



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 Postville: Overview

Dear Community Members & Stakeholders of Postville,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Depression	169th	12th	Cancer (except skin)	11th	4th
Arthritis	176th	26th	Binge Drinking	29th	9th
Cancer (except skin)	177th	23rd	Depression	45th	6th
High Cholesterol	218th	29th	Taking BP Medication	107th	22nd
High Blood Pressure	249th	32nd	Mental Health	516th	59th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Dental Visit	956th	102nd	Dental Visit	903rd	102nd
Health Insurance	950th	99th	Health Insurance	896th	99th
Cholesterol Screening	945th	99th	Physical Inactivity	894th	98th
Cervical Cancer Screening	938th	99th	Vision Disability	891st	97th
All Teeth Lost	935th	95th	General Health	887th	96th

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 Postville.

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

With a population of 2,653, Postville’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

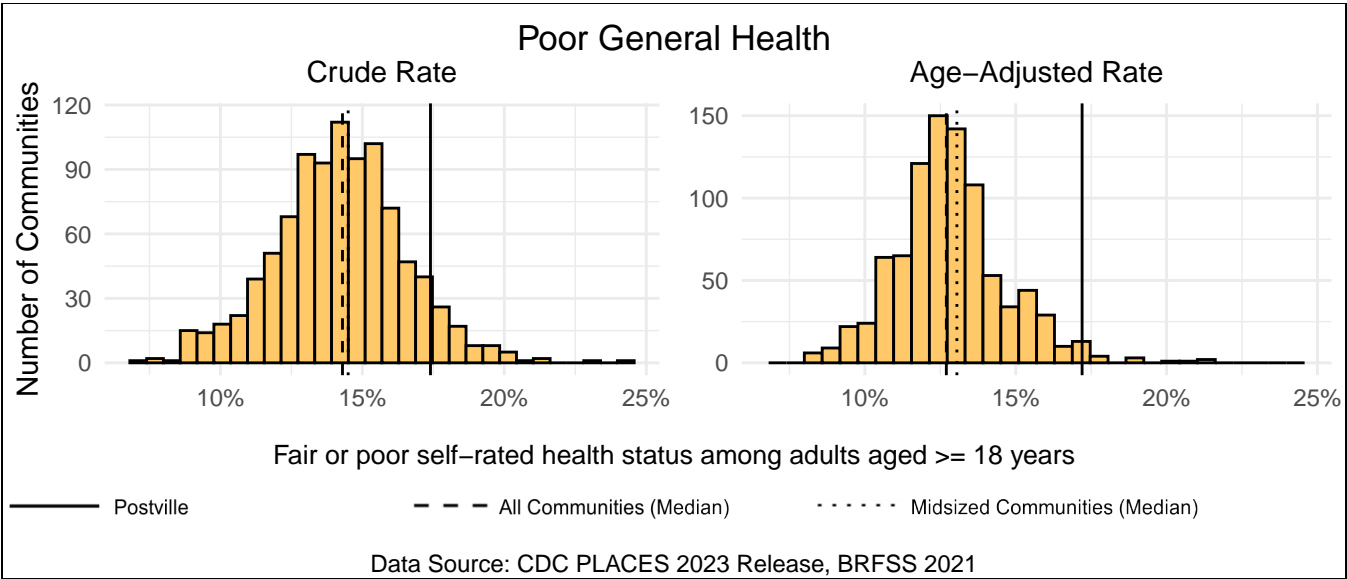
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of “excellent,” “very good,” “good,” “fair,” or “poor,” from which the respondents who answer “fair” or “poor” are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

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

Poor General Health

Postville 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 (84th out of 102 midsize communities). The age-adjusted rate for Postville is 17.2%, which ranks 887th out of 905 Iowa communities (96th out of 102 midsize communities).

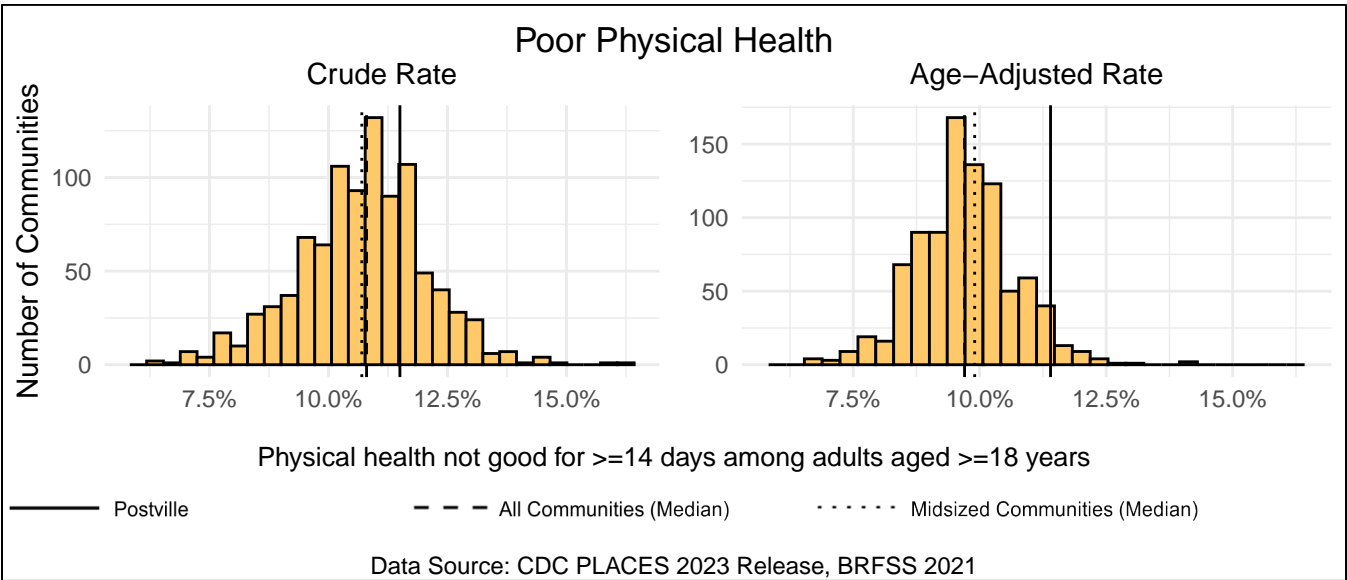
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	17.4%	14.3%	14.5%
Age-Adjusted	17.2%	12.7%	13.0%



Poor Physical Health

Postville has a crude rate of 11.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 690th out of 958 Iowa communities (71st out of 102 midsize communities). The age-adjusted rate for Postville is 11.4%, which ranks 866th out of 905 Iowa communities (91st out of 102 midsize communities).

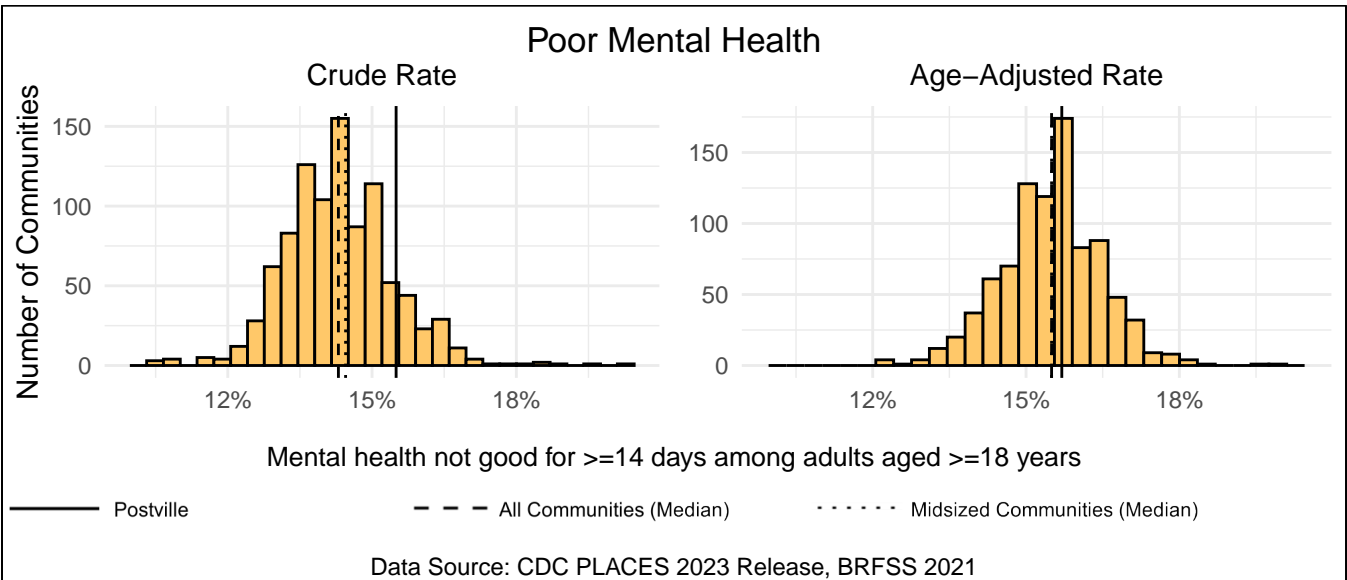
Measure Type	Postville	All Comm.	Midsize Comm.
Crude	11.5%	10.8%	10.7%
Age-Adjusted	11.4%	9.7%	9.9%



Poor Mental Health

Postville has a crude rate of 15.5% for mental health not good for >=14 days among adults aged >=18 years, which ranks 825th out of 958 Iowa communities (82nd out of 102 midsize communities). The age-adjusted rate for Postville is 15.7%, which ranks 516th out of 905 Iowa communities (59th out of 102 midsize communities).

Measure Type	Postville	All Comm.	Midsize Comm.
Crude	15.5%	14.3%	14.4%
Age-Adjusted	15.7%	15.5%	15.5%



Health Risk Behaviors

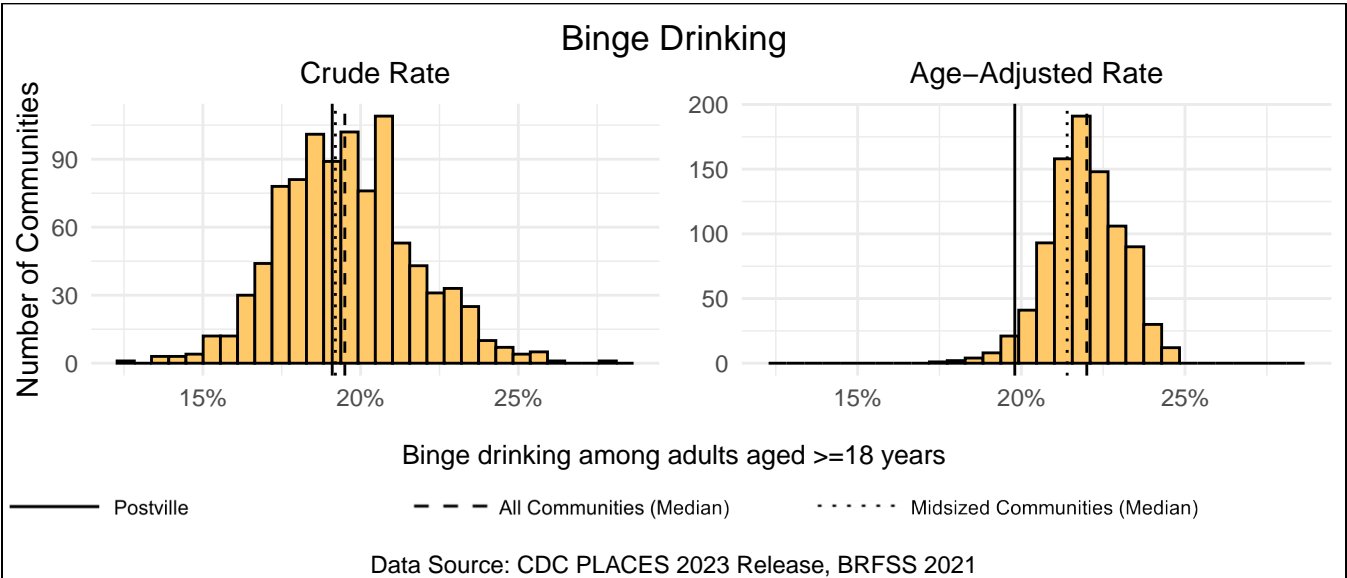
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Postville has a crude rate of 19.1% for binge drinking among adults aged ≥ 18 years, which ranks 402nd out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Postville is 19.8%, which ranks 29th out of 905 Iowa communities (9th out of 102 midsized communities).

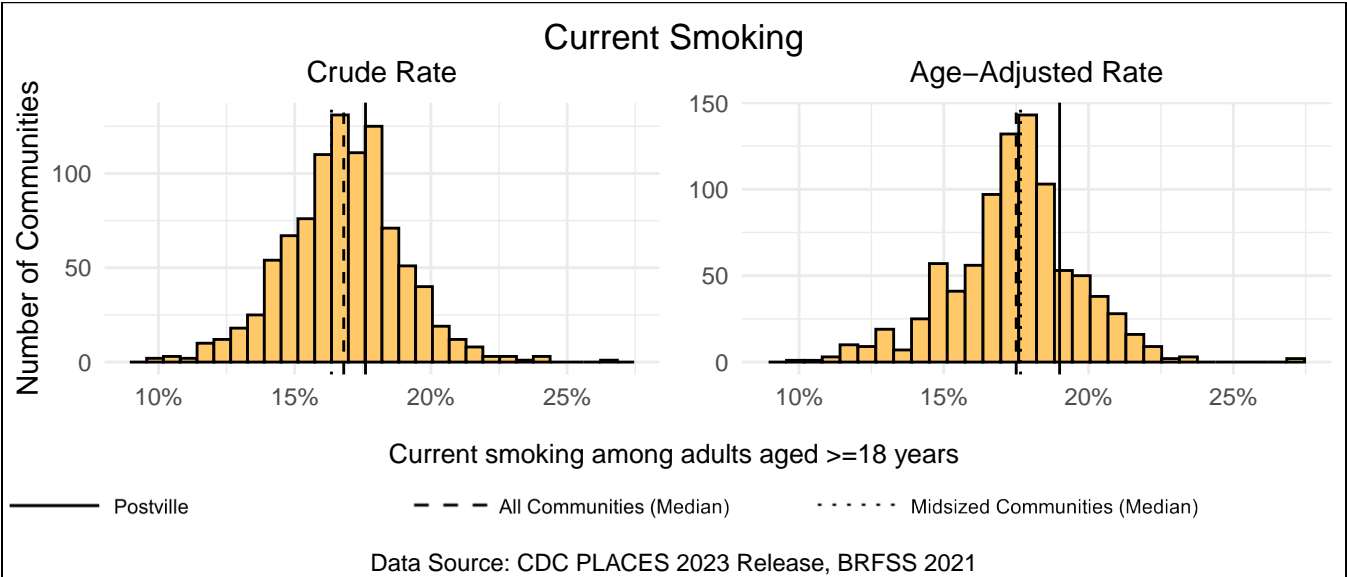
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	19.1%	19.5%	19.2%
Age-Adjusted	19.8%	22.0%	21.4%



Current Smoking

Postville has a crude rate of 17.6% for current smoking among adults aged >=18 years, which ranks 622nd out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for Postville is 19.0%, which ranks 716th out of 905 Iowa communities (76th out of 102 mid-sized communities).

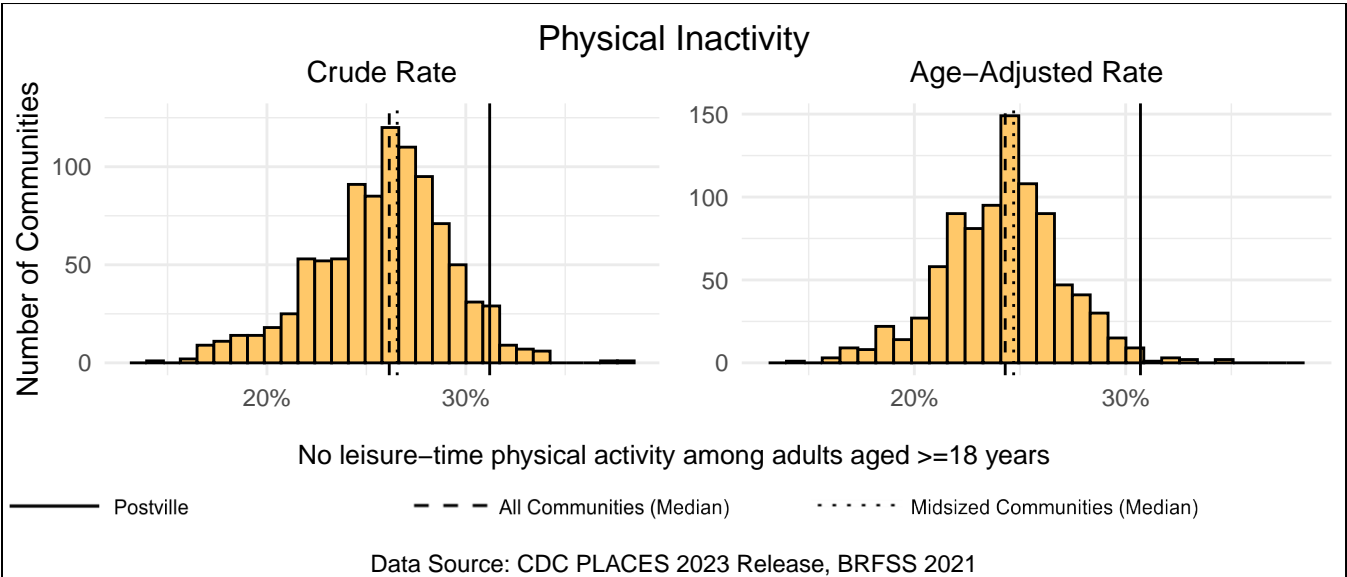
Measure Type	Postville	All Comm.	Mid-sized Comm.
Crude	17.6%	16.8%	16.4%
Age-Adjusted	19.0%	17.5%	17.6%



Physical Inactivity

Postville has a crude rate of 31.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 917th out of 958 Iowa communities (95th out of 102 mid-sized communities). The age-adjusted rate for Postville is 30.7%, which ranks 894th out of 905 Iowa communities (98th out of 102 mid-sized communities).

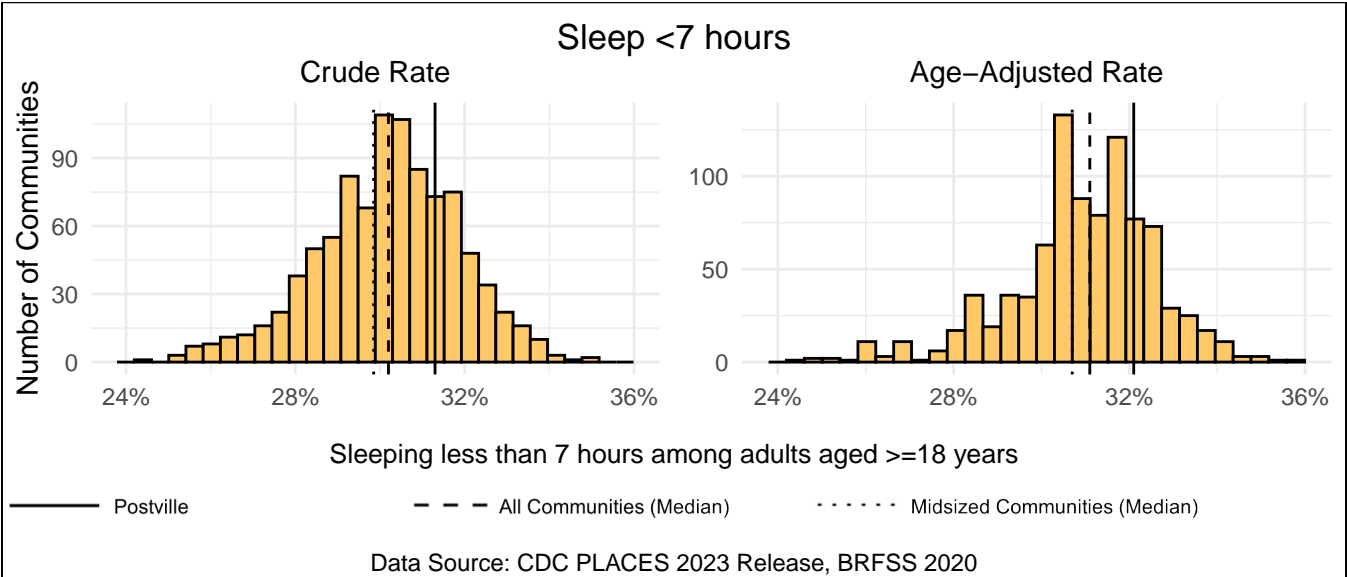
Measure Type	Postville	All Comm.	Mid-sized Comm.
Crude	31.2%	26.1%	26.6%
Age-Adjusted	30.7%	24.3%	24.7%



Sleep <7 hours

Postville has a crude rate of 31.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 690th out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Postville is 32.1%, which ranks 679th out of 905 Iowa communities (76th out of 102 mid-sized communities).

Measure Type	Postville	All Comm.	Midsized Comm.
Crude	31.3%	30.2%	29.8%
Age-Adjusted	32.1%	31.1%	30.7%



Health Outcomes

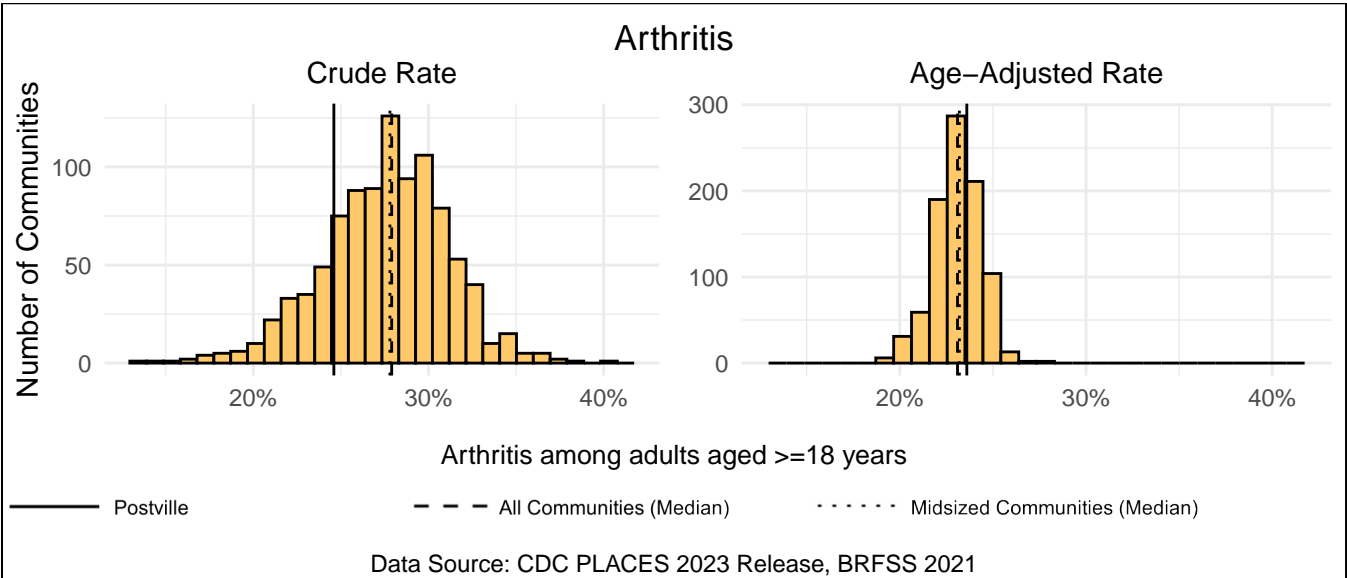
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Postville has a crude rate of 24.6% for arthritis among adults aged ≥ 18 years, which ranks 176th out of 958 Iowa communities (26th out of 102 midsize communities). The age-adjusted rate for Postville is 23.6%, which ranks 574th out of 905 Iowa communities (59th out of 102 midsize communities).

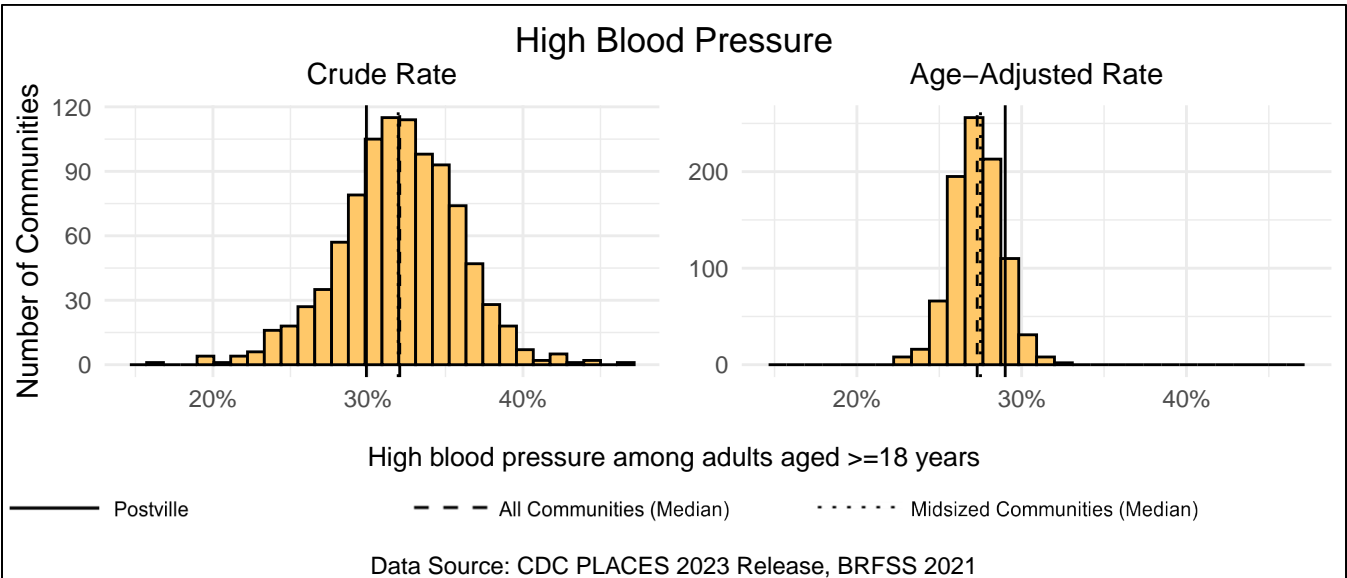
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	24.6%	27.9%	27.8%
Age-Adjusted	23.6%	23.1%	23.2%



High Blood Pressure

Postville has a crude rate of 29.9% for high blood pressure among adults aged ≥ 18 years, which ranks 249th out of 958 Iowa communities (32nd out of 102 mid-sized communities). The age-adjusted rate for Postville is 29.0%, which ranks 780th out of 905 Iowa communities (82nd out of 102 mid-sized communities).

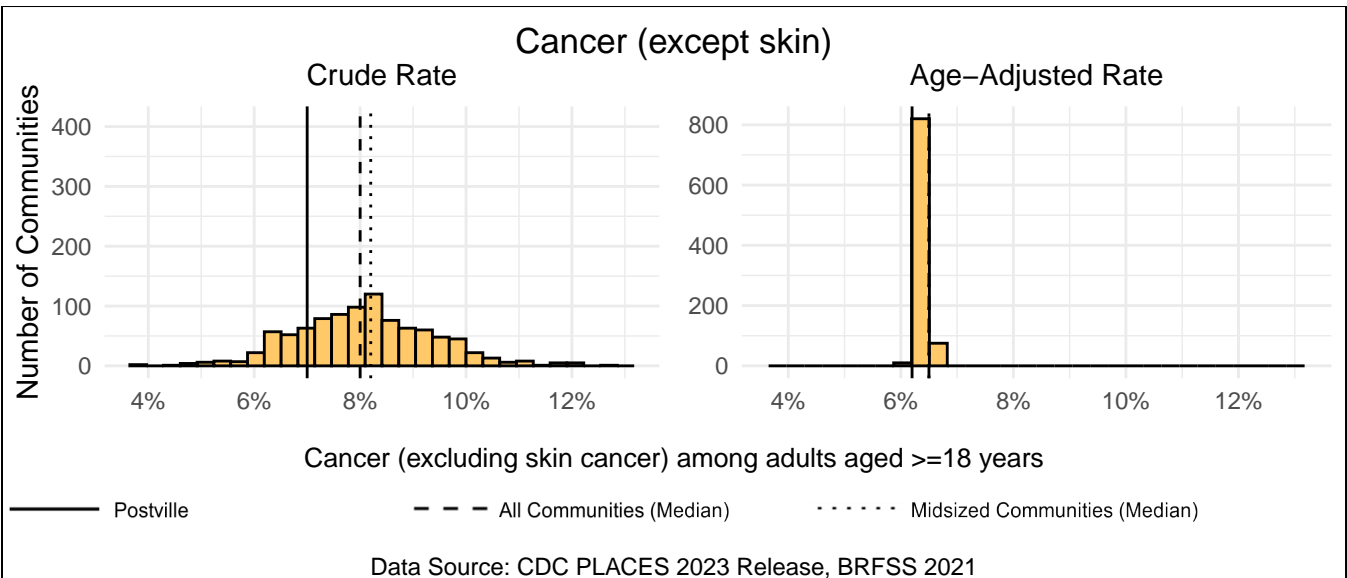
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	29.9%	32.0%	32.0%
Age-Adjusted	29.0%	27.3%	27.5%



Cancer (except skin)

Postville 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 (23rd out of 102 mid-sized communities). The age-adjusted rate for Postville is 6.2%, which ranks 11th out of 905 Iowa communities (4th out of 102 mid-sized communities).

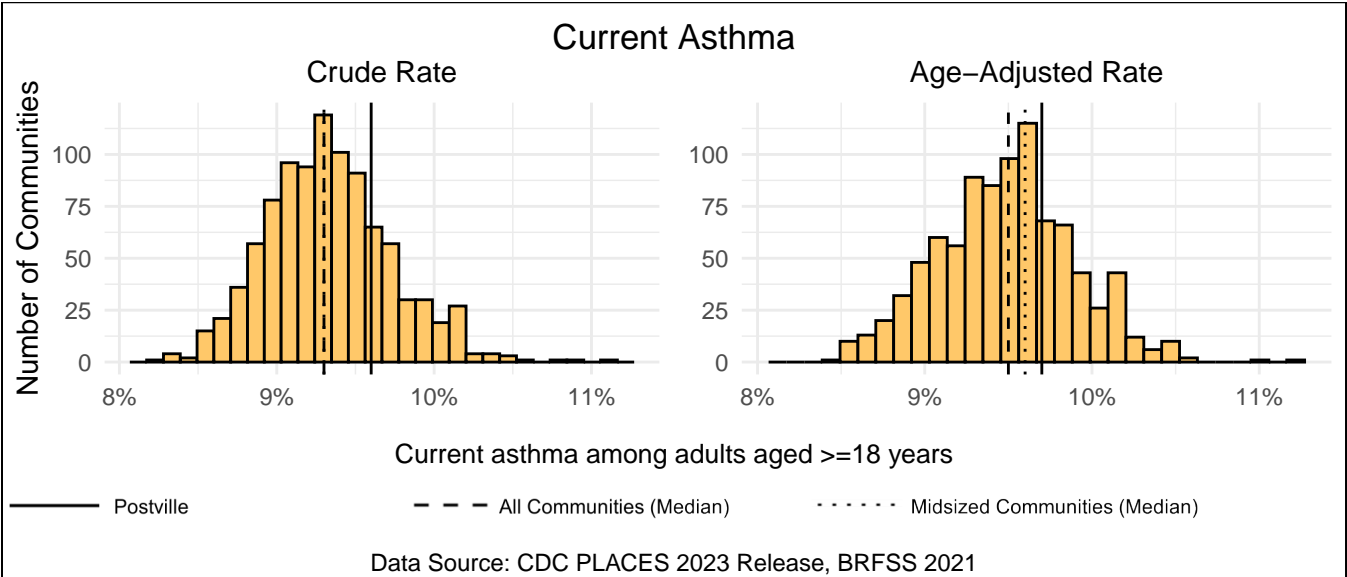
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	7.0%	8.0%	8.2%
Age-Adjusted	6.2%	6.5%	6.5%



Current Asthma

Postville has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Postville is 9.7%, which ranks 628th out of 905 Iowa communities (67th out of 102 midsize communities).

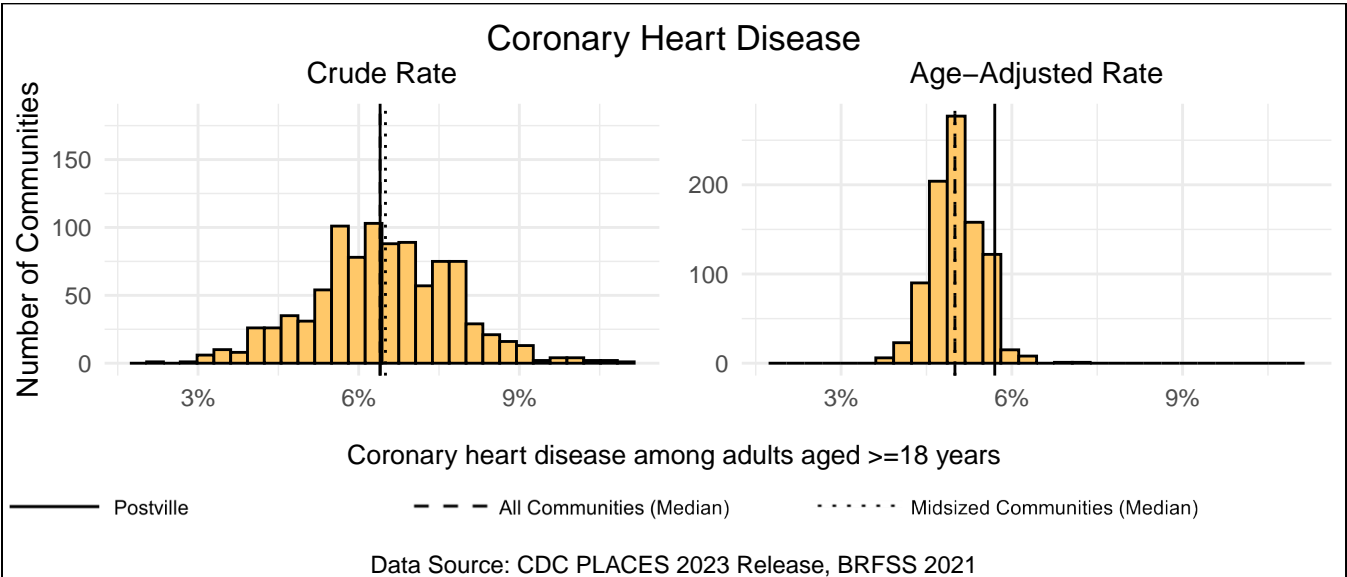
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.6%



Coronary Heart Disease

Postville has a crude rate of 6.4% for coronary heart disease among adults aged ≥ 18 years, which ranks 438th out of 958 Iowa communities (44th out of 102 midsize communities). The age-adjusted rate for Postville is 5.7%, which ranks 836th out of 905 Iowa communities (87th out of 102 midsize communities).

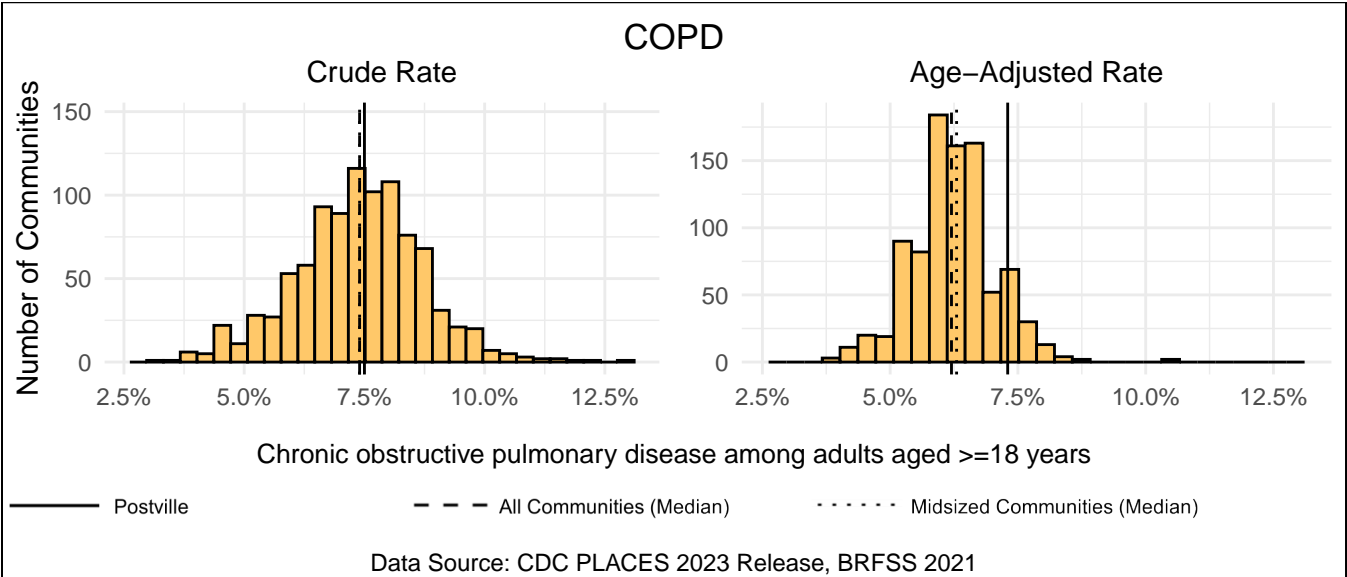
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	6.4%	6.4%	6.5%
Age-Adjusted	5.7%	5.0%	5.0%



COPD

Postville has a crude rate of 7.5% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 483rd out of 958 Iowa communities (53rd out of 102 mid-sized communities). The age-adjusted rate for Postville is 7.3%, which ranks 809th out of 905 Iowa communities (84th out of 102 mid-sized communities).

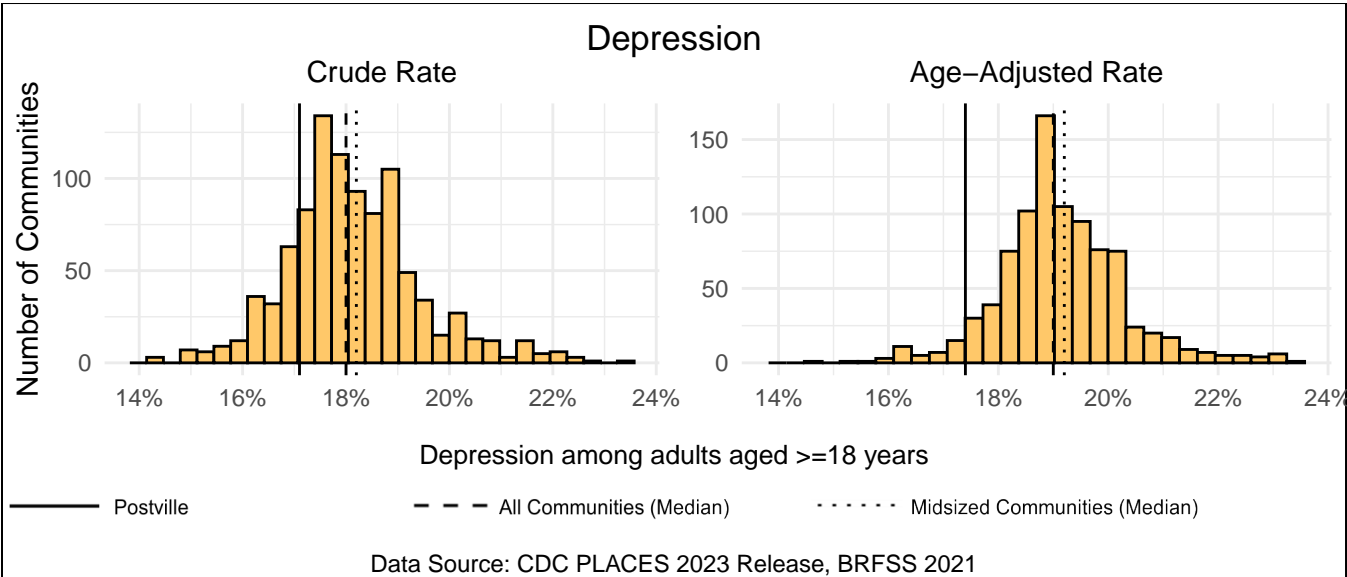
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	7.5%	7.4%	7.4%
Age-Adjusted	7.3%	6.2%	6.3%



Depression

Postville has a crude rate of 17.1% for depression among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (12th out of 102 mid-sized communities). The age-adjusted rate for Postville is 17.4%, which ranks 45th out of 905 Iowa communities (6th out of 102 mid-sized communities).

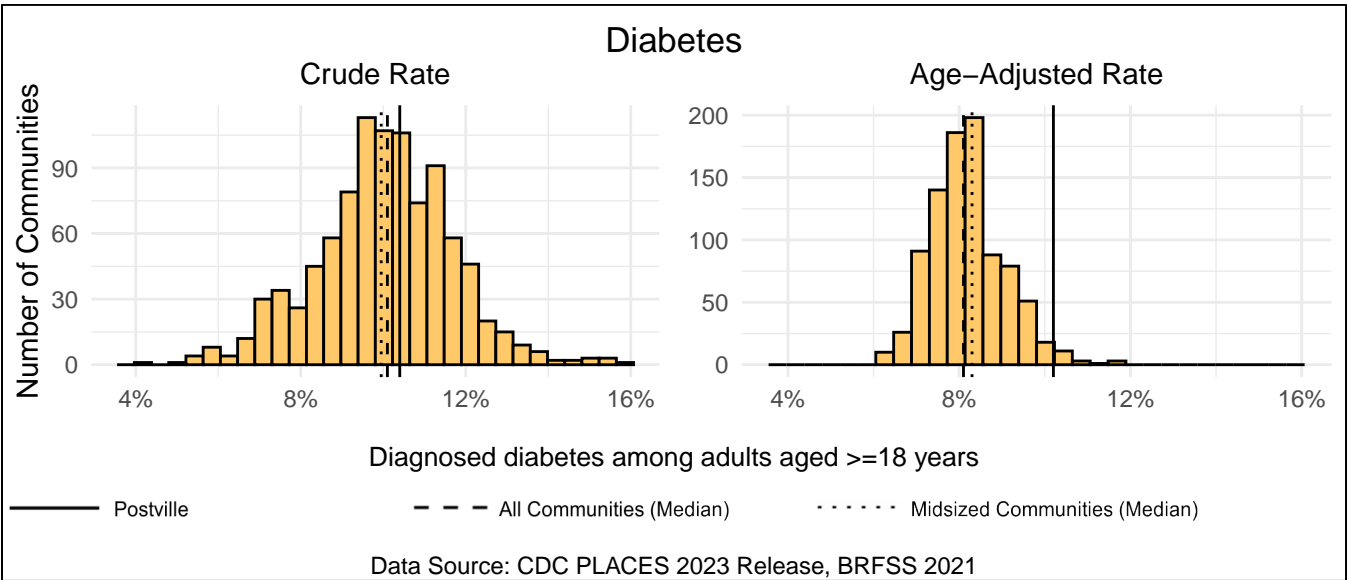
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	17.1%	18.0%	18.2%
Age-Adjusted	17.4%	19.0%	19.2%



Diabetes

Postville has a crude rate of 10.4% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 543rd out of 958 Iowa communities (59th out of 102 midsize communities). The age-adjusted rate for Postville is 10.2%, which ranks 883rd out of 905 Iowa communities (95th out of 102 midsize communities).

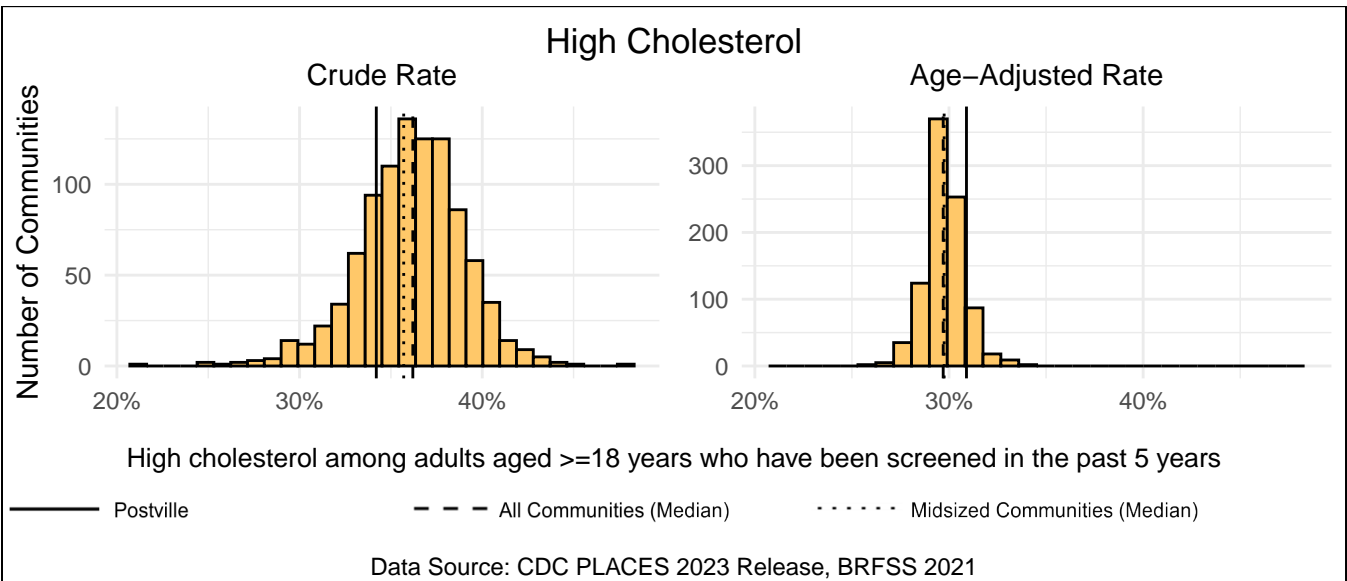
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	10.4%	10.1%	9.9%
Age-Adjusted	10.2%	8.1%	8.3%



High Cholesterol

Postville has a crude rate of 34.2% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 218th out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Postville is 30.9%, which ranks 790th out of 905 Iowa communities (89th out of 102 midsize communities).

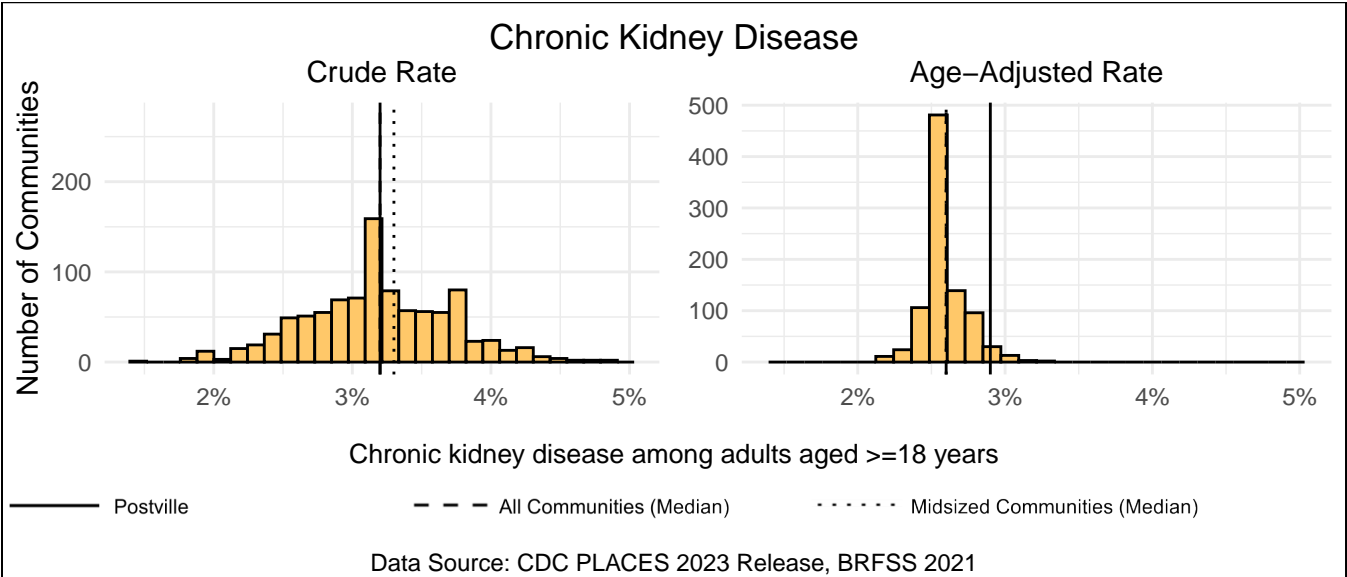
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	34.2%	36.2%	35.7%
Age-Adjusted	30.9%	29.7%	29.8%



Chronic Kidney Disease

Postville has a crude rate of 3.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 446th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Postville is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 midsized communities).

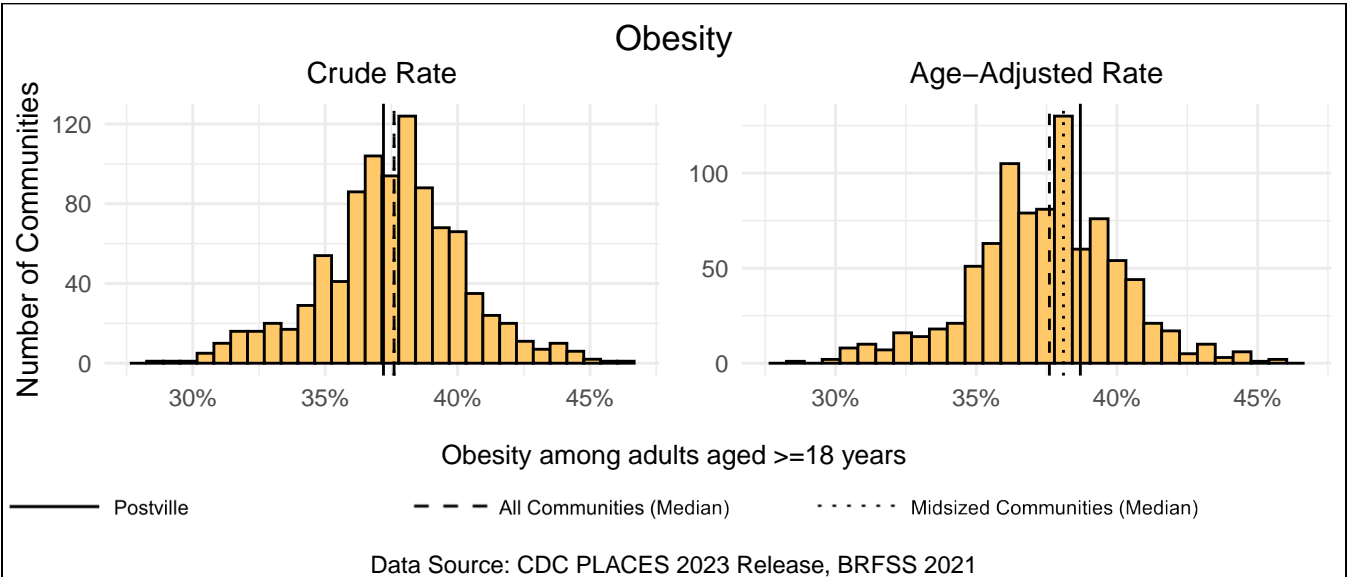
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Postville has a crude rate of 37.2% for obesity among adults aged ≥ 18 years, which ranks 402nd out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Postville is 38.7%, which ranks 627th out of 905 Iowa communities (61st out of 102 midsized communities).

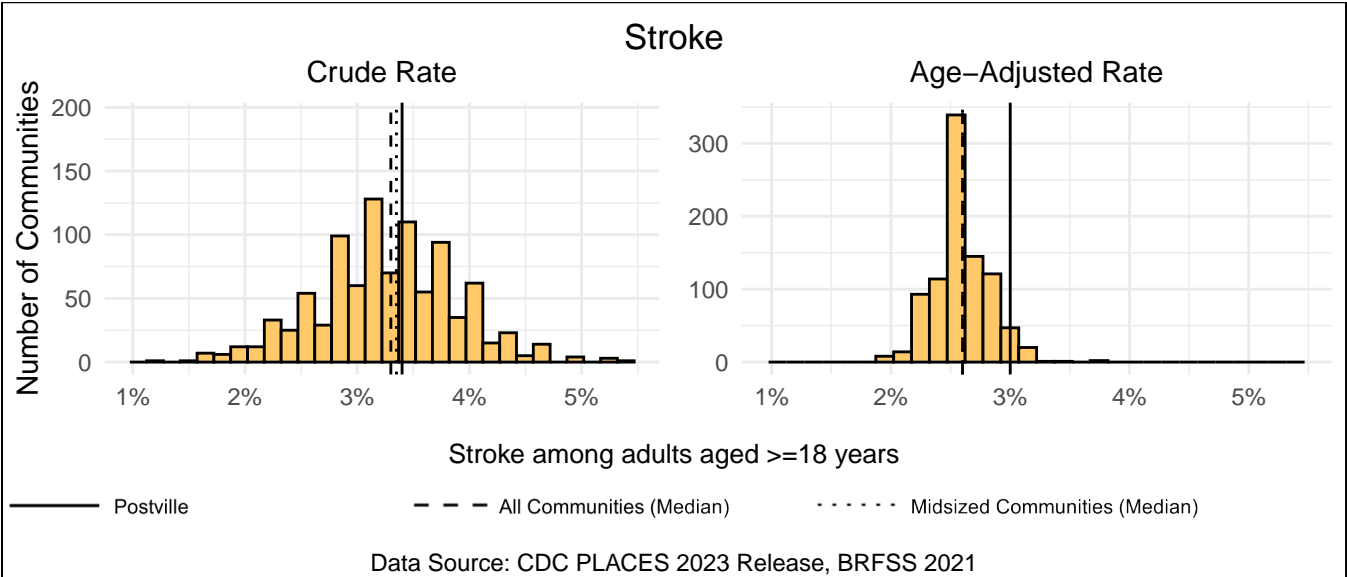
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	37.2%	37.6%	37.6%
Age-Adjusted	38.7%	37.6%	38.1%



Stroke

Postville has a crude rate of 3.4% for stroke among adults aged ≥ 18 years, which ranks 538th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Postville is 3.0%, which ranks 835th out of 905 Iowa communities (85th out of 102 mid-sized communities).

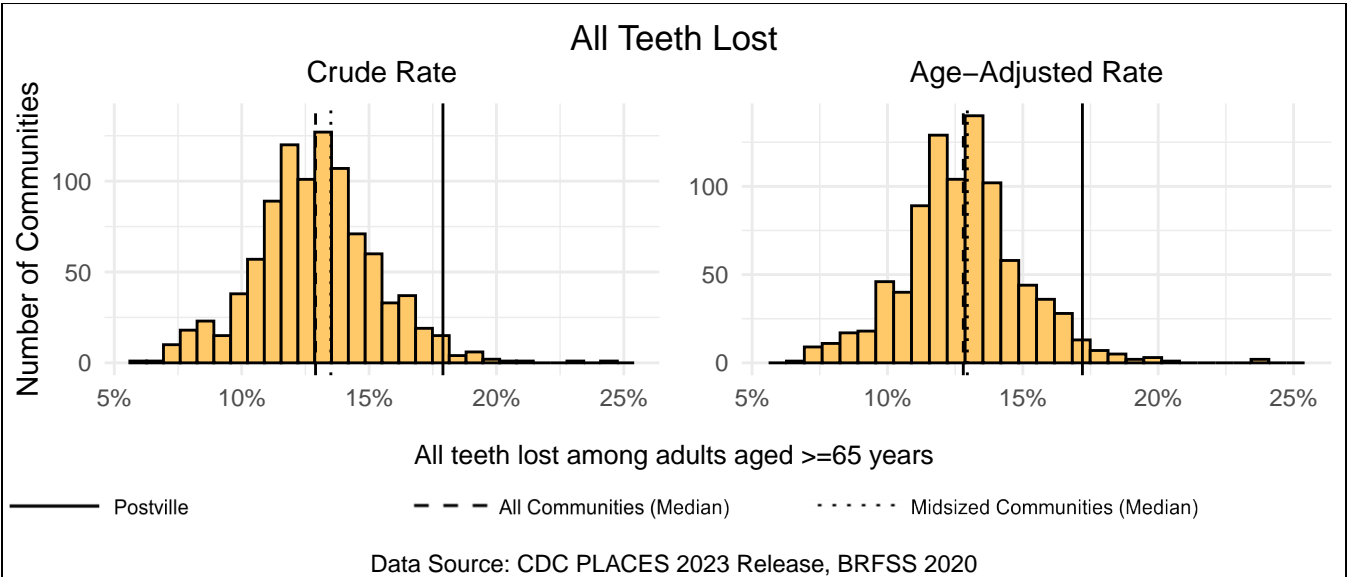
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	3.4%	3.3%	3.3%
Age-Adjusted	3.0%	2.6%	2.6%



All Teeth Lost

Postville has a crude rate of 17.9% for all teeth lost among adults aged ≥ 65 years, which ranks 935th out of 958 Iowa communities (95th out of 102 mid-sized communities). The age-adjusted rate for Postville is 17.2%, which ranks 882nd out of 905 Iowa communities (95th out of 102 mid-sized communities).

Measure Type	Postville	All Comm.	Midsized Comm.
Crude	17.9%	12.9%	13.5%
Age-Adjusted	17.2%	12.8%	12.9%



Prevention

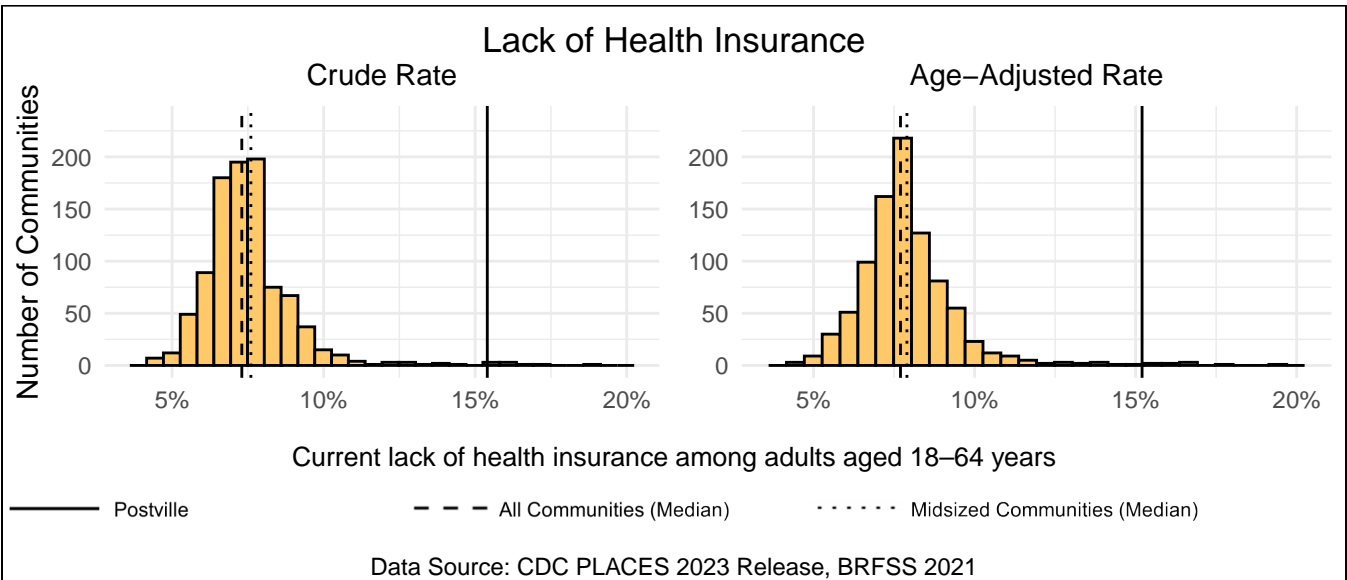
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Postville has a crude rate of 15.4% for current lack of health insurance among adults aged 18–64 years, which ranks 950th out of 958 Iowa communities (99th out of 102 midsize communities). The age-adjusted rate for Postville is 15.2%, which ranks 896th out of 905 Iowa communities (99th out of 102 midsize communities).

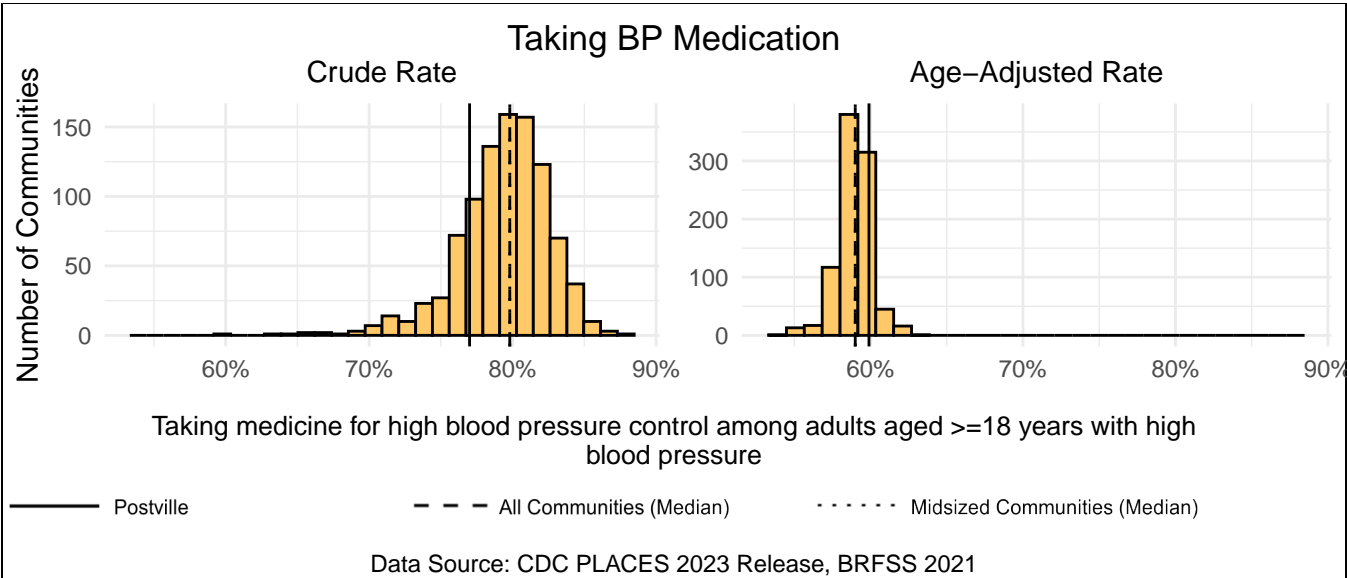
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	15.4%	7.3%	7.6%
Age-Adjusted	15.2%	7.7%	7.9%



Taking BP Medication

Postville has a crude rate of 77.0% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 774th out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for Postville is 59.9%, which ranks 107th out of 905 Iowa communities (22nd out of 102 mid-sized communities).

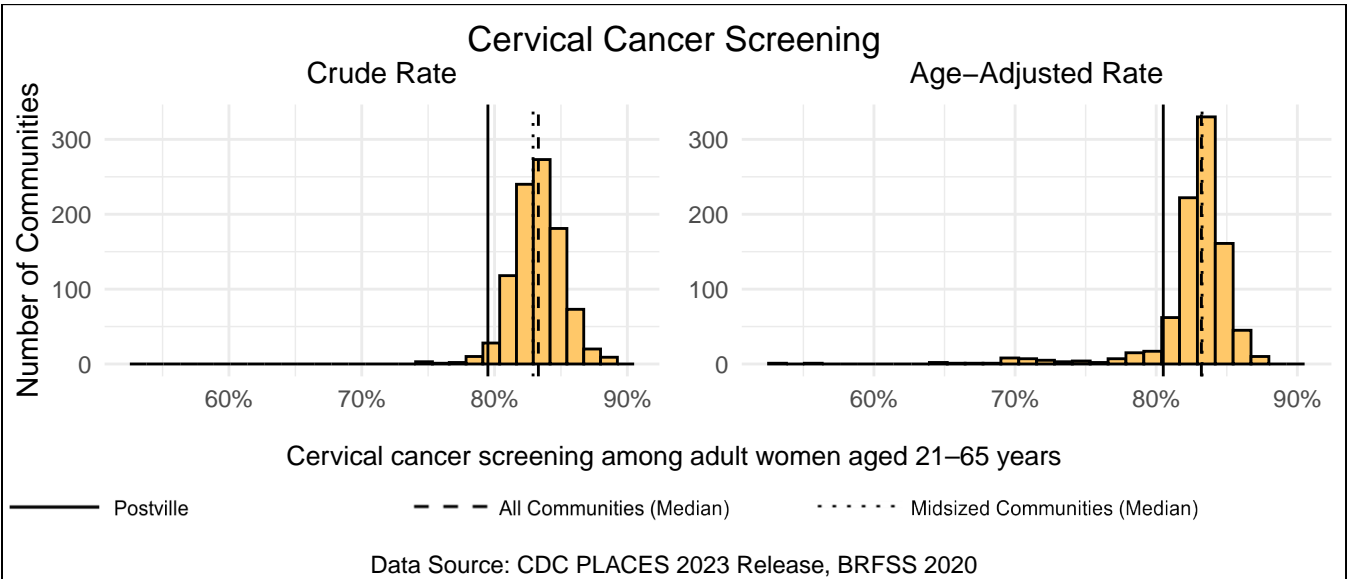
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	77.0%	79.8%	79.8%
Age-Adjusted	59.9%	59.0%	59.0%



Cervical Cancer Screening

Postville has a crude rate of 79.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 938th out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Postville is 80.5%, which ranks 828th out of 905 Iowa communities (97th out of 102 mid-sized communities).

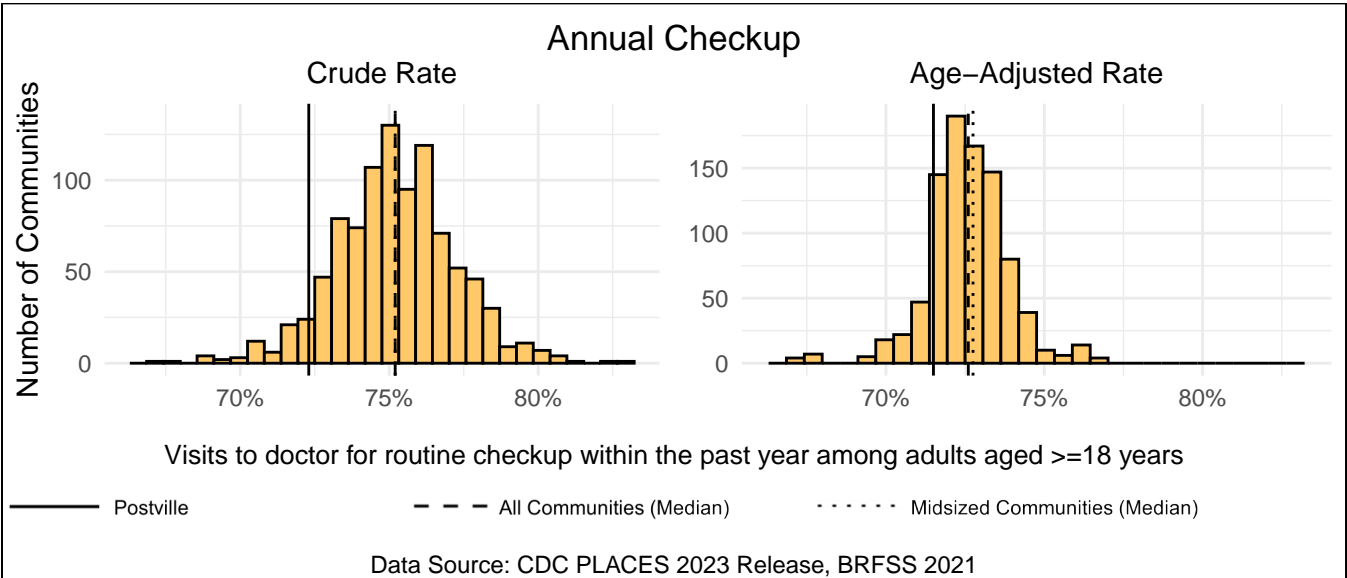
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	79.5%	83.3%	82.9%
Age-Adjusted	80.5%	83.2%	83.2%



Annual Checkup

Postville has a crude rate of 72.3% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 895th out of 958 Iowa communities (94th out of 102 midsize communities). The age-adjusted rate for Postville is 71.5%, which ranks 770th out of 905 Iowa communities (90th out of 102 midsize communities).

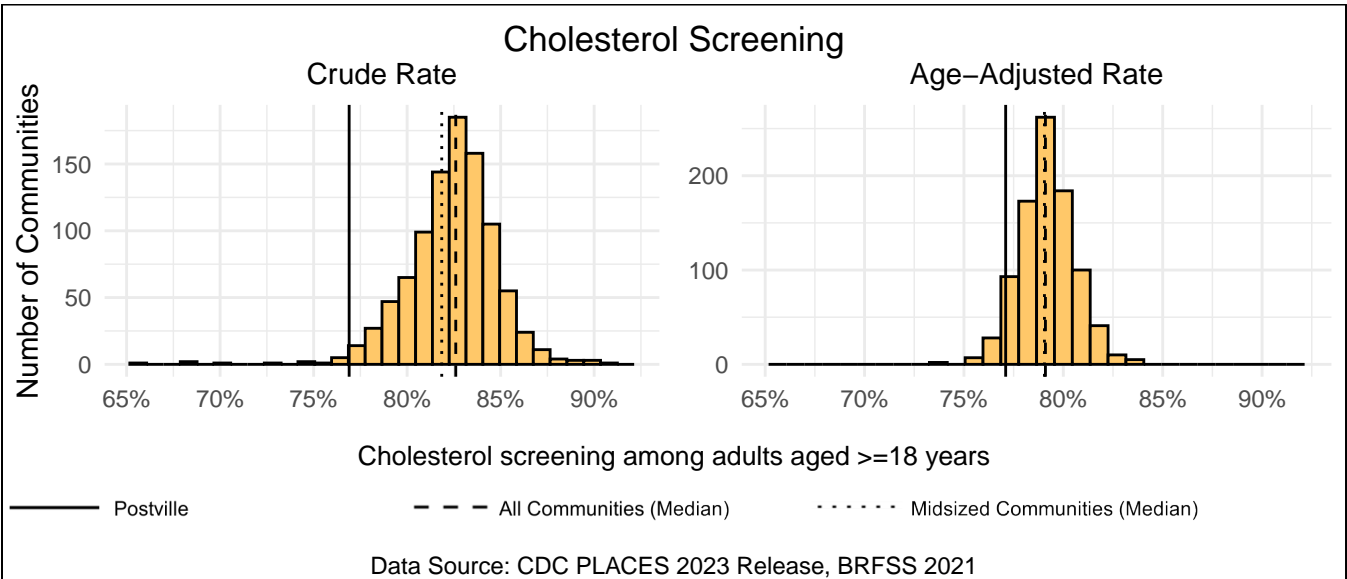
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	72.3%	75.2%	75.2%
Age-Adjusted	71.5%	72.6%	72.8%



Cholesterol Screening

Postville has a crude rate of 76.9% for cholesterol screening among adults aged >=18 years, which ranks 945th out of 958 Iowa communities (99th out of 102 midsize communities). The age-adjusted rate for Postville is 77.1%, which ranks 851st out of 905 Iowa communities (85th out of 102 midsize communities).

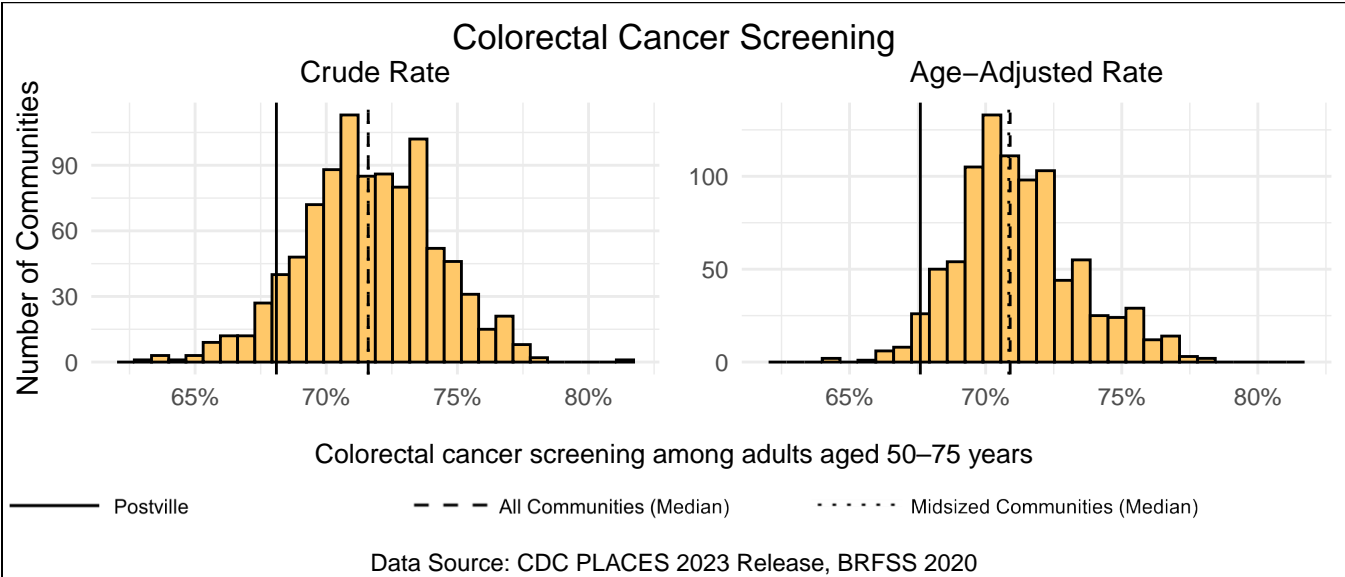
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	76.9%	82.6%	81.8%
Age-Adjusted	77.1%	79.1%	79.0%



Colorectal Cancer Screening

Postville has a crude rate of 68.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 881st out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Postville is 67.6%, which ranks 879th out of 905 Iowa communities (96th out of 102 mid-sized communities).

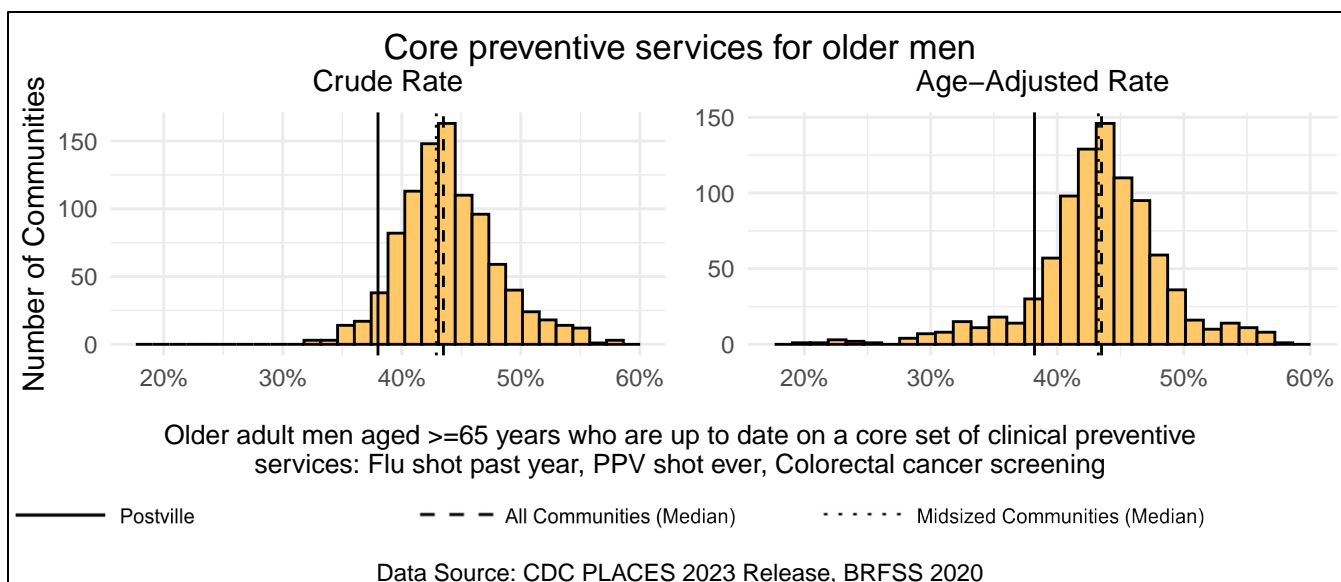
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	68.1%	71.6%	71.6%
Age-Adjusted	67.6%	70.9%	70.8%



Core preventive services for older men

Postville has a crude rate of 38.0% 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 904th out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for Postville is 38.2%, which ranks 802nd out of 905 Iowa communities (92nd out of 102 mid-sized communities).

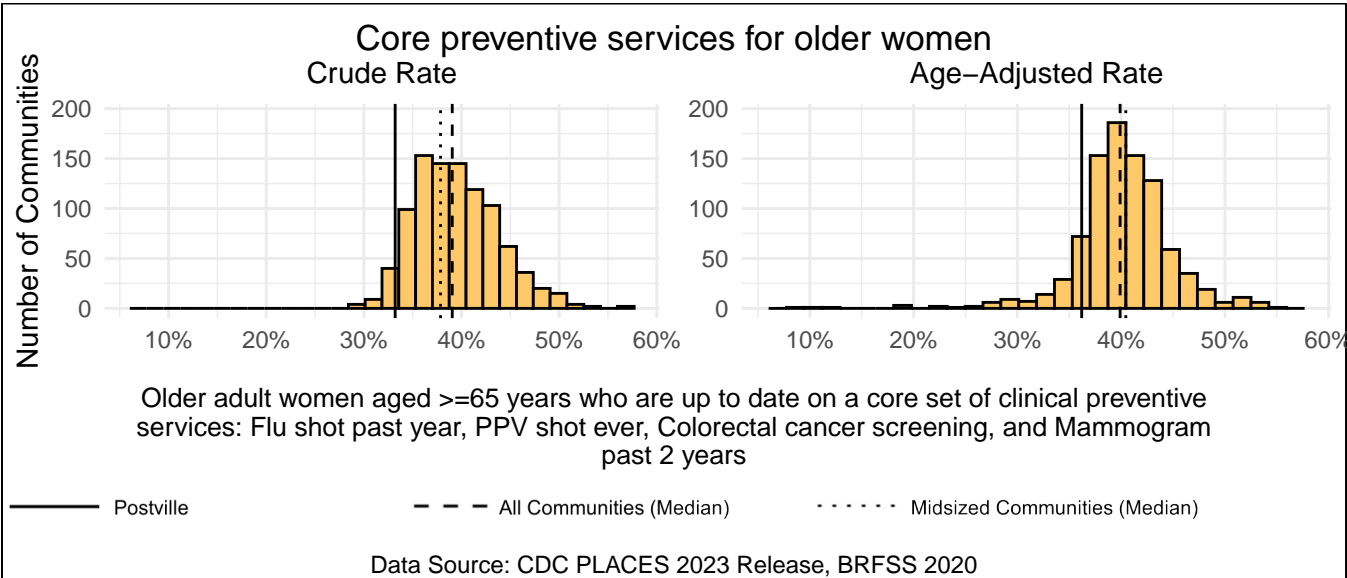
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	38.0%	43.5%	42.9%
Age-Adjusted	38.2%	43.5%	43.2%



Core preventive services for older women

Postville has a crude rate of 33.2% 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 917th out of 958 Iowa communities (97th out of 102 mid-sized communities). The age-adjusted rate for Postville is 36.2%, which ranks 804th out of 905 Iowa communities (94th out of 102 mid-sized communities).

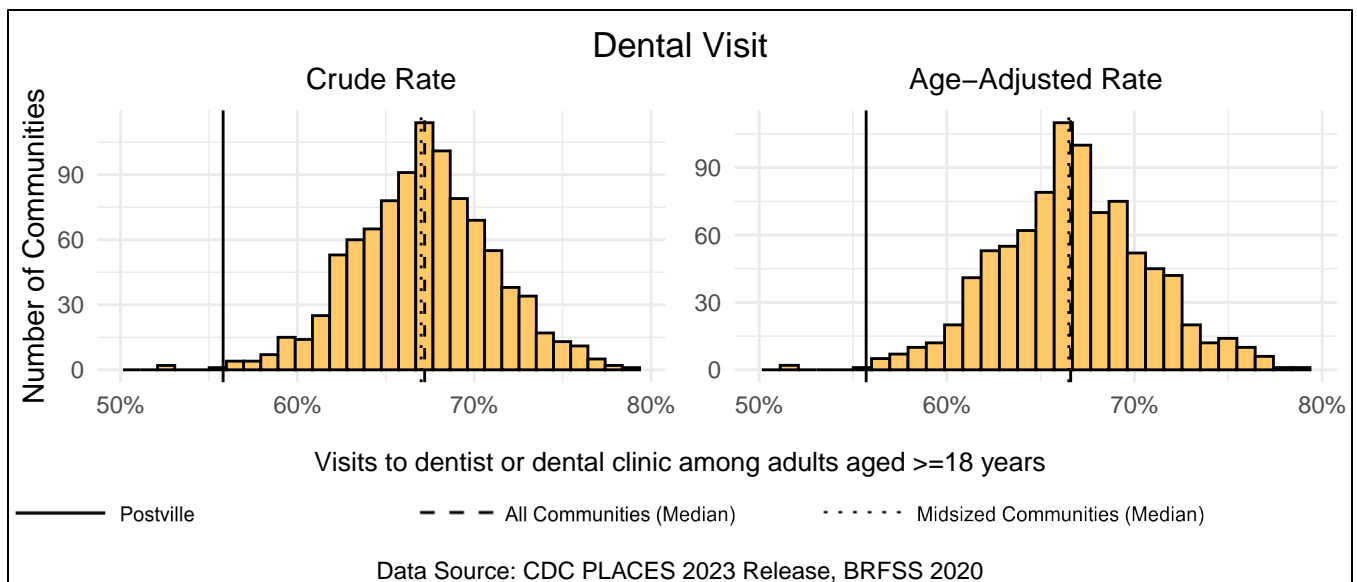
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	33.2%	39.0%	37.8%
Age-Adjusted	36.2%	39.9%	40.4%



Dental Visit

Postville has a crude rate of 55.8% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 956th out of 958 Iowa communities (102nd out of 102 mid-sized communities). The age-adjusted rate for Postville is 55.7%, which ranks 903rd out of 905 Iowa communities (102nd out of 102 mid-sized communities).

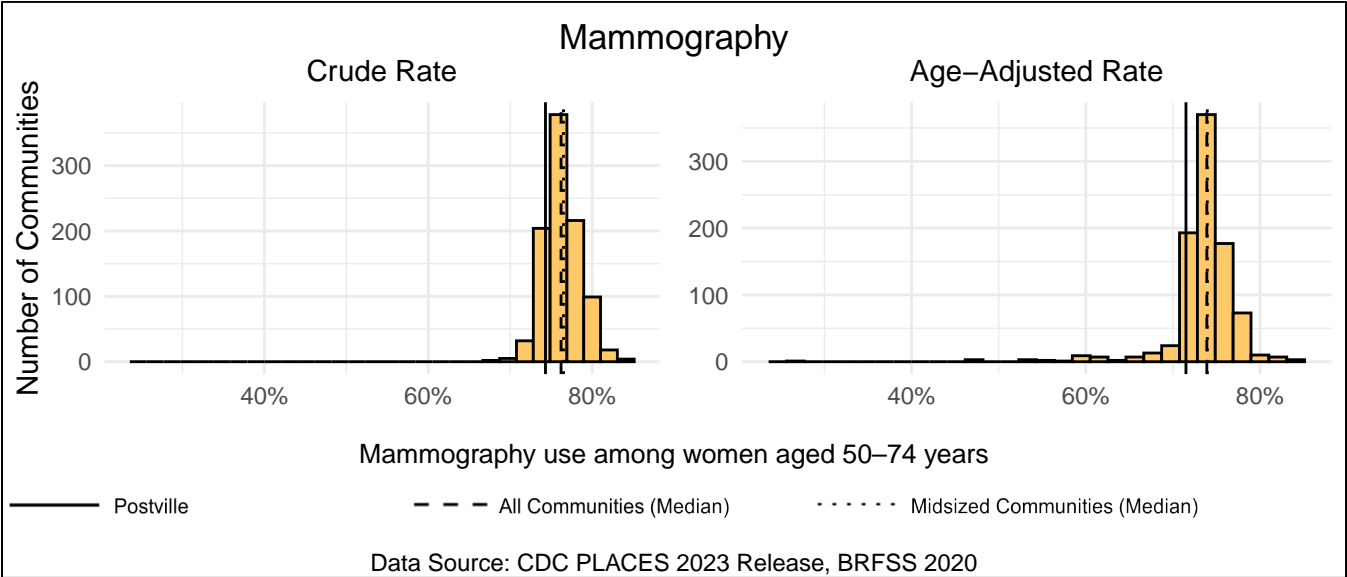
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	55.8%	67.2%	67.0%
Age-Adjusted	55.7%	66.6%	66.5%



Mammography

Postville has a crude rate of 74.3% for mammography use among women aged 50–74 years, which ranks 793rd out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for Postville is 71.5%, which ranks 793rd out of 905 Iowa communities (91st out of 102 mid-sized communities).

Measure Type	Postville	All Comm.	Midsized Comm.
Crude	74.3%	76.2%	76.5%
Age-Adjusted	71.5%	73.9%	74.0%



Disability

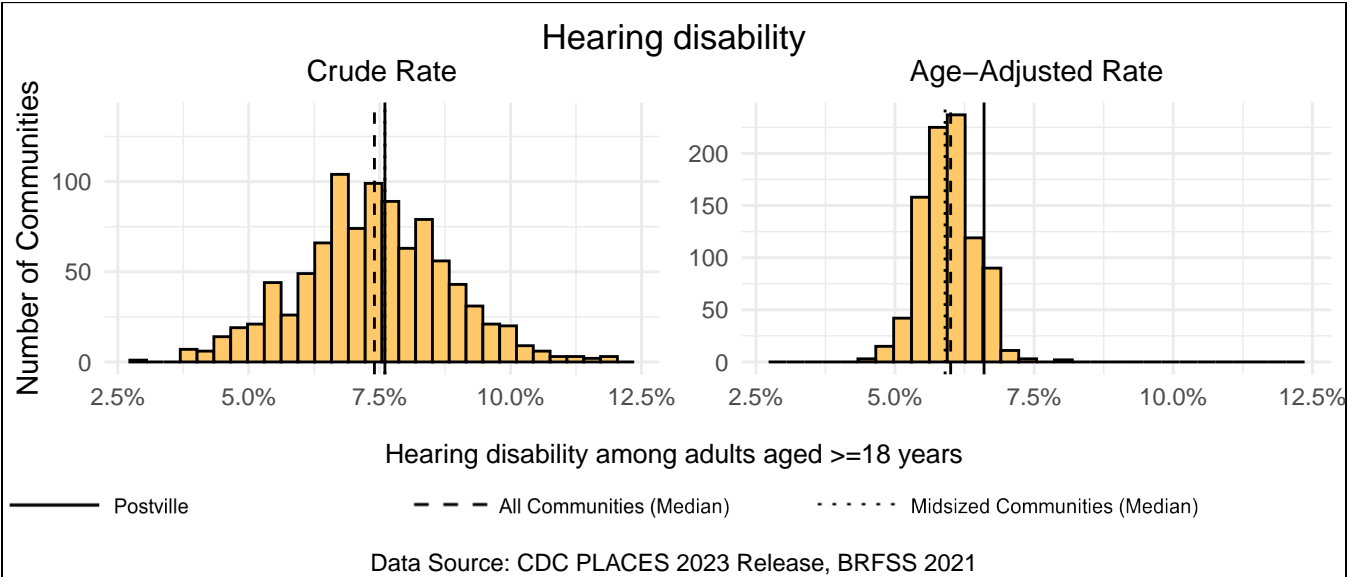
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Postville has a crude rate of 7.6% for hearing disability among adults aged ≥ 18 years, which ranks 531st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Postville is 6.6%, which ranks 800th out of 905 Iowa communities (85th out of 102 midsize communities).

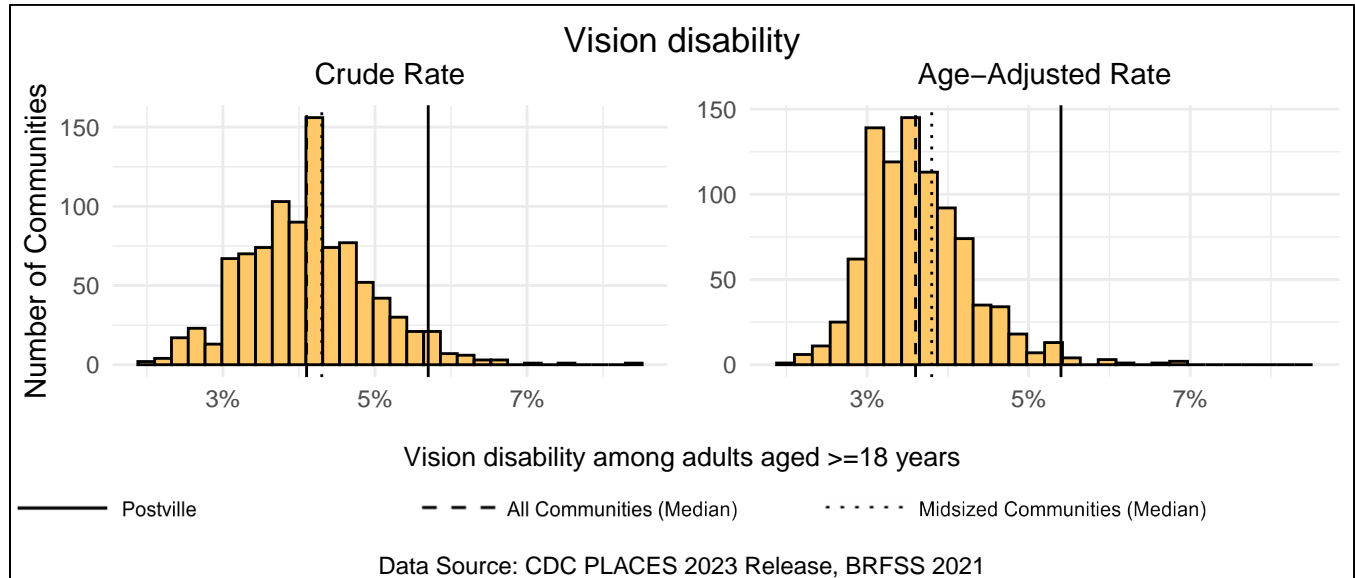
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	7.6%	7.4%	7.6%
Age-Adjusted	6.6%	6.0%	5.9%



Vision disability

Postville has a crude rate of 5.7% for vision disability among adults aged ≥ 18 years, which ranks 916th out of 958 Iowa communities (90th out of 102 midsize communities). The age-adjusted rate for Postville is 5.4%, which ranks 891st out of 905 Iowa communities (97th out of 102 midsize communities).

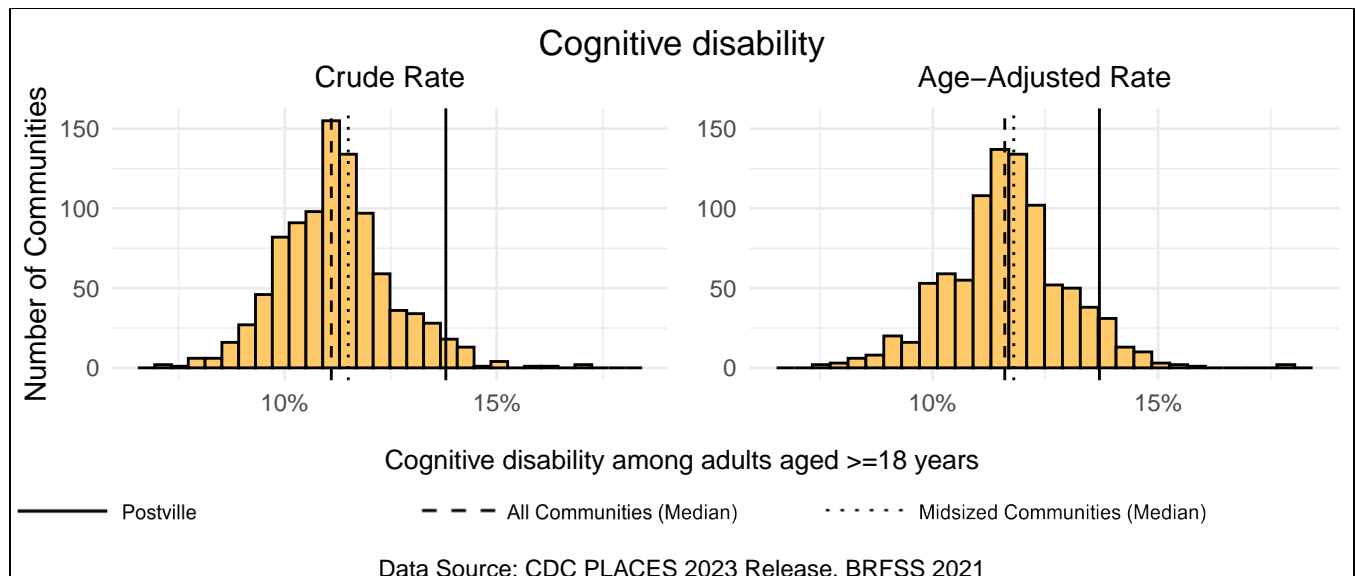
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	5.7%	4.1%	4.3%
Age-Adjusted	5.4%	3.6%	3.8%



Cognitive disability

Postville has a crude rate of 13.8% for cognitive disability among adults aged ≥ 18 years, which ranks 924th out of 958 Iowa communities (93rd out of 102 midsize communities). The age-adjusted rate for Postville is 13.7%, which ranks 844th out of 905 Iowa communities (85th out of 102 midsize communities).

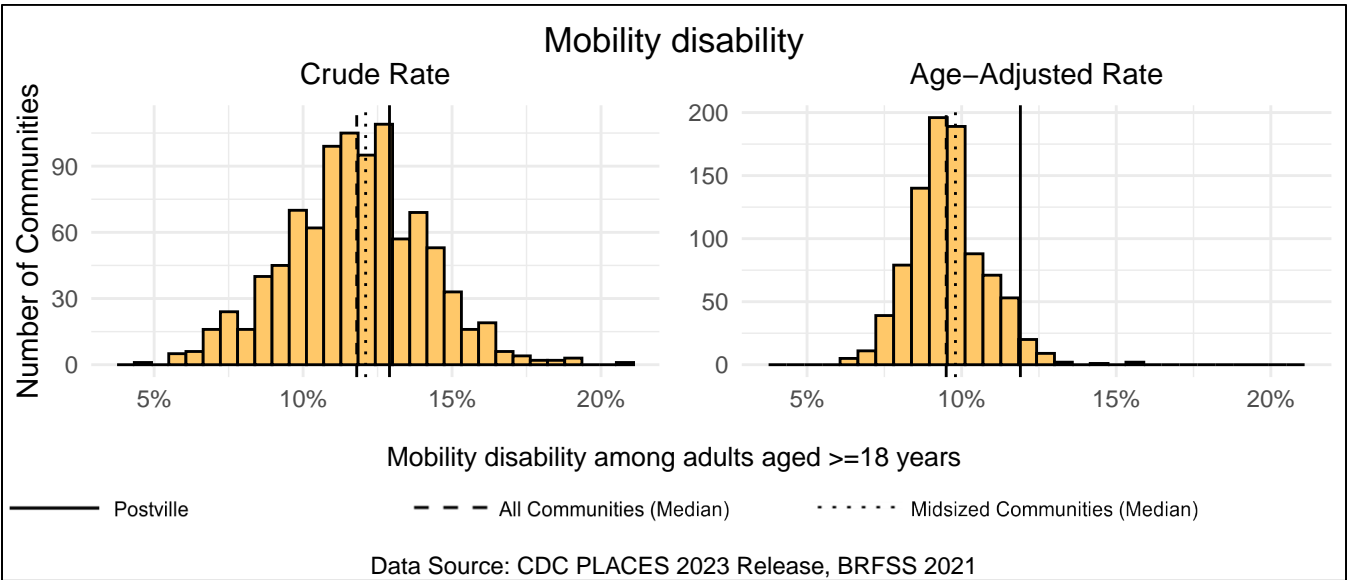
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	13.8%	11.1%	11.5%
Age-Adjusted	13.7%	11.6%	11.8%



Mobility disability

Postville has a crude rate of 12.9% for mobility disability among adults aged >=18 years, which ranks 655th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Postville is 11.9%, which ranks 872nd out of 905 Iowa communities (92nd out of 102 mid-sized communities).

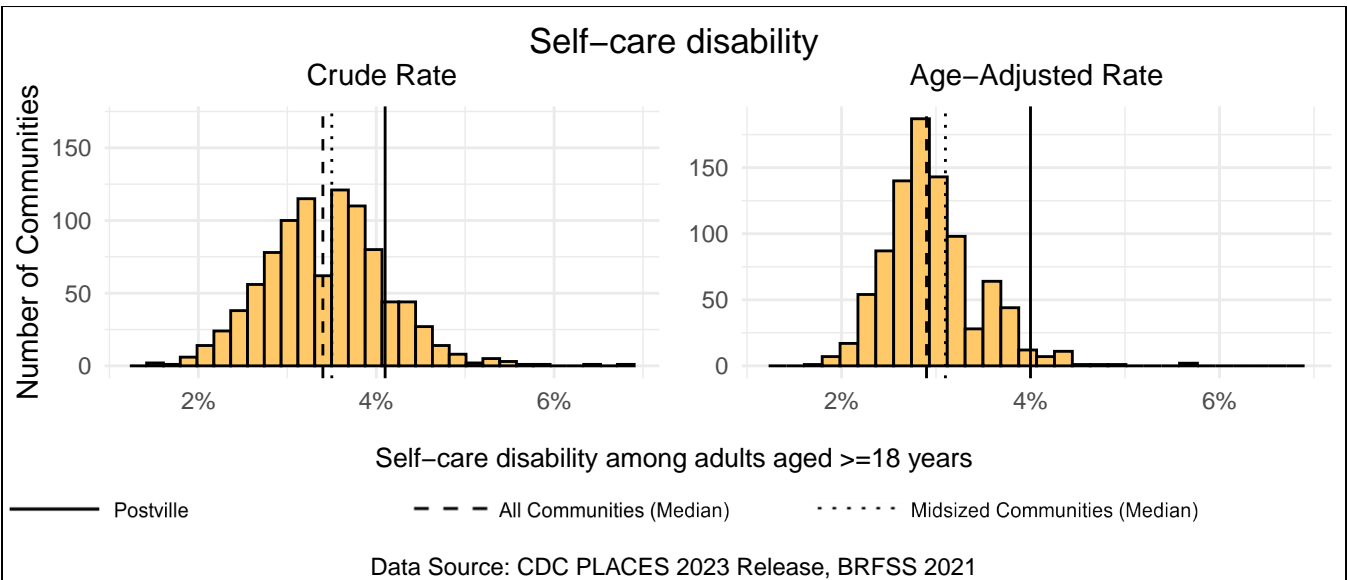
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	12.9%	11.8%	12.1%
Age-Adjusted	11.9%	9.5%	9.8%



Self-care disability

Postville has a crude rate of 4.1% for self-care disability among adults aged >=18 years, which ranks 808th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Postville is 4.0%, which ranks 873rd out of 905 Iowa communities (92nd out of 102 mid-sized communities).

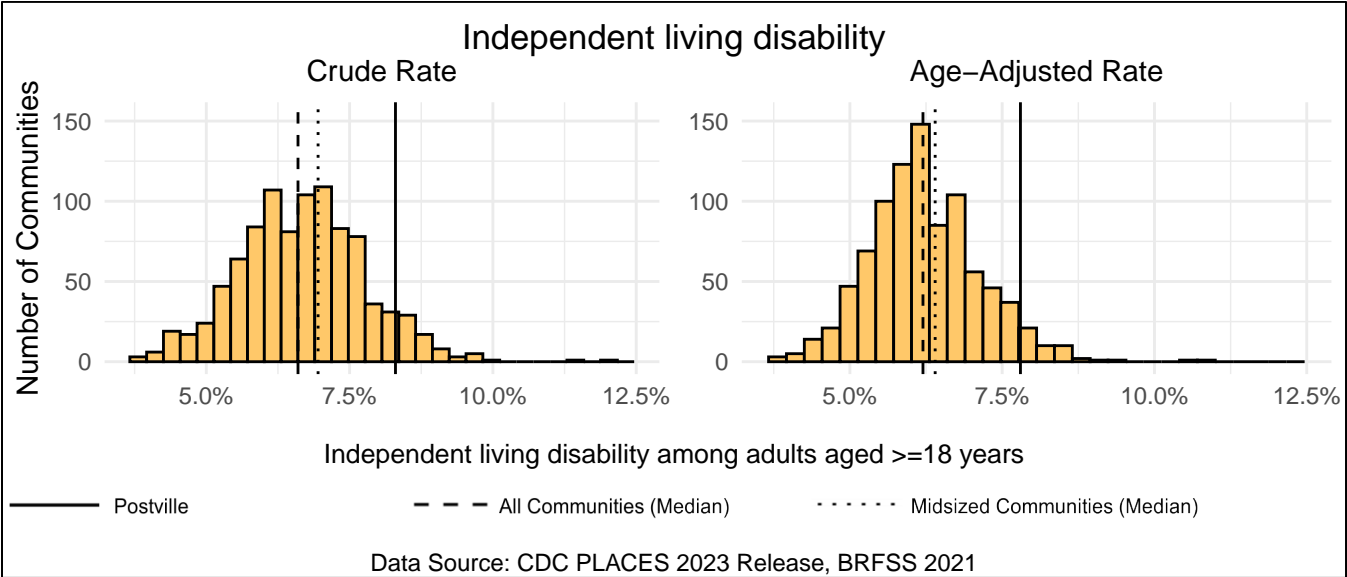
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	4.1%	3.4%	3.5%
Age-Adjusted	4.0%	2.9%	3.1%



Independent living disability

Postville has a crude rate of 8.3% for independent living disability among adults aged ≥ 18 years, which ranks 887th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Postville is 7.8%, which ranks 859th out of 905 Iowa communities (88th out of 102 mid-sized communities).

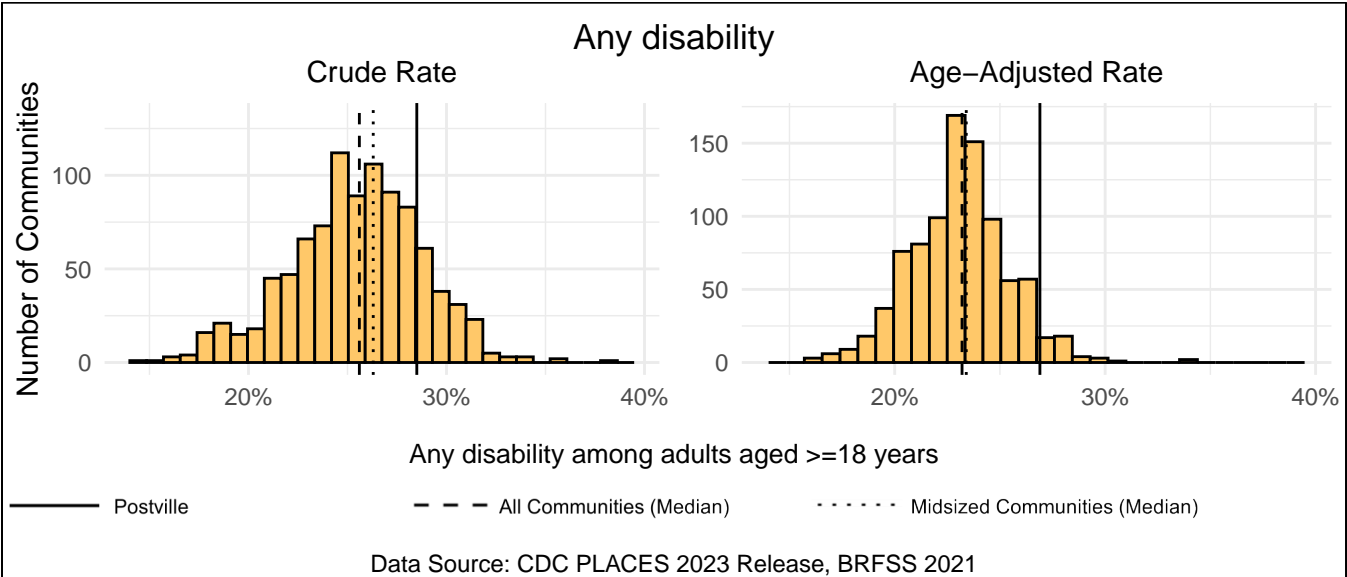
Measure Type	Postville	All Comm.	Midsized Comm.
Crude	8.3%	6.6%	7.0%
Age-Adjusted	7.8%	6.2%	6.4%



Any disability

Postville has a crude rate of 28.5% for any disability among adults aged ≥ 18 years, which ranks 792nd out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Postville is 26.9%, which ranks 865th out of 905 Iowa communities (87th out of 102 mid-sized communities).

Measure Type	Postville	All Comm.	Midsized Comm.
Crude	28.5%	25.6%	26.3%
Age-Adjusted	26.9%	23.2%	23.4%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Postville 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	690	11.5% (10.0% - 13.2%)	866	11.4% (9.9% - 13.0%)
Health Status	Mental Health	825	15.5% (13.7% - 17.6%)	516	15.7% (13.8% - 17.8%)
Health Status	General Health	880	17.4% (14.8% - 20.2%)	887	17.2% (14.8% - 19.7%)
Health Risk Behaviors	Sleep <7 hours	690	31.3% (30.1% - 32.3%)	679	32.1% (31.0% - 33.2%)
Health Risk Behaviors	Binge Drinking	402	19.1% (16.1% - 22.2%)	29	19.8% (16.7% - 23.1%)
Health Risk Behaviors	Current Smoking	622	17.6% (14.7% - 20.7%)	716	19.0% (15.9% - 22.4%)
Health Risk Behaviors	Physical Inactivity	917	31.2% (26.8% - 36.4%)	894	30.7% (26.2% - 35.6%)
Health Outcomes	COPD	483	7.5% (6.2% - 9.0%)	809	7.3% (6.2% - 8.5%)
Health Outcomes	Current Asthma	716	9.6% (8.5% - 10.8%)	628	9.7% (8.6% - 10.9%)
Health Outcomes	Arthritis	176	24.6% (21.3% - 27.8%)	574	23.6% (20.6% - 26.9%)
Health Outcomes	Coronary Heart Disease	438	6.4% (5.5% - 7.3%)	836	5.7% (4.9% - 6.4%)
Health Outcomes	Obesity	402	37.2% (31.2% - 43.6%)	627	38.7% (32.2% - 45.3%)
Health Outcomes	Depression	169	17.1% (14.3% - 20.2%)	45	17.4% (14.7% - 20.5%)
Health Outcomes	Stroke	538	3.4% (2.9% - 3.9%)	835	3.0% (2.7% - 3.4%)
Health Outcomes	All Teeth Lost	935	17.9% (11.5% - 25.0%)	882	17.2% (11.3% - 23.6%)
Health Outcomes	Diabetes	543	10.4% (8.9% - 12.0%)	883	10.2% (8.9% - 11.8%)
Health Outcomes	Cancer (except skin)	177	7.0% (6.3% - 7.7%)	11	6.2% (5.6% - 6.8%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.6%)	858	2.9% (2.7% - 3.2%)
Health Outcomes	High Cholesterol	218	34.2% (30.6% - 38.3%)	790	30.9% (26.9% - 35.2%)
Health Outcomes	High Blood Pressure	249	29.9% (26.5% - 33.4%)	780	29.0% (25.7% - 32.5%)
Prevention	Mammography	793	74.3% (70.2% - 78.0%)	793	71.5% (67.4% - 75.7%)
Prevention	Taking BP Medication	774	77.0% (74.2% - 79.6%)	107	59.9% (55.6% - 64.4%)
Prevention	Dental Visit	956	55.8% (52.4% - 58.9%)	903	55.7% (52.2% - 58.6%)
Prevention	Core preventive services for older women	917	33.2% (26.3% - 40.8%)	804	36.2% (29.1% - 43.9%)
Prevention	Colorectal Cancer Screening	881	68.1% (64.9% - 71.2%)	879	67.6% (64.5% - 70.7%)
Prevention	Health Insurance	950	15.4% (12.4% - 18.4%)	896	15.2% (12.4% - 18.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	904	38.0% (29.9% - 46.6%)	802	38.2% (30.0% - 46.5%)
Prevention	Cervical Cancer Screening	938	79.5% (77.3% - 81.5%)	828	80.5% (78.4% - 82.5%)
Prevention	Cholesterol Screening	945	76.9% (73.6% - 80.1%)	851	77.1% (73.7% - 80.3%)
Prevention	Annual Checkup	895	72.3% (67.9% - 76.5%)	770	71.5% (66.8% - 75.9%)
Disability	Independent Living Disability	887	8.3% (7.0% - 9.6%)	859	7.8% (6.8% - 9.0%)
Disability	Hearing Disability	531	7.6% (6.7% - 8.5%)	800	6.6% (5.9% - 7.4%)
Disability	Any Disability	792	28.5% (24.7% - 32.4%)	865	26.9% (23.4% - 30.8%)
Disability	Cognitive Disability	924	13.8% (11.8% - 15.9%)	844	13.7% (11.8% - 15.7%)
Disability	Mobility Disability	655	12.9% (11.0% - 15.0%)	872	11.9% (10.2% - 13.8%)
Disability	Vision Disability	916	5.7% (4.9% - 6.6%)	891	5.4% (4.7% - 6.2%)
Disability	Self-care Disability	808	4.1% (3.6% - 4.8%)	873	4.0% (3.5% - 4.7%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

Appendix 3: Midsized Communities (2,500-9,999)

Postville falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
