



## 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 Malvern: Overview

Dear Community Members & Stakeholders of Malvern,

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 Malvern ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Malvern'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 Malvern. 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
Mammography	221st	24th	Mammography	285th	46th
High Blood Pressure	373rd	51st	High Blood Pressure	304th	55th
Arthritis	414th	53rd	Cervical Cancer Screening	328th	66th
Cervical Cancer Screening	422nd	72nd	Core preventive services for older women	330th	59th
Hearing Disability	432nd	53rd	Chronic Kidney Disease	349th	65th

## 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
Sleep <7 hours	915th	136th	Sleep <7 hours	864th	135th
Current Asthma	781st	127th	Depression	733rd	110th
Depression	756th	114th	Current Asthma	696th	107th
All Teeth Lost	701st	104th	Mental Health	658th	105th
Current Smoking	679th	117th	All Teeth Lost	628th	106th

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 Malvern.

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.

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## How to Use this Report

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

With a population of 1,264, Malvern’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community’s crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.



# Health Status

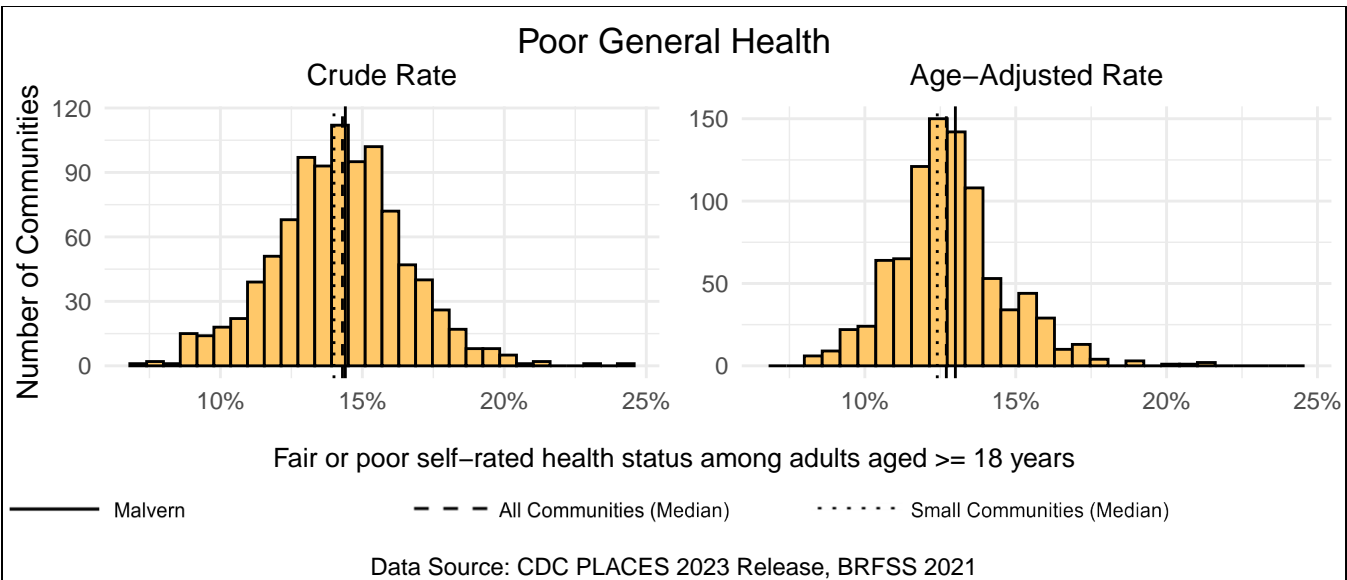
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of “excellent,” “very good,” “good,” “fair,” or “poor,” from which the respondents who answer “fair” or “poor” are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

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

## Poor General Health

Malvern has a crude rate of 14.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 493rd out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Malvern is 13.0%, which ranks 505th out of 905 Iowa communities (83rd out of 138 small communities).

Measure Type	Malvern	All Comm.	Small Comm.
Crude	14.4%	14.3%	14.0%
Age-Adjusted	13.0%	12.7%	12.4%

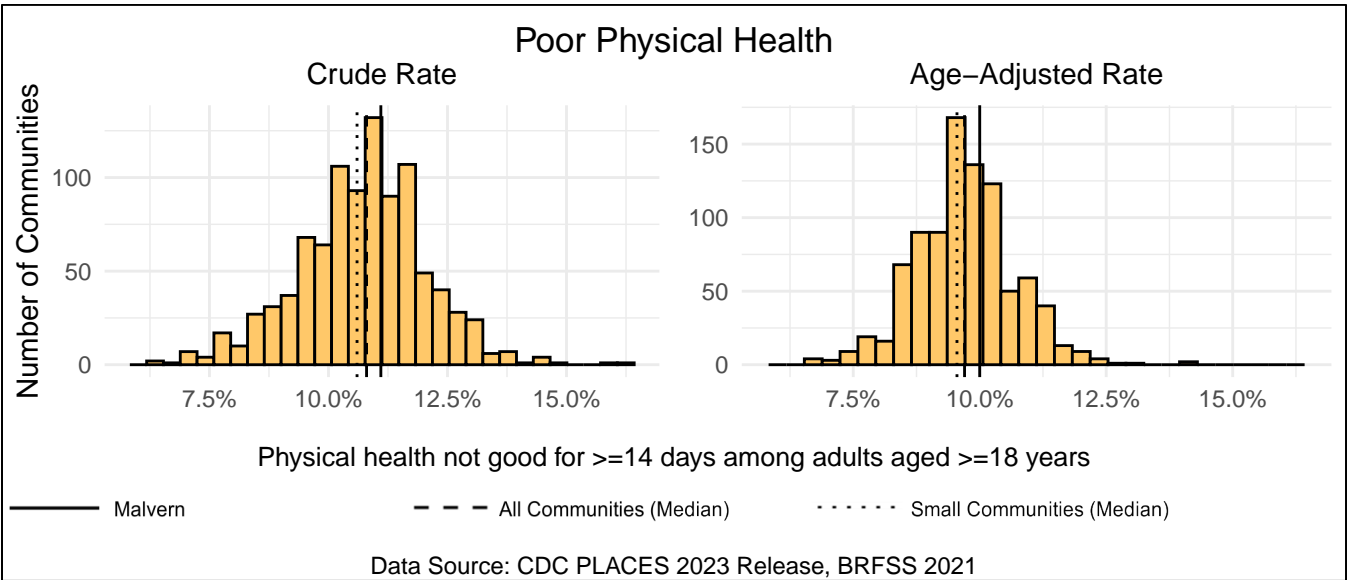




# Poor Physical Health

Malvern has a crude rate of 11.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 568th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Malvern is 10.0%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

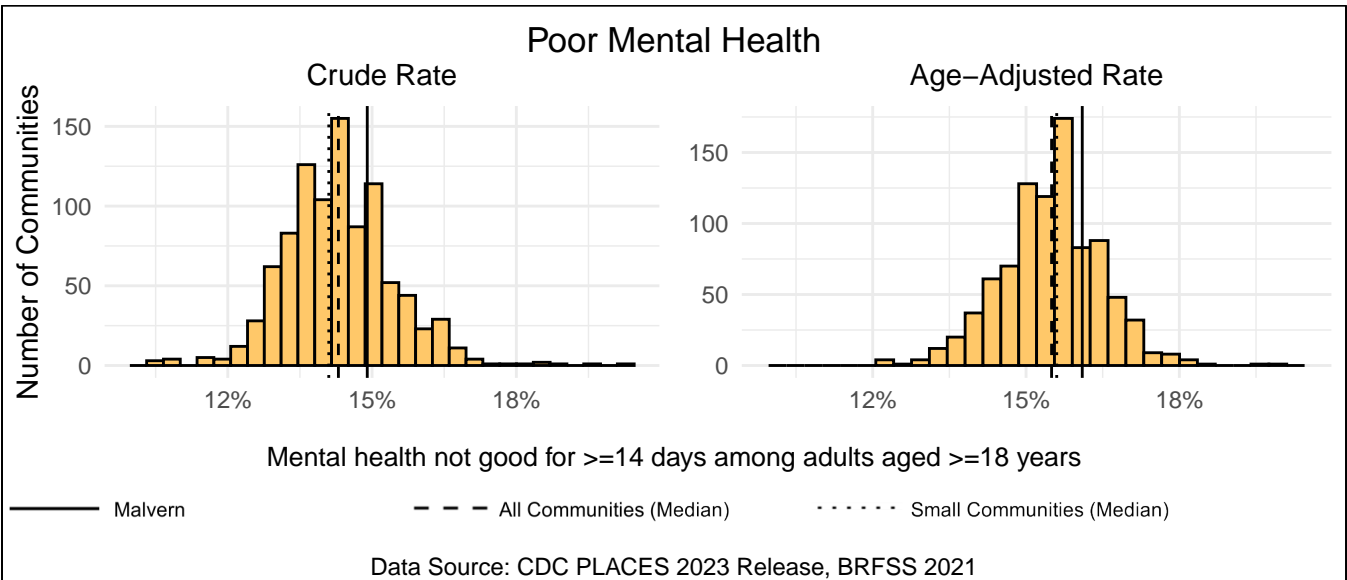
Measure Type	Malvern	All Comm.	Small Comm.
Crude	11.1%	10.8%	10.6%
Age-Adjusted	10.0%	9.7%	9.6%



# Poor Mental Health

Malvern has a crude rate of 14.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 674th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Malvern is 16.1%, which ranks 658th out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	Malvern	All Comm.	Small Comm.
Crude	14.9%	14.3%	14.1%
Age-Adjusted	16.1%	15.5%	15.6%



# Health Risk Behaviors

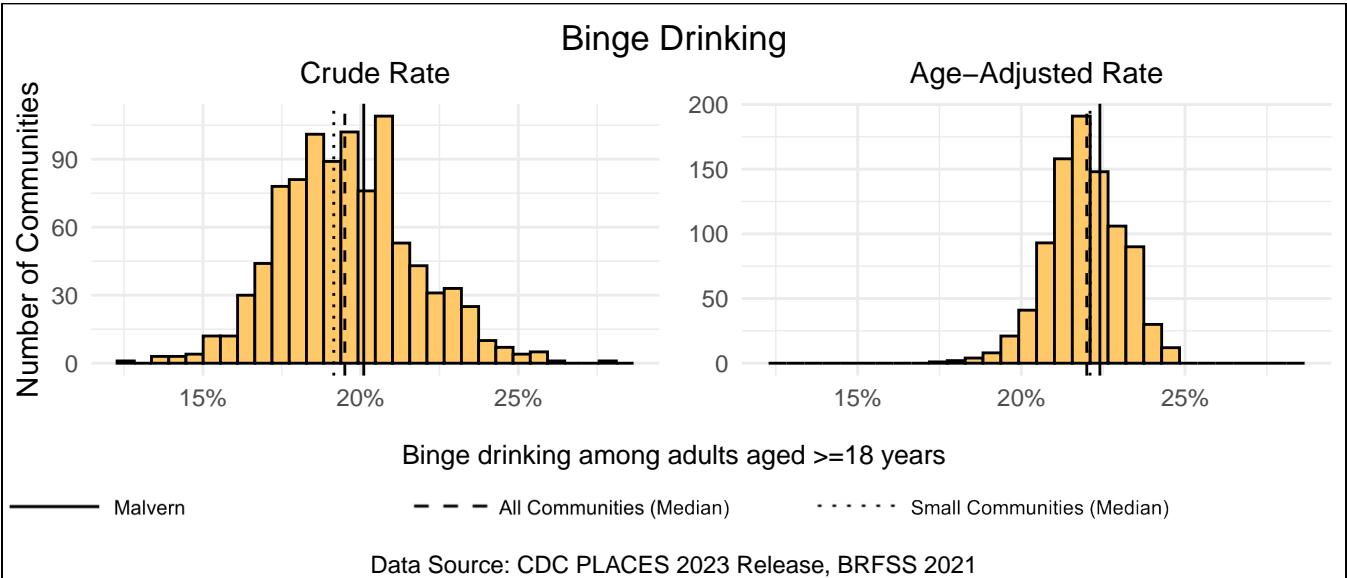
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Malvern has a crude rate of 20.1% for binge drinking among adults aged  $\geq 18$  years, which ranks 572nd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for Malvern is 22.4%, which ranks 585th out of 905 Iowa communities (85th out of 138 small communities).

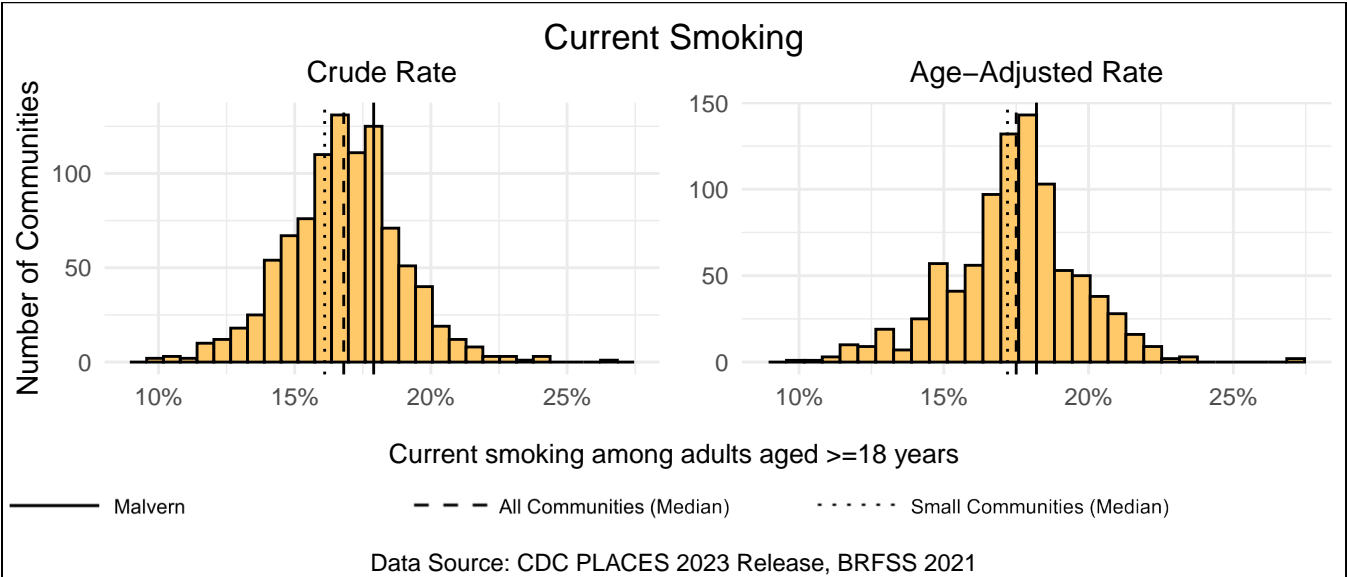
Measure Type	Malvern	All Comm.	Small Comm.
Crude	20.1%	19.5%	19.1%
Age-Adjusted	22.4%	22.0%	22.1%



# Current Smoking

Malvern has a crude rate of 17.9% for current smoking among adults aged >=18 years, which ranks 679th out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Malvern is 18.2%, which ranks 572nd out of 905 Iowa communities (94th out of 138 small communities).

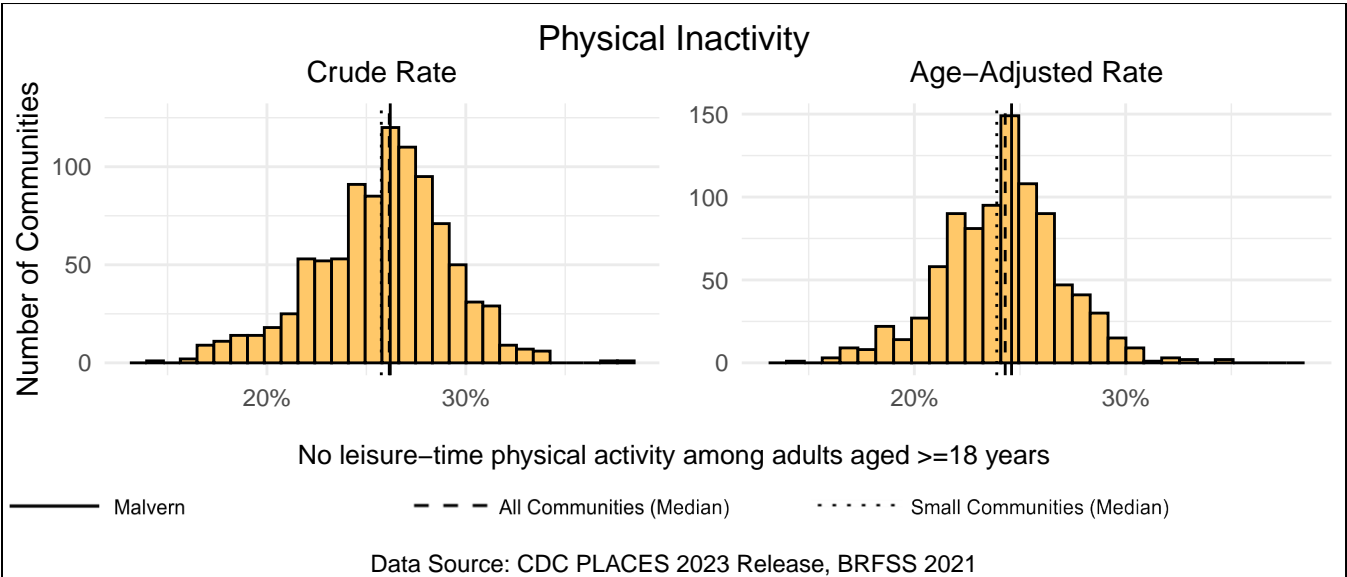
Measure Type	Malvern	All Comm.	Small Comm.
Crude	17.9%	16.8%	16.1%
Age-Adjusted	18.2%	17.5%	17.2%



# Physical Inactivity

Malvern has a crude rate of 26.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 480th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Malvern is 24.6%, which ranks 487th out of 905 Iowa communities (81st out of 138 small communities).

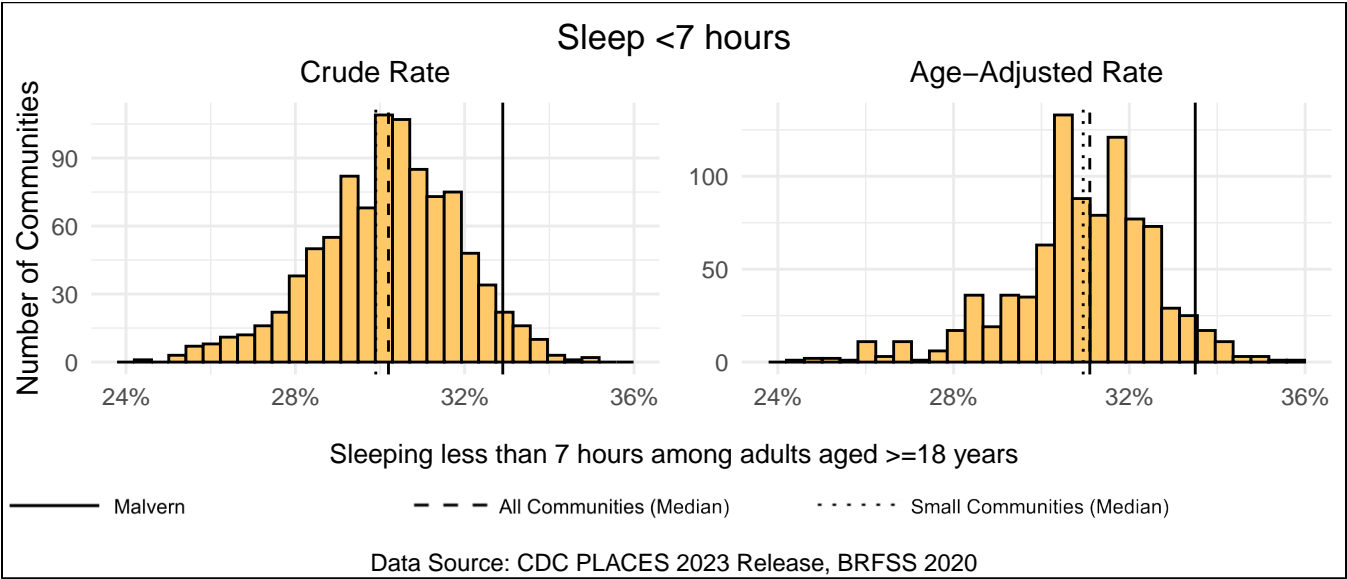
Measure Type	Malvern	All Comm.	Small Comm.
Crude	26.2%	26.1%	25.8%
Age-Adjusted	24.6%	24.3%	23.9%



Sleep <7 hours

Malvern has a crude rate of 32.9% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 915th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Malvern is 33.5%, which ranks 864th out of 905 Iowa communities (135th out of 138 small communities).

Measure Type	Malvern	All Comm.	Small Comm.
Crude	32.9%	30.2%	29.9%
Age-Adjusted	33.5%	31.1%	31.0%



# Health Outcomes

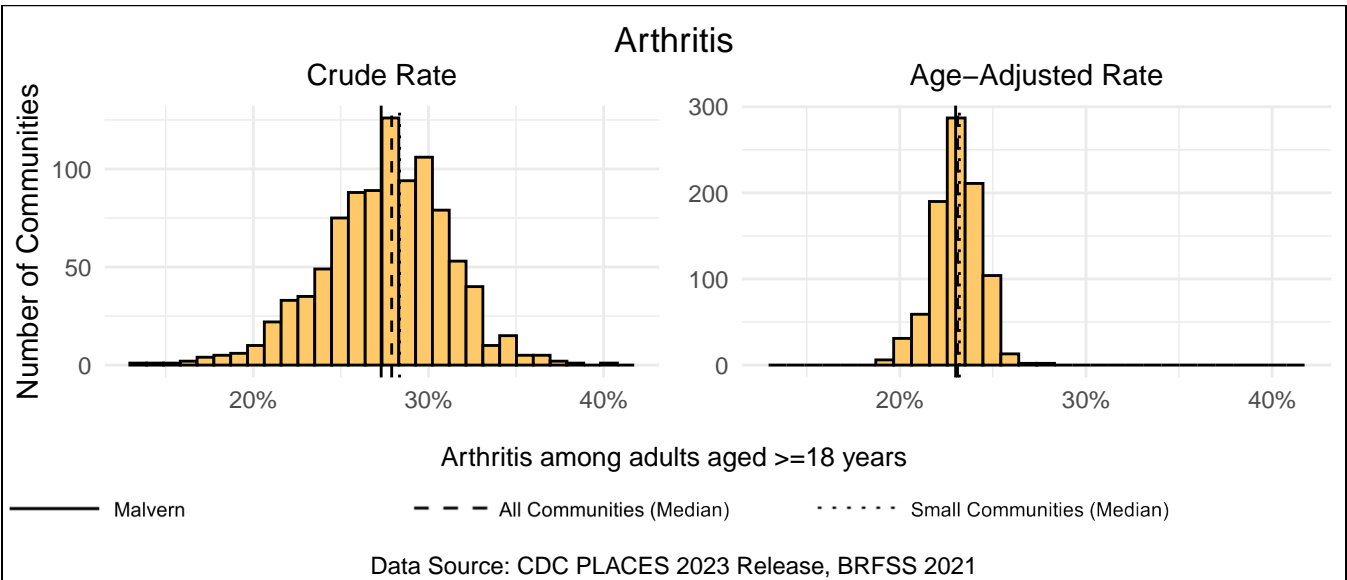
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Malvern has a crude rate of 27.3% for arthritis among adults aged  $\geq 18$  years, which ranks 414th out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Malvern is 23.0%, which ranks 401st out of 905 Iowa communities (56th out of 138 small communities).

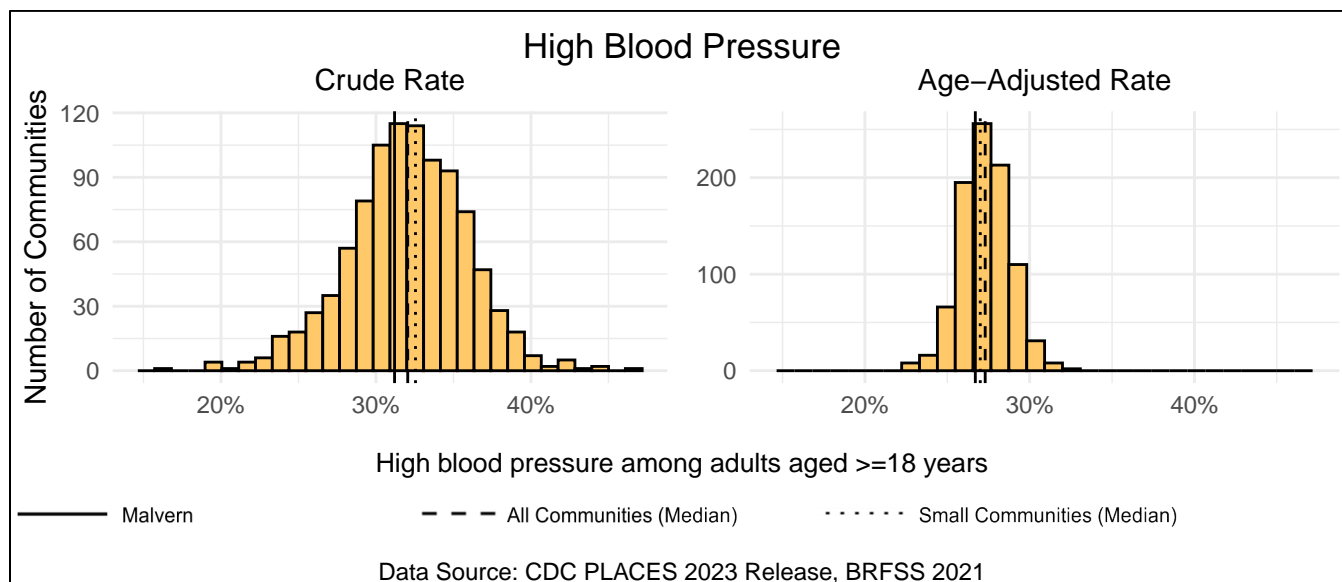
Measure Type	Malvern	All Comm.	Small Comm.
Crude	27.3%	27.9%	28.4%
Age-Adjusted	23.0%	23.1%	23.2%



## High Blood Pressure

Malvern has a crude rate of 31.2% for high blood pressure among adults aged  $\geq 18$  years, which ranks 373rd out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Malvern is 26.7%, which ranks 304th out of 905 Iowa communities (55th out of 138 small communities).

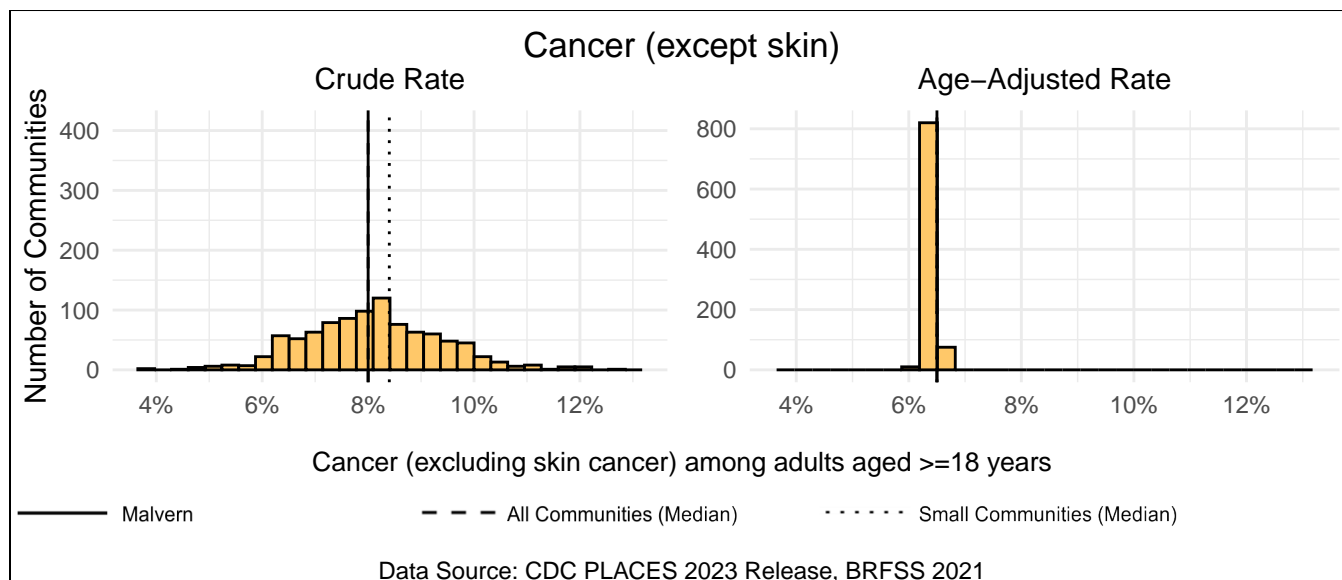
Measure Type	Malvern	All Comm.	Small Comm.
Crude	31.2%	32.0%	32.5%
Age-Adjusted	26.7%	27.3%	27.0%



## Cancer (except skin)

Malvern has a crude rate of 8.0% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 449th out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Malvern is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

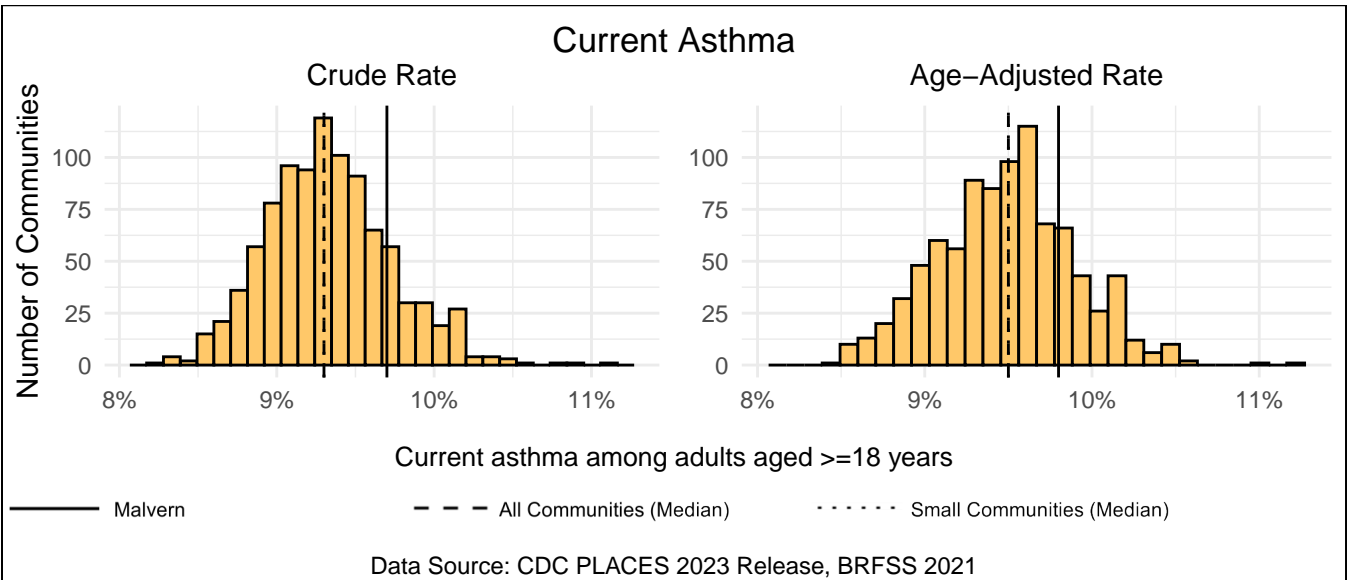
Measure Type	Malvern	All Comm.	Small Comm.
Crude	8.0%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



# Current Asthma

Malvern has a crude rate of 9.7% for current asthma among adults aged >=18 years, which ranks 781st out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Malvern is 9.8%, which ranks 696th out of 905 Iowa communities (107th out of 138 small communities).

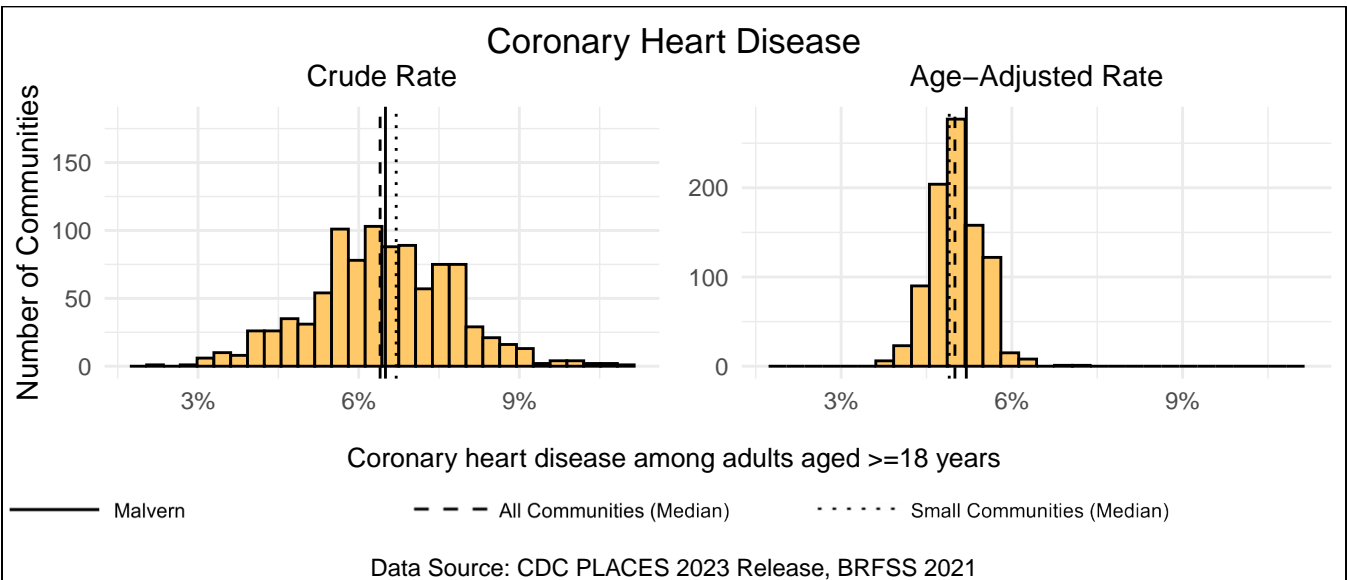
Measure Type	Malvern	All Comm.	Small Comm.
Crude	9.7%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.5%



# Coronary Heart Disease

Malvern has a crude rate of 6.5% for coronary heart disease among adults aged >=18 years, which ranks 481st out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for Malvern is 5.2%, which ranks 601st out of 905 Iowa communities (110th out of 138 small communities).

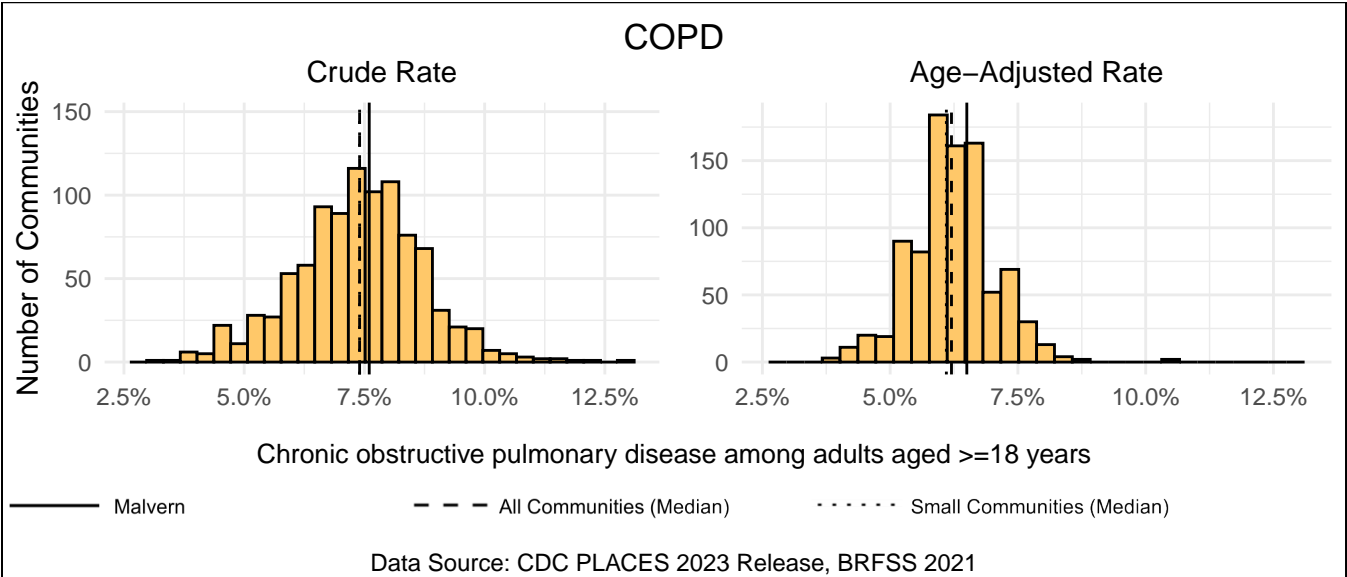
Measure Type	Malvern	All Comm.	Small Comm.
Crude	6.5%	6.4%	6.7%
Age-Adjusted	5.2%	5.0%	4.9%



# COPD

Malvern has a crude rate of 7.6% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 511th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Malvern is 6.5%, which ranks 571st out of 905 Iowa communities (95th out of 138 small communities).

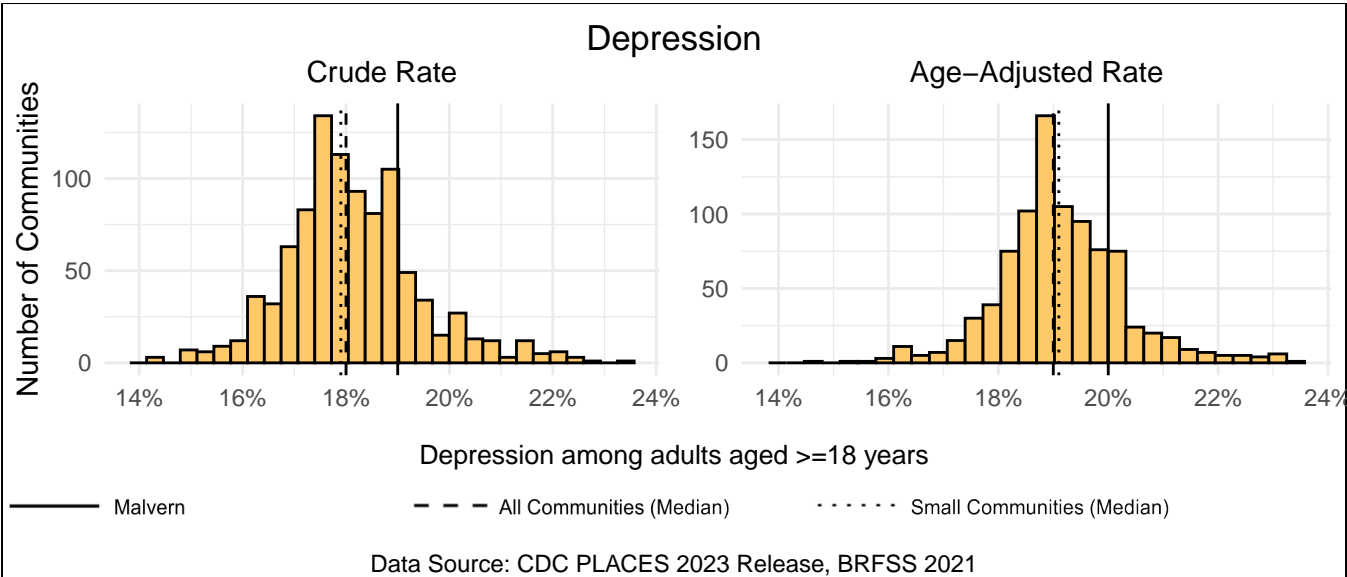
Measure Type	Malvern	All Comm.	Small Comm.
Crude	7.6%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.1%



# Depression

Malvern has a crude rate of 19.0% for depression among adults aged  $\geq 18$  years, which ranks 756th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Malvern is 20.0%, which ranks 733rd out of 905 Iowa communities (110th out of 138 small communities).

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

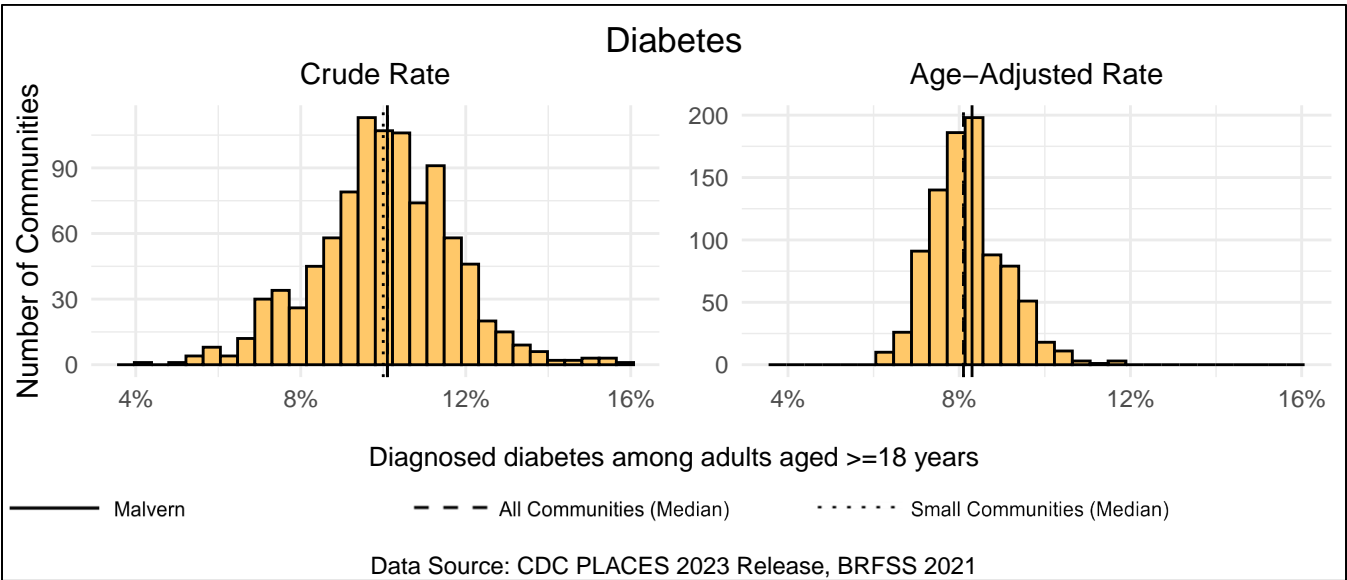




# Diabetes

Malvern has a crude rate of 10.1% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 470th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Malvern is 8.3%, which ranks 508th out of 905 Iowa communities (89th out of 138 small communities).

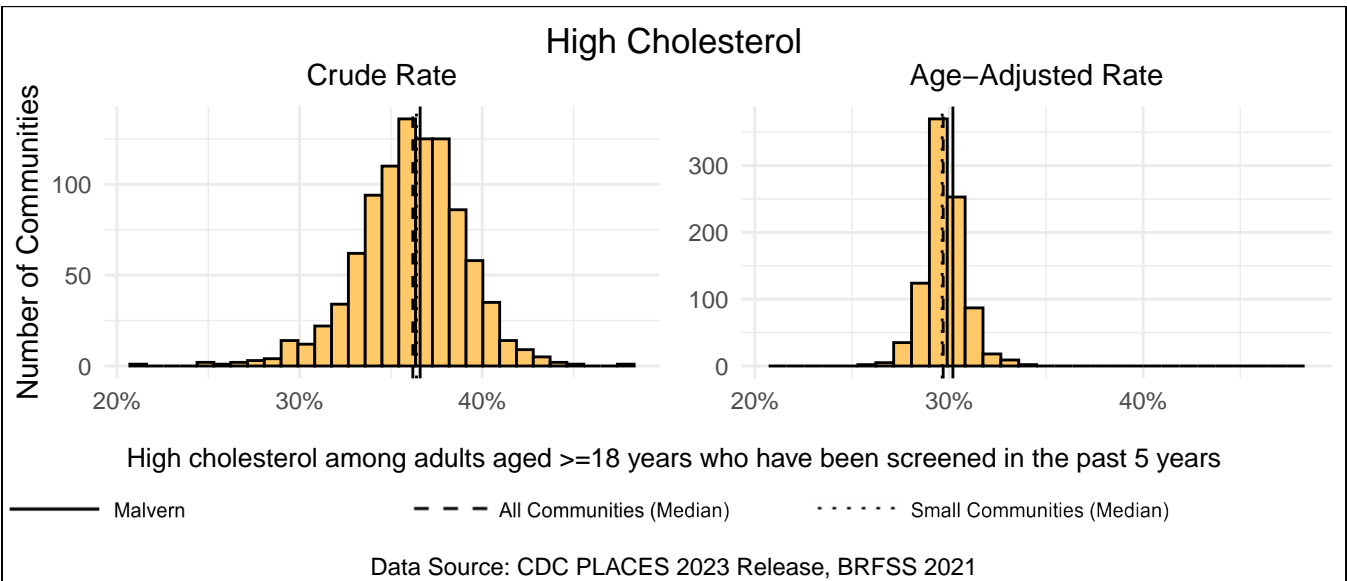
Measure Type	Malvern	All Comm.	Small Comm.
Crude	10.1%	10.1%	10.0%
Age-Adjusted	8.3%	8.1%	8.1%



# High Cholesterol

Malvern has a crude rate of 36.6% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 527th out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Malvern is 30.2%, which ranks 599th out of 905 Iowa communities (96th out of 138 small communities).

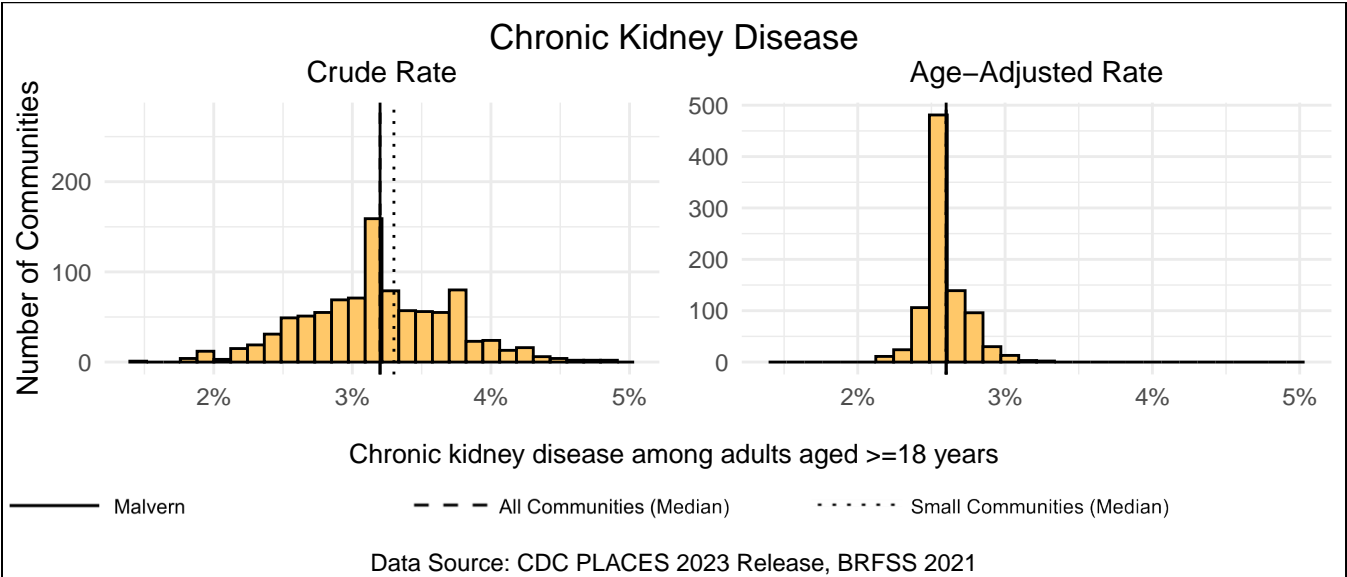
Measure Type	Malvern	All Comm.	Small Comm.
Crude	36.6%	36.2%	36.4%
Age-Adjusted	30.2%	29.7%	29.6%



# Chronic Kidney Disease

Malvern has a crude rate of 3.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 446th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Malvern is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

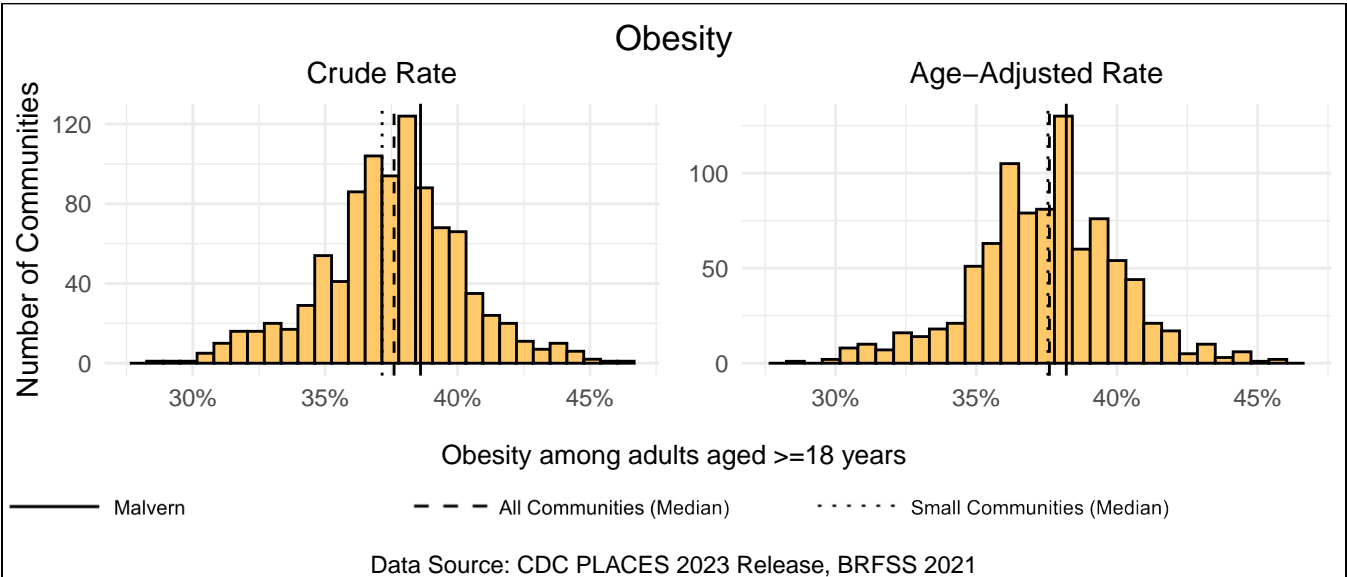
Measure Type	Malvern	All Comm.	Small Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Malvern has a crude rate of 38.6% for obesity among adults aged  $\geq 18$  years, which ranks 635th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Malvern is 38.2%, which ranks 559th out of 905 Iowa communities (91st out of 138 small communities).

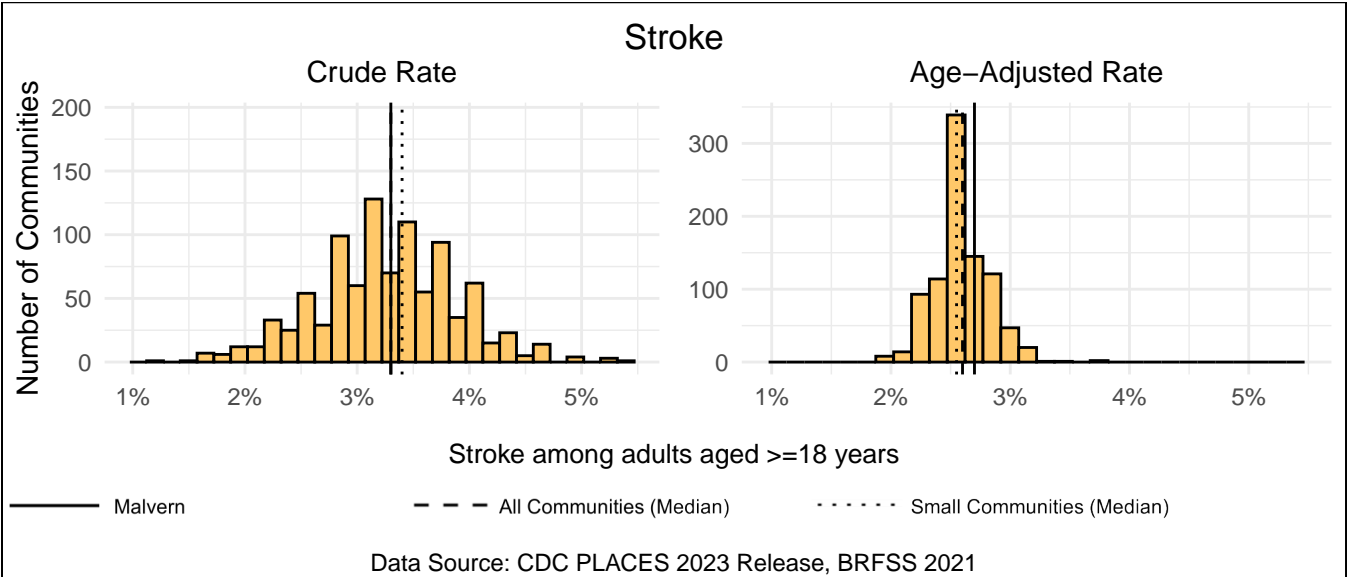
Measure Type	Malvern	All Comm.	Small Comm.
Crude	38.6%	37.6%	37.2%
Age-Adjusted	38.2%	37.6%	37.5%



# Stroke

Malvern has a crude rate of 3.3% for stroke among adults aged  $\geq 18$  years, which ranks 468th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Malvern is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

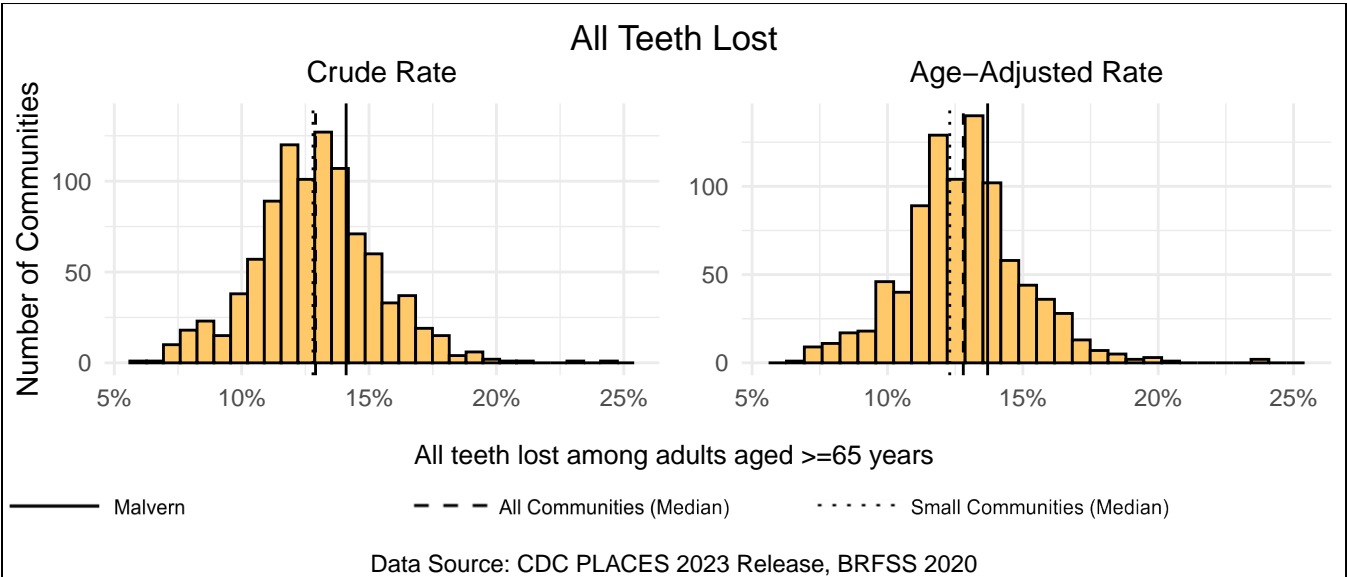
Measure Type	Malvern	All Comm.	Small Comm.
Crude	3.3%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



# All Teeth Lost

Malvern has a crude rate of 14.1% for all teeth lost among adults aged  $\geq 65$  years, which ranks 701st out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Malvern is 13.7%, which ranks 628th out of 905 Iowa communities (106th out of 138 small communities).

Measure Type	Malvern	All Comm.	Small Comm.
Crude	14.1%	12.9%	12.8%
Age-Adjusted	13.7%	12.8%	12.3%



# Prevention

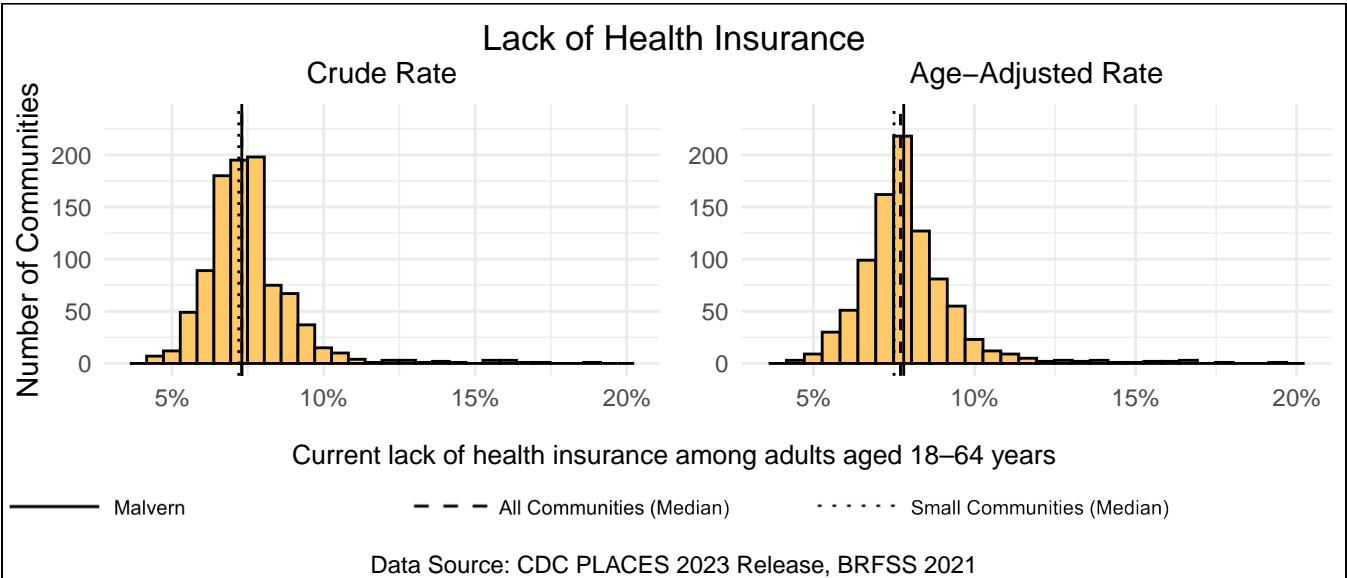
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Malvern has a crude rate of 7.3% for current lack of health insurance among adults aged 18–64 years, which ranks 456th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Malvern is 7.8%, which ranks 458th out of 905 Iowa communities (77th out of 138 small communities).

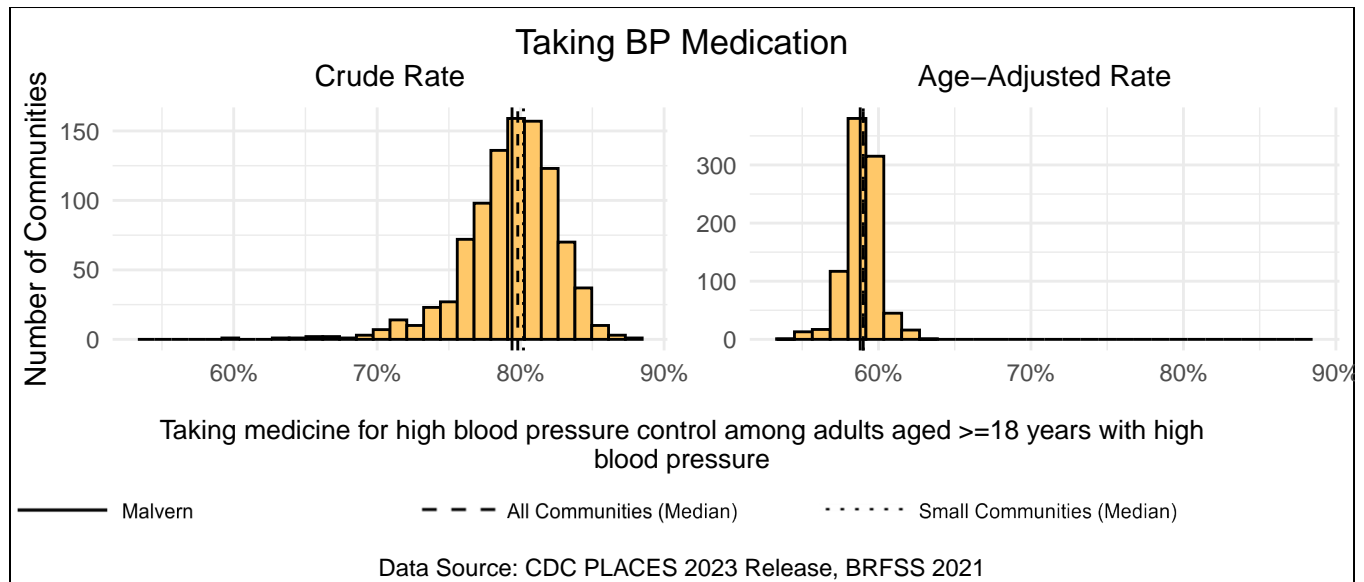
Measure Type	Malvern	All Comm.	Small Comm.
Crude	7.3%	7.3%	7.2%
Age-Adjusted	7.8%	7.7%	7.5%



## Taking BP Medication

Malvern has a crude rate of 79.4% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 515th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Malvern is 58.8%, which ranks 501st out of 905 Iowa communities (74th out of 138 small communities).

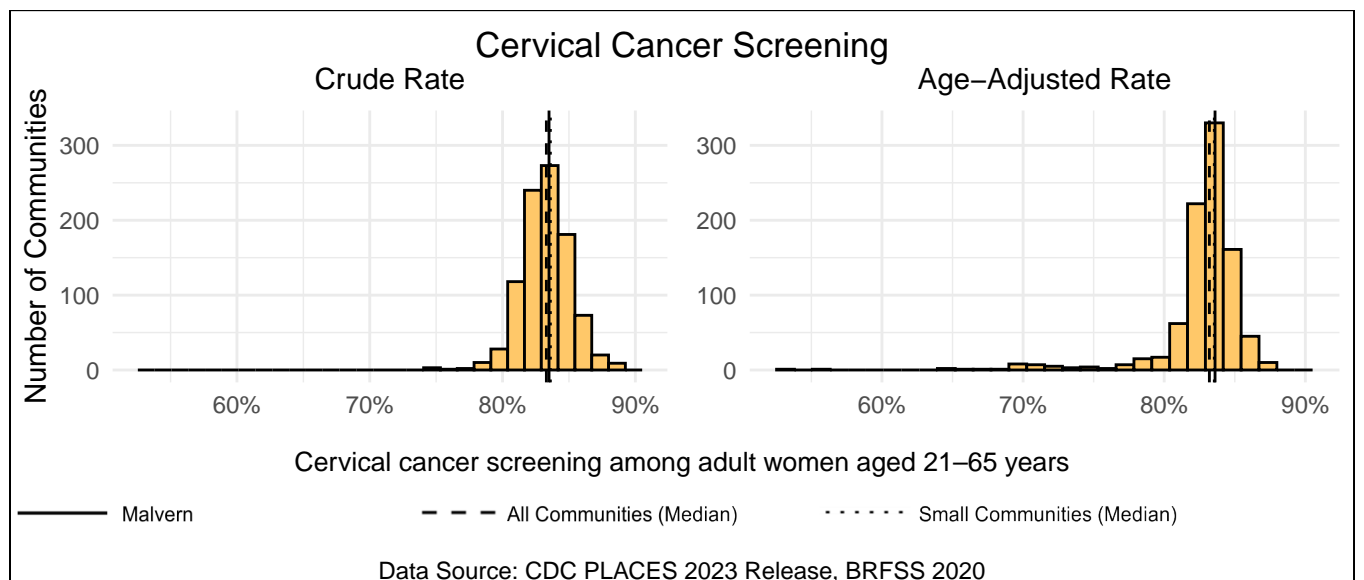
Measure Type	Malvern	All Comm.	Small Comm.
Crude	79.4%	79.8%	80.2%
Age-Adjusted	58.8%	59.0%	59.0%



## Cervical Cancer Screening

Malvern has a crude rate of 83.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 422nd out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Malvern is 83.6%, which ranks 328th out of 905 Iowa communities (66th out of 138 small communities).

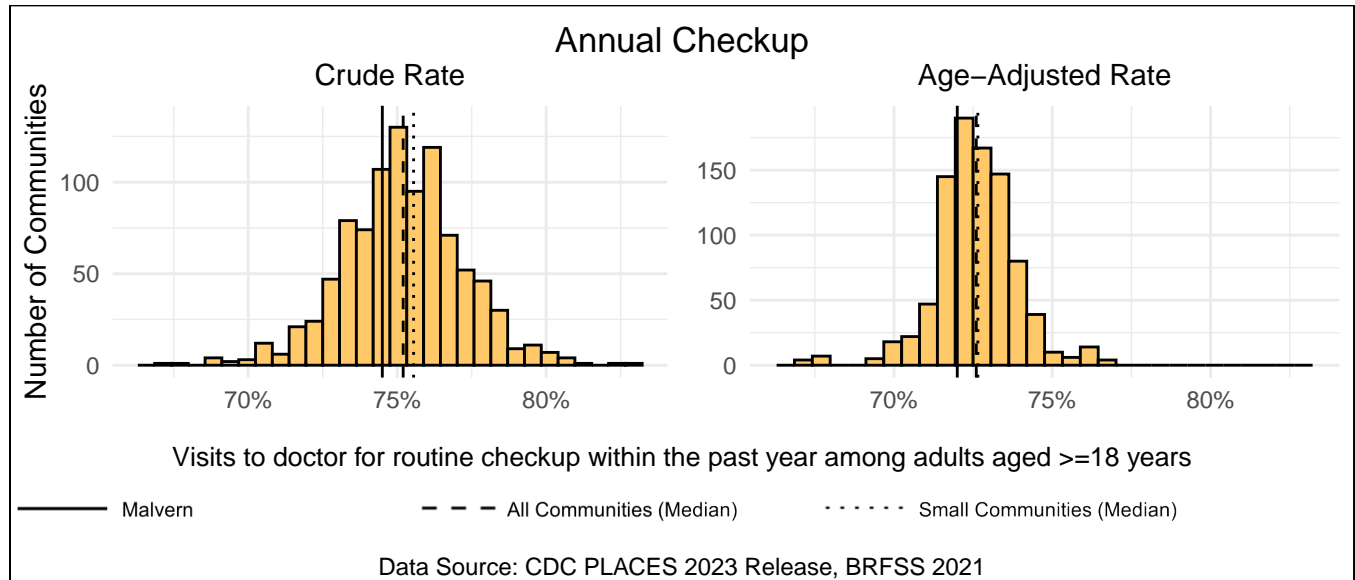
Measure Type	Malvern	All Comm.	Small Comm.
Crude	83.5%	83.3%	83.6%
Age-Adjusted	83.6%	83.2%	83.5%



## Annual Checkup

Malvern has a crude rate of 74.5% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 614th out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Malvern is 72.0%, which ranks 628th out of 905 Iowa communities (108th out of 138 small communities).

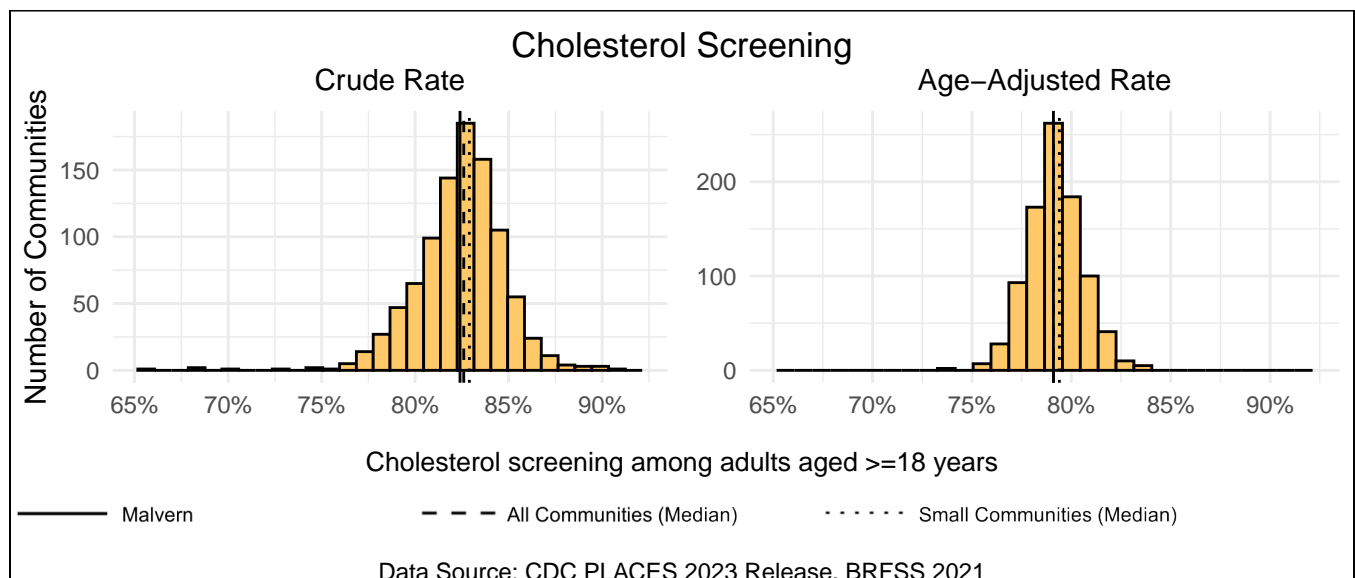
Measure Type	Malvern	All Comm.	Small Comm.
Crude	74.5%	75.2%	75.5%
Age-Adjusted	72.0%	72.6%	72.6%



## Cholesterol Screening

Malvern has a crude rate of 82.4% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 520th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Malvern is 79.1%, which ranks 435th out of 905 Iowa communities (80th out of 138 small communities).

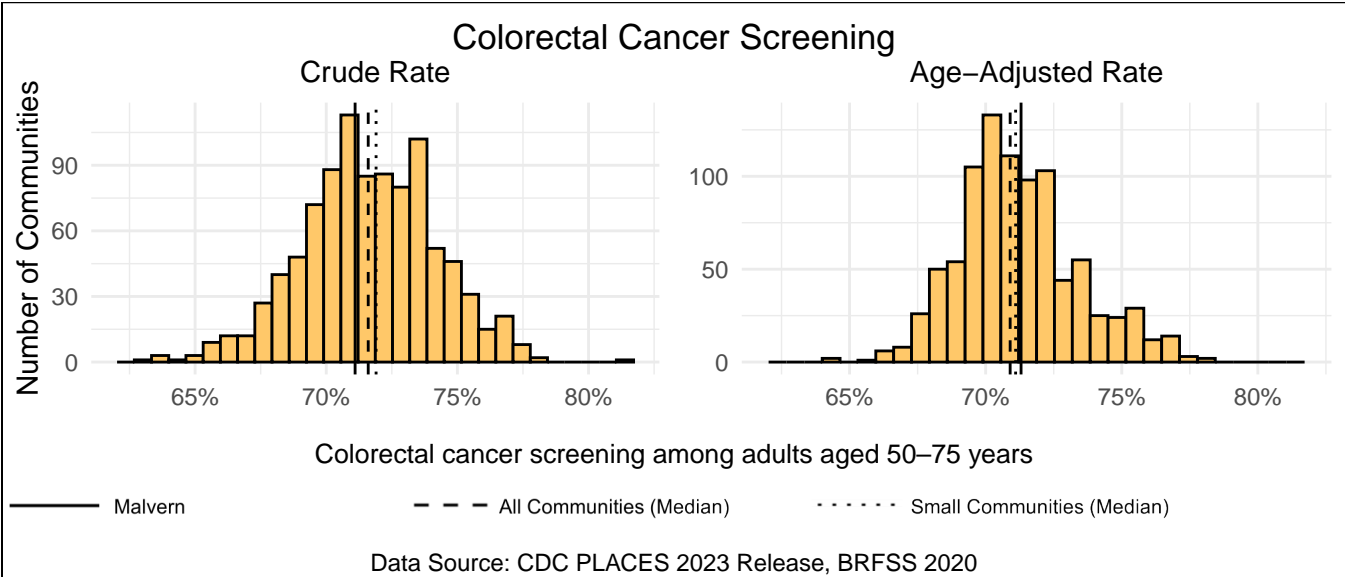
Measure Type	Malvern	All Comm.	Small Comm.
Crude	82.4%	82.6%	82.9%
Age-Adjusted	79.1%	79.1%	79.4%



## Colorectal Cancer Screening

Malvern has a crude rate of 71.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 551st out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Malvern is 71.3%, which ranks 399th out of 905 Iowa communities (66th out of 138 small communities).

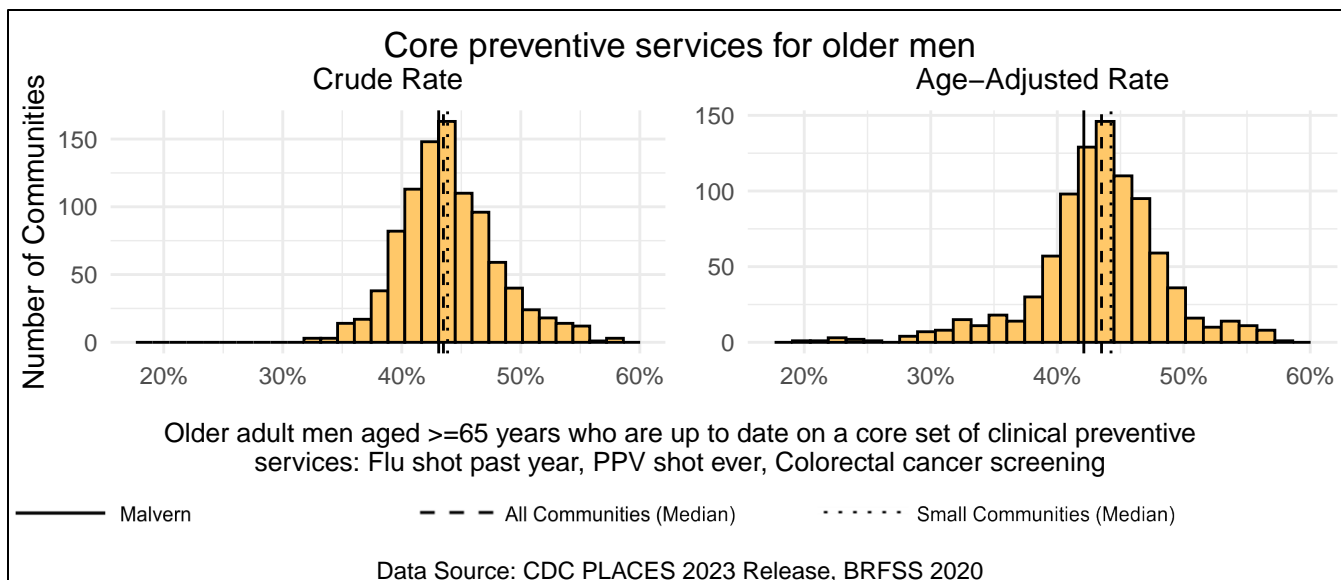
Measure Type	Malvern	All Comm.	Small Comm.
Crude	71.1%	71.6%	71.9%
Age-Adjusted	71.3%	70.9%	71.1%



## Core preventive services for older men

Malvern has a crude rate of 43.1% 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 530th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Malvern is 42.1%, which ranks 581st out of 905 Iowa communities (108th out of 138 small communities).

Measure Type	Malvern	All Comm.	Small Comm.
Crude	43.1%	43.5%	43.8%
Age-Adjusted	42.1%	43.5%	44.2%

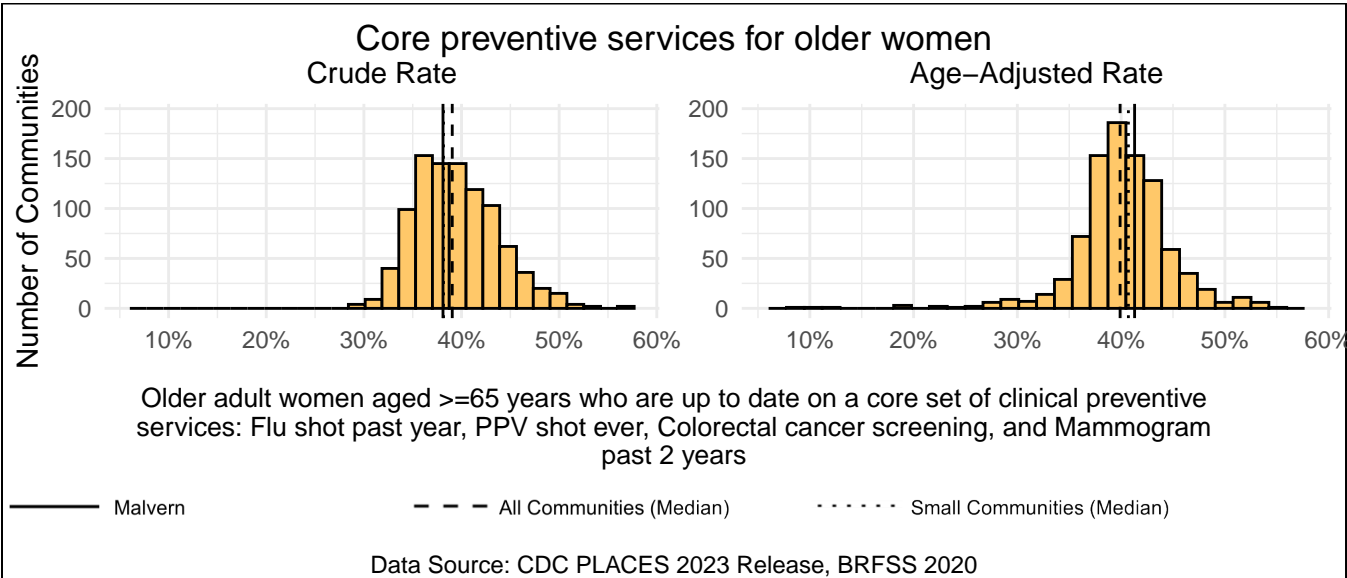




### Core preventive services for older women

Malvern has a crude rate of 38.1% for older adult women aged  $\geq 65$  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 568th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Malvern is 41.3%, which ranks 330th out of 905 Iowa communities (59th out of 138 small communities).

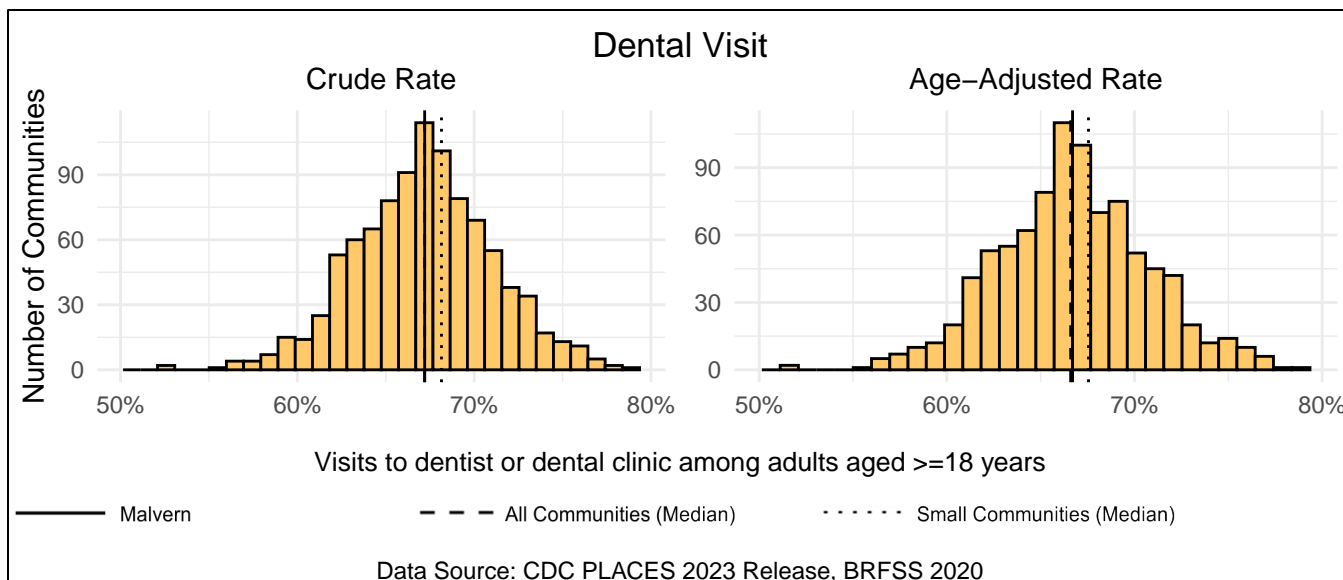
Measure Type	Malvern	All Comm.	Small Comm.
Crude	38.1%	39.0%	38.2%
Age-Adjusted	41.3%	39.9%	40.7%



### Dental Visit

Malvern has a crude rate of 67.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 469th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Malvern is 66.7%, which ranks 437th out of 905 Iowa communities (82nd out of 138 small communities).

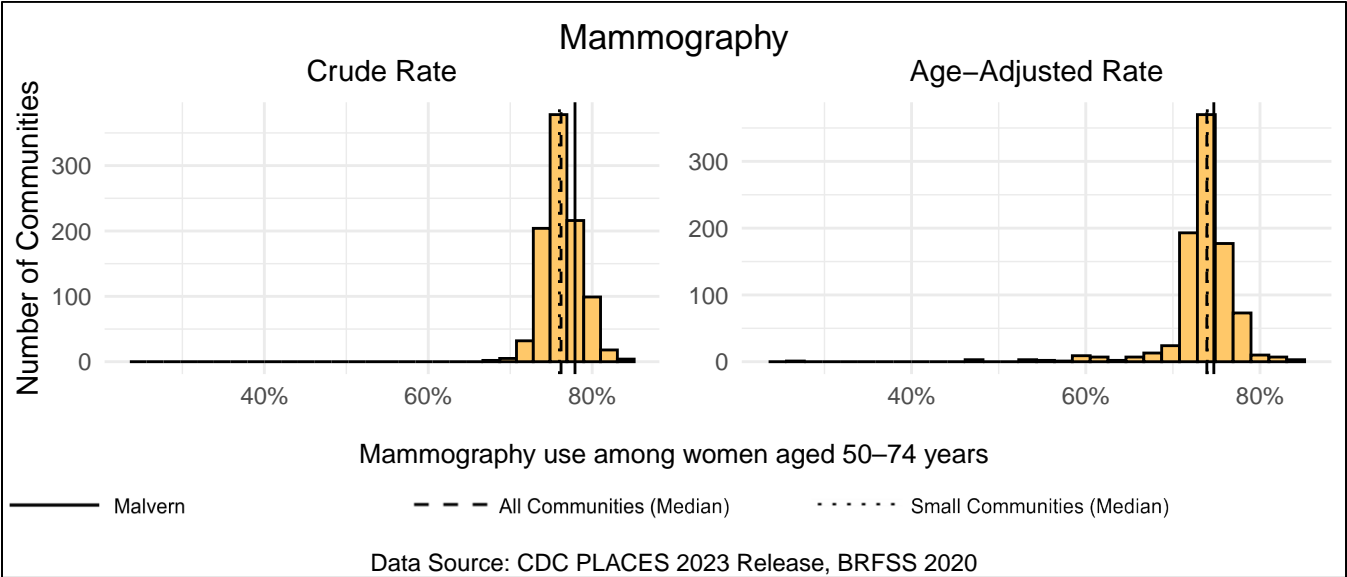
Measure Type	Malvern	All Comm.	Small Comm.
Crude	67.2%	67.2%	68.2%
Age-Adjusted	66.7%	66.6%	67.5%



# Mammography

Malvern has a crude rate of 77.9% for mammography use among women aged 50–74 years, which ranks 221st out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Malvern is 74.7%, which ranks 285th out of 905 Iowa communities (46th out of 138 small communities).

Measure Type	Malvern	All Comm.	Small Comm.
Crude	77.9%	76.2%	76.0%
Age-Adjusted	74.7%	73.9%	74.0%



# Disability

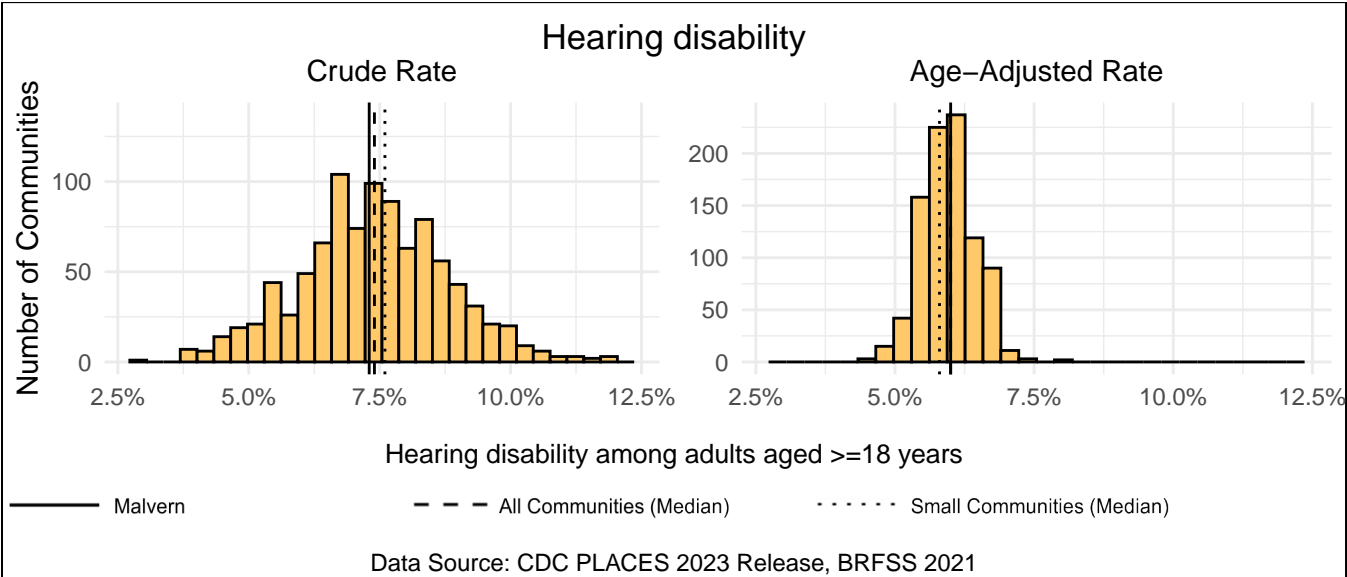
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Malvern has a crude rate of 7.3% for hearing disability among adults aged  $\geq 18$  years, which ranks 432nd out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Malvern is 6.0%, which ranks 444th out of 905 Iowa communities (85th out of 138 small communities).

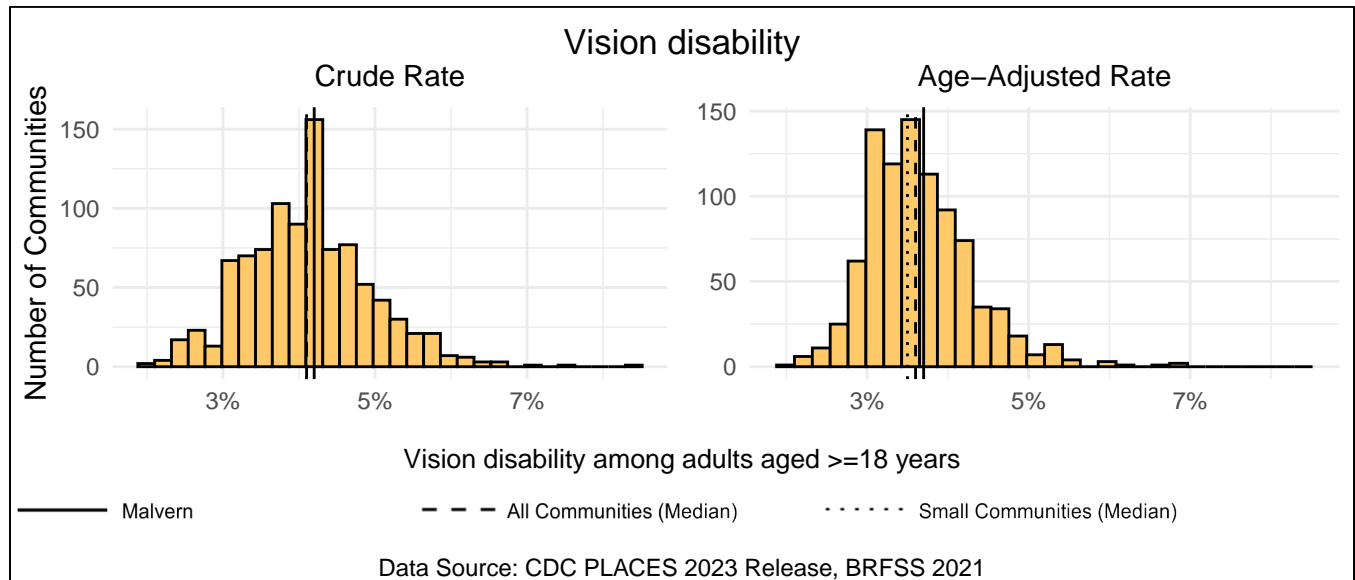
Measure Type	Malvern	All Comm.	Small Comm.
Crude	7.3%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.8%



## Vision disability

Malvern has a crude rate of 4.2% for vision disability among adults aged  $\geq 18$  years, which ranks 516th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Malvern is 3.7%, which ranks 509th out of 905 Iowa communities (83rd out of 138 small communities).

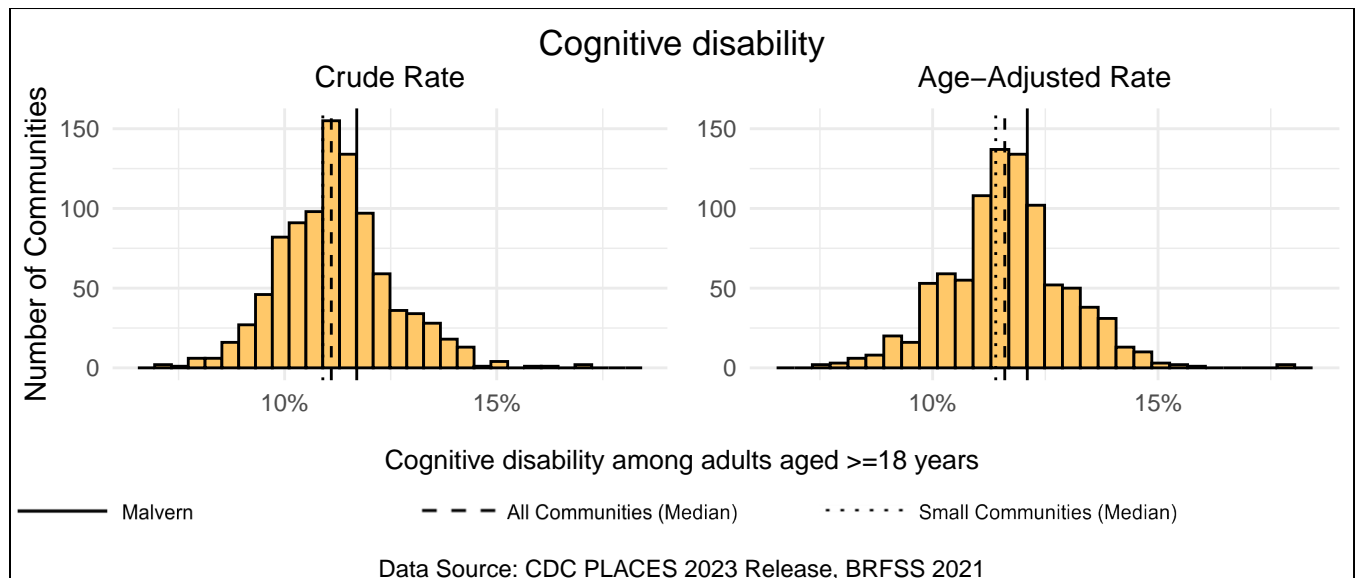
Measure Type	Malvern	All Comm.	Small Comm.
Crude	4.2%	4.1%	4.1%
Age-Adjusted	3.7%	3.6%	3.5%



## Cognitive disability

Malvern has a crude rate of 11.7% for cognitive disability among adults aged  $\geq 18$  years, which ranks 665th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Malvern is 12.1%, which ranks 602nd out of 905 Iowa communities (94th out of 138 small communities).

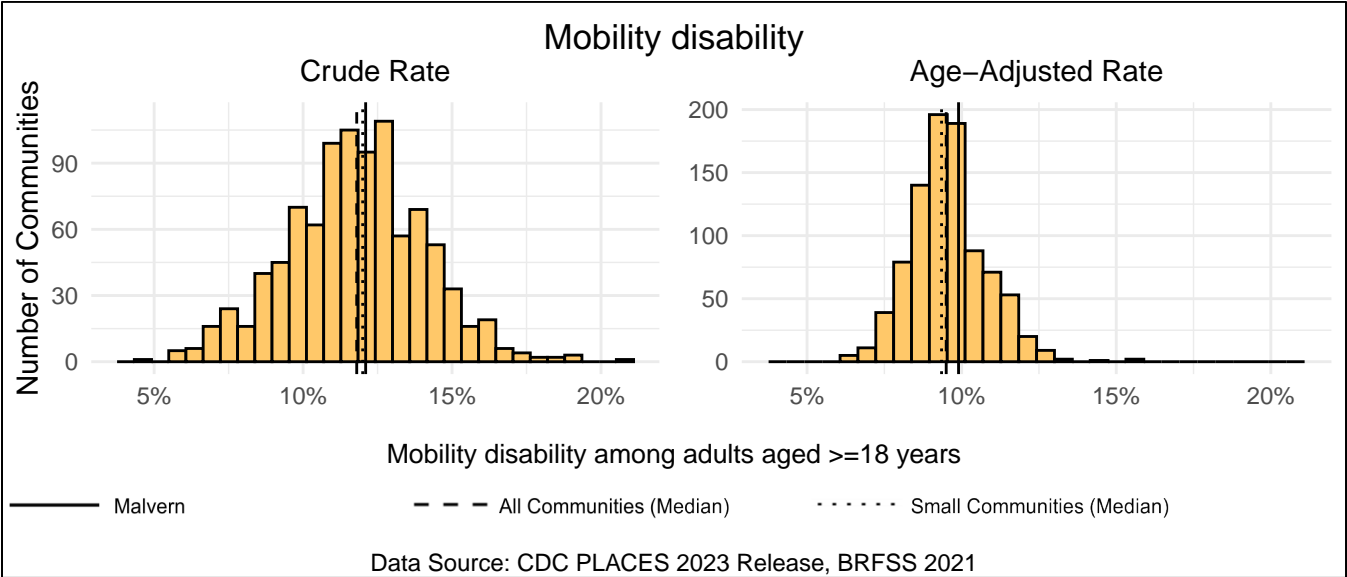
Measure Type	Malvern	All Comm.	Small Comm.
Crude	11.7%	11.1%	10.9%
Age-Adjusted	12.1%	11.6%	11.4%



## Mobility disability

Malvern has a crude rate of 12.1% for mobility disability among adults aged  $\geq 18$  years, which ranks 529th out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for Malvern is 9.9%, which ranks 577th out of 905 Iowa communities (95th out of 138 small communities).

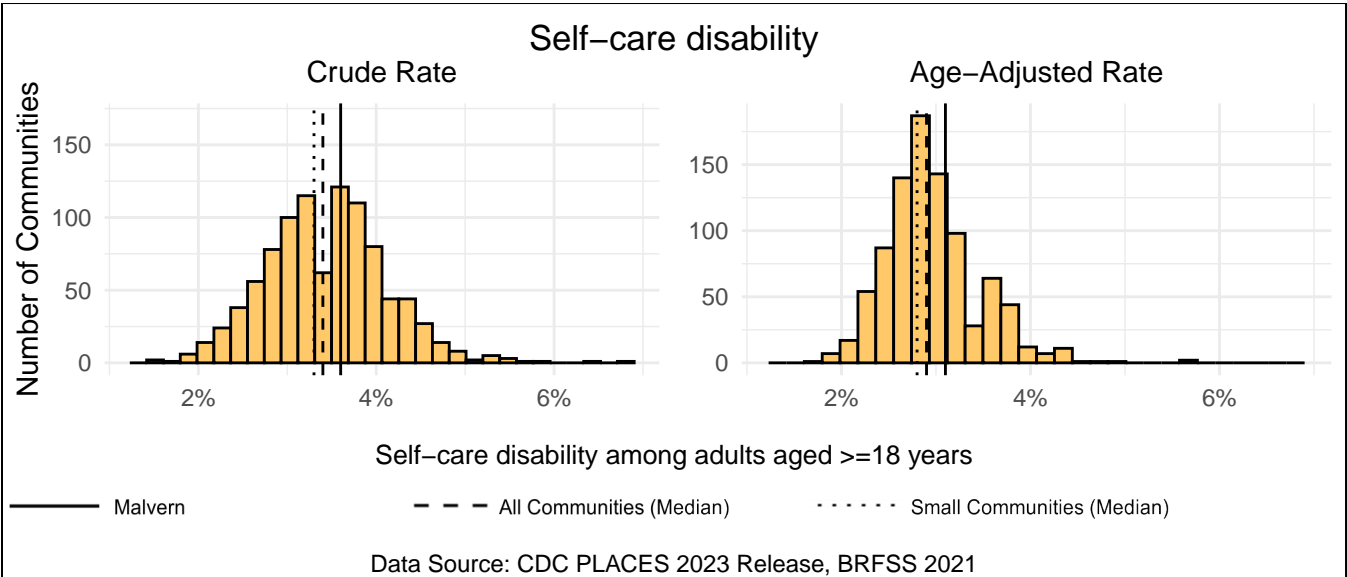
Measure Type	Malvern	All Comm.	Small Comm.
Crude	12.1%	11.8%	12.0%
Age-Adjusted	9.9%	9.5%	9.4%



## Self-care disability

Malvern has a crude rate of 3.6% for self-care disability among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Malvern is 3.1%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

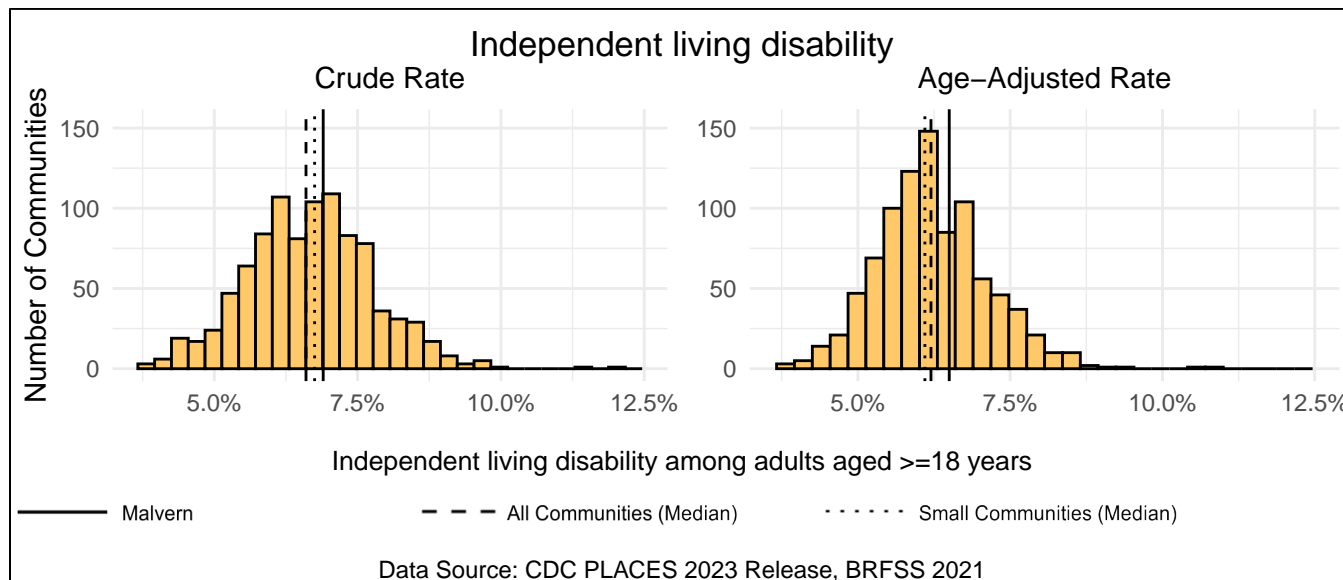
Measure Type	Malvern	All Comm.	Small Comm.
Crude	3.6%	3.4%	3.3%
Age-Adjusted	3.1%	2.9%	2.8%



## Independent living disability

Malvern has a crude rate of 6.9% for independent living disability among adults aged  $\geq 18$  years, which ranks 557th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Malvern is 6.5%, which ranks 570th out of 905 Iowa communities (93rd out of 138 small communities).

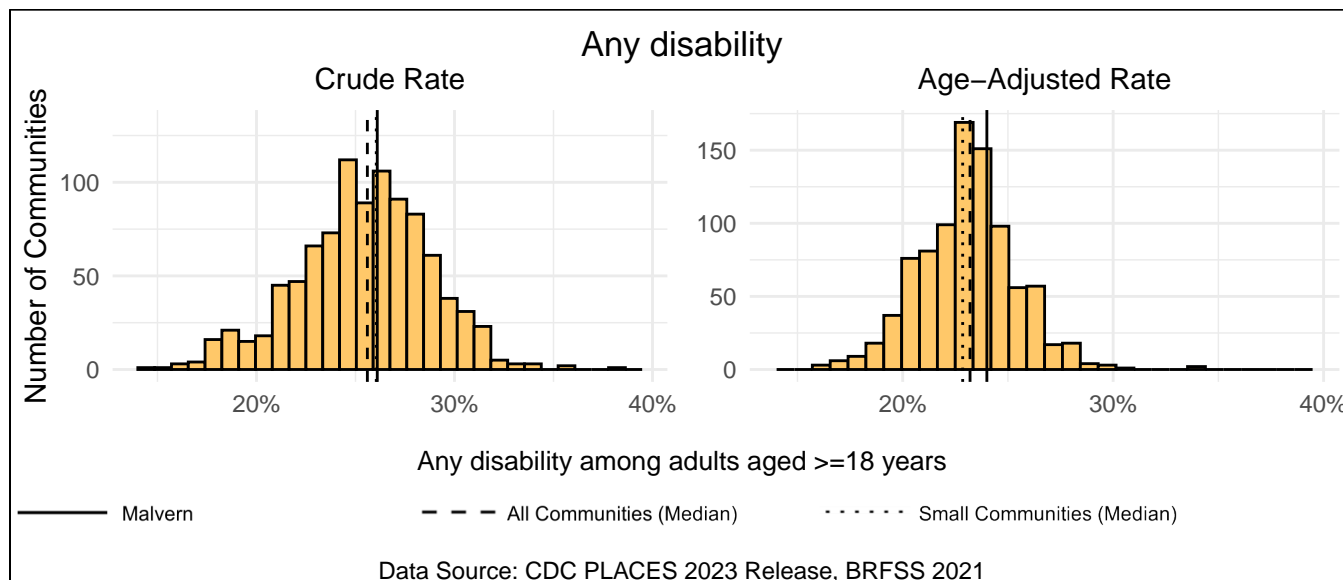
Measure Type	Malvern	All Comm.	Small Comm.
Crude	6.9%	6.6%	6.8%
Age-Adjusted	6.5%	6.2%	6.1%



## Any disability

Malvern has a crude rate of 26.1% for any disability among adults aged  $\geq 18$  years, which ranks 534th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Malvern is 24.0%, which ranks 625th out of 905 Iowa communities (98th out of 138 small communities).

Measure Type	Malvern	All Comm.	Small Comm.
Crude	26.1%	25.6%	26.0%
Age-Adjusted	24.0%	23.2%	22.8%



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## 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: Malvern 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	568	11.1% (9.3% - 13.1%)	559	10.0% (8.4% - 11.8%)
Health Status	General Health	493	14.4% (11.7% - 17.4%)	505	13.0% (10.7% - 15.3%)
Health Status	Mental Health	674	14.9% (12.6% - 17.2%)	658	16.1% (13.7% - 18.6%)
Health Risk Behaviors	Sleep <7 hours	915	32.9% (31.2% - 34.4%)	864	33.5% (31.7% - 35.3%)
Health Risk Behaviors	Physical Inactivity	480	26.2% (21.0% - 31.7%)	487	24.6% (19.6% - 29.6%)
Health Risk Behaviors	Binge Drinking	572	20.1% (16.6% - 24.1%)	585	22.4% (18.4% - 26.7%)
Health Risk Behaviors	Current Smoking	679	17.9% (14.0% - 22.1%)	572	18.2% (14.3% - 22.3%)
Health Outcomes	Arthritis	414	27.3% (23.0% - 31.9%)	401	23.0% (19.2% - 26.9%)
Health Outcomes	High Cholesterol	527	36.6% (31.5% - 41.8%)	599	30.2% (25.7% - 35.2%)
Health Outcomes	COPD	511	7.6% (6.2% - 9.2%)	571	6.5% (5.3% - 7.8%)
Health Outcomes	Current Asthma	781	9.7% (8.4% - 11.0%)	696	9.8% (8.5% - 11.2%)
Health Outcomes	All Teeth Lost	701	14.1% (8.9% - 20.9%)	628	13.7% (8.9% - 19.9%)
Health Outcomes	Cancer (except skin)	449	8.0% (7.1% - 8.8%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Coronary Heart Disease	481	6.5% (5.6% - 7.6%)	601	5.2% (4.5% - 6.0%)
Health Outcomes	High Blood Pressure	373	31.2% (27.0% - 35.8%)	304	26.7% (22.8% - 30.9%)
Health Outcomes	Diabetes	470	10.1% (8.5% - 12.0%)	508	8.3% (7.0% - 9.9%)
Health Outcomes	Depression	756	19.0% (15.4% - 22.9%)	733	20.0% (16.1% - 24.0%)
Health Outcomes	Obesity	635	38.6% (30.5% - 46.7%)	559	38.2% (30.3% - 46.7%)
Health Outcomes	Stroke	468	3.3% (2.8% - 3.8%)	569	2.7% (2.3% - 3.0%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.8% - 3.5%)	349	2.6% (2.4% - 3.0%)
Prevention	Dental Visit	469	67.2% (63.3% - 70.8%)	437	66.7% (62.8% - 70.3%)
Prevention	Core preventive services for older women	568	38.1% (30.4% - 46.4%)	330	41.3% (33.6% - 49.3%)
Prevention	Taking BP Medication	515	79.4% (75.6% - 82.8%)	501	58.8% (53.5% - 63.9%)
Prevention	Cervical Cancer Screening	422	83.5% (81.0% - 86.0%)	328	83.6% (81.1% - 86.0%)
Prevention	Mammography	221	77.9% (73.5% - 82.1%)	285	74.7% (70.3% - 78.9%)
Prevention	Health Insurance	456	7.3% (5.3% - 9.5%)	458	7.8% (5.8% - 10.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	520	82.4% (79.0% - 85.5%)	435	79.1% (75.0% - 82.6%)
Prevention	Core preventive services for older men	530	43.1% (34.1% - 52.7%)	581	42.1% (33.6% - 51.5%)
Prevention	Annual Checkup	614	74.5% (69.1% - 79.3%)	628	72.0% (66.3% - 77.2%)
Prevention	Colorectal Cancer Screening	551	71.1% (67.5% - 74.4%)	399	71.3% (67.9% - 74.6%)
Disability	Any Disability	534	26.1% (21.8% - 30.7%)	625	24.0% (20.1% - 28.2%)
Disability	Vision Disability	516	4.2% (3.5% - 5.0%)	509	3.7% (3.1% - 4.4%)
Disability	Mobility Disability	529	12.1% (10.0% - 14.4%)	577	9.9% (8.2% - 11.8%)
Disability	Cognitive Disability	665	11.7% (9.7% - 13.9%)	602	12.1% (10.1% - 14.5%)
Disability	Hearing Disability	432	7.3% (6.3% - 8.4%)	444	6.0% (5.3% - 6.9%)
Disability	Independent Living Disability	557	6.9% (5.7% - 8.2%)	570	6.5% (5.5% - 7.7%)
Disability	Self-care Disability	562	3.6% (3.0% - 4.3%)	567	3.1% (2.6% - 3.6%)

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)

Malvern 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		