



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 Mediapolis: Overview

Dear Community Members & Stakeholders of Mediapolis,

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 Mediapolis ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Mediapolis’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 Mediapolis. 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
Core preventive services for older men	99th	10th	Core preventive services for older men	67th	9th
Sleep <7 hours	187th	36th	High Cholesterol	83rd	18th
Obesity	188th	36th	Coronary Heart Disease	120th	24th
Health Insurance	217th	35th	Chronic Kidney Disease	142nd	28th
Current Smoking	233rd	47th	Sleep <7 hours	162nd	33rd

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
Depression	880th	128th	Depression	873rd	135th
Binge Drinking	706th	106th	Taking BP Medication	871st	133rd
Core preventive services for older women	647th	78th	Binge Drinking	864th	131st
Arthritis	642nd	85th	Arthritis	707th	109th
Cancer (except skin)	632nd	77th	Annual Checkup	628th	108th

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 Mediapolis.

Sincerely,



Shawn F. Dorius, PhD
Iowa State University
Public Science Collaborative



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

With a population of 2,214, Mediapolis’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

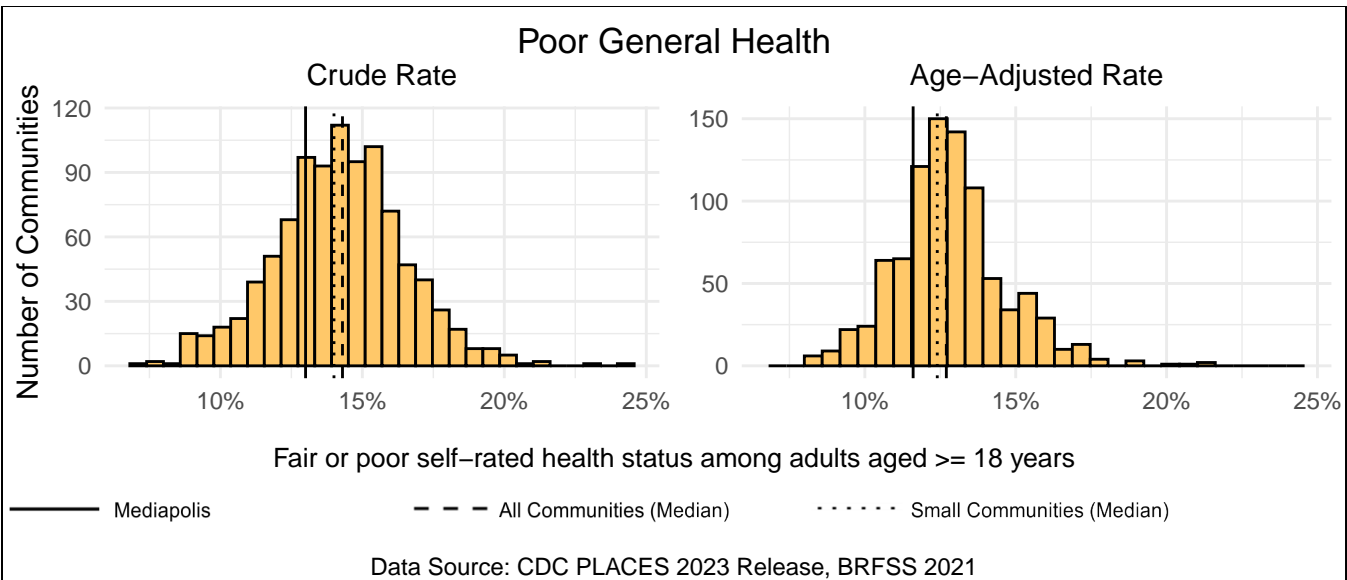
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Mediapolis has a crude rate of 13.0% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 260th out of 958 Iowa communities (40th out of 138 small communities). The age-adjusted rate for Mediapolis is 11.6%, which ranks 191st out of 905 Iowa communities (38th out of 138 small communities).

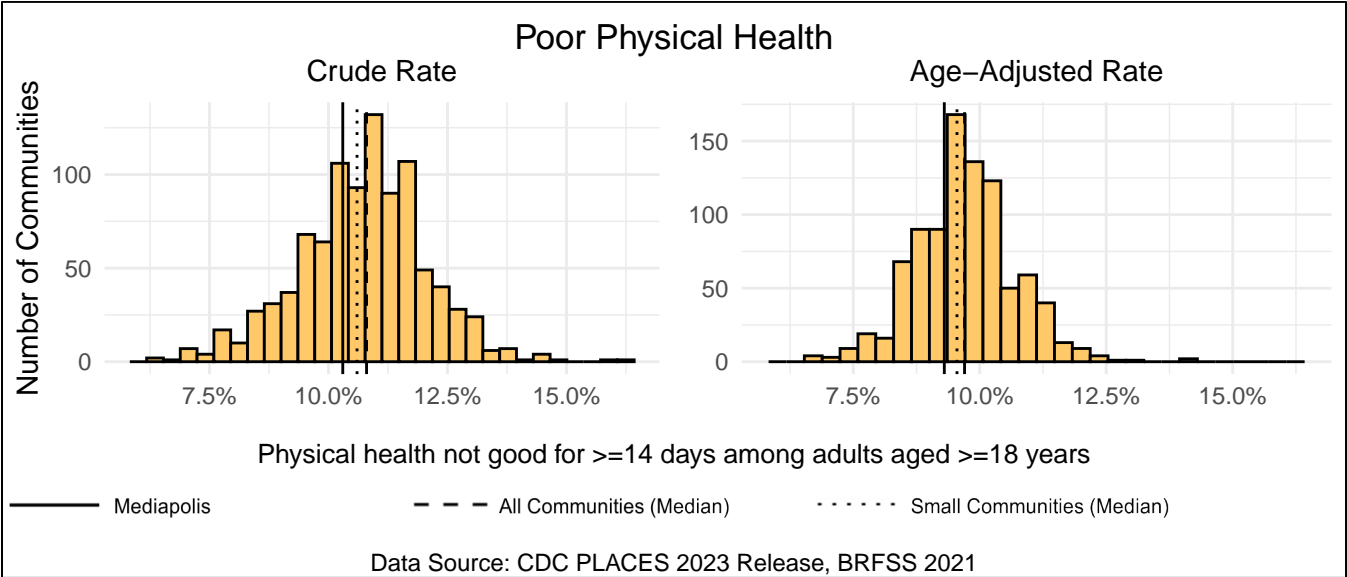
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	13.0%	14.3%	14.0%
Age-Adjusted	11.6%	12.7%	12.4%



Poor Physical Health

Mediapolis has a crude rate of 10.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 323rd out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Mediapolis is 9.3%, which ranks 265th out of 905 Iowa communities (49th out of 138 small communities).

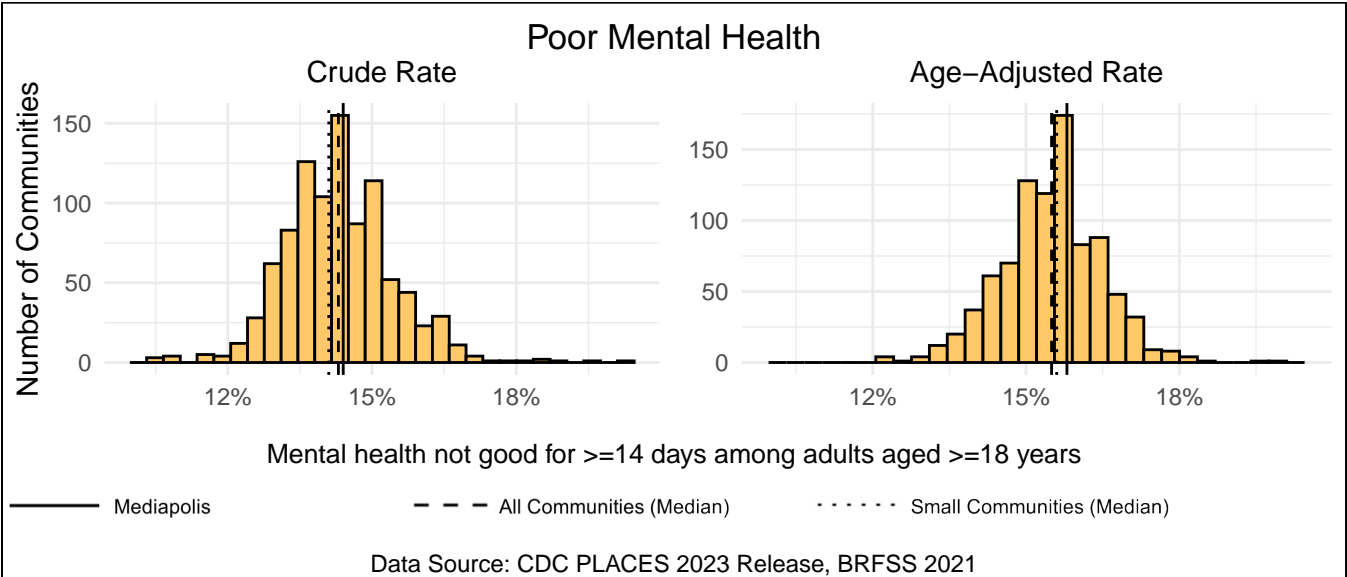
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	10.3%	10.8%	10.6%
Age-Adjusted	9.3%	9.7%	9.6%



Poor Mental Health

Mediapolis has a crude rate of 14.4% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 514th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Mediapolis is 15.8%, which ranks 555th out of 905 Iowa communities (84th out of 138 small communities).

Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	14.4%	14.3%	14.1%
Age-Adjusted	15.8%	15.5%	15.6%



Health Risk Behaviors

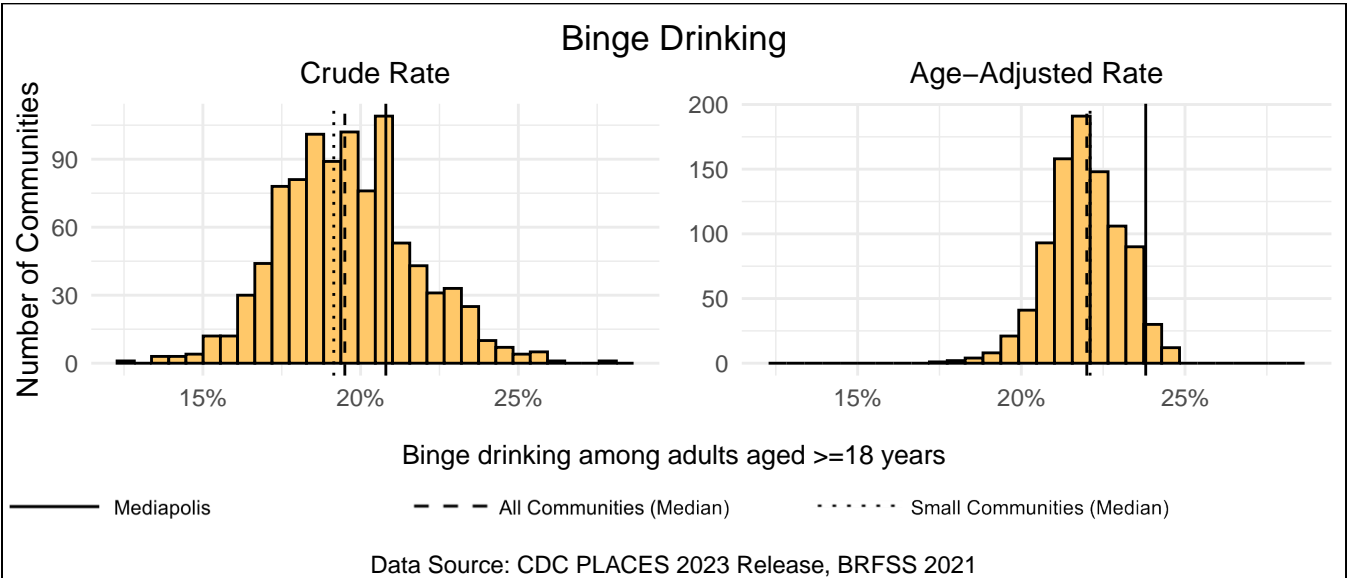
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Mediapolis has a crude rate of 20.8% for binge drinking among adults aged ≥ 18 years, which ranks 706th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for Mediapolis is 23.8%, which ranks 864th out of 905 Iowa communities (131st out of 138 small communities).

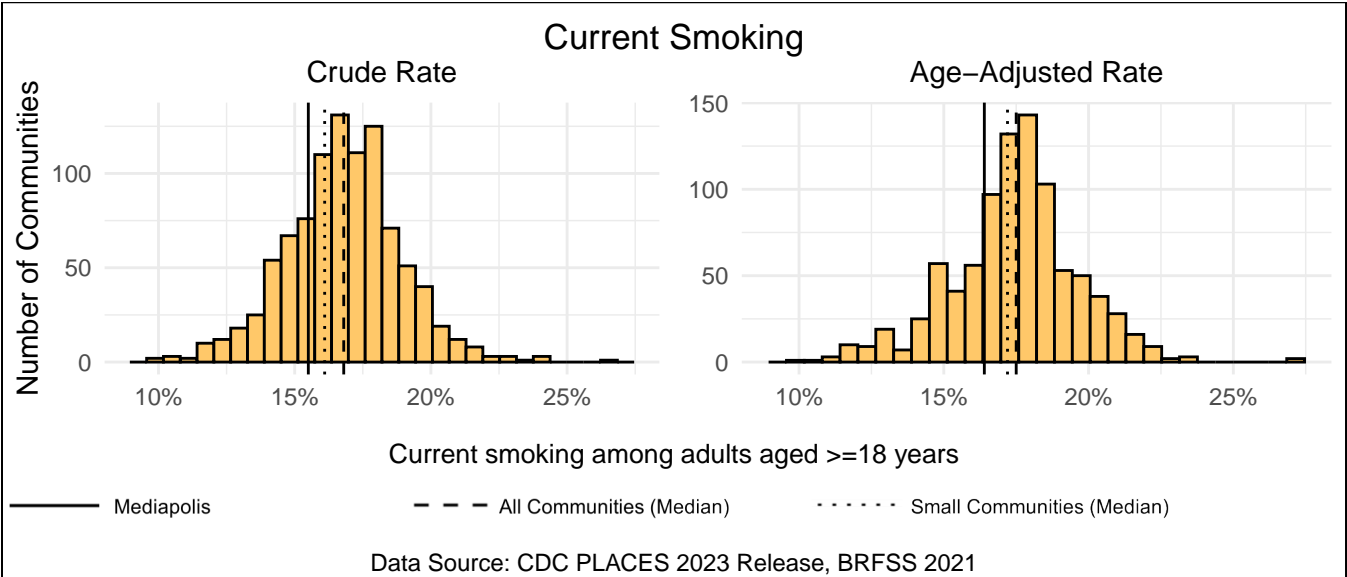
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	20.8%	19.5%	19.1%
Age-Adjusted	23.8%	22.0%	22.1%



Current Smoking

Mediapolis has a crude rate of 15.5% for current smoking among adults aged ≥ 18 years, which ranks 233rd out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Mediapolis is 16.4%, which ranks 230th out of 905 Iowa communities (44th out of 138 small communities).

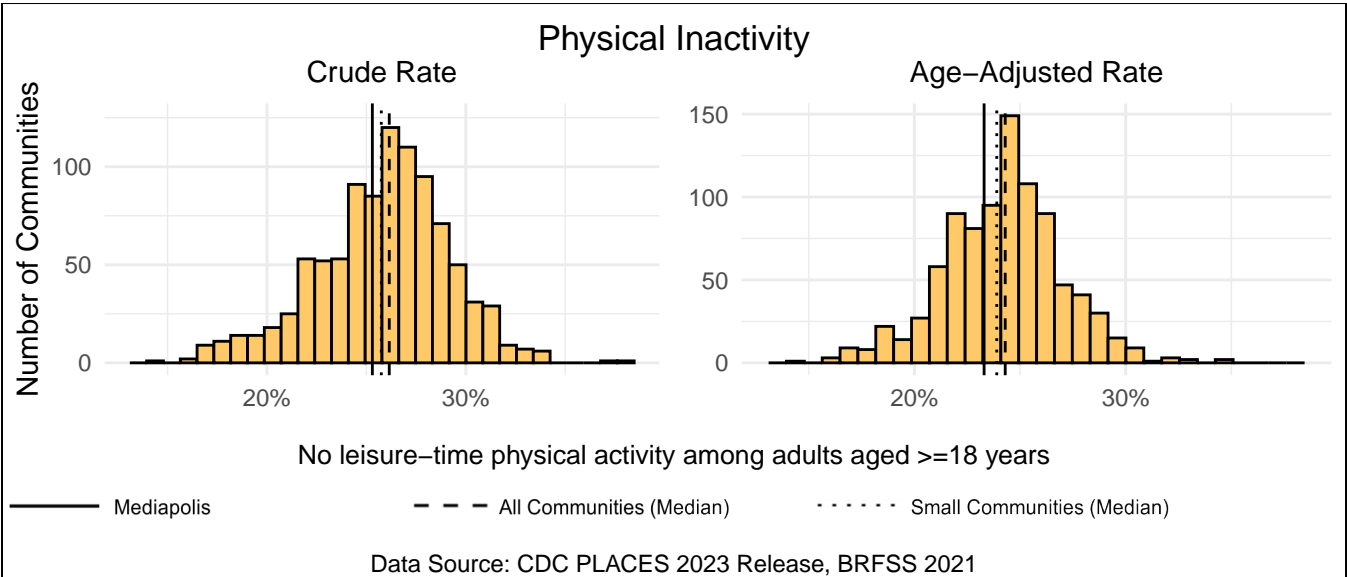
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	15.5%	16.8%	16.1%
Age-Adjusted	16.4%	17.5%	17.2%



Physical Inactivity

Mediapolis has a crude rate of 25.3% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 384th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Mediapolis is 23.3%, which ranks 314th out of 905 Iowa communities (61st out of 138 small communities).

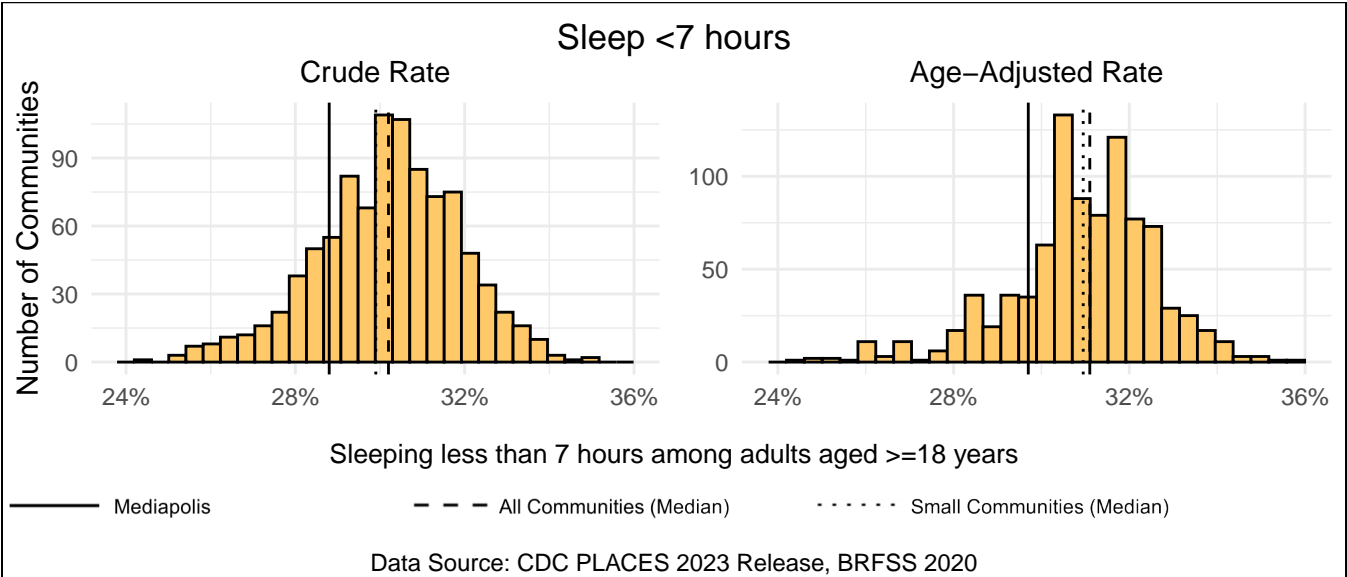
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	25.3%	26.1%	25.8%
Age-Adjusted	23.3%	24.3%	23.9%



Sleep <7 hours

Mediapolis has a crude rate of 28.8% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 187th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Mediapolis is 29.7%, which ranks 162nd out of 905 Iowa communities (33rd out of 138 small communities).

Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	28.8%	30.2%	29.9%
Age-Adjusted	29.7%	31.1%	31.0%



Health Outcomes

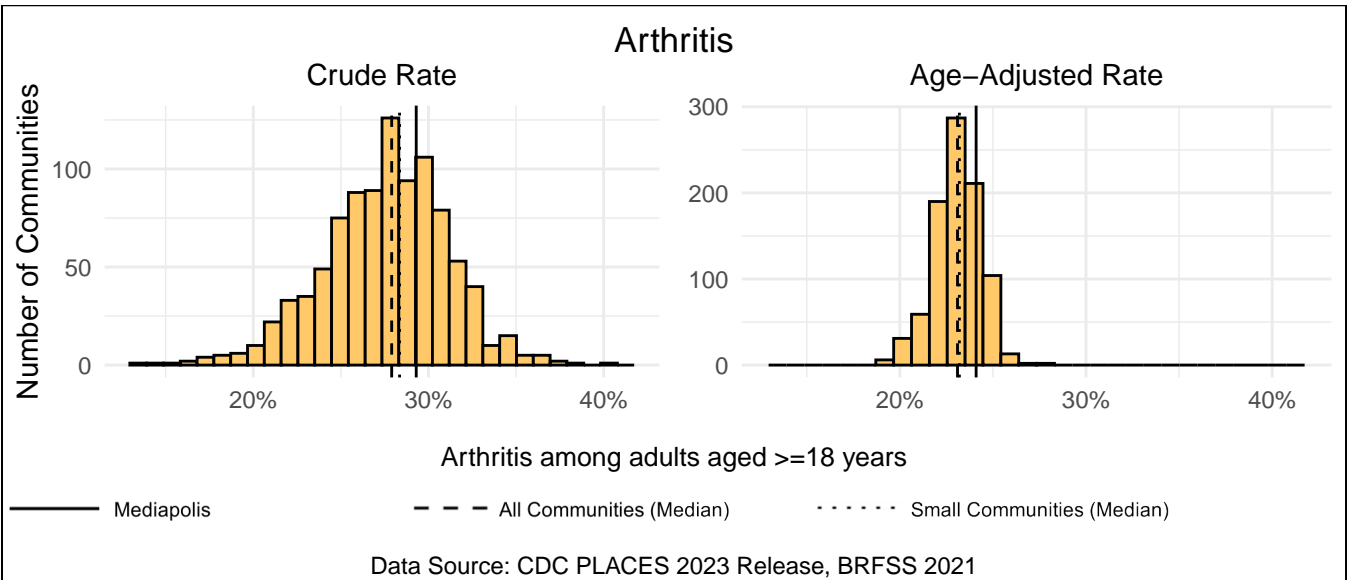
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Mediapolis has a crude rate of 29.3% for arthritis among adults aged ≥ 18 years, which ranks 642nd out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Mediapolis is 24.1%, which ranks 707th out of 905 Iowa communities (109th out of 138 small communities).

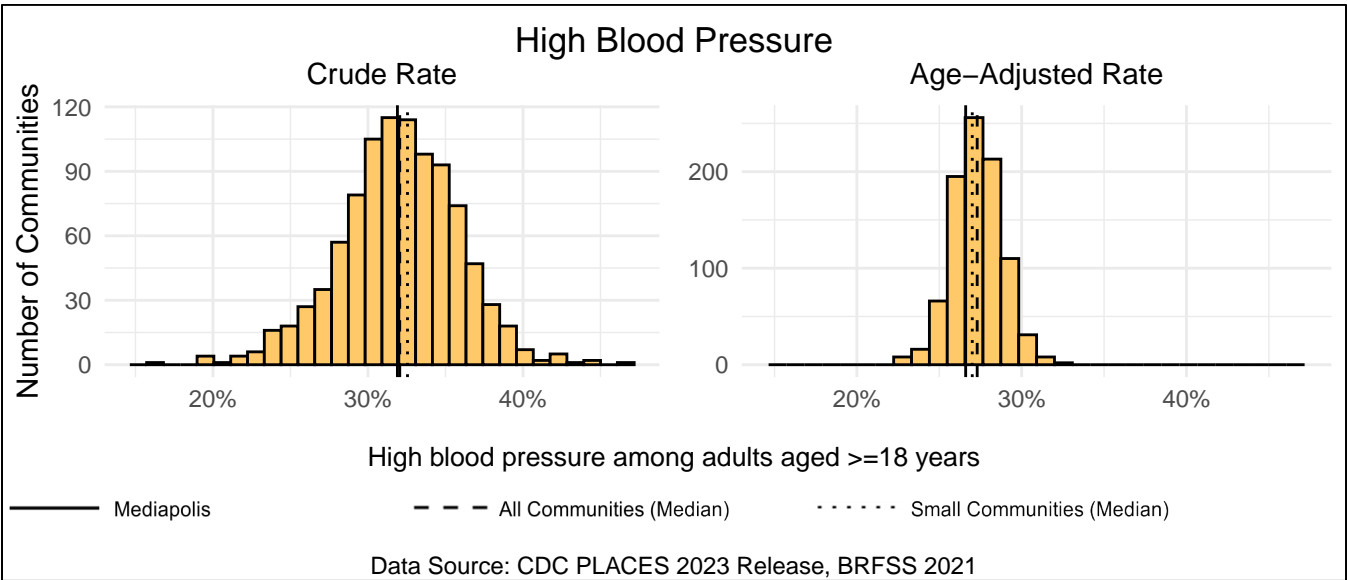
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	29.3%	27.9%	28.4%
Age-Adjusted	24.1%	23.1%	23.2%



High Blood Pressure

Mediapolis has a crude rate of 31.9% for high blood pressure among adults aged ≥ 18 years, which ranks 455th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Mediapolis is 26.6%, which ranks 286th out of 905 Iowa communities (51st out of 138 small communities).

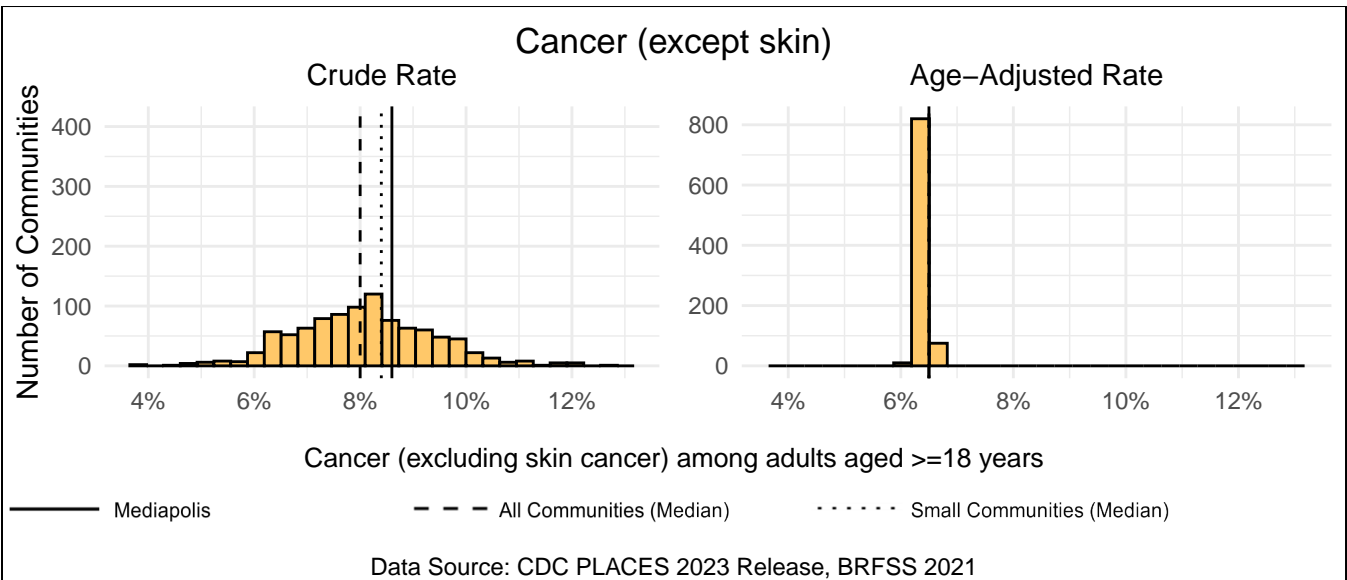
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	31.9%	32.0%	32.5%
Age-Adjusted	26.6%	27.3%	27.0%



Cancer (except skin)

Mediapolis has a crude rate of 8.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 632nd out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Mediapolis is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

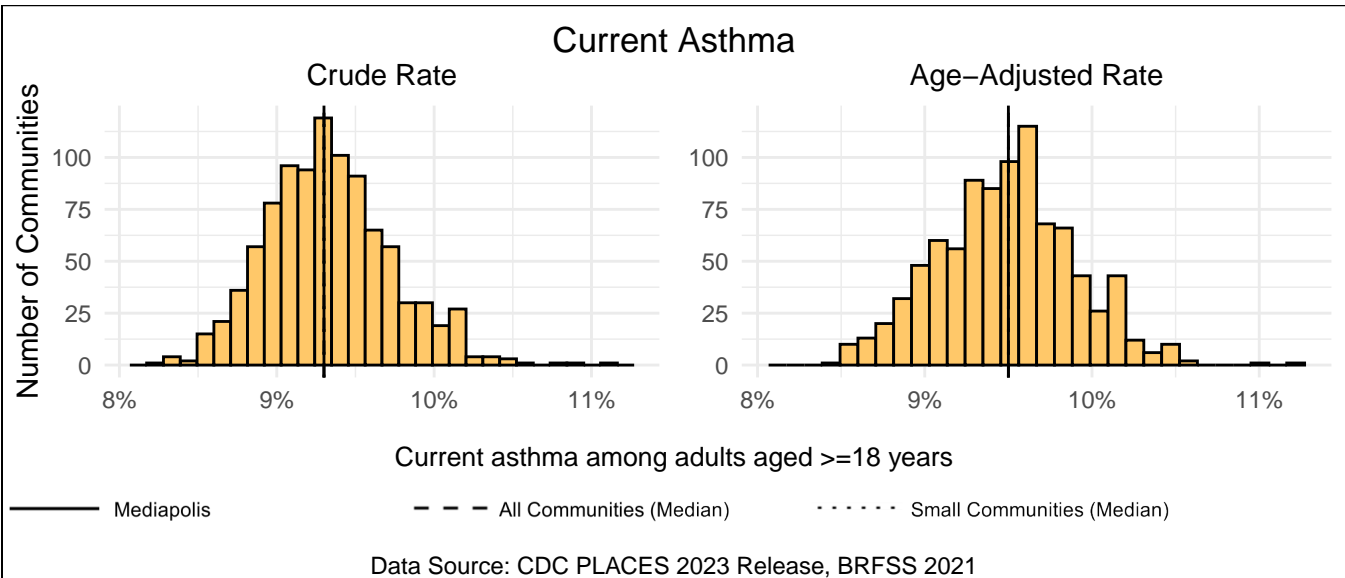
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	8.6%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Mediapolis has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Mediapolis is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

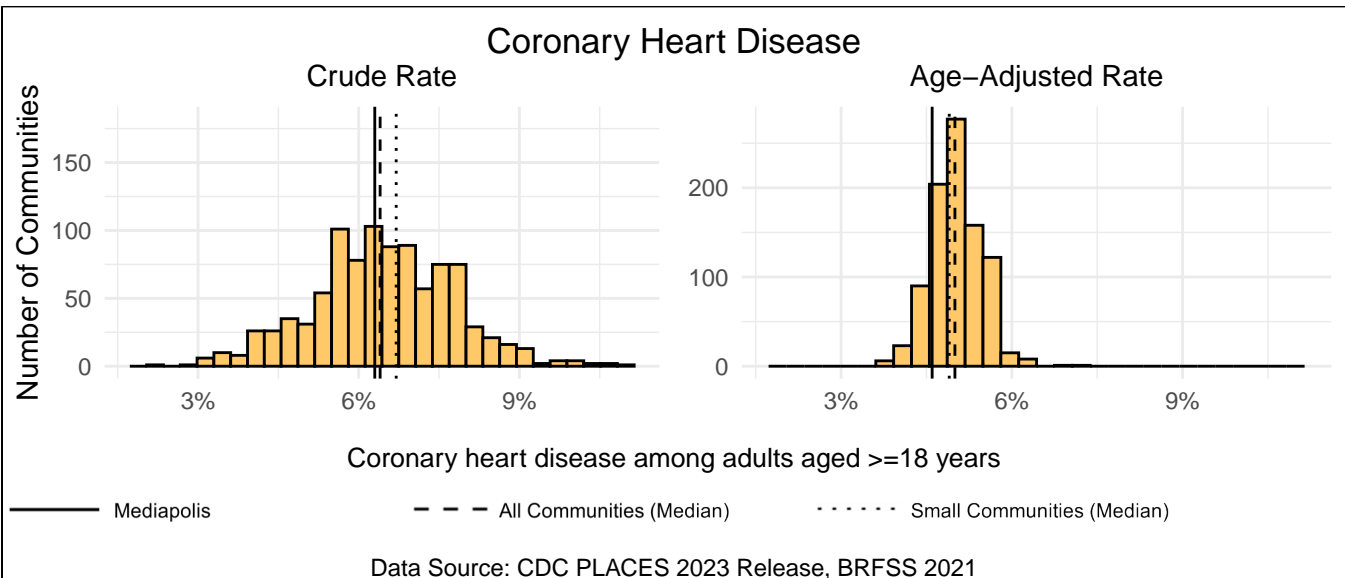
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

Mediapolis has a crude rate of 6.3% for coronary heart disease among adults aged ≥ 18 years, which ranks 408th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Mediapolis is 4.6%, which ranks 120th out of 905 Iowa communities (24th out of 138 small communities).

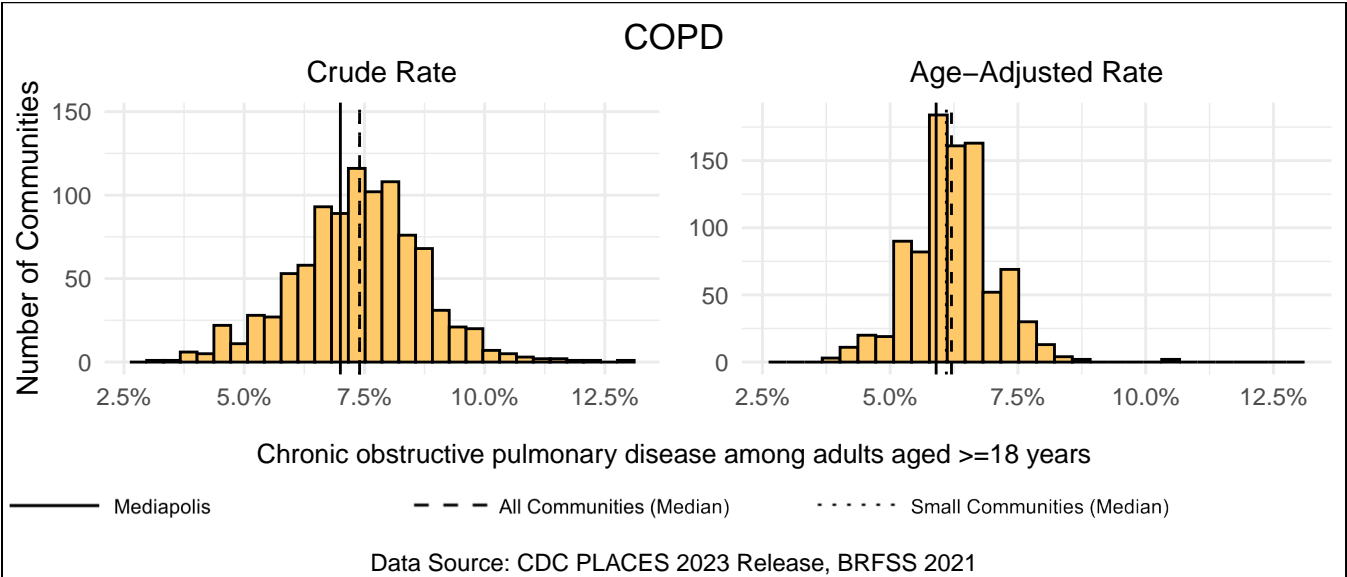
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	6.3%	6.4%	6.7%
Age-Adjusted	4.6%	5.0%	4.9%



COPD

Mediapolis has a crude rate of 7.0% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 336th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Mediapolis is 5.9%, which ranks 260th out of 905 Iowa communities (48th out of 138 small communities).

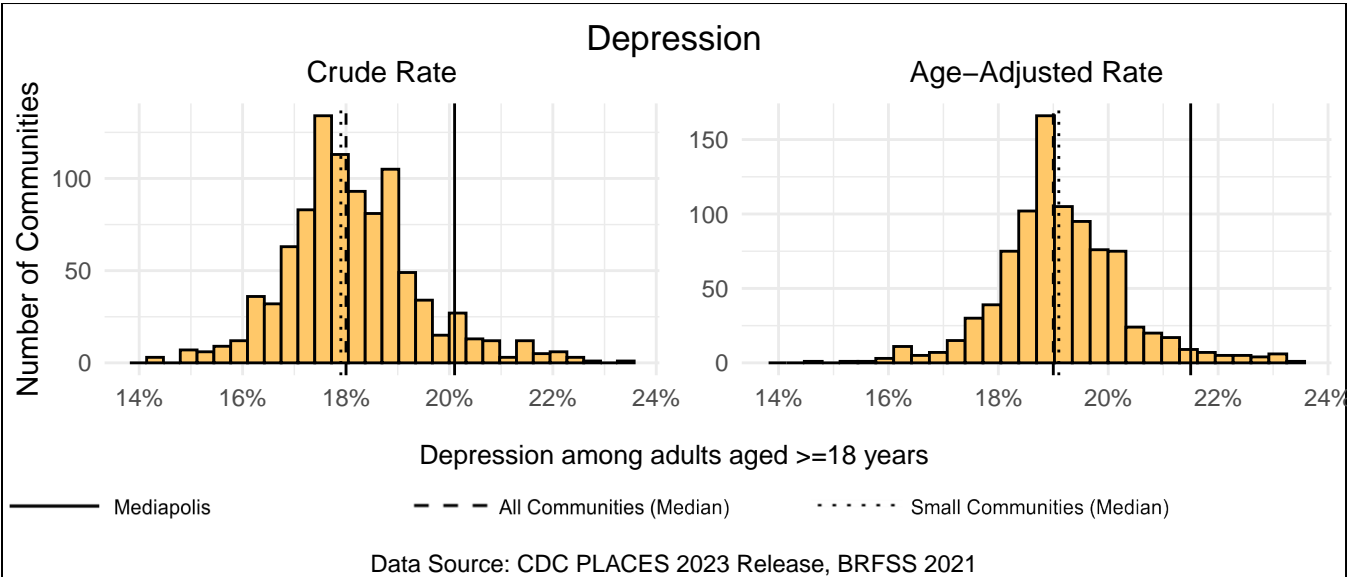
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	7.0%	7.4%	7.4%
Age-Adjusted	5.9%	6.2%	6.1%



Depression

Mediapolis has a crude rate of 20.1% for depression among adults aged ≥ 18 years, which ranks 880th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Mediapolis is 21.5%, which ranks 873rd out of 905 Iowa communities (135th out of 138 small communities).

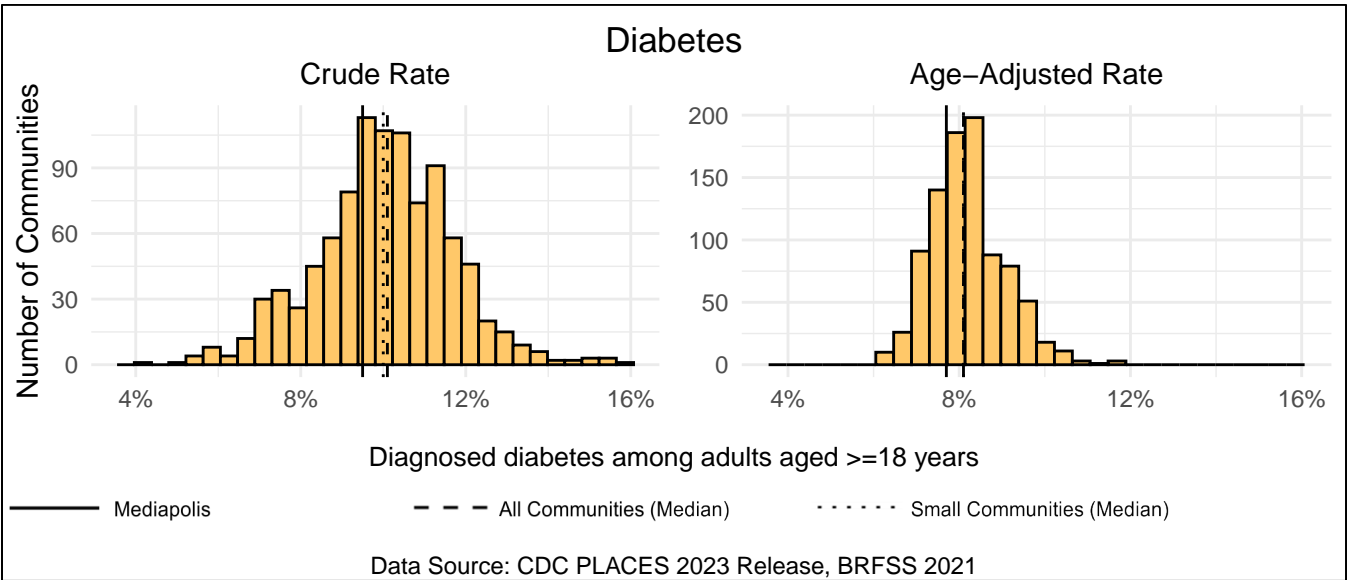
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	20.1%	18.0%	17.9%
Age-Adjusted	21.5%	19.0%	19.1%



Diabetes

Mediapolis has a crude rate of 9.5% for diagnosed diabetes among adults aged >=18 years, which ranks 327th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Mediapolis is 7.7%, which ranks 234th out of 905 Iowa communities (44th out of 138 small communities).

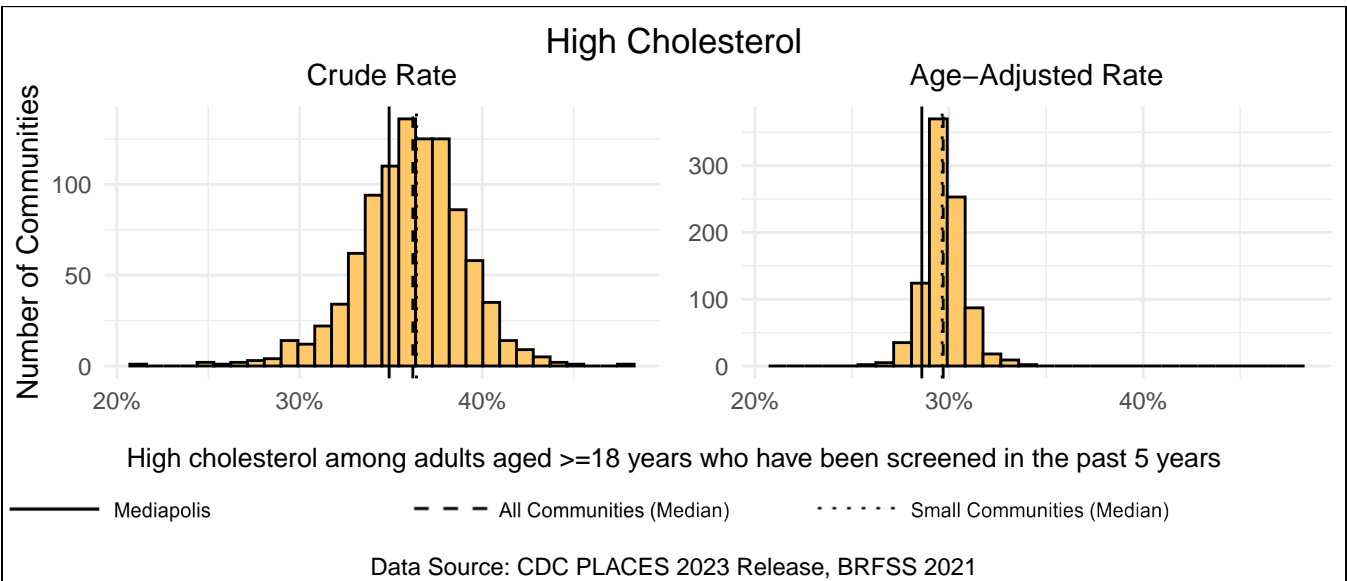
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	9.5%	10.1%	10.0%
Age-Adjusted	7.7%	8.1%	8.1%



High Cholesterol

Mediapolis has a crude rate of 34.9% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 281st out of 958 Iowa communities (38th out of 138 small communities). The age-adjusted rate for Mediapolis is 28.6%, which ranks 83rd out of 905 Iowa communities (18th out of 138 small communities).

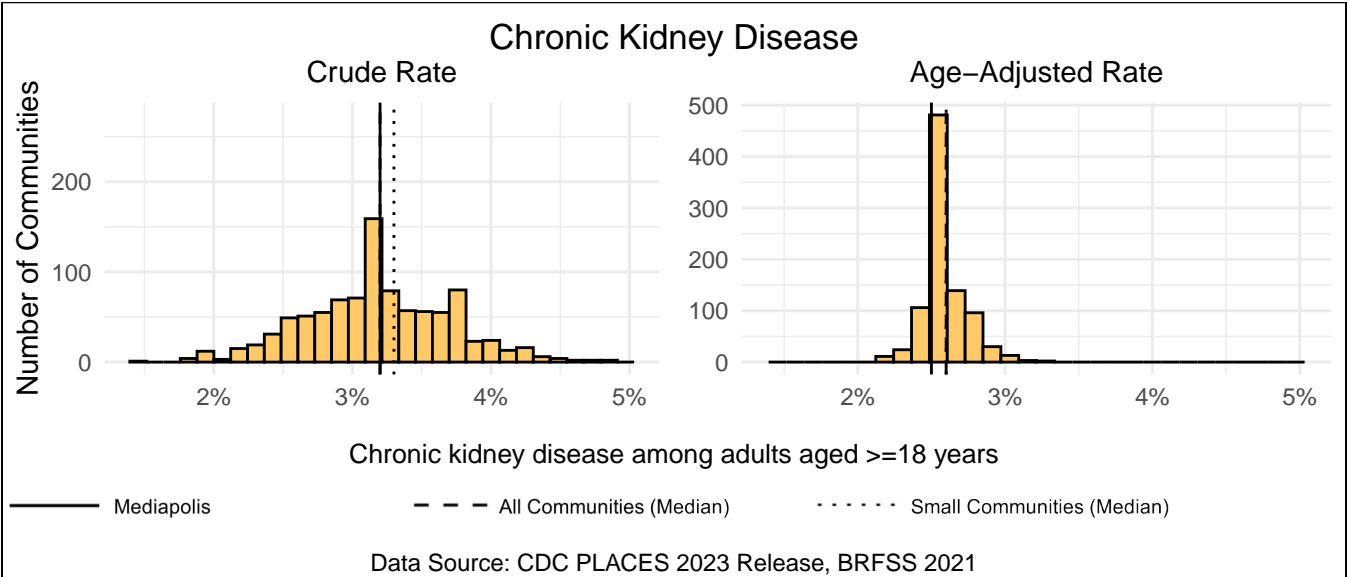
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	34.9%	36.2%	36.4%
Age-Adjusted	28.6%	29.7%	29.6%



Chronic Kidney Disease

Mediapolis has a crude rate of 3.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 446th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Mediapolis is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

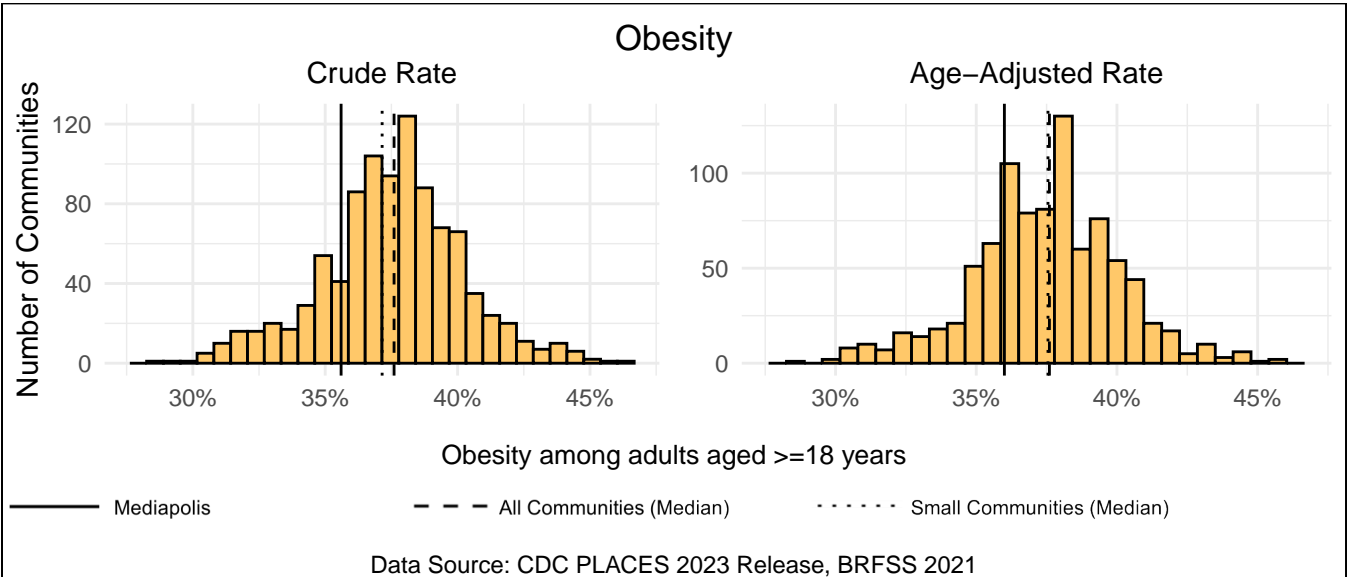
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Mediapolis has a crude rate of 35.6% for obesity among adults aged ≥ 18 years, which ranks 188th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Mediapolis is 36.0%, which ranks 220th out of 905 Iowa communities (36th out of 138 small communities).

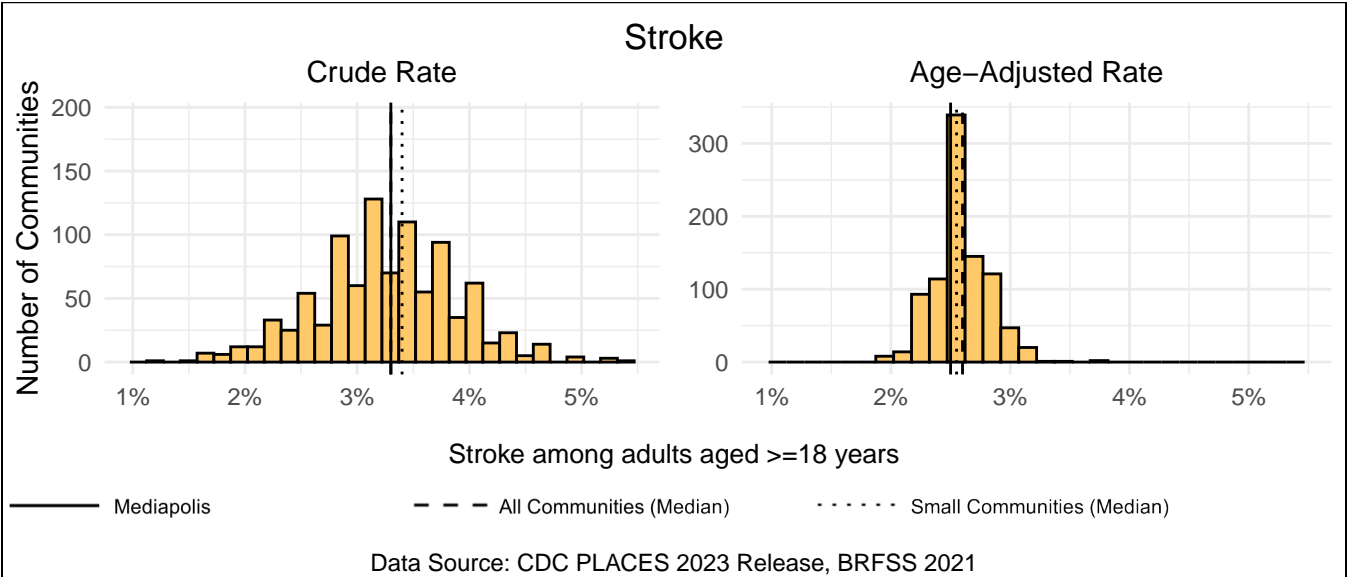
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	35.6%	37.6%	37.2%
Age-Adjusted	36.0%	37.6%	37.5%



Stroke

Mediapolis has a crude rate of 3.3% for stroke among adults aged ≥ 18 years, which ranks 468th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Mediapolis is 2.5%, which ranks 230th out of 905 Iowa communities (43rd out of 138 small communities).

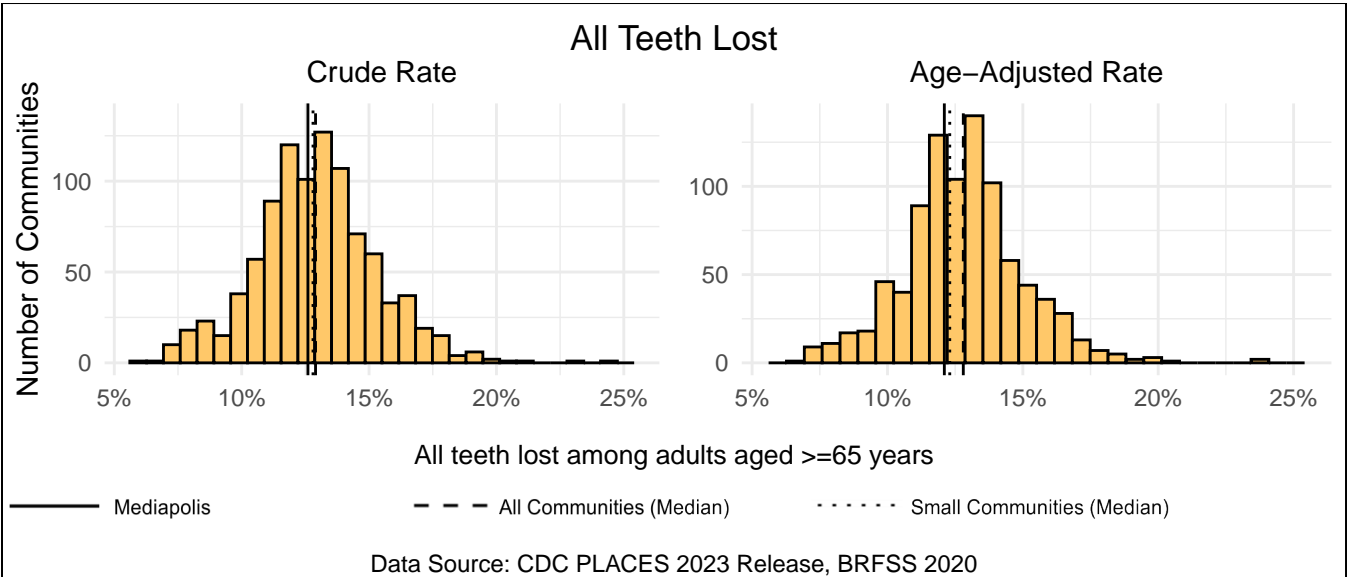
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	3.3%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



All Teeth Lost

Mediapolis has a crude rate of 12.6% for all teeth lost among adults aged ≥ 65 years, which ranks 412th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Mediapolis is 12.1%, which ranks 314th out of 905 Iowa communities (60th out of 138 small communities).

Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	12.6%	12.9%	12.8%
Age-Adjusted	12.1%	12.8%	12.3%



Prevention

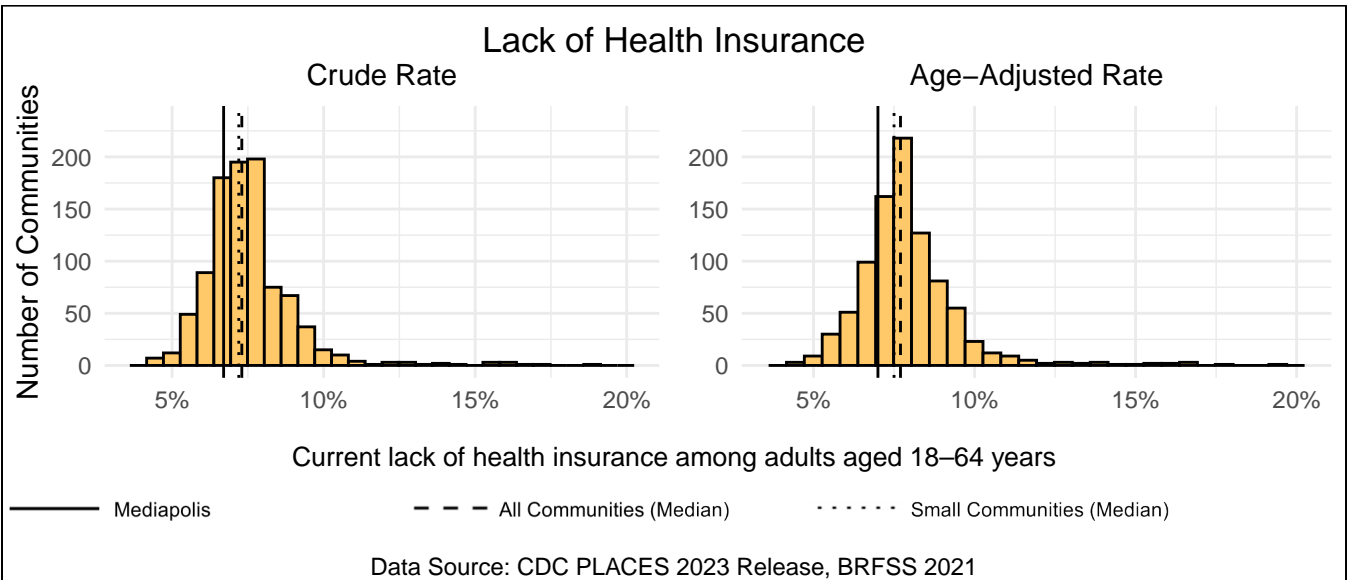
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Mediapolis has a crude rate of 6.7% for current lack of health insurance among adults aged 18–64 years, which ranks 217th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Mediapolis is 7.0%, which ranks 193rd out of 905 Iowa communities (40th out of 138 small communities).

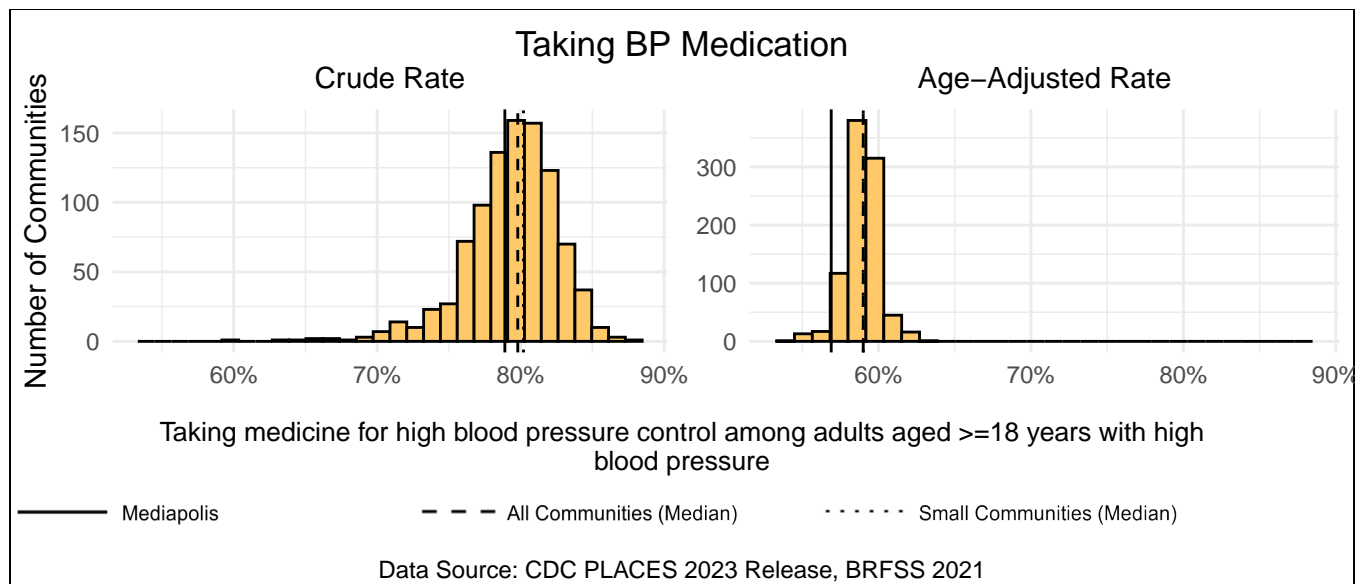
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	6.7%	7.3%	7.2%
Age-Adjusted	7.0%	7.7%	7.5%



Taking BP Medication

Mediapolis has a crude rate of 78.9% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 570th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Mediapolis is 56.9%, which ranks 871st out of 905 Iowa communities (133rd out of 138 small communities).

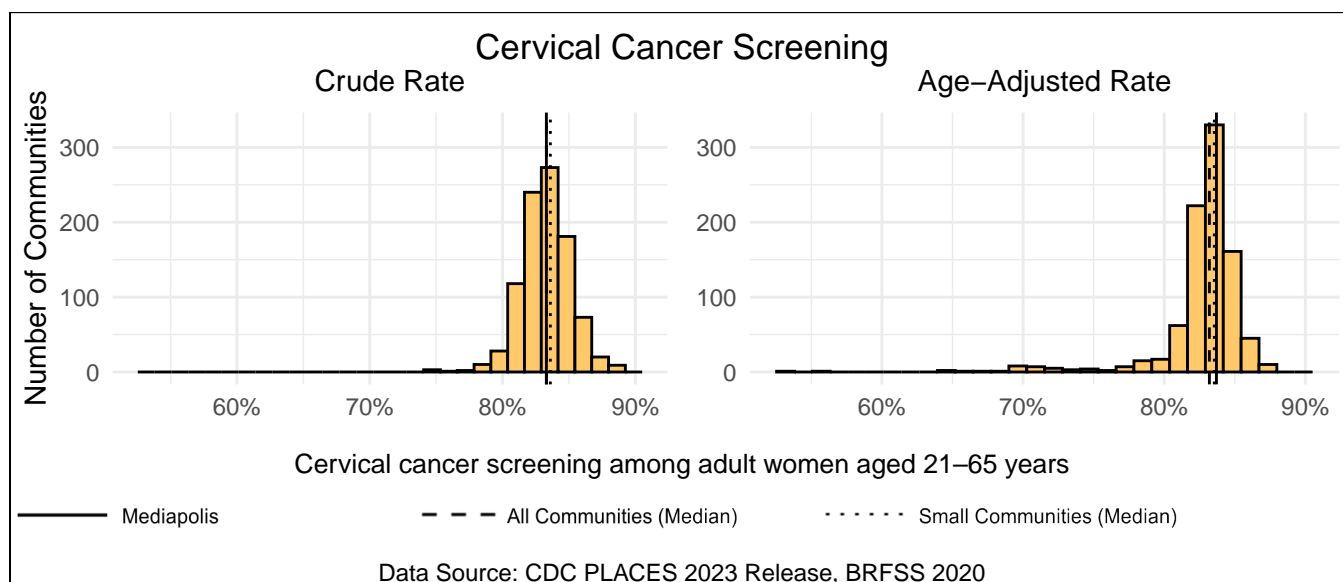
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	78.9%	79.8%	80.2%
Age-Adjusted	56.9%	59.0%	59.0%



Cervical Cancer Screening

Mediapolis has a crude rate of 83.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 462nd out of 958 Iowa communities (76th out of 138 small communities). The age-adjusted rate for Mediapolis is 83.7%, which ranks 294th out of 905 Iowa communities (60th out of 138 small communities).

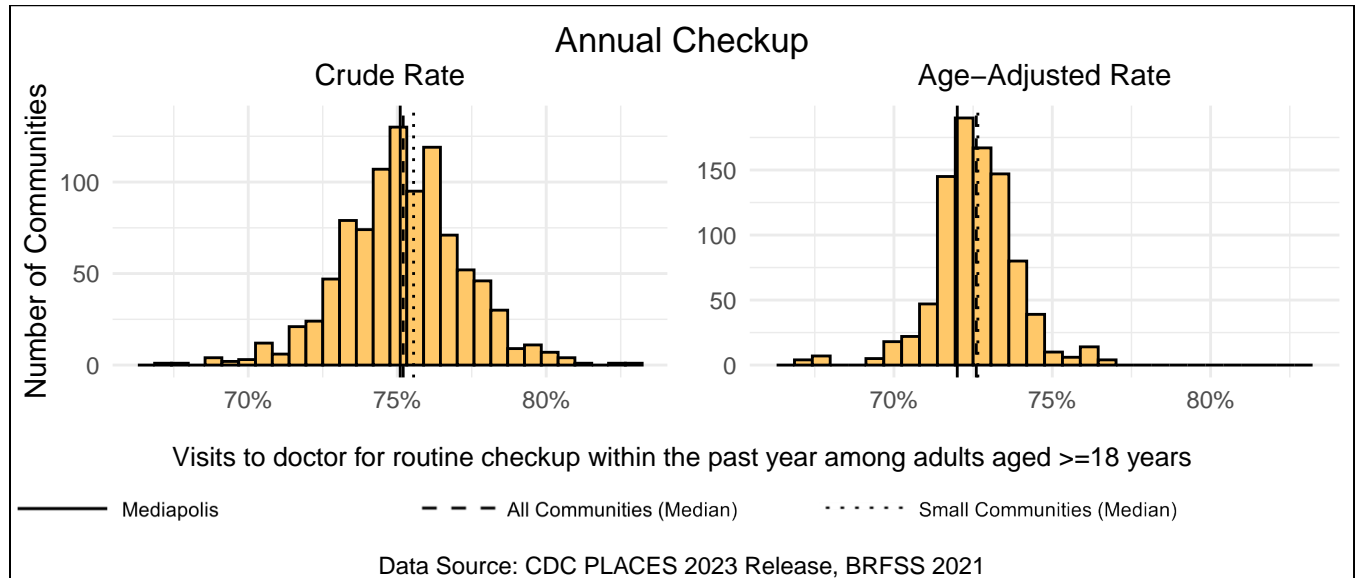
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	83.3%	83.3%	83.6%
Age-Adjusted	83.7%	83.2%	83.5%



Annual Checkup

Mediapolis has a crude rate of 75.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Mediapolis is 72.0%, which ranks 628th out of 905 Iowa communities (108th out of 138 small communities).

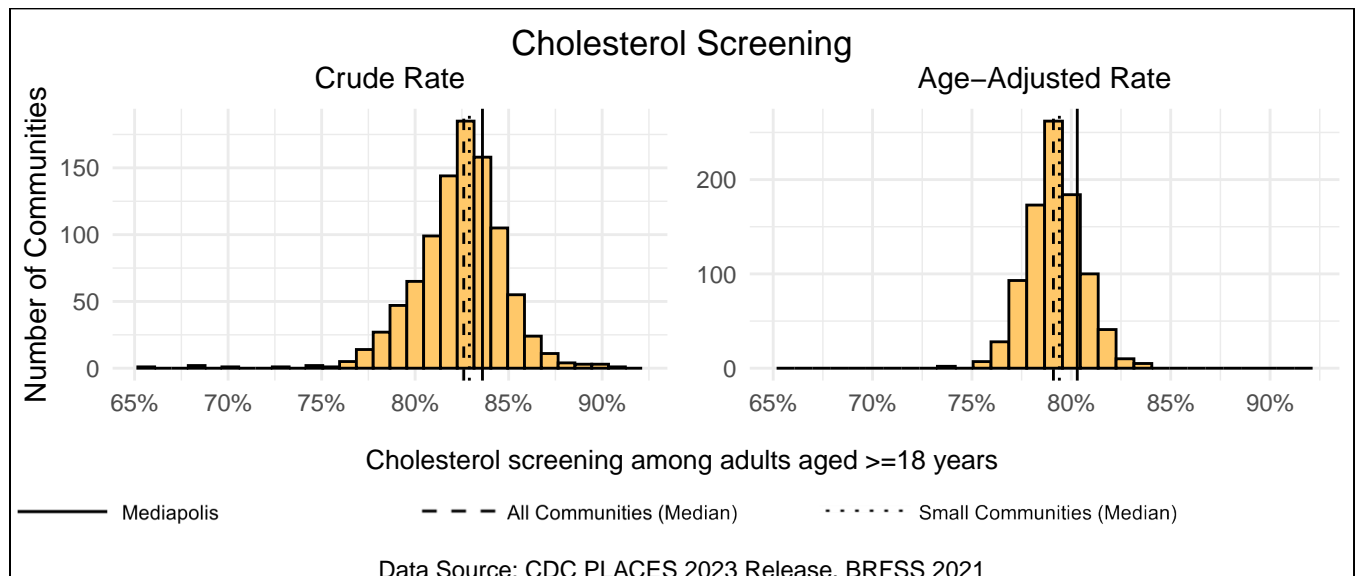
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	75.1%	75.2%	75.5%
Age-Adjusted	72.0%	72.6%	72.6%



Cholesterol Screening

Mediapolis has a crude rate of 83.6% for cholesterol screening among adults aged ≥ 18 years, which ranks 282nd out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Mediapolis is 80.3%, which ranks 179th out of 905 Iowa communities (34th out of 138 small communities).

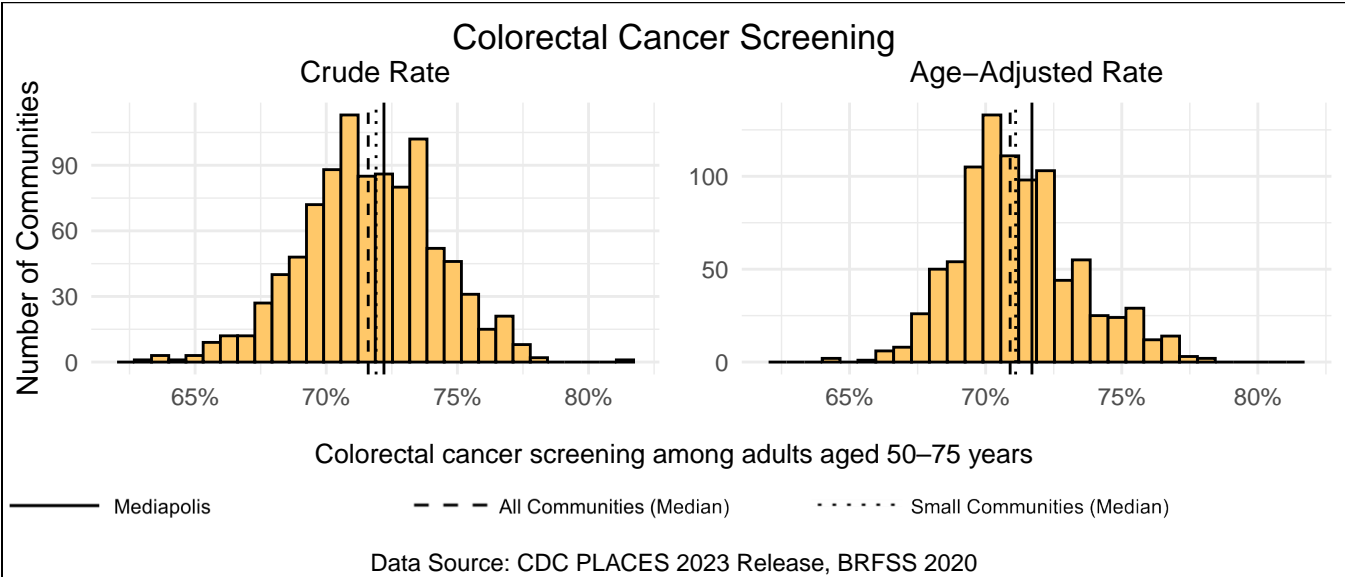
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	83.6%	82.6%	82.9%
Age-Adjusted	80.3%	79.1%	79.4%



Colorectal Cancer Screening

Mediapolis has a crude rate of 72.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 386th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Mediapolis is 71.7%, which ranks 326th out of 905 Iowa communities (59th out of 138 small communities).

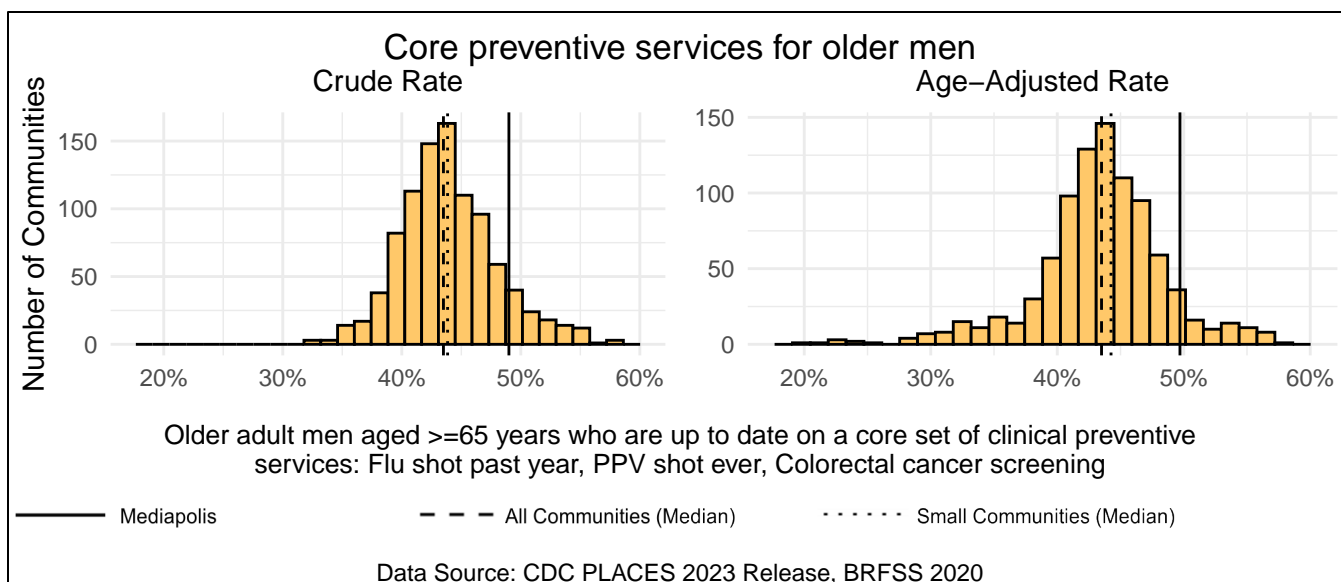
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	72.2%	71.6%	71.9%
Age-Adjusted	71.7%	70.9%	71.1%



Core preventive services for older men

Mediapolis has a crude rate of 49.0% 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 99th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Mediapolis is 49.7%, which ranks 67th out of 905 Iowa communities (9th out of 138 small communities).

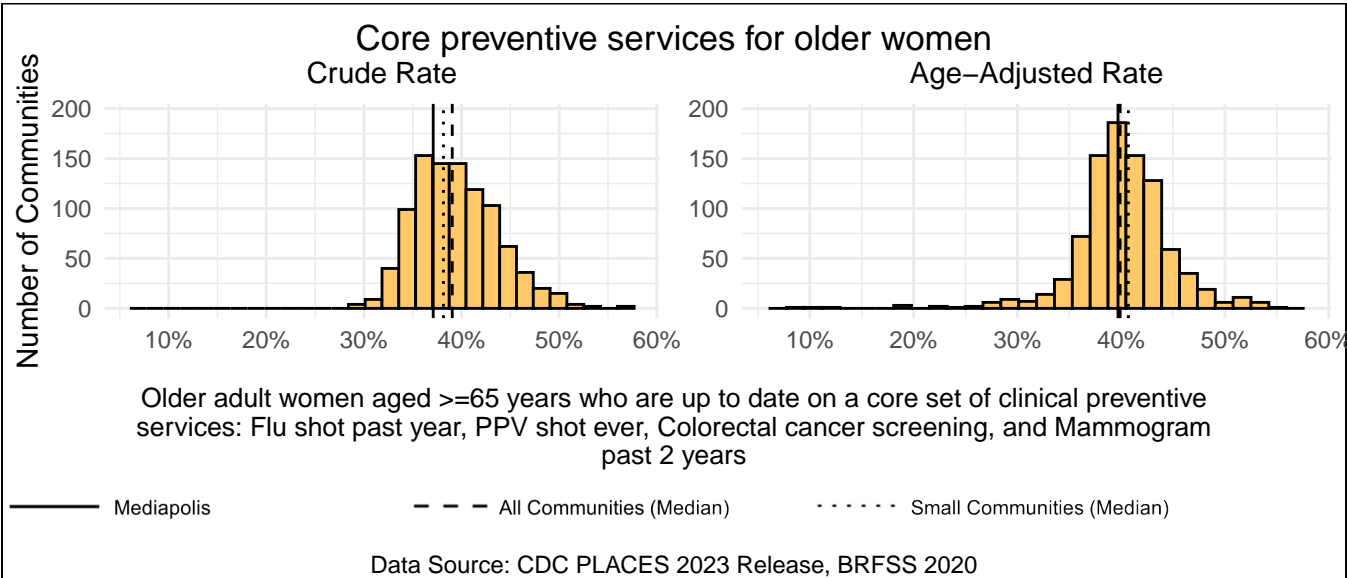
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	49.0%	43.5%	43.8%
Age-Adjusted	49.7%	43.5%	44.2%



Core preventive services for older women

Mediapolis has a crude rate of 37.1% 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 647th out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Mediapolis is 39.7%, which ranks 472nd out of 905 Iowa communities (79th out of 138 small communities).

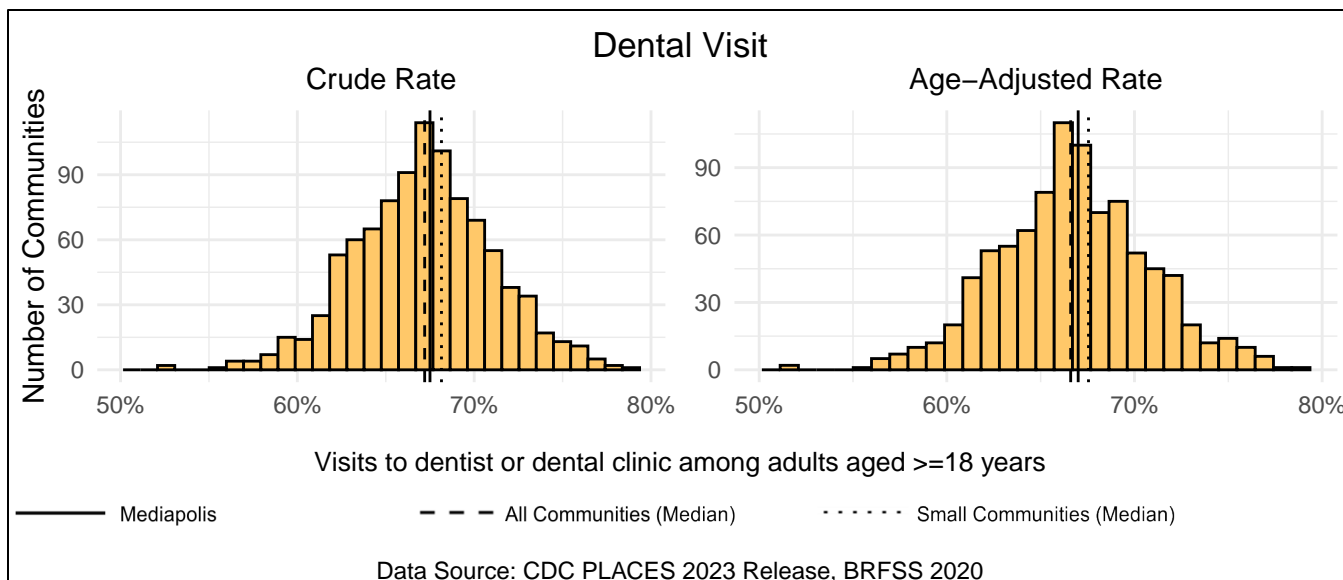
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	37.1%	39.0%	38.2%
Age-Adjusted	39.7%	39.9%	40.7%



Dental Visit

Mediapolis has a crude rate of 67.5% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 437th out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Mediapolis is 67.0%, which ranks 411th out of 905 Iowa communities (78th out of 138 small communities).

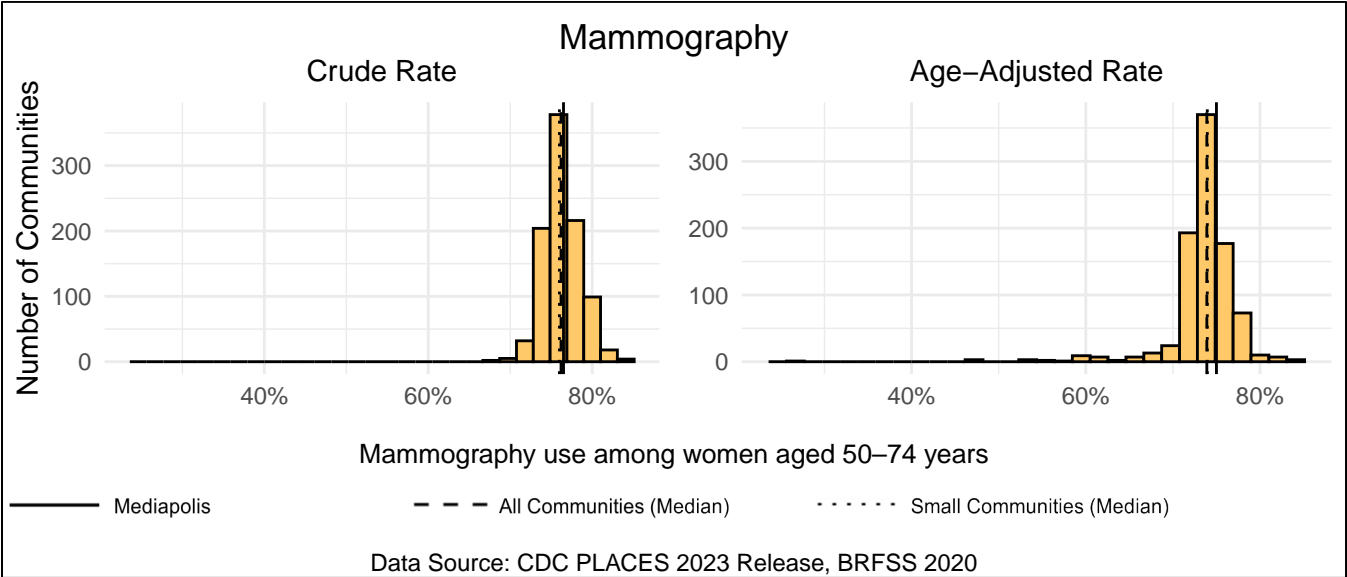
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	67.5%	67.2%	68.2%
Age-Adjusted	67.0%	66.6%	67.5%



Mammography

Mediapolis has a crude rate of 76.5% for mammography use among women aged 50–74 years, which ranks 410th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Mediapolis is 75.0%, which ranks 246th out of 905 Iowa communities (38th out of 138 small communities).

Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	76.5%	76.2%	76.0%
Age-Adjusted	75.0%	73.9%	74.0%



Disability

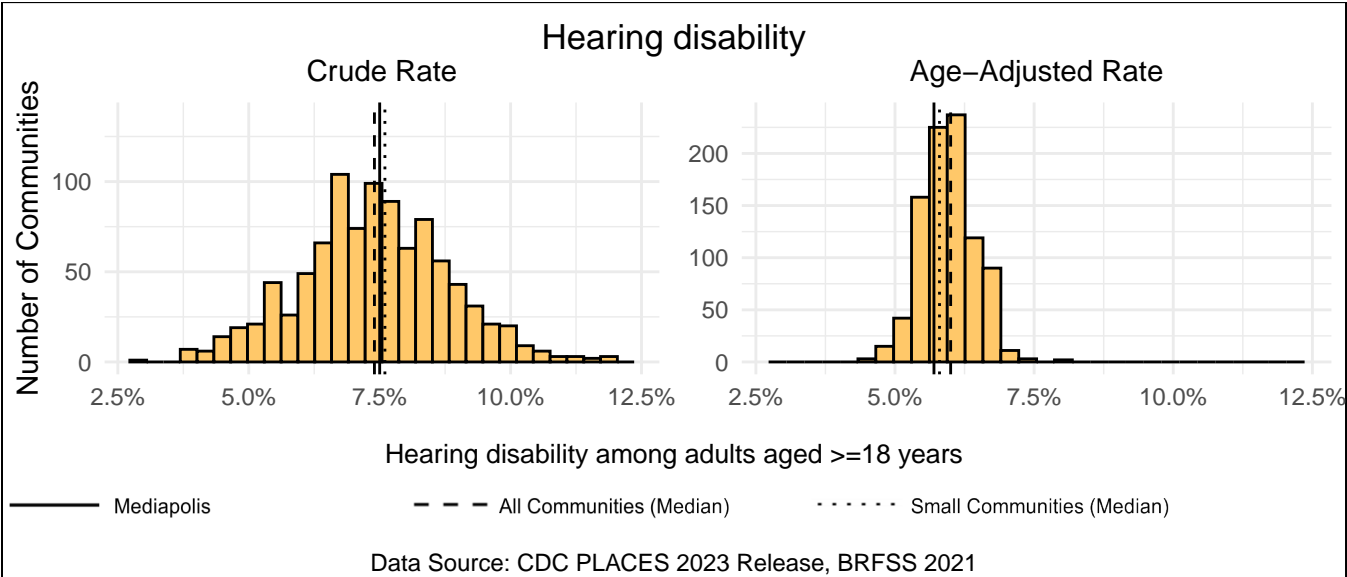
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Mediapolis has a crude rate of 7.5% for hearing disability among adults aged ≥ 18 years, which ranks 497th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Mediapolis is 5.7%, which ranks 219th out of 905 Iowa communities (46th out of 138 small communities).

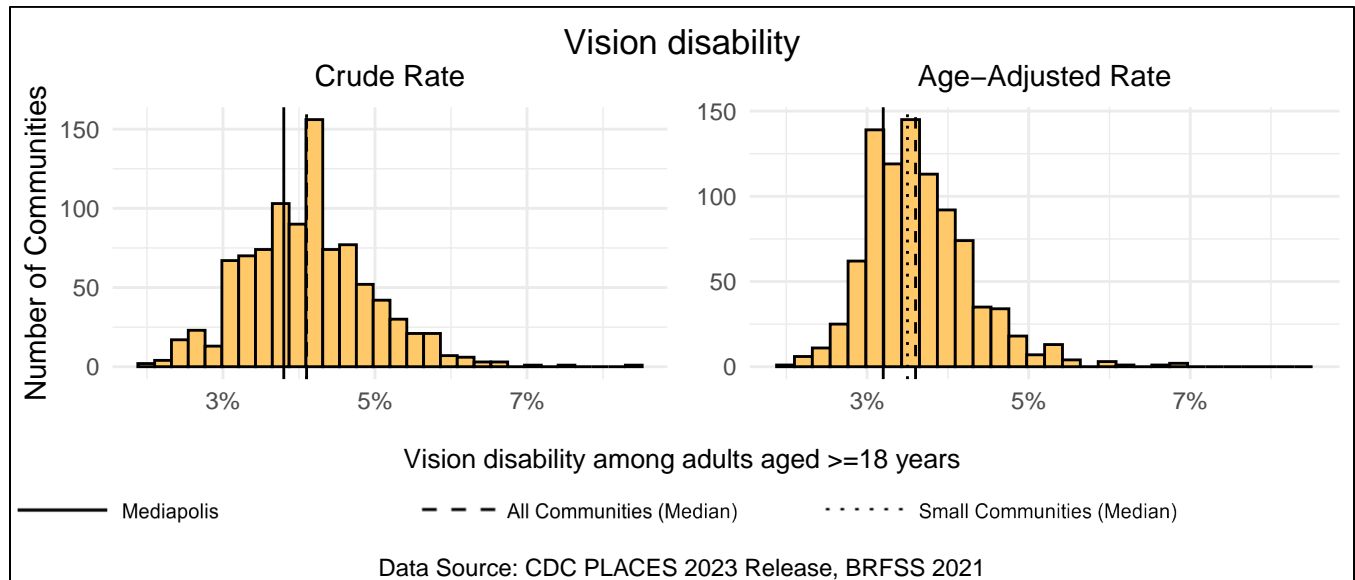
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	7.5%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.8%



Vision disability

Mediapolis has a crude rate of 3.8% for vision disability among adults aged ≥ 18 years, which ranks 317th out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Mediapolis is 3.2%, which ranks 176th out of 905 Iowa communities (35th out of 138 small communities).

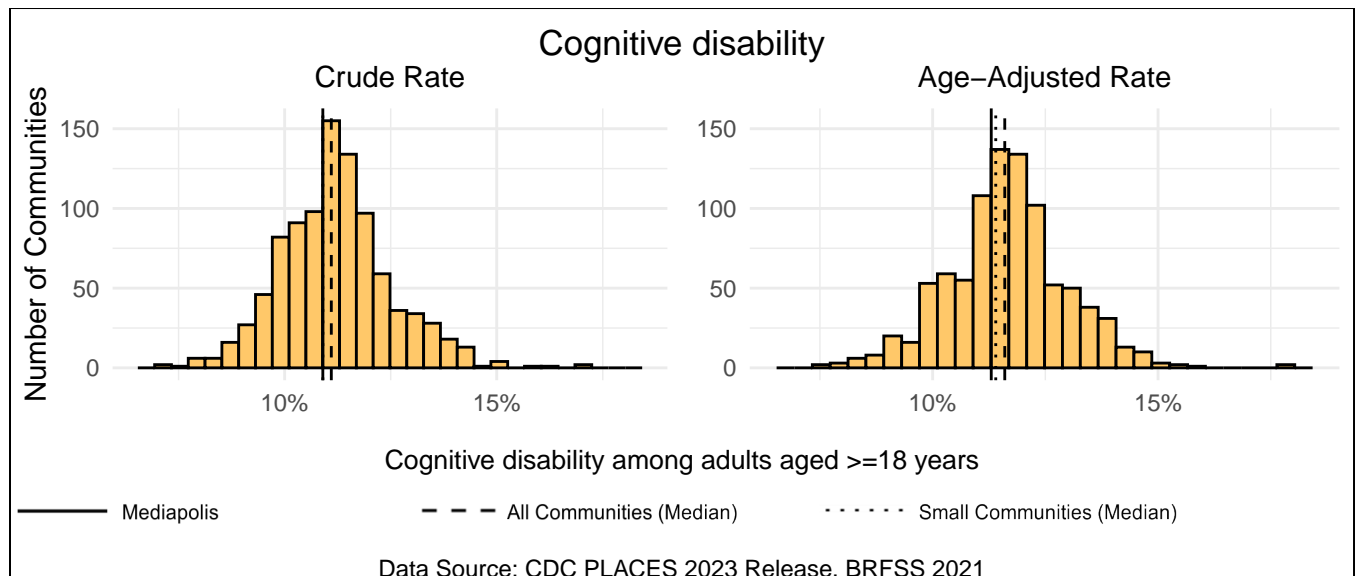
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	3.8%	4.1%	4.1%
Age-Adjusted	3.2%	3.6%	3.5%



Cognitive disability

Mediapolis has a crude rate of 10.9% for cognitive disability among adults aged ≥ 18 years, which ranks 376th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Mediapolis is 11.3%, which ranks 331st out of 905 Iowa communities (60th out of 138 small communities).

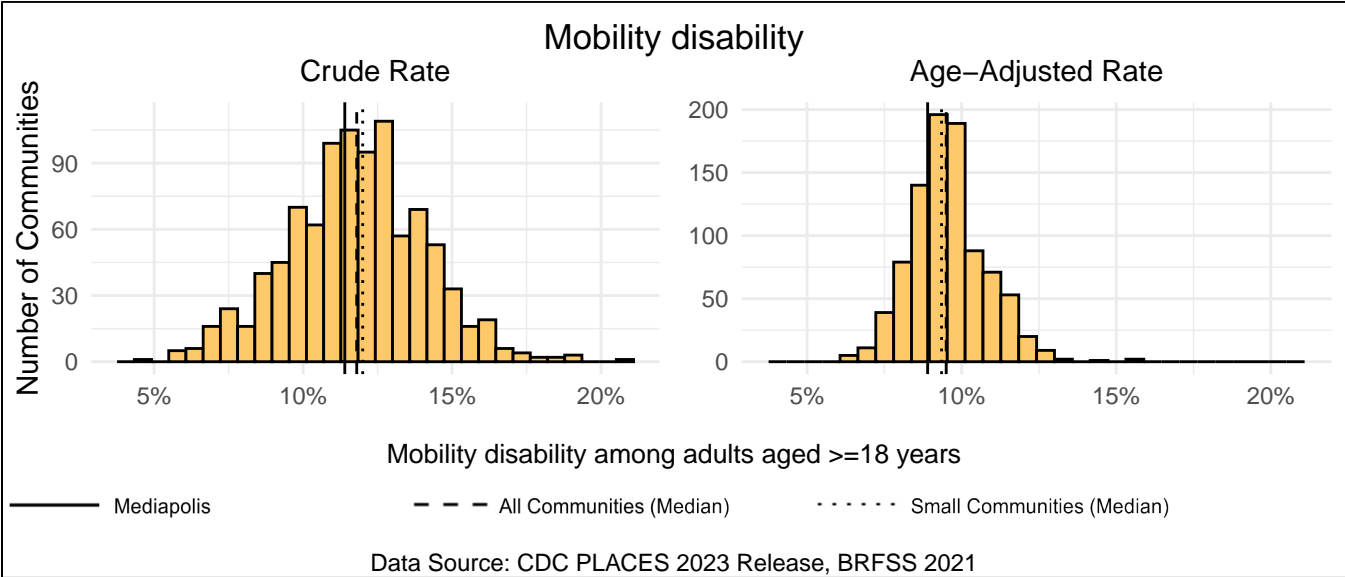
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	10.9%	11.1%	10.9%
Age-Adjusted	11.3%	11.6%	11.4%



Mobility disability

Mediapolis has a crude rate of 11.4% for mobility disability among adults aged ≥ 18 years, which ranks 398th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Mediapolis is 8.9%, which ranks 248th out of 905 Iowa communities (49th out of 138 small communities).

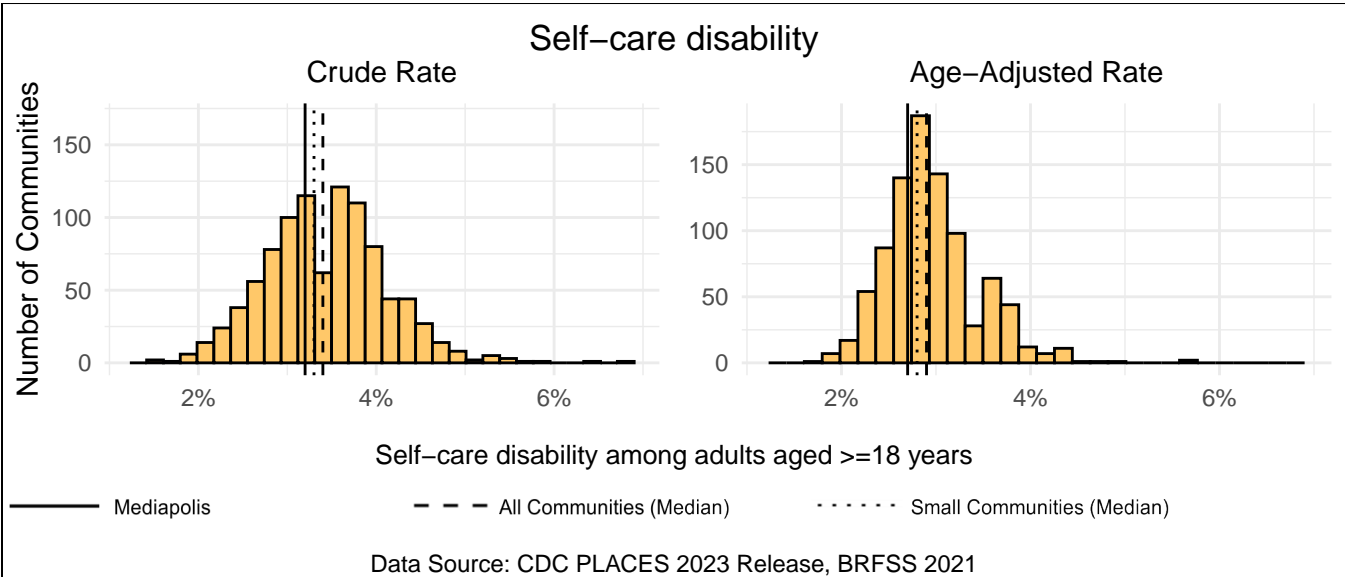
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	11.4%	11.8%	12.0%
Age-Adjusted	8.9%	9.5%	9.4%



Self-care disability

Mediapolis has a crude rate of 3.2% for self-care disability among adults aged ≥ 18 years, which ranks 320th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Mediapolis is 2.7%, which ranks 248th out of 905 Iowa communities (45th out of 138 small communities).

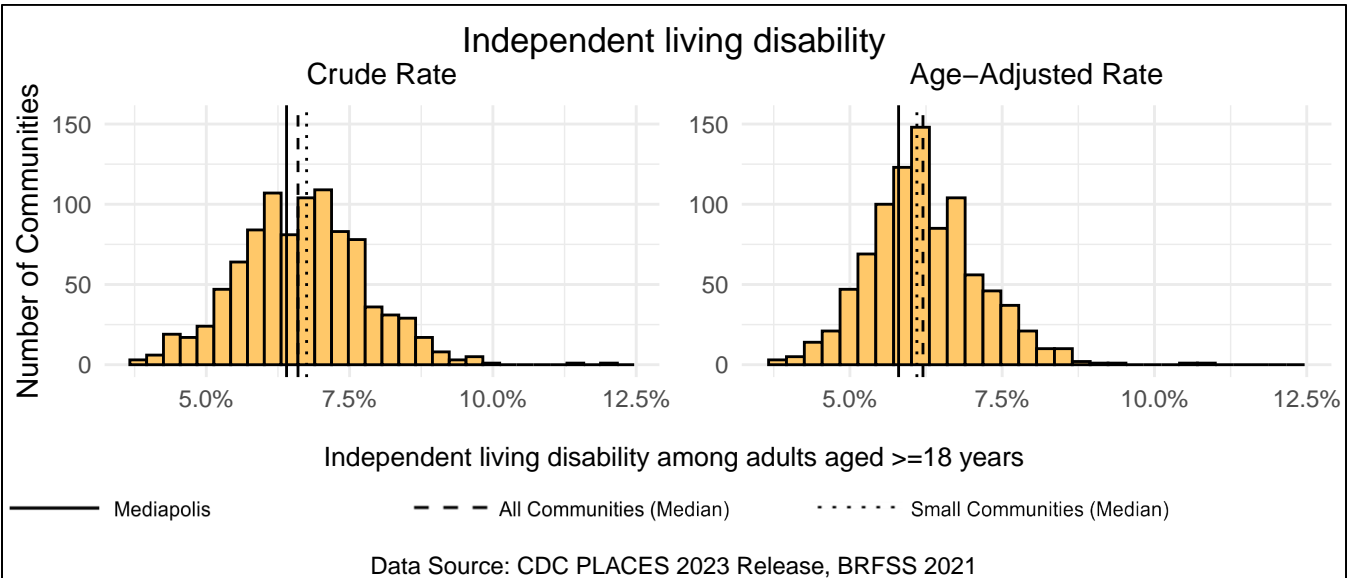
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	3.2%	3.4%	3.3%
Age-Adjusted	2.7%	2.9%	2.8%



Independent living disability

Mediapolis has a crude rate of 6.4% for independent living disability among adults aged ≥ 18 years, which ranks 372nd out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Mediapolis is 5.8%, which ranks 260th out of 905 Iowa communities (48th out of 138 small communities).

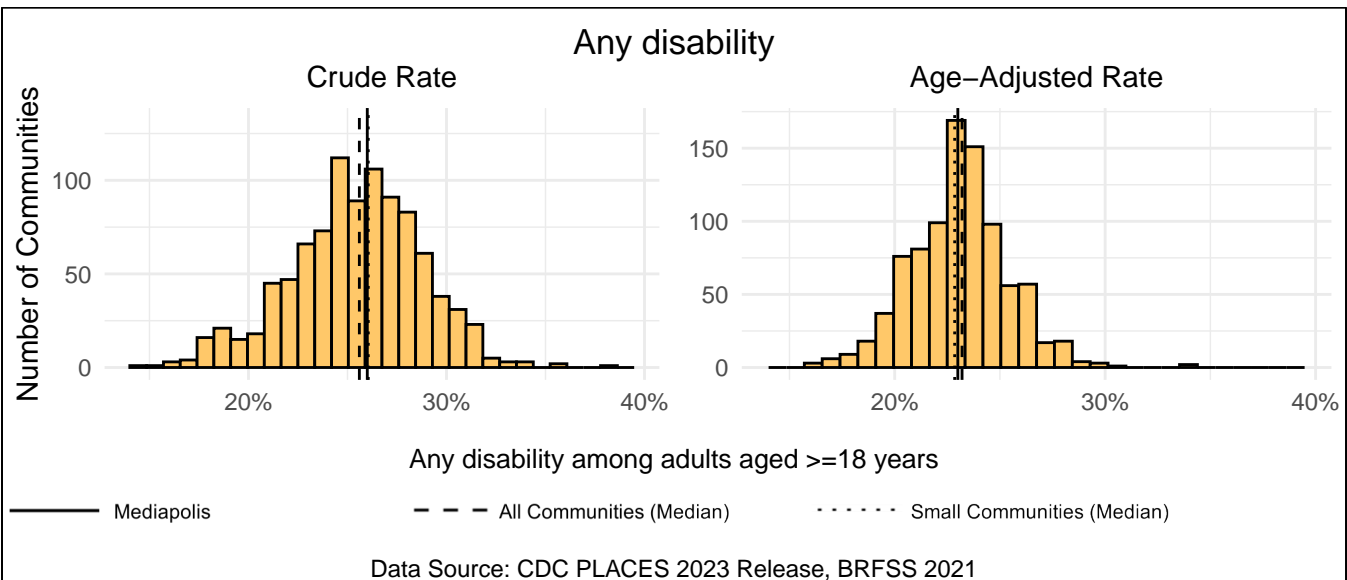
Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	6.4%	6.6%	6.8%
Age-Adjusted	5.8%	6.2%	6.1%



Any disability

Mediapolis has a crude rate of 26.0% for any disability among adults aged ≥ 18 years, which ranks 523rd out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Mediapolis is 23.0%, which ranks 413th out of 905 Iowa communities (72nd out of 138 small communities).

Measure Type	Mediapolis	All Comm.	Small Comm.
Crude	26.0%	25.6%	26.0%
Age-Adjusted	23.0%	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: Mediapolis 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	323	10.3% (8.6% - 12.1%)	265	9.3% (7.8% - 10.9%)
Health Status	General Health	260	13.0% (10.7% - 15.9%)	191	11.6% (9.6% - 13.9%)
Health Status	Mental Health	514	14.4% (12.4% - 16.7%)	555	15.8% (13.5% - 18.2%)
Health Risk Behaviors	Sleep <7 hours	187	28.8% (26.7% - 30.3%)	162	29.7% (27.9% - 31.3%)
Health Risk Behaviors	Current Smoking	233	15.5% (12.1% - 19.4%)	230	16.4% (12.6% - 20.4%)
Health Risk Behaviors	Binge Drinking	706	20.8% (17.5% - 24.4%)	864	23.8% (20.1% - 27.9%)
Health Risk Behaviors	Physical Inactivity	384	25.3% (20.4% - 30.5%)	314	23.3% (19.0% - 28.1%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.7%)	142	2.5% (2.3% - 2.8%)
Health Outcomes	Coronary Heart Disease	408	6.3% (5.4% - 7.4%)	120	4.6% (4.0% - 5.4%)
Health Outcomes	Arthritis	642	29.3% (25.2% - 33.5%)	707	24.1% (20.8% - 27.8%)
Health Outcomes	COPD	336	7.0% (5.7% - 8.6%)	260	5.9% (4.8% - 7.1%)
Health Outcomes	High Blood Pressure	455	31.9% (27.8% - 35.8%)	286	26.6% (23.1% - 30.3%)
Health Outcomes	Diabetes	327	9.5% (7.9% - 11.1%)	234	7.7% (6.4% - 9.0%)
Health Outcomes	All Teeth Lost	412	12.6% (7.8% - 18.9%)	314	12.1% (7.7% - 17.5%)
Health Outcomes	Cancer (except skin)	632	8.6% (7.7% - 9.6%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	High Cholesterol	281	34.9% (30.7% - 39.3%)	83	28.6% (24.5% - 32.7%)
Health Outcomes	Depression	880	20.1% (16.7% - 23.8%)	873	21.5% (18.0% - 25.5%)
Health Outcomes	Stroke	468	3.3% (2.8% - 3.8%)	230	2.5% (2.1% - 2.8%)
Health Outcomes	Obesity	188	35.6% (29.3% - 42.1%)	220	36.0% (29.6% - 42.7%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.5%)	415	9.5% (8.3% - 10.9%)
Prevention	Annual Checkup	490	75.1% (70.6% - 79.4%)	628	72.0% (67.1% - 76.7%)
Prevention	Dental Visit	437	67.5% (63.7% - 71.1%)	411	67.0% (63.0% - 70.7%)
Prevention	Cervical Cancer Screening	462	83.3% (80.4% - 86.1%)	294	83.7% (81.0% - 86.5%)
Prevention	Taking BP Medication	570	78.9% (75.4% - 82.0%)	871	56.9% (51.9% - 61.7%)
Prevention	Core preventive services for older women	647	37.1% (29.5% - 44.9%)	472	39.7% (32.5% - 47.2%)
Prevention	Mammography	410	76.5% (72.3% - 80.7%)	246	75.0% (70.7% - 79.4%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Health Insurance	217	6.7% (4.9% - 8.8%)	193	7.0% (5.1% - 9.2%)
Prevention	Colorectal Cancer Screening	386	72.2% (68.7% - 75.6%)	326	71.7% (68.2% - 75.1%)
Prevention	Core preventive services for older men	99	49.0% (39.7% - 57.7%)	67	49.7% (41.6% - 57.7%)
Prevention	Cholesterol Screening	282	83.6% (80.8% - 86.3%)	179	80.3% (76.9% - 83.5%)
Disability	Hearing Disability	497	7.5% (6.5% - 8.6%)	219	5.7% (4.9% - 6.5%)
Disability	Independent Living Disability	372	6.4% (5.3% - 7.7%)	260	5.8% (4.8% - 6.9%)
Disability	Mobility Disability	398	11.4% (9.3% - 13.7%)	248	8.9% (7.3% - 10.6%)
Disability	Any Disability	523	26.0% (22.2% - 30.3%)	413	23.0% (19.2% - 27.0%)
Disability	Vision Disability	317	3.8% (3.1% - 4.5%)	176	3.2% (2.7% - 3.9%)
Disability	Cognitive Disability	376	10.9% (9.1% - 13.0%)	331	11.3% (9.3% - 13.5%)
Disability	Self-care Disability	320	3.2% (2.6% - 3.8%)	248	2.7% (2.2% - 3.2%)

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)

Mediapolis 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		