



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 Ottumwa: Overview

Dear Community Members & Stakeholders of Ottumwa,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Cancer (except skin)	248th	19th	Cancer (except skin)	16th	2nd
Binge Drinking	283rd	4th	Binge Drinking	21st	3rd
High Cholesterol	431st	24th	Taking BP Medication	50th	5th
Core preventive services for older men	460th	20th	Annual Checkup	127th	8th
Mammography	510th	24th	Core preventive services for older men	395th	20th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Mental Health	947th	30th	Arthritis	900th	30th
Cognitive Disability	944th	31st	Colorectal Cancer Screening	900th	31st
Health Insurance	937th	29th	Any Disability	894th	29th
Colorectal Cancer Screening	935th	30th	Current Smoking	893rd	31st
Current Asthma	934th	28th	Vision Disability	891st	29th

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 Ottumwa.

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

With a population of 25,359, Ottumwa’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

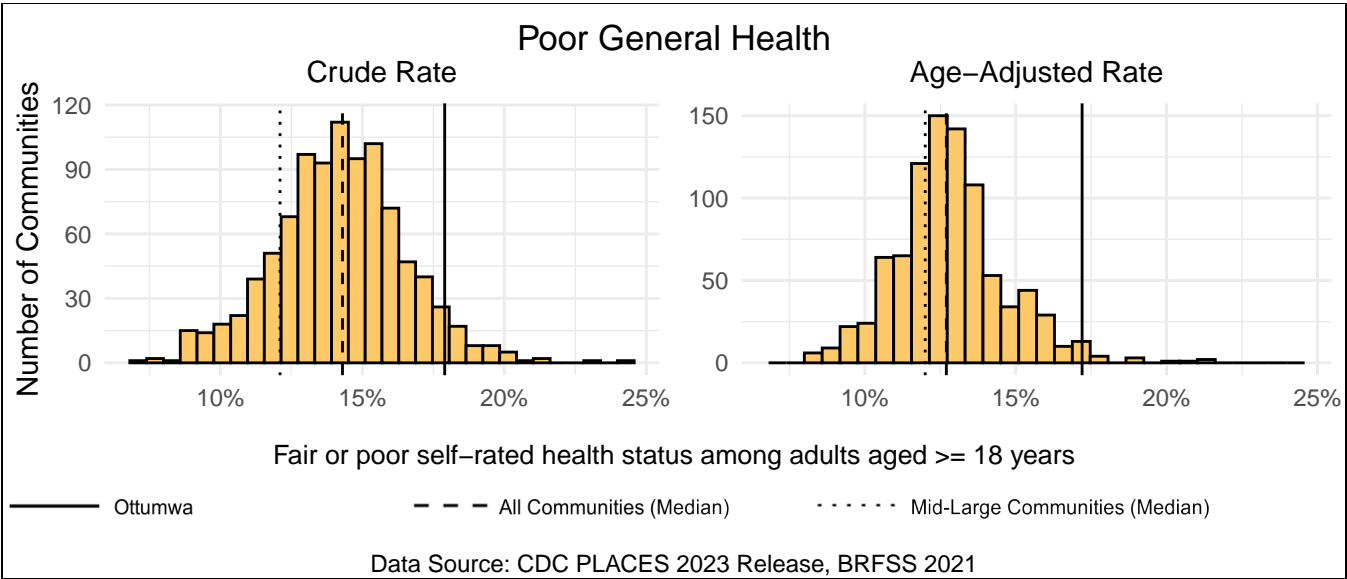
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Ottumwa has a crude rate of 17.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 906th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 17.2%, which ranks 887th out of 905 Iowa communities (29th out of 31 mid-large communities).

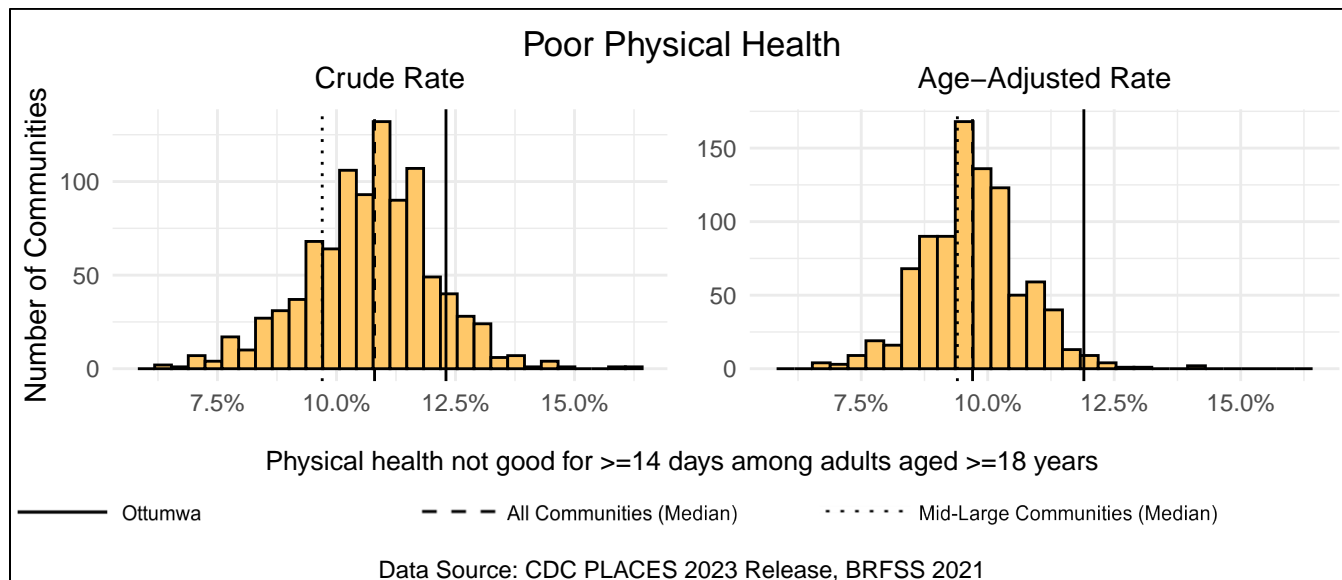
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	17.9%	14.3%	12.1%
Age-Adjusted	17.2%	12.7%	12.0%



Poor Physical Health

Ottumwa has a crude rate of 12.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 858th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 11.9%, which ranks 889th out of 905 Iowa communities (31st out of 31 mid-large communities).

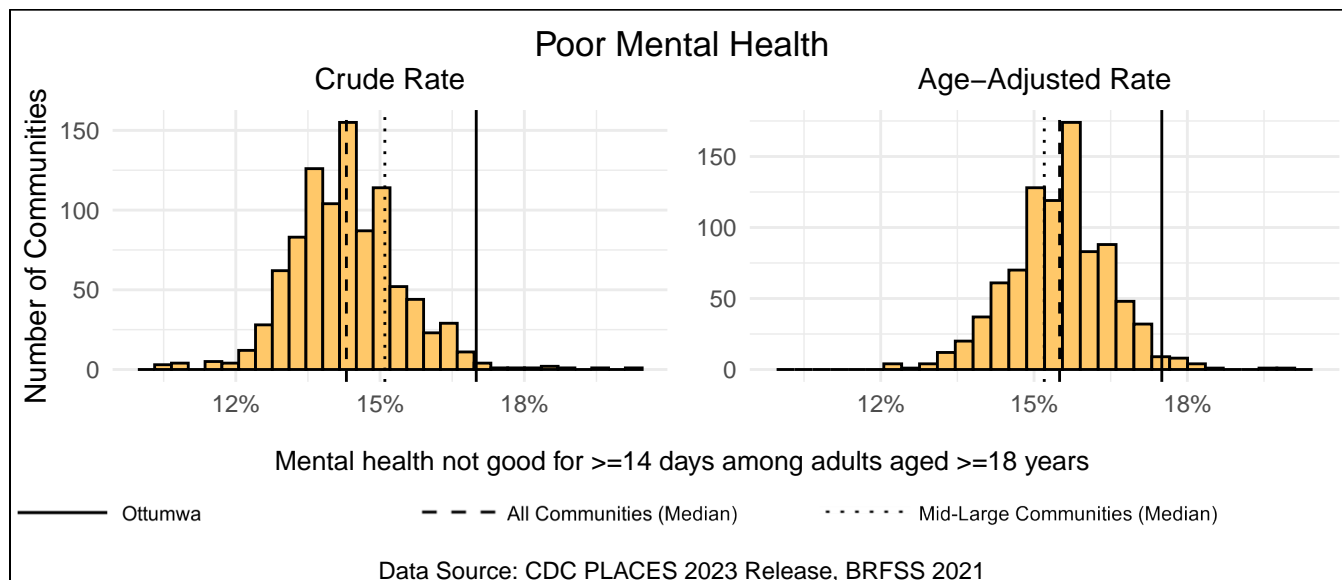
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	12.3%	10.8%	9.7%
Age-Adjusted	11.9%	9.7%	9.4%



Poor Mental Health

Ottumwa has a crude rate of 17.0% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 947th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 17.5%, which ranks 884th out of 905 Iowa communities (29th out of 31 mid-large communities).

Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	17.0%	14.3%	15.1%
Age-Adjusted	17.5%	15.5%	15.2%



Health Risk Behaviors

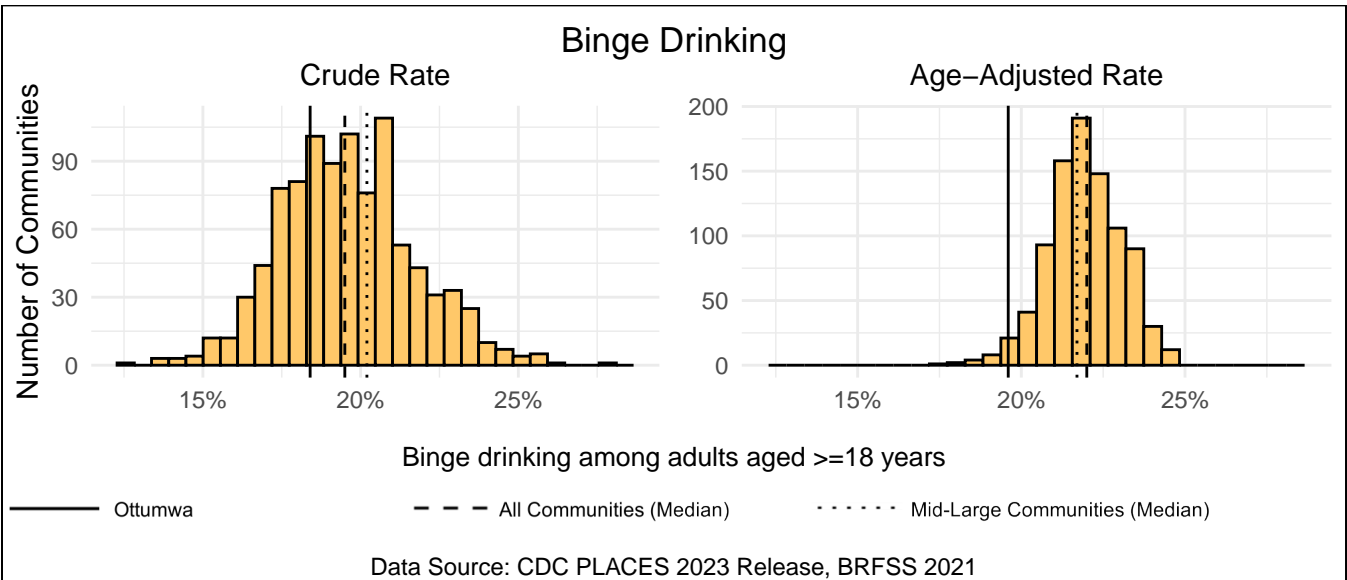
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Ottumwa has a crude rate of 18.4% for binge drinking among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 19.6%, which ranks 21st out of 905 Iowa communities (3rd out of 31 mid-large communities).

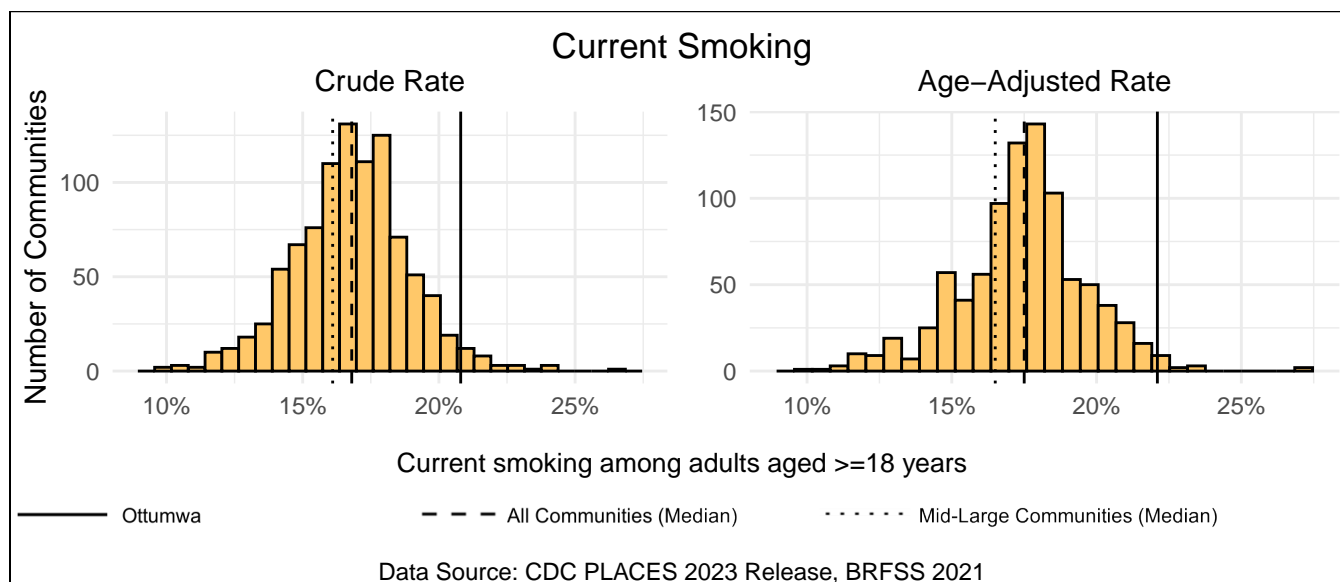
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	18.4%	19.5%	20.2%
Age-Adjusted	19.6%	22.0%	21.7%



Current Smoking

Ottumwa has a crude rate of 20.8% for current smoking among adults aged ≥ 18 years, which ranks 933rd out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 22.1%, which ranks 893rd out of 905 Iowa communities (31st out of 31 mid-large communities).

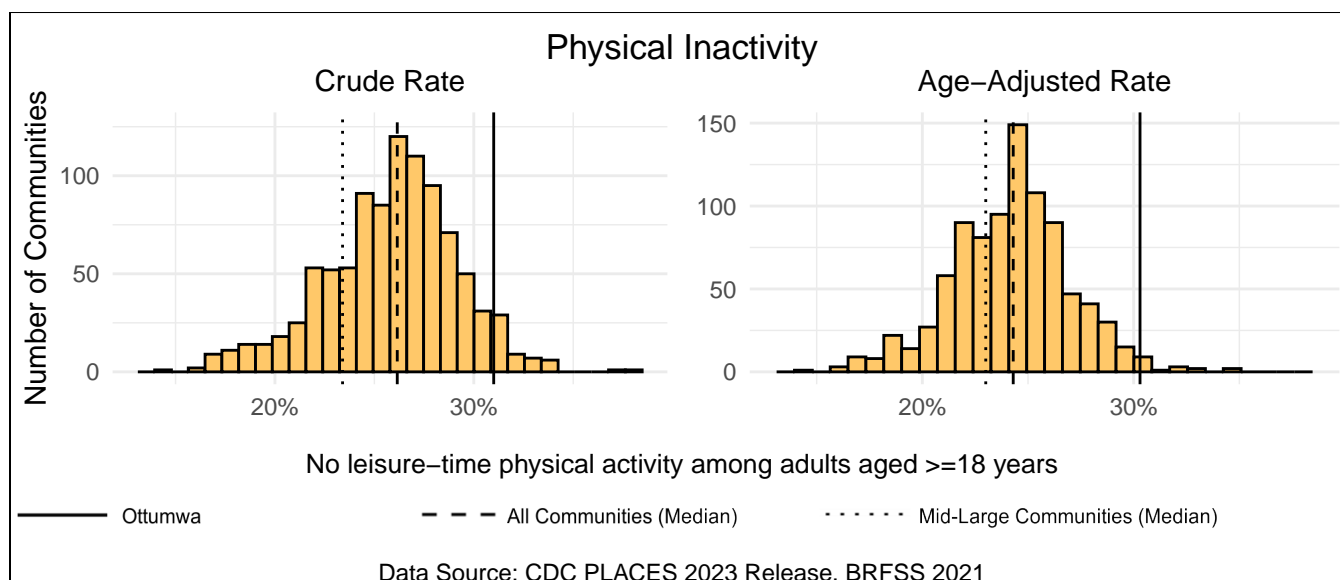
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	20.8%	16.8%	16.1%
Age-Adjusted	22.1%	17.5%	16.5%



Physical Inactivity

Ottumwa has a crude rate of 31.0% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 910th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 30.3%, which ranks 890th out of 905 Iowa communities (30th out of 31 mid-large communities).

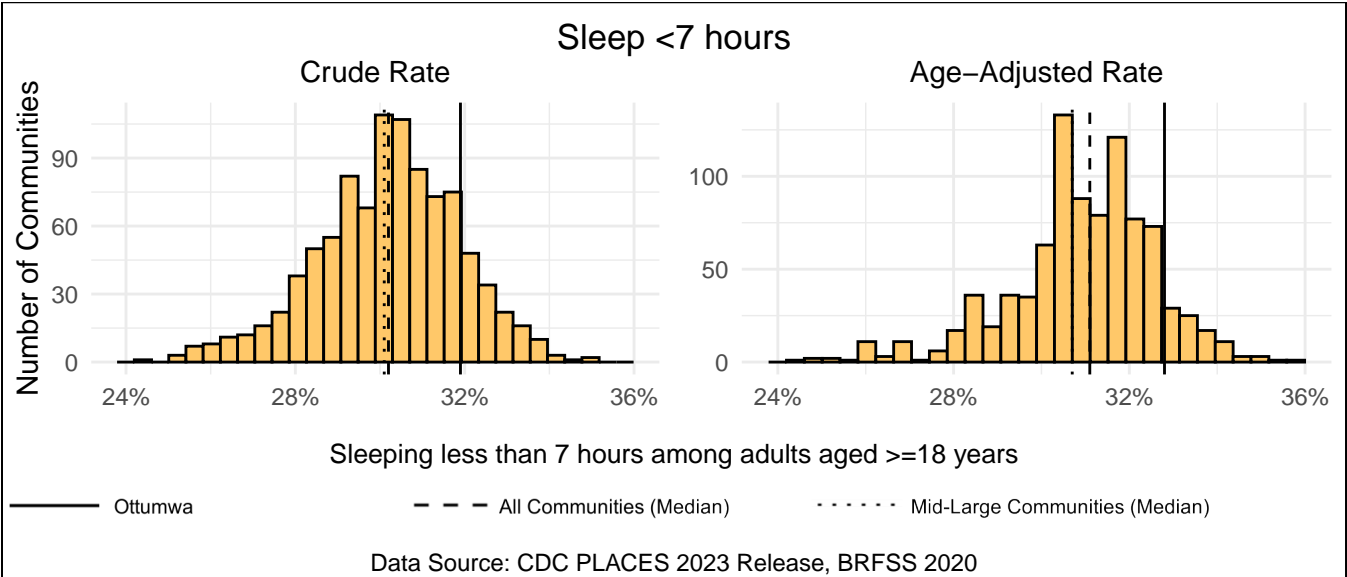
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	31.0%	26.1%	23.4%
Age-Adjusted	30.3%	24.3%	23.0%



Sleep <7 hours

Ottumwa has a crude rate of 31.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 809th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 32.8%, which ranks 816th out of 905 Iowa communities (26th out of 31 mid-large communities).

Measure Type	Ottumwa	All	Mid-Large
		Comm.	Comm.
Crude	31.9%	30.2%	30.1%
Age-Adjusted	32.8%	31.1%	30.7%



Health Outcomes

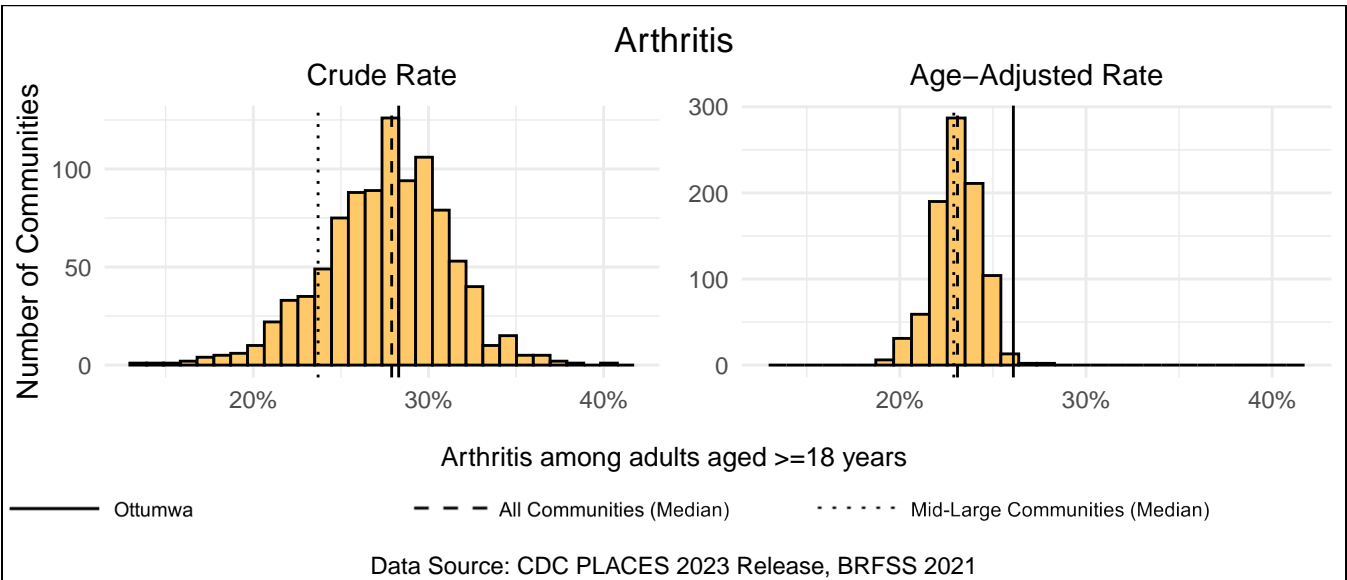
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Ottumwa has a crude rate of 28.3% for arthritis among adults aged ≥ 18 years, which ranks 531st out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 26.1%, which ranks 900th out of 905 Iowa communities (30th out of 31 mid-large communities).

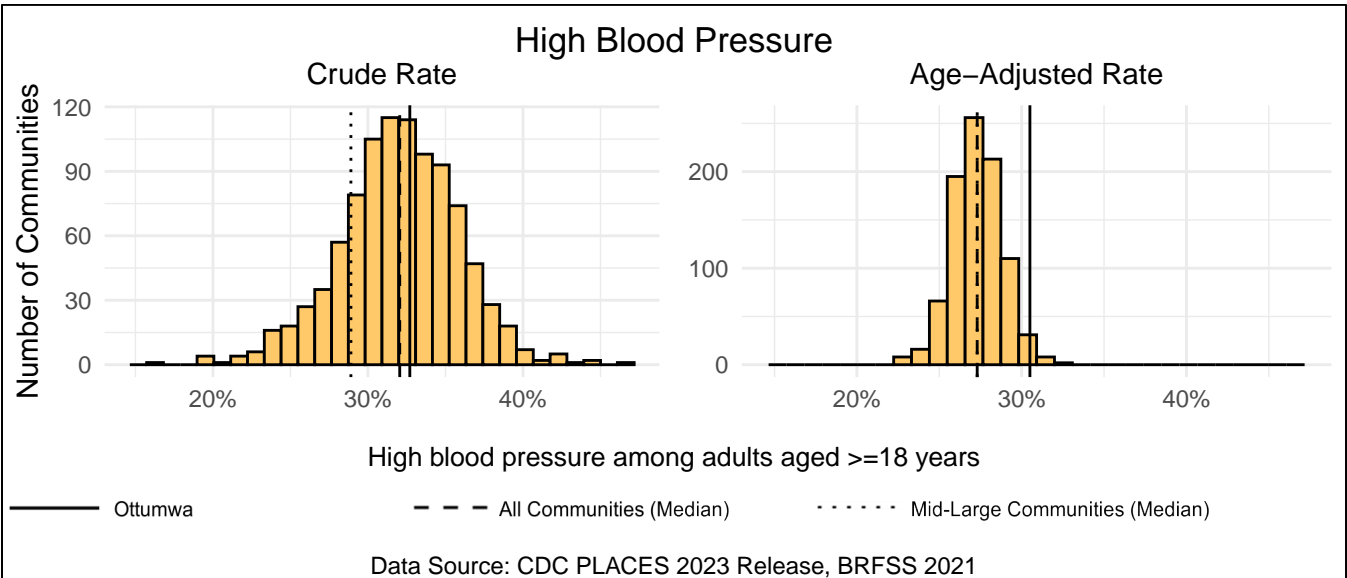
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	28.3%	27.9%	23.7%
Age-Adjusted	26.1%	23.1%	22.9%



High Blood Pressure

Ottumwa has a crude rate of 32.7% for high blood pressure among adults aged ≥ 18 years, which ranks 535th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 30.5%, which ranks 888th out of 905 Iowa communities (31st out of 31 mid-large communities).

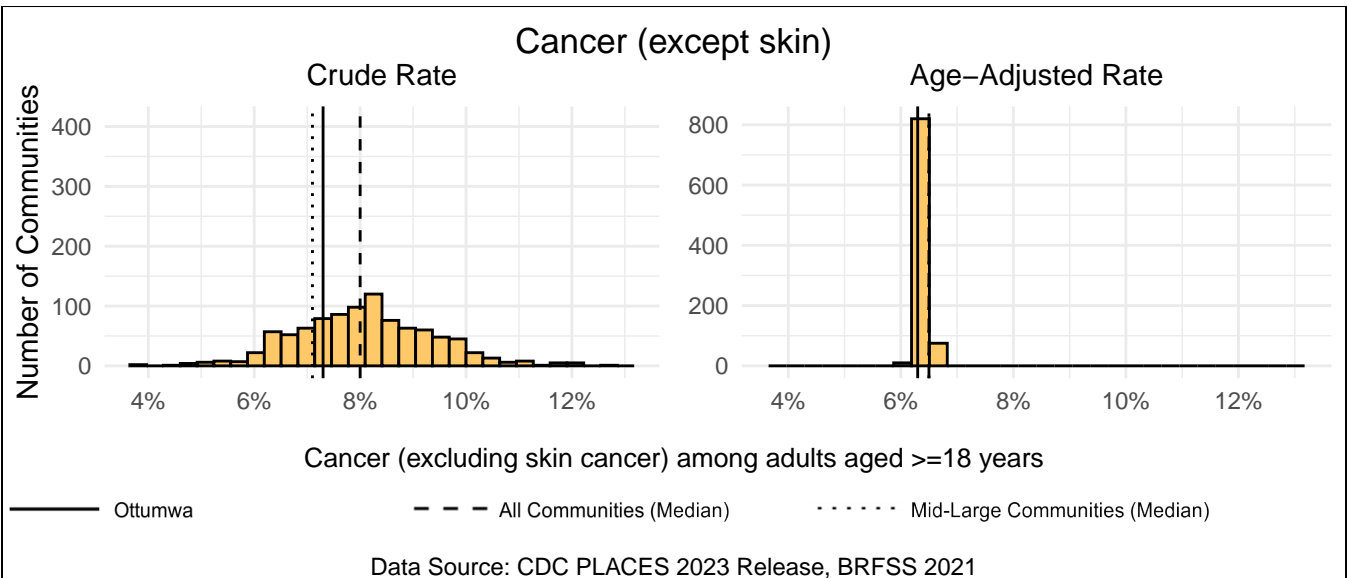
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	32.7%	32.0%	28.9%
Age-Adjusted	30.5%	27.3%	27.3%



Cancer (except skin)

Ottumwa has a crude rate of 7.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 248th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 6.3%, which ranks 16th out of 905 Iowa communities (2nd out of 31 mid-large communities).

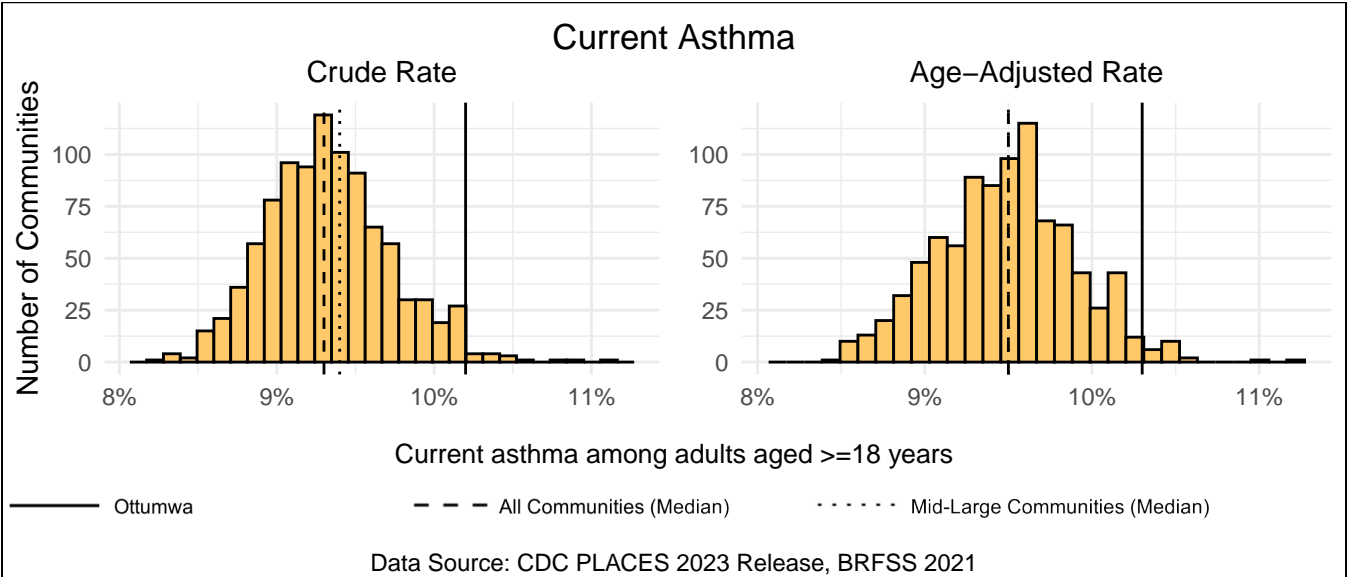
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	7.3%	8.0%	7.1%
Age-Adjusted	6.3%	6.5%	6.5%



Current Asthma

Ottumwa has a crude rate of 10.2% for current asthma among adults aged ≥ 18 years, which ranks 934th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 10.3%, which ranks 874th out of 905 Iowa communities (29th out of 31 mid-large communities).

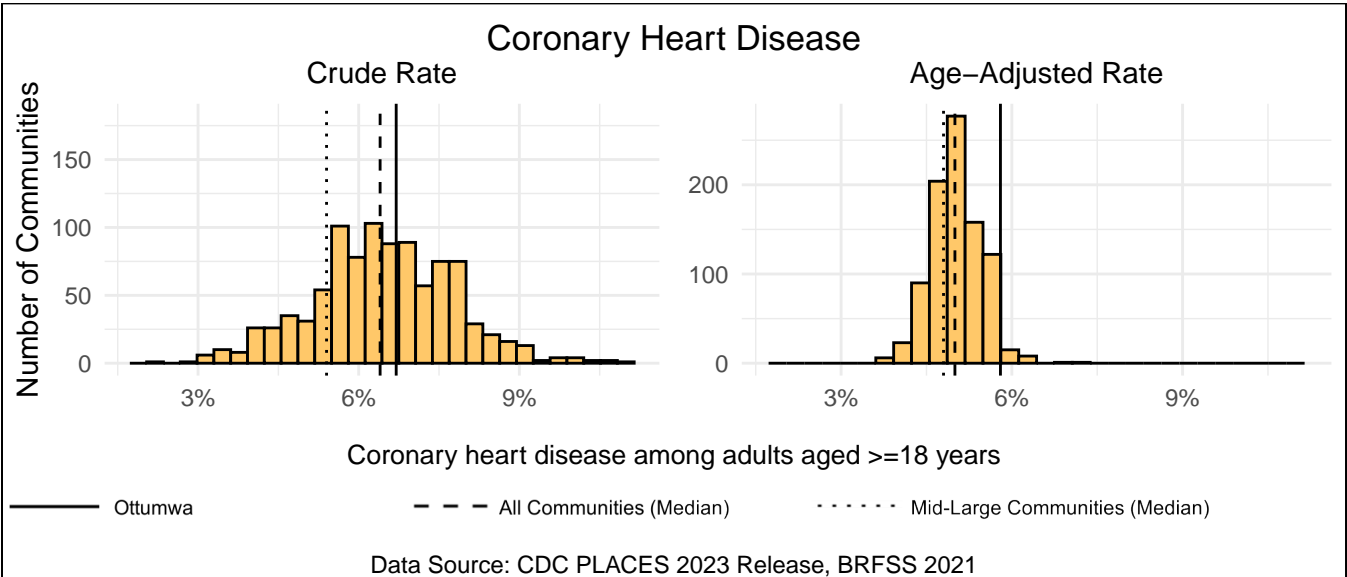
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	10.2%	9.3%	9.4%
Age-Adjusted	10.3%	9.5%	9.5%



Coronary Heart Disease

Ottumwa has a crude rate of 6.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 536th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 5.8%, which ranks 865th out of 905 Iowa communities (31st out of 31 mid-large communities).

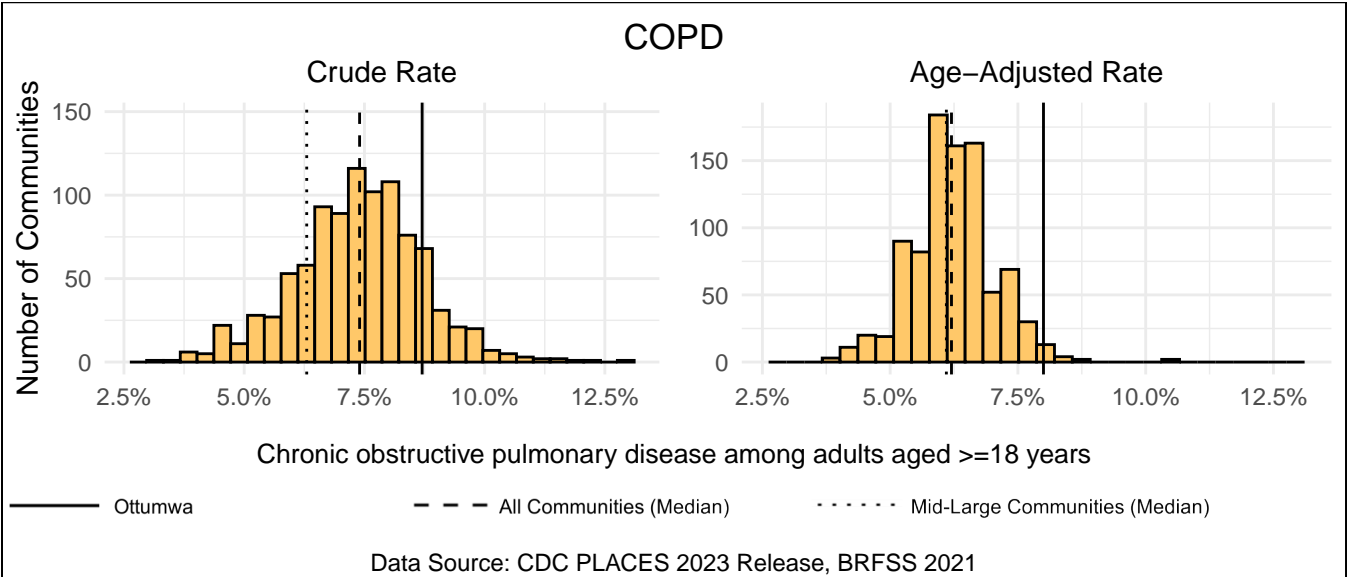
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	6.7%	6.4%	5.4%
Age-Adjusted	5.8%	5.0%	4.8%



COPD

Ottumwa has a crude rate of 8.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 815th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 8.0%, which ranks 888th out of 905 Iowa communities (31st out of 31 mid-large communities).

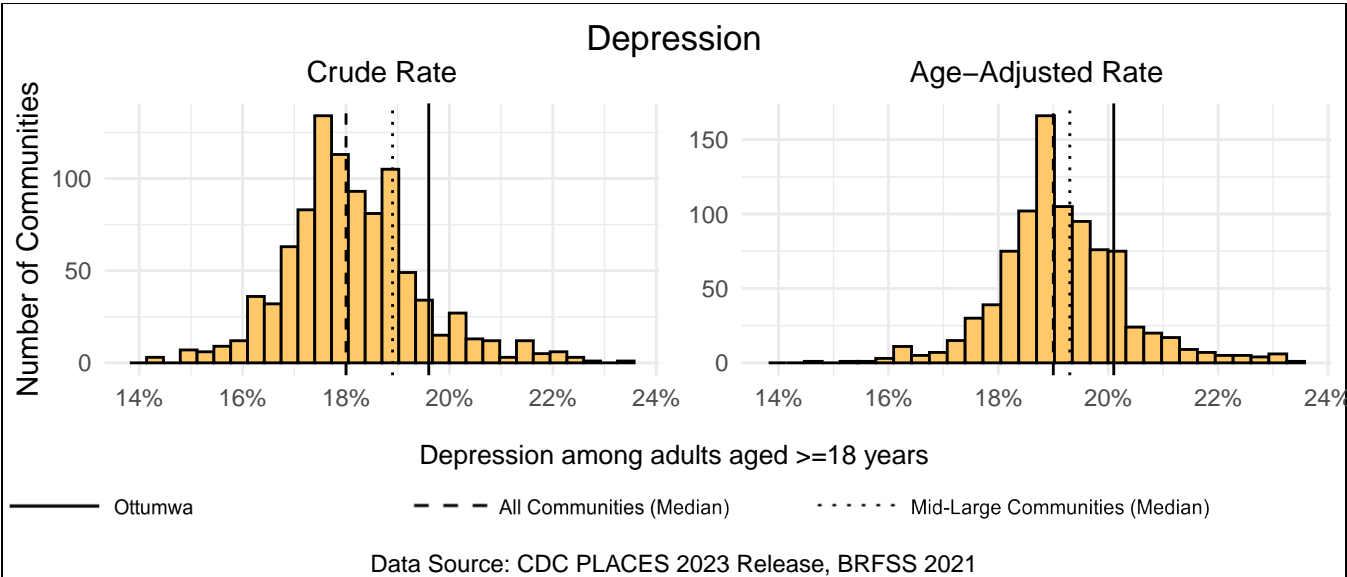
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	8.7%	7.4%	6.3%
Age-Adjusted	8.0%	6.2%	6.1%



Depression

Ottumwa has a crude rate of 19.6% for depression among adults aged ≥ 18 years, which ranks 848th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 20.1%, which ranks 758th out of 905 Iowa communities (23rd out of 31 mid-large communities).

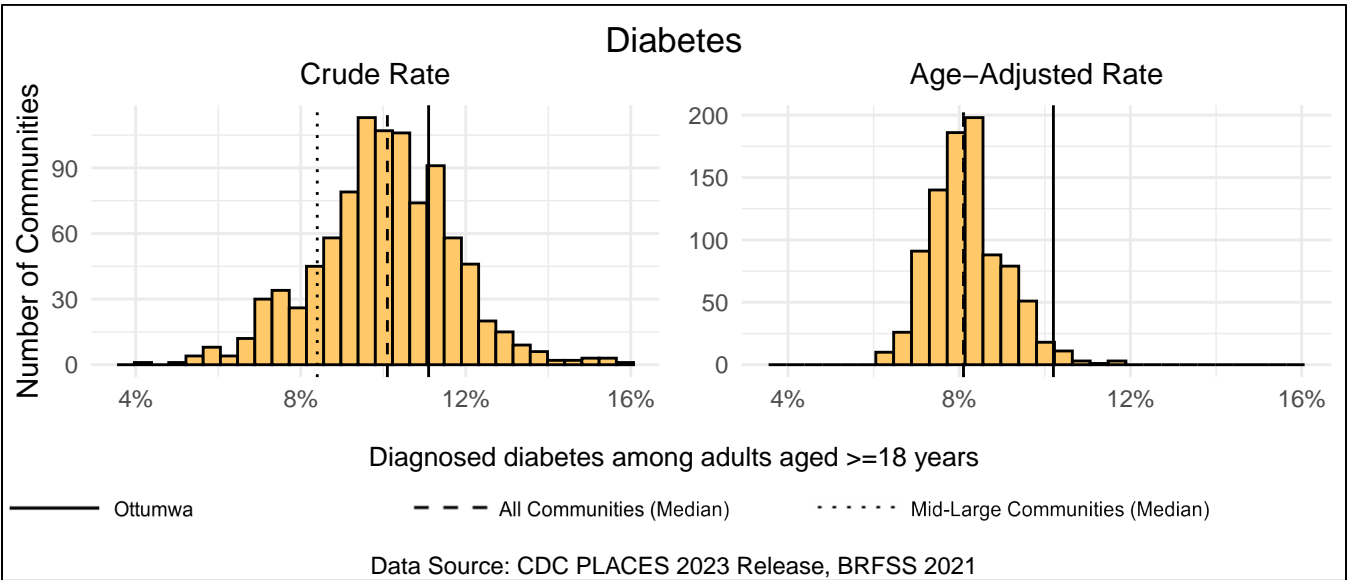
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	19.6%	18.0%	18.9%
Age-Adjusted	20.1%	19.0%	19.3%



Diabetes

Ottumwa has a crude rate of 11.1% for diagnosed diabetes among adults aged >=18 years, which ranks 703rd out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 10.2%, which ranks 883rd out of 905 Iowa communities (29th out of 31 mid-large communities).

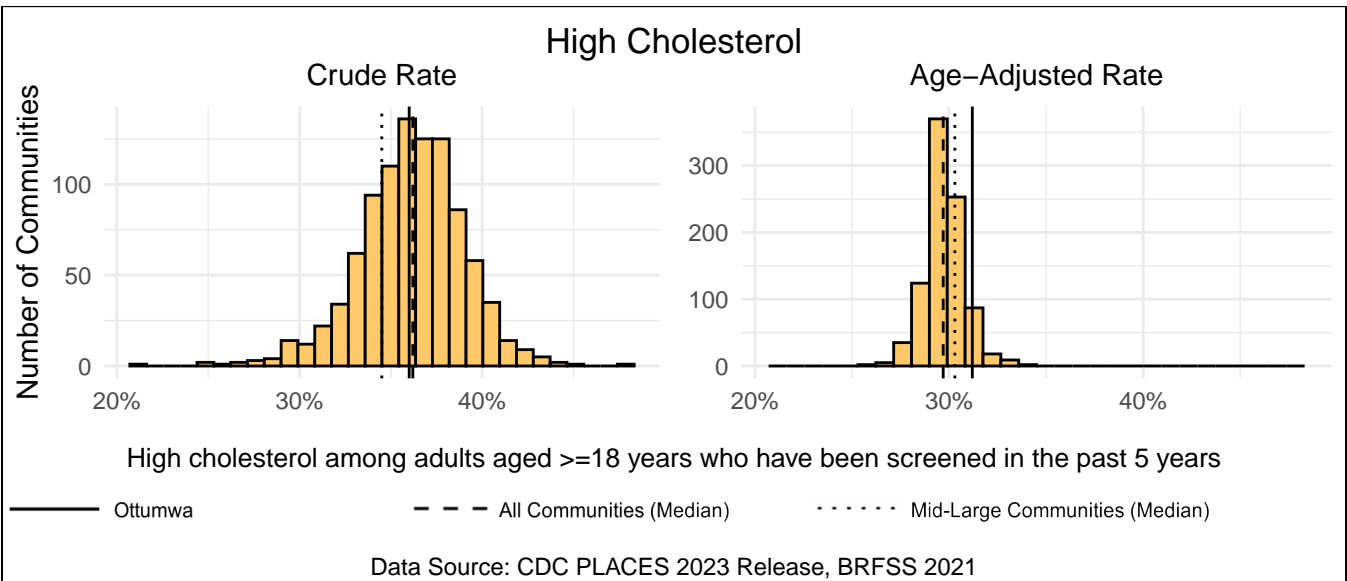
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	11.1%	10.1%	8.4%
Age-Adjusted	10.2%	8.1%	8.1%



High Cholesterol

Ottumwa has a crude rate of 36.0% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 431st out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 31.2%, which ranks 851st out of 905 Iowa communities (26th out of 31 mid-large communities).

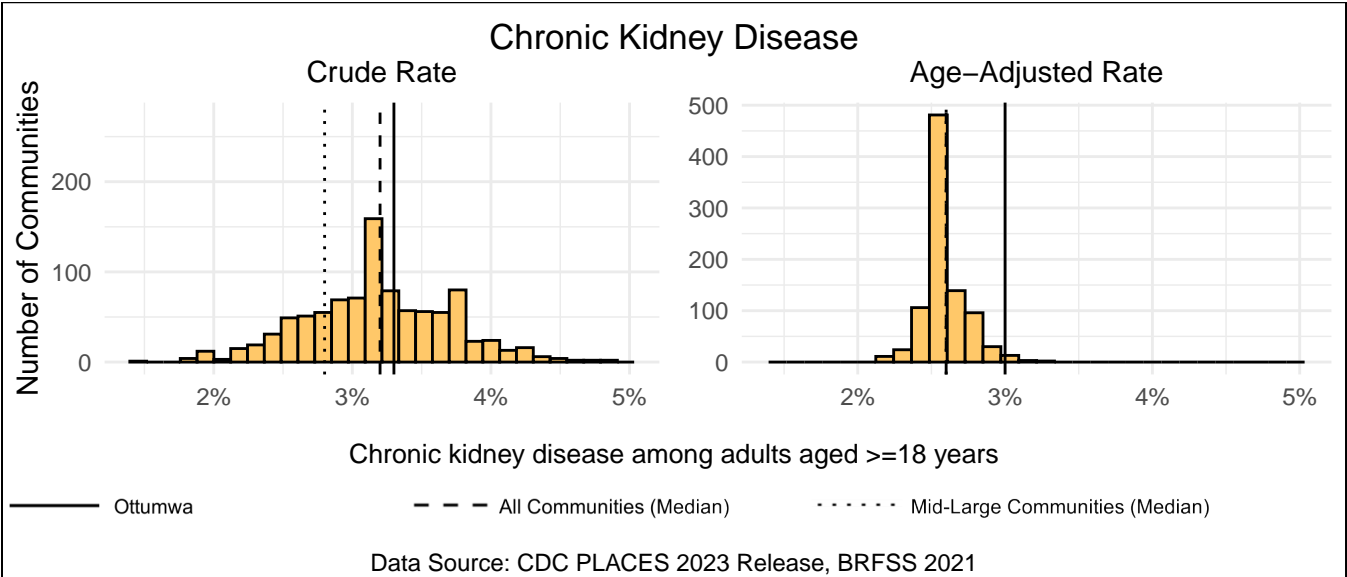
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	36.0%	36.2%	34.5%
Age-Adjusted	31.2%	29.7%	30.3%



Chronic Kidney Disease

Ottumwa has a crude rate of 3.3% for chronic kidney disease among adults aged >=18 years, which ranks 540th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 3.0%, which ranks 888th out of 905 Iowa communities (30th out of 31 mid-large communities).

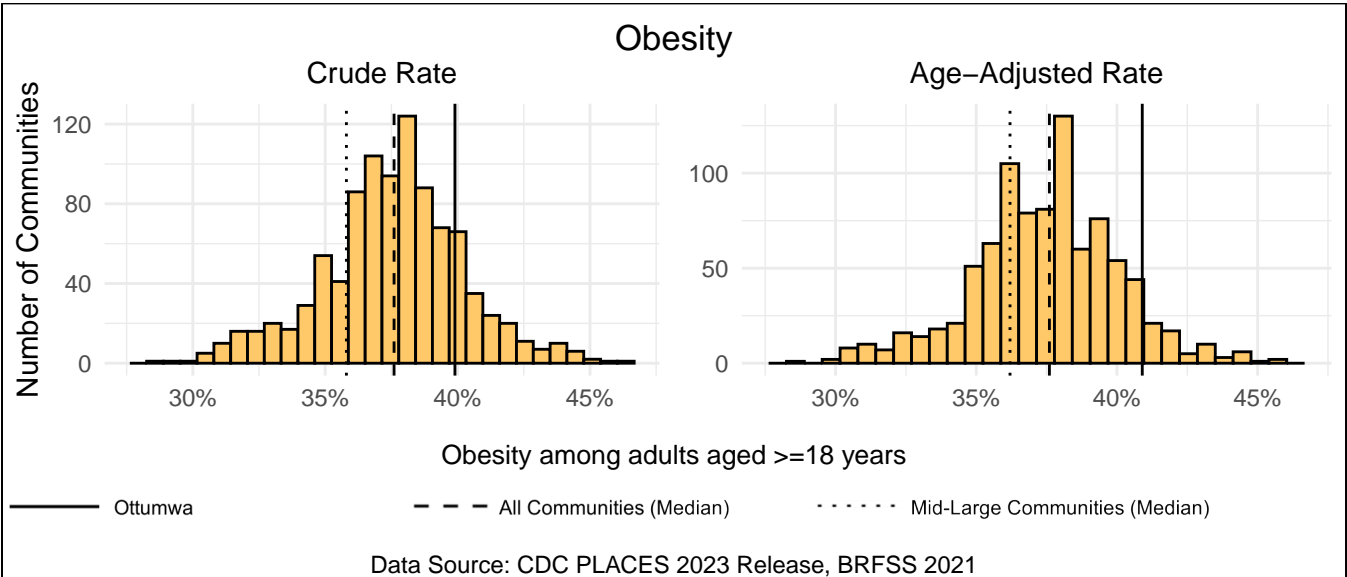
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	3.3%	3.2%	2.8%
Age-Adjusted	3.0%	2.6%	2.6%



Obesity

Ottumwa has a crude rate of 39.9% for obesity among adults aged >=18 years, which ranks 794th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 40.9%, which ranks 831st out of 905 Iowa communities (29th out of 31 mid-large communities).

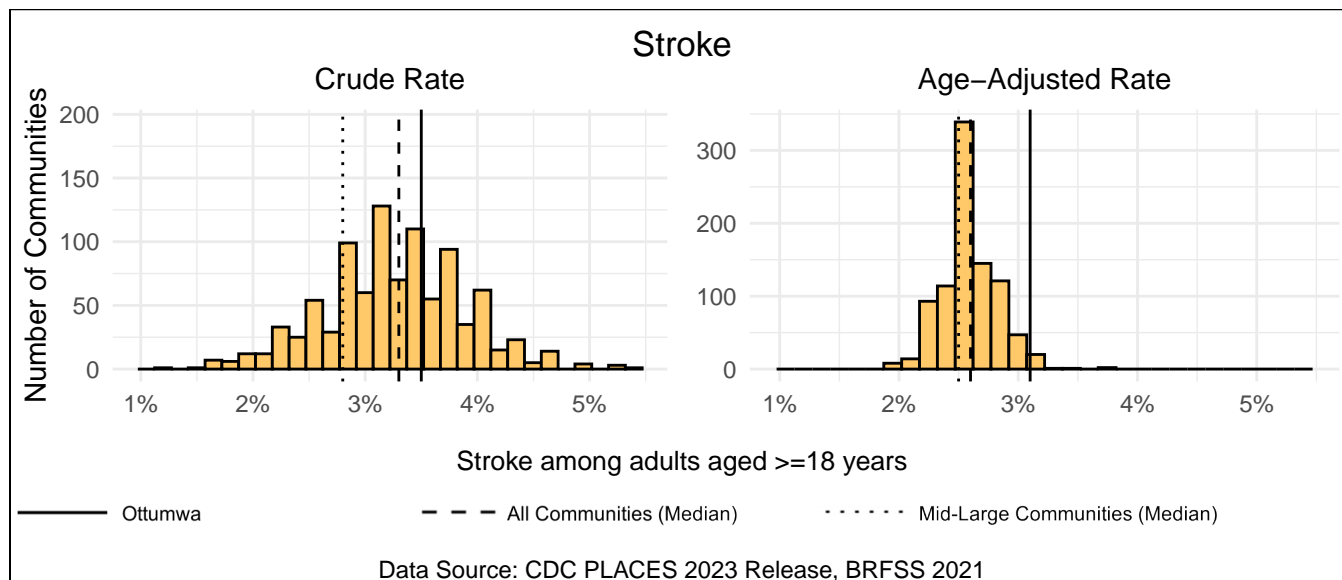
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	39.9%	37.6%	35.8%
Age-Adjusted	40.9%	37.6%	36.2%



Stroke

Ottumwa has a crude rate of 3.5% for stroke among adults aged ≥ 18 years, which ranks 601st out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 3.1%, which ranks 882nd out of 905 Iowa communities (30th out of 31 mid-large communities).

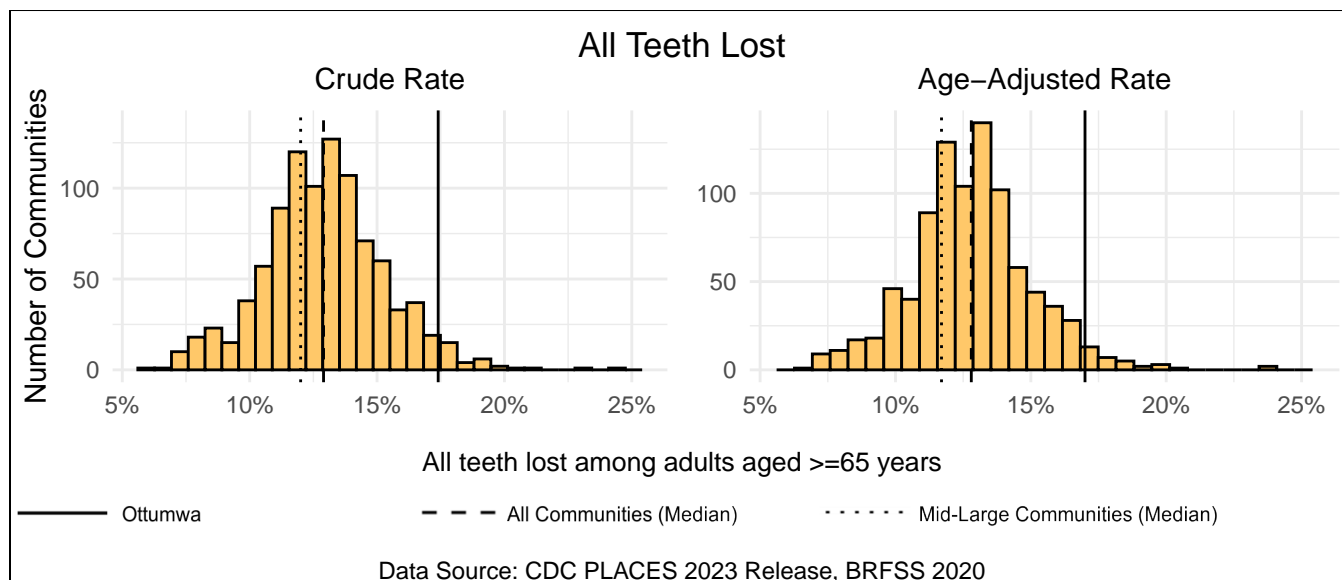
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	3.5%	3.3%	2.8%
Age-Adjusted	3.1%	2.6%	2.5%



All Teeth Lost

Ottumwa has a crude rate of 17.4% for all teeth lost among adults aged ≥ 65 years, which ranks 923rd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 17.0%, which ranks 876th out of 905 Iowa communities (30th out of 31 mid-large communities).

Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	17.4%	12.9%	12.0%
Age-Adjusted	17.0%	12.8%	11.7%



Prevention

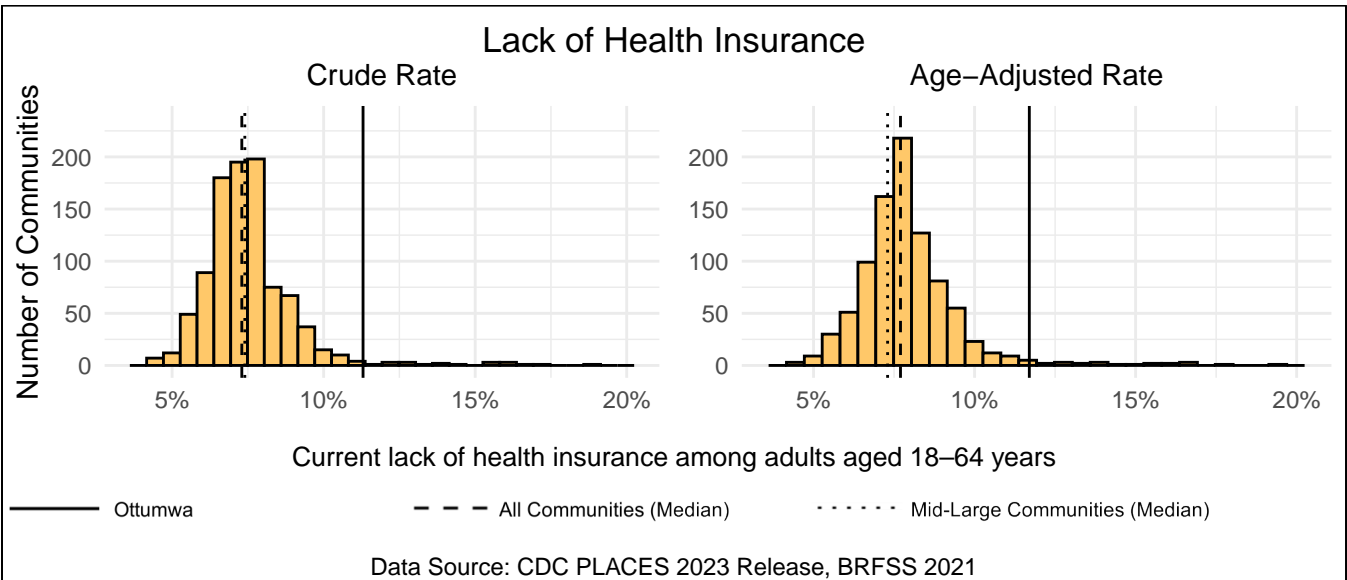
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Ottumwa has a crude rate of 11.3% for current lack of health insurance among adults aged 18–64 years, which ranks 937th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 11.7%, which ranks 882nd out of 905 Iowa communities (29th out of 31 mid-large communities).

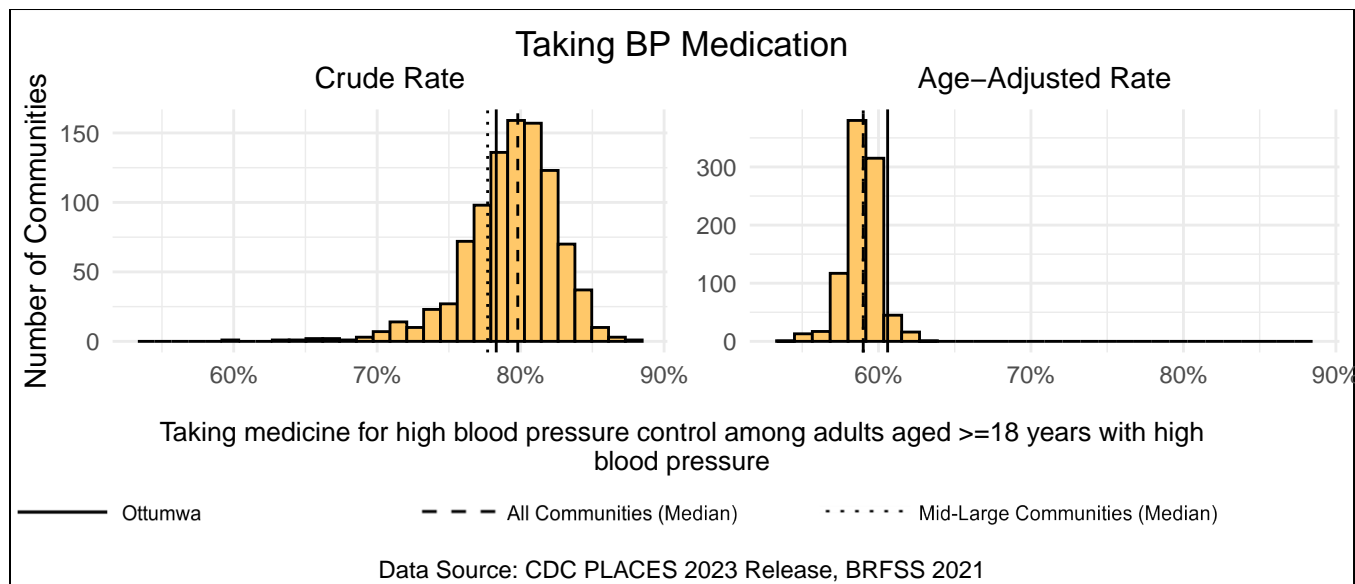
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	11.3%	7.3%	7.4%
Age-Adjusted	11.7%	7.7%	7.3%



Taking BP Medication

Ottumwa has a crude rate of 78.3% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 649th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 60.6%, which ranks 50th out of 905 Iowa communities (5th out of 31 mid-large communities).

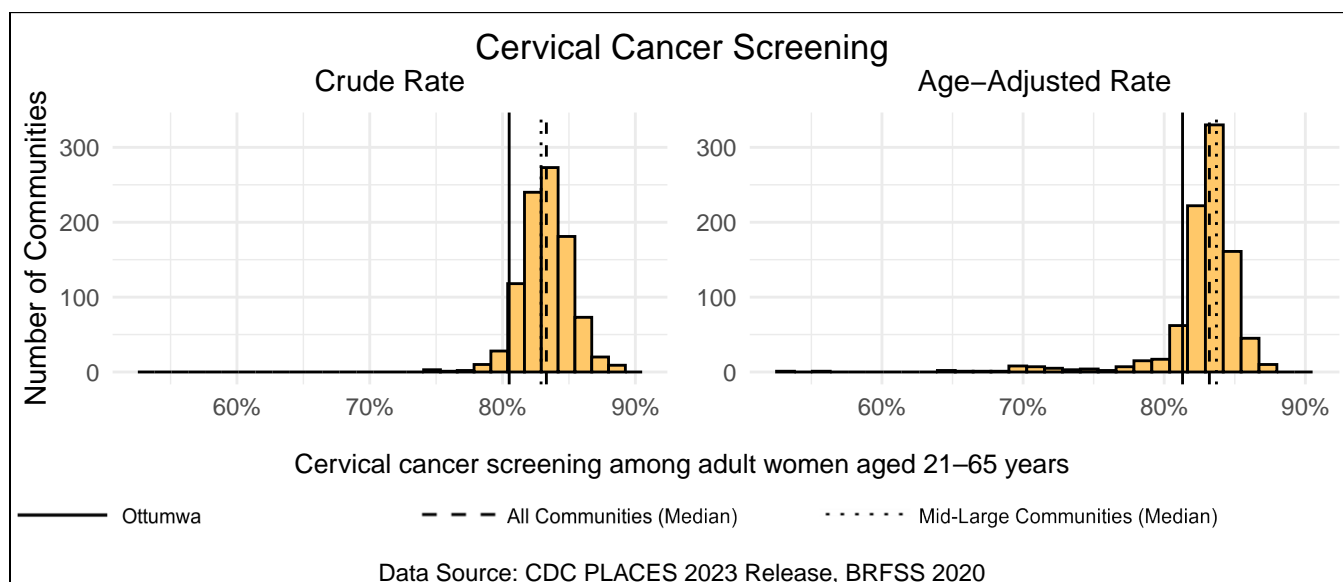
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	78.3%	79.8%	77.7%
Age-Adjusted	60.6%	59.0%	59.0%



Cervical Cancer Screening

Ottumwa has a crude rate of 80.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 903rd out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 81.3%, which ranks 795th out of 905 Iowa communities (28th out of 31 mid-large communities).

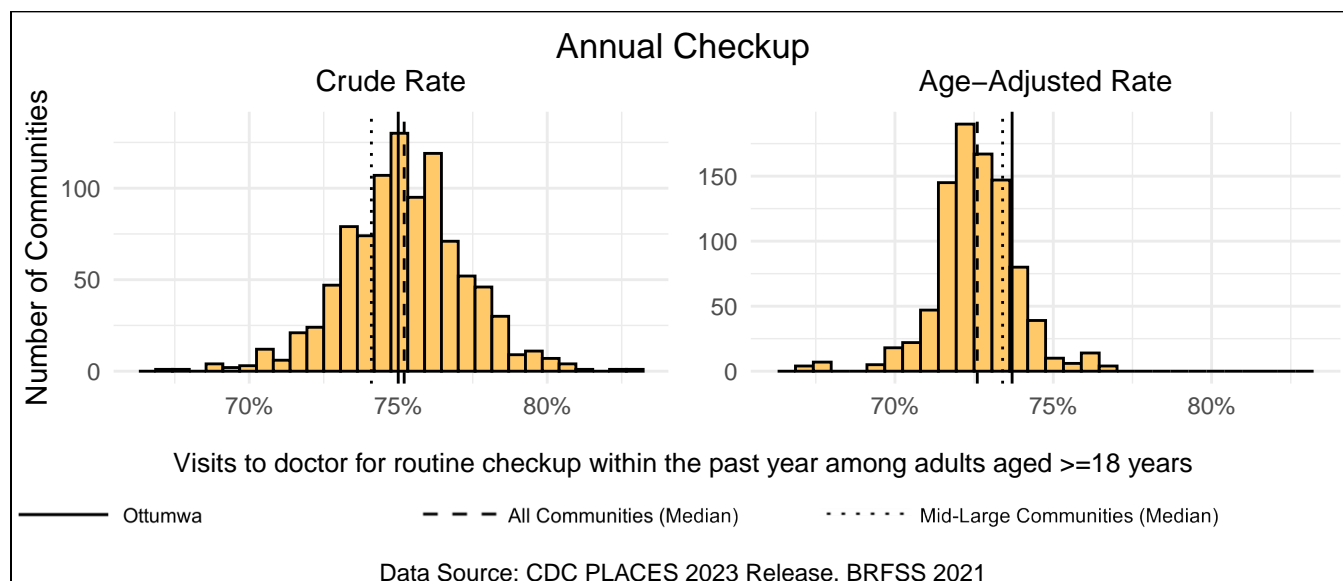
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	80.5%	83.3%	82.9%
Age-Adjusted	81.3%	83.2%	83.7%



Annual Checkup

Ottumwa 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 (9th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 73.7%, which ranks 127th out of 905 Iowa communities (8th out of 31 mid-large communities).

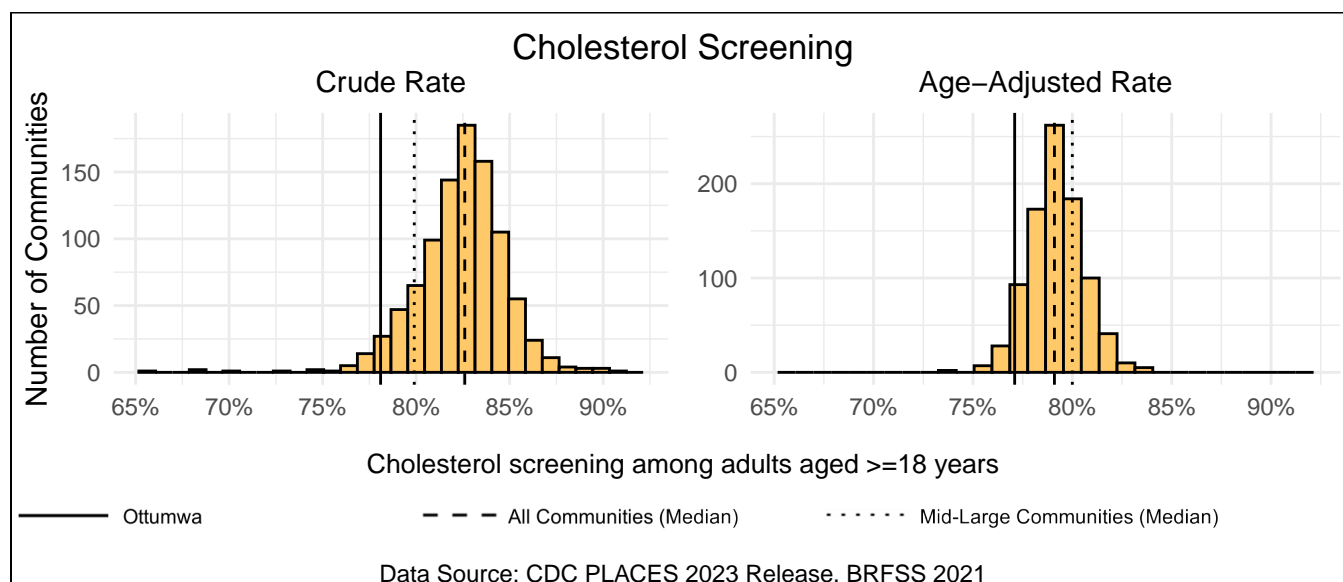
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	75.0%	75.2%	74.1%
Age-Adjusted	73.7%	72.6%	73.4%



Cholesterol Screening

Ottumwa has a crude rate of 78.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 922nd out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 77.1%, which ranks 851st out of 905 Iowa communities (30th out of 31 mid-large communities).

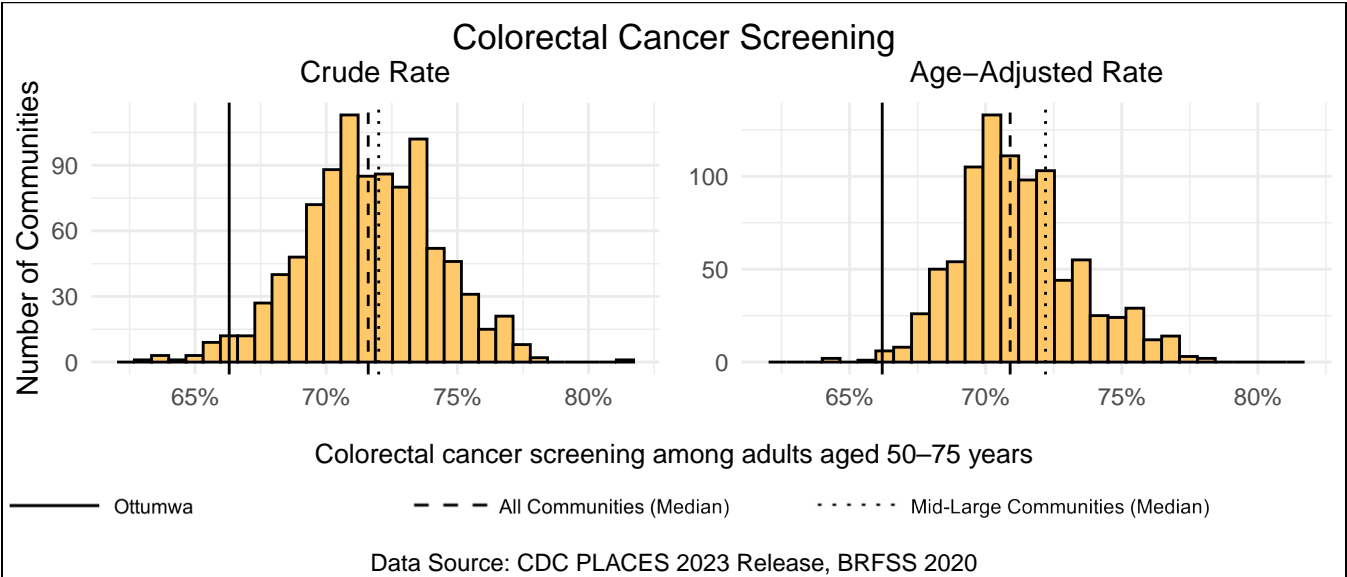
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	78.1%	82.6%	79.9%
Age-Adjusted	77.1%	79.1%	80.0%



Colorectal Cancer Screening

Ottumwa has a crude rate of 66.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 935th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 66.2%, which ranks 900th out of 905 Iowa communities (31st out of 31 mid-large communities).

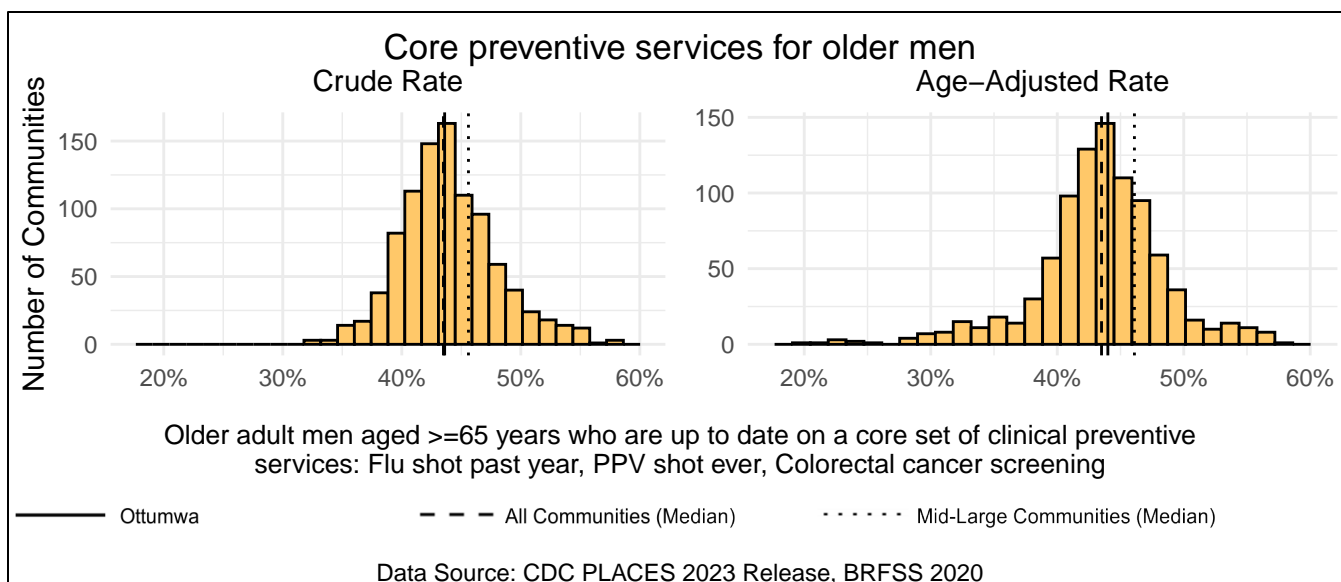
Measure Type	Ottumwa	All	Mid-Large
		Comm.	Comm.
Crude	66.3%	71.6%	72.0%
Age-Adjusted	66.2%	70.9%	72.2%



Core preventive services for older men

Ottumwa has a crude rate of 43.6% 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 460th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 44.0%, which ranks 395th out of 905 Iowa communities (20th out of 31 mid-large communities).

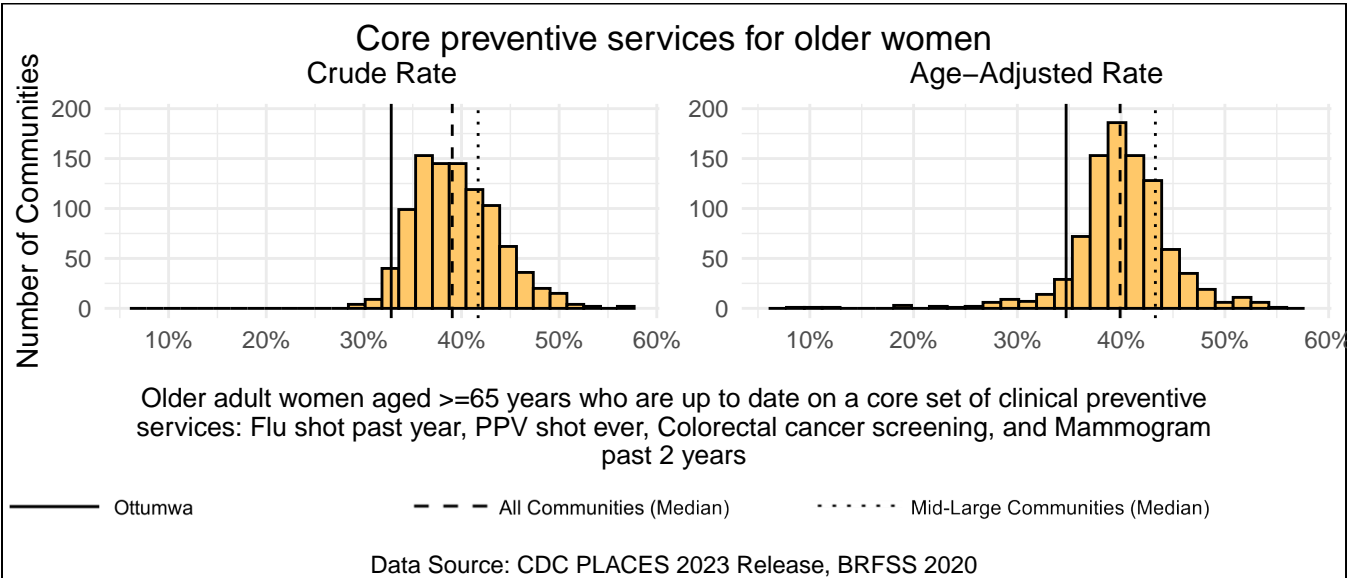
Measure Type	Ottumwa	All	Mid-Large
		Comm.	Comm.
Crude	43.6%	43.5%	45.6%
Age-Adjusted	44.0%	43.5%	46.1%



Core preventive services for older women

Ottumwa has a crude rate of 32.8% 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 928th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 34.7%, which ranks 840th out of 905 Iowa communities (31st out of 31 mid-large communities).

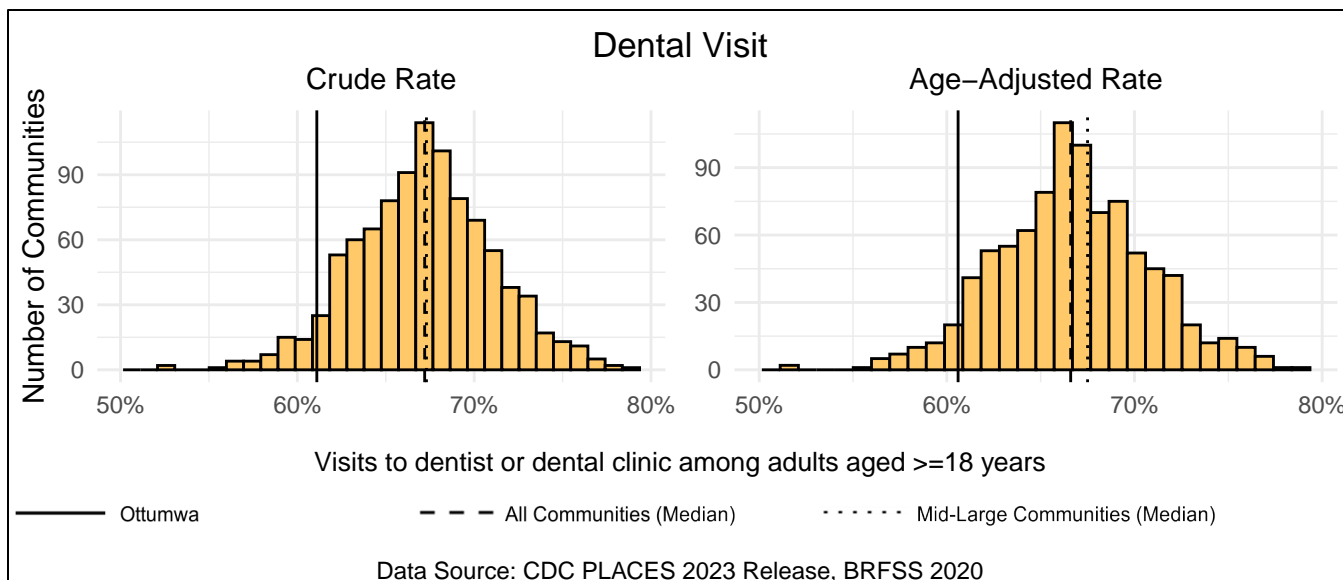
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	32.8%	39.0%	41.7%
Age-Adjusted	34.7%	39.9%	43.3%



Dental Visit

Ottumwa has a crude rate of 61.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 909th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 60.6%, which ranks 853rd out of 905 Iowa communities (26th out of 31 mid-large communities).

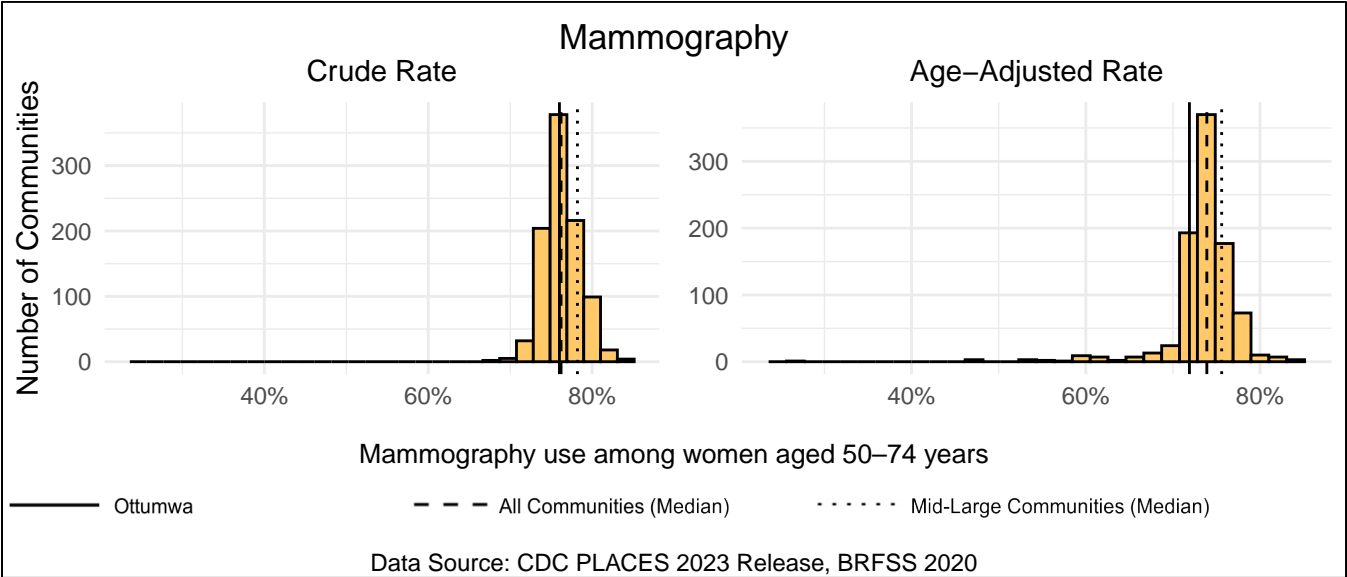
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	61.1%	67.2%	67.3%
Age-Adjusted	60.6%	66.6%	67.5%



Mammography

Ottumwa has a crude rate of 76.0% for mammography use among women aged 50–74 years, which ranks 510th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 71.9%, which ranks 757th out of 905 Iowa communities (29th out of 31 mid-large communities).

Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	76.0%	76.2%	78.2%
Age-Adjusted	71.9%	73.9%	75.6%



Disability

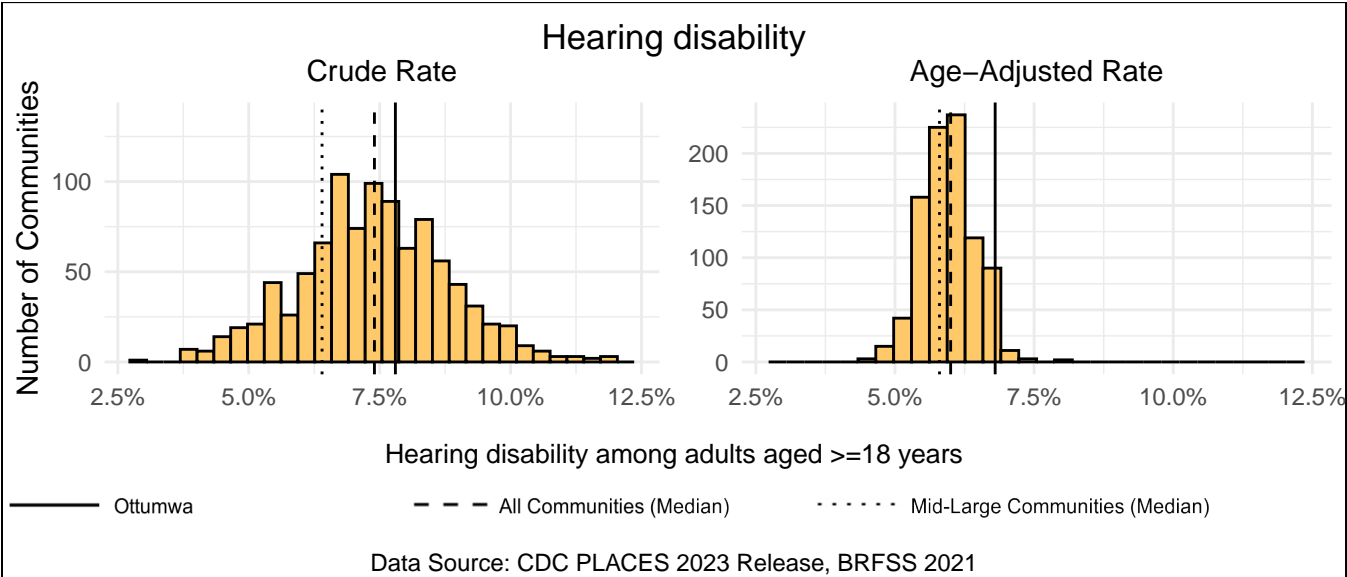
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Ottumwa has a crude rate of 7.8% for hearing disability among adults aged ≥ 18 years, which ranks 591st out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 6.8%, which ranks 868th out of 905 Iowa communities (31st out of 31 mid-large communities).

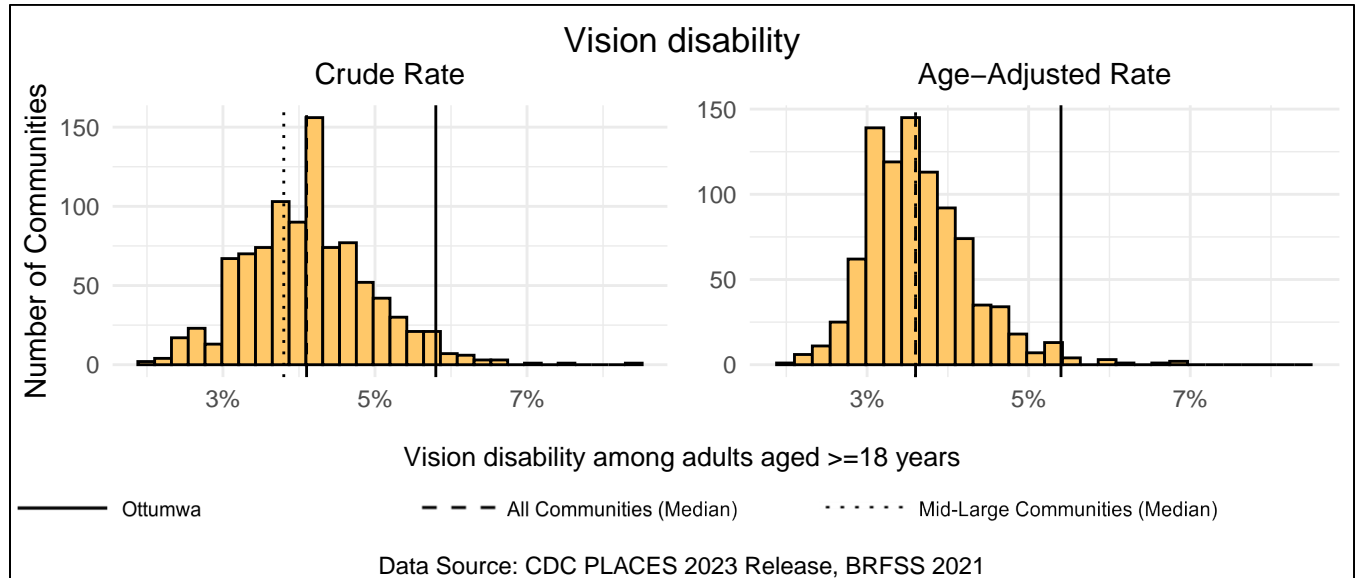
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	7.8%	7.4%	6.4%
Age-Adjusted	6.8%	6.0%	5.8%



Vision disability

Ottumwa has a crude rate of 5.8% for vision disability among adults aged ≥ 18 years, which ranks 930th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 5.4%, which ranks 891st out of 905 Iowa communities (29th out of 31 mid-large communities).

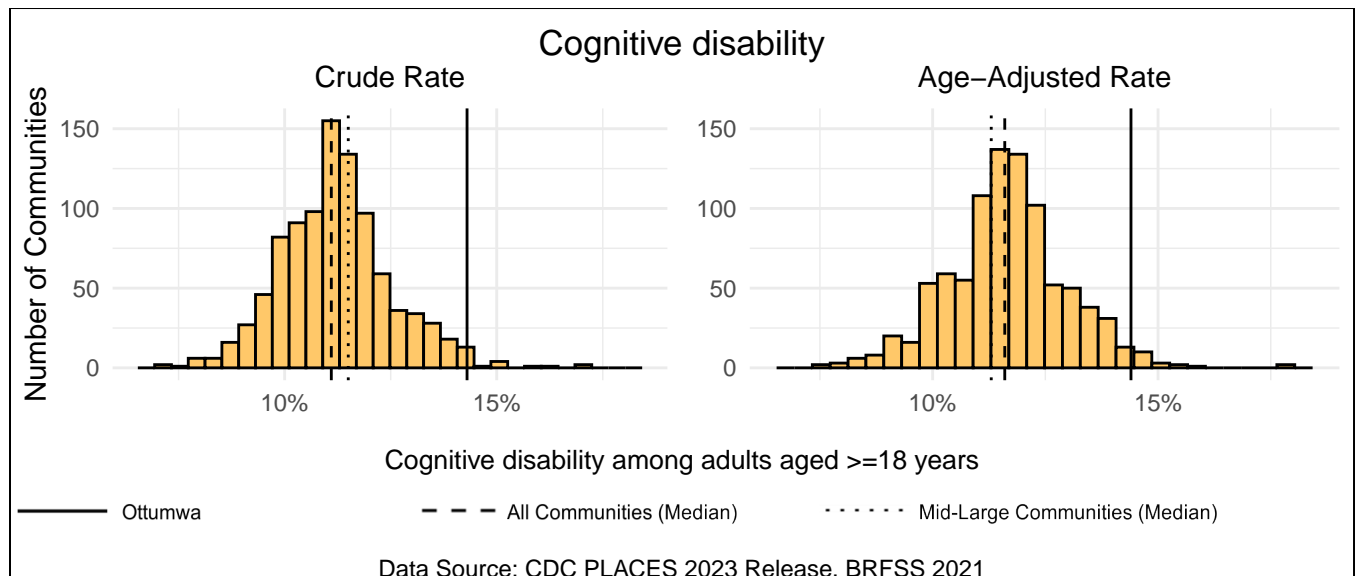
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	5.8%	4.1%	3.8%
Age-Adjusted	5.4%	3.6%	3.6%



Cognitive disability

Ottumwa has a crude rate of 14.3% for cognitive disability among adults aged ≥ 18 years, which ranks 944th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 14.4%, which ranks 884th out of 905 Iowa communities (29th out of 31 mid-large communities).

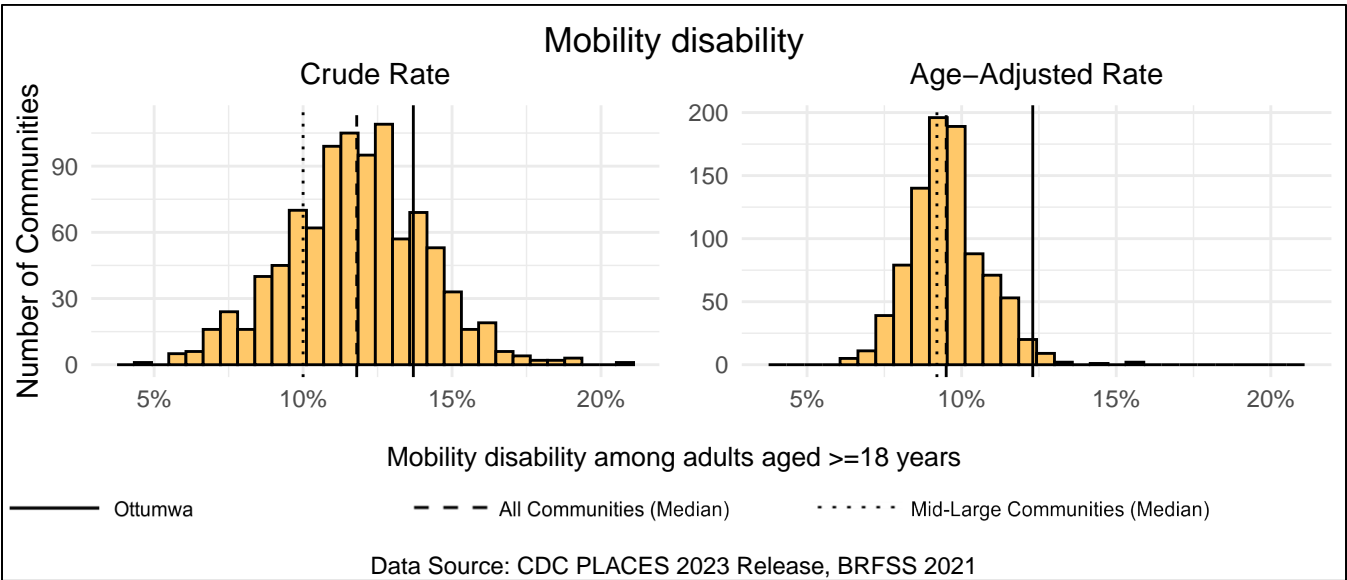
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	14.3%	11.1%	11.5%
Age-Adjusted	14.4%	11.6%	11.3%



Mobility disability

Ottumwa has a crude rate of 13.7% for mobility disability among adults aged ≥ 18 years, which ranks 767th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 12.3%, which ranks 888th out of 905 Iowa communities (31st out of 31 mid-large communities).

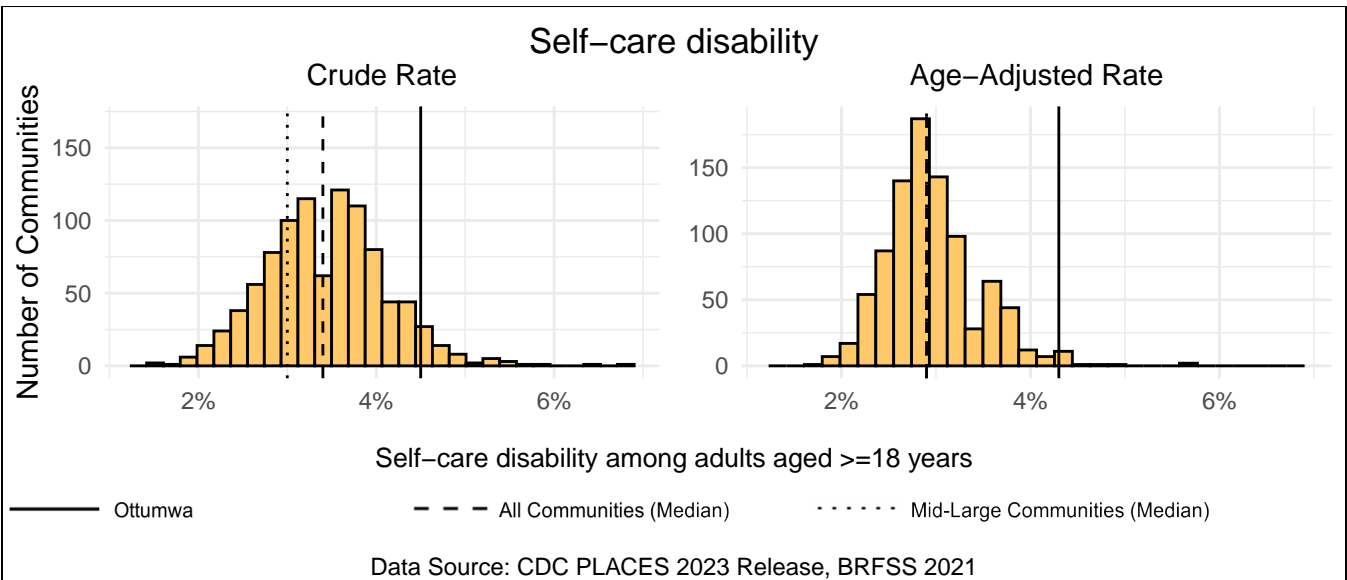
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	13.7%	11.8%	10.0%
Age-Adjusted	12.3%	9.5%	9.2%



Self-care disability

Ottumwa has a crude rate of 4.5% for self-care disability among adults aged ≥ 18 years, which ranks 896th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 4.3%, which ranks 890th out of 905 Iowa communities (31st out of 31 mid-large communities).

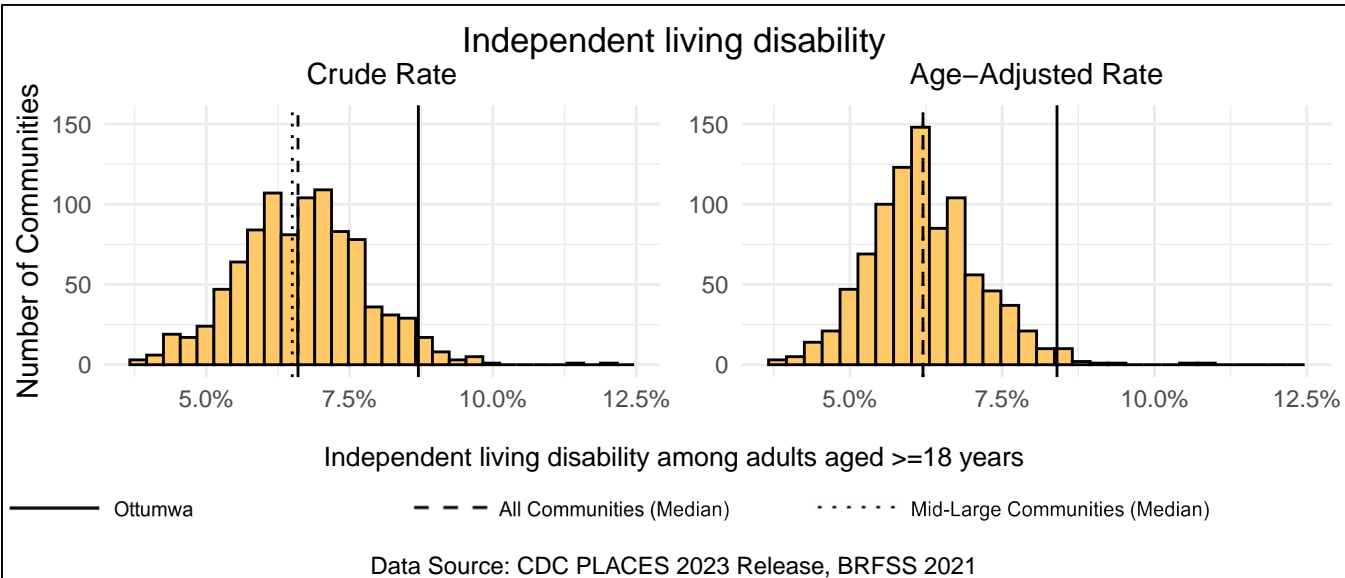
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	4.5%	3.4%	3.0%
Age-Adjusted	4.3%	2.9%	2.9%



Independent living disability

Ottumwa has a crude rate of 8.7% for independent living disability among adults aged ≥ 18 years, which ranks 923rd out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 8.4%, which ranks 890th out of 905 Iowa communities (31st out of 31 mid-large communities).

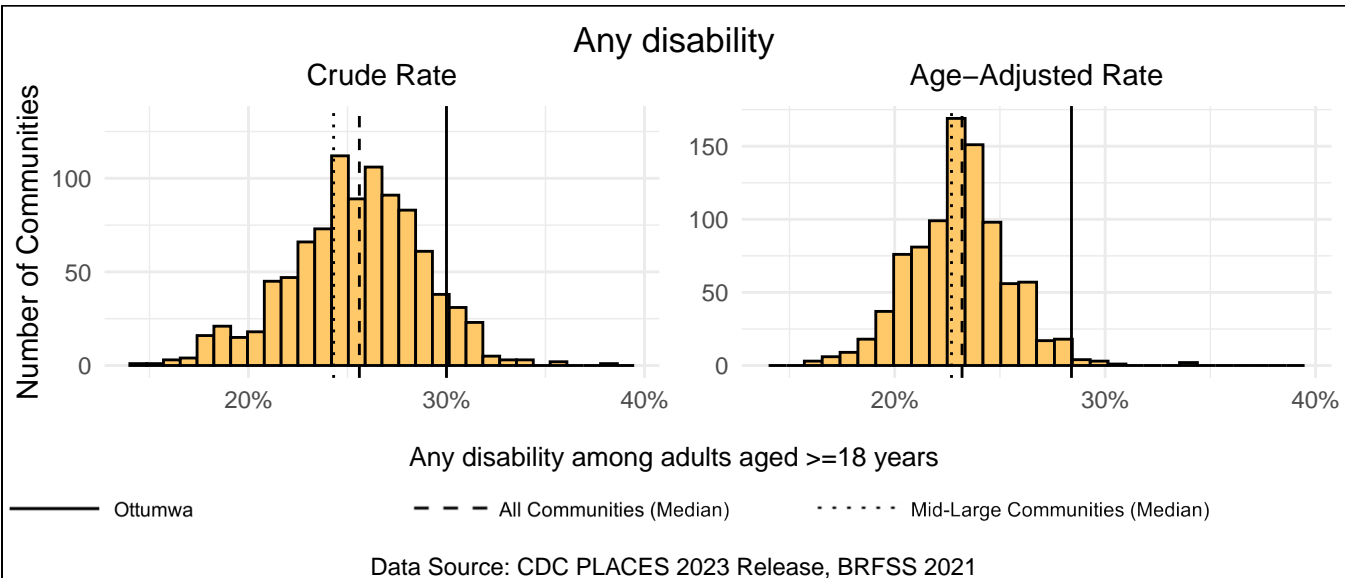
Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	8.7%	6.6%	6.5%
Age-Adjusted	8.4%	6.2%	6.2%



Any disability

Ottumwa has a crude rate of 30.0% for any disability among adults aged ≥ 18 years, which ranks 879th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Ottumwa is 28.4%, which ranks 894th out of 905 Iowa communities (29th out of 31 mid-large communities).

Measure Type	Ottumwa	All Comm.	Mid-Large Comm.
Crude	30.0%	25.6%	24.3%
Age-Adjusted	28.4%	23.2%	22.7%



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: Ottumwa 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	906	17.9% (15.6% - 20.1%)	887	17.2% (15.2% - 19.3%)
Health Status	Mental Health	947	17.0% (15.0% - 19.3%)	884	17.5% (15.4% - 19.8%)
Health Status	Physical Health	858	12.3% (10.8% - 13.8%)	889	11.9% (10.4% - 13.4%)
Health Risk Behaviors	Physical Inactivity	910	31.0% (26.4% - 35.4%)	890	30.3% (25.9% - 35.0%)
Health Risk Behaviors	Sleep <7 hours	809	31.9% (31.3% - 32.4%)	816	32.8% (32.2% - 33.3%)
Health Risk Behaviors	Binge Drinking	283	18.4% (15.2% - 21.9%)	21	19.6% (16.1% - 23.3%)
Health Risk Behaviors	Current Smoking	933	20.8% (17.7% - 24.1%)	893	22.1% (18.8% - 25.4%)
Health Outcomes	High Cholesterol	431	36.0% (31.5% - 40.6%)	851	31.2% (26.8% - 35.8%)
Health Outcomes	Arthritis	531	28.3% (24.3% - 32.3%)	900	26.1% (22.4% - 29.9%)
Health Outcomes	All Teeth Lost	923	17.4% (14.9% - 20.1%)	876	17.0% (14.8% - 19.4%)
Health Outcomes	Cancer (except skin)	248	7.3% (6.5% - 8.0%)	16	6.3% (5.7% - 7.0%)
Health Outcomes	Obesity	794	39.9% (32.7% - 47.3%)	831	40.9% (33.6% - 48.2%)
Health Outcomes	Coronary Heart Disease	536	6.7% (6.0% - 7.5%)	865	5.8% (5.2% - 6.5%)
Health Outcomes	Current Asthma	934	10.2% (9.0% - 11.5%)	874	10.3% (9.1% - 11.6%)
Health Outcomes	High Blood Pressure	535	32.7% (28.6% - 36.8%)	888	30.5% (26.6% - 34.5%)
Health Outcomes	Diabetes	703	11.1% (9.5% - 12.8%)	883	10.2% (8.8% - 11.7%)
Health Outcomes	Chronic Kidney Disease	540	3.3% (3.0% - 3.6%)	888	3.0% (2.7% - 3.2%)
Health Outcomes	COPD	815	8.7% (7.5% - 9.8%)	888	8.0% (7.0% - 9.0%)
Health Outcomes	Depression	848	19.6% (16.1% - 23.2%)	758	20.1% (16.6% - 23.8%)
Health Outcomes	Stroke	601	3.5% (3.2% - 3.8%)	882	3.1% (2.8% - 3.4%)
Prevention	Cholesterol Screening	922	78.1% (74.9% - 81.2%)	851	77.1% (73.8% - 80.4%)
Prevention	Colorectal Cancer Screening	935	66.3% (64.9% - 67.6%)	900	66.2% (64.9% - 67.5%)
Prevention	Core preventive services for older men	460	43.6% (40.0% - 47.3%)	395	44.0% (40.5% - 47.6%)
Prevention	Dental Visit	909	61.1% (59.8% - 62.5%)	853	60.6% (59.2% - 61.9%)
Prevention	Cervical Cancer Screening	903	80.5% (79.6% - 81.5%)	795	81.3% (80.4% - 82.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	649	78.3% (75.1% - 81.2%)	50	60.6% (55.6% - 65.4%)
Prevention	Annual Checkup	513	75.0% (70.1% - 79.4%)	127	73.7% (68.5% - 78.4%)
Prevention	Health Insurance	937	11.3% (9.7% - 12.9%)	882	11.7% (10.1% - 13.4%)
Prevention	Mammography	510	76.0% (74.3% - 77.4%)	757	71.9% (70.2% - 73.7%)
Prevention	Core preventive services for older women	928	32.8% (30.0% - 35.6%)	840	34.7% (31.9% - 37.4%)
Disability	Any Disability	879	30.0% (26.1% - 34.0%)	894	28.4% (24.7% - 32.1%)
Disability	Cognitive Disability	944	14.3% (12.6% - 16.1%)	884	14.4% (12.6% - 16.3%)
Disability	Hearing Disability	591	7.8% (6.9% - 8.6%)	868	6.8% (6.1% - 7.5%)
Disability	Independent Living Disability	923	8.7% (7.8% - 9.8%)	890	8.4% (7.4% - 9.3%)
Disability	Mobility Disability	767	13.7% (11.9% - 15.4%)	888	12.3% (10.7% - 13.9%)
Disability	Vision Disability	930	5.8% (5.2% - 6.4%)	891	5.4% (4.9% - 6.0%)
Disability	Self-care Disability	896	4.5% (4.1% - 5.0%)	890	4.3% (3.9% - 4.7%)

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

Ottumwa falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukeke	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		