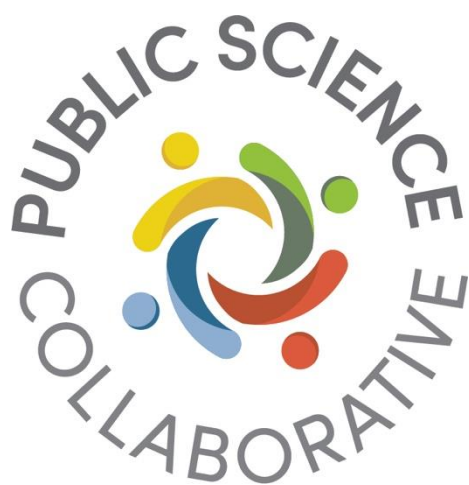




## Iowa Community Health Snapshot Series

*275 community reports prepared for the Iowa State University  
Extension and Outreach Community and Economic  
Development Unit*



*May 2024*

*By Matthew Voss & Shawn Dorius*

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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 Remsen: Overview

Dear Community Members & Stakeholders of Remsen,

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 Remsen ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Remsen'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 Remsen. 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
Sleep <7 hours	59th	12th	Sleep <7 hours	79th	13th
Cholesterol Screening	116th	11th	Annual Checkup	110th	26th
Annual Checkup	118th	25th	Cholesterol Screening	139th	26th
Current Asthma	137th	24th	Chronic Kidney Disease	142nd	28th
Depression	143rd	24th	Core preventive services for older men	175th	25th

## 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
Core preventive services for older women	785th	106th	Mammography	695th	110th
Cancer (except skin)	745th	91st	High Cholesterol	669th	111th
Mammography	737th	104th	Binge Drinking	668th	98th
Hearing Disability	683rd	83rd	High Blood Pressure	517th	87th
High Blood Pressure	681st	96th	Core preventive services for older women	491st	85th

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 Remsen.

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.

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## How to Use this Report

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

With a population of 2,095, Remsen’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.



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

# Health Status

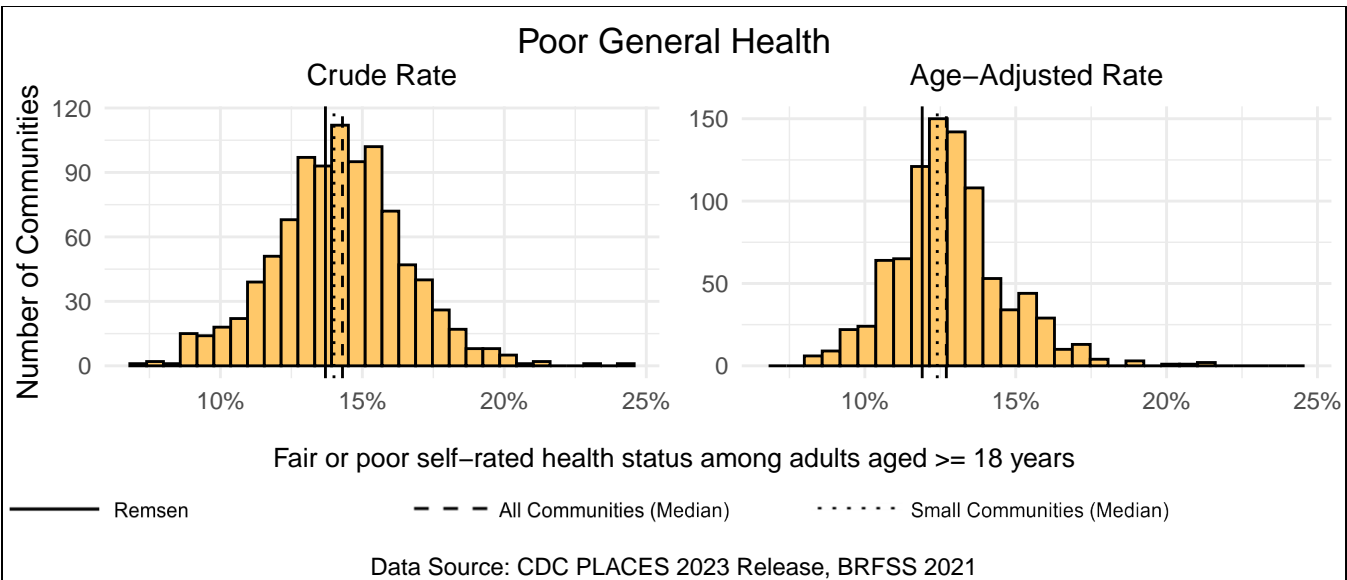
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Remsen has a crude rate of 13.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 375th out of 958 Iowa communities (62nd out of 138 small communities). The age-adjusted rate for Remsen is 11.9%, which ranks 260th out of 905 Iowa communities (52nd out of 138 small communities).

Measure Type	Remsen	All Comm.	Small Comm.
Crude	13.7%	14.3%	14.0%
Age-Adjusted	11.9%	12.7%	12.4%

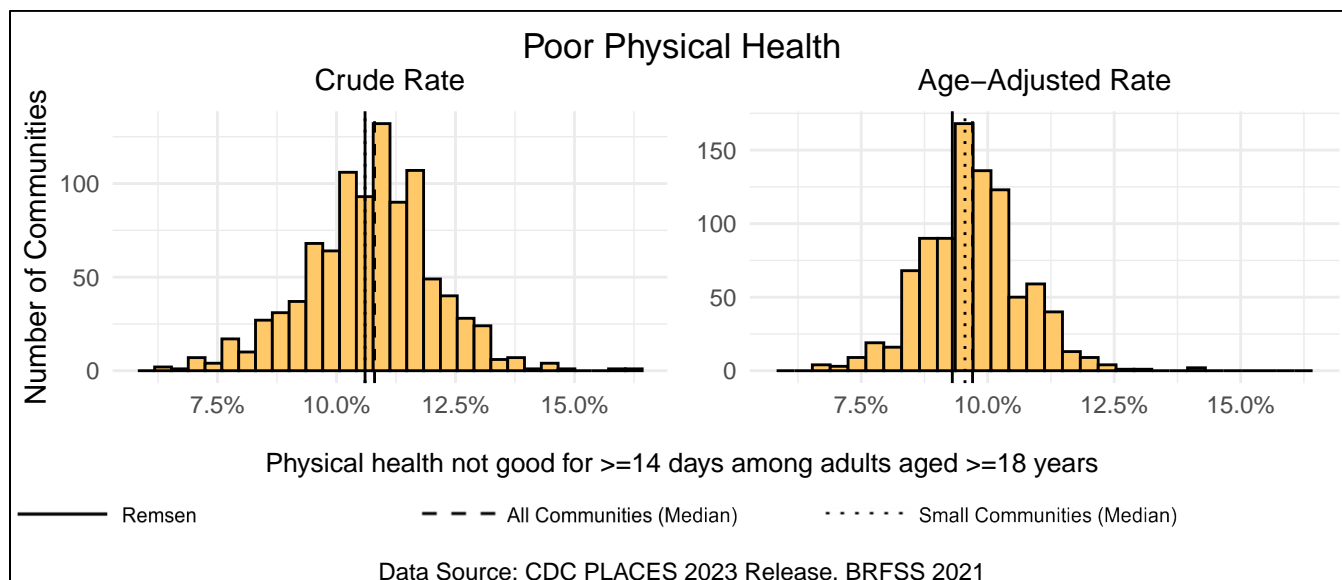




## Poor Physical Health

Remsen has a crude rate of 10.6% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 404th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Remsen is 9.3%, which ranks 265th out of 905 Iowa communities (49th out of 138 small communities).

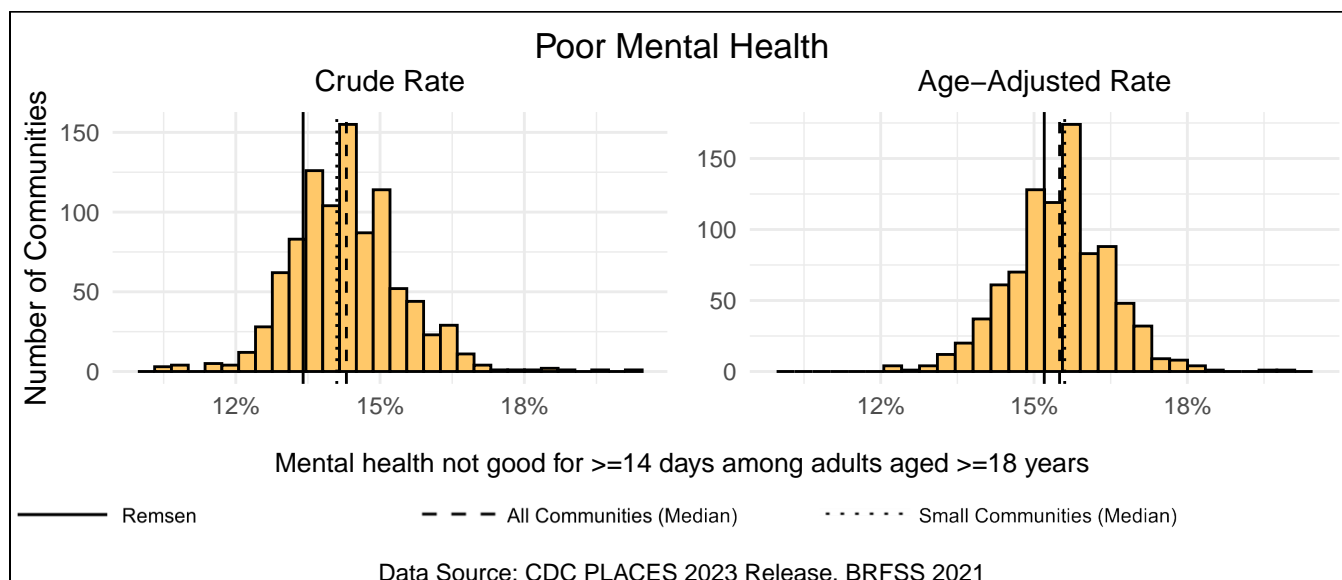
Measure Type	Remsen	All Comm.	Small Comm.
Crude	10.6%	10.8%	10.6%
Age-Adjusted	9.3%	9.7%	9.6%



## Poor Mental Health

Remsen has a crude rate of 13.4% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 164th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Remsen is 15.2%, which ranks 302nd out of 905 Iowa communities (52nd out of 138 small communities).

Measure Type	Remsen	All Comm.	Small Comm.
Crude	13.4%	14.3%	14.1%
Age-Adjusted	15.2%	15.5%	15.6%



# Health Risk Behaviors

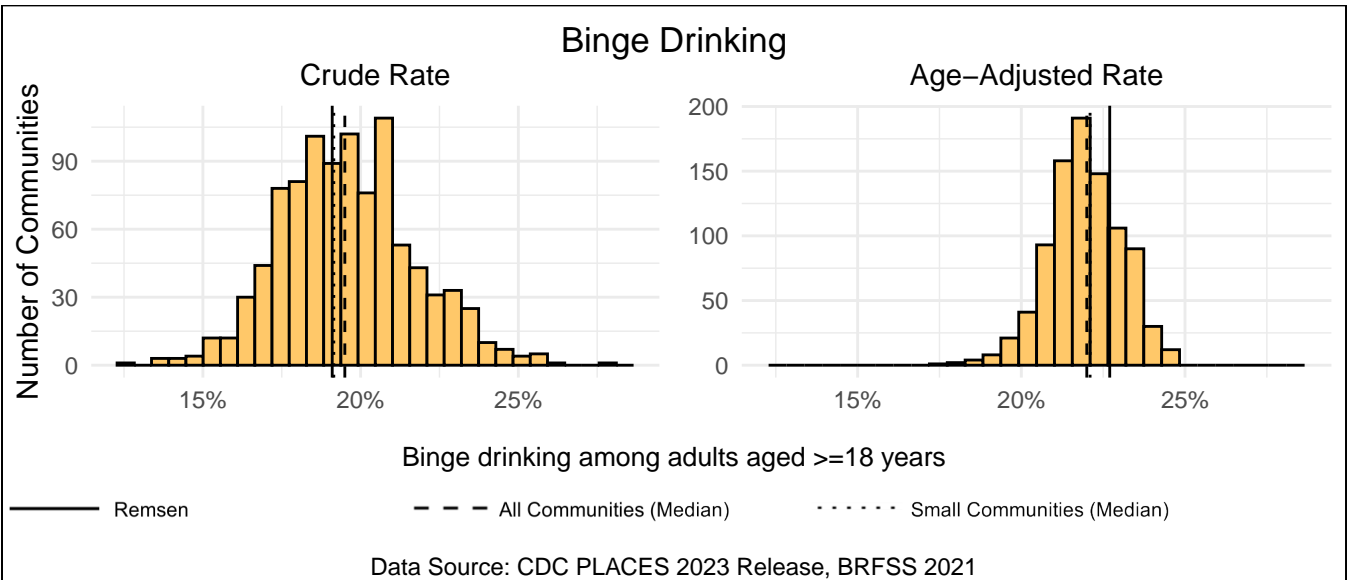
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Remsen has a crude rate of 19.1% for binge drinking among adults aged  $\geq 18$  years, which ranks 402nd out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Remsen is 22.7%, which ranks 668th out of 905 Iowa communities (98th out of 138 small communities).

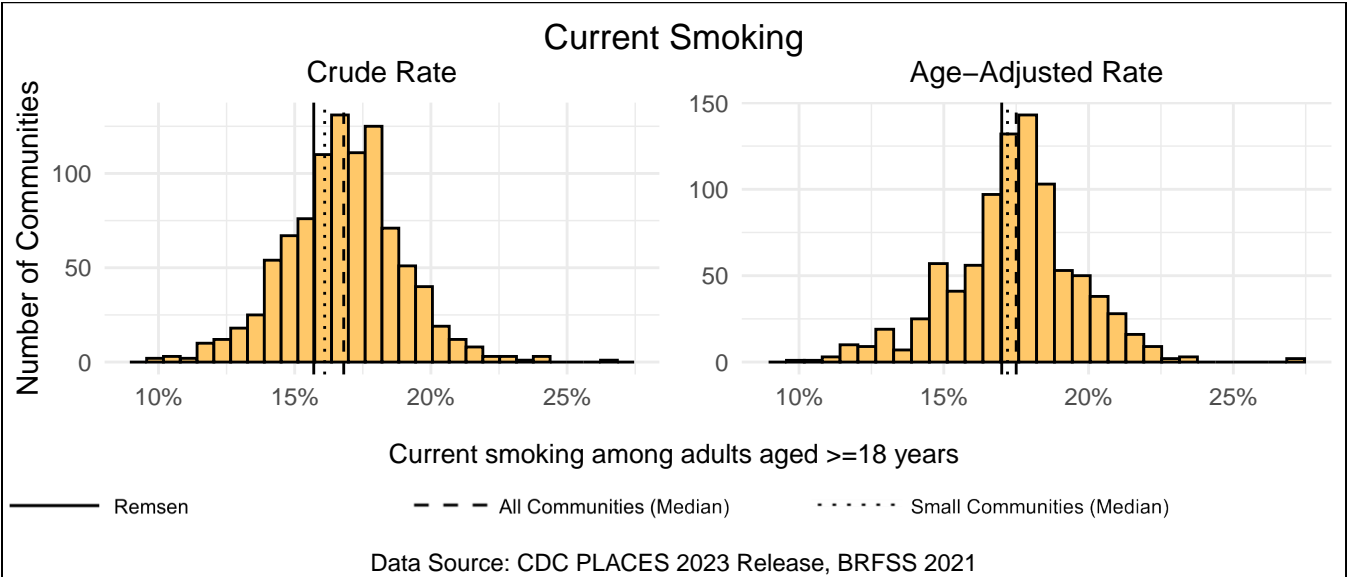
Measure Type	Remsen	All Comm.	Small Comm.
Crude	19.1%	19.5%	19.1%
Age-Adjusted	22.7%	22.0%	22.1%



# Current Smoking

Remsen has a crude rate of 15.7% for current smoking among adults aged >=18 years, which ranks 256th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Remsen is 17.0%, which ranks 327th out of 905 Iowa communities (64th out of 138 small communities).

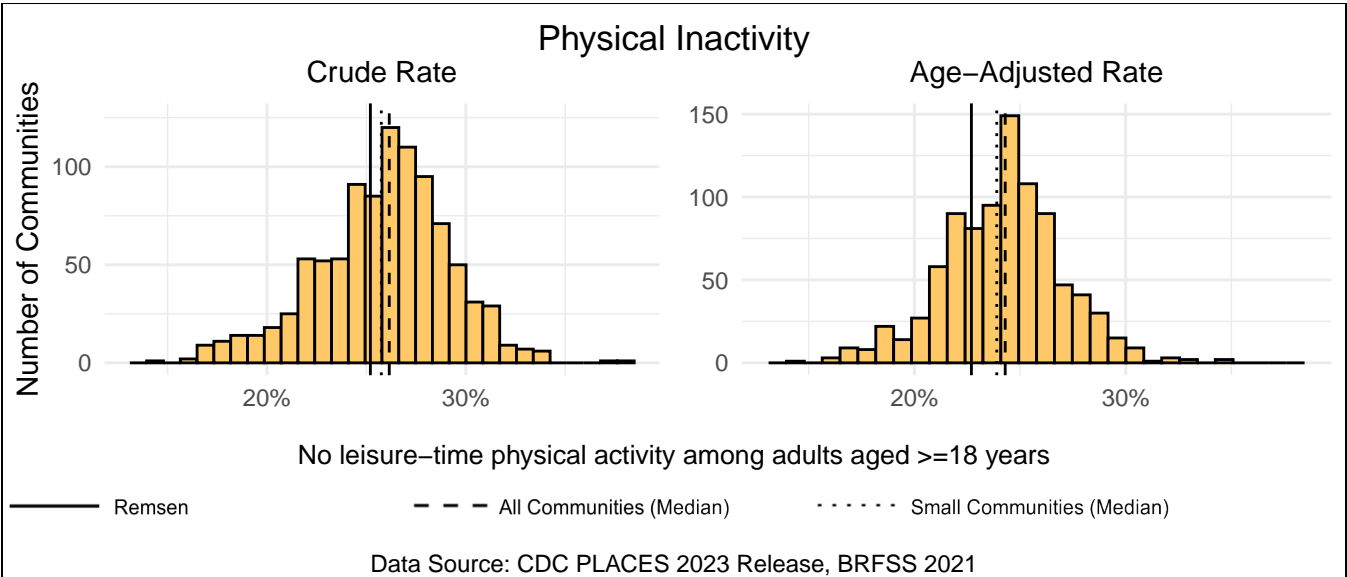
Measure Type	Remsen	All Comm.	Small Comm.
Crude	15.7%	16.8%	16.1%
Age-Adjusted	17.0%	17.5%	17.2%



# Physical Inactivity

Remsen has a crude rate of 25.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 366th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for Remsen is 22.7%, which ranks 255th out of 905 Iowa communities (54th out of 138 small communities).

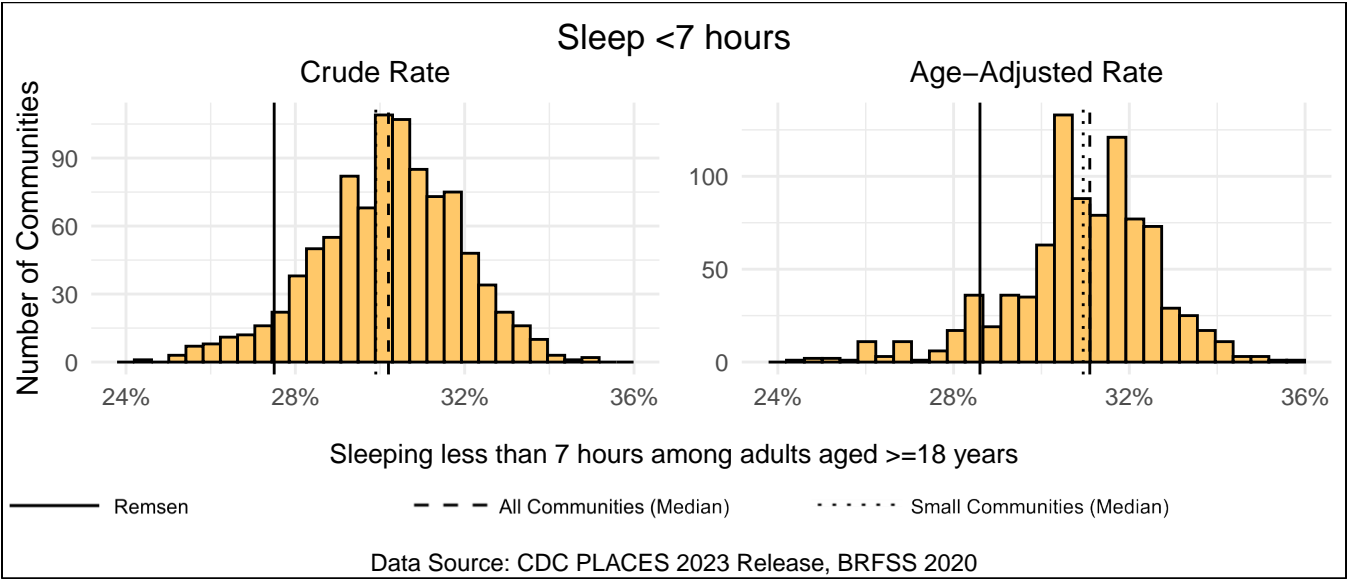
Measure Type	Remsen	All Comm.	Small Comm.
Crude	25.2%	26.1%	25.8%
Age-Adjusted	22.7%	24.3%	23.9%



Sleep <7 hours

Remsen has a crude rate of 27.5% for sleeping less than 7 hours among adults aged >=18 years, which ranks 59th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Remsen is 28.6%, which ranks 79th out of 905 Iowa communities (13th out of 138 small communities).

Measure Type	Remsen	All Comm.	Small Comm.
Crude	27.5%	30.2%	29.9%
Age-Adjusted	28.6%	31.1%	31.0%



# Health Outcomes

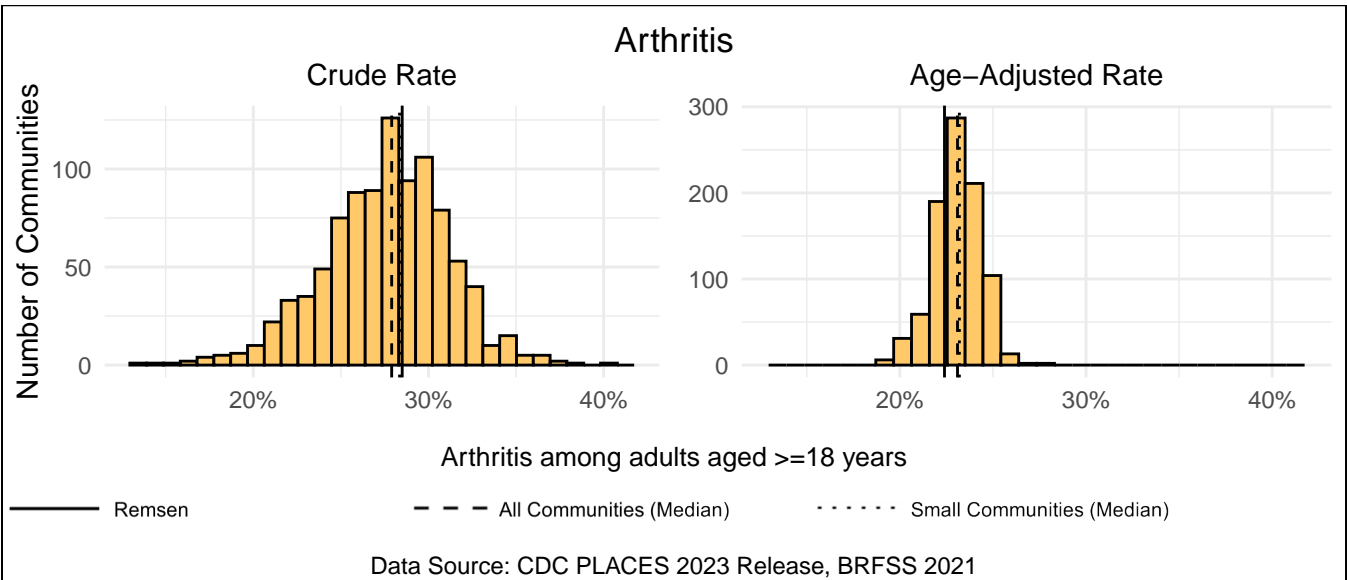
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Remsen has a crude rate of 28.5% for arthritis among adults aged  $\geq 18$  years, which ranks 561st out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for Remsen is 22.4%, which ranks 230th out of 905 Iowa communities (36th out of 138 small communities).

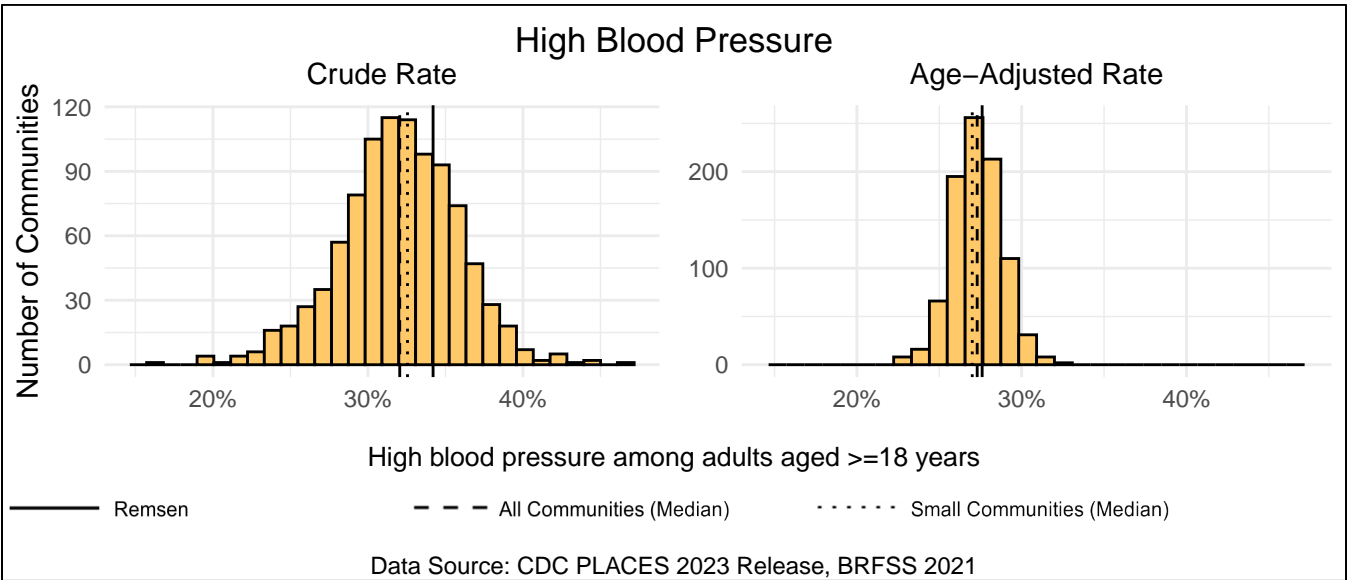
Measure Type	Remsen	All Comm.	Small Comm.
Crude	28.5%	27.9%	28.4%
Age-Adjusted	22.4%	23.1%	23.2%



# High Blood Pressure

Remsen has a crude rate of 34.2% for high blood pressure among adults aged  $\geq 18$  years, which ranks 681st out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Remsen is 27.6%, which ranks 517th out of 905 Iowa communities (87th out of 138 small communities).

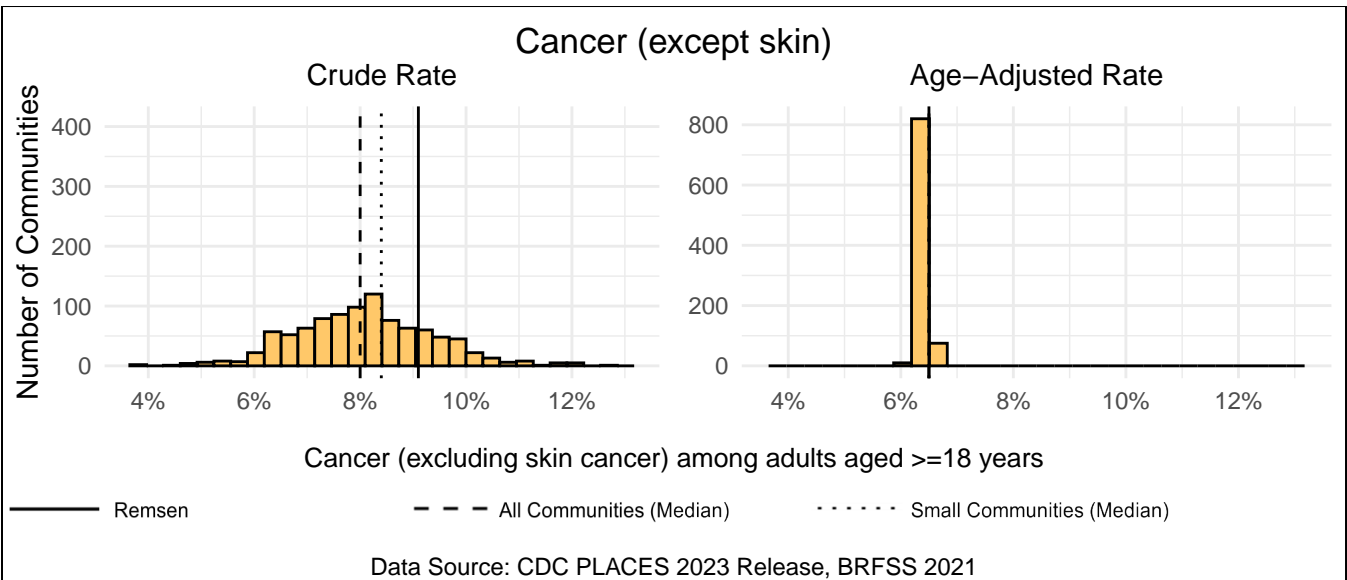
Measure Type	Remsen	All Comm.	Small Comm.
Crude	34.2%	32.0%	32.5%
Age-Adjusted	27.6%	27.3%	27.0%



# Cancer (except skin)

Remsen has a crude rate of 9.1% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 745th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Remsen is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

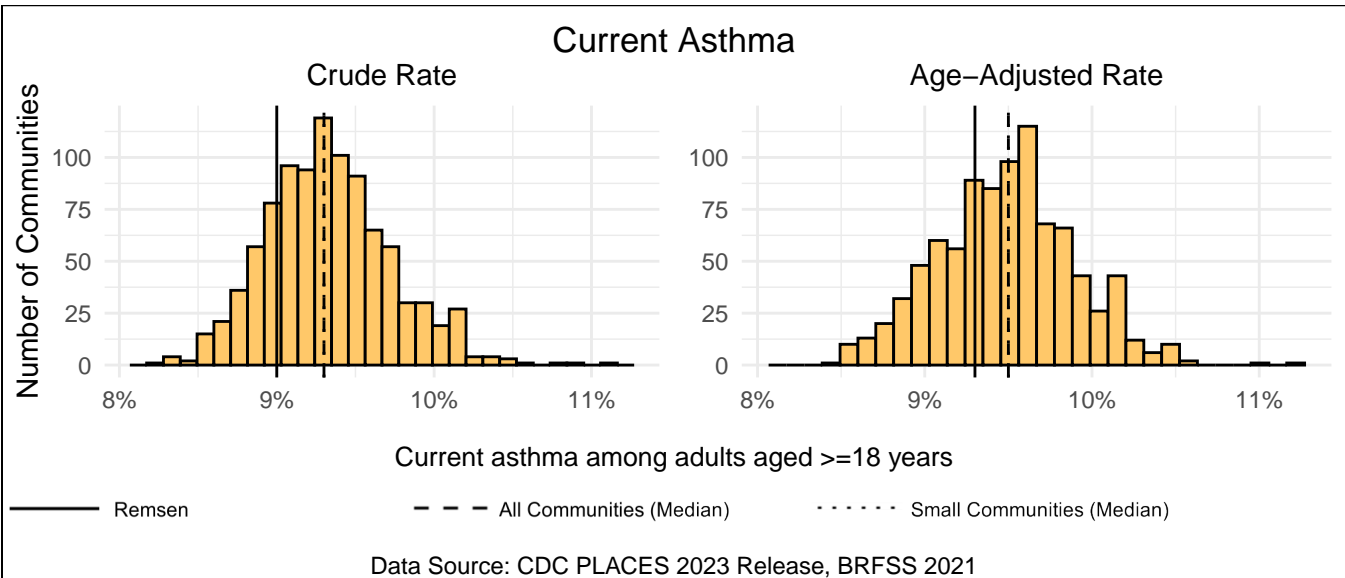
Measure Type	Remsen	All Comm.	Small Comm.
Crude	9.1%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Remsen has a crude rate of 9.0% for current asthma among adults aged  $\geq 18$  years, which ranks 137th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Remsen is 9.3%, which ranks 241st out of 905 Iowa communities (34th out of 138 small communities).

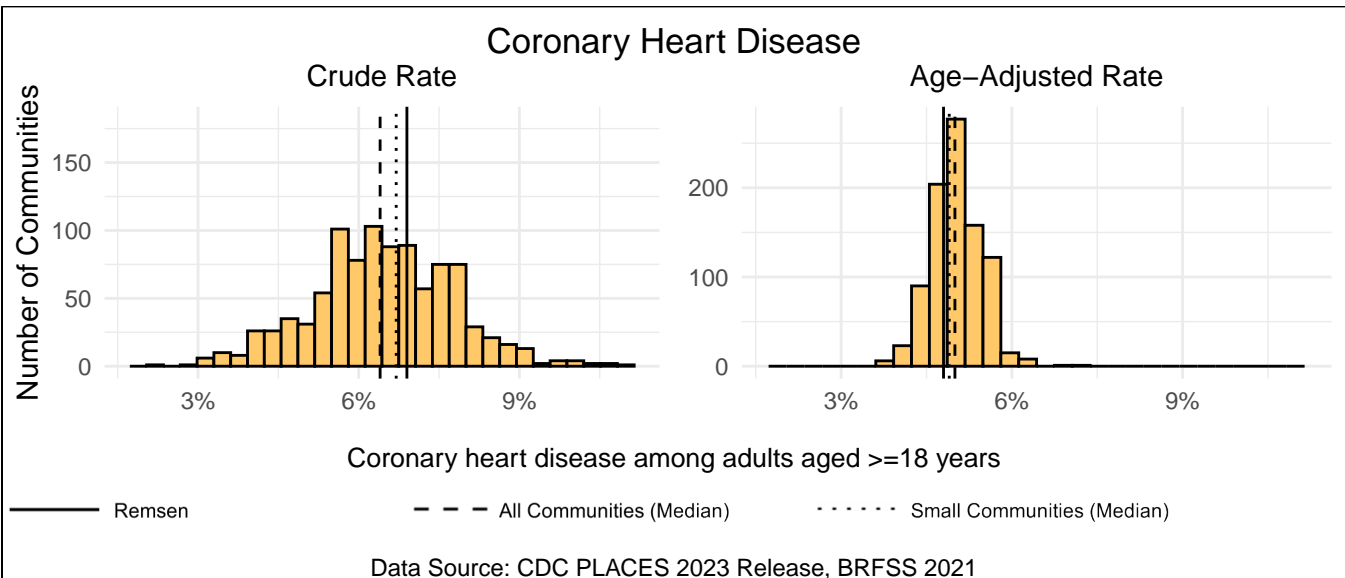
Measure Type	Remsen	All Comm.	Small Comm.
Crude	9.0%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.5%



## Coronary Heart Disease

Remsen has a crude rate of 6.9% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 608th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Remsen is 4.8%, which ranks 257th out of 905 Iowa communities (53rd out of 138 small communities).

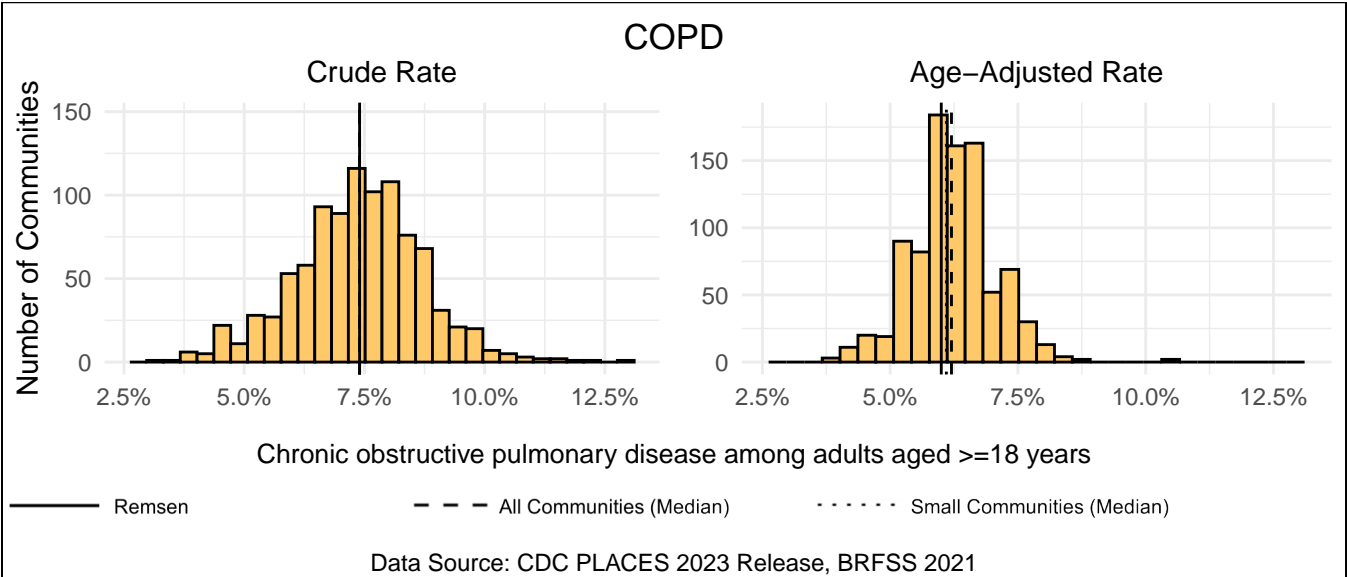
Measure Type	Remsen	All Comm.	Small Comm.
Crude	6.9%	6.4%	6.7%
Age-Adjusted	4.8%	5.0%	4.9%



# COPD

Remsen has a crude rate of 7.4% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 448th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Remsen is 6.0%, which ranks 305th out of 905 Iowa communities (56th out of 138 small communities).

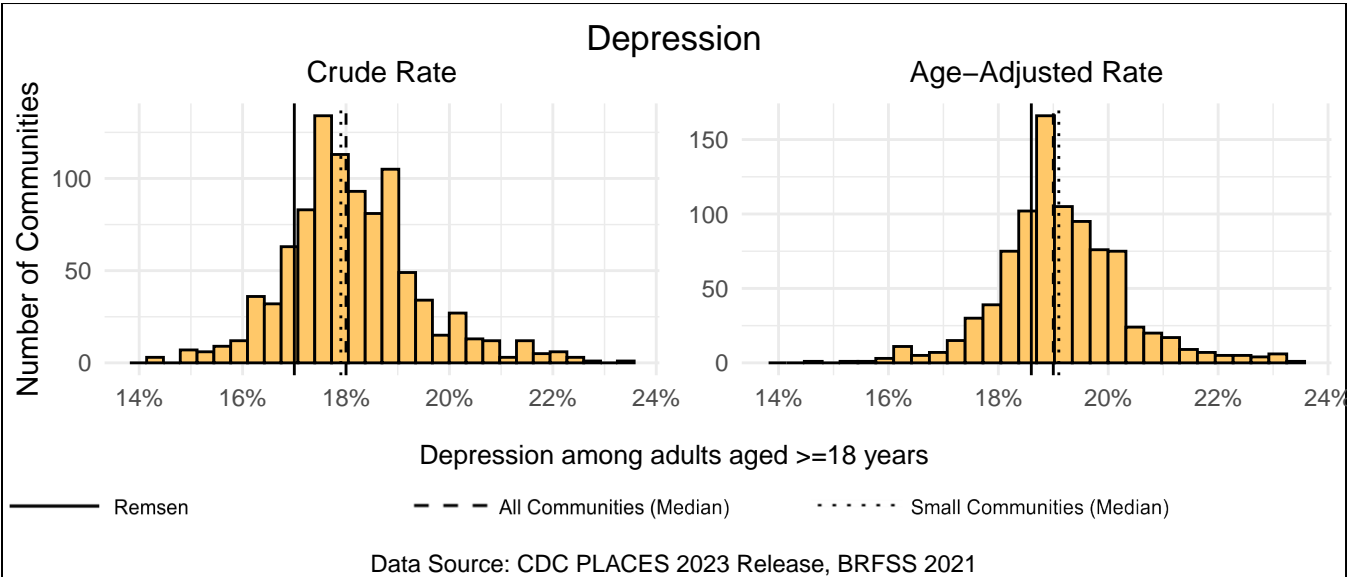
Measure Type	Remsen	All Comm.	Small Comm.
Crude	7.4%	7.4%	7.4%
Age-Adjusted	6.0%	6.2%	6.1%



# Depression

Remsen has a crude rate of 17.0% for depression among adults aged  $\geq 18$  years, which ranks 143rd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Remsen is 18.6%, which ranks 251st out of 905 Iowa communities (38th out of 138 small communities).

Measure Type	Remsen	All Comm.	Small Comm.
Crude	17.0%	18.0%	17.9%
Age-Adjusted	18.6%	19.0%	19.1%

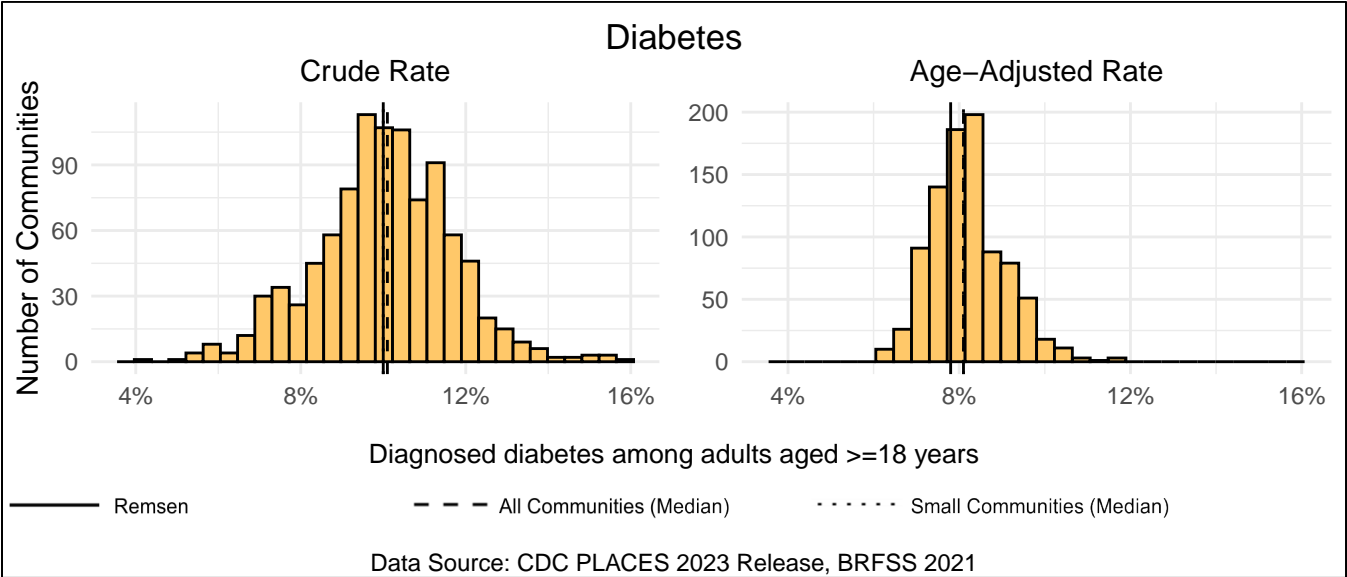




# Diabetes

Remsen has a crude rate of 10.0% for diagnosed diabetes among adults aged >=18 years, which ranks 444th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Remsen is 7.8%, which ranks 268th out of 905 Iowa communities (50th out of 138 small communities).

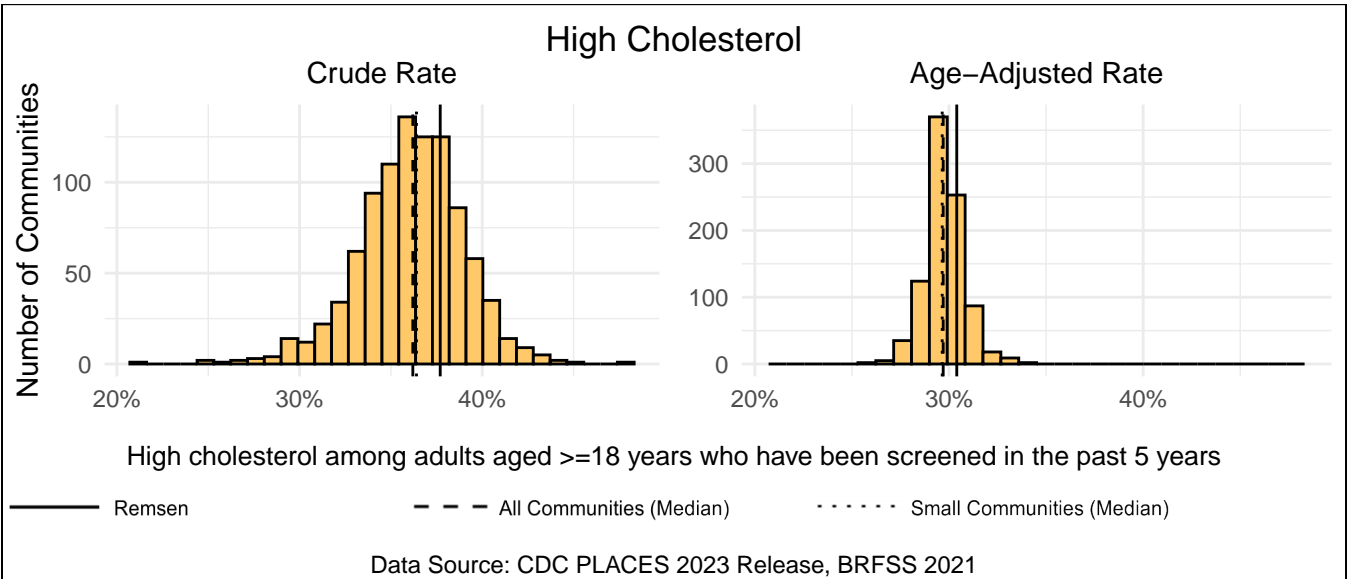
Measure Type	Remsen	All Comm.	Small Comm.
Crude	10.0%	10.1%	10.0%
Age-Adjusted	7.8%	8.1%	8.1%



# High Cholesterol

Remsen has a crude rate of 37.7% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 679th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Remsen is 30.4%, which ranks 669th out of 905 Iowa communities (111th out of 138 small communities).

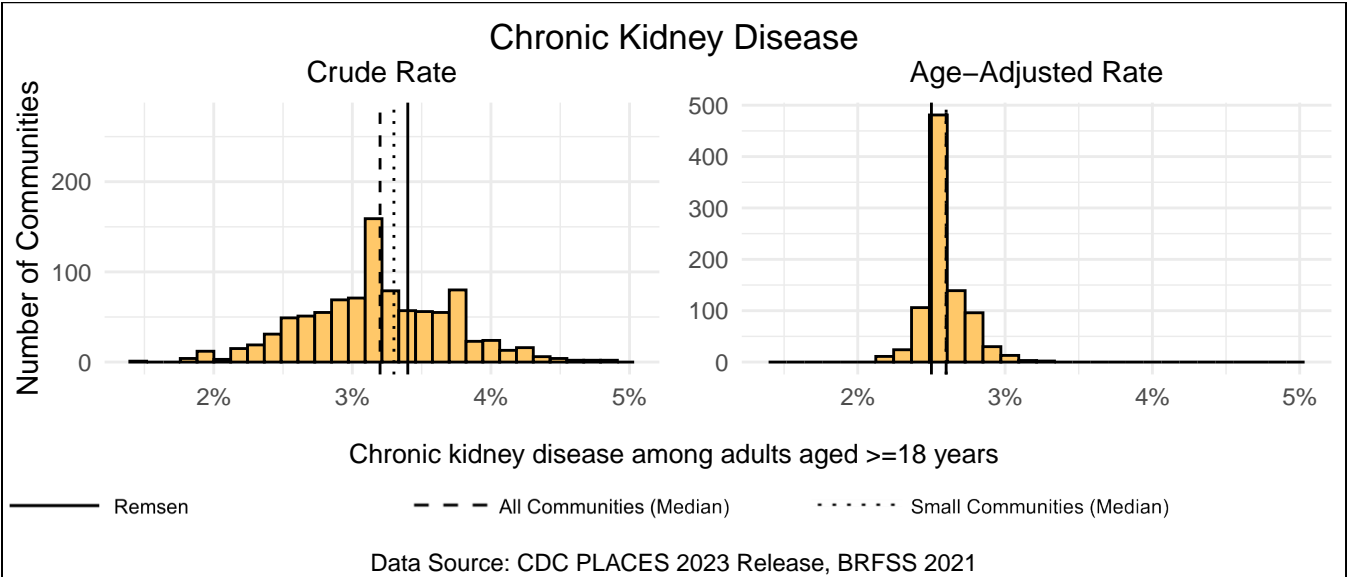
Measure Type	Remsen	All Comm.	Small Comm.
Crude	37.7%	36.2%	36.4%
Age-Adjusted	30.4%	29.7%	29.6%



# Chronic Kidney Disease

Remsen has a crude rate of 3.4% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 619th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Remsen is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

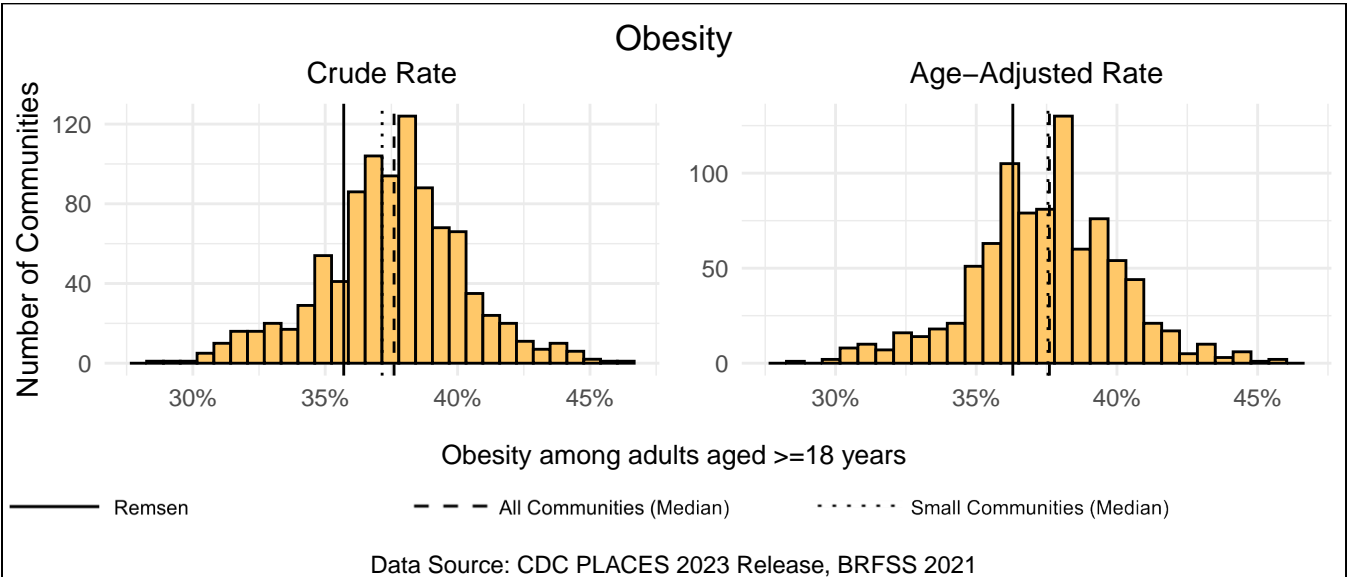
Measure Type	Remsen	All Comm.	Small Comm.
Crude	3.4%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# Obesity

Remsen has a crude rate of 35.7% for obesity among adults aged  $\geq 18$  years, which ranks 193rd out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Remsen is 36.3%, which ranks 264th out of 905 Iowa communities (43rd out of 138 small communities).

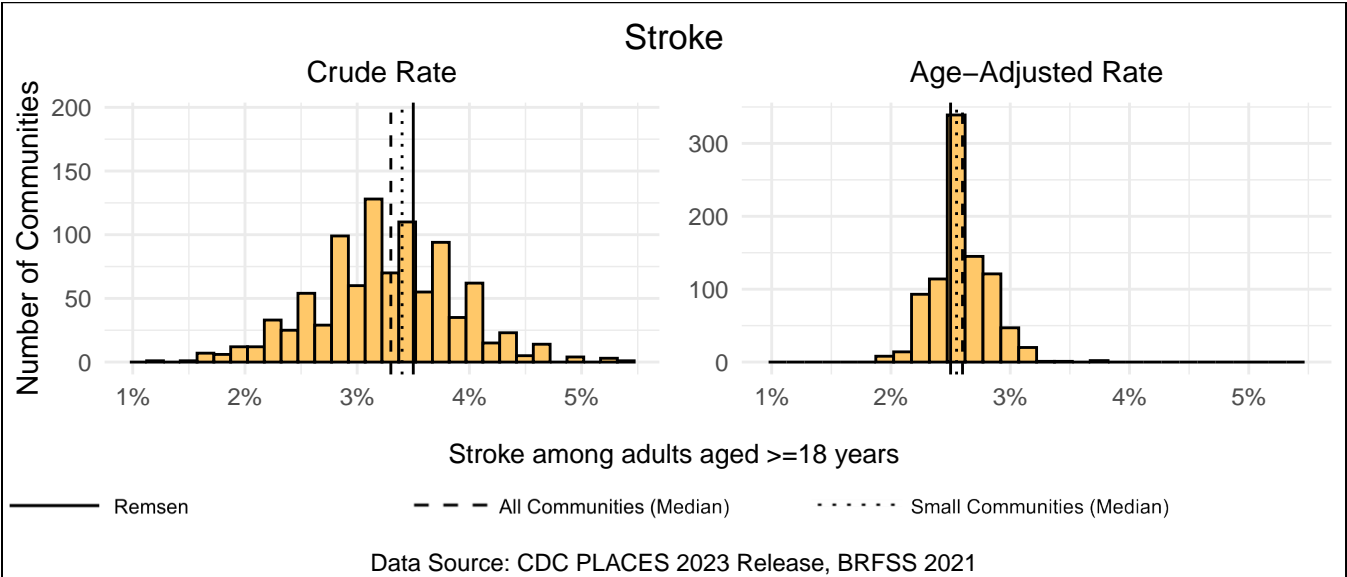
Measure Type	Remsen	All Comm.	Small Comm.
Crude	35.7%	37.6%	37.2%
Age-Adjusted	36.3%	37.6%	37.5%



# Stroke

Remsen has a crude rate of 3.5% for stroke among adults aged >=18 years, which ranks 601st out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Remsen is 2.5%, which ranks 230th out of 905 Iowa communities (43rd out of 138 small communities).

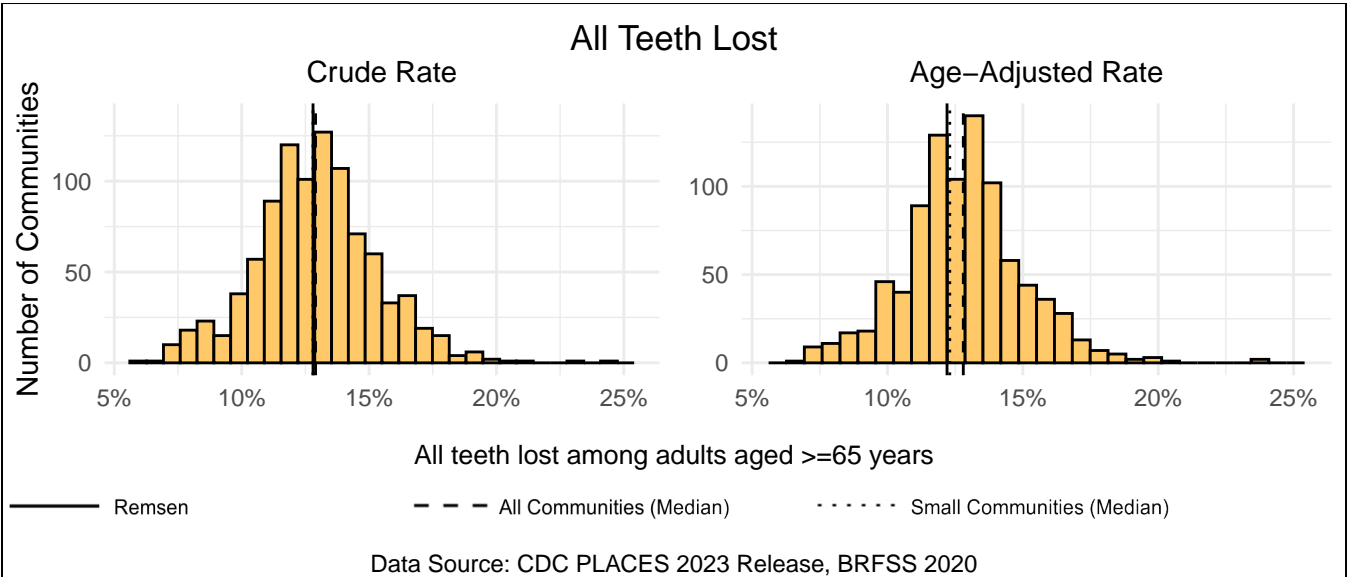
Measure Type	Remsen	All Comm.	Small Comm.
Crude	3.5%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



# All Teeth Lost

Remsen has a crude rate of 12.8% for all teeth lost among adults aged >=65 years, which ranks 452nd out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Remsen is 12.2%, which ranks 338th out of 905 Iowa communities (64th out of 138 small communities).

Measure Type	Remsen	All Comm.	Small Comm.
Crude	12.8%	12.9%	12.8%
Age-Adjusted	12.2%	12.8%	12.3%



# Prevention

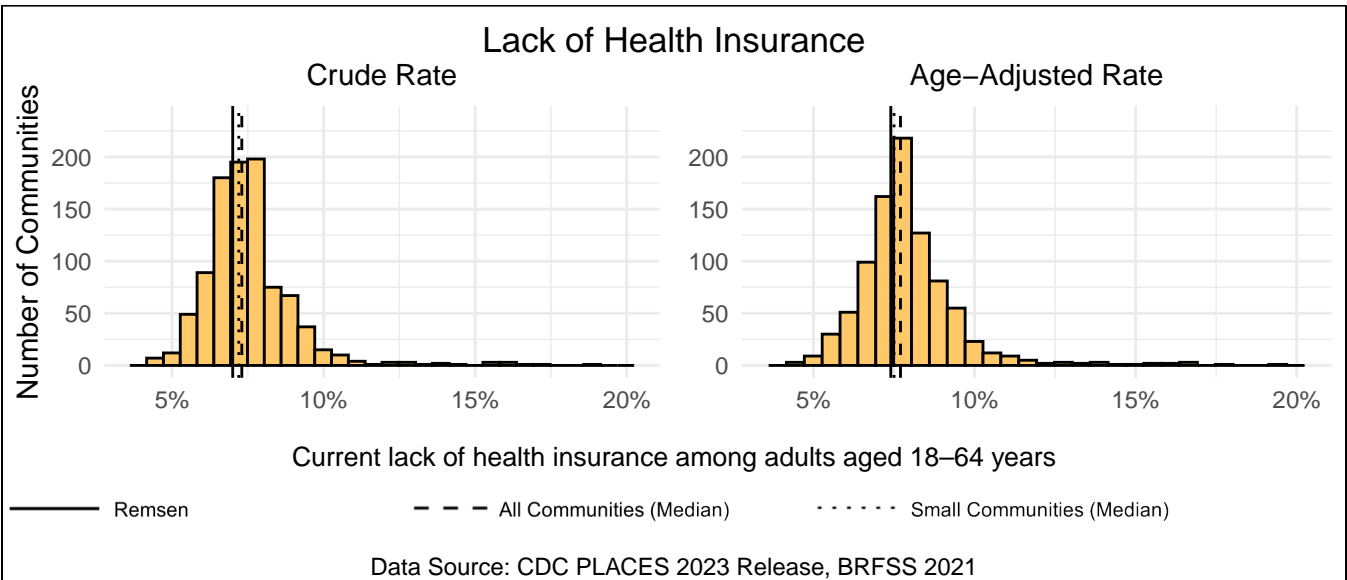
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Remsen has a crude rate of 7.0% for current lack of health insurance among adults aged 18–64 years, which ranks 338th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Remsen is 7.4%, which ranks 325th out of 905 Iowa communities (64th out of 138 small communities).

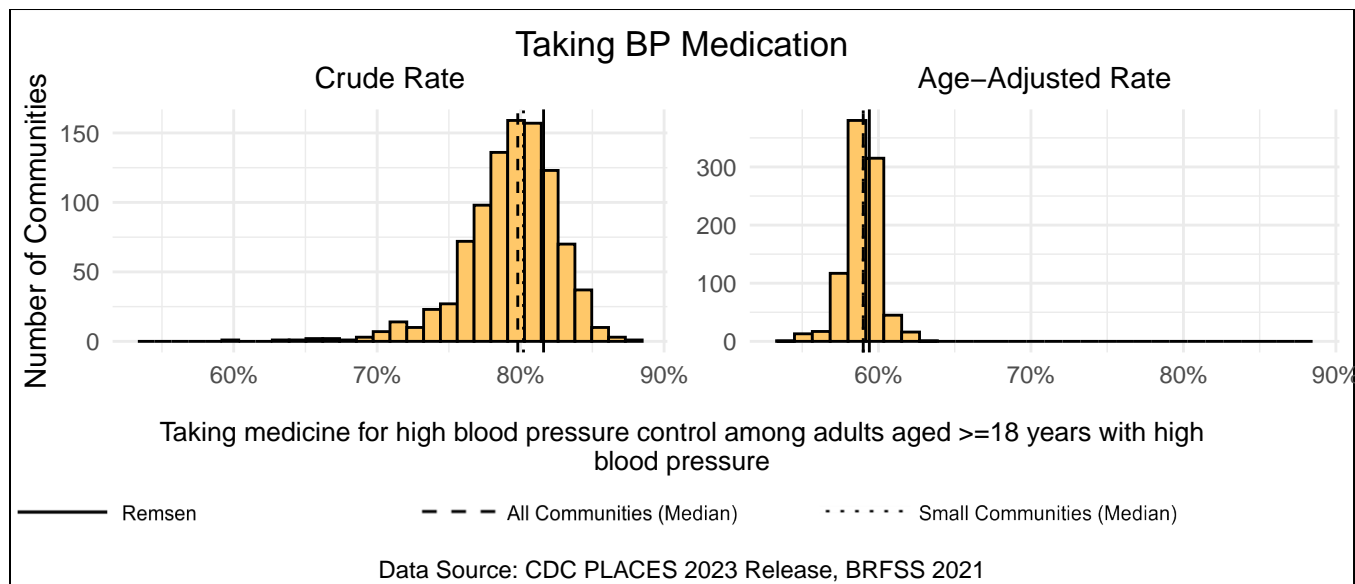
Measure Type	Remsen	All Comm.	Small Comm.
Crude	7.0%	7.3%	7.2%
Age-Adjusted	7.4%	7.7%	7.5%



## Taking BP Medication

Remsen has a crude rate of 81.6% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 216th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Remsen is 59.4%, which ranks 251st out of 905 Iowa communities (36th out of 138 small communities).

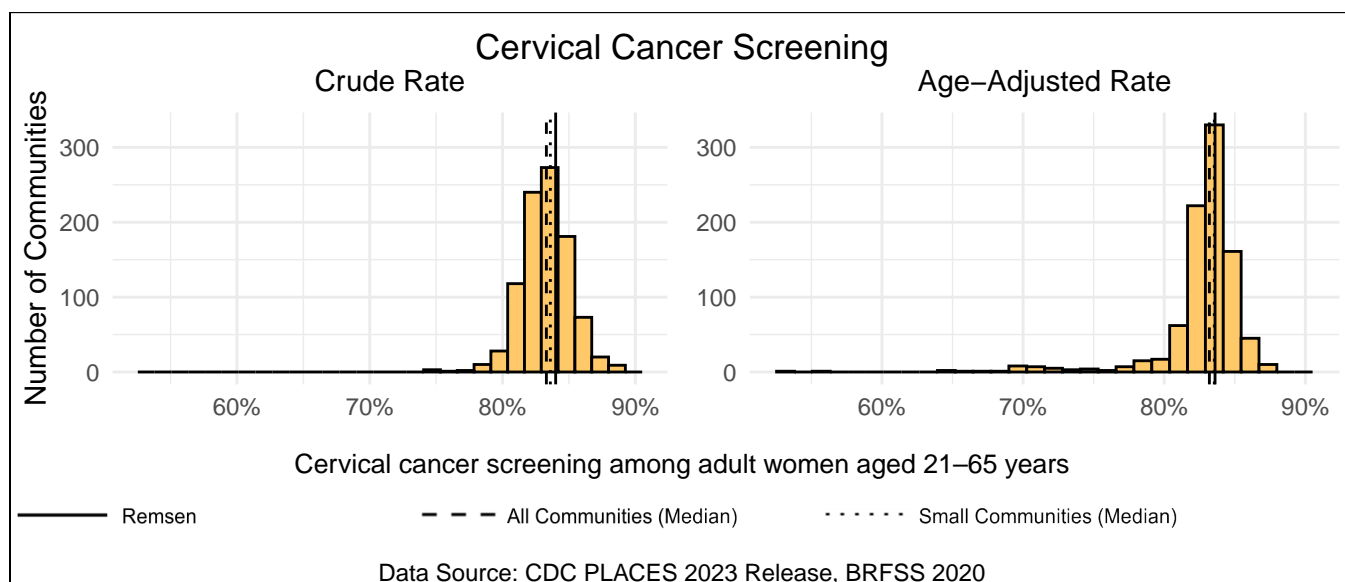
Measure Type	Remsen	All Comm.	Small Comm.
Crude	81.6%	79.8%	80.2%
Age-Adjusted	59.4%	59.0%	59.0%



## Cervical Cancer Screening

Remsen has a crude rate of 84.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 311th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Remsen is 83.6%, which ranks 328th out of 905 Iowa communities (66th out of 138 small communities).

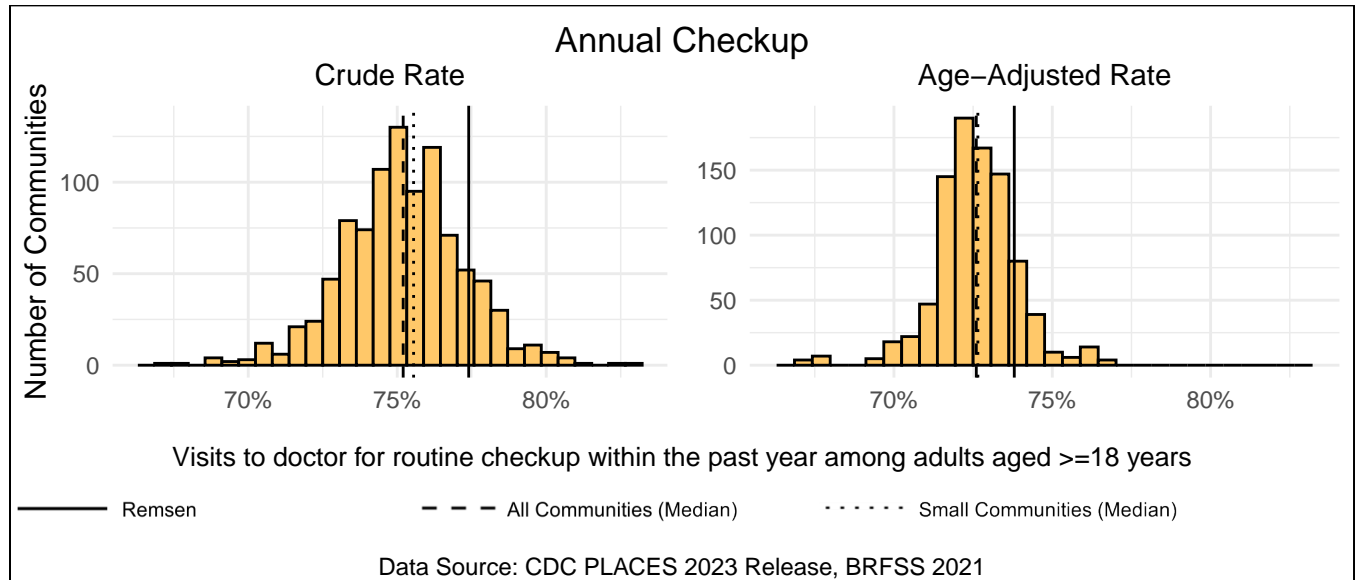
Measure Type	Remsen	All Comm.	Small Comm.
Crude	84.0%	83.3%	83.6%
Age-Adjusted	83.6%	83.2%	83.5%



## Annual Checkup

Remsen has a crude rate of 77.4% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 118th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Remsen is 73.8%, which ranks 110th out of 905 Iowa communities (26th out of 138 small communities).

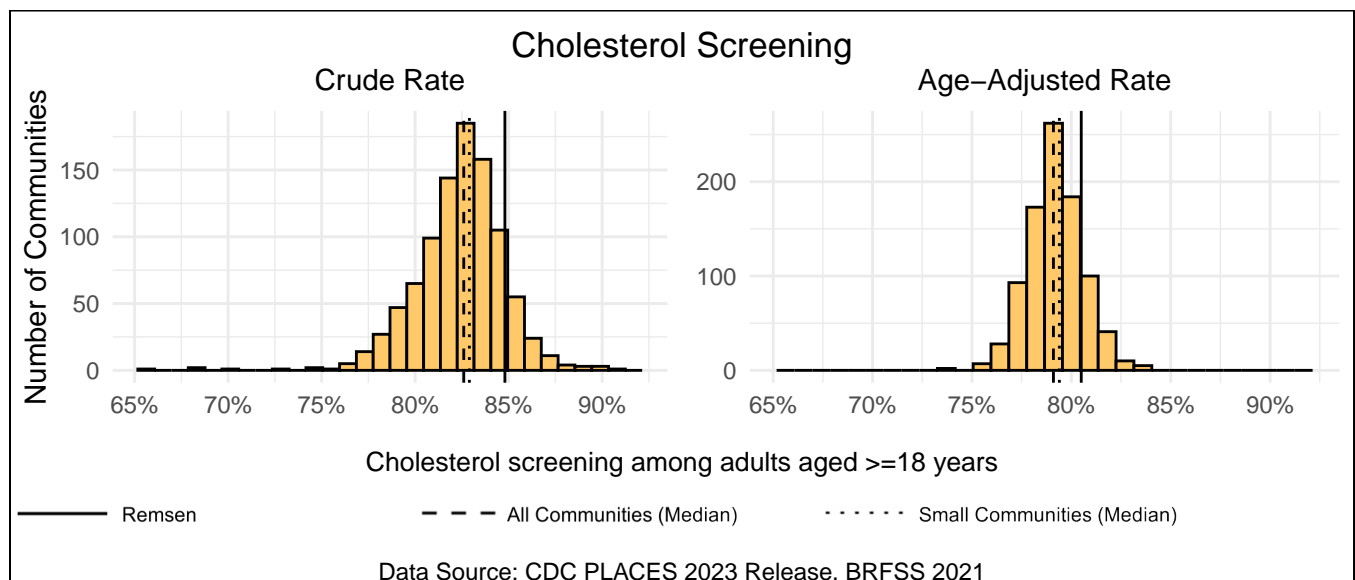
Measure Type	Remsen	All Comm.	Small Comm.
Crude	77.4%	75.2%	75.5%
Age-Adjusted	73.8%	72.6%	72.6%



## Cholesterol Screening

Remsen has a crude rate of 84.8% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 116th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Remsen is 80.5%, which ranks 139th out of 905 Iowa communities (26th out of 138 small communities).

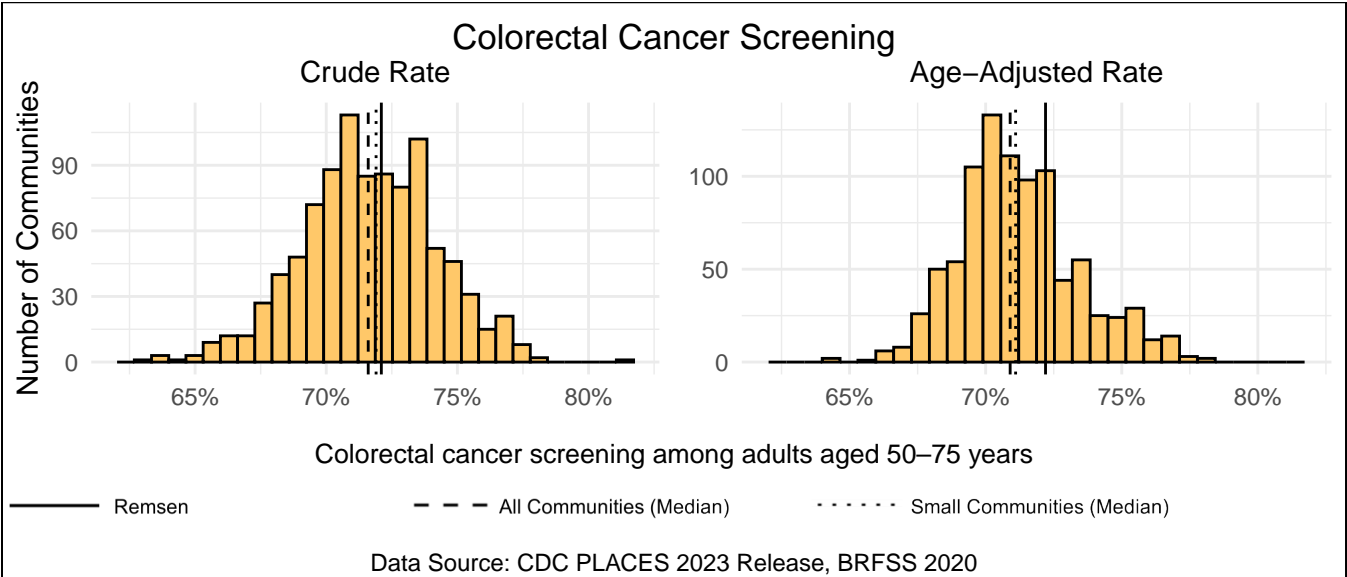
Measure Type	Remsen	All Comm.	Small Comm.
Crude	84.8%	82.6%	82.9%
Age-Adjusted	80.5%	79.1%	79.4%



## Colorectal Cancer Screening

Remsen has a crude rate of 72.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 397th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Remsen is 72.2%, which ranks 250th out of 905 Iowa communities (46th out of 138 small communities).

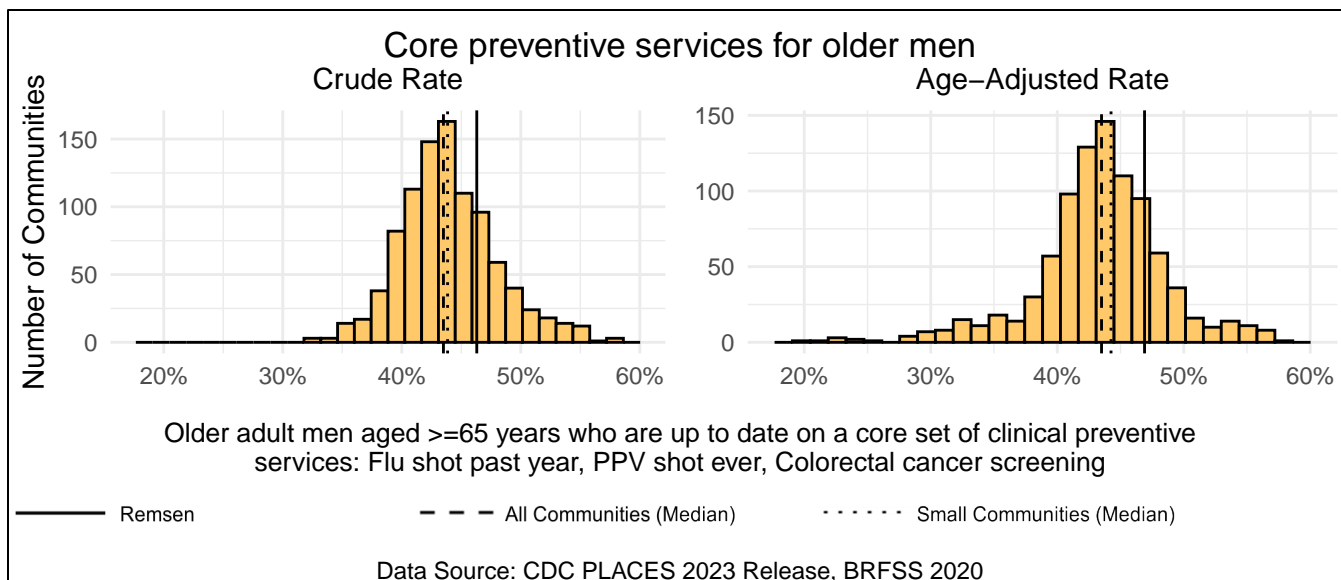
Measure Type	Remsen	All Comm.	Small Comm.
Crude	72.1%	71.6%	71.9%
Age-Adjusted	72.2%	70.9%	71.1%



## Core preventive services for older men

Remsen has a crude rate of 46.3% for older adult men aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 237th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Remsen is 46.9%, which ranks 175th out of 905 Iowa communities (25th out of 138 small communities).

Measure Type	Remsen	All Comm.	Small Comm.
Crude	46.3%	43.5%	43.8%
Age-Adjusted	46.9%	43.5%	44.2%

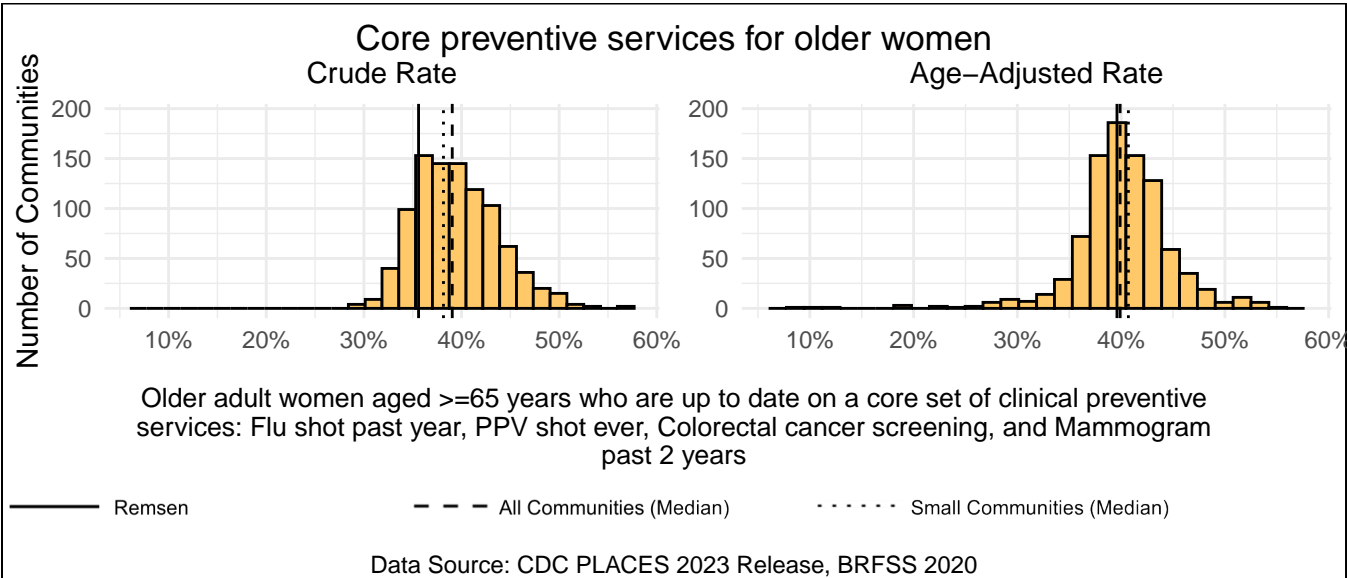




### Core preventive services for older women

Remsen has a crude rate of 35.6% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 785th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for Remsen is 39.6%, which ranks 491st out of 905 Iowa communities (85th out of 138 small communities).

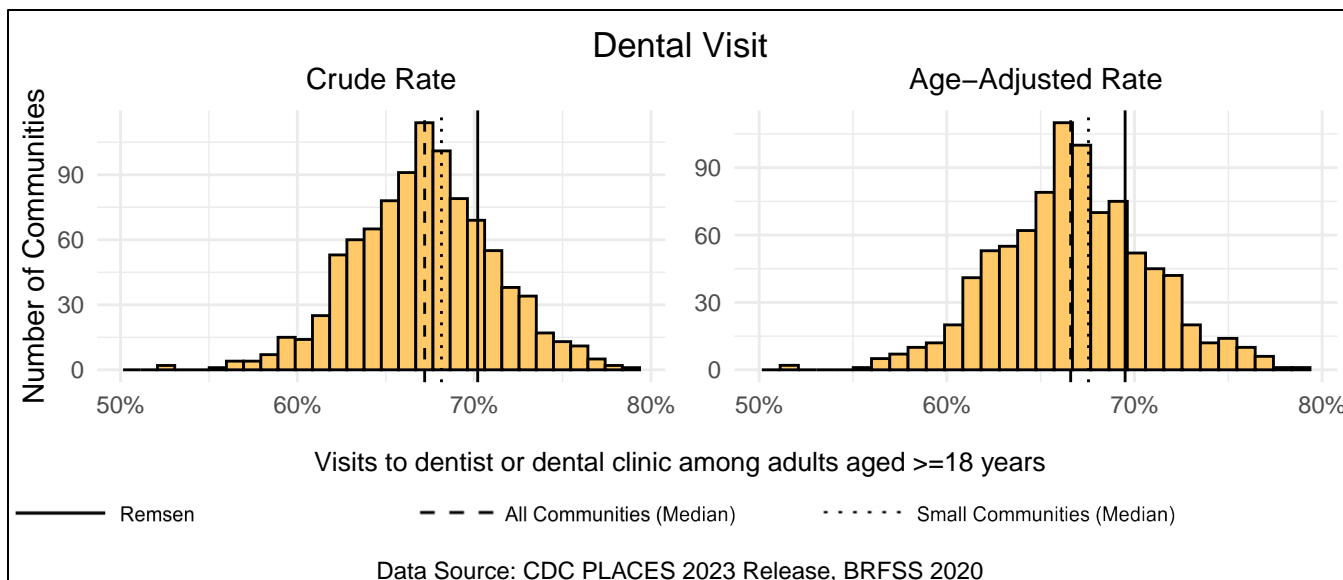
Measure Type	Remsen	All Comm.	Small Comm.
Crude	35.6%	39.0%	38.2%
Age-Adjusted	39.6%	39.9%	40.7%



### Dental Visit

Remsen has a crude rate of 70.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 195th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Remsen is 69.5%, which ranks 211th out of 905 Iowa communities (41st out of 138 small communities).

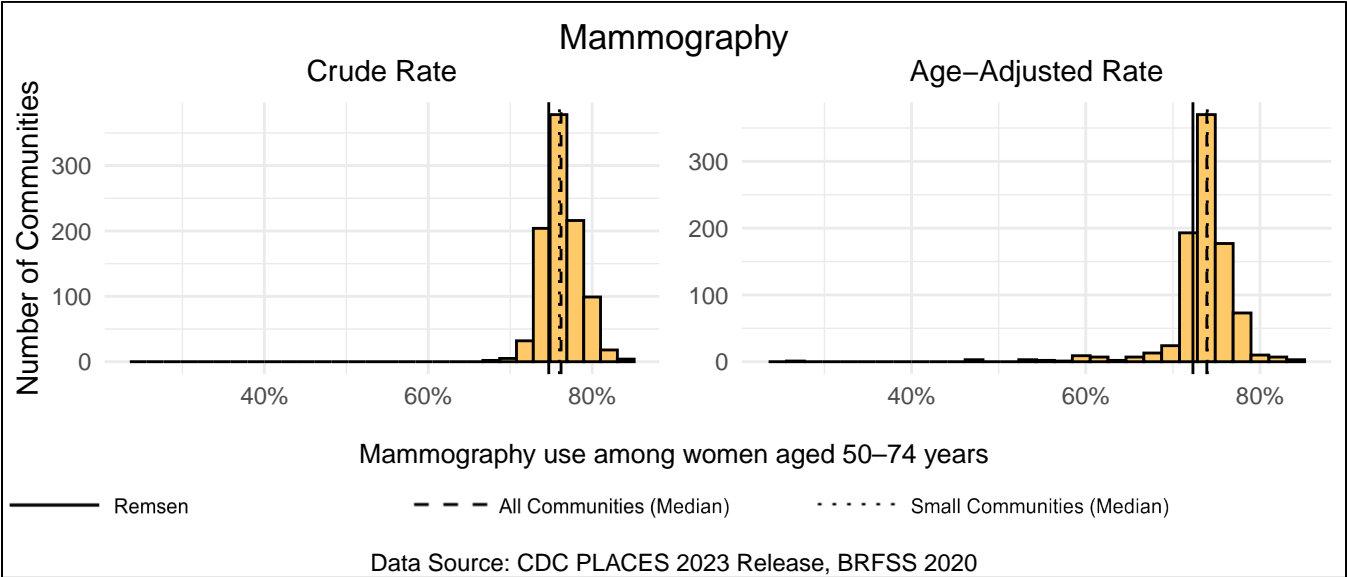
Measure Type	Remsen	All Comm.	Small Comm.
Crude	70.2%	67.2%	68.2%
Age-Adjusted	69.5%	66.6%	67.5%



# Mammography

Remsen 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 Remsen is 72.3%, which ranks 695th out of 905 Iowa communities (110th out of 138 small communities).

Measure Type	Remsen	All Comm.	Small Comm.
Crude	74.7%	76.2%	76.0%
Age-Adjusted	72.3%	73.9%	74.0%



# Disability

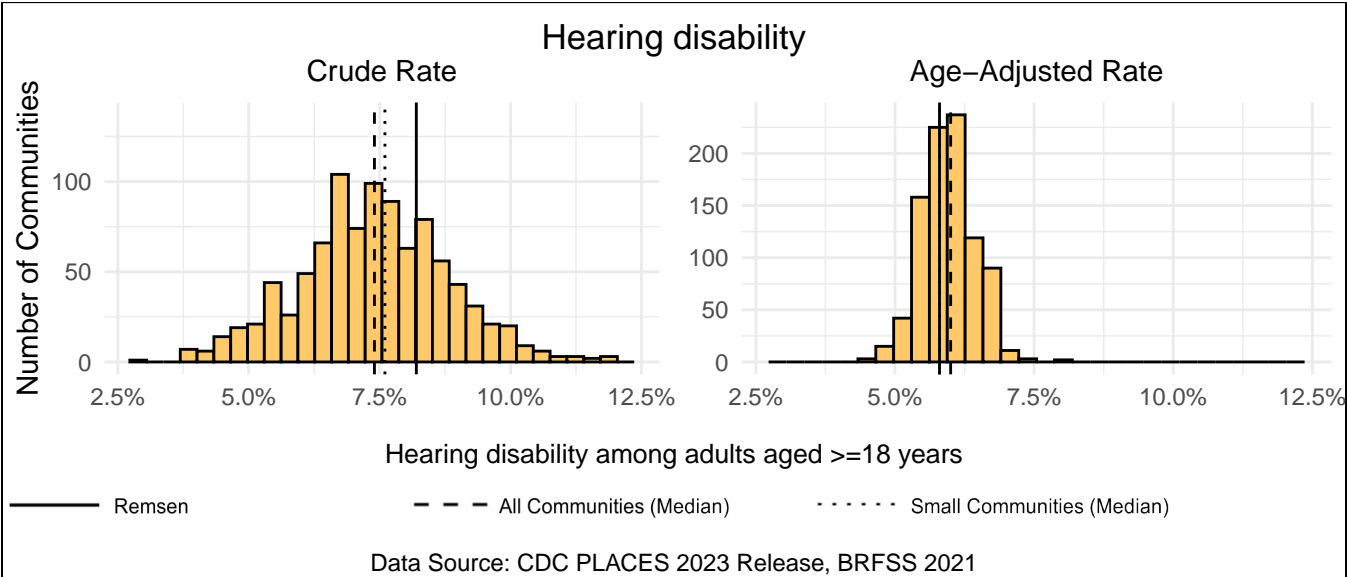
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Remsen has a crude rate of 8.2% for hearing disability among adults aged  $\geq 18$  years, which ranks 683rd out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Remsen is 5.8%, which ranks 287th out of 905 Iowa communities (63rd out of 138 small communities).

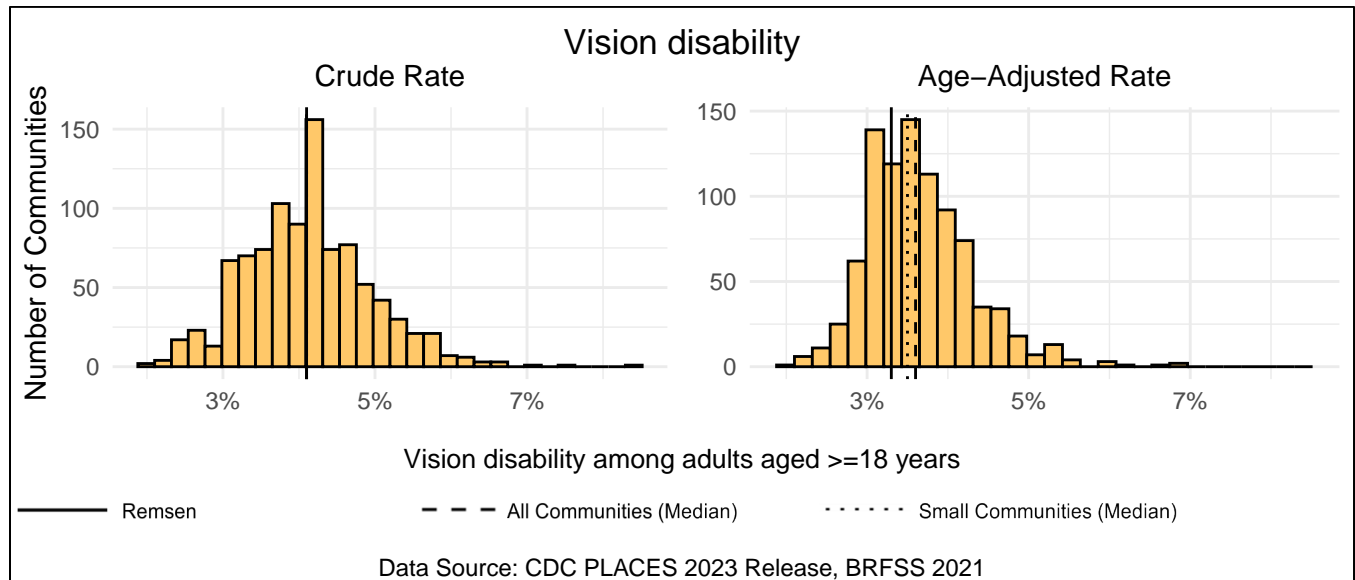
Measure Type	Remsen	All Comm.	Small Comm.
Crude	8.2%	7.4%	7.6%
Age-Adjusted	5.8%	6.0%	5.8%



## Vision disability

Remsen has a crude rate of 4.1% for vision disability among adults aged  $\geq 18$  years, which ranks 464th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Remsen is 3.3%, which ranks 245th out of 905 Iowa communities (43rd out of 138 small communities).

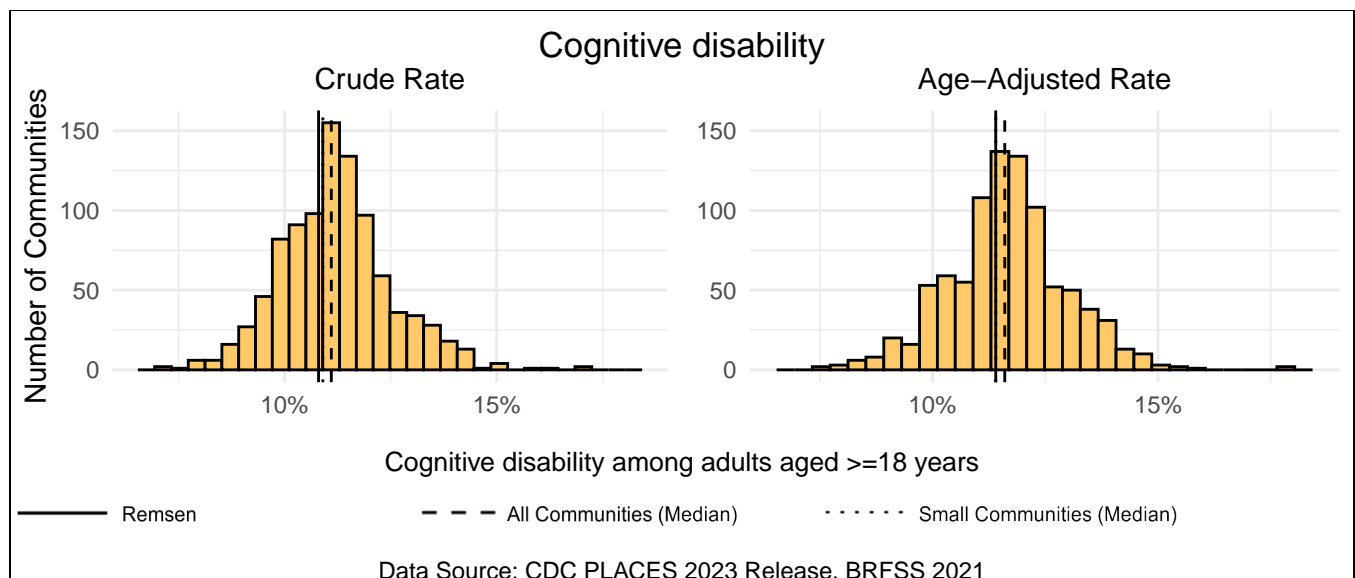
Measure Type	Remsen	All Comm.	Small Comm.
Crude	4.1%	4.1%	4.1%
Age-Adjusted	3.3%	3.6%	3.5%



## Cognitive disability

Remsen has a crude rate of 10.8% for cognitive disability among adults aged  $\geq 18$  years, which ranks 330th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Remsen is 11.4%, which ranks 359th out of 905 Iowa communities (65th out of 138 small communities).

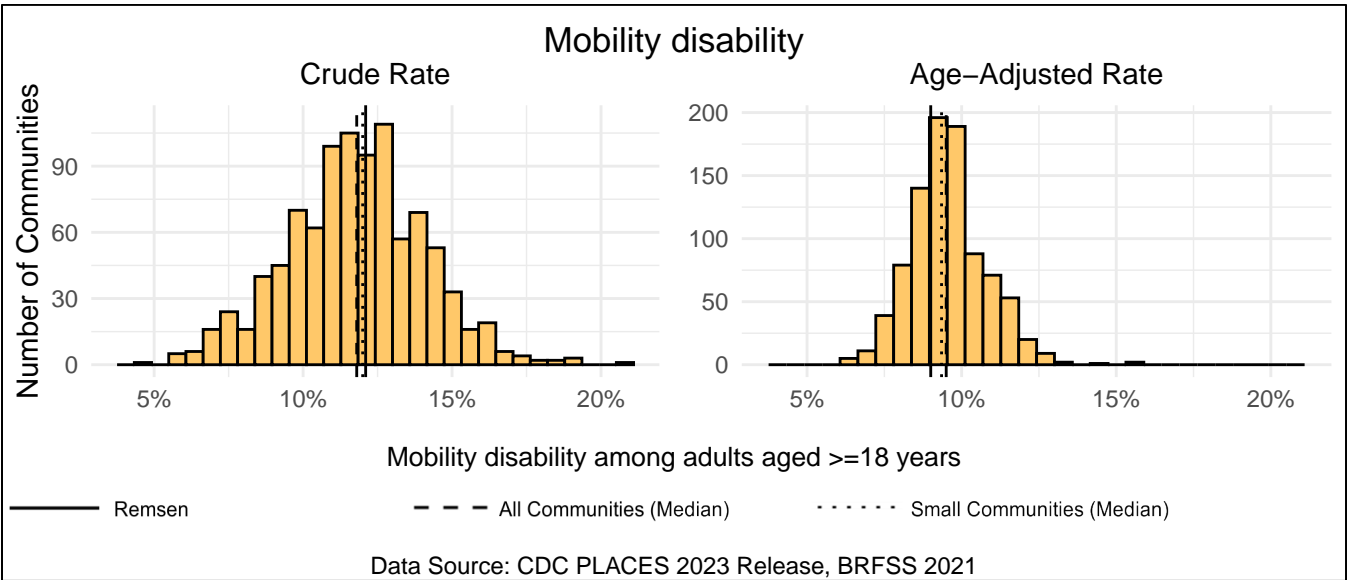
Measure Type	Remsen	All Comm.	Small Comm.
Crude	10.8%	11.1%	10.9%
Age-Adjusted	11.4%	11.6%	11.4%



## Mobility disability

Remsen has a crude rate of 12.1% for mobility disability among adults aged  $\geq 18$  years, which ranks 529th out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for Remsen is 9.0%, which ranks 275th out of 905 Iowa communities (53rd out of 138 small communities).

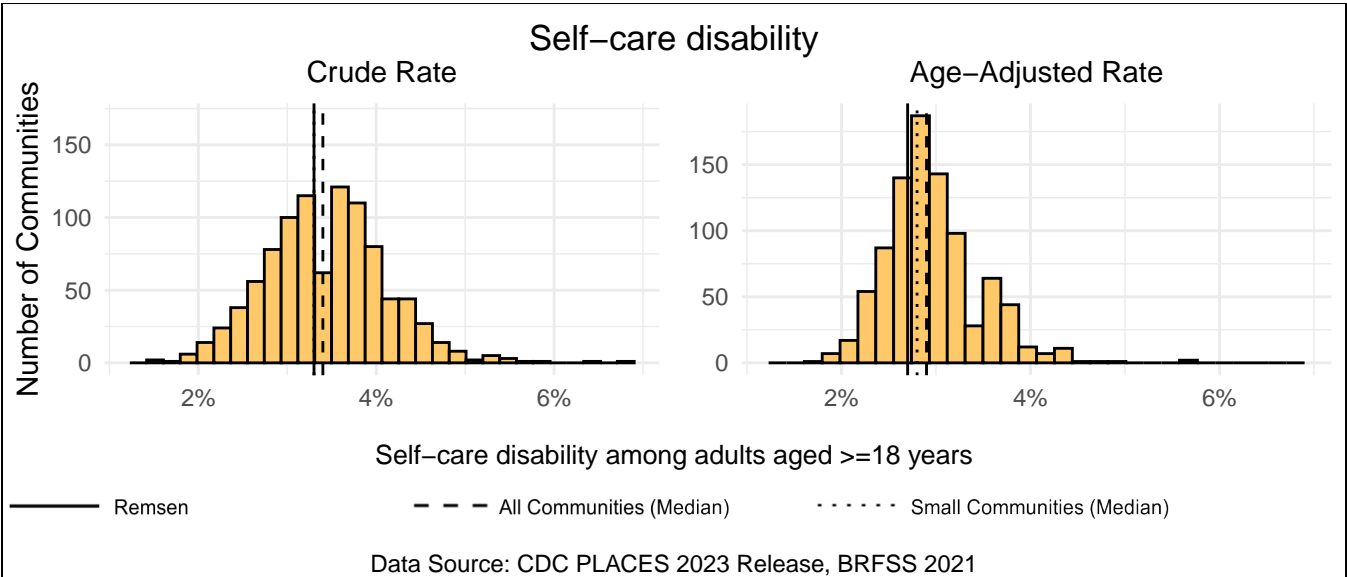
Measure Type	Remsen	All Comm.	Small Comm.
Crude	12.1%	11.8%	12.0%
Age-Adjusted	9.0%	9.5%	9.4%



## Self-care disability

Remsen has a crude rate of 3.3% for self-care disability among adults aged  $\geq 18$  years, which ranks 386th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Remsen is 2.7%, which ranks 248th out of 905 Iowa communities (45th out of 138 small communities).

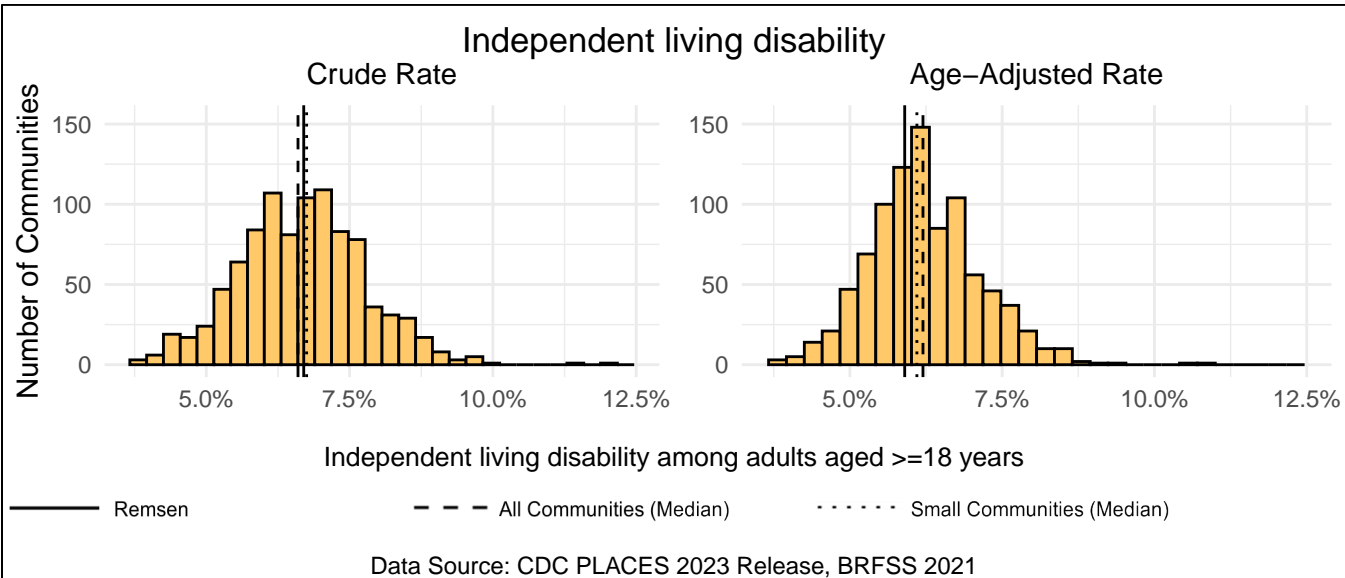
Measure Type	Remsen	All Comm.	Small Comm.
Crude	3.3%	3.4%	3.3%
Age-Adjusted	2.7%	2.9%	2.8%



### Independent living disability

Remsen has a crude rate of 6.7% for independent living disability among adults aged  $\geq 18$  years, which ranks 487th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Remsen is 5.9%, which ranks 291st out of 905 Iowa communities (53rd out of 138 small communities).

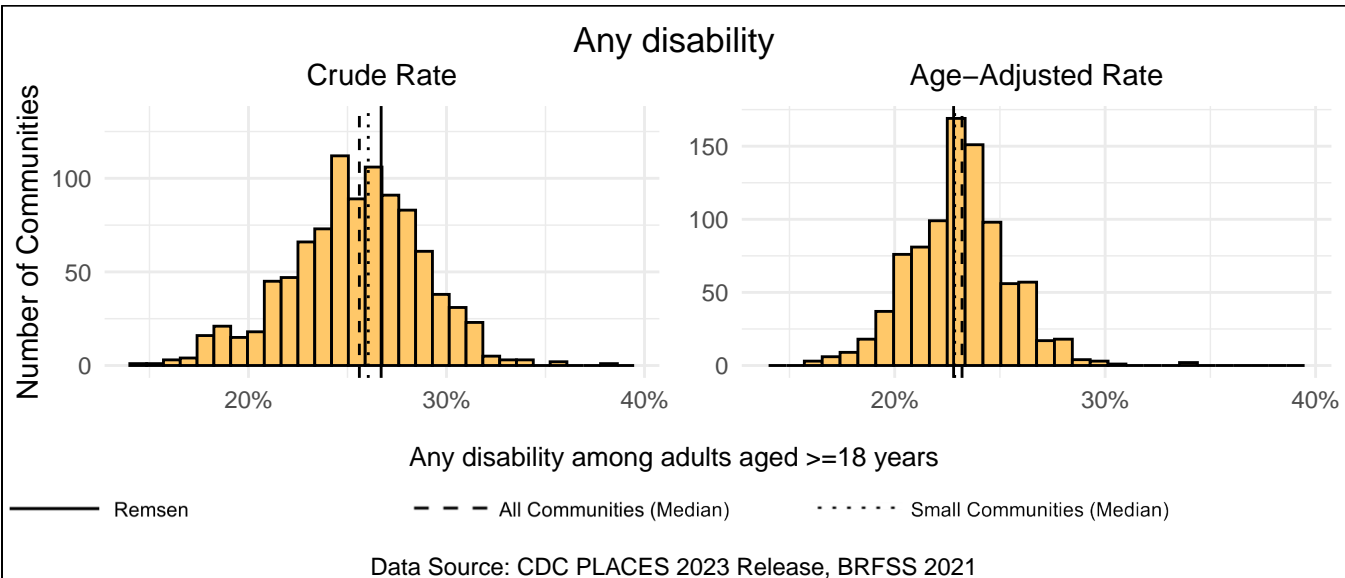
Measure Type	Remsen	All Comm.	Small Comm.
Crude	6.7%	6.6%	6.8%
Age-Adjusted	5.9%	6.2%	6.1%



### Any disability

Remsen has a crude rate of 26.7% for any disability among adults aged  $\geq 18$  years, which ranks 606th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Remsen is 22.8%, which ranks 371st out of 905 Iowa communities (63rd out of 138 small communities).

Measure Type	Remsen	All Comm.	Small Comm.
Crude	26.7%	25.6%	26.0%
Age-Adjusted	22.8%	23.2%	22.8%



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## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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





## Appendix 2: Remsen PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	164	13.4% (11.5% - 15.5%)	302	15.2% (13.0% - 17.5%)
Health Status	Physical Health	404	10.6% (8.9% - 12.3%)	265	9.3% (7.9% - 11.0%)
Health Status	General Health	375	13.7% (11.3% - 16.5%)	260	11.9% (9.8% - 14.3%)
Health Risk Behaviors	Physical Inactivity	366	25.2% (20.6% - 30.0%)	255	22.7% (18.4% - 27.3%)
Health Risk Behaviors	Sleep <7 hours	59	27.5% (25.9% - 29.0%)	79	28.6% (27.0% - 30.3%)
Health Risk Behaviors	Binge Drinking	402	19.1% (16.0% - 22.5%)	668	22.7% (19.1% - 26.8%)
Health Risk Behaviors	Current Smoking	256	15.7% (12.5% - 19.5%)	327	17.0% (13.3% - 21.0%)
Health Outcomes	Arthritis	561	28.5% (24.7% - 32.8%)	230	22.4% (19.1% - 25.9%)
Health Outcomes	Current Asthma	137	9.0% (7.8% - 10.2%)	241	9.3% (8.1% - 10.6%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.0% - 3.8%)	142	2.5% (2.2% - 2.8%)
Health Outcomes	COPD	448	7.4% (6.1% - 9.0%)	305	6.0% (4.9% - 7.2%)
Health Outcomes	Coronary Heart Disease	608	6.9% (5.9% - 8.1%)	257	4.8% (4.1% - 5.5%)
Health Outcomes	All Teeth Lost	452	12.8% (8.0% - 19.5%)	338	12.2% (8.1% - 17.0%)
Health Outcomes	Depression	143	17.0% (14.1% - 20.4%)	251	18.6% (15.3% - 22.3%)
Health Outcomes	Obesity	193	35.7% (29.5% - 42.3%)	264	36.3% (29.8% - 42.9%)
Health Outcomes	High Cholesterol	679	37.7% (33.4% - 42.3%)	669	30.4% (26.4% - 34.7%)
Health Outcomes	High Blood Pressure	681	34.2% (30.4% - 38.6%)	517	27.6% (24.0% - 31.3%)
Health Outcomes	Diabetes	444	10.0% (8.5% - 11.8%)	268	7.8% (6.6% - 9.2%)
Health Outcomes	Stroke	601	3.5% (3.0% - 4.1%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	Cancer (except skin)	745	9.1% (8.1% - 10.1%)	418	6.5% (5.8% - 7.2%)
Prevention	Taking BP Medication	216	81.6% (78.5% - 84.3%)	251	59.4% (54.6% - 64.5%)
Prevention	Dental Visit	195	70.2% (66.8% - 73.5%)	211	69.5% (66.0% - 73.1%)
Prevention	Cholesterol Screening	116	84.8% (82.0% - 87.4%)	139	80.5% (77.0% - 83.8%)
Prevention	Core preventive services for older women	785	35.6% (28.0% - 44.7%)	491	39.6% (32.0% - 47.9%)
Prevention	Colorectal Cancer Screening	397	72.1% (68.9% - 75.5%)	250	72.2% (69.0% - 75.5%)

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	237	46.3% (37.7% - 55.3%)	175	46.9% (38.6% - 55.8%)
Prevention	Mammography	737	74.7% (70.3% - 78.9%)	695	72.3% (67.6% - 76.6%)
Prevention	Annual Checkup	118	77.4% (73.2% - 81.5%)	110	73.8% (69.1% - 78.3%)
Prevention	Health Insurance	338	7.0% (5.3% - 9.0%)	325	7.4% (5.6% - 9.7%)
Prevention	Cervical Cancer Screening	311	84.0% (81.3% - 86.4%)	328	83.6% (81.0% - 85.9%)
Disability	Any Disability	606	26.7% (22.8% - 31.2%)	371	22.8% (19.1% - 26.8%)
Disability	Vision Disability	464	4.1% (3.4% - 4.9%)	245	3.3% (2.8% - 3.9%)
Disability	Hearing Disability	683	8.2% (7.1% - 9.3%)	287	5.8% (5.1% - 6.6%)
Disability	Independent Living Disability	487	6.7% (5.6% - 8.0%)	291	5.9% (5.0% - 7.0%)
Disability	Cognitive Disability	330	10.8% (9.1% - 12.8%)	359	11.4% (9.4% - 13.5%)
Disability	Mobility Disability	529	12.1% (9.9% - 14.4%)	275	9.0% (7.4% - 10.7%)
Disability	Self-care Disability	386	3.3% (2.7% - 3.9%)	248	2.7% (2.3% - 3.2%)

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)

Remsen 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		