



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 Saylorville: Overview

Dear Community Members & Stakeholders of Saylorville,

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 Saylorville ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Saylorville’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 Saylorville. 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
Core preventive services for older men	27th	7th	Core preventive services for older men	25th	6th
Current Asthma	44th	6th	Sleep <7 hours	33rd	7th
Sleep <7 hours	56th	9th	Chronic Kidney Disease	36th	9th
Cognitive Disability	59th	13th	Physical Health	44th	12th
Dental Visit	68th	17th	Current Asthma	45th	7th

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
Taking BP Medication	802nd	80th	Taking BP Medication	894th	98th
High Cholesterol	770th	94th	High Cholesterol	859th	98th
Depression	730th	69th	Depression	702nd	76th
Binge Drinking	561st	65th	Binge Drinking	609th	72nd
High Blood Pressure	469th	52nd	Cancer (except skin)	418th	41st

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 Saylorville.

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

With a population of 2,837, Saylorville’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

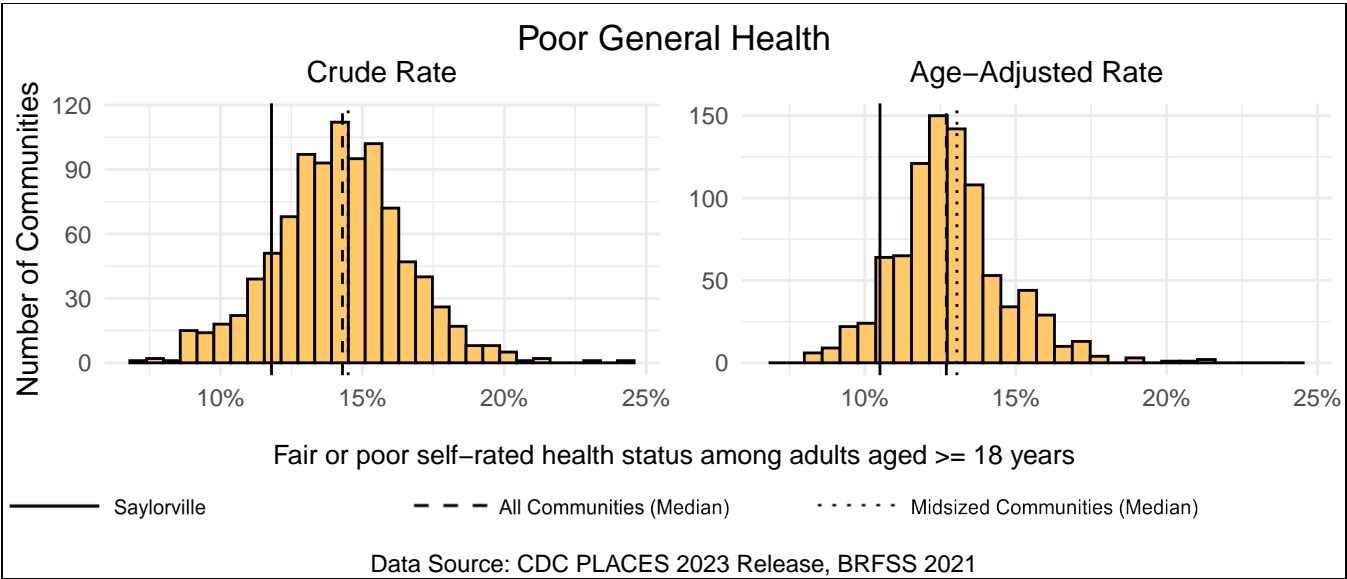
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Saylorville has a crude rate of 11.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 127th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 10.5%, which ranks 74th out of 905 Iowa communities (16th out of 102 mid-sized communities).

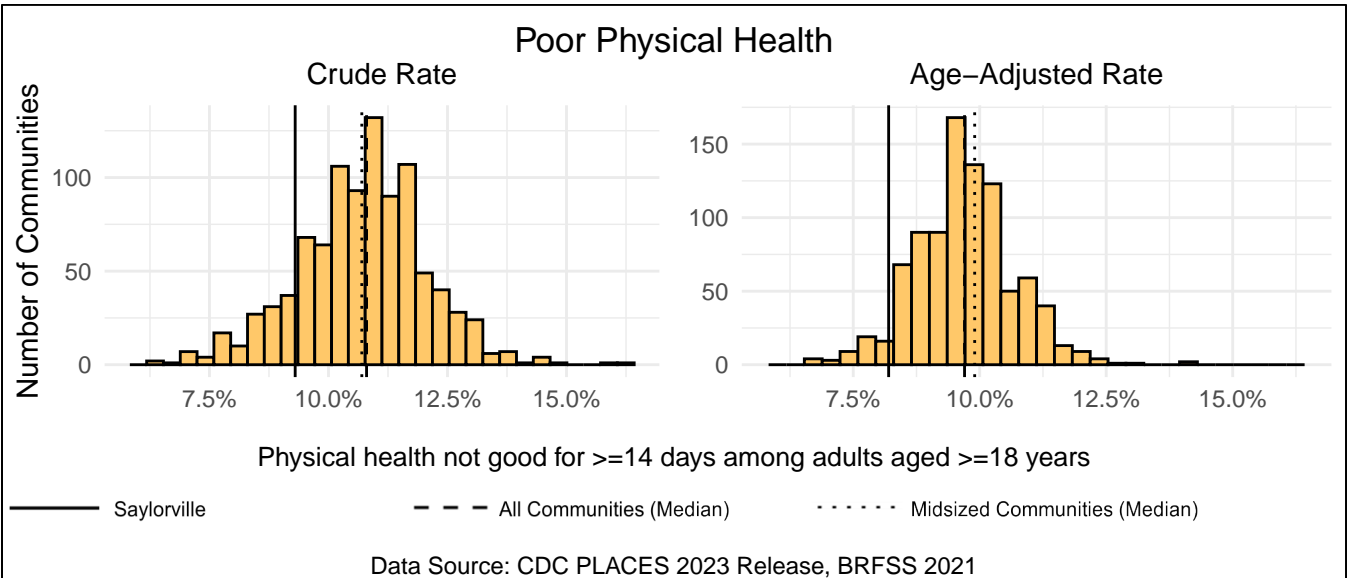
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	11.8%	14.3%	14.5%
Age-Adjusted	10.5%	12.7%	13.0%



Poor Physical Health

Saylorville has a crude rate of 9.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 126th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Saylorville is 8.2%, which ranks 44th out of 905 Iowa communities (12th out of 102 midsize communities).

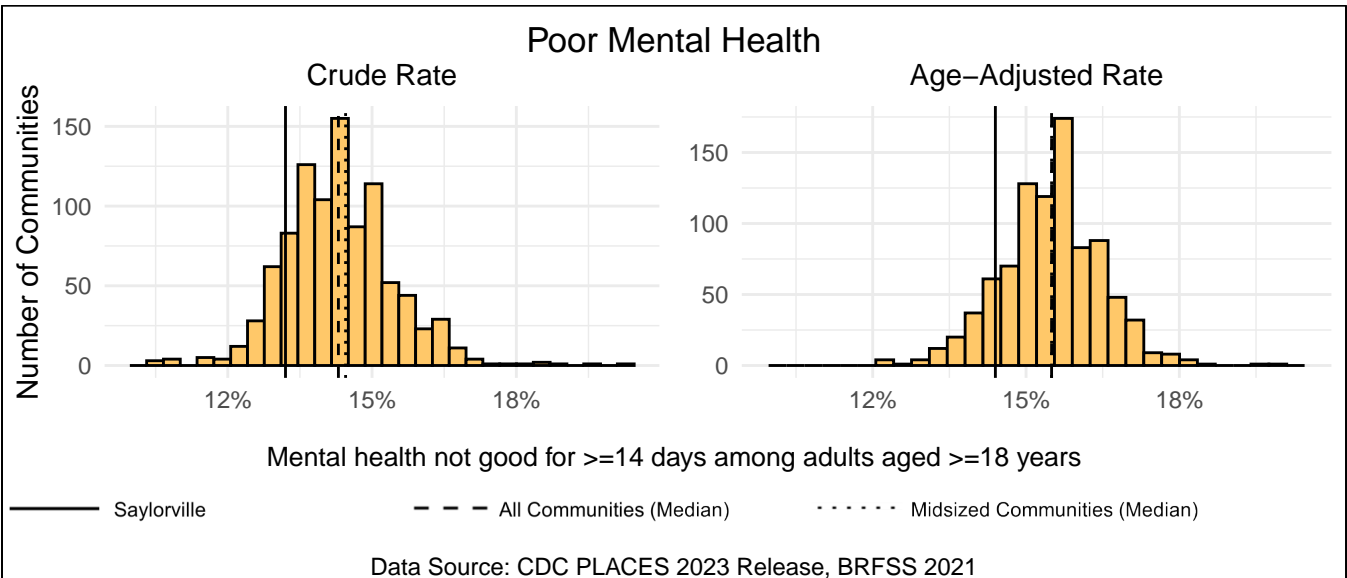
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	9.3%	10.8%	10.7%
Age-Adjusted	8.2%	9.7%	9.9%



Poor Mental Health

Saylorville has a crude rate of 13.2% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 119th out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for Saylorville is 14.4%, which ranks 103rd out of 905 Iowa communities (20th out of 102 midsize communities).

Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	13.2%	14.3%	14.4%
Age-Adjusted	14.4%	15.5%	15.5%



Health Risk Behaviors

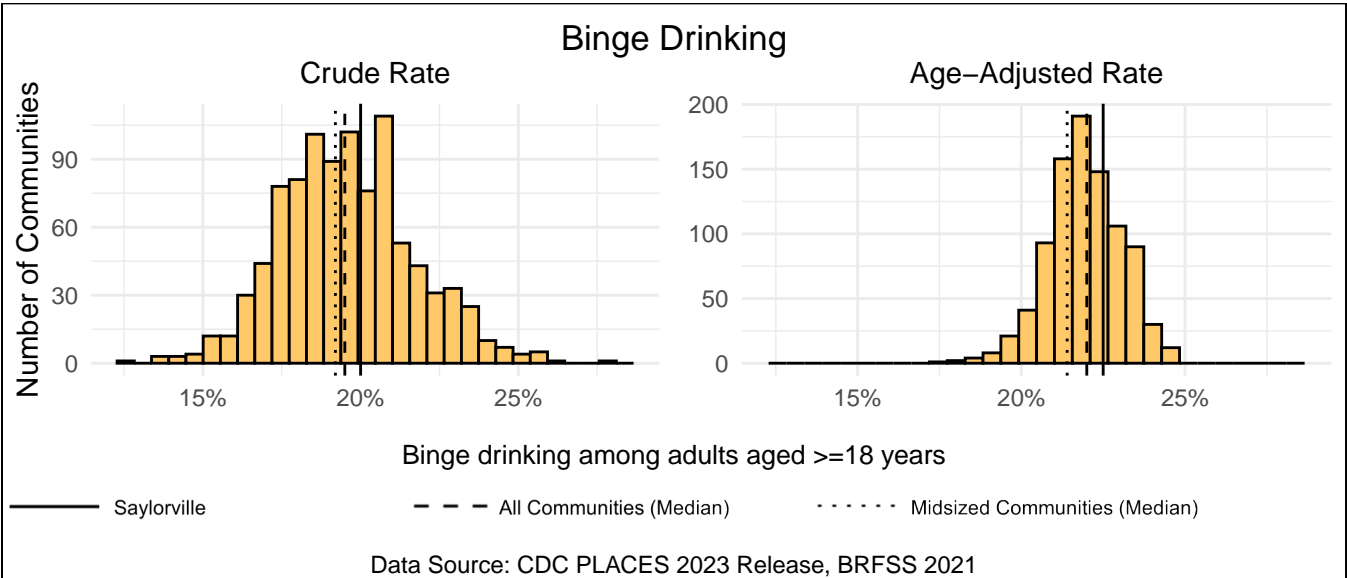
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Saylorville has a crude rate of 20.0% for binge drinking among adults aged ≥ 18 years, which ranks 561st out of 958 Iowa communities (65th out of 102 midsized communities). The age-adjusted rate for Saylorville is 22.5%, which ranks 609th out of 905 Iowa communities (72nd out of 102 midsized communities).

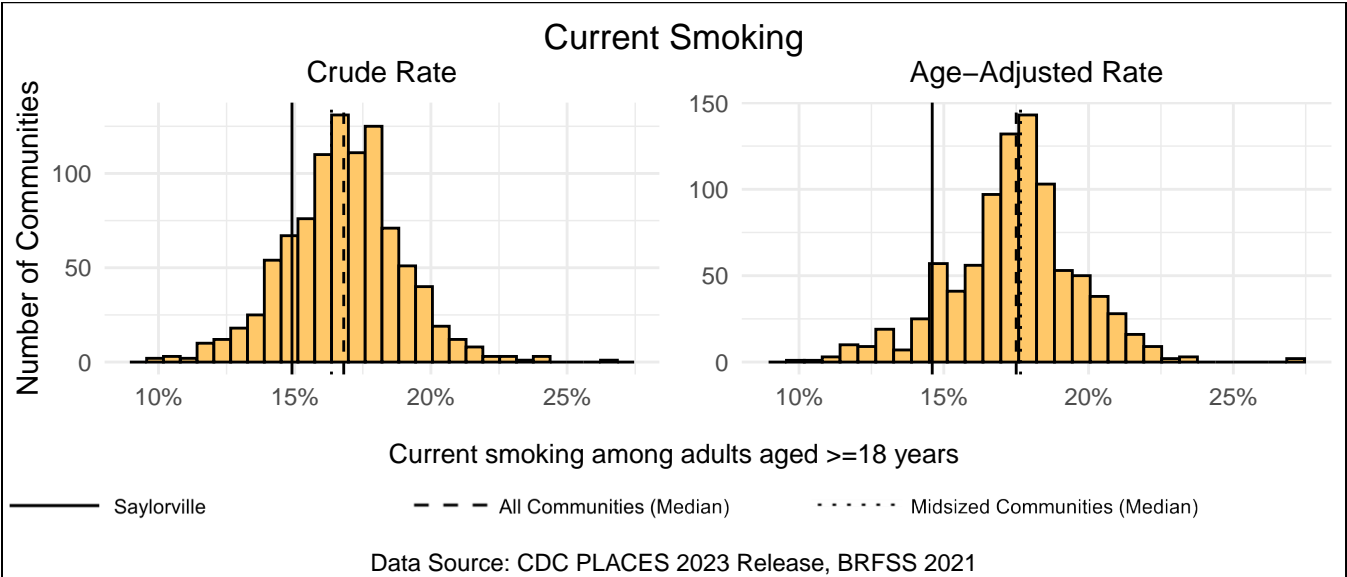
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	20.0%	19.5%	19.2%
Age-Adjusted	22.5%	22.0%	21.4%



Current Smoking

Saylorville has a crude rate of 14.9% for current smoking among adults aged >=18 years, which ranks 160th out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Saylorville is 14.6%, which ranks 76th out of 905 Iowa communities (19th out of 102 midsize communities).

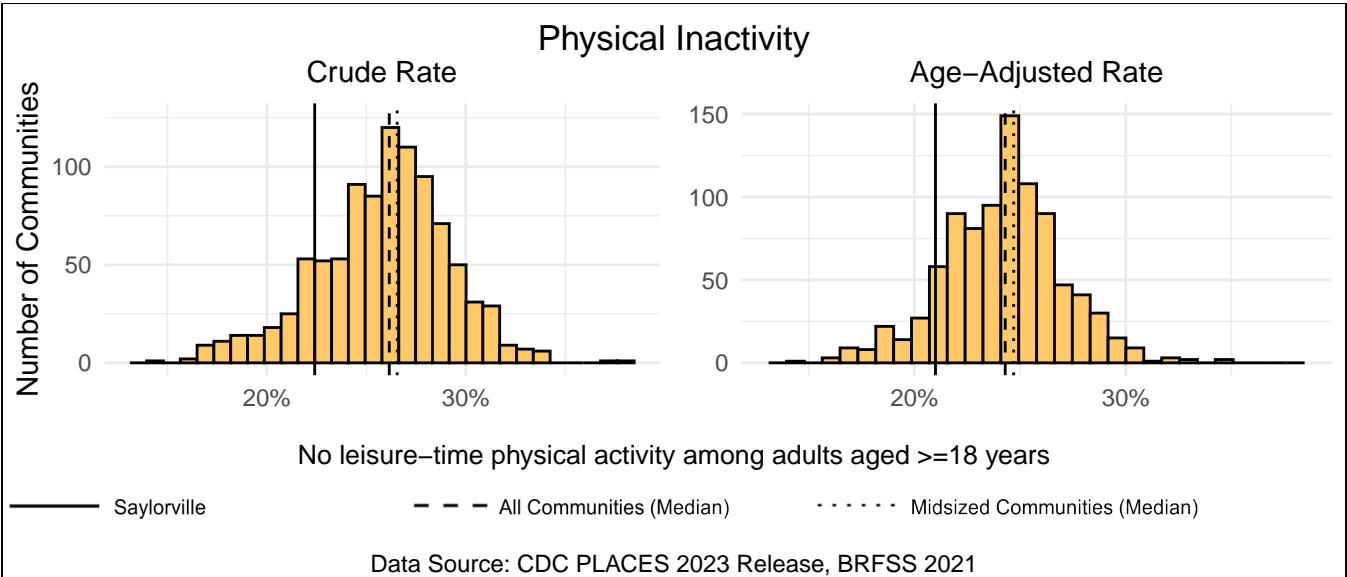
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	14.9%	16.8%	16.4%
Age-Adjusted	14.6%	17.5%	17.6%



Physical Inactivity

Saylorville has a crude rate of 22.4% for no leisure-time physical activity among adults aged >=18 years, which ranks 140th out of 958 Iowa communities (25th out of 102 midsize communities). The age-adjusted rate for Saylorville is 21.0%, which ranks 104th out of 905 Iowa communities (22nd out of 102 midsize communities).

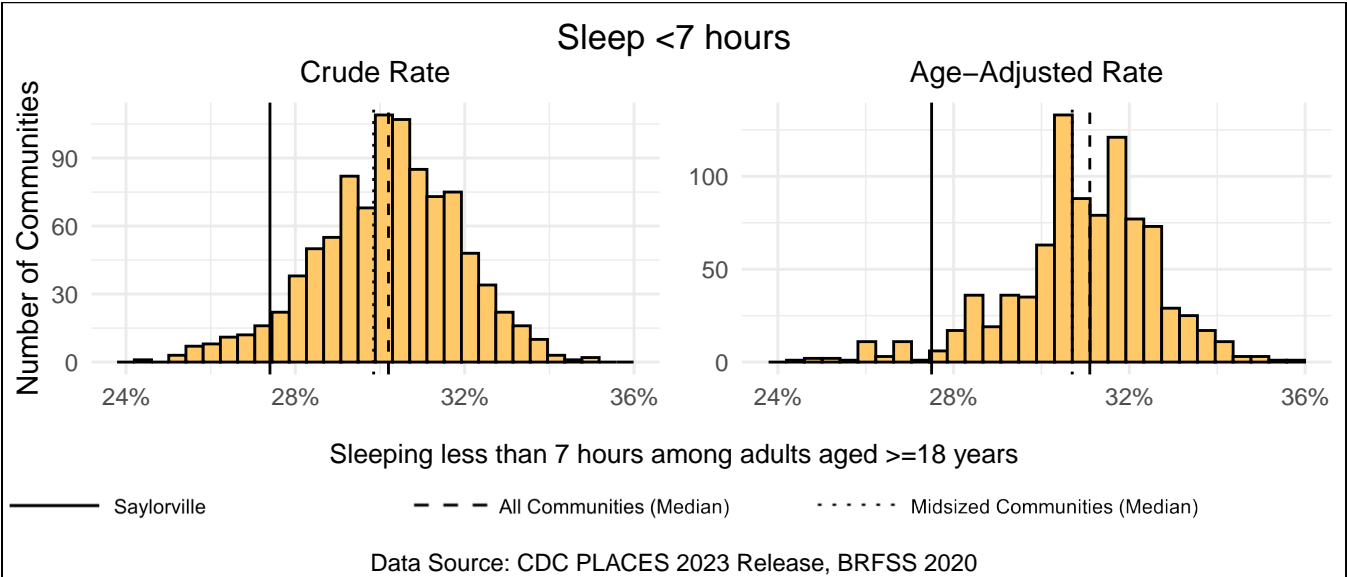
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	22.4%	26.1%	26.6%
Age-Adjusted	21.0%	24.3%	24.7%



Sleep <7 hours

Saylorville has a crude rate of 27.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 56th out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Saylorville is 27.5%, which ranks 33rd out of 905 Iowa communities (7th out of 102 midsize communities).

Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	27.4%	30.2%	29.8%
Age-Adjusted	27.5%	31.1%	30.7%



Health Outcomes

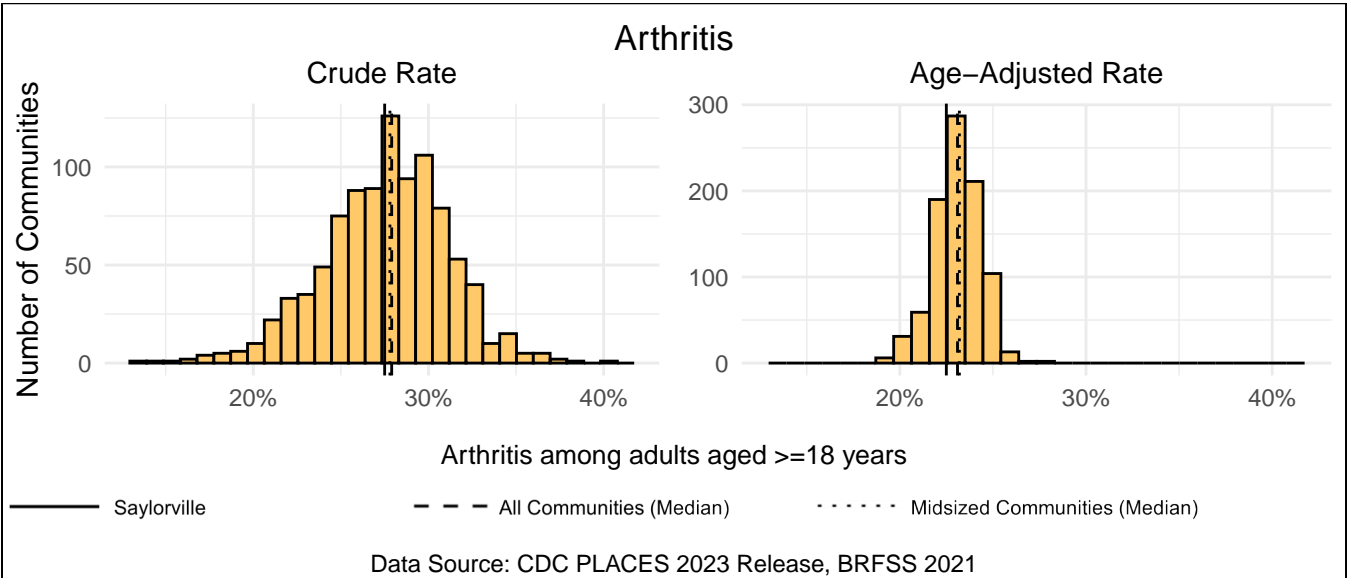
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Saylorville has a crude rate of 27.5% for arthritis among adults aged ≥ 18 years, which ranks 433rd out of 958 Iowa communities (48th out of 102 midsize communities). The age-adjusted rate for Saylorville is 22.5%, which ranks 261st out of 905 Iowa communities (33rd out of 102 midsize communities).

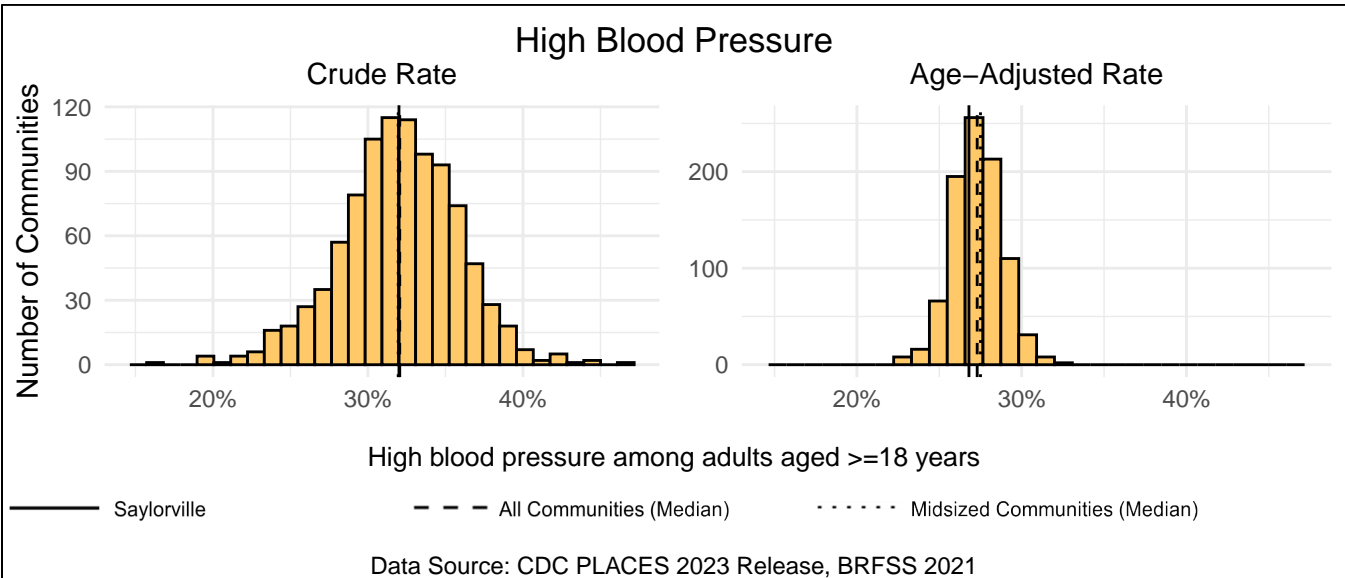
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	27.5%	27.9%	27.8%
Age-Adjusted	22.5%	23.1%	23.2%



High Blood Pressure

Saylorville has a crude rate of 32.0% for high blood pressure among adults aged ≥ 18 years, which ranks 469th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 26.8%, which ranks 319th out of 905 Iowa communities (37th out of 102 mid-sized communities).

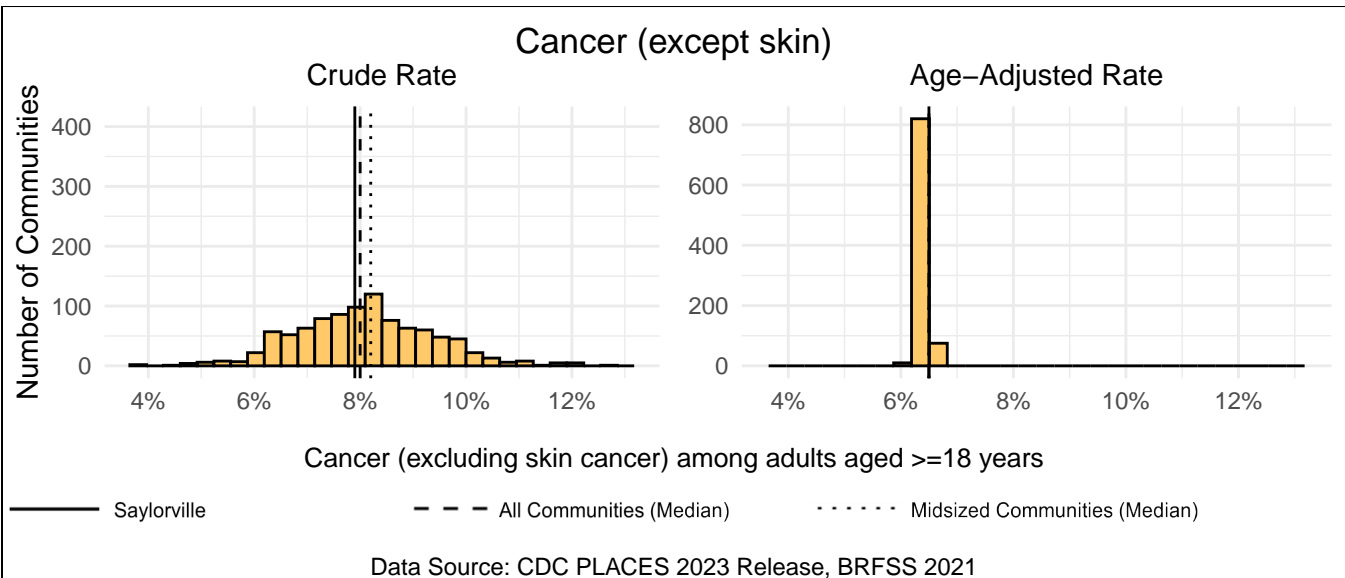
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	32.0%	32.0%	32.0%
Age-Adjusted	26.8%	27.3%	27.5%



Cancer (except skin)

Saylorville has a crude rate of 7.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 418th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

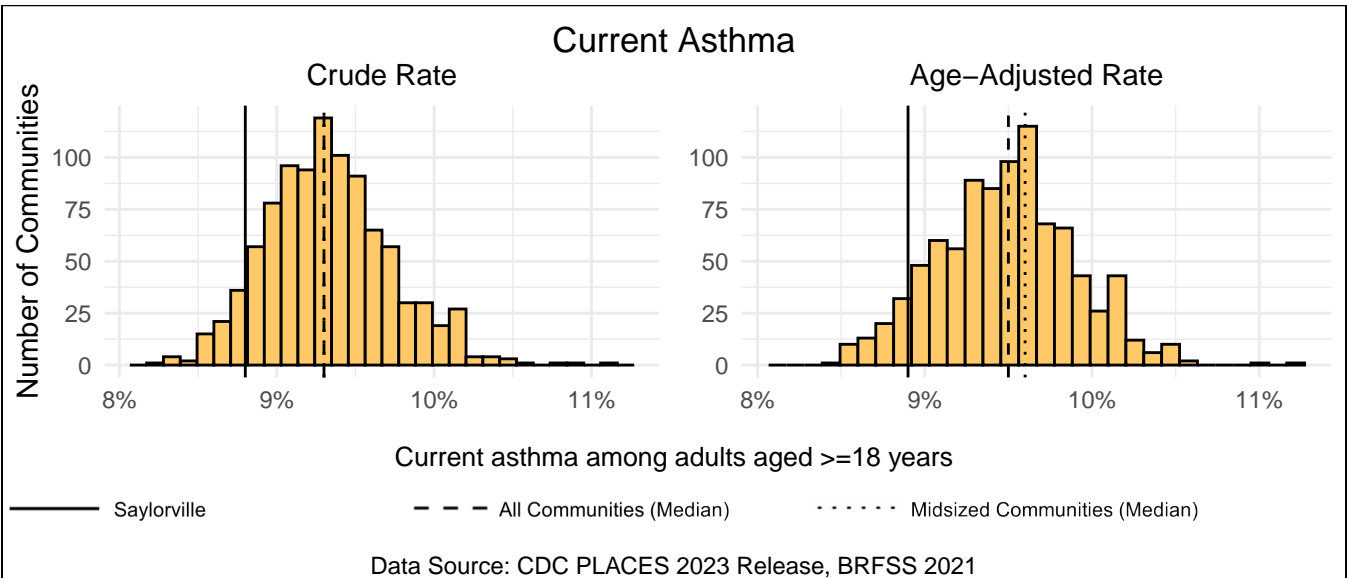
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	7.9%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Saylorville has a crude rate of 8.8% for current asthma among adults aged ≥ 18 years, which ranks 44th out of 958 Iowa communities (6th out of 102 midsize communities). The age-adjusted rate for Saylorville is 8.9%, which ranks 45th out of 905 Iowa communities (7th out of 102 midsize communities).

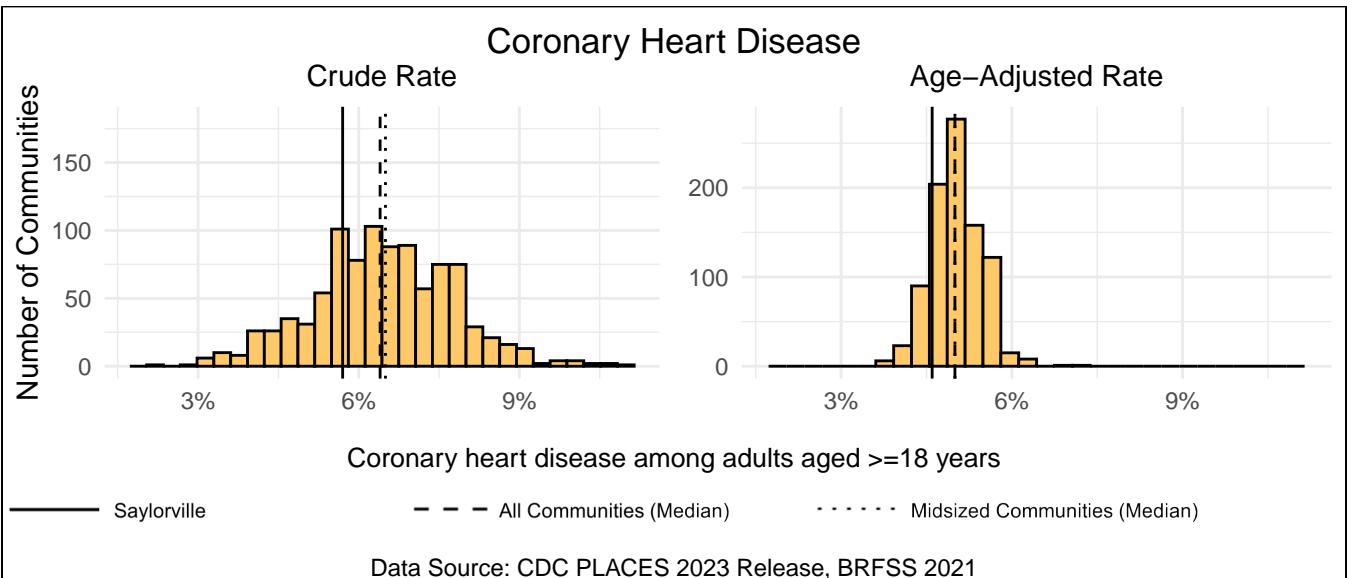
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	8.8%	9.3%	9.3%
Age-Adjusted	8.9%	9.5%	9.6%



Coronary Heart Disease

Saylorville has a crude rate of 5.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 248th out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Saylorville is 4.6%, which ranks 120th out of 905 Iowa communities (26th out of 102 midsize communities).

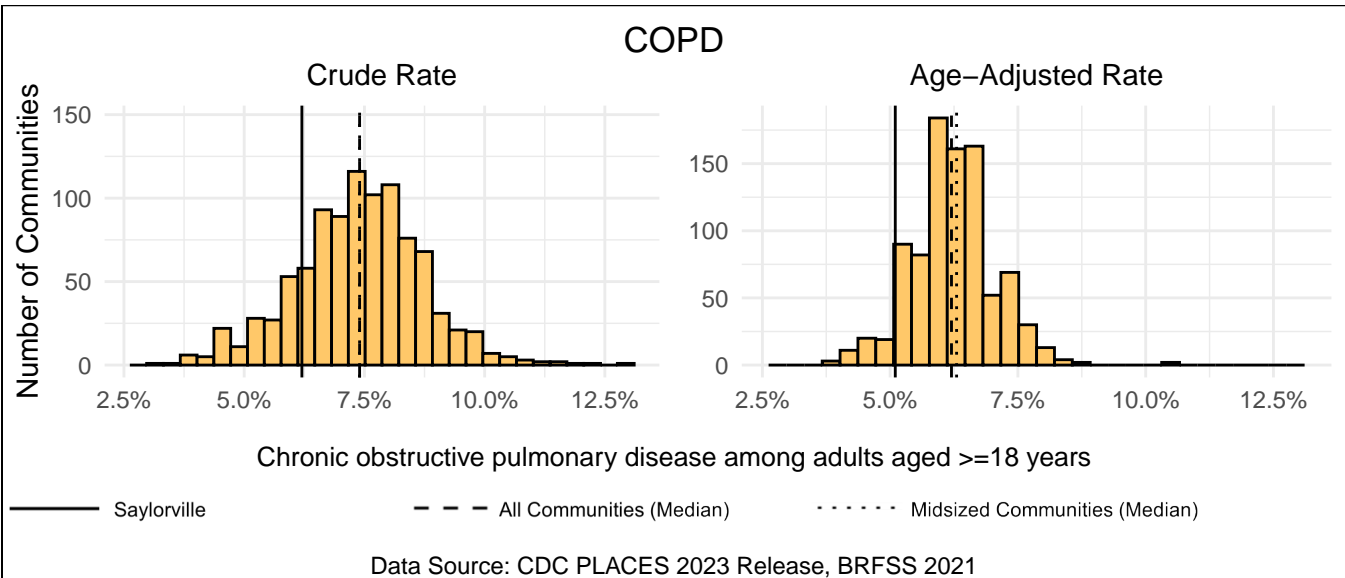
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	5.7%	6.4%	6.5%
Age-Adjusted	4.6%	5.0%	5.0%



COPD

Saylorville has a crude rate of 6.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 155th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 5.1%, which ranks 54th out of 905 Iowa communities (16th out of 102 mid-sized communities).

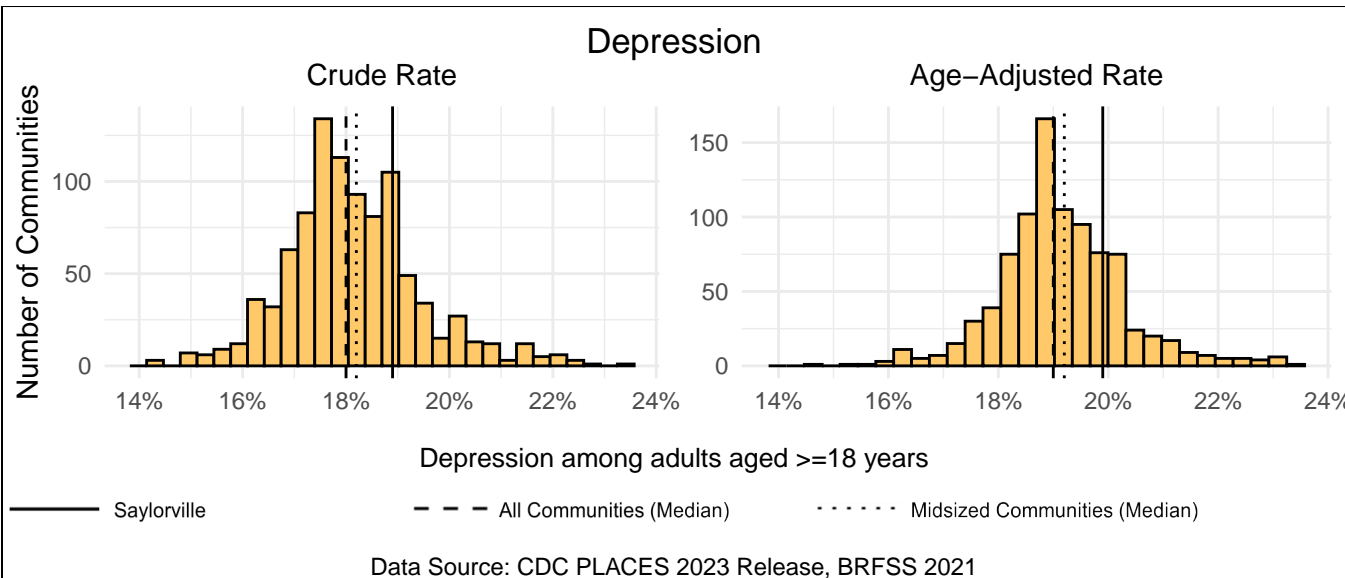
Measure Type	Saylorville	All Comm.	Mid-sized Comm.
Crude	6.2%	7.4%	7.4%
Age-Adjusted	5.1%	6.2%	6.3%



Depression

Saylorville has a crude rate of 18.9% for depression among adults aged ≥ 18 years, which ranks 730th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 19.9%, which ranks 702nd out of 905 Iowa communities (76th out of 102 mid-sized communities).

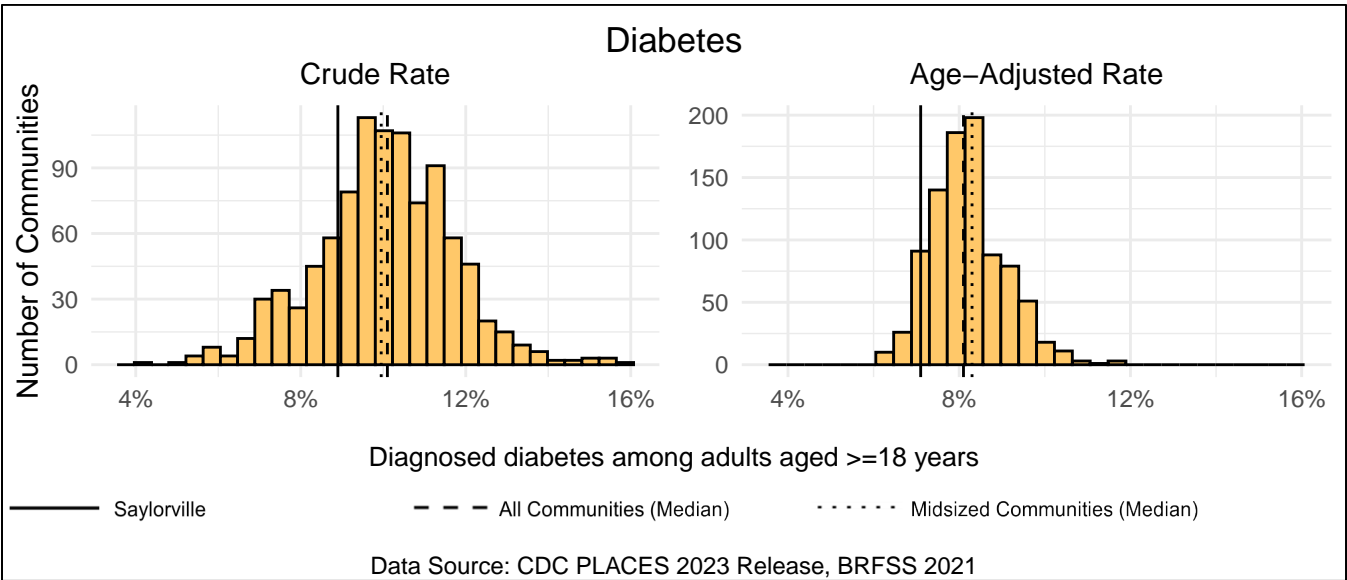
Measure Type	Saylorville	All Comm.	Mid-sized Comm.
Crude	18.9%	18.0%	18.2%
Age-Adjusted	19.9%	19.0%	19.2%



Diabetes

Saylorville has a crude rate of 8.9% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 203rd out of 958 Iowa communities (28th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 7.1%, which ranks 57th out of 905 Iowa communities (13th out of 102 mid-sized communities).

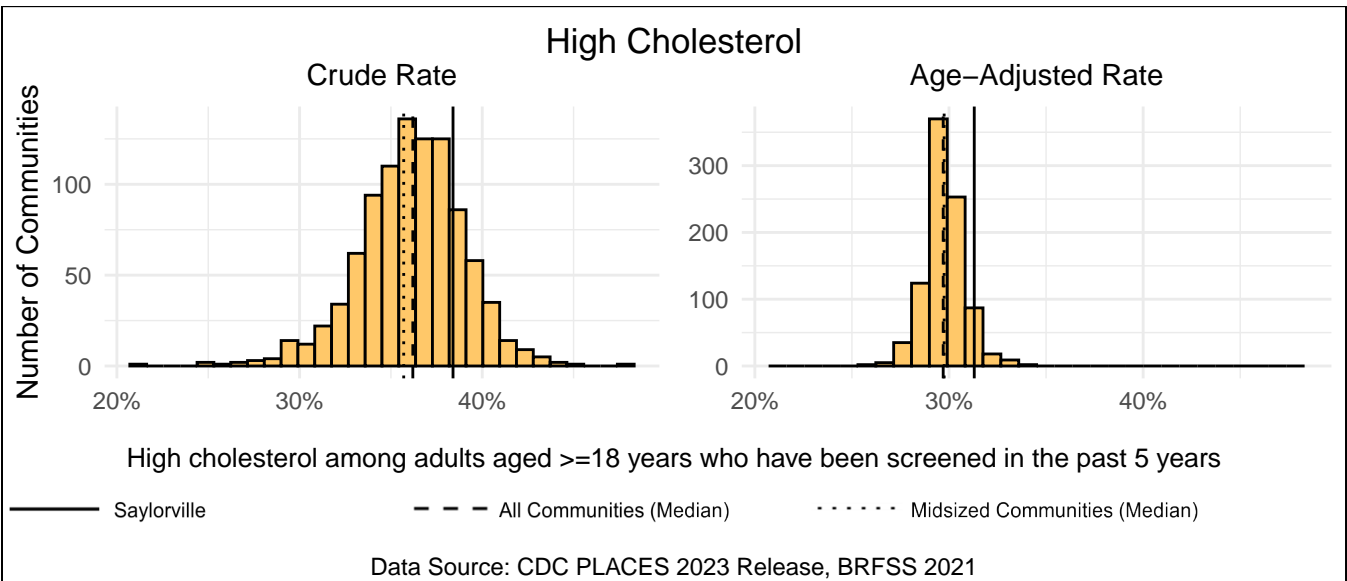
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	8.9%	10.1%	9.9%
Age-Adjusted	7.1%	8.1%	8.3%



High Cholesterol

Saylorville has a crude rate of 38.4% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 770th out of 958 Iowa communities (94th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 31.3%, which ranks 859th out of 905 Iowa communities (98th out of 102 mid-sized communities).

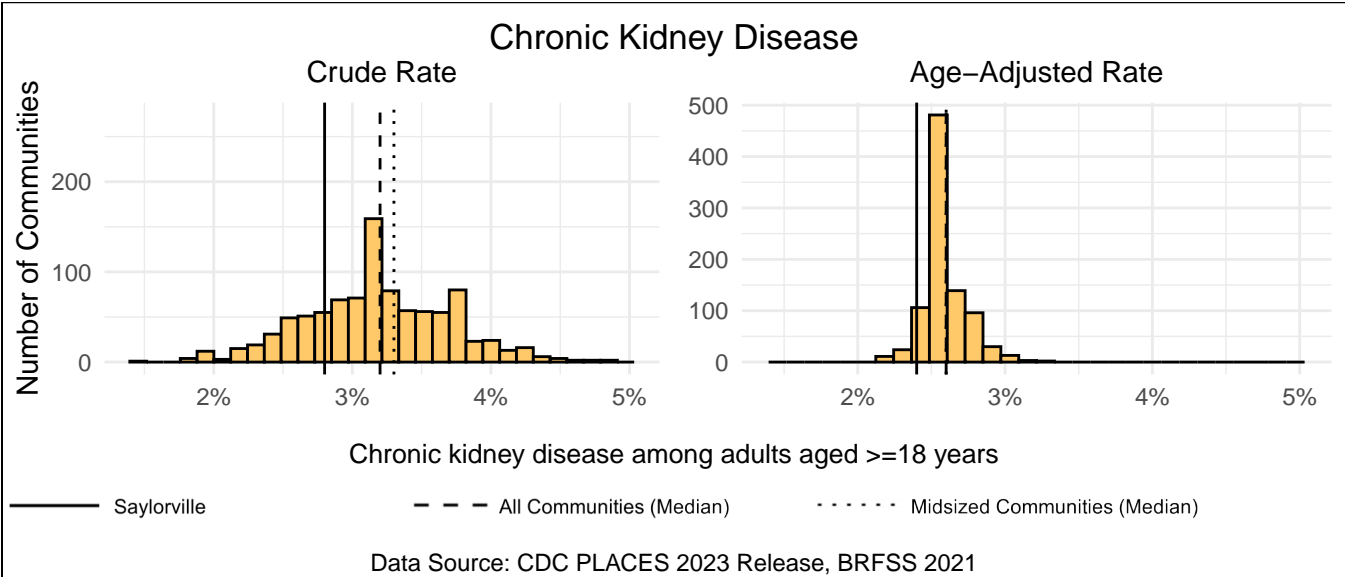
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	38.4%	36.2%	35.7%
Age-Adjusted	31.3%	29.7%	29.8%



Chronic Kidney Disease

Saylorville has a crude rate of 2.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 186th out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Saylorville is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

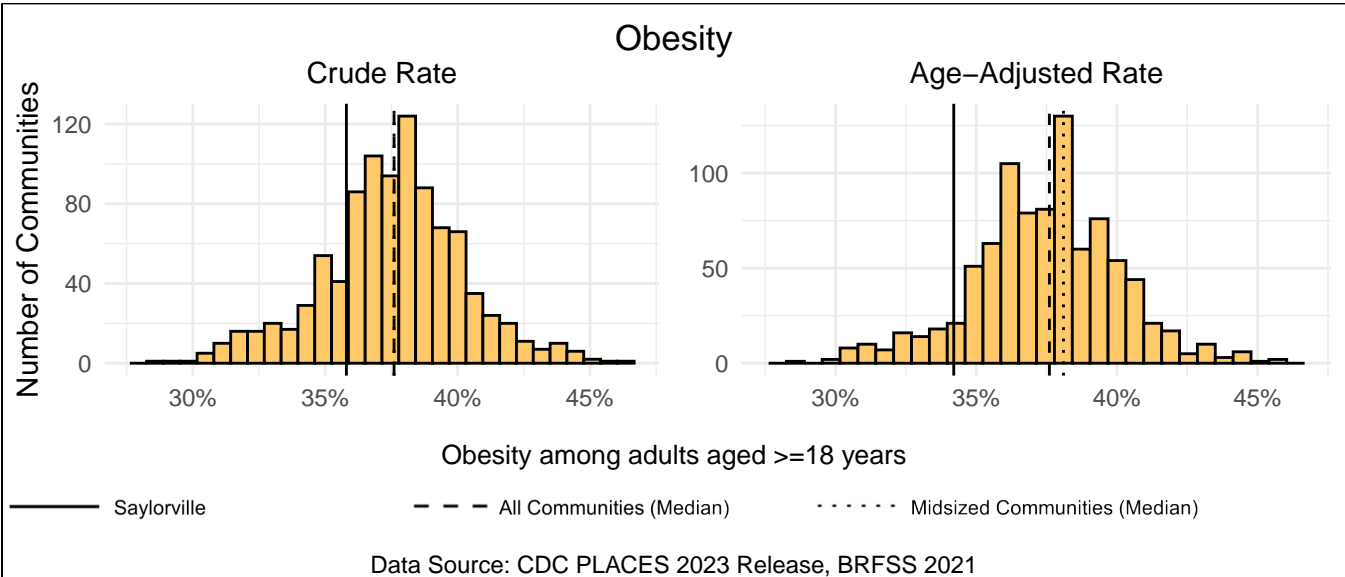
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	2.8%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Saylorville has a crude rate of 35.8% for obesity among adults aged ≥ 18 years, which ranks 201st out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Saylorville is 34.2%, which ranks 80th out of 905 Iowa communities (15th out of 102 midsized communities).

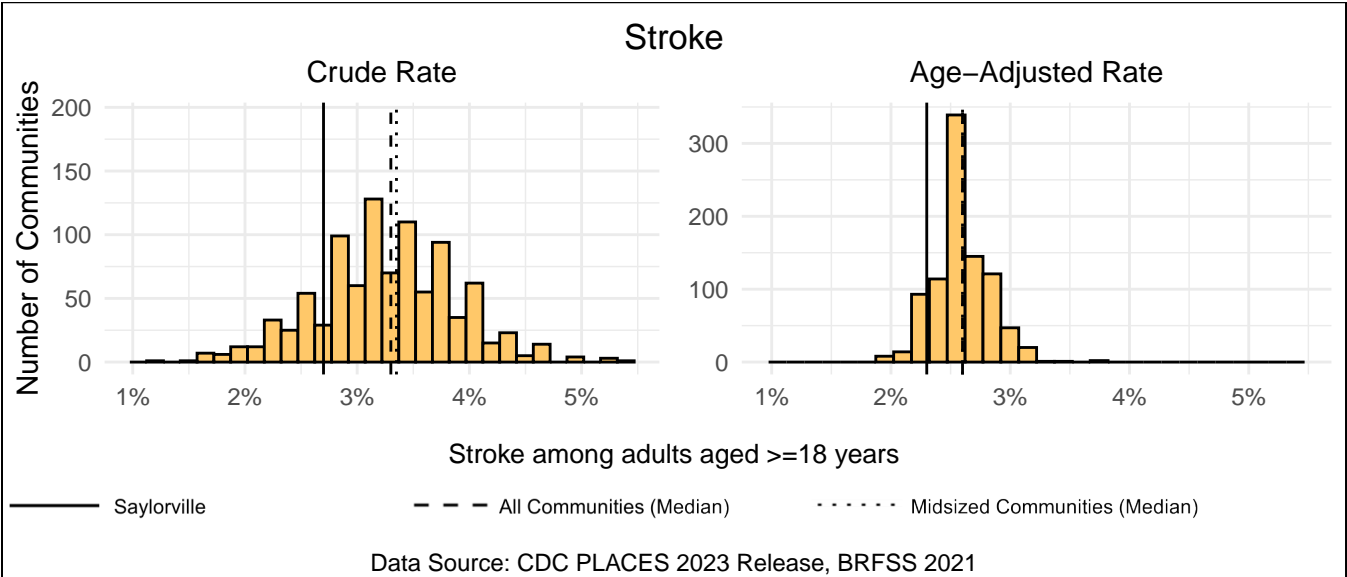
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	35.8%	37.6%	37.6%
Age-Adjusted	34.2%	37.6%	38.1%



Stroke

Saylorville has a crude rate of 2.7% for stroke among adults aged ≥ 18 years, which ranks 152nd out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Saylorville is 2.3%, which ranks 49th out of 905 Iowa communities (14th out of 102 midsize communities).

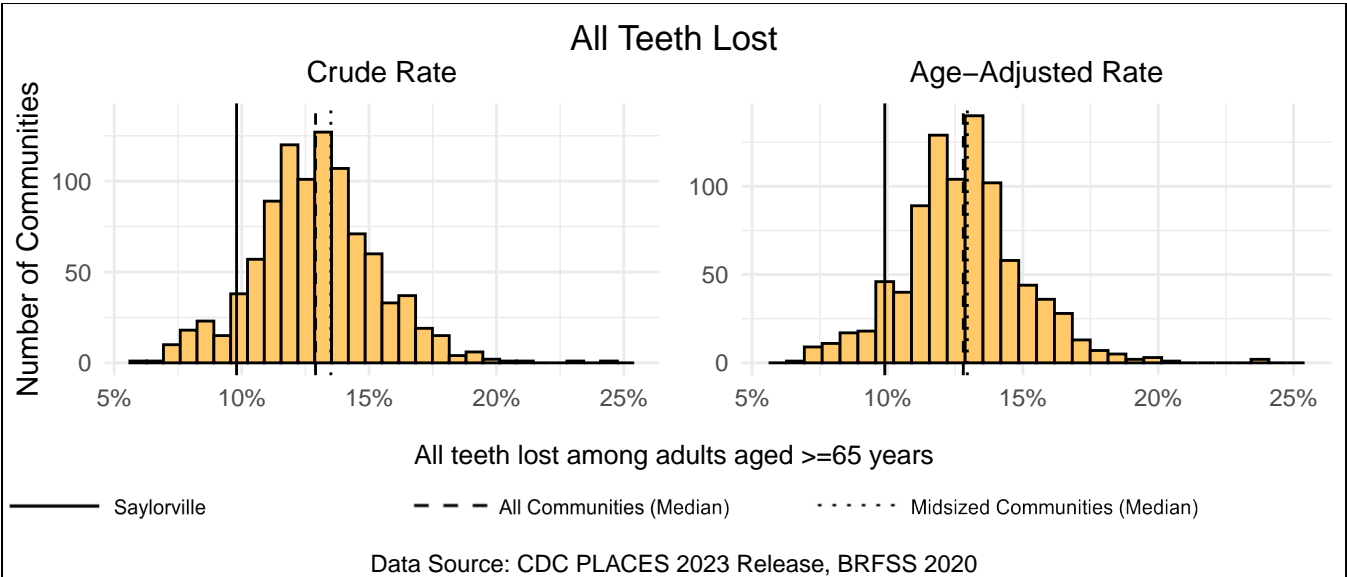
Measure Type	Saylorville	All Comm.	Midsize Comm.
Crude	2.7%	3.3%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



All Teeth Lost

Saylorville has a crude rate of 9.8% for all teeth lost among adults aged ≥ 65 years, which ranks 79th out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Saylorville is 9.9%, which ranks 72nd out of 905 Iowa communities (17th out of 102 midsize communities).

Measure Type	Saylorville	All Comm.	Midsize Comm.
Crude	9.8%	12.9%	13.5%
Age-Adjusted	9.9%	12.8%	12.9%



Prevention

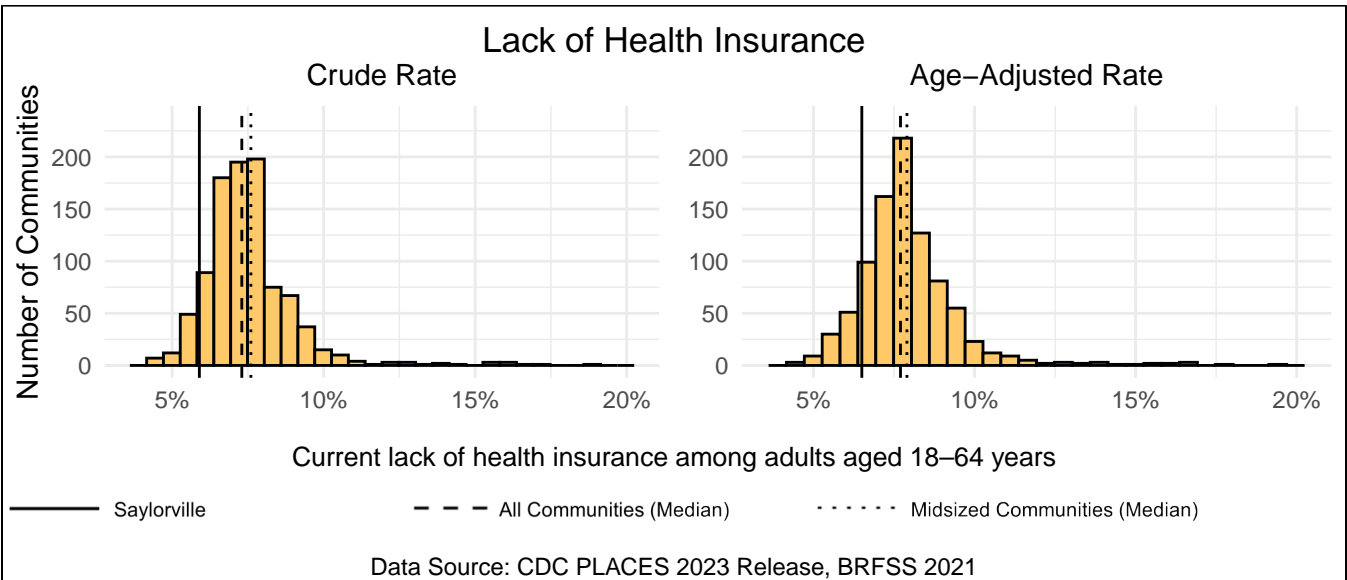
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Saylorville has a crude rate of 5.9% for current lack of health insurance among adults aged 18–64 years, which ranks 69th out of 958 Iowa communities (13th out of 102 midsize communities). The age-adjusted rate for Saylorville is 6.5%, which ranks 107th out of 905 Iowa communities (21st out of 102 midsize communities).

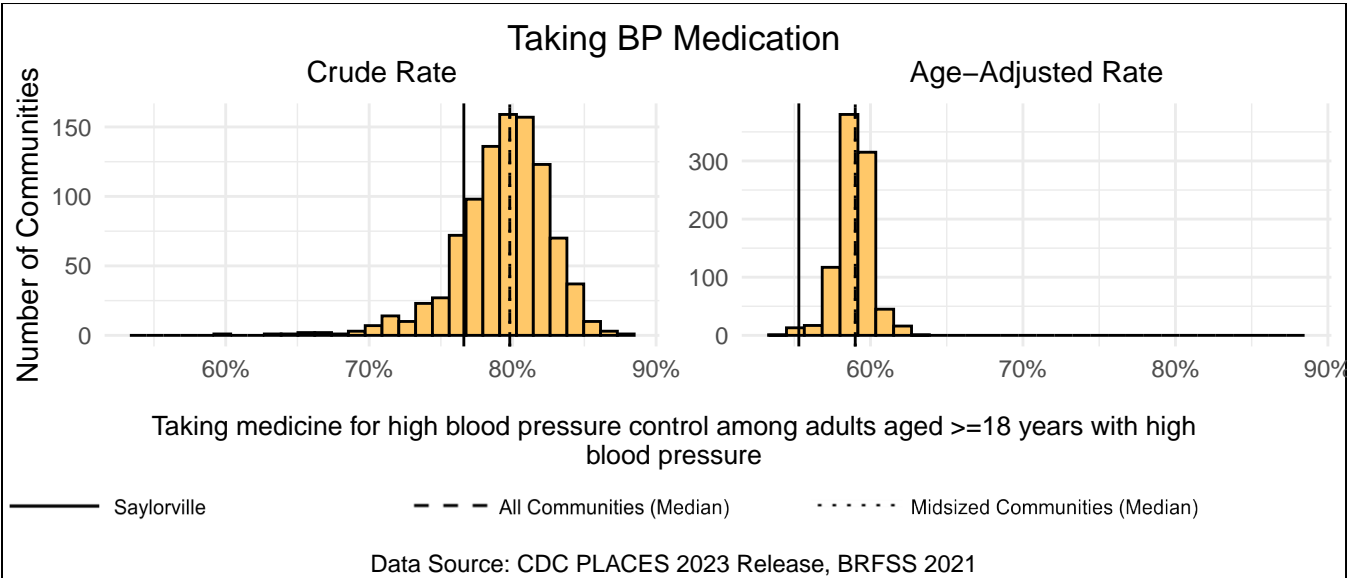
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	5.9%	7.3%	7.6%
Age-Adjusted	6.5%	7.7%	7.9%



Taking BP Medication

Saylorville has a crude rate of 76.6% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 802nd out of 958 Iowa communities (80th out of 102 midsize communities). The age-adjusted rate for Saylorville is 55.3%, which ranks 894th out of 905 Iowa communities (98th out of 102 midsize communities).

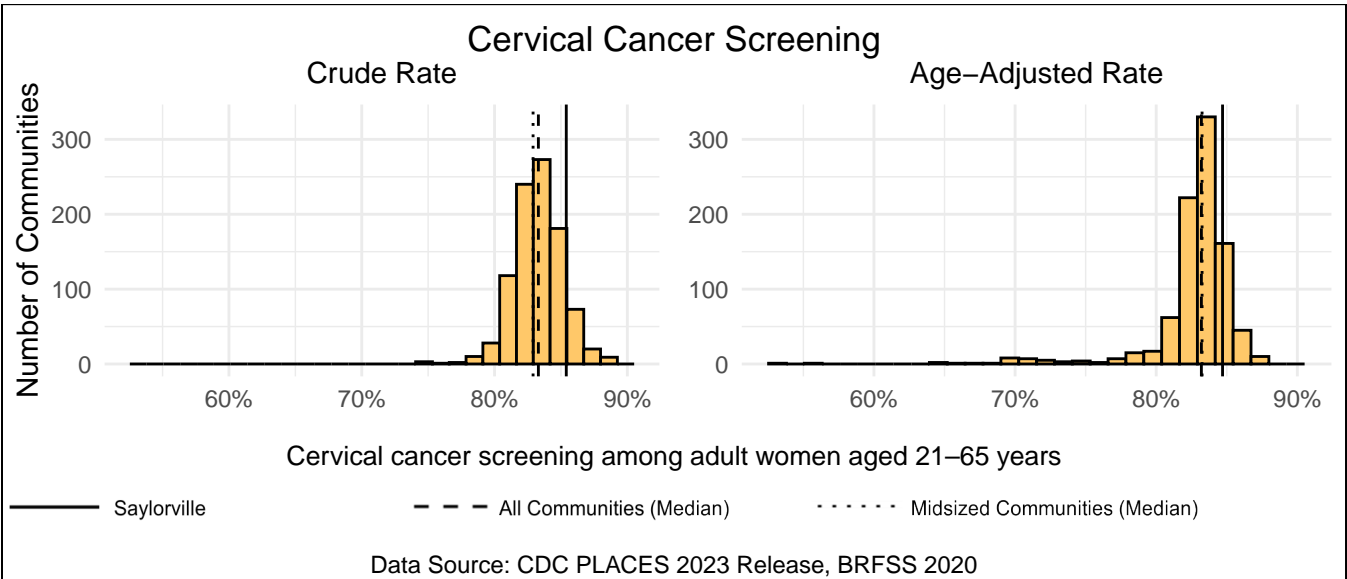
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	76.6%	79.8%	79.8%
Age-Adjusted	55.3%	59.0%	59.0%



Cervical Cancer Screening

Saylorville has a crude rate of 85.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 103rd out of 958 Iowa communities (14th out of 102 midsize communities). The age-adjusted rate for Saylorville is 84.7%, which ranks 126th out of 905 Iowa communities (25th out of 102 midsize communities).

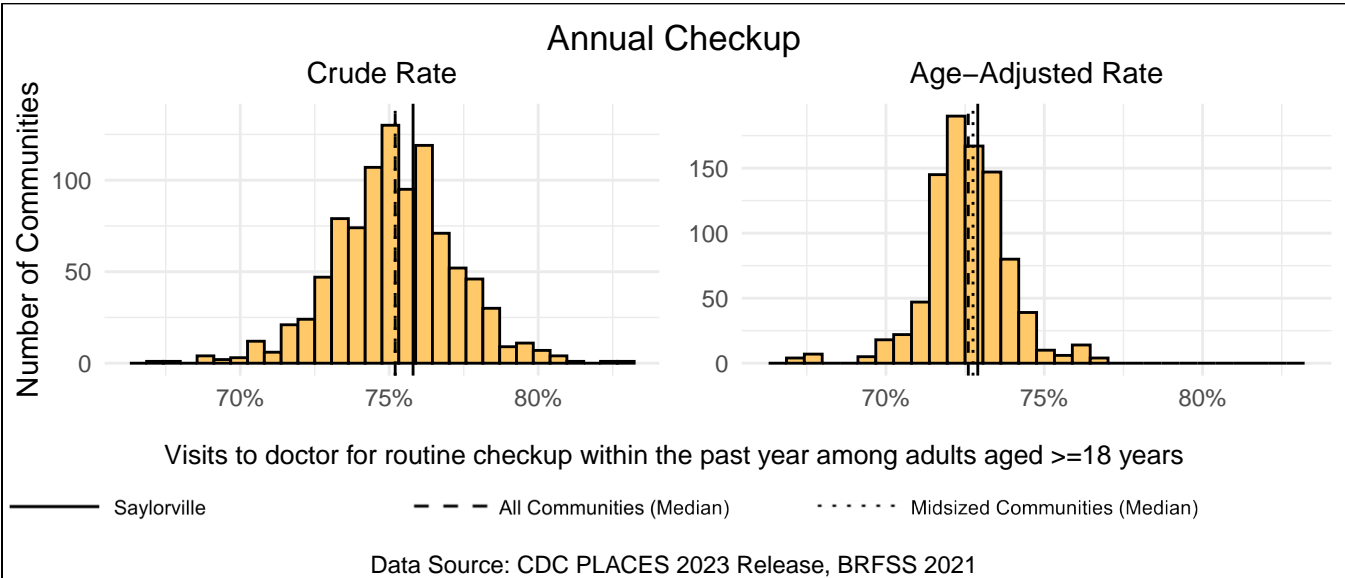
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	85.4%	83.3%	82.9%
Age-Adjusted	84.7%	83.2%	83.2%



Annual Checkup

Saylorville has a crude rate of 75.8% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 353rd out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 72.9%, which ranks 333rd out of 905 Iowa communities (46th out of 102 mid-sized communities).

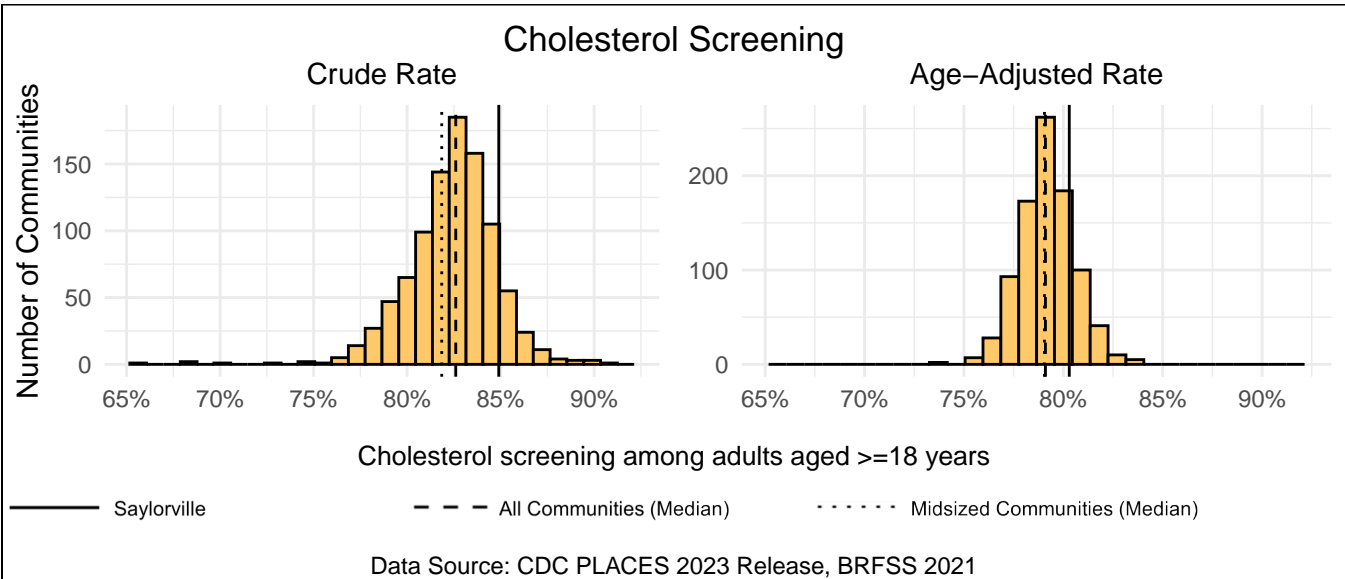
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	75.8%	75.2%	75.2%
Age-Adjusted	72.9%	72.6%	72.8%



Cholesterol Screening

Saylorville has a crude rate of 84.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 102nd out of 958 Iowa communities (5th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 80.3%, which ranks 179th out of 905 Iowa communities (30th out of 102 mid-sized communities).

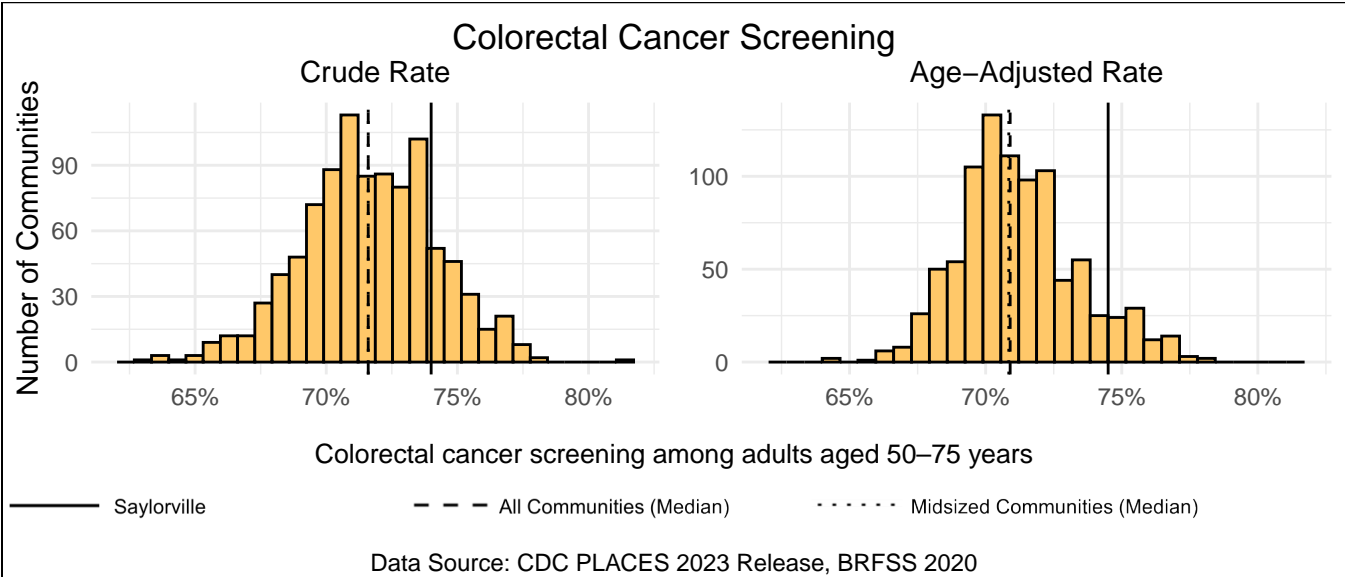
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	84.9%	82.6%	81.8%
Age-Adjusted	80.3%	79.1%	79.0%



Colorectal Cancer Screening

Saylorville has a crude rate of 74.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 164th out of 958 Iowa communities (23rd out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 74.5%, which ranks 79th out of 905 Iowa communities (19th out of 102 mid-sized communities).

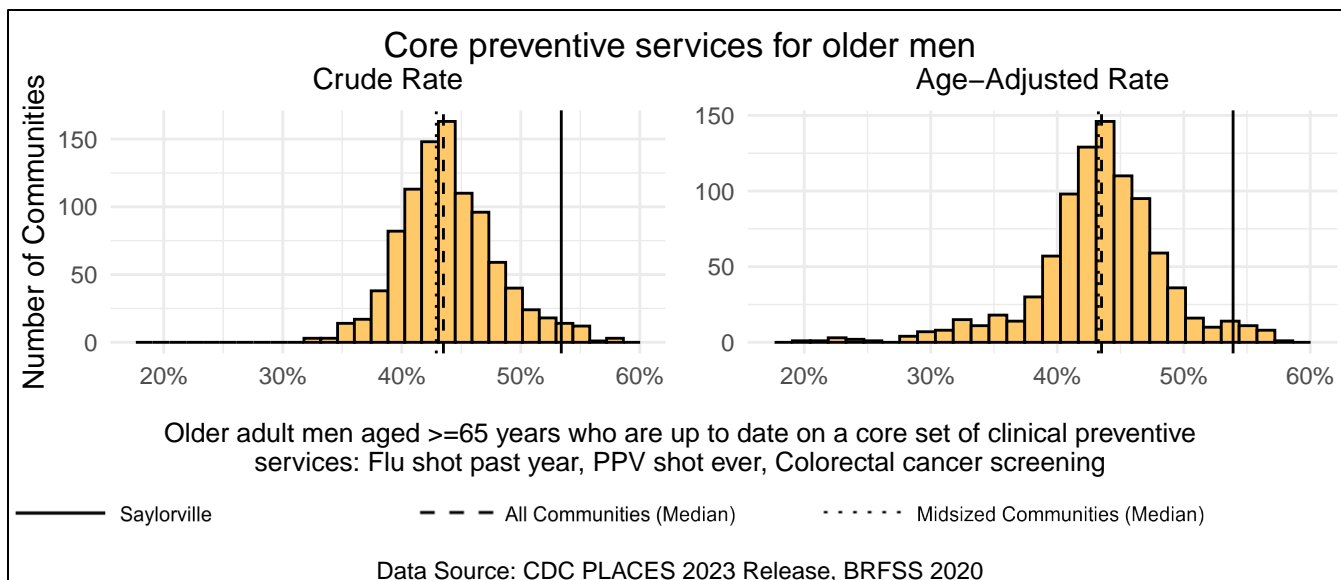
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	74.0%	71.6%	71.6%
Age-Adjusted	74.5%	70.9%	70.8%



Core preventive services for older men

Saylorville has a crude rate of 53.4% 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 27th out of 958 Iowa communities (7th out of 102 midsized communities). The age-adjusted rate for Saylorville is 53.9%, which ranks 25th out of 905 Iowa communities (6th out of 102 midsized communities).

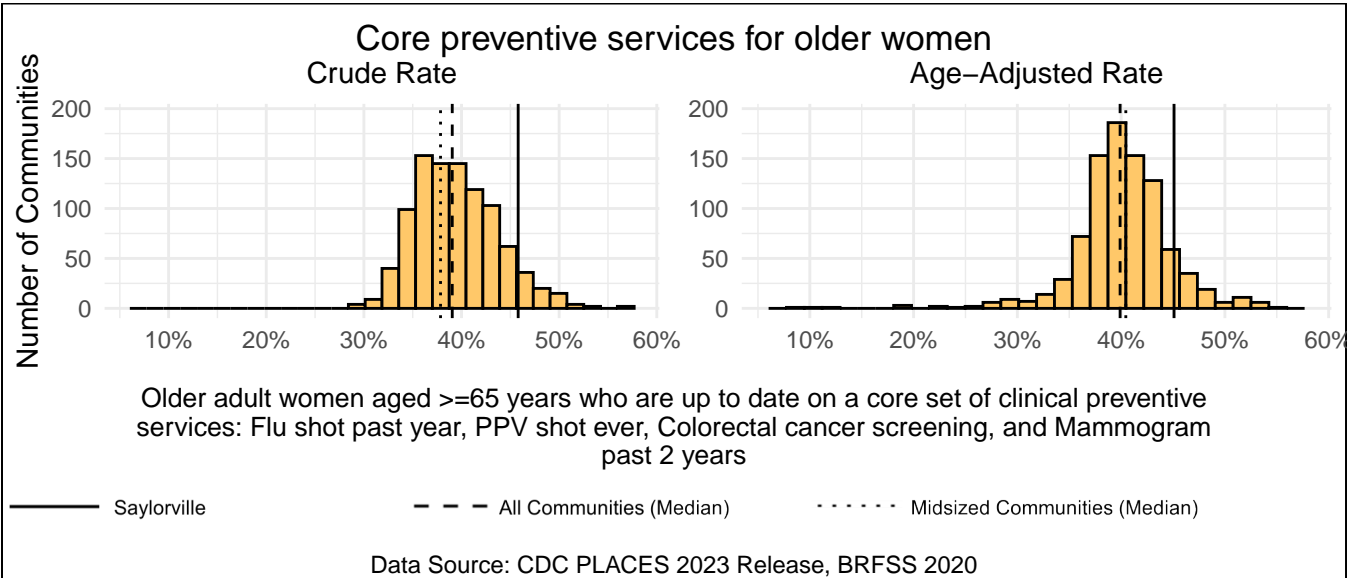
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	53.4%	43.5%	42.9%
Age-Adjusted	53.9%	43.5%	43.2%



Core preventive services for older women

Saylorville has a crude rate of 45.8% 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 74th out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 45.1%, which ranks 98th out of 905 Iowa communities (20th out of 102 mid-sized communities).

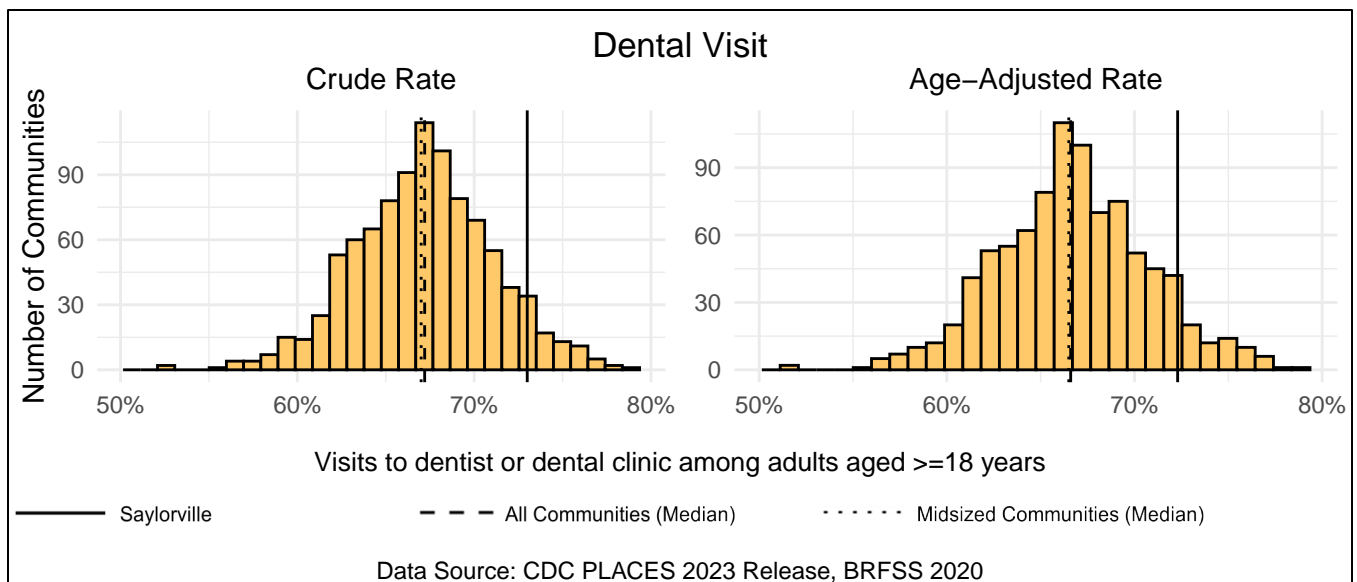
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	45.8%	39.0%	37.8%
Age-Adjusted	45.1%	39.9%	40.4%



Dental Visit

Saylorville has a crude rate of 73.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 68th out of 958 Iowa communities (17th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 72.3%, which ranks 71st out of 905 Iowa communities (19th out of 102 mid-sized communities).

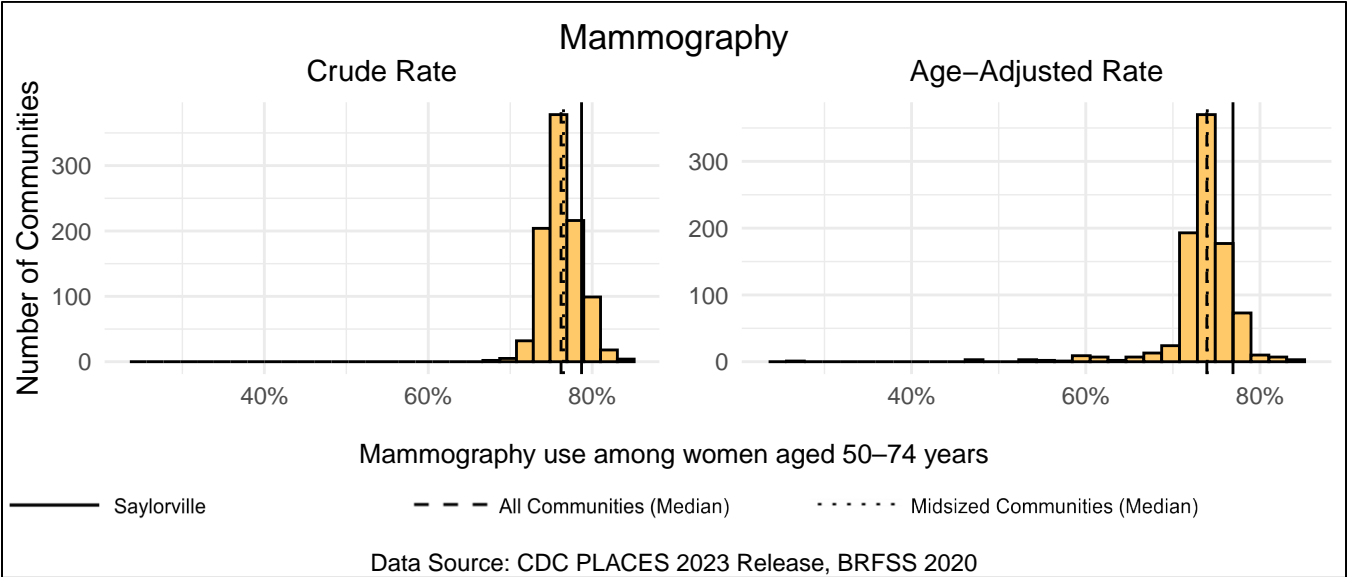
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	73.0%	67.2%	67.0%
Age-Adjusted	72.3%	66.6%	66.5%



Mammography

Saylorville has a crude rate of 78.7% for mammography use among women aged 50–74 years, which ranks 143rd out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Saylorville is 76.9%, which ranks 94th out of 905 Iowa communities (19th out of 102 midsized communities).

Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	78.7%	76.2%	76.5%
Age-Adjusted	76.9%	73.9%	74.0%



Disability

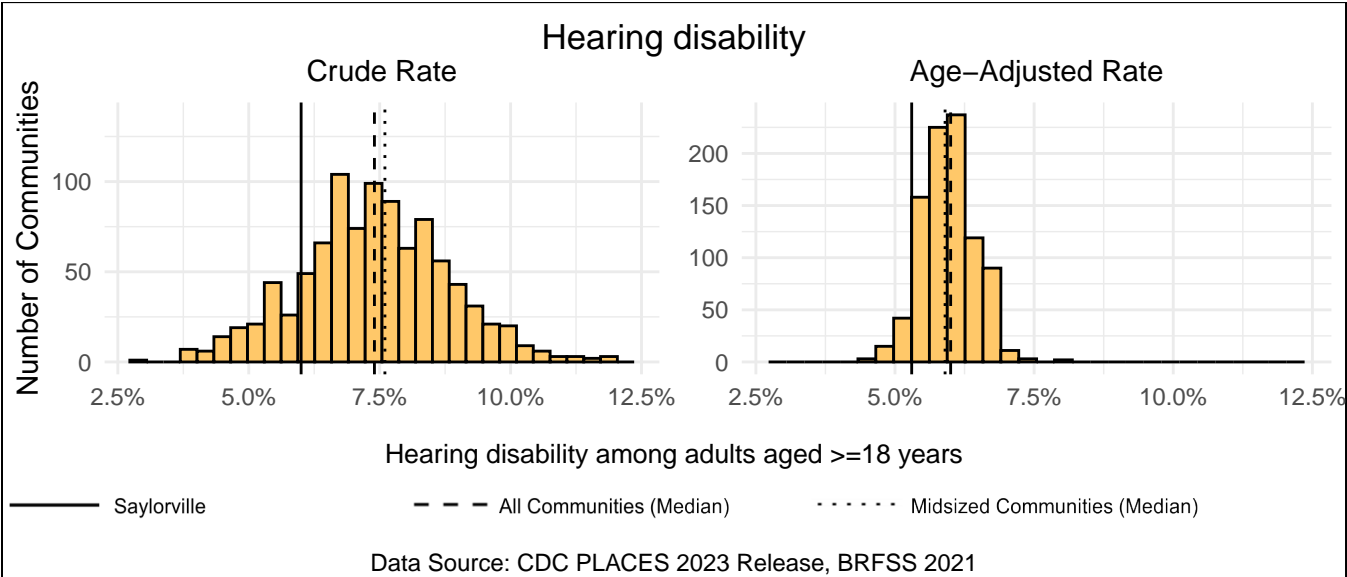
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Saylorville has a crude rate of 6.0% for hearing disability among adults aged ≥ 18 years, which ranks 139th out of 958 Iowa communities (22nd out of 102 midsize communities). The age-adjusted rate for Saylorville is 5.3%, which ranks 61st out of 905 Iowa communities (19th out of 102 midsize communities).

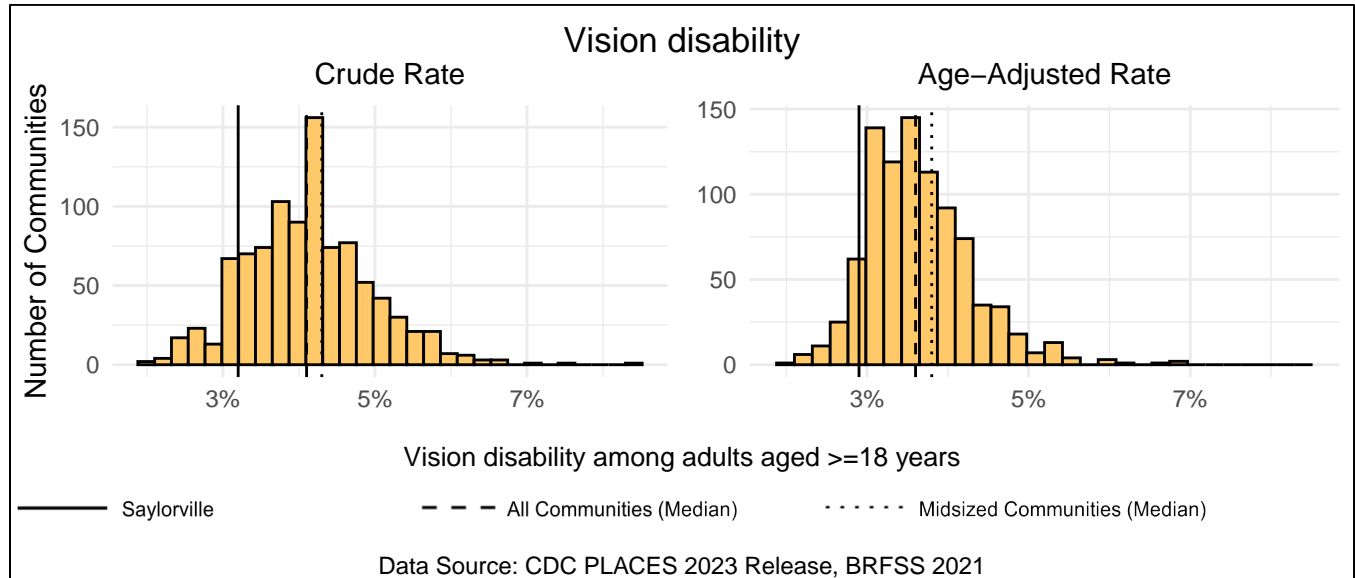
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	6.0%	7.4%	7.6%
Age-Adjusted	5.3%	6.0%	5.9%



Vision disability

Saylorville has a crude rate of 3.2% for vision disability among adults aged ≥ 18 years, which ranks 105th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Saylorville is 2.9%, which ranks 70th out of 905 Iowa communities (16th out of 102 midsize communities).

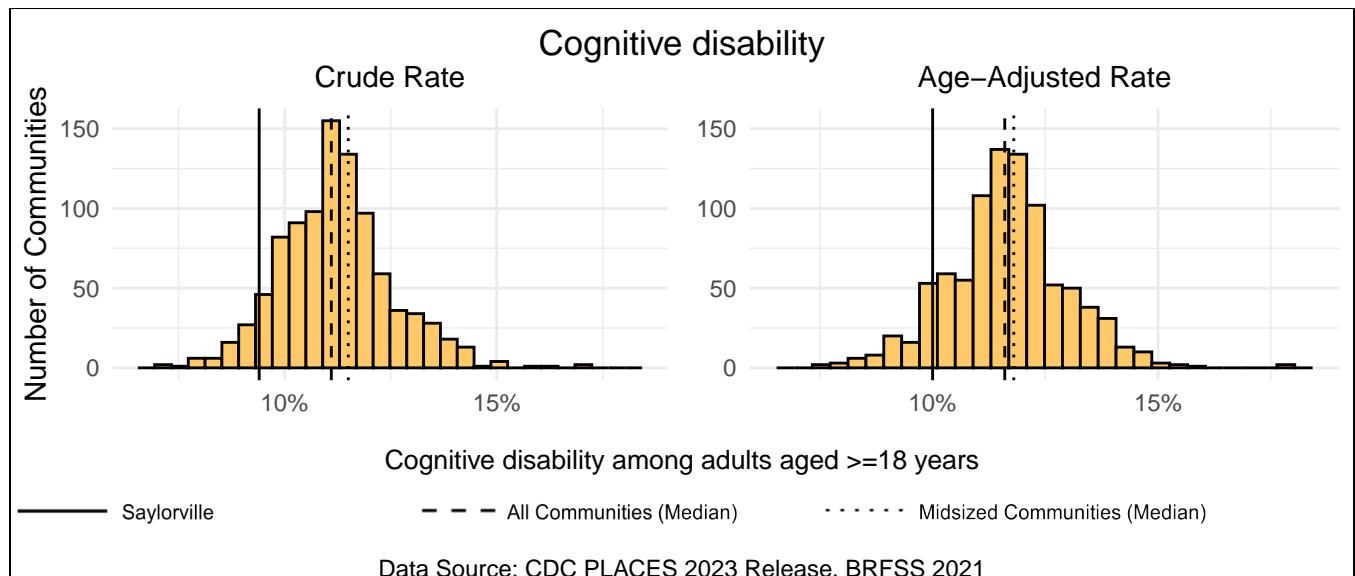
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	3.2%	4.1%	4.3%
Age-Adjusted	2.9%	3.6%	3.8%



Cognitive disability

Saylorville has a crude rate of 9.4% for cognitive disability among adults aged ≥ 18 years, which ranks 59th out of 958 Iowa communities (13th out of 102 midsize communities). The age-adjusted rate for Saylorville is 10.0%, which ranks 82nd out of 905 Iowa communities (19th out of 102 midsize communities).

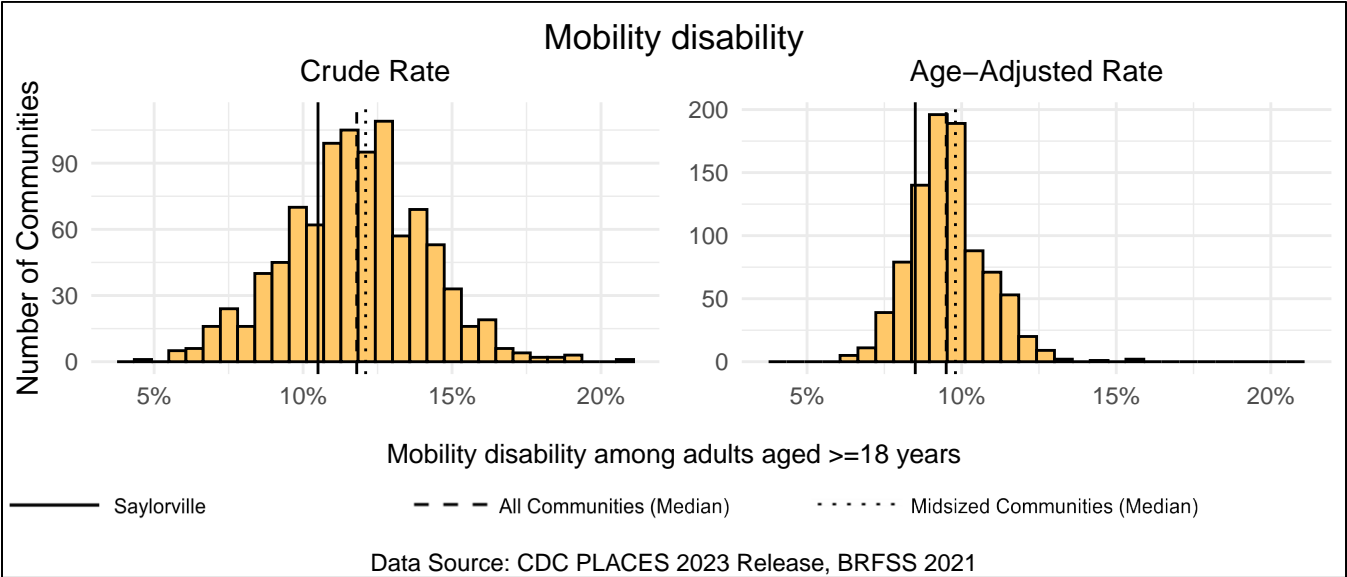
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	9.4%	11.1%	11.5%
Age-Adjusted	10.0%	11.6%	11.8%



Mobility disability

Saylorville has a crude rate of 10.5% for mobility disability among adults aged ≥ 18 years, which ranks 258th out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Saylorville is 8.5%, which ranks 159th out of 905 Iowa communities (26th out of 102 midsize communities).

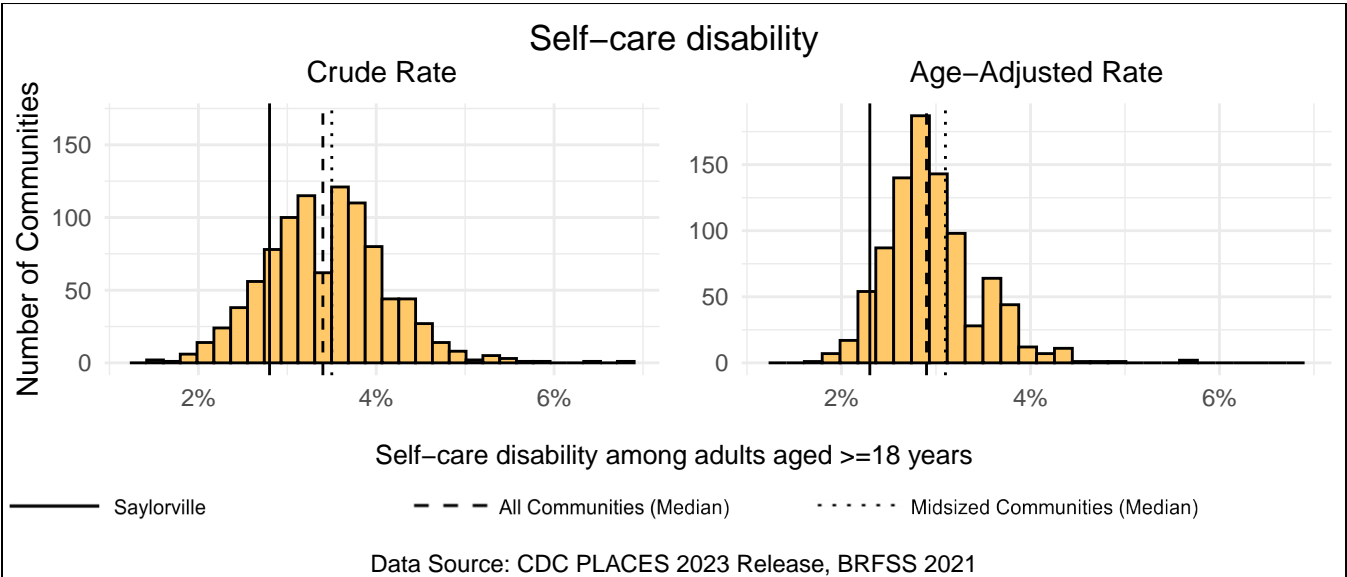
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	10.5%	11.8%	12.1%
Age-Adjusted	8.5%	9.5%	9.8%



Self-care disability

Saylorville has a crude rate of 2.8% for self-care disability among adults aged ≥ 18 years, which ranks 142nd out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Saylorville is 2.3%, which ranks 45th out of 905 Iowa communities (12th out of 102 midsize communities).

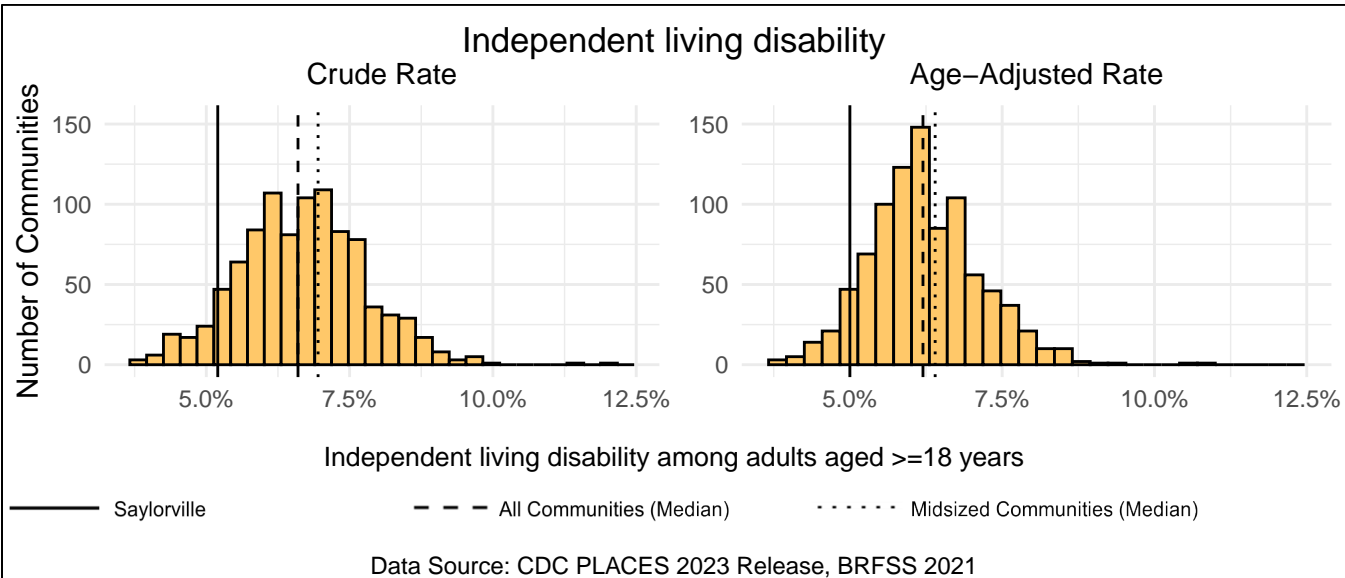
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	2.8%	3.4%	3.5%
Age-Adjusted	2.3%	2.9%	3.1%



Independent living disability

Saylorville has a crude rate of 5.2% for independent living disability among adults aged ≥ 18 years, which ranks 70th out of 958 Iowa communities (16th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 5.0%, which ranks 54th out of 905 Iowa communities (15th out of 102 mid-sized communities).

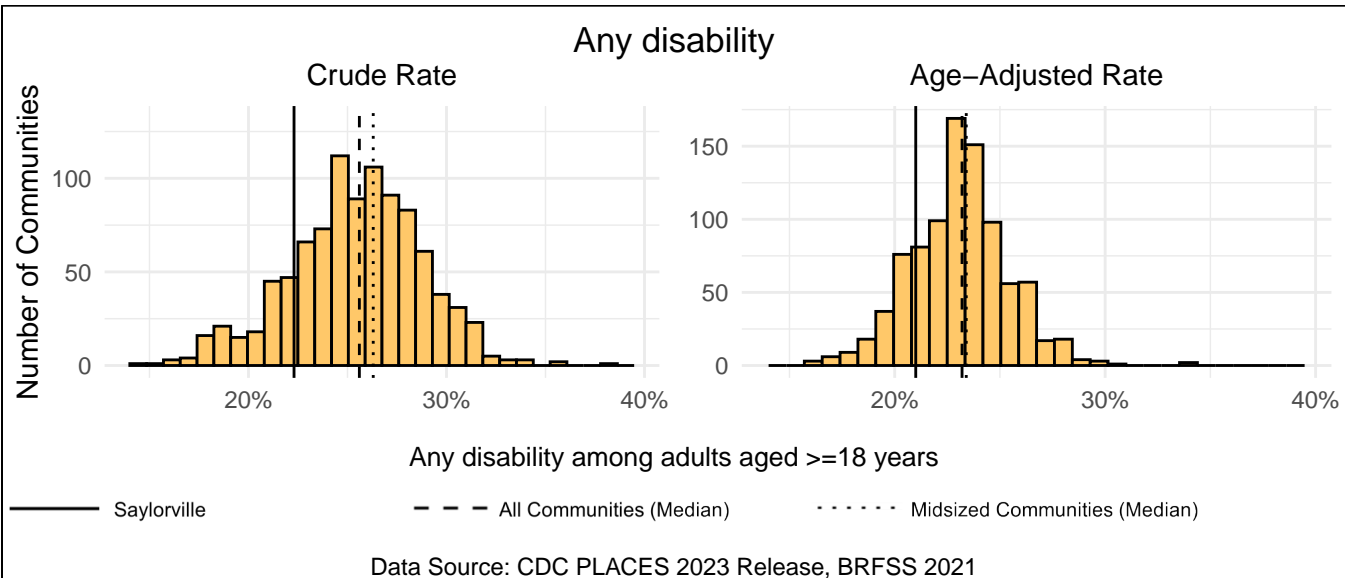
Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	5.2%	6.6%	7.0%
Age-Adjusted	5.0%	6.2%	6.4%



Any disability

Saylorville has a crude rate of 22.3% for any disability among adults aged ≥ 18 years, which ranks 159th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Saylorville is 21.0%, which ranks 157th out of 905 Iowa communities (25th out of 102 mid-sized communities).

Measure Type	Saylorville	All Comm.	Midsized Comm.
Crude	22.3%	25.6%	26.3%
Age-Adjusted	21.0%	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: Saylorville 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	119	13.2% (11.6% - 14.9%)	103	14.4% (12.7% - 16.1%)
Health Status	Physical Health	126	9.3% (8.1% - 10.7%)	44	8.2% (7.2% - 9.3%)
Health Status	General Health	127	11.8% (10.3% - 13.5%)	74	10.5% (9.1% - 12.0%)
Health Risk Behaviors	Current Smoking	160	14.9% (12.6% - 17.5%)	76	14.6% (12.3% - 17.0%)
Health Risk Behaviors	Binge Drinking	561	20.0% (17.7% - 22.4%)	609	22.5% (20.0% - 25.1%)
Health Risk Behaviors	Physical Inactivity	140	22.4% (19.4% - 25.8%)	104	21.0% (18.3% - 23.6%)
Health Risk Behaviors	Sleep <7 hours	56	27.4% (26.3% - 28.6%)	33	27.5% (26.5% - 28.5%)
Health Outcomes	Obesity	201	35.8% (32.4% - 39.4%)	80	34.2% (30.7% - 37.7%)
Health Outcomes	Chronic Kidney Disease	186	2.8% (2.6% - 3.1%)	36	2.4% (2.2% - 2.6%)
Health Outcomes	Stroke	152	2.7% (2.5% - 3.0%)	49	2.3% (2.0% - 2.5%)
Health Outcomes	Depression	730	18.9% (16.7% - 21.3%)	702	19.9% (17.5% - 22.3%)
Health Outcomes	Current Asthma	44	8.8% (7.9% - 9.9%)	45	8.9% (7.9% - 9.9%)
Health Outcomes	COPD	155	6.2% (5.3% - 7.1%)	54	5.1% (4.4% - 5.9%)
Health Outcomes	Arthritis	433	27.5% (25.0% - 30.0%)	261	22.5% (20.4% - 24.7%)
Health Outcomes	High Cholesterol	770	38.4% (35.5% - 41.3%)	859	31.3% (28.5% - 34.0%)
Health Outcomes	Diabetes	203	8.9% (7.8% - 10.0%)	57	7.1% (6.2% - 8.0%)
Health Outcomes	All Teeth Lost	79	9.8% (7.6% - 12.2%)	72	9.9% (7.6% - 12.5%)
Health Outcomes	Cancer (except skin)	418	7.9% (7.2% - 8.6%)	418	6.5% (5.9% - 7.1%)
Health Outcomes	High Blood Pressure	469	32.0% (29.4% - 34.7%)	319	26.8% (24.5% - 29.1%)
Health Outcomes	Coronary Heart Disease	248	5.7% (5.0% - 6.4%)	120	4.6% (4.1% - 5.2%)
Prevention	Annual Checkup	353	75.8% (72.9% - 78.5%)	333	72.9% (69.9% - 75.8%)
Prevention	Health Insurance	69	5.9% (4.8% - 7.3%)	107	6.5% (5.2% - 8.0%)
Prevention	Core preventive services for older men	27	53.4% (48.9% - 57.8%)	25	53.9% (49.4% - 58.1%)
Prevention	Colorectal Cancer Screening	164	74.0% (72.2% - 75.8%)	79	74.5% (72.7% - 76.2%)
Prevention	Mammography	143	78.7% (76.4% - 80.7%)	94	76.9% (74.4% - 79.0%)
Prevention	Taking BP Medication	802	76.6% (73.5% - 79.5%)	894	55.3% (51.6% - 59.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	74	45.8% (42.1% - 49.5%)	98	45.1% (41.5% - 48.7%)
Prevention	Cholesterol Screening	102	84.9% (82.8% - 86.8%)	179	80.3% (77.8% - 82.8%)
Prevention	Cervical Cancer Screening	103	85.4% (83.8% - 86.9%)	126	84.7% (83.3% - 86.1%)
Prevention	Dental Visit	68	73.0% (70.8% - 75.1%)	71	72.3% (70.1% - 74.4%)
Disability	Cognitive Disability	59	9.4% (8.2% - 10.8%)	82	10.0% (8.7% - 11.4%)
Disability	Hearing Disability	139	6.0% (5.4% - 6.7%)	61	5.3% (4.7% - 5.9%)
Disability	Vision Disability	105	3.2% (2.8% - 3.6%)	70	2.9% (2.6% - 3.3%)
Disability	Any Disability	159	22.3% (19.9% - 25.0%)	157	21.0% (18.6% - 23.4%)
Disability	Mobility Disability	258	10.5% (9.1% - 12.1%)	159	8.5% (7.4% - 9.7%)
Disability	Independent Living Disability	70	5.2% (4.5% - 6.0%)	54	5.0% (4.4% - 5.7%)
Disability	Self-care Disability	142	2.8% (2.4% - 3.2%)	45	2.3% (2.1% - 2.6%)

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)

Saylorville 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
