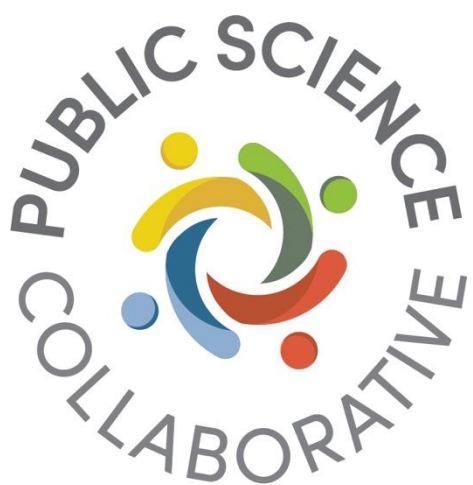




Iowa Community Health Snapshot Series

*275 community reports prepared for the Iowa State University
Extension and Outreach Community and Economic
Development Unit*



May 2024

By Matthew Voss & Shawn Dorius

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.

Iowa Community Health Snapshot Series

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Health in Mount Ayr: Overview

Dear Community Members & Stakeholders of Mount Ayr,

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 Mount Ayr ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Mount Ayr’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 Mount Ayr. 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
Binge Drinking	15th	1st	Binge Drinking	78th	8th
Annual Checkup	31st	2nd	Taking BP Medication	298th	47th
Taking BP Medication	34th	2nd	Annual Checkup	301st	51st
Cholesterol Screening	163rd	24th	Core preventive services for older women	382nd	67th
Sleep <7 hours	224th	44th	Cancer (except skin)	418th	41st

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
Chronic Kidney Disease	938th	137th	Mental Health	792nd	127th
Mobility Disability	938th	137th	Physical Inactivity	777th	123rd
Hearing Disability	937th	138th	Current Asthma	762nd	120th
Stroke	937th	137th	Depression	758th	116th
Cancer (except skin)	937th	138th	Independent Living Disability	739th	120th

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 Mount Ayr.

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

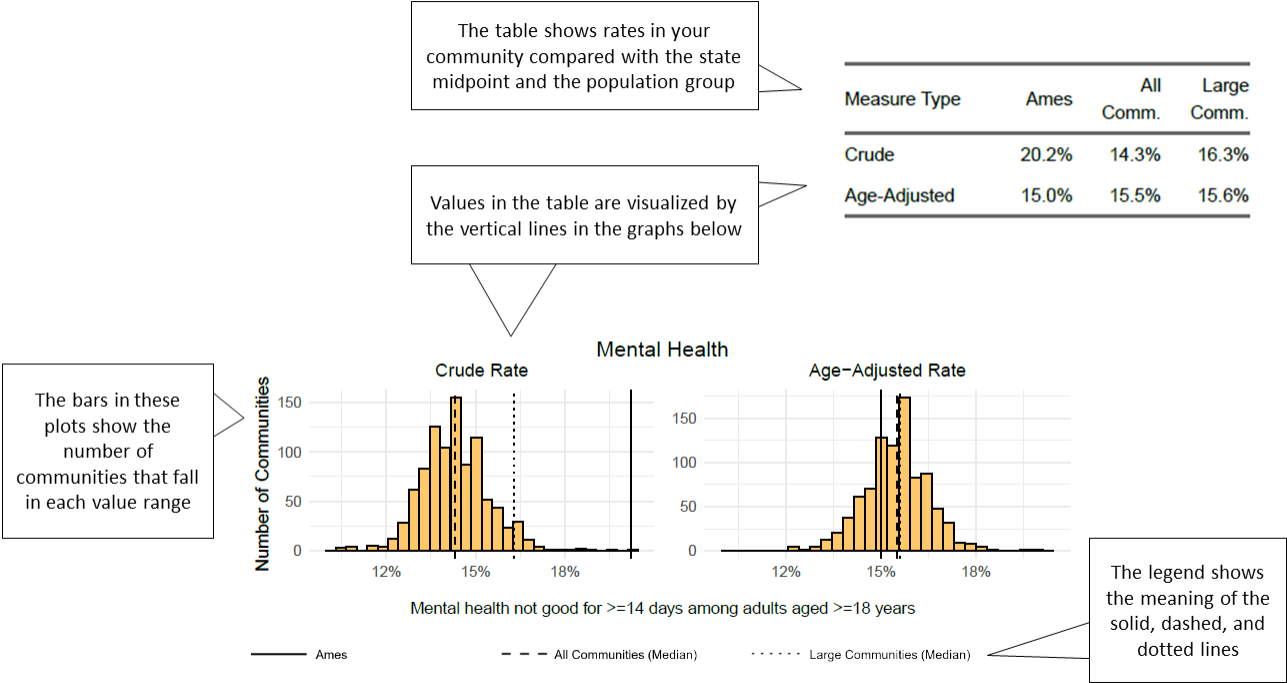
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Mount Ayr that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Mount Ayr, a review of risky behaviors in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

With a population of 1,838, Mount Ayr’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

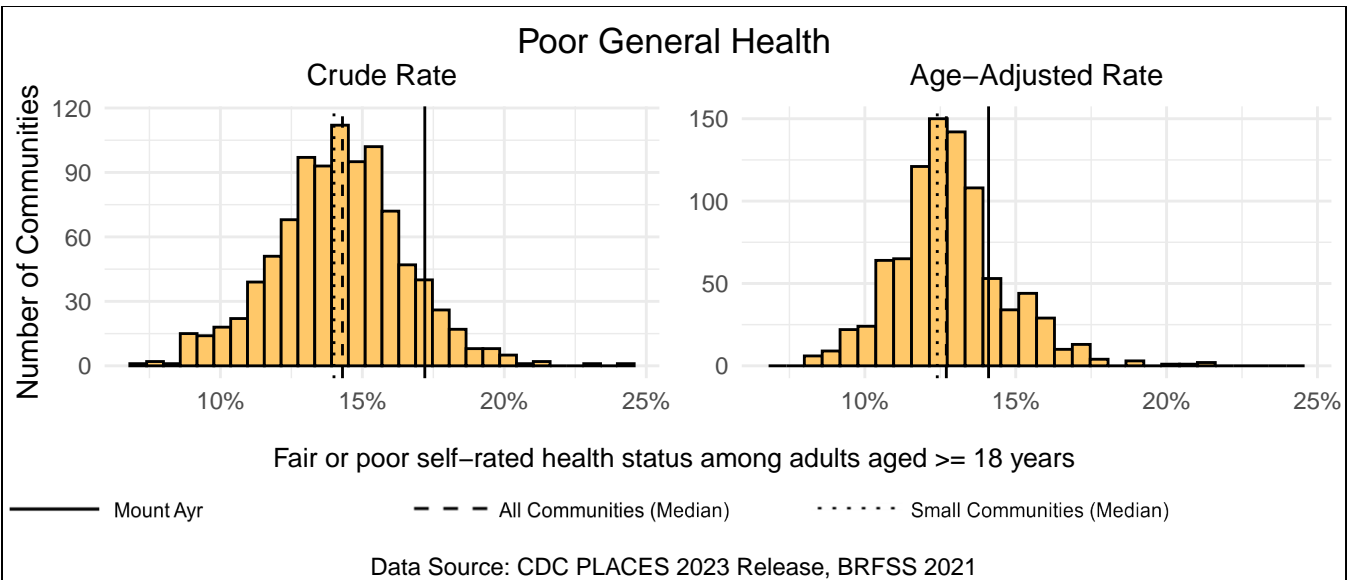
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Mount Ayr has a crude rate of 17.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 874th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Mount Ayr is 14.1%, which ranks 721st out of 905 Iowa communities (118th out of 138 small communities).

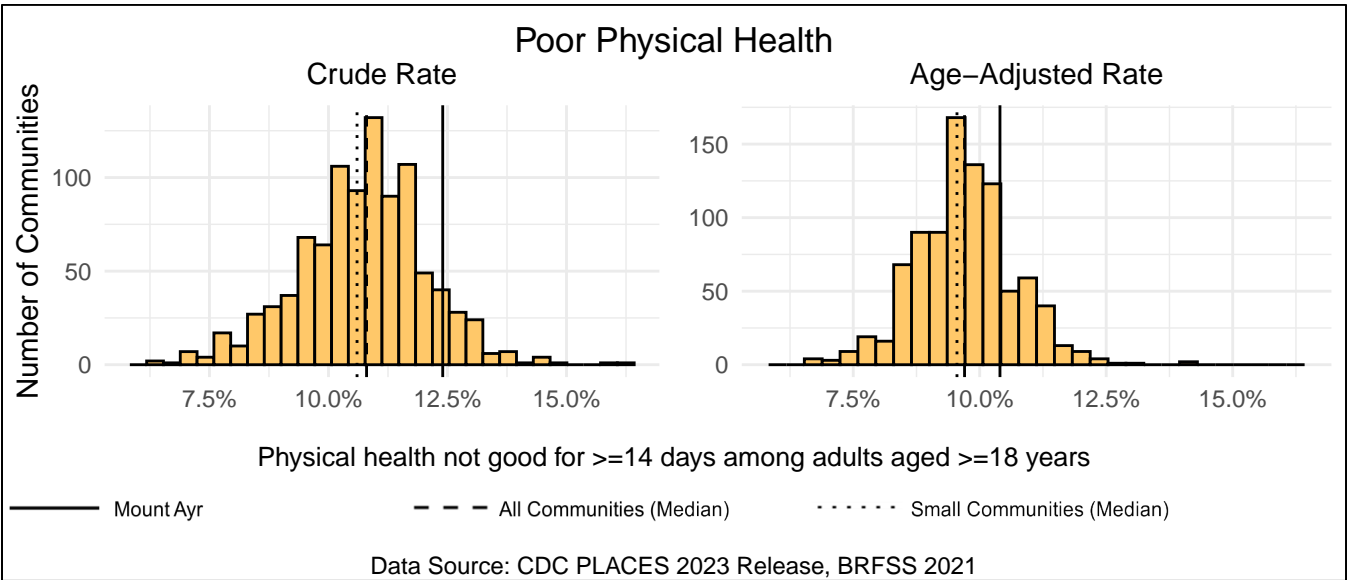
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	17.2%	14.3%	14.0%
Age-Adjusted	14.1%	12.7%	12.4%



Poor Physical Health

Mount Ayr has a crude rate of 12.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 867th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Mount Ayr is 10.4%, which ranks 707th out of 905 Iowa communities (115th out of 138 small communities).

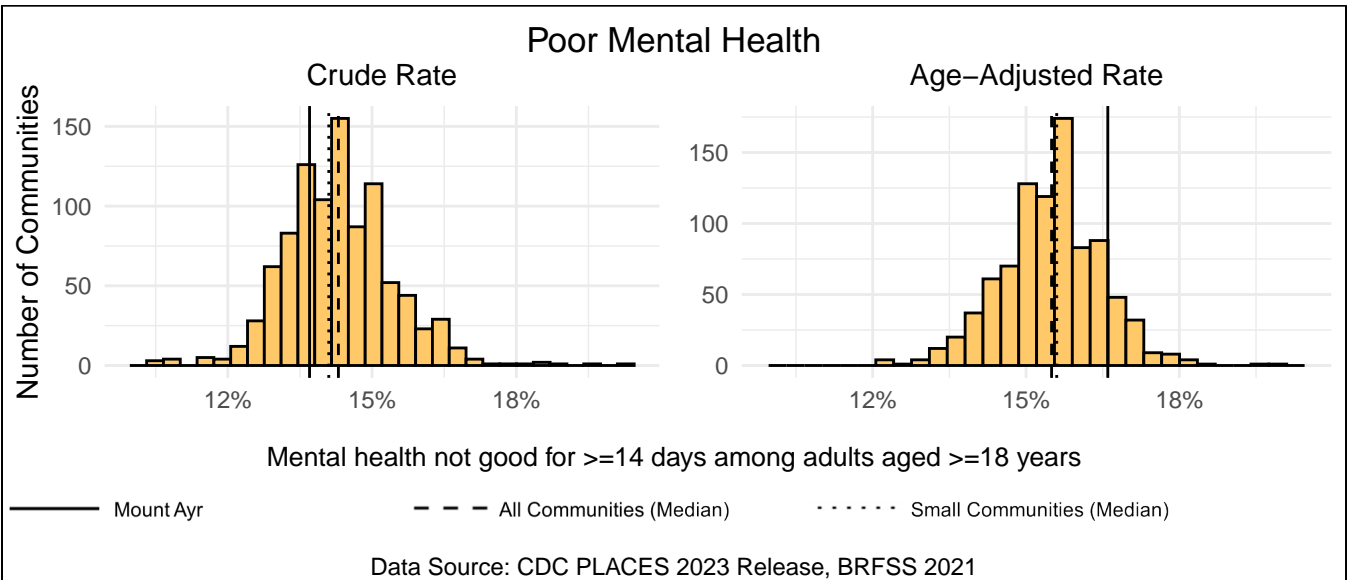
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	12.4%	10.8%	10.6%
Age-Adjusted	10.4%	9.7%	9.6%



Poor Mental Health

Mount Ayr has a crude rate of 13.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 260th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Mount Ayr is 16.6%, which ranks 792nd out of 905 Iowa communities (127th out of 138 small communities).

Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	13.7%	14.3%	14.1%
Age-Adjusted	16.6%	15.5%	15.6%



Health Risk Behaviors

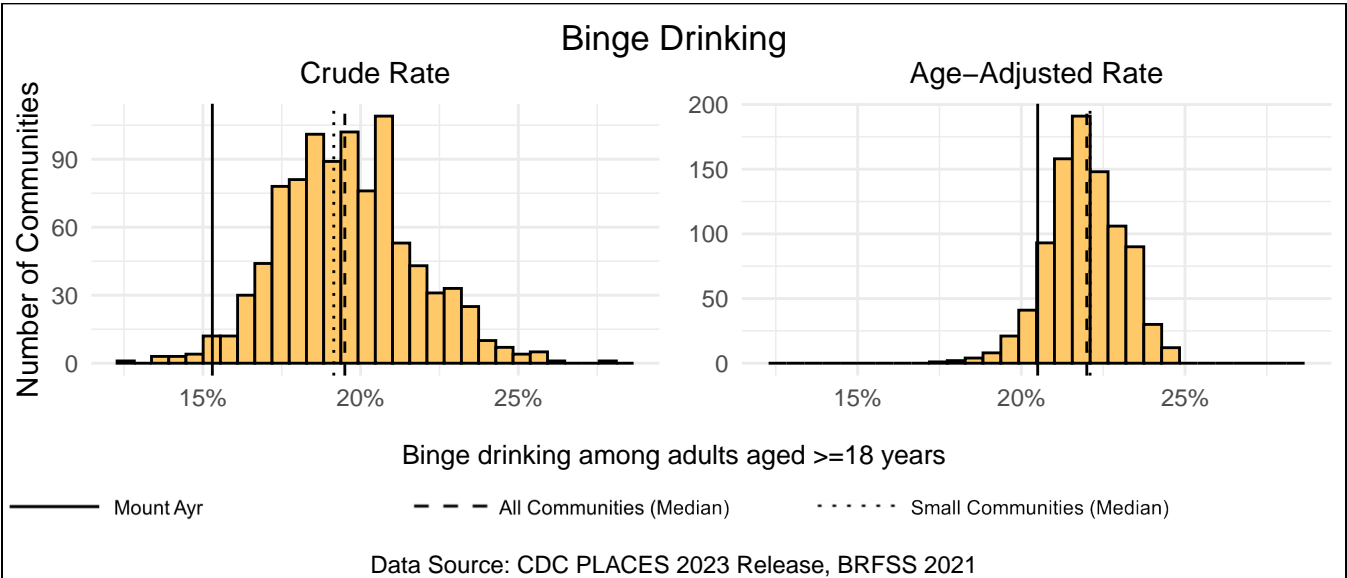
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Mount Ayr has a crude rate of 15.3% for binge drinking among adults aged ≥ 18 years, which ranks 15th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Mount Ayr is 20.5%, which ranks 78th out of 905 Iowa communities (8th out of 138 small communities).

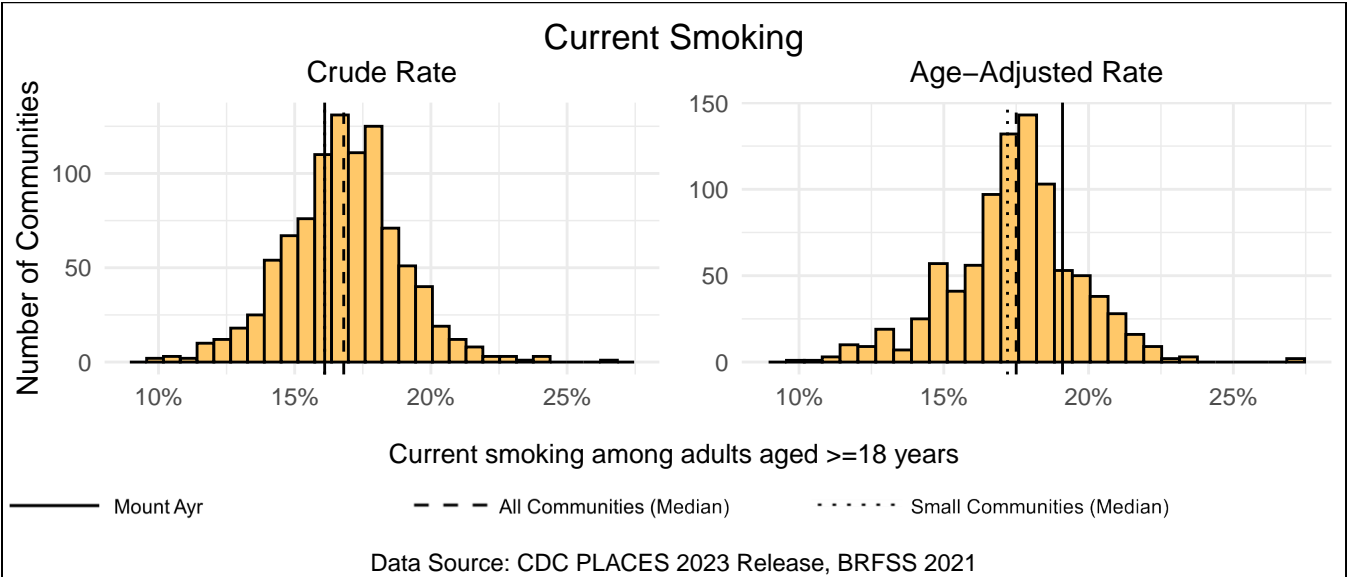
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	15.3%	19.5%	19.1%
Age-Adjusted	20.5%	22.0%	22.1%



Current Smoking

Mount Ayr has a crude rate of 16.1% for current smoking among adults aged >=18 years, which ranks 316th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Mount Ayr is 19.1%, which ranks 725th out of 905 Iowa communities (119th out of 138 small communities).

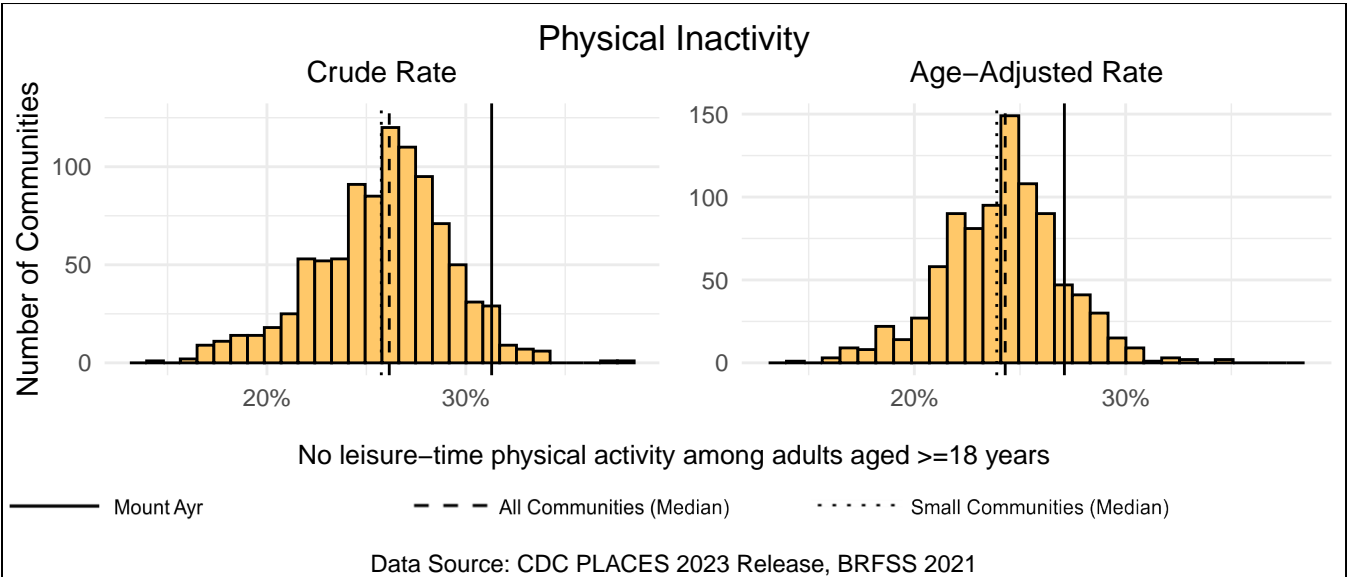
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	16.1%	16.8%	16.1%
Age-Adjusted	19.1%	17.5%	17.2%



Physical Inactivity

Mount Ayr has a crude rate of 31.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 920th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Mount Ayr is 27.1%, which ranks 777th out of 905 Iowa communities (123rd out of 138 small communities).

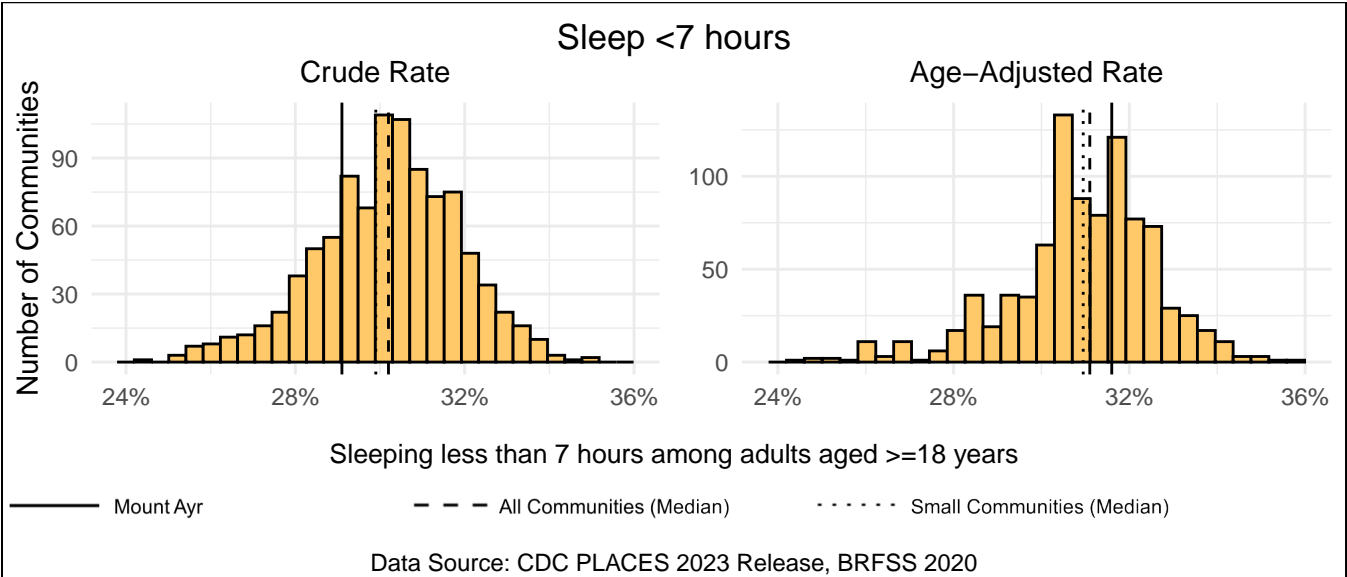
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	31.3%	26.1%	25.8%
Age-Adjusted	27.1%	24.3%	23.9%



Sleep <7 hours

Mount Ayr has a crude rate of 29.1% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 224th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Mount Ayr is 31.6%, which ranks 545th out of 905 Iowa communities (91st out of 138 small communities).

Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	29.1%	30.2%	29.9%
Age-Adjusted	31.6%	31.1%	31.0%



Health Outcomes

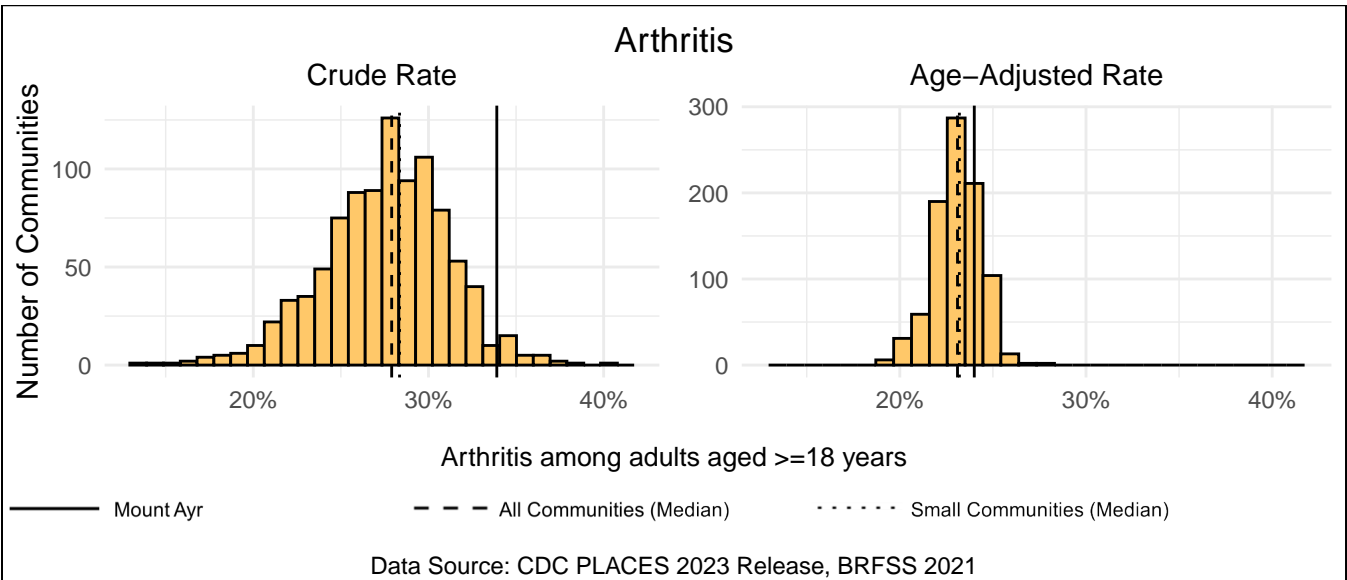
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Mount Ayr has a crude rate of 33.9% for arthritis among adults aged ≥ 18 years, which ranks 927th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Mount Ayr is 24.0%, which ranks 683rd out of 905 Iowa communities (107th out of 138 small communities).

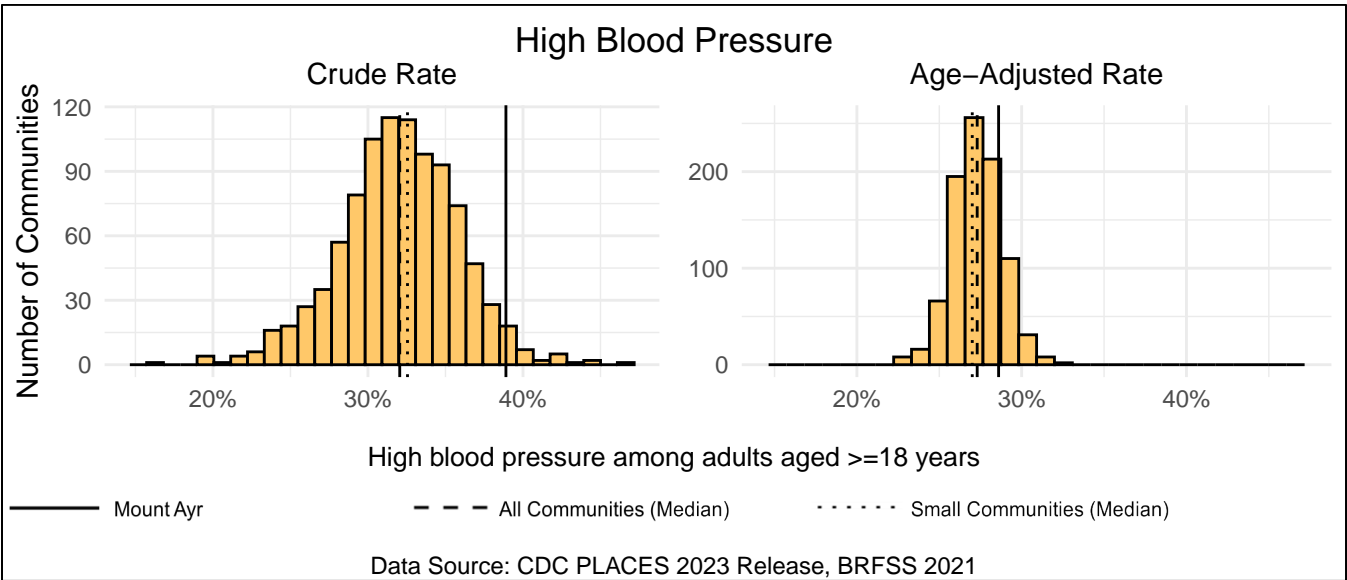
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	33.9%	27.9%	28.4%
Age-Adjusted	24.0%	23.1%	23.2%



High Blood Pressure

Mount Ayr has a crude rate of 38.9% for high blood pressure among adults aged ≥ 18 years, which ranks 931st out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Mount Ayr is 28.6%, which ranks 728th out of 905 Iowa communities (116th out of 138 small communities).

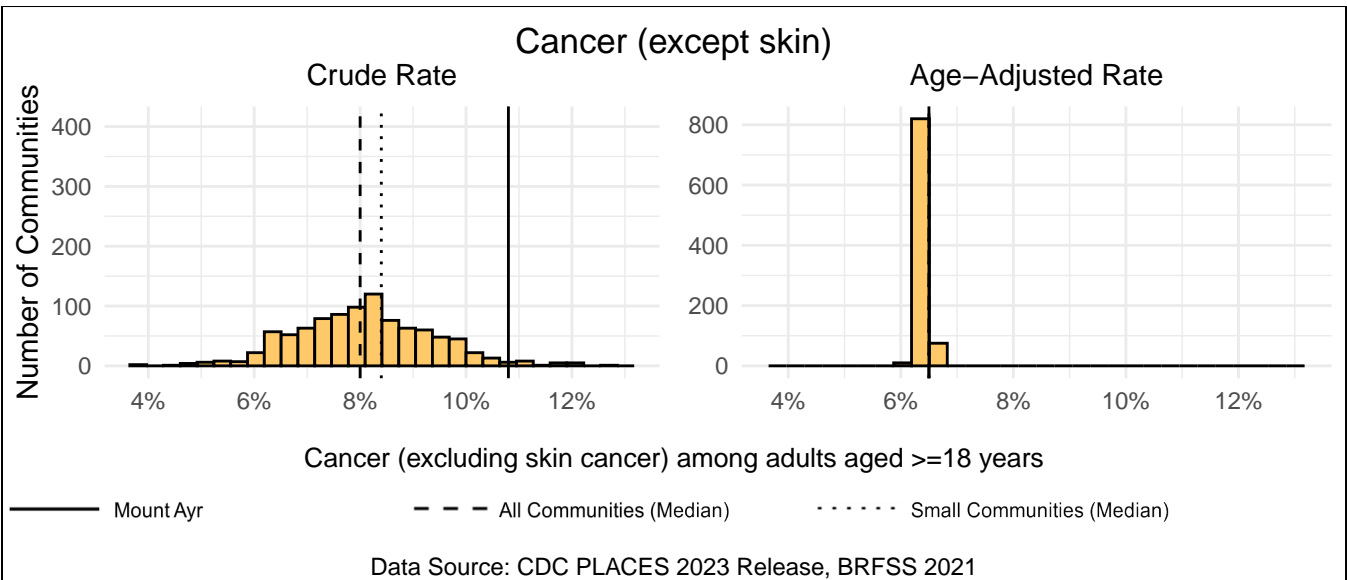
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	38.9%	32.0%	32.5%
Age-Adjusted	28.6%	27.3%	27.0%



Cancer (except skin)

Mount Ayr has a crude rate of 10.8% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 937th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Mount Ayr is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

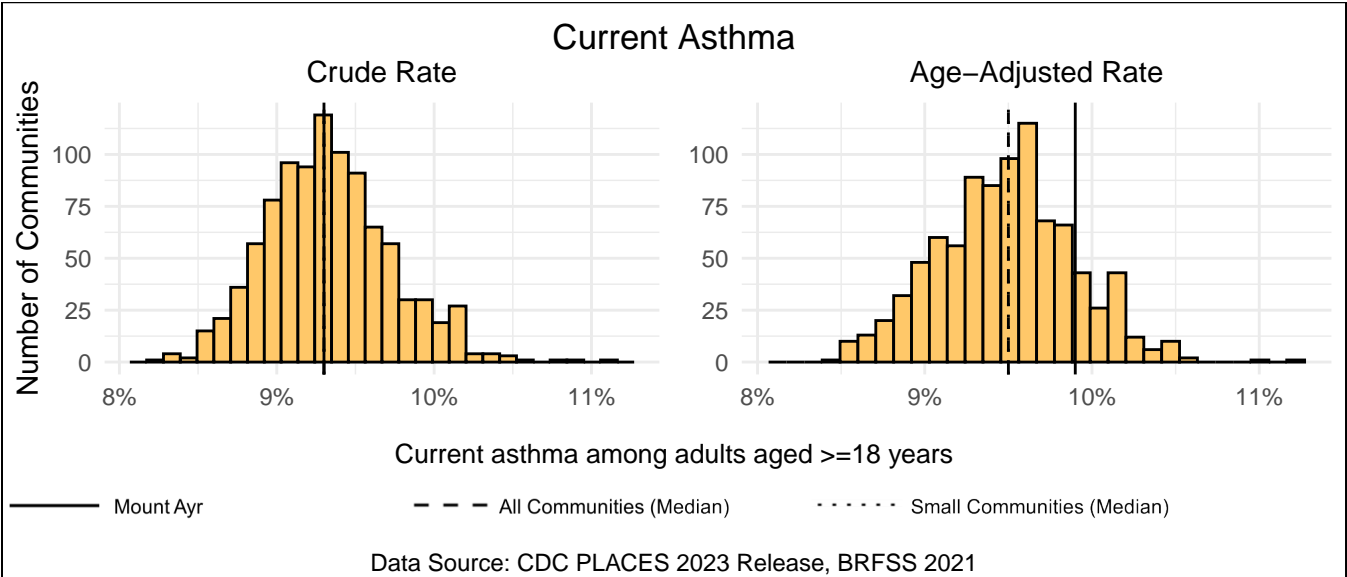
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	10.8%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Mount Ayr has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Mount Ayr is 9.9%, which ranks 762nd out of 905 Iowa communities (120th out of 138 small communities).

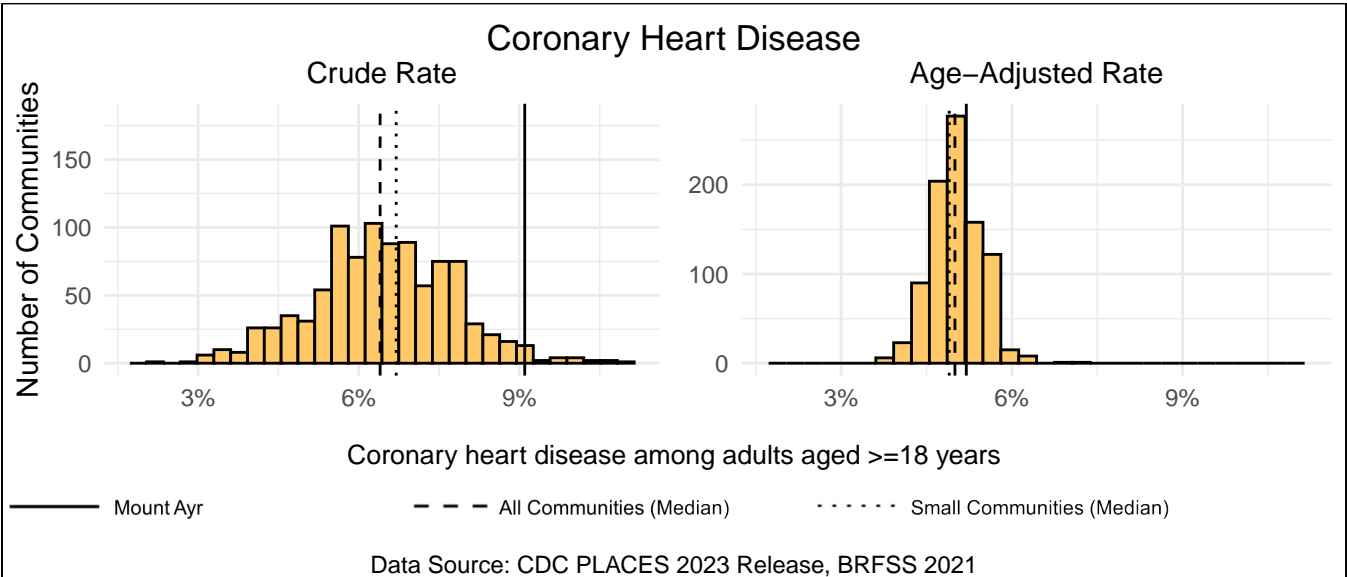
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.9%	9.5%	9.5%



Coronary Heart Disease

Mount Ayr has a crude rate of 9.1% for coronary heart disease among adults aged ≥ 18 years, which ranks 935th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Mount Ayr is 5.2%, which ranks 601st out of 905 Iowa communities (110th out of 138 small communities).

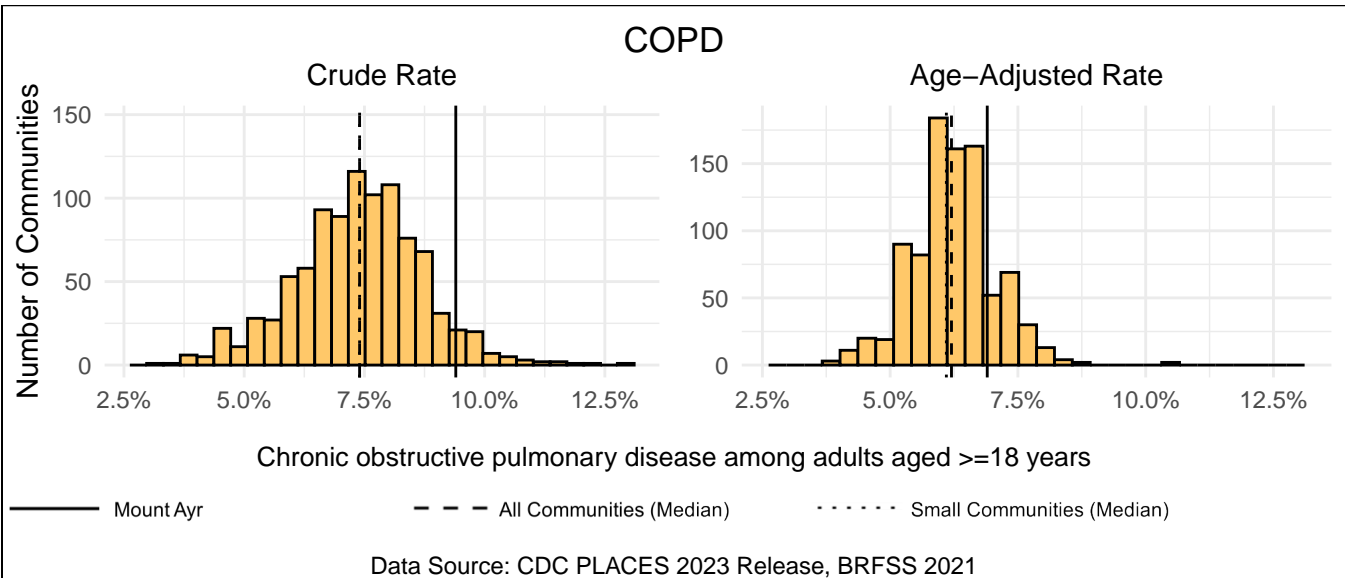
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	9.1%	6.4%	6.7%
Age-Adjusted	5.2%	5.0%	4.9%



COPD

Mount Ayr has a crude rate of 9.4% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 900th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Mount Ayr is 6.9%, which ranks 734th out of 905 Iowa communities (119th out of 138 small communities).

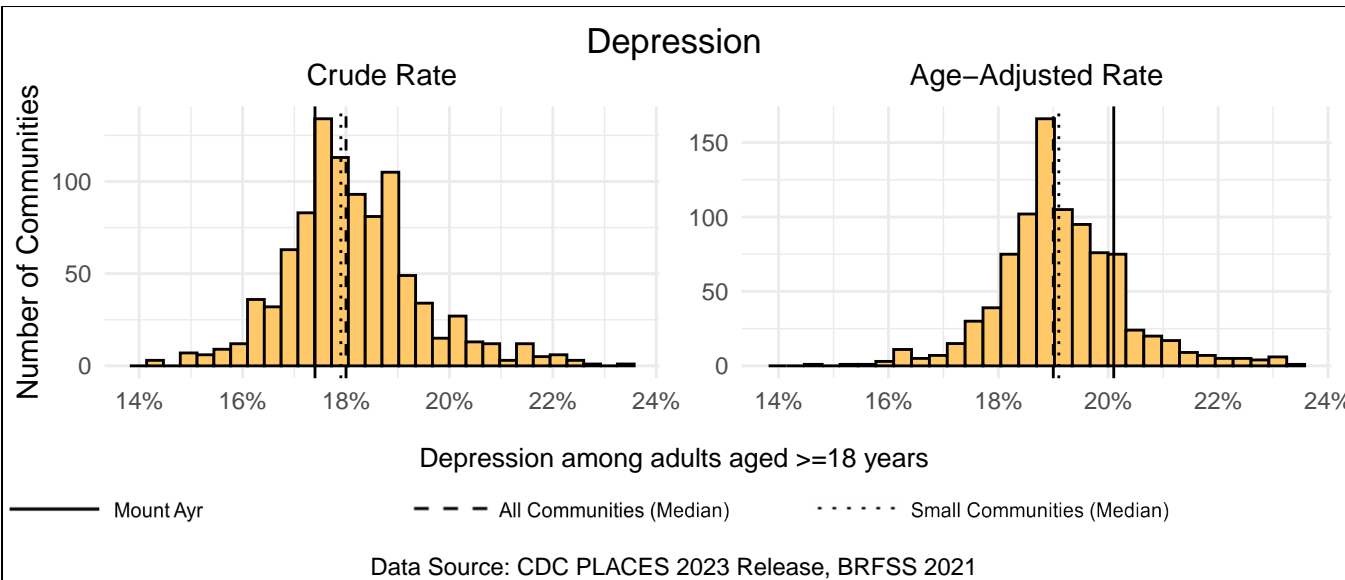
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	9.4%	7.4%	7.4%
Age-Adjusted	6.9%	6.2%	6.1%



Depression

Mount Ayr has a crude rate of 17.4% for depression among adults aged ≥ 18 years, which ranks 252nd out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Mount Ayr is 20.1%, which ranks 758th out of 905 Iowa communities (116th out of 138 small communities).

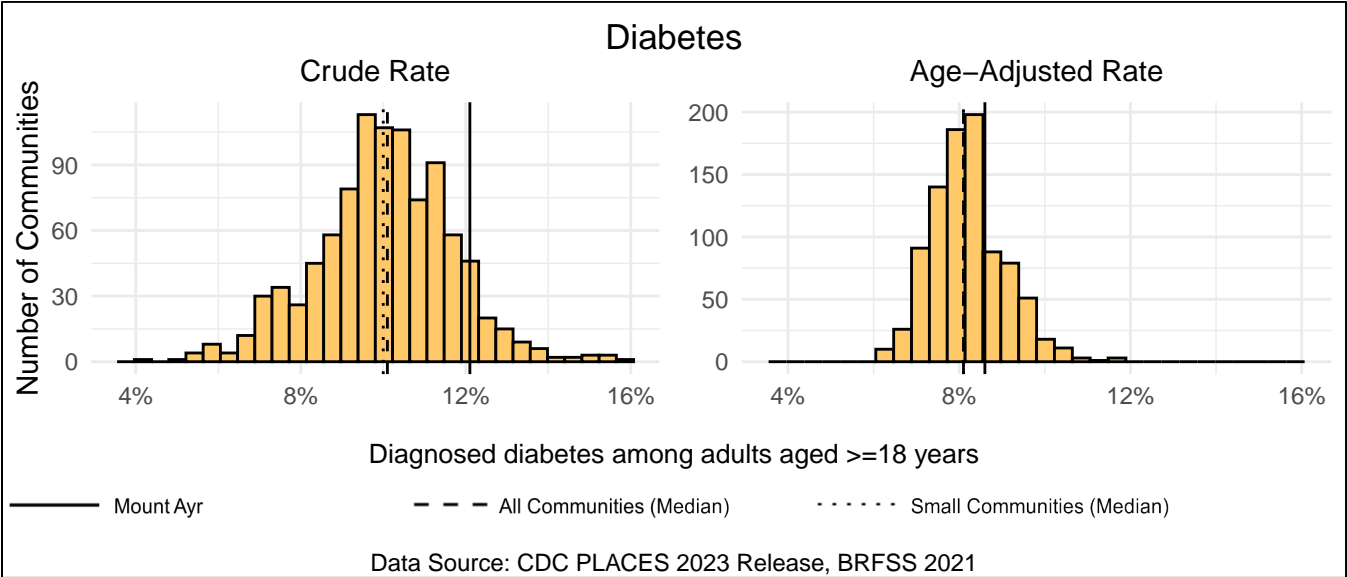
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	17.4%	18.0%	17.9%
Age-Adjusted	20.1%	19.0%	19.1%



Diabetes

Mount Ayr has a crude rate of 12.1% for diagnosed diabetes among adults aged >=18 years, which ranks 878th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Mount Ayr is 8.6%, which ranks 652nd out of 905 Iowa communities (112th out of 138 small communities).

Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	12.1%	10.1%	10.0%
Age-Adjusted	8.6%	8.1%	8.1%



High Cholesterol

Mount Ayr has a crude rate of 40.0% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 887th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Mount Ayr is 30.0%, which ranks 537th out of 905 Iowa communities (85th out of 138 small communities).

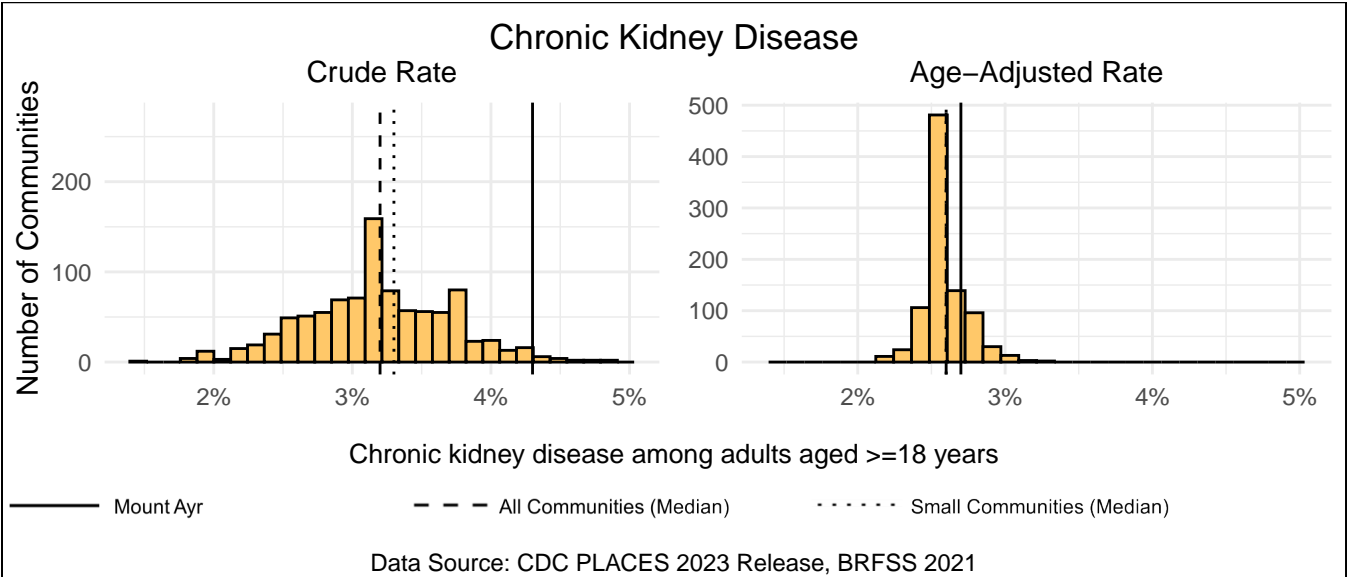
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	40.0%	36.2%	36.4%
Age-Adjusted	30.0%	29.7%	29.6%



Chronic Kidney Disease

Mount Ayr has a crude rate of 4.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 938th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Mount Ayr is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

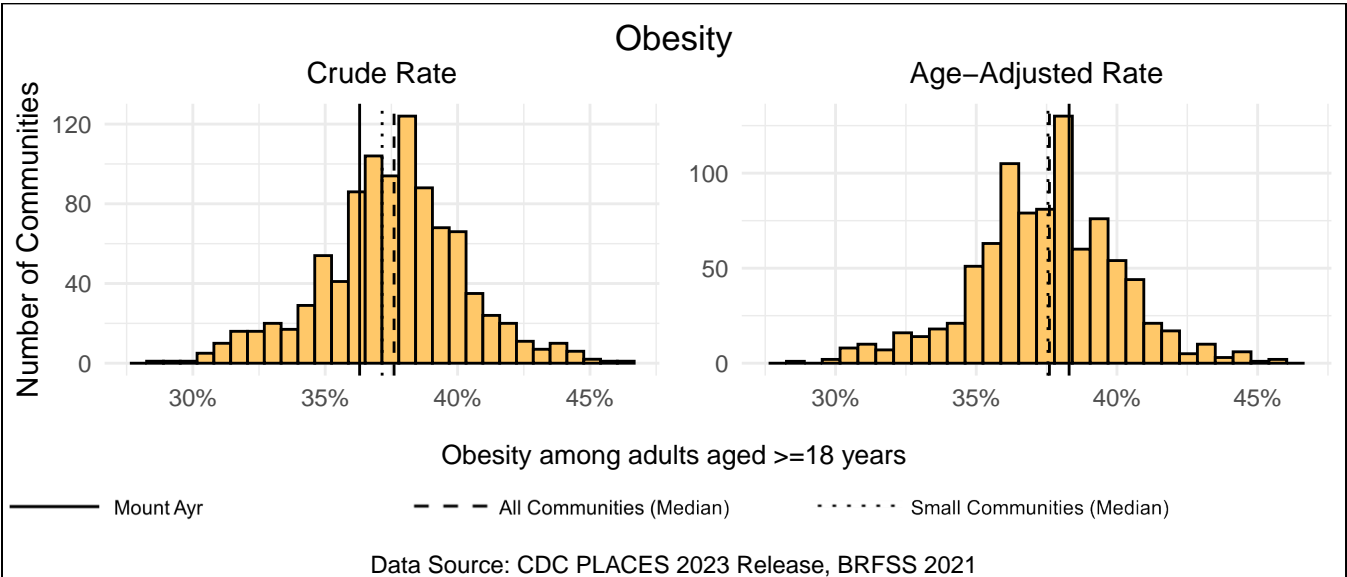
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	4.3%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Mount Ayr has a crude rate of 36.3% for obesity among adults aged ≥ 18 years, which ranks 256th out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Mount Ayr is 38.3%, which ranks 579th out of 905 Iowa communities (94th out of 138 small communities).

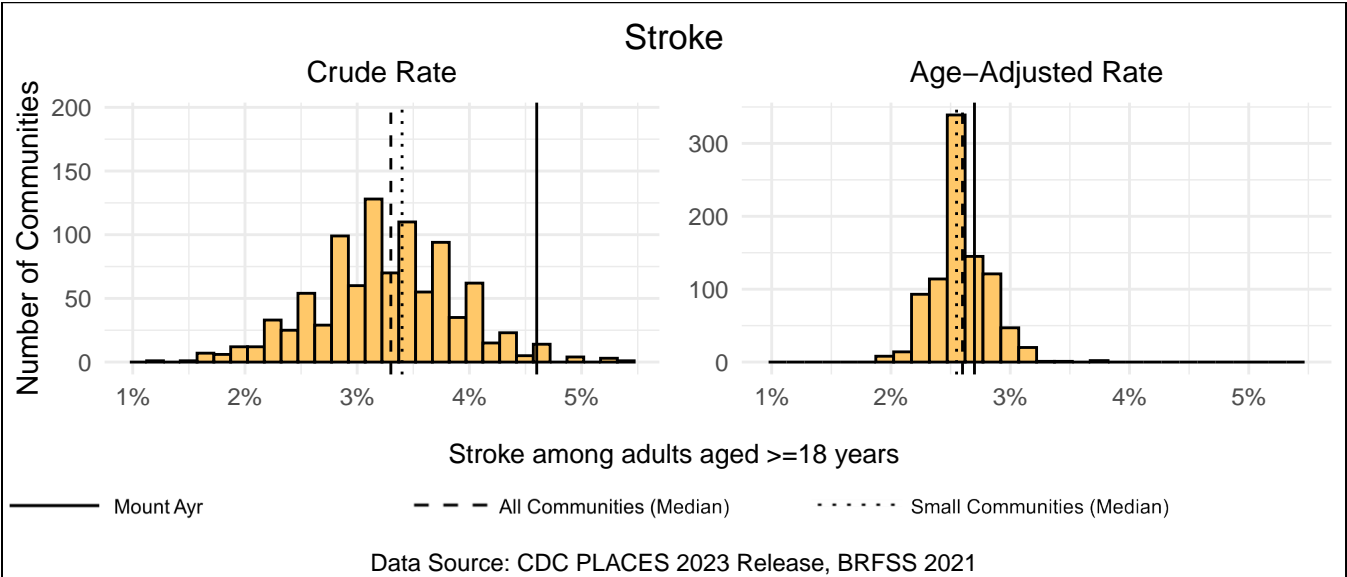
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	36.3%	37.6%	37.2%
Age-Adjusted	38.3%	37.6%	37.5%



Stroke

Mount Ayr has a crude rate of 4.6% for stroke among adults aged ≥ 18 years, which ranks 937th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Mount Ayr is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

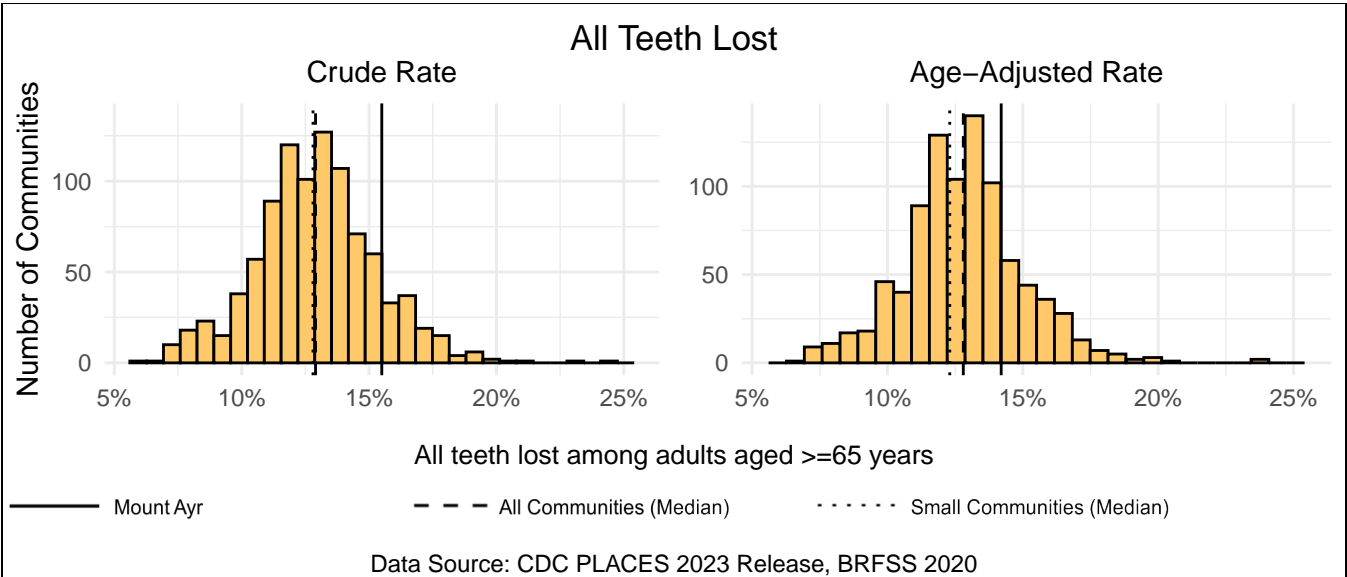
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	4.6%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



All Teeth Lost

Mount Ayr has a crude rate of 15.5% for all teeth lost among adults aged ≥ 65 years, which ranks 831st out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Mount Ayr is 14.2%, which ranks 707th out of 905 Iowa communities (117th out of 138 small communities).

Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	15.5%	12.9%	12.8%
Age-Adjusted	14.2%	12.8%	12.3%



Prevention

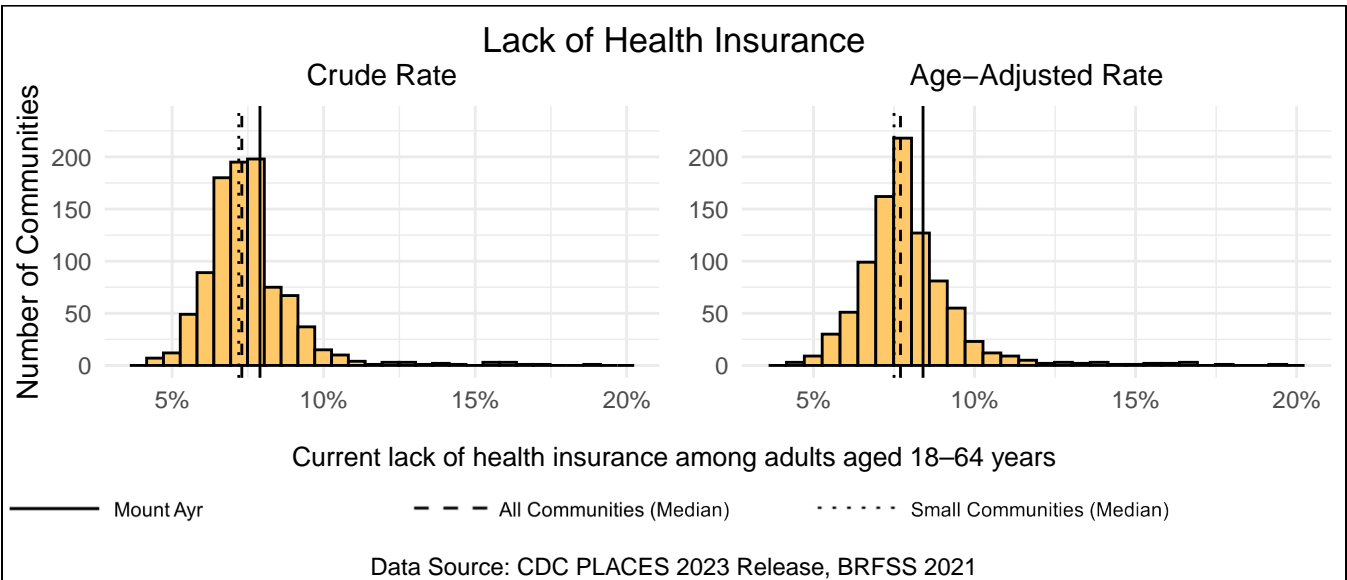
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Mount Ayr has a crude rate of 7.9% for current lack of health insurance among adults aged 18–64 years, which ranks 674th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Mount Ayr is 8.4%, which ranks 658th out of 905 Iowa communities (116th out of 138 small communities).

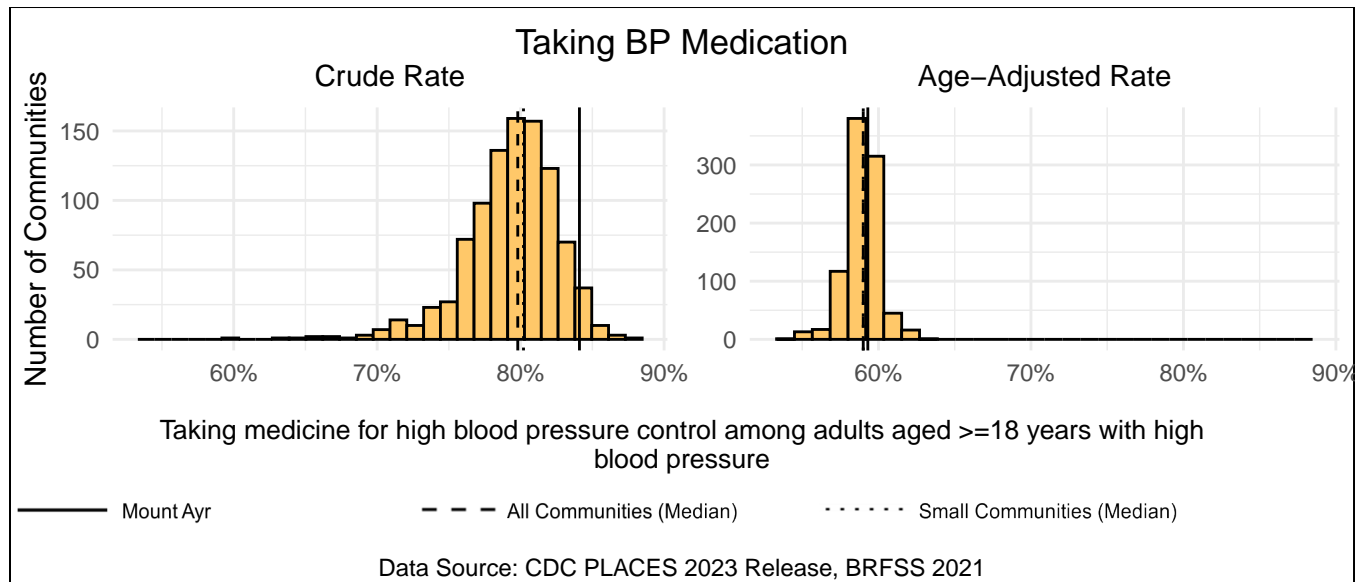
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	7.9%	7.3%	7.2%
Age-Adjusted	8.4%	7.7%	7.5%



Taking BP Medication

Mount Ayr has a crude rate of 84.1% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 34th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Mount Ayr is 59.3%, which ranks 298th out of 905 Iowa communities (47th out of 138 small communities).

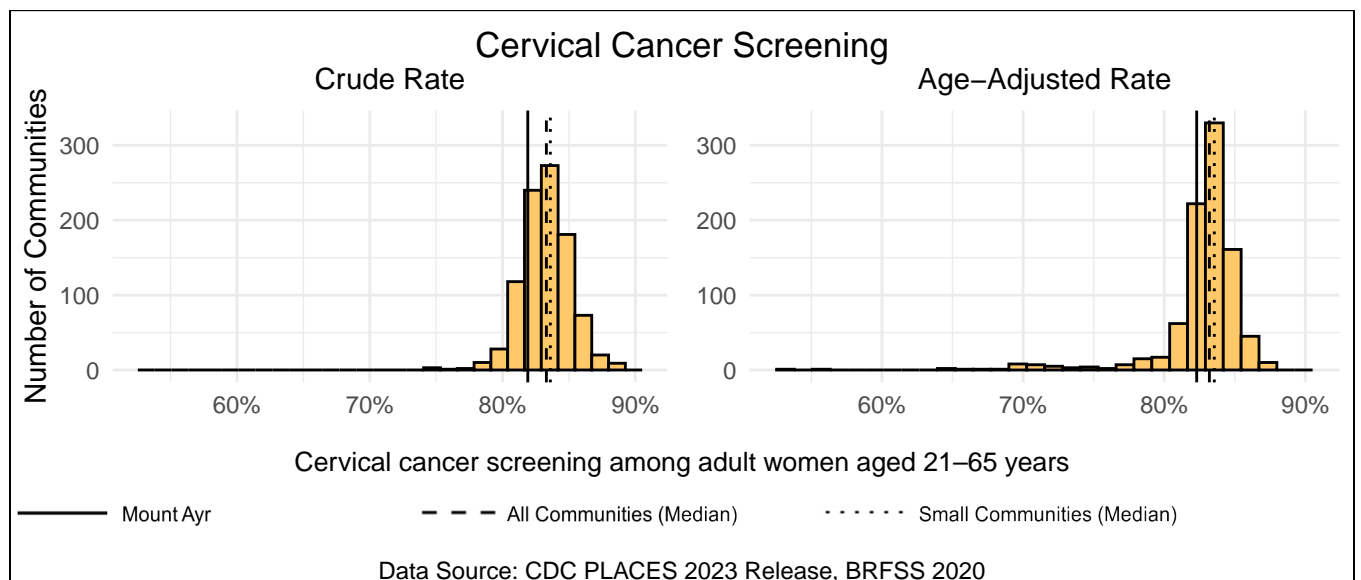
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	84.1%	79.8%	80.2%
Age-Adjusted	59.3%	59.0%	59.0%



Cervical Cancer Screening

Mount Ayr has a crude rate of 81.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 754th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Mount Ayr is 82.3%, which ranks 675th out of 905 Iowa communities (120th out of 138 small communities).

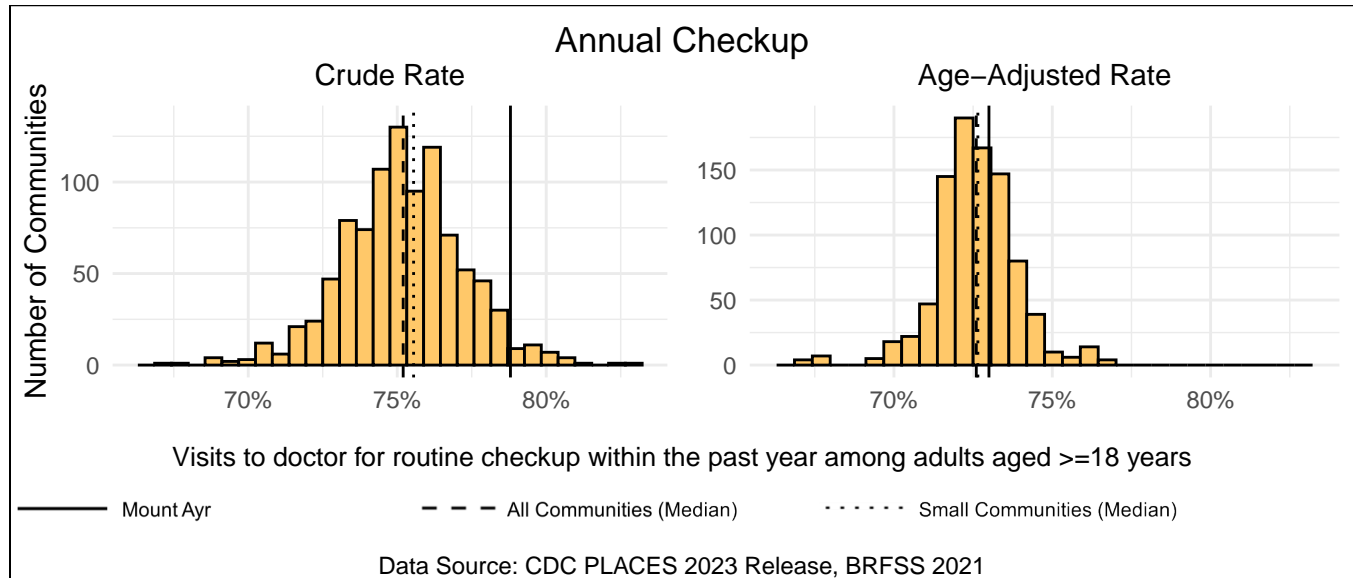
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	81.9%	83.3%	83.6%
Age-Adjusted	82.3%	83.2%	83.5%



Annual Checkup

Mount Ayr has a crude rate of 78.8% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 31st out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Mount Ayr is 73.0%, which ranks 301st out of 905 Iowa communities (51st out of 138 small communities).

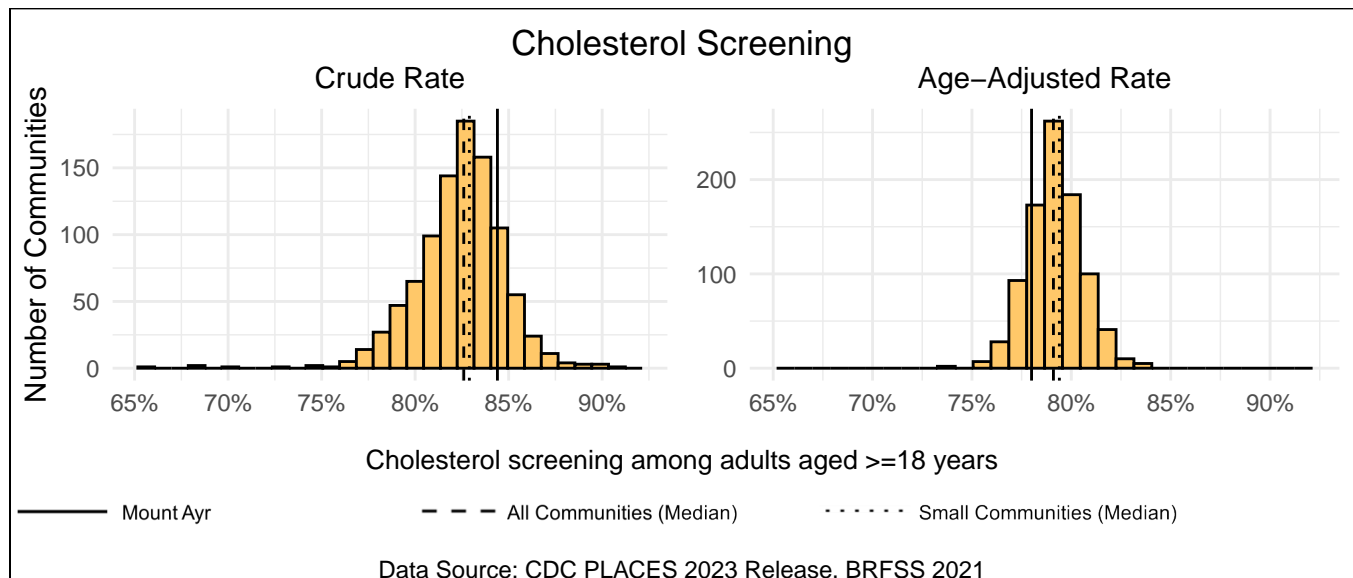
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	78.8%	75.2%	75.5%
Age-Adjusted	73.0%	72.6%	72.6%



Cholesterol Screening

Mount Ayr has a crude rate of 84.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 163rd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Mount Ayr is 78.0%, which ranks 731st out of 905 Iowa communities (119th out of 138 small communities).

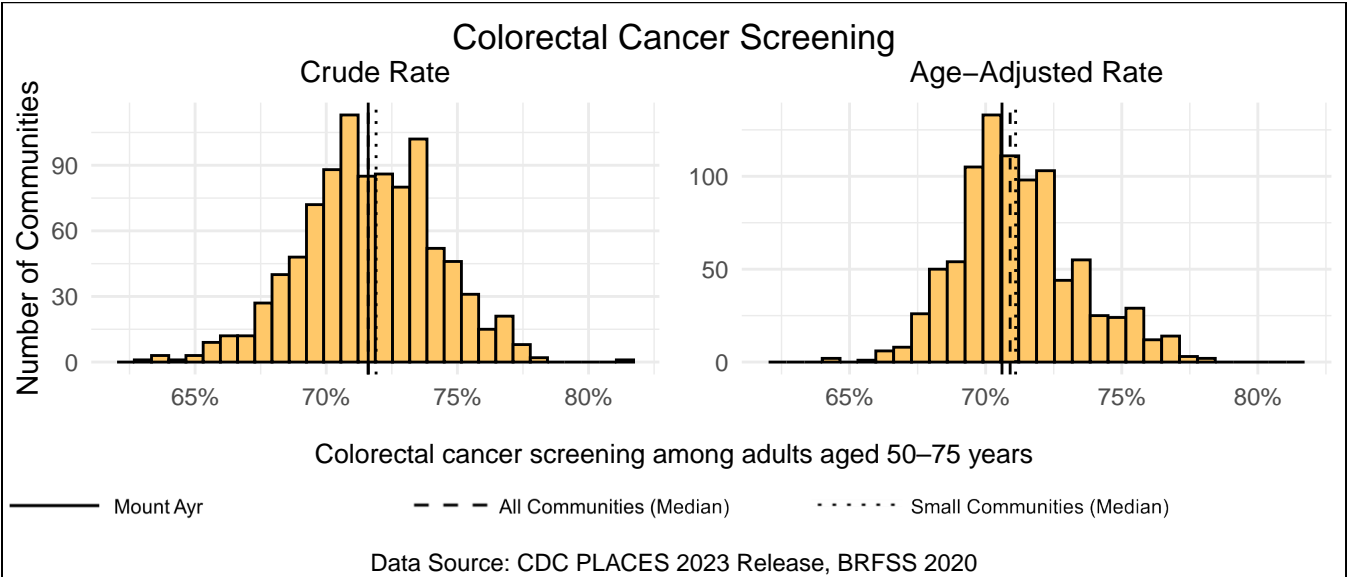
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	84.4%	82.6%	82.9%
Age-Adjusted	78.0%	79.1%	79.4%



Colorectal Cancer Screening

Mount Ayr has a crude rate of 71.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 473rd out of 958 Iowa communities (76th out of 138 small communities). The age-adjusted rate for Mount Ayr is 70.6%, which ranks 510th out of 905 Iowa communities (84th out of 138 small communities).

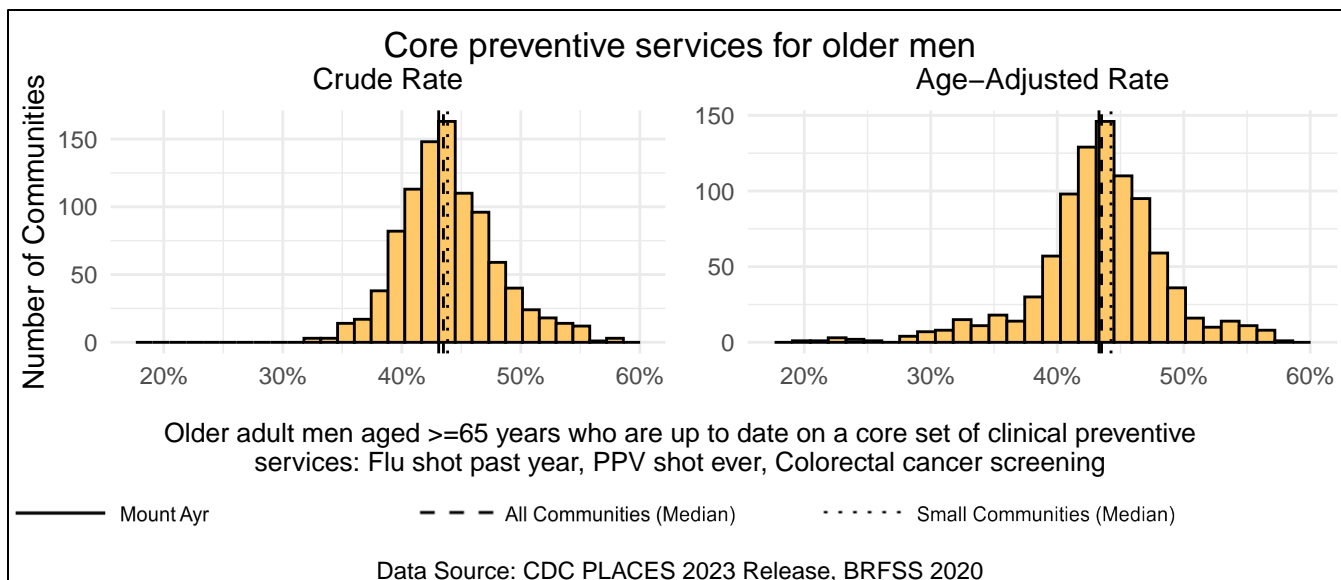
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	71.6%	71.6%	71.9%
Age-Adjusted	70.6%	70.9%	71.1%



Core preventive services for older men

Mount Ayr has a crude rate of 43.1% 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 530th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Mount Ayr is 43.3%, which ranks 469th out of 905 Iowa communities (86th out of 138 small communities).

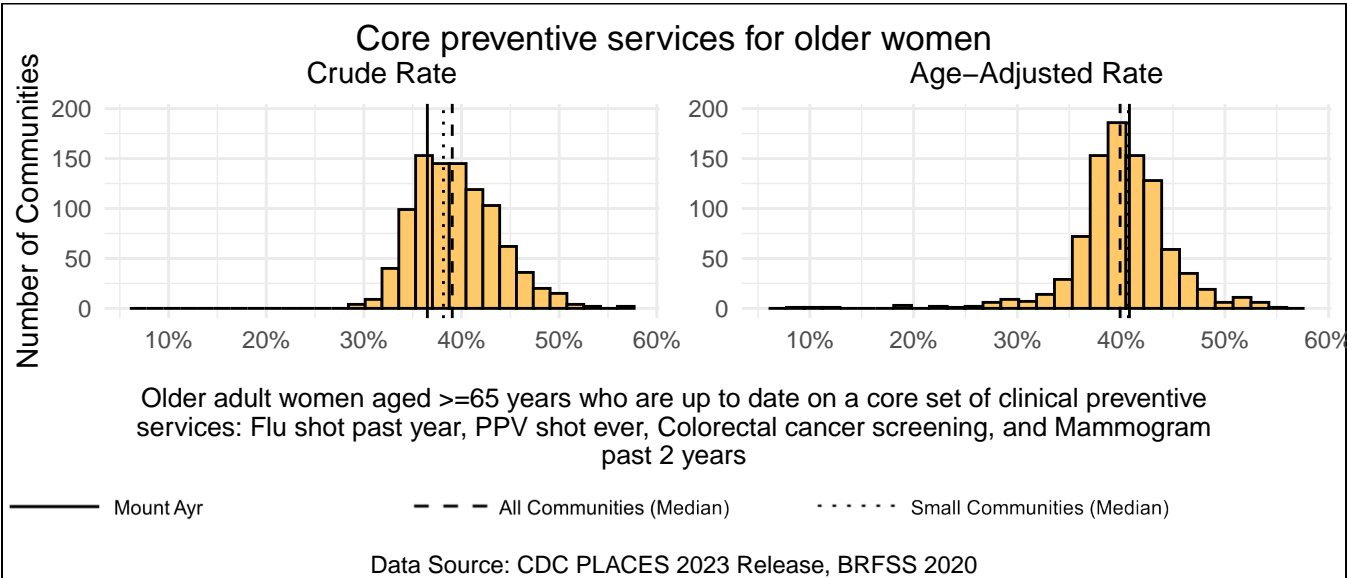
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	43.1%	43.5%	43.8%
Age-Adjusted	43.3%	43.5%	44.2%



Core preventive services for older women

Mount Ayr has a crude rate of 36.5% 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 704th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Mount Ayr is 40.8%, which ranks 382nd out of 905 Iowa communities (67th out of 138 small communities).

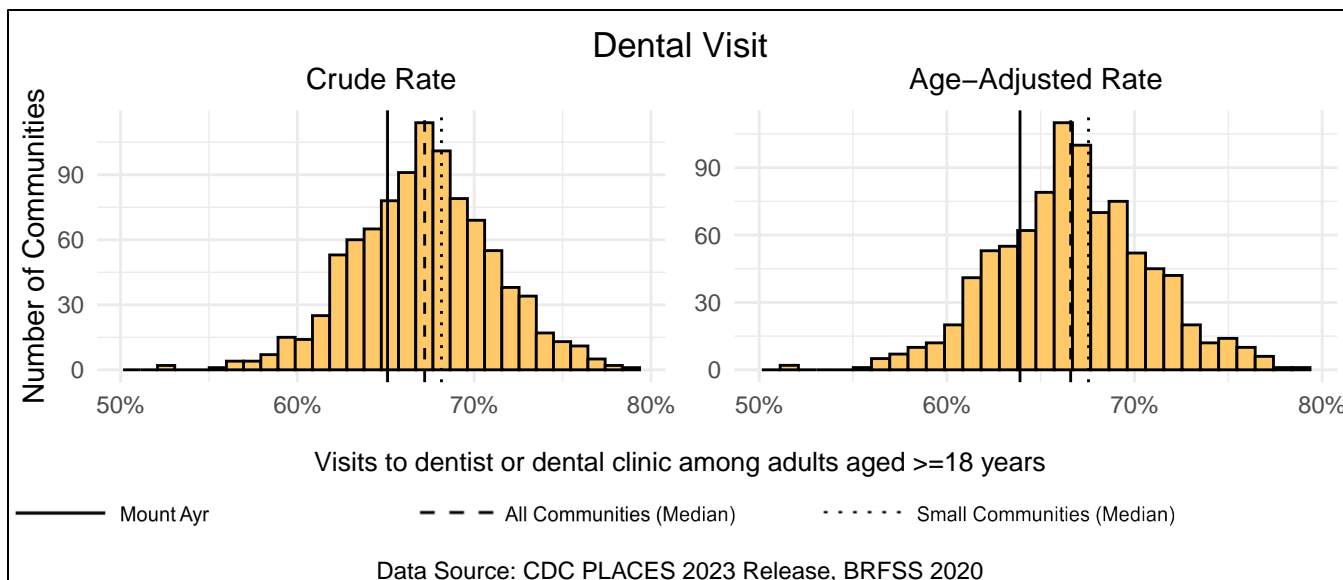
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	36.5%	39.0%	38.2%
Age-Adjusted	40.8%	39.9%	40.7%



Dental Visit

Mount Ayr has a crude rate of 65.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 679th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for Mount Ayr is 63.9%, which ranks 695th out of 905 Iowa communities (114th out of 138 small communities).

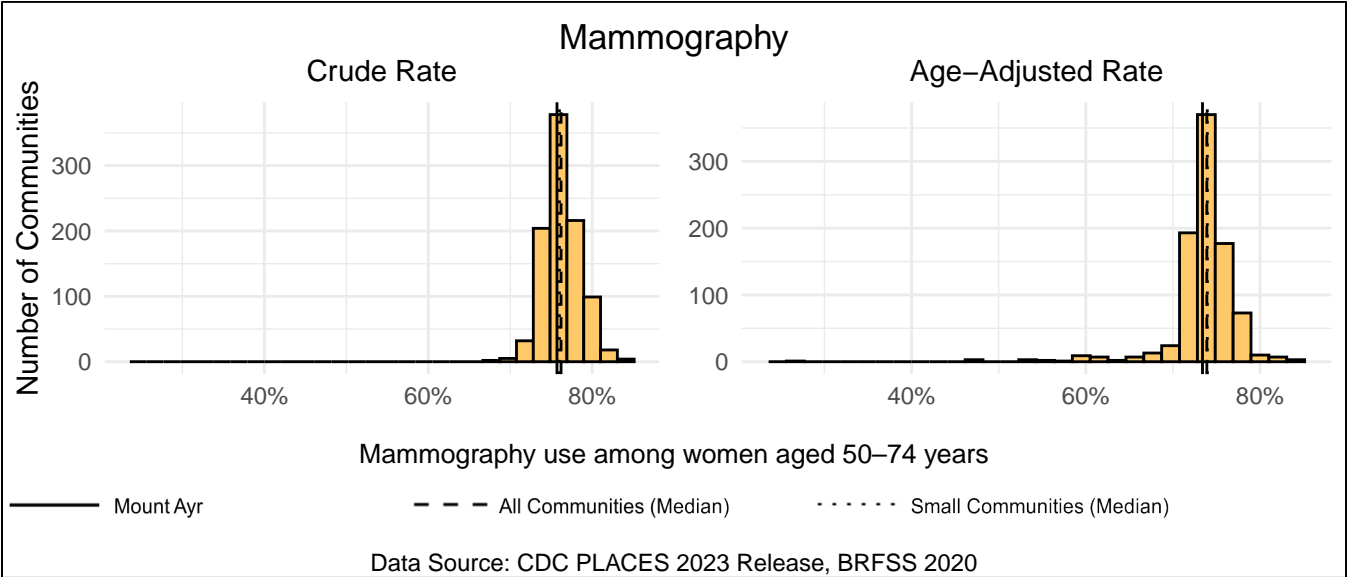
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	65.1%	67.2%	68.2%
Age-Adjusted	63.9%	66.6%	67.5%



Mammography

Mount Ayr has a crude rate of 75.7% for mammography use among women aged 50–74 years, which ranks 573rd out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Mount Ayr is 73.4%, which ranks 547th out of 905 Iowa communities (85th out of 138 small communities).

Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	75.7%	76.2%	76.0%
Age-Adjusted	73.4%	73.9%	74.0%



Disability

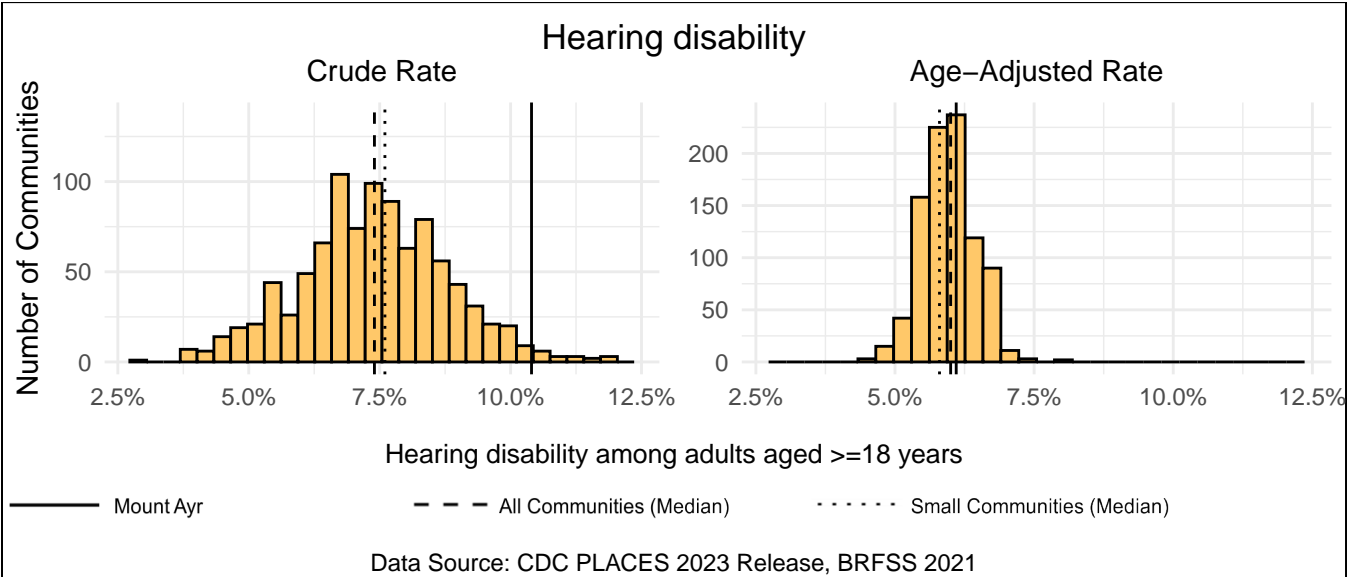
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Mount Ayr has a crude rate of 10.4% for hearing disability among adults aged ≥ 18 years, which ranks 937th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Mount Ayr is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

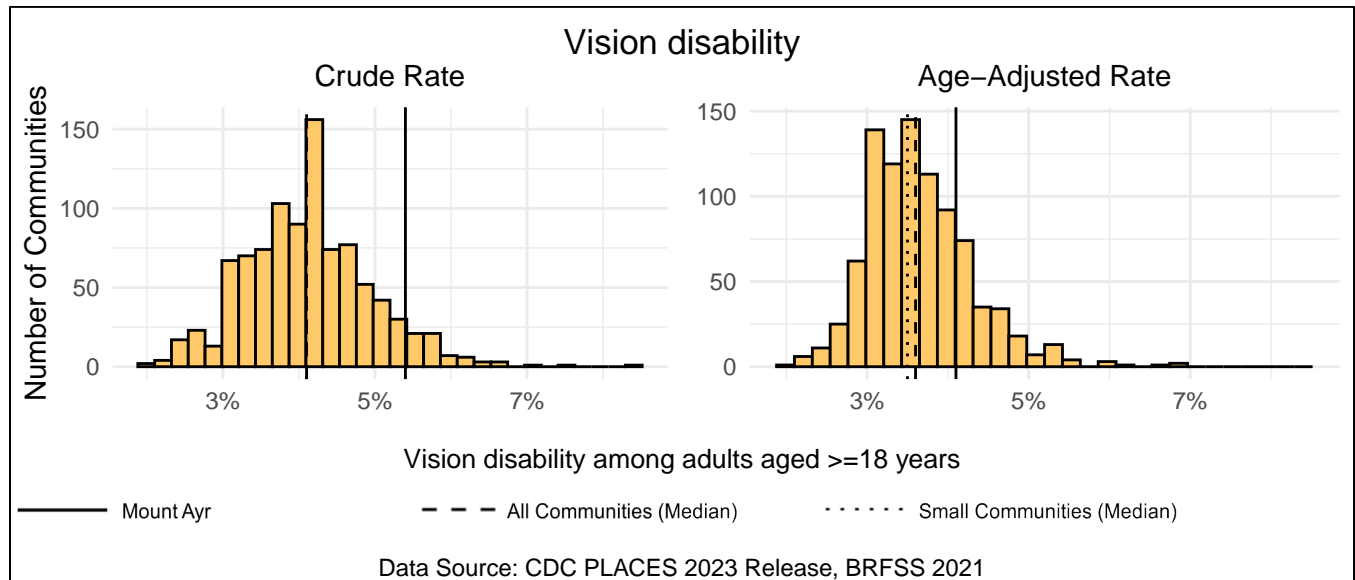
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	10.4%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%



Vision disability

Mount Ayr 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 Mount Ayr is 4.1%, which ranks 714th out of 905 Iowa communities (117th out of 138 small communities).

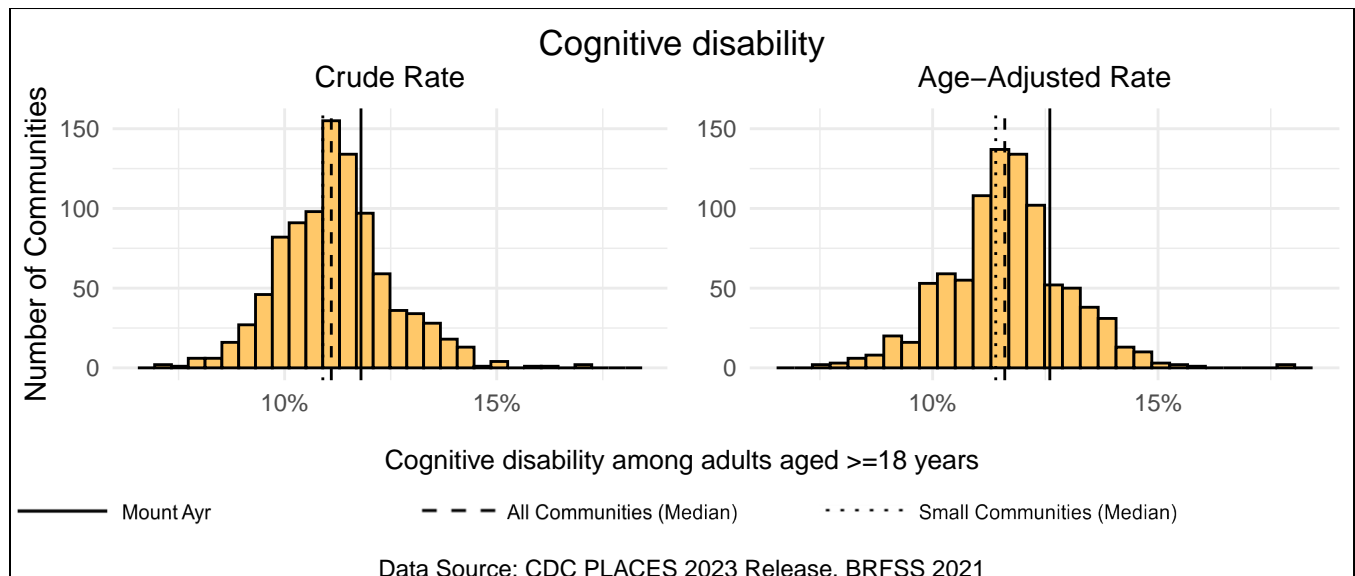
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	5.4%	4.1%	4.1%
Age-Adjusted	4.1%	3.6%	3.5%



Cognitive disability

Mount Ayr has a crude rate of 11.8% for cognitive disability among adults aged ≥ 18 years, which ranks 696th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Mount Ayr is 12.6%, which ranks 726th out of 905 Iowa communities (119th out of 138 small communities).

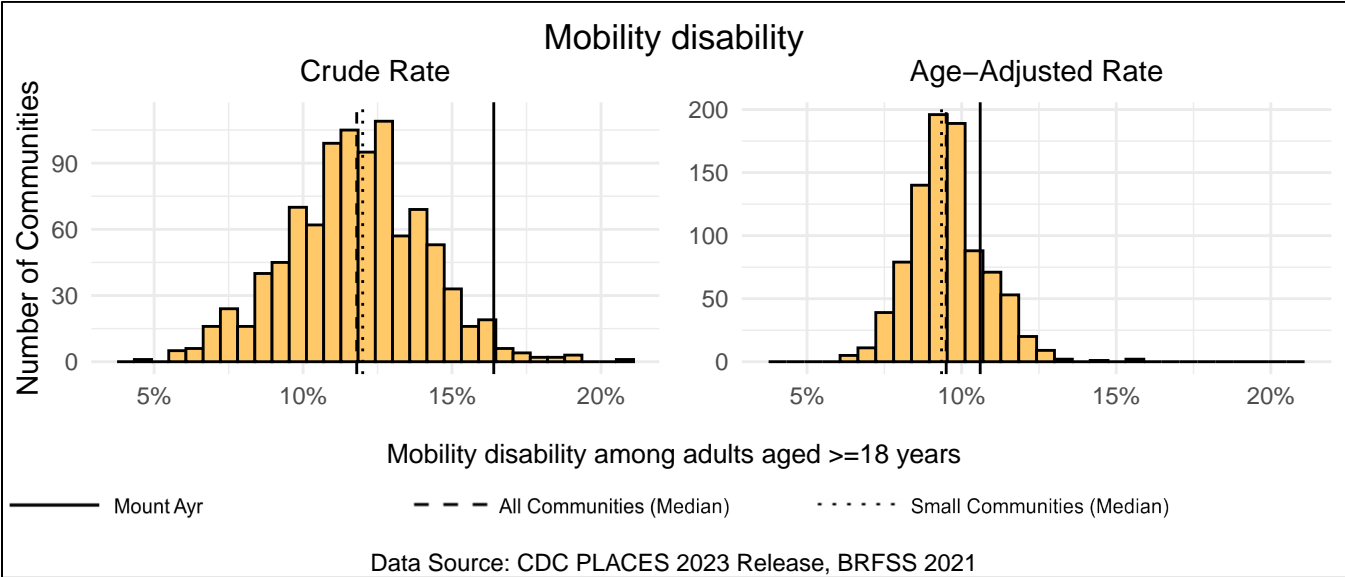
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	11.8%	11.1%	10.9%
Age-Adjusted	12.6%	11.6%	11.4%



Mobility disability

Mount Ayr has a crude rate of 16.4% for mobility disability among adults aged ≥ 18 years, which ranks 938th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Mount Ayr is 10.6%, which ranks 736th out of 905 Iowa communities (120th out of 138 small communities).

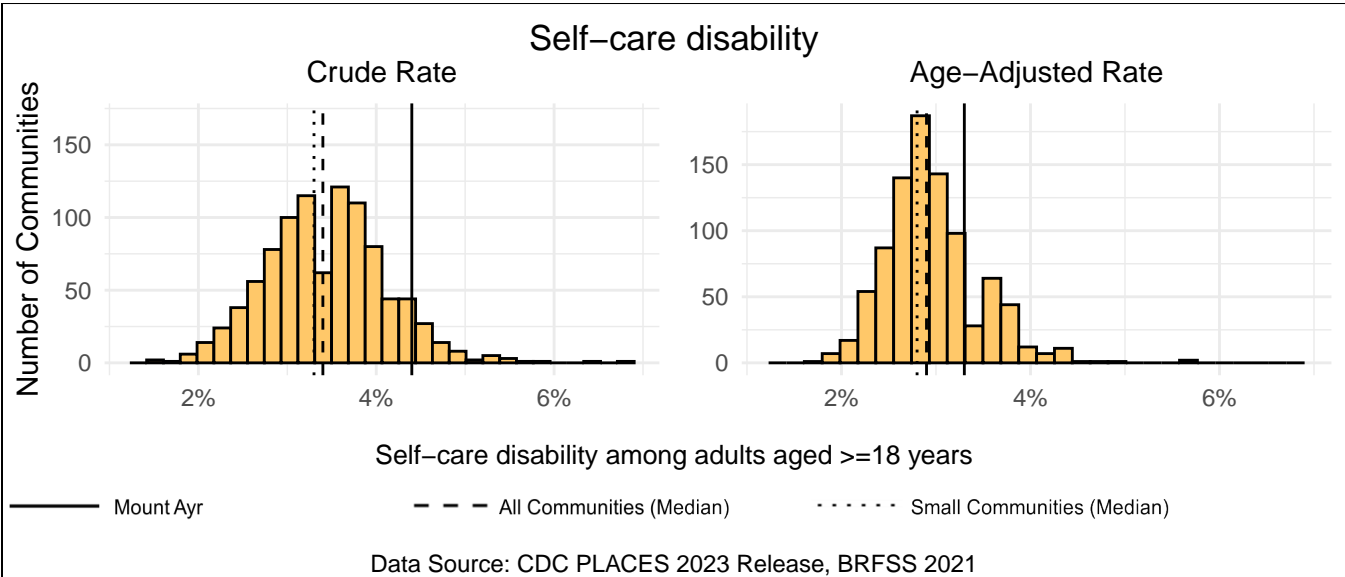
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	16.4%	11.8%	12.0%
Age-Adjusted	10.6%	9.5%	9.4%



Self-care disability

Mount Ayr has a crude rate of 4.4% for self-care disability among adults aged ≥ 18 years, which ranks 875th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Mount Ayr is 3.3%, which ranks 702nd out of 905 Iowa communities (117th out of 138 small communities).

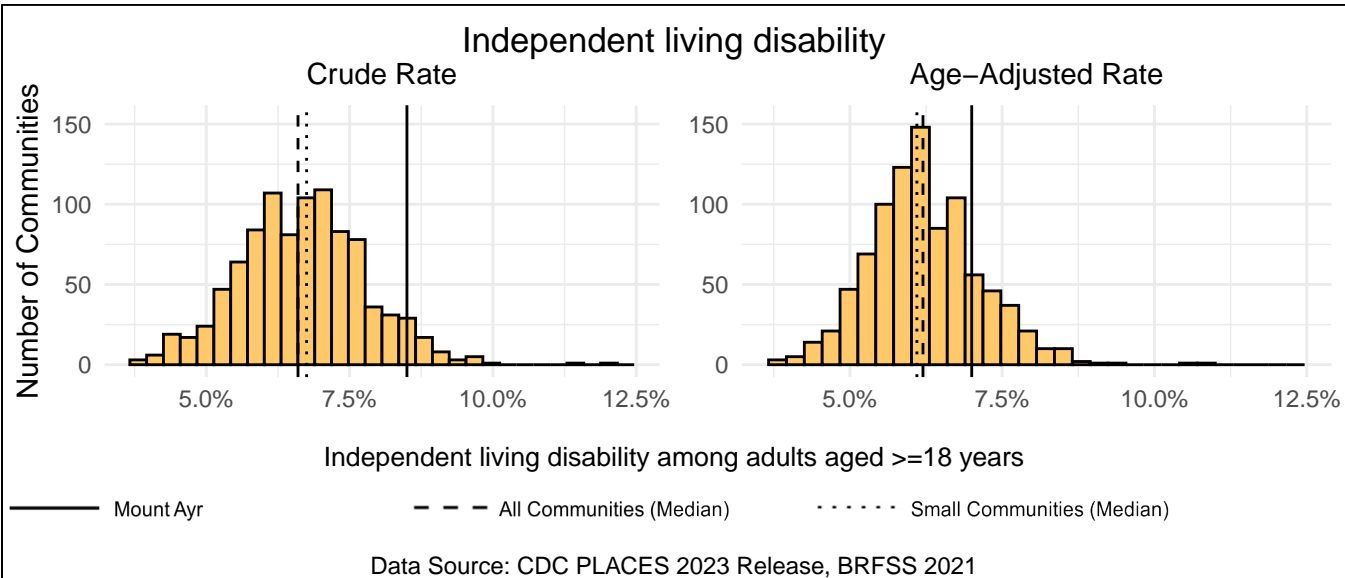
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	4.4%	3.4%	3.3%
Age-Adjusted	3.3%	2.9%	2.8%



Independent living disability

Mount Ayr has a crude rate of 8.5% for independent living disability among adults aged ≥ 18 years, which ranks 905th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Mount Ayr is 7.0%, which ranks 739th out of 905 Iowa communities (120th out of 138 small communities).

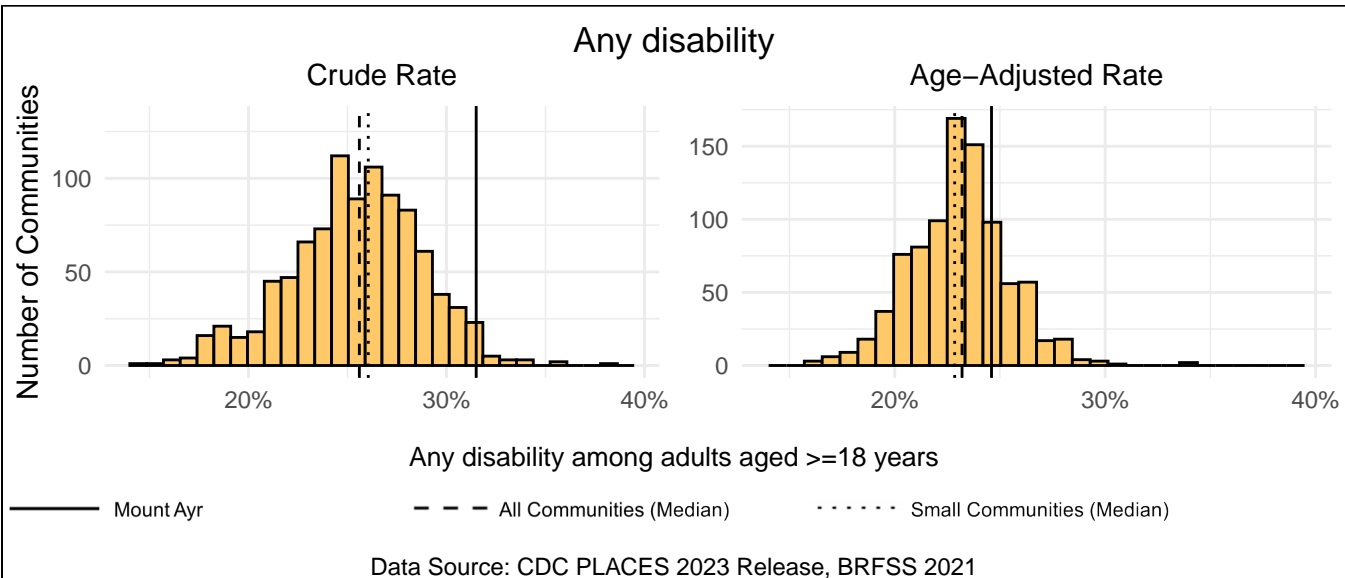
Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	8.5%	6.6%	6.8%
Age-Adjusted	7.0%	6.2%	6.1%



Any disability

Mount Ayr has a crude rate of 31.5% for any disability among adults aged ≥ 18 years, which ranks 933rd out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Mount Ayr is 24.6%, which ranks 698th out of 905 Iowa communities (112th out of 138 small communities).

Measure Type	Mount Ayr	All Comm.	Small Comm.
Crude	31.5%	25.6%	26.0%
Age-Adjusted	24.6%	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: Mount Ayr 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	260	13.7% (11.8% - 15.8%)	792	16.6% (14.1% - 19.2%)
Health Status	Physical Health	867	12.4% (10.3% - 14.7%)	707	10.4% (8.8% - 12.2%)
Health Status	General Health	874	17.2% (13.7% - 21.0%)	721	14.1% (11.5% - 17.1%)
Health Risk Behaviors	Physical Inactivity	920	31.3% (25.3% - 37.8%)	777	27.1% (21.8% - 32.8%)
Health Risk Behaviors	Sleep <7 hours	224	29.1% (27.4% - 30.8%)	545	31.6% (29.8% - 33.3%)
Health Risk Behaviors	Binge Drinking	15	15.3% (12.6% - 18.3%)	78	20.5% (17.0% - 24.6%)
Health Risk Behaviors	Current Smoking	316	16.1% (12.6% - 19.7%)	725	19.1% (14.9% - 23.5%)
Health Outcomes	Obesity	256	36.3% (28.7% - 44.5%)	579	38.3% (30.6% - 46.7%)
Health Outcomes	Arthritis	927	33.9% (29.1% - 38.8%)	683	24.0% (20.4% - 28.0%)
Health Outcomes	Coronary Heart Disease	935	9.1% (7.7% - 10.7%)	601	5.2% (4.5% - 6.0%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.7%)	762	9.9% (8.7% - 11.3%)
Health Outcomes	Chronic Kidney Disease	938	4.3% (3.7% - 5.0%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	COPD	900	9.4% (7.4% - 11.5%)	734	6.9% (5.6% - 8.4%)
Health Outcomes	Depression	252	17.4% (14.2% - 21.0%)	758	20.1% (16.5% - 24.4%)
Health Outcomes	High Blood Pressure	931	38.9% (34.0% - 43.6%)	728	28.6% (24.7% - 32.9%)
Health Outcomes	Diabetes	878	12.1% (10.2% - 14.3%)	652	8.6% (7.2% - 10.2%)
Health Outcomes	High Cholesterol	887	40.0% (35.0% - 45.2%)	537	30.0% (25.7% - 34.8%)
Health Outcomes	Stroke	937	4.6% (3.8% - 5.6%)	569	2.7% (2.4% - 3.1%)
Health Outcomes	Cancer (except skin)	937	10.8% (9.6% - 12.1%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	All Teeth Lost	831	15.5% (9.1% - 24.3%)	707	14.2% (9.4% - 20.1%)
Prevention	Cholesterol Screening	163	84.4% (81.5% - 87.0%)	731	78.0% (74.1% - 81.7%)
Prevention	Dental Visit	679	65.1% (61.0% - 69.0%)	695	63.9% (59.9% - 67.8%)
Prevention	Colorectal Cancer Screening	473	71.6% (67.9% - 74.9%)	510	70.6% (66.8% - 74.1%)
Prevention	Taking BP Medication	34	84.1% (81.3% - 86.7%)	298	59.3% (54.5% - 64.1%)
Prevention	Core preventive services for older men	530	43.1% (33.8% - 52.9%)	469	43.3% (34.2% - 52.4%)
Prevention	Mammography	573	75.7% (71.1% - 80.0%)	547	73.4% (68.6% - 77.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Annual Checkup	31	78.8% (74.7% - 83.0%)	301	73.0% (67.7% - 78.0%)
Prevention	Core preventive services for older women	704	36.5% (27.9% - 46.4%)	382	40.8% (32.5% - 48.9%)
Prevention	Cervical Cancer Screening	754	81.9% (78.9% - 84.7%)	675	82.3% (79.5% - 85.1%)
Prevention	Health Insurance	674	7.9% (5.9% - 10.5%)	658	8.4% (6.2% - 11.0%)
Disability	Any Disability	933	31.5% (26.2% - 36.5%)	698	24.6% (20.7% - 29.0%)
Disability	Hearing Disability	937	10.4% (8.8% - 12.0%)	544	6.1% (5.4% - 7.0%)
Disability	Independent Living Disability	905	8.5% (6.6% - 10.5%)	739	7.0% (5.8% - 8.4%)
Disability	Vision Disability	890	5.4% (4.3% - 6.8%)	714	4.1% (3.4% - 4.8%)
Disability	Cognitive Disability	696	11.8% (9.7% - 14.0%)	726	12.6% (10.3% - 15.1%)
Disability	Mobility Disability	938	16.4% (13.1% - 19.8%)	736	10.6% (8.8% - 12.7%)
Disability	Self-care Disability	875	4.4% (3.5% - 5.4%)	702	3.3% (2.8% - 3.9%)

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)

Mount Ayr 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		