



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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Iowa Community Health Snapshot Series

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Health in Osceola: Overview

Dear Community Members & Stakeholders of Osceola,

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 Osceola ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Osceola'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 Osceola. 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	110th	9th	Binge Drinking	8th	4th
Mammography	325th	40th	Taking BP Medication	50th	10th
Cancer (except skin)	388th	40th	Cancer (except skin)	74th	11th
Arthritis	465th	51st	Annual Checkup	301st	39th
Taking BP Medication	469th	48th	Core preventive services for older women	521st	59th

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
Vision Disability	953rd	101st	Stroke	902nd	101st
Cognitive Disability	953rd	100th	Self-care Disability	902nd	101st
Dental Visit	953rd	101st	Independent Living Disability	902nd	101st
All Teeth Lost	953rd	100th	Mobility Disability	902nd	101st
Independent Living Disability	952nd	101st	Physical Health	902nd	101st

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 Osceola.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

How to Use this Report

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

With a population of 5,455, Osceola’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

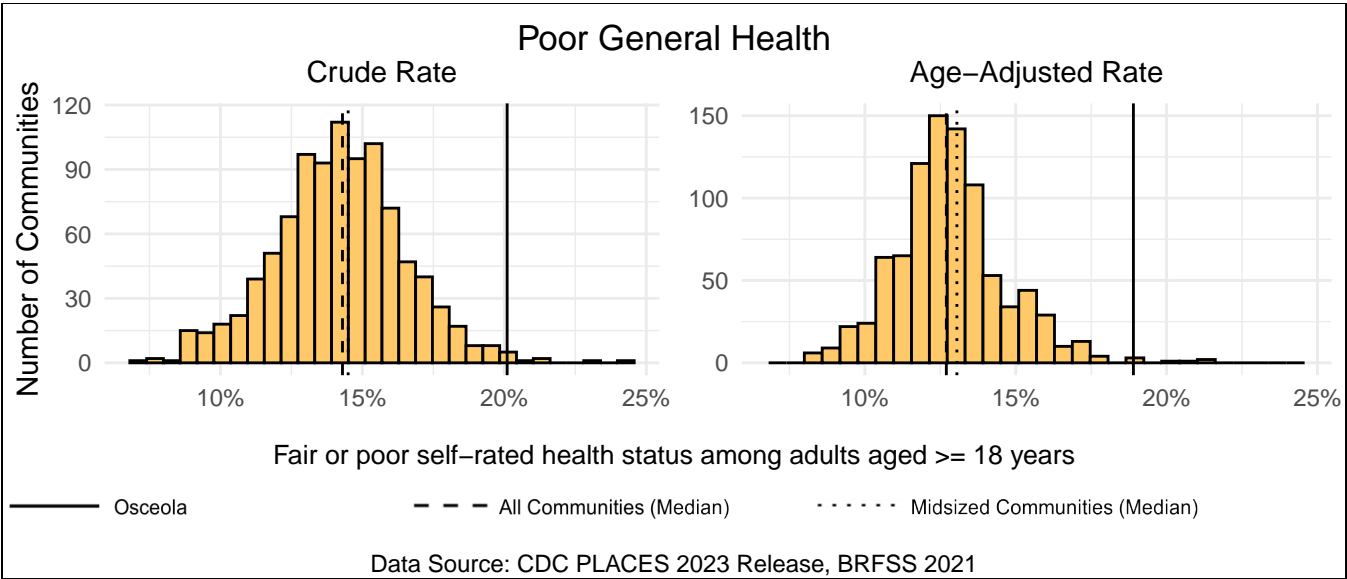
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Osceola has a crude rate of 20.1% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 949th out of 958 Iowa communities (100th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 18.9%, which ranks 900th out of 905 Iowa communities (100th out of 102 mid-sized communities).

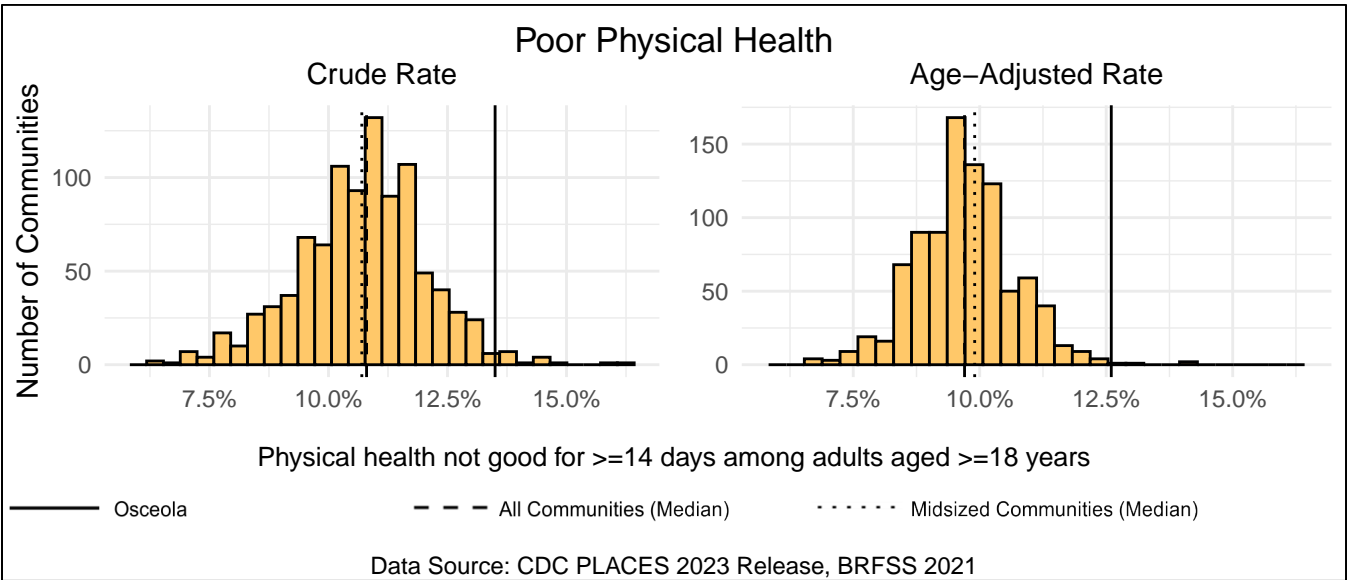
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	20.1%	14.3%	14.5%
Age-Adjusted	18.9%	12.7%	13.0%



Poor Physical Health

Osceola has a crude rate of 13.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 942nd out of 958 Iowa communities (100th out of 102 midsize communities). The age-adjusted rate for Osceola is 12.6%, which ranks 902nd out of 905 Iowa communities (101st out of 102 midsize communities).

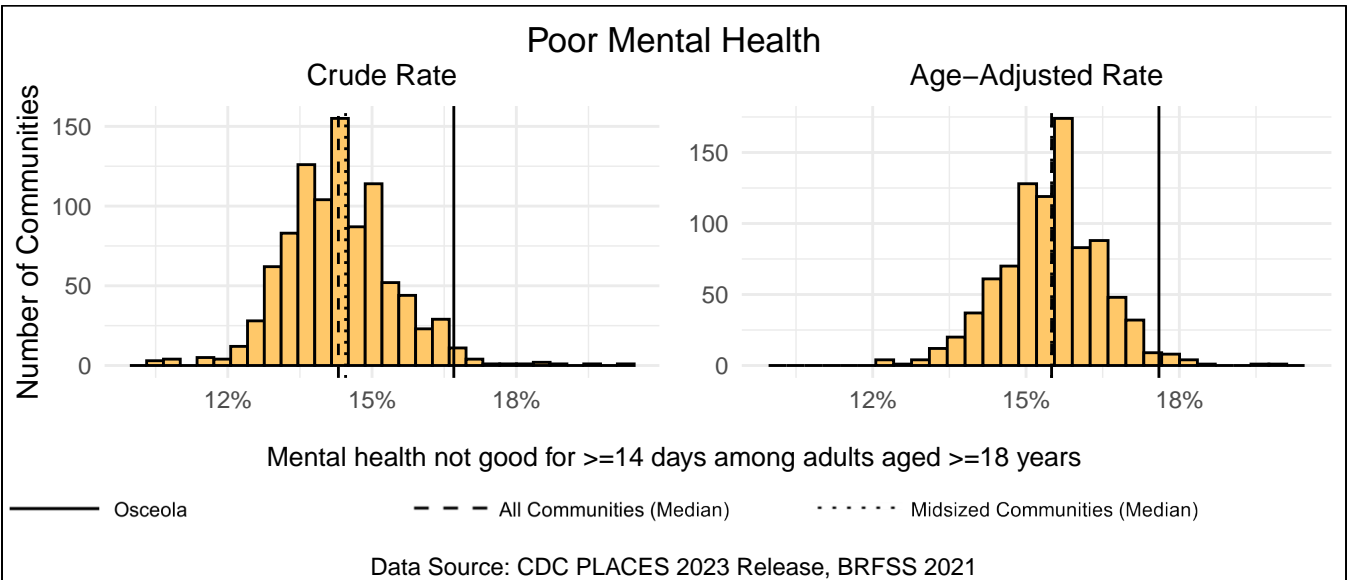
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	13.5%	10.8%	10.7%
Age-Adjusted	12.6%	9.7%	9.9%



Poor Mental Health

Osceola has a crude rate of 16.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 936th out of 958 Iowa communities (98th out of 102 midsize communities). The age-adjusted rate for Osceola is 17.6%, which ranks 888th out of 905 Iowa communities (97th out of 102 midsize communities).

Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	16.7%	14.3%	14.4%
Age-Adjusted	17.6%	15.5%	15.5%



Health Risk Behaviors

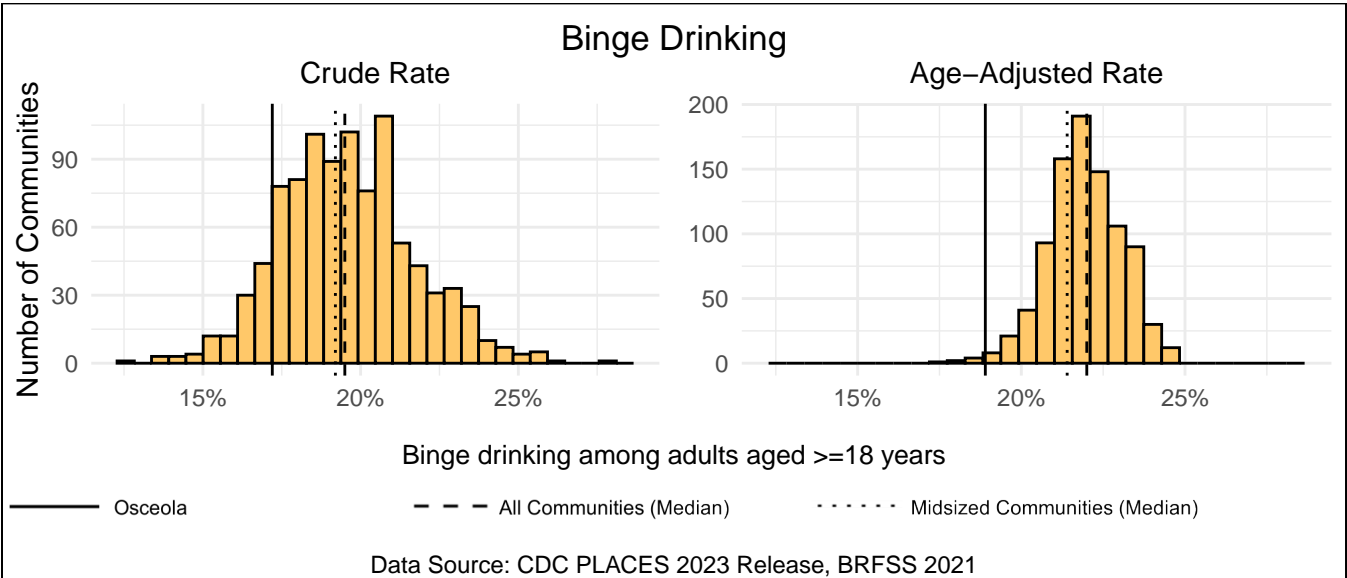
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Osceola has a crude rate of 17.2% for binge drinking among adults aged ≥ 18 years, which ranks 110th out of 958 Iowa communities (9th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 18.9%, which ranks 8th out of 905 Iowa communities (4th out of 102 mid-sized communities).

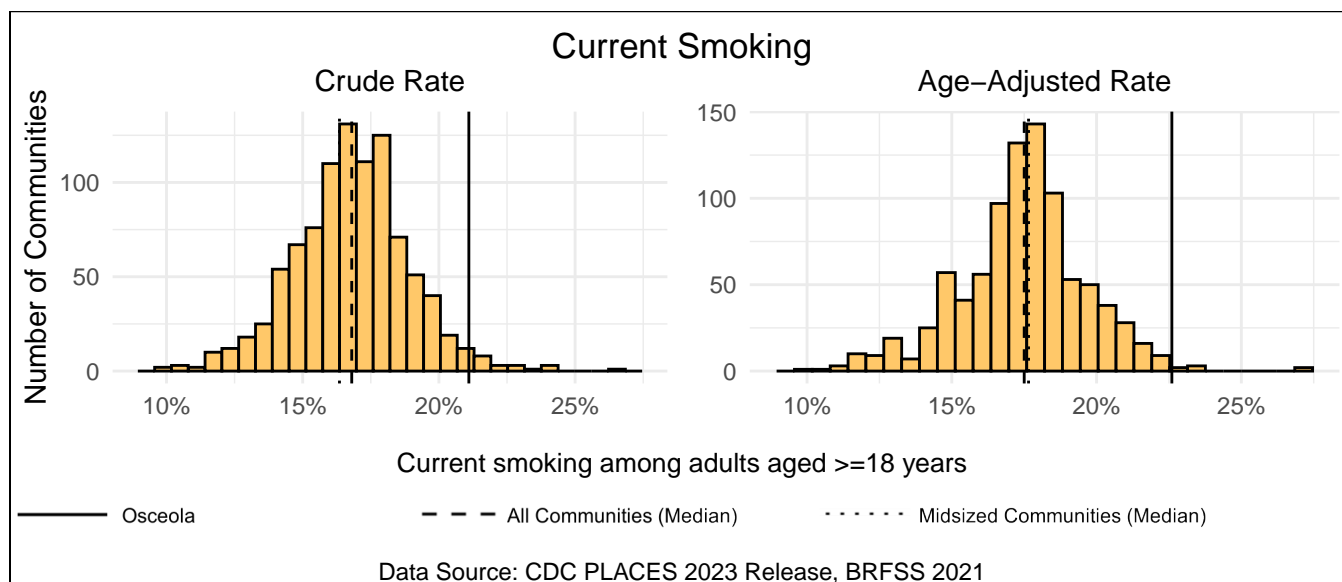
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	17.2%	19.5%	19.2%
Age-Adjusted	18.9%	22.0%	21.4%



Current Smoking

Osceola has a crude rate of 21.1% for current smoking among adults aged ≥ 18 years, which ranks 939th out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Osceola is 22.6%, which ranks 899th out of 905 Iowa communities (101st out of 102 mid-sized communities).

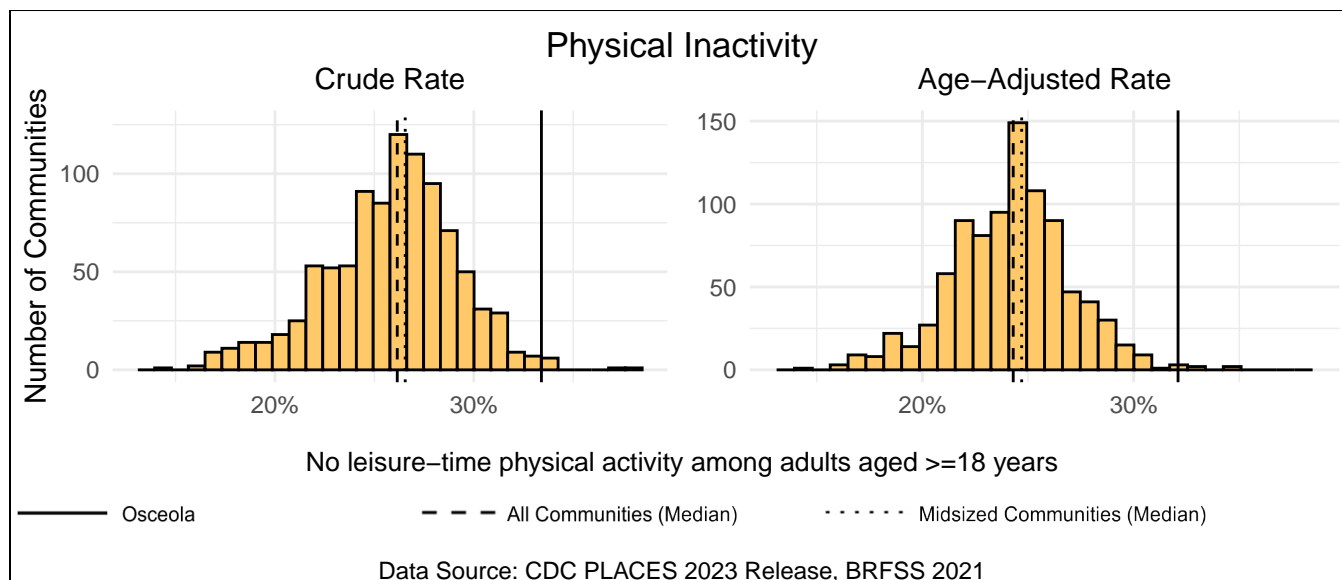
Measure Type	Osceola	All Comm.	Mid-sized Comm.
Crude	21.1%	16.8%	16.4%
Age-Adjusted	22.6%	17.5%	17.6%



Physical Inactivity

Osceola has a crude rate of 33.4% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 951st out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Osceola is 32.1%, which ranks 901st out of 905 Iowa communities (100th out of 102 mid-sized communities).

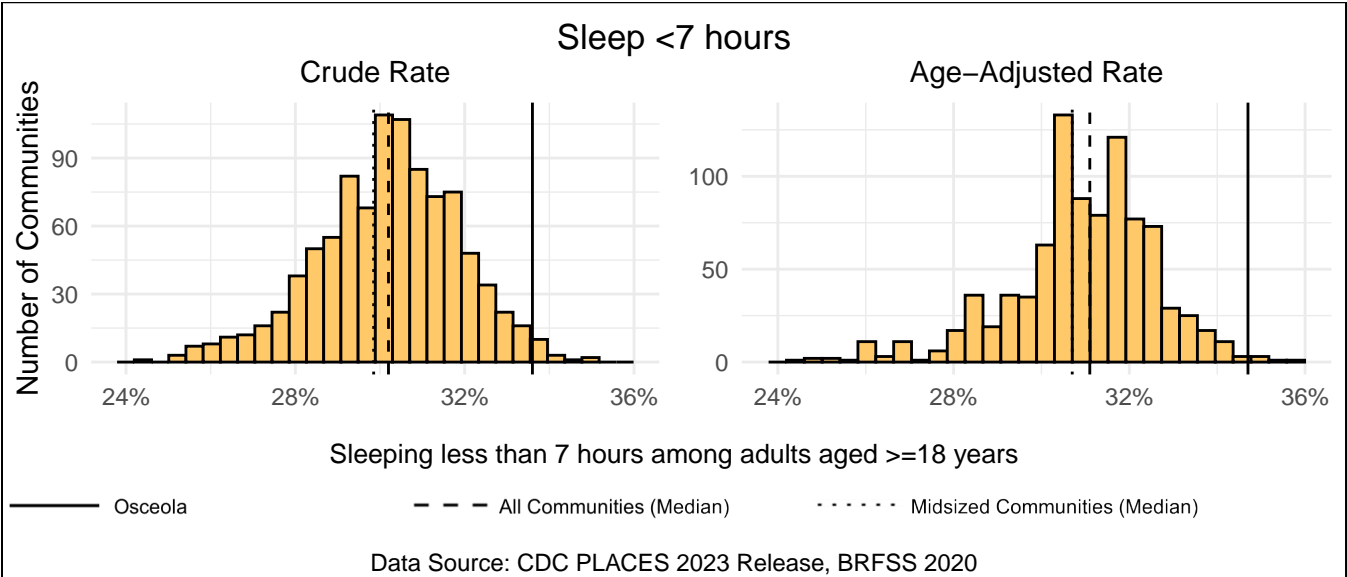
Measure Type	Osceola	All Comm.	Mid-sized Comm.
Crude	33.4%	26.1%	26.6%
Age-Adjusted	32.1%	24.3%	24.7%



Sleep <7 hours

Osceola has a crude rate of 33.6% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 943rd out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 34.7%, which ranks 899th out of 905 Iowa communities (99th out of 102 mid-sized communities).

Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	33.6%	30.2%	29.8%
Age-Adjusted	34.7%	31.1%	30.7%



Health Outcomes

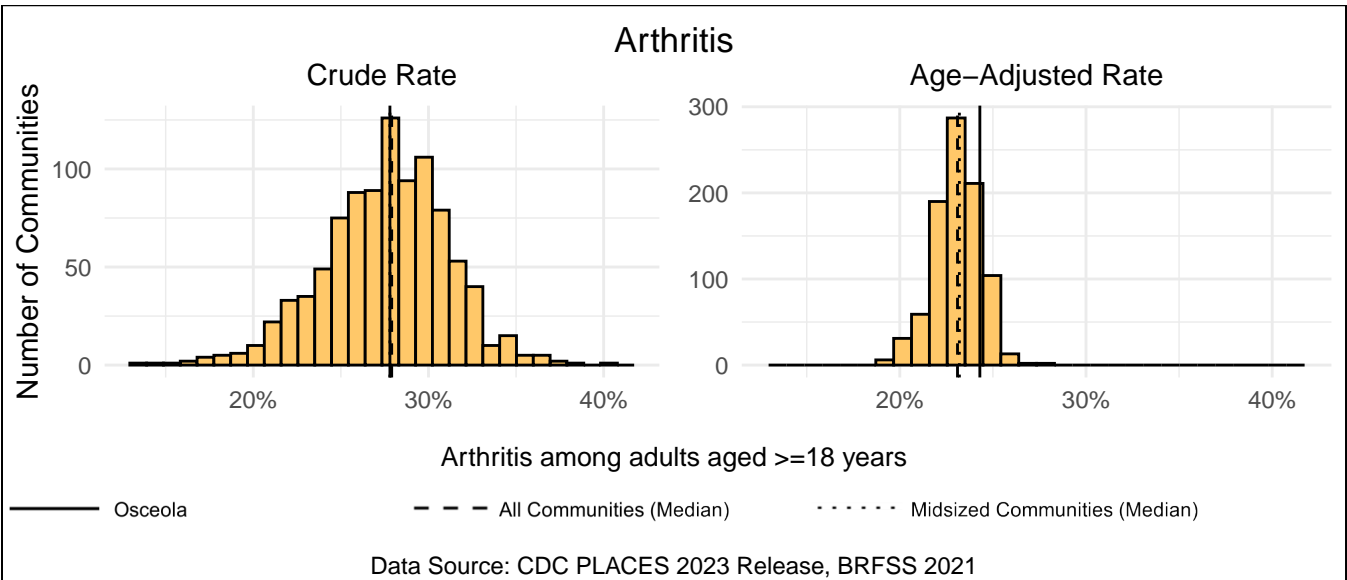
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Osceola has a crude rate of 27.8% for arthritis among adults aged ≥ 18 years, which ranks 465th out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Osceola is 24.3%, which ranks 755th out of 905 Iowa communities (80th out of 102 midsize communities).

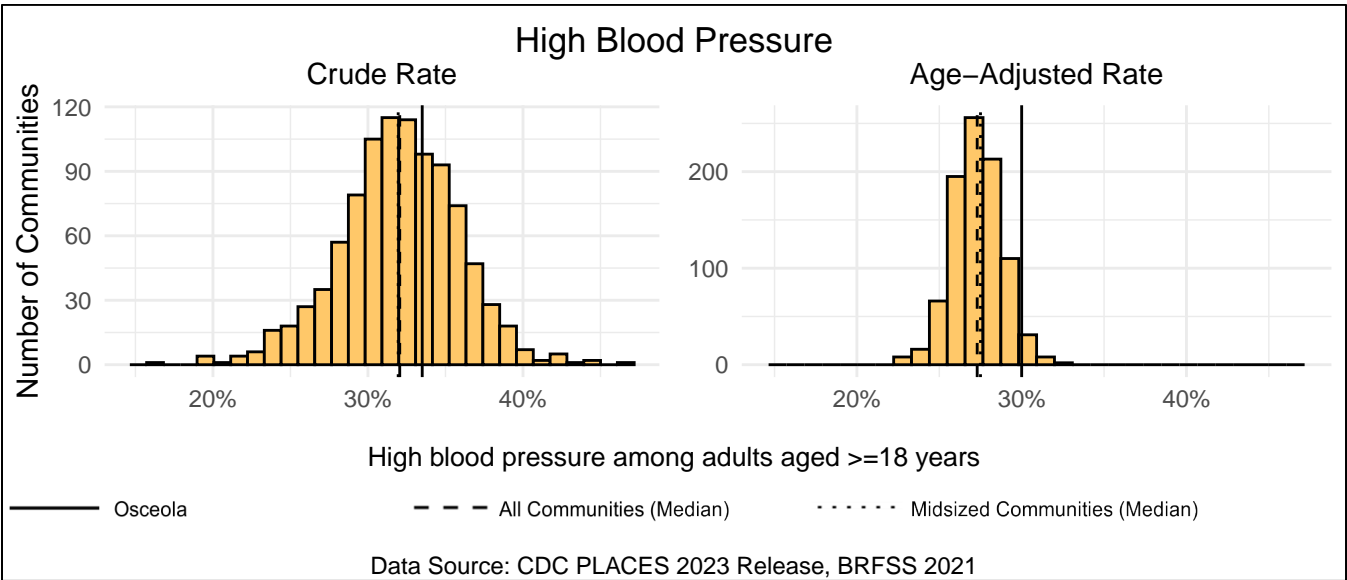
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	27.8%	27.9%	27.8%
Age-Adjusted	24.3%	23.1%	23.2%



High Blood Pressure

Osceola has a crude rate of 33.5% for high blood pressure among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Osceola is 30.0%, which ranks 871st out of 905 Iowa communities (92nd out of 102 mid-sized communities).

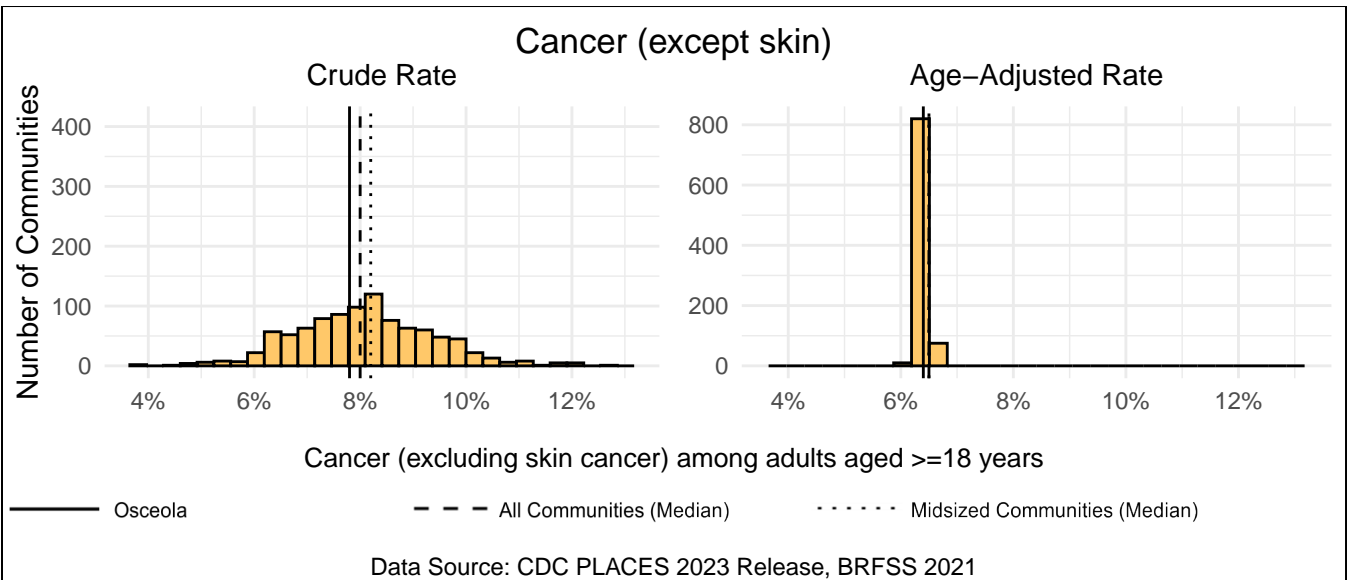
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	33.5%	32.0%	32.0%
Age-Adjusted	30.0%	27.3%	27.5%



Cancer (except skin)

Osceola has a crude rate of 7.8% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 388th out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

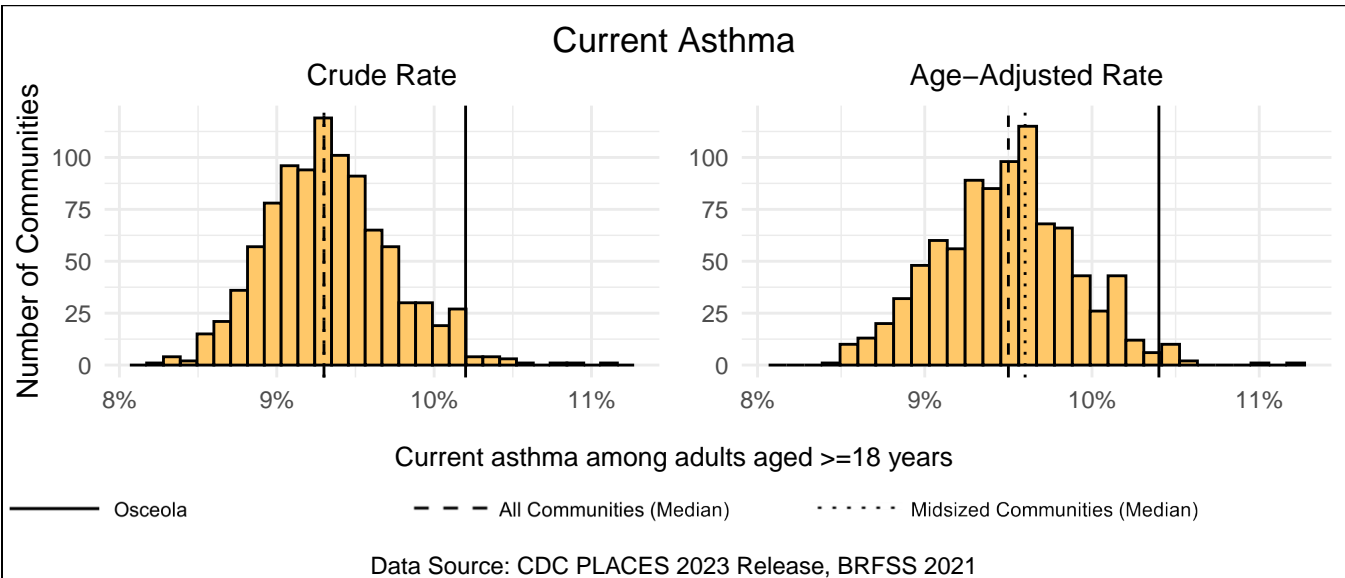
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	7.8%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Osceola has a crude rate of 10.2% for current asthma among adults aged ≥ 18 years, which ranks 934th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 10.4%, which ranks 886th out of 905 Iowa communities (98th out of 102 mid-sized communities).

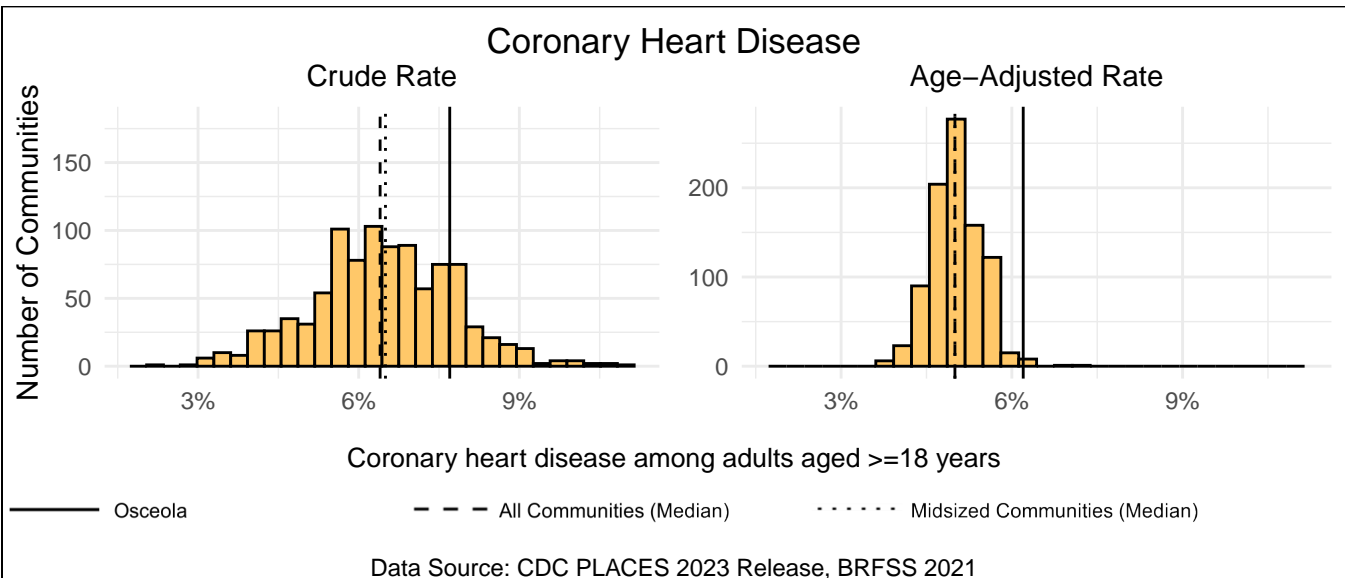
Measure Type	Osceola	All Comm.	Mid-sized Comm.
Crude	10.2%	9.3%	9.3%
Age-Adjusted	10.4%	9.5%	9.6%



Coronary Heart Disease

Osceola has a crude rate of 7.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 790th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 6.2%, which ranks 896th out of 905 Iowa communities (101st out of 102 mid-sized communities).

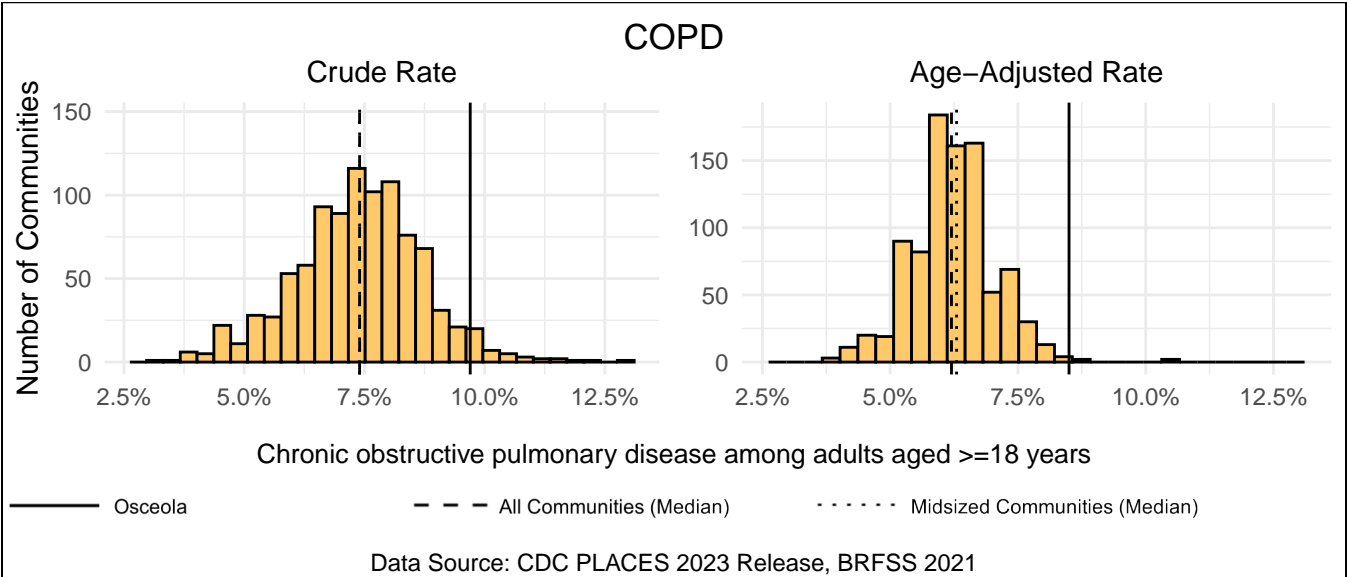
Measure Type	Osceola	All Comm.	Mid-sized Comm.
Crude	7.7%	6.4%	6.5%
Age-Adjusted	6.2%	5.0%	5.0%



COPD

Osceola has a crude rate of 9.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 917th out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Osceola is 8.5%, which ranks 900th out of 905 Iowa communities (101st out of 102 midsized communities).

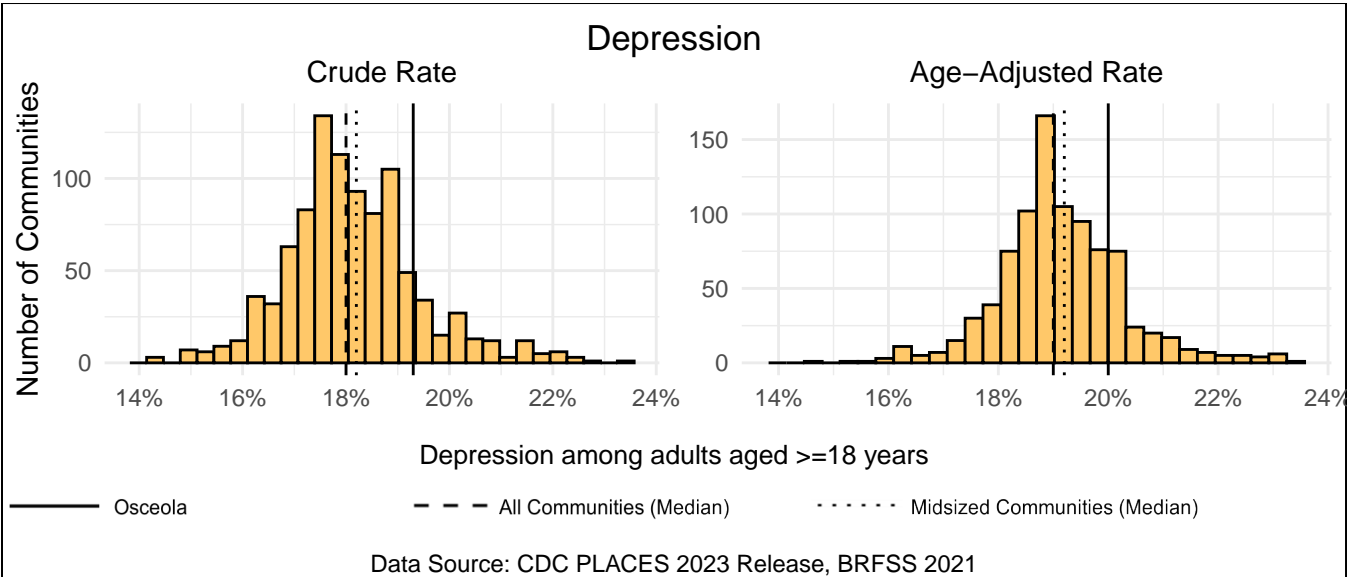
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	9.7%	7.4%	7.4%
Age-Adjusted	8.5%	6.2%	6.3%



Depression

Osceola has a crude rate of 19.3% for depression among adults aged ≥ 18 years, which ranks 815th out of 958 Iowa communities (84th out of 102 midsized communities). The age-adjusted rate for Osceola is 20.0%, which ranks 733rd out of 905 Iowa communities (79th out of 102 midsized communities).

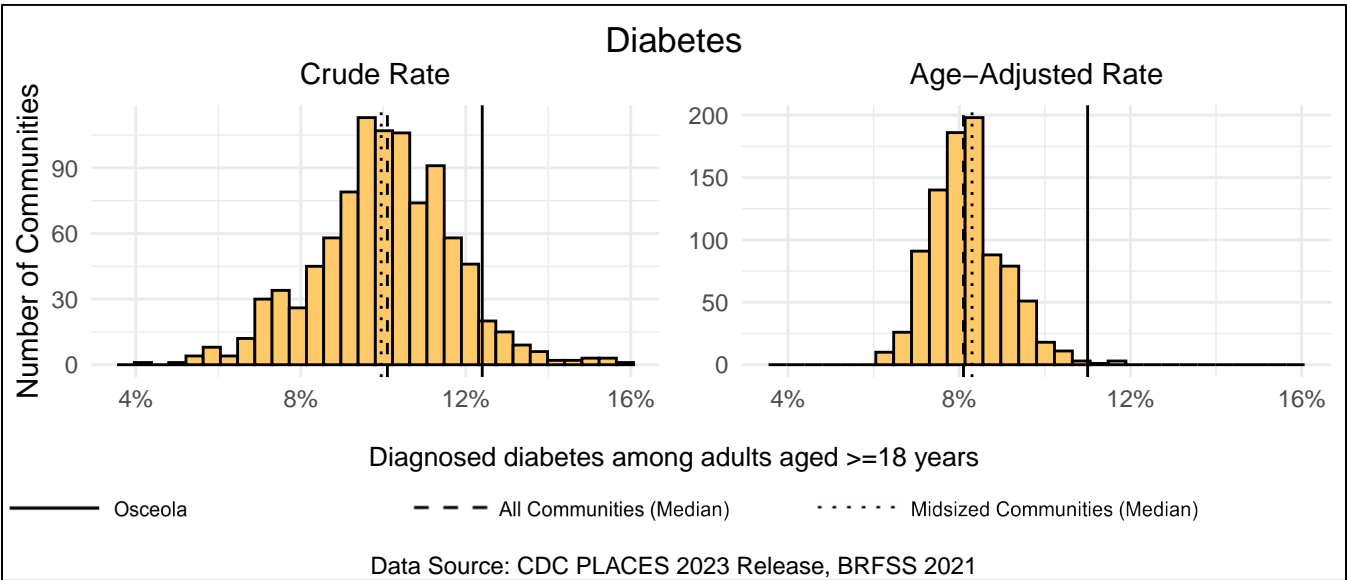
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	19.3%	18.0%	18.2%
Age-Adjusted	20.0%	19.0%	19.2%



Diabetes

Osceola has a crude rate of 12.4% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 898th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 11.0%, which ranks 901st out of 905 Iowa communities (100th out of 102 mid-sized communities).

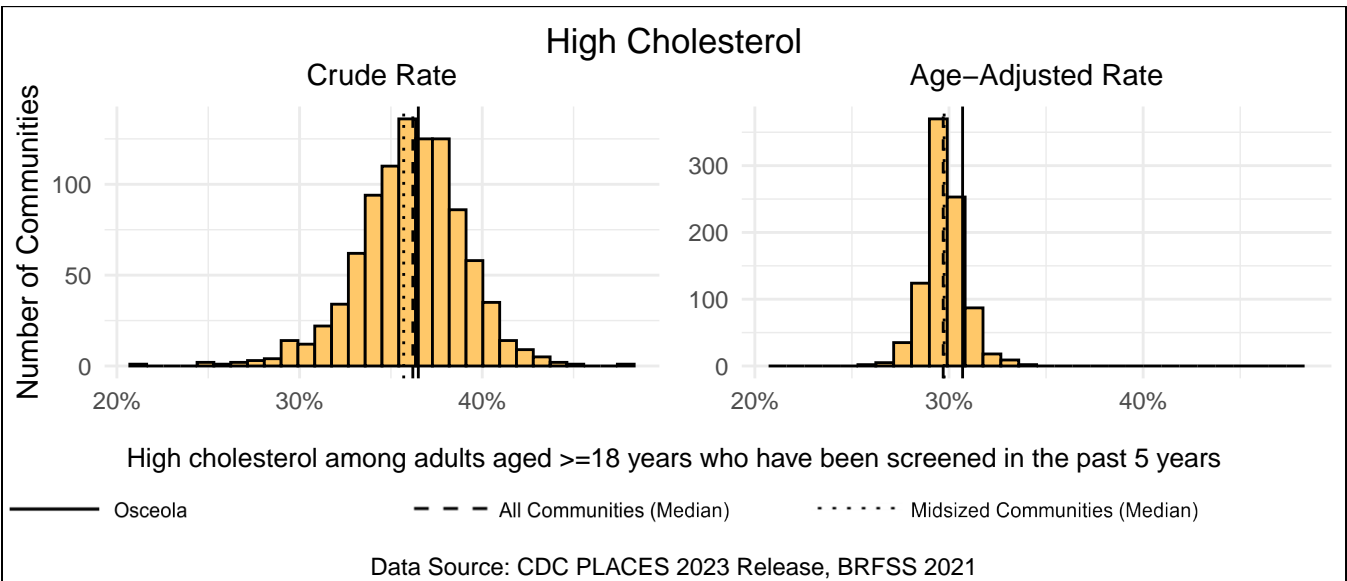
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	12.4%	10.1%	9.9%
Age-Adjusted	11.0%	8.1%	8.3%



High Cholesterol

Osceola has a crude rate of 36.5% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 513th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 30.7%, which ranks 757th out of 905 Iowa communities (82nd out of 102 mid-sized communities).

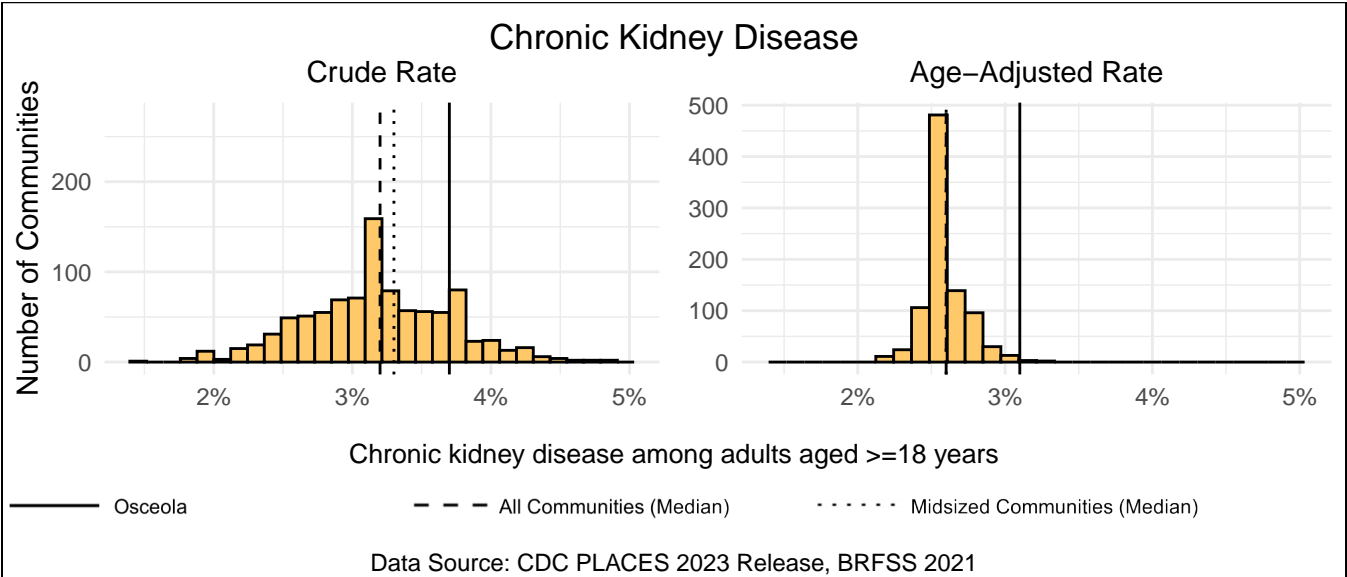
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	36.5%	36.2%	35.7%
Age-Adjusted	30.7%	29.7%	29.8%



Chronic Kidney Disease

Osceola has a crude rate of 3.7% for chronic kidney disease among adults aged ≥ 18 years, which ranks 787th out of 958 Iowa communities (83rd out of 102 midsized communities). The age-adjusted rate for Osceola is 3.1%, which ranks 901st out of 905 Iowa communities (100th out of 102 midsized communities).

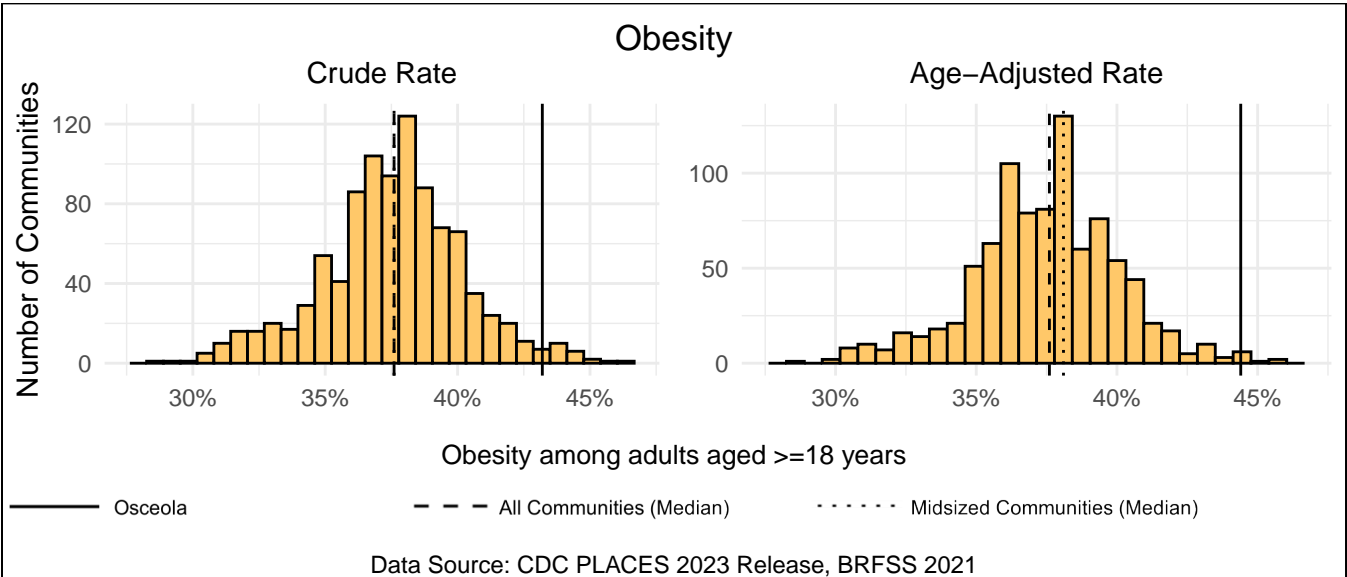
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	3.7%	3.2%	3.3%
Age-Adjusted	3.1%	2.6%	2.6%



Obesity

Osceola has a crude rate of 43.2% for obesity among adults aged ≥ 18 years, which ranks 935th out of 958 Iowa communities (99th out of 102 midsized communities). The age-adjusted rate for Osceola is 44.4%, which ranks 901st out of 905 Iowa communities (100th out of 102 midsized communities).

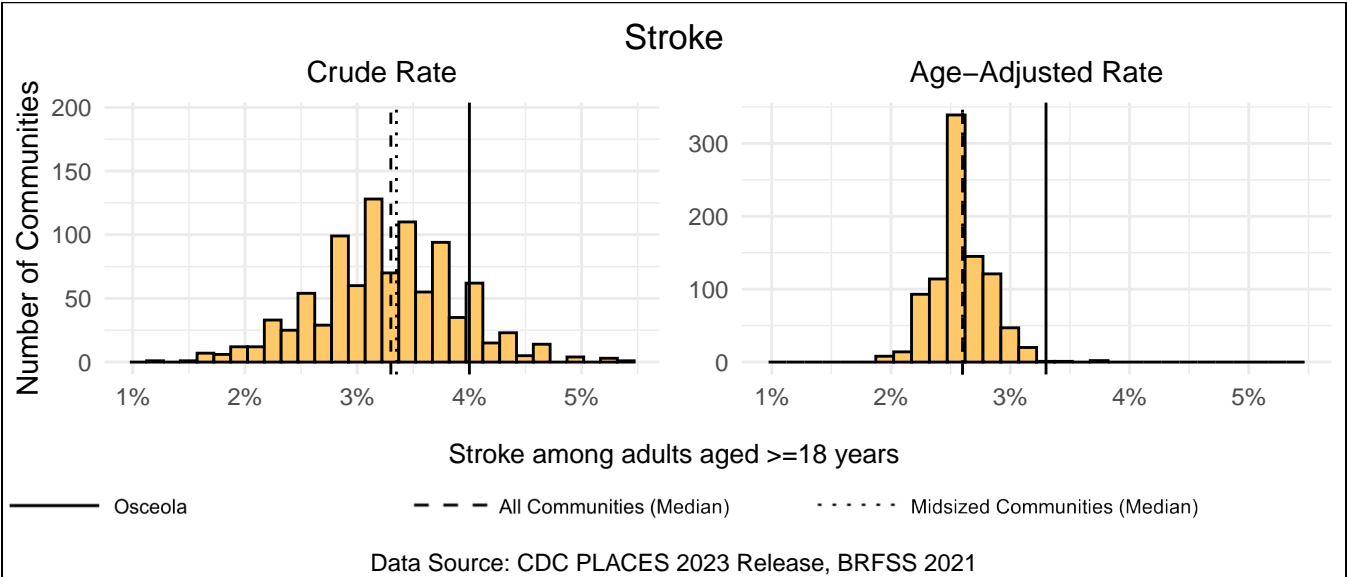
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	43.2%	37.6%	37.6%
Age-Adjusted	44.4%	37.6%	38.1%



Stroke

Osceola has a crude rate of 4.0% for stroke among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (88th out of 102 midsize communities). The age-adjusted rate for Osceola is 3.3%, which ranks 902nd out of 905 Iowa communities (101st out of 102 midsize communities).

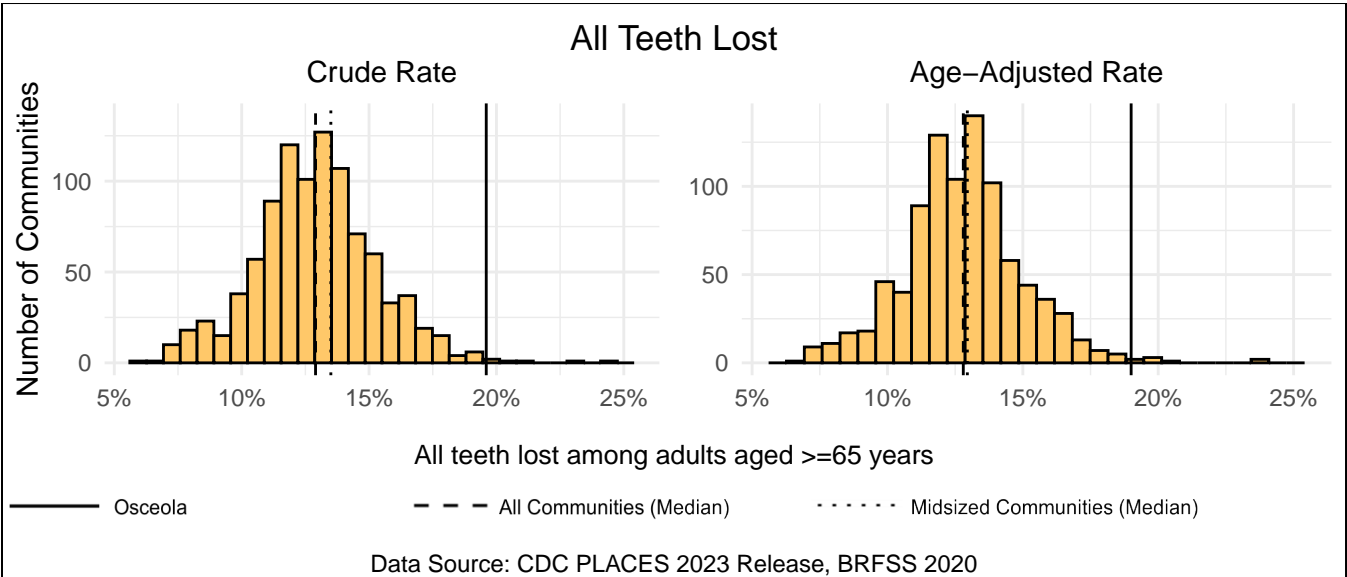
Measure Type	Osceola	All Comm.	Midsize Comm.
Crude	4.0%	3.3%	3.3%
Age-Adjusted	3.3%	2.6%	2.6%



All Teeth Lost

Osceola has a crude rate of 19.6% for all teeth lost among adults aged ≥ 65 years, which ranks 953rd out of 958 Iowa communities (100th out of 102 midsize communities). The age-adjusted rate for Osceola is 19.0%, which ranks 898th out of 905 Iowa communities (100th out of 102 midsize communities).

Measure Type	Osceola	All Comm.	Midsize Comm.
Crude	19.6%	12.9%	13.5%
Age-Adjusted	19.0%	12.8%	12.9%



Prevention

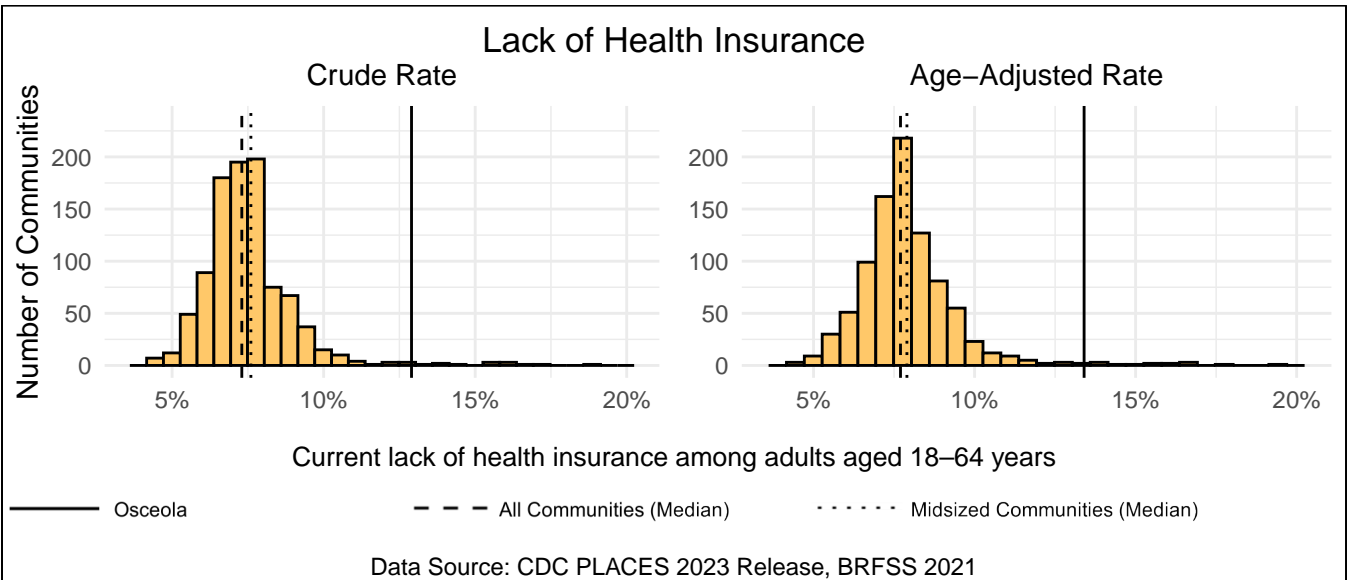
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Osceola has a crude rate of 12.9% for current lack of health insurance among adults aged 18–64 years, which ranks 944th out of 958 Iowa communities (97th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 13.4%, which ranks 891st out of 905 Iowa communities (97th out of 102 mid-sized communities).

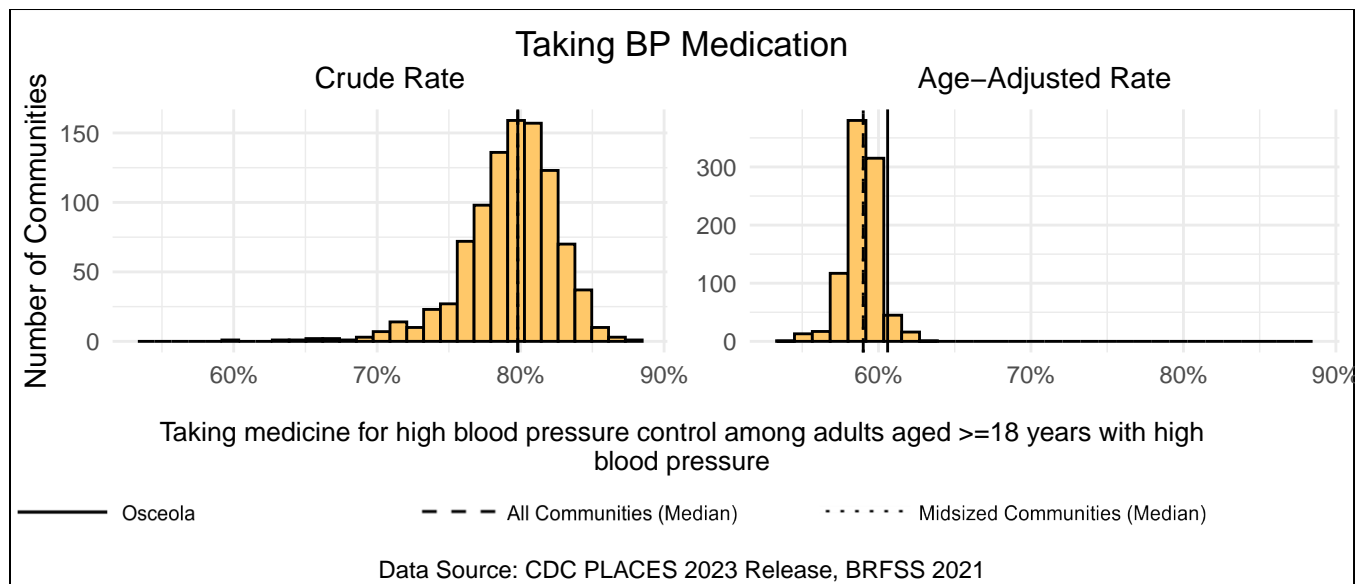
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	12.9%	7.3%	7.6%
Age-Adjusted	13.4%	7.7%	7.9%



Taking BP Medication

Osceola has a crude rate of 79.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 469th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 60.6%, which ranks 50th out of 905 Iowa communities (10th out of 102 mid-sized communities).

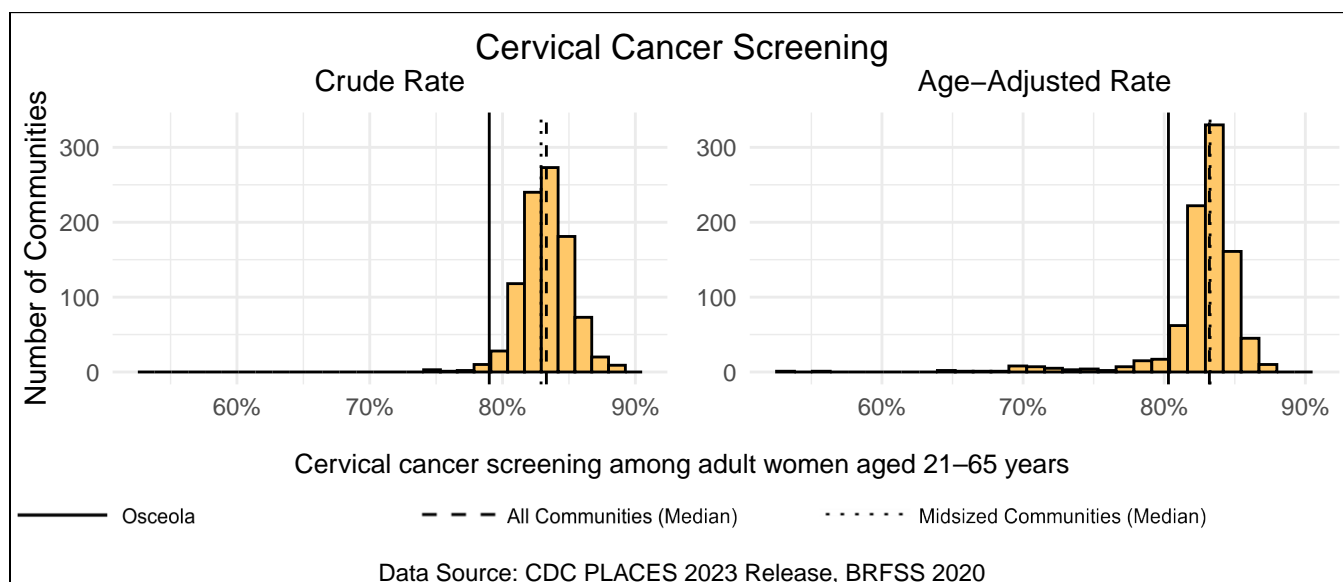
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	79.8%	79.8%	79.8%
Age-Adjusted	60.6%	59.0%	59.0%



Cervical Cancer Screening

Osceola has a crude rate of 79.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 944th out of 958 Iowa communities (102nd out of 102 mid-sized communities). The age-adjusted rate for Osceola is 80.3%, which ranks 831st out of 905 Iowa communities (98th out of 102 mid-sized communities).

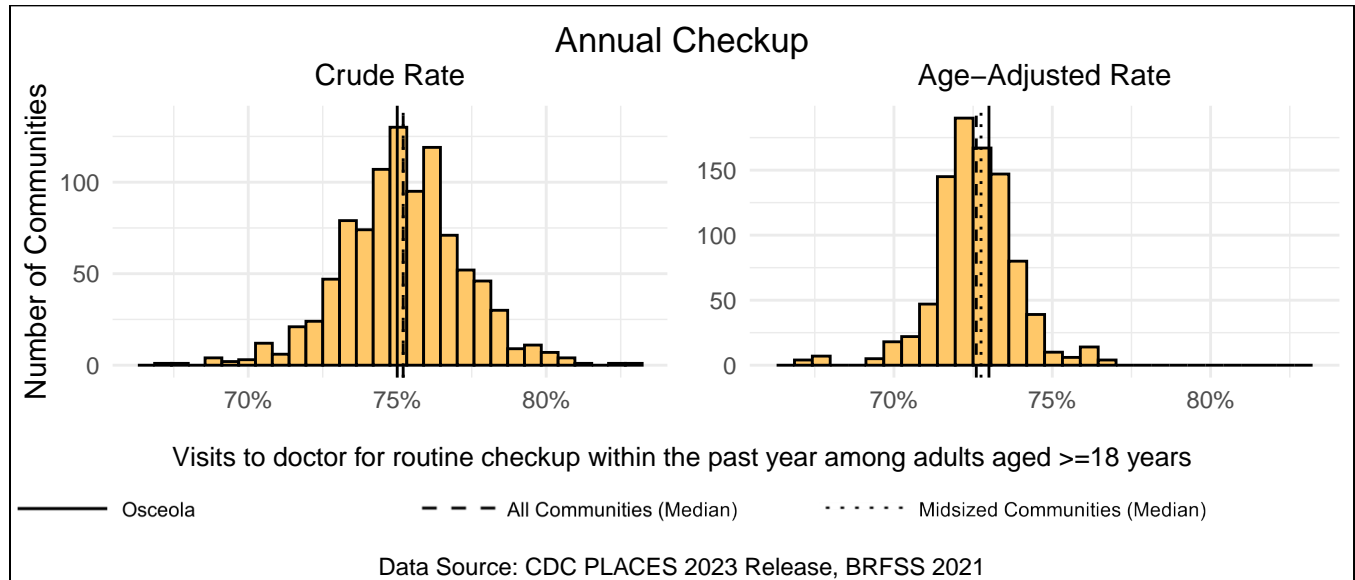
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	79.0%	83.3%	82.9%
Age-Adjusted	80.3%	83.2%	83.2%



Annual Checkup

Osceola has a crude rate of 75.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 513th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Osceola is 73.0%, which ranks 301st out of 905 Iowa communities (39th out of 102 midsize communities).

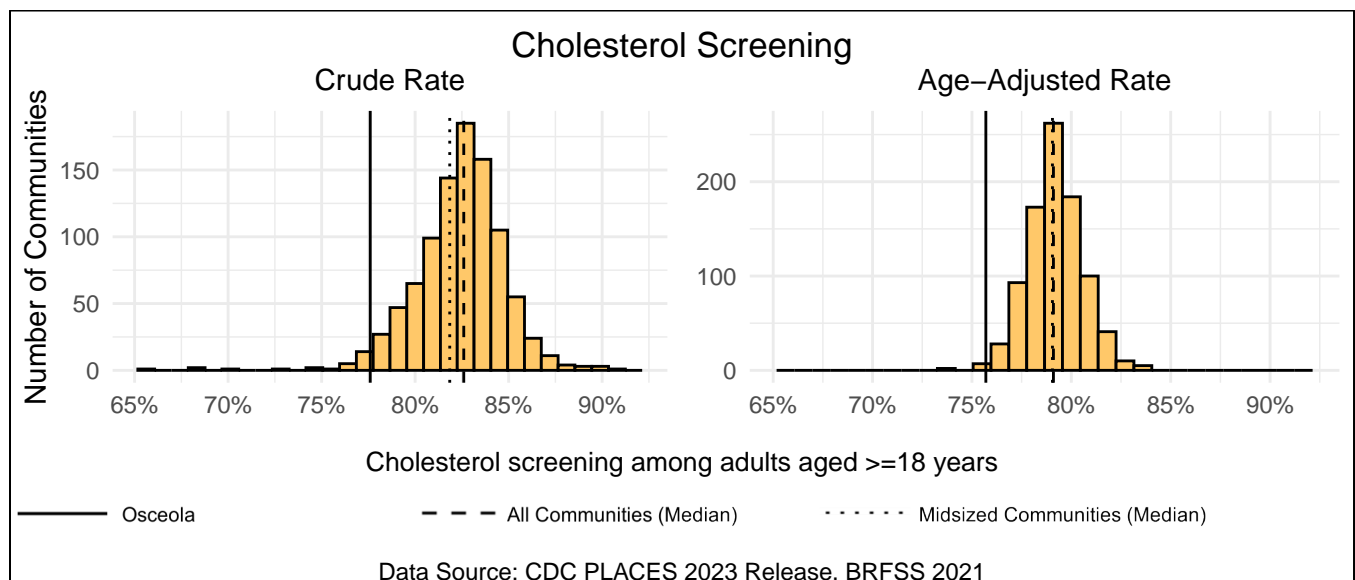
Measure Type	Osceola	All Comm.	Midsize Comm.
Crude	75.0%	75.2%	75.2%
Age-Adjusted	73.0%	72.6%	72.8%



Cholesterol Screening

Osceola has a crude rate of 77.6% for cholesterol screening among adults aged ≥ 18 years, which ranks 934th out of 958 Iowa communities (95th out of 102 midsize communities). The age-adjusted rate for Osceola is 75.7%, which ranks 898th out of 905 Iowa communities (102nd out of 102 midsize communities).

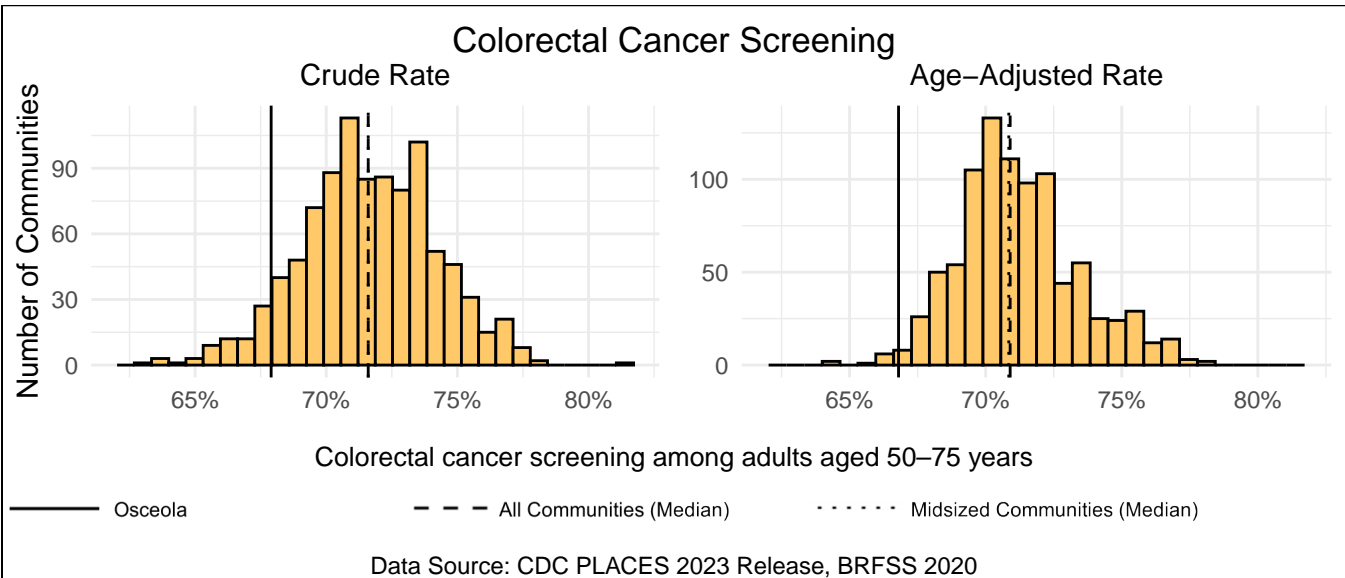
Measure Type	Osceola	All Comm.	Midsize Comm.
Crude	77.6%	82.6%	81.8%
Age-Adjusted	75.7%	79.1%	79.0%



Colorectal Cancer Screening

Osceola has a crude rate of 67.9% for colorectal cancer screening among adults aged 50–75 years, which ranks 891st out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 66.8%, which ranks 893rd out of 905 Iowa communities (100th out of 102 mid-sized communities).

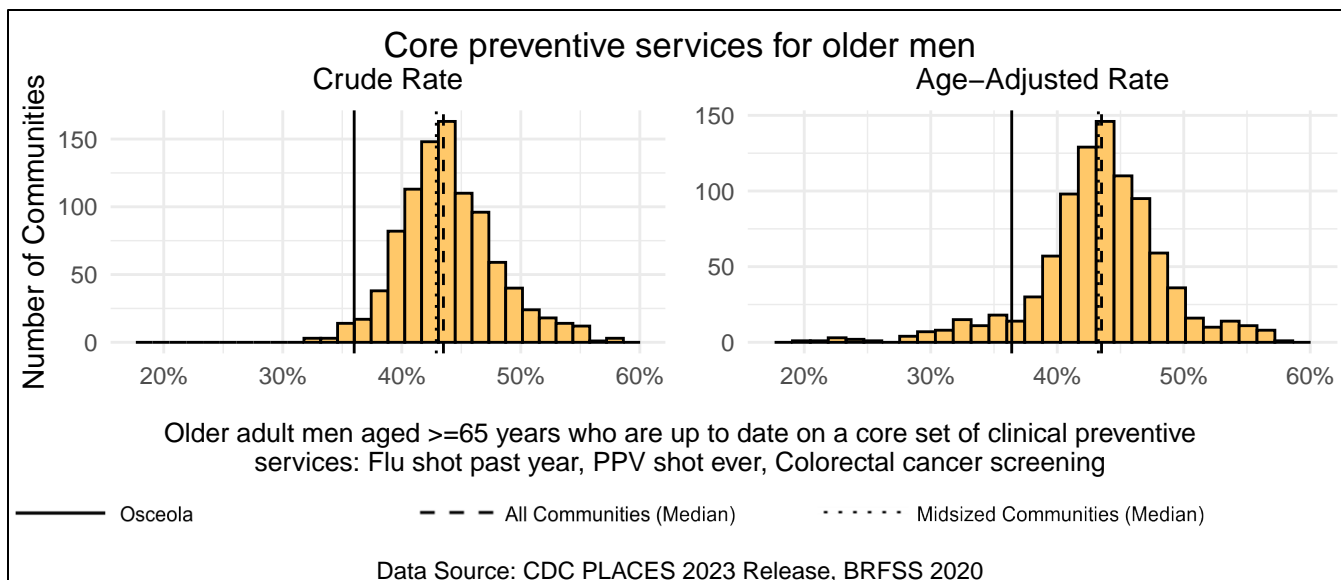
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	67.9%	71.6%	71.6%
Age-Adjusted	66.8%	70.9%	70.8%



Core preventive services for older men

Osceola has a crude rate of 36.0% 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 939th out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 36.4%, which ranks 832nd out of 905 Iowa communities (100th out of 102 mid-sized communities).

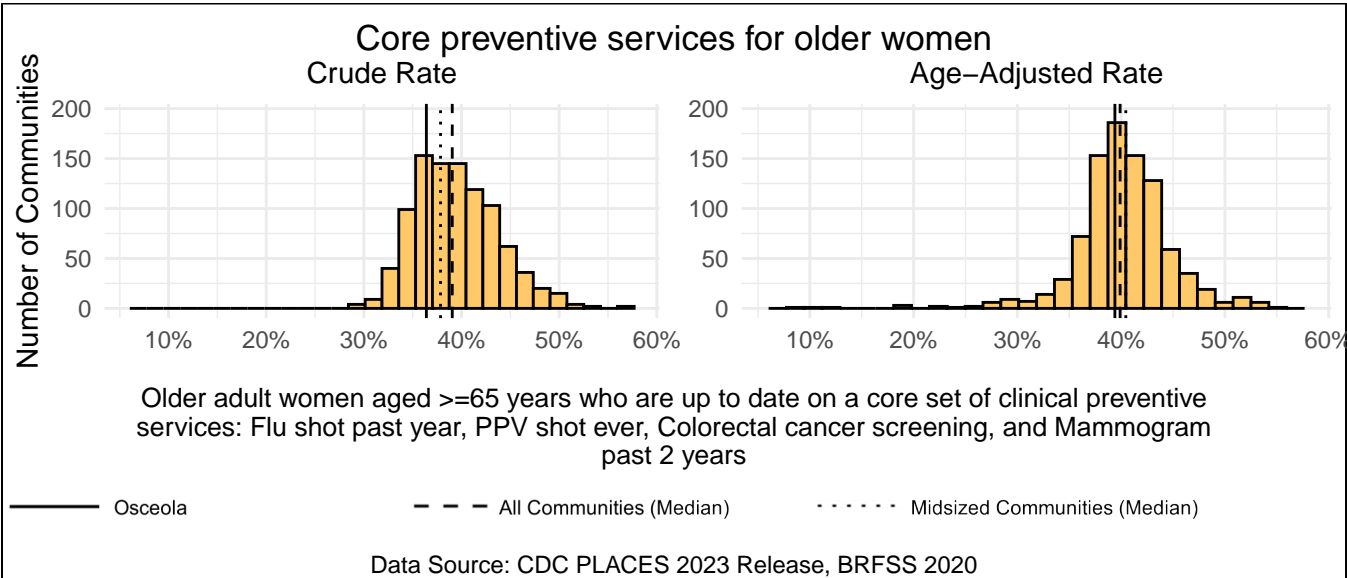
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	36.0%	43.5%	42.9%
Age-Adjusted	36.4%	43.5%	43.2%



Core preventive services for older women

Osceola has a crude rate of 36.4% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 717th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Osceola is 39.4%, which ranks 521st out of 905 Iowa communities (59th out of 102 mid-sized communities).

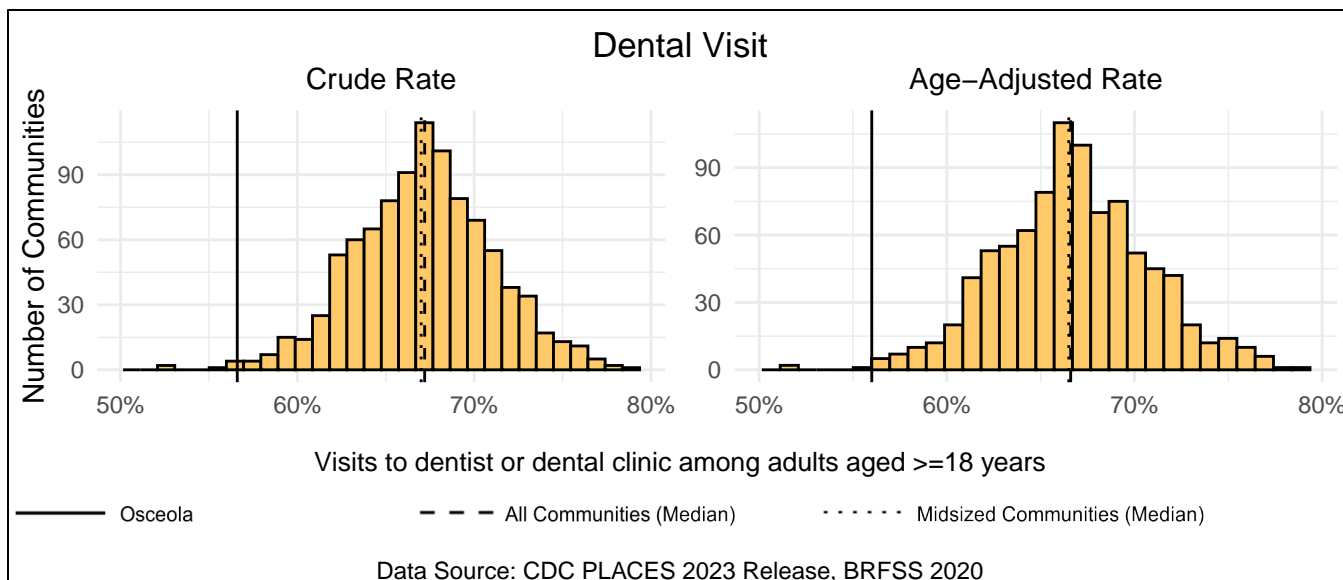
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	36.4%	39.0%	37.8%
Age-Adjusted	39.4%	39.9%	40.4%



Dental Visit

Osceola has a crude rate of 56.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 953rd out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Osceola is 56.0%, which ranks 901st out of 905 Iowa communities (101st out of 102 mid-sized communities).

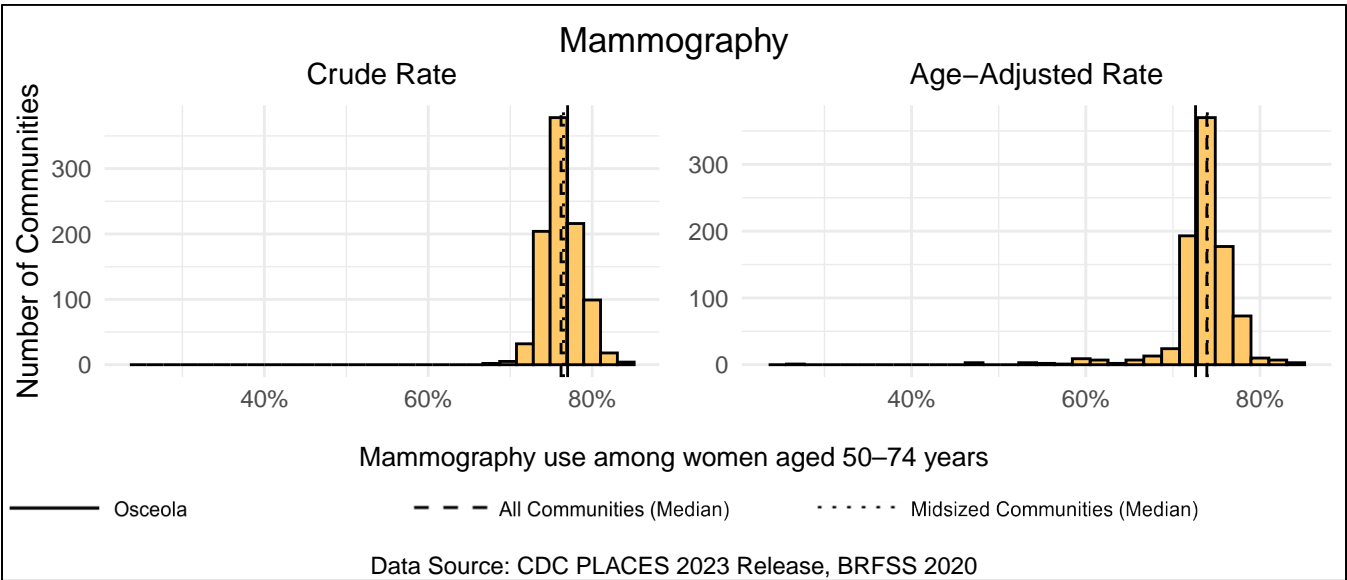
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	56.6%	67.2%	67.0%
Age-Adjusted	56.0%	66.6%	66.5%



Mammography

Osceola has a crude rate of 77.0% for mammography use among women aged 50–74 years, which ranks 325th out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 72.6%, which ranks 669th out of 905 Iowa communities (80th out of 102 mid-sized communities).

Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	77.0%	76.2%	76.5%
Age-Adjusted	72.6%	73.9%	74.0%



Disability

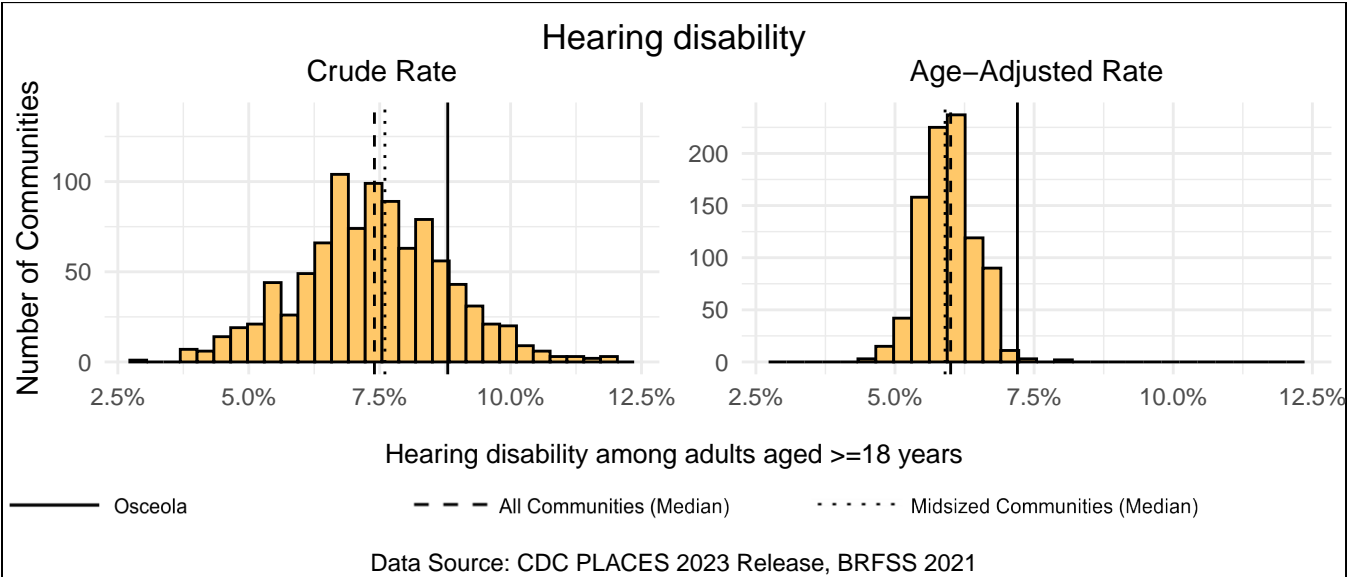
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Osceola has a crude rate of 8.8% for hearing disability among adults aged ≥ 18 years, which ranks 802nd out of 958 Iowa communities (85th out of 102 midsize communities). The age-adjusted rate for Osceola is 7.2%, which ranks 898th out of 905 Iowa communities (101st out of 102 midsize communities).

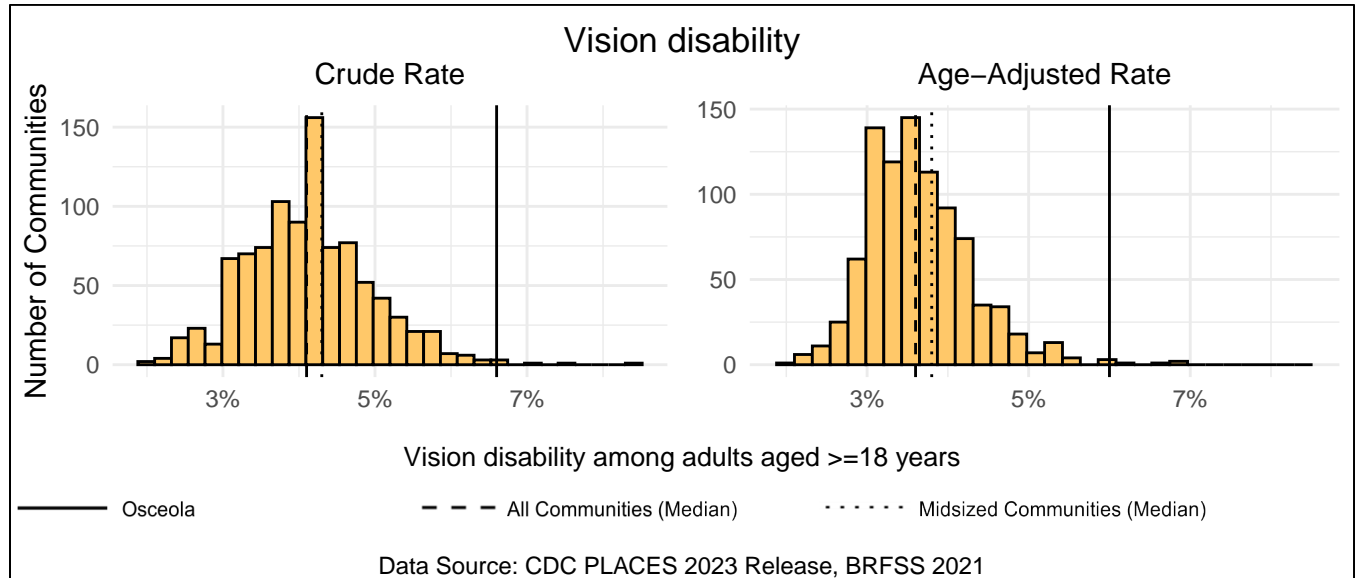
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	8.8%	7.4%	7.6%
Age-Adjusted	7.2%	6.0%	5.9%



Vision disability

Osceola has a crude rate of 6.6% for vision disability among adults aged ≥ 18 years, which ranks 953rd out of 958 Iowa communities (101st out of 102 midsize communities). The age-adjusted rate for Osceola is 6.0%, which ranks 900th out of 905 Iowa communities (100th out of 102 midsize communities).

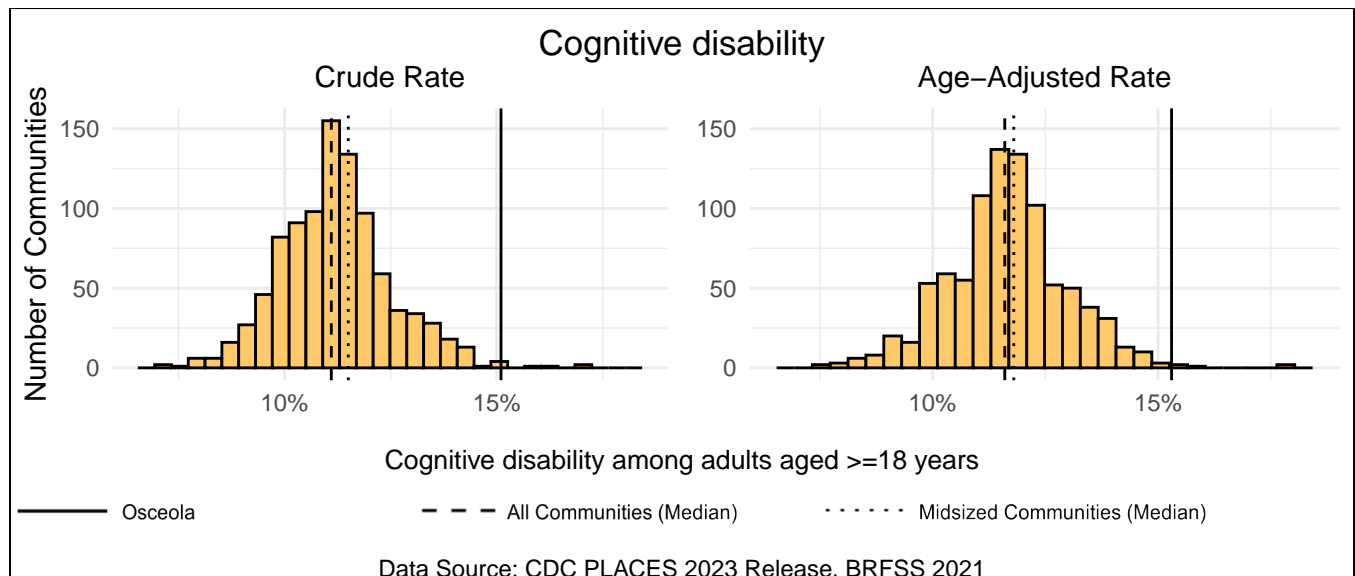
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	6.6%	4.1%	4.3%
Age-Adjusted	6.0%	3.6%	3.8%



Cognitive disability

Osceola has a crude rate of 15.1% for cognitive disability among adults aged ≥ 18 years, which ranks 953rd out of 958 Iowa communities (100th out of 102 midsize communities). The age-adjusted rate for Osceola is 15.3%, which ranks 901st out of 905 Iowa communities (101st out of 102 midsize communities).

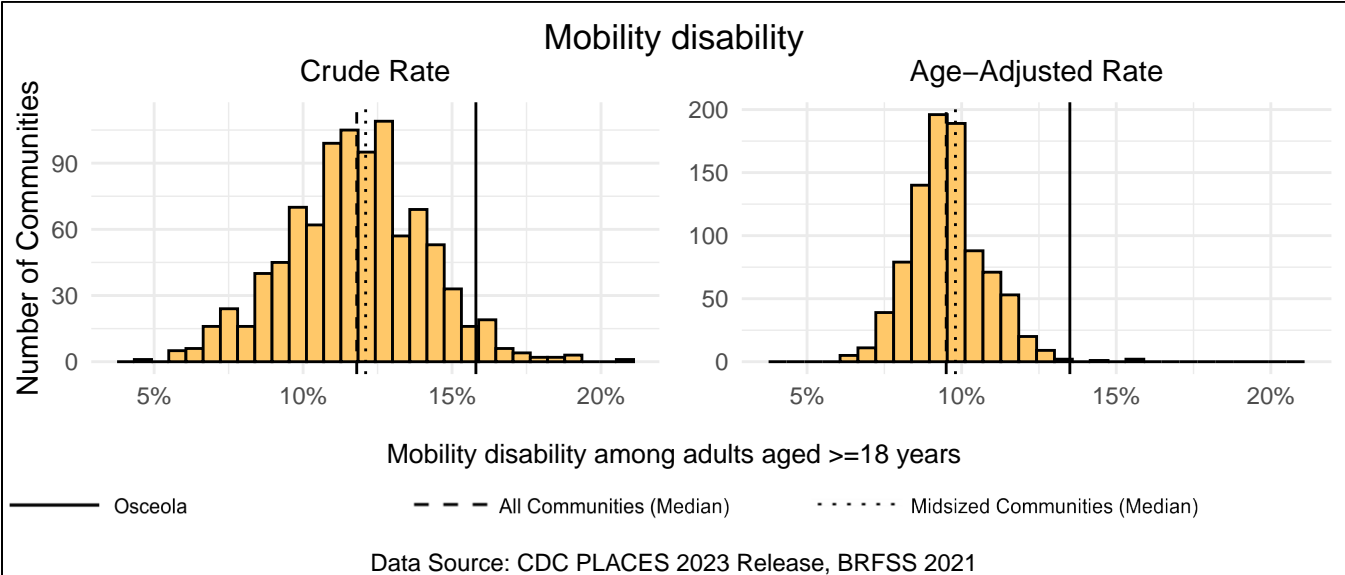
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	15.1%	11.1%	11.5%
Age-Adjusted	15.3%	11.6%	11.8%



Mobility disability

Osceola has a crude rate of 15.8% for mobility disability among adults aged ≥ 18 years, which ranks 919th out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Osceola is 13.5%, which ranks 902nd out of 905 Iowa communities (101st out of 102 mid-sized communities).

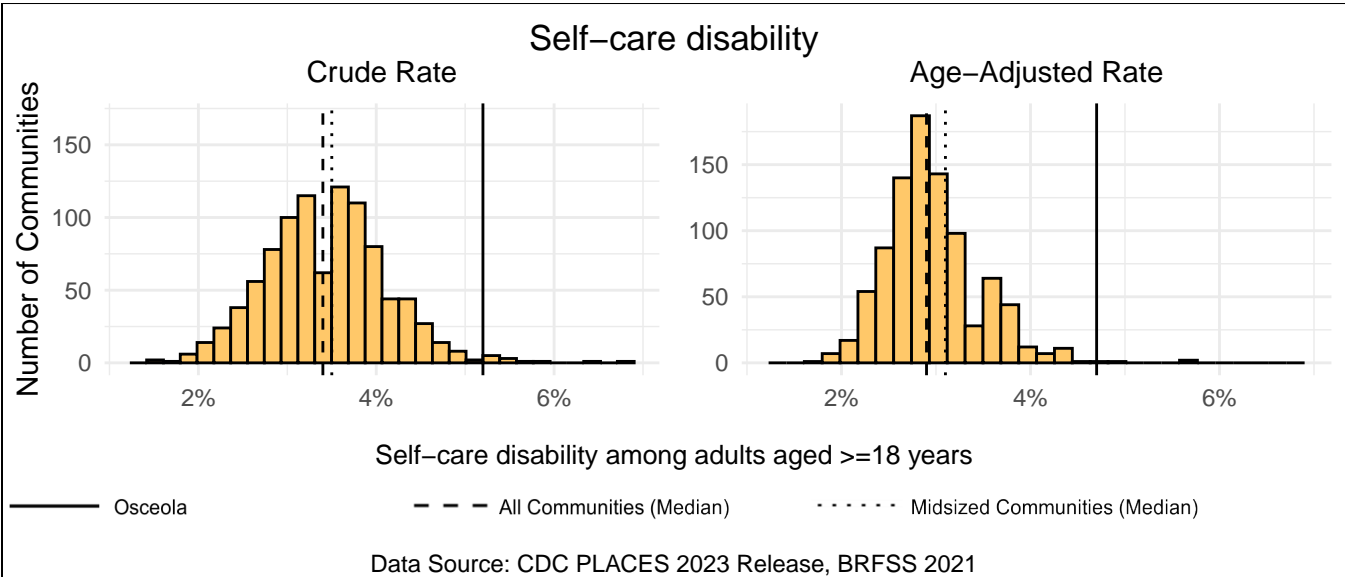
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	15.8%	11.8%	12.1%
Age-Adjusted	13.5%	9.5%	9.8%



Self-care disability

Osceola has a crude rate of 5.2% for self-care disability among adults aged ≥ 18 years, which ranks 947th out of 958 Iowa communities (100th out of 102 mid-sized communities). The age-adjusted rate for Osceola is 4.7%, which ranks 902nd out of 905 Iowa communities (101st out of 102 mid-sized communities).

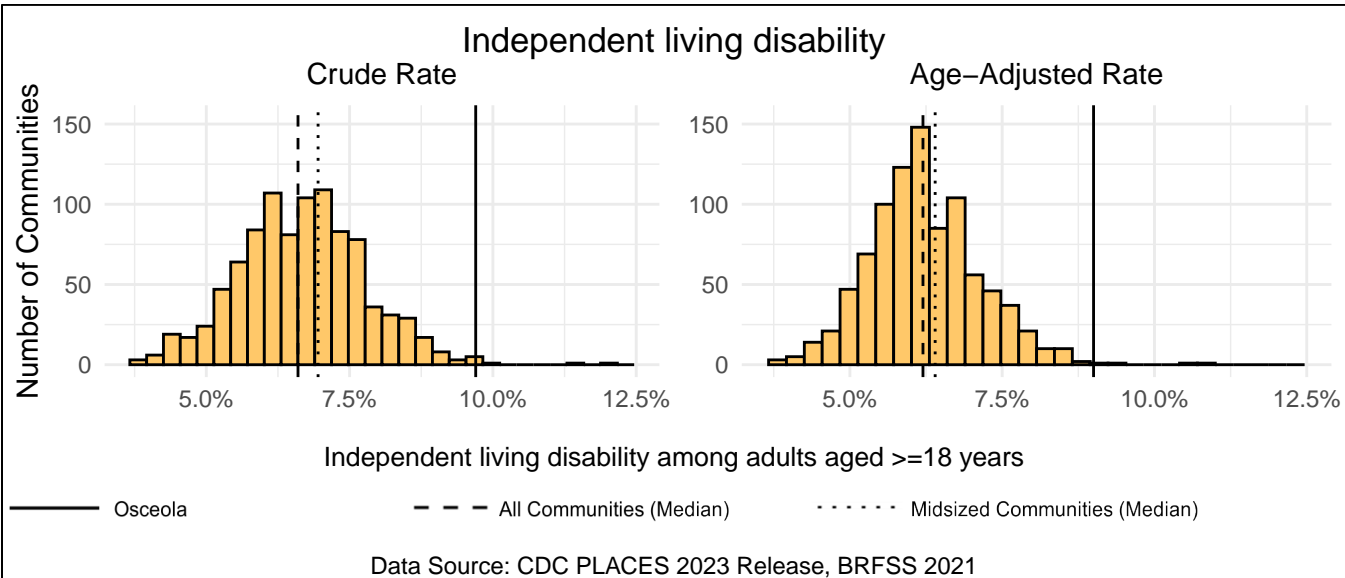
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	5.2%	3.4%	3.5%
Age-Adjusted	4.7%	2.9%	3.1%



Independent living disability

Osceola has a crude rate of 9.7% for independent living disability among adults aged ≥ 18 years, which ranks 952nd out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Osceola is 9.0%, which ranks 902nd out of 905 Iowa communities (101st out of 102 mid-sized communities).

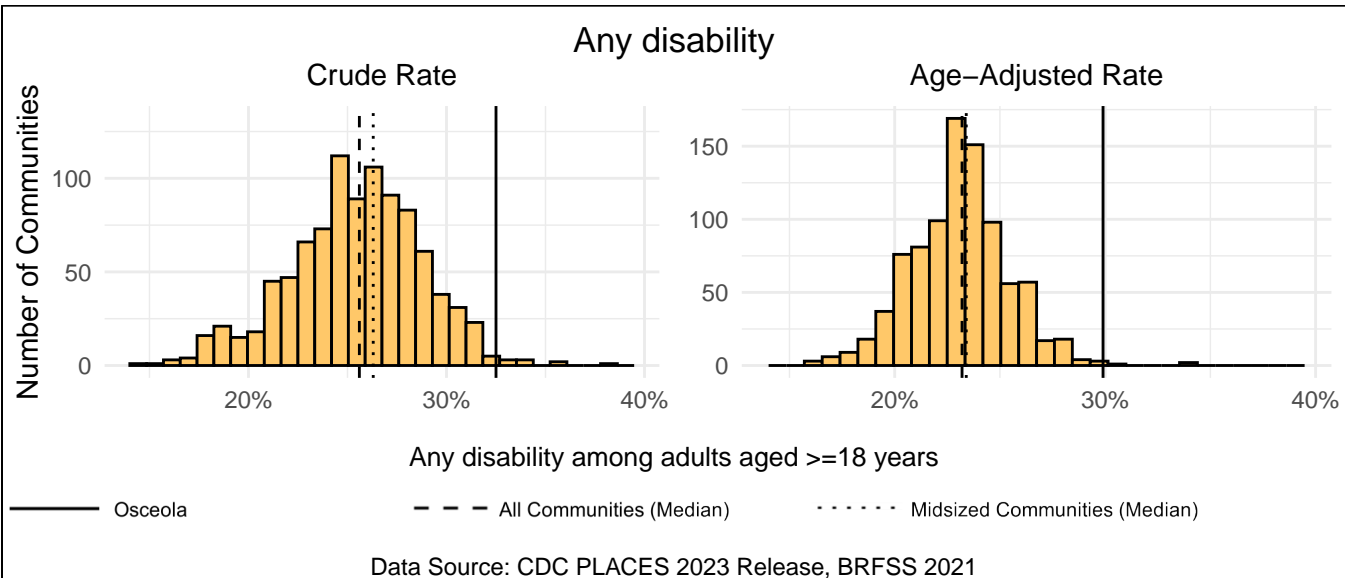
Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	9.7%	6.6%	7.0%
Age-Adjusted	9.0%	6.2%	6.4%



Any disability

Osceola has a crude rate of 32.5% for any disability among adults aged ≥ 18 years, which ranks 947th out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Osceola is 29.9%, which ranks 902nd out of 905 Iowa communities (101st out of 102 mid-sized communities).

Measure Type	Osceola	All Comm.	Midsized Comm.
Crude	32.5%	25.6%	26.3%
Age-Adjusted	29.9%	23.2%	23.4%



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: Osceola PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	936	16.7% (14.5% - 19.2%)	888	17.6% (15.2% - 20.1%)
Health Status	General Health	949	20.1% (16.8% - 23.7%)	900	18.9% (15.9% - 22.0%)
Health Status	Physical Health	942	13.5% (11.6% - 15.7%)	902	12.6% (10.7% - 14.7%)
Health Risk Behaviors	Physical Inactivity	951	33.4% (28.0% - 39.4%)	901	32.1% (26.7% - 38.0%)
Health Risk Behaviors	Current Smoking	939	21.1% (17.2% - 25.7%)	899	22.6% (18.4% - 27.2%)
Health Risk Behaviors	Binge Drinking	110	17.2% (14.1% - 20.8%)	8	18.9% (15.5% - 22.6%)
Health Risk Behaviors	Sleep <7 hours	943	33.6% (32.1% - 35.0%)	899	34.7% (33.1% - 36.2%)
Health Outcomes	Depression	815	19.3% (15.7% - 23.2%)	733	20.0% (16.4% - 24.0%)
Health Outcomes	Stroke	832	4.0% (3.4% - 4.7%)	902	3.3% (2.9% - 3.8%)
Health Outcomes	Current Asthma	934	10.2% (8.9% - 11.6%)	886	10.4% (9.0% - 11.7%)
Health Outcomes	Coronary Heart Disease	790	7.7% (6.6% - 8.9%)	896	6.2% (5.3% - 7.1%)
Health Outcomes	High Blood Pressure	625	33.5% (29.1% - 37.9%)	871	30.0% (25.9% - 34.3%)
Health Outcomes	Arthritis	465	27.8% (23.7% - 32.1%)	755	24.3% (20.6% - 28.3%)
Health Outcomes	Obesity	935	43.2% (35.1% - 51.7%)	901	44.4% (36.2% - 53.1%)
Health Outcomes	Cancer (except skin)	388	7.8% (7.0% - 8.6%)	74	6.4% (5.7% - 7.0%)
Health Outcomes	Diabetes	898	12.4% (10.5% - 14.5%)	901	11.0% (9.3% - 12.8%)
Health Outcomes	All Teeth Lost	953	19.6% (12.3% - 28.3%)	898	19.0% (12.6% - 26.2%)
Health Outcomes	High Cholesterol	513	36.5% (31.6% - 41.5%)	757	30.7% (26.0% - 35.7%)
Health Outcomes	Chronic Kidney Disease	787	3.7% (3.3% - 4.2%)	901	3.1% (2.8% - 3.5%)
Health Outcomes	COPD	917	9.7% (7.9% - 11.7%)	900	8.5% (7.1% - 10.1%)
Prevention	Taking BP Medication	469	79.8% (76.6% - 82.7%)	50	60.6% (55.5% - 65.6%)
Prevention	Health Insurance	944	12.9% (10.1% - 15.8%)	891	13.4% (10.6% - 16.9%)
Prevention	Cholesterol Screening	934	77.6% (73.8% - 81.1%)	898	75.7% (71.6% - 79.4%)
Prevention	Colorectal Cancer Screening	891	67.9% (64.6% - 71.3%)	893	66.8% (63.5% - 70.2%)
Prevention	Core preventive services for older women	717	36.4% (28.5% - 44.7%)	521	39.4% (31.4% - 47.4%)
Prevention	Dental Visit	953	56.6% (52.9% - 60.6%)	901	56.0% (52.2% - 60.0%)

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	939	36.0% (27.8% - 44.3%)	832	36.4% (28.4% - 44.6%)
Prevention	Mammography	325	77.0% (72.8% - 81.1%)	669	72.6% (67.6% - 77.1%)
Prevention	Annual Checkup	513	75.0% (70.0% - 79.7%)	301	73.0% (67.7% - 78.0%)
Prevention	Cervical Cancer Screening	944	79.0% (76.3% - 81.7%)	831	80.3% (77.7% - 82.8%)
Disability	Independent Living Disability	952	9.7% (8.1% - 11.5%)	902	9.0% (7.7% - 10.6%)
Disability	Hearing Disability	802	8.8% (7.6% - 10.1%)	898	7.2% (6.3% - 8.1%)
Disability	Self-care Disability	947	5.2% (4.4% - 6.2%)	902	4.7% (4.0% - 5.5%)
Disability	Any Disability	947	32.5% (27.9% - 37.6%)	902	29.9% (25.2% - 34.5%)
Disability	Vision Disability	953	6.6% (5.6% - 7.8%)	900	6.0% (5.1% - 7.1%)
Disability	Cognitive Disability	953	15.1% (12.7% - 17.9%)	901	15.3% (13.0% - 17.9%)
Disability	Mobility Disability	919	15.8% (13.4% - 18.8%)	902	13.5% (11.4% - 15.7%)

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)

Osceola 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

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
