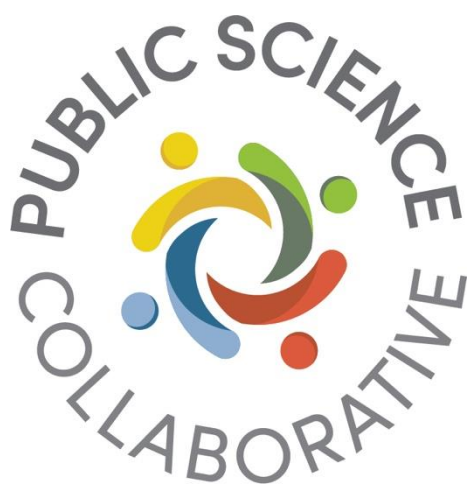




## Iowa Community Health Snapshot Series

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



*May 2024*

*By Matthew Voss & Shawn Dorius*

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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 Norwalk: Overview

Dear Community Members & Stakeholders of Norwalk,

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 Norwalk ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Norwalk'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 Norwalk. 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
Coronary Heart Disease	19th	5th	Chronic Kidney Disease	12th	3rd
Stroke	21st	5th	Cholesterol Screening	16th	4th
Chronic Kidney Disease	21st	5th	Coronary Heart Disease	20th	5th
Hearing Disability	24th	6th	Stroke	23rd	6th
Self-care Disability	24th	5th	Diabetes	25th	5th

## 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
Taking BP Medication	907th	21st	Cancer (except skin)	831st	28th
Binge Drinking	902nd	27th	Taking BP Medication	685th	21st
Annual Checkup	812th	25th	Binge Drinking	609th	27th
Cholesterol Screening	501st	9th	Obesity	302nd	17th
Obesity	430th	22nd	High Cholesterol	276th	9th

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 Norwalk.

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

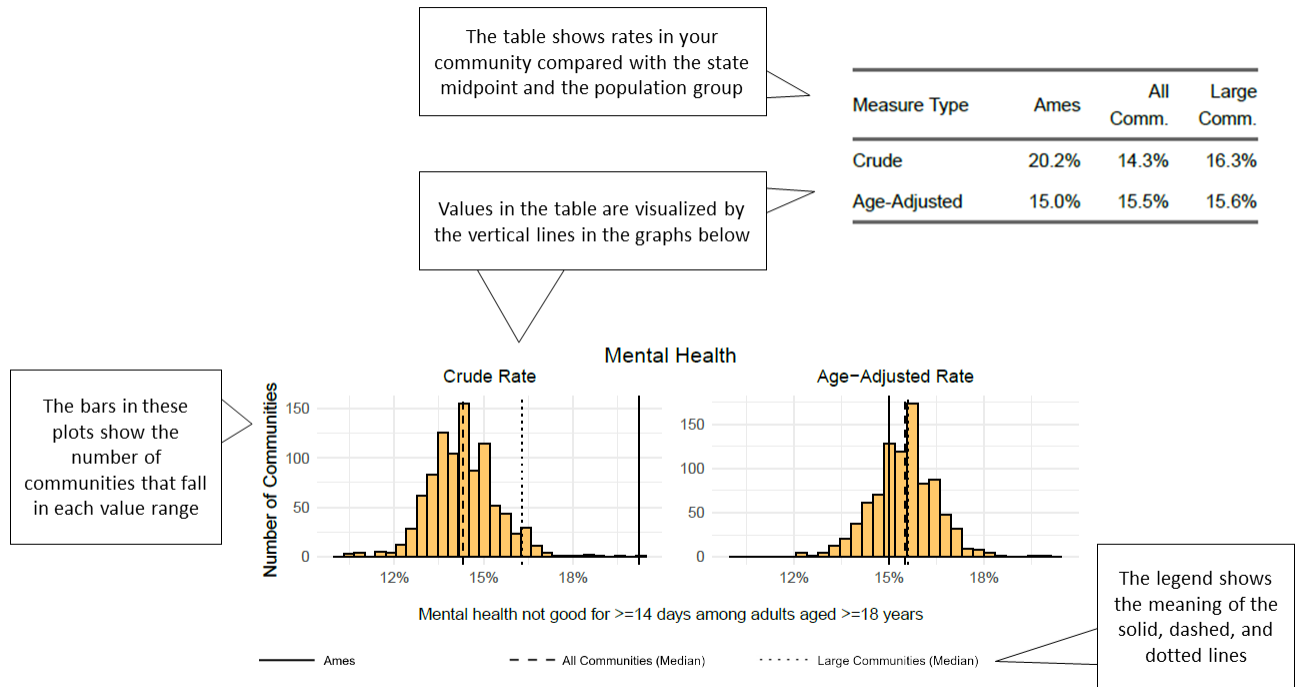
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Norwalk that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Norwalk, a review of risky behaviors in the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

With a population of 13,057, Norwalk’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.



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

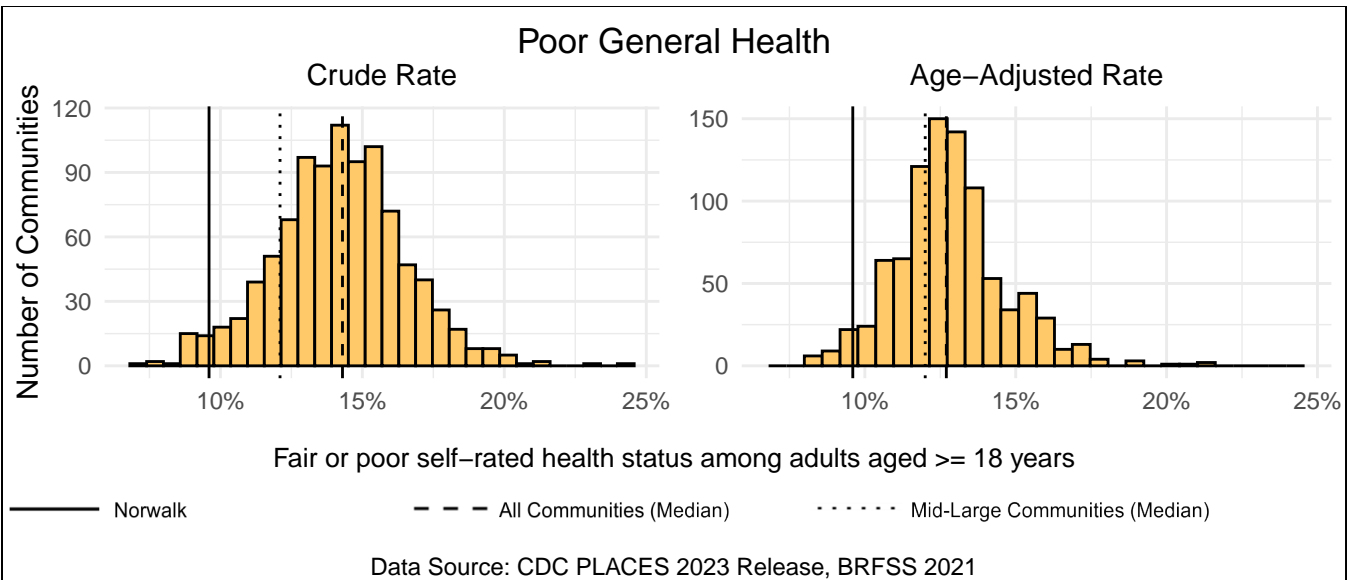
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Norwalk has a crude rate of 9.6% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 28th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 9.6%, which ranks 31st out of 905 Iowa communities (6th out of 31 mid-large communities).

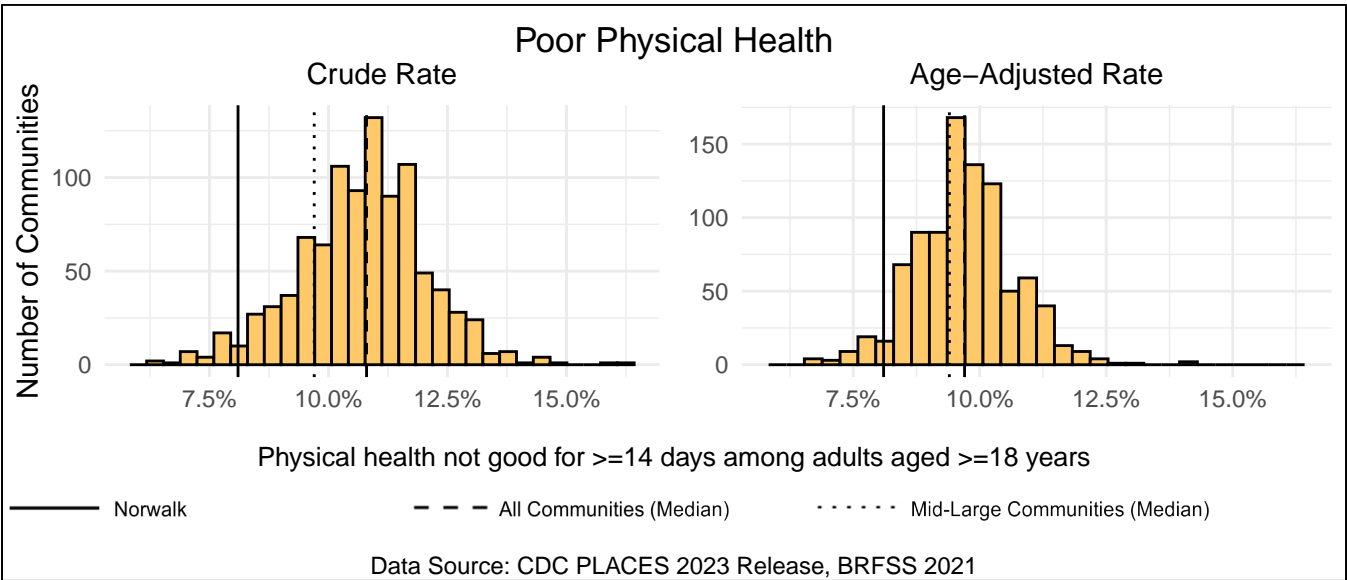
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	9.6%	14.3%	12.1%
Age-Adjusted	9.6%	12.7%	12.0%



# Poor Physical Health

Norwalk has a crude rate of 8.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 36th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 8.1%, which ranks 41st out of 905 Iowa communities (8th out of 31 mid-large communities).

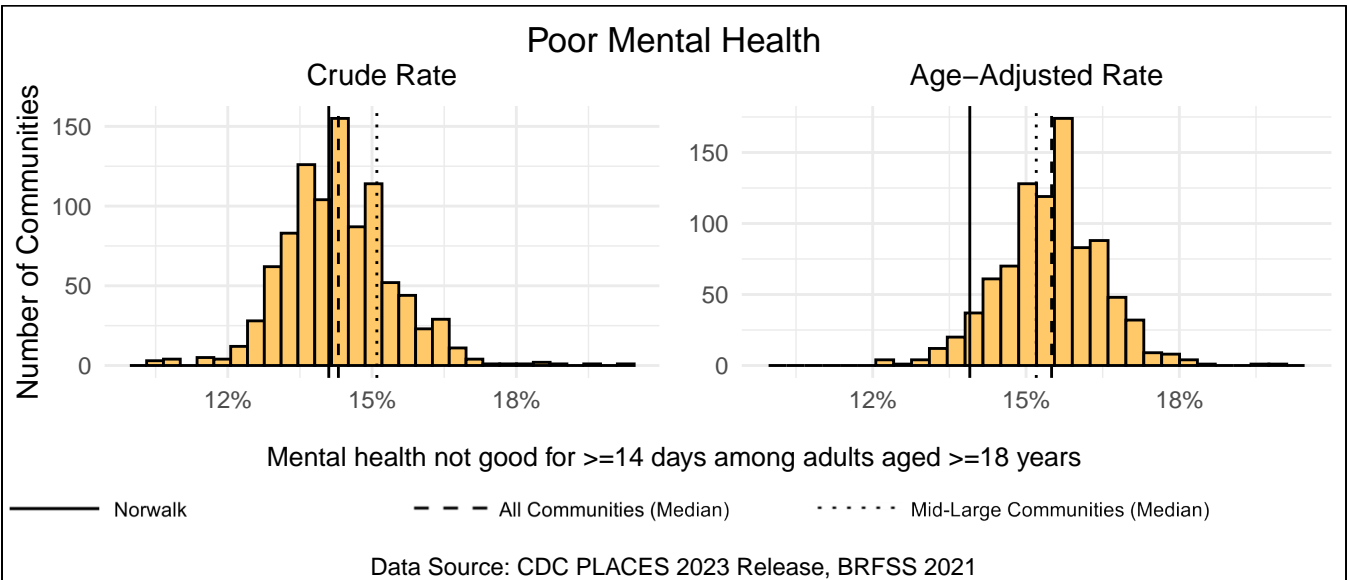
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	8.1%	10.8%	9.7%
Age-Adjusted	8.1%	9.7%	9.4%



# Poor Mental Health

Norwalk has a crude rate of 14.1% for mental health not good for >=14 days among adults aged >=18 years, which ranks 390th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 13.9%, which ranks 42nd out of 905 Iowa communities (7th out of 31 mid-large communities).

Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	14.1%	14.3%	15.1%
Age-Adjusted	13.9%	15.5%	15.2%



# Health Risk Behaviors

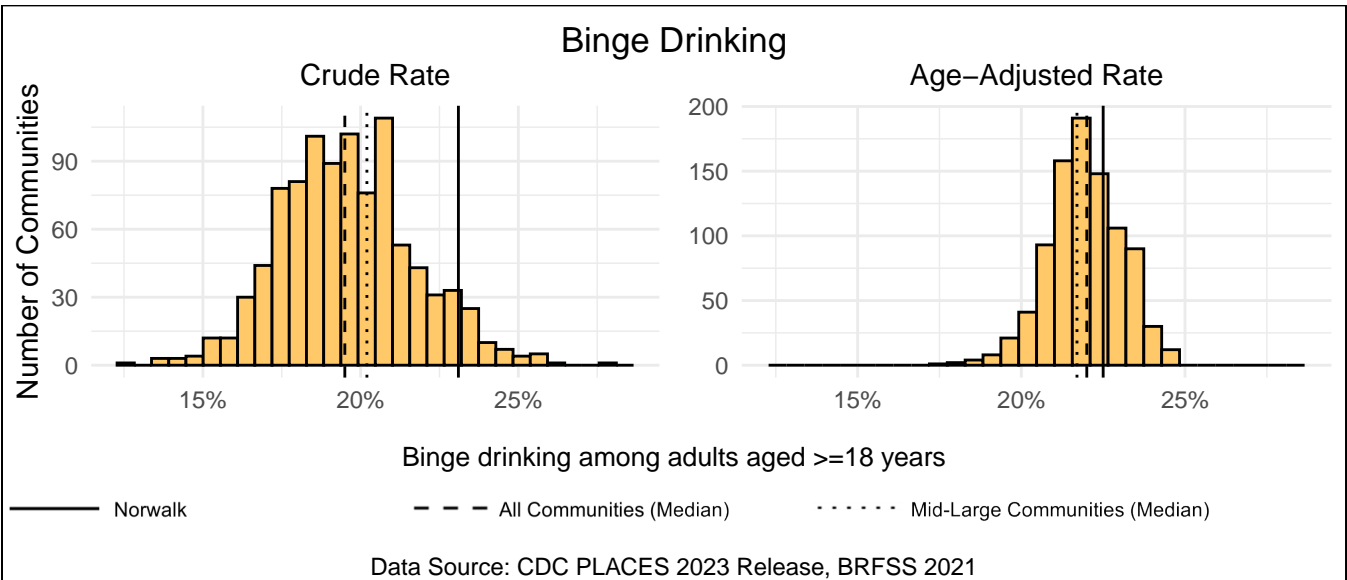
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Norwalk has a crude rate of 23.1% for binge drinking among adults aged  $\geq 18$  years, which ranks 902nd out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 22.5%, which ranks 609th out of 905 Iowa communities (27th out of 31 mid-large communities).

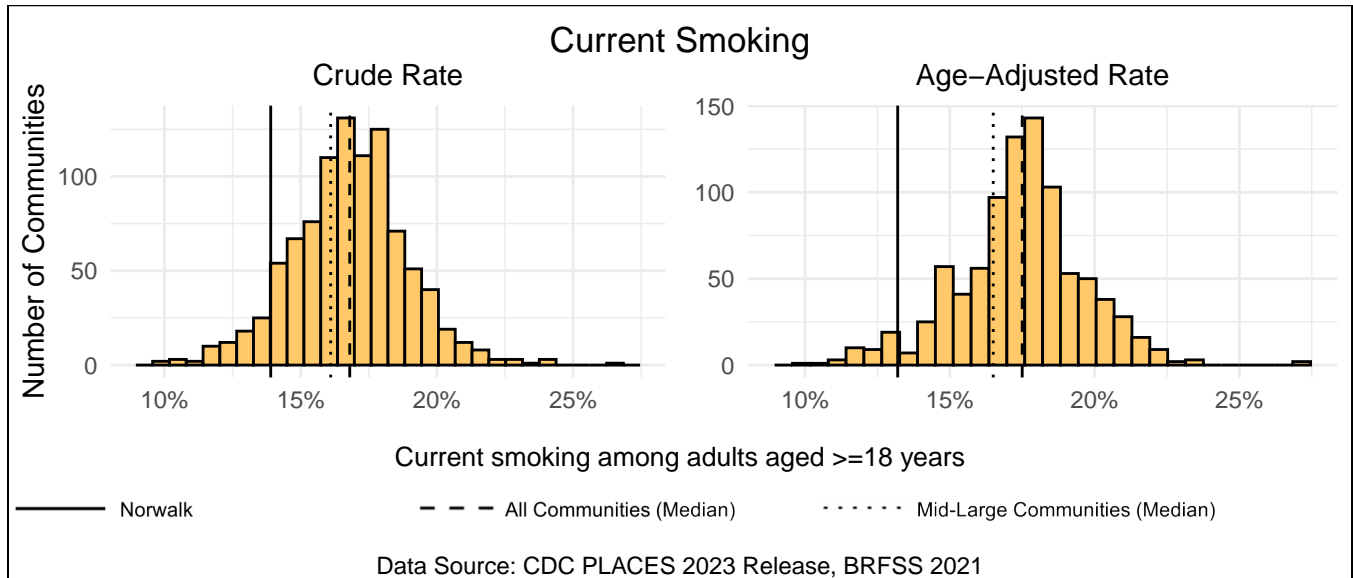
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	23.1%	19.5%	20.2%
Age-Adjusted	22.5%	22.0%	21.7%



## Current Smoking

Norwalk has a crude rate of 13.9% for current smoking among adults aged  $\geq 18$  years, which ranks 73rd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 13.2%, which ranks 41st out of 905 Iowa communities (7th out of 31 mid-large communities).

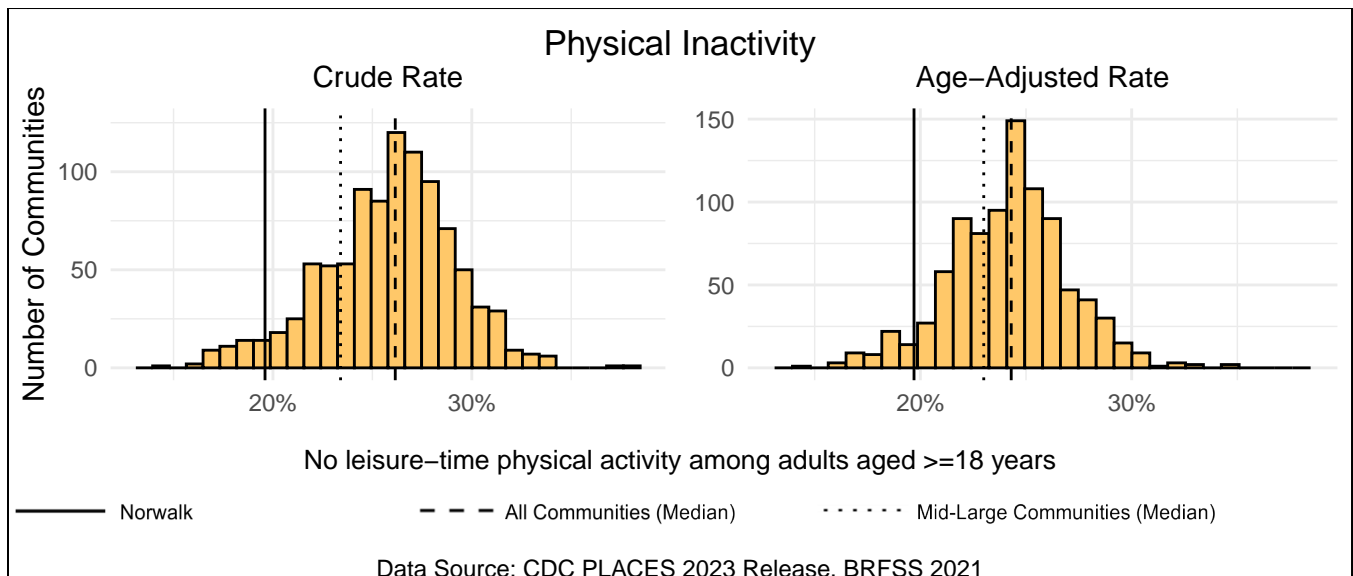
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	13.9%	16.8%	16.1%
Age-Adjusted	13.2%	17.5%	16.5%



## Physical Inactivity

Norwalk has a crude rate of 19.6% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 48th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 19.7%, which ranks 53rd out of 905 Iowa communities (8th out of 31 mid-large communities).

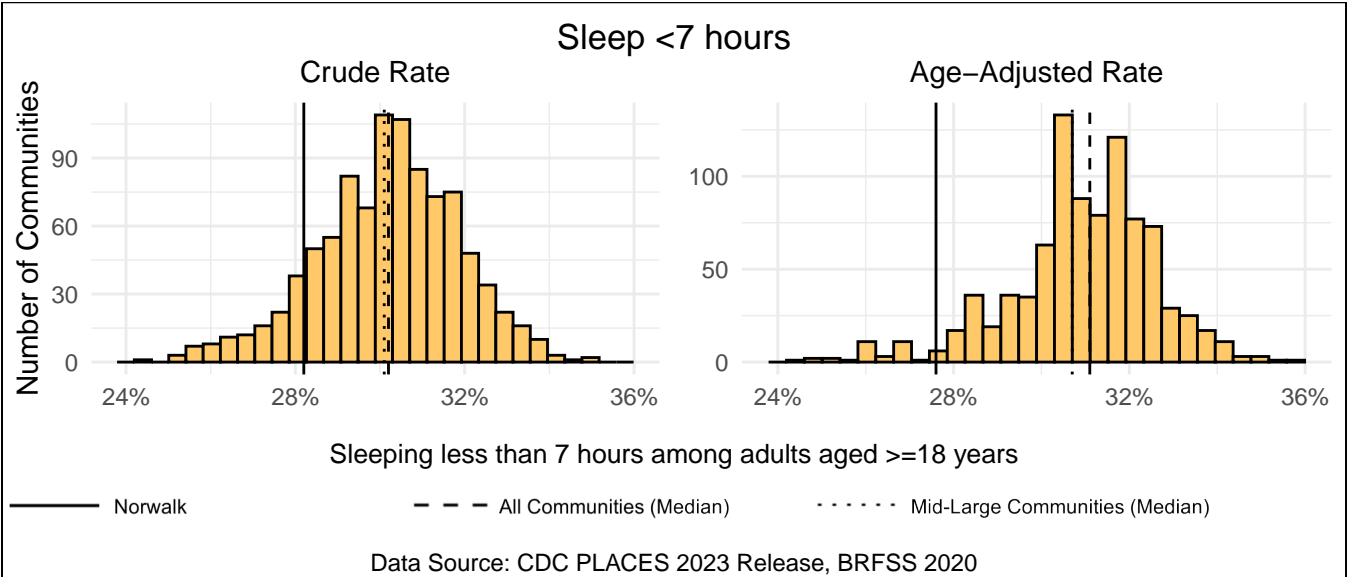
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	19.6%	26.1%	23.4%
Age-Adjusted	19.7%	24.3%	23.0%



# Sleep <7 hours

Norwalk has a crude rate of 28.2% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 109th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 27.6%, which ranks 35th out of 905 Iowa communities (6th out of 31 mid-large communities).

Measure Type	Norwalk	All	Mid-Large
		Comm.	Comm.
Crude	28.2%	30.2%	30.1%
Age-Adjusted	27.6%	31.1%	30.7%



# Health Outcomes

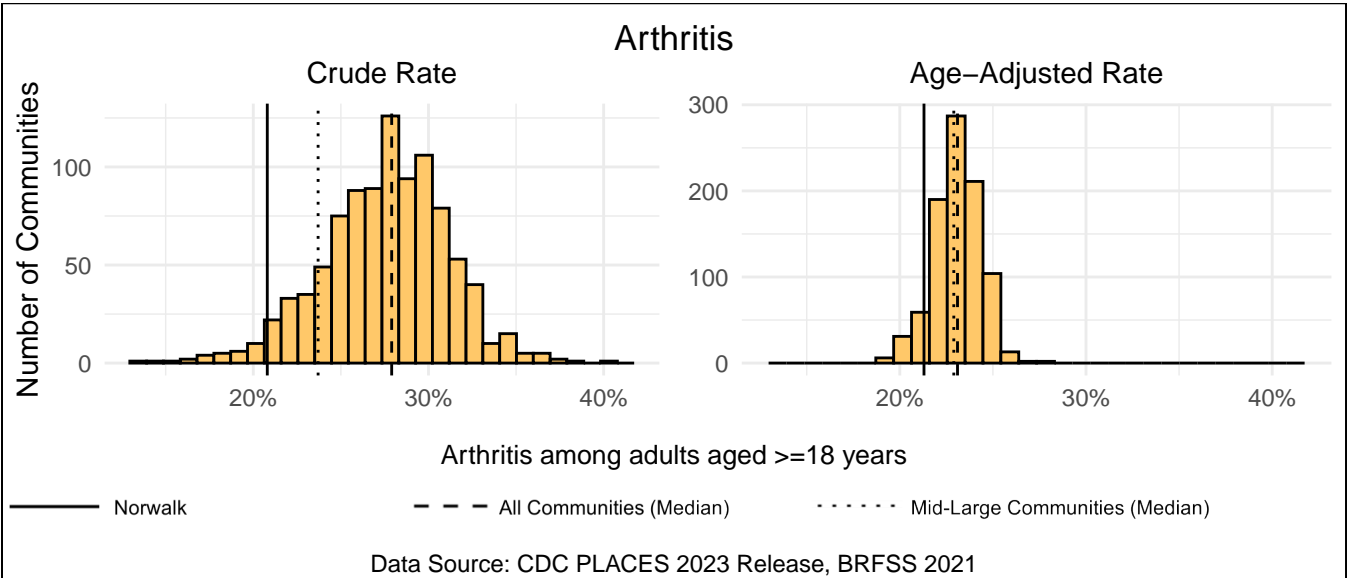
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

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

## Arthritis

Norwalk has a crude rate of 20.8% for arthritis among adults aged  $\geq 18$  years, which ranks 34th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 21.3%, which ranks 71st out of 905 Iowa communities (7th out of 31 mid-large communities).

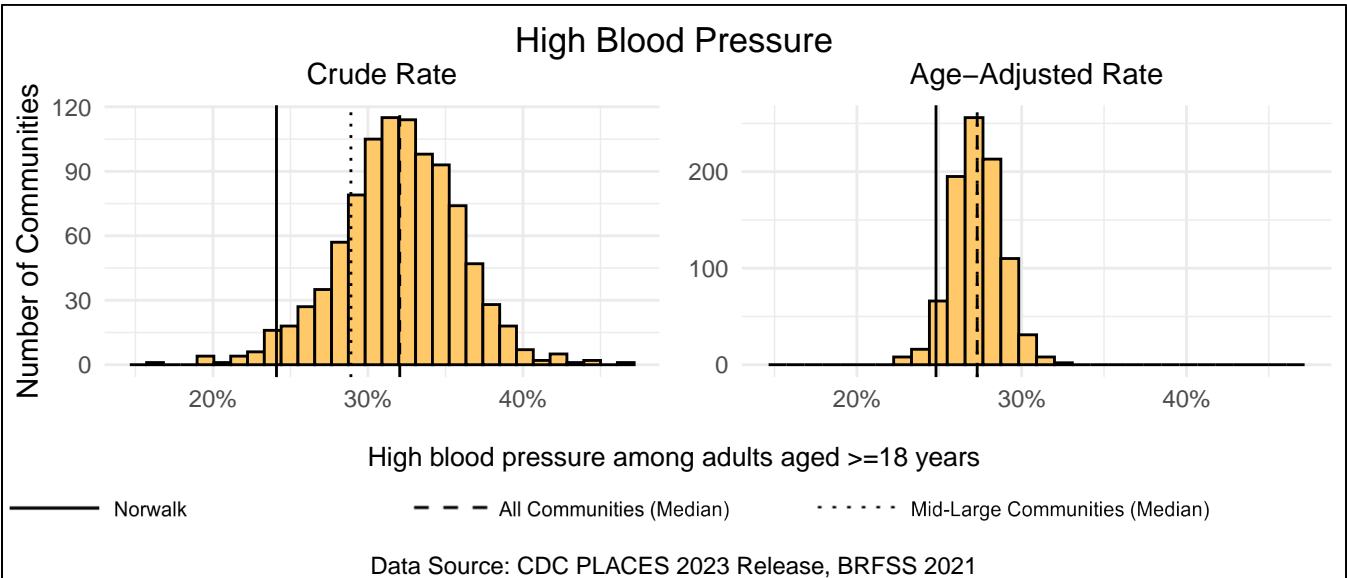
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	20.8%	27.9%	23.7%
Age-Adjusted	21.3%	23.1%	22.9%



## High Blood Pressure

Norwalk has a crude rate of 24.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 27th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 24.8%, which ranks 31st out of 905 Iowa communities (3rd out of 31 mid-large communities).

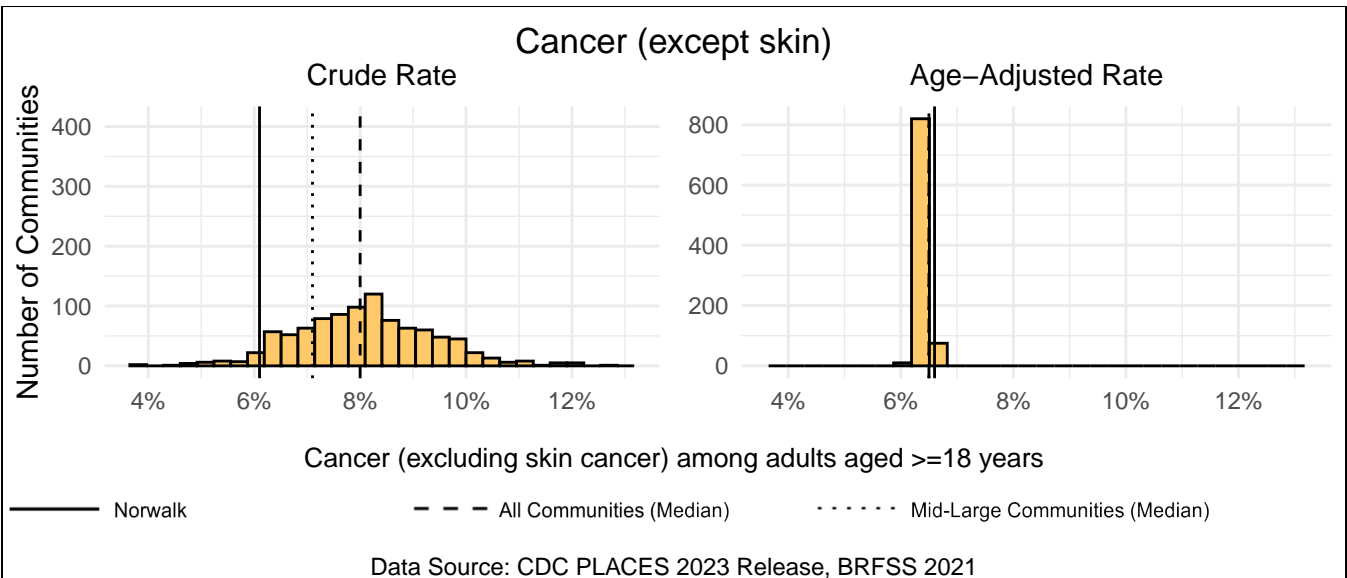
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	24.1%	32.0%	28.9%
Age-Adjusted	24.8%	27.3%	27.3%



## Cancer (except skin)

Norwalk has a crude rate of 6.1% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 45th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 6.6%, which ranks 831st out of 905 Iowa communities (28th out of 31 mid-large communities).

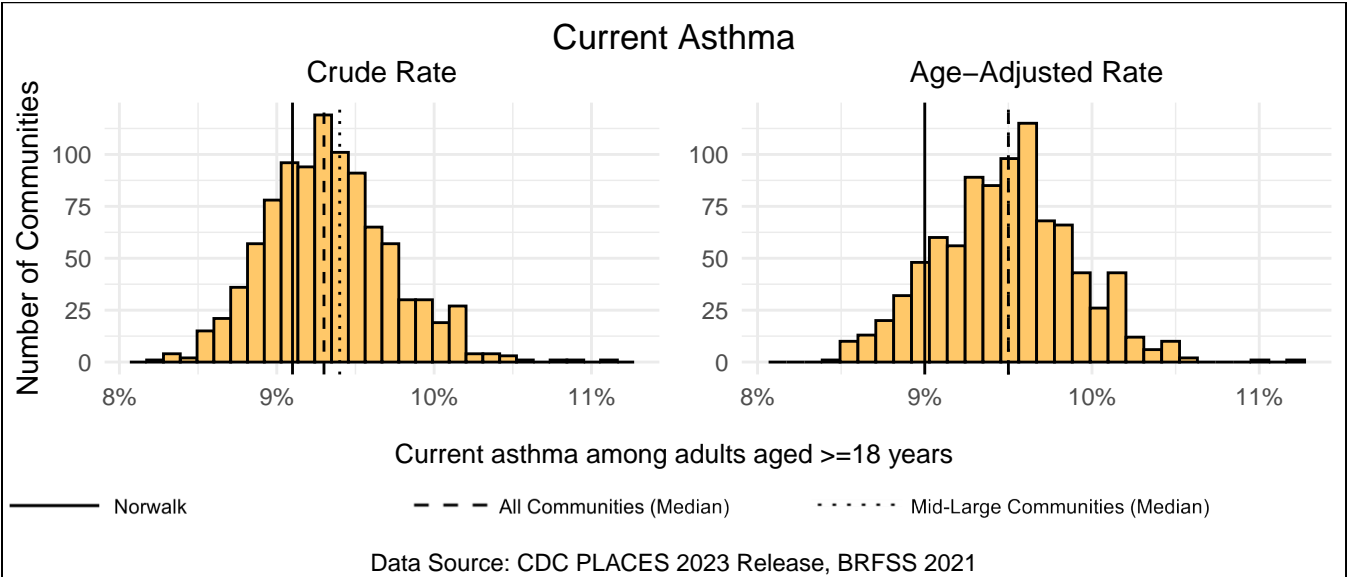
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	6.1%	8.0%	7.1%
Age-Adjusted	6.6%	6.5%	6.5%



## Current Asthma

Norwalk has a crude rate of 9.1% for current asthma among adults aged  $\geq 18$  years, which ranks 215th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 9.0%, which ranks 77th out of 905 Iowa communities (6th out of 31 mid-large communities).

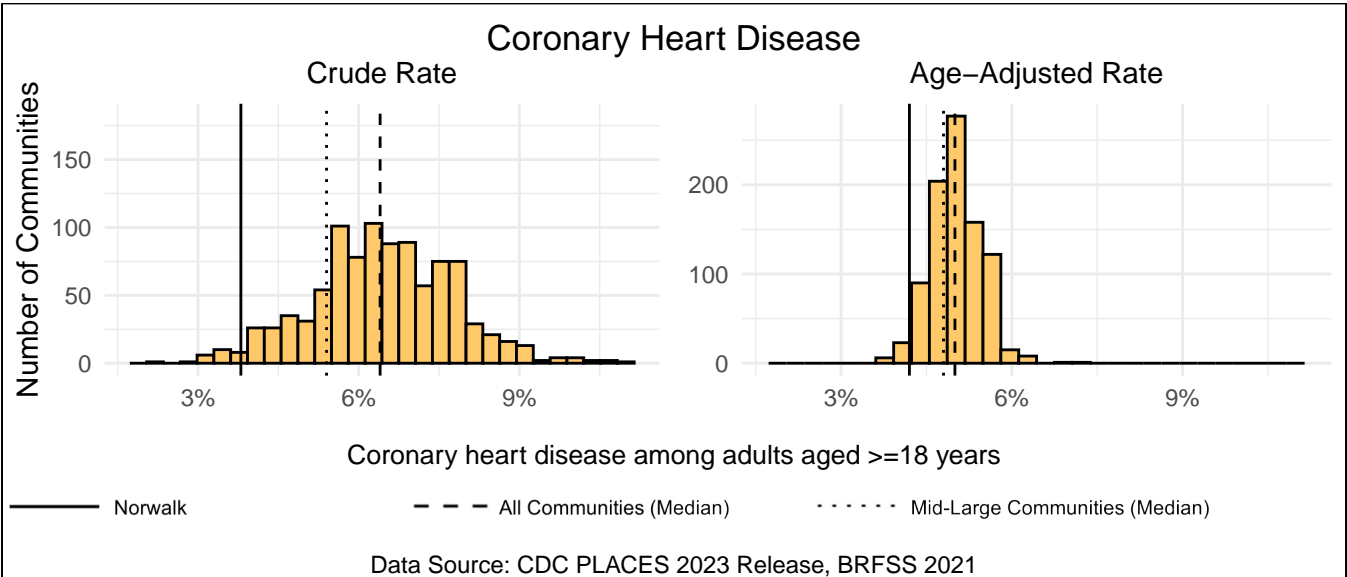
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	9.1%	9.3%	9.4%
Age-Adjusted	9.0%	9.5%	9.5%



## Coronary Heart Disease

Norwalk has a crude rate of 3.8% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 19th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 4.2%, which ranks 20th out of 905 Iowa communities (5th out of 31 mid-large communities).

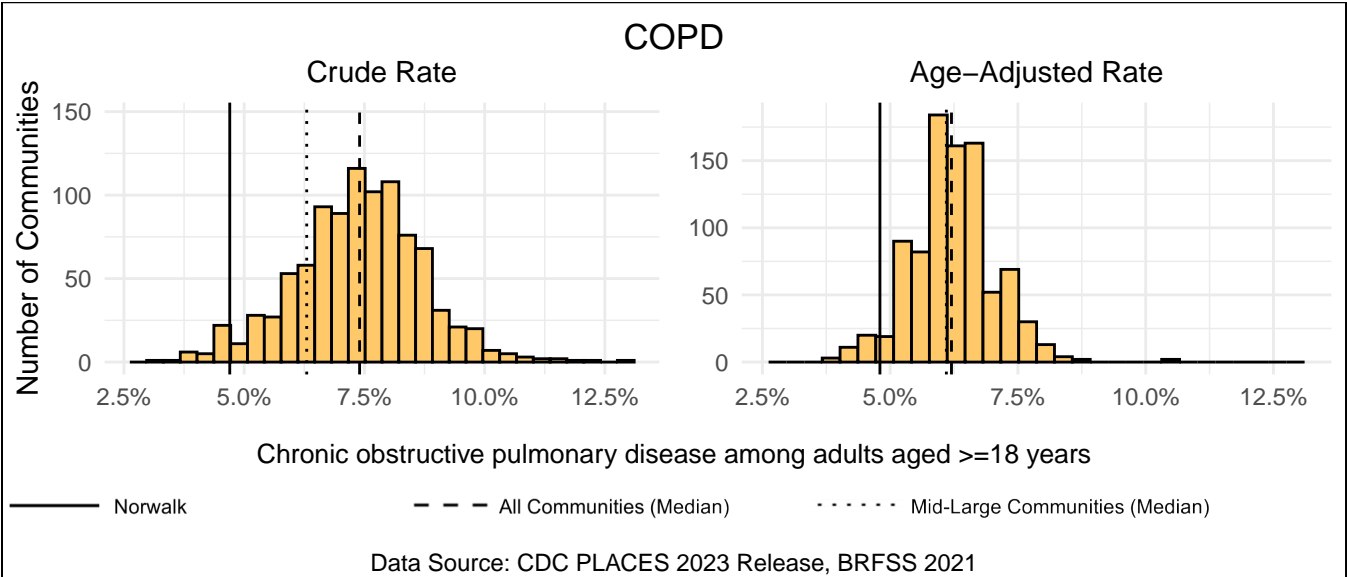
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	3.8%	6.4%	5.4%
Age-Adjusted	4.2%	5.0%	4.8%



# COPD

Norwalk has a crude rate of 4.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 29th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 4.8%, which ranks 35th out of 905 Iowa communities (7th out of 31 mid-large communities).

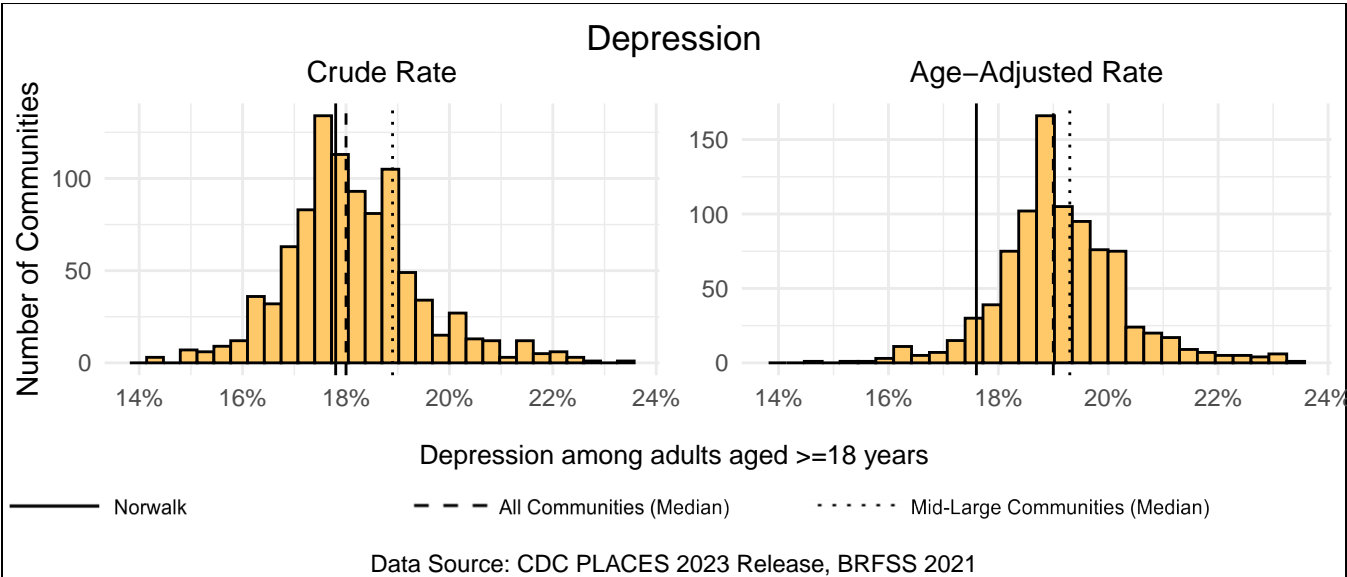
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	4.7%	7.4%	6.3%
Age-Adjusted	4.8%	6.2%	6.1%



# Depression

Norwalk has a crude rate of 17.8% for depression among adults aged  $\geq 18$  years, which ranks 386th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 17.6%, which ranks 58th out of 905 Iowa communities (3rd out of 31 mid-large communities).

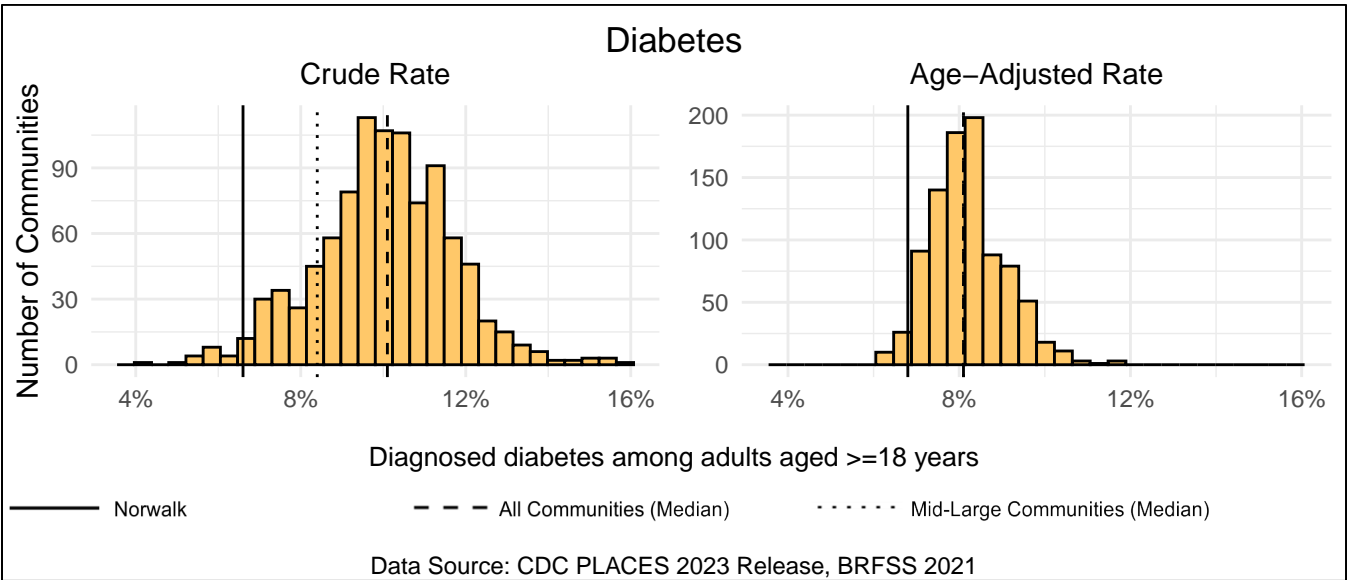
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	17.8%	18.0%	18.9%
Age-Adjusted	17.6%	19.0%	19.3%



# Diabetes

Norwalk has a crude rate of 6.6% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 24th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 6.8%, which ranks 25th out of 905 Iowa communities (5th out of 31 mid-large communities).

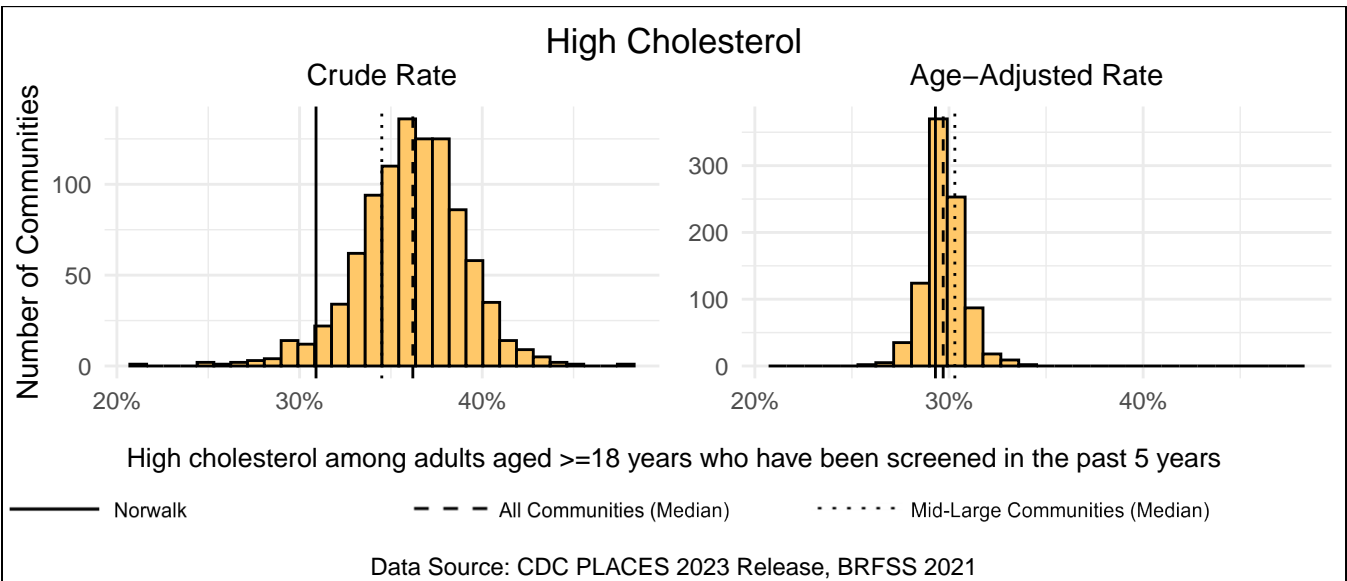
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	6.6%	10.1%	8.4%
Age-Adjusted	6.8%	8.1%	8.1%



# High Cholesterol

Norwalk has a crude rate of 30.9% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 40th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 29.3%, which ranks 276th out of 905 Iowa communities (9th out of 31 mid-large communities).

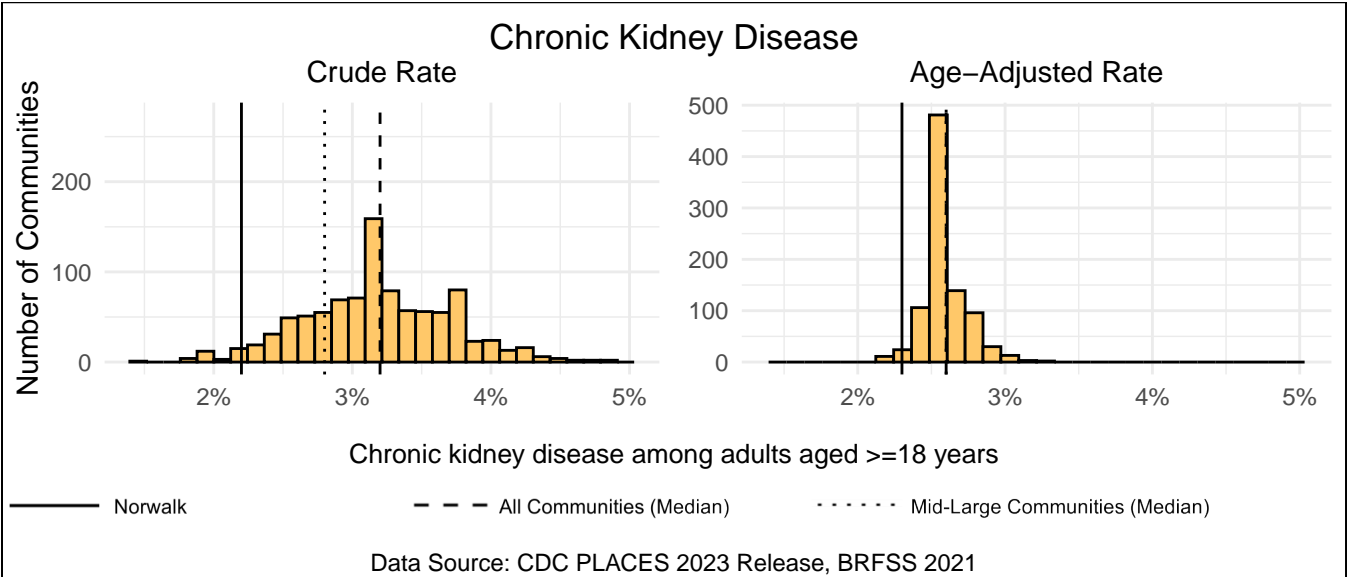
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	30.9%	36.2%	34.5%
Age-Adjusted	29.3%	29.7%	30.3%



# Chronic Kidney Disease

Norwalk has a crude rate of 2.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 21st out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 2.3%, which ranks 12th out of 905 Iowa communities (3rd out of 31 mid-large communities).

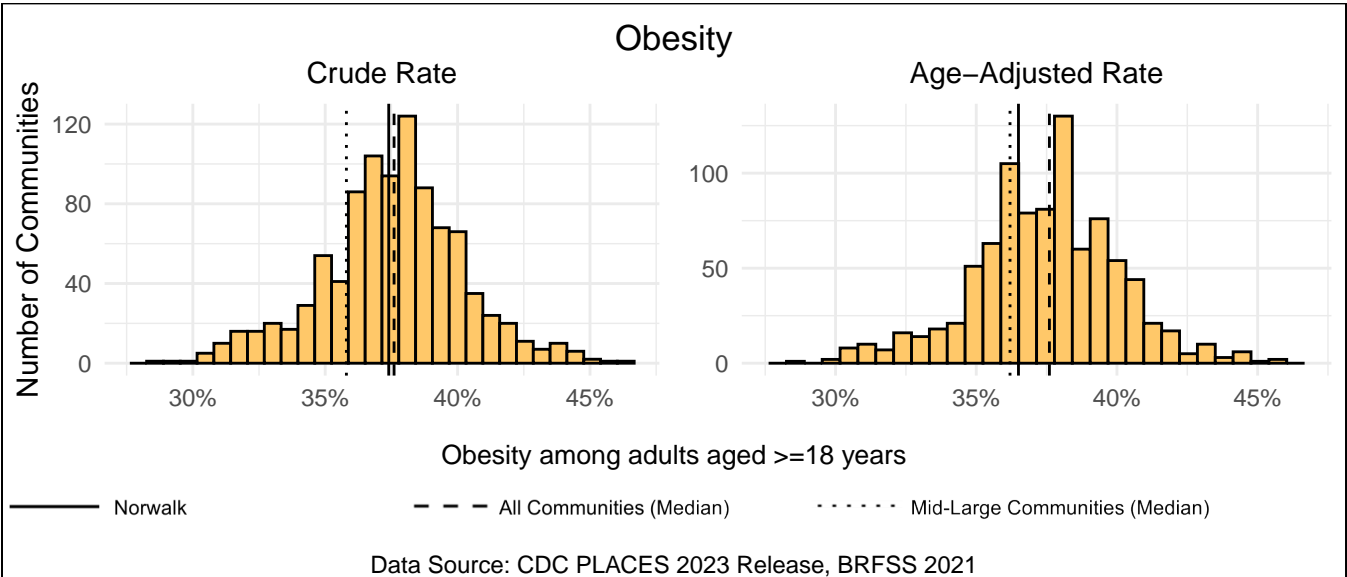
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	2.2%	3.2%	2.8%
Age-Adjusted	2.3%	2.6%	2.6%



# Obesity

Norwalk has a crude rate of 37.4% for obesity among adults aged  $\geq 18$  years, which ranks 430th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Norwalk is 36.5%, which ranks 302nd out of 905 Iowa communities (17th out of 31 mid-large communities).

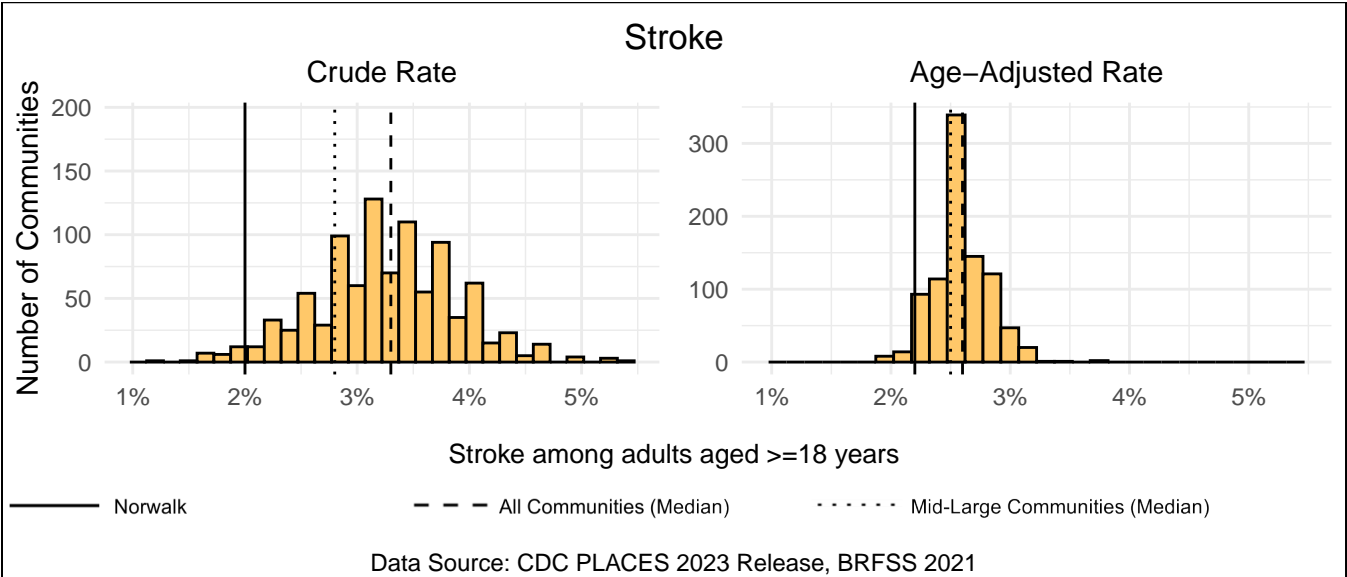
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	37.4%	37.6%	35.8%
Age-Adjusted	36.5%	37.6%	36.2%



# Stroke

Norwalk has a crude rate of 2.0% for stroke among adults aged  $\geq 18$  years, which ranks 21st out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 31 mid-large communities).

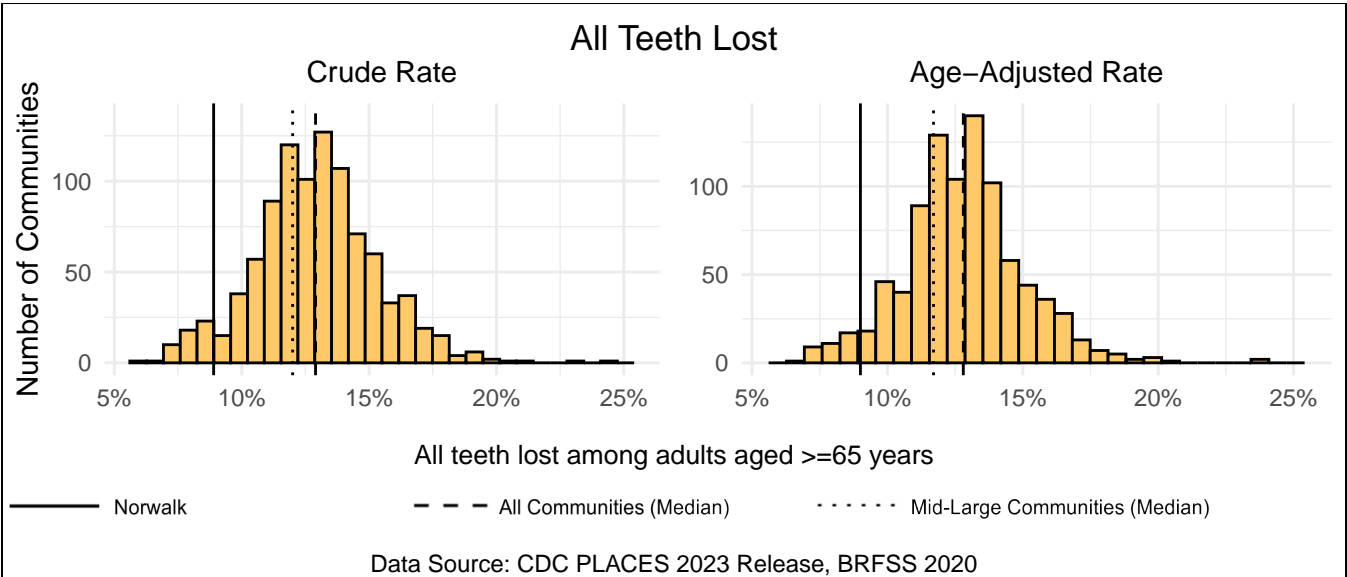
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	2.0%	3.3%	2.8%
Age-Adjusted	2.2%	2.6%	2.5%



# All Teeth Lost

Norwalk has a crude rate of 8.9% for all teeth lost among adults aged  $\geq 65$  years, which ranks 49th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 9.0%, which ranks 39th out of 905 Iowa communities (6th out of 31 mid-large communities).

Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	8.9%	12.9%	12.0%
Age-Adjusted	9.0%	12.8%	11.7%



# Prevention

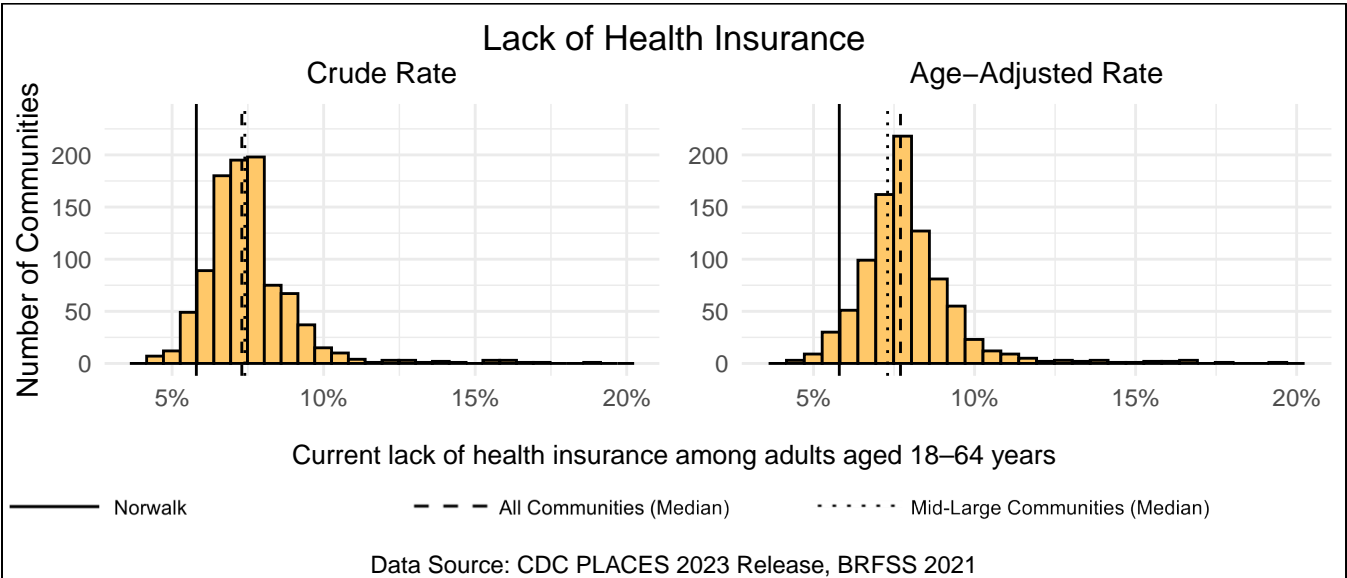
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Norwalk has a crude rate of 5.8% for current lack of health insurance among adults aged 18–64 years, which ranks 59th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 5.8%, which ranks 41st out of 905 Iowa communities (6th out of 31 mid-large communities).

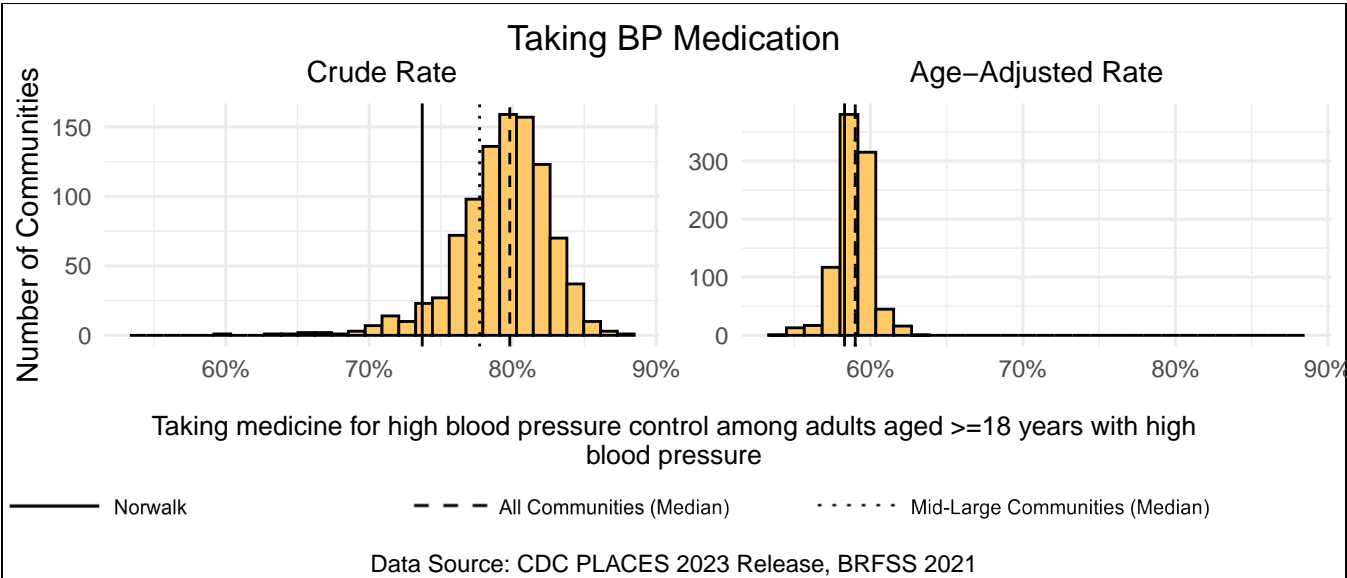
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	5.8%	7.3%	7.4%
Age-Adjusted	5.8%	7.7%	7.3%



# Taking BP Medication

Norwalk has a crude rate of 73.7% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 907th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Norwalk is 58.3%, which ranks 685th out of 905 Iowa communities (21st out of 31 mid-large communities).

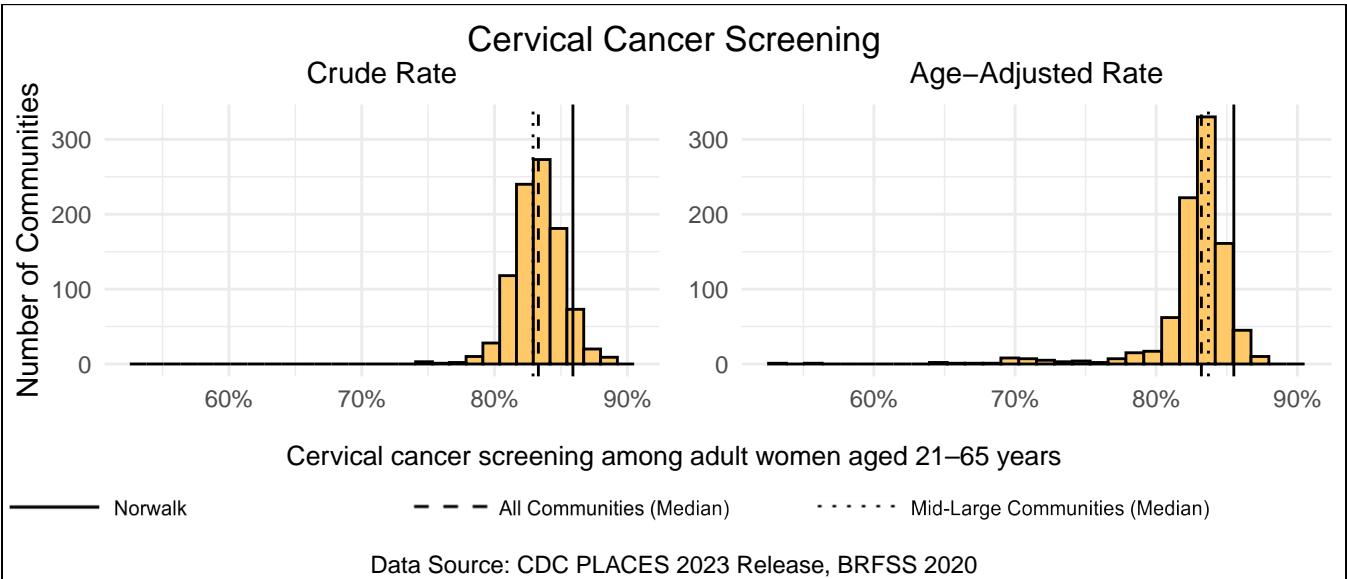
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	73.7%	79.8%	77.7%
Age-Adjusted	58.3%	59.0%	59.0%



# Cervical Cancer Screening

Norwalk has a crude rate of 85.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 70th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 85.5%, which ranks 46th out of 905 Iowa communities (6th out of 31 mid-large communities).

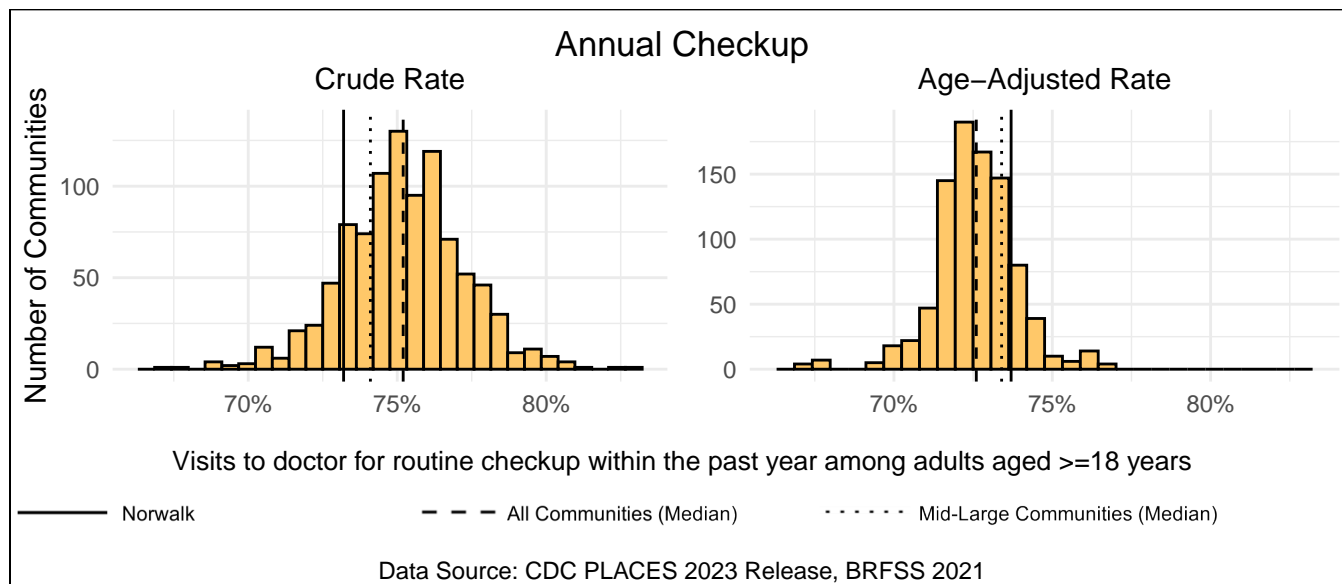
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	85.9%	83.3%	82.9%
Age-Adjusted	85.5%	83.2%	83.7%



## Annual Checkup

Norwalk has a crude rate of 73.2% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 812th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 73.7%, which ranks 127th out of 905 Iowa communities (8th out of 31 mid-large communities).

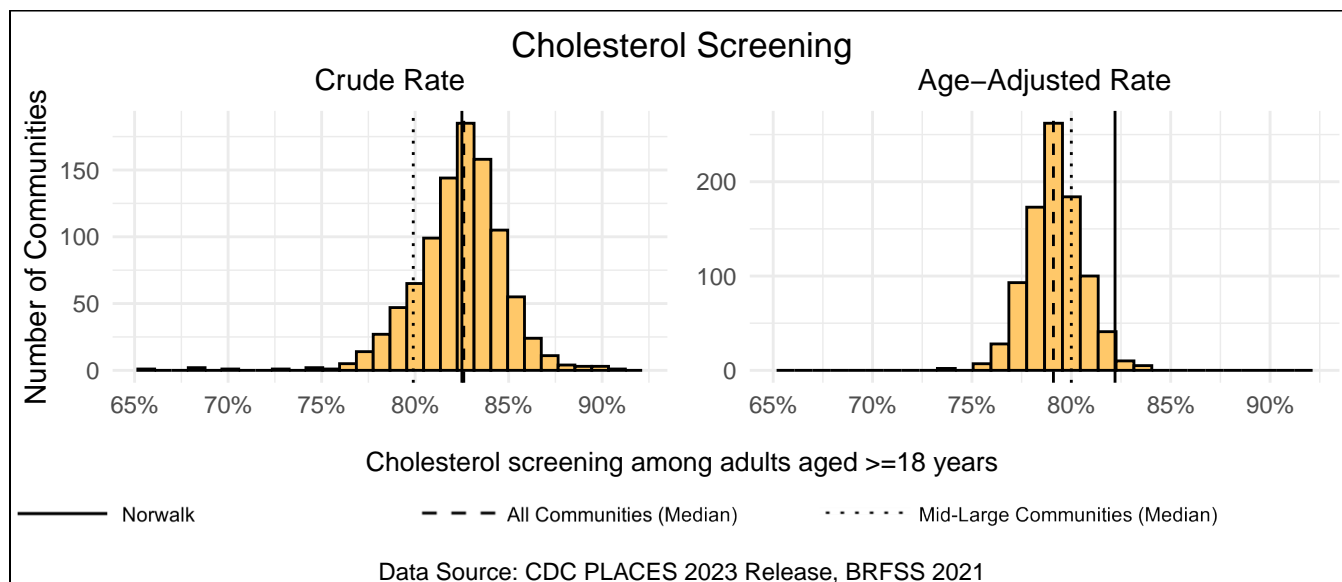
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	73.2%	75.2%	74.1%
Age-Adjusted	73.7%	72.6%	73.4%



## Cholesterol Screening

Norwalk has a crude rate of 82.5% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 501st out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 82.2%, which ranks 16th out of 905 Iowa communities (4th out of 31 mid-large communities).

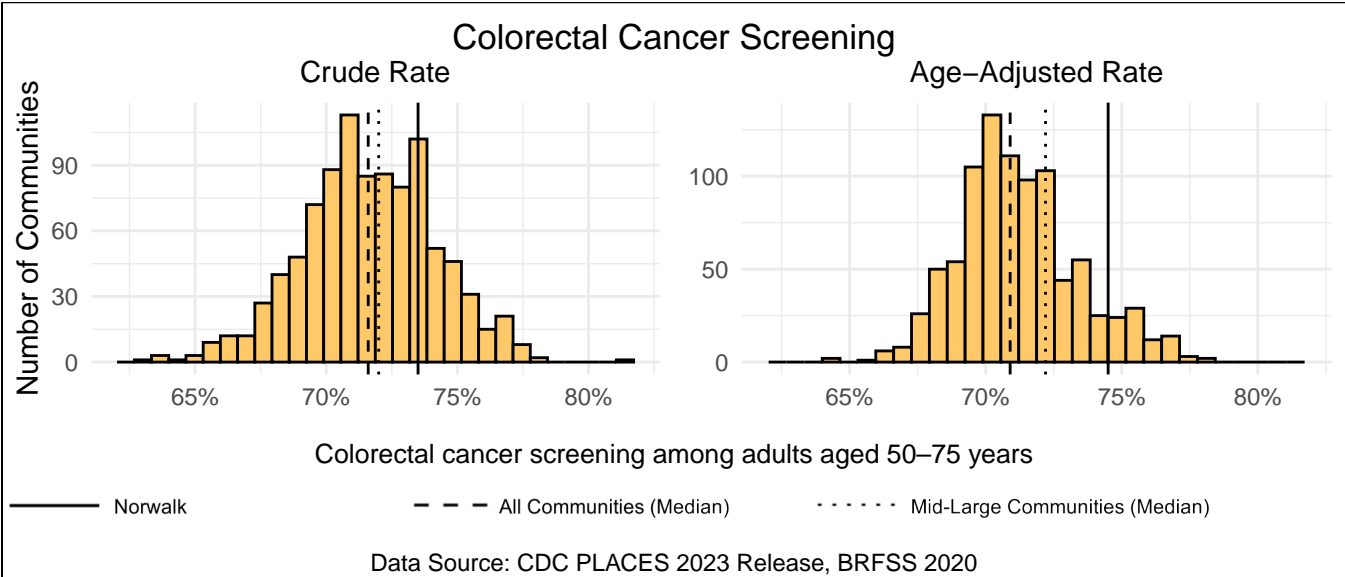
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	82.5%	82.6%	79.9%
Age-Adjusted	82.2%	79.1%	80.0%



# Colorectal Cancer Screening

Norwalk has a crude rate of 73.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 217th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 74.5%, which ranks 79th out of 905 Iowa communities (11th out of 31 mid-large communities).

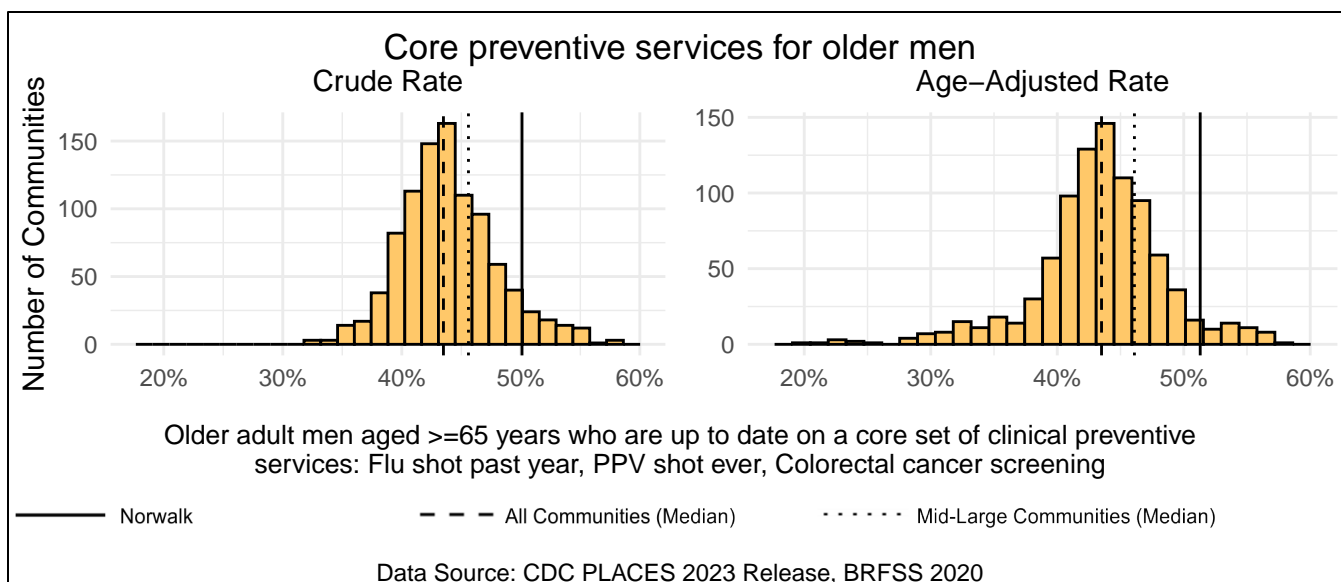
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	73.5%	71.6%	72.0%
Age-Adjusted	74.5%	70.9%	72.2%



# Core preventive services for older men

Norwalk has a crude rate of 50.1% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 73rd out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 51.3%, which ranks 46th out of 905 Iowa communities (7th out of 31 mid-large communities).

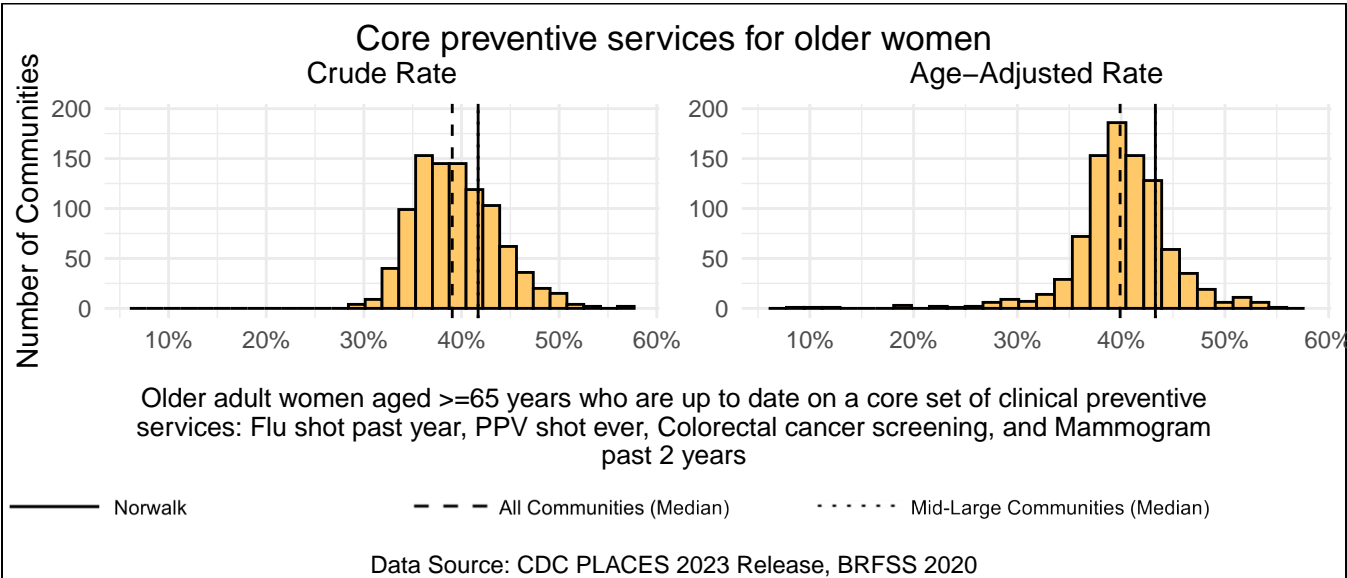
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	50.1%	43.5%	45.6%
Age-Adjusted	51.3%	43.5%	46.1%



## Core preventive services for older women

Norwalk has a crude rate of 41.7% 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 271st out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 43.3%, which ranks 185th out of 905 Iowa communities (16th out of 31 mid-large communities).

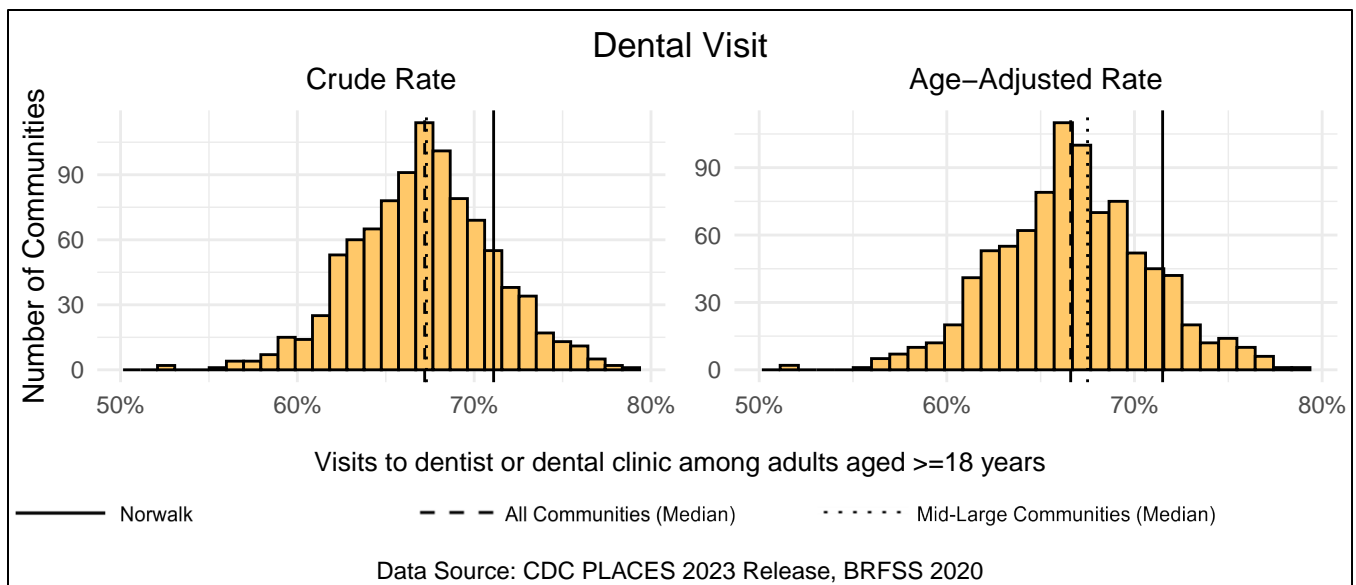
Measure Type	Norwalk	All	Mid-Large
		Comm.	Comm.
Crude	41.7%	39.0%	41.7%
Age-Adjusted	43.3%	39.9%	43.3%



## Dental Visit

Norwalk has a crude rate of 71.1% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 149th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 71.5%, which ranks 107th out of 905 Iowa communities (11th out of 31 mid-large communities).

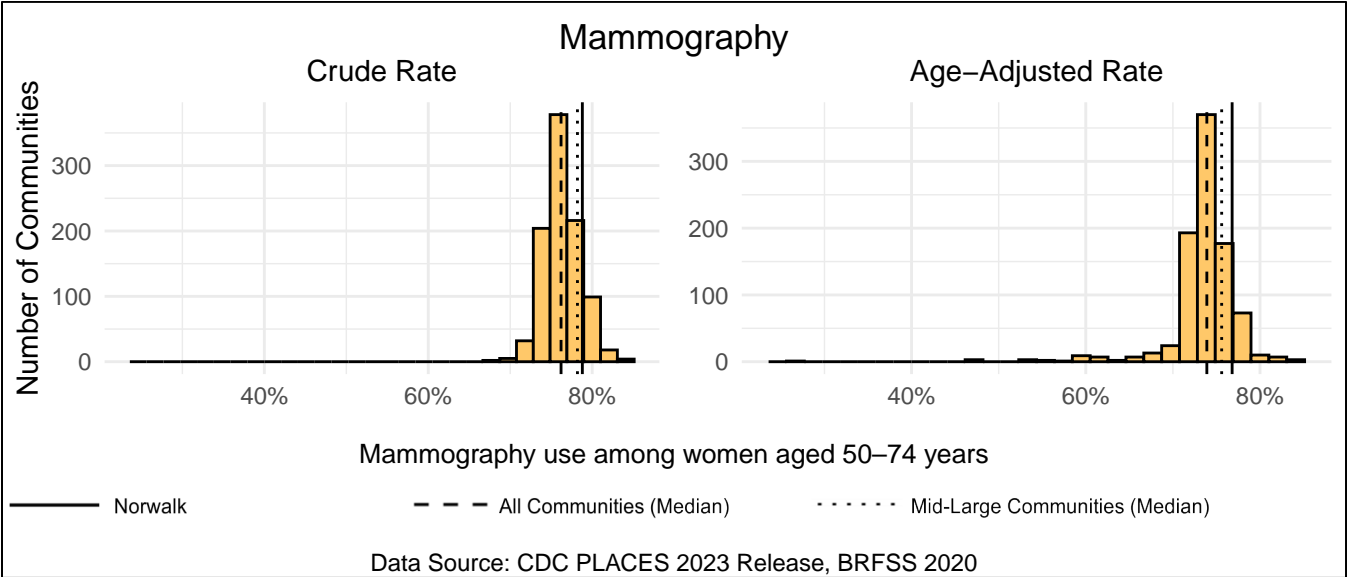
Measure Type	Norwalk	All	Mid-Large
		Comm.	Comm.
Crude	71.1%	67.2%	67.3%
Age-Adjusted	71.5%	66.6%	67.5%



# Mammography

Norwalk has a crude rate of 78.8% for mammography use among women aged 50–74 years, which ranks 128th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 76.8%, which ranks 103rd out of 905 Iowa communities (11th out of 31 mid-large communities).

Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	78.8%	76.2%	78.2%
Age-Adjusted	76.8%	73.9%	75.6%



# Disability

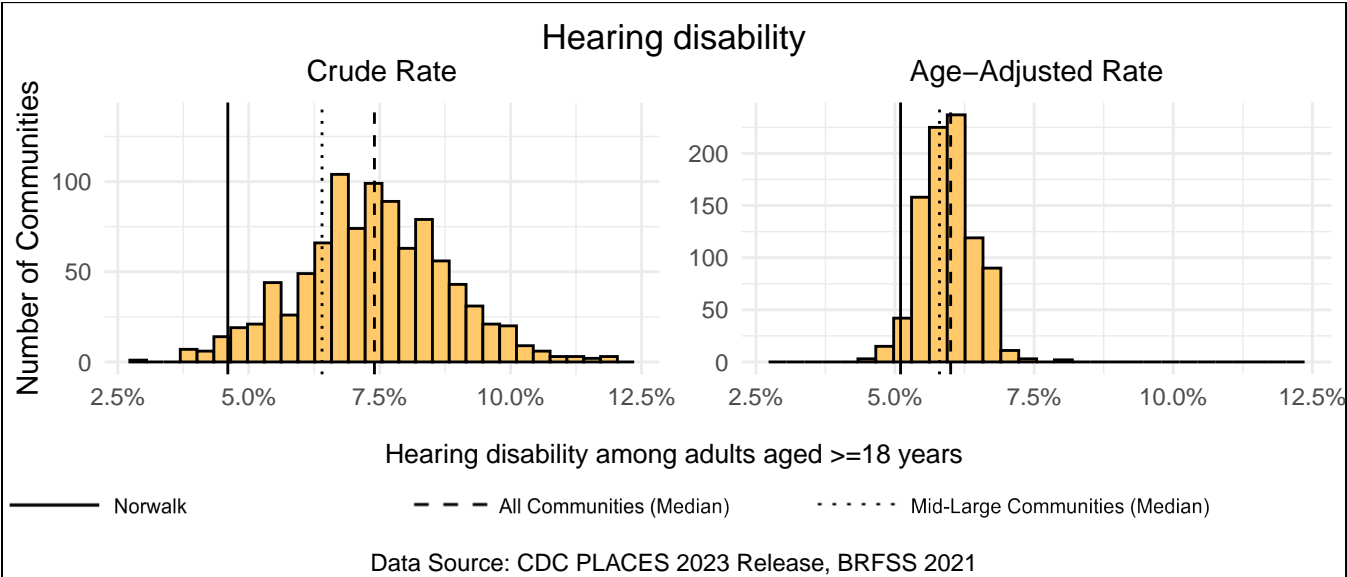
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Norwalk has a crude rate of 4.6% for hearing disability among adults aged  $\geq 18$  years, which ranks 24th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 5.1%, which ranks 30th out of 905 Iowa communities (7th out of 31 mid-large communities).

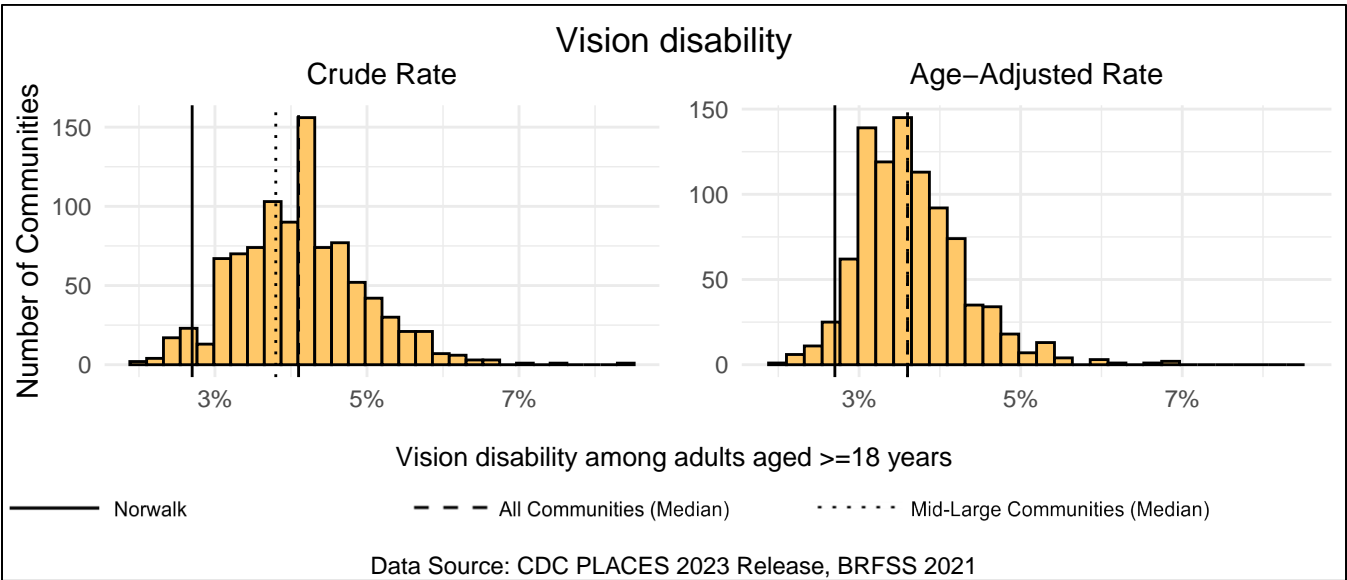
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	4.6%	7.4%	6.4%
Age-Adjusted	5.1%	6.0%	5.8%



# Vision disability

Norwalk has a crude rate of 2.7% for vision disability among adults aged  $\geq 18$  years, which ranks 33rd out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 2.7%, which ranks 30th out of 905 Iowa communities (5th out of 31 mid-large communities).

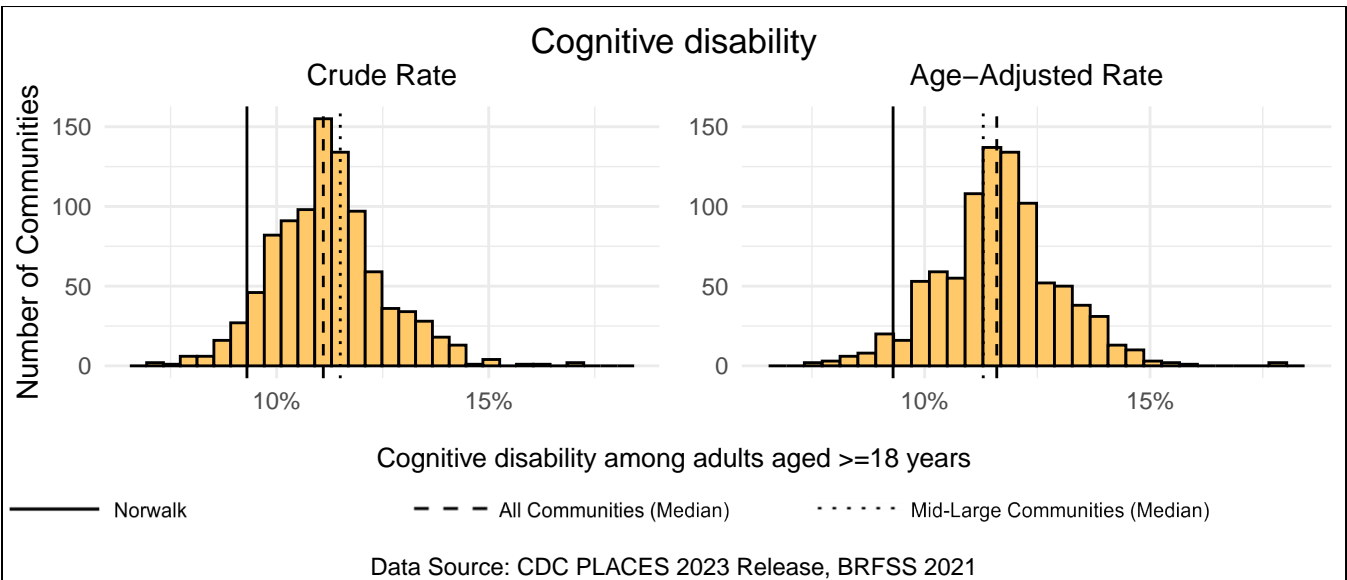
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	2.7%	4.1%	3.8%
Age-Adjusted	2.7%	3.6%	3.6%



# Cognitive disability

Norwalk has a crude rate of 9.3% for cognitive disability among adults aged  $\geq 18$  years, which ranks 49th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 9.3%, which ranks 33rd out of 905 Iowa communities (7th out of 31 mid-large communities).

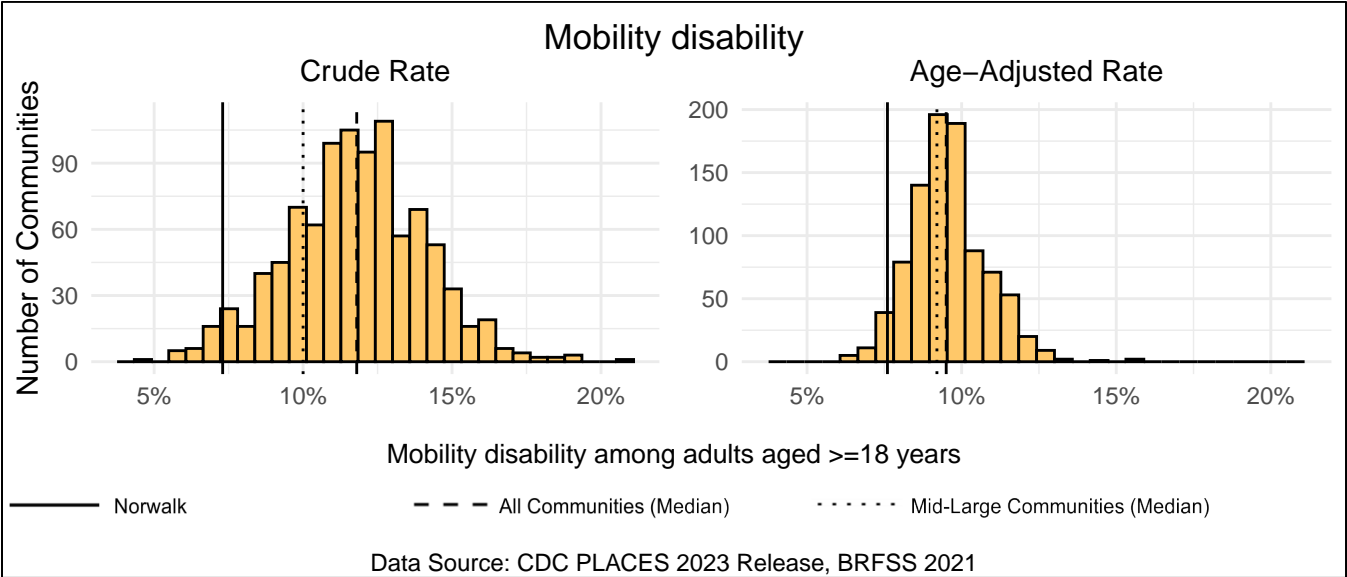
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	9.3%	11.1%	11.5%
Age-Adjusted	9.3%	11.6%	11.3%



## Mobility disability

Norwalk has a crude rate of 7.3% for mobility disability among adults aged  $\geq 18$  years, which ranks 29th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 7.6%, which ranks 36th out of 905 Iowa communities (6th out of 31 mid-large communities).

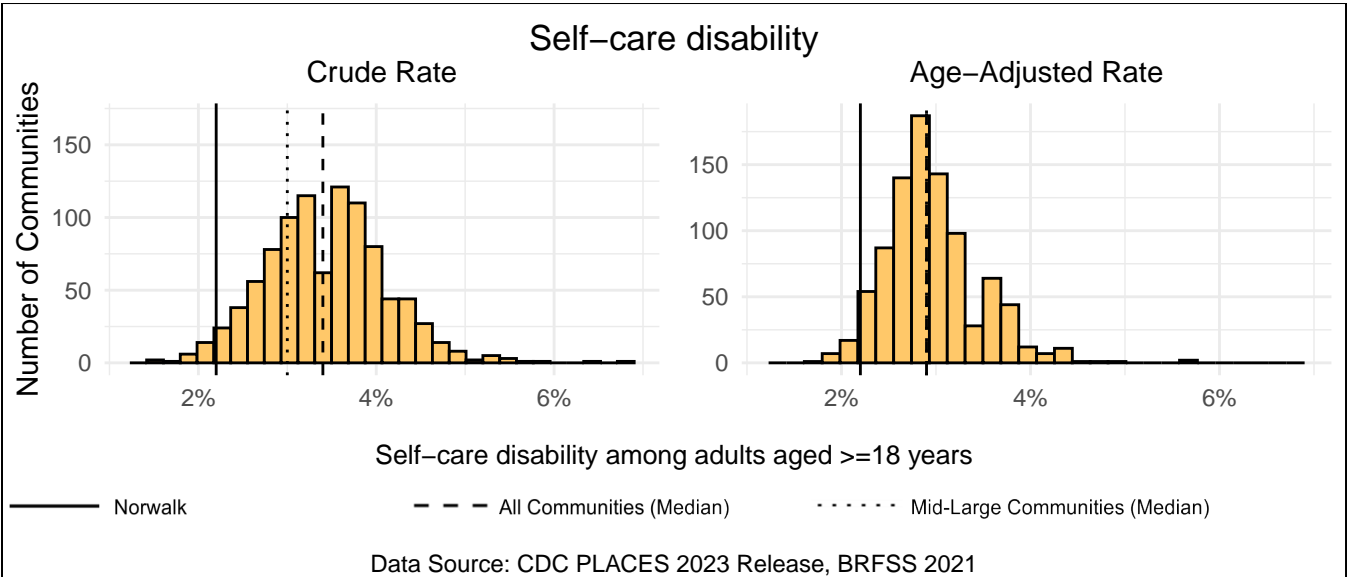
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	7.3%	11.8%	10.0%
Age-Adjusted	7.6%	9.5%	9.2%



## Self-care disability

Norwalk has a crude rate of 2.2% for self-care disability among adults aged  $\geq 18$  years, which ranks 24th out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 2.2%, which ranks 26th out of 905 Iowa communities (6th out of 31 mid-large communities).

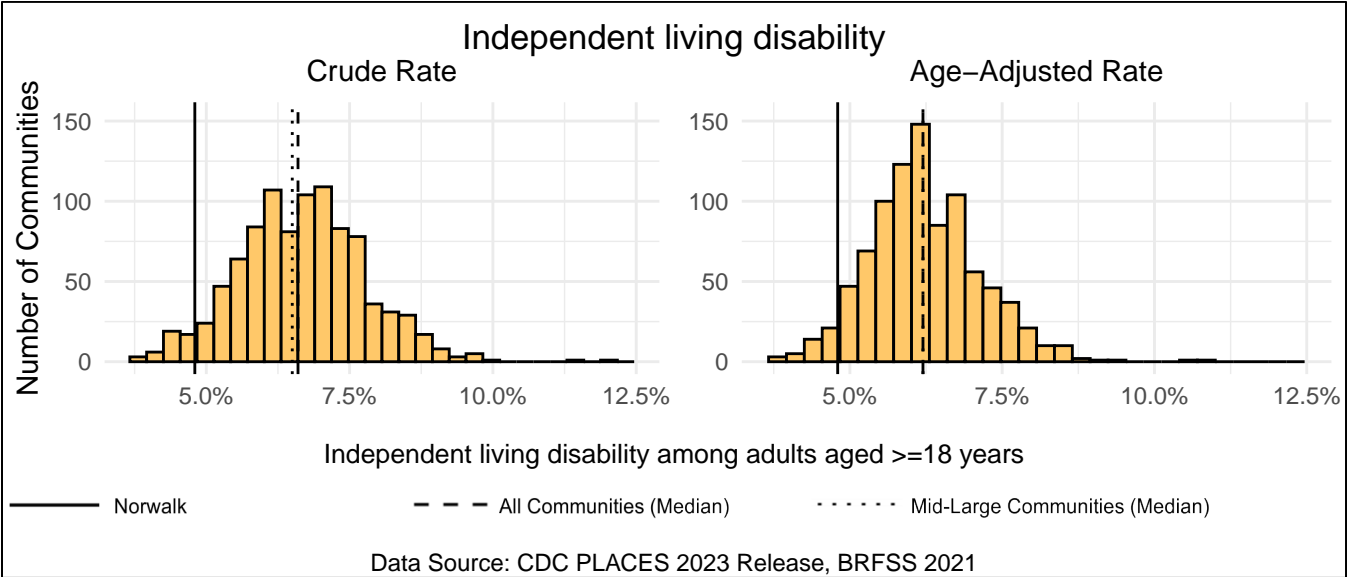
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	2.2%	3.4%	3.0%
Age-Adjusted	2.2%	2.9%	2.9%



# Independent living disability

Norwalk has a crude rate of 4.8% for independent living disability among adults aged >=18 years, which ranks 40th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 4.8%, which ranks 37th out of 905 Iowa communities (7th out of 31 mid-large communities).

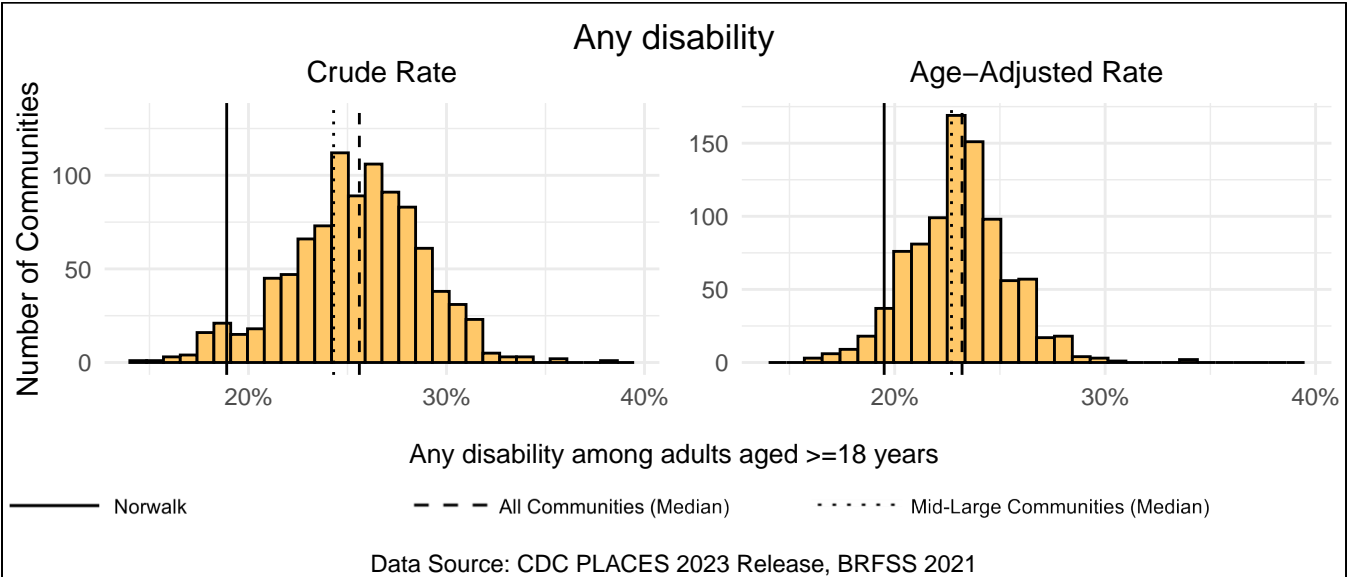
Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	4.8%	6.6%	6.5%
Age-Adjusted	4.8%	6.2%	6.2%



# Any disability

Norwalk has a crude rate of 18.9% for any disability among adults aged >=18 years, which ranks 36th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Norwalk is 19.5%, which ranks 45th out of 905 Iowa communities (6th out of 31 mid-large communities).

Measure Type	Norwalk	All Comm.	Mid-Large Comm.
Crude	18.9%	25.6%	24.3%
Age-Adjusted	19.5%	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: Norwalk PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	36	8.1% (6.9% - 9.5%)	41	8.1% (6.9% - 9.4%)
Health Status	General Health	28	9.6% (8.0% - 11.3%)	31	9.6% (8.1% - 11.4%)
Health Status	Mental Health	390	14.1% (12.0% - 16.2%)	42	13.9% (11.9% - 16.0%)
Health Risk Behaviors	Sleep <7 hours	109	28.2% (26.7% - 29.8%)	35	27.6% (26.2% - 29.0%)
Health Risk Behaviors	Physical Inactivity	48	19.6% (16.0% - 23.5%)	53	19.7% (16.0% - 23.7%)
Health Risk Behaviors	Binge Drinking	902	23.1% (19.4% - 27.1%)	609	22.5% (19.0% - 26.4%)
Health Risk Behaviors	Current Smoking	73	13.9% (10.8% - 17.2%)	41	13.2% (10.4% - 16.4%)
Health Outcomes	COPD	29	4.7% (3.9% - 5.6%)	35	4.8% (4.0% - 5.8%)
Health Outcomes	Current Asthma	215	9.1% (8.0% - 10.3%)	77	9.0% (7.9% - 10.3%)
Health Outcomes	Arthritis	34	20.8% (17.6% - 24.2%)	71	21.3% (18.2% - 24.7%)
Health Outcomes	High Blood Pressure	27	24.1% (20.8% - 27.6%)	31	24.8% (21.4% - 28.2%)
Health Outcomes	Depression	386	17.8% (14.7% - 21.3%)	58	17.6% (14.5% - 21.0%)
Health Outcomes	High Cholesterol	40	30.9% (27.0% - 35.2%)	276	29.3% (25.3% - 33.7%)
Health Outcomes	Coronary Heart Disease	19	3.8% (3.3% - 4.3%)	20	4.2% (3.6% - 4.7%)
Health Outcomes	Cancer (except skin)	45	6.1% (5.5% - 6.7%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	Stroke	21	2.0% (1.8% - 2.3%)	23	2.2% (1.9% - 2.5%)
Health Outcomes	All Teeth Lost	49	8.9% (5.7% - 13.4%)	39	9.0% (5.8% - 13.3%)
Health Outcomes	Diabetes	24	6.6% (5.5% - 7.8%)	25	6.8% (5.8% - 8.0%)
Health Outcomes	Obesity	430	37.4% (30.8% - 43.9%)	302	36.5% (30.0% - 43.0%)
Health Outcomes	Chronic Kidney Disease	21	2.2% (2.0% - 2.4%)	12	2.3% (2.1% - 2.6%)
Prevention	Cholesterol Screening	501	82.5% (79.5% - 85.3%)	16	82.2% (79.1% - 85.0%)
Prevention	Core preventive services for older women	271	41.7% (35.6% - 48.6%)	185	43.3% (37.1% - 49.8%)
Prevention	Dental Visit	149	71.1% (68.0% - 74.0%)	107	71.5% (68.5% - 74.2%)
Prevention	Taking BP Medication	907	73.7% (69.7% - 77.3%)	685	58.3% (53.4% - 63.1%)
Prevention	Cervical Cancer Screening	70	85.9% (83.9% - 87.7%)	46	85.5% (83.4% - 87.3%)
Prevention	Health Insurance	59	5.8% (4.4% - 7.3%)	41	5.8% (4.4% - 7.3%)

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 men	73	50.1% (43.3% - 56.7%)	46	51.3% (43.9% - 58.2%)
Prevention	Colorectal Cancer Screening	217	73.5% (70.9% - 75.9%)	79	74.5% (71.9% - 76.8%)
Prevention	Mammography	128	78.8% (75.6% - 81.7%)	103	76.8% (73.4% - 79.8%)
Prevention	Annual Checkup	812	73.2% (68.4% - 77.7%)	127	73.7% (69.0% - 78.1%)
Disability	Any Disability	36	18.9% (15.8% - 22.2%)	45	19.5% (16.5% - 22.9%)
Disability	Vision Disability	33	2.7% (2.3% - 3.1%)	30	2.7% (2.3% - 3.1%)
Disability	Hearing Disability	24	4.6% (4.0% - 5.2%)	30	5.1% (4.4% - 5.7%)
Disability	Mobility Disability	29	7.3% (6.0% - 8.6%)	36	7.6% (6.3% - 8.9%)
Disability	Self-care Disability	24	2.2% (1.9% - 2.6%)	26	2.2% (1.9% - 2.5%)
Disability	Independent Living Disability	40	4.8% (4.0% - 5.6%)	37	4.8% (4.1% - 5.7%)
Disability	Cognitive Disability	49	9.3% (7.8% - 11.0%)	33	9.3% (7.7% - 10.9%)

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

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

Norwalk 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		