



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 Monona: Overview

Dear Community Members & Stakeholders of Monona,

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 Monona ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Monona'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 Monona. 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
Taking BP Medication	229th	48th	Taking BP Medication	30th	5th
Annual Checkup	234th	45th	Annual Checkup	190th	35th
Binge Drinking	283rd	50th	Binge Drinking	230th	33rd
Core preventive services for older men	475th	73rd	Cancer (except skin)	418th	41st
Sleep <7 hours	561st	92nd	Core preventive services for older men	507th	95th

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
Mammography	952nd	138th	Mental Health	874th	138th
All Teeth Lost	929th	136th	High Blood Pressure	871st	136th
Independent Living Disability	913th	133rd	Mammography	870th	138th
Physical Inactivity	900th	131st	Current Smoking	868th	137th
Colorectal Cancer Screening	899th	138th	COPD	865th	136th

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 Monona.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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How to Use this Report

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

With a population of 1,571, Monona’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

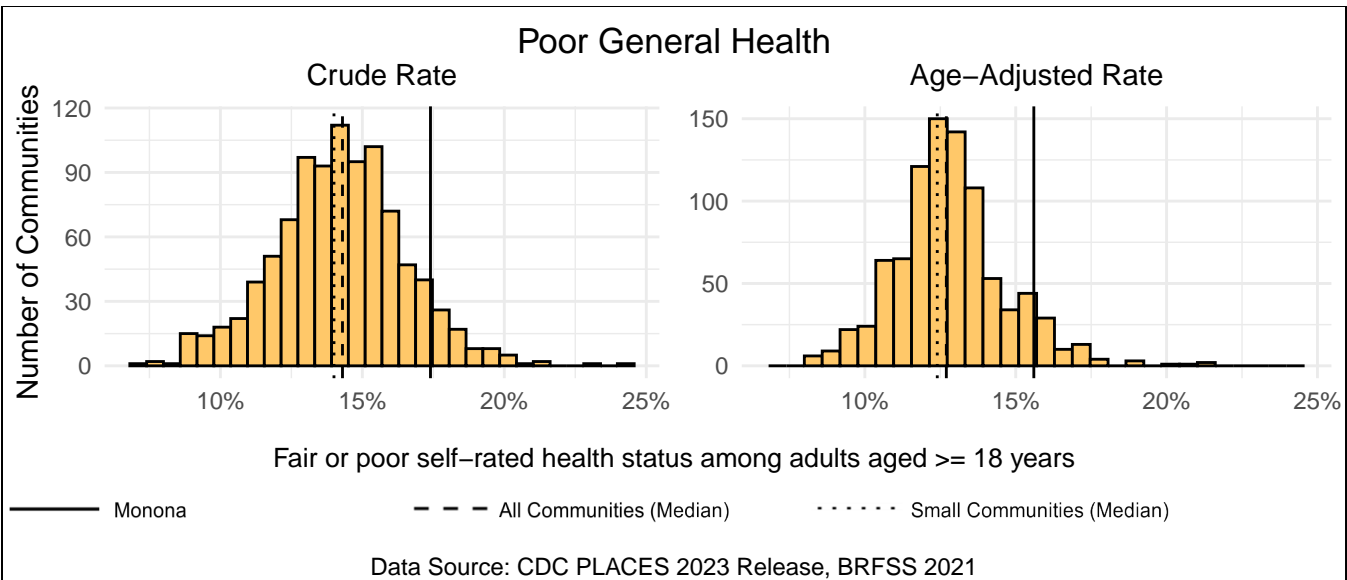
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Monona has a crude rate of 17.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 880th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Monona is 15.6%, which ranks 839th out of 905 Iowa communities (132nd out of 138 small communities).

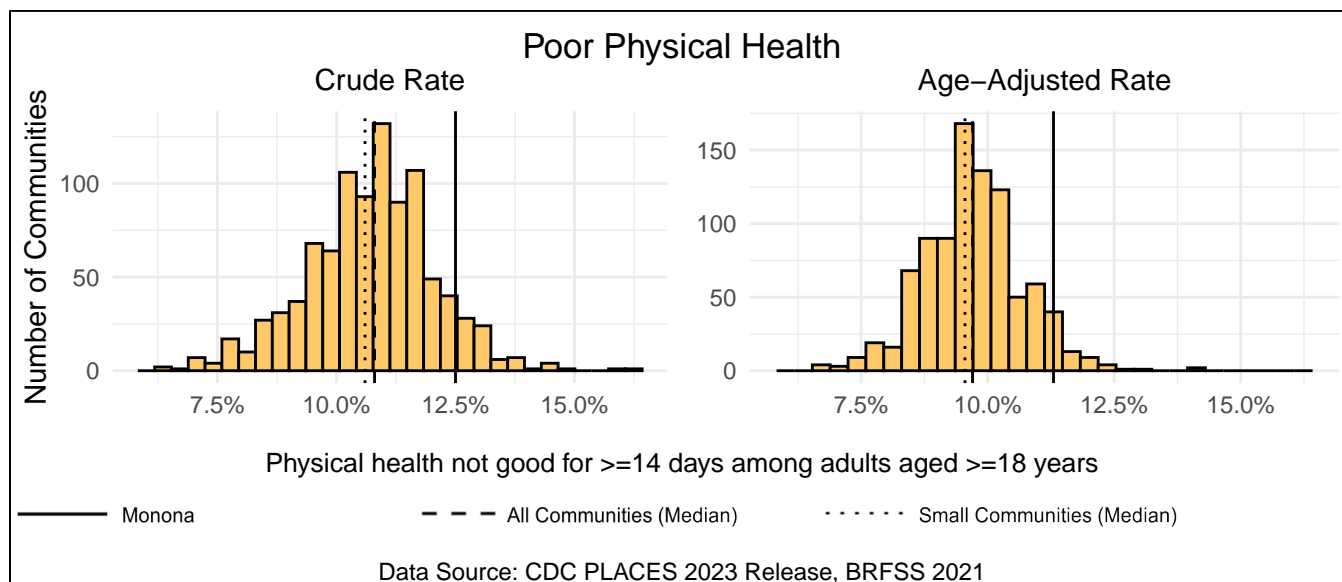
Measure Type	Monona	All Comm.	Small Comm.
Crude	17.4%	14.3%	14.0%
Age-Adjusted	15.6%	12.7%	12.4%



Poor Physical Health

Monona has a crude rate of 12.5% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 880th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Monona is 11.3%, which ranks 848th out of 905 Iowa communities (133rd out of 138 small communities).

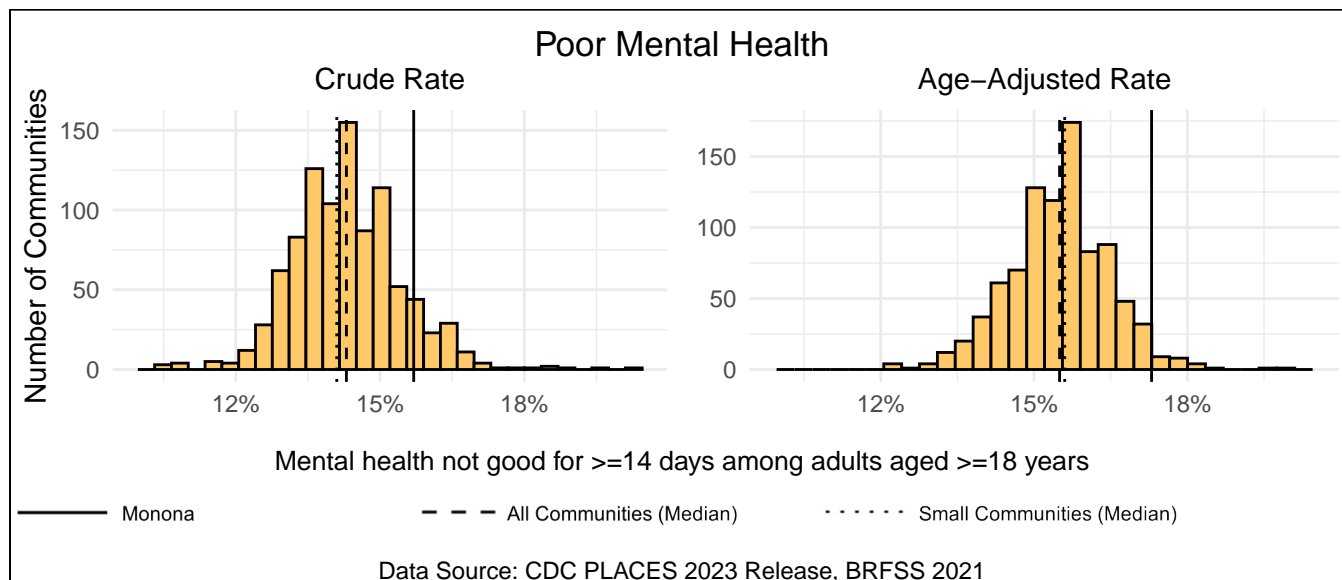
Measure Type	Monona	All Comm.	Small Comm.
Crude	12.5%	10.8%	10.6%
Age-Adjusted	11.3%	9.7%	9.6%



Poor Mental Health

Monona has a crude rate of 15.7% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 856th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Monona is 17.3%, which ranks 874th out of 905 Iowa communities (138th out of 138 small communities).

Measure Type	Monona	All Comm.	Small Comm.
Crude	15.7%	14.3%	14.1%
Age-Adjusted	17.3%	15.5%	15.6%



Health Risk Behaviors

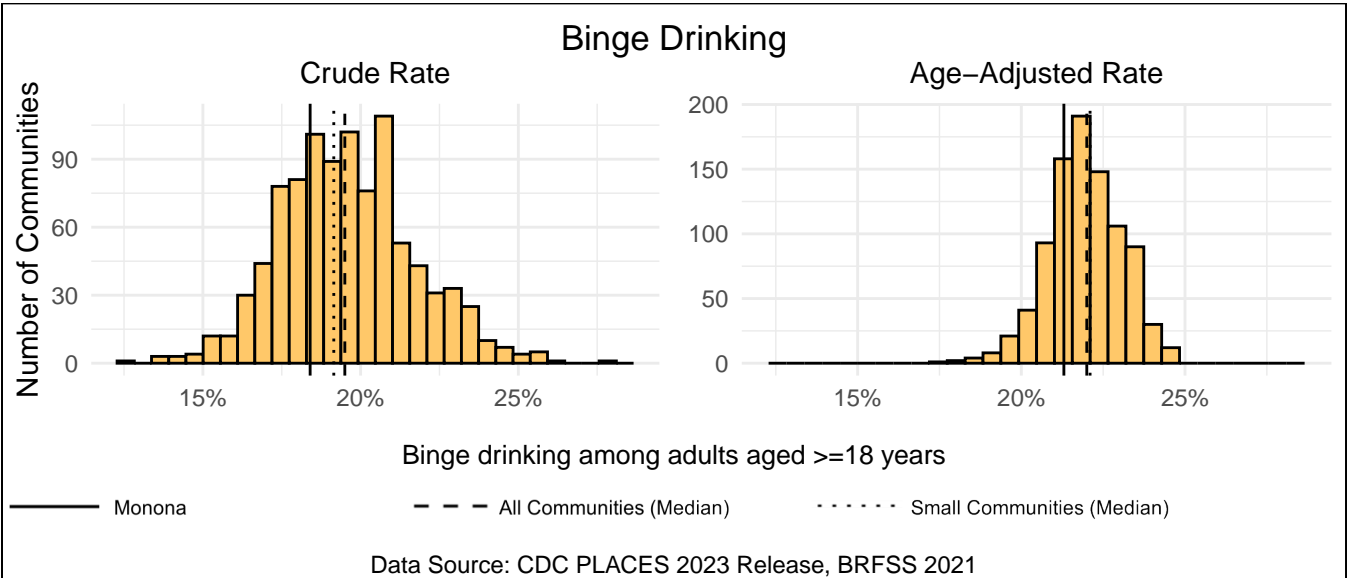
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Monona has a crude rate of 18.4% for binge drinking among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Monona is 21.3%, which ranks 230th out of 905 Iowa communities (33rd out of 138 small communities).

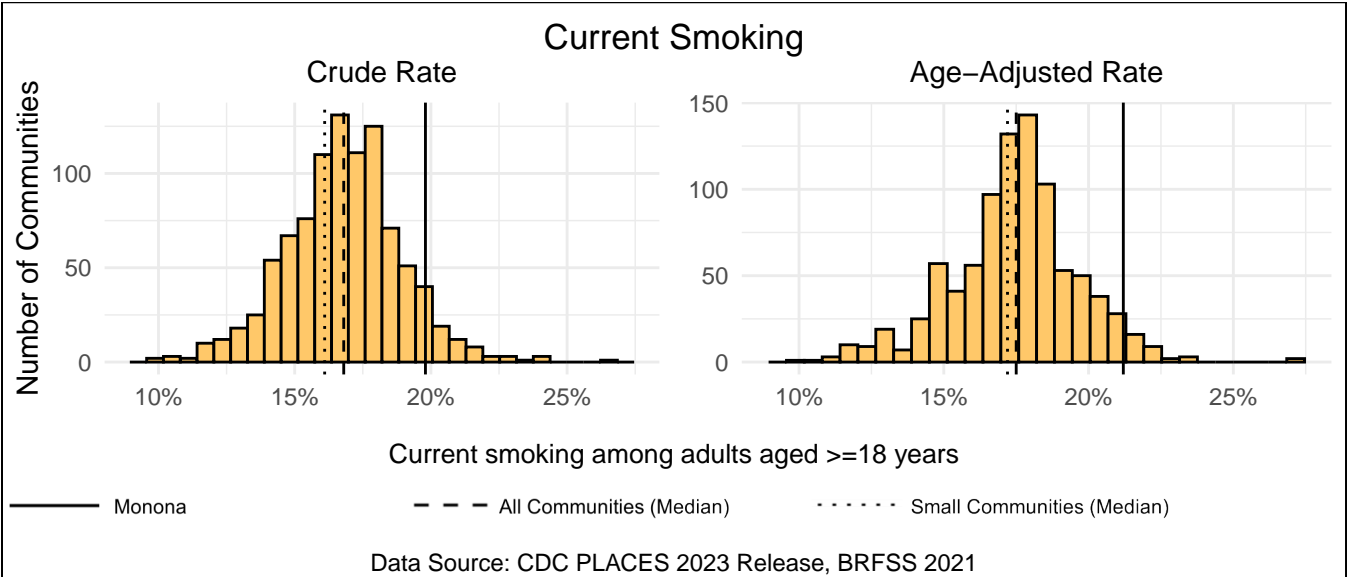
Measure Type	Monona	All Comm.	Small Comm.
Crude	18.4%	19.5%	19.1%
Age-Adjusted	21.3%	22.0%	22.1%



Current Smoking

Monona has a crude rate of 19.8% for current smoking among adults aged ≥ 18 years, which ranks 890th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Monona is 21.2%, which ranks 868th out of 905 Iowa communities (137th out of 138 small communities).

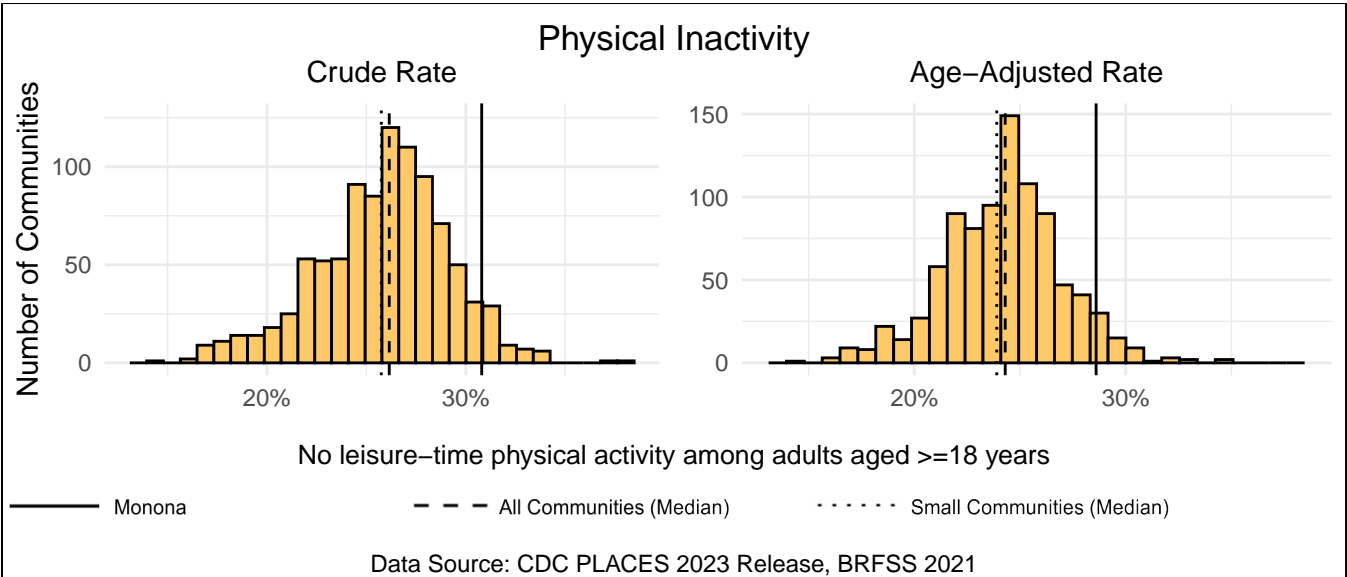
Measure Type	Monona	All Comm.	Small Comm.
Crude	19.8%	16.8%	16.1%
Age-Adjusted	21.2%	17.5%	17.2%



Physical Inactivity

Monona has a crude rate of 30.8% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 900th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Monona is 28.6%, which ranks 850th out of 905 Iowa communities (135th out of 138 small communities).

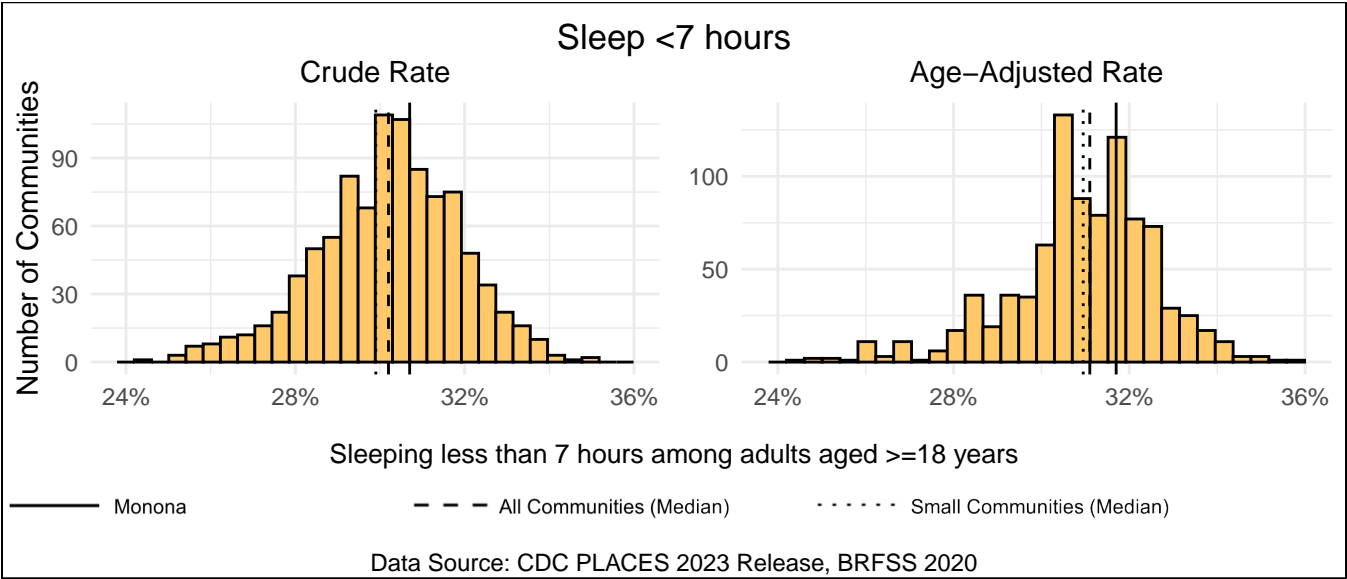
Measure Type	Monona	All Comm.	Small Comm.
Crude	30.8%	26.1%	25.8%
Age-Adjusted	28.6%	24.3%	23.9%



Sleep <7 hours

Monona has a crude rate of 30.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 561st out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Monona is 31.7%, which ranks 580th out of 905 Iowa communities (96th out of 138 small communities).

Measure Type	Monona	All Comm.	Small Comm.
Crude	30.7%	30.2%	29.9%
Age-Adjusted	31.7%	31.1%	31.0%



Health Outcomes

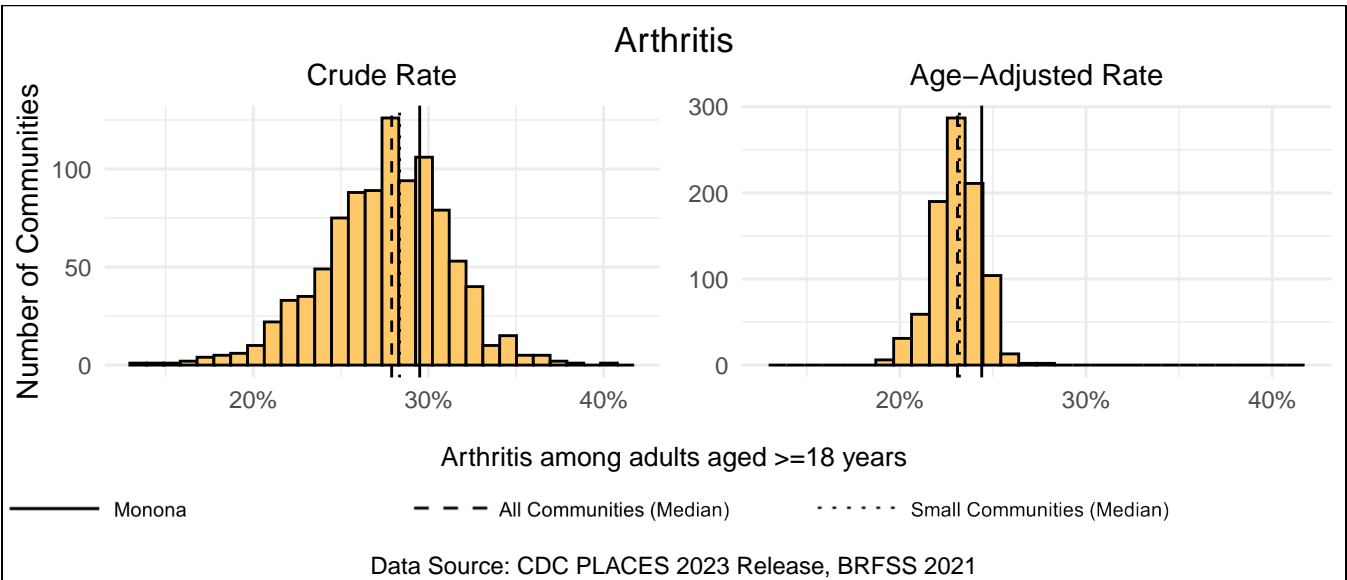
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-outcomes/index.html>

Arthritis

Monona has a crude rate of 29.5% for arthritis among adults aged ≥ 18 years, which ranks 654th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Monona is 24.4%, which ranks 768th out of 905 Iowa communities (123rd out of 138 small communities).

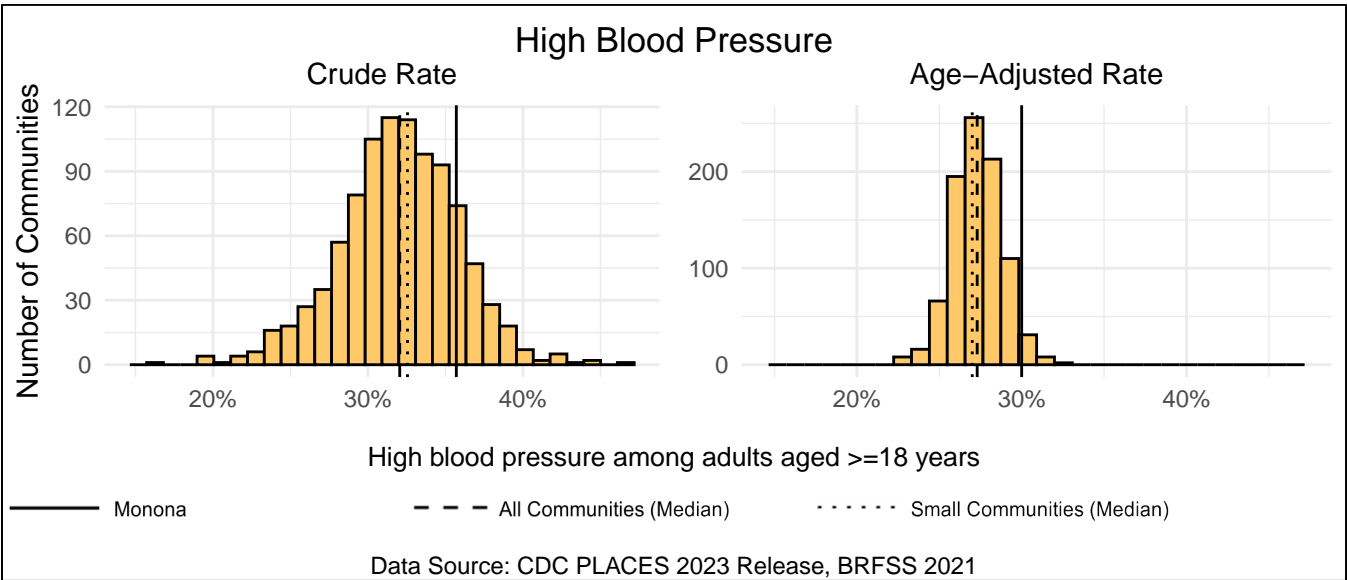
Measure Type	Monona	All Comm.	Small Comm.
Crude	29.5%	27.9%	28.4%
Age-Adjusted	24.4%	23.1%	23.2%



High Blood Pressure

Monona has a crude rate of 35.7% for high blood pressure among adults aged ≥ 18 years, which ranks 803rd out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Monona is 30.0%, which ranks 871st out of 905 Iowa communities (136th out of 138 small communities).

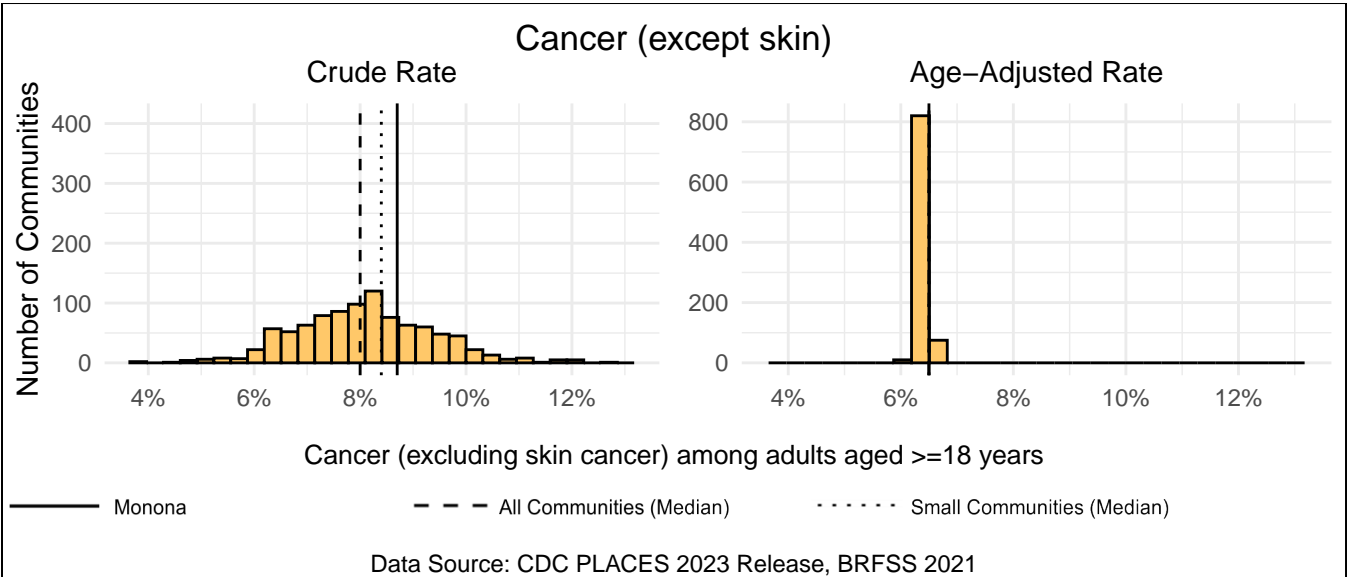
Measure Type	Monona	All Comm.	Small Comm.
Crude	35.7%	32.0%	32.5%
Age-Adjusted	30.0%	27.3%	27.0%



Cancer (except skin)

Monona has a crude rate of 8.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 658th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Monona is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

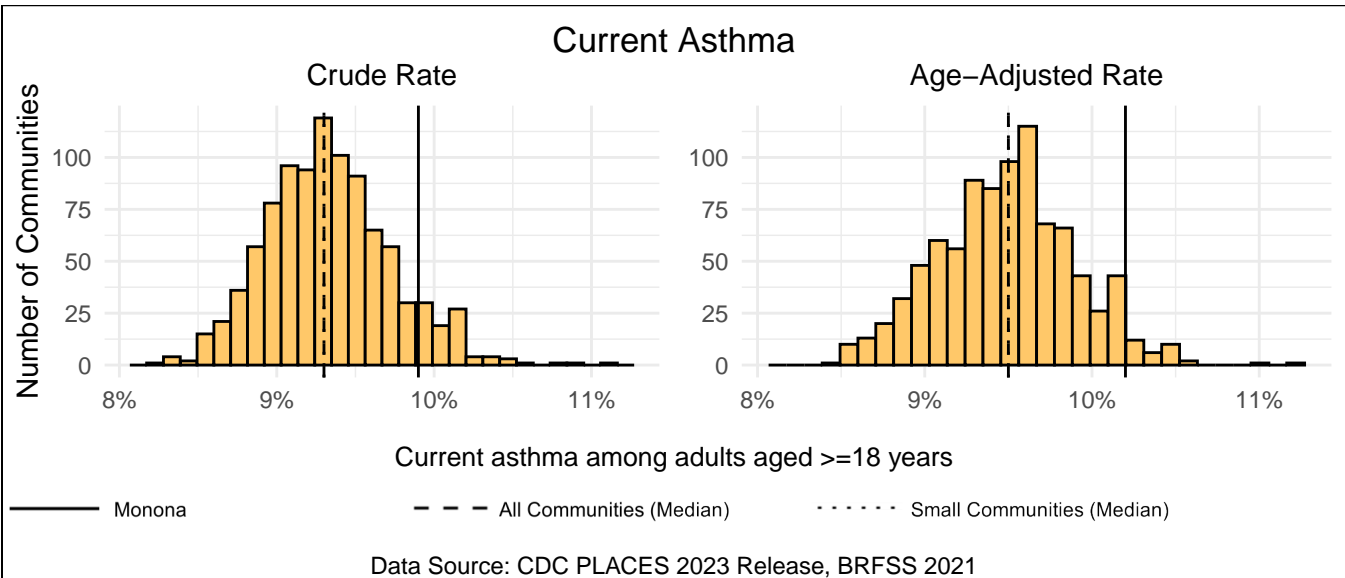
Measure Type	Monona	All Comm.	Small Comm.
Crude	8.7%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Monona has a crude rate of 9.9% for current asthma among adults aged ≥ 18 years, which ranks 868th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Monona is 10.2%, which ranks 856th out of 905 Iowa communities (134th out of 138 small communities).

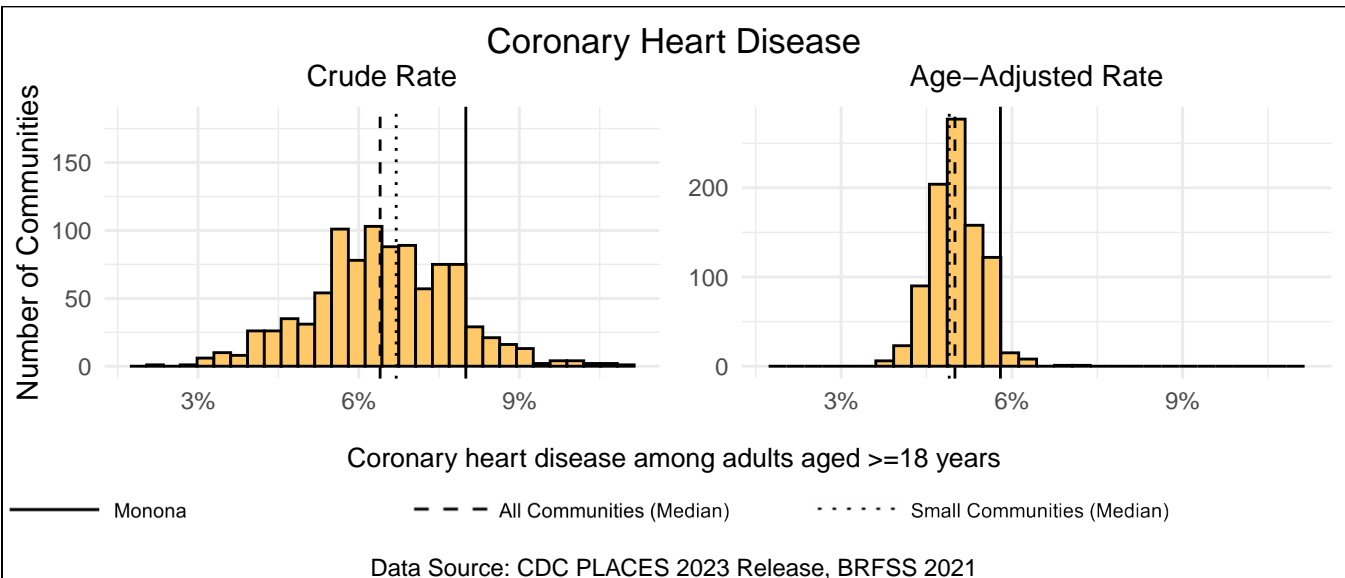
Measure Type	Monona	All Comm.	Small Comm.
Crude	9.9%	9.3%	9.3%
Age-Adjusted	10.2%	9.5%	9.5%



Coronary Heart Disease

Monona has a crude rate of 8.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 845th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Monona is 5.8%, which ranks 865th out of 905 Iowa communities (137th out of 138 small communities).

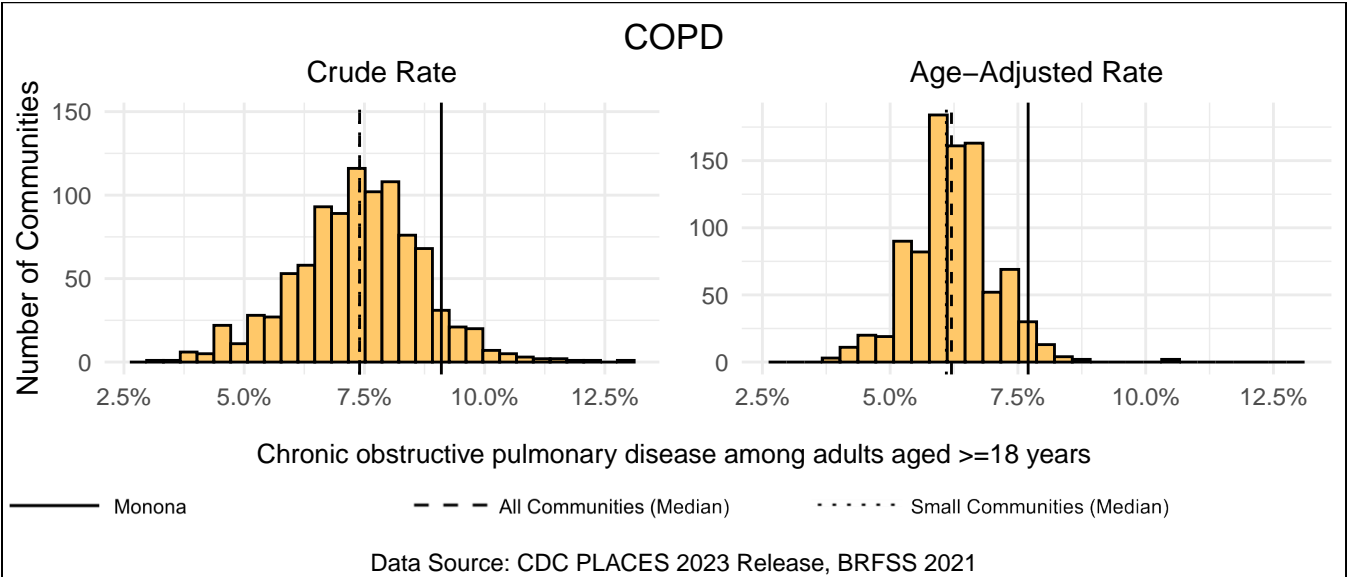
Measure Type	Monona	All Comm.	Small Comm.
Crude	8.0%	6.4%	6.7%
Age-Adjusted	5.8%	5.0%	4.9%



COPD

Monona has a crude rate of 9.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 878th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Monona is 7.7%, which ranks 865th out of 905 Iowa communities (136th out of 138 small communities).

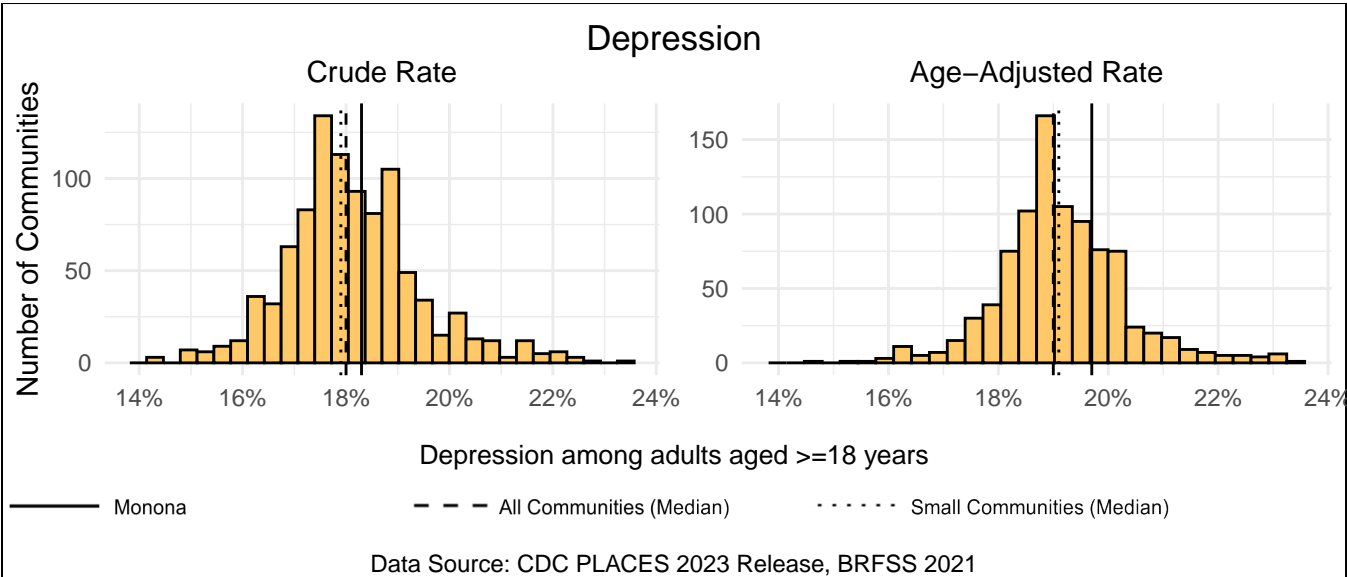
Measure Type	Monona	All Comm.	Small Comm.
Crude	9.1%	7.4%	7.4%
Age-Adjusted	7.7%	6.2%	6.1%



Depression

Monona has a crude rate of 18.3% for depression among adults aged ≥ 18 years, which ranks 568th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Monona is 19.7%, which ranks 657th out of 905 Iowa communities (99th out of 138 small communities).

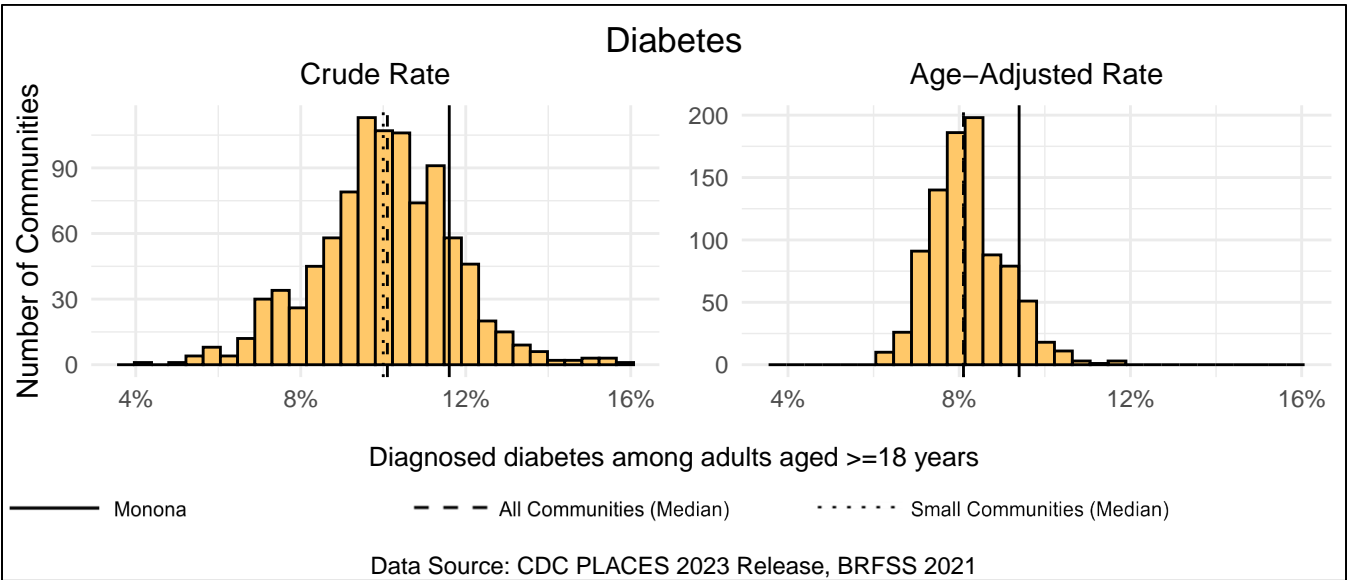
Measure Type	Monona	All Comm.	Small Comm.
Crude	18.3%	18.0%	17.9%
Age-Adjusted	19.7%	19.0%	19.1%



Diabetes

Monona has a crude rate of 11.6% for diagnosed diabetes among adults aged >=18 years, which ranks 806th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Monona is 9.4%, which ranks 819th out of 905 Iowa communities (132nd out of 138 small communities).

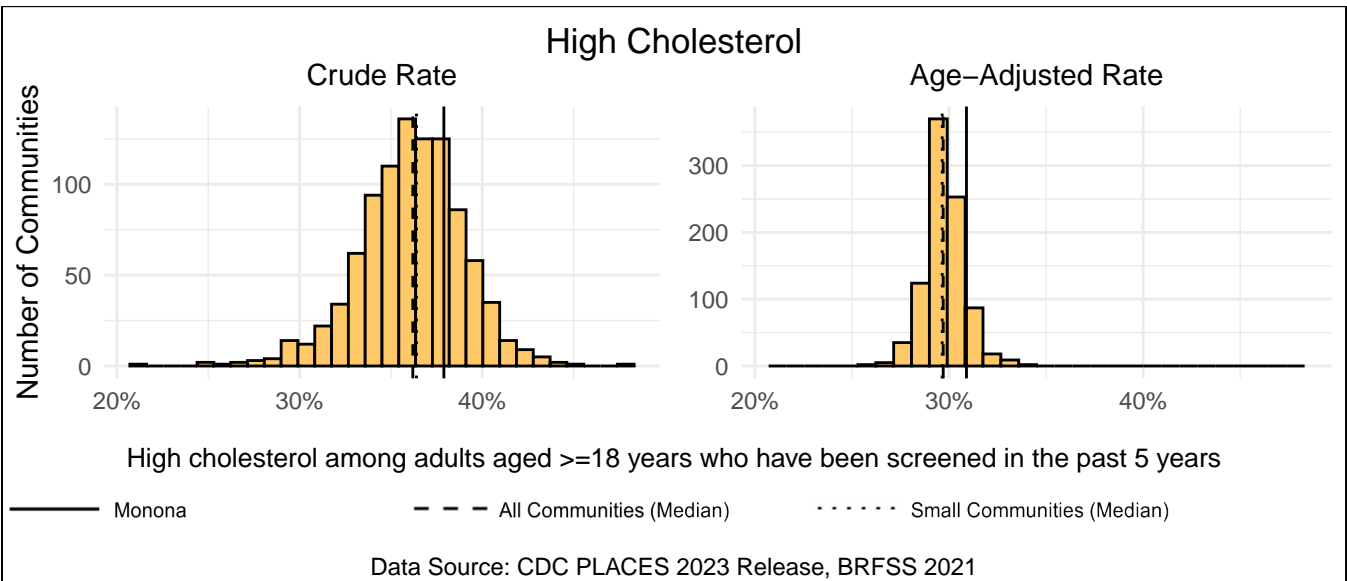
Measure Type	Monona	All Comm.	Small Comm.
Crude	11.6%	10.1%	10.0%
Age-Adjusted	9.4%	8.1%	8.1%



High Cholesterol

Monona 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 Monona is 30.9%, which ranks 790th out of 905 Iowa communities (127th out of 138 small communities).

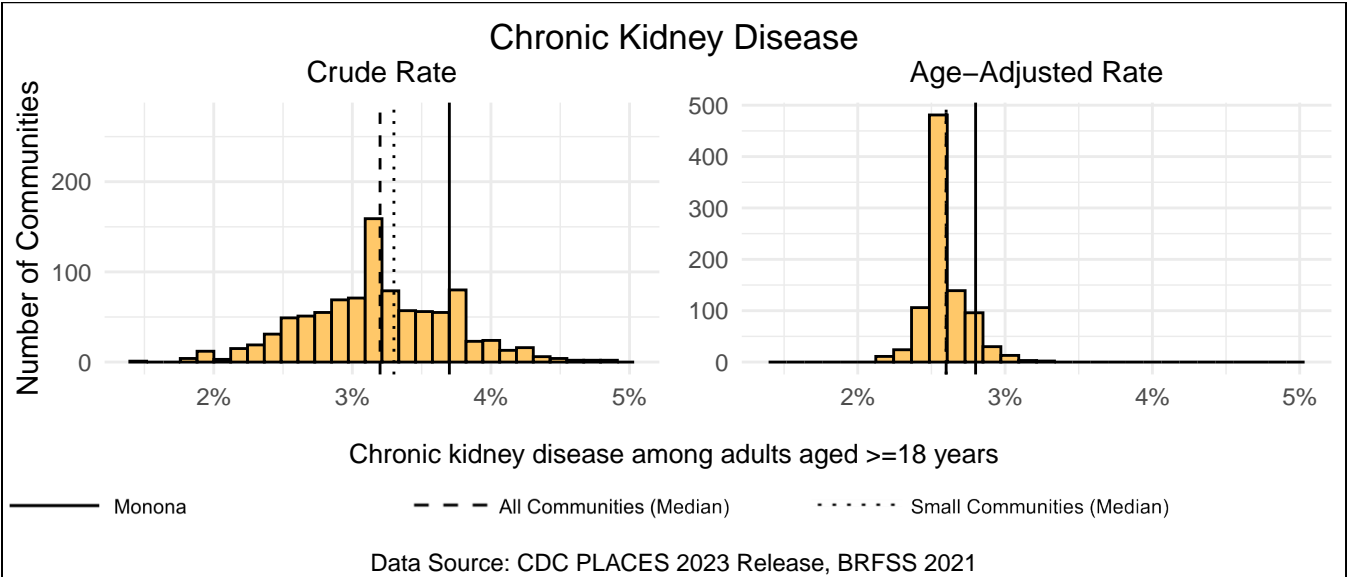
Measure Type	Monona	All Comm.	Small Comm.
Crude	37.9%	36.2%	36.4%
Age-Adjusted	30.9%	29.7%	29.6%



Chronic Kidney Disease

Monona has a crude rate of 3.7% for chronic kidney disease among adults aged ≥ 18 years, which ranks 787th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Monona is 2.8%, which ranks 762nd out of 905 Iowa communities (125th out of 138 small communities).

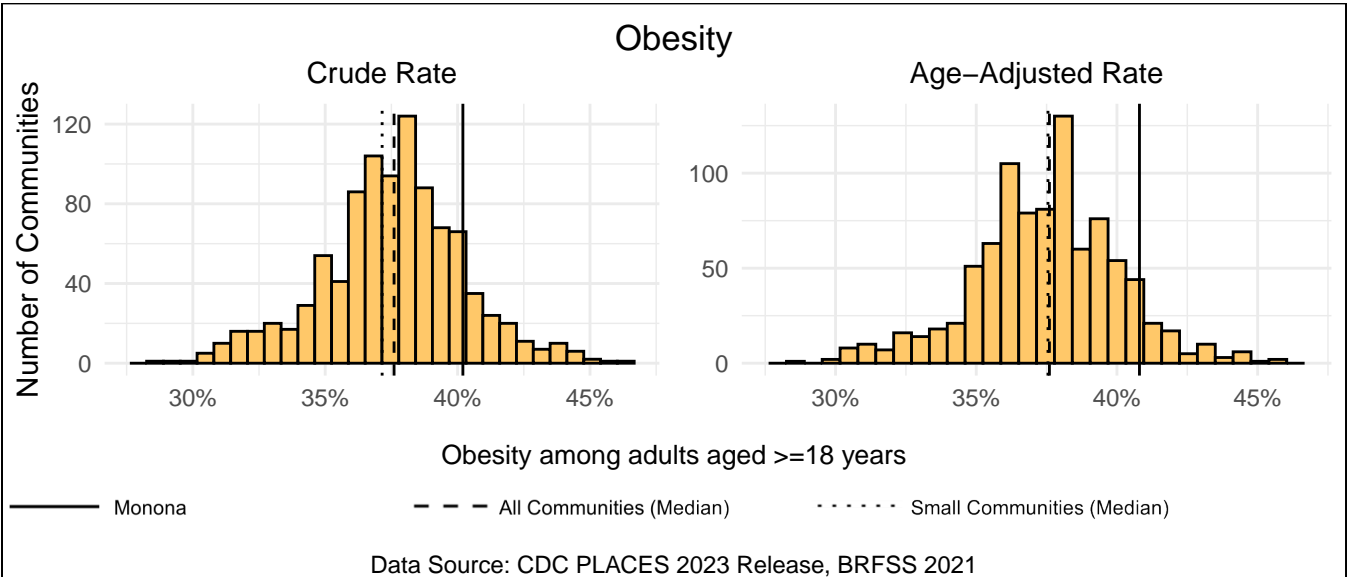
Measure Type	Monona	All Comm.	Small Comm.
Crude	3.7%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Monona has a crude rate of 40.2% for obesity among adults aged ≥ 18 years, which ranks 824th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Monona is 40.8%, which ranks 822nd out of 905 Iowa communities (129th out of 138 small communities).

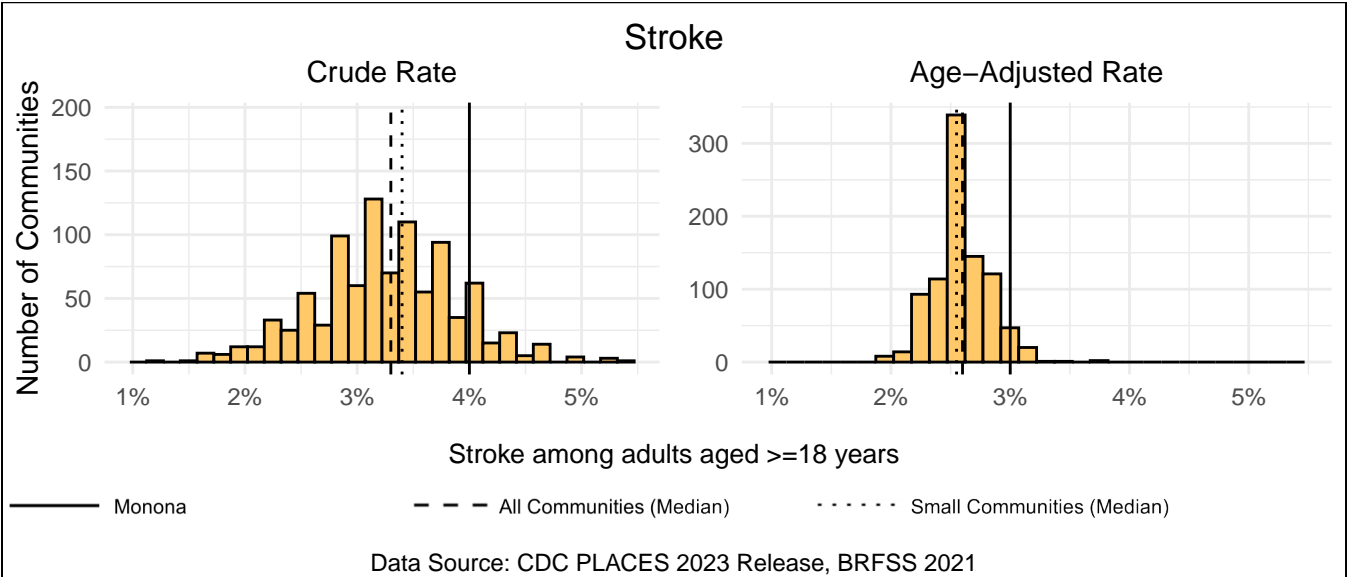
Measure Type	Monona	All Comm.	Small Comm.
Crude	40.2%	37.6%	37.2%
Age-Adjusted	40.8%	37.6%	37.5%



Stroke

Monona has a crude rate of 4.0% for stroke among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Monona is 3.0%, which ranks 835th out of 905 Iowa communities (133rd out of 138 small communities).

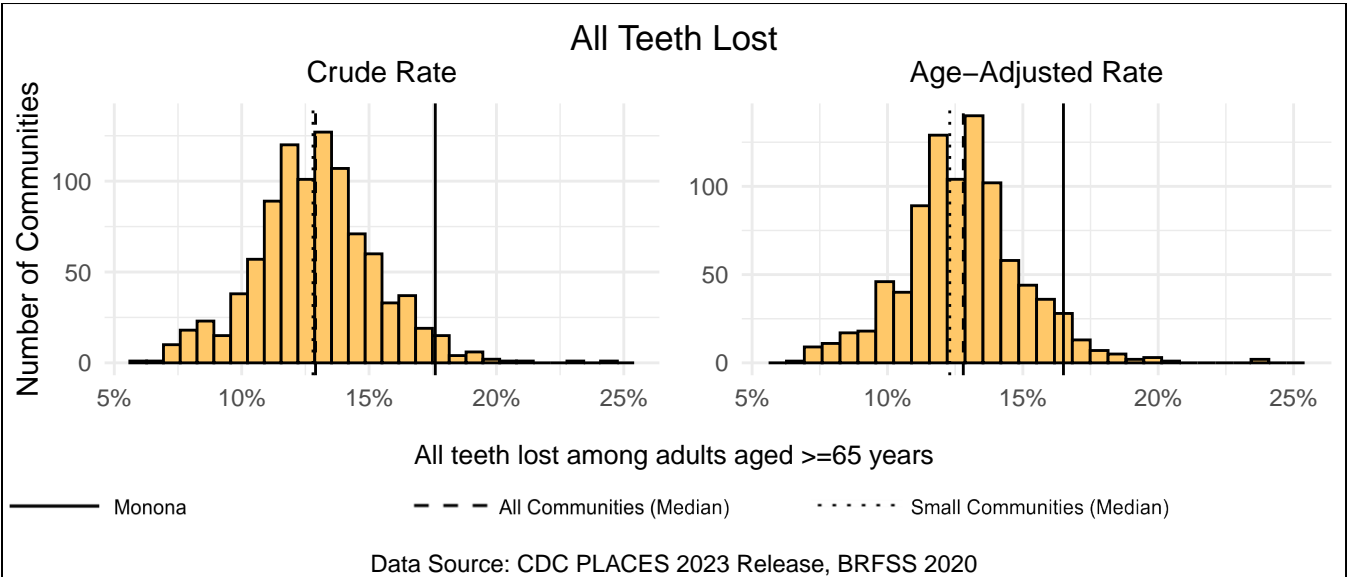
Measure Type	Monona	All Comm.	Small Comm.
Crude	4.0%	3.3%	3.4%
Age-Adjusted	3.0%	2.6%	2.5%



All Teeth Lost

Monona has a crude rate of 17.6% for all teeth lost among adults aged ≥ 65 years, which ranks 929th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Monona is 16.5%, which ranks 861st out of 905 Iowa communities (136th out of 138 small communities).

Measure Type	Monona	All Comm.	Small Comm.
Crude	17.6%	12.9%	12.8%
Age-Adjusted	16.5%	12.8%	12.3%



Prevention

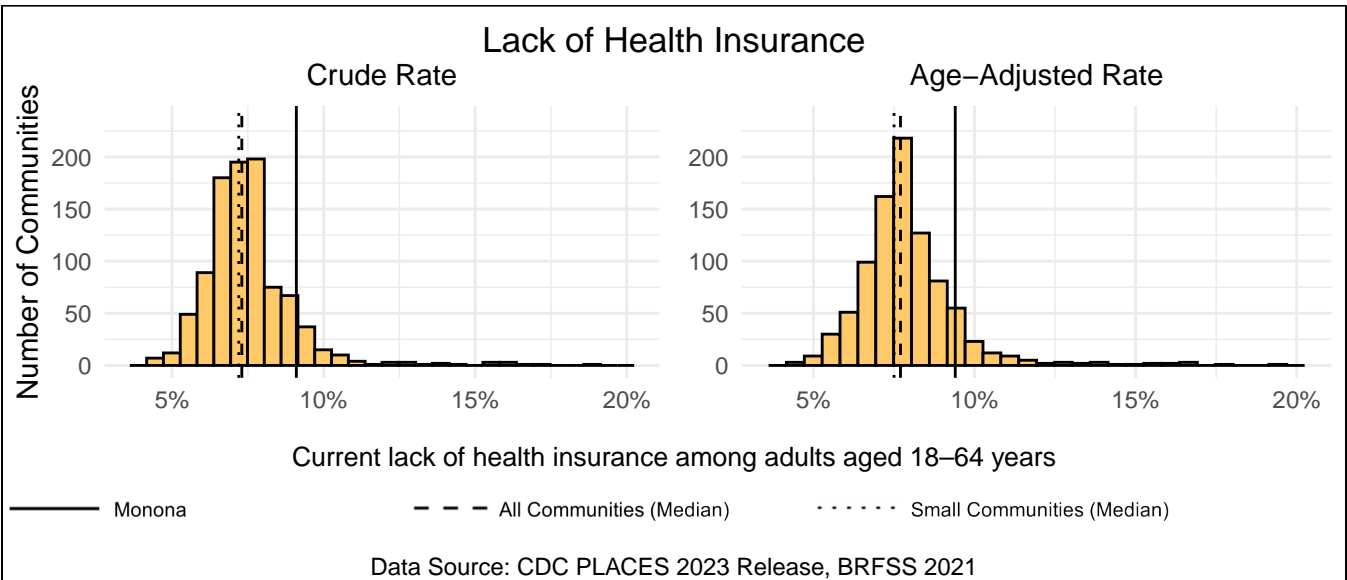
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Monona has a crude rate of 9.1% for current lack of health insurance among adults aged 18–64 years, which ranks 861st out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Monona is 9.4%, which ranks 801st out of 905 Iowa communities (129th out of 138 small communities).

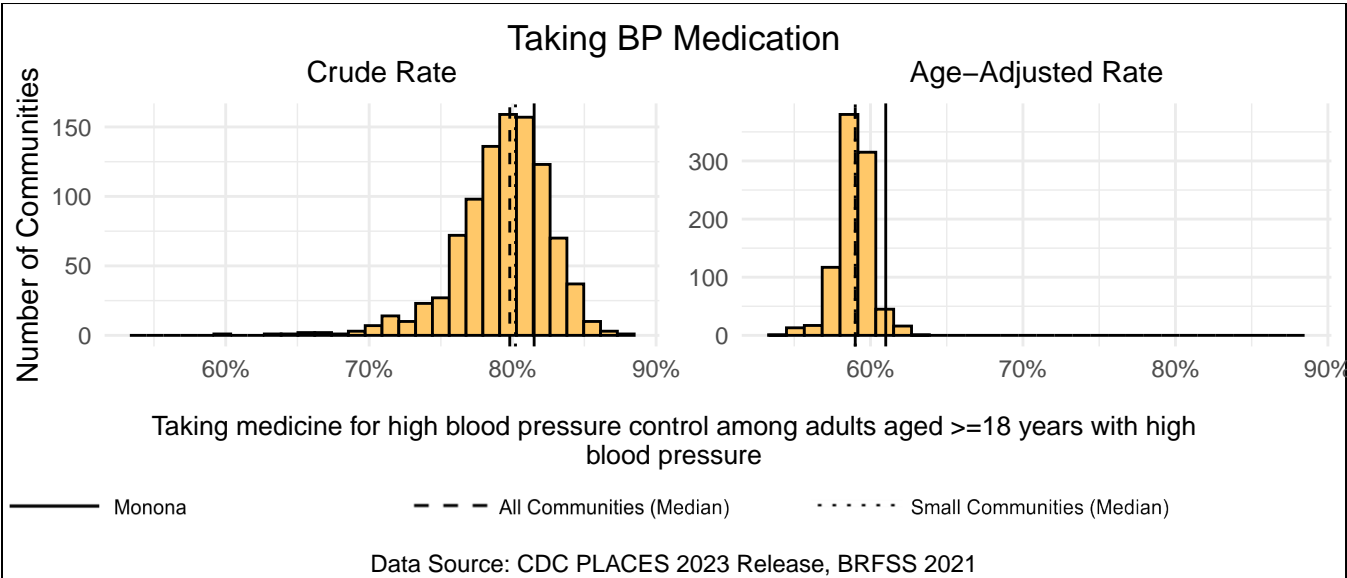
Measure Type	Monona	All Comm.	Small Comm.
Crude	9.1%	7.3%	7.2%
Age-Adjusted	9.4%	7.7%	7.5%



Taking BP Medication

Monona has a crude rate of 81.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 229th out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Monona is 61.0%, which ranks 30th out of 905 Iowa communities (5th out of 138 small communities).

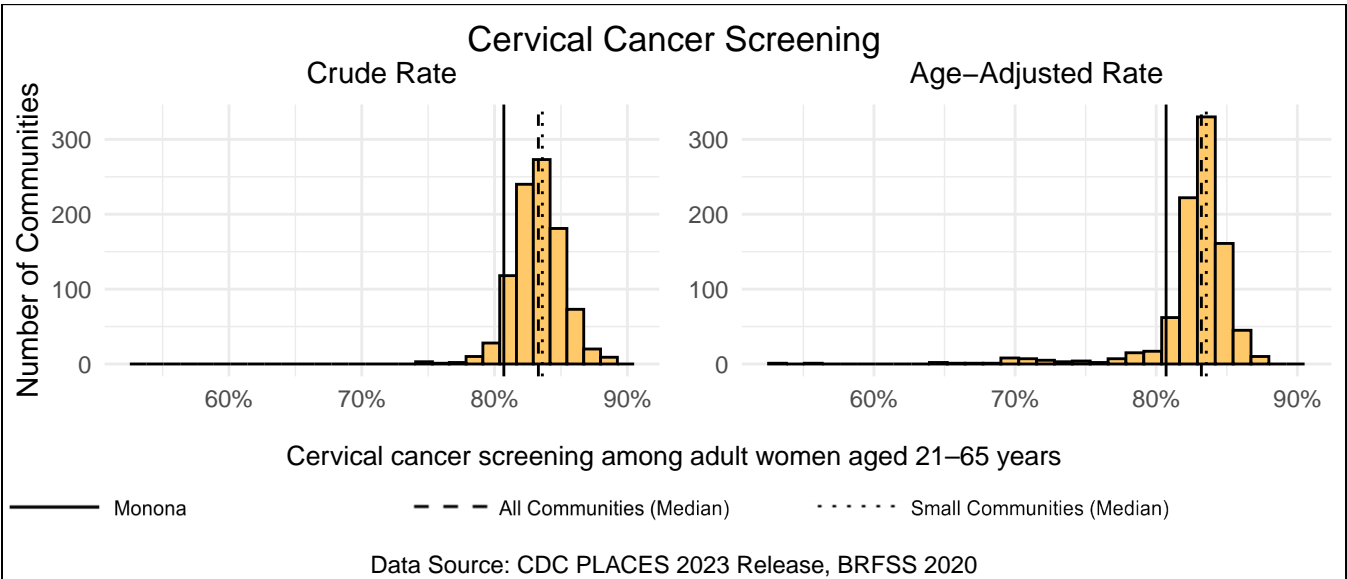
Measure Type	Monona	All Comm.	Small Comm.
Crude	81.5%	79.8%	80.2%
Age-Adjusted	61.0%	59.0%	59.0%



Cervical Cancer Screening

Monona has a crude rate of 80.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 889th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Monona is 80.7%, which ranks 826th out of 905 Iowa communities (138th out of 138 small communities).

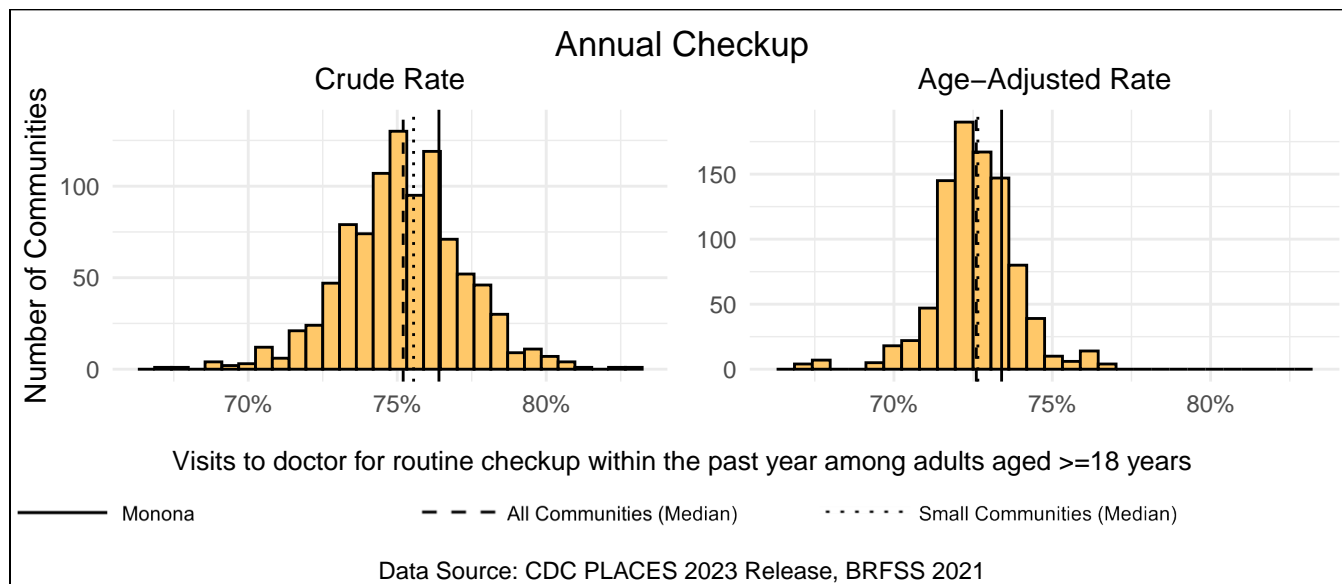
Measure Type	Monona	All Comm.	Small Comm.
Crude	80.7%	83.3%	83.6%
Age-Adjusted	80.7%	83.2%	83.5%



Annual Checkup

Monona has a crude rate of 76.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 234th out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Monona is 73.4%, which ranks 190th out of 905 Iowa communities (35th out of 138 small communities).

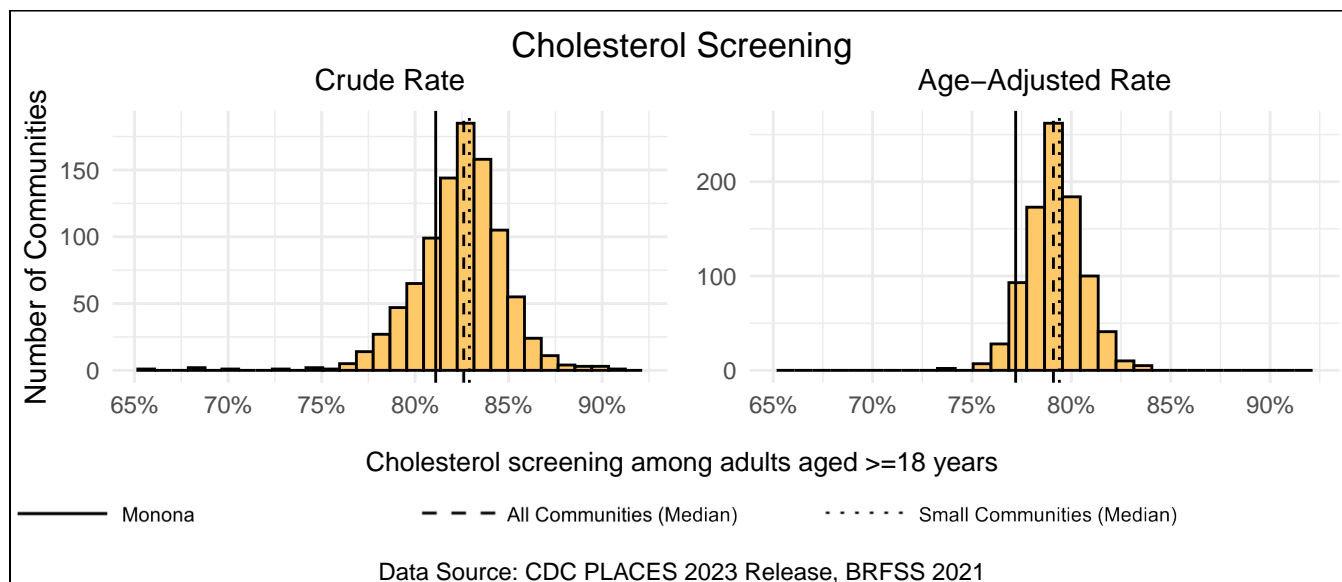
Measure Type	Monona	All Comm.	Small Comm.
Crude	76.4%	75.2%	75.5%
Age-Adjusted	73.4%	72.6%	72.6%



Cholesterol Screening

Monona has a crude rate of 81.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 719th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Monona is 77.2%, which ranks 842nd out of 905 Iowa communities (133rd out of 138 small communities).

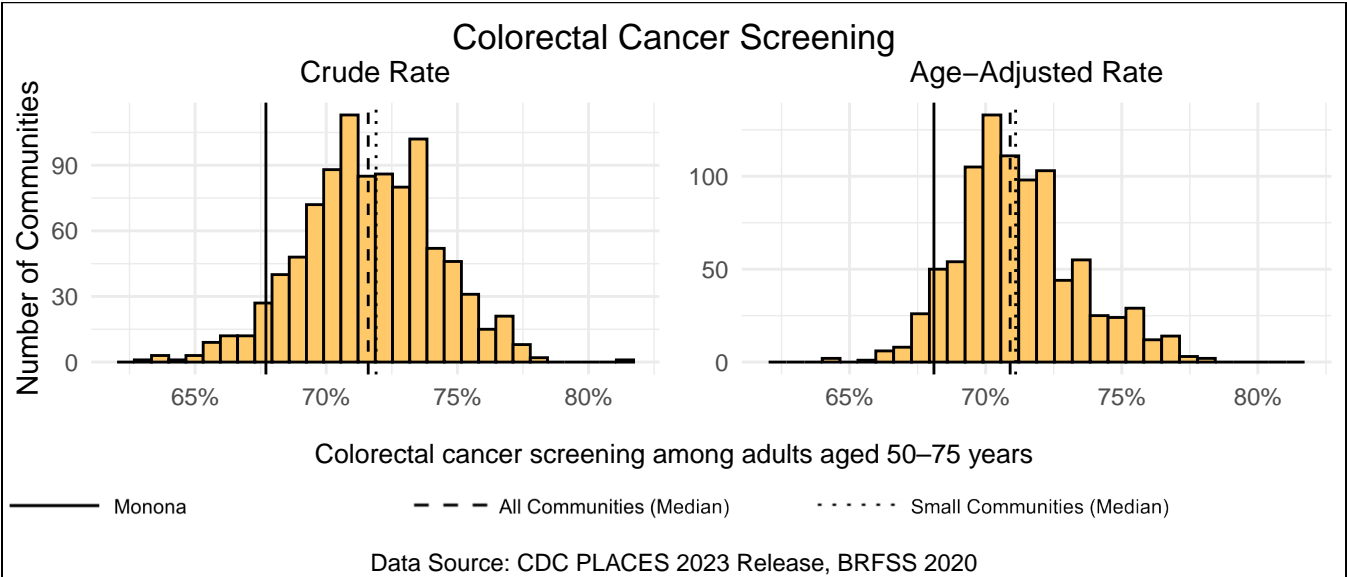
Measure Type	Monona	All Comm.	Small Comm.
Crude	81.1%	82.6%	82.9%
Age-Adjusted	77.2%	79.1%	79.4%



Colorectal Cancer Screening

Monona has a crude rate of 67.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 899th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Monona is 68.1%, which ranks 853rd out of 905 Iowa communities (133rd out of 138 small communities).

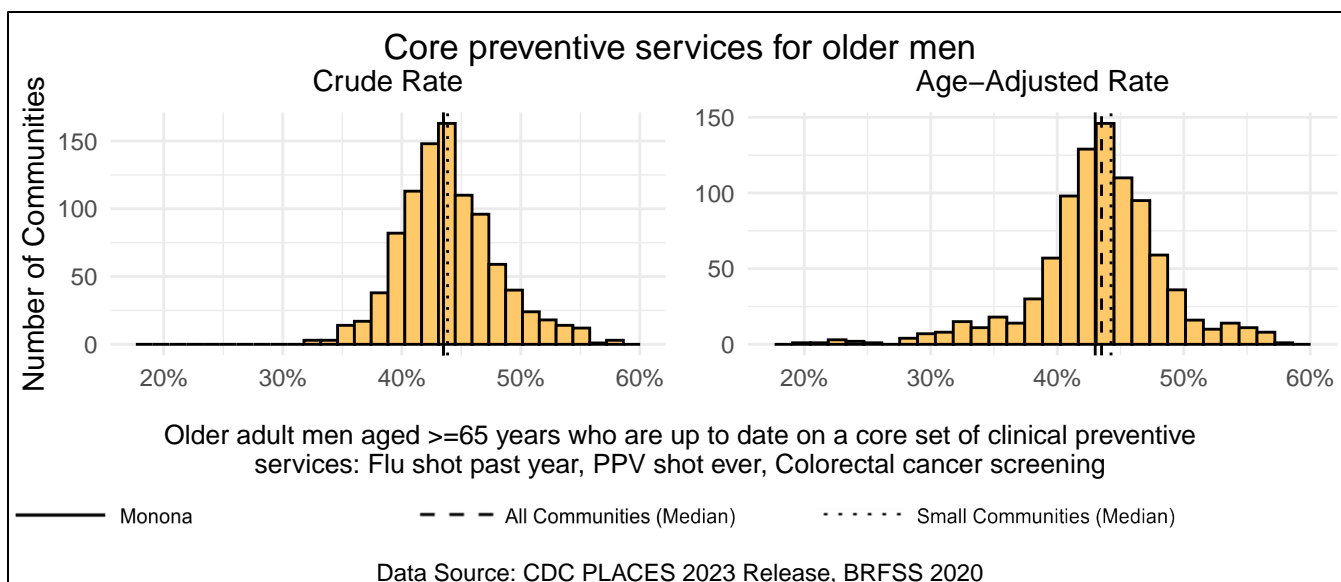
Measure Type	Monona	All Comm.	Small Comm.
Crude	67.7%	71.6%	71.9%
Age-Adjusted	68.1%	70.9%	71.1%



Core preventive services for older men

Monona has a crude rate of 43.5% 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 475th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Monona is 43.0%, which ranks 507th out of 905 Iowa communities (95th out of 138 small communities).

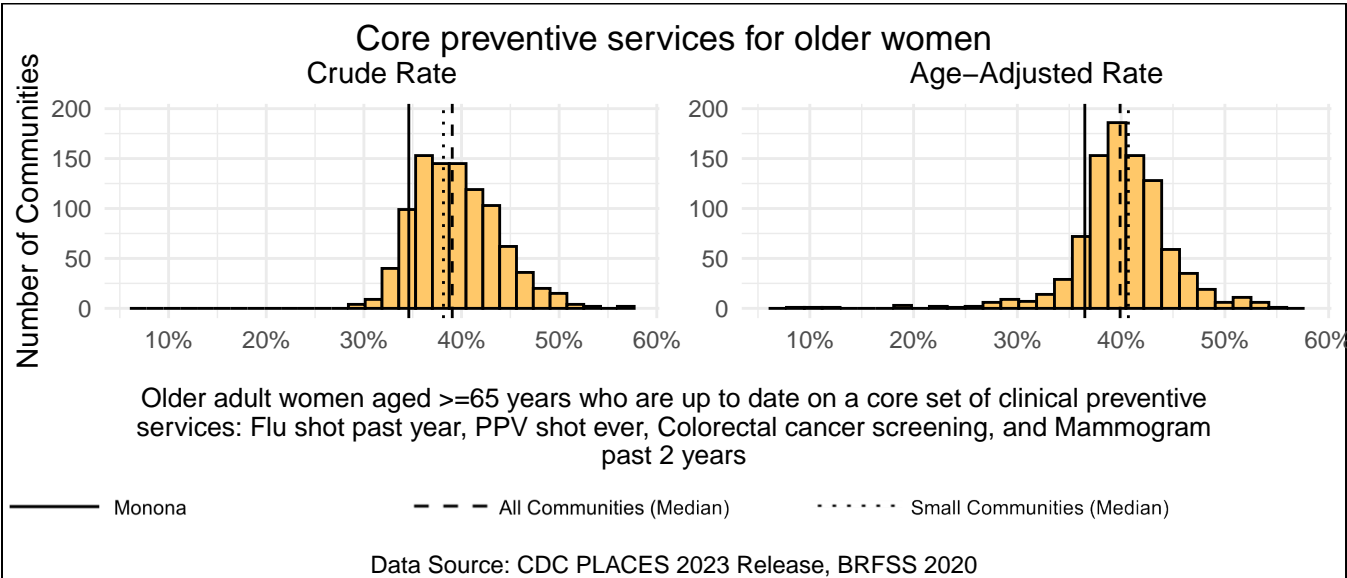
Measure Type	Monona	All Comm.	Small Comm.
Crude	43.5%	43.5%	43.8%
Age-Adjusted	43.0%	43.5%	44.2%



Core preventive services for older women

Monona has a crude rate of 34.6% 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 855th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Monona is 36.5%, which ranks 790th out of 905 Iowa communities (134th out of 138 small communities).

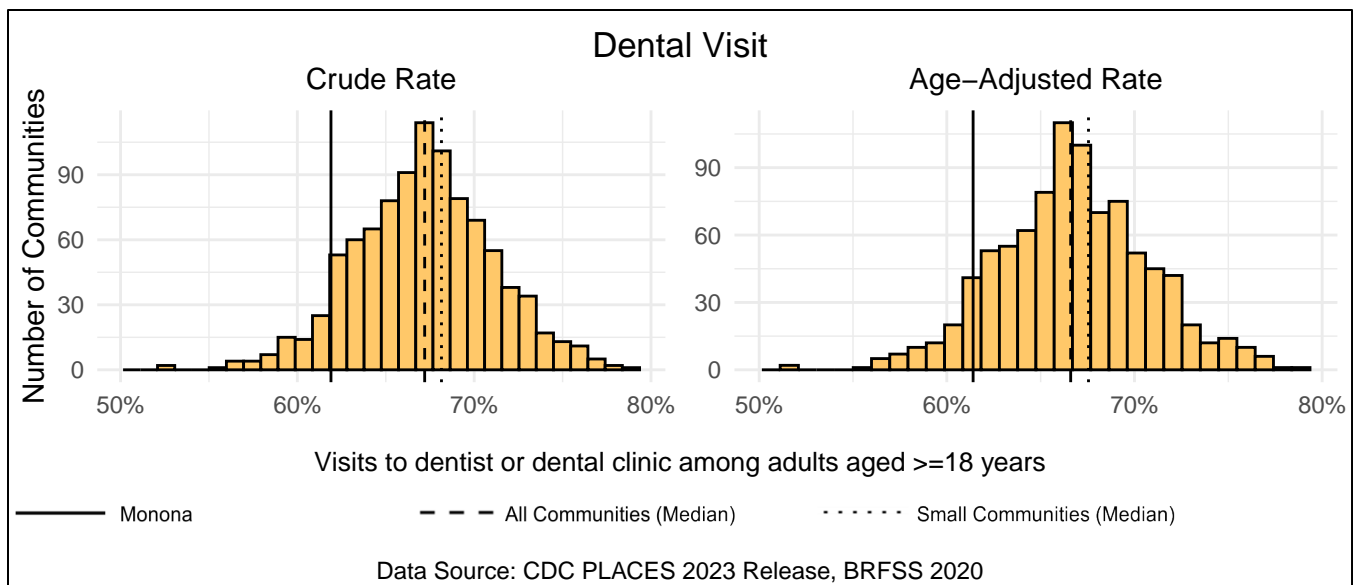
Measure Type	Monona	All Comm.	Small Comm.
Crude	34.6%	39.0%	38.2%
Age-Adjusted	36.5%	39.9%	40.7%



Dental Visit

Monona has a crude rate of 61.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 882nd out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Monona is 61.4%, which ranks 823rd out of 905 Iowa communities (130th out of 138 small communities).

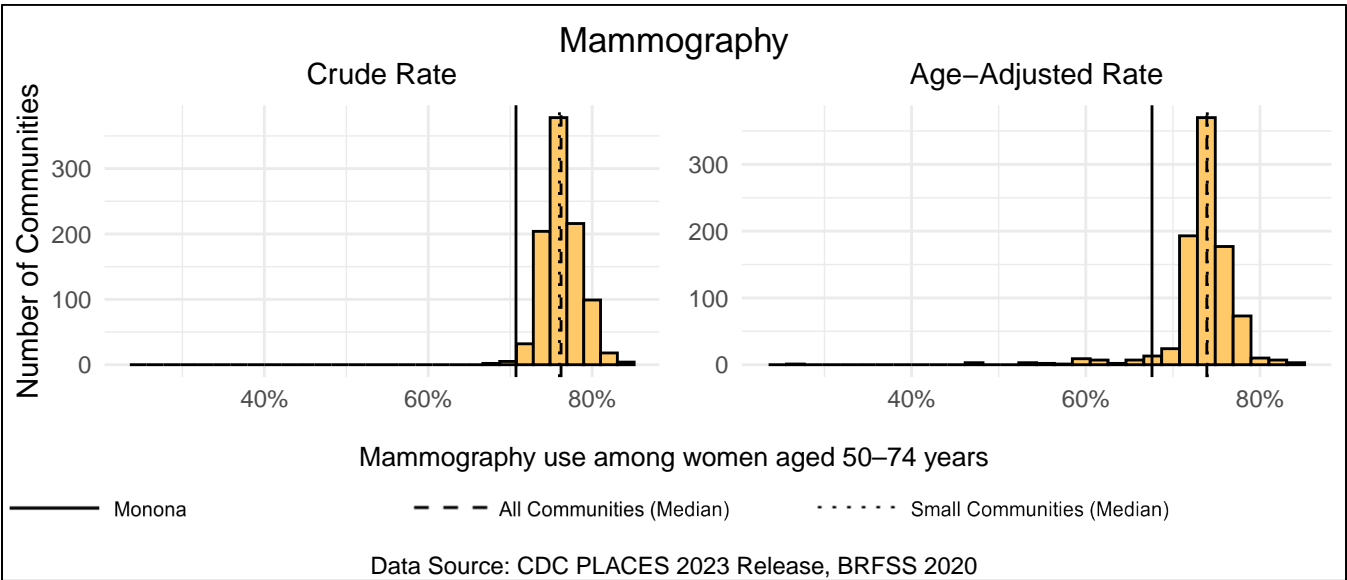
Measure Type	Monona	All Comm.	Small Comm.
Crude	61.9%	67.2%	68.2%
Age-Adjusted	61.4%	66.6%	67.5%



Mammography

Monona has a crude rate of 70.7% for mammography use among women aged 50–74 years, which ranks 952nd out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Monona is 67.6%, which ranks 870th out of 905 Iowa communities (138th out of 138 small communities).

Measure Type	Monona	All Comm.	Small Comm.
Crude	70.7%	76.2%	76.0%
Age-Adjusted	67.6%	73.9%	74.0%



Disability

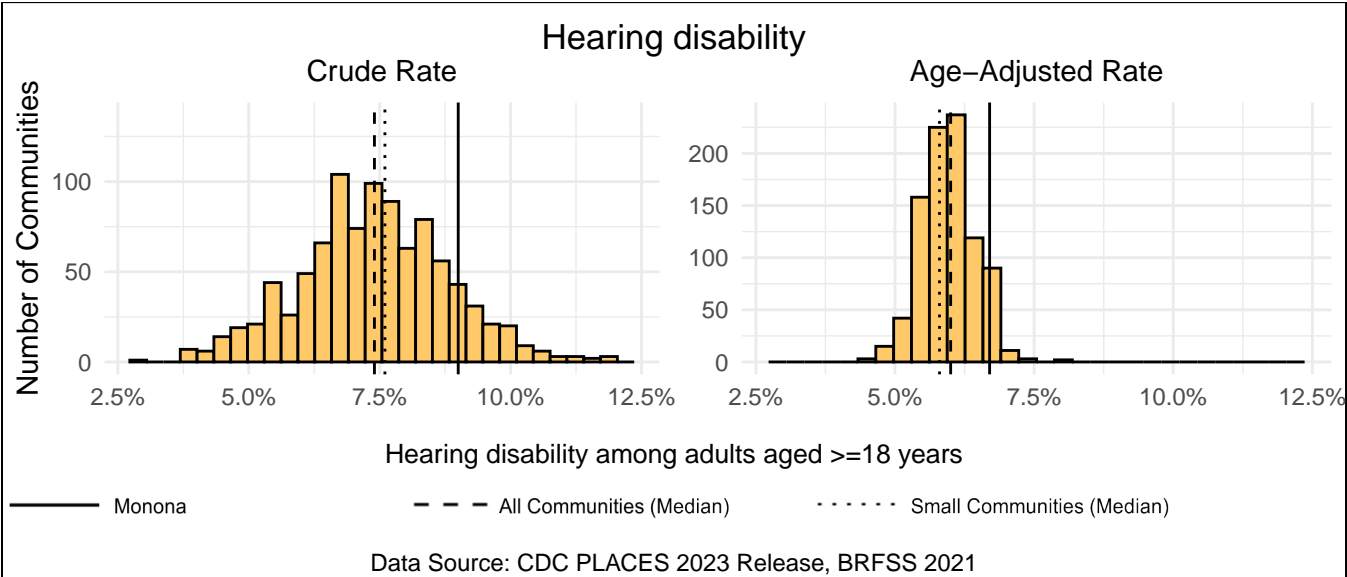
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Monona has a crude rate of 9.0% for hearing disability among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Monona is 6.7%, which ranks 838th out of 905 Iowa communities (134th out of 138 small communities).

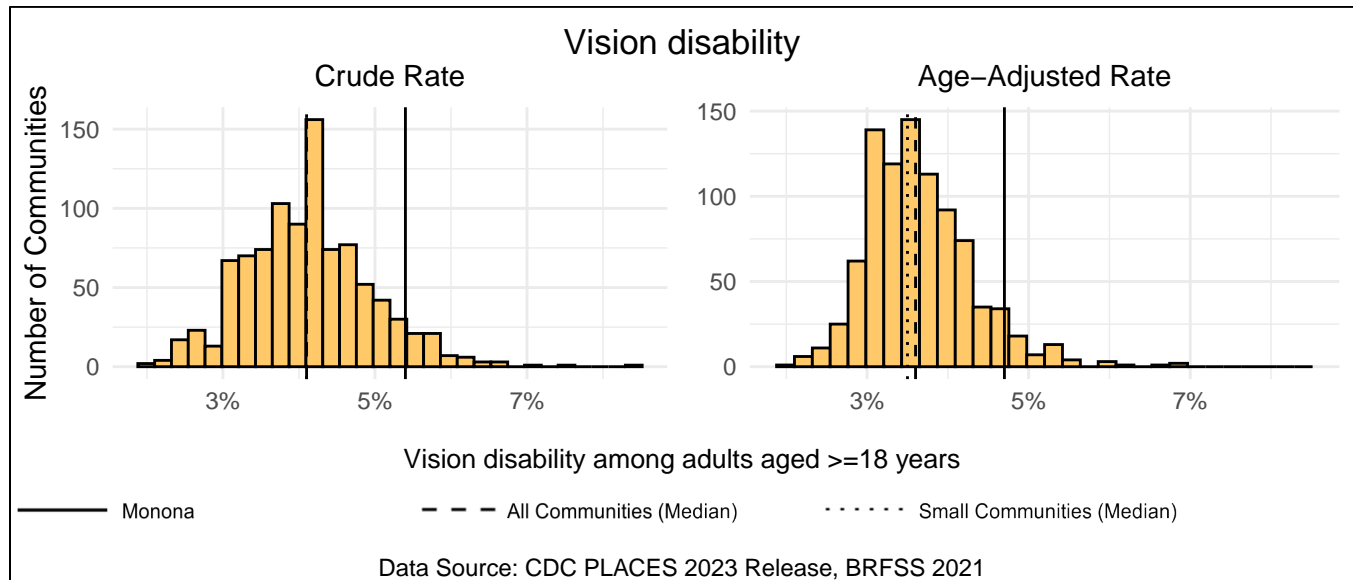
Measure Type	Monona	All Comm.	Small Comm.
Crude	9.0%	7.4%	7.6%
Age-Adjusted	6.7%	6.0%	5.8%



Vision disability

Monona has a crude rate of 5.4% for vision disability among adults aged ≥ 18 years, which ranks 890th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Monona is 4.7%, which ranks 837th out of 905 Iowa communities (133rd out of 138 small communities).

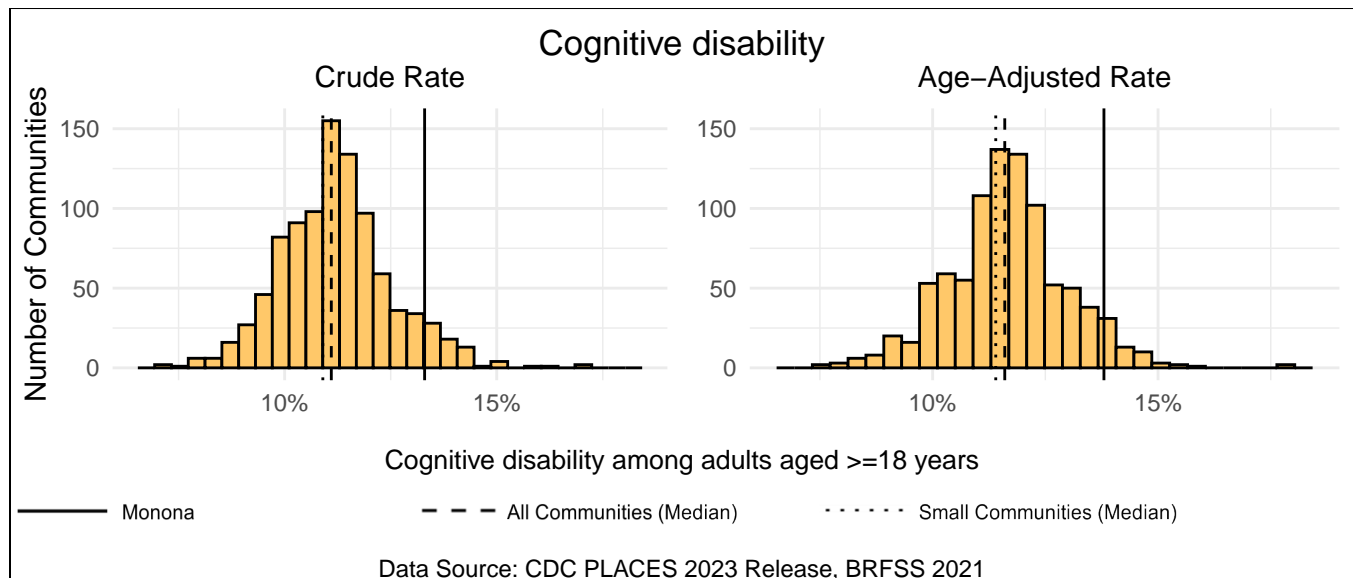
Measure Type	Monona	All Comm.	Small Comm.
Crude	5.4%	4.1%	4.1%
Age-Adjusted	4.7%	3.6%	3.5%



Cognitive disability

Monona has a crude rate of 13.3% for cognitive disability among adults aged ≥ 18 years, which ranks 891st out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Monona is 13.8%, which ranks 857th out of 905 Iowa communities (134th out of 138 small communities).

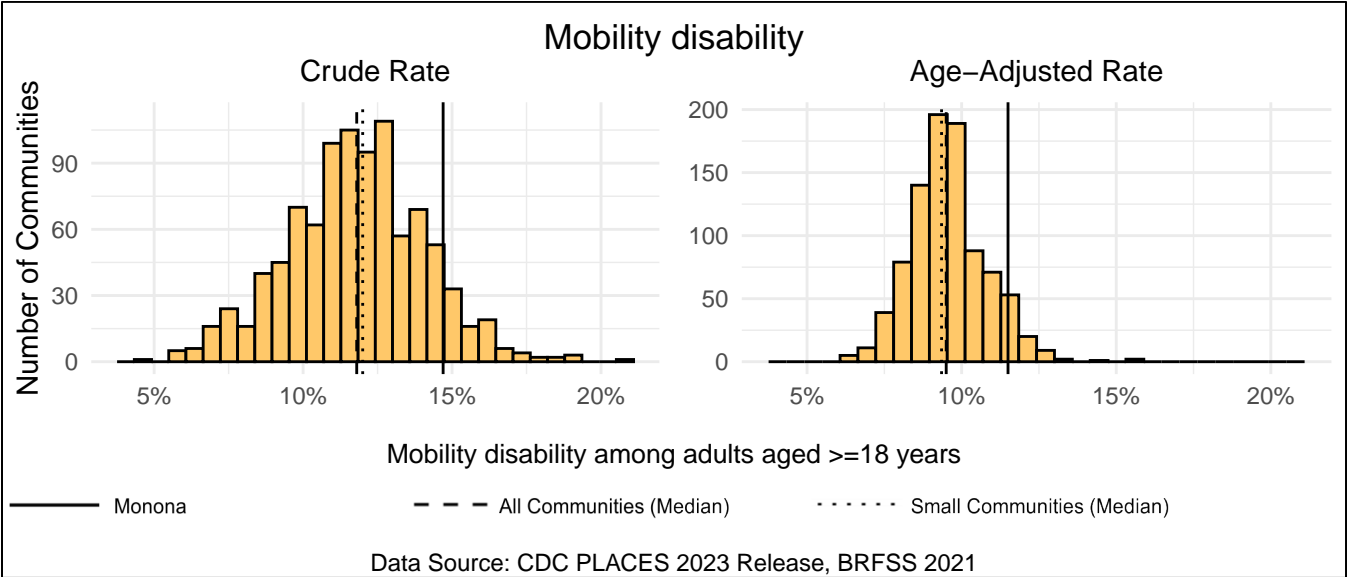
Measure Type	Monona	All Comm.	Small Comm.
Crude	13.3%	11.1%	10.9%
Age-Adjusted	13.8%	11.6%	11.4%



Mobility disability

Monona has a crude rate of 14.7% for mobility disability among adults aged ≥ 18 years, which ranks 865th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Monona is 11.5%, which ranks 846th out of 905 Iowa communities (133rd out of 138 small communities).

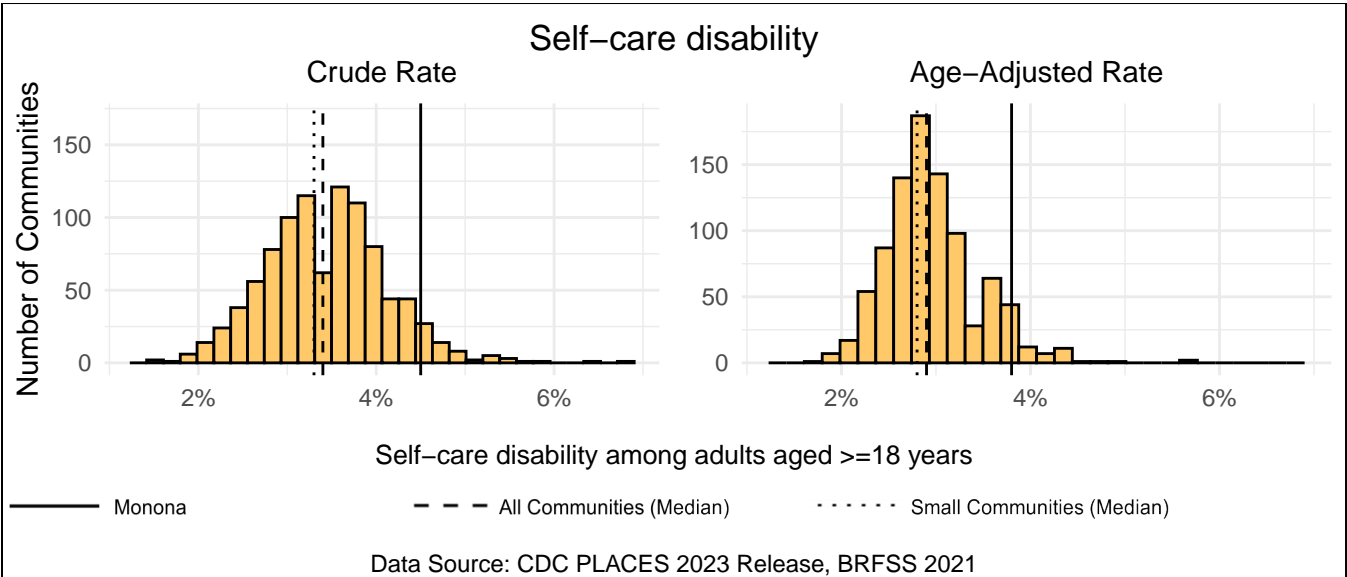
Measure Type	Monona	All Comm.	Small Comm.
Crude	14.7%	11.8%	12.0%
Age-Adjusted	11.5%	9.5%	9.4%



Self-care disability

Monona has a crude rate of 4.5% for self-care disability among adults aged ≥ 18 years, which ranks 896th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Monona is 3.8%, which ranks 839th out of 905 Iowa communities (133rd out of 138 small communities).

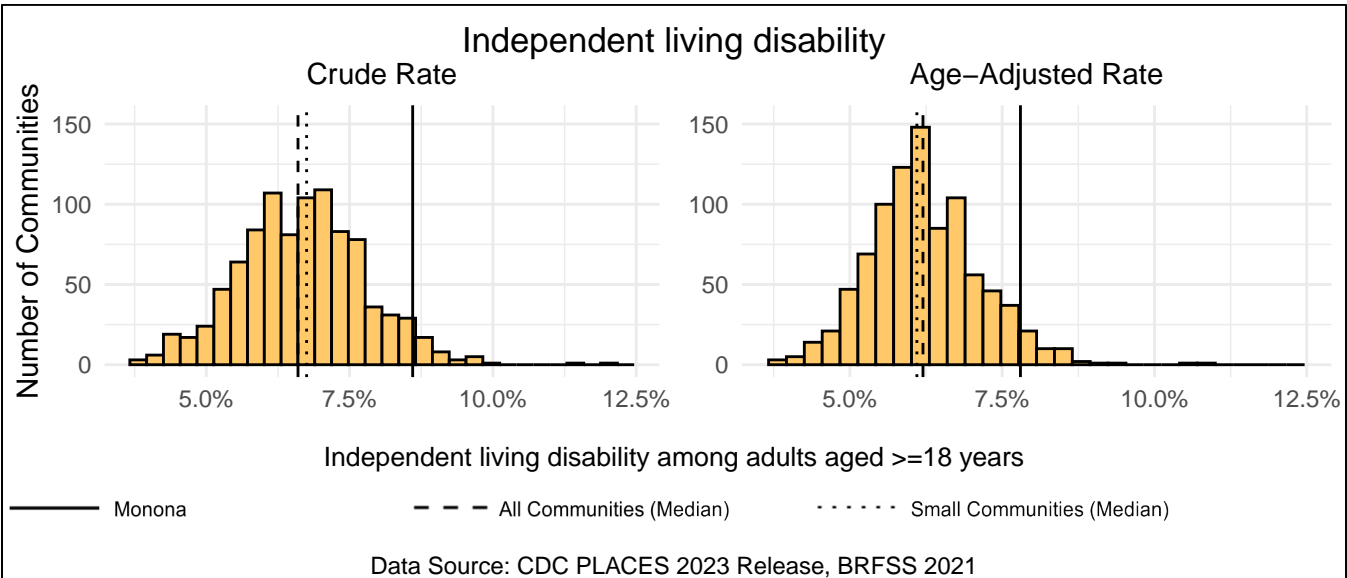
Measure Type	Monona	All Comm.	Small Comm.
Crude	4.5%	3.4%	3.3%
Age-Adjusted	3.8%	2.9%	2.8%



Independent living disability

Monona has a crude rate of 8.6% for independent living disability among adults aged ≥ 18 years, which ranks 913th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Monona is 7.8%, which ranks 859th out of 905 Iowa communities (133rd out of 138 small communities).

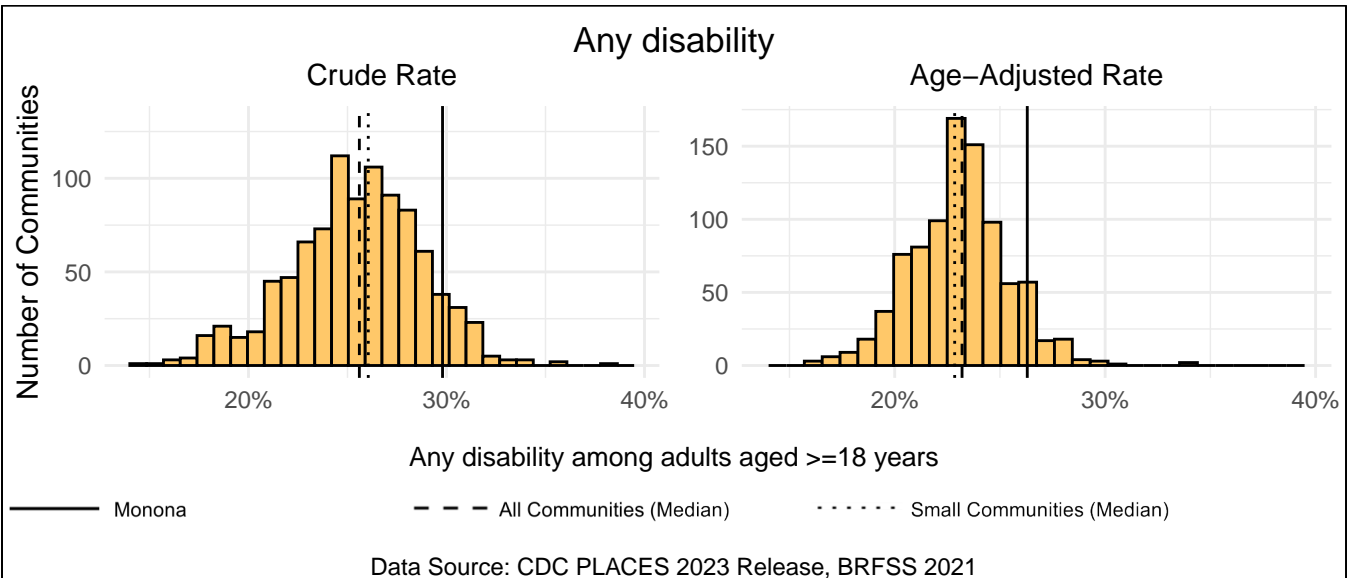
Measure Type	Monona	All Comm.	Small Comm.
Crude	8.6%	6.6%	6.8%
Age-Adjusted	7.8%	6.2%	6.1%



Any disability

Monona has a crude rate of 29.8% for any disability among adults aged ≥ 18 years, which ranks 871st out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Monona is 26.3%, which ranks 824th out of 905 Iowa communities (133rd out of 138 small communities).

Measure Type	Monona	All Comm.	Small Comm.
Crude	29.8%	25.6%	26.0%
Age-Adjusted	26.3%	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: Monona 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	856	15.7% (13.4% - 18.2%)	874	17.3% (15.0% - 19.9%)
Health Status	Physical Health	880	12.5% (10.6% - 14.7%)	848	11.3% (9.6% - 13.2%)
Health Status	General Health	880	17.4% (14.4% - 20.8%)	839	15.6% (13.0% - 18.7%)
Health Risk Behaviors	Sleep <7 hours	561	30.7% (29.1% - 32.3%)	580	31.7% (29.9% - 33.4%)
Health Risk Behaviors	Physical Inactivity	900	30.8% (25.5% - 36.7%)	850	28.6% (23.6% - 33.9%)
Health Risk Behaviors	Current Smoking	890	19.8% (15.8% - 24.1%)	868	21.2% (17.0% - 25.9%)
Health Risk Behaviors	Binge Drinking	283	18.4% (15.4% - 21.9%)	230	21.3% (17.6% - 25.2%)
Health Outcomes	COPD	878	9.1% (7.3% - 10.9%)	865	7.7% (6.3% - 9.1%)
Health Outcomes	Arthritis	654	29.5% (25.4% - 33.7%)	768	24.4% (20.8% - 28.3%)
Health Outcomes	High Blood Pressure	803	35.7% (31.6% - 40.0%)	871	30.0% (26.3% - 34.0%)
Health Outcomes	Diabetes	806	11.6% (9.8% - 13.5%)	819	9.4% (8.0% - 11.0%)
Health Outcomes	Current Asthma	868	9.9% (8.7% - 11.2%)	856	10.2% (8.9% - 11.5%)
Health Outcomes	Coronary Heart Disease	845	8.0% (6.8% - 9.3%)	865	5.8% (5.0% - 6.7%)
Health Outcomes	All Teeth Lost	929	17.6% (10.8% - 25.3%)	861	16.5% (10.5% - 23.4%)
Health Outcomes	Stroke	832	4.0% (3.4% - 4.7%)	835	3.0% (2.6% - 3.4%)
Health Outcomes	Obesity	824	40.2% (33.2% - 47.7%)	822	40.8% (33.7% - 48.2%)
Health Outcomes	Chronic Kidney Disease	787	3.7% (3.3% - 4.2%)	762	2.8% (2.6% - 3.2%)
Health Outcomes	Cancer (except skin)	658	8.7% (7.8% - 9.6%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	High Cholesterol	704	37.9% (33.4% - 42.4%)	790	30.9% (26.7% - 35.6%)
Health Outcomes	Depression	568	18.3% (15.0% - 21.8%)	657	19.7% (16.3% - 23.6%)
Prevention	Colorectal Cancer Screening	899	67.7% (64.0% - 71.4%)	853	68.1% (64.5% - 71.7%)
Prevention	Taking BP Medication	229	81.5% (78.6% - 84.2%)	30	61.0% (56.1% - 65.6%)
Prevention	Dental Visit	882	61.9% (57.5% - 65.9%)	823	61.4% (56.9% - 65.8%)
Prevention	Core preventive services for older women	855	34.6% (27.1% - 42.8%)	790	36.5% (28.9% - 44.4%)
Prevention	Cholesterol Screening	719	81.1% (77.7% - 84.3%)	842	77.2% (73.1% - 81.1%)
Prevention	Mammography	952	70.7% (66.1% - 75.4%)	870	67.6% (62.4% - 72.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	475	43.5% (34.5% - 52.9%)	507	43.0% (34.3% - 51.9%)
Prevention	Annual Checkup	234	76.4% (71.9% - 80.6%)	190	73.4% (68.2% - 78.1%)
Prevention	Health Insurance	861	9.1% (6.5% - 12.1%)	801	9.4% (6.7% - 12.7%)
Prevention	Cervical Cancer Screening	889	80.7% (77.7% - 83.6%)	826	80.7% (77.7% - 83.7%)
Disability	Mobility Disability	865	14.7% (12.1% - 17.5%)	846	11.5% (9.7% - 13.6%)
Disability	Any Disability	871	29.8% (25.5% - 34.5%)	824	26.3% (22.4% - 30.7%)
Disability	Hearing Disability	834	9.0% (7.8% - 10.2%)	838	6.7% (5.9% - 7.6%)
Disability	Vision Disability	890	5.4% (4.5% - 6.5%)	837	4.7% (3.9% - 5.5%)
Disability	Independent Living Disability	913	8.6% (7.0% - 10.3%)	859	7.8% (6.5% - 9.3%)
Disability	Cognitive Disability	891	13.3% (11.1% - 15.9%)	857	13.8% (11.5% - 16.5%)
Disability	Self-care Disability	896	4.5% (3.7% - 5.4%)	839	3.8% (3.2% - 4.5%)

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)

Monona 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		