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 Mount Pleasant: Overview

Dear Community Members & Stakeholders of Mount Pleasant,

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 Pleasant ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Mount Pleasant'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 Pleasant. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community's strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Arthritis	145th	23rd	Cancer (except skin)	16th	6th
Cancer (except skin)	160th	22nd	Binge Drinking	95th	24th
High Cholesterol	231st	32nd	Taking BP Medication	107th	22nd
Chronic Kidney Disease	241st	29th	Current Asthma	241st	26th
Coronary Heart Disease	268th	30th	Arthritis	321st	38th

Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

	Crude			Age-Adjusted	
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Sleep <7 hours	951st	101st	Sleep <7 hours	901st	101st
Cholesterol Screening	902nd	89th	High Blood Pressure	808th	83rd
Health Insurance	861st	77th	Mammography	793rd	91st
Cervical Cancer Screening	832nd	76th	Health Insurance	788th	72nd
Annual Checkup	824th	86th	Dental Visit	755th	73rd

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 Pleasant.

Sincerely,

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

PUBLIC SCIENCE COLLABORATIVE

IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

How to Use this Report

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

With a population of 9,214, Mount Pleasant's similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community's crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.

The table shows rates in your community compared with the state midpoint and the population group

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

The legend shows the meaning of the solid, dashed, and dotted lines

Mental Health
Crude Rate — Age–Adjusted Rate

Mental health not good for >=14 days among adults aged >=18 years

Ames — All Communities (Median) — Large Communities (Median)

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

Health Status

This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of "excellent," "very good," "good," "fair," or "poor," from which the respondents who answer "fair" or "poor" are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

https://www.cdc.gov/places/measure-definitions/health-status/index.html

Poor General Health

Mount Pleasant has a crude rate of 14.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 552nd out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 14.3%, which ranks 744th out of 905 Iowa communities (71st out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	14.7%	14.3%	14.5%
Age-Adjusted	14.3%	12.7%	13.0%

Poor General Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021
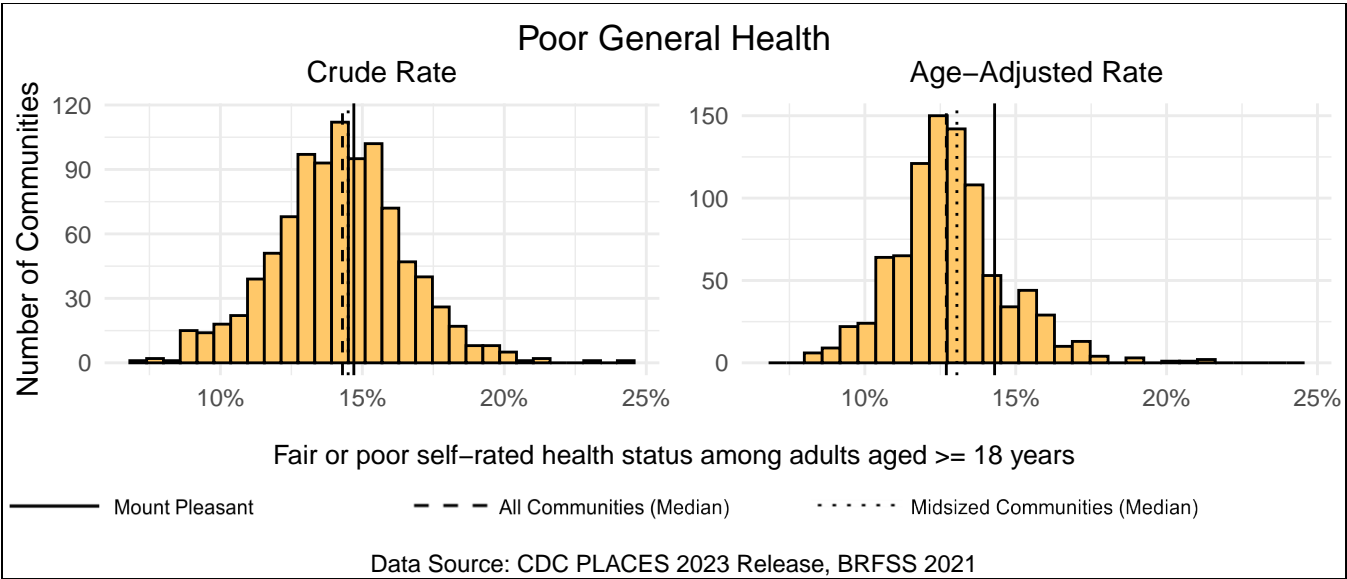
Poor Physical Health

Mount Pleasant has a crude rate of 10.6% for physical health not good for >=14 days among adults aged >=18 years, which ranks 404th out of 958 Iowa communities (46th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 10.4%, which ranks 707th out of 905 Iowa communities (69th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	10.6%	10.8%	10.7%
Age-Adjusted	10.4%	9.7%	9.9%

Poor Physical Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021
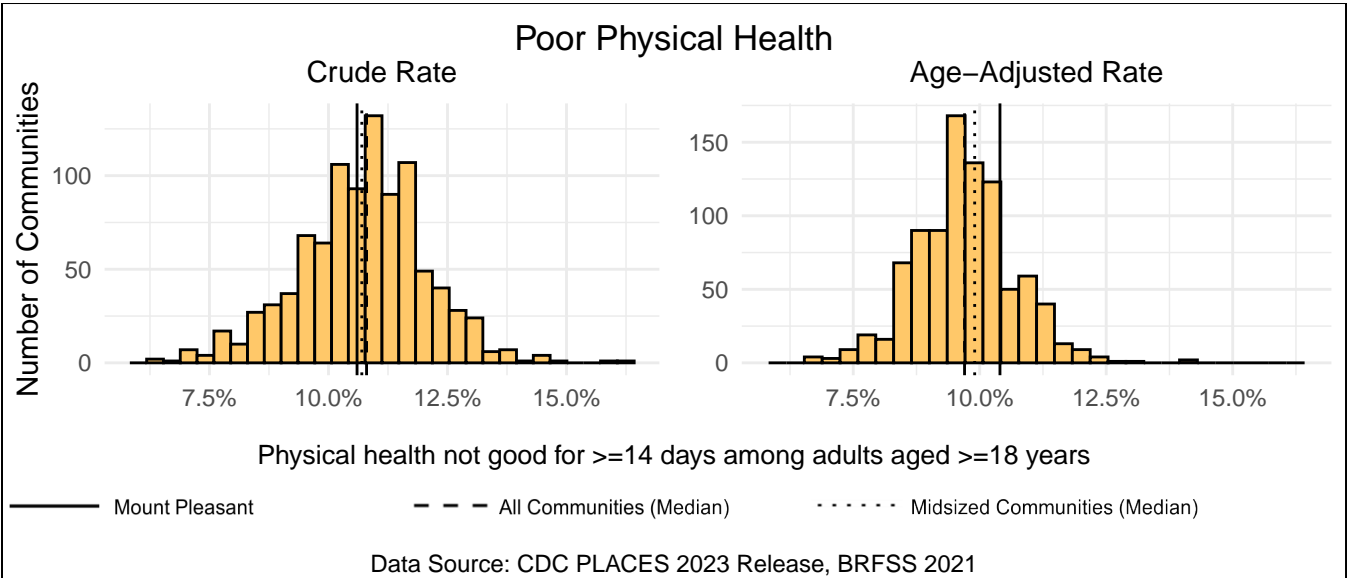
Poor Mental Health

Mount Pleasant has a crude rate of 15.3% for mental health not good for >=14 days among adults aged >=18 years, which ranks 788th out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 15.5%, which ranks 405th out of 905 Iowa communities (49th out of 102 midsized communities).
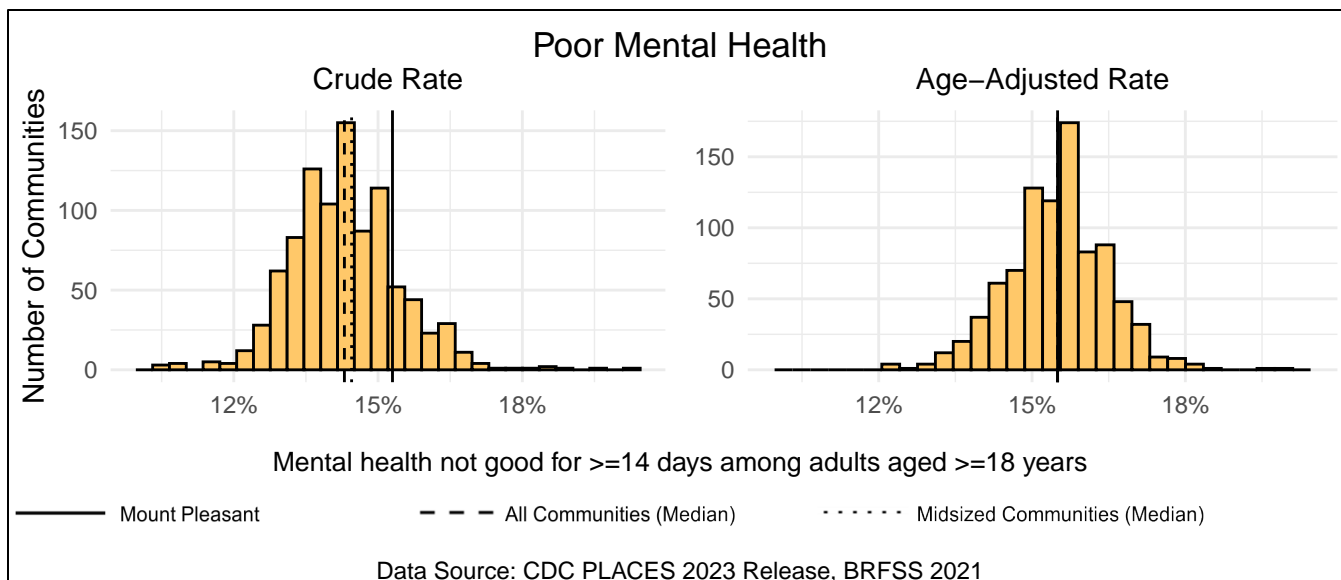
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	15.3%	14.3%	14.4%
Age-Adjusted	15.5%	15.5%	15.5%

Poor Mental Health

Crude Rate

Age–Adjusted Rate

Number of Communities

Mental health not good for >=14 days among adults aged >=18 years

—— Mount Pleasant 　 – – – All Communities (Median) 　 · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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 Pleasant has a crude rate of 19.9% for binge drinking among adults aged >=18 years, which ranks 549th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 20.6%, which ranks 95th out of 905 Iowa communities (24th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	19.9%	19.5%	19.2%
Age-Adjusted	20.6%	22.0%	21.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
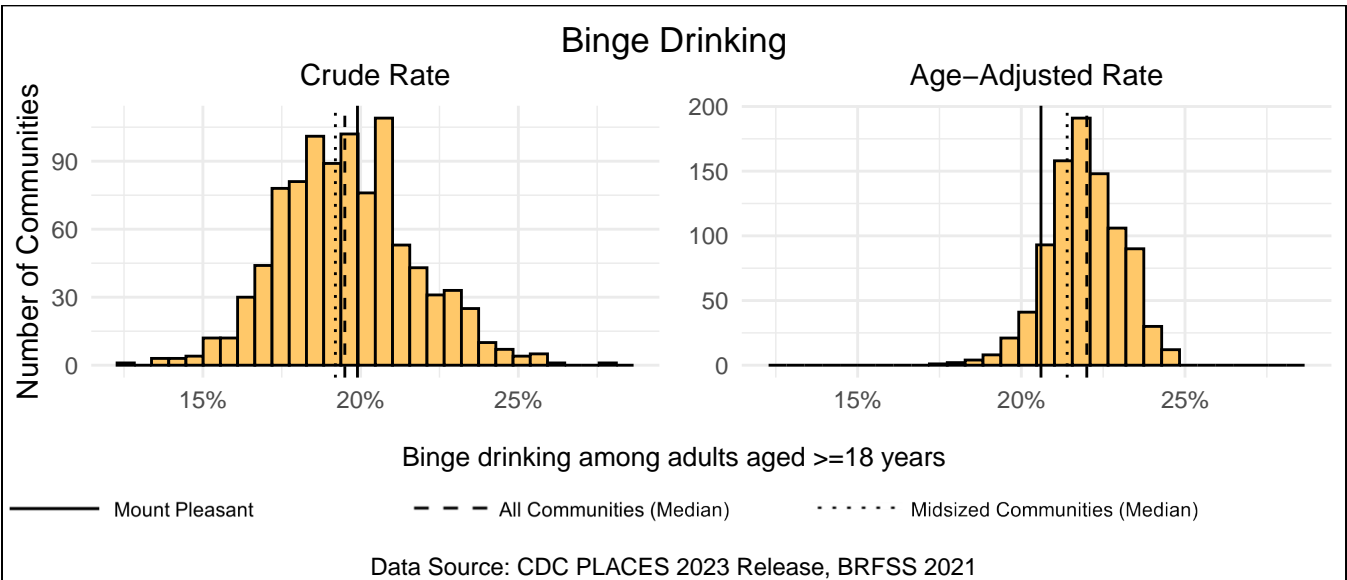
Current Smoking

Mount Pleasant has a crude rate of 17.1% for current smoking among adults aged >=18 years, which ranks 539th out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Mount Pleasant is 18.1%, which ranks 553rd out of 905 Iowa communities (62nd out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	17.1%	16.8%	16.4%
Age-Adjusted	18.1%	17.5%	17.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
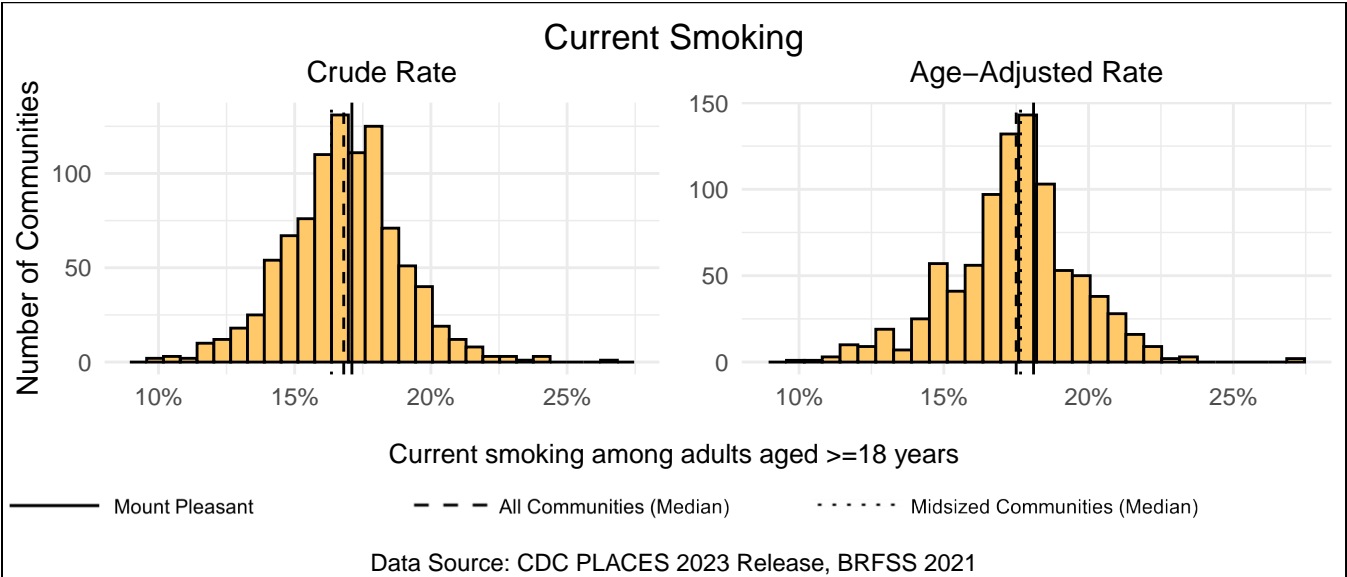
Physical Inactivity

Mount Pleasant has a crude rate of 26.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 549th out of 958 Iowa communities (54th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 26.3%, which ranks 726th out of 905 Iowa communities (70th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	26.7%	26.1%	26.6%
Age-Adjusted	26.3%	24.3%	24.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
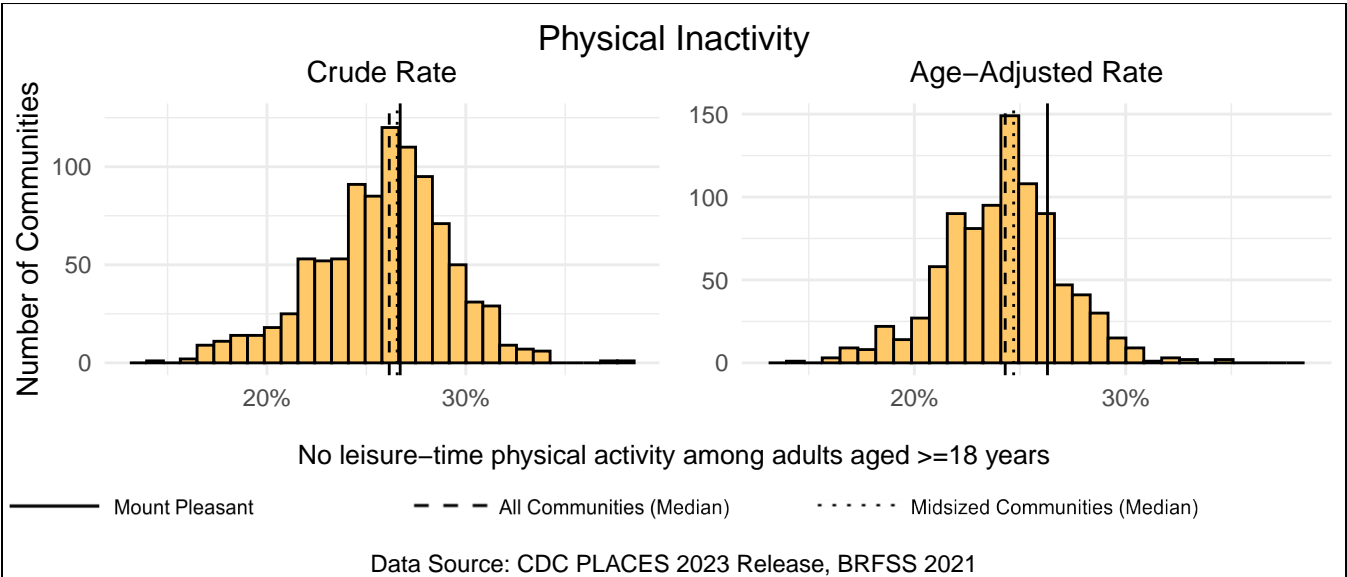
Sleep <7 hours

Mount Pleasant has a crude rate of 33.9% for sleeping less than 7 hours among adults aged >=18 years, which ranks 951st out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 34.8%, which ranks 901st out of 905 Iowa communities (101st out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	33.9%	30.2%	29.8%
Age-Adjusted	34.8%	31.1%	30.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
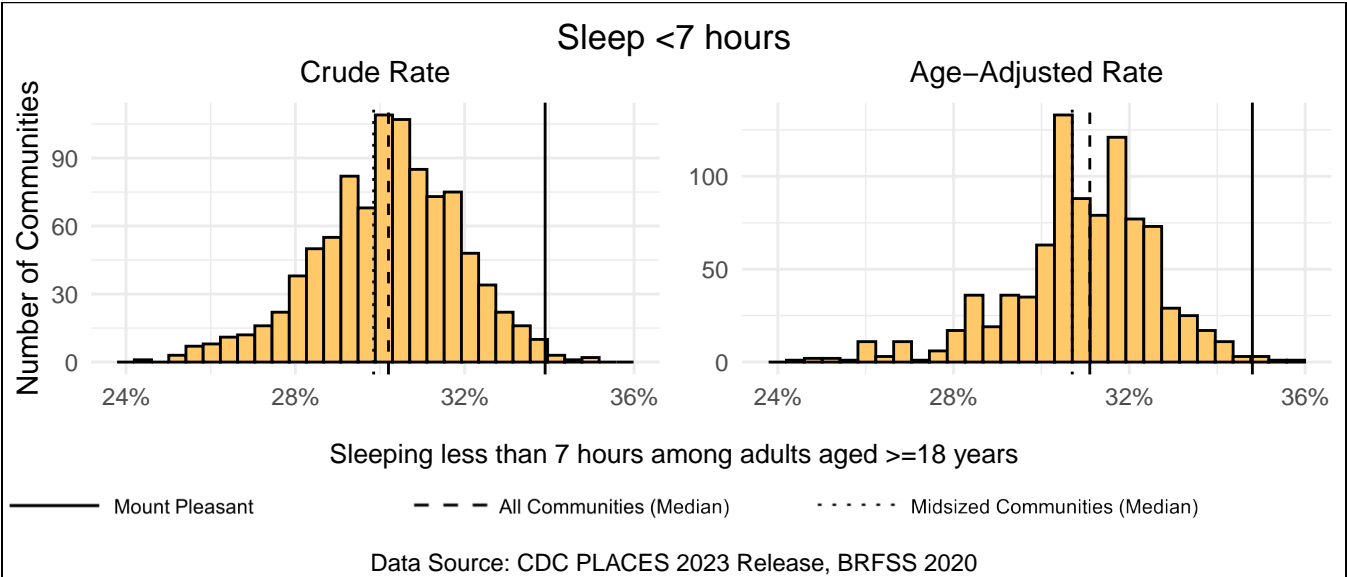
Health Outcomes

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 Pleasant has a crude rate of 24.0% for arthritis among adults aged >=18 years, which ranks 145th out of 958 Iowa communities (23rd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 22.7%, which ranks 321st out of 905 Iowa communities (38th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	24.0%	27.9%	27.8%
Age-Adjusted	22.7%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
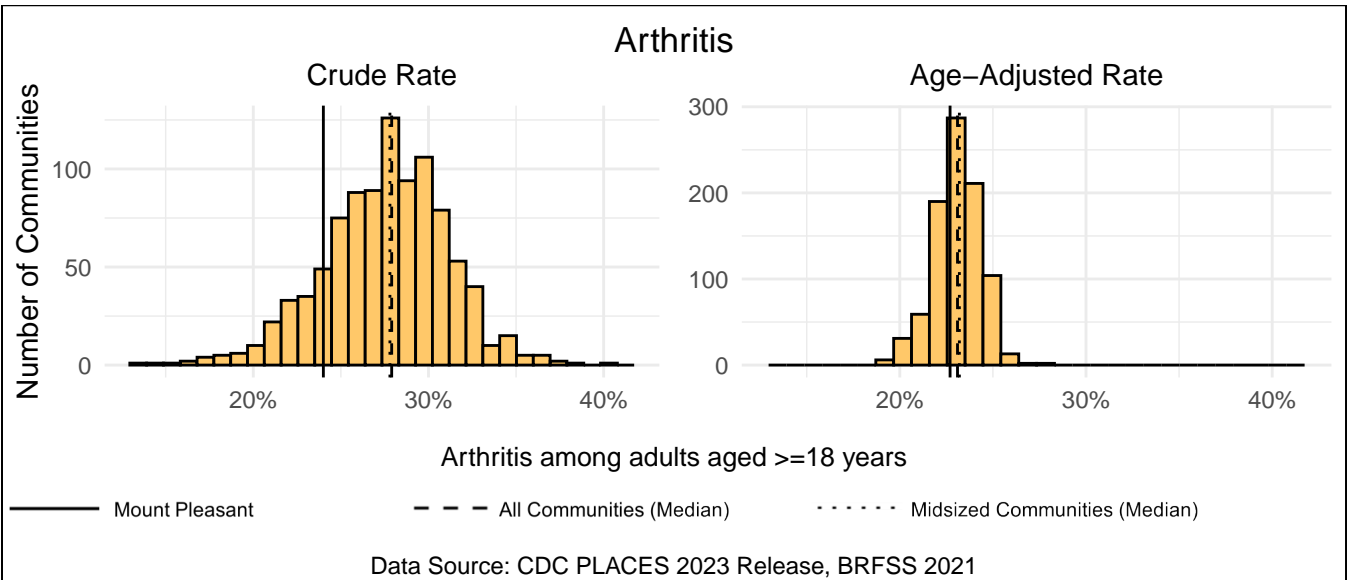
High Blood Pressure

Mount Pleasant has a crude rate of 30.5% for high blood pressure among adults aged >=18 years, which ranks 308th out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 29.3%, which ranks 808th out of 905 Iowa communities (83rd out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	30.5%	32.0%	32.0%
Age-Adjusted	29.3%	27.3%	27.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
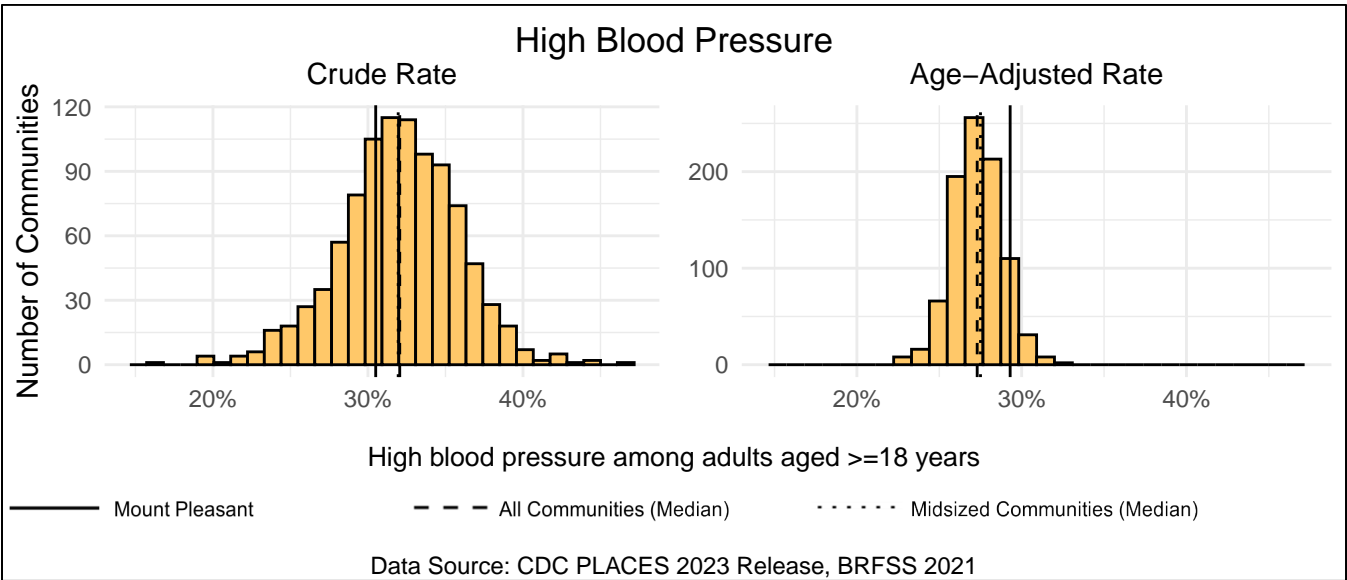
Cancer (except skin)

Mount Pleasant has a crude rate of 6.9% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 160th out of 958 Iowa communities (22nd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 6.3%, which ranks 16th out of 905 Iowa communities (6th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	6.9%	8.0%	8.2%
Age-Adjusted	6.3%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
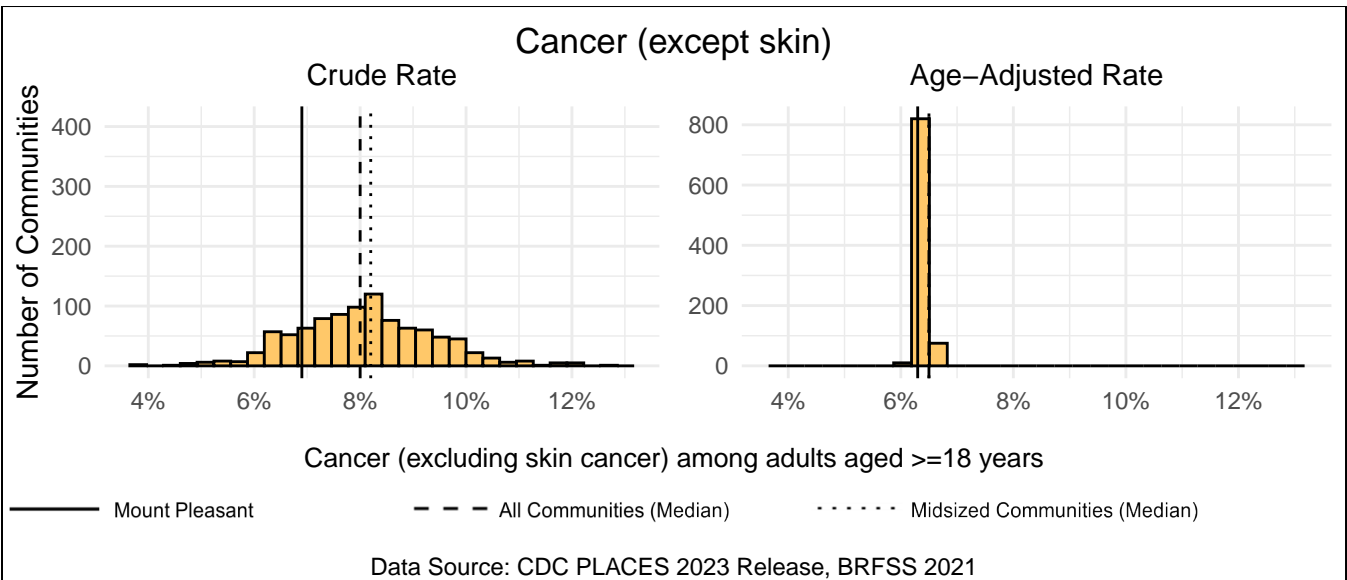
Current Asthma

Mount Pleasant has a crude rate of 9.3% for current asthma among adults aged >=18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 9.3%, which ranks 241st out of 905 Iowa communities (26th out of 102 midsized communities).
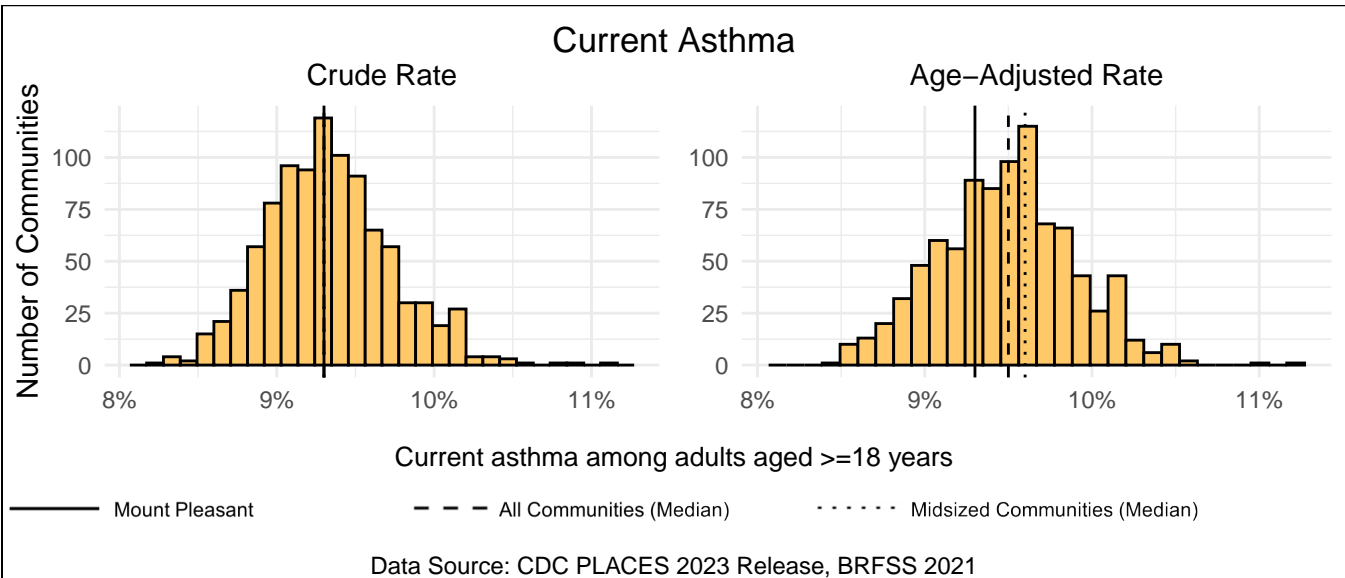
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Mount Pleasant has a crude rate of 5.8% for coronary heart disease among adults aged >=18 years, which ranks 268th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 5.2%, which ranks 601st out of 905 Iowa communities (63rd out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	5.8%	6.4%	6.5%
Age-Adjusted	5.2%	5.0%	5.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
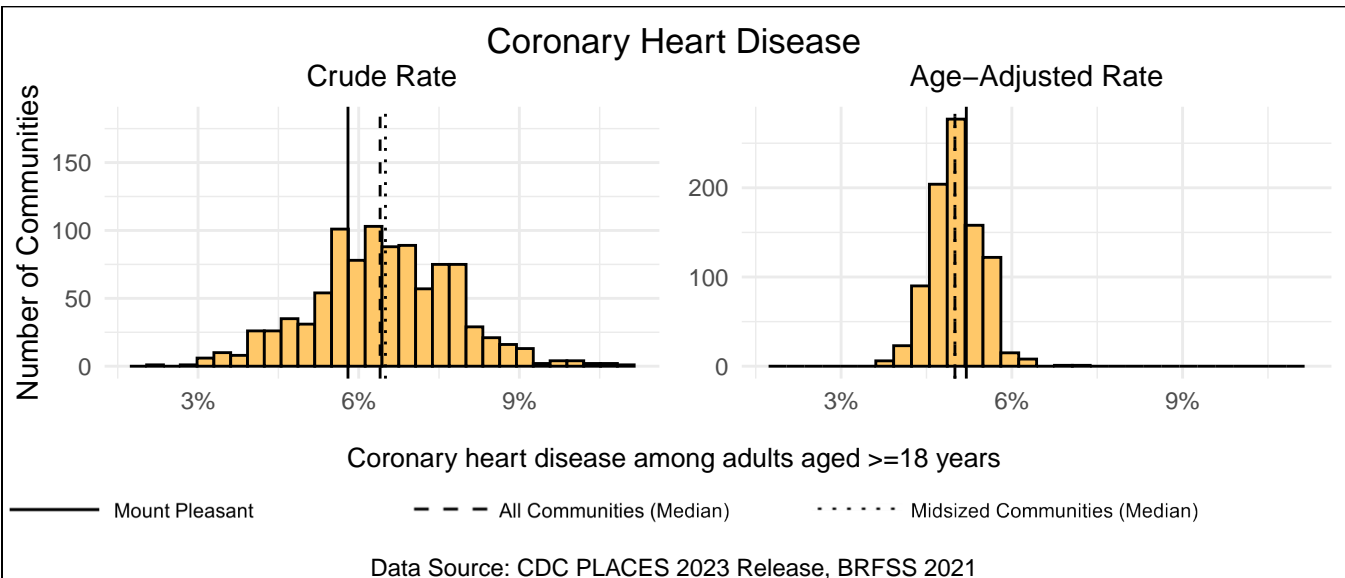
COPD

Mount Pleasant has a crude rate of 6.8% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 274th out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 6.4%, which ranks 513th out of 905 Iowa communities (53rd out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	6.8%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.3%

COPD

Data Source: CDC PLACES 2023 Release, BRFSS 2021
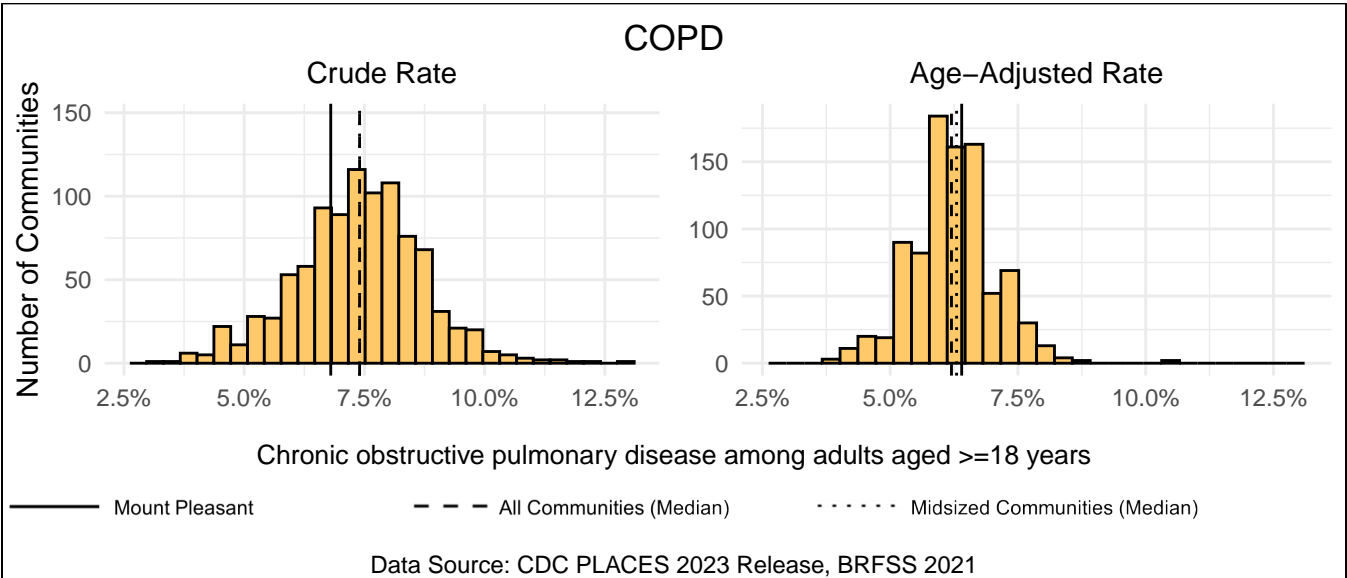
Depression

Mount Pleasant has a crude rate of 19.1% for depression among adults aged >=18 years, which ranks 778th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 19.3%, which ranks 527th out of 905 Iowa communities (54th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	19.1%	18.0%	18.2%
Age-Adjusted	19.3%	19.0%	19.2%

Depression

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Mount Pleasant has a crude rate of 9.5% for diagnosed diabetes among adults aged >=18 years, which ranks 327th out of 958 Iowa communities (42nd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 9.0%, which ranks 740th out of 905 Iowa communities (73rd out of 102 midsized communities).
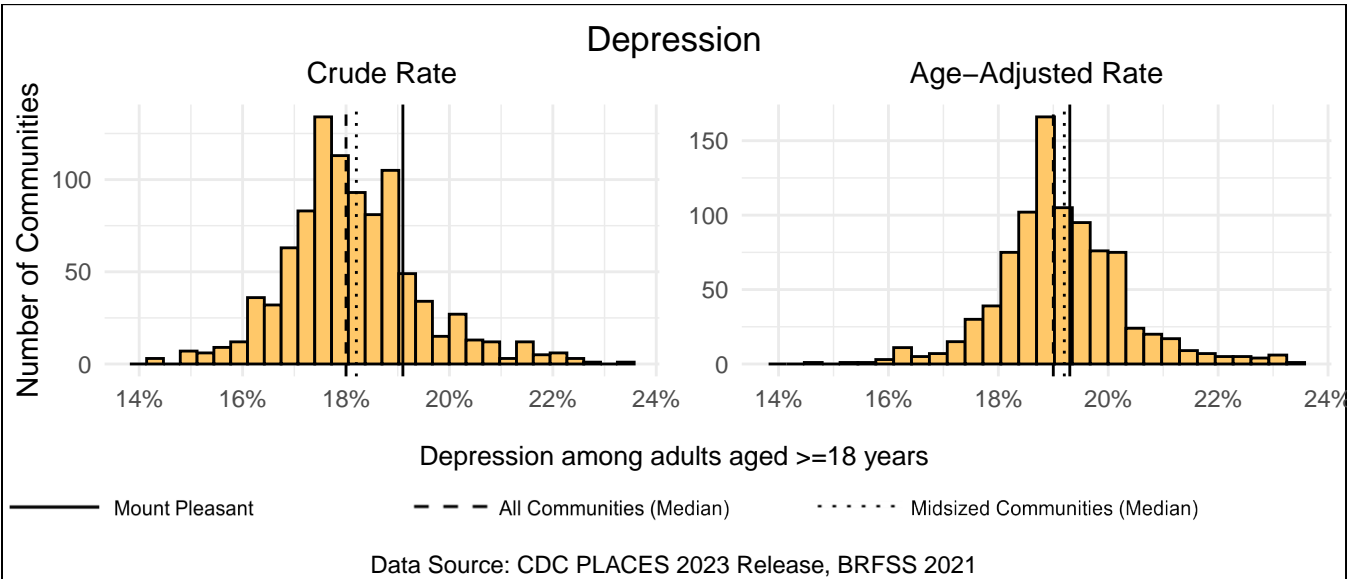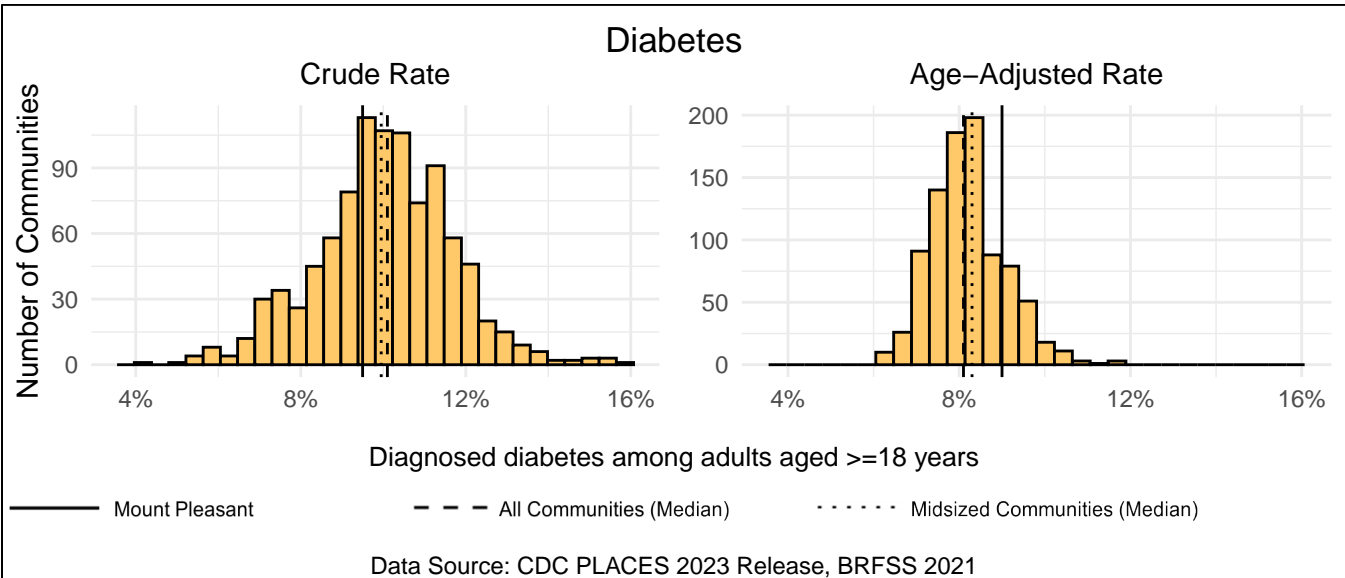
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	9.5%	10.1%	9.9%
Age-Adjusted	9.0%	8.1%	8.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

Mount Pleasant has a crude rate of 34.4% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 231st out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 30.6%, which ranks 731st out of 905 Iowa communities (77th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	34.4%	36.2%	35.7%
Age-Adjusted	30.6%	29.7%	29.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
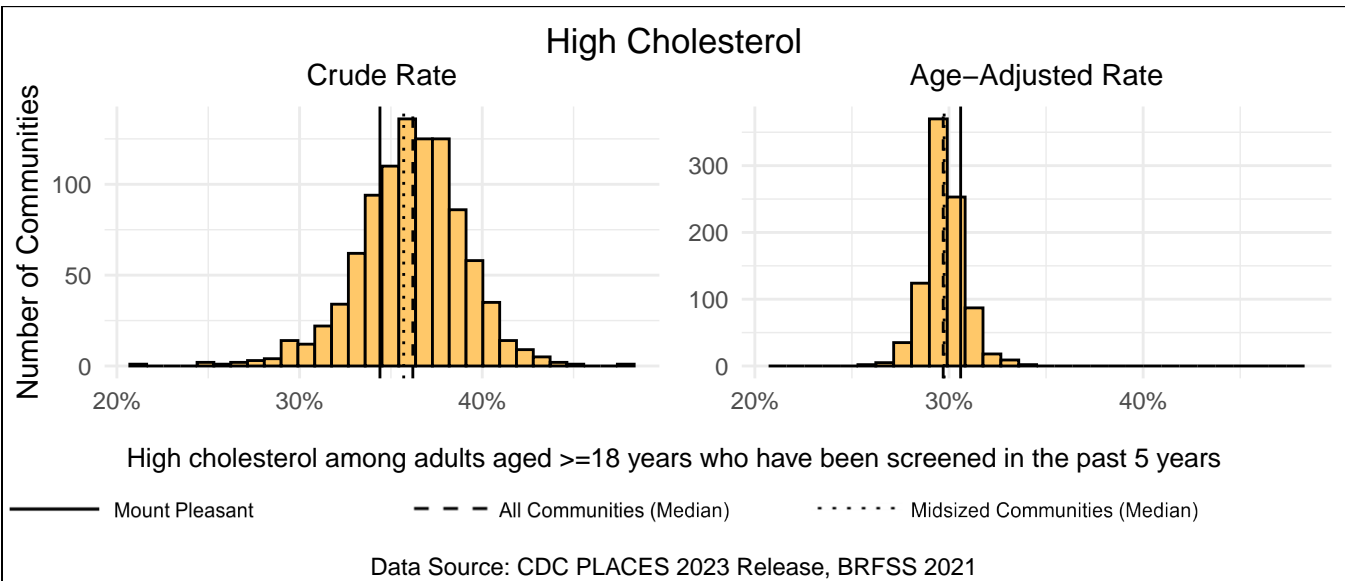
Chronic Kidney Disease

Mount Pleasant has a crude rate of 2.9% for chronic kidney disease among adults aged >=18 years, which ranks 241st out of 958 Iowa communities (29th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	2.9%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Mount Pleasant has a crude rate of 38.4% for obesity among adults aged >=18 years, which ranks 601st out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 39.5%, which ranks 715th out of 905 Iowa communities (73rd out of 102 midsized communities).
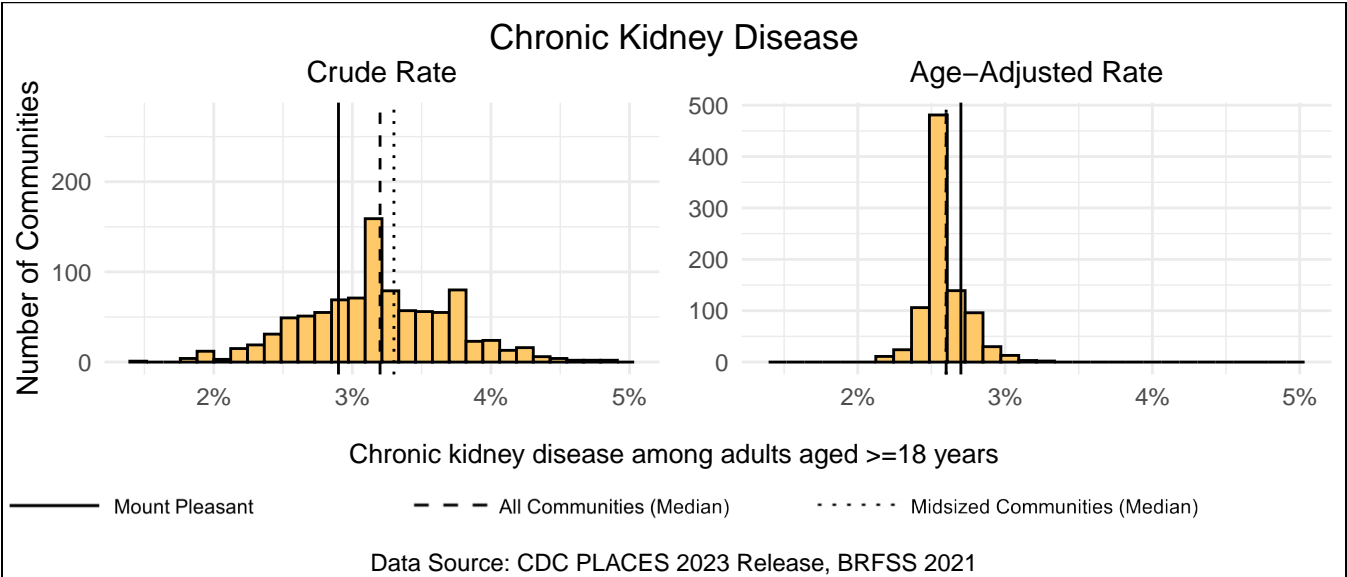
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	38.4%	37.6%	37.6%
Age-Adjusted	39.5%	37.6%	38.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Stroke

Mount Pleasant has a crude rate of 3.0% for stroke among adults aged >=18 years, which ranks 280th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 midsized communities).
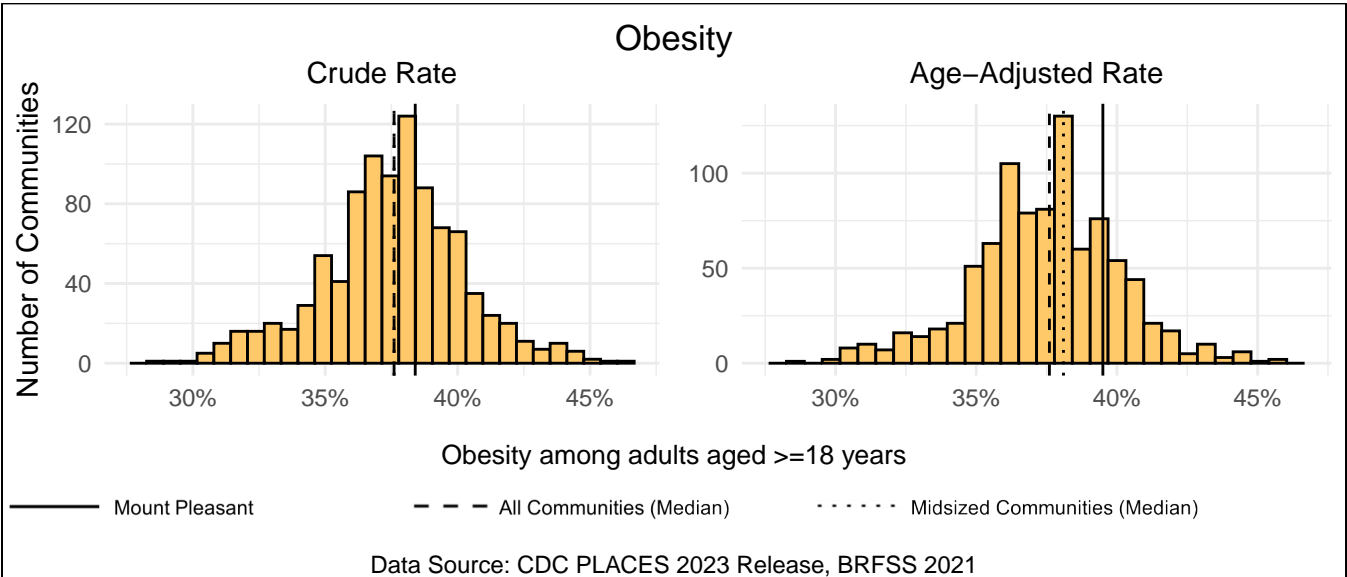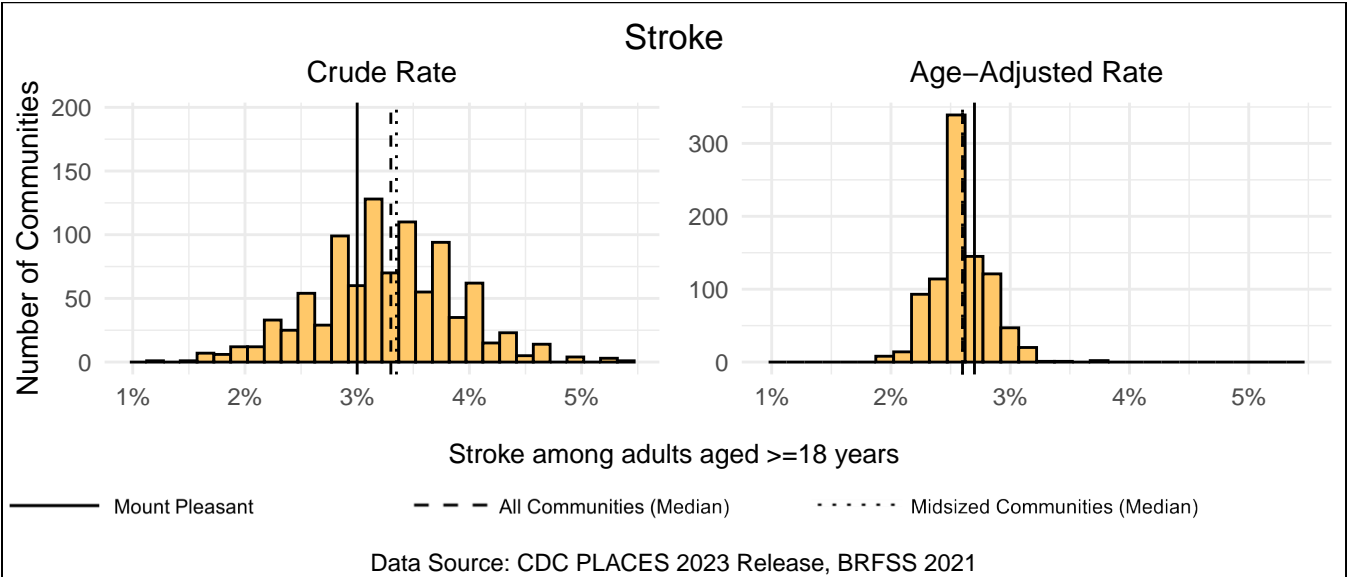
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	3.0%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

Mount Pleasant has a crude rate of 13.6% for all teeth lost among adults aged >=65 years, which ranks 601st out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 13.2%, which ranks 528th out of 905 Iowa communities (56th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	13.6%	12.9%	13.5%
Age-Adjusted	13.2%	12.8%	12.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
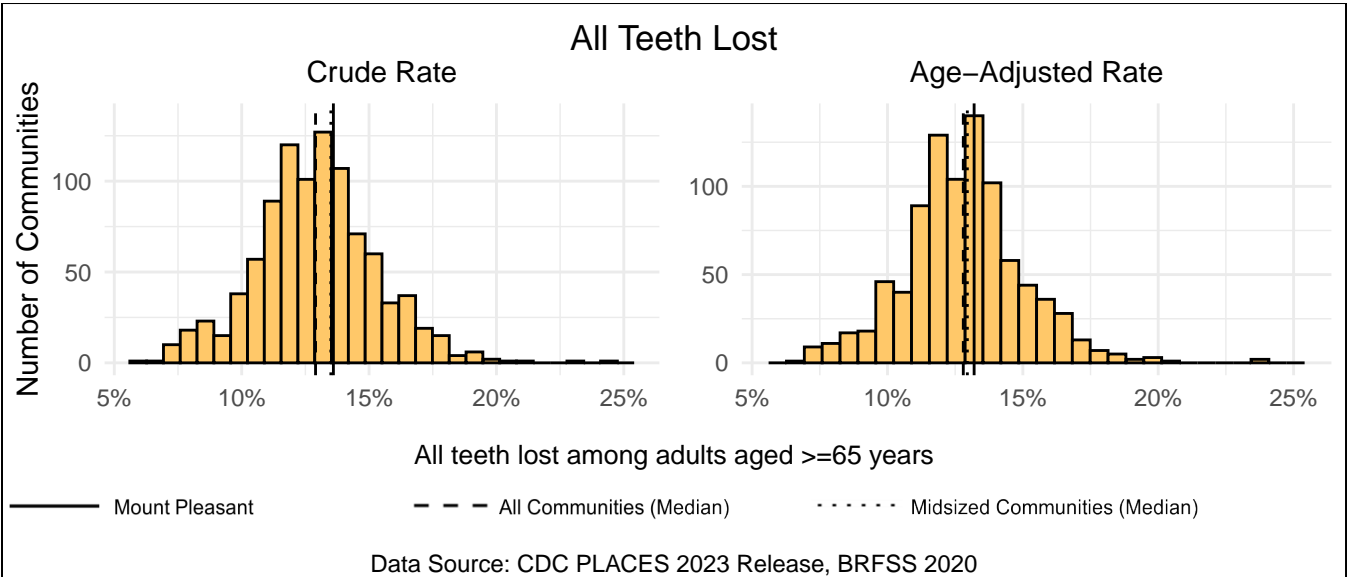
Prevention

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 Pleasant 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 (77th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 9.3%, which ranks 788th out of 905 Iowa communities (72nd out of 102 midsized communities).
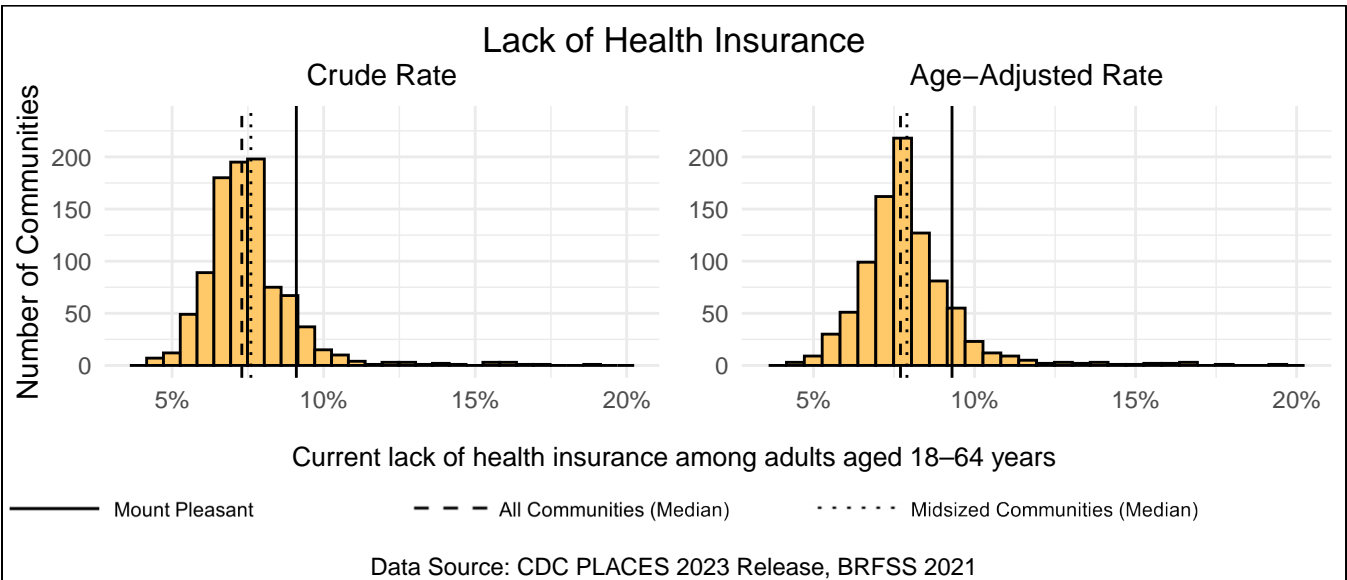
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	9.1%	7.3%	7.6%
Age-Adjusted	9.3%	7.7%	7.9%

Lack of Health Insurance — Crude Rate and Age–Adjusted Rate. Current lack of health insurance among adults aged 18–64 years. Mount Pleasant, All Communities (Median), Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Taking BP Medication

Mount Pleasant has a crude rate of 76.9% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 780th out of 958 Iowa communities (74th out of 102 midsized communities).   The age-adjusted rate for Mount Pleasant is 59.9%, which ranks 107th out of 905 Iowa communities (22nd out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	76.9%	79.8%	79.8%
Age-Adjusted	59.9%	59.0%	59.0%

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

— Mount Pleasant   - - - All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Mount Pleasant has a crude rate of 81.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 832nd out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 82.4%, which ranks 657th out of 905 Iowa communities (71st out of 102 midsized communities).
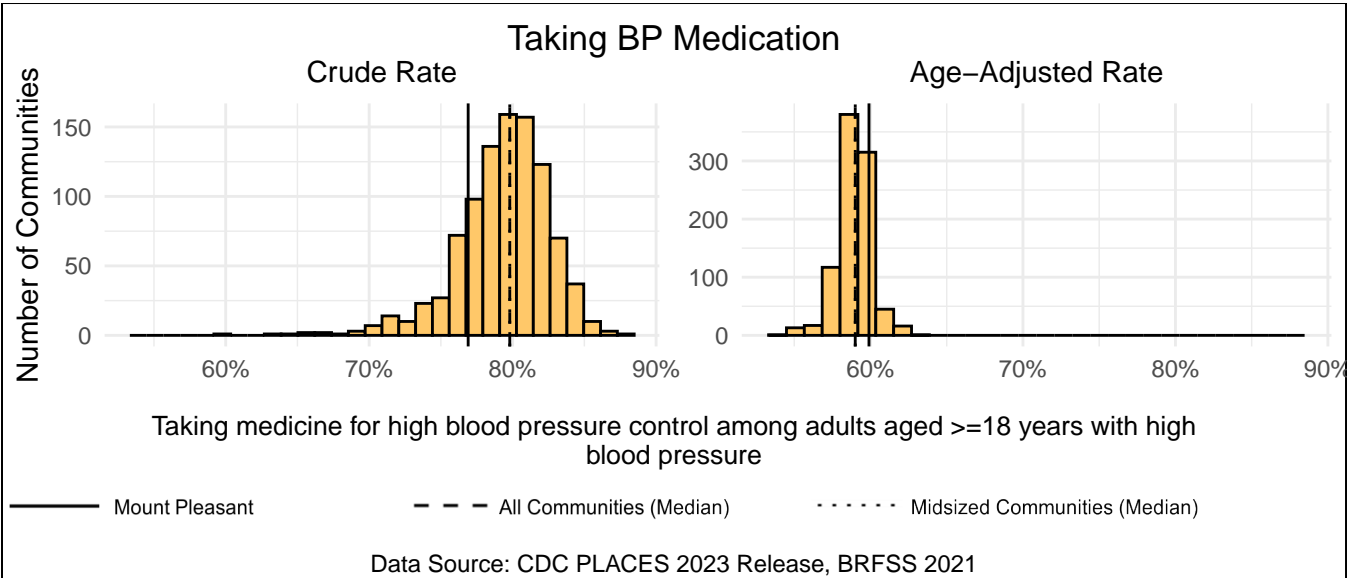
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	81.3%	83.3%	82.9%
Age-Adjusted	82.4%	83.2%	83.2%

Cervical cancer screening among adult women aged 21–65 years

— Mount Pleasant   - - - All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Mount Pleasant has a crude rate of 73.1% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 824th out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 72.2%, which ranks 559th out of 905 Iowa communities (68th out of 102 midsized communities).
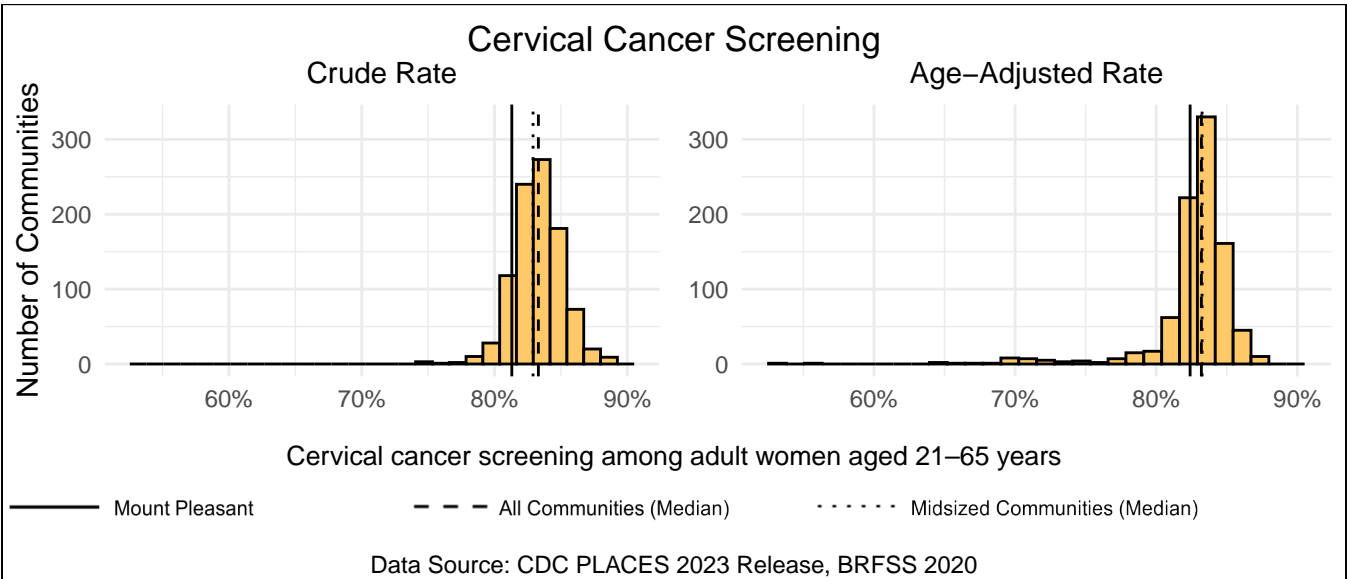
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	73.1%	75.2%	75.2%
Age-Adjusted	72.2%	72.6%	72.8%

Annual Checkup

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Mount Pleasant has a crude rate of 78.7% for cholesterol screening among adults aged >=18 years, which ranks 902nd out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 78.6%, which ranks 603rd out of 905 Iowa communities (68th out of 102 midsized communities).
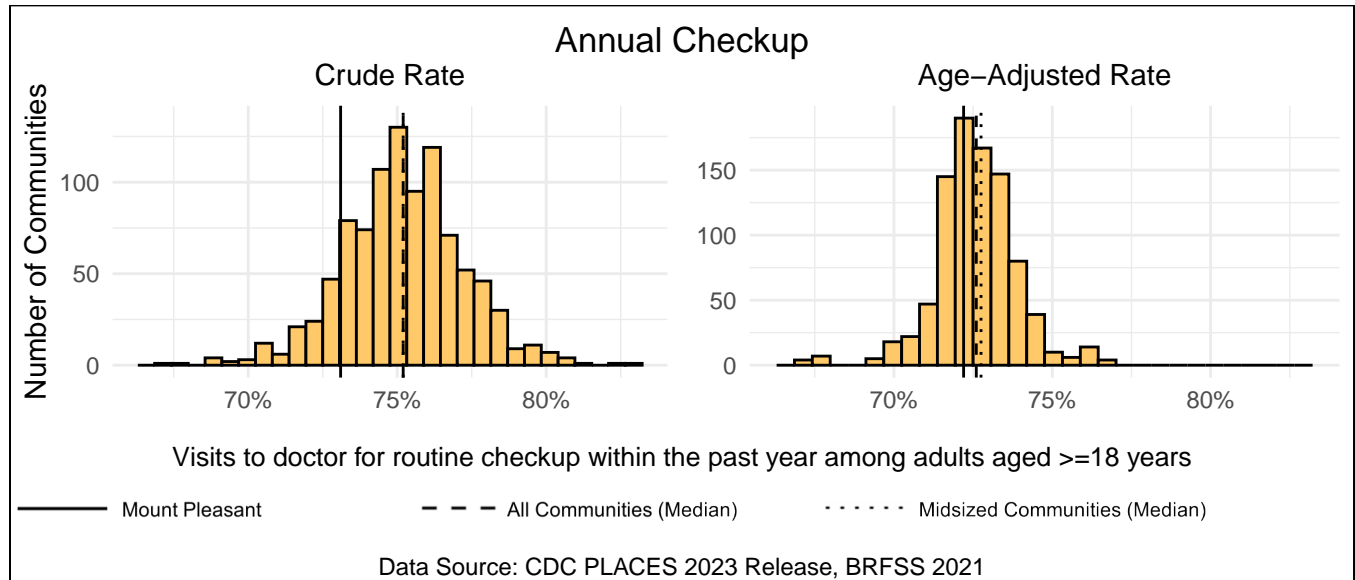
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	78.7%	82.6%	81.8%
Age-Adjusted	78.6%	79.1%	79.0%

Cholesterol Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Mount Pleasant has a crude rate of 70.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 690th out of 958 Iowa communities (72nd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 69.7%, which ranks 687th out of 905 Iowa communities (72nd out of 102 midsized communities).
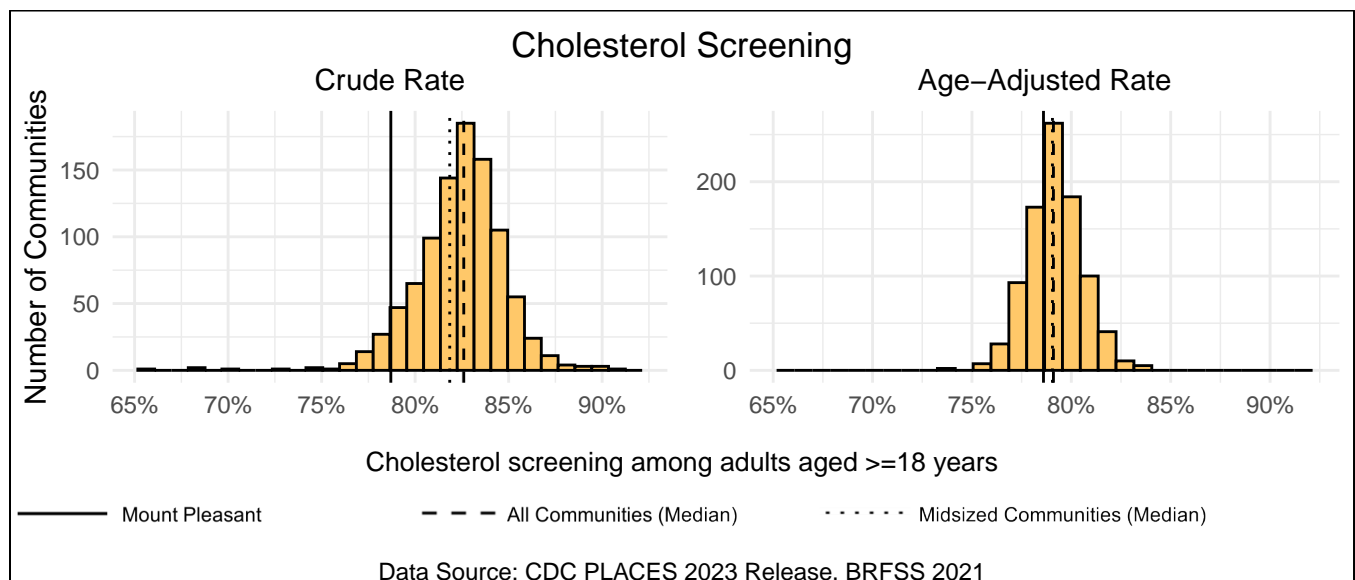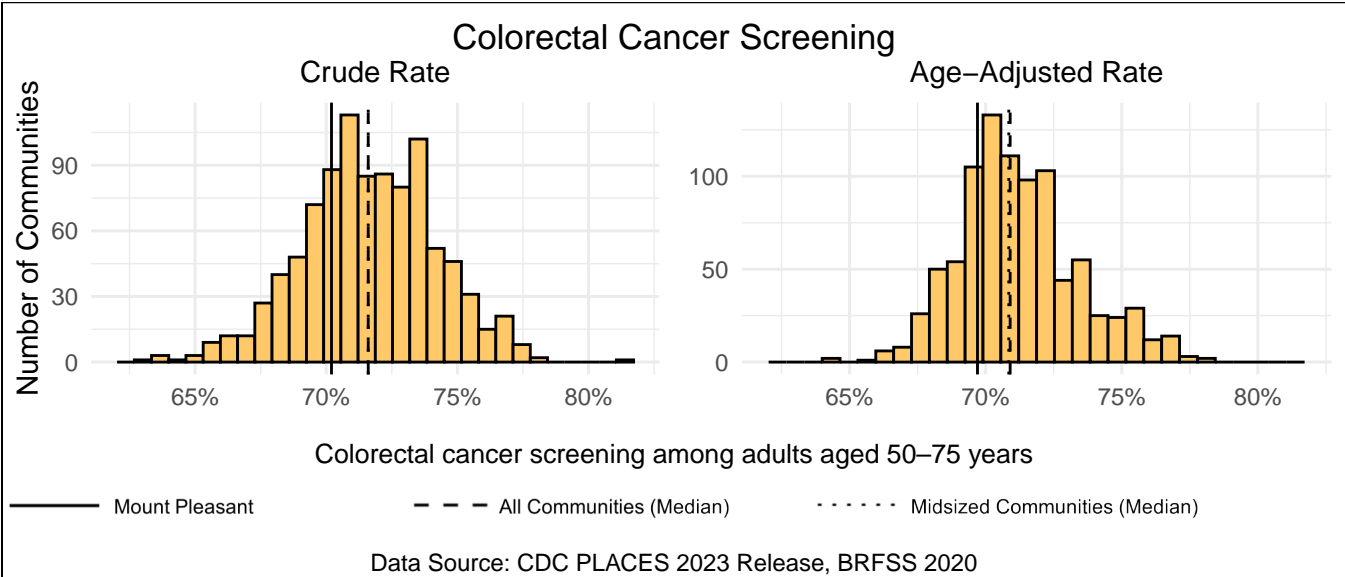
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	70.2%	71.6%	71.6%
Age-Adjusted	69.7%	70.9%	70.8%

Colorectal Cancer Screening

Crude Rate — Age–Adjusted Rate

Number of Communities

Colorectal cancer screening among adults aged 50–75 years

—— Mount Pleasant   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Mount Pleasant has a crude rate of 42.1% 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 642nd out of 958 Iowa communities (59th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 42.6%, which ranks 542nd out of 905 Iowa communities (58th out of 102 midsized communities).
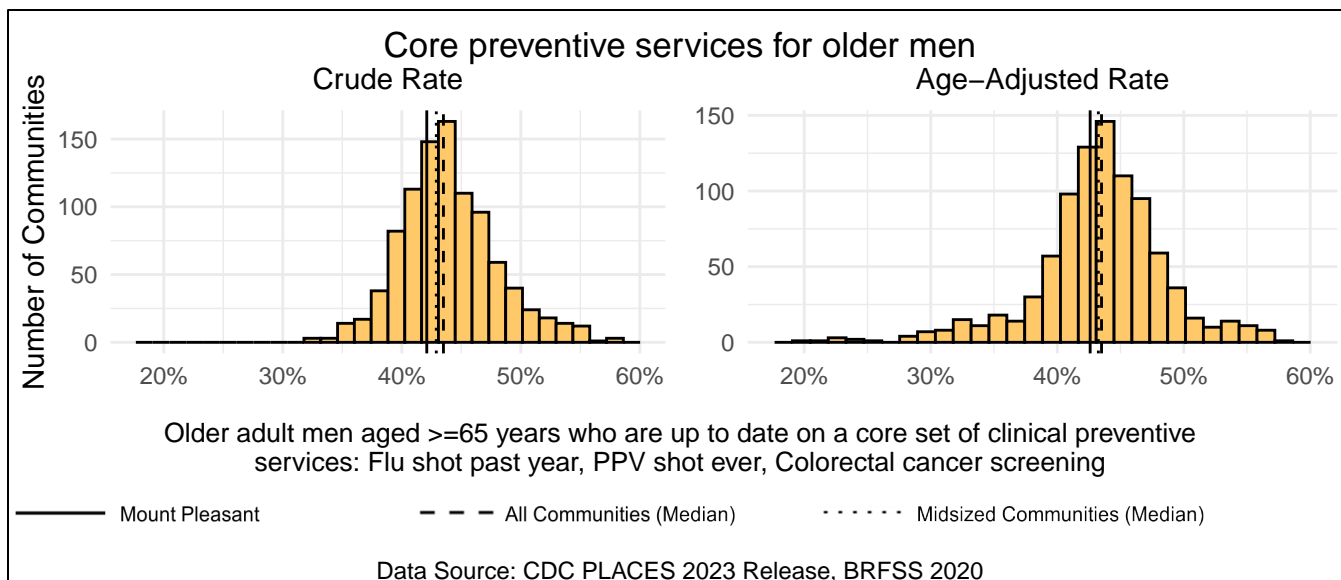
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	42.1%	43.5%	42.9%
Age-Adjusted	42.6%	43.5%	43.2%

Core preventive services for older men

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

Mount Pleasant — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Mount Pleasant has a crude rate of 35.2% 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 807th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 37.5%, which ranks 717th out of 905 Iowa communities (83rd out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	35.2%	39.0%	37.8%
Age-Adjusted	37.5%	39.9%	40.4%

Core preventive services for older women

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

Mount Pleasant — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
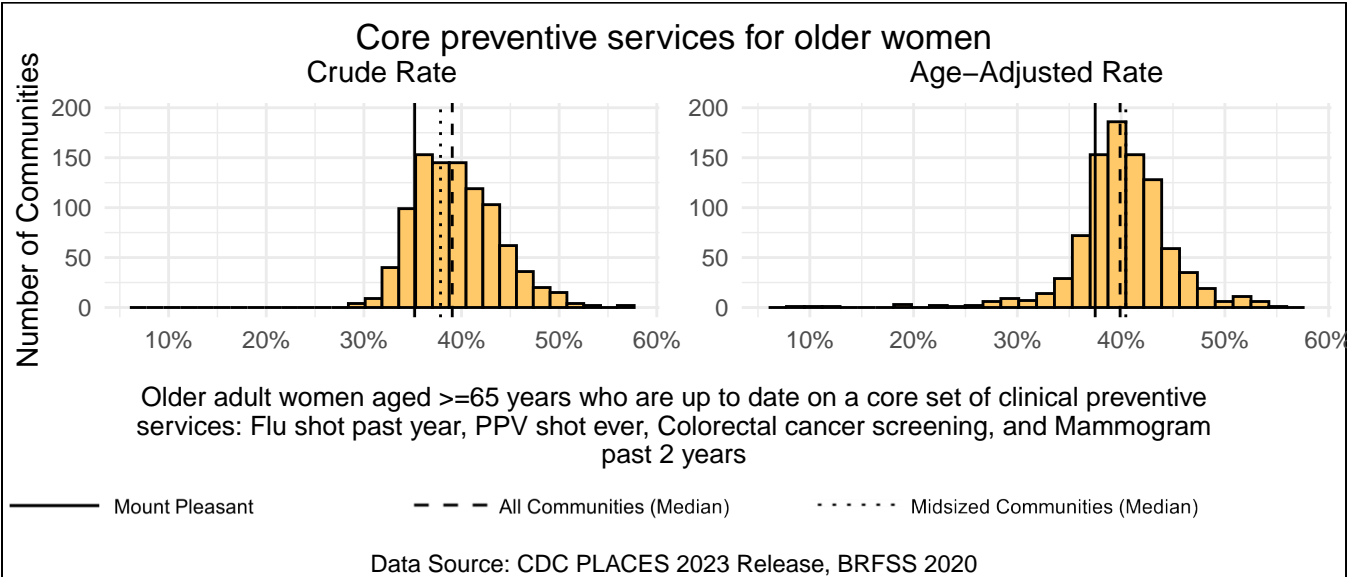
Dental Visit

Mount Pleasant has a crude rate of 63.3% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 804th out of 958 Iowa communities (73rd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 62.8%, which ranks 755th out of 905 Iowa communities (73rd out of 102 midsized communities).
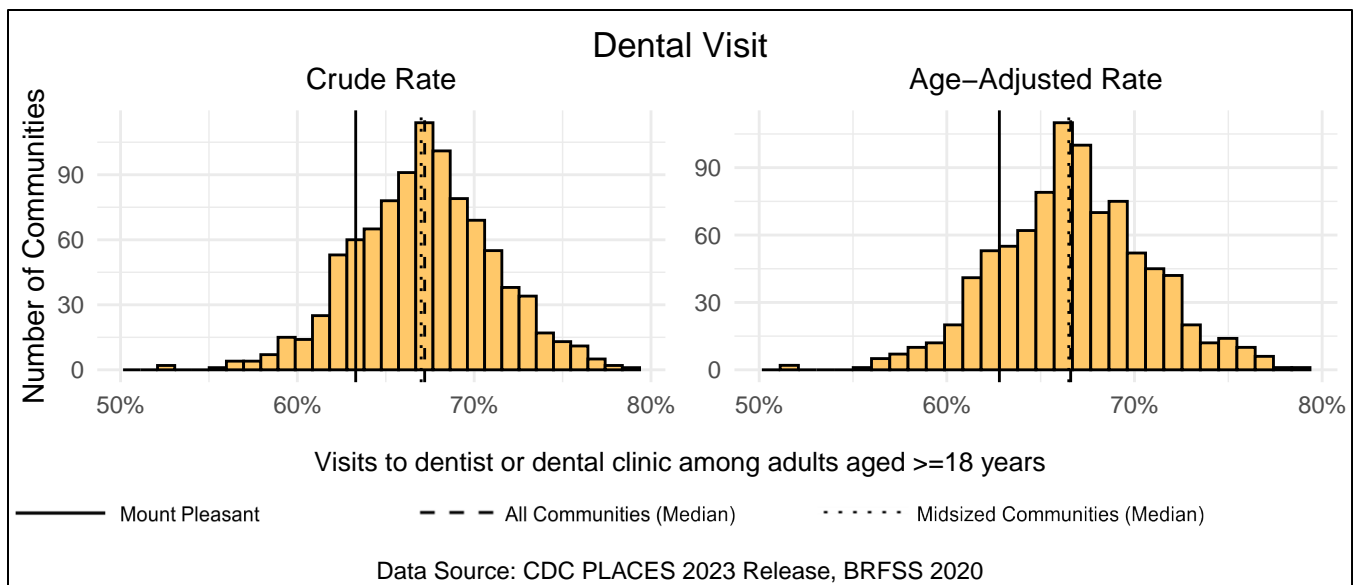
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	63.3%	67.2%	67.0%
Age-Adjusted	62.8%	66.6%	66.5%

Dental Visit

Crude Rate

Age−Adjusted Rate

Number of Communities

Visits to dentist or dental clinic among adults aged >=18 years

—— Mount Pleasant　　　－ － － All Communities (Median)　　　· · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Mount Pleasant has a crude rate of 74.2% for mammography use among women aged 50–74 years, which ranks 807th out of 958 Iowa communities (95th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 71.5%, which ranks 793rd out of 905 Iowa communities (91st out of 102 midsized communities).
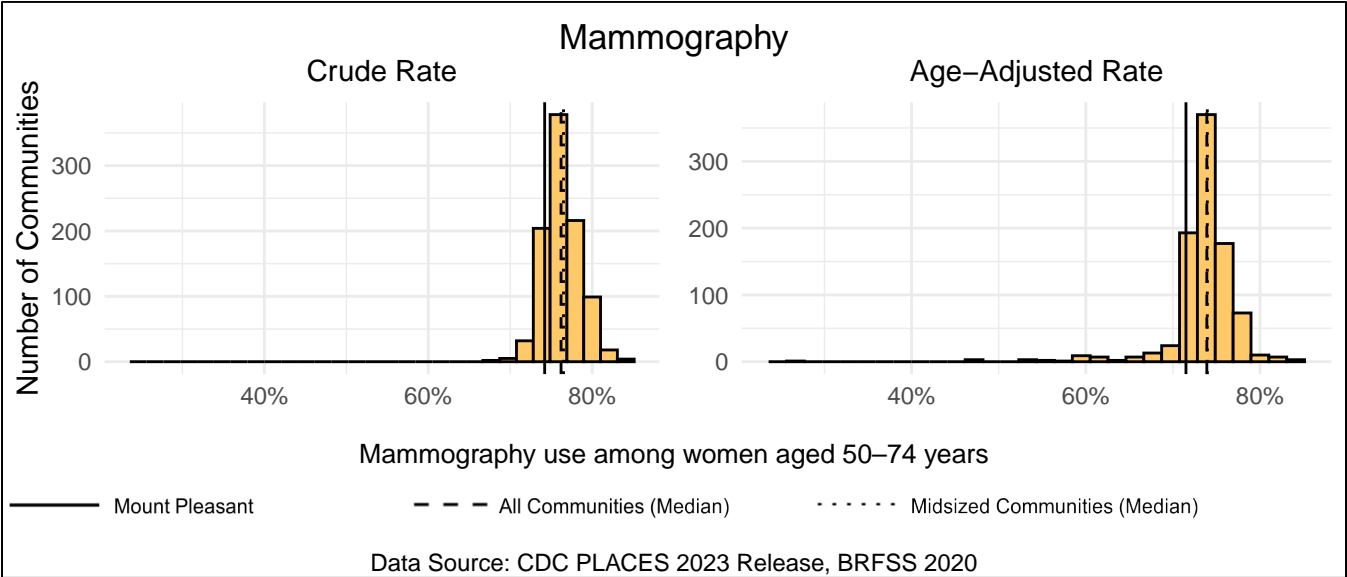
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	74.2%	76.2%	76.5%
Age-Adjusted	71.5%	73.9%	74.0%

Mammography

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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 Pleasant has a crude rate of 6.9% for hearing disability among adults aged >=18 years, which ranks 333rd out of 958 Iowa communities (35th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 6.2%, which ranks 621st out of 905 Iowa communities (65th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	6.9%	7.4%	7.6%
Age-Adjusted	6.2%	6.0%	5.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
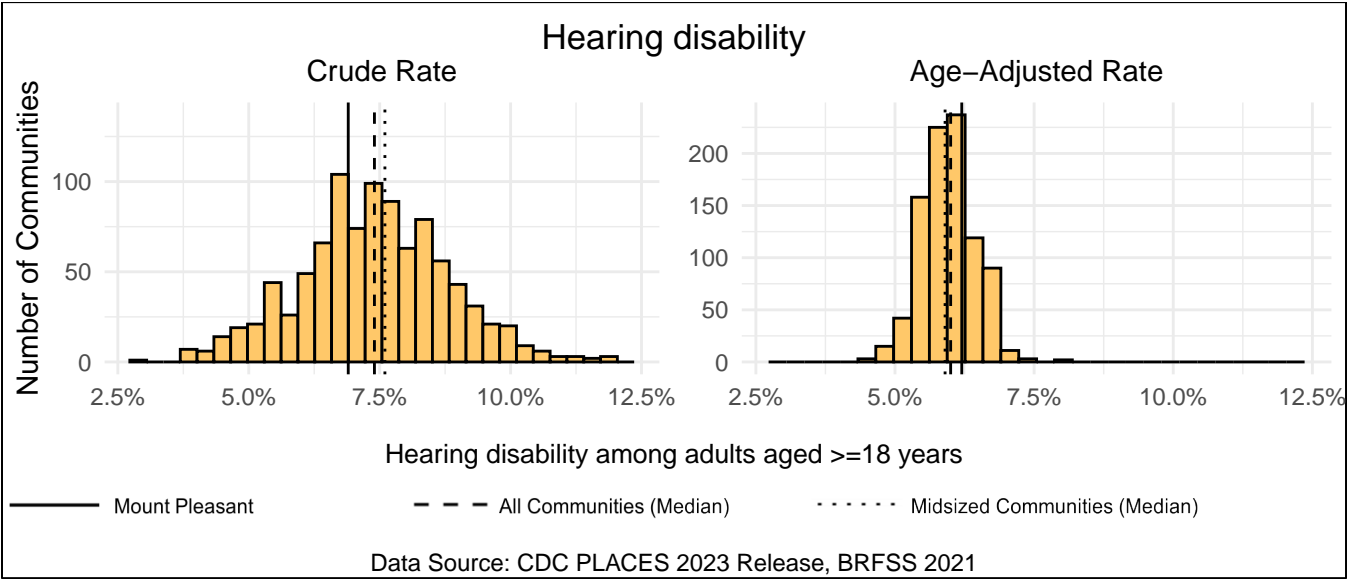
Vision disability

Mount Pleasant has a crude rate of 4.3% for vision disability among adults aged >=18 years, which ranks 562nd out of 958 Iowa communities (51st out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 4.1%, which ranks 714th out of 905 Iowa communities (66th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	4.3%	4.1%	4.3%
Age-Adjusted	4.1%	3.6%	3.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Mount Pleasant has a crude rate of 12.4% for cognitive disability among adults aged >=18 years, which ranks 804th out of 958 Iowa communities (72nd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 12.2%, which ranks 631st out of 905 Iowa communities (67th out of 102 midsized communities).
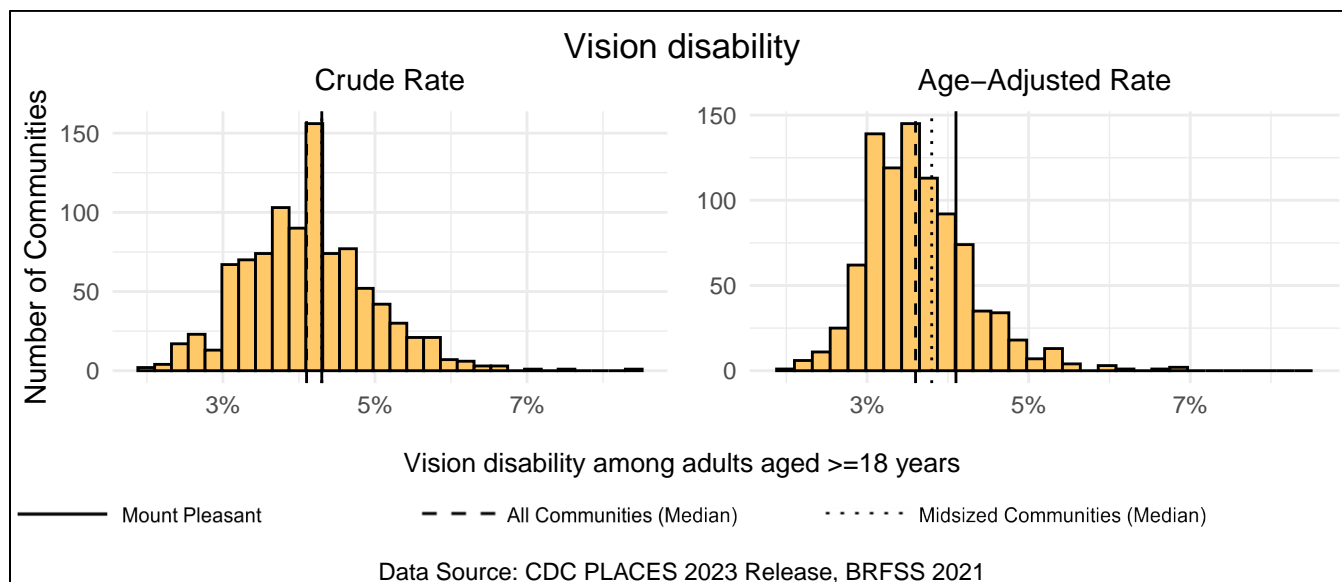
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	12.4%	11.1%	11.5%
Age-Adjusted	12.2%	11.6%	11.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Mount Pleasant has a crude rate of 11.3% for mobility disability among adults aged >=18 years, which ranks 385th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 10.4%, which ranks 704th out of 905 Iowa communities (67th out of 102 midsized communities).
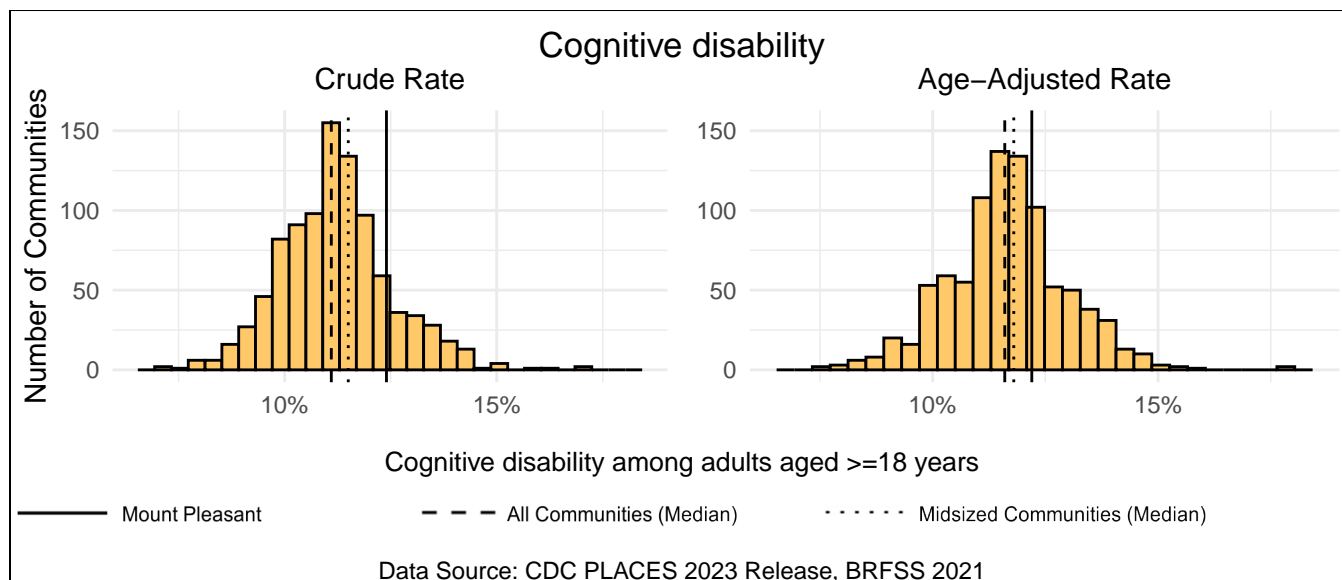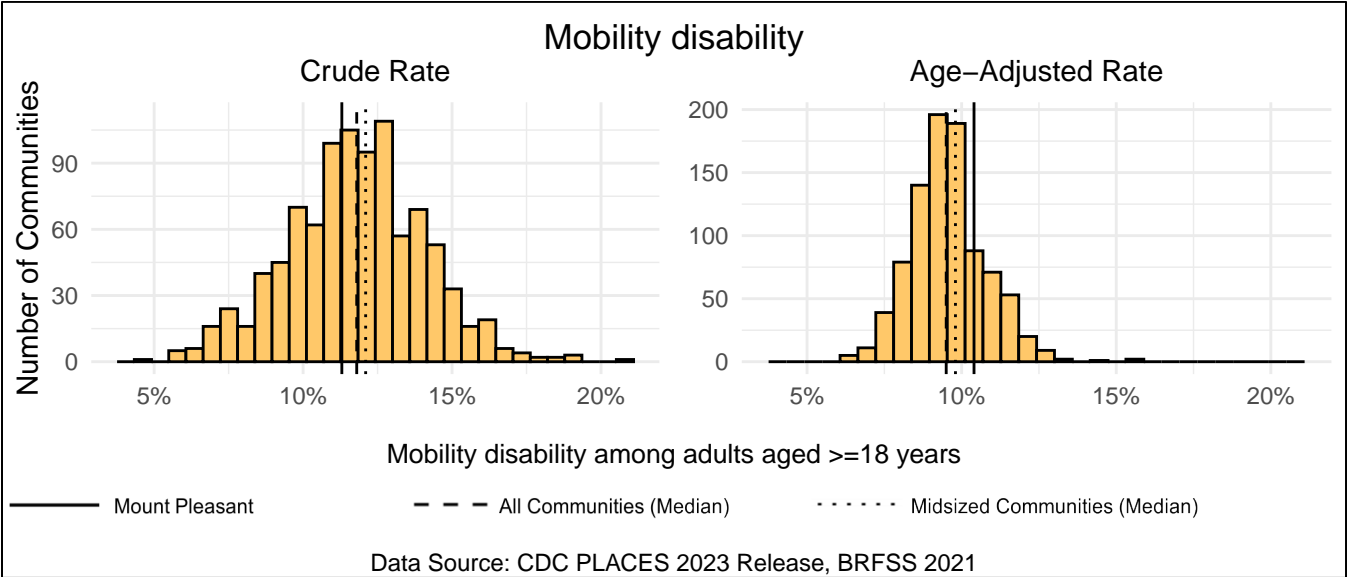
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	11.3%	11.8%	12.1%
Age-Adjusted	10.4%	9.5%	9.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Mount Pleasant has a crude rate of 3.4% for self-care disability among adults aged >=18 years, which ranks 435th out of 958 Iowa communities (45th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 3.3%, which ranks 702nd out of 905 Iowa communities (66th out of 102 midsized communities).

Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	3.4%	3.4%	3.5%
Age-Adjusted	3.3%	2.9%	3.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Mount Pleasant has a crude rate of 7.0% for independent living disability among adults aged >=18 years, which ranks 599th out of 958 Iowa communities (52nd out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 6.6%, which ranks 616th out of 905 Iowa communities (62nd out of 102 midsized communities).
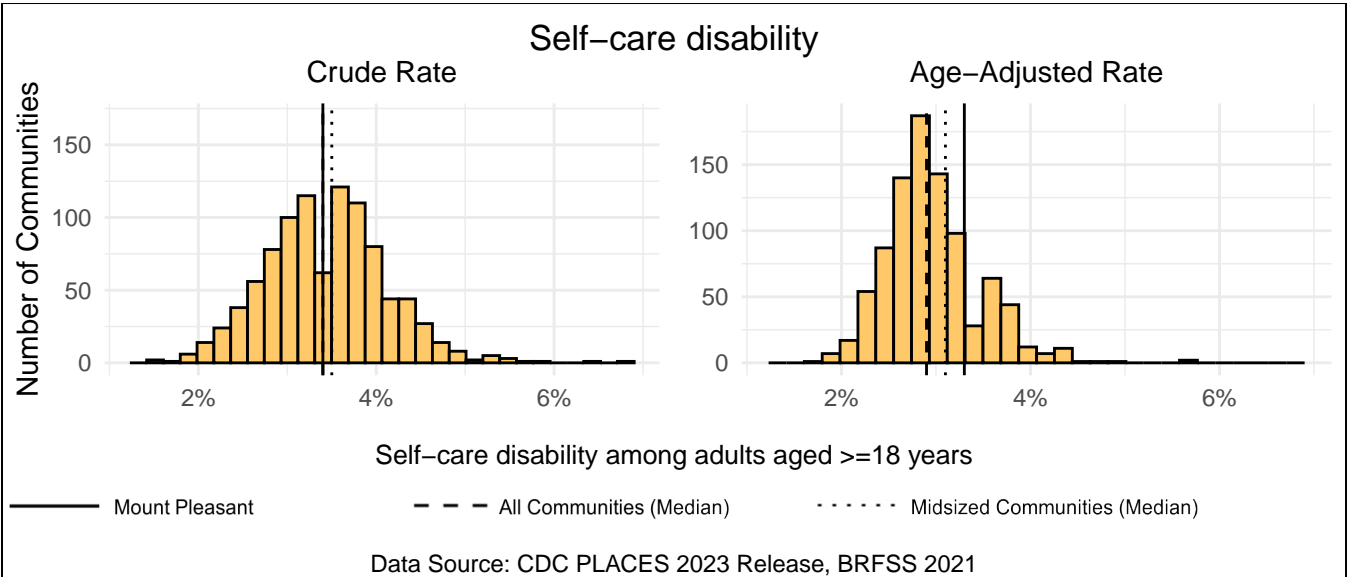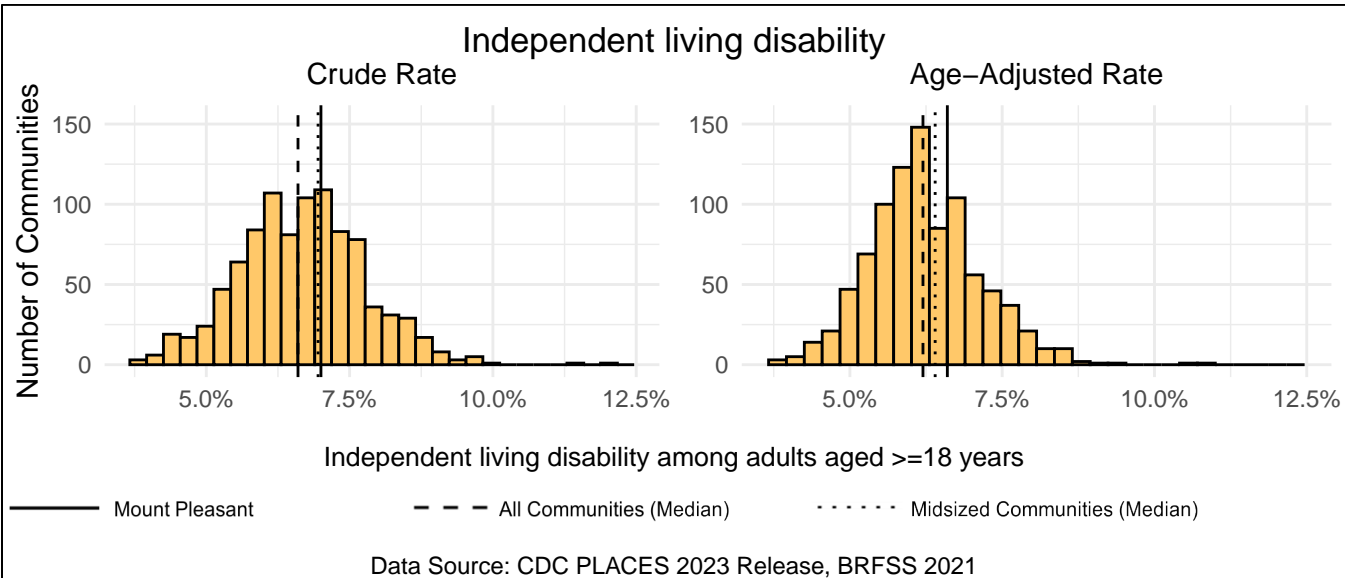
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	7.0%	6.6%	7.0%
Age-Adjusted	6.6%	6.2%	6.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Mount Pleasant has a crude rate of 26.5% for any disability among adults aged >=18 years, which ranks 584th out of 958 Iowa communities (54th out of 102 midsized communities). The age-adjusted rate for Mount Pleasant is 25.1%, which ranks 748th out of 905 Iowa communities (74th out of 102 midsized communities).
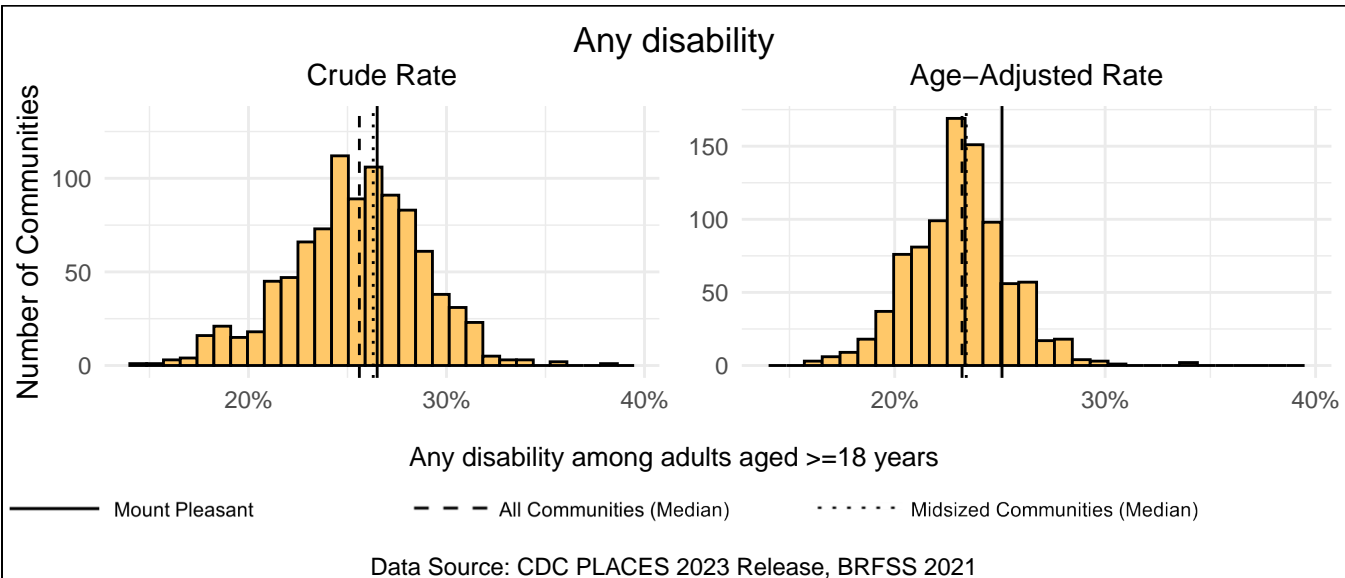
Measure Type	Mount Pleasant	All Comm.	Midsized Comm.
Crude	26.5%	25.6%	26.3%
Age-Adjusted	25.1%	23.2%	23.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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 Pleasant 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	788	15.3% (13.4% - 17.4%)	405	15.5% (13.5% - 17.6%)
Health Status	General Health	552	14.7% (12.7% - 17.0%)	744	14.3% (12.2% - 16.3%)
Health Status	Physical Health	404	10.6% (9.2% - 12.2%)	707	10.4% (9.0% - 11.8%)
Health Risk Behaviors	Current Smoking	539	17.1% (14.3% - 20.3%)	553	18.1% (14.9% - 21.4%)
Health Risk Behaviors	Binge Drinking	549	19.9% (16.6% - 23.6%)	95	20.6% (17.1% - 24.4%)
Health Risk Behaviors	Physical Inactivity	549	26.7% (22.3% - 31.4%)	726	26.3% (22.0% - 30.6%)
Health Risk Behaviors	Sleep <7 hours	951	33.9% (32.8% - 35.0%)	901	34.8% (33.7% - 35.9%)
Health Outcomes	Cancer (except skin)	160	6.9% (6.3% - 7.6%)	16	6.3% (5.7% - 7.0%)
Health Outcomes	Chronic Kidney Disease	241	2.9% (2.7% - 3.2%)	623	2.7% (2.5% - 3.0%)
Health Outcomes	Diabetes	327	9.5% (8.1% - 11.0%)	740	9.0% (7.7% - 10.4%)
Health Outcomes	High Blood Pressure	308	30.5% (26.8% - 34.5%)	808	29.3% (25.6% - 33.1%)
Health Outcomes	All Teeth Lost	601	13.6% (9.7% - 17.9%)	528	13.2% (9.7% - 17.0%)
Health Outcomes	High Cholesterol	231	34.4% (30.2% - 38.9%)	731	30.6% (26.3% - 35.2%)
Health Outcomes	Depression	778	19.1% (15.9% - 22.7%)	527	19.3% (16.1% - 22.8%)
Health Outcomes	Stroke	280	3.0% (2.7% - 3.4%)	569	2.7% (2.5% - 3.0%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.5%)	241	9.3% (8.2% - 10.5%)
Health Outcomes	Arthritis	145	24.0% (20.6% - 27.7%)	321	22.7% (19.4% - 26.5%)
Health Outcomes	COPD	274	6.8% (5.8% - 7.9%)	513	6.4% (5.5% - 7.5%)
Health Outcomes	Obesity	601	38.4% (31.6% - 46.2%)	715	39.5% (32.5% - 46.9%)
Health Outcomes	Coronary Heart Disease	268	5.8% (5.1% - 6.6%)	601	5.2% (4.6% - 5.9%)
Prevention	Cervical Cancer Screening	832	81.3% (79.6% - 83.0%)	657	82.4% (80.8% - 84.0%)
Prevention	Colorectal Cancer Screening	690	70.2% (68.1% - 72.3%)	687	69.7% (67.6% - 71.9%)
Prevention	Health Insurance	861	9.1% (7.5% - 10.9%)	788	9.3% (7.6% - 11.4%)
Prevention	Annual Checkup	824	73.1% (68.1% - 77.8%)	559	72.2% (67.0% - 77.1%)
Prevention	Cholesterol Screening	902	78.7% (75.3% - 81.7%)	603	78.6% (75.2% - 81.8%)

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 women	807	35.2% (30.0% - 40.4%)	717	37.5% (32.4% - 42.7%)
Prevention	Taking BP Medication	780	76.9% (73.8% - 79.9%)	107	59.9% (55.0% - 64.7%)
Prevention	Dental Visit	804	63.3% (60.9% - 65.7%)	755	62.8% (60.3% - 65.2%)
Prevention	Mammography	807	74.2% (71.3% - 77.2%)	793	71.5% (68.2% - 74.5%)
Prevention	Core preventive services for older men	642	42.1% (35.7% - 47.8%)	542	42.6% (36.1% - 48.3%)
Disability	Self-care Disability	435	3.4% (3.0% - 3.9%)	702	3.3% (2.9% - 3.7%)
Disability	Vision Disability	562	4.3% (3.8% - 4.9%)	714	4.1% (3.6% - 4.7%)
Disability	Any Disability	584	26.5% (22.9% - 30.3%)	748	25.1% (21.6% - 28.8%)
Disability	Hearing Disability	333	6.9% (6.1% - 7.7%)	621	6.2% (5.5% - 6.9%)
Disability	Mobility Disability	385	11.3% (9.7% - 13.1%)	704	10.4% (9.0% - 12.0%)
Disability	Cognitive Disability	804	12.4% (10.7% - 14.2%)	631	12.2% (10.5% - 14.0%)
Disability	Independent Living Disability	599	7.0% (6.1% - 7.9%)	616	6.6% (5.8% - 7.5%)

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

Mount Pleasant falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

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

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