



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 Pocahontas: Overview

Dear Community Members & Stakeholders of Pocahontas,

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 Pocahontas ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Pocahontas’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 Pocahontas. 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
Binge Drinking	17th	2nd	Cancer (except skin)	74th	4th
Taking BP Medication	27th	1st	Binge Drinking	124th	16th
Annual Checkup	50th	9th	Taking BP Medication	126th	14th
Cholesterol Screening	92nd	6th	Core preventive services for older men	372nd	70th
Mental Health	260th	44th	Annual Checkup	498th	80th

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
High Blood Pressure	940th	138th	Depression	832nd	128th
High Cholesterol	932nd	138th	Current Smoking	797th	129th
Stroke	932nd	136th	Physical Inactivity	784th	125th
Coronary Heart Disease	931st	136th	Dental Visit	775th	125th
Arthritis	930th	136th	Mental Health	765th	124th

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 Pocahontas.

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

With a population of 1,614, Pocahontas'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

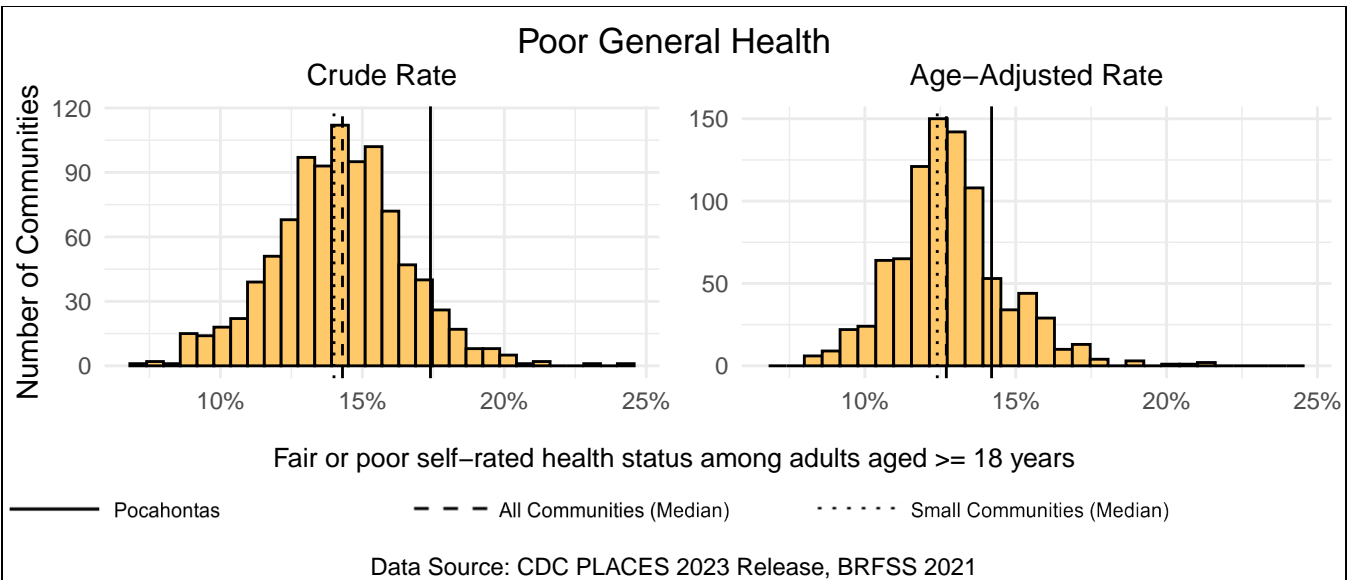
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Pocahontas has a crude rate of 17.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 880th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Pocahontas is 14.2%, which ranks 732nd out of 905 Iowa communities (119th out of 138 small communities).

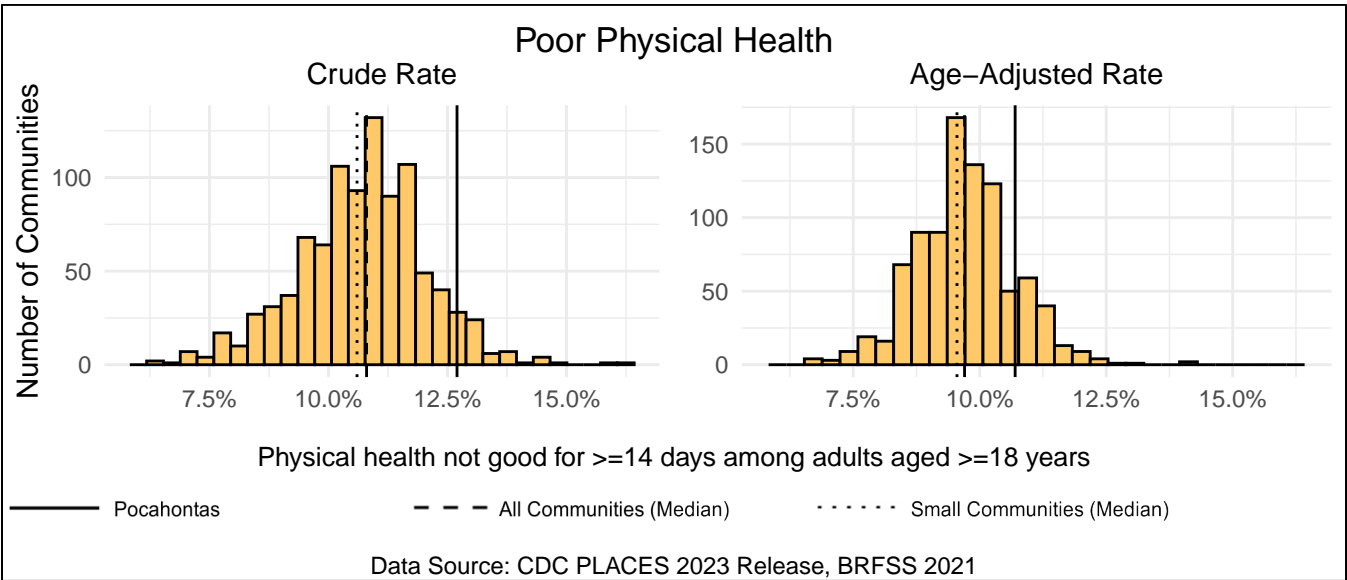
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	17.4%	14.3%	14.0%
Age-Adjusted	14.2%	12.7%	12.4%



Poor Physical Health

Pocahontas has a crude rate of 12.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 893rd out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Pocahontas is 10.7%, which ranks 757th out of 905 Iowa communities (124th out of 138 small communities).

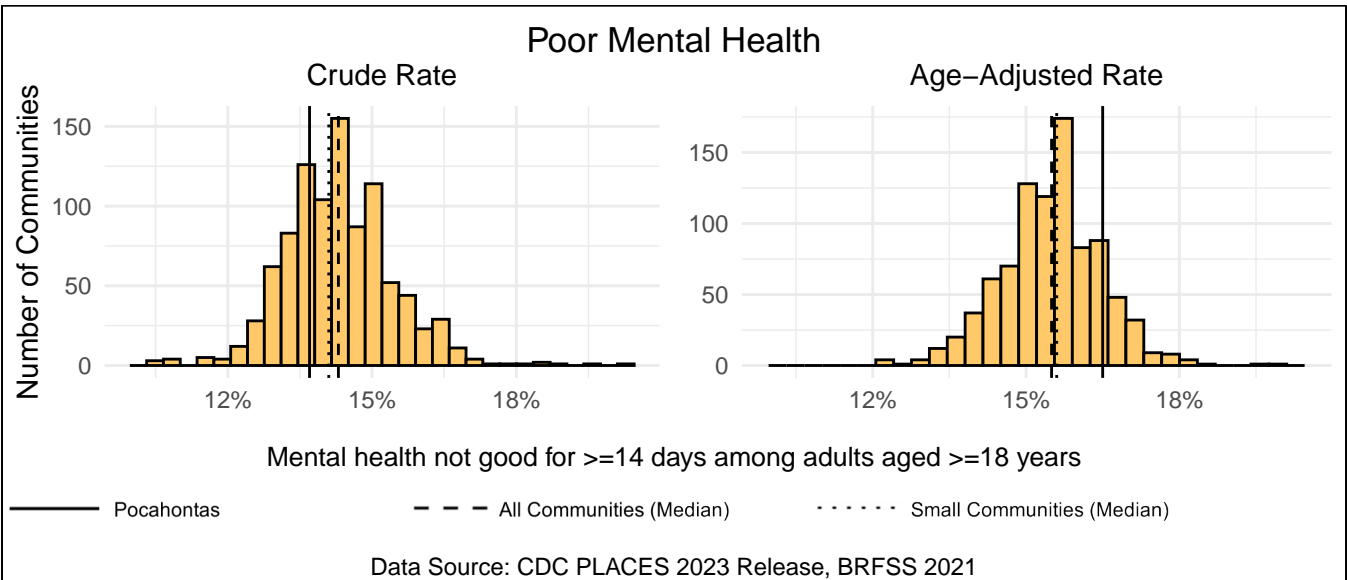
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	12.7%	10.8%	10.6%
Age-Adjusted	10.7%	9.7%	9.6%



Poor Mental Health

Pocahontas has a crude rate of 13.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 260th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Pocahontas is 16.5%, which ranks 765th out of 905 Iowa communities (124th out of 138 small communities).

Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	13.7%	14.3%	14.1%
Age-Adjusted	16.5%	15.5%	15.6%



Health Risk Behaviors

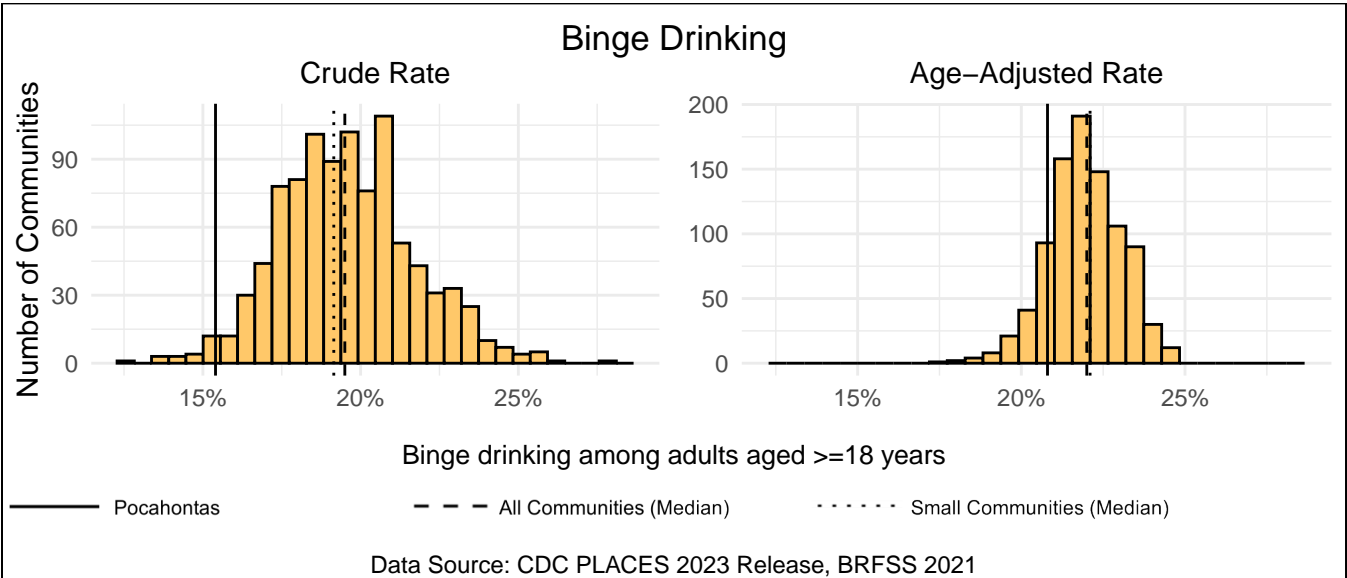
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Pocahontas has a crude rate of 15.4% for binge drinking among adults aged ≥ 18 years, which ranks 17th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Pocahontas is 20.8%, which ranks 124th out of 905 Iowa communities (16th out of 138 small communities).

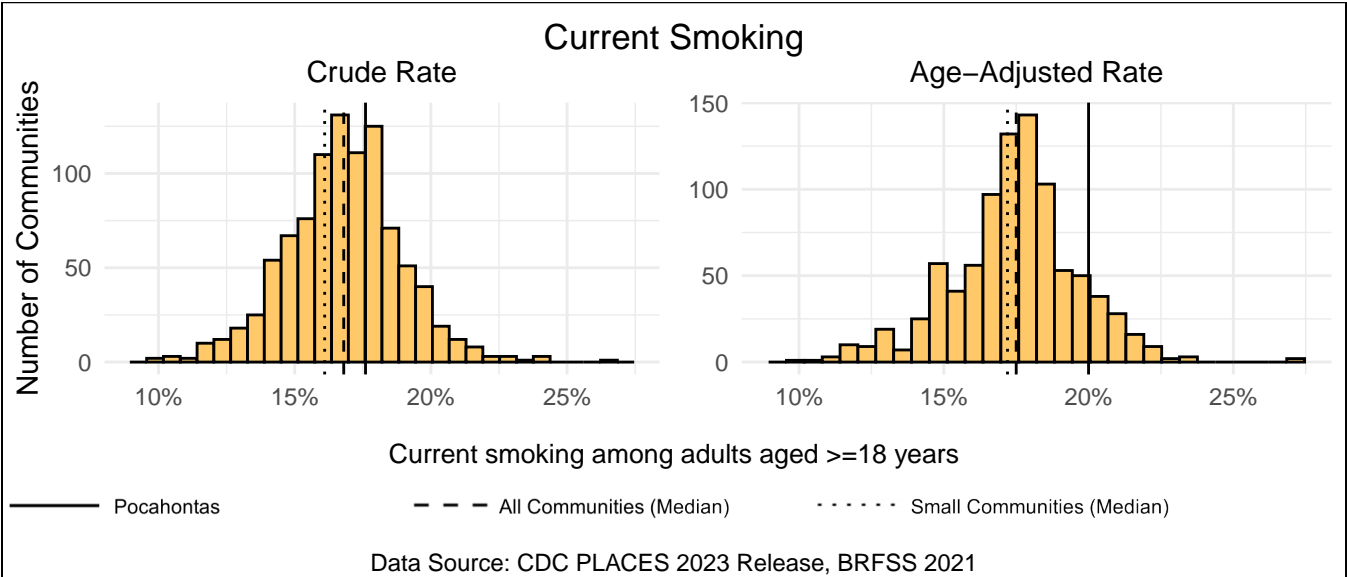
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	15.4%	19.5%	19.1%
Age-Adjusted	20.8%	22.0%	22.1%



Current Smoking

Pocahontas has a crude rate of 17.6% for current smoking among adults aged >=18 years, which ranks 622nd out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Pocahontas is 20.0%, which ranks 797th out of 905 Iowa communities (129th out of 138 small communities).

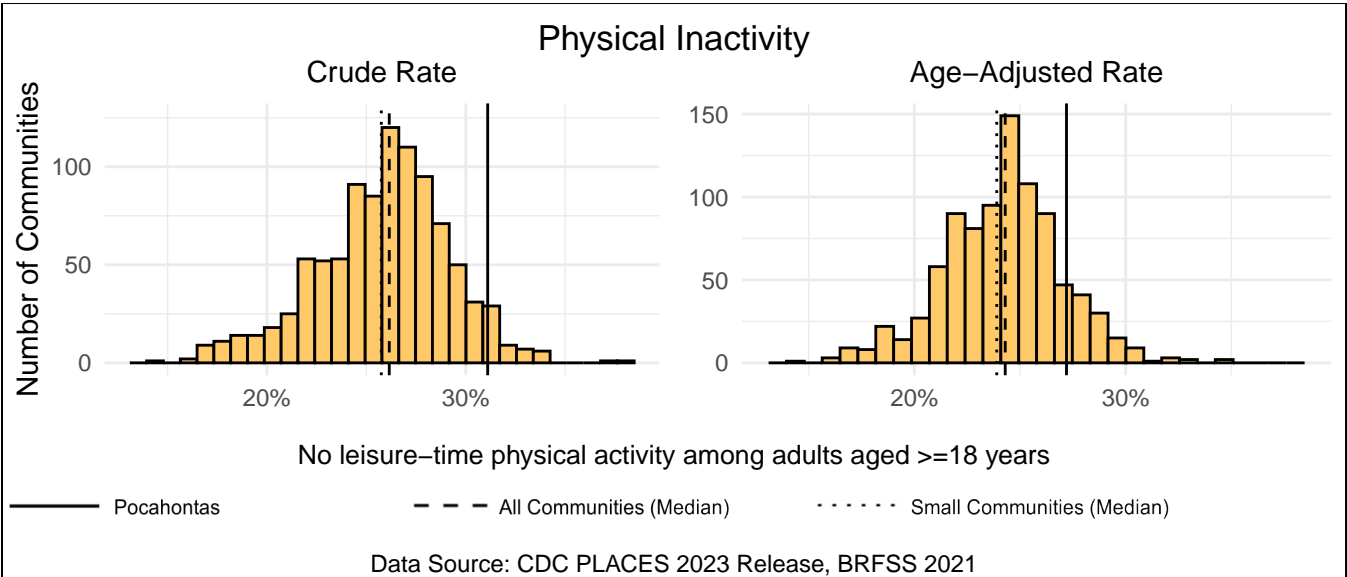
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	17.6%	16.8%	16.1%
Age-Adjusted	20.0%	17.5%	17.2%



Physical Inactivity

Pocahontas has a crude rate of 31.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 913th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Pocahontas is 27.2%, which ranks 784th out of 905 Iowa communities (125th out of 138 small communities).

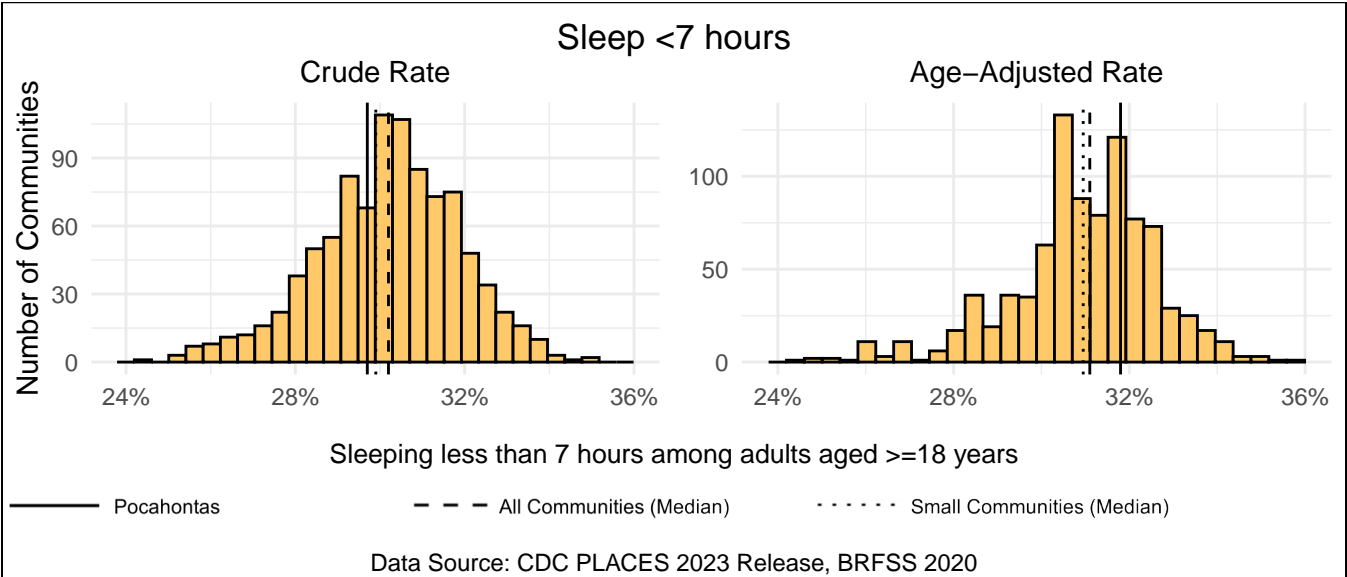
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	31.1%	26.1%	25.8%
Age-Adjusted	27.2%	24.3%	23.9%



Sleep <7 hours

Pocahontas has a crude rate of 29.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 331st out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Pocahontas is 31.8%, which ranks 613th out of 905 Iowa communities (100th out of 138 small communities).

Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	29.7%	30.2%	29.9%
Age-Adjusted	31.8%	31.1%	31.0%



Health Outcomes

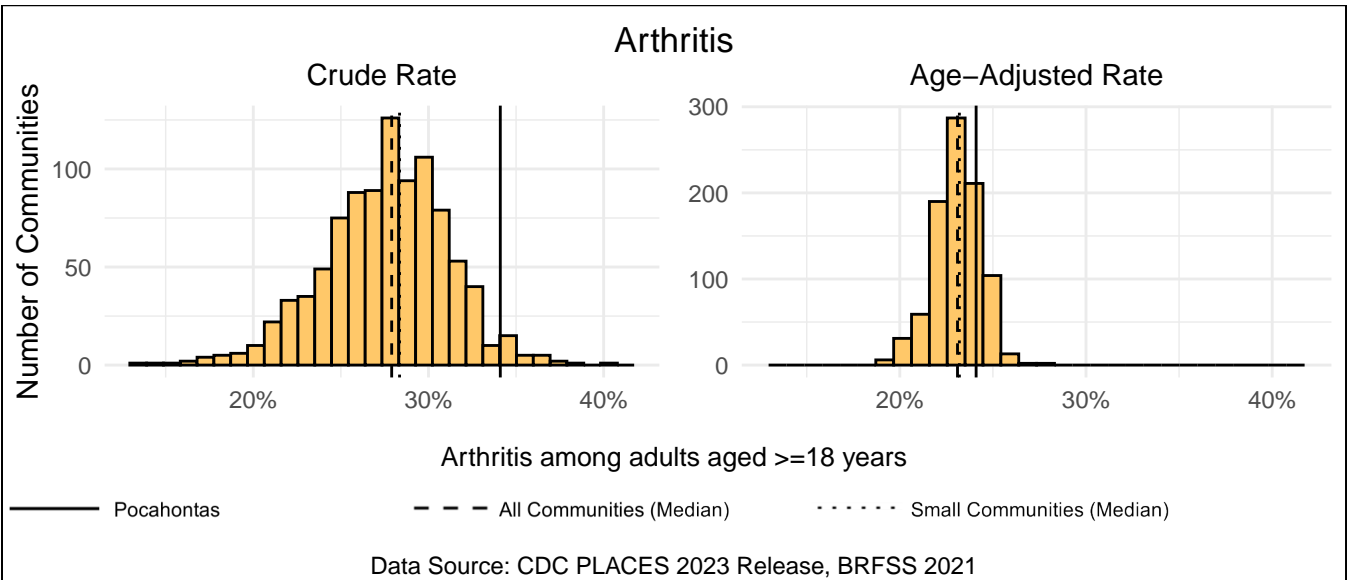
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Pocahontas has a crude rate of 34.1% for arthritis among adults aged ≥ 18 years, which ranks 930th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Pocahontas is 24.1%, which ranks 707th out of 905 Iowa communities (109th out of 138 small communities).

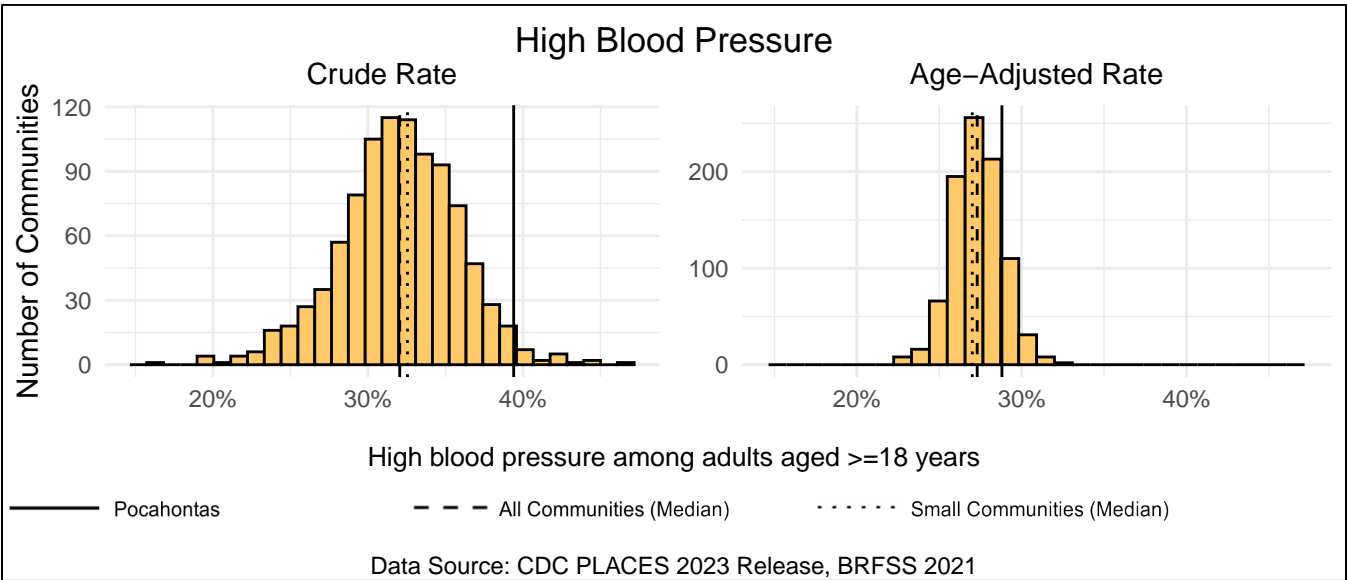
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	34.1%	27.9%	28.4%
Age-Adjusted	24.1%	23.1%	23.2%



High Blood Pressure

Pocahontas has a crude rate of 39.4% for high blood pressure among adults aged ≥ 18 years, which ranks 940th out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Pocahontas is 28.8%, which ranks 755th out of 905 Iowa communities (119th out of 138 small communities).

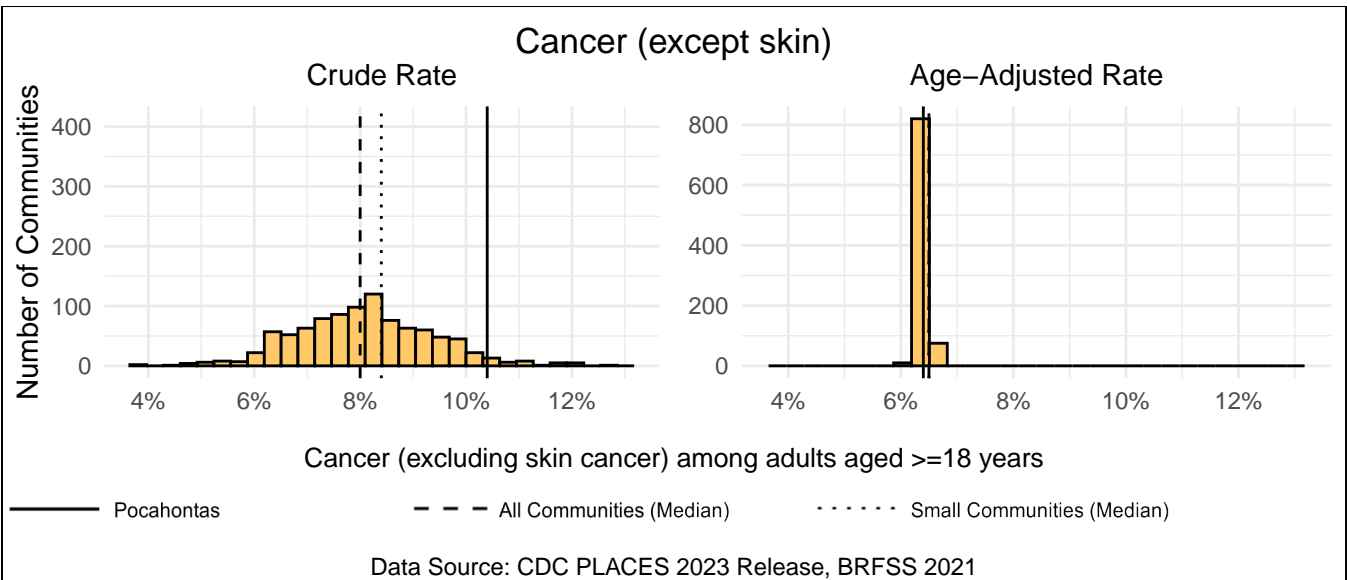
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	39.4%	32.0%	32.5%
Age-Adjusted	28.8%	27.3%	27.0%



Cancer (except skin)

Pocahontas has a crude rate of 10.4% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 920th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Pocahontas is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

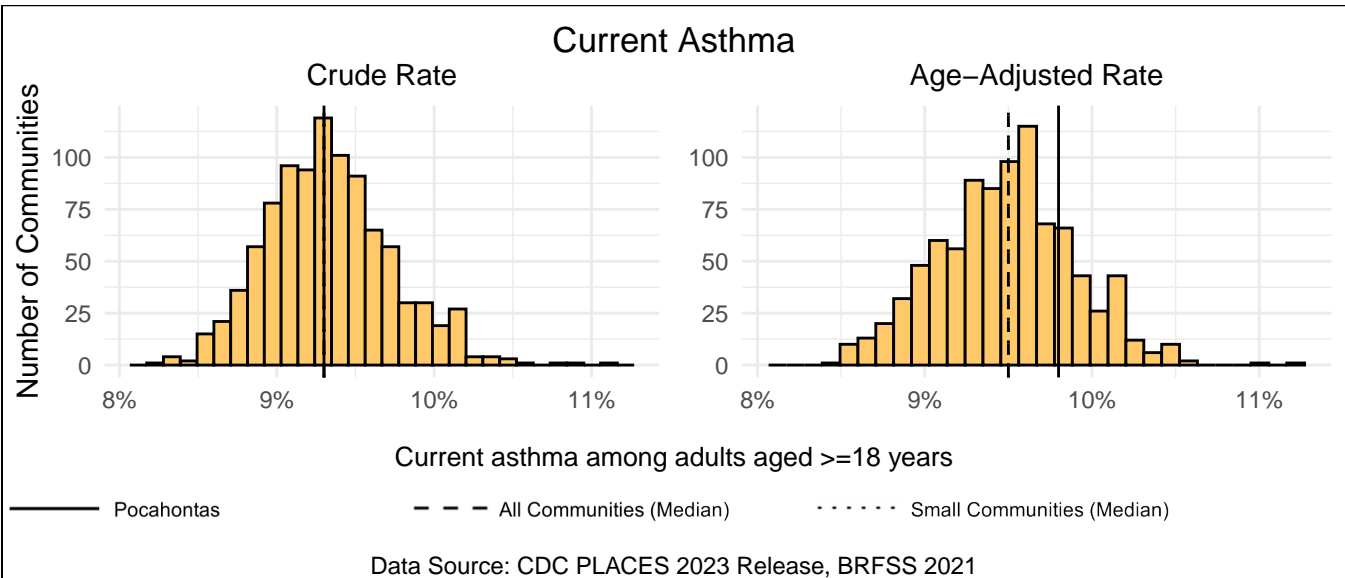
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	10.4%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Pocahontas has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Pocahontas is 9.8%, which ranks 696th out of 905 Iowa communities (107th out of 138 small communities).

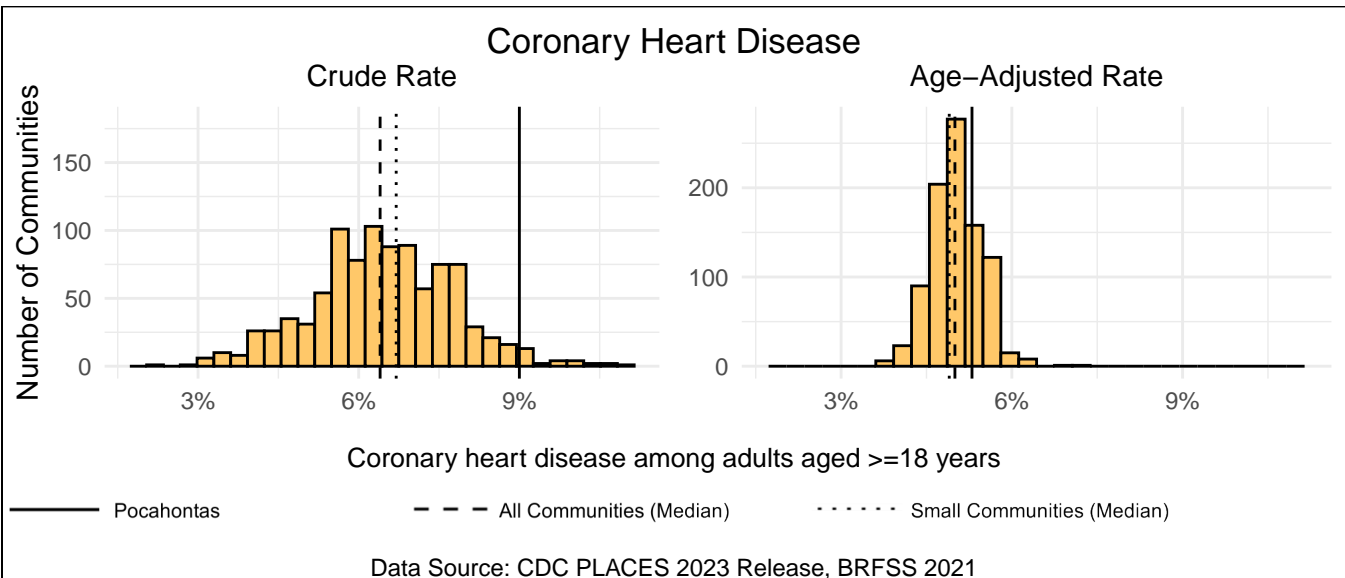
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.5%



Coronary Heart Disease

Pocahontas has a crude rate of 9.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 931st out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Pocahontas is 5.3%, which ranks 674th out of 905 Iowa communities (120th out of 138 small communities).

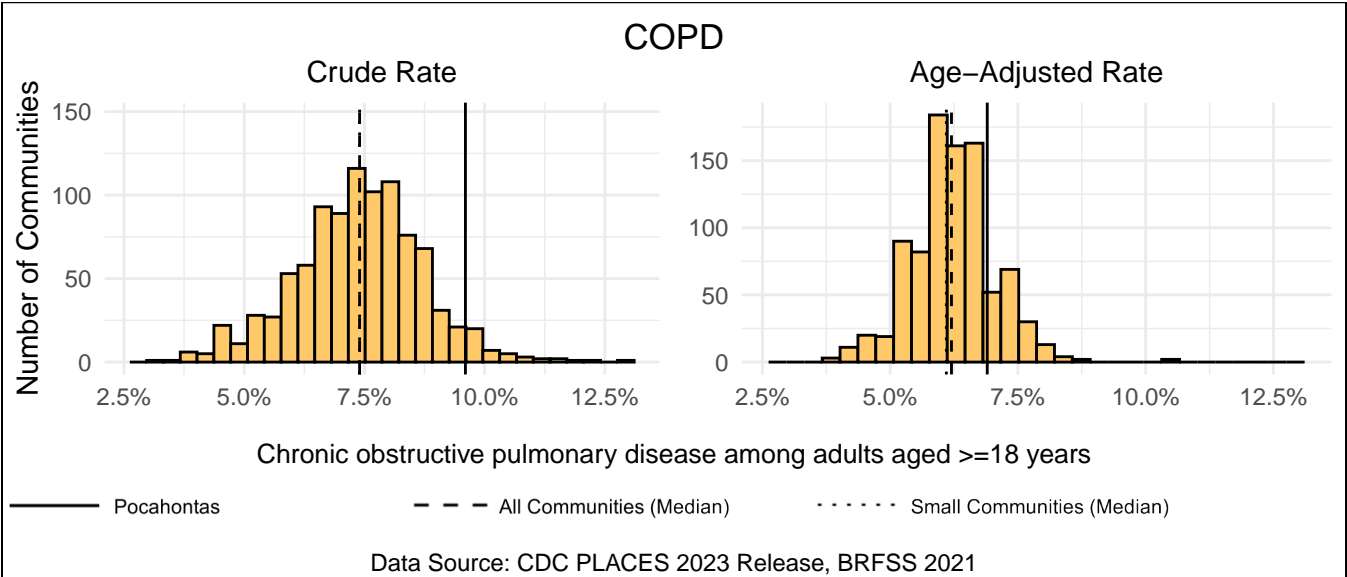
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	9.0%	6.4%	6.7%
Age-Adjusted	5.3%	5.0%	4.9%



COPD

Pocahontas has a crude rate of 9.6% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 910th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Pocahontas is 6.9%, which ranks 734th out of 905 Iowa communities (119th out of 138 small communities).

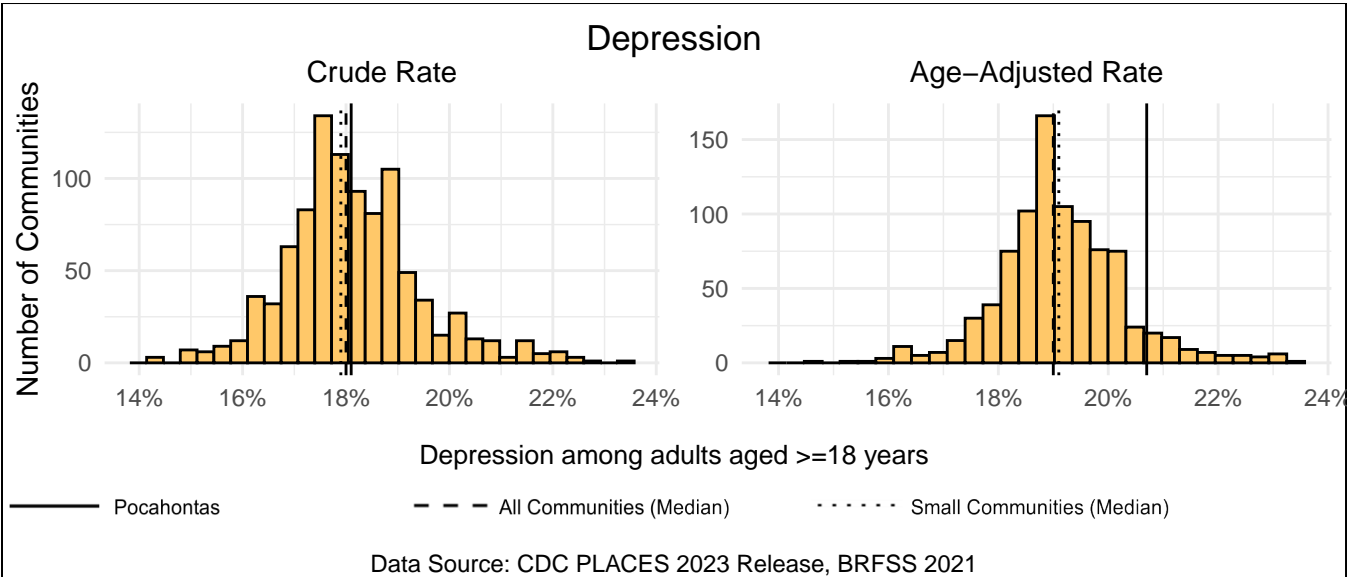
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	9.6%	7.4%	7.4%
Age-Adjusted	6.9%	6.2%	6.1%



Depression

Pocahontas has a crude rate of 18.1% for depression among adults aged ≥ 18 years, which ranks 499th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Pocahontas is 20.7%, which ranks 832nd out of 905 Iowa communities (128th out of 138 small communities).

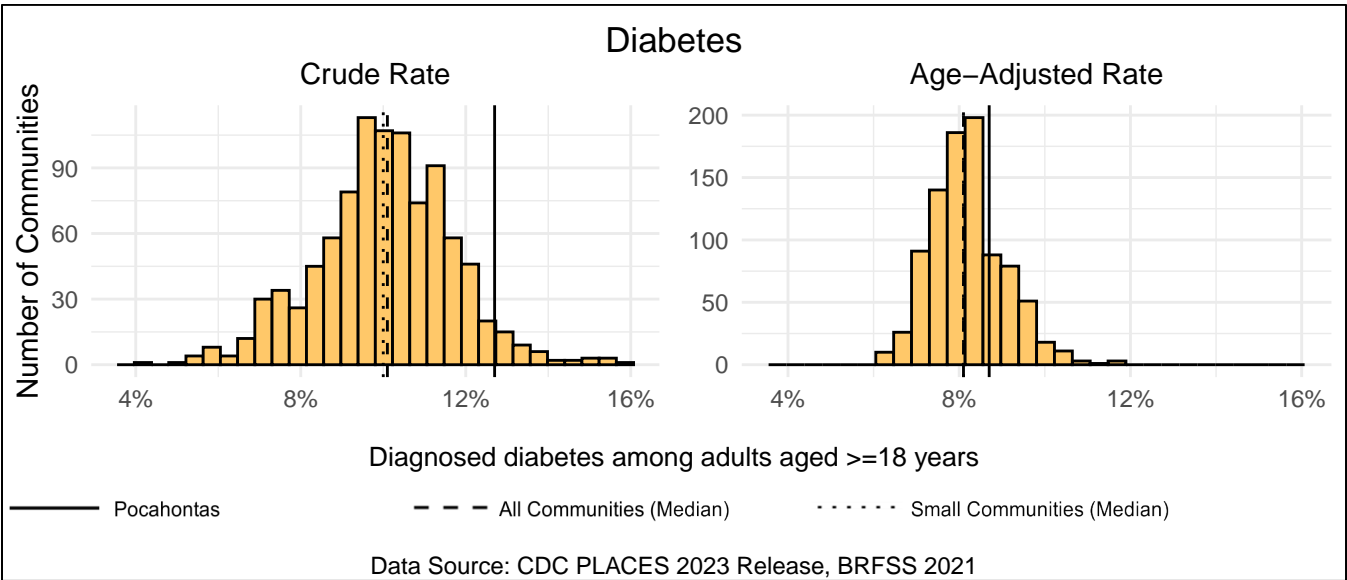
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	18.1%	18.0%	17.9%
Age-Adjusted	20.7%	19.0%	19.1%



Diabetes

Pocahontas has a crude rate of 12.7% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 912th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Pocahontas is 8.7%, which ranks 685th out of 905 Iowa communities (116th out of 138 small communities).

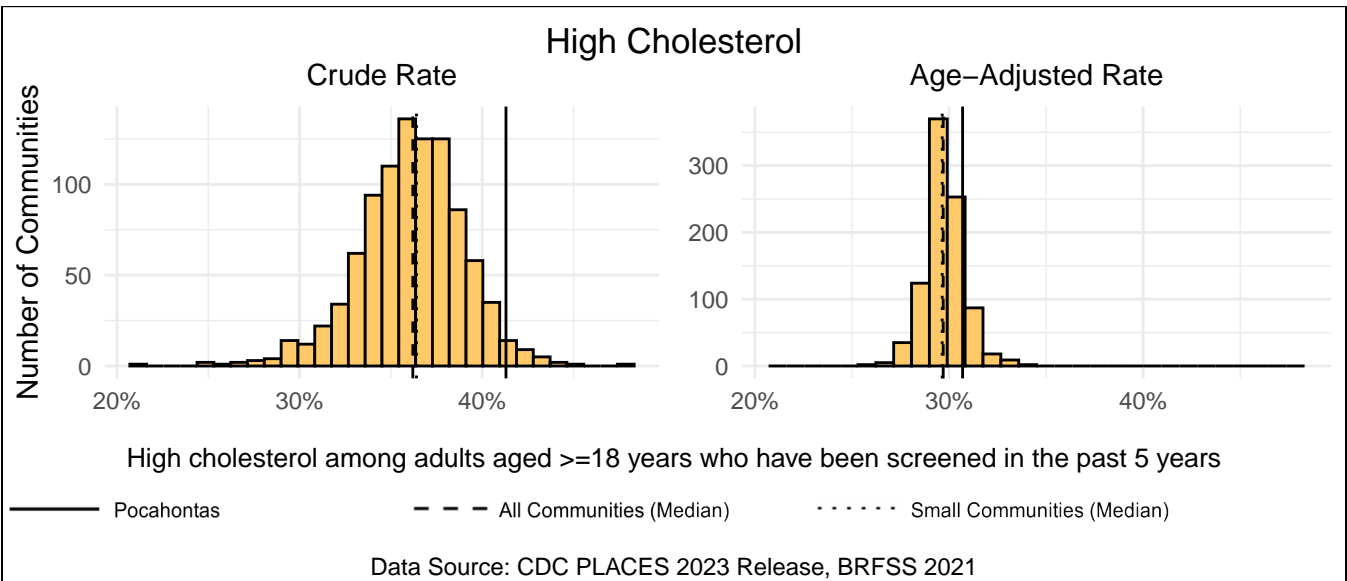
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	12.7%	10.1%	10.0%
Age-Adjusted	8.7%	8.1%	8.1%



High Cholesterol

Pocahontas has a crude rate of 41.3% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 932nd out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for Pocahontas is 30.7%, which ranks 757th out of 905 Iowa communities (123rd out of 138 small communities).

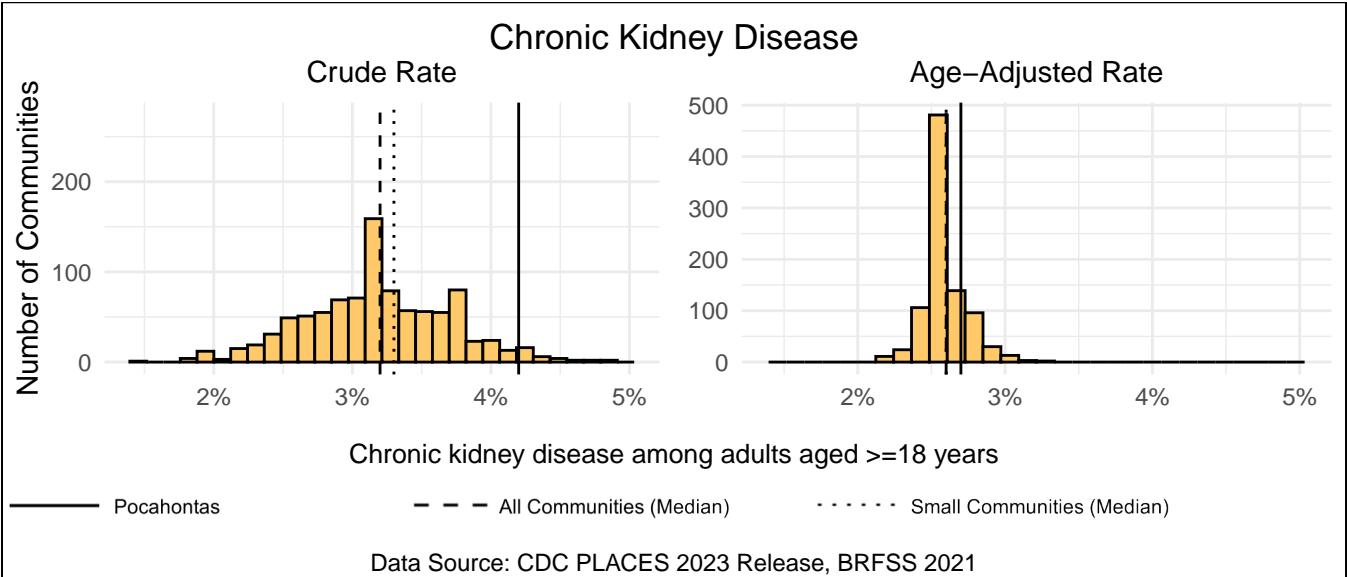
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	41.3%	36.2%	36.4%
Age-Adjusted	30.7%	29.7%	29.6%



Chronic Kidney Disease

Pocahontas has a crude rate of 4.2% for chronic kidney disease among adults aged >=18 years, which ranks 927th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Pocahontas is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

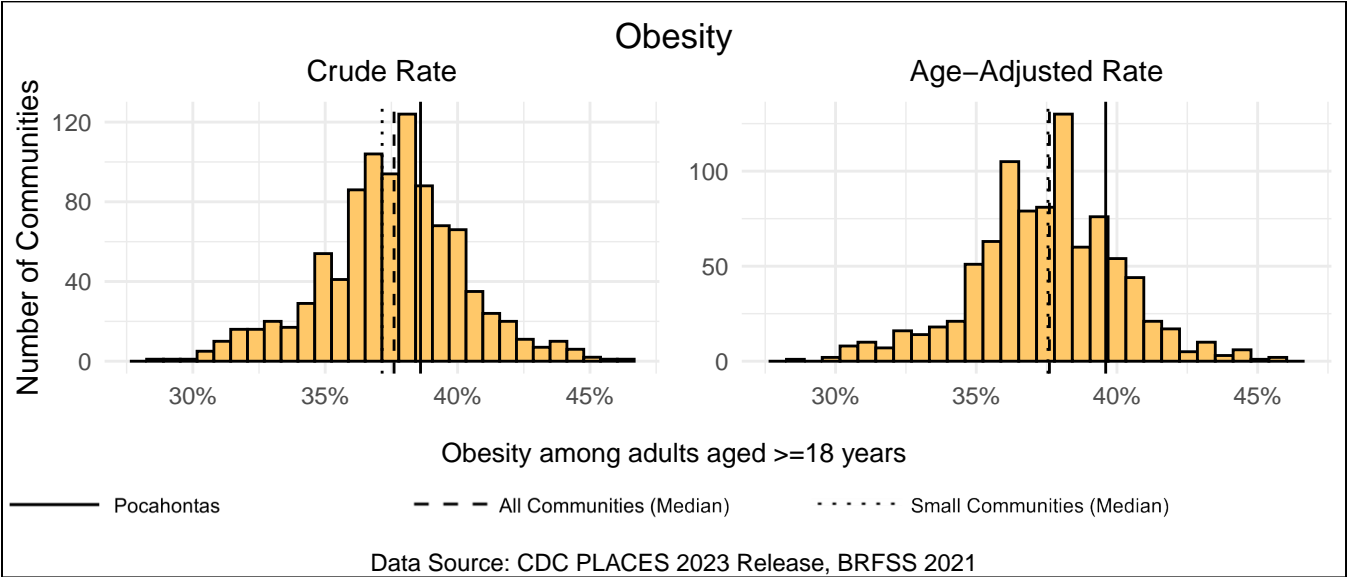
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	4.2%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Pocahontas has a crude rate of 38.6% for obesity among adults aged >=18 years, which ranks 635th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Pocahontas is 39.6%, which ranks 725th out of 905 Iowa communities (115th out of 138 small communities).

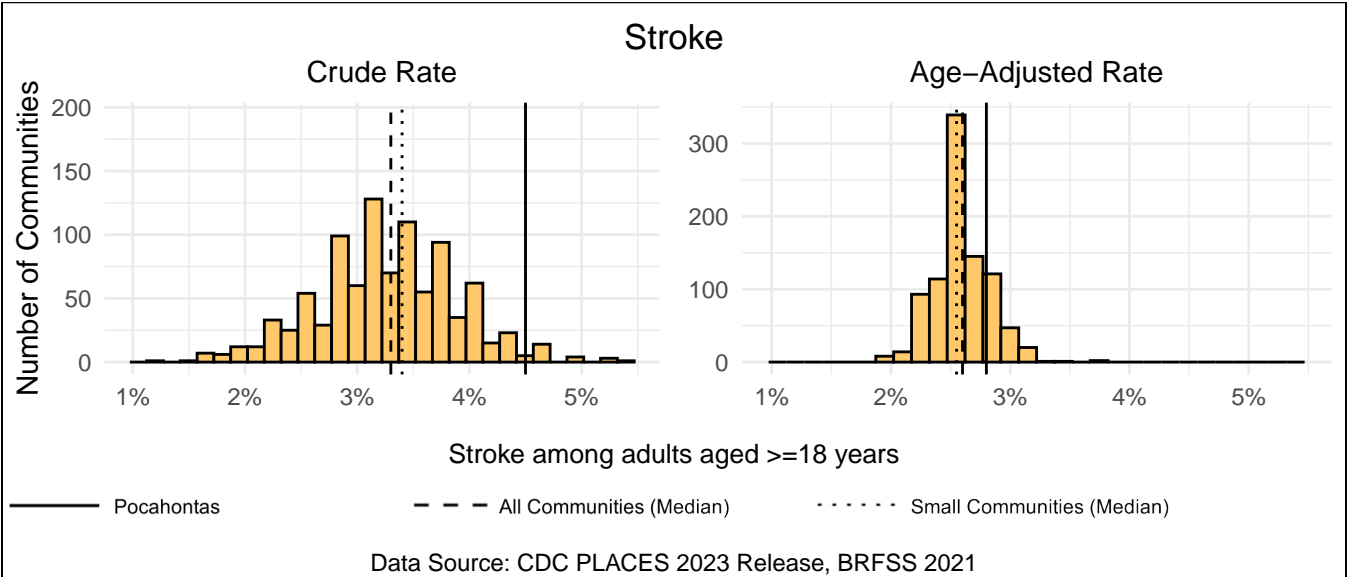
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	38.6%	37.6%	37.2%
Age-Adjusted	39.6%	37.6%	37.5%



Stroke

Pocahontas has a crude rate of 4.5% for stroke among adults aged ≥ 18 years, which ranks 932nd out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Pocahontas is 2.8%, which ranks 714th out of 905 Iowa communities (119th out of 138 small communities).

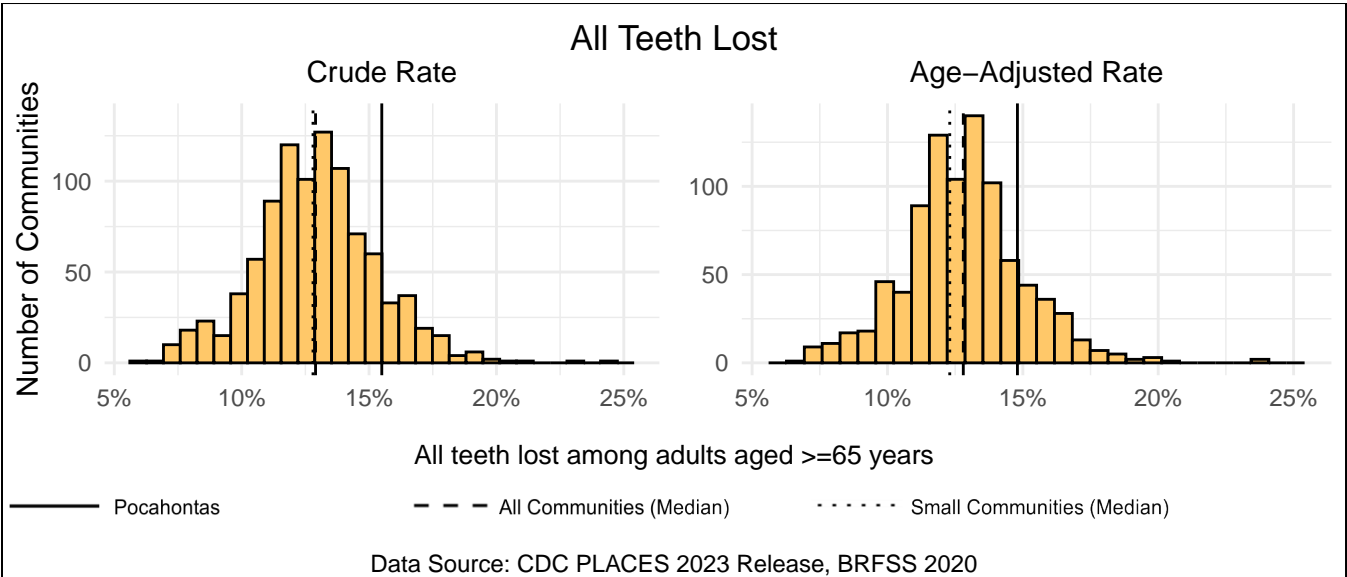
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	4.5%	3.3%	3.4%
Age-Adjusted	2.8%	2.6%	2.5%



All Teeth Lost

Pocahontas has a crude rate of 15.5% for all teeth lost among adults aged ≥ 65 years, which ranks 831st out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Pocahontas is 14.8%, which ranks 756th out of 905 Iowa communities (123rd out of 138 small communities).

Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	15.5%	12.9%	12.8%
Age-Adjusted	14.8%	12.8%	12.3%



Prevention

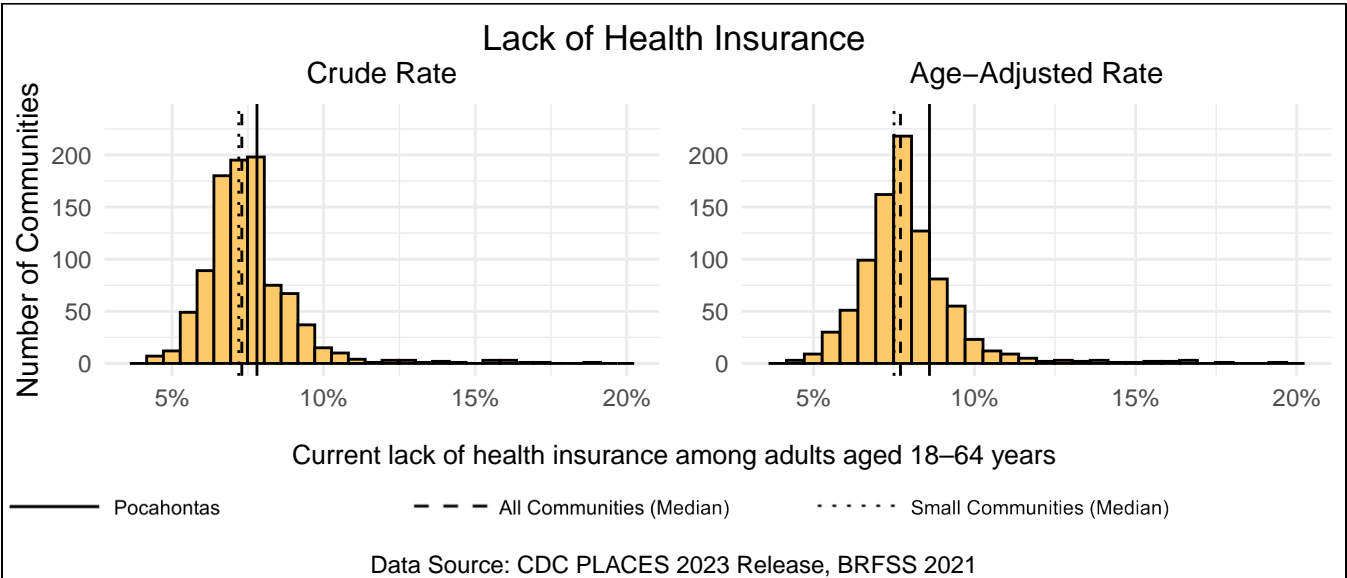
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Pocahontas has a crude rate of 7.8% for current lack of health insurance among adults aged 18–64 years, which ranks 633rd out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Pocahontas is 8.6%, which ranks 700th out of 905 Iowa communities (119th out of 138 small communities).

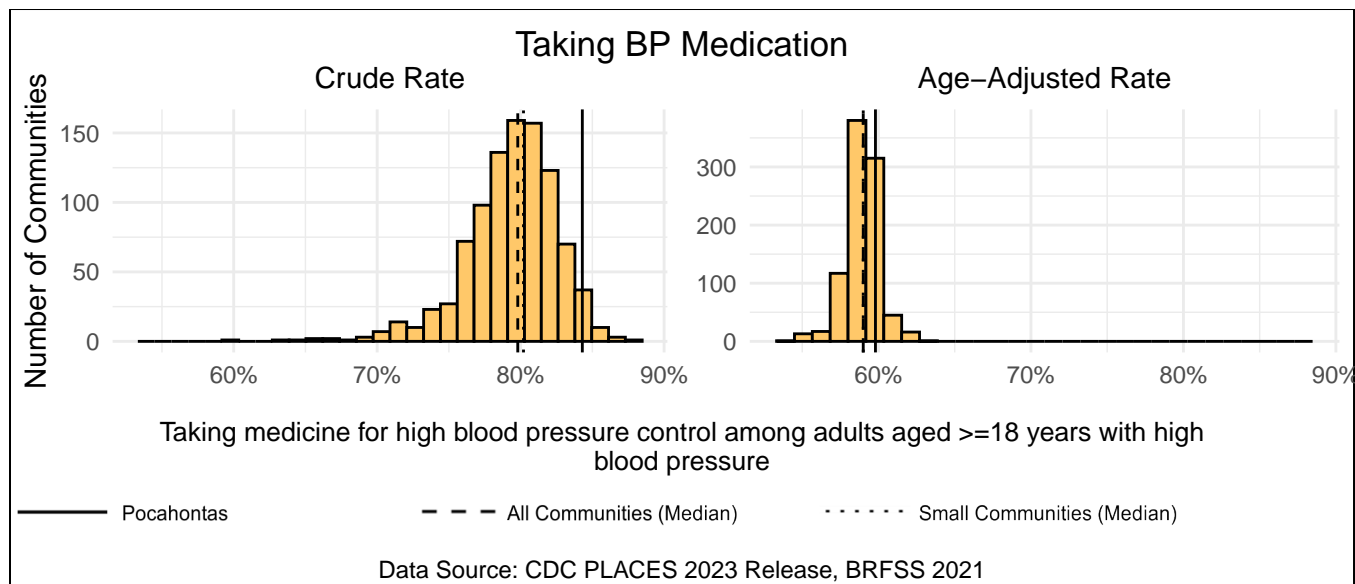
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	7.8%	7.3%	7.2%
Age-Adjusted	8.6%	7.7%	7.5%



Taking BP Medication

Pocahontas has a crude rate of 84.3% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 27th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Pocahontas is 59.8%, which ranks 126th out of 905 Iowa communities (14th out of 138 small communities).

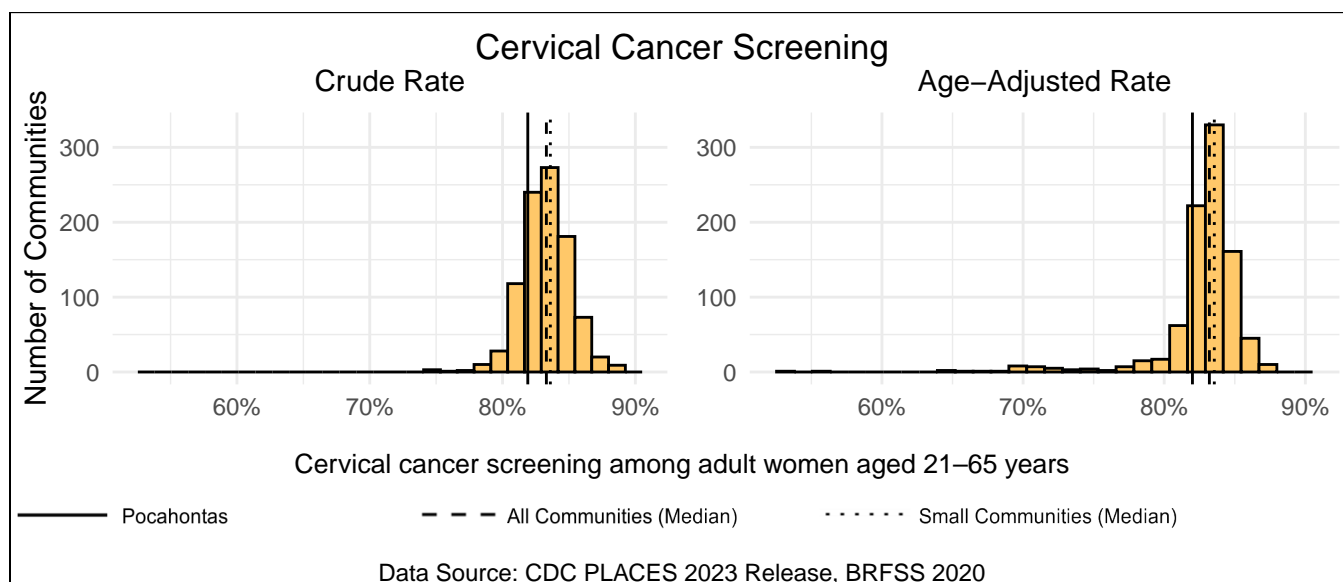
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	84.3%	79.8%	80.2%
Age-Adjusted	59.8%	59.0%	59.0%



Cervical Cancer Screening

Pocahontas has a crude rate of 81.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 754th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Pocahontas is 82.0%, which ranks 717th out of 905 Iowa communities (125th out of 138 small communities).

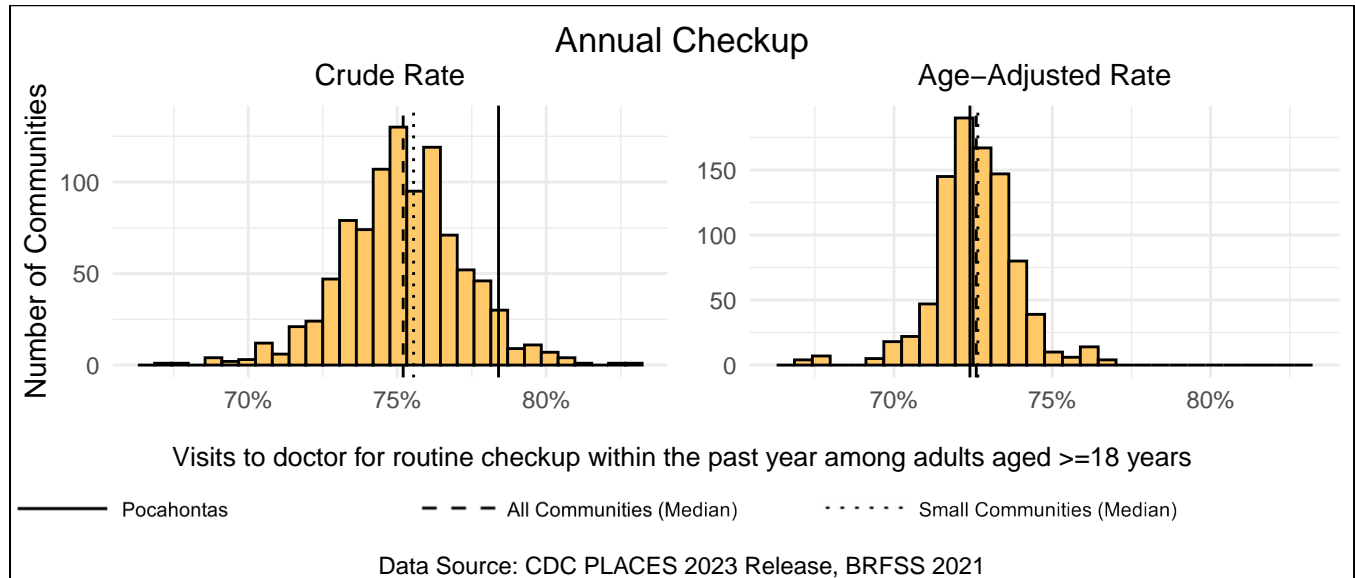
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	81.9%	83.3%	83.6%
Age-Adjusted	82.0%	83.2%	83.5%



Annual Checkup

Pocahontas has a crude rate of 78.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 50th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Pocahontas is 72.4%, which ranks 498th out of 905 Iowa communities (80th out of 138 small communities).

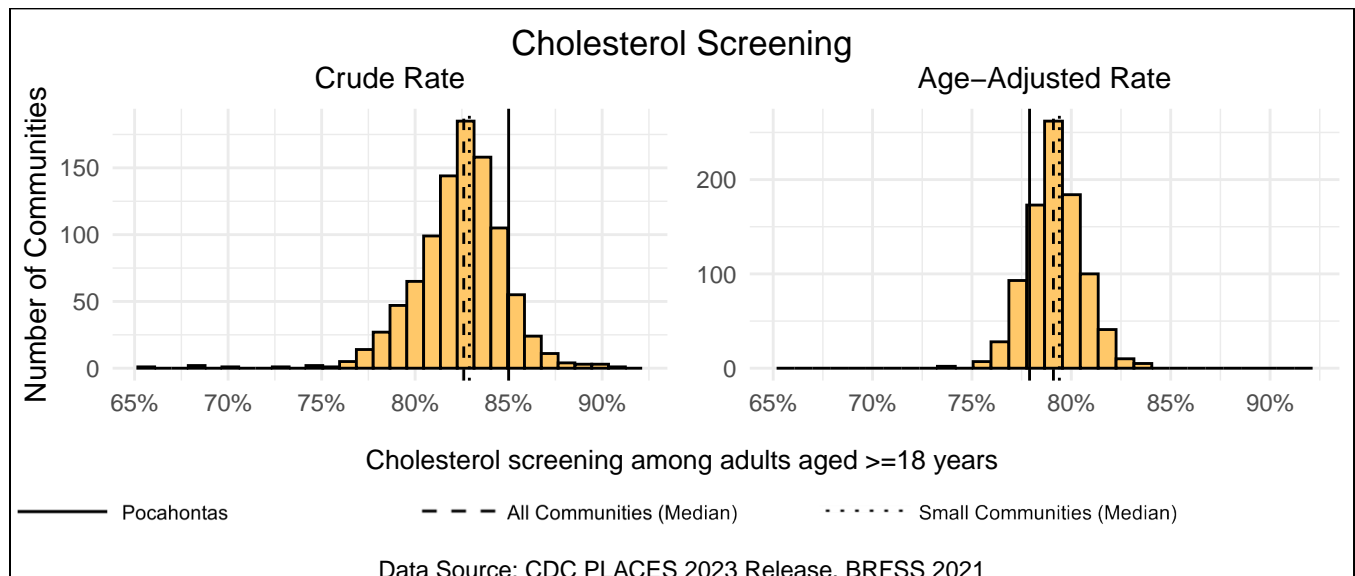
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	78.4%	75.2%	75.5%
Age-Adjusted	72.4%	72.6%	72.6%



Cholesterol Screening

Pocahontas has a crude rate of 85.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 92nd out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Pocahontas is 77.9%, which ranks 747th out of 905 Iowa communities (121st out of 138 small communities).

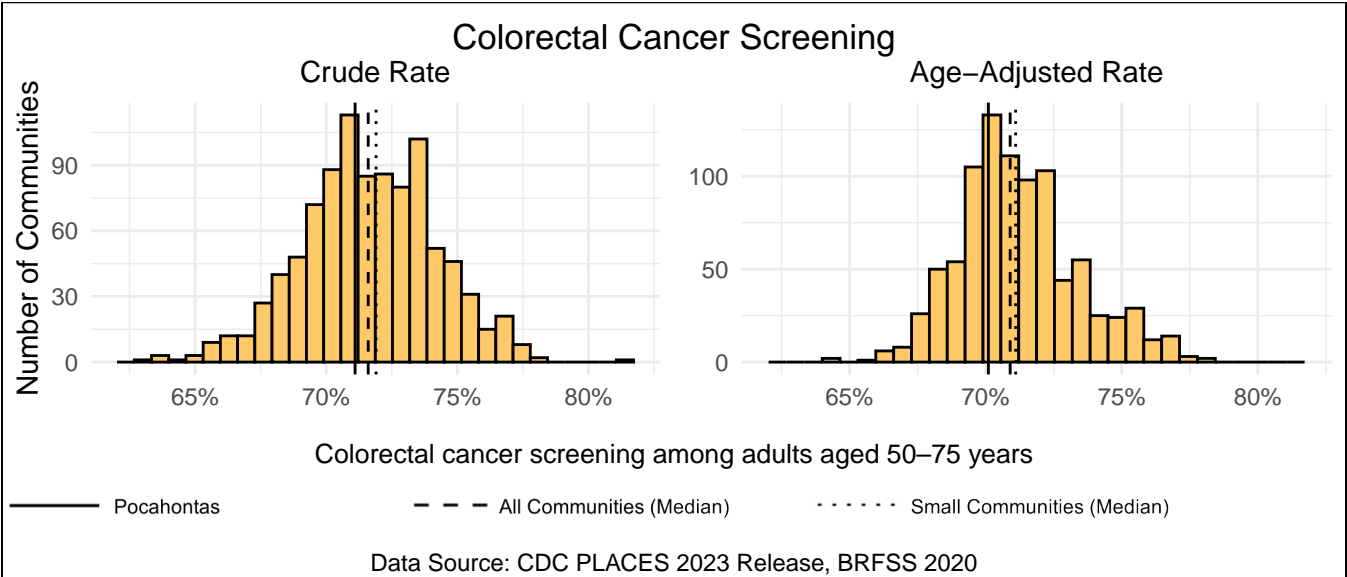
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	85.0%	82.6%	82.9%
Age-Adjusted	77.9%	79.1%	79.4%



Colorectal Cancer Screening

Pocahontas has a crude rate of 71.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 551st out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Pocahontas is 70.1%, which ranks 597th out of 905 Iowa communities (107th out of 138 small communities).

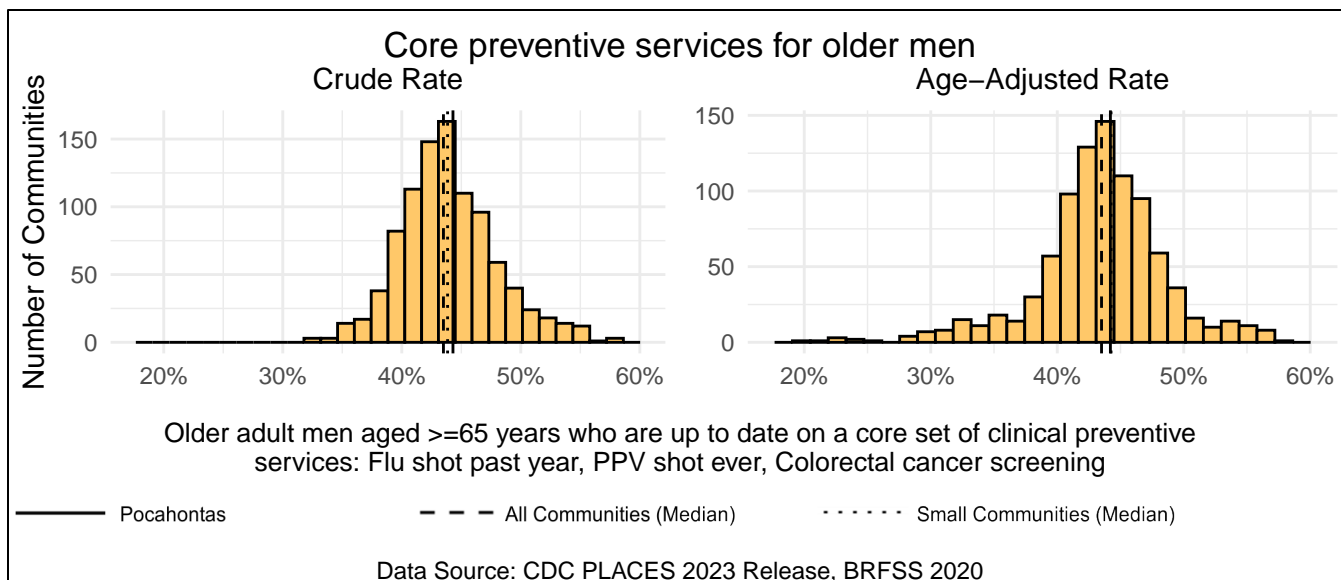
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	71.1%	71.6%	71.9%
Age-Adjusted	70.1%	70.9%	71.1%



Core preventive services for older men

Pocahontas has a crude rate of 44.3% 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 384th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Pocahontas is 44.2%, which ranks 372nd out of 905 Iowa communities (70th out of 138 small communities).

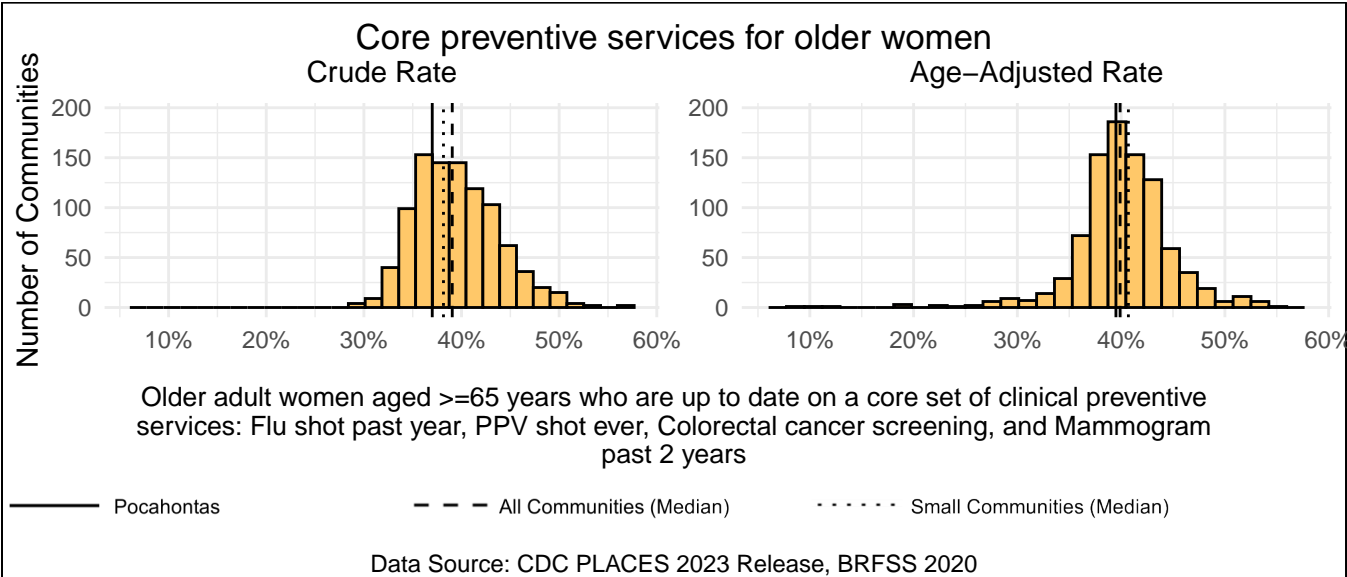
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	44.3%	43.5%	43.8%
Age-Adjusted	44.2%	43.5%	44.2%



Core preventive services for older women

Pocahontas has a crude rate of 37.0% 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 654th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Pocahontas is 39.5%, which ranks 503rd out of 905 Iowa communities (87th out of 138 small communities).

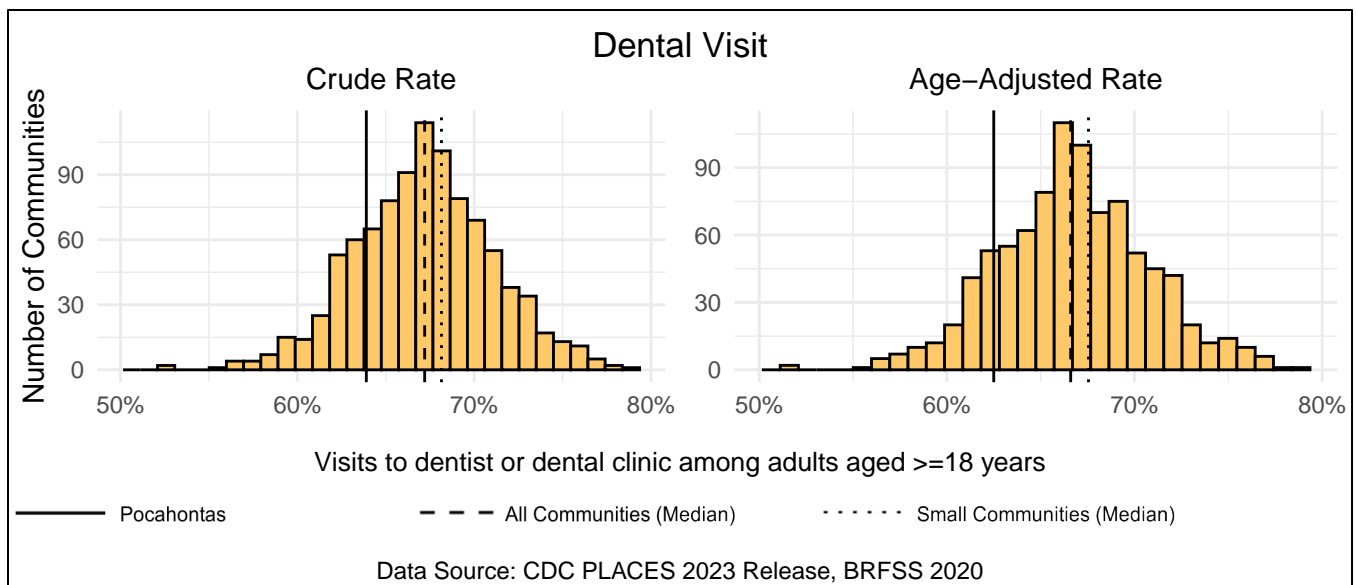
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	37.0%	39.0%	38.2%
Age-Adjusted	39.5%	39.9%	40.7%



Dental Visit

Pocahontas has a crude rate of 63.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 764th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Pocahontas is 62.5%, which ranks 775th out of 905 Iowa communities (125th out of 138 small communities).

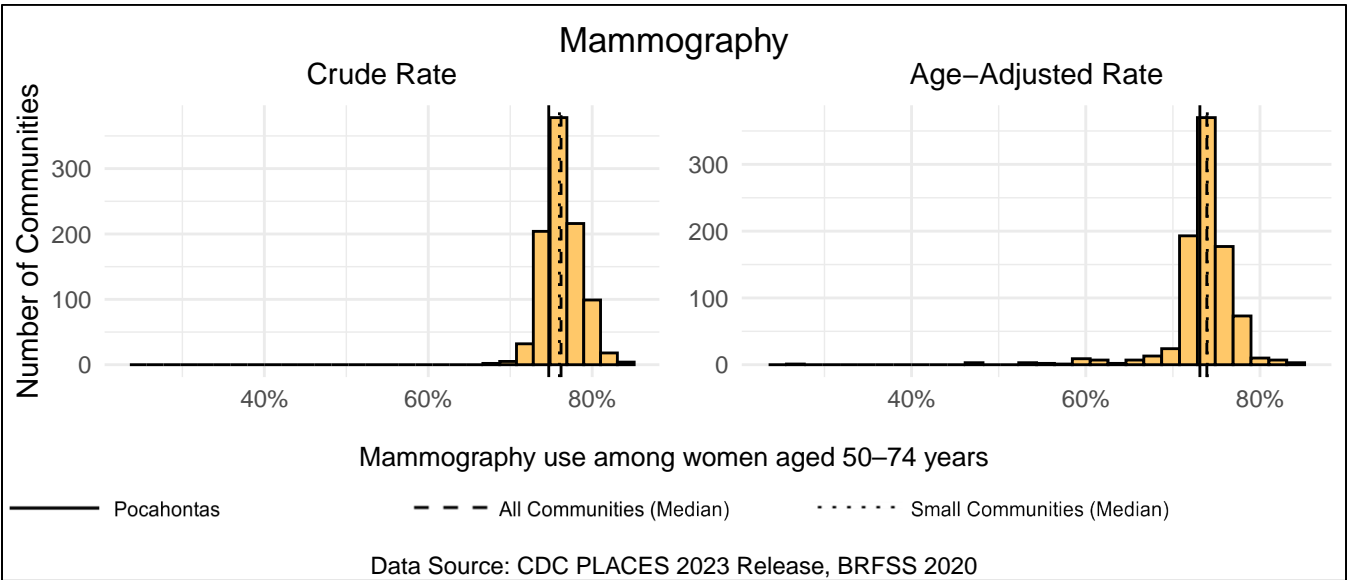
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	63.9%	67.2%	68.2%
Age-Adjusted	62.5%	66.6%	67.5%



Mammography

Pocahontas has a crude rate of 74.7% for mammography use among women aged 50–74 years, which ranks 737th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Pocahontas is 73.1%, which ranks 594th out of 905 Iowa communities (89th out of 138 small communities).

Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	74.7%	76.2%	76.0%
Age-Adjusted	73.1%	73.9%	74.0%



Disability

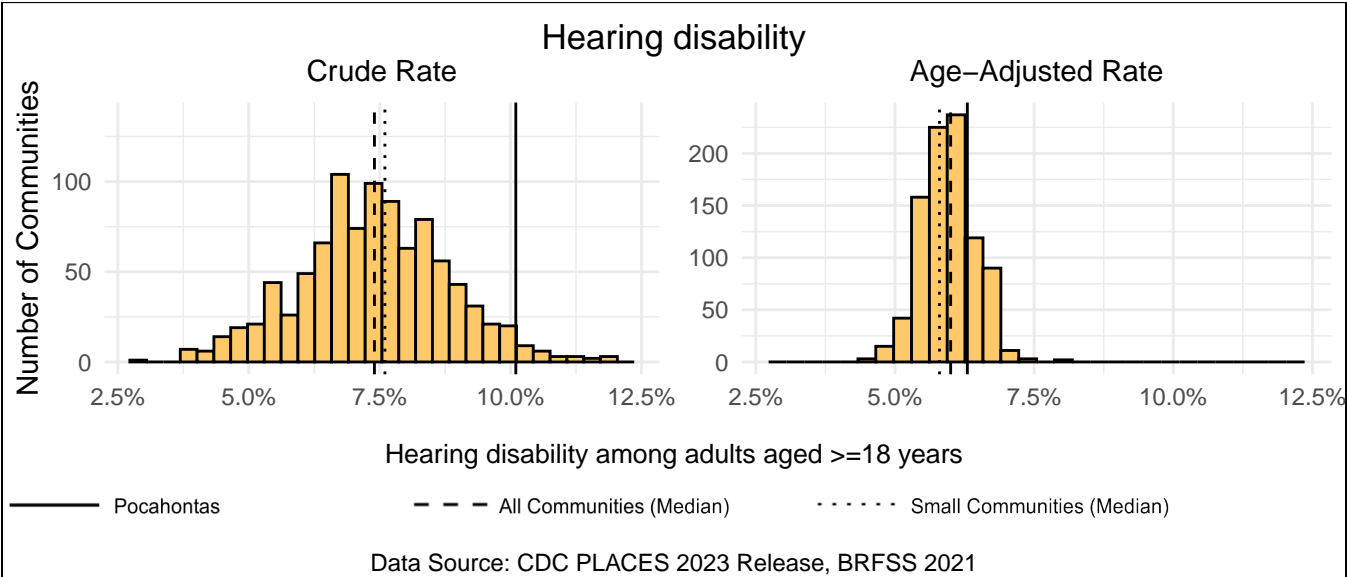
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Pocahontas has a crude rate of 10.1% for hearing disability among adults aged ≥ 18 years, which ranks 930th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Pocahontas is 6.3%, which ranks 681st out of 905 Iowa communities (120th out of 138 small communities).

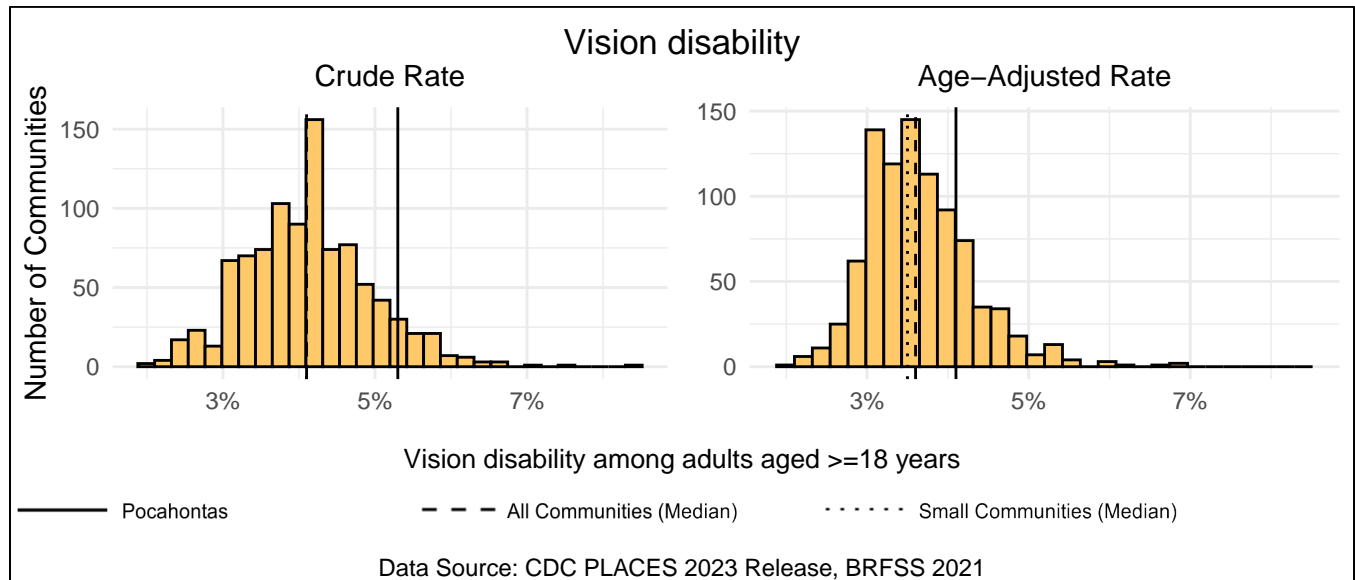
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	10.1%	7.4%	7.6%
Age-Adjusted	6.3%	6.0%	5.8%



Vision disability

Pocahontas has a crude rate of 5.3% for vision disability among adults aged ≥ 18 years, which ranks 879th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Pocahontas is 4.1%, which ranks 714th out of 905 Iowa communities (117th out of 138 small communities).

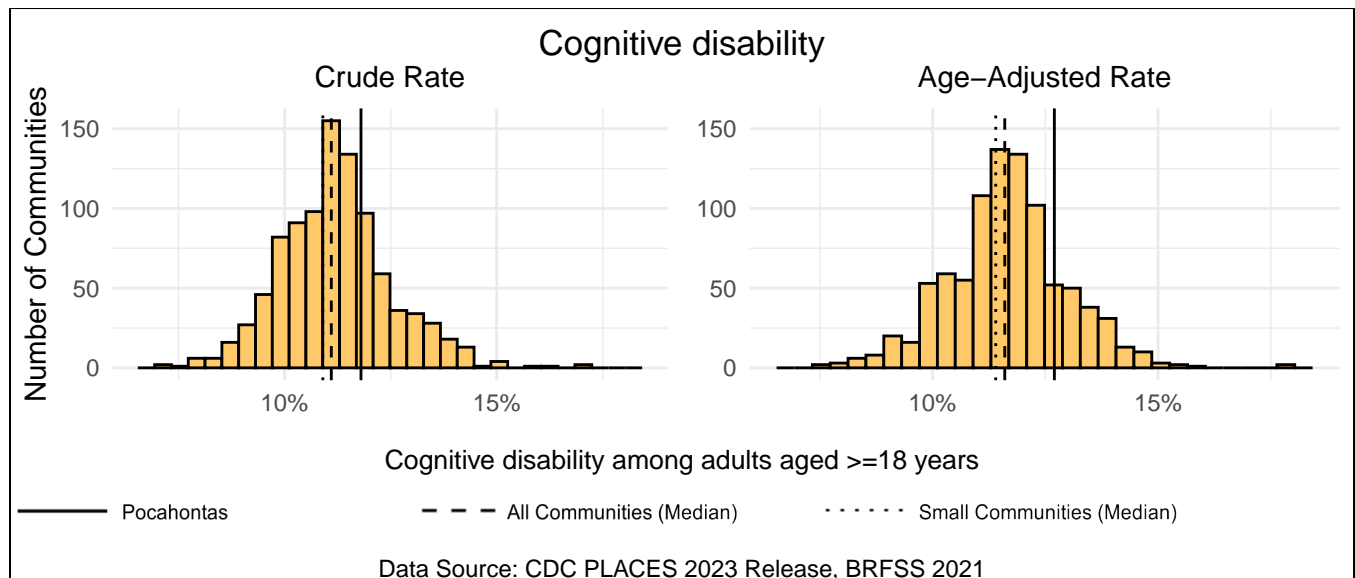
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	5.3%	4.1%	4.1%
Age-Adjusted	4.1%	3.6%	3.5%



Cognitive disability

Pocahontas has a crude rate of 11.8% for cognitive disability among adults aged ≥ 18 years, which ranks 696th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Pocahontas is 12.7%, which ranks 738th out of 905 Iowa communities (122nd out of 138 small communities).

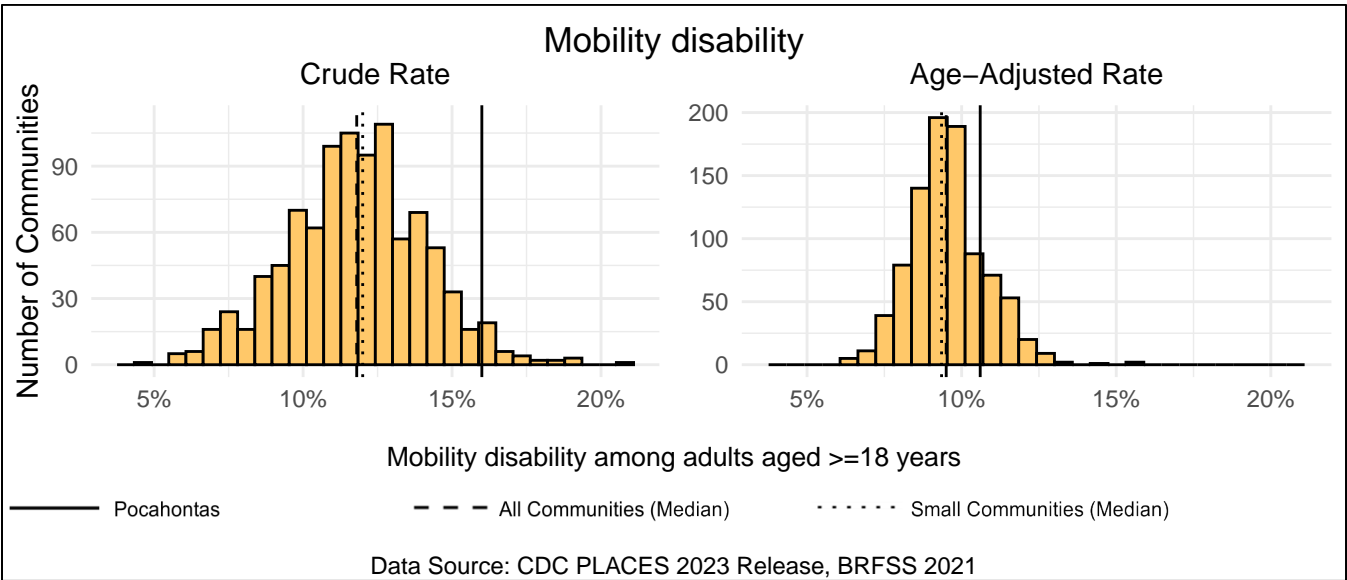
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	11.8%	11.1%	10.9%
Age-Adjusted	12.7%	11.6%	11.4%



Mobility disability

Pocahontas has a crude rate of 16.0% for mobility disability among adults aged ≥ 18 years, which ranks 928th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Pocahontas is 10.6%, which ranks 736th out of 905 Iowa communities (120th out of 138 small communities).

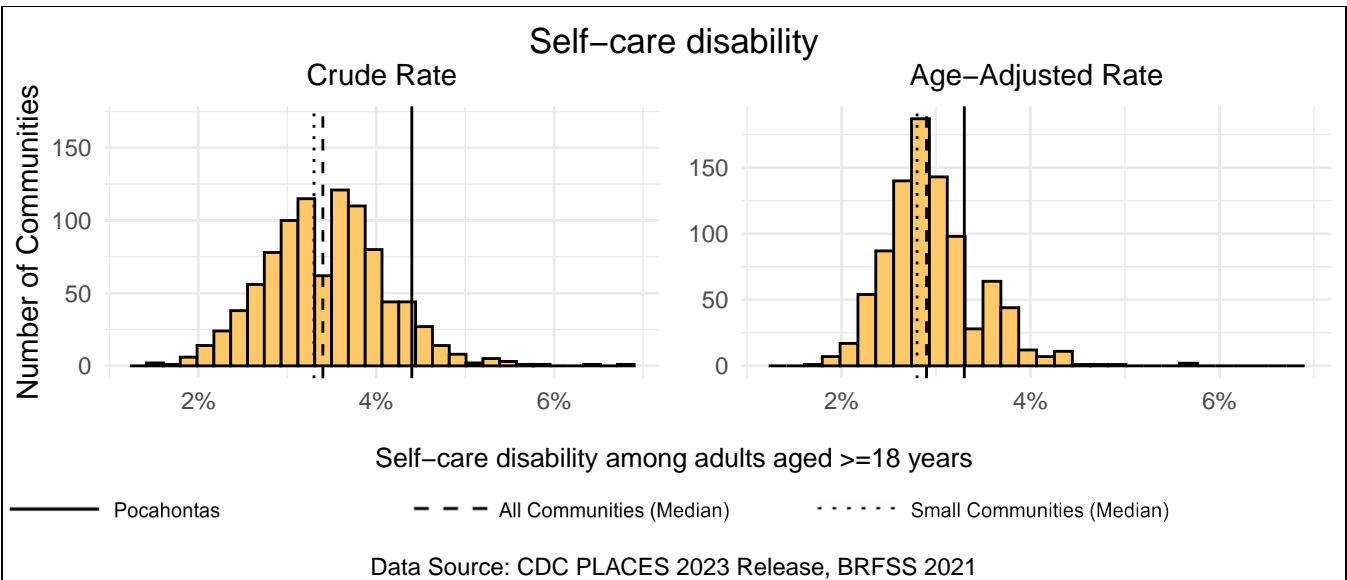
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	16.0%	11.8%	12.0%
Age-Adjusted	10.6%	9.5%	9.4%



Self-care disability

Pocahontas has a crude rate of 4.4% for self-care disability among adults aged ≥ 18 years, which ranks 875th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Pocahontas is 3.3%, which ranks 702nd out of 905 Iowa communities (117th out of 138 small communities).

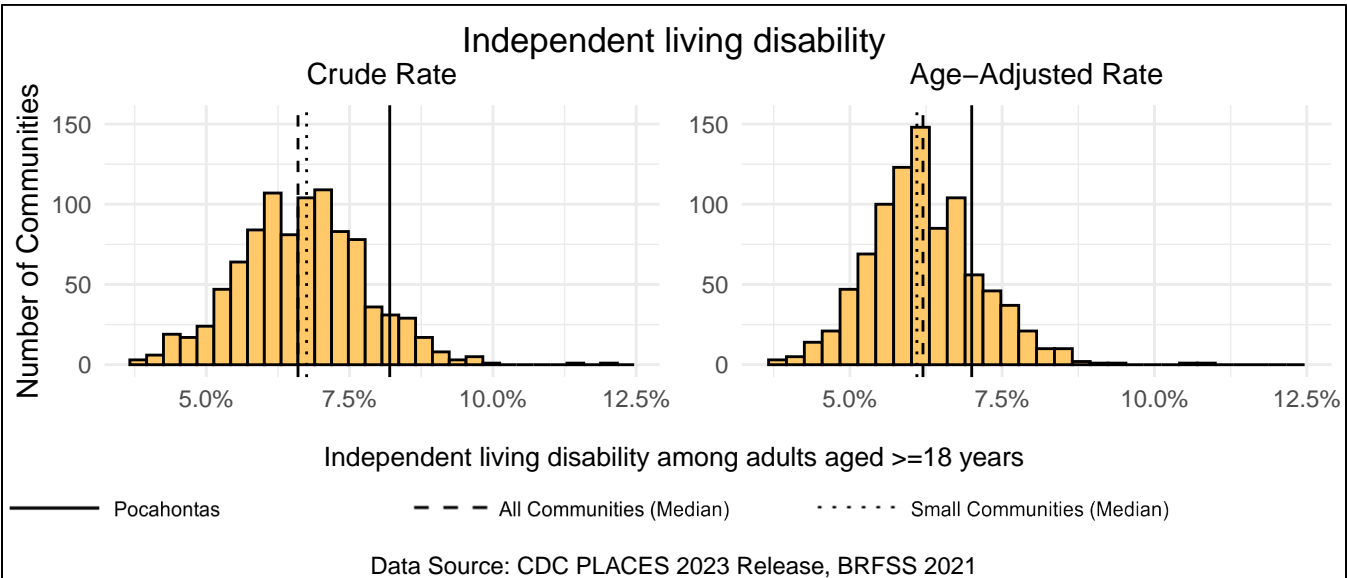
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	4.4%	3.4%	3.3%
Age-Adjusted	3.3%	2.9%	2.8%



Independent living disability

Pocahontas has a crude rate of 8.2% for independent living disability among adults aged ≥ 18 years, which ranks 877th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Pocahontas is 7.0%, which ranks 739th out of 905 Iowa communities (120th out of 138 small communities).

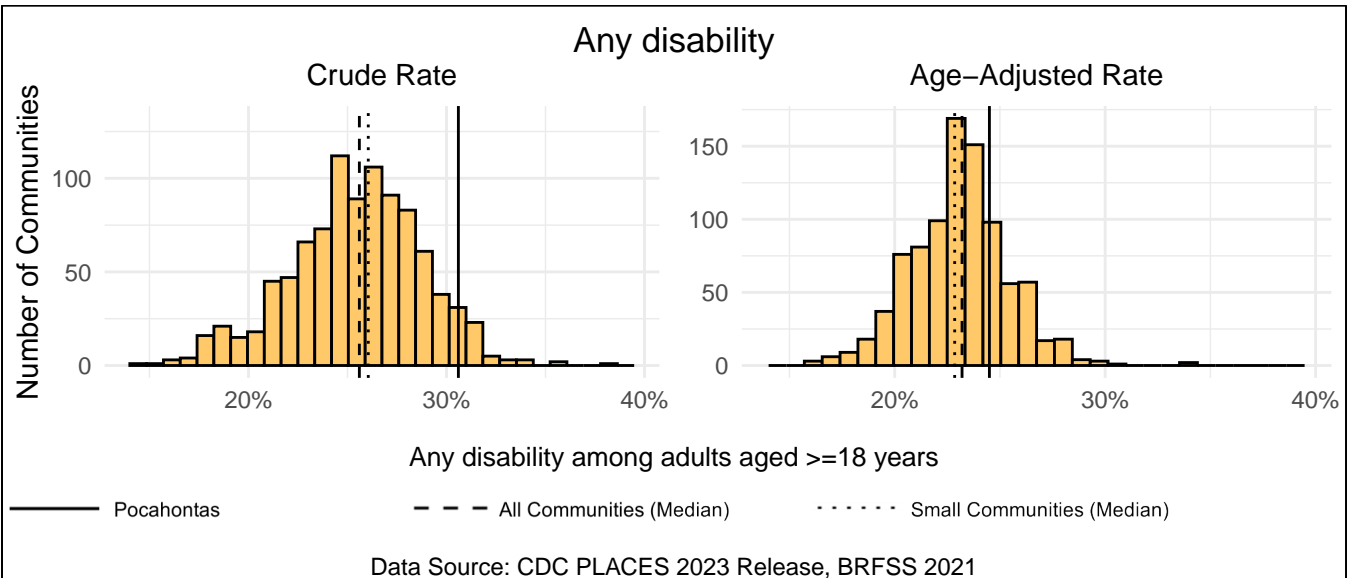
Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	8.2%	6.6%	6.8%
Age-Adjusted	7.0%	6.2%	6.1%



Any disability

Pocahontas has a crude rate of 30.6% for any disability among adults aged ≥ 18 years, which ranks 908th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Pocahontas is 24.5%, which ranks 686th out of 905 Iowa communities (109th out of 138 small communities).

Measure Type	Pocahontas	All Comm.	Small Comm.
Crude	30.6%	25.6%	26.0%
Age-Adjusted	24.5%	23.2%	22.8%



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: Pocahontas 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	893	12.7% (10.9% - 14.7%)	757	10.7% (9.1% - 12.3%)
Health Status	Mental Health	260	13.7% (11.7% - 15.7%)	765	16.5% (14.1% - 19.2%)
Health Status	General Health	880	17.4% (14.4% - 20.7%)	732	14.2% (11.6% - 16.8%)
Health Risk Behaviors	Sleep <7 hours	331	29.7% (27.8% - 31.2%)	613	31.8% (30.1% - 33.5%)
Health Risk Behaviors	Physical Inactivity	913	31.1% (25.6% - 36.9%)	784	27.2% (21.9% - 33.2%)
Health Risk Behaviors	Binge Drinking	17	15.4% (12.6% - 18.3%)	124	20.8% (17.1% - 24.4%)
Health Risk Behaviors	Current Smoking	622	17.6% (14.2% - 21.2%)	797	20.0% (15.9% - 24.7%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.7%)	696	9.8% (8.5% - 11.2%)
Health Outcomes	Chronic Kidney Disease	927	4.2% (3.7% - 4.7%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	High Cholesterol	932	41.3% (36.1% - 46.3%)	757	30.7% (26.0% - 35.1%)
Health Outcomes	Arthritis	930	34.1% (29.2% - 38.8%)	707	24.1% (20.2% - 28.1%)
Health Outcomes	COPD	910	9.6% (7.9% - 11.6%)	734	6.9% (5.7% - 8.2%)
Health Outcomes	Coronary Heart Disease	931	9.0% (7.7% - 10.3%)	674	5.3% (4.6% - 6.1%)
Health Outcomes	Obesity	635	38.6% (30.8% - 46.6%)	725	39.6% (31.6% - 47.4%)
Health Outcomes	Cancer (except skin)	920	10.4% (9.3% - 11.6%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Diabetes	912	12.7% (10.7% - 14.8%)	685	8.7% (7.3% - 10.2%)
Health Outcomes	All Teeth Lost	831	15.5% (10.0% - 22.0%)	756	14.8% (9.9% - 20.4%)
Health Outcomes	High Blood Pressure	940	39.4% (34.7% - 43.9%)	755	28.8% (24.7% - 32.9%)
Health Outcomes	Stroke	932	4.5% (3.9% - 5.2%)	714	2.8% (2.4% - 3.2%)
Health Outcomes	Depression	499	18.1% (14.8% - 21.7%)	832	20.7% (16.9% - 24.8%)
Prevention	Cervical Cancer Screening	754	81.9% (79.0% - 84.6%)	717	82.0% (79.4% - 84.7%)
Prevention	Mammography	737	74.7% (70.4% - 78.9%)	594	73.1% (68.4% - 77.6%)
Prevention	Dental Visit	764	63.9% (59.9% - 67.8%)	775	62.5% (58.6% - 66.6%)
Prevention	Annual Checkup	50	78.4% (73.7% - 82.4%)	498	72.4% (67.0% - 77.1%)
Prevention	Taking BP Medication	27	84.3% (81.3% - 86.8%)	126	59.8% (54.6% - 64.7%)
Prevention	Colorectal Cancer Screening	551	71.1% (67.8% - 74.2%)	597	70.1% (66.6% - 73.4%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	654	37.0% (29.4% - 45.1%)	503	39.5% (32.0% - 47.5%)
Prevention	Cholesterol Screening	92	85.0% (82.3% - 87.3%)	747	77.9% (74.0% - 81.1%)
Prevention	Core preventive services for older men	384	44.3% (35.4% - 53.3%)	372	44.2% (35.7% - 53.0%)
Prevention	Health Insurance	633	7.8% (5.8% - 10.2%)	700	8.6% (6.5% - 11.4%)
Disability	Vision Disability	879	5.3% (4.3% - 6.3%)	714	4.1% (3.5% - 4.8%)
Disability	Any Disability	908	30.6% (26.2% - 35.3%)	686	24.5% (20.4% - 29.0%)
Disability	Cognitive Disability	696	11.8% (9.9% - 13.9%)	738	12.7% (10.6% - 15.1%)
Disability	Mobility Disability	928	16.0% (13.2% - 18.8%)	736	10.6% (8.8% - 12.5%)
Disability	Independent Living Disability	877	8.2% (6.8% - 9.8%)	739	7.0% (5.9% - 8.2%)
Disability	Hearing Disability	930	10.1% (8.9% - 11.5%)	681	6.3% (5.5% - 7.1%)
Disability	Self-care Disability	875	4.4% (3.7% - 5.2%)	702	3.3% (2.9% - 3.9%)

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

Pocahontas 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		