



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 Le Mars: Overview

Dear Community Members & Stakeholders of Le Mars,

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 Le Mars ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Le Mars'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 Le Mars. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Sleep <7 hours	81st	6th	Sleep <7 hours	68th	9th
Core preventive services for older men	205th	13th	Annual Checkup	74th	5th
Dental Visit	246th	15th	Taking BP Medication	91st	9th
Physical Inactivity	265th	17th	Cholesterol Screening	124th	12th
Annual Checkup	273rd	2nd	Core preventive services for older men	161st	12th

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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Mammography	772nd	30th	High Cholesterol	701st	19th
Core preventive services for older women	601st	19th	Mammography	695th	26th
Binge Drinking	572nd	13th	High Blood Pressure	572nd	21st
Health Insurance	570th	18th	Health Insurance	498th	18th
Taking BP Medication	505th	5th	Binge Drinking	478th	19th

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 Le Mars.

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

With a population of 10,549, Le Mars’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large 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

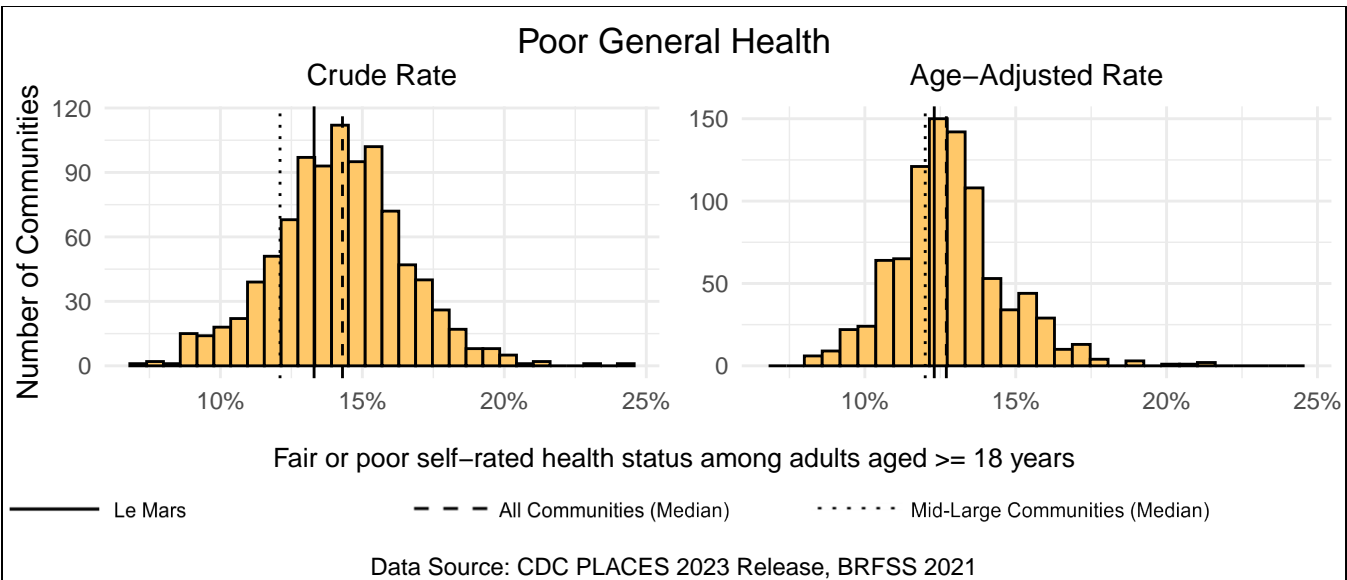
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Le Mars has a crude rate of 13.3% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 312th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 12.3%, which ranks 327th out of 905 Iowa communities (17th out of 31 mid-large communities).

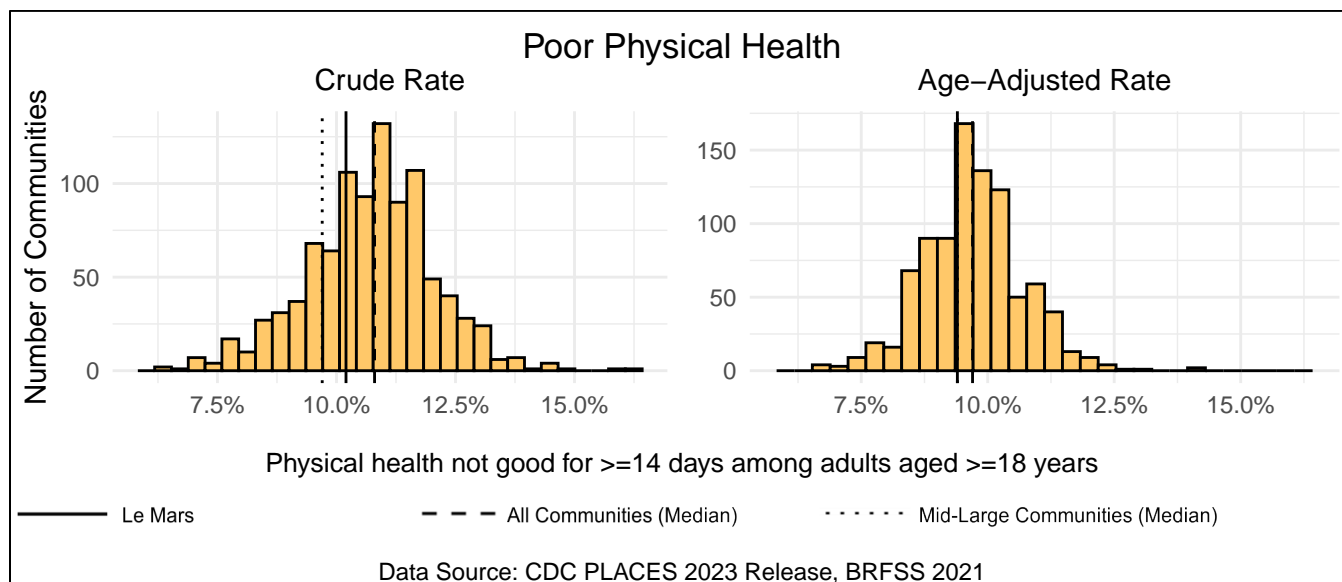
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	13.3%	14.3%	12.1%
Age-Adjusted	12.3%	12.7%	12.0%



Poor Physical Health

Le Mars has a crude rate of 10.2% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 293rd out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 9.4%, which ranks 300th out of 905 Iowa communities (16th out of 31 mid-large communities).

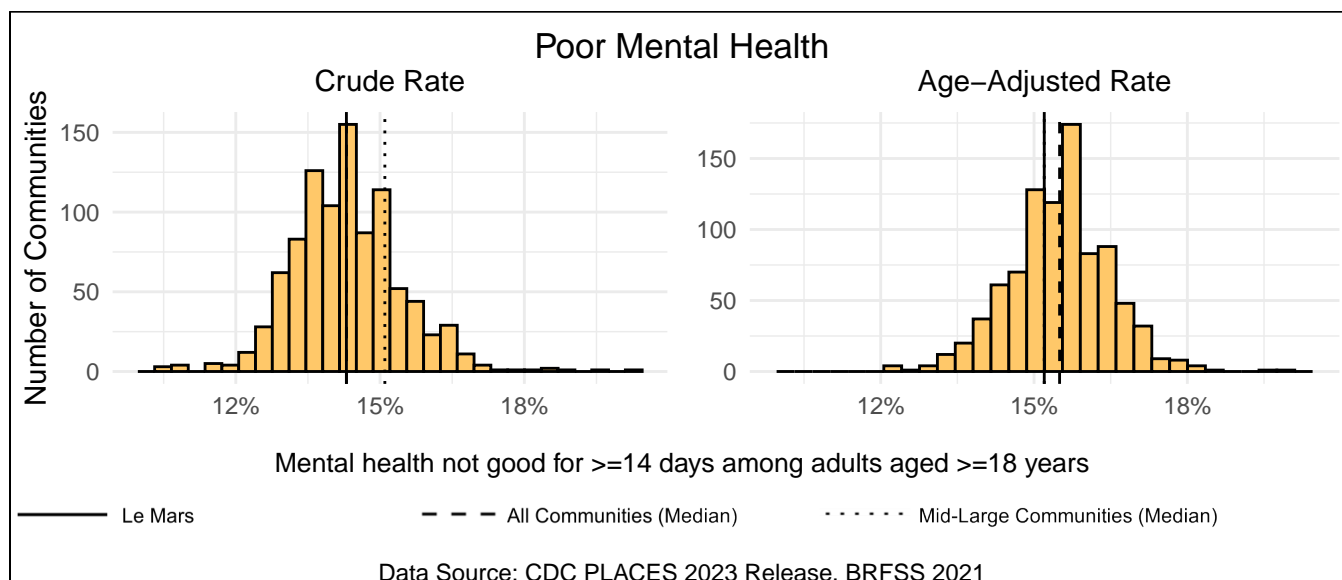
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	10.2%	10.8%	9.7%
Age-Adjusted	9.4%	9.7%	9.4%



Poor Mental Health

Le Mars has a crude rate of 14.3% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 464th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 15.2%, which ranks 302nd out of 905 Iowa communities (16th out of 31 mid-large communities).

Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	14.3%	14.3%	15.1%
Age-Adjusted	15.2%	15.5%	15.2%



Health Risk Behaviors

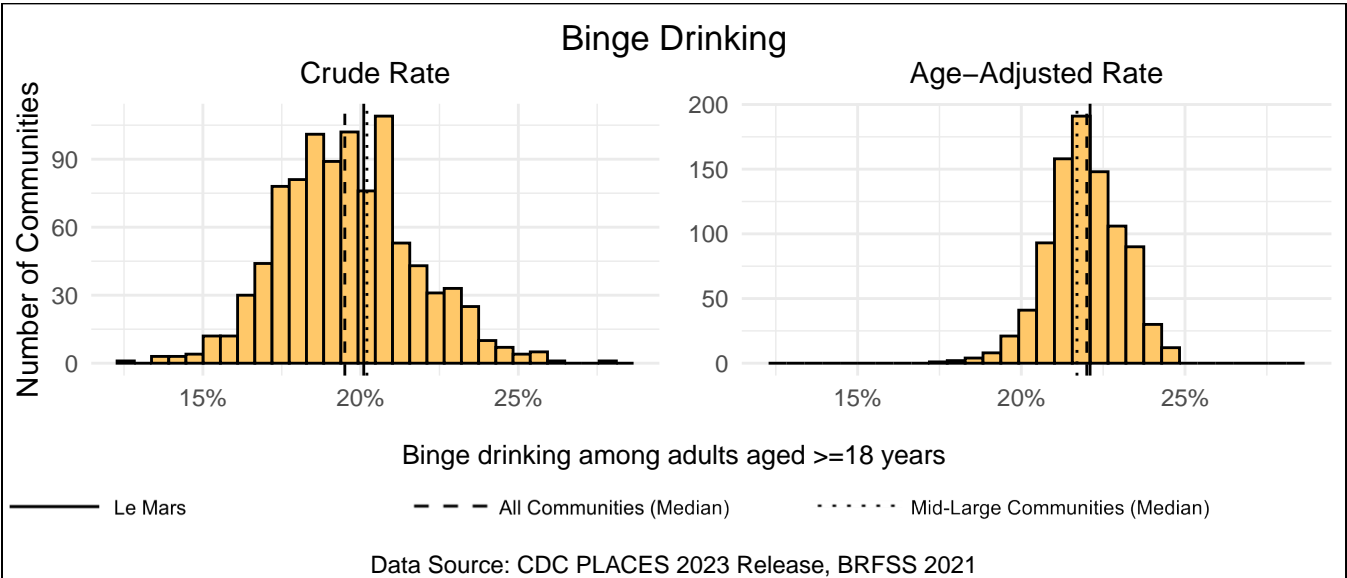
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Le Mars has a crude rate of 20.1% for binge drinking among adults aged ≥ 18 years, which ranks 572nd out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 22.1%, which ranks 478th out of 905 Iowa communities (19th out of 31 mid-large communities).

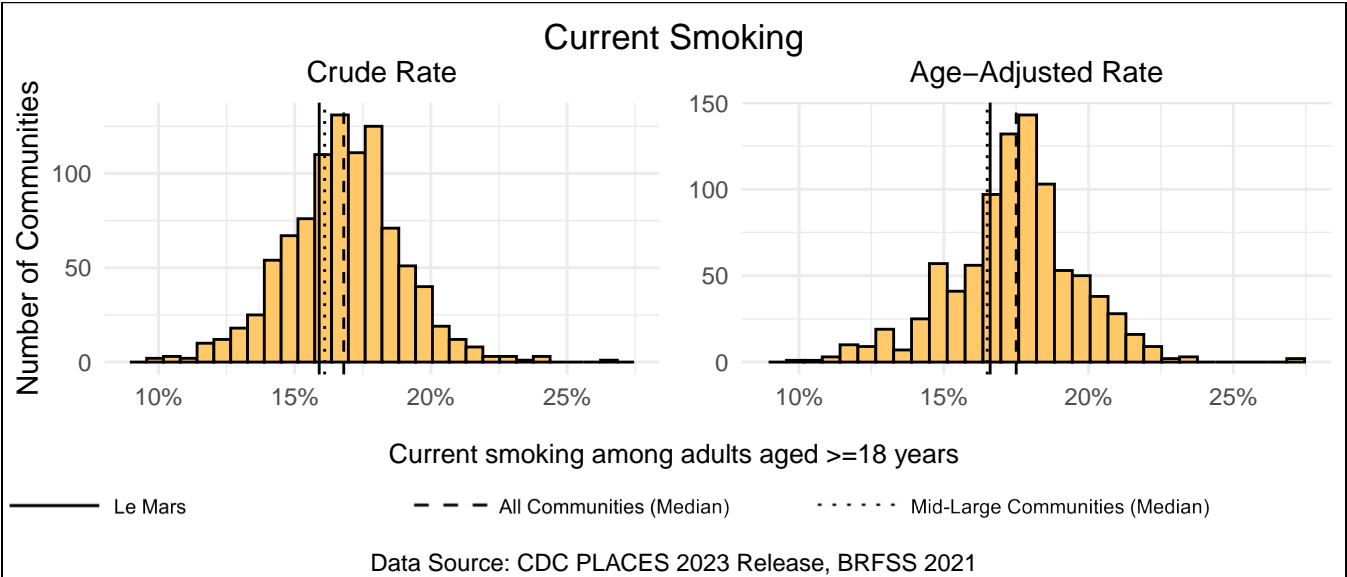
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	20.1%	19.5%	20.2%
Age-Adjusted	22.1%	22.0%	21.7%



Current Smoking

Le Mars has a crude rate of 15.9% for current smoking among adults aged ≥ 18 years, which ranks 286th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 16.6%, which ranks 259th out of 905 Iowa communities (17th out of 31 mid-large communities).

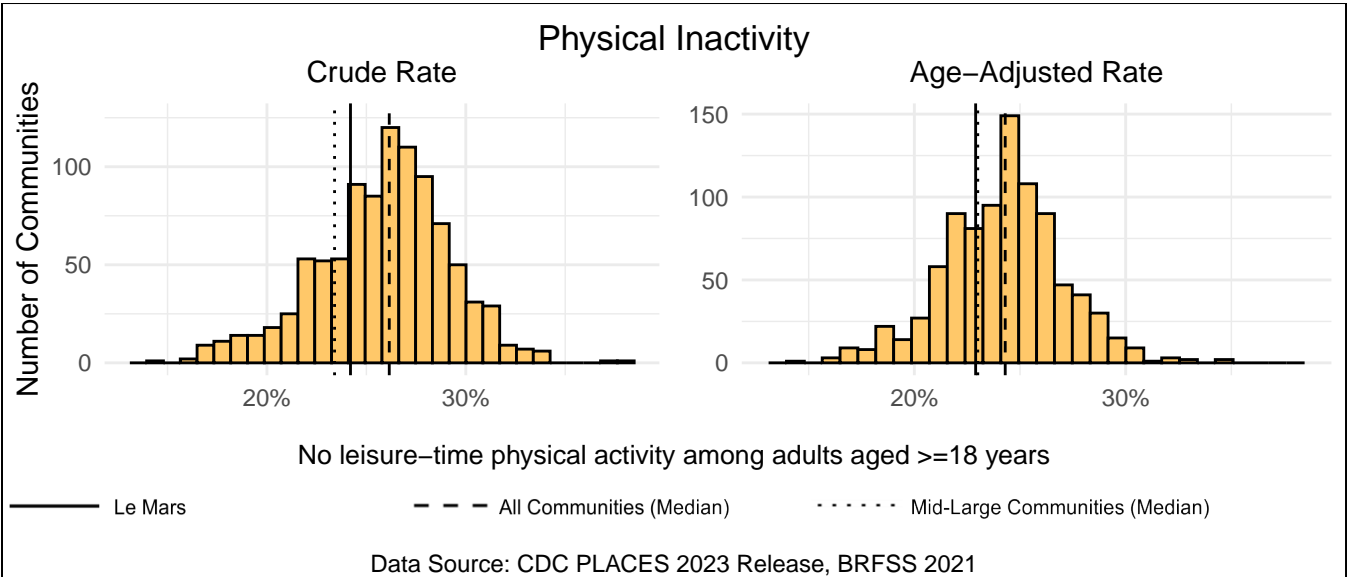
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	15.9%	16.8%	16.1%
Age-Adjusted	16.6%	17.5%	16.5%



Physical Inactivity

Le Mars has a crude rate of 24.2% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 265th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 22.9%, which ranks 278th out of 905 Iowa communities (15th out of 31 mid-large communities).

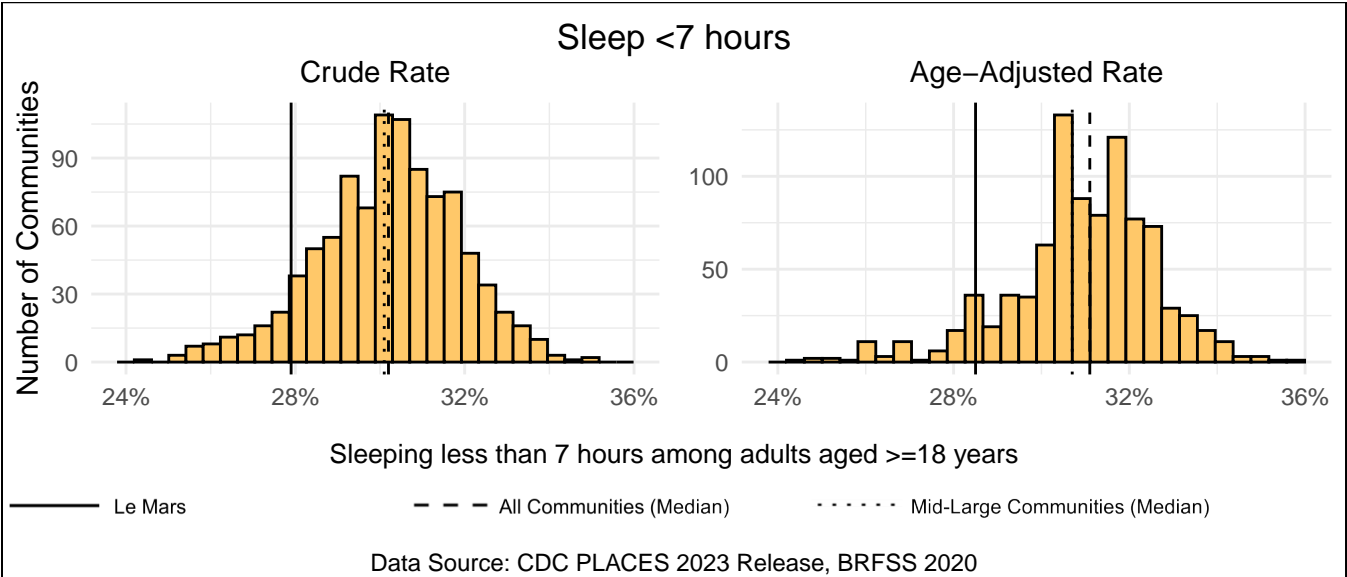
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	24.2%	26.1%	23.4%
Age-Adjusted	22.9%	24.3%	23.0%



Sleep <7 hours

Le Mars has a crude rate of 27.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 81st out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 28.5%, which ranks 68th out of 905 Iowa communities (9th out of 31 mid-large communities).

Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	27.9%	30.2%	30.1%
Age-Adjusted	28.5%	31.1%	30.7%



Health Outcomes

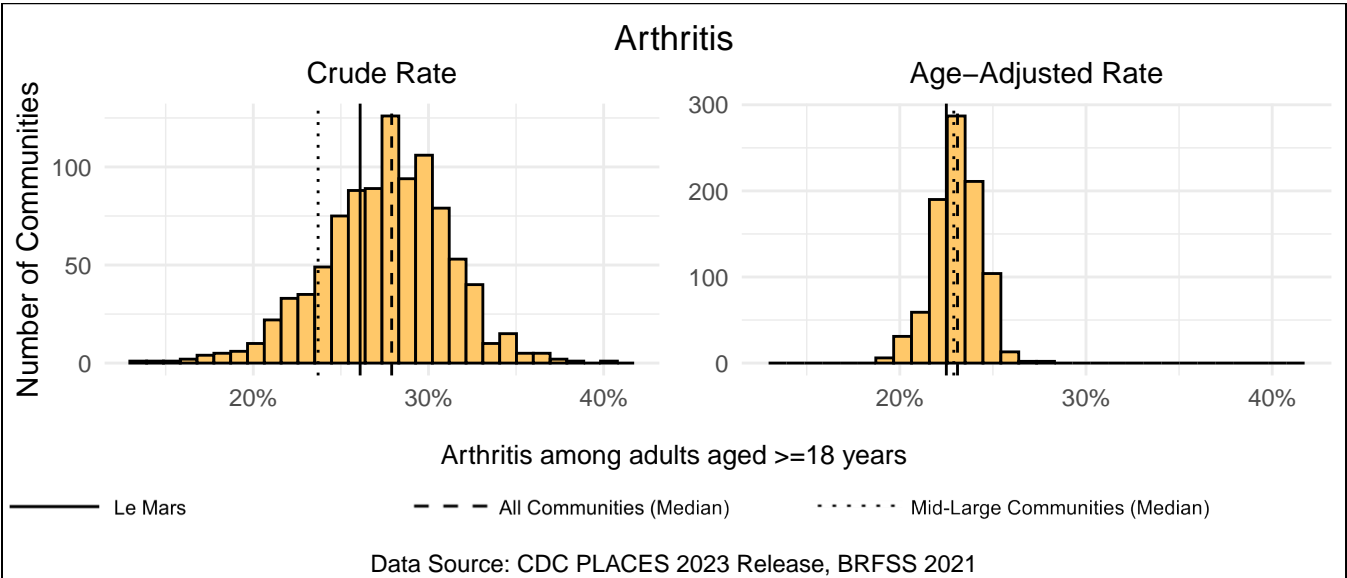
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Le Mars has a crude rate of 26.1% for arthritis among adults aged ≥ 18 years, which ranks 301st out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 22.5%, which ranks 261st out of 905 Iowa communities (13th out of 31 mid-large communities).

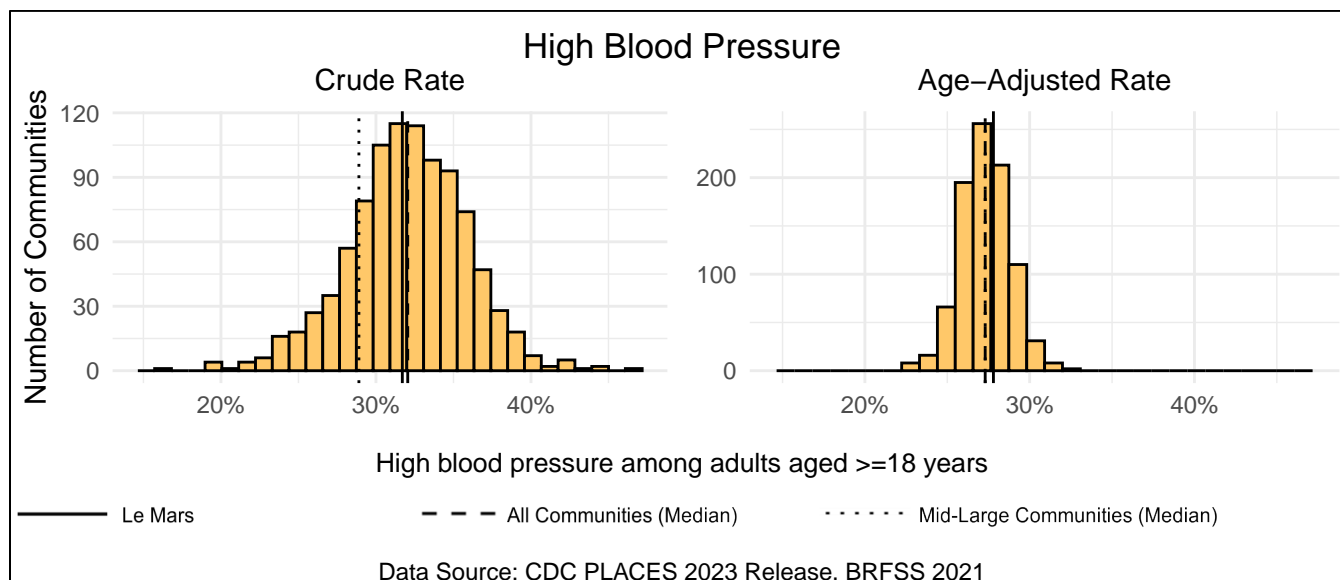
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	26.1%	27.9%	23.7%
Age-Adjusted	22.5%	23.1%	22.9%



High Blood Pressure

Le Mars has a crude rate of 31.7% for high blood pressure among adults aged ≥ 18 years, which ranks 424th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Le Mars is 27.8%, which ranks 572nd out of 905 Iowa communities (21st out of 31 mid-large communities).

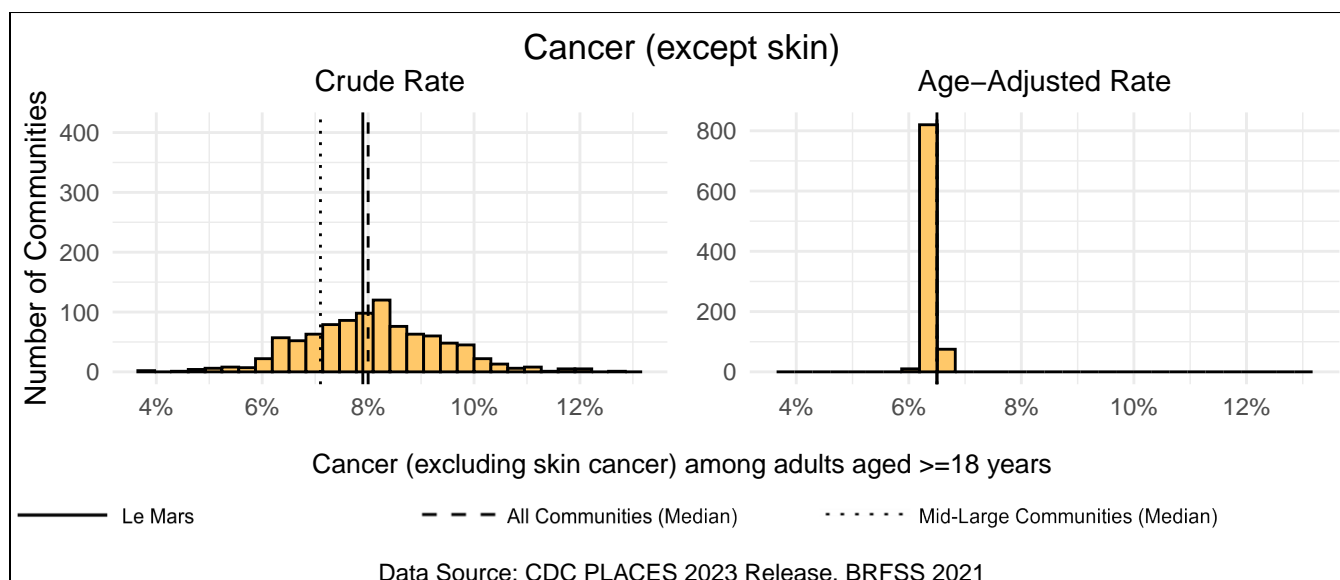
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	31.7%	32.0%	28.9%
Age-Adjusted	27.8%	27.3%	27.3%



Cancer (except skin)

Le Mars has a crude rate of 7.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 418th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

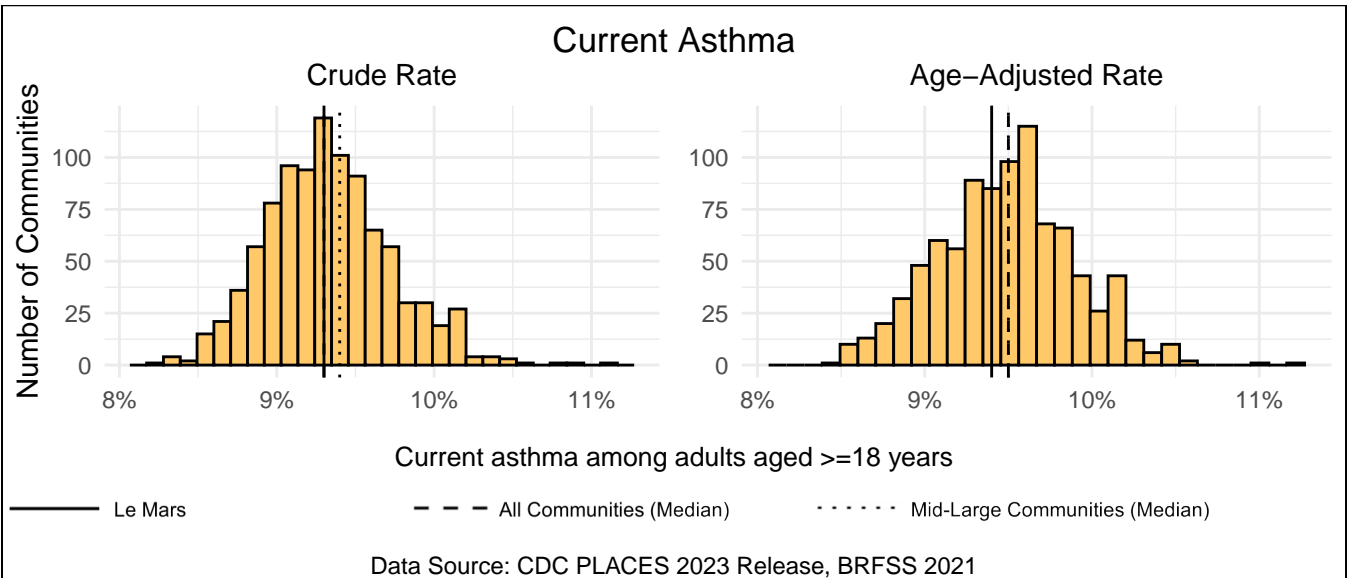
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	7.9%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Le Mars has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 9.4%, which ranks 330th out of 905 Iowa communities (14th out of 31 mid-large communities).

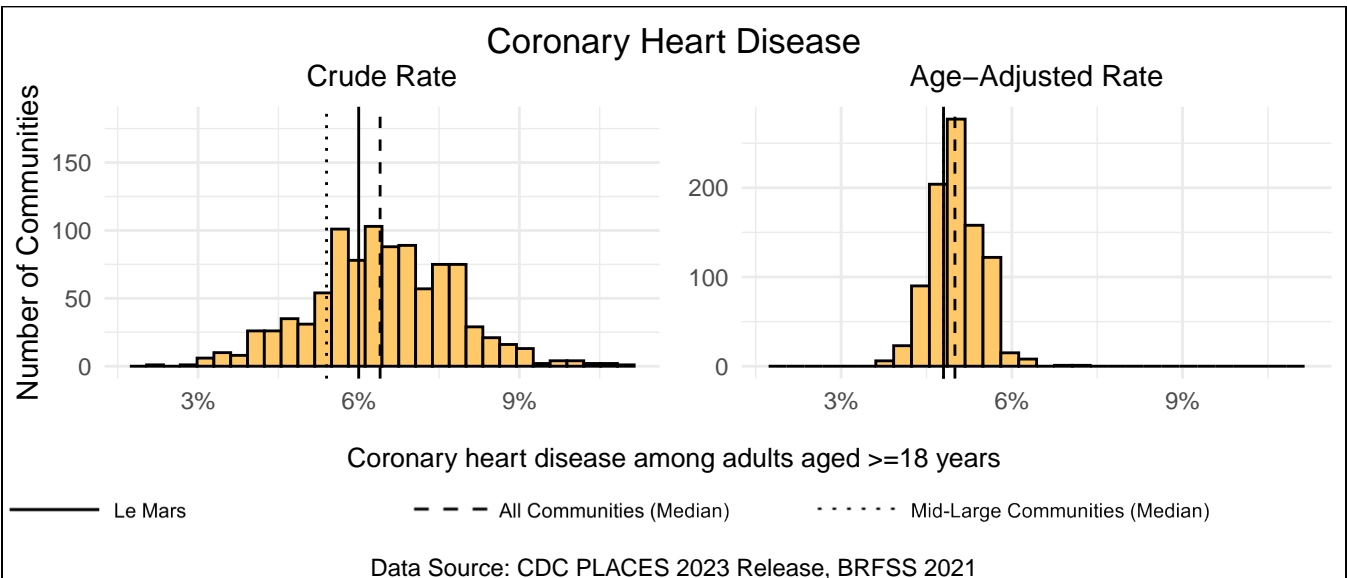
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	9.3%	9.3%	9.4%
Age-Adjusted	9.4%	9.5%	9.5%



Coronary Heart Disease

Le Mars has a crude rate of 6.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 324th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 4.8%, which ranks 257th out of 905 Iowa communities (16th out of 31 mid-large communities).

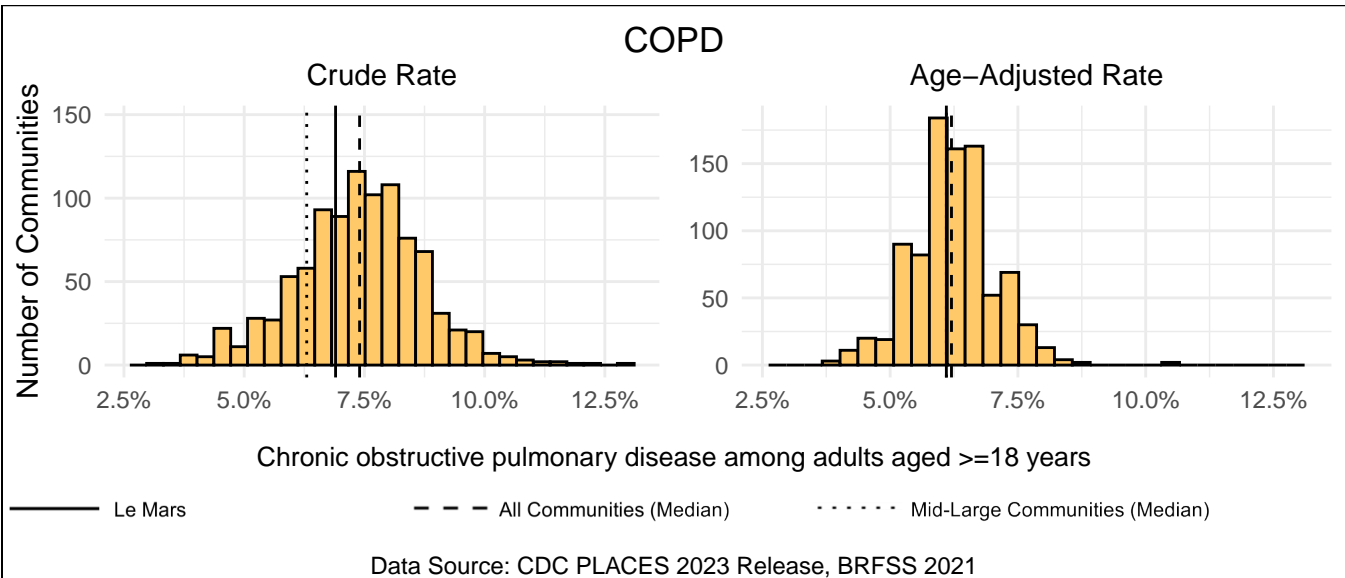
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	6.0%	6.4%	5.4%
Age-Adjusted	4.8%	5.0%	4.8%



COPD

Le Mars has a crude rate of 6.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 306th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 6.1%, which ranks 346th out of 905 Iowa communities (16th out of 31 mid-large communities).

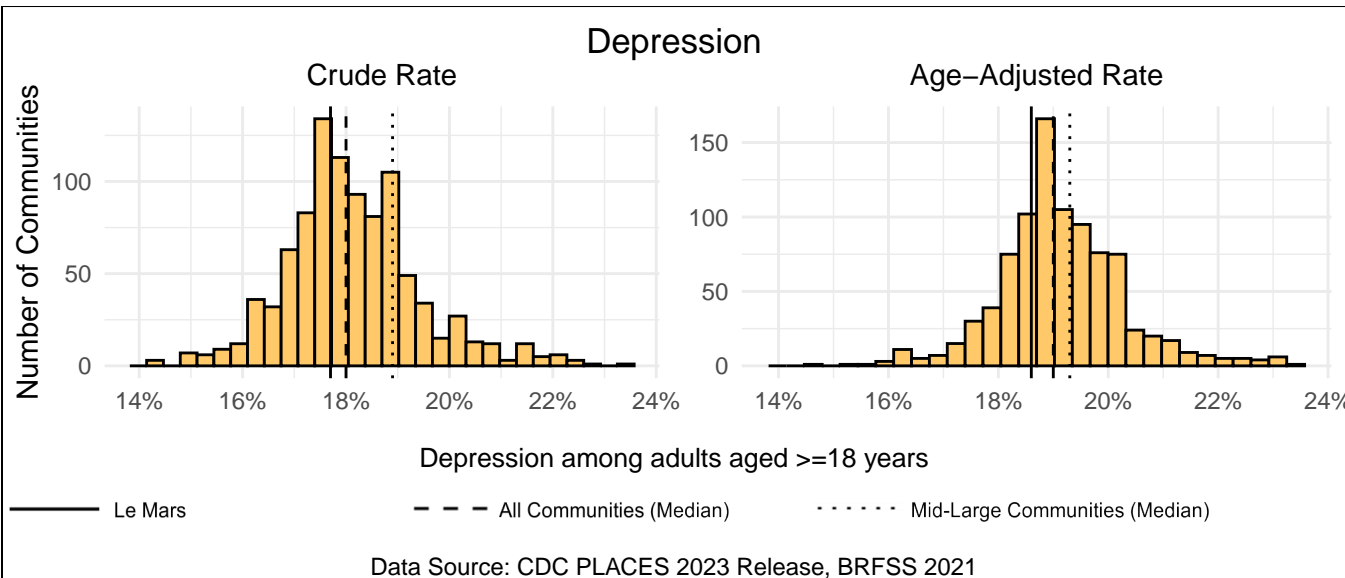
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	6.9%	7.4%	6.3%
Age-Adjusted	6.1%	6.2%	6.1%



Depression

Le Mars has a crude rate of 17.7% for depression among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Le Mars is 18.6%, which ranks 251st out of 905 Iowa communities (7th out of 31 mid-large communities).

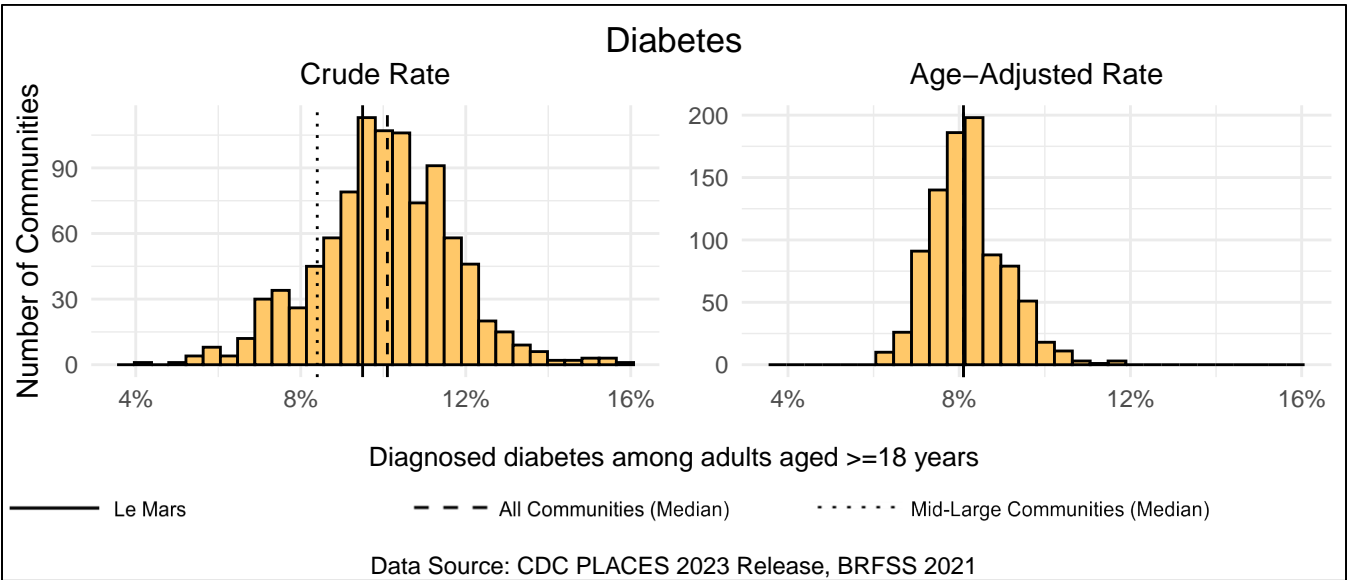
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	17.7%	18.0%	18.9%
Age-Adjusted	18.6%	19.0%	19.3%



Diabetes

Le Mars has a crude rate of 9.5% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 327th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 8.1%, which ranks 401st out of 905 Iowa communities (14th out of 31 mid-large communities).

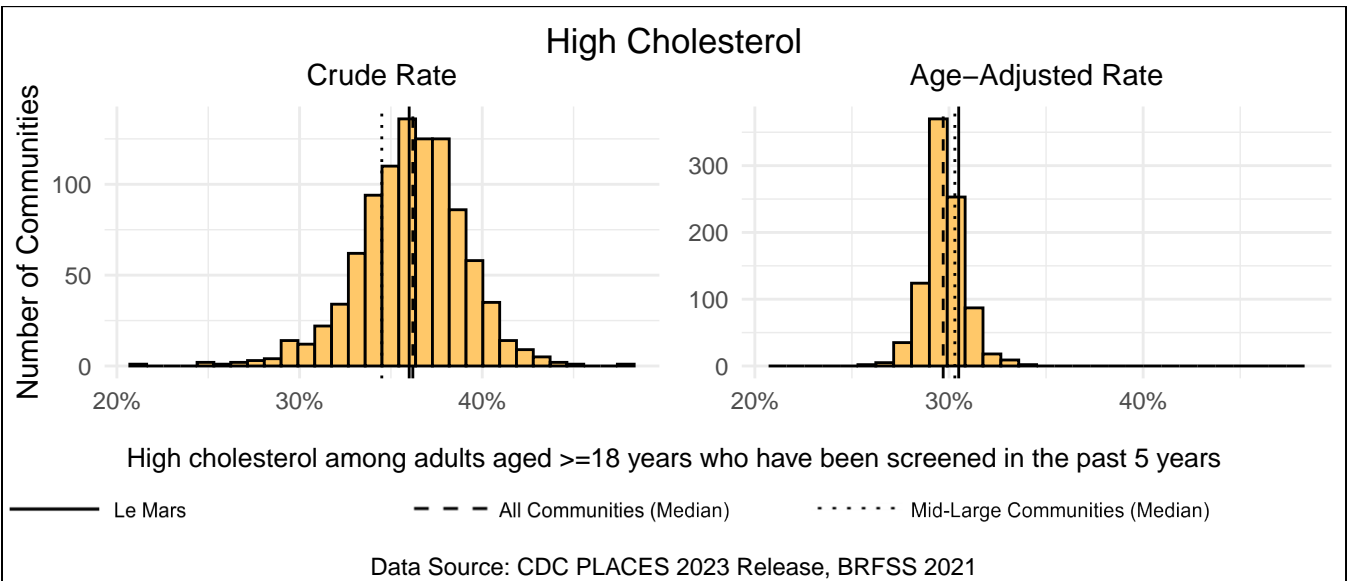
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	9.5%	10.1%	8.4%
Age-Adjusted	8.1%	8.1%	8.1%



High Cholesterol

Le Mars has a crude rate of 36.0% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 431st out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 30.5%, which ranks 701st out of 905 Iowa communities (19th out of 31 mid-large communities).

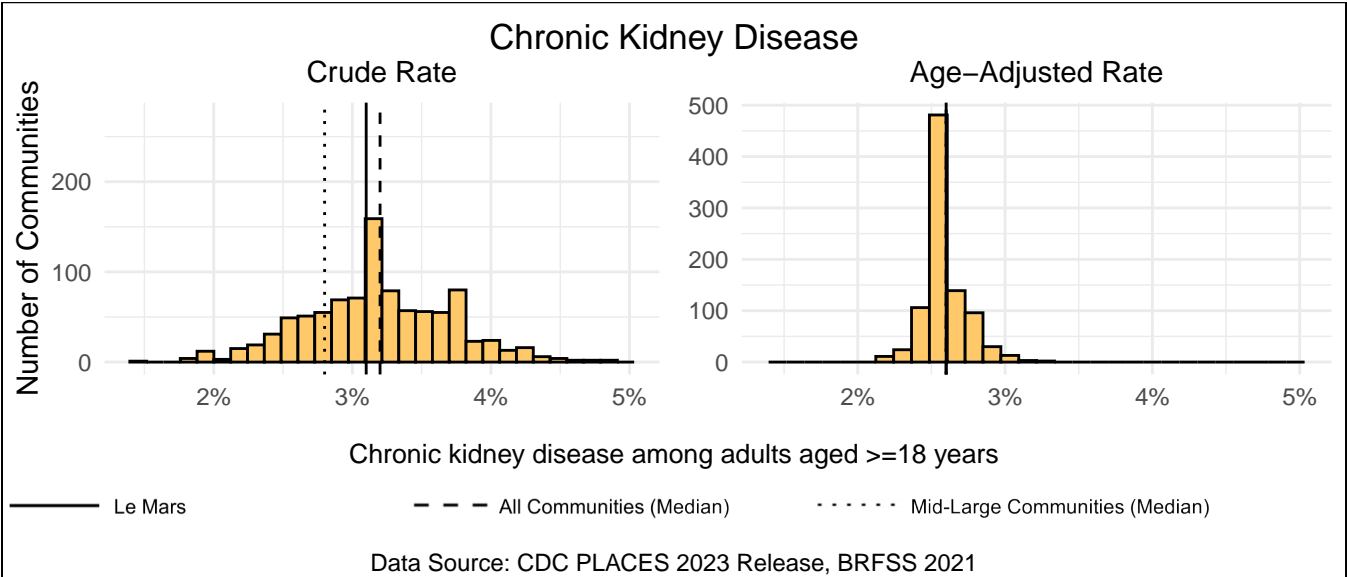
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	36.0%	36.2%	34.5%
Age-Adjusted	30.5%	29.7%	30.3%



Chronic Kidney Disease

Le Mars has a crude rate of 3.1% for chronic kidney disease among adults aged ≥ 18 years, which ranks 381st out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 2.6%, which ranks 349th out of 905 Iowa communities (14th out of 31 mid-large communities).

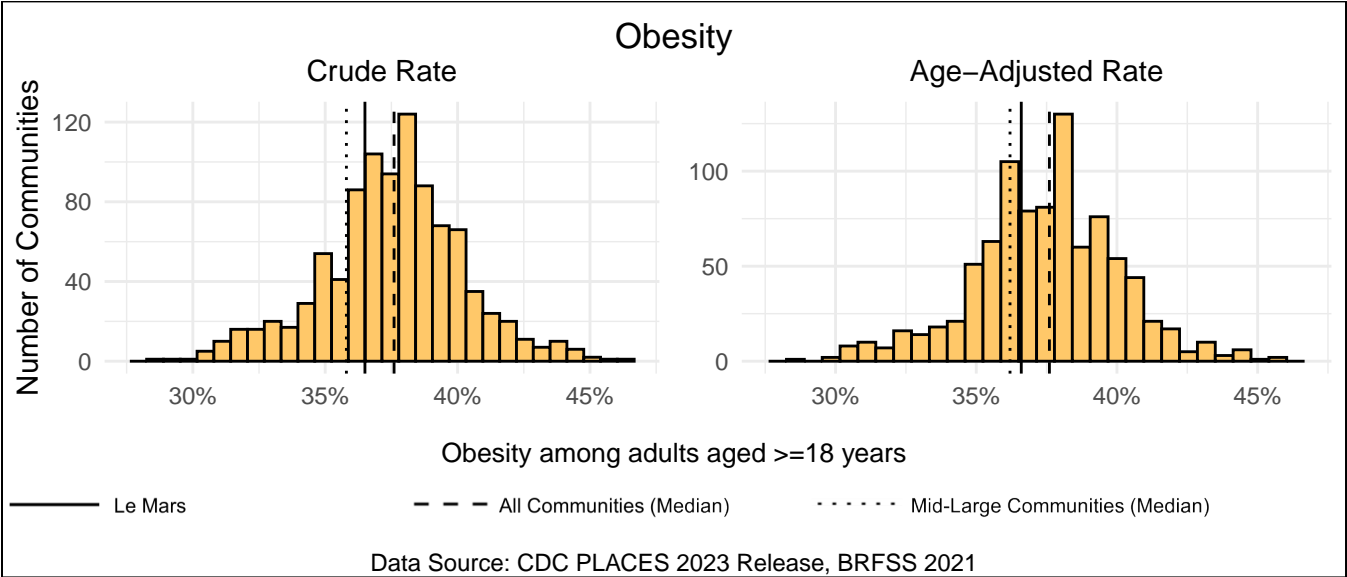
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	3.1%	3.2%	2.8%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Le Mars has a crude rate of 36.5% for obesity among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 36.6%, which ranks 317th out of 905 Iowa communities (18th out of 31 mid-large communities).

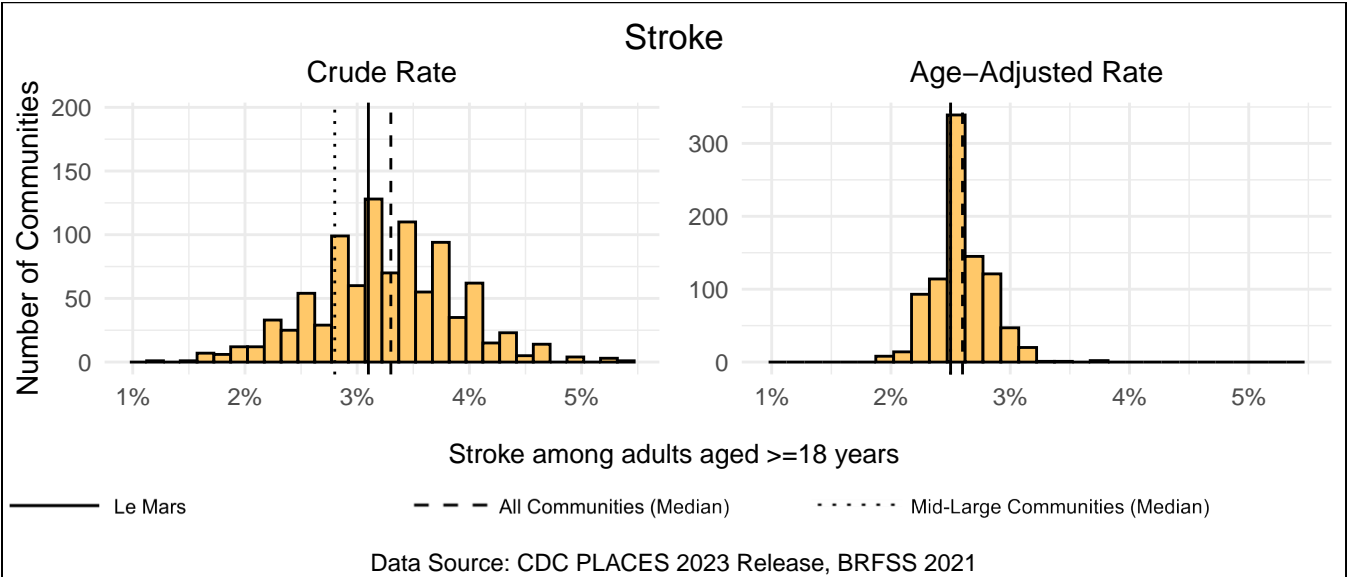
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	36.5%	37.6%	35.8%
Age-Adjusted	36.6%	37.6%	36.2%



Stroke

Le Mars has a crude rate of 3.1% for stroke among adults aged ≥ 18 years, which ranks 340th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 2.5%, which ranks 230th out of 905 Iowa communities (15th out of 31 mid-large communities).

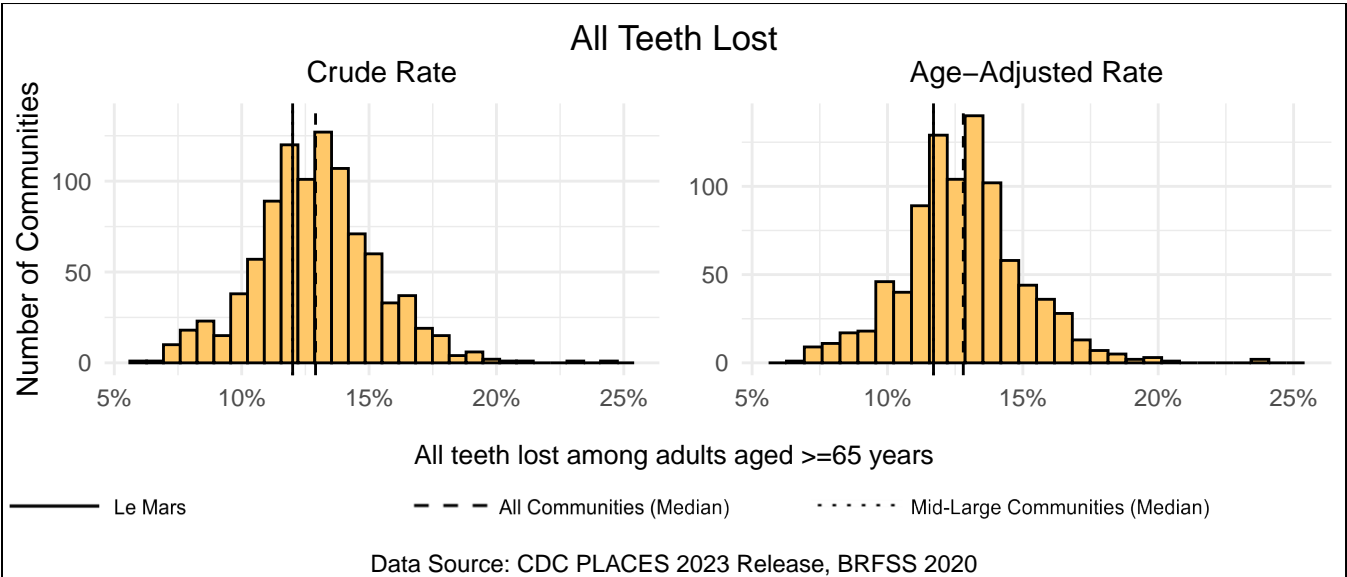
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	3.1%	3.3%	2.8%
Age-Adjusted	2.5%	2.6%	2.5%



All Teeth Lost

Le Mars has a crude rate of 12.0% for all teeth lost among adults aged ≥ 65 years, which ranks 317th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 11.7%, which ranks 242nd out of 905 Iowa communities (16th out of 31 mid-large communities).

Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	12.0%	12.9%	12.0%
Age-Adjusted	11.7%	12.8%	11.7%



Prevention

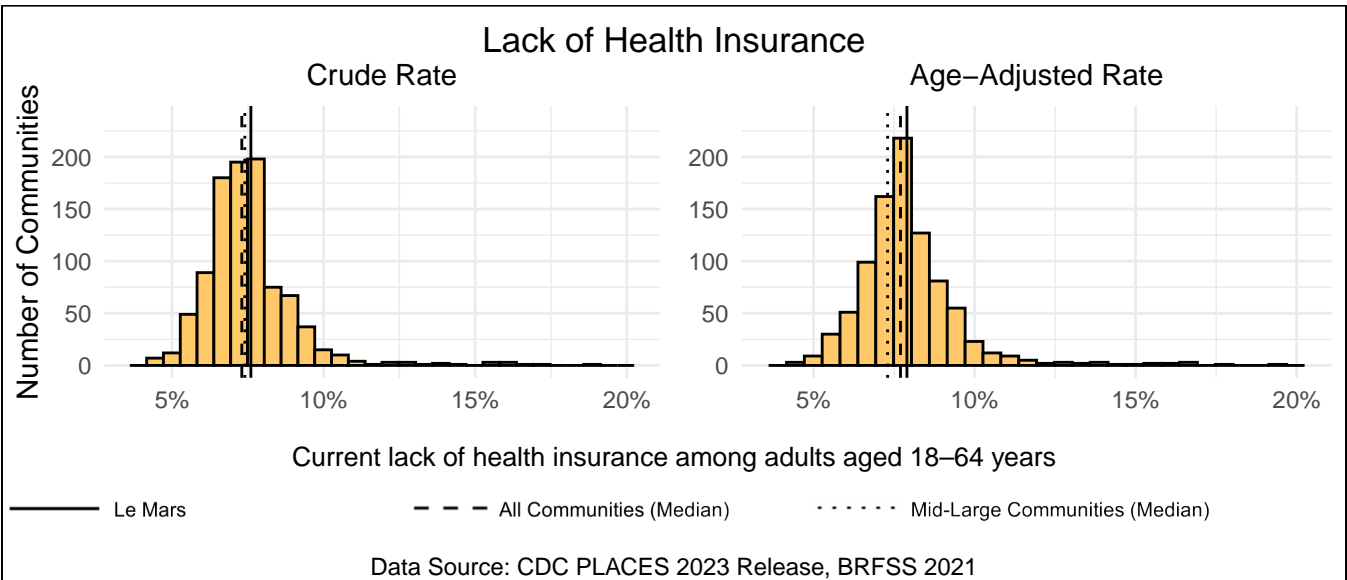
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Le Mars has a crude rate of 7.6% for current lack of health insurance among adults aged 18–64 years, which ranks 570th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 7.9%, which ranks 498th out of 905 Iowa communities (18th out of 31 mid-large communities).

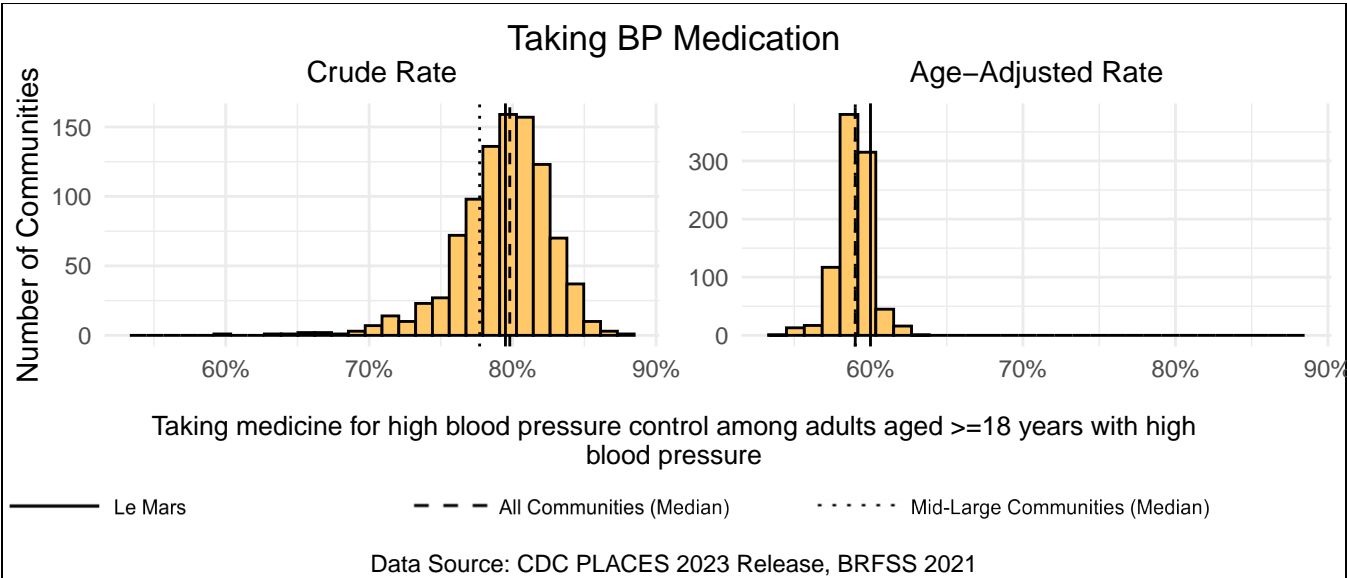
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	7.6%	7.3%	7.4%
Age-Adjusted	7.9%	7.7%	7.3%



Taking BP Medication

Le Mars has a crude rate of 79.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 505th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 60.0%, which ranks 91st out of 905 Iowa communities (9th out of 31 mid-large communities).

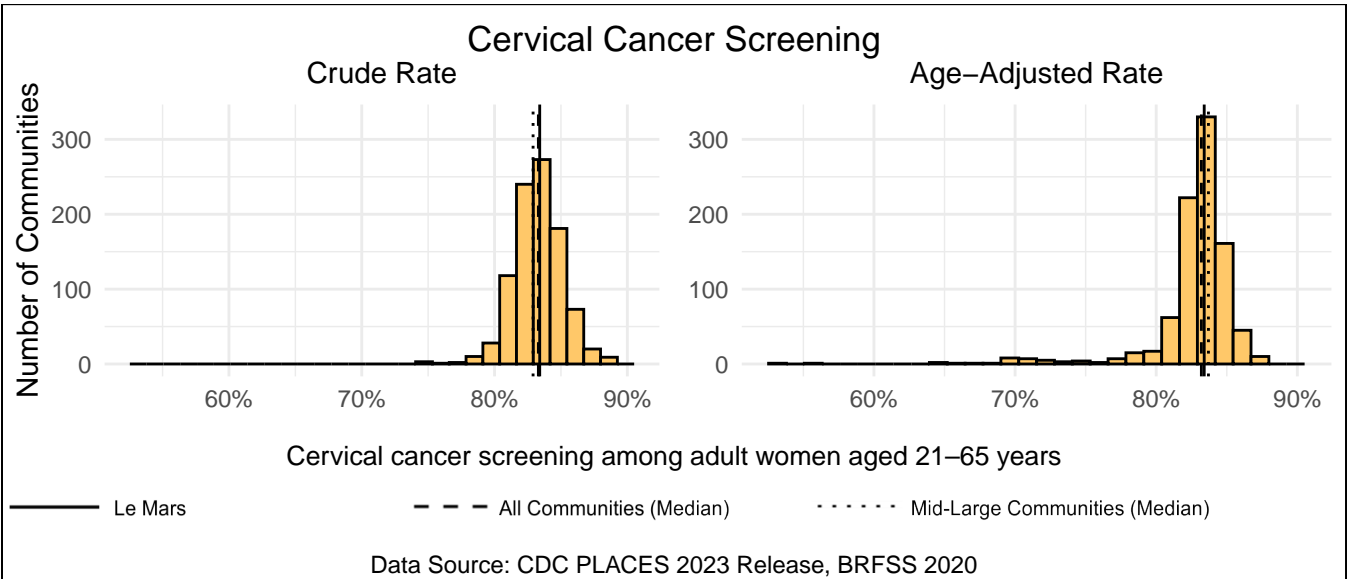
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	79.5%	79.8%	77.7%
Age-Adjusted	60.0%	59.0%	59.0%



Cervical Cancer Screening

Le Mars has a crude rate of 83.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 447th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 83.4%, which ranks 372nd out of 905 Iowa communities (17th out of 31 mid-large communities).

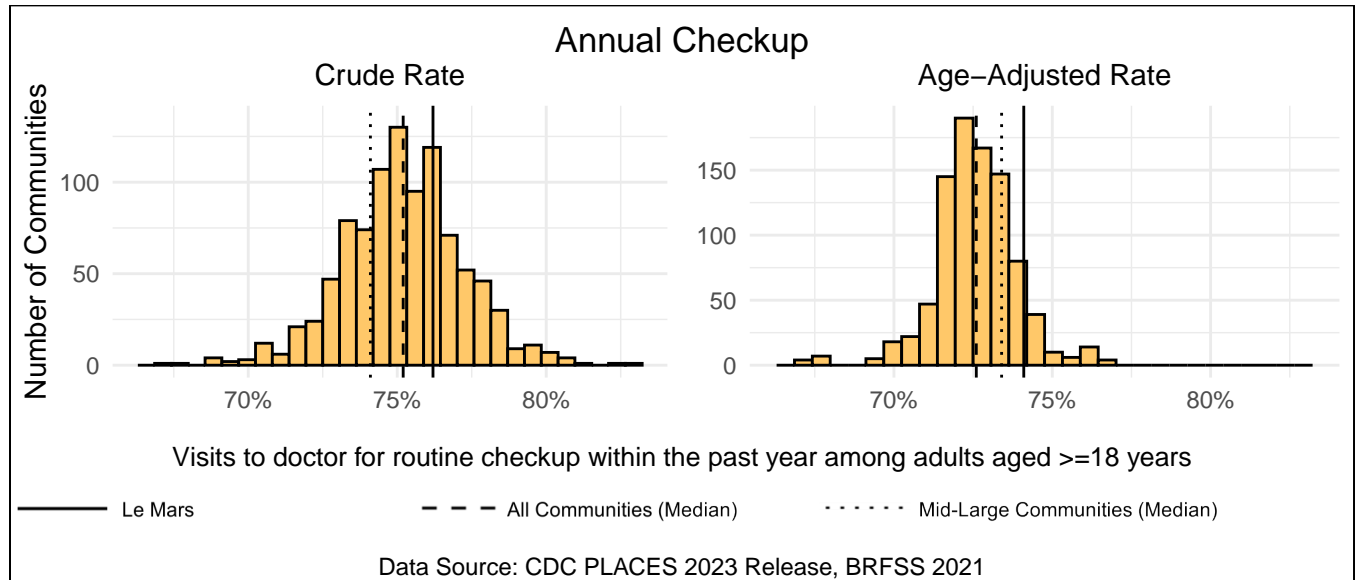
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	83.4%	83.3%	82.9%
Age-Adjusted	83.4%	83.2%	83.7%



Annual Checkup

Le Mars has a crude rate of 76.2% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 273rd out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Le Mars is 74.1%, which ranks 74th out of 905 Iowa communities (5th out of 31 mid-large communities).

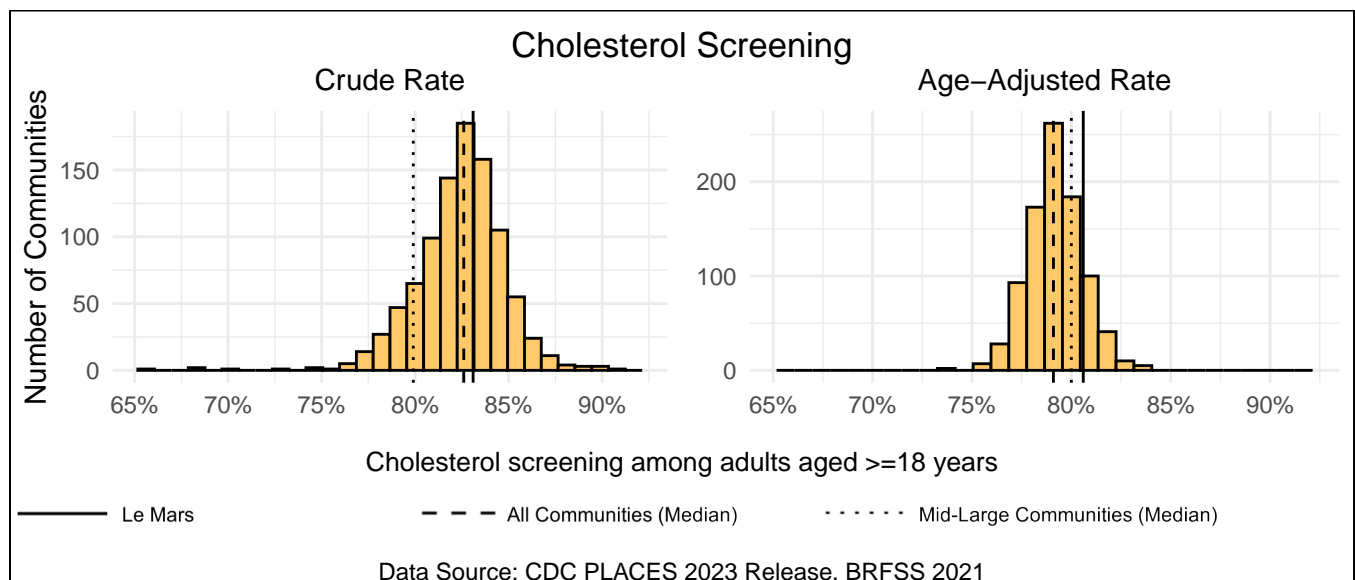
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	76.2%	75.2%	74.1%
Age-Adjusted	74.1%	72.6%	73.4%



Cholesterol Screening

Le Mars has a crude rate of 83.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 365th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 80.6%, which ranks 124th out of 905 Iowa communities (12th out of 31 mid-large communities).

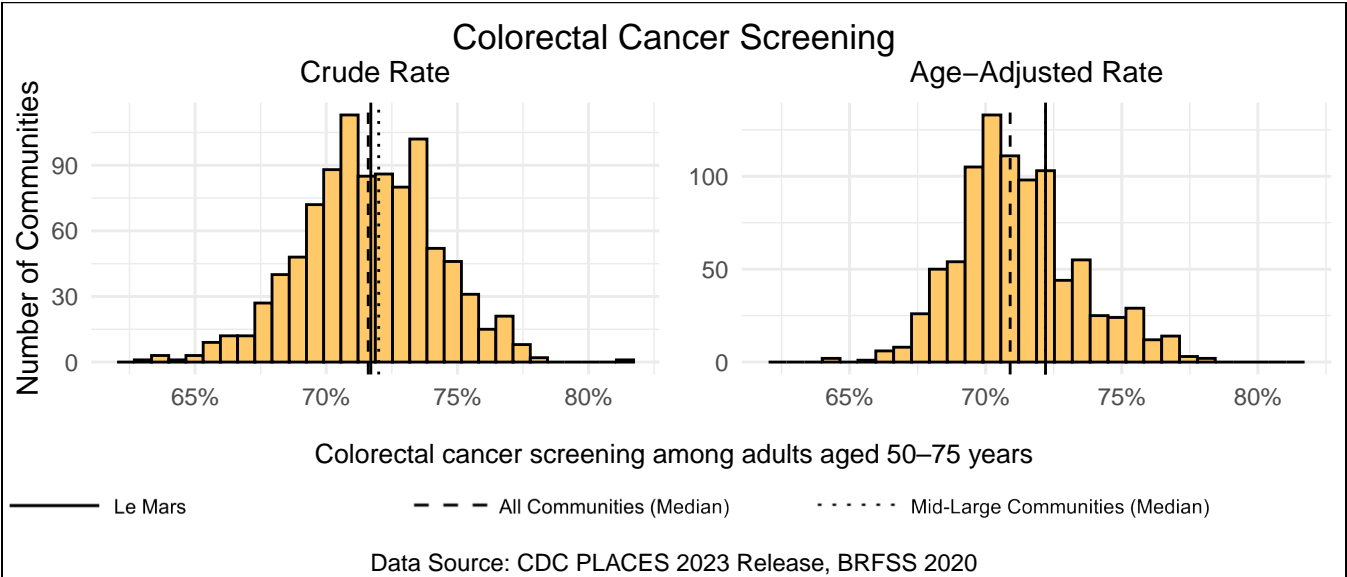
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	83.1%	82.6%	79.9%
Age-Adjusted	80.6%	79.1%	80.0%



Colorectal Cancer Screening

Le Mars has a crude rate of 71.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 454th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 72.2%, which ranks 250th out of 905 Iowa communities (16th out of 31 mid-large communities).

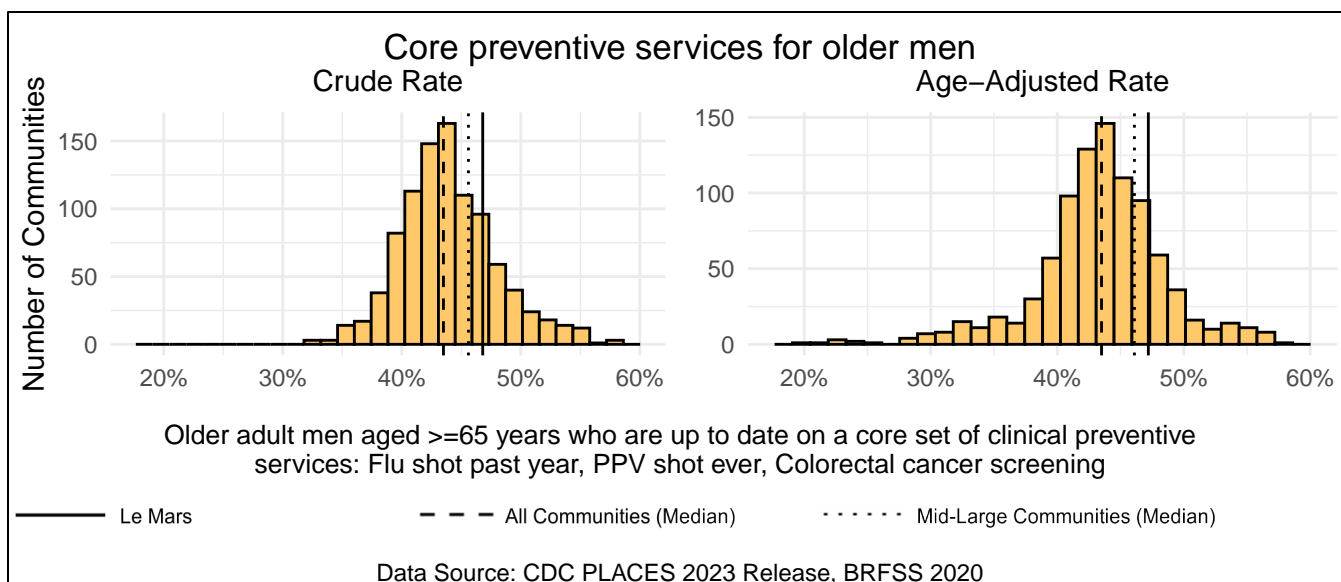
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	71.7%	71.6%	72.0%
Age-Adjusted	72.2%	70.9%	72.2%



Core preventive services for older men

Le Mars has a crude rate of 46.8% 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 205th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 47.2%, which ranks 161st out of 905 Iowa communities (12th out of 31 mid-large communities).

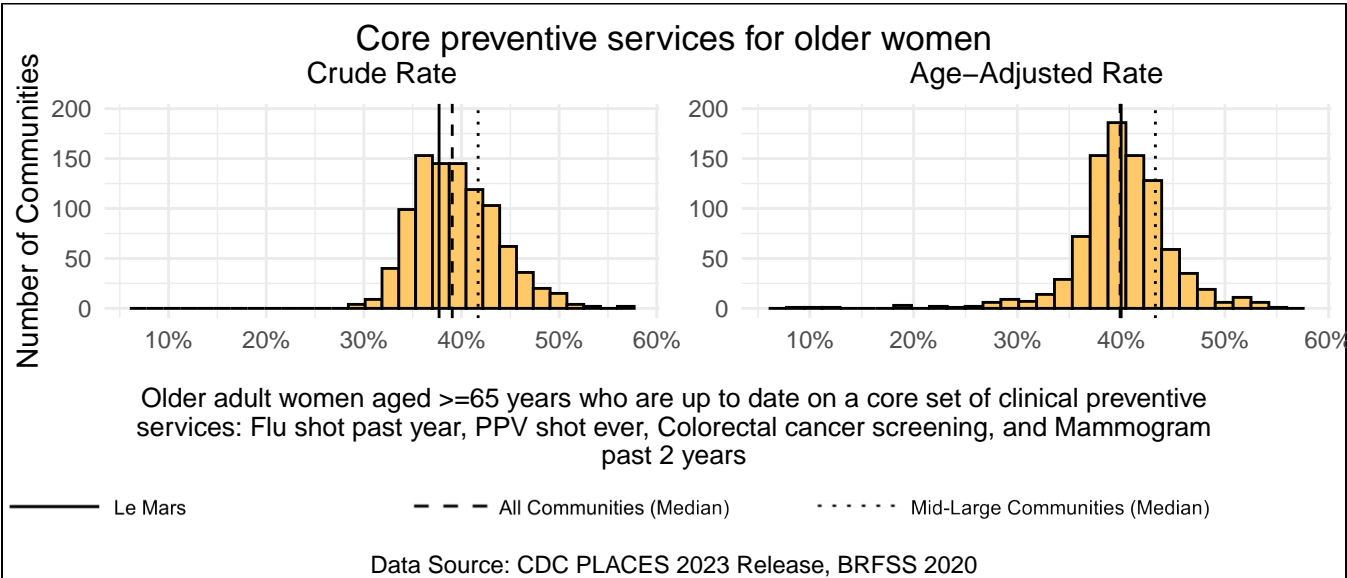
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	46.8%	43.5%	45.6%
Age-Adjusted	47.2%	43.5%	46.1%



Core preventive services for older women

Le Mars has a crude rate of 37.7% 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 601st out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 40.0%, which ranks 439th out of 905 Iowa communities (21st out of 31 mid-large communities).

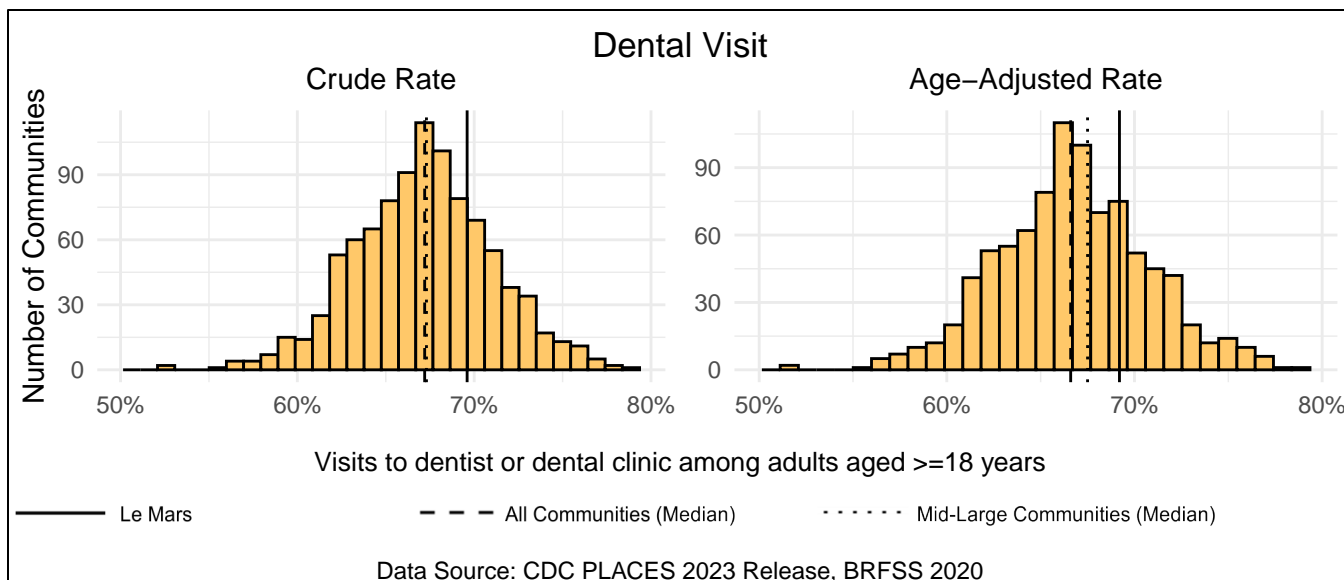
Measure Type	Le Mars	All	Mid-Large
		Comm.	Comm.
Crude	37.7%	39.0%	41.7%
Age-Adjusted	40.0%	39.9%	43.3%



Dental Visit

Le Mars has a crude rate of 69.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 246th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 69.2%, which ranks 234th out of 905 Iowa communities (15th out of 31 mid-large communities).

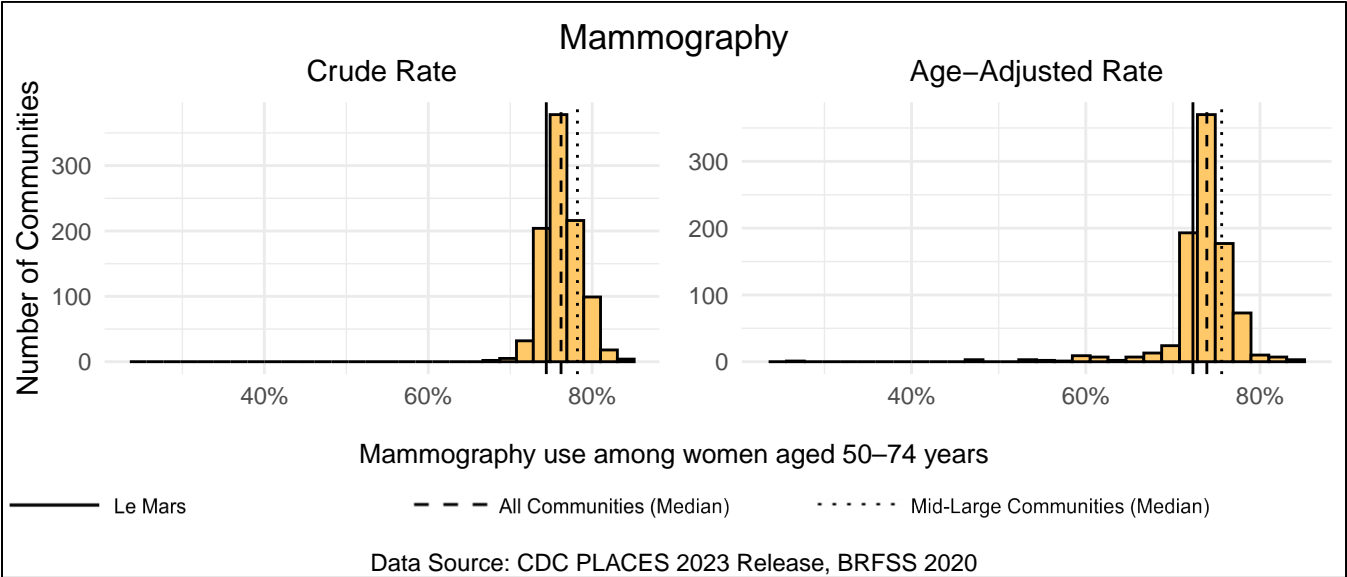
Measure Type	Le Mars	All	Mid-Large
		Comm.	Comm.
Crude	69.6%	67.2%	67.3%
Age-Adjusted	69.2%	66.6%	67.5%



Mammography

Le Mars has a crude rate of 74.4% for mammography use among women aged 50–74 years, which ranks 772nd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 72.3%, which ranks 695th out of 905 Iowa communities (26th out of 31 mid-large communities).

Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	74.4%	76.2%	78.2%
Age-Adjusted	72.3%	73.9%	75.6%



Disability

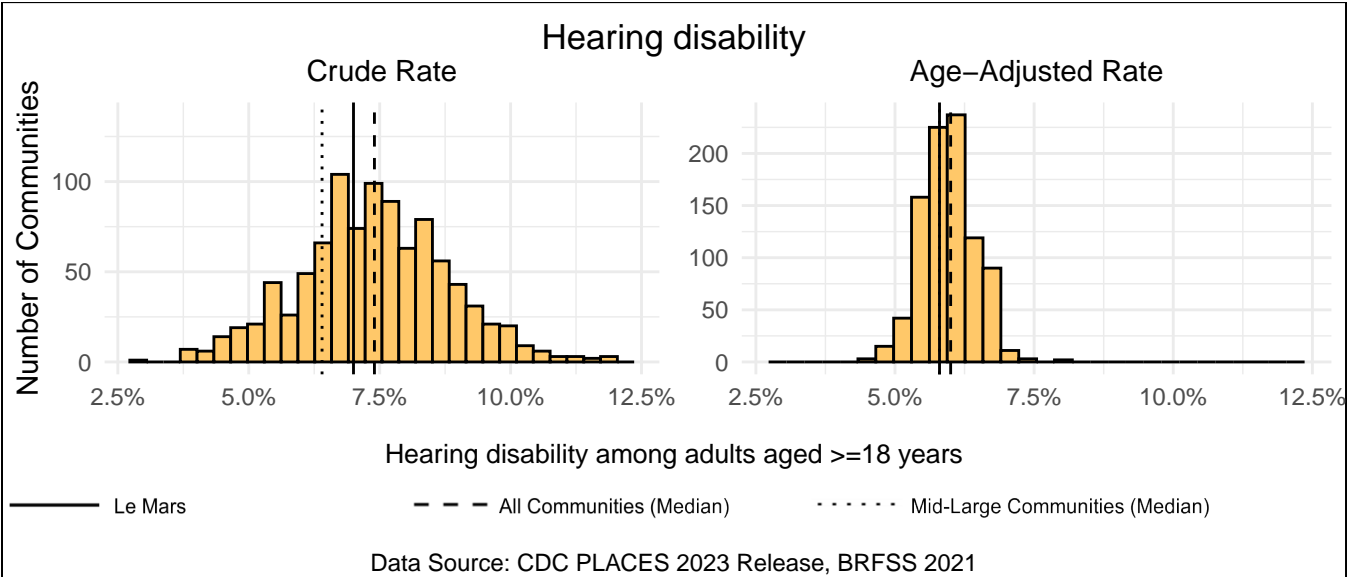
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Le Mars has a crude rate of 7.0% for hearing disability among adults aged ≥ 18 years, which ranks 358th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 5.8%, which ranks 287th out of 905 Iowa communities (16th out of 31 mid-large communities).

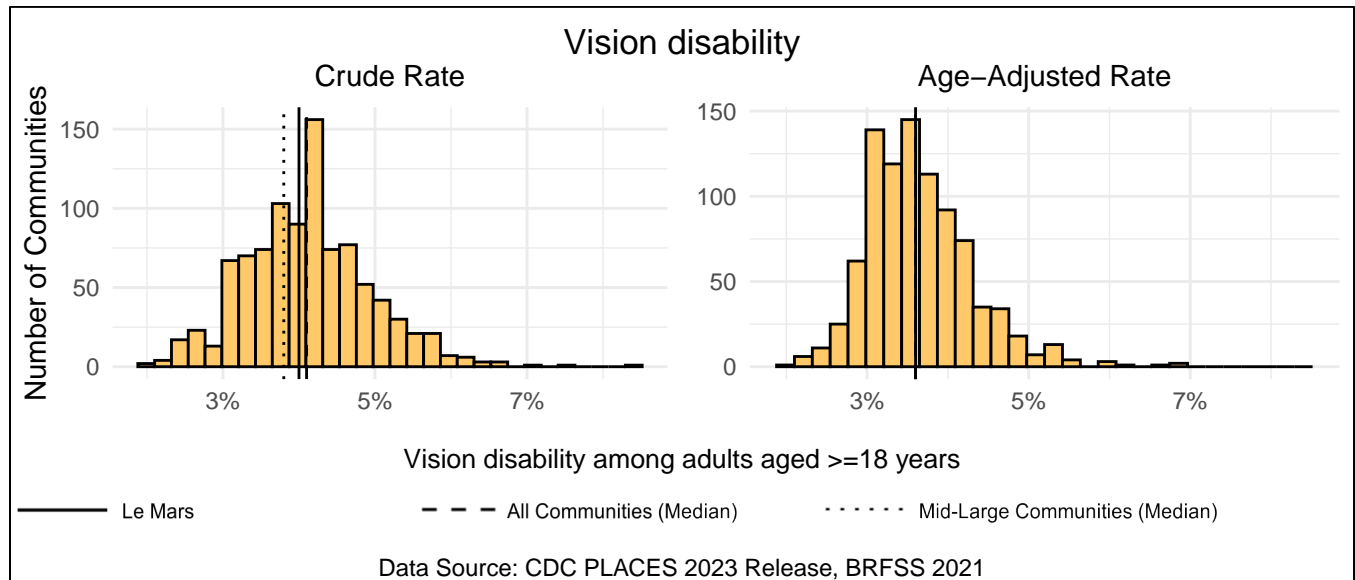
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	7.0%	7.4%	6.4%
Age-Adjusted	5.8%	6.0%	5.8%



Vision disability

Le Mars has a crude rate of 4.0% for vision disability among adults aged ≥ 18 years, which ranks 425th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 3.6%, which ranks 431st out of 905 Iowa communities (15th out of 31 mid-large communities).

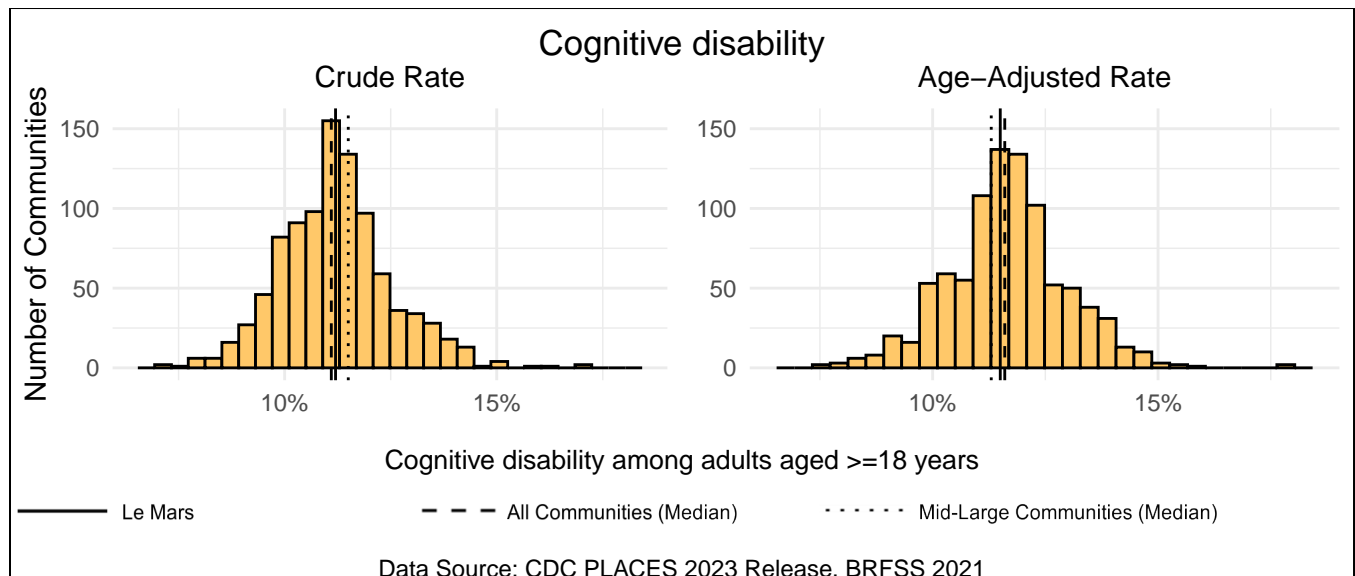
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	4.0%	4.1%	3.8%
Age-Adjusted	3.6%	3.6%	3.6%



Cognitive disability

Le Mars has a crude rate of 11.2% for cognitive disability among adults aged ≥ 18 years, which ranks 497th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 11.5%, which ranks 399th out of 905 Iowa communities (17th out of 31 mid-large communities).

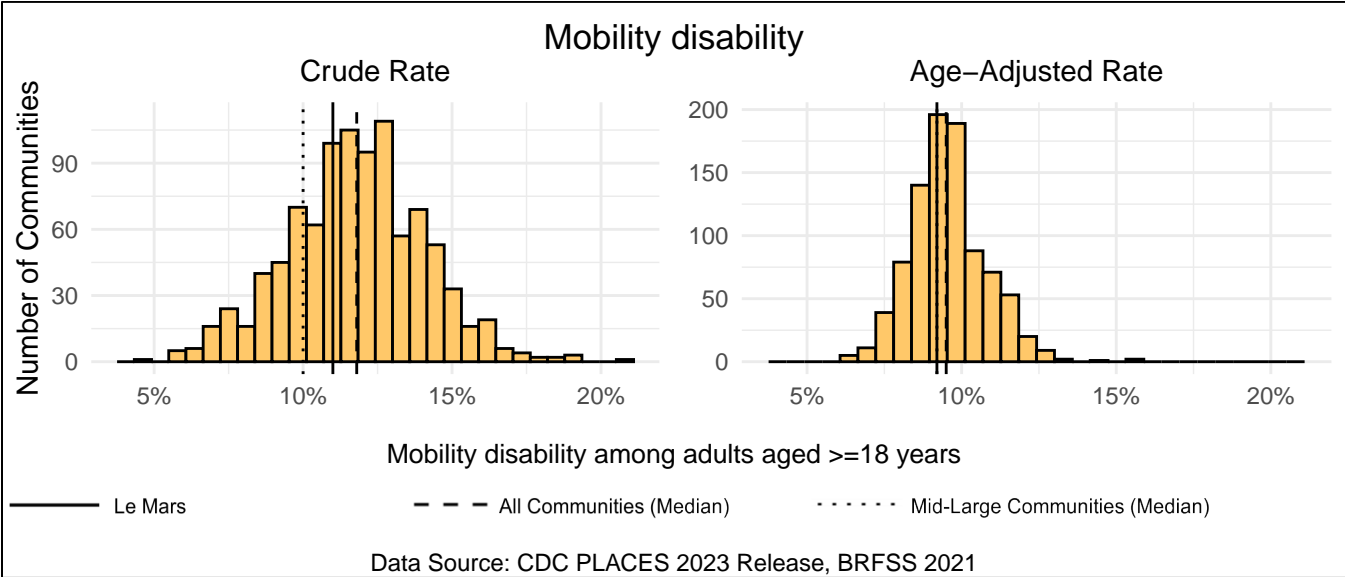
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	11.2%	11.1%	11.5%
Age-Adjusted	11.5%	11.6%	11.3%



Mobility disability

Le Mars has a crude rate of 11.0% for mobility disability among adults aged ≥ 18 years, which ranks 328th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 9.2%, which ranks 327th out of 905 Iowa communities (15th out of 31 mid-large communities).

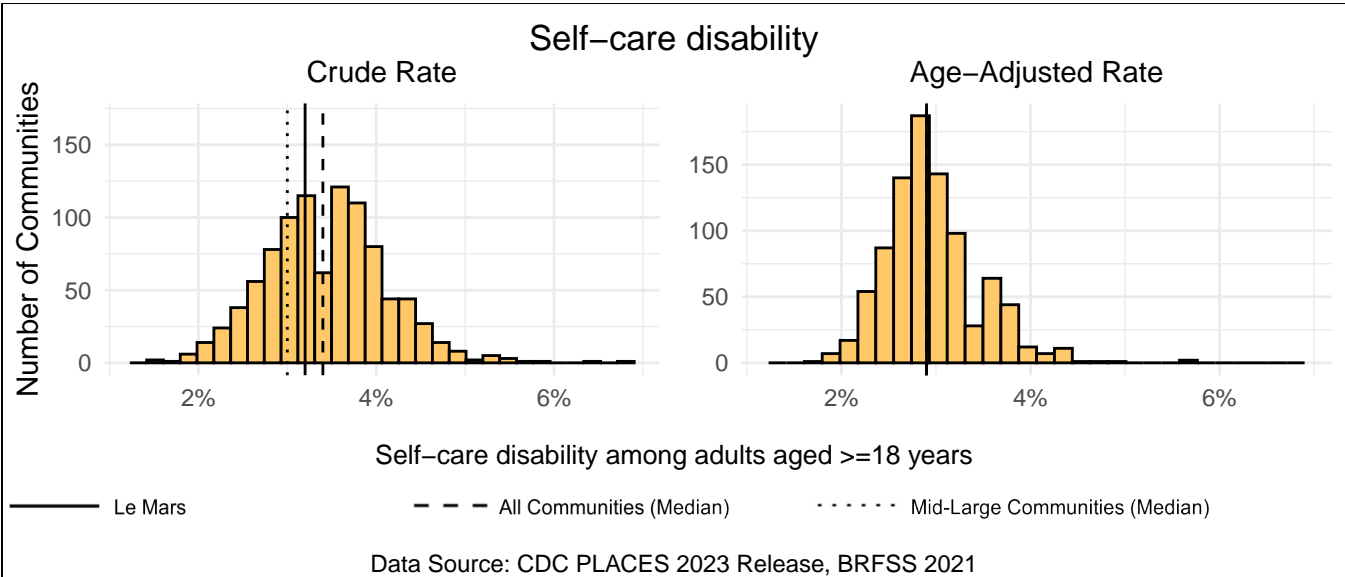
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	11.0%	11.8%	10.0%
Age-Adjusted	9.2%	9.5%	9.2%



Self-care disability

Le Mars has a crude rate of 3.2% for self-care disability among adults aged ≥ 18 years, which ranks 320th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 2.9%, which ranks 397th out of 905 Iowa communities (15th out of 31 mid-large communities).

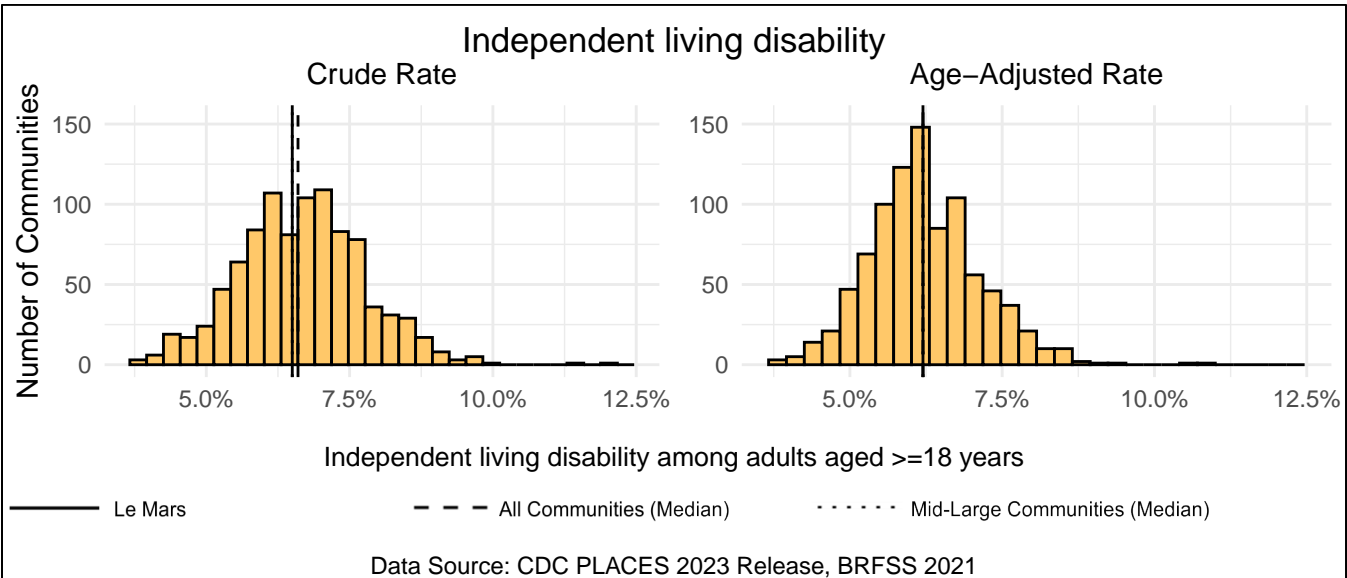
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	3.2%	3.4%	3.0%
Age-Adjusted	2.9%	2.9%	2.9%



Independent living disability

Le Mars has a crude rate of 6.5% for independent living disability among adults aged ≥ 18 years, which ranks 413th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 6.2%, which ranks 438th out of 905 Iowa communities (16th out of 31 mid-large communities).

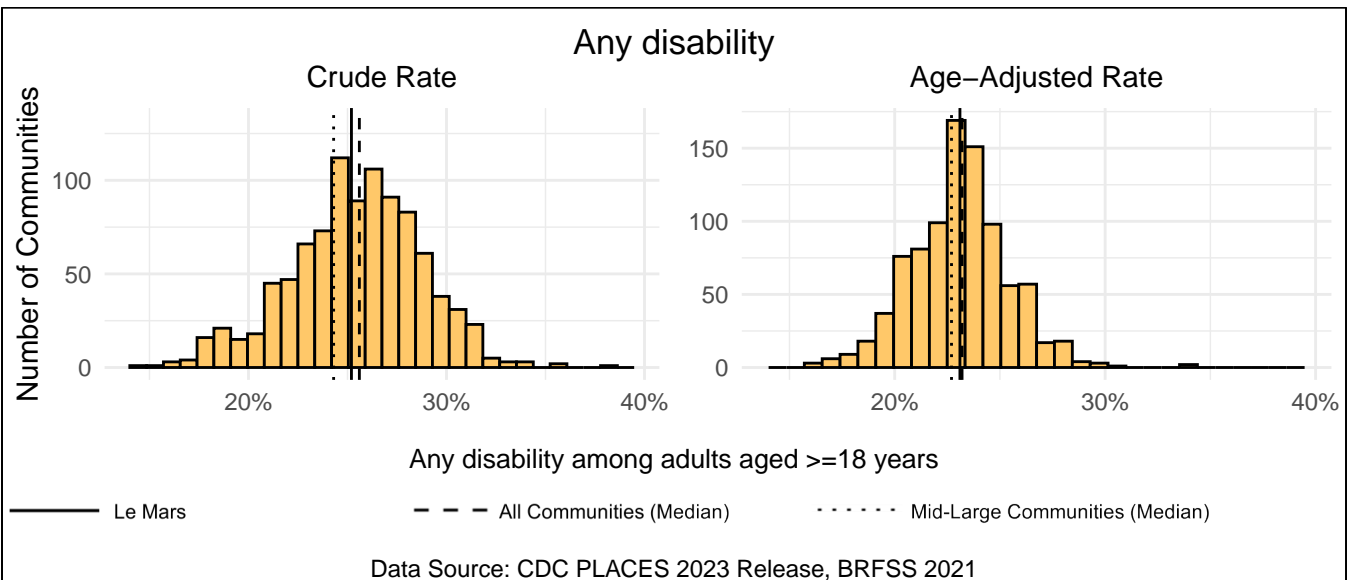
Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	6.5%	6.6%	6.5%
Age-Adjusted	6.2%	6.2%	6.2%



Any disability

Le Mars has a crude rate of 25.2% for any disability among adults aged ≥ 18 years, which ranks 440th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Le Mars is 23.1%, which ranks 430th out of 905 Iowa communities (18th out of 31 mid-large communities).

Measure Type	Le Mars	All Comm.	Mid-Large Comm.
Crude	25.2%	25.6%	24.3%
Age-Adjusted	23.1%	23.2%	22.7%



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: Le Mars PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	312	13.3% (11.4% - 15.5%)	327	12.3% (10.4% - 14.3%)
Health Status	Mental Health	464	14.3% (12.5% - 16.4%)	302	15.2% (13.2% - 17.4%)
Health Status	Physical Health	293	10.2% (8.8% - 11.8%)	300	9.4% (8.2% - 10.9%)
Health Risk Behaviors	Binge Drinking	572	20.1% (16.9% - 23.7%)	478	22.1% (18.5% - 25.9%)
Health Risk Behaviors	Physical Inactivity	265	24.2% (20.2% - 28.9%)	278	22.9% (19.0% - 27.2%)
Health Risk Behaviors	Sleep <7 hours	81	27.9% (26.6% - 29.1%)	68	28.5% (27.2% - 29.7%)
Health Risk Behaviors	Current Smoking	286	15.9% (13.0% - 19.1%)	259	16.6% (13.6% - 20.0%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.5%)	330	9.4% (8.2% - 10.7%)
Health Outcomes	COPD	306	6.9% (5.8% - 8.0%)	346	6.1% (5.1% - 7.1%)
Health Outcomes	Depression	356	17.7% (14.7% - 21.2%)	251	18.6% (15.4% - 22.2%)
Health Outcomes	High Cholesterol	431	36.0% (31.8% - 40.4%)	701	30.5% (26.5% - 34.8%)
Health Outcomes	Obesity	283	36.5% (30.2% - 43.0%)	317	36.6% (30.6% - 43.2%)
Health Outcomes	Arthritis	301	26.1% (22.4% - 29.9%)	261	22.5% (19.2% - 25.9%)
Health Outcomes	Diabetes	327	9.5% (8.1% - 11.0%)	401	8.1% (6.9% - 9.5%)
Health Outcomes	High Blood Pressure	424	31.7% (27.8% - 35.6%)	572	27.8% (24.4% - 31.5%)
Health Outcomes	Stroke	340	3.1% (2.7% - 3.5%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	Chronic Kidney Disease	381	3.1% (2.8% - 3.4%)	349	2.6% (2.3% - 2.8%)
Health Outcomes	Cancer (except skin)	418	7.9% (7.2% - 8.7%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Coronary Heart Disease	324	6.0% (5.2% - 6.8%)	257	4.8% (4.2% - 5.5%)
Health Outcomes	All Teeth Lost	317	12.0% (8.3% - 16.2%)	242	11.7% (8.2% - 15.4%)
Prevention	Taking BP Medication	505	79.5% (76.4% - 82.5%)	91	60.0% (55.2% - 64.7%)
Prevention	Cervical Cancer Screening	447	83.4% (81.7% - 85.1%)	372	83.4% (81.7% - 85.1%)
Prevention	Core preventive services for older women	601	37.7% (31.3% - 44.1%)	439	40.0% (33.8% - 46.2%)
Prevention	Cholesterol Screening	365	83.1% (80.2% - 85.7%)	124	80.6% (77.3% - 83.5%)
Prevention	Core preventive services for older men	205	46.8% (40.4% - 53.4%)	161	47.2% (40.8% - 53.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Annual Checkup	273	76.2% (71.9% - 80.4%)	74	74.1% (69.5% - 78.6%)
Prevention	Colorectal Cancer Screening	454	71.7% (69.2% - 74.2%)	250	72.2% (69.7% - 74.6%)
Prevention	Health Insurance	570	7.6% (6.1% - 9.2%)	498	7.9% (6.4% - 9.7%)
Prevention	Dental Visit	246	69.6% (66.8% - 72.1%)	234	69.2% (66.3% - 71.7%)
Prevention	Mammography	772	74.4% (70.8% - 77.6%)	695	72.3% (69.1% - 75.7%)
Disability	Vision Disability	425	4.0% (3.4% - 4.6%)	431	3.6% (3.1% - 4.1%)
Disability	Self-care Disability	320	3.2% (2.8% - 3.7%)	397	2.9% (2.5% - 3.3%)
Disability	Mobility Disability	328	11.0% (9.3% - 12.9%)	327	9.2% (7.8% - 10.8%)
Disability	Any Disability	440	25.2% (21.7% - 29.0%)	430	23.1% (19.8% - 26.7%)
Disability	Hearing Disability	358	7.0% (6.2% - 7.9%)	287	5.8% (5.1% - 6.5%)
Disability	Cognitive Disability	497	11.2% (9.6% - 13.0%)	399	11.5% (9.8% - 13.3%)
Disability	Independent Living Disability	413	6.5% (5.6% - 7.6%)	438	6.2% (5.3% - 7.1%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

Appendix 3: Mid-Large Communities (10,000-49,999)

Le Mars falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukee	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		