



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 Melcher-Dallas: Overview

Dear Community Members & Stakeholders of Melcher-Dallas,

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 Melcher-Dallas ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Melcher-Dallas’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 Melcher-Dallas. 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	230th	27th	Cancer (except skin)	74th	4th
Dental Visit	257th	47th	Annual Checkup	86th	18th
Annual Checkup	291st	57th	Taking BP Medication	126th	14th
Arthritis	373rd	49th	Mammography	208th	33rd
Cancer (except skin)	418th	46th	Dental Visit	248th	48th

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	832nd	128th	High Cholesterol	872nd	134th
Mental Health	825th	129th	Sleep <7 hours	831st	131st
Depression	797th	119th	High Blood Pressure	808th	130th
Cognitive Disability	794th	124th	Mental Health	765th	124th
Cholesterol Screening	793rd	129th	Diabetes	760th	125th

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 Melcher-Dallas.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

This project was supported by funding from Iowa State University’s Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University’s Presidential Strategic Initiative Plan 2022-2031.

How to Use this Report

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

With a population of 1,278, Melcher-Dallas’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

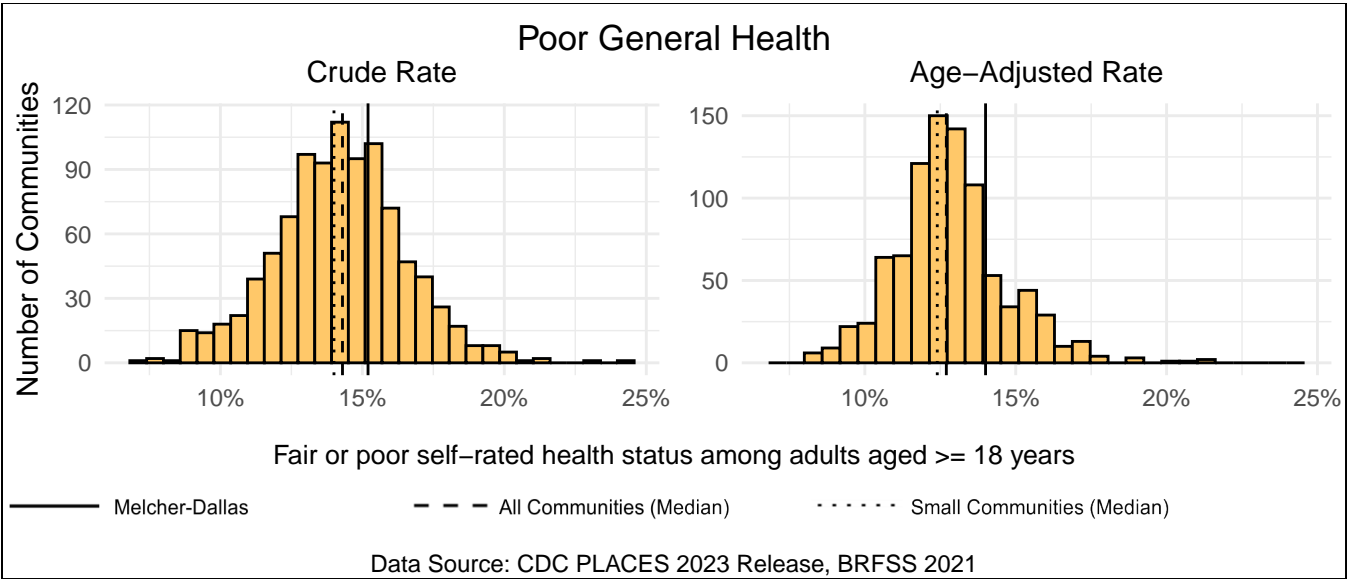
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Melcher-Dallas has a crude rate of 15.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 649th out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 14.0%, which ranks 712th out of 905 Iowa communities (117th out of 138 small communities).

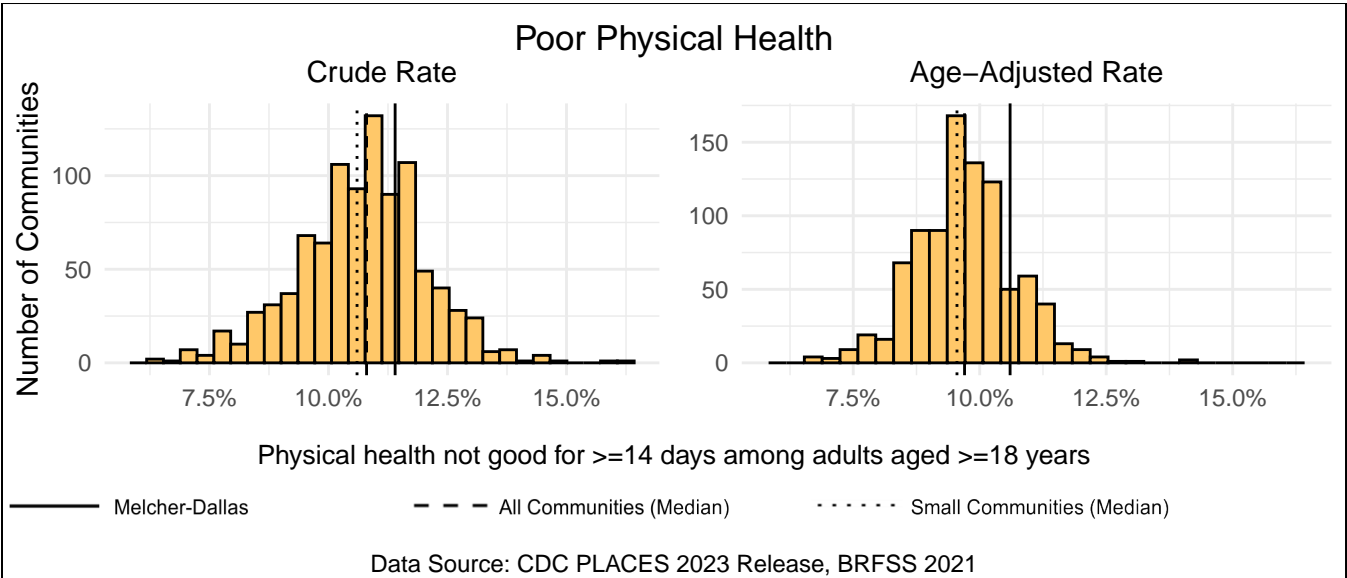
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	15.2%	14.3%	14.0%
Age-Adjusted	14.0%	12.7%	12.4%



Poor Physical Health

Melcher-Dallas has a crude rate of 11.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 656th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 10.6%, which ranks 742nd out of 905 Iowa communities (122nd out of 138 small communities).

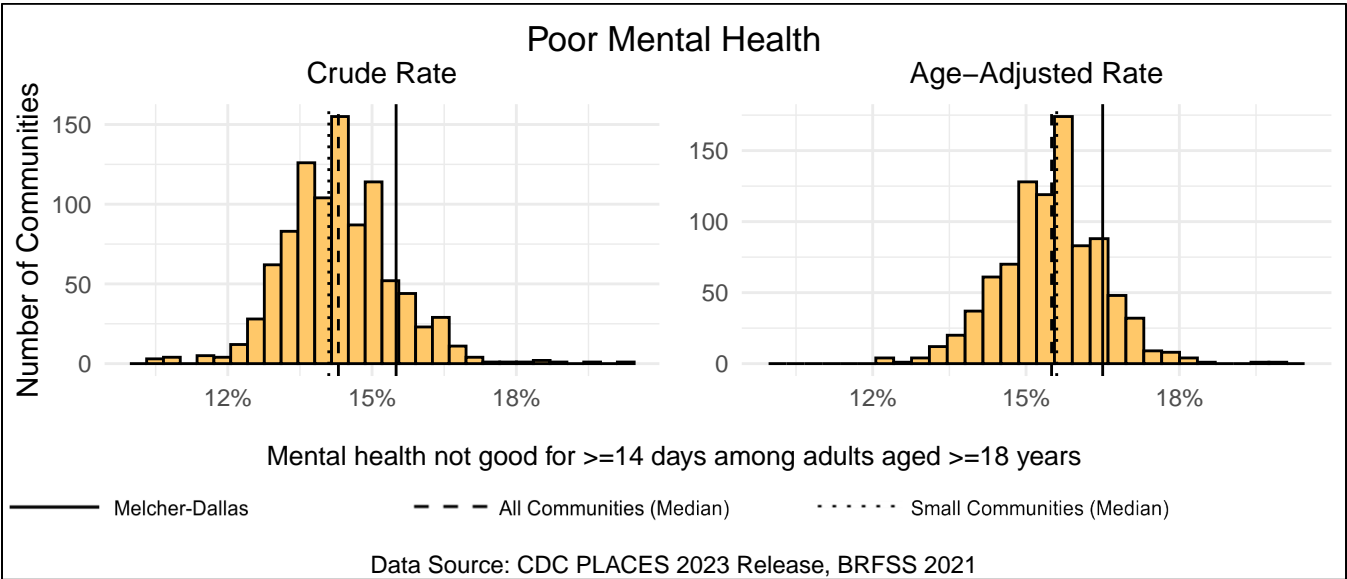
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	11.4%	10.8%	10.6%
Age-Adjusted	10.6%	9.7%	9.6%



Poor Mental Health

Melcher-Dallas has a crude rate of 15.5% for mental health not good for >=14 days among adults aged >=18 years, which ranks 825th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 16.5%, which ranks 765th out of 905 Iowa communities (124th out of 138 small communities).

Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	15.5%	14.3%	14.1%
Age-Adjusted	16.5%	15.5%	15.6%



Health Risk Behaviors

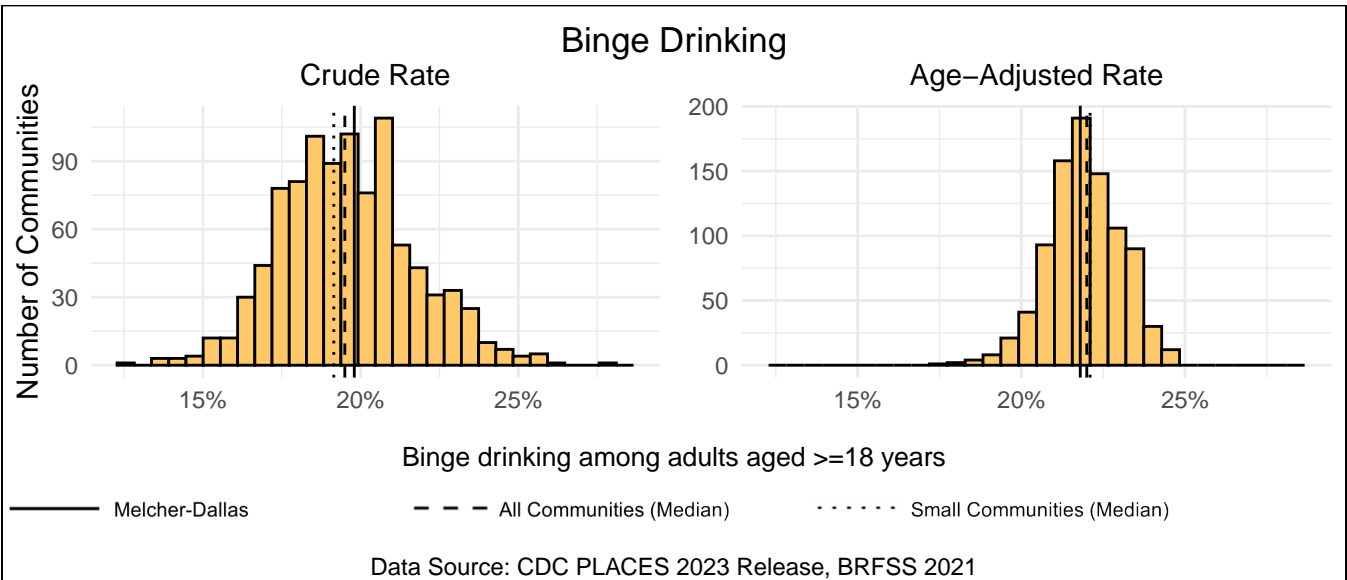
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Melcher-Dallas has a crude rate of 19.8% for binge drinking among adults aged ≥ 18 years, which ranks 530th out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 21.8%, which ranks 389th out of 905 Iowa communities (61st out of 138 small communities).

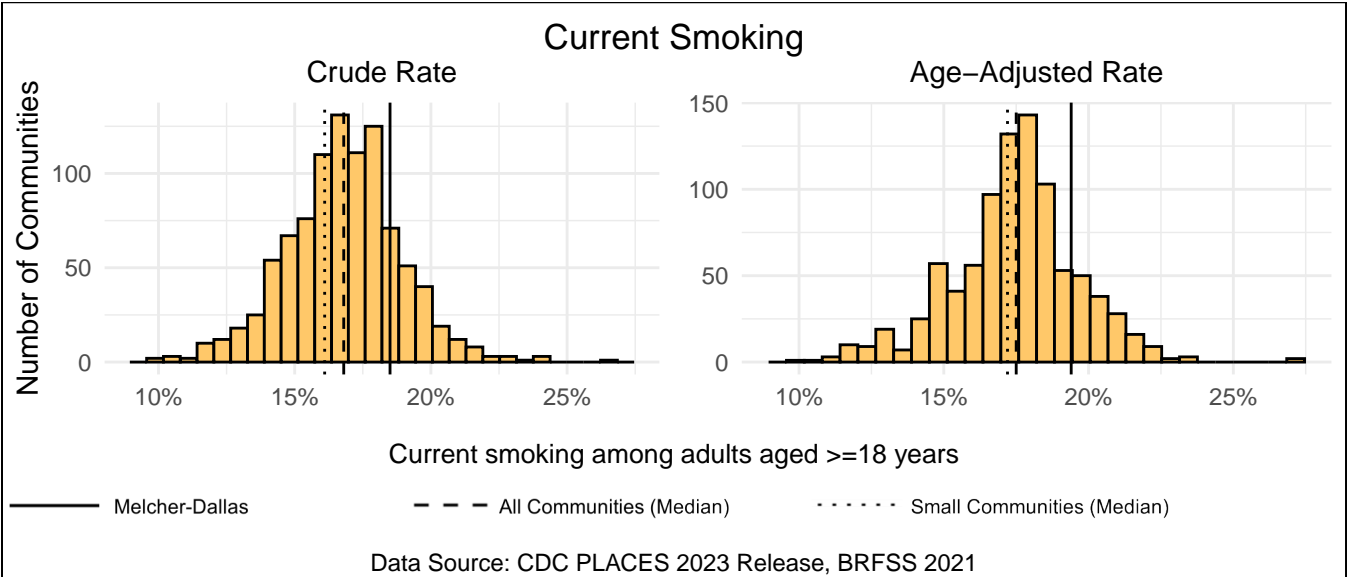
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	19.8%	19.5%	19.1%
Age-Adjusted	21.8%	22.0%	22.1%



Current Smoking

Melcher-Dallas has a crude rate of 18.5% for current smoking among adults aged >=18 years, which ranks 774th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 19.4%, which ranks 750th out of 905 Iowa communities (121st out of 138 small communities).

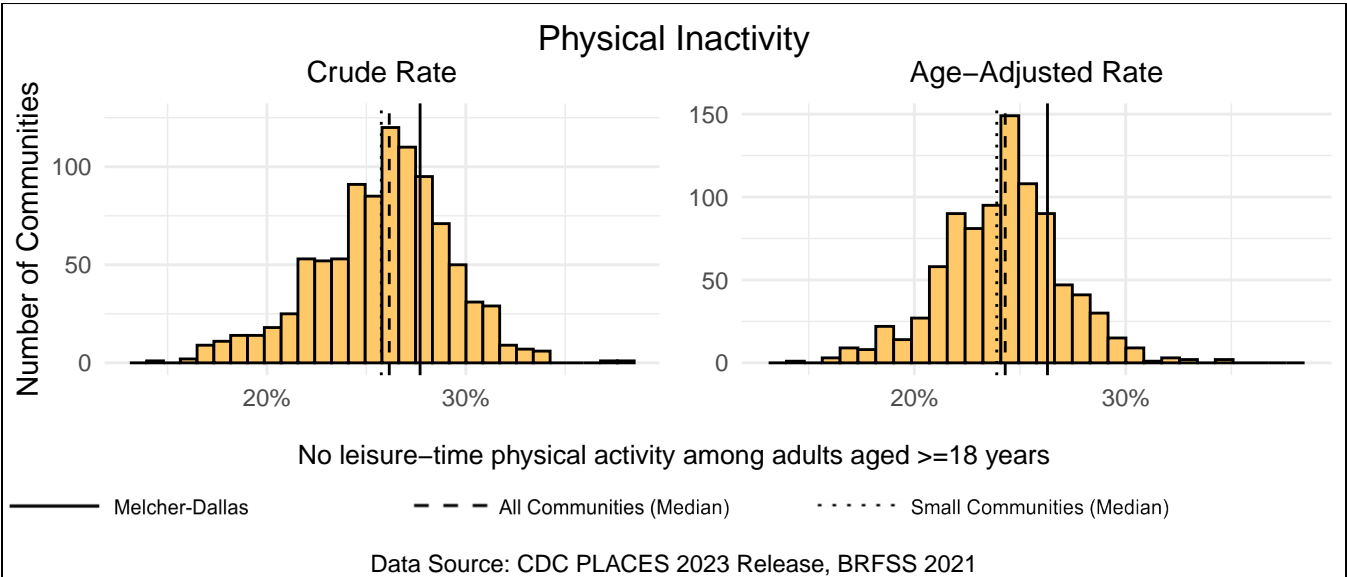
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	18.5%	16.8%	16.1%
Age-Adjusted	19.4%	17.5%	17.2%



Physical Inactivity

Melcher-Dallas has a crude rate of 27.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 686th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 26.3%, which ranks 726th out of 905 Iowa communities (117th out of 138 small communities).

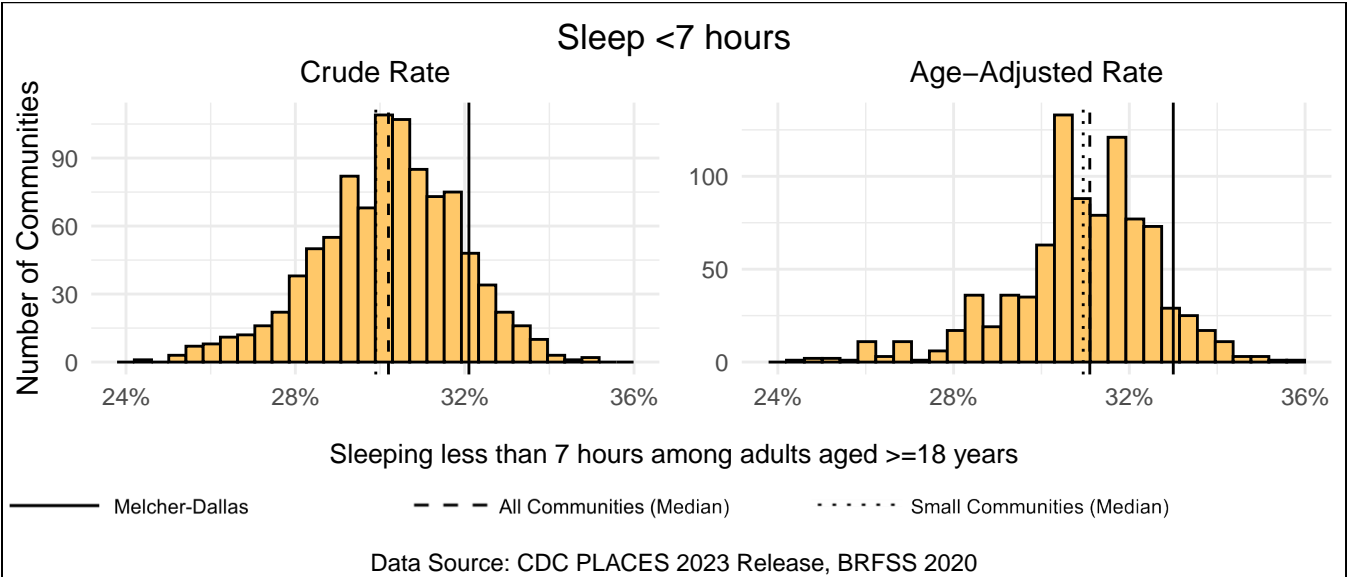
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	27.7%	26.1%	25.8%
Age-Adjusted	26.3%	24.3%	23.9%



Sleep <7 hours

Melcher-Dallas has a crude rate of 32.1% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 33.0%, which ranks 831st out of 905 Iowa communities (131st out of 138 small communities).

Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	32.1%	30.2%	29.9%
Age-Adjusted	33.0%	31.1%	31.0%



Health Outcomes

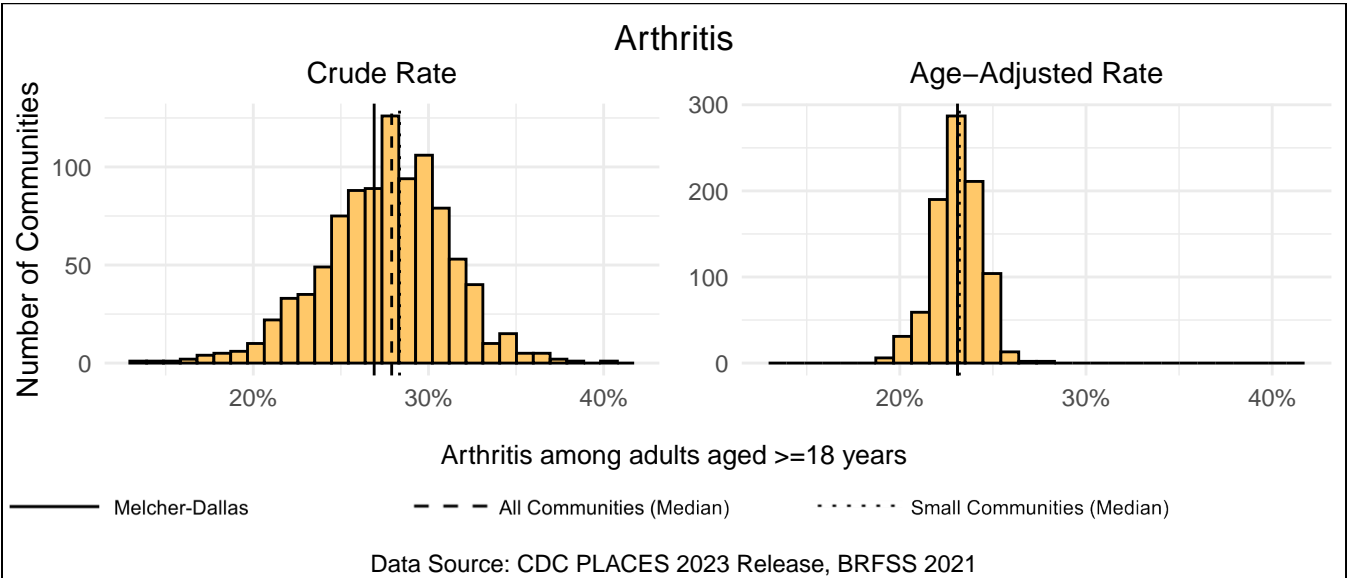
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Melcher-Dallas has a crude rate of 26.9% for arthritis among adults aged ≥ 18 years, which ranks 373rd out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 23.1%, which ranks 426th out of 905 Iowa communities (60th out of 138 small communities).

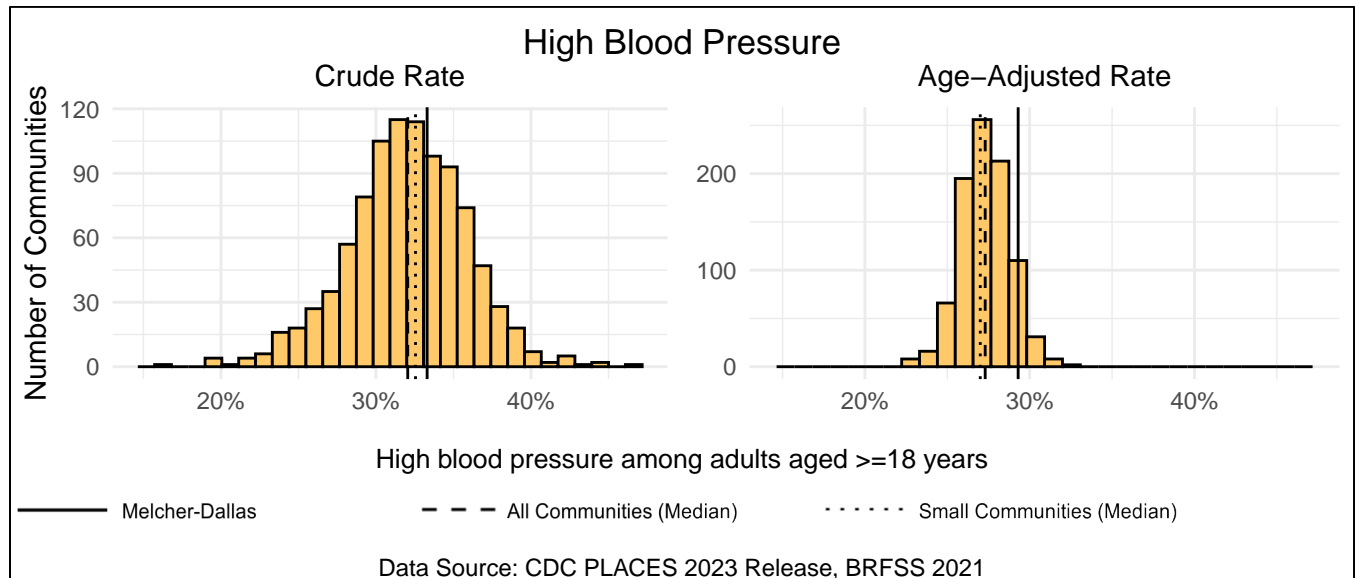
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	26.9%	27.9%	28.4%
Age-Adjusted	23.1%	23.1%	23.2%



High Blood Pressure

Melcher-Dallas has a crude rate of 33.3% for high blood pressure among adults aged ≥ 18 years, which ranks 604th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 29.3%, which ranks 808th out of 905 Iowa communities (130th out of 138 small communities).

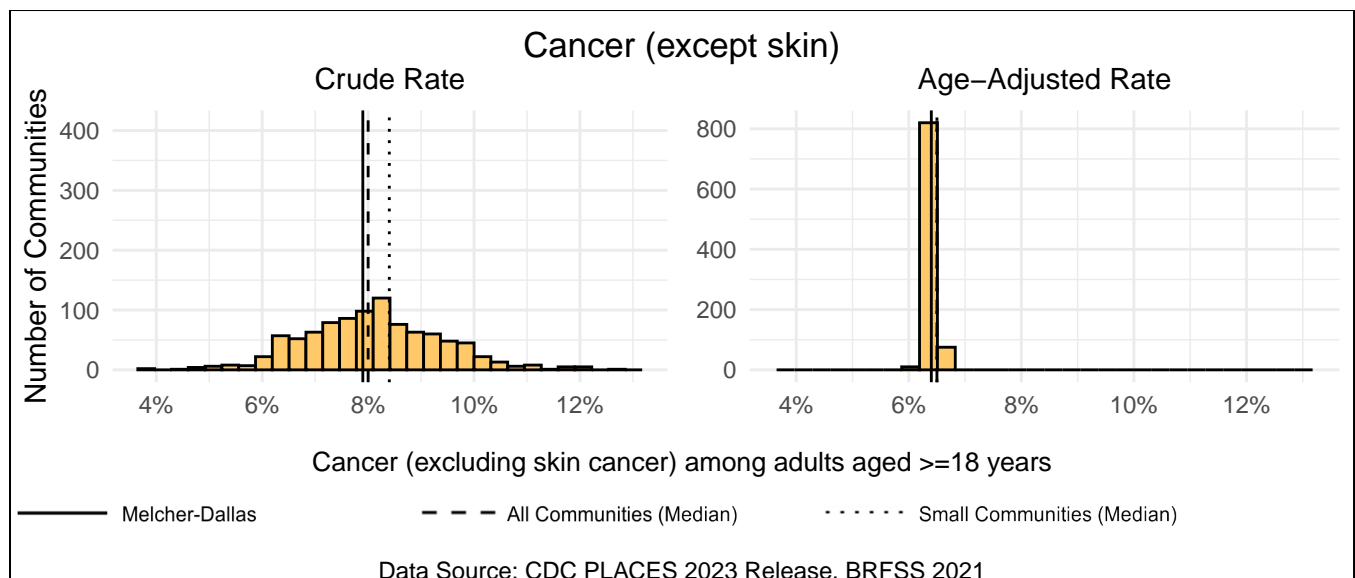
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	33.3%	32.0%	32.5%
Age-Adjusted	29.3%	27.3%	27.0%



Cancer (except skin)

Melcher-Dallas has a crude rate of 7.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 418th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

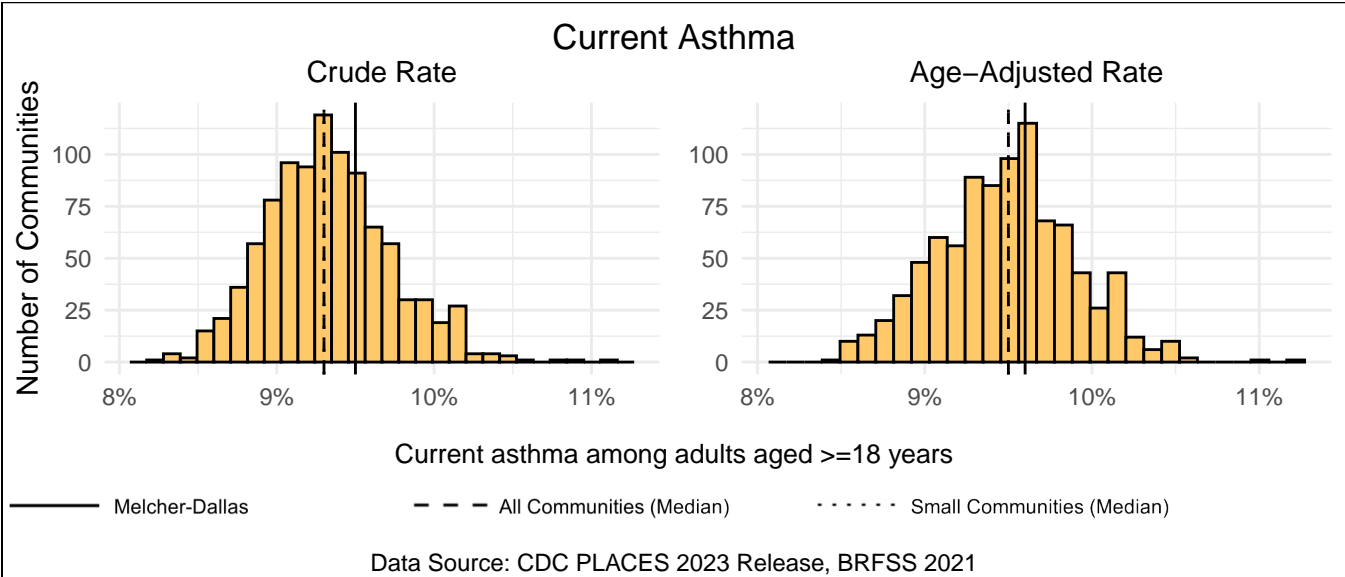
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	7.9%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

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

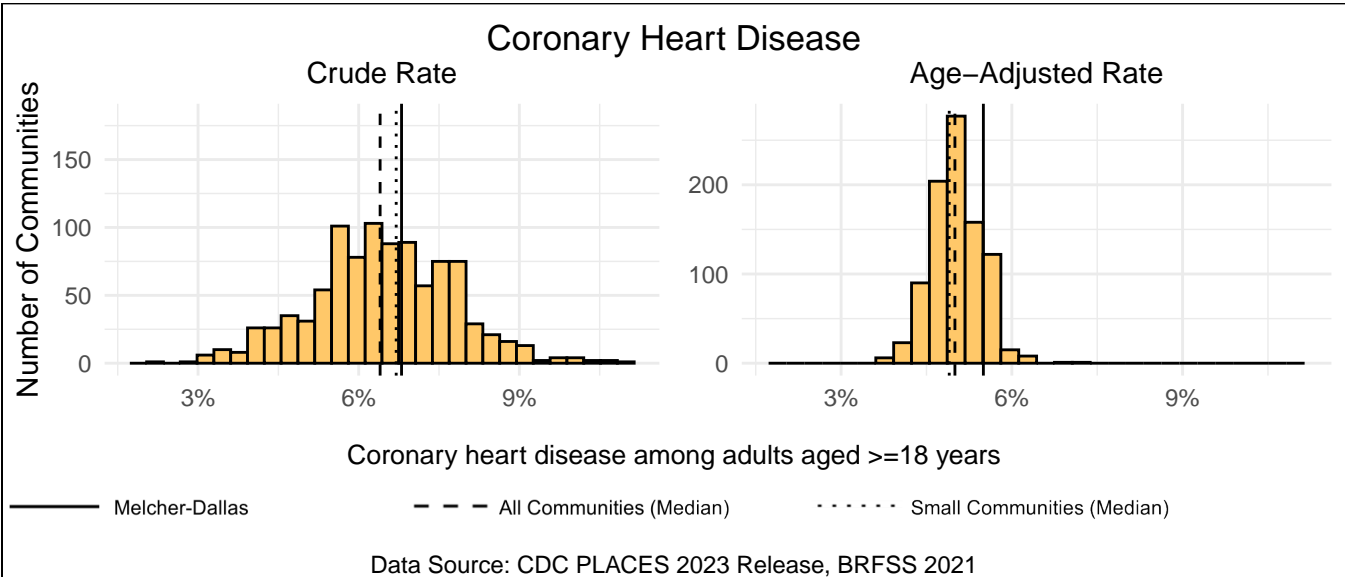
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



Coronary Heart Disease

Melcher-Dallas has a crude rate of 6.8% for coronary heart disease among adults aged ≥ 18 years, which ranks 569th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 5.5%, which ranks 759th out of 905 Iowa communities (127th out of 138 small communities).

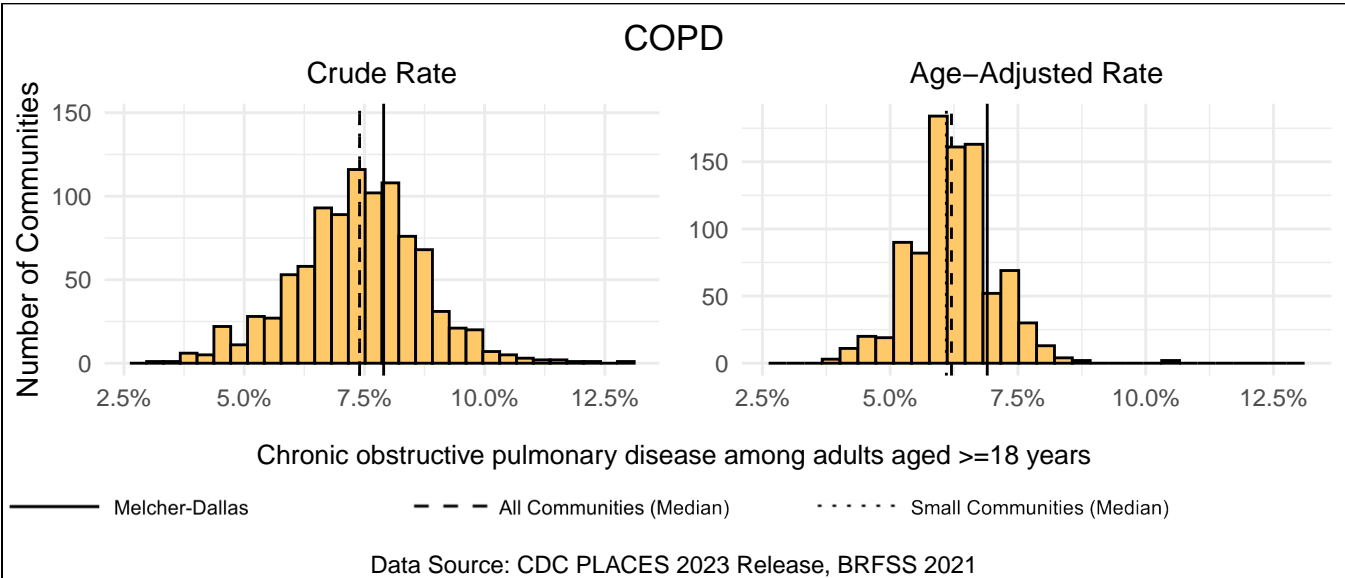
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	6.8%	6.4%	6.7%
Age-Adjusted	5.5%	5.0%	4.9%



COPD

Melcher-Dallas has a crude rate of 7.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 613th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 6.9%, which ranks 734th out of 905 Iowa communities (119th out of 138 small communities).

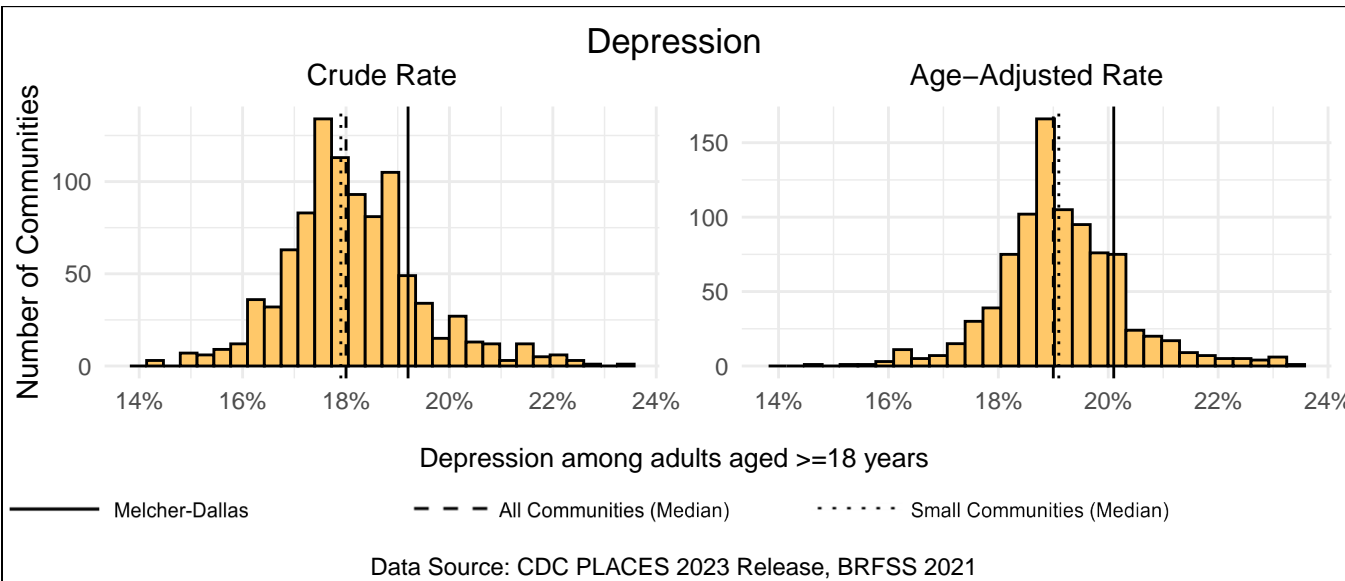
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	7.9%	7.4%	7.4%
Age-Adjusted	6.9%	6.2%	6.1%



Depression

Melcher-Dallas has a crude rate of 19.2% for depression among adults aged ≥ 18 years, which ranks 797th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 20.1%, which ranks 758th out of 905 Iowa communities (116th out of 138 small communities).

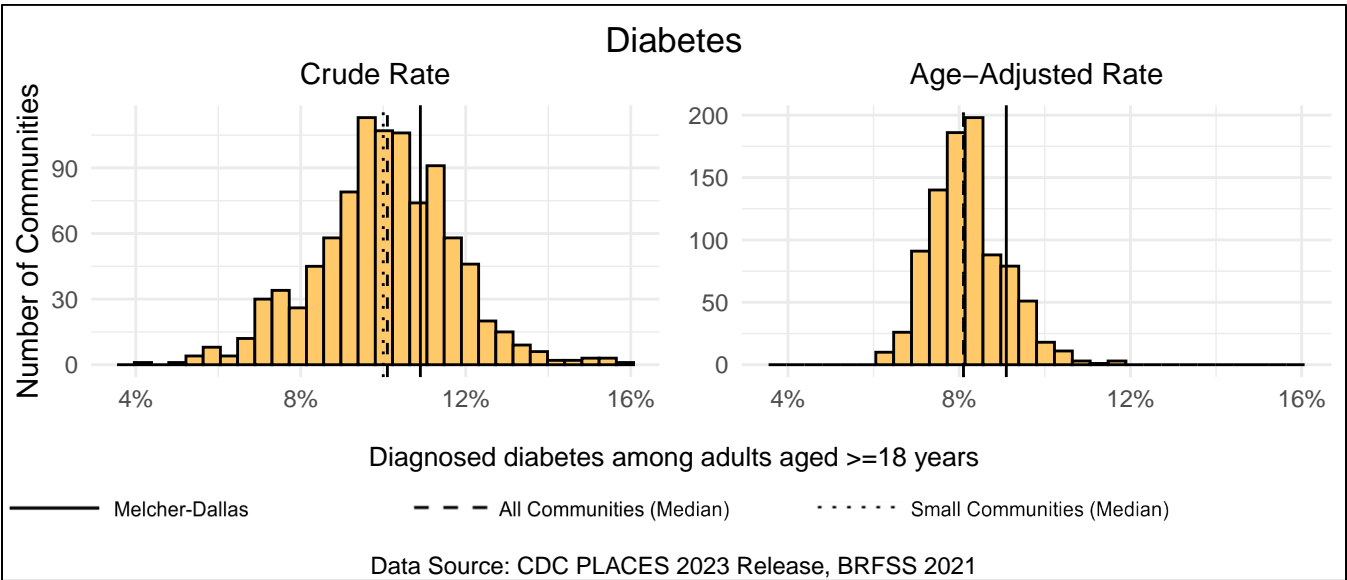
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	19.2%	18.0%	17.9%
Age-Adjusted	20.1%	19.0%	19.1%



Diabetes

Melcher-Dallas has a crude rate of 10.9% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 670th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 9.1%, which ranks 760th out of 905 Iowa communities (125th out of 138 small communities).

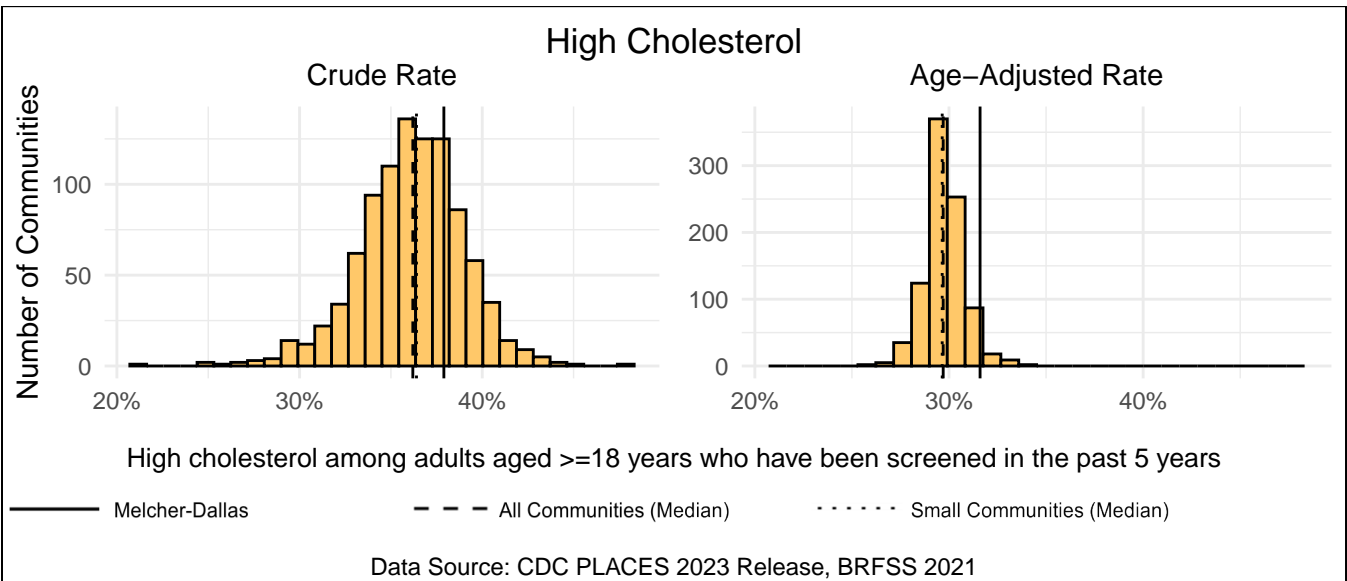
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	10.9%	10.1%	10.0%
Age-Adjusted	9.1%	8.1%	8.1%



High Cholesterol

Melcher-Dallas has a crude rate of 37.9% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 704th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 31.6%, which ranks 872nd out of 905 Iowa communities (134th out of 138 small communities).

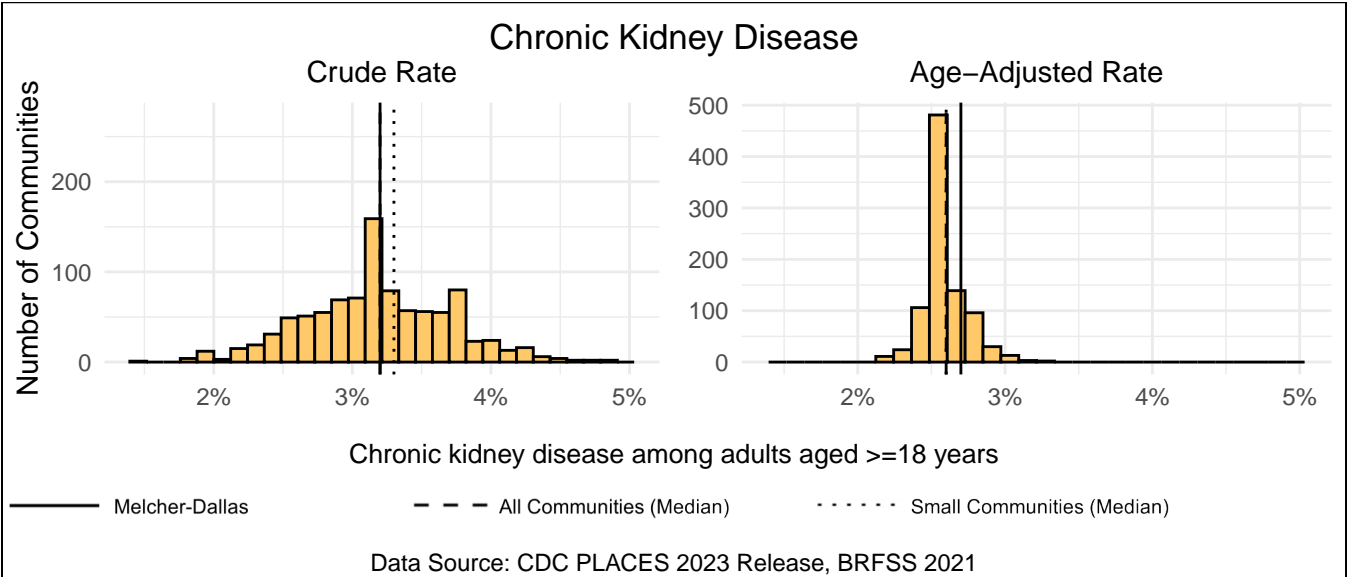
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	37.9%	36.2%	36.4%
Age-Adjusted	31.6%	29.7%	29.6%



Chronic Kidney Disease

Melcher-Dallas 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 Melcher-Dallas is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

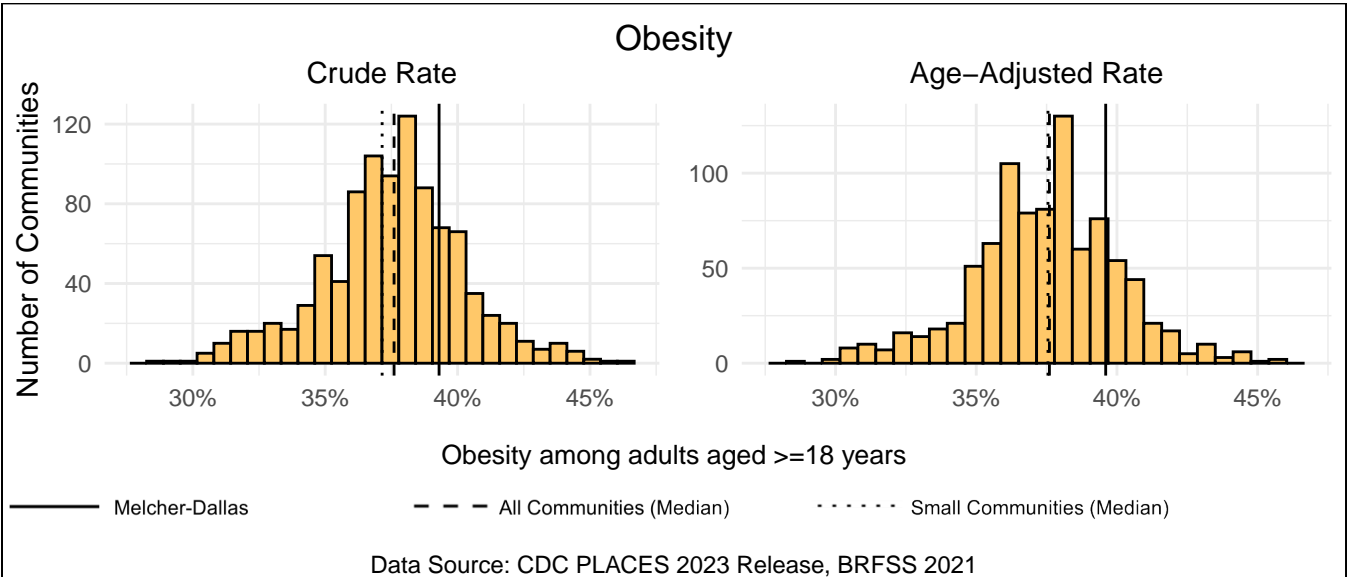
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Melcher-Dallas has a crude rate of 39.3% for obesity among adults aged ≥ 18 years, which ranks 735th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 39.6%, which ranks 725th out of 905 Iowa communities (115th out of 138 small communities).

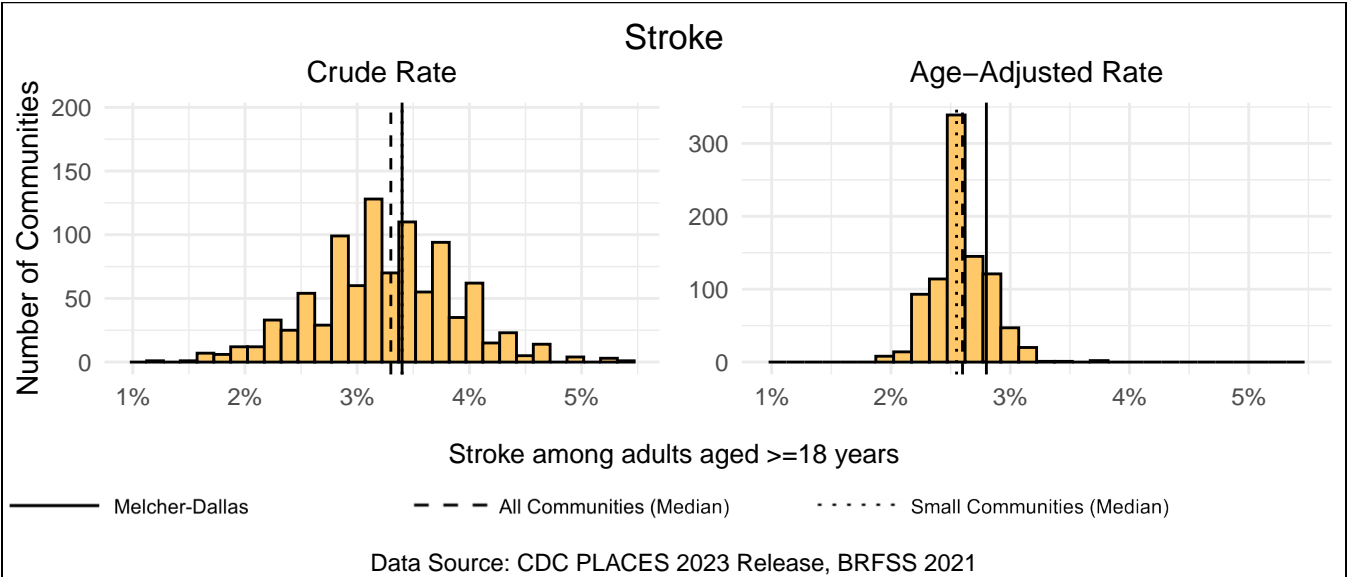
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	39.3%	37.6%	37.2%
Age-Adjusted	39.6%	37.6%	37.5%



Stroke

Melcher-Dallas has a crude rate of 3.4% for stroke among adults aged ≥ 18 years, which ranks 538th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 2.8%, which ranks 714th out of 905 Iowa communities (119th out of 138 small communities).

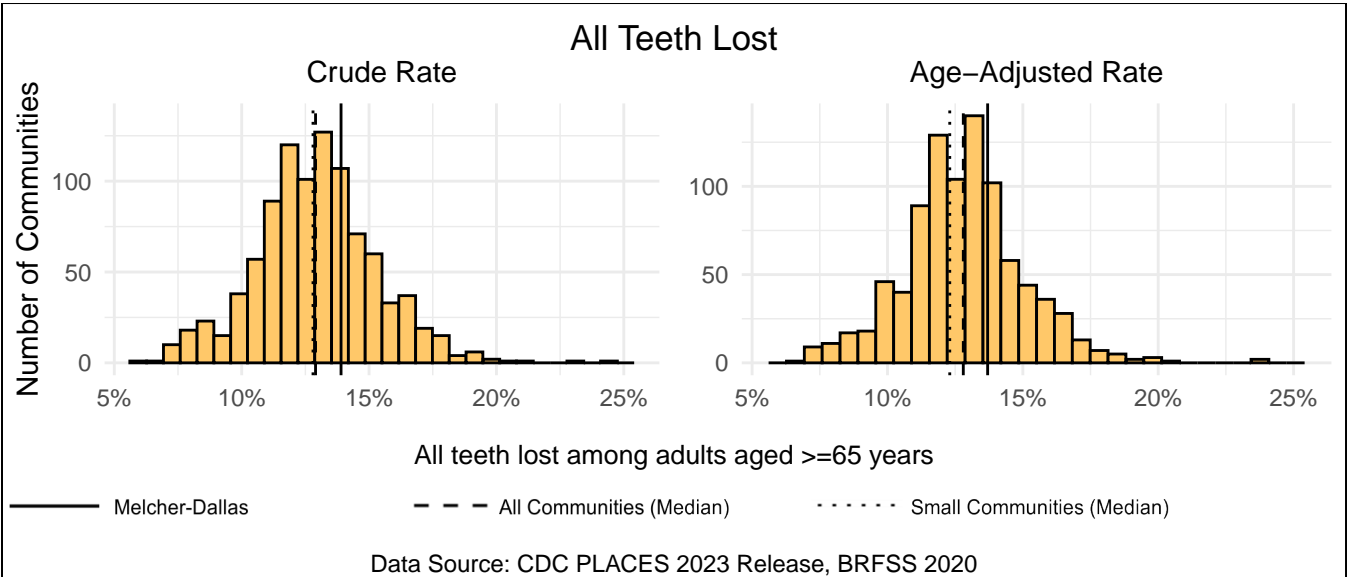
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	3.4%	3.3%	3.4%
Age-Adjusted	2.8%	2.6%	2.5%



All Teeth Lost

Melcher-Dallas has a crude rate of 13.9% for all teeth lost among adults aged ≥ 65 years, which ranks 663rd out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 13.7%, which ranks 628th out of 905 Iowa communities (106th out of 138 small communities).

Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	13.9%	12.9%	12.8%
Age-Adjusted	13.7%	12.8%	12.3%



Prevention

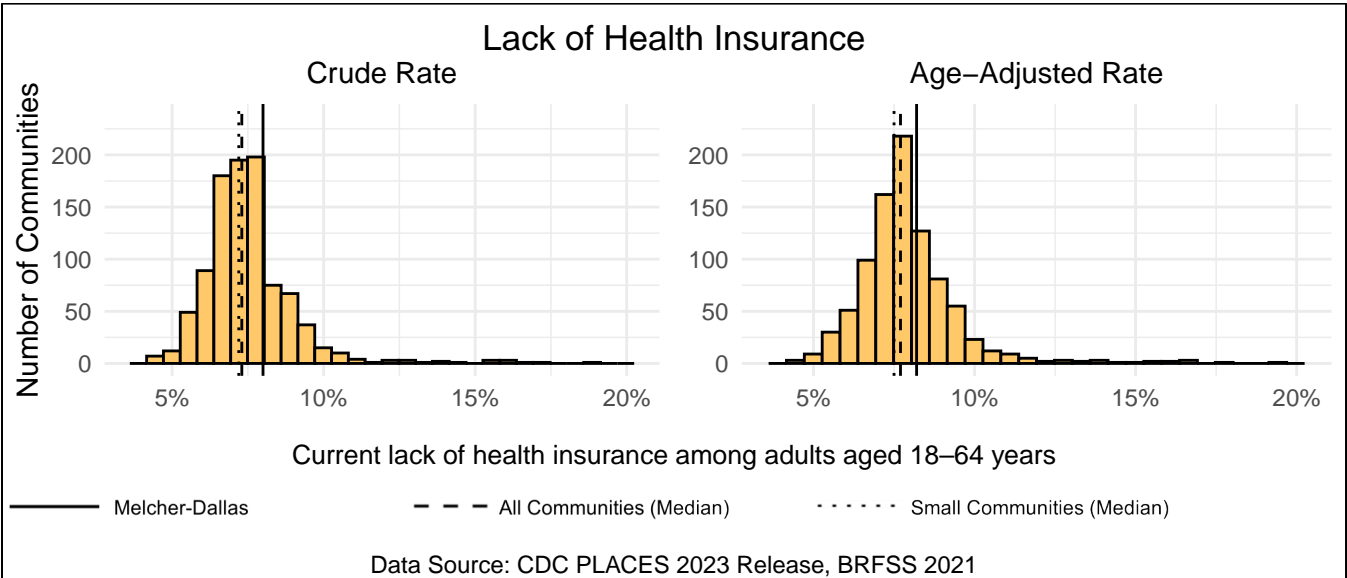
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Melcher-Dallas 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 (113th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 8.2%, which ranks 598th out of 905 Iowa communities (104th out of 138 small communities).

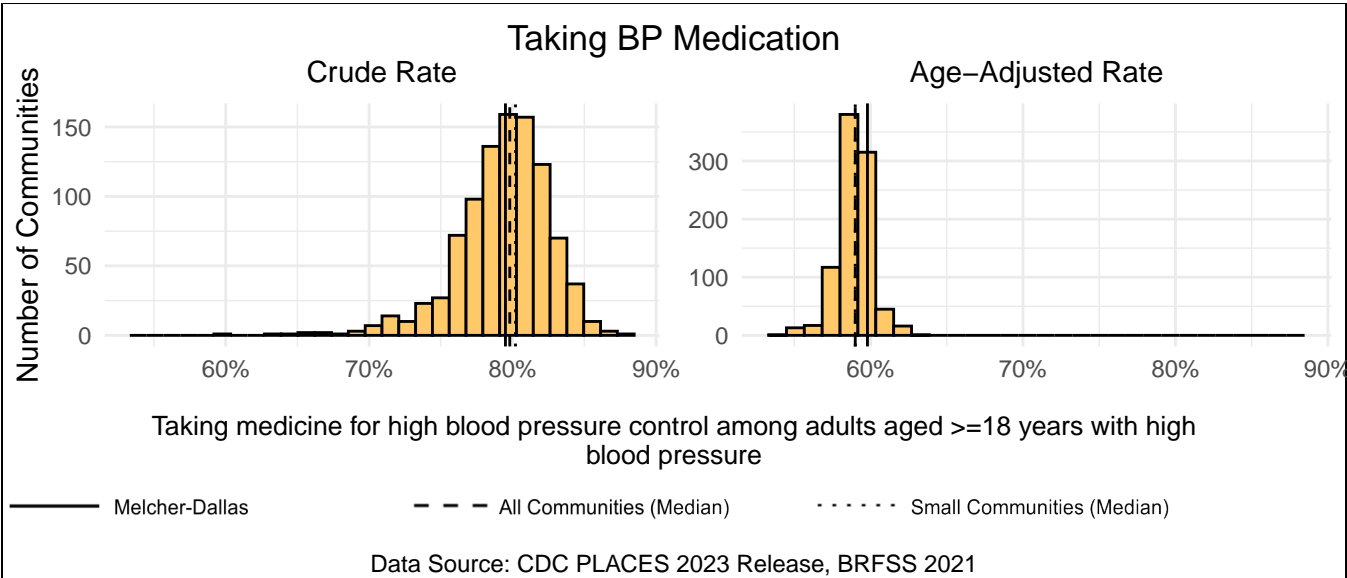
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	8.0%	7.3%	7.2%
Age-Adjusted	8.2%	7.7%	7.5%



Taking BP Medication

Melcher-Dallas has a crude rate of 79.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 505th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 59.8%, which ranks 126th out of 905 Iowa communities (14th out of 138 small communities).

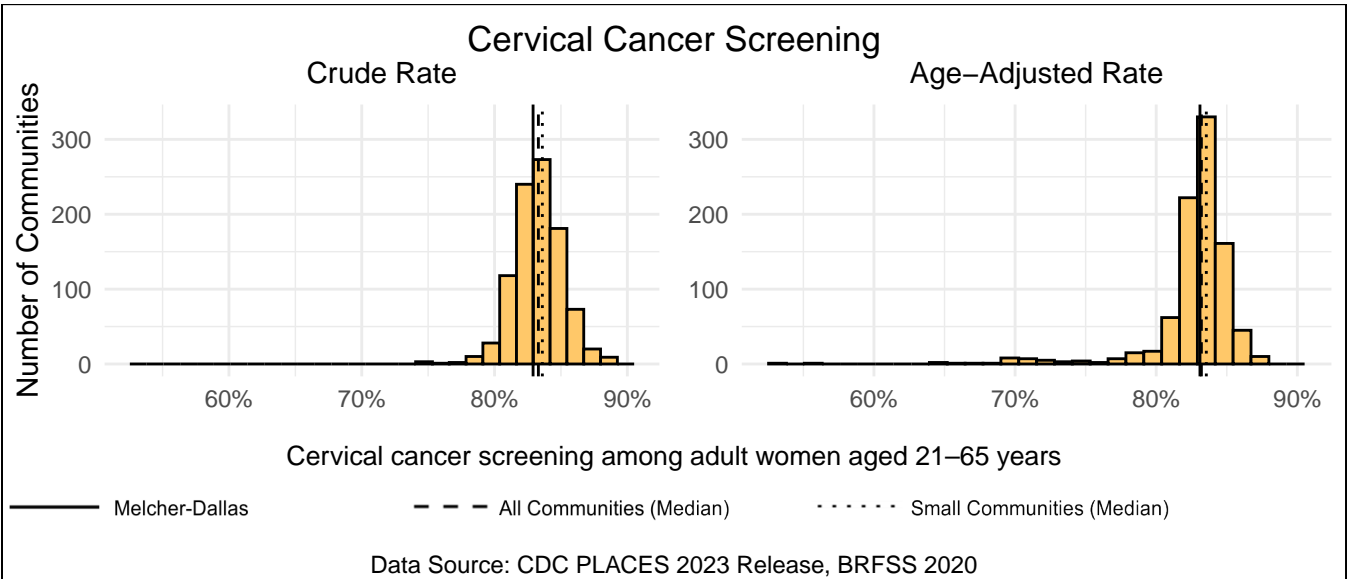
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	79.5%	79.8%	80.2%
Age-Adjusted	59.8%	59.0%	59.0%



Cervical Cancer Screening

Melcher-Dallas has a crude rate of 82.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 557th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 83.1%, which ranks 477th out of 905 Iowa communities (93rd out of 138 small communities).

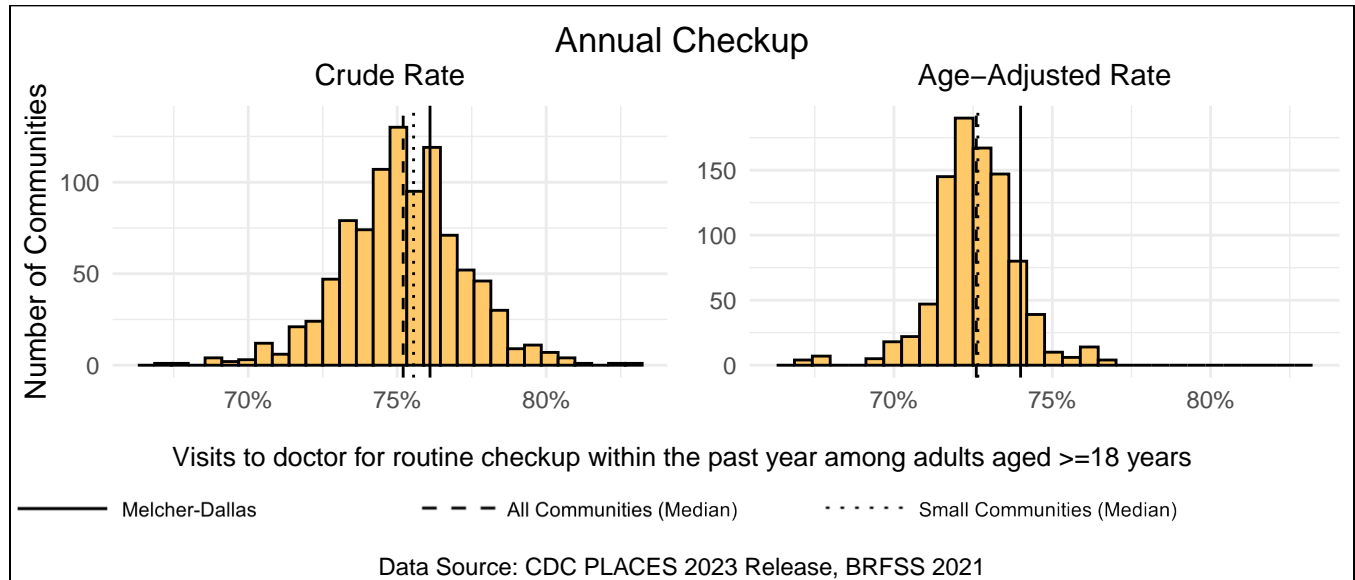
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	82.9%	83.3%	83.6%
Age-Adjusted	83.1%	83.2%	83.5%



Annual Checkup

Melcher-Dallas has a crude rate of 76.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 291st out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 74.0%, which ranks 86th out of 905 Iowa communities (18th out of 138 small communities).

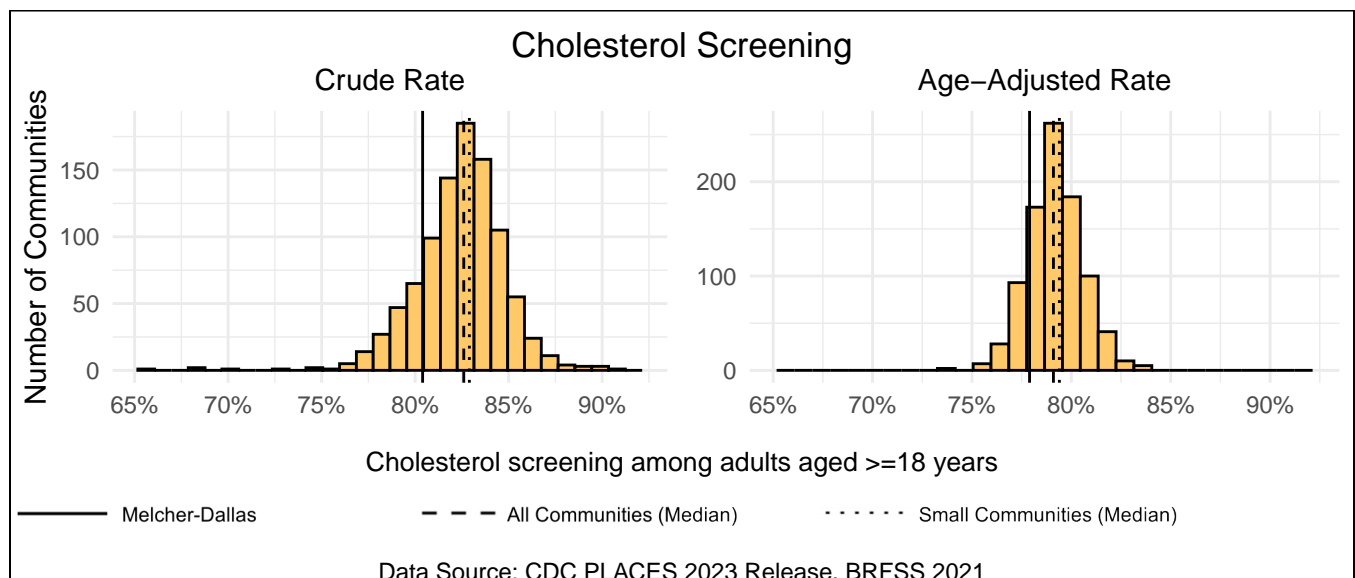
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	76.1%	75.2%	75.5%
Age-Adjusted	74.0%	72.6%	72.6%



Cholesterol Screening

Melcher-Dallas has a crude rate of 80.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 793rd out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 77.9%, which ranks 747th out of 905 Iowa communities (121st out of 138 small communities).

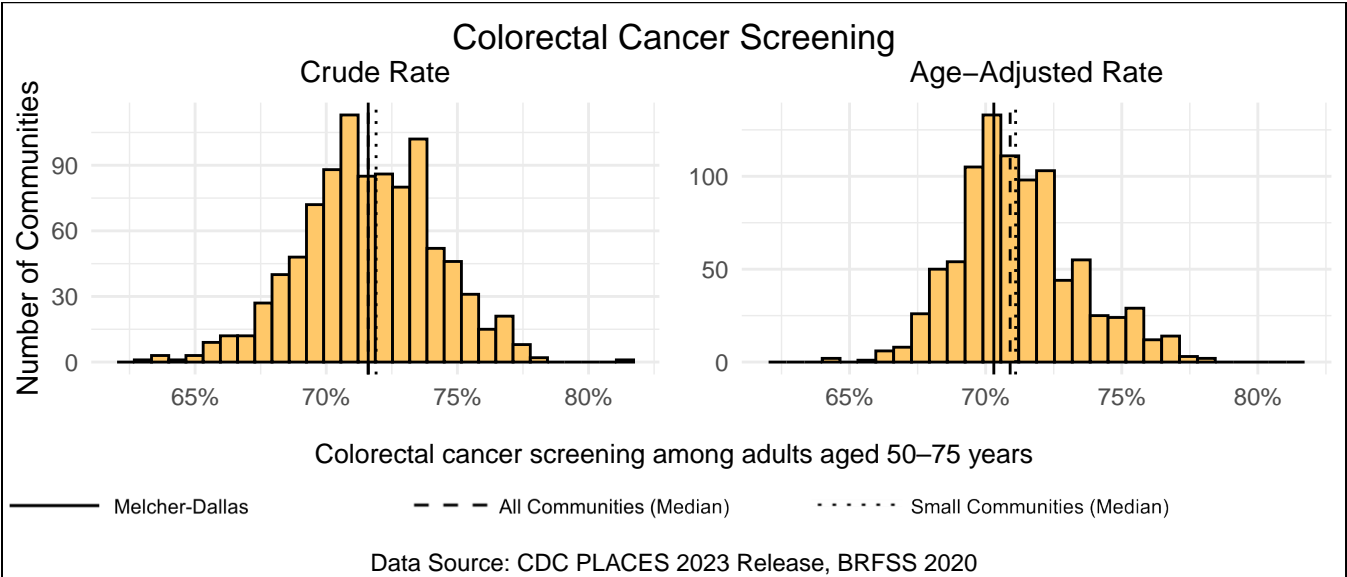
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	80.4%	82.6%	82.9%
Age-Adjusted	77.9%	79.1%	79.4%



Colorectal Cancer Screening

Melcher-Dallas has a crude rate of 71.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 473rd out of 958 Iowa communities (76th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 70.3%, which ranks 553rd out of 905 Iowa communities (97th out of 138 small communities).

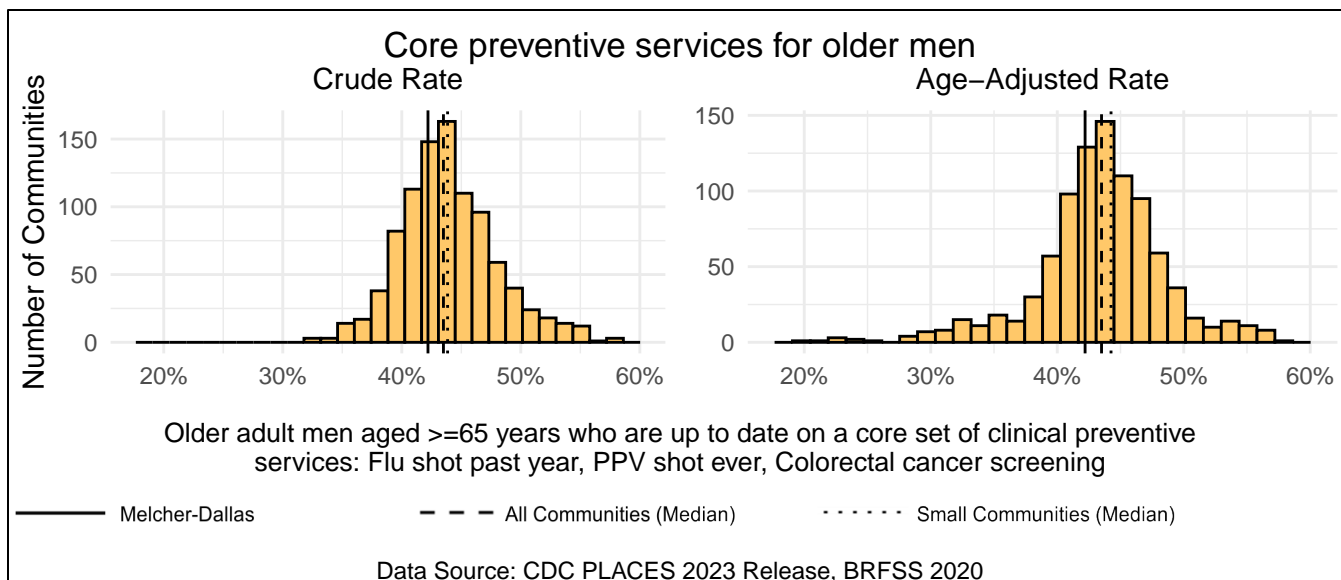
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	71.6%	71.6%	71.9%
Age-Adjusted	70.3%	70.9%	71.1%



Core preventive services for older men

Melcher-Dallas has a crude rate of 42.2% 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 634th out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 42.2%, which ranks 573rd out of 905 Iowa communities (107th out of 138 small communities).

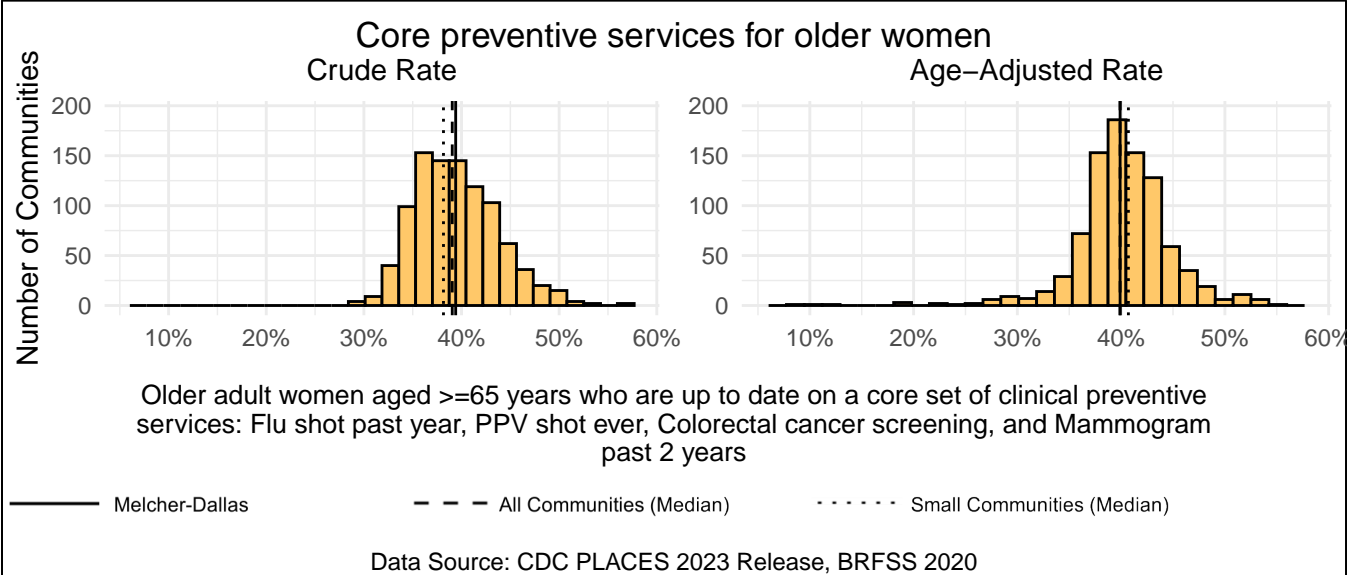
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	42.2%	43.5%	43.8%
Age-Adjusted	42.2%	43.5%	44.2%



Core preventive services for older women

Melcher-Dallas has a crude rate of 39.4% 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 441st out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 39.9%, which ranks 447th out of 905 Iowa communities (75th out of 138 small communities).

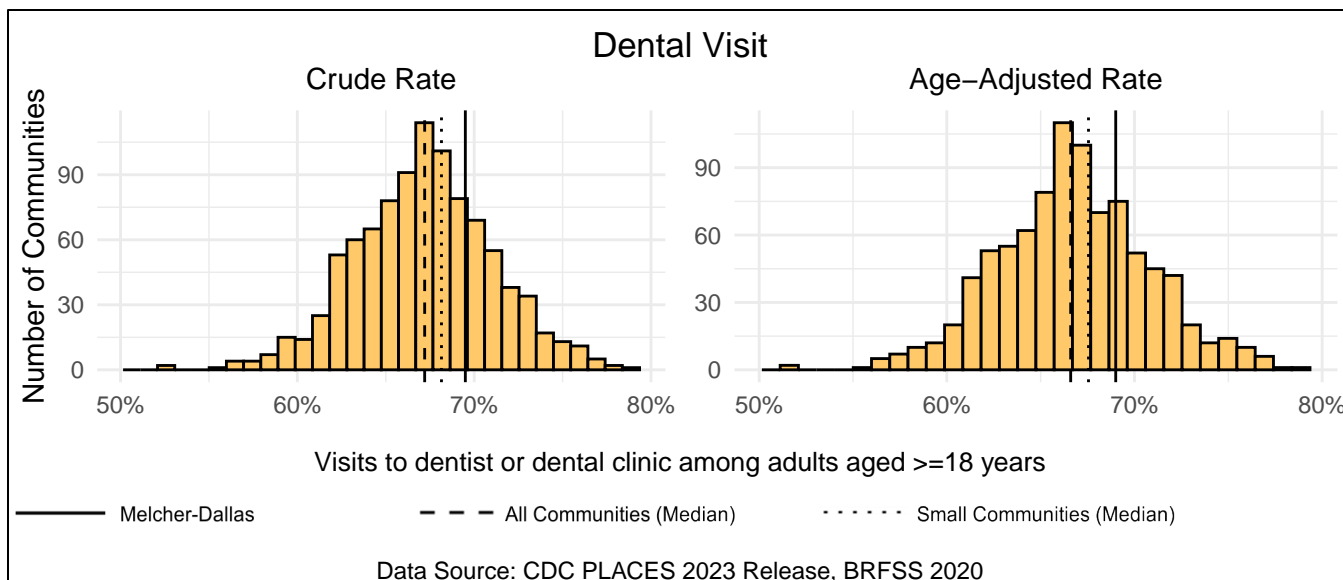
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	39.4%	39.0%	38.2%
Age-Adjusted	39.9%	39.9%	40.7%



Dental Visit

Melcher-Dallas has a crude rate of 69.5% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 257th out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 69.0%, which ranks 248th out of 905 Iowa communities (48th out of 138 small communities).

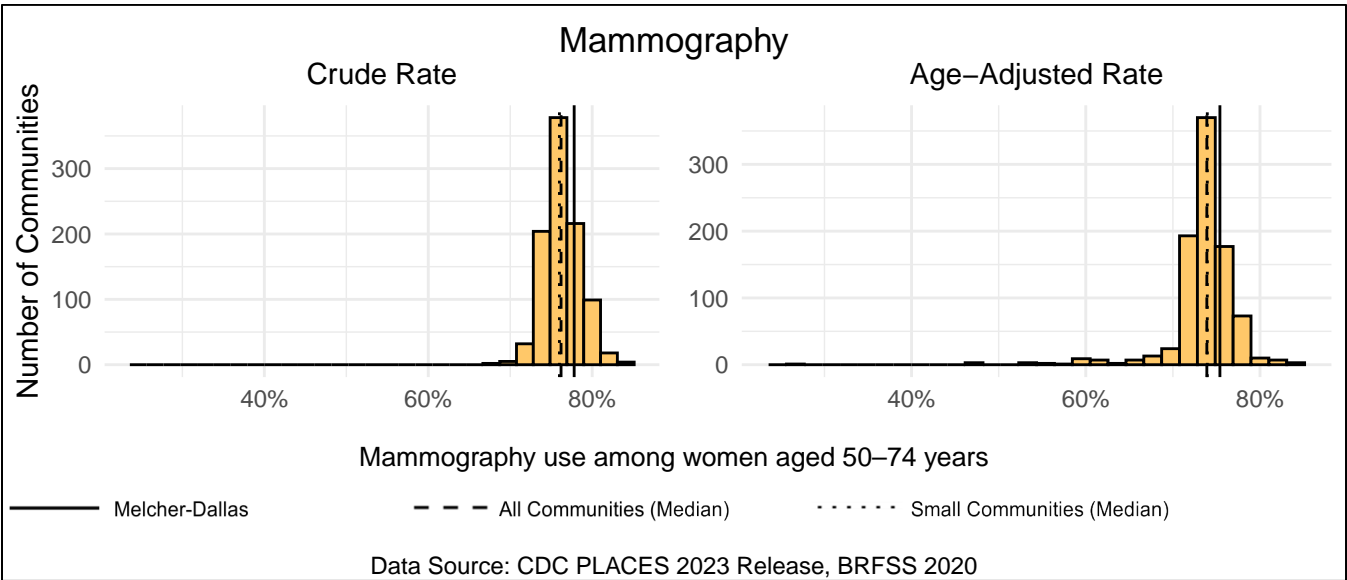
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	69.5%	67.2%	68.2%
Age-Adjusted	69.0%	66.6%	67.5%



Mammography

Melcher-Dallas has a crude rate of 77.8% for mammography use among women aged 50–74 years, which ranks 230th out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 75.4%, which ranks 208th out of 905 Iowa communities (33rd out of 138 small communities).

Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	77.8%	76.2%	76.0%
Age-Adjusted	75.4%	73.9%	74.0%



Disability

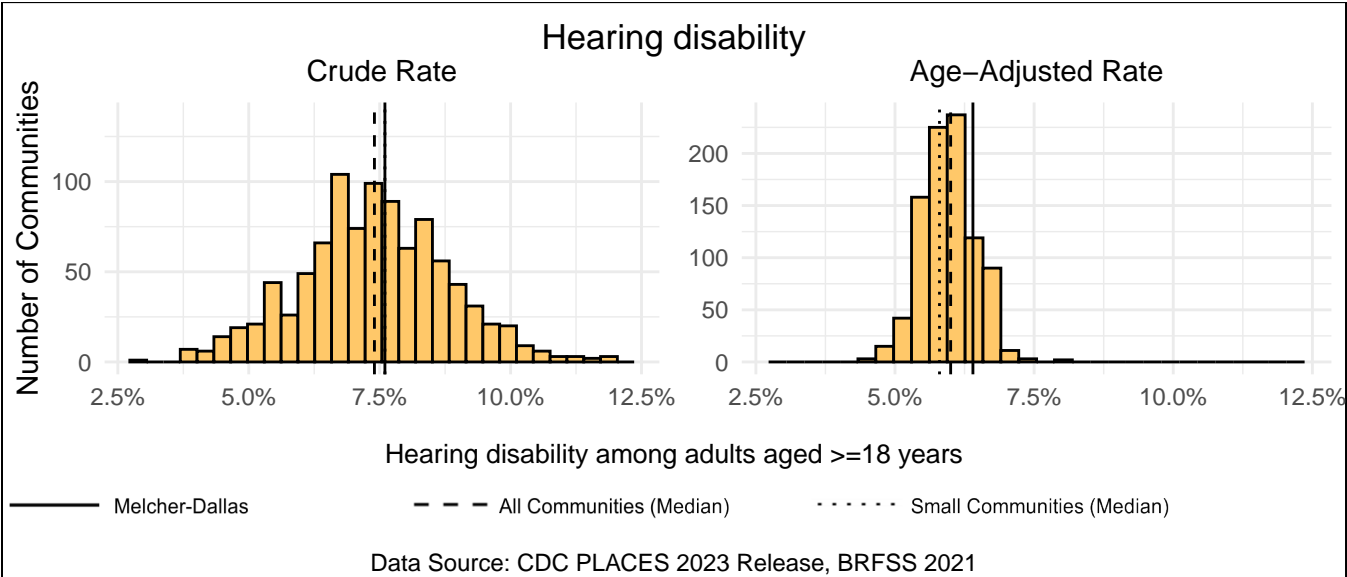
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Melcher-Dallas has a crude rate of 7.6% for hearing disability among adults aged ≥ 18 years, which ranks 531st out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 6.4%, which ranks 736th out of 905 Iowa communities (124th out of 138 small communities).

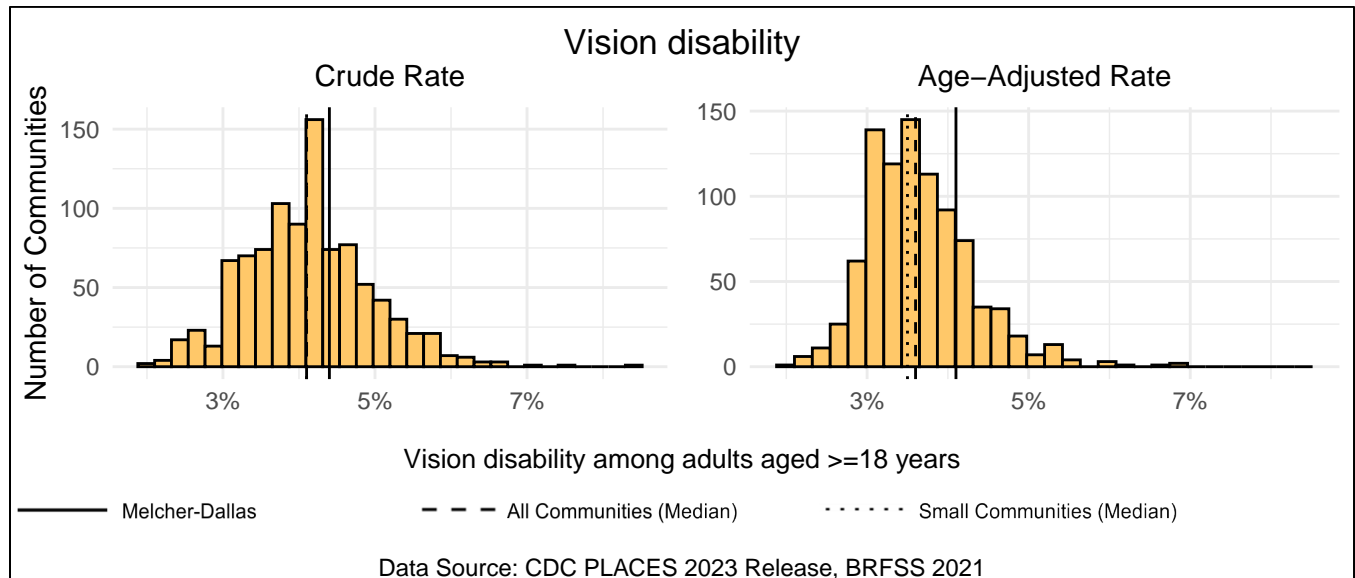
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	7.6%	7.4%	7.6%
Age-Adjusted	6.4%	6.0%	5.8%



Vision disability

Melcher-Dallas has a crude rate of 4.4% for vision disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 4.1%, which ranks 714th out of 905 Iowa communities (117th out of 138 small communities).

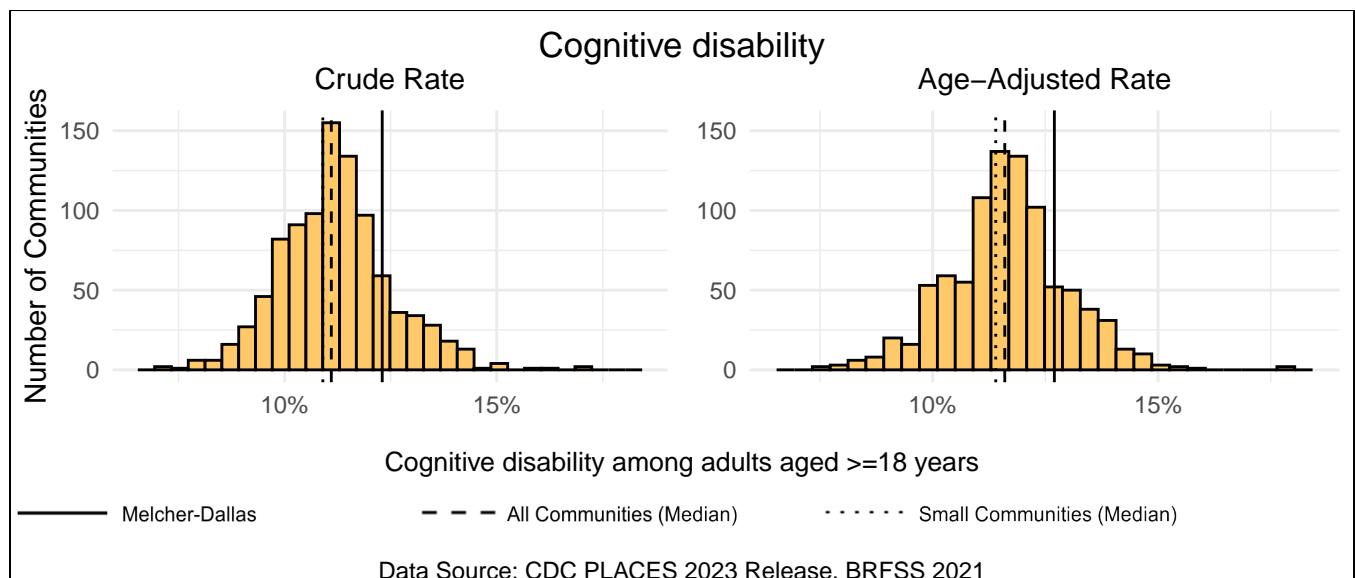
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	4.4%	4.1%	4.1%
Age-Adjusted	4.1%	3.6%	3.5%



Cognitive disability

Melcher-Dallas has a crude rate of 12.3% for cognitive disability among adults aged ≥ 18 years, which ranks 794th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 12.7%, which ranks 738th out of 905 Iowa communities (122nd out of 138 small communities).

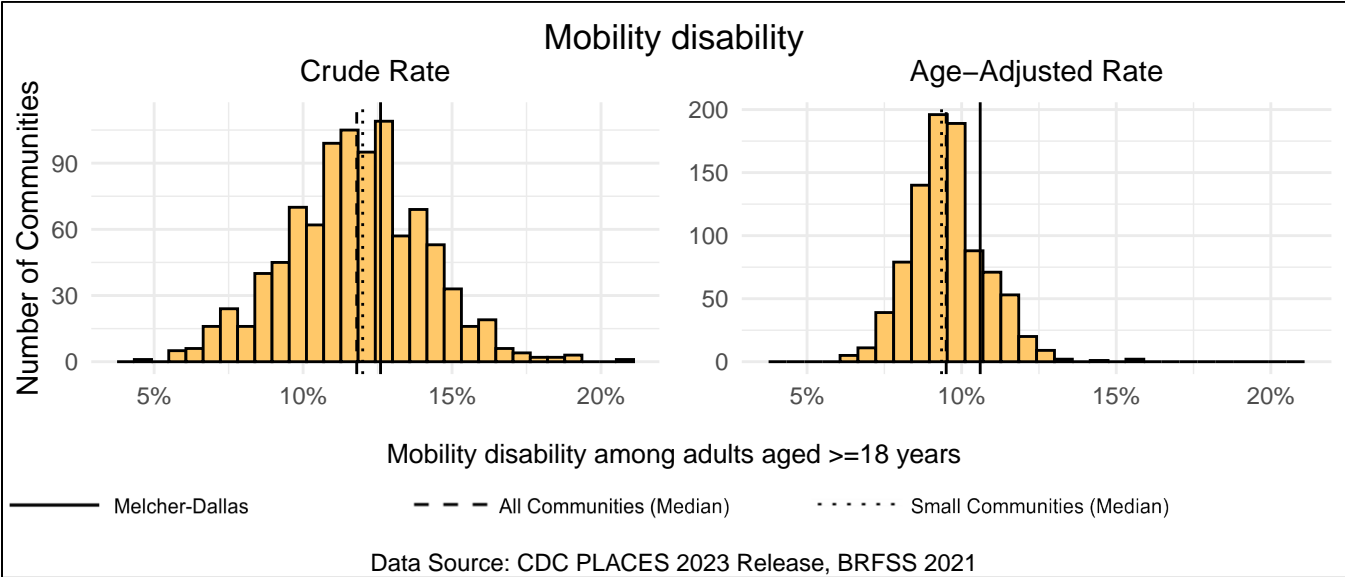
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	12.3%	11.1%	10.9%
Age-Adjusted	12.7%	11.6%	11.4%



Mobility disability

Melcher-Dallas has a crude rate of 12.6% for mobility disability among adults aged ≥ 18 years, which ranks 603rd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 10.6%, which ranks 736th out of 905 Iowa communities (120th out of 138 small communities).

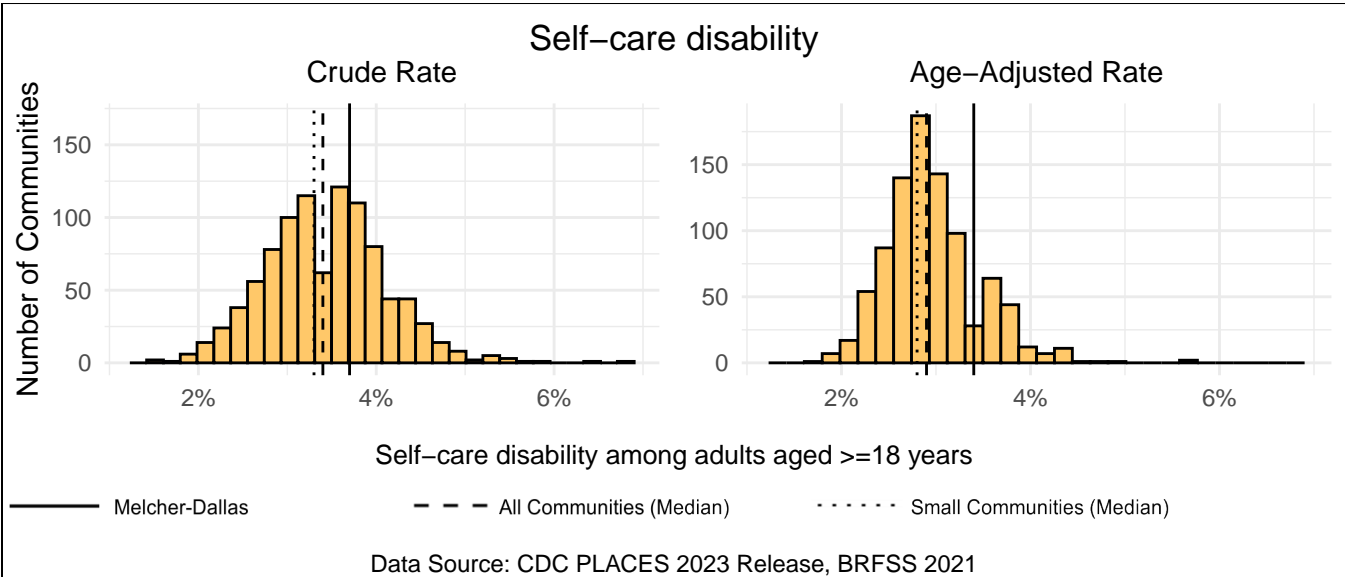
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	12.6%	11.8%	12.0%
Age-Adjusted	10.6%	9.5%	9.4%



Self-care disability

Melcher-Dallas has a crude rate of 3.7% for self-care disability among adults aged ≥ 18 years, which ranks 618th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 3.4%, which ranks 735th out of 905 Iowa communities (121st out of 138 small communities).

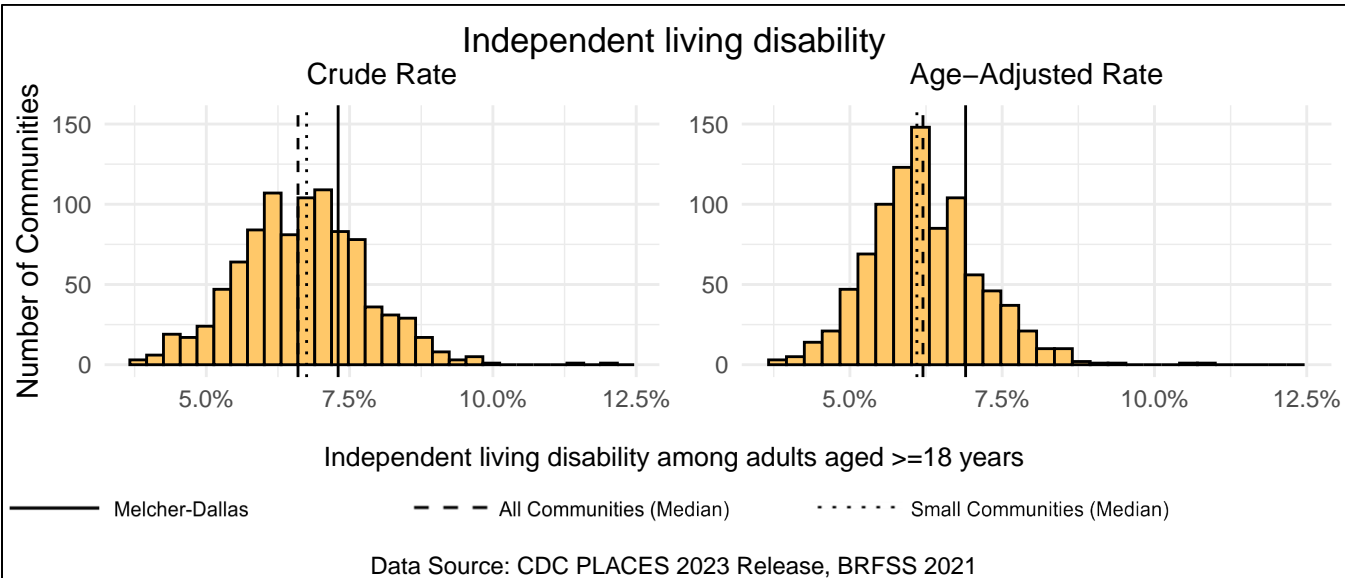
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	3.7%	3.4%	3.3%
Age-Adjusted	3.4%	2.9%	2.8%



Independent living disability

Melcher-Dallas has a crude rate of 7.3% for independent living disability among adults aged ≥ 18 years, which ranks 697th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 6.9%, which ranks 720th out of 905 Iowa communities (118th out of 138 small communities).

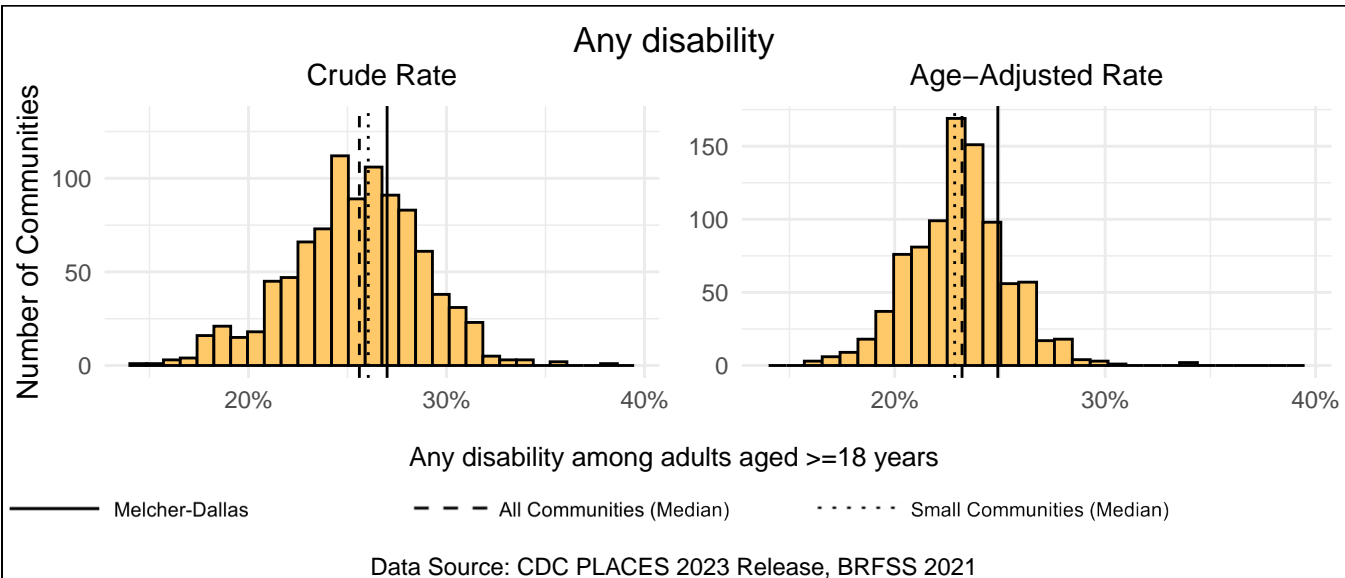
Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	7.3%	6.6%	6.8%
Age-Adjusted	6.9%	6.2%	6.1%



Any disability

Melcher-Dallas has a crude rate of 27.0% for any disability among adults aged ≥ 18 years, which ranks 637th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Melcher-Dallas is 24.9%, which ranks 737th out of 905 Iowa communities (121st out of 138 small communities).

Measure Type	Melcher-Dallas	All Comm.	Small Comm.
Crude	27.0%	25.6%	26.0%
Age-Adjusted	24.9%	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: Melcher-Dallas 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	825	15.5% (13.4% - 17.7%)	765	16.5% (14.3% - 18.7%)
Health Status	Physical Health	656	11.4% (9.8% - 13.0%)	742	10.6% (9.1% - 12.1%)
Health Status	General Health	649	15.2% (13.0% - 17.7%)	712	14.0% (12.0% - 16.0%)
Health Risk Behaviors	Physical Inactivity	686	27.7% (23.1% - 32.7%)	726	26.3% (21.7% - 30.8%)
Health Risk Behaviors	Binge Drinking	530	19.8% (16.4% - 23.3%)	389	21.8% (18.2% - 25.6%)
Health Risk Behaviors	Current Smoking	774	18.5% (15.2% - 22.0%)	750	19.4% (15.9% - 23.0%)
Health Risk Behaviors	Sleep <7 hours	832	32.1% (30.8% - 33.1%)	831	33.0% (31.7% - 34.1%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.6%)	623	2.7% (2.5% - 3.0%)
Health Outcomes	High Cholesterol	704	37.9% (33.1% - 42.4%)	872	31.6% (26.8% - 36.0%)
Health Outcomes	Obesity	735	39.3% (32.1% - 46.3%)	725	39.6% (32.5% - 46.4%)
Health Outcomes	Depression	797	19.2% (15.7% - 22.8%)	758	20.1% (16.6% - 23.7%)
Health Outcomes	Stroke	538	3.4% (3.0% - 3.8%)	714	2.8% (2.5% - 3.1%)
Health Outcomes	COPD	613	7.9% (6.7% - 9.3%)	734	6.9% (5.9% - 7.9%)
Health Outcomes	Arthritis	373	26.9% (22.9% - 30.7%)	426	23.1% (19.5% - 26.6%)
Health Outcomes	Current Asthma	625	9.5% (8.4% - 10.7%)	513	9.6% (8.5% - 10.8%)
Health Outcomes	Cancer (except skin)	418	7.9% (7.1% - 8.7%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Coronary Heart Disease	569	6.8% (6.0% - 7.7%)	759	5.5% (4.8% - 6.2%)
Health Outcomes	All Teeth Lost	663	13.9% (10.4% - 17.7%)	628	13.7% (10.3% - 17.5%)
Health Outcomes	High Blood Pressure	604	33.3% (29.0% - 37.2%)	808	29.3% (25.4% - 33.0%)
Health Outcomes	Diabetes	670	10.9% (9.2% - 12.6%)	760	9.1% (7.8% - 10.6%)
Prevention	Annual Checkup	291	76.1% (71.2% - 80.1%)	86	74.0% (68.8% - 78.4%)
Prevention	Colorectal Cancer Screening	473	71.6% (69.4% - 73.9%)	553	70.3% (67.9% - 72.7%)
Prevention	Taking BP Medication	505	79.5% (76.4% - 82.3%)	126	59.8% (54.7% - 64.4%)
Prevention	Core preventive services for older men	634	42.2% (36.4% - 48.3%)	573	42.2% (36.4% - 48.3%)
Prevention	Cervical Cancer Screening	557	82.9% (80.9% - 84.8%)	477	83.1% (81.2% - 84.9%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	793	80.4% (77.3% - 83.3%)	747	77.9% (74.5% - 81.2%)
Prevention	Core preventive services for older women	441	39.4% (34.2% - 45.6%)	447	39.9% (34.7% - 45.6%)
Prevention	Health Insurance	702	8.0% (6.4% - 9.8%)	598	8.2% (6.6% - 10.2%)
Prevention	Mammography	230	77.8% (75.0% - 80.3%)	208	75.4% (72.4% - 78.5%)
Prevention	Dental Visit	257	69.5% (67.3% - 71.9%)	248	69.0% (66.7% - 71.5%)
Disability	Any Disability	637	27.0% (23.3% - 31.0%)	737	24.9% (21.2% - 28.5%)
Disability	Self-care Disability	618	3.7% (3.3% - 4.2%)	735	3.4% (2.9% - 3.8%)
Disability	Vision Disability	620	4.4% (3.9% - 5.1%)	714	4.1% (3.5% - 4.6%)
Disability	Mobility Disability	603	12.6% (10.7% - 14.5%)	736	10.6% (9.0% - 12.2%)
Disability	Cognitive Disability	794	12.3% (10.6% - 14.2%)	738	12.7% (10.9% - 14.5%)
Disability	Hearing Disability	531	7.6% (6.7% - 8.6%)	736	6.4% (5.6% - 7.1%)
Disability	Independent Living Disability	697	7.3% (6.3% - 8.3%)	720	6.9% (6.0% - 7.8%)

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

Appendix 3: Small Communities (1,000-2,499)

Melcher-Dallas 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		