



## 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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*By Matthew Voss & Shawn Dorius*

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# Iowa Community Health Snapshot Series

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# Health in Onawa: Overview

Dear Community Members & Stakeholders of Onawa,

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

## Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	45th	2nd	Taking BP Medication	18th	2nd
Taking BP Medication	77th	1st	Binge Drinking	37th	13th
Annual Checkup	81st	2nd	Annual Checkup	110th	15th
Cholesterol Screening	648th	57th	Cancer (except skin)	418th	41st
Sleep <7 hours	708th	78th	High Cholesterol	731st	77th

## Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Independent Living Disability	951st	100th	COPD	900th	101st
Physical Health	950th	102nd	Current Smoking	900th	102nd
Vision Disability	950th	99th	Mental Health	899th	101st
COPD	949th	102nd	Cognitive Disability	898th	99th
Self-care Disability	949th	101st	Physical Health	898th	99th

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 Onawa.

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

With a population of 2,876, Onawa’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



# Health Status

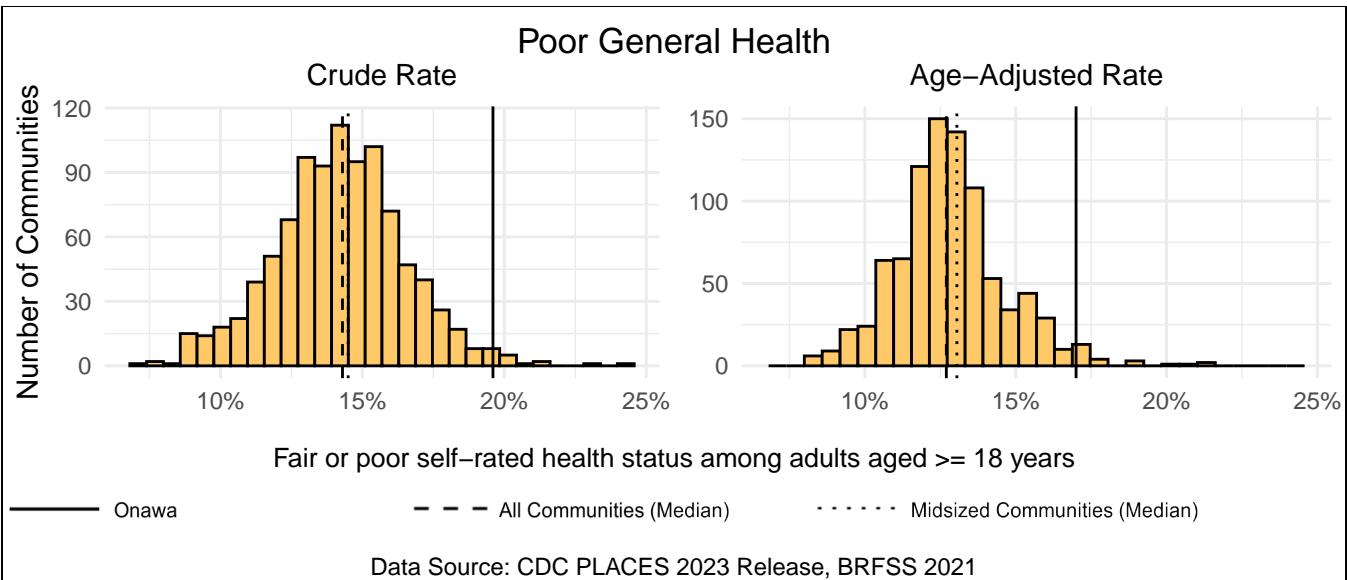
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

## Poor General Health

Onawa has a crude rate of 19.6% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 944th out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Onawa is 17.0%, which ranks 883rd out of 905 Iowa communities (95th out of 102 mid-sized communities).

Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	19.6%	14.3%	14.5%
Age-Adjusted	17.0%	12.7%	13.0%

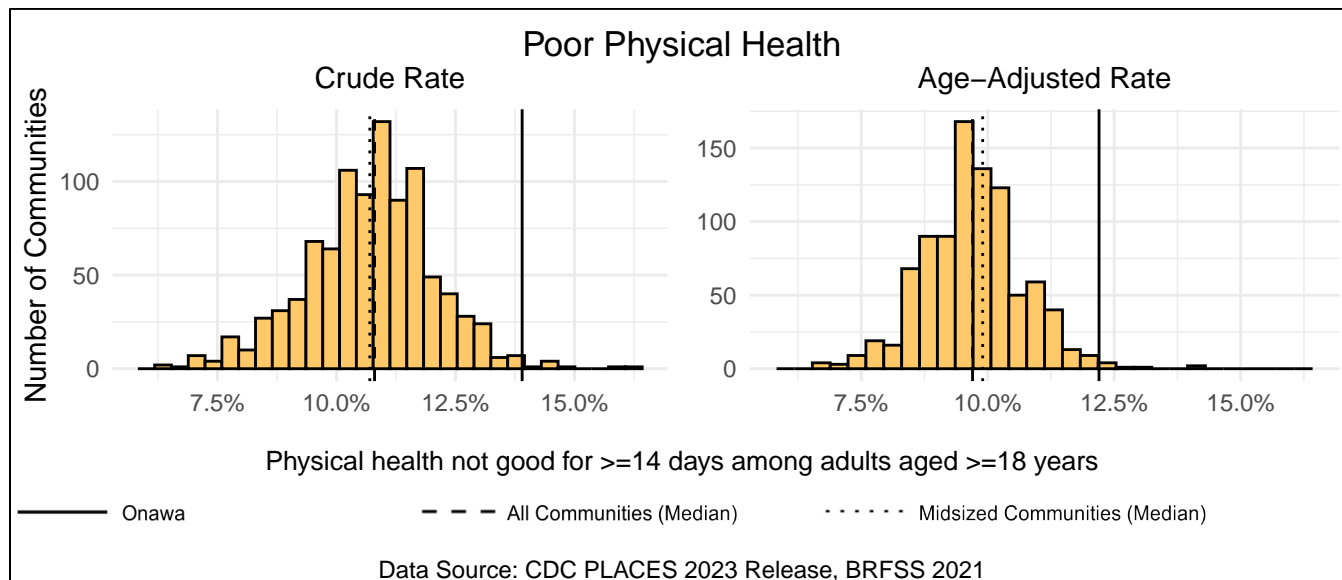




## Poor Physical Health

Onawa has a crude rate of 13.9% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 950th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Onawa is 12.2%, which ranks 898th out of 905 Iowa communities (99th out of 102 midsized communities).

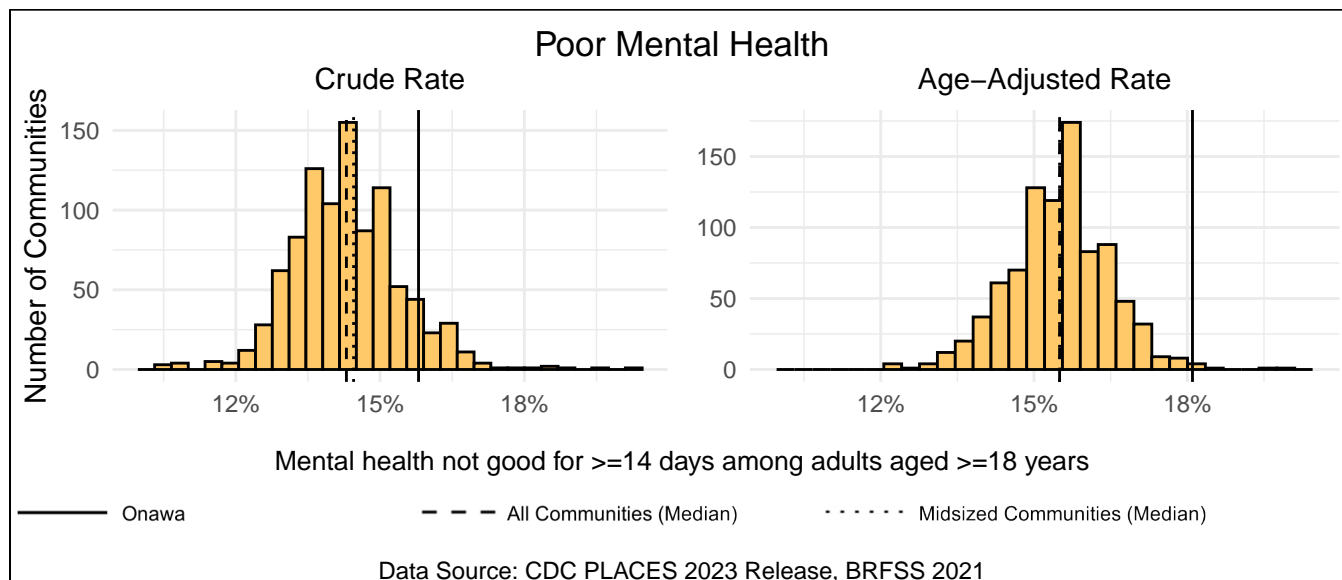
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	13.9%	10.8%	10.7%
Age-Adjusted	12.2%	9.7%	9.9%



## Poor Mental Health

Onawa has a crude rate of 15.8% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 868th out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Onawa is 18.1%, which ranks 899th out of 905 Iowa communities (101st out of 102 midsized communities).

Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	15.8%	14.3%	14.4%
Age-Adjusted	18.1%	15.5%	15.5%



# Health Risk Behaviors

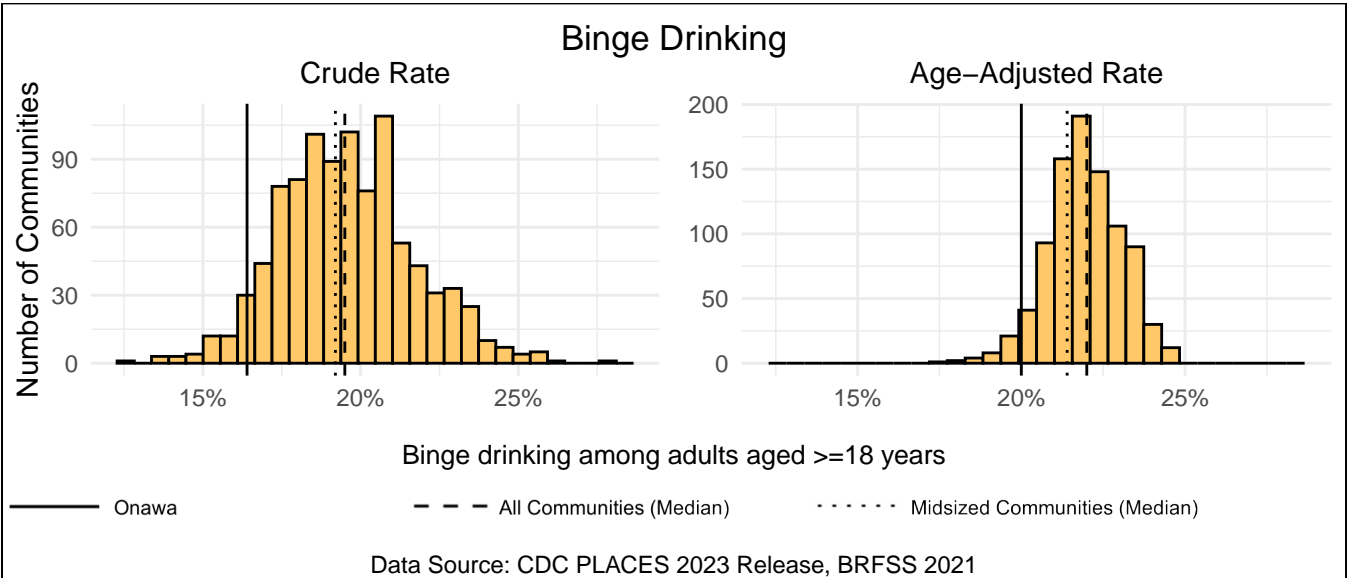
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

## Binge Drinking

Onawa has a crude rate of 16.4% for binge drinking among adults aged  $\geq 18$  years, which ranks 45th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Onawa is 20.0%, which ranks 37th out of 905 Iowa communities (13th out of 102 midsize communities).

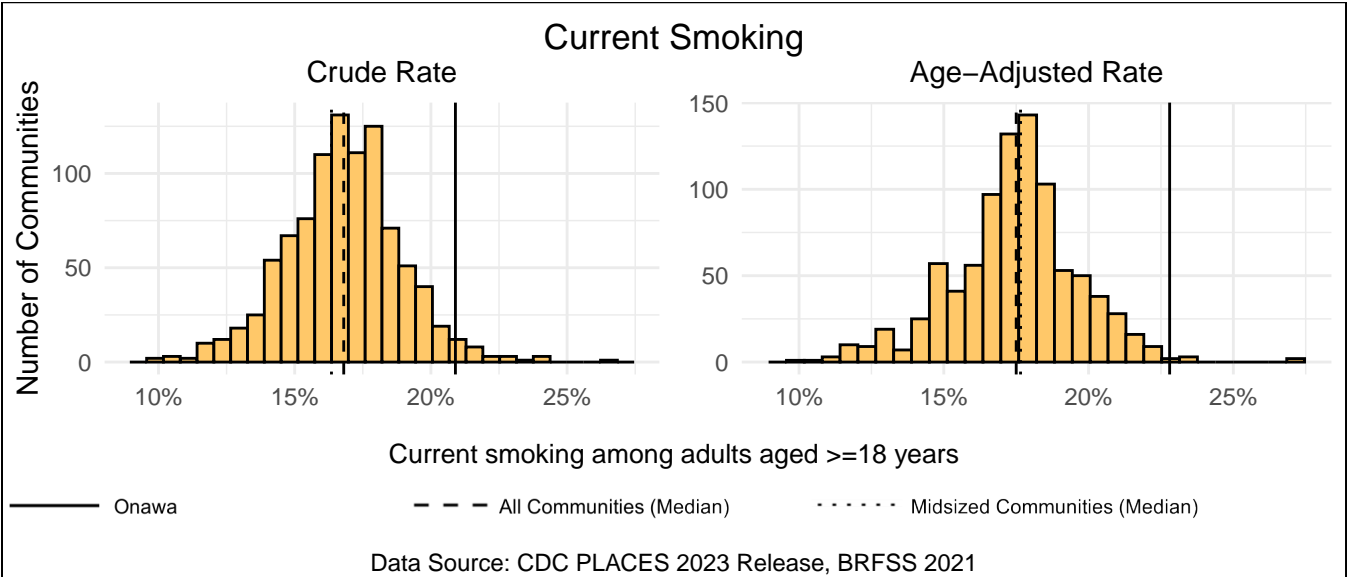
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	16.4%	19.5%	19.2%
Age-Adjusted	20.0%	22.0%	21.4%



# Current Smoking

Onawa has a crude rate of 20.9% for current smoking among adults aged >=18 years, which ranks 935th out of 958 Iowa communities (100th out of 102 mid-sized communities). The age-adjusted rate for Onawa is 22.8%, which ranks 900th out of 905 Iowa communities (102nd out of 102 mid-sized communities).

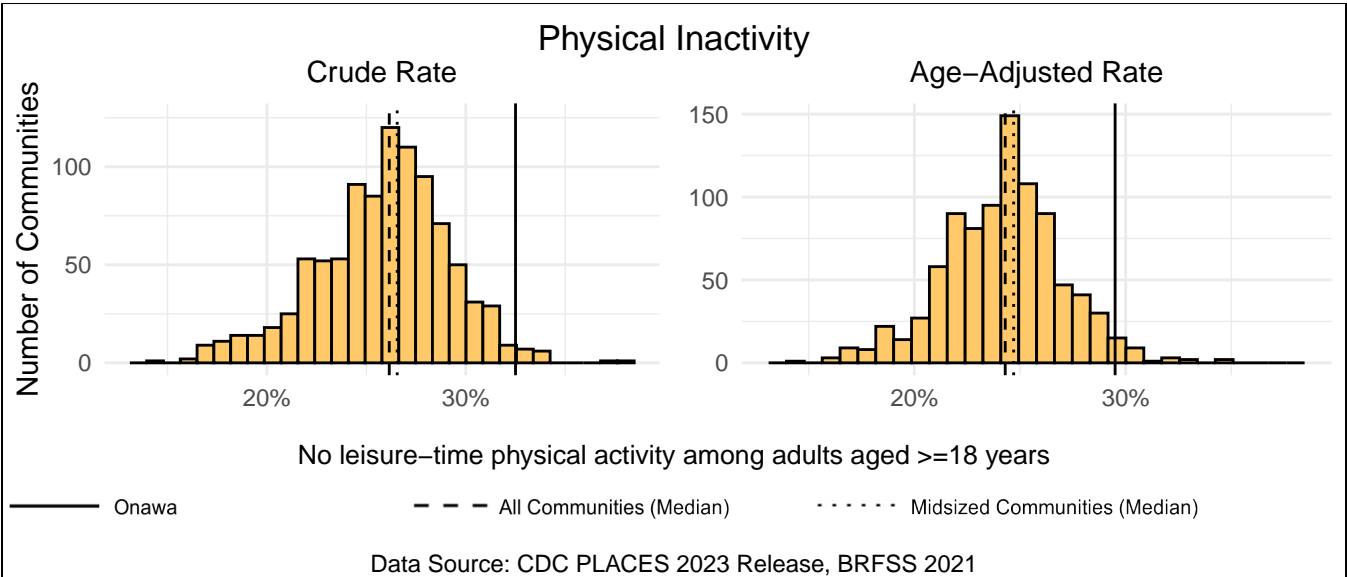
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	20.9%	16.8%	16.4%
Age-Adjusted	22.8%	17.5%	17.6%



# Physical Inactivity

Onawa has a crude rate of 32.5% for no leisure-time physical activity among adults aged >=18 years, which ranks 942nd out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Onawa is 29.5%, which ranks 881st out of 905 Iowa communities (94th out of 102 mid-sized communities).

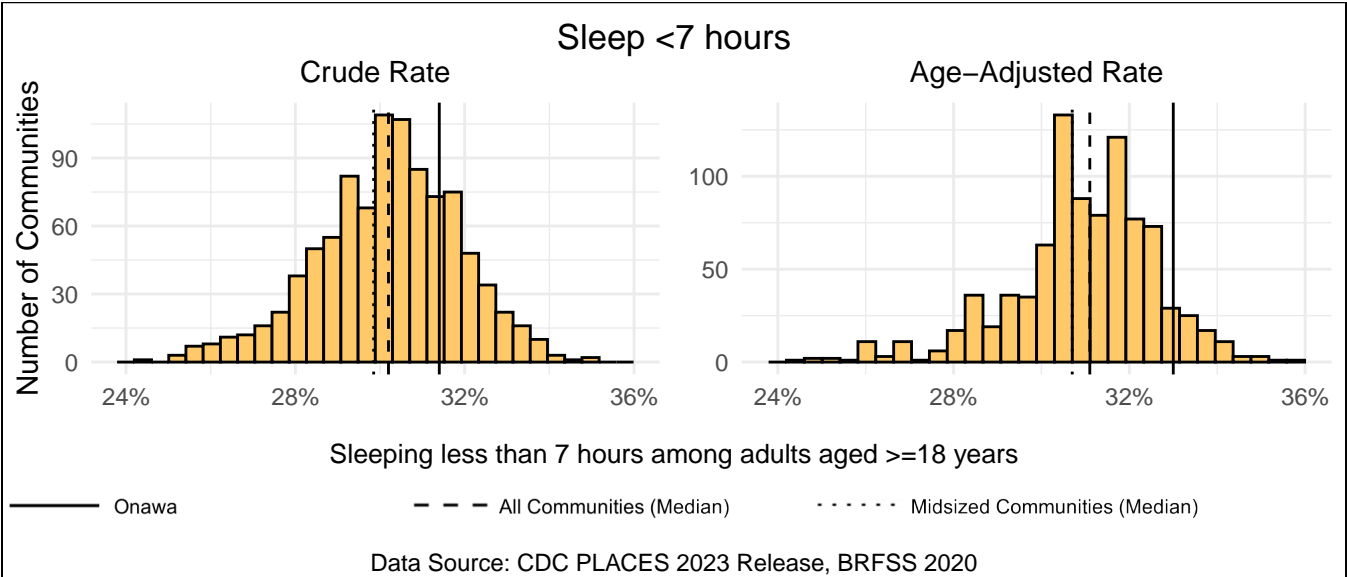
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	32.5%	26.1%	26.6%
Age-Adjusted	29.5%	24.3%	24.7%



Sleep <7 hours

Onawa has a crude rate of 31.4% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 708th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Onawa is 33.0%, which ranks 831st out of 905 Iowa communities (89th out of 102 midsized communities).

Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	31.4%	30.2%	29.8%
Age-Adjusted	33.0%	31.1%	30.7%



# Health Outcomes

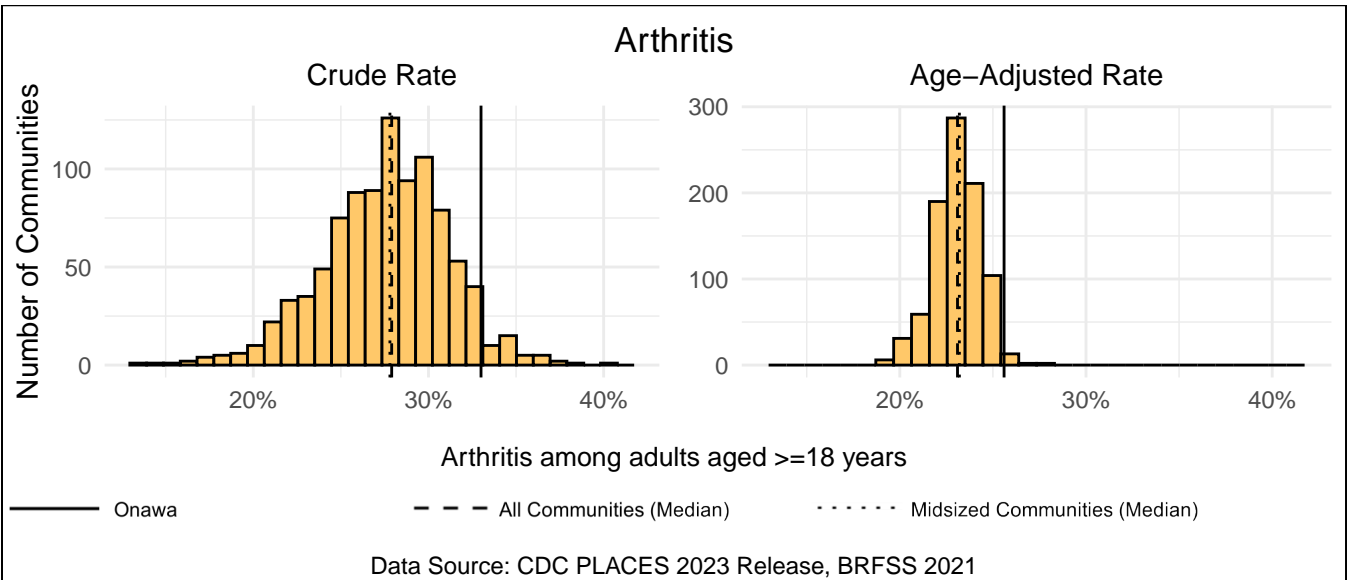
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Onawa has a crude rate of 33.0% for arthritis among adults aged  $\geq 18$  years, which ranks 915th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Onawa is 25.6%, which ranks 891st out of 905 Iowa communities (98th out of 102 midsized communities).

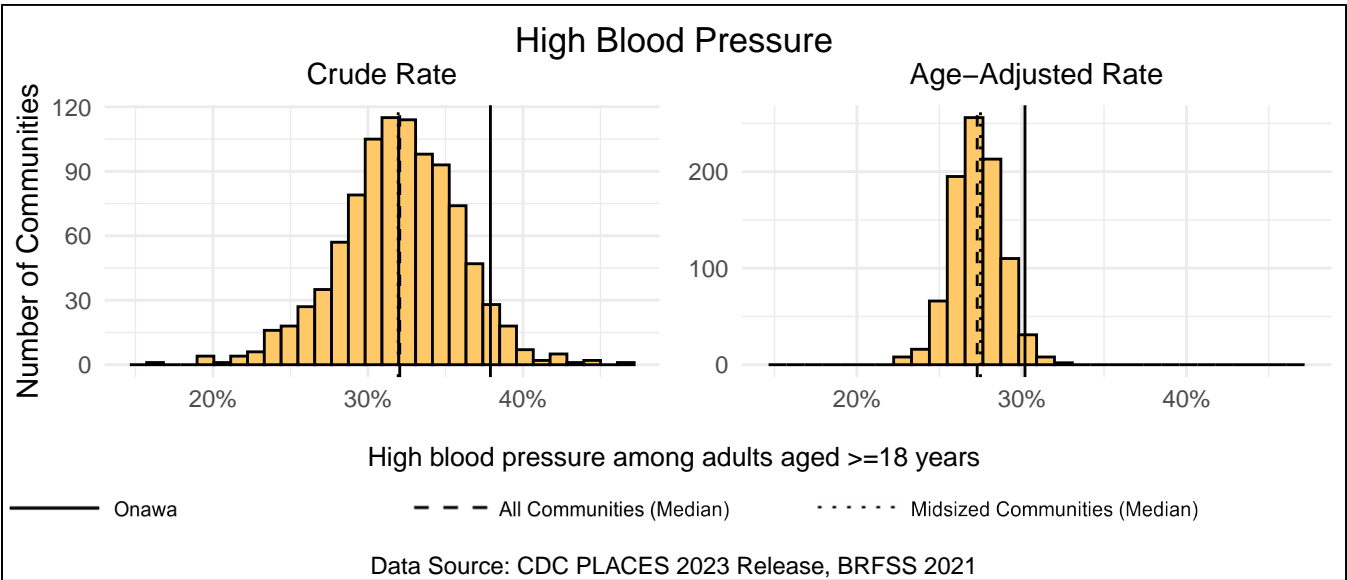
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	33.0%	27.9%	27.8%
Age-Adjusted	25.6%	23.1%	23.2%



# High Blood Pressure

Onawa has a crude rate of 37.9% for high blood pressure among adults aged  $\geq 18$  years, which ranks 908th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Onawa is 30.2%, which ranks 884th out of 905 Iowa communities (97th out of 102 midsized communities).

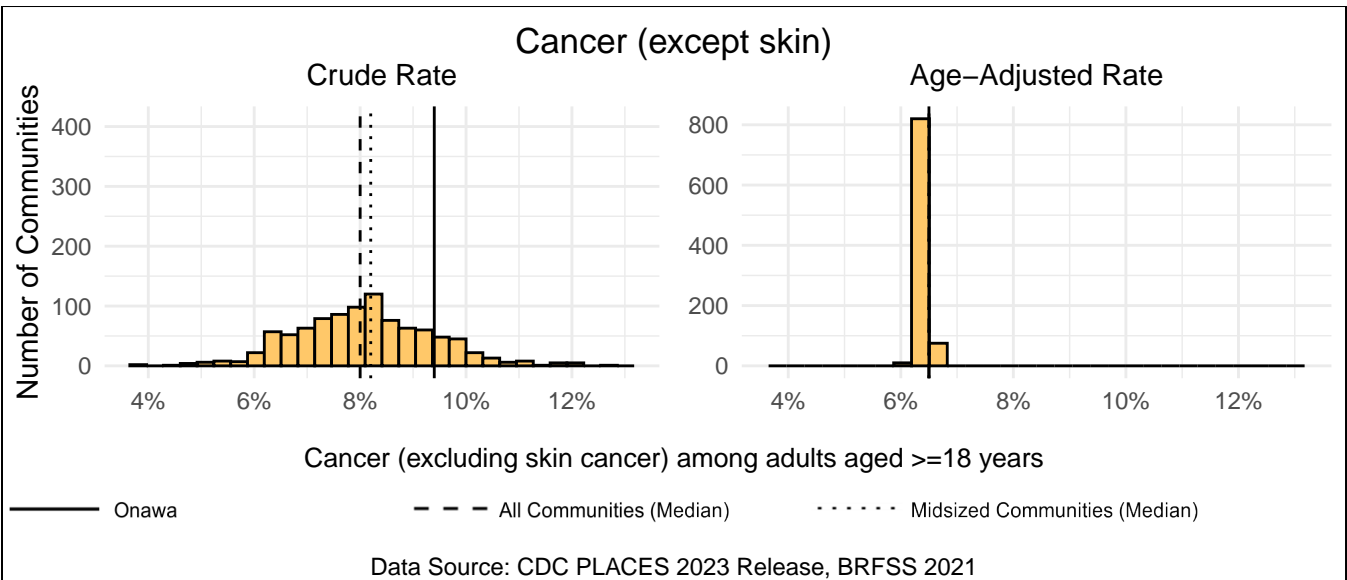
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	37.9%	32.0%	32.0%
Age-Adjusted	30.2%	27.3%	27.5%



# Cancer (except skin)

Onawa has a crude rate of 9.4% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 805th out of 958 Iowa communities (94th out of 102 midsized communities). The age-adjusted rate for Onawa is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

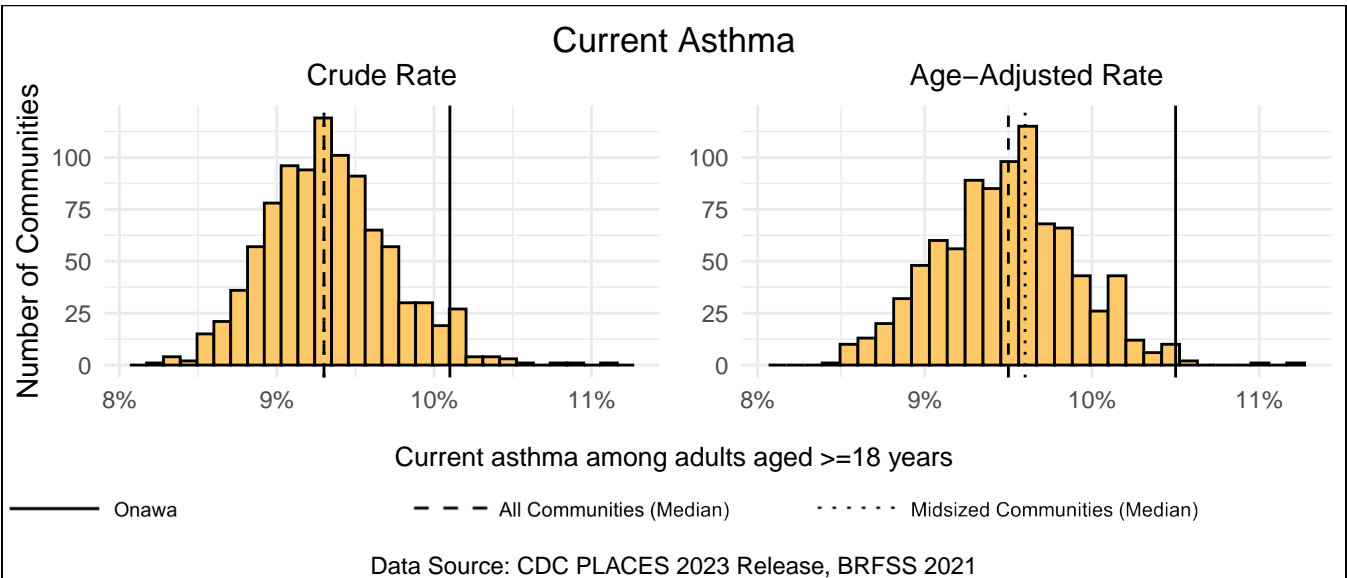
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	9.4%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Onawa has a crude rate of 10.1% for current asthma among adults aged  $\geq 18$  years, which ranks 917th out of 958 Iowa communities (94th out of 102 midsize communities). The age-adjusted rate for Onawa is 10.5%, which ranks 892nd out of 905 Iowa communities (100th out of 102 midsize communities).

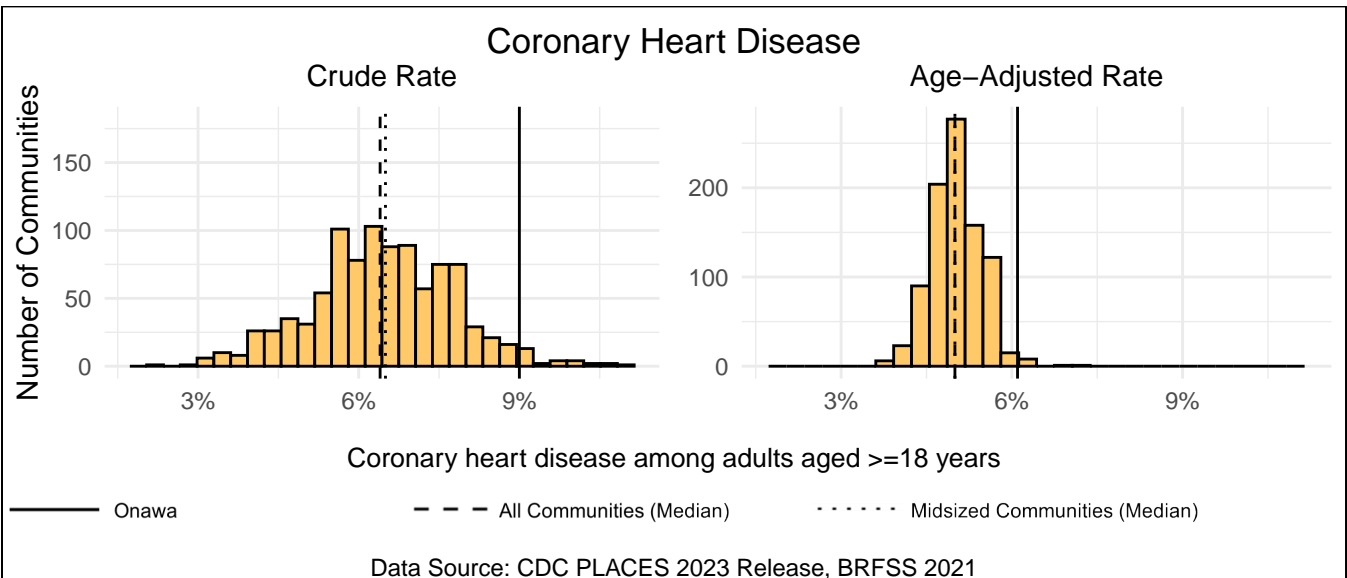
Measure Type	Onawa	All Comm.	Midsize Comm.
Crude	10.1%	9.3%	9.3%
Age-Adjusted	10.5%	9.5%	9.6%



## Coronary Heart Disease

Onawa has a crude rate of 9.0% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 931st out of 958 Iowa communities (102nd out of 102 midsize communities). The age-adjusted rate for Onawa is 6.1%, which ranks 895th out of 905 Iowa communities (100th out of 102 midsize communities).

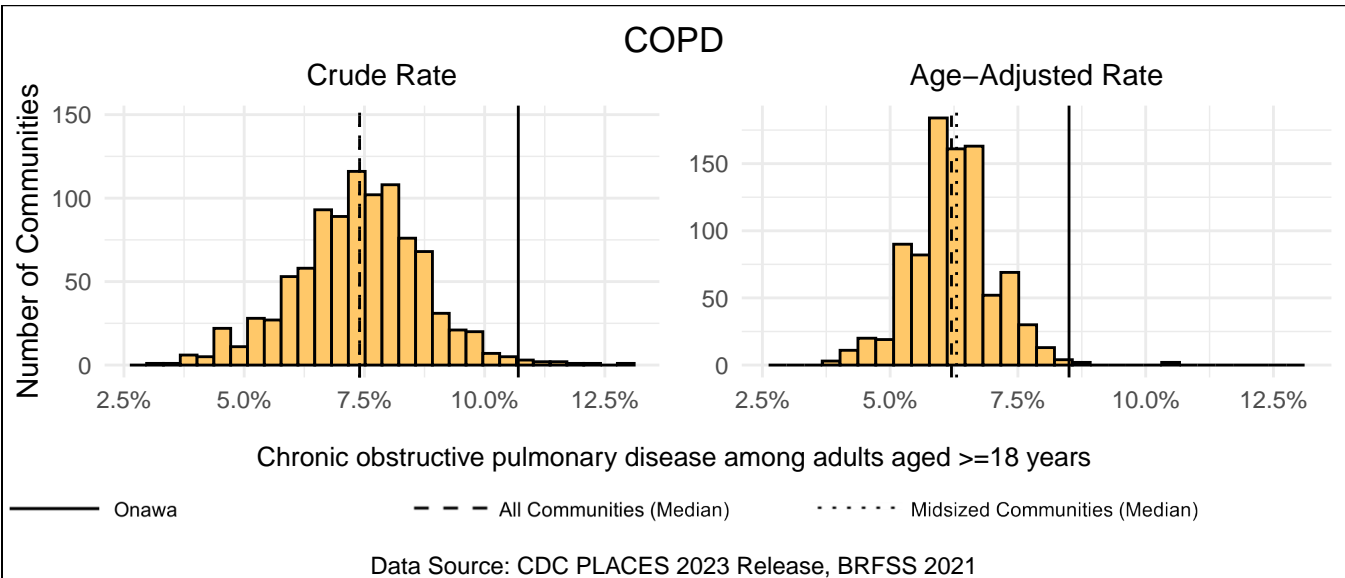
Measure Type	Onawa	All Comm.	Midsize Comm.
Crude	9.0%	6.4%	6.5%
Age-Adjusted	6.1%	5.0%	5.0%



## COPD

Onawa has a crude rate of 10.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 949th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Onawa is 8.5%, which ranks 900th out of 905 Iowa communities (101st out of 102 midsized communities).

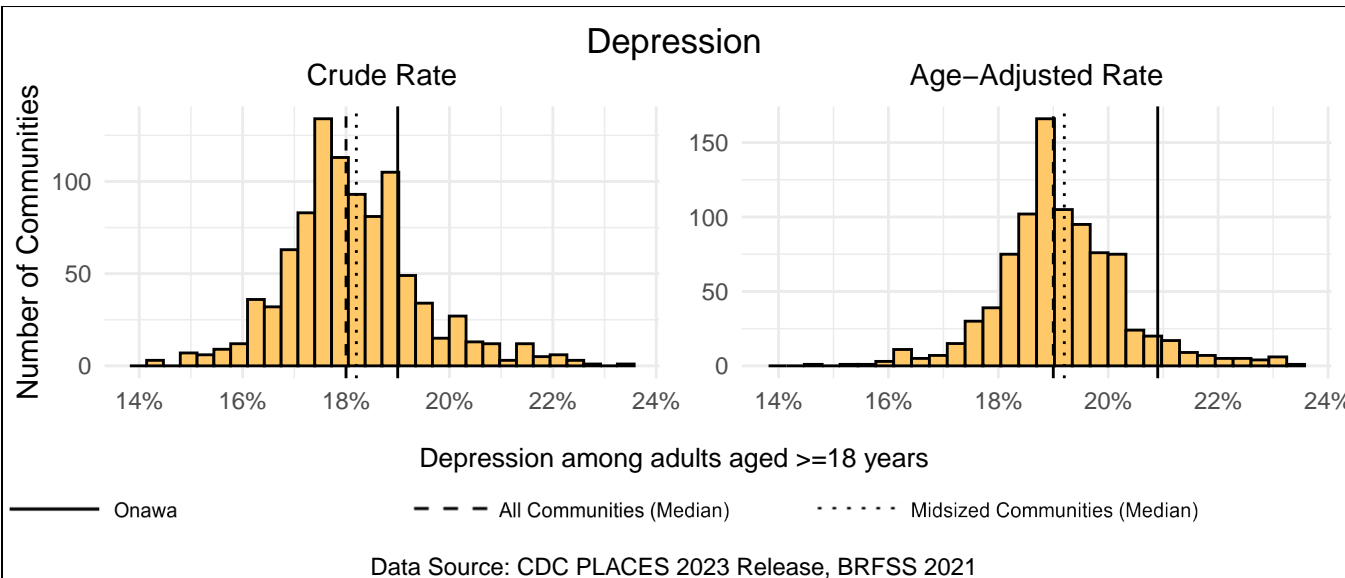
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	10.7%	7.4%	7.4%
Age-Adjusted	8.5%	6.2%	6.3%



## Depression

Onawa has a crude rate of 19.0% for depression among adults aged  $\geq 18$  years, which ranks 756th out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for Onawa is 20.9%, which ranks 848th out of 905 Iowa communities (94th out of 102 midsized communities).

Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	19.0%	18.0%	18.2%
Age-Adjusted	20.9%	19.0%	19.2%

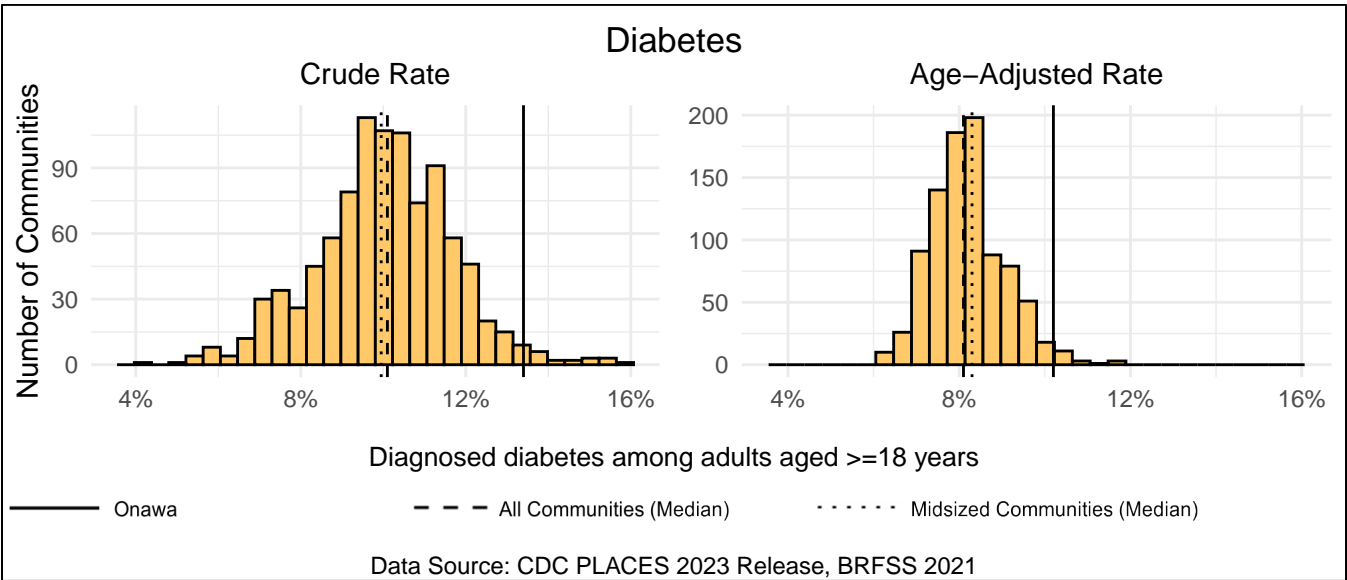




# Diabetes

Onawa has a crude rate of 13.4% for diagnosed diabetes among adults aged >=18 years, which ranks 937th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Onawa is 10.2%, which ranks 883rd out of 905 Iowa communities (95th out of 102 midsized communities).

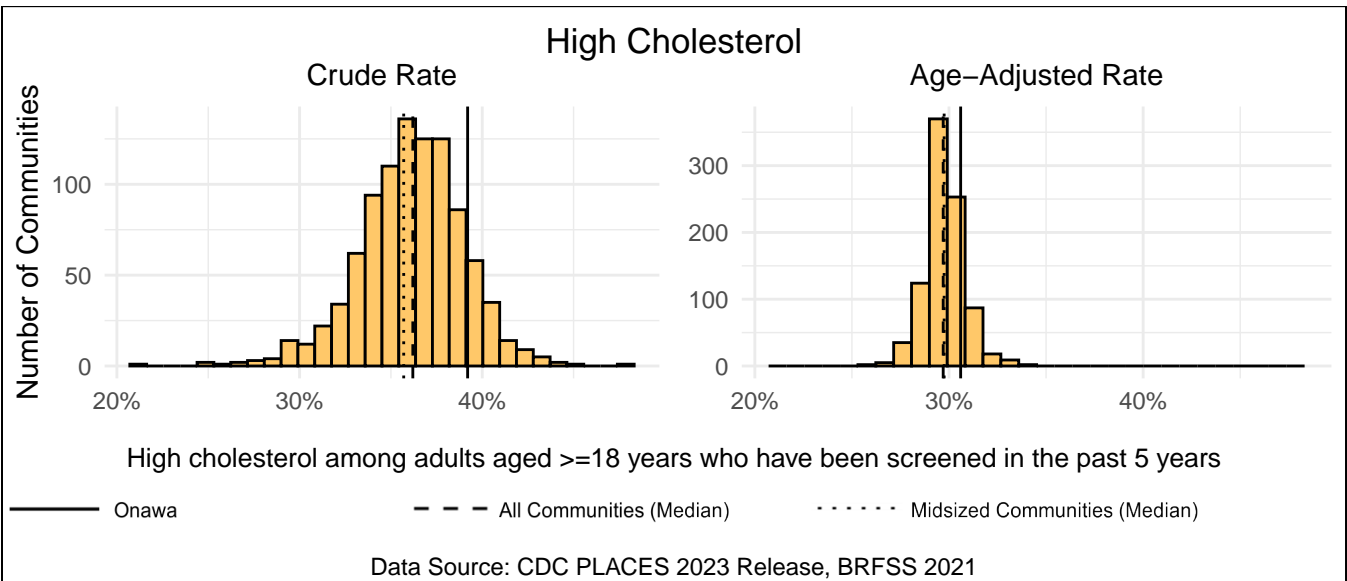
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	13.4%	10.1%	9.9%
Age-Adjusted	10.2%	8.1%	8.3%



# High Cholesterol

Onawa has a crude rate of 39.2% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 834th out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Onawa is 30.6%, which ranks 731st out of 905 Iowa communities (77th out of 102 midsized communities).

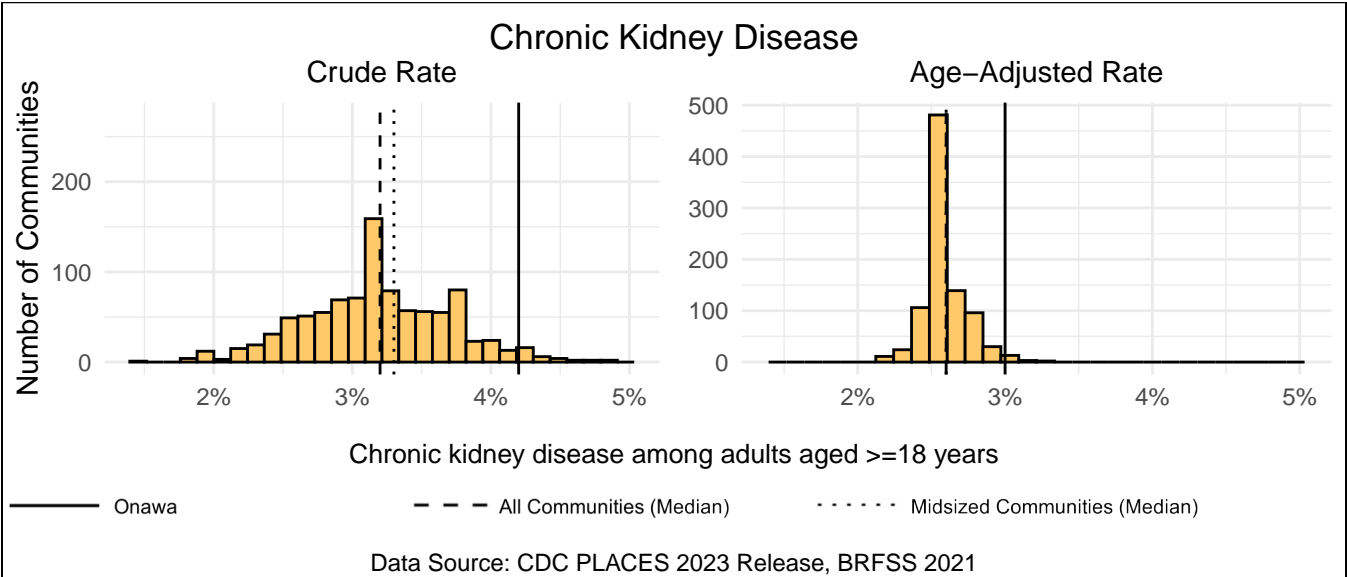
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	39.2%	36.2%	35.7%
Age-Adjusted	30.6%	29.7%	29.8%



# Chronic Kidney Disease

Onawa has a crude rate of 4.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 927th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Onawa is 3.0%, which ranks 888th out of 905 Iowa communities (97th out of 102 midsized communities).

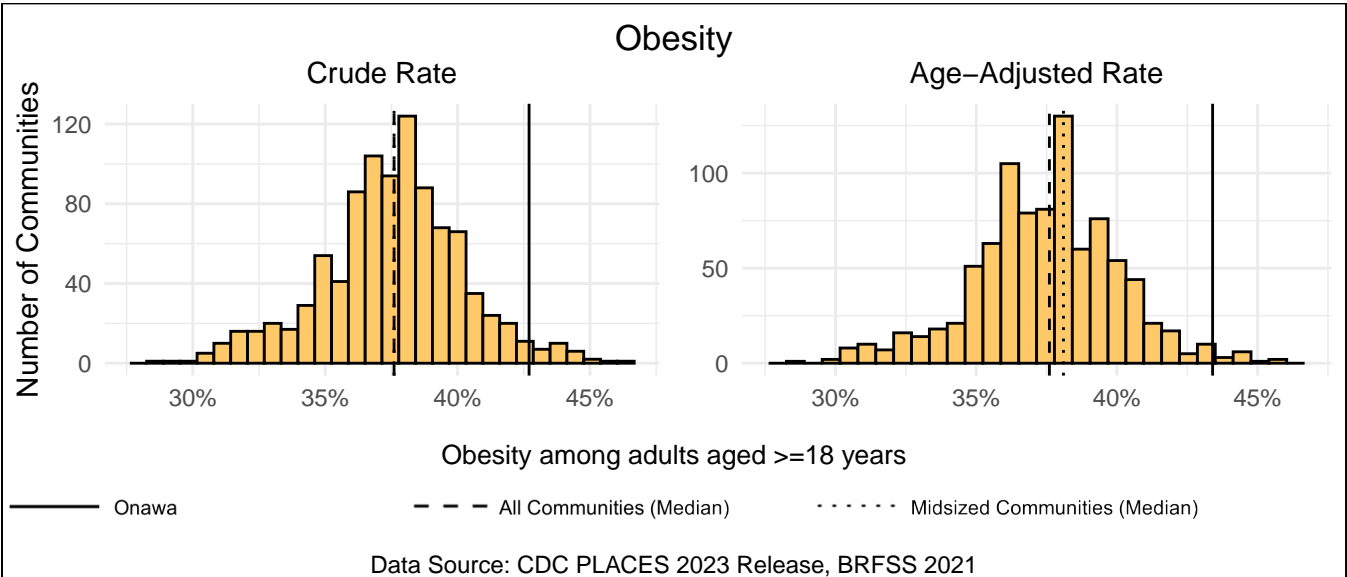
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	4.2%	3.2%	3.3%
Age-Adjusted	3.0%	2.6%	2.6%



# Obesity

Onawa has a crude rate of 42.7% for obesity among adults aged  $\geq 18$  years, which ranks 929th out of 958 Iowa communities (96th out of 102 midsized communities). The age-adjusted rate for Onawa is 43.4%, which ranks 893rd out of 905 Iowa communities (98th out of 102 midsized communities).

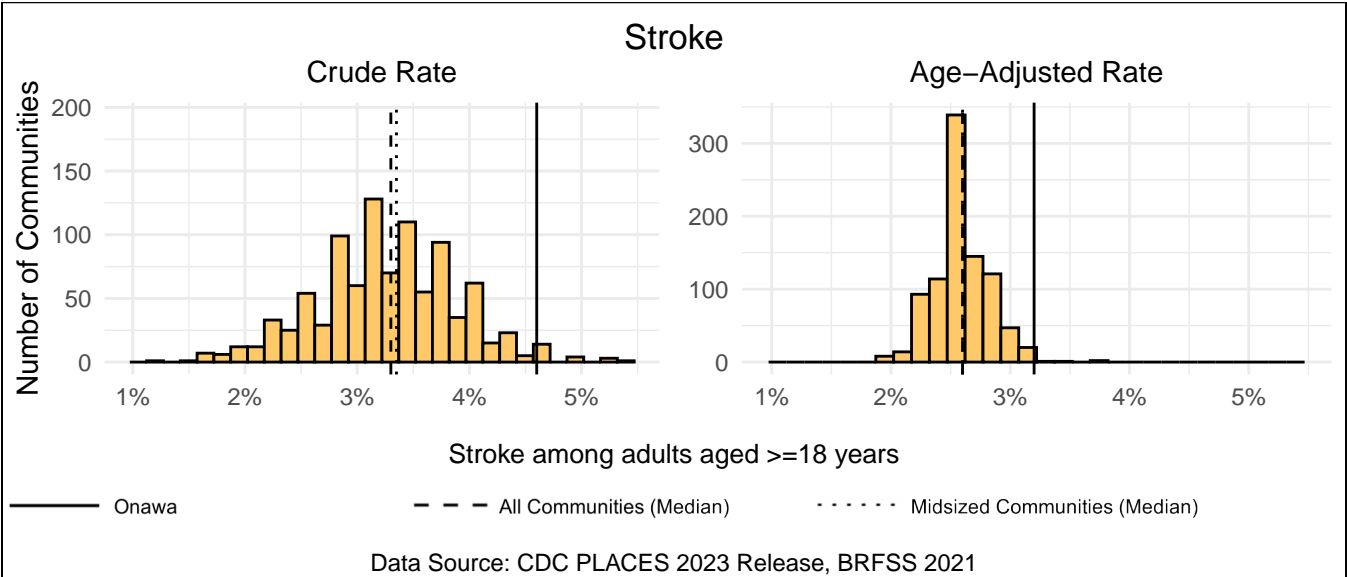
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	42.7%	37.6%	37.6%
Age-Adjusted	43.4%	37.6%	38.1%



# Stroke

Onawa has a crude rate of 4.6% for stroke among adults aged  $\geq 18$  years, which ranks 937th out of 958 Iowa communities (102nd out of 102 mid-sized communities). The age-adjusted rate for Onawa is 3.2%, which ranks 894th out of 905 Iowa communities (99th out of 102 mid-sized communities).

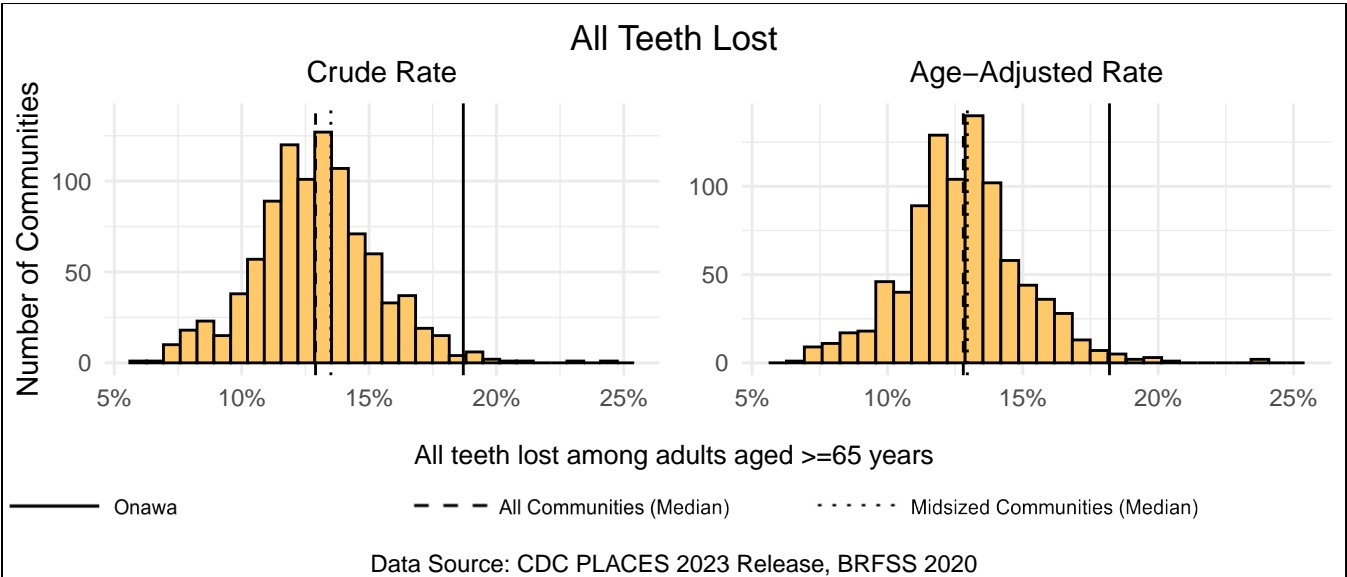
Measure Type	Onawa	All Comm.	Mid-sized Comm.
Crude	4.6%	3.3%	3.3%
Age-Adjusted	3.2%	2.6%	2.6%



# All Teeth Lost

Onawa has a crude rate of 18.7% for all teeth lost among adults aged  $\geq 65$  years, which ranks 945th out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Onawa is 18.2%, which ranks 893rd out of 905 Iowa communities (99th out of 102 mid-sized communities).

Measure Type	Onawa	All Comm.	Mid-sized Comm.
Crude	18.7%	12.9%	13.5%
Age-Adjusted	18.2%	12.8%	12.9%



# Prevention

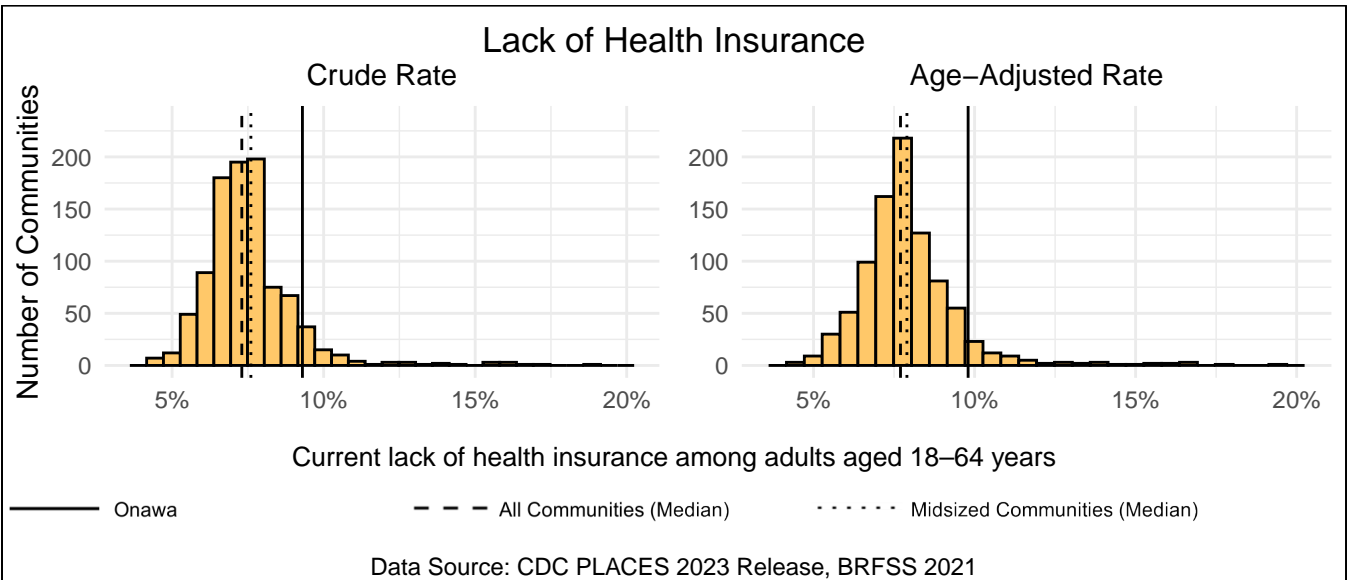
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

## Lack of Health Insurance

Onawa has a crude rate of 9.3% for current lack of health insurance among adults aged 18–64 years, which ranks 879th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Onawa is 9.8%, which ranks 836th out of 905 Iowa communities (85th out of 102 mid-sized communities).

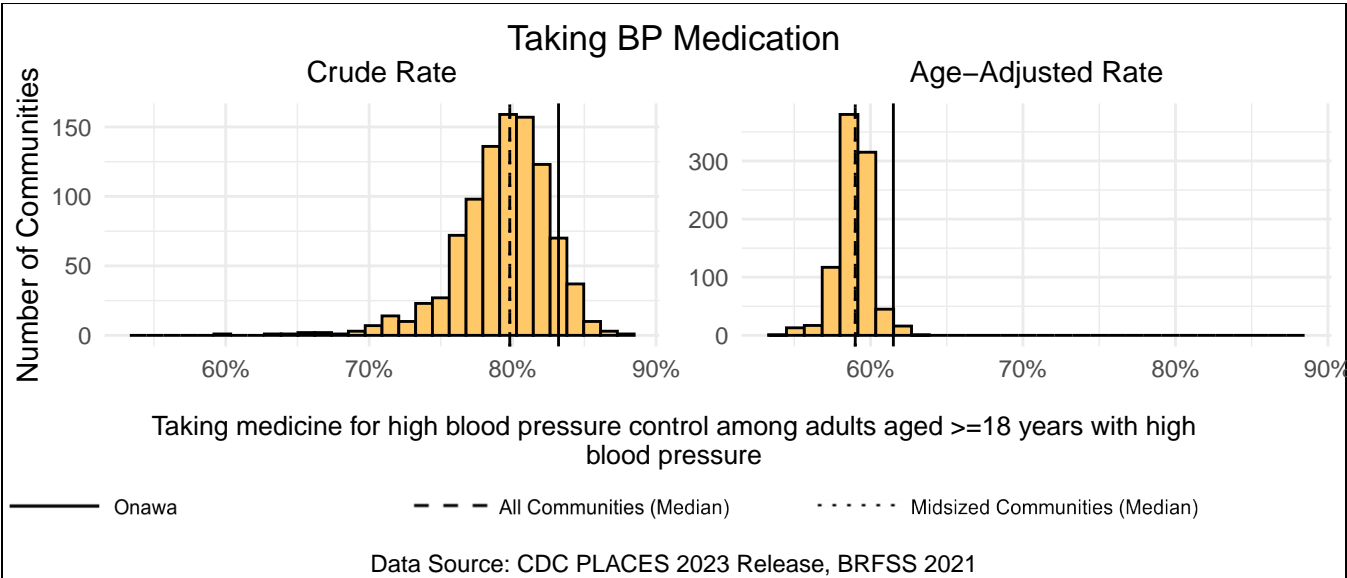
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	9.3%	7.3%	7.6%
Age-Adjusted	9.8%	7.7%	7.9%



### Taking BP Medication

Onawa has a crude rate of 83.2% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 77th out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Onawa is 61.5%, which ranks 18th out of 905 Iowa communities (2nd out of 102 midsize communities).

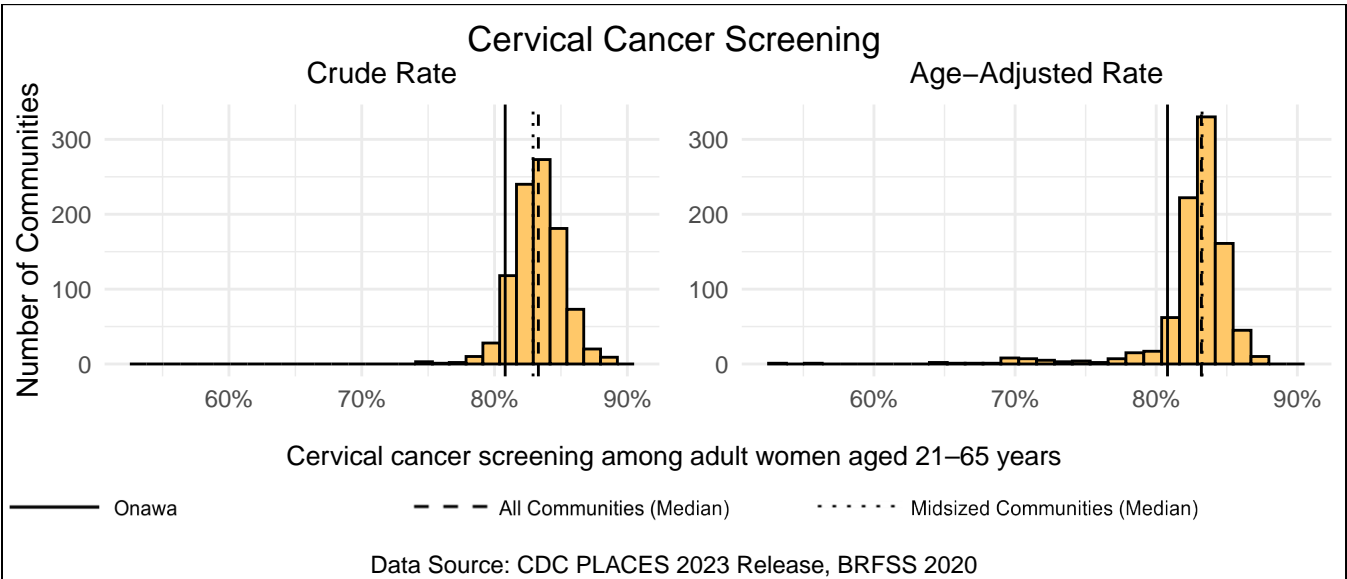
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	83.2%	79.8%	79.8%
Age-Adjusted	61.5%	59.0%	59.0%



### Cervical Cancer Screening

Onawa has a crude rate of 80.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 878th out of 958 Iowa communities (87th out of 102 midsize communities). The age-adjusted rate for Onawa is 80.8%, which ranks 823rd out of 905 Iowa communities (96th out of 102 midsize communities).

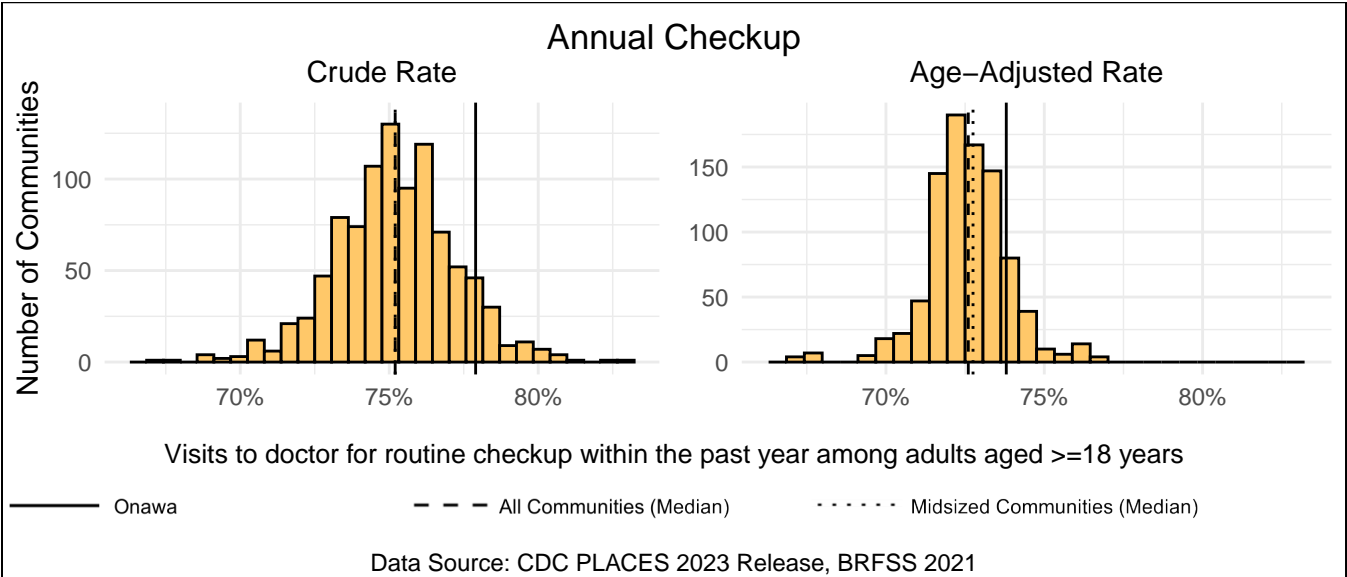
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	80.8%	83.3%	82.9%
Age-Adjusted	80.8%	83.2%	83.2%



## Annual Checkup

Onawa has a crude rate of 77.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 81st out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Onawa is 73.8%, which ranks 110th out of 905 Iowa communities (15th out of 102 midsize communities).

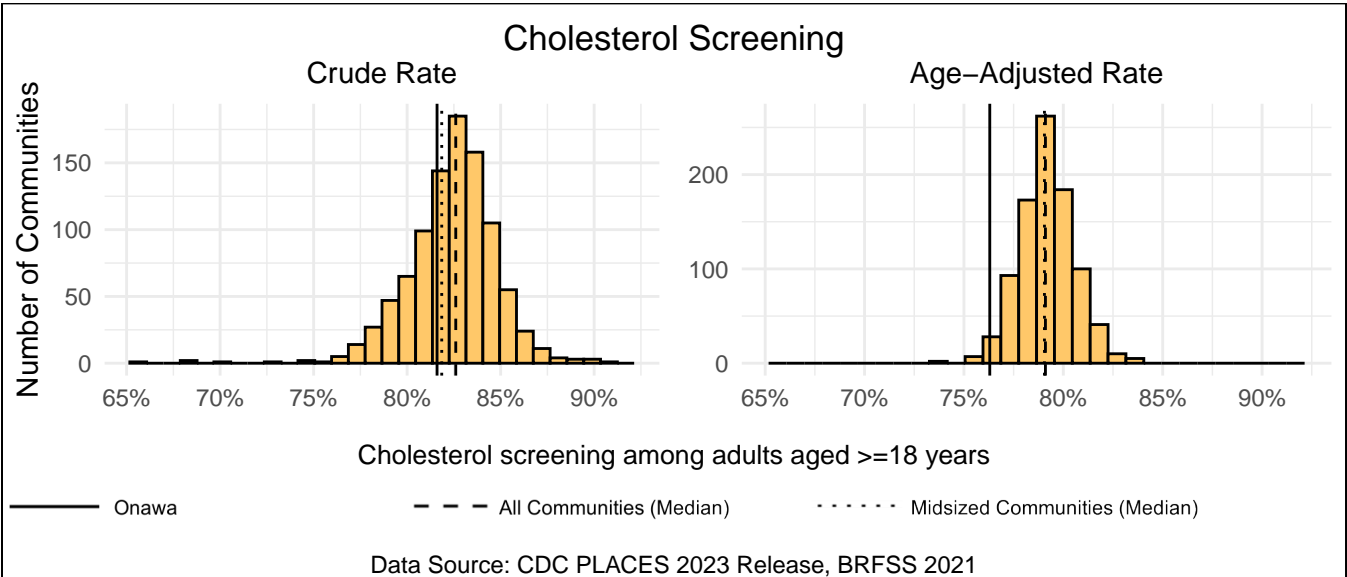
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	77.9%	75.2%	75.2%
Age-Adjusted	73.8%	72.6%	72.8%



## Cholesterol Screening

Onawa has a crude rate of 81.6% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 648th out of 958 Iowa communities (57th out of 102 midsize communities). The age-adjusted rate for Onawa is 76.3%, which ranks 888th out of 905 Iowa communities (97th out of 102 midsize communities).

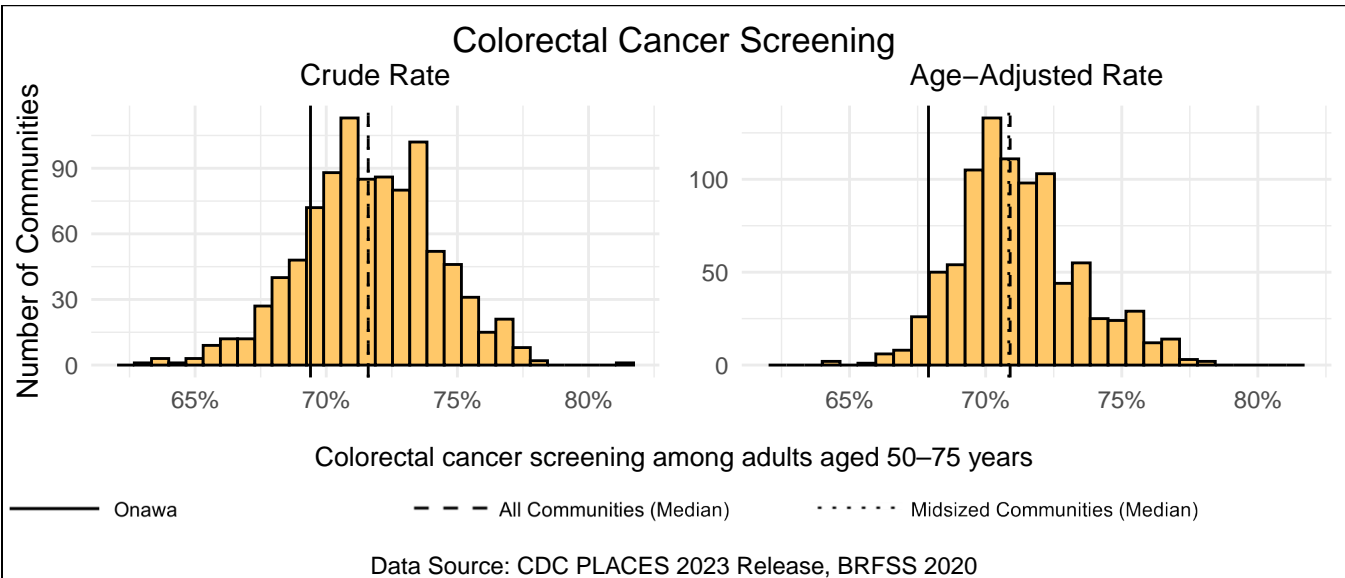
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	81.6%	82.6%	81.8%
Age-Adjusted	76.3%	79.1%	79.0%



## Colorectal Cancer Screening

Onawa has a crude rate of 69.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 782nd out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Onawa is 67.9%, which ranks 863rd out of 905 Iowa communities (92nd out of 102 mid-sized communities).

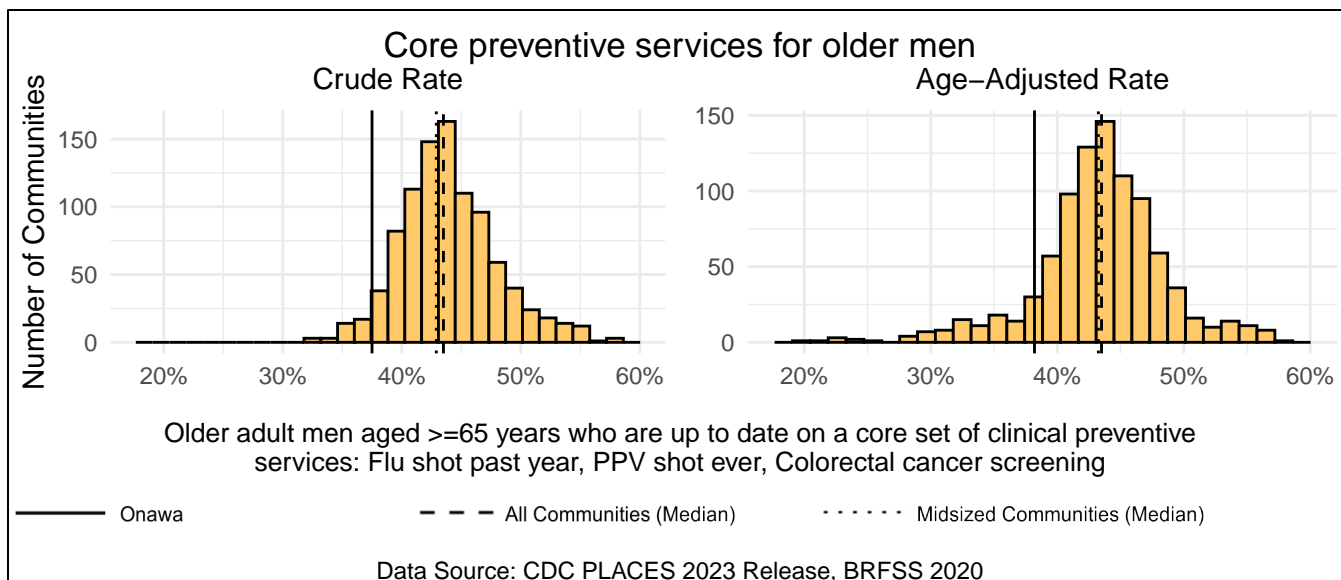
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	69.4%	71.6%	71.6%
Age-Adjusted	67.9%	70.9%	70.8%



## Core preventive services for older men

Onawa has a crude rate of 37.5% 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 919th out of 958 Iowa communities (95th out of 102 midsized communities). The age-adjusted rate for Onawa is 38.2%, which ranks 802nd out of 905 Iowa communities (92nd out of 102 midsized communities).

Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	37.5%	43.5%	42.9%
Age-Adjusted	38.2%	43.5%	43.2%

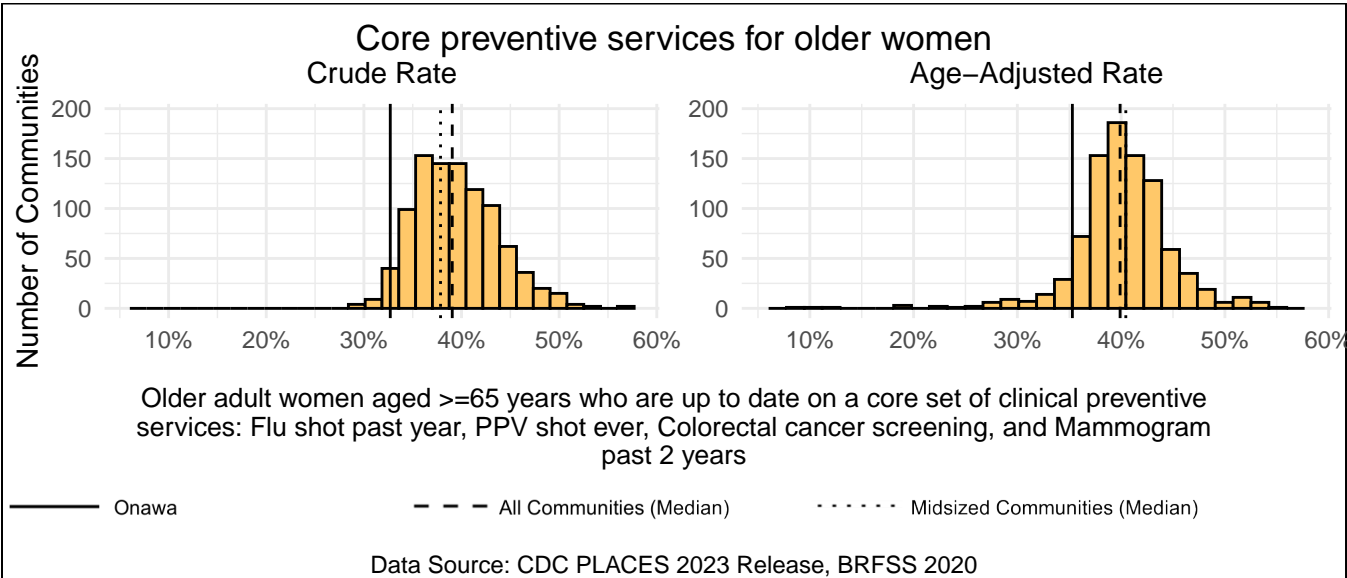




### Core preventive services for older women

Onawa has a crude rate of 32.7% 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 930th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Onawa is 35.3%, which ranks 829th out of 905 Iowa communities (98th out of 102 mid-sized communities).

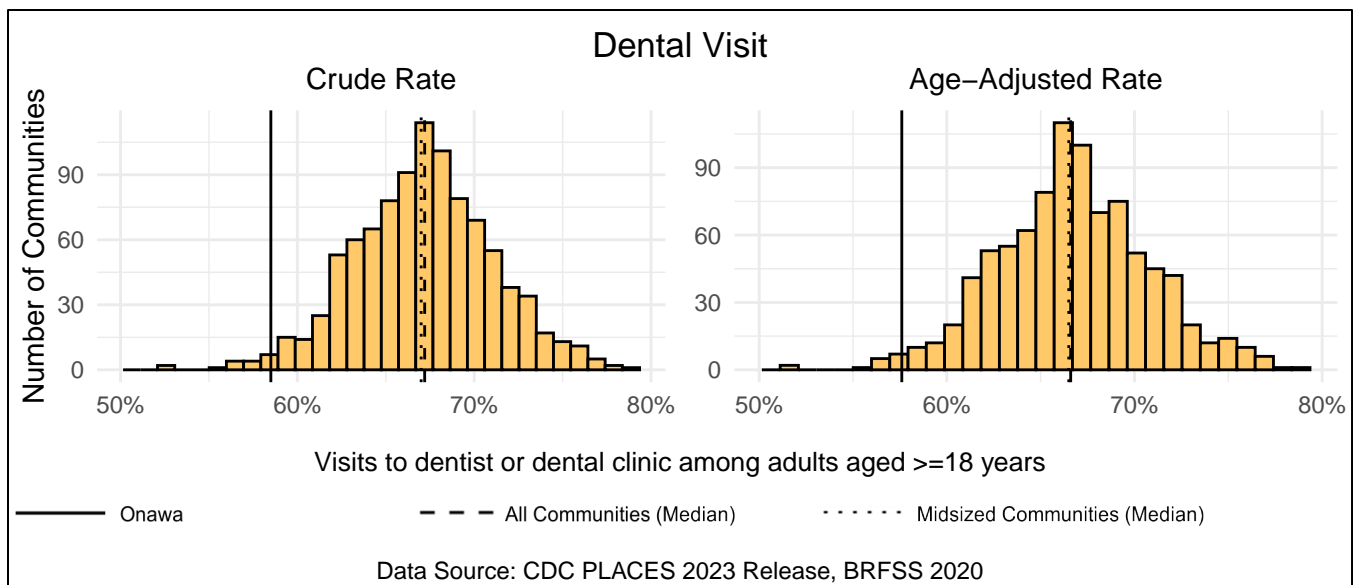
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	32.7%	39.0%	37.8%
Age-Adjusted	35.3%	39.9%	40.4%



### Dental Visit

Onawa has a crude rate of 58.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 944th out of 958 Iowa communities (95th out of 102 mid-sized communities). The age-adjusted rate for Onawa is 57.6%, which ranks 893rd out of 905 Iowa communities (96th out of 102 mid-sized communities).

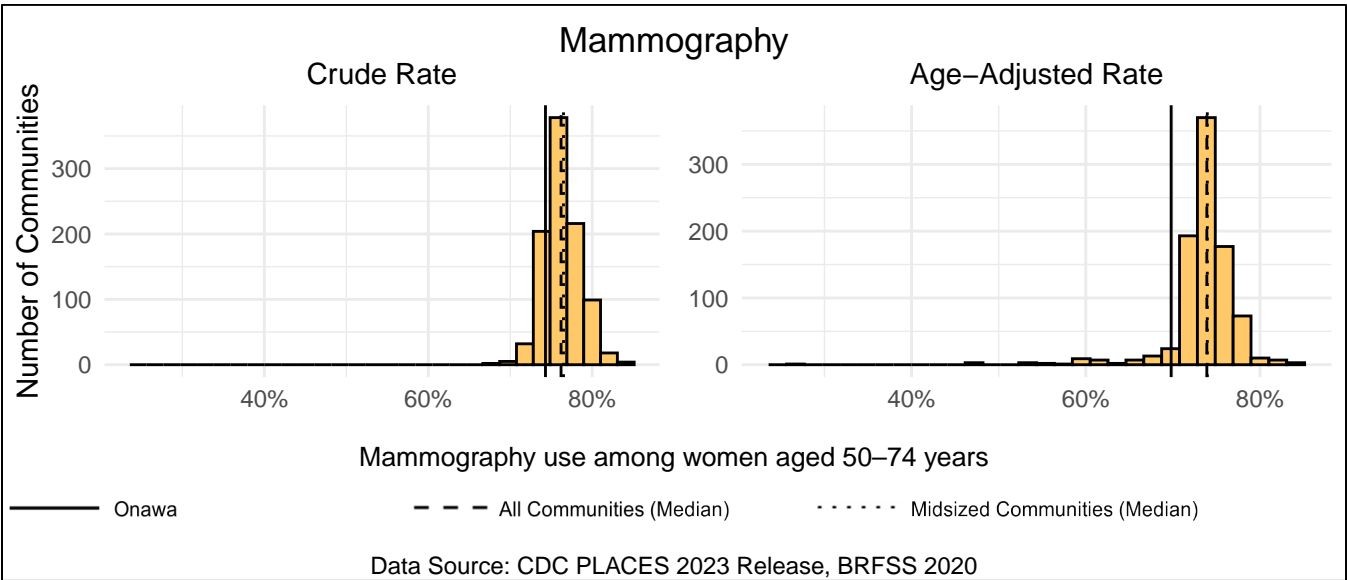
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	58.5%	67.2%	67.0%
Age-Adjusted	57.6%	66.6%	66.5%



# Mammography

Onawa has a crude rate of 74.3% for mammography use among women aged 50–74 years, which ranks 793rd out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for Onawa is 69.8%, which ranks 844th out of 905 Iowa communities (98th out of 102 mid-sized communities).

Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	74.3%	76.2%	76.5%
Age-Adjusted	69.8%	73.9%	74.0%



# Disability

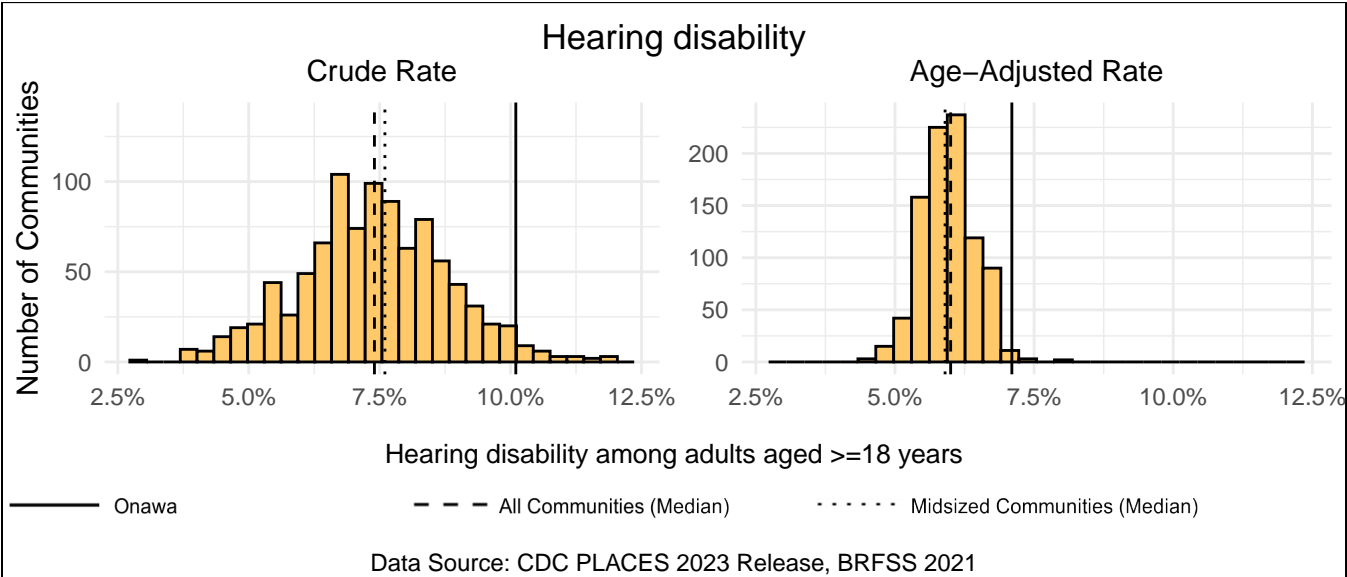
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Onawa has a crude rate of 10.1% for hearing disability among adults aged  $\geq 18$  years, which ranks 930th out of 958 Iowa communities (102nd out of 102 mid-sized communities). The age-adjusted rate for Onawa is 7.1%, which ranks 894th out of 905 Iowa communities (100th out of 102 mid-sized communities).

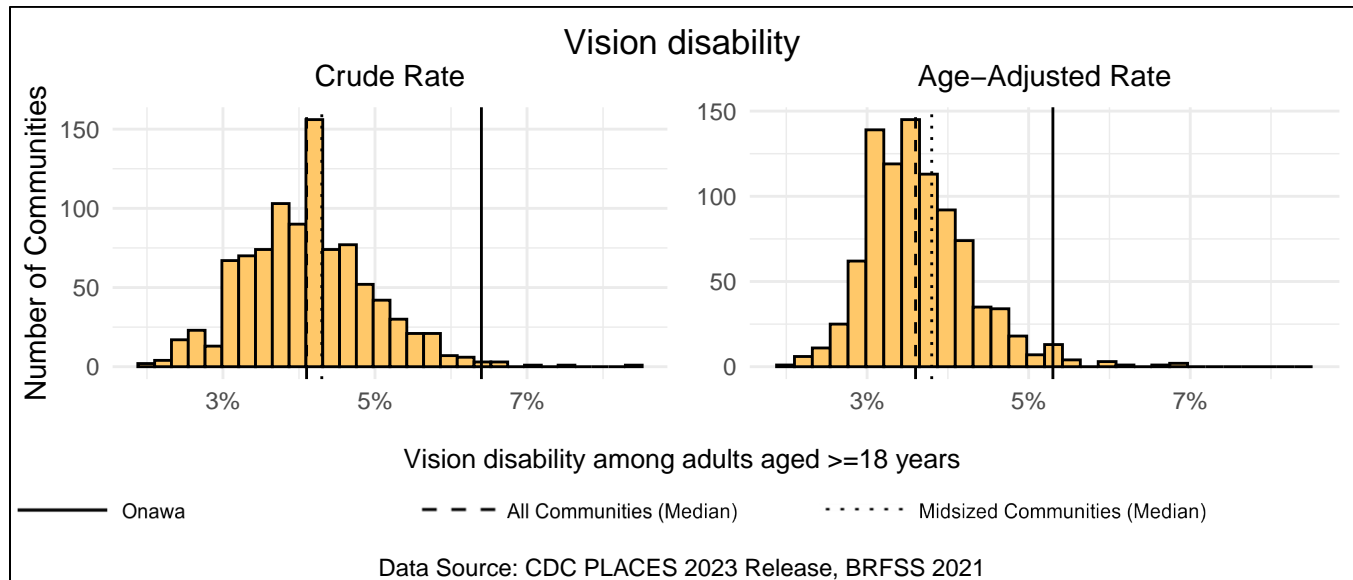
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	10.1%	7.4%	7.6%
Age-Adjusted	7.1%	6.0%	5.9%



## Vision disability

Onawa has a crude rate of 6.4% for vision disability among adults aged  $\geq 18$  years, which ranks 950th out of 958 Iowa communities (99th out of 102 midsize communities). The age-adjusted rate for Onawa is 5.3%, which ranks 886th out of 905 Iowa communities (95th out of 102 midsize communities).

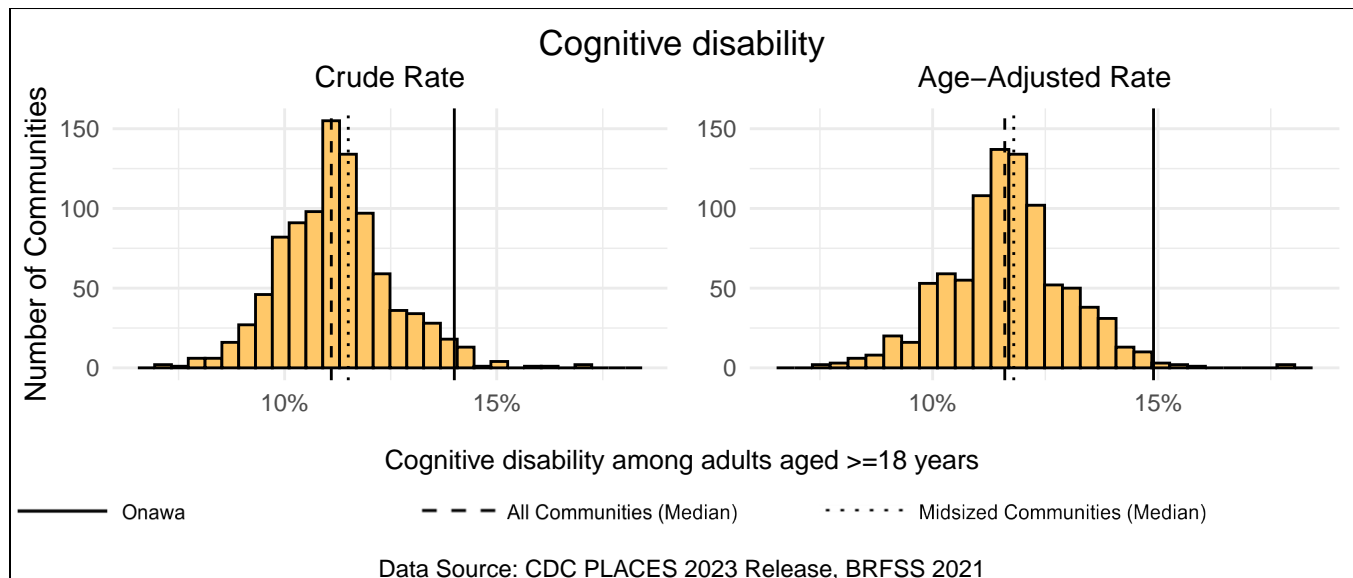
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	6.4%	4.1%	4.3%
Age-Adjusted	5.3%	3.6%	3.8%



## Cognitive disability

Onawa has a crude rate of 14.0% for cognitive disability among adults aged  $\geq 18$  years, which ranks 933rd out of 958 Iowa communities (96th out of 102 midsize communities). The age-adjusted rate for Onawa is 14.9%, which ranks 898th out of 905 Iowa communities (99th out of 102 midsize communities).

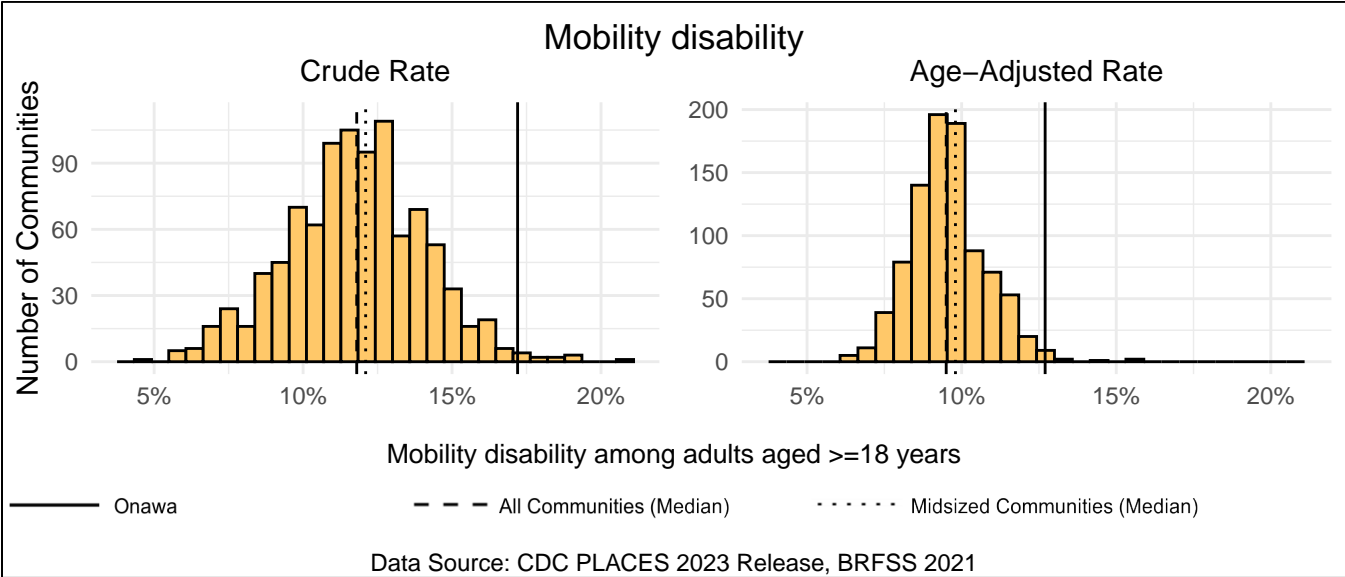
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	14.0%	11.1%	11.5%
Age-Adjusted	14.9%	11.6%	11.8%



## Mobility disability

Onawa has a crude rate of 17.2% for mobility disability among adults aged  $\geq 18$  years, which ranks 948th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Onawa is 12.7%, which ranks 896th out of 905 Iowa communities (99th out of 102 midsized communities).

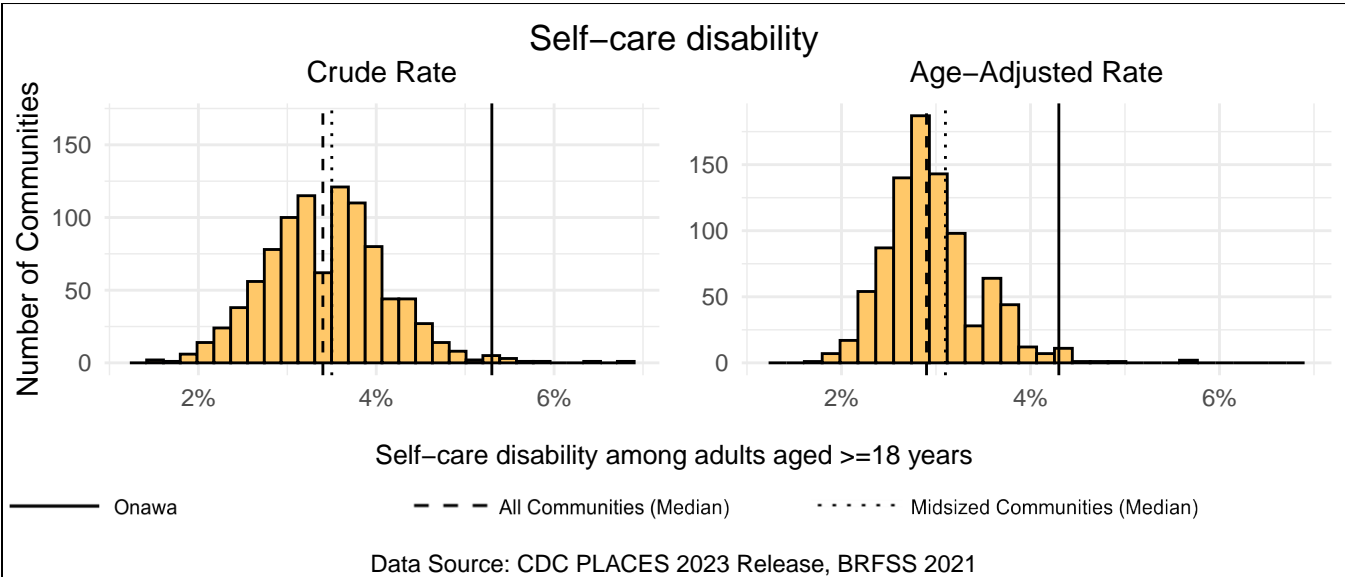
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	17.2%	11.8%	12.1%
Age-Adjusted	12.7%	9.5%	9.8%



## Self-care disability

Onawa has a crude rate of 5.3% for self-care disability among adults aged  $\geq 18$  years, which ranks 949th out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Onawa is 4.3%, which ranks 890th out of 905 Iowa communities (98th out of 102 midsized communities).

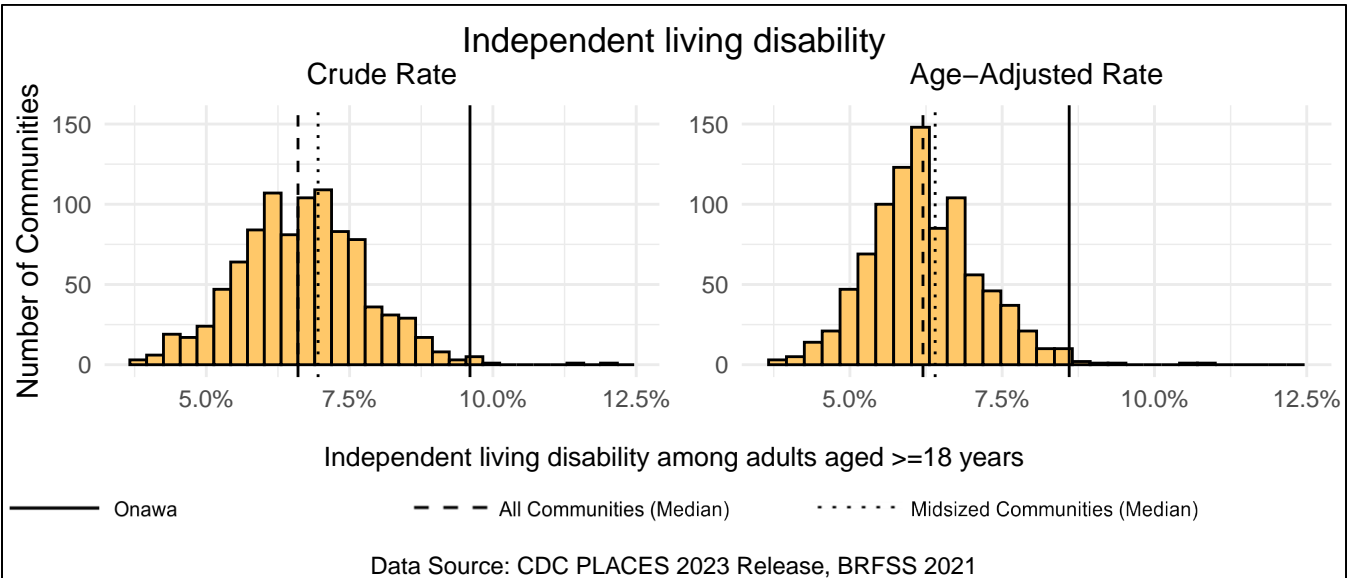
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	5.3%	3.4%	3.5%
Age-Adjusted	4.3%	2.9%	3.1%



## Independent living disability

Onawa has a crude rate of 9.6% for independent living disability among adults aged  $\geq 18$  years, which ranks 951st out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Onawa is 8.6%, which ranks 896th out of 905 Iowa communities (98th out of 102 midsized communities).

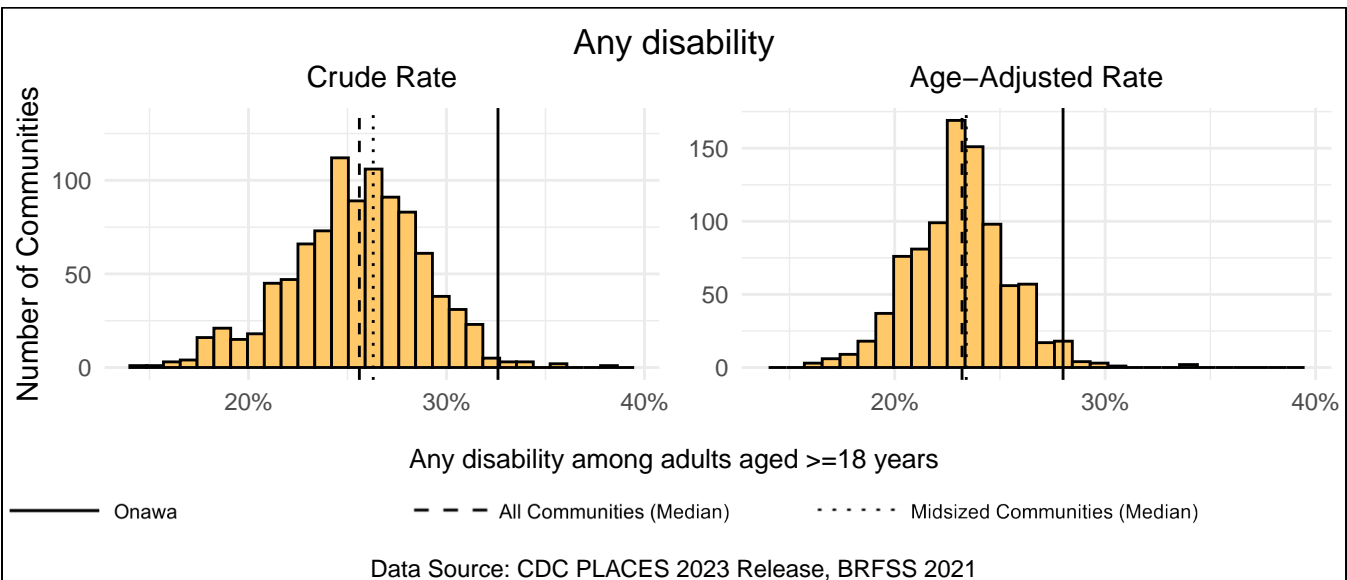
Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	9.6%	6.6%	7.0%
Age-Adjusted	8.6%	6.2%	6.4%



## Any disability

Onawa has a crude rate of 32.6% for any disability among adults aged  $\geq 18$  years, which ranks 949th out of 958 Iowa communities (102nd out of 102 midsized communities). The age-adjusted rate for Onawa is 28.0%, which ranks 887th out of 905 Iowa communities (97th out of 102 midsized communities).

Measure Type	Onawa	All Comm.	Midsized Comm.
Crude	32.6%	25.6%	26.3%
Age-Adjusted	28.0%	23.2%	23.4%



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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: Onawa 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	944	19.6% (16.6% - 23.1%)	883	17.0% (14.5% - 19.9%)
Health Status	Mental Health	868	15.8% (13.7% - 17.9%)	899	18.1% (15.8% - 20.7%)
Health Status	Physical Health	950	13.9% (11.9% - 16.0%)	898	12.2% (10.5% - 14.0%)
Health Risk Behaviors	Physical Inactivity	942	32.5% (27.0% - 38.2%)	881	29.5% (24.7% - 34.9%)
Health Risk Behaviors	Sleep <7 hours	708	31.4% (29.9% - 33.0%)	831	33.0% (31.3% - 34.5%)
Health Risk Behaviors	Current Smoking	935	20.9% (17.2% - 25.0%)	900	22.8% (18.6% - 27.1%)
Health Risk Behaviors	Binge Drinking	45	16.4% (13.4% - 19.6%)	37	20.0% (16.4% - 23.7%)
Health Outcomes	All Teeth Lost	945	18.7% (12.6% - 26.2%)	893	18.2% (12.5% - 24.6%)
Health Outcomes	Arthritis	915	33.0% (28.5% - 37.5%)	891	25.6% (21.8% - 29.3%)
Health Outcomes	Current Asthma	917	10.1% (8.9% - 11.4%)	892	10.5% (9.2% - 11.9%)
Health Outcomes	Diabetes	937	13.4% (11.4% - 15.5%)	883	10.2% (8.8% - 11.9%)
Health Outcomes	High Blood Pressure	908	37.9% (33.3% - 42.3%)	884	30.2% (26.2% - 34.3%)
Health Outcomes	Chronic Kidney Disease	927	4.2% (3.7% - 4.7%)	888	3.0% (2.7% - 3.3%)
Health Outcomes	Cancer (except skin)	805	9.4% (8.3% - 10.4%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Coronary Heart Disease	931	9.0% (7.9% - 10.4%)	895	6.1% (5.3% - 6.9%)
Health Outcomes	Obesity	929	42.7% (34.9% - 50.7%)	893	43.4% (35.7% - 51.6%)
Health Outcomes	COPD	949	10.7% (8.9% - 12.7%)	900	8.5% (7.2% - 10.0%)
Health Outcomes	Depression	756	19.0% (15.7% - 22.6%)	848	20.9% (17.4% - 24.9%)
Health Outcomes	Stroke	937	4.6% (4.0% - 5.3%)	894	3.2% (2.8% - 3.6%)
Health Outcomes	High Cholesterol	834	39.2% (34.3% - 44.0%)	731	30.6% (26.2% - 35.2%)
Prevention	Annual Checkup	81	77.9% (73.2% - 82.0%)	110	73.8% (68.4% - 78.5%)
Prevention	Colorectal Cancer Screening	782	69.4% (66.3% - 72.5%)	863	67.9% (64.6% - 71.2%)
Prevention	Dental Visit	944	58.5% (54.7% - 62.3%)	893	57.6% (53.8% - 61.5%)
Prevention	Core preventive services for older women	930	32.7% (25.9% - 40.3%)	829	35.3% (28.5% - 42.5%)
Prevention	Cholesterol Screening	648	81.6% (78.4% - 84.4%)	888	76.3% (72.3% - 79.8%)
Prevention	Mammography	793	74.3% (70.1% - 78.4%)	844	69.8% (64.8% - 74.6%)

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	919	37.5% (28.8% - 45.8%)	802	38.2% (29.5% - 46.2%)
Prevention	Cervical Cancer Screening	878	80.8% (77.9% - 83.5%)	823	80.8% (77.9% - 83.4%)
Prevention	Health Insurance	879	9.3% (7.2% - 12.0%)	836	9.8% (7.4% - 12.5%)
Prevention	Taking BP Medication	77	83.2% (80.1% - 85.7%)	18	61.5% (56.5% - 66.3%)
Disability	Hearing Disability	930	10.1% (8.8% - 11.3%)	894	7.1% (6.3% - 8.0%)
Disability	Independent Living Disability	951	9.6% (8.1% - 11.3%)	896	8.6% (7.4% - 10.0%)
Disability	Self-care Disability	949	5.3% (4.5% - 6.2%)	890	4.3% (3.7% - 5.0%)
Disability	Mobility Disability	948	17.2% (14.6% - 20.1%)	896	12.7% (11.0% - 14.8%)
Disability	Cognitive Disability	933	14.0% (12.0% - 16.4%)	898	14.9% (12.8% - 17.4%)
Disability	Any Disability	949	32.6% (28.2% - 37.1%)	887	28.0% (24.1% - 32.3%)
Disability	Vision Disability	950	6.4% (5.4% - 7.6%)	886	5.3% (4.6% - 6.2%)

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

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

Onawa falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

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Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502

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