



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 New Hampton: Overview

Dear Community Members & Stakeholders of New Hampton,

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 New Hampton ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify New Hampton'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 New Hampton. 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
Binge Drinking	223rd	27th	Colorectal Cancer Screening	273rd	40th
Taking BP Medication	229th	17th	Chronic Kidney Disease	349th	41st
Annual Checkup	234th	19th	Core preventive services for older men	365th	40th
Colorectal Cancer Screening	314th	38th	Diabetes	401st	42nd
Cholesterol Screening	317th	24th	Cervical Cancer Screening	402nd	49th

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
Arthritis	795th	96th	Obesity	702nd	71st
Mammography	793rd	92nd	Health Insurance	700th	61st
Cancer (except skin)	790th	93rd	All Teeth Lost	664th	68th
Any Disability	770th	74th	Mammography	655th	78th
Hearing Disability	762nd	80th	Arthritis	652nd	69th

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 New Hampton.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

With a population of 3,473, New Hampton’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

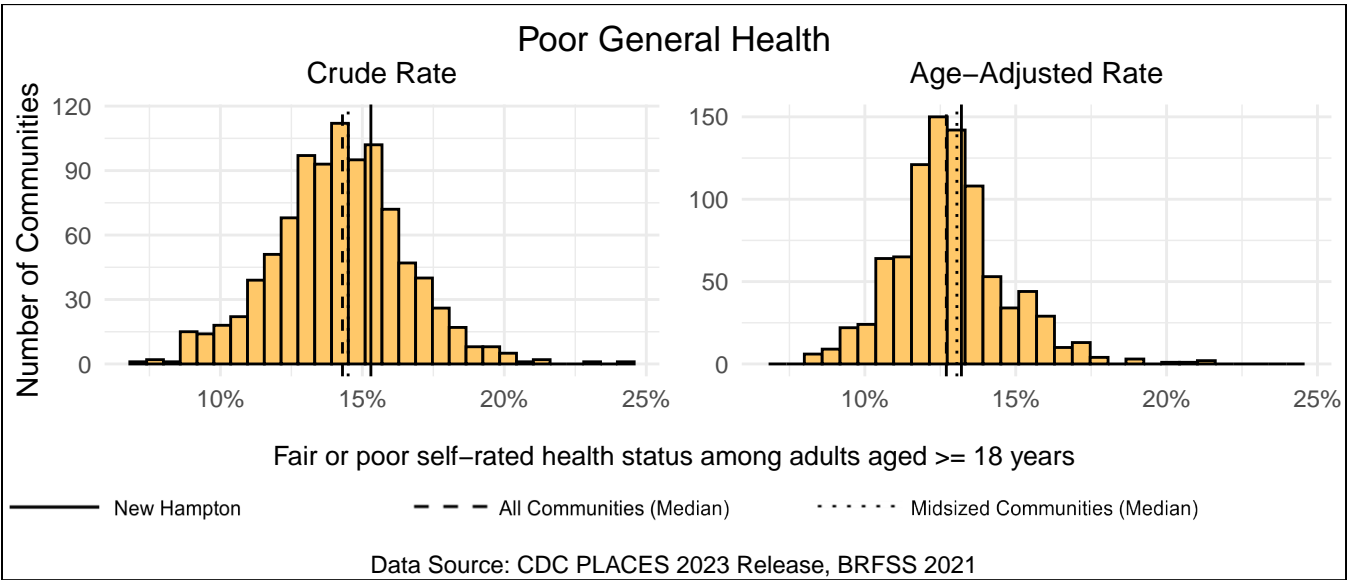
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

New Hampton has a crude rate of 15.3% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 660th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 13.2%, which ranks 552nd out of 905 Iowa communities (53rd out of 102 mid-sized communities).

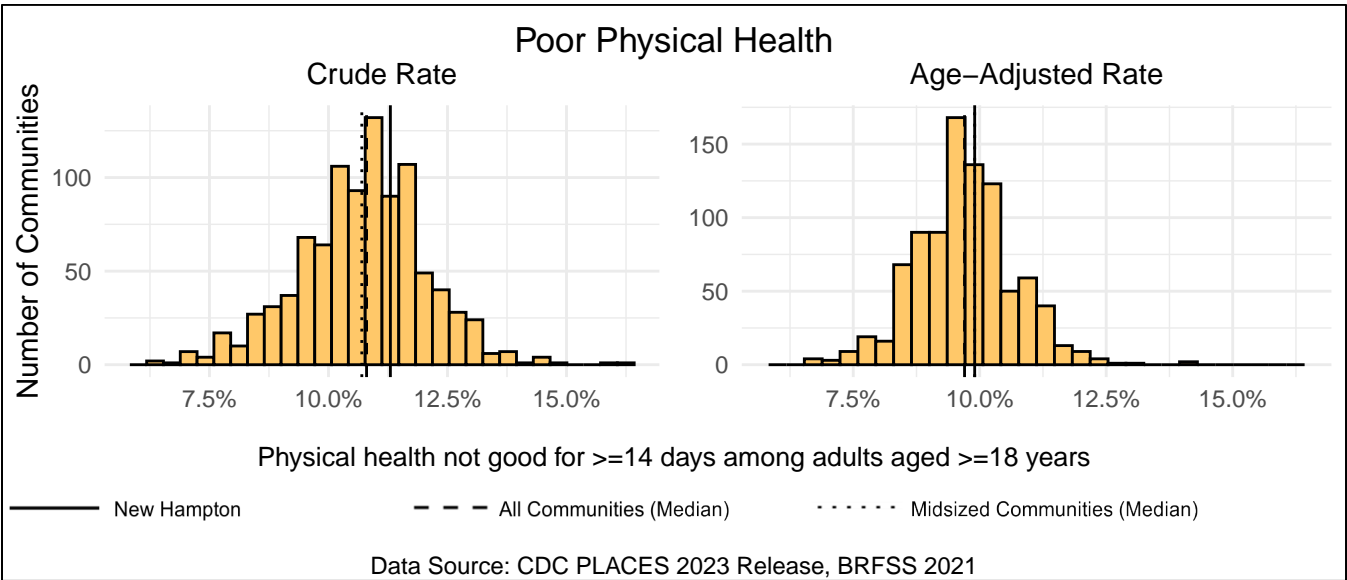
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	15.3%	14.3%	14.5%
Age-Adjusted	13.2%	12.7%	13.0%



Poor Physical Health

New Hampton has a crude rate of 11.3% for physical health not good for >=14 days among adults aged >=18 years, which ranks 636th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 9.9%, which ranks 518th out of 905 Iowa communities (51st out of 102 mid-sized communities).

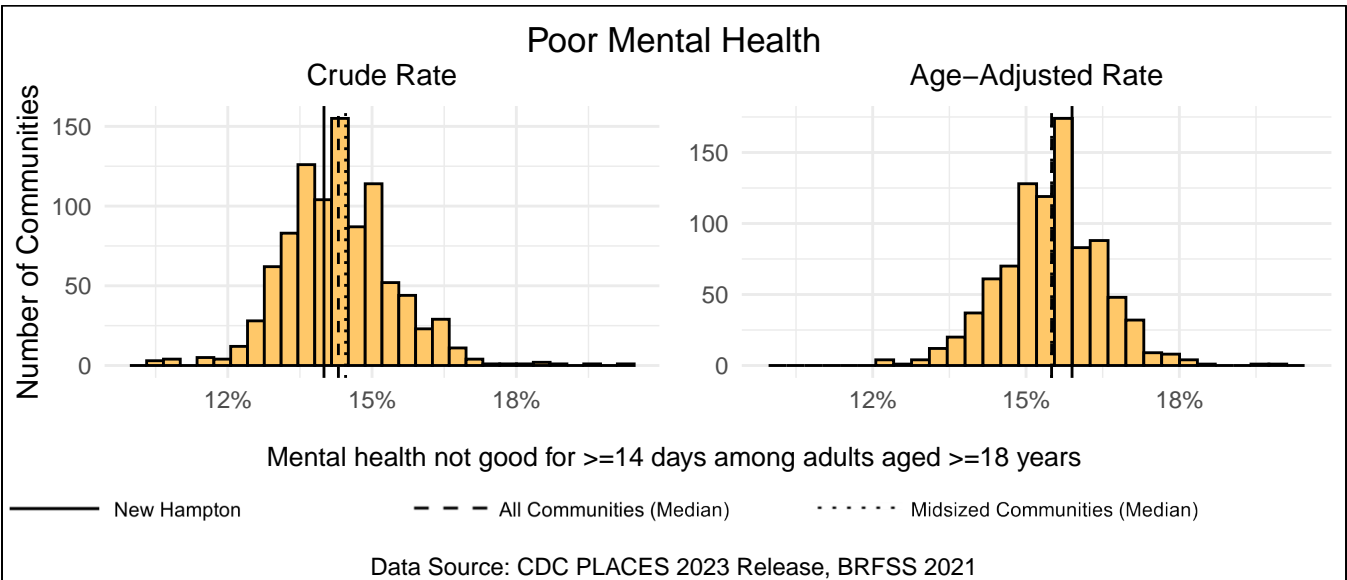
Measure Type	New Hampton	All Comm.	Mid-sized Comm.
Crude	11.3%	10.8%	10.7%
Age-Adjusted	9.9%	9.7%	9.9%



Poor Mental Health

New Hampton has a crude rate of 14.0% for mental health not good for >=14 days among adults aged >=18 years, which ranks 356th out of 958 Iowa communities (33rd out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 15.9%, which ranks 596th out of 905 Iowa communities (67th out of 102 mid-sized communities).

Measure Type	New Hampton	All Comm.	Mid-sized Comm.
Crude	14.0%	14.3%	14.4%
Age-Adjusted	15.9%	15.5%	15.5%



Health Risk Behaviors

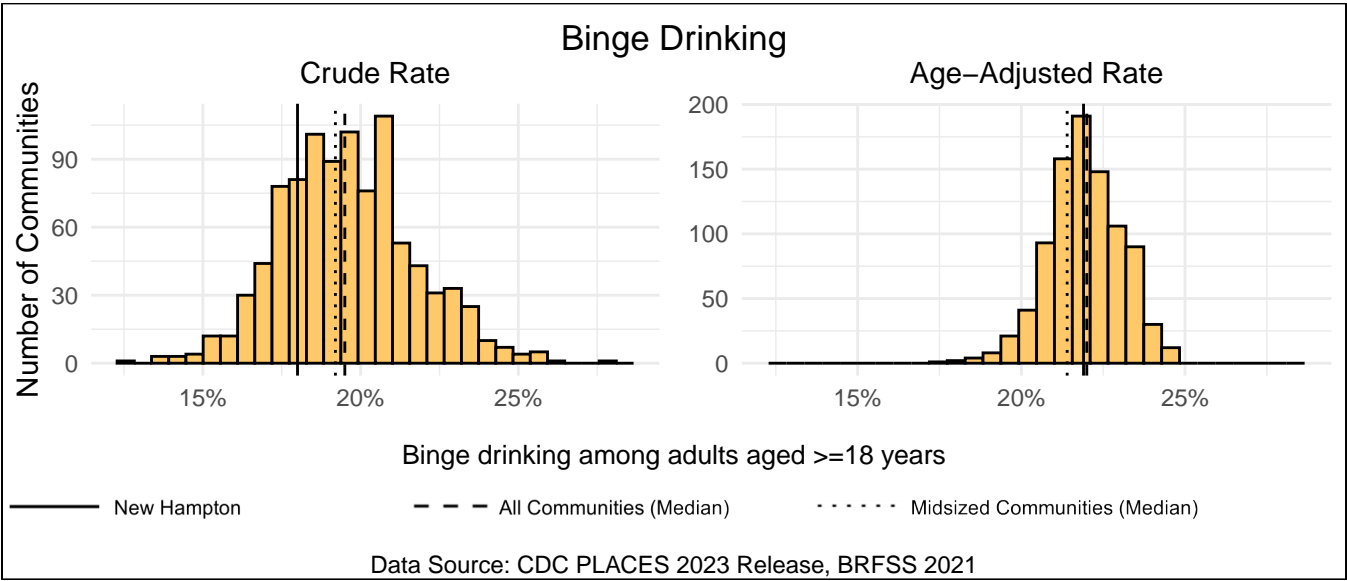
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

New Hampton has a crude rate of 18.0% for binge drinking among adults aged ≥ 18 years, which ranks 223rd out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for New Hampton is 21.9%, which ranks 418th out of 905 Iowa communities (58th out of 102 midsize communities).

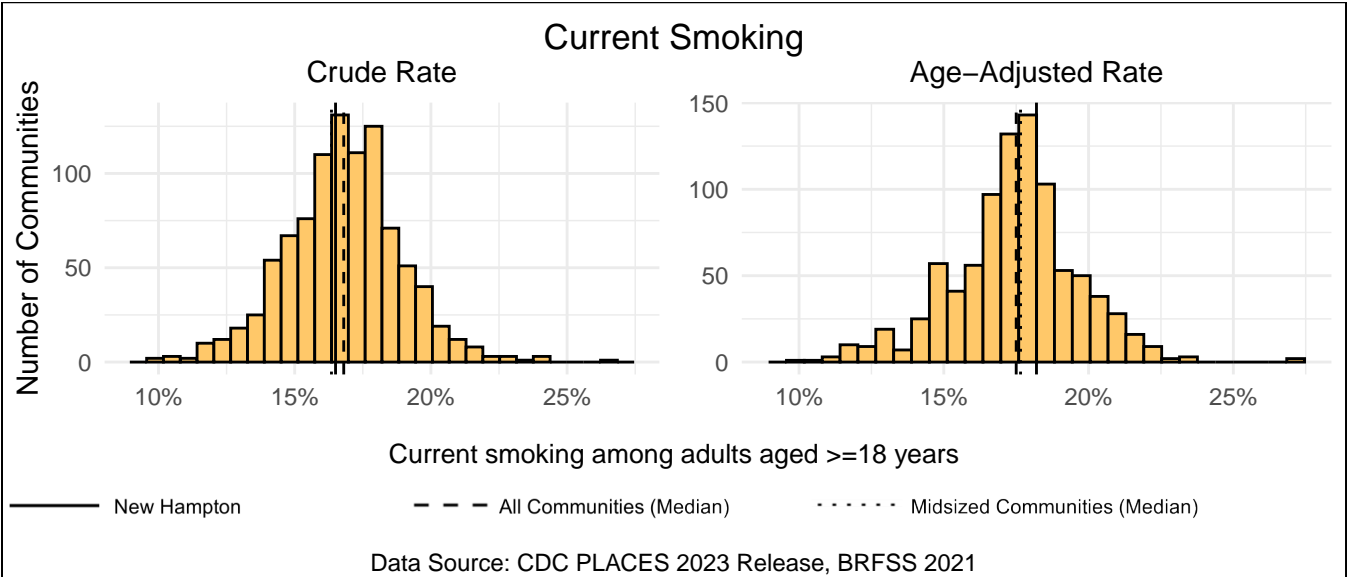
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	18.0%	19.5%	19.2%
Age-Adjusted	21.9%	22.0%	21.4%



Current Smoking

New Hampton has a crude rate of 16.5% for current smoking among adults aged ≥ 18 years, which ranks 406th out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for New Hampton is 18.2%, which ranks 572nd out of 905 Iowa communities (66th out of 102 midsized communities).

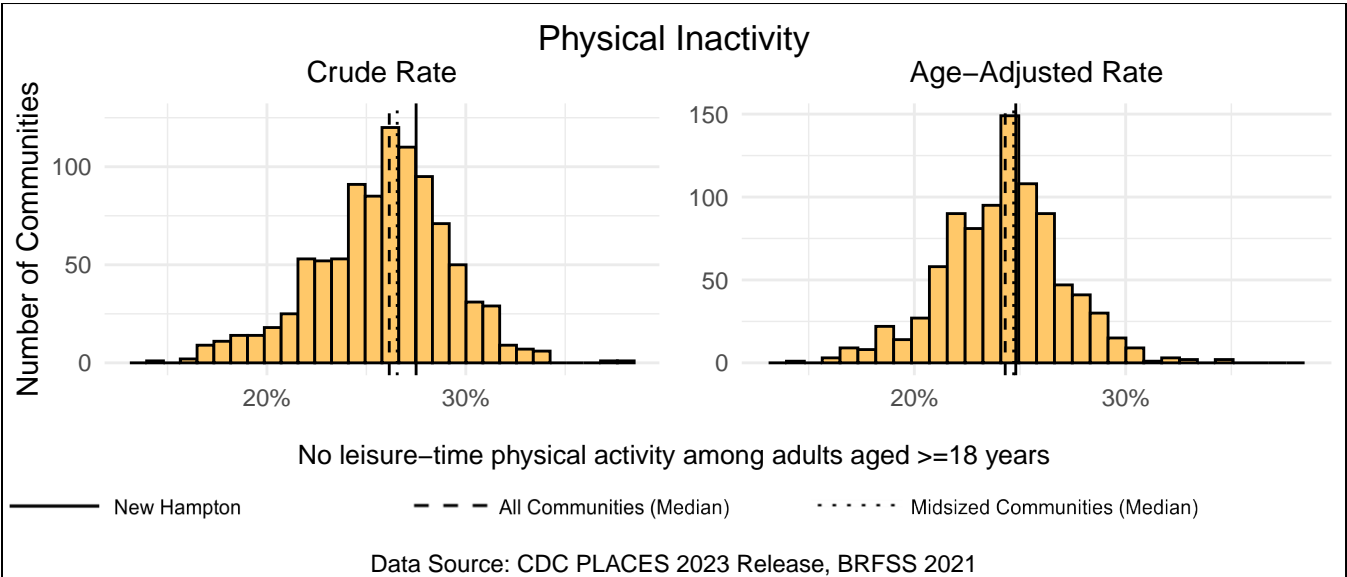
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	16.5%	16.8%	16.4%
Age-Adjusted	18.2%	17.5%	17.6%



Physical Inactivity

New Hampton has a crude rate of 27.5% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 659th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for New Hampton is 24.8%, which ranks 526th out of 905 Iowa communities (53rd out of 102 midsized communities).

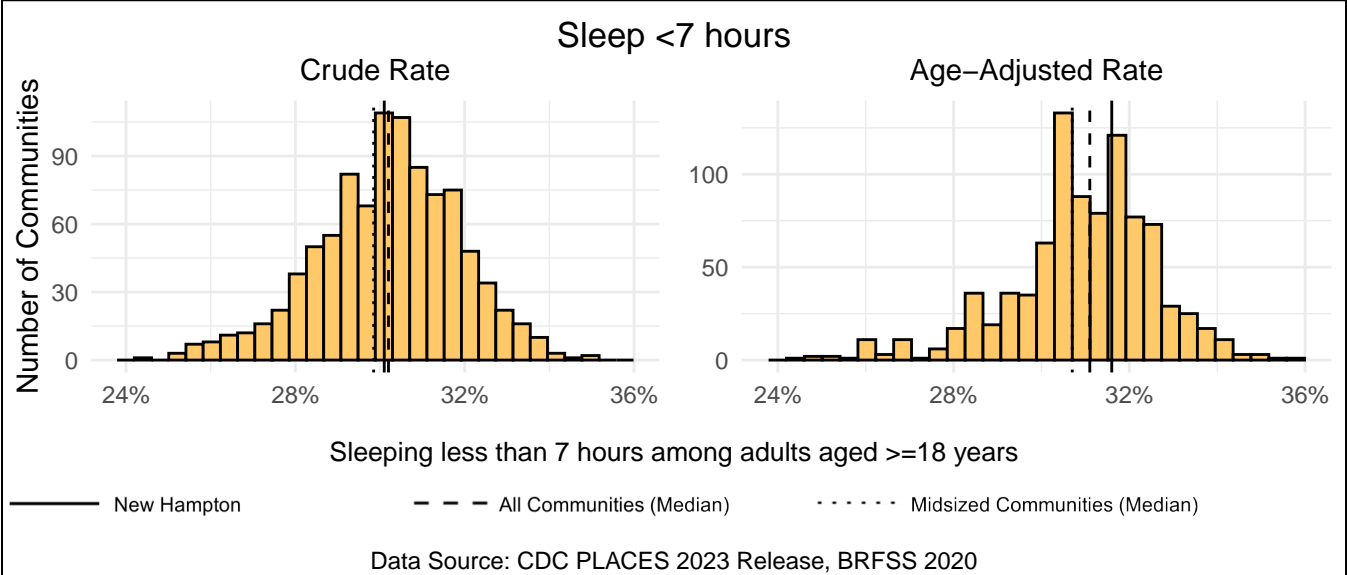
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	27.5%	26.1%	26.6%
Age-Adjusted	24.8%	24.3%	24.7%



Sleep <7 hours

New Hampton has a crude rate of 30.1% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 427th out of 958 Iowa communities (54th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 31.6%, which ranks 545th out of 905 Iowa communities (65th out of 102 mid-sized communities).

Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	30.1%	30.2%	29.8%
Age-Adjusted	31.6%	31.1%	30.7%



Health Outcomes

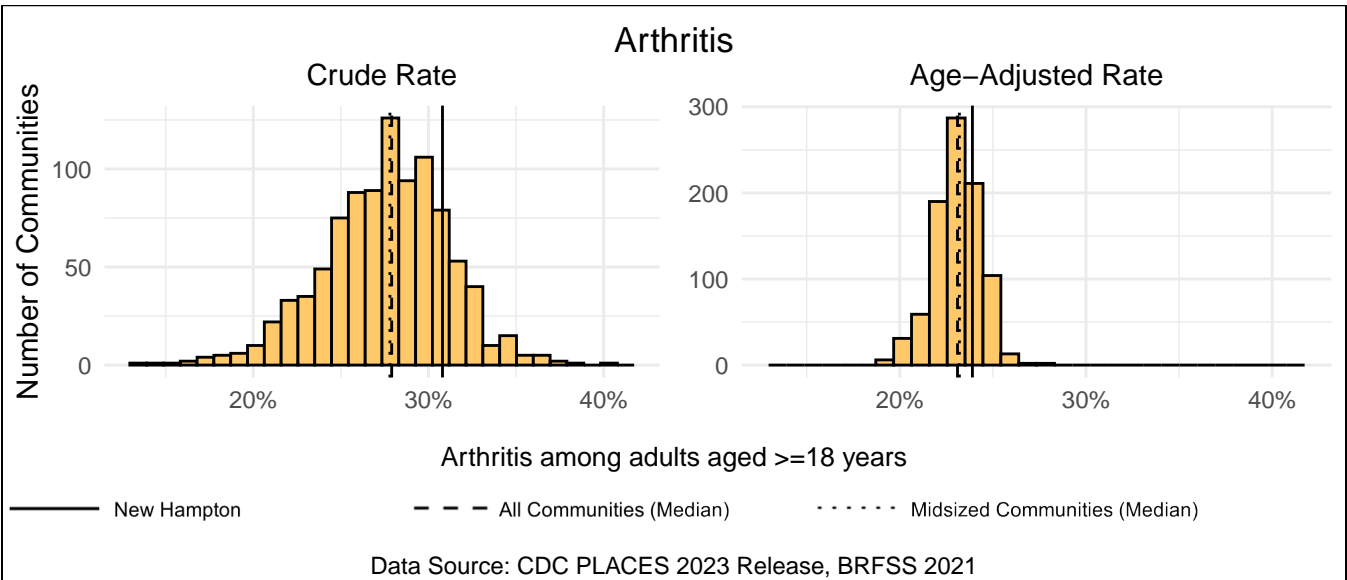
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

New Hampton has a crude rate of 30.8% for arthritis among adults aged ≥ 18 years, which ranks 795th out of 958 Iowa communities (96th out of 102 midsized communities). The age-adjusted rate for New Hampton is 23.9%, which ranks 652nd out of 905 Iowa communities (69th out of 102 midsized communities).

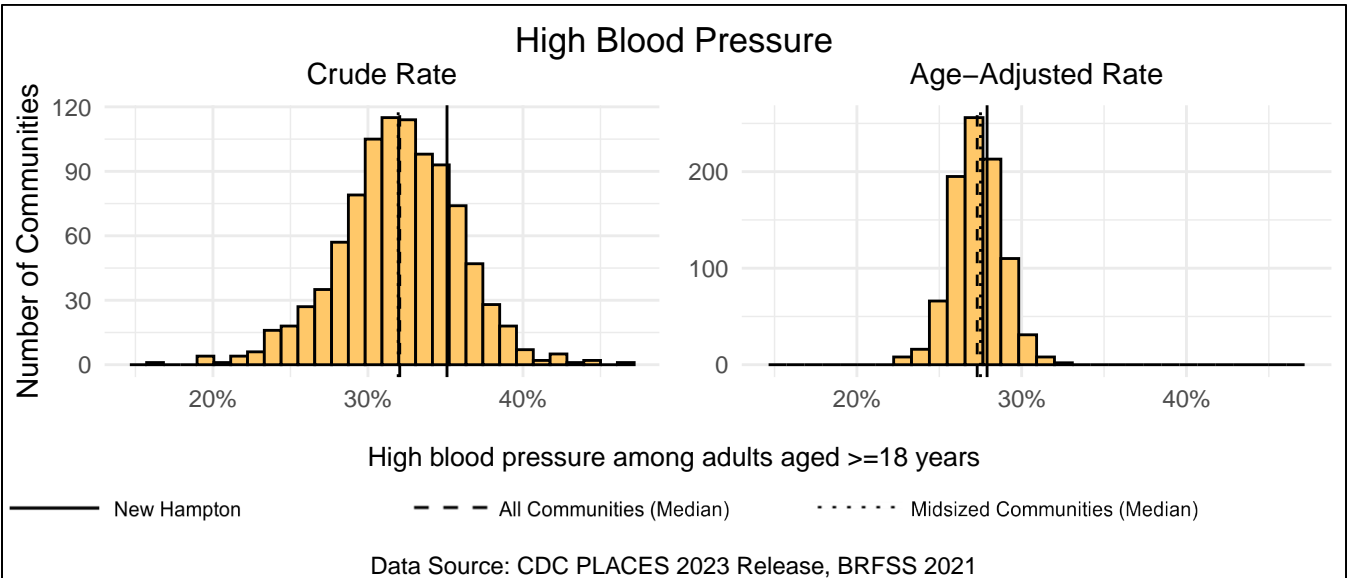
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	30.8%	27.9%	27.8%
Age-Adjusted	23.9%	23.1%	23.2%



High Blood Pressure

New Hampton has a crude rate of 35.1% for high blood pressure among adults aged ≥ 18 years, which ranks 760th out of 958 Iowa communities (90th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 27.9%, which ranks 602nd out of 905 Iowa communities (60th out of 102 mid-sized communities).

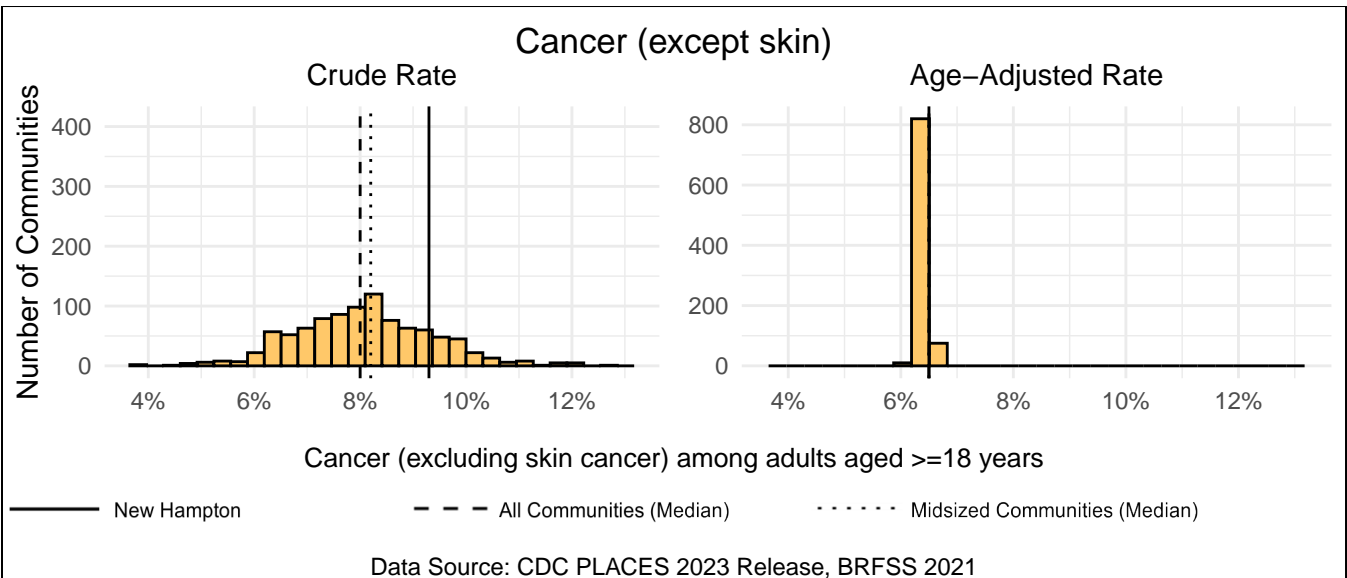
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	35.1%	32.0%	32.0%
Age-Adjusted	27.9%	27.3%	27.5%



Cancer (except skin)

New Hampton has a crude rate of 9.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 790th out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

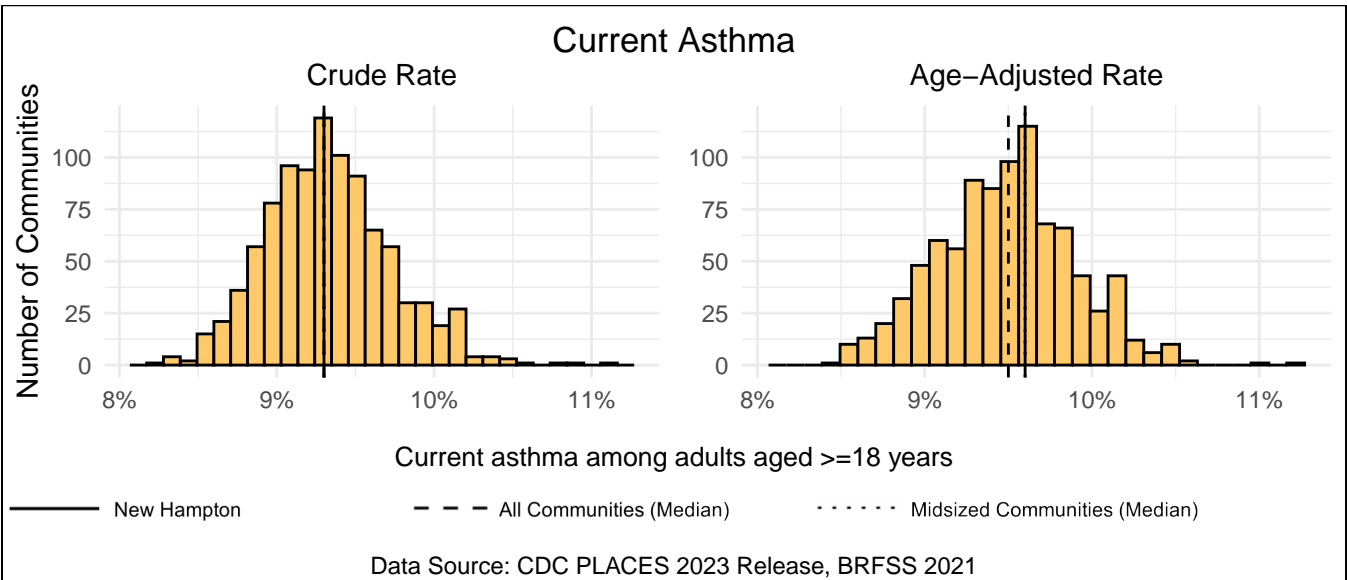
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	9.3%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

New Hampton 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 midsize communities). The age-adjusted rate for New Hampton is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

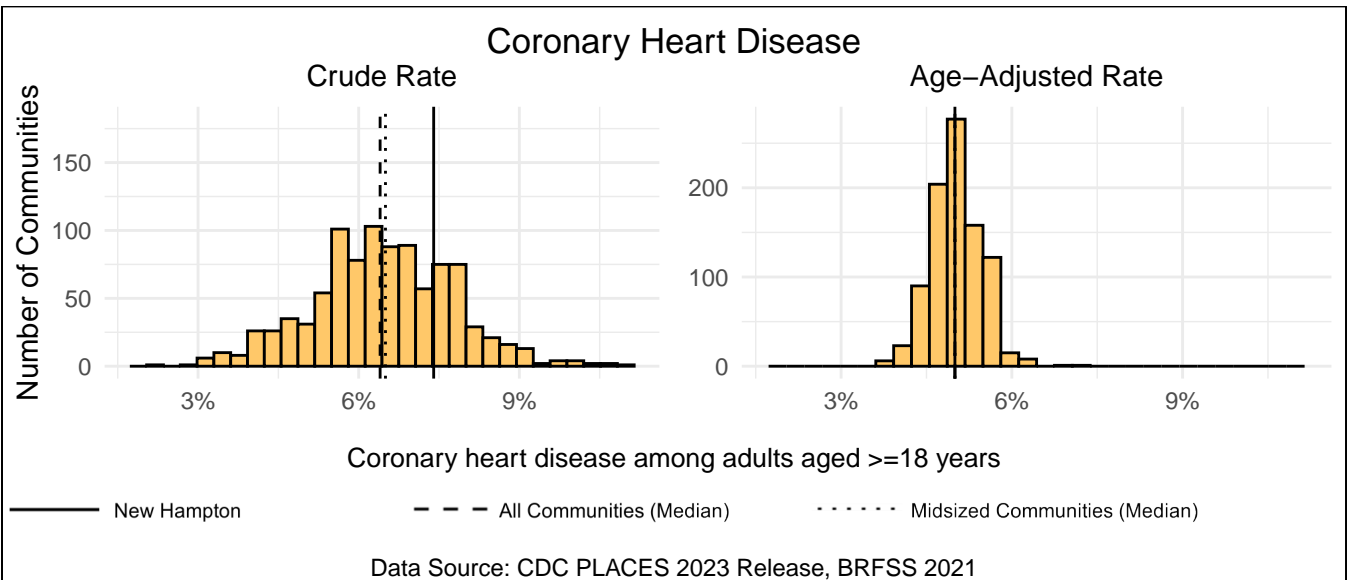
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

New Hampton has a crude rate of 7.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 715th out of 958 Iowa communities (77th out of 102 midsize communities). The age-adjusted rate for New Hampton is 5.0%, which ranks 419th out of 905 Iowa communities (49th out of 102 midsize communities).

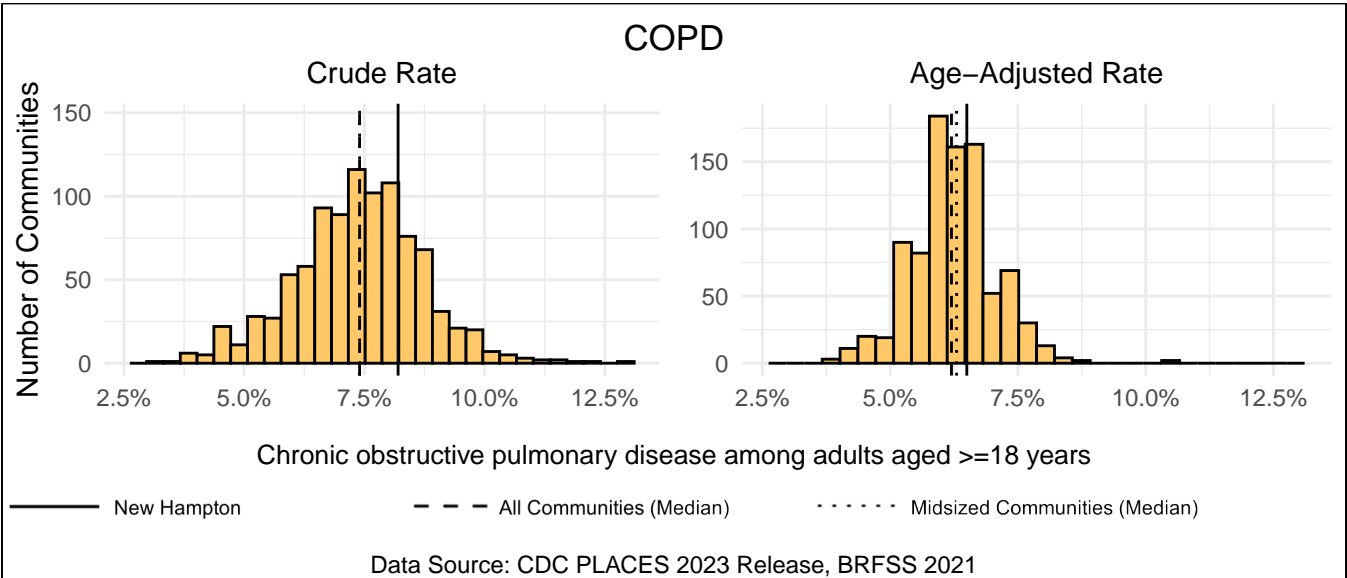
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	7.4%	6.4%	6.5%
Age-Adjusted	5.0%	5.0%	5.0%



COPD

New Hampton has a crude rate of 8.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 696th out of 958 Iowa communities (72nd out of 102 midsize communities). The age-adjusted rate for New Hampton is 6.5%, which ranks 571st out of 905 Iowa communities (62nd out of 102 midsize communities).

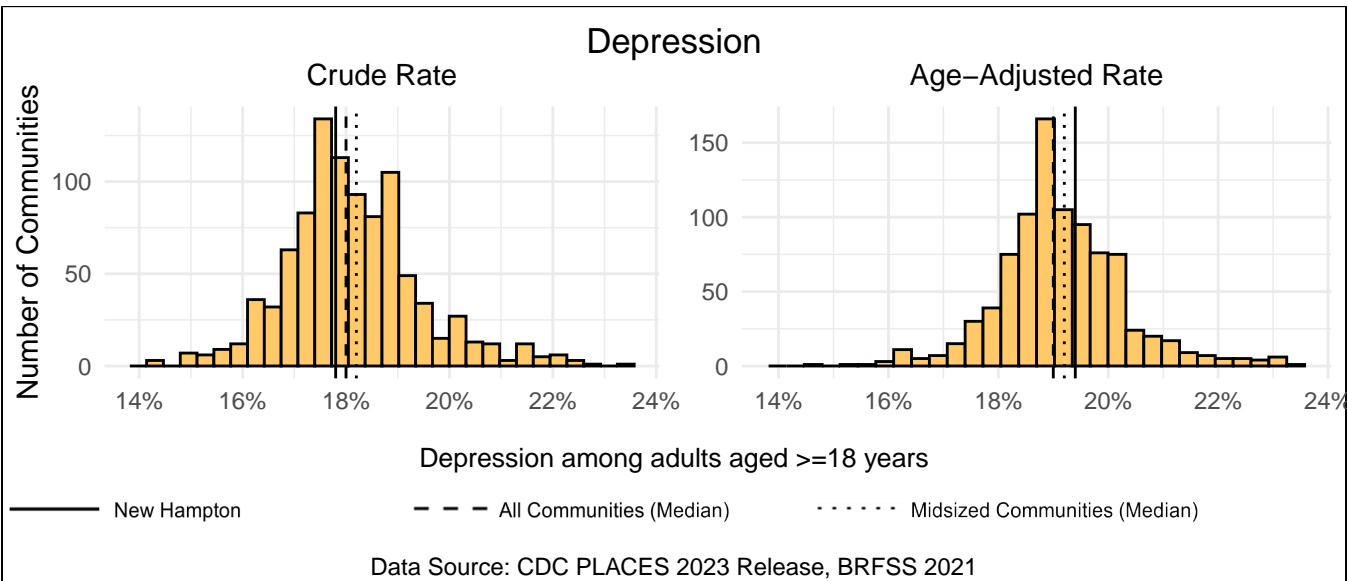
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	8.2%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.3%



Depression

New Hampton has a crude rate of 17.8% for depression among adults aged ≥ 18 years, which ranks 386th out of 958 Iowa communities (38th out of 102 midsize communities). The age-adjusted rate for New Hampton is 19.4%, which ranks 562nd out of 905 Iowa communities (58th out of 102 midsize communities).

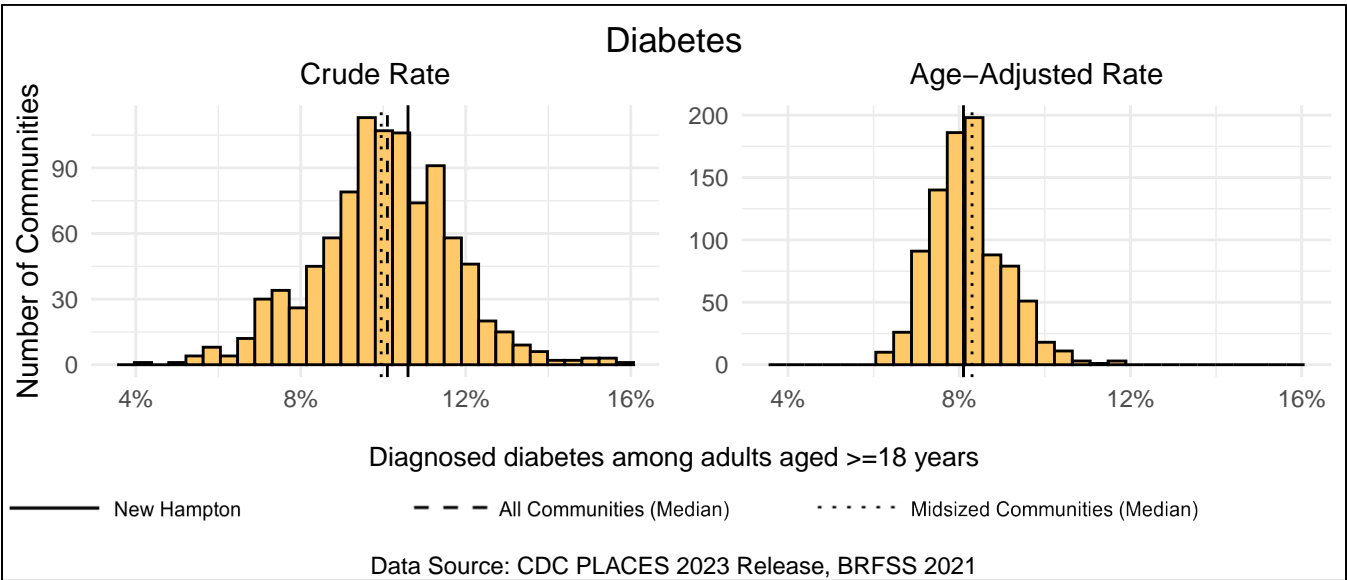
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	17.8%	18.0%	18.2%
Age-Adjusted	19.4%	19.0%	19.2%



Diabetes

New Hampton has a crude rate of 10.6% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 603rd out of 958 Iowa communities (66th out of 102 midsize communities). The age-adjusted rate for New Hampton is 8.1%, which ranks 401st out of 905 Iowa communities (42nd out of 102 midsize communities).

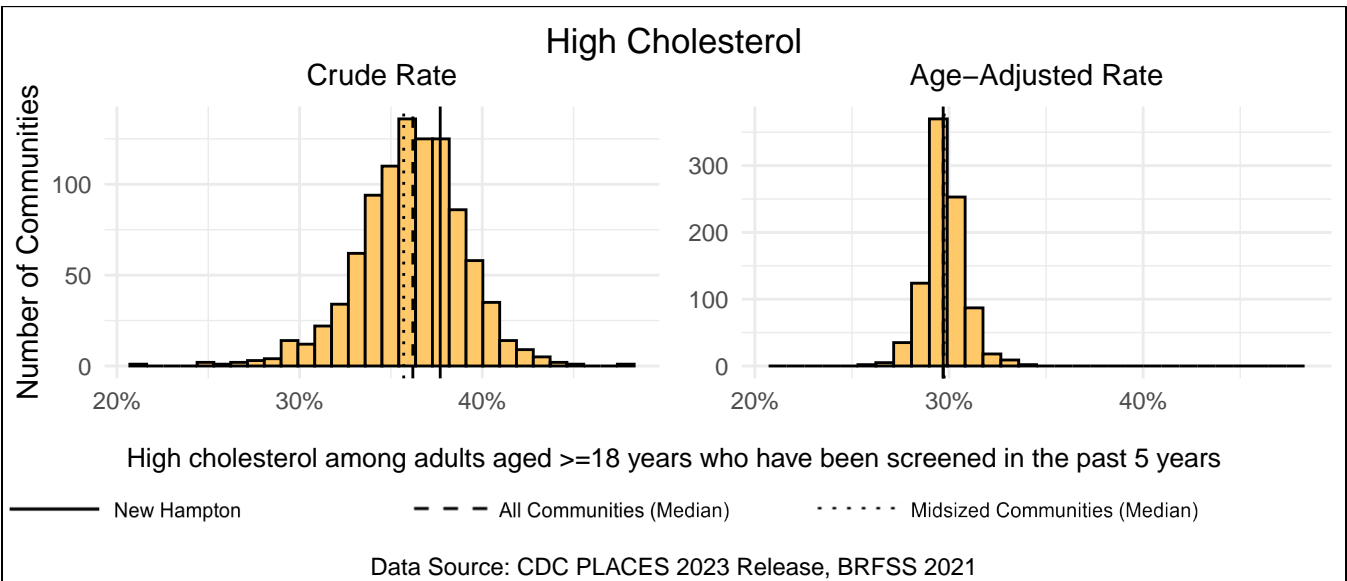
Measure Type	New Hampton	All Comm.	Midsize Comm.
Crude	10.6%	10.1%	9.9%
Age-Adjusted	8.1%	8.1%	8.3%



High Cholesterol

New Hampton has a crude rate of 37.7% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 679th out of 958 Iowa communities (85th out of 102 midsize communities). The age-adjusted rate for New Hampton is 29.7%, which ranks 427th out of 905 Iowa communities (48th out of 102 midsize communities).

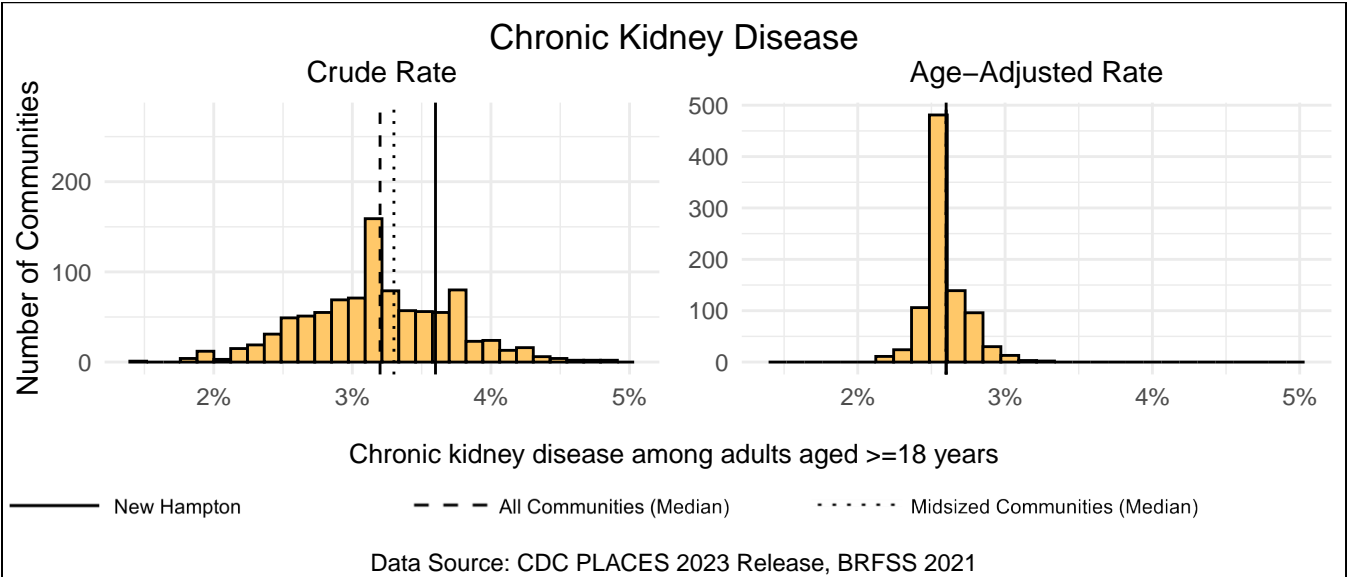
Measure Type	New Hampton	All Comm.	Midsize Comm.
Crude	37.7%	36.2%	35.7%
Age-Adjusted	29.7%	29.7%	29.8%



Chronic Kidney Disease

New Hampton has a crude rate of 3.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 732nd out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 mid-sized communities).

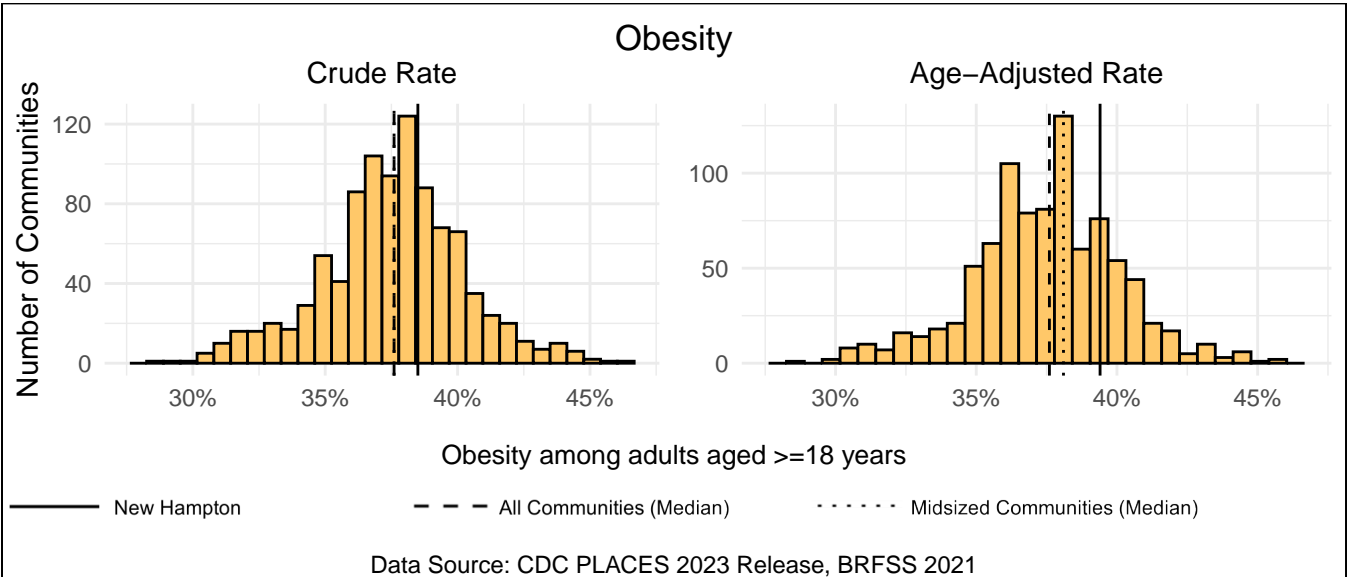
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

New Hampton has a crude rate of 38.5% for obesity among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 39.4%, which ranks 702nd out of 905 Iowa communities (71st out of 102 mid-sized communities).

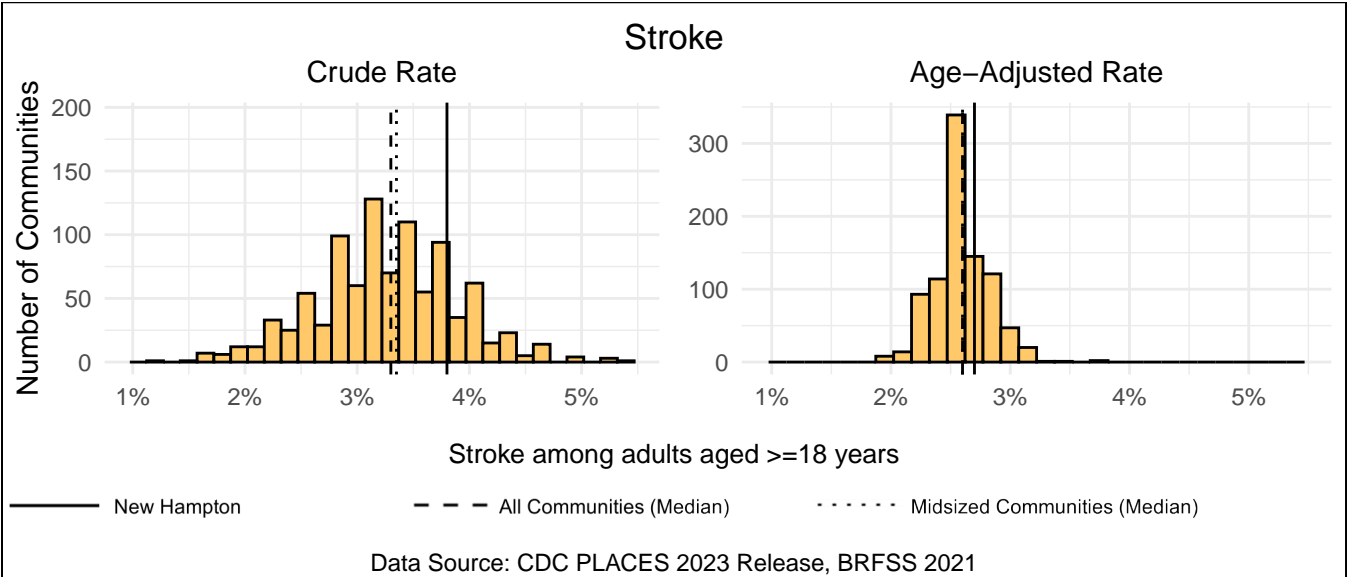
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	38.5%	37.6%	37.6%
Age-Adjusted	39.4%	37.6%	38.1%



Stroke

New Hampton has a crude rate of 3.8% for stroke among adults aged ≥ 18 years, which ranks 760th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 mid-sized communities).

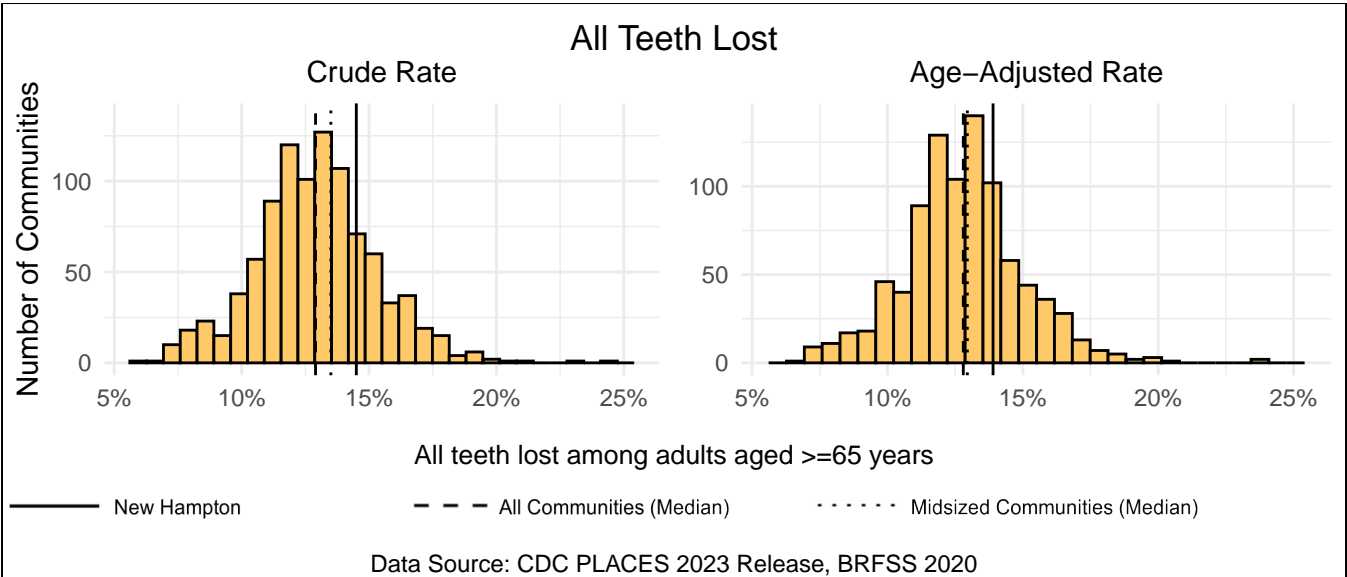
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	3.8%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



All Teeth Lost

New Hampton has a crude rate of 14.5% for all teeth lost among adults aged ≥ 65 years, which ranks 739th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 13.9%, which ranks 664th out of 905 Iowa communities (68th out of 102 mid-sized communities).

Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	14.5%	12.9%	13.5%
Age-Adjusted	13.9%	12.8%	12.9%



Prevention

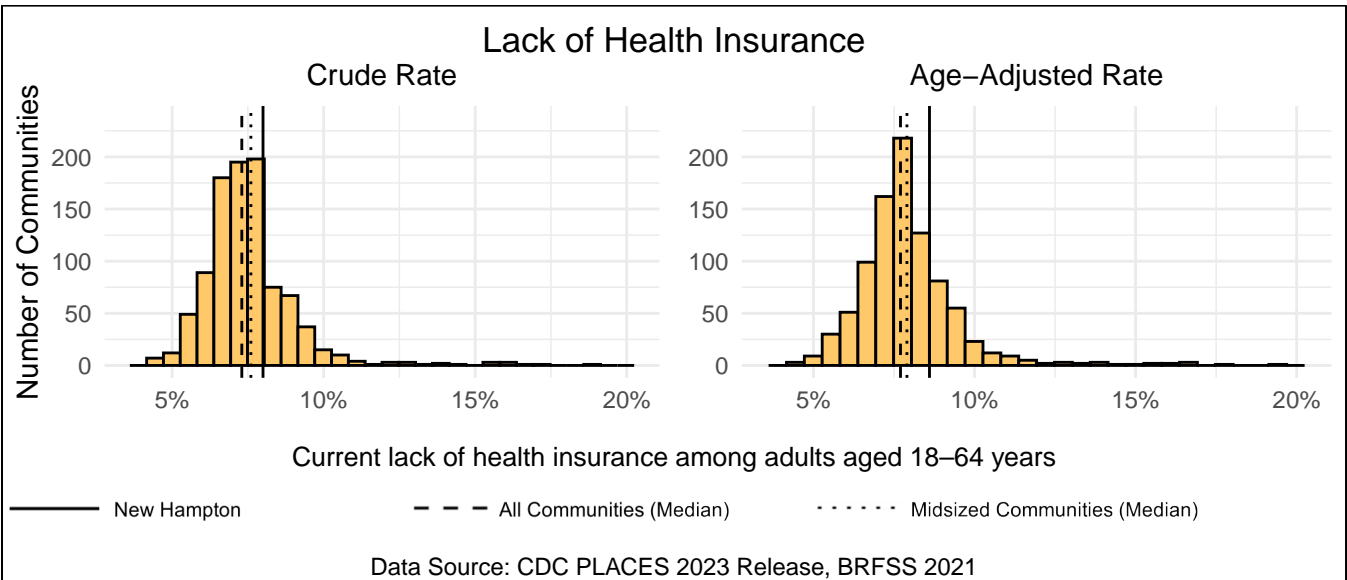
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

New Hampton has a crude rate of 8.0% for current lack of health insurance among adults aged 18–64 years, which ranks 702nd out of 958 Iowa communities (60th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 8.6%, which ranks 700th out of 905 Iowa communities (61st out of 102 mid-sized communities).

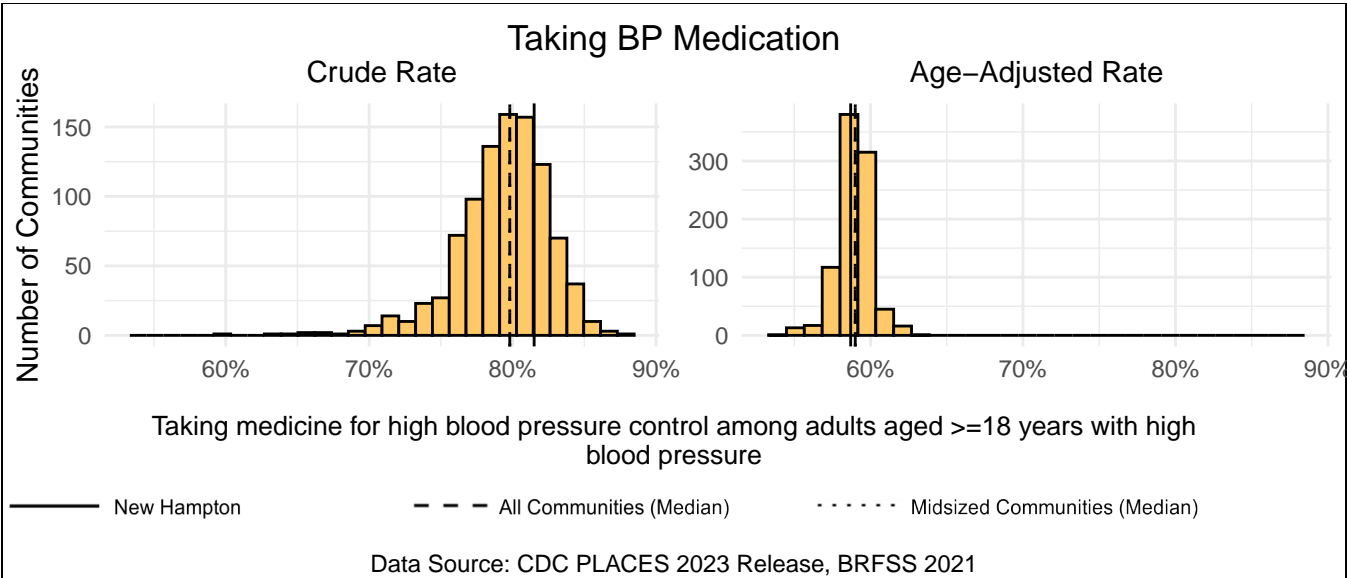
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	8.0%	7.3%	7.6%
Age-Adjusted	8.6%	7.7%	7.9%



Taking BP Medication

New Hampton has a crude rate of 81.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 229th out of 958 Iowa communities (17th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 58.7%, which ranks 537th out of 905 Iowa communities (65th out of 102 mid-sized communities).

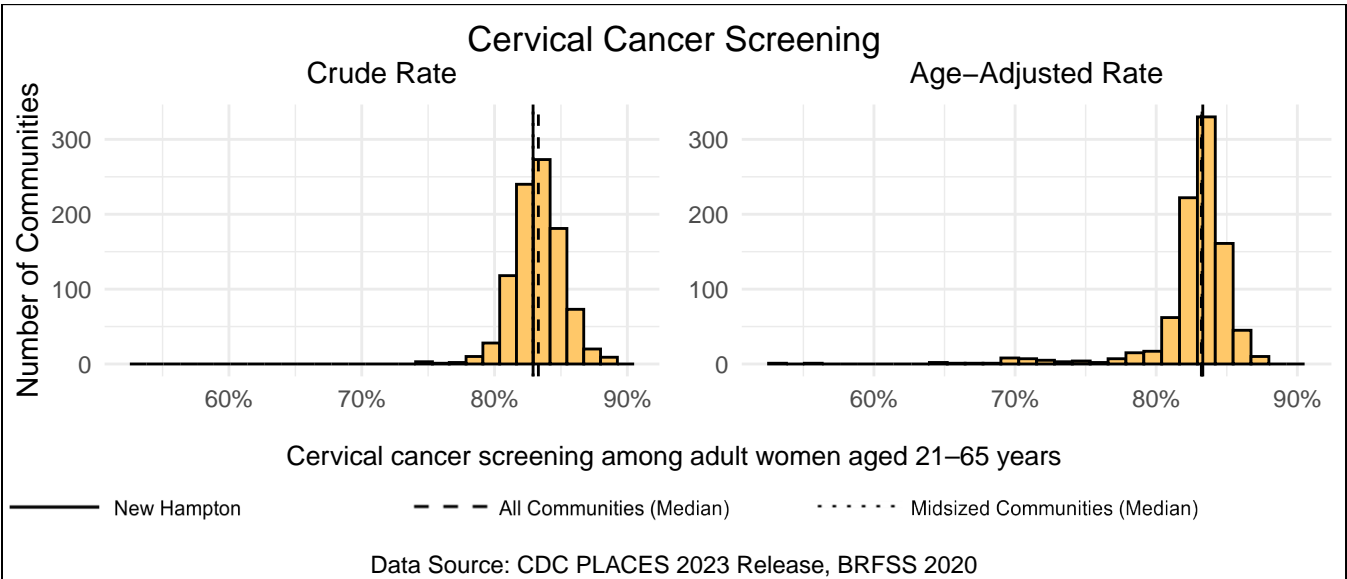
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	81.5%	79.8%	79.8%
Age-Adjusted	58.7%	59.0%	59.0%



Cervical Cancer Screening

New Hampton 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 (51st out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 83.3%, which ranks 402nd out of 905 Iowa communities (49th out of 102 mid-sized communities).

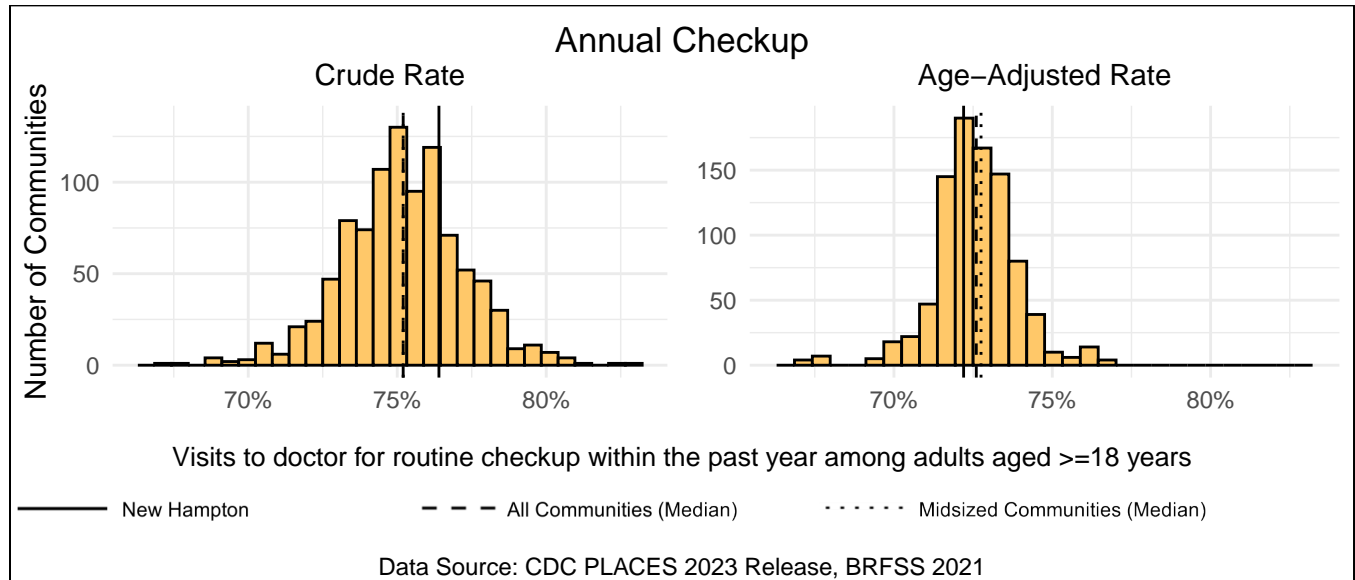
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	82.9%	83.3%	82.9%
Age-Adjusted	83.3%	83.2%	83.2%



Annual Checkup

New Hampton has a crude rate of 76.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 234th out of 958 Iowa communities (19th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 72.2%, which ranks 559th out of 905 Iowa communities (68th out of 102 mid-sized communities).

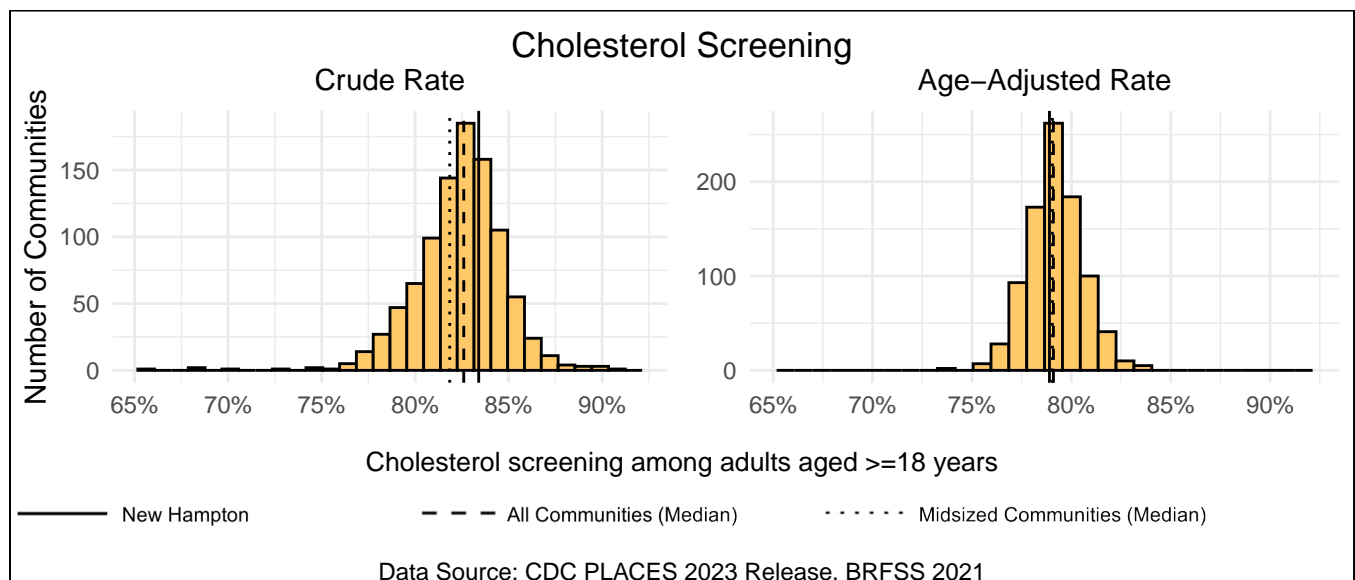
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	76.4%	75.2%	75.2%
Age-Adjusted	72.2%	72.6%	72.8%



Cholesterol Screening

New Hampton has a crude rate of 83.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 317th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 78.9%, which ranks 501st out of 905 Iowa communities (56th out of 102 mid-sized communities).

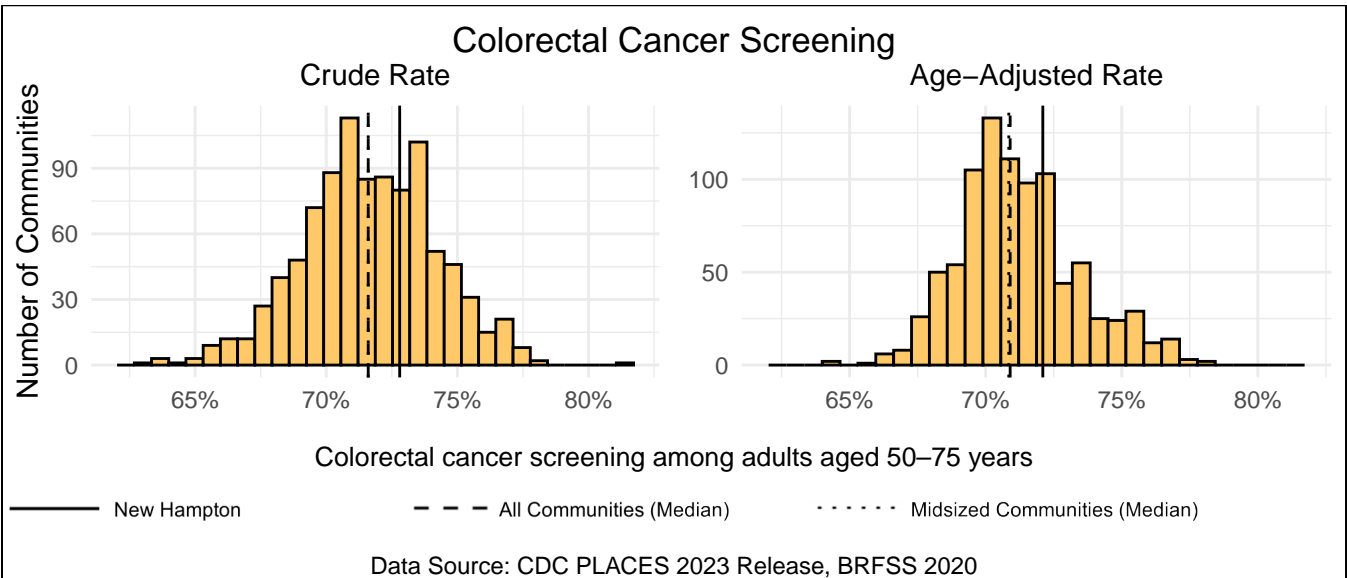
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	83.4%	82.6%	81.8%
Age-Adjusted	78.9%	79.1%	79.0%



Colorectal Cancer Screening

New Hampton has a crude rate of 72.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 314th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 72.1%, which ranks 273rd out of 905 Iowa communities (40th out of 102 mid-sized communities).

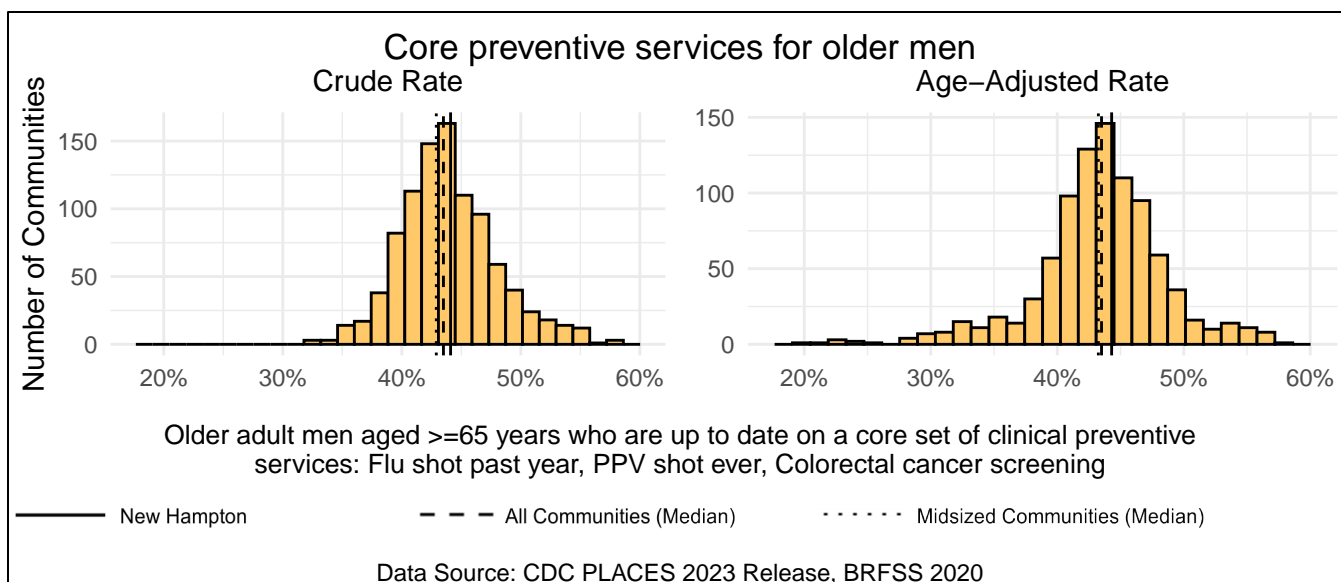
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	72.8%	71.6%	71.6%
Age-Adjusted	72.1%	70.9%	70.8%



Core preventive services for older men

New Hampton has a crude rate of 44.1% 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 406th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 44.3%, which ranks 365th out of 905 Iowa communities (40th out of 102 mid-sized communities).

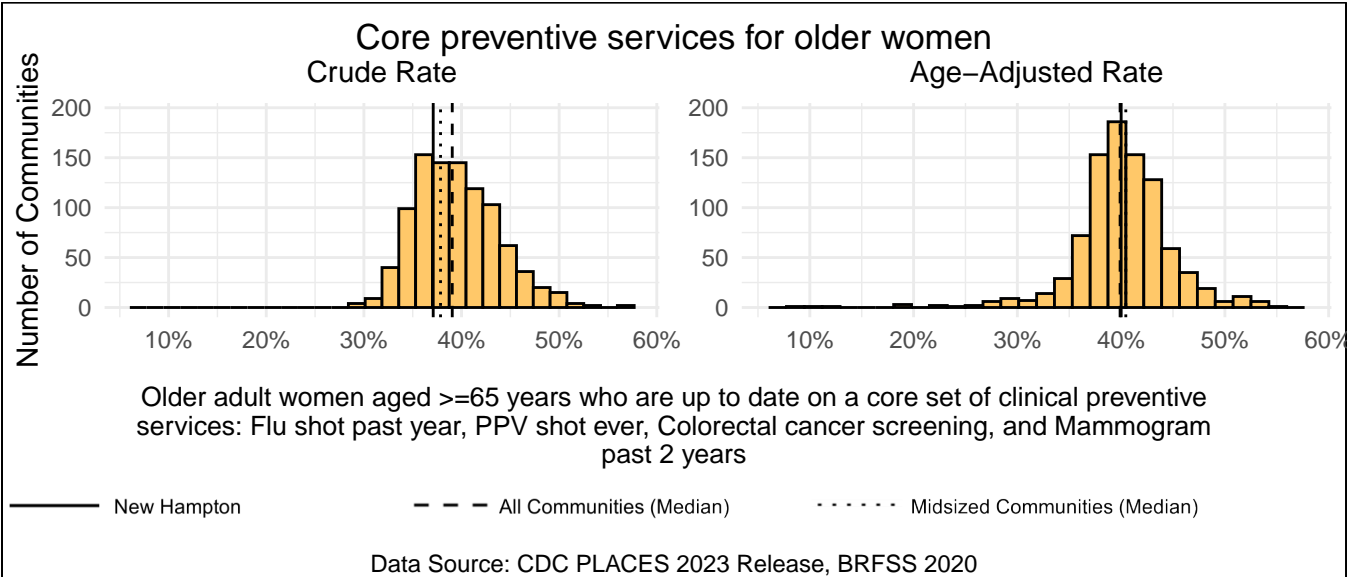
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	44.1%	43.5%	42.9%
Age-Adjusted	44.3%	43.5%	43.2%



Core preventive services for older women

New Hampton has a crude rate of 37.1% 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 647th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for New Hampton is 40.0%, which ranks 439th out of 905 Iowa communities (57th out of 102 midsized communities).

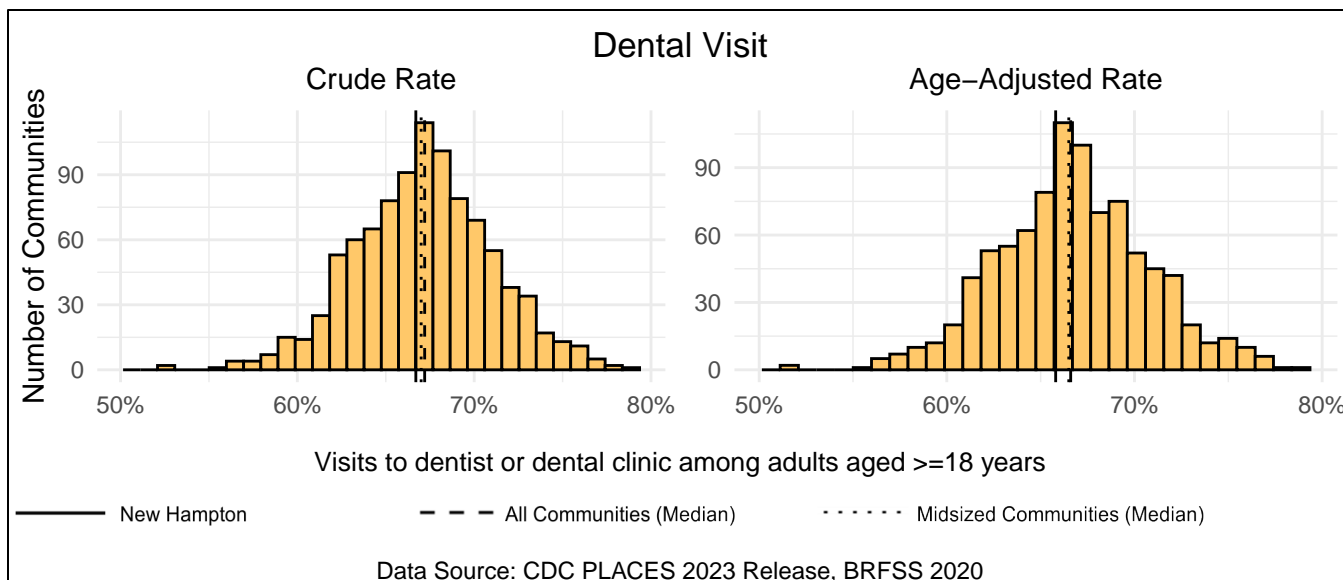
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	37.1%	39.0%	37.8%
Age-Adjusted	40.0%	39.9%	40.4%



Dental Visit

New Hampton has a crude rate of 66.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 529th out of 958 Iowa communities (54th out of 102 midsized communities). The age-adjusted rate for New Hampton is 65.8%, which ranks 547th out of 905 Iowa communities (57th out of 102 midsized communities).

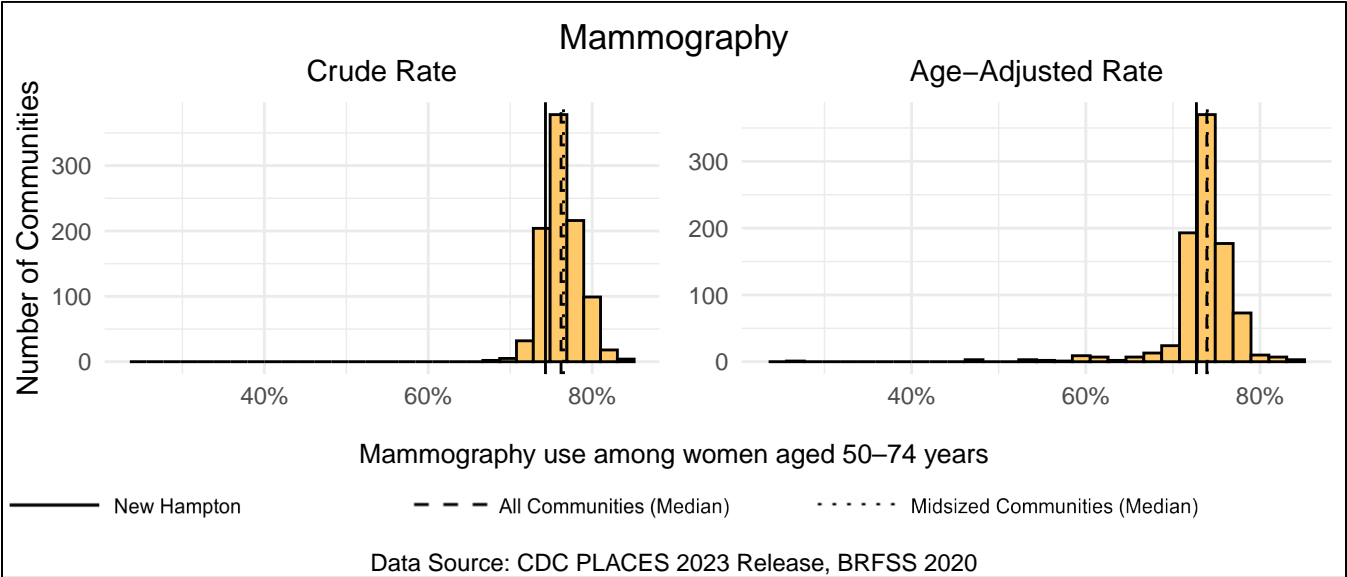
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	66.7%	67.2%	67.0%
Age-Adjusted	65.8%	66.6%	66.5%



Mammography

New Hampton has a crude rate of 74.3% for mammography use among women aged 50–74 years, which ranks 793rd out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 72.7%, which ranks 655th out of 905 Iowa communities (78th out of 102 mid-sized communities).

Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	74.3%	76.2%	76.5%
Age-Adjusted	72.7%	73.9%	74.0%



Disability

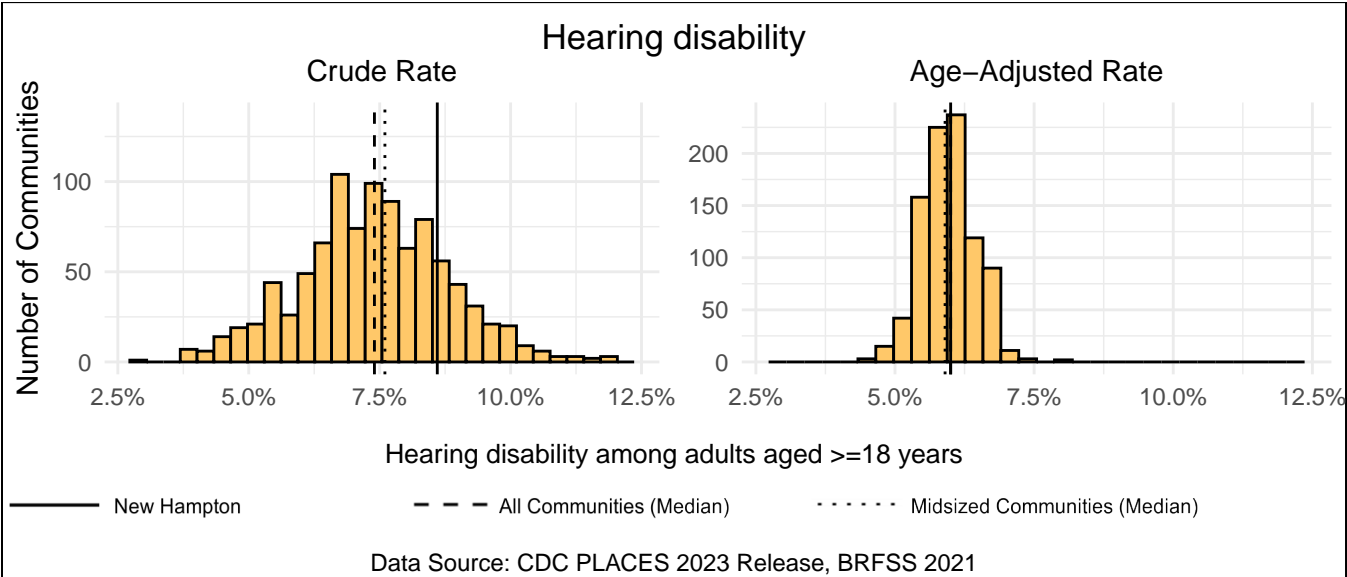
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

New Hampton has a crude rate of 8.6% for hearing disability among adults aged ≥ 18 years, which ranks 762nd out of 958 Iowa communities (80th out of 102 midsize communities). The age-adjusted rate for New Hampton is 6.0%, which ranks 444th out of 905 Iowa communities (54th out of 102 midsize communities).

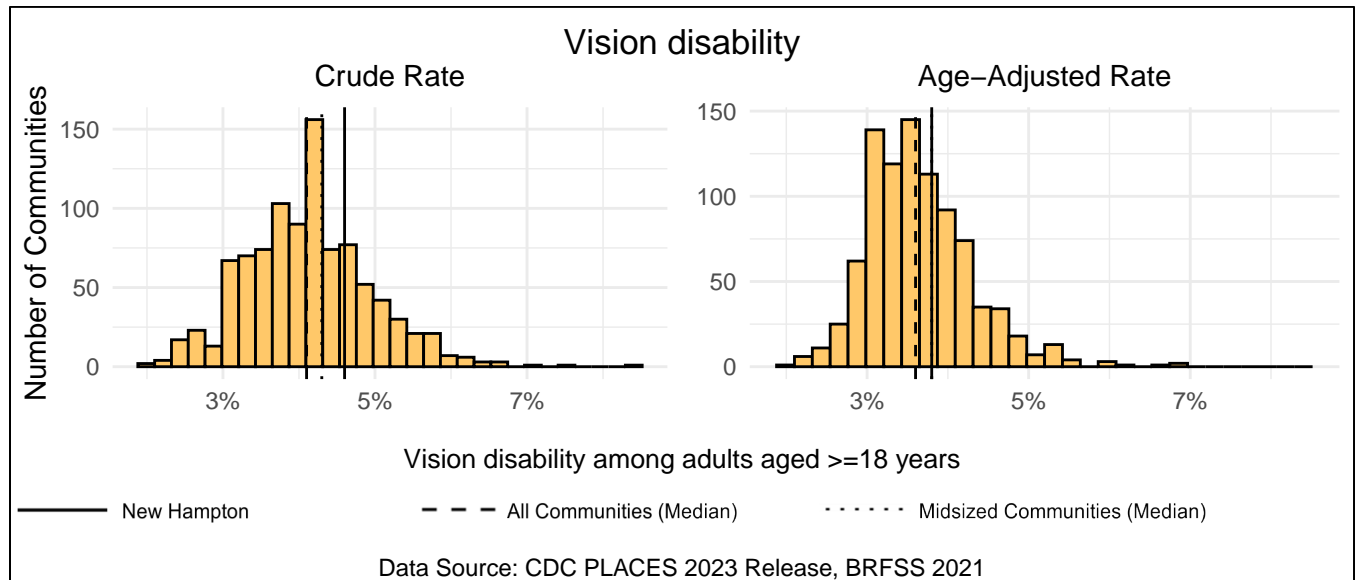
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	8.6%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.9%



Vision disability

New Hampton has a crude rate of 4.6% for vision disability among adults aged ≥ 18 years, which ranks 694th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for New Hampton is 3.8%, which ranks 564th out of 905 Iowa communities (50th out of 102 midsize communities).

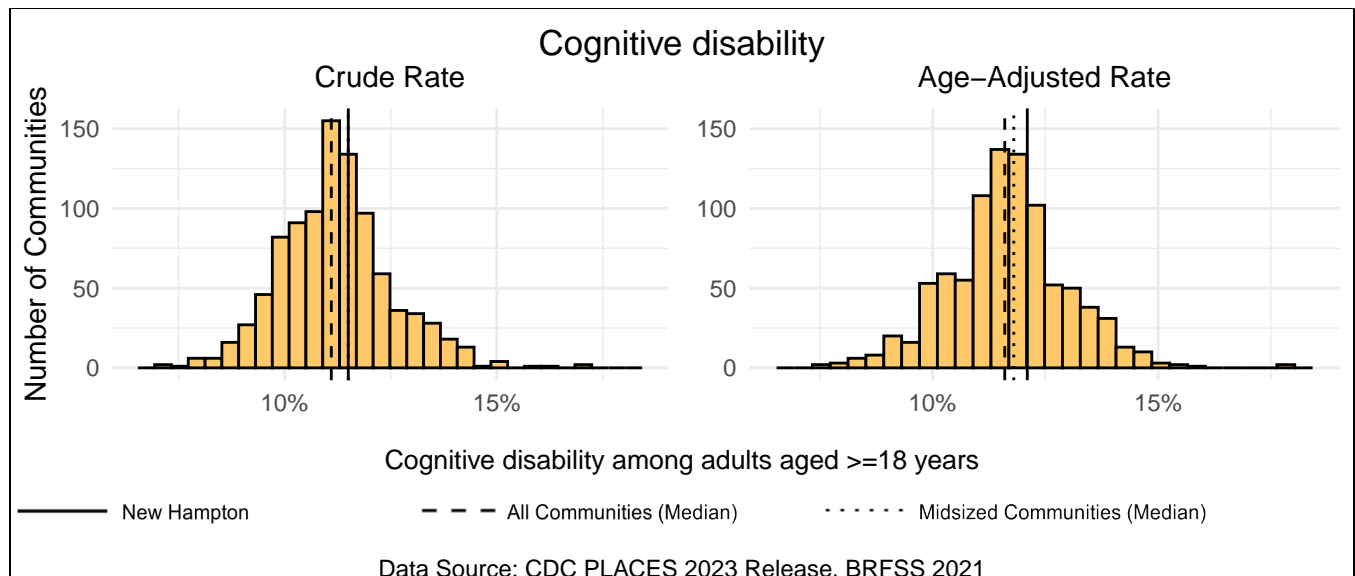
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	4.6%	4.1%	4.3%
Age-Adjusted	3.8%	3.6%	3.8%



Cognitive disability

New Hampton has a crude rate of 11.5% for cognitive disability among adults aged ≥ 18 years, which ranks 601st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for New Hampton is 12.1%, which ranks 602nd out of 905 Iowa communities (64th out of 102 midsize communities).

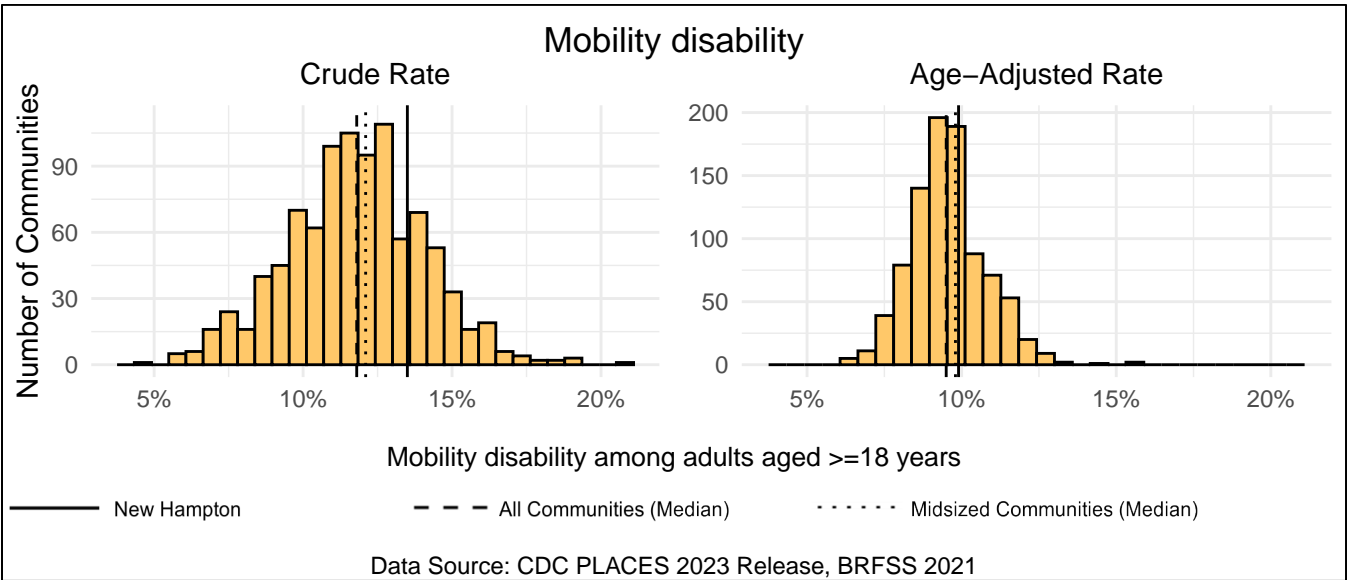
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	11.5%	11.1%	11.5%
Age-Adjusted	12.1%	11.6%	11.8%



Mobility disability

New Hampton has a crude rate of 13.5% for mobility disability among adults aged ≥ 18 years, which ranks 738th out of 958 Iowa communities (71st out of 102 midsized communities). The age-adjusted rate for New Hampton is 9.9%, which ranks 577th out of 905 Iowa communities (55th out of 102 midsized communities).

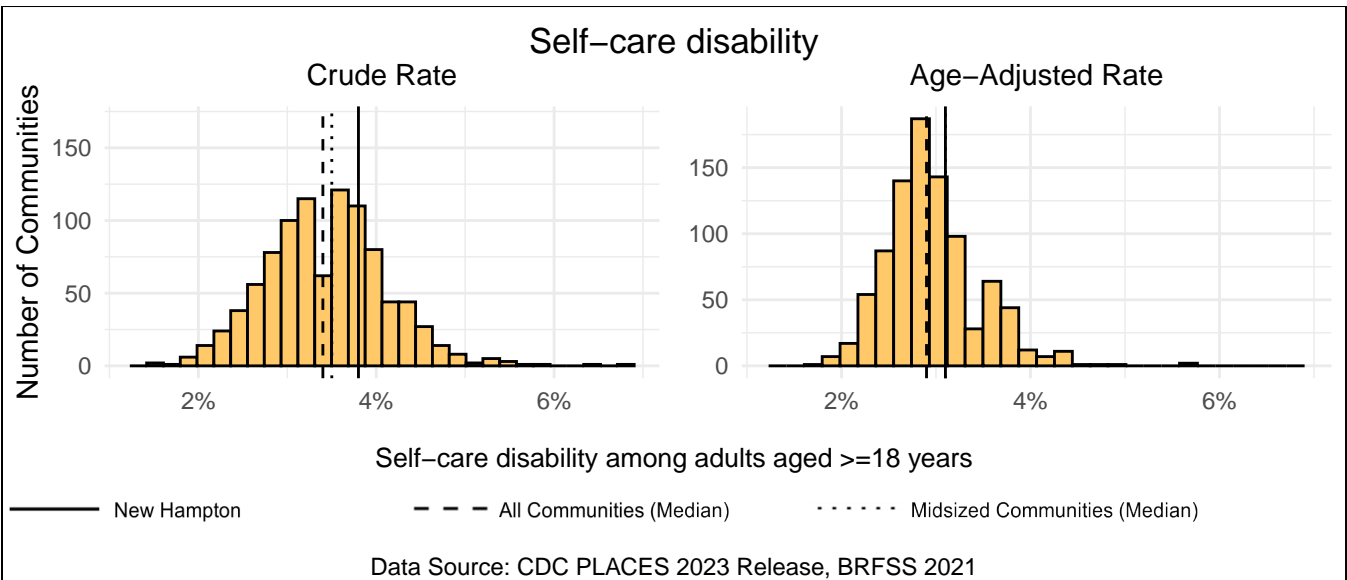
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	13.5%	11.8%	12.1%
Age-Adjusted	9.9%	9.5%	9.8%



Self-care disability

New Hampton has a crude rate of 3.8% for self-care disability among adults aged ≥ 18 years, which ranks 676th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for New Hampton is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 midsized communities).

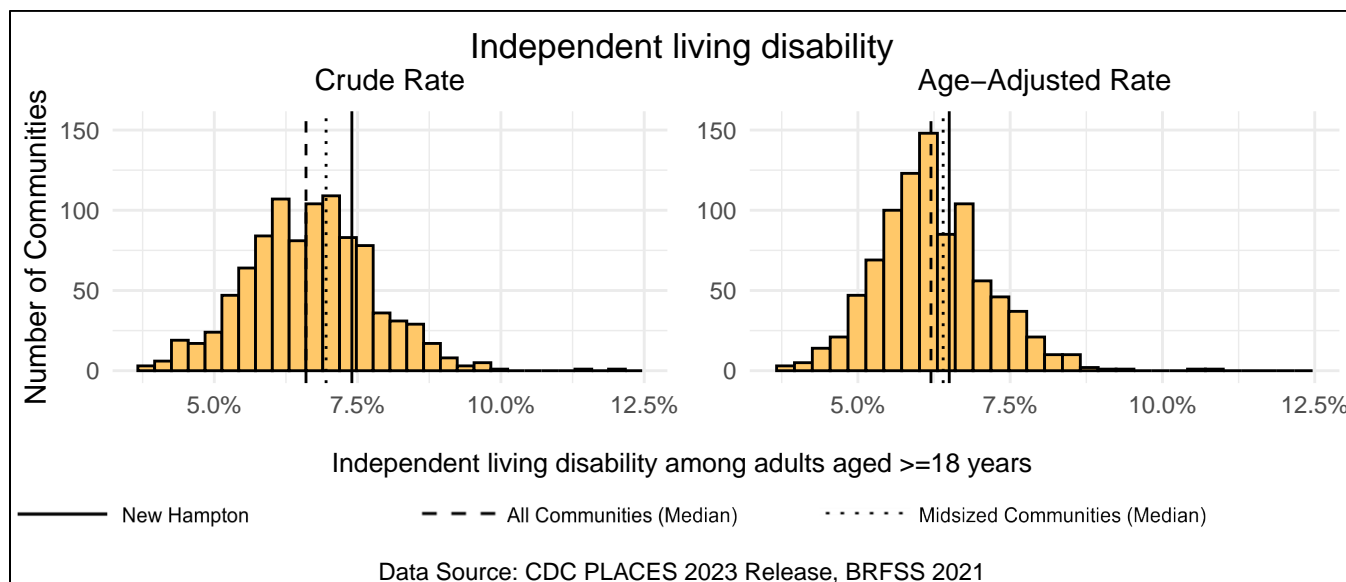
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	3.8%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



Independent living disability

New Hampton has a crude rate of 7.4% for independent living disability among adults aged ≥ 18 years, which ranks 724th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for New Hampton is 6.5%, which ranks 570th out of 905 Iowa communities (57th out of 102 mid-sized communities).

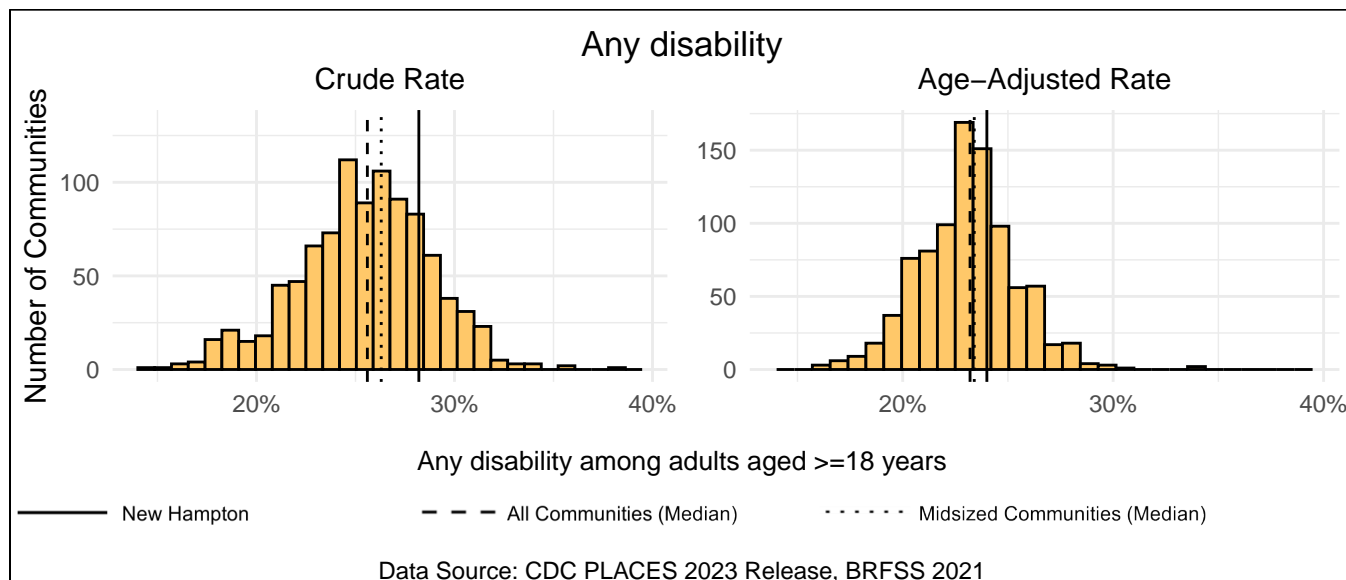
Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	7.4%	6.6%	7.0%
Age-Adjusted	6.5%	6.2%	6.4%



Any disability

New Hampton has a crude rate of 28.2% for any disability among adults aged ≥ 18 years, which ranks 770th out of 958 Iowa communities (74th out of 102 midsized communities). The age-adjusted rate for New Hampton is 24.0%, which ranks 625th out of 905 Iowa communities (64th out of 102 midsized communities).

Measure Type	New Hampton	All Comm.	Midsized Comm.
Crude	28.2%	25.6%	26.3%
Age-Adjusted	24.0%	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: New Hampton 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	356	14.0% (12.1% - 16.3%)	596	15.9% (13.4% - 18.2%)
Health Status	General Health	660	15.3% (12.5% - 18.3%)	552	13.2% (10.9% - 15.7%)
Health Status	Physical Health	636	11.3% (9.5% - 13.3%)	518	9.9% (8.4% - 11.7%)
Health Risk Behaviors	Physical Inactivity	659	27.5% (22.2% - 33.3%)	526	24.8% (19.9% - 30.0%)
Health Risk Behaviors	Current Smoking	406	16.5% (12.9% - 20.5%)	572	18.2% (14.0% - 22.4%)
Health Risk Behaviors	Binge Drinking	223	18.0% (14.9% - 21.5%)	418	21.9% (18.2% - 25.9%)
Health Risk Behaviors	Sleep <7 hours	427	30.1% (28.2% - 31.7%)	545	31.6% (29.7% - 33.4%)
Health Outcomes	Depression	386	17.8% (14.4% - 21.2%)	562	19.4% (15.8% - 23.2%)
Health Outcomes	Stroke	760	3.8% (3.2% - 4.4%)	569	2.7% (2.3% - 3.0%)
Health Outcomes	High Cholesterol	679	37.7% (32.9% - 42.6%)	427	29.7% (25.2% - 34.2%)
Health Outcomes	Coronary Heart Disease	715	7.4% (6.3% - 8.6%)	419	5.0% (4.3% - 5.8%)
Health Outcomes	Obesity	620	38.5% (30.9% - 46.7%)	702	39.4% (31.7% - 47.1%)
Health Outcomes	Cancer (except skin)	790	9.3% (8.4% - 10.4%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	COPD	696	8.2% (6.6% - 9.9%)	571	6.5% (5.3% - 7.7%)
Health Outcomes	Arthritis	795	30.8% (26.4% - 35.2%)	652	23.9% (20.2% - 27.8%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.6%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	Diabetes	603	10.6% (8.9% - 12.5%)	401	8.1% (6.8% - 9.5%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.1%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	High Blood Pressure	760	35.1% (30.7% - 39.5%)	602	27.9% (24.0% - 31.8%)
Health Outcomes	All Teeth Lost	739	14.5% (9.1% - 21.4%)	664	13.9% (9.1% - 19.3%)
Prevention	Colorectal Cancer Screening	314	72.8% (69.4% - 76.1%)	273	72.1% (68.6% - 75.5%)
Prevention	Taking BP Medication	229	81.5% (78.3% - 84.3%)	537	58.7% (53.6% - 63.6%)
Prevention	Cervical Cancer Screening	557	82.9% (80.3% - 85.5%)	402	83.3% (80.8% - 86.0%)
Prevention	Core preventive services for older men	406	44.1% (35.0% - 53.5%)	365	44.3% (35.7% - 53.6%)
Prevention	Health Insurance	702	8.0% (6.1% - 10.3%)	700	8.6% (6.5% - 11.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	793	74.3% (69.8% - 78.5%)	655	72.7% (67.7% - 77.4%)
Prevention	Core preventive services for older women	647	37.1% (28.8% - 46.5%)	439	40.0% (32.1% - 48.0%)
Prevention	Cholesterol Screening	317	83.4% (80.6% - 86.2%)	501	78.9% (75.4% - 82.4%)
Prevention	Dental Visit	529	66.7% (62.8% - 70.7%)	547	65.8% (62.1% - 69.9%)
Prevention	Annual Checkup	234	76.4% (71.6% - 80.7%)	559	72.2% (67.0% - 77.2%)
Disability	Vision Disability	694	4.6% (3.8% - 5.6%)	564	3.8% (3.2% - 4.5%)
Disability	Any Disability	770	28.2% (23.9% - 32.8%)	625	24.0% (19.9% - 27.9%)
Disability	Self-care Disability	676	3.8% (3.1% - 4.5%)	567	3.1% (2.6% - 3.6%)
Disability	Cognitive Disability	601	11.5% (9.6% - 13.6%)	602	12.1% (9.9% - 14.2%)
Disability	Independent Living Disability	724	7.4% (6.0% - 8.9%)	570	6.5% (5.4% - 7.6%)
Disability	Mobility Disability	738	13.5% (11.0% - 16.1%)	577	9.9% (8.1% - 11.7%)
Disability	Hearing Disability	762	8.6% (7.4% - 9.8%)	444	6.0% (5.2% - 6.8%)

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

Appendix 3: Midsized Communities (2,500-9,999)

New Hampton 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
