	Lake Park	All Comm.	Small Comm.
Crude	26.7%	25.6%	26.0%
Age-Adjusted	22.3%	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 Park 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	354	10.4% (8.7% - 12.0%)	160	8.9% (7.5% - 10.4%)
Health Status	Mental Health	48	12.7% (10.9% - 14.6%)	189	14.8% (12.8% - 17.2%)
Health Status	General Health	329	13.4% (11.1% - 16.0%)	150	11.2% (9.3% - 13.4%)
Health Risk Behaviors	Binge Drinking	370	18.9% (15.7% - 22.4%)	828	23.5% (19.9% - 27.7%)
Health Risk Behaviors	Sleep <7 hours	59	27.5% (25.8% - 29.2%)	111	29.1% (27.4% - 30.8%)
Health Risk Behaviors	Physical Inactivity	396	25.4% (20.7% - 30.3%)	233	22.5% (18.3% - 27.2%)
Health Risk Behaviors	Current Smoking	160	14.9% (11.8% - 18.6%)	204	16.1% (12.7% - 19.9%)
Health Outcomes	Stroke	648	3.6% (3.1% - 4.1%)	116	2.4% (2.1% - 2.7%)
Health Outcomes	Depression	122	16.9% (13.8% - 20.3%)	368	18.9% (15.6% - 22.6%)
Health Outcomes	COPD	448	7.4% (6.1% - 9.0%)	162	5.6% (4.7% - 6.7%)
Health Outcomes	Arthritis	769	30.5% (26.0% - 34.9%)	287	22.6% (19.1% - 26.1%)
Health Outcomes	High Cholesterol	737	38.1% (33.4% - 43.0%)	195	29.1% (24.9% - 33.6%)
Health Outcomes	Cancer (except skin)	859	9.8% (8.8% - 10.9%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	Coronary Heart Disease	696	7.3% (6.3% - 8.5%)	187	4.7% (4.0% - 5.4%)
Health Outcomes	All Teeth Lost	271	11.7% (7.4% - 16.5%)	197	11.3% (7.4% - 15.9%)
Health Outcomes	Diabetes	495	10.2% (8.6% - 12.1%)	128	7.4% (6.3% - 8.7%)
Health Outcomes	High Blood Pressure	726	34.7% (30.3% - 39.2%)	244	26.4% (23.0% - 30.2%)
Health Outcomes	Current Asthma	80	8.9% (7.9% - 10.2%)	241	9.3% (8.2% - 10.7%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.0%)	142	2.5% (2.2% - 2.8%)
Health Outcomes	Obesity	354	36.9% (30.0% - 44.2%)	380	37.1% (30.4% - 44.2%)
Prevention	Core preventive services for older women	370	40.3% (33.1% - 47.7%)	345	41.2% (34.1% - 48.5%)
Prevention	Mammography	873	73.5% (69.1% - 77.6%)	594	73.1% (68.4% - 77.5%)
Prevention	Cervical Cancer Screening	86	85.6% (83.2% - 87.9%)	142	84.6% (82.1% - 86.9%)
Prevention	Core preventive services for older men	58	51.0% (42.5% - 59.3%)	49	50.9% (42.5% - 58.9%)
Prevention	Dental Visit	177	70.5% (67.2% - 73.6%)	190	69.8% (66.3% - 73.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	97	74.8% (71.9% - 77.6%)	223	72.4% (69.2% - 75.8%)
Prevention	Taking BP Medication	126	82.5% (79.5% - 85.3%)	537	58.7% (53.6% - 63.8%)
Prevention	Cholesterol Screening	79	85.2% (82.6% - 87.8%)	296	79.7% (76.1% - 83.1%)
Prevention	Health Insurance	120	6.2% (4.7% - 8.2%)	132	6.7% (4.9% - 8.9%)
Prevention	Annual Checkup	222	76.5% (72.0% - 80.9%)	720	71.7% (66.8% - 76.7%)
Disability	Mobility Disability	559	12.3% (10.1% - 14.6%)	198	8.7% (7.3% - 10.3%)
Disability	Cognitive Disability	105	9.8% (8.3% - 11.6%)	168	10.6% (8.9% - 12.6%)
Disability	Vision Disability	317	3.8% (3.1% - 4.5%)	135	3.1% (2.6% - 3.6%)
Disability	Any Disability	606	26.7% (22.8% - 31.1%)	294	22.3% (18.8% - 26.2%)
Disability	Independent Living Disability	299	6.2% (5.2% - 7.4%)	186	5.6% (4.7% - 6.5%)
Disability	Self-care Disability	320	3.2% (2.7% - 3.7%)	167	2.6% (2.2% - 3.0%)
Disability	Hearing Disability	702	8.3% (7.3% - 9.5%)	163	5.6% (5.0% - 6.4%)

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 Park 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		