



## 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 Palo: Overview

Dear Community Members & Stakeholders of Palo,

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 Palo ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Palo'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 Palo. 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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Mobility Disability	7th	3rd	Colorectal Cancer Screening	4th	2nd
Cervical Cancer Screening	7th	3rd	Cervical Cancer Screening	7th	2nd
Vision Disability	7th	2nd	Arthritis	11th	2nd
Self-care Disability	10th	3rd	Chronic Kidney Disease	12th	3rd
Any Disability	10th	4th	Mobility Disability	14th	5th

# Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Binge Drinking	954th	137th	Binge Drinking	895th	136th
Taking BP Medication	940th	134th	Taking BP Medication	758th	111th
Depression	925th	132nd	Depression	758th	116th
Annual Checkup	812th	120th	High Blood Pressure	342nd	62nd
Cholesterol Screening	607th	98th	Core preventive services for older men	332nd	62nd

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 Palo.

Sincerely,



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



IOWA STATE UNIVERSITY  
Extension and Outreach  
Community and Economic Development

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

With a population of 1,162, Palo’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small 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

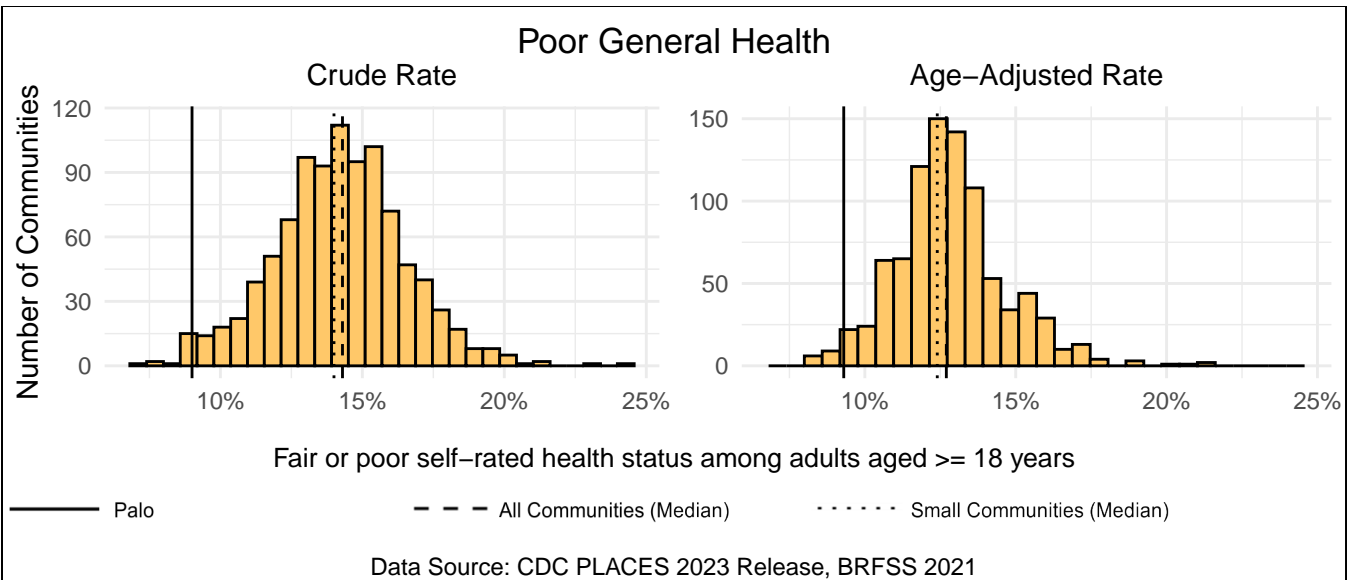
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Palo has a crude rate of 9.0% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 14th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Palo is 9.3%, which ranks 19th out of 905 Iowa communities (5th out of 138 small communities).

Measure Type	Palo	All Comm.	Small Comm.
Crude	9.0%	14.3%	14.0%
Age-Adjusted	9.3%	12.7%	12.4%

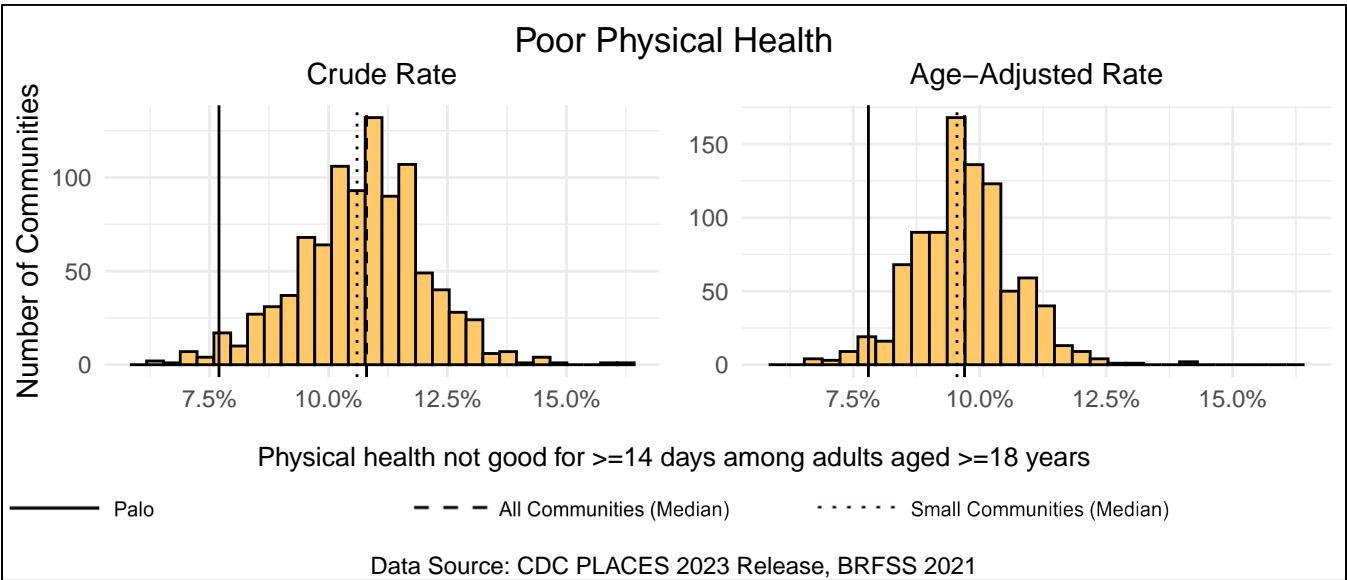




### Poor Physical Health

Palo has a crude rate of 7.7% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 18th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Palo is 7.8%, which ranks 30th out of 905 Iowa communities (6th out of 138 small communities).

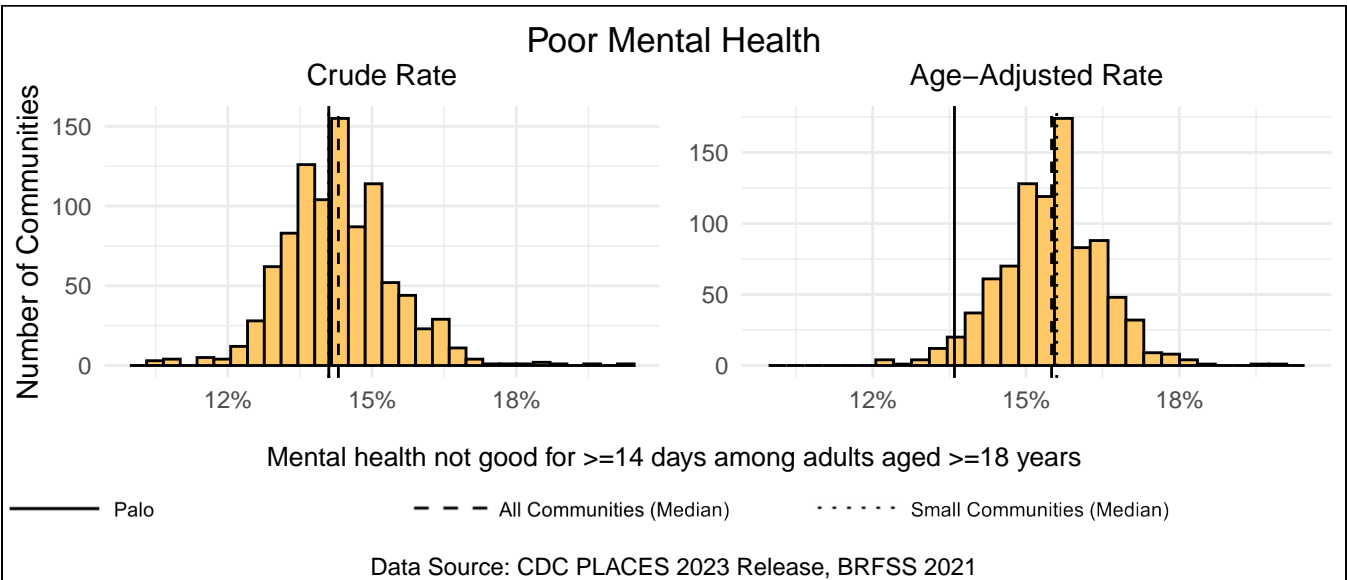
Measure Type	Palo	All Comm.	Small Comm.
Crude	7.7%	10.8%	10.6%
Age-Adjusted	7.8%	9.7%	9.6%



### Poor Mental Health

Palo has a crude rate of 14.1% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 390th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Palo is 13.6%, which ranks 28th out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Palo	All Comm.	Small Comm.
Crude	14.1%	14.3%	14.1%
Age-Adjusted	13.6%	15.5%	15.6%



# Health Risk Behaviors

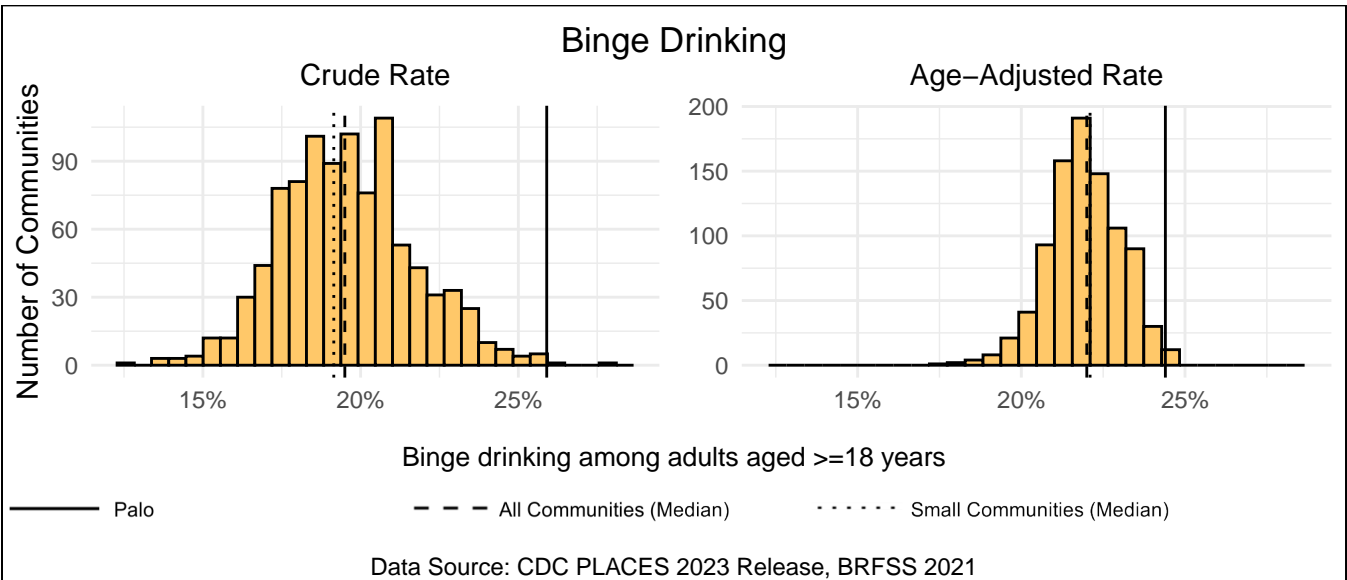
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Palo has a crude rate of 25.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 954th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Palo is 24.4%, which ranks 895th out of 905 Iowa communities (136th out of 138 small communities).

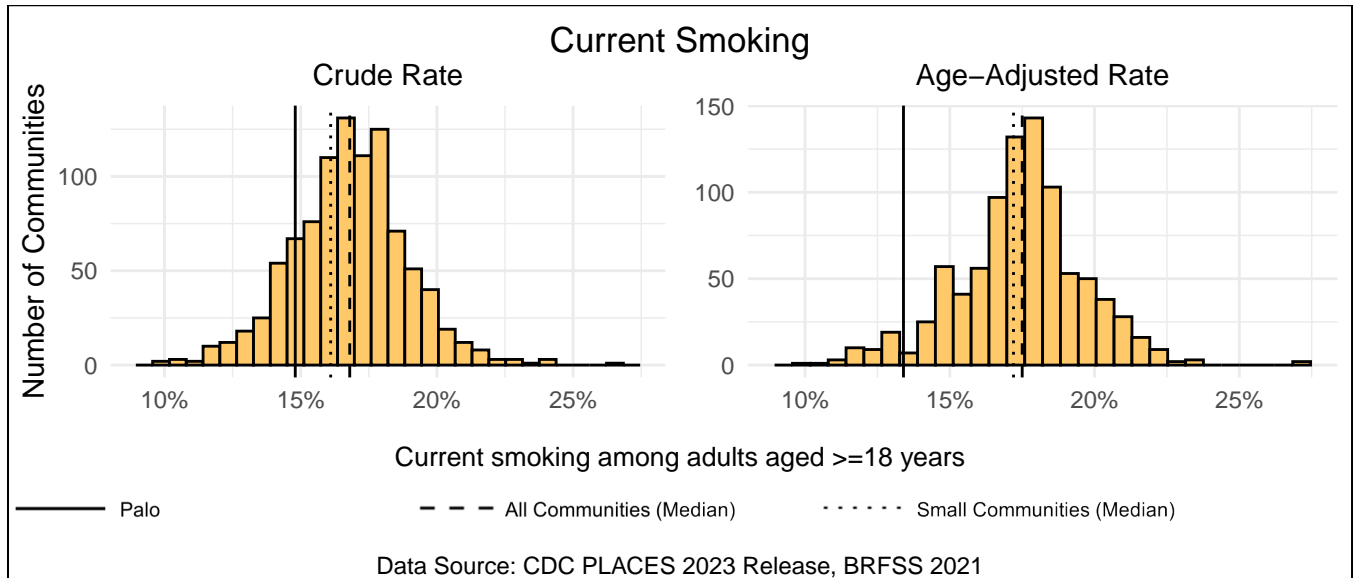
Measure Type	Palo	All Comm.	Small Comm.
Crude	25.9%	19.5%	19.1%
Age-Adjusted	24.4%	22.0%	22.1%



## Current Smoking

Palo has a crude rate of 14.8% for current smoking among adults aged  $\geq 18$  years, which ranks 153rd out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Palo is 13.4%, which ranks 45th out of 905 Iowa communities (10th out of 138 small communities).

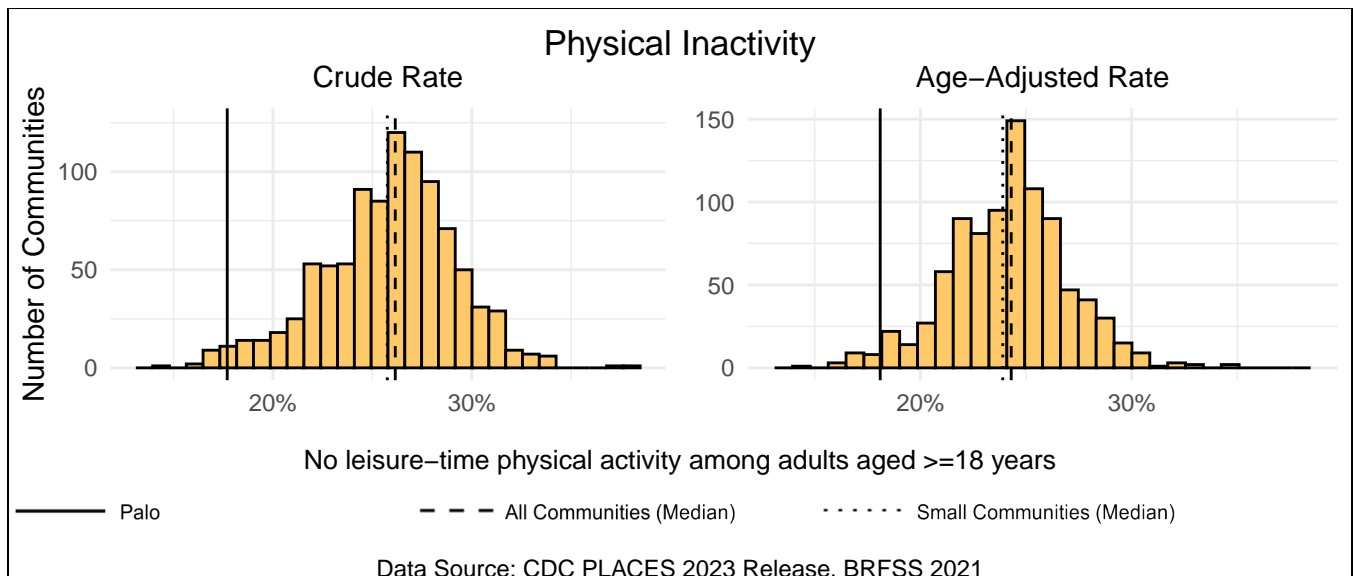
Measure Type	Palo	All Comm.	Small Comm.
Crude	14.8%	16.8%	16.1%
Age-Adjusted	13.4%	17.5%	17.2%



## Physical Inactivity

Palo has a crude rate of 17.7% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 14th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Palo is 18.1%, which ranks 21st out of 905 Iowa communities (7th out of 138 small communities).

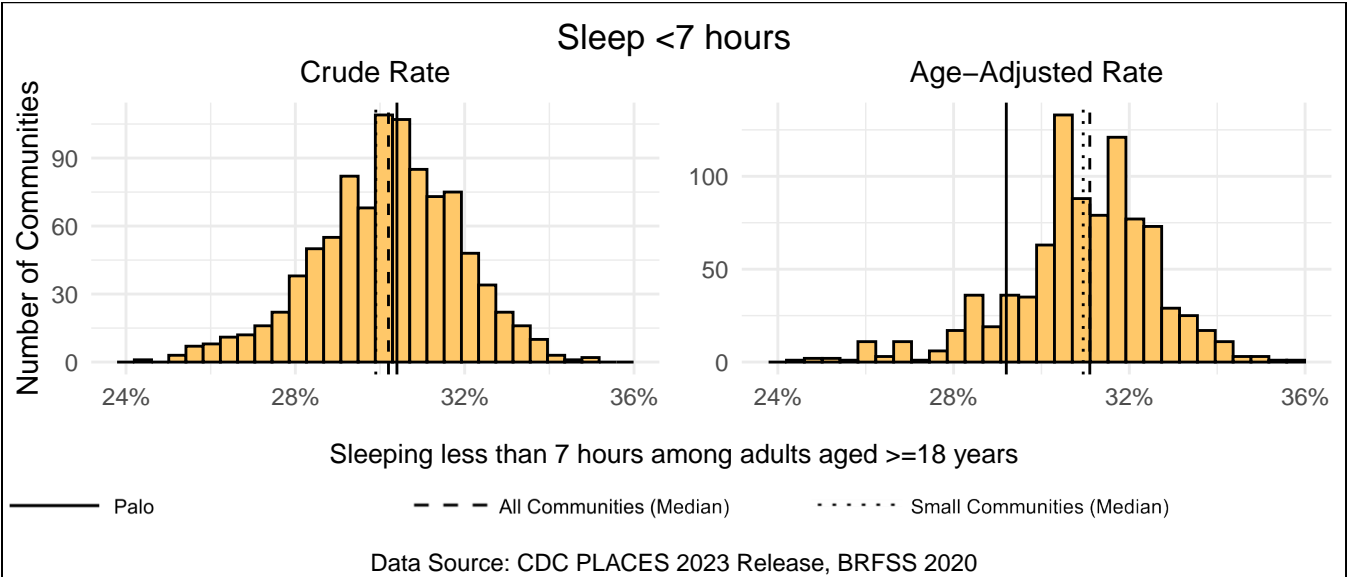
Measure Type	Palo	All Comm.	Small Comm.
Crude	17.7%	26.1%	25.8%
Age-Adjusted	18.1%	24.3%	23.9%



# Sleep <7 hours

Palo has a crude rate of 30.4% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 498th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Palo is 29.2%, which ranks 124th out of 905 Iowa communities (23rd out of 138 small communities).

Measure Type	Palo	All Comm.	Small Comm.
Crude	30.4%	30.2%	29.9%
Age-Adjusted	29.2%	31.1%	31.0%



# Health Outcomes

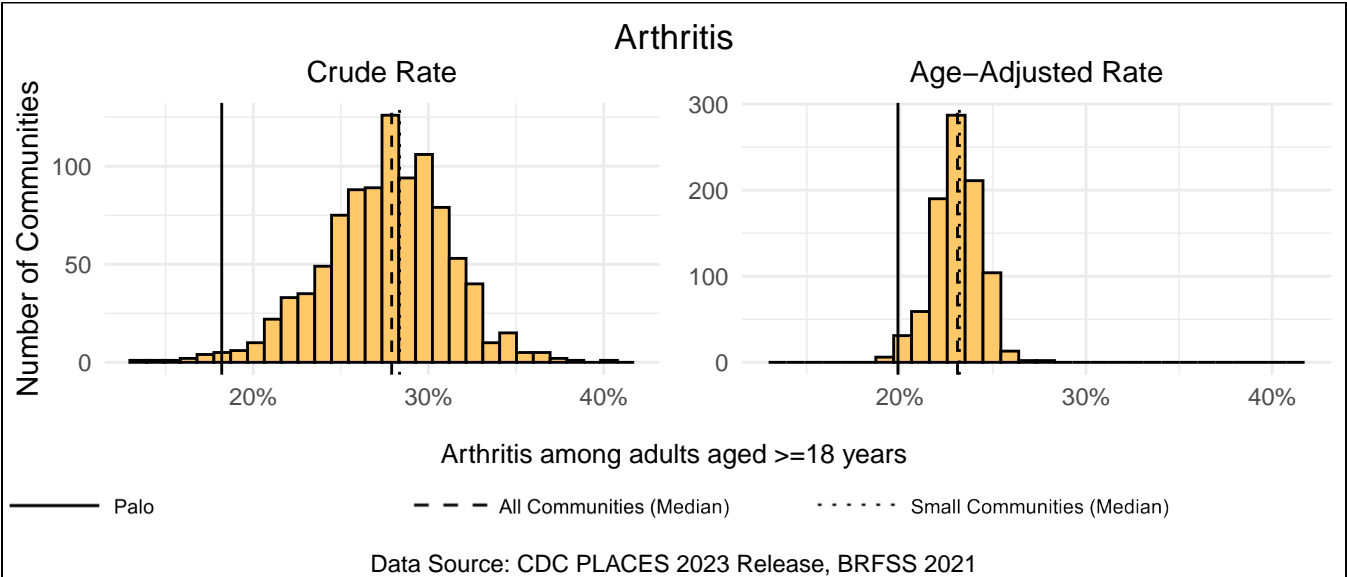
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Palo has a crude rate of 18.2% for arthritis among adults aged  $\geq 18$  years, which ranks 12th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Palo is 19.9%, which ranks 11th out of 905 Iowa communities (2nd out of 138 small communities).

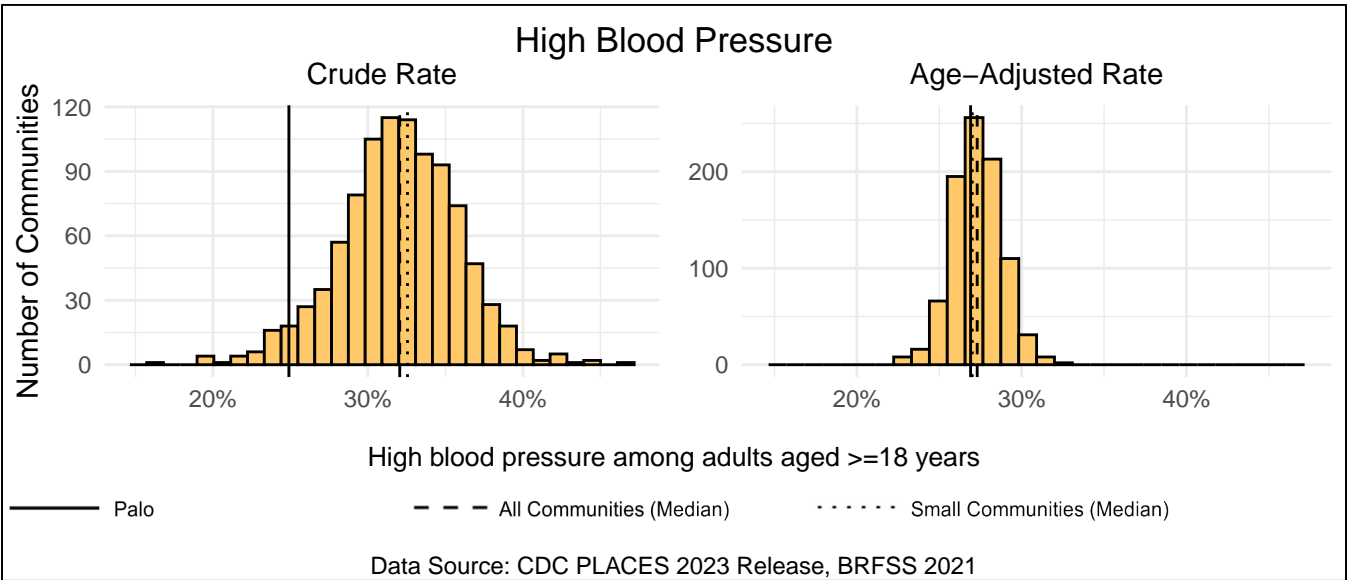
Measure Type	Palo	All Comm.	Small Comm.
Crude	18.2%	27.9%	28.4%
Age-Adjusted	19.9%	23.1%	23.2%



# High Blood Pressure

Palo has a crude rate of 24.9% for high blood pressure among adults aged  $\geq 18$  years, which ranks 38th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Palo is 26.9%, which ranks 342nd out of 905 Iowa communities (62nd out of 138 small communities).

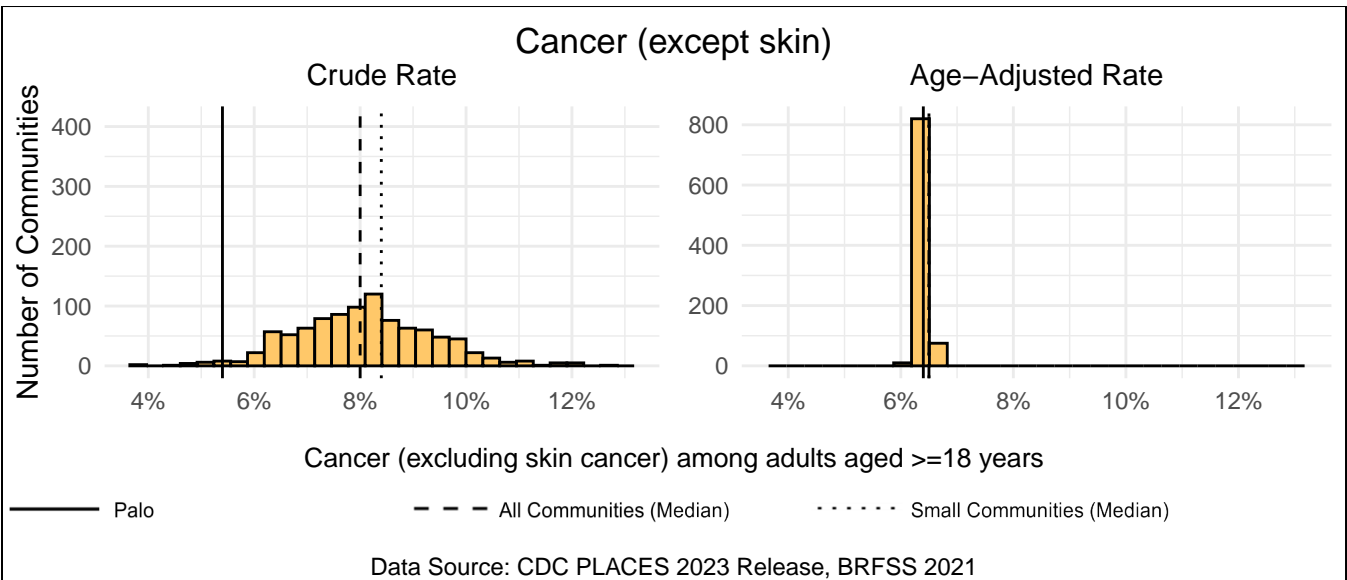
Measure Type	Palo	All Comm.	Small Comm.
Crude	24.9%	32.0%	32.5%
Age-Adjusted	26.9%	27.3%	27.0%



# Cancer (except skin)

Palo has a crude rate of 5.4% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 17th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Palo is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

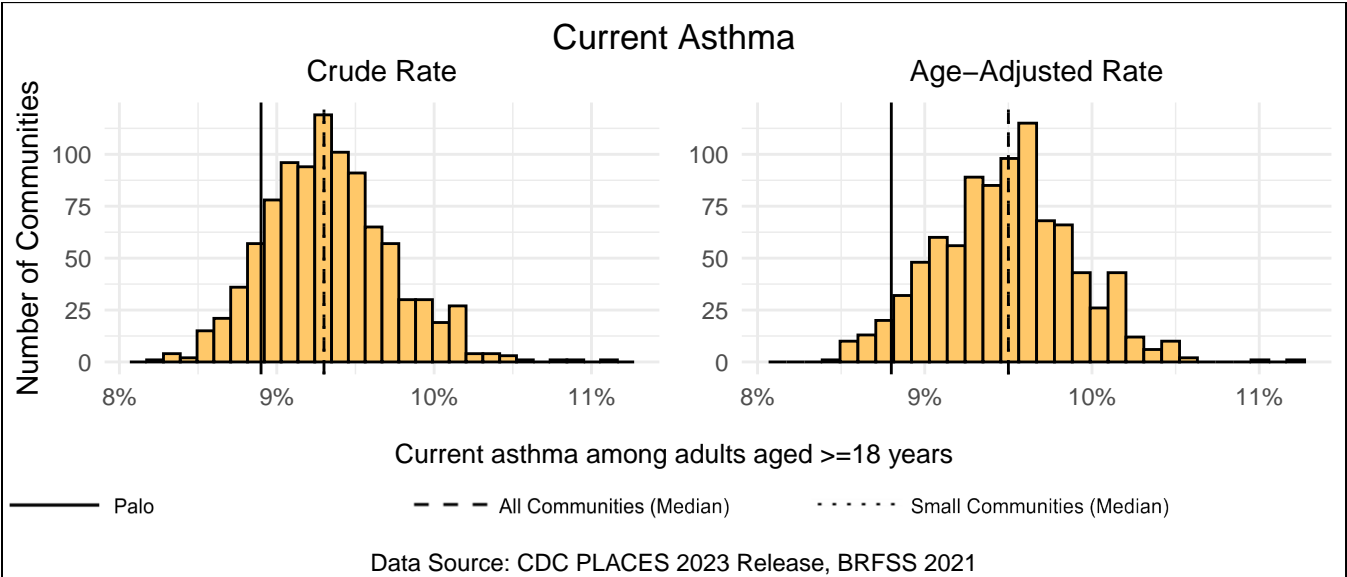
Measure Type	Palo	All Comm.	Small Comm.
Crude	5.4%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



# Current Asthma

Palo has a crude rate of 8.9% for current asthma among adults aged  $\geq 18$  years, which ranks 80th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Palo is 8.8%, which ranks 25th out of 905 Iowa communities (4th out of 138 small communities).

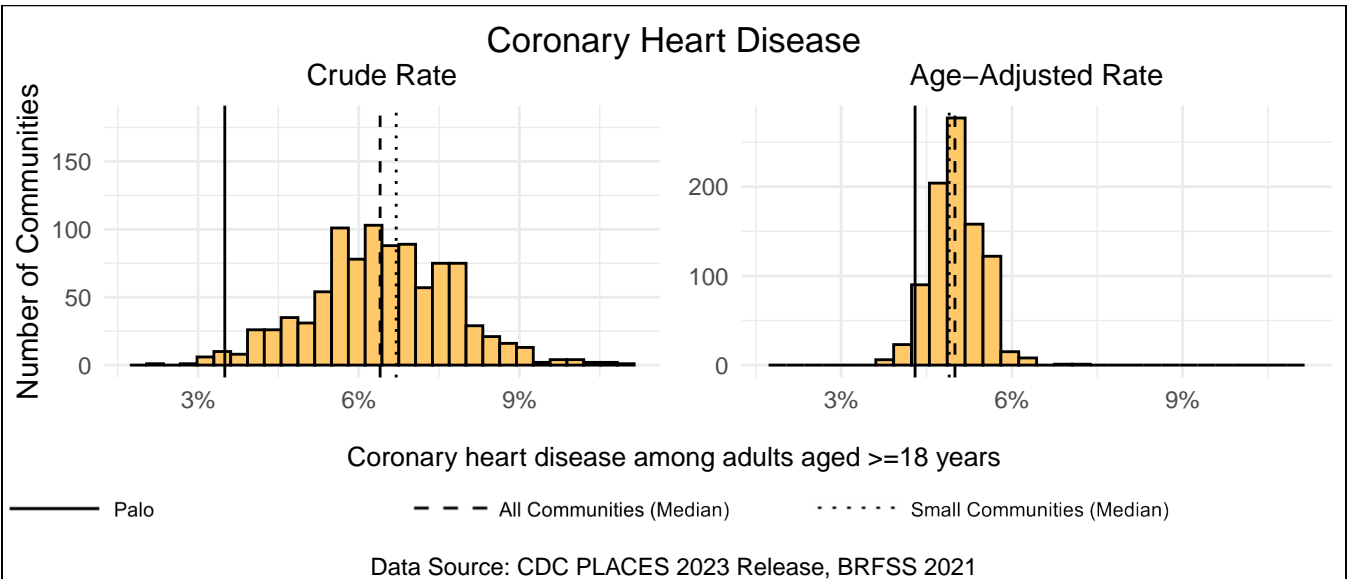
Measure Type	Palo	All Comm.	Small Comm.
Crude	8.9%	9.3%	9.3%
Age-Adjusted	8.8%	9.5%	9.5%



# Coronary Heart Disease

Palo has a crude rate of 3.5% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 14th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Palo is 4.3%, which ranks 30th out of 905 Iowa communities (7th out of 138 small communities).

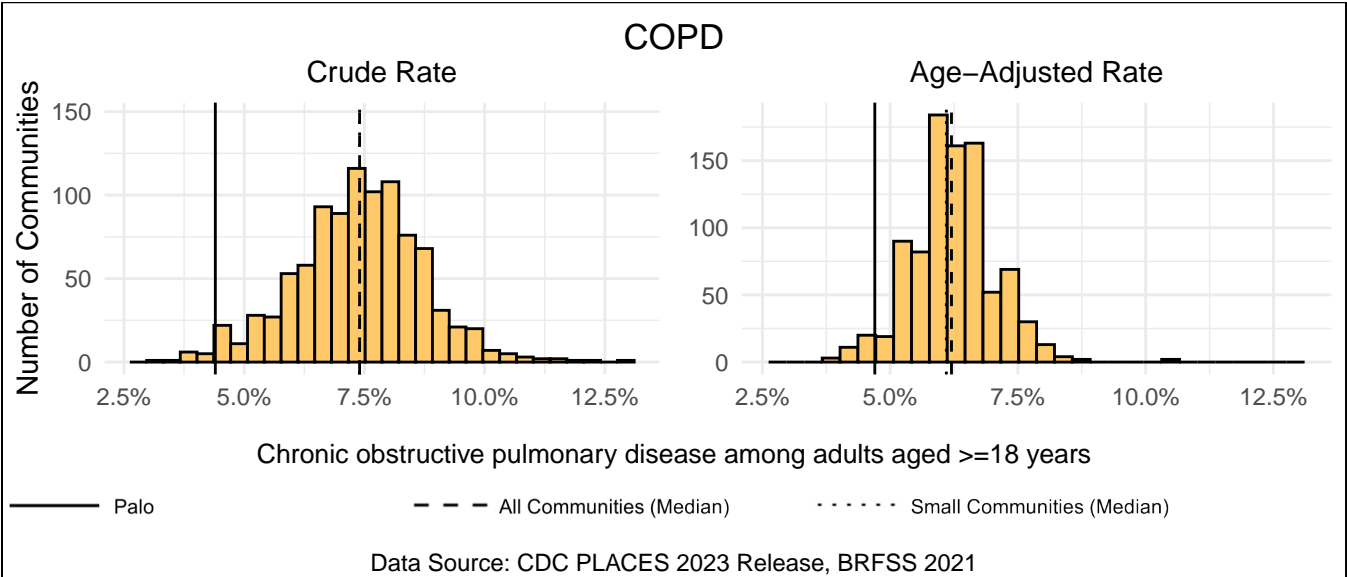
Measure Type	Palo	All Comm.	Small Comm.
Crude	3.5%	6.4%	6.7%
Age-Adjusted	4.3%	5.0%	4.9%



# COPD

Palo has a crude rate of 4.4% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 14th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Palo is 4.7%, which ranks 24th out of 905 Iowa communities (5th out of 138 small communities).

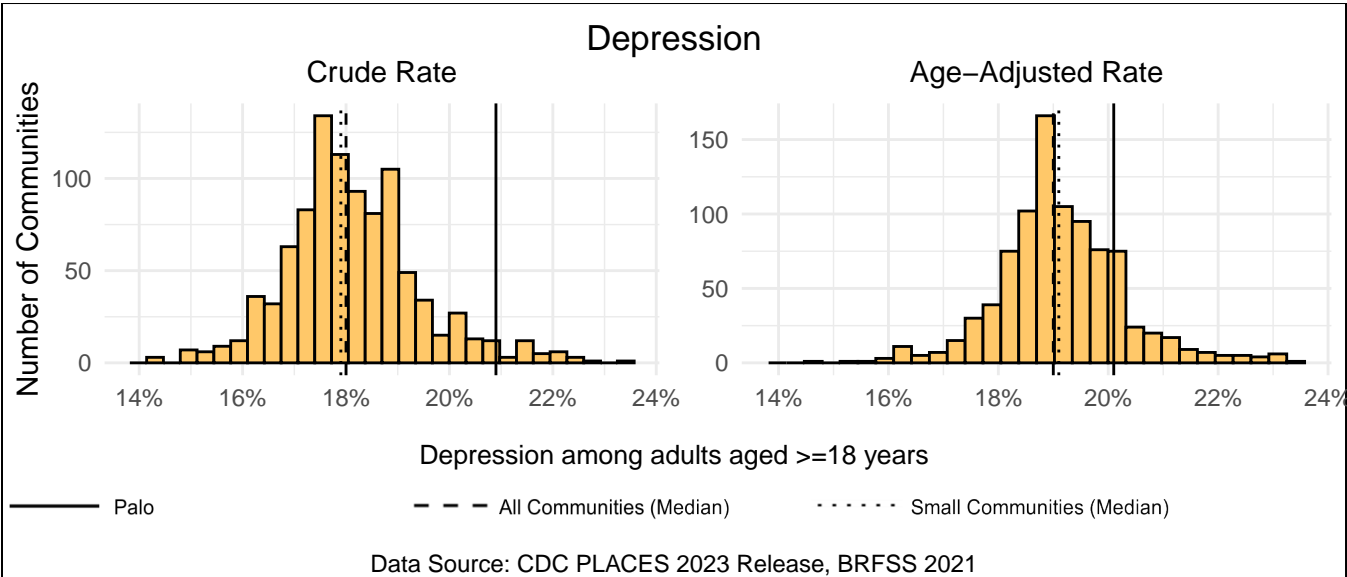
Measure Type	Palo	All Comm.	Small Comm.
Crude	4.4%	7.4%	7.4%
Age-Adjusted	4.7%	6.2%	6.1%



# Depression

Palo has a crude rate of 20.9% for depression among adults aged >=18 years, which ranks 925th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Palo is 20.1%, which ranks 758th out of 905 Iowa communities (116th out of 138 small communities).

Measure Type	Palo	All Comm.	Small Comm.
Crude	20.9%	18.0%	17.9%
Age-Adjusted	20.1%	19.0%	19.1%

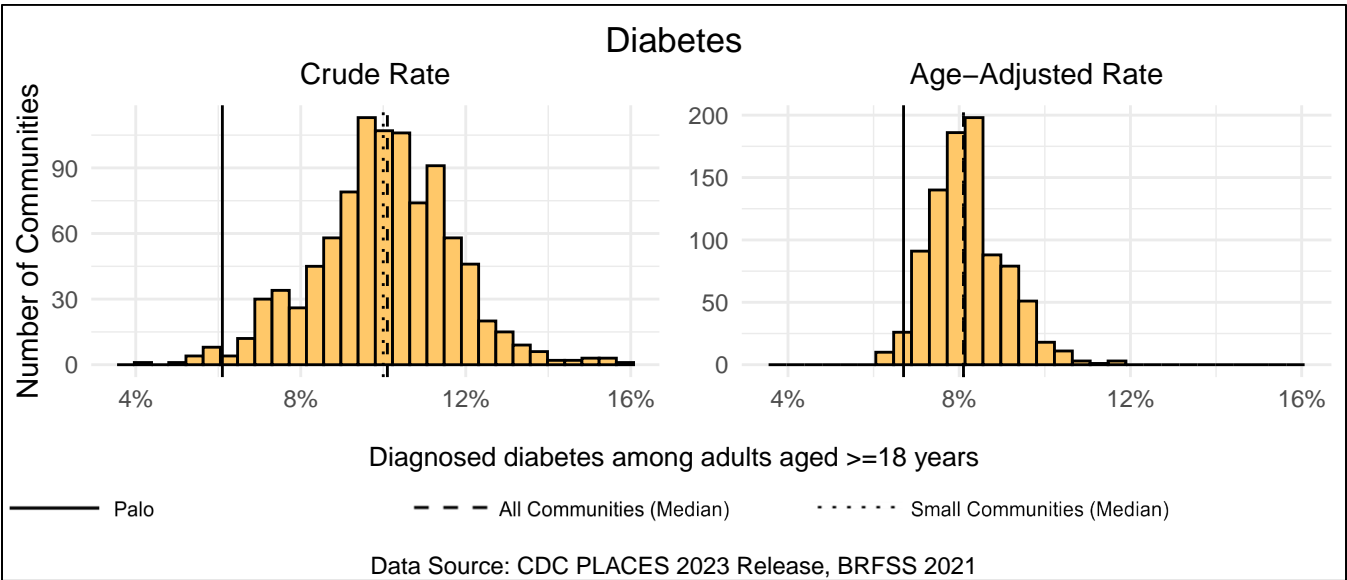




# Diabetes

Palo has a crude rate of 6.1% for diagnosed diabetes among adults aged >=18 years, which ranks 15th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Palo is 6.7%, which ranks 18th out of 905 Iowa communities (5th out of 138 small communities).

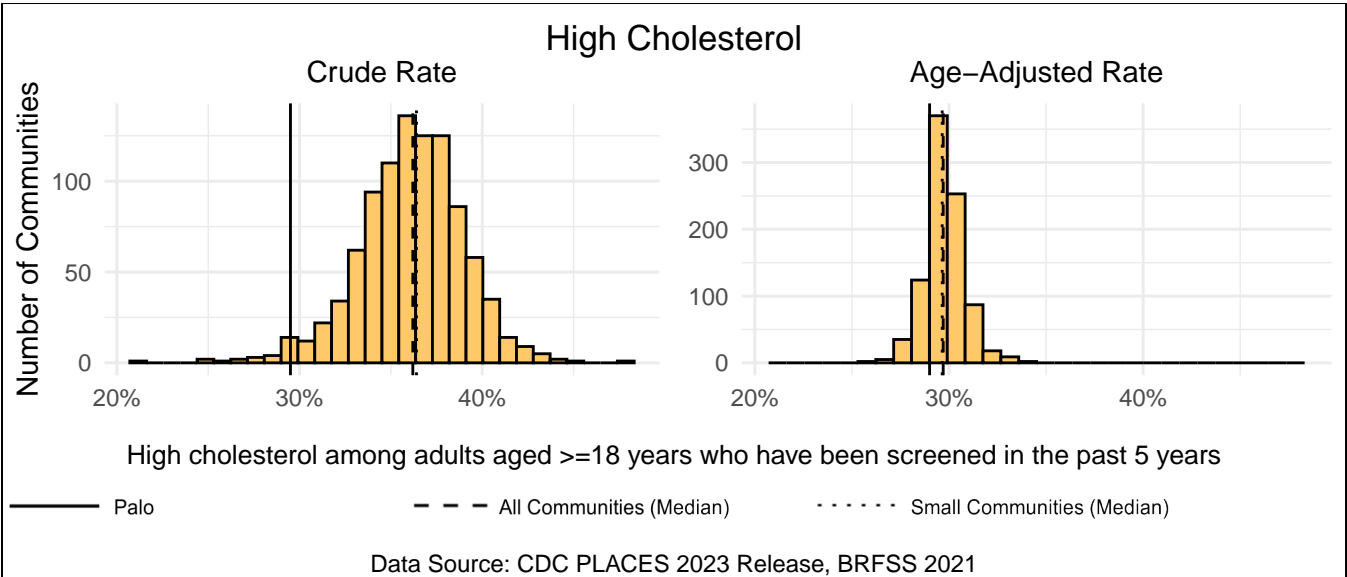
Measure Type	Palo	All Comm.	Small Comm.
Crude	6.1%	10.1%	10.0%
Age-Adjusted	6.7%	8.1%	8.1%



# High Cholesterol

Palo has a crude rate of 29.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 20th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Palo is 29.0%, which ranks 167th out of 905 Iowa communities (31st out of 138 small communities).

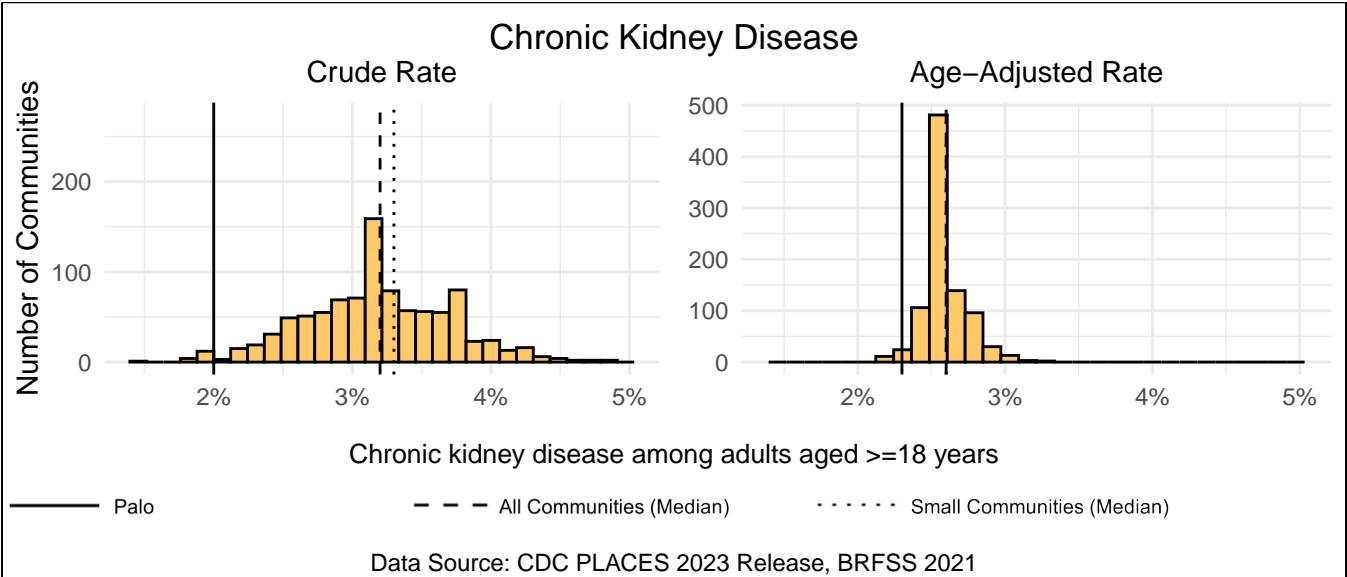
Measure Type	Palo	All Comm.	Small Comm.
Crude	29.5%	36.2%	36.4%
Age-Adjusted	29.0%	29.7%	29.6%



## Chronic Kidney Disease

Palo has a crude rate of 2.0% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 12th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Palo is 2.3%, which ranks 12th out of 905 Iowa communities (3rd out of 138 small communities).

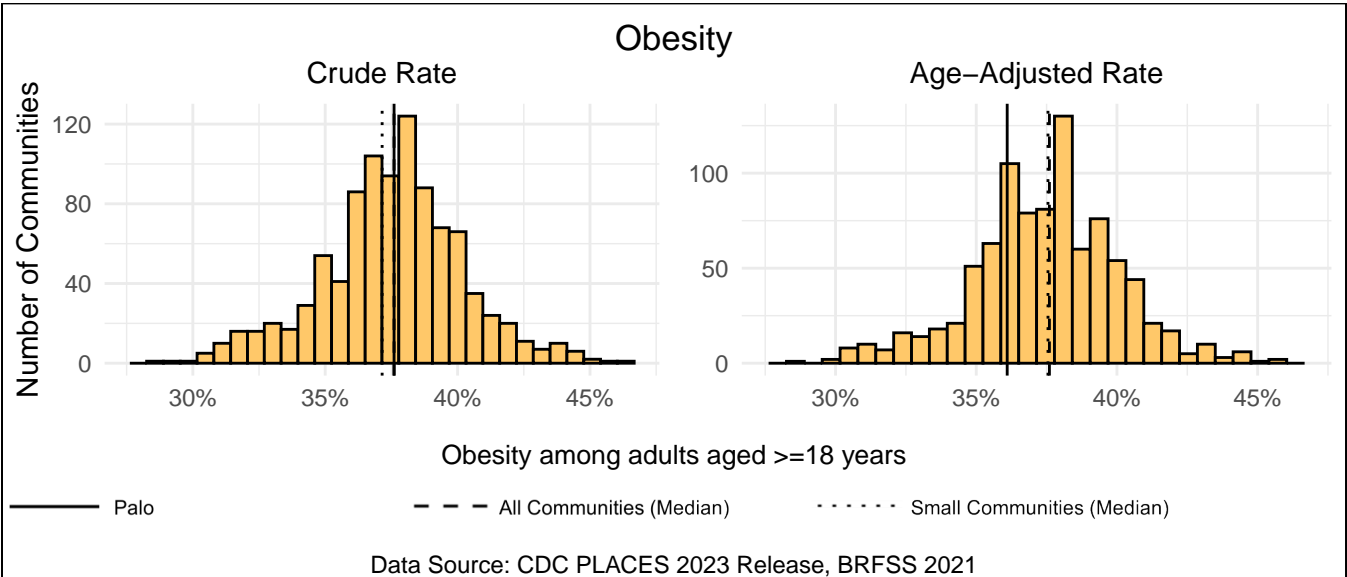
Measure Type	Palo	All Comm.	Small Comm.
Crude	2.0%	3.2%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



## Obesity

Palo has a crude rate of 37.6% for obesity among adults aged  $\geq 18$  years, which ranks 467th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Palo is 36.1%, which ranks 232nd out of 905 Iowa communities (38th out of 138 small communities).

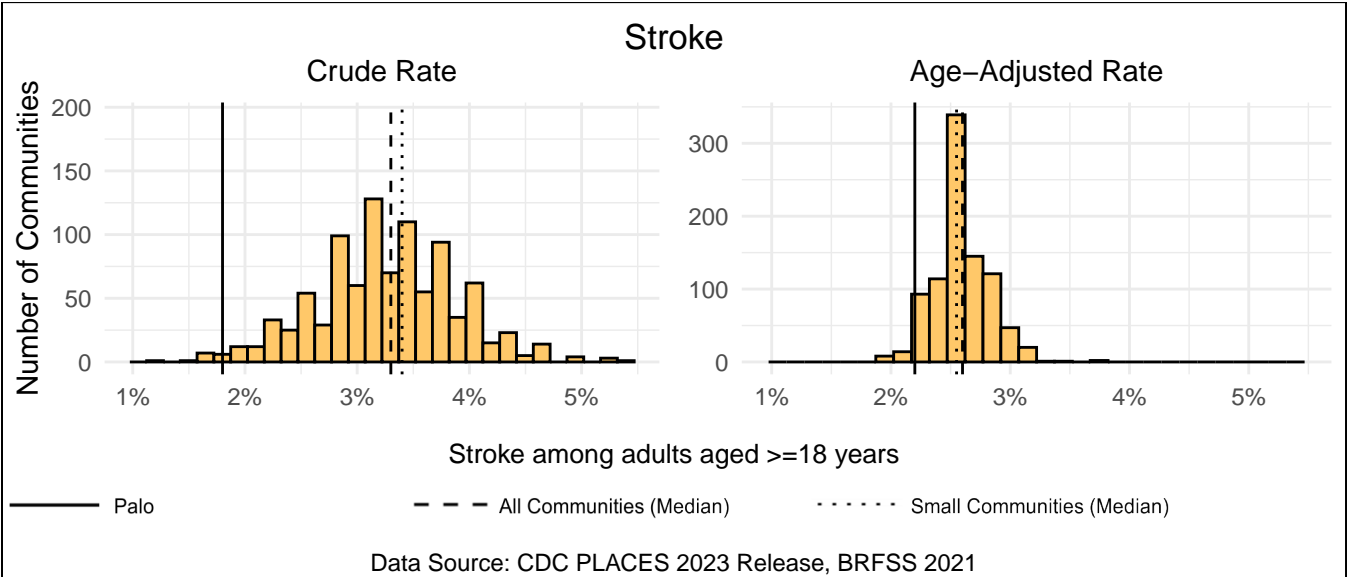
Measure Type	Palo	All Comm.	Small Comm.
Crude	37.6%	37.6%	37.2%
Age-Adjusted	36.1%	37.6%	37.5%



# Stroke

Palo has a crude rate of 1.8% for stroke among adults aged >=18 years, which ranks 10th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Palo is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 138 small communities).

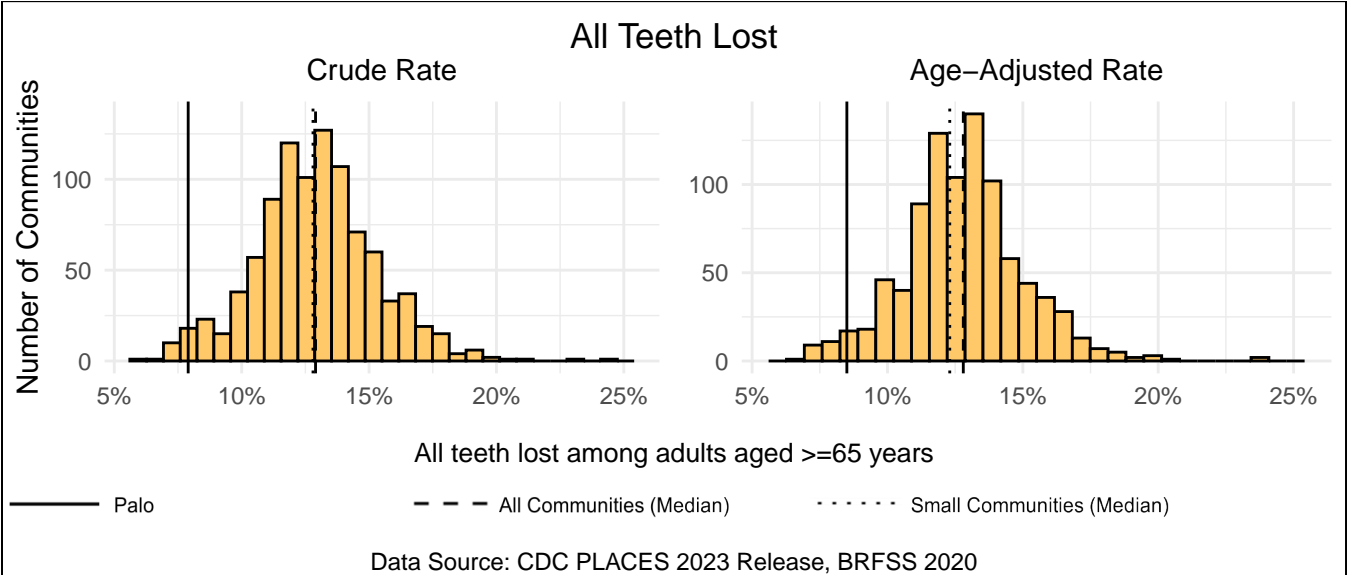
Measure Type	Palo	All Comm.	Small Comm.
Crude	1.8%	3.3%	3.4%
Age-Adjusted	2.2%	2.6%	2.5%



# All Teeth Lost

Palo has a crude rate of 7.9% for all teeth lost among adults aged >=65 years, which ranks 17th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Palo is 8.5%, which ranks 27th out of 905 Iowa communities (5th out of 138 small communities).

Measure Type	Palo	All Comm.	Small Comm.
Crude	7.9%	12.9%	12.8%
Age-Adjusted	8.5%	12.8%	12.3%



# Prevention

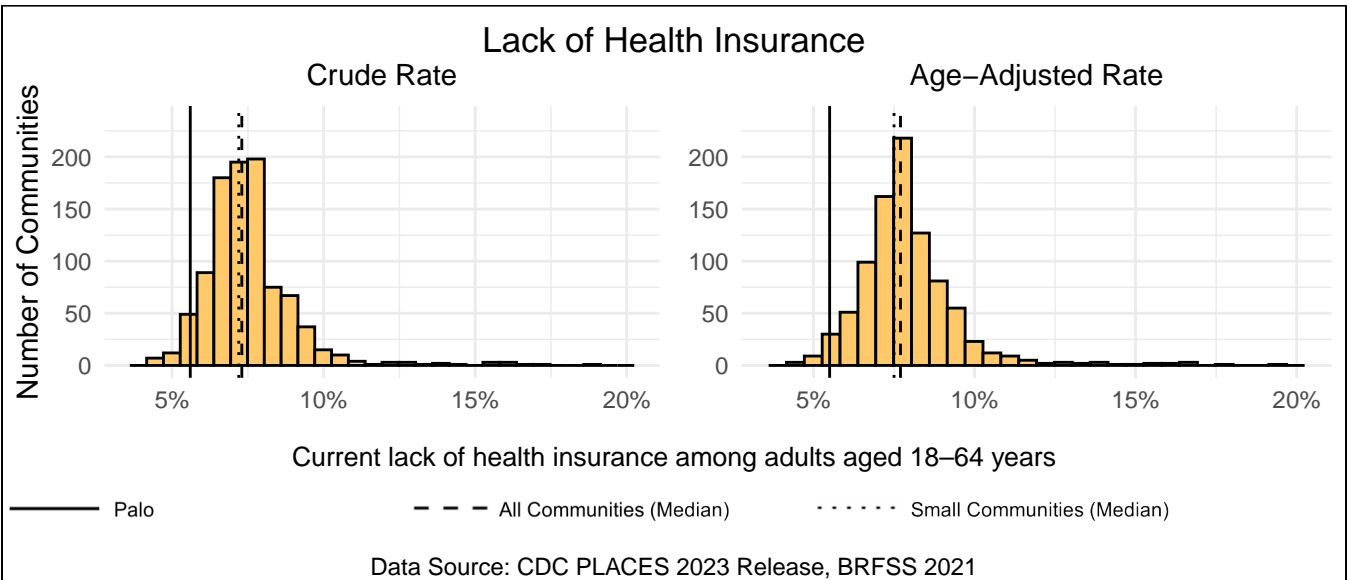
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Palo has a crude rate of 5.6% for current lack of health insurance among adults aged 18–64 years, which ranks 40th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Palo is 5.5%, which ranks 21st out of 905 Iowa communities (6th out of 138 small communities).

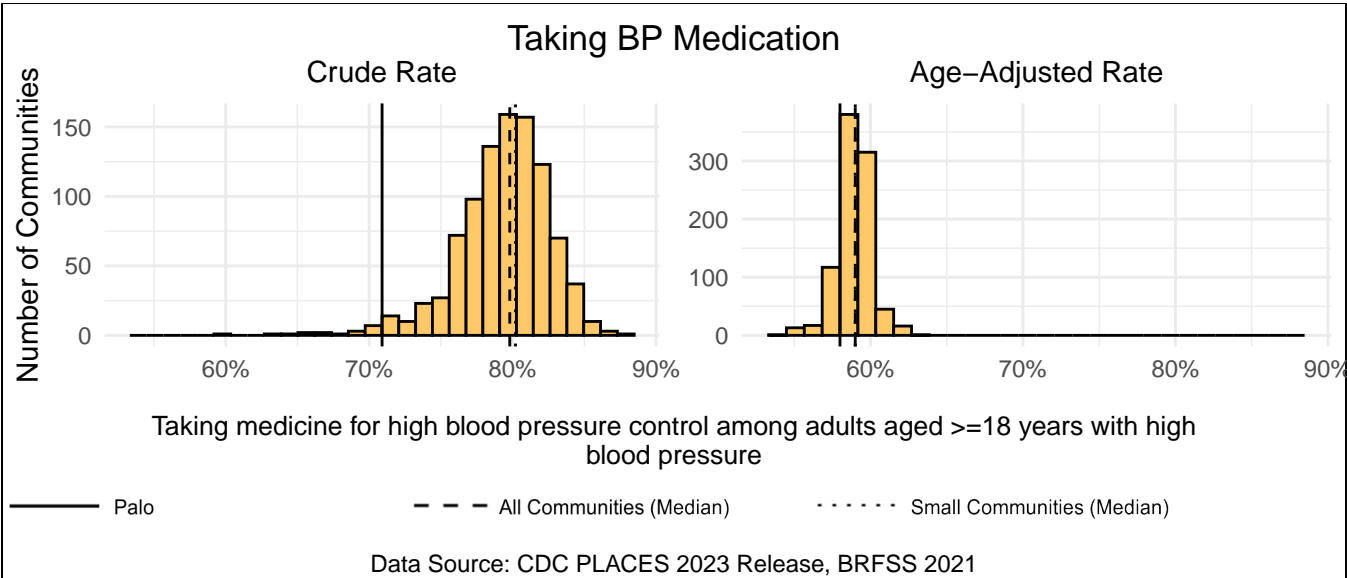
Measure Type	Palo	All Comm.	Small Comm.
Crude	5.6%	7.3%	7.2%
Age-Adjusted	5.5%	7.7%	7.5%



# Taking BP Medication

Palo has a crude rate of 70.9% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 940th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Palo is 58.0%, which ranks 758th out of 905 Iowa communities (111th out of 138 small communities).

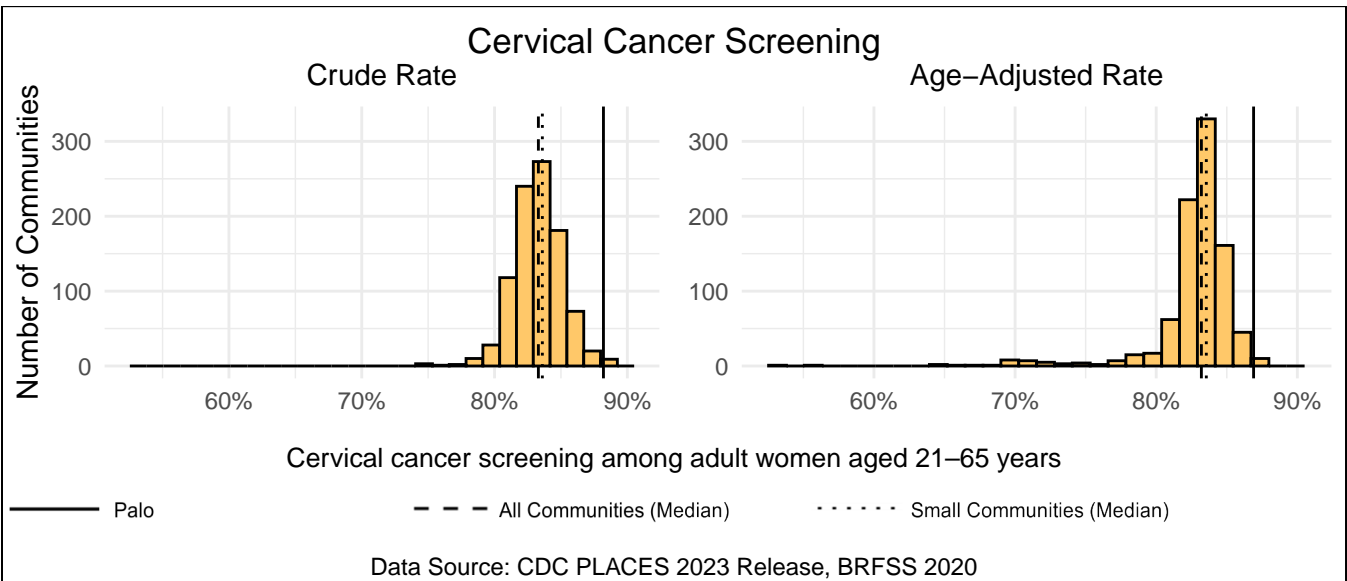
Measure Type	Palo	All Comm.	Small Comm.
Crude	70.9%	79.8%	80.2%
Age-Adjusted	58.0%	59.0%	59.0%



# Cervical Cancer Screening

Palo has a crude rate of 88.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 7th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Palo is 86.9%, which ranks 7th out of 905 Iowa communities (2nd out of 138 small communities).

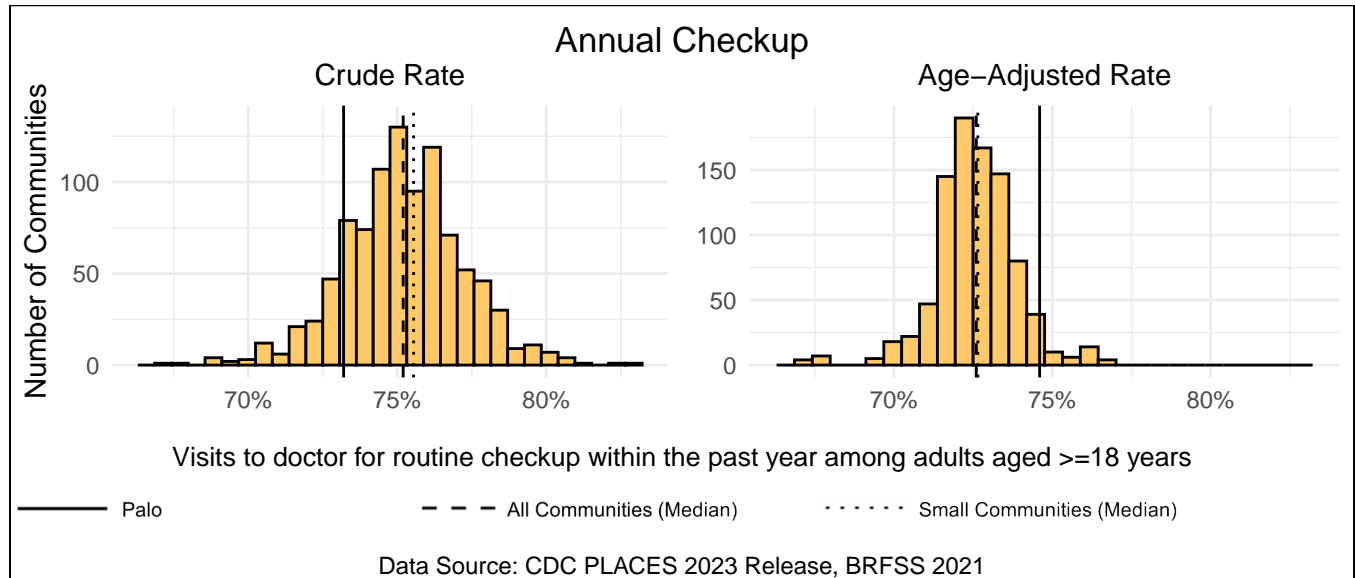
Measure Type	Palo	All Comm.	Small Comm.
Crude	88.2%	83.3%	83.6%
Age-Adjusted	86.9%	83.2%	83.5%



## Annual Checkup

Palo has a crude rate of 73.2% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 812th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Palo is 74.6%, which ranks 42nd out of 905 Iowa communities (8th out of 138 small communities).

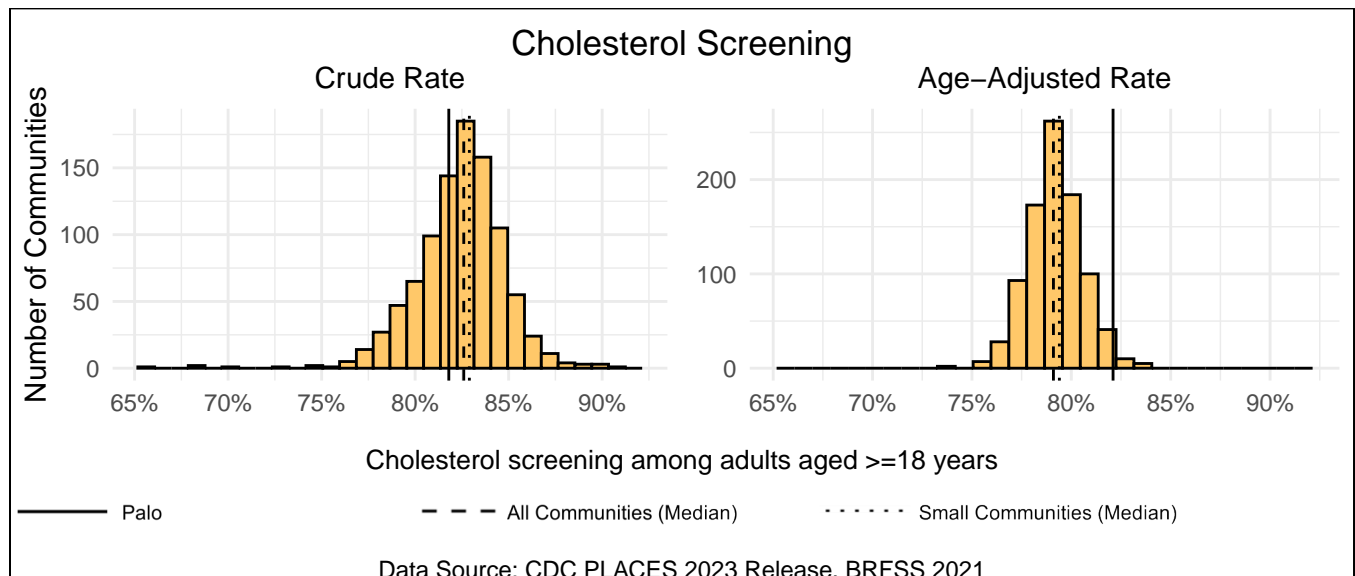
Measure Type	Palo	All Comm.	Small Comm.
Crude	73.2%	75.2%	75.5%
Age-Adjusted	74.6%	72.6%	72.6%



## Cholesterol Screening

Palo has a crude rate of 81.8% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 607th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Palo is 82.1%, which ranks 22nd out of 905 Iowa communities (5th out of 138 small communities).

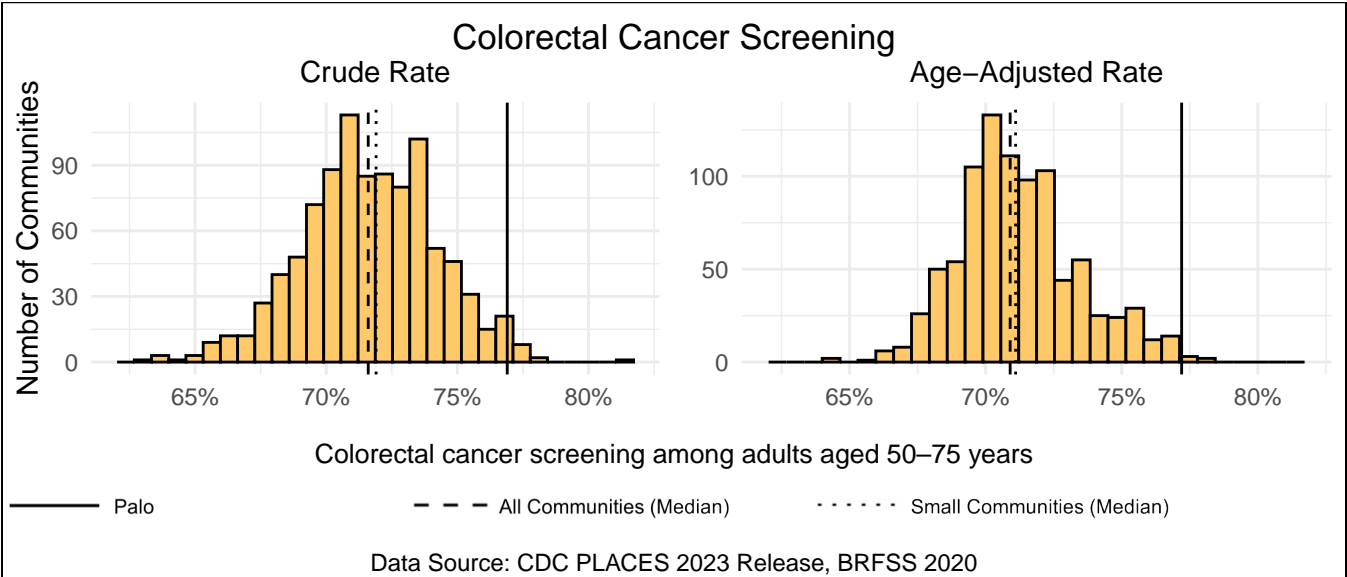
Measure Type	Palo	All Comm.	Small Comm.
Crude	81.8%	82.6%	82.9%
Age-Adjusted	82.1%	79.1%	79.4%



## Colorectal Cancer Screening

Palo has a crude rate of 76.9% for colorectal cancer screening among adults aged 50–75 years, which ranks 17th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Palo is 77.2%, which ranks 4th out of 905 Iowa communities (2nd out of 138 small communities).

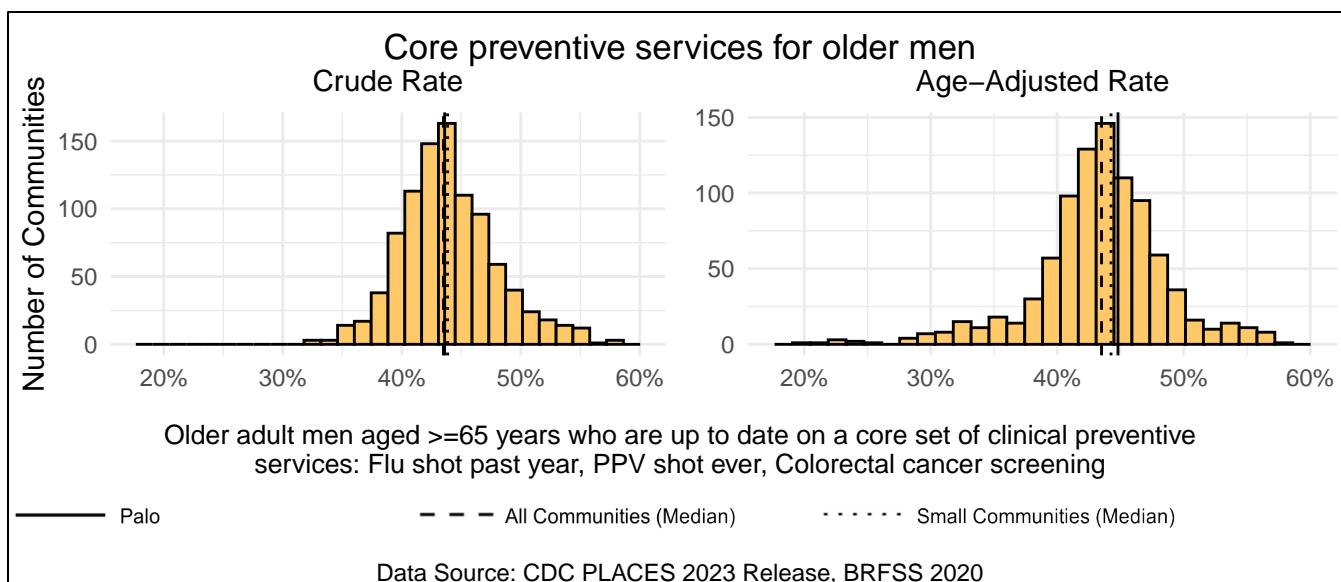
Measure Type	Palo	All Comm.	Small Comm.
Crude	76.9%	71.6%	71.9%
Age-Adjusted	77.2%	70.9%	71.1%



## Core preventive services for older men

Palo 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 (71st out of 138 small communities). The age-adjusted rate for Palo is 44.8%, which ranks 332nd out of 905 Iowa communities (62nd out of 138 small communities).

Measure Type	Palo	All Comm.	Small Comm.
Crude	43.6%	43.5%	43.8%
Age-Adjusted	44.8%	43.5%	44.2%

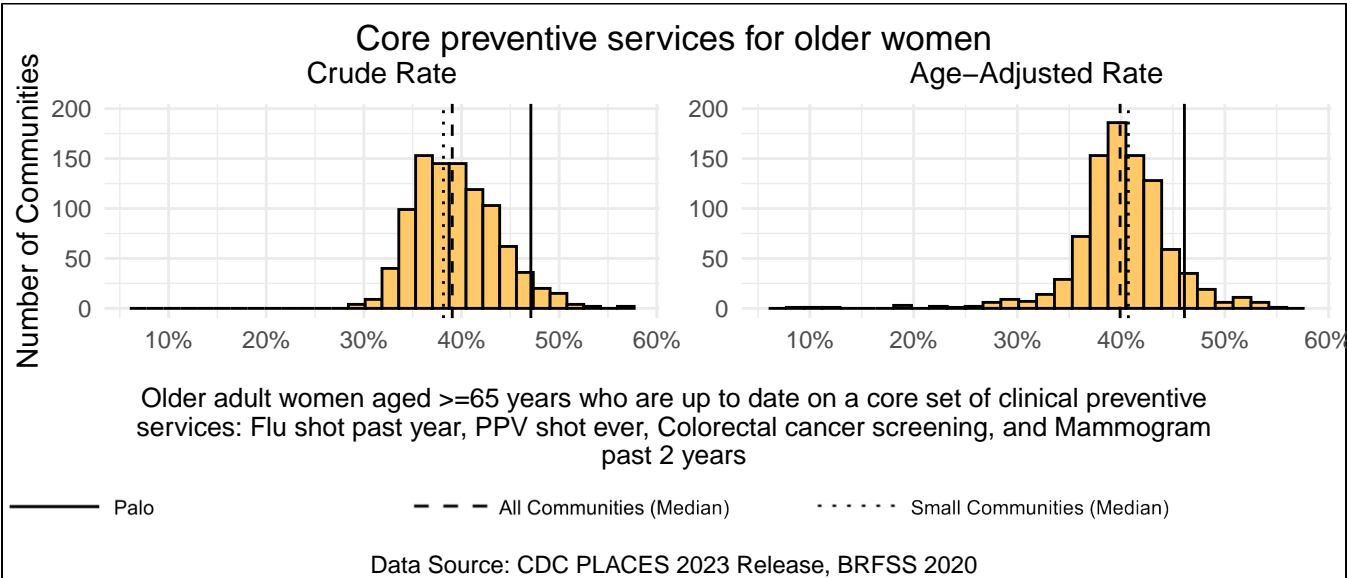




### Core preventive services for older women

Palo has a crude rate of 47.1% 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 46th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Palo is 46.1%, which ranks 68th out of 905 Iowa communities (10th out of 138 small communities).

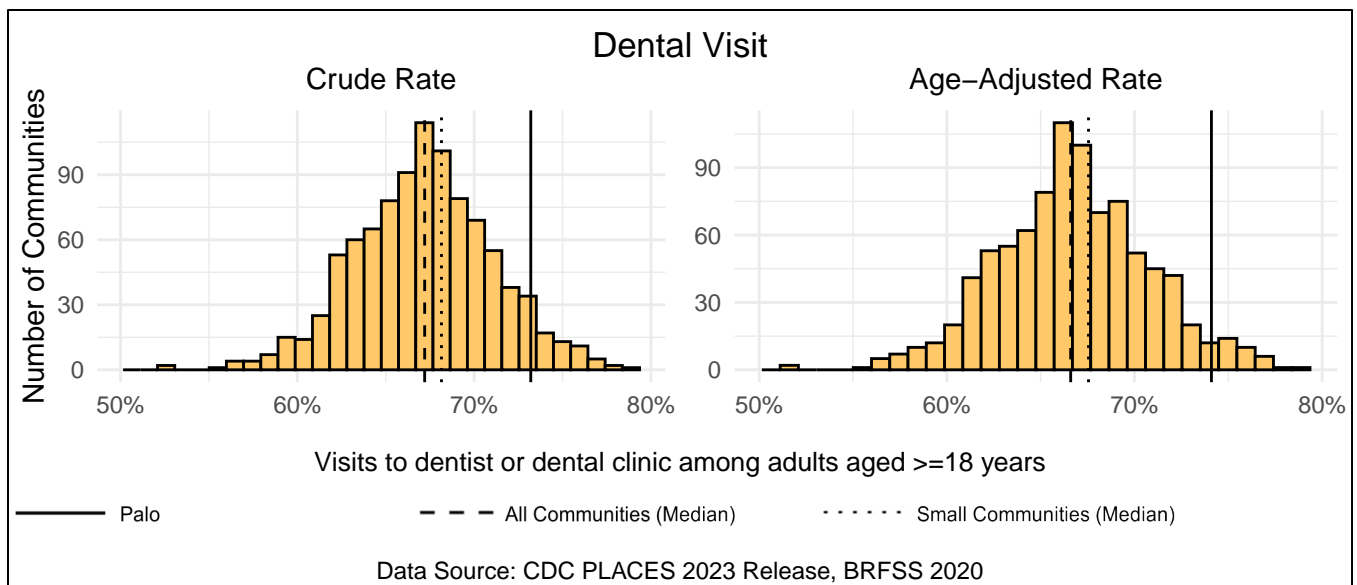
Measure Type	Palo	All Comm.	Small Comm.
Crude	47.1%	39.0%	38.2%
Age-Adjusted	46.1%	39.9%	40.7%



### Dental Visit

Palo has a crude rate of 73.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 60th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Palo is 74.1%, which ranks 36th out of 905 Iowa communities (8th out of 138 small communities).

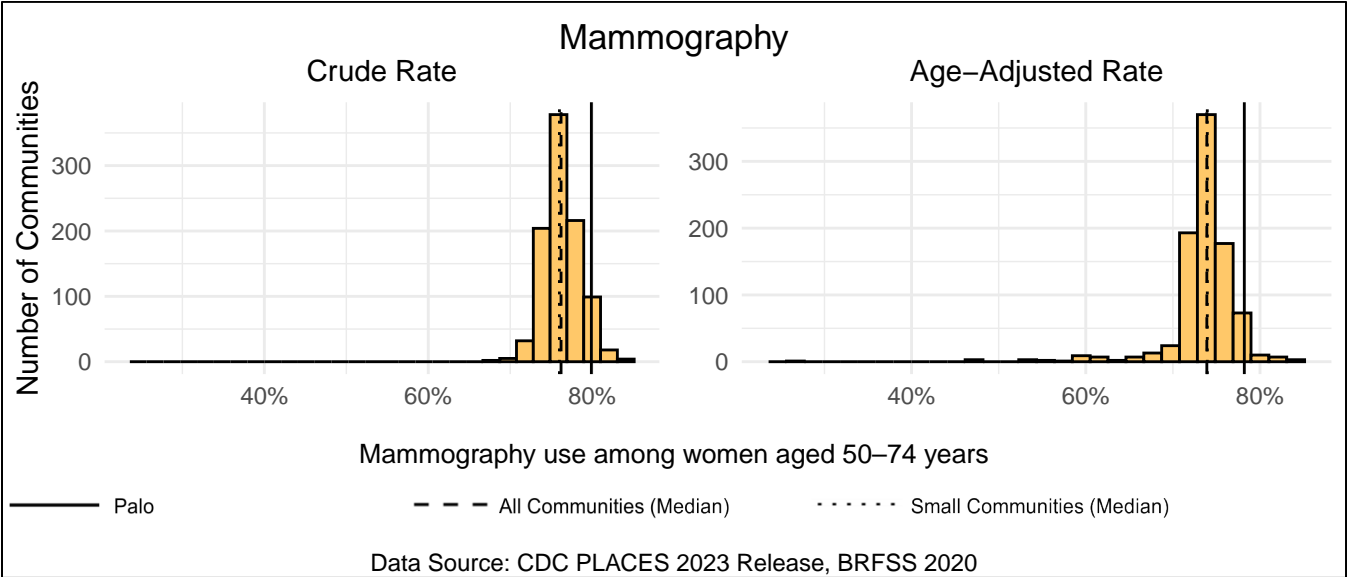
Measure Type	Palo	All Comm.	Small Comm.
Crude	73.2%	67.2%	68.2%
Age-Adjusted	74.1%	66.6%	67.5%



# Mammography

Palo has a crude rate of 79.9% for mammography use among women aged 50–74 years, which ranks 58th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Palo is 78.2%, which ranks 42nd out of 905 Iowa communities (9th out of 138 small communities).

Measure Type	Palo	All Comm.	Small Comm.
Crude	79.9%	76.2%	76.0%
Age-Adjusted	78.2%	73.9%	74.0%



# Disability

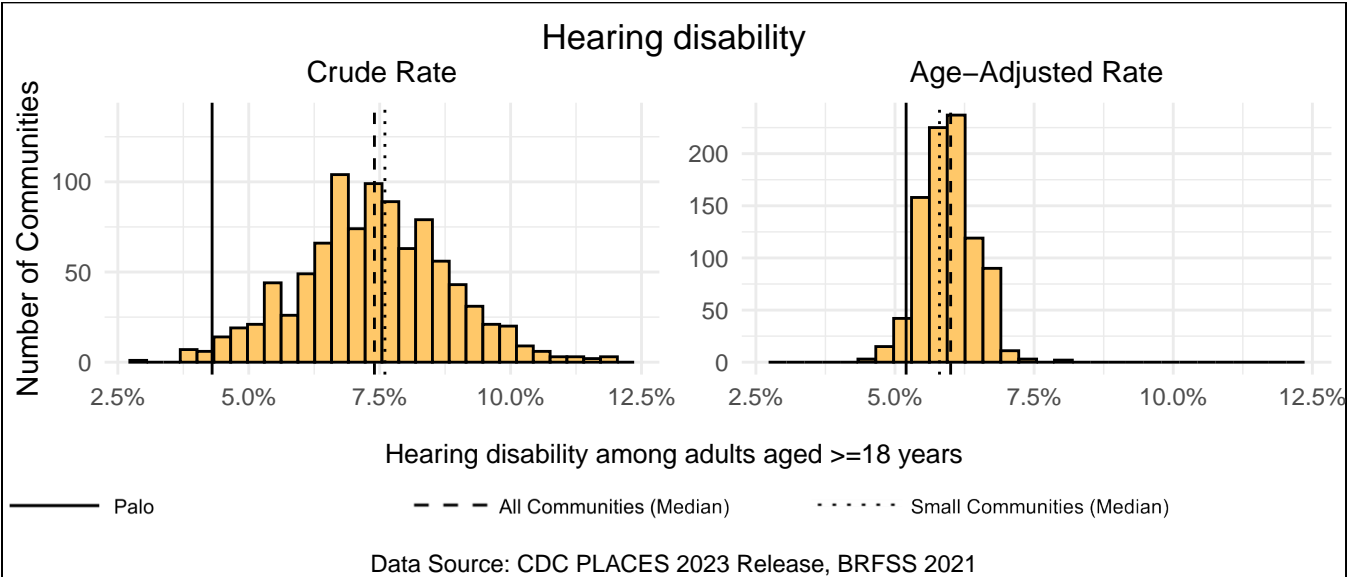
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Palo has a crude rate of 4.3% for hearing disability among adults aged  $\geq 18$  years, which ranks 13th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Palo is 5.2%, which ranks 41st out of 905 Iowa communities (7th out of 138 small communities).

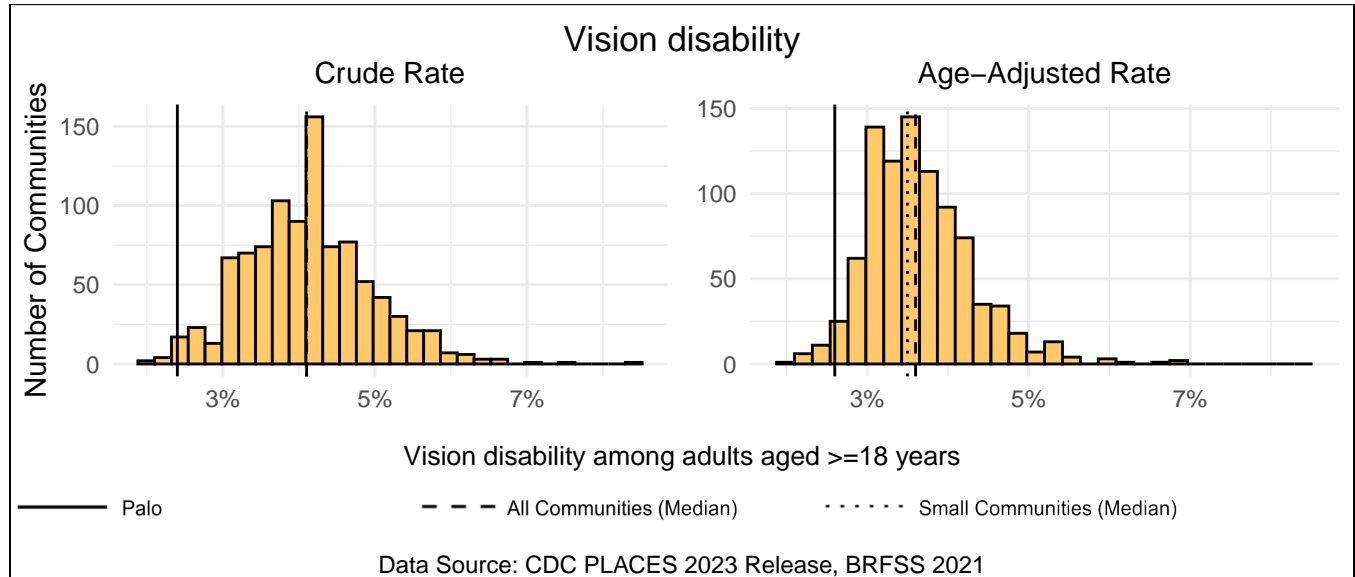
Measure Type	Palo	All Comm.	Small Comm.
Crude	4.3%	7.4%	7.6%
Age-Adjusted	5.2%	6.0%	5.8%



## Vision disability

Palo has a crude rate of 2.4% for vision disability among adults aged  $\geq 18$  years, which ranks 7th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Palo is 2.6%, which ranks 19th out of 905 Iowa communities (6th out of 138 small communities).

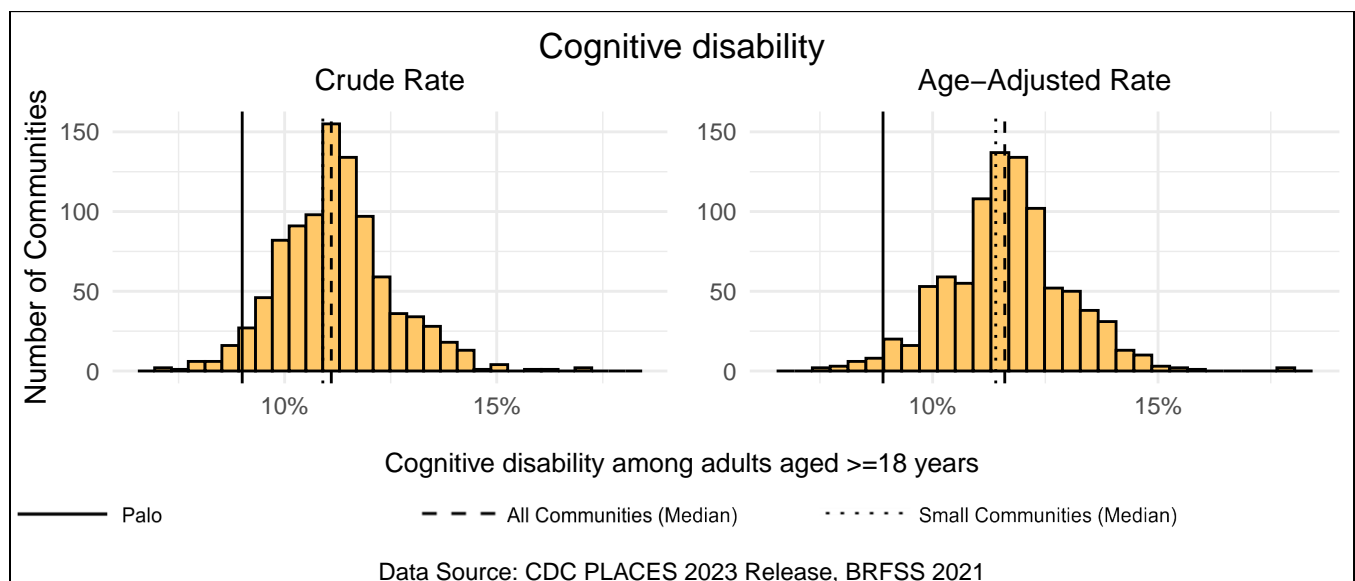
Measure Type	Palo	All Comm.	Small Comm.
Crude	2.4%	4.1%	4.1%
Age-Adjusted	2.6%	3.6%	3.5%



## Cognitive disability

Palo has a crude rate of 9.0% for cognitive disability among adults aged  $\geq 18$  years, which ranks 32nd out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Palo is 8.9%, which ranks 16th out of 905 Iowa communities (4th out of 138 small communities).

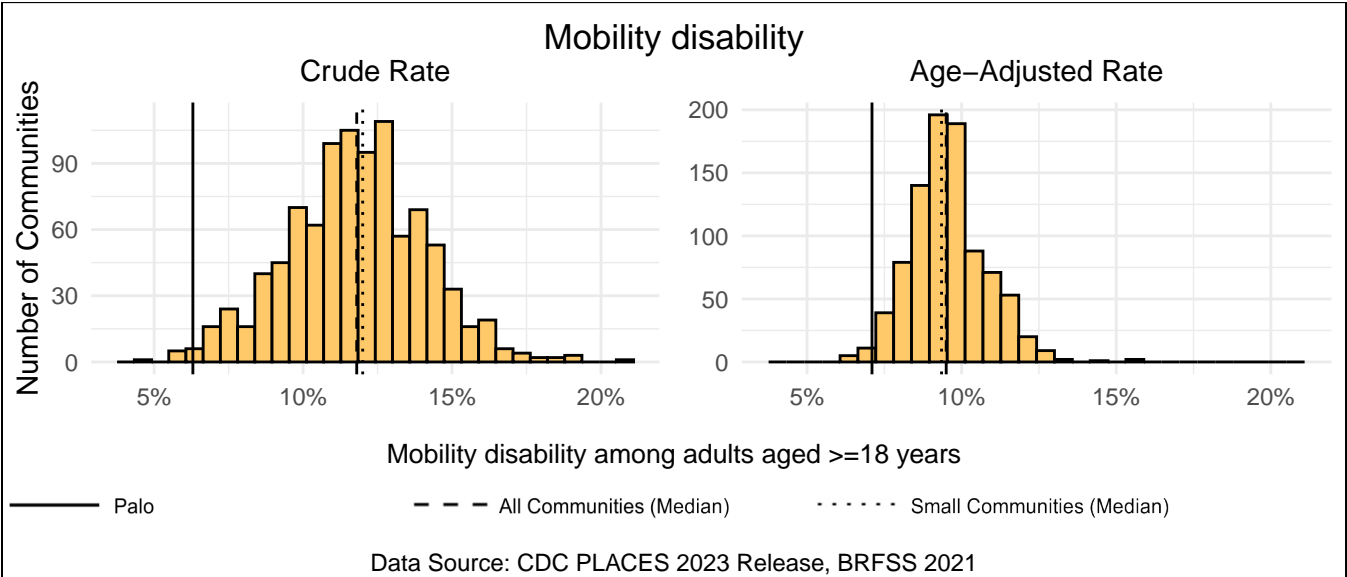
Measure Type	Palo	All Comm.	Small Comm.
Crude	9.0%	11.1%	10.9%
Age-Adjusted	8.9%	11.6%	11.4%



# Mobility disability

Palo has a crude rate of 6.3% for mobility disability among adults aged  $\geq 18$  years, which ranks 7th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Palo is 7.1%, which ranks 14th out of 905 Iowa communities (5th out of 138 small communities).

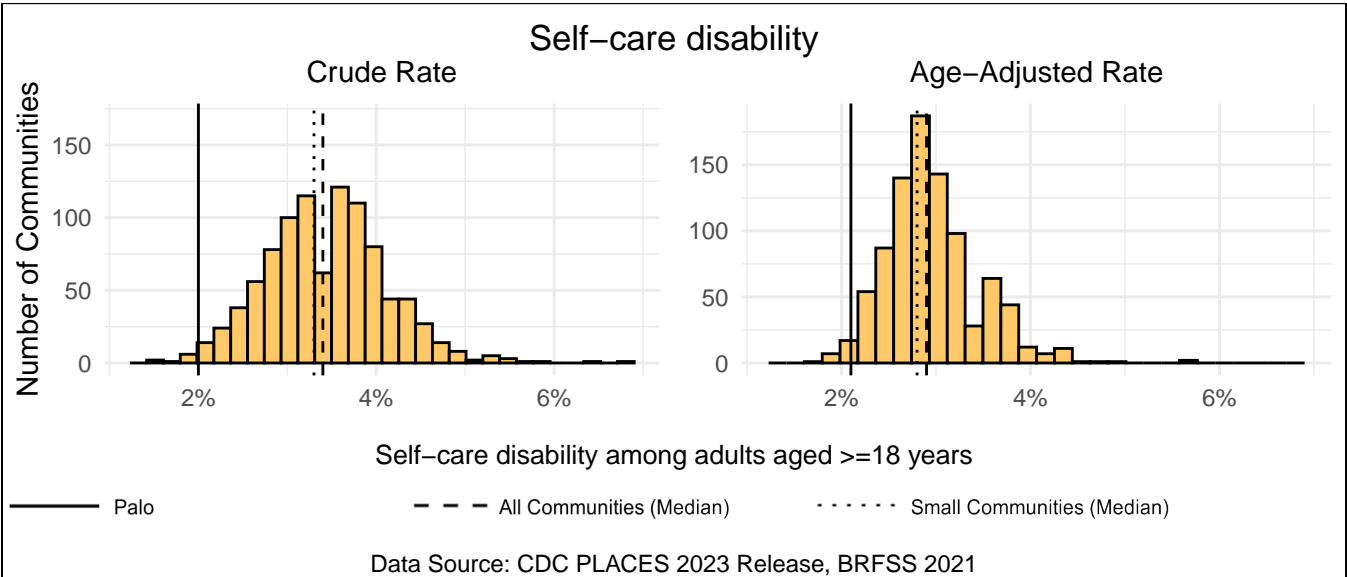
Measure Type	Palo	All Comm.	Small Comm.
Crude	6.3%	11.8%	12.0%
Age-Adjusted	7.1%	9.5%	9.4%



# Self-care disability

Palo has a crude rate of 2.0% for self-care disability among adults aged  $\geq 18$  years, which ranks 10th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Palo is 2.1%, which ranks 18th out of 905 Iowa communities (5th out of 138 small communities).

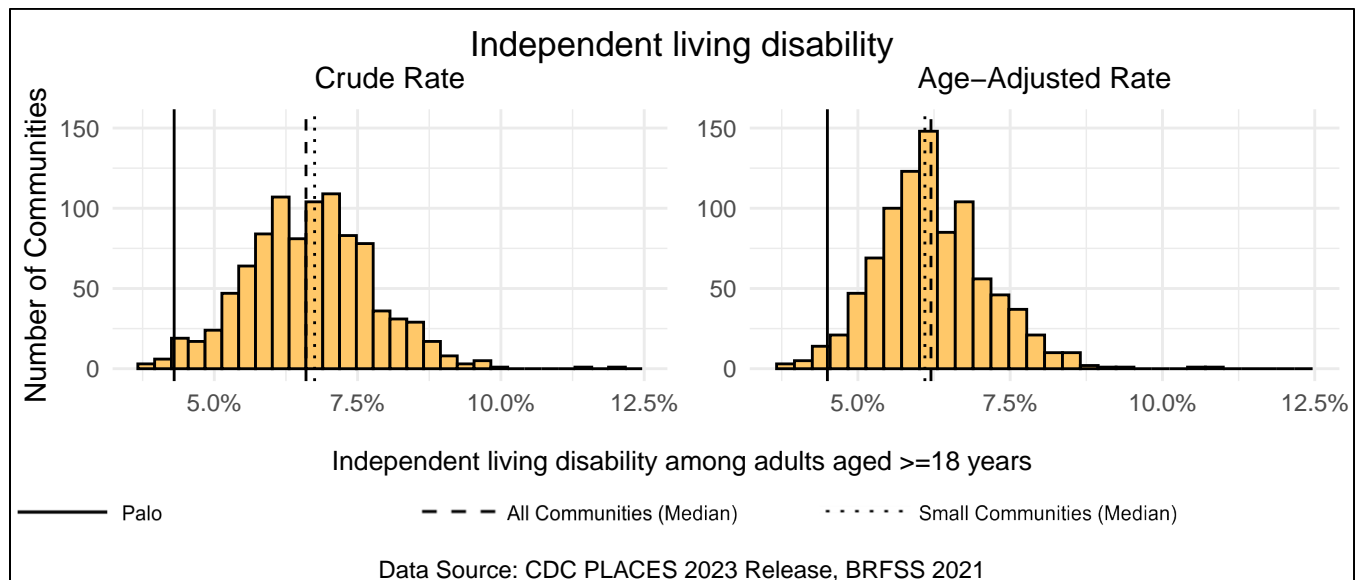
Measure Type	Palo	All Comm.	Small Comm.
Crude	2.0%	3.4%	3.3%
Age-Adjusted	2.1%	2.9%	2.8%



## Independent living disability

Palo has a crude rate of 4.3% for independent living disability among adults aged  $\geq 18$  years, which ranks 10th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Palo is 4.5%, which ranks 18th out of 905 Iowa communities (5th out of 138 small communities).

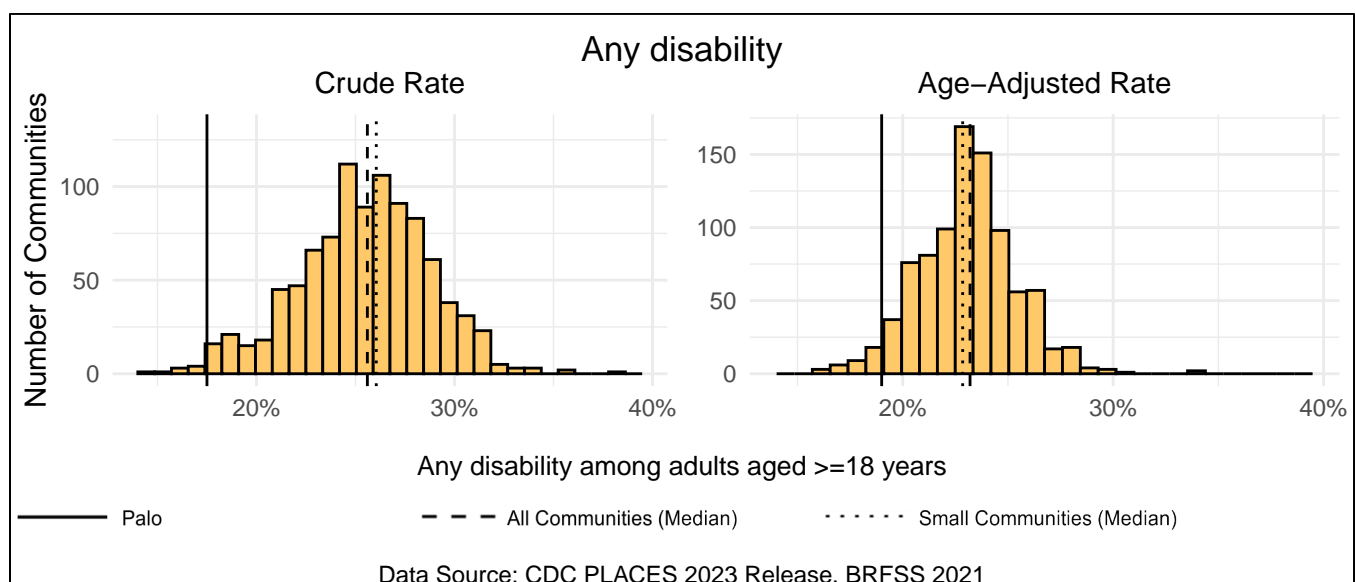
Measure Type	Palo	All Comm.	Small Comm.
Crude	4.3%	6.6%	6.8%
Age-Adjusted	4.5%	6.2%	6.1%



## Any disability

Palo has a crude rate of 17.5% for any disability among adults aged  $\geq 18$  years, which ranks 10th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Palo is 19.0%, which ranks 29th out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Palo	All Comm.	Small Comm.
Crude	17.5%	25.6%	26.0%
Age-Adjusted	19.0%	23.2%	22.8%



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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: Palo PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	18	7.7% (6.4% - 9.1%)	30	7.8% (6.6% - 9.2%)
Health Status	Mental Health	390	14.1% (11.9% - 16.3%)	28	13.6% (11.6% - 15.8%)
Health Status	General Health	14	9.0% (7.2% - 10.8%)	19	9.3% (7.6% - 11.3%)
Health Risk Behaviors	Physical Inactivity	14	17.7% (14.1% - 21.6%)	21	18.1% (14.5% - 21.8%)
Health Risk Behaviors	Current Smoking	153	14.8% (11.0% - 18.8%)	45	13.4% (10.1% - 17.0%)
Health Risk Behaviors	Sleep <7 hours	498	30.4% (28.3% - 32.2%)	124	29.2% (27.4% - 30.8%)
Health Risk Behaviors	Binge Drinking	954	25.9% (22.7% - 29.4%)	895	24.4% (21.3% - 27.7%)
Health Outcomes	High Cholesterol	20	29.5% (26.5% - 32.6%)	167	29.0% (25.8% - 32.4%)
Health Outcomes	High Blood Pressure	38	24.9% (22.0% - 27.8%)	342	26.9% (23.9% - 30.0%)
Health Outcomes	Chronic Kidney Disease	12	2.0% (1.8% - 2.2%)	12	2.3% (2.1% - 2.6%)
Health Outcomes	Arthritis	12	18.2% (15.9% - 20.8%)	11	19.9% (17.5% - 22.6%)
Health Outcomes	Diabetes	15	6.1% (5.1% - 7.1%)	18	6.7% (5.6% - 7.9%)
Health Outcomes	All Teeth Lost	17	7.9% (4.7% - 12.1%)	27	8.5% (5.1% - 12.6%)
Health Outcomes	COPD	14	4.4% (3.6% - 5.3%)	24	4.7% (3.8% - 5.8%)
Health Outcomes	Current Asthma	80	8.9% (7.8% - 10.1%)	25	8.8% (7.7% - 9.9%)
Health Outcomes	Obesity	467	37.6% (32.8% - 42.4%)	232	36.1% (31.4% - 40.7%)
Health Outcomes	Depression	925	20.9% (17.9% - 24.1%)	758	20.1% (17.2% - 23.2%)
Health Outcomes	Cancer (except skin)	17	5.4% (4.9% - 6.0%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Coronary Heart Disease	14	3.5% (3.0% - 4.1%)	30	4.3% (3.7% - 5.0%)
Health Outcomes	Stroke	10	1.8% (1.6% - 2.1%)	23	2.2% (1.9% - 2.5%)
Prevention	Cervical Cancer Screening	7	88.2% (86.0% - 90.2%)	7	86.9% (84.5% - 89.2%)
Prevention	Core preventive services for older women	46	47.1% (39.5% - 53.9%)	68	46.1% (39.4% - 52.5%)
Prevention	Annual Checkup	812	73.2% (69.4% - 76.8%)	42	74.6% (70.9% - 78.1%)
Prevention	Dental Visit	60	73.2% (69.3% - 76.9%)	36	74.1% (70.6% - 77.4%)
Prevention	Mammography	58	79.9% (76.1% - 83.2%)	42	78.2% (74.5% - 81.8%)
Prevention	Cholesterol Screening	607	81.8% (78.6% - 84.8%)	22	82.1% (79.3% - 85.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Health Insurance	40	5.6% (4.0% - 7.6%)	21	5.5% (3.9% - 7.3%)
Prevention	Core preventive services for older men	460	43.6% (36.1% - 51.6%)	332	44.8% (37.8% - 51.7%)
Prevention	Colorectal Cancer Screening	17	76.9% (73.9% - 79.7%)	4	77.2% (74.4% - 79.9%)
Prevention	Taking BP Medication	940	70.9% (67.1% - 74.6%)	758	58.0% (53.7% - 62.4%)
Disability	Mobility Disability	7	6.3% (5.1% - 7.6%)	14	7.1% (5.8% - 8.5%)
Disability	Cognitive Disability	32	9.0% (7.4% - 11.0%)	16	8.9% (7.3% - 10.8%)
Disability	Self-care Disability	10	2.0% (1.7% - 2.4%)	18	2.1% (1.8% - 2.5%)
Disability	Hearing Disability	13	4.3% (3.7% - 4.9%)	41	5.2% (4.5% - 6.0%)
Disability	Vision Disability	7	2.4% (2.0% - 2.9%)	19	2.6% (2.2% - 3.0%)
Disability	Any Disability	10	17.5% (14.6% - 20.7%)	29	19.0% (15.8% - 22.3%)
Disability	Independent Living Disability	10	4.3% (3.5% - 5.2%)	18	4.5% (3.7% - 5.5%)

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: Small Communities (1,000-2,499)

Palo falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 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
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		