



## Iowa Community Health Snapshot Series

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



*May 2024*

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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 Osage: Overview

Dear Community Members & Stakeholders of Osage,

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 Osage ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Osage'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 Osage. 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
Sleep <7 hours	59th	10th	Sleep <7 hours	132nd	23rd
Taking BP Medication	101st	2nd	Taking BP Medication	179th	33rd
Annual Checkup	106th	3rd	Colorectal Cancer Screening	237th	38th
Cholesterol Screening	151st	7th	Annual Checkup	259th	35th
Binge Drinking	162nd	20th	Cholesterol Screening	271st	33rd

# 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
Arthritis	880th	100th	Arthritis	785th	83rd
Cancer (except skin)	872nd	102nd	Obesity	590th	57th
Hearing Disability	851st	95th	High Cholesterol	565th	63rd
Chronic Kidney Disease	832nd	91st	Depression	562nd	58th
Coronary Heart Disease	811th	89th	Core preventive services for older women	534th	61st

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 Osage.

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

With a population of 3,590, Osage’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

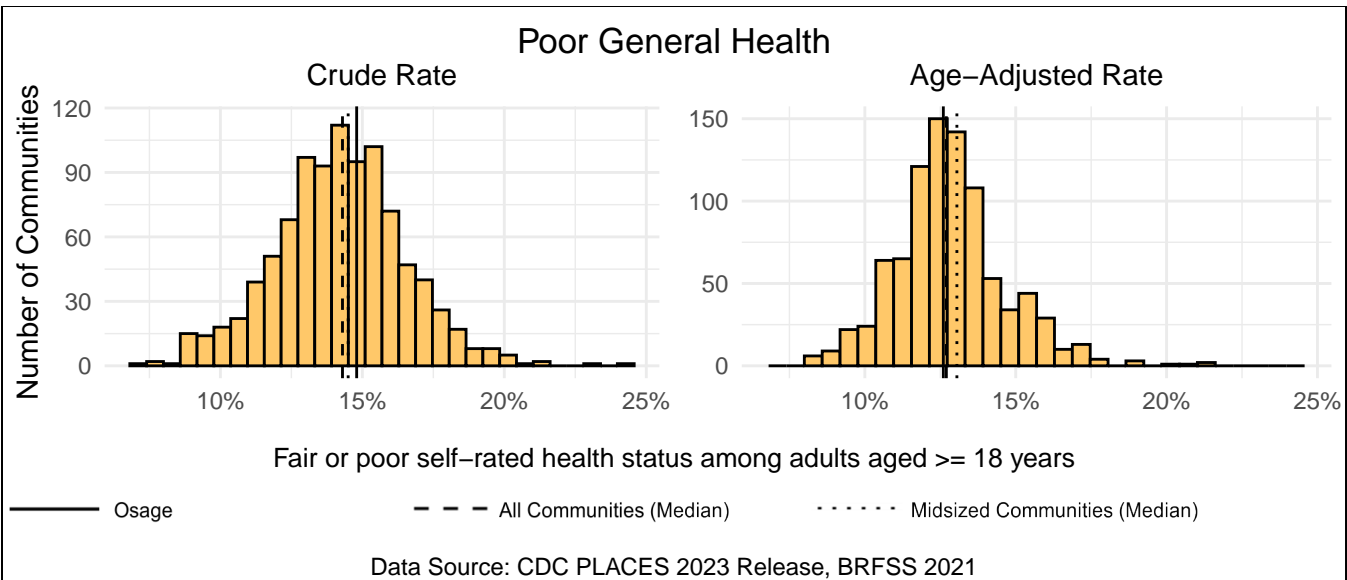
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Osage has a crude rate of 14.8% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 576th out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Osage is 12.6%, which ranks 410th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

Measure Type	Osage	All Comm.	Midsized Comm.
Crude	14.8%	14.3%	14.5%
Age-Adjusted	12.6%	12.7%	13.0%

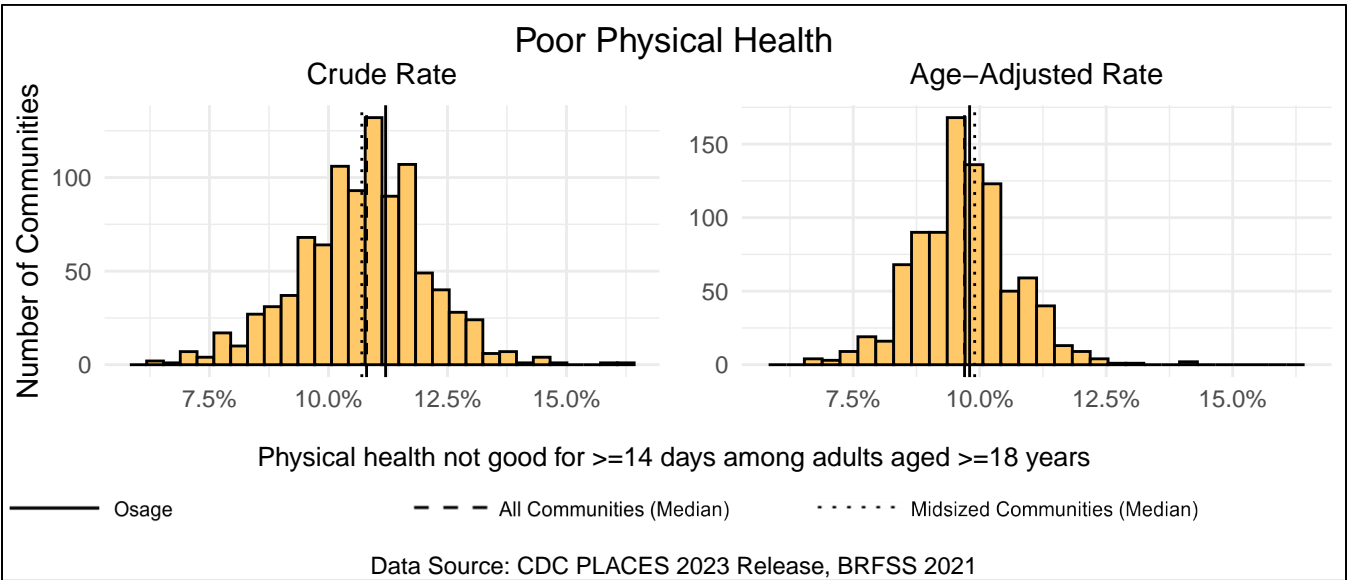




# Poor Physical Health

Osage has a crude rate of 11.2% for physical health not good for >=14 days among adults aged >=18 years, which ranks 600th out of 958 Iowa communities (61st out of 102 midsized communities). The age-adjusted rate for Osage is 9.8%, which ranks 468th out of 905 Iowa communities (44th out of 102 midsized communities).

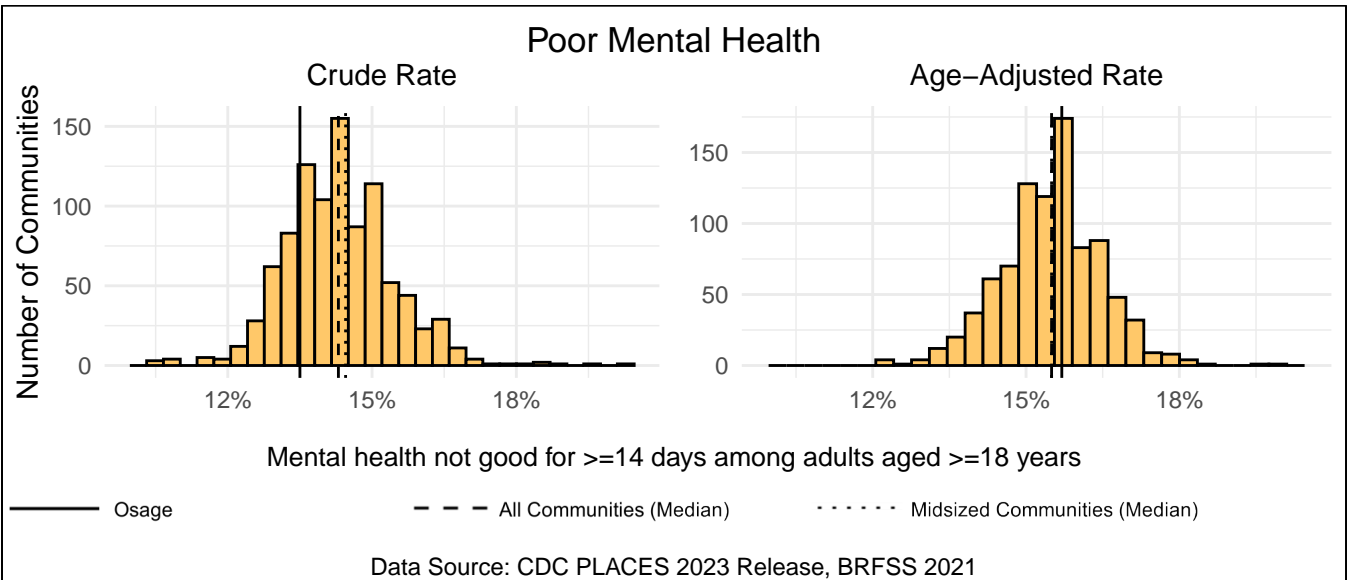
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	11.2%	10.8%	10.7%
Age-Adjusted	9.8%	9.7%	9.9%



# Poor Mental Health

Osage has a crude rate of 13.5% for mental health not good for >=14 days among adults aged >=18 years, which ranks 202nd out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Osage is 15.7%, which ranks 516th out of 905 Iowa communities (59th out of 102 midsized communities).

Measure Type	Osage	All Comm.	Midsized Comm.
Crude	13.5%	14.3%	14.4%
Age-Adjusted	15.7%	15.5%	15.5%



# Health Risk Behaviors

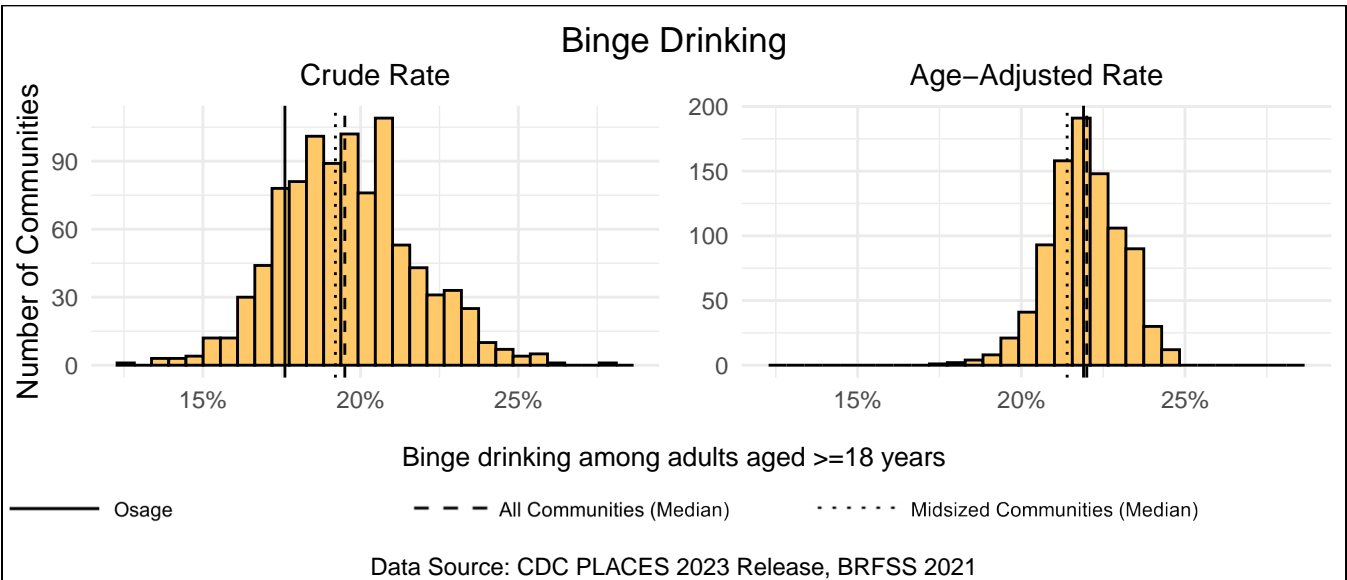
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Osage has a crude rate of 17.6% for binge drinking among adults aged  $\geq 18$  years, which ranks 162nd out of 958 Iowa communities (20th out of 102 mid-sized communities). The age-adjusted rate for Osage is 21.9%, which ranks 418th out of 905 Iowa communities (58th out of 102 mid-sized communities).

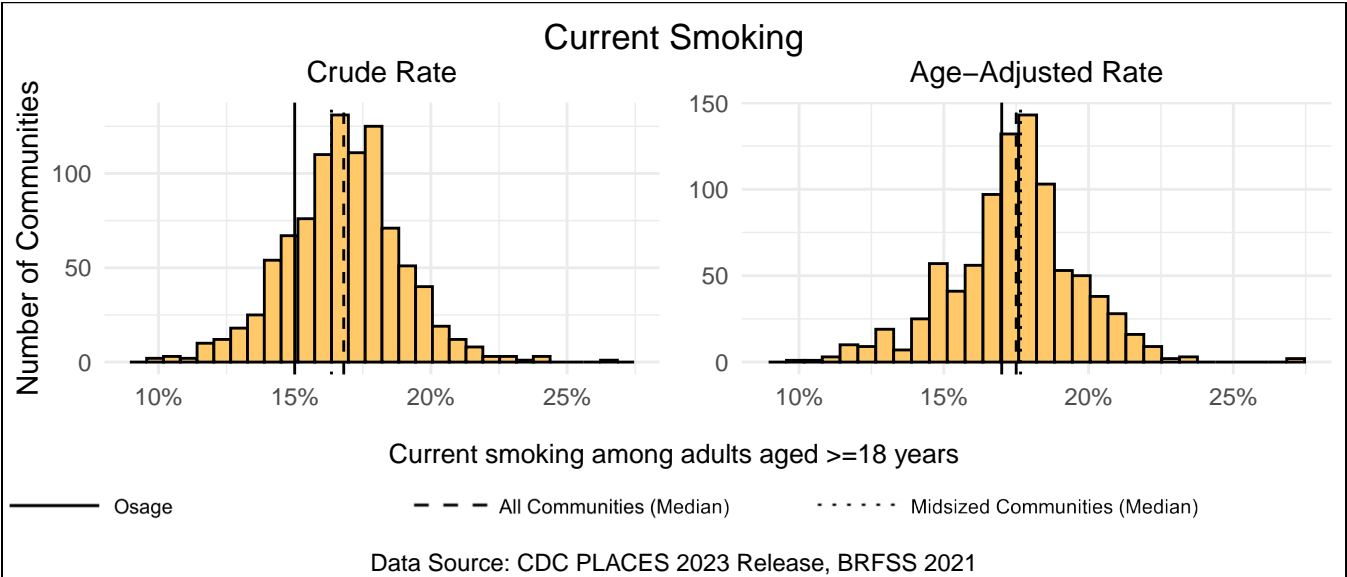
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	17.6%	19.5%	19.2%
Age-Adjusted	21.9%	22.0%	21.4%



# Current Smoking

Osage has a crude rate of 15.0% for current smoking among adults aged >=18 years, which ranks 175th out of 958 Iowa communities (31st out of 102 mid-sized communities). The age-adjusted rate for Osage is 17.0%, which ranks 327th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

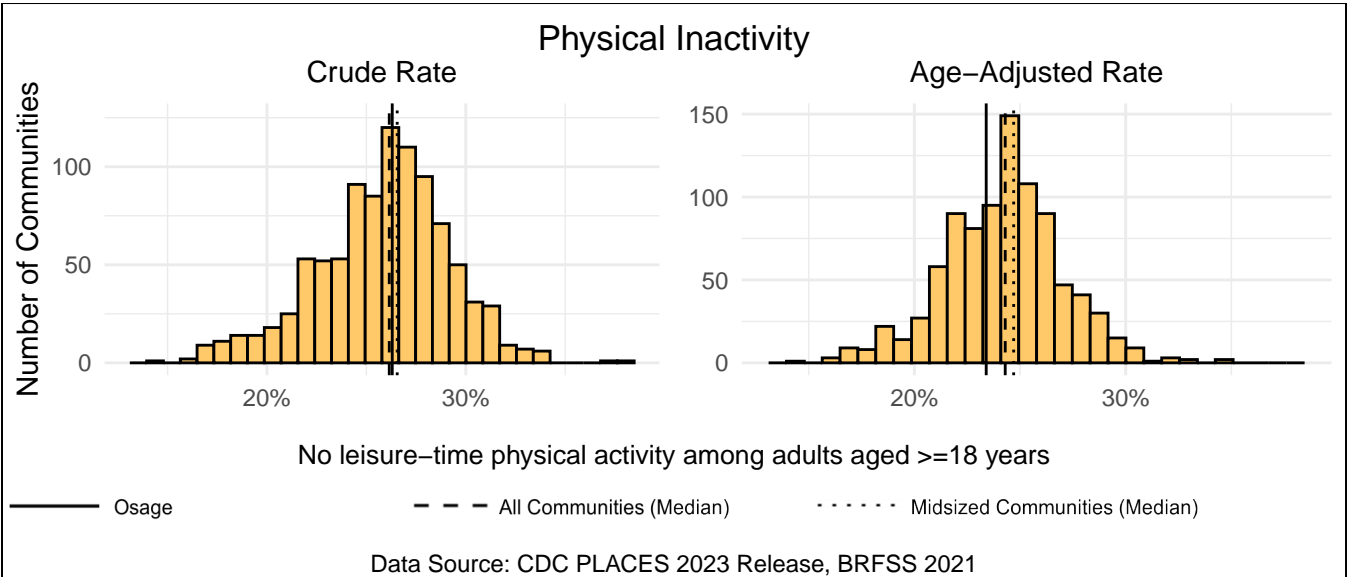
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	15.0%	16.8%	16.4%
Age-Adjusted	17.0%	17.5%	17.6%



# Physical Inactivity

Osage has a crude rate of 26.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 499th out of 958 Iowa communities (50th out of 102 mid-sized communities). The age-adjusted rate for Osage is 23.4%, which ranks 323rd out of 905 Iowa communities (38th out of 102 mid-sized communities).

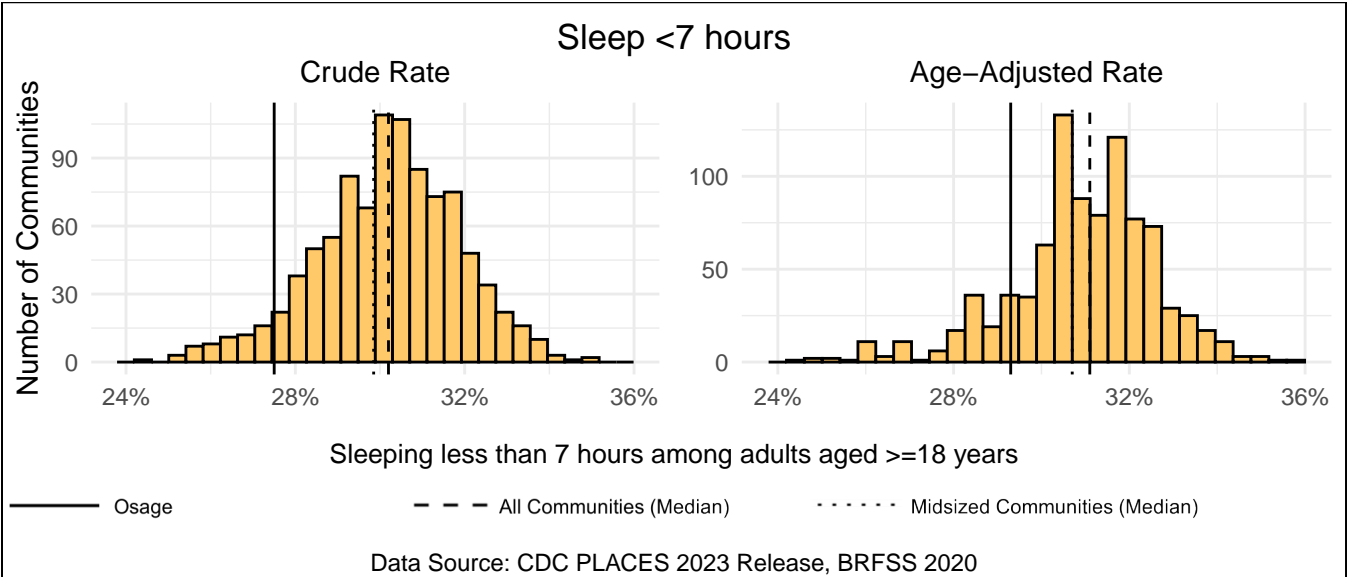
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	26.3%	26.1%	26.6%
Age-Adjusted	23.4%	24.3%	24.7%



Sleep <7 hours

Osage has a crude rate of 27.5% for sleeping less than 7 hours among adults aged >=18 years, which ranks 59th out of 958 Iowa communities (10th out of 102 midsize communities). The age-adjusted rate for Osage is 29.3%, which ranks 132nd out of 905 Iowa communities (23rd out of 102 midsize communities).

Measure Type	Osage	All Comm.	Midsized Comm.
Crude	27.5%	30.2%	29.8%
Age-Adjusted	29.3%	31.1%	30.7%



# Health Outcomes

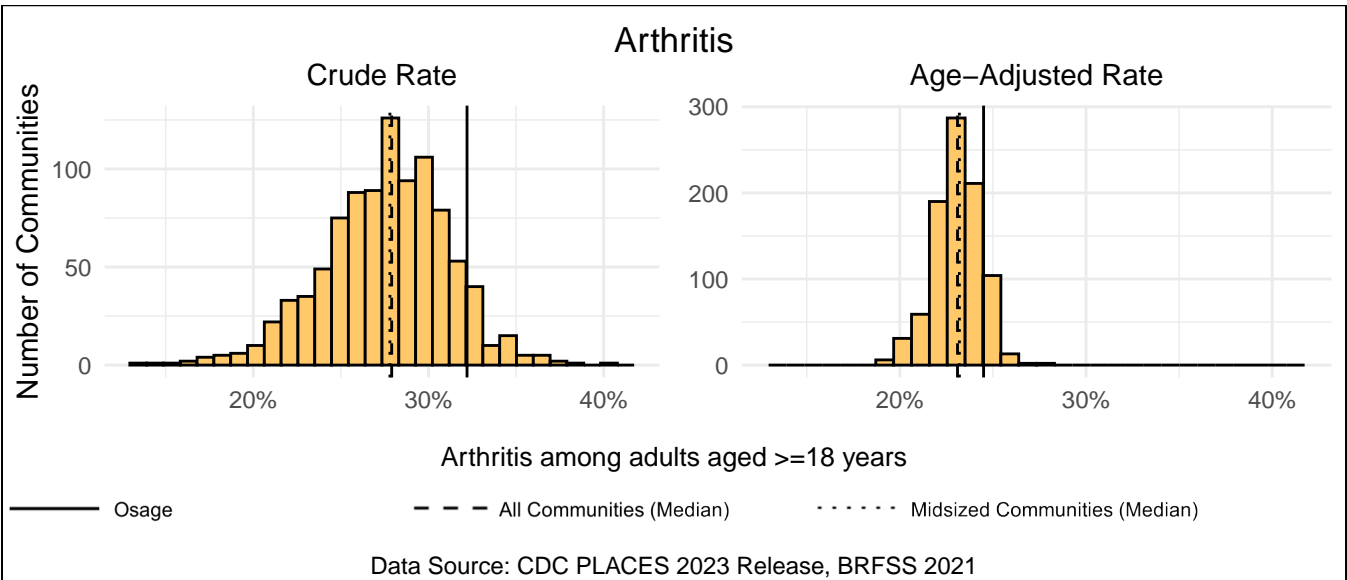
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Osage has a crude rate of 32.2% for arthritis among adults aged  $\geq 18$  years, which ranks 880th out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Osage is 24.5%, which ranks 785th out of 905 Iowa communities (83rd out of 102 midsized communities).

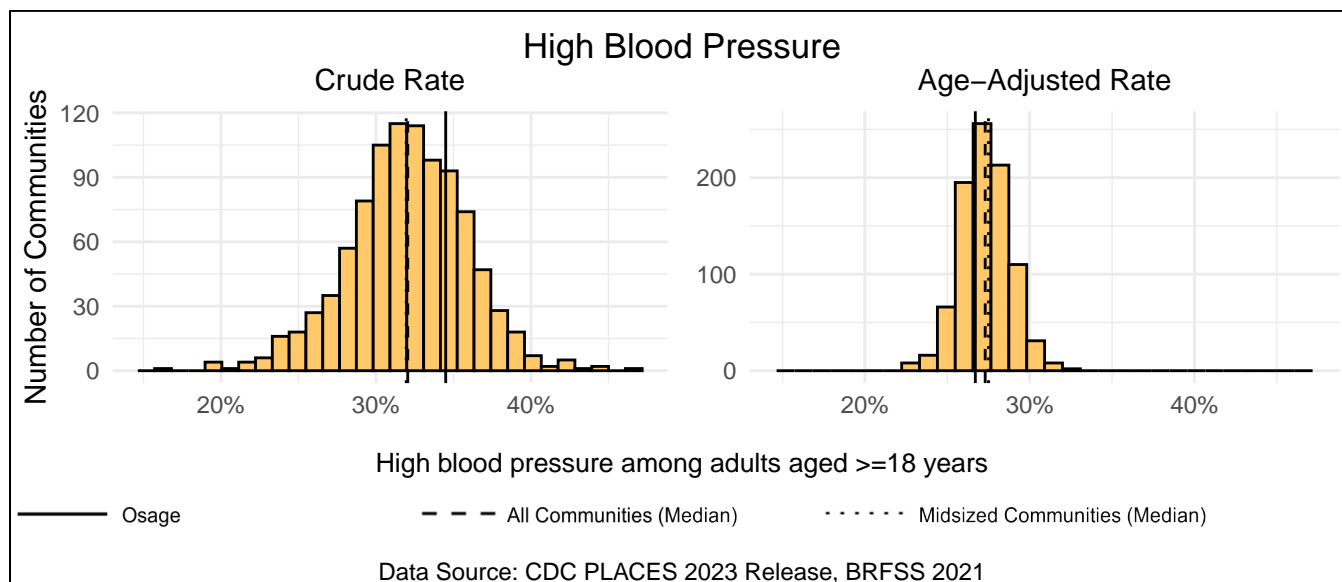
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	32.2%	27.9%	27.8%
Age-Adjusted	24.5%	23.1%	23.2%



## High Blood Pressure

Osage has a crude rate of 34.5% for high blood pressure among adults aged  $\geq 18$  years, which ranks 709th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Osage is 26.7%, which ranks 304th out of 905 Iowa communities (35th out of 102 mid-sized communities).

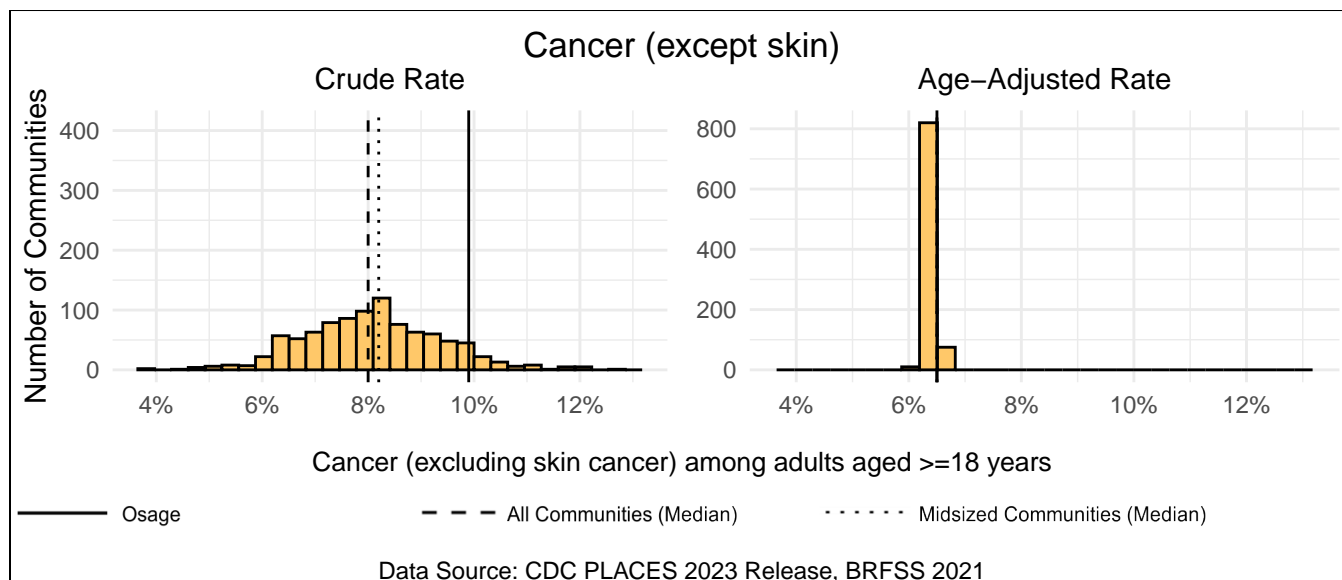
Measure Type	Osage	All Comm.	Mid-sized Comm.
Crude	34.5%	32.0%	32.0%
Age-Adjusted	26.7%	27.3%	27.5%



## Cancer (except skin)

Osage has a crude rate of 9.9% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 872nd out of 958 Iowa communities (102nd out of 102 mid-sized communities). The age-adjusted rate for Osage is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

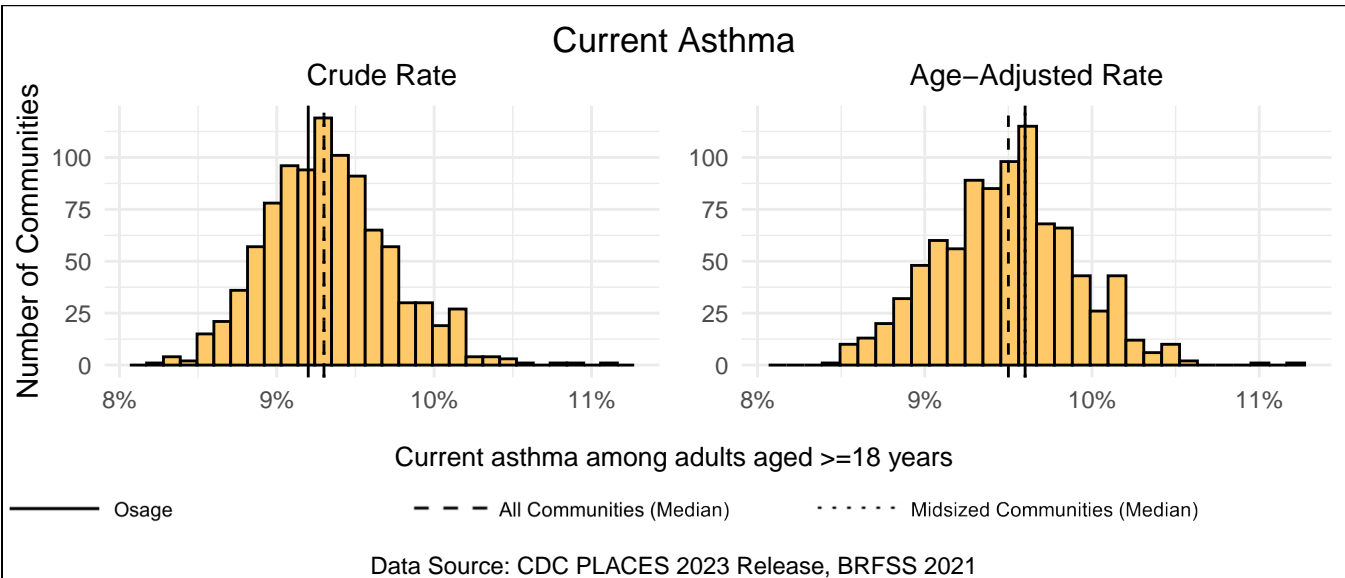
Measure Type	Osage	All Comm.	Mid-sized Comm.
Crude	9.9%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Osage has a crude rate of 9.2% for current asthma among adults aged  $\geq 18$  years, which ranks 311th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Osage is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

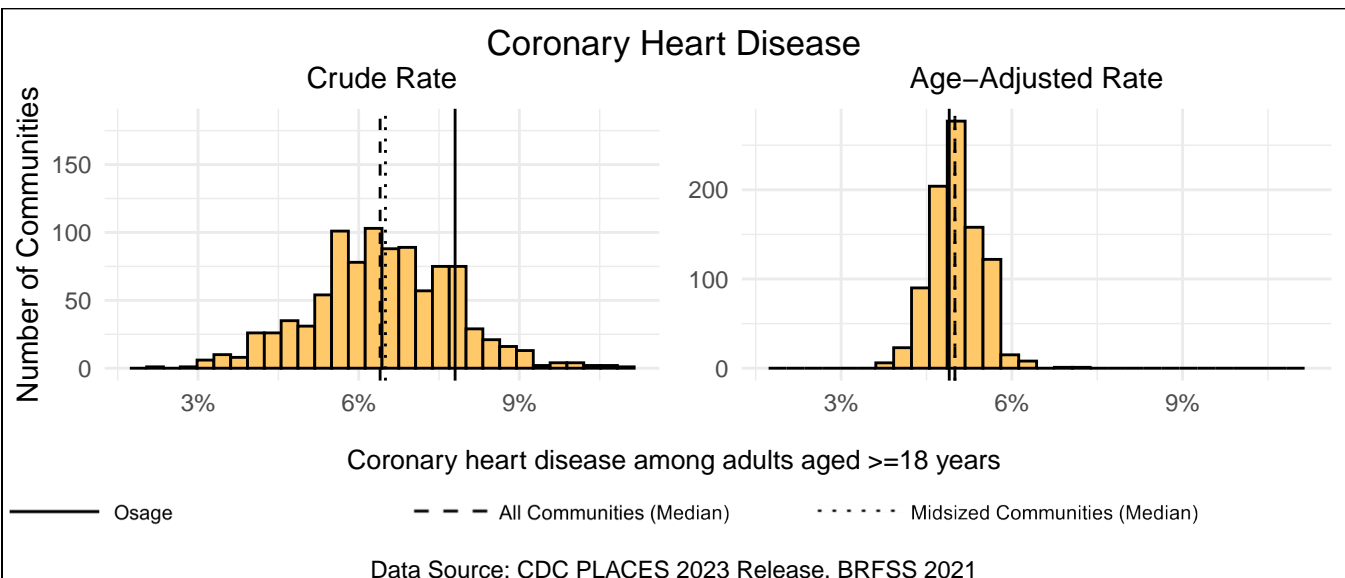
Measure Type	Osage	All Comm.	Midsize Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



## Coronary Heart Disease

Osage has a crude rate of 7.8% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 811th out of 958 Iowa communities (89th out of 102 midsize communities). The age-adjusted rate for Osage is 4.9%, which ranks 324th out of 905 Iowa communities (43rd out of 102 midsize communities).

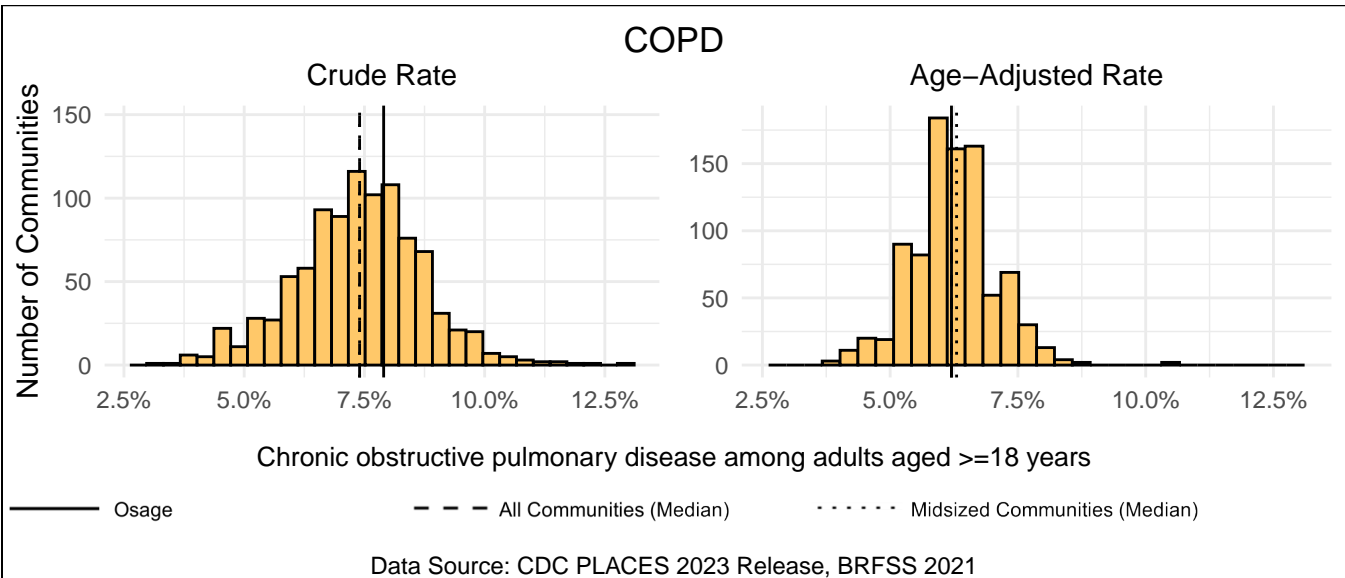
Measure Type	Osage	All Comm.	Midsize Comm.
Crude	7.8%	6.4%	6.5%
Age-Adjusted	4.9%	5.0%	5.0%



## COPD

Osage has a crude rate of 7.9% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 613th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Osage is 6.2%, which ranks 410th out of 905 Iowa communities (43rd out of 102 midsized communities).

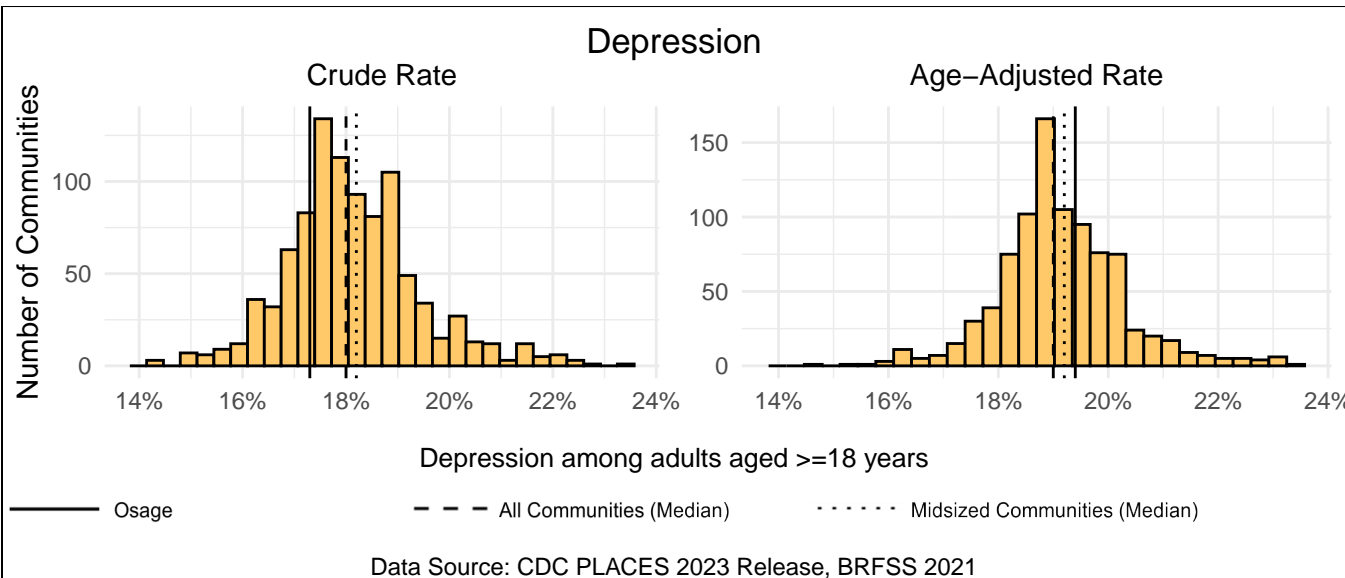
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	7.9%	7.4%	7.4%
Age-Adjusted	6.2%	6.2%	6.3%



## Depression

Osage has a crude rate of 17.3% for depression among adults aged  $\geq 18$  years, which ranks 220th out of 958 Iowa communities (21st out of 102 midsized communities). The age-adjusted rate for Osage is 19.4%, which ranks 562nd out of 905 Iowa communities (58th out of 102 midsized communities).

Measure Type	Osage	All Comm.	Midsized Comm.
Crude	17.3%	18.0%	18.2%
Age-Adjusted	19.4%	19.0%	19.2%

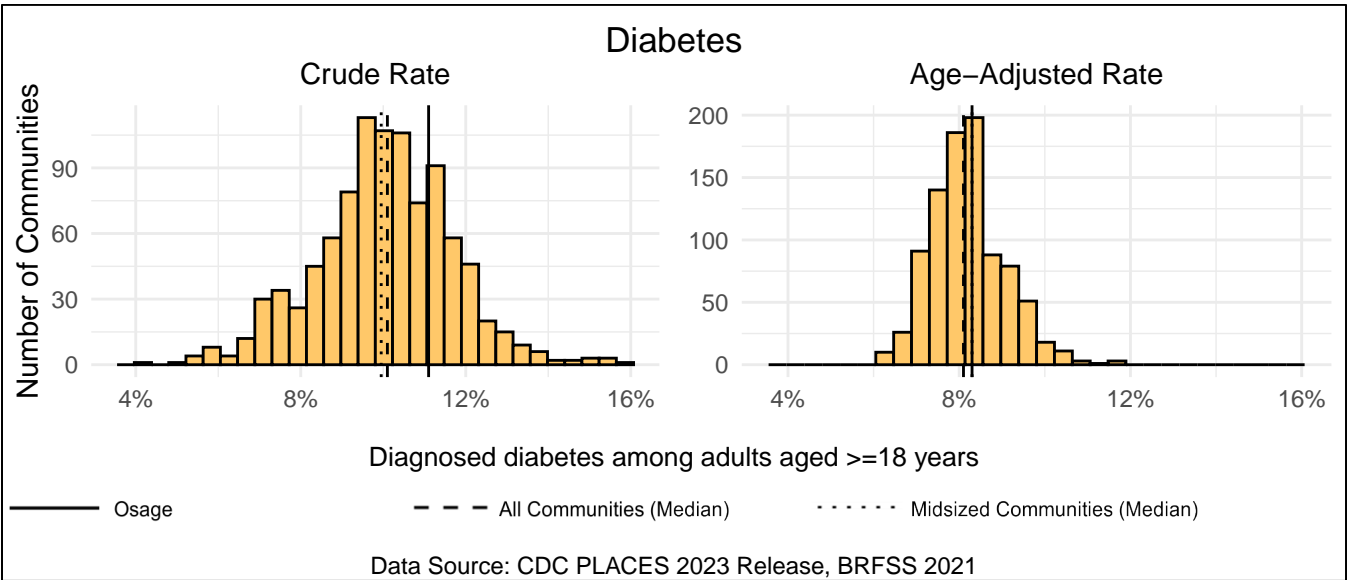




# Diabetes

Osage has a crude rate of 11.1% for diagnosed diabetes among adults aged >=18 years, which ranks 703rd out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Osage is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 mid-sized communities).

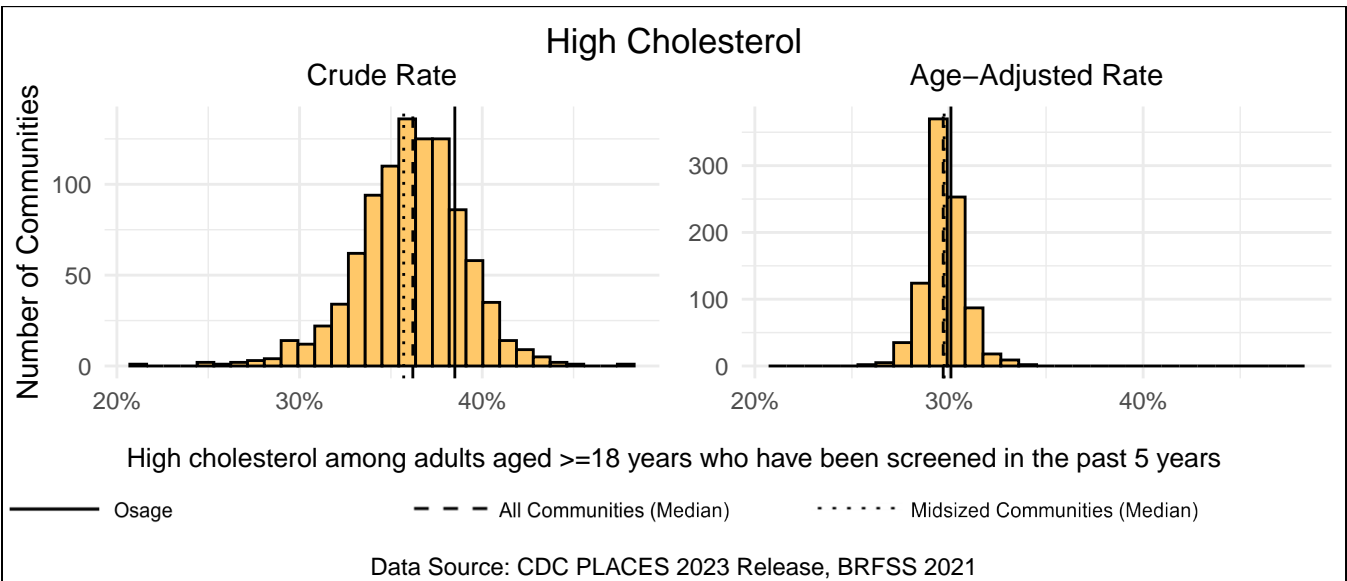
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	11.1%	10.1%	9.9%
Age-Adjusted	8.3%	8.1%	8.3%



# High Cholesterol

Osage has a crude rate of 38.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 782nd out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Osage is 30.1%, which ranks 565th out of 905 Iowa communities (63rd out of 102 mid-sized communities).

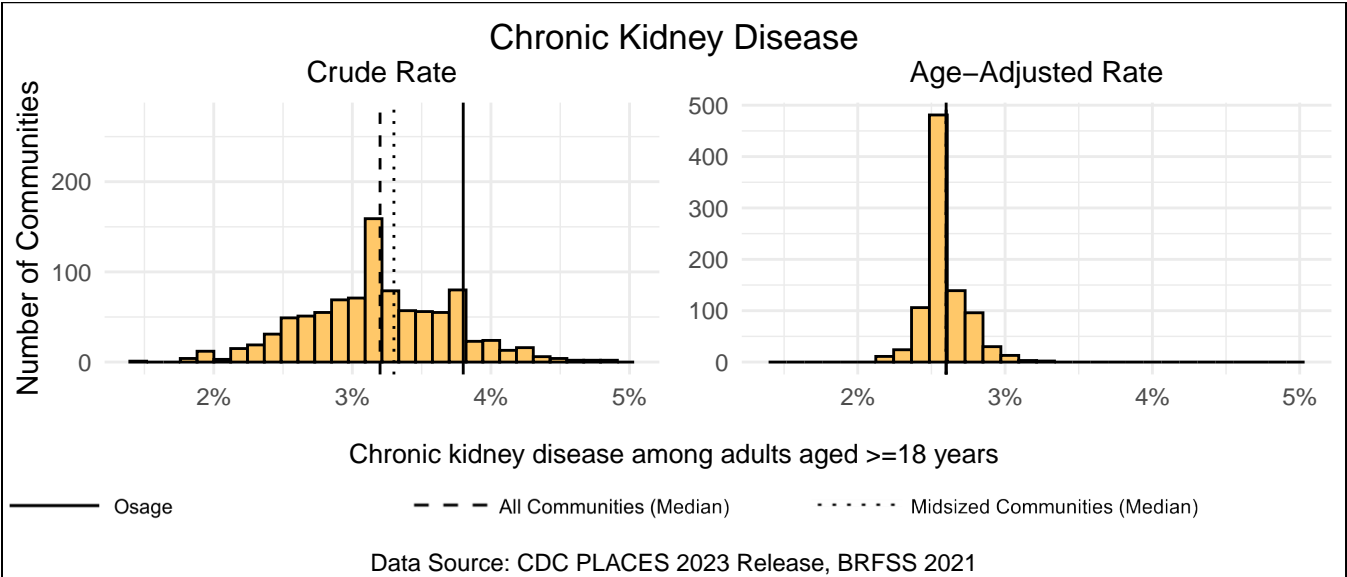
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	38.5%	36.2%	35.7%
Age-Adjusted	30.1%	29.7%	29.8%



## Chronic Kidney Disease

Osage has a crude rate of 3.8% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 832nd out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Osage is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 mid-sized communities).

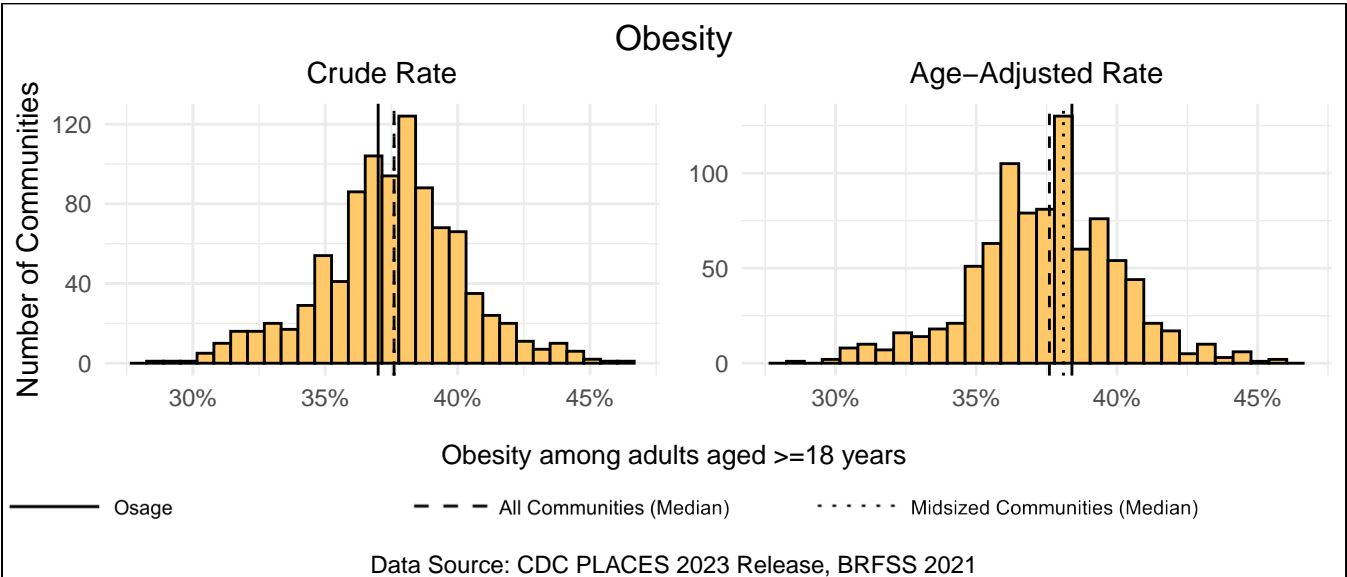
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



## Obesity

Osage has a crude rate of 37.0% for obesity among adults aged  $\geq 18$  years, which ranks 362nd out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Osage is 38.4%, which ranks 590th out of 905 Iowa communities (57th out of 102 mid-sized communities).

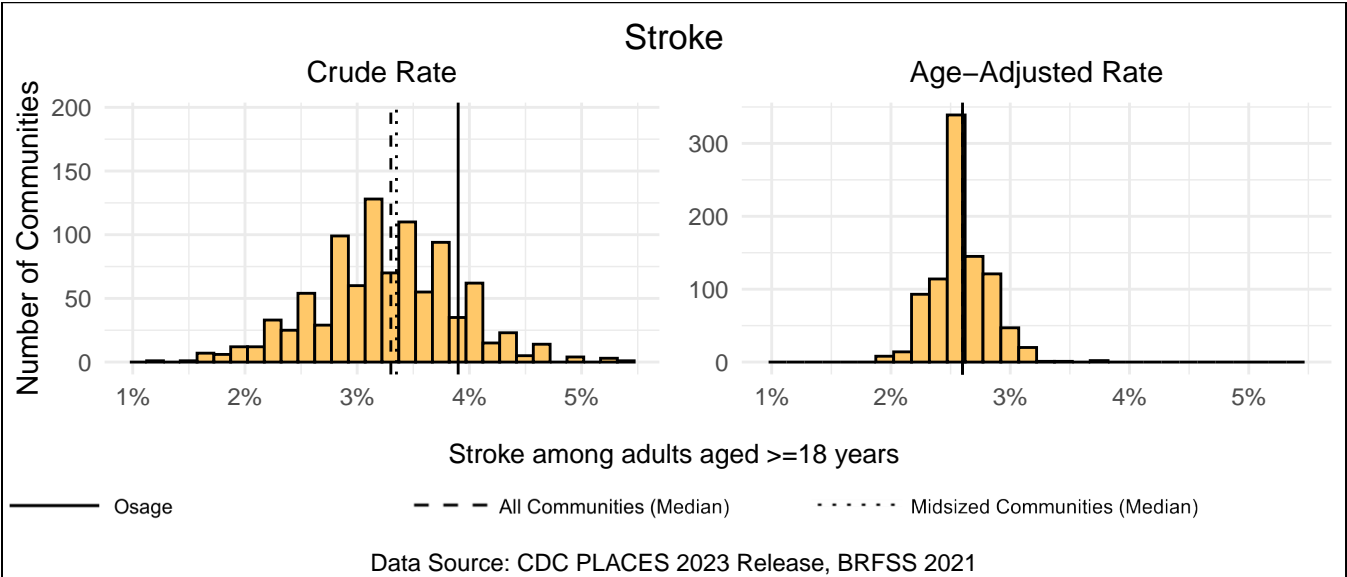
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	37.0%	37.6%	37.6%
Age-Adjusted	38.4%	37.6%	38.1%



# Stroke

Osage has a crude rate of 3.9% for stroke among adults aged  $\geq 18$  years, which ranks 797th out of 958 Iowa communities (83rd out of 102 midsize communities). The age-adjusted rate for Osage is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 midsize communities).

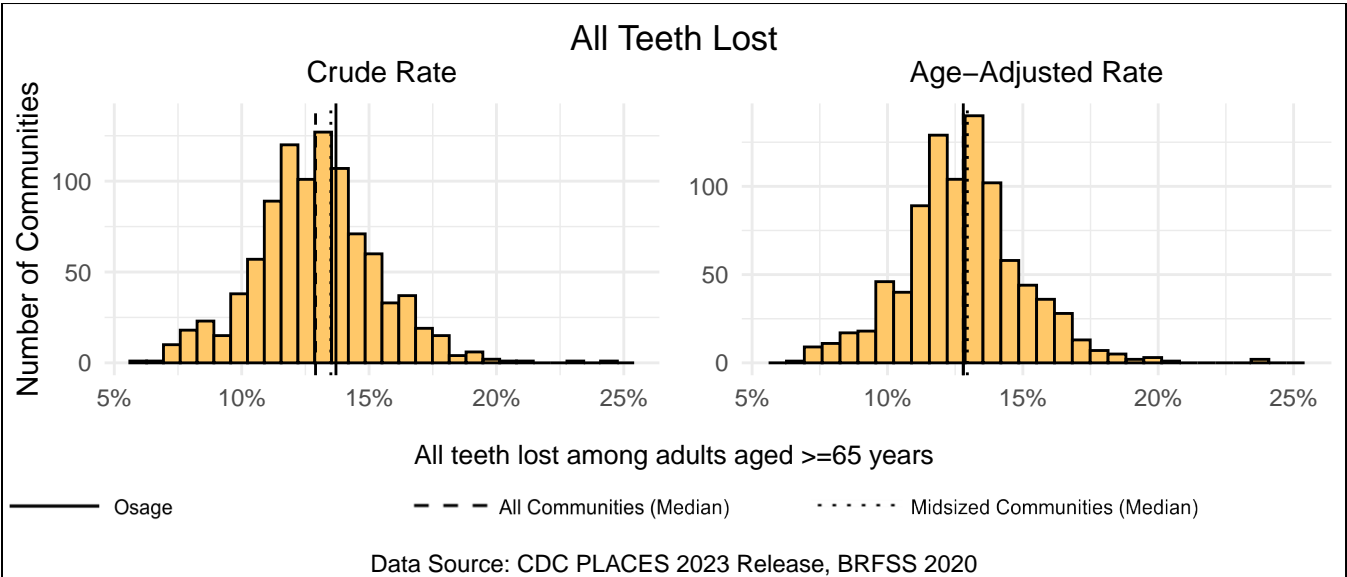
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	3.9%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# All Teeth Lost

Osage has a crude rate of 13.7% for all teeth lost among adults aged  $\geq 65$  years, which ranks 620th out of 958 Iowa communities (57th out of 102 midsize communities). The age-adjusted rate for Osage is 12.8%, which ranks 448th out of 905 Iowa communities (47th out of 102 midsize communities).

Measure Type	Osage	All Comm.	Midsized Comm.
Crude	13.7%	12.9%	13.5%
Age-Adjusted	12.8%	12.8%	12.9%



# Prevention

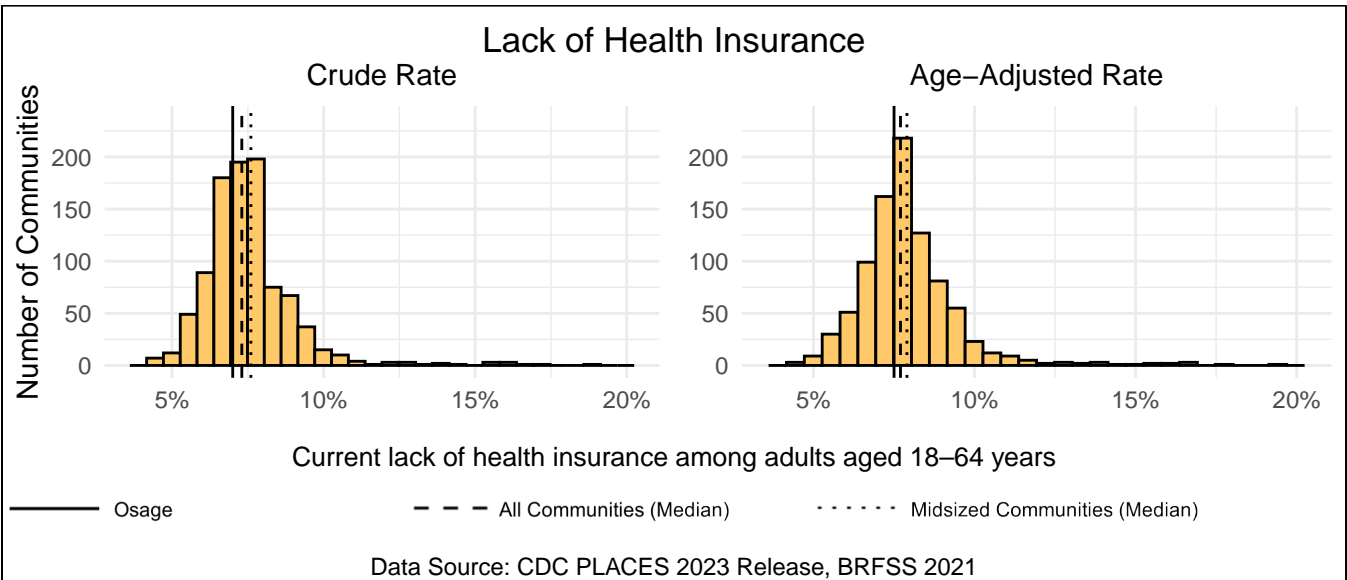
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Osage has a crude rate of 7.0% for current lack of health insurance among adults aged 18–64 years, which ranks 338th out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Osage is 7.5%, which ranks 355th out of 905 Iowa communities (41st out of 102 mid-sized communities).

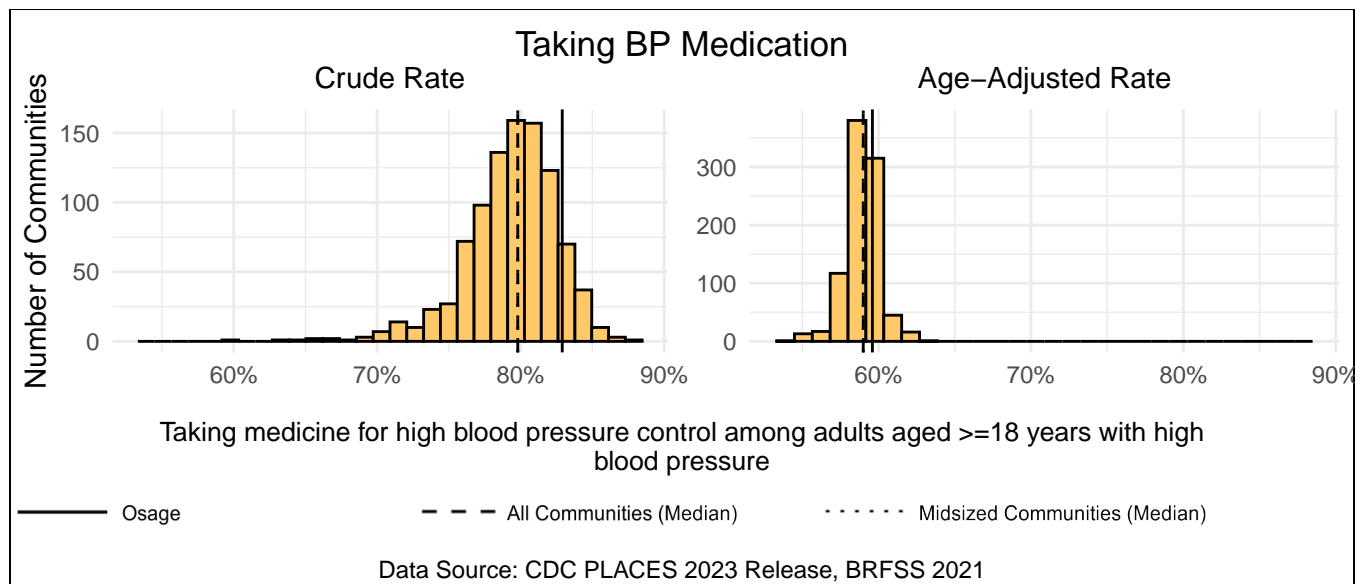
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	7.0%	7.3%	7.6%
Age-Adjusted	7.5%	7.7%	7.9%



## Taking BP Medication

Osage has a crude rate of 82.9% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 101st out of 958 Iowa communities (2nd out of 102 mid-sized communities). The age-adjusted rate for Osage is 59.6%, which ranks 179th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

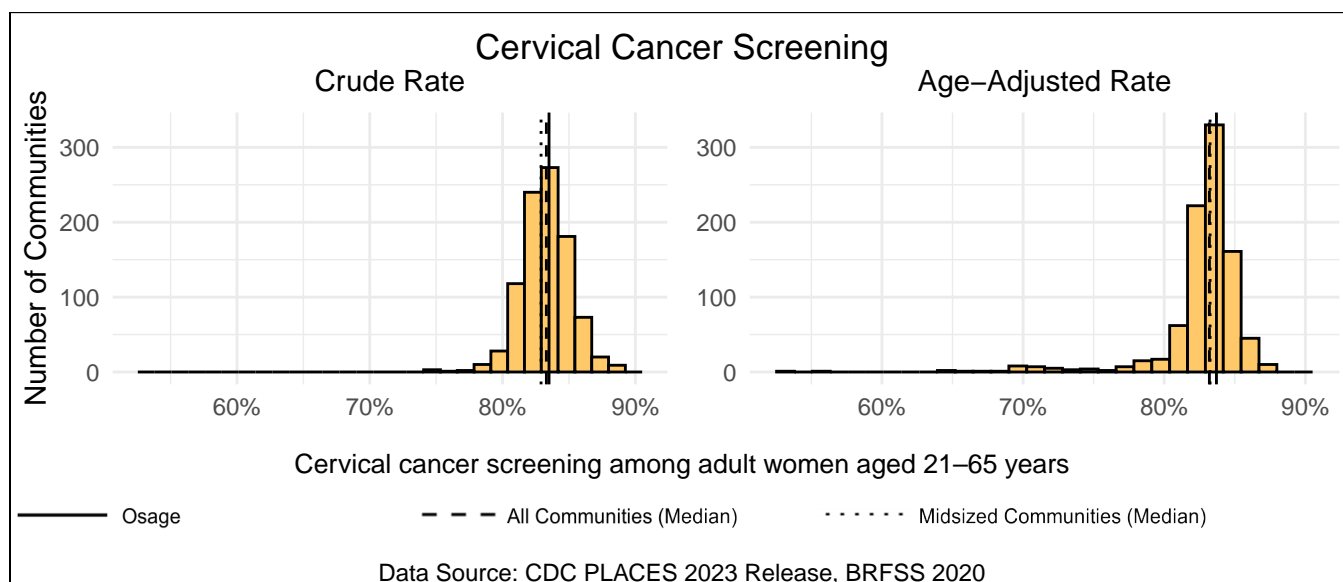
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	82.9%	79.8%	79.8%
Age-Adjusted	59.6%	59.0%	59.0%



## Cervical Cancer Screening

Osage has a crude rate of 83.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 422nd out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Osage is 83.7%, which ranks 294th out of 905 Iowa communities (41st out of 102 mid-sized communities).

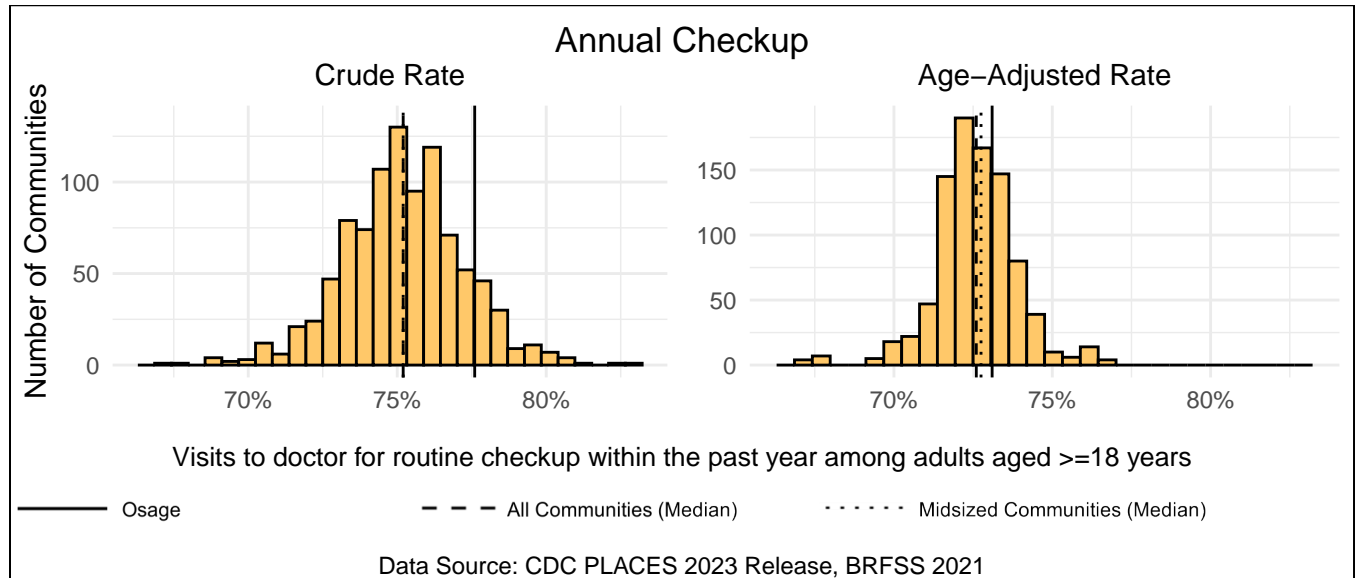
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	83.5%	83.3%	82.9%
Age-Adjusted	83.7%	83.2%	83.2%



## Annual Checkup

Osage has a crude rate of 77.6% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 106th out of 958 Iowa communities (3rd out of 102 midsize communities). The age-adjusted rate for Osage is 73.1%, which ranks 259th out of 905 Iowa communities (35th out of 102 midsize communities).

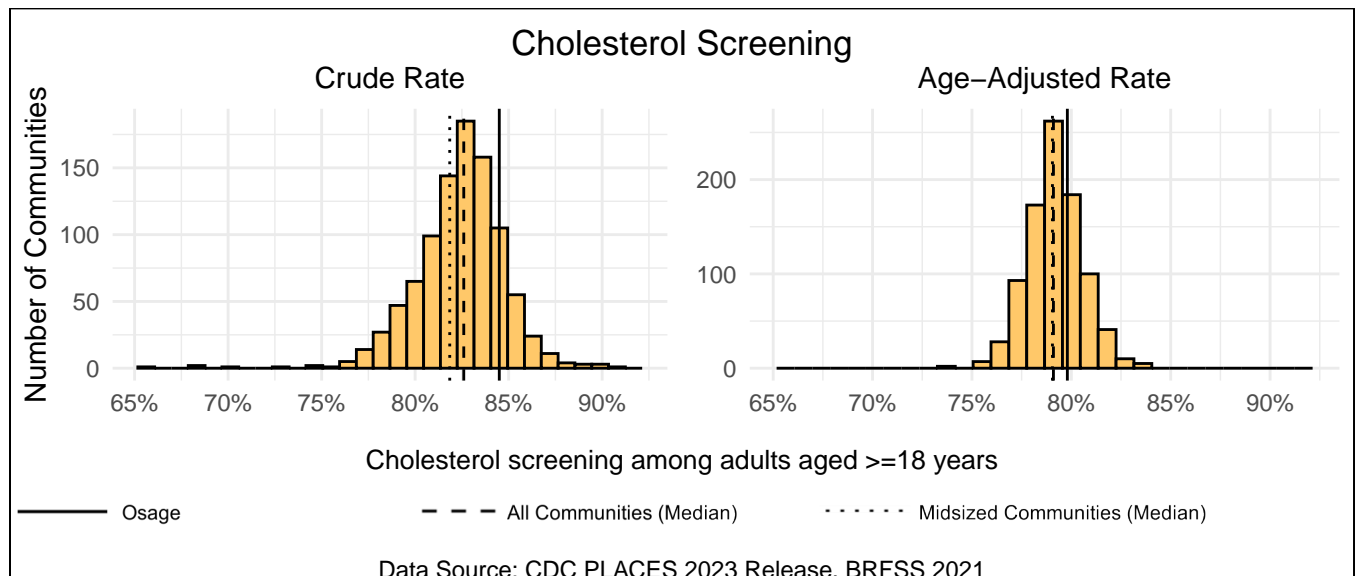
Measure Type	Osage	All Comm.	Midsize Comm.
Crude	77.6%	75.2%	75.2%
Age-Adjusted	73.1%	72.6%	72.8%



## Cholesterol Screening

Osage has a crude rate of 84.5% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 151st out of 958 Iowa communities (7th out of 102 midsize communities). The age-adjusted rate for Osage is 79.8%, which ranks 271st out of 905 Iowa communities (33rd out of 102 midsize communities).

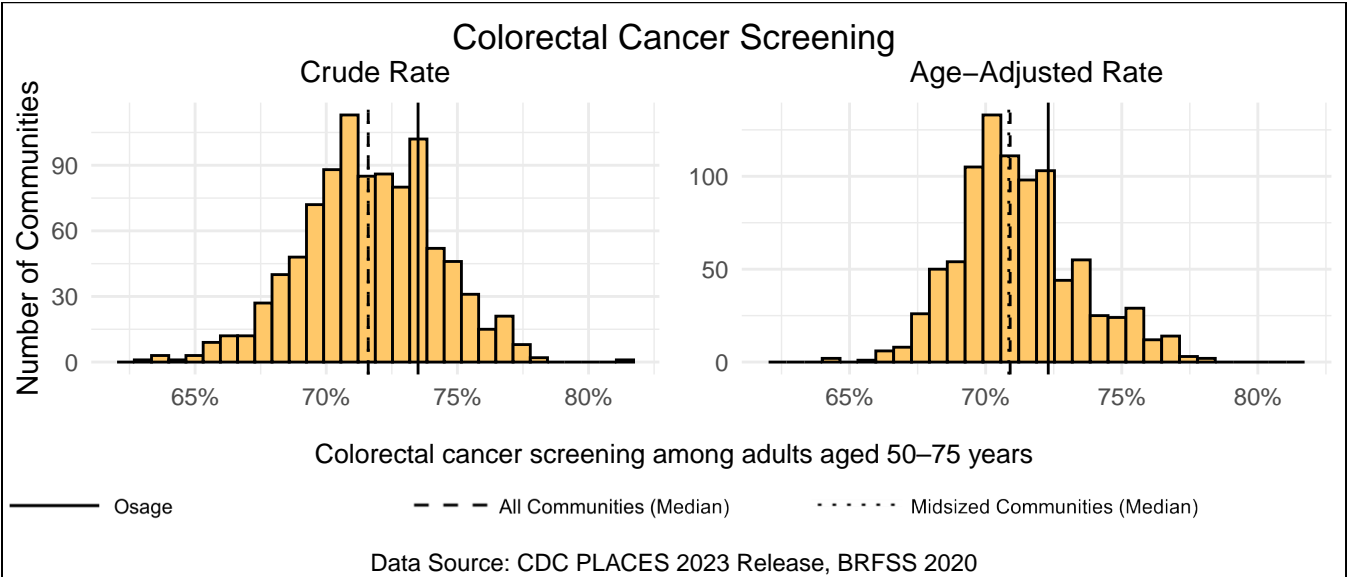
Measure Type	Osage	All Comm.	Midsize Comm.
Crude	84.5%	82.6%	81.8%
Age-Adjusted	79.8%	79.1%	79.0%



### Colorectal Cancer Screening

Osage 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 (32nd out of 102 mid-sized communities). The age-adjusted rate for Osage is 72.3%, which ranks 237th out of 905 Iowa communities (38th out of 102 mid-sized communities).

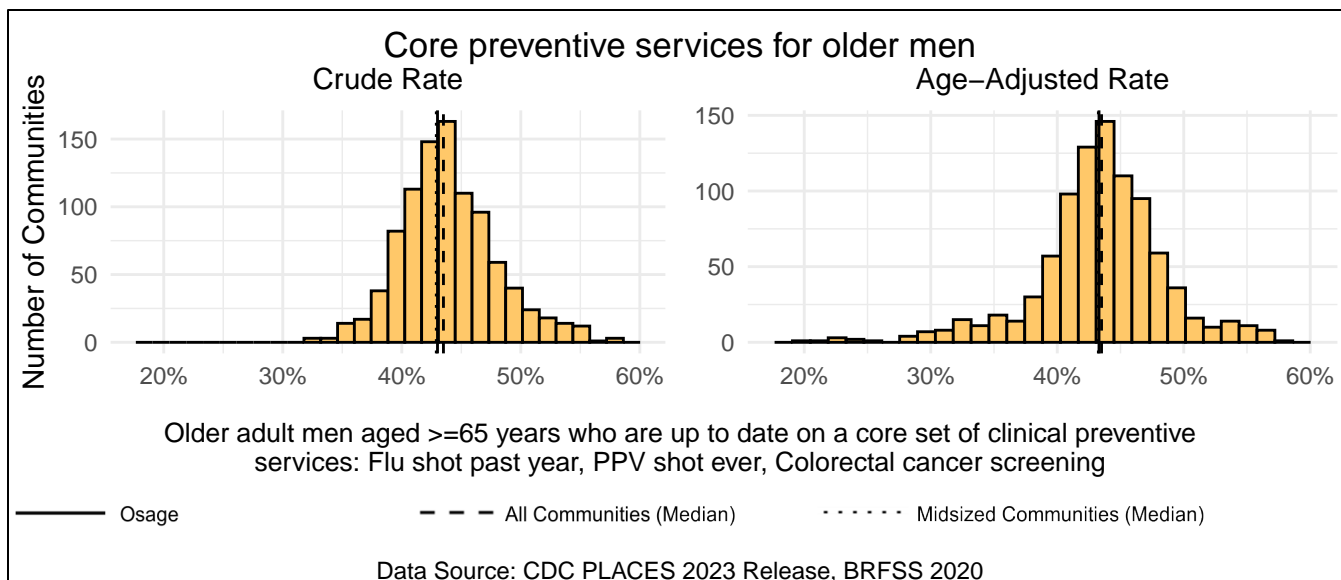
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	73.5%	71.6%	71.6%
Age-Adjusted	72.3%	70.9%	70.8%



### Core preventive services for older men

Osage has a crude rate of 43.0% 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 541st out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Osage is 43.3%, which ranks 469th out of 905 Iowa communities (50th out of 102 mid-sized communities).

Measure Type	Osage	All Comm.	Midsized Comm.
Crude	43.0%	43.5%	42.9%
Age-Adjusted	43.3%	43.5%	43.2%

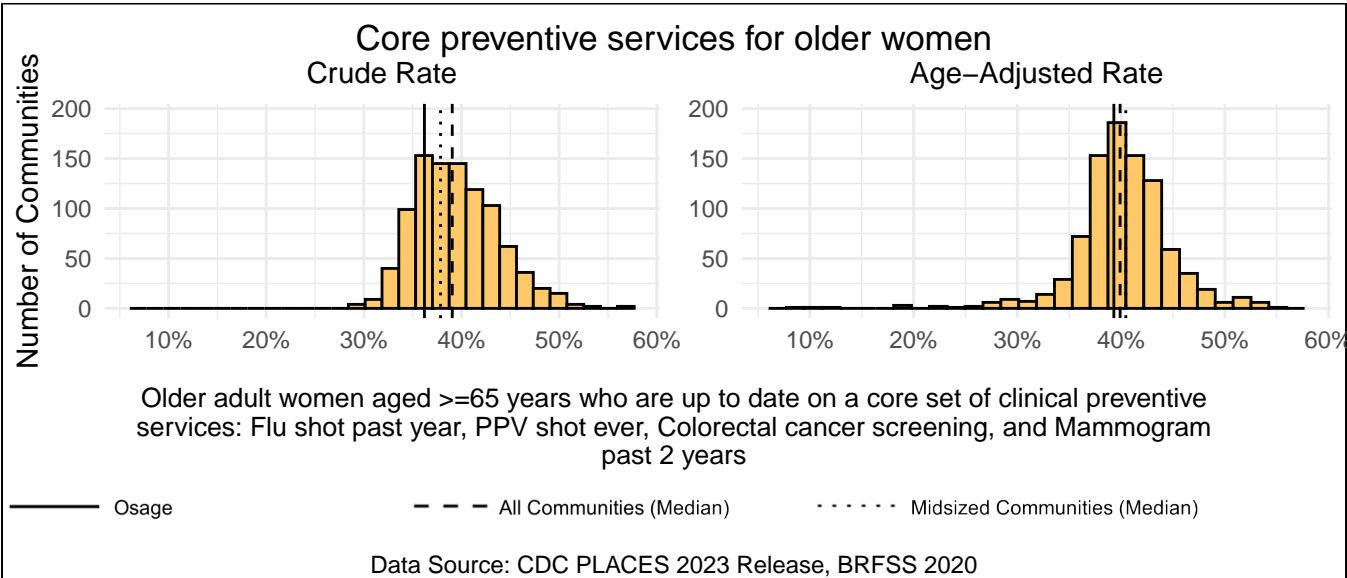




### Core preventive services for older women

Osage has a crude rate of 36.2% 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 736th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Osage is 39.3%, which ranks 534th out of 905 Iowa communities (61st out of 102 mid-sized communities).

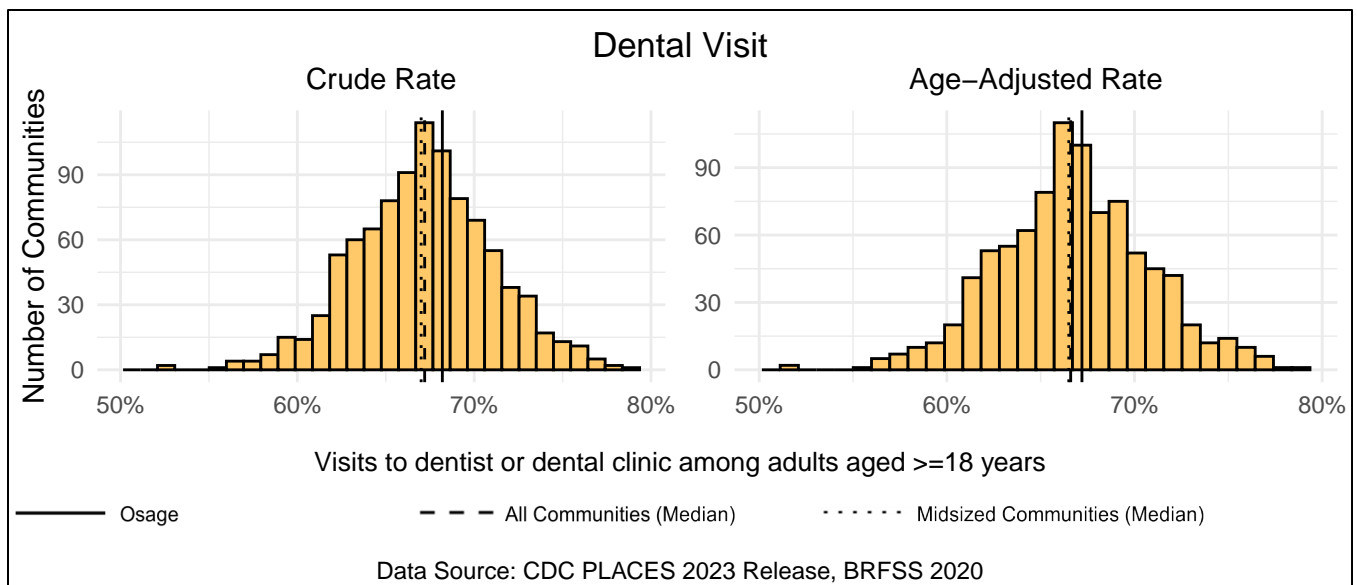
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	36.2%	39.0%	37.8%
Age-Adjusted	39.3%	39.9%	40.4%



### Dental Visit

Osage has a crude rate of 68.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 361st out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Osage is 67.2%, which ranks 390th out of 905 Iowa communities (44th out of 102 mid-sized communities).

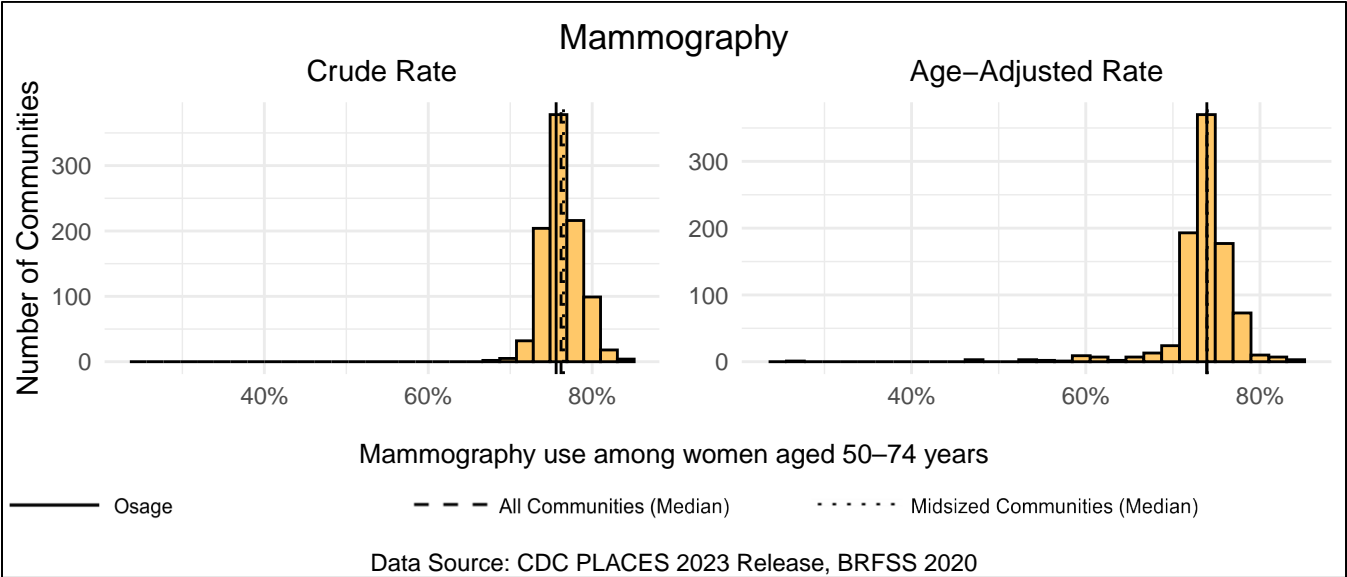
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	68.2%	67.2%	67.0%
Age-Adjusted	67.2%	66.6%	66.5%



# Mammography

Osage has a crude rate of 75.6% for mammography use among women aged 50–74 years, which ranks 585th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Osage is 73.9%, which ranks 434th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

Measure Type	Osage	All Comm.	Midsized Comm.
Crude	75.6%	76.2%	76.5%
Age-Adjusted	73.9%	73.9%	74.0%



# Disability

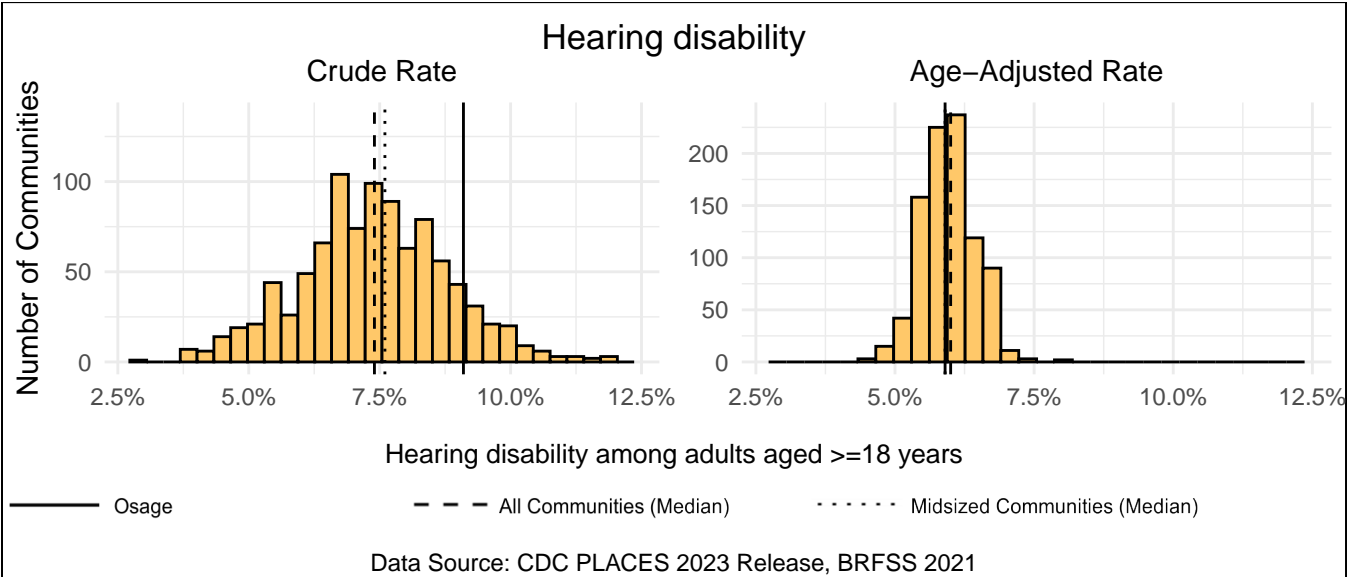
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Osage has a crude rate of 9.1% for hearing disability among adults aged  $\geq 18$  years, which ranks 851st out of 958 Iowa communities (95th out of 102 mid-sized communities). The age-adjusted rate for Osage is 5.9%, which ranks 360th out of 905 Iowa communities (44th out of 102 mid-sized communities).

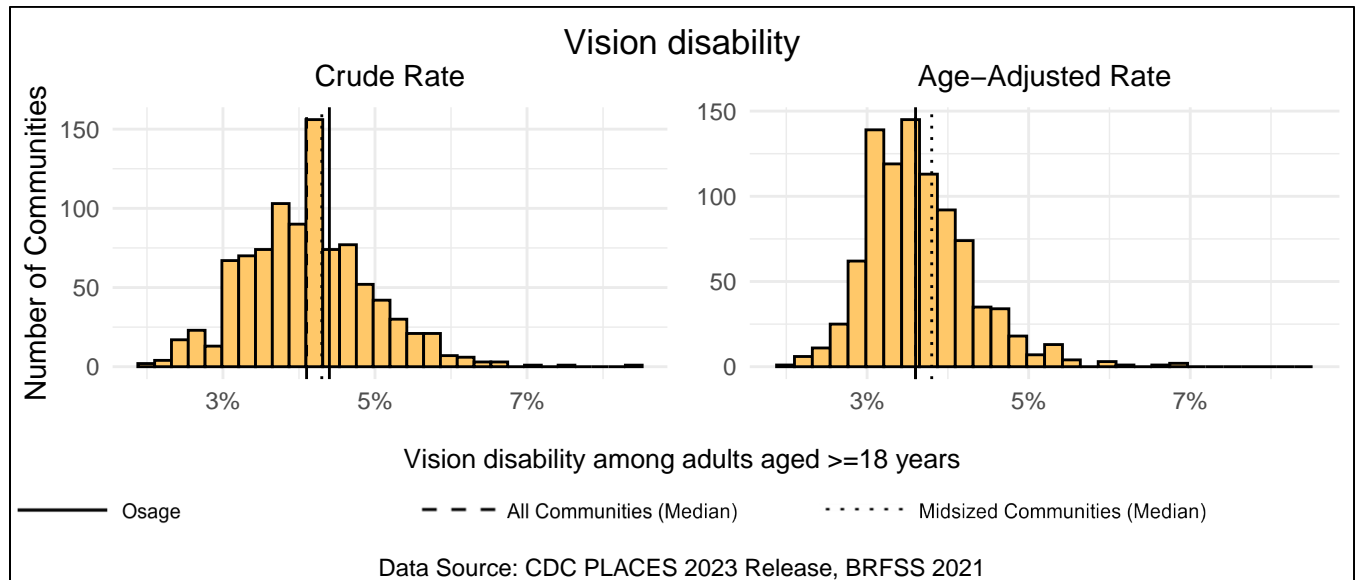
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	9.1%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.9%



## Vision disability

Osage has a crude rate of 4.4% for vision disability among adults aged  $\geq 18$  years, which ranks 620th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Osage is 3.6%, which ranks 431st out of 905 Iowa communities (41st out of 102 midsize communities).

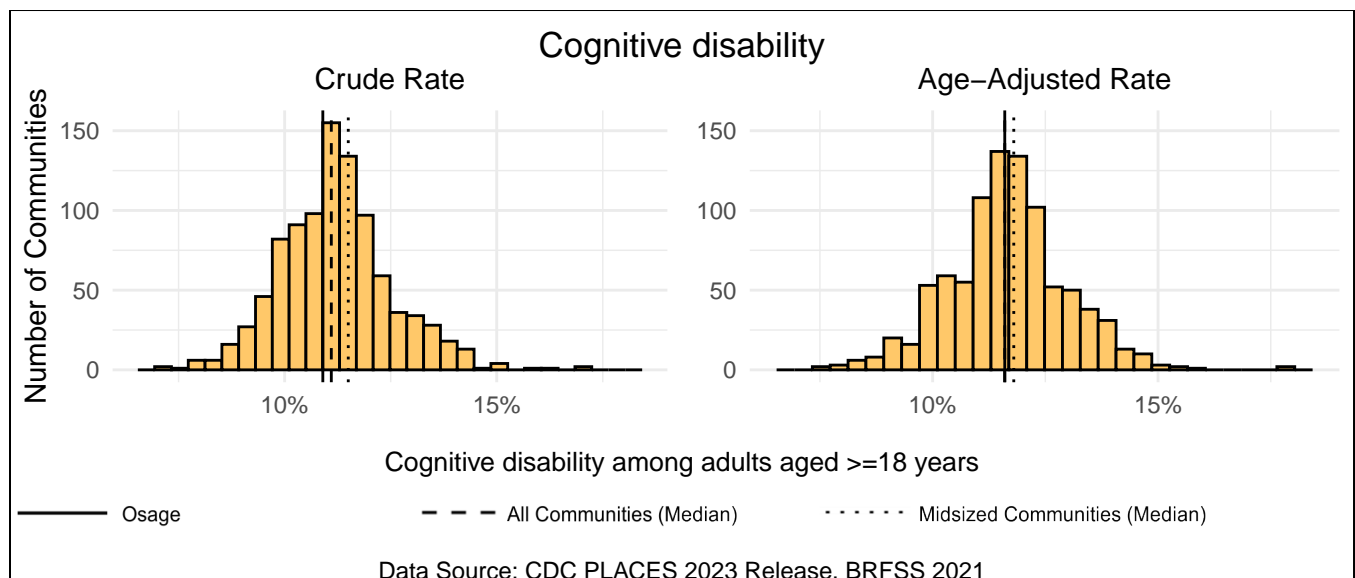
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	4.4%	4.1%	4.3%
Age-Adjusted	3.6%	3.6%	3.8%



## Cognitive disability

Osage has a crude rate of 10.9% for cognitive disability among adults aged  $\geq 18$  years, which ranks 376th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Osage is 11.6%, which ranks 431st out of 905 Iowa communities (43rd out of 102 midsize communities).

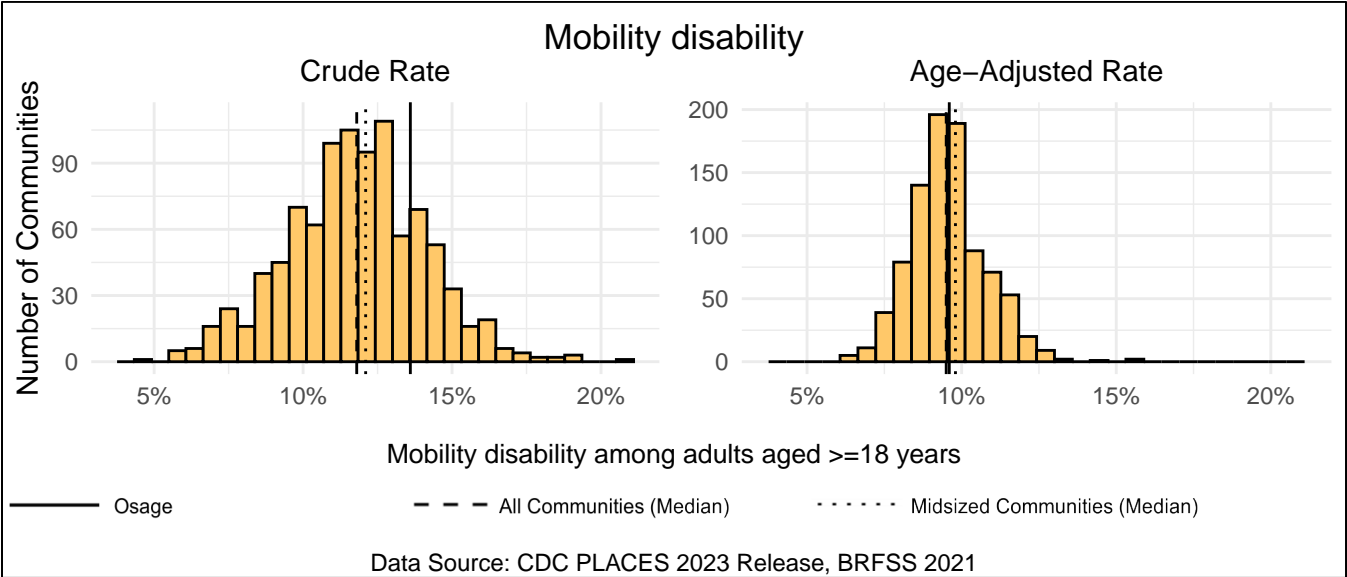
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	10.9%	11.1%	11.5%
Age-Adjusted	11.6%	11.6%	11.8%



## Mobility disability

Osage has a crude rate of 13.6% for mobility disability among adults aged  $\geq 18$  years, which ranks 751st out of 958 Iowa communities (74th out of 102 midsize communities). The age-adjusted rate for Osage is 9.6%, which ranks 471st out of 905 Iowa communities (42nd out of 102 midsize communities).

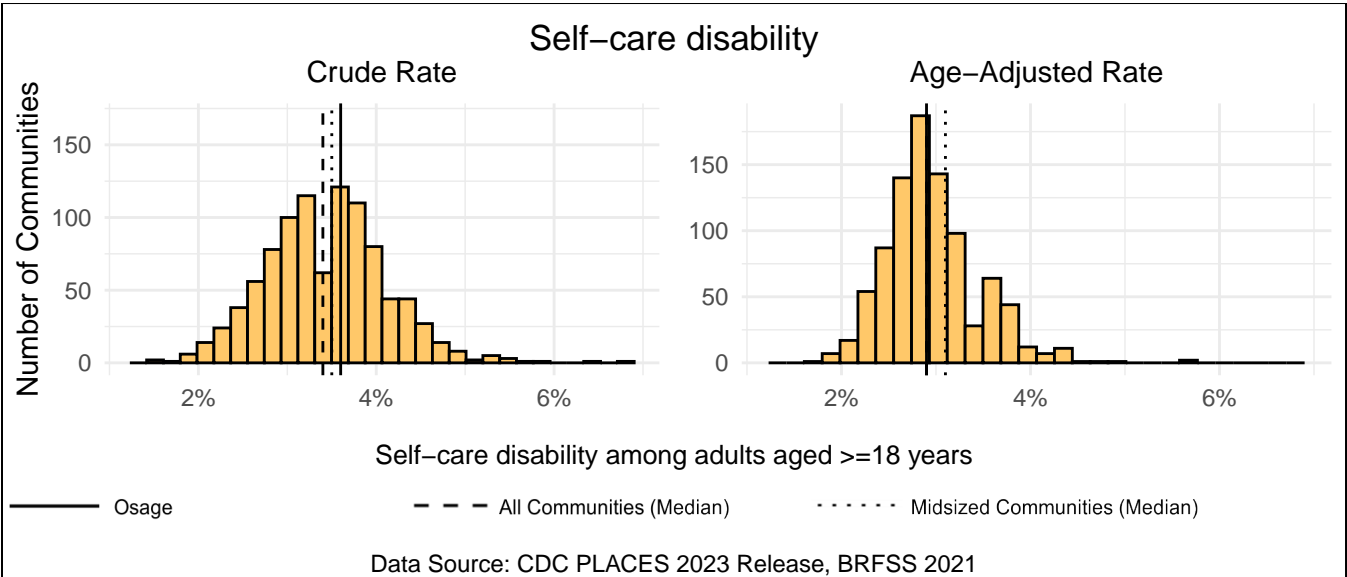
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	13.6%	11.8%	12.1%
Age-Adjusted	9.6%	9.5%	9.8%



## Self-care disability

Osage has a crude rate of 3.6% for self-care disability among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Osage is 2.9%, which ranks 397th out of 905 Iowa communities (41st out of 102 midsize communities).

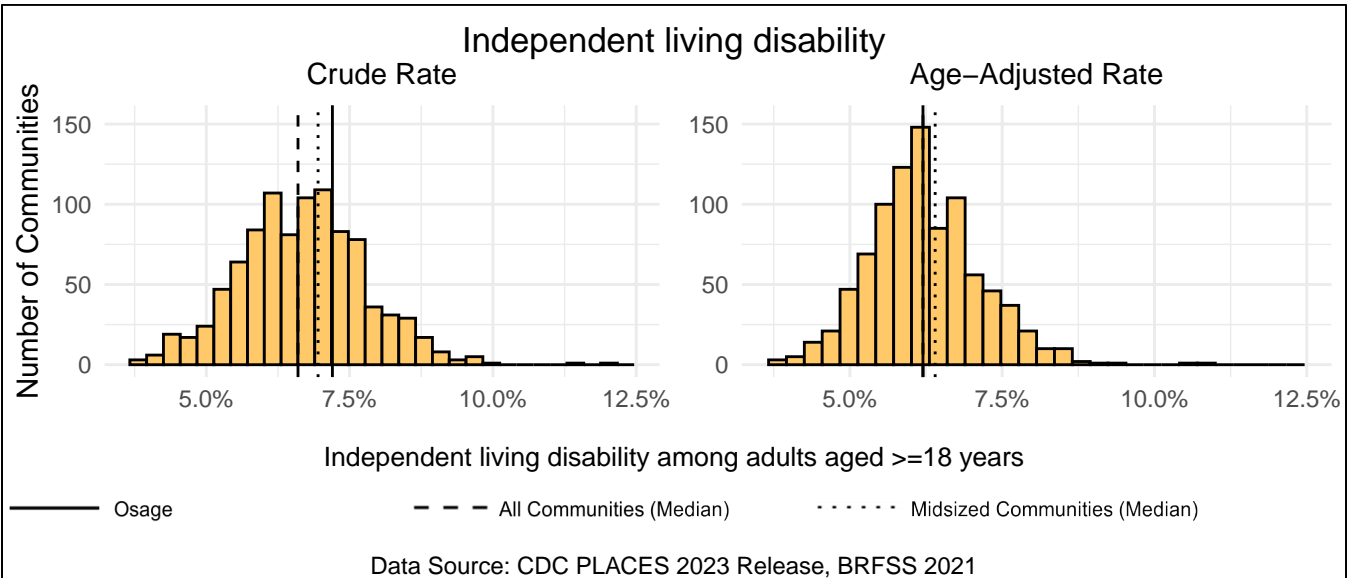
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	3.6%	3.4%	3.5%
Age-Adjusted	2.9%	2.9%	3.1%



### Independent living disability

Osage has a crude rate of 7.2% for independent living disability among adults aged  $\geq 18$  years, which ranks 666th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Osage is 6.2%, which ranks 438th out of 905 Iowa communities (43rd out of 102 midsized communities).

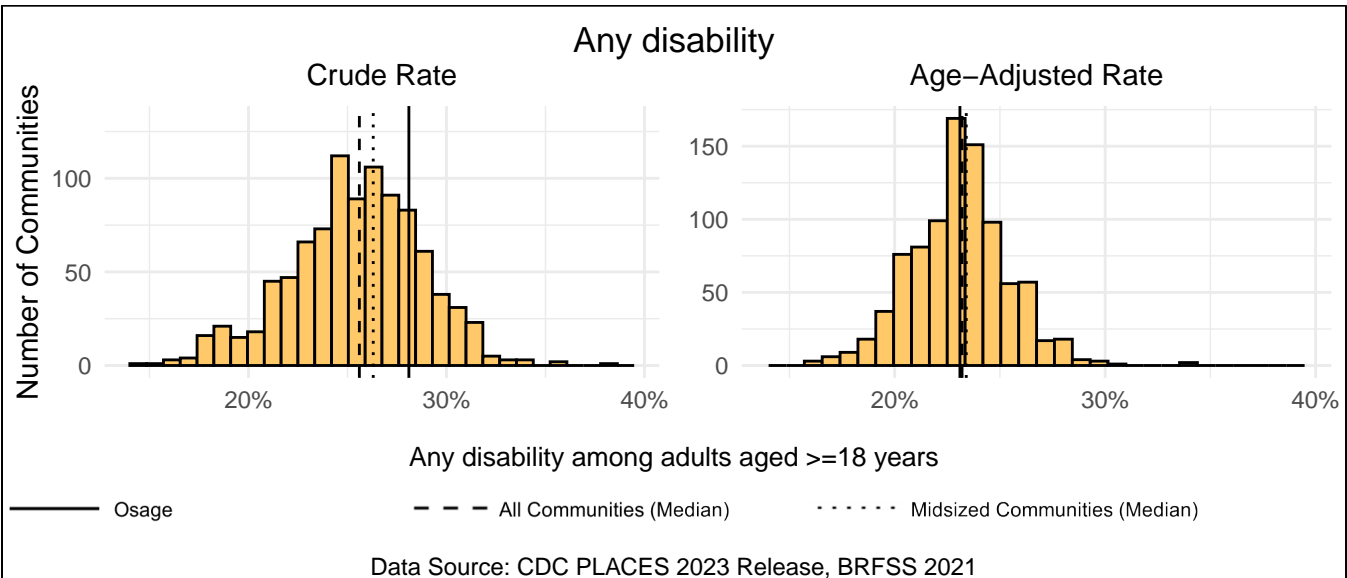
Measure Type	Osage	All Comm.	Midsized Comm.
Crude	7.2%	6.6%	7.0%
Age-Adjusted	6.2%	6.2%	6.4%



### Any disability

Osage has a crude rate of 28.1% for any disability among adults aged  $\geq 18$  years, which ranks 759th out of 958 Iowa communities (71st out of 102 midsized communities). The age-adjusted rate for Osage is 23.1%, which ranks 430th out of 905 Iowa communities (45th out of 102 midsized communities).

Measure Type	Osage	All Comm.	Midsized Comm.
Crude	28.1%	25.6%	26.3%
Age-Adjusted	23.1%	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: Osage 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	576	14.8% (12.1% - 18.1%)	410	12.6% (10.4% - 15.1%)
Health Status	Physical Health	600	11.2% (9.3% - 13.1%)	468	9.8% (8.2% - 11.4%)
Health Status	Mental Health	202	13.5% (11.5% - 15.7%)	516	15.7% (13.4% - 18.1%)
Health Risk Behaviors	Sleep <7 hours	59	27.5% (26.0% - 29.0%)	132	29.3% (27.5% - 31.1%)
Health Risk Behaviors	Binge Drinking	162	17.6% (14.3% - 21.0%)	418	21.9% (17.7% - 26.0%)
Health Risk Behaviors	Current Smoking	175	15.0% (11.7% - 18.5%)	327	17.0% (13.2% - 21.0%)
Health Risk Behaviors	Physical Inactivity	499	26.3% (21.1% - 31.7%)	323	23.4% (19.0% - 28.3%)
Health Outcomes	Stroke	797	3.9% (3.3% - 4.5%)	375	2.6% (2.3% - 3.0%)
Health Outcomes	Cancer (except skin)	872	9.9% (8.8% - 11.0%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Depression	220	17.3% (13.9% - 20.8%)	562	19.4% (15.9% - 23.3%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.3% - 4.2%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	High Cholesterol	782	38.5% (33.3% - 43.4%)	565	30.1% (25.4% - 34.7%)
Health Outcomes	COPD	613	7.9% (6.4% - 9.7%)	410	6.2% (5.2% - 7.4%)
Health Outcomes	Coronary Heart Disease	811	7.8% (6.6% - 9.0%)	324	4.9% (4.3% - 5.7%)
Health Outcomes	Diabetes	703	11.1% (9.3% - 13.0%)	508	8.3% (6.9% - 9.8%)
Health Outcomes	All Teeth Lost	620	13.7% (8.3% - 20.3%)	448	12.8% (8.4% - 18.1%)
Health Outcomes	High Blood Pressure	709	34.5% (29.9% - 38.9%)	304	26.7% (22.7% - 30.7%)
Health Outcomes	Arthritis	880	32.2% (27.3% - 36.8%)	785	24.5% (20.4% - 28.5%)
Health Outcomes	Current Asthma	311	9.2% (8.1% - 10.4%)	513	9.6% (8.5% - 10.9%)
Health Outcomes	Obesity	362	37.0% (28.6% - 45.0%)	590	38.4% (29.9% - 46.4%)
Prevention	Mammography	585	75.6% (71.2% - 79.9%)	434	73.9% (69.1% - 78.1%)
Prevention	Annual Checkup	106	77.6% (72.5% - 81.8%)	259	73.1% (67.1% - 78.1%)
Prevention	Core preventive services for older women	736	36.2% (28.4% - 44.4%)	534	39.3% (31.8% - 47.1%)
Prevention	Cervical Cancer Screening	422	83.5% (80.9% - 86.0%)	294	83.7% (81.2% - 86.1%)
Prevention	Health Insurance	338	7.0% (5.3% - 9.1%)	355	7.5% (5.6% - 9.7%)
Prevention	Dental Visit	361	68.2% (64.4% - 71.8%)	390	67.2% (63.6% - 71.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	101	82.9% (79.8% - 85.5%)	179	59.6% (54.0% - 64.4%)
Prevention	Cholesterol Screening	151	84.5% (81.5% - 87.2%)	271	79.8% (76.1% - 83.2%)
Prevention	Colorectal Cancer Screening	217	73.5% (70.1% - 76.6%)	237	72.3% (68.9% - 75.7%)
Prevention	Core preventive services for older men	541	43.0% (34.6% - 51.7%)	469	43.3% (35.5% - 51.4%)
Disability	Cognitive Disability	376	10.9% (9.0% - 13.1%)	431	11.6% (9.6% - 13.8%)
Disability	Mobility Disability	751	13.6% (11.1% - 16.2%)	471	9.6% (8.1% - 11.5%)
Disability	Independent Living Disability	666	7.2% (5.9% - 8.8%)	438	6.2% (5.2% - 7.4%)
Disability	Self-care Disability	562	3.6% (3.0% - 4.3%)	397	2.9% (2.5% - 3.4%)
Disability	Hearing Disability	851	9.1% (7.8% - 10.4%)	360	5.9% (5.2% - 6.7%)
Disability	Vision Disability	620	4.4% (3.7% - 5.4%)	431	3.6% (3.0% - 4.2%)
Disability	Any Disability	759	28.1% (23.6% - 32.7%)	430	23.1% (19.5% - 27.1%)

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)

Osage 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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