



## 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 Rock Valley: Overview

Dear Community Members & Stakeholders of Rock Valley,

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 Rock Valley ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Rock Valley’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 Rock Valley. 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	17th	1st	Depression	17th	3rd
Current Asthma	23rd	1st	High Cholesterol	49th	6th
Sleep <7 hours	81st	15th	Cancer (except skin)	74th	11th
Current Smoking	103rd	21st	Current Asthma	77th	10th
Mental Health	164th	16th	Binge Drinking	78th	22nd

# 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
Health Insurance	905th	90th	Annual Checkup	889th	100th
Annual Checkup	904th	96th	Health Insurance	830th	82nd
Cholesterol Screening	825th	75th	Taking BP Medication	737th	85th
Core preventive services for older women	814th	84th	Core preventive services for older men	721st	82nd
Core preventive services for older men	794th	76th	Cholesterol Screening	709th	72nd

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 Rock Valley.

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

With a population of 4,045, Rock Valley’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.



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

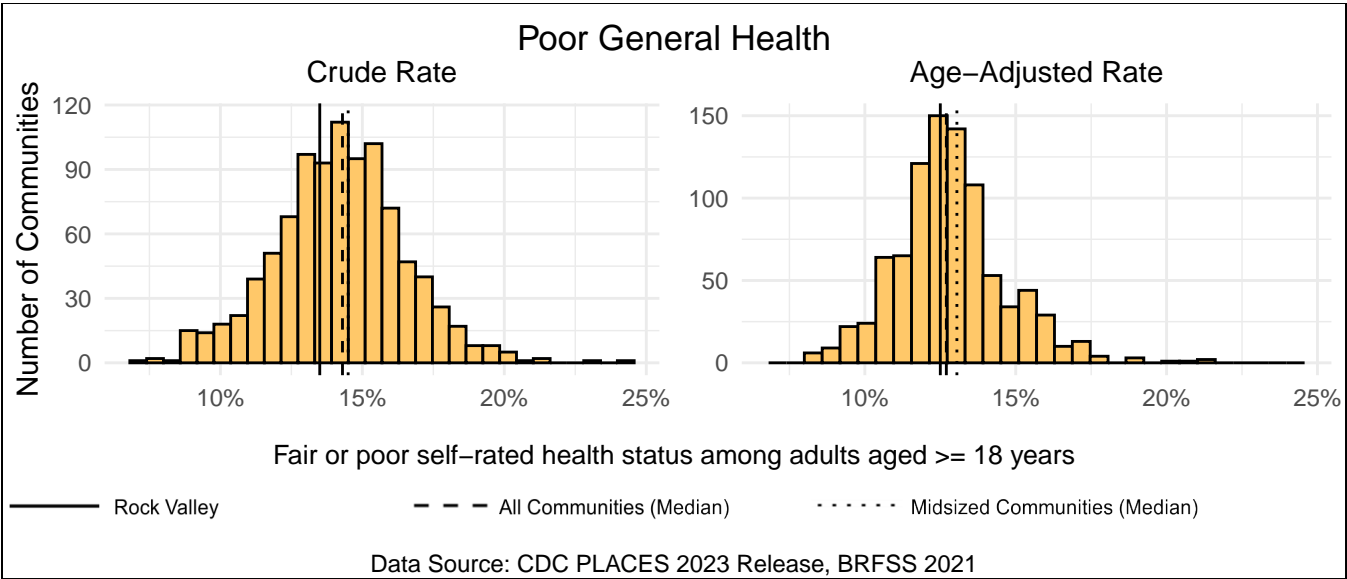
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Rock Valley has a crude rate of 13.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 346th out of 958 Iowa communities (41st out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 12.5%, which ranks 385th out of 905 Iowa communities (41st out of 102 mid-sized communities).

Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	13.5%	14.3%	14.5%
Age-Adjusted	12.5%	12.7%	13.0%

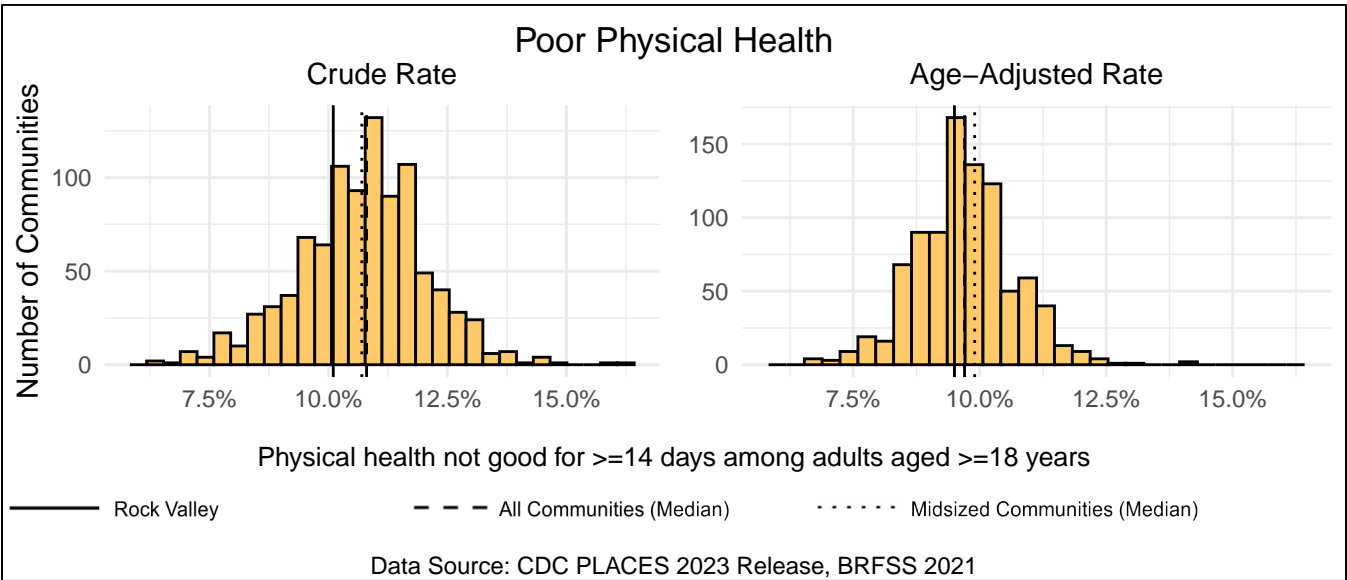




# Poor Physical Health

Rock Valley has a crude rate of 10.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 269th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 9.5%, which ranks 342nd out of 905 Iowa communities (41st out of 102 midsize communities).

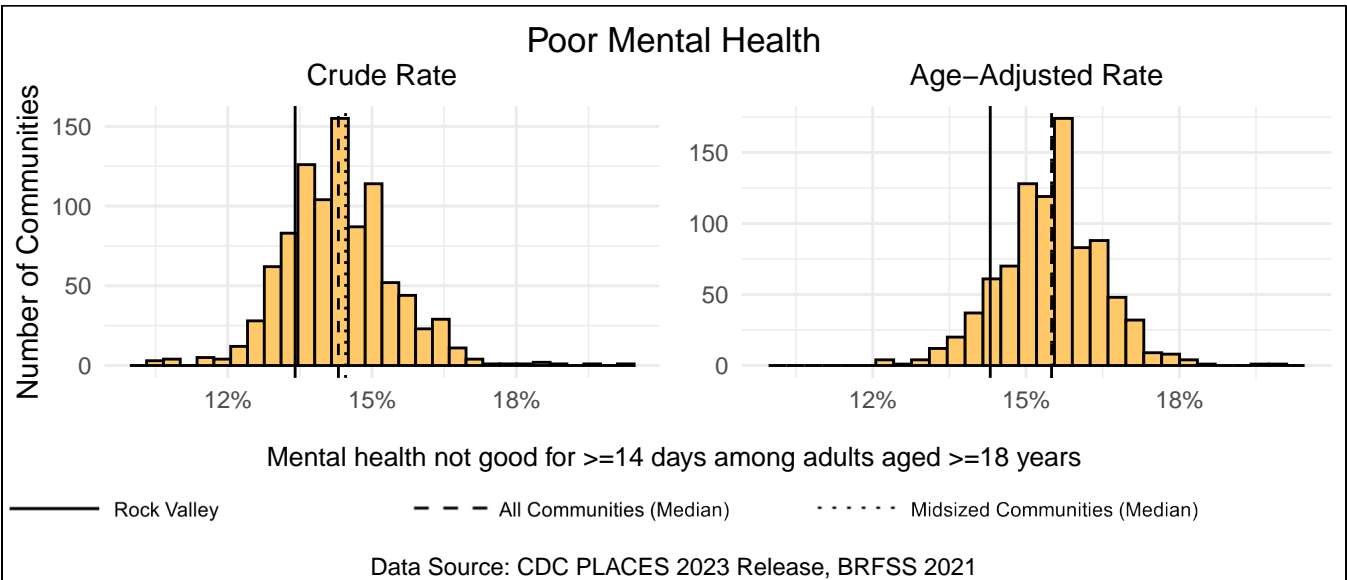
Measure Type	Rock Valley	All Comm.	Midsize Comm.
Crude	10.1%	10.8%	10.7%
Age-Adjusted	9.5%	9.7%	9.9%



# Poor Mental Health

Rock Valley has a crude rate of 13.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 164th out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 14.3%, which ranks 93rd out of 905 Iowa communities (17th out of 102 midsize communities).

Measure Type	Rock Valley	All Comm.	Midsize Comm.
Crude	13.4%	14.3%	14.4%
Age-Adjusted	14.3%	15.5%	15.5%



# Health Risk Behaviors

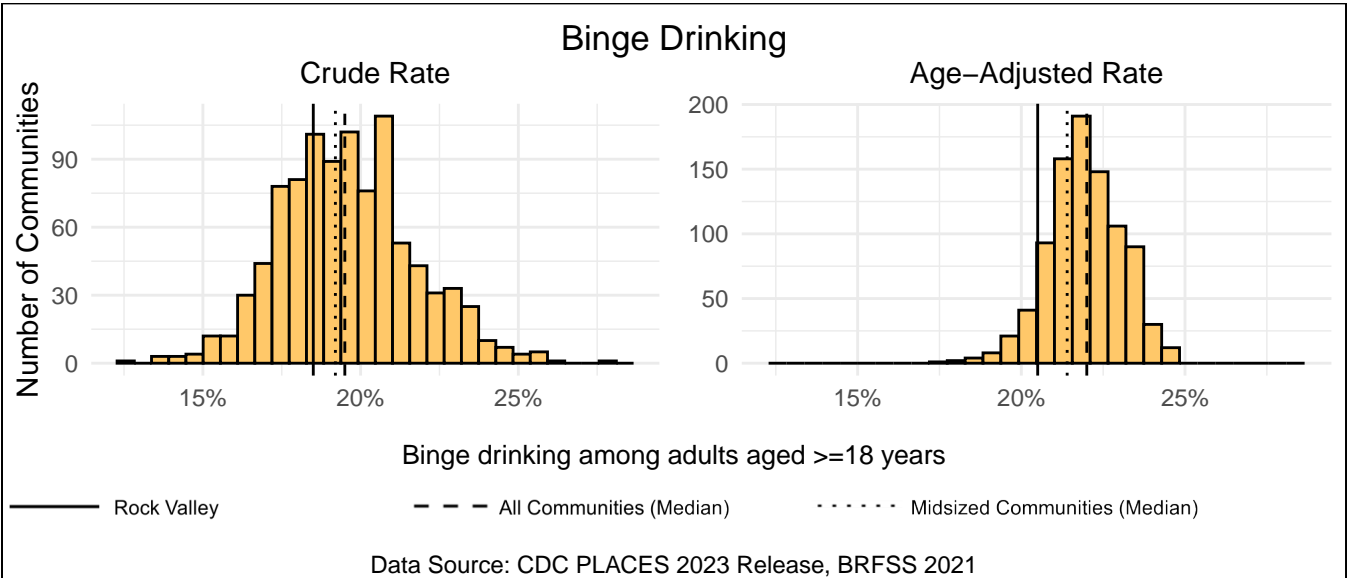
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Rock Valley has a crude rate of 18.5% for binge drinking among adults aged  $\geq 18$  years, which ranks 305th out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Rock Valley is 20.5%, which ranks 78th out of 905 Iowa communities (22nd out of 102 midsized communities).

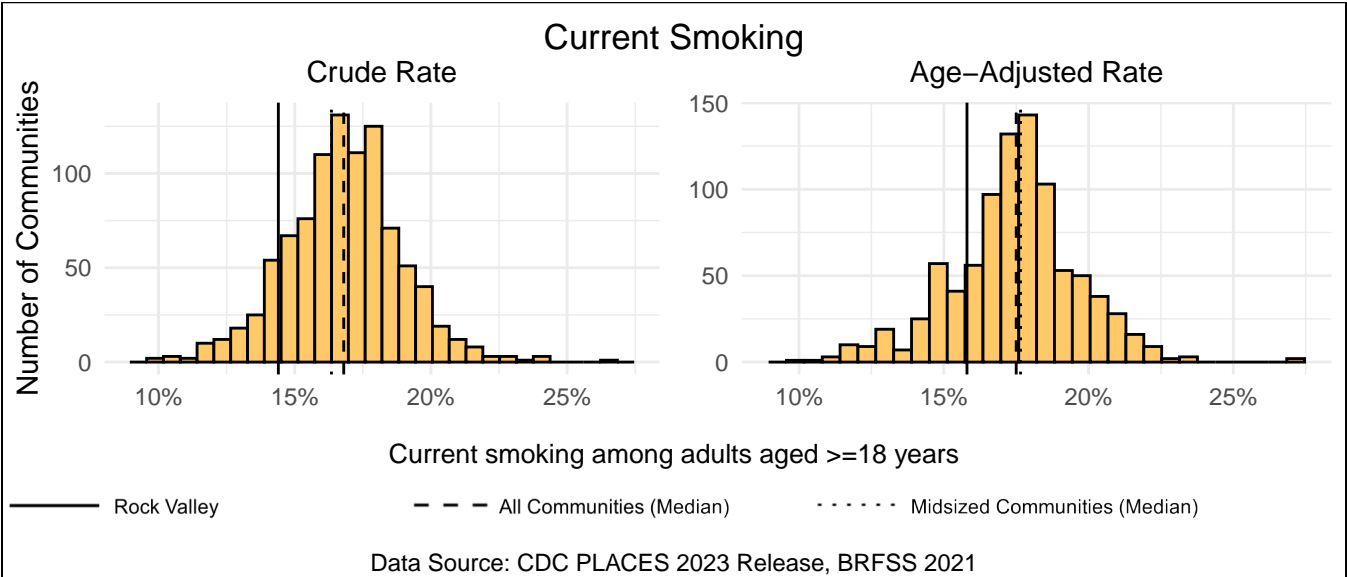
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	18.5%	19.5%	19.2%
Age-Adjusted	20.5%	22.0%	21.4%



## Current Smoking

Rock Valley has a crude rate of 14.4% for current smoking among adults aged  $\geq 18$  years, which ranks 103rd out of 958 Iowa communities (21st out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 15.8%, which ranks 174th out of 905 Iowa communities (31st out of 102 mid-sized communities).

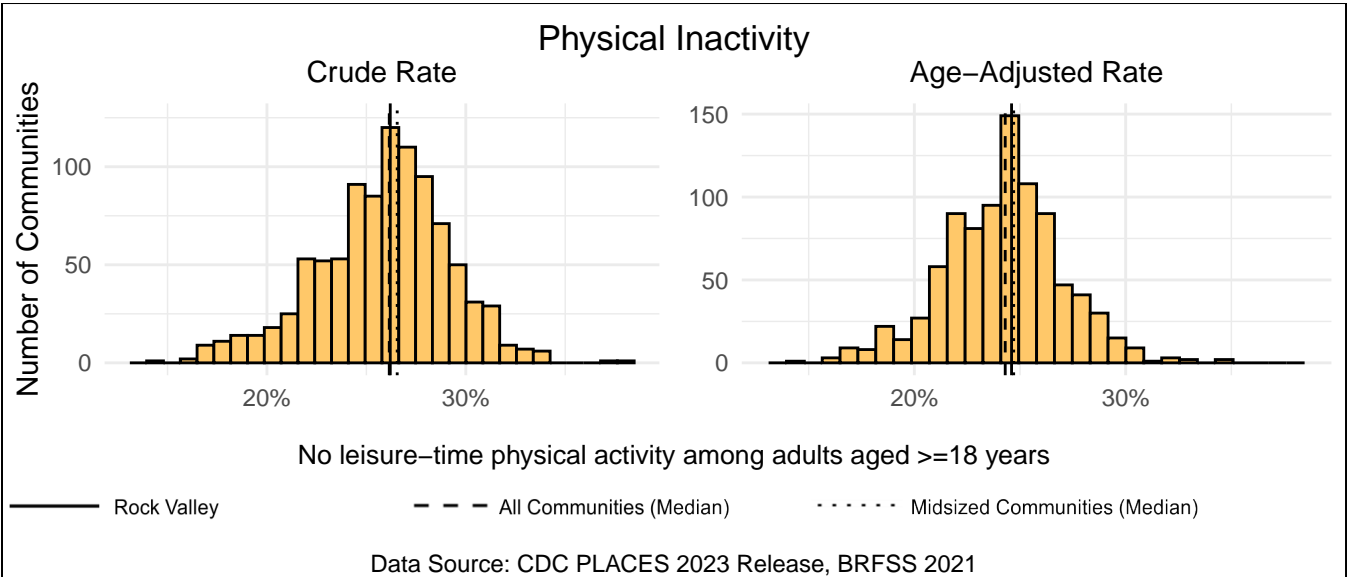
Measure Type	Rock Valley	All Comm.	Mid-sized Comm.
Crude	14.4%	16.8%	16.4%
Age-Adjusted	15.8%	17.5%	17.6%



## Physical Inactivity

Rock Valley has a crude rate of 26.2% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 480th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 24.6%, which ranks 487th out of 905 Iowa communities (50th out of 102 mid-sized communities).

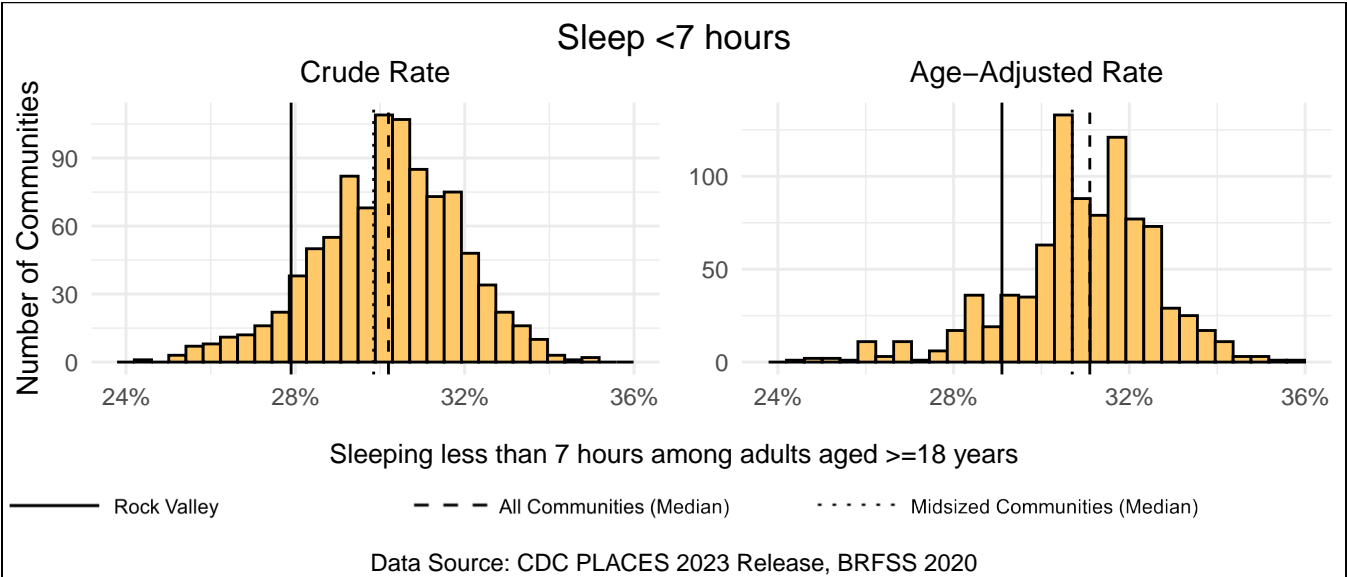
Measure Type	Rock Valley	All Comm.	Mid-sized Comm.
Crude	26.2%	26.1%	26.6%
Age-Adjusted	24.6%	24.3%	24.7%



### Sleep <7 hours

Rock Valley has a crude rate of 27.9% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 81st out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 29.1%, which ranks 111th out of 905 Iowa communities (20th out of 102 mid-sized communities).

Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	27.9%	30.2%	29.8%
Age-Adjusted	29.1%	31.1%	30.7%



# Health Outcomes

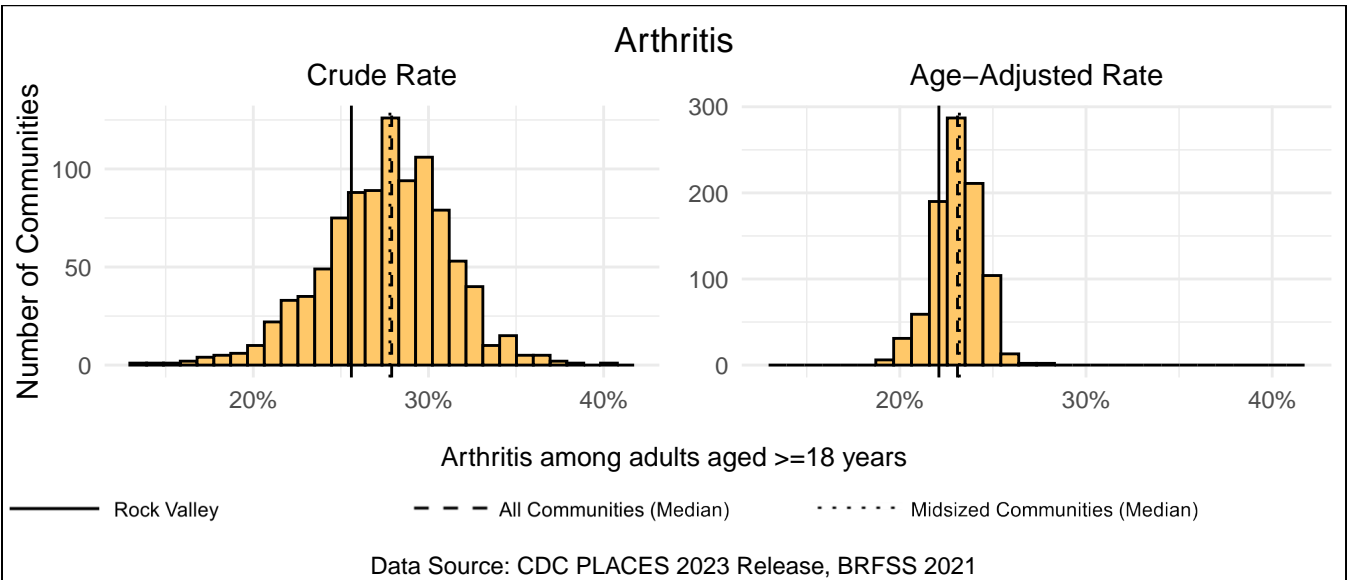
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Rock Valley has a crude rate of 25.6% for arthritis among adults aged  $\geq 18$  years, which ranks 253rd out of 958 Iowa communities (33rd out of 102 midsize communities). The age-adjusted rate for Rock Valley is 22.1%, which ranks 176th out of 905 Iowa communities (25th out of 102 midsize communities).

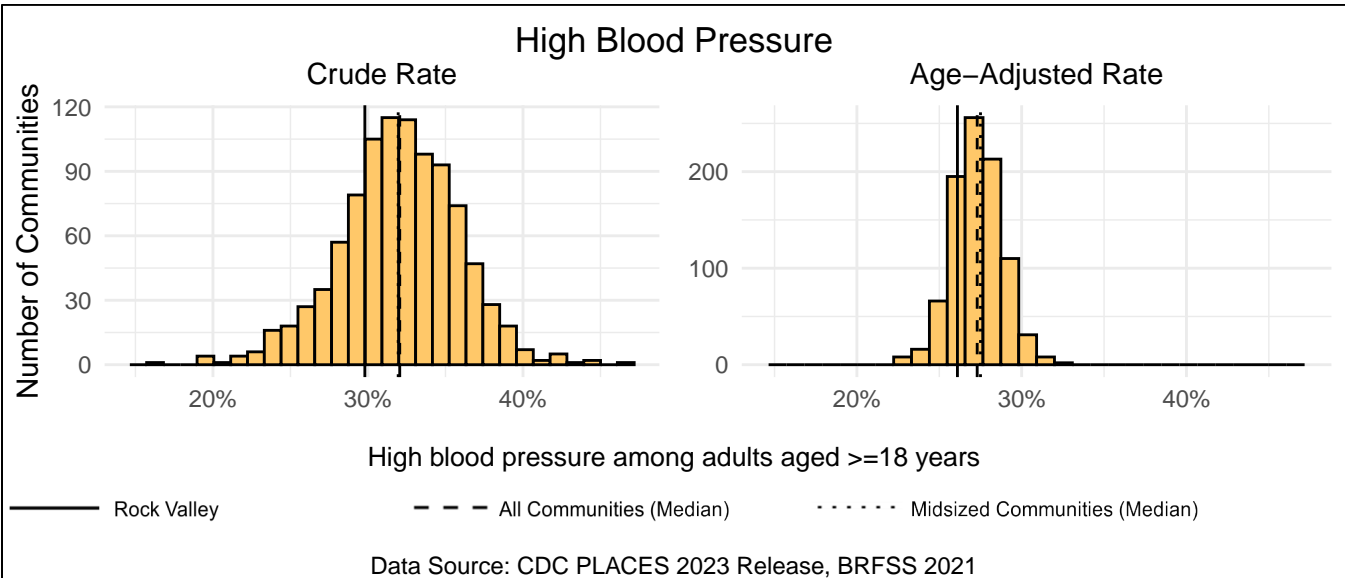
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	25.6%	27.9%	27.8%
Age-Adjusted	22.1%	23.1%	23.2%



## High Blood Pressure

Rock Valley has a crude rate of 29.8% for high blood pressure among adults aged  $\geq 18$  years, which ranks 238th out of 958 Iowa communities (31st out of 102 midsized communities). The age-adjusted rate for Rock Valley is 26.1%, which ranks 191st out of 905 Iowa communities (23rd out of 102 midsized communities).

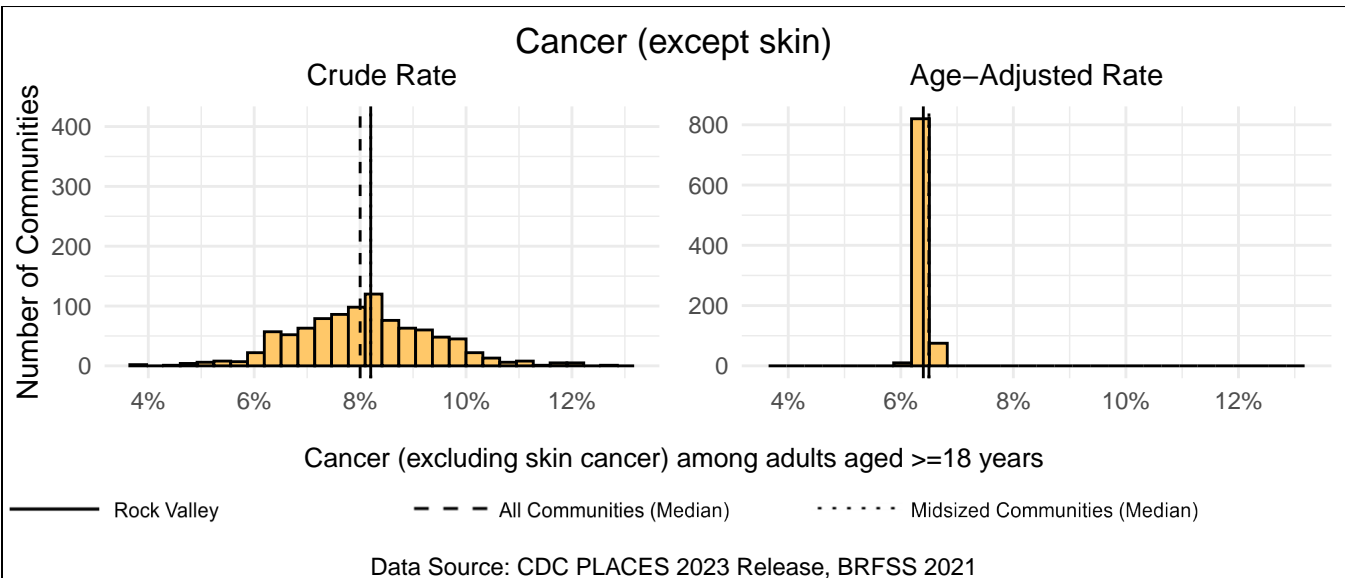
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	29.8%	32.0%	32.0%
Age-Adjusted	26.1%	27.3%	27.5%



## Cancer (except skin)

Rock Valley has a crude rate of 8.2% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 505th out of 958 Iowa communities (51st out of 102 midsized communities). The age-adjusted rate for Rock Valley is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 midsized communities).

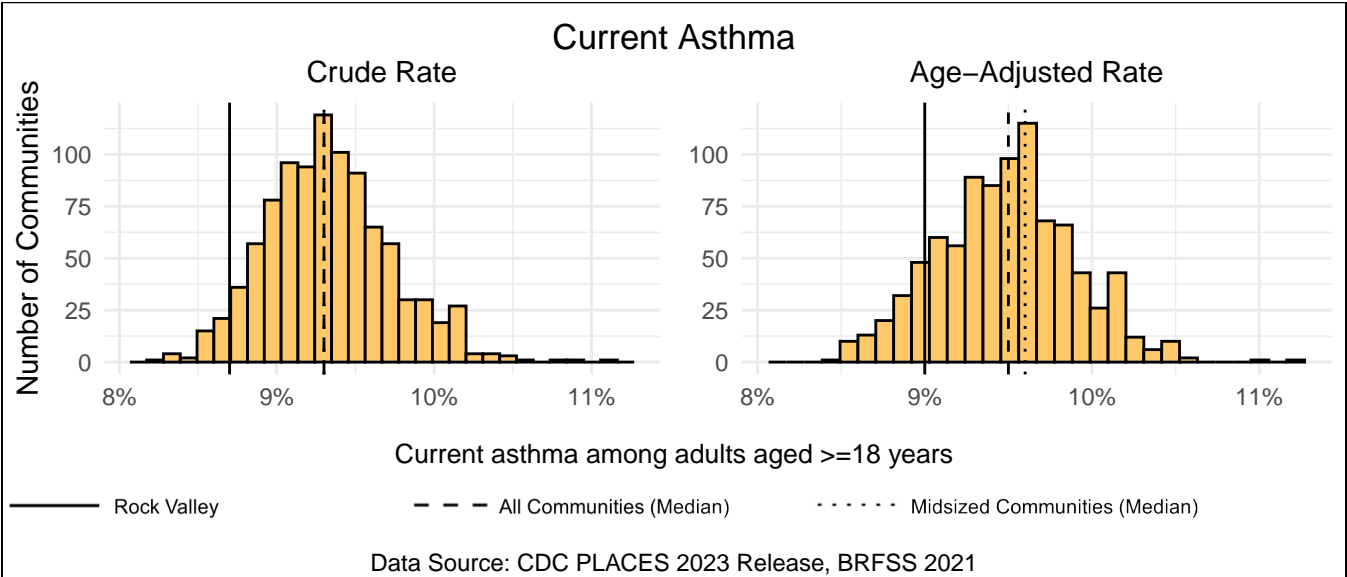
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	8.2%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



## Current Asthma

Rock Valley has a crude rate of 8.7% for current asthma among adults aged  $\geq 18$  years, which ranks 23rd out of 958 Iowa communities (1st out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 9.0%, which ranks 77th out of 905 Iowa communities (10th out of 102 mid-sized communities).

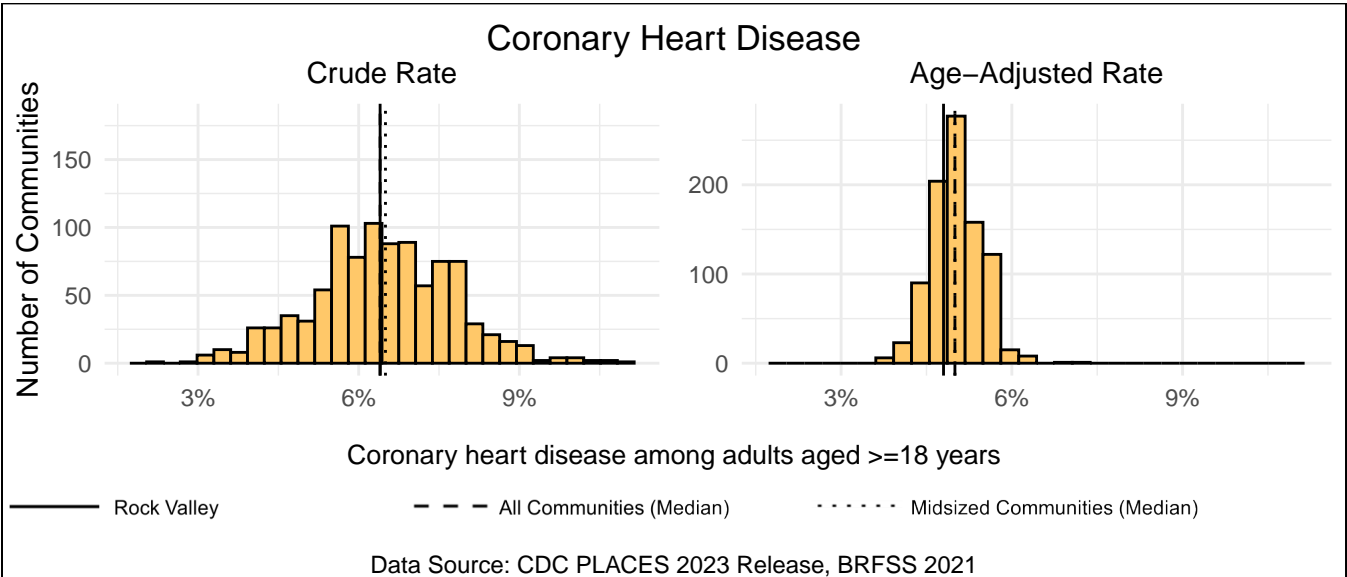
Measure Type	Rock Valley	All Comm.	Mid-sized Comm.
Crude	8.7%	9.3%	9.3%
Age-Adjusted	9.0%	9.5%	9.6%



## Coronary Heart Disease

Rock Valley has a crude rate of 6.4% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 438th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 4.8%, which ranks 257th out of 905 Iowa communities (39th out of 102 mid-sized communities).

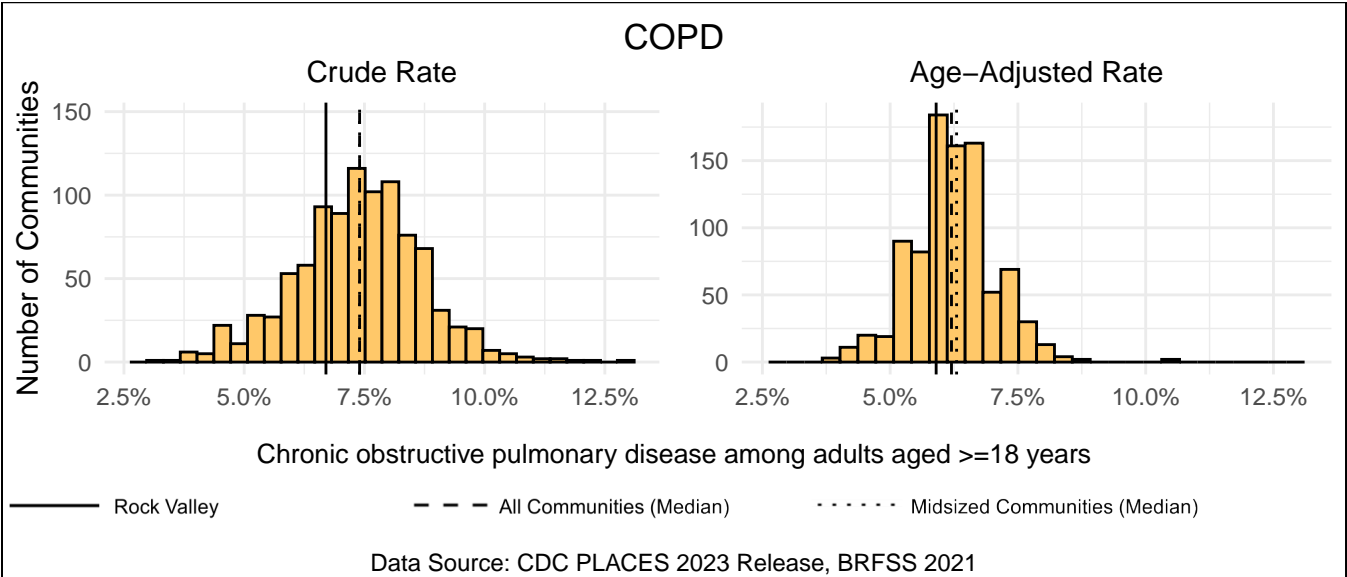
Measure Type	Rock Valley	All Comm.	Mid-sized Comm.
Crude	6.4%	6.4%	6.5%
Age-Adjusted	4.8%	5.0%	5.0%



# COPD

Rock Valley has a crude rate of 6.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 250th out of 958 Iowa communities (35th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 5.9%, which ranks 260th out of 905 Iowa communities (38th out of 102 midsize communities).

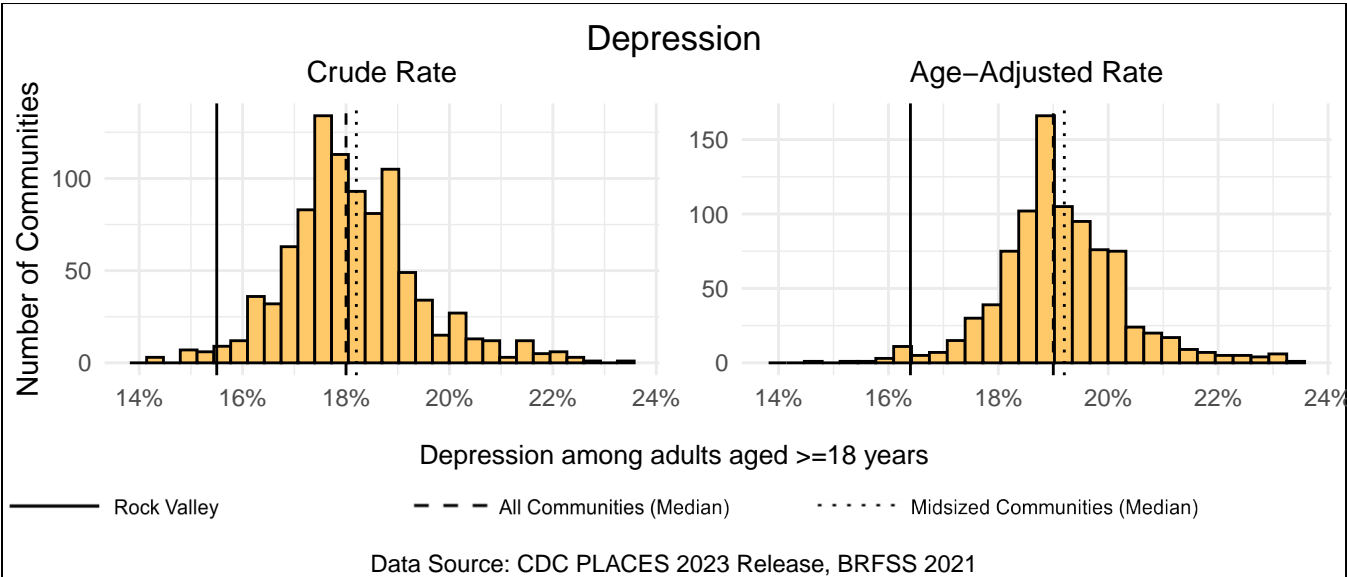
Measure Type	Rock Valley	All Comm.	Midsize Comm.
Crude	6.7%	7.4%	7.4%
Age-Adjusted	5.9%	6.2%	6.3%



# Depression

Rock Valley has a crude rate of 15.5% for depression among adults aged  $\geq 18$  years, which ranks 17th out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Rock Valley is 16.4%, which ranks 17th out of 905 Iowa communities (3rd out of 102 midsize communities).

Measure Type	Rock Valley	All Comm.	Midsize Comm.
Crude	15.5%	18.0%	18.2%
Age-Adjusted	16.4%	19.0%	19.2%

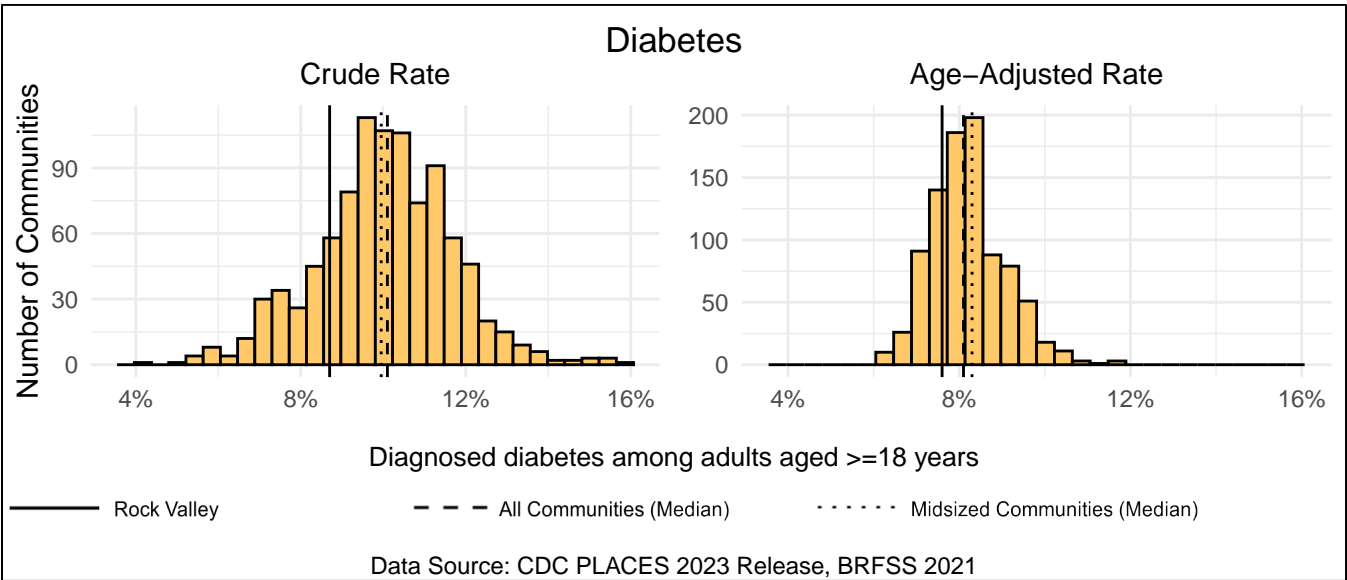




# Diabetes

Rock Valley has a crude rate of 8.7% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 176th out of 958 Iowa communities (27th out of 102 midsized communities). The age-adjusted rate for Rock Valley is 7.6%, which ranks 190th out of 905 Iowa communities (32nd out of 102 midsized communities).

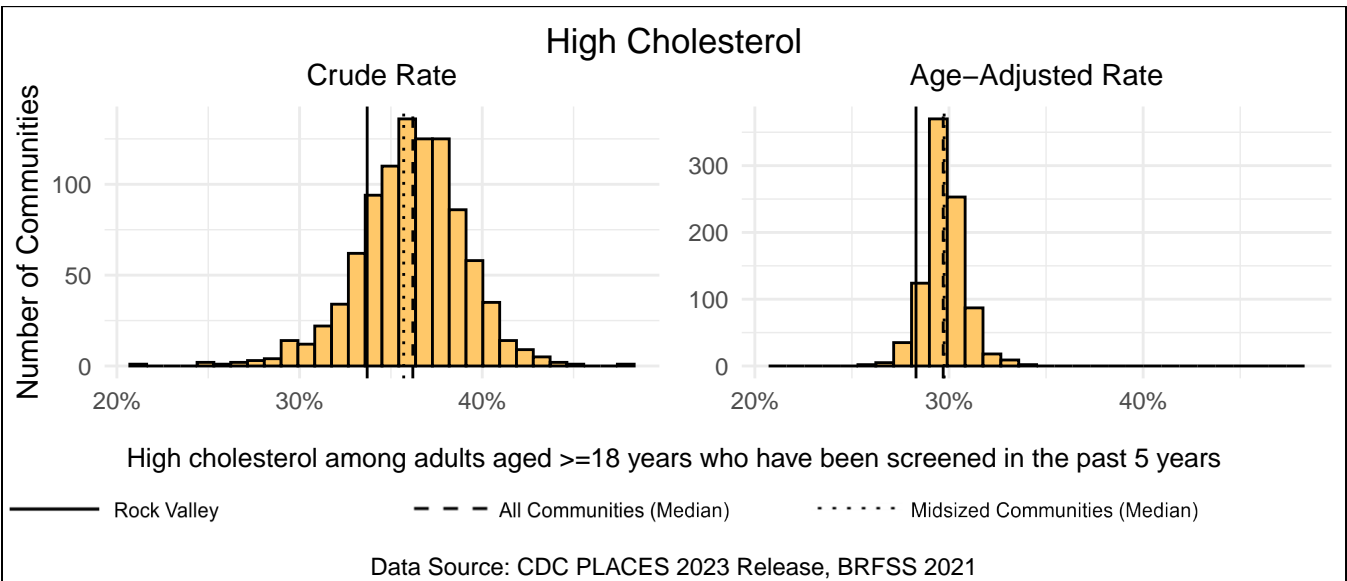
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	8.7%	10.1%	9.9%
Age-Adjusted	7.6%	8.1%	8.3%



# High Cholesterol

Rock Valley has a crude rate of 33.7% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 169th out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Rock Valley is 28.3%, which ranks 49th out of 905 Iowa communities (6th out of 102 midsized communities).

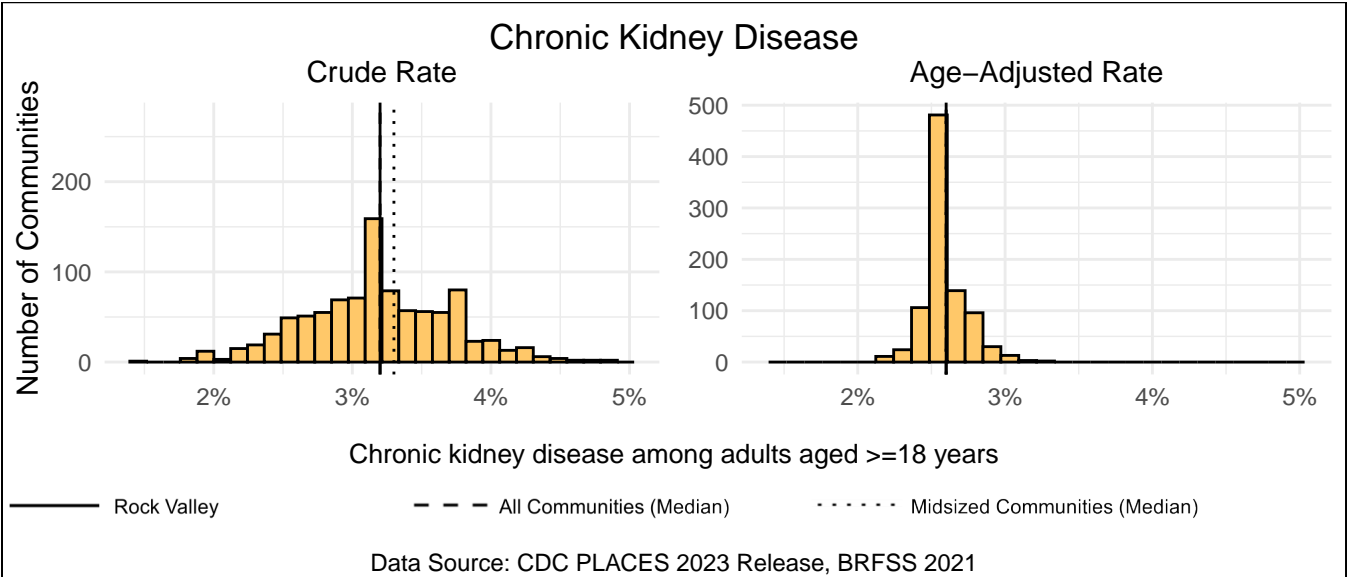
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	33.7%	36.2%	35.7%
Age-Adjusted	28.3%	29.7%	29.8%



# Chronic Kidney Disease

Rock Valley has a crude rate of 3.2% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 446th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Rock Valley is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 midsized communities).

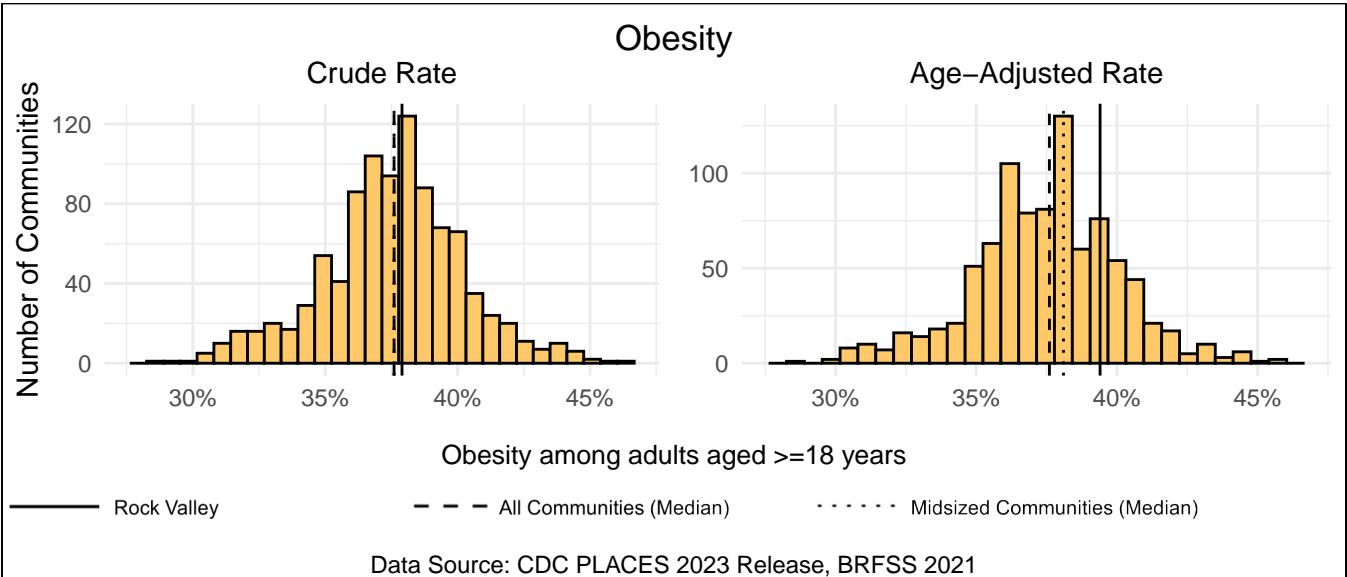
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Rock Valley has a crude rate of 37.9% for obesity among adults aged  $\geq 18$  years, which ranks 513th out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for Rock Valley is 39.4%, which ranks 702nd out of 905 Iowa communities (71st out of 102 midsized communities).

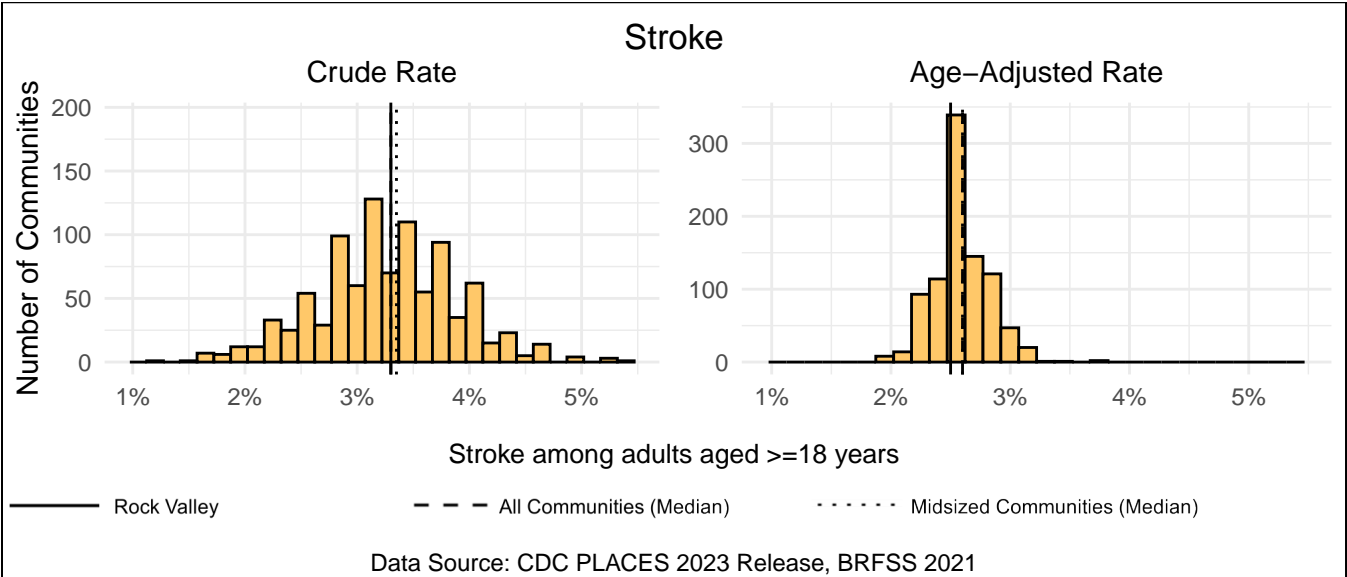
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	37.9%	37.6%	37.6%
Age-Adjusted	39.4%	37.6%	38.1%



# Stroke

Rock Valley has a crude rate of 3.3% for stroke among adults aged >=18 years, which ranks 468th out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 2.5%, which ranks 230th out of 905 Iowa communities (36th out of 102 mid-sized communities).

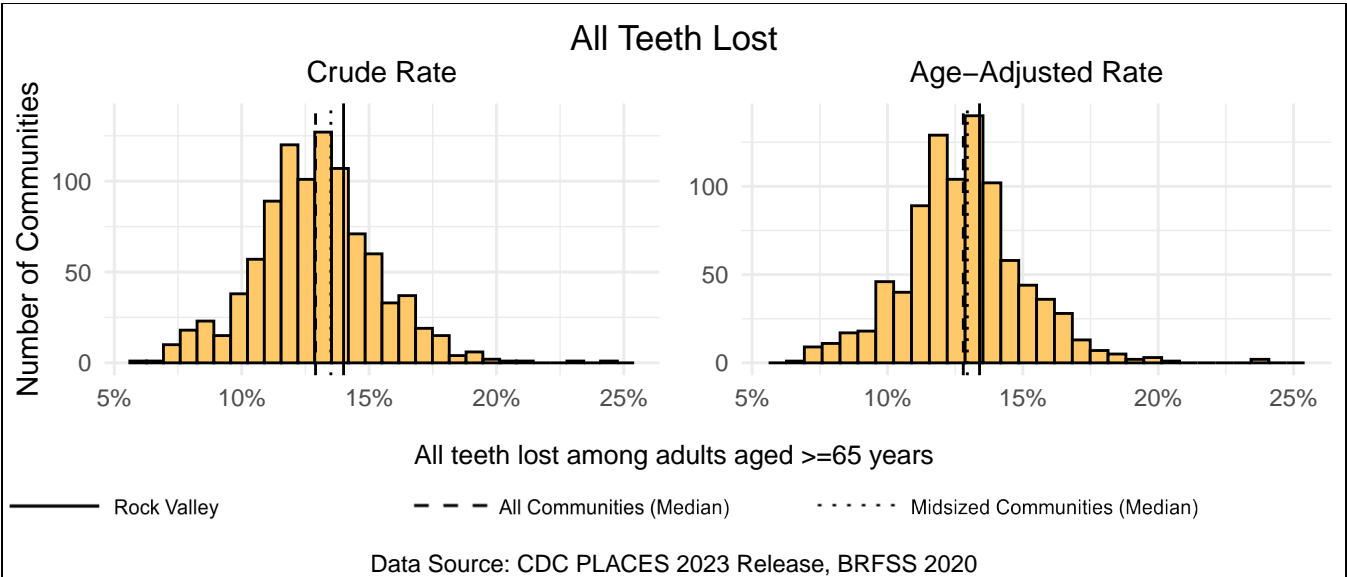
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	3.3%	3.3%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# All Teeth Lost

Rock Valley has a crude rate of 14.0% for all teeth lost among adults aged >=65 years, which ranks 678th out of 958 Iowa communities (60th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 13.4%, which ranks 561st out of 905 Iowa communities (59th out of 102 mid-sized communities).

Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	14.0%	12.9%	13.5%
Age-Adjusted	13.4%	12.8%	12.9%



# Prevention

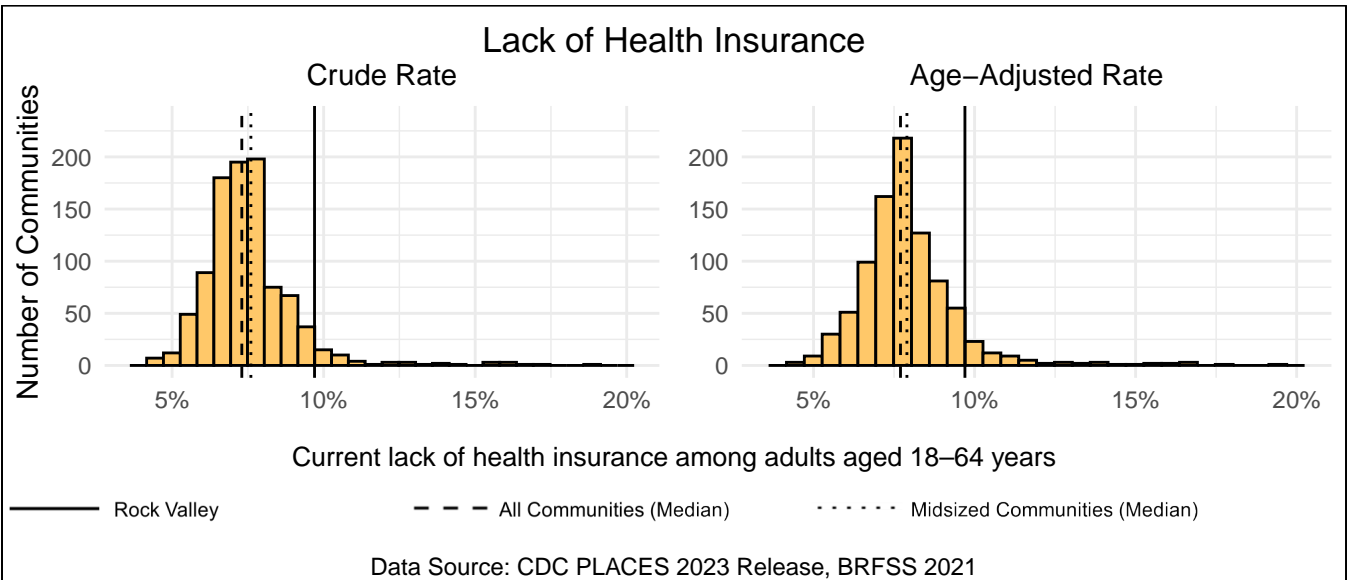
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Rock Valley has a crude rate of 9.7% for current lack of health insurance among adults aged 18–64 years, which ranks 905th out of 958 Iowa communities (90th out of 102 midsized communities). The age-adjusted rate for Rock Valley is 9.7%, which ranks 830th out of 905 Iowa communities (82nd out of 102 midsized communities).

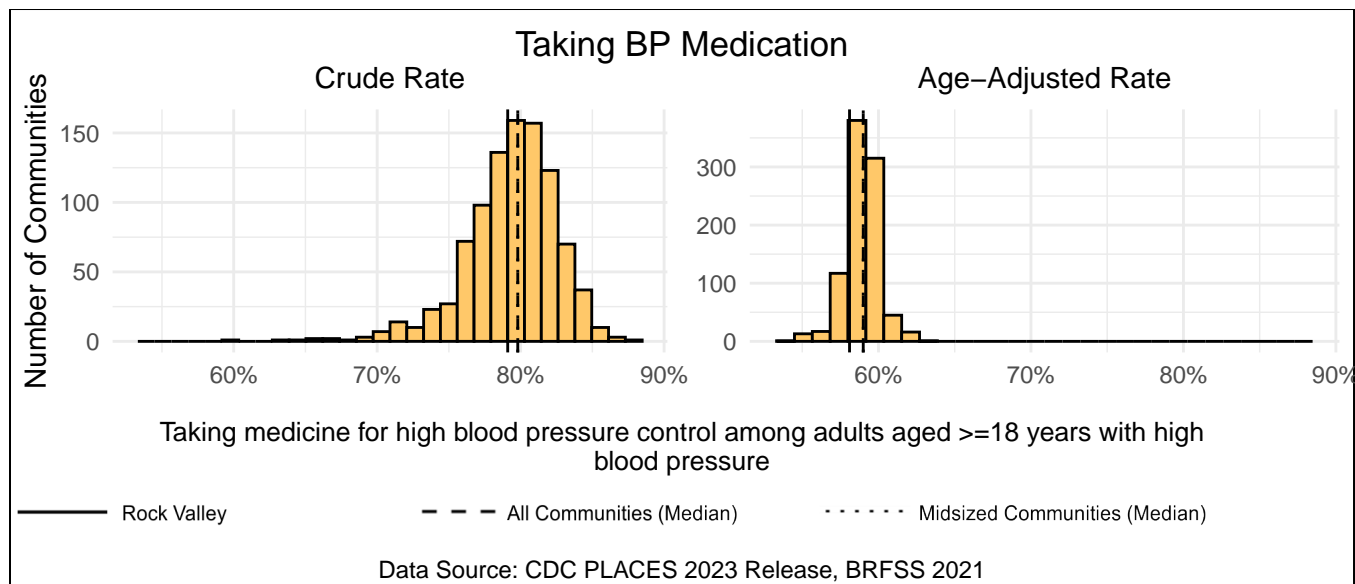
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	9.7%	7.3%	7.6%
Age-Adjusted	9.7%	7.7%	7.9%



## Taking BP Medication

Rock Valley has a crude rate of 79.1% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 548th out of 958 Iowa communities (62nd out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 58.1%, which ranks 737th out of 905 Iowa communities (85th out of 102 mid-sized communities).

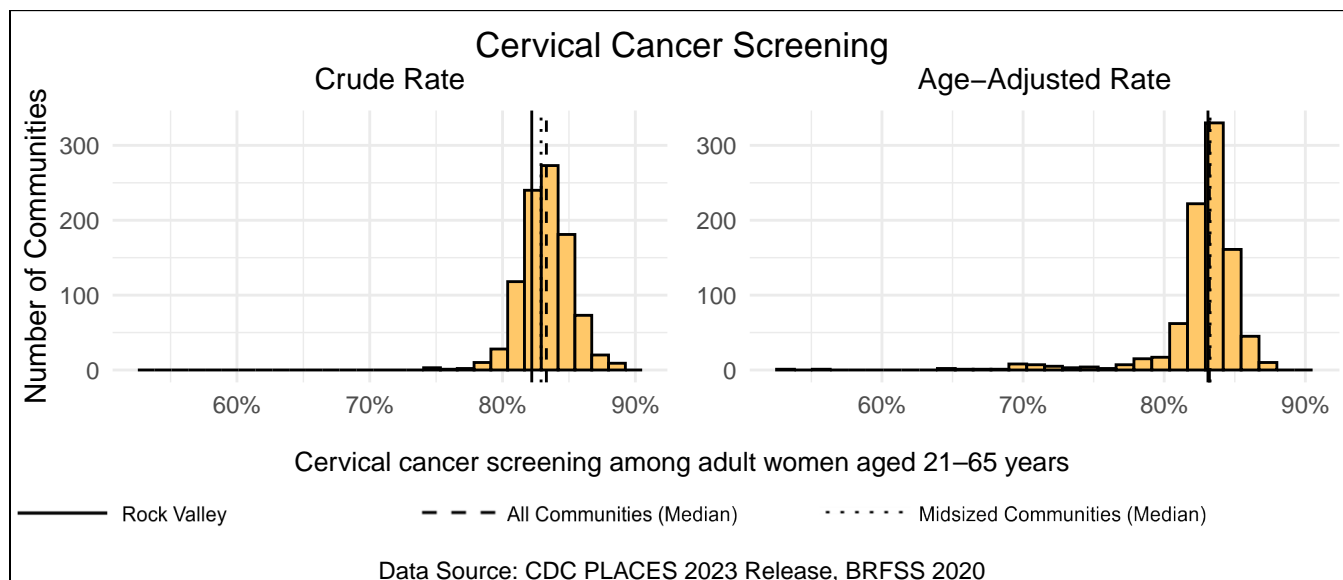
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	79.1%	79.8%	79.8%
Age-Adjusted	58.1%	59.0%	59.0%



## Cervical Cancer Screening

Rock Valley has a crude rate of 82.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 710th out of 958 Iowa communities (64th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 83.1%, which ranks 477th out of 905 Iowa communities (55th out of 102 mid-sized communities).

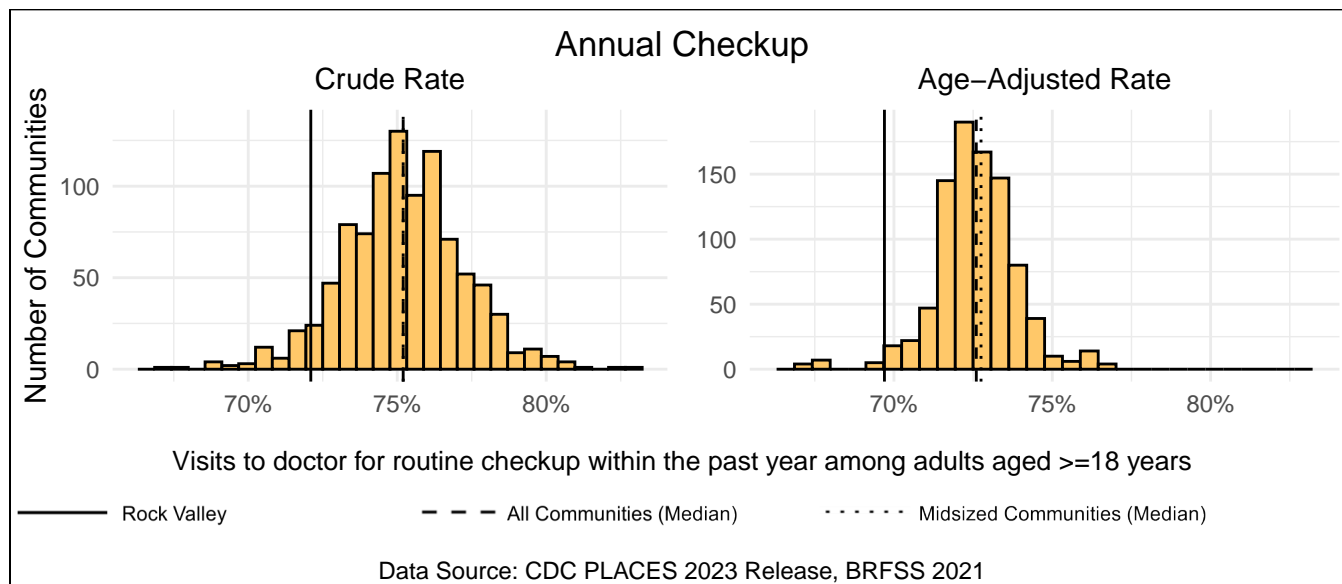
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	82.2%	83.3%	82.9%
Age-Adjusted	83.1%	83.2%	83.2%



## Annual Checkup

Rock Valley has a crude rate of 72.1% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 904th out of 958 Iowa communities (96th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 69.7%, which ranks 889th out of 905 Iowa communities (100th out of 102 mid-sized communities).

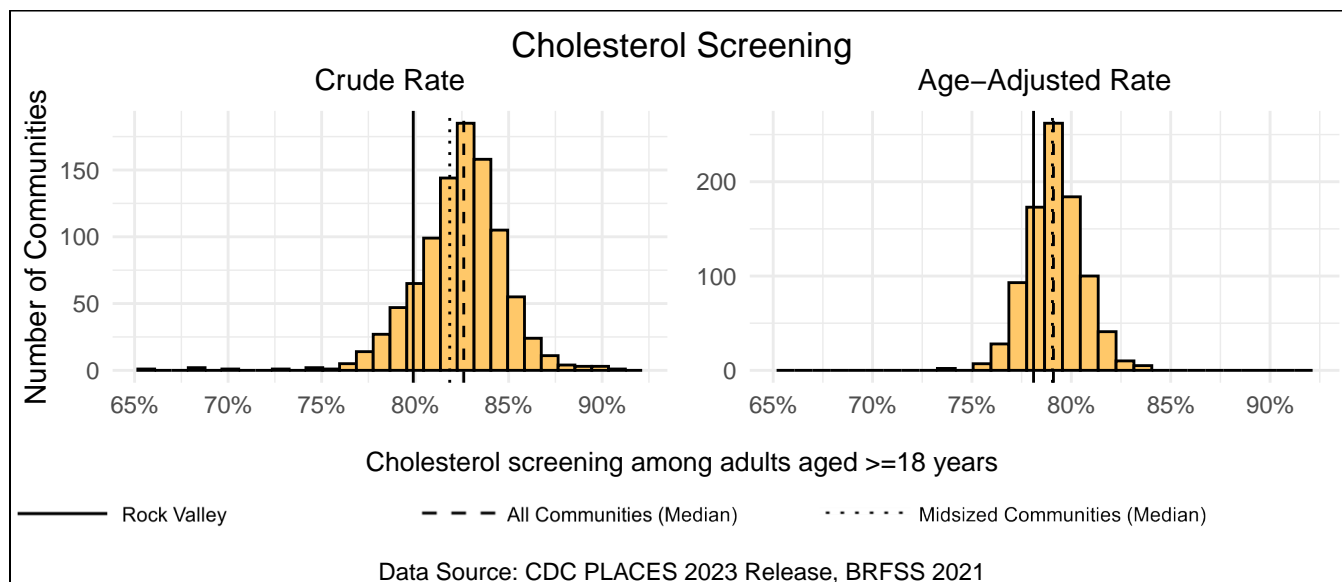
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	72.1%	75.2%	75.2%
Age-Adjusted	69.7%	72.6%	72.8%



## Cholesterol Screening

Rock Valley has a crude rate of 79.9% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 825th out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 78.1%, which ranks 709th out of 905 Iowa communities (72nd out of 102 mid-sized communities).

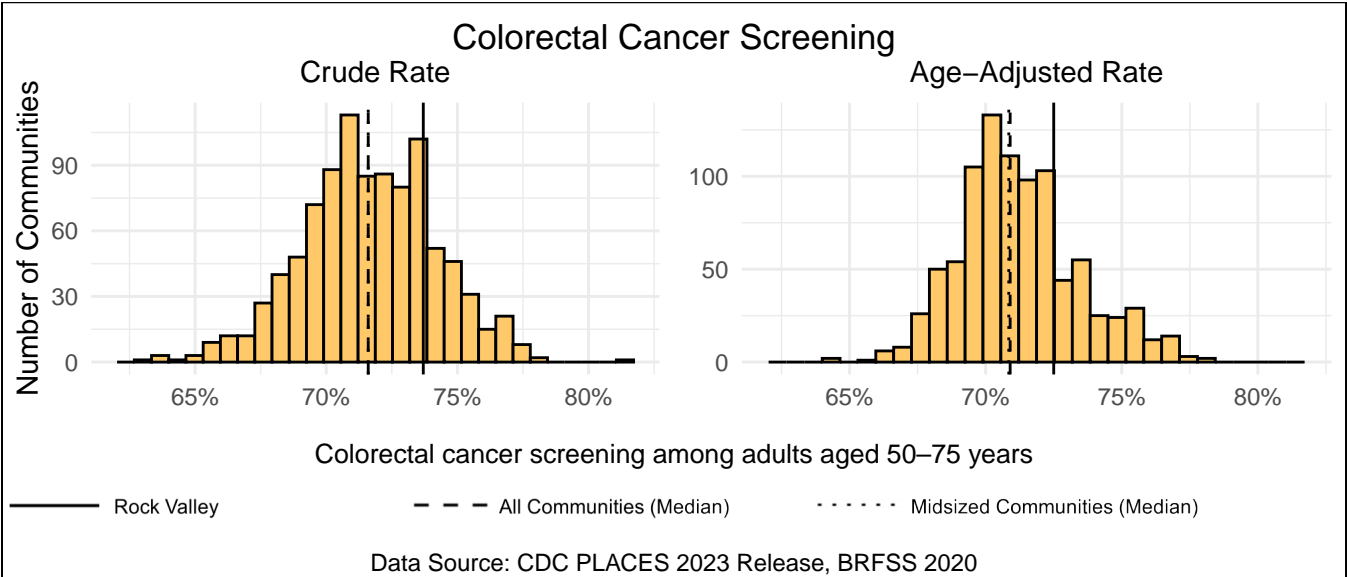
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	79.9%	82.6%	81.8%
Age-Adjusted	78.1%	79.1%	79.0%



## Colorectal Cancer Screening

Rock Valley has a crude rate of 73.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 193rd out of 958 Iowa communities (28th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 72.5%, which ranks 209th out of 905 Iowa communities (36th out of 102 mid-sized communities).

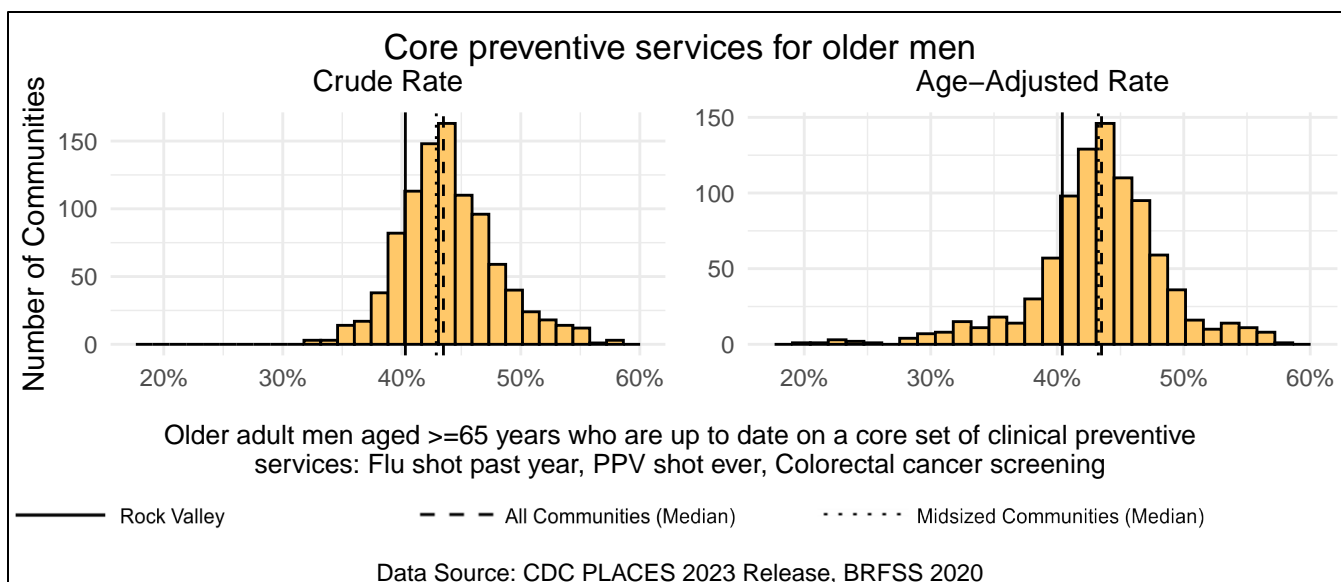
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	73.7%	71.6%	71.6%
Age-Adjusted	72.5%	70.9%	70.8%



## Core preventive services for older men

Rock Valley has a crude rate of 40.3% 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 794th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 40.4%, which ranks 721st out of 905 Iowa communities (82nd out of 102 mid-sized communities).

Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	40.3%	43.5%	42.9%
Age-Adjusted	40.4%	43.5%	43.2%

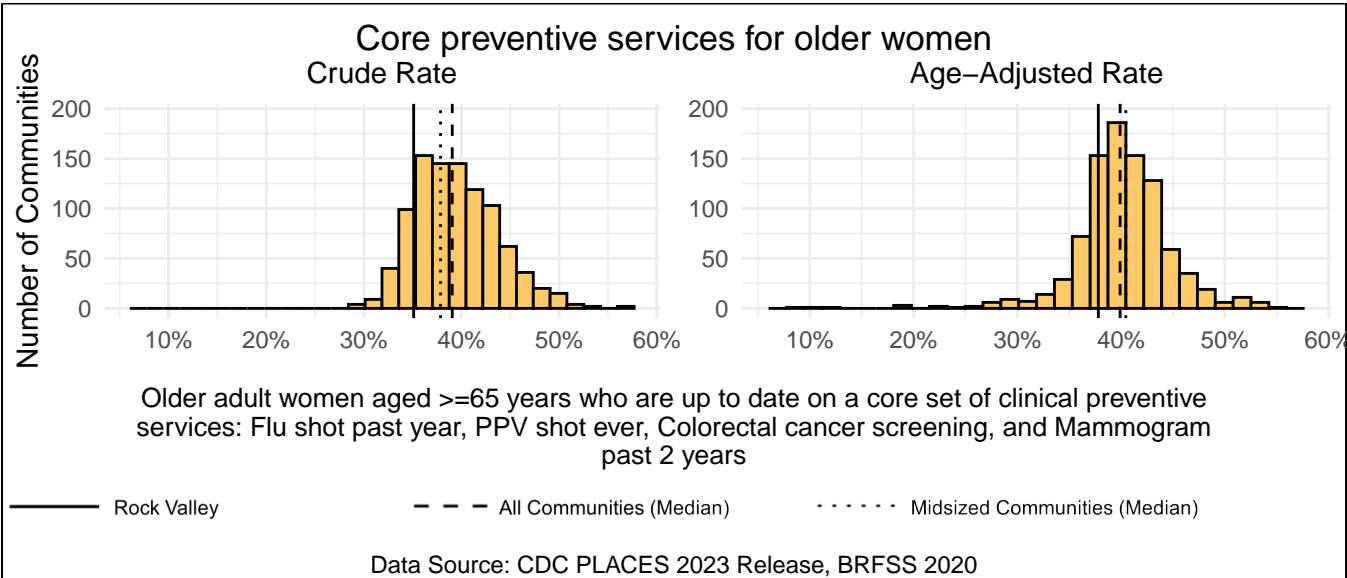




### Core preventive services for older women

Rock Valley has a crude rate of 35.1% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 814th out of 958 Iowa communities (84th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 37.8%, which ranks 693rd out of 905 Iowa communities (80th out of 102 midsize communities).

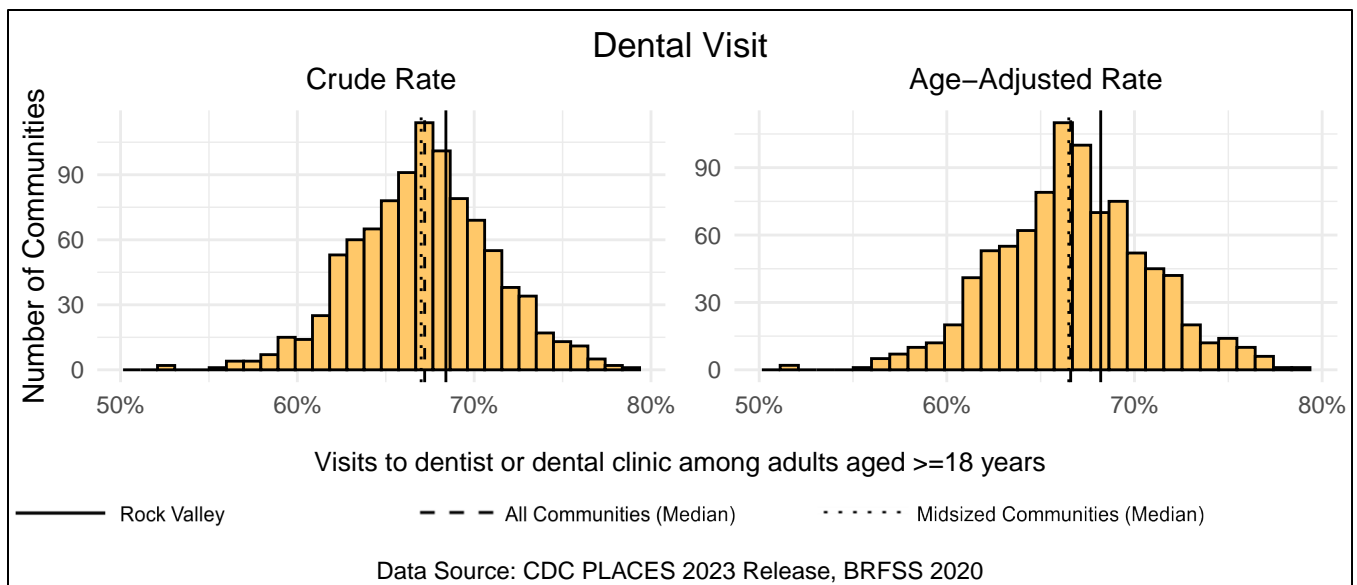
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	35.1%	39.0%	37.8%
Age-Adjusted	37.8%	39.9%	40.4%



### Dental Visit

Rock Valley has a crude rate of 68.4% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 343rd out of 958 Iowa communities (40th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 68.2%, which ranks 306th out of 905 Iowa communities (40th out of 102 midsize communities).

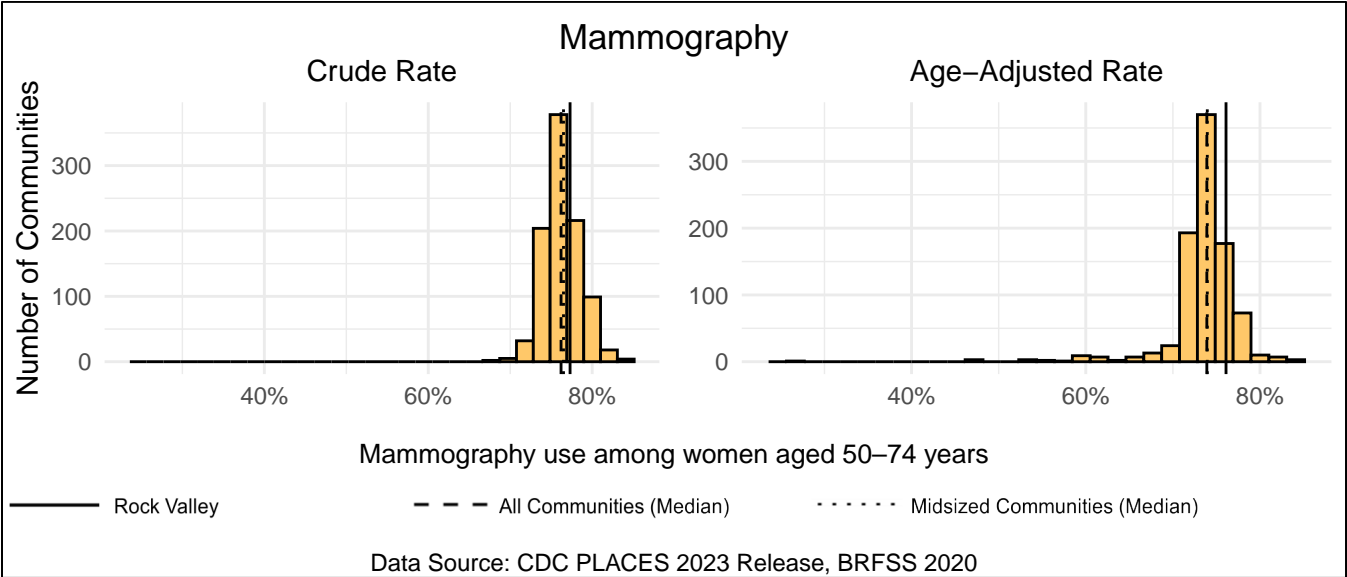
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	68.4%	67.2%	67.0%
Age-Adjusted	68.2%	66.6%	66.5%



# Mammography

Rock Valley has a crude rate of 77.3% for mammography use among women aged 50–74 years, which ranks 282nd out of 958 Iowa communities (34th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 76.1%, which ranks 146th out of 905 Iowa communities (28th out of 102 midsize communities).

Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	77.3%	76.2%	76.5%
Age-Adjusted	76.1%	73.9%	74.0%



# Disability

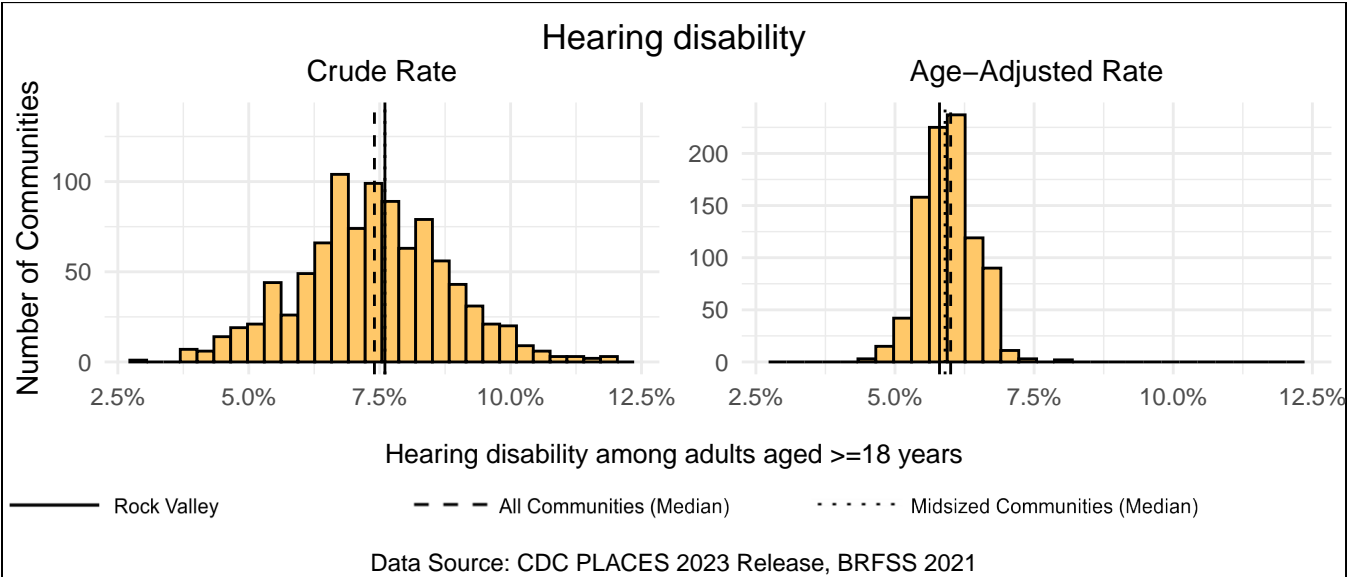
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Rock Valley has a crude rate of 7.6% for hearing disability among adults aged  $\geq 18$  years, which ranks 531st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 5.8%, which ranks 287th out of 905 Iowa communities (42nd out of 102 midsize communities).

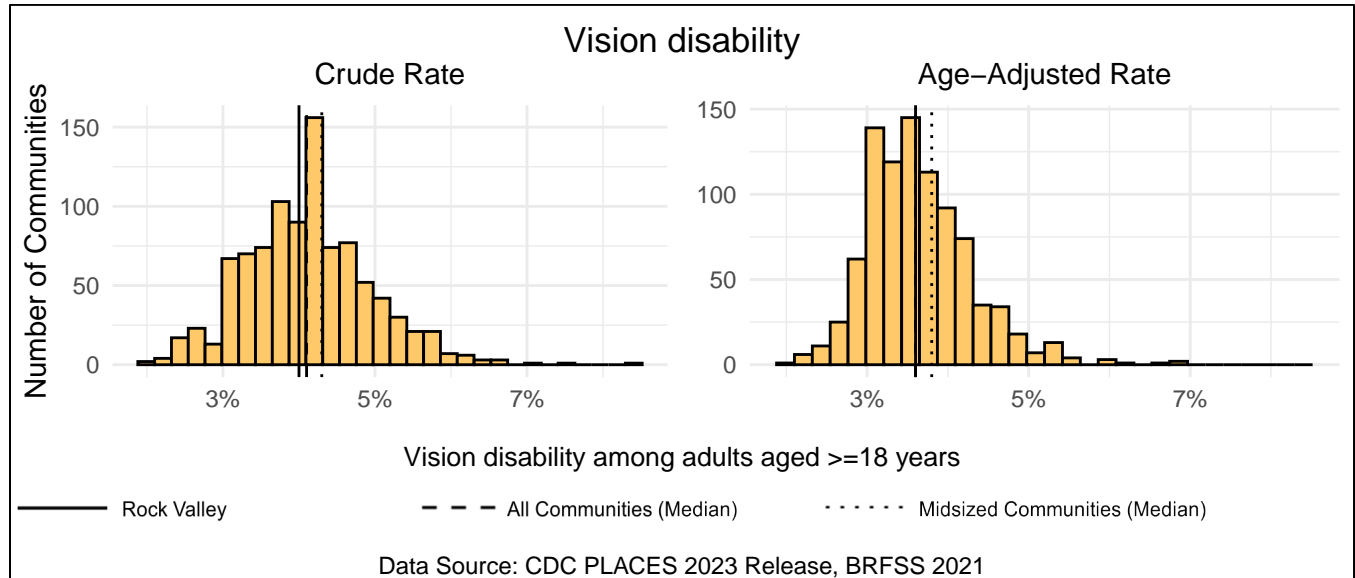
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	7.6%	7.4%	7.6%
Age-Adjusted	5.8%	6.0%	5.9%



## Vision disability

Rock Valley has a crude rate of 4.0% for vision disability among adults aged  $\geq 18$  years, which ranks 425th out of 958 Iowa communities (41st out of 102 midsize communities). The age-adjusted rate for Rock Valley is 3.6%, which ranks 431st out of 905 Iowa communities (41st out of 102 midsize communities).

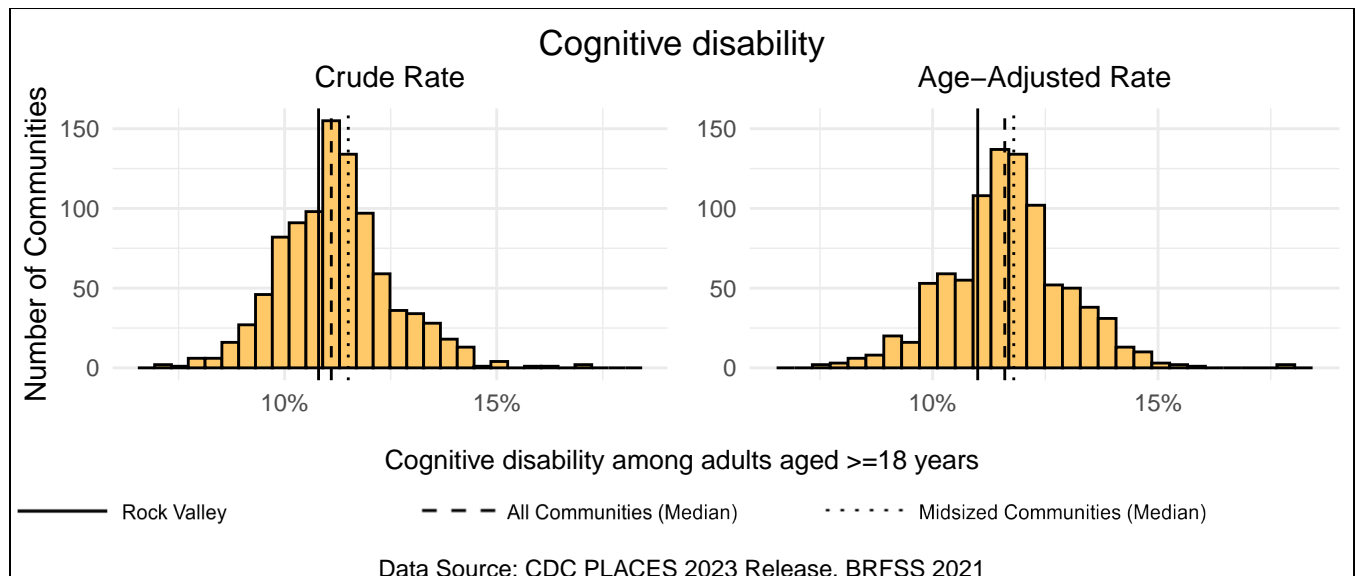
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	4.0%	4.1%	4.3%
Age-Adjusted	3.6%	3.6%	3.8%



## Cognitive disability

Rock Valley has a crude rate of 10.8% for cognitive disability among adults aged  $\geq 18$  years, which ranks 330th out of 958 Iowa communities (35th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 11.0%, which ranks 246th out of 905 Iowa communities (38th out of 102 midsize communities).

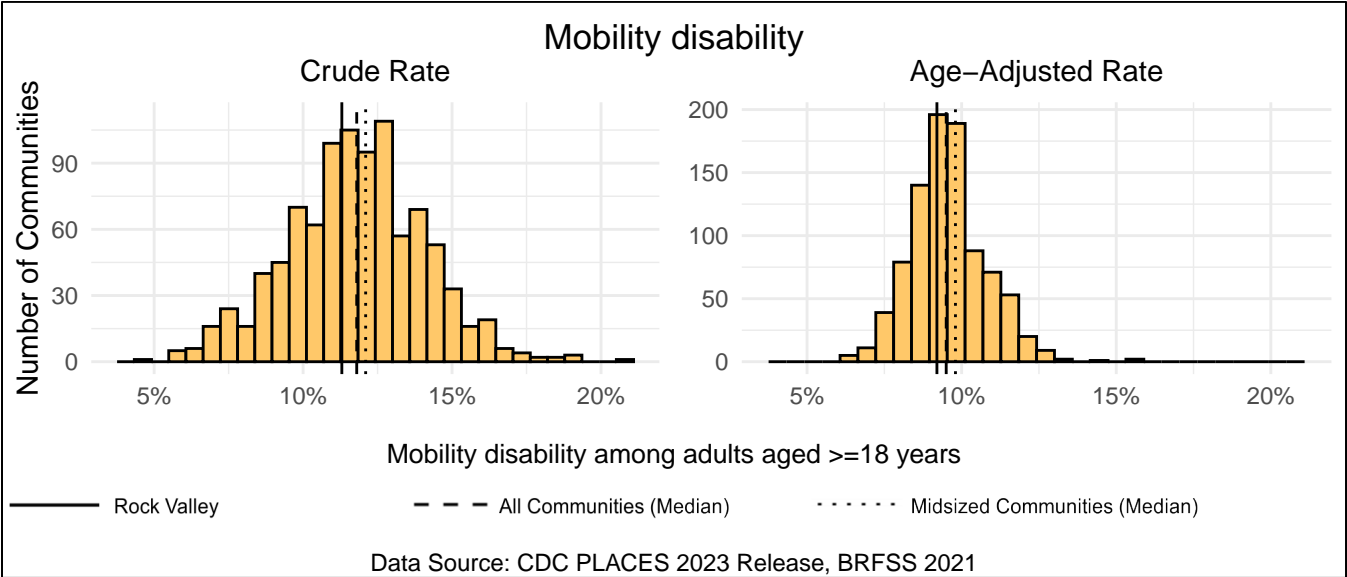
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	10.8%	11.1%	11.5%
Age-Adjusted	11.0%	11.6%	11.8%



## Mobility disability

Rock Valley has a crude rate of 11.3% for mobility disability among adults aged  $\geq 18$  years, which ranks 385th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 9.2%, which ranks 327th out of 905 Iowa communities (39th out of 102 midsize communities).

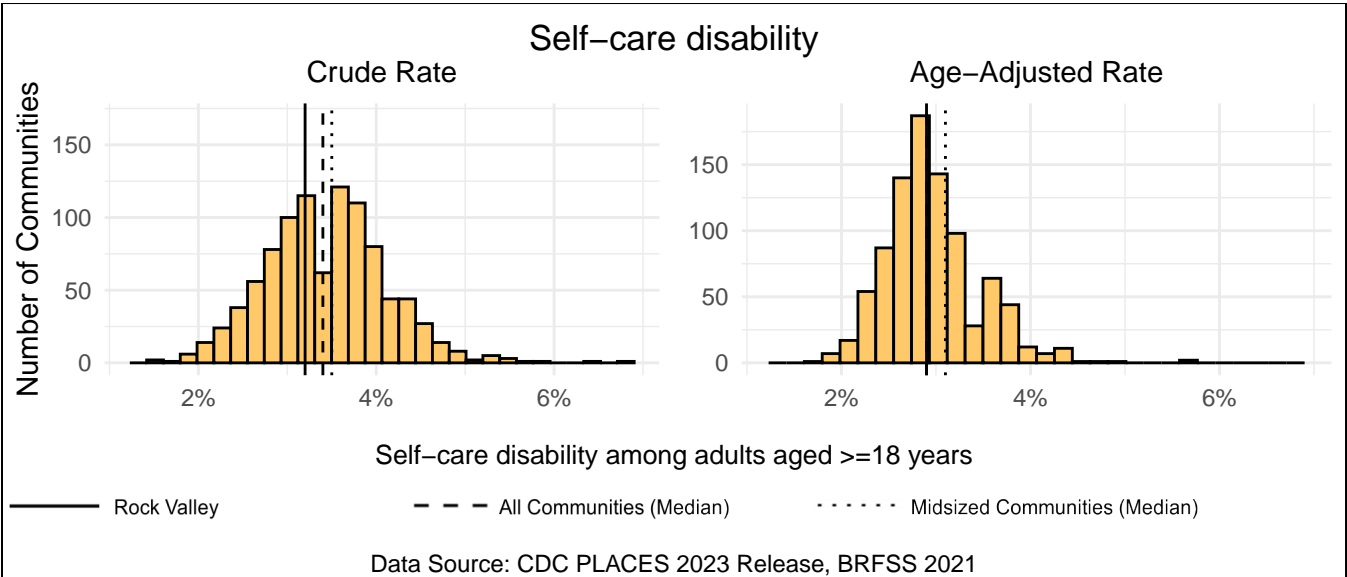
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	11.3%	11.8%	12.1%
Age-Adjusted	9.2%	9.5%	9.8%



## Self-care disability

Rock Valley has a crude rate of 3.2% for self-care disability among adults aged  $\geq 18$  years, which ranks 320th out of 958 Iowa communities (38th out of 102 midsize communities). The age-adjusted rate for Rock Valley is 2.9%, which ranks 397th out of 905 Iowa communities (41st out of 102 midsize communities).

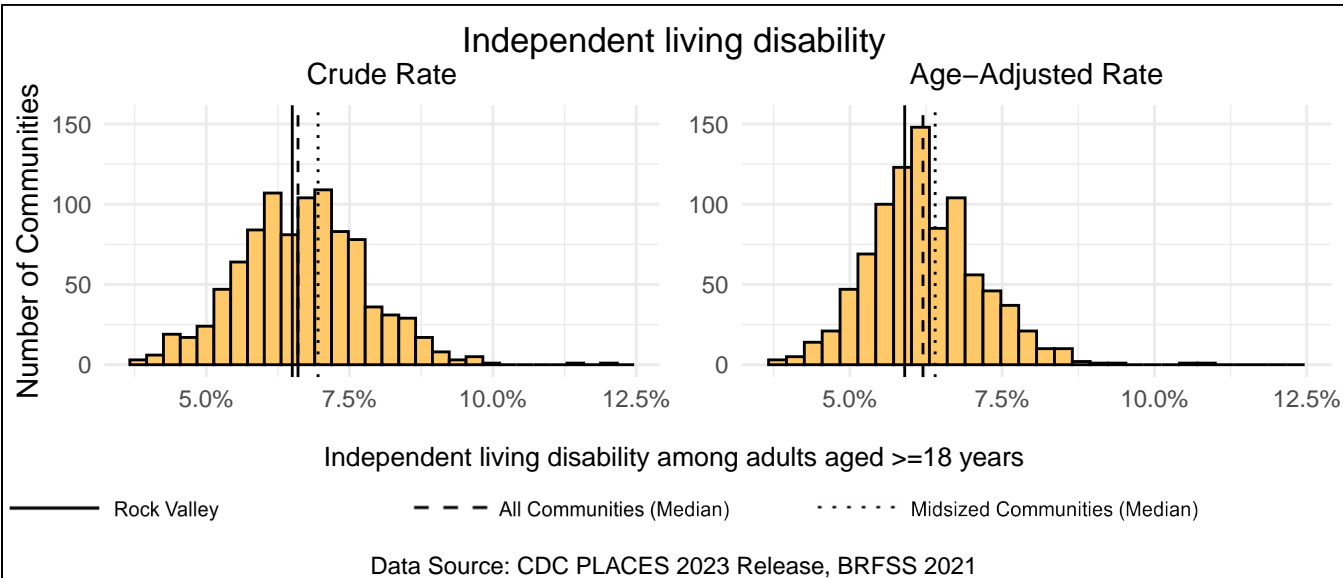
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	3.2%	3.4%	3.5%
Age-Adjusted	2.9%	2.9%	3.1%



## Independent living disability

Rock Valley has a crude rate of 6.5% for independent living disability among adults aged  $\geq 18$  years, which ranks 413th out of 958 Iowa communities (39th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 5.9%, which ranks 291st out of 905 Iowa communities (36th out of 102 mid-sized communities).

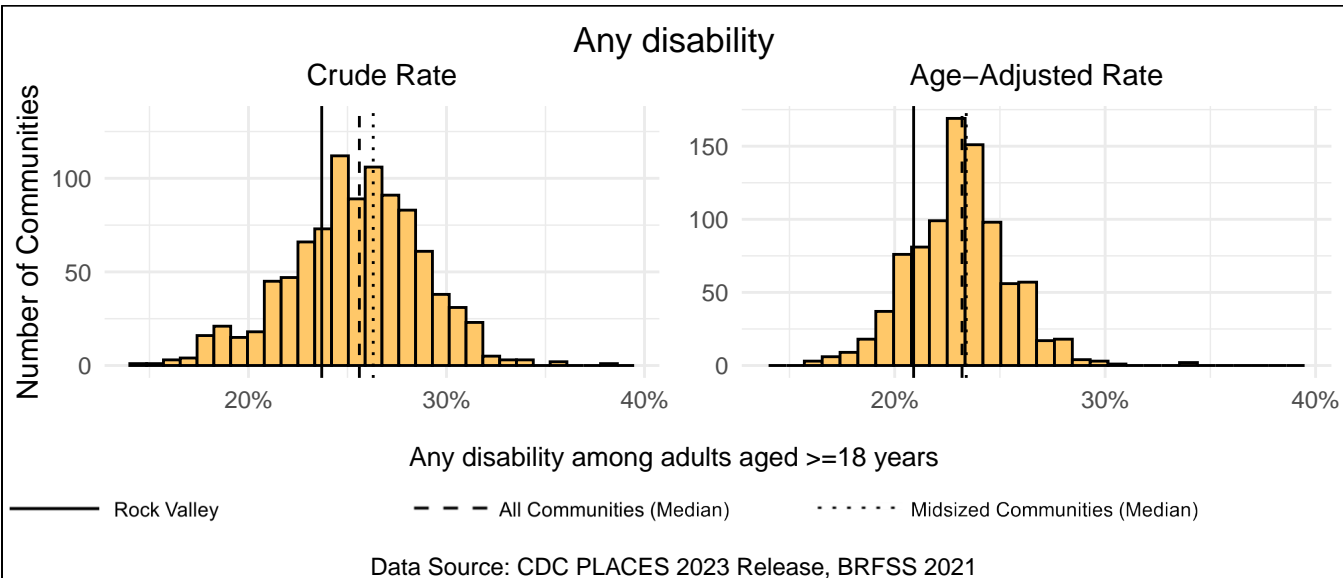
Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	6.5%	6.6%	7.0%
Age-Adjusted	5.9%	6.2%	6.4%



## Any disability

Rock Valley has a crude rate of 23.7% for any disability among adults aged  $\geq 18$  years, which ranks 261st out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Rock Valley is 20.9%, which ranks 150th out of 905 Iowa communities (23rd out of 102 mid-sized communities).

Measure Type	Rock Valley	All Comm.	Midsized Comm.
Crude	23.7%	25.6%	26.3%
Age-Adjusted	20.9%	23.2%	23.4%



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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: Rock Valley 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% - 15.6%)	93	14.3% (12.2% - 16.5%)
Health Status	Physical Health	269	10.1% (8.5% - 11.9%)	342	9.5% (8.0% - 11.1%)
Health Status	General Health	346	13.5% (11.0% - 16.2%)	385	12.5% (10.3% - 15.1%)
Health Risk Behaviors	Physical Inactivity	480	26.2% (21.5% - 30.9%)	487	24.6% (20.2% - 29.5%)
Health Risk Behaviors	Sleep <7 hours	81	27.9% (26.5% - 29.1%)	111	29.1% (27.6% - 30.5%)
Health Risk Behaviors	Binge Drinking	305	18.5% (15.6% - 21.6%)	78	20.5% (17.2% - 23.8%)
Health Risk Behaviors	Current Smoking	103	14.4% (11.5% - 17.7%)	174	15.8% (12.2% - 19.6%)
Health Outcomes	Arthritis	253	25.6% (22.3% - 29.1%)	176	22.1% (18.9% - 25.2%)
Health Outcomes	Coronary Heart Disease	438	6.4% (5.3% - 7.4%)	257	4.8% (4.1% - 5.6%)
Health Outcomes	Obesity	513	37.9% (32.1% - 43.6%)	702	39.4% (33.1% - 45.4%)
Health Outcomes	All Teeth Lost	678	14.0% (8.0% - 20.7%)	561	13.4% (7.9% - 18.8%)
Health Outcomes	Cancer (except skin)	505	8.2% (7.4% - 9.1%)	74	6.4% (5.7% - 7.1%)
Health Outcomes	Diabetes	176	8.7% (7.4% - 10.3%)	190	7.6% (6.4% - 8.9%)
Health Outcomes	Stroke	468	3.3% (2.8% - 3.8%)	230	2.5% (2.2% - 2.9%)
Health Outcomes	High Blood Pressure	238	29.8% (26.4% - 33.3%)	191	26.1% (22.8% - 29.4%)
Health Outcomes	Depression	17	15.5% (12.8% - 18.5%)	17	16.4% (13.4% - 19.3%)
Health Outcomes	Current Asthma	23	8.7% (7.6% - 9.9%)	77	9.0% (7.8% - 10.1%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.8% - 3.6%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	COPD	250	6.7% (5.4% - 8.3%)	260	5.9% (4.8% - 7.0%)
Health Outcomes	High Cholesterol	169	33.7% (29.7% - 37.5%)	49	28.3% (24.5% - 32.3%)
Prevention	Dental Visit	343	68.4% (64.7% - 72.1%)	306	68.2% (64.2% - 71.9%)
Prevention	Colorectal Cancer Screening	193	73.7% (70.6% - 76.7%)	209	72.5% (69.2% - 75.6%)
Prevention	Core preventive services for older women	814	35.1% (27.7% - 43.6%)	693	37.8% (30.1% - 46.4%)
Prevention	Cholesterol Screening	825	79.9% (76.8% - 82.9%)	709	78.1% (74.7% - 81.4%)
Prevention	Taking BP Medication	548	79.1% (76.0% - 81.8%)	737	58.1% (53.2% - 62.8%)

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	794	40.3% (32.4% - 48.6%)	721	40.4% (32.9% - 48.5%)
Prevention	Health Insurance	905	9.7% (7.5% - 12.4%)	830	9.7% (7.4% - 12.3%)
Prevention	Annual Checkup	904	72.1% (67.8% - 76.1%)	889	69.7% (64.9% - 74.0%)
Prevention	Mammography	282	77.3% (72.9% - 81.1%)	146	76.1% (72.1% - 80.0%)
Prevention	Cervical Cancer Screening	710	82.2% (79.6% - 84.8%)	477	83.1% (80.5% - 85.5%)
Disability	Vision Disability	425	4.0% (3.3% - 5.0%)	431	3.6% (3.1% - 4.3%)
Disability	Any Disability	261	23.7% (20.1% - 27.5%)	150	20.9% (17.5% - 24.8%)
Disability	Independent Living Disability	413	6.5% (5.3% - 7.8%)	291	5.9% (5.0% - 7.1%)
Disability	Hearing Disability	531	7.6% (6.5% - 8.7%)	287	5.8% (5.0% - 6.6%)
Disability	Self-care Disability	320	3.2% (2.6% - 3.9%)	397	2.9% (2.4% - 3.4%)
Disability	Cognitive Disability	330	10.8% (9.0% - 12.8%)	246	11.0% (9.0% - 13.2%)
Disability	Mobility Disability	385	11.3% (9.2% - 13.6%)	327	9.2% (7.5% - 11.0%)

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)

Rock Valley 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

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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

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