



## 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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*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.*

# Iowa Community Health Snapshot Series

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# Health in Newton: Overview

Dear Community Members & Stakeholders of Newton,

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 Newton ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Newton'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 Newton. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Binge Drinking	269th	3rd	Cancer (except skin)	74th	4th
Obesity	298th	19th	Binge Drinking	95th	7th
Taking BP Medication	439th	3rd	Taking BP Medication	251st	15th
Cancer (except skin)	505th	29th	Obesity	396th	21st
Current Asthma	524th	14th	Core preventive services for older women	435th	20th

# 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Current Smoking	835th	26th	Current Smoking	832nd	26th
All Teeth Lost	821st	23rd	High Cholesterol	818th	24th
Cognitive Disability	821st	21st	Depression	808th	26th
Any Disability	809th	27th	Any Disability	802nd	22nd
Independent Living Disability	805th	23rd	Mental Health	792nd	24th

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 Newton.

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

With a population of 15,692, Newton’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large 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

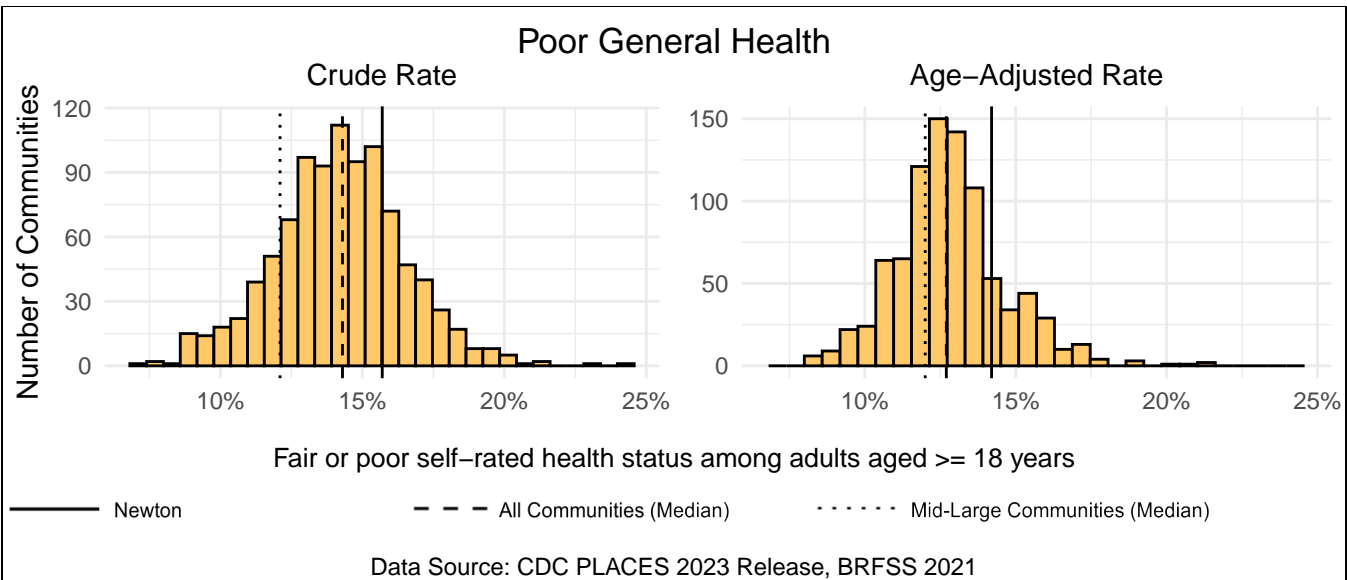
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Newton has a crude rate of 15.7% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 731st out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Newton is 14.2%, which ranks 732nd out of 905 Iowa communities (22nd out of 31 mid-large communities).

Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	15.7%	14.3%	12.1%
Age-Adjusted	14.2%	12.7%	12.0%

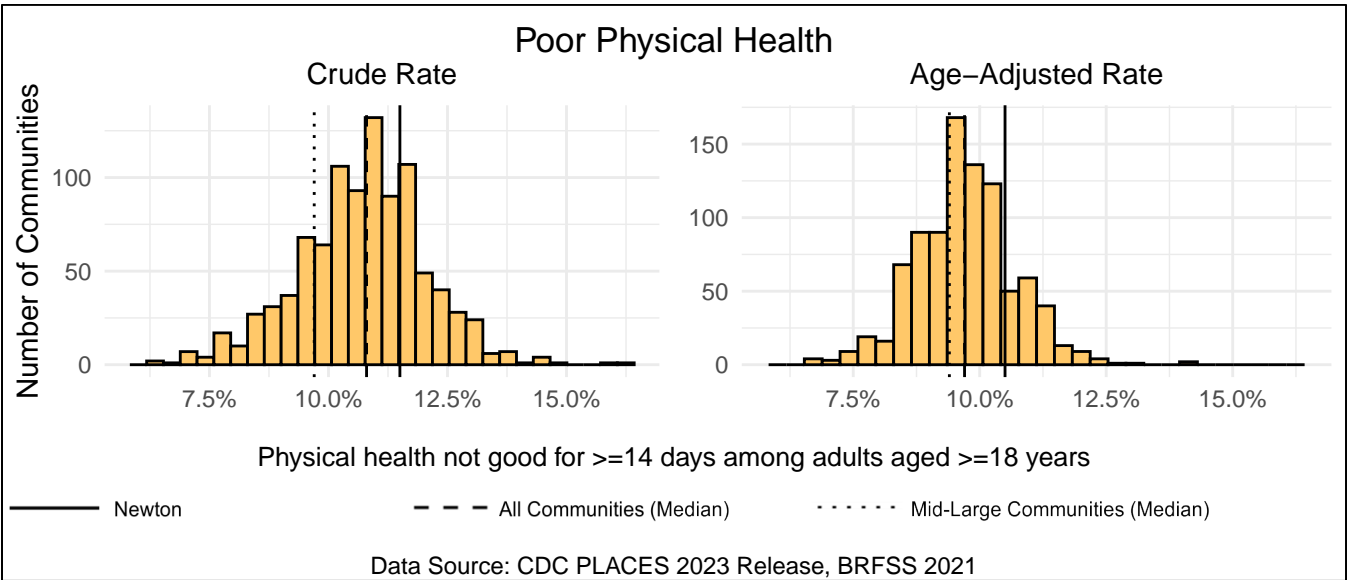




## Poor Physical Health

Newton has a crude rate of 11.5% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 690th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Newton is 10.5%, which ranks 727th out of 905 Iowa communities (22nd out of 31 mid-large communities).

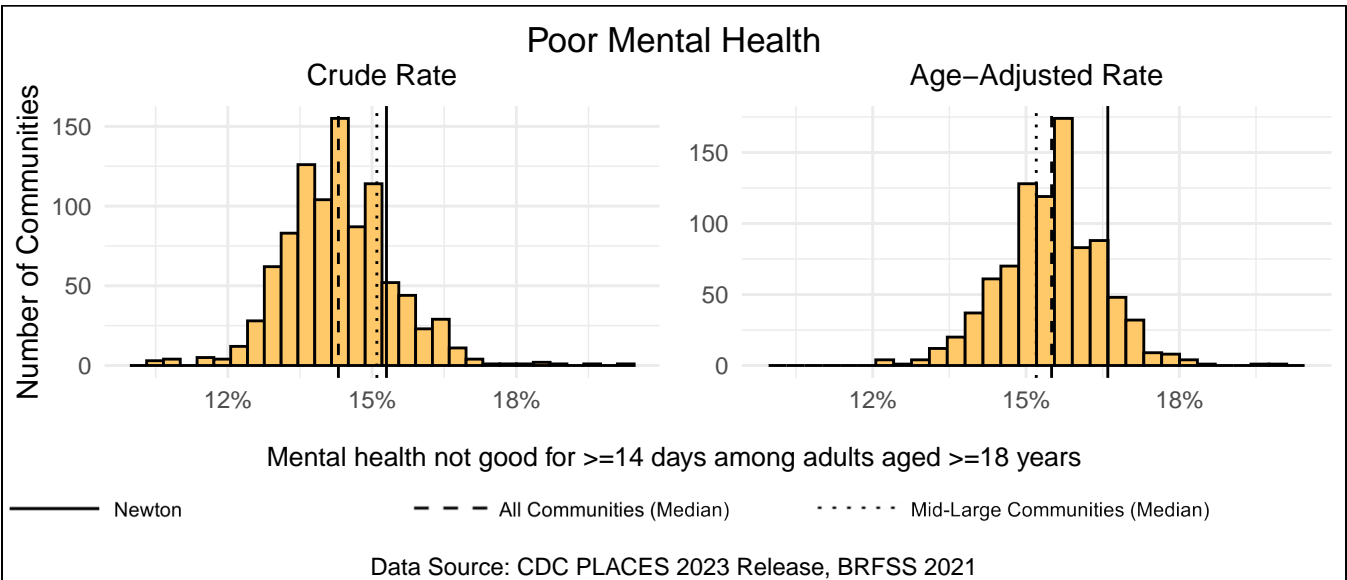
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	11.5%	10.8%	9.7%
Age-Adjusted	10.5%	9.7%	9.4%



## Poor Mental Health

Newton has a crude rate of 15.3% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 788th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Newton is 16.6%, which ranks 792nd out of 905 Iowa communities (24th out of 31 mid-large communities).

Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	15.3%	14.3%	15.1%
Age-Adjusted	16.6%	15.5%	15.2%



# Health Risk Behaviors

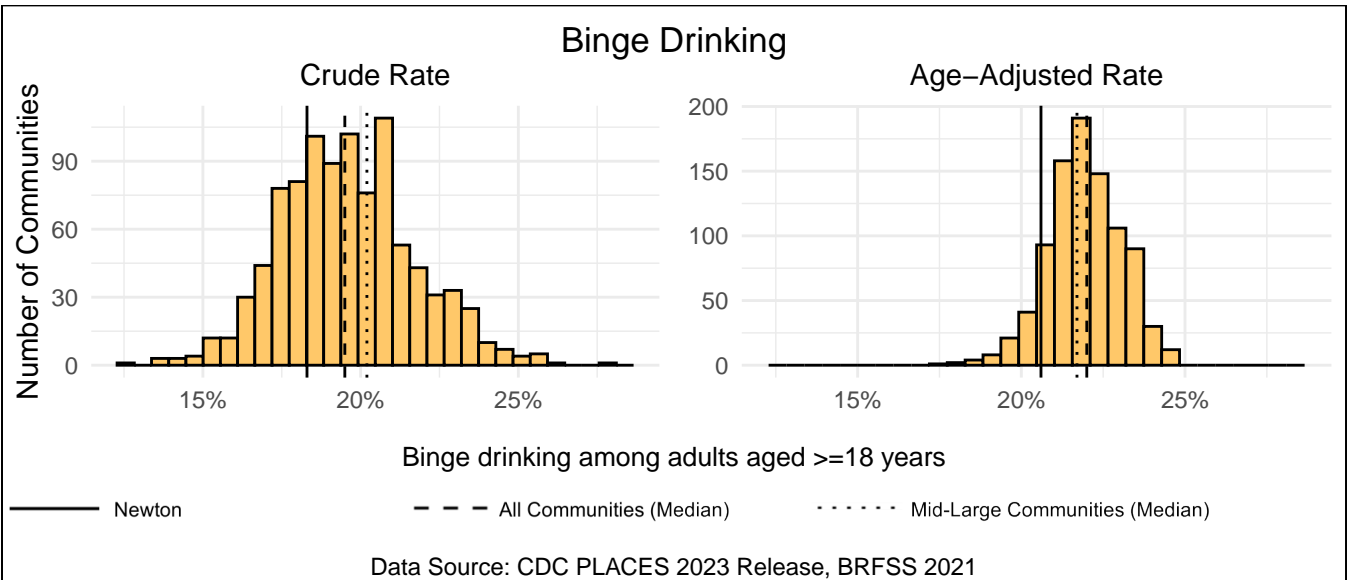
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Newton has a crude rate of 18.3% for binge drinking among adults aged  $\geq 18$  years, which ranks 269th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Newton is 20.6%, which ranks 95th out of 905 Iowa communities (7th out of 31 mid-large communities).

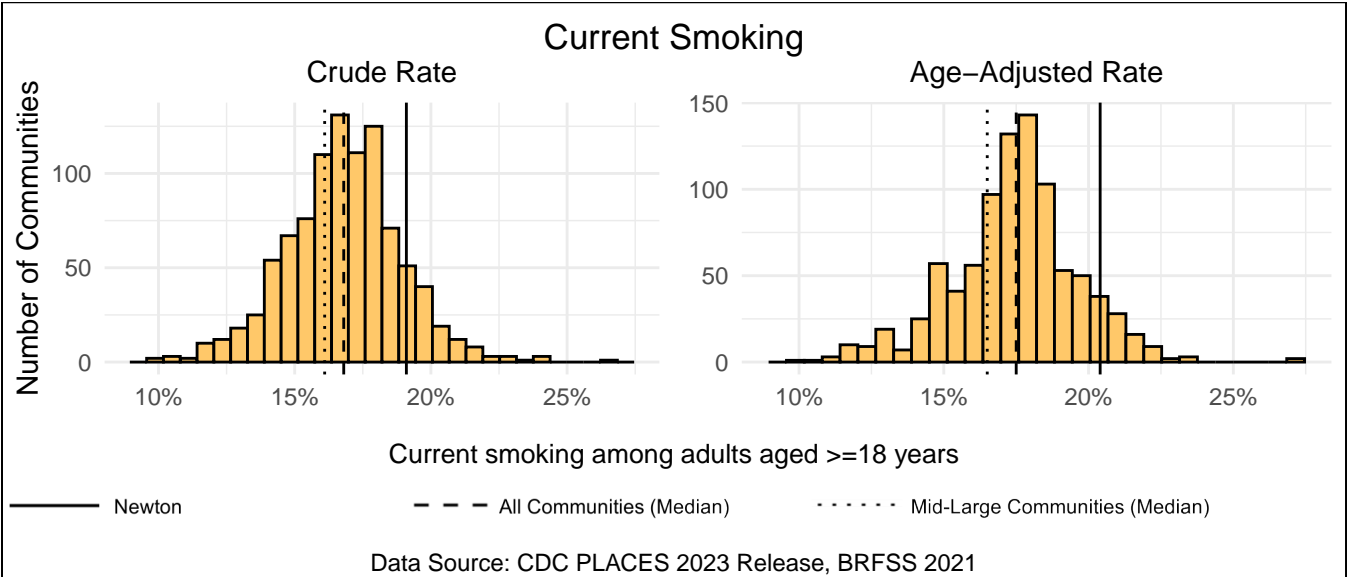
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	18.3%	19.5%	20.2%
Age-Adjusted	20.6%	22.0%	21.7%



# Current Smoking

Newton has a crude rate of 19.1% for current smoking among adults aged  $\geq 18$  years, which ranks 835th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Newton is 20.4%, which ranks 832nd out of 905 Iowa communities (26th out of 31 mid-large communities).

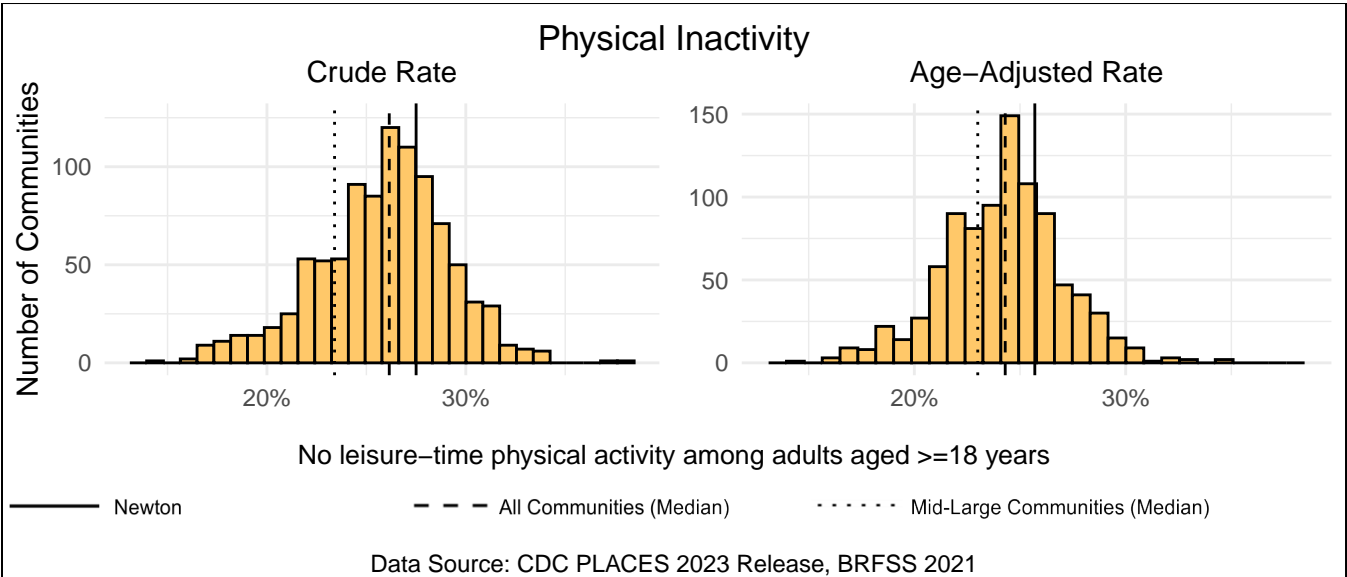
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	19.1%	16.8%	16.1%
Age-Adjusted	20.4%	17.5%	16.5%



# Physical Inactivity

Newton has a crude rate of 27.5% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 659th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Newton is 25.7%, which ranks 656th out of 905 Iowa communities (21st out of 31 mid-large communities).

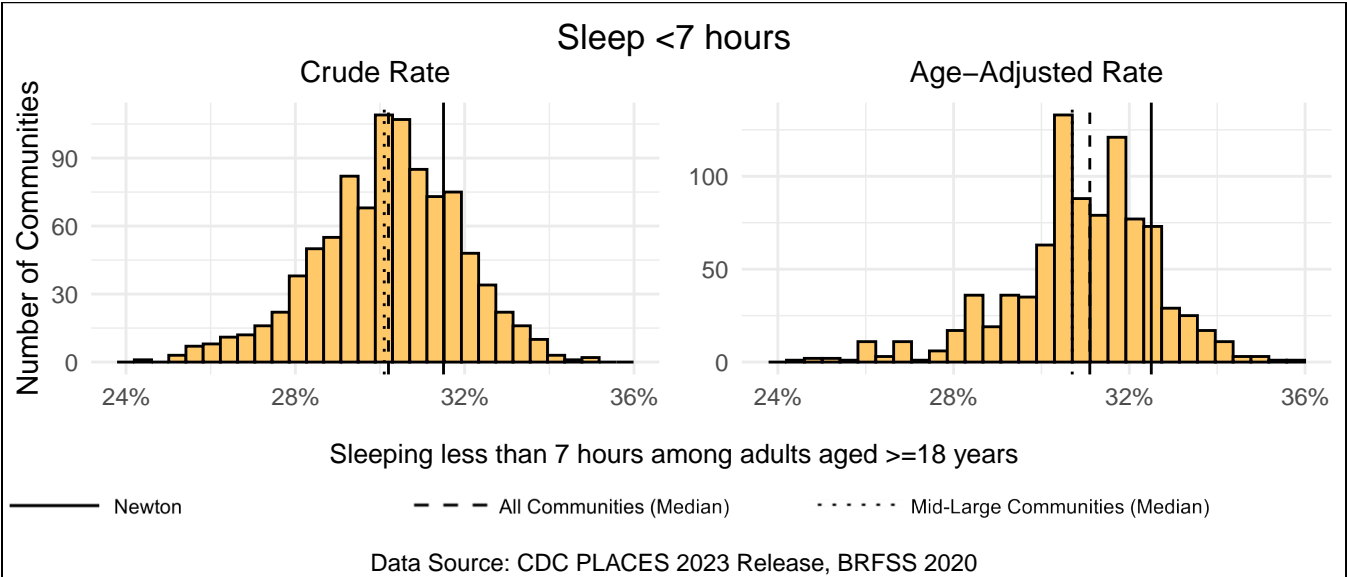
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	27.5%	26.1%	23.4%
Age-Adjusted	25.7%	24.3%	23.0%



# Sleep <7 hours

Newton has a crude rate of 31.5% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 728th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Newton is 32.5%, which ranks 770th out of 905 Iowa communities (25th out of 31 mid-large communities).

Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	31.5%	30.2%	30.1%
Age-Adjusted	32.5%	31.1%	30.7%



# Health Outcomes

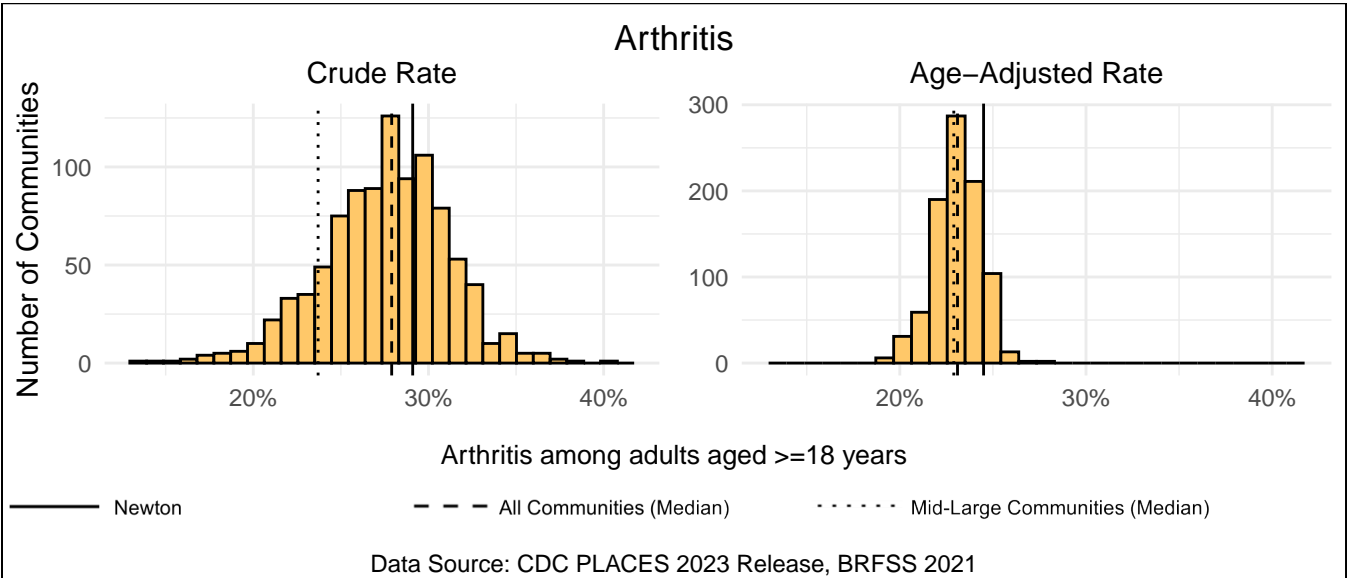
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Newton has a crude rate of 29.1% for arthritis among adults aged  $\geq 18$  years, which ranks 618th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Newton is 24.5%, which ranks 785th out of 905 Iowa communities (23rd out of 31 mid-large communities).

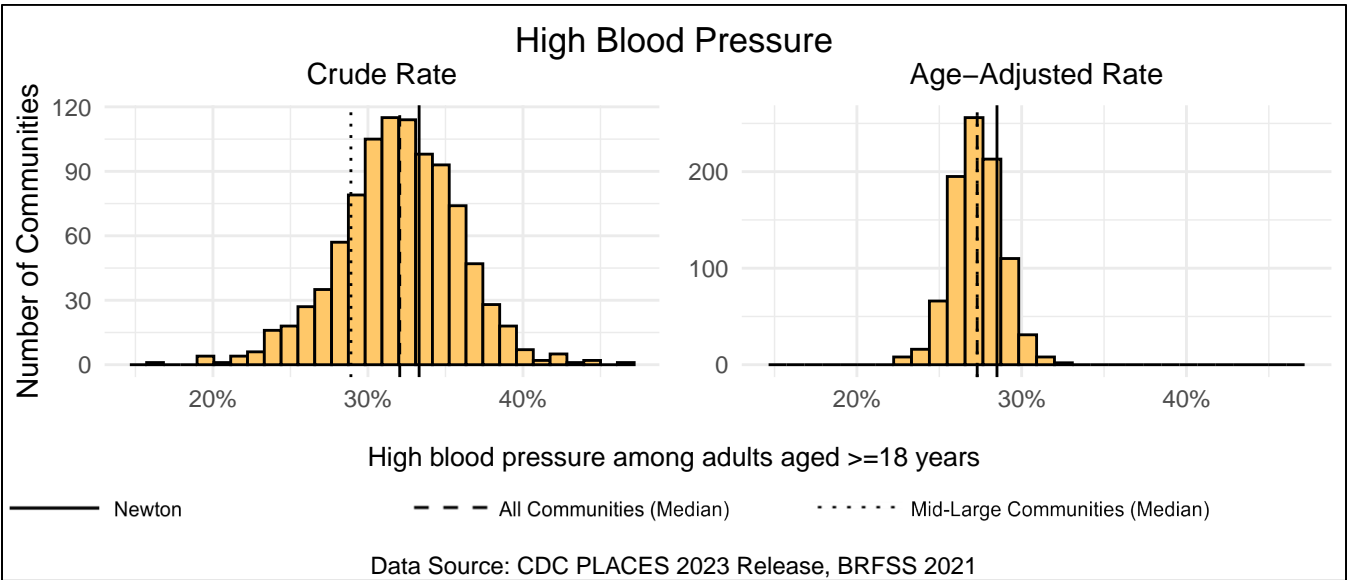
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	29.1%	27.9%	23.7%
Age-Adjusted	24.5%	23.1%	22.9%



## High Blood Pressure

Newton has a crude rate of 33.3% for high blood pressure among adults aged  $\geq 18$  years, which ranks 604th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Newton is 28.5%, which ranks 710th out of 905 Iowa communities (25th out of 31 mid-large communities).

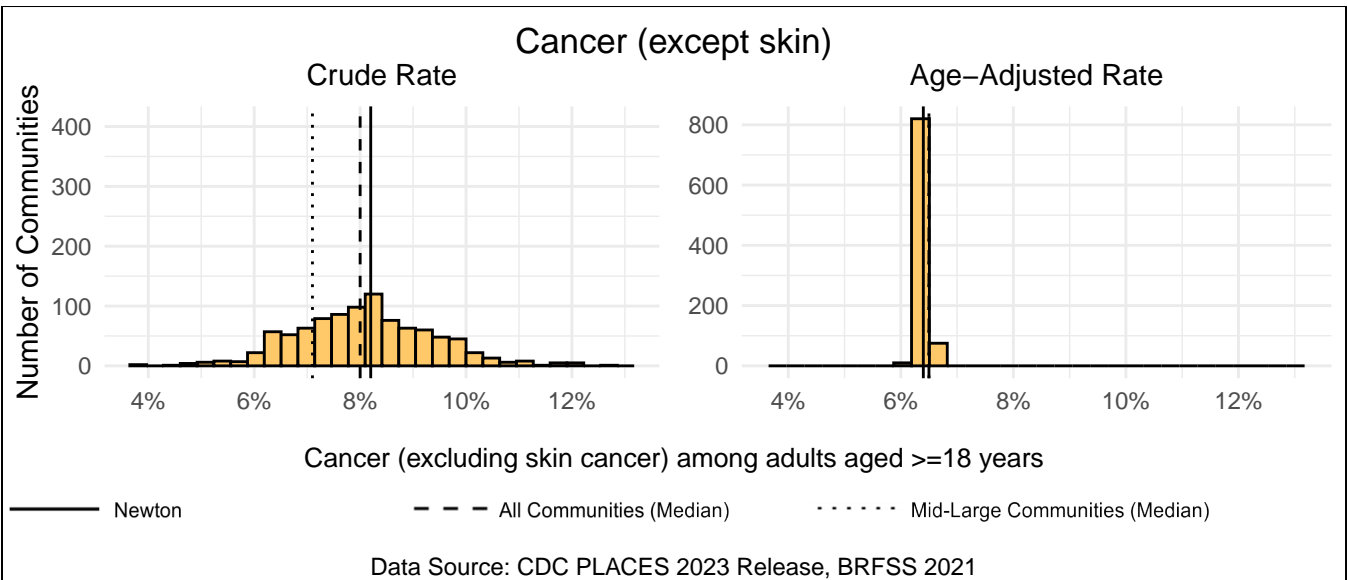
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	33.3%	32.0%	28.9%
Age-Adjusted	28.5%	27.3%	27.3%



## Cancer (except skin)

Newton has a crude rate of 8.2% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 505th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Newton is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 31 mid-large communities).

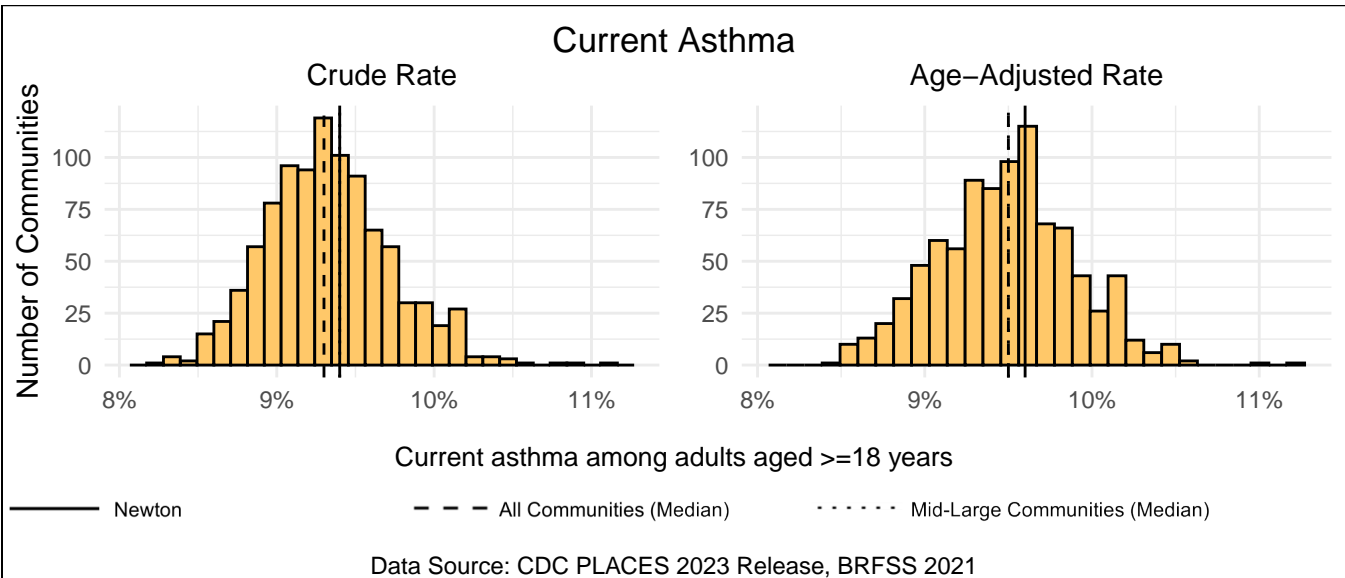
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	8.2%	8.0%	7.1%
Age-Adjusted	6.4%	6.5%	6.5%



## Current Asthma

Newton has a crude rate of 9.4% for current asthma among adults aged  $\geq 18$  years, which ranks 524th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Newton is 9.6%, which ranks 513th out of 905 Iowa communities (17th out of 31 mid-large communities).

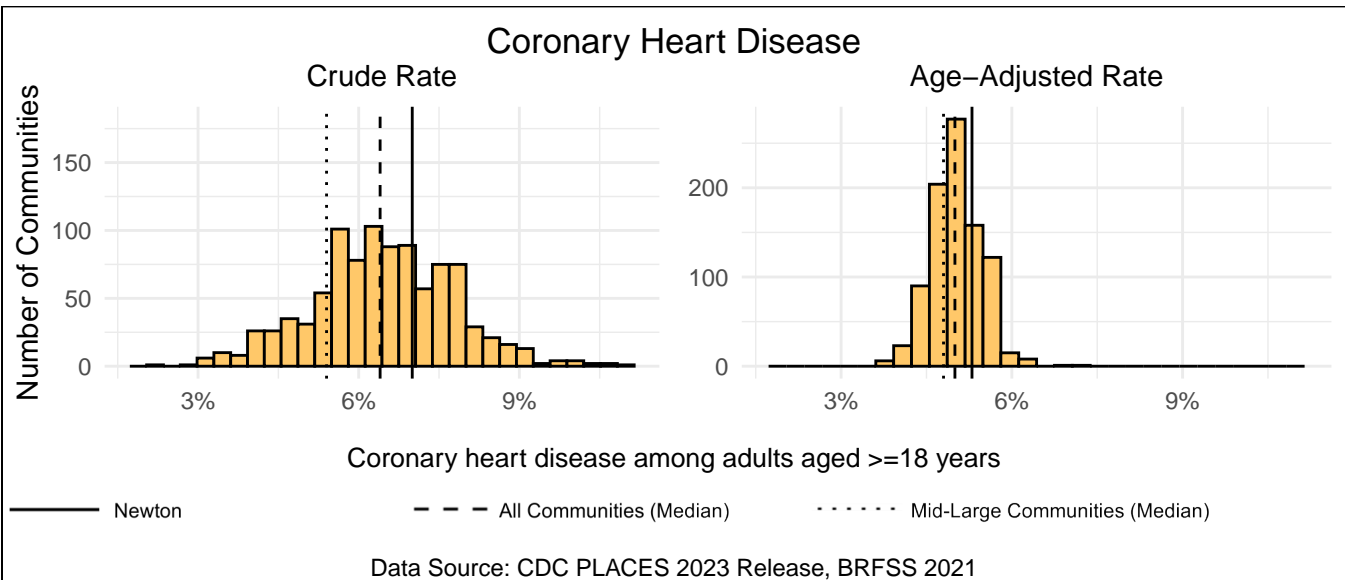
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	9.4%	9.3%	9.4%
Age-Adjusted	9.6%	9.5%	9.5%



## Coronary Heart Disease

Newton has a crude rate of 7.0% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 632nd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Newton is 5.3%, which ranks 674th out of 905 Iowa communities (22nd out of 31 mid-large communities).

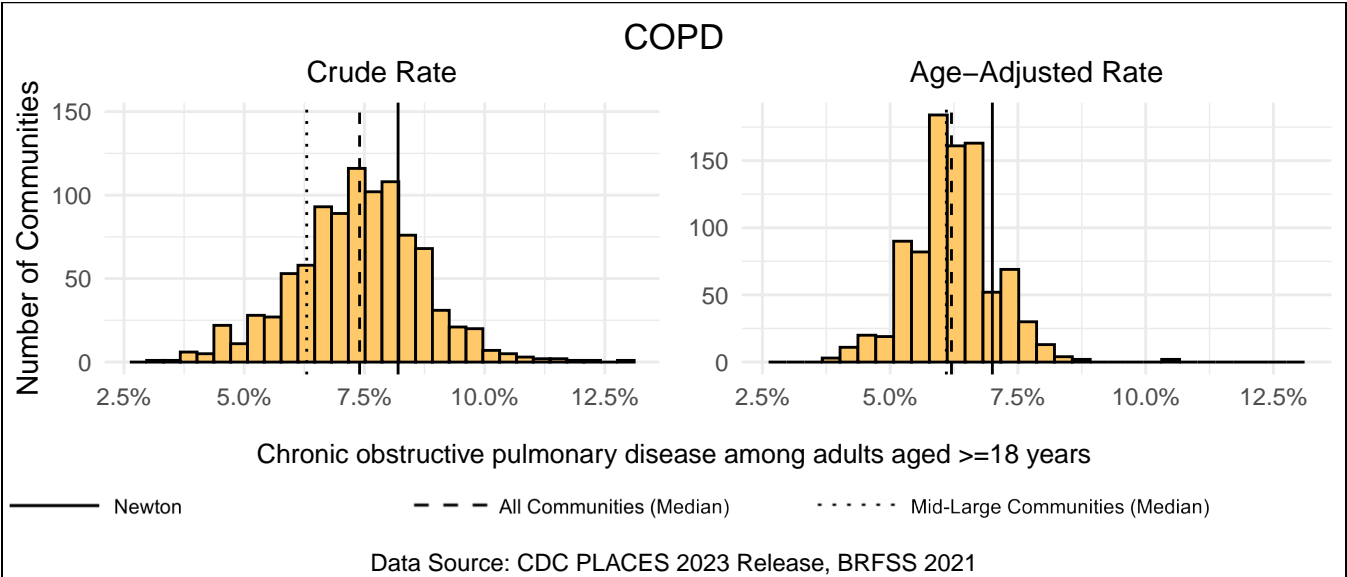
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	7.0%	6.4%	5.4%
Age-Adjusted	5.3%	5.0%	4.8%



## COPD

Newton has a crude rate of 8.2% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 696th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Newton is 7.0%, which ranks 753rd out of 905 Iowa communities (24th out of 31 mid-large communities).

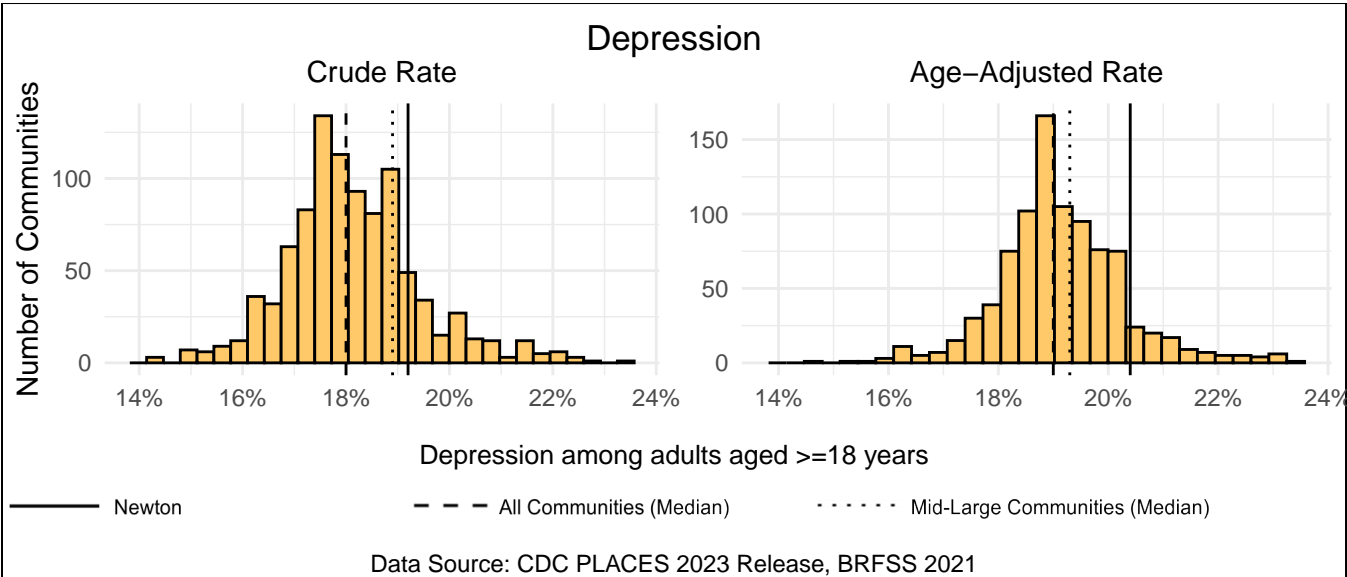
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	8.2%	7.4%	6.3%
Age-Adjusted	7.0%	6.2%	6.1%



## Depression

Newton has a crude rate of 19.2% for depression among adults aged  $\geq 18$  years, which ranks 797th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Newton is 20.4%, which ranks 808th out of 905 Iowa communities (26th out of 31 mid-large communities).

Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	19.2%	18.0%	18.9%
Age-Adjusted	20.4%	19.0%	19.3%

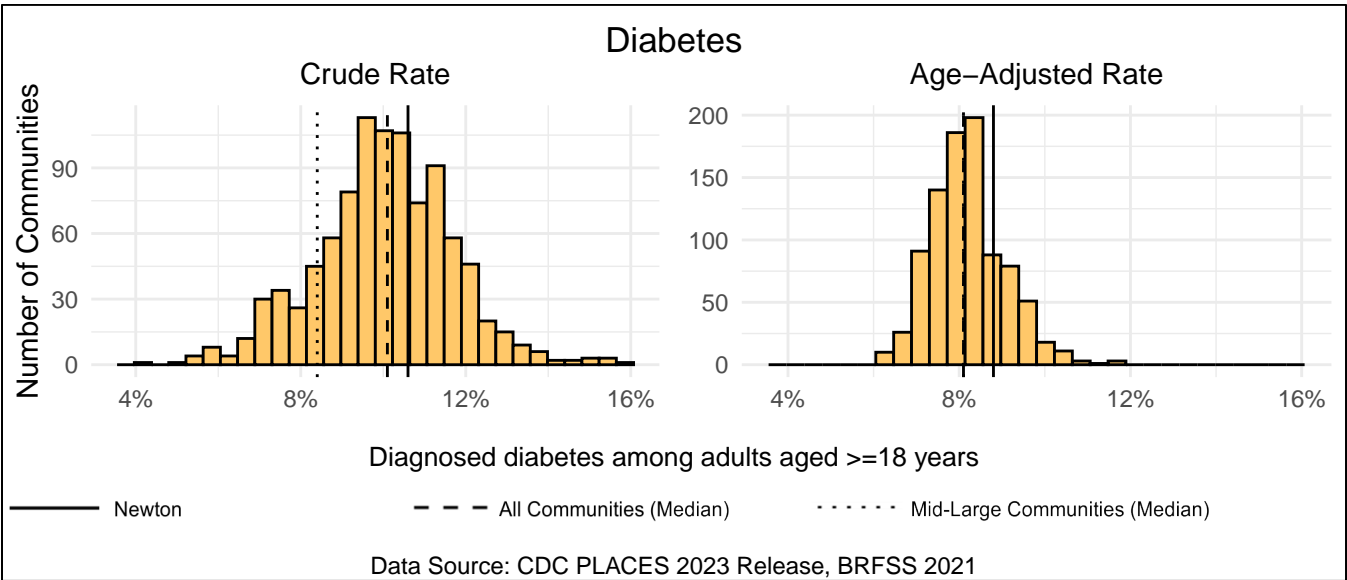




# Diabetes

Newton has a crude rate of 10.6% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 603rd out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Newton is 8.8%, which ranks 705th out of 905 Iowa communities (22nd out of 31 mid-large communities).

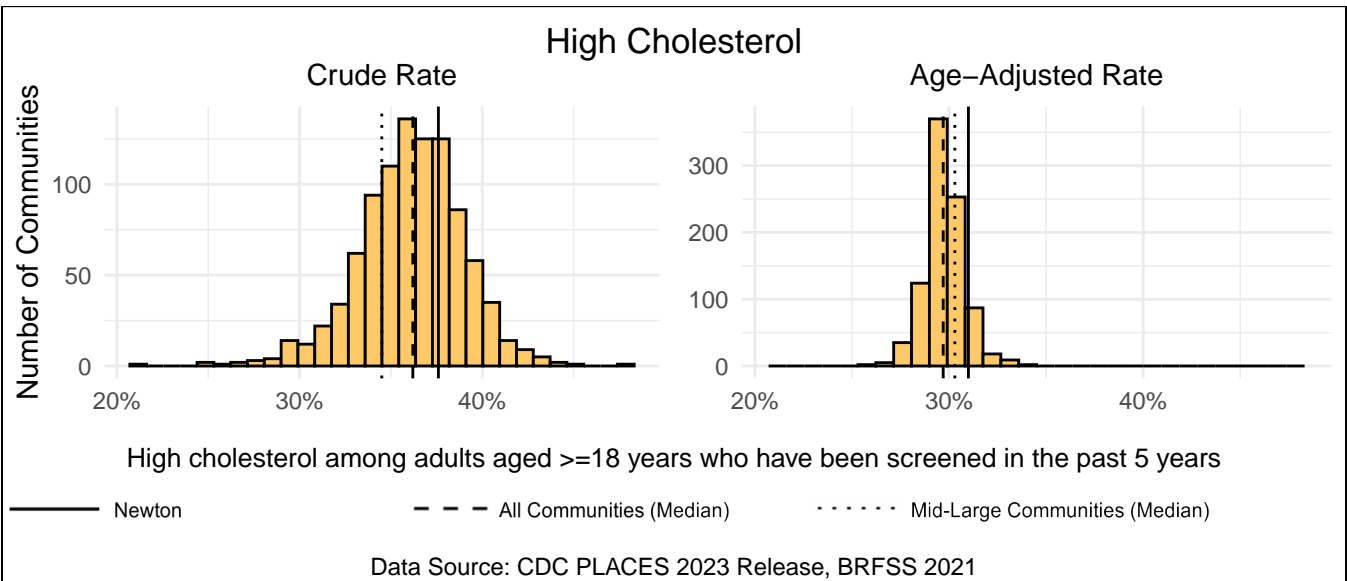
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	10.6%	10.1%	8.4%
Age-Adjusted	8.8%	8.1%	8.1%



# High Cholesterol

Newton has a crude rate of 37.6% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 662nd out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Newton is 31.0%, which ranks 818th out of 905 Iowa communities (24th out of 31 mid-large communities).

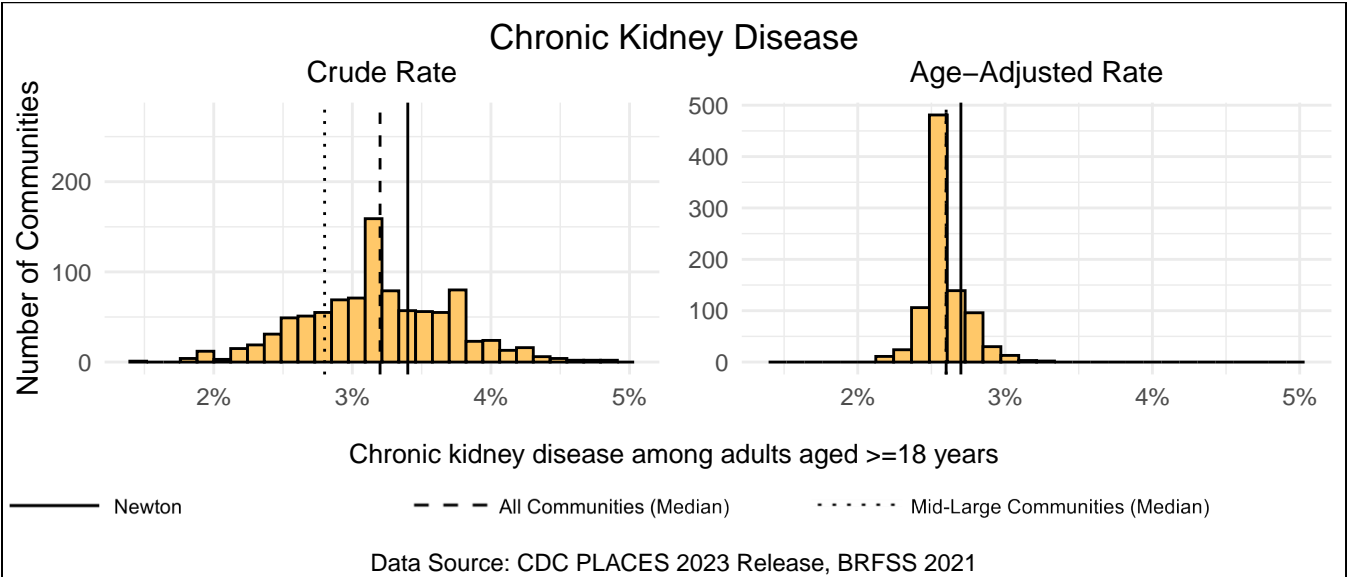
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	37.6%	36.2%	34.5%
Age-Adjusted	31.0%	29.7%	30.3%



# Chronic Kidney Disease

Newton has a crude rate of 3.4% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 619th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Newton is 2.7%, which ranks 623rd out of 905 Iowa communities (20th out of 31 mid-large communities).

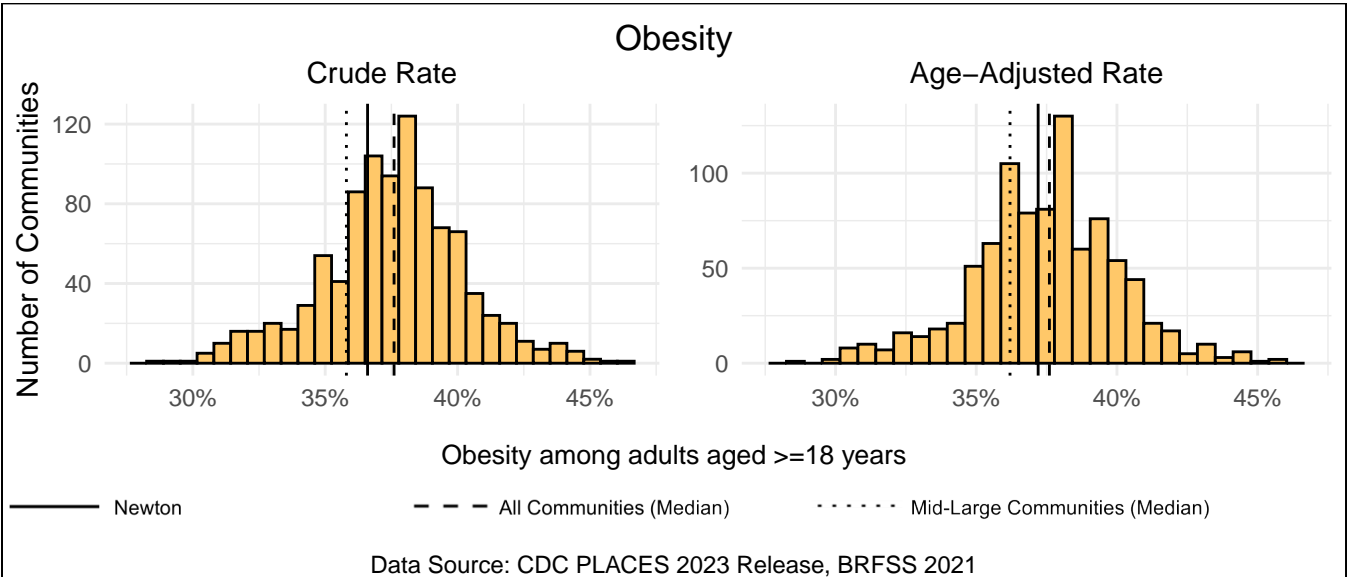
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	3.4%	3.2%	2.8%
Age-Adjusted	2.7%	2.6%	2.6%



# Obesity

Newton has a crude rate of 36.6% for obesity among adults aged  $\geq 18$  years, which ranks 298th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Newton is 37.2%, which ranks 396th out of 905 Iowa communities (21st out of 31 mid-large communities).

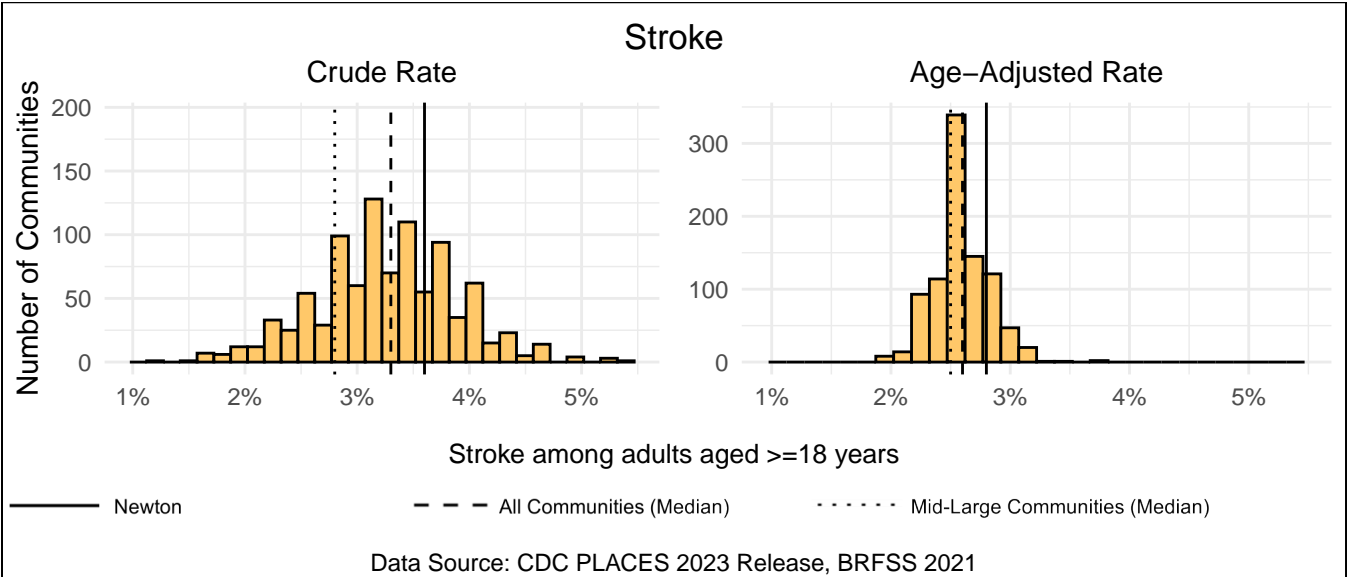
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	36.6%	37.6%	35.8%
Age-Adjusted	37.2%	37.6%	36.2%



# Stroke

Newton has a crude rate of 3.6% for stroke among adults aged  $\geq 18$  years, which ranks 648th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Newton is 2.8%, which ranks 714th out of 905 Iowa communities (22nd out of 31 mid-large communities).

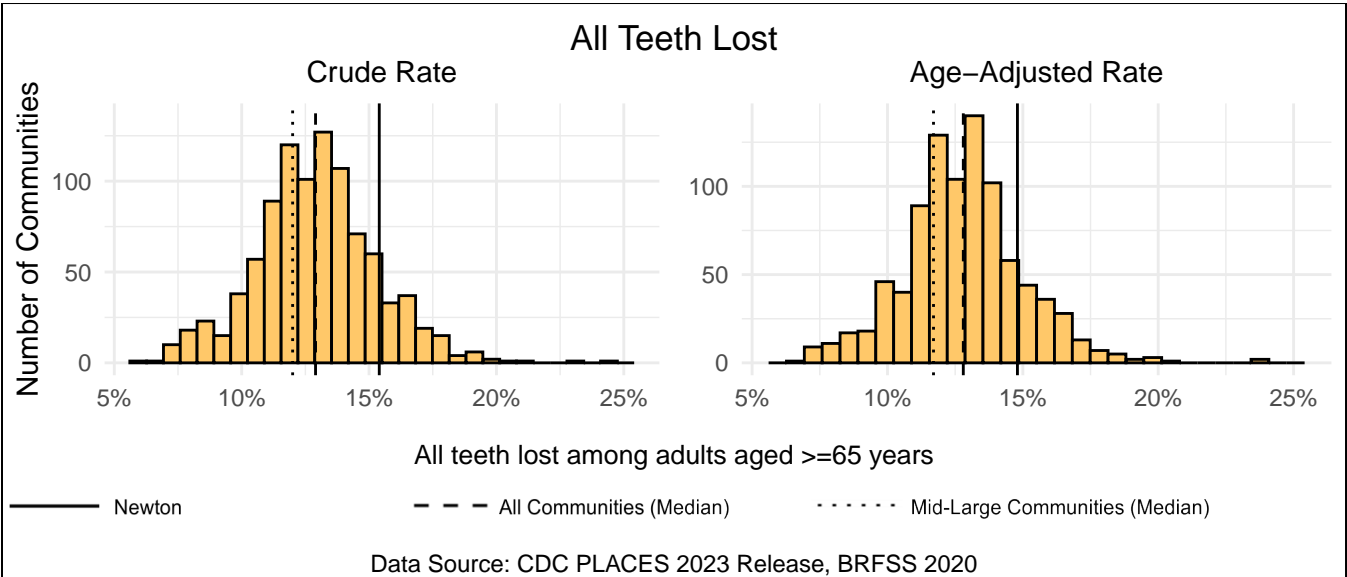
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	3.6%	3.3%	2.8%
Age-Adjusted	2.8%	2.6%	2.5%



# All Teeth Lost

Newton has a crude rate of 15.4% for all teeth lost among adults aged  $\geq 65$  years, which ranks 821st out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Newton is 14.8%, which ranks 756th out of 905 Iowa communities (22nd out of 31 mid-large communities).

Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	15.4%	12.9%	12.0%
Age-Adjusted	14.8%	12.8%	11.7%



# Prevention

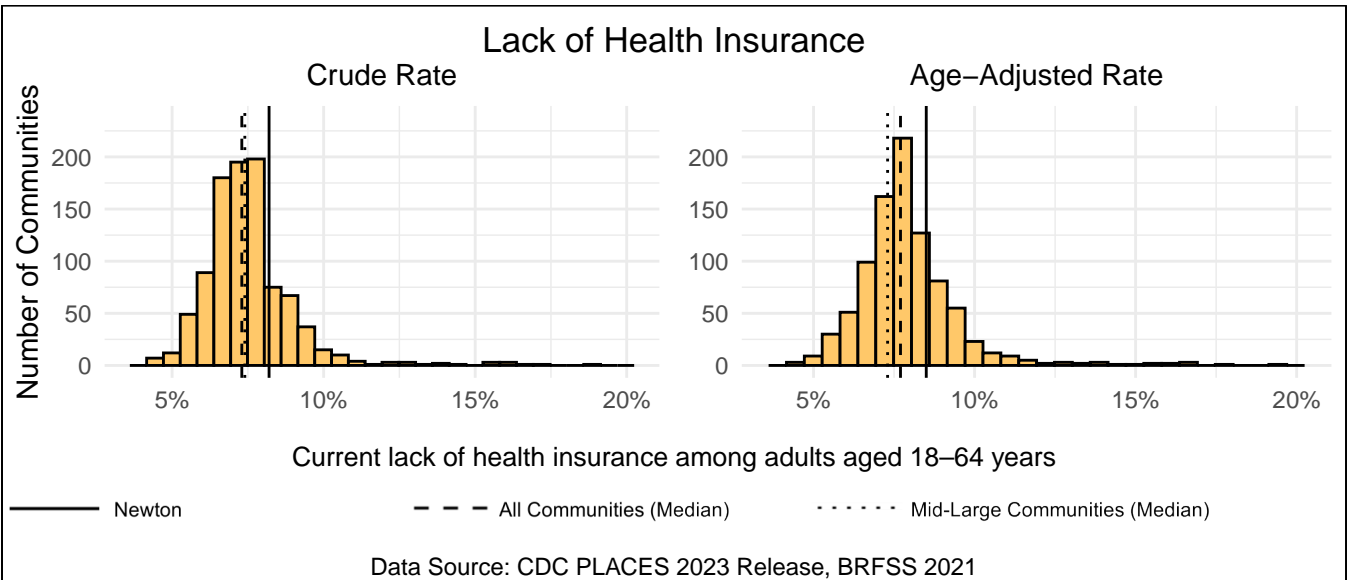
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Newton has a crude rate of 8.2% for current lack of health insurance among adults aged 18–64 years, which ranks 752nd out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Newton is 8.5%, which ranks 682nd out of 905 Iowa communities (22nd out of 31 mid-large communities).

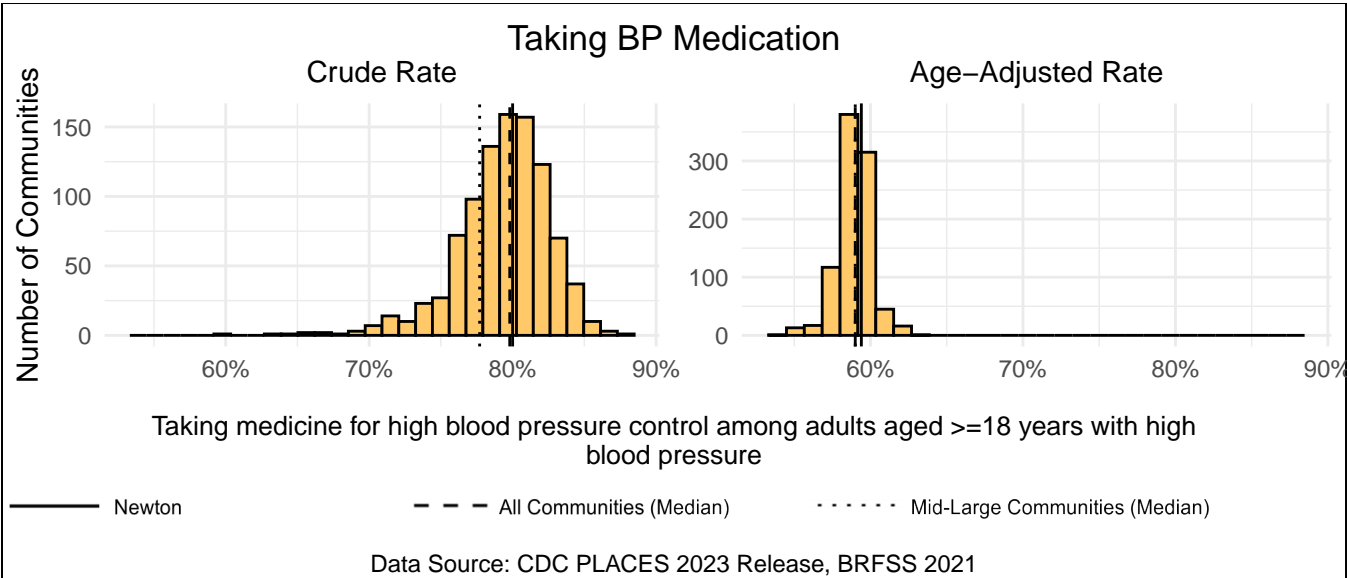
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	8.2%	7.3%	7.4%
Age-Adjusted	8.5%	7.7%	7.3%



# Taking BP Medication

Newton has a crude rate of 80.0% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 439th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Newton is 59.4%, which ranks 251st out of 905 Iowa communities (15th out of 31 mid-large communities).

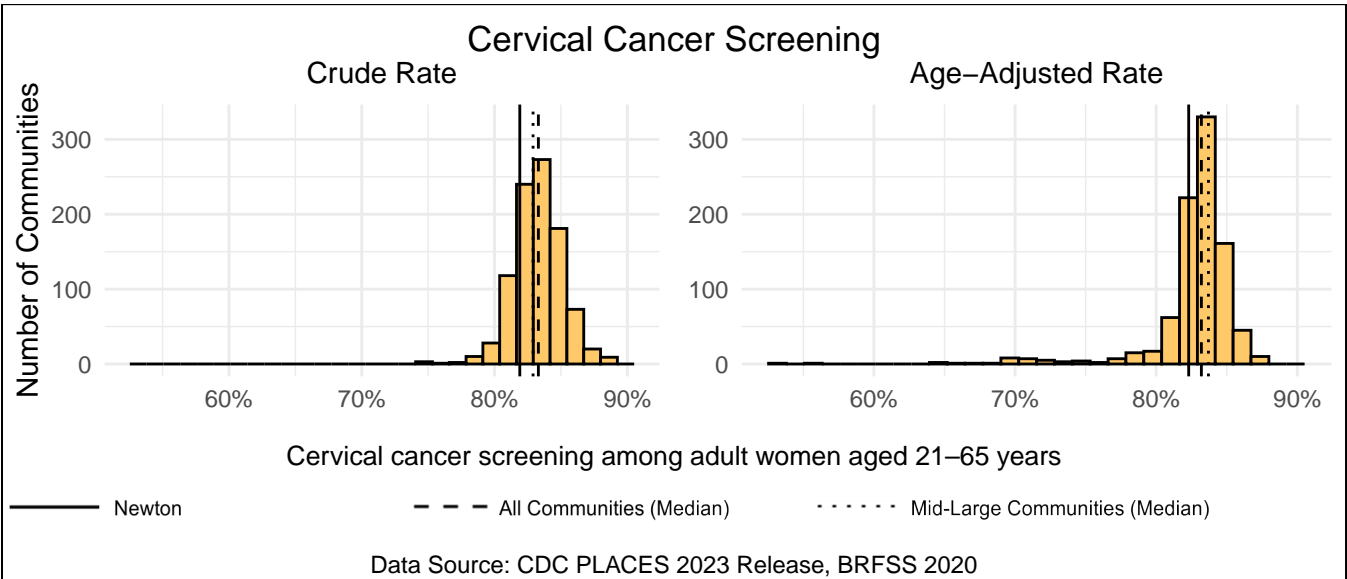
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	80.0%	79.8%	77.7%
Age-Adjusted	59.4%	59.0%	59.0%



# Cervical Cancer Screening

Newton has a crude rate of 81.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 754th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Newton is 82.3%, which ranks 675th out of 905 Iowa communities (23rd out of 31 mid-large communities).

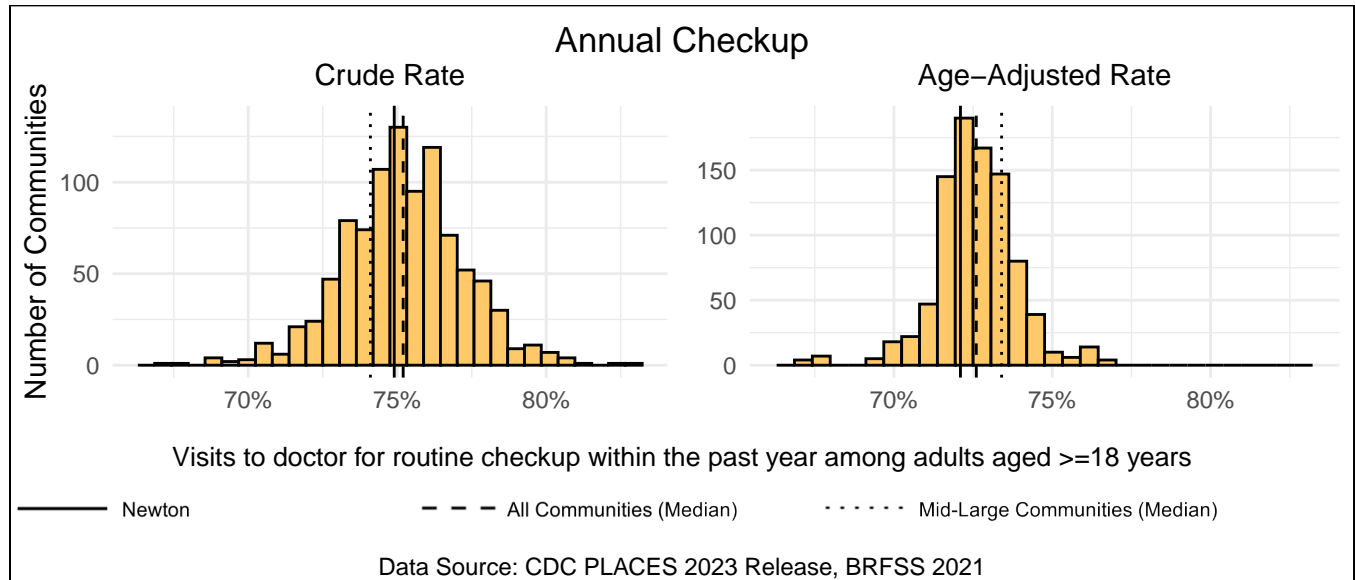
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	81.9%	83.3%	82.9%
Age-Adjusted	82.3%	83.2%	83.7%



## Annual Checkup

Newton has a crude rate of 74.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 543rd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Newton is 72.1%, which ranks 597th out of 905 Iowa communities (24th out of 31 mid-large communities).

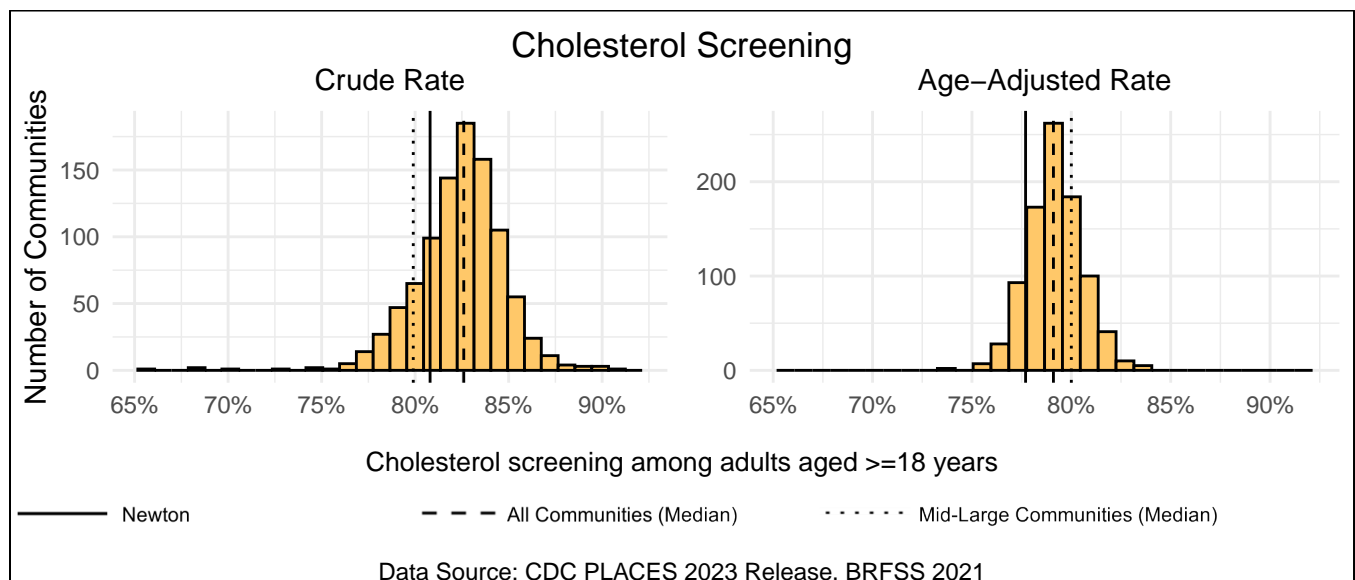
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	74.9%	75.2%	74.1%
Age-Adjusted	72.1%	72.6%	73.4%



## Cholesterol Screening

Newton has a crude rate of 80.8% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 746th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Newton is 77.7%, which ranks 776th out of 905 Iowa communities (24th out of 31 mid-large communities).

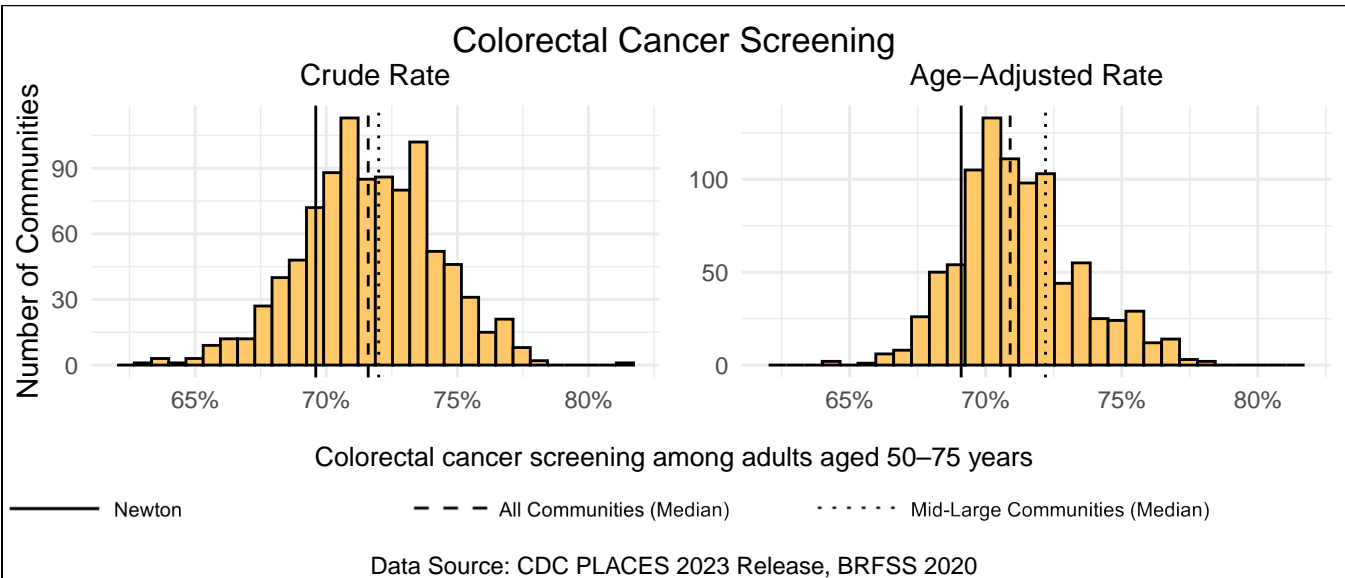
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	80.8%	82.6%	79.9%
Age-Adjusted	77.7%	79.1%	80.0%



## Colorectal Cancer Screening

Newton has a crude rate of 69.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 752nd out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Newton is 69.1%, which ranks 766th out of 905 Iowa communities (24th out of 31 mid-large communities).

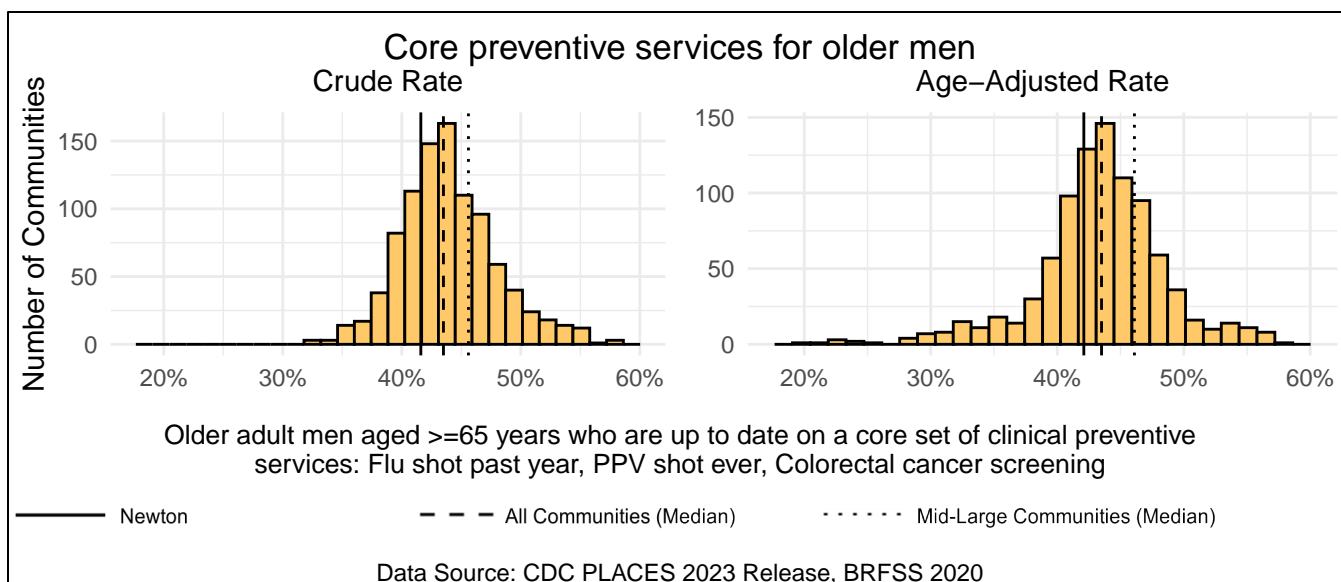
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	69.6%	71.6%	72.0%
Age-Adjusted	69.1%	70.9%	72.2%



## Core preventive services for older men

Newton has a crude rate of 41.6% 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 689th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Newton is 42.1%, which ranks 581st out of 905 Iowa communities (28th out of 31 mid-large communities).

Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	41.6%	43.5%	45.6%
Age-Adjusted	42.1%	43.5%	46.1%

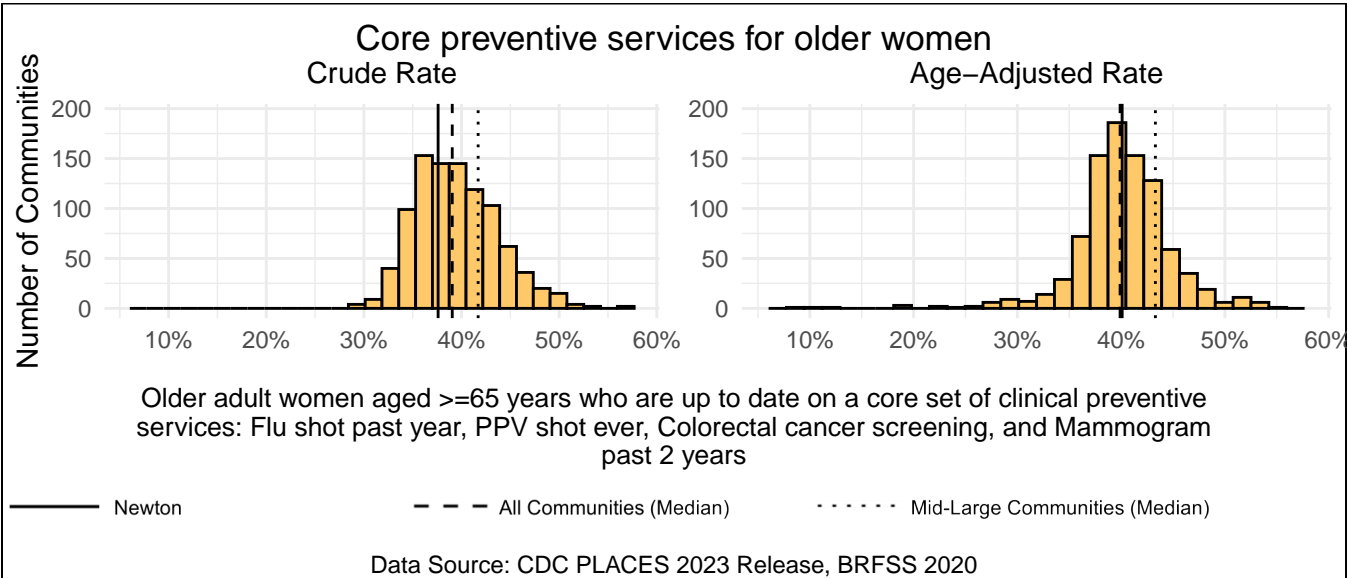




### Core preventive services for older women

Newton has a crude rate of 37.6% 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 613th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Newton is 40.1%, which ranks 435th out of 905 Iowa communities (20th out of 31 mid-large communities).

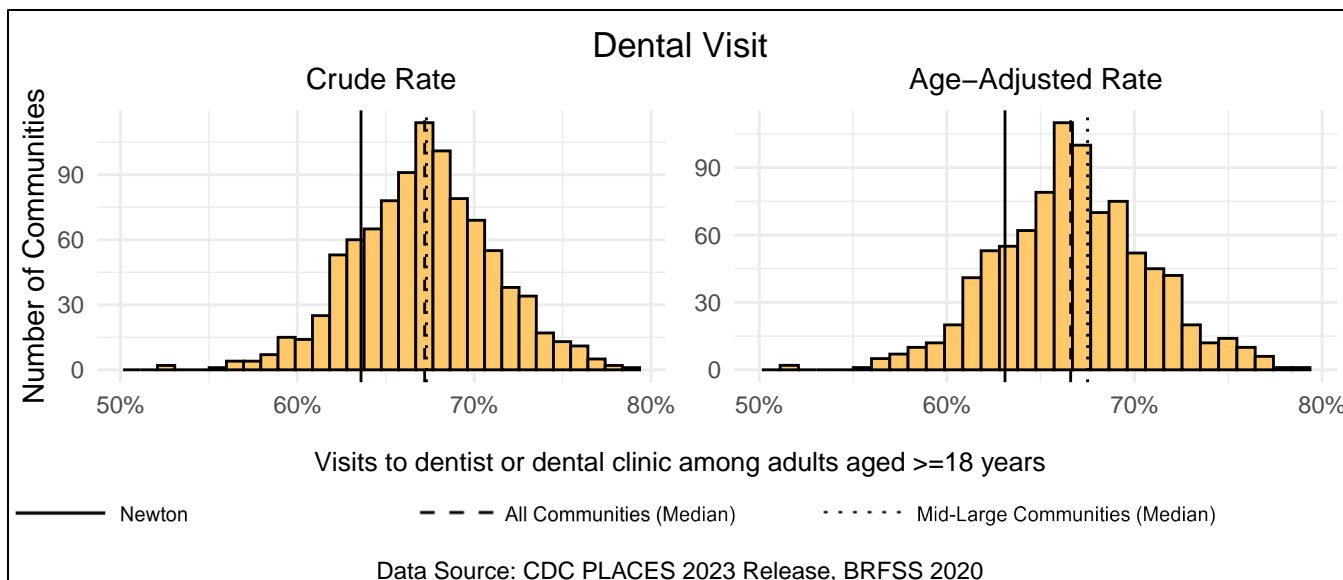
Measure Type	Newton	All	Mid-Large
		Comm.	Comm.
Crude	37.6%	39.0%	41.7%
Age-Adjusted	40.1%	39.9%	43.3%



### Dental Visit

Newton has a crude rate of 63.6% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 785th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Newton is 63.1%, which ranks 733rd out of 905 Iowa communities (23rd out of 31 mid-large communities).

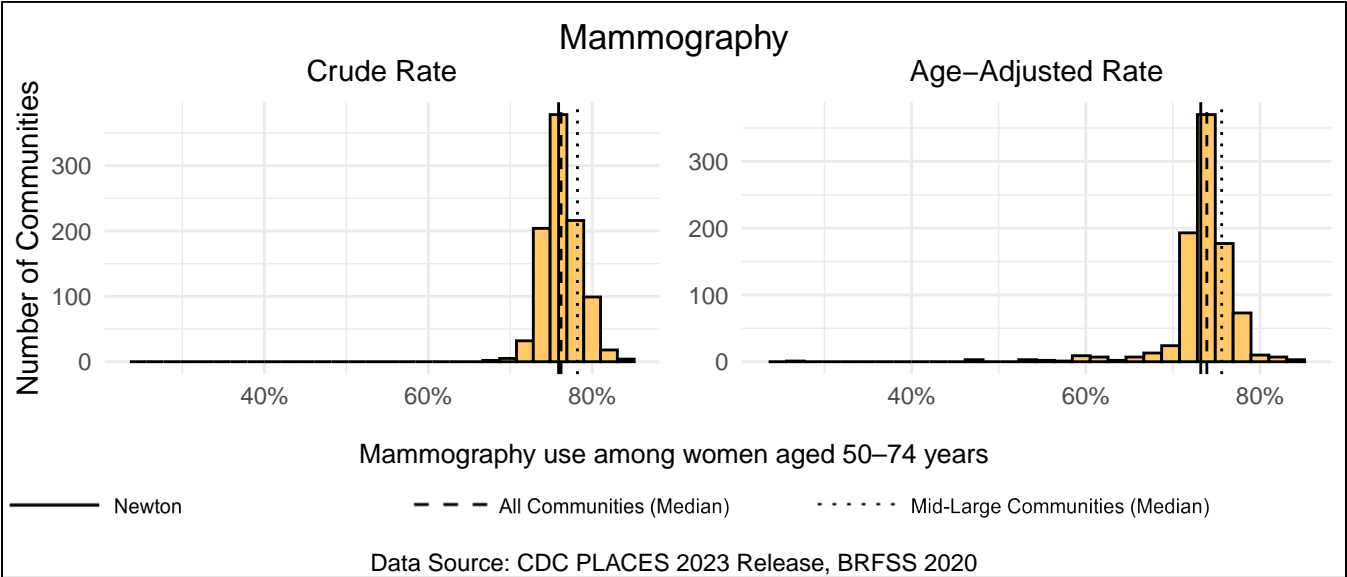
Measure Type	Newton	All	Mid-Large
		Comm.	Comm.
Crude	63.6%	67.2%	67.3%
Age-Adjusted	63.1%	66.6%	67.5%



# Mammography

Newton has a crude rate of 75.9% for mammography use among women aged 50–74 years, which ranks 534th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Newton is 73.2%, which ranks 579th out of 905 Iowa communities (23rd out of 31 mid-large communities).

Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	75.9%	76.2%	78.2%
Age-Adjusted	73.2%	73.9%	75.6%



# Disability

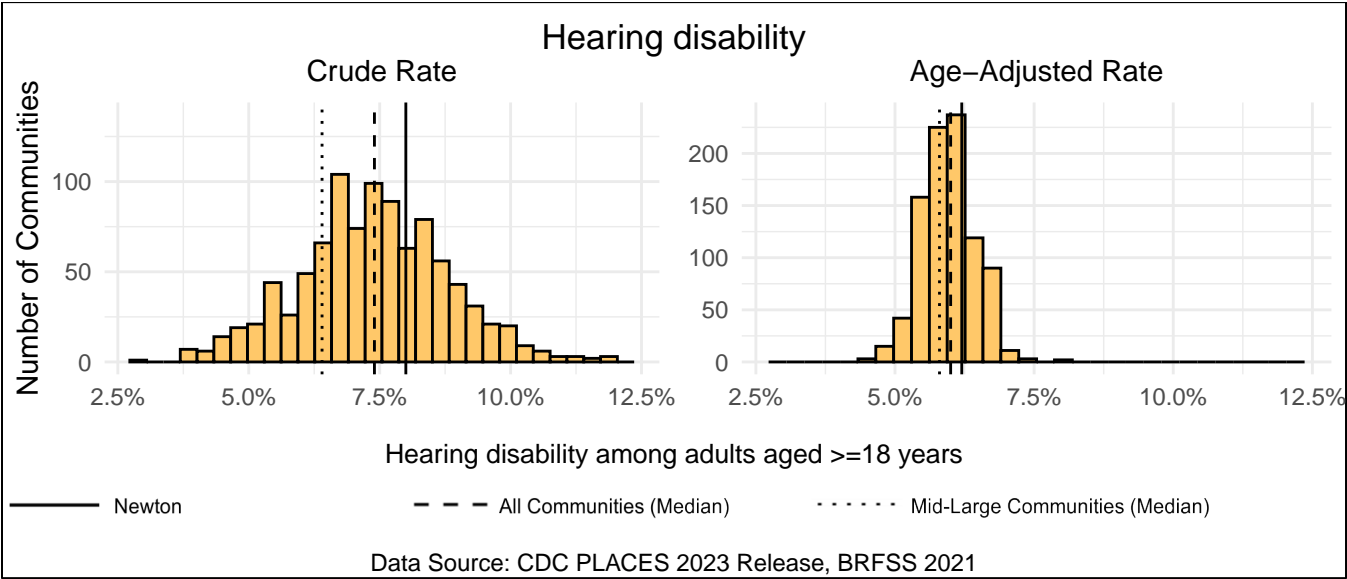
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Newton has a crude rate of 8.0% for hearing disability among adults aged  $\geq 18$  years, which ranks 645th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Newton is 6.2%, which ranks 621st out of 905 Iowa communities (22nd out of 31 mid-large communities).

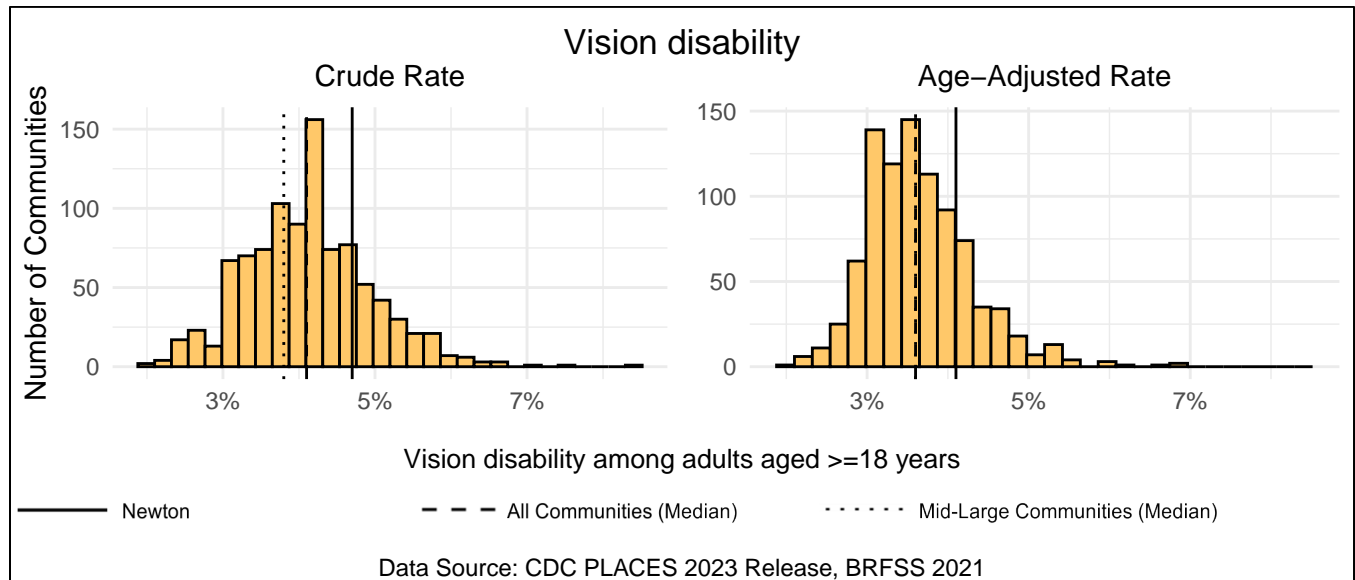
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	8.0%	7.4%	6.4%
Age-Adjusted	6.2%	6.0%	5.8%



## Vision disability

Newton has a crude rate of 4.7% for vision disability among adults aged  $\geq 18$  years, which ranks 733rd out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Newton is 4.1%, which ranks 714th out of 905 Iowa communities (22nd out of 31 mid-large communities).

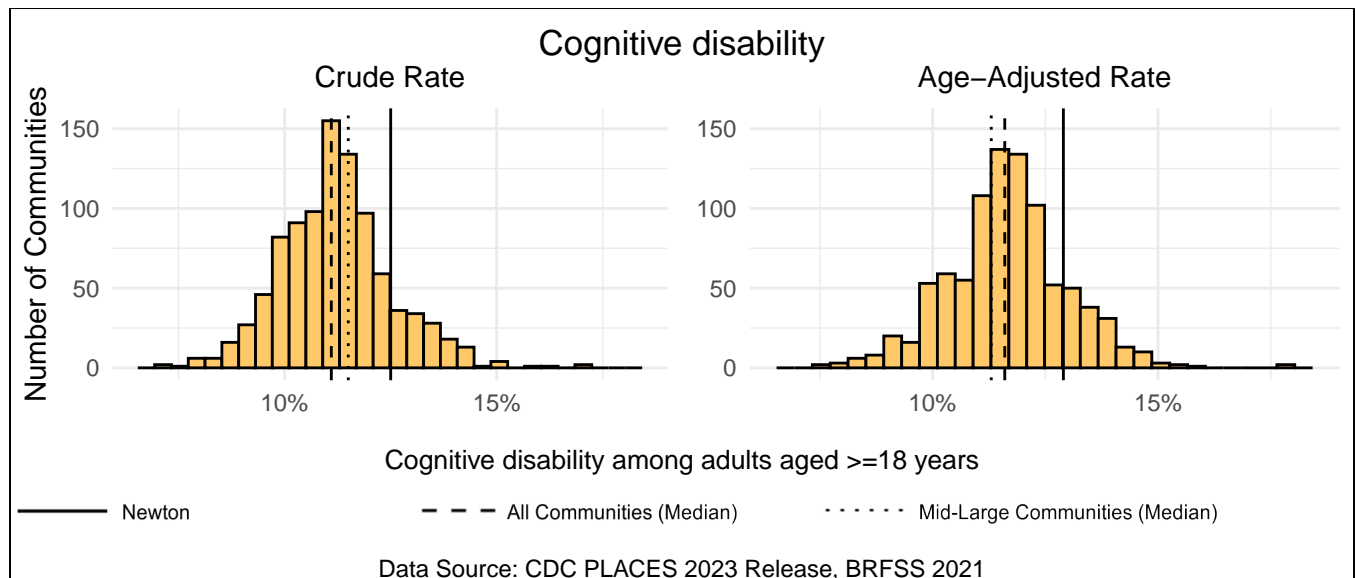
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	4.7%	4.1%	3.8%
Age-Adjusted	4.1%	3.6%	3.6%



## Cognitive disability

Newton has a crude rate of 12.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 821st out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Newton is 12.9%, which ranks 756th out of 905 Iowa communities (22nd out of 31 mid-large communities).

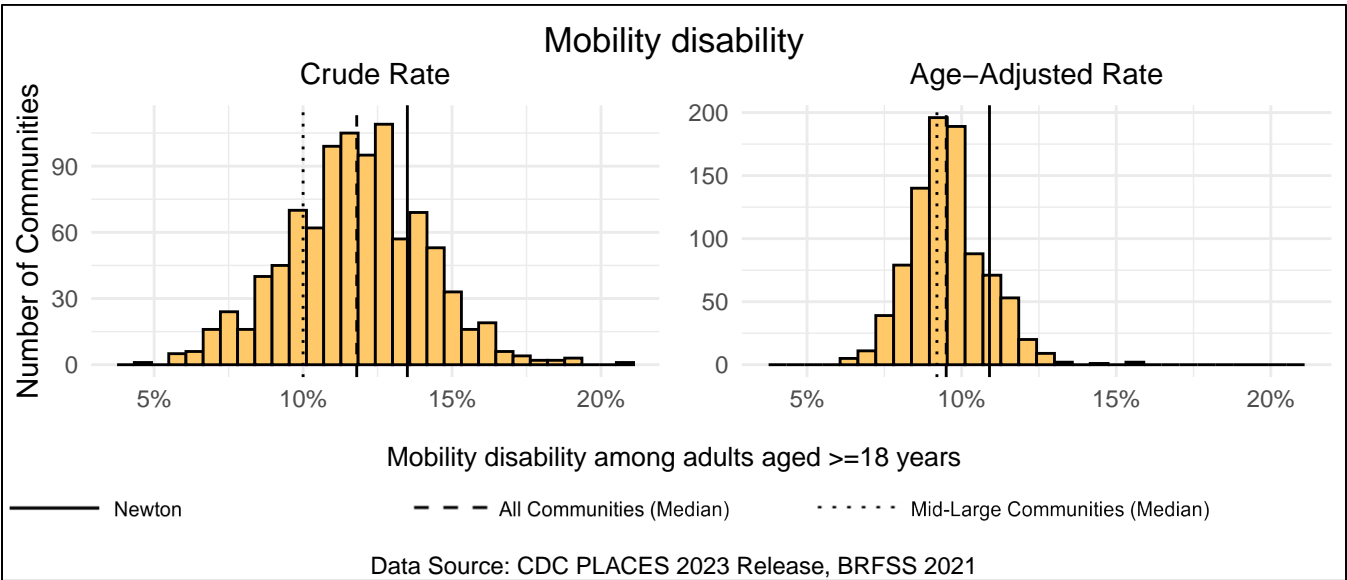
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	12.5%	11.1%	11.5%
Age-Adjusted	12.9%	11.6%	11.3%



# Mobility disability

Newton has a crude rate of 13.5% for mobility disability among adults aged >=18 years, which ranks 738th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Newton is 10.9%, which ranks 771st out of 905 Iowa communities (22nd out of 31 mid-large communities).

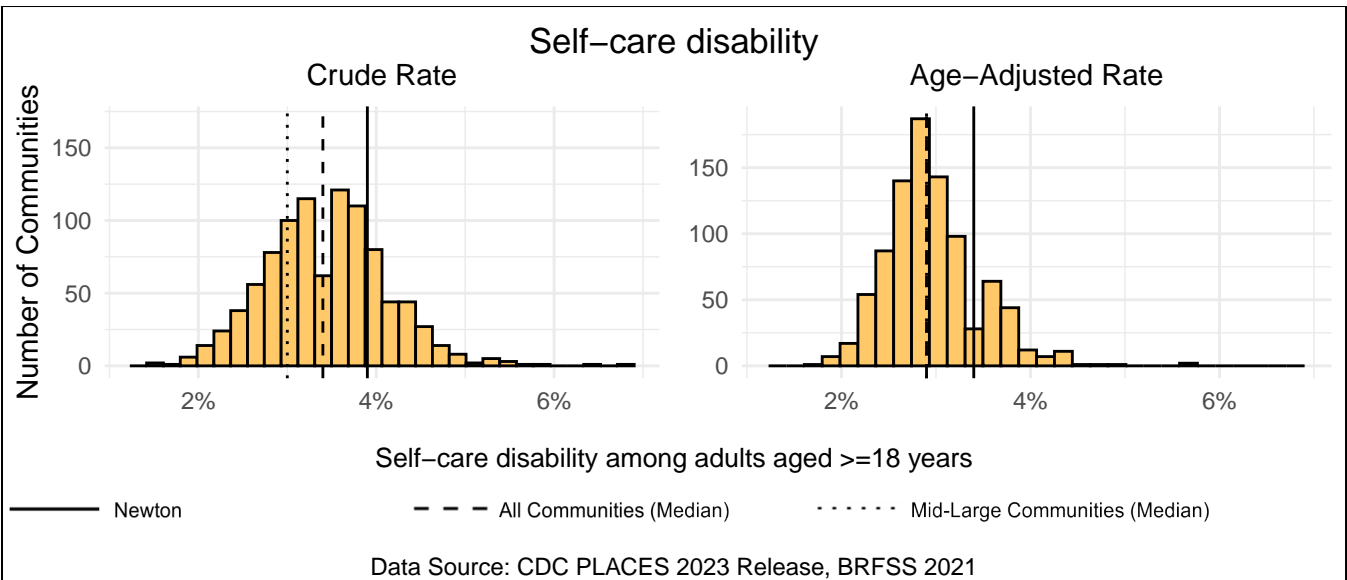
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	13.5%	11.8%	10.0%
Age-Adjusted	10.9%	9.5%	9.2%



# Self-care disability

Newton has a crude rate of 3.9% for self-care disability among adults aged >=18 years, which ranks 728th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Newton is 3.4%, which ranks 735th out of 905 Iowa communities (22nd out of 31 mid-large communities).

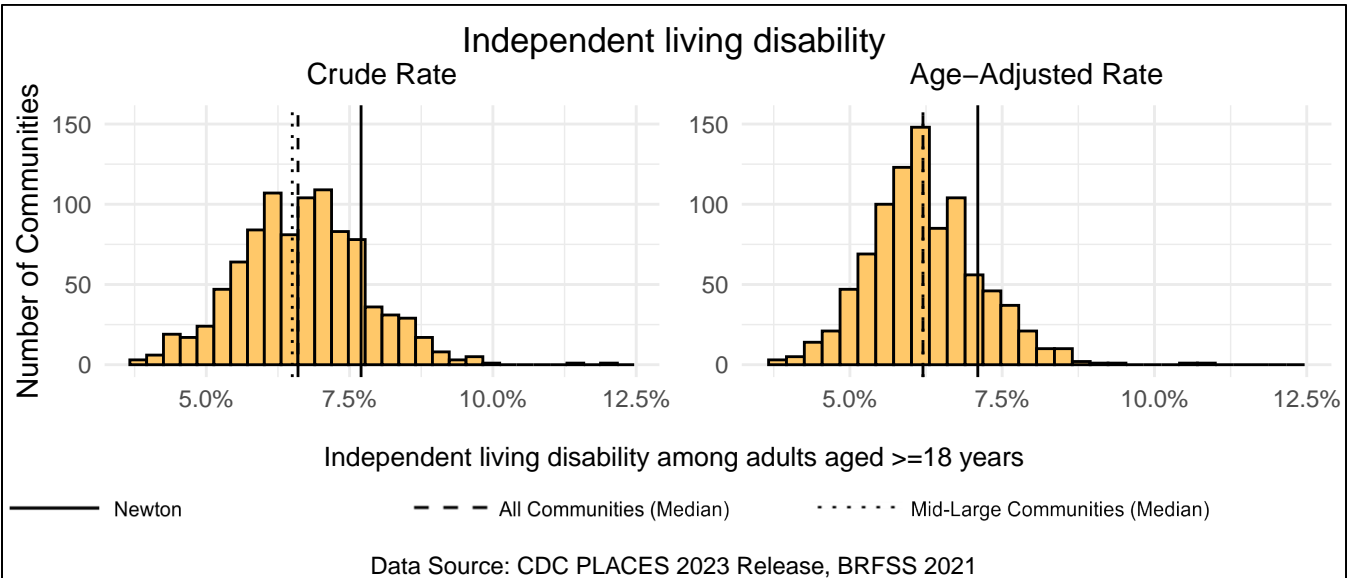
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	3.9%	3.4%	3.0%
Age-Adjusted	3.4%	2.9%	2.9%



### Independent living disability

Newton has a crude rate of 7.7% for independent living disability among adults aged  $\geq 18$  years, which ranks 805th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Newton is 7.1%, which ranks 754th out of 905 Iowa communities (22nd out of 31 mid-large communities).

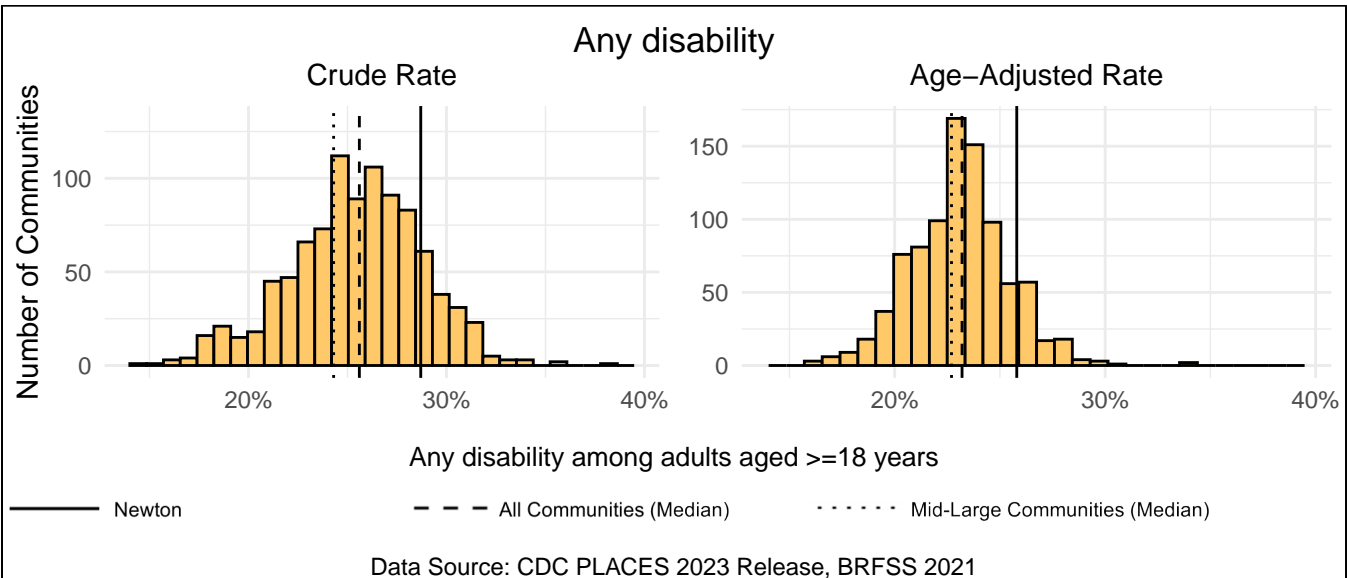
Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	7.7%	6.6%	6.5%
Age-Adjusted	7.1%	6.2%	6.2%



### Any disability

Newton has a crude rate of 28.7% for any disability among adults aged  $\geq 18$  years, which ranks 809th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Newton is 25.8%, which ranks 802nd out of 905 Iowa communities (22nd out of 31 mid-large communities).

Measure Type	Newton	All Comm.	Mid-Large Comm.
Crude	28.7%	25.6%	24.3%
Age-Adjusted	25.8%	23.2%	22.7%



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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: Newton 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	731	15.7% (13.7% - 17.8%)	732	14.2% (12.4% - 16.1%)
Health Status	Physical Health	690	11.5% (10.1% - 13.1%)	727	10.5% (9.2% - 11.9%)
Health Status	Mental Health	788	15.3% (13.4% - 17.4%)	792	16.6% (14.6% - 18.7%)
Health Risk Behaviors	Sleep <7 hours	728	31.5% (30.8% - 32.2%)	770	32.5% (31.7% - 33.4%)
Health Risk Behaviors	Binge Drinking	269	18.3% (15.4% - 21.6%)	95	20.6% (17.3% - 24.3%)
Health Risk Behaviors	Current Smoking	835	19.1% (16.1% - 22.2%)	832	20.4% (17.3% - 23.6%)
Health Risk Behaviors	Physical Inactivity	659	27.5% (23.5% - 32.2%)	656	25.7% (21.9% - 29.8%)
Health Outcomes	All Teeth Lost	821	15.4% (12.4% - 18.8%)	756	14.8% (12.0% - 17.8%)
Health Outcomes	Cancer (except skin)	505	8.2% (7.5% - 9.0%)	74	6.4% (5.8% - 7.0%)
Health Outcomes	Diabetes	603	10.6% (9.1% - 12.3%)	705	8.8% (7.6% - 10.2%)
Health Outcomes	Arthritis	618	29.1% (25.5% - 33.2%)	785	24.5% (21.2% - 28.0%)
Health Outcomes	Coronary Heart Disease	632	7.0% (6.3% - 7.8%)	674	5.3% (4.7% - 5.9%)
Health Outcomes	High Blood Pressure	604	33.3% (29.5% - 37.3%)	710	28.5% (25.1% - 32.1%)
Health Outcomes	Obesity	298	36.6% (30.4% - 43.2%)	396	37.2% (30.9% - 43.7%)
Health Outcomes	Stroke	648	3.6% (3.3% - 4.0%)	714	2.8% (2.5% - 3.0%)
Health Outcomes	Depression	797	19.2% (16.1% - 22.7%)	808	20.4% (17.1% - 24.0%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.1% - 3.7%)	623	2.7% (2.5% - 2.9%)
Health Outcomes	High Cholesterol	662	37.6% (33.4% - 42.0%)	818	31.0% (26.9% - 35.3%)
Health Outcomes	COPD	696	8.2% (7.1% - 9.3%)	753	7.0% (6.1% - 7.9%)
Health Outcomes	Current Asthma	524	9.4% (8.4% - 10.6%)	513	9.6% (8.5% - 10.8%)
Prevention	Core preventive services for older men	689	41.6% (36.9% - 46.1%)	581	42.1% (37.5% - 46.5%)
Prevention	Mammography	534	75.9% (73.6% - 77.9%)	579	73.2% (70.7% - 75.6%)
Prevention	Dental Visit	785	63.6% (61.8% - 65.4%)	733	63.1% (61.3% - 65.1%)
Prevention	Colorectal Cancer Screening	752	69.6% (67.9% - 71.3%)	766	69.1% (67.2% - 70.7%)
Prevention	Cervical Cancer Screening	754	81.9% (80.5% - 83.3%)	675	82.3% (80.9% - 83.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	746	80.8% (78.0% - 83.6%)	776	77.7% (74.6% - 80.9%)
Prevention	Health Insurance	752	8.2% (6.8% - 9.8%)	682	8.5% (7.1% - 10.0%)
Prevention	Taking BP Medication	439	80.0% (77.0% - 82.8%)	251	59.4% (54.7% - 64.1%)
Prevention	Annual Checkup	543	74.9% (70.5% - 79.1%)	597	72.1% (67.4% - 76.7%)
Prevention	Core preventive services for older women	613	37.6% (33.7% - 41.4%)	435	40.1% (36.3% - 43.8%)
Disability	Independent Living Disability	805	7.7% (6.8% - 8.6%)	754	7.1% (6.3% - 7.9%)
Disability	Vision Disability	733	4.7% (4.2% - 5.3%)	714	4.1% (3.7% - 4.6%)
Disability	Any Disability	809	28.7% (25.2% - 32.5%)	802	25.8% (22.5% - 29.2%)
Disability	Hearing Disability	645	8.0% (7.2% - 8.9%)	621	6.2% (5.6% - 6.9%)
Disability	Mobility Disability	738	13.5% (11.9% - 15.5%)	771	10.9% (9.5% - 12.5%)
Disability	Self-care Disability	728	3.9% (3.5% - 4.3%)	735	3.4% (3.0% - 3.7%)
Disability	Cognitive Disability	821	12.5% (10.9% - 14.1%)	756	12.9% (11.3% - 14.5%)

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

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## Appendix 3: Mid-Large Communities (10,000-49,999)

Newton falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukee	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		