



Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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

Table of contents

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

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Nora Springs PLACES Data	32
Appendix 3: Small Communities (1,000-2,499)	34

Health in Nora Springs: Overview

Dear Community Members & Stakeholders of Nora Springs,

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 Nora Springs ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Nora Springs’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 Nora Springs. 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
High Cholesterol	147th	29th	High Cholesterol	8th	3rd
Colorectal Cancer Screening	193rd	32nd	Arthritis	135th	26th
Cervical Cancer Screening	231st	42nd	Chronic Kidney Disease	142nd	28th
Dental Visit	241st	42nd	Mammography	161st	29th
Physical Inactivity	245th	41st	Colorectal Cancer Screening	165th	30th

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
Core preventive services for older men	744th	112th	Core preventive services for older men	687th	117th
Cancer (except skin)	544th	62nd	Binge Drinking	554th	77th
Binge Drinking	511th	77th	Cancer (except skin)	418th	41st
Chronic Kidney Disease	446th	54th	Current Asthma	415th	54th
Hearing Disability	432nd	53rd	Annual Checkup	396th	64th

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 Nora Springs.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

How to Use this Report

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

With a population of 1,464, Nora Springs’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community’s crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.



Health Status

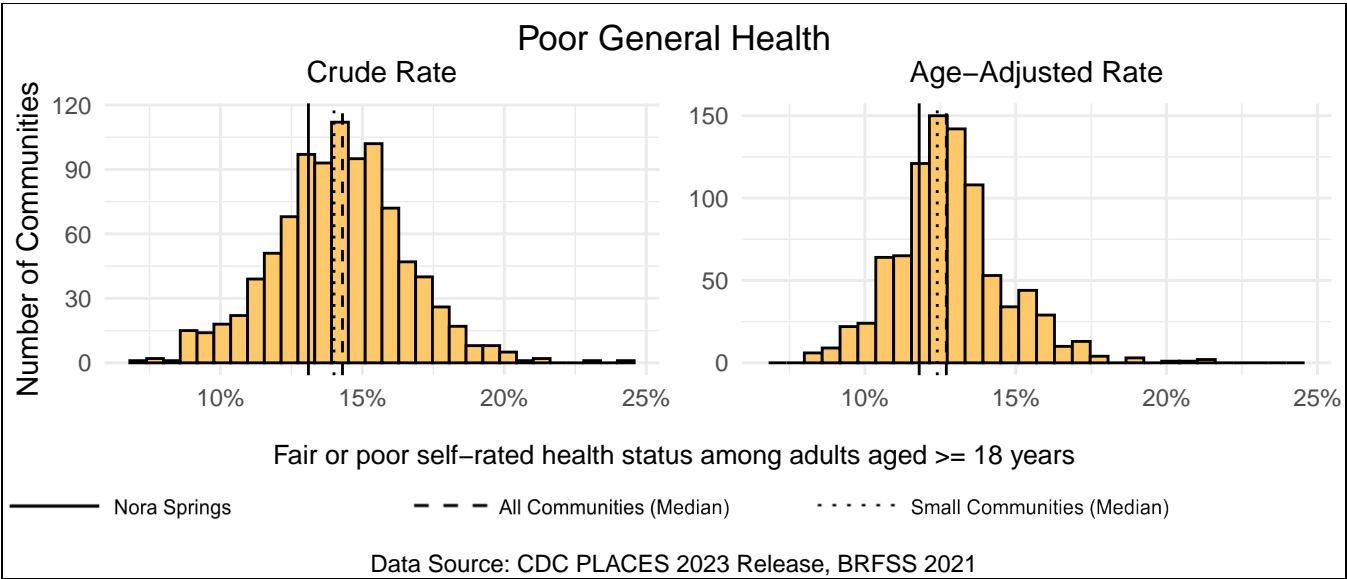
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

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

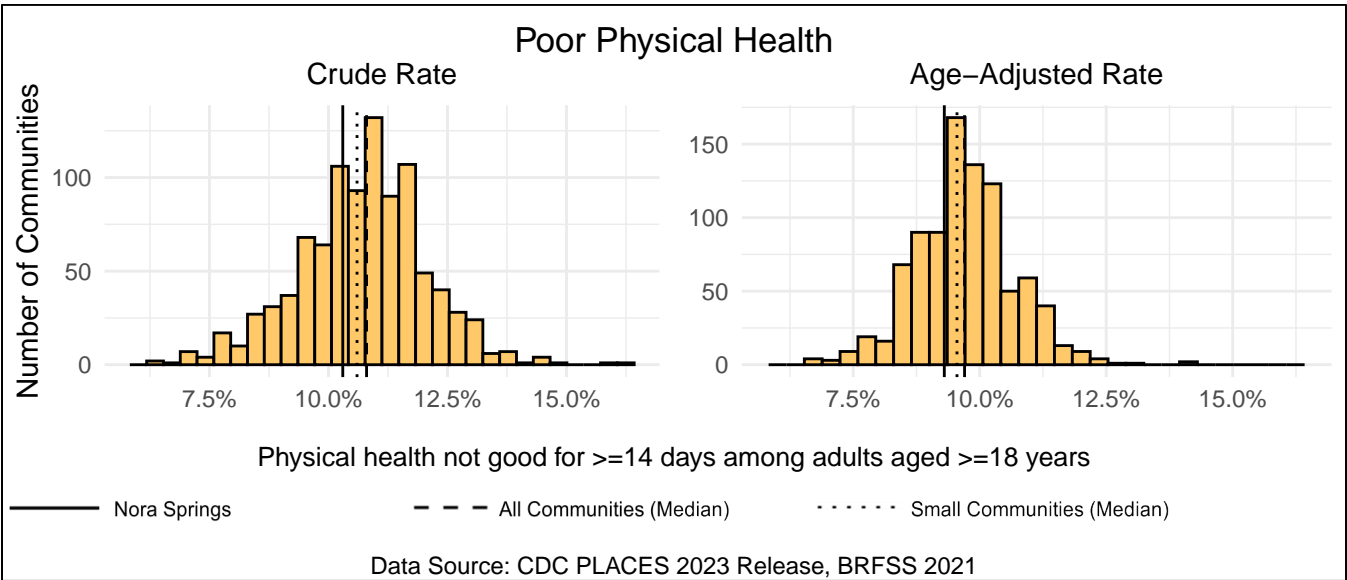
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	13.1%	14.3%	14.0%
Age-Adjusted	11.8%	12.7%	12.4%



Poor Physical Health

Nora Springs has a crude rate of 10.3% for physical health not good for >=14 days among adults aged >=18 years, which ranks 323rd out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Nora Springs is 9.3%, which ranks 265th out of 905 Iowa communities (49th out of 138 small communities).

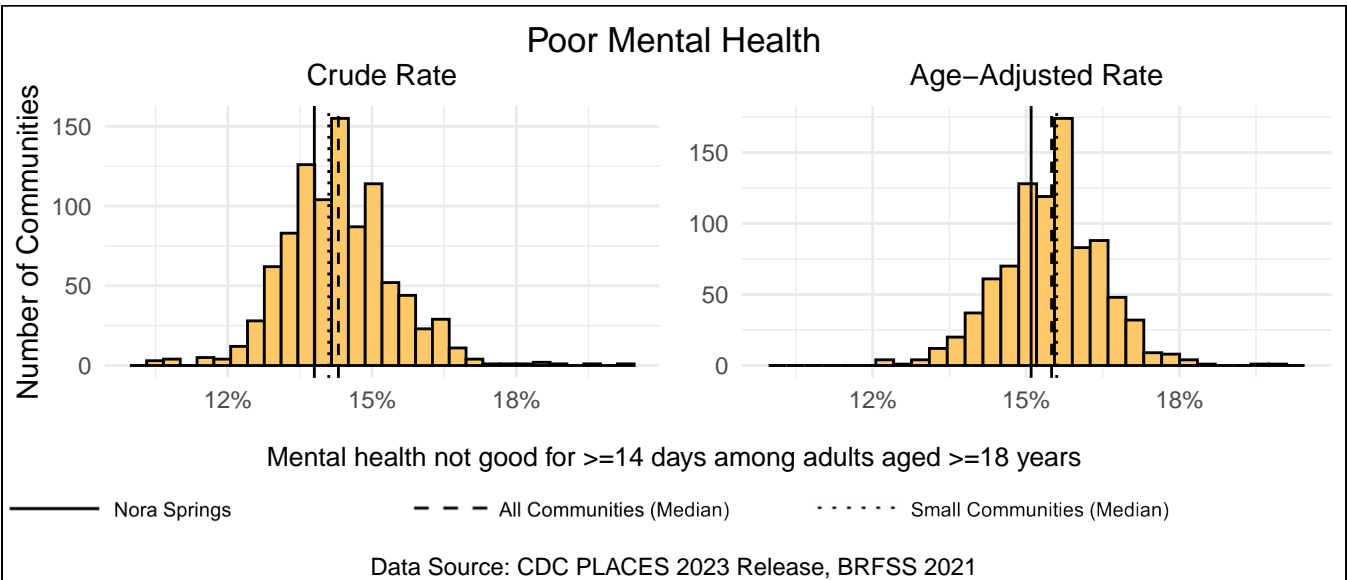
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	10.3%	10.8%	10.6%
Age-Adjusted	9.3%	9.7%	9.6%



Poor Mental Health

Nora Springs has a crude rate of 13.8% for mental health not good for >=14 days among adults aged >=18 years, which ranks 291st out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Nora Springs is 15.1%, which ranks 270th out of 905 Iowa communities (46th out of 138 small communities).

Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	13.8%	14.3%	14.1%
Age-Adjusted	15.1%	15.5%	15.6%



Health Risk Behaviors

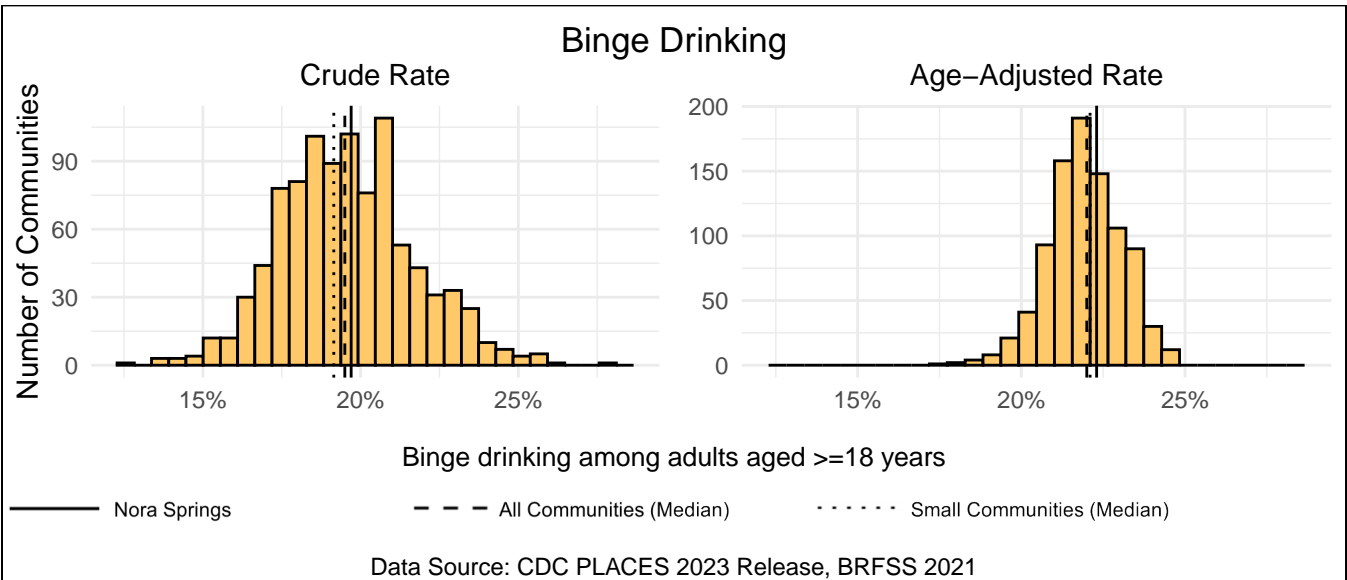
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Nora Springs has a crude rate of 19.7% for binge drinking among adults aged ≥ 18 years, which ranks 511th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Nora Springs is 22.3%, which ranks 554th out of 905 Iowa communities (77th out of 138 small communities).

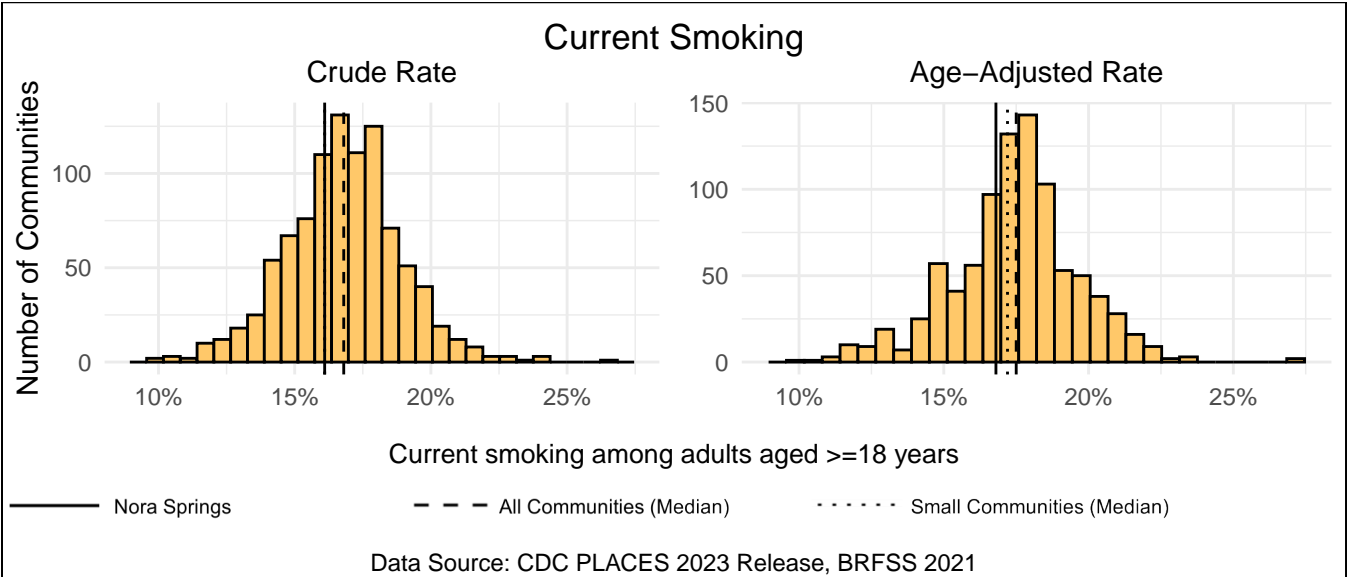
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	19.7%	19.5%	19.1%
Age-Adjusted	22.3%	22.0%	22.1%



Current Smoking

Nora Springs has a crude rate of 16.1% for current smoking among adults aged ≥ 18 years, which ranks 316th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Nora Springs is 16.8%, which ranks 296th out of 905 Iowa communities (59th out of 138 small communities).

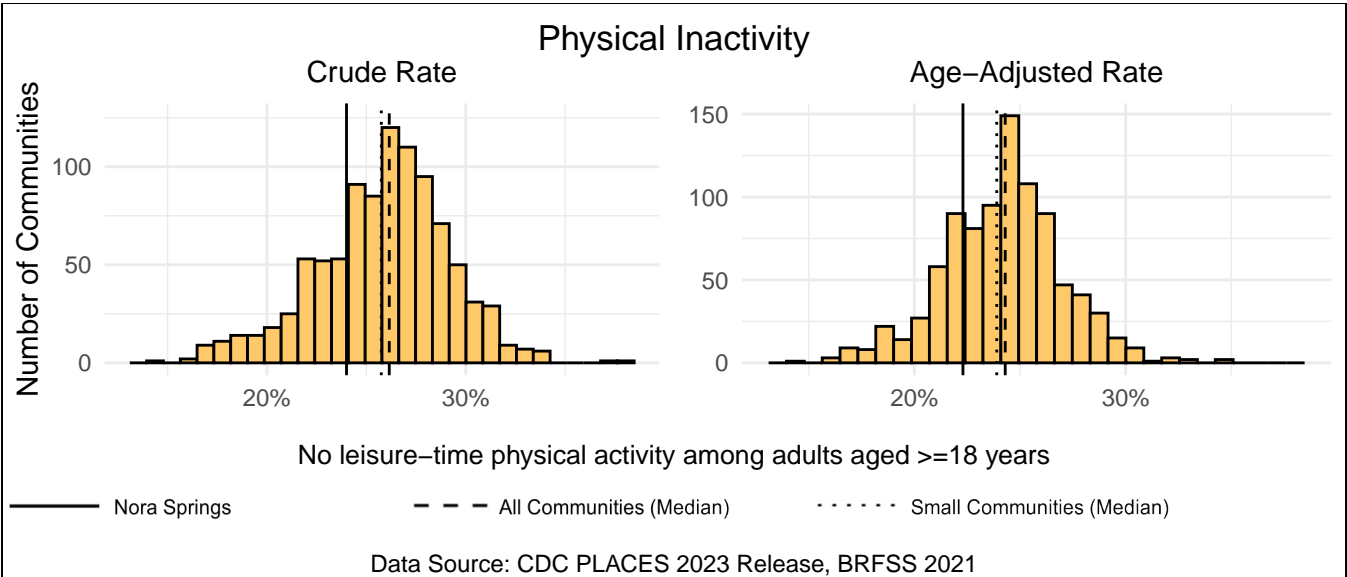
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	16.1%	16.8%	16.1%
Age-Adjusted	16.8%	17.5%	17.2%



Physical Inactivity

Nora Springs has a crude rate of 24.0% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 245th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Nora Springs is 22.3%, which ranks 203rd out of 905 Iowa communities (38th out of 138 small communities).

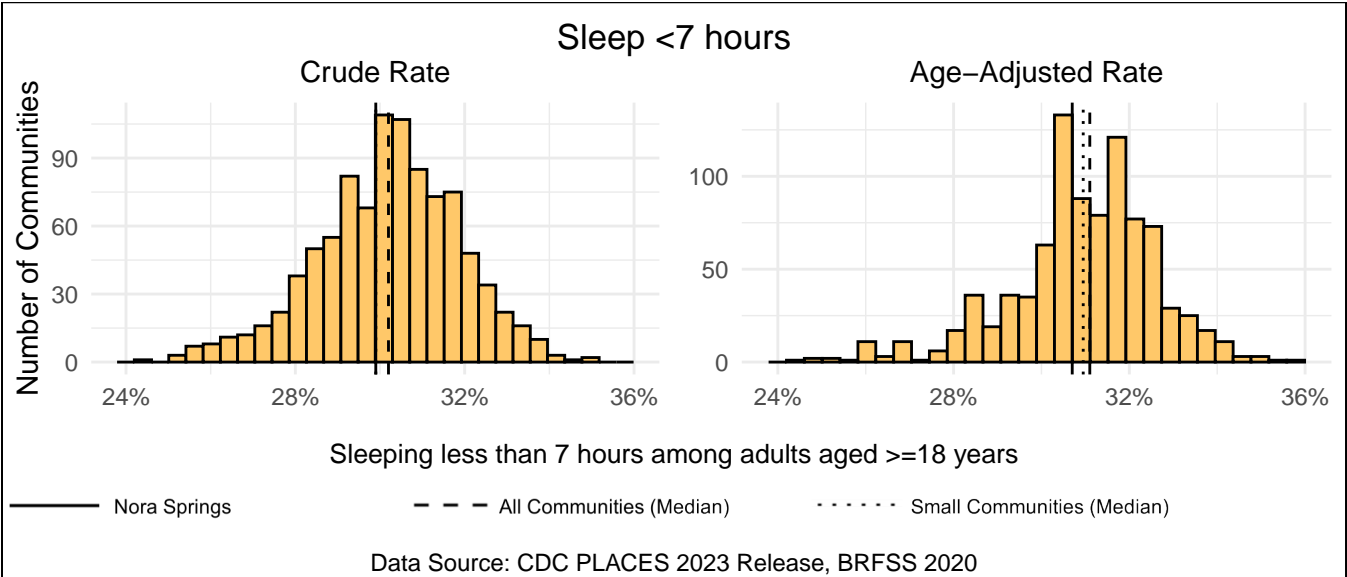
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	24.0%	26.1%	25.8%
Age-Adjusted	22.3%	24.3%	23.9%



Sleep <7 hours

Nora Springs has a crude rate of 29.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 374th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Nora Springs is 30.7%, which ranks 354th out of 905 Iowa communities (58th out of 138 small communities).

Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	29.9%	30.2%	29.9%
Age-Adjusted	30.7%	31.1%	31.0%



Health Outcomes

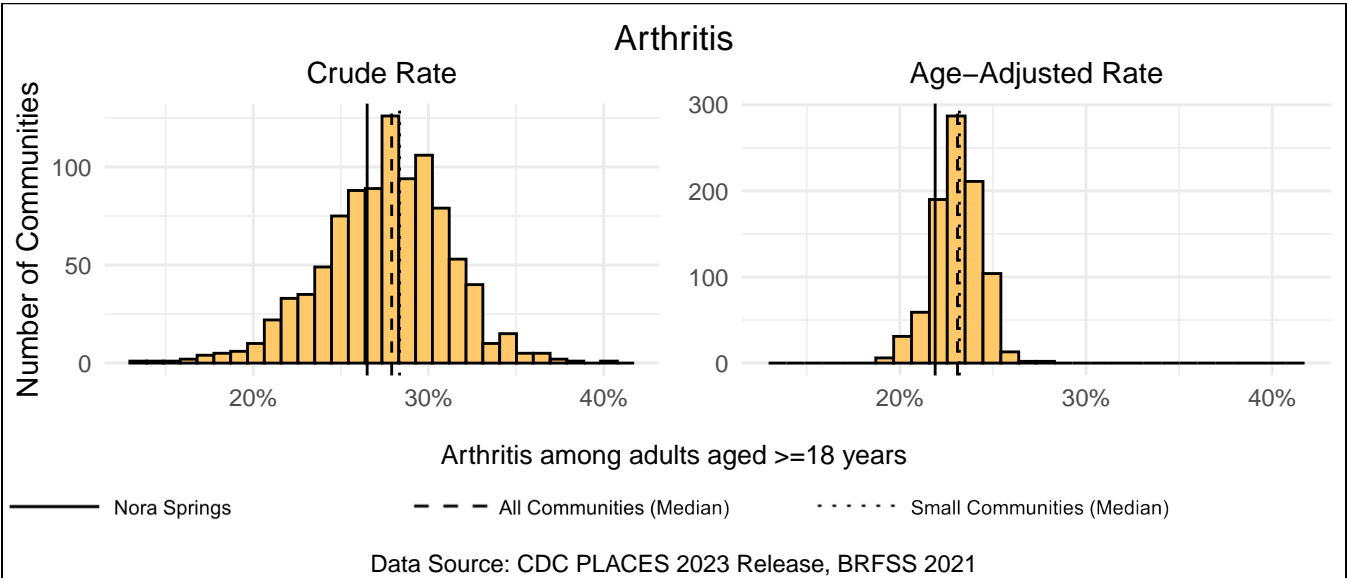
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Nora Springs has a crude rate of 26.5% for arthritis among adults aged ≥ 18 years, which ranks 341st out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Nora Springs is 21.9%, which ranks 135th out of 905 Iowa communities (26th out of 138 small communities).

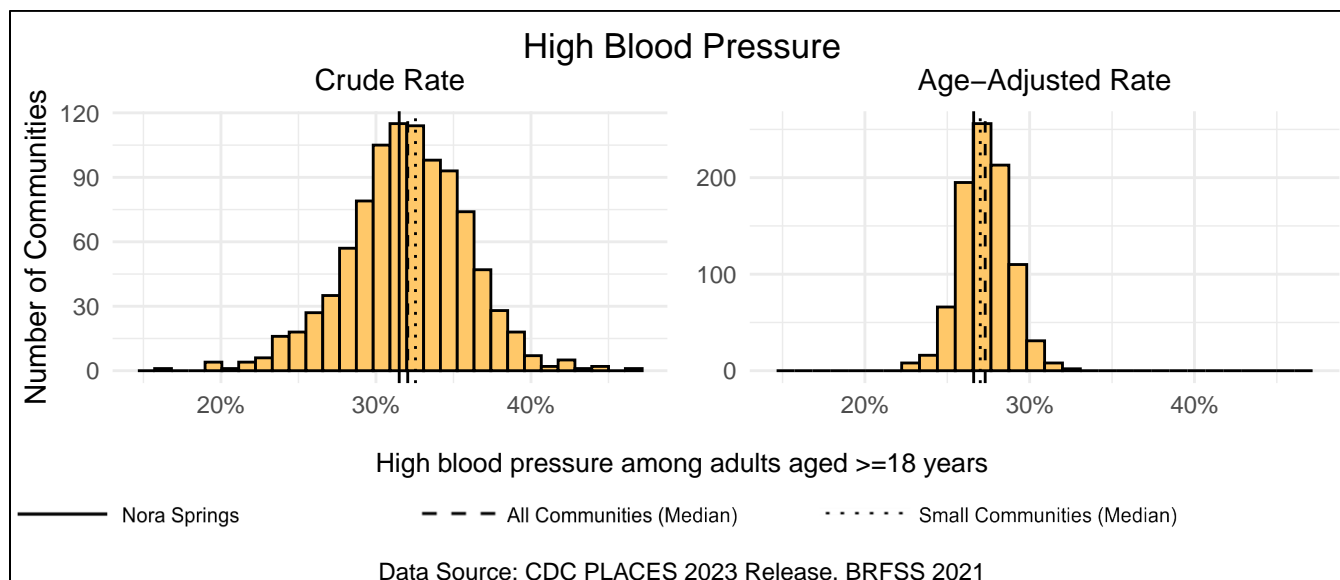
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	26.5%	27.9%	28.4%
Age-Adjusted	21.9%	23.1%	23.2%



High Blood Pressure

Nora Springs has a crude rate of 31.5% for high blood pressure among adults aged ≥ 18 years, which ranks 400th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Nora Springs is 26.6%, which ranks 286th out of 905 Iowa communities (51st out of 138 small communities).

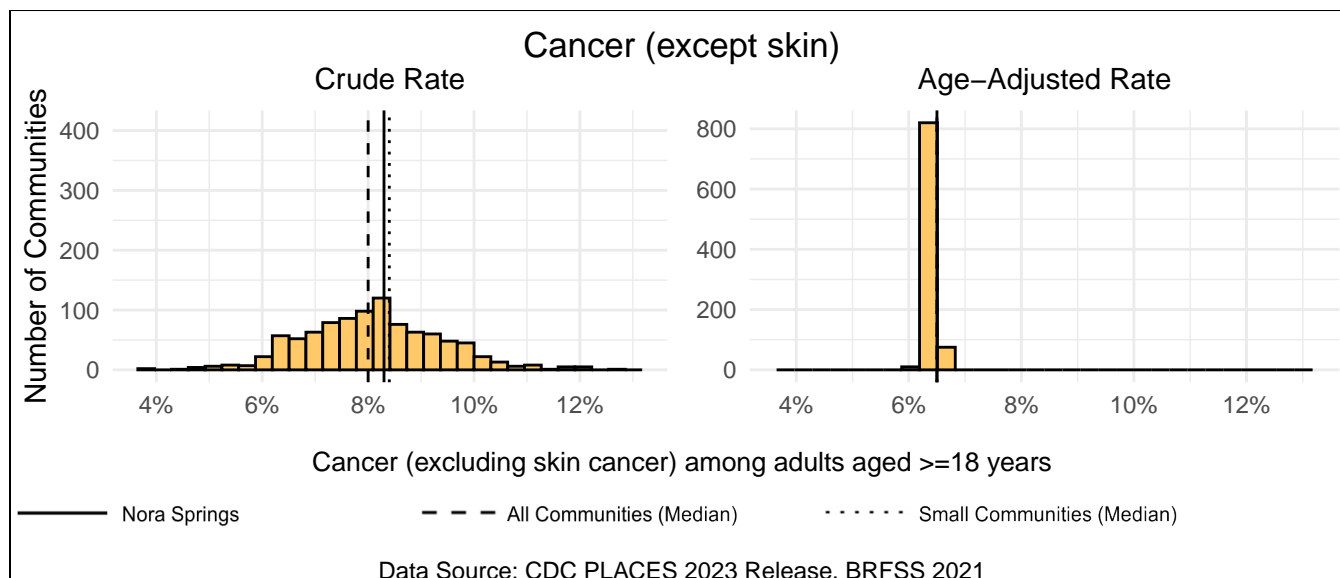
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	31.5%	32.0%	32.5%
Age-Adjusted	26.6%	27.3%	27.0%



Cancer (except skin)

Nora Springs has a crude rate of 8.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 544th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Nora Springs is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

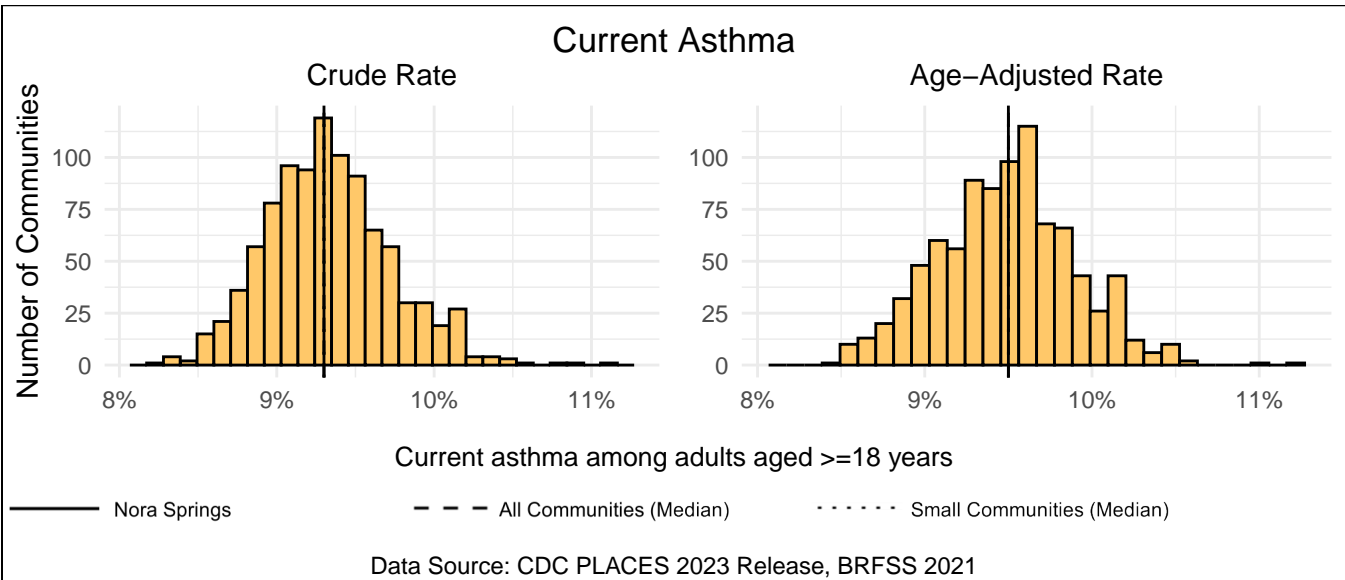
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	8.3%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Nora Springs has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Nora Springs is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

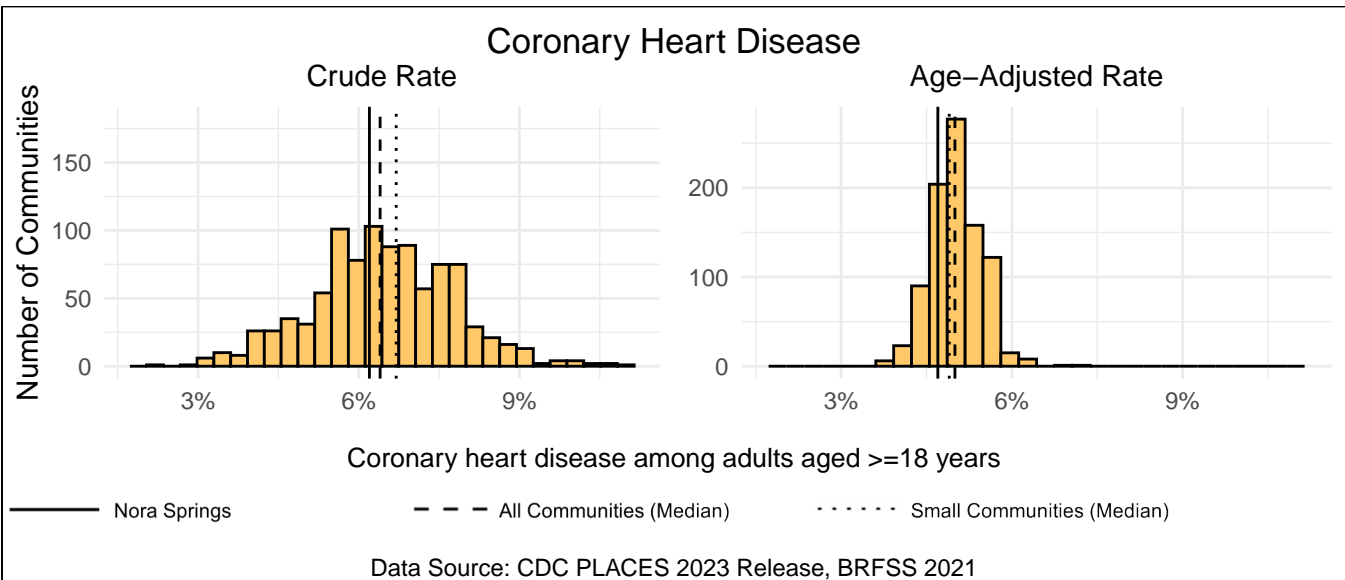
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

Nora Springs has a crude rate of 6.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 378th out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Nora Springs is 4.7%, which ranks 187th out of 905 Iowa communities (36th out of 138 small communities).

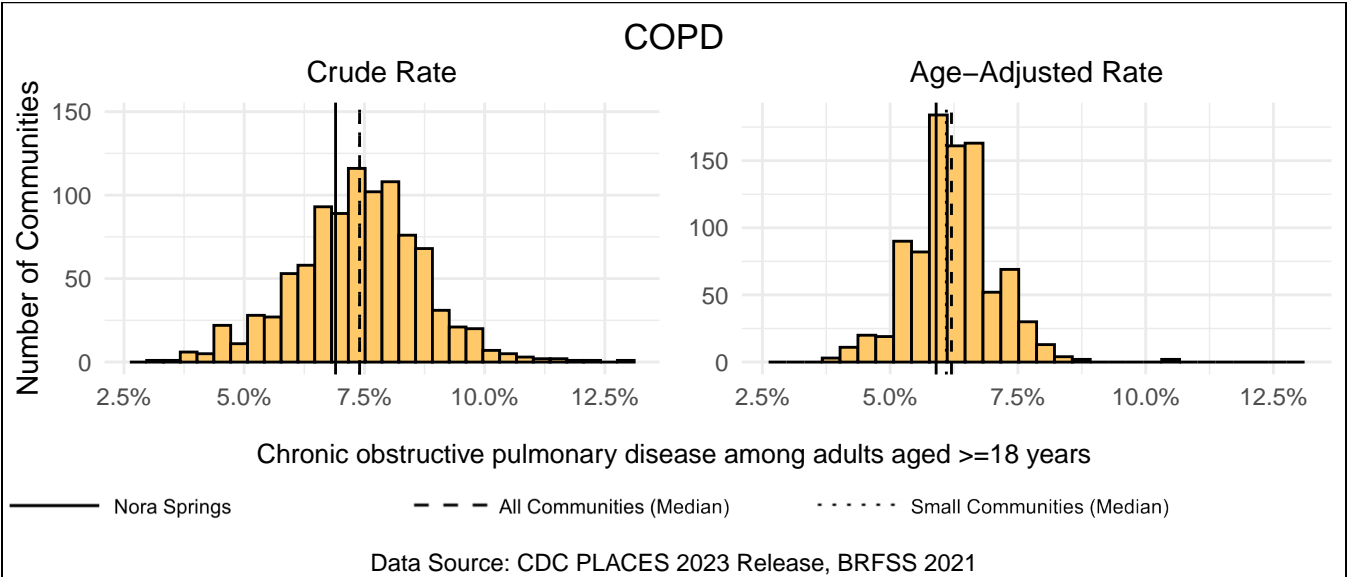
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	6.2%	6.4%	6.7%
Age-Adjusted	4.7%	5.0%	4.9%



COPD

Nora Springs has a crude rate of 6.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 306th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Nora Springs is 5.9%, which ranks 260th out of 905 Iowa communities (48th out of 138 small communities).

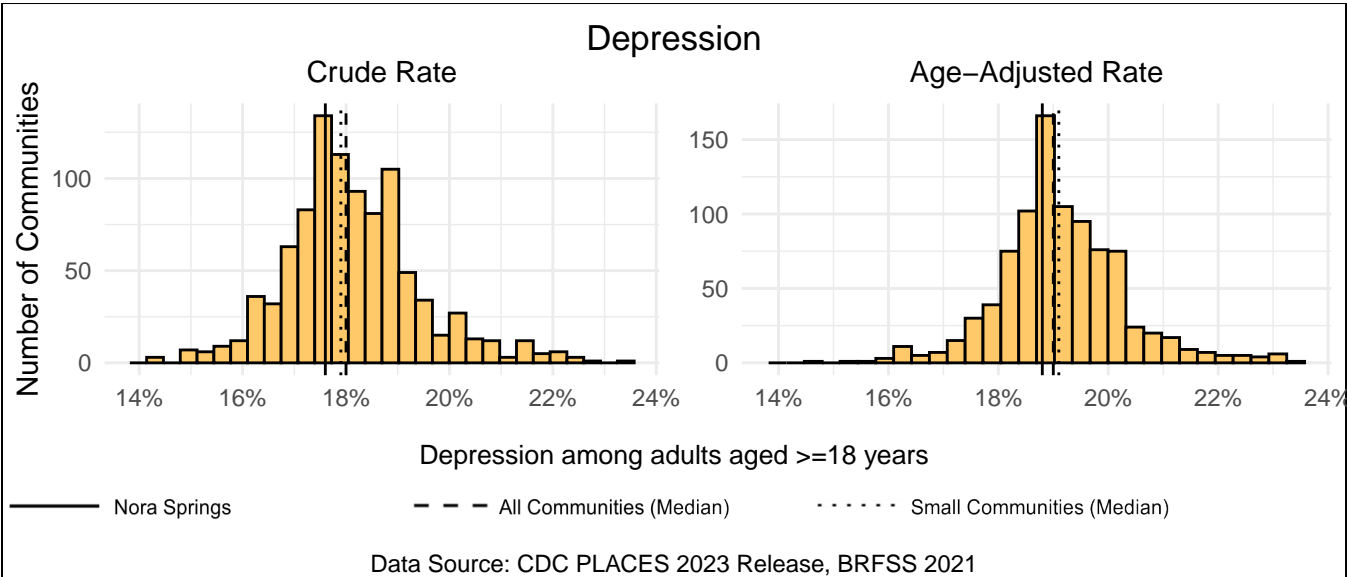
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	6.9%	7.4%	7.4%
Age-Adjusted	5.9%	6.2%	6.1%



Depression

Nora Springs has a crude rate of 17.6% for depression among adults aged ≥ 18 years, which ranks 326th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Nora Springs is 18.8%, which ranks 330th out of 905 Iowa communities (47th out of 138 small communities).

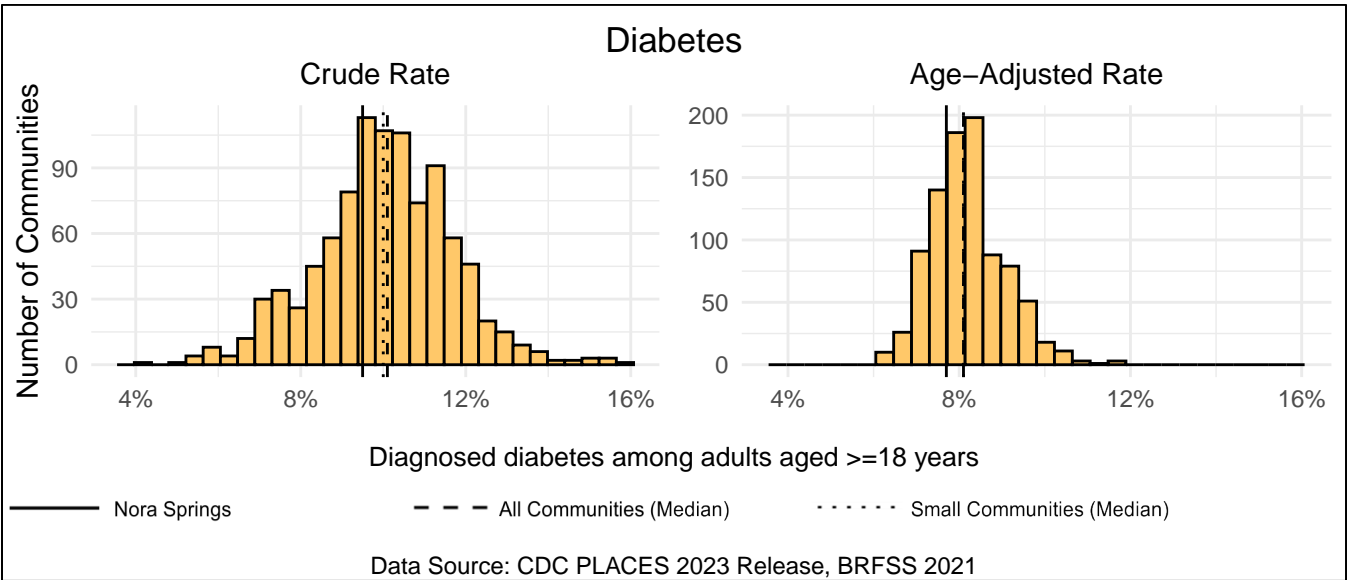
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	17.6%	18.0%	17.9%
Age-Adjusted	18.8%	19.0%	19.1%



Diabetes

Nora Springs has a crude rate of 9.5% for diagnosed diabetes among adults aged >=18 years, which ranks 327th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Nora Springs is 7.7%, which ranks 234th out of 905 Iowa communities (44th out of 138 small communities).

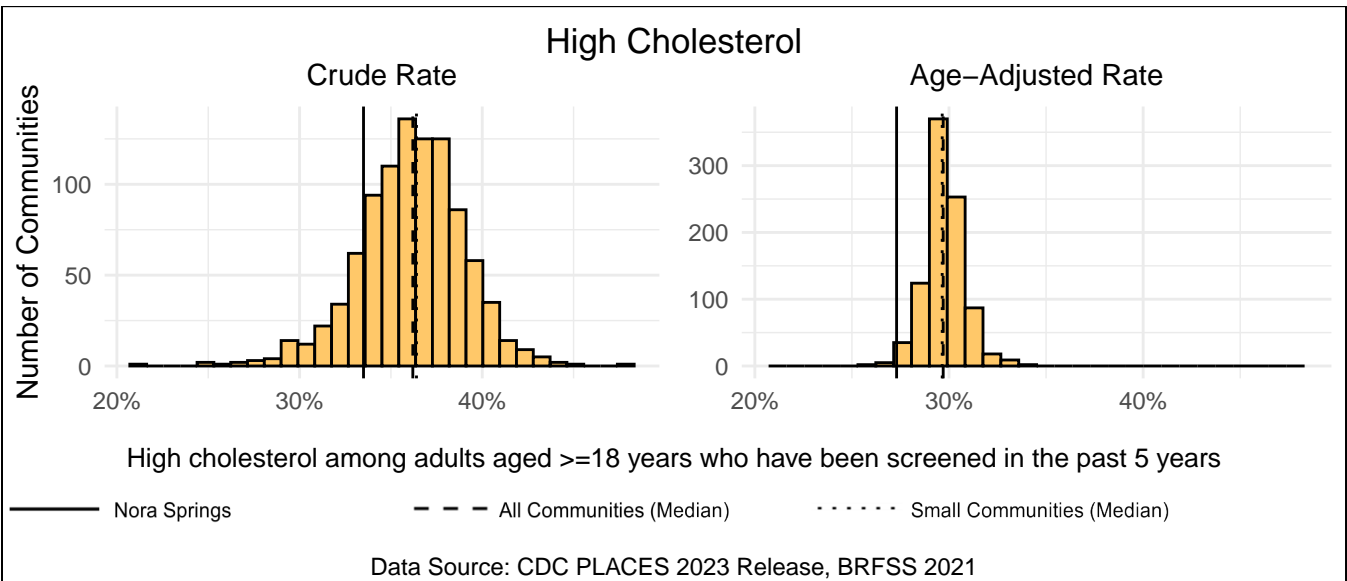
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	9.5%	10.1%	10.0%
Age-Adjusted	7.7%	8.1%	8.1%



High Cholesterol

Nora Springs has a crude rate of 33.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 147th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Nora Springs is 27.3%, which ranks 8th out of 905 Iowa communities (3rd out of 138 small communities).

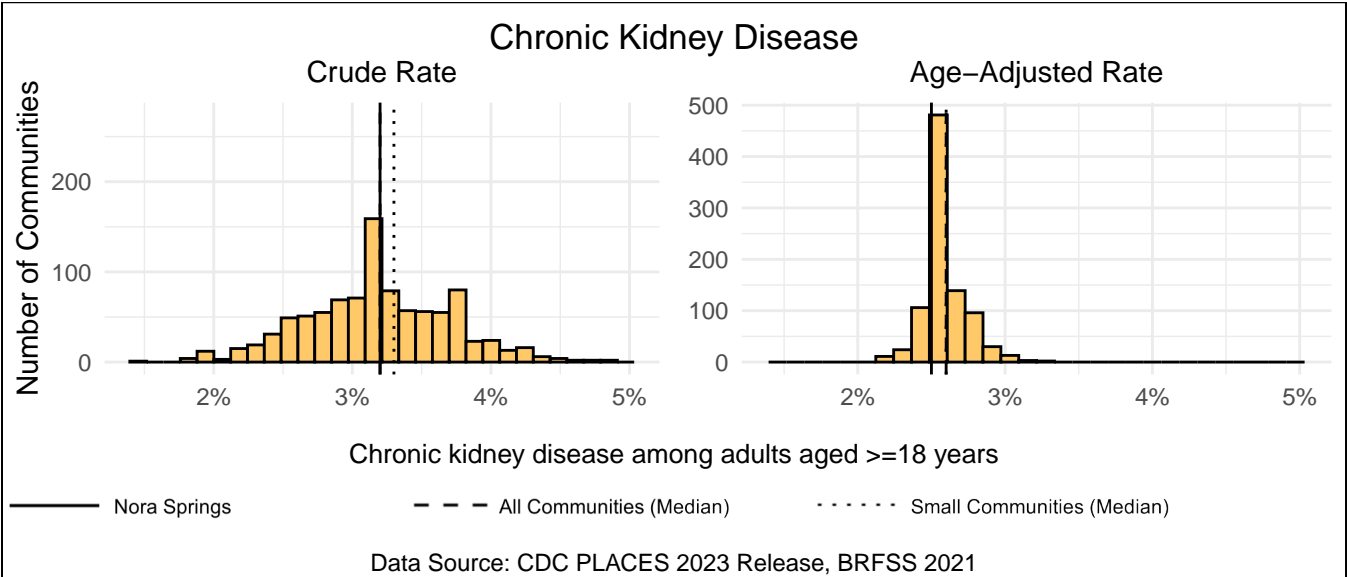
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	33.5%	36.2%	36.4%
Age-Adjusted	27.3%	29.7%	29.6%



Chronic Kidney Disease

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

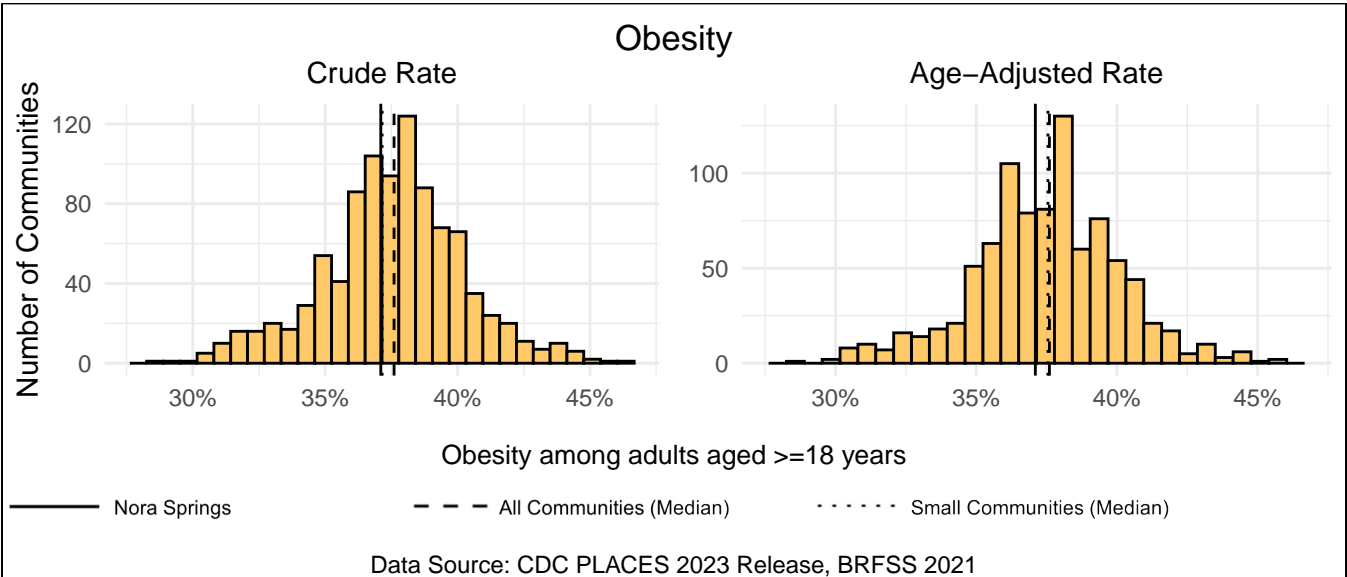
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Nora Springs has a crude rate of 37.1% for obesity among adults aged >=18 years, which ranks 379th out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for Nora Springs is 37.1%, which ranks 380th out of 905 Iowa communities (57th out of 138 small communities).

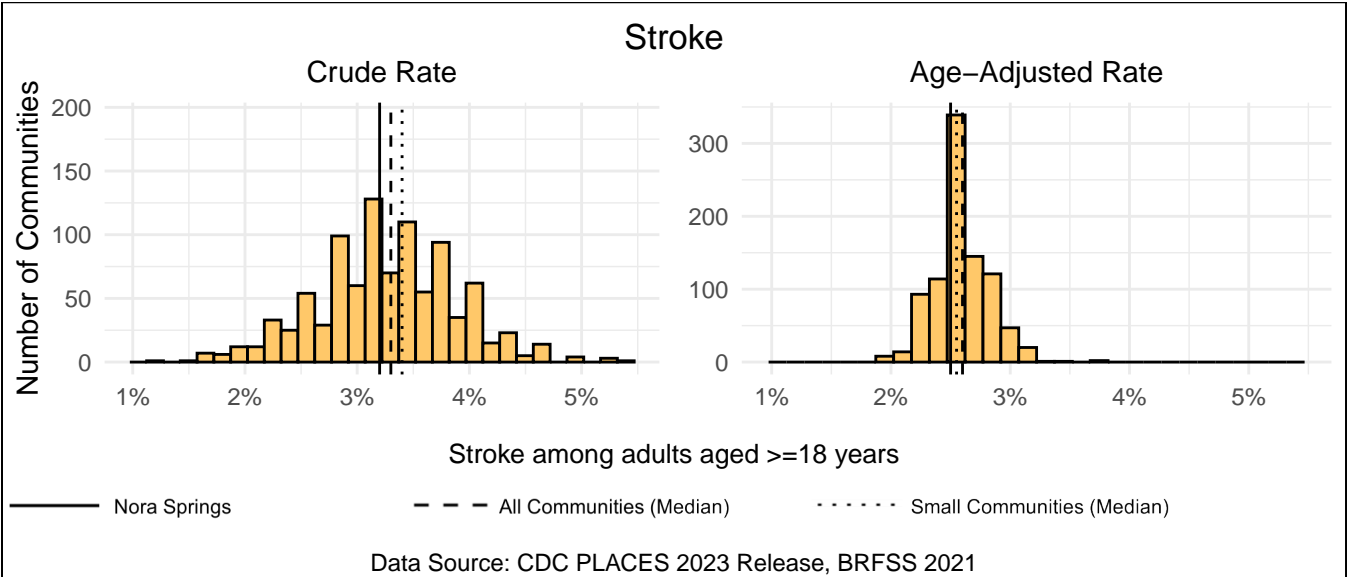
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	37.1%	37.6%	37.2%
Age-Adjusted	37.1%	37.6%	37.5%



Stroke

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

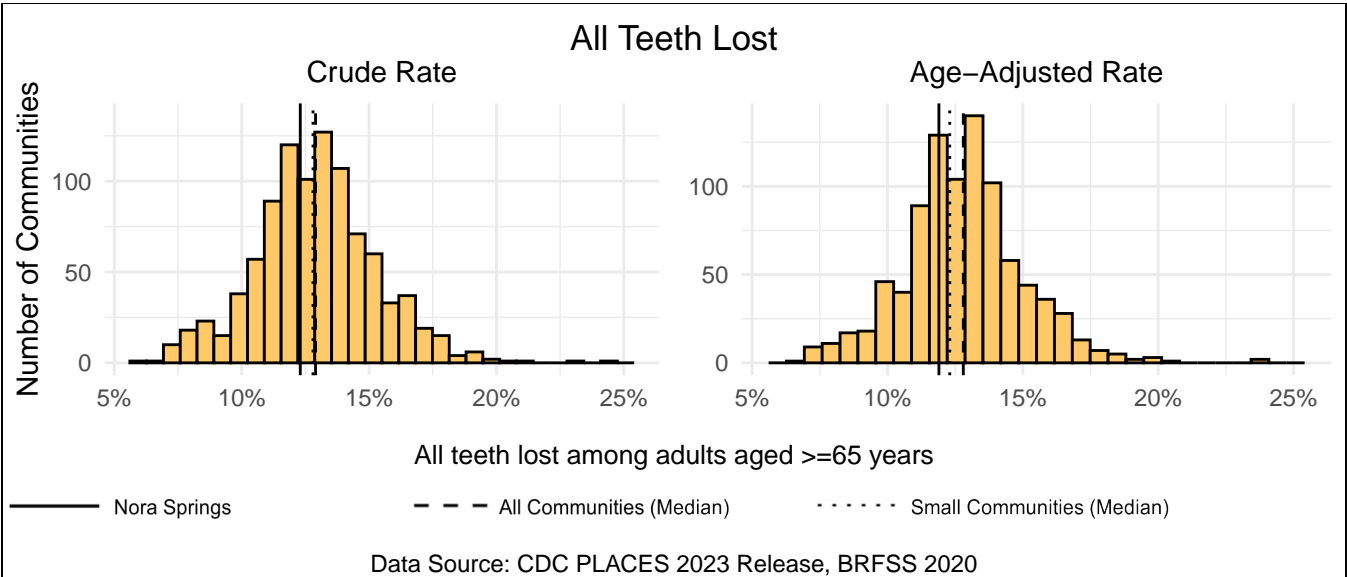
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	3.2%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



All Teeth Lost

Nora Springs has a crude rate of 12.3% for all teeth lost among adults aged ≥ 65 years, which ranks 373rd out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Nora Springs is 11.9%, which ranks 280th out of 905 Iowa communities (54th out of 138 small communities).

Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	12.3%	12.9%	12.8%
Age-Adjusted	11.9%	12.8%	12.3%



Prevention

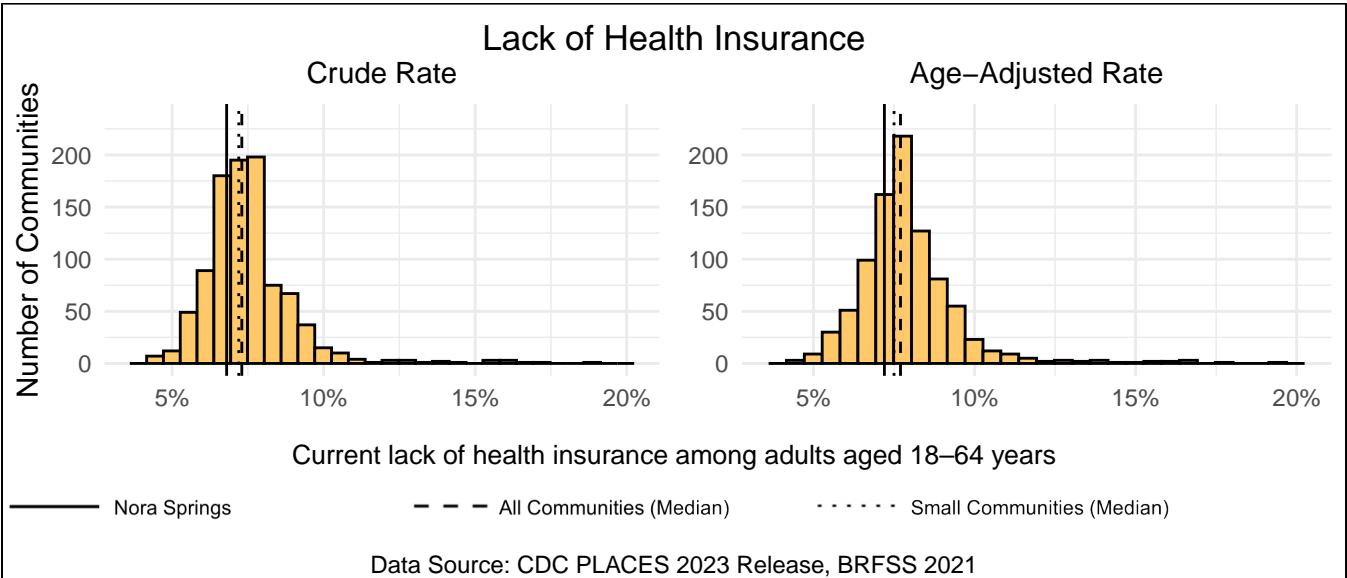
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Nora Springs has a crude rate of 6.8% for current lack of health insurance among adults aged 18–64 years, which ranks 255th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Nora Springs is 7.2%, which ranks 266th out of 905 Iowa communities (54th out of 138 small communities).

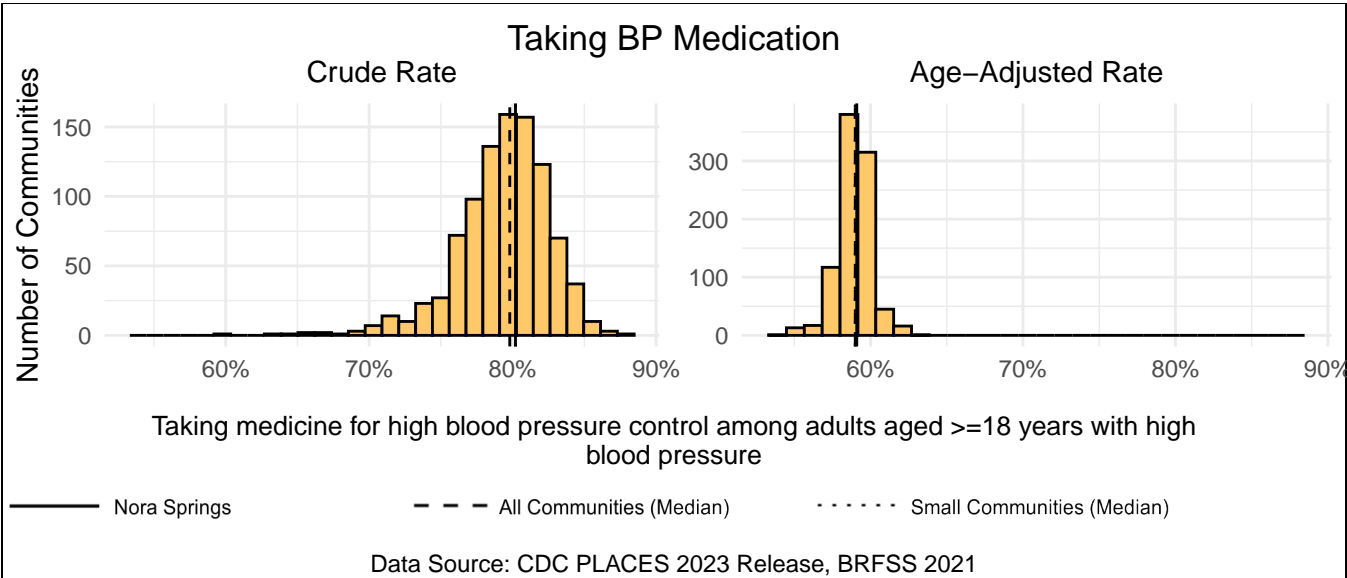
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	6.8%	7.3%	7.2%
Age-Adjusted	7.2%	7.7%	7.5%



Taking BP Medication

Nora Springs has a crude rate of 80.2% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 402nd out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Nora Springs is 59.1%, which ranks 378th out of 905 Iowa communities (63rd out of 138 small communities).

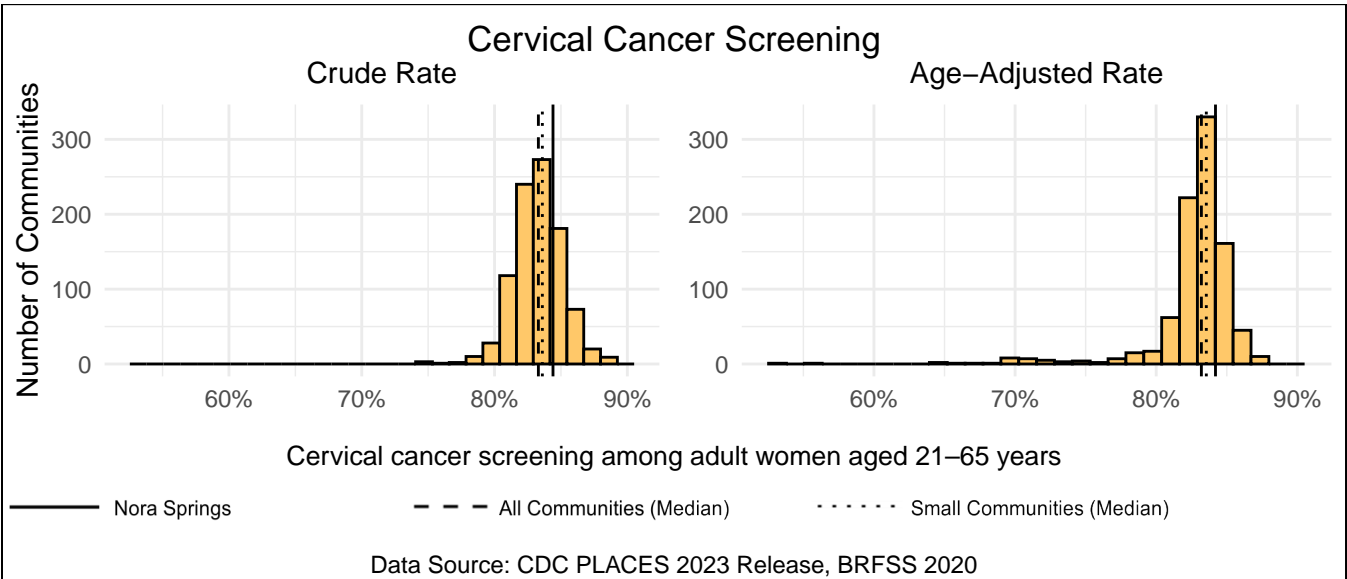
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	80.2%	79.8%	80.2%
Age-Adjusted	59.1%	59.0%	59.0%



Cervical Cancer Screening

Nora Springs has a crude rate of 84.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 231st out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Nora Springs is 84.2%, which ranks 195th out of 905 Iowa communities (42nd out of 138 small communities).

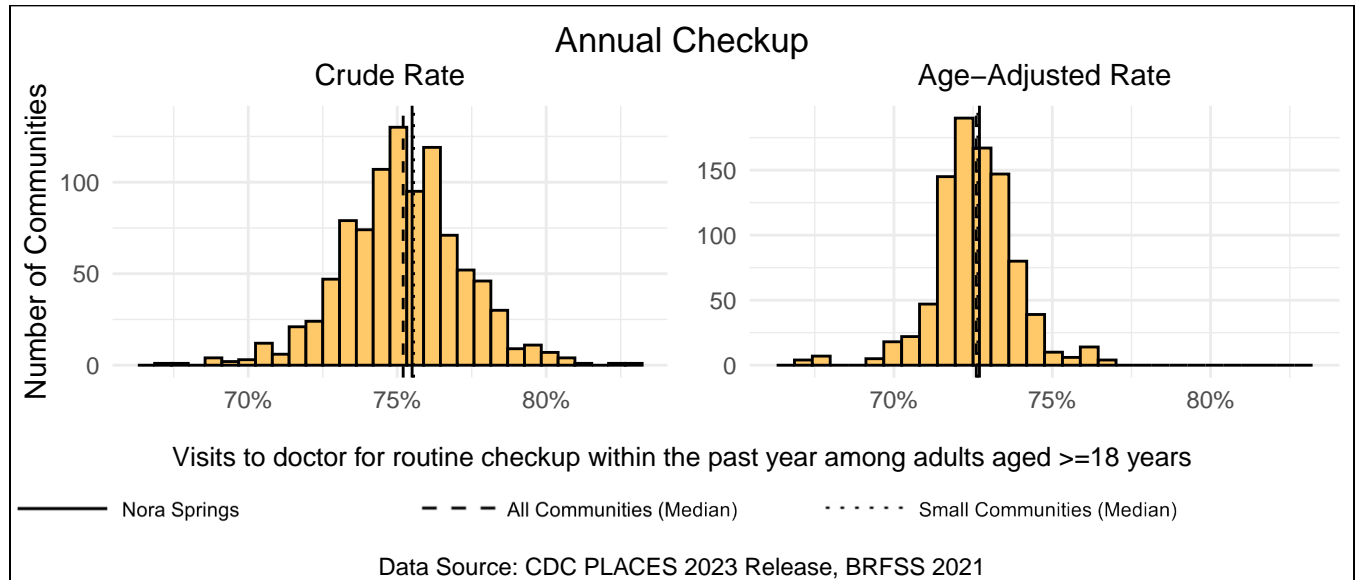
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	84.4%	83.3%	83.6%
Age-Adjusted	84.2%	83.2%	83.5%



Annual Checkup

Nora Springs has a crude rate of 75.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 408th out of 958 Iowa communities (70th out of 138 small communities). The age-adjusted rate for Nora Springs is 72.7%, which ranks 396th out of 905 Iowa communities (64th out of 138 small communities).

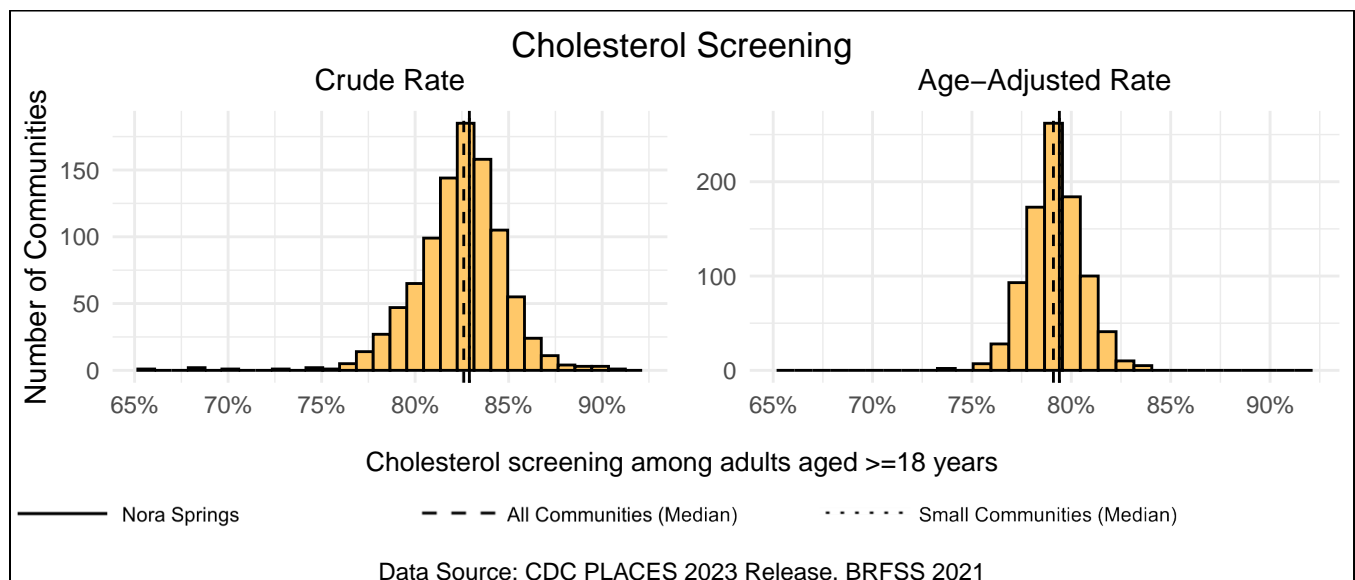
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	75.5%	75.2%	75.5%
Age-Adjusted	72.7%	72.6%	72.6%



Cholesterol Screening

Nora Springs has a crude rate of 82.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 407th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Nora Springs is 79.4%, which ranks 364th out of 905 Iowa communities (65th out of 138 small communities).

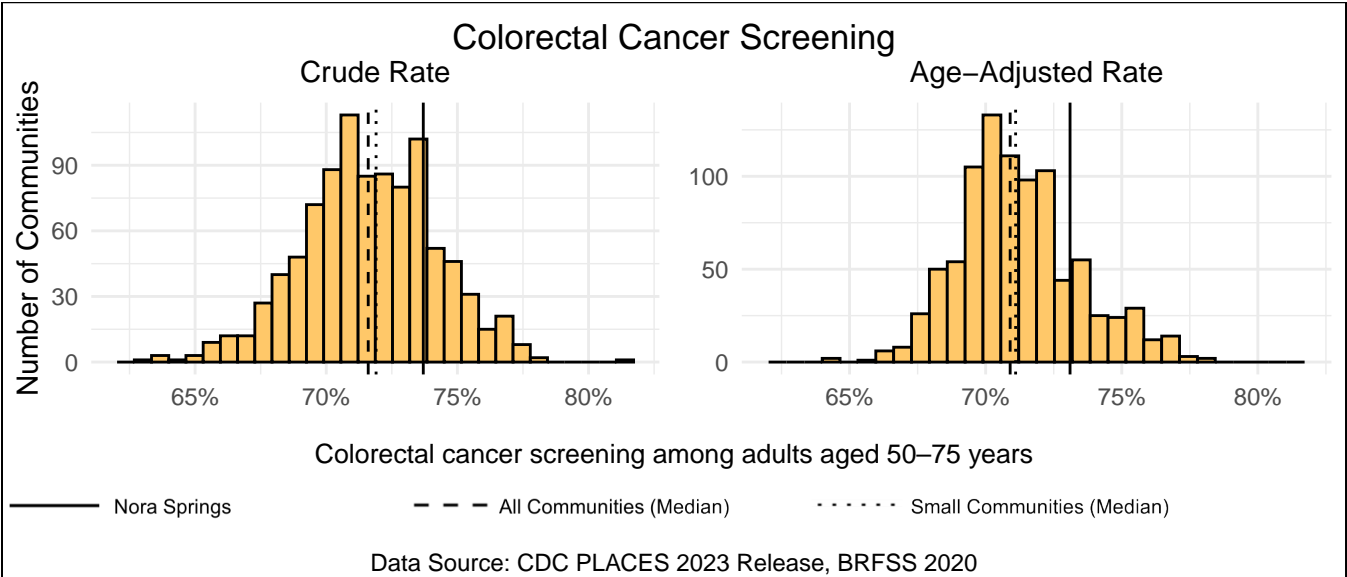
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	82.9%	82.6%	82.9%
Age-Adjusted	79.4%	79.1%	79.4%



Colorectal Cancer Screening

Nora Springs has a crude rate of 73.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 193rd out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Nora Springs is 73.1%, which ranks 165th out of 905 Iowa communities (30th out of 138 small communities).

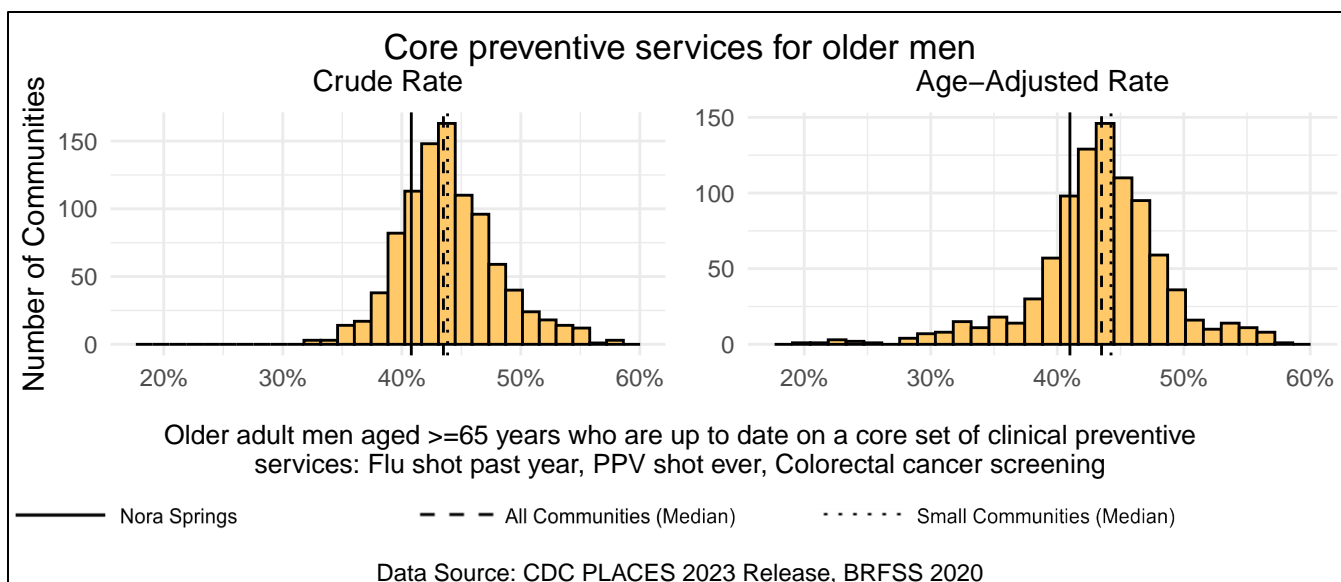
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	73.7%	71.6%	71.9%
Age-Adjusted	73.1%	70.9%	71.1%



Core preventive services for older men

Nora Springs has a crude rate of 40.8% 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 744th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Nora Springs is 41.0%, which ranks 687th out of 905 Iowa communities (117th out of 138 small communities).

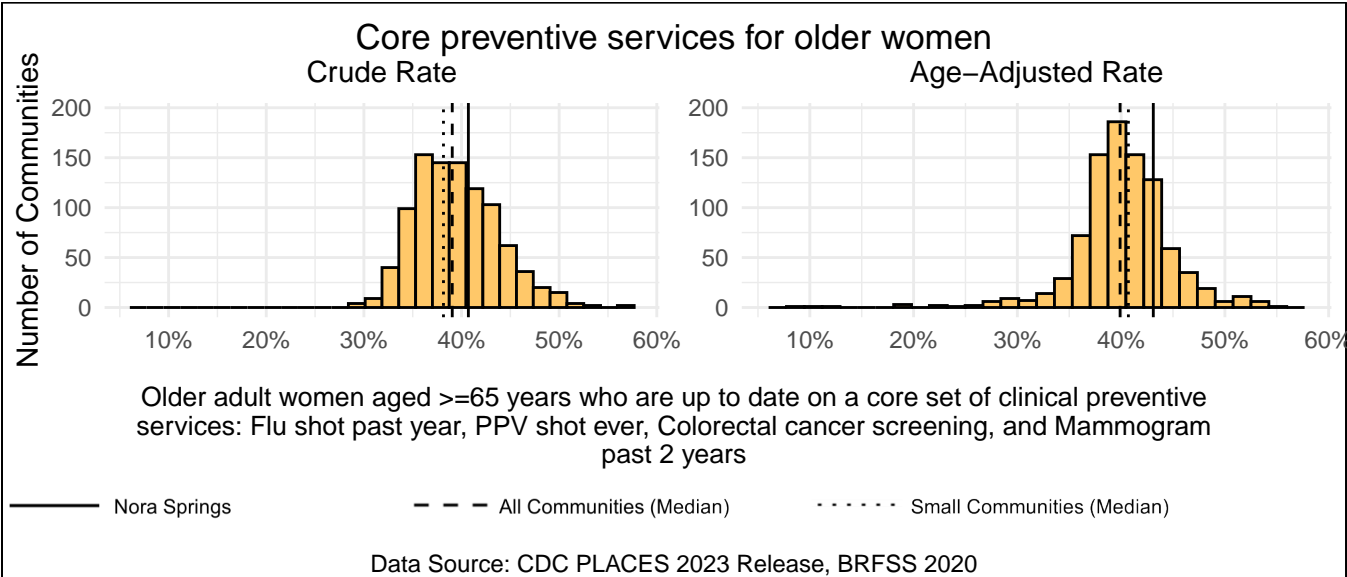
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	40.8%	43.5%	43.8%
Age-Adjusted	41.0%	43.5%	44.2%



Core preventive services for older women

Nora Springs has a crude rate of 40.7% 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 343rd out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Nora Springs is 43.1%, which ranks 194th out of 905 Iowa communities (42nd out of 138 small communities).

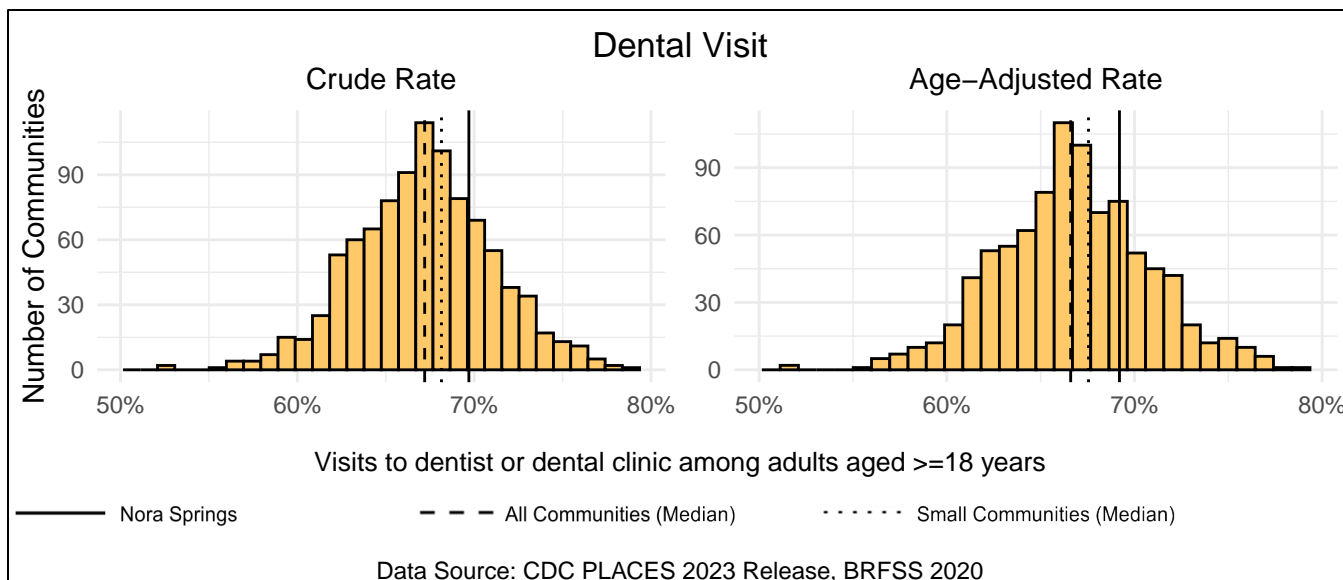
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	40.7%	39.0%	38.2%
Age-Adjusted	43.1%	39.9%	40.7%



Dental Visit

Nora Springs has a crude rate of 69.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 241st out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Nora Springs is 69.2%, which ranks 234th out of 905 Iowa communities (44th out of 138 small communities).

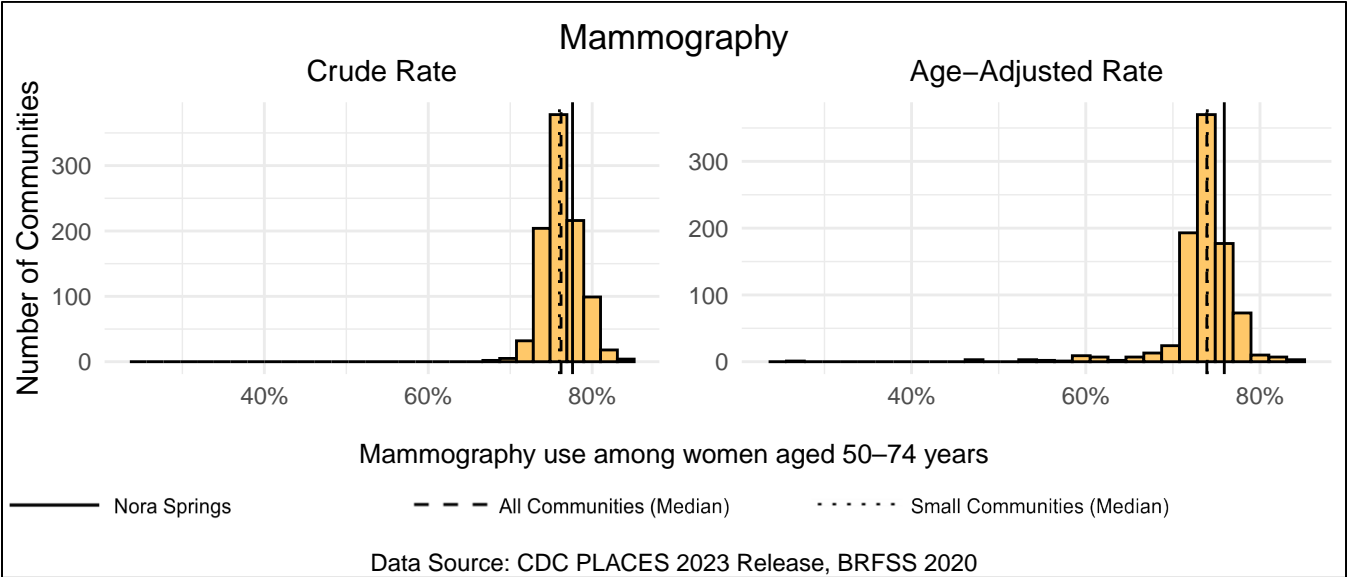
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	69.7%	67.2%	68.2%
Age-Adjusted	69.2%	66.6%	67.5%



Mammography

Nora Springs has a crude rate of 77.6% for mammography use among women aged 50–74 years, which ranks 248th out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Nora Springs is 75.9%, which ranks 161st out of 905 Iowa communities (29th out of 138 small communities).

Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	77.6%	76.2%	76.0%
Age-Adjusted	75.9%	73.9%	74.0%



Disability

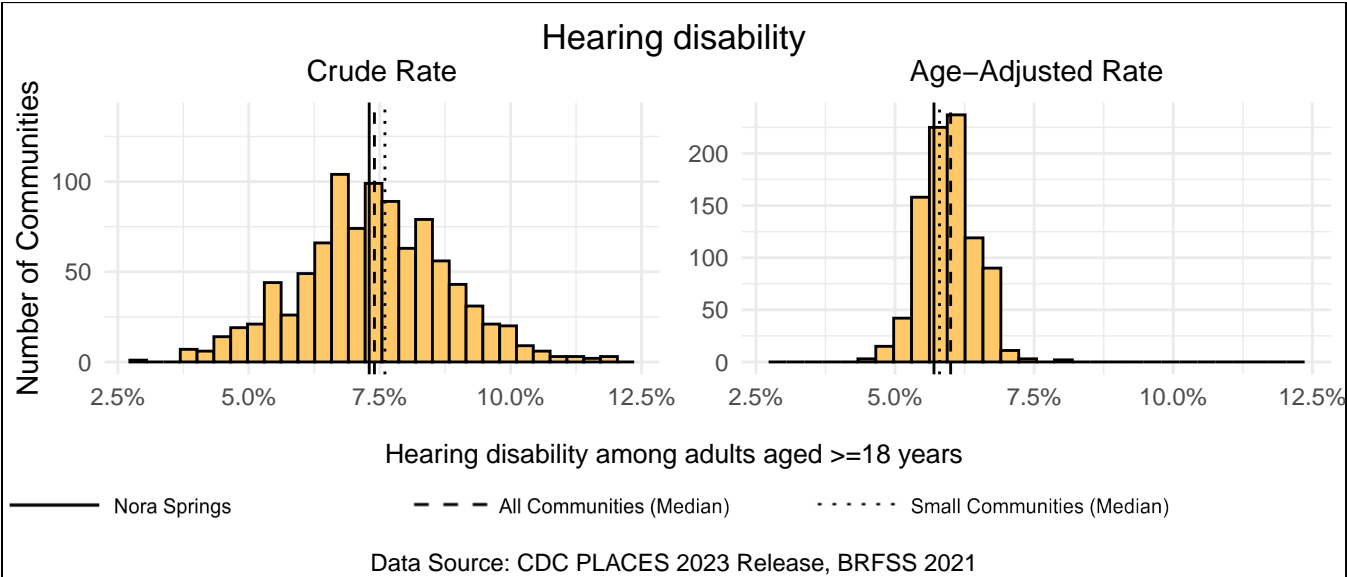
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Nora Springs has a crude rate of 7.3% for hearing disability among adults aged ≥ 18 years, which ranks 432nd out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Nora Springs is 5.7%, which ranks 219th out of 905 Iowa communities (46th out of 138 small communities).

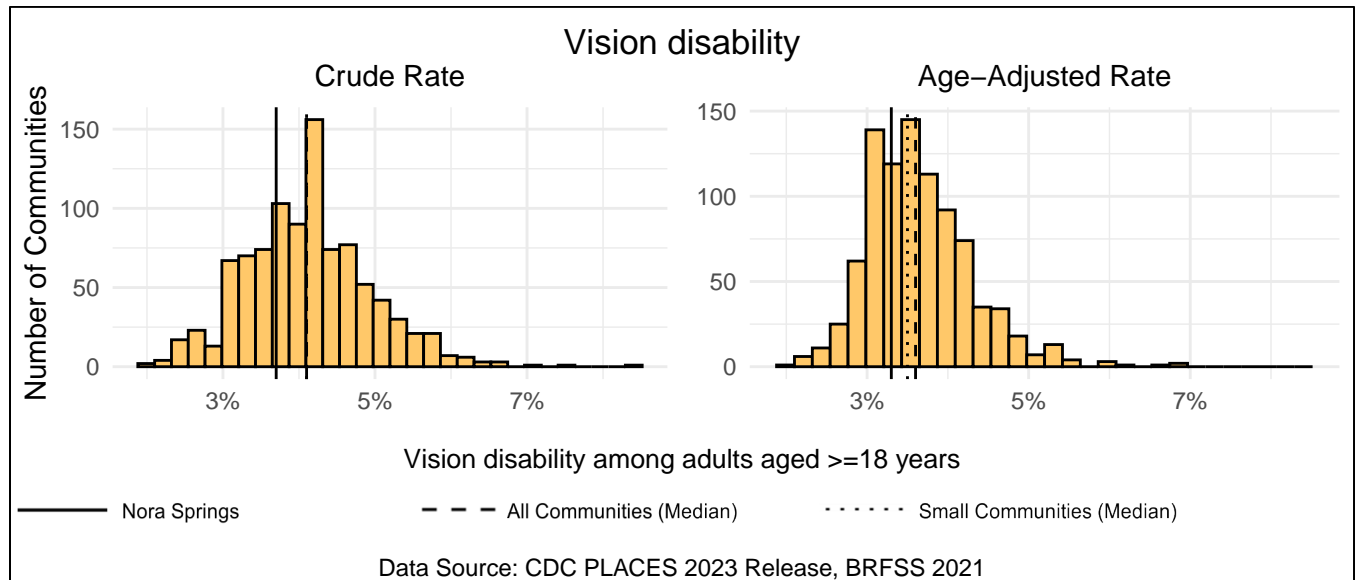
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	7.3%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.8%



Vision disability

Nora Springs has a crude rate of 3.7% for vision disability among adults aged ≥ 18 years, which ranks 271st out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Nora Springs is 3.3%, which ranks 245th out of 905 Iowa communities (43rd out of 138 small communities).

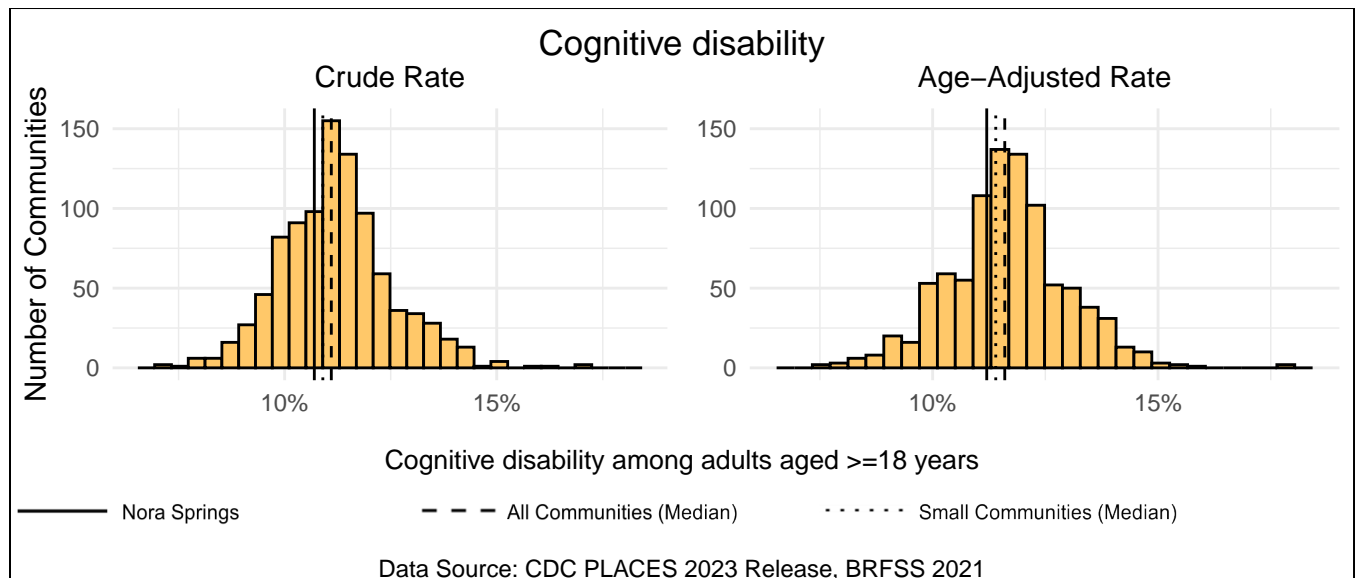
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	3.7%	4.1%	4.1%
Age-Adjusted	3.3%	3.6%	3.5%



Cognitive disability

Nora Springs has a crude rate of 10.7% for cognitive disability among adults aged ≥ 18 years, which ranks 302nd out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Nora Springs is 11.2%, which ranks 296th out of 905 Iowa communities (54th out of 138 small communities).

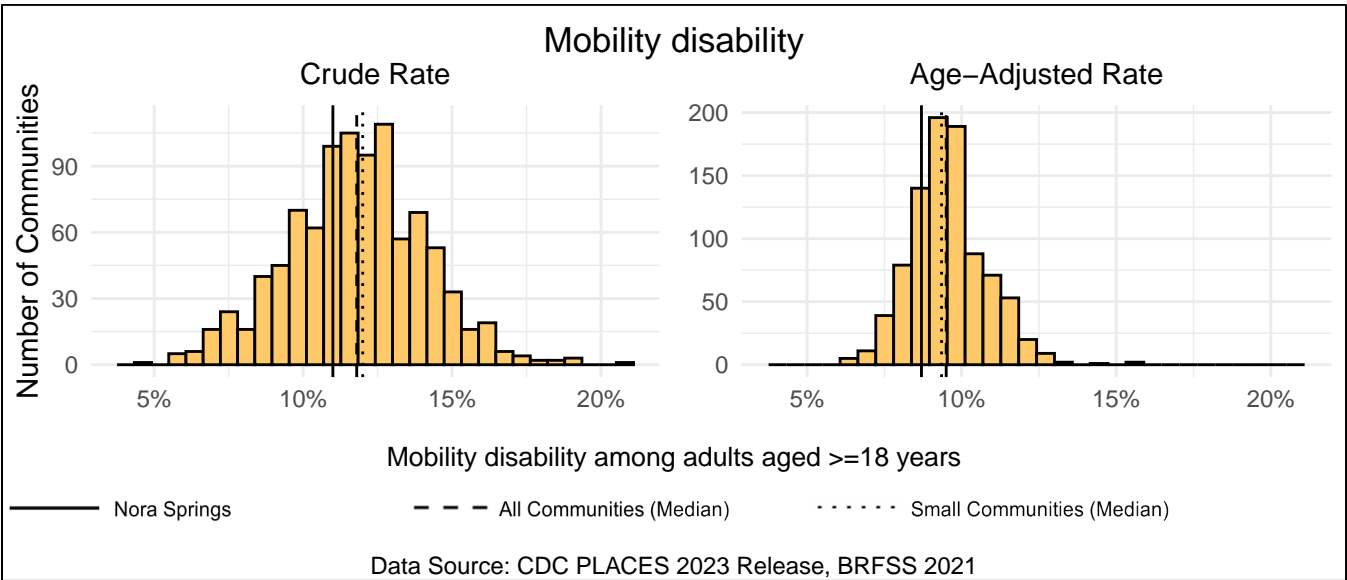
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	10.7%	11.1%	10.9%
Age-Adjusted	11.2%	11.6%	11.4%



Mobility disability

Nora Springs has a crude rate of 11.0% for mobility disability among adults aged >=18 years, which ranks 328th out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Nora Springs is 8.7%, which ranks 198th out of 905 Iowa communities (36th out of 138 small communities).

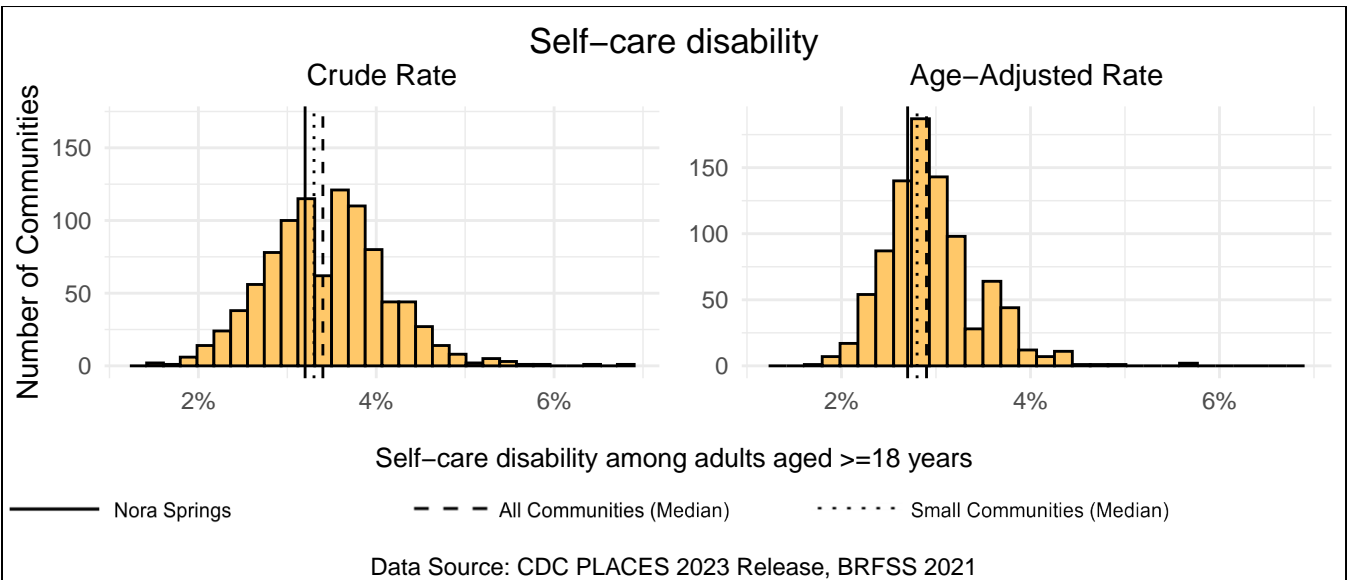
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	11.0%	11.8%	12.0%
Age-Adjusted	8.7%	9.5%	9.4%



Self-care disability

Nora Springs has a crude rate of 3.2% for self-care disability among adults aged >=18 years, which ranks 320th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Nora Springs is 2.7%, which ranks 248th out of 905 Iowa communities (45th out of 138 small communities).

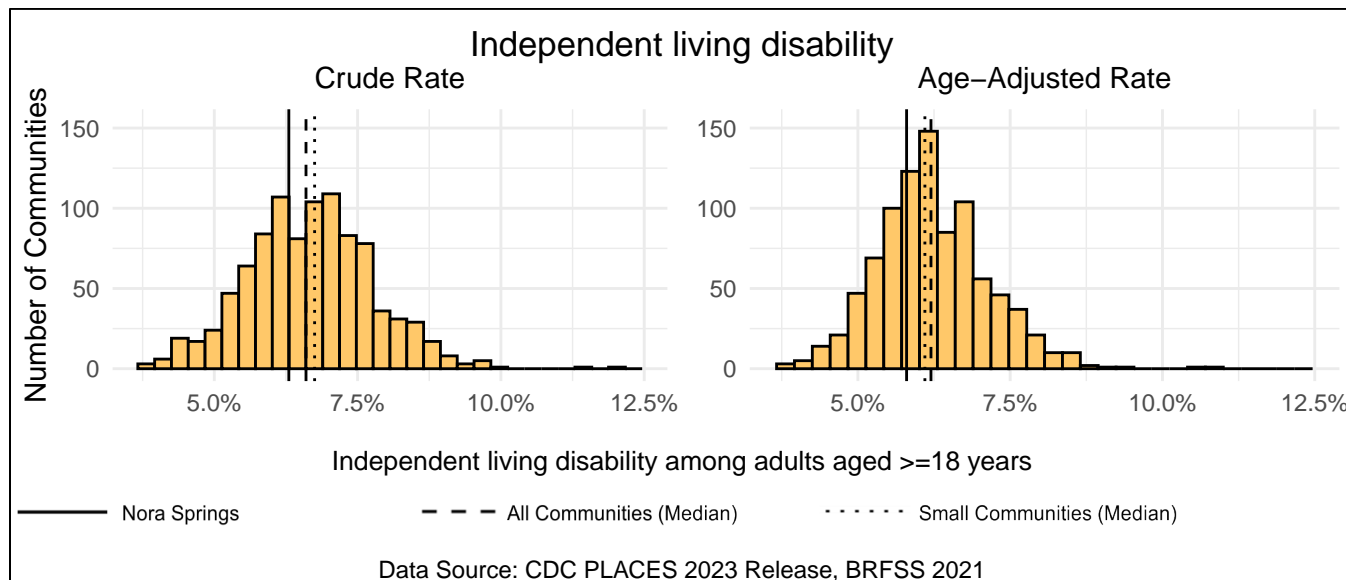
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	3.2%	3.4%	3.3%
Age-Adjusted	2.7%	2.9%	2.8%



Independent living disability

Nora Springs has a crude rate of 6.3% for independent living disability among adults aged ≥ 18 years, which ranks 346th out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Nora Springs is 5.8%, which ranks 260th out of 905 Iowa communities (48th out of 138 small communities).

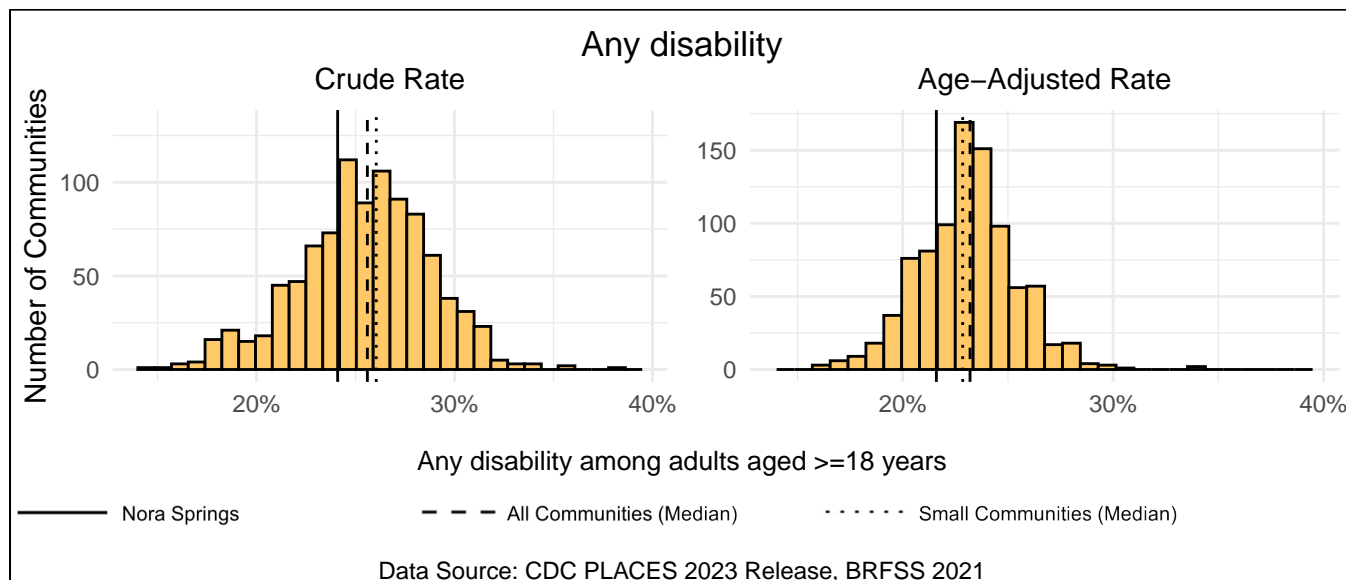
Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	6.3%	6.6%	6.8%
Age-Adjusted	5.8%	6.2%	6.1%



Any disability

Nora Springs has a crude rate of 24.1% for any disability among adults aged ≥ 18 years, which ranks 304th out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Nora Springs is 21.6%, which ranks 220th out of 905 Iowa communities (41st out of 138 small communities).

Measure Type	Nora Springs	All Comm.	Small Comm.
Crude	24.1%	25.6%	26.0%
Age-Adjusted	21.6%	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: Nora Springs 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	291	13.8% (12.1% - 15.8%)	270	15.1% (13.0% - 17.2%)
Health Status	General Health	272	13.1% (11.0% - 15.7%)	238	11.8% (9.9% - 13.9%)
Health Status	Physical Health	323	10.3% (8.9% - 11.9%)	265	9.3% (8.0% - 10.9%)
Health Risk Behaviors	Physical Inactivity	245	24.0% (19.8% - 28.6%)	203	22.3% (18.0% - 26.8%)
Health Risk Behaviors	Current Smoking	316	16.1% (12.7% - 19.8%)	296	16.8% (13.3% - 20.4%)
Health Risk Behaviors	Binge Drinking	511	19.7% (16.4% - 23.2%)	554	22.3% (18.7% - 26.0%)
Health Risk Behaviors	Sleep <7 hours	374	29.9% (28.3% - 31.5%)	354	30.7% (29.1% - 32.3%)
Health Outcomes	Obesity	379	37.1% (30.6% - 44.2%)	380	37.1% (30.3% - 44.2%)
Health Outcomes	Coronary Heart Disease	378	6.2% (5.3% - 7.1%)	187	4.7% (4.1% - 5.4%)
Health Outcomes	High Blood Pressure	400	31.5% (27.7% - 35.6%)	286	26.6% (23.1% - 30.2%)
Health Outcomes	Stroke	397	3.2% (2.8% - 3.7%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	Depression	326	17.6% (14.6% - 21.0%)	330	18.8% (15.5% - 22.4%)
Health Outcomes	Cancer (except skin)	544	8.3% (7.4% - 9.1%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	COPD	306	6.9% (5.8% - 8.3%)	260	5.9% (4.9% - 6.9%)
Health Outcomes	Arthritis	341	26.5% (22.7% - 30.5%)	135	21.9% (18.8% - 25.5%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.8% - 3.5%)	142	2.5% (2.3% - 2.8%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.4%)	415	9.5% (8.3% - 10.7%)
Health Outcomes	Diabetes	327	9.5% (8.0% - 11.2%)	234	7.7% (6.6% - 9.0%)
Health Outcomes	High Cholesterol	147	33.5% (29.3% - 37.8%)	8	27.3% (23.3% - 31.4%)
Health Outcomes	All Teeth Lost	373	12.3% (8.3% - 17.4%)	280	11.9% (8.2% - 16.2%)
Prevention	Core preventive services for older men	744	40.8% (32.1% - 49.6%)	687	41.0% (32.5% - 49.6%)
Prevention	Health Insurance	255	6.8% (5.1% - 8.8%)	266	7.2% (5.4% - 9.3%)
Prevention	Cholesterol Screening	407	82.9% (80.1% - 85.5%)	364	79.4% (76.1% - 82.6%)
Prevention	Colorectal Cancer Screening	193	73.7% (70.2% - 76.9%)	165	73.1% (69.6% - 76.3%)
Prevention	Taking BP Medication	402	80.2% (76.9% - 83.0%)	378	59.1% (54.3% - 63.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	343	40.7% (33.1% - 47.9%)	194	43.1% (35.5% - 50.1%)
Prevention	Mammography	248	77.6% (73.2% - 81.5%)	161	75.9% (71.5% - 79.9%)
Prevention	Dental Visit	241	69.7% (66.3% - 72.8%)	234	69.2% (65.6% - 72.5%)
Prevention	Annual Checkup	408	75.5% (70.9% - 79.7%)	396	72.7% (67.9% - 77.2%)
Prevention	Cervical Cancer Screening	231	84.4% (82.1% - 86.8%)	195	84.2% (81.9% - 86.5%)
Disability	Vision Disability	271	3.7% (3.2% - 4.3%)	245	3.3% (2.8% - 3.8%)
Disability	Independent Living Disability	346	6.3% (5.3% - 7.4%)	260	5.8% (4.9% - 6.8%)
Disability	Self-care Disability	320	3.2% (2.7% - 3.7%)	248	2.7% (2.3% - 3.1%)
Disability	Any Disability	304	24.1% (20.5% - 28.2%)	220	21.6% (18.2% - 25.1%)
Disability	Mobility Disability	328	11.0% (9.1% - 13.0%)	198	8.7% (7.3% - 10.2%)
Disability	Cognitive Disability	302	10.7% (9.0% - 12.6%)	296	11.2% (9.4% - 13.0%)
Disability	Hearing Disability	432	7.3% (6.4% - 8.2%)	219	5.7% (5.0% - 6.4%)

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)

Nora Springs 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		