



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 Milford: Overview

Dear Community Members & Stakeholders of Milford,

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 Milford ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Milford'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 Milford. 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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Core preventive services for older men	183rd	19th	Core preventive services for older men	120th	17th
Sleep <7 hours	224th	30th	Taking BP Medication	157th	32nd
High Cholesterol	418th	54th	Sleep <7 hours	162nd	26th
Cervical Cancer Screening	422nd	40th	Cervical Cancer Screening	402nd	49th
Diabetes	444th	52nd	High Cholesterol	467th	52nd

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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Current Asthma	716th	69th	Cancer (except skin)	831st	93rd
Mammography	701st	84th	Mammography	782nd	90th
Cholesterol Screening	694th	61st	Any Disability	742nd	73rd
Annual Checkup	685th	73rd	Annual Checkup	720th	85th
Core preventive services for older women	680th	58th	Cholesterol Screening	693rd	71st

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 Milford.

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

With a population of 3,295, Milford’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized 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

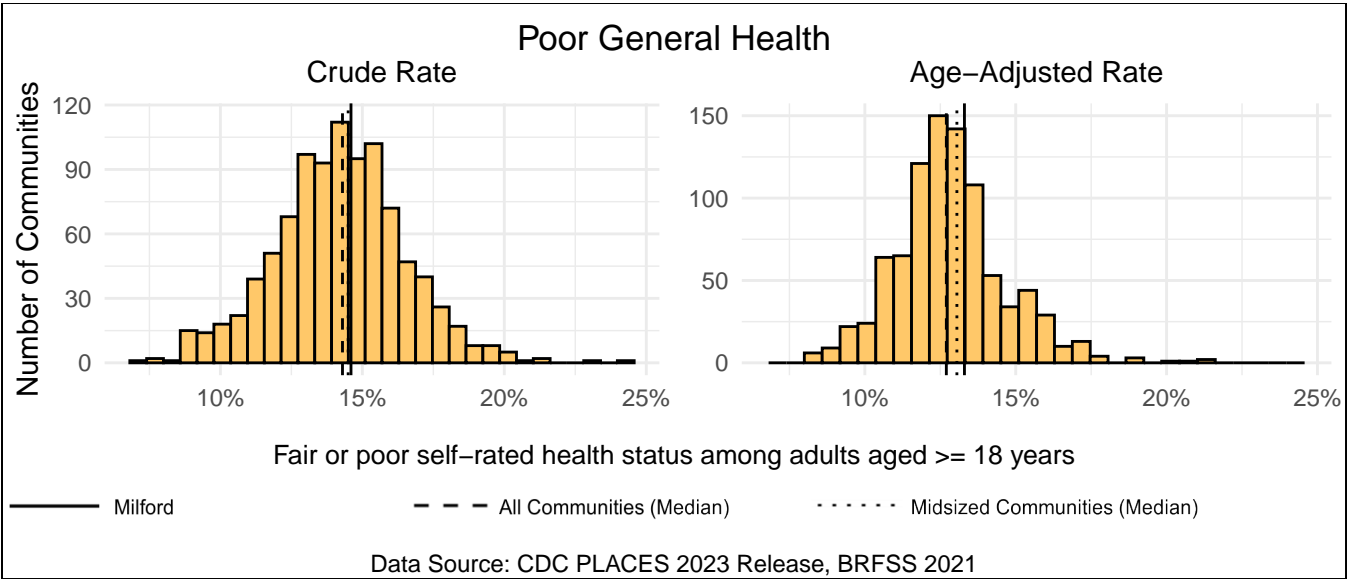
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Milford has a crude rate of 14.6% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 534th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Milford is 13.3%, which ranks 581st out of 905 Iowa communities (61st out of 102 midsized communities).

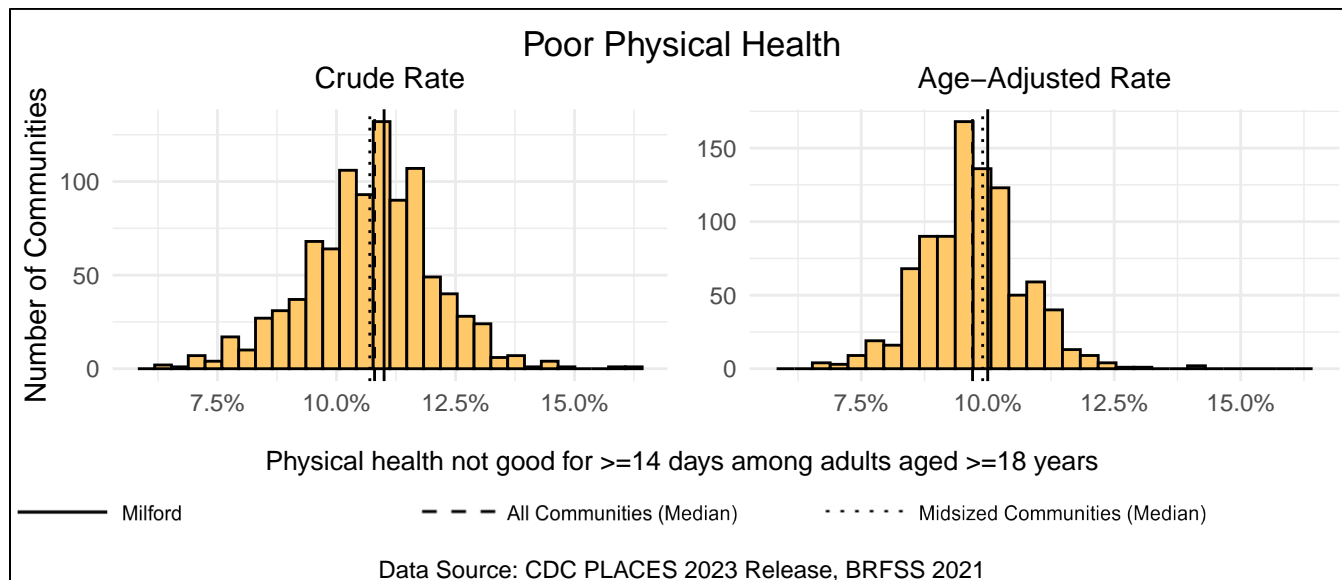
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	14.6%	14.3%	14.5%
Age-Adjusted	13.3%	12.7%	13.0%



Poor Physical Health

Milford has a crude rate of 11.0% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 539th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Milford is 10.0%, which ranks 559th out of 905 Iowa communities (57th out of 102 midsized communities).

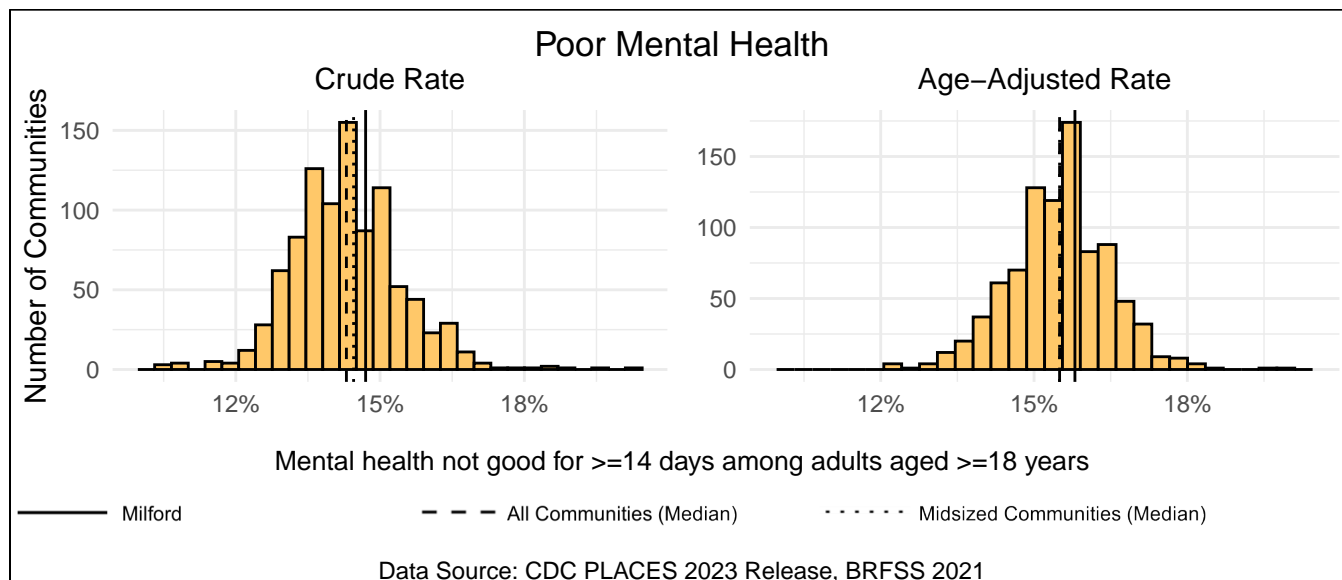
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	11.0%	10.8%	10.7%
Age-Adjusted	10.0%	9.7%	9.9%



Poor Mental Health

Milford has a crude rate of 14.7% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (58th out of 102 midsized communities). The age-adjusted rate for Milford is 15.8%, which ranks 555th out of 905 Iowa communities (66th out of 102 midsized communities).

Measure Type	Milford	All Comm.	Midsized Comm.
Crude	14.7%	14.3%	14.4%
Age-Adjusted	15.8%	15.5%	15.5%



Health Risk Behaviors

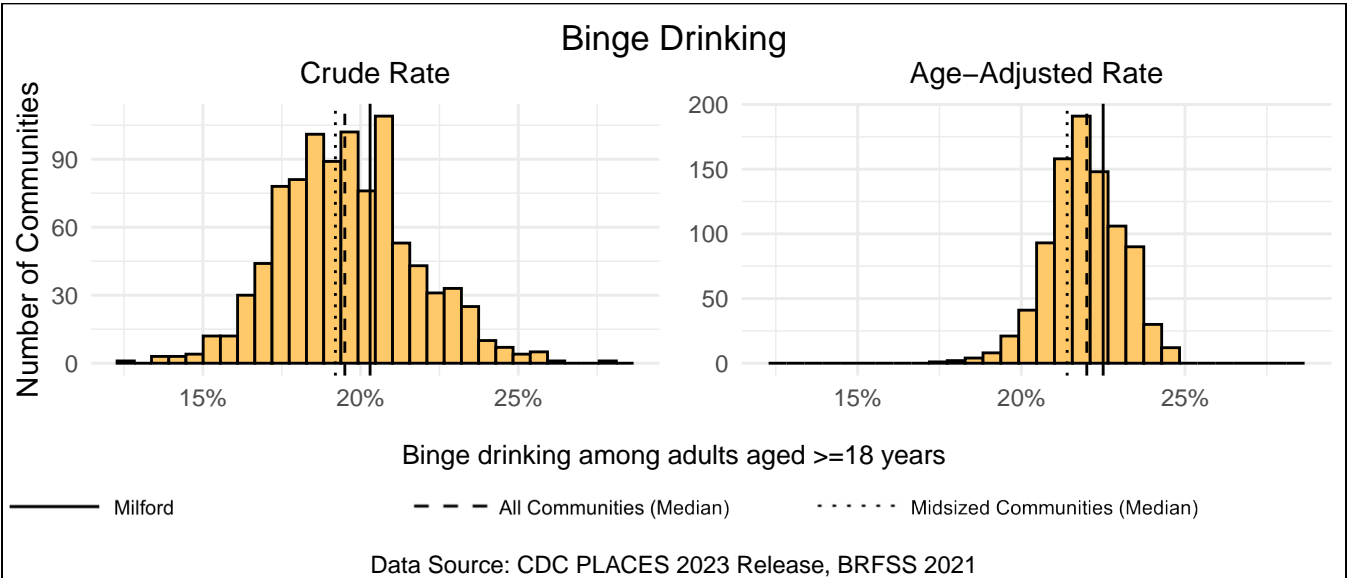
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Milford has a crude rate of 20.3% for binge drinking among adults aged ≥ 18 years, which ranks 613th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Milford is 22.5%, which ranks 609th out of 905 Iowa communities (72nd out of 102 midsize communities).

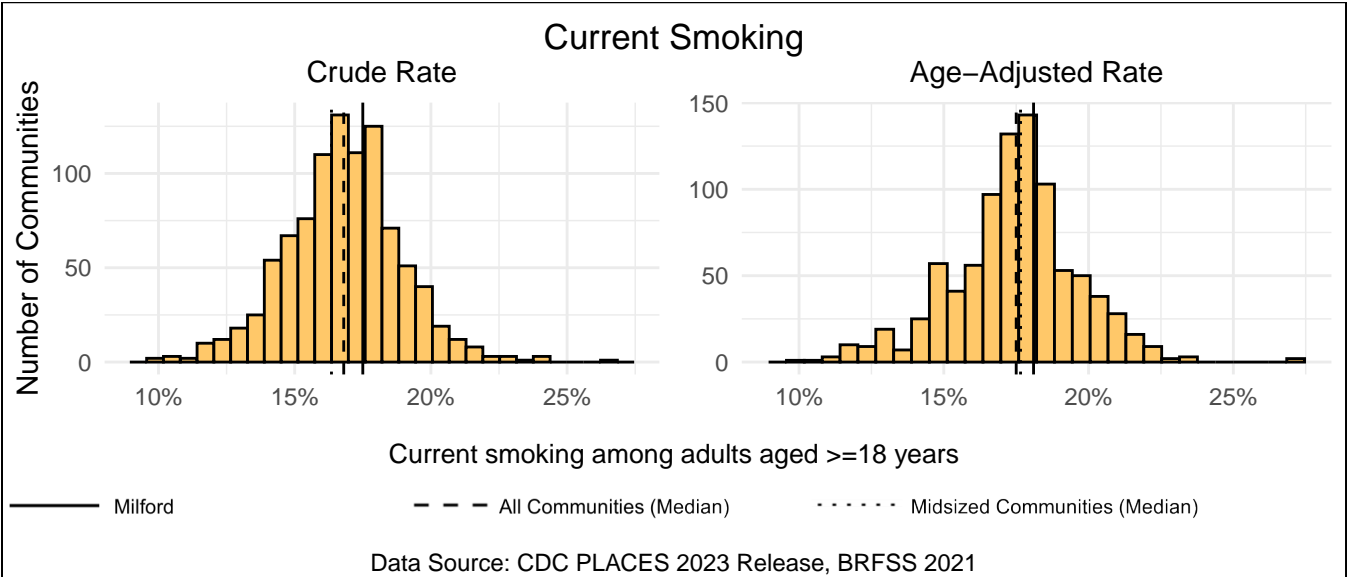
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	20.3%	19.5%	19.2%
Age-Adjusted	22.5%	22.0%	21.4%



Current Smoking

Milford has a crude rate of 17.5% for current smoking among adults aged >=18 years, which ranks 607th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Milford is 18.1%, which ranks 553rd out of 905 Iowa communities (62nd out of 102 mid-sized communities).

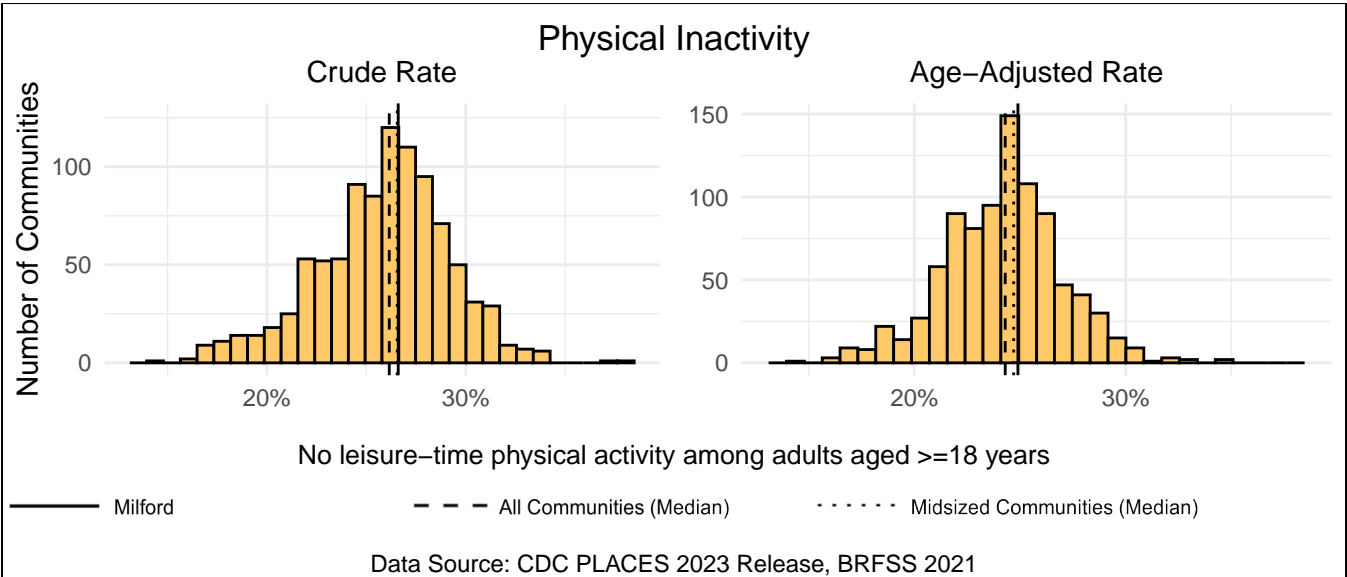
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	17.5%	16.8%	16.4%
Age-Adjusted	18.1%	17.5%	17.6%



Physical Inactivity

Milford 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 (52nd out of 102 mid-sized communities). The age-adjusted rate for Milford is 24.9%, which ranks 541st out of 905 Iowa communities (56th out of 102 mid-sized communities).

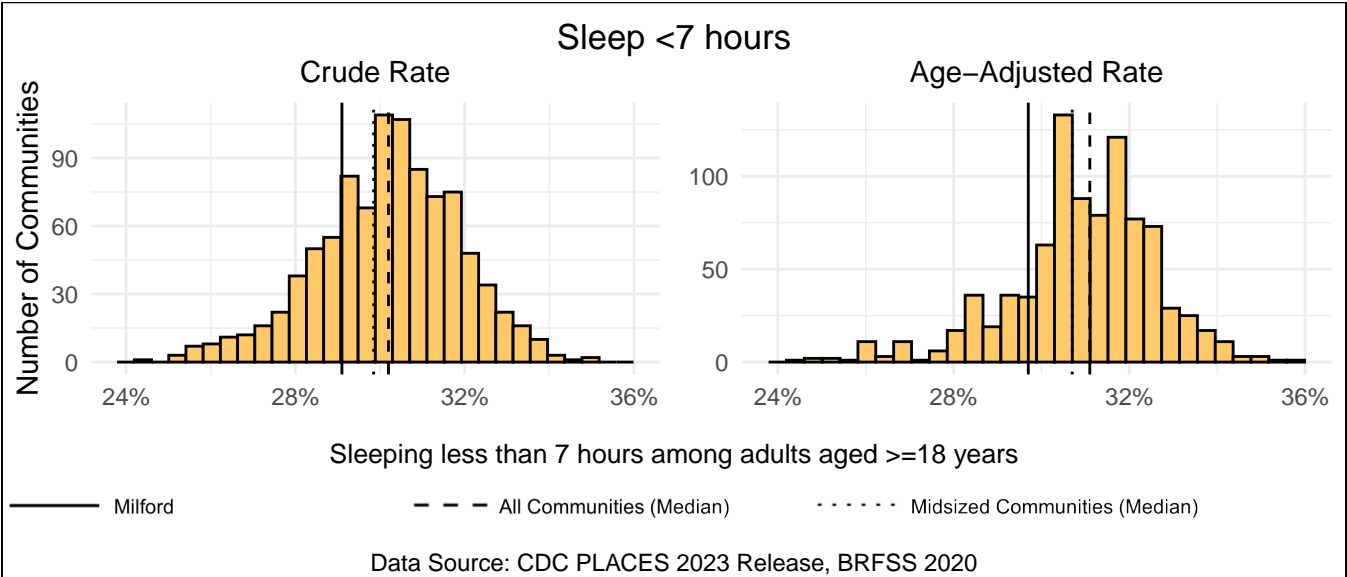
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	26.6%	26.1%	26.6%
Age-Adjusted	24.9%	24.3%	24.7%



Sleep <7 hours

Milford has a crude rate of 29.1% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 224th out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for Milford is 29.7%, which ranks 162nd out of 905 Iowa communities (26th out of 102 midsize communities).

Measure Type	Milford	All Comm.	Midsized Comm.
Crude	29.1%	30.2%	29.8%
Age-Adjusted	29.7%	31.1%	30.7%



Health Outcomes

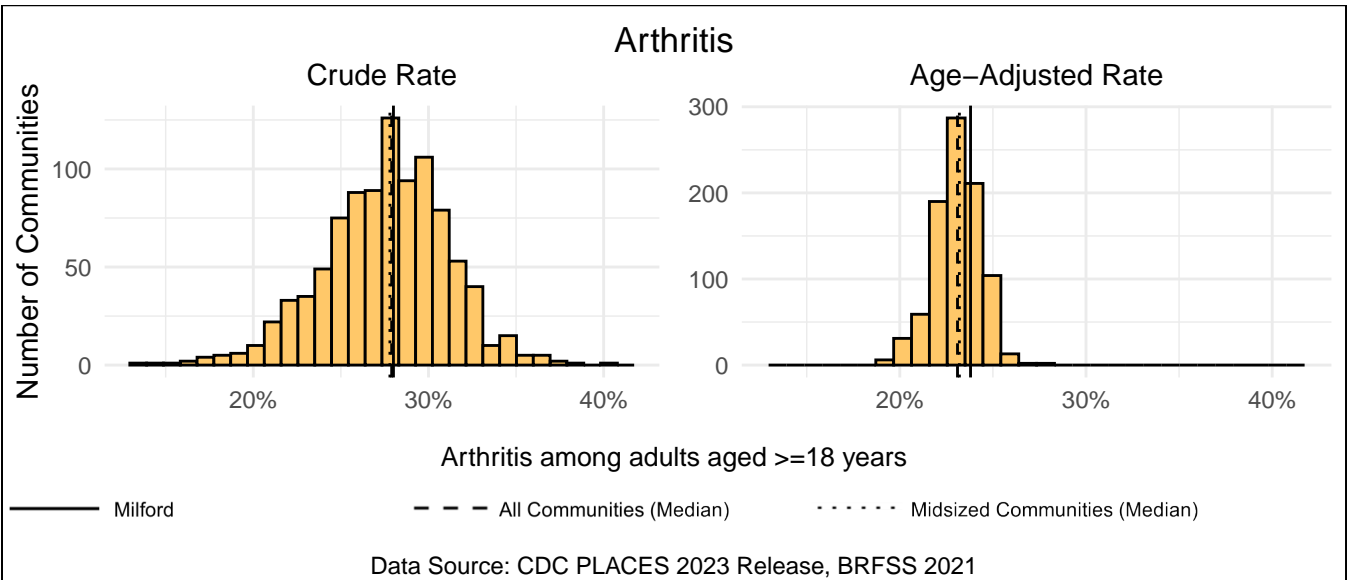
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Milford has a crude rate of 28.0% for arthritis among adults aged ≥ 18 years, which ranks 489th out of 958 Iowa communities (54th out of 102 midsized communities). The age-adjusted rate for Milford is 23.8%, which ranks 631st out of 905 Iowa communities (65th out of 102 midsized communities).

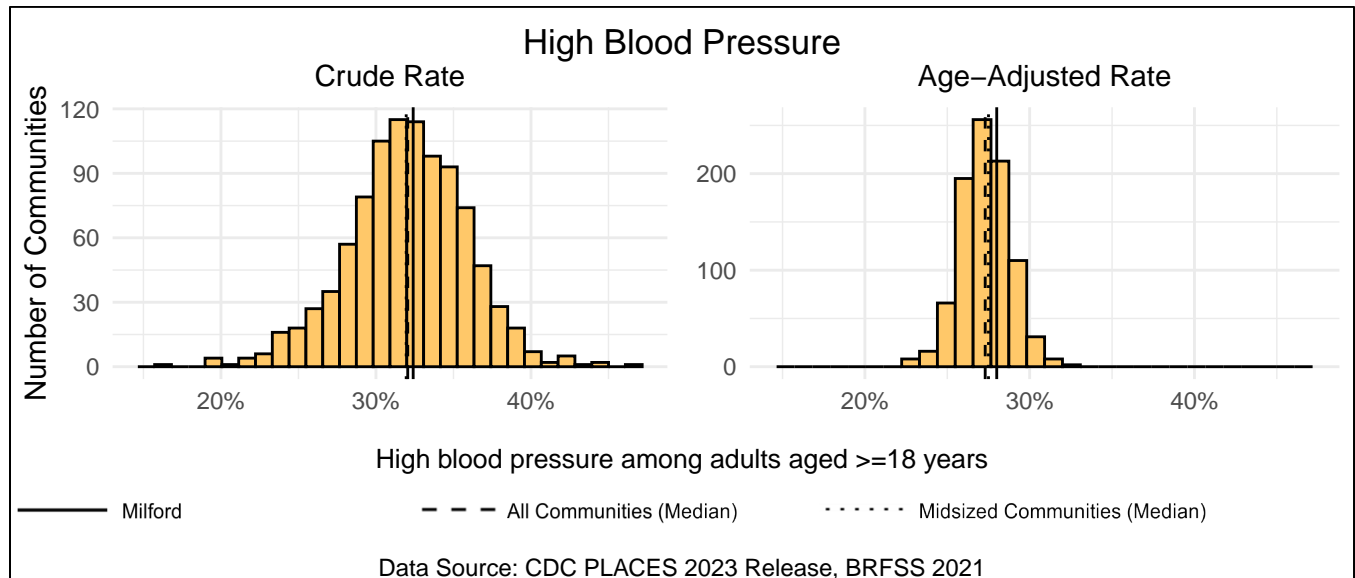
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	28.0%	27.9%	27.8%
Age-Adjusted	23.8%	23.1%	23.2%



High Blood Pressure

Milford has a crude rate of 32.4% for high blood pressure among adults aged ≥ 18 years, which ranks 503rd out of 958 Iowa communities (57th out of 102 midsize communities). The age-adjusted rate for Milford is 28.0%, which ranks 628th out of 905 Iowa communities (62nd out of 102 midsize communities).

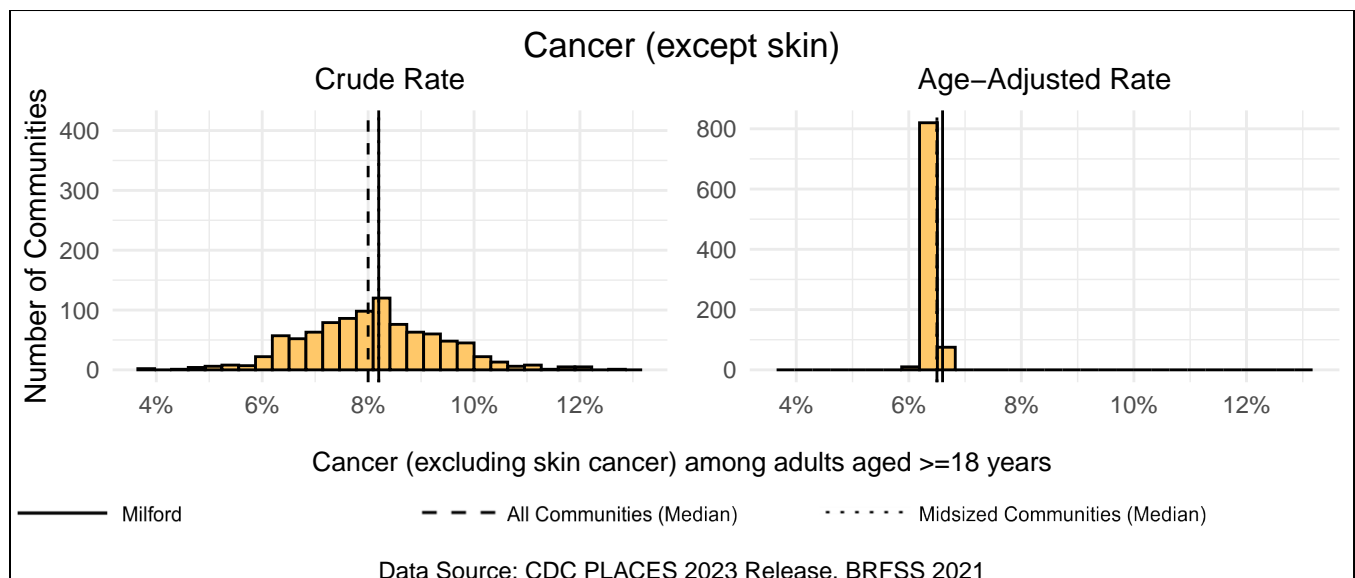
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	32.4%	32.0%	32.0%
Age-Adjusted	28.0%	27.3%	27.5%



Cancer (except skin)

Milford has a crude rate of 8.2% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 505th out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Milford is 6.6%, which ranks 831st out of 905 Iowa communities (93rd out of 102 midsize communities).

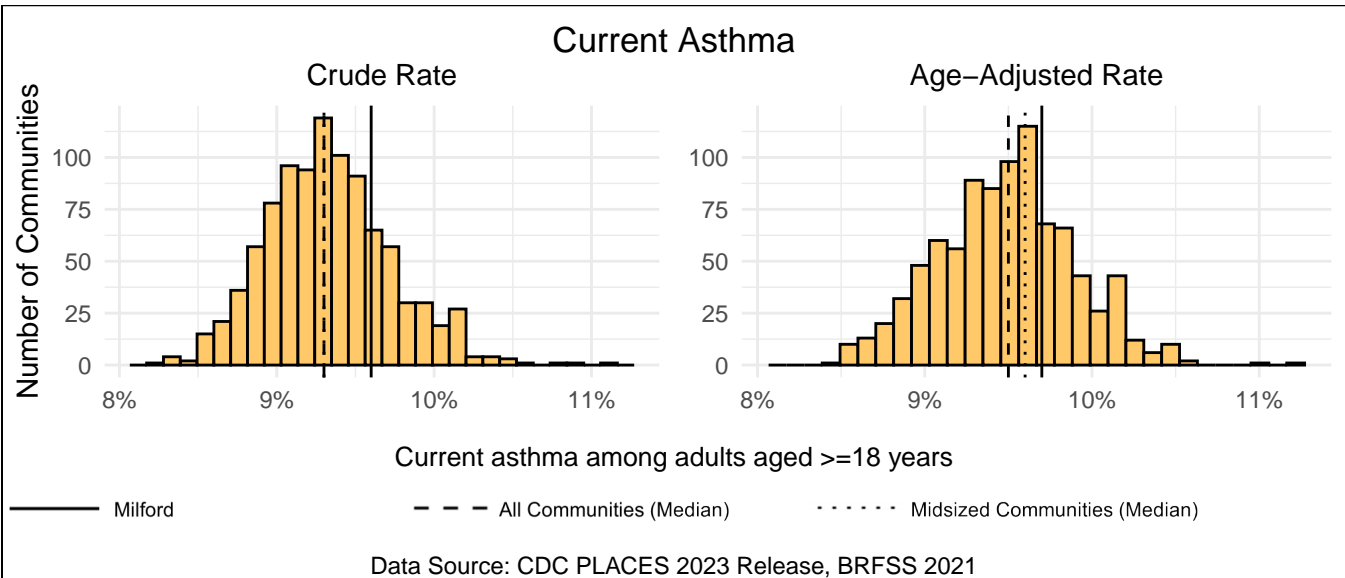
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	8.2%	8.0%	8.2%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

Milford has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Milford is 9.7%, which ranks 628th out of 905 Iowa communities (67th out of 102 midsize communities).

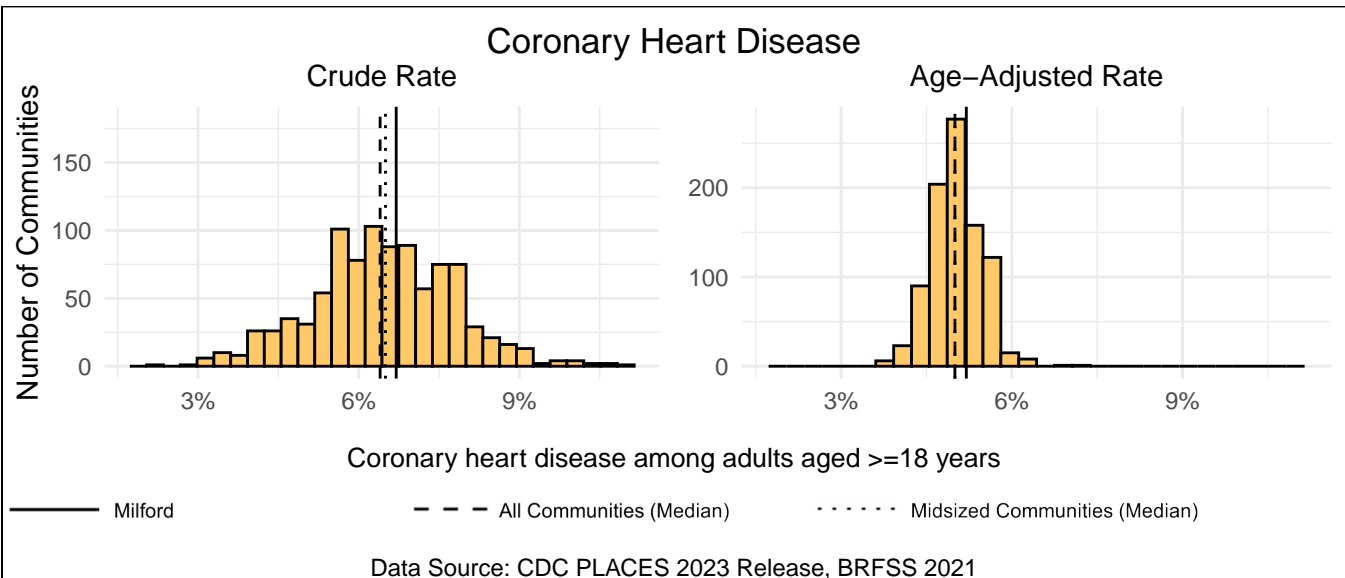
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.6%



Coronary Heart Disease

Milford has a crude rate of 6.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 536th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Milford is 5.2%, which ranks 601st out of 905 Iowa communities (63rd out of 102 midsize communities).

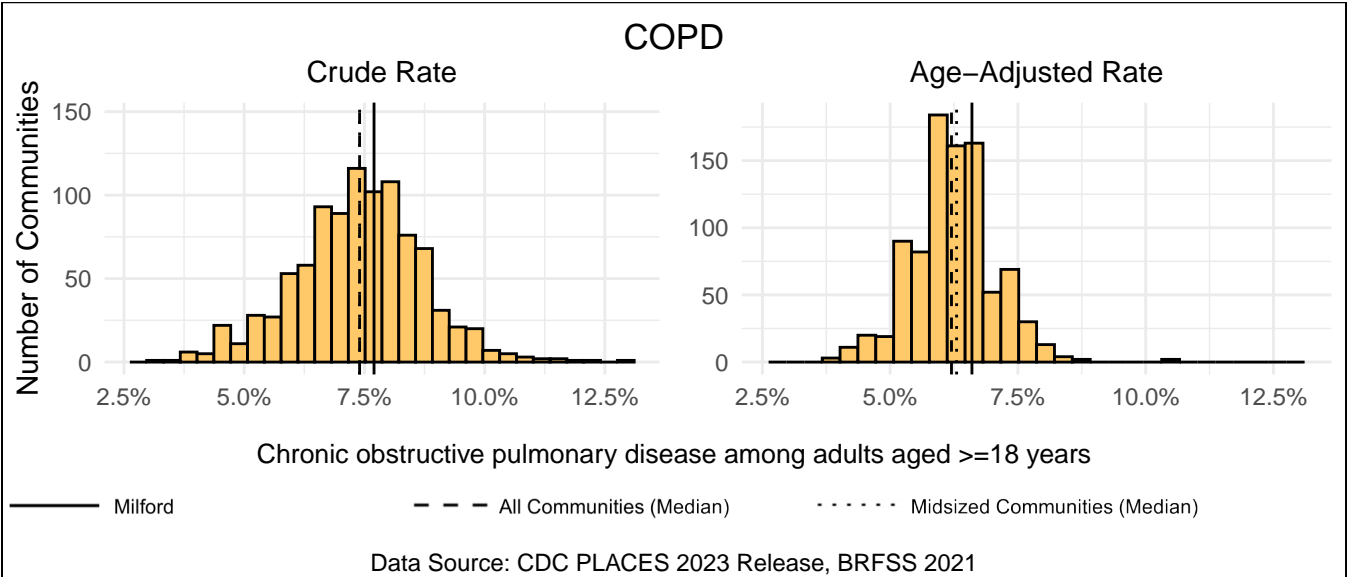
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	6.7%	6.4%	6.5%
Age-Adjusted	5.2%	5.0%	5.0%



COPD

Milford has a crude rate of 7.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (58th out of 102 midsized communities). The age-adjusted rate for Milford is 6.6%, which ranks 620th out of 905 Iowa communities (67th out of 102 midsized communities).

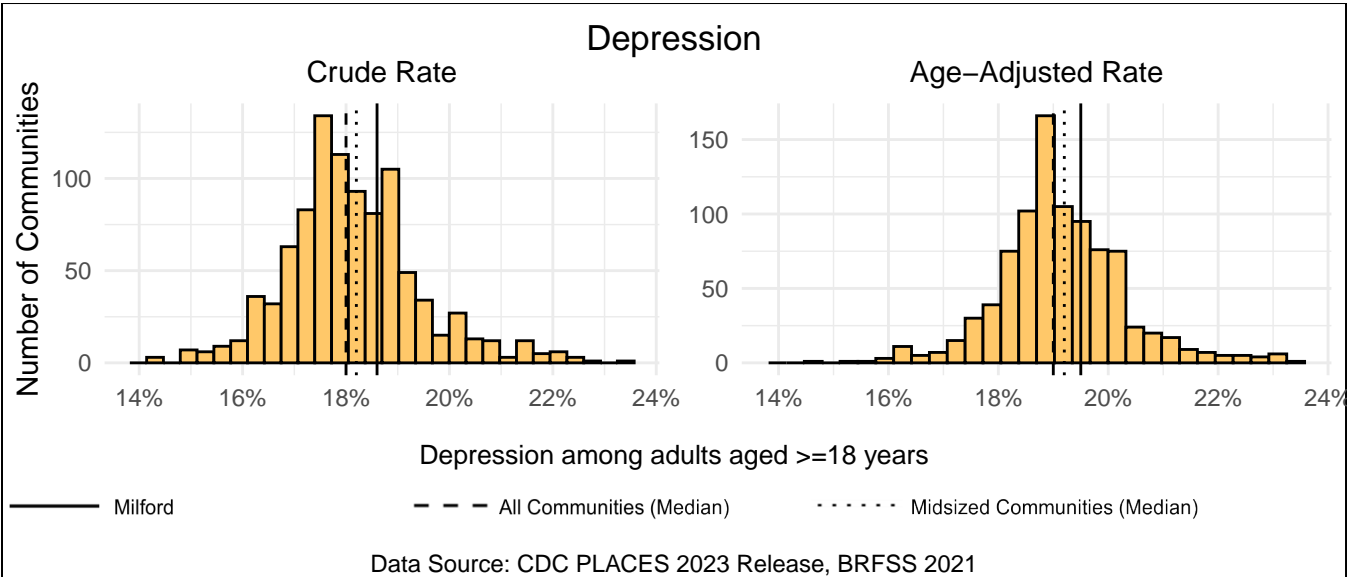
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	7.7%	7.4%	7.4%
Age-Adjusted	6.6%	6.2%	6.3%



Depression

Milford has a crude rate of 18.6% for depression among adults aged ≥ 18 years, which ranks 648th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Milford is 19.5%, which ranks 598th out of 905 Iowa communities (64th out of 102 midsized communities).

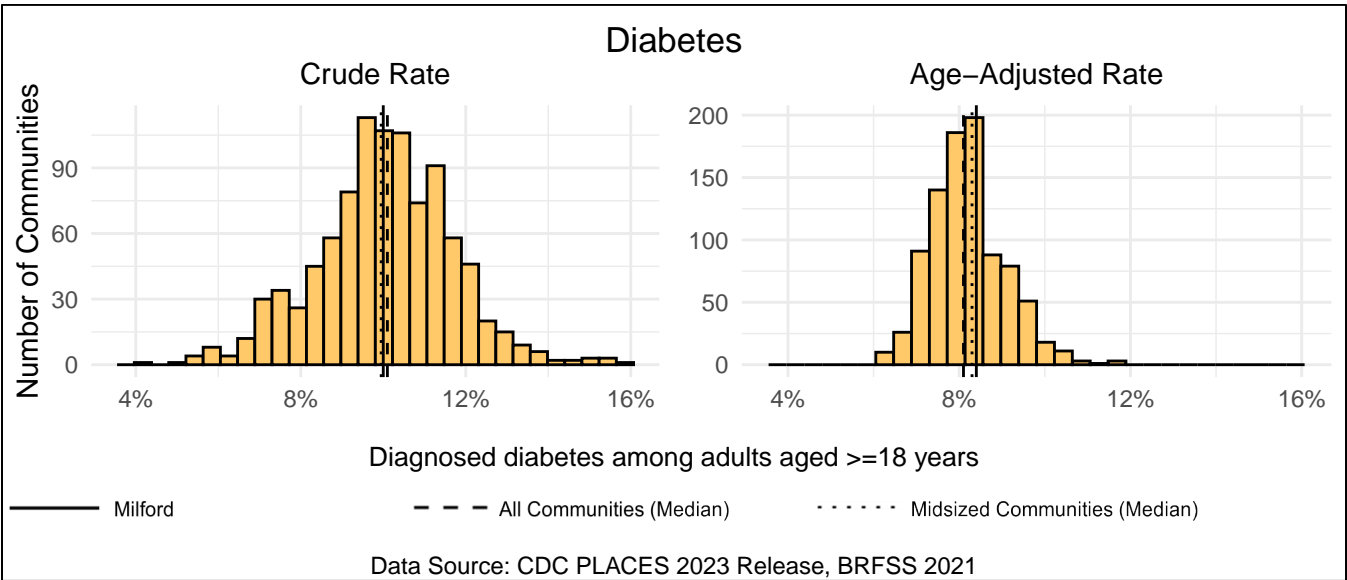
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	18.6%	18.0%	18.2%
Age-Adjusted	19.5%	19.0%	19.2%



Diabetes

Milford has a crude rate of 10.0% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 444th out of 958 Iowa communities (52nd out of 102 midsize communities). The age-adjusted rate for Milford is 8.4%, which ranks 567th out of 905 Iowa communities (56th out of 102 midsize communities).

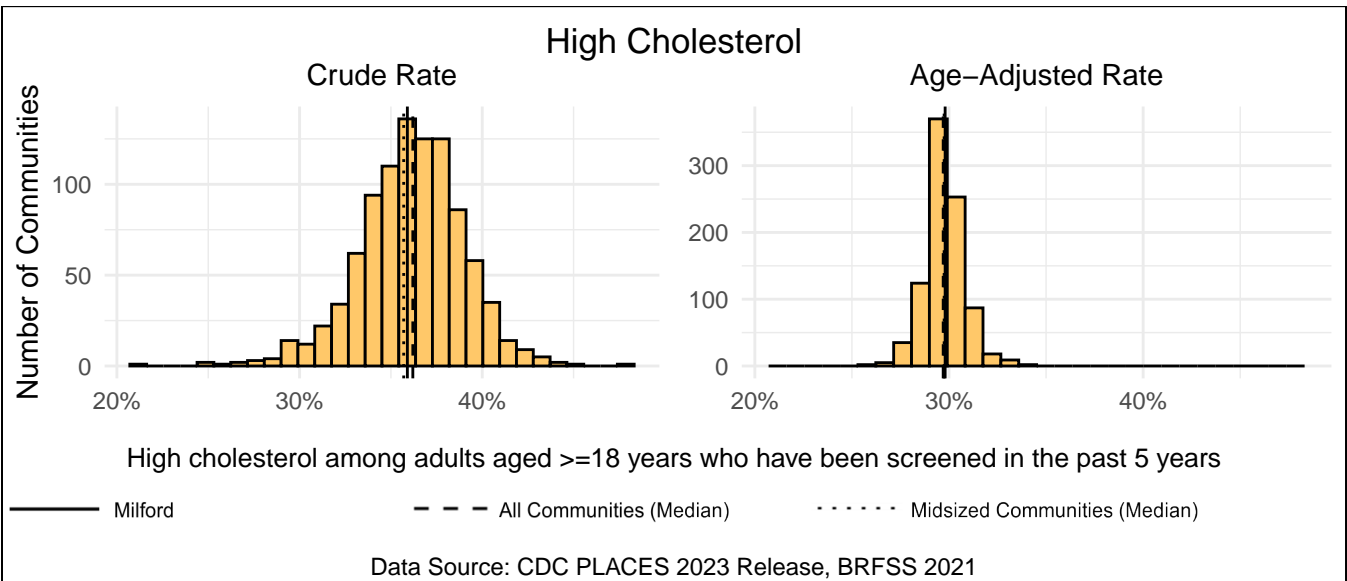
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	10.0%	10.1%	9.9%
Age-Adjusted	8.4%	8.1%	8.3%



High Cholesterol

Milford has a crude rate of 35.9% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 418th out of 958 Iowa communities (54th out of 102 midsize communities). The age-adjusted rate for Milford is 29.8%, which ranks 467th out of 905 Iowa communities (52nd out of 102 midsize communities).

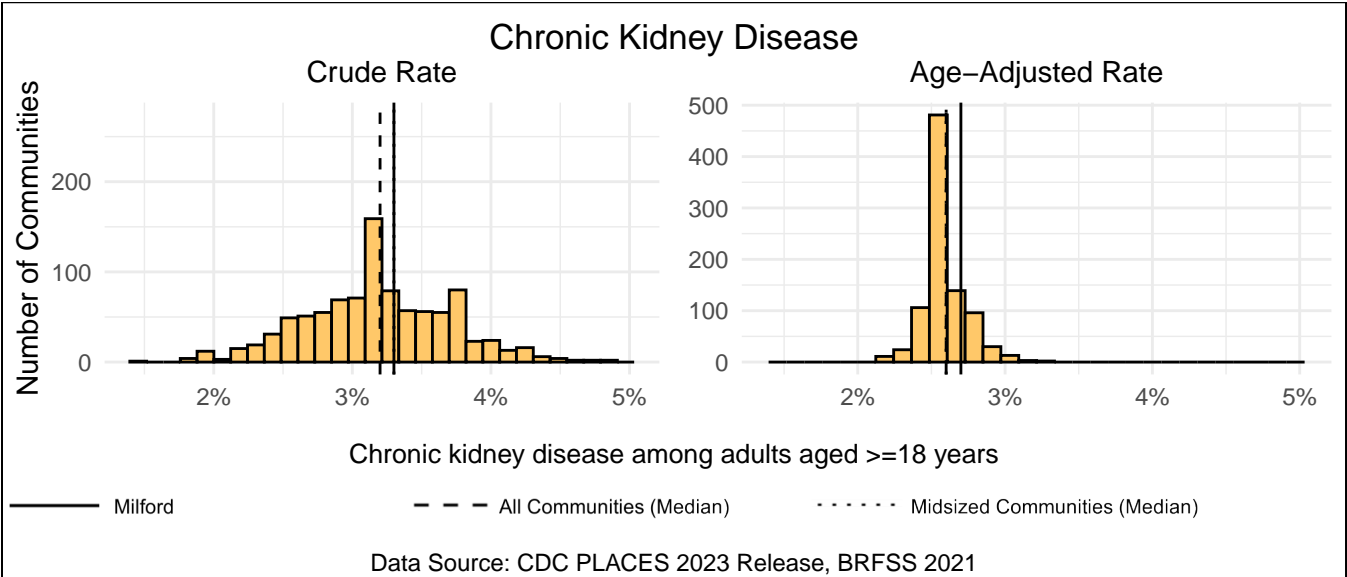
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	35.9%	36.2%	35.7%
Age-Adjusted	29.8%	29.7%	29.8%



Chronic Kidney Disease

Milford has a crude rate of 3.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Milford is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 midsize communities).

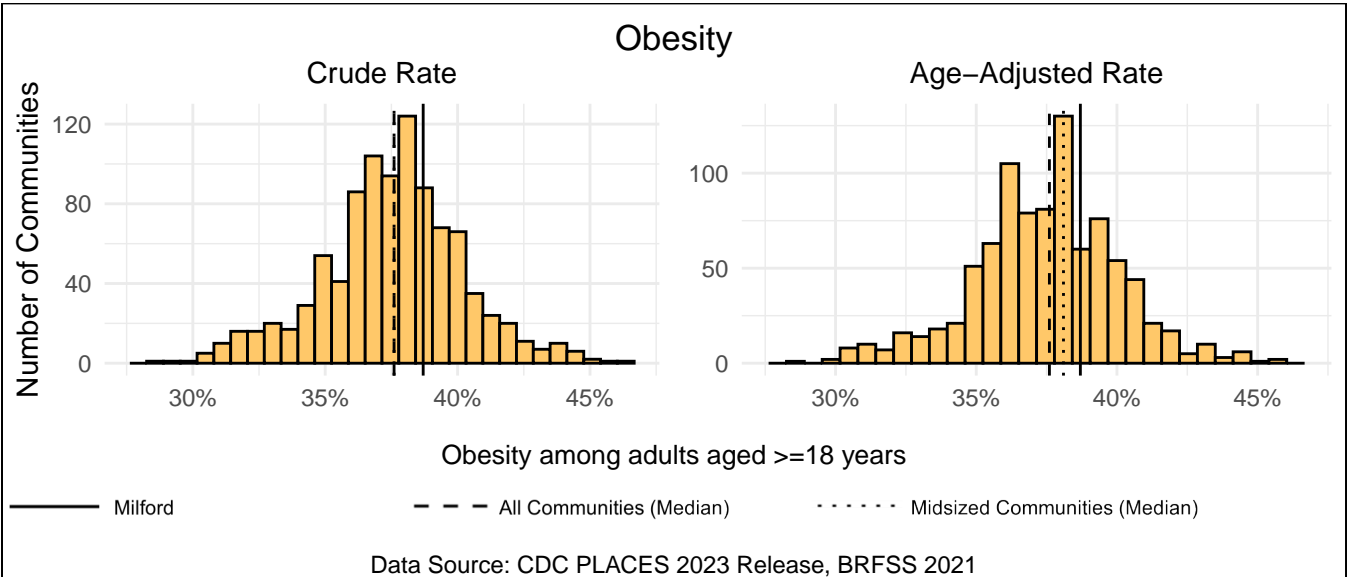
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	3.3%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Milford has a crude rate of 38.7% for obesity among adults aged ≥ 18 years, which ranks 650th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Milford is 38.7%, which ranks 627th out of 905 Iowa communities (61st out of 102 midsize communities).

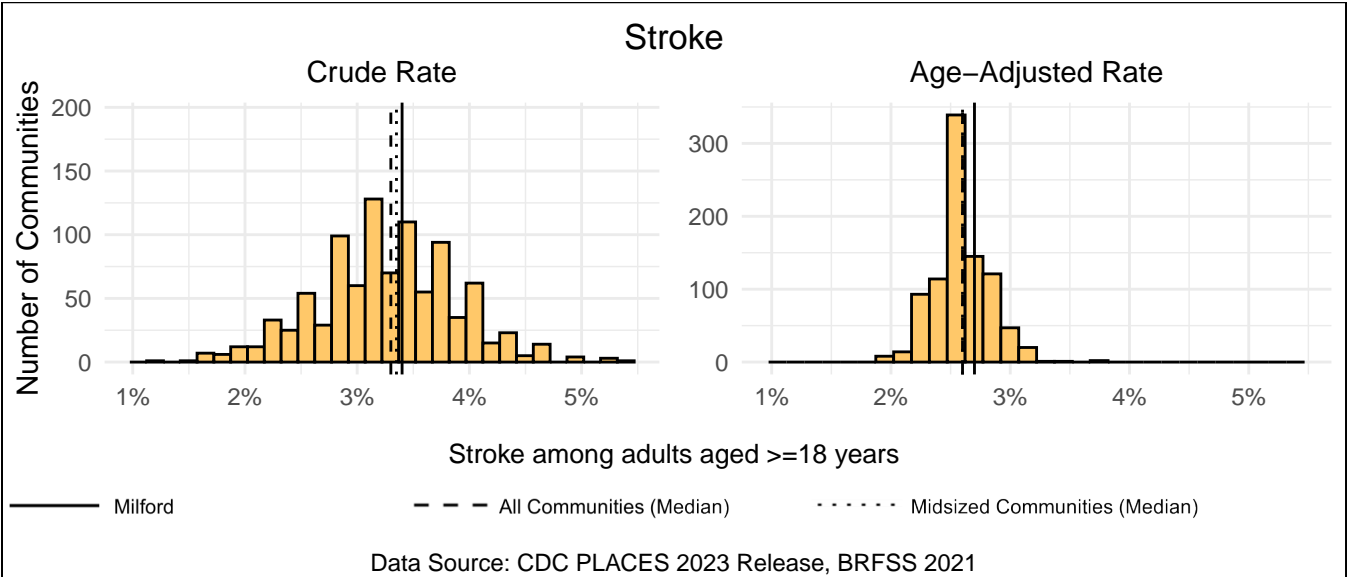
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	38.7%	37.6%	37.6%
Age-Adjusted	38.7%	37.6%	38.1%



Stroke

Milford has a crude rate of 3.4% for stroke among adults aged ≥ 18 years, which ranks 538th out of 958 Iowa communities (52nd out of 102 midsize communities). The age-adjusted rate for Milford is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 midsize communities).

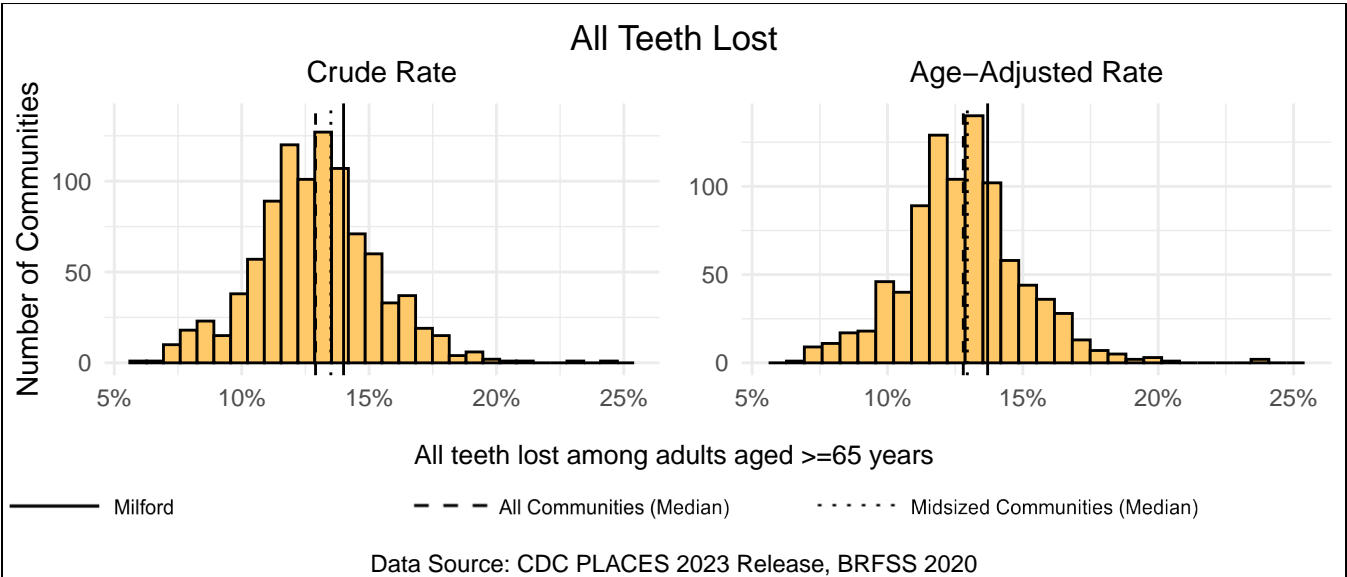
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	3.4%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



All Teeth Lost

Milford has a crude rate of 14.0% for all teeth lost among adults aged ≥ 65 years, which ranks 678th out of 958 Iowa communities (60th out of 102 midsize communities). The age-adjusted rate for Milford is 13.7%, which ranks 628th out of 905 Iowa communities (65th out of 102 midsize communities).

Measure Type	Milford	All Comm.	Midsized Comm.
Crude	14.0%	12.9%	13.5%
Age-Adjusted	13.7%	12.8%	12.9%



Prevention

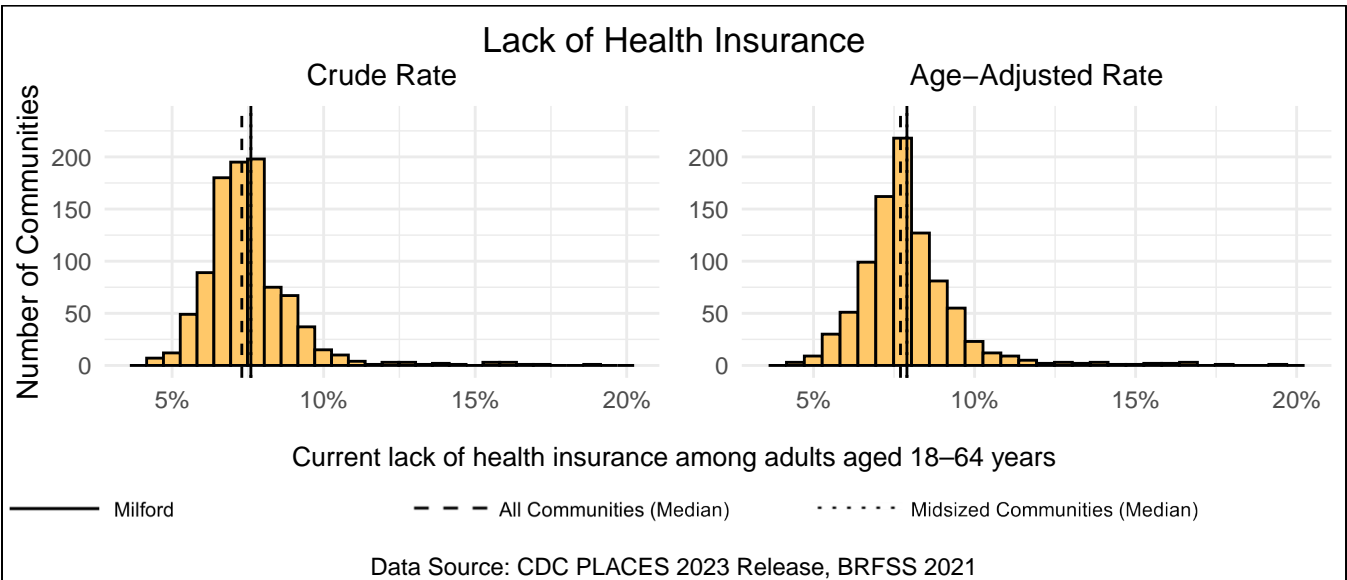
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Milford has a crude rate of 7.6% for current lack of health insurance among adults aged 18–64 years, which ranks 570th out of 958 Iowa communities (50th out of 102 mid-sized communities). The age-adjusted rate for Milford is 7.9%, which ranks 498th out of 905 Iowa communities (46th out of 102 mid-sized communities).

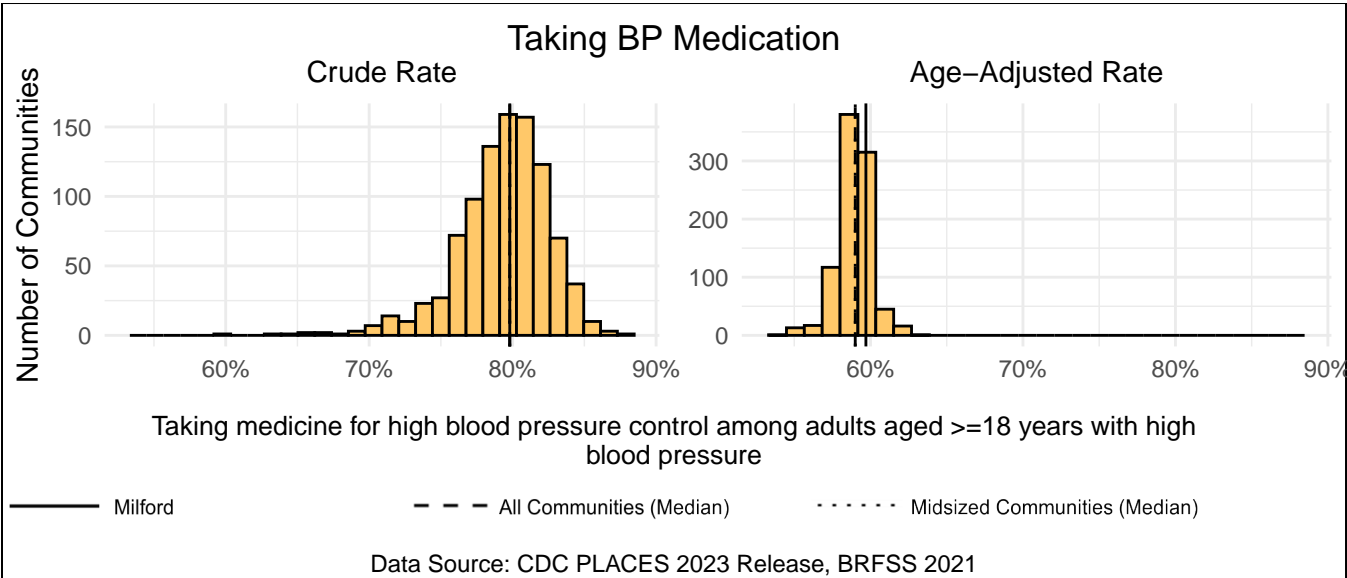
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	7.6%	7.3%	7.6%
Age-Adjusted	7.9%	7.7%	7.9%



Taking BP Medication

Milford has a crude rate of 79.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 469th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Milford is 59.7%, which ranks 157th out of 905 Iowa communities (32nd out of 102 mid-sized communities).

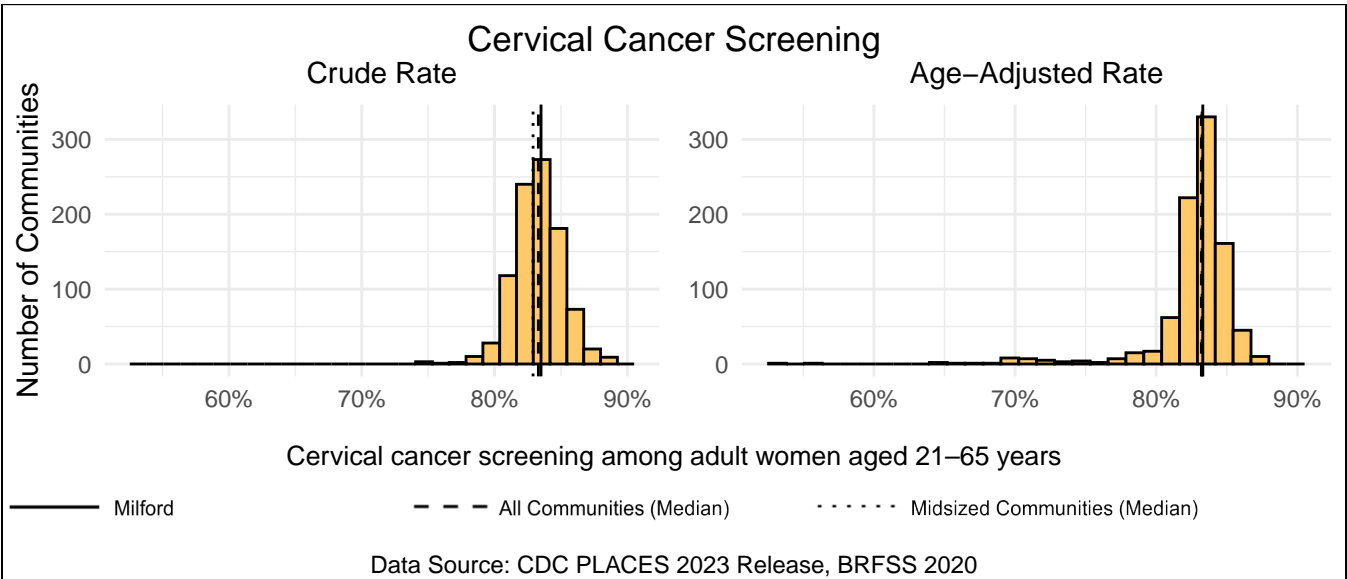
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	79.8%	79.8%	79.8%
Age-Adjusted	59.7%	59.0%	59.0%



Cervical Cancer Screening

Milford has a crude rate of 83.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 422nd out of 958 Iowa communities (40th out of 102 midsized communities). The age-adjusted rate for Milford is 83.3%, which ranks 402nd out of 905 Iowa communities (49th out of 102 midsized communities).

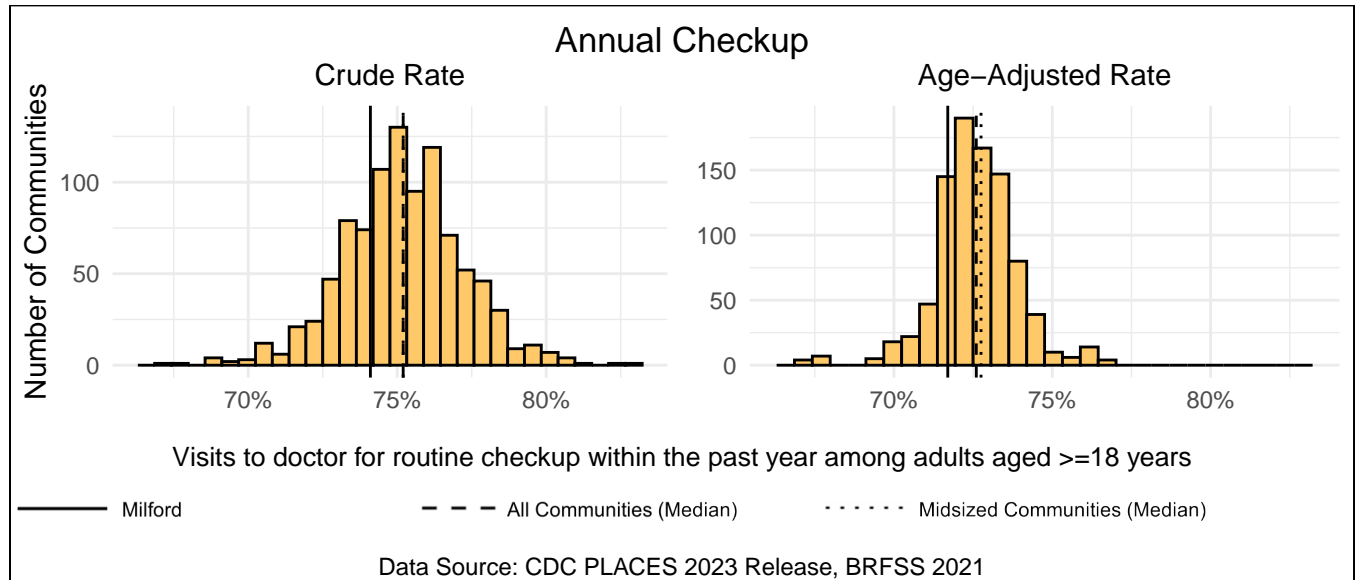
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	83.5%	83.3%	82.9%
Age-Adjusted	83.3%	83.2%	83.2%



Annual Checkup

Milford has a crude rate of 74.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 685th out of 958 Iowa communities (73rd out of 102 midsize communities). The age-adjusted rate for Milford is 71.7%, which ranks 720th out of 905 Iowa communities (85th out of 102 midsize communities).

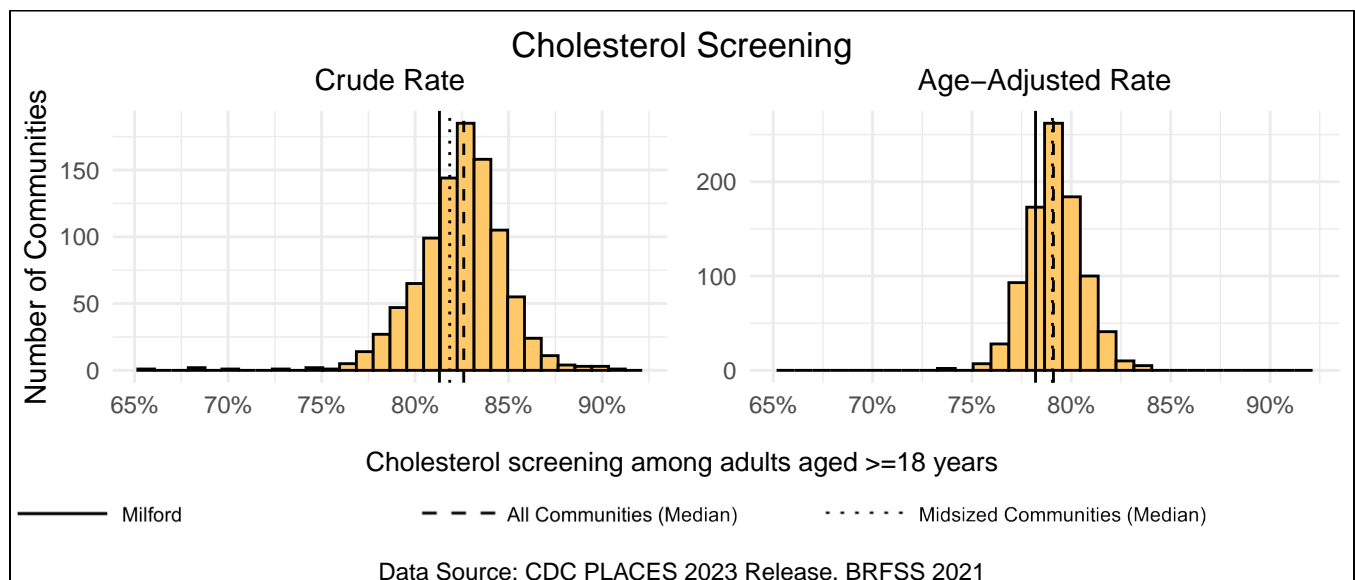
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	74.1%	75.2%	75.2%
Age-Adjusted	71.7%	72.6%	72.8%



Cholesterol Screening

Milford has a crude rate of 81.3% for cholesterol screening among adults aged ≥ 18 years, which ranks 694th out of 958 Iowa communities (61st out of 102 midsize communities). The age-adjusted rate for Milford is 78.2%, which ranks 693rd out of 905 Iowa communities (71st out of 102 midsize communities).

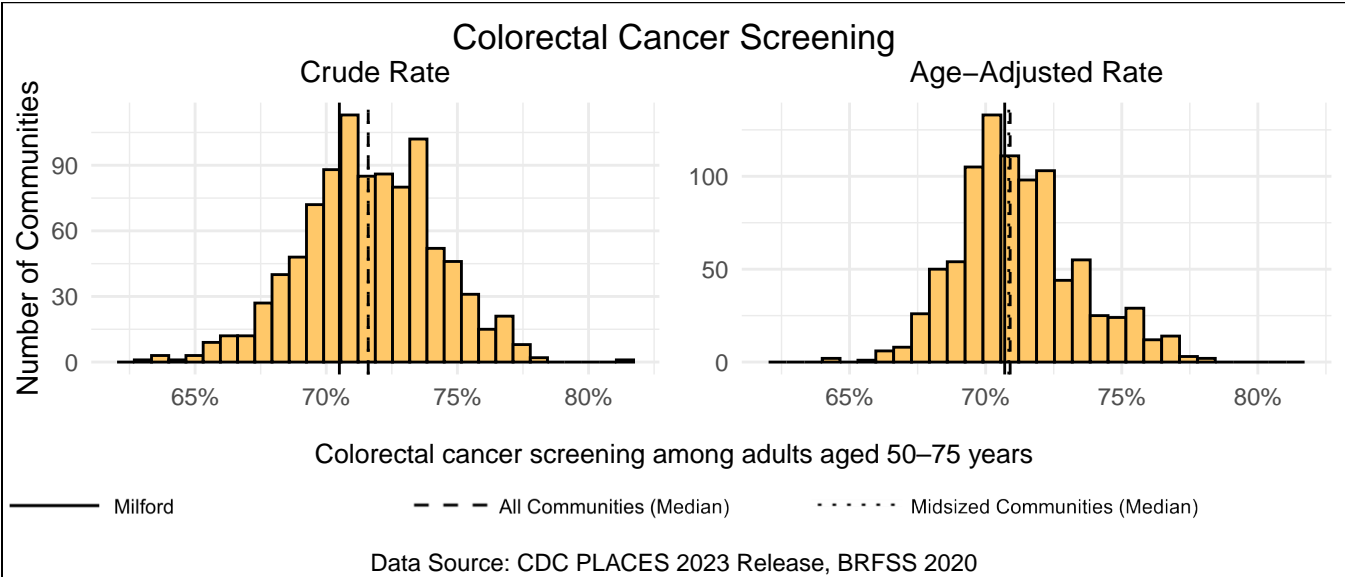
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	81.3%	82.6%	81.8%
Age-Adjusted	78.2%	79.1%	79.0%



Colorectal Cancer Screening

Milford has a crude rate of 70.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 643rd out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Milford is 70.7%, which ranks 492nd out of 905 Iowa communities (54th out of 102 mid-sized communities).

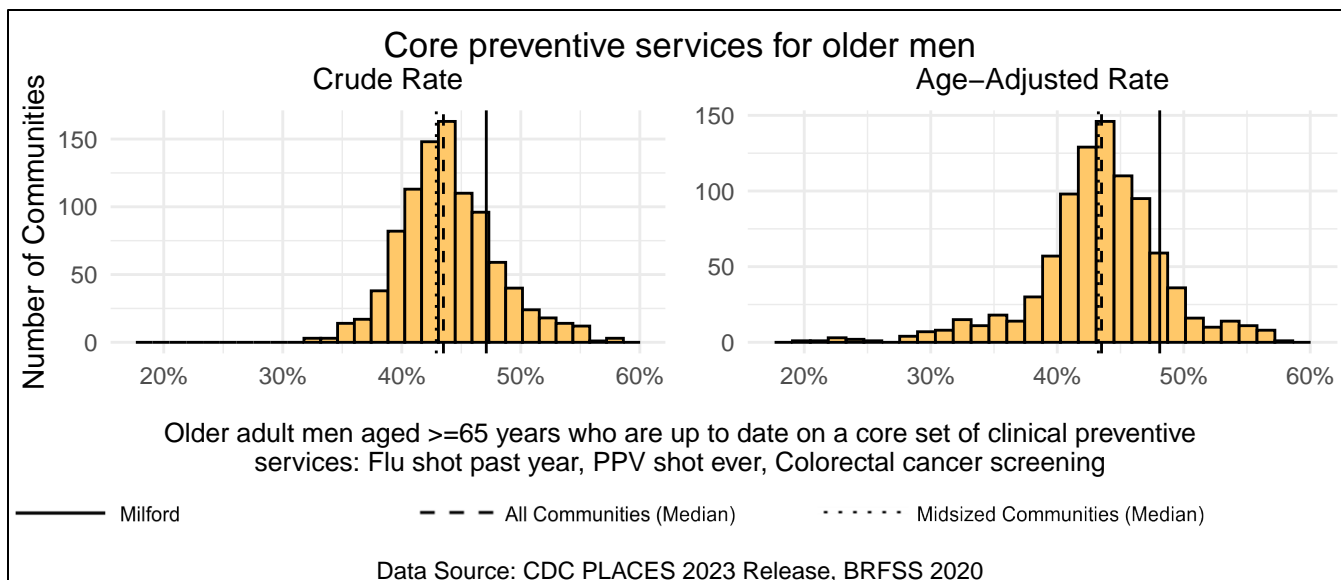
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	70.5%	71.6%	71.6%
Age-Adjusted	70.7%	70.9%	70.8%



Core preventive services for older men

Milford has a crude rate of 47.1% for older adult men aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 183rd out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Milford is 48.1%, which ranks 120th out of 905 Iowa communities (17th out of 102 midsized communities).

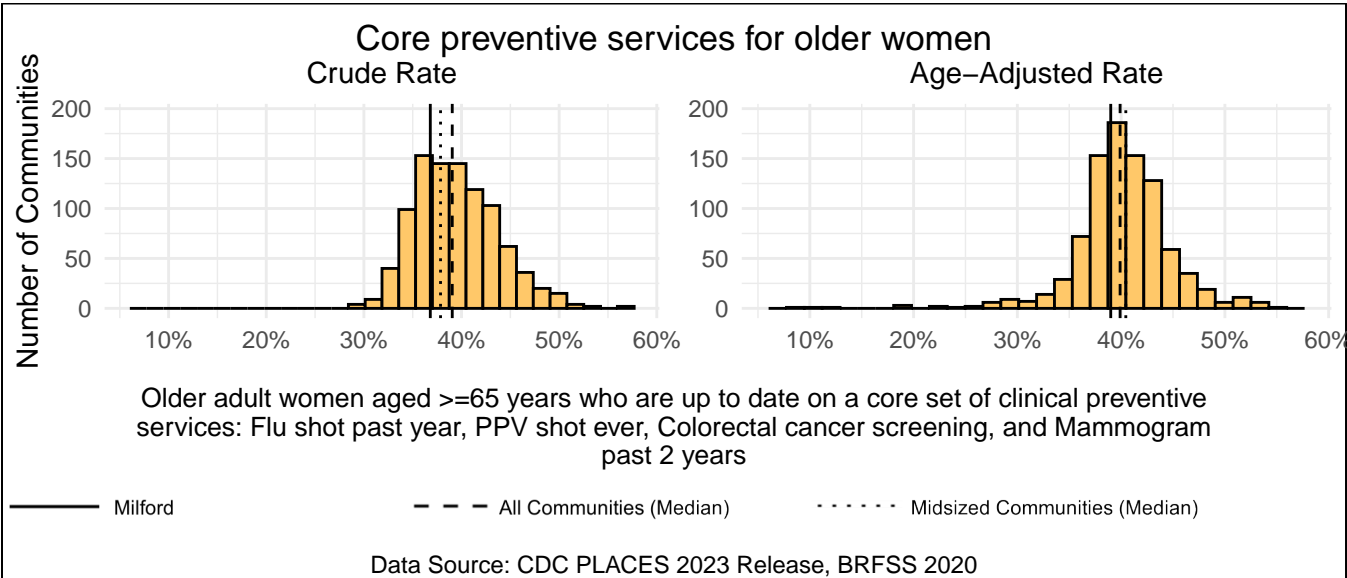
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	47.1%	43.5%	42.9%
Age-Adjusted	48.1%	43.5%	43.2%



Core preventive services for older women

Milford has a crude rate of 36.8% 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 680th out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Milford is 39.0%, which ranks 570th out of 905 Iowa communities (63rd out of 102 mid-sized communities).

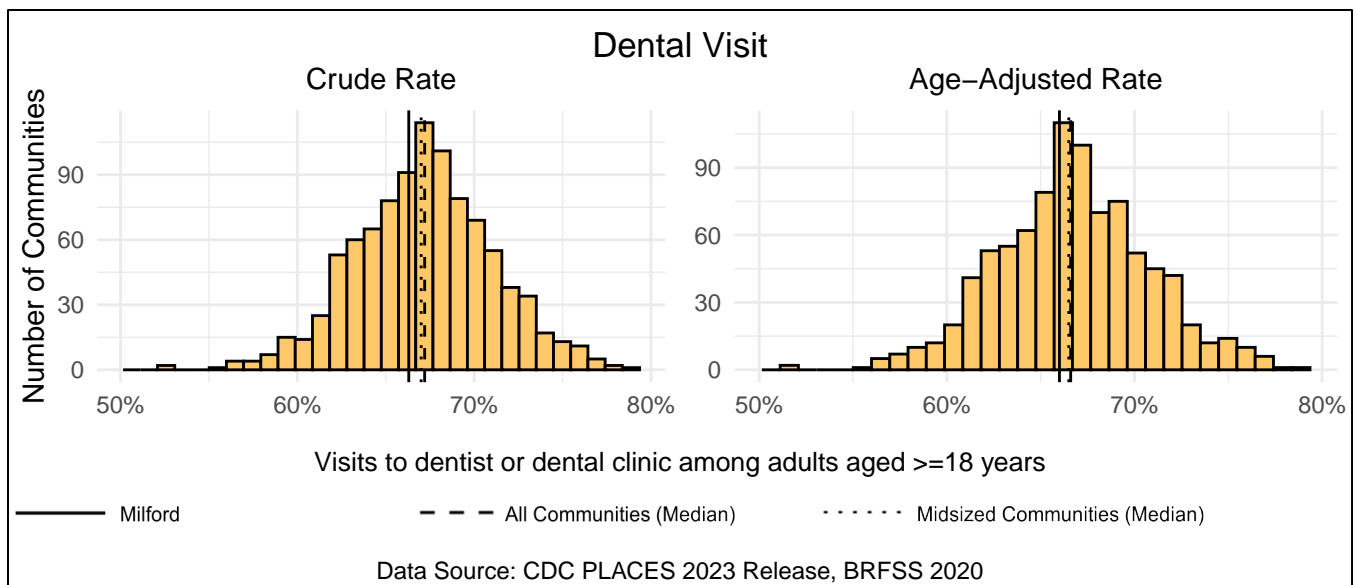
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	36.8%	39.0%	37.8%
Age-Adjusted	39.0%	39.9%	40.4%



Dental Visit

Milford has a crude rate of 66.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 574th out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Milford is 66.0%, which ranks 511th out of 905 Iowa communities (55th out of 102 mid-sized communities).

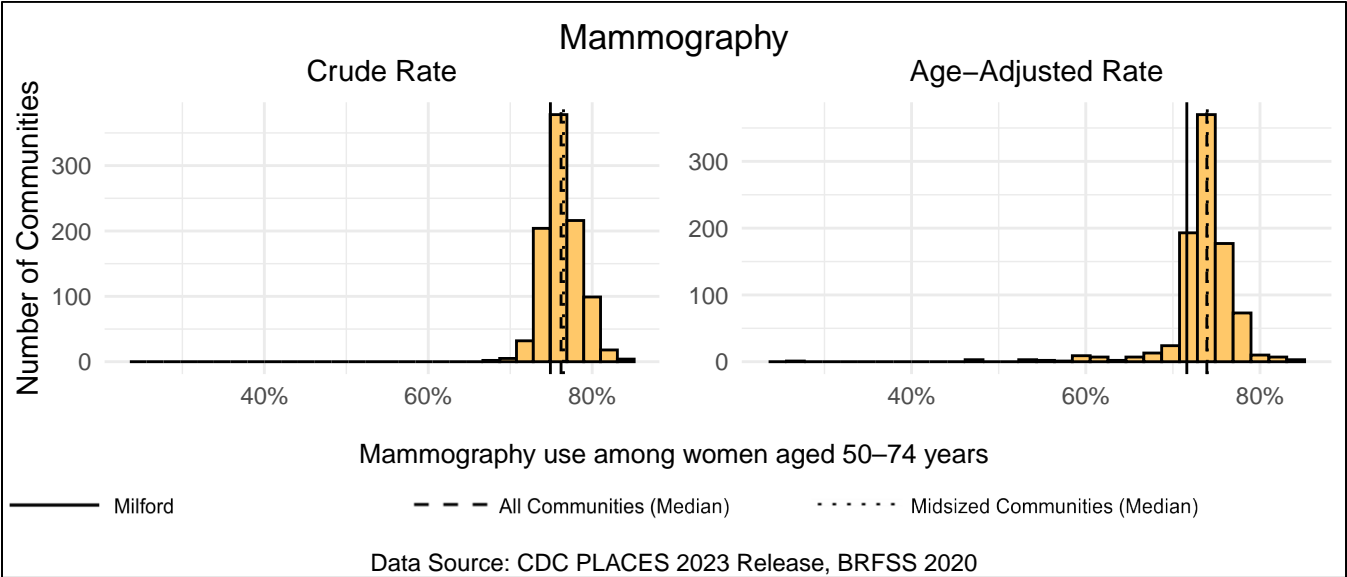
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	66.3%	67.2%	67.0%
Age-Adjusted	66.0%	66.6%	66.5%



Mammography

Milford has a crude rate of 74.9% for mammography use among women aged 50–74 years, which ranks 701st out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Milford is 71.6%, which ranks 782nd out of 905 Iowa communities (90th out of 102 mid-sized communities).

Measure Type	Milford	All Comm.	Midsized Comm.
Crude	74.9%	76.2%	76.5%
Age-Adjusted	71.6%	73.9%	74.0%



Disability

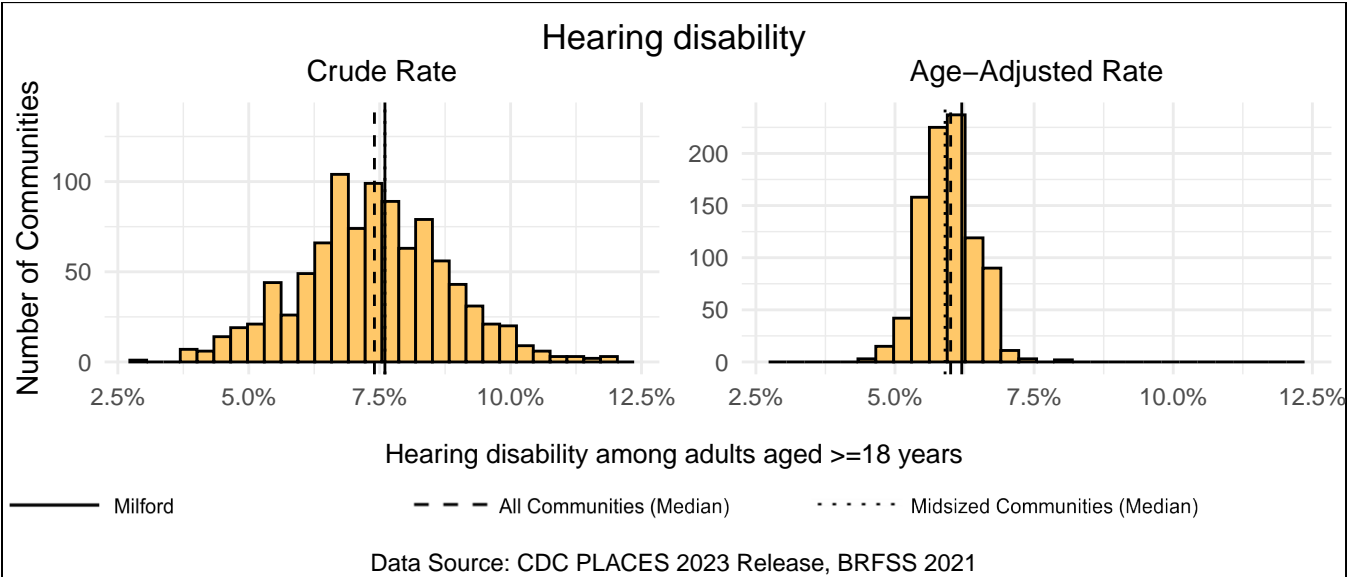
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Milford has a crude rate of 7.6% for hearing disability among adults aged ≥ 18 years, which ranks 531st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Milford is 6.2%, which ranks 621st out of 905 Iowa communities (65th out of 102 midsize communities).

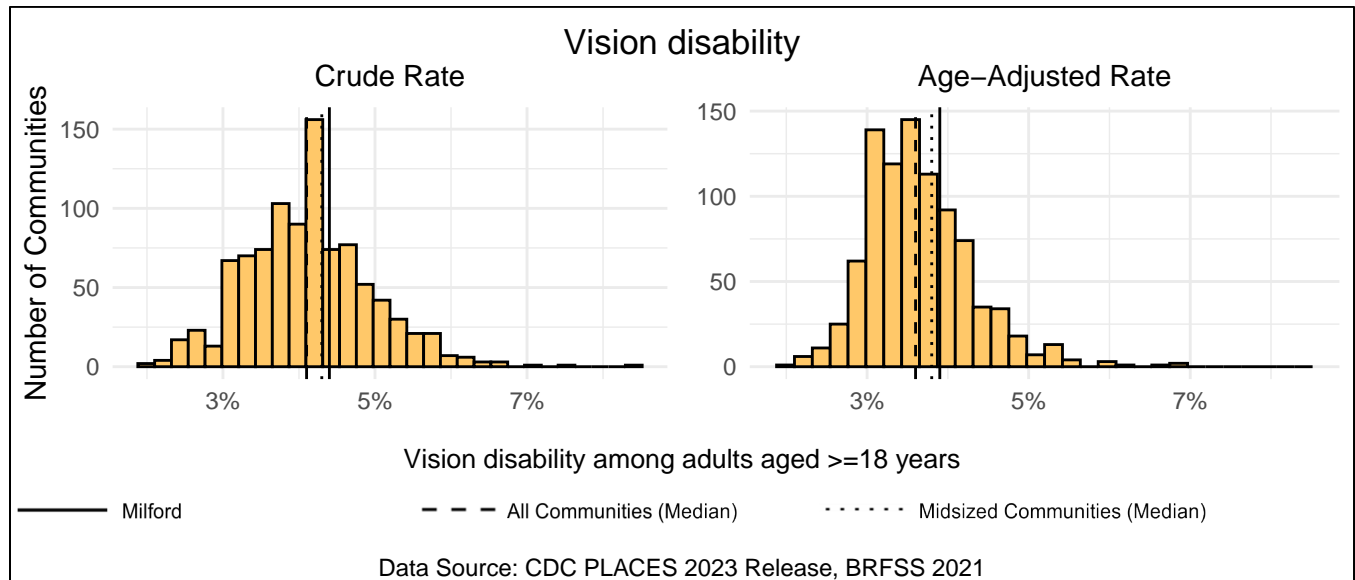
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	7.6%	7.4%	7.6%
Age-Adjusted	6.2%	6.0%	5.9%



Vision disability

Milford has a crude rate of 4.4% for vision disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Milford is 3.9%, which ranks 622nd out of 905 Iowa communities (59th out of 102 midsize communities).

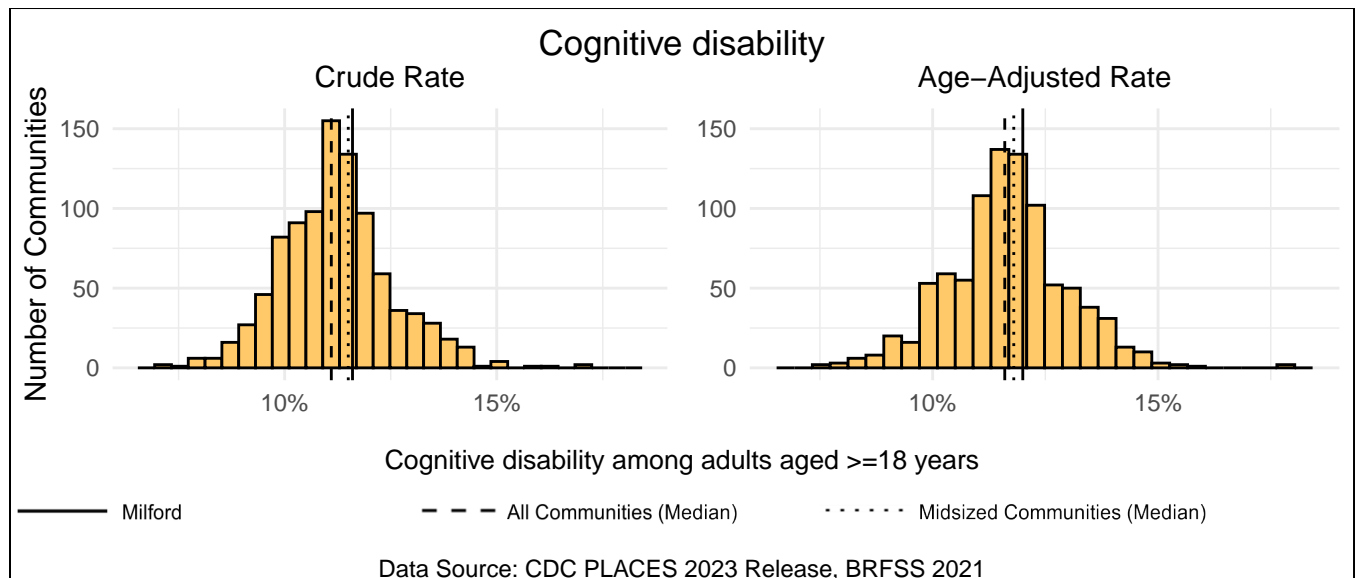
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	4.4%	4.1%	4.3%
Age-Adjusted	3.9%	3.6%	3.8%



Cognitive disability

Milford has a crude rate of 11.6% for cognitive disability among adults aged ≥ 18 years, which ranks 639th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Milford is 12.0%, which ranks 567th out of 905 Iowa communities (58th out of 102 midsize communities).

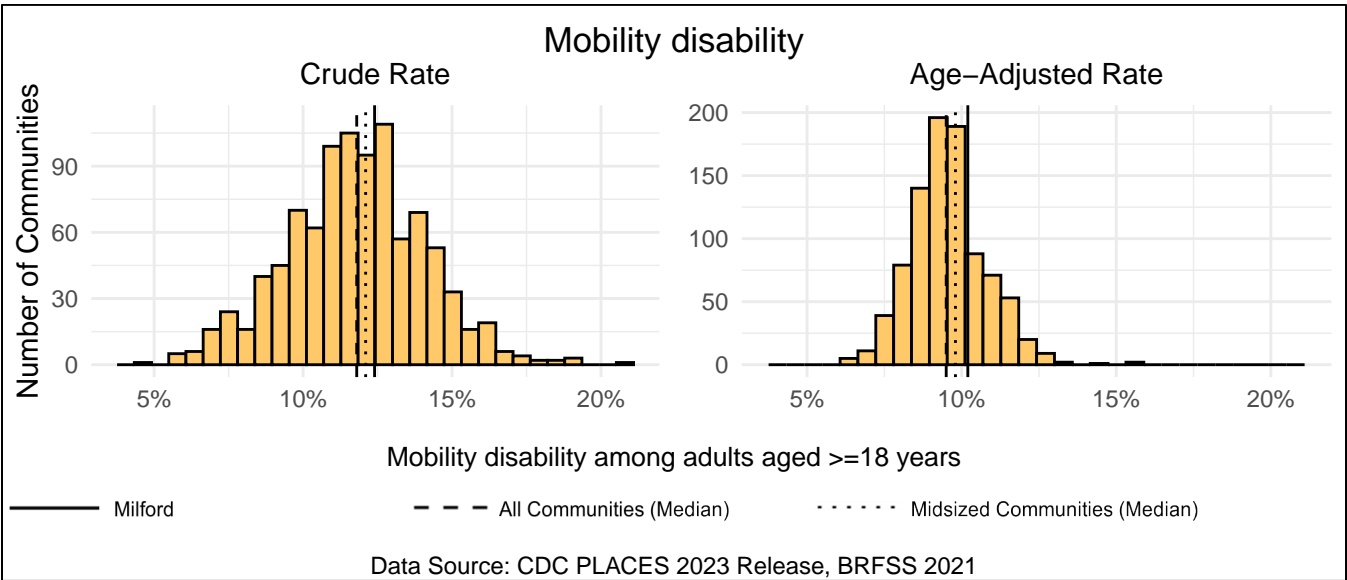
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	11.6%	11.1%	11.5%
Age-Adjusted	12.0%	11.6%	11.8%



Mobility disability

Milford has a crude rate of 12.4% for mobility disability among adults aged >=18 years, which ranks 574th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Milford is 10.2%, which ranks 660th out of 905 Iowa communities (65th out of 102 midsized communities).

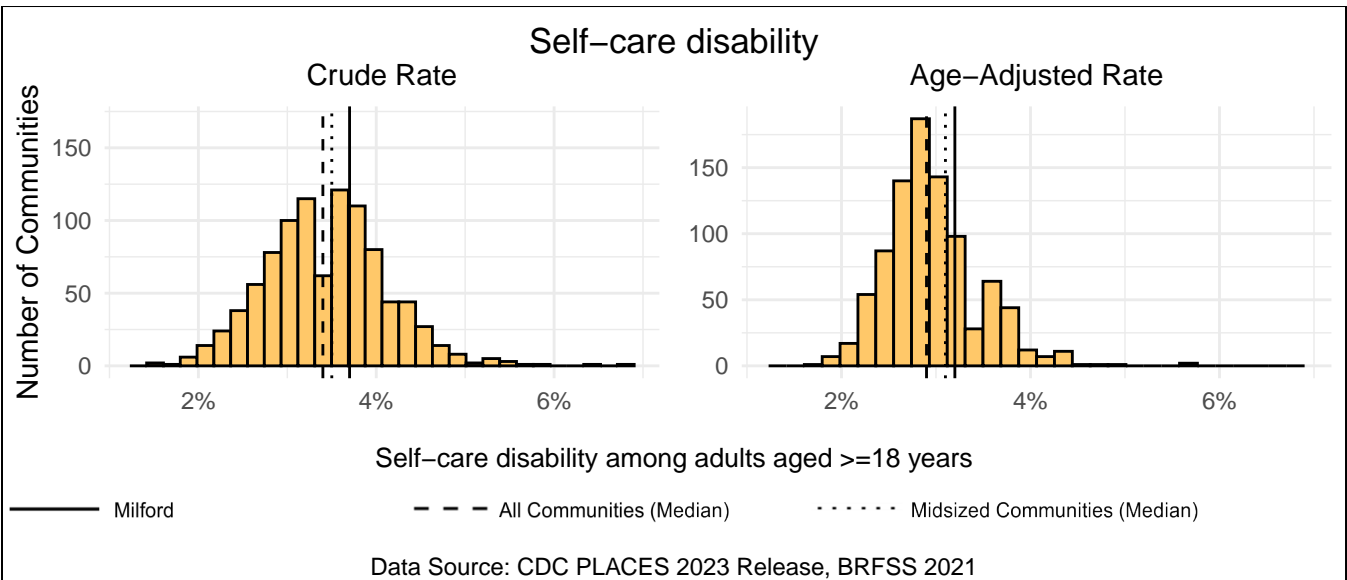
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	12.4%	11.8%	12.1%
Age-Adjusted	10.2%	9.5%	9.8%



Self-care disability

Milford has a crude rate of 3.7% for self-care disability among adults aged >=18 years, which ranks 618th out of 958 Iowa communities (60th out of 102 midsized communities). The age-adjusted rate for Milford is 3.2%, which ranks 637th out of 905 Iowa communities (64th out of 102 midsized communities).

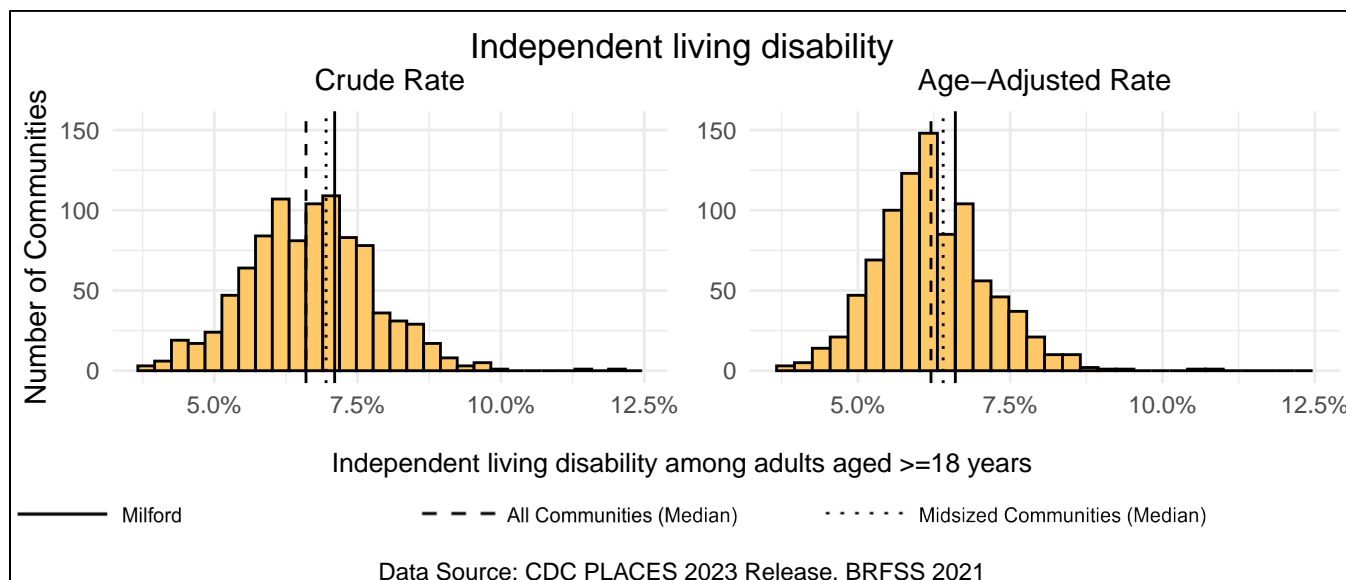
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	3.7%	3.4%	3.5%
Age-Adjusted	3.2%	2.9%	3.1%



Independent living disability

Milford has a crude rate of 7.1% for independent living disability among adults aged ≥ 18 years, which ranks 640th out of 958 Iowa communities (56th out of 102 midsized communities). The age-adjusted rate for Milford is 6.6%, which ranks 616th out of 905 Iowa communities (62nd out of 102 midsized communities).

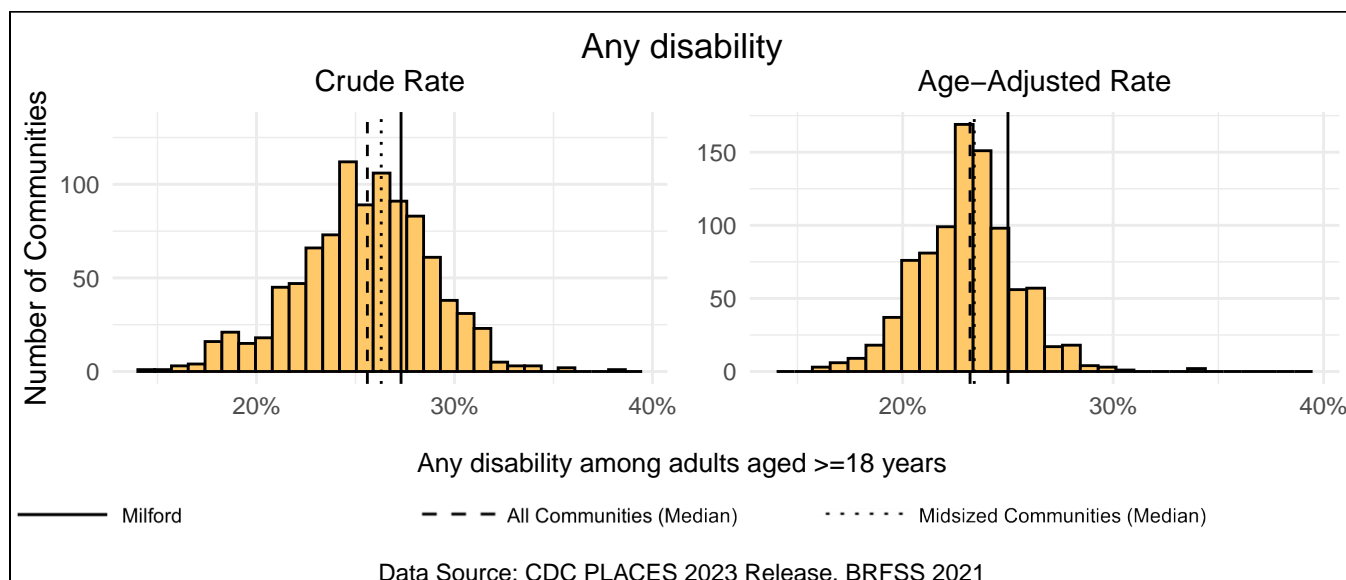
Measure Type	Milford	All Comm.	Midsized Comm.
Crude	7.1%	6.6%	7.0%
Age-Adjusted	6.6%	6.2%	6.4%



Any disability

Milford has a crude rate of 27.3% for any disability among adults aged ≥ 18 years, which ranks 675th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Milford is 25.0%, which ranks 742nd out of 905 Iowa communities (73rd out of 102 midsized communities).

Measure Type	Milford	All Comm.	Midsized Comm.
Crude	27.3%	25.6%	26.3%
Age-Adjusted	25.0%	23.2%	23.4%



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: Milford PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	534	14.6% (12.2% - 17.3%)	581	13.3% (11.1% - 15.9%)
Health Status	Mental Health	625	14.7% (12.6% - 17.1%)	555	15.8% (13.6% - 18.1%)
Health Status	Physical Health	539	11.0% (9.3% - 12.8%)	559	10.0% (8.5% - 11.6%)
Health Risk Behaviors	Current Smoking	607	17.5% (14.0% - 21.5%)	553	18.1% (14.4% - 22.0%)
Health Risk Behaviors	Binge Drinking	613	20.3% (17.0% - 24.1%)	609	22.5% (18.8% - 26.5%)
Health Risk Behaviors	Physical Inactivity	524	26.6% (21.9% - 31.8%)	541	24.9% (20.3% - 29.9%)
Health Risk Behaviors	Sleep <7 hours	224	29.1% (27.4% - 30.5%)	162	29.7% (28.1% - 31.2%)
Health Outcomes	Obesity	650	38.7% (31.8% - 46.1%)	627	38.7% (31.7% - 45.6%)
Health Outcomes	Chronic Kidney Disease	540	3.3% (2.9% - 3.7%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	COPD	540	7.7% (6.4% - 9.2%)	620	6.6% (5.4% - 7.9%)
Health Outcomes	Depression	648	18.6% (15.4% - 22.2%)	598	19.5% (16.0% - 23.4%)
Health Outcomes	Stroke	538	3.4% (2.9% - 3.9%)	569	2.7% (2.4% - 3.1%)
Health Outcomes	Coronary Heart Disease	536	6.7% (5.8% - 7.6%)	601	5.2% (4.6% - 6.0%)
Health Outcomes	High Blood Pressure	503	32.4% (28.4% - 36.4%)	628	28.0% (24.3% - 31.7%)
Health Outcomes	Cancer (except skin)	505	8.2% (7.3% - 9.1%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	Current Asthma	716	9.6% (8.4% - 10.9%)	628	9.7% (8.5% - 11.1%)
Health Outcomes	High Cholesterol	418	35.9% (31.6% - 40.7%)	467	29.8% (25.5% - 34.4%)
Health Outcomes	All Teeth Lost	678	14.0% (9.0% - 20.7%)	628	13.7% (9.2% - 19.7%)
Health Outcomes	Diabetes	444	10.0% (8.4% - 11.7%)	567	8.4% (7.1% - 9.8%)
Health Outcomes	Arthritis	489	28.0% (24.1% - 32.0%)	631	23.8% (20.4% - 27.7%)
Prevention	Core preventive services for older men	183	47.1% (39.0% - 54.8%)	120	48.1% (40.3% - 55.0%)
Prevention	Cervical Cancer Screening	422	83.5% (80.9% - 85.8%)	402	83.3% (80.9% - 85.4%)
Prevention	Cholesterol Screening	694	81.3% (78.2% - 84.4%)	693	78.2% (74.5% - 81.7%)
Prevention	Health Insurance	570	7.6% (5.8% - 9.9%)	498	7.9% (5.9% - 10.5%)
Prevention	Taking BP Medication	469	79.8% (76.5% - 82.8%)	157	59.7% (54.7% - 64.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	643	70.5% (67.2% - 73.9%)	492	70.7% (67.3% - 74.0%)
Prevention	Dental Visit	574	66.3% (62.7% - 69.9%)	511	66.0% (62.3% - 69.7%)
Prevention	Core preventive services for older women	680	36.8% (30.2% - 43.8%)	570	39.0% (32.0% - 45.5%)
Prevention	Annual Checkup	685	74.1% (69.4% - 78.7%)	720	71.7% (66.5% - 76.5%)
Prevention	Mammography	701	74.9% (70.5% - 79.0%)	782	71.6% (67.0% - 75.7%)
Disability	Hearing Disability	531	7.6% (6.7% - 8.6%)	621	6.2% (5.4% - 7.1%)
Disability	Self-care Disability	618	3.7% (3.1% - 4.4%)	637	3.2% (2.7% - 3.7%)
Disability	Mobility Disability	574	12.4% (10.3% - 14.8%)	660	10.2% (8.5% - 12.1%)
Disability	Any Disability	675	27.3% (23.3% - 31.5%)	742	25.0% (21.1% - 29.2%)
Disability	Independent Living Disability	640	7.1% (5.9% - 8.4%)	616	6.6% (5.6% - 7.9%)
Disability	Cognitive Disability	639	11.6% (9.8% - 13.7%)	567	12.0% (10.0% - 14.3%)
Disability	Vision Disability	620	4.4% (3.7% - 5.3%)	622	3.9% (3.3% - 4.6%)

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

Appendix 3: Midsized Communities (2,500-9,999)

Milford falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 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
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
