



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 Pella: Overview

Dear Community Members & Stakeholders of Pella,

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 Pella ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Pella'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 Pella. 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
Dental Visit	12th	3rd	Dental Visit	23rd	3rd
Current Smoking	23rd	6th	Chronic Kidney Disease	36th	8th
Arthritis	46th	8th	Arthritis	48th	5th
Self-care Disability	48th	7th	Stroke	49th	9th
Physical Health	52nd	10th	Mammography	53rd	6th

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
Cholesterol Screening	885th	22nd	High Cholesterol	731st	20th
Binge Drinking	808th	21st	Taking BP Medication	660th	19th
Taking BP Medication	765th	17th	Binge Drinking	585th	25th
Mental Health	625th	12th	Sleep <7 hours	354th	16th
Depression	624th	11th	Depression	251st	7th

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 Pella.

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

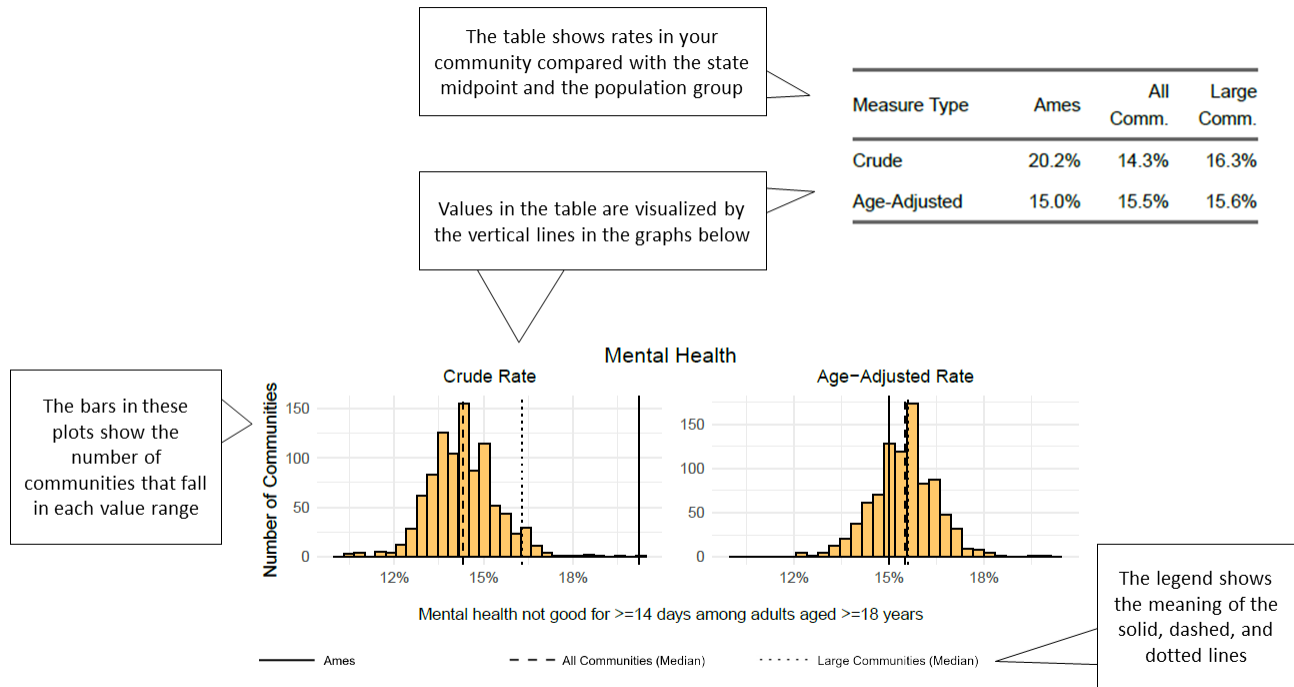
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Pella that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Pella, a review of risky behaviors in the community,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

With a population of 10,556, Pella’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

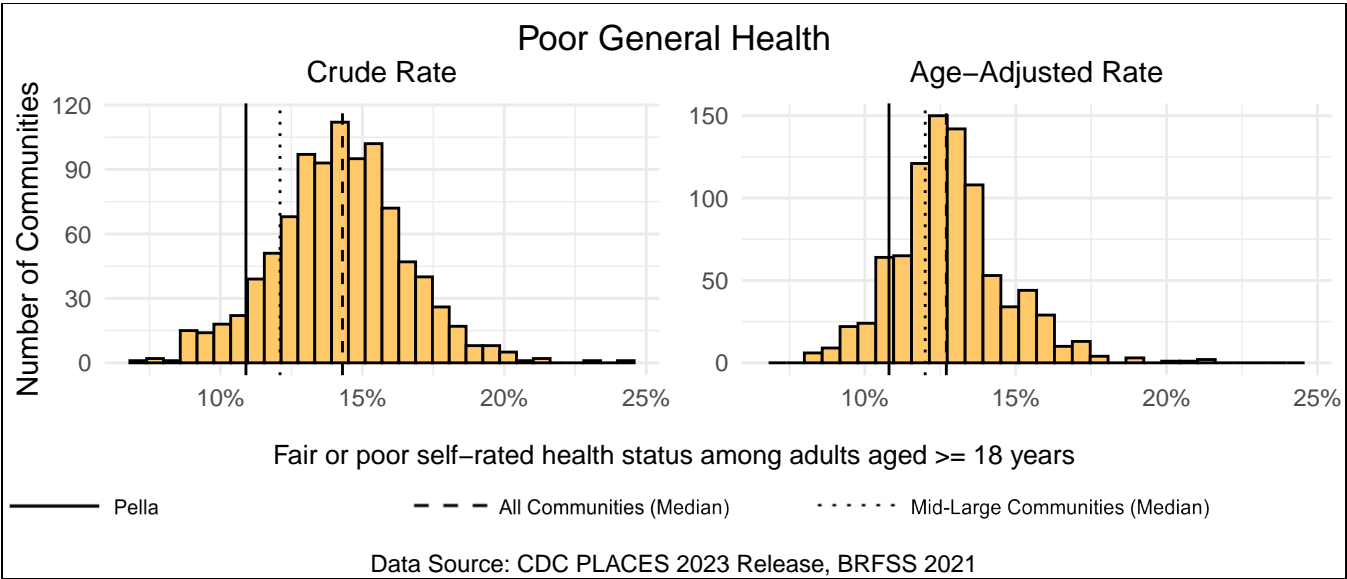
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Pella has a crude rate of 10.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 72nd out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Pella is 10.8%, which ranks 103rd out of 905 Iowa communities (11th out of 31 mid-large communities).

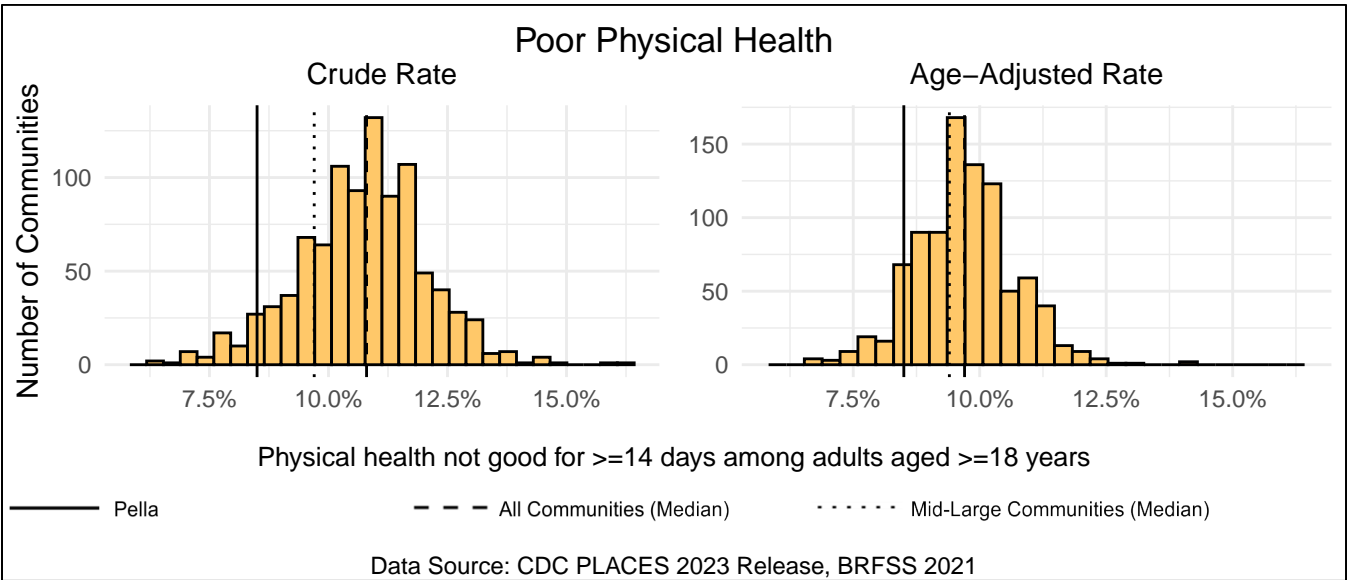
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	10.9%	14.3%	12.1%
Age-Adjusted	10.8%	12.7%	12.0%



Poor Physical Health

Pella has a crude rate of 8.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 52nd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Pella is 8.5%, which ranks 83rd out of 905 Iowa communities (10th out of 31 mid-large communities).

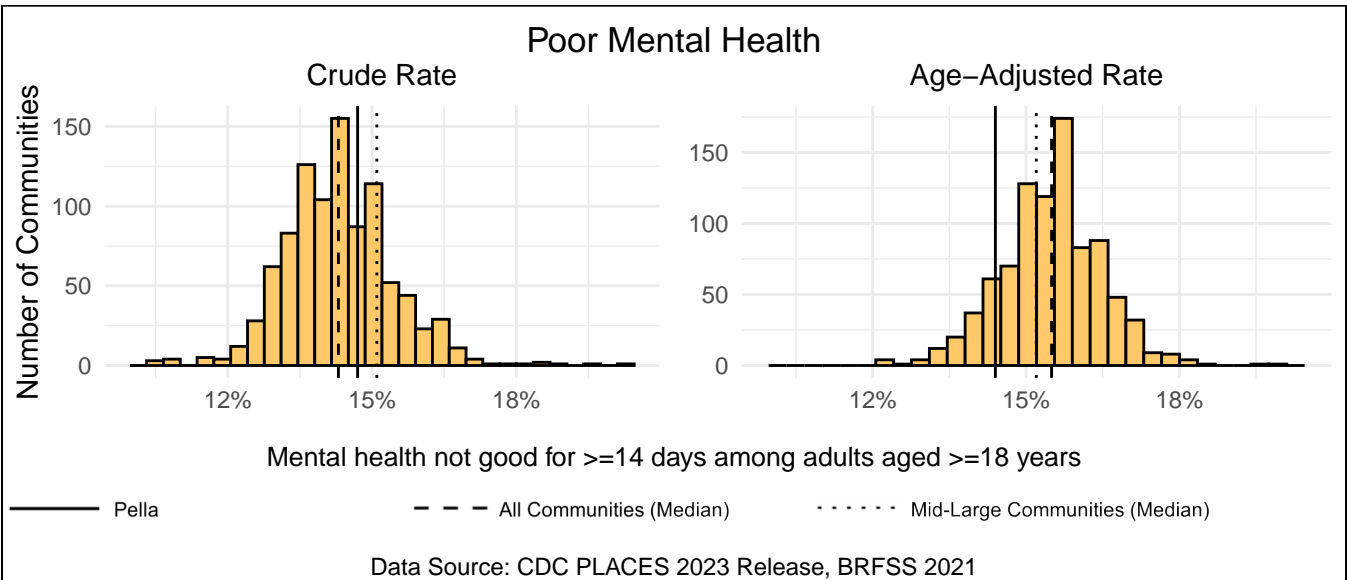
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	8.5%	10.8%	9.7%
Age-Adjusted	8.5%	9.7%	9.4%



Poor Mental Health

Pella has a crude rate of 14.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 625th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pella is 14.4%, which ranks 103rd out of 905 Iowa communities (10th out of 31 mid-large communities).

Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	14.7%	14.3%	15.1%
Age-Adjusted	14.4%	15.5%	15.2%



Health Risk Behaviors

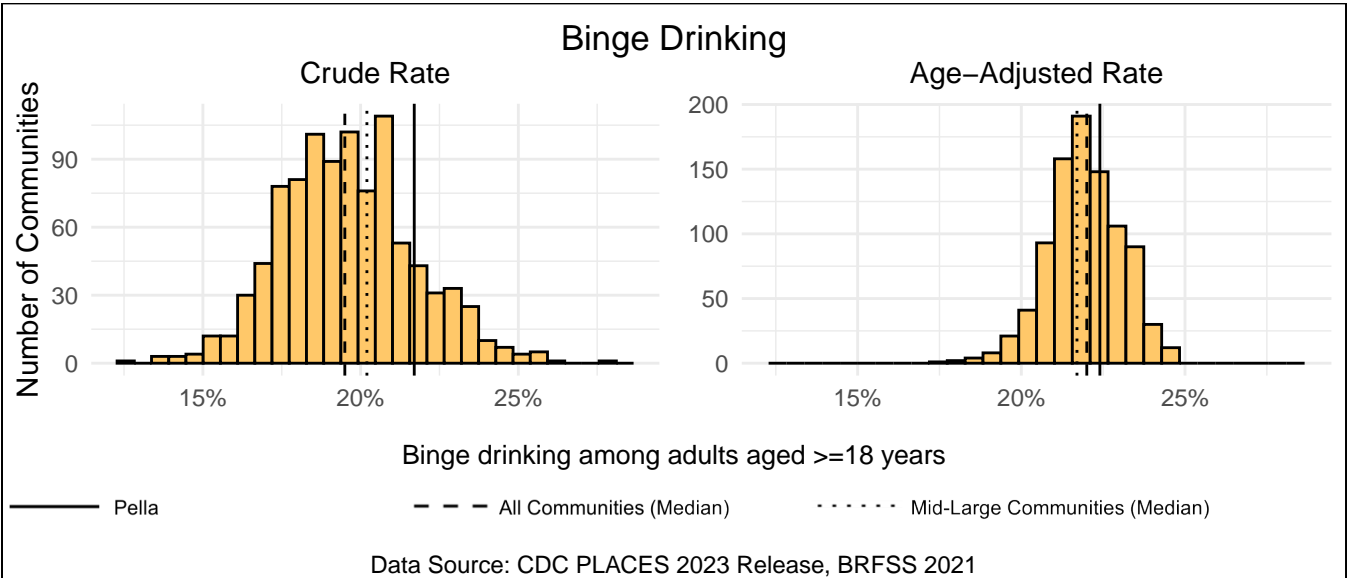
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Pella has a crude rate of 21.7% for binge drinking among adults aged ≥ 18 years, which ranks 808th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Pella is 22.4%, which ranks 585th out of 905 Iowa communities (25th out of 31 mid-large communities).

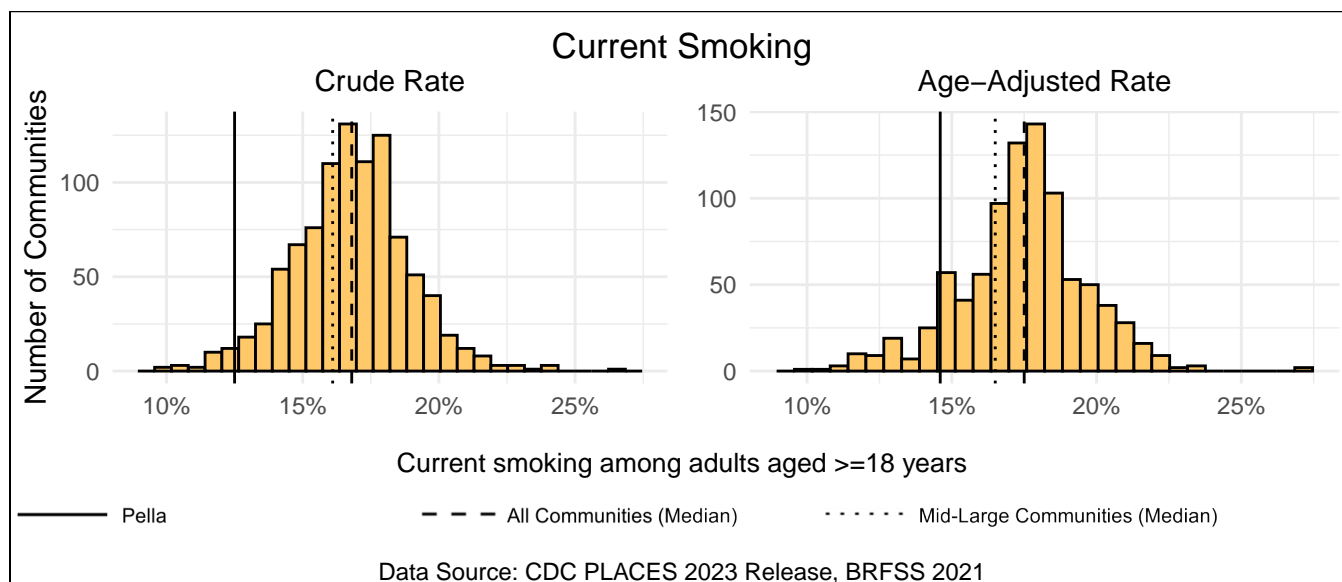
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	21.7%	19.5%	20.2%
Age-Adjusted	22.4%	22.0%	21.7%



Current Smoking

Pella has a crude rate of 12.5% for current smoking among adults aged ≥ 18 years, which ranks 23rd out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Pella is 14.6%, which ranks 76th out of 905 Iowa communities (12th out of 31 mid-large communities).

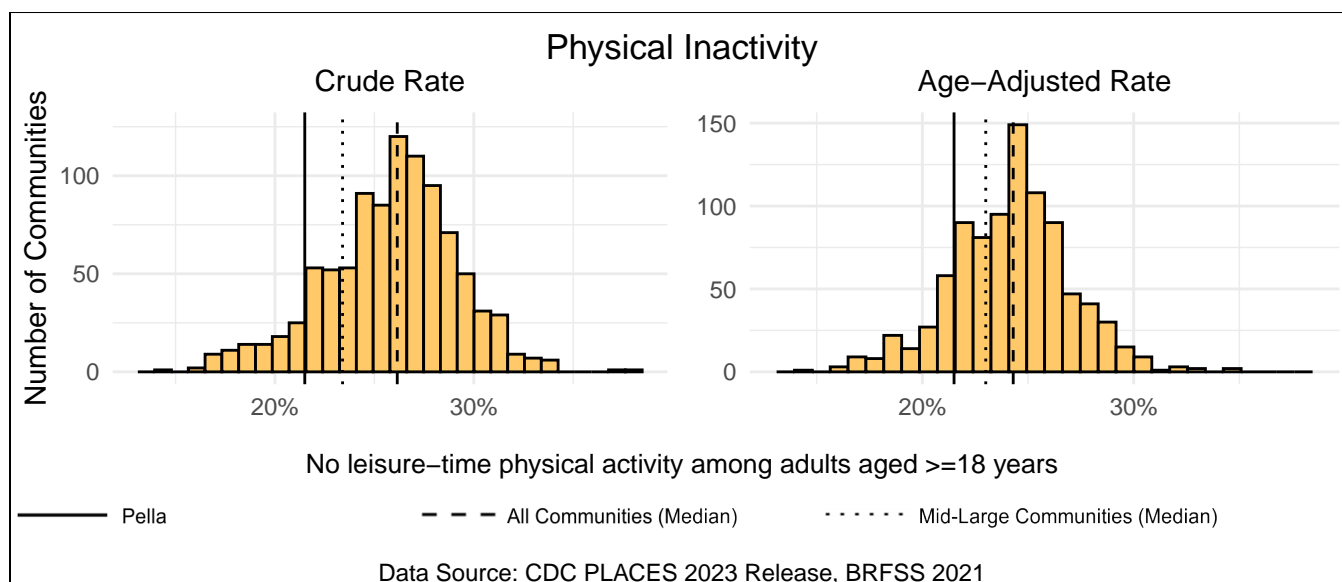
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	12.5%	16.8%	16.1%
Age-Adjusted	14.6%	17.5%	16.5%



Physical Inactivity

Pella has a crude rate of 21.5% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 92nd out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pella is 21.5%, which ranks 134th out of 905 Iowa communities (12th out of 31 mid-large communities).

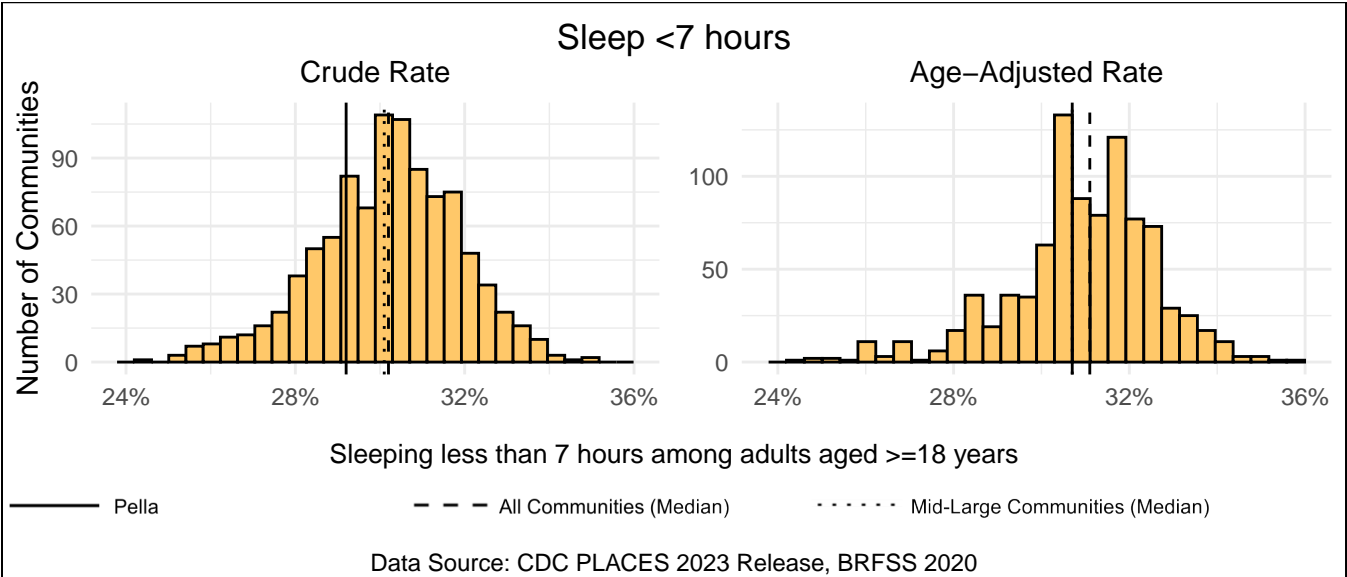
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	21.5%	26.1%	23.4%
Age-Adjusted	21.5%	24.3%	23.0%



Sleep <7 hours

Pella has a crude rate of 29.2% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 240th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pella is 30.7%, which ranks 354th out of 905 Iowa communities (16th out of 31 mid-large communities).

Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	29.2%	30.2%	30.1%
Age-Adjusted	30.7%	31.1%	30.7%



Health Outcomes

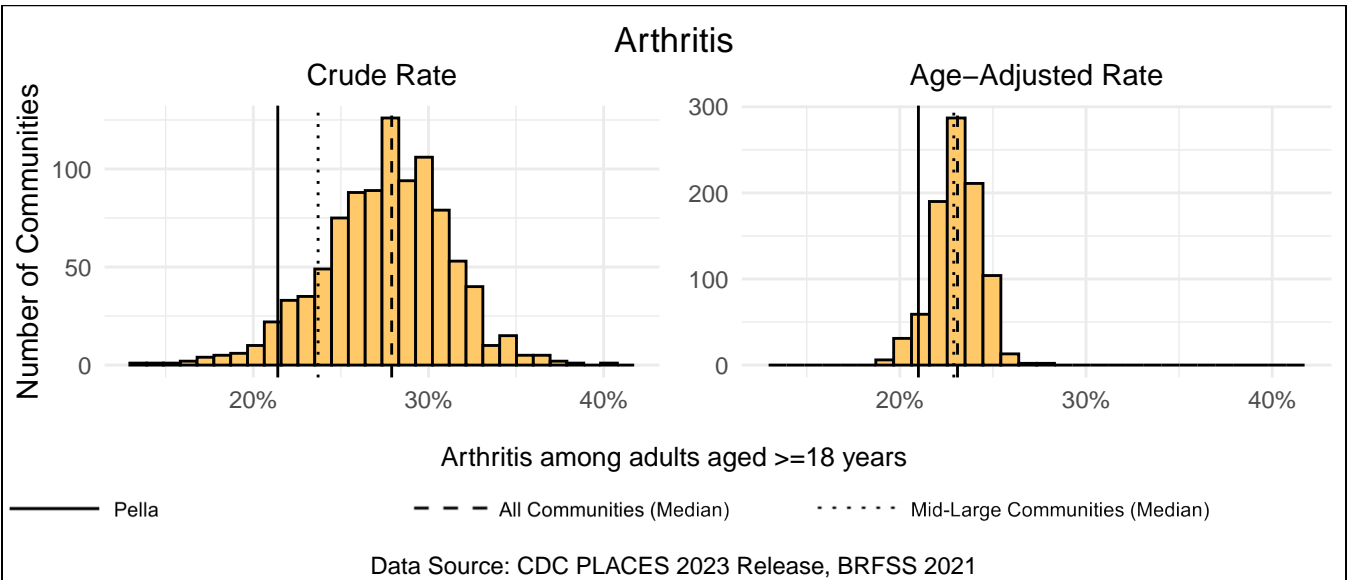
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Pella has a crude rate of 21.4% for arthritis among adults aged ≥ 18 years, which ranks 46th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Pella is 21.0%, which ranks 48th out of 905 Iowa communities (5th out of 31 mid-large communities).

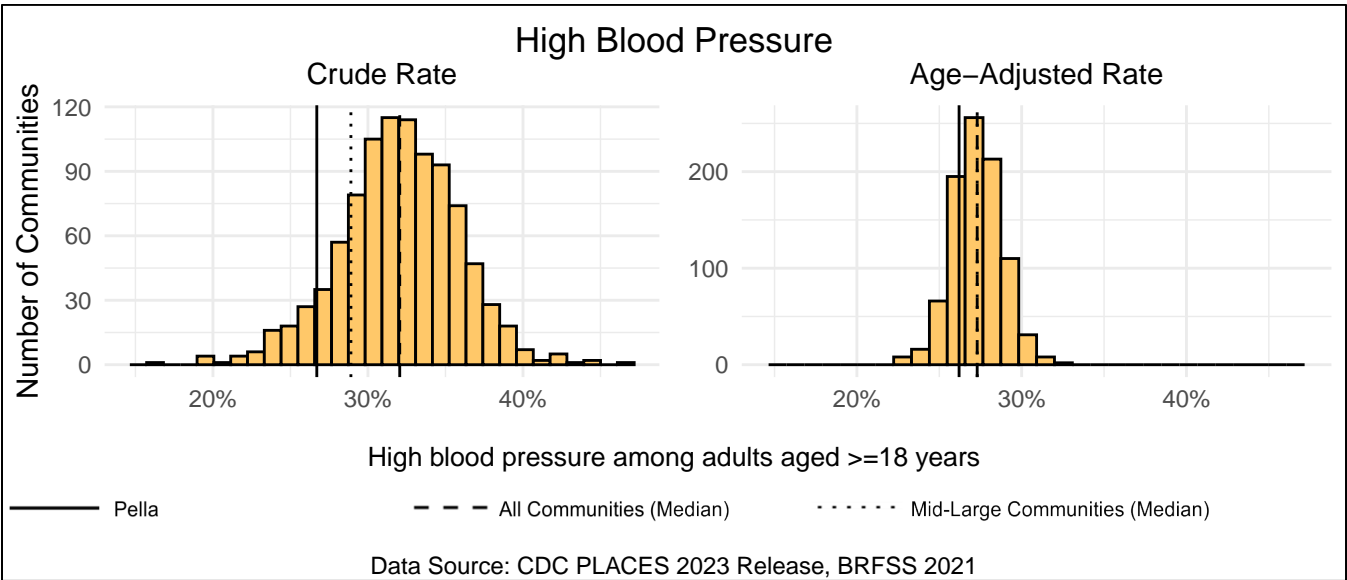
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	21.4%	27.9%	23.7%
Age-Adjusted	21.0%	23.1%	22.9%



High Blood Pressure

Pella has a crude rate of 26.7% for high blood pressure among adults aged ≥ 18 years, which ranks 83rd out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pella is 26.2%, which ranks 209th out of 905 Iowa communities (9th out of 31 mid-large communities).

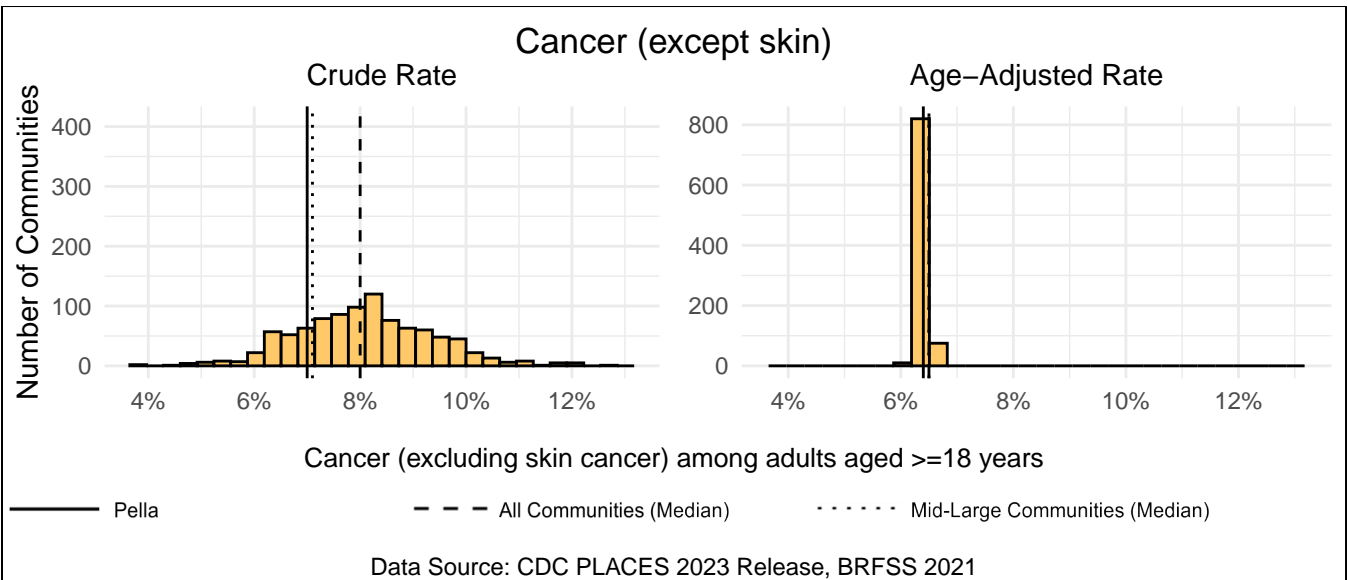
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	26.7%	32.0%	28.9%
Age-Adjusted	26.2%	27.3%	27.3%



Cancer (except skin)

Pella has a crude rate of 7.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 177th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pella is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 31 mid-large communities).

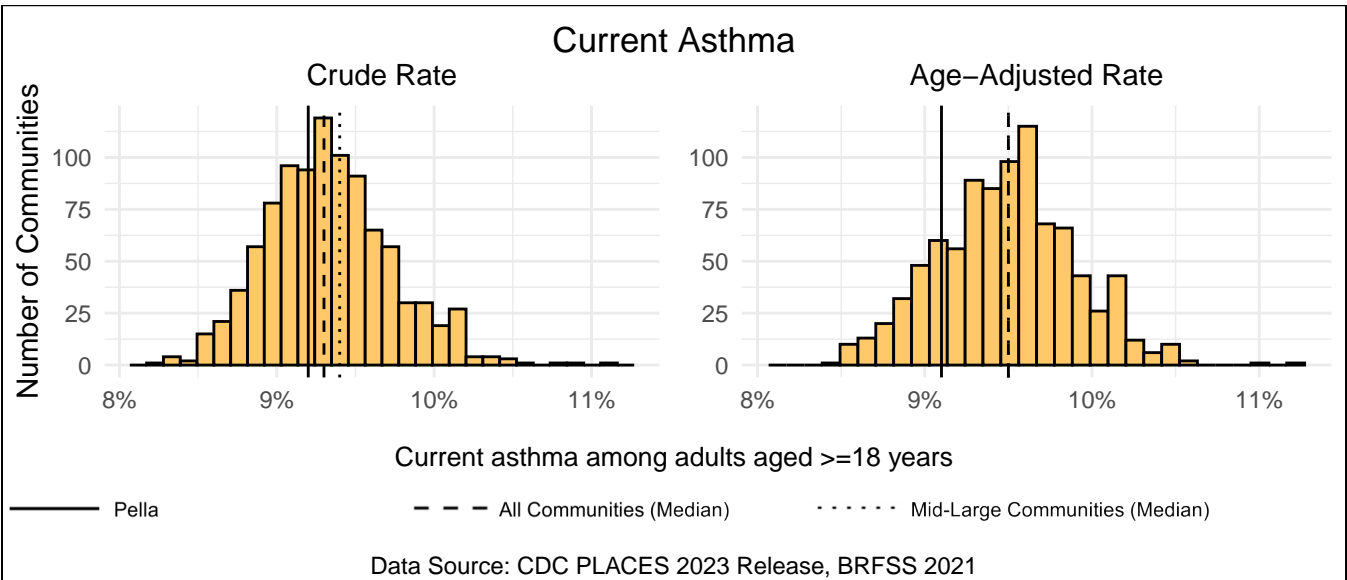
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	7.0%	8.0%	7.1%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Pella has a crude rate of 9.2% for current asthma among adults aged ≥ 18 years, which ranks 311th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Pella is 9.1%, which ranks 125th out of 905 Iowa communities (8th out of 31 mid-large communities).

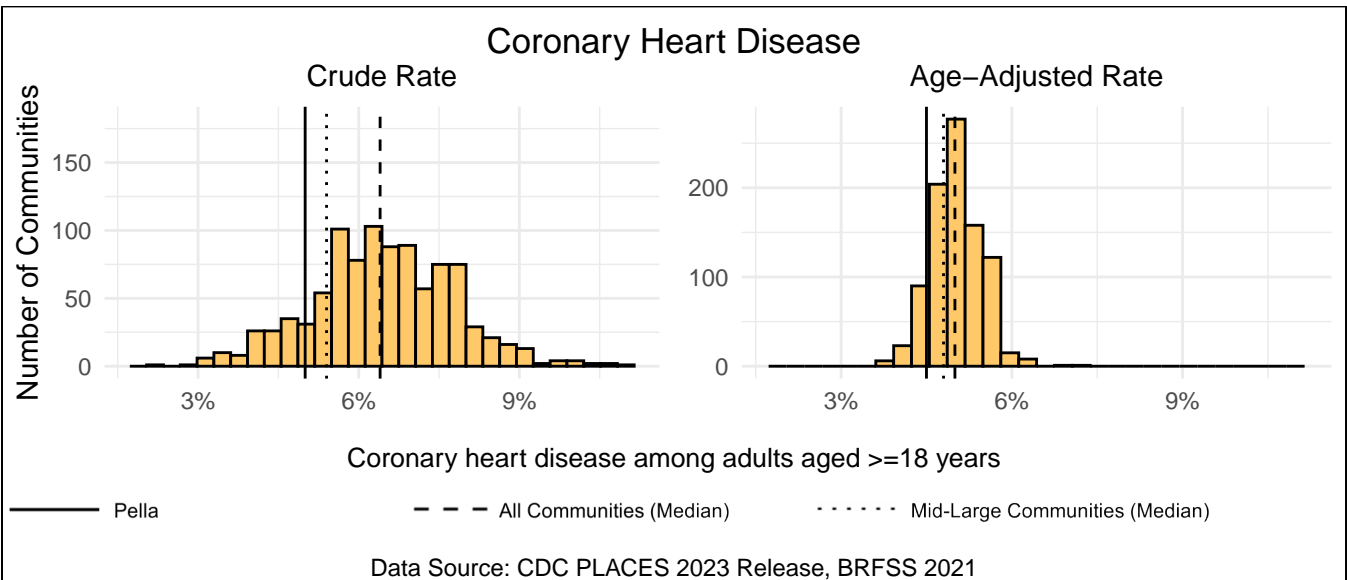
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	9.2%	9.3%	9.4%
Age-Adjusted	9.1%	9.5%	9.5%



Coronary Heart Disease

Pella has a crude rate of 5.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 124th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pella is 4.5%, which ranks 78th out of 905 Iowa communities (10th out of 31 mid-large communities).

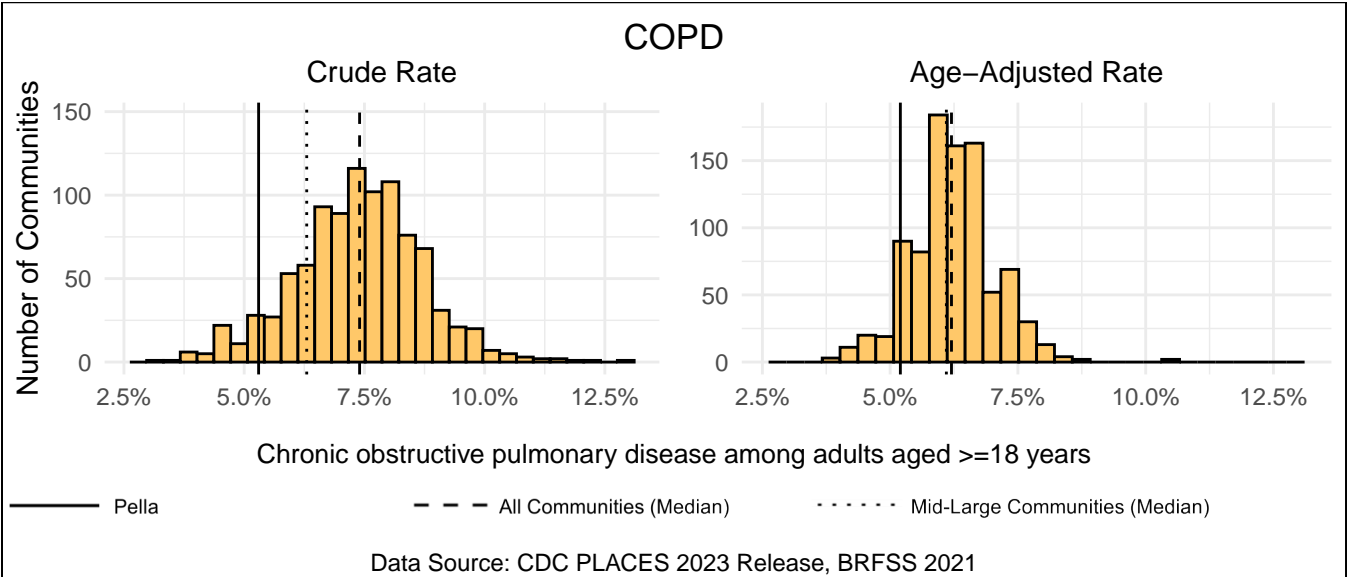
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	5.0%	6.4%	5.4%
Age-Adjusted	4.5%	5.0%	4.8%



COPD

Pella has a crude rate of 5.3% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 61st out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pella is 5.2%, which ranks 68th out of 905 Iowa communities (10th out of 31 mid-large communities).

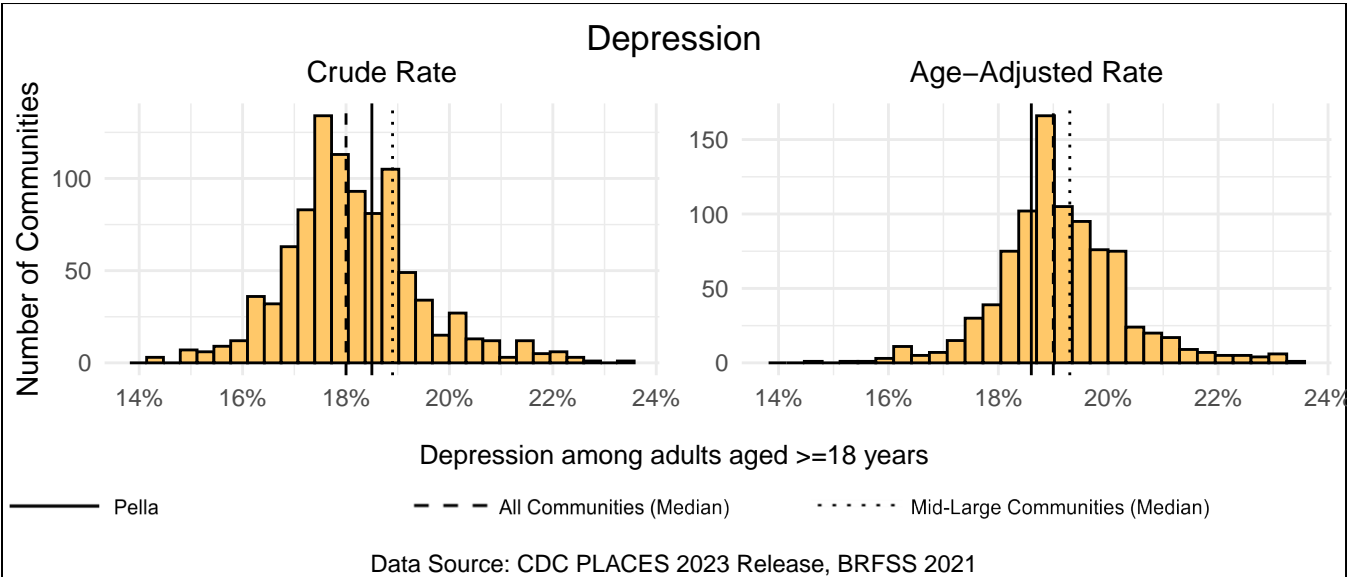
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	5.3%	7.4%	6.3%
Age-Adjusted	5.2%	6.2%	6.1%



Depression

Pella has a crude rate of 18.5% for depression among adults aged ≥ 18 years, which ranks 624th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pella is 18.6%, which ranks 251st out of 905 Iowa communities (7th out of 31 mid-large communities).

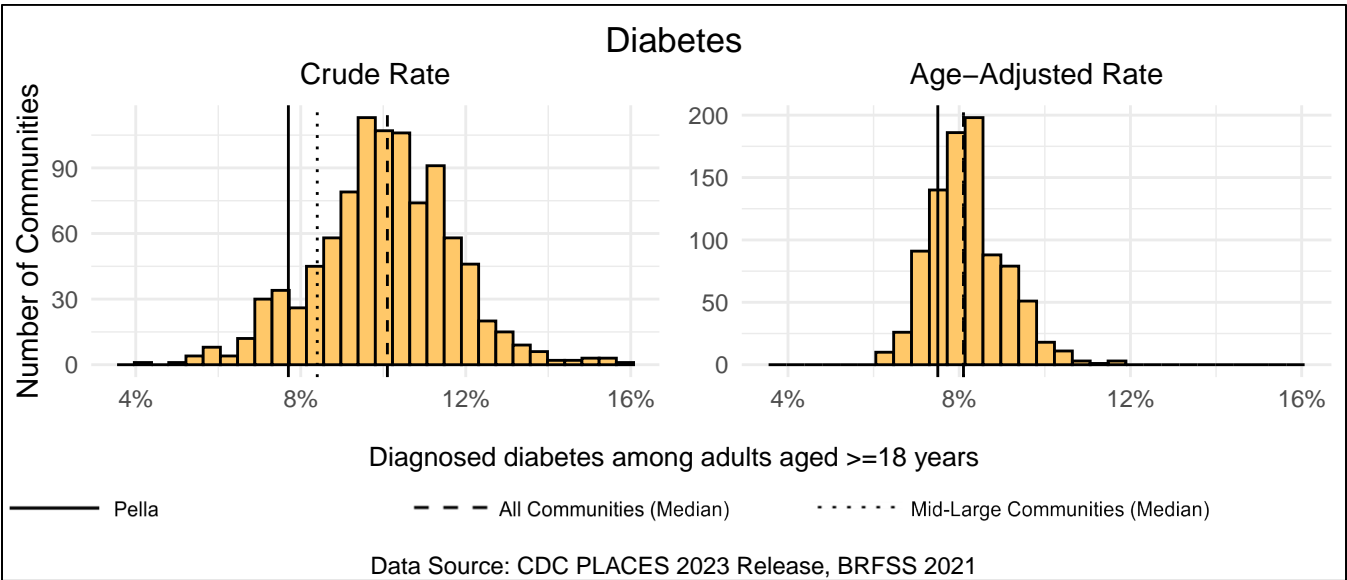
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	18.5%	18.0%	18.9%
Age-Adjusted	18.6%	19.0%	19.3%



Diabetes

Pella has a crude rate of 7.7% for diagnosed diabetes among adults aged >=18 years, which ranks 84th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pella is 7.5%, which ranks 147th out of 905 Iowa communities (12th out of 31 mid-large communities).

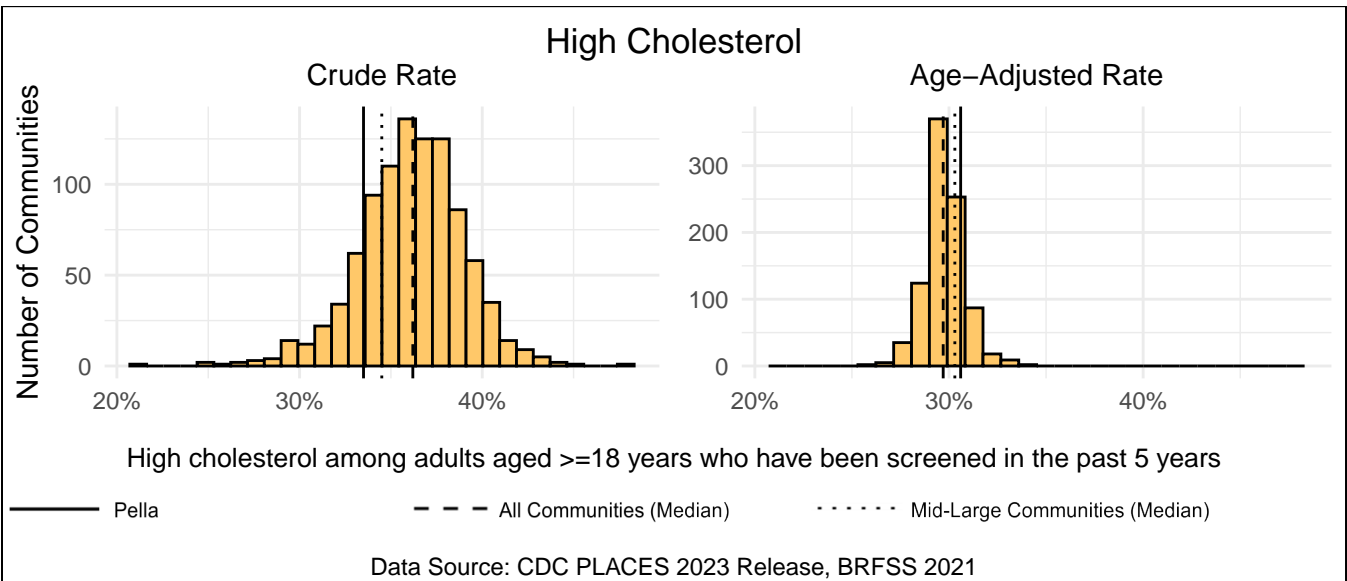
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	7.7%	10.1%	8.4%
Age-Adjusted	7.5%	8.1%	8.1%



High Cholesterol

Pella has a crude rate of 33.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 147th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pella is 30.6%, which ranks 731st out of 905 Iowa communities (20th out of 31 mid-large communities).

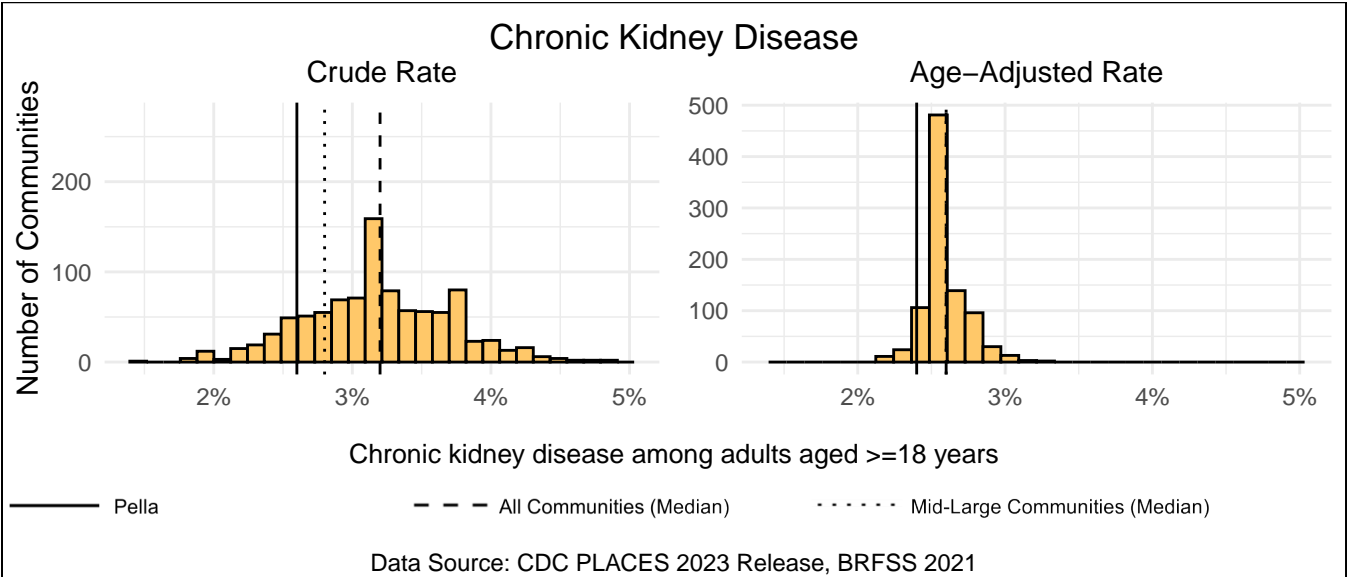
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	33.5%	36.2%	34.5%
Age-Adjusted	30.6%	29.7%	30.3%



Chronic Kidney Disease

Pella has a crude rate of 2.6% for chronic kidney disease among adults aged ≥ 18 years, which ranks 115th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Pella is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 31 mid-large communities).

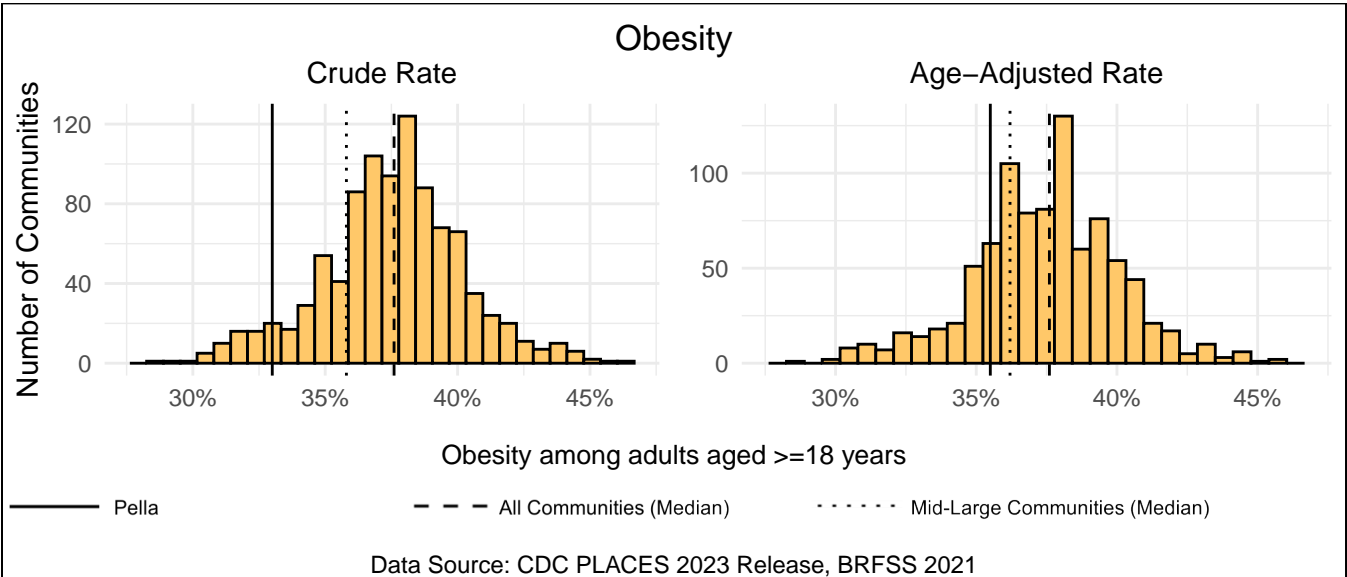
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	2.6%	3.2%	2.8%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Pella has a crude rate of 33.0% for obesity among adults aged ≥ 18 years, which ranks 57th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Pella is 35.5%, which ranks 171st out of 905 Iowa communities (14th out of 31 mid-large communities).

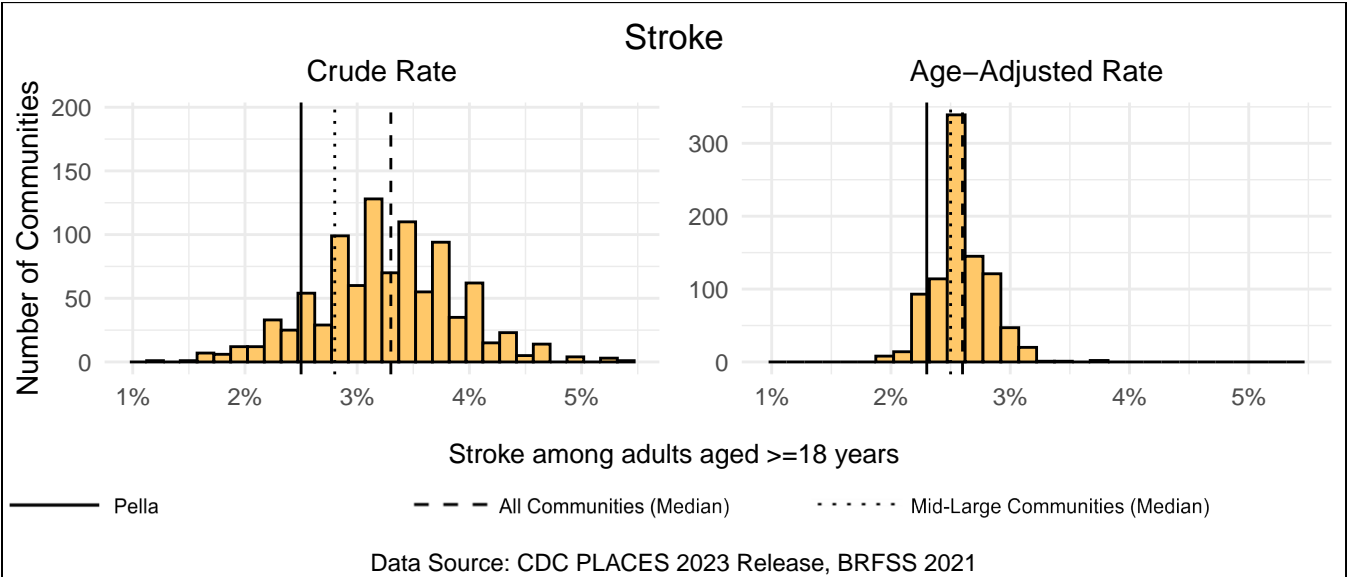
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	33.0%	37.6%	35.8%
Age-Adjusted	35.5%	37.6%	36.2%



Stroke

Pella has a crude rate of 2.5% for stroke among adults aged >=18 years, which ranks 98th out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Pella is 2.3%, which ranks 49th out of 905 Iowa communities (9th out of 31 mid-large communities).

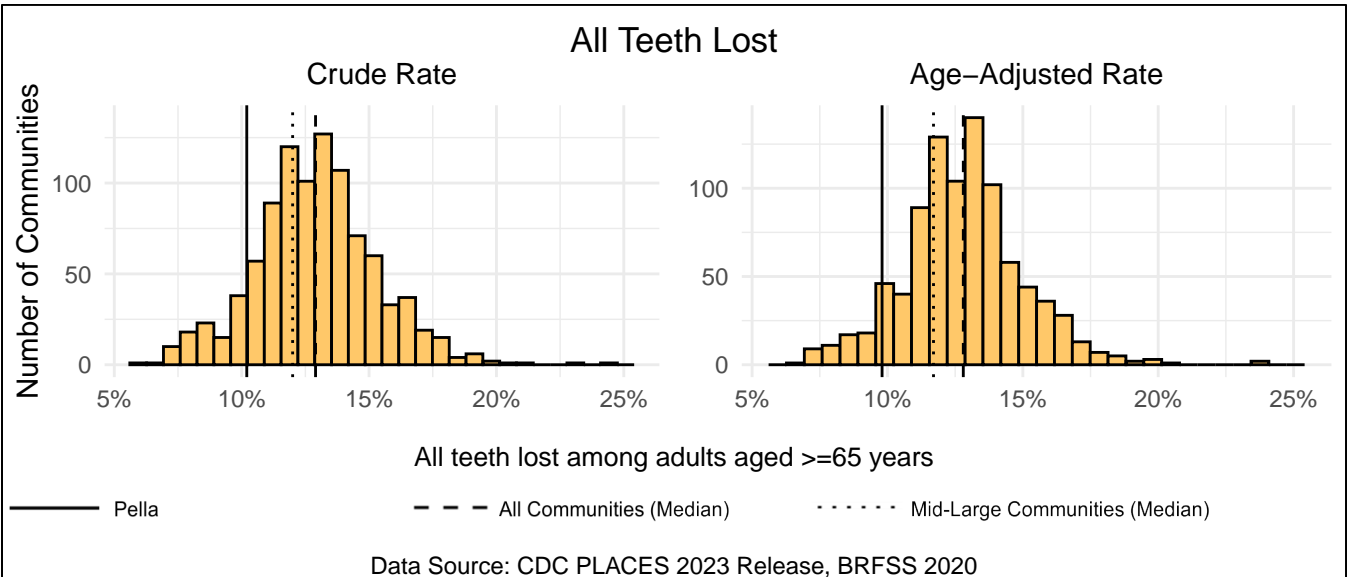
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	2.5%	3.3%	2.8%
Age-Adjusted	2.3%	2.6%	2.5%



All Teeth Lost

Pella has a crude rate of 10.2% for all teeth lost among adults aged >=65 years, which ranks 102nd out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Pella is 9.8%, which ranks 66th out of 905 Iowa communities (12th out of 31 mid-large communities).

Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	10.2%	12.9%	12.0%
Age-Adjusted	9.8%	12.8%	11.7%



Prevention

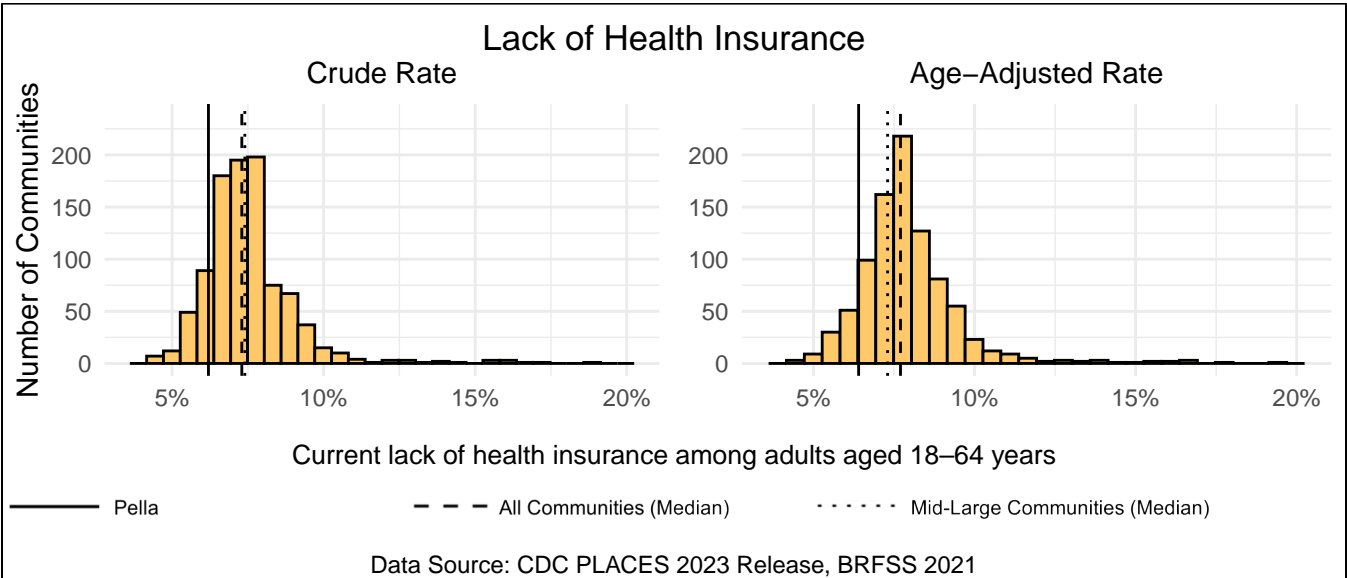
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Pella has a crude rate of 6.2% for current lack of health insurance among adults aged 18–64 years, which ranks 120th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Pella is 6.4%, which ranks 94th out of 905 Iowa communities (10th out of 31 mid-large communities).

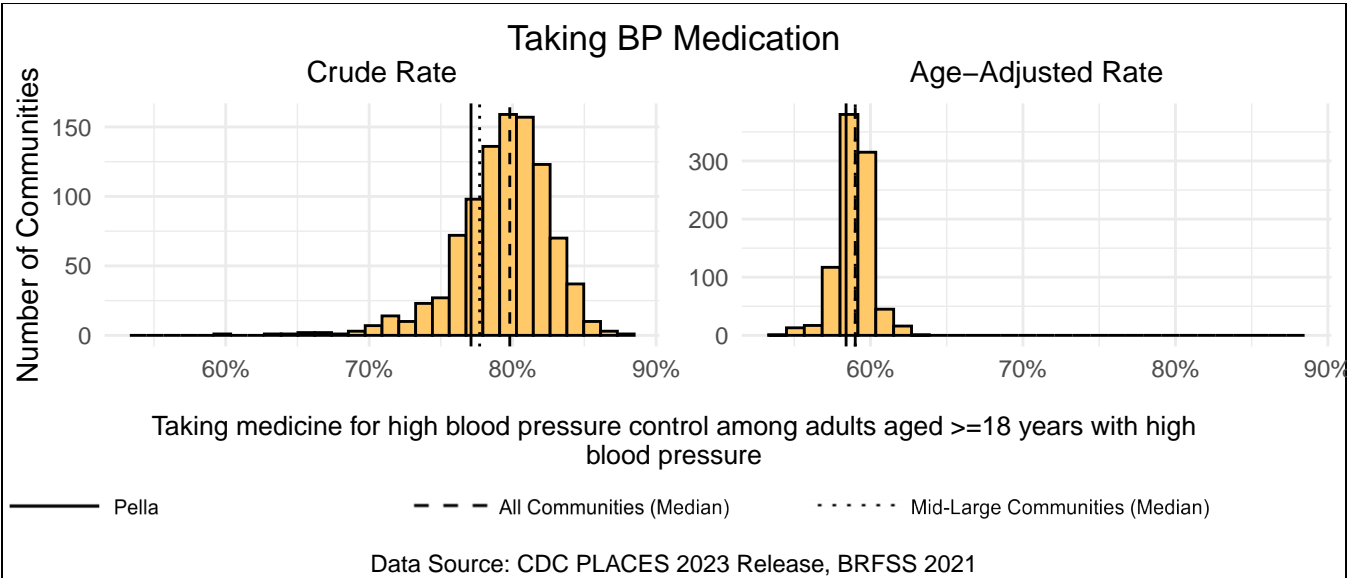
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	6.2%	7.3%	7.4%
Age-Adjusted	6.4%	7.7%	7.3%



Taking BP Medication

Pella has a crude rate of 77.1% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 765th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Pella is 58.4%, which ranks 660th out of 905 Iowa communities (19th out of 31 mid-large communities).

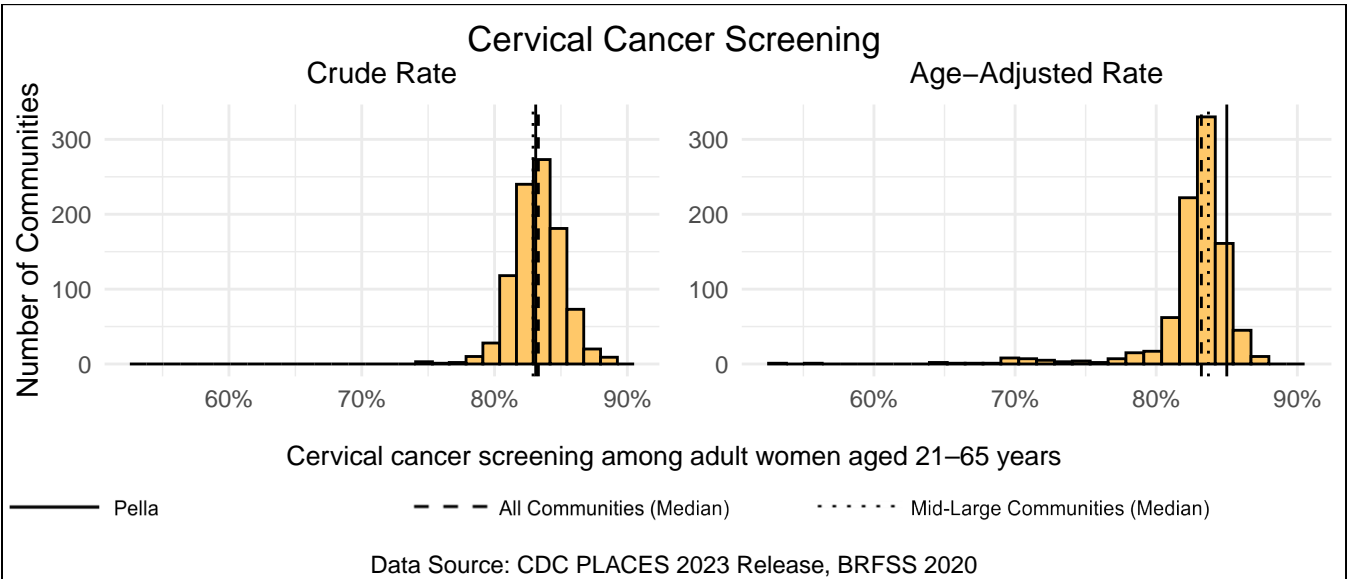
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	77.1%	79.8%	77.7%
Age-Adjusted	58.4%	59.0%	59.0%



Cervical Cancer Screening

Pella has a crude rate of 83.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 511th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pella is 85.0%, which ranks 87th out of 905 Iowa communities (11th out of 31 mid-large communities).

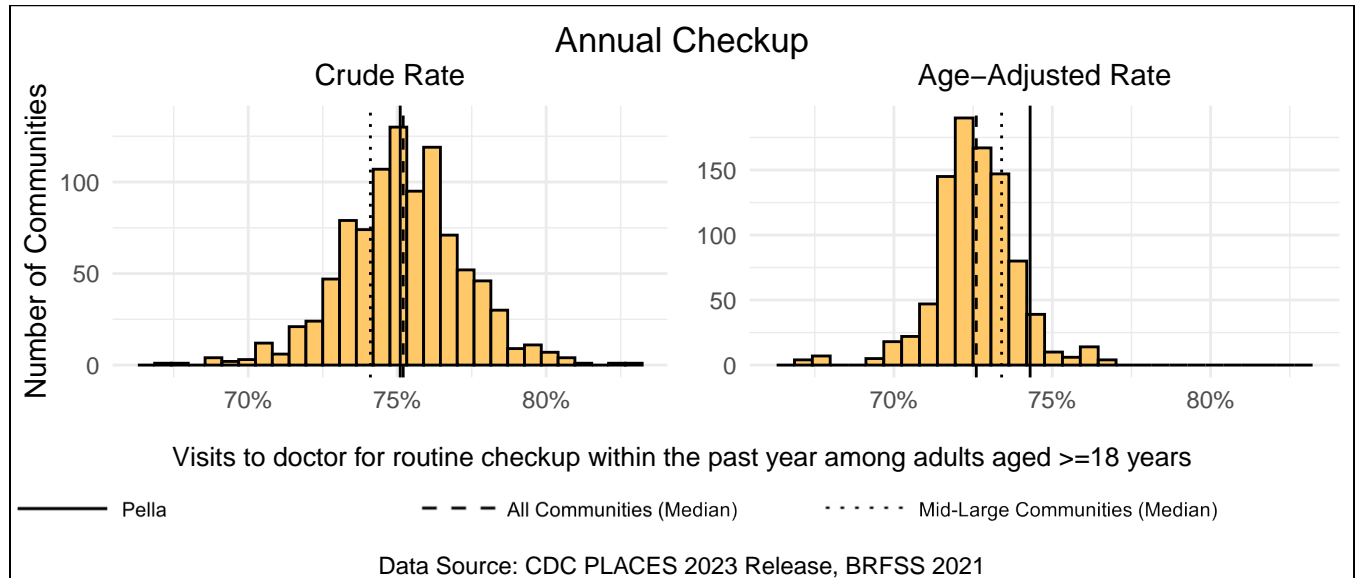
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	83.1%	83.3%	82.9%
Age-Adjusted	85.0%	83.2%	83.7%



Annual Checkup

Pella has a crude rate of 75.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Pella is 74.3%, which ranks 55th out of 905 Iowa communities (3rd out of 31 mid-large communities).

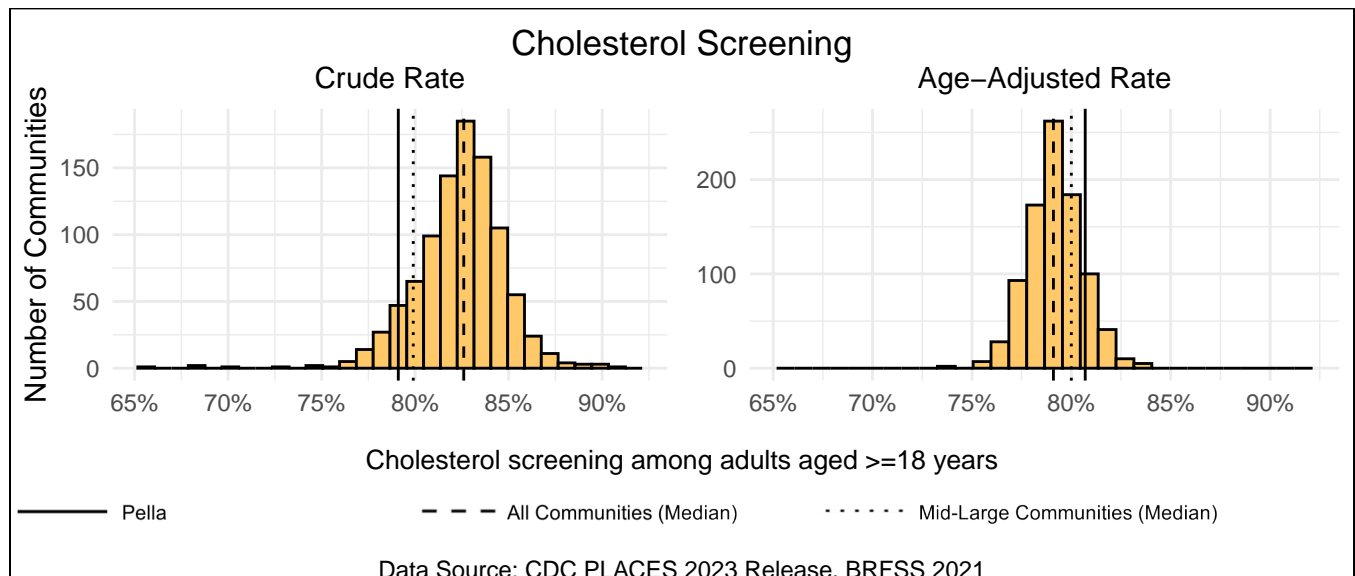
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	75.1%	75.2%	74.1%
Age-Adjusted	74.3%	72.6%	73.4%



Cholesterol Screening

Pella has a crude rate of 79.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 885th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Pella is 80.7%, which ranks 113th out of 905 Iowa communities (11th out of 31 mid-large communities).

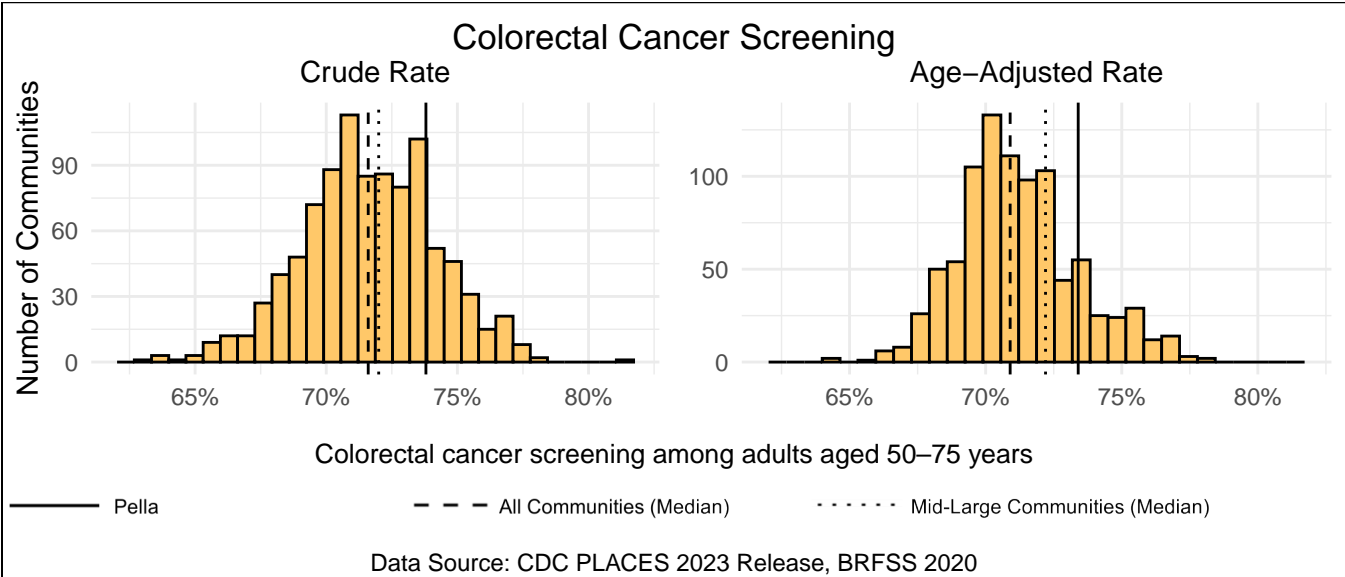
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	79.1%	82.6%	79.9%
Age-Adjusted	80.7%	79.1%	80.0%



Colorectal Cancer Screening

Pella has a crude rate of 73.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 177th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Pella is 73.4%, which ranks 136th out of 905 Iowa communities (13th out of 31 mid-large communities).

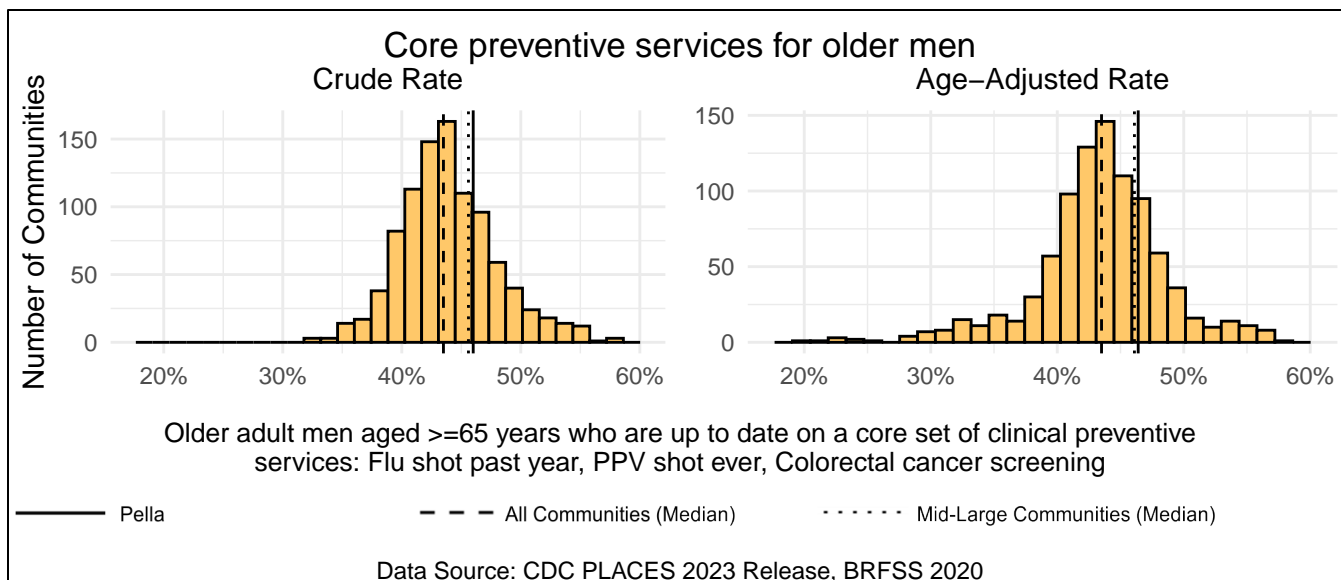
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	73.8%	71.6%	72.0%
Age-Adjusted	73.4%	70.9%	72.2%



Core preventive services for older men

Pella has a crude rate of 46.0% 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 256th out of 958 Iowa communities (15th out of 31 mid-large communities). The age-adjusted rate for Pella is 46.4%, which ranks 217th out of 905 Iowa communities (15th out of 31 mid-large communities).

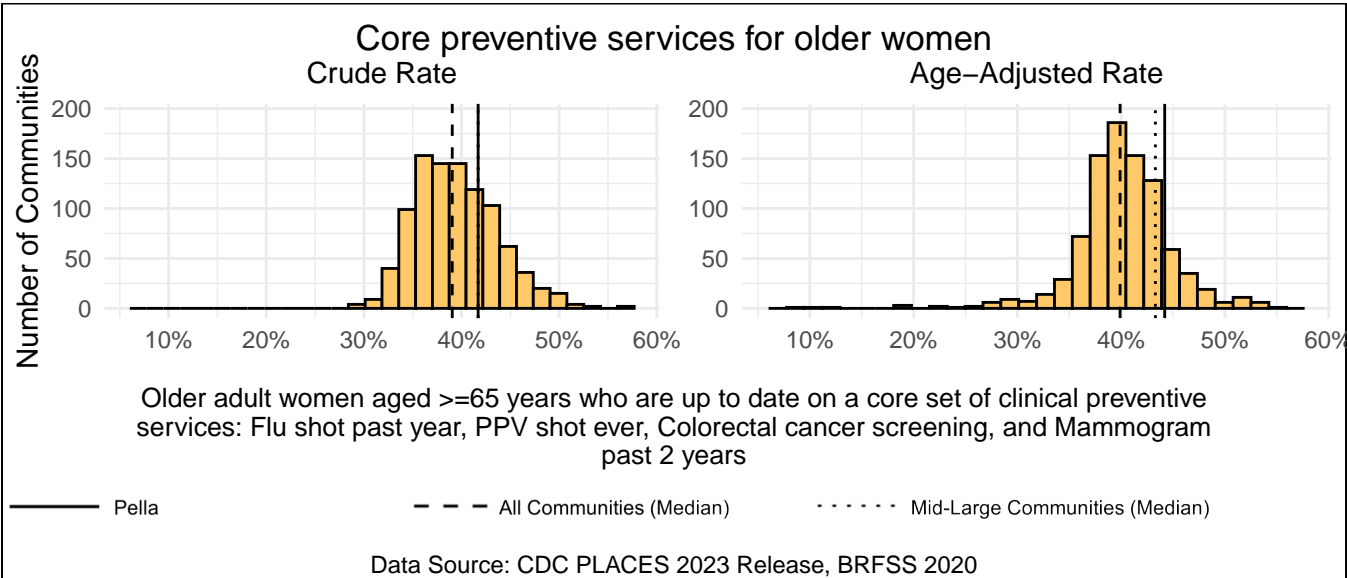
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	46.0%	43.5%	45.6%
Age-Adjusted	46.4%	43.5%	46.1%



Core preventive services for older women

Pella has a crude rate of 41.7% 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 271st out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pella is 44.2%, which ranks 128th out of 905 Iowa communities (12th out of 31 mid-large communities).

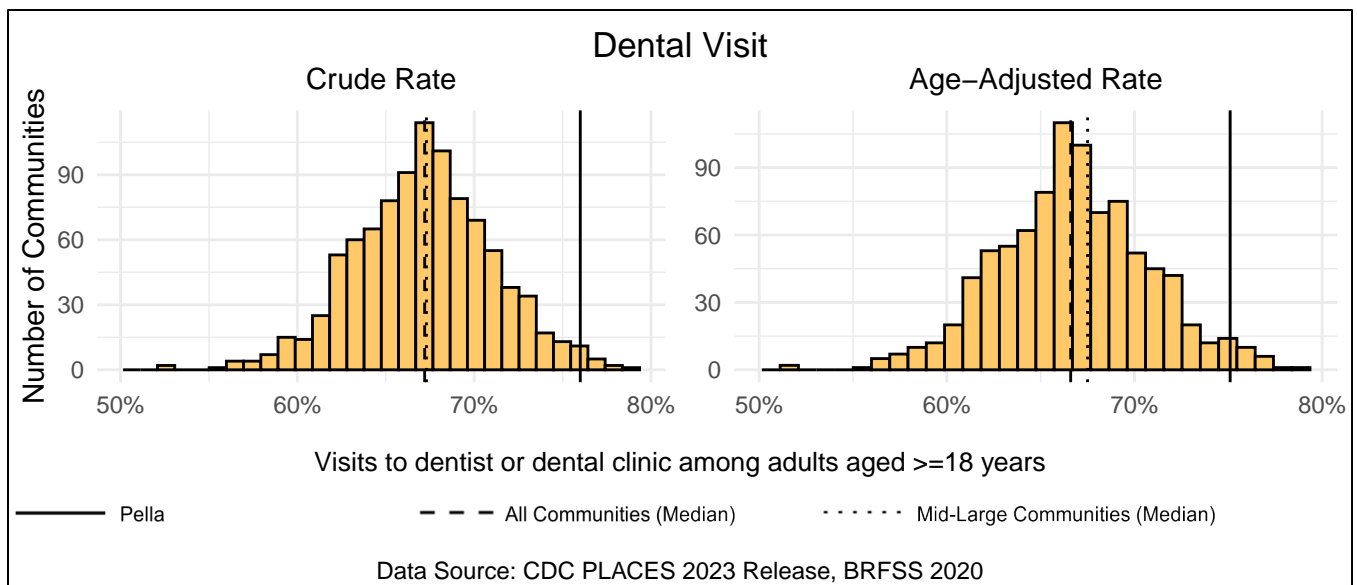
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	41.7%	39.0%	41.7%
Age-Adjusted	44.2%	39.9%	43.3%



Dental Visit

Pella has a crude rate of 76.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 12th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Pella is 75.1%, which ranks 23rd out of 905 Iowa communities (3rd out of 31 mid-large communities).

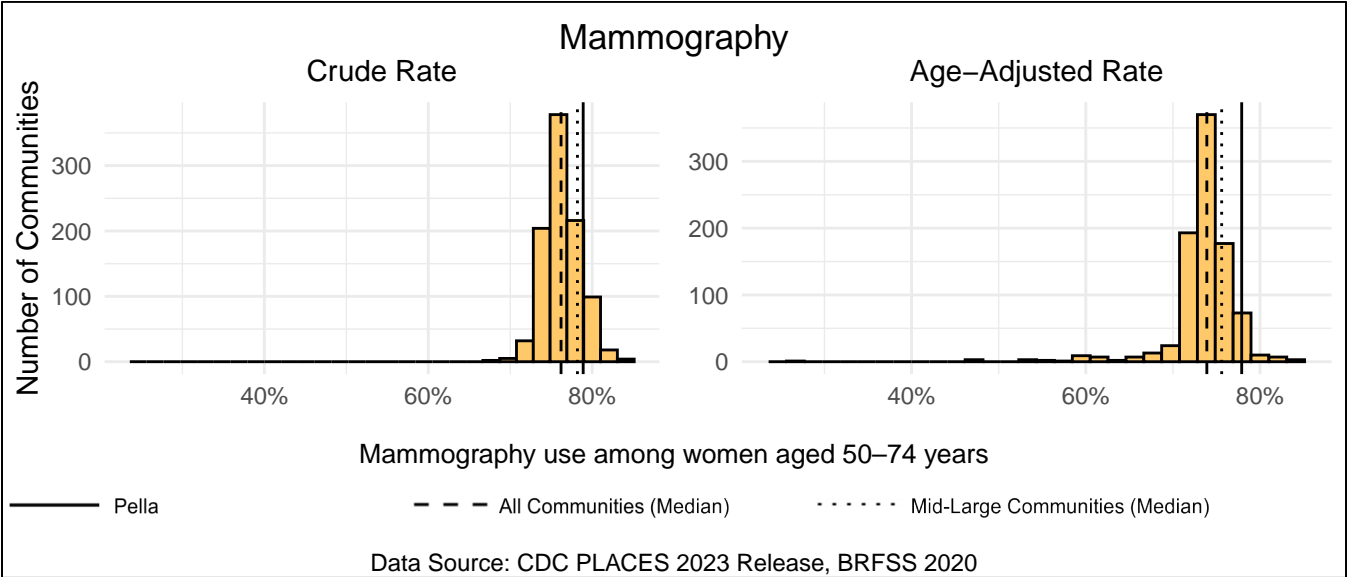
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	76.0%	67.2%	67.3%
Age-Adjusted	75.1%	66.6%	67.5%



Mammography

Pella has a crude rate of 78.9% for mammography use among women aged 50–74 years, which ranks 122nd out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pella is 77.9%, which ranks 53rd out of 905 Iowa communities (6th out of 31 mid-large communities).

Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	78.9%	76.2%	78.2%
Age-Adjusted	77.9%	73.9%	75.6%



Disability

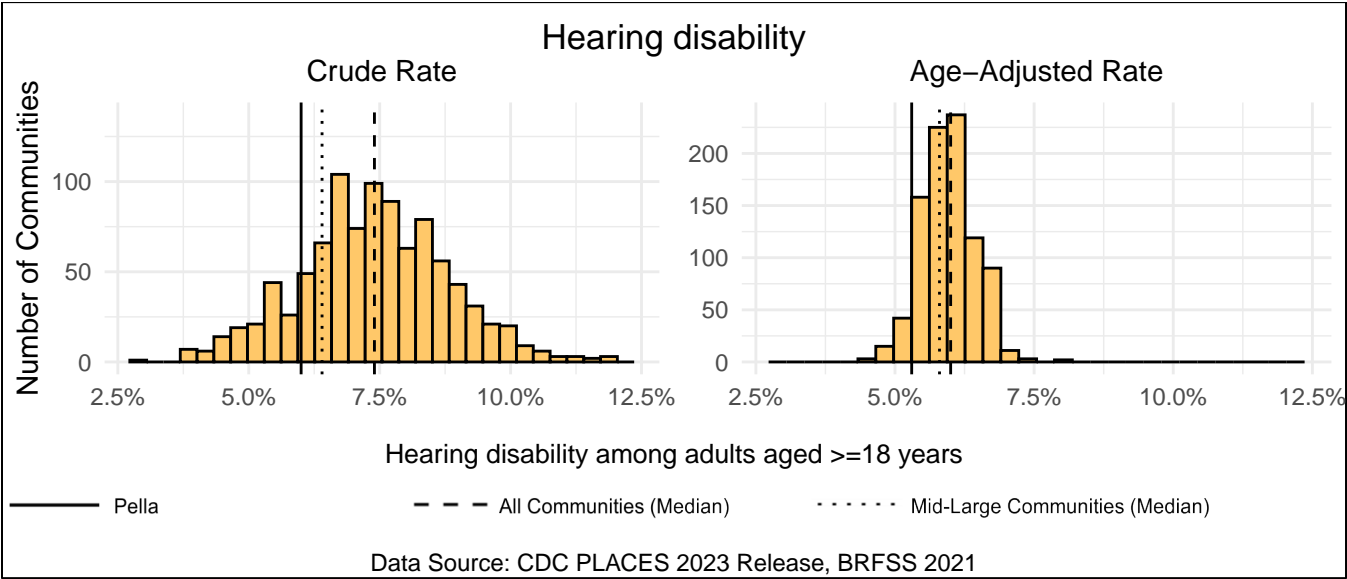
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Pella has a crude rate of 6.0% for hearing disability among adults aged ≥ 18 years, which ranks 139th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Pella is 5.3%, which ranks 61st out of 905 Iowa communities (10th out of 31 mid-large communities).

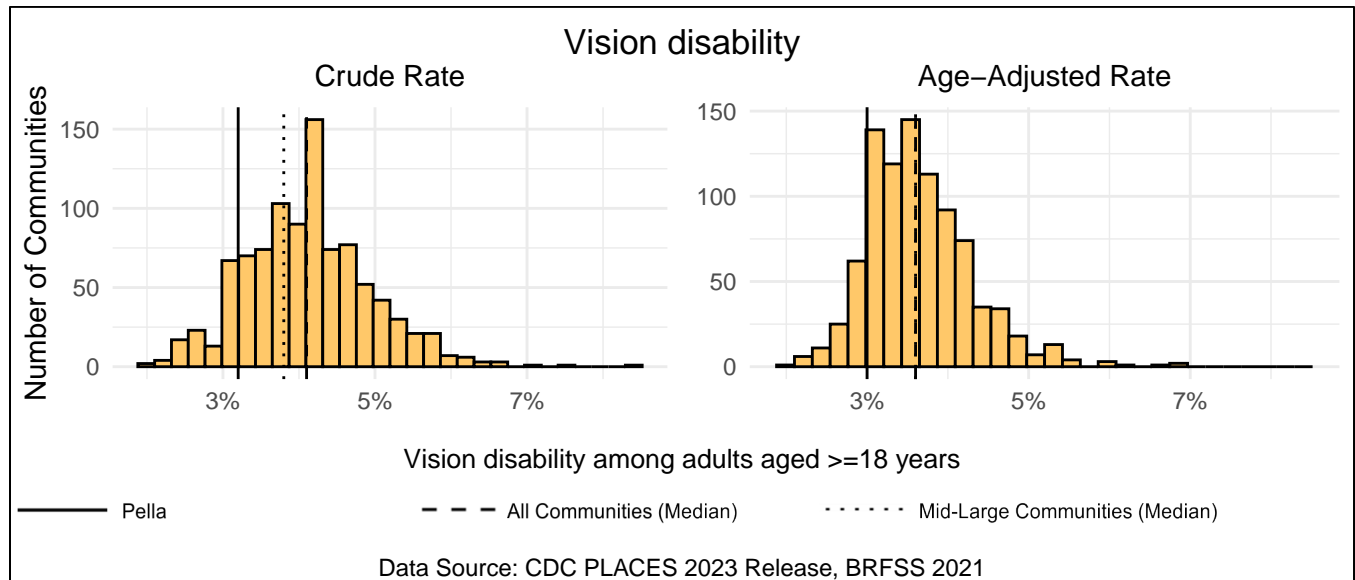
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	6.0%	7.4%	6.4%
Age-Adjusted	5.3%	6.0%	5.8%



Vision disability

Pella has a crude rate of 3.2% for vision disability among adults aged ≥ 18 years, which ranks 105th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Pella is 3.0%, which ranks 106th out of 905 Iowa communities (10th out of 31 mid-large communities).

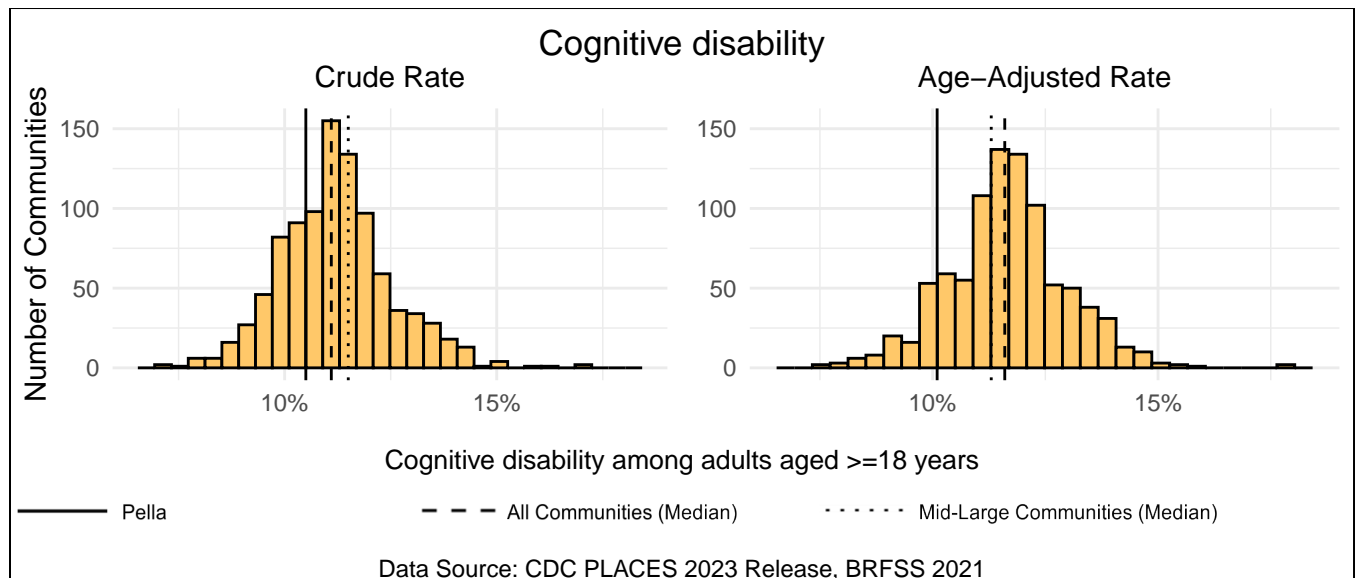
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	3.2%	4.1%	3.8%
Age-Adjusted	3.0%	3.6%	3.6%



Cognitive disability

Pella has a crude rate of 10.5% for cognitive disability among adults aged ≥ 18 years, which ranks 253rd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Pella is 10.1%, which ranks 96th out of 905 Iowa communities (10th out of 31 mid-large communities).

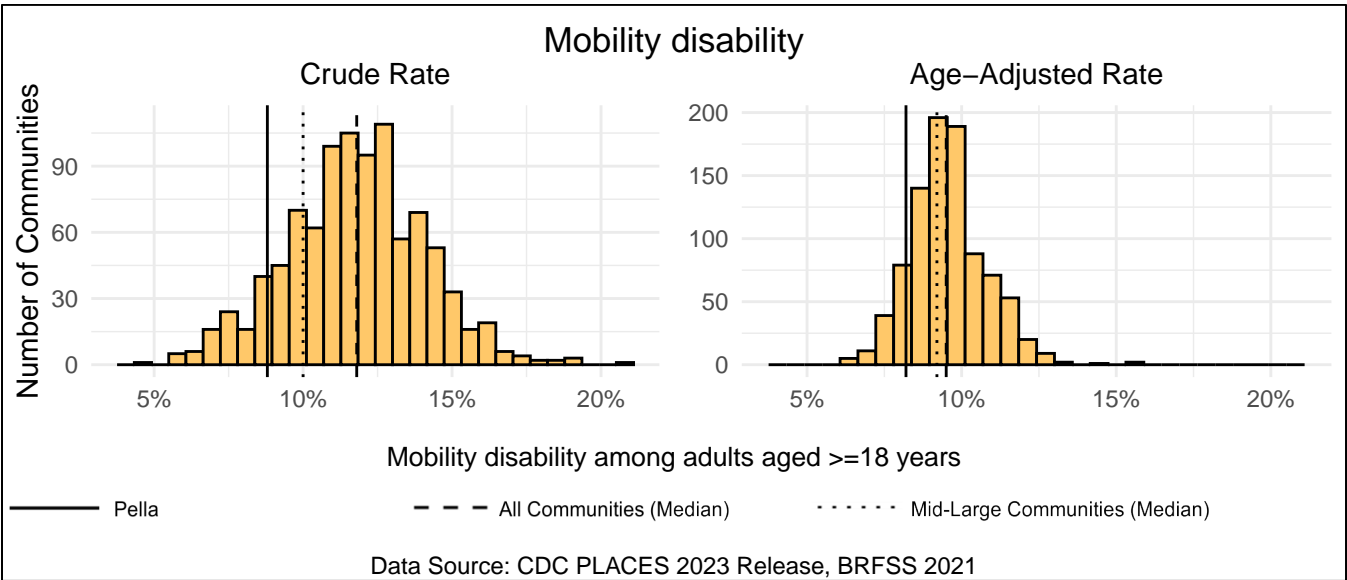
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	10.5%	11.1%	11.5%
Age-Adjusted	10.1%	11.6%	11.3%



Mobility disability

Pella has a crude rate of 8.8% for mobility disability among adults aged >=18 years, which ranks 96th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pella is 8.2%, which ranks 104th out of 905 Iowa communities (9th out of 31 mid-large communities).

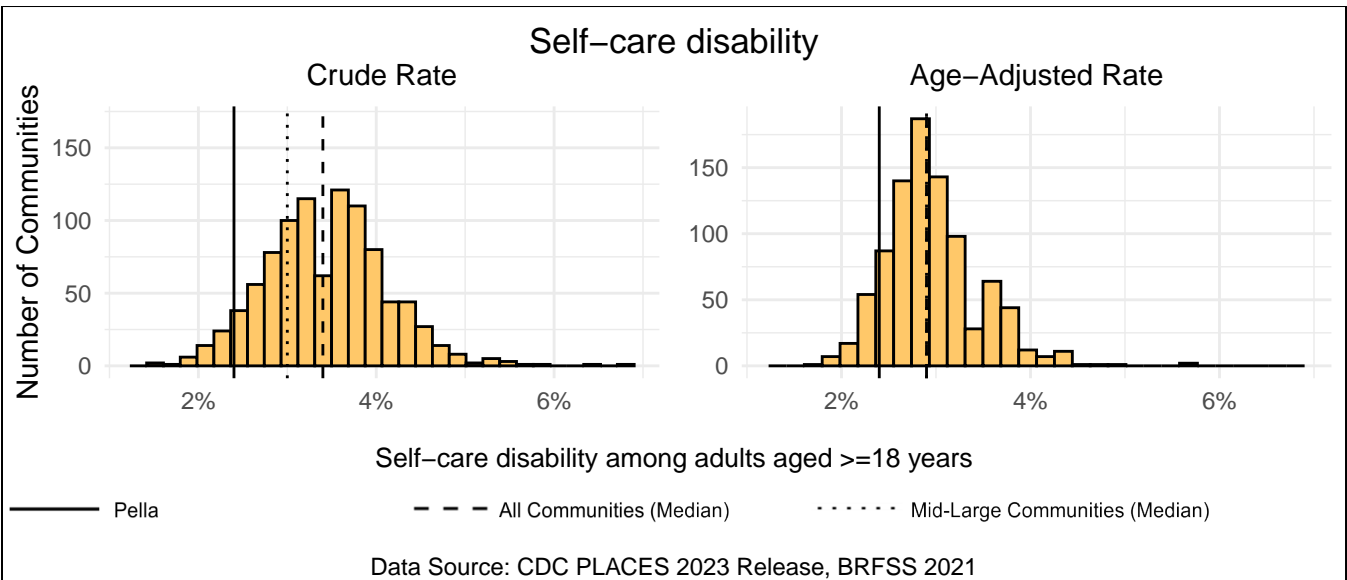
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	8.8%	11.8%	10.0%
Age-Adjusted	8.2%	9.5%	9.2%



Self-care disability

Pella has a crude rate of 2.4% for self-care disability among adults aged >=18 years, which ranks 48th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Pella is 2.4%, which ranks 80th out of 905 Iowa communities (9th out of 31 mid-large communities).

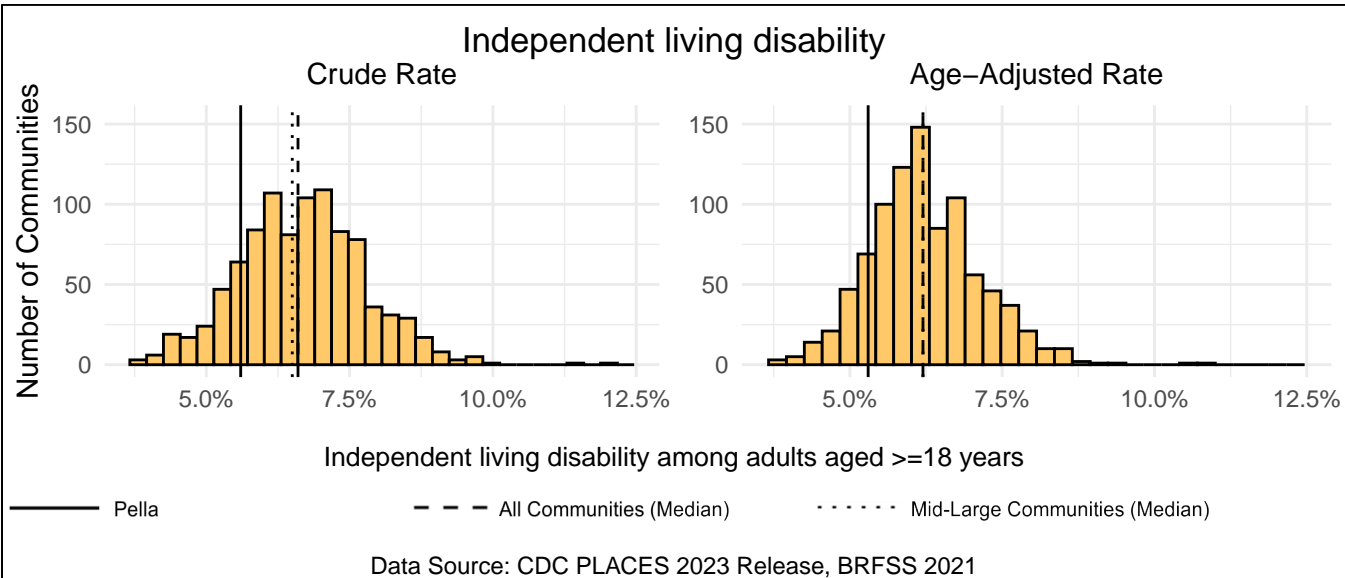
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	2.4%	3.4%	3.0%
Age-Adjusted	2.4%	2.9%	2.9%



Independent living disability

Pella has a crude rate of 5.6% for independent living disability among adults aged ≥ 18 years, which ranks 141st out of 958 Iowa communities (13th out of 31 mid-large communities). The age-adjusted rate for Pella is 5.3%, which ranks 111th out of 905 Iowa communities (10th out of 31 mid-large communities).

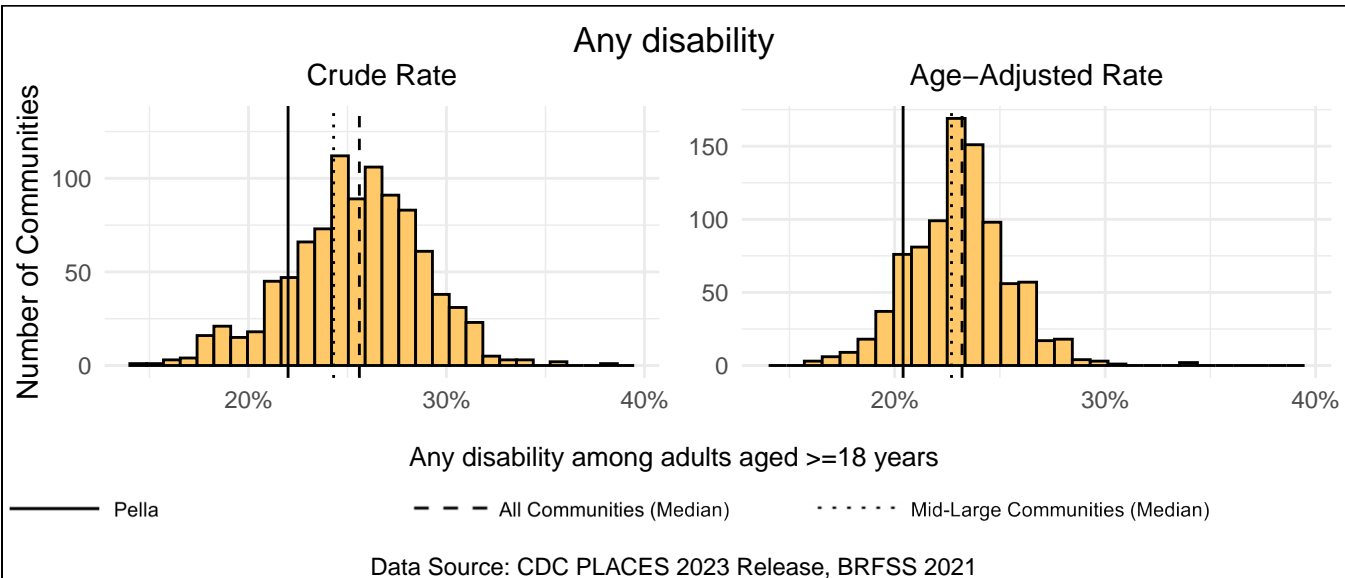
Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	5.6%	6.6%	6.5%
Age-Adjusted	5.3%	6.2%	6.2%



Any disability

Pella has a crude rate of 22.0% for any disability among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Pella is 20.4%, which ranks 91st out of 905 Iowa communities (11th out of 31 mid-large communities).

Measure Type	Pella	All Comm.	Mid-Large Comm.
Crude	22.0%	25.6%	24.3%
Age-Adjusted	20.4%	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: Pella 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	72	10.9% (9.1% - 12.9%)	103	10.8% (9.0% - 12.9%)
Health Status	Physical Health	52	8.5% (7.2% - 9.8%)	83	8.5% (7.2% - 9.9%)
Health Status	Mental Health	625	14.7% (12.5% - 16.9%)	103	14.4% (12.4% - 16.6%)
Health Risk Behaviors	Physical Inactivity	92	21.5% (17.4% - 25.8%)	134	21.5% (17.4% - 25.9%)
Health Risk Behaviors	Binge Drinking	808	21.7% (18.0% - 25.3%)	585	22.4% (18.6% - 26.2%)
Health Risk Behaviors	Current Smoking	23	12.5% (9.9% - 15.5%)	76	14.6% (11.6% - 18.0%)
Health Risk Behaviors	Sleep <7 hours	240	29.2% (27.8% - 30.5%)	354	30.7% (29.1% - 32.1%)
Health Outcomes	Stroke	98	2.5% (2.2% - 2.9%)	49	2.3% (2.1% - 2.6%)
Health Outcomes	COPD	61	5.3% (4.4% - 6.3%)	68	5.2% (4.3% - 6.2%)
Health Outcomes	Coronary Heart Disease	124	5.0% (4.4% - 5.7%)	78	4.5% (3.9% - 5.1%)
Health Outcomes	Cancer (except skin)	177	7.0% (6.3% - 7.7%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	High Blood Pressure	83	26.7% (23.1% - 30.2%)	209	26.2% (22.5% - 29.9%)
Health Outcomes	Current Asthma	311	9.2% (8.0% - 10.3%)	125	9.1% (8.0% - 10.3%)
Health Outcomes	Depression	624	18.5% (15.1% - 21.8%)	251	18.6% (15.2% - 22.1%)
Health Outcomes	Diabetes	84	7.7% (6.5% - 9.0%)	147	7.5% (6.3% - 8.8%)
Health Outcomes	Obesity	57	33.0% (26.4% - 39.3%)	171	35.5% (28.6% - 42.3%)
Health Outcomes	All Teeth Lost	102	10.2% (6.9% - 14.6%)	66	9.8% (6.7% - 14.0%)
Health Outcomes	Arthritis	46	21.4% (18.2% - 24.7%)	48	21.0% (17.5% - 24.2%)
Health Outcomes	High Cholesterol	147	33.5% (29.3% - 37.5%)	731	30.6% (26.1% - 34.9%)
Health Outcomes	Chronic Kidney Disease	115	2.6% (2.4% - 2.9%)	36	2.4% (2.2% - 2.7%)
Prevention	Health Insurance	120	6.2% (4.7% - 8.0%)	94	6.4% (4.9% - 8.2%)
Prevention	Mammography	122	78.9% (75.2% - 82.1%)	53	77.9% (74.4% - 81.1%)
Prevention	Core preventive services for older men	256	46.0% (39.6% - 52.1%)	217	46.4% (40.0% - 52.6%)
Prevention	Cholesterol Screening	885	79.1% (75.6% - 82.5%)	113	80.7% (77.3% - 83.8%)
Prevention	Dental Visit	12	76.0% (73.1% - 78.5%)	23	75.1% (72.3% - 77.7%)
Prevention	Core preventive services for older women	271	41.7% (35.9% - 47.4%)	128	44.2% (38.3% - 49.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	511	83.1% (81.0% - 85.1%)	87	85.0% (83.1% - 86.9%)
Prevention	Colorectal Cancer Screening	177	73.8% (71.0% - 76.5%)	136	73.4% (70.6% - 76.1%)
Prevention	Taking BP Medication	765	77.1% (73.7% - 79.9%)	660	58.4% (53.4% - 63.2%)
Prevention	Annual Checkup	490	75.1% (70.2% - 79.3%)	55	74.3% (69.1% - 78.6%)
Disability	Mobility Disability	96	8.8% (7.3% - 10.4%)	104	8.2% (6.9% - 9.7%)
Disability	Cognitive Disability	253	10.5% (8.8% - 12.4%)	96	10.1% (8.5% - 11.9%)
Disability	Self-care Disability	48	2.4% (2.1% - 2.8%)	80	2.4% (2.1% - 2.8%)
Disability	Independent Living Disability	141	5.6% (4.7% - 6.6%)	111	5.3% (4.4% - 6.2%)
Disability	Hearing Disability	139	6.0% (5.3% - 6.8%)	61	5.3% (4.6% - 6.0%)
Disability	Vision Disability	105	3.2% (2.7% - 3.7%)	106	3.0% (2.5% - 3.5%)
Disability	Any Disability	137	22.0% (18.7% - 25.6%)	91	20.4% (17.1% - 23.9%)

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)

Pella 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		
Waukee	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		