



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 Mitchellville: Overview

Dear Community Members & Stakeholders of Mitchellville,

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 Mitchellville ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Mitchellville’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 Mitchellville. 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
Hearing Disability	36th	9th	Hearing Disability	41st	11th
Cancer (except skin)	38th	7th	Core preventive services for older men	42nd	9th
Diabetes	39th	11th	Annual Checkup	50th	9th
Coronary Heart Disease	42nd	9th	Binge Drinking	51st	18th
Core preventive services for older men	54th	9th	Stroke	116th	24th

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
Depression	949th	102nd	Depression	881st	101st
Taking BP Medication	939th	98th	Taking BP Medication	871st	95th
Mental Health	936th	98th	Cancer (except skin)	831st	93rd
Current Asthma	934th	98th	Current Asthma	831st	86th
Cholesterol Screening	805th	73rd	High Cholesterol	790th	89th

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 Mitchellville.

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

With a population of 2,506, Mitchellville’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.



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

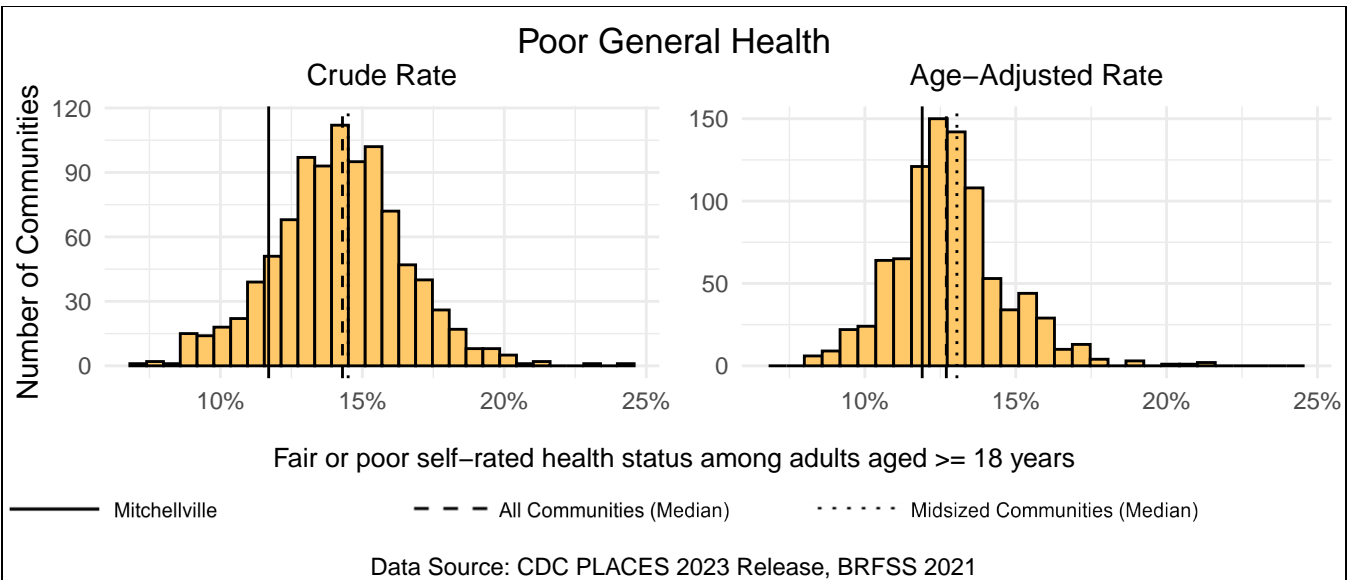
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Mitchellville has a crude rate of 11.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 120th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 11.9%, which ranks 260th out of 905 Iowa communities (36th out of 102 mid-sized communities).

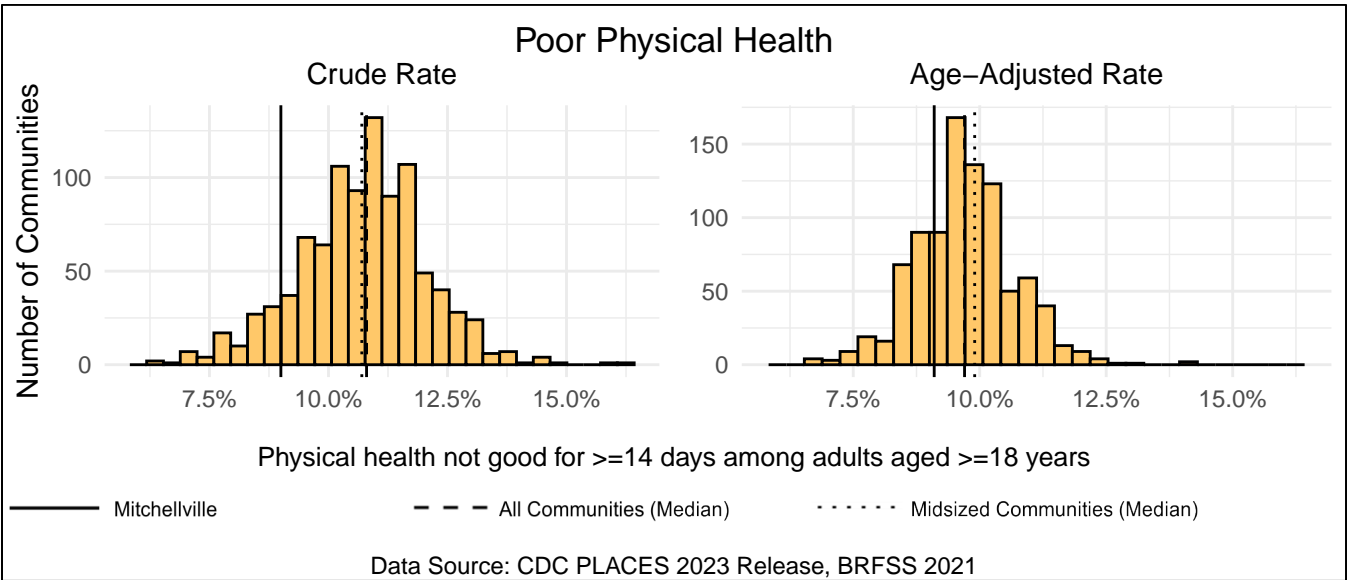
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	11.7%	14.3%	14.5%
Age-Adjusted	11.9%	12.7%	13.0%



Poor Physical Health

Mitchellville has a crude rate of 9.0% for physical health not good for >=14 days among adults aged >=18 years, which ranks 88th out of 958 Iowa communities (20th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 9.1%, which ranks 210th out of 905 Iowa communities (33rd out of 102 midsize communities).

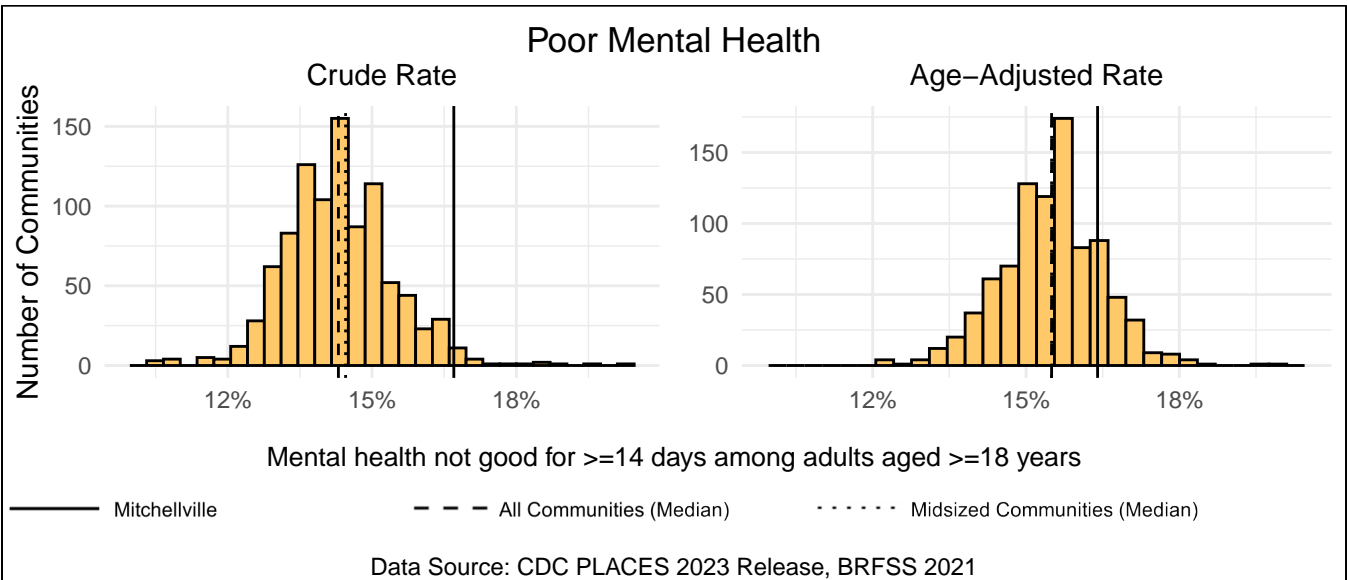
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	9.0%	10.8%	10.7%
Age-Adjusted	9.1%	9.7%	9.9%



Poor Mental Health

Mitchellville has a crude rate of 16.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 936th out of 958 Iowa communities (98th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 16.4%, which ranks 744th out of 905 Iowa communities (77th out of 102 midsize communities).

Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	16.7%	14.3%	14.4%
Age-Adjusted	16.4%	15.5%	15.5%



Health Risk Behaviors

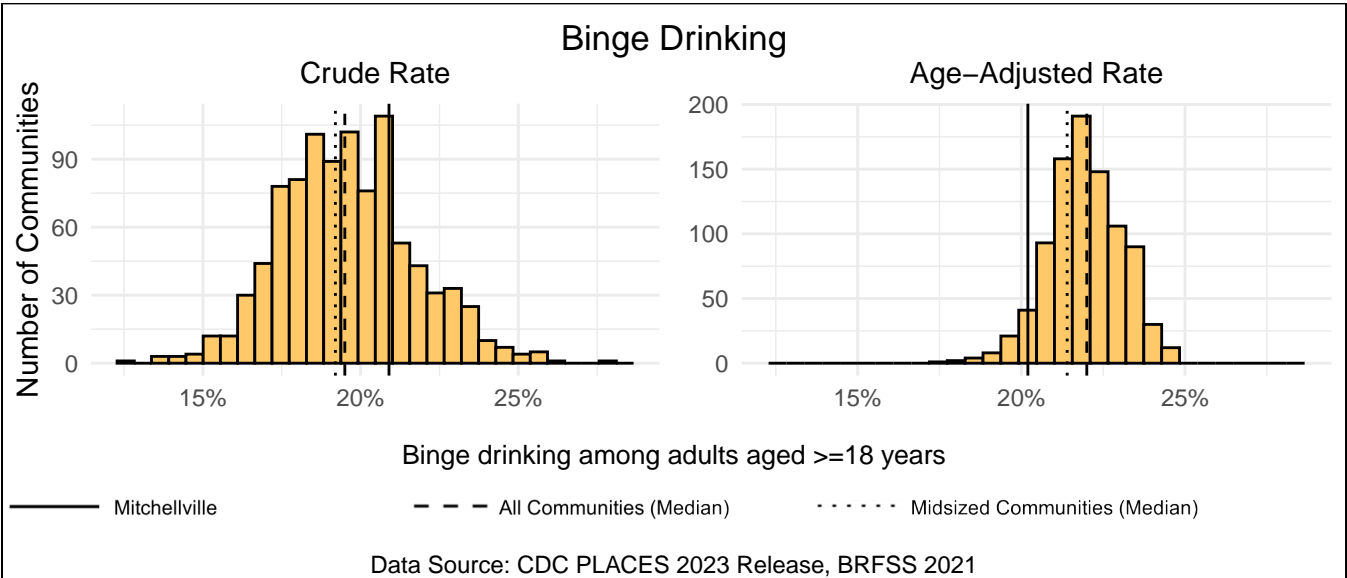
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Mitchellville has a crude rate of 20.9% for binge drinking among adults aged ≥ 18 years, which ranks 720th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Mitchellville is 20.2%, which ranks 51st out of 905 Iowa communities (18th out of 102 midsized communities).

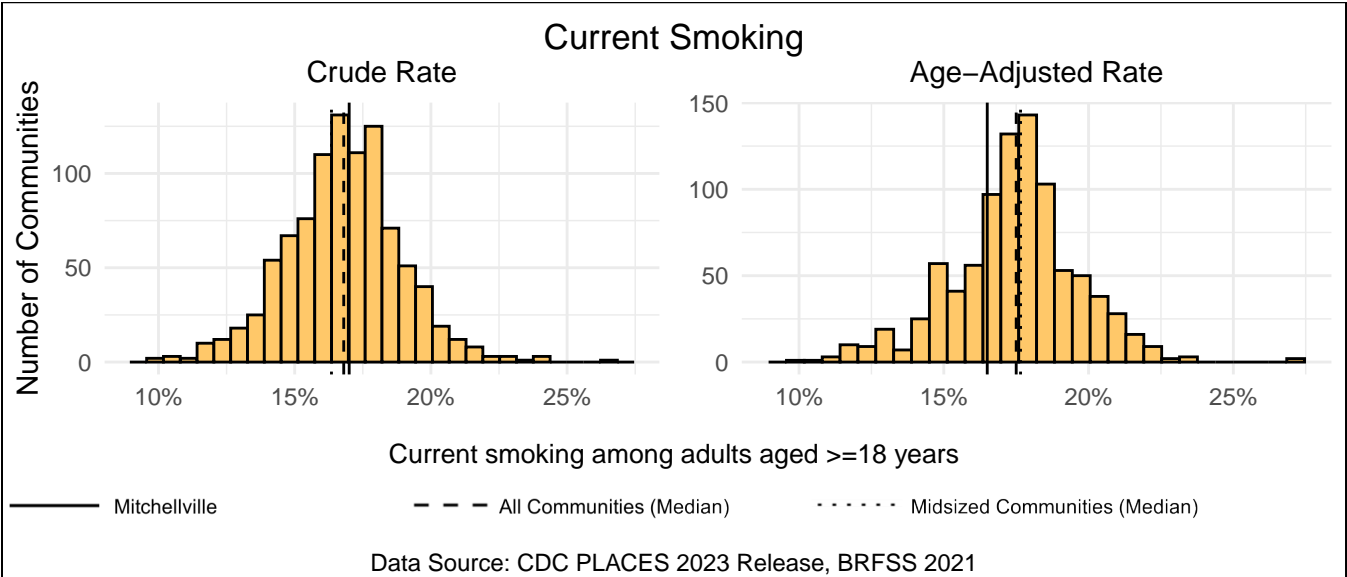
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	20.9%	19.5%	19.2%
Age-Adjusted	20.2%	22.0%	21.4%



Current Smoking

Mitchellville has a crude rate of 17.0% for current smoking among adults aged ≥ 18 years, which ranks 511th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 16.5%, which ranks 241st out of 905 Iowa communities (39th out of 102 midsize communities).

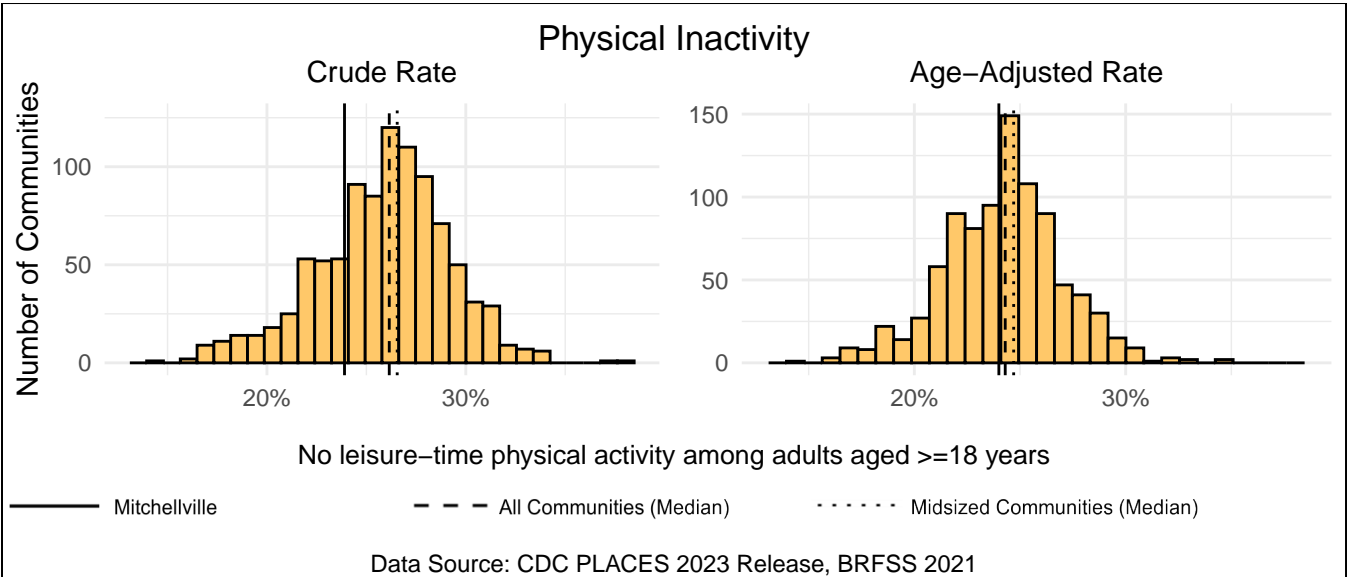
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	17.0%	16.8%	16.4%
Age-Adjusted	16.5%	17.5%	17.6%



Physical Inactivity

Mitchellville has a crude rate of 23.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 240th out of 958 Iowa communities (31st out of 102 midsize communities). The age-adjusted rate for Mitchellville is 24.0%, which ranks 398th out of 905 Iowa communities (42nd out of 102 midsize communities).

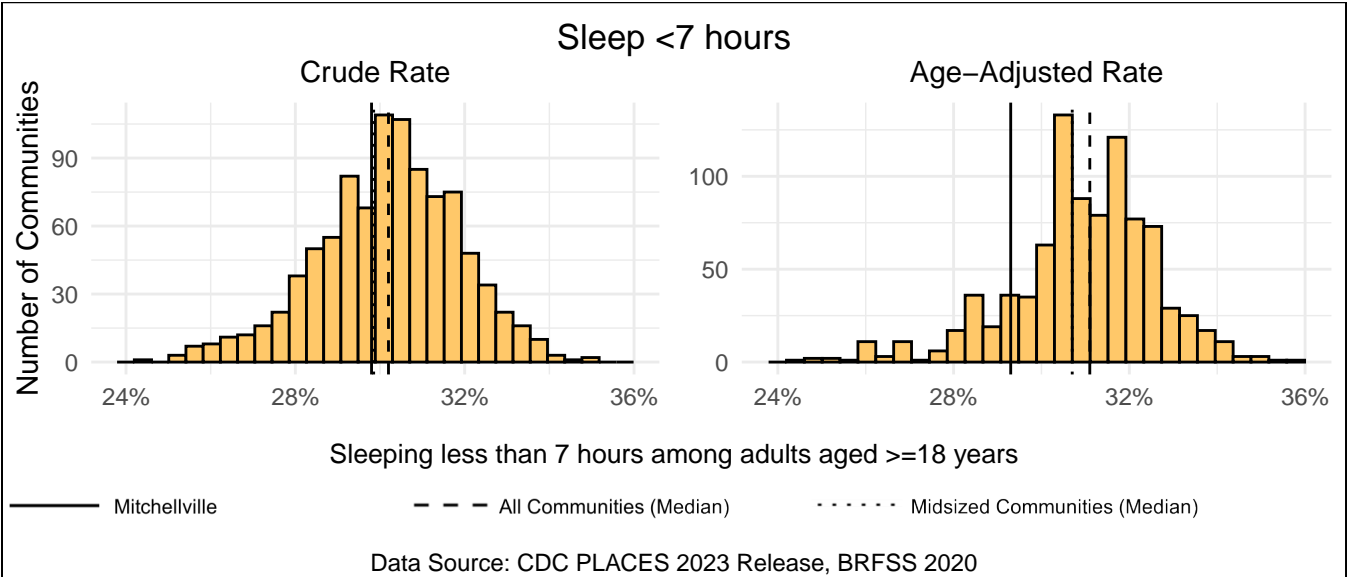
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	23.9%	26.1%	26.6%
Age-Adjusted	24.0%	24.3%	24.7%



Sleep <7 hours

Mitchellville has a crude rate of 29.8% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 357th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 29.3%, which ranks 132nd out of 905 Iowa communities (23rd out of 102 mid-sized communities).

Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	29.8%	30.2%	29.8%
Age-Adjusted	29.3%	31.1%	30.7%



Health Outcomes

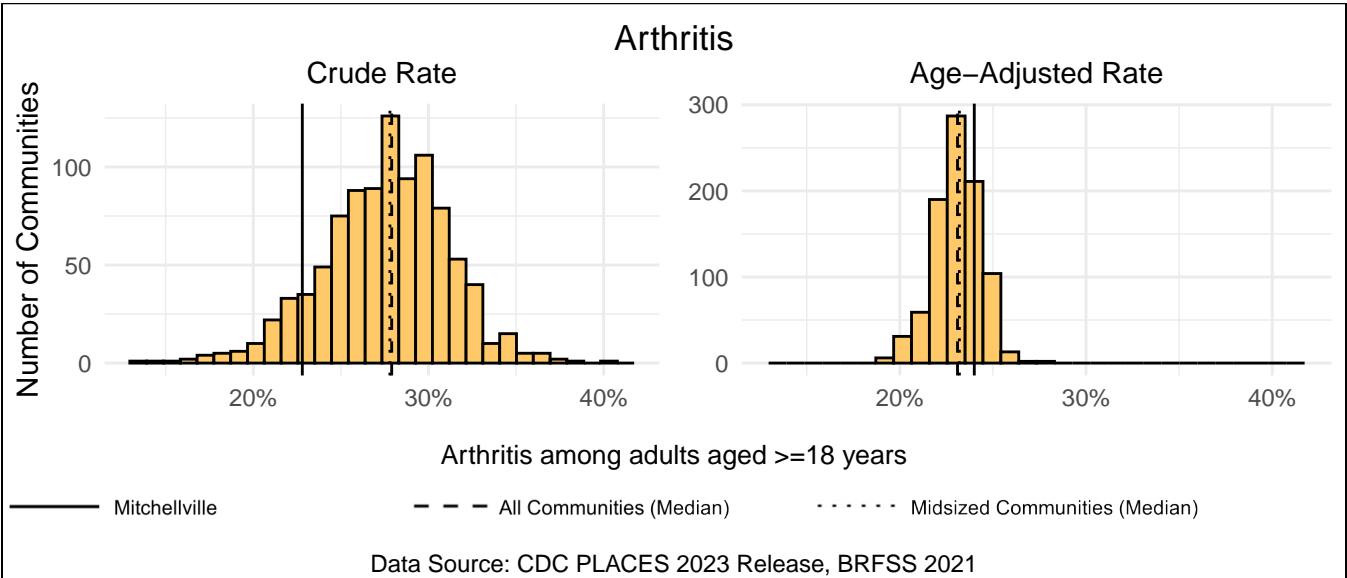
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Mitchellville has a crude rate of 22.8% for arthritis among adults aged ≥ 18 years, which ranks 92nd out of 958 Iowa communities (19th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 24.0%, which ranks 683rd out of 905 Iowa communities (73rd out of 102 midsize communities).

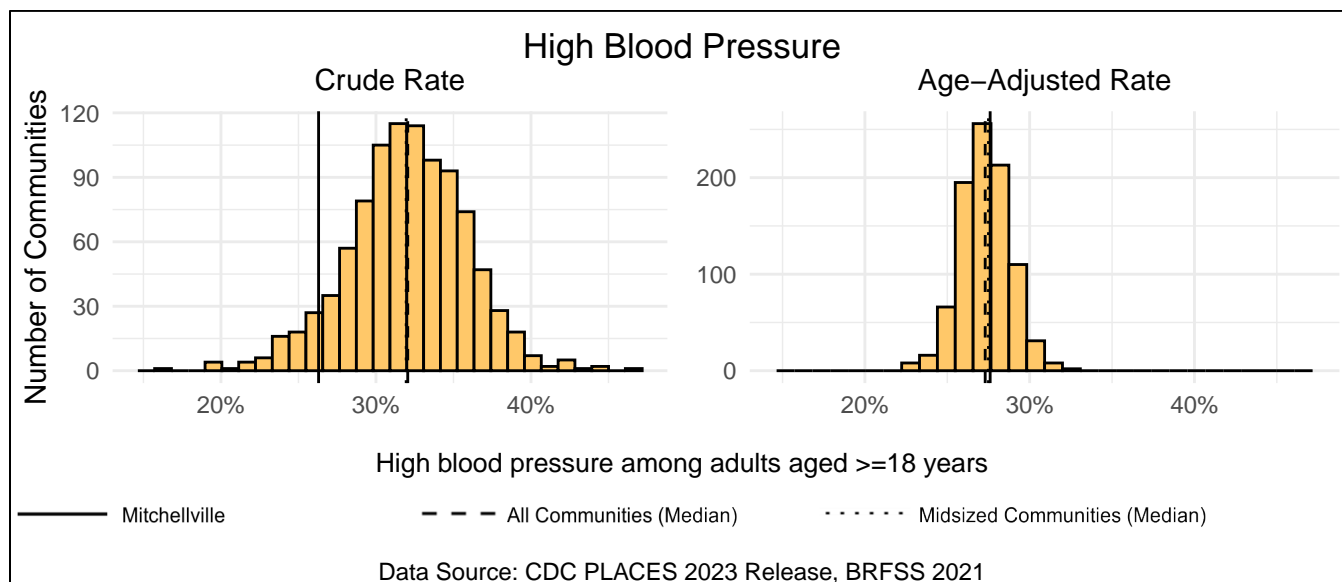
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	22.8%	27.9%	27.8%
Age-Adjusted	24.0%	23.1%	23.2%



High Blood Pressure

Mitchellville has a crude rate of 26.3% for high blood pressure among adults aged ≥ 18 years, which ranks 68th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 27.6%, which ranks 517th out of 905 Iowa communities (54th out of 102 mid-sized communities).

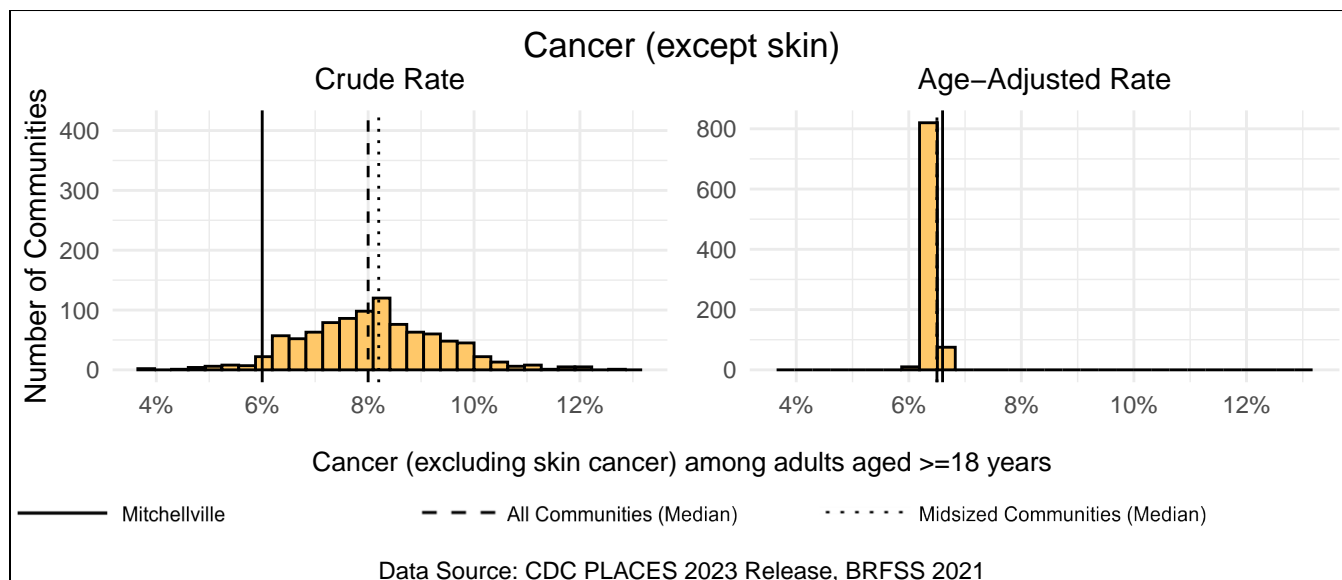
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	26.3%	32.0%	32.0%
Age-Adjusted	27.6%	27.3%	27.5%



Cancer (except skin)

Mitchellville has a crude rate of 6.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 38th out of 958 Iowa communities (7th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 6.6%, which ranks 831st out of 905 Iowa communities (93rd out of 102 mid-sized communities).

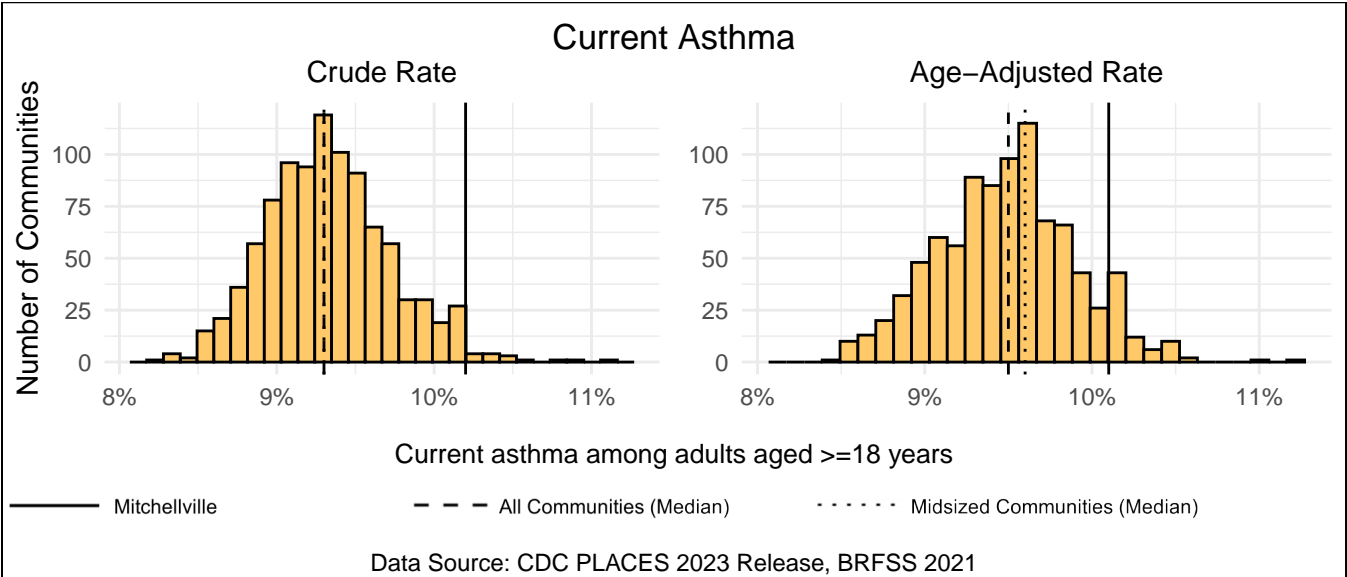
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	6.0%	8.0%	8.2%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

Mitchellville has a crude rate of 10.2% for current asthma among adults aged ≥ 18 years, which ranks 934th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 10.1%, which ranks 831st out of 905 Iowa communities (86th out of 102 mid-sized communities).

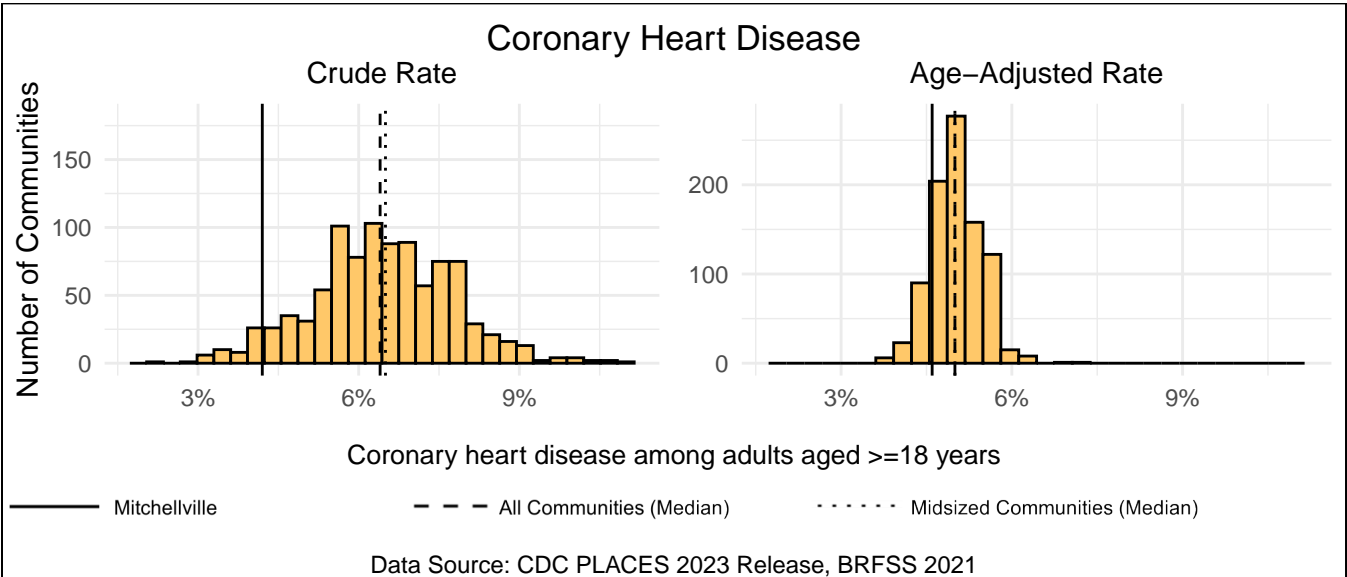
Measure Type	Mitchellville	All Comm.	Mid-sized Comm.
Crude	10.2%	9.3%	9.3%
Age-Adjusted	10.1%	9.5%	9.6%



Coronary Heart Disease

Mitchellville has a crude rate of 4.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 42nd out of 958 Iowa communities (9th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 4.6%, which ranks 120th out of 905 Iowa communities (26th out of 102 mid-sized communities).

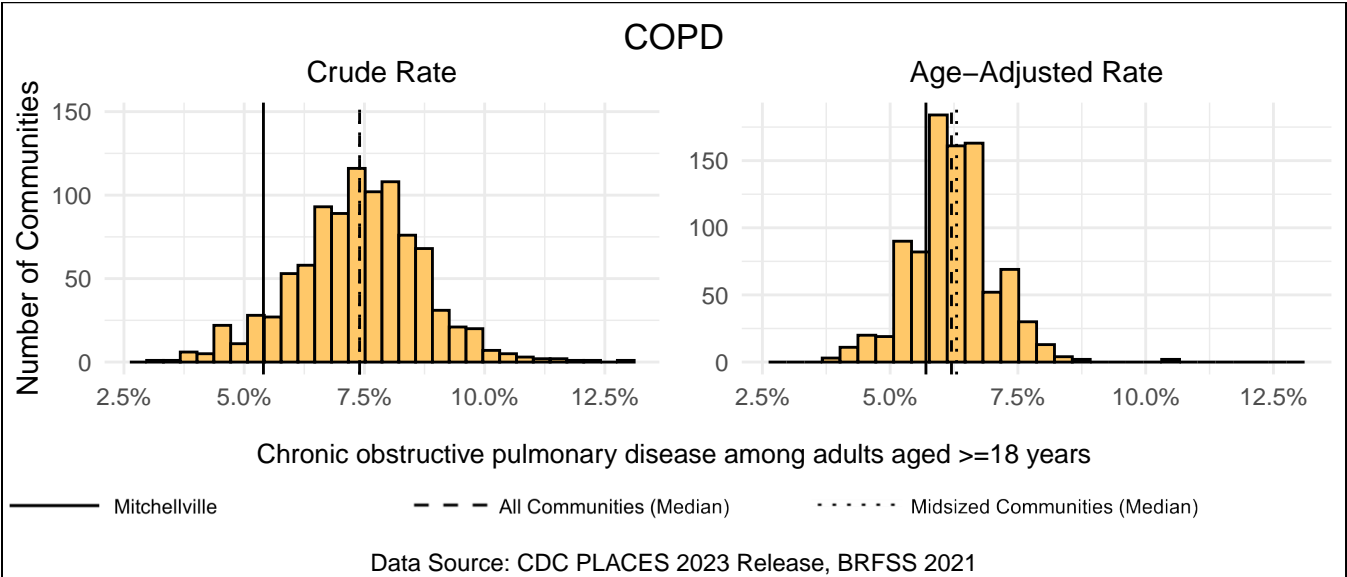
Measure Type	Mitchellville	All Comm.	Mid-sized Comm.
Crude	4.2%	6.4%	6.5%
Age-Adjusted	4.6%	5.0%	5.0%



COPD

Mitchellville has a crude rate of 5.4% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 69th out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 5.7%, which ranks 183rd out of 905 Iowa communities (30th out of 102 midsize communities).

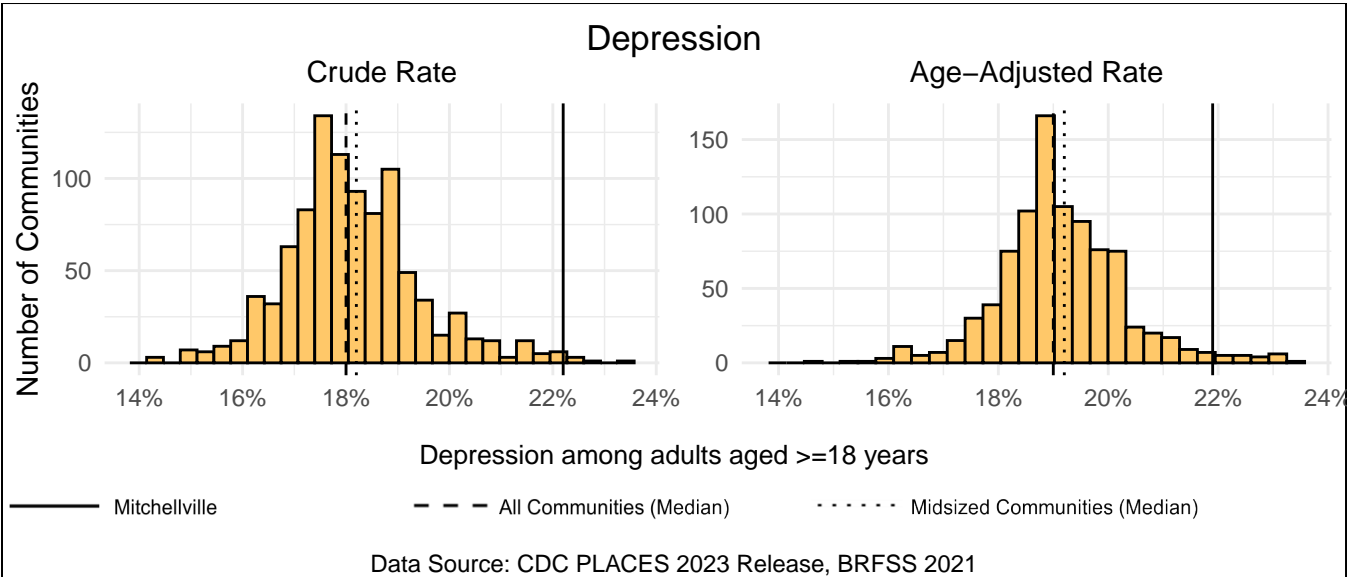
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	5.4%	7.4%	7.4%
Age-Adjusted	5.7%	6.2%	6.3%



Depression

Mitchellville has a crude rate of 22.2% for depression among adults aged ≥ 18 years, which ranks 949th out of 958 Iowa communities (102nd out of 102 midsize communities). The age-adjusted rate for Mitchellville is 21.9%, which ranks 881st out of 905 Iowa communities (101st out of 102 midsize communities).

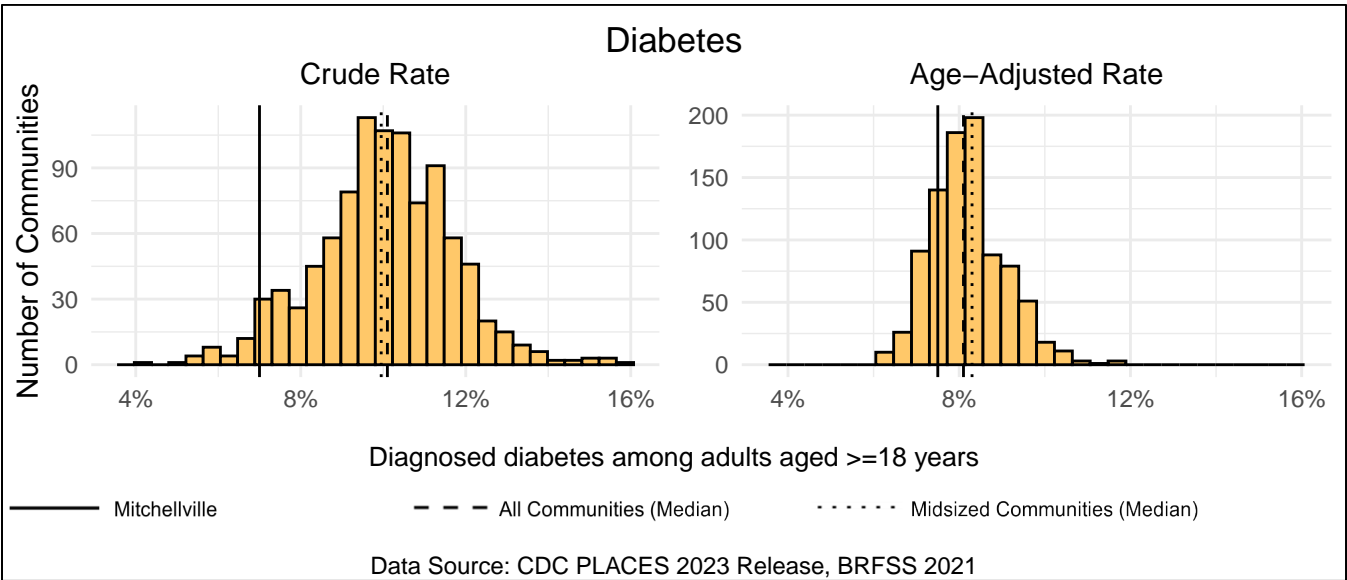
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	22.2%	18.0%	18.2%
Age-Adjusted	21.9%	19.0%	19.2%



Diabetes

Mitchellville has a crude rate of 7.0% for diagnosed diabetes among adults aged >=18 years, which ranks 39th out of 958 Iowa communities (11th out of 102 midsized communities). The age-adjusted rate for Mitchellville is 7.5%, which ranks 147th out of 905 Iowa communities (28th out of 102 midsized communities).

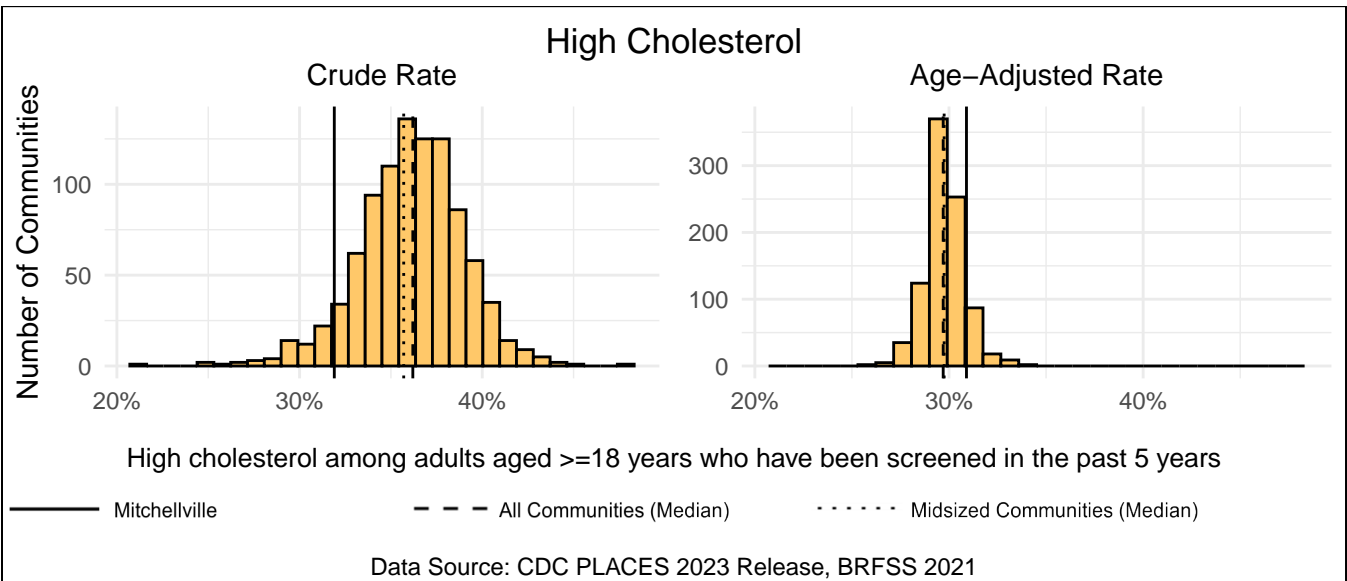
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	7.0%	10.1%	9.9%
Age-Adjusted	7.5%	8.1%	8.3%



High Cholesterol

Mitchellville has a crude rate of 31.9% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 65th out of 958 Iowa communities (13th out of 102 midsized communities). The age-adjusted rate for Mitchellville is 30.9%, which ranks 790th out of 905 Iowa communities (89th out of 102 midsized communities).

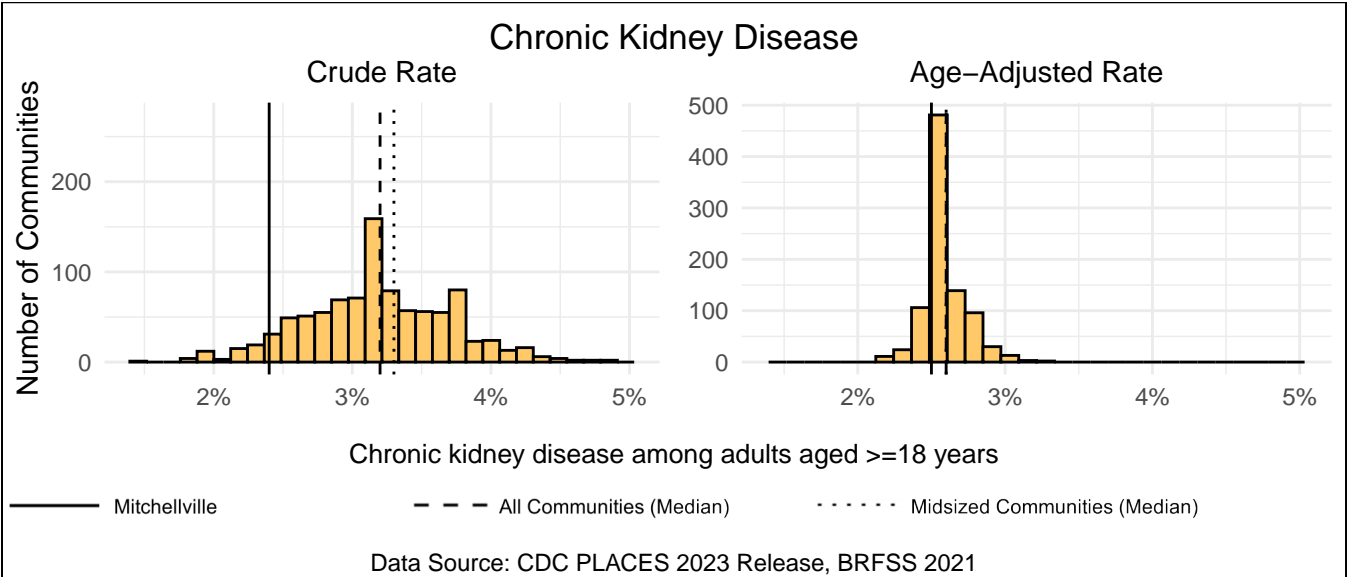
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	31.9%	36.2%	35.7%
Age-Adjusted	30.9%	29.7%	29.8%



Chronic Kidney Disease

Mitchellville has a crude rate of 2.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (11th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 2.5%, which ranks 142nd out of 905 Iowa communities (27th out of 102 mid-sized communities).

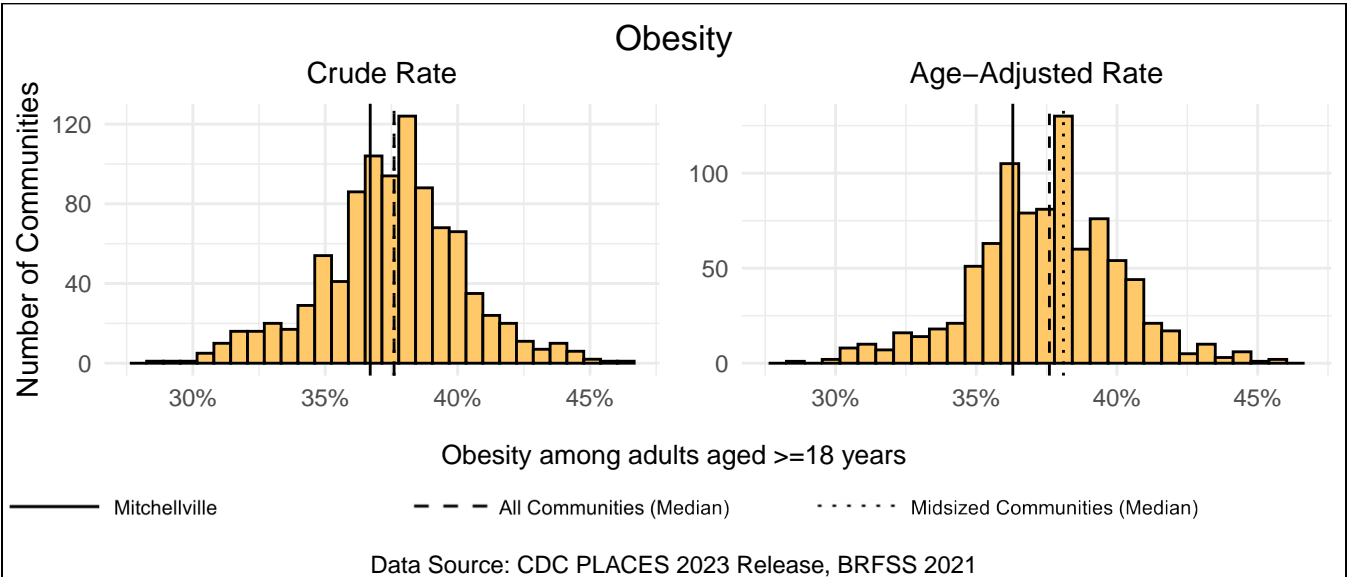
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	2.4%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Mitchellville has a crude rate of 36.7% for obesity among adults aged ≥ 18 years, which ranks 308th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 36.3%, which ranks 264th out of 905 Iowa communities (30th out of 102 mid-sized communities).

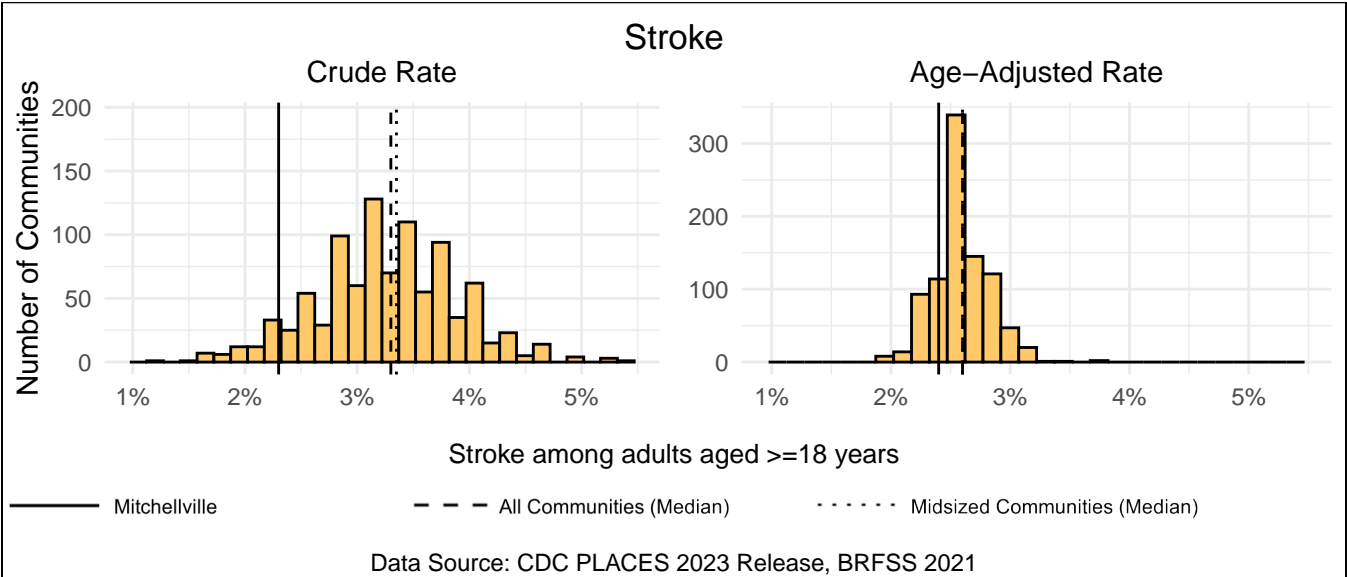
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	36.7%	37.6%	37.6%
Age-Adjusted	36.3%	37.6%	38.1%



Stroke

Mitchellville has a crude rate of 2.3% for stroke among adults aged >=18 years, which ranks 59th out of 958 Iowa communities (12th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 2.4%, which ranks 116th out of 905 Iowa communities (24th out of 102 mid-sized communities).

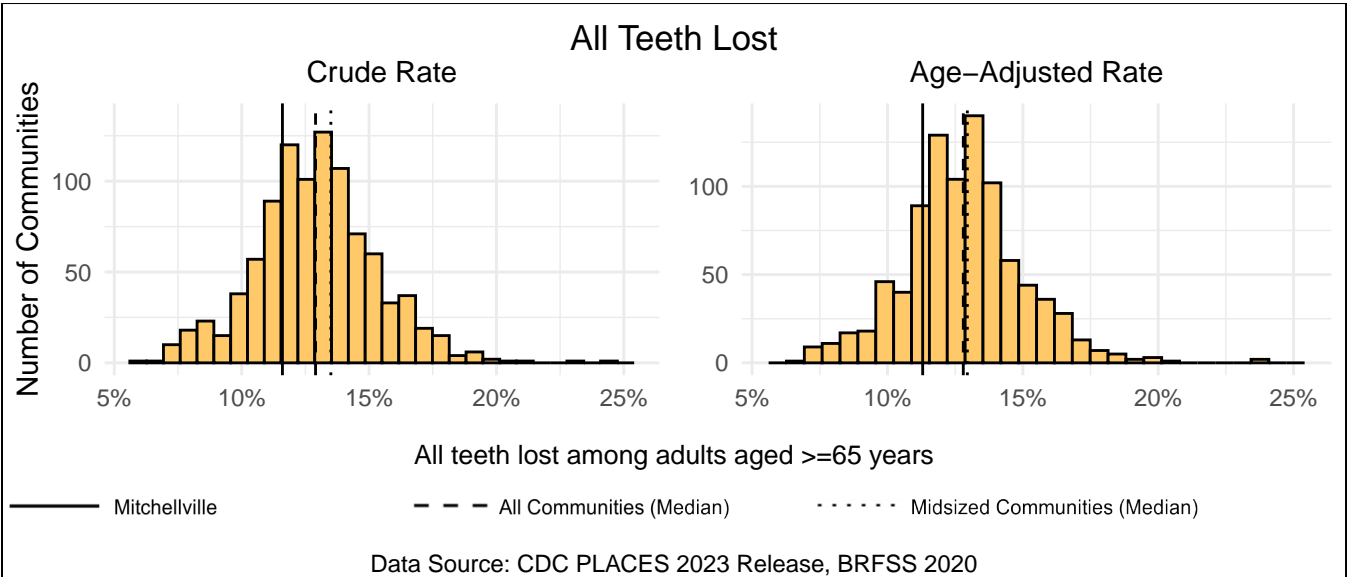
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	2.3%	3.3%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



All Teeth Lost

Mitchellville has a crude rate of 11.6% for all teeth lost among adults aged >=65 years, which ranks 253rd out of 958 Iowa communities (31st out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 11.3%, which ranks 197th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	11.6%	12.9%	13.5%
Age-Adjusted	11.3%	12.8%	12.9%



Prevention

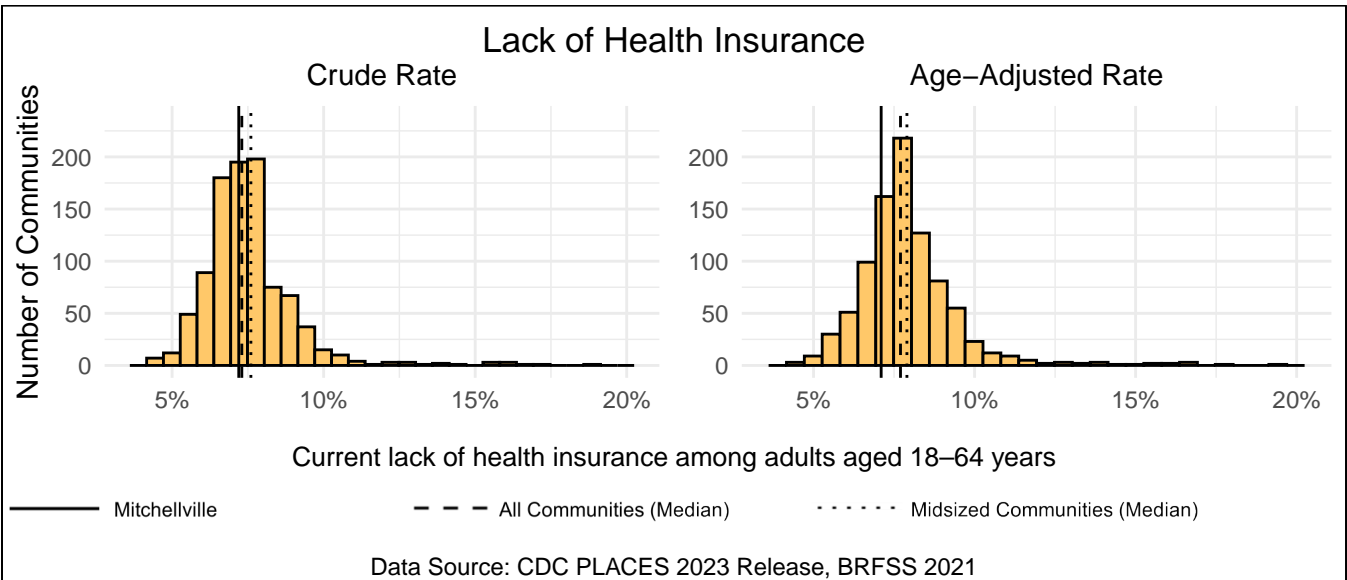
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Mitchellville has a crude rate of 7.2% for current lack of health insurance among adults aged 18–64 years, which ranks 415th out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 7.1%, which ranks 234th out of 905 Iowa communities (35th out of 102 mid-sized communities).

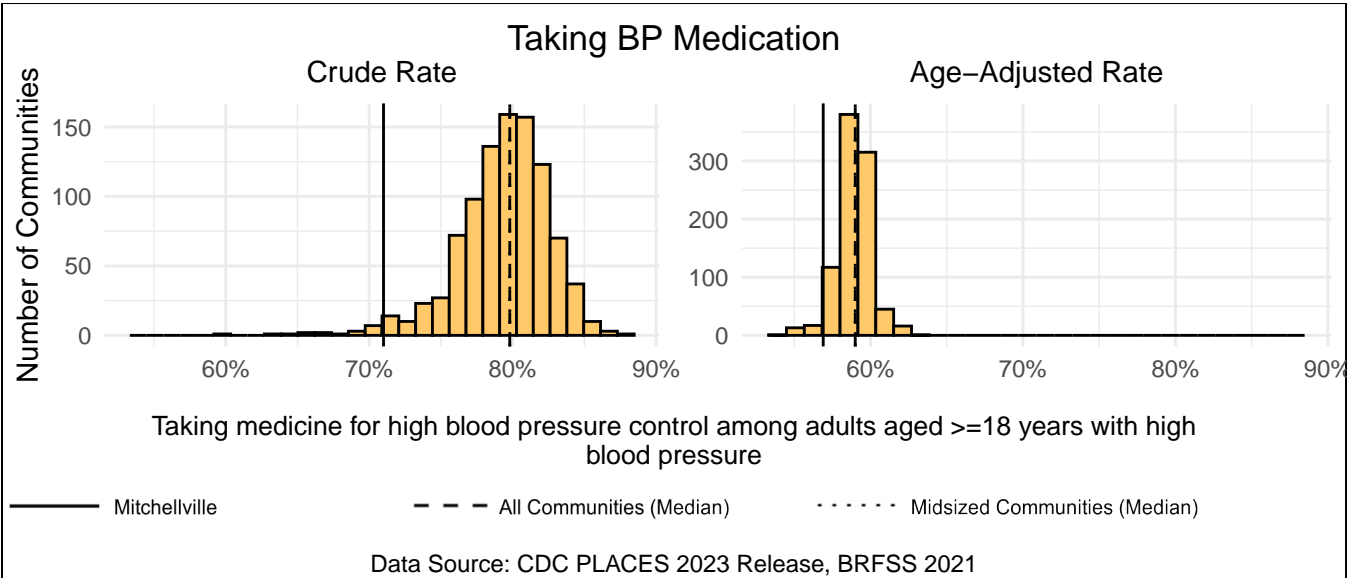
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	7.2%	7.3%	7.6%
Age-Adjusted	7.1%	7.7%	7.9%



Taking BP Medication

Mitchellville has a crude rate of 71.0% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 939th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 56.9%, which ranks 871st out of 905 Iowa communities (95th out of 102 mid-sized communities).

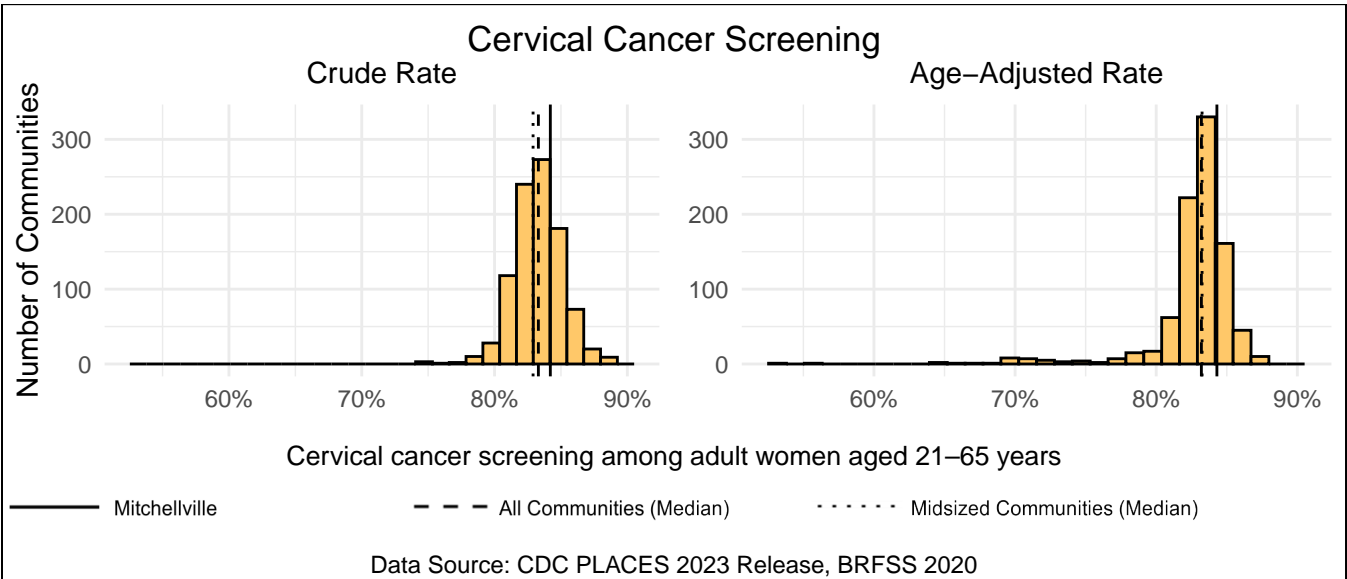
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	71.0%	79.8%	79.8%
Age-Adjusted	56.9%	59.0%	59.0%



Cervical Cancer Screening

Mitchellville has a crude rate of 84.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 264th out of 958 Iowa communities (30th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 84.3%, which ranks 182nd out of 905 Iowa communities (34th out of 102 mid-sized communities).

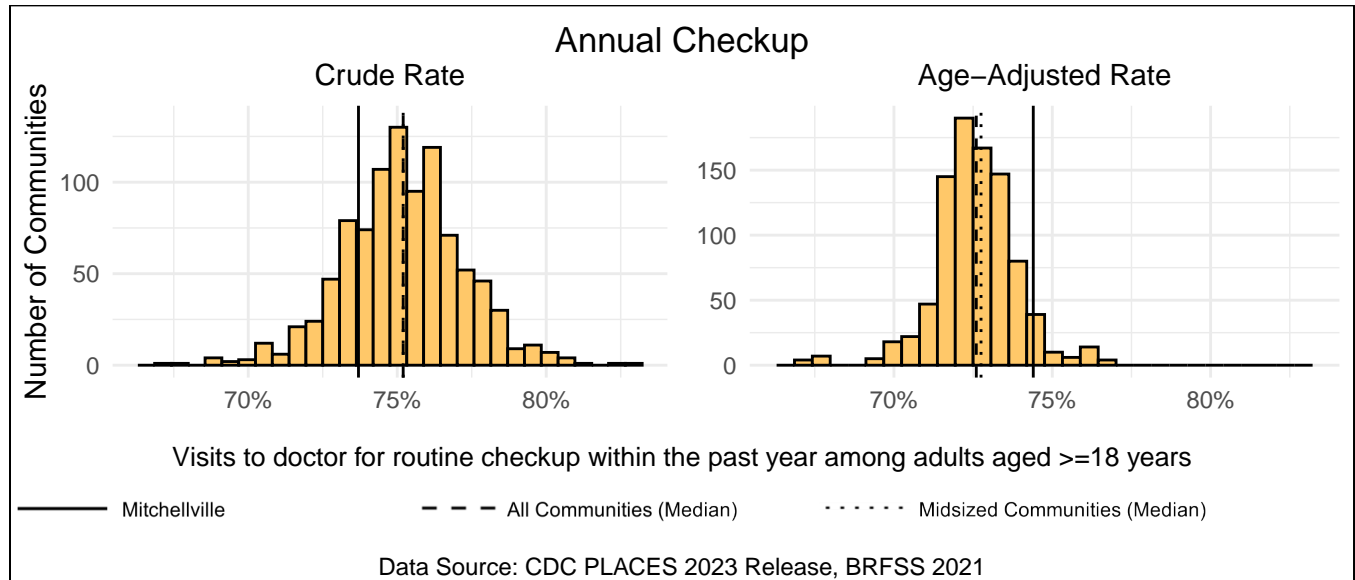
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	84.2%	83.3%	82.9%
Age-Adjusted	84.3%	83.2%	83.2%



Annual Checkup

Mitchellville has a crude rate of 73.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 751st out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 74.4%, which ranks 50th out of 905 Iowa communities (9th out of 102 mid-sized communities).

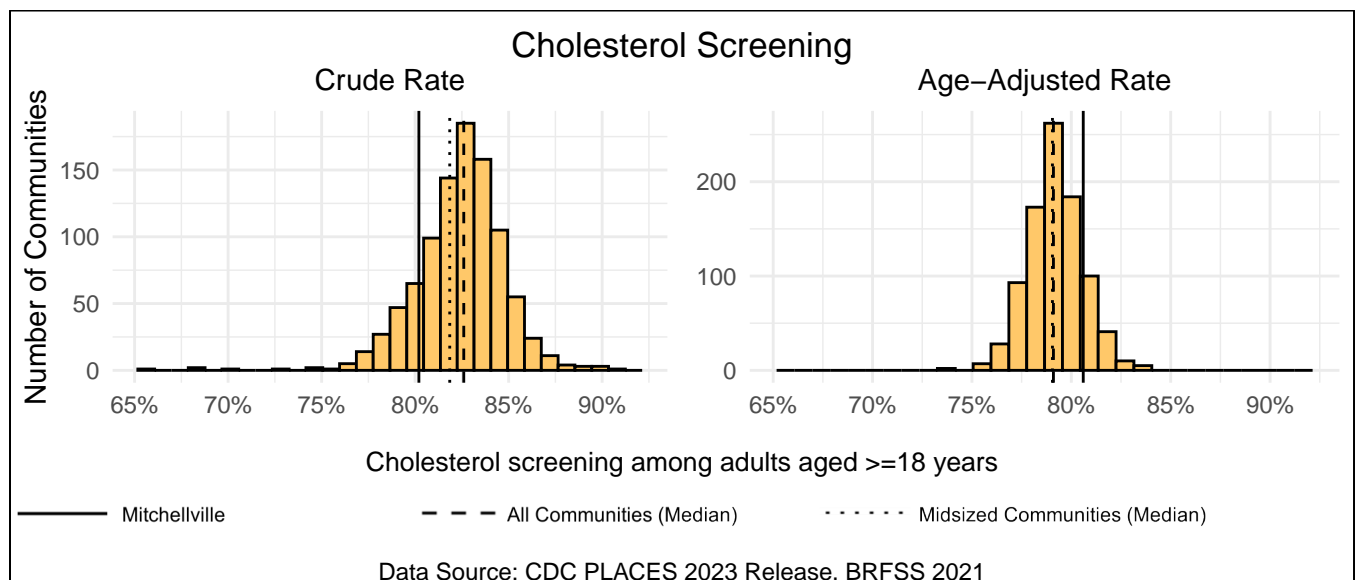
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	73.7%	75.2%	75.2%
Age-Adjusted	74.4%	72.6%	72.8%



Cholesterol Screening

Mitchellville has a crude rate of 80.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 80.6%, which ranks 124th out of 905 Iowa communities (25th out of 102 mid-sized communities).

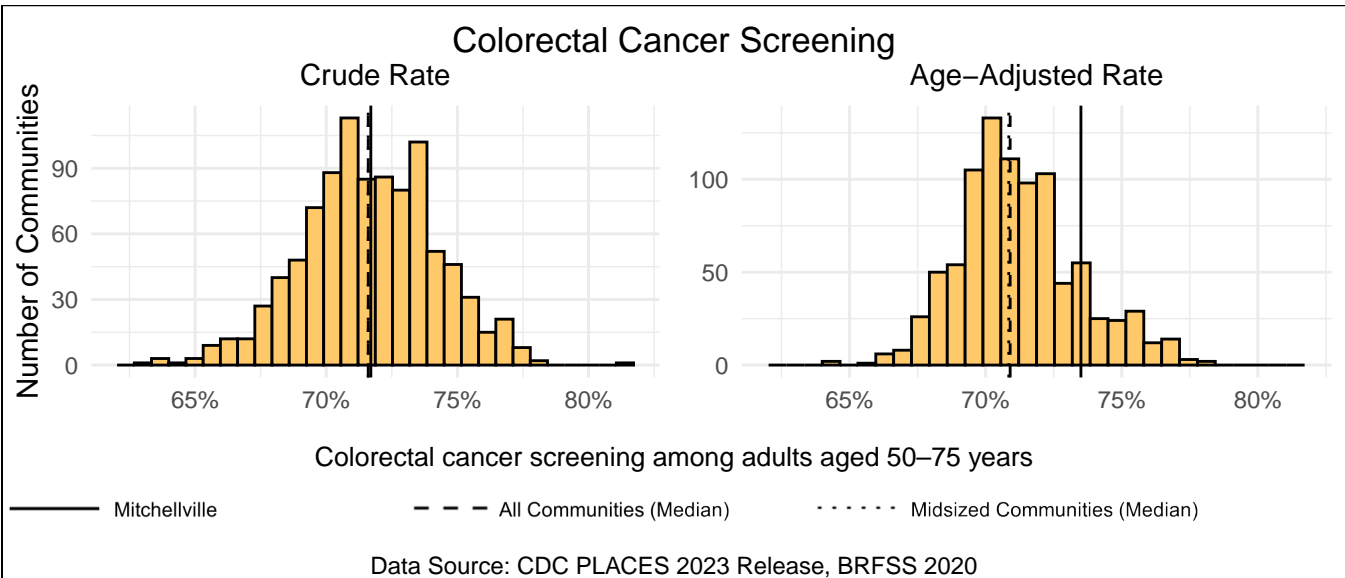
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	80.2%	82.6%	81.8%
Age-Adjusted	80.6%	79.1%	79.0%



Colorectal Cancer Screening

Mitchellville has a crude rate of 71.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 454th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 73.5%, which ranks 131st out of 905 Iowa communities (27th out of 102 mid-sized communities).

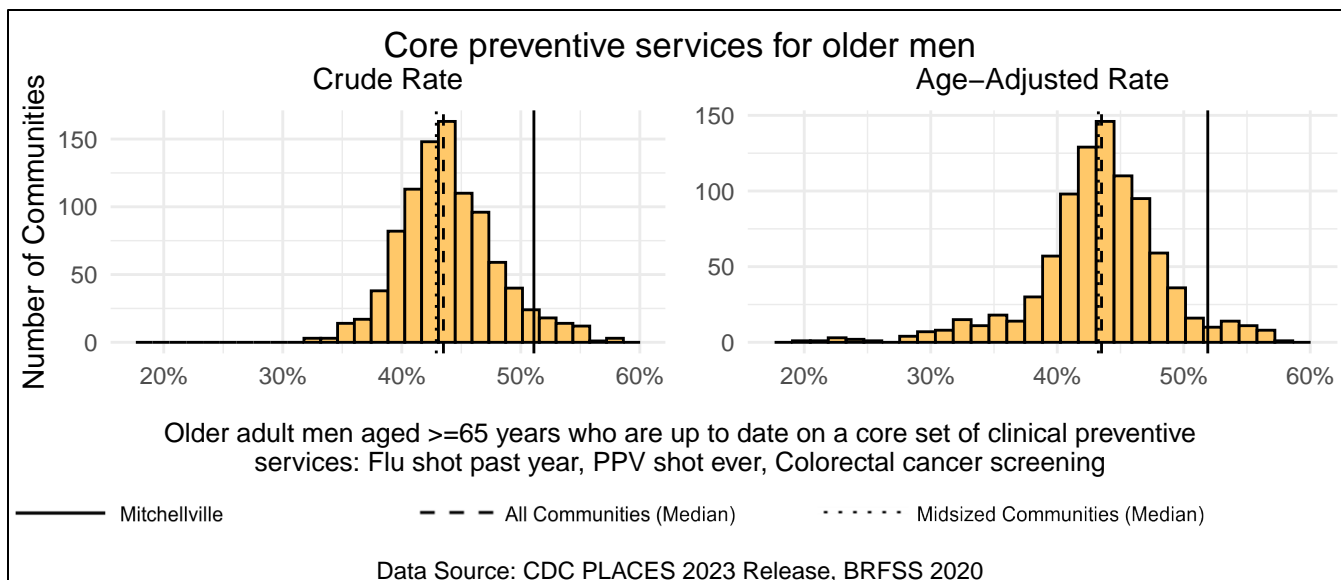
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	71.7%	71.6%	71.6%
Age-Adjusted	73.5%	70.9%	70.8%



Core preventive services for older men

Mitchellville has a crude rate of 51.1% 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 54th out of 958 Iowa communities (9th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 51.9%, which ranks 42nd out of 905 Iowa communities (9th out of 102 mid-sized communities).

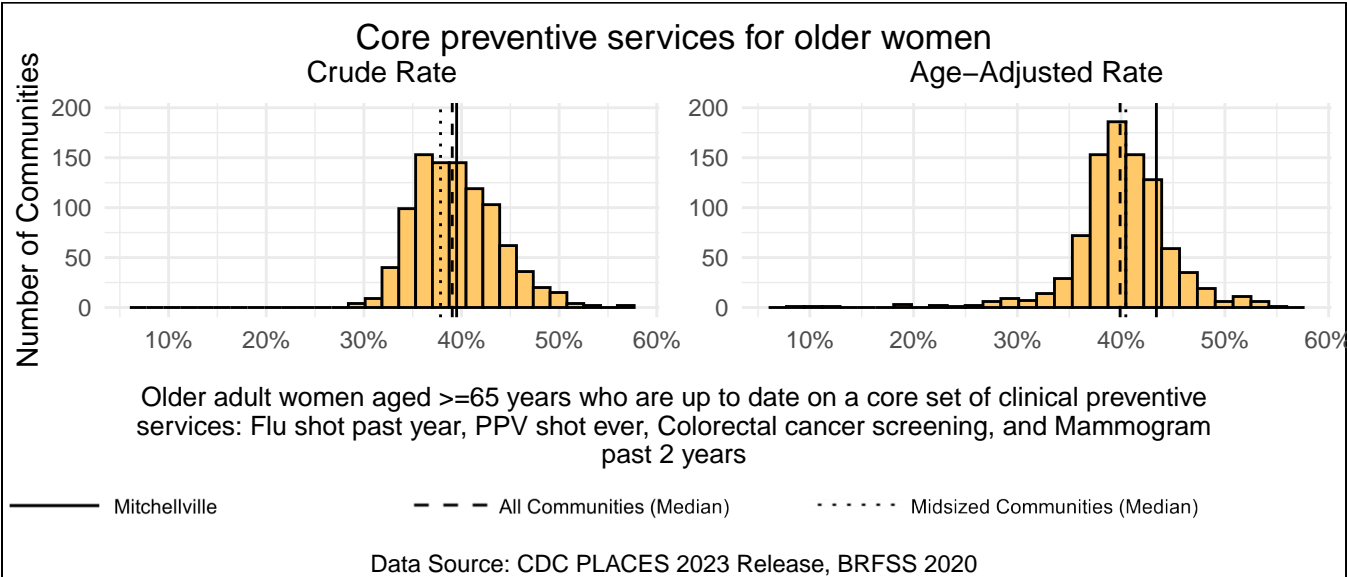
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	51.1%	43.5%	42.9%
Age-Adjusted	51.9%	43.5%	43.2%



Core preventive services for older women

Mitchellville has a crude rate of 39.5% 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 430th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 43.4%, which ranks 182nd out of 905 Iowa communities (28th out of 102 midsize communities).

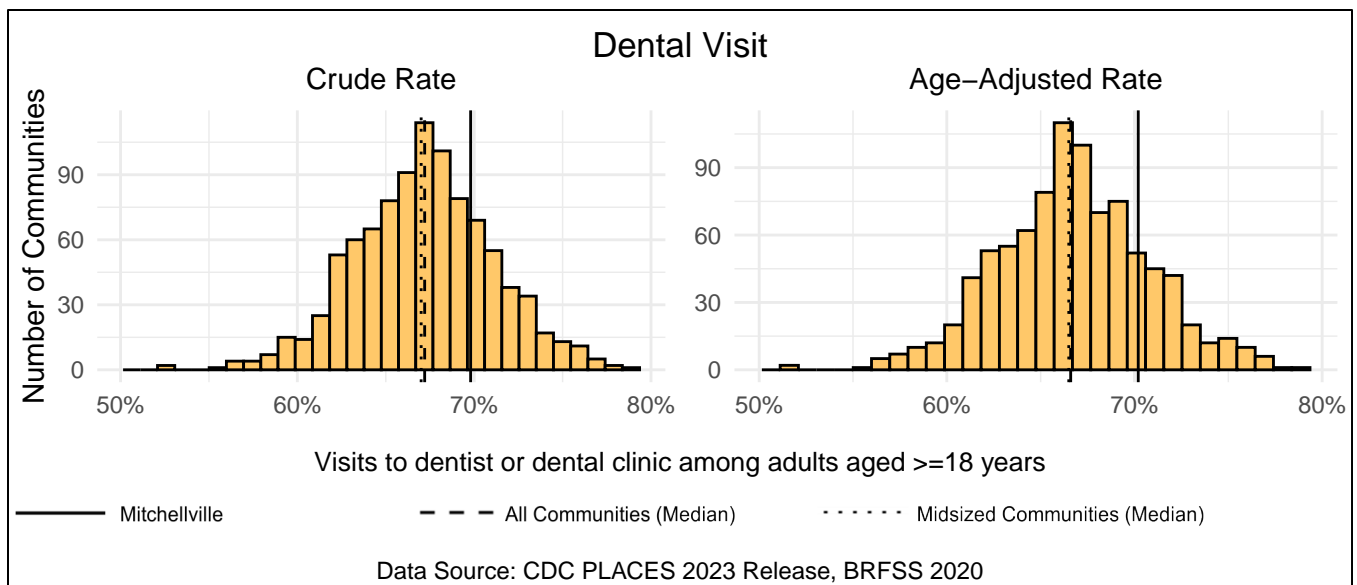
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	39.5%	39.0%	37.8%
Age-Adjusted	43.4%	39.9%	40.4%



Dental Visit

Mitchellville has a crude rate of 69.8% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 231st out of 958 Iowa communities (34th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 70.2%, which ranks 165th out of 905 Iowa communities (31st out of 102 midsize communities).

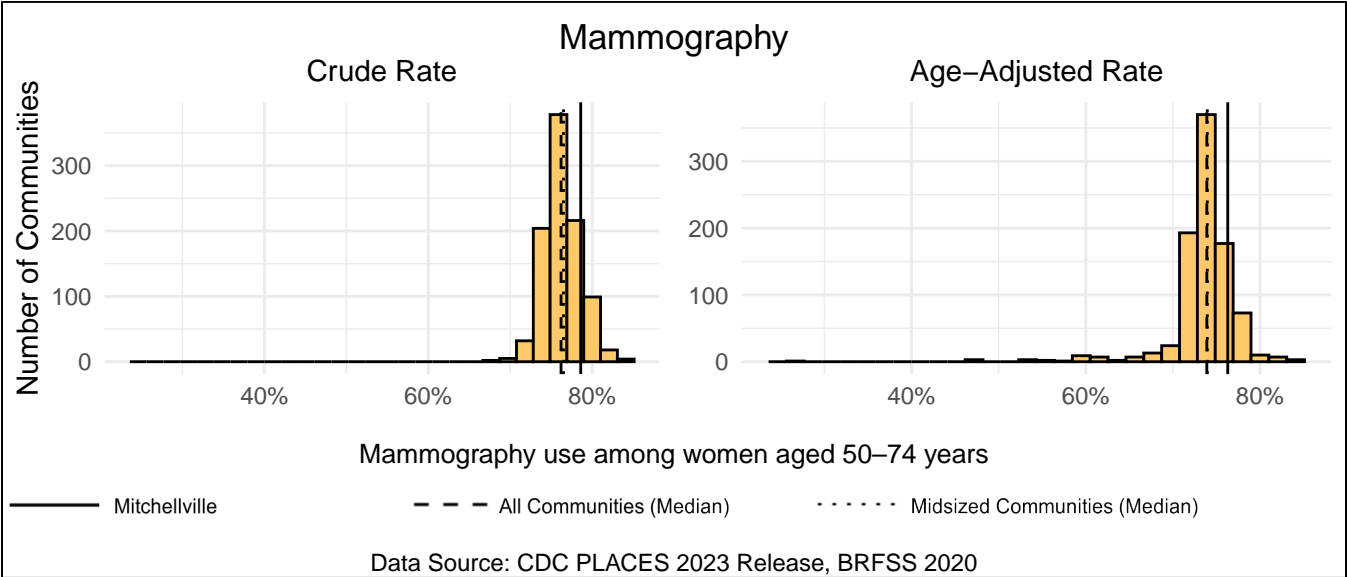
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	69.8%	67.2%	67.0%
Age-Adjusted	70.2%	66.6%	66.5%



Mammography

Mitchellville has a crude rate of 78.6% for mammography use among women aged 50–74 years, which ranks 149th out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Mitchellville is 76.3%, which ranks 133rd out of 905 Iowa communities (26th out of 102 midsized communities).

Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	78.6%	76.2%	76.5%
Age-Adjusted	76.3%	73.9%	74.0%



Disability

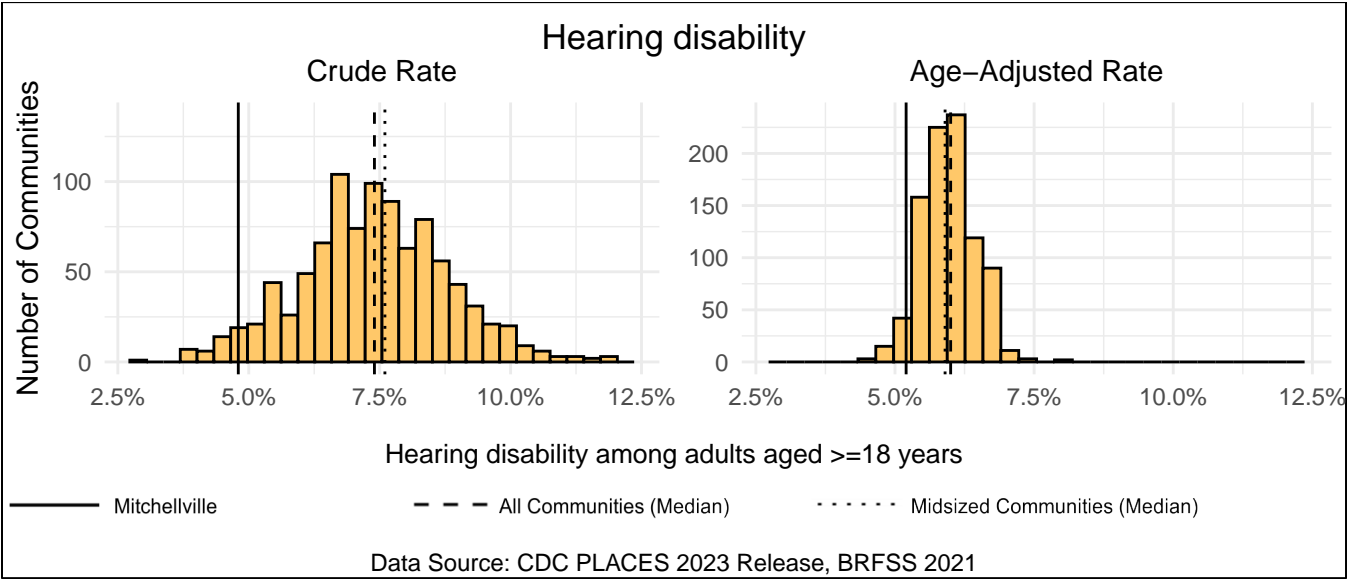
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Mitchellville has a crude rate of 4.8% for hearing disability among adults aged ≥ 18 years, which ranks 36th out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 5.2%, which ranks 41st out of 905 Iowa communities (11th out of 102 midsize communities).

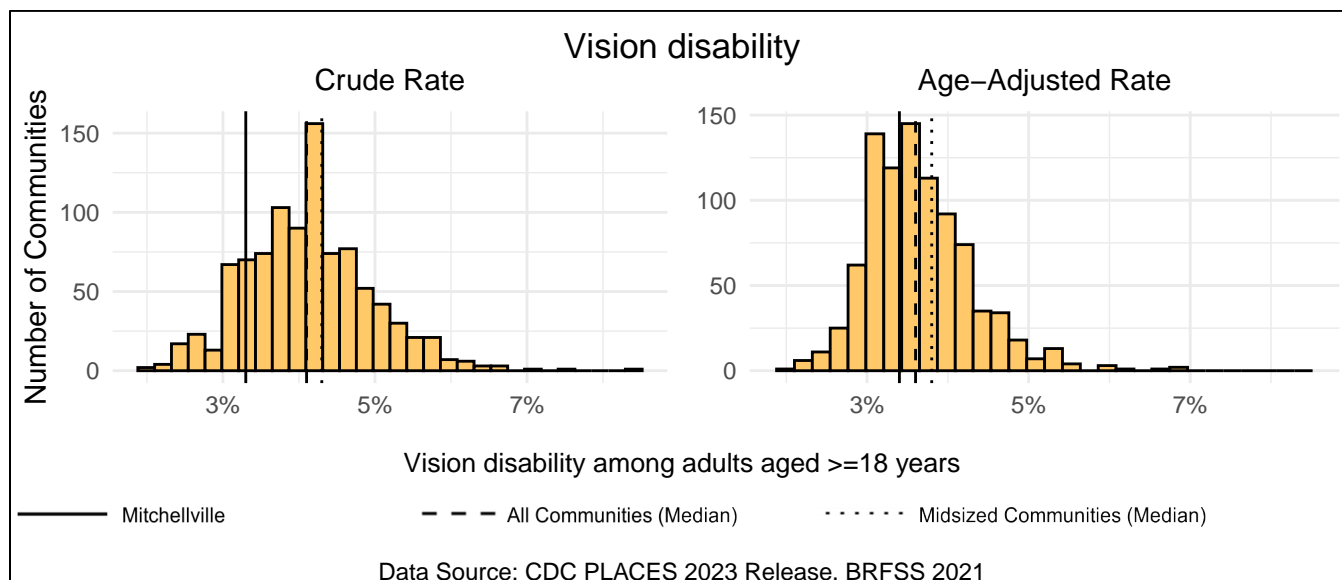
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	4.8%	7.4%	7.6%
Age-Adjusted	5.2%	6.0%	5.9%



Vision disability

Mitchellville has a crude rate of 3.3% for vision disability among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Mitchellville is 3.4%, which ranks 295th out of 905 Iowa communities (35th out of 102 midsize communities).

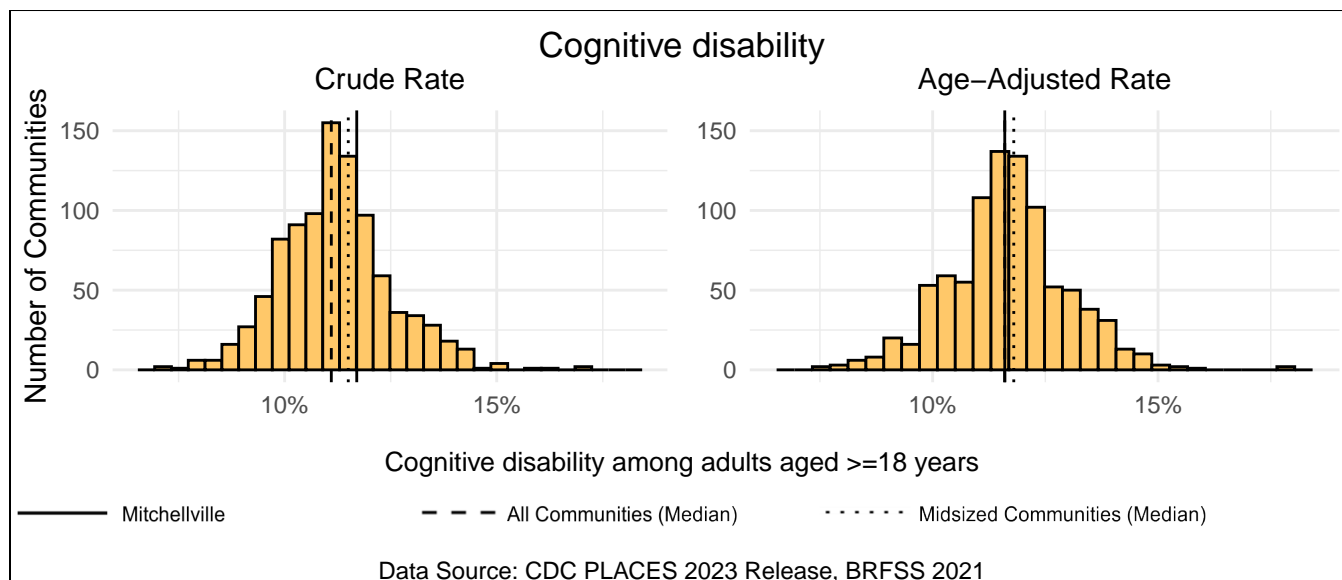
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	3.3%	4.1%	4.3%
Age-Adjusted	3.4%	3.6%	3.8%



Cognitive disability

Mitchellville has a crude rate of 11.7% for cognitive disability among adults aged ≥ 18 years, which ranks 665th out of 958 Iowa communities (62nd out of 102 midsize communities). The age-adjusted rate for Mitchellville is 11.6%, which ranks 431st out of 905 Iowa communities (43rd out of 102 midsize communities).

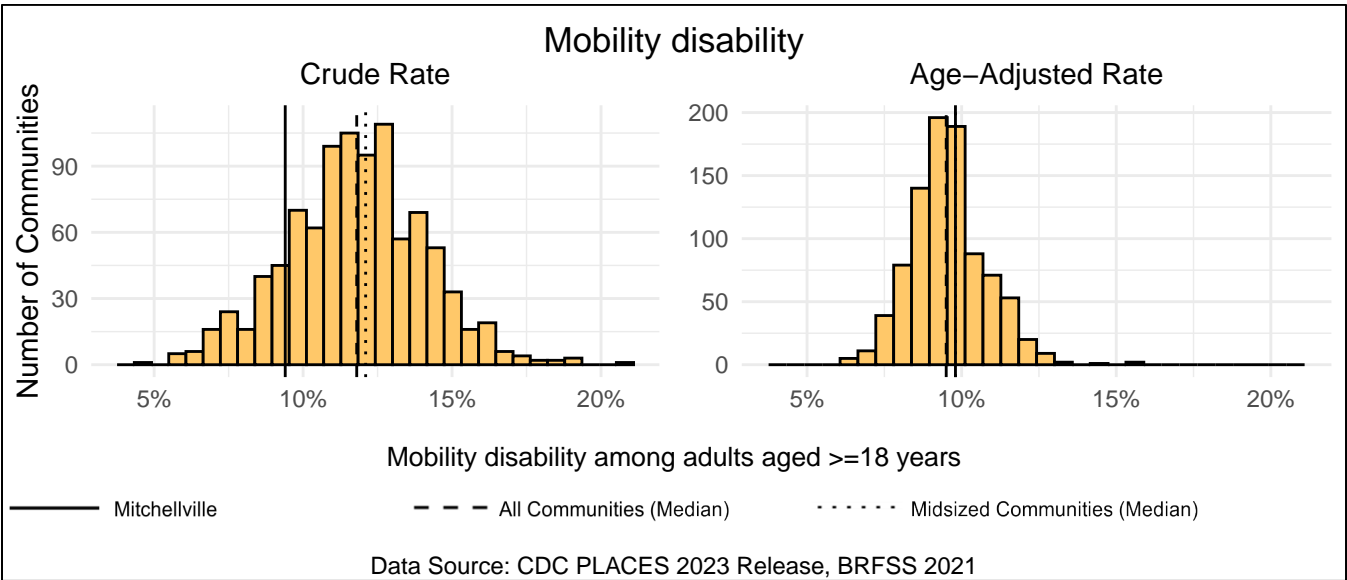
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	11.7%	11.1%	11.5%
Age-Adjusted	11.6%	11.6%	11.8%



Mobility disability

Mitchellville has a crude rate of 9.4% for mobility disability among adults aged >=18 years, which ranks 141st out of 958 Iowa communities (22nd out of 102 midsize communities). The age-adjusted rate for Mitchellville is 9.8%, which ranks 541st out of 905 Iowa communities (51st out of 102 midsize communities).

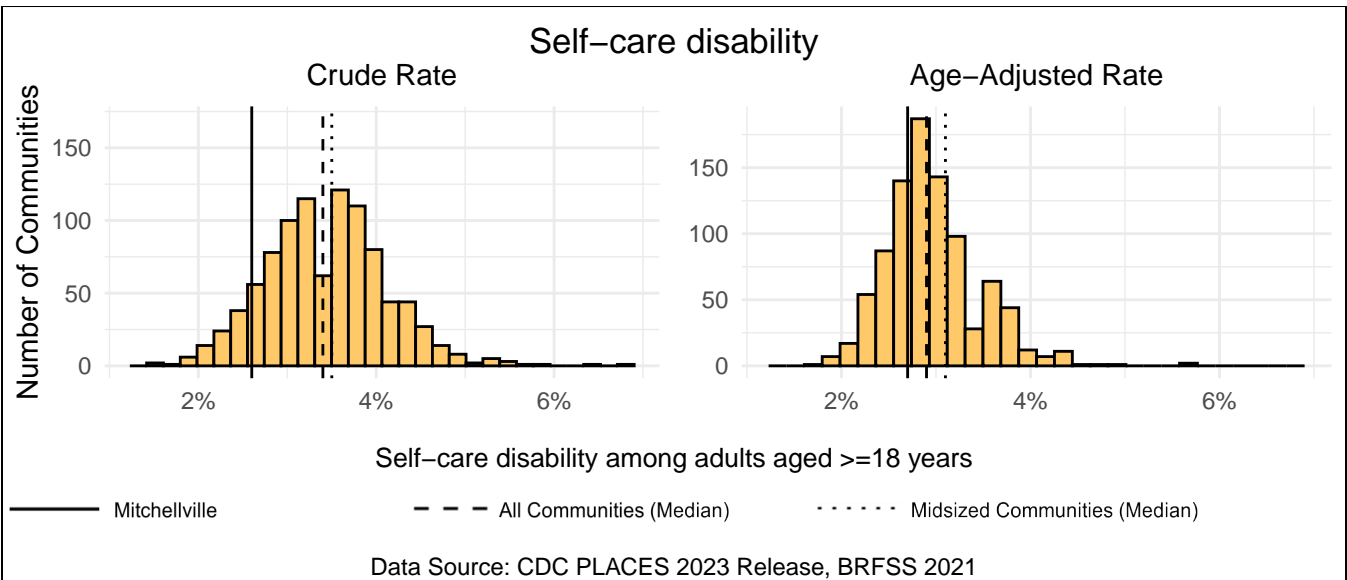
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	9.4%	11.8%	12.1%
Age-Adjusted	9.8%	9.5%	9.8%



Self-care disability

Mitchellville has a crude rate of 2.6% for self-care disability among adults aged >=18 years, which ranks 86th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Mitchellville is 2.7%, which ranks 248th out of 905 Iowa communities (35th out of 102 midsize communities).

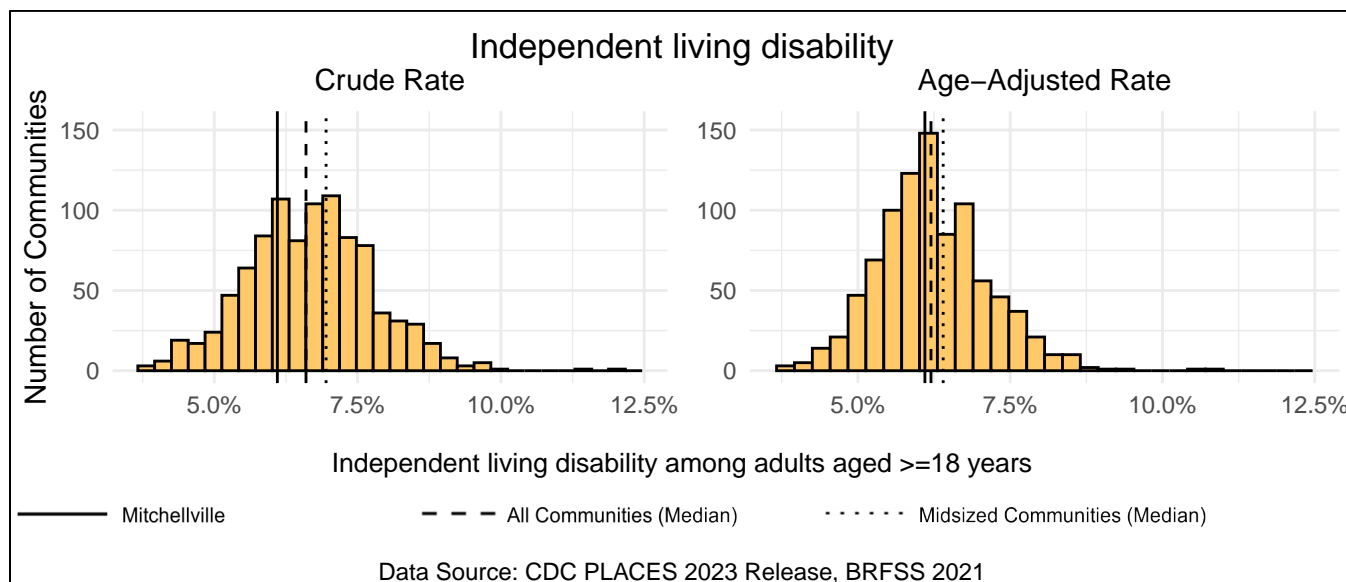
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	2.6%	3.4%	3.5%
Age-Adjusted	2.7%	2.9%	3.1%



Independent living disability

Mitchellville has a crude rate of 6.1% for independent living disability among adults aged ≥ 18 years, which ranks 265th out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Mitchellville is 6.1%, which ranks 383rd out of 905 Iowa communities (41st out of 102 mid-sized communities).

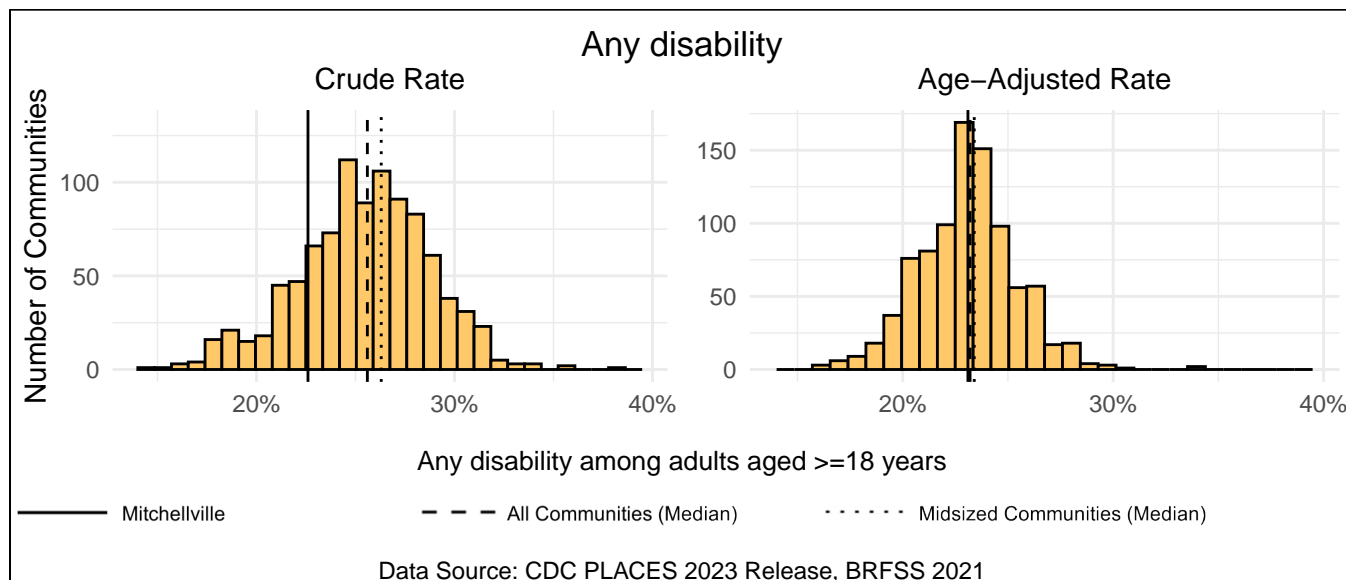
Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	6.1%	6.6%	7.0%
Age-Adjusted	6.1%	6.2%	6.4%



Any disability

Mitchellville has a crude rate of 22.6% for any disability among adults aged ≥ 18 years, which ranks 176th out of 958 Iowa communities (25th out of 102 midsized communities). The age-adjusted rate for Mitchellville is 23.1%, which ranks 430th out of 905 Iowa communities (45th out of 102 midsized communities).

Measure Type	Mitchellville	All Comm.	Midsized Comm.
Crude	22.6%	25.6%	26.3%
Age-Adjusted	23.1%	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: Mitchellville 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	120	11.7% (9.8% - 13.8%)	260	11.9% (9.9% - 14.1%)
Health Status	Physical Health	88	9.0% (7.7% - 10.4%)	210	9.1% (7.8% - 10.5%)
Health Status	Mental Health	936	16.7% (14.5% - 19.0%)	744	16.4% (14.3% - 18.5%)
Health Risk Behaviors	Binge Drinking	720	20.9% (18.4% - 23.5%)	51	20.2% (17.8% - 22.6%)
Health Risk Behaviors	Current Smoking	511	17.0% (13.6% - 20.7%)	241	16.5% (13.2% - 19.9%)
Health Risk Behaviors	Physical Inactivity	240	23.9% (20.1% - 27.9%)	398	24.0% (20.5% - 27.9%)
Health Risk Behaviors	Sleep <7 hours	357	29.8% (28.1% - 31.3%)	132	29.3% (27.8% - 30.7%)
Health Outcomes	COPD	69	5.4% (4.4% - 6.4%)	183	5.7% (4.7% - 6.9%)
Health Outcomes	Depression	949	22.2% (19.7% - 25.1%)	881	21.9% (19.3% - 24.7%)
Health Outcomes	Cancer (except skin)	38	6.0% (5.4% - 6.7%)	831	6.6% (6.0% - 7.2%)
Health Outcomes	High Cholesterol	65	31.9% (29.3% - 34.5%)	790	30.9% (28.3% - 33.7%)
Health Outcomes	Chronic Kidney Disease	55	2.4% (2.1% - 2.6%)	142	2.5% (2.3% - 2.8%)
Health Outcomes	Stroke	59	2.3% (2.0% - 2.6%)	116	2.4% (2.1% - 2.8%)
Health Outcomes	Arthritis	92	22.8% (20.6% - 25.1%)	683	24.0% (21.7% - 26.4%)
Health Outcomes	Obesity	308	36.7% (33.0% - 40.5%)	264	36.3% (32.6% - 39.9%)
Health Outcomes	Coronary Heart Disease	42	4.2% (3.6% - 4.8%)	120	4.6% (4.0% - 5.3%)
Health Outcomes	Diabetes	39	7.0% (6.0% - 8.0%)	147	7.5% (6.5% - 8.6%)
Health Outcomes	Current Asthma	934	10.2% (9.1% - 11.4%)	831	10.1% (9.0% - 11.3%)
Health Outcomes	All Teeth Lost	253	11.6% (7.0% - 17.7%)	197	11.3% (7.2% - 16.0%)
Health Outcomes	High Blood Pressure	68	26.3% (23.9% - 28.7%)	517	27.6% (25.2% - 30.0%)
Prevention	Mammography	149	78.6% (74.9% - 81.8%)	133	76.3% (72.7% - 79.7%)
Prevention	Taking BP Medication	939	71.0% (67.7% - 74.1%)	871	56.9% (52.9% - 60.8%)
Prevention	Core preventive services for older women	430	39.5% (33.0% - 46.9%)	182	43.4% (37.2% - 50.0%)
Prevention	Cervical Cancer Screening	264	84.2% (82.2% - 86.3%)	182	84.3% (82.2% - 86.3%)
Prevention	Core preventive services for older men	54	51.1% (44.2% - 58.3%)	42	51.9% (45.0% - 58.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	454	71.7% (68.3% - 74.6%)	131	73.5% (70.4% - 76.1%)
Prevention	Cholesterol Screening	805	80.2% (77.2% - 83.1%)	124	80.6% (77.7% - 83.5%)
Prevention	Health Insurance	415	7.2% (5.5% - 9.2%)	234	7.1% (5.4% - 9.1%)
Prevention	Dental Visit	231	69.8% (66.5% - 73.5%)	165	70.2% (66.9% - 73.7%)
Prevention	Annual Checkup	751	73.7% (70.5% - 76.7%)	50	74.4% (71.4% - 77.3%)
Disability	Mobility Disability	141	9.4% (7.9% - 11.1%)	541	9.8% (8.3% - 11.5%)
Disability	Vision Disability	127	3.3% (2.8% - 3.9%)	295	3.4% (2.9% - 3.9%)
Disability	Any Disability	176	22.6% (19.6% - 25.9%)	430	23.1% (20.0% - 26.4%)
Disability	Cognitive Disability	665	11.7% (9.9% - 13.9%)	431	11.6% (9.7% - 13.5%)
Disability	Self-care Disability	86	2.6% (2.2% - 3.1%)	248	2.7% (2.2% - 3.1%)
Disability	Independent Living Disability	265	6.1% (5.1% - 7.2%)	383	6.1% (5.1% - 7.2%)
Disability	Hearing Disability	36	4.8% (4.2% - 5.4%)	41	5.2% (4.5% - 5.8%)

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

Mitchellville 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
