



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 Lamoni: Overview

Dear Community Members & Stakeholders of Lamoni,

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 Lamoni ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Lamoni'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 Lamoni. 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
Cancer (except skin)	29th	9th	Binge Drinking	37th	1st
Arthritis	29th	10th	Taking BP Medication	50th	7th
High Cholesterol	45th	13th	Cancer (except skin)	418th	41st
High Blood Pressure	47th	14th	Annual Checkup	435th	70th
Obesity	58th	10th	Obesity	688th	107th

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
Cervical Cancer Screening	957th	138th	Current Asthma	874th	138th
Cholesterol Screening	955th	137th	Self-care Disability	873rd	137th
Mental Health	955th	137th	Mobility Disability	872nd	137th
Cognitive Disability	952nd	138th	Independent Living Disability	868th	136th
Current Asthma	952nd	138th	Vision Disability	867th	135th

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 Lamoni.

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

With a population of 2,284, Lamoni’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

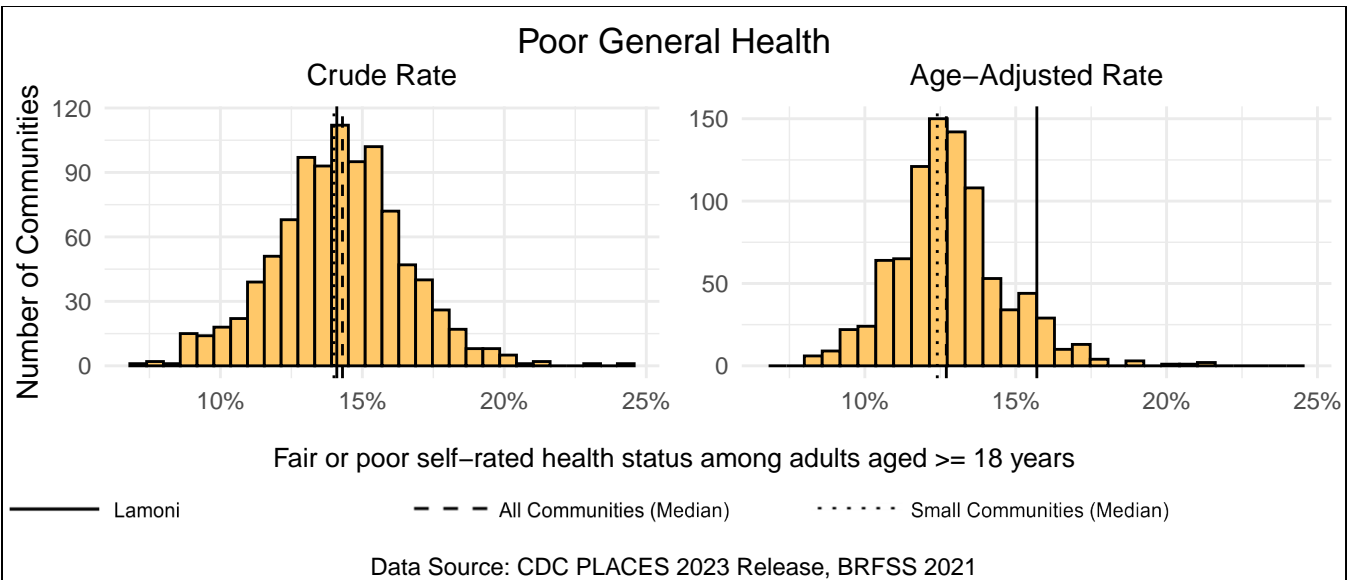
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Lamoni has a crude rate of 14.1% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 436th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Lamoni is 15.7%, which ranks 843rd out of 905 Iowa communities (133rd out of 138 small communities).

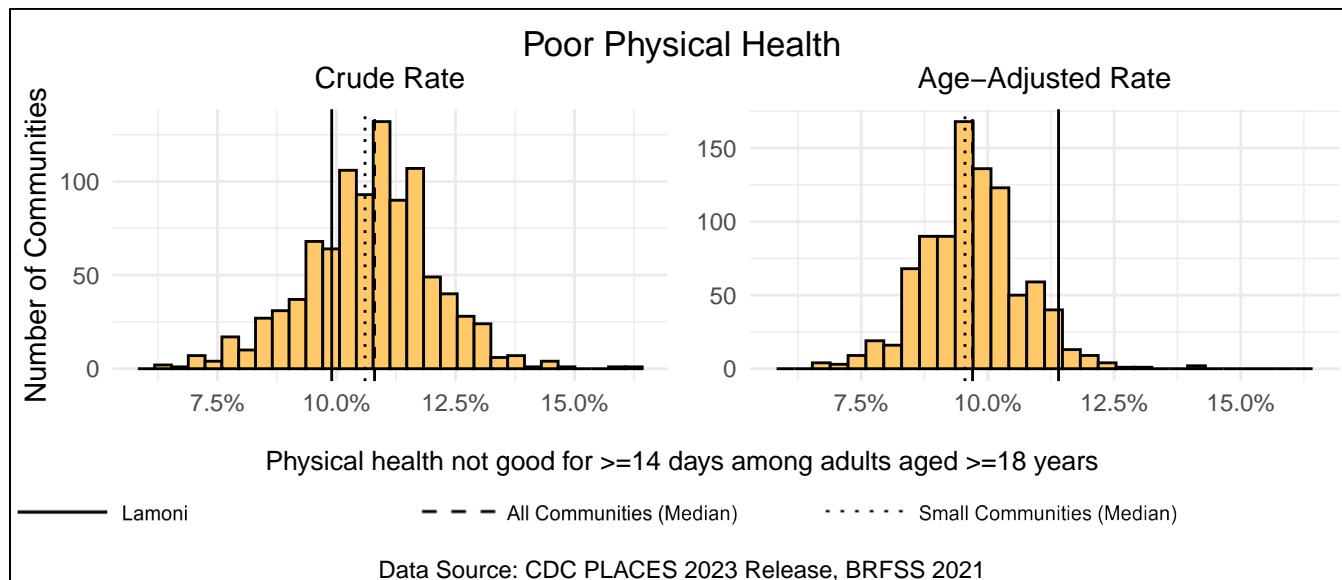
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	14.1%	14.3%	14.0%
Age-Adjusted	15.7%	12.7%	12.4%



Poor Physical Health

Lamoni has a crude rate of 9.9% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 221st out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Lamoni is 11.4%, which ranks 866th out of 905 Iowa communities (134th out of 138 small communities).

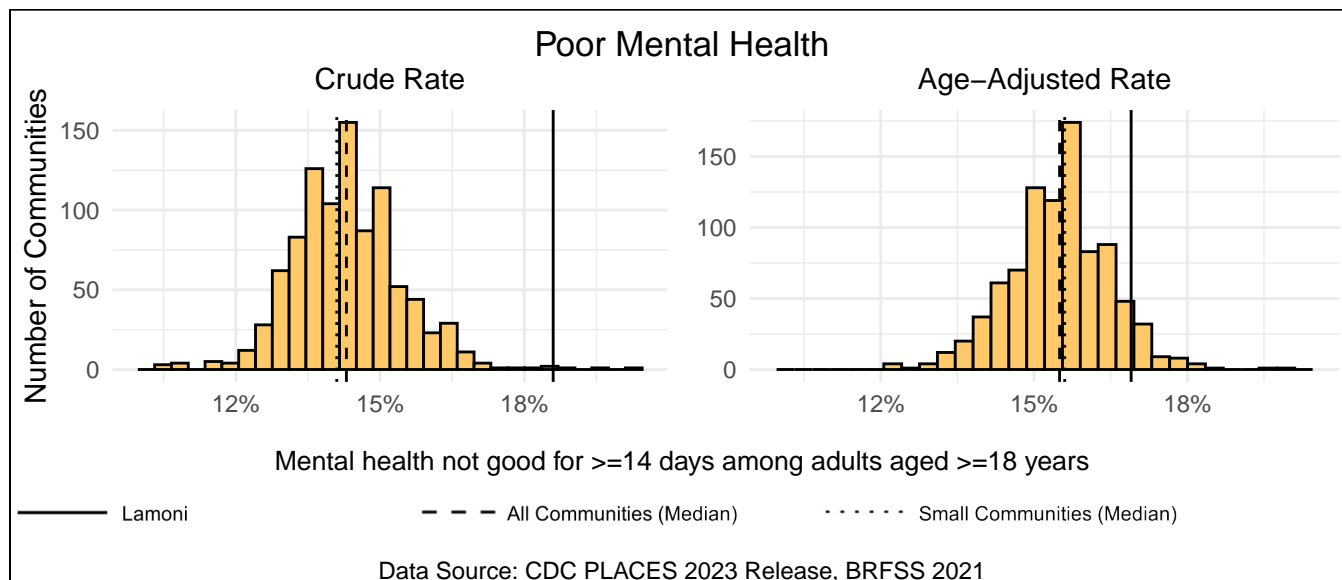
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	9.9%	10.8%	10.6%
Age-Adjusted	11.4%	9.7%	9.6%



Poor Mental Health

Lamoni has a crude rate of 18.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 955th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Lamoni is 16.9%, which ranks 834th out of 905 Iowa communities (131st out of 138 small communities).

Measure Type	Lamoni	All Comm.	Small Comm.
Crude	18.6%	14.3%	14.1%
Age-Adjusted	16.9%	15.5%	15.6%



Health Risk Behaviors

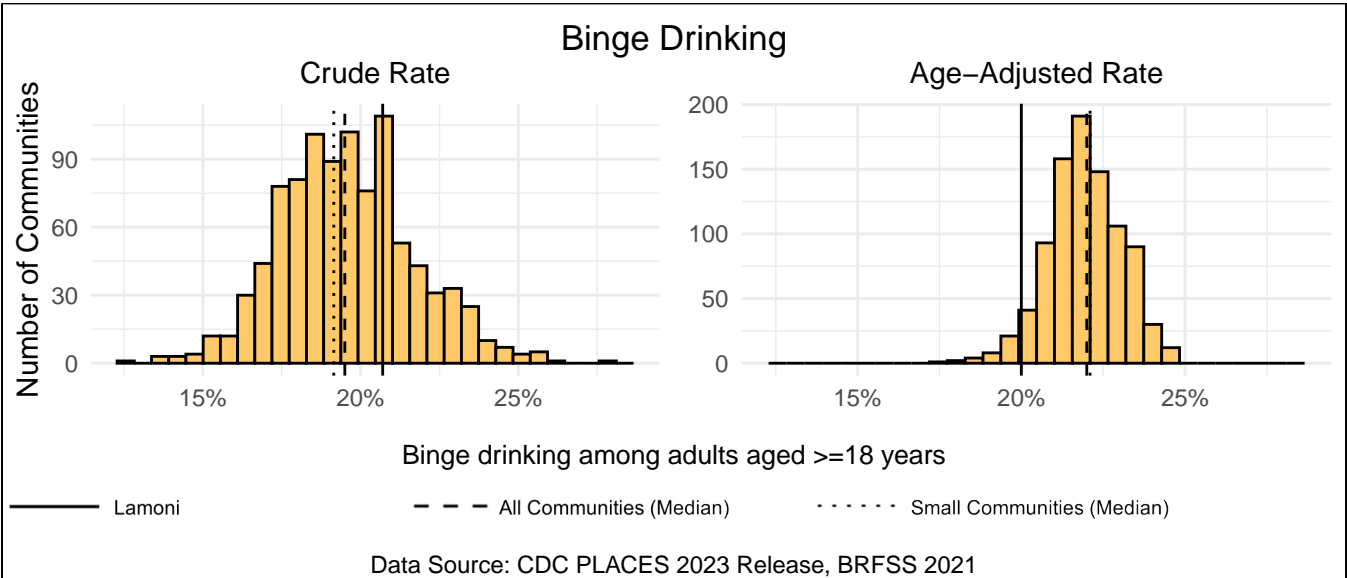
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Lamoni has a crude rate of 20.7% for binge drinking among adults aged ≥ 18 years, which ranks 687th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Lamoni is 20.0%, which ranks 37th out of 905 Iowa communities (1st out of 138 small communities).

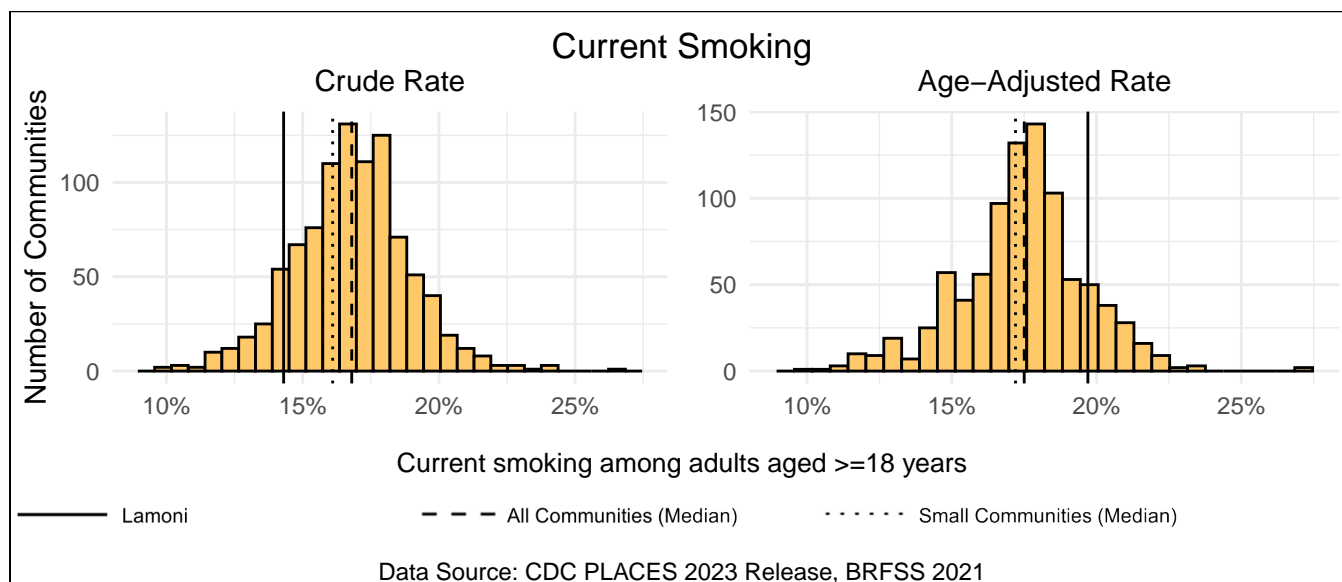
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	20.7%	19.5%	19.1%
Age-Adjusted	20.0%	22.0%	22.1%



Current Smoking

Lamoni has a crude rate of 14.3% for current smoking among adults aged ≥ 18 years, which ranks 92nd out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Lamoni is 19.7%, which ranks 771st out of 905 Iowa communities (125th out of 138 small communities).

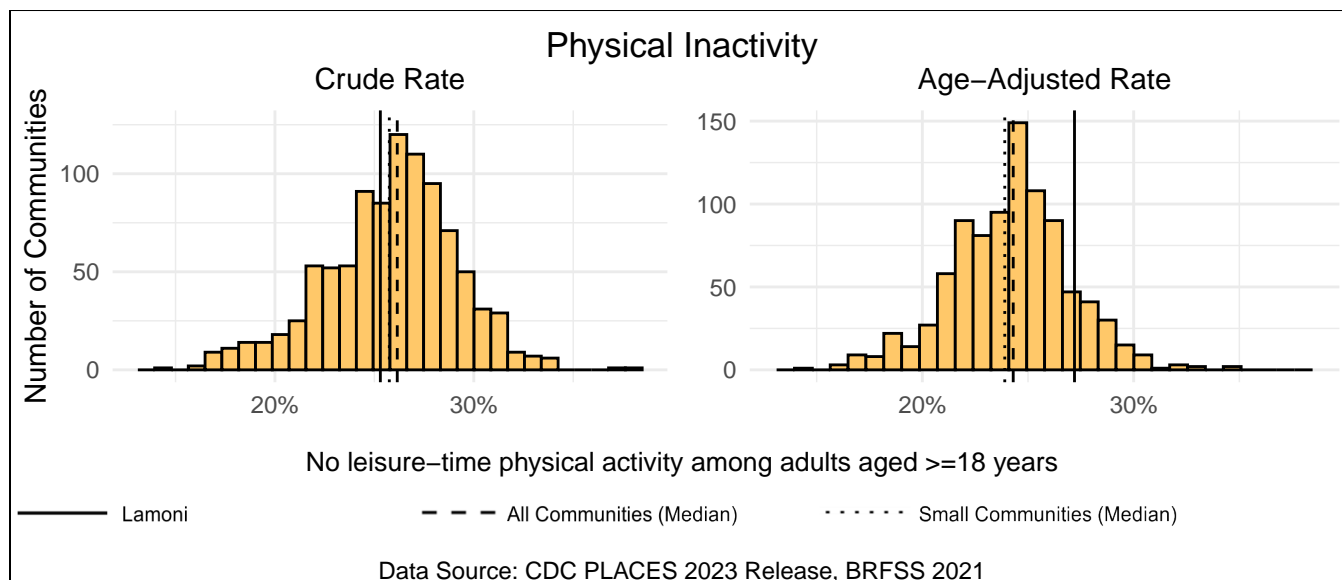
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	14.3%	16.8%	16.1%
Age-Adjusted	19.7%	17.5%	17.2%



Physical Inactivity

Lamoni has a crude rate of 25.3% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 384th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Lamoni is 27.2%, which ranks 784th out of 905 Iowa communities (125th out of 138 small communities).

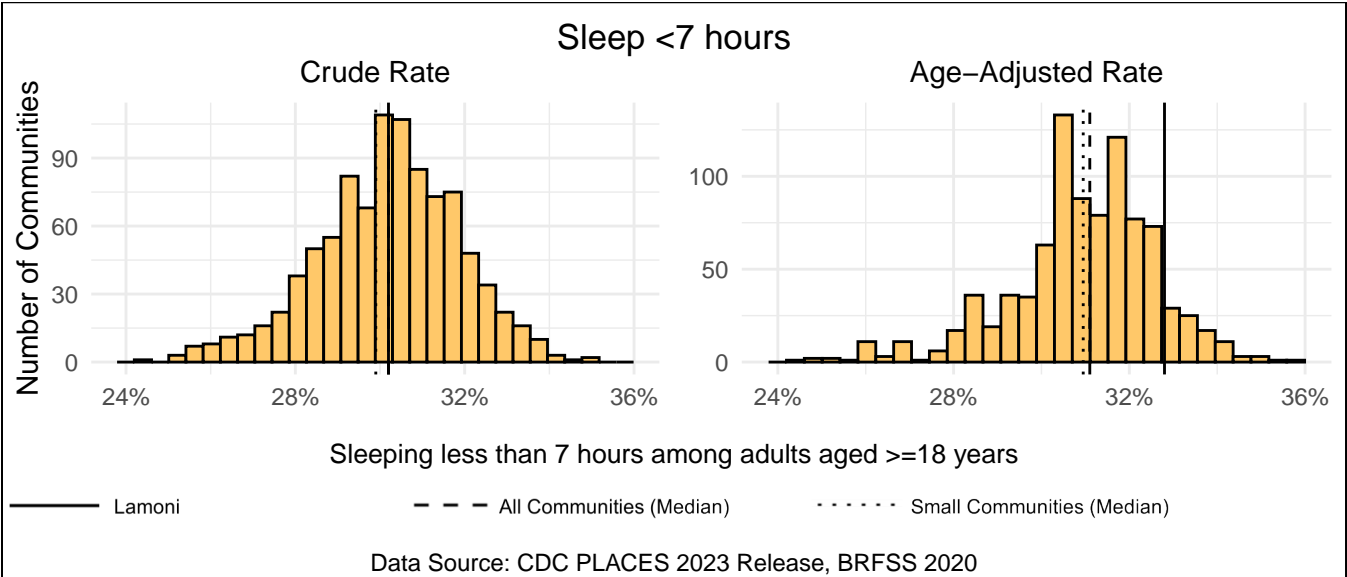
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	25.3%	26.1%	25.8%
Age-Adjusted	27.2%	24.3%	23.9%



Sleep <7 hours

Lamoni has a crude rate of 30.2% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 456th out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Lamoni is 32.8%, which ranks 816th out of 905 Iowa communities (127th out of 138 small communities).

Measure Type	Lamoni	All Comm.	Small Comm.
Crude	30.2%	30.2%	29.9%
Age-Adjusted	32.8%	31.1%	31.0%



Health Outcomes

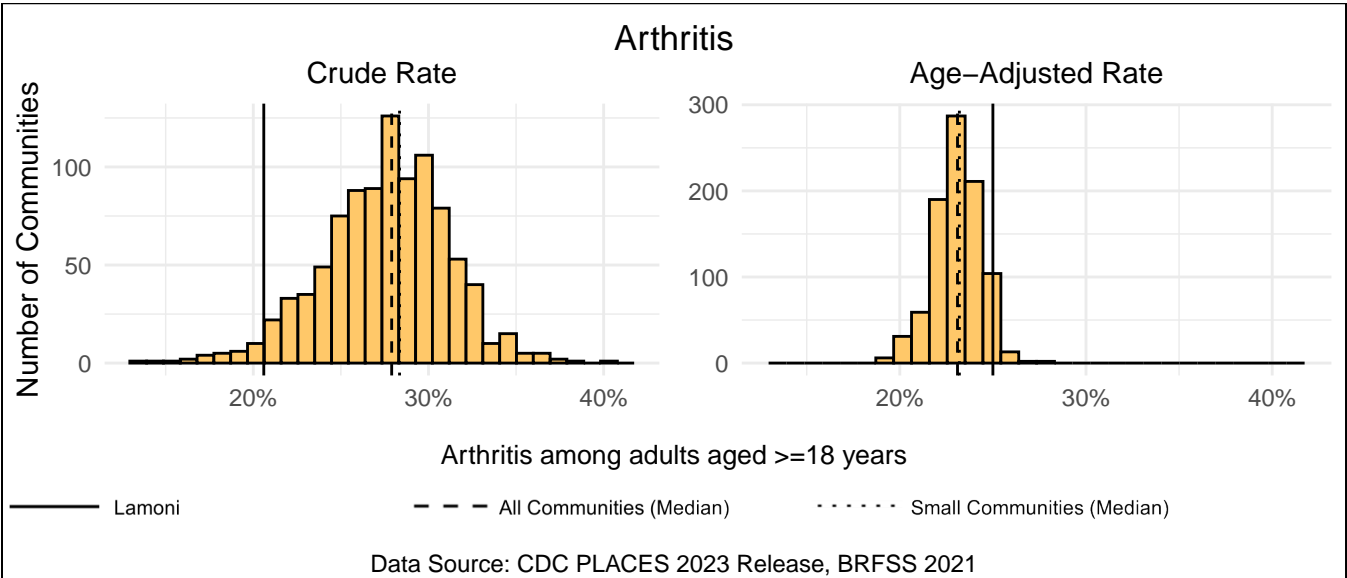
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Lamoni has a crude rate of 20.6% for arthritis among adults aged ≥ 18 years, which ranks 29th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Lamoni is 25.0%, which ranks 855th out of 905 Iowa communities (133rd out of 138 small communities).

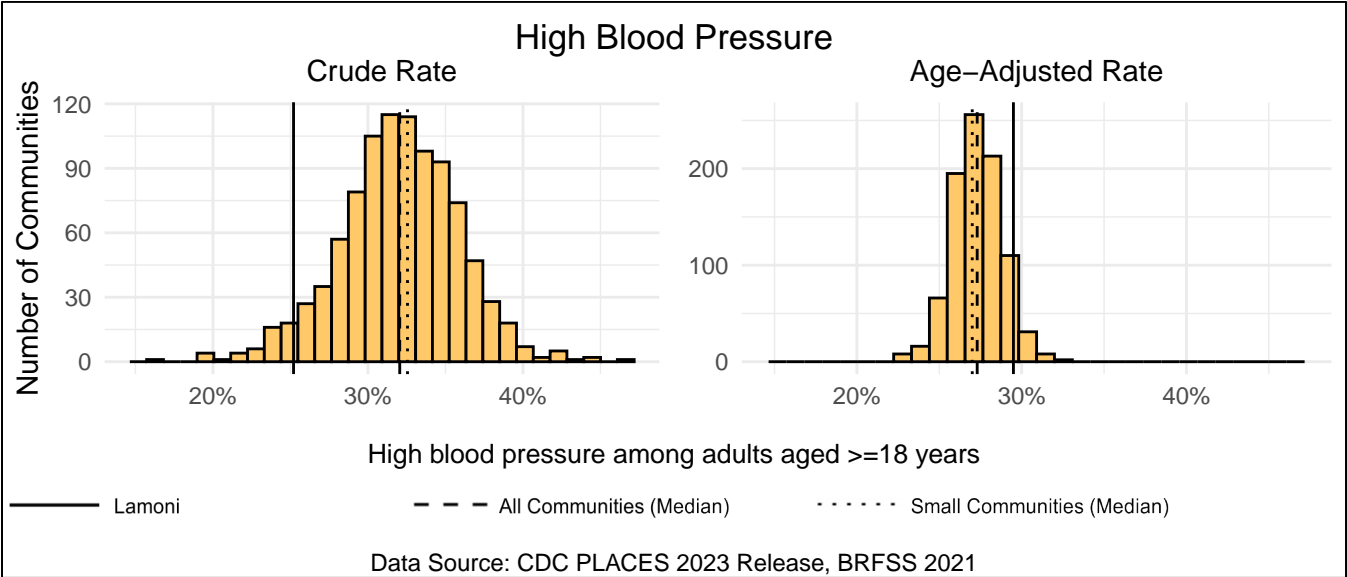
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	20.6%	27.9%	28.4%
Age-Adjusted	25.0%	23.1%	23.2%



High Blood Pressure

Lamoni has a crude rate of 25.2% for high blood pressure among adults aged ≥ 18 years, which ranks 47th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Lamoni is 29.5%, which ranks 829th out of 905 Iowa communities (132nd out of 138 small communities).

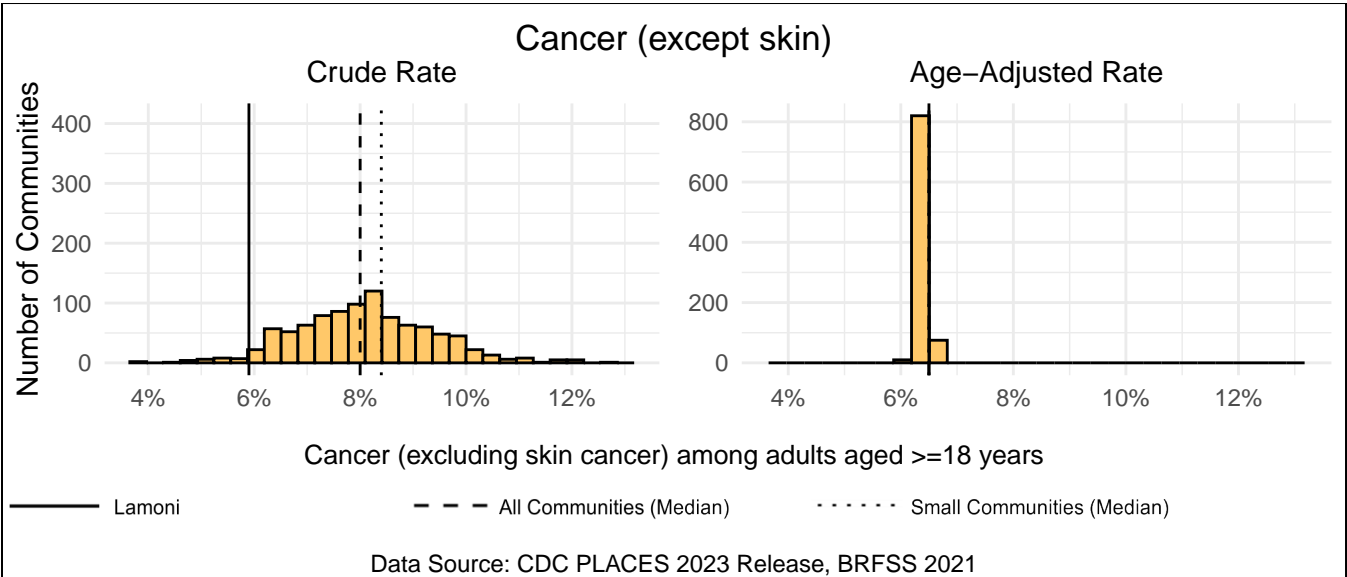
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	25.2%	32.0%	32.5%
Age-Adjusted	29.5%	27.3%	27.0%



Cancer (except skin)

Lamoni has a crude rate of 5.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 29th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Lamoni is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

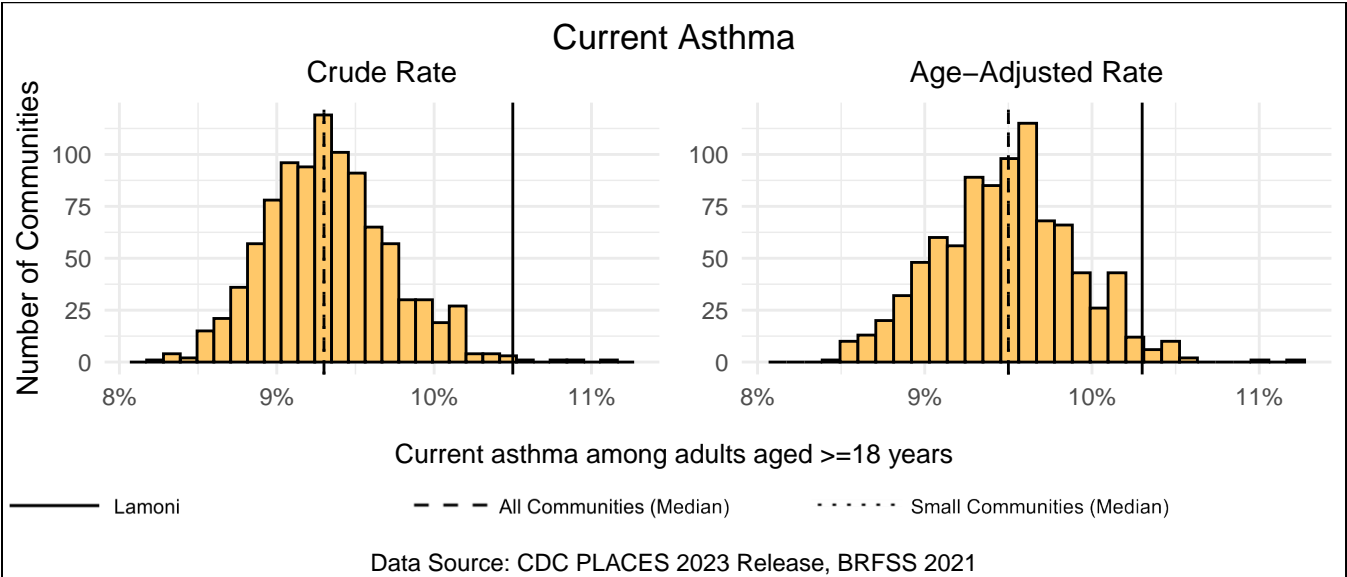
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	5.9%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Lamoni has a crude rate of 10.5% for current asthma among adults aged ≥ 18 years, which ranks 952nd out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lamoni is 10.3%, which ranks 874th out of 905 Iowa communities (138th out of 138 small communities).

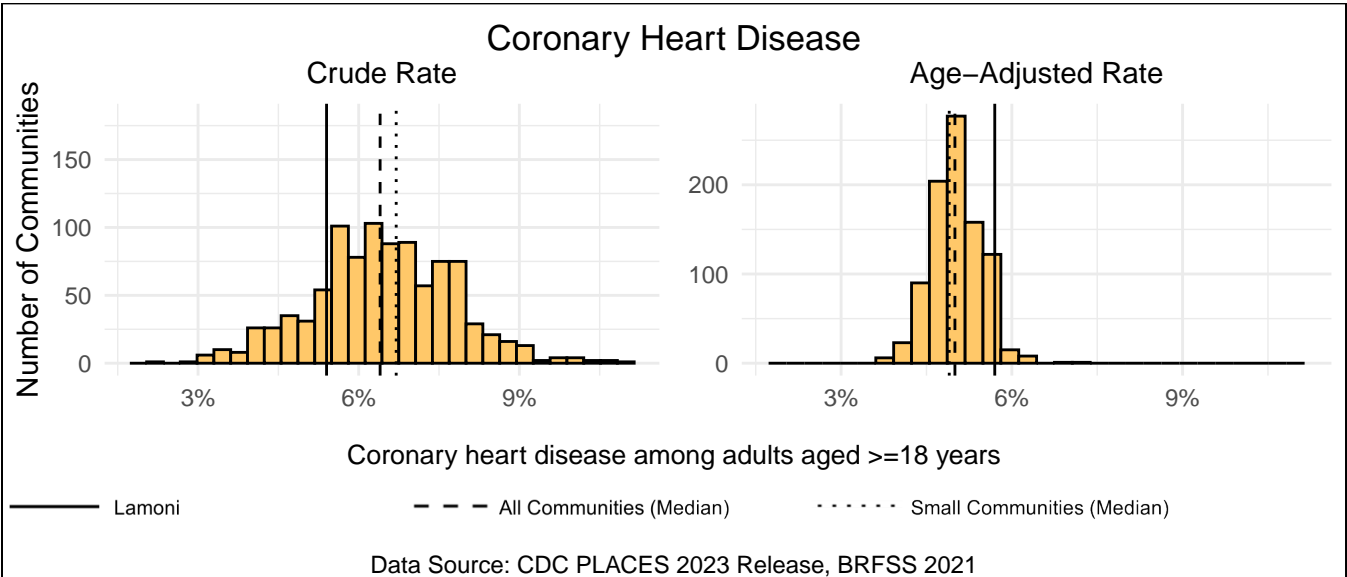
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	10.5%	9.3%	9.3%
Age-Adjusted	10.3%	9.5%	9.5%



Coronary Heart Disease

Lamoni has a crude rate of 5.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 172nd out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Lamoni is 5.7%, which ranks 836th out of 905 Iowa communities (135th out of 138 small communities).

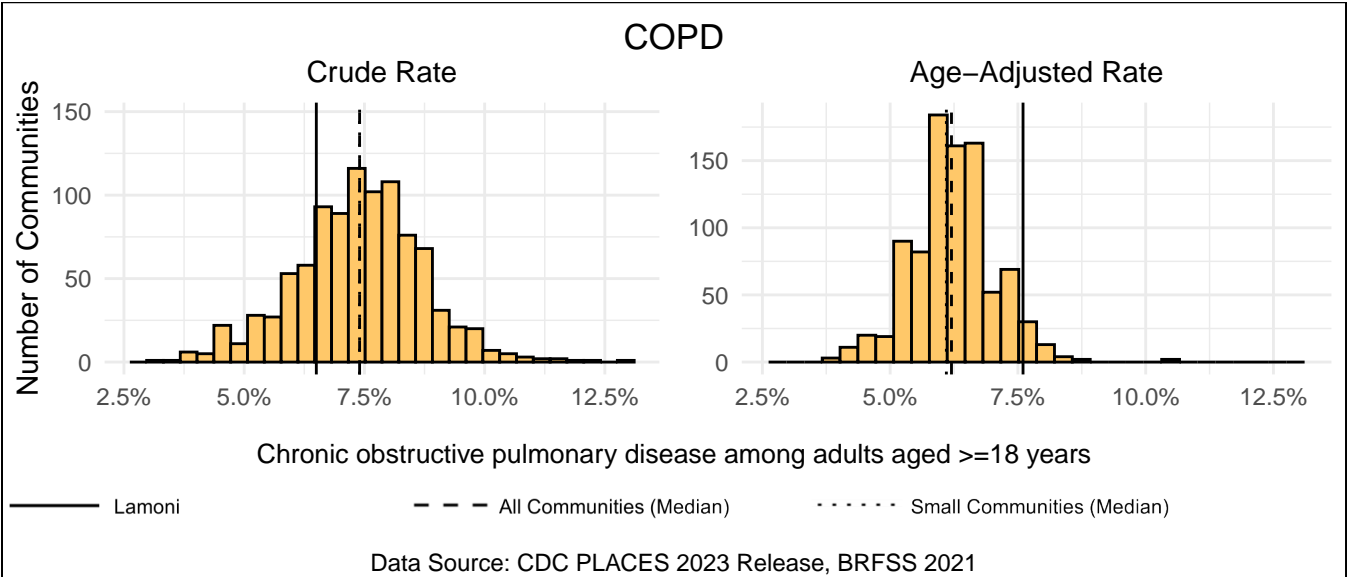
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	5.4%	6.4%	6.7%
Age-Adjusted	5.7%	5.0%	4.9%



COPD

Lamoni has a crude rate of 6.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 213th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Lamoni is 7.6%, which ranks 855th out of 905 Iowa communities (134th out of 138 small communities).

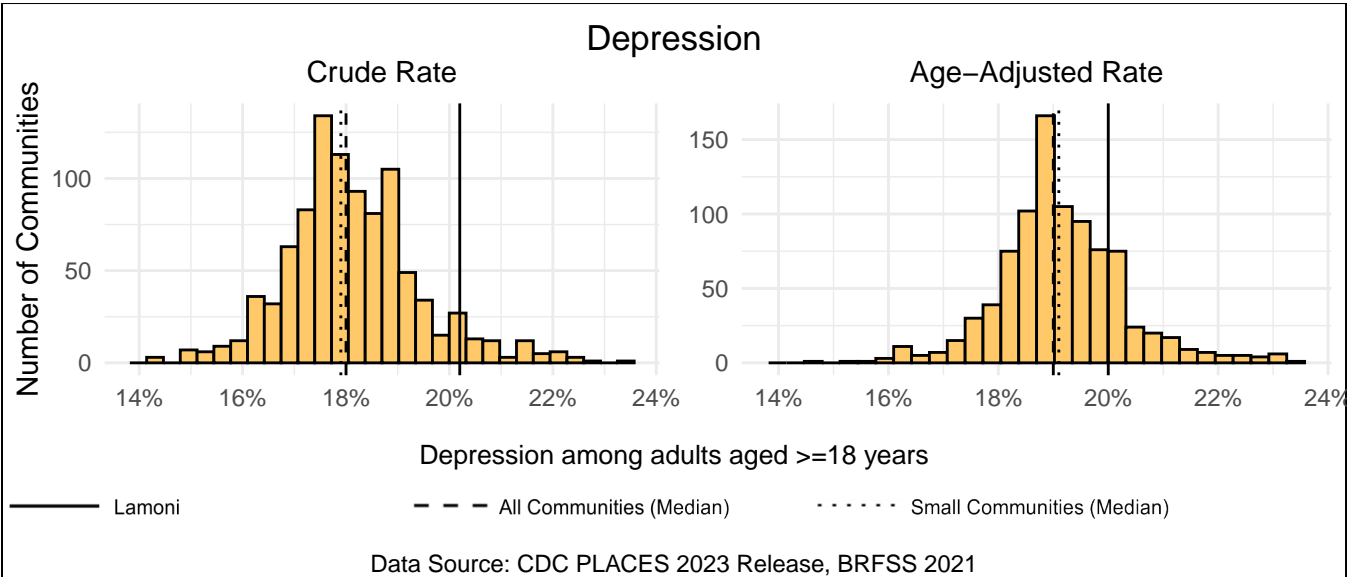
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	6.5%	7.4%	7.4%
Age-Adjusted	7.6%	6.2%	6.1%



Depression

Lamoni has a crude rate of 20.2% for depression among adults aged >=18 years, which ranks 888th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Lamoni is 20.0%, which ranks 733rd out of 905 Iowa communities (110th out of 138 small communities).

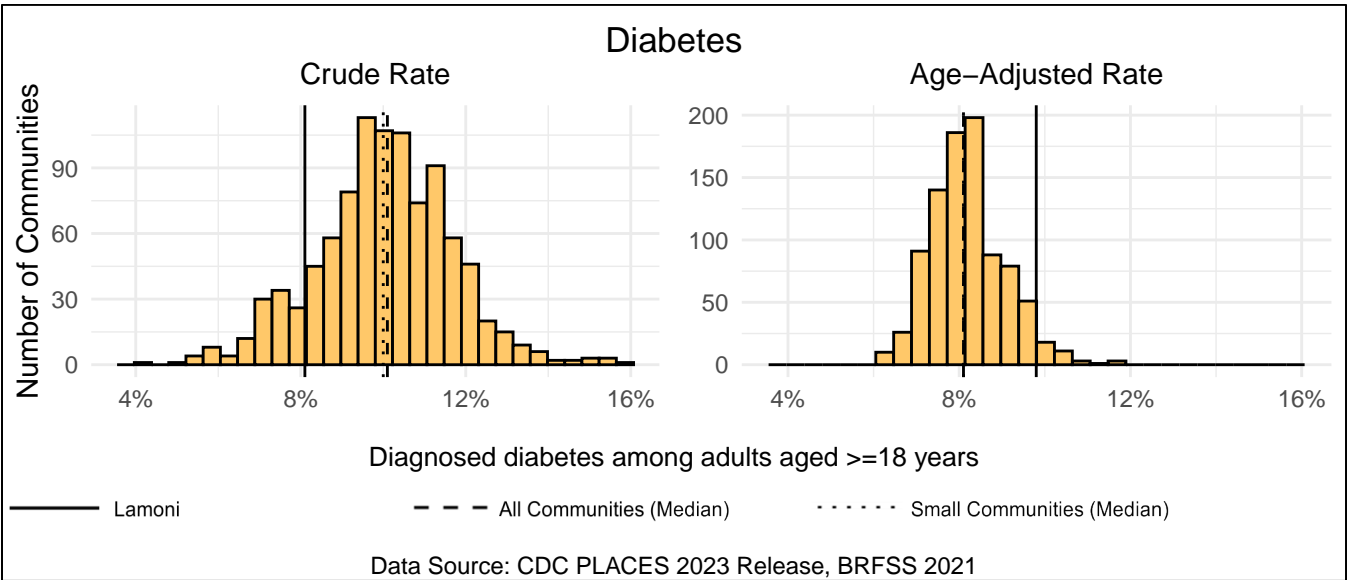
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	20.2%	18.0%	17.9%
Age-Adjusted	20.0%	19.0%	19.1%



Diabetes

Lamoni has a crude rate of 8.1% for diagnosed diabetes among adults aged >=18 years, which ranks 113th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Lamoni is 9.8%, which ranks 864th out of 905 Iowa communities (135th out of 138 small communities).

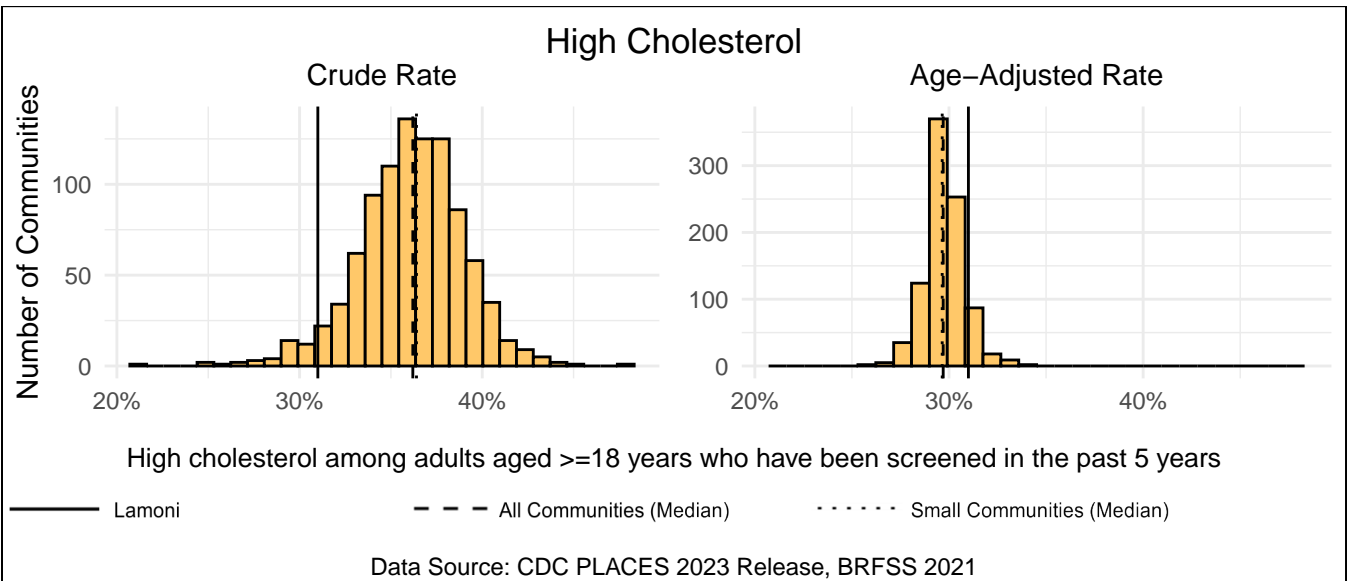
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	8.1%	10.1%	10.0%
Age-Adjusted	9.8%	8.1%	8.1%



High Cholesterol

Lamoni has a crude rate of 31.0% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 45th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Lamoni is 31.0%, which ranks 818th out of 905 Iowa communities (131st out of 138 small communities).

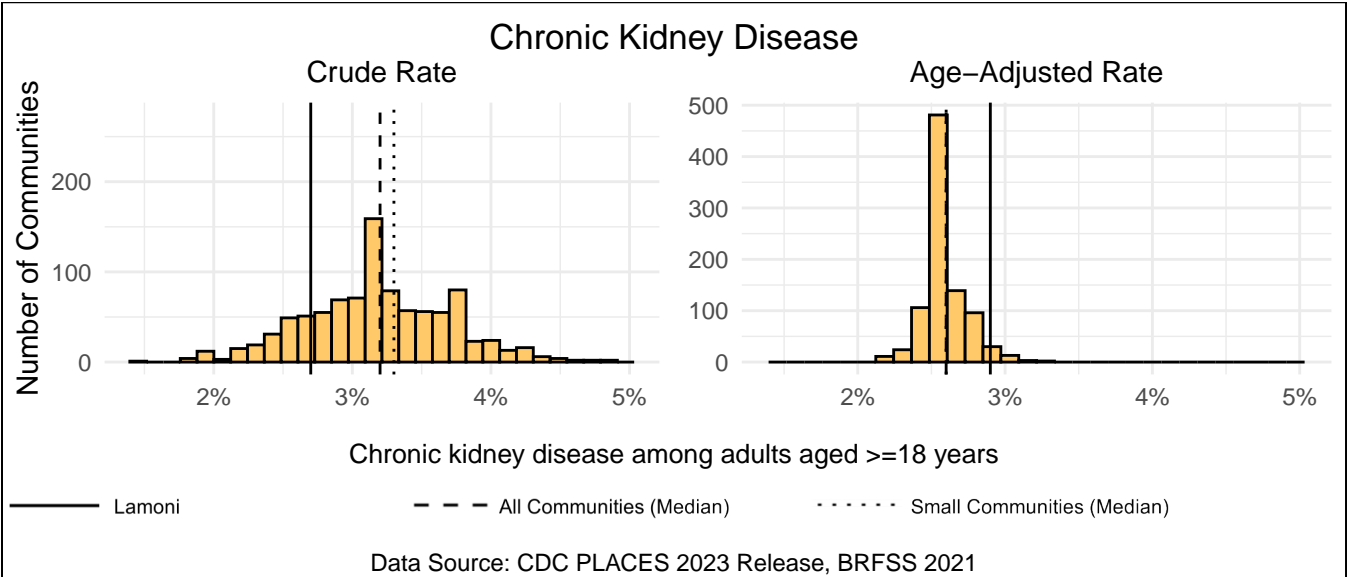
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	31.0%	36.2%	36.4%
Age-Adjusted	31.0%	29.7%	29.6%



Chronic Kidney Disease

Lamoni has a crude rate of 2.7% for chronic kidney disease among adults aged ≥ 18 years, which ranks 135th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Lamoni is 2.9%, which ranks 858th out of 905 Iowa communities (136th out of 138 small communities).

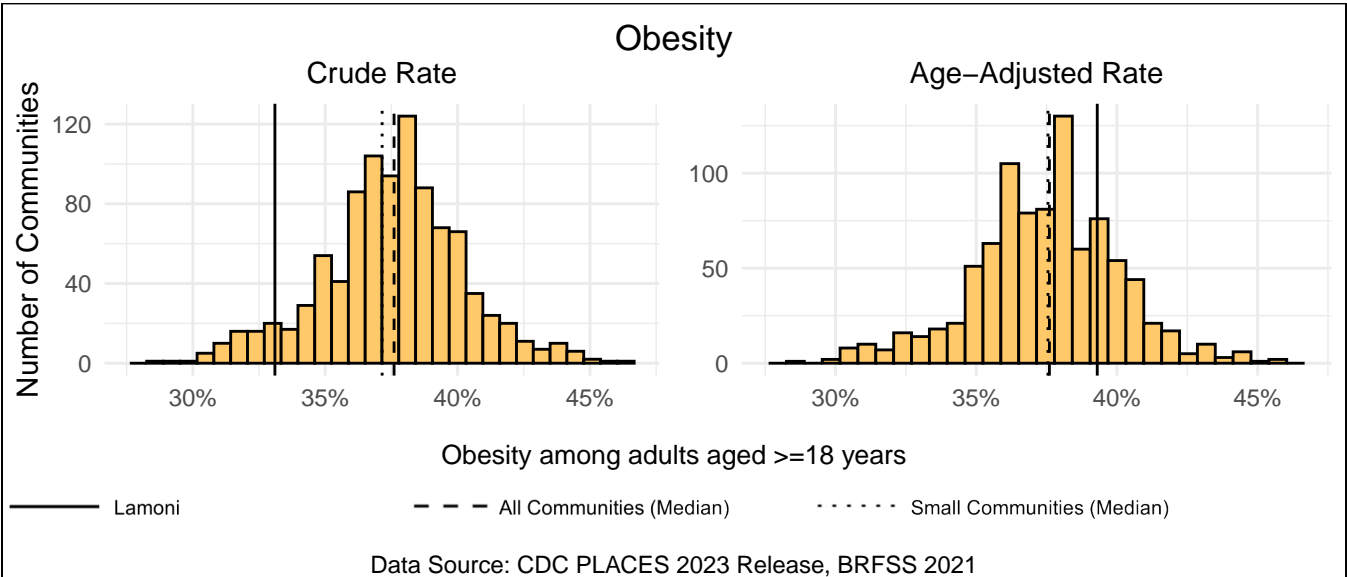
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	2.7%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Lamoni has a crude rate of 33.1% for obesity among adults aged ≥ 18 years, which ranks 58th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Lamoni is 39.3%, which ranks 688th out of 905 Iowa communities (107th out of 138 small communities).

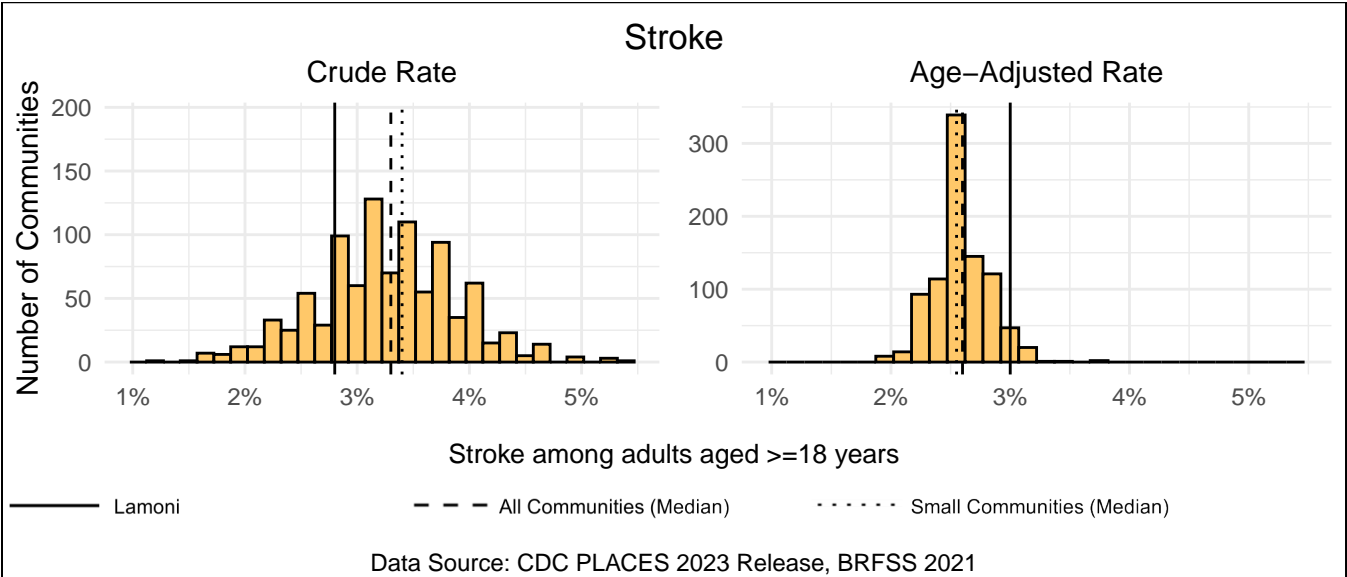
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	33.1%	37.6%	37.2%
Age-Adjusted	39.3%	37.6%	37.5%



Stroke

Lamoni has a crude rate of 2.8% for stroke among adults aged ≥ 18 years, which ranks 181st out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Lamoni is 3.0%, which ranks 835th out of 905 Iowa communities (133rd out of 138 small communities).

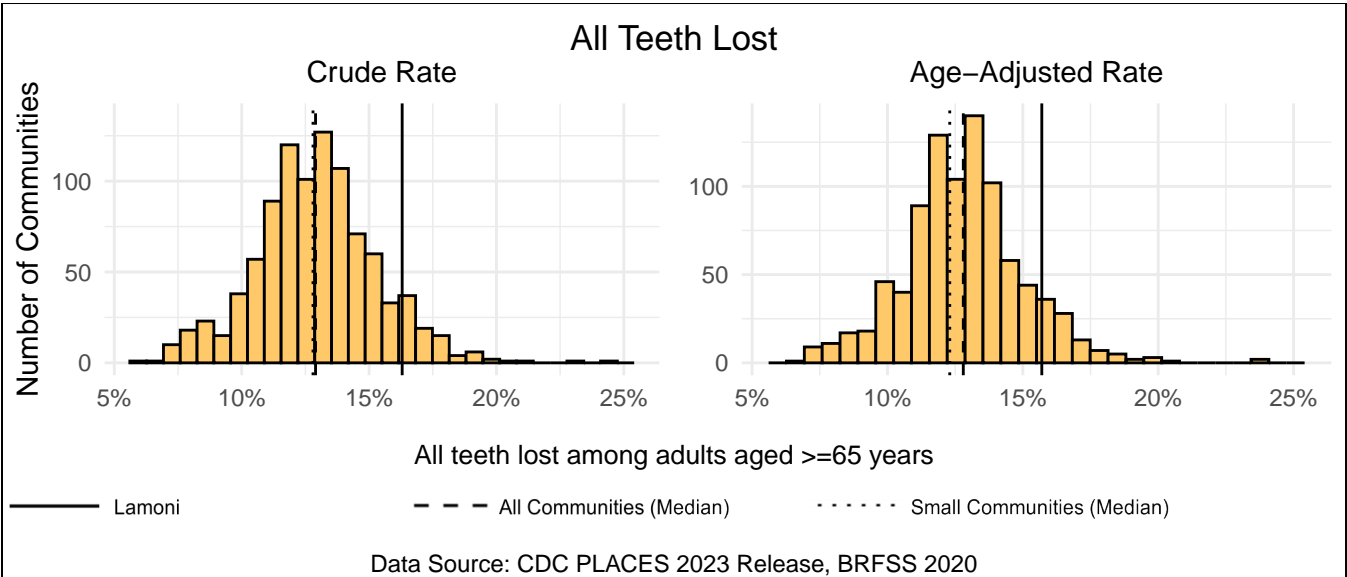
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	2.8%	3.3%	3.4%
Age-Adjusted	3.0%	2.6%	2.5%



All Teeth Lost

Lamoni has a crude rate of 16.3% for all teeth lost among adults aged ≥ 65 years, which ranks 876th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Lamoni is 15.7%, which ranks 816th out of 905 Iowa communities (131st out of 138 small communities).

Measure Type	Lamoni	All Comm.	Small Comm.
Crude	16.3%	12.9%	12.8%
Age-Adjusted	15.7%	12.8%	12.3%



Prevention

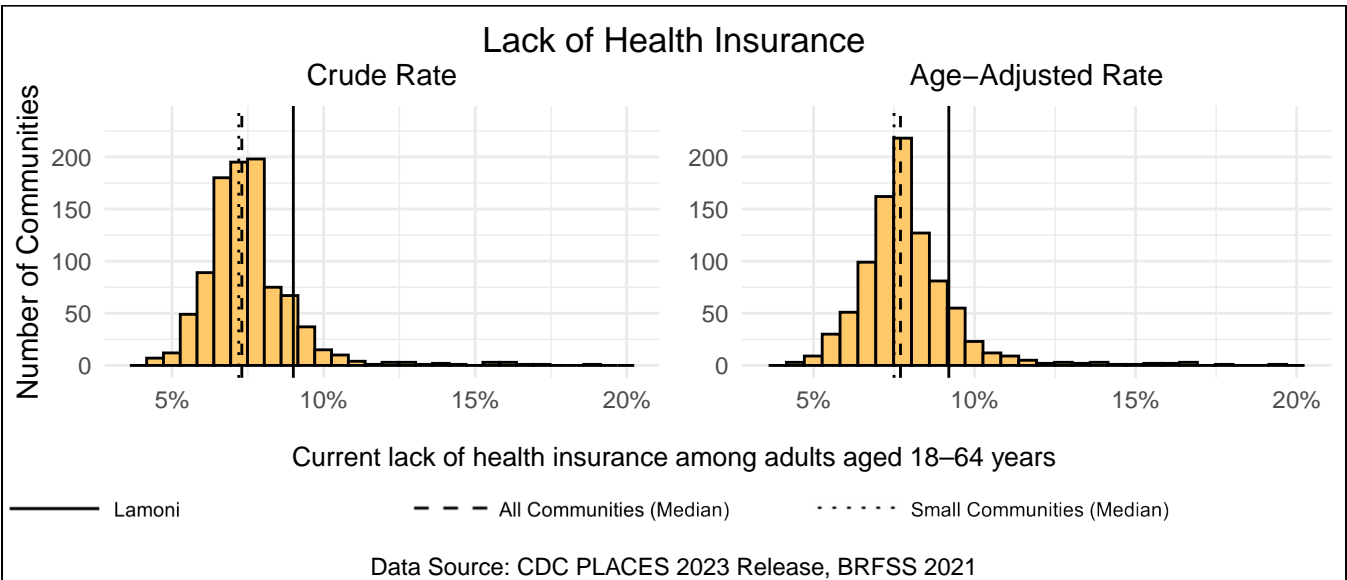
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Lamoni has a crude rate of 9.0% for current lack of health insurance among adults aged 18–64 years, which ranks 853rd out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Lamoni is 9.2%, which ranks 781st out of 905 Iowa communities (126th out of 138 small communities).

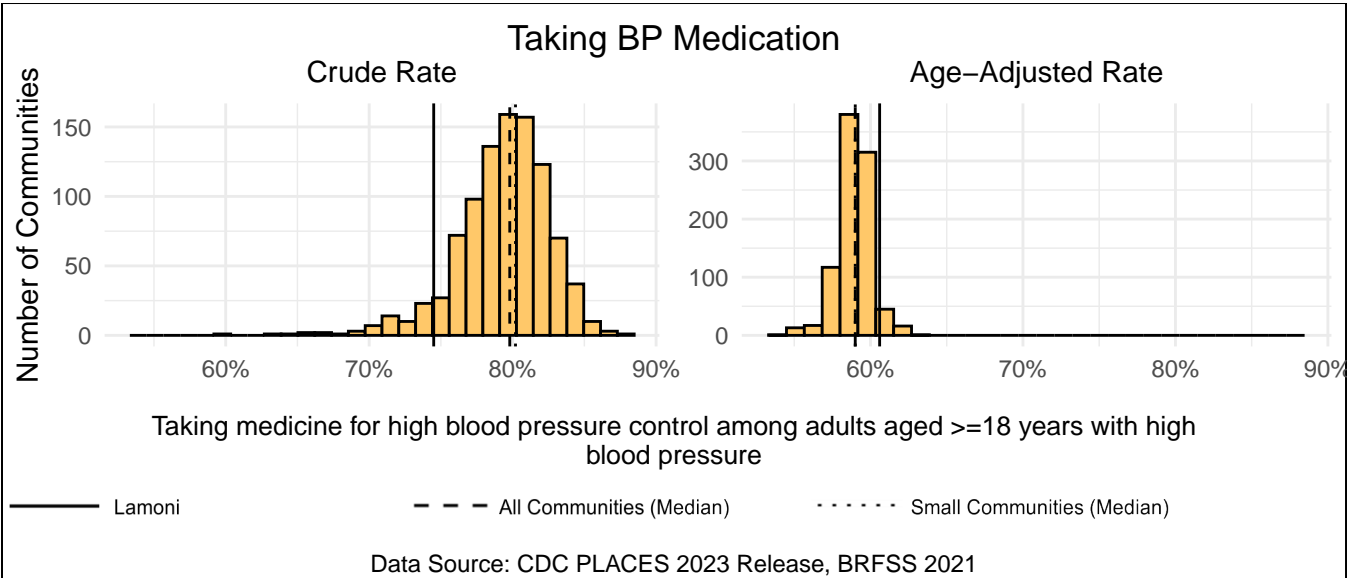
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	9.0%	7.3%	7.2%
Age-Adjusted	9.2%	7.7%	7.5%



Taking BP Medication

Lamoni has a crude rate of 74.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 889th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Lamoni is 60.6%, which ranks 50th out of 905 Iowa communities (7th out of 138 small communities).

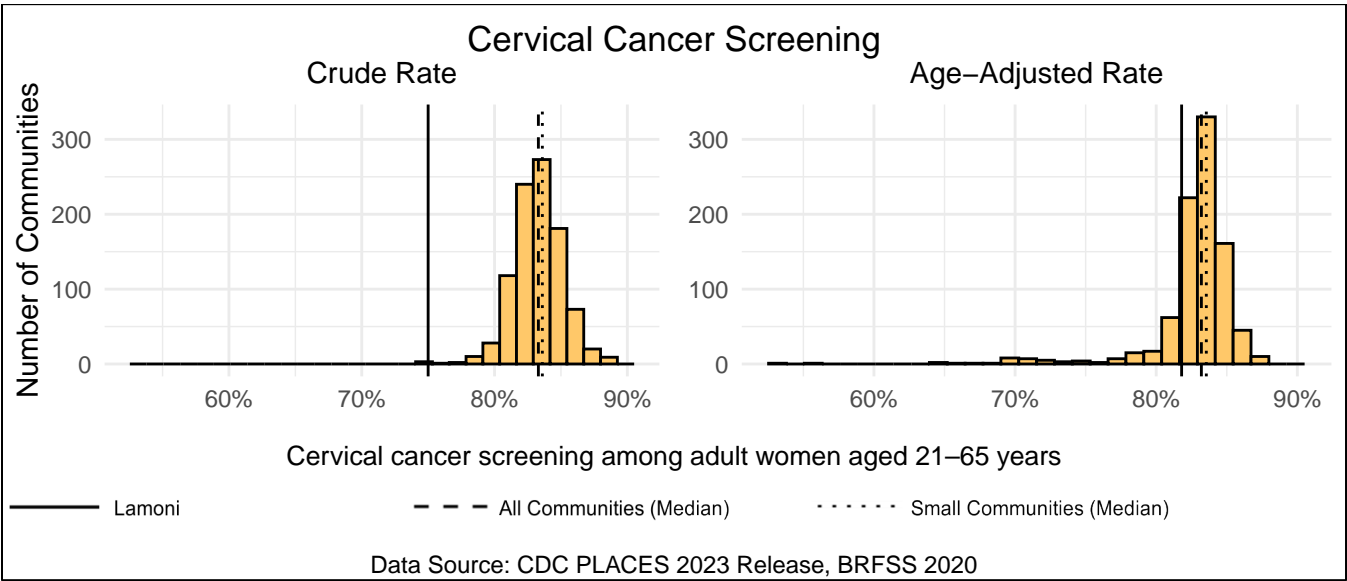
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	74.5%	79.8%	80.2%
Age-Adjusted	60.6%	59.0%	59.0%



Cervical Cancer Screening

Lamoni has a crude rate of 75.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 957th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lamoni is 81.8%, which ranks 744th out of 905 Iowa communities (129th out of 138 small communities).

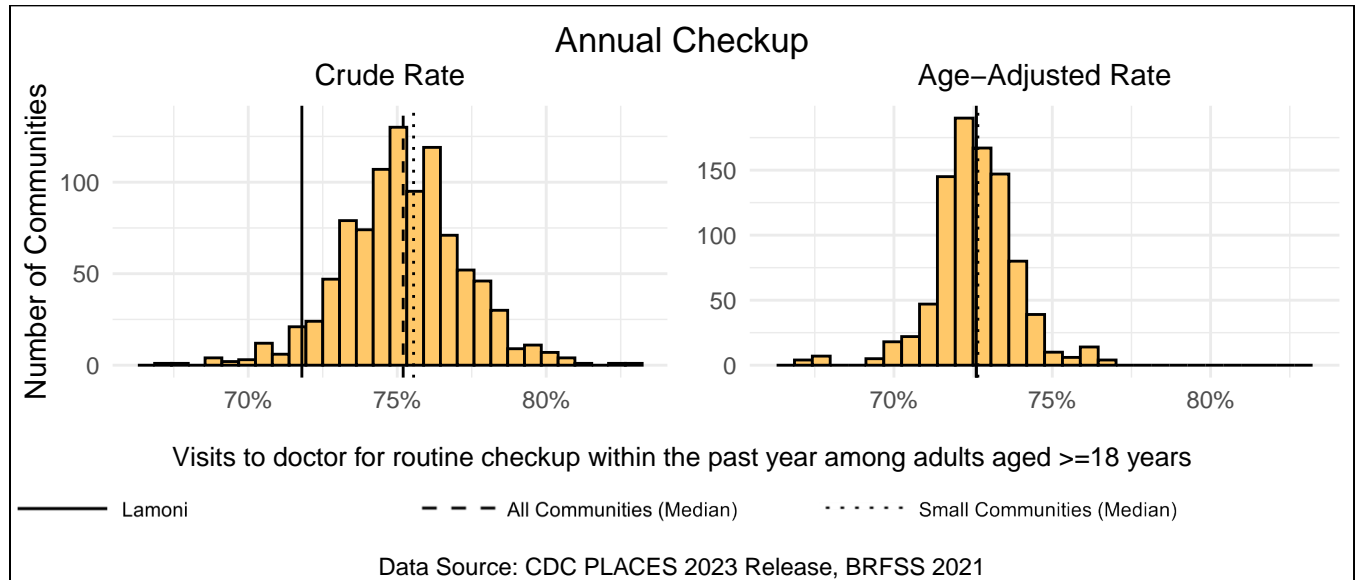
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	75.0%	83.3%	83.6%
Age-Adjusted	81.8%	83.2%	83.5%



Annual Checkup

Lamoni has a crude rate of 71.8% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 914th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Lamoni is 72.6%, which ranks 435th out of 905 Iowa communities (70th out of 138 small communities).

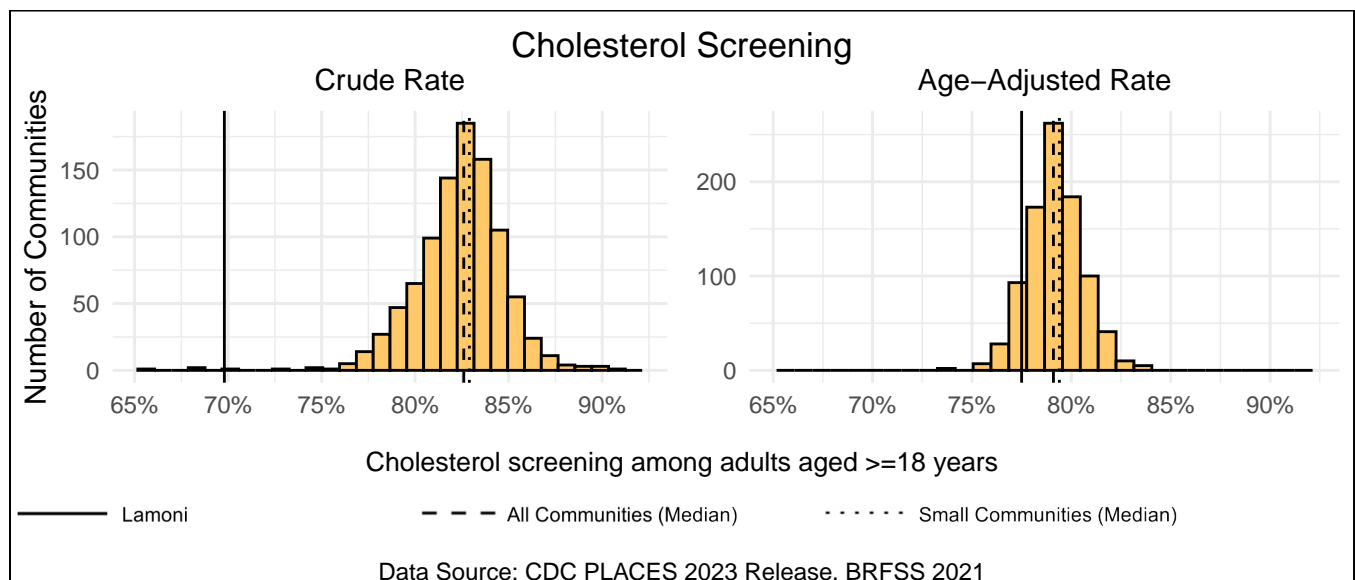
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	71.8%	75.2%	75.5%
Age-Adjusted	72.6%	72.6%	72.6%



Cholesterol Screening

Lamoni has a crude rate of 69.8% for cholesterol screening among adults aged ≥ 18 years, which ranks 955th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Lamoni is 77.5%, which ranks 805th out of 905 Iowa communities (129th out of 138 small communities).

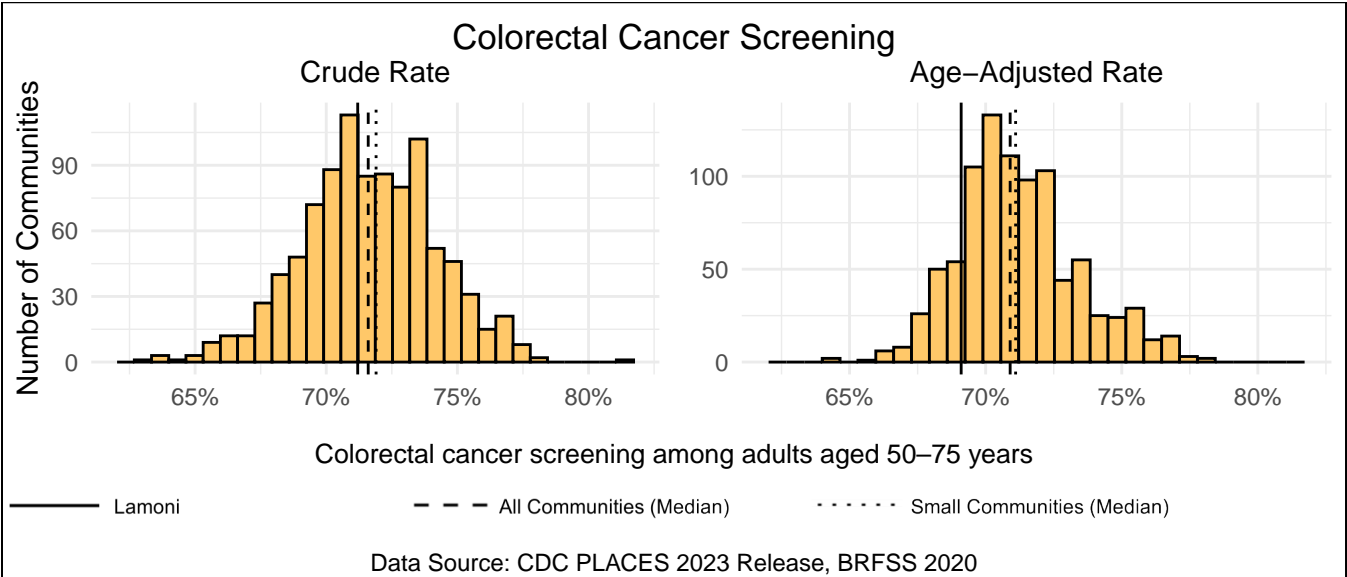
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	69.8%	82.6%	82.9%
Age-Adjusted	77.5%	79.1%	79.4%



Colorectal Cancer Screening

Lamoni has a crude rate of 71.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 530th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Lamoni is 69.1%, which ranks 766th out of 905 Iowa communities (127th out of 138 small communities).

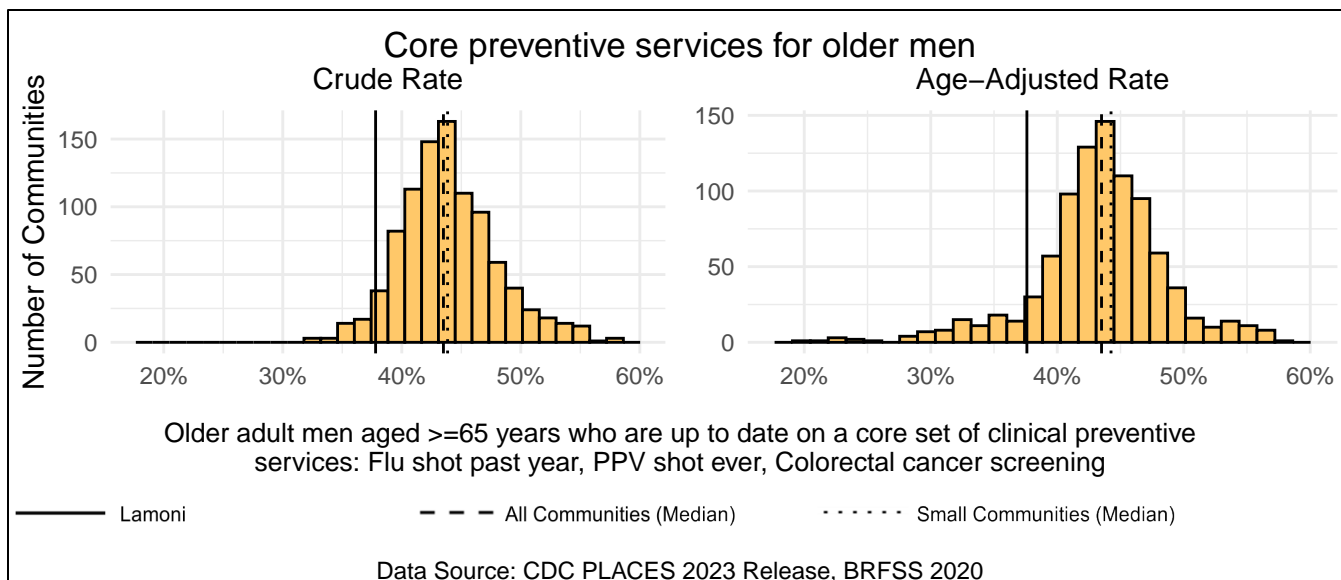
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	71.2%	71.6%	71.9%
Age-Adjusted	69.1%	70.9%	71.1%



Core preventive services for older men

Lamoni has a crude rate of 37.8% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 912th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Lamoni is 37.6%, which ranks 813th out of 905 Iowa communities (135th out of 138 small communities).

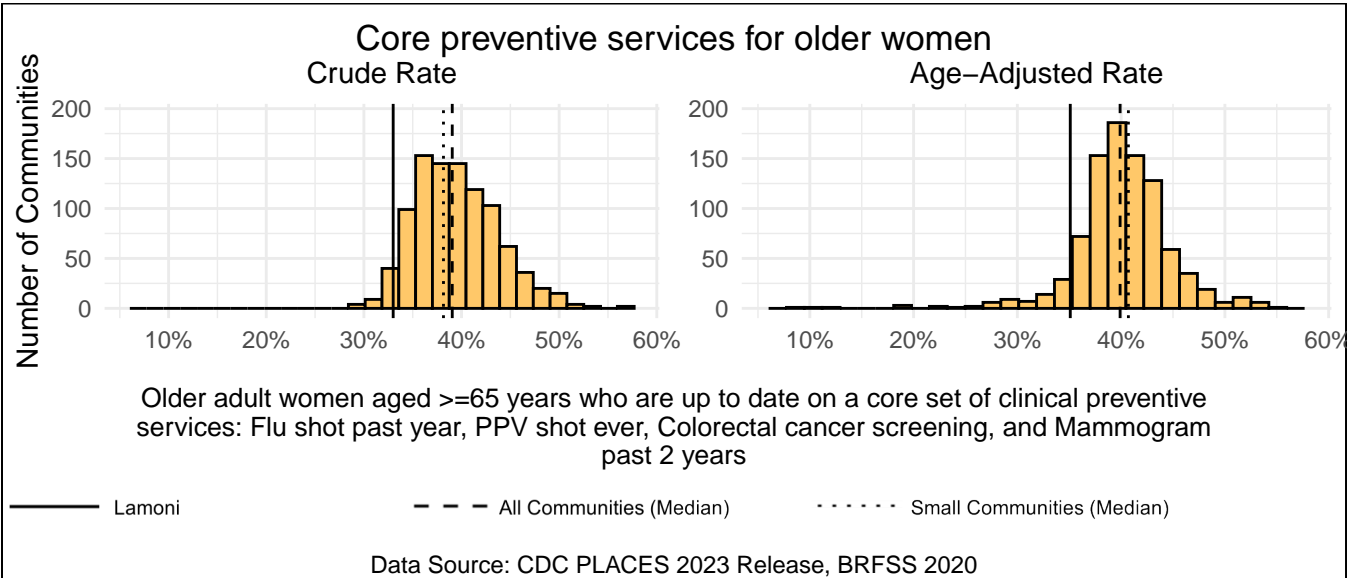
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	37.8%	43.5%	43.8%
Age-Adjusted	37.6%	43.5%	44.2%



Core preventive services for older women

Lamoni has a crude rate of 33.0% 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 922nd out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Lamoni is 35.1%, which ranks 833rd out of 905 Iowa communities (137th out of 138 small communities).

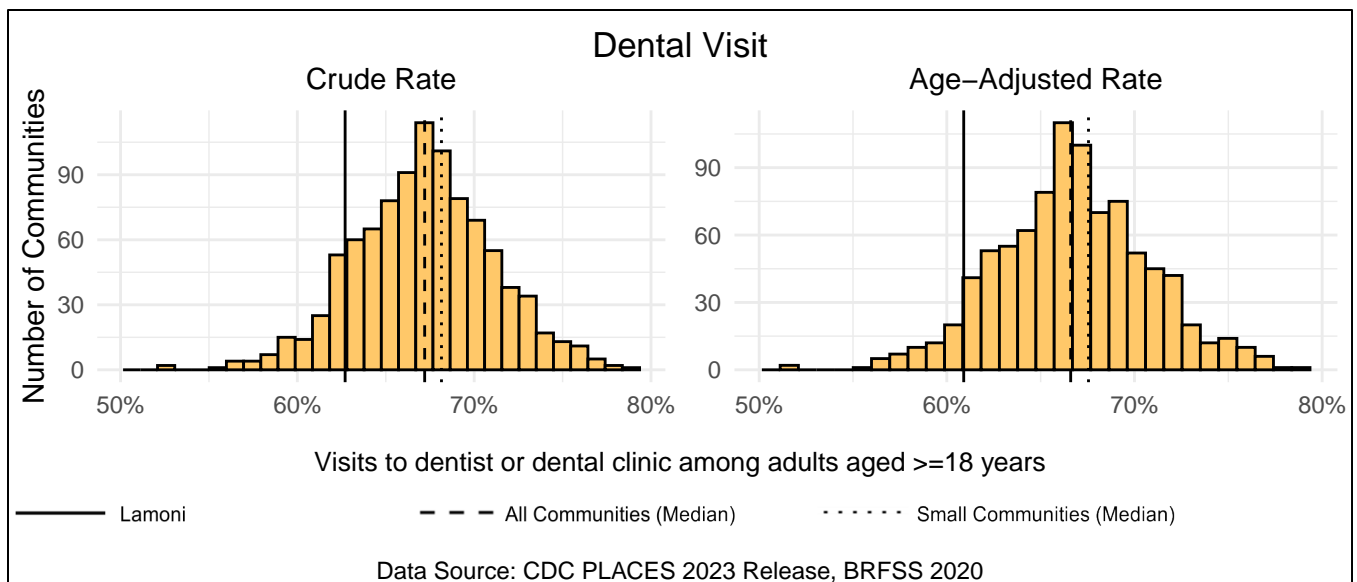
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	33.0%	39.0%	38.2%
Age-Adjusted	35.1%	39.9%	40.7%



Dental Visit

Lamoni has a crude rate of 62.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 842nd out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Lamoni is 60.9%, which ranks 847th out of 905 Iowa communities (135th out of 138 small communities).

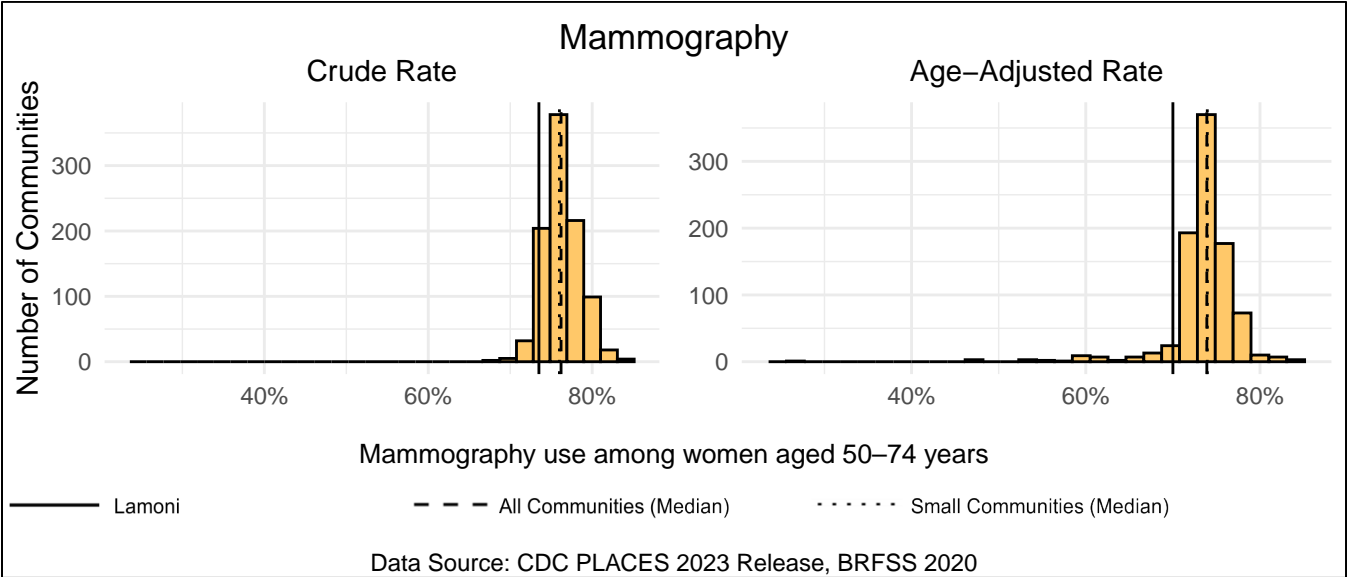
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	62.7%	67.2%	68.2%
Age-Adjusted	60.9%	66.6%	67.5%



Mammography

Lamoni 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 Lamoni is 70.0%, which ranks 839th out of 905 Iowa communities (133rd out of 138 small communities).

Measure Type	Lamoni	All Comm.	Small Comm.
Crude	73.5%	76.2%	76.0%
Age-Adjusted	70.0%	73.9%	74.0%



Disability

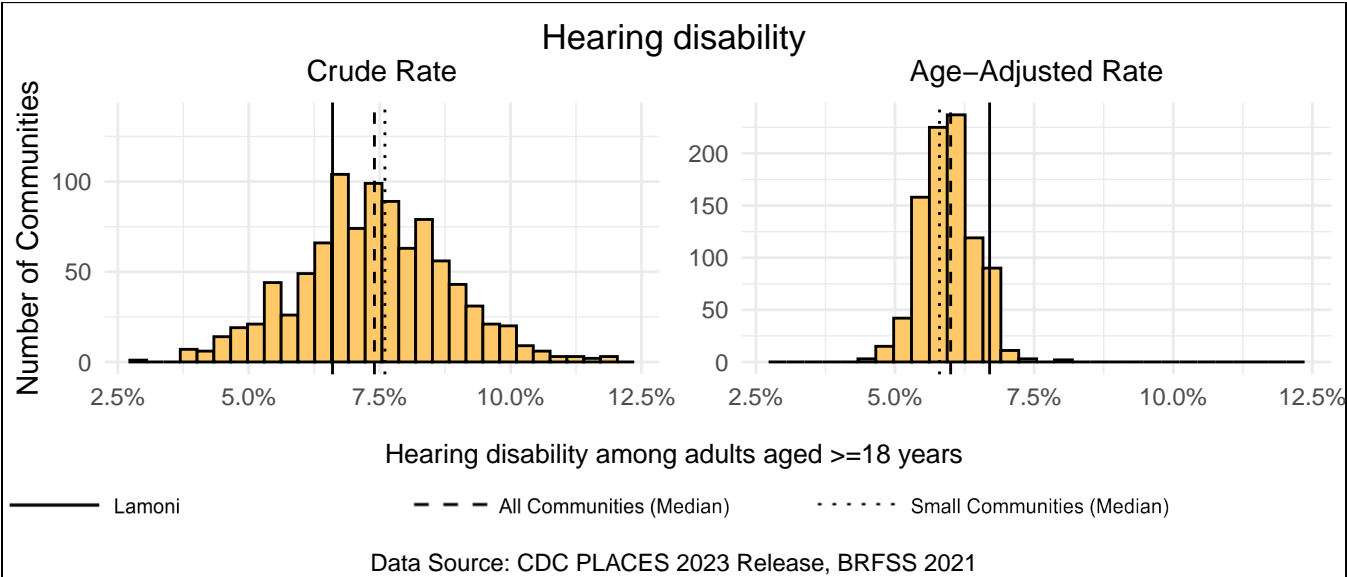
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Lamoni has a crude rate of 6.6% for hearing disability among adults aged ≥ 18 years, which ranks 254th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Lamoni is 6.7%, which ranks 838th out of 905 Iowa communities (134th out of 138 small communities).

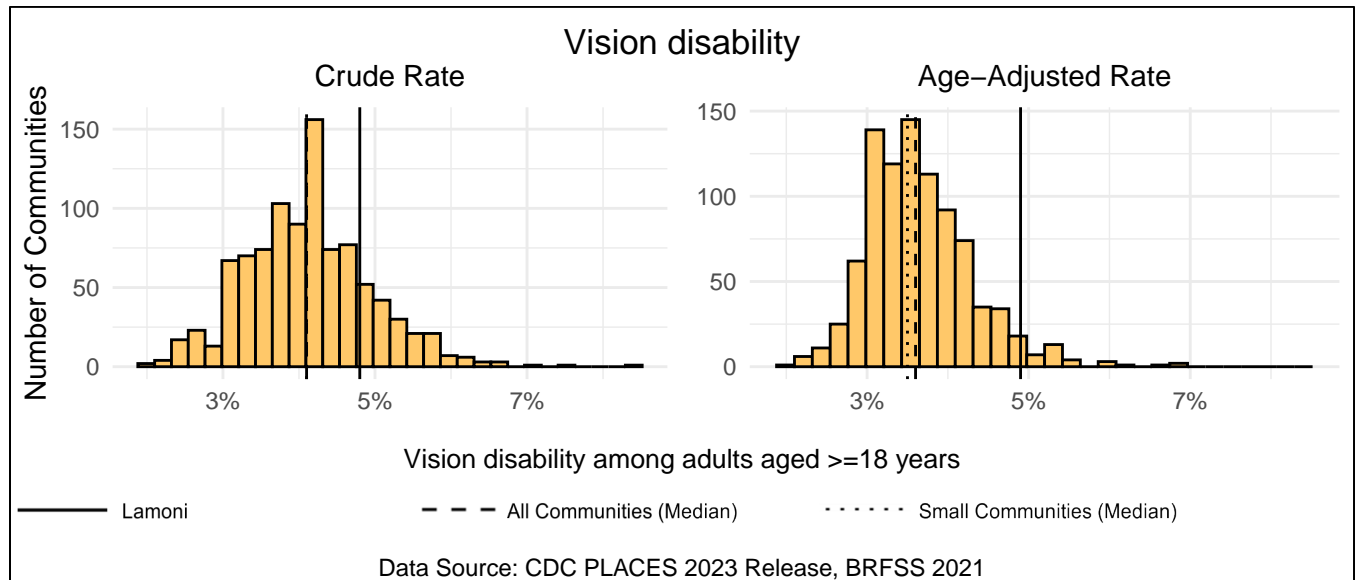
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	6.6%	7.4%	7.6%
Age-Adjusted	6.7%	6.0%	5.8%



Vision disability

Lamoni has a crude rate of 4.8% for vision disability among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Lamoni is 4.9%, which ranks 867th out of 905 Iowa communities (135th out of 138 small communities).

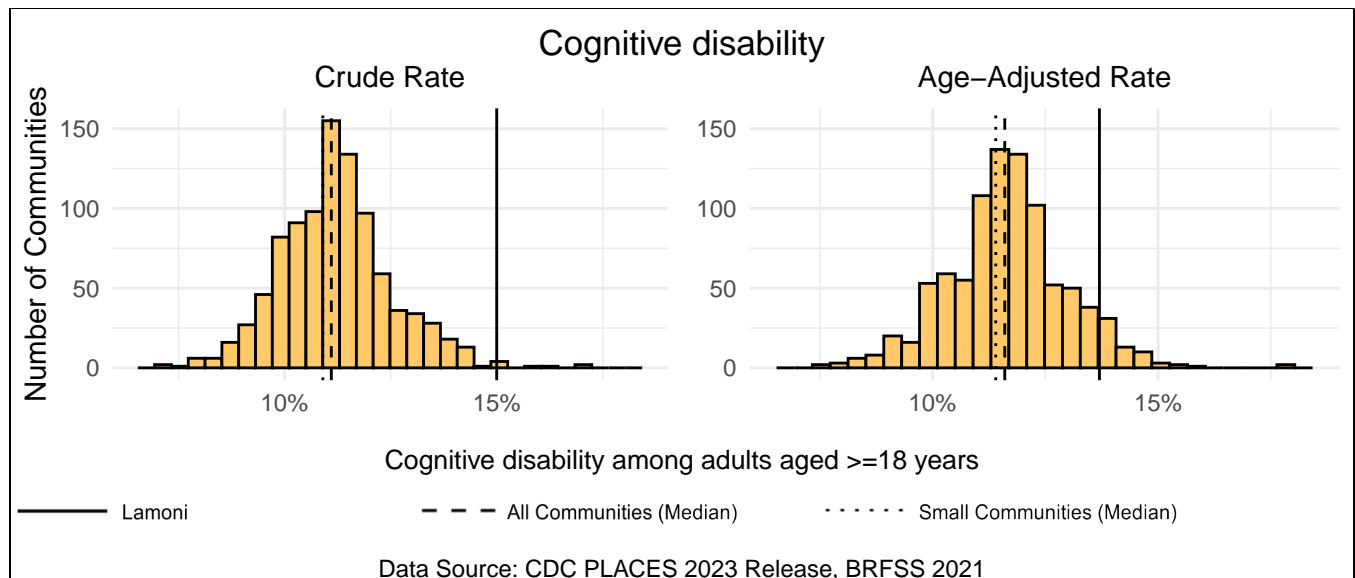
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	4.8%	4.1%	4.1%
Age-Adjusted	4.9%	3.6%	3.5%



Cognitive disability

Lamoni has a crude rate of 15.0% for cognitive disability among adults aged ≥ 18 years, which ranks 952nd out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Lamoni is 13.7%, which ranks 844th out of 905 Iowa communities (132nd out of 138 small communities).

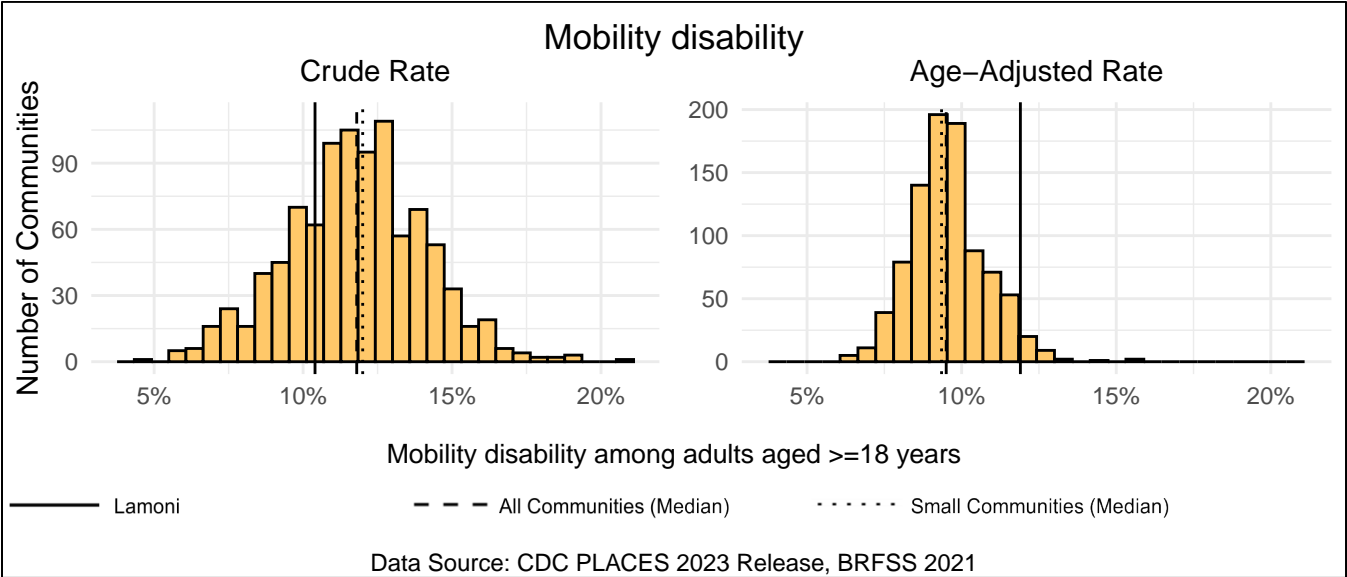
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	15.0%	11.1%	10.9%
Age-Adjusted	13.7%	11.6%	11.4%



Mobility disability

Lamoni has a crude rate of 10.4% for mobility disability among adults aged ≥ 18 years, which ranks 245th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Lamoni is 11.9%, which ranks 872nd out of 905 Iowa communities (137th out of 138 small communities).

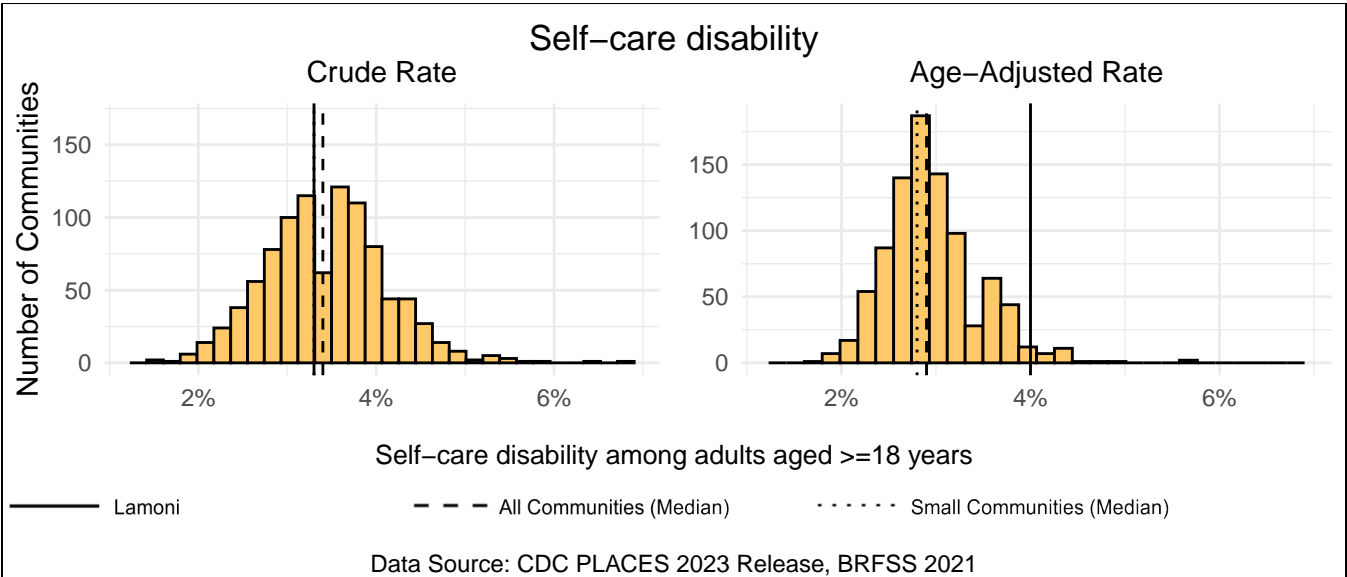
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	10.4%	11.8%	12.0%
Age-Adjusted	11.9%	9.5%	9.4%



Self-care disability

Lamoni 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 Lamoni is 4.0%, which ranks 873rd out of 905 Iowa communities (137th out of 138 small communities).

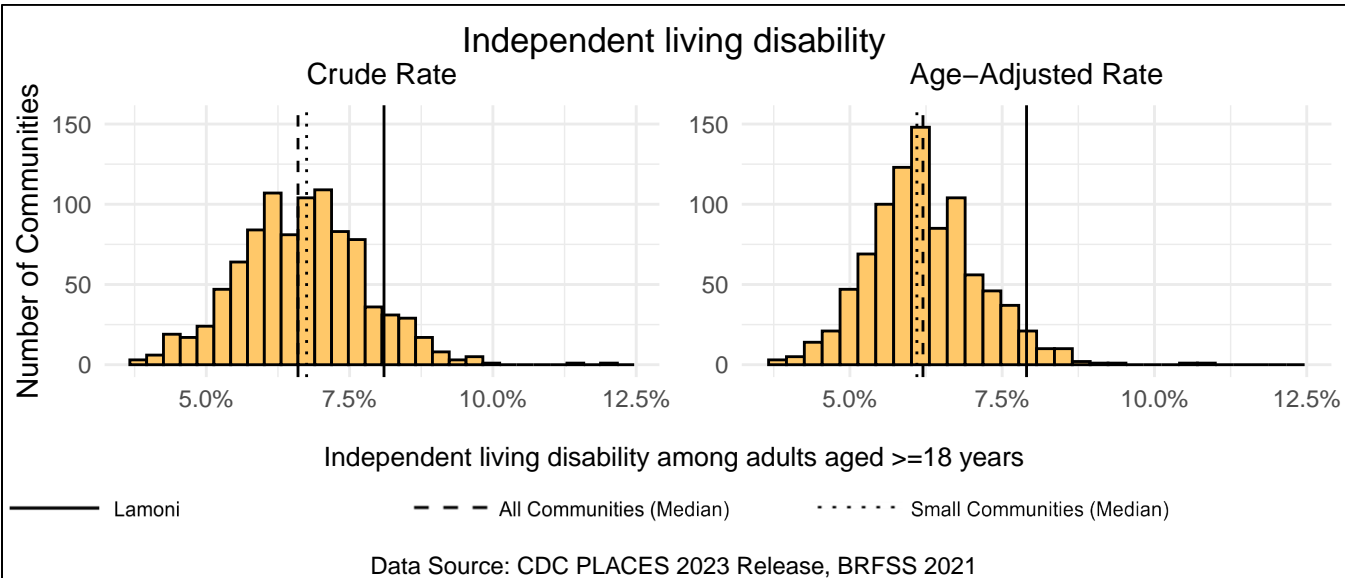
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	3.3%	3.4%	3.3%
Age-Adjusted	4.0%	2.9%	2.8%



Independent living disability

Lamoni has a crude rate of 8.1% for independent living disability among adults aged ≥ 18 years, which ranks 863rd out of 958 Iowa communities (126th out of 138 small communities). The age-adjusted rate for Lamoni is 7.9%, which ranks 868th out of 905 Iowa communities (136th out of 138 small communities).

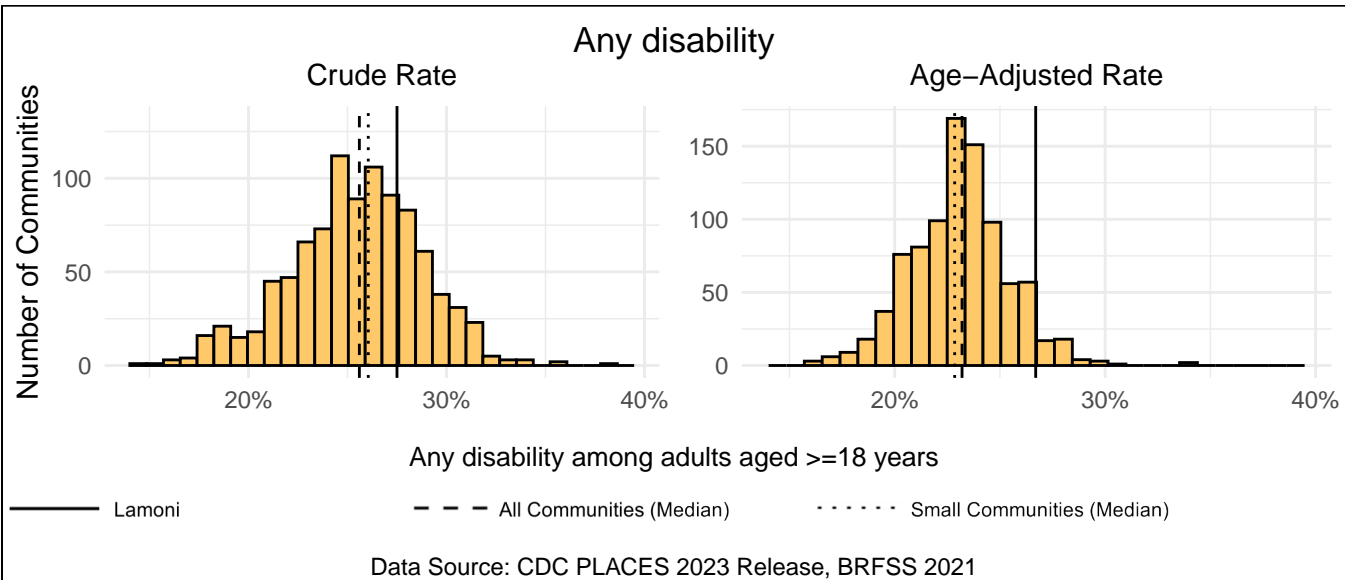
Measure Type	Lamoni	All Comm.	Small Comm.
Crude	8.1%	6.6%	6.8%
Age-Adjusted	7.9%	6.2%	6.1%



Any disability

Lamoni has a crude rate of 27.5% for any disability among adults aged ≥ 18 years, which ranks 697th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Lamoni is 26.7%, which ranks 854th out of 905 Iowa communities (134th out of 138 small communities).

Measure Type	Lamoni	All Comm.	Small Comm.
Crude	27.5%	25.6%	26.0%
Age-Adjusted	26.7%	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: Lamoni 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	221	9.9% (8.3% - 11.6%)	866	11.4% (9.6% - 13.3%)
Health Status	General Health	436	14.1% (11.5% - 17.5%)	843	15.7% (13.1% - 18.7%)
Health Status	Mental Health	955	18.6% (15.4% - 21.7%)	834	16.9% (14.4% - 19.5%)
Health Risk Behaviors	Physical Inactivity	384	25.3% (20.1% - 30.7%)	784	27.2% (22.2% - 32.8%)
Health Risk Behaviors	Current Smoking	92	14.3% (11.0% - 18.2%)	771	19.7% (15.5% - 24.3%)
Health Risk Behaviors	Binge Drinking	687	20.7% (17.1% - 24.6%)	37	20.0% (16.4% - 23.9%)
Health Risk Behaviors	Sleep <7 hours	456	30.2% (28.0% - 32.4%)	816	32.8% (31.1% - 34.4%)
Health Outcomes	Current Asthma	952	10.5% (9.0% - 12.1%)	874	10.3% (9.0% - 11.8%)
Health Outcomes	COPD	213	6.5% (5.3% - 8.0%)	855	7.6% (6.2% - 9.1%)
Health Outcomes	Depression	888	20.2% (16.4% - 24.6%)	733	20.0% (16.3% - 24.2%)
Health Outcomes	Stroke	181	2.8% (2.4% - 3.3%)	835	3.0% (2.6% - 3.4%)
Health Outcomes	High Cholesterol	45	31.0% (27.3% - 35.1%)	818	31.0% (26.4% - 36.0%)
Health Outcomes	Chronic Kidney Disease	135	2.7% (2.4% - 3.0%)	858	2.9% (2.6% - 3.3%)
Health Outcomes	Cancer (except skin)	29	5.9% (5.3% - 6.6%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Arthritis	29	20.6% (17.6% - 24.1%)	855	25.0% (21.1% - 29.2%)
Health Outcomes	All Teeth Lost	876	16.3% (10.0% - 24.6%)	816	15.7% (9.9% - 22.8%)
Health Outcomes	Diabetes	113	8.1% (6.9% - 9.5%)	864	9.8% (8.3% - 11.5%)
Health Outcomes	High Blood Pressure	47	25.2% (21.8% - 28.9%)	829	29.5% (25.5% - 33.7%)
Health Outcomes	Obesity	58	33.1% (25.8% - 41.4%)	688	39.3% (31.2% - 48.1%)
Health Outcomes	Coronary Heart Disease	172	5.4% (4.6% - 6.3%)	836	5.7% (4.9% - 6.6%)
Prevention	Core preventive services for older women	922	33.0% (26.0% - 41.2%)	833	35.1% (27.8% - 42.9%)
Prevention	Cholesterol Screening	955	69.8% (64.9% - 74.5%)	805	77.5% (73.8% - 80.9%)
Prevention	Colorectal Cancer Screening	530	71.2% (67.8% - 74.2%)	766	69.1% (65.5% - 72.6%)
Prevention	Health Insurance	853	9.0% (6.4% - 13.2%)	781	9.2% (6.9% - 12.0%)
Prevention	Cervical Cancer Screening	957	75.0% (70.4% - 79.6%)	744	81.8% (78.8% - 84.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	889	74.5% (71.9% - 77.0%)	50	60.6% (55.6% - 65.7%)
Prevention	Annual Checkup	914	71.8% (66.1% - 77.0%)	435	72.6% (67.2% - 77.8%)
Prevention	Mammography	873	73.5% (69.0% - 78.1%)	839	70.0% (64.3% - 74.8%)
Prevention	Dental Visit	842	62.7% (56.6% - 68.2%)	847	60.9% (56.6% - 65.0%)
Prevention	Core preventive services for older men	912	37.8% (28.4% - 47.4%)	813	37.6% (28.7% - 47.2%)
Disability	Hearing Disability	254	6.6% (5.7% - 7.6%)	838	6.7% (5.9% - 7.6%)
Disability	Self-care Disability	386	3.3% (2.8% - 3.9%)	873	4.0% (3.4% - 4.7%)
Disability	Mobility Disability	245	10.4% (8.6% - 12.2%)	872	11.9% (10.0% - 14.1%)
Disability	Vision Disability	771	4.8% (4.0% - 5.8%)	867	4.9% (4.2% - 5.8%)
Disability	Any Disability	697	27.5% (22.5% - 33.2%)	854	26.7% (22.5% - 31.3%)
Disability	Cognitive Disability	952	15.0% (11.5% - 19.3%)	844	13.7% (11.4% - 16.3%)
Disability	Independent Living Disability	863	8.1% (6.4% - 10.3%)	868	7.9% (6.6% - 9.3%)

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)

Lamoni 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		