



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 London: Overview

Dear Community Members & Stakeholders of New London,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Binge Drinking	356th	65th	Binge Drinking	155th	24th
Arthritis	445th	56th	Taking BP Medication	251st	36th
Colorectal Cancer Screening	445th	71st	Cancer (except skin)	418th	41st
Stroke	468th	60th	All Teeth Lost	448th	80th
Diabetes	470th	74th	Health Insurance	458th	77th

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
Sleep <7 hours	939th	138th	Sleep <7 hours	896th	138th
Depression	895th	130th	Depression	864th	133rd
Core preventive services for older women	774th	103rd	Mammography	772nd	120th
Mammography	772nd	112th	Mental Health	744th	121st
Mental Health	764th	126th	Any Disability	737th	121st

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 London.

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

With a population of 2,471, New London’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.



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

Health Status

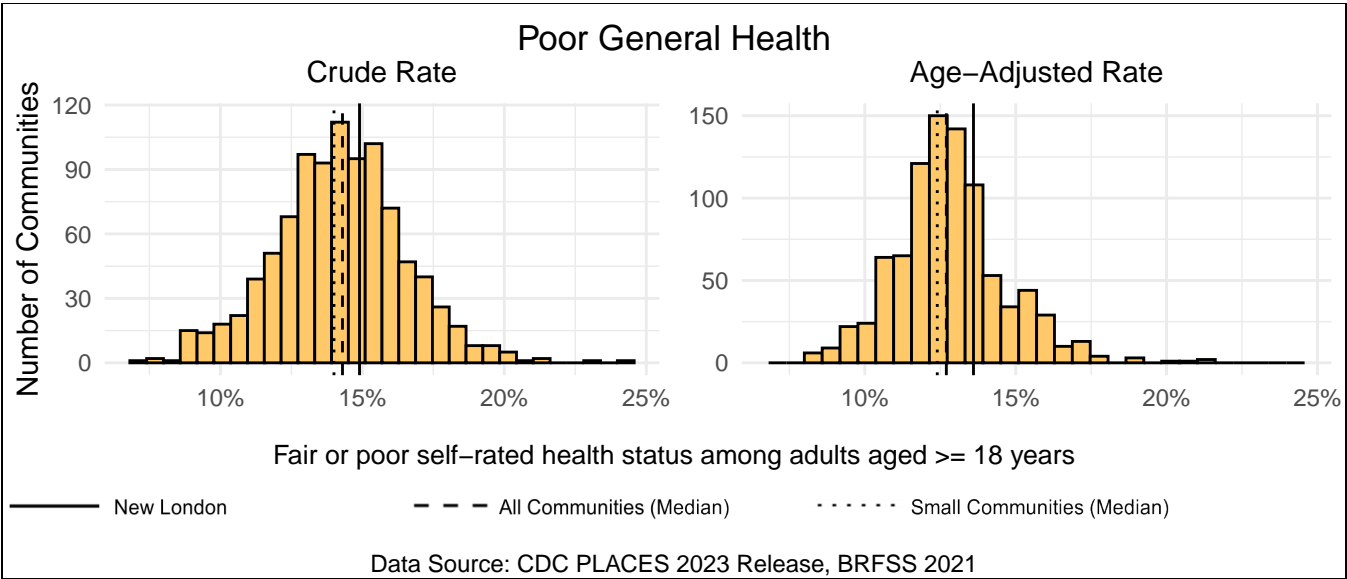
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

New London has a crude rate of 14.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 595th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for New London is 13.6%, which ranks 642nd out of 905 Iowa communities (108th out of 138 small communities).

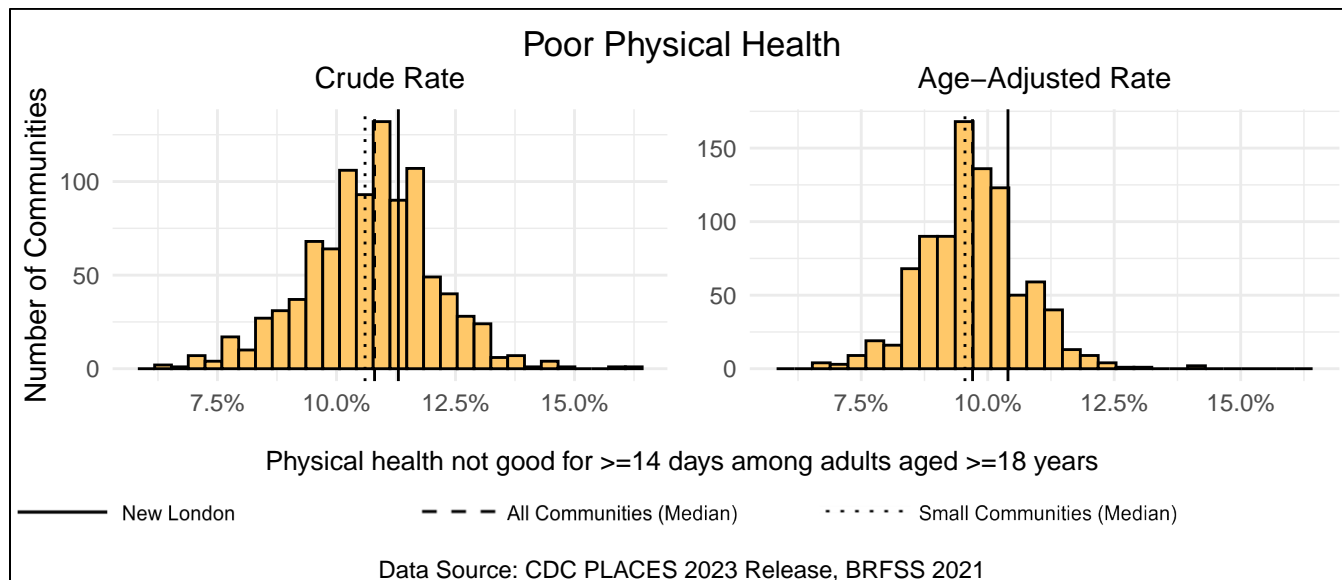
Measure Type	New London	All Comm.	Small Comm.
Crude	14.9%	14.3%	14.0%
Age-Adjusted	13.6%	12.7%	12.4%



Poor Physical Health

New London 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 (97th out of 138 small communities). The age-adjusted rate for New London is 10.4%, which ranks 707th out of 905 Iowa communities (115th out of 138 small communities).

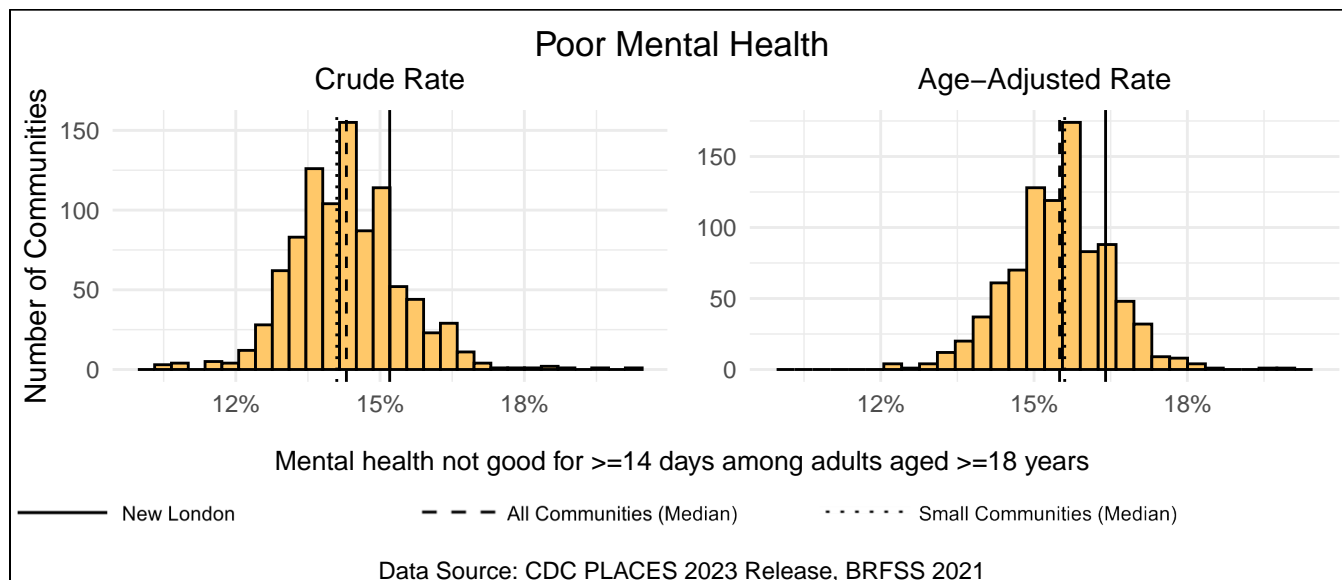
Measure Type	New London	All Comm.	Small Comm.
Crude	11.3%	10.8%	10.6%
Age-Adjusted	10.4%	9.7%	9.6%



Poor Mental Health

New London has a crude rate of 15.2% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 764th out of 958 Iowa communities (126th out of 138 small communities). The age-adjusted rate for New London is 16.4%, which ranks 744th out of 905 Iowa communities (121st out of 138 small communities).

Measure Type	New London	All Comm.	Small Comm.
Crude	15.2%	14.3%	14.1%
Age-Adjusted	16.4%	15.5%	15.6%



Health Risk Behaviors

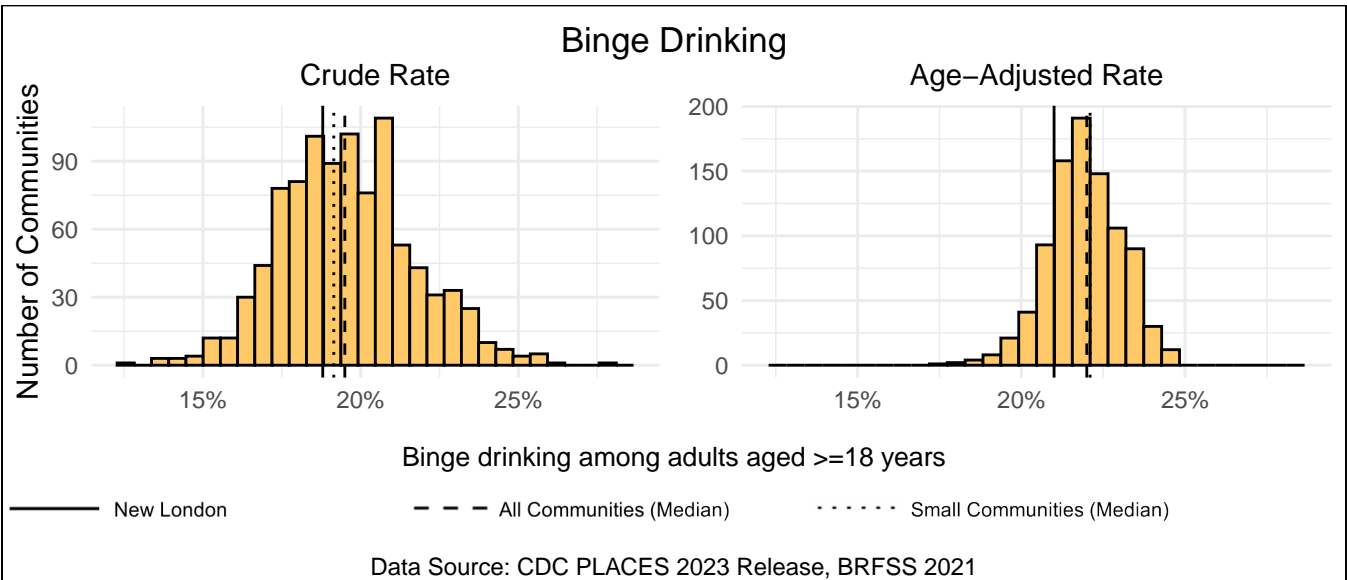
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

New London has a crude rate of 18.8% for binge drinking among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (65th out of 138 small communities). The age-adjusted rate for New London is 21.0%, which ranks 155th out of 905 Iowa communities (24th out of 138 small communities).

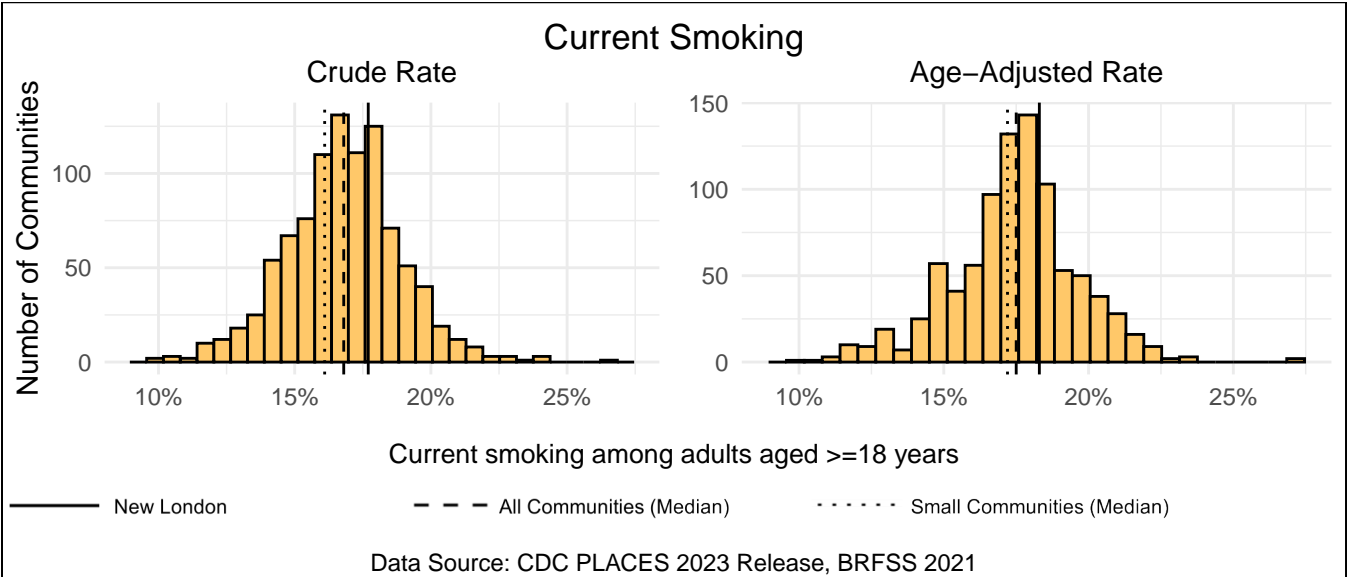
Measure Type	New London	All Comm.	Small Comm.
Crude	18.8%	19.5%	19.1%
Age-Adjusted	21.0%	22.0%	22.1%



Current Smoking

New London has a crude rate of 17.7% for current smoking among adults aged ≥ 18 years, which ranks 640th out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for New London is 18.3%, which ranks 602nd out of 905 Iowa communities (99th out of 138 small communities).

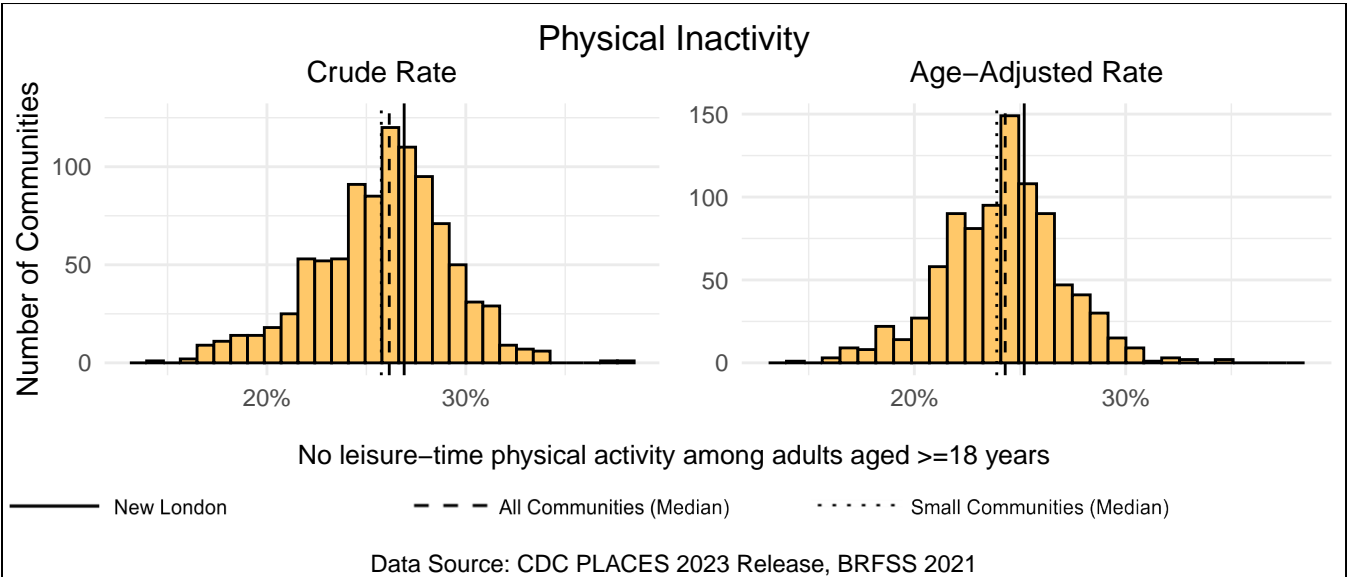
Measure Type	New London	All Comm.	Small Comm.
Crude	17.7%	16.8%	16.1%
Age-Adjusted	18.3%	17.5%	17.2%



Physical Inactivity

New London has a crude rate of 26.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 582nd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for New London is 25.2%, which ranks 593rd out of 905 Iowa communities (96th out of 138 small communities).

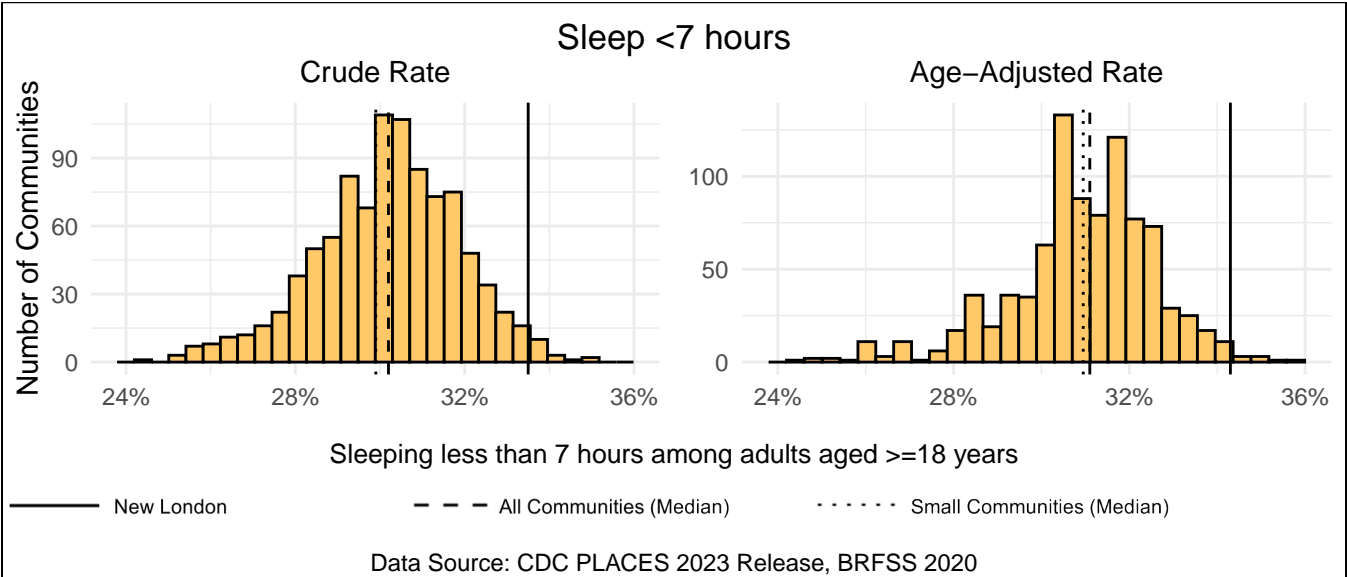
Measure Type	New London	All Comm.	Small Comm.
Crude	26.9%	26.1%	25.8%
Age-Adjusted	25.2%	24.3%	23.9%



Sleep <7 hours

New London has a crude rate of 33.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 939th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for New London is 34.3%, which ranks 896th out of 905 Iowa communities (138th out of 138 small communities).

Measure Type	New London	All Comm.	Small Comm.
Crude	33.5%	30.2%	29.9%
Age-Adjusted	34.3%	31.1%	31.0%



Health Outcomes

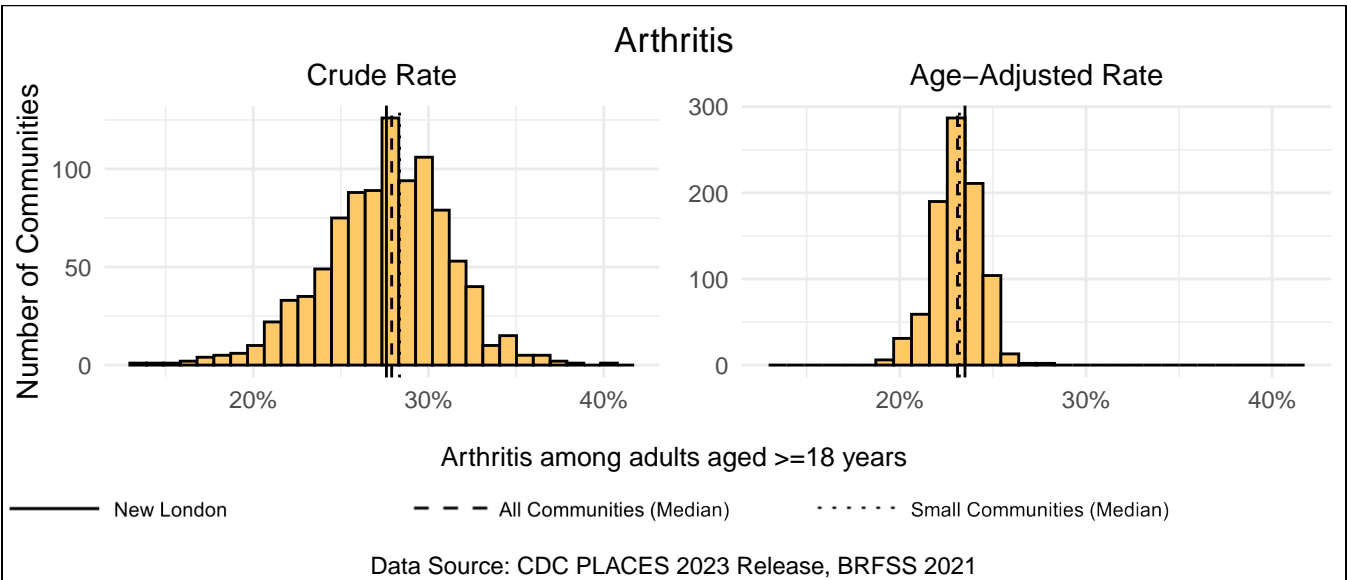
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

New London has a crude rate of 27.6% for arthritis among adults aged ≥ 18 years, which ranks 445th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for New London is 23.5%, which ranks 550th out of 905 Iowa communities (84th out of 138 small communities).

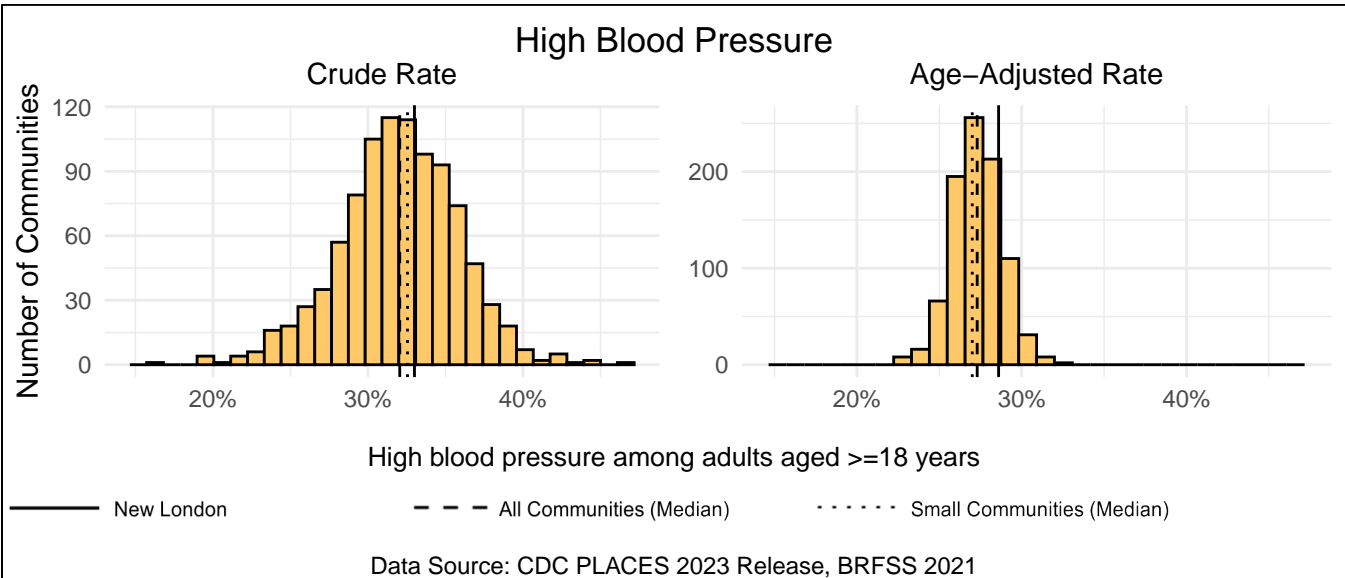
Measure Type	New London	All Comm.	Small Comm.
Crude	27.6%	27.9%	28.4%
Age-Adjusted	23.5%	23.1%	23.2%



High Blood Pressure

New London has a crude rate of 33.0% for high blood pressure among adults aged ≥ 18 years, which ranks 576th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for New London is 28.6%, which ranks 728th out of 905 Iowa communities (116th out of 138 small communities).

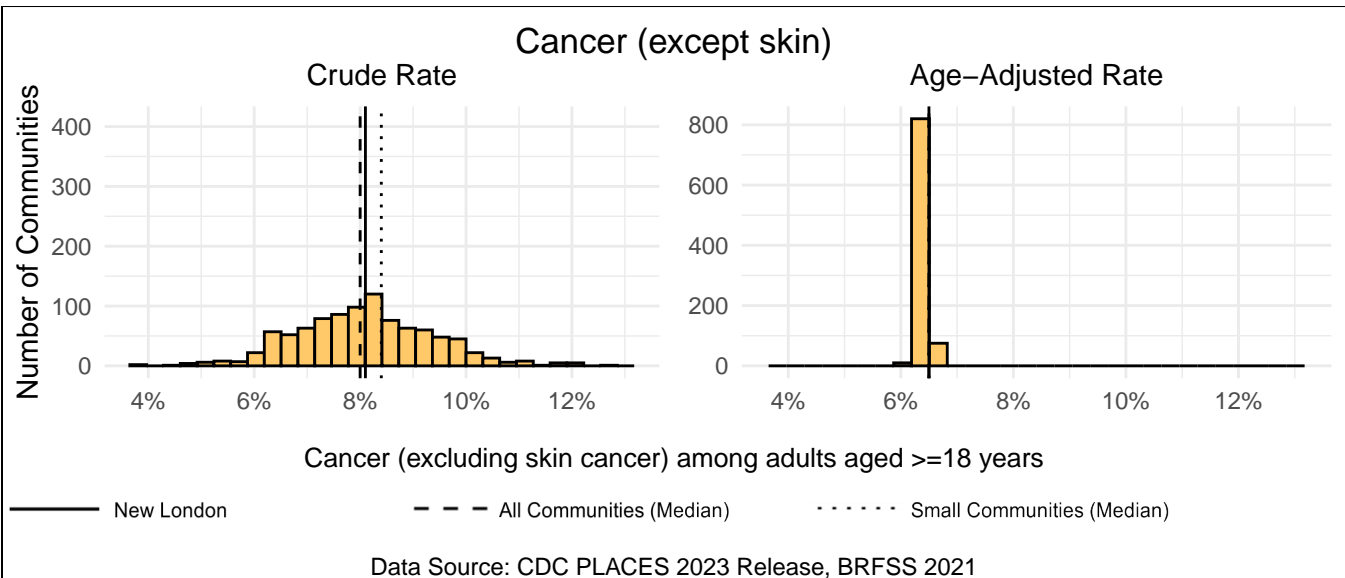
Measure Type	New London	All Comm.	Small Comm.
Crude	33.0%	32.0%	32.5%
Age-Adjusted	28.6%	27.3%	27.0%



Cancer (except skin)

New London has a crude rate of 8.1% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 486th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for New London is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

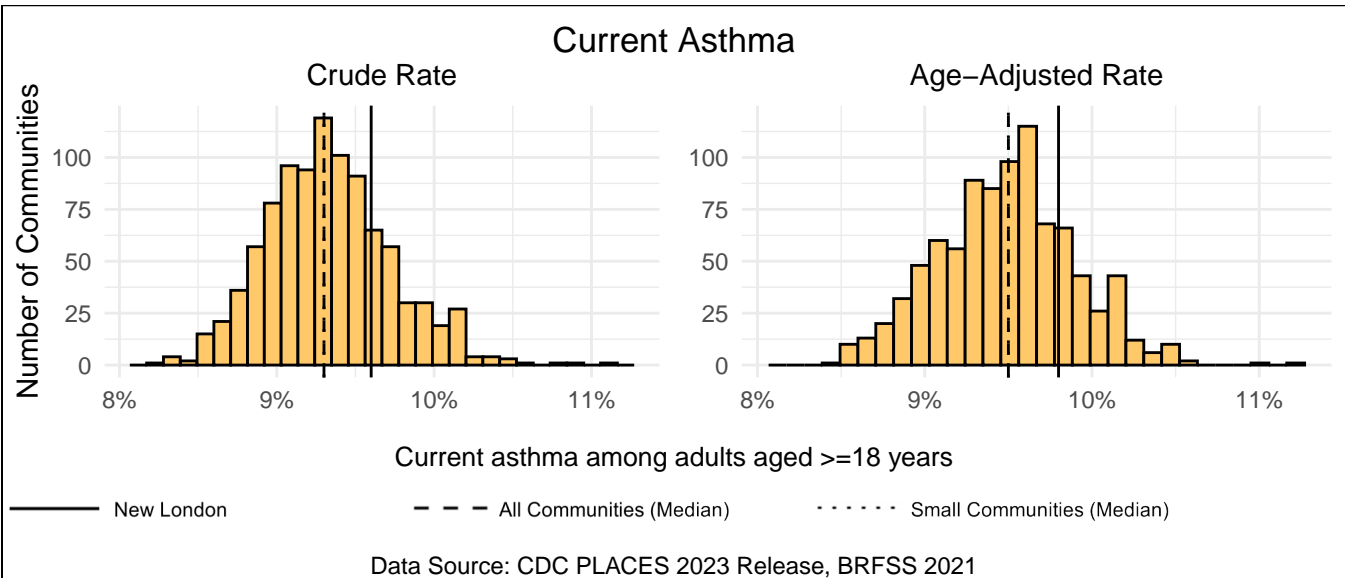
Measure Type	New London	All Comm.	Small Comm.
Crude	8.1%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

New London has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for New London is 9.8%, which ranks 696th out of 905 Iowa communities (107th out of 138 small communities).

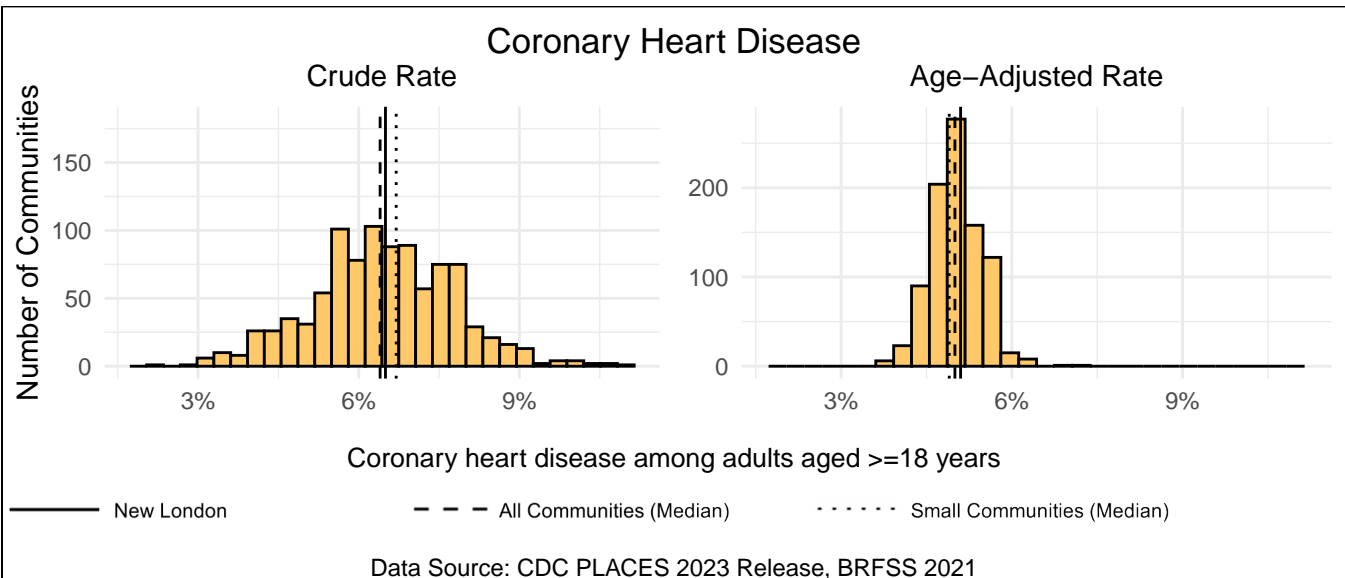
Measure Type	New London	All Comm.	Small Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.5%



Coronary Heart Disease

New London has a crude rate of 6.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 481st out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for New London is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

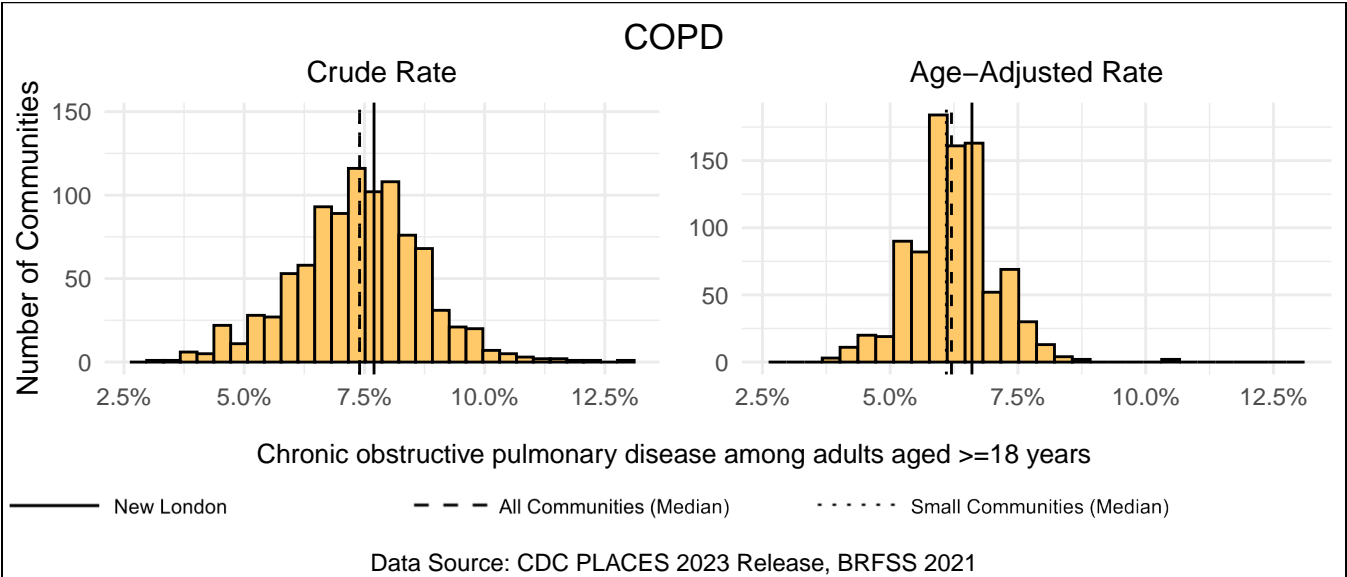
Measure Type	New London	All Comm.	Small Comm.
Crude	6.5%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%



COPD

New London has a crude rate of 7.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for New London is 6.6%, which ranks 620th out of 905 Iowa communities (105th out of 138 small communities).

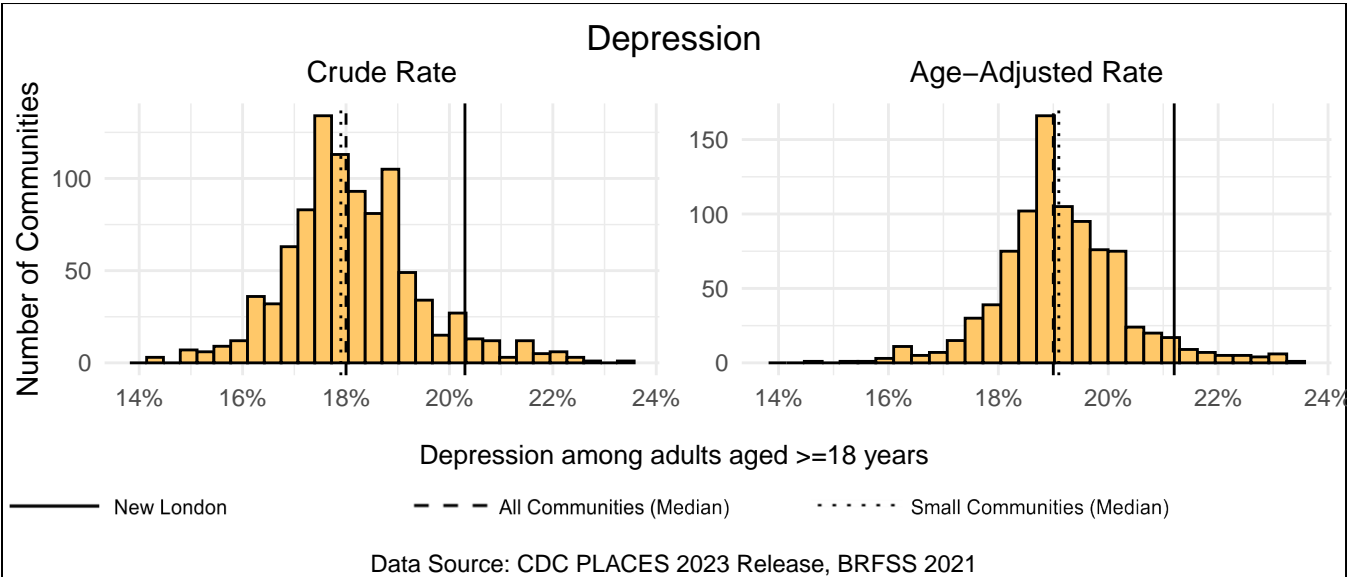
Measure Type	New London	All Comm.	Small Comm.
Crude	7.7%	7.4%	7.4%
Age-Adjusted	6.6%	6.2%	6.1%



Depression

New London has a crude rate of 20.3% for depression among adults aged ≥ 18 years, which ranks 895th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for New London is 21.2%, which ranks 864th out of 905 Iowa communities (133rd out of 138 small communities).

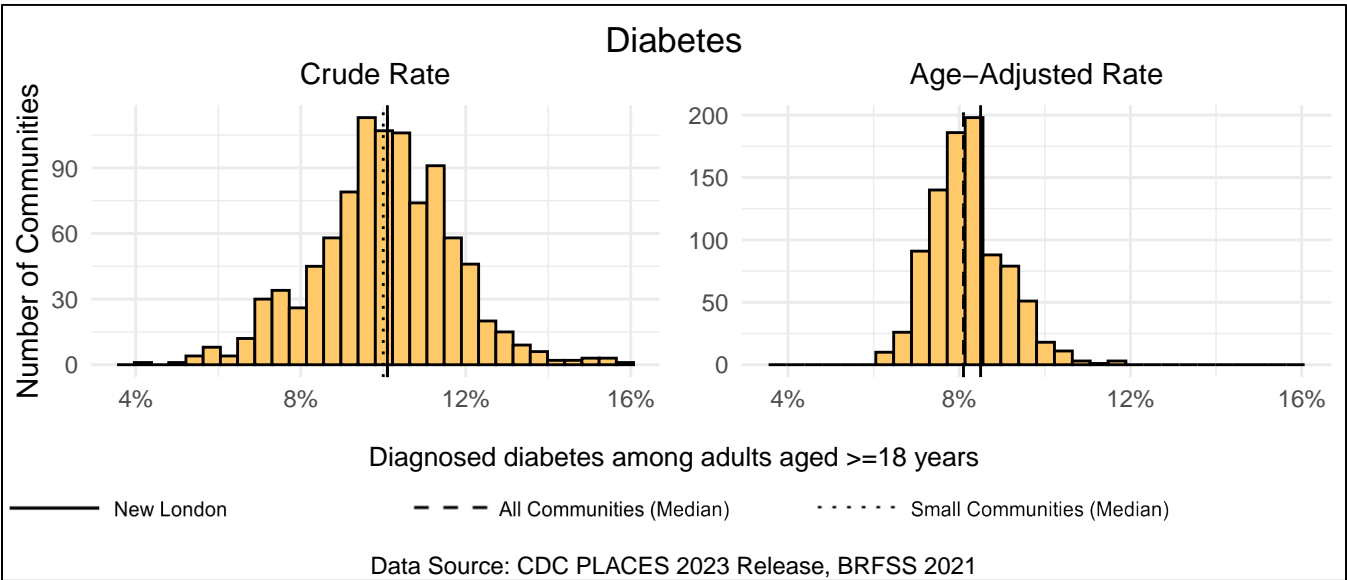
Measure Type	New London	All Comm.	Small Comm.
Crude	20.3%	18.0%	17.9%
Age-Adjusted	21.2%	19.0%	19.1%



Diabetes

New London has a crude rate of 10.1% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 470th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for New London is 8.5%, which ranks 617th out of 905 Iowa communities (108th out of 138 small communities).

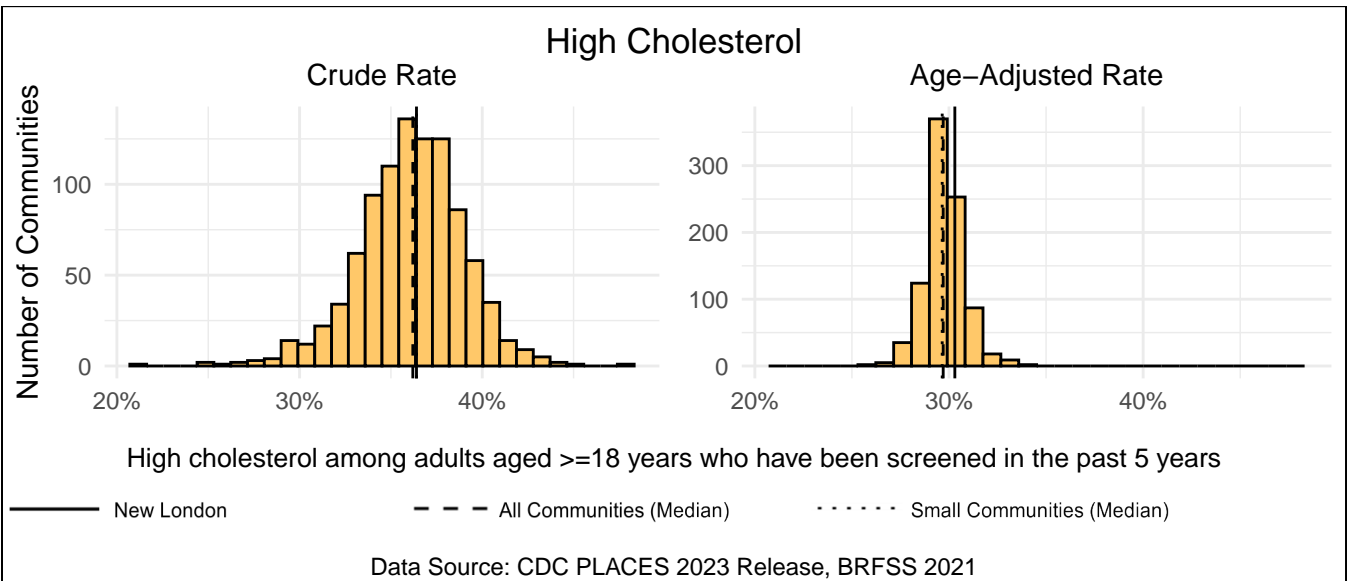
Measure Type	New London	All Comm.	Small Comm.
Crude	10.1%	10.1%	10.0%
Age-Adjusted	8.5%	8.1%	8.1%



High Cholesterol

New London has a crude rate of 36.4% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 498th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for New London is 30.3%, which ranks 634th out of 905 Iowa communities (103rd out of 138 small communities).

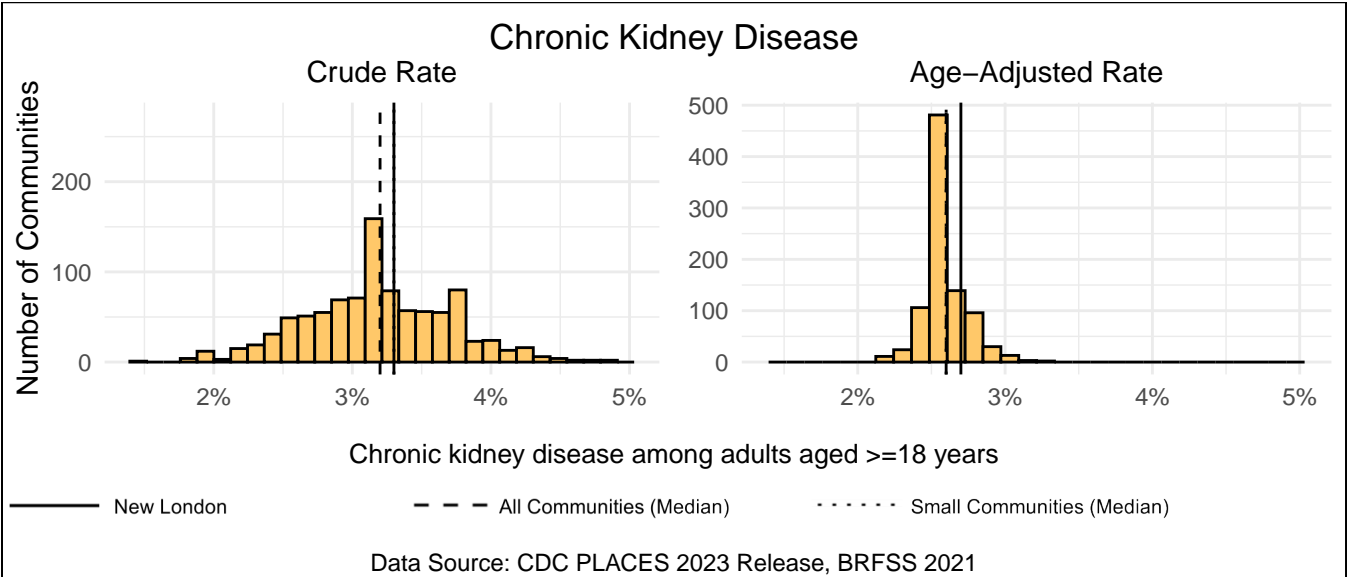
Measure Type	New London	All Comm.	Small Comm.
Crude	36.4%	36.2%	36.4%
Age-Adjusted	30.3%	29.7%	29.6%



Chronic Kidney Disease

New London has a crude rate of 3.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (69th out of 138 small communities). The age-adjusted rate for New London is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

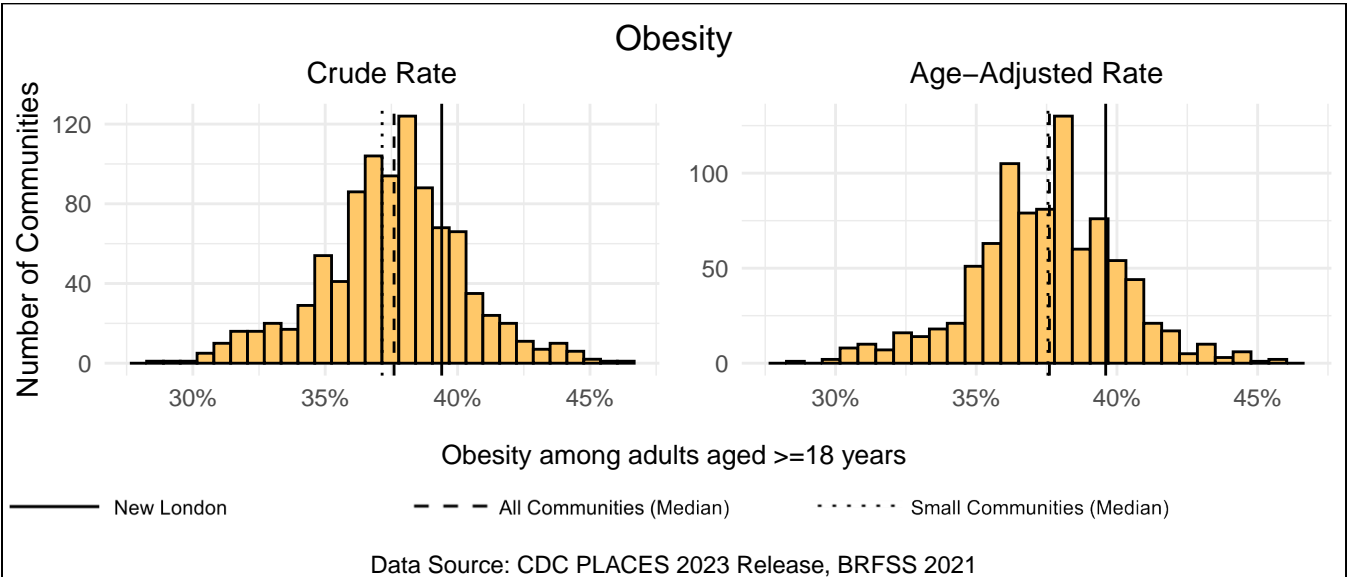
Measure Type	New London	All Comm.	Small Comm.
Crude	3.3%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

New London has a crude rate of 39.4% for obesity among adults aged ≥ 18 years, which ranks 747th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for New London is 39.6%, which ranks 725th out of 905 Iowa communities (115th out of 138 small communities).

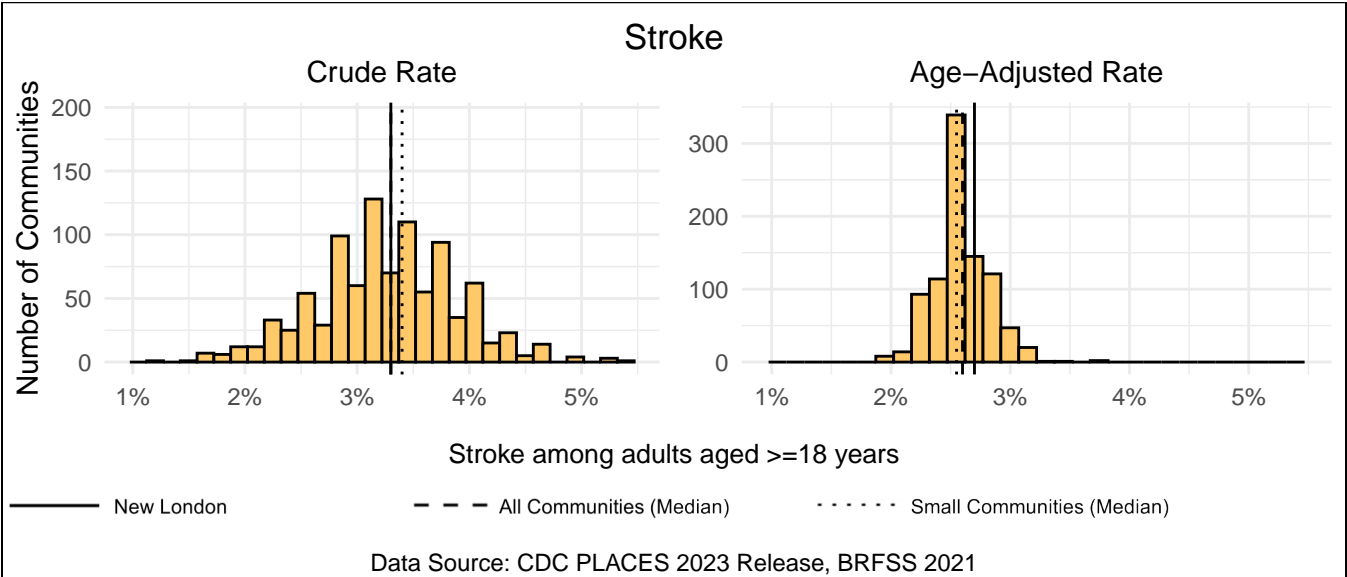
Measure Type	New London	All Comm.	Small Comm.
Crude	39.4%	37.6%	37.2%
Age-Adjusted	39.6%	37.6%	37.5%



Stroke

New London has a crude rate of 3.3% for stroke among adults aged ≥ 18 years, which ranks 468th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for New London is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

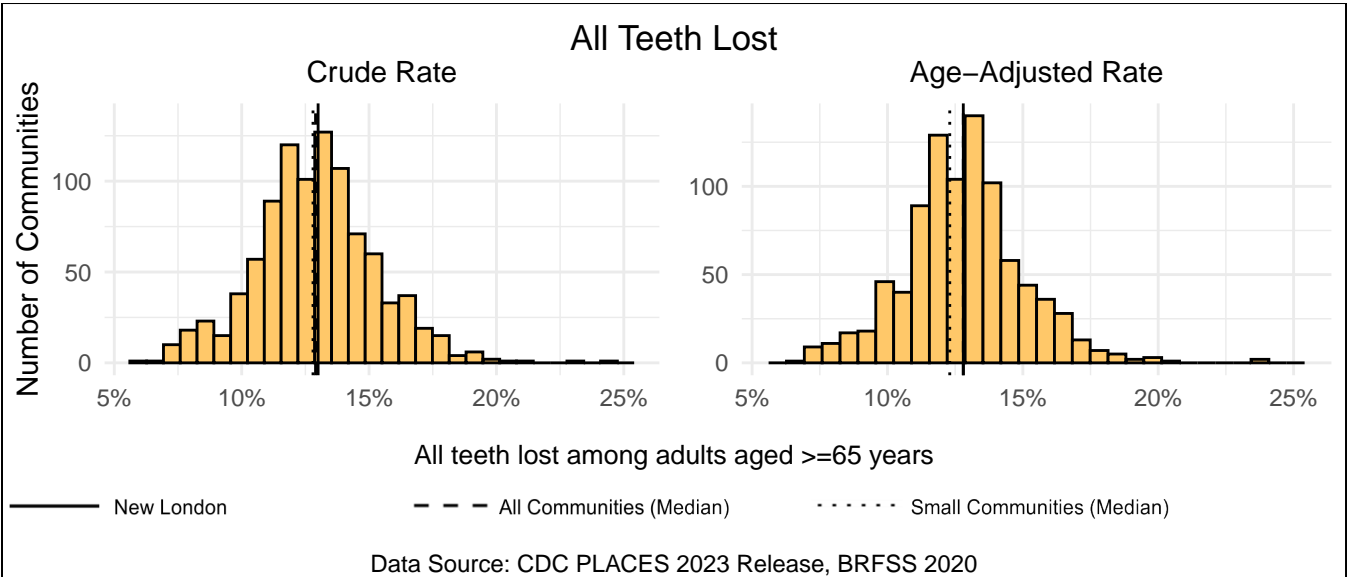
Measure Type	New London	All Comm.	Small Comm.
Crude	3.3%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



All Teeth Lost

New London has a crude rate of 13.0% for all teeth lost among adults aged ≥ 65 years, which ranks 487th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for New London is 12.8%, which ranks 448th out of 905 Iowa communities (80th out of 138 small communities).

Measure Type	New London	All Comm.	Small Comm.
Crude	13.0%	12.9%	12.8%
Age-Adjusted	12.8%	12.8%	12.3%



Prevention

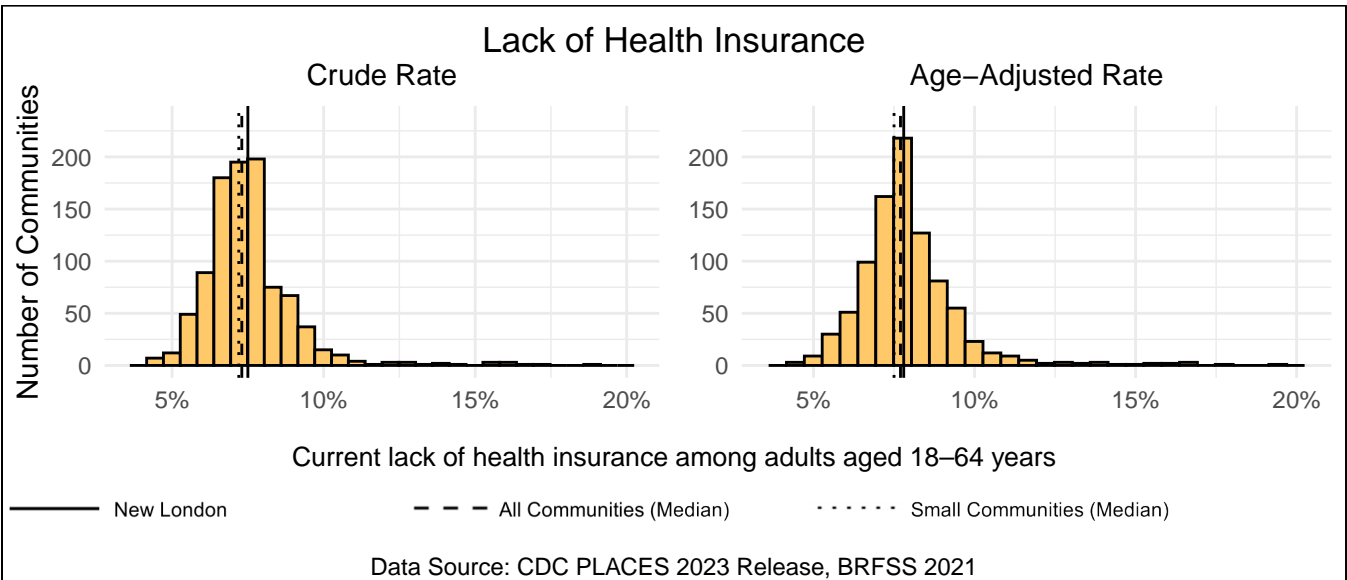
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

New London has a crude rate of 7.5% for current lack of health insurance among adults aged 18–64 years, which ranks 533rd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for New London is 7.8%, which ranks 458th out of 905 Iowa communities (77th out of 138 small communities).

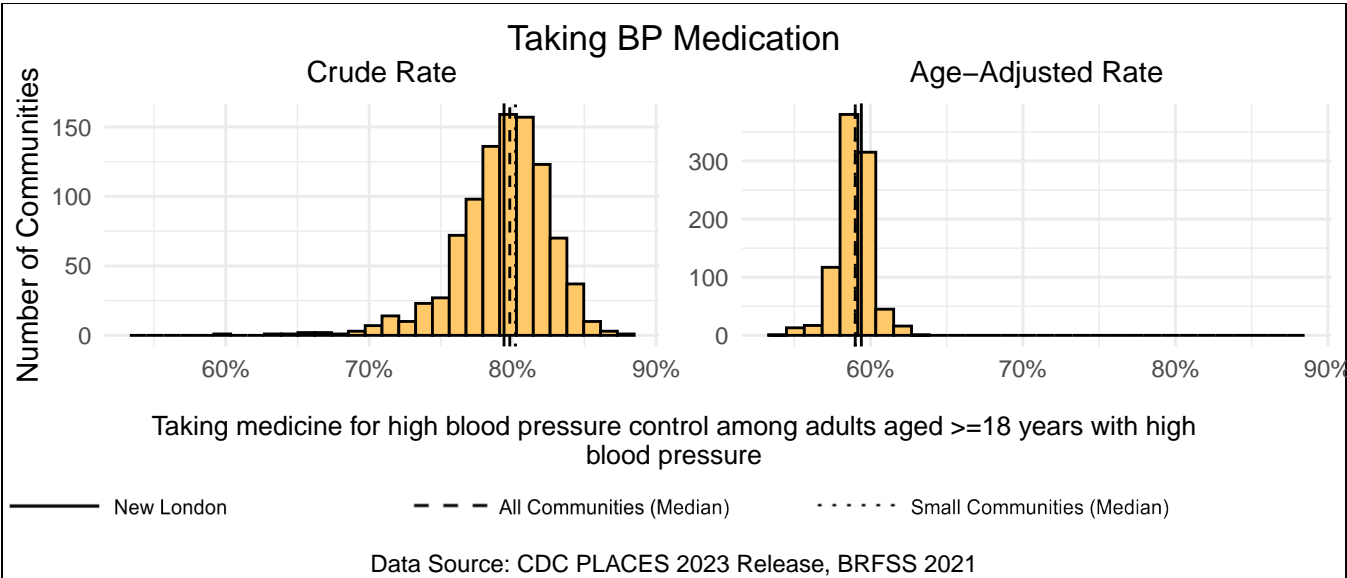
Measure Type	New London	All Comm.	Small Comm.
Crude	7.5%	7.3%	7.2%
Age-Adjusted	7.8%	7.7%	7.5%



Taking BP Medication

New London has a crude rate of 79.4% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 515th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for New London is 59.4%, which ranks 251st out of 905 Iowa communities (36th out of 138 small communities).

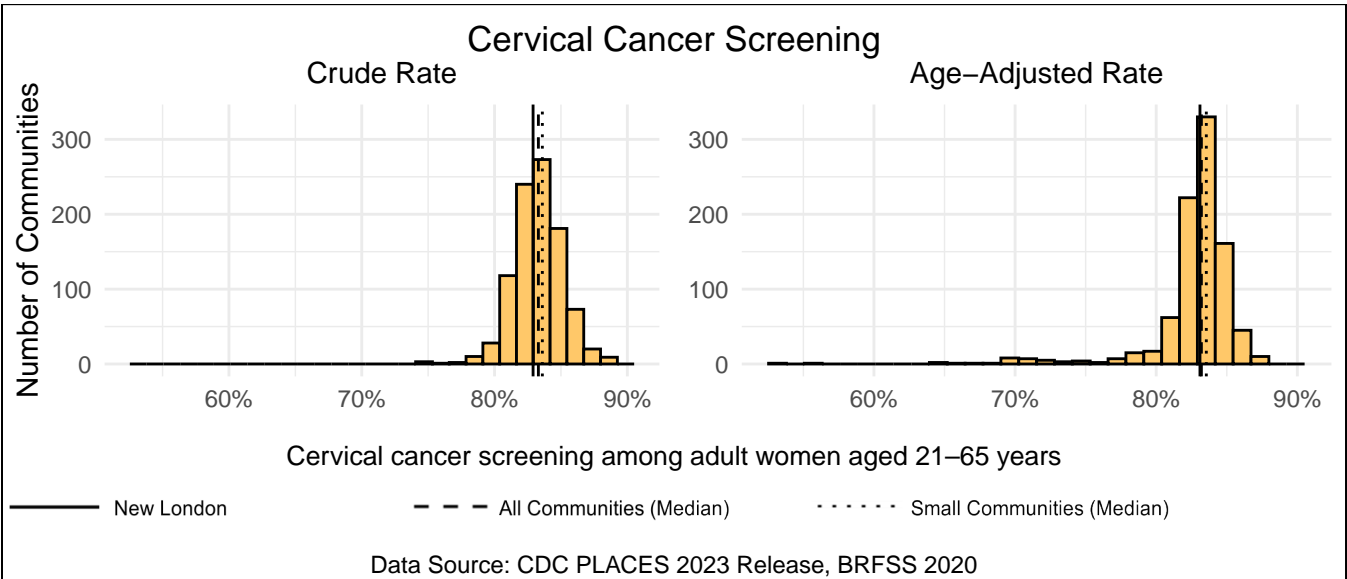
Measure Type	New London	All Comm.	Small Comm.
Crude	79.4%	79.8%	80.2%
Age-Adjusted	59.4%	59.0%	59.0%



Cervical Cancer Screening

New London 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 New London is 83.1%, which ranks 477th out of 905 Iowa communities (93rd out of 138 small communities).

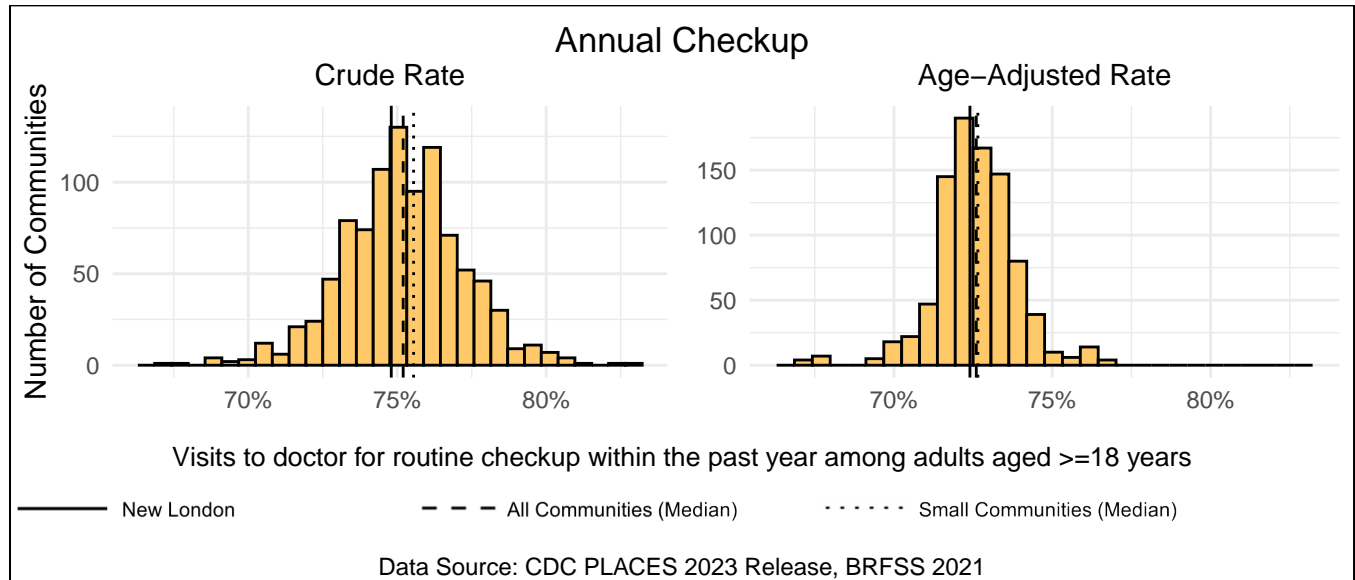
Measure Type	New London	All Comm.	Small Comm.
Crude	82.9%	83.3%	83.6%
Age-Adjusted	83.1%	83.2%	83.5%



Annual Checkup

New London has a crude rate of 74.8% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for New London is 72.4%, which ranks 498th out of 905 Iowa communities (80th out of 138 small communities).

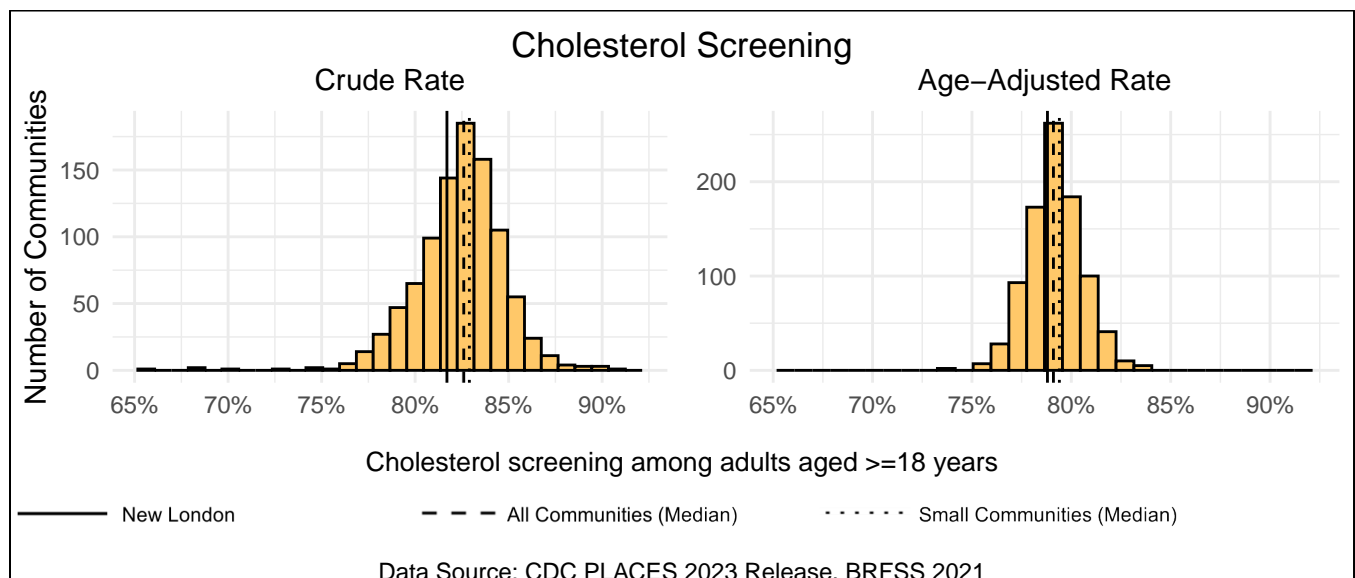
Measure Type	New London	All Comm.	Small Comm.
Crude	74.8%	75.2%	75.5%
Age-Adjusted	72.4%	72.6%	72.6%



Cholesterol Screening

New London has a crude rate of 81.7% for cholesterol screening among adults aged ≥ 18 years, which ranks 632nd out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for New London is 78.8%, which ranks 536th out of 905 Iowa communities (88th out of 138 small communities).

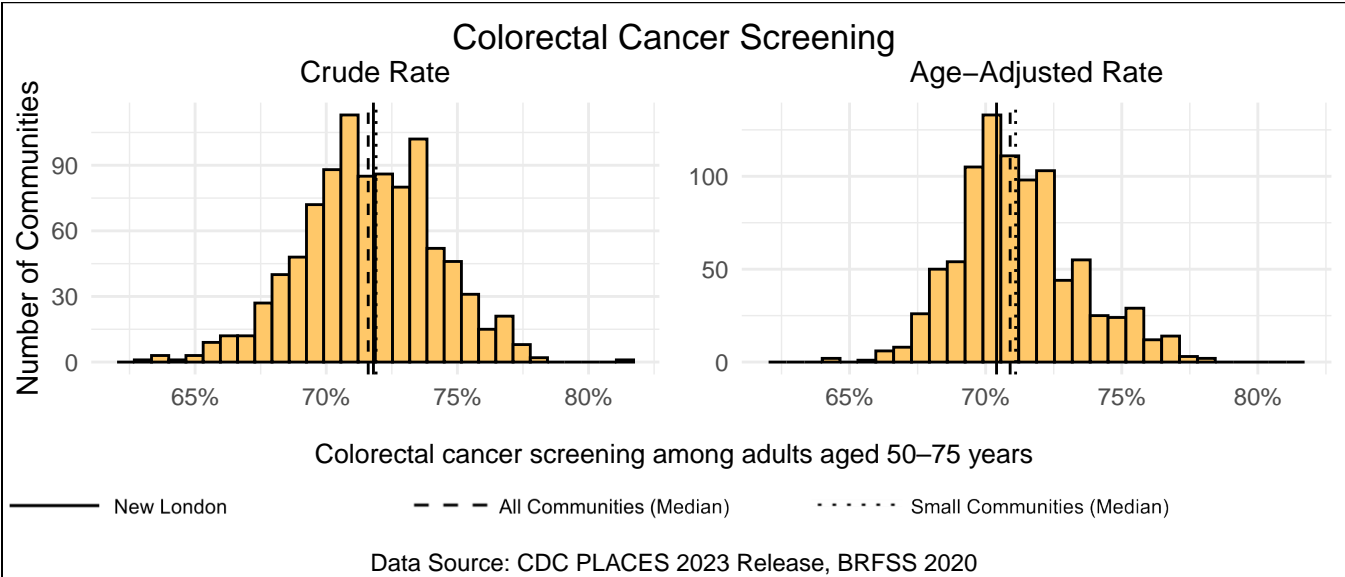
Measure Type	New London	All Comm.	Small Comm.
Crude	81.7%	82.6%	82.9%
Age-Adjusted	78.8%	79.1%	79.4%



Colorectal Cancer Screening

New London has a crude rate of 71.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 445th out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for New London is 70.4%, which ranks 538th out of 905 Iowa communities (92nd out of 138 small communities).

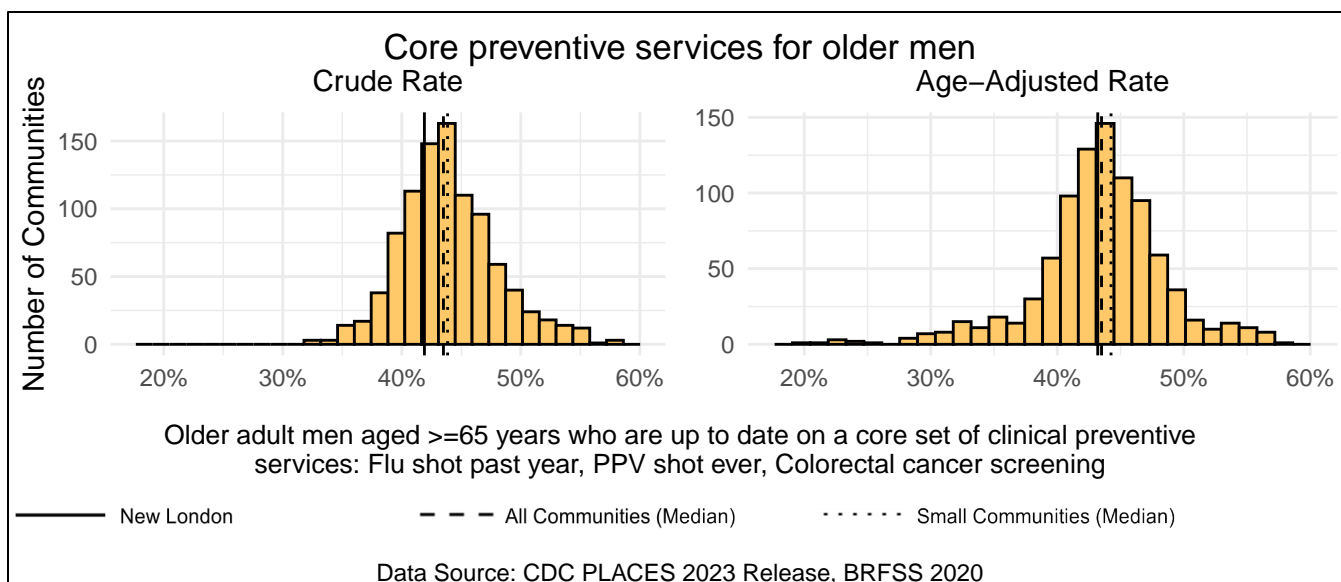
Measure Type	New London	All Comm.	Small Comm.
Crude	71.8%	71.6%	71.9%
Age-Adjusted	70.4%	70.9%	71.1%



Core preventive services for older men

New London has a crude rate of 41.9% 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 664th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for New London is 43.2%, which ranks 479th out of 905 Iowa communities (88th out of 138 small communities).

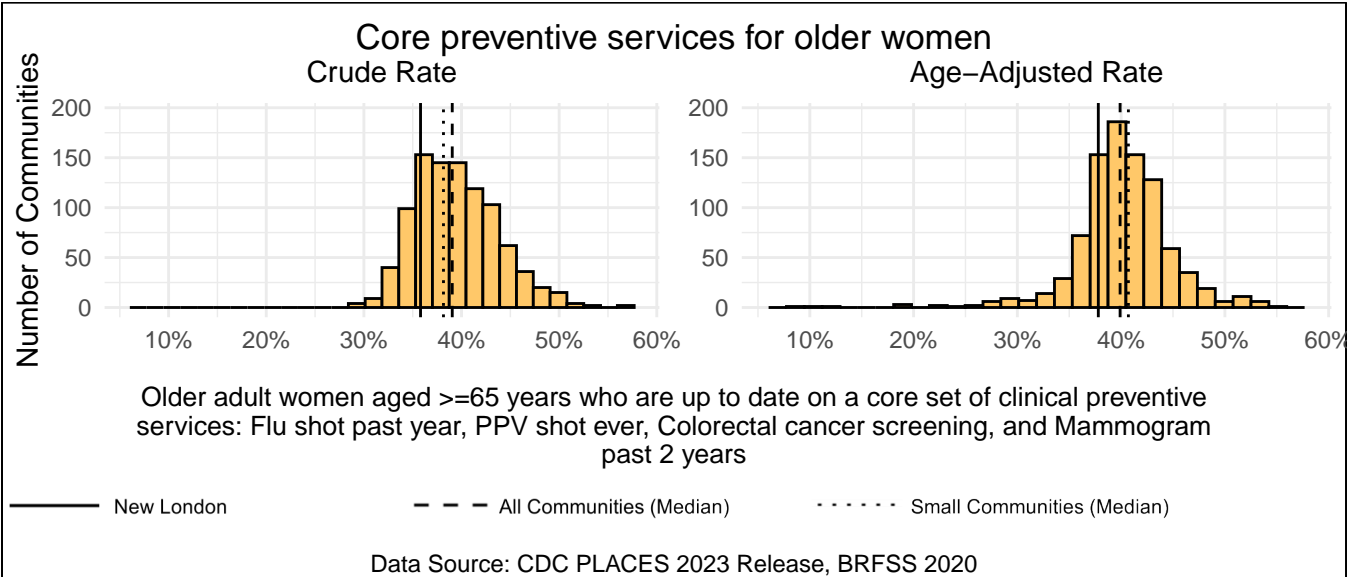
Measure Type	New London	All Comm.	Small Comm.
Crude	41.9%	43.5%	43.8%
Age-Adjusted	43.2%	43.5%	44.2%



Core preventive services for older women

New London has a crude rate of 35.8% 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 774th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for New London is 37.8%, which ranks 693rd out of 905 Iowa communities (121st out of 138 small communities).

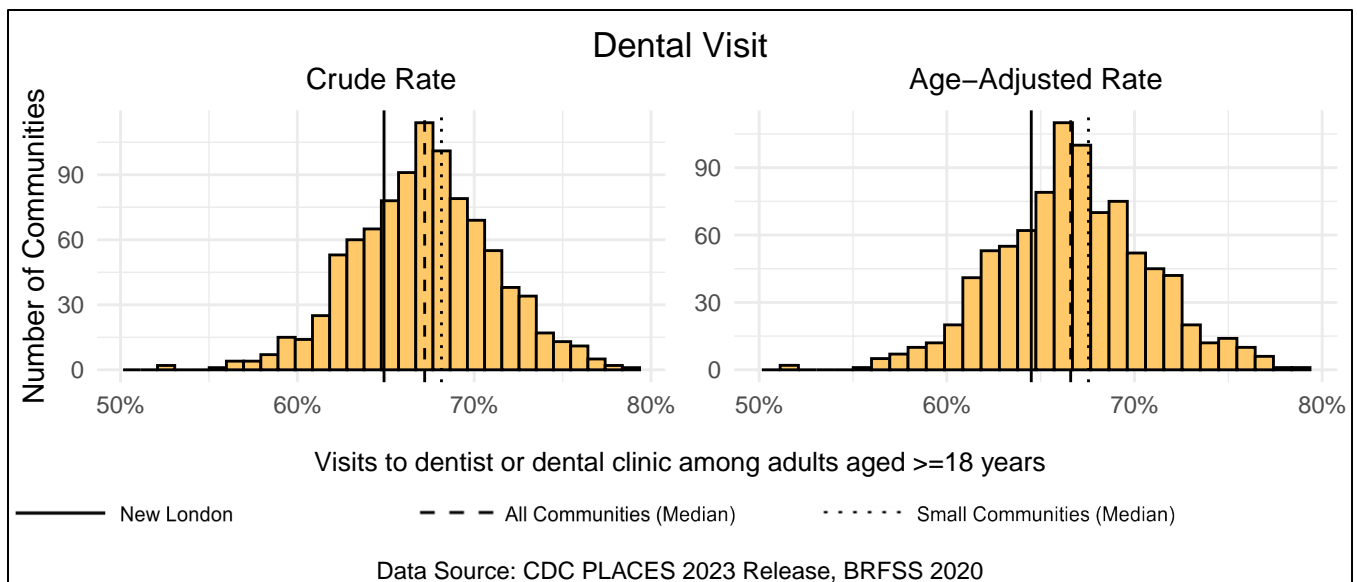
Measure Type	New London	All Comm.	Small Comm.
Crude	35.8%	39.0%	38.2%
Age-Adjusted	37.8%	39.9%	40.7%



Dental Visit

New London has a crude rate of 64.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 700th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for New London is 64.5%, which ranks 651st out of 905 Iowa communities (107th out of 138 small communities).

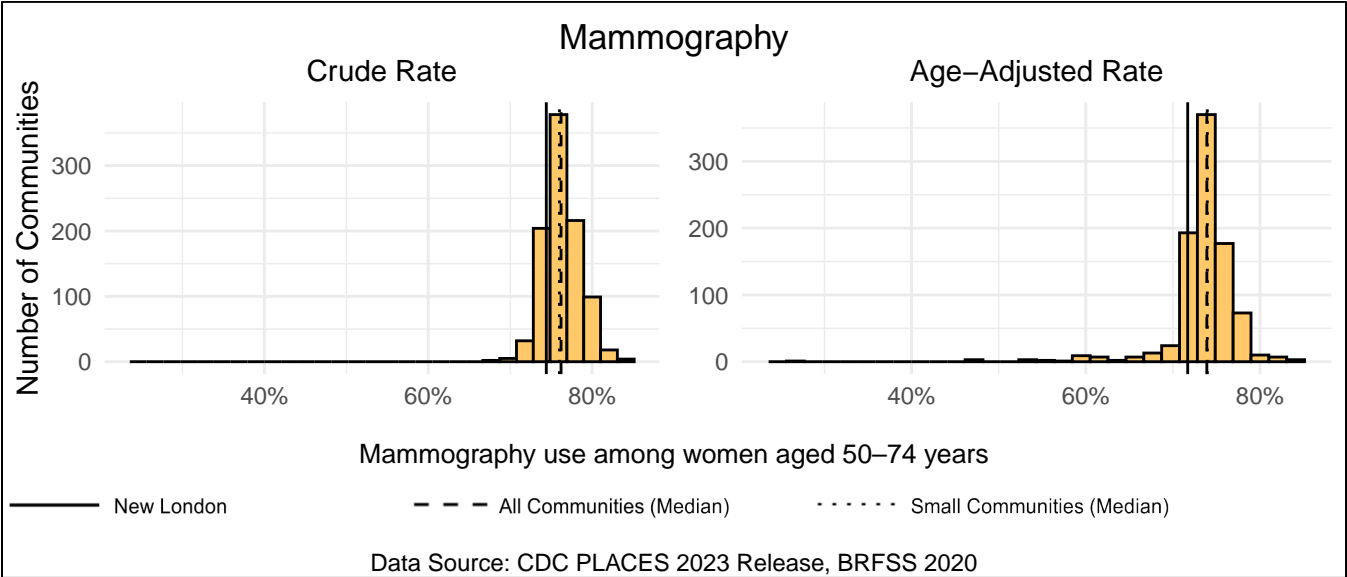
Measure Type	New London	All Comm.	Small Comm.
Crude	64.9%	67.2%	68.2%
Age-Adjusted	64.5%	66.6%	67.5%



Mammography

New London has a crude rate of 74.4% for mammography use among women aged 50–74 years, which ranks 772nd out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for New London is 71.7%, which ranks 772nd out of 905 Iowa communities (120th out of 138 small communities).

Measure Type	New London	All Comm.	Small Comm.
Crude	74.4%	76.2%	76.0%
Age-Adjusted	71.7%	73.9%	74.0%



Disability

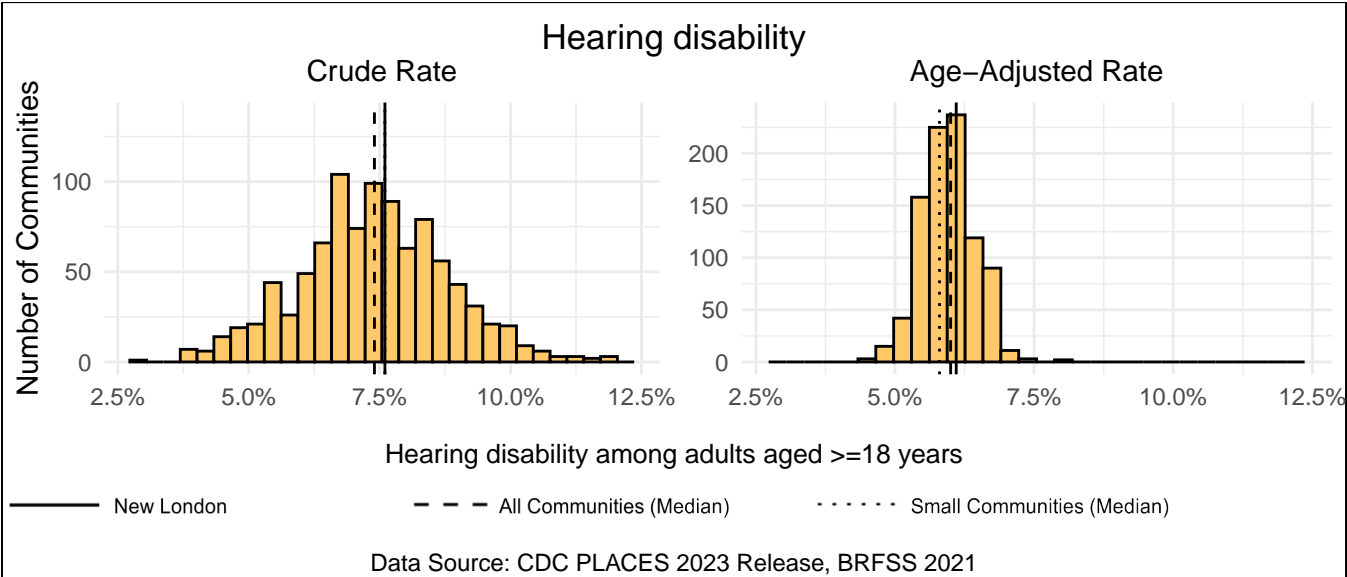
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

New London has a crude rate of 7.6% for hearing disability among adults aged ≥ 18 years, which ranks 531st out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for New London is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

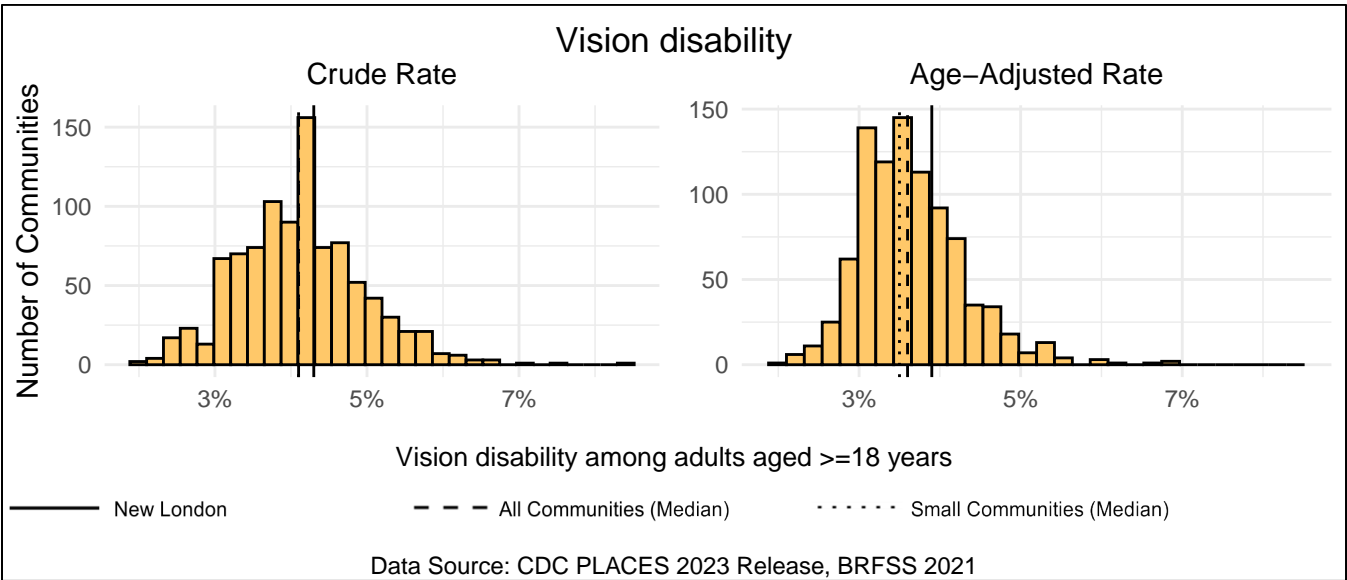
Measure Type	New London	All Comm.	Small Comm.
Crude	7.6%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%



Vision disability

New London has a crude rate of 4.3% for vision disability among adults aged >=18 years, which ranks 562nd out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for New London is 3.9%, which ranks 622nd out of 905 Iowa communities (107th out of 138 small communities).

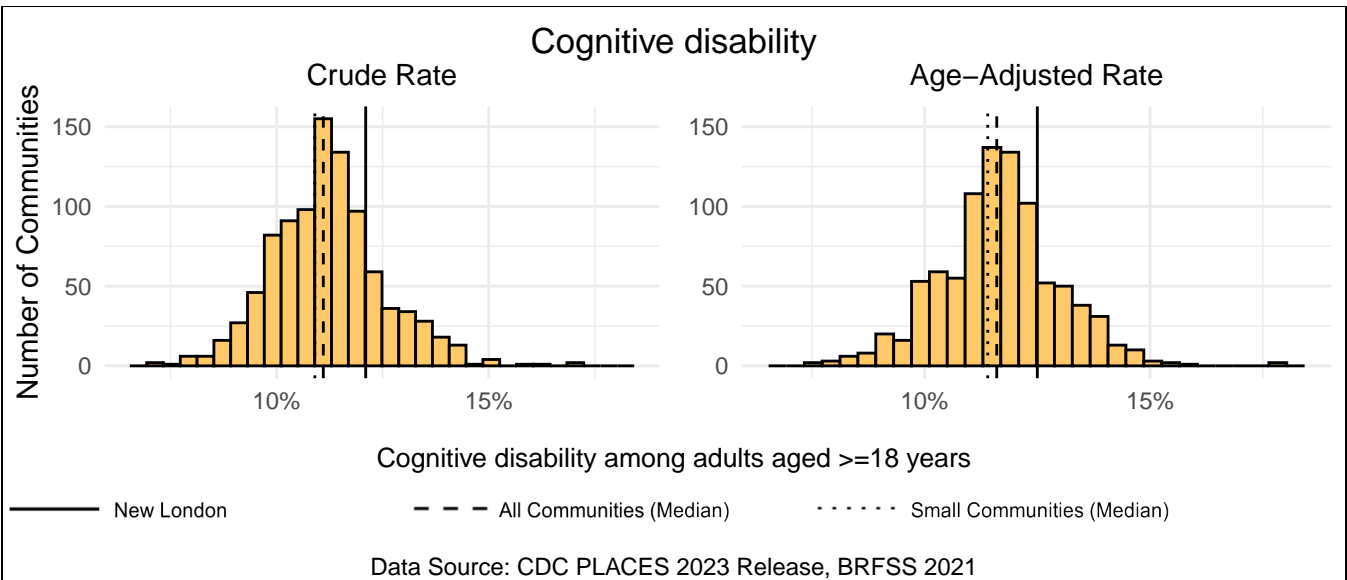
Measure Type	New London	All Comm.	Small Comm.
Crude	4.3%	4.1%	4.1%
Age-Adjusted	3.9%	3.6%	3.5%



Cognitive disability

New London has a crude rate of 12.1% for cognitive disability among adults aged >=18 years, which ranks 762nd out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for New London is 12.5%, which ranks 704th out of 905 Iowa communities (115th out of 138 small communities).

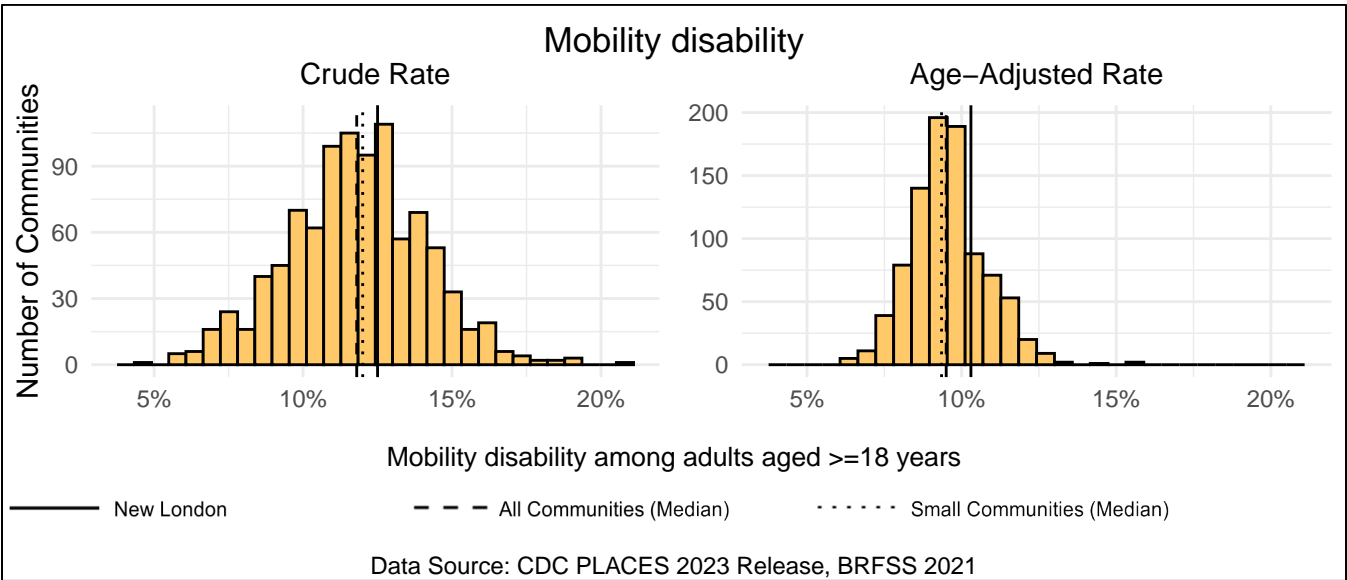
Measure Type	New London	All Comm.	Small Comm.
Crude	12.1%	11.1%	10.9%
Age-Adjusted	12.5%	11.6%	11.4%



Mobility disability

New London has a crude rate of 12.5% for mobility disability among adults aged ≥ 18 years, which ranks 585th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for New London is 10.3%, which ranks 679th out of 905 Iowa communities (109th out of 138 small communities).

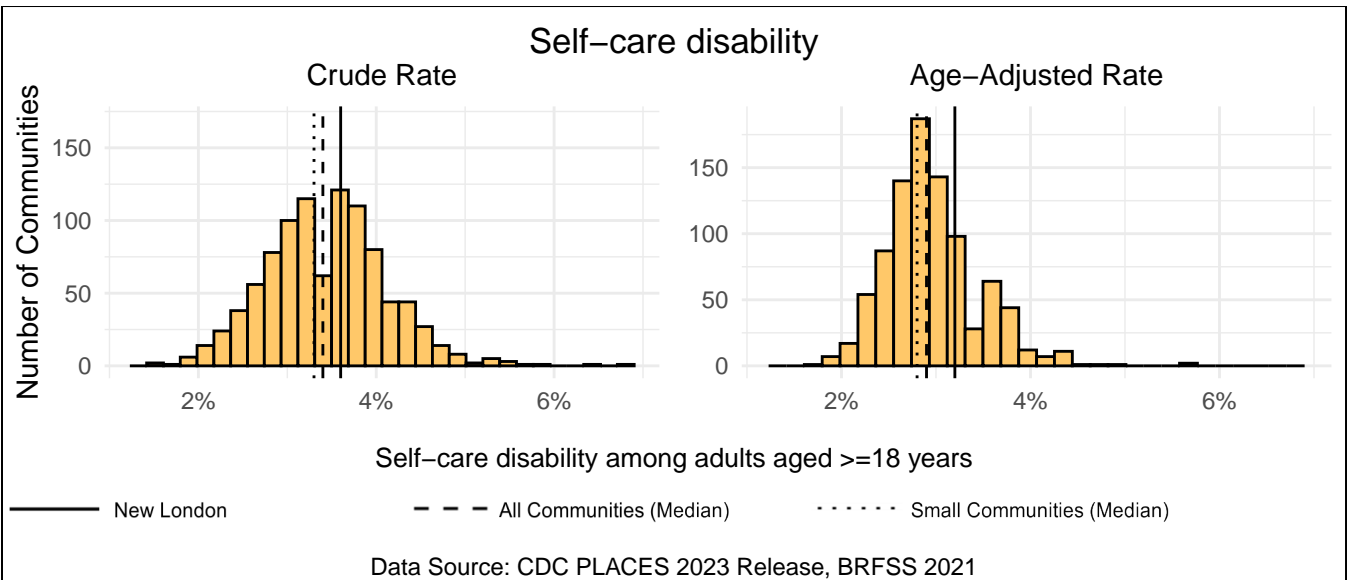
Measure Type	New London	All Comm.	Small Comm.
Crude	12.5%	11.8%	12.0%
Age-Adjusted	10.3%	9.5%	9.4%



Self-care disability

New London has a crude rate of 3.6% for self-care disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for New London is 3.2%, which ranks 637th out of 905 Iowa communities (110th out of 138 small communities).

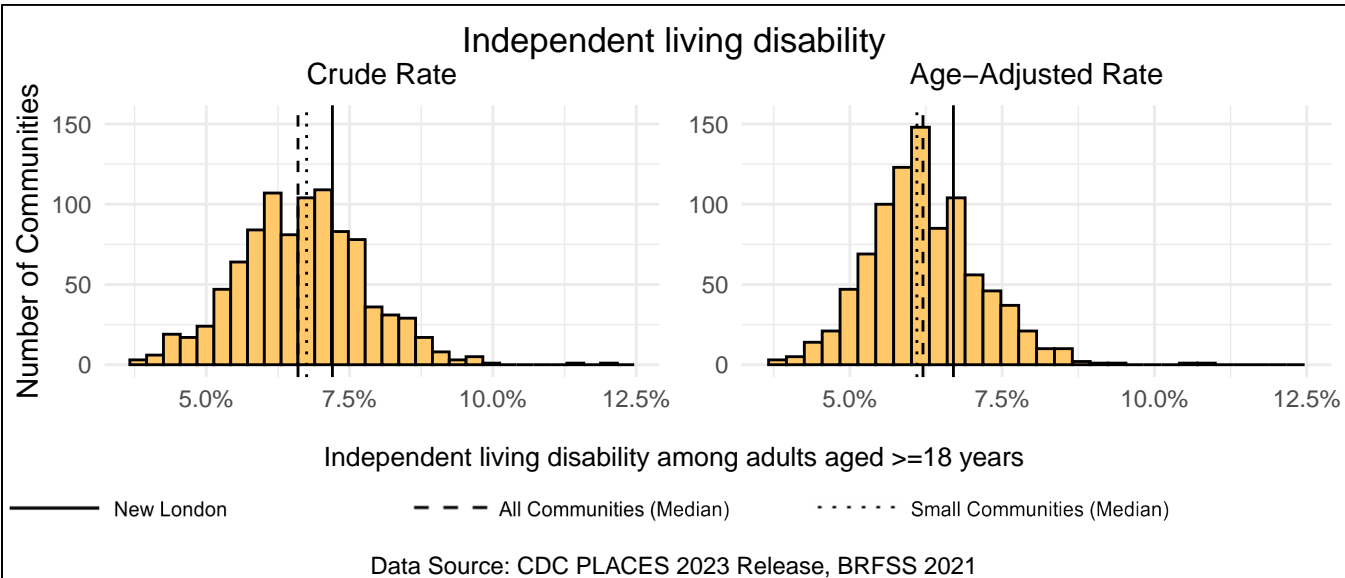
Measure Type	New London	All Comm.	Small Comm.
Crude	3.6%	3.4%	3.3%
Age-Adjusted	3.2%	2.9%	2.8%



Independent living disability

New London has a crude rate of 7.2% for independent living disability among adults aged ≥ 18 years, which ranks 666th out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for New London is 6.7%, which ranks 662nd out of 905 Iowa communities (108th out of 138 small communities).

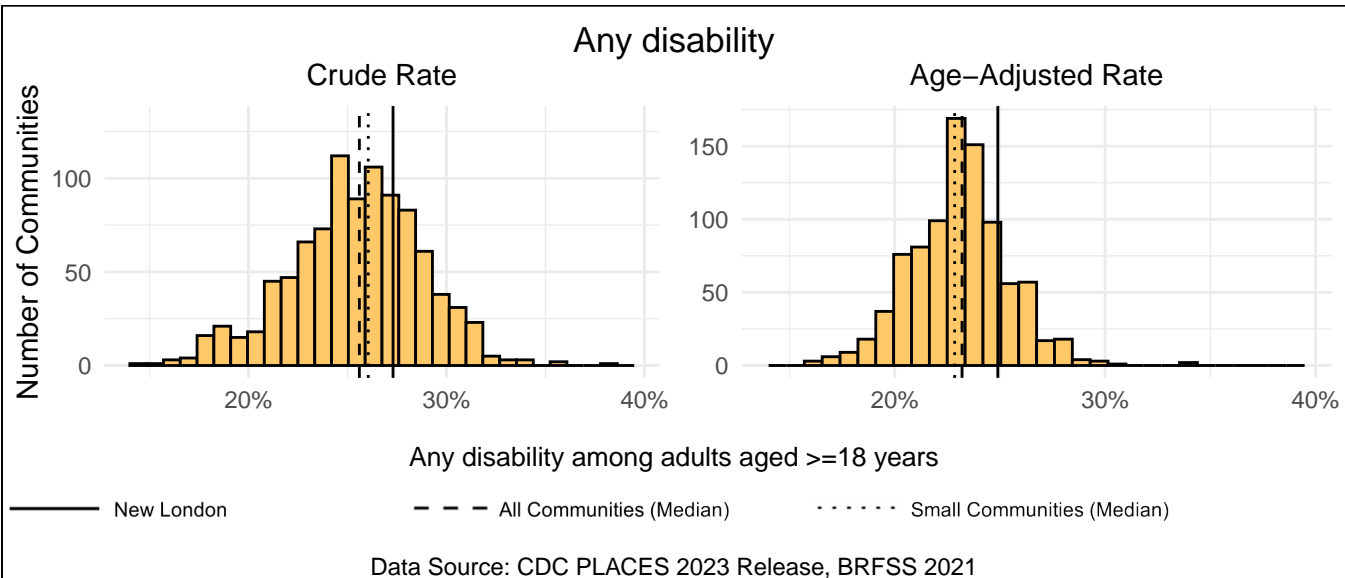
Measure Type	New London	All Comm.	Small Comm.
Crude	7.2%	6.6%	6.8%
Age-Adjusted	6.7%	6.2%	6.1%



Any disability

New London has a crude rate of 27.3% for any disability among adults aged ≥ 18 years, which ranks 675th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for New London is 24.9%, which ranks 737th out of 905 Iowa communities (121st out of 138 small communities).

Measure Type	New London	All Comm.	Small Comm.
Crude	27.3%	25.6%	26.0%
Age-Adjusted	24.9%	23.2%	22.8%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: New London PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	595	14.9% (12.4% - 17.8%)	642	13.6% (11.3% - 16.0%)
Health Status	Mental Health	764	15.2% (13.0% - 17.4%)	744	16.4% (14.1% - 18.7%)
Health Status	Physical Health	636	11.3% (9.5% - 13.2%)	707	10.4% (8.9% - 12.1%)
Health Risk Behaviors	Binge Drinking	356	18.8% (15.6% - 22.3%)	155	21.0% (17.4% - 24.9%)
Health Risk Behaviors	Current Smoking	640	17.7% (14.1% - 21.5%)	602	18.3% (14.4% - 22.4%)
Health Risk Behaviors	Physical Inactivity	582	26.9% (21.8% - 32.5%)	593	25.2% (20.6% - 30.1%)
Health Risk Behaviors	Sleep <7 hours	939	33.5% (31.9% - 35.1%)	896	34.3% (32.4% - 36.1%)
Health Outcomes	Obesity	747	39.4% (32.3% - 46.8%)	725	39.6% (32.5% - 46.9%)
Health Outcomes	Cancer (except skin)	486	8.1% (7.3% - 9.0%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	High Cholesterol	498	36.4% (31.9% - 41.1%)	634	30.3% (26.2% - 34.8%)
Health Outcomes	All Teeth Lost	487	13.0% (8.5% - 18.7%)	448	12.8% (8.4% - 18.0%)
Health Outcomes	Depression	895	20.3% (16.7% - 24.2%)	864	21.2% (17.5% - 25.3%)
Health Outcomes	Chronic Kidney Disease	540	3.3% (2.9% - 3.7%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	Arthritis	445	27.6% (23.6% - 31.8%)	550	23.5% (20.1% - 27.2%)
Health Outcomes	COPD	540	7.7% (6.3% - 9.2%)	620	6.6% (5.4% - 7.8%)
Health Outcomes	Stroke	468	3.3% (2.9% - 3.8%)	569	2.7% (2.4% - 3.1%)
Health Outcomes	Current Asthma	716	9.6% (8.5% - 10.9%)	696	9.8% (8.6% - 11.1%)
Health Outcomes	Coronary Heart Disease	481	6.5% (5.7% - 7.5%)	511	5.1% (4.4% - 5.9%)
Health Outcomes	Diabetes	470	10.1% (8.5% - 11.7%)	617	8.5% (7.2% - 9.8%)
Health Outcomes	High Blood Pressure	576	33.0% (28.8% - 37.2%)	728	28.6% (24.9% - 32.4%)
Prevention	Core preventive services for older men	664	41.9% (33.9% - 51.0%)	479	43.2% (35.4% - 51.3%)
Prevention	Cervical Cancer Screening	557	82.9% (80.4% - 85.4%)	477	83.1% (80.7% - 85.6%)
Prevention	Colorectal Cancer Screening	445	71.8% (68.5% - 74.8%)	538	70.4% (67.1% - 73.6%)
Prevention	Dental Visit	700	64.9% (61.4% - 68.3%)	651	64.5% (60.9% - 68.2%)
Prevention	Cholesterol Screening	632	81.7% (78.6% - 85.0%)	536	78.8% (75.4% - 82.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Annual Checkup	562	74.8% (69.9% - 79.3%)	498	72.4% (67.3% - 77.3%)
Prevention	Core preventive services for older women	774	35.8% (28.4% - 43.3%)	693	37.8% (30.5% - 45.1%)
Prevention	Health Insurance	533	7.5% (5.6% - 9.8%)	458	7.8% (5.9% - 10.3%)
Prevention	Mammography	772	74.4% (69.7% - 78.6%)	772	71.7% (66.9% - 76.3%)
Prevention	Taking BP Medication	515	79.4% (76.1% - 82.3%)	251	59.4% (54.3% - 64.2%)
Disability	Self-care Disability	562	3.6% (3.0% - 4.2%)	637	3.2% (2.7% - 3.7%)
Disability	Vision Disability	562	4.3% (3.6% - 5.1%)	622	3.9% (3.3% - 4.5%)
Disability	Cognitive Disability	762	12.1% (10.2% - 14.1%)	704	12.5% (10.4% - 14.8%)
Disability	Any Disability	675	27.3% (23.3% - 31.5%)	737	24.9% (21.1% - 28.9%)
Disability	Mobility Disability	585	12.5% (10.4% - 14.8%)	679	10.3% (8.7% - 12.0%)
Disability	Independent Living Disability	666	7.2% (6.1% - 8.5%)	662	6.7% (5.6% - 7.9%)
Disability	Hearing Disability	531	7.6% (6.7% - 8.6%)	544	6.1% (5.4% - 6.9%)

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

Appendix 3: Small Communities (1,000-2,499)

New London 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		