



## 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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*By Matthew Voss & Shawn Dorius*

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# Iowa Community Health Snapshot Series

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# Health in Montezuma: Overview

Dear Community Members & Stakeholders of Montezuma,

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 Montezuma ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Montezuma'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 Montezuma. 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
Annual Checkup	234th	45th	Cancer (except skin)	74th	4th
Depression	326th	51st	Annual Checkup	211th	37th
Taking BP Medication	329th	62nd	Taking BP Medication	298th	47th
Binge Drinking	343rd	61st	Binge Drinking	300th	47th
Obesity	402nd	70th	Coronary Heart Disease	324th	68th

## 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
Core preventive services for older men	904th	134th	Core preventive services for older men	801st	133rd
Mammography	831st	119th	Mammography	782nd	124th
Core preventive services for older women	807th	111th	Sleep <7 hours	770th	121st
Sleep <7 hours	708th	114th	Dental Visit	618th	102nd
Dental Visit	648th	103rd	Core preventive services for older women	596th	102nd

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 Montezuma.

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.

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

With a population of 1,335, Montezuma’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

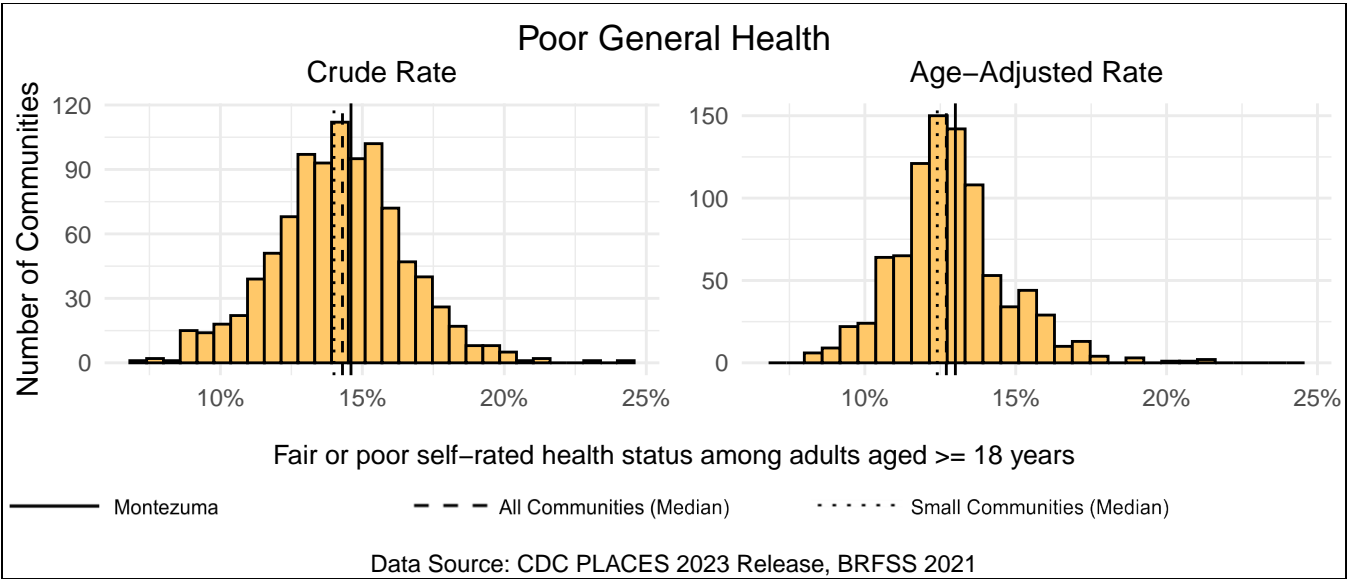
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Montezuma 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 (82nd out of 138 small communities). The age-adjusted rate for Montezuma is 13.0%, which ranks 505th out of 905 Iowa communities (83rd out of 138 small communities).

Measure Type	Montezuma	All Comm.	Small Comm.
Crude	14.6%	14.3%	14.0%
Age-Adjusted	13.0%	12.7%	12.4%

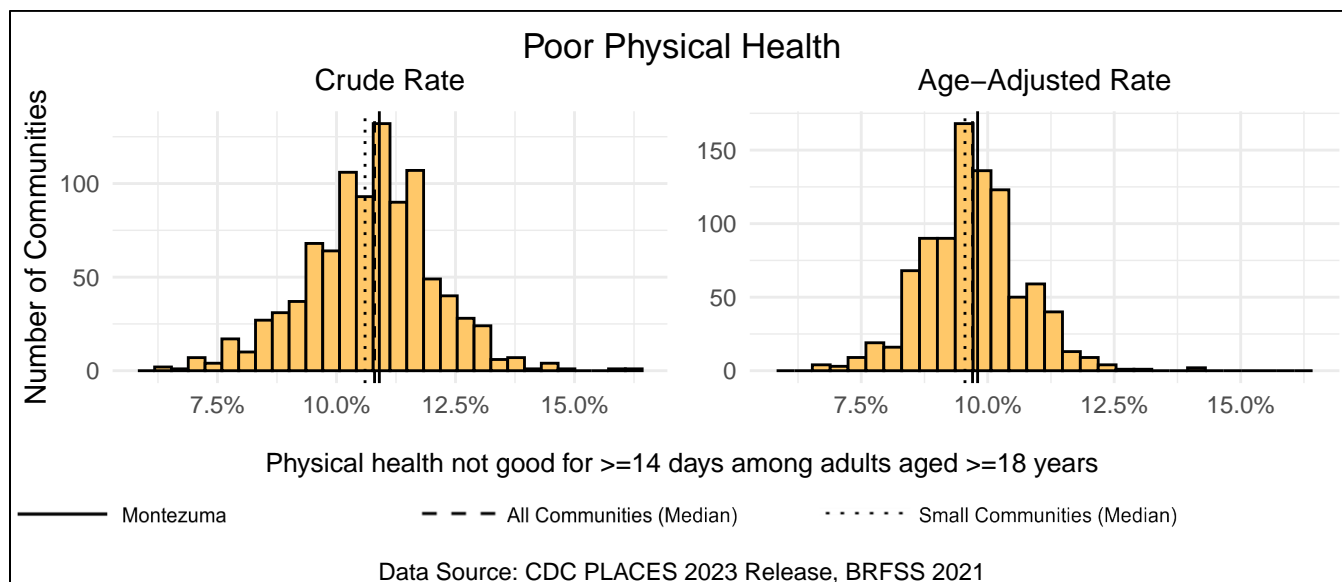




## Poor Physical Health

Montezuma has a crude rate of 10.9% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 493rd out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Montezuma is 9.8%, which ranks 468th out of 905 Iowa communities (80th out of 138 small communities).

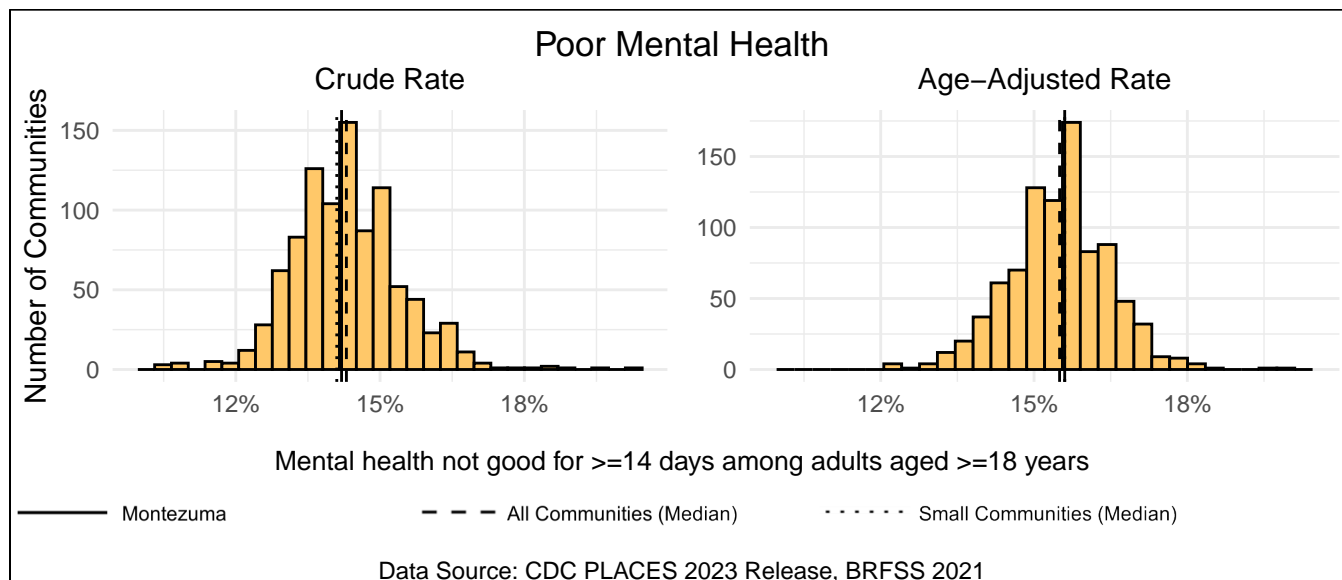
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	10.9%	10.8%	10.6%
Age-Adjusted	9.8%	9.7%	9.6%



## Poor Mental Health

Montezuma has a crude rate of 14.2% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 432nd out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Montezuma is 15.6%, which ranks 457th out of 905 Iowa communities (69th out of 138 small communities).

Measure Type	Montezuma	All Comm.	Small Comm.
Crude	14.2%	14.3%	14.1%
Age-Adjusted	15.6%	15.5%	15.6%



# Health Risk Behaviors

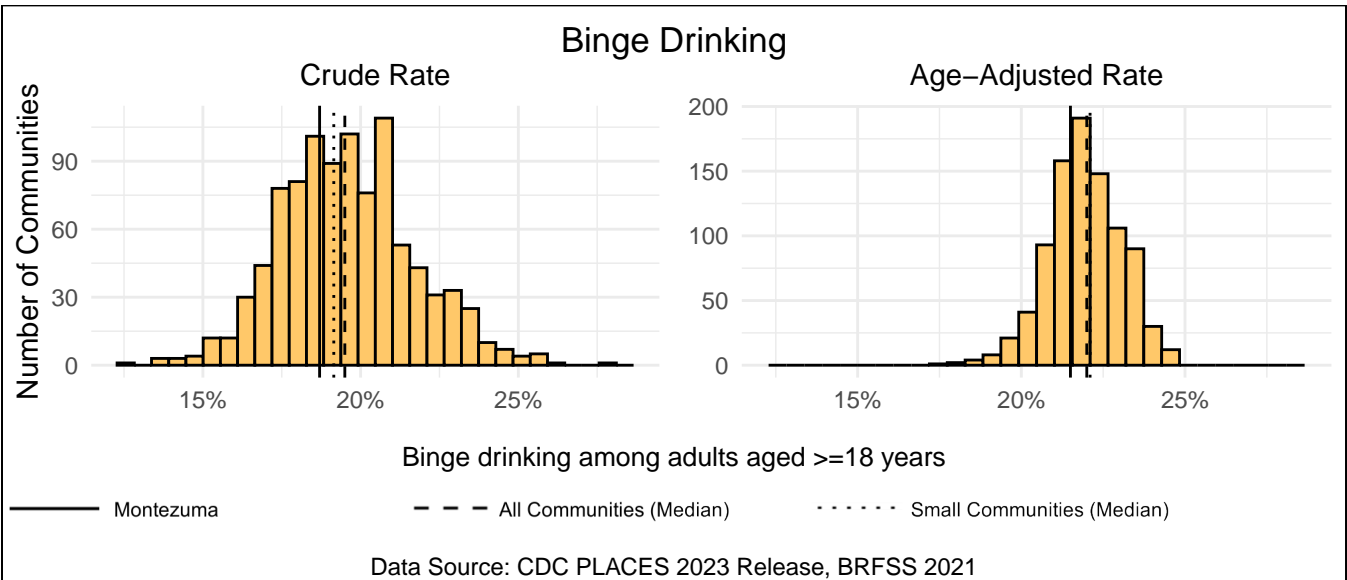
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Montezuma has a crude rate of 18.7% for binge drinking among adults aged  $\geq 18$  years, which ranks 343rd out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Montezuma is 21.5%, which ranks 300th out of 905 Iowa communities (47th out of 138 small communities).

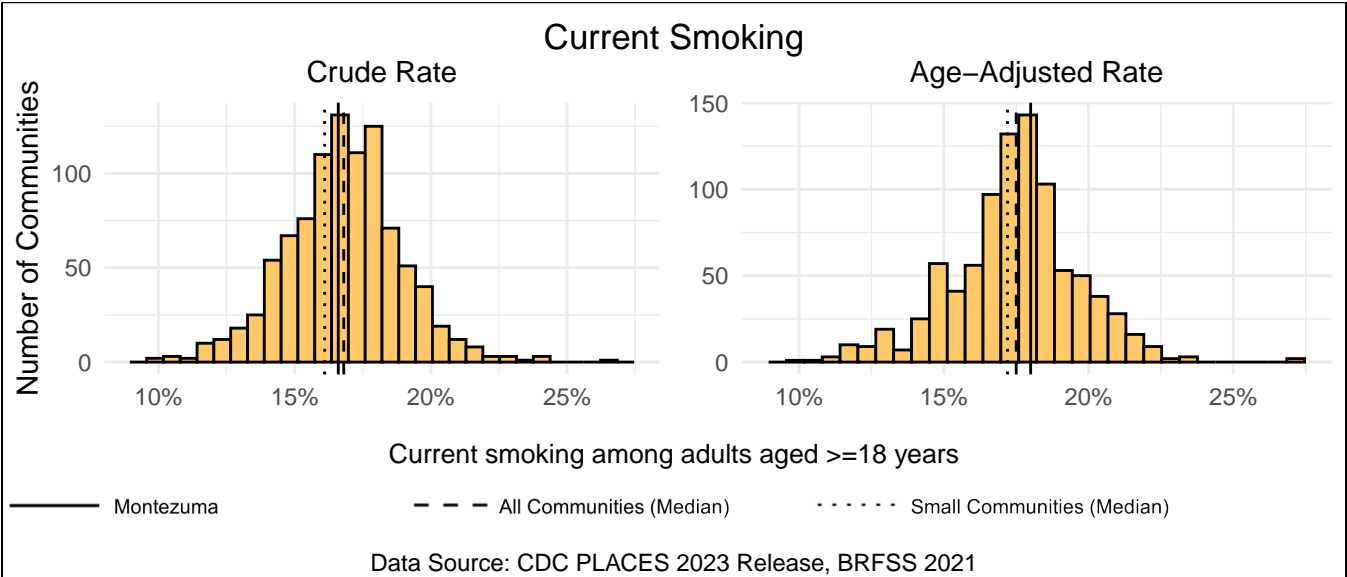
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	18.7%	19.5%	19.1%
Age-Adjusted	21.5%	22.0%	22.1%



## Current Smoking

Montezuma has a crude rate of 16.6% for current smoking among adults aged  $\geq 18$  years, which ranks 430th out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Montezuma is 18.0%, which ranks 536th out of 905 Iowa communities (88th out of 138 small communities).

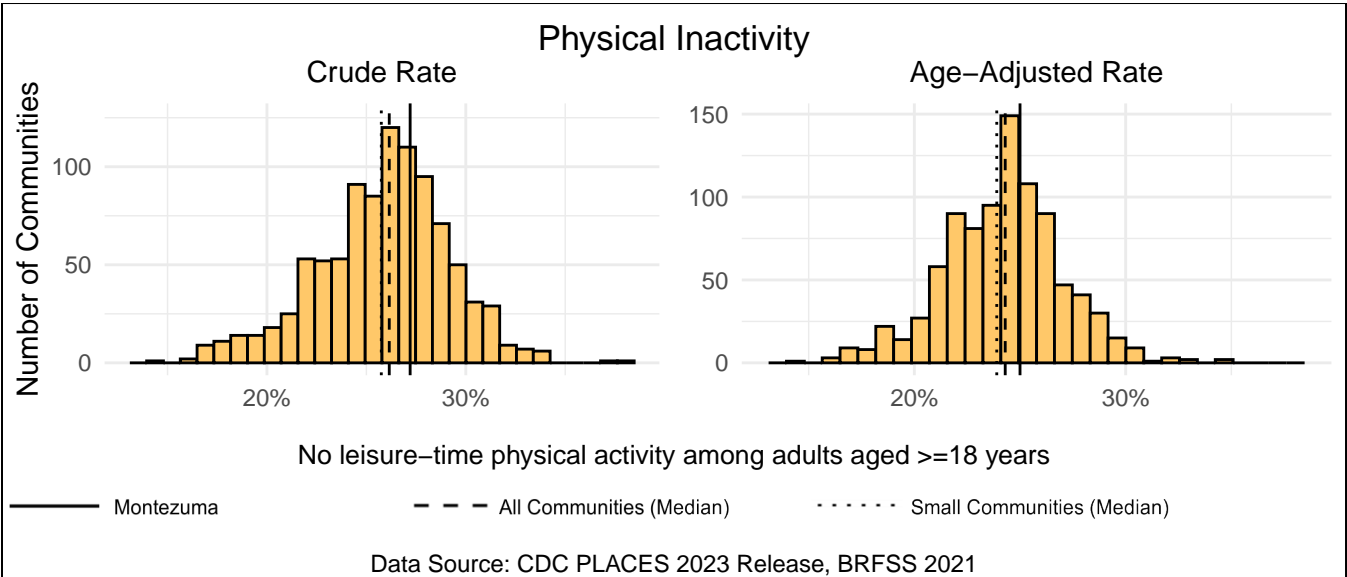
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	16.6%	16.8%	16.1%
Age-Adjusted	18.0%	17.5%	17.2%



## Physical Inactivity

Montezuma has a crude rate of 27.2% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 616th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Montezuma is 25.0%, which ranks 558th out of 905 Iowa communities (91st out of 138 small communities).

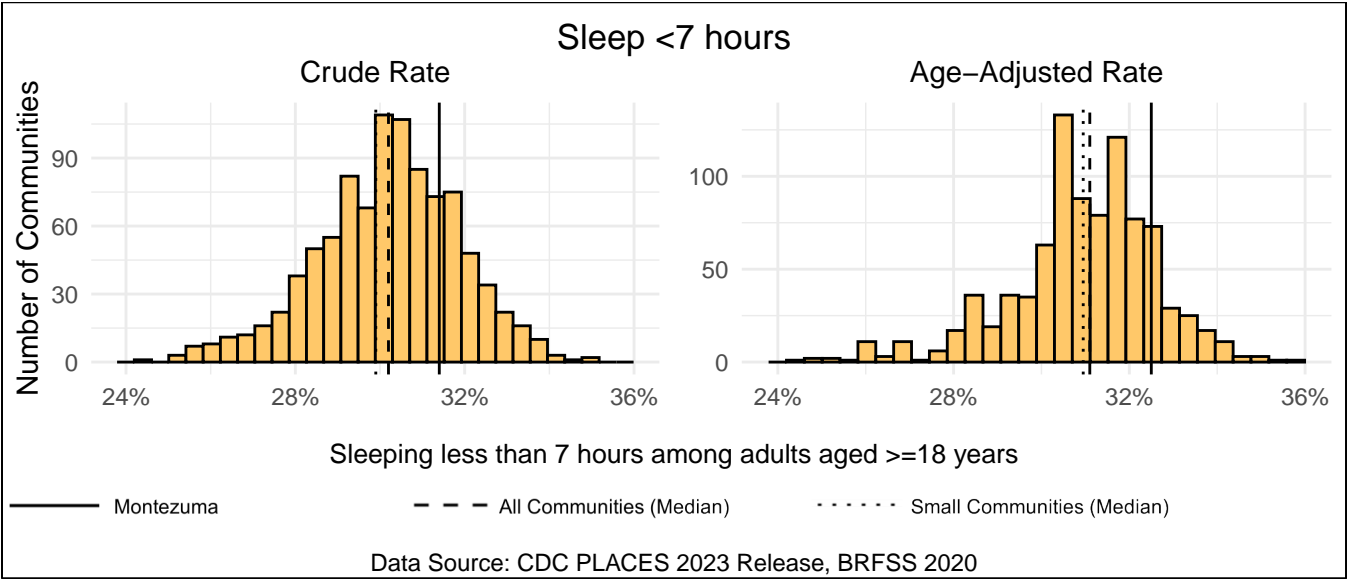
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	27.2%	26.1%	25.8%
Age-Adjusted	25.0%	24.3%	23.9%



Sleep <7 hours

Montezuma has a crude rate of 31.4% for sleeping less than 7 hours among adults aged >=18 years, which ranks 708th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Montezuma is 32.5%, which ranks 770th out of 905 Iowa communities (121st out of 138 small communities).

Measure Type	Montezuma	All Comm.	Small Comm.
Crude	31.4%	30.2%	29.9%
Age-Adjusted	32.5%	31.1%	31.0%



# Health Outcomes

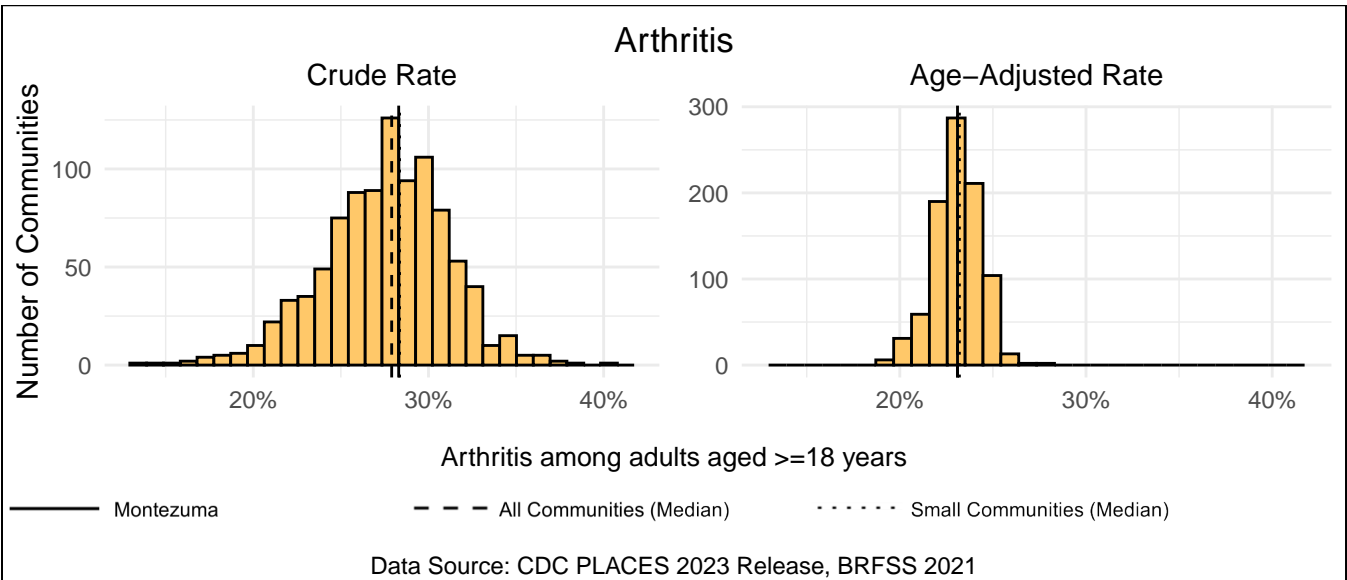
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Montezuma has a crude rate of 28.3% for arthritis among adults aged  $\geq 18$  years, which ranks 531st out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Montezuma is 23.1%, which ranks 426th out of 905 Iowa communities (60th out of 138 small communities).

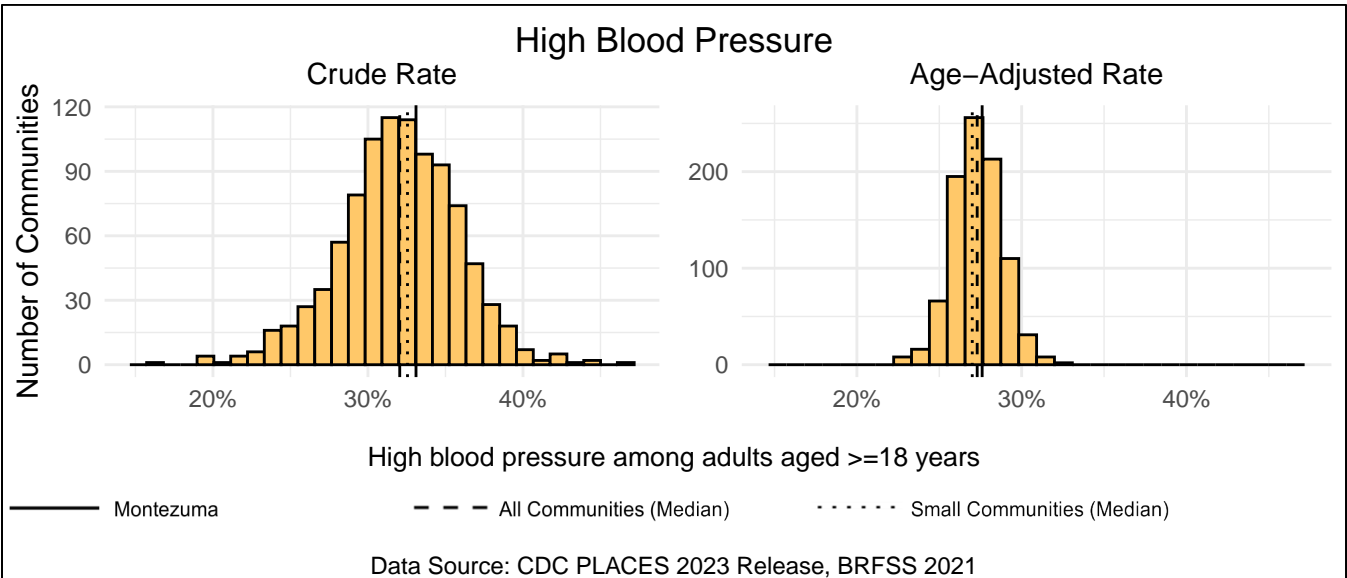
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	28.3%	27.9%	28.4%
Age-Adjusted	23.1%	23.1%	23.2%



## High Blood Pressure

Montezuma has a crude rate of 33.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 583rd out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Montezuma is 27.6%, which ranks 517th out of 905 Iowa communities (87th out of 138 small communities).

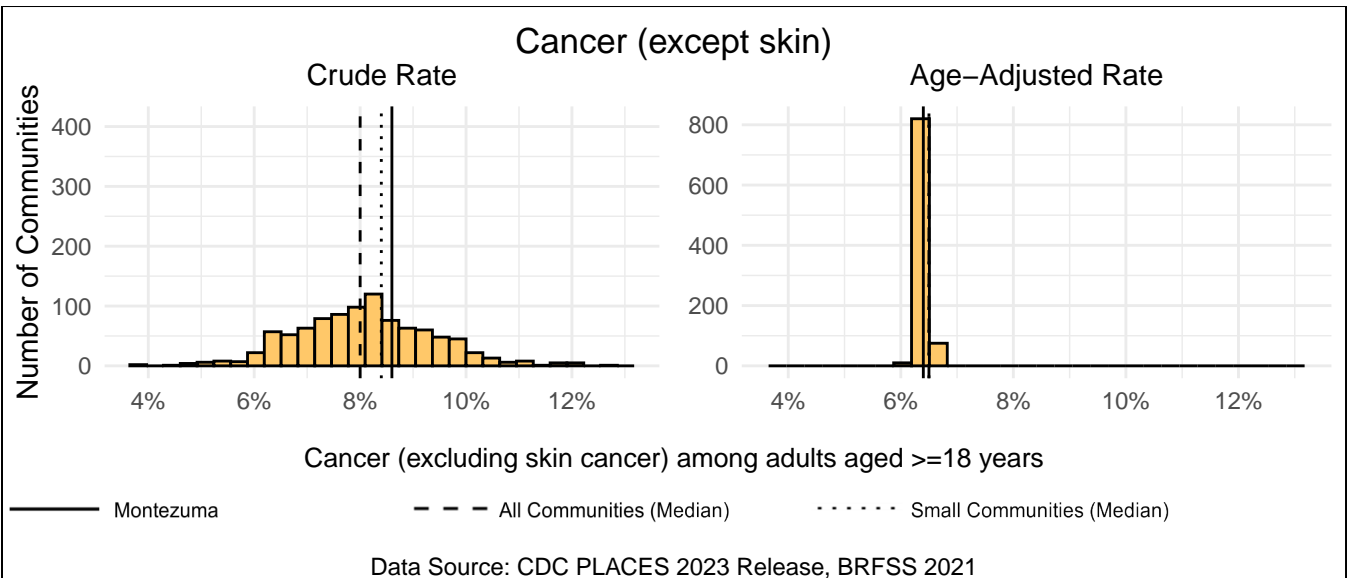
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	33.1%	32.0%	32.5%
Age-Adjusted	27.6%	27.3%	27.0%



## Cancer (except skin)

Montezuma has a crude rate of 8.6% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 632nd out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Montezuma is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

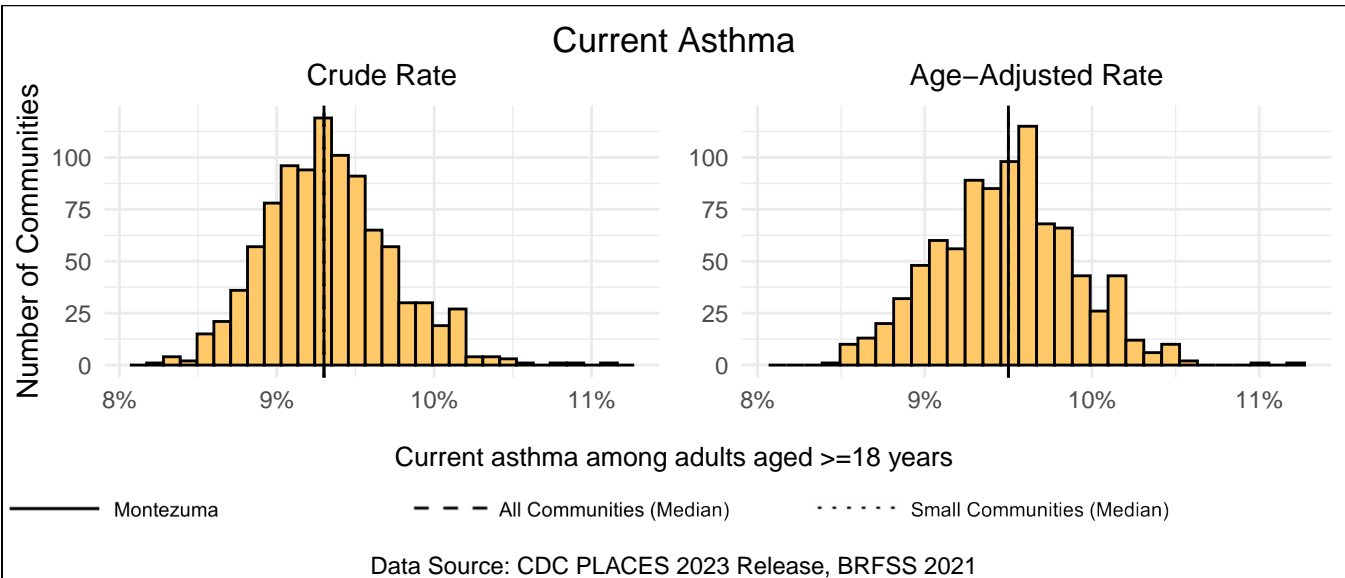
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	8.6%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



## Current Asthma

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

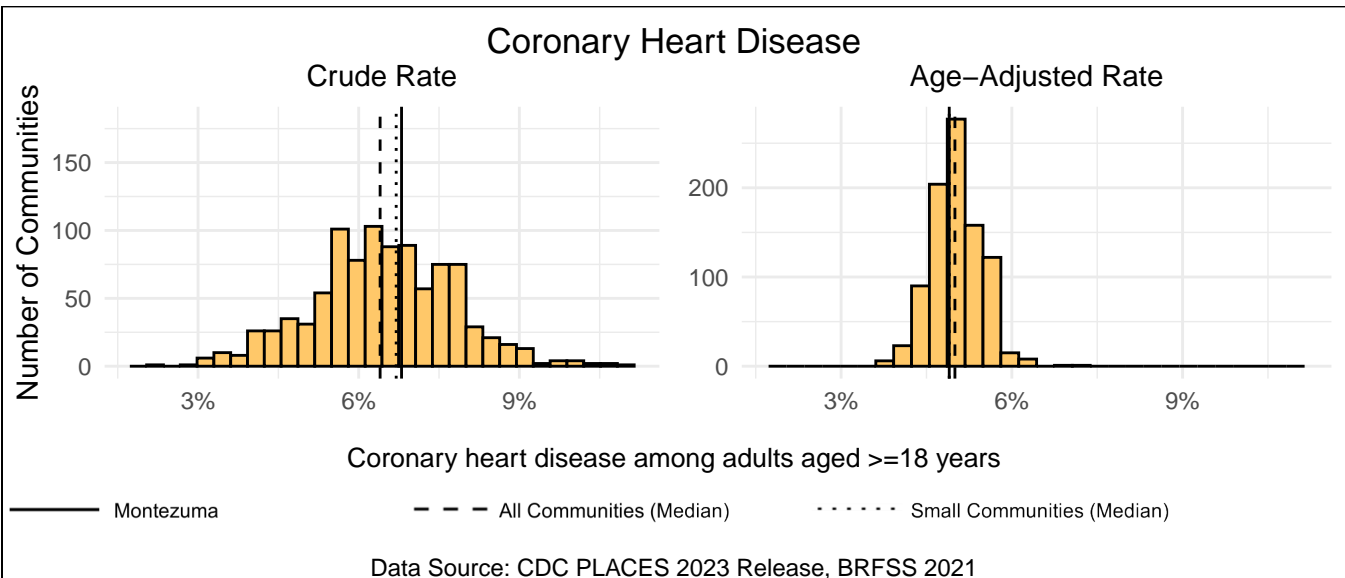
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



## Coronary Heart Disease

Montezuma has a crude rate of 6.8% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 569th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Montezuma is 4.9%, which ranks 324th out of 905 Iowa communities (68th out of 138 small communities).

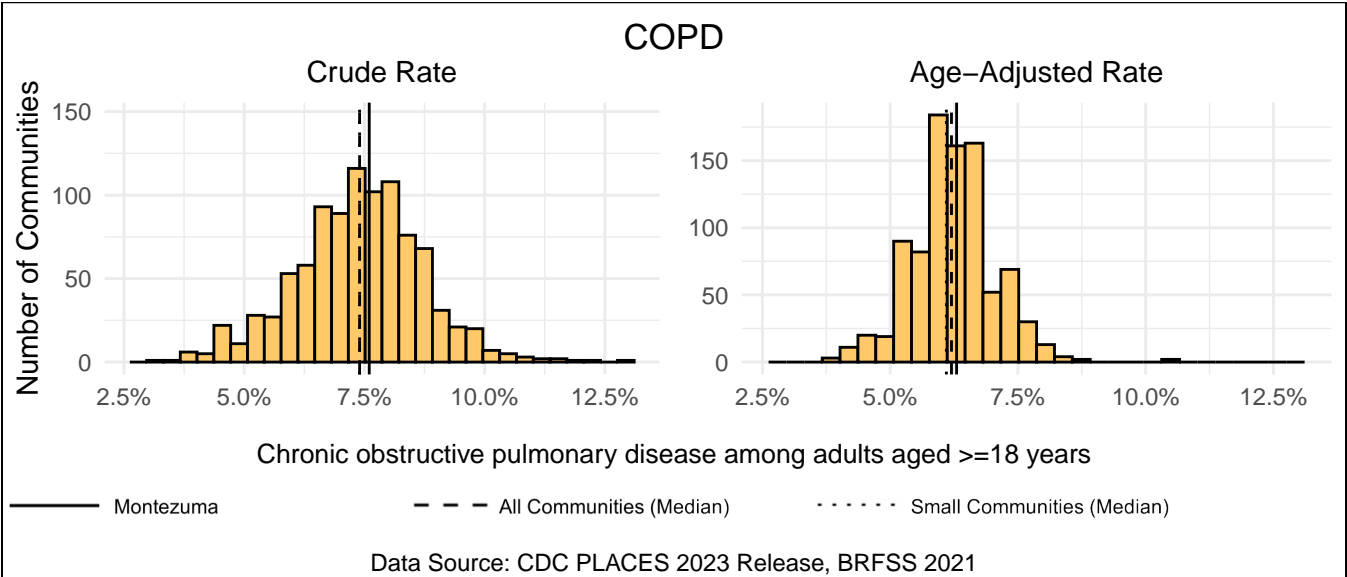
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	6.8%	6.4%	6.7%
Age-Adjusted	4.9%	5.0%	4.9%



# COPD

Montezuma has a crude rate of 7.6% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 511th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Montezuma is 6.3%, which ranks 459th out of 905 Iowa communities (78th out of 138 small communities).

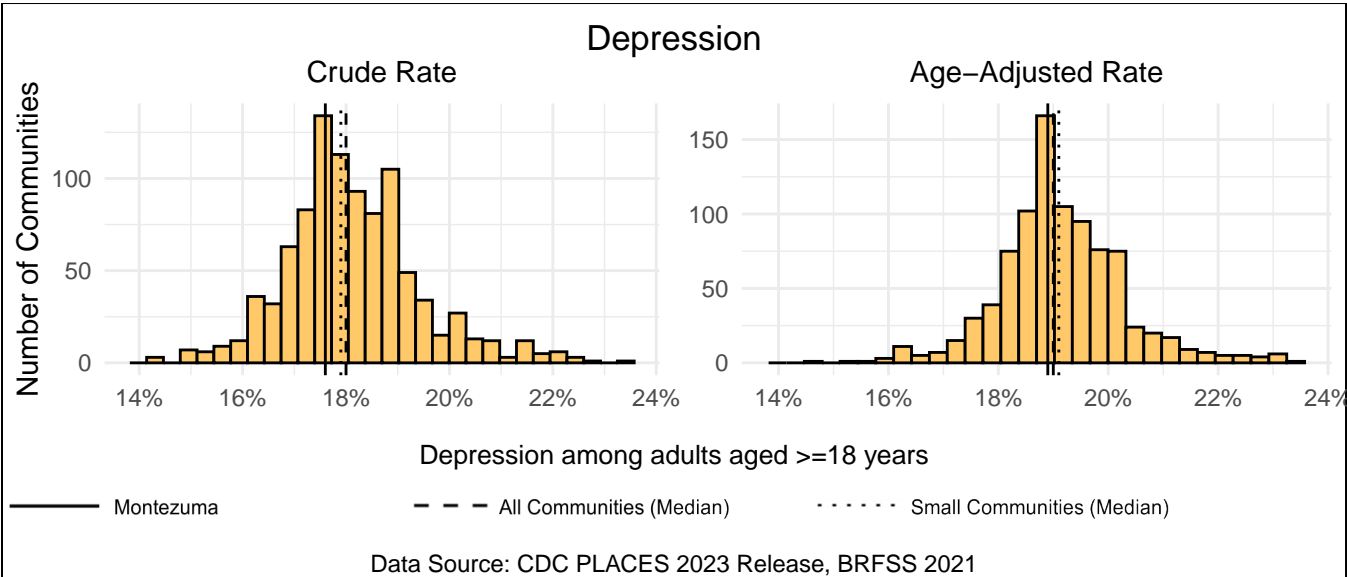
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	7.6%	7.4%	7.4%
Age-Adjusted	6.3%	6.2%	6.1%



# Depression

Montezuma has a crude rate of 17.6% for depression among adults aged  $\geq 18$  years, which ranks 326th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Montezuma is 18.9%, which ranks 368th out of 905 Iowa communities (56th out of 138 small communities).

Measure Type	Montezuma	All Comm.	Small Comm.
Crude	17.6%	18.0%	17.9%
Age-Adjusted	18.9%	19.0%	19.1%

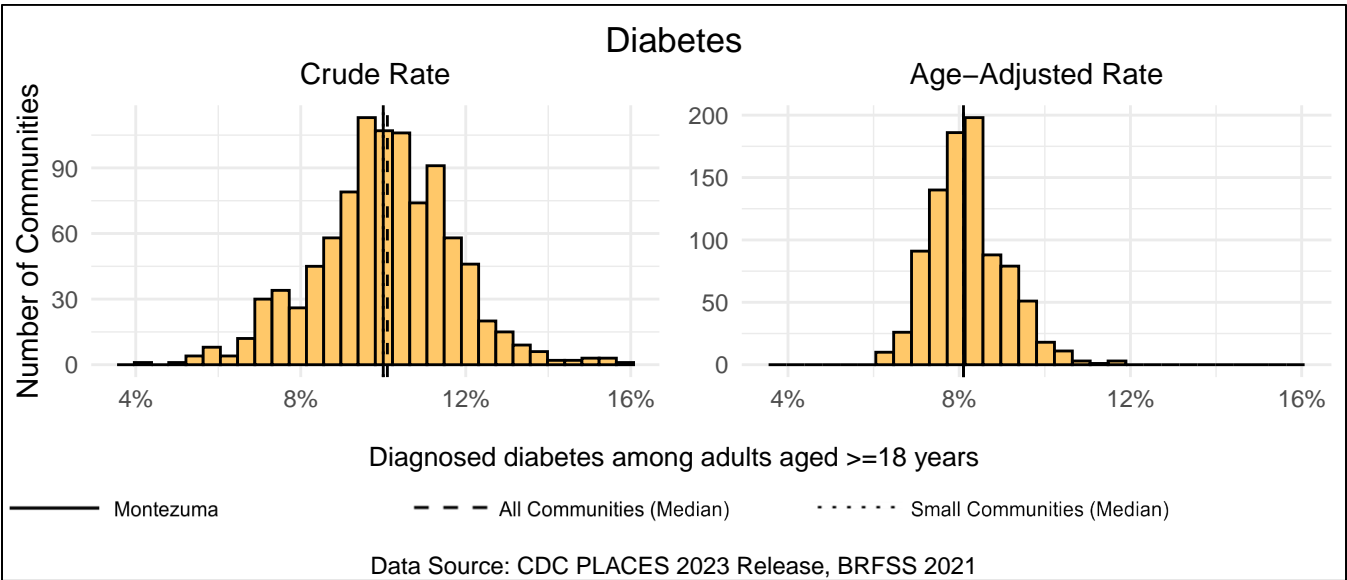




# Diabetes

Montezuma has a crude rate of 10.0% for diagnosed diabetes among adults aged >=18 years, which ranks 444th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Montezuma is 8.1%, which ranks 401st out of 905 Iowa communities (69th out of 138 small communities).

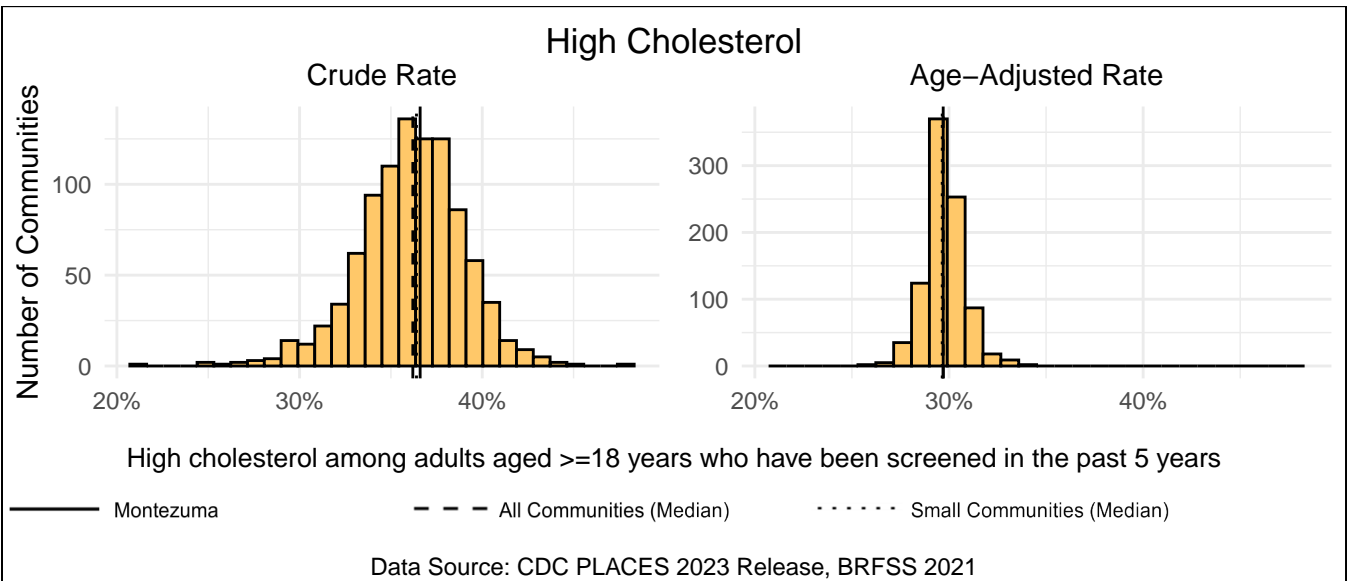
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	10.0%	10.1%	10.0%
Age-Adjusted	8.1%	8.1%	8.1%



# High Cholesterol

Montezuma has a crude rate of 36.6% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 527th out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Montezuma is 29.7%, which ranks 427th out of 905 Iowa communities (70th out of 138 small communities).

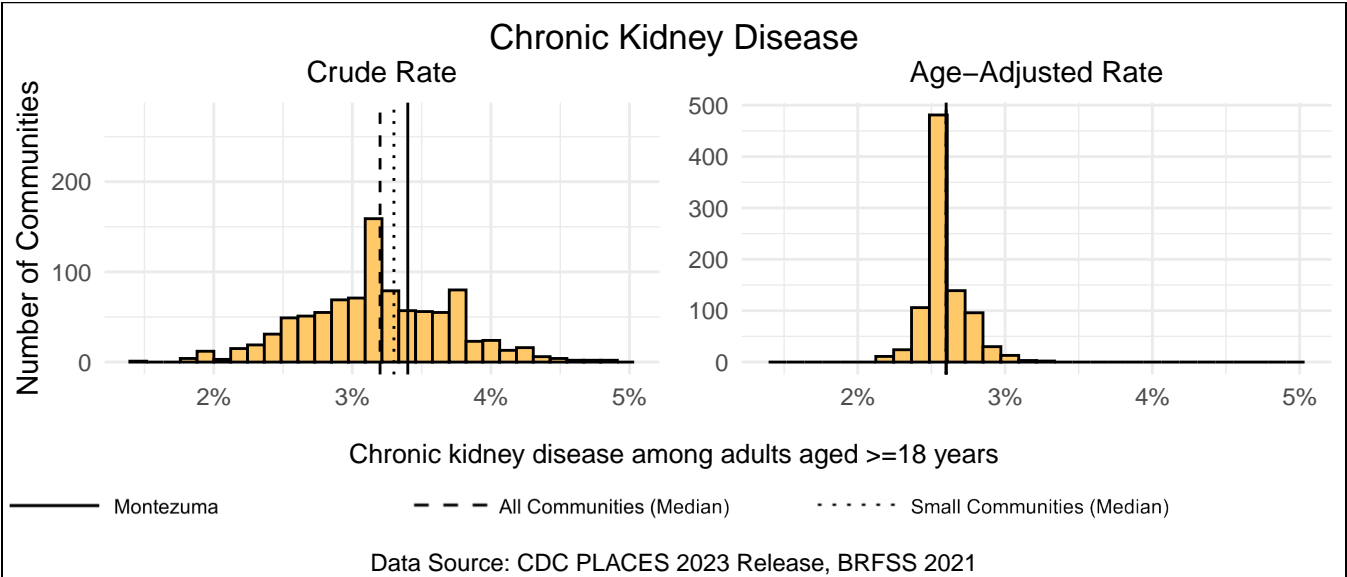
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	36.6%	36.2%	36.4%
Age-Adjusted	29.7%	29.7%	29.6%



# Chronic Kidney Disease

Montezuma has a crude rate of 3.4% for chronic kidney disease among adults aged >=18 years, which ranks 619th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Montezuma is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

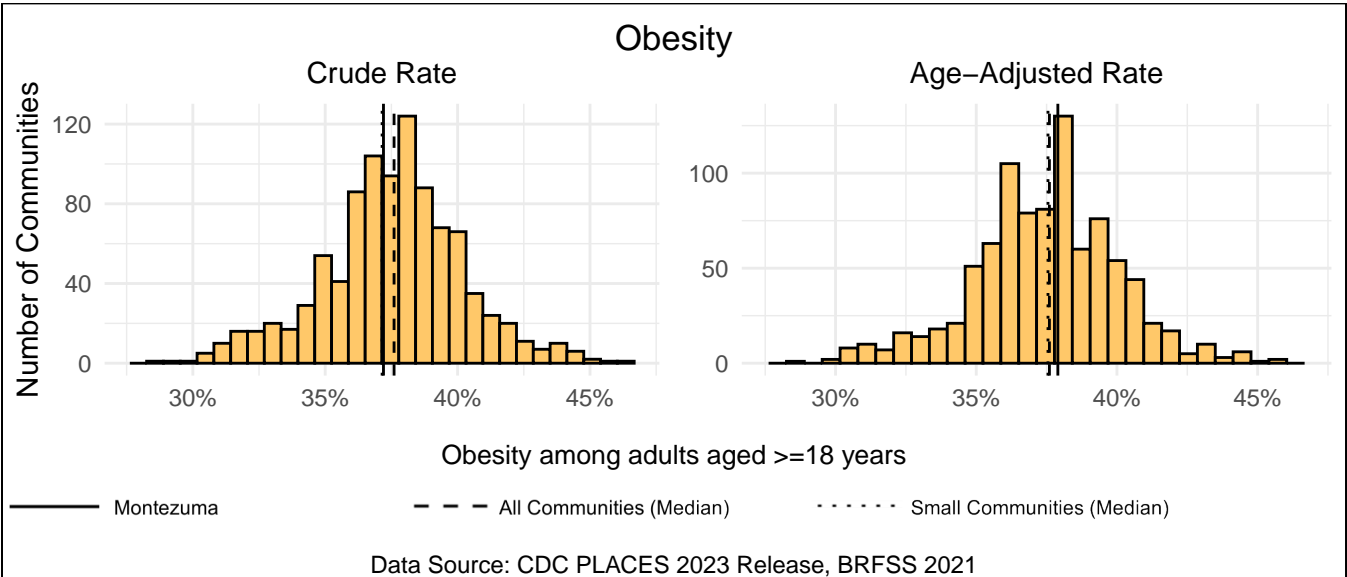
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	3.4%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Montezuma has a crude rate of 37.2% for obesity among adults aged >=18 years, which ranks 402nd out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Montezuma is 37.9%, which ranks 490th out of 905 Iowa communities (75th out of 138 small communities).

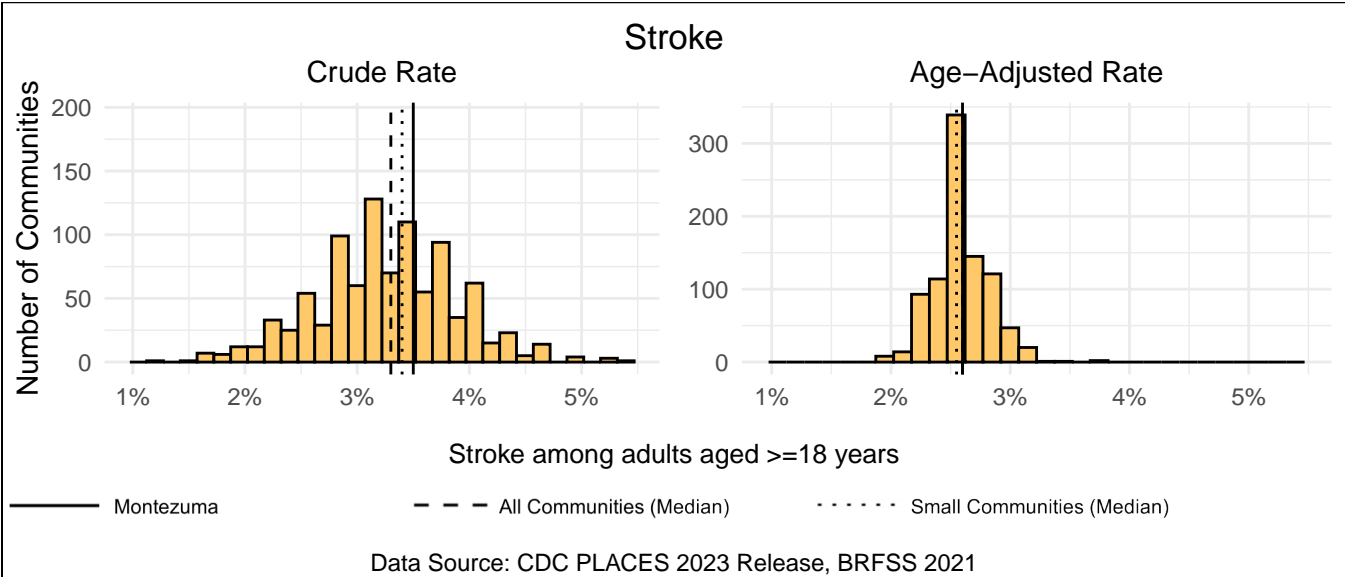
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	37.2%	37.6%	37.2%
Age-Adjusted	37.9%	37.6%	37.5%



# Stroke

Montezuma has a crude rate of 3.5% for stroke among adults aged  $\geq 18$  years, which ranks 601st out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Montezuma is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

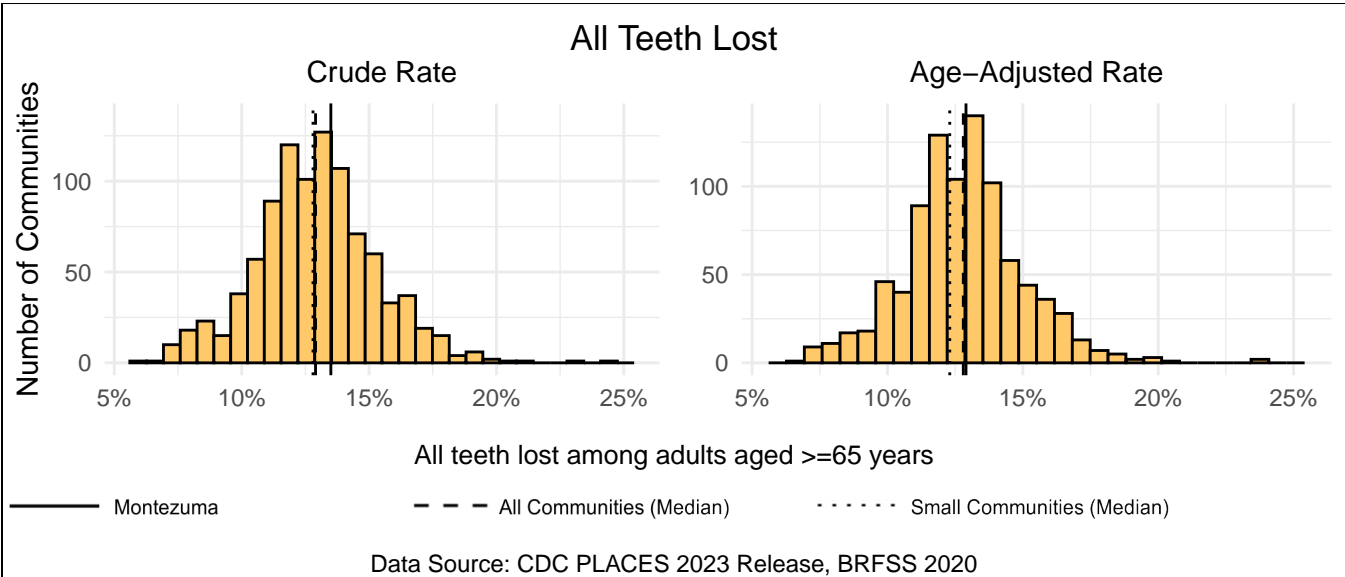
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	3.5%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Montezuma has a crude rate of 13.5% for all teeth lost among adults aged  $\geq 65$  years, which ranks 581st out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Montezuma is 12.9%, which ranks 465th out of 905 Iowa communities (85th out of 138 small communities).

Measure Type	Montezuma	All Comm.	Small Comm.
Crude	13.5%	12.9%	12.8%
Age-Adjusted	12.9%	12.8%	12.3%



# Prevention

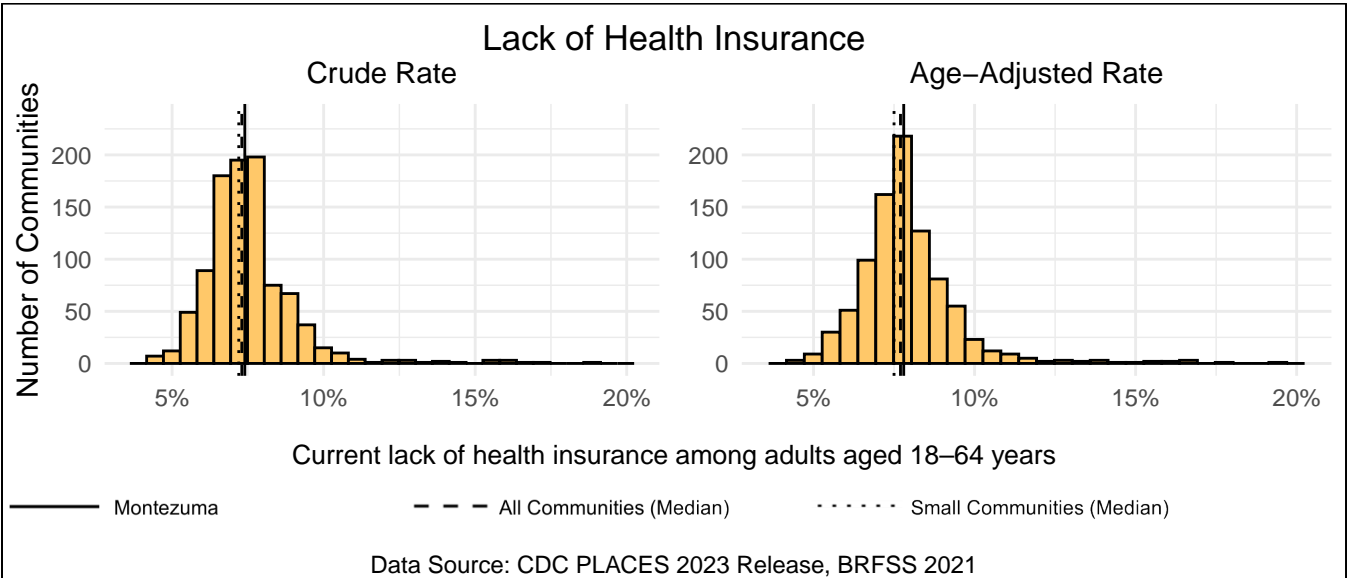
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Montezuma has a crude rate of 7.4% for current lack of health insurance among adults aged 18–64 years, which ranks 489th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Montezuma is 7.8%, which ranks 458th out of 905 Iowa communities (77th out of 138 small communities).

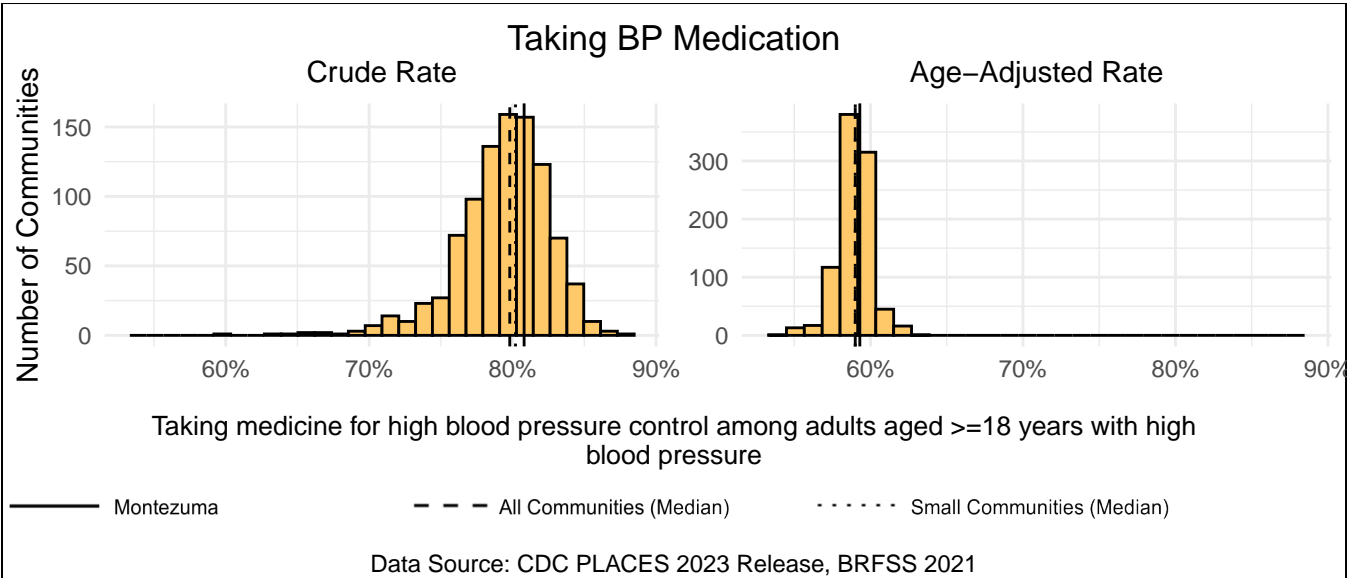
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	7.4%	7.3%	7.2%
Age-Adjusted	7.8%	7.7%	7.5%



# Taking BP Medication

Montezuma has a crude rate of 80.8% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 329th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Montezuma is 59.3%, which ranks 298th out of 905 Iowa communities (47th out of 138 small communities).

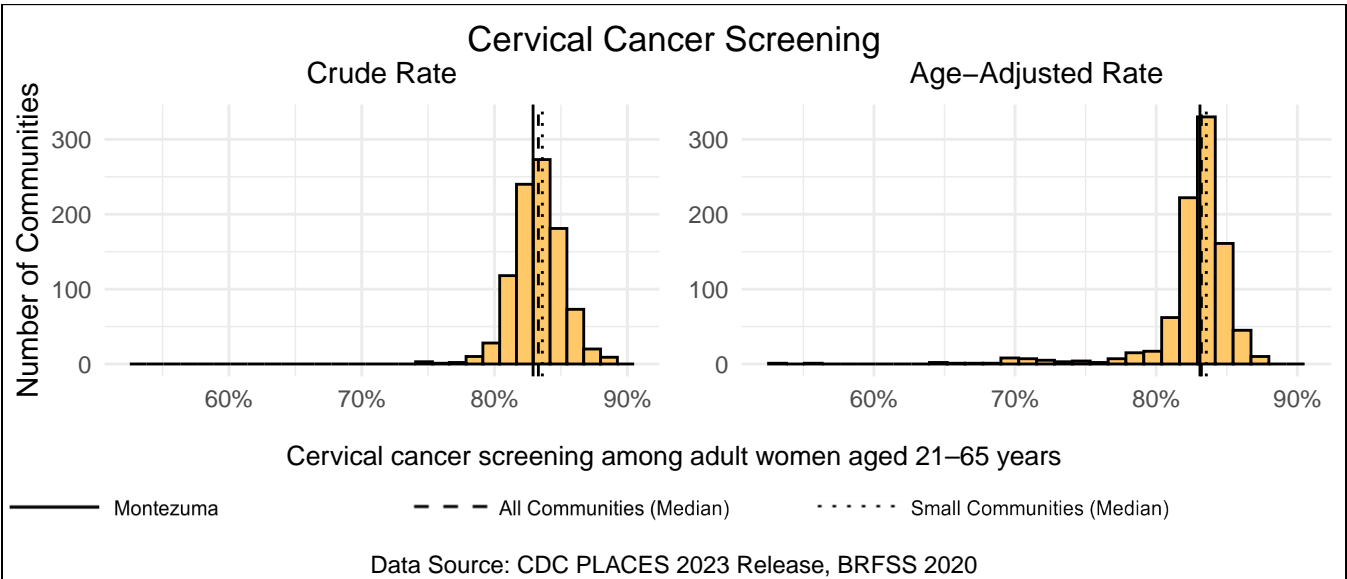
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	80.8%	79.8%	80.2%
Age-Adjusted	59.3%	59.0%	59.0%



# Cervical Cancer Screening

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

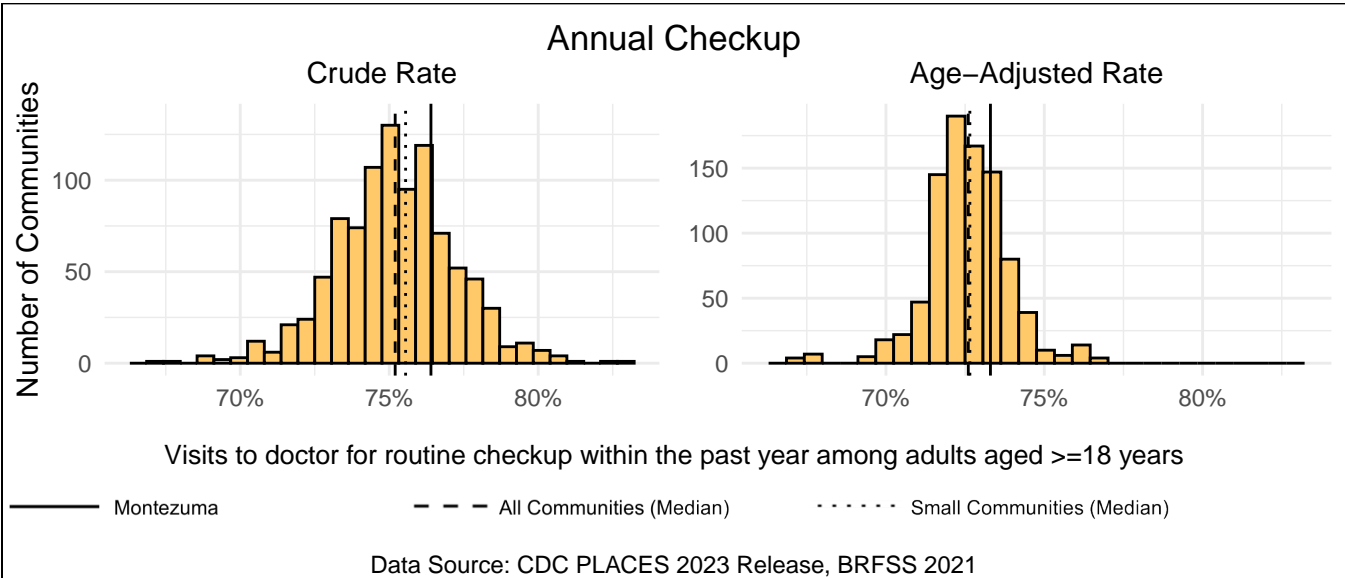
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	82.9%	83.3%	83.6%
Age-Adjusted	83.1%	83.2%	83.5%



## Annual Checkup

Montezuma has a crude rate of 76.4% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 234th out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Montezuma is 73.3%, which ranks 211th out of 905 Iowa communities (37th out of 138 small communities).

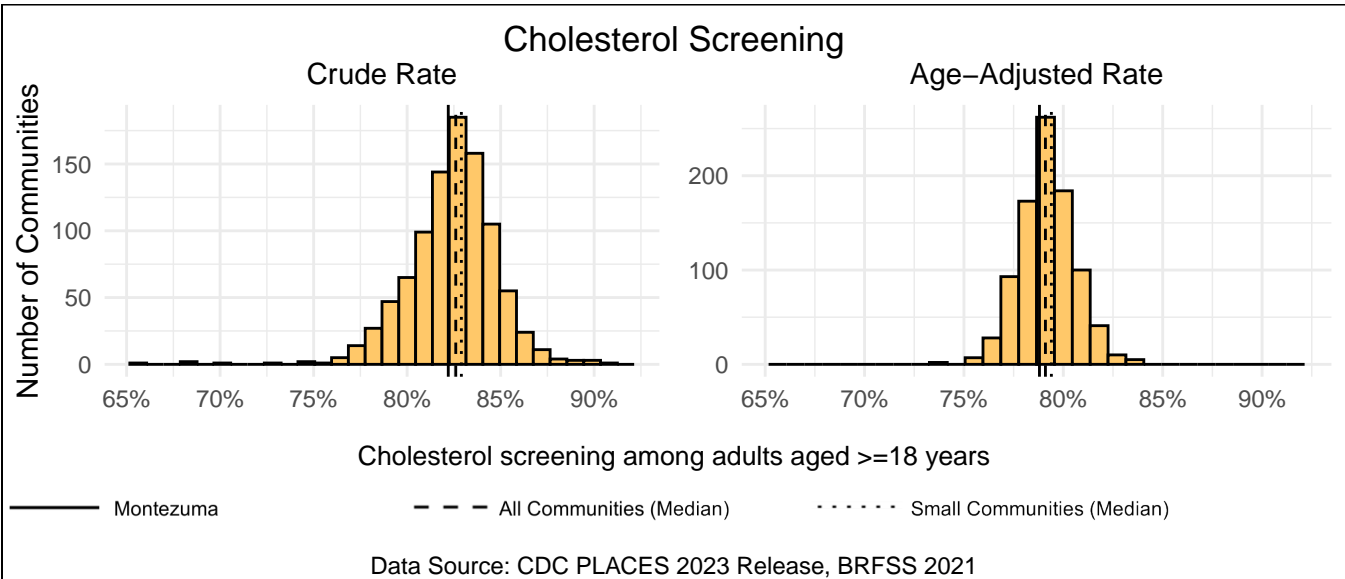
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	76.4%	75.2%	75.5%
Age-Adjusted	73.3%	72.6%	72.6%



## Cholesterol Screening

Montezuma has a crude rate of 82.2% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 550th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Montezuma is 78.8%, which ranks 536th out of 905 Iowa communities (88th out of 138 small communities).

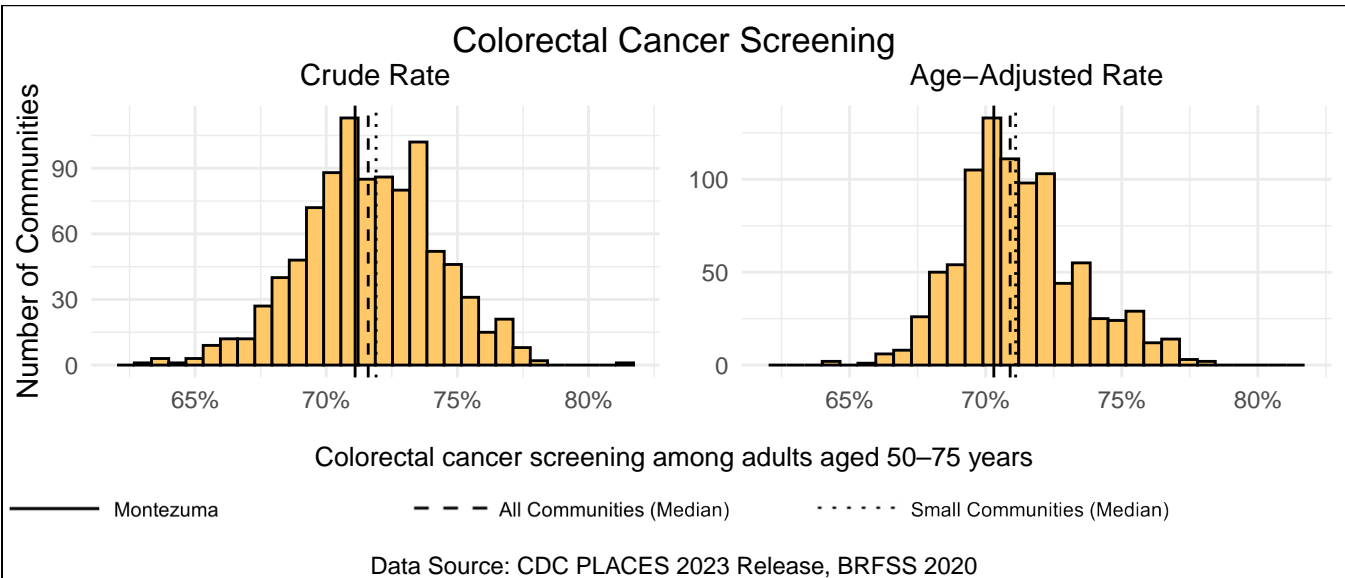
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	82.2%	82.6%	82.9%
Age-Adjusted	78.8%	79.1%	79.4%



## Colorectal Cancer Screening

Montezuma has a crude rate of 71.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 551st out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Montezuma is 70.3%, which ranks 553rd out of 905 Iowa communities (97th out of 138 small communities).

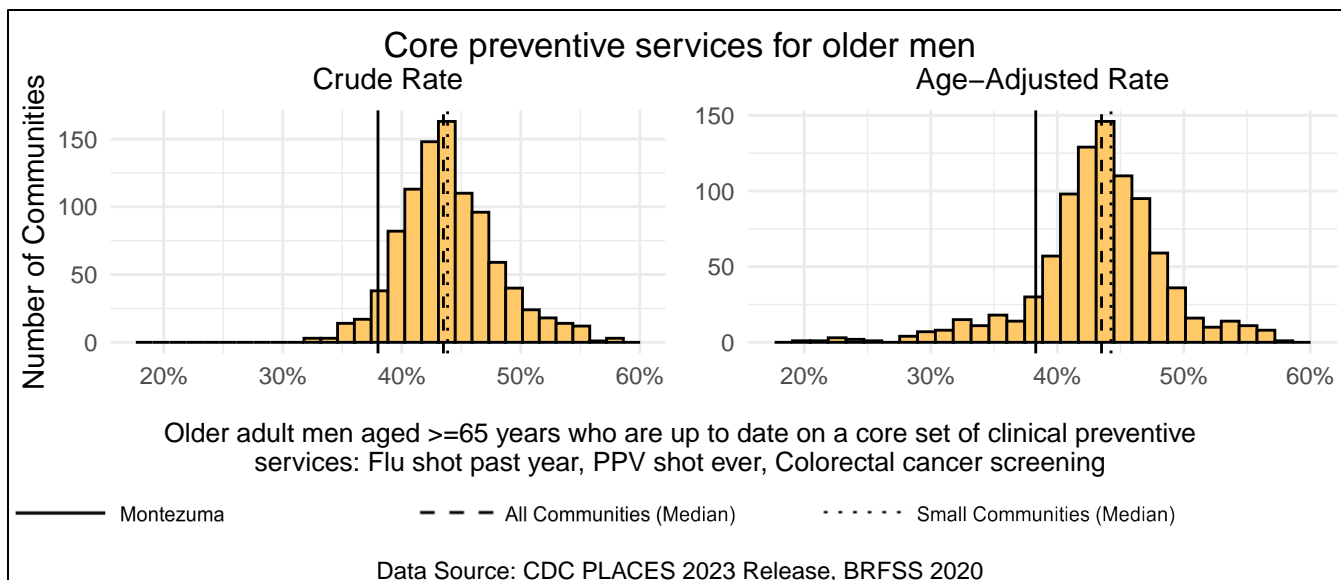
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	71.1%	71.6%	71.9%
Age-Adjusted	70.3%	70.9%	71.1%



## Core preventive services for older men

Montezuma has a crude rate of 38.0% for older adult men aged  $\geq 65$  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 904th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Montezuma is 38.3%, which ranks 801st out of 905 Iowa communities (133rd out of 138 small communities).

Measure Type	Montezuma	All Comm.	Small Comm.
Crude	38.0%	43.5%	43.8%
Age-Adjusted	38.3%	43.5%	44.2%

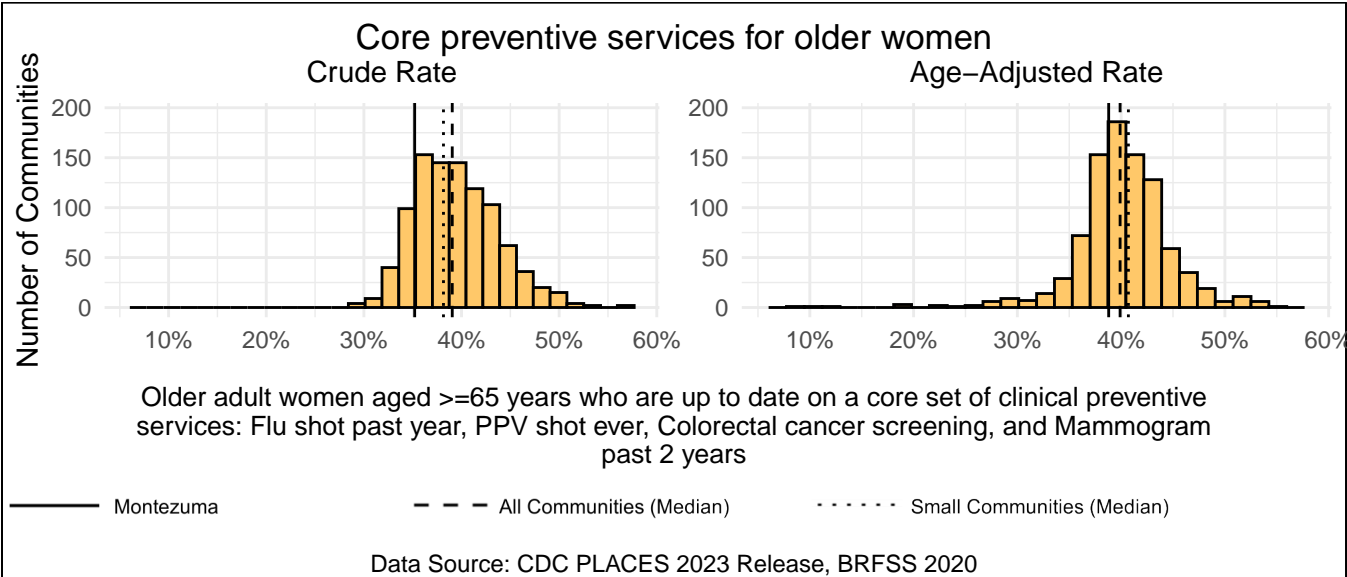




## Core preventive services for older women

Montezuma has a crude rate of 35.2% for older adult women aged  $\geq 65$  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 807th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Montezuma is 38.8%, which ranks 596th out of 905 Iowa communities (102nd out of 138 small communities).

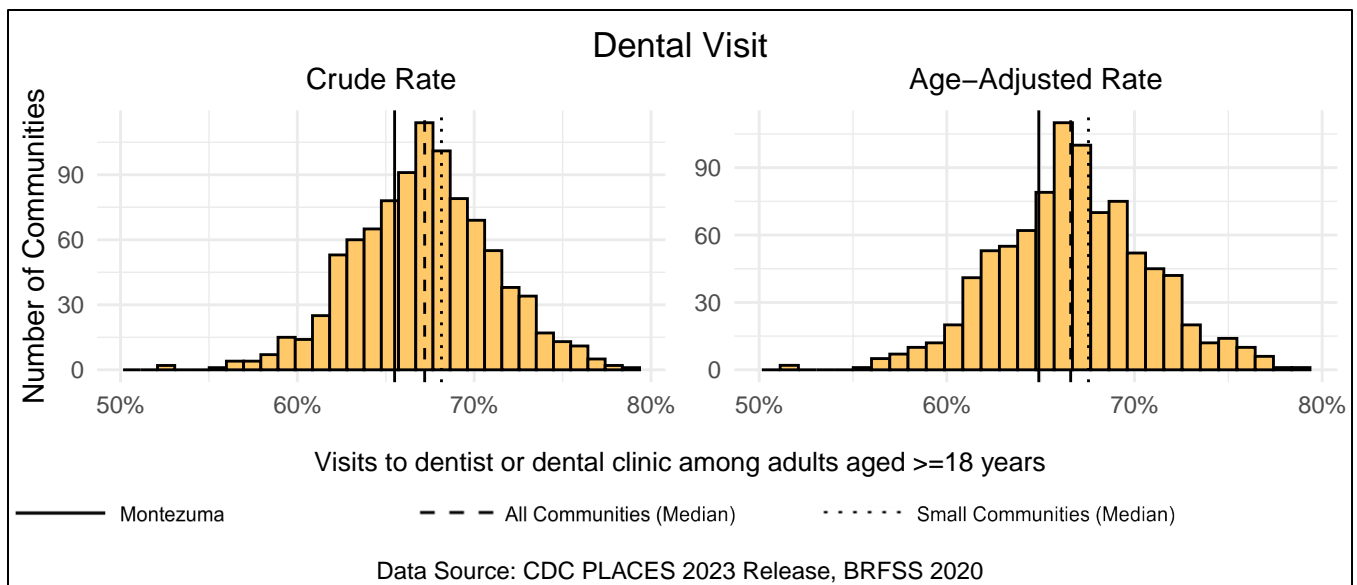
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	35.2%	39.0%	38.2%
Age-Adjusted	38.8%	39.9%	40.7%



## Dental Visit

Montezuma has a crude rate of 65.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 648th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Montezuma is 64.9%, which ranks 618th out of 905 Iowa communities (102nd out of 138 small communities).

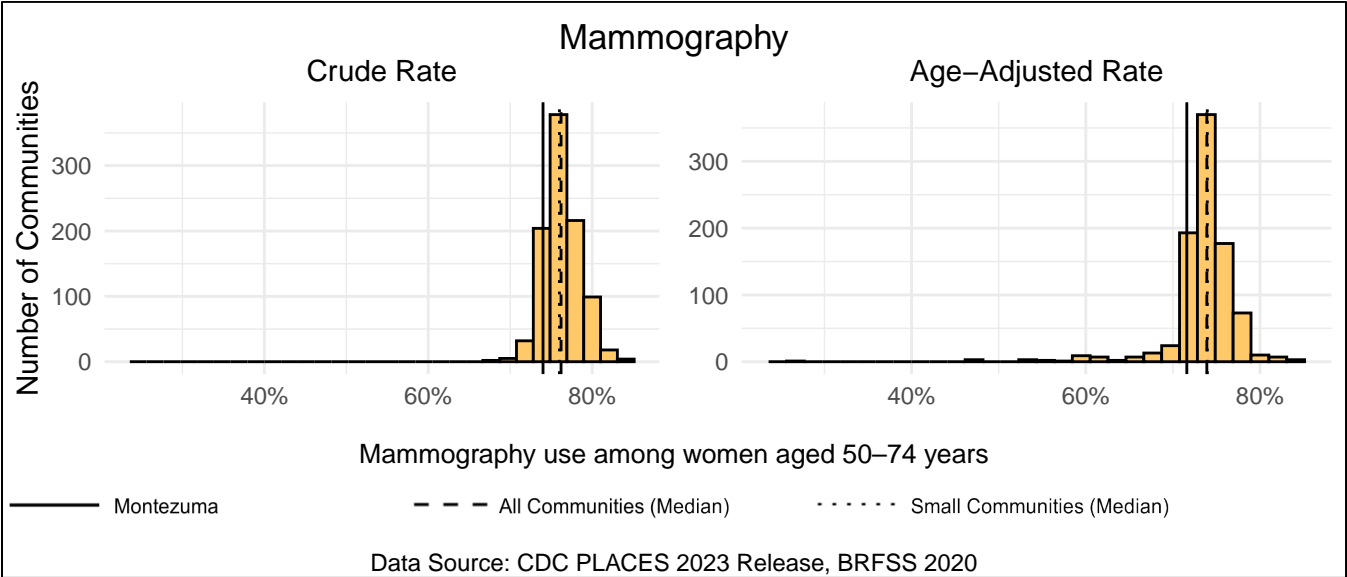
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	65.5%	67.2%	68.2%
Age-Adjusted	64.9%	66.6%	67.5%



# Mammography

Montezuma has a crude rate of 74.0% for mammography use among women aged 50–74 years, which ranks 831st out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Montezuma is 71.6%, which ranks 782nd out of 905 Iowa communities (124th out of 138 small communities).

Measure Type	Montezuma	All Comm.	Small Comm.
Crude	74.0%	76.2%	76.0%
Age-Adjusted	71.6%	73.9%	74.0%



# Disability

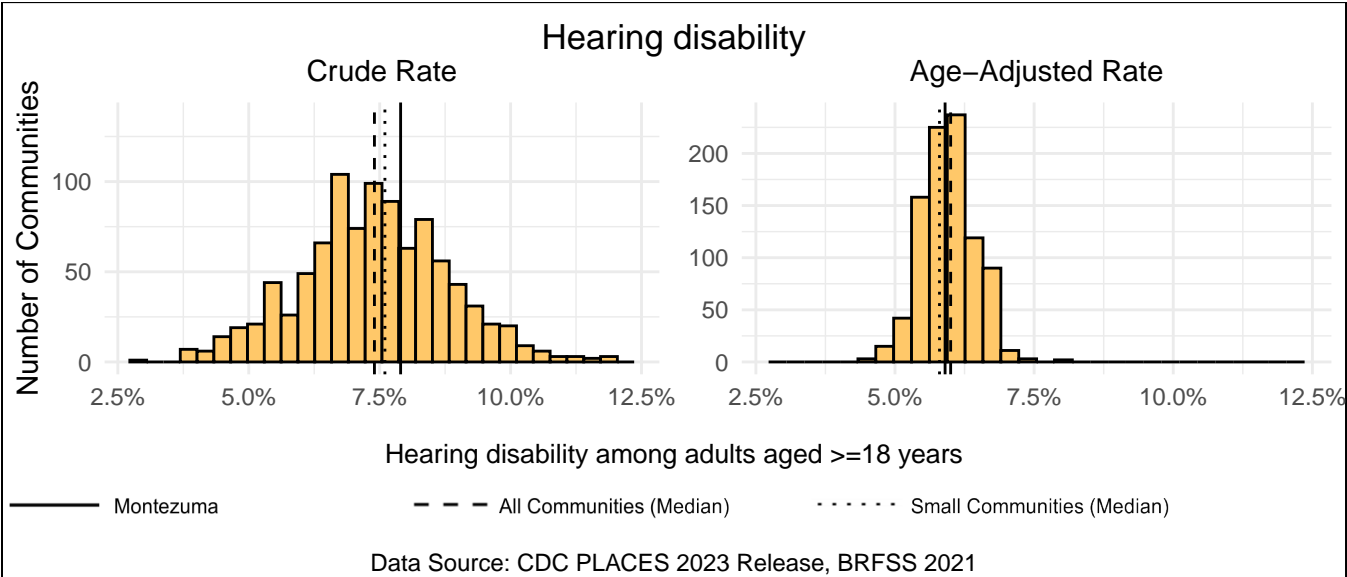
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Montezuma has a crude rate of 7.9% for hearing disability among adults aged  $\geq 18$  years, which ranks 620th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Montezuma is 5.9%, which ranks 360th out of 905 Iowa communities (73rd out of 138 small communities).

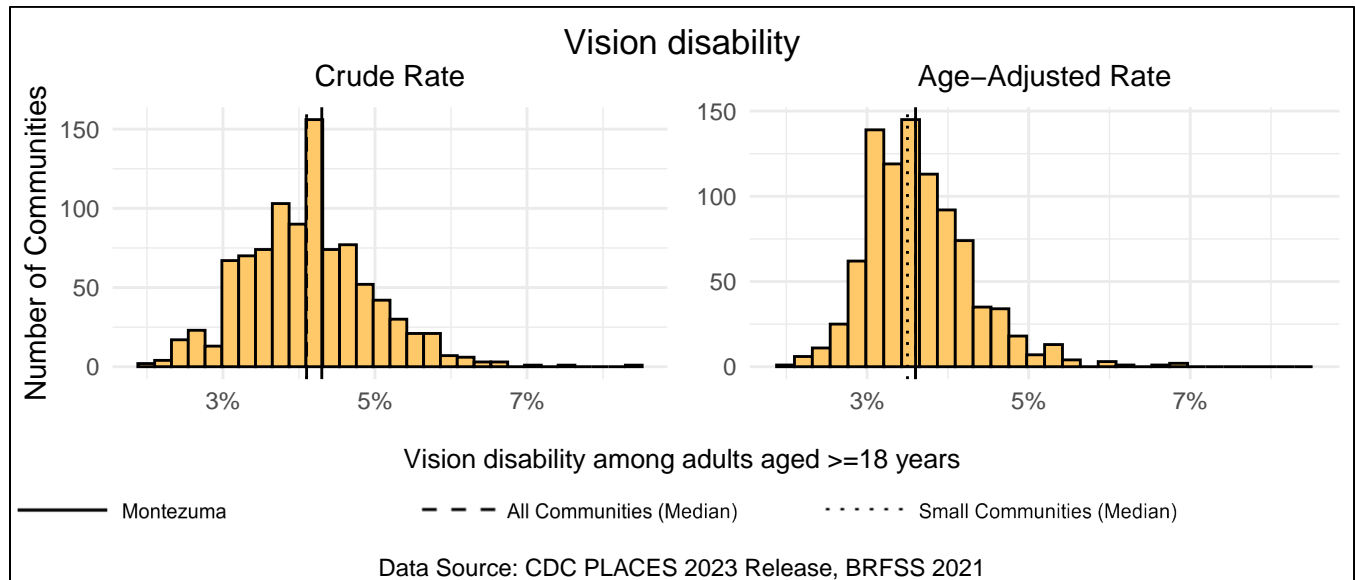
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	7.9%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.8%



## Vision disability

Montezuma has a crude rate of 4.3% for vision disability among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Montezuma is 3.6%, which ranks 431st out of 905 Iowa communities (75th out of 138 small communities).

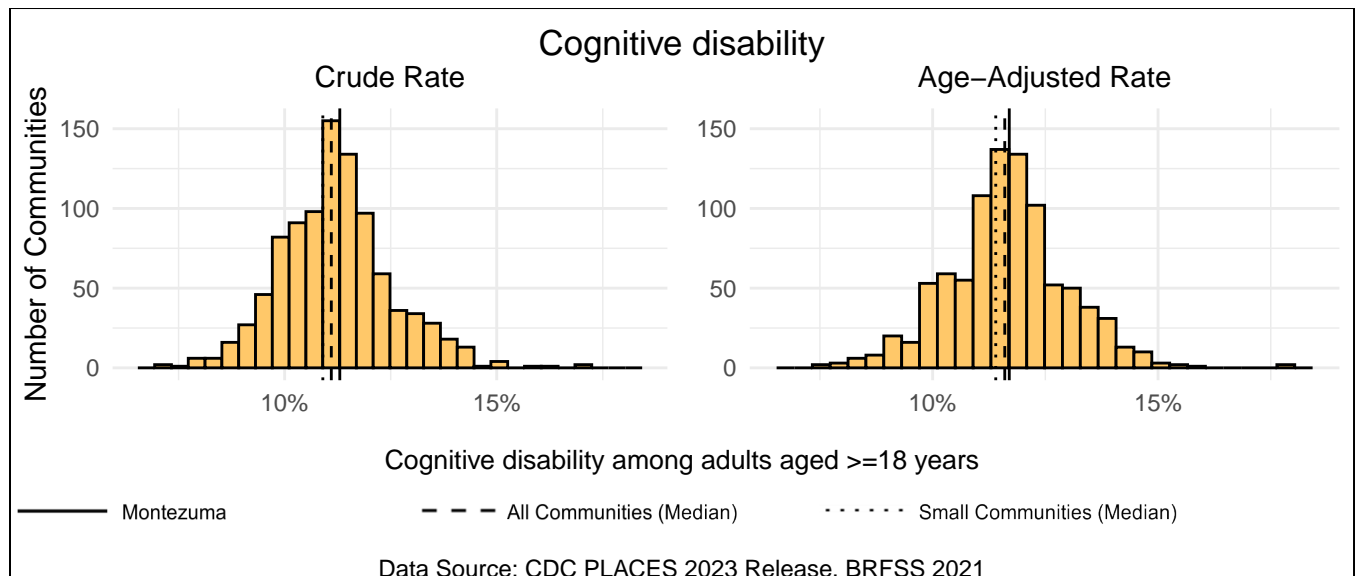
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	4.3%	4.1%	4.1%
Age-Adjusted	3.6%	3.6%	3.5%



## Cognitive disability

Montezuma has a crude rate of 11.3% for cognitive disability among adults aged  $\geq 18$  years, which ranks 531st out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Montezuma is 11.7%, which ranks 468th out of 905 Iowa communities (78th out of 138 small communities).

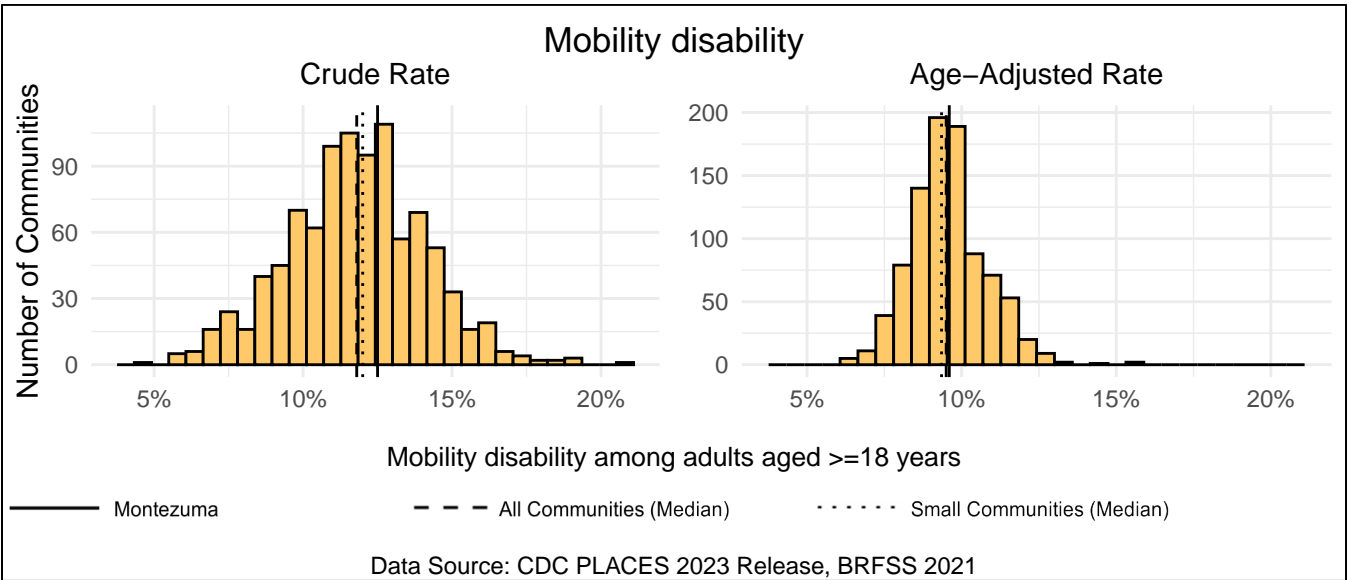
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	11.3%	11.1%	10.9%
Age-Adjusted	11.7%	11.6%	11.4%



# Mobility disability

Montezuma has a crude rate of 12.5% for mobility disability among adults aged >=18 years, which ranks 585th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Montezuma is 9.6%, which ranks 471st out of 905 Iowa communities (79th out of 138 small communities).

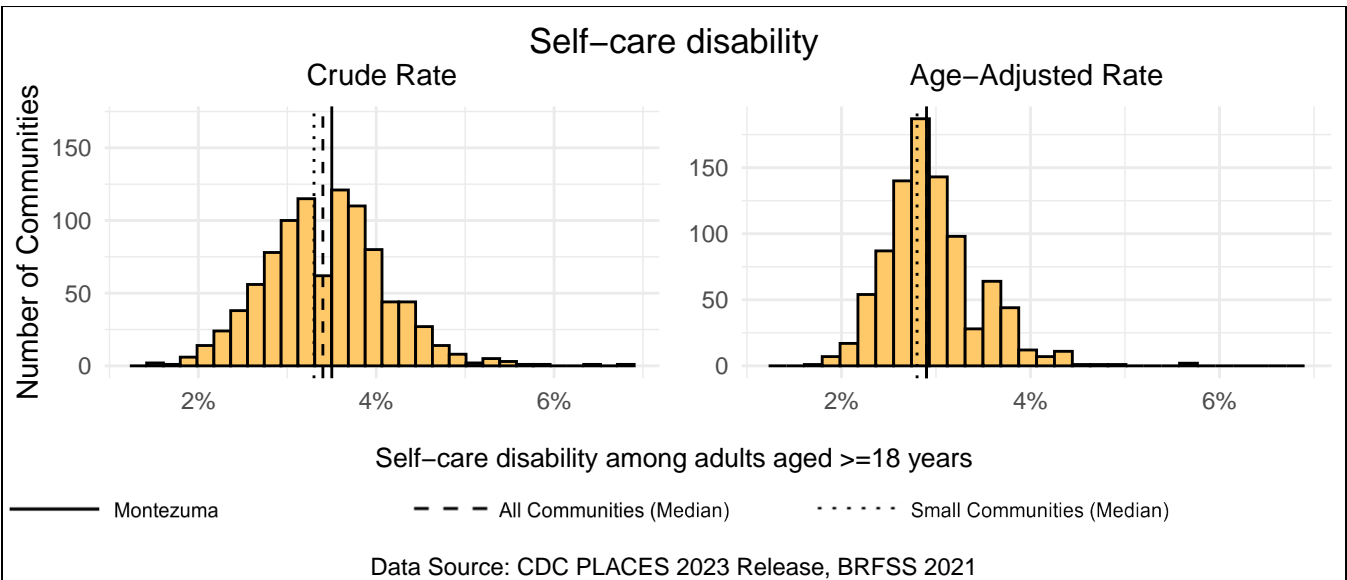
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	12.5%	11.8%	12.0%
Age-Adjusted	9.6%	9.5%	9.4%



# Self-care disability

Montezuma has a crude rate of 3.5% for self-care disability among adults aged >=18 years, which ranks 497th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Montezuma is 2.9%, which ranks 397th out of 905 Iowa communities (72nd out of 138 small communities).

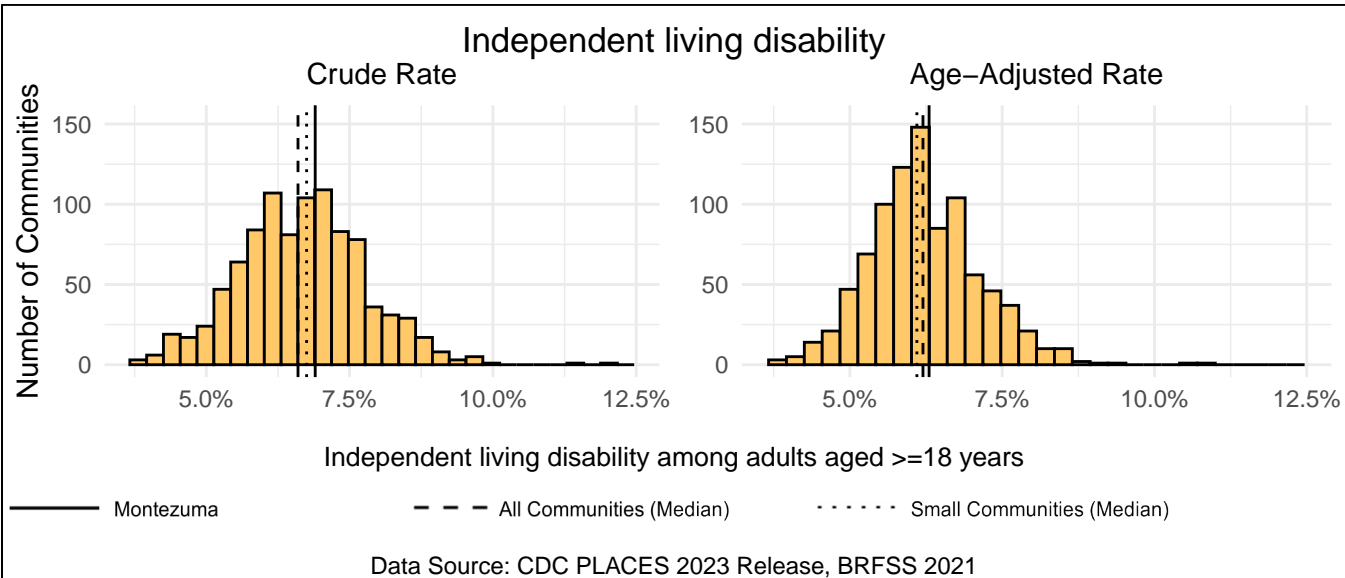
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	3.5%	3.4%	3.3%
Age-Adjusted	2.9%	2.9%	2.8%



### Independent living disability

Montezuma has a crude rate of 6.9% for independent living disability among adults aged  $\geq 18$  years, which ranks 557th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Montezuma is 6.3%, which ranks 485th out of 905 Iowa communities (79th out of 138 small communities).

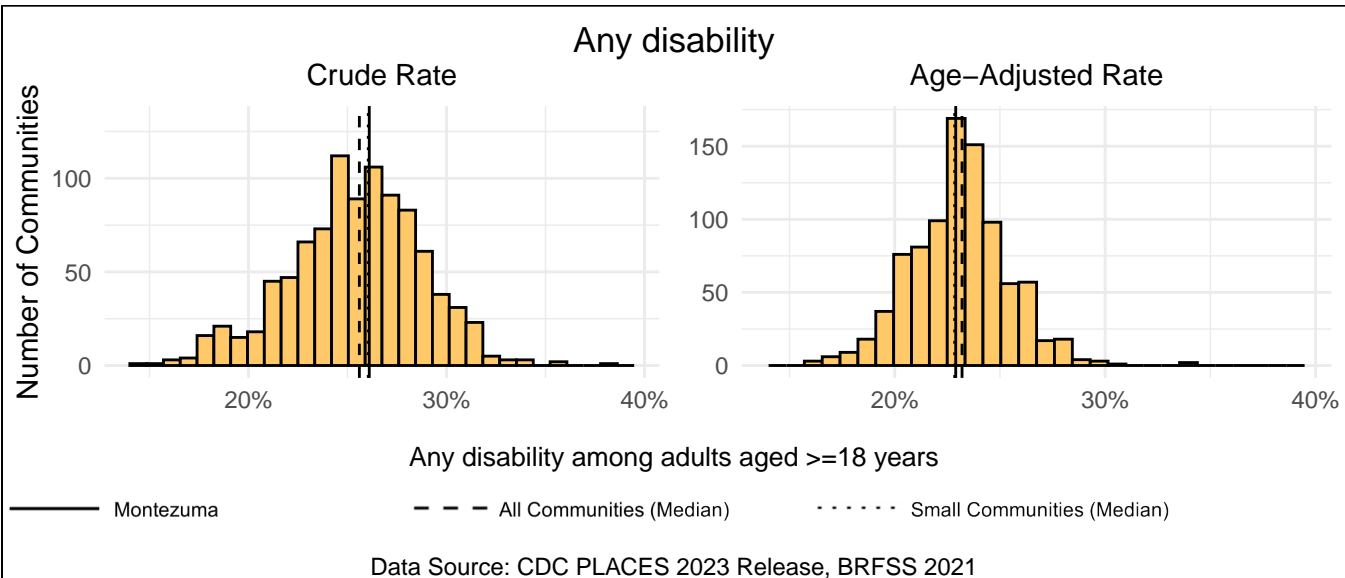
Measure Type	Montezuma	All Comm.	Small Comm.
Crude	6.9%	6.6%	6.8%
Age-Adjusted	6.3%	6.2%	6.1%



### Any disability

Montezuma has a crude rate of 26.1% for any disability among adults aged  $\geq 18$  years, which ranks 534th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Montezuma is 22.9%, which ranks 397th out of 905 Iowa communities (70th out of 138 small communities).

Measure Type	Montezuma	All Comm.	Small Comm.
Crude	26.1%	25.6%	26.0%
Age-Adjusted	22.9%	23.2%	22.8%



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## 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: Montezuma 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% (12.1% - 17.2%)	505	13.0% (10.7% - 15.6%)
Health Status	Mental Health	432	14.2% (12.2% - 16.6%)	457	15.6% (13.2% - 18.1%)
Health Status	Physical Health	493	10.9% (9.2% - 12.9%)	468	9.8% (8.2% - 11.3%)
Health Risk Behaviors	Binge Drinking	343	18.7% (15.5% - 22.4%)	300	21.5% (17.7% - 25.7%)
Health Risk Behaviors	Physical Inactivity	616	27.2% (22.0% - 32.9%)	558	25.0% (20.0% - 30.7%)
Health Risk Behaviors	Current Smoking	430	16.6% (13.1% - 20.3%)	536	18.0% (14.0% - 22.3%)
Health Risk Behaviors	Sleep <7 hours	708	31.4% (29.7% - 33.0%)	770	32.5% (30.7% - 34.3%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.0% - 3.8%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	Cancer (except skin)	632	8.6% (7.7% - 9.6%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Diabetes	444	10.0% (8.4% - 11.9%)	401	8.1% (6.7% - 9.5%)
Health Outcomes	High Cholesterol	527	36.6% (31.9% - 41.8%)	427	29.7% (25.2% - 34.5%)
Health Outcomes	High Blood Pressure	583	33.1% (28.7% - 37.7%)	517	27.6% (23.6% - 31.9%)
Health Outcomes	Stroke	601	3.5% (3.0% - 4.1%)	375	2.6% (2.3% - 2.9%)
Health Outcomes	Depression	326	17.6% (14.2% - 21.3%)	368	18.9% (15.2% - 22.7%)
Health Outcomes	Arthritis	531	28.3% (24.0% - 32.8%)	426	23.1% (19.6% - 27.2%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.6%)	415	9.5% (8.3% - 10.8%)
Health Outcomes	Coronary Heart Disease	569	6.8% (5.9% - 7.8%)	324	4.9% (4.3% - 5.7%)
Health Outcomes	COPD	511	7.6% (6.2% - 9.0%)	459	6.3% (5.1% - 7.6%)
Health Outcomes	All Teeth Lost	581	13.5% (8.6% - 20.2%)	465	12.9% (8.7% - 18.0%)
Health Outcomes	Obesity	402	37.2% (29.8% - 45.5%)	490	37.9% (30.0% - 46.1%)
Prevention	Colorectal Cancer Screening	551	71.1% (67.8% - 74.3%)	553	70.3% (67.0% - 73.6%)
Prevention	Mammography	831	74.0% (69.8% - 77.9%)	782	71.6% (67.0% - 76.0%)
Prevention	Core preventive services for older men	904	38.0% (30.2% - 46.2%)	801	38.3% (30.6% - 46.5%)
Prevention	Annual Checkup	234	76.4% (71.6% - 81.0%)	211	73.3% (67.9% - 78.2%)
Prevention	Cholesterol Screening	550	82.2% (78.9% - 85.1%)	536	78.8% (75.1% - 82.2%)

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 women	807	35.2% (27.4% - 43.8%)	596	38.8% (31.4% - 46.5%)
Prevention	Cervical Cancer Screening	557	82.9% (80.2% - 85.5%)	477	83.1% (80.6% - 85.7%)
Prevention	Taking BP Medication	329	80.8% (77.5% - 83.8%)	298	59.3% (54.3% - 64.4%)
Prevention	Dental Visit	648	65.5% (61.8% - 69.2%)	618	64.9% (61.2% - 68.9%)
Prevention	Health Insurance	489	7.4% (5.6% - 9.6%)	458	7.8% (5.8% - 10.1%)
Disability	Mobility Disability	585	12.5% (10.2% - 15.0%)	471	9.6% (7.9% - 11.5%)
Disability	Vision Disability	562	4.3% (3.5% - 5.0%)	431	3.6% (3.1% - 4.2%)
Disability	Self-care Disability	497	3.5% (2.9% - 4.2%)	397	2.9% (2.5% - 3.4%)
Disability	Independent Living Disability	557	6.9% (5.8% - 8.1%)	485	6.3% (5.3% - 7.4%)
Disability	Any Disability	534	26.1% (22.0% - 30.2%)	397	22.9% (18.9% - 27.1%)
Disability	Hearing Disability	620	7.9% (6.8% - 8.9%)	360	5.9% (5.2% - 6.7%)
Disability	Cognitive Disability	531	11.3% (9.4% - 13.1%)	468	11.7% (9.8% - 13.8%)

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

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

Montezuma 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		