



## Iowa Community Health Snapshot Series

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



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*By Matthew Voss & Shawn Dorius*

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# Iowa Community Health Snapshot Series

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# Health in Nashua: Overview

Dear Community Members & Stakeholders of Nashua,

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 Nashua ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Nashua'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 Nashua. 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
Colorectal Cancer Screening	100th	18th	Chronic Kidney Disease	142nd	28th
Current Smoking	233rd	47th	Diabetes	147th	30th
Core preventive services for older men	243rd	39th	Colorectal Cancer Screening	159th	29th
Diabetes	258th	44th	Cervical Cancer Screening	217th	45th
Self-care Disability	267th	43rd	Hearing Disability	219th	46th

# Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Mammography	764th	110th	Cancer (except skin)	831st	126th
Cancer (except skin)	606th	74th	Taking BP Medication	737th	108th
Depression	592nd	95th	Binge Drinking	609th	91st
Cervical Cancer Screening	557th	91st	Depression	598th	93rd
Binge Drinking	549th	83rd	Obesity	579th	94th

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 Nashua.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

This project was supported by funding from Iowa State University’s Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University’s Presidential Strategic Initiative Plan 2022-2031.

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## How to Use this Report

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

With a population of 1,472, Nashua’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

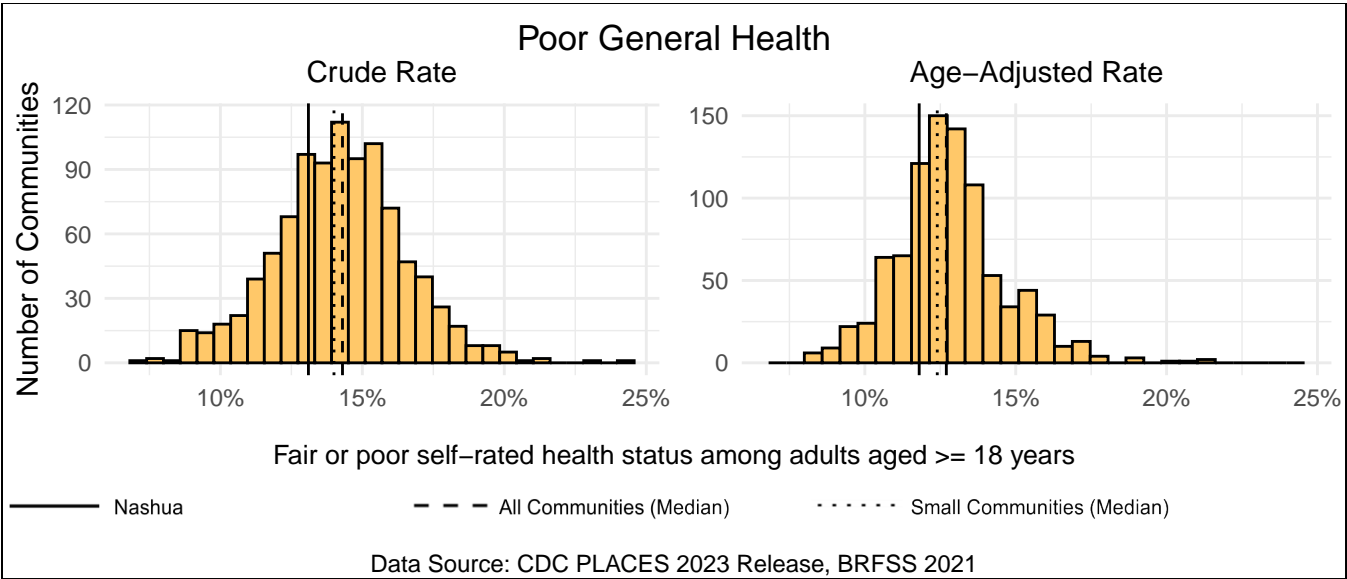
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Nashua has a crude rate of 13.1% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 272nd out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Nashua is 11.8%, which ranks 238th out of 905 Iowa communities (45th out of 138 small communities).

Measure Type	Nashua	All Comm.	Small Comm.
Crude	13.1%	14.3%	14.0%
Age-Adjusted	11.8%	12.7%	12.4%

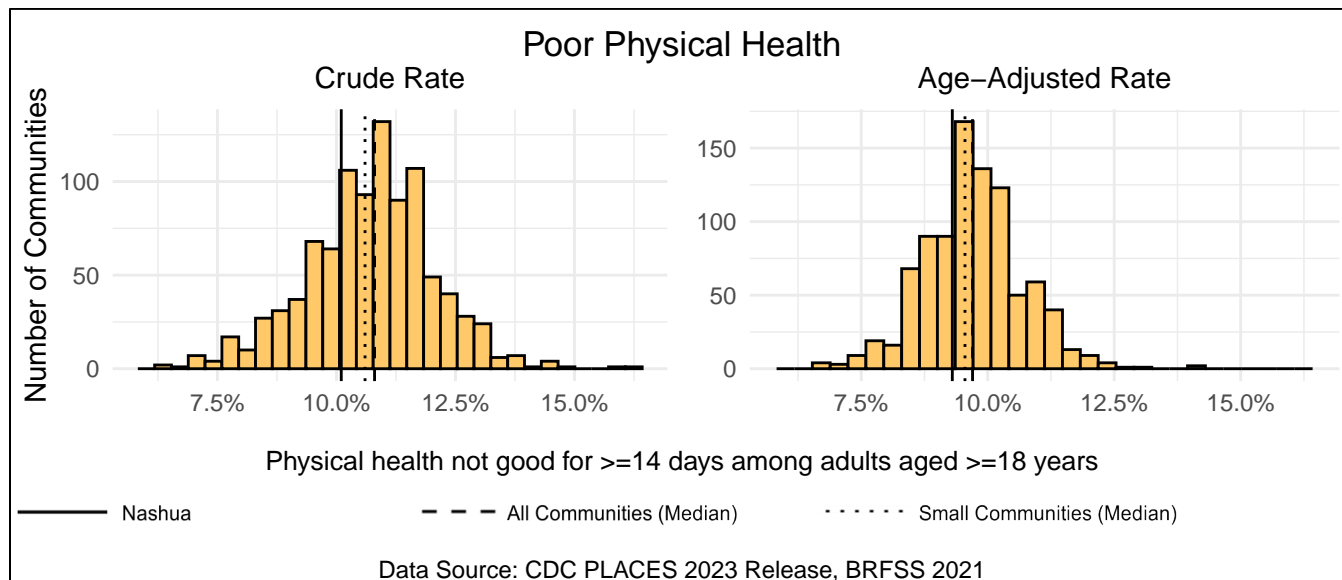




## Poor Physical Health

Nashua has a crude rate of 10.1% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 269th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Nashua is 9.3%, which ranks 265th out of 905 Iowa communities (49th out of 138 small communities).

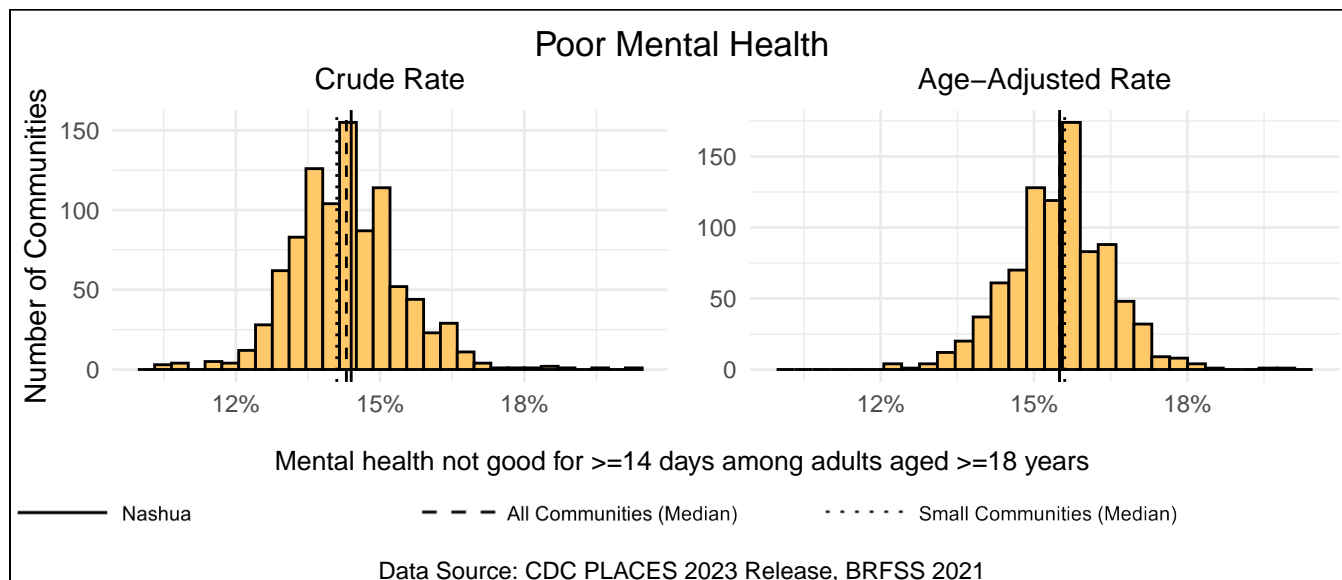
Measure Type	Nashua	All Comm.	Small Comm.
Crude	10.1%	10.8%	10.6%
Age-Adjusted	9.3%	9.7%	9.6%



## Poor Mental Health

Nashua has a crude rate of 14.4% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 514th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Nashua is 15.5%, which ranks 405th out of 905 Iowa communities (65th out of 138 small communities).

Measure Type	Nashua	All Comm.	Small Comm.
Crude	14.4%	14.3%	14.1%
Age-Adjusted	15.5%	15.5%	15.6%



# Health Risk Behaviors

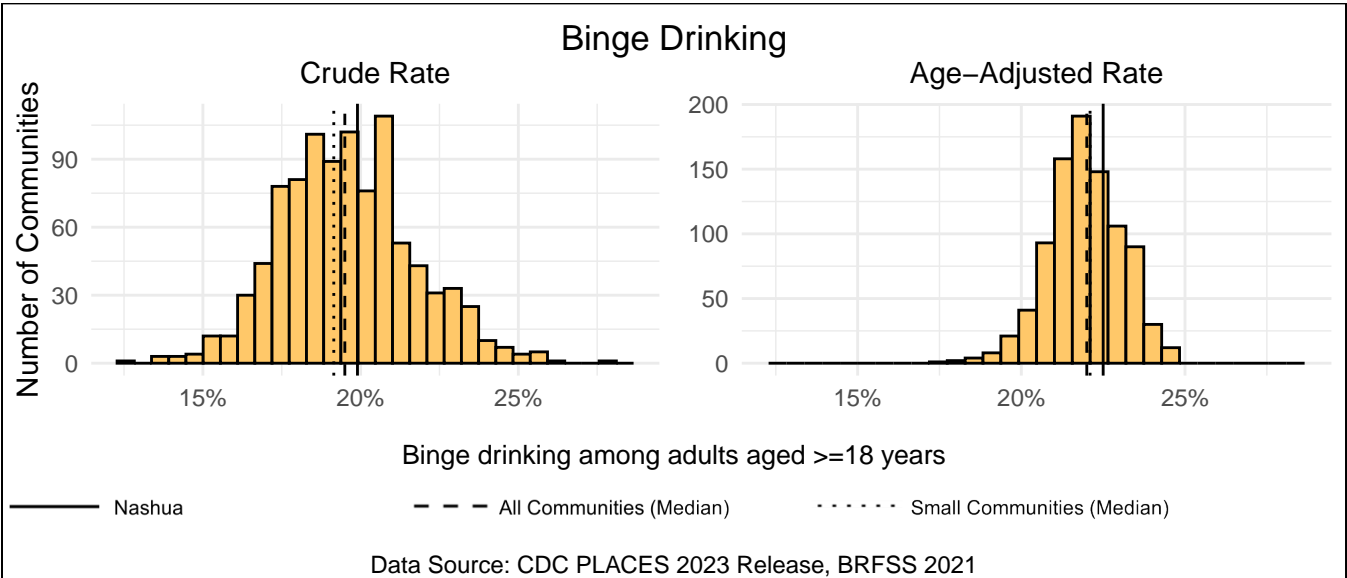
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Nashua has a crude rate of 19.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 549th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Nashua is 22.5%, which ranks 609th out of 905 Iowa communities (91st out of 138 small communities).

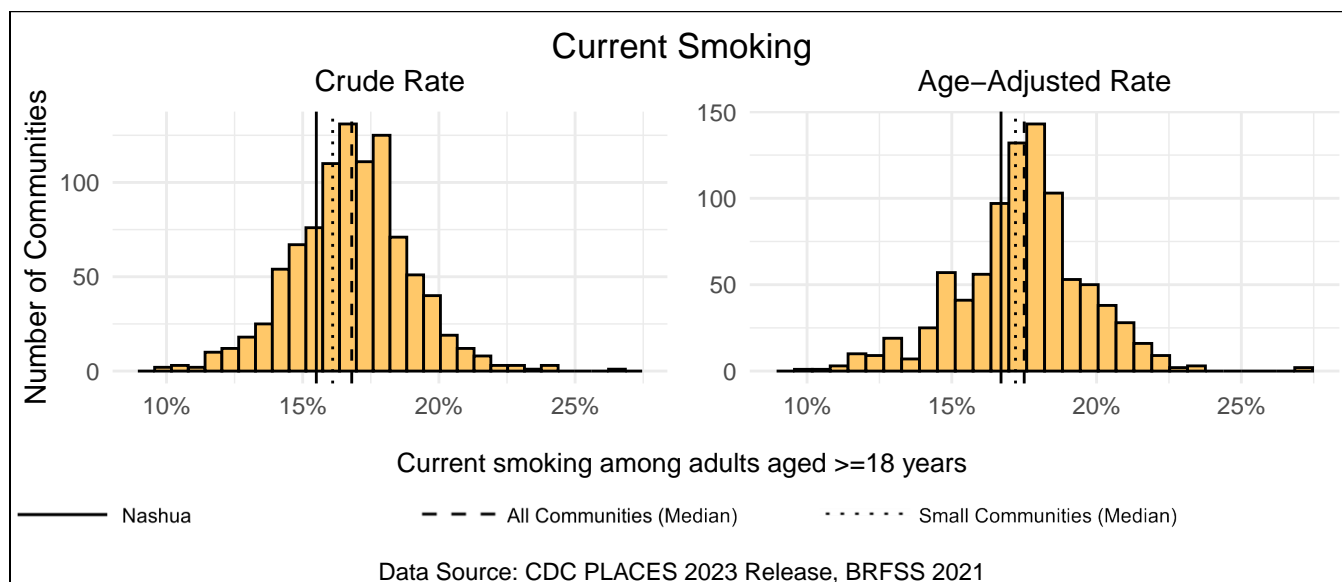
Measure Type	Nashua	All Comm.	Small Comm.
Crude	19.9%	19.5%	19.1%
Age-Adjusted	22.5%	22.0%	22.1%



## Current Smoking

Nashua has a crude rate of 15.5% for current smoking among adults aged  $\geq 18$  years, which ranks 233rd out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Nashua is 16.7%, which ranks 273rd out of 905 Iowa communities (54th out of 138 small communities).

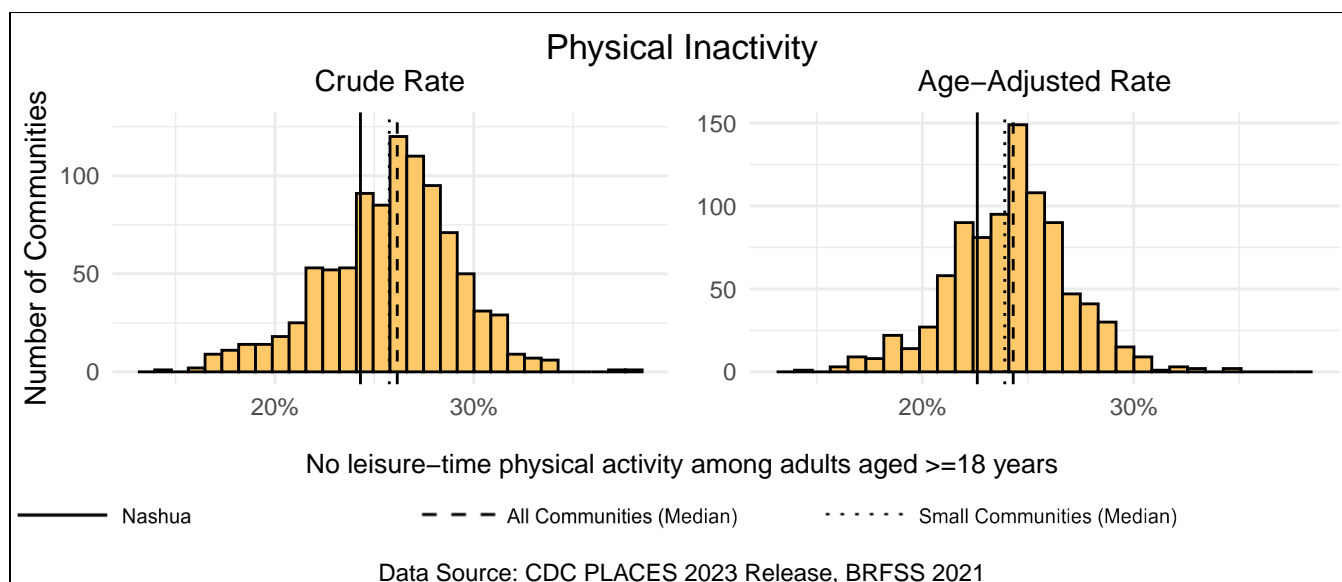
Measure Type	Nashua	All Comm.	Small Comm.
Crude	15.5%	16.8%	16.1%
Age-Adjusted	16.7%	17.5%	17.2%



## Physical Inactivity

Nashua has a crude rate of 24.3% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 270th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Nashua is 22.6%, which ranks 241st out of 905 Iowa communities (50th out of 138 small communities).

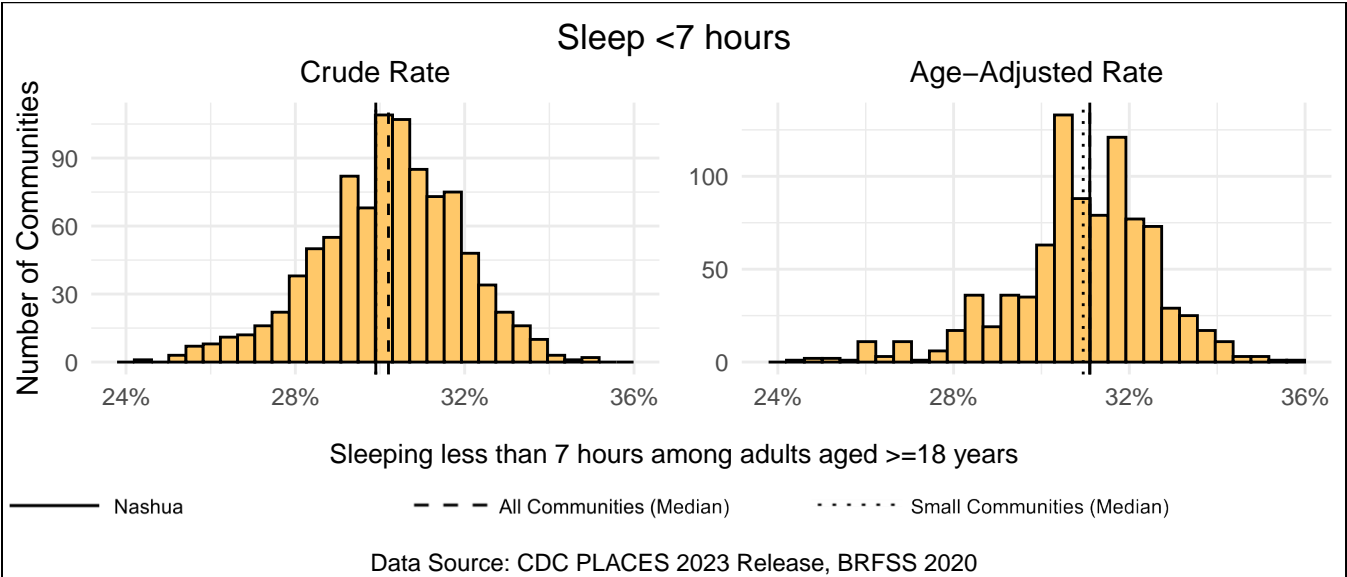
Measure Type	Nashua	All Comm.	Small Comm.
Crude	24.3%	26.1%	25.8%
Age-Adjusted	22.6%	24.3%	23.9%



# Sleep <7 hours

Nashua has a crude rate of 29.9% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 374th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Nashua is 31.1%, which ranks 446th out of 905 Iowa communities (77th out of 138 small communities).

Measure Type	Nashua	All Comm.	Small Comm.
Crude	29.9%	30.2%	29.9%
Age-Adjusted	31.1%	31.1%	31.0%



# Health Outcomes

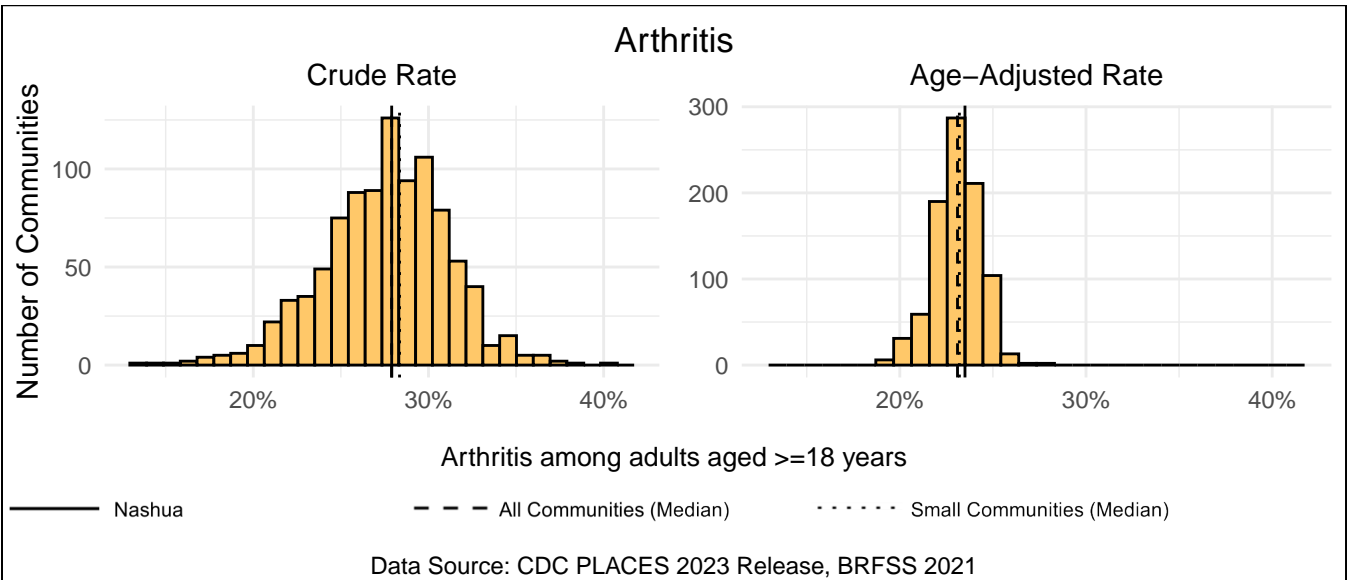
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Nashua has a crude rate of 27.9% for arthritis among adults aged  $\geq 18$  years, which ranks 479th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Nashua is 23.5%, which ranks 550th out of 905 Iowa communities (84th out of 138 small communities).

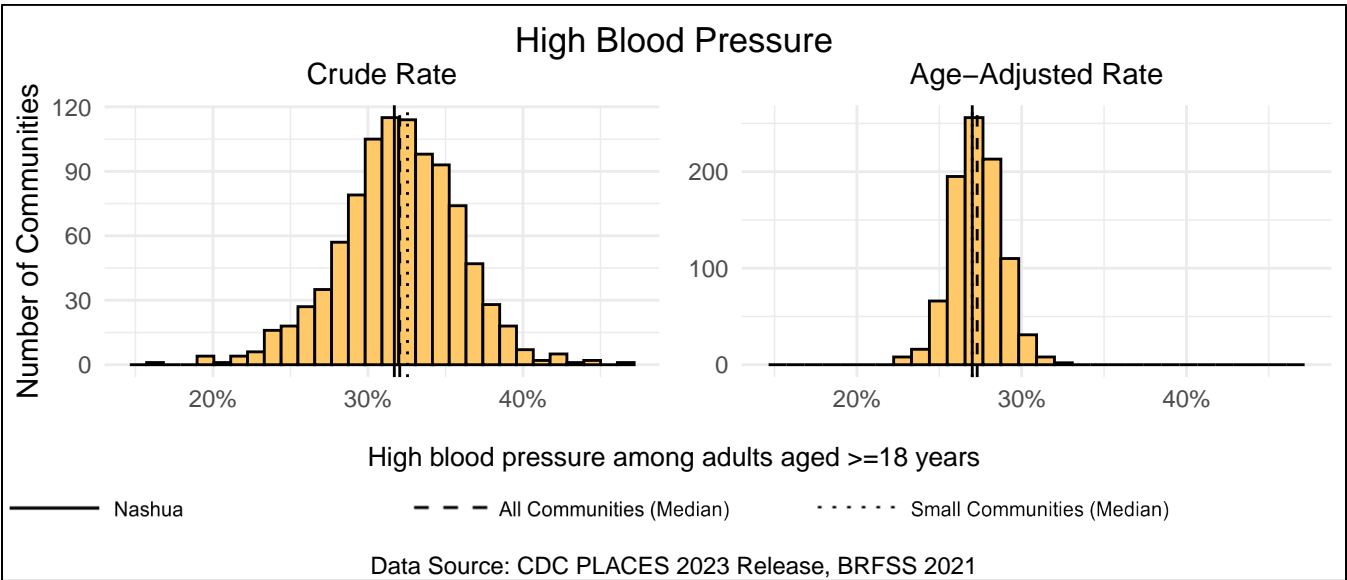
Measure Type	Nashua	All Comm.	Small Comm.
Crude	27.9%	27.9%	28.4%
Age-Adjusted	23.5%	23.1%	23.2%



# High Blood Pressure

Nashua has a crude rate of 31.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 424th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for Nashua is 27.0%, which ranks 368th out of 905 Iowa communities (66th out of 138 small communities).

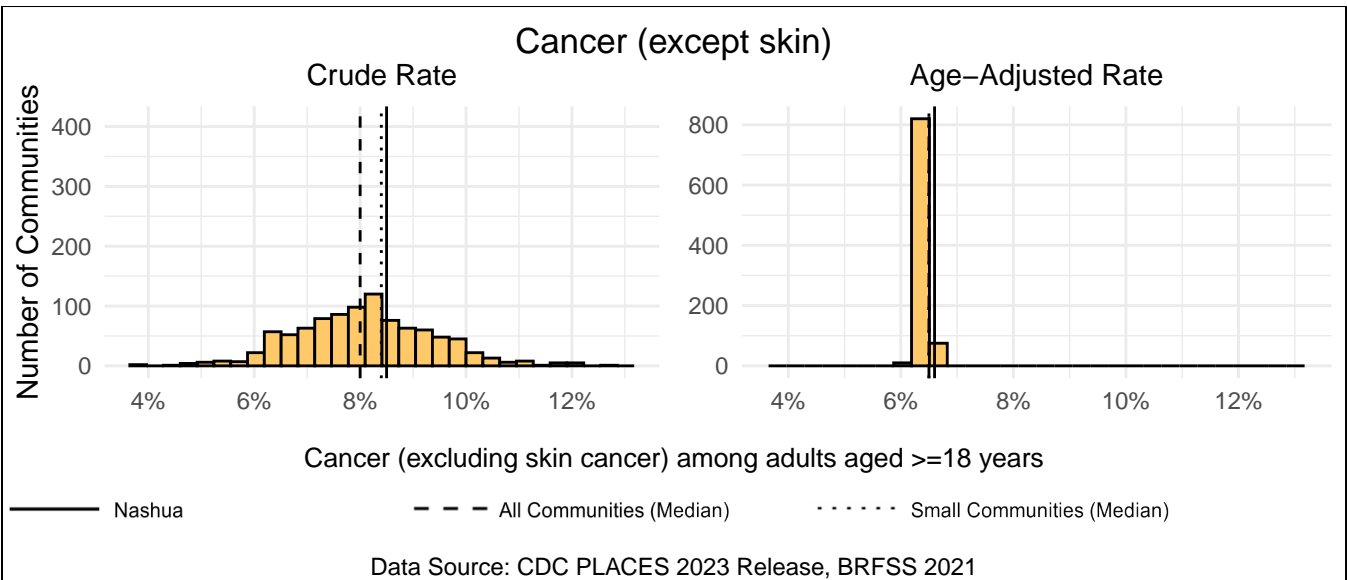
Measure Type	Nashua	All Comm.	Small Comm.
Crude	31.7%	32.0%	32.5%
Age-Adjusted	27.0%	27.3%	27.0%



# Cancer (except skin)

Nashua has a crude rate of 8.5% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 606th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Nashua is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

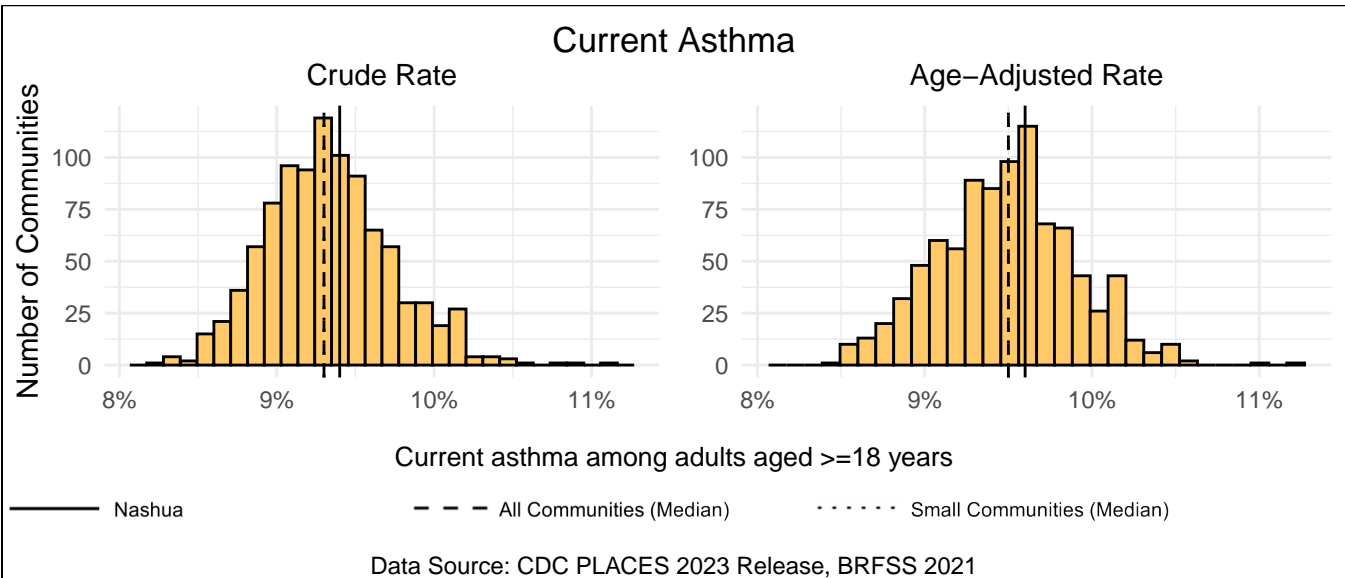
Measure Type	Nashua	All Comm.	Small Comm.
Crude	8.5%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%



## Current Asthma

Nashua has a crude rate of 9.4% for current asthma among adults aged  $\geq 18$  years, which ranks 524th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Nashua is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

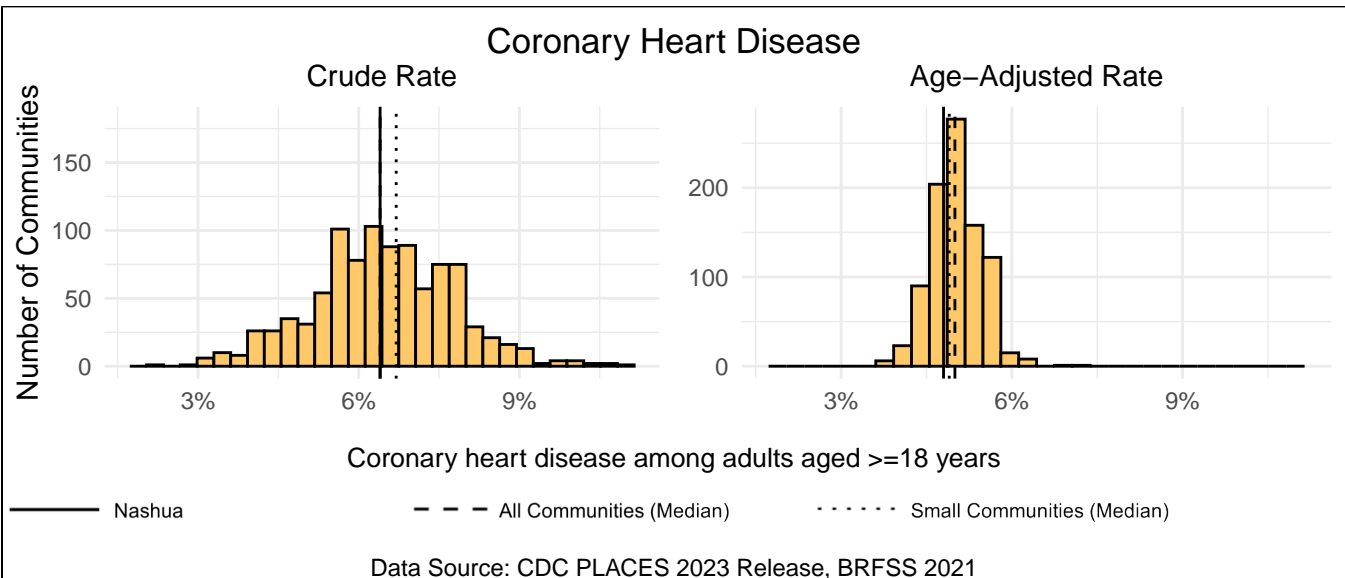
Measure Type	Nashua	All Comm.	Small Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



## Coronary Heart Disease

Nashua has a crude rate of 6.4% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 438th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Nashua is 4.8%, which ranks 257th out of 905 Iowa communities (53rd out of 138 small communities).

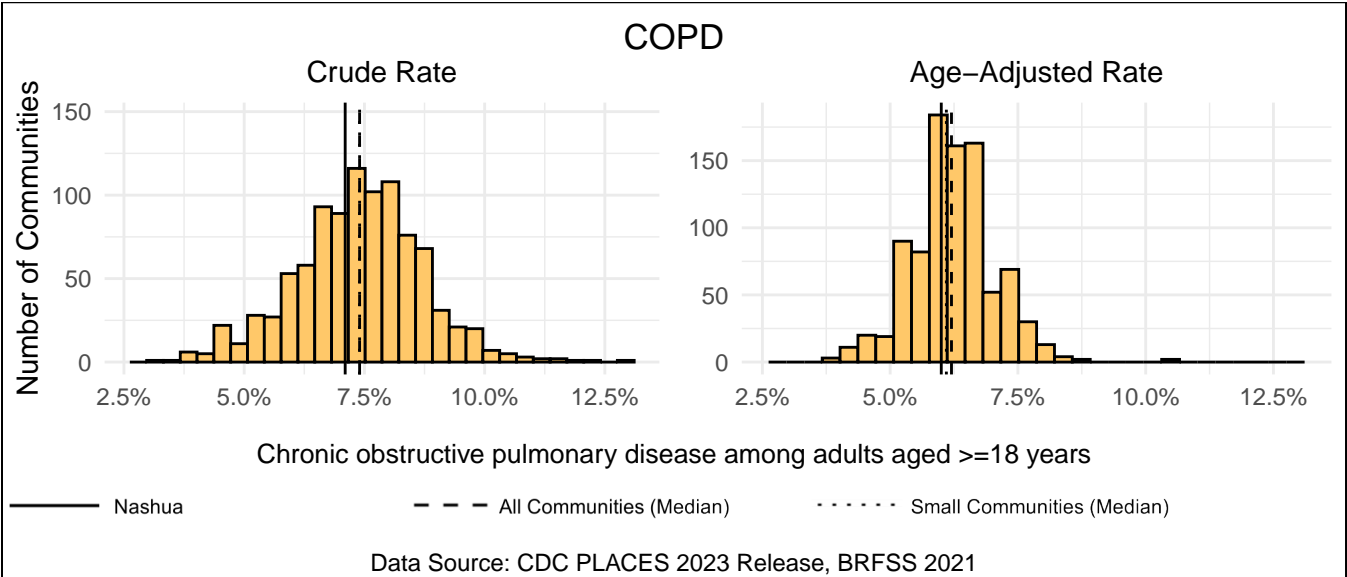
Measure Type	Nashua	All Comm.	Small Comm.
Crude	6.4%	6.4%	6.7%
Age-Adjusted	4.8%	5.0%	4.9%



# COPD

Nashua has a crude rate of 7.1% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 363rd out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Nashua is 6.0%, which ranks 305th out of 905 Iowa communities (56th out of 138 small communities).

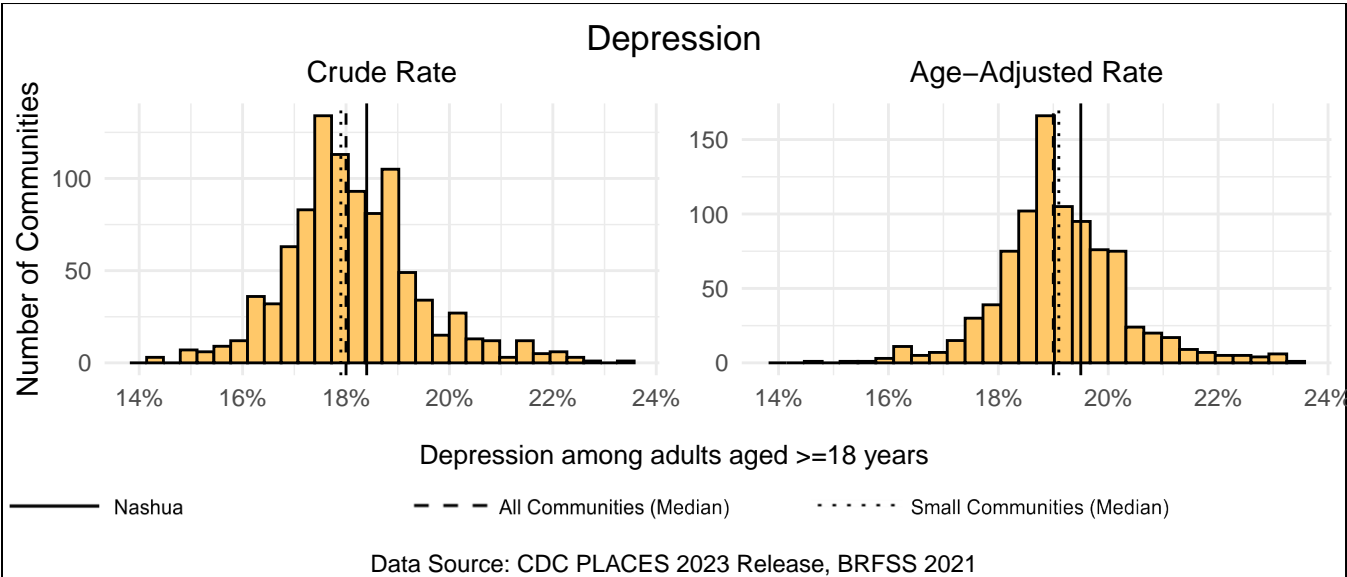
Measure Type	Nashua	All Comm.	Small Comm.
Crude	7.1%	7.4%	7.4%
Age-Adjusted	6.0%	6.2%	6.1%



# Depression

Nashua has a crude rate of 18.4% for depression among adults aged >=18 years, which ranks 592nd out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Nashua is 19.5%, which ranks 598th out of 905 Iowa communities (93rd out of 138 small communities).

Measure Type	Nashua	All Comm.	Small Comm.
Crude	18.4%	18.0%	17.9%
Age-Adjusted	19.5%	19.0%	19.1%

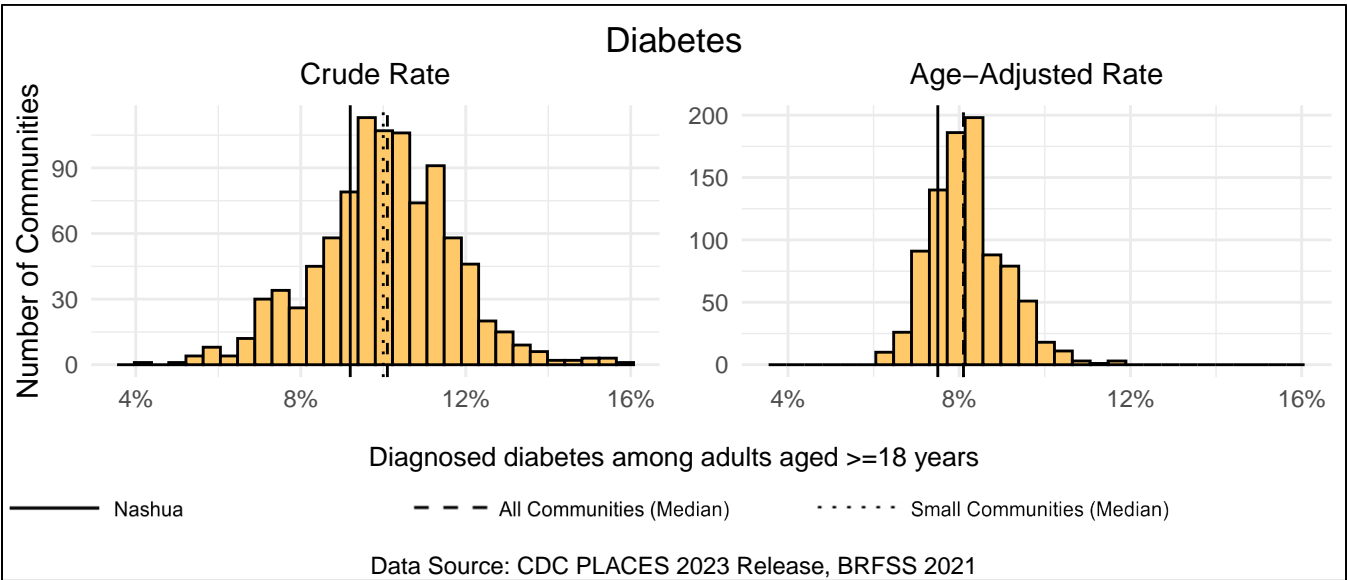




# Diabetes

Nashua has a crude rate of 9.2% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 258th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Nashua is 7.5%, which ranks 147th out of 905 Iowa communities (30th out of 138 small communities).

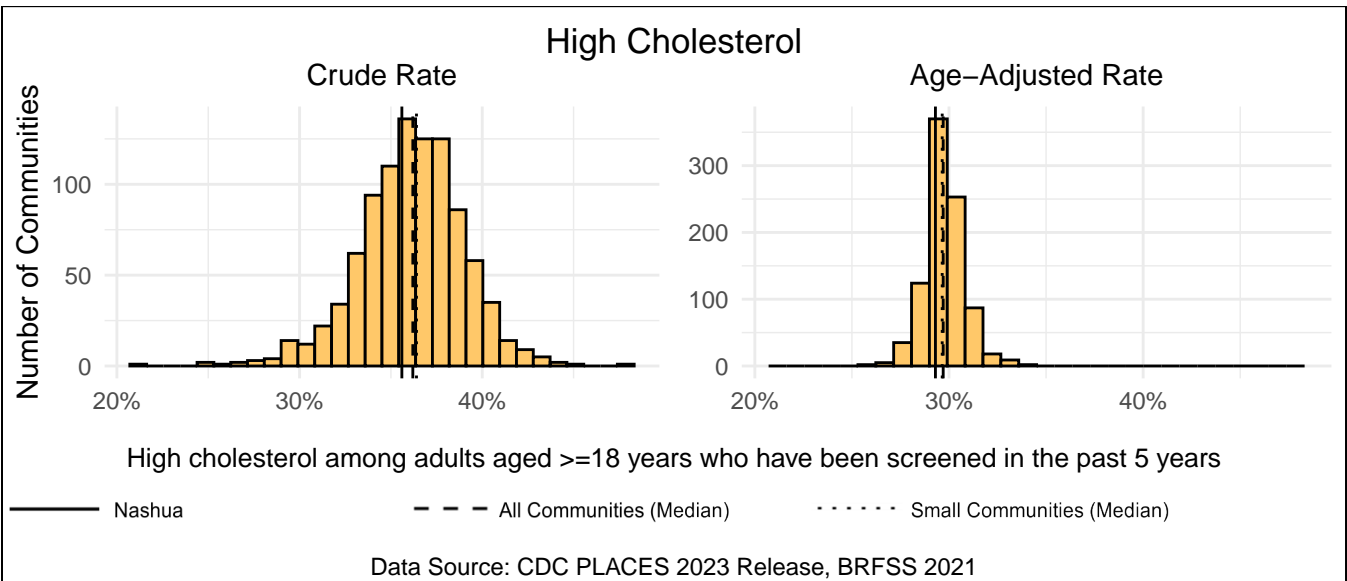
Measure Type	Nashua	All Comm.	Small Comm.
Crude	9.2%	10.1%	10.0%
Age-Adjusted	7.5%	8.1%	8.1%



# High Cholesterol

Nashua has a crude rate of 35.6% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 375th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Nashua is 29.3%, which ranks 276th out of 905 Iowa communities (45th out of 138 small communities).

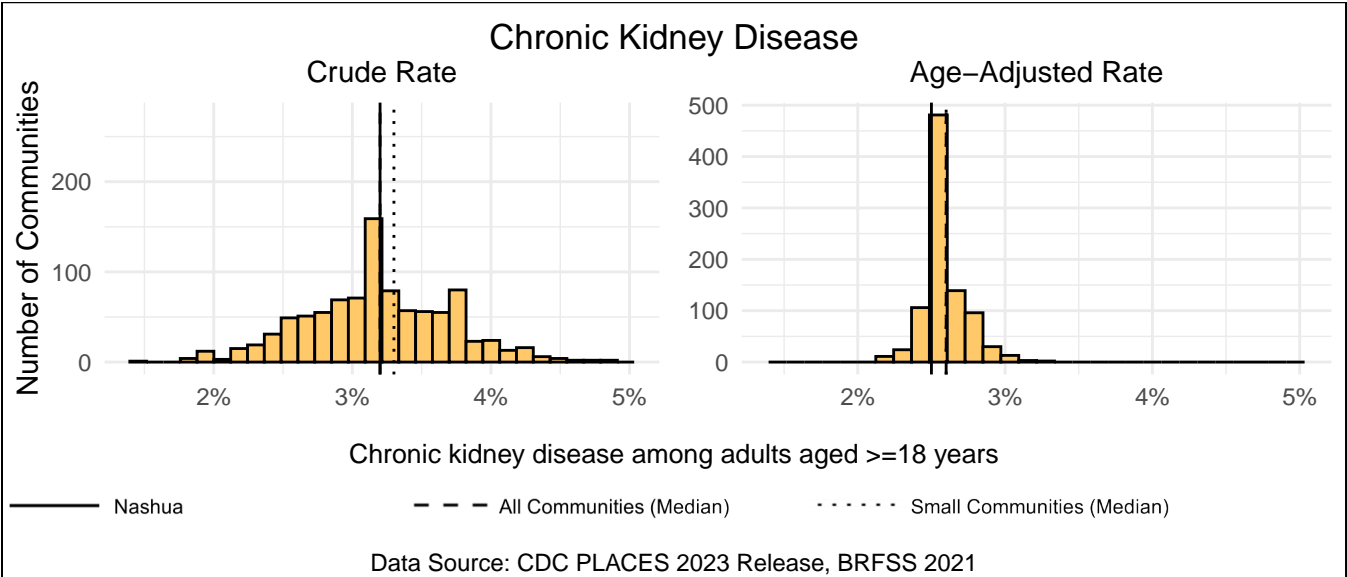
Measure Type	Nashua	All Comm.	Small Comm.
Crude	35.6%	36.2%	36.4%
Age-Adjusted	29.3%	29.7%	29.6%



# Chronic Kidney Disease

Nashua has a crude rate of 3.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 446th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Nashua is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

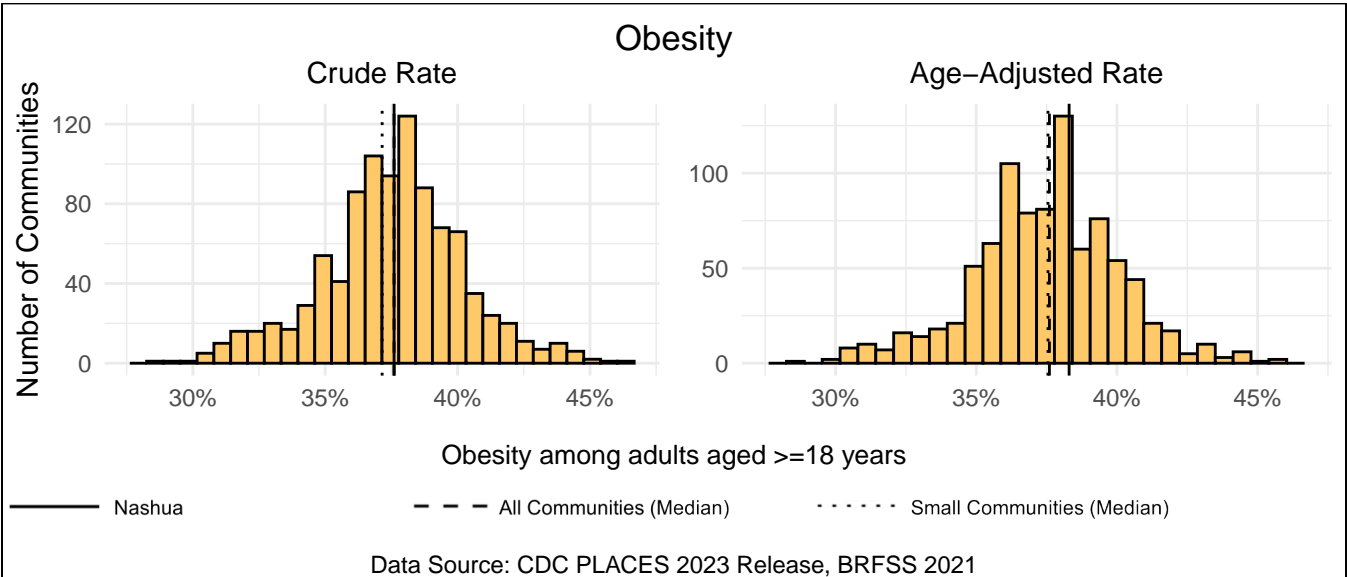
Measure Type	Nashua	All Comm.	Small Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# Obesity

Nashua has a crude rate of 37.6% for obesity among adults aged  $\geq 18$  years, which ranks 467th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Nashua is 38.3%, which ranks 579th out of 905 Iowa communities (94th out of 138 small communities).

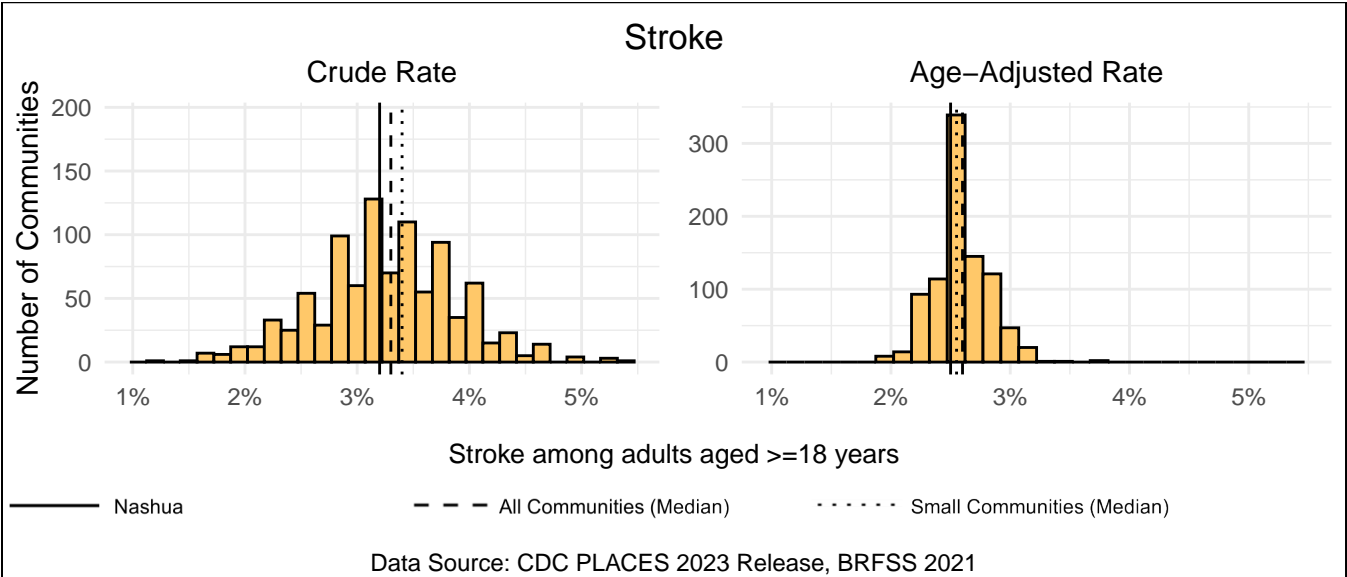
Measure Type	Nashua	All Comm.	Small Comm.
Crude	37.6%	37.6%	37.2%
Age-Adjusted	38.3%	37.6%	37.5%



# Stroke

Nashua has a crude rate of 3.2% for stroke among adults aged  $\geq 18$  years, which ranks 397th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Nashua is 2.5%, which ranks 230th out of 905 Iowa communities (43rd out of 138 small communities).

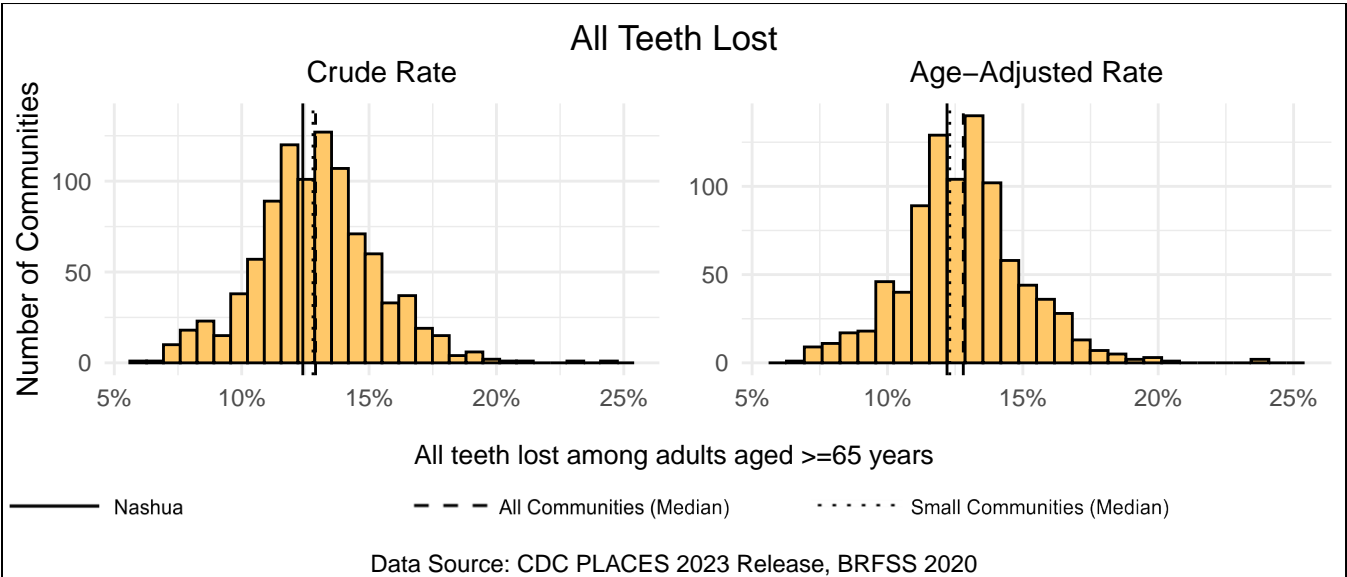
Measure Type	Nashua	All Comm.	Small Comm.
Crude	3.2%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



# All Teeth Lost

Nashua has a crude rate of 12.4% for all teeth lost among adults aged  $\geq 65$  years, which ranks 385th out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Nashua is 12.2%, which ranks 338th out of 905 Iowa communities (64th out of 138 small communities).

Measure Type	Nashua	All Comm.	Small Comm.
Crude	12.4%	12.9%	12.8%
Age-Adjusted	12.2%	12.8%	12.3%



# Prevention

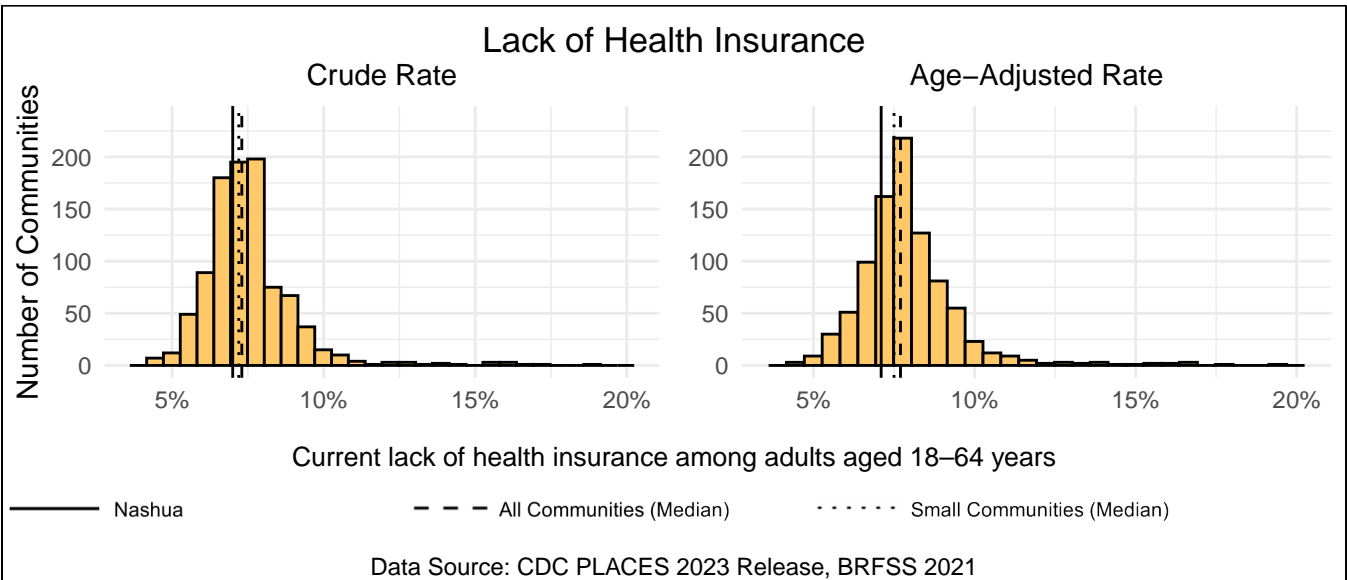
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Nashua has a crude rate of 7.0% for current lack of health insurance among adults aged 18–64 years, which ranks 338th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Nashua is 7.1%, which ranks 234th out of 905 Iowa communities (49th out of 138 small communities).

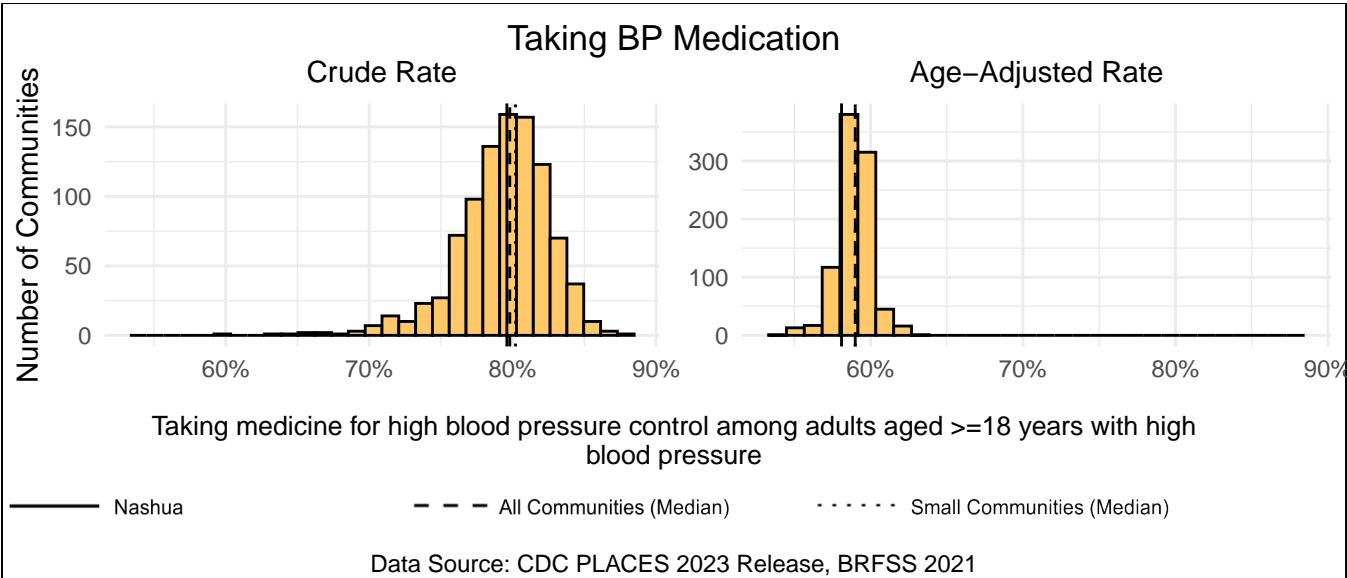
Measure Type	Nashua	All Comm.	Small Comm.
Crude	7.0%	7.3%	7.2%
Age-Adjusted	7.1%	7.7%	7.5%



# Taking BP Medication

Nashua has a crude rate of 79.6% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 493rd out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Nashua is 58.1%, which ranks 737th out of 905 Iowa communities (108th out of 138 small communities).

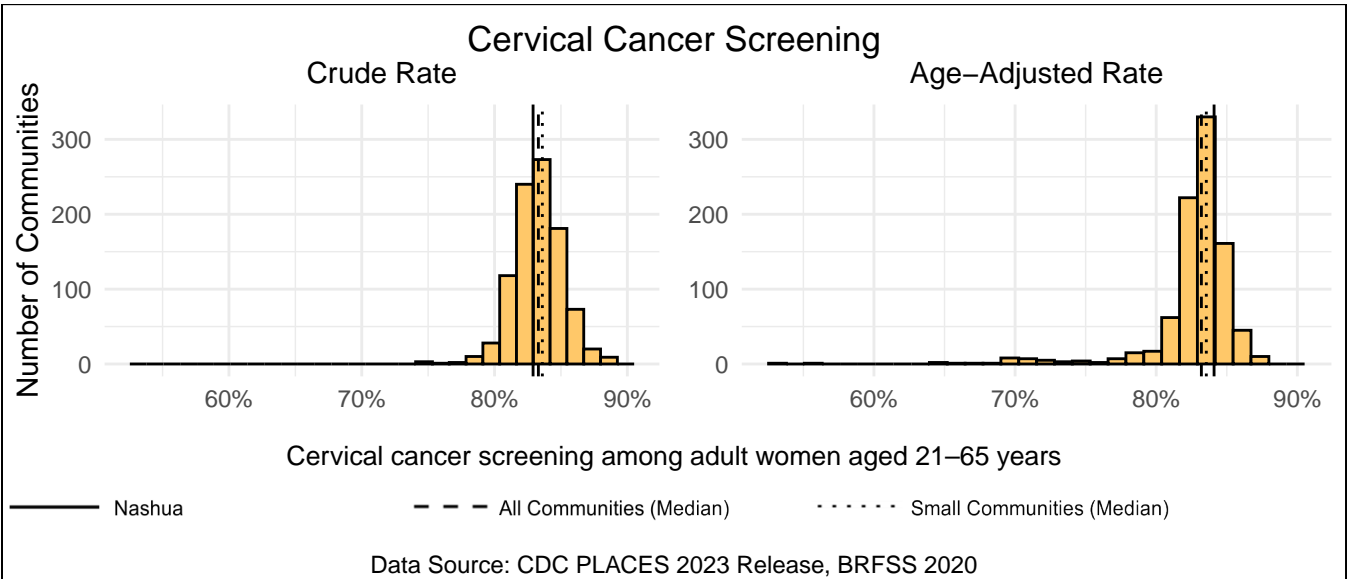
Measure Type	Nashua	All Comm.	Small Comm.
Crude	79.6%	79.8%	80.2%
Age-Adjusted	58.1%	59.0%	59.0%



# Cervical Cancer Screening

Nashua has a crude rate of 82.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 557th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Nashua is 84.1%, which ranks 217th out of 905 Iowa communities (45th out of 138 small communities).

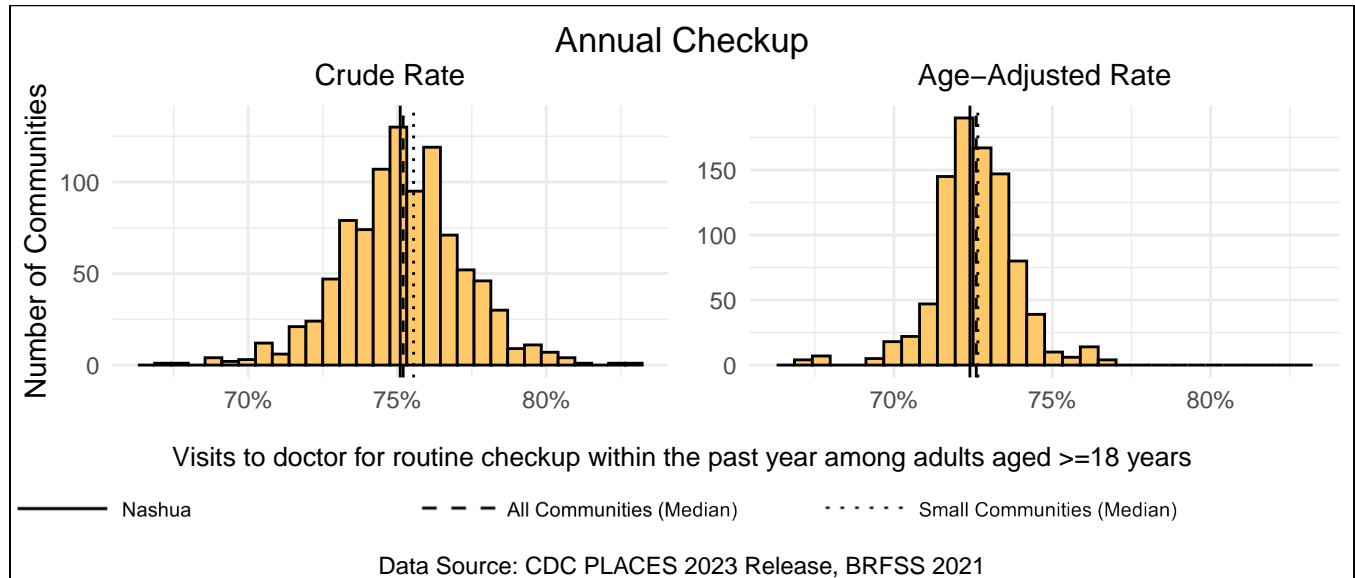
Measure Type	Nashua	All Comm.	Small Comm.
Crude	82.9%	83.3%	83.6%
Age-Adjusted	84.1%	83.2%	83.5%



## Annual Checkup

Nashua has a crude rate of 75.1% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 490th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Nashua is 72.4%, which ranks 498th out of 905 Iowa communities (80th out of 138 small communities).

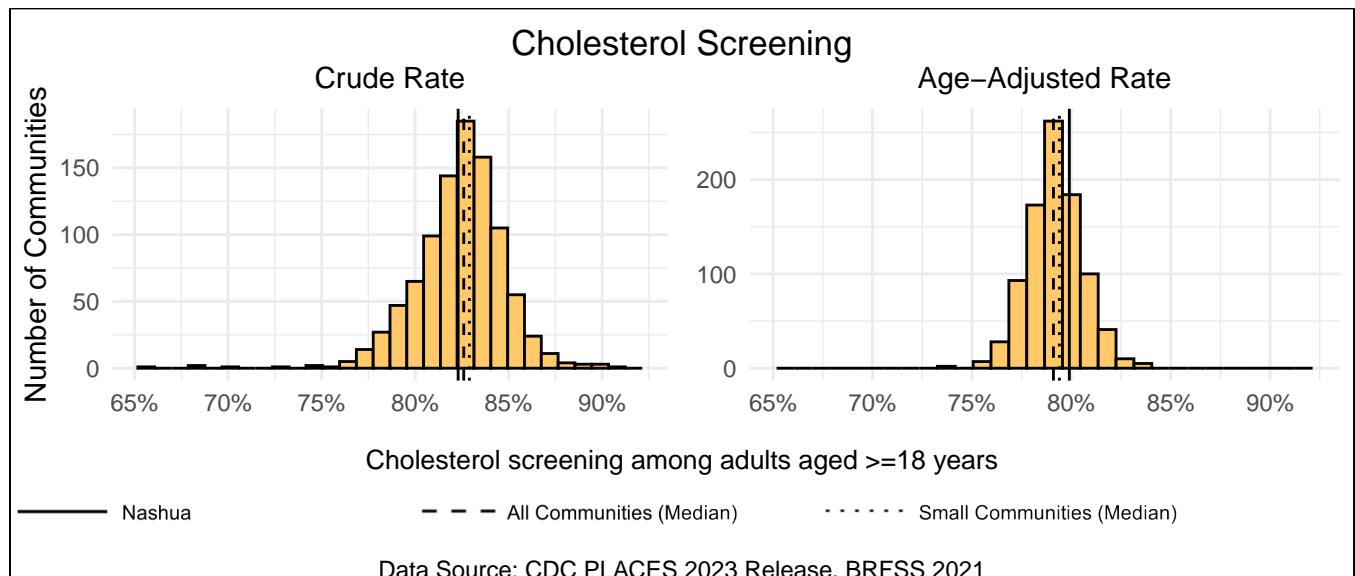
Measure Type	Nashua	All Comm.	Small Comm.
Crude	75.1%	75.2%	75.5%
Age-Adjusted	72.4%	72.6%	72.6%



## Cholesterol Screening

Nashua has a crude rate of 82.3% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 538th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Nashua is 79.9%, which ranks 258th out of 905 Iowa communities (51st out of 138 small communities).

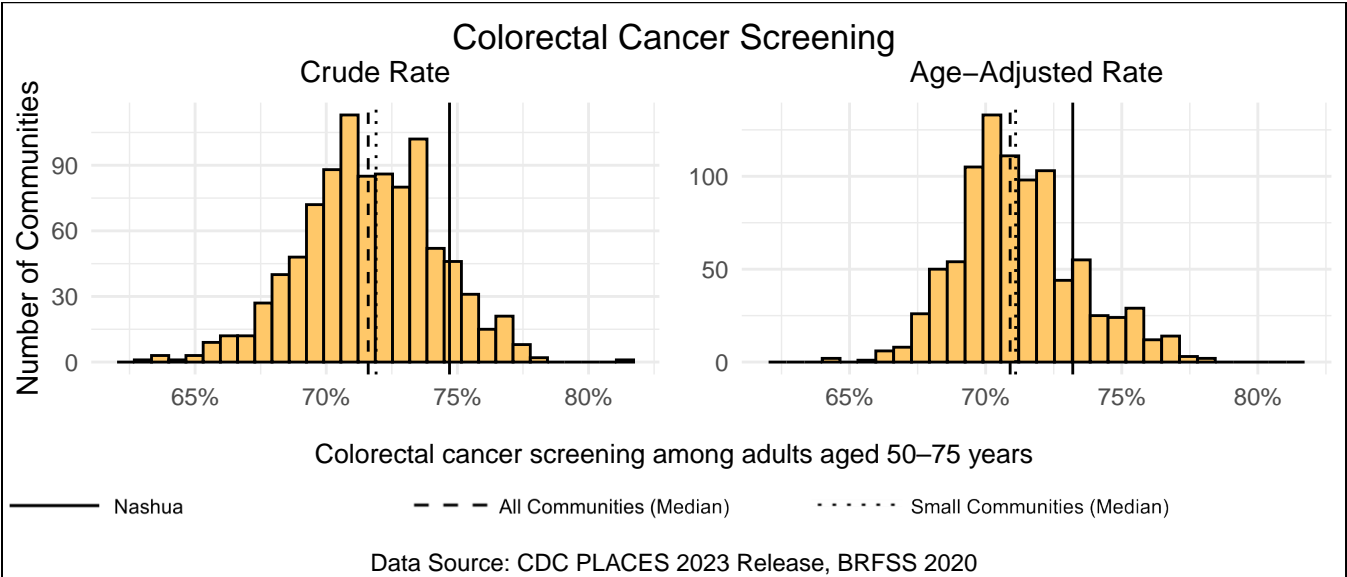
Measure Type	Nashua	All Comm.	Small Comm.
Crude	82.3%	82.6%	82.9%
Age-Adjusted	79.9%	79.1%	79.4%



## Colorectal Cancer Screening

Nashua has a crude rate of 74.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 100th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Nashua is 73.2%, which ranks 159th out of 905 Iowa communities (29th out of 138 small communities).

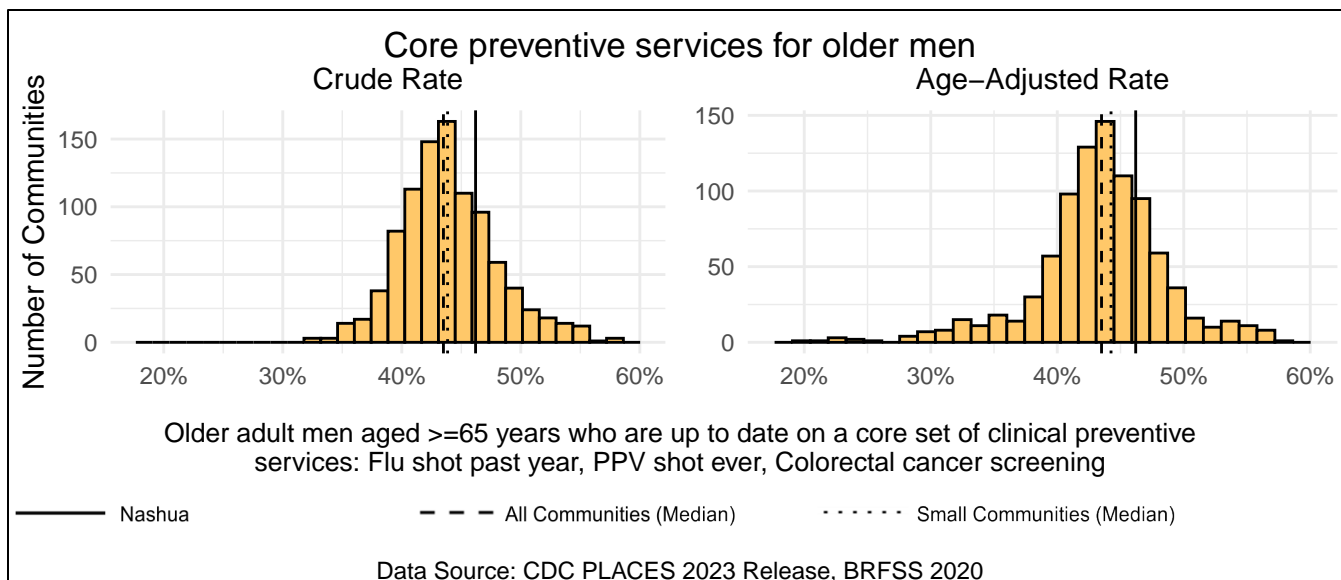
Measure Type	Nashua	All Comm.	Small Comm.
Crude	74.7%	71.6%	71.9%
Age-Adjusted	73.2%	70.9%	71.1%



## Core preventive services for older men

Nashua has a crude rate of 46.2% 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 243rd out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Nashua is 46.2%, which ranks 233rd out of 905 Iowa communities (43rd out of 138 small communities).

Measure Type	Nashua	All Comm.	Small Comm.
Crude	46.2%	43.5%	43.8%
Age-Adjusted	46.2%	43.5%	44.2%

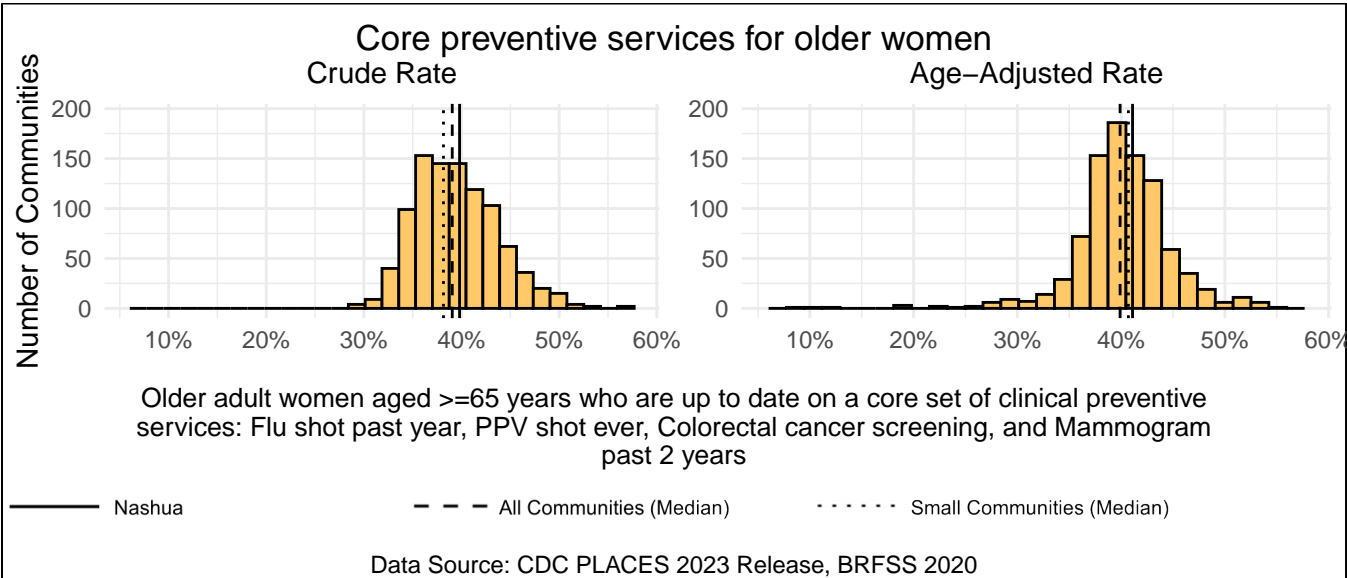




### Core preventive services for older women

Nashua has a crude rate of 39.8% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 407th out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Nashua is 41.1%, which ranks 353rd out of 905 Iowa communities (62nd out of 138 small communities).

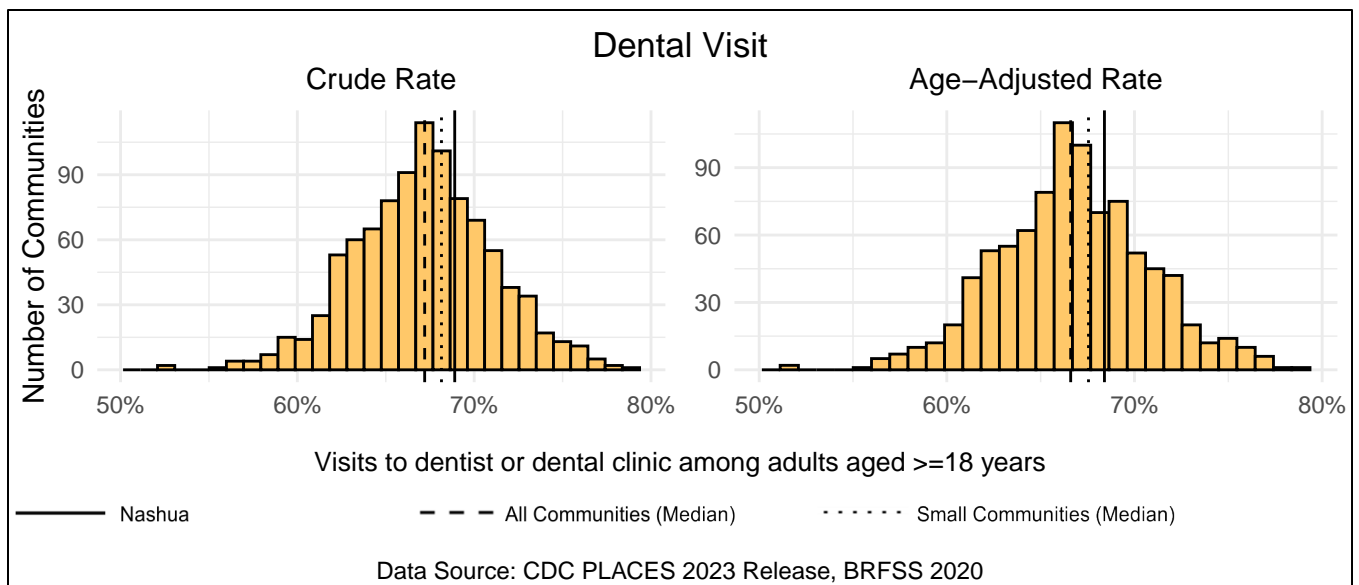
Measure Type	Nashua	All Comm.	Small Comm.
Crude	39.8%	39.0%	38.2%
Age-Adjusted	41.1%	39.9%	40.7%



### Dental Visit

Nashua has a crude rate of 68.9% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 305th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Nashua is 68.4%, which ranks 292nd out of 905 Iowa communities (56th out of 138 small communities).

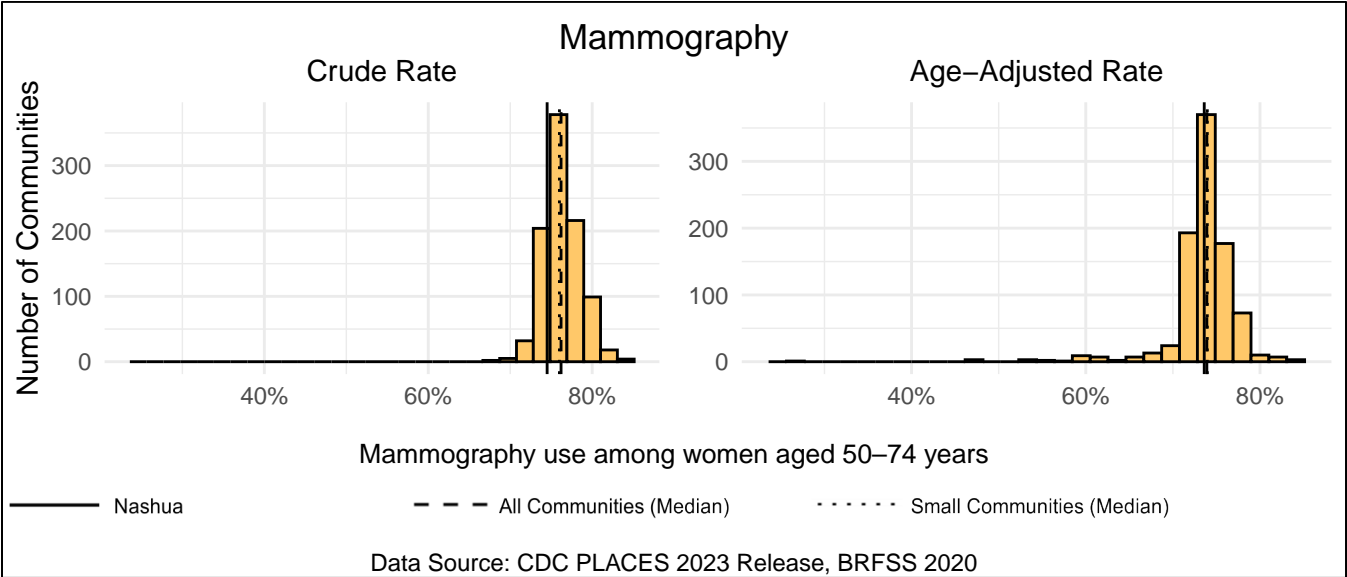
Measure Type	Nashua	All Comm.	Small Comm.
Crude	68.9%	67.2%	68.2%
Age-Adjusted	68.4%	66.6%	67.5%



# Mammography

Nashua has a crude rate of 74.5% for mammography use among women aged 50–74 years, which ranks 764th out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Nashua is 73.6%, which ranks 499th out of 905 Iowa communities (79th out of 138 small communities).

Measure Type	Nashua	All Comm.	Small Comm.
Crude	74.5%	76.2%	76.0%
Age-Adjusted	73.6%	73.9%	74.0%



# Disability

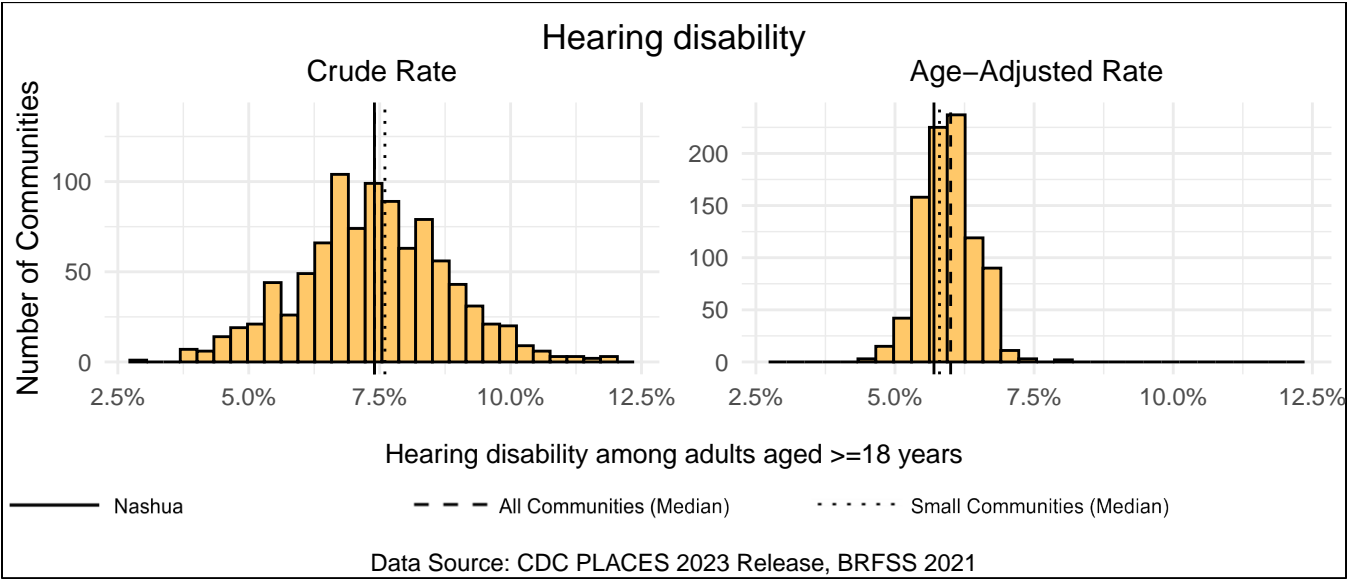
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Nashua has a crude rate of 7.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 470th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for Nashua is 5.7%, which ranks 219th out of 905 Iowa communities (46th out of 138 small communities).

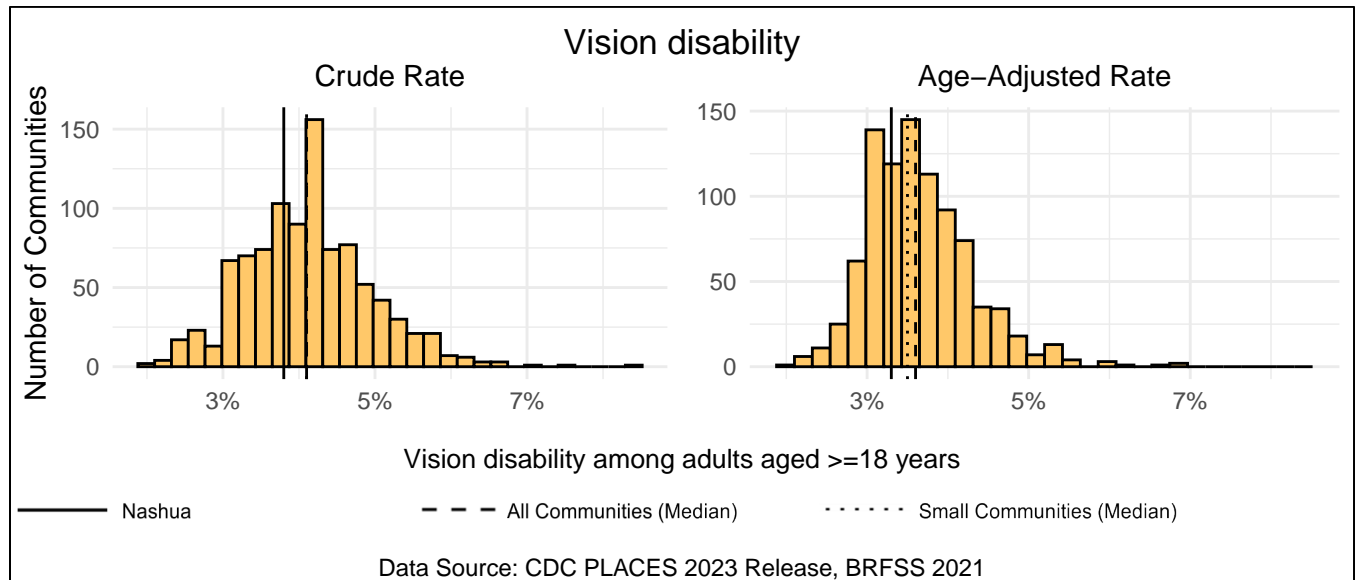
Measure Type	Nashua	All Comm.	Small Comm.
Crude	7.4%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.8%



## Vision disability

Nashua has a crude rate of 3.8% for vision disability among adults aged  $\geq 18$  years, which ranks 317th out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Nashua is 3.3%, which ranks 245th out of 905 Iowa communities (43rd out of 138 small communities).

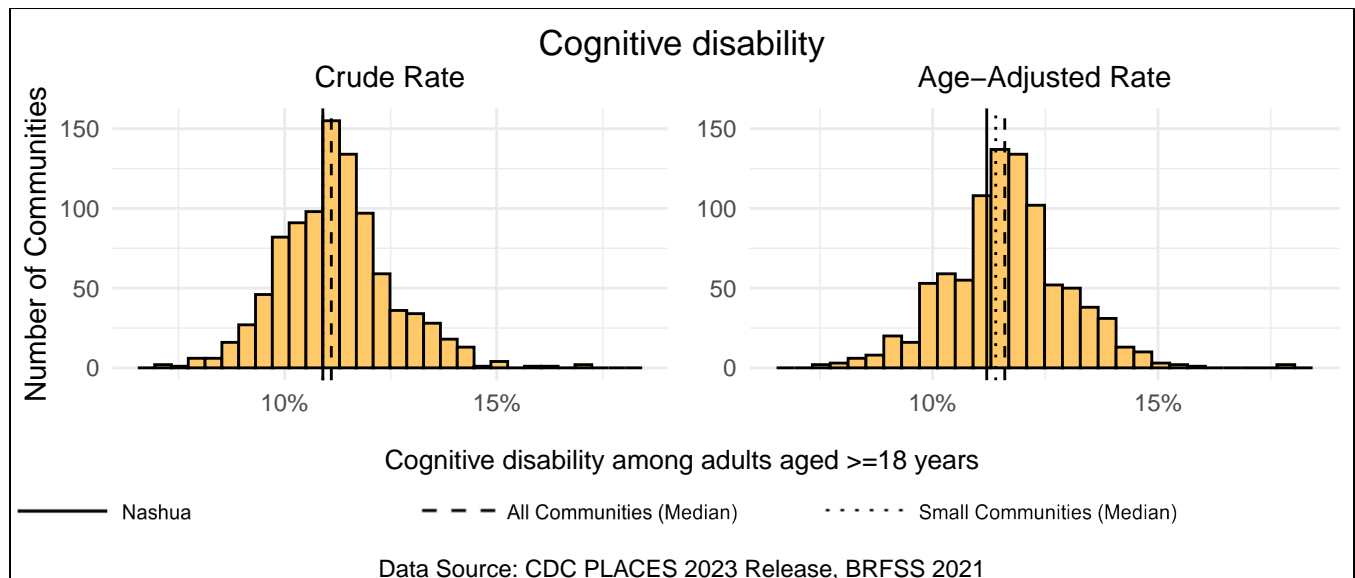
Measure Type	Nashua	All Comm.	Small Comm.
Crude	3.8%	4.1%	4.1%
Age-Adjusted	3.3%	3.6%	3.5%



## Cognitive disability

Nashua has a crude rate of 10.9% for cognitive disability among adults aged  $\geq 18$  years, which ranks 376th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Nashua is 11.2%, which ranks 296th out of 905 Iowa communities (54th out of 138 small communities).

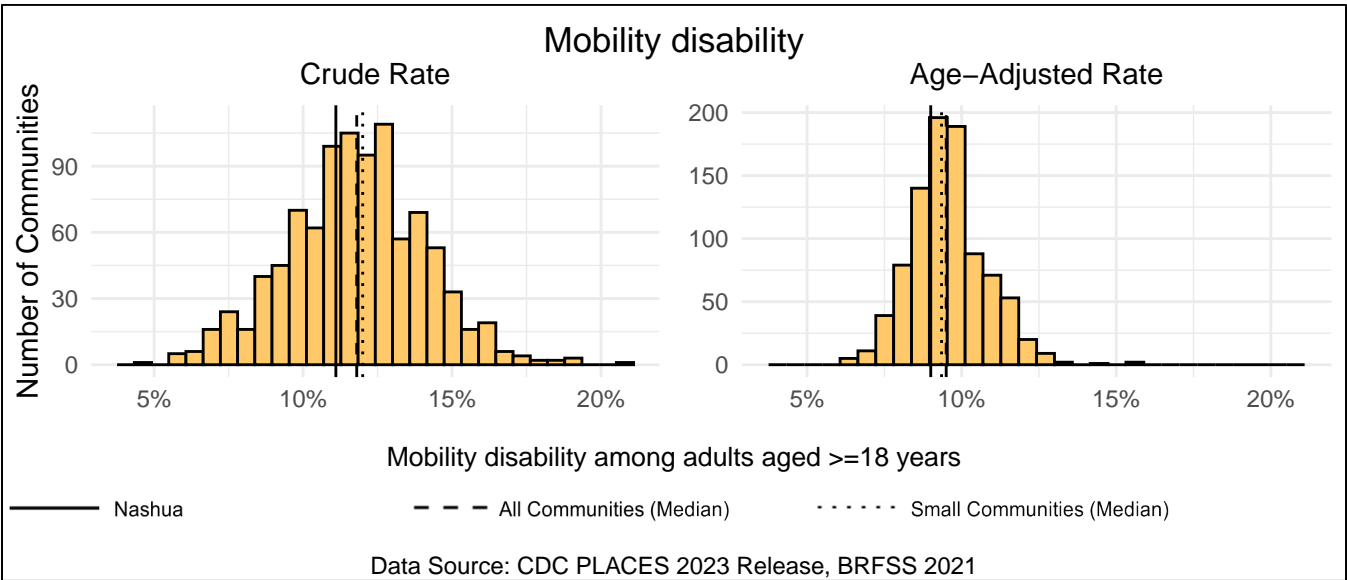
Measure Type	Nashua	All Comm.	Small Comm.
Crude	10.9%	11.1%	10.9%
Age-Adjusted	11.2%	11.6%	11.4%



## Mobility disability

Nashua has a crude rate of 11.1% for mobility disability among adults aged  $\geq 18$  years, which ranks 347th out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Nashua is 9.0%, which ranks 275th out of 905 Iowa communities (53rd out of 138 small communities).

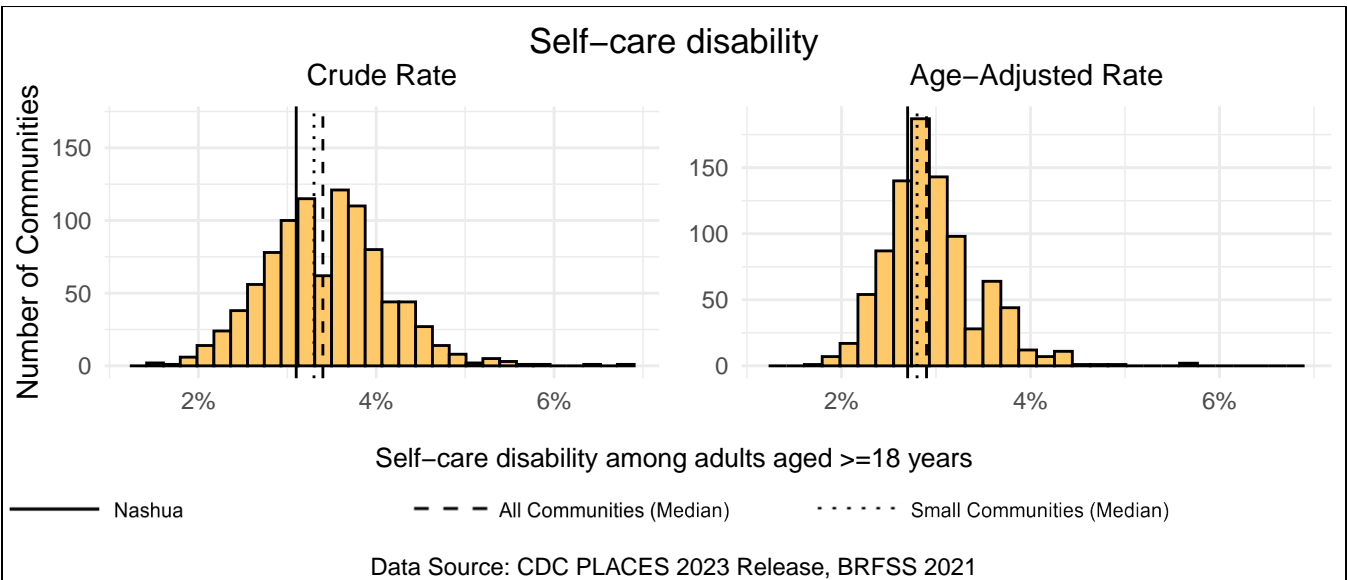
Measure Type	Nashua	All Comm.	Small Comm.
Crude	11.1%	11.8%	12.0%
Age-Adjusted	9.0%	9.5%	9.4%



## Self-care disability

Nashua has a crude rate of 3.1% for self-care disability among adults aged  $\geq 18$  years, which ranks 267th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Nashua is 2.7%, which ranks 248th out of 905 Iowa communities (45th out of 138 small communities).

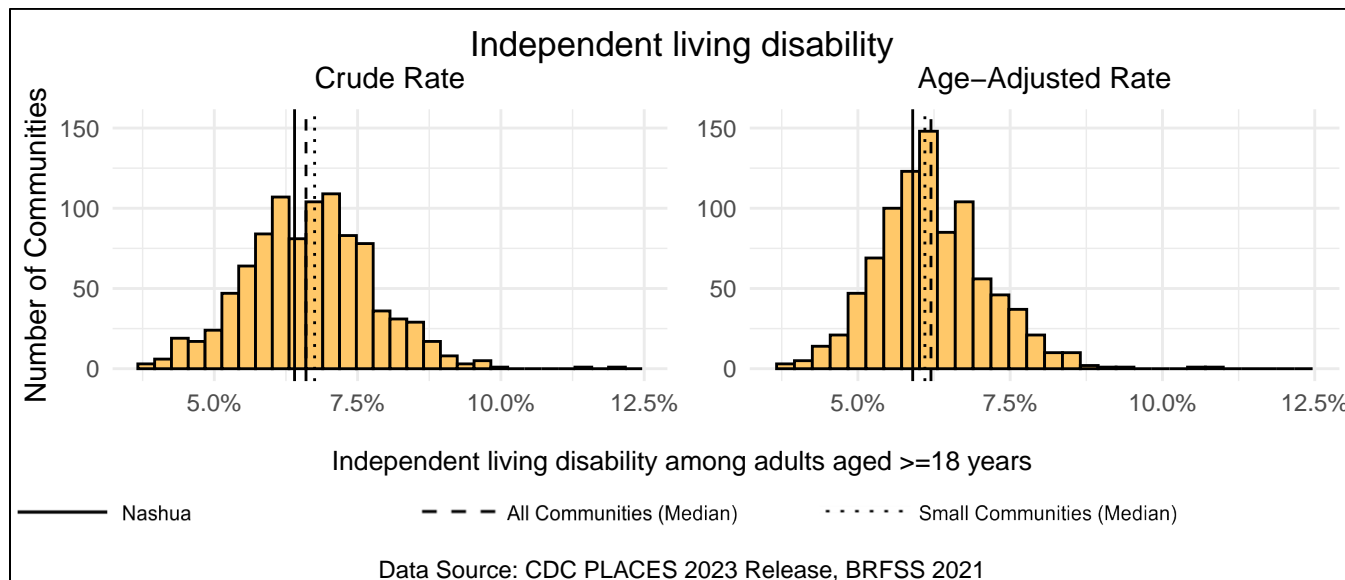
Measure Type	Nashua	All Comm.	Small Comm.
Crude	3.1%	3.4%	3.3%
Age-Adjusted	2.7%	2.9%	2.8%



## Independent living disability

Nashua has a crude rate of 6.4% for independent living disability among adults aged  $\geq 18$  years, which ranks 372nd out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Nashua is 5.9%, which ranks 291st out of 905 Iowa communities (53rd out of 138 small communities).

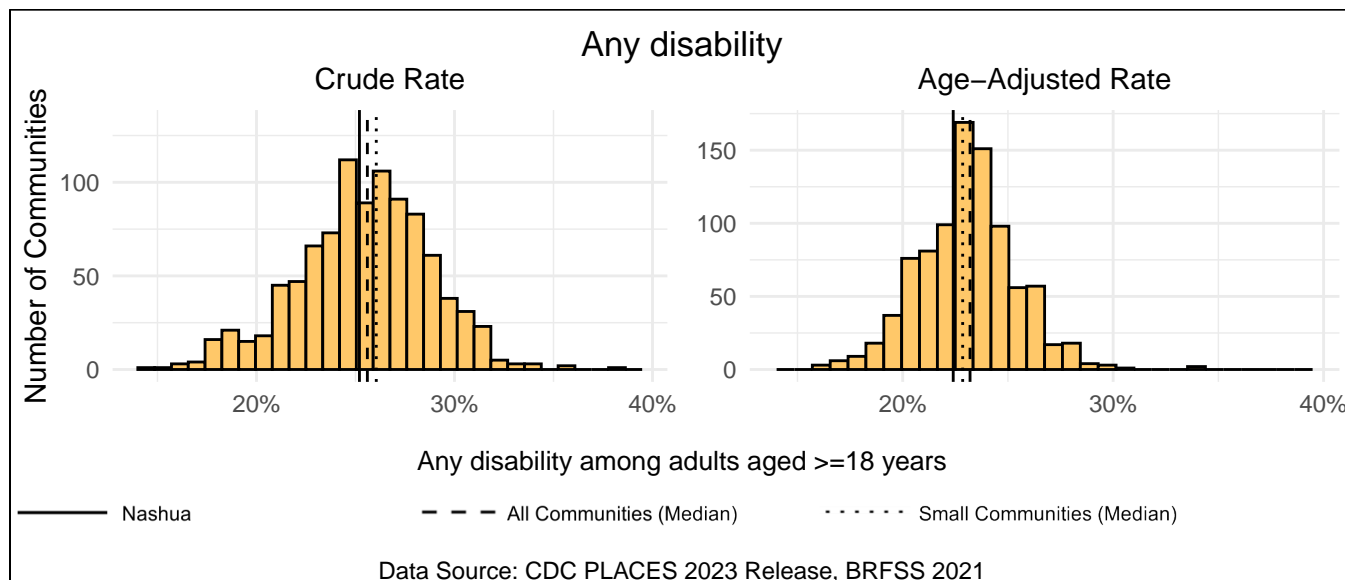
Measure Type	Nashua	All Comm.	Small Comm.
Crude	6.4%	6.6%	6.8%
Age-Adjusted	5.9%	6.2%	6.1%



## Any disability

Nashua has a crude rate of 25.2% for any disability among adults aged  $\geq 18$  years, which ranks 440th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Nashua is 22.4%, which ranks 311th out of 905 Iowa communities (56th out of 138 small communities).

Measure Type	Nashua	All Comm.	Small Comm.
Crude	25.2%	25.6%	26.0%
Age-Adjusted	22.4%	23.2%	22.8%



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## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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





## Appendix 2: Nashua 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	269	10.1% (8.6% - 11.8%)	265	9.3% (7.8% - 11.0%)
Health Status	Mental Health	514	14.4% (12.3% - 16.5%)	405	15.5% (13.2% - 18.0%)
Health Status	General Health	272	13.1% (10.8% - 15.8%)	238	11.8% (9.8% - 14.1%)
Health Risk Behaviors	Sleep <7 hours	374	29.9% (28.2% - 31.5%)	446	31.1% (29.4% - 32.9%)
Health Risk Behaviors	Physical Inactivity	270	24.3% (19.7% - 29.3%)	241	22.6% (18.3% - 27.6%)
Health Risk Behaviors	Binge Drinking	549	19.9% (16.5% - 23.6%)	609	22.5% (18.5% - 26.6%)
Health Risk Behaviors	Current Smoking	233	15.5% (12.1% - 19.1%)	273	16.7% (13.2% - 20.7%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.8% - 3.6%)	142	2.5% (2.3% - 2.8%)
Health Outcomes	Arthritis	479	27.9% (23.9% - 32.2%)	550	23.5% (19.9% - 27.4%)
Health Outcomes	COPD	363	7.1% (5.7% - 8.5%)	305	6.0% (4.9% - 7.1%)
Health Outcomes	Cancer (except skin)	606	8.5% (7.7% - 9.4%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	High Cholesterol	375	35.6% (31.1% - 40.2%)	276	29.3% (25.0% - 33.9%)
Health Outcomes	Coronary Heart Disease	438	6.4% (5.5% - 7.4%)	257	4.8% (4.1% - 5.5%)
Health Outcomes	Current Asthma	524	9.4% (8.2% - 10.6%)	513	9.6% (8.4% - 10.8%)
Health Outcomes	Depression	592	18.4% (15.1% - 22.2%)	598	19.5% (16.0% - 23.3%)
Health Outcomes	Stroke	397	3.2% (2.8% - 3.7%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	High Blood Pressure	424	31.7% (27.6% - 35.9%)	368	27.0% (23.3% - 31.0%)
Health Outcomes	Diabetes	258	9.2% (7.8% - 10.8%)	147	7.5% (6.3% - 8.8%)
Health Outcomes	All Teeth Lost	385	12.4% (7.9% - 17.5%)	338	12.2% (7.9% - 16.9%)
Health Outcomes	Obesity	467	37.6% (30.3% - 45.3%)	579	38.3% (30.6% - 46.3%)
Prevention	Core preventive services for older women	407	39.8% (31.8% - 48.3%)	353	41.1% (32.9% - 49.6%)
Prevention	Annual Checkup	490	75.1% (70.1% - 79.6%)	498	72.4% (66.9% - 77.5%)
Prevention	Dental Visit	305	68.9% (65.3% - 72.3%)	292	68.4% (64.5% - 72.0%)
Prevention	Mammography	764	74.5% (70.1% - 78.6%)	499	73.6% (68.6% - 78.3%)
Prevention	Cervical Cancer Screening	557	82.9% (80.3% - 85.5%)	217	84.1% (81.7% - 86.5%)
Prevention	Taking BP Medication	493	79.6% (76.4% - 82.5%)	737	58.1% (53.2% - 63.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	538	82.3% (79.1% - 85.3%)	258	79.9% (76.2% - 83.3%)
Prevention	Colorectal Cancer Screening	100	74.7% (71.6% - 77.5%)	159	73.2% (69.8% - 76.3%)
Prevention	Health Insurance	338	7.0% (5.0% - 9.3%)	234	7.1% (5.1% - 9.4%)
Prevention	Core preventive services for older men	243	46.2% (37.1% - 55.4%)	233	46.2% (37.1% - 55.4%)
Disability	Mobility Disability	347	11.1% (9.2% - 13.2%)	275	9.0% (7.5% - 10.6%)
Disability	Cognitive Disability	376	10.9% (9.0% - 12.9%)	296	11.2% (9.3% - 13.3%)
Disability	Vision Disability	317	3.8% (3.2% - 4.5%)	245	3.3% (2.8% - 4.0%)
Disability	Any Disability	440	25.2% (21.4% - 29.6%)	311	22.4% (18.6% - 26.6%)
Disability	Independent Living Disability	372	6.4% (5.3% - 7.6%)	291	5.9% (4.9% - 7.0%)
Disability	Hearing Disability	470	7.4% (6.4% - 8.5%)	219	5.7% (5.0% - 6.5%)
Disability	Self-care Disability	267	3.1% (2.6% - 3.6%)	248	2.7% (2.3% - 3.2%)

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)

Nashua 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		