



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

Table of contents

Health in Mount Vernon: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Mount Vernon PLACES Data	32
Appendix 3: Midsized Communities (2,500-9,999)	34

Health in Mount Vernon: Overview

Dear Community Members & Stakeholders of Mount Vernon,

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 Vernon ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Mount Vernon'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 Vernon. 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	5th	1st	Colorectal Cancer Screening	7th	3rd
Diabetes	7th	3rd	Cervical Cancer Screening	13th	5th
Mobility Disability	7th	3rd	Cholesterol Screening	22nd	7th
High Cholesterol	8th	2nd	Health Insurance	26th	8th
General Health	9th	3rd	Annual Checkup	28th	4th

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
Binge Drinking	950th	100th	Depression	852nd	95th
Cholesterol Screening	947th	100th	Binge Drinking	835th	95th
Depression	945th	101st	Taking BP Medication	631st	75th
Taking BP Medication	934th	97th	High Blood Pressure	469th	49th
Mental Health	884th	90th	Cancer (except skin)	418th	41st

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 Vernon.

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

With a population of 4,529, Mount Vernon’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.



Health Status

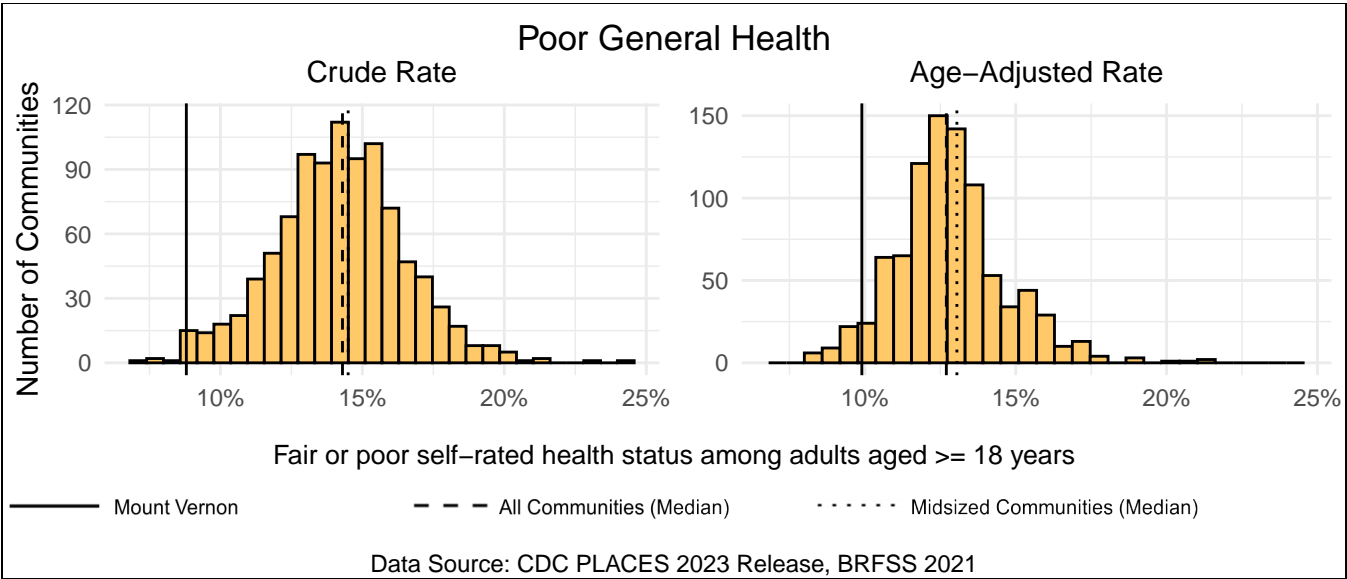
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health 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 Vernon has a crude rate of 8.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 9th out of 958 Iowa communities (3rd out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 9.9%, which ranks 41st out of 905 Iowa communities (11th out of 102 mid-sized communities).

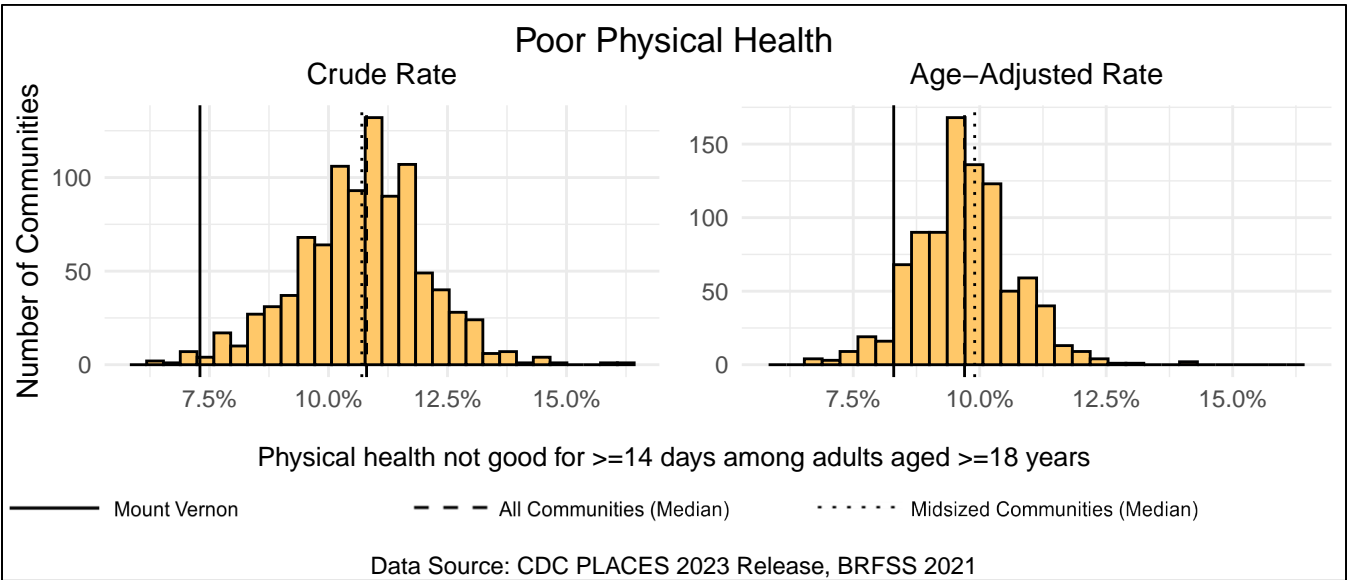
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	8.8%	14.3%	14.5%
Age-Adjusted	9.9%	12.7%	13.0%



Poor Physical Health

Mount Vernon has a crude rate of 7.3% for physical health not good for >=14 days among adults aged >=18 years, which ranks 11th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 8.3%, which ranks 52nd out of 905 Iowa communities (17th out of 102 midsize communities).

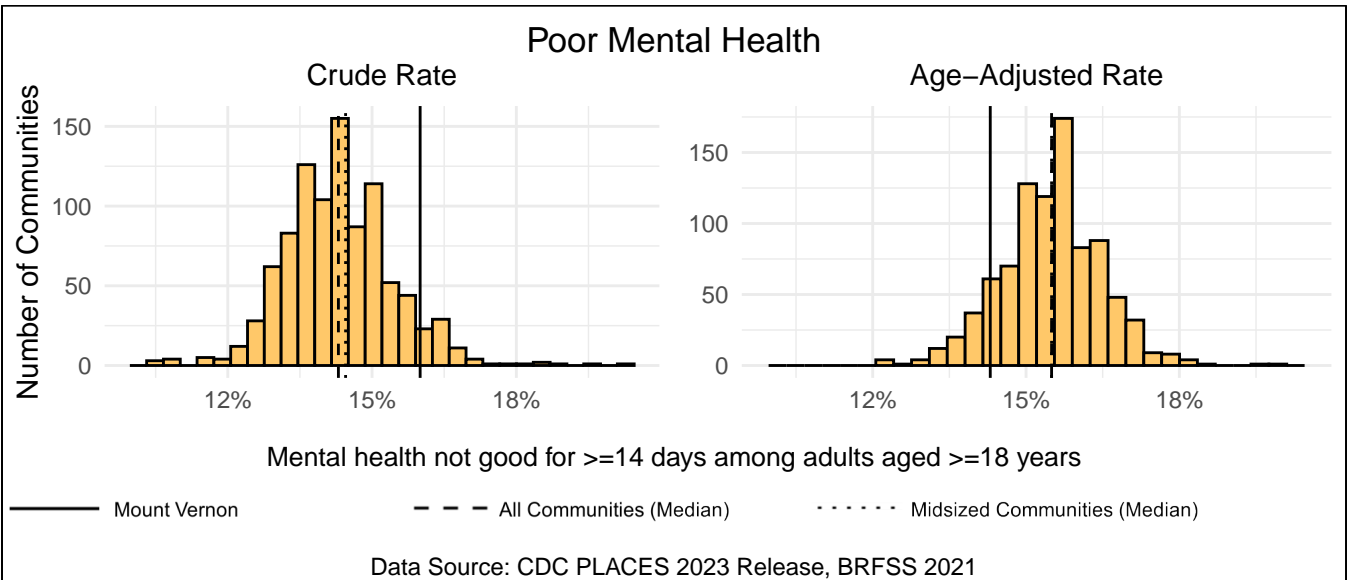
Measure Type	Mount Vernon	All Comm.	Midsize Comm.
Crude	7.3%	10.8%	10.7%
Age-Adjusted	8.3%	9.7%	9.9%



Poor Mental Health

Mount Vernon has a crude rate of 16.0% for mental health not good for >=14 days among adults aged >=18 years, which ranks 884th out of 958 Iowa communities (90th out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 14.3%, which ranks 93rd out of 905 Iowa communities (17th out of 102 midsize communities).

Measure Type	Mount Vernon	All Comm.	Midsize Comm.
Crude	16.0%	14.3%	14.4%
Age-Adjusted	14.3%	15.5%	15.5%



Health Risk Behaviors

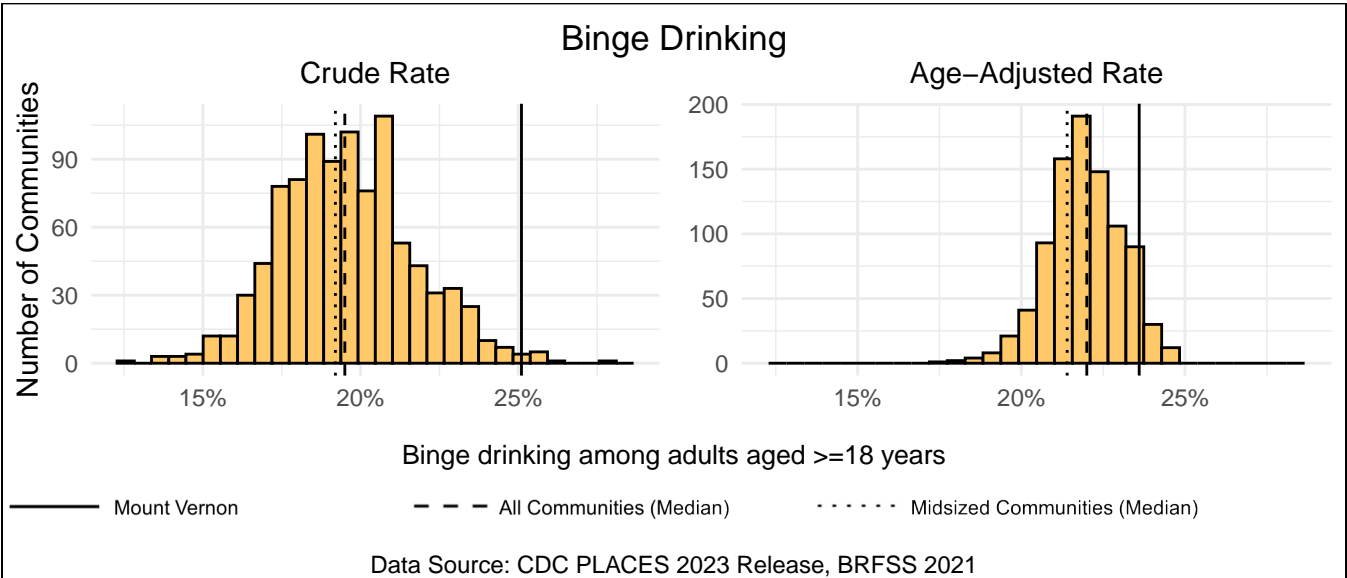
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

Binge Drinking

Mount Vernon has a crude rate of 25.1% for binge drinking among adults aged ≥ 18 years, which ranks 950th out of 958 Iowa communities (100th out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 23.6%, which ranks 835th out of 905 Iowa communities (95th out of 102 midsize communities).

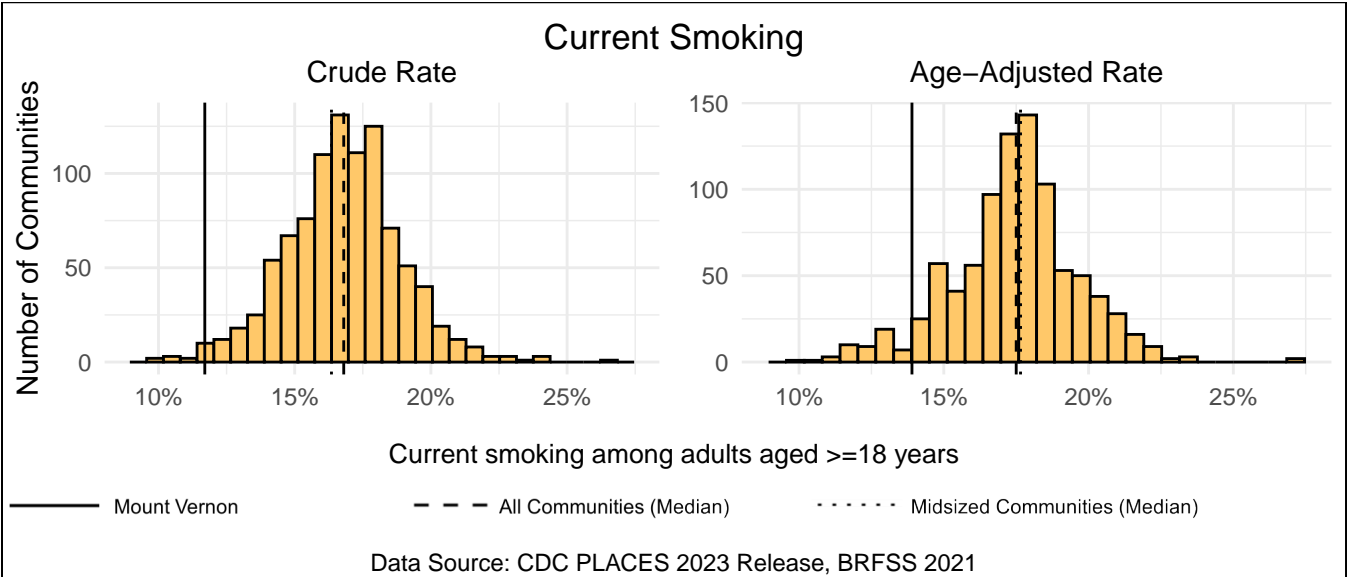
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	25.1%	19.5%	19.2%
Age-Adjusted	23.6%	22.0%	21.4%



Current Smoking

Mount Vernon has a crude rate of 11.7% for current smoking among adults aged >=18 years, which ranks 10th out of 958 Iowa communities (3rd out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 13.9%, which ranks 51st out of 905 Iowa communities (15th out of 102 mid-sized communities).

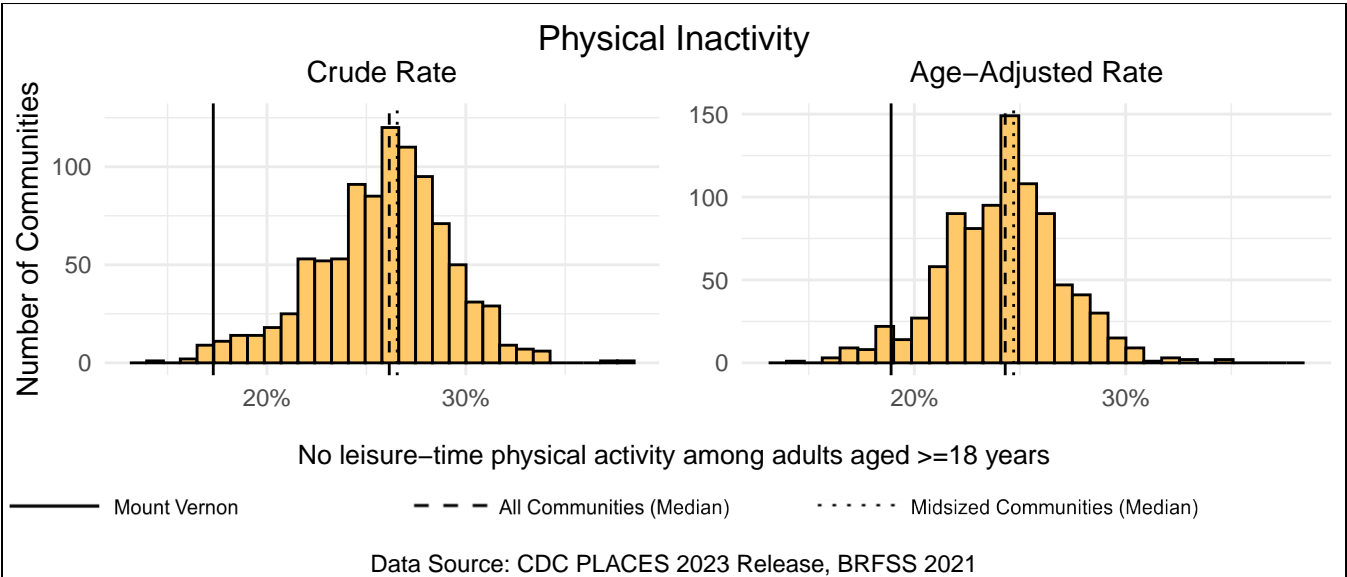
Measure Type	Mount Vernon	All Comm.	Mid-sized Comm.
Crude	11.7%	16.8%	16.4%
Age-Adjusted	13.9%	17.5%	17.6%



Physical Inactivity

Mount Vernon has a crude rate of 17.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 10th out of 958 Iowa communities (4th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 18.9%, which ranks 35th out of 905 Iowa communities (9th out of 102 mid-sized communities).

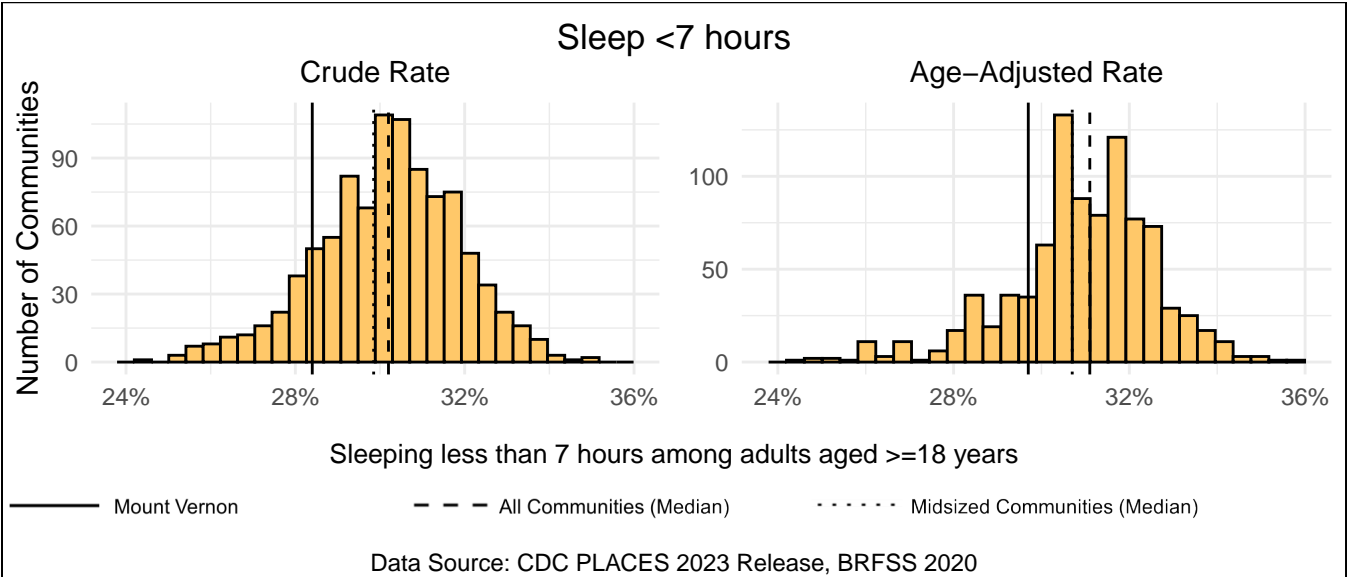
Measure Type	Mount Vernon	All Comm.	Mid-sized Comm.
Crude	17.3%	26.1%	26.6%
Age-Adjusted	18.9%	24.3%	24.7%



Sleep <7 hours

Mount Vernon has a crude rate of 28.4% for sleeping less than 7 hours among adults aged >=18 years, which ranks 133rd out of 958 Iowa communities (20th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 29.7%, which ranks 162nd out of 905 Iowa communities (26th out of 102 mid-sized communities).

Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	28.4%	30.2%	29.8%
Age-Adjusted	29.7%	31.1%	30.7%



Health Outcomes

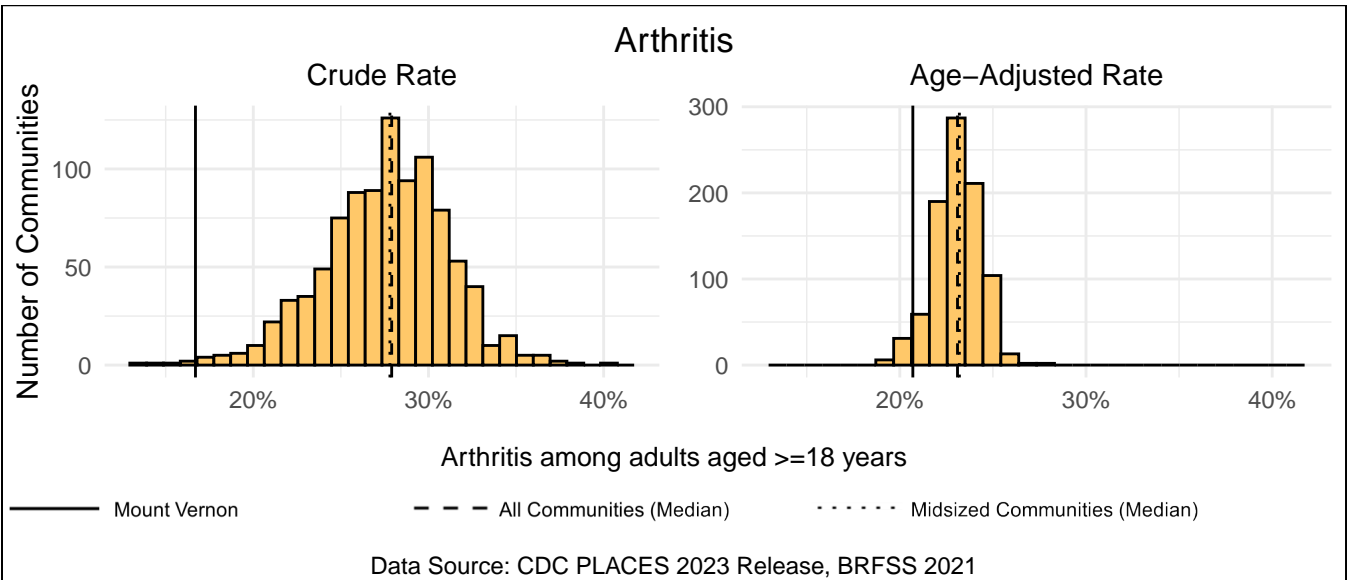
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Mount Vernon has a crude rate of 16.7% for arthritis among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 20.7%, which ranks 38th out of 905 Iowa communities (9th out of 102 midsize communities).

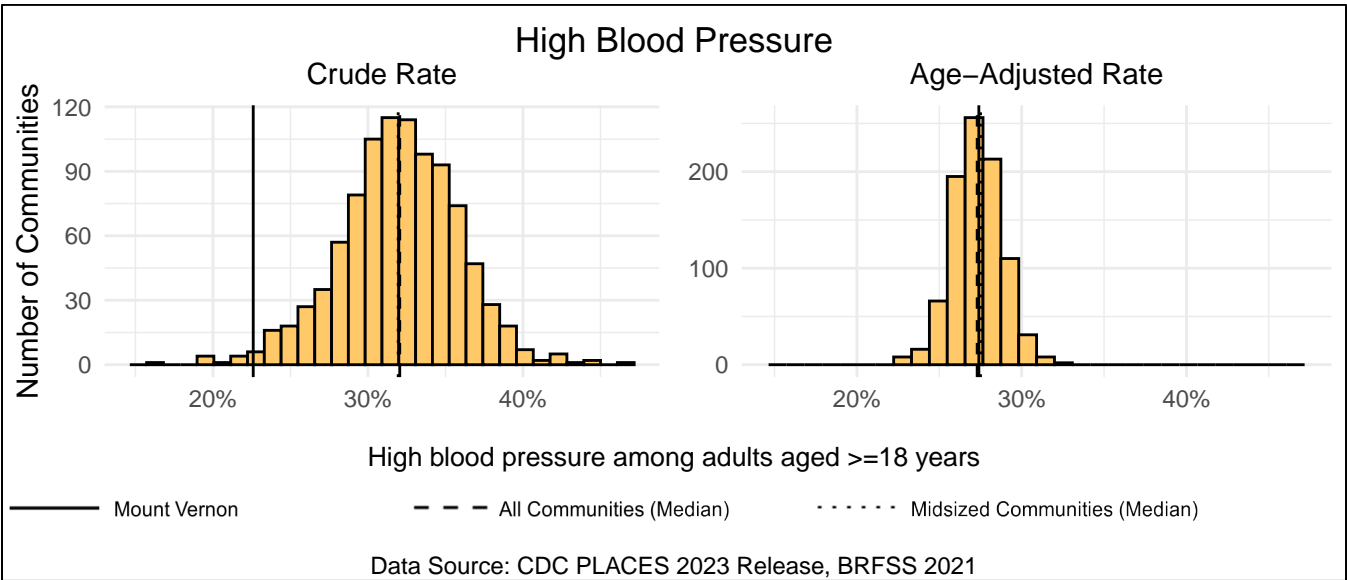
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	16.7%	27.9%	27.8%
Age-Adjusted	20.7%	23.1%	23.2%



High Blood Pressure

Mount Vernon has a crude rate of 22.6% for high blood pressure among adults aged ≥ 18 years, which ranks 11th out of 958 Iowa communities (3rd out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 27.4%, which ranks 469th out of 905 Iowa communities (49th out of 102 mid-sized communities).

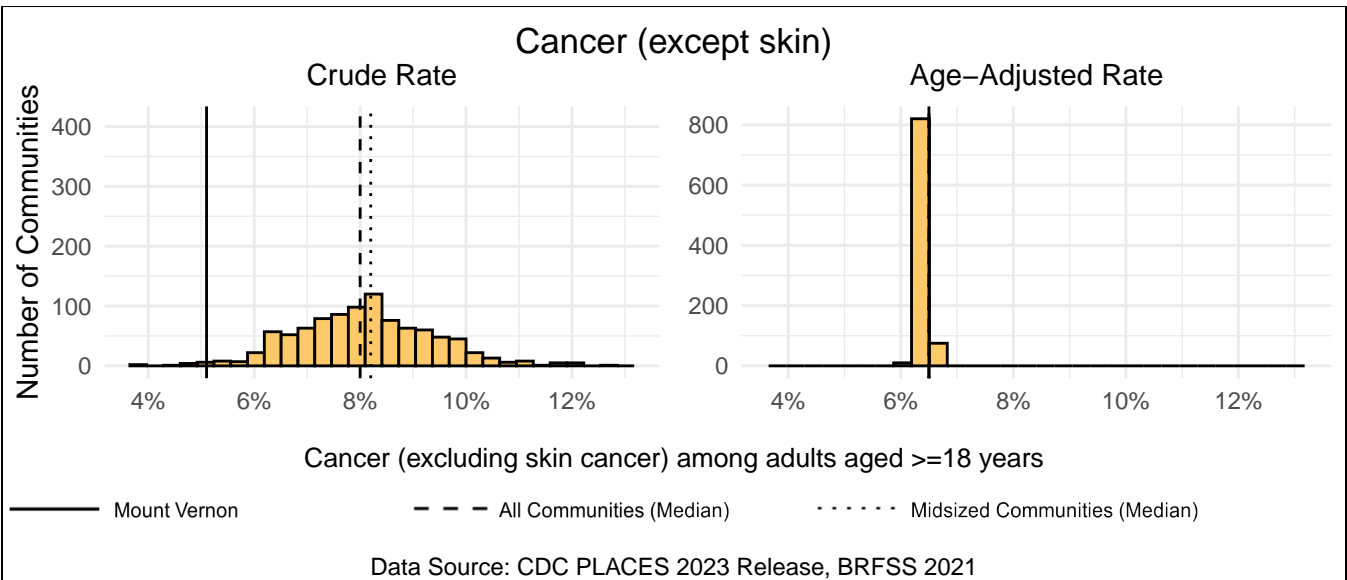
Measure Type	Mount Vernon	All Comm.	Mid-sized Comm.
Crude	22.6%	32.0%	32.0%
Age-Adjusted	27.4%	27.3%	27.5%



Cancer (except skin)

Mount Vernon has a crude rate of 5.1% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 11th out of 958 Iowa communities (4th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

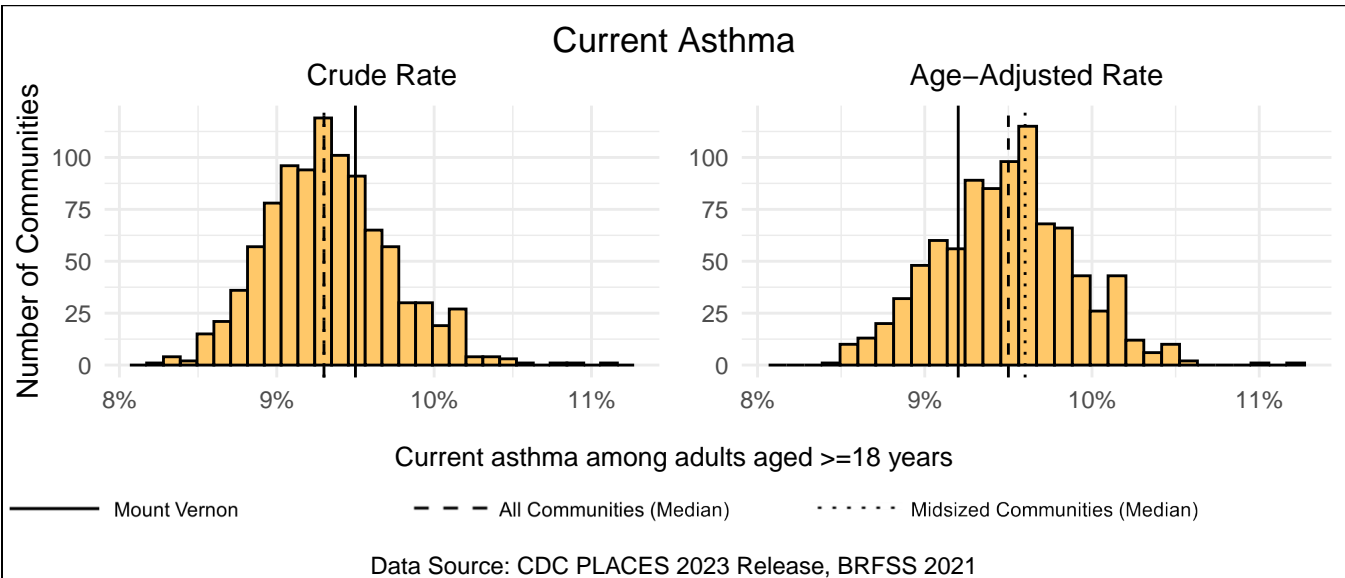
Measure Type	Mount Vernon	All Comm.	Mid-sized Comm.
Crude	5.1%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Mount Vernon has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 9.2%, which ranks 185th out of 905 Iowa communities (22nd out of 102 midsize communities).

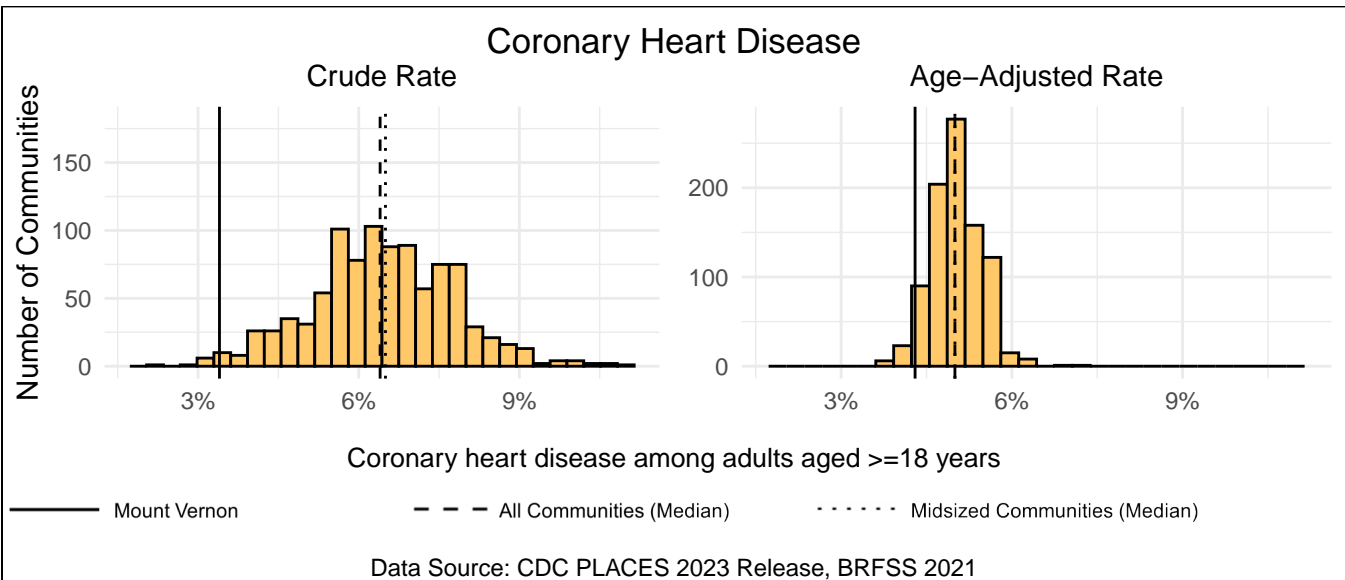
Measure Type	Mount Vernon	All Comm.	Midsize Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.2%	9.5%	9.6%



Coronary Heart Disease

Mount Vernon has a crude rate of 3.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 11th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 4.3%, which ranks 30th out of 905 Iowa communities (8th out of 102 midsize communities).

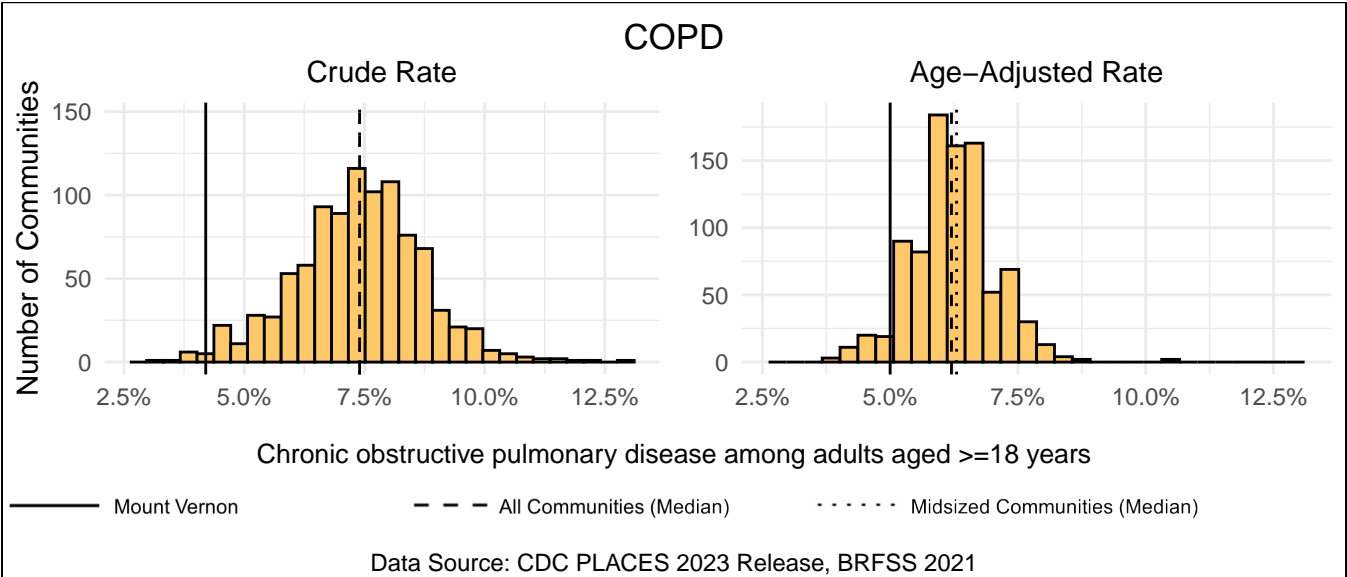
Measure Type	Mount Vernon	All Comm.	Midsize Comm.
Crude	3.4%	6.4%	6.5%
Age-Adjusted	4.3%	5.0%	5.0%



COPD

Mount Vernon has a crude rate of 4.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 11th out of 958 Iowa communities (3rd out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 5.0%, which ranks 45th out of 905 Iowa communities (12th out of 102 midsize communities).

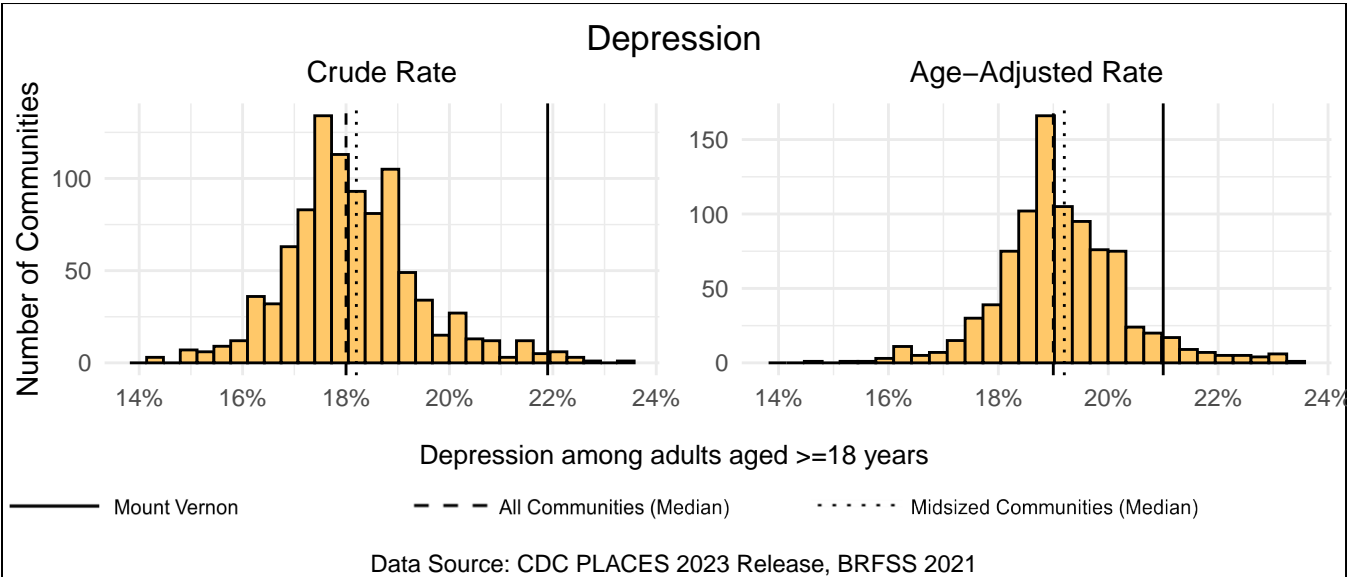
Measure Type	Mount Vernon	All Comm.	Midsize Comm.
Crude	4.2%	7.4%	7.4%
Age-Adjusted	5.0%	6.2%	6.3%



Depression

Mount Vernon has a crude rate of 21.9% for depression among adults aged ≥ 18 years, which ranks 945th out of 958 Iowa communities (101st out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 21.0%, which ranks 852nd out of 905 Iowa communities (95th out of 102 midsize communities).

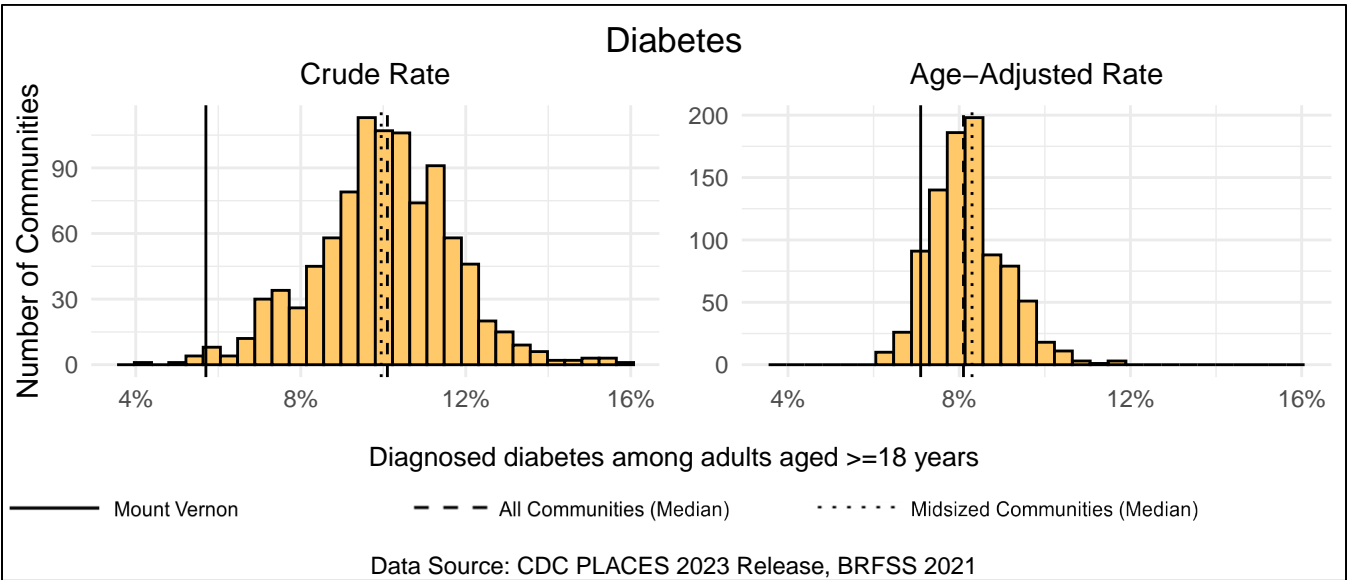
Measure Type	Mount Vernon	All Comm.	Midsize Comm.
Crude	21.9%	18.0%	18.2%
Age-Adjusted	21.0%	19.0%	19.2%



Diabetes

Mount Vernon has a crude rate of 5.7% for diagnosed diabetes among adults aged >=18 years, which ranks 7th out of 958 Iowa communities (3rd out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 7.1%, which ranks 57th out of 905 Iowa communities (13th out of 102 midsize communities).

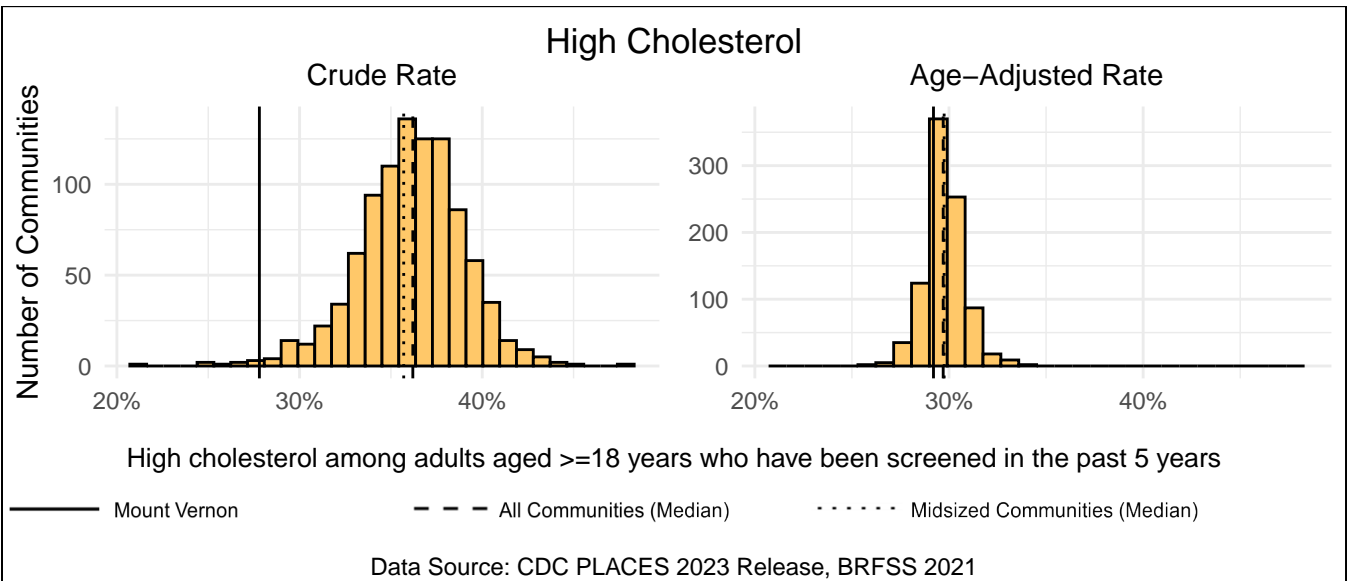
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	5.7%	10.1%	9.9%
Age-Adjusted	7.1%	8.1%	8.3%



High Cholesterol

Mount Vernon has a crude rate of 27.8% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 8th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 29.2%, which ranks 242nd out of 905 Iowa communities (25th out of 102 midsize communities).

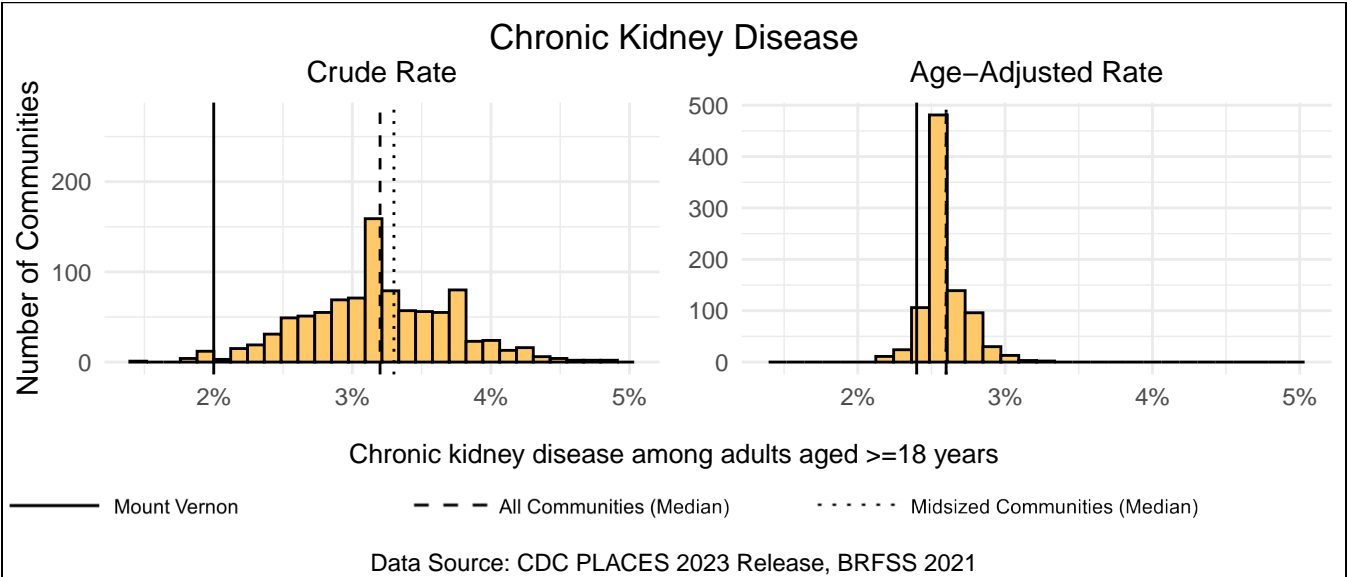
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	27.8%	36.2%	35.7%
Age-Adjusted	29.2%	29.7%	29.8%



Chronic Kidney Disease

Mount Vernon has a crude rate of 2.0% for chronic kidney disease among adults aged ≥ 18 years, which ranks 12th out of 958 Iowa communities (4th out of 102 midsized communities). The age-adjusted rate for Mount Vernon is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

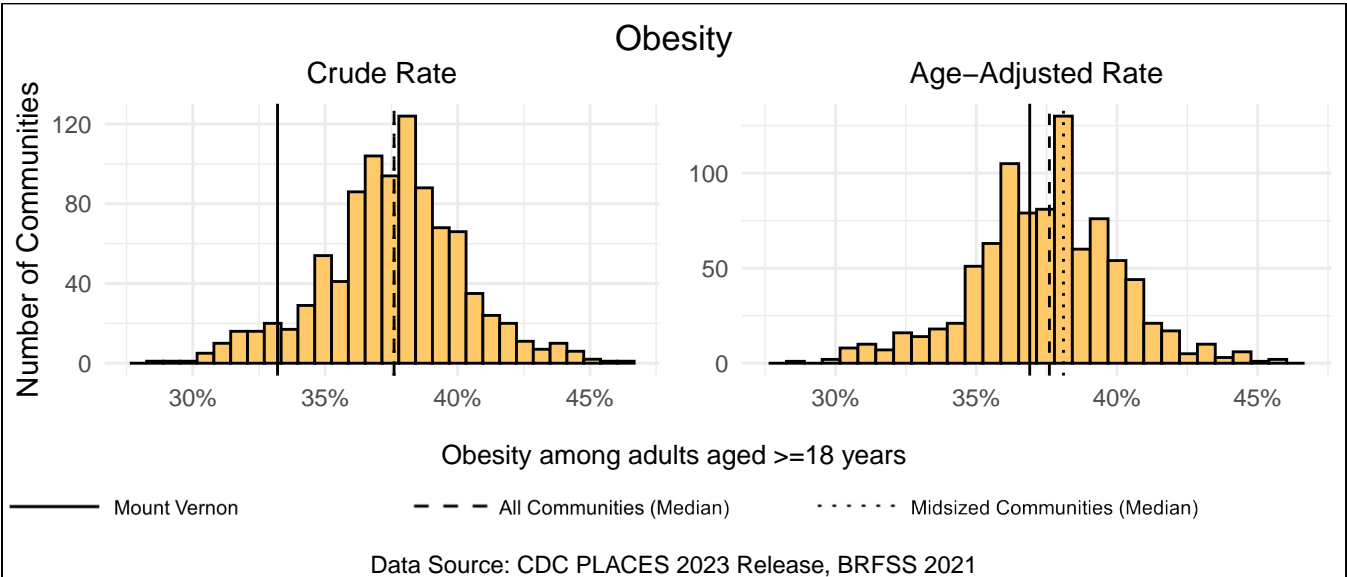
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	2.0%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Mount Vernon has a crude rate of 33.2% for obesity among adults aged ≥ 18 years, which ranks 61st out of 958 Iowa communities (10th out of 102 midsized communities). The age-adjusted rate for Mount Vernon is 36.9%, which ranks 353rd out of 905 Iowa communities (37th out of 102 midsized communities).

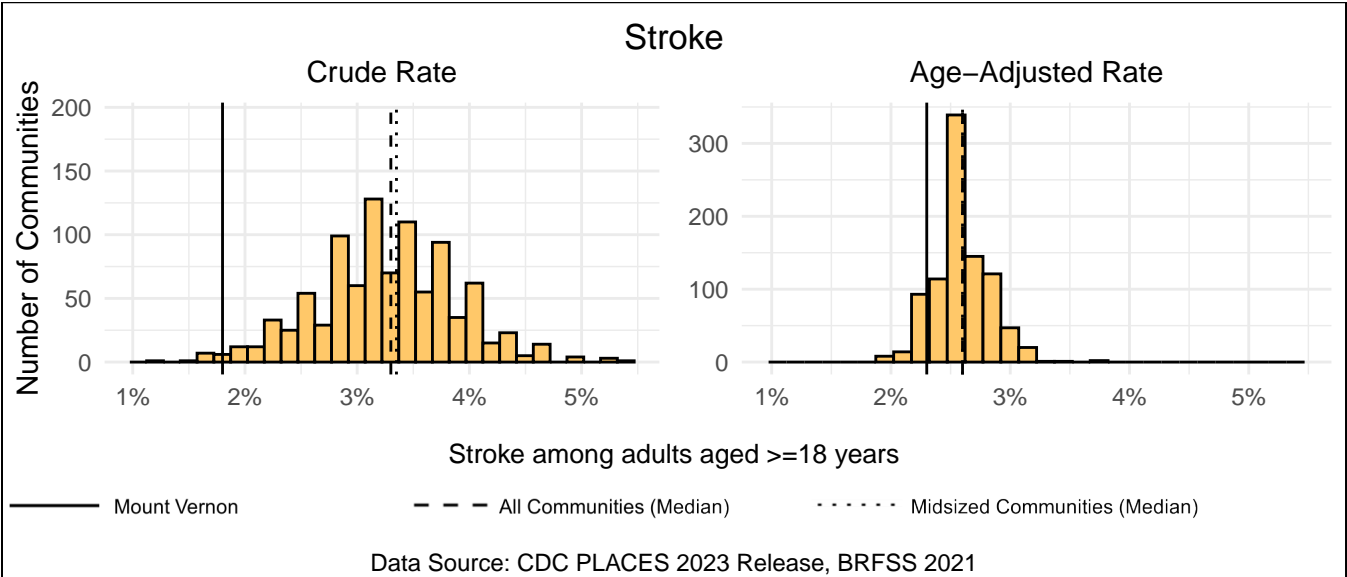
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	33.2%	37.6%	37.6%
Age-Adjusted	36.9%	37.6%	38.1%



Stroke

Mount Vernon has a crude rate of 1.8% for stroke among adults aged ≥ 18 years, which ranks 10th out of 958 Iowa communities (3rd out of 102 midsized communities). The age-adjusted rate for Mount Vernon is 2.3%, which ranks 49th out of 905 Iowa communities (14th out of 102 mid-sized communities).

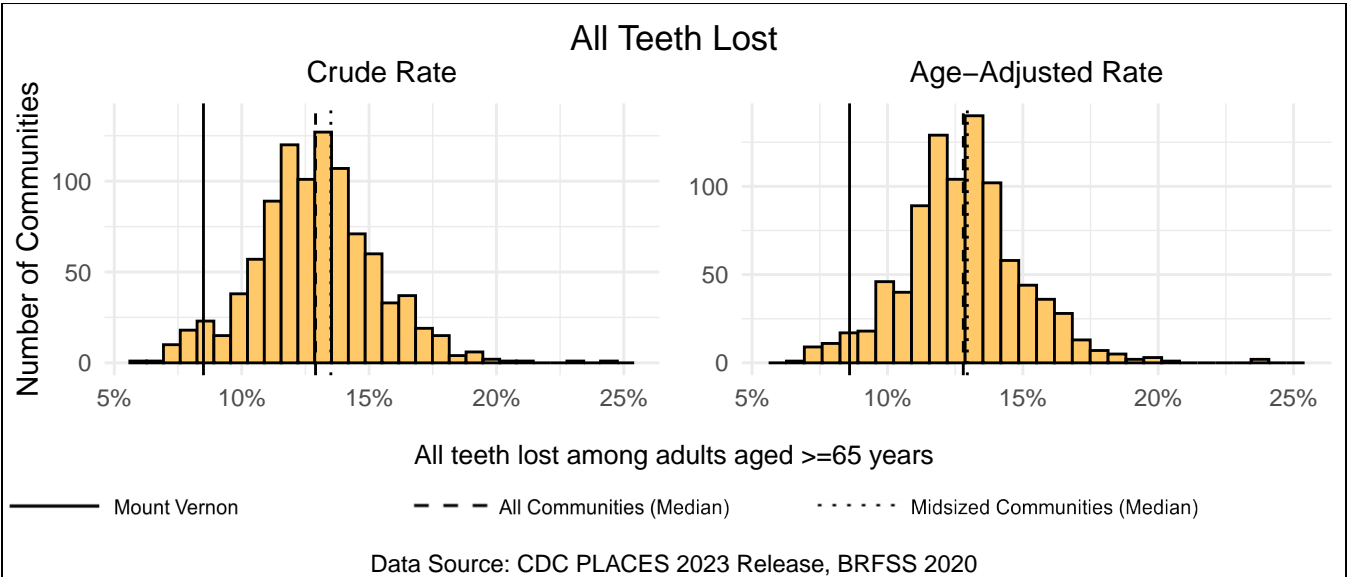
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	1.8%	3.3%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



All Teeth Lost

Mount Vernon has a crude rate of 8.5% for all teeth lost among adults aged ≥ 65 years, which ranks 38th out of 958 Iowa communities (10th out of 102 midsized communities). The age-adjusted rate for Mount Vernon is 8.6%, which ranks 32nd out of 905 Iowa communities (9th out of 102 midsized communities).

Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	8.5%	12.9%	13.5%
Age-Adjusted	8.6%	12.8%	12.9%



Prevention

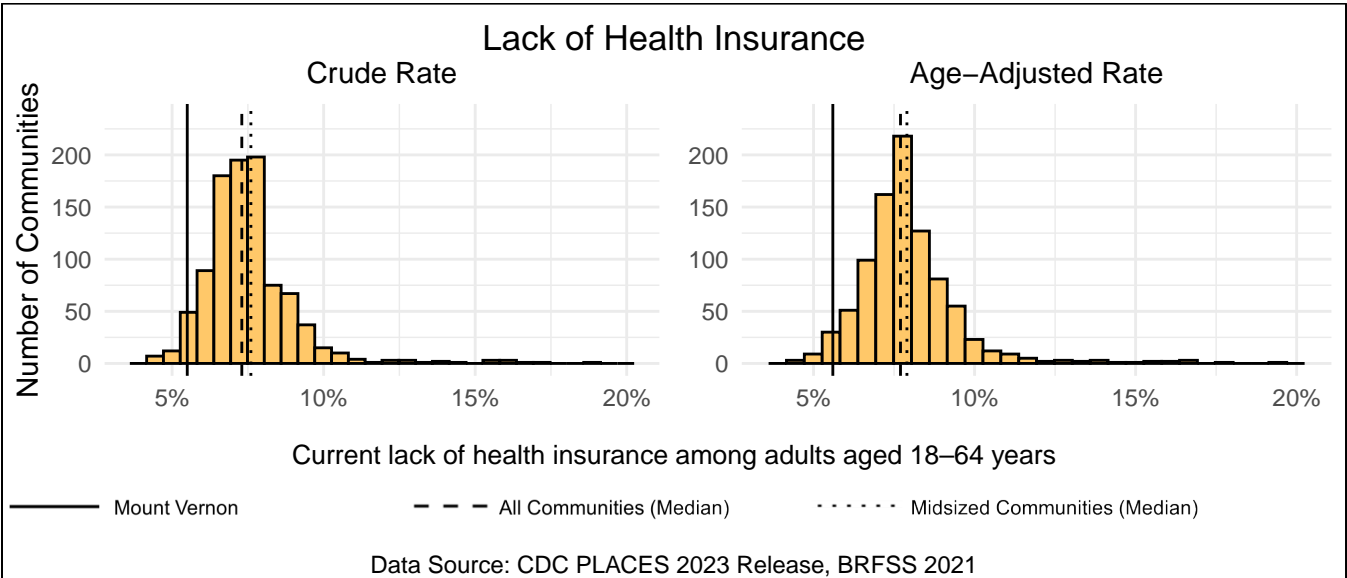
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

Lack of Health Insurance

Mount Vernon has a crude rate of 5.5% for current lack of health insurance among adults aged 18–64 years, which ranks 32nd out of 958 Iowa communities (7th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 5.6%, which ranks 26th out of 905 Iowa communities (8th out of 102 mid-sized communities).

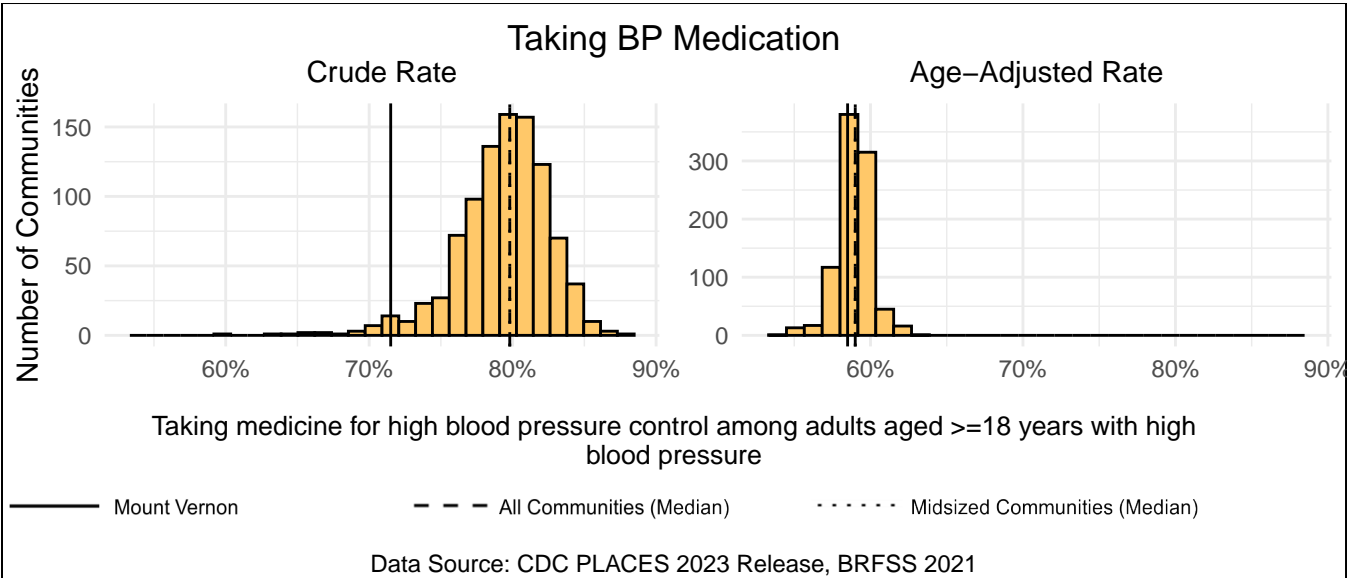
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	5.5%	7.3%	7.6%
Age-Adjusted	5.6%	7.7%	7.9%



Taking BP Medication

Mount Vernon has a crude rate of 71.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 934th out of 958 Iowa communities (97th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 58.5%, which ranks 631st out of 905 Iowa communities (75th out of 102 mid-sized communities).

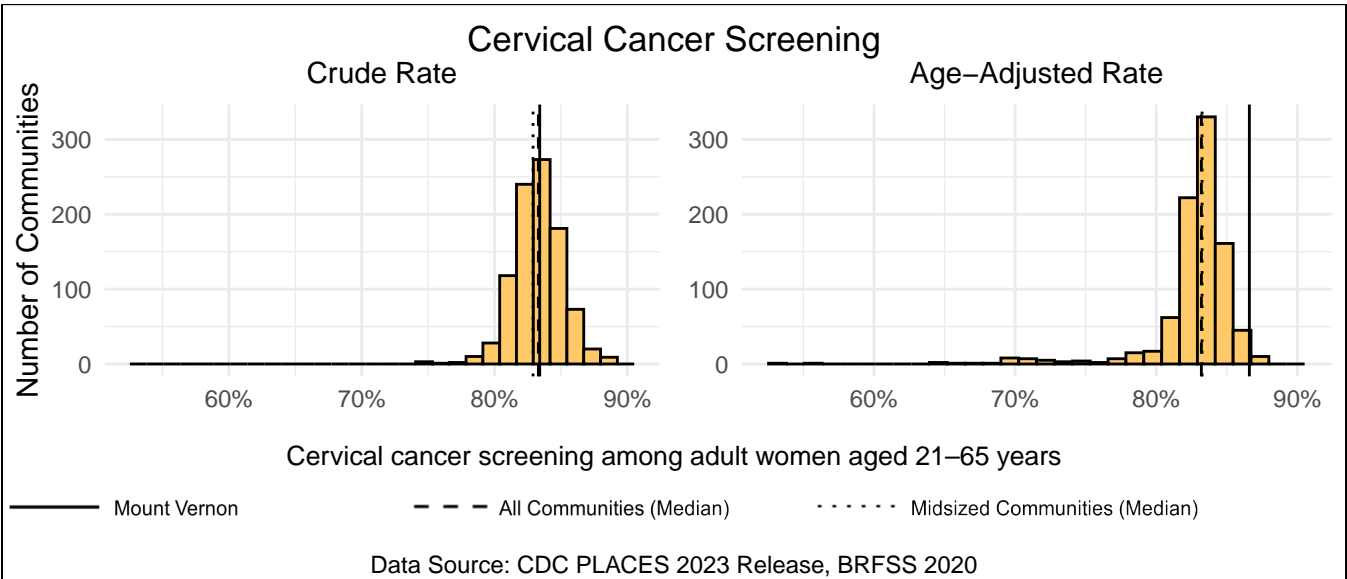
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	71.5%	79.8%	79.8%
Age-Adjusted	58.5%	59.0%	59.0%



Cervical Cancer Screening

Mount Vernon has a crude rate of 83.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 447th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 86.6%, which ranks 13th out of 905 Iowa communities (5th out of 102 mid-sized communities).

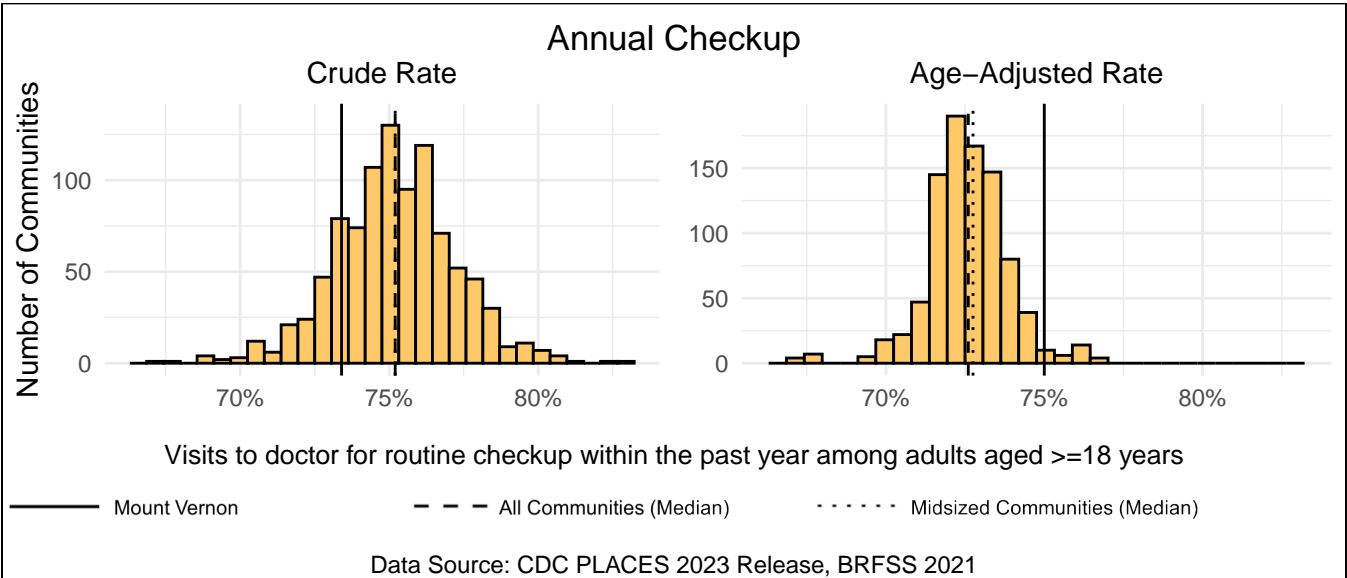
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	83.4%	83.3%	82.9%
Age-Adjusted	86.6%	83.2%	83.2%



Annual Checkup

Mount Vernon has a crude rate of 73.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 788th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 75.0%, which ranks 28th out of 905 Iowa communities (4th out of 102 mid-sized communities).

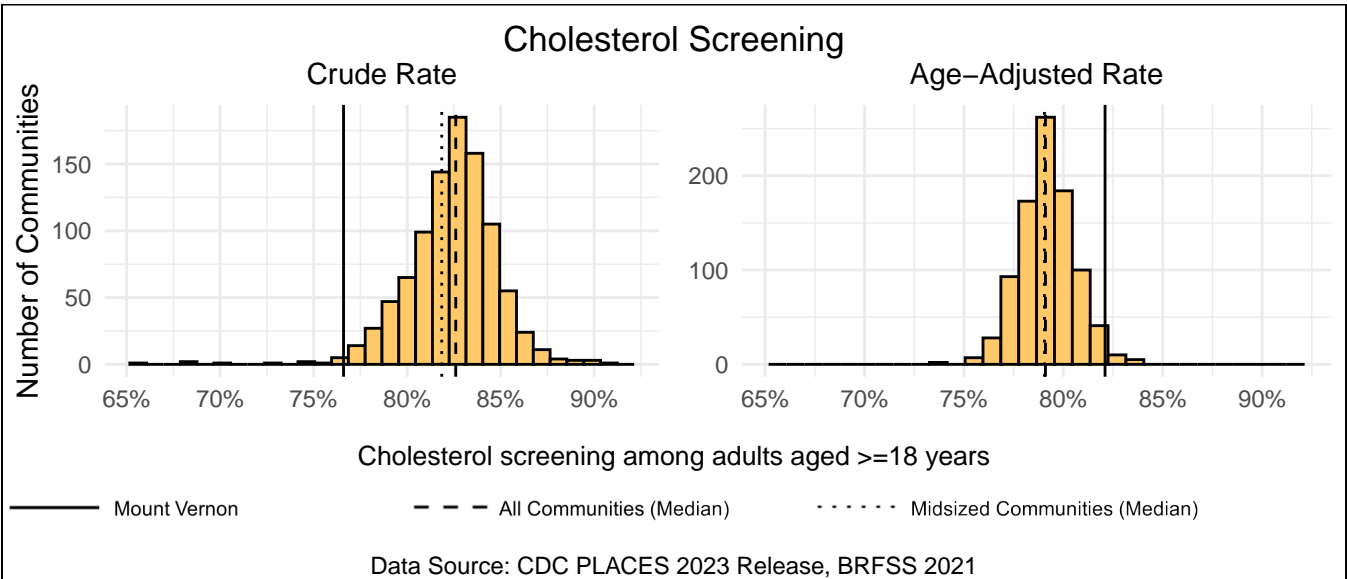
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	73.4%	75.2%	75.2%
Age-Adjusted	75.0%	72.6%	72.8%



Cholesterol Screening

Mount Vernon has a crude rate of 76.6% for cholesterol screening among adults aged ≥ 18 years, which ranks 947th out of 958 Iowa communities (100th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 82.1%, which ranks 22nd out of 905 Iowa communities (7th out of 102 mid-sized communities).

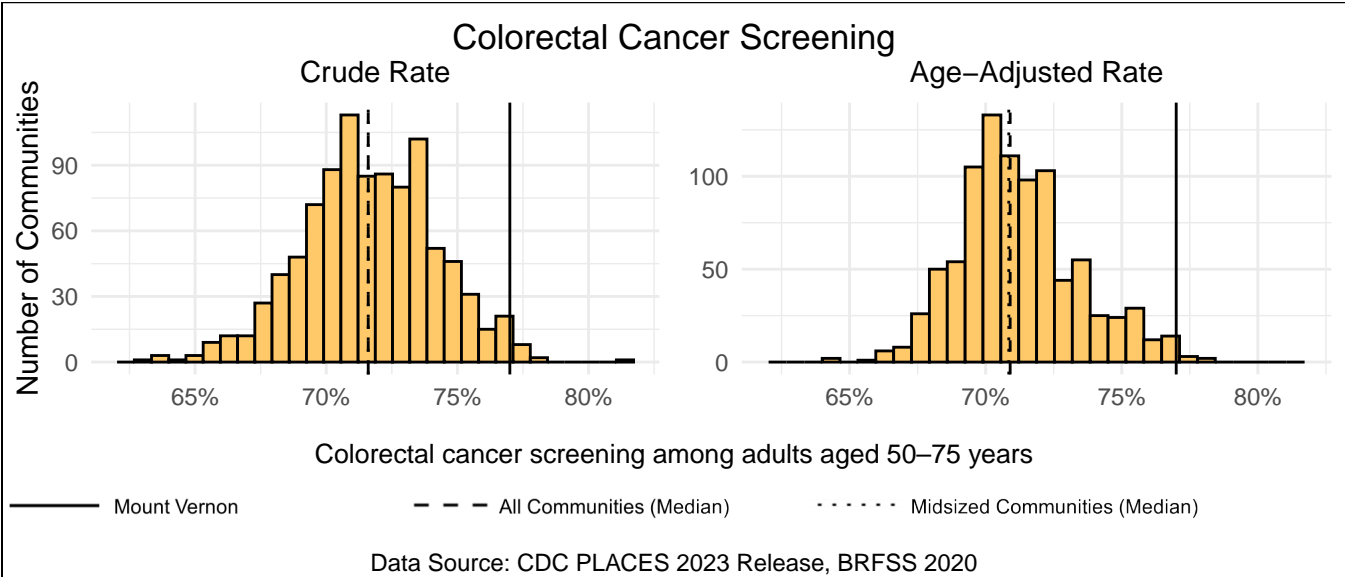
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	76.6%	82.6%	81.8%
Age-Adjusted	82.1%	79.1%	79.0%



Colorectal Cancer Screening

Mount Vernon has a crude rate of 77.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 15th out of 958 Iowa communities (2nd out of 102 midsized communities). The age-adjusted rate for Mount Vernon is 77.0%, which ranks 7th out of 905 Iowa communities (3rd out of 102 midsized communities).

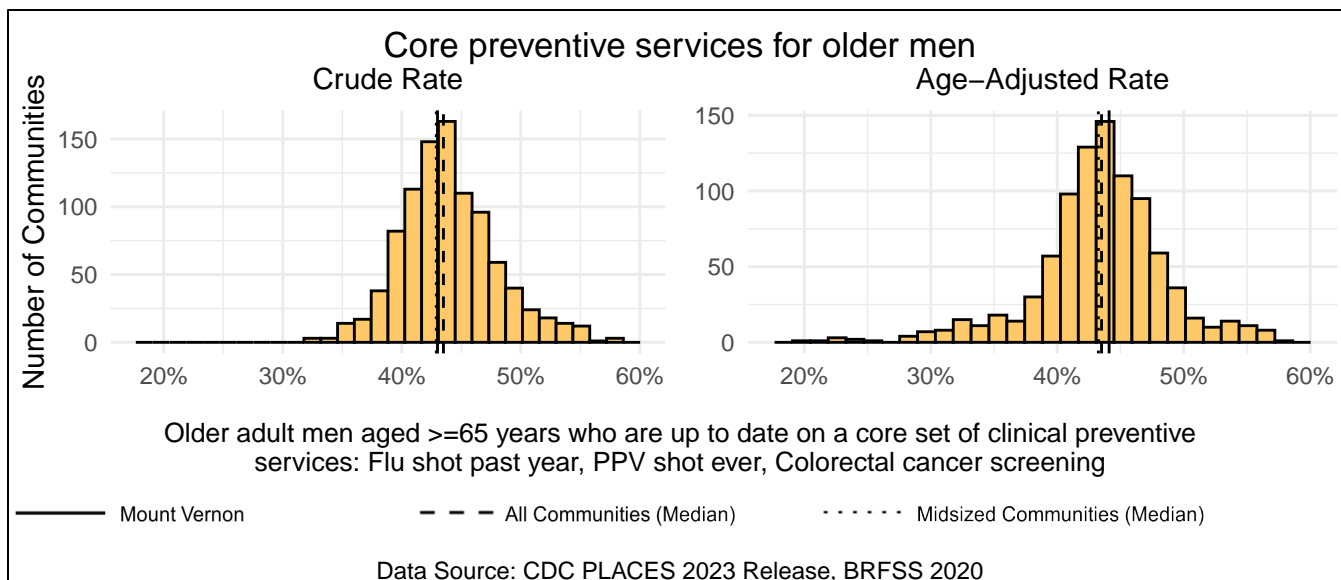
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	77.0%	71.6%	71.6%
Age-Adjusted	77.0%	70.9%	70.8%



Core preventive services for older men

Mount Vernon has a crude rate of 43.0% 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 541st out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Mount Vernon is 44.1%, which ranks 380th out of 905 Iowa communities (41st out of 102 midsized communities).

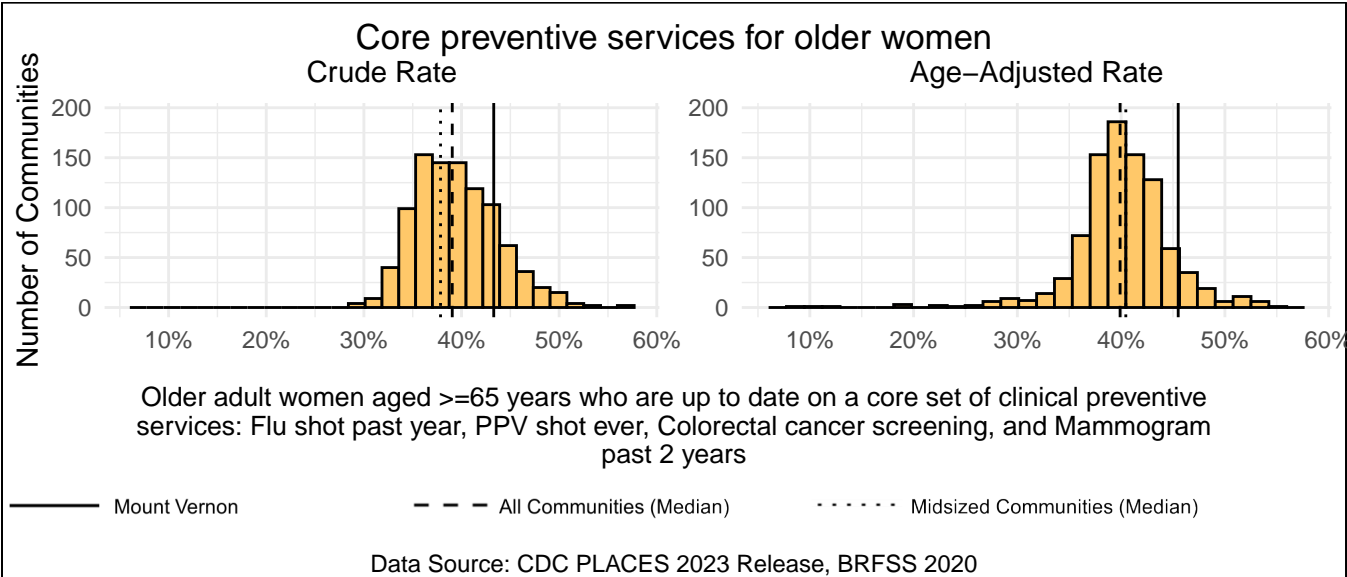
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	43.0%	43.5%	42.9%
Age-Adjusted	44.1%	43.5%	43.2%



Core preventive services for older women

Mount Vernon has a crude rate of 43.3% 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 169th out of 958 Iowa communities (20th out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 45.5%, which ranks 84th out of 905 Iowa communities (18th out of 102 midsize communities).

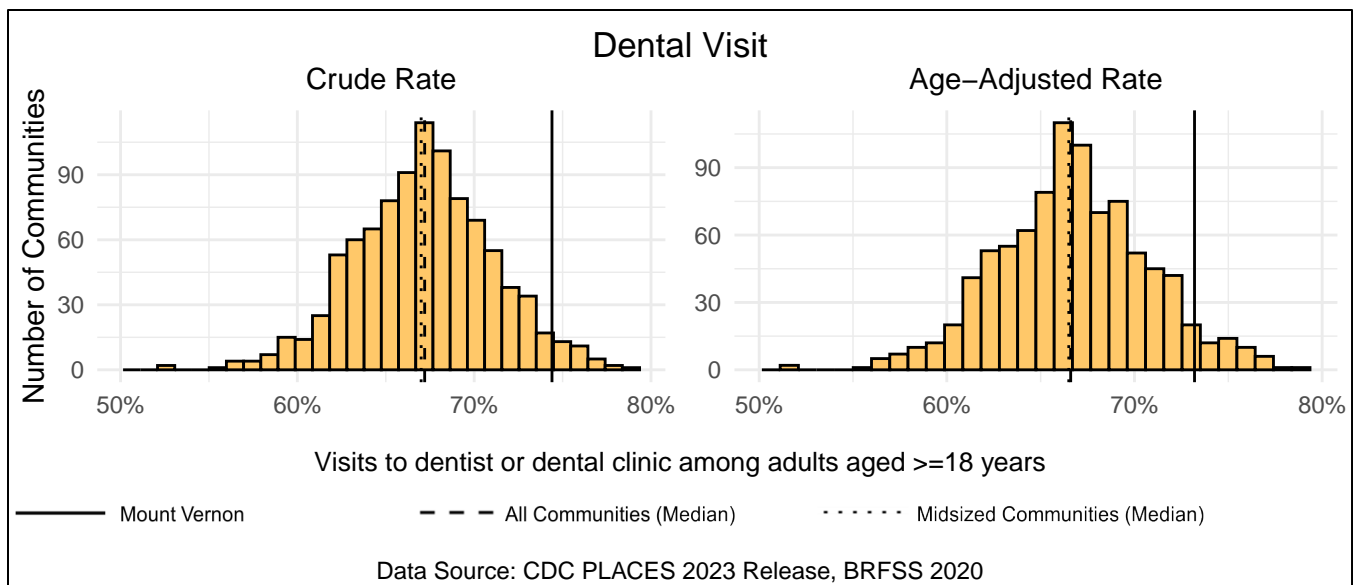
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	43.3%	39.0%	37.8%
Age-Adjusted	45.5%	39.9%	40.4%



Dental Visit

Mount Vernon has a crude rate of 74.4% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 33rd out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 73.2%, which ranks 54th out of 905 Iowa communities (14th out of 102 midsize communities).

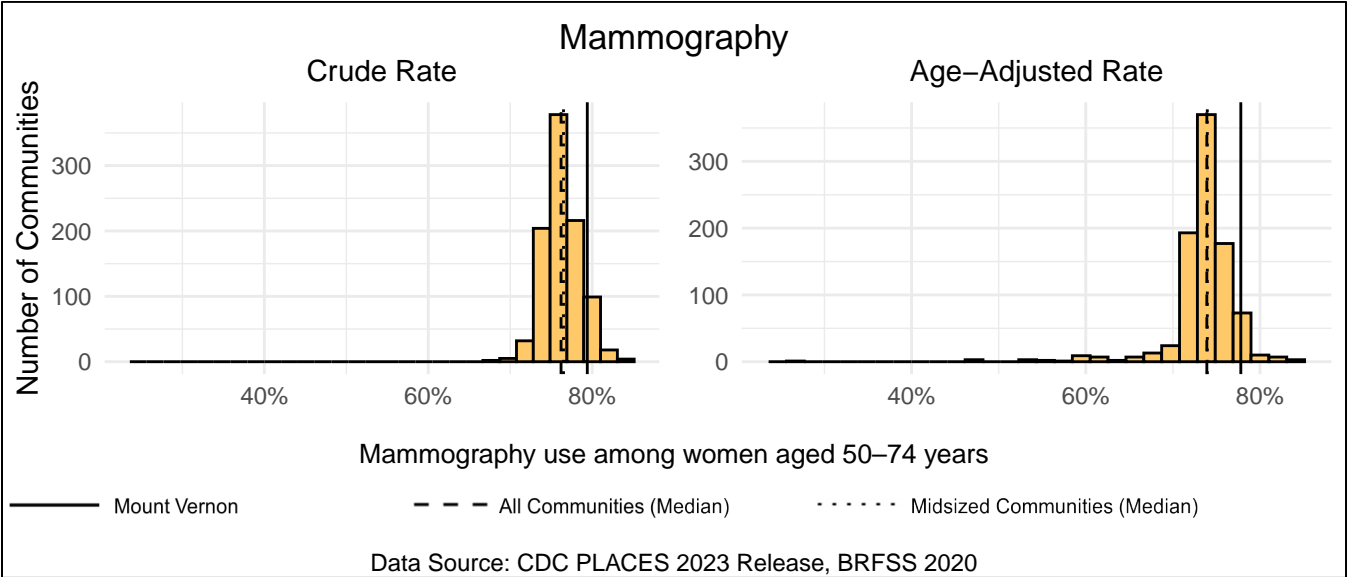
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	74.4%	67.2%	67.0%
Age-Adjusted	73.2%	66.6%	66.5%



Mammography

Mount Vernon has a crude rate of 79.4% for mammography use among women aged 50–74 years, which ranks 86th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 77.8%, which ranks 58th out of 905 Iowa communities (11th out of 102 midsized communities).

Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	79.4%	76.2%	76.5%
Age-Adjusted	77.8%	73.9%	74.0%



Disability

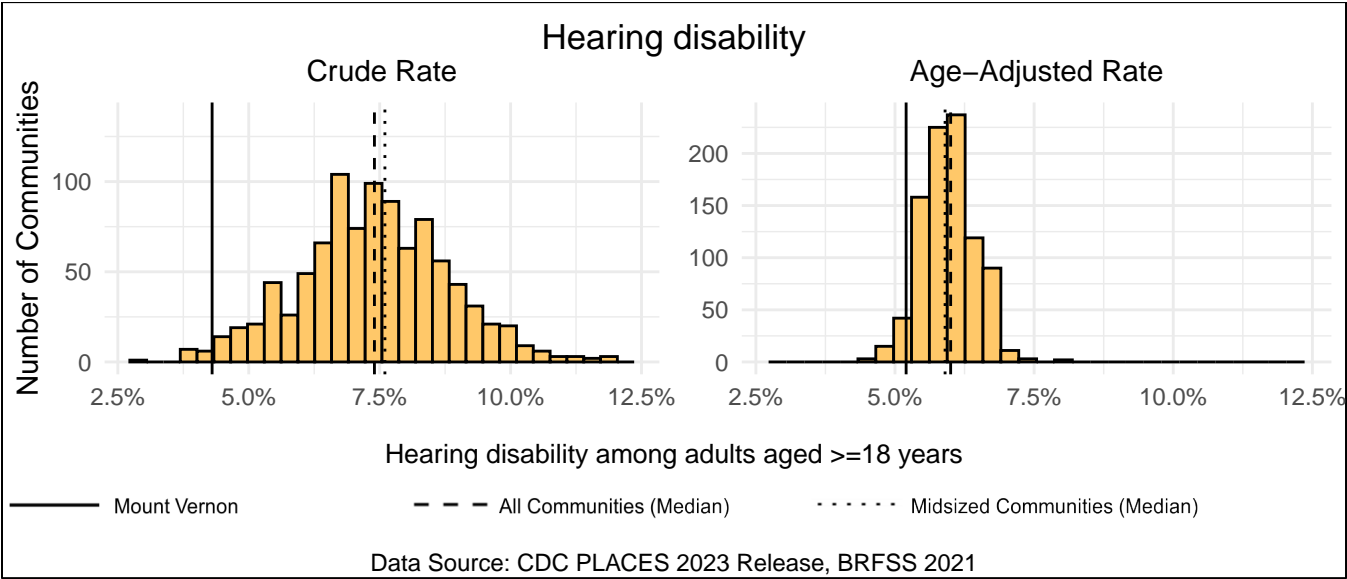
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Mount Vernon has a crude rate of 4.3% for hearing disability among adults aged ≥ 18 years, which ranks 13th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 5.2%, which ranks 41st out of 905 Iowa communities (11th out of 102 midsize communities).

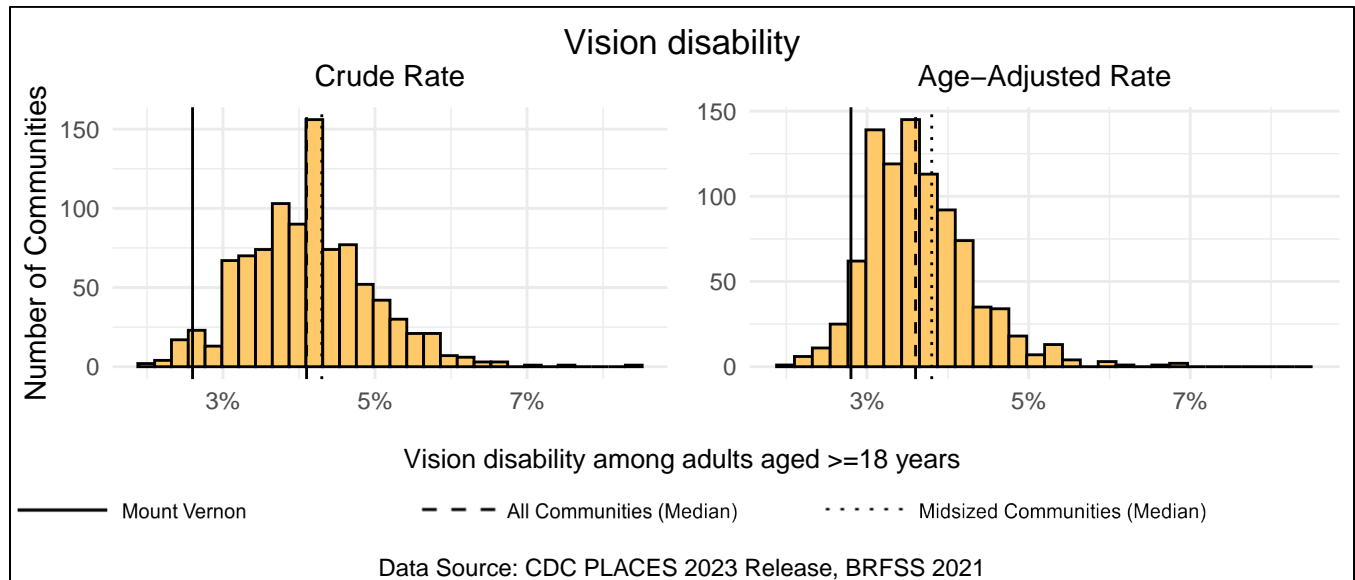
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	4.3%	7.4%	7.6%
Age-Adjusted	5.2%	6.0%	5.9%



Vision disability

Mount Vernon has a crude rate of 2.6% for vision disability among adults aged ≥ 18 years, which ranks 24th out of 958 Iowa communities (6th out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 2.8%, which ranks 44th out of 905 Iowa communities (12th out of 102 midsize communities).

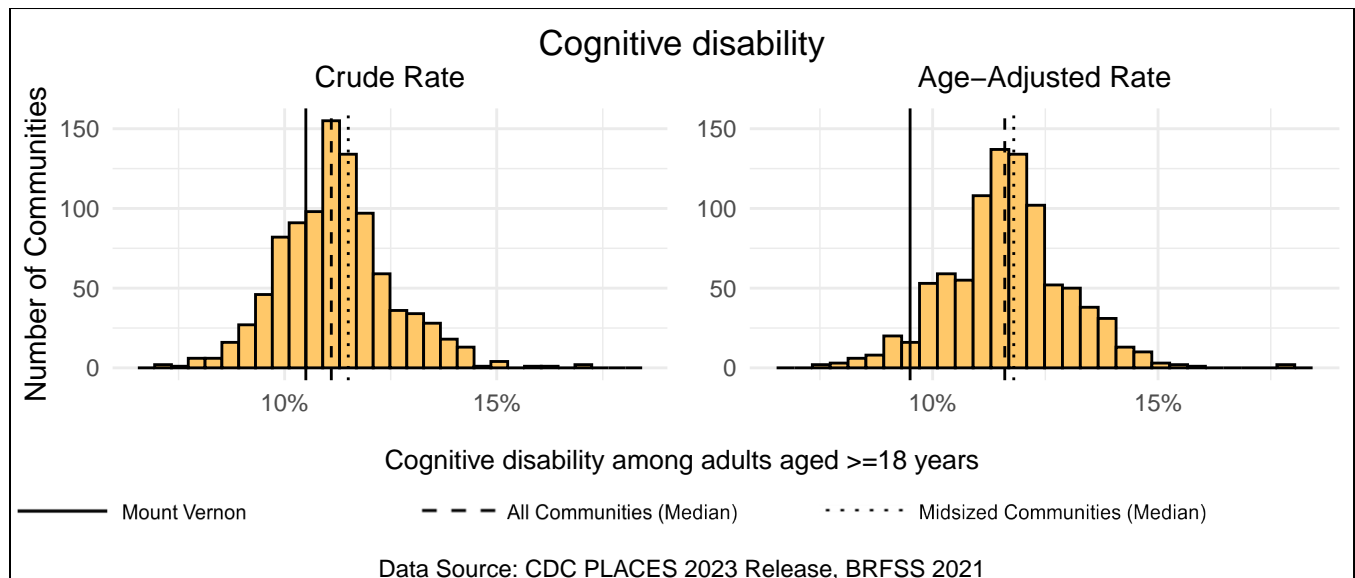
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	2.6%	4.1%	4.3%
Age-Adjusted	2.8%	3.6%	3.8%



Cognitive disability

Mount Vernon has a crude rate of 10.5% for cognitive disability among adults aged ≥ 18 years, which ranks 253rd out of 958 Iowa communities (31st out of 102 midsize communities). The age-adjusted rate for Mount Vernon is 9.5%, which ranks 43rd out of 905 Iowa communities (13th out of 102 midsize communities).

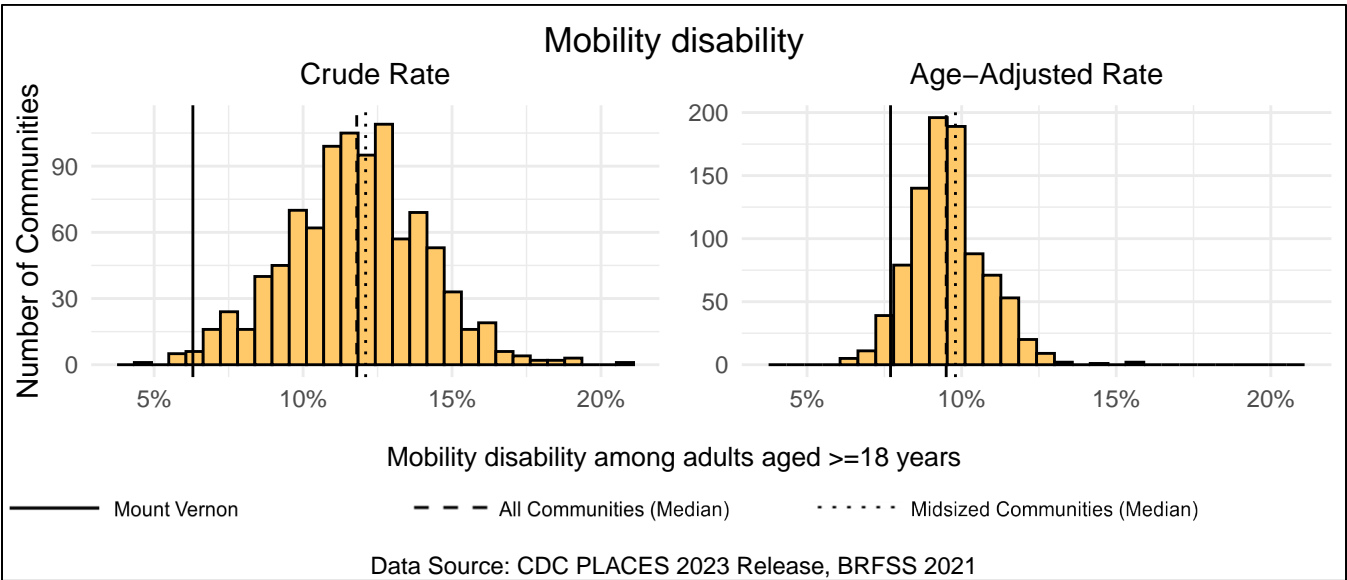
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	10.5%	11.1%	11.5%
Age-Adjusted	9.5%	11.6%	11.8%



Mobility disability

Mount Vernon has a crude rate of 6.3% for mobility disability among adults aged >=18 years, which ranks 7th out of 958 Iowa communities (3rd out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 7.7%, which ranks 41st out of 905 Iowa communities (11th out of 102 mid-sized communities).

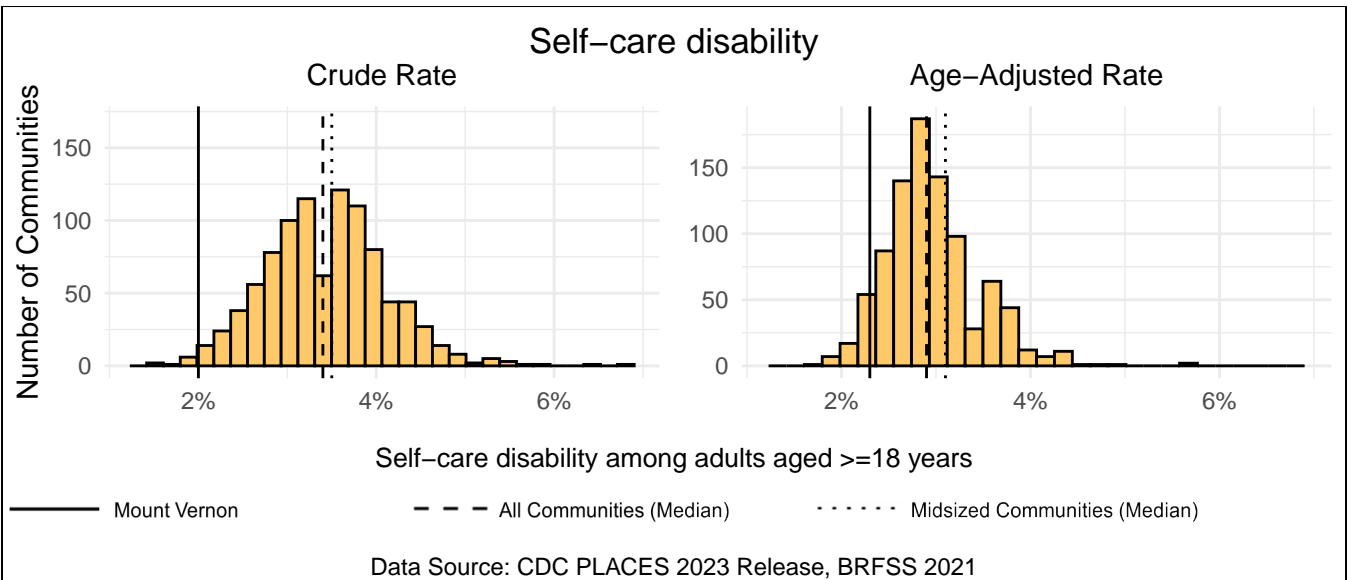
Measure Type	Mount Vernon	All Comm.	Mid-sized Comm.
Crude	6.3%	11.8%	12.1%
Age-Adjusted	7.7%	9.5%	9.8%



Self-care disability

Mount Vernon has a crude rate of 2.0% for self-care disability among adults aged >=18 years, which ranks 10th out of 958 Iowa communities (4th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 2.3%, which ranks 45th out of 905 Iowa communities (12th out of 102 mid-sized communities).

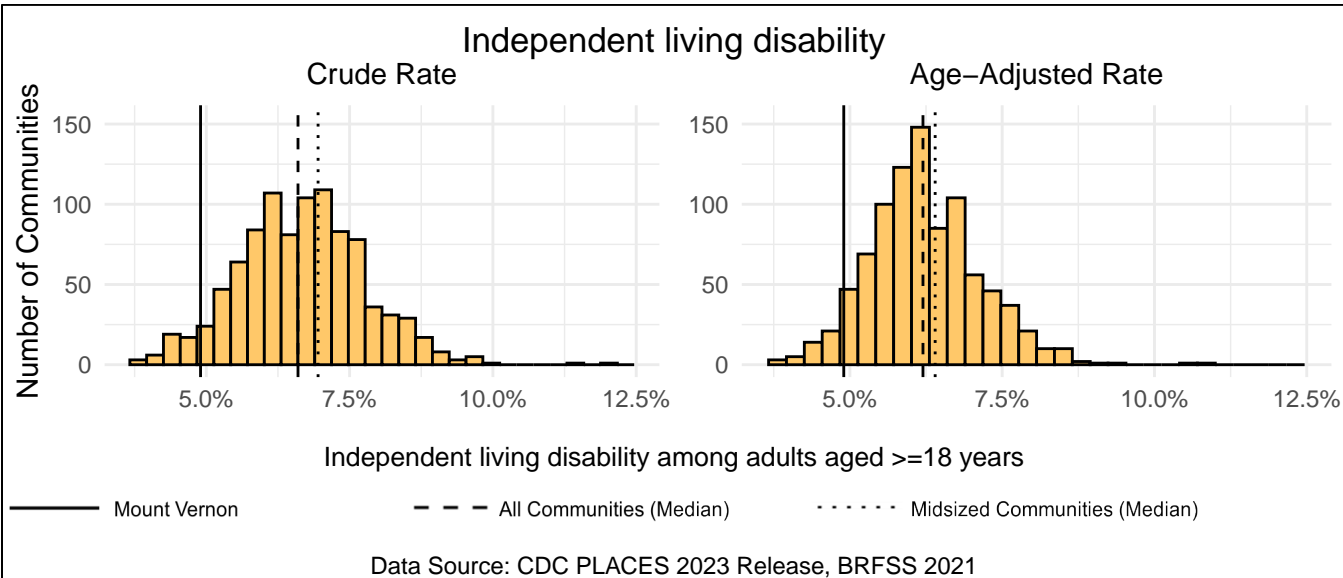
Measure Type	Mount Vernon	All Comm.	Mid-sized Comm.
Crude	2.0%	3.4%	3.5%
Age-Adjusted	2.3%	2.9%	3.1%



Independent living disability

Mount Vernon has a crude rate of 4.9% for independent living disability among adults aged ≥ 18 years, which ranks 46th out of 958 Iowa communities (12th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 4.9%, which ranks 44th out of 905 Iowa communities (12th out of 102 mid-sized communities).

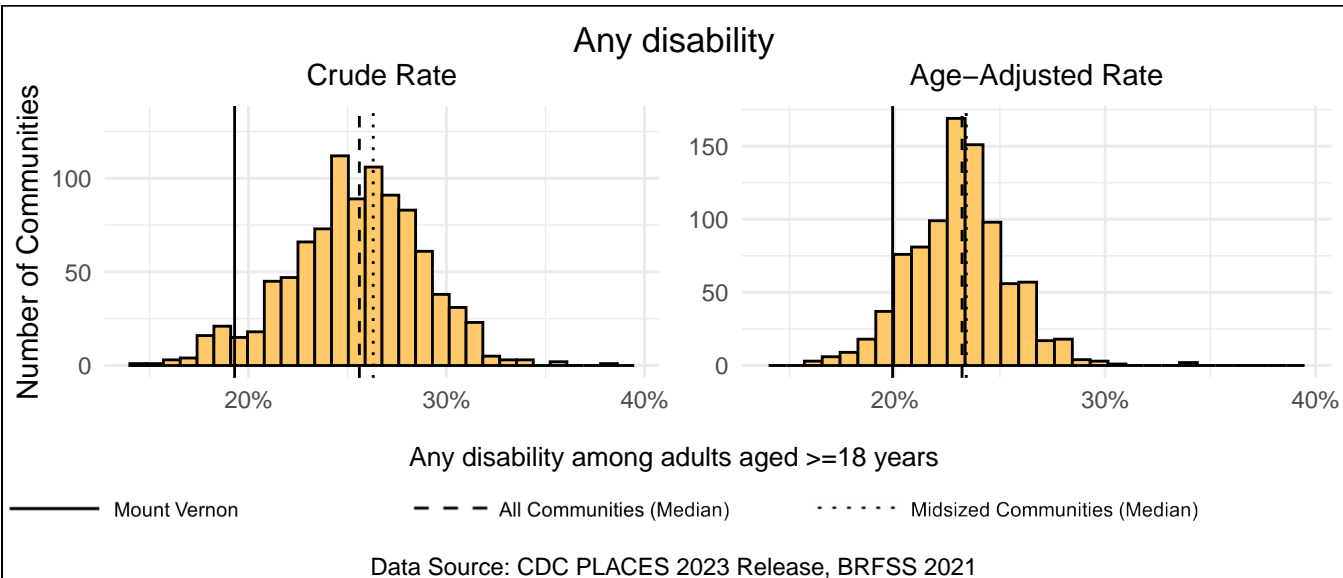
Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	4.9%	6.6%	7.0%
Age-Adjusted	4.9%	6.2%	6.4%



Any disability

Mount Vernon has a crude rate of 19.3% for any disability among adults aged ≥ 18 years, which ranks 48th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Mount Vernon is 19.9%, which ranks 67th out of 905 Iowa communities (15th out of 102 mid-sized communities).

Measure Type	Mount Vernon	All Comm.	Midsized Comm.
Crude	19.3%	25.6%	26.3%
Age-Adjusted	19.9%	23.2%	23.4%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Mount Vernon PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	11	7.3% (6.1% - 8.7%)	52	8.3% (7.0% - 9.7%)
Health Status	Mental Health	884	16.0% (13.4% - 18.6%)	93	14.3% (12.3% - 16.5%)
Health Status	General Health	9	8.8% (7.2% - 10.8%)	41	9.9% (8.2% - 11.9%)
Health Risk Behaviors	Sleep <7 hours	133	28.4% (26.4% - 30.4%)	162	29.7% (27.9% - 31.3%)
Health Risk Behaviors	Physical Inactivity	10	17.3% (14.0% - 20.9%)	35	18.9% (15.3% - 22.7%)
Health Risk Behaviors	Current Smoking	10	11.7% (9.1% - 14.9%)	51	13.9% (10.6% - 17.6%)
Health Risk Behaviors	Binge Drinking	950	25.1% (21.9% - 28.5%)	835	23.6% (20.5% - 26.8%)
Health Outcomes	High Blood Pressure	11	22.6% (20.1% - 25.2%)	469	27.4% (24.5% - 30.6%)
Health Outcomes	Current Asthma	625	9.5% (8.4% - 10.8%)	185	9.2% (8.2% - 10.5%)
Health Outcomes	Arthritis	5	16.7% (14.5% - 18.9%)	38	20.7% (18.2% - 23.5%)
Health Outcomes	Coronary Heart Disease	11	3.4% (3.0% - 3.9%)	30	4.3% (3.7% - 5.0%)
Health Outcomes	COPD	11	4.2% (3.4% - 5.1%)	45	5.0% (4.1% - 6.0%)
Health Outcomes	All Teeth Lost	38	8.5% (5.0% - 13.0%)	32	8.6% (5.2% - 12.6%)
Health Outcomes	Diabetes	7	5.7% (4.8% - 6.7%)	57	7.1% (6.0% - 8.3%)
Health Outcomes	Obesity	61	33.2% (28.9% - 37.8%)	353	36.9% (32.4% - 42.0%)
Health Outcomes	Depression	945	21.9% (18.8% - 25.3%)	852	21.0% (18.0% - 24.3%)
Health Outcomes	Stroke	10	1.8% (1.6% - 2.1%)	49	2.3% (2.0% - 2.6%)
Health Outcomes	High Cholesterol	8	27.8% (25.0% - 30.6%)	242	29.2% (26.0% - 32.6%)
Health Outcomes	Chronic Kidney Disease	12	2.0% (1.8% - 2.2%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	Cancer (except skin)	11	5.1% (4.6% - 5.7%)	418	6.5% (5.9% - 7.2%)
Prevention	Health Insurance	32	5.5% (4.0% - 7.8%)	26	5.6% (4.2% - 7.4%)
Prevention	Core preventive services for older women	169	43.3% (36.7% - 50.1%)	84	45.5% (39.0% - 51.7%)
Prevention	Dental Visit	33	74.4% (70.2% - 78.0%)	54	73.2% (69.7% - 76.4%)
Prevention	Cholesterol Screening	947	76.6% (72.6% - 80.6%)	22	82.1% (79.1% - 84.9%)
Prevention	Taking BP Medication	934	71.5% (68.3% - 74.5%)	631	58.5% (54.1% - 62.8%)
Prevention	Core preventive services for older men	541	43.0% (35.8% - 49.6%)	380	44.1% (37.0% - 50.4%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	15	77.0% (74.2% - 79.5%)	7	77.0% (74.1% - 79.4%)
Prevention	Cervical Cancer Screening	447	83.4% (80.4% - 86.2%)	13	86.6% (84.3% - 88.6%)
Prevention	Annual Checkup	788	73.4% (69.7% - 77.0%)	28	75.0% (71.2% - 78.3%)
Prevention	Mammography	86	79.4% (75.7% - 82.6%)	58	77.8% (74.2% - 81.0%)
Disability	Hearing Disability	13	4.3% (3.8% - 4.9%)	41	5.2% (4.5% - 5.9%)
Disability	Self-care Disability	10	2.0% (1.6% - 2.3%)	45	2.3% (1.9% - 2.8%)
Disability	Mobility Disability	7	6.3% (5.1% - 7.5%)	41	7.7% (6.3% - 9.1%)
Disability	Independent Living Disability	46	4.9% (3.9% - 6.0%)	44	4.9% (4.1% - 5.9%)
Disability	Any Disability	48	19.3% (16.1% - 22.9%)	67	19.9% (16.8% - 23.3%)
Disability	Vision Disability	24	2.6% (2.2% - 3.2%)	44	2.8% (2.4% - 3.3%)
Disability	Cognitive Disability	253	10.5% (8.3% - 13.0%)	43	9.5% (7.8% - 11.3%)

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 Vernon 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
