



## 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 Mason City: Overview

Dear Community Members & Stakeholders of Mason City,

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 Mason City ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Mason City’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 Mason City. 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
Obesity	193rd	15th	Binge Drinking	108th	8th
Core preventive services for older men	292nd	16th	Taking BP Medication	126th	11th
High Blood Pressure	344th	21st	Obesity	250th	16th
Binge Drinking	370th	9th	Core preventive services for older men	261st	18th
Cancer (except skin)	388th	26th	Cancer (except skin)	418th	15th

# 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
Core preventive services for older women	920th	30th	High Cholesterol	862nd	28th
Cholesterol Screening	825th	14th	Core preventive services for older women	835th	30th
Sleep <7 hours	809th	27th	Sleep <7 hours	816th	26th
Cervical Cancer Screening	809th	22nd	Annual Checkup	787th	30th
Depression	797th	18th	Cholesterol Screening	776th	24th

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 Mason City.

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

With a population of 27,271, Mason City’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

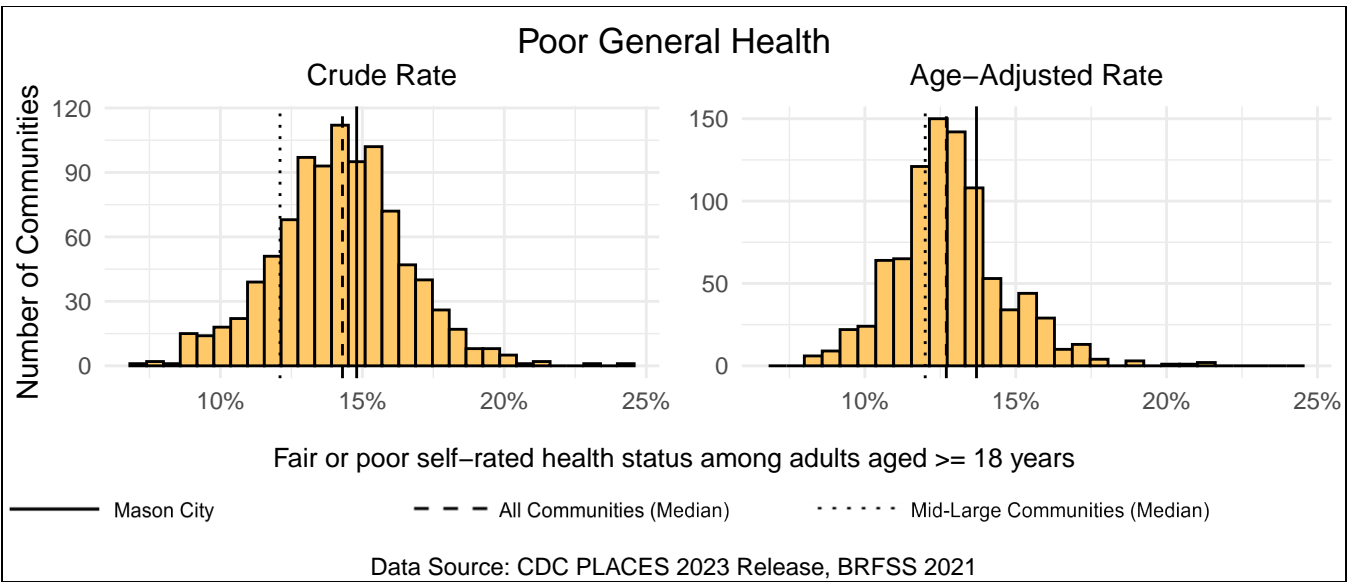
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Mason City has a crude rate of 14.8% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 576th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 13.7%, which ranks 667th out of 905 Iowa communities (21st out of 31 mid-large communities).

Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	14.8%	14.3%	12.1%
Age-Adjusted	13.7%	12.7%	12.0%

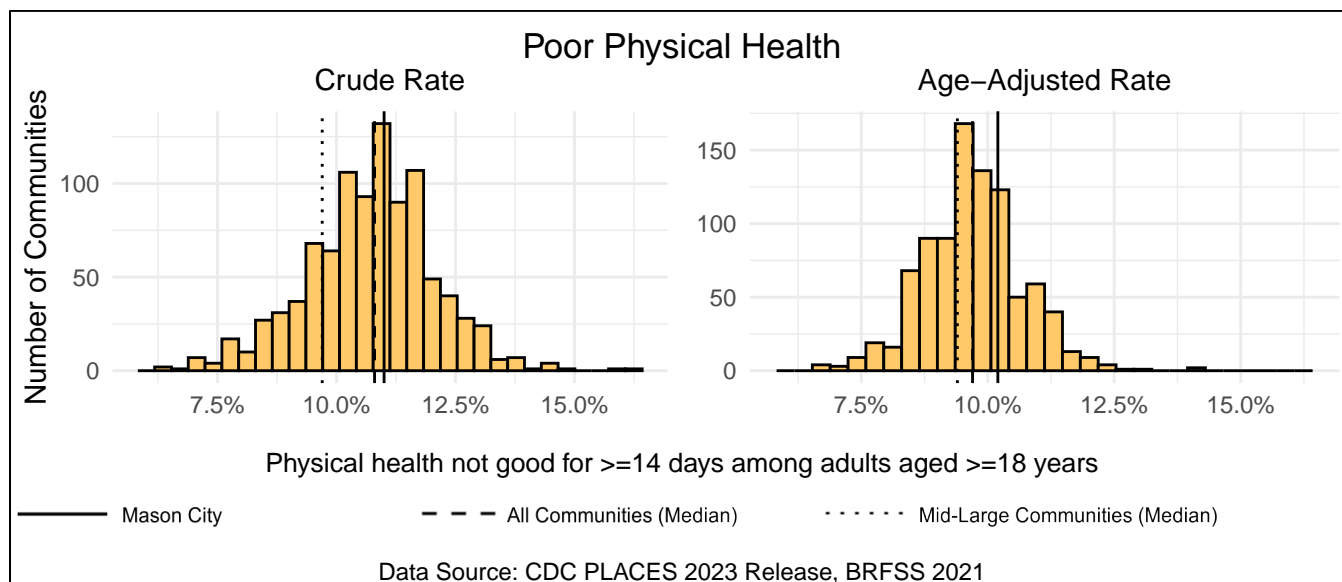




## Poor Physical Health

Mason City has a crude rate of 11.0% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 539th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Mason City is 10.2%, which ranks 644th out of 905 Iowa communities (20th out of 31 mid-large communities).

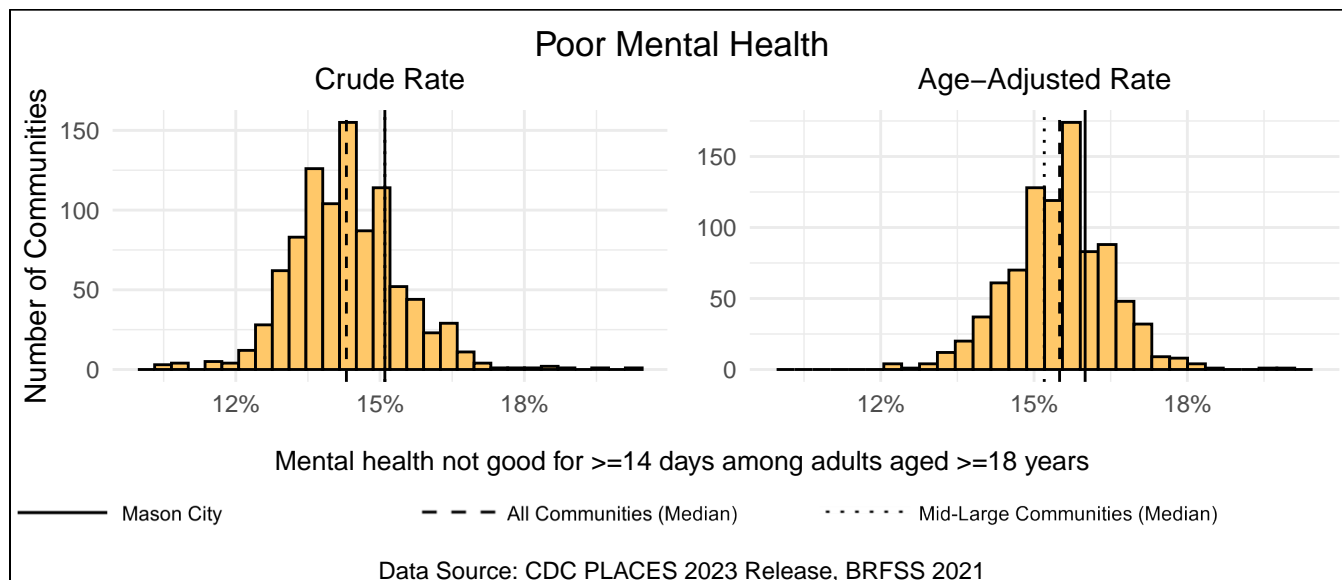
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	11.0%	10.8%	9.7%
Age-Adjusted	10.2%	9.7%	9.4%



## Poor Mental Health

Mason City has a crude rate of 15.1% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 736th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Mason City is 16.0%, which ranks 631st out of 905 Iowa communities (21st out of 31 mid-large communities).

Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	15.1%	14.3%	15.1%
Age-Adjusted	16.0%	15.5%	15.2%



# Health Risk Behaviors

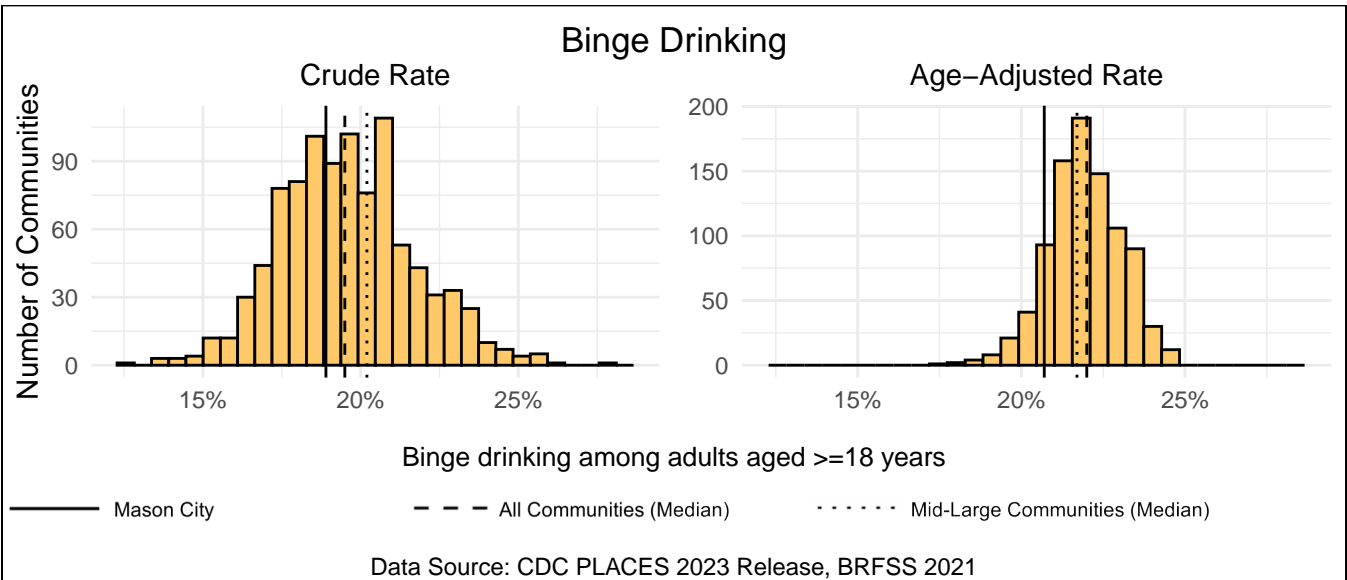
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Mason City has a crude rate of 18.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 370th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Mason City is 20.7%, which ranks 108th out of 905 Iowa communities (8th out of 31 mid-large communities).

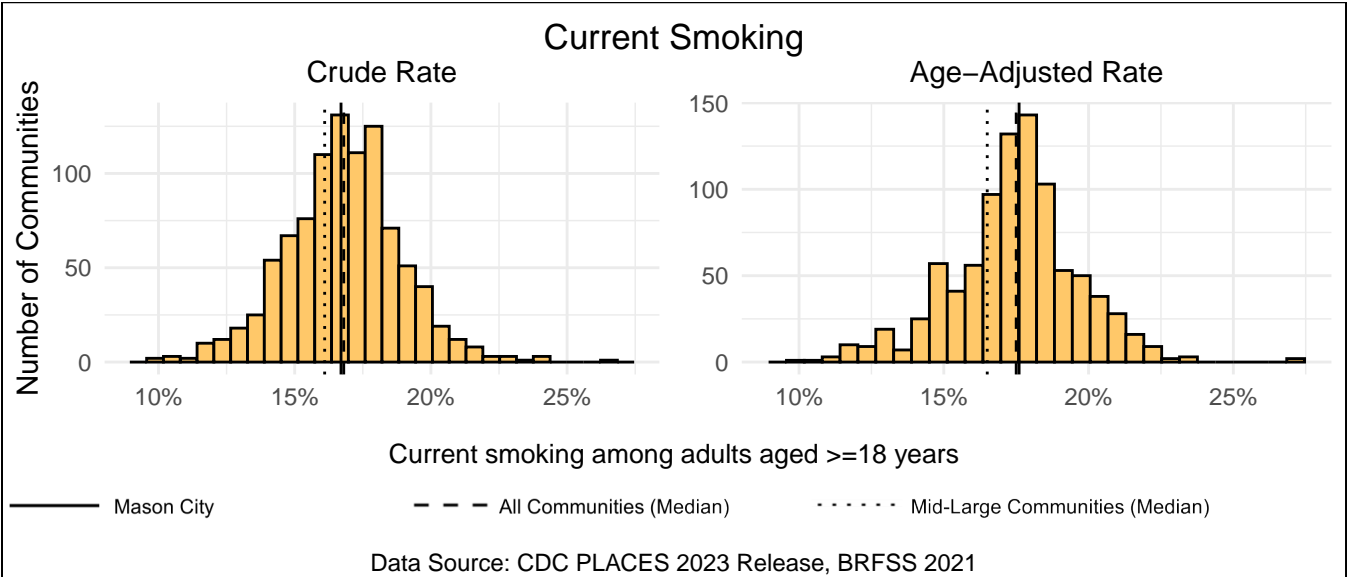
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	18.9%	19.5%	20.2%
Age-Adjusted	20.7%	22.0%	21.7%



# Current Smoking

Mason City has a crude rate of 16.7% for current smoking among adults aged >=18 years, which ranks 447th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Mason City is 17.6%, which ranks 459th out of 905 Iowa communities (19th out of 31 mid-large communities).

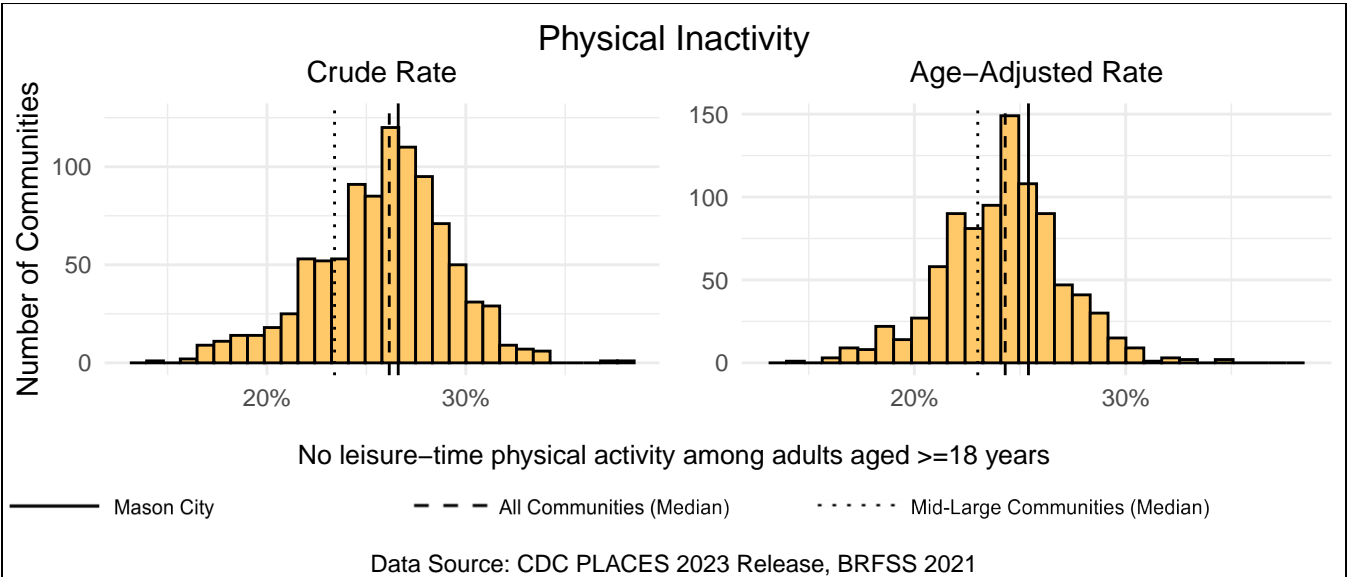
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	16.7%	16.8%	16.1%
Age-Adjusted	17.6%	17.5%	16.5%



# Physical Inactivity

Mason City has a crude rate of 26.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 524th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Mason City is 25.4%, which ranks 623rd out of 905 Iowa communities (20th out of 31 mid-large communities).

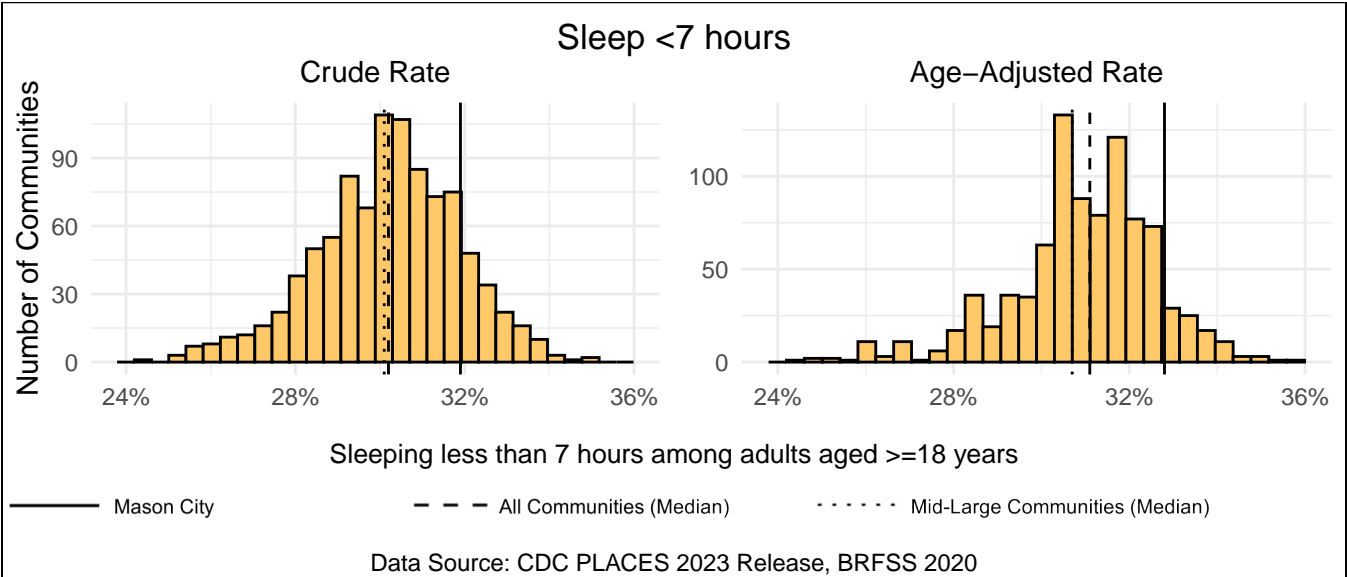
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	26.6%	26.1%	23.4%
Age-Adjusted	25.4%	24.3%	23.0%



Sleep <7 hours

Mason City has a crude rate of 31.9% for sleeping less than 7 hours among adults aged >=18 years, which ranks 809th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Mason City is 32.8%, which ranks 816th out of 905 Iowa communities (26th out of 31 mid-large communities).

Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	31.9%	30.2%	30.1%
Age-Adjusted	32.8%	31.1%	30.7%



# Health Outcomes

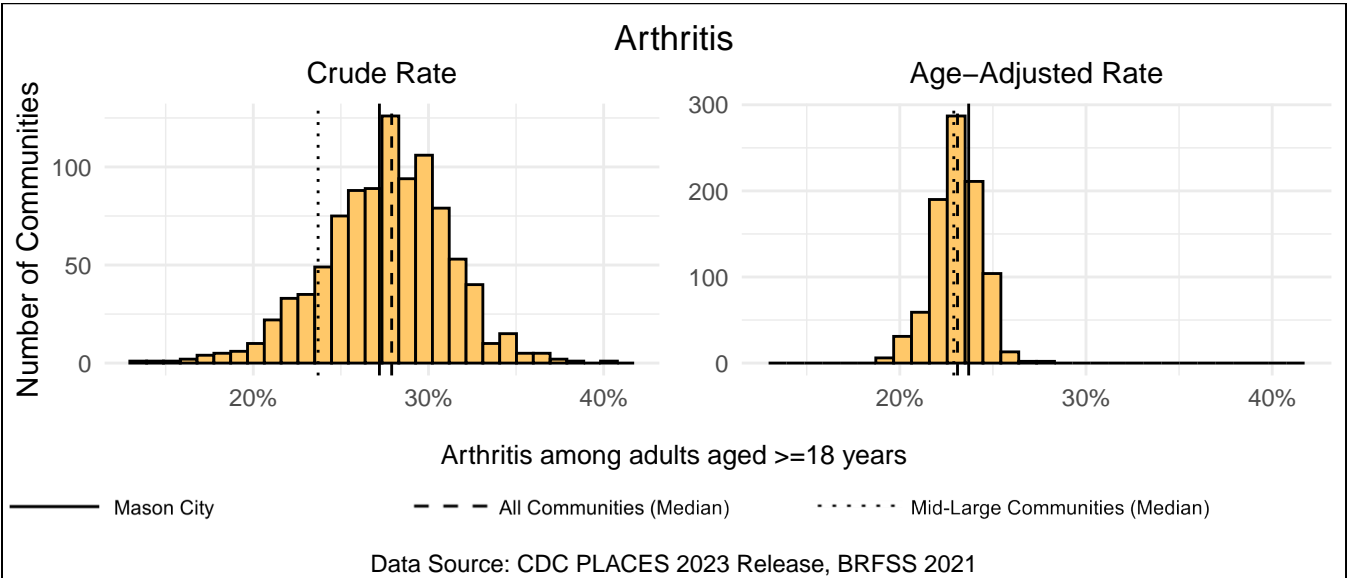
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Mason City has a crude rate of 27.2% for arthritis among adults aged  $\geq 18$  years, which ranks 402nd out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Mason City is 23.7%, which ranks 606th out of 905 Iowa communities (20th out of 31 mid-large communities).

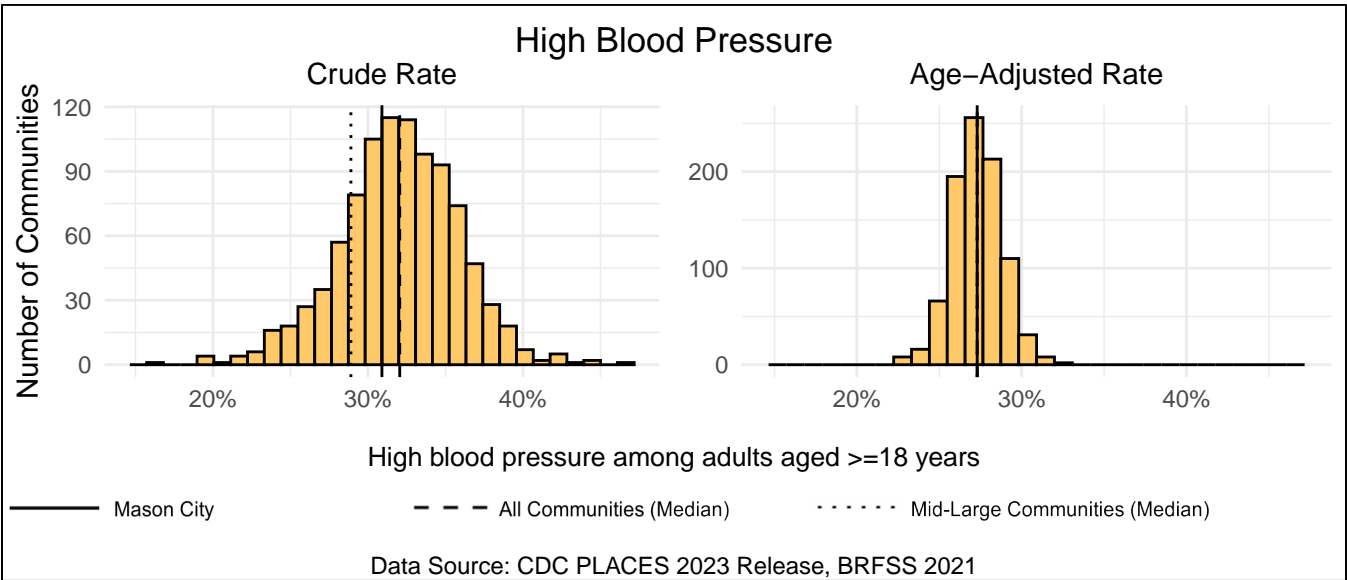
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	27.2%	27.9%	23.7%
Age-Adjusted	23.7%	23.1%	22.9%



## High Blood Pressure

Mason City has a crude rate of 30.9% for high blood pressure among adults aged  $\geq 18$  years, which ranks 344th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 27.3%, which ranks 438th out of 905 Iowa communities (16th out of 31 mid-large communities).

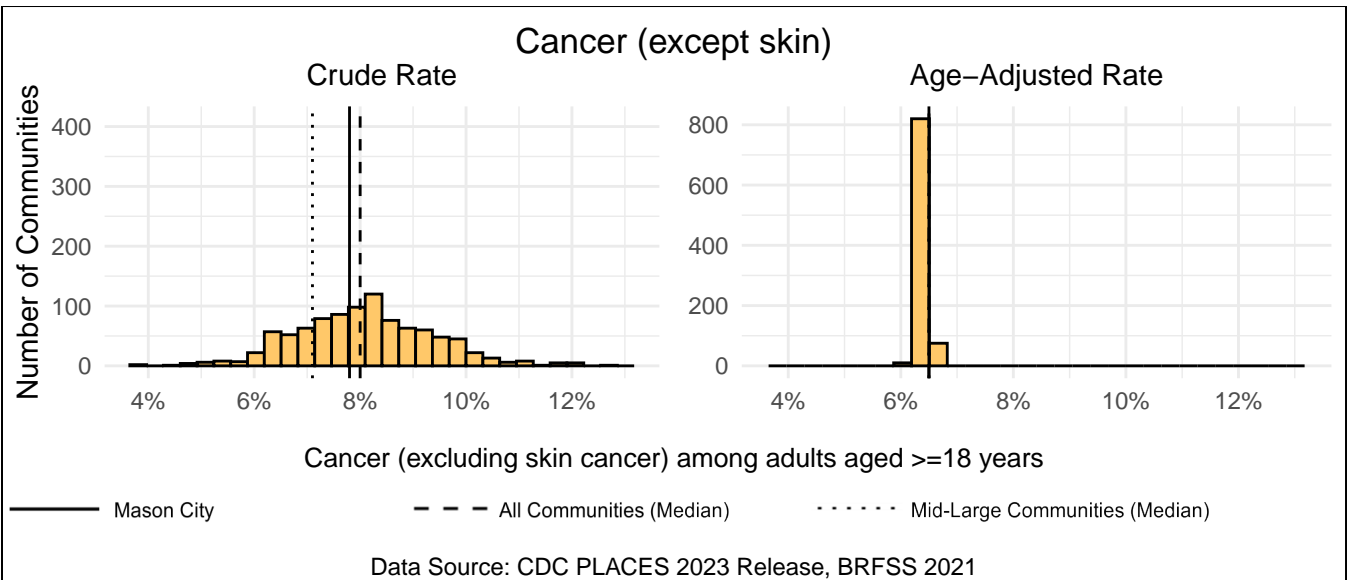
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	30.9%	32.0%	28.9%
Age-Adjusted	27.3%	27.3%	27.3%



## Cancer (except skin)

Mason City has a crude rate of 7.8% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 388th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Mason City is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

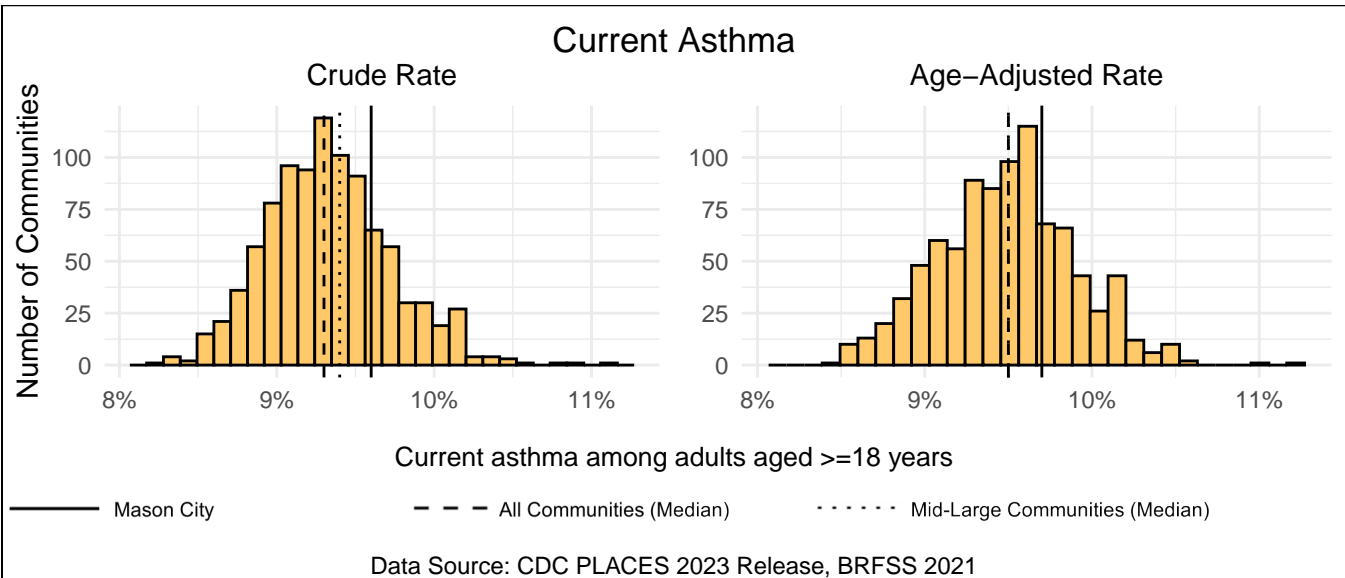
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	7.8%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Mason City has a crude rate of 9.6% for current asthma among adults aged  $\geq 18$  years, which ranks 716th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Mason City is 9.7%, which ranks 628th out of 905 Iowa communities (20th out of 31 mid-large communities).

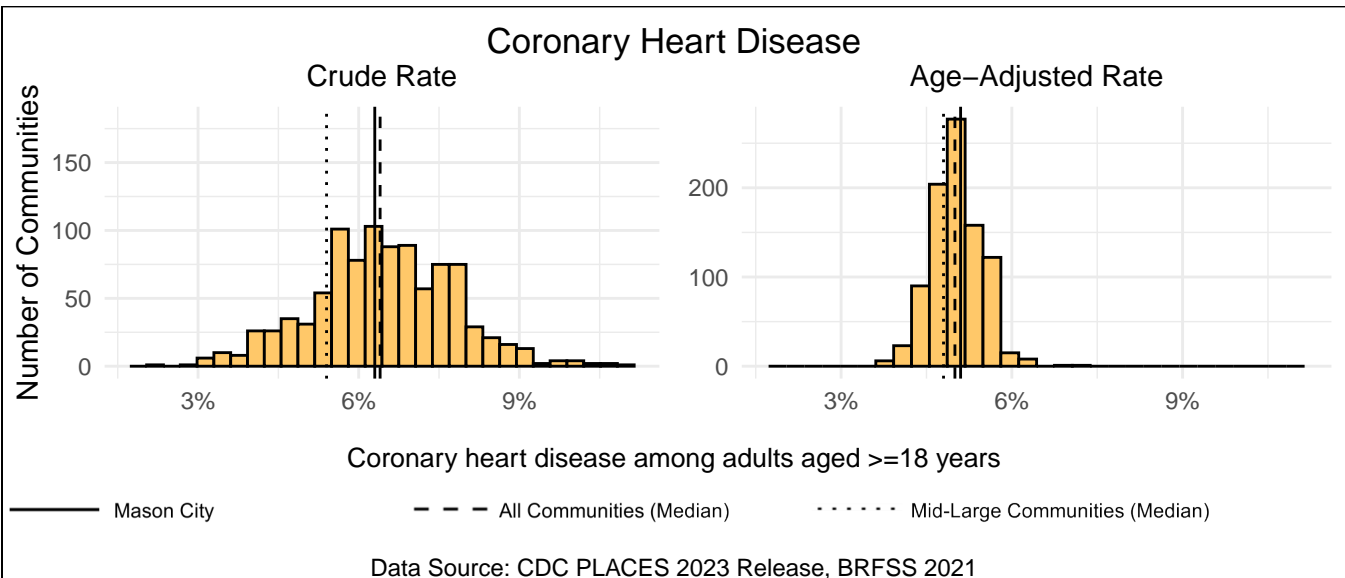
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	9.6%	9.3%	9.4%
Age-Adjusted	9.7%	9.5%	9.5%



## Coronary Heart Disease

Mason City has a crude rate of 6.3% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 408th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 5.1%, which ranks 511th out of 905 Iowa communities (19th out of 31 mid-large communities).

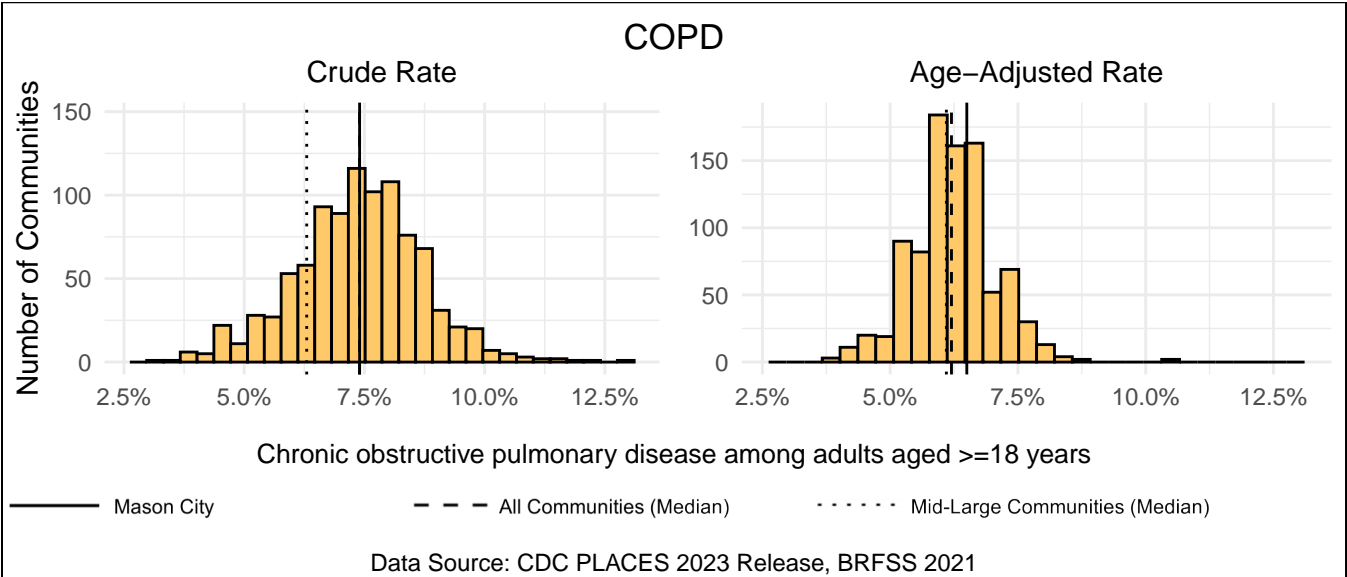
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	6.3%	6.4%	5.4%
Age-Adjusted	5.1%	5.0%	4.8%



# COPD

Mason City has a crude rate of 7.4% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 448th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 6.5%, which ranks 571st out of 905 Iowa communities (20th out of 31 mid-large communities).

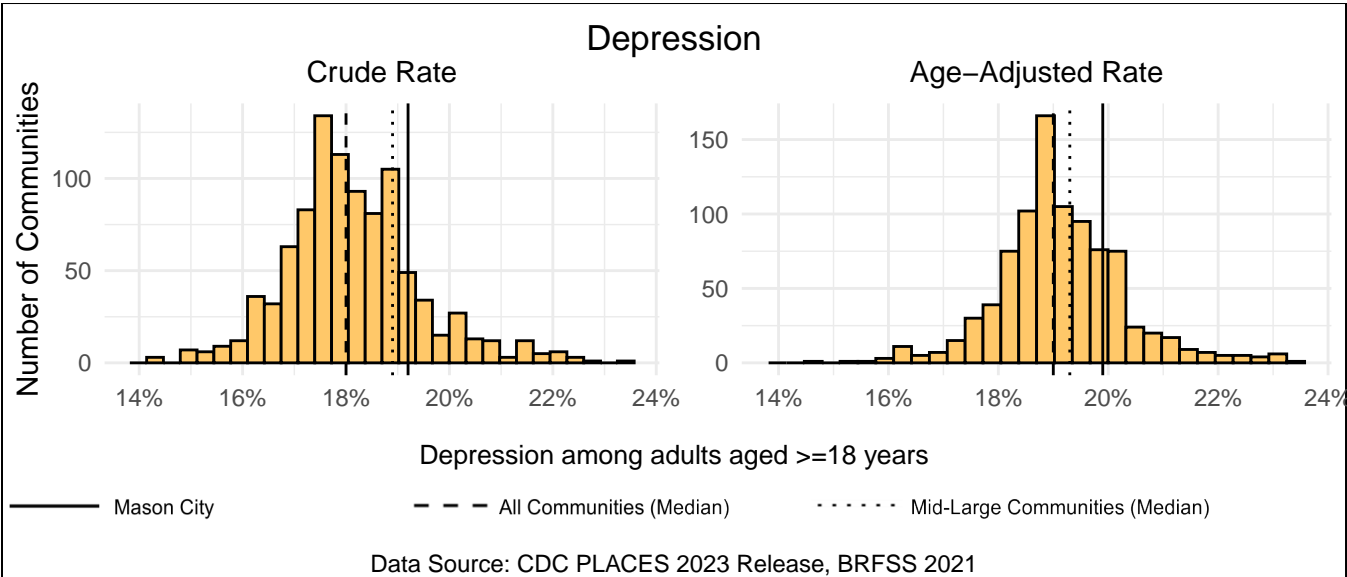
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	7.4%	7.4%	6.3%
Age-Adjusted	6.5%	6.2%	6.1%



# Depression

Mason City has a crude rate of 19.2% for depression among adults aged >=18 years, which ranks 797th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Mason City is 19.9%, which ranks 702nd out of 905 Iowa communities (22nd out of 31 mid-large communities).

Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	19.2%	18.0%	18.9%
Age-Adjusted	19.9%	19.0%	19.3%

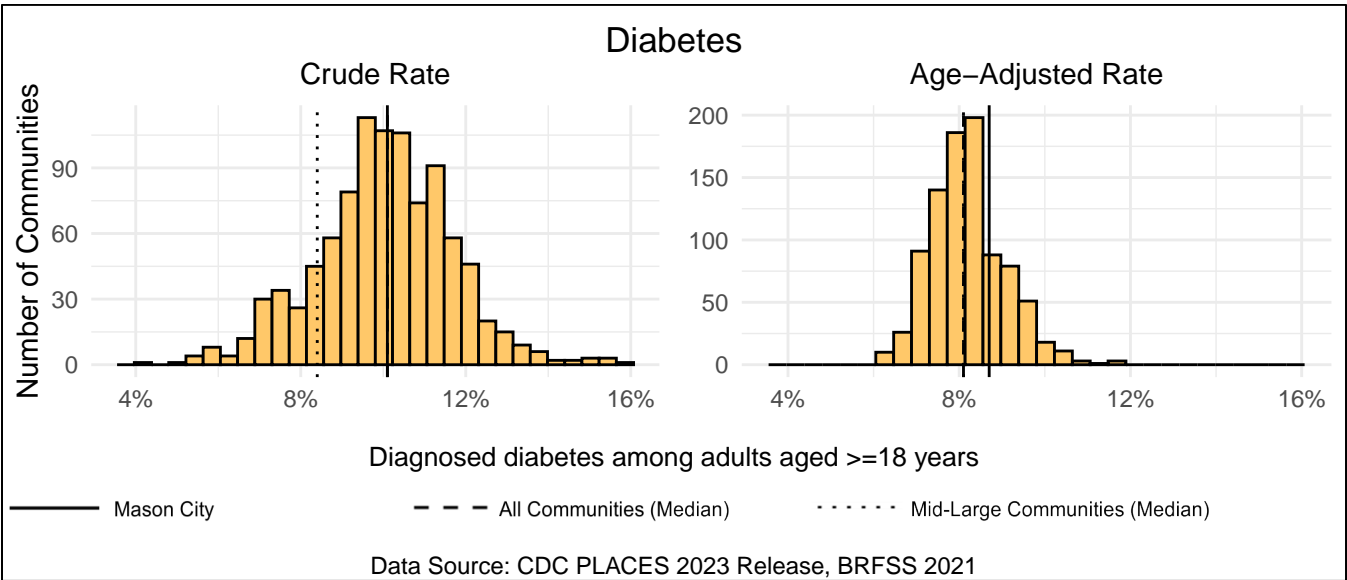




# Diabetes

Mason City has a crude rate of 10.1% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 470th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Mason City is 8.7%, which ranks 685th out of 905 Iowa communities (21st out of 31 mid-large communities).

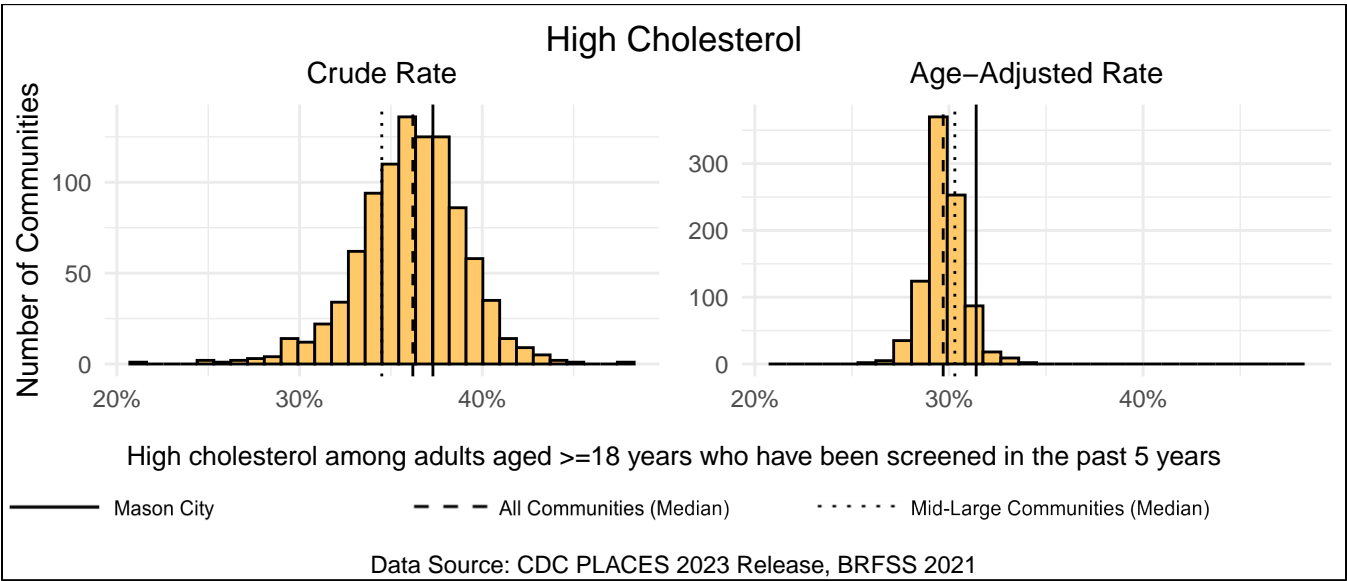
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	10.1%	10.1%	8.4%
Age-Adjusted	8.7%	8.1%	8.1%



# High Cholesterol

Mason City has a crude rate of 37.3% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 623rd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Mason City is 31.4%, which ranks 862nd out of 905 Iowa communities (28th out of 31 mid-large communities).

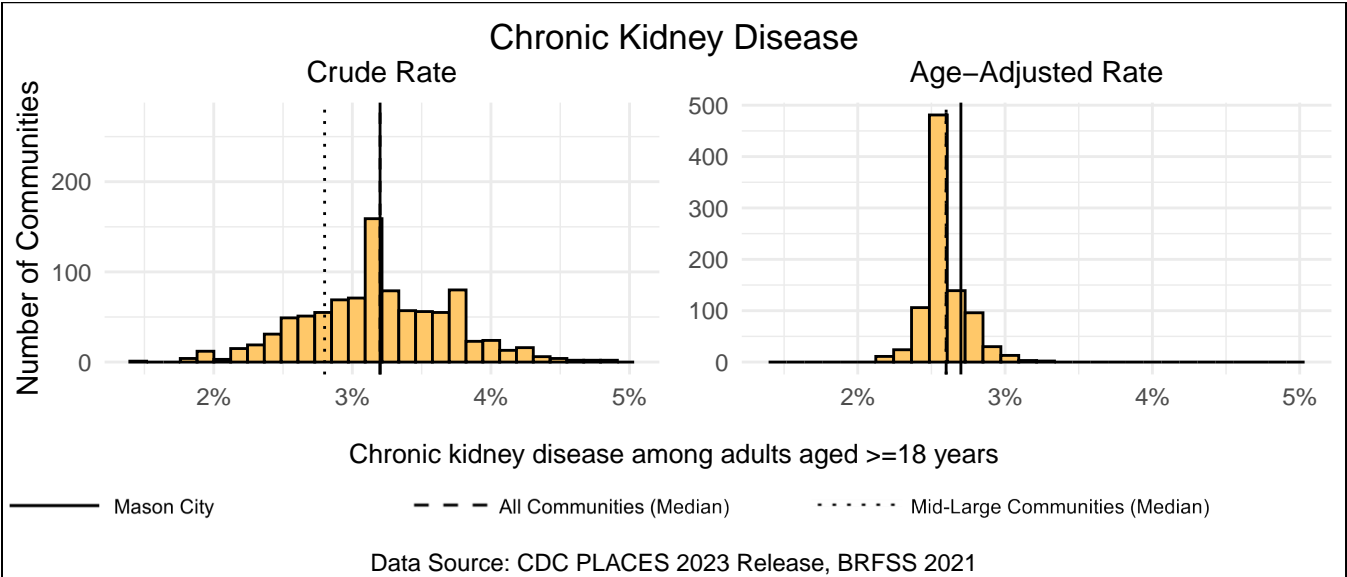
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	37.3%	36.2%	34.5%
Age-Adjusted	31.4%	29.7%	30.3%



# Chronic Kidney Disease

Mason City 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 (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 2.7%, which ranks 623rd out of 905 Iowa communities (20th out of 31 mid-large communities).

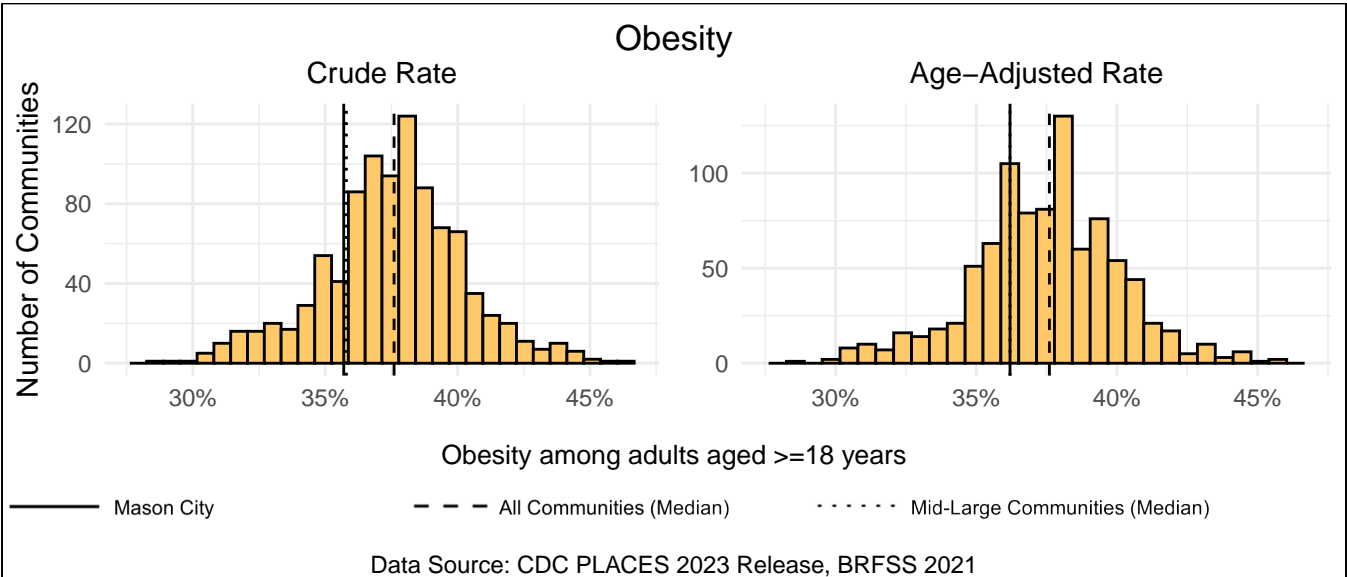
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	3.2%	3.2%	2.8%
Age-Adjusted	2.7%	2.6%	2.6%



# Obesity

Mason City has a crude rate of 35.7% for obesity among adults aged  $\geq 18$  years, which ranks 193rd out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Mason City is 36.2%, which ranks 250th out of 905 Iowa communities (16th out of 31 mid-large communities).

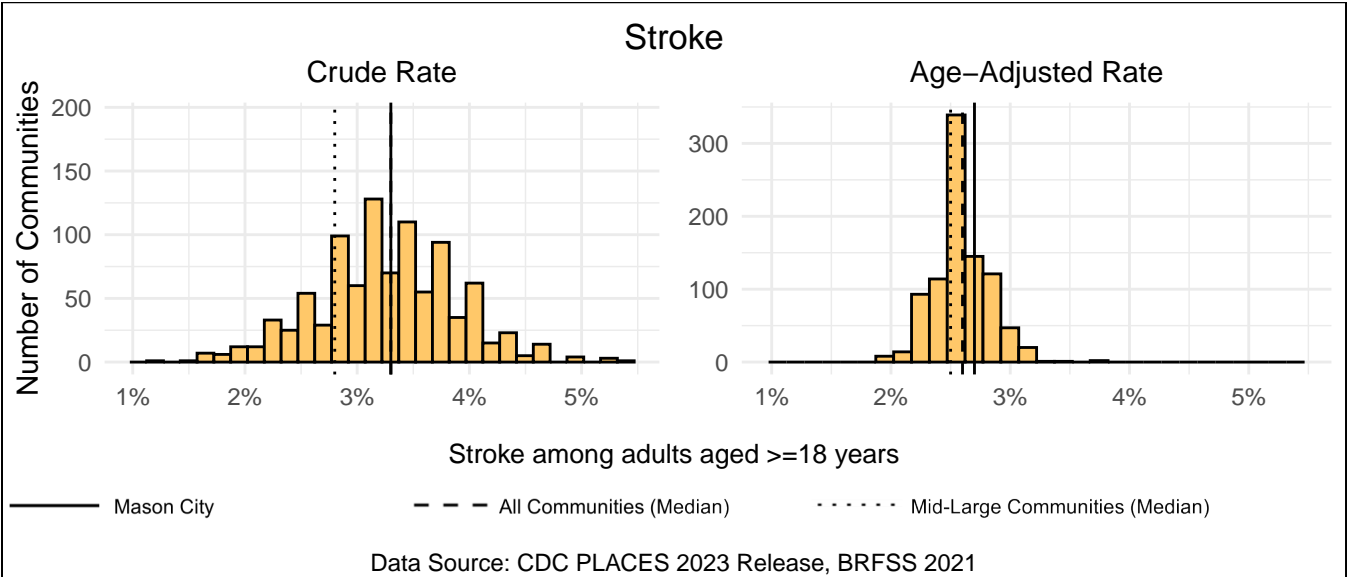
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	35.7%	37.6%	35.8%
Age-Adjusted	36.2%	37.6%	36.2%



# Stroke

Mason City has a crude rate of 3.3% for stroke among adults aged  $\geq 18$  years, which ranks 468th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 2.7%, which ranks 569th out of 905 Iowa communities (20th out of 31 mid-large communities).

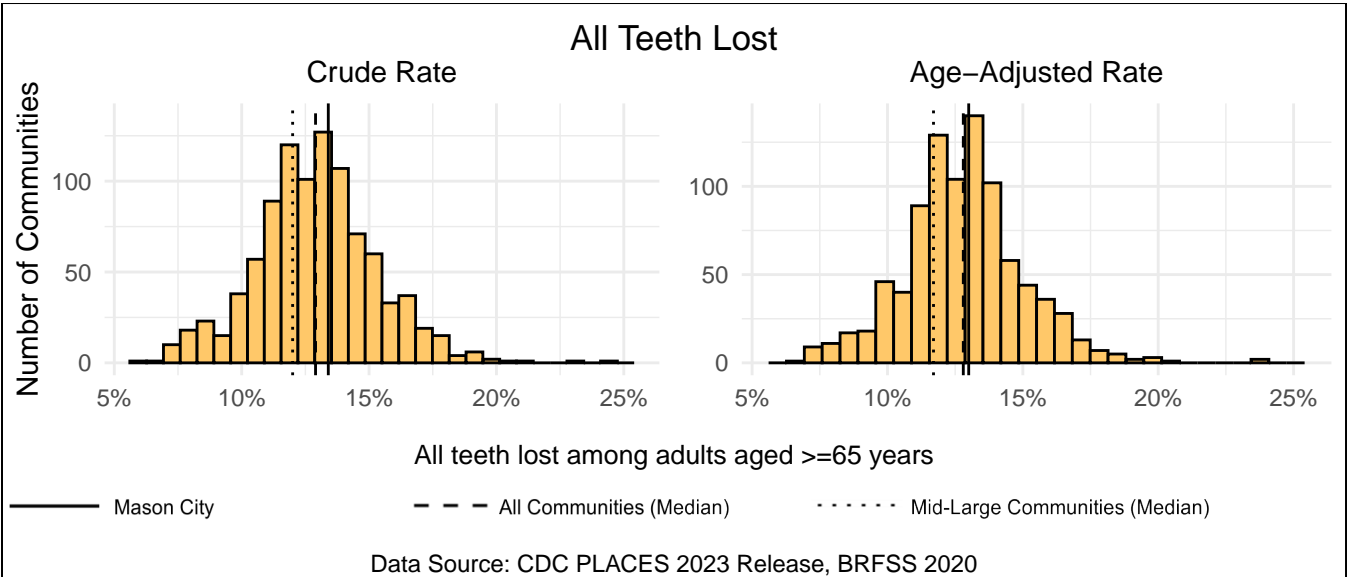
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	3.3%	3.3%	2.8%
Age-Adjusted	2.7%	2.6%	2.5%



# All Teeth Lost

Mason City has a crude rate of 13.4% for all teeth lost among adults aged  $\geq 65$  years, which ranks 558th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Mason City is 13.0%, which ranks 482nd out of 905 Iowa communities (19th out of 31 mid-large communities).

Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	13.4%	12.9%	12.0%
Age-Adjusted	13.0%	12.8%	11.7%



# Prevention

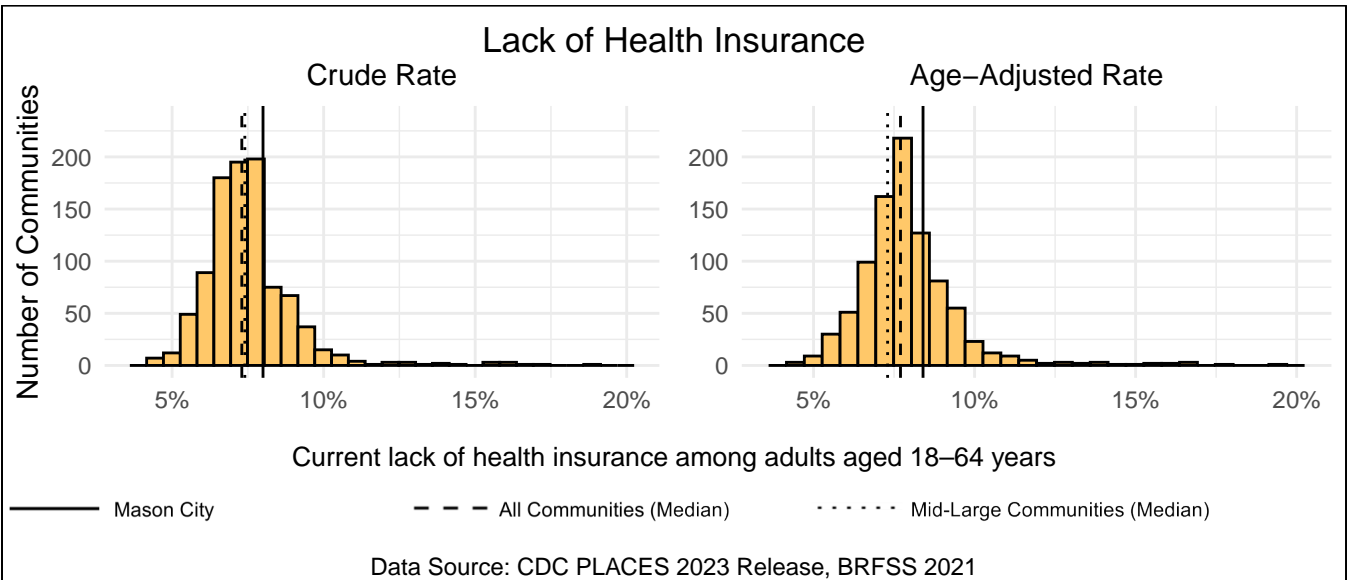
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Mason City has a crude rate of 8.0% for current lack of health insurance among adults aged 18–64 years, which ranks 702nd out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 8.4%, which ranks 658th out of 905 Iowa communities (21st out of 31 mid-large communities).

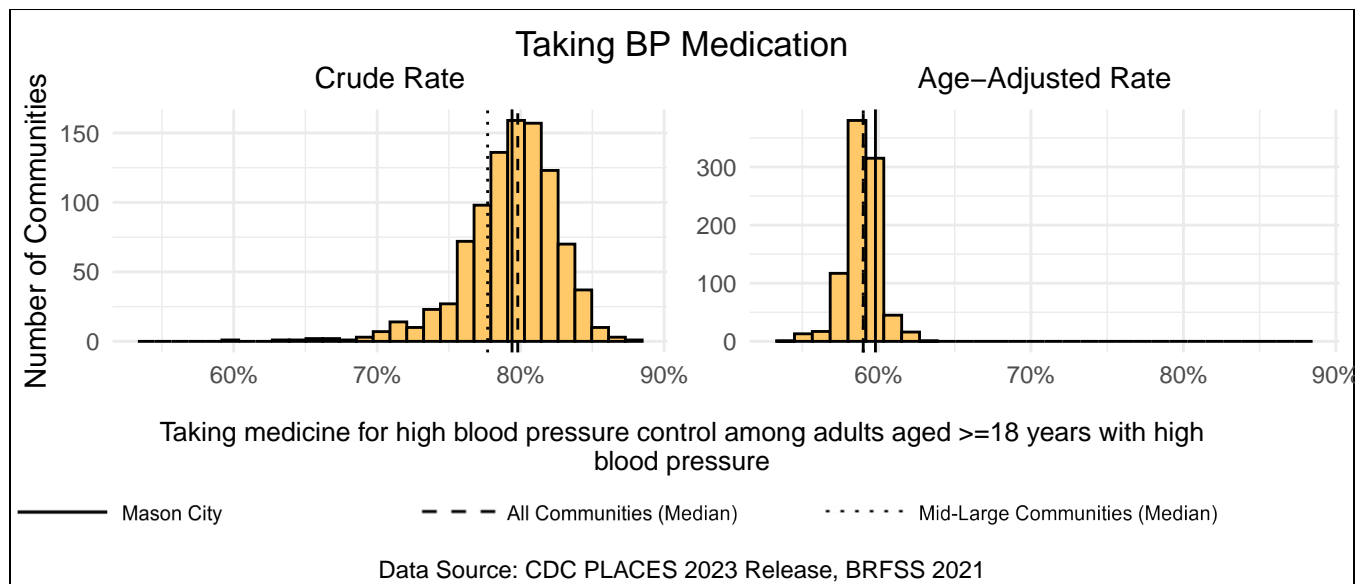
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	8.0%	7.3%	7.4%
Age-Adjusted	8.4%	7.7%	7.3%



## Taking BP Medication

Mason City 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 (6th out of 31 mid-large communities). The age-adjusted rate for Mason City is 59.8%, which ranks 126th out of 905 Iowa communities (11th out of 31 mid-large communities).

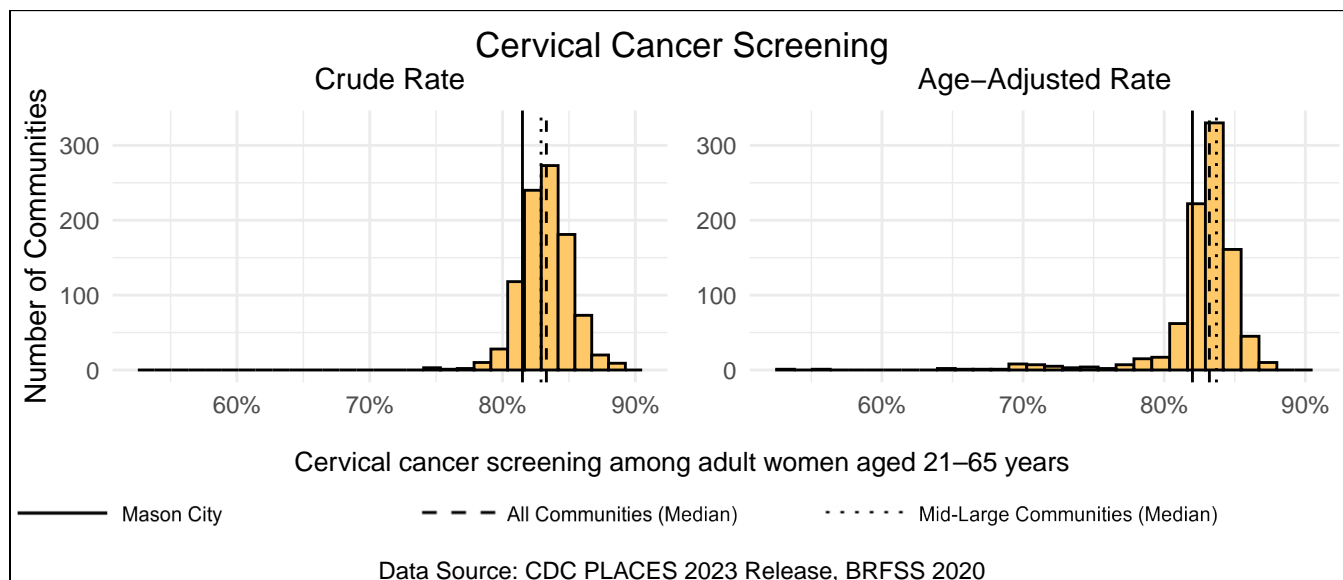
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	79.4%	79.8%	77.7%
Age-Adjusted	59.8%	59.0%	59.0%



## Cervical Cancer Screening

Mason City has a crude rate of 81.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 809th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Mason City is 82.0%, which ranks 717th out of 905 Iowa communities (24th out of 31 mid-large communities).

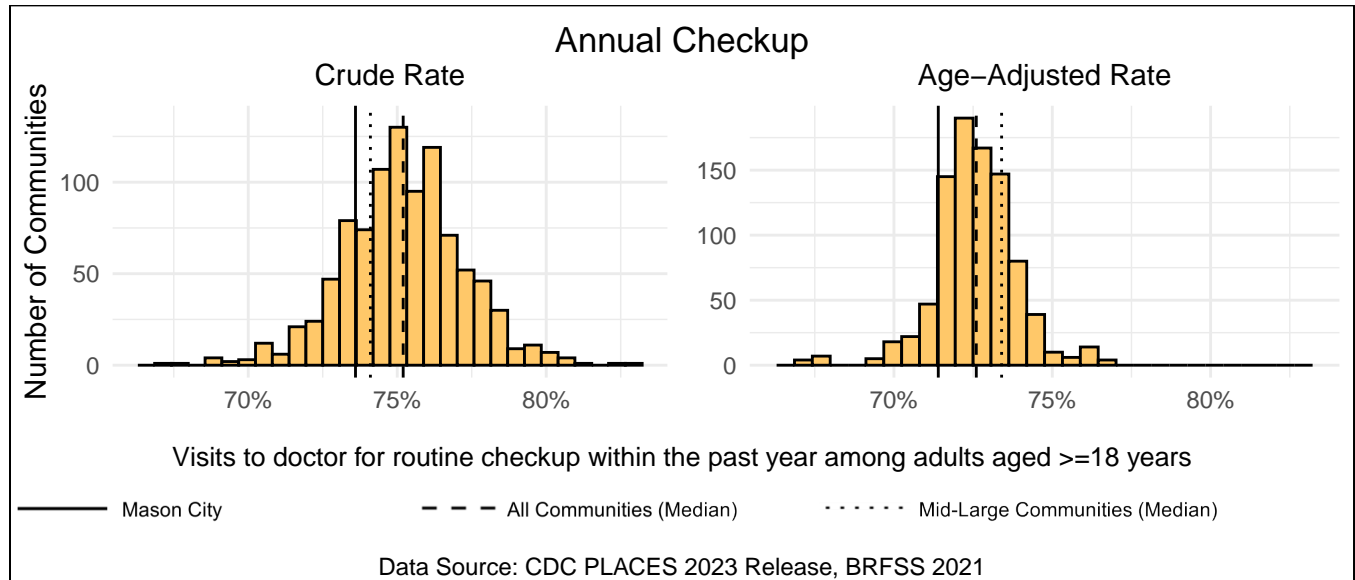
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	81.5%	83.3%	82.9%
Age-Adjusted	82.0%	83.2%	83.7%



## Annual Checkup

Mason City has a crude rate of 73.6% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 759th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Mason City is 71.4%, which ranks 787th out of 905 Iowa communities (30th out of 31 mid-large communities).

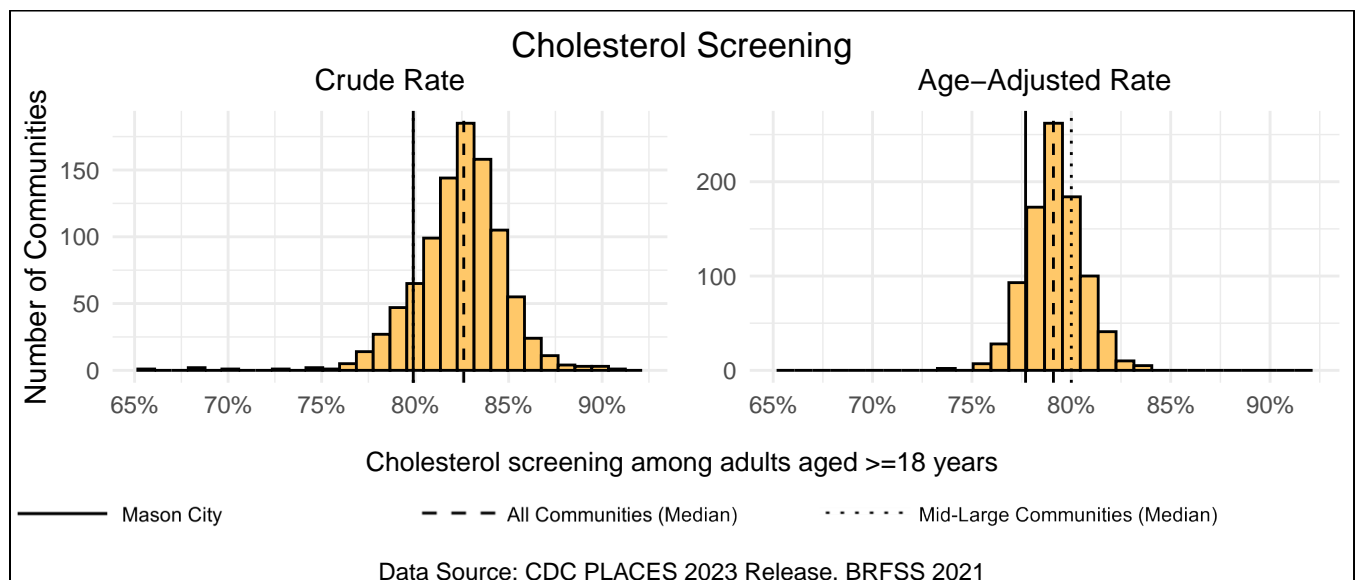
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	73.6%	75.2%	74.1%
Age-Adjusted	71.4%	72.6%	73.4%



## Cholesterol Screening

Mason City has a crude rate of 79.9% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 825th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Mason City is 77.7%, which ranks 776th out of 905 Iowa communities (24th out of 31 mid-large communities).

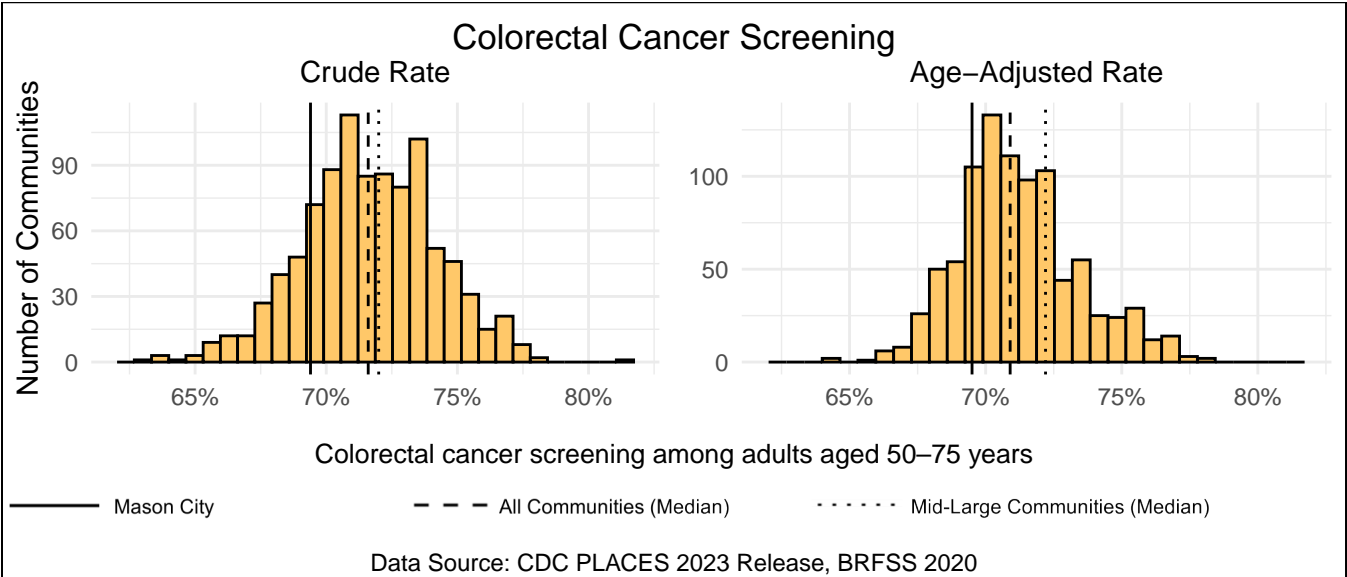
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	79.9%	82.6%	79.9%
Age-Adjusted	77.7%	79.1%	80.0%



# Colorectal Cancer Screening

Mason City has a crude rate of 69.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 782nd out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Mason City is 69.5%, which ranks 716th out of 905 Iowa communities (21st out of 31 mid-large communities).

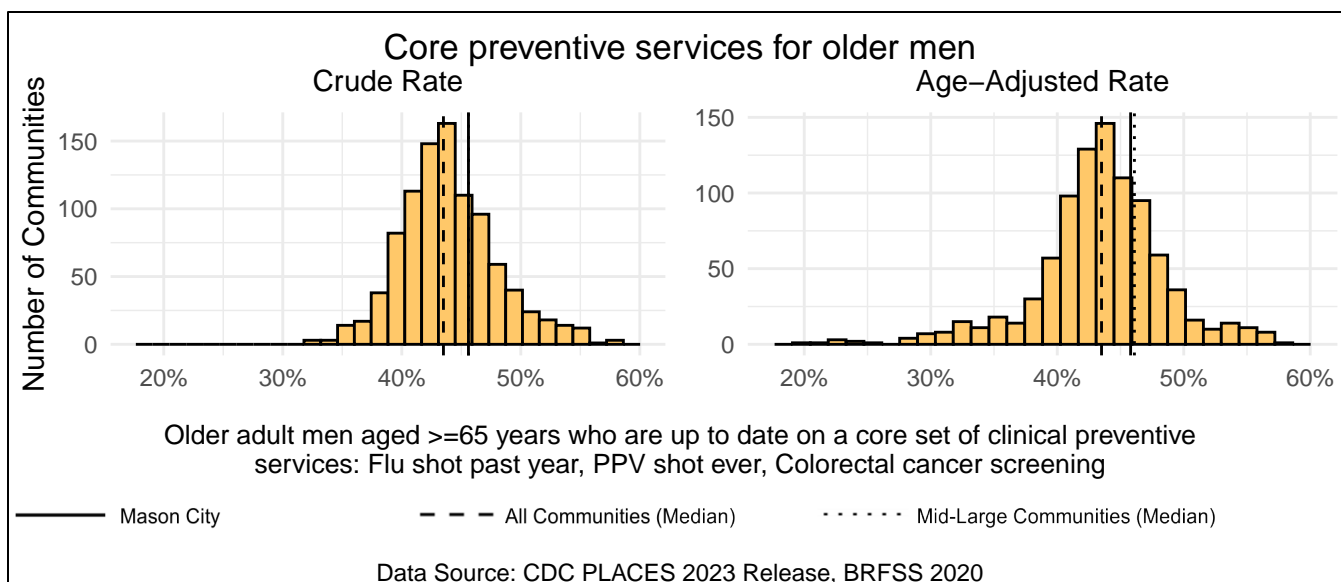
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	69.4%	71.6%	72.0%
Age-Adjusted	69.5%	70.9%	72.2%



# Core preventive services for older men

Mason City has a crude rate of 45.6% 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 292nd out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Mason City is 45.8%, which ranks 261st out of 905 Iowa communities (18th out of 31 mid-large communities).

Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	45.6%	43.5%	45.6%
Age-Adjusted	45.8%	43.5%	46.1%

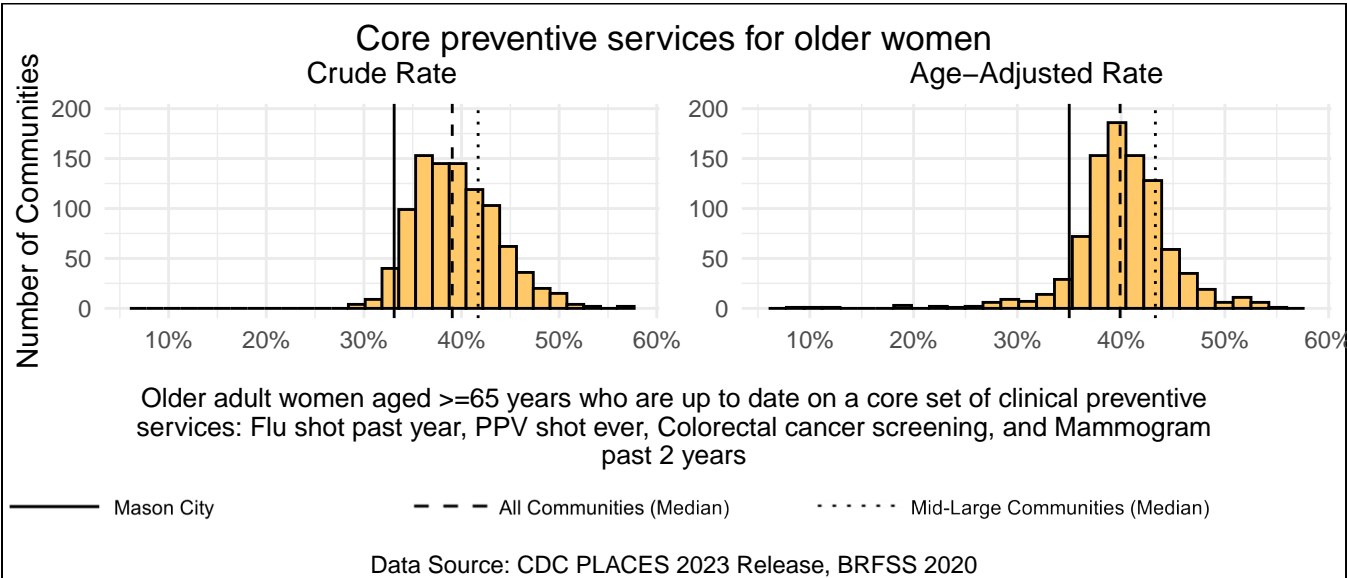




### Core preventive services for older women

Mason City has a crude rate of 33.1% 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 920th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Mason City is 35.0%, which ranks 835th out of 905 Iowa communities (30th out of 31 mid-large communities).

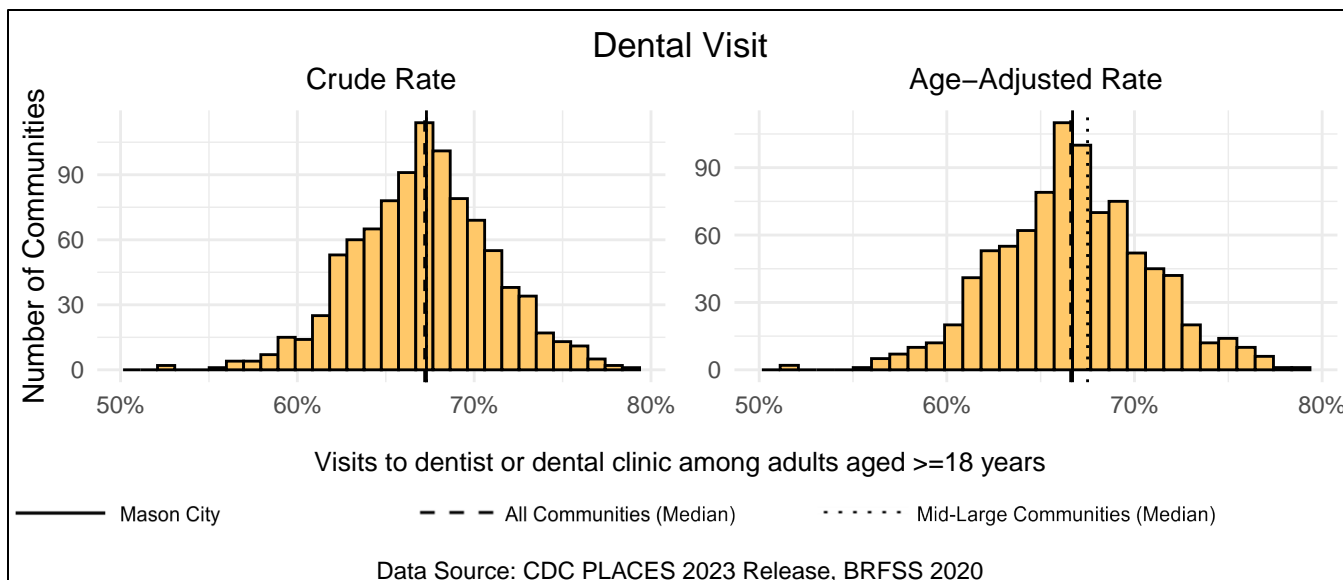
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	33.1%	39.0%	41.7%
Age-Adjusted	35.0%	39.9%	43.3%



### Dental Visit

Mason City has a crude rate of 67.3% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 457th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Mason City is 66.7%, which ranks 437th out of 905 Iowa communities (17th out of 31 mid-large communities).

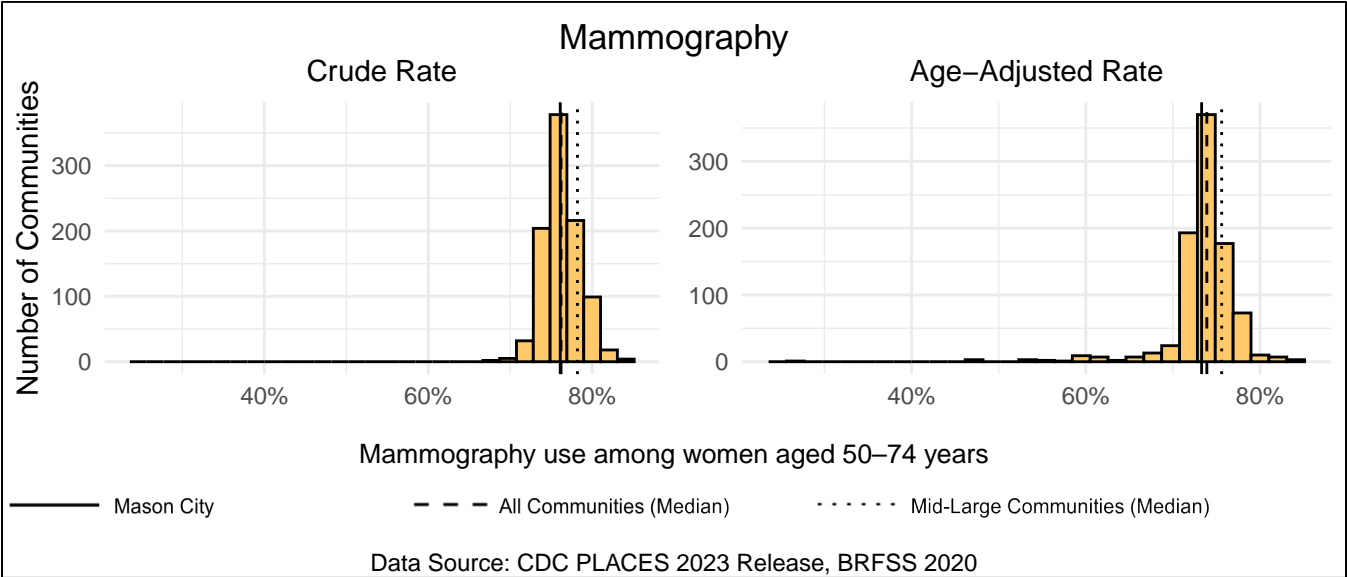
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	67.3%	67.2%	67.3%
Age-Adjusted	66.7%	66.6%	67.5%



# Mammography

Mason City has a crude rate of 76.1% for mammography use among women aged 50–74 years, which ranks 490th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Mason City is 73.3%, which ranks 566th out of 905 Iowa communities (22nd out of 31 mid-large communities).

Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	76.1%	76.2%	78.2%
Age-Adjusted	73.3%	73.9%	75.6%



# Disability

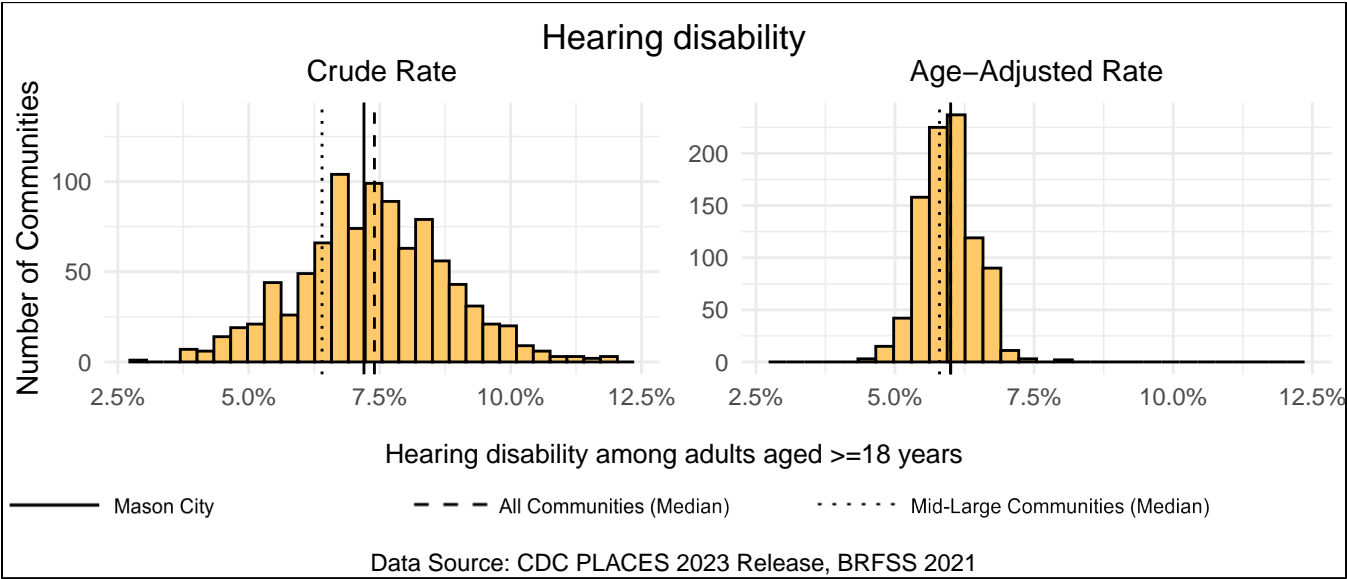
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Mason City has a crude rate of 7.2% for hearing disability among adults aged  $\geq 18$  years, which ranks 411th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 6.0%, which ranks 444th out of 905 Iowa communities (19th out of 31 mid-large communities).

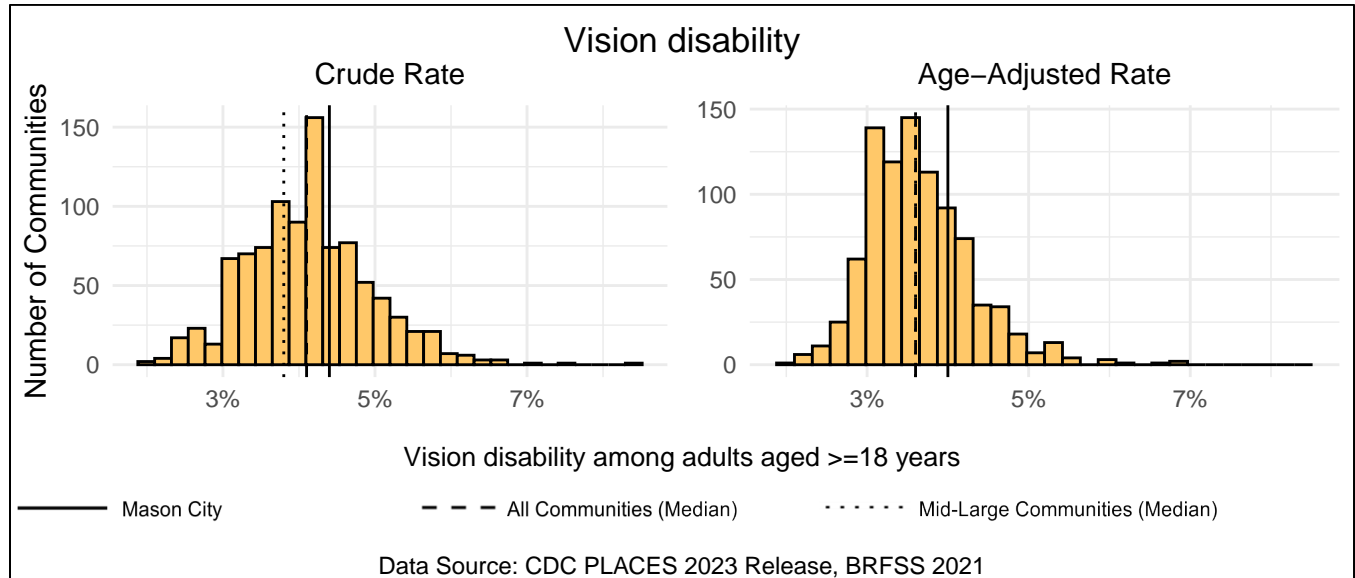
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	7.2%	7.4%	6.4%
Age-Adjusted	6.0%	6.0%	5.8%



## Vision disability

Mason City has a crude rate of 4.4% for vision disability among adults aged  $\geq 18$  years, which ranks 620th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Mason City is 4.0%, which ranks 676th out of 905 Iowa communities (21st out of 31 mid-large communities).

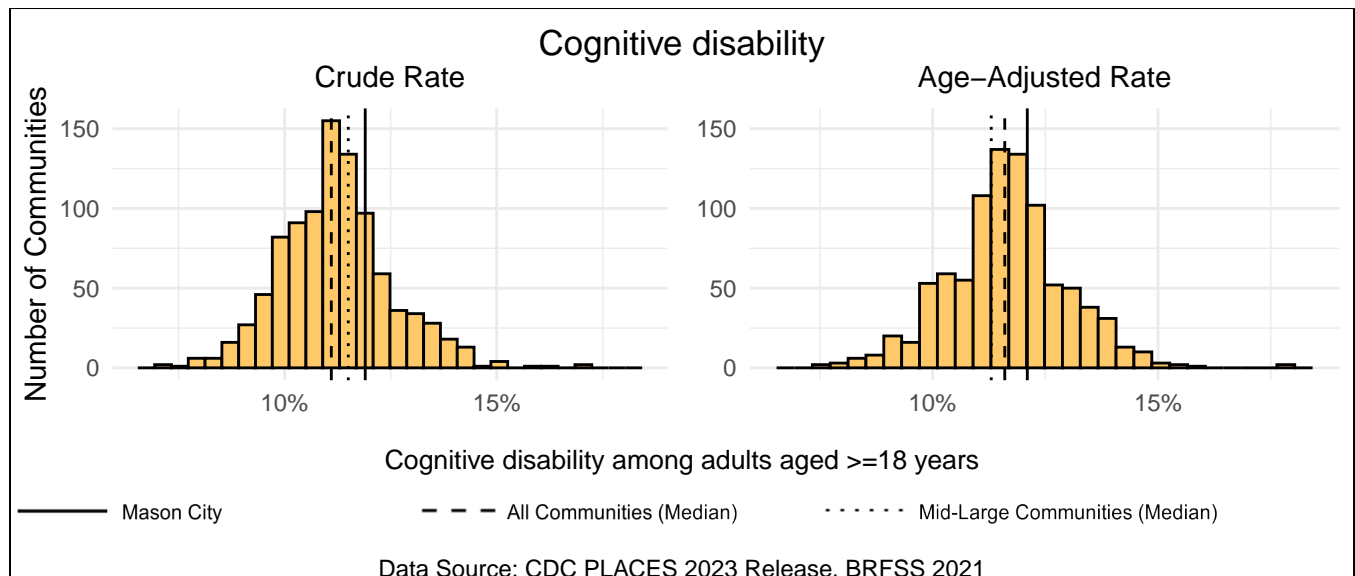
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	4.4%	4.1%	3.8%
Age-Adjusted	4.0%	3.6%	3.6%



## Cognitive disability

Mason City has a crude rate of 11.9% for cognitive disability among adults aged  $\geq 18$  years, which ranks 718th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Mason City is 12.1%, which ranks 602nd out of 905 Iowa communities (20th out of 31 mid-large communities).

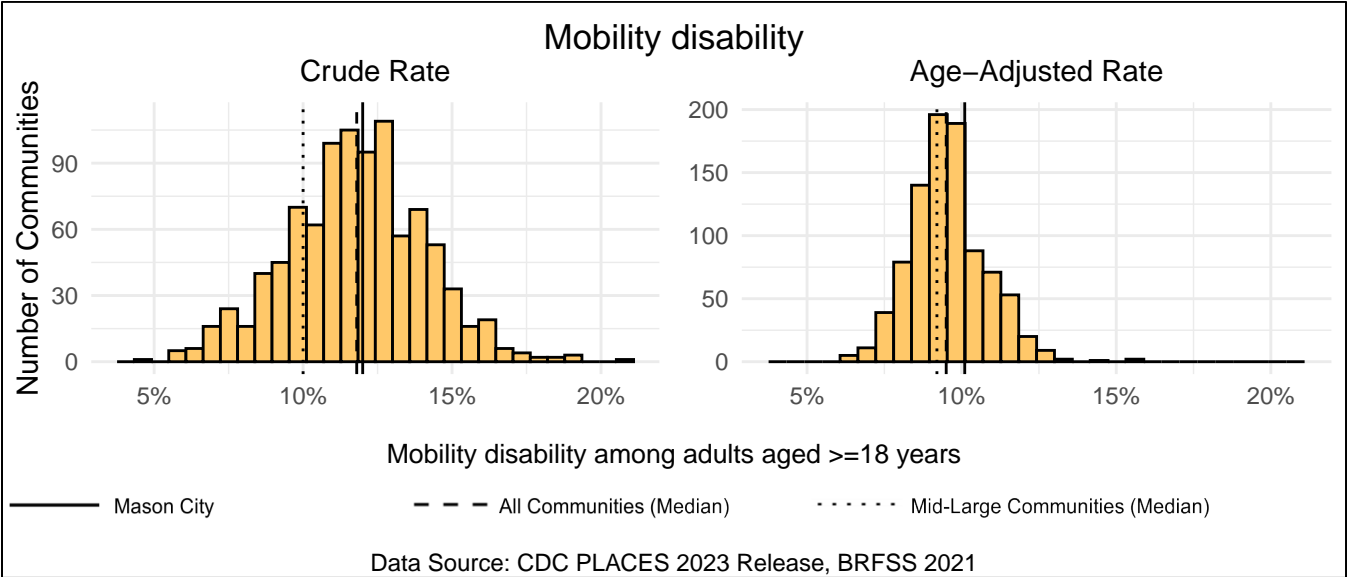
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	11.9%	11.1%	11.5%
Age-Adjusted	12.1%	11.6%	11.3%



## Mobility disability

Mason City has a crude rate of 12.0% for mobility disability among adults aged  $\geq 18$  years, which ranks 511th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Mason City is 10.1%, which ranks 632nd out of 905 Iowa communities (20th out of 31 mid-large communities).

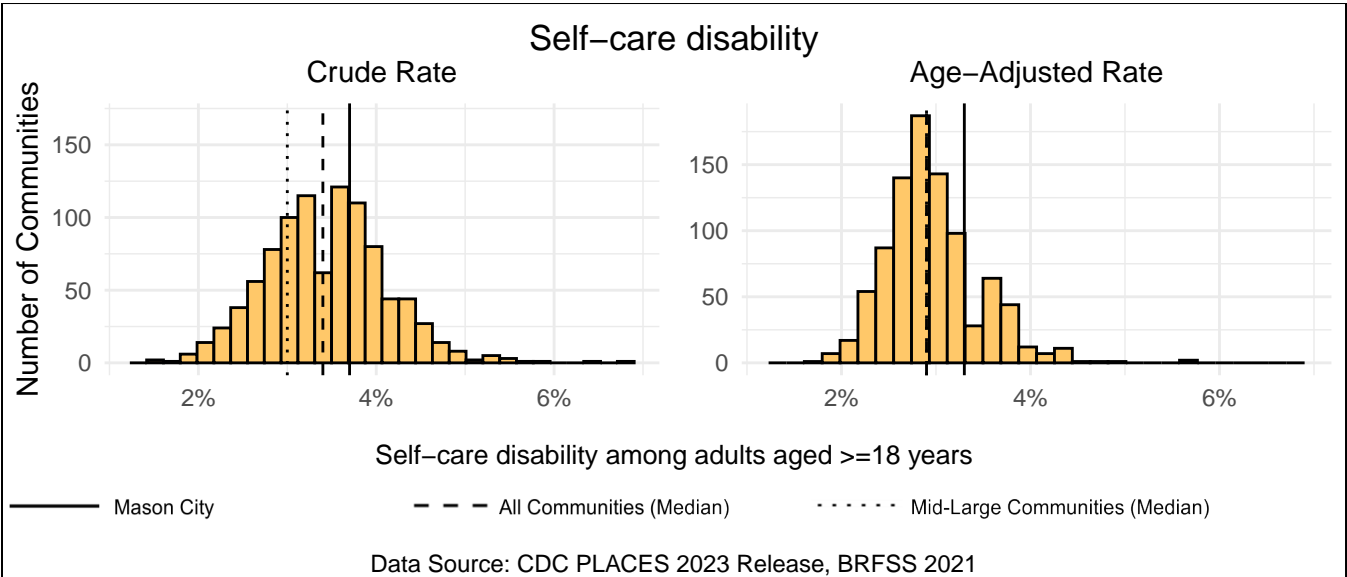
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	12.0%	11.8%	10.0%
Age-Adjusted	10.1%	9.5%	9.2%



## Self-care disability

Mason City has a crude rate of 3.7% for self-care disability among adults aged  $\geq 18$  years, which ranks 618th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Mason City is 3.3%, which ranks 702nd out of 905 Iowa communities (21st out of 31 mid-large communities).

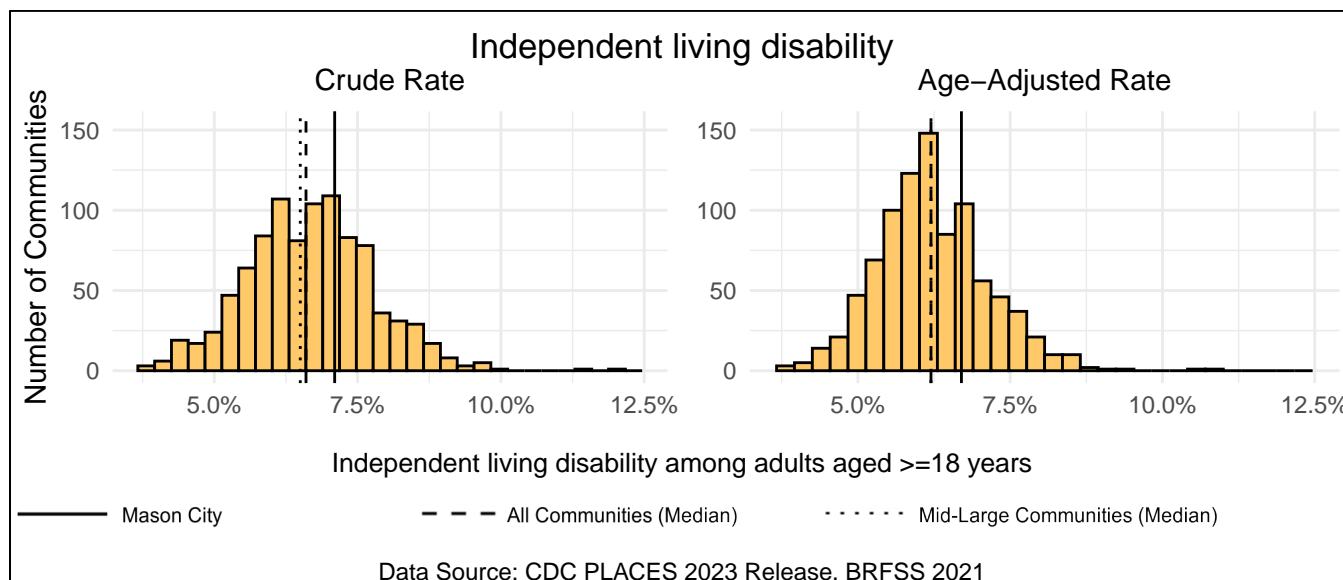
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	3.7%	3.4%	3.0%
Age-Adjusted	3.3%	2.9%	2.9%



## Independent living disability

Mason City has a crude rate of 7.1% for independent living disability among adults aged  $\geq 18$  years, which ranks 640th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Mason City is 6.7%, which ranks 662nd out of 905 Iowa communities (21st out of 31 mid-large communities).

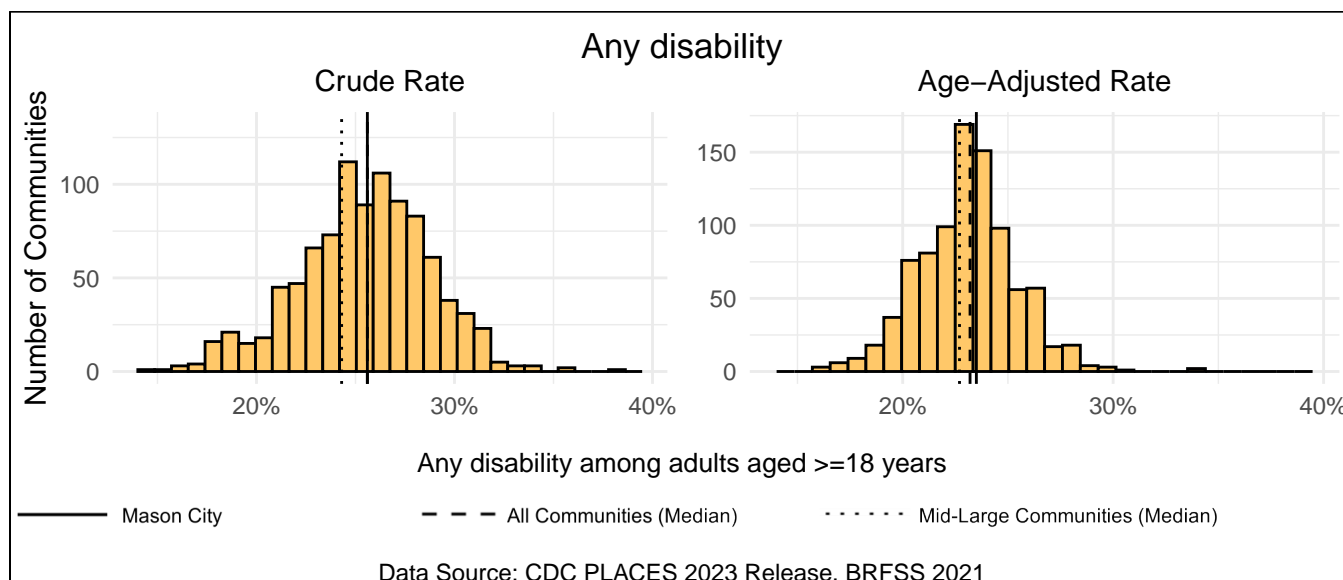
Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	7.1%	6.6%	6.5%
Age-Adjusted	6.7%	6.2%	6.2%



## Any disability

Mason City has a crude rate of 25.6% for any disability among adults aged  $\geq 18$  years, which ranks 478th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Mason City is 23.5%, which ranks 526th out of 905 Iowa communities (20th out of 31 mid-large communities).

Measure Type	Mason City	All Comm.	Mid-Large Comm.
Crude	25.6%	25.6%	24.3%
Age-Adjusted	23.5%	23.2%	22.7%



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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: Mason City 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	736	15.1% (13.3% - 17.1%)	631	16.0% (14.1% - 18.1%)
Health Status	Physical Health	539	11.0% (9.7% - 12.4%)	644	10.2% (9.0% - 11.6%)
Health Status	General Health	576	14.8% (13.1% - 16.8%)	667	13.7% (12.1% - 15.6%)
Health Risk Behaviors	Sleep <7 hours	809	31.9% (31.3% - 32.4%)	816	32.8% (32.1% - 33.4%)
Health Risk Behaviors	Binge Drinking	370	18.9% (15.7% - 22.3%)	108	20.7% (17.2% - 24.4%)
Health Risk Behaviors	Physical Inactivity	524	26.6% (22.7% - 30.8%)	623	25.4% (21.6% - 29.5%)
Health Risk Behaviors	Current Smoking	447	16.7% (14.1% - 19.5%)	459	17.6% (15.0% - 20.7%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.5%)	623	2.7% (2.5% - 2.9%)
Health Outcomes	All Teeth Lost	558	13.4% (11.1% - 15.9%)	482	13.0% (10.9% - 15.3%)
Health Outcomes	Depression	797	19.2% (15.9% - 22.8%)	702	19.9% (16.6% - 23.5%)
Health Outcomes	COPD	448	7.4% (6.6% - 8.5%)	571	6.5% (5.7% - 7.5%)
Health Outcomes	Arthritis	402	27.2% (23.7% - 31.1%)	606	23.7% (20.4% - 27.2%)
Health Outcomes	Coronary Heart Disease	408	6.3% (5.6% - 7.0%)	511	5.1% (4.5% - 5.6%)
Health Outcomes	Cancer (except skin)	388	7.8% (7.1% - 8.5%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	High Blood Pressure	344	30.9% (27.2% - 34.8%)	438	27.3% (23.9% - 30.9%)
Health Outcomes	High Cholesterol	623	37.3% (33.0% - 41.7%)	862	31.4% (27.1% - 35.8%)
Health Outcomes	Diabetes	470	10.1% (8.7% - 11.7%)	685	8.7% (7.5% - 10.0%)
Health Outcomes	Current Asthma	716	9.6% (8.5% - 10.8%)	628	9.7% (8.6% - 10.9%)
Health Outcomes	Stroke	468	3.3% (3.0% - 3.6%)	569	2.7% (2.5% - 3.0%)
Health Outcomes	Obesity	193	35.7% (29.4% - 42.1%)	250	36.2% (30.1% - 42.8%)
Prevention	Core preventive services for older women	920	33.1% (30.2% - 35.8%)	835	35.0% (32.0% - 37.9%)
Prevention	Cholesterol Screening	825	79.9% (77.0% - 82.7%)	776	77.7% (74.4% - 80.8%)
Prevention	Cervical Cancer Screening	809	81.5% (80.4% - 82.6%)	717	82.0% (80.9% - 83.1%)
Prevention	Colorectal Cancer Screening	782	69.4% (68.1% - 70.8%)	716	69.5% (68.1% - 70.8%)
Prevention	Taking BP Medication	515	79.4% (76.2% - 82.3%)	126	59.8% (54.8% - 64.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Dental Visit	457	67.3% (65.9% - 68.7%)	437	66.7% (65.2% - 68.1%)
Prevention	Health Insurance	702	8.0% (6.6% - 9.5%)	658	8.4% (7.1% - 10.0%)
Prevention	Annual Checkup	759	73.6% (68.8% - 78.0%)	787	71.4% (66.5% - 76.0%)
Prevention	Mammography	490	76.1% (74.3% - 77.7%)	566	73.3% (71.4% - 75.1%)
Prevention	Core preventive services for older men	292	45.6% (42.0% - 49.1%)	261	45.8% (42.2% - 49.3%)
Disability	Independent Living Disability	640	7.1% (6.3% - 8.0%)	662	6.7% (5.9% - 7.5%)
Disability	Mobility Disability	511	12.0% (10.5% - 13.6%)	632	10.1% (8.8% - 11.5%)
Disability	Any Disability	478	25.6% (22.5% - 29.2%)	526	23.5% (20.5% - 26.9%)
Disability	Hearing Disability	411	7.2% (6.5% - 8.1%)	444	6.0% (5.4% - 6.7%)
Disability	Vision Disability	620	4.4% (4.0% - 4.9%)	676	4.0% (3.6% - 4.5%)
Disability	Self-care Disability	618	3.7% (3.3% - 4.0%)	702	3.3% (2.9% - 3.6%)
Disability	Cognitive Disability	718	11.9% (10.5% - 13.6%)	602	12.1% (10.7% - 13.8%)

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

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

Mason City 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		
Waukeke	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		