



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 Lone Tree: Overview

Dear Community Members & Stakeholders of Lone Tree,

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 Lone Tree ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Lone Tree’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 Lone Tree. 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
Obesity	47th	9th	High Cholesterol	7th	2nd
High Cholesterol	54th	17th	High Blood Pressure	23rd	6th
Mammography	65th	11th	Obesity	33rd	8th
High Blood Pressure	96th	21st	Core preventive services for older women	75th	13th
Physical Inactivity	114th	21st	Any Disability	91st	20th

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
Taking BP Medication	838th	118th	Taking BP Medication	882nd	137th
Annual Checkup	838th	124th	Cancer (except skin)	831st	126th
Depression	827th	122nd	Annual Checkup	803rd	129th
Binge Drinking	758th	111th	Depression	758th	116th
Current Asthma	625th	100th	Binge Drinking	668th	98th

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 Lone Tree.

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

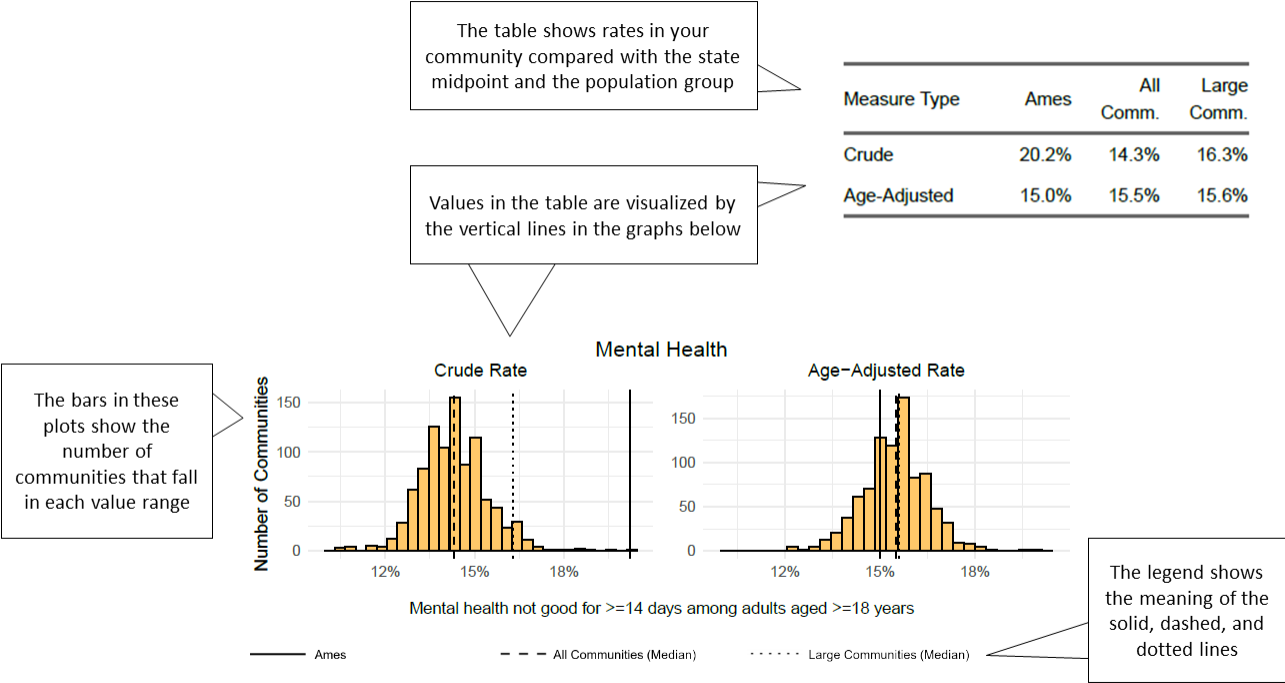
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Lone Tree that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Lone Tree, a review of risky behaviors in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

With a population of 1,261, Lone Tree’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

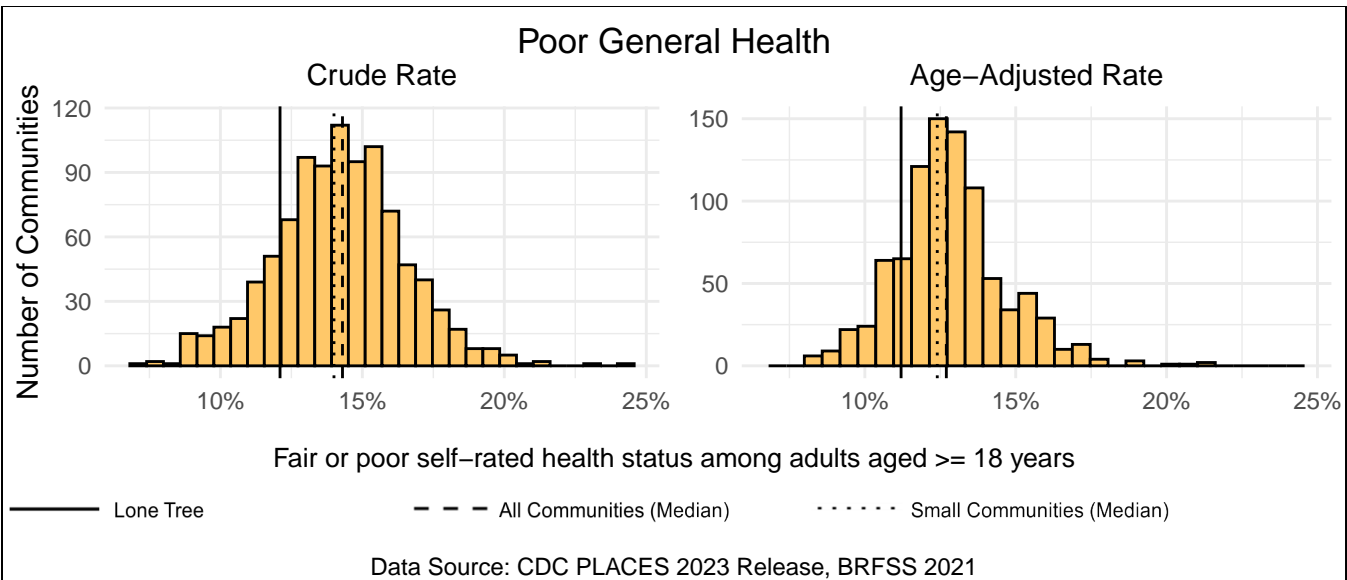
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Lone Tree has a crude rate of 12.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 153rd out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Lone Tree is 11.2%, which ranks 150th out of 905 Iowa communities (32nd out of 138 small communities).

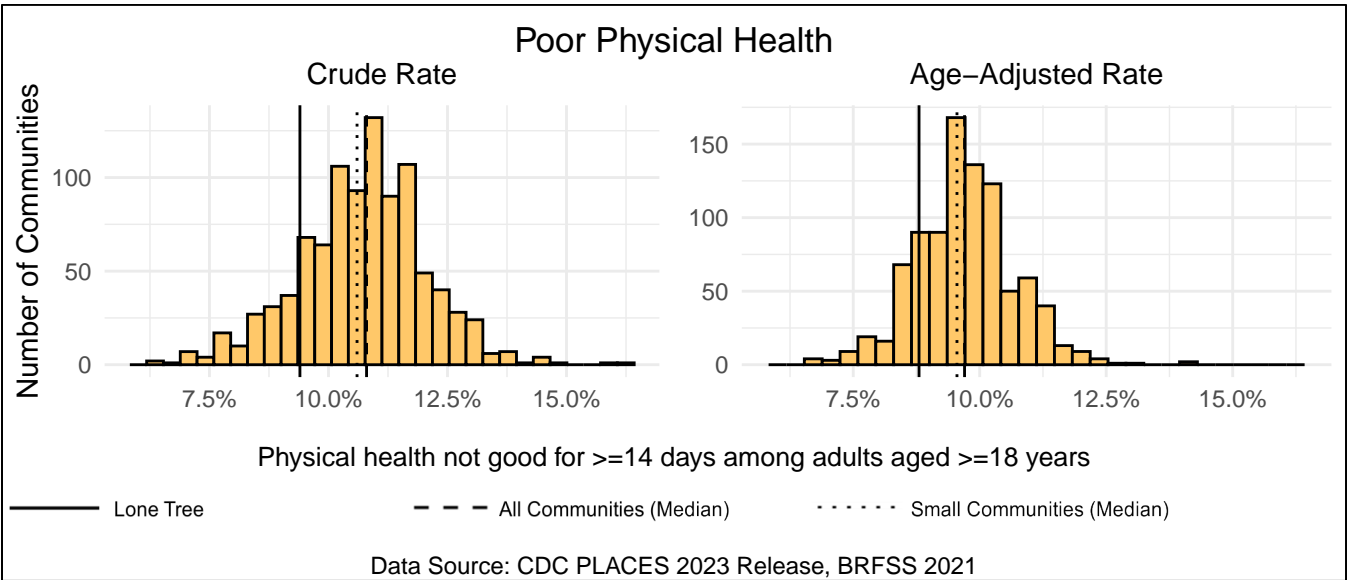
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	12.1%	14.3%	14.0%
Age-Adjusted	11.2%	12.7%	12.4%



Poor Physical Health

Lone Tree has a crude rate of 9.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 137th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Lone Tree is 8.8%, which ranks 140th out of 905 Iowa communities (26th out of 138 small communities).

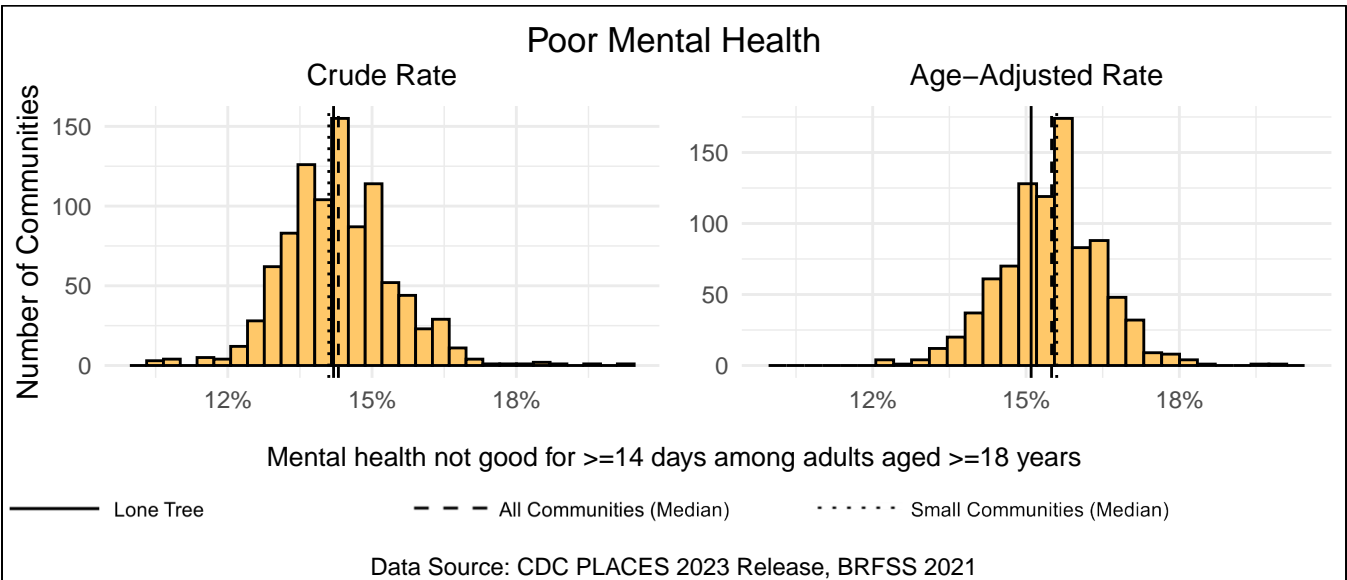
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	9.4%	10.8%	10.6%
Age-Adjusted	8.8%	9.7%	9.6%



Poor Mental Health

Lone Tree has a crude rate of 14.2% for mental health not good for >=14 days among adults aged >=18 years, which ranks 432nd out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Lone Tree is 15.1%, which ranks 270th out of 905 Iowa communities (46th out of 138 small communities).

Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	14.2%	14.3%	14.1%
Age-Adjusted	15.1%	15.5%	15.6%



Health Risk Behaviors

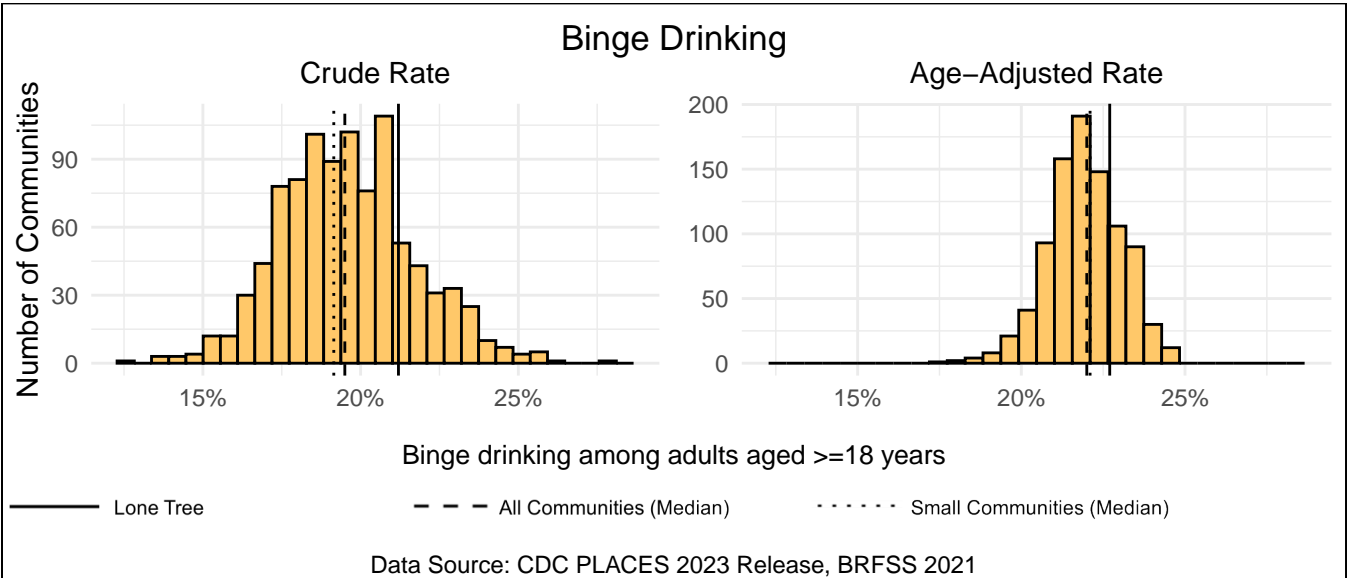
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Lone Tree has a crude rate of 21.2% for binge drinking among adults aged ≥ 18 years, which ranks 758th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Lone Tree is 22.7%, which ranks 668th out of 905 Iowa communities (98th out of 138 small communities).

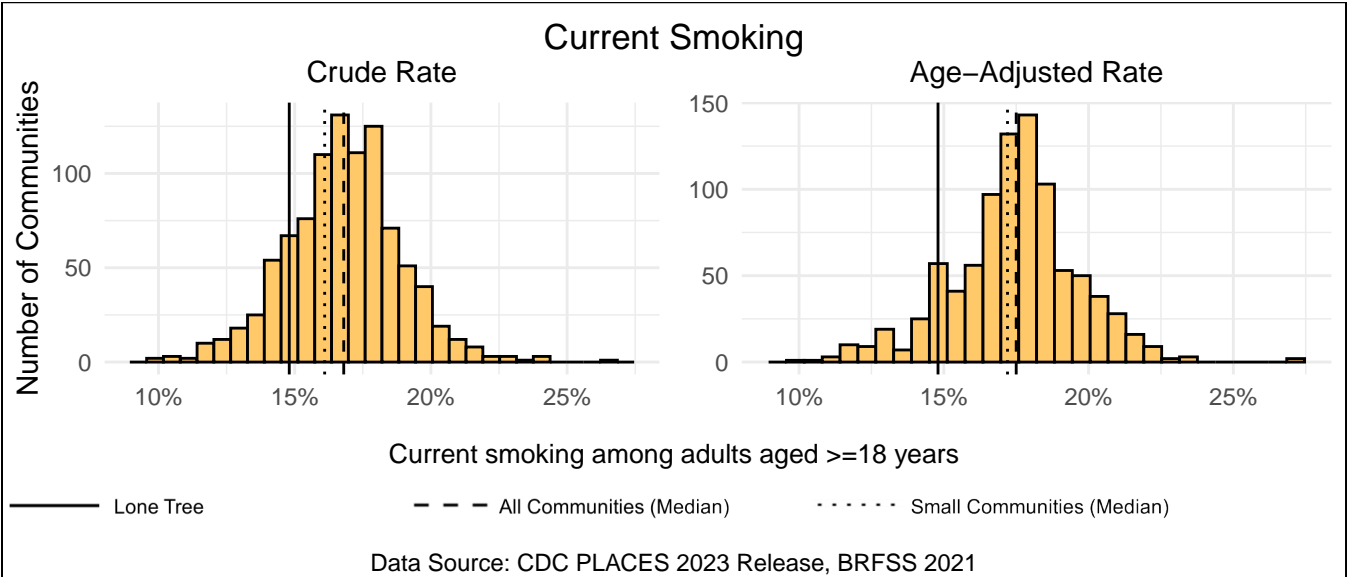
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	21.2%	19.5%	19.1%
Age-Adjusted	22.7%	22.0%	22.1%



Current Smoking

Lone Tree has a crude rate of 14.8% for current smoking among adults aged ≥ 18 years, which ranks 153rd out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Lone Tree is 14.8%, which ranks 97th out of 905 Iowa communities (19th out of 138 small communities).

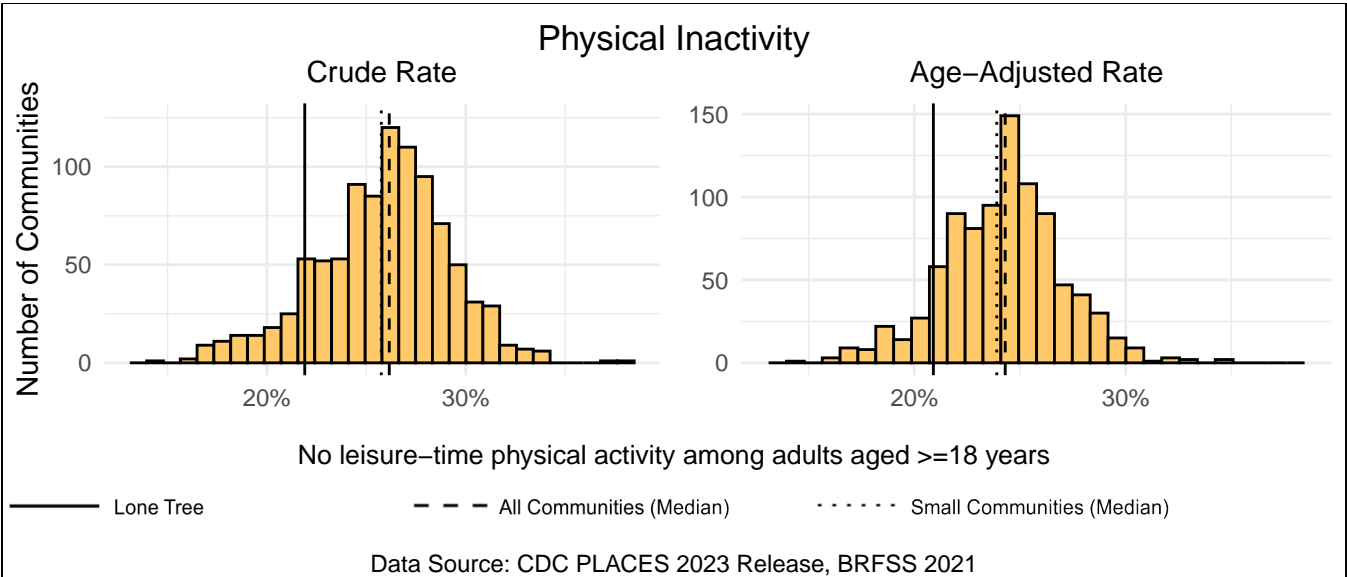
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	14.8%	16.8%	16.1%
Age-Adjusted	14.8%	17.5%	17.2%



Physical Inactivity

Lone Tree has a crude rate of 21.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 114th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Lone Tree is 20.9%, which ranks 95th out of 905 Iowa communities (18th out of 138 small communities).

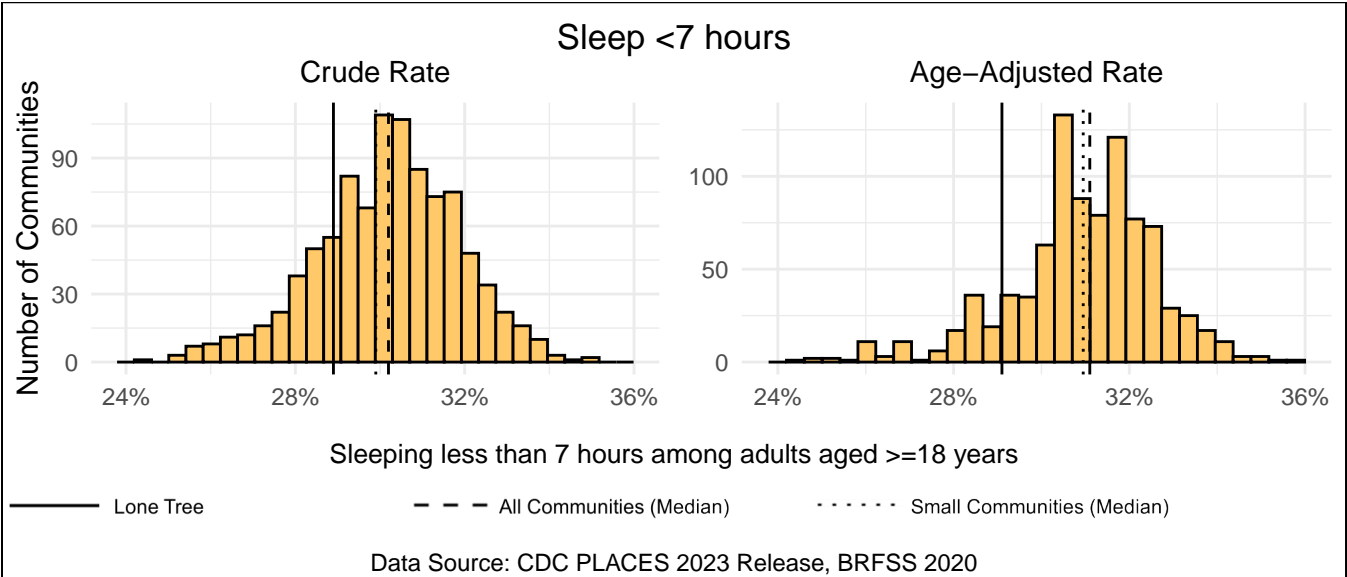
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	21.9%	26.1%	25.8%
Age-Adjusted	20.9%	24.3%	23.9%



Sleep <7 hours

Lone Tree has a crude rate of 28.9% for sleeping less than 7 hours among adults aged >=18 years, which ranks 196th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Lone Tree is 29.1%, which ranks 111th out of 905 Iowa communities (20th out of 138 small communities).

Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	28.9%	30.2%	29.9%
Age-Adjusted	29.1%	31.1%	31.0%



Health Outcomes

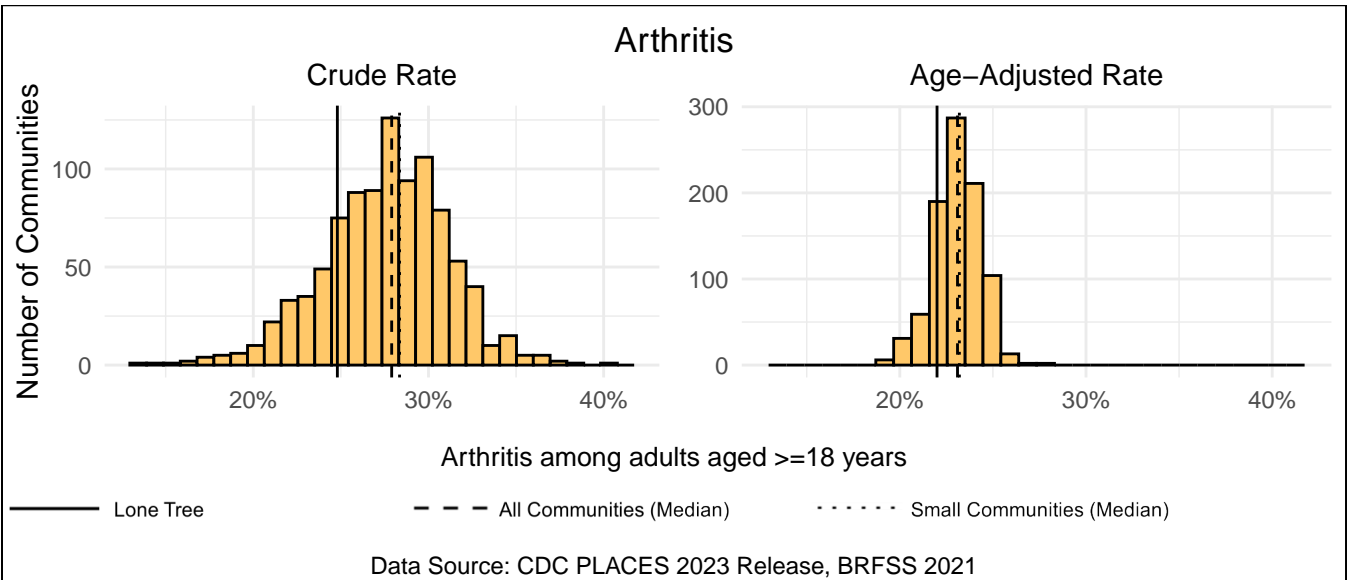
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Lone Tree has a crude rate of 24.8% for arthritis among adults aged ≥ 18 years, which ranks 192nd out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Lone Tree is 22.0%, which ranks 163rd out of 905 Iowa communities (30th out of 138 small communities).

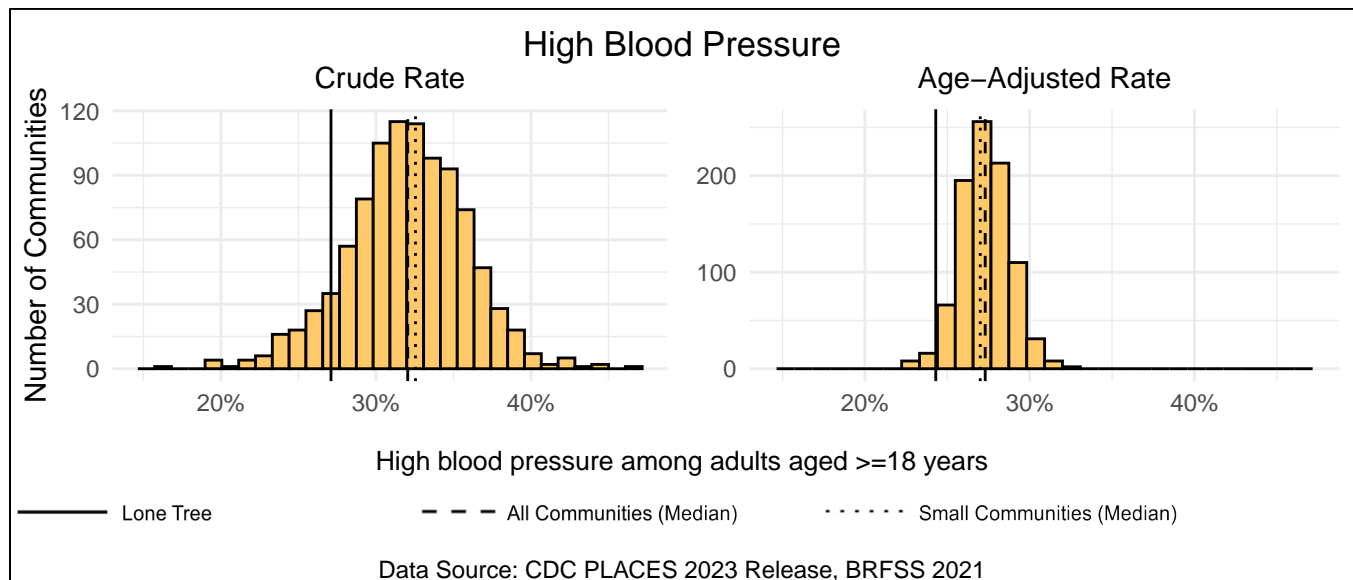
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	24.8%	27.9%	28.4%
Age-Adjusted	22.0%	23.1%	23.2%



High Blood Pressure

Lone Tree has a crude rate of 27.1% for high blood pressure among adults aged ≥ 18 years, which ranks 96th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Lone Tree is 24.3%, which ranks 23rd out of 905 Iowa communities (6th out of 138 small communities).

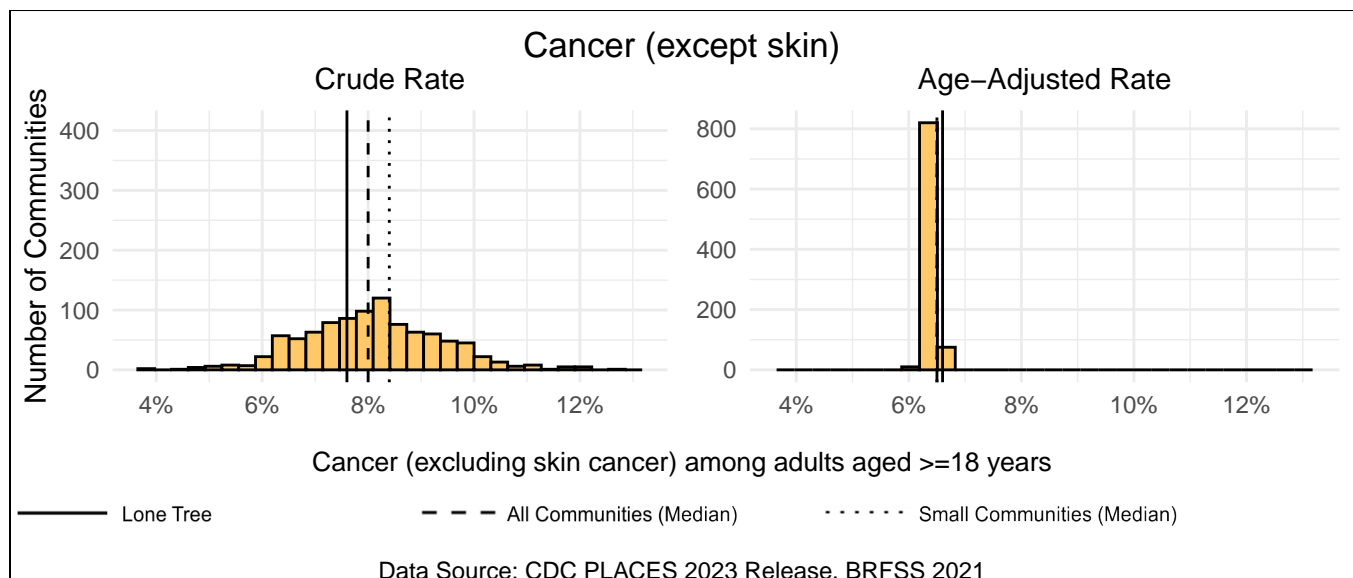
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	27.1%	32.0%	32.5%
Age-Adjusted	24.3%	27.3%	27.0%



Cancer (except skin)

Lone Tree has a crude rate of 7.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 335th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Lone Tree is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

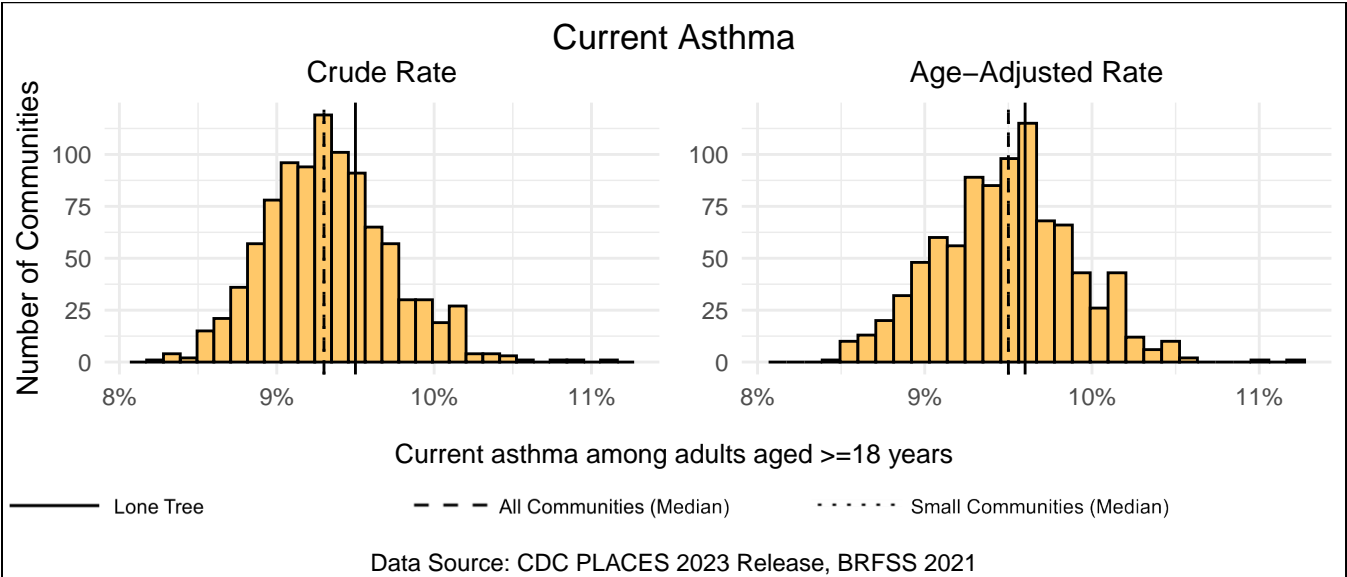
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	7.6%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

Lone Tree has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Lone Tree is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

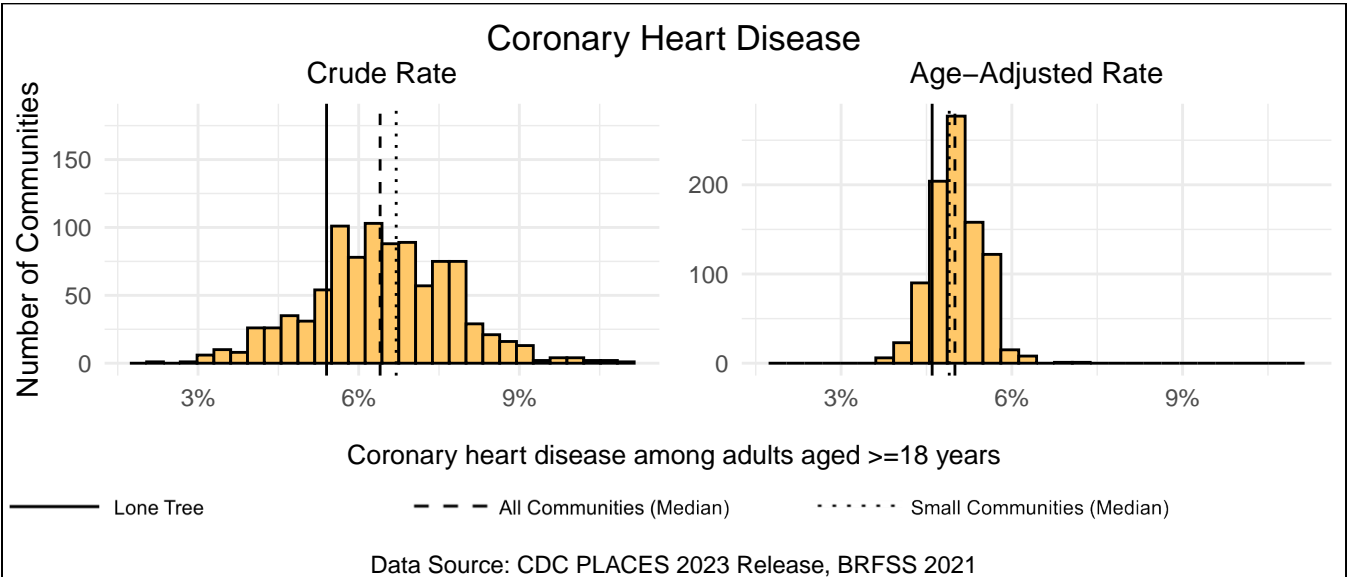
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



Coronary Heart Disease

Lone Tree 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 Lone Tree is 4.6%, which ranks 120th out of 905 Iowa communities (24th out of 138 small communities).

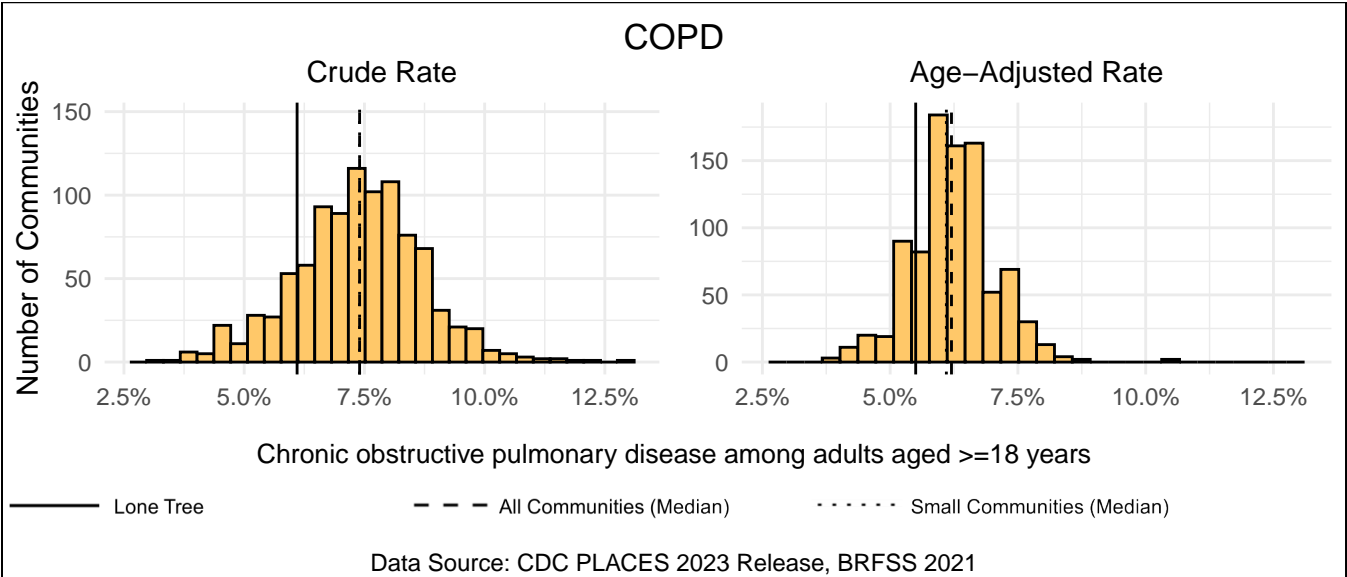
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	5.4%	6.4%	6.7%
Age-Adjusted	4.6%	5.0%	4.9%



COPD

Lone Tree has a crude rate of 6.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Lone Tree is 5.5%, which ranks 144th out of 905 Iowa communities (28th out of 138 small communities).

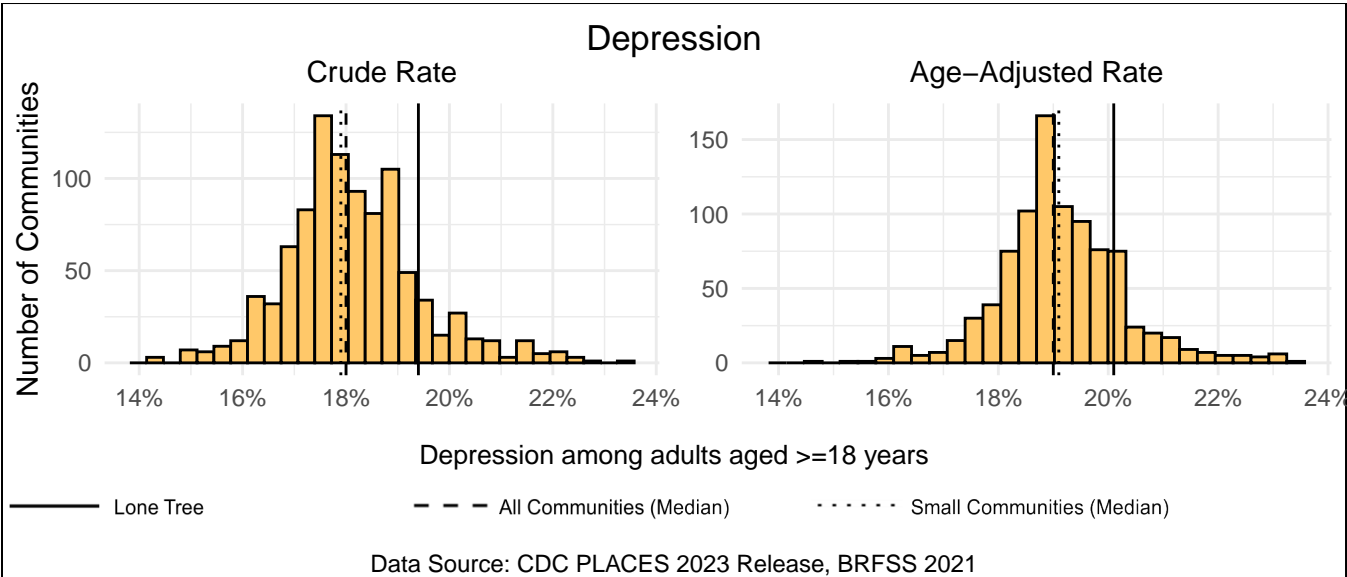
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	6.1%	7.4%	7.4%
Age-Adjusted	5.5%	6.2%	6.1%



Depression

Lone Tree has a crude rate of 19.4% for depression among adults aged ≥ 18 years, which ranks 827th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Lone Tree is 20.1%, which ranks 758th out of 905 Iowa communities (116th out of 138 small communities).

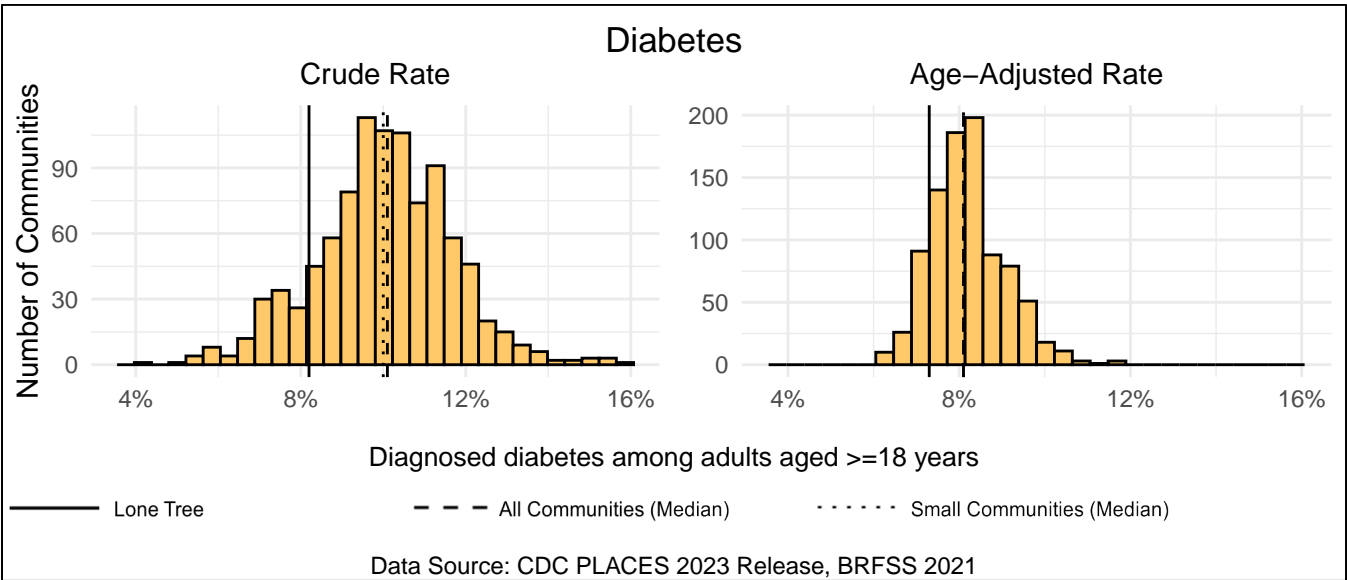
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	19.4%	18.0%	17.9%
Age-Adjusted	20.1%	19.0%	19.1%



Diabetes

Lone Tree has a crude rate of 8.2% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 121st out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Lone Tree is 7.3%, which ranks 103rd out of 905 Iowa communities (19th out of 138 small communities).

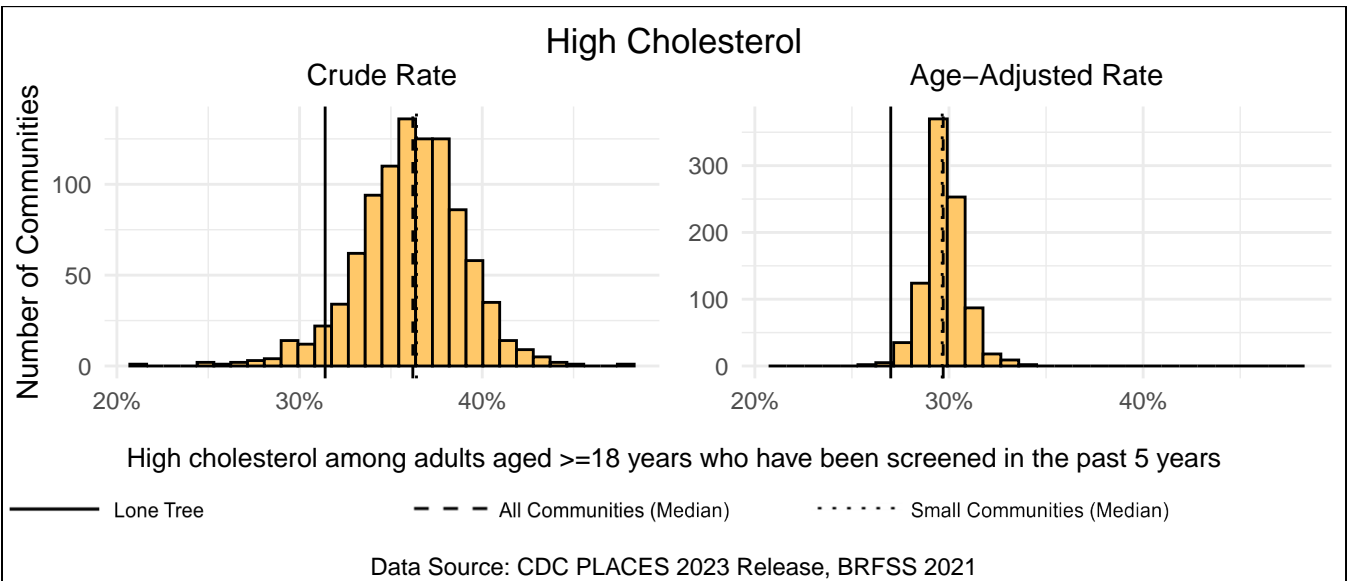
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	8.2%	10.1%	10.0%
Age-Adjusted	7.3%	8.1%	8.1%



High Cholesterol

Lone Tree has a crude rate of 31.4% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 54th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Lone Tree is 27.0%, which ranks 7th out of 905 Iowa communities (2nd out of 138 small communities).

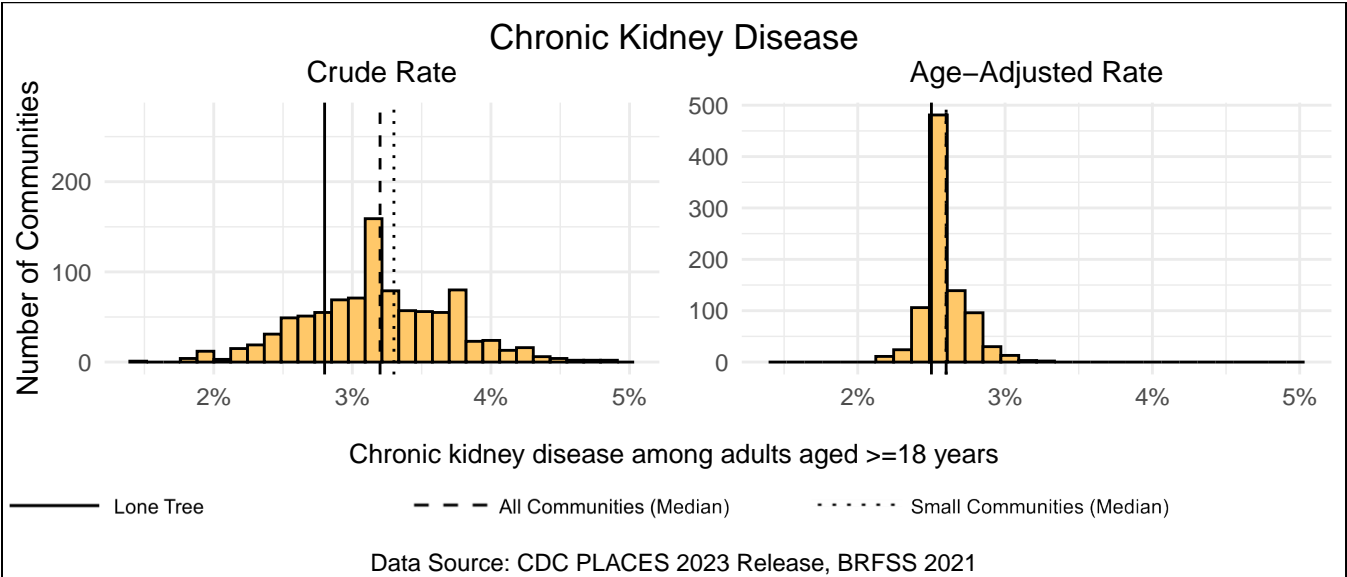
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	31.4%	36.2%	36.4%
Age-Adjusted	27.0%	29.7%	29.6%



Chronic Kidney Disease

Lone Tree has a crude rate of 2.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 186th out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Lone Tree is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

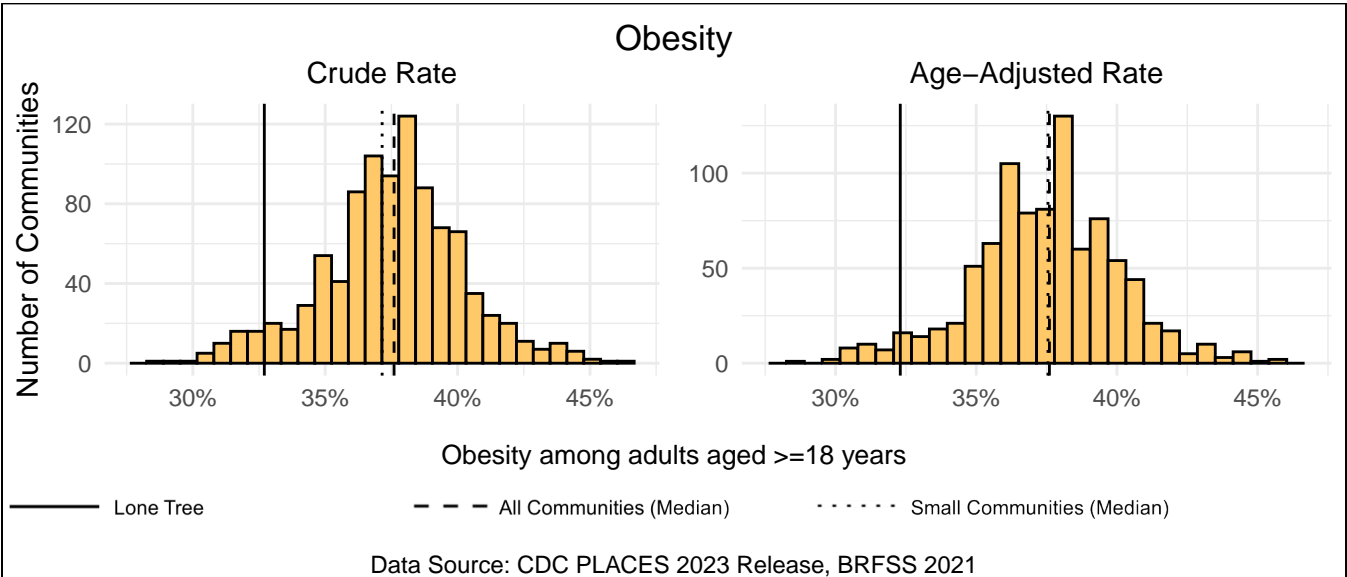
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	2.8%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Lone Tree has a crude rate of 32.7% for obesity among adults aged ≥ 18 years, which ranks 47th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Lone Tree is 32.3%, which ranks 33rd out of 905 Iowa communities (8th out of 138 small communities).

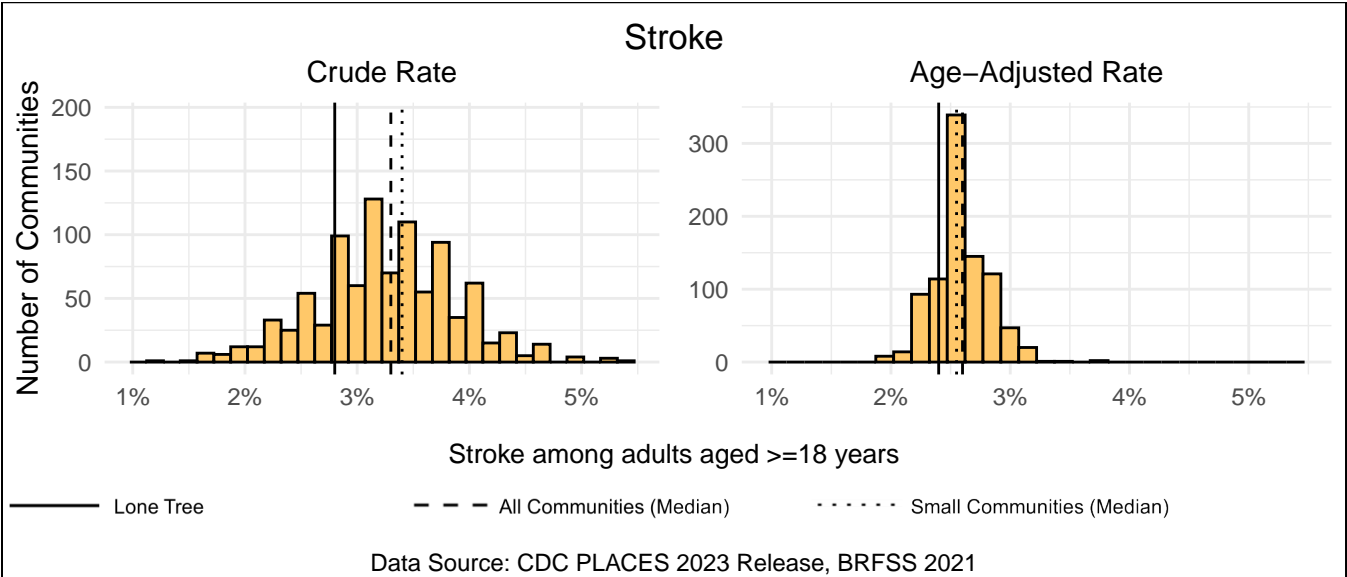
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	32.7%	37.6%	37.2%
Age-Adjusted	32.3%	37.6%	37.5%



Stroke

Lone Tree 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 Lone Tree is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

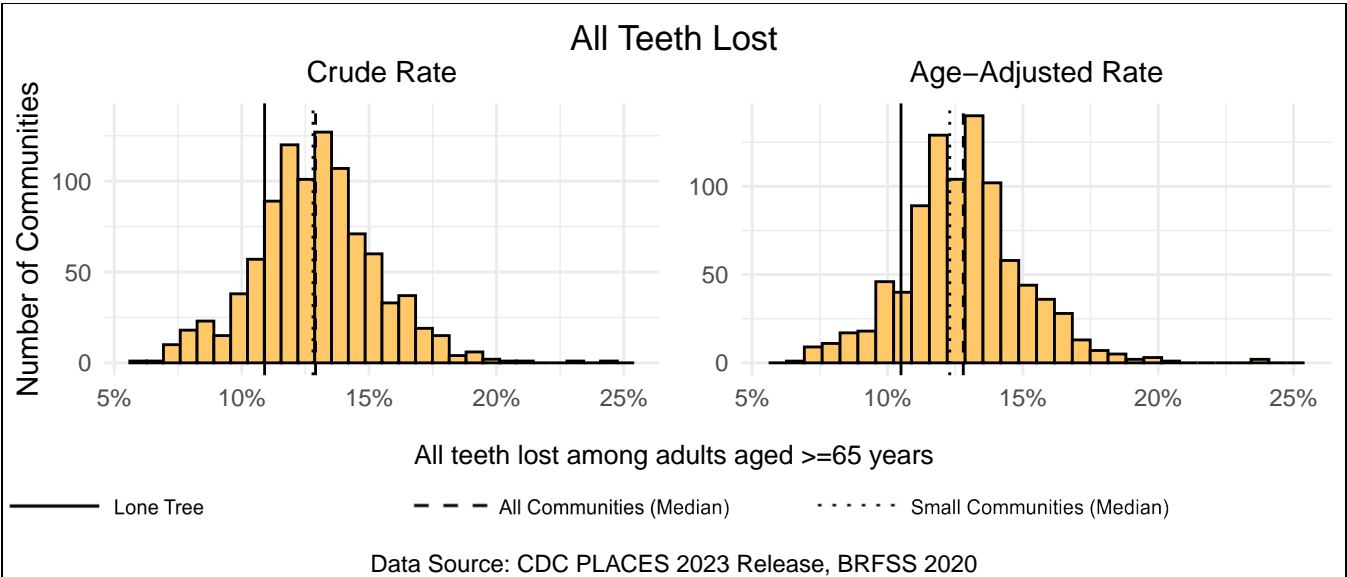
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	2.8%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



All Teeth Lost

Lone Tree has a crude rate of 10.9% for all teeth lost among adults aged ≥ 65 years, which ranks 164th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Lone Tree is 10.5%, which ranks 115th out of 905 Iowa communities (21st out of 138 small communities).

Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	10.9%	12.9%	12.8%
Age-Adjusted	10.5%	12.8%	12.3%



Prevention

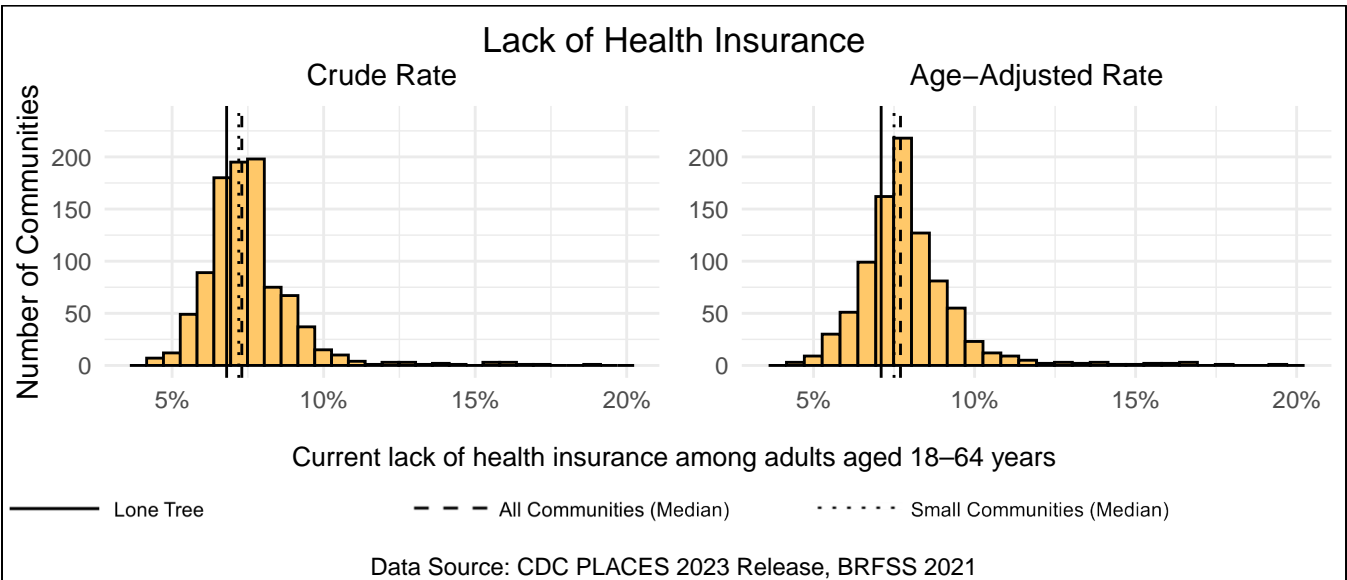
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Lone Tree has a crude rate of 6.8% for current lack of health insurance among adults aged 18–64 years, which ranks 255th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Lone Tree is 7.1%, which ranks 234th out of 905 Iowa communities (49th out of 138 small communities).

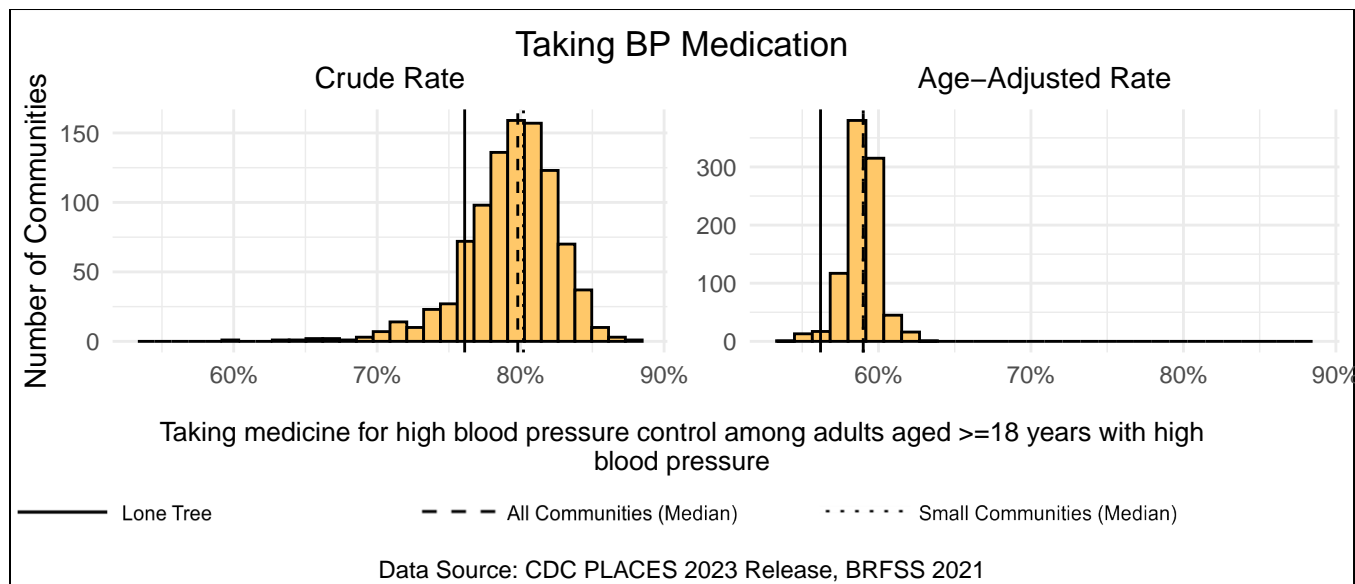
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	6.8%	7.3%	7.2%
Age-Adjusted	7.1%	7.7%	7.5%



Taking BP Medication

Lone Tree has a crude rate of 76.1% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 838th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Lone Tree is 56.2%, which ranks 882nd out of 905 Iowa communities (137th out of 138 small communities).

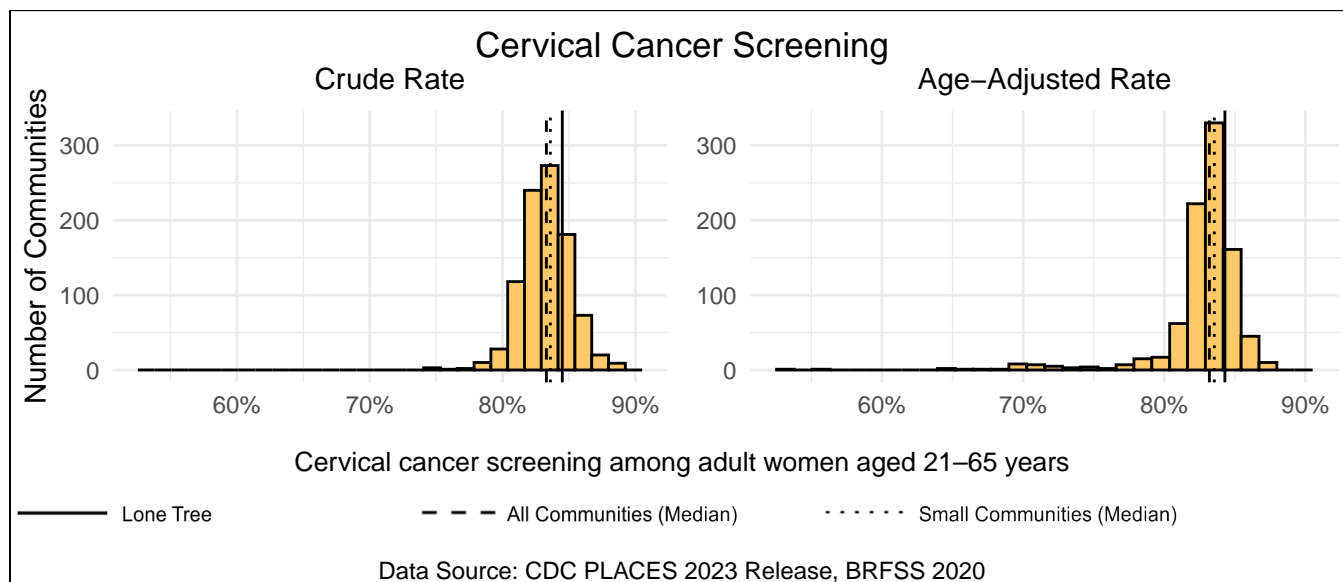
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	76.1%	79.8%	80.2%
Age-Adjusted	56.2%	59.0%	59.0%



Cervical Cancer Screening

Lone Tree has a crude rate of 84.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 217th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Lone Tree is 84.3%, which ranks 182nd out of 905 Iowa communities (40th out of 138 small communities).

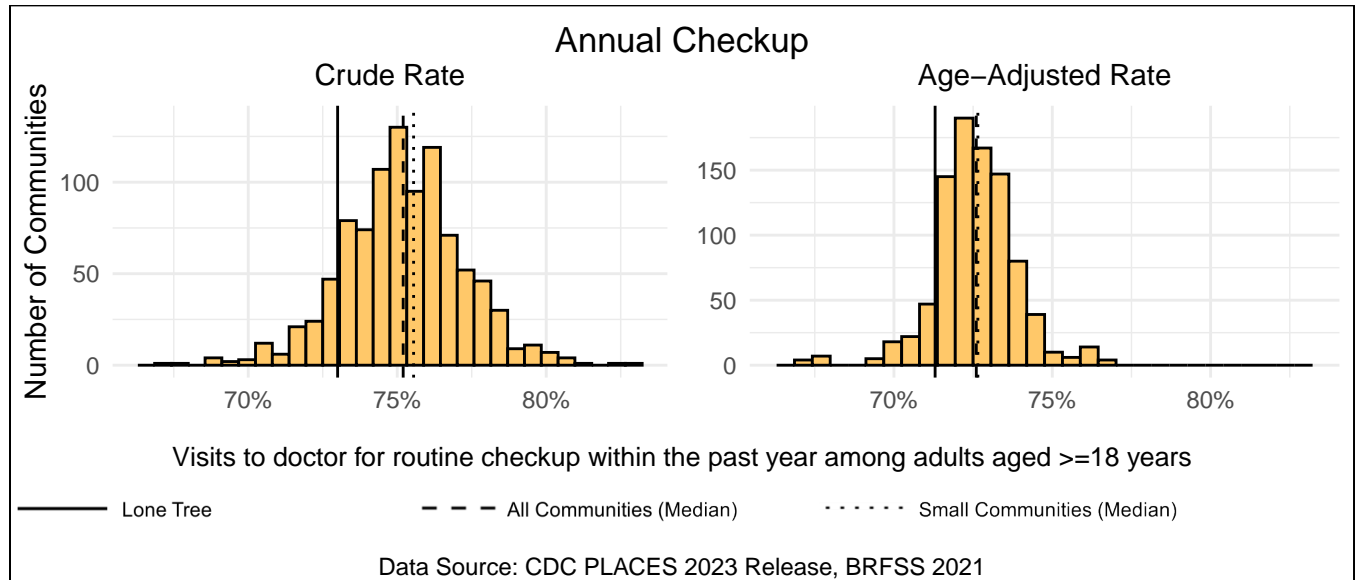
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	84.5%	83.3%	83.6%
Age-Adjusted	84.3%	83.2%	83.5%



Annual Checkup

Lone Tree has a crude rate of 73.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 838th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Lone Tree is 71.3%, which ranks 803rd out of 905 Iowa communities (129th out of 138 small communities).

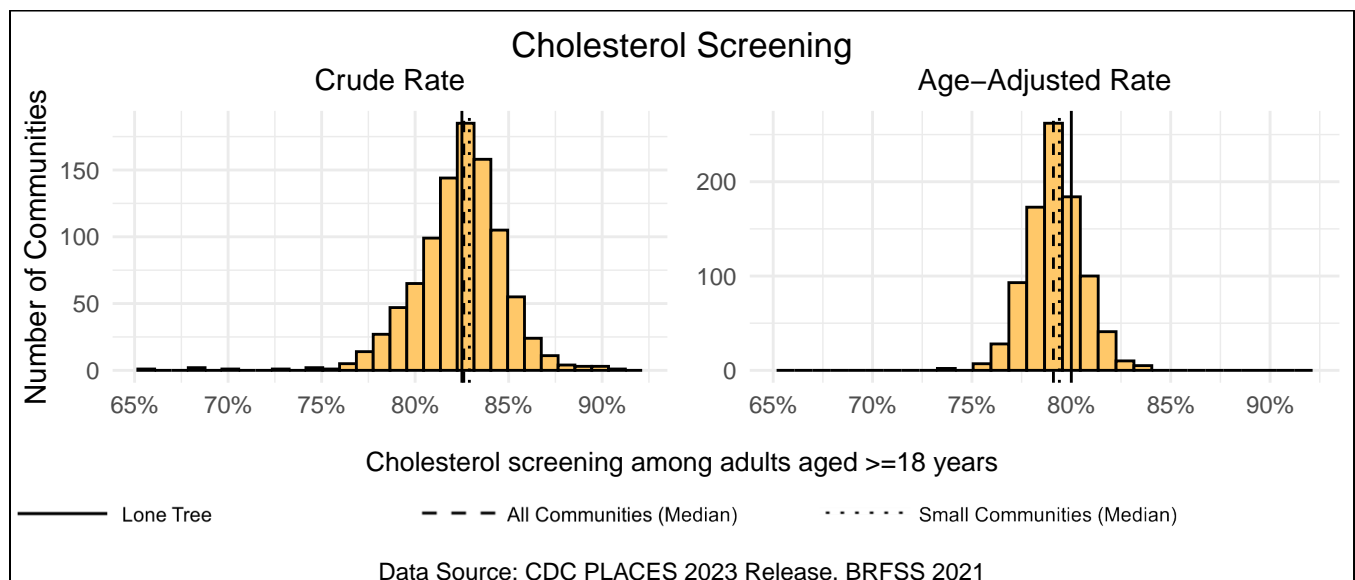
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	73.0%	75.2%	75.5%
Age-Adjusted	71.3%	72.6%	72.6%



Cholesterol Screening

Lone Tree has a crude rate of 82.5% for cholesterol screening among adults aged ≥ 18 years, which ranks 501st out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Lone Tree is 80.0%, which ranks 237th out of 905 Iowa communities (46th out of 138 small communities).

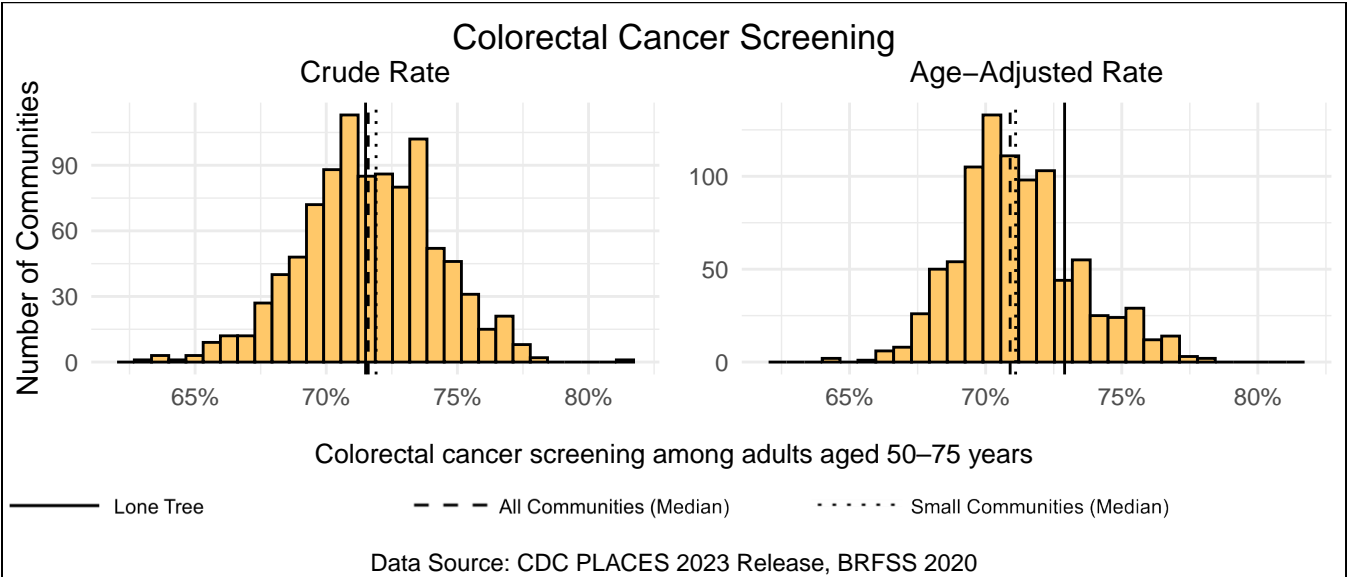
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	82.5%	82.6%	82.9%
Age-Adjusted	80.0%	79.1%	79.4%



Colorectal Cancer Screening

Lone Tree has a crude rate of 71.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 486th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Lone Tree is 72.9%, which ranks 176th out of 905 Iowa communities (34th out of 138 small communities).

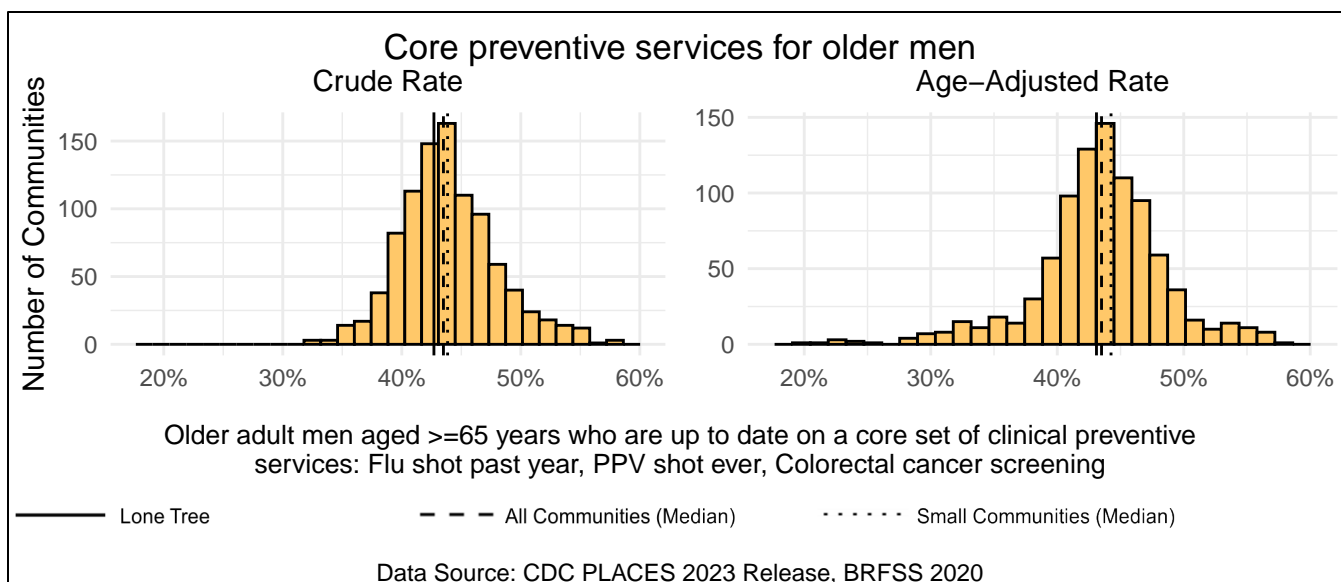
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	71.5%	71.6%	71.9%
Age-Adjusted	72.9%	70.9%	71.1%



Core preventive services for older men

Lone Tree has a crude rate of 42.7% 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 581st out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for Lone Tree is 43.1%, which ranks 496th out of 905 Iowa communities (90th out of 138 small communities).

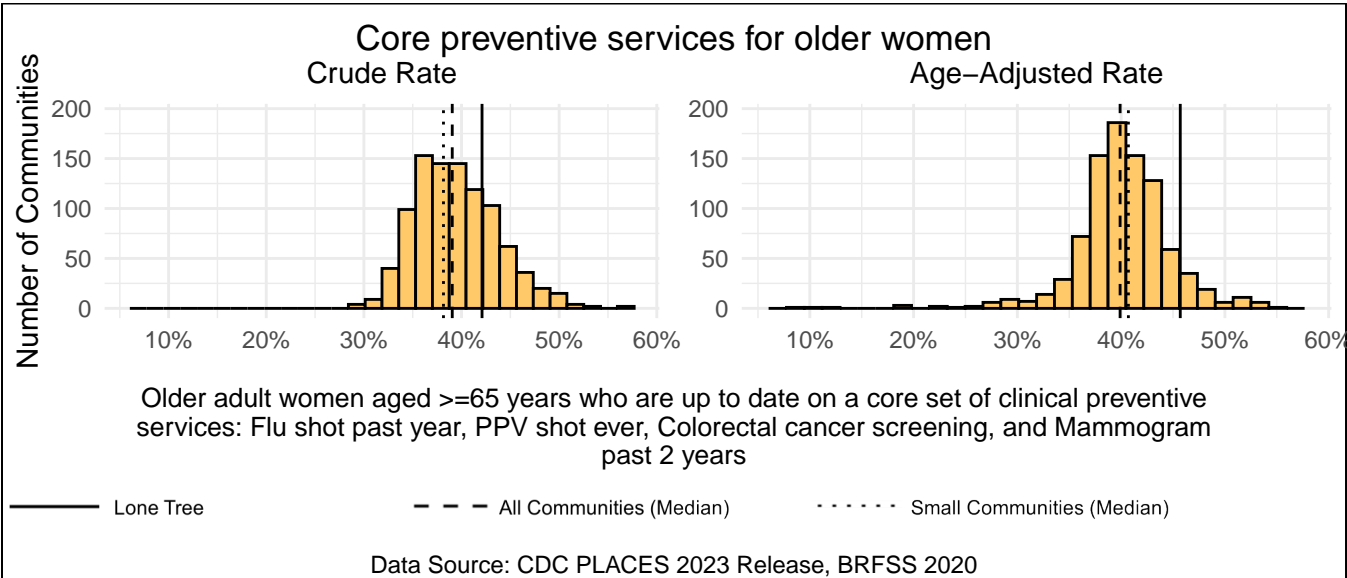
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	42.7%	43.5%	43.8%
Age-Adjusted	43.1%	43.5%	44.2%



Core preventive services for older women

Lone Tree has a crude rate of 42.1% 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 245th out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Lone Tree is 45.7%, which ranks 75th out of 905 Iowa communities (13th out of 138 small communities).

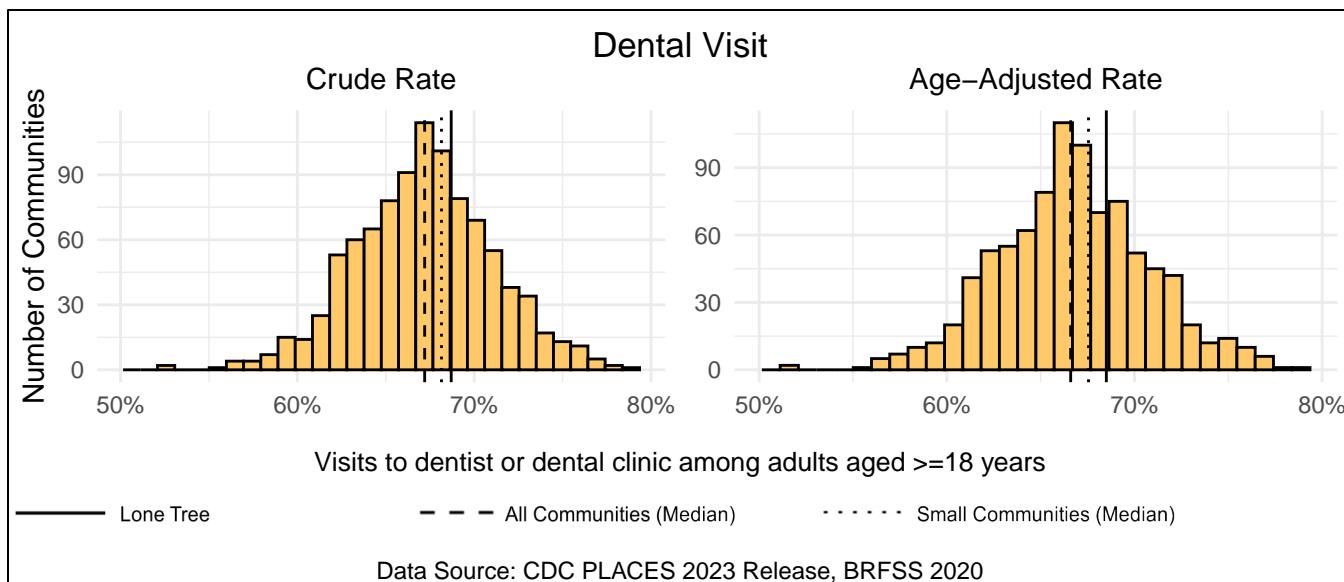
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	42.1%	39.0%	38.2%
Age-Adjusted	45.7%	39.9%	40.7%



Dental Visit

Lone Tree has a crude rate of 68.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 318th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Lone Tree is 68.5%, which ranks 284th out of 905 Iowa communities (55th out of 138 small communities).

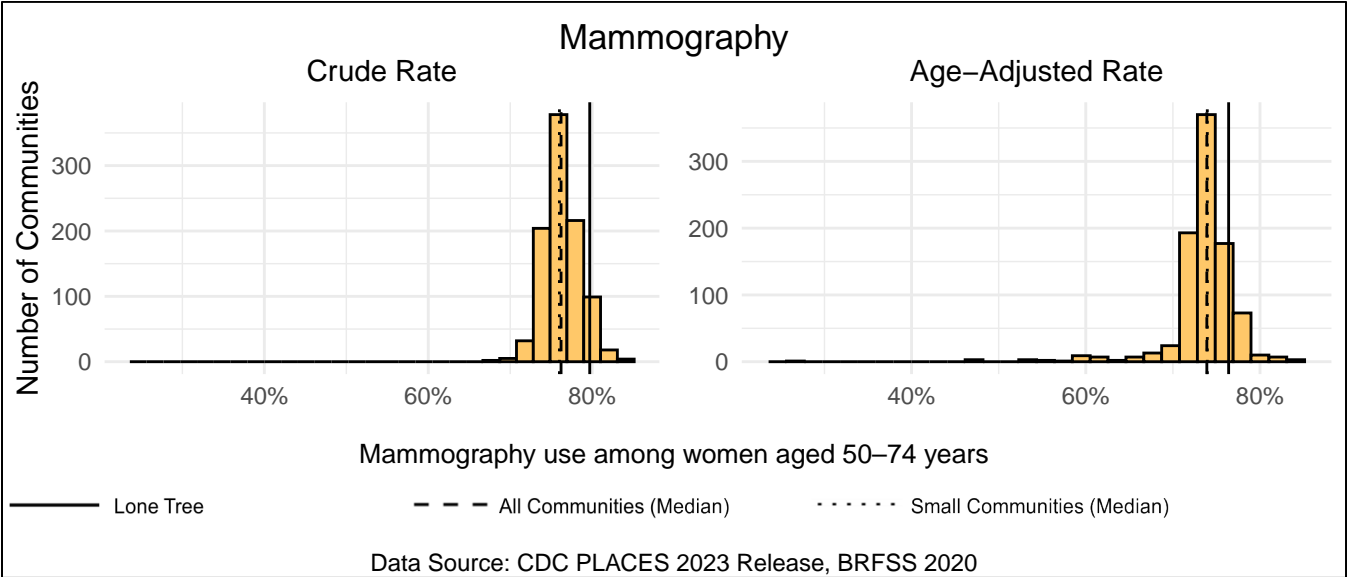
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	68.7%	67.2%	68.2%
Age-Adjusted	68.5%	66.6%	67.5%



Mammography

Lone Tree has a crude rate of 79.7% for mammography use among women aged 50–74 years, which ranks 65th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Lone Tree is 76.4%, which ranks 127th out of 905 Iowa communities (23rd out of 138 small communities).

Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	79.7%	76.2%	76.0%
Age-Adjusted	76.4%	73.9%	74.0%



Disability

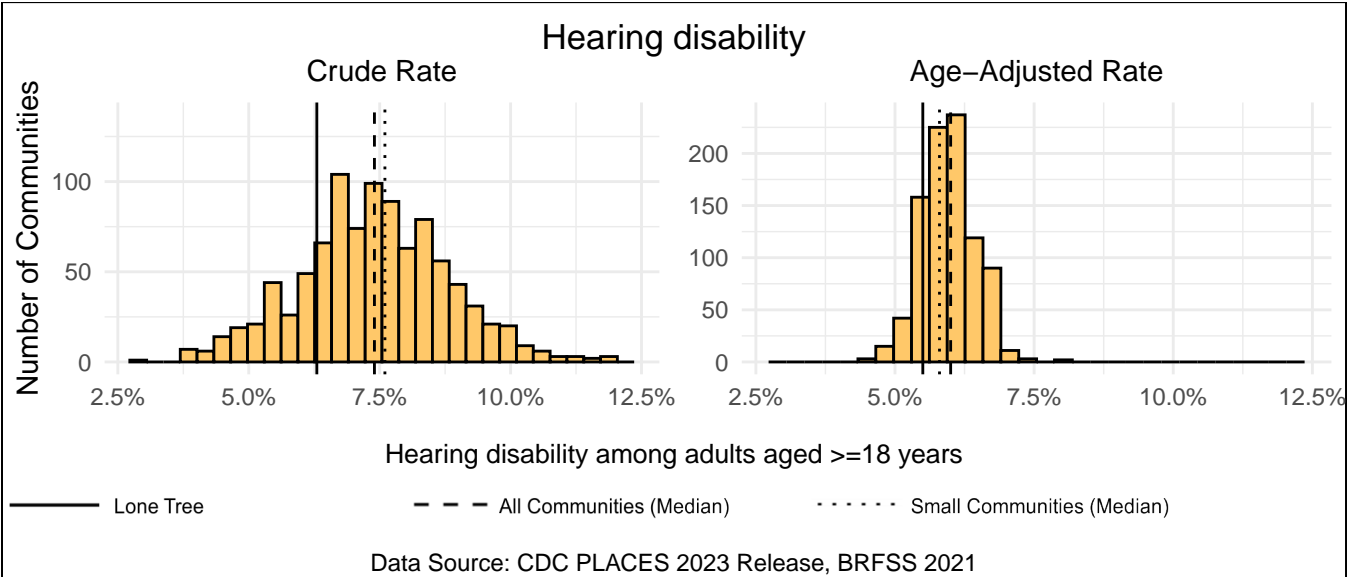
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Lone Tree has a crude rate of 6.3% for hearing disability among adults aged ≥ 18 years, which ranks 188th out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Lone Tree is 5.5%, which ranks 110th out of 905 Iowa communities (21st out of 138 small communities).

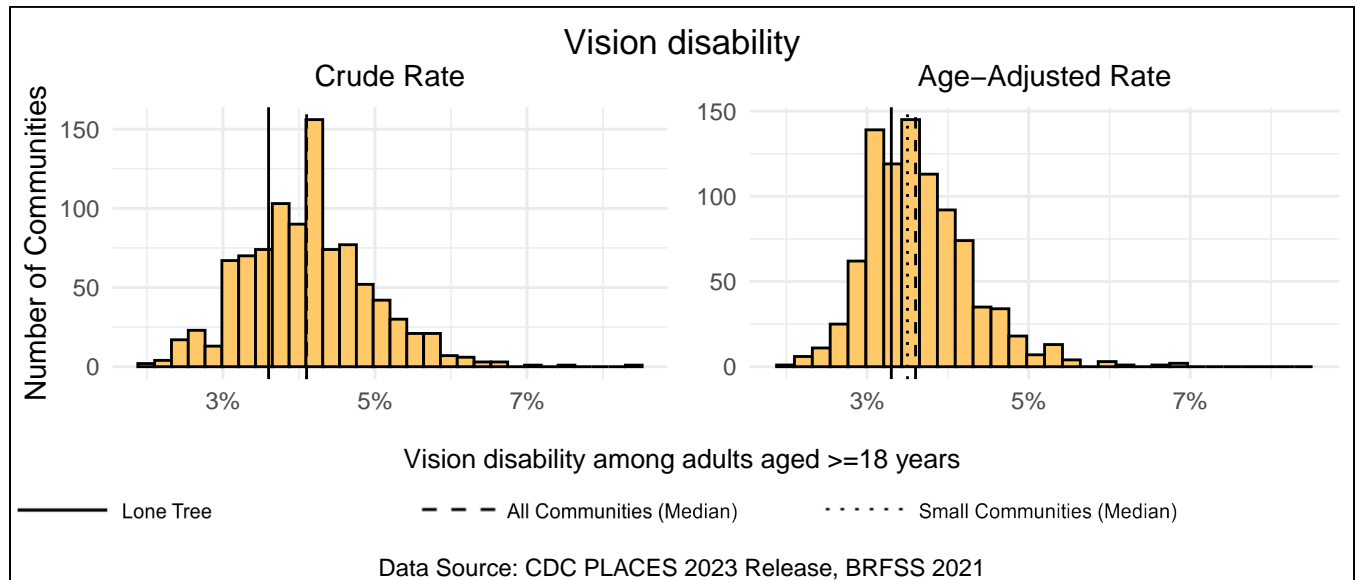
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	6.3%	7.4%	7.6%
Age-Adjusted	5.5%	6.0%	5.8%



Vision disability

Lone Tree has a crude rate of 3.6% for vision disability among adults aged ≥ 18 years, which ranks 229th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Lone Tree is 3.3%, which ranks 245th out of 905 Iowa communities (43rd out of 138 small communities).

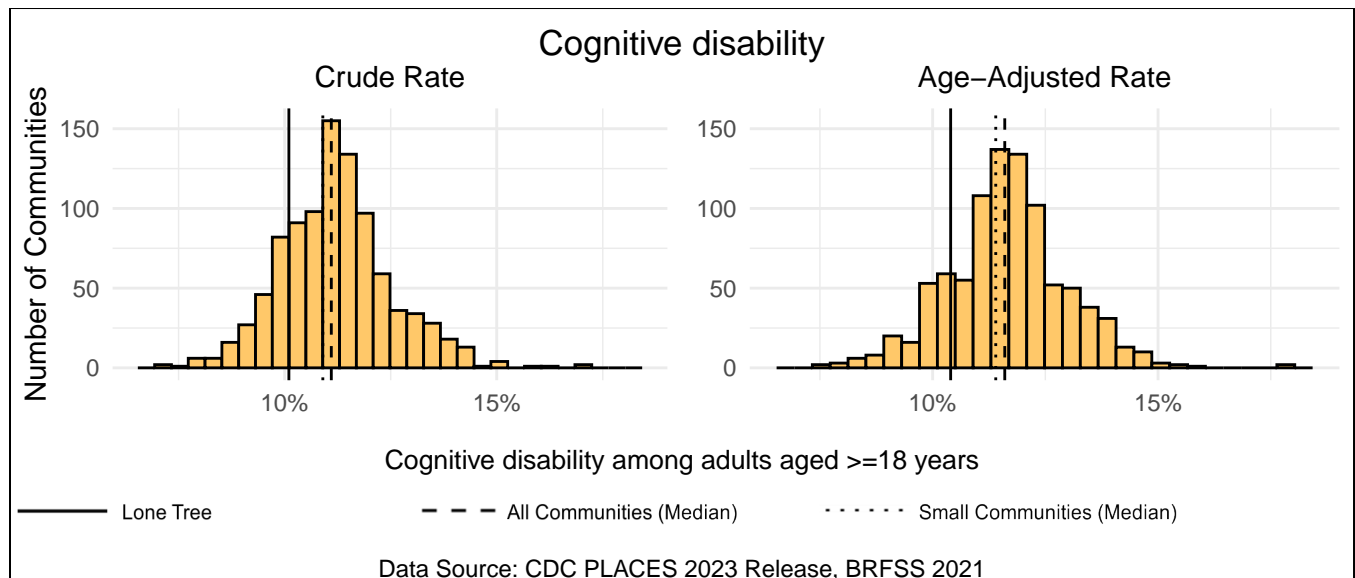
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	3.6%	4.1%	4.1%
Age-Adjusted	3.3%	3.6%	3.5%



Cognitive disability

Lone Tree has a crude rate of 10.1% for cognitive disability among adults aged ≥ 18 years, which ranks 162nd out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Lone Tree is 10.4%, which ranks 141st out of 905 Iowa communities (24th out of 138 small communities).

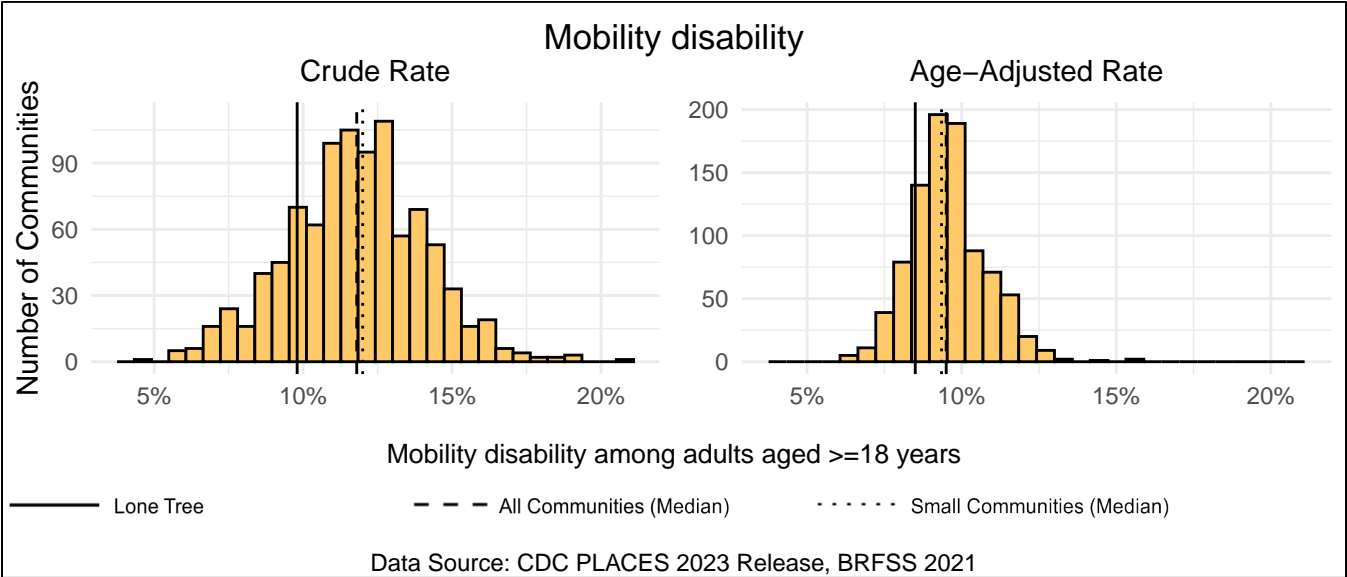
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	10.1%	11.1%	10.9%
Age-Adjusted	10.4%	11.6%	11.4%



Mobility disability

Lone Tree has a crude rate of 9.8% for mobility disability among adults aged ≥ 18 years, which ranks 182nd out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Lone Tree is 8.5%, which ranks 159th out of 905 Iowa communities (28th out of 138 small communities).

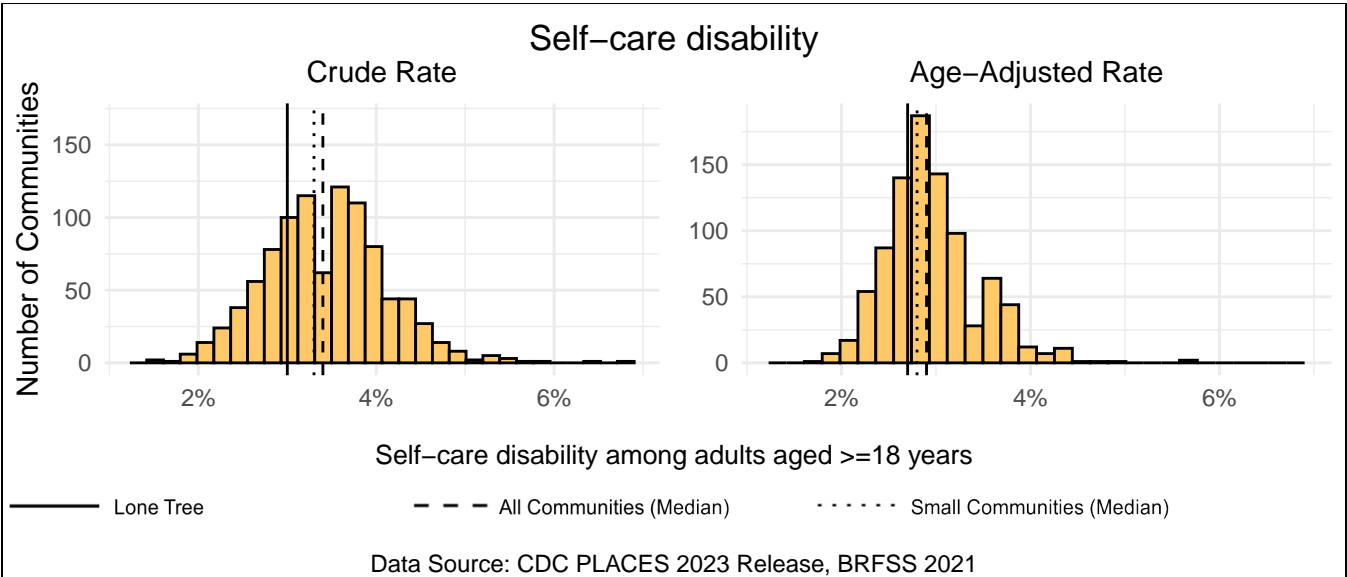
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	9.8%	11.8%	12.0%
Age-Adjusted	8.5%	9.5%	9.4%



Self-care disability

Lone Tree has a crude rate of 3.0% for self-care disability among adults aged ≥ 18 years, which ranks 220th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Lone Tree is 2.7%, which ranks 248th out of 905 Iowa communities (45th out of 138 small communities).

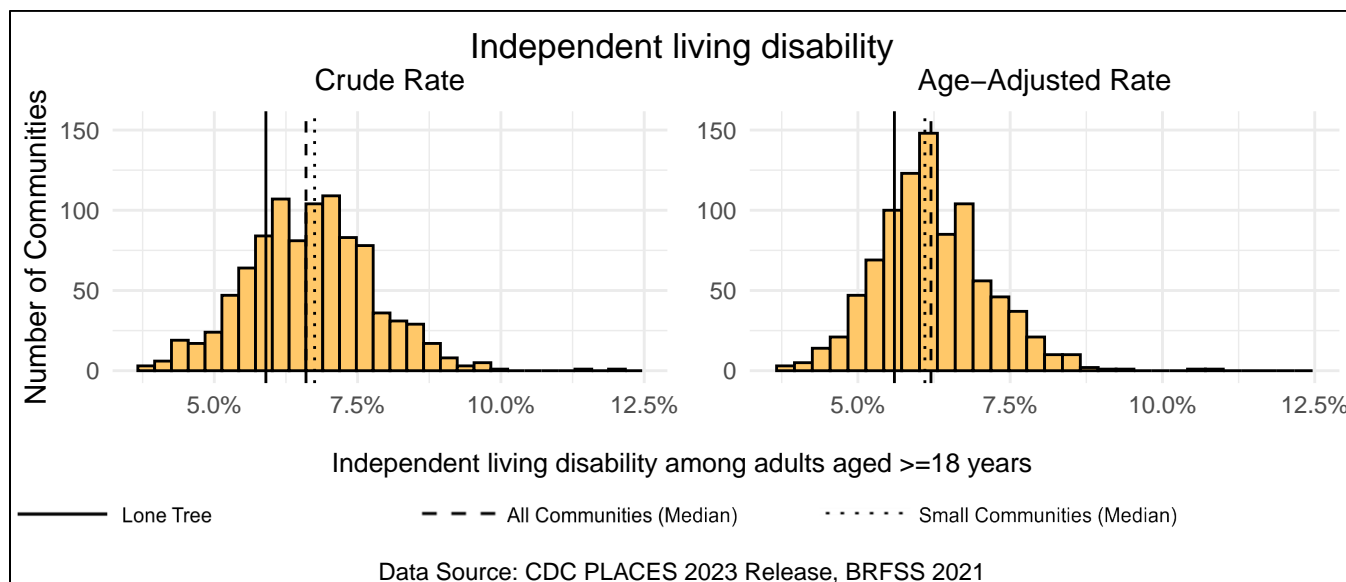
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	3.0%	3.4%	3.3%
Age-Adjusted	2.7%	2.9%	2.8%



Independent living disability

Lone Tree has a crude rate of 5.9% for independent living disability among adults aged ≥ 18 years, which ranks 203rd out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Lone Tree is 5.6%, which ranks 186th out of 905 Iowa communities (34th out of 138 small communities).

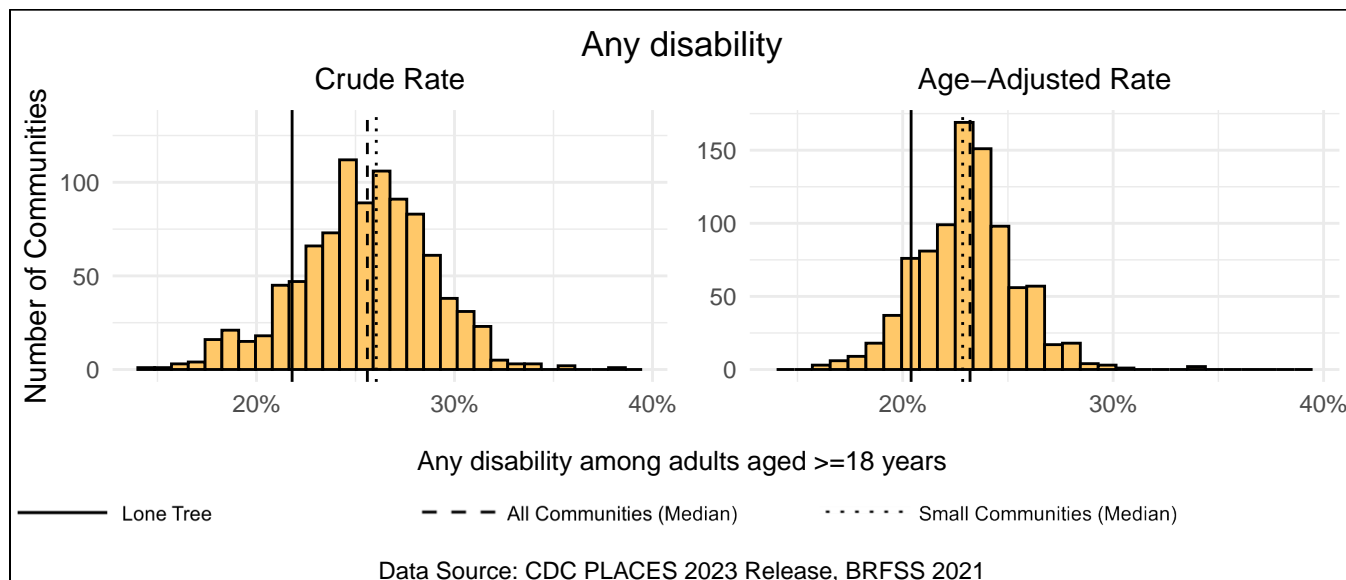
Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	5.9%	6.6%	6.8%
Age-Adjusted	5.6%	6.2%	6.1%



Any disability

Lone Tree has a crude rate of 21.8% for any disability among adults aged ≥ 18 years, which ranks 130th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Lone Tree is 20.4%, which ranks 91st out of 905 Iowa communities (20th out of 138 small communities).

Measure Type	Lone Tree	All Comm.	Small Comm.
Crude	21.8%	25.6%	26.0%
Age-Adjusted	20.4%	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: Lone Tree PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	432	14.2% (12.2% - 16.7%)	270	15.1% (12.8% - 17.7%)
Health Status	General Health	153	12.1% (9.6% - 15.1%)	150	11.2% (8.9% - 14.1%)
Health Status	Physical Health	137	9.4% (7.7% - 11.4%)	140	8.8% (7.2% - 10.5%)
Health Risk Behaviors	Current Smoking	153	14.8% (10.8% - 19.0%)	97	14.8% (11.1% - 19.0%)
Health Risk Behaviors	Physical Inactivity	114	21.9% (17.8% - 26.6%)	95	20.9% (16.8% - 25.5%)
Health Risk Behaviors	Binge Drinking	758	21.2% (18.1% - 24.4%)	668	22.7% (19.4% - 26.2%)
Health Risk Behaviors	Sleep <7 hours	196	28.9% (27.2% - 30.7%)	111	29.1% (27.1% - 30.9%)
Health Outcomes	Cancer (except skin)	335	7.6% (6.8% - 8.4%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	Stroke	181	2.8% (2.4% - 3.4%)	116	2.4% (2.0% - 2.8%)
Health Outcomes	High Cholesterol	54	31.4% (27.6% - 35.2%)	7	27.0% (23.5% - 30.5%)
Health Outcomes	Coronary Heart Disease	172	5.4% (4.5% - 6.4%)	120	4.6% (3.9% - 5.4%)
Health Outcomes	Depression	827	19.4% (16.4% - 22.7%)	758	20.1% (17.0% - 23.6%)
Health Outcomes	Obesity	47	32.7% (28.0% - 38.1%)	33	32.3% (27.6% - 37.5%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.9%)	513	9.6% (8.4% - 11.0%)
Health Outcomes	Chronic Kidney Disease	186	2.8% (2.5% - 3.2%)	142	2.5% (2.2% - 2.8%)
Health Outcomes	High Blood Pressure	96	27.1% (23.8% - 30.6%)	23	24.3% (21.3% - 27.6%)
Health Outcomes	Arthritis	192	24.8% (21.5% - 28.2%)	163	22.0% (19.1% - 25.2%)
Health Outcomes	Diabetes	121	8.2% (6.9% - 9.8%)	103	7.3% (6.0% - 8.7%)
Health Outcomes	All Teeth Lost	164	10.9% (5.4% - 18.7%)	115	10.5% (5.5% - 17.0%)
Health Outcomes	COPD	137	6.1% (4.7% - 7.7%)	144	5.5% (4.3% - 6.9%)
Prevention	Cholesterol Screening	501	82.5% (79.2% - 85.3%)	237	80.0% (76.3% - 83.3%)
Prevention	Taking BP Medication	838	76.1% (72.3% - 79.6%)	882	56.2% (51.4% - 61.0%)
Prevention	Annual Checkup	838	73.0% (68.8% - 76.8%)	803	71.3% (67.0% - 75.3%)
Prevention	Core preventive services for older men	581	42.7% (33.9% - 51.4%)	496	43.1% (33.9% - 51.5%)
Prevention	Cervical Cancer Screening	217	84.5% (81.6% - 86.9%)	182	84.3% (81.3% - 86.8%)
Prevention	Health Insurance	255	6.8% (4.8% - 9.3%)	234	7.1% (5.0% - 9.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	486	71.5% (67.5% - 75.4%)	176	72.9% (69.2% - 76.5%)
Prevention	Dental Visit	318	68.7% (64.3% - 73.2%)	284	68.5% (63.8% - 73.0%)
Prevention	Core preventive services for older women	245	42.1% (33.5% - 50.5%)	75	45.7% (37.2% - 53.8%)
Prevention	Mammography	65	79.7% (75.0% - 83.6%)	127	76.4% (71.9% - 80.6%)
Disability	Vision Disability	229	3.6% (2.9% - 4.5%)	245	3.3% (2.7% - 4.1%)
Disability	Independent Living Disability	203	5.9% (4.7% - 7.4%)	186	5.6% (4.5% - 6.9%)
Disability	Any Disability	130	21.8% (18.2% - 25.8%)	91	20.4% (16.9% - 24.5%)
Disability	Self-care Disability	220	3.0% (2.4% - 3.7%)	248	2.7% (2.2% - 3.3%)
Disability	Hearing Disability	188	6.3% (5.4% - 7.3%)	110	5.5% (4.8% - 6.4%)
Disability	Cognitive Disability	162	10.1% (8.1% - 12.4%)	141	10.4% (8.4% - 12.9%)
Disability	Mobility Disability	182	9.8% (7.9% - 12.2%)	159	8.5% (6.8% - 10.4%)

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)

Lone Tree 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		