



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 Sheldon: Overview

Dear Community Members & Stakeholders of Sheldon,

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 Sheldon ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sheldon'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 Sheldon. 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	122nd	7th	Depression	69th	10th
Obesity	186th	30th	Cancer (except skin)	74th	11th
Current Asthma	215th	21st	Binge Drinking	202nd	41st
High Blood Pressure	257th	33rd	High Blood Pressure	230th	27th
Sleep <7 hours	258th	38th	Current Asthma	241st	26th

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
Annual Checkup	889th	93rd	Annual Checkup	881st	98th
Cholesterol Screening	834th	76th	Cholesterol Screening	762nd	77th
Health Insurance	795th	66th	Health Insurance	735th	66th
Core preventive services for older women	780th	75th	Core preventive services for older women	713th	81st
All Teeth Lost	725th	66th	Core preventive services for older men	657th	68th

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 Sheldon.

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

With a population of 5,417, Sheldon’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

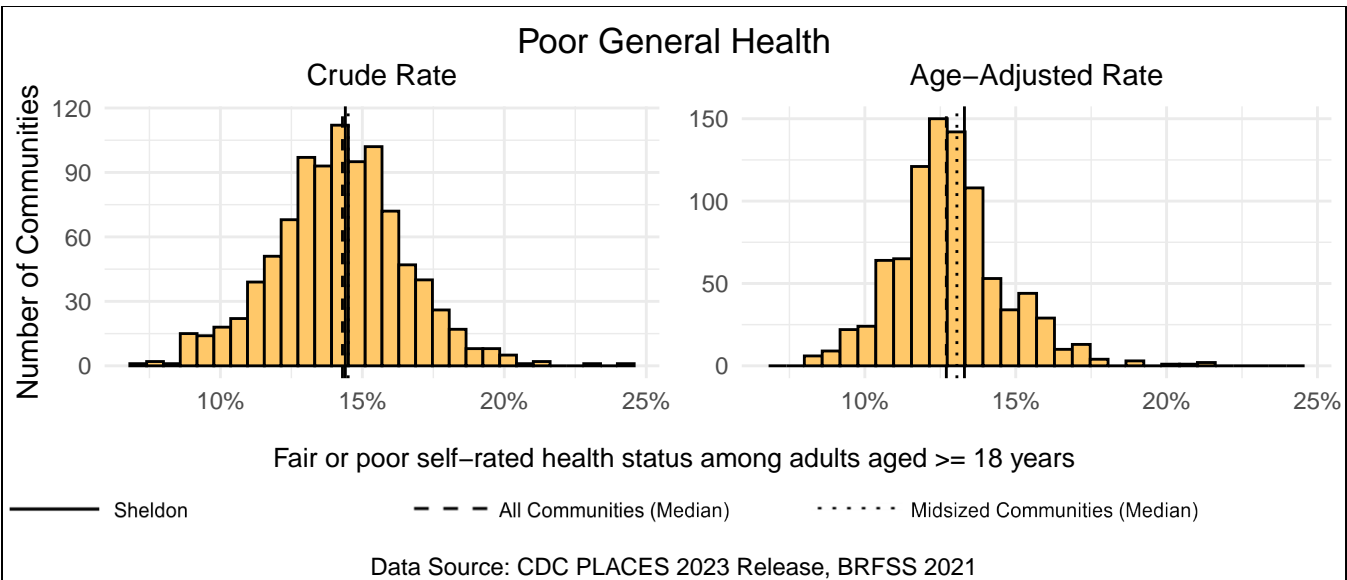
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Sheldon has a crude rate of 14.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 493rd out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 13.3%, which ranks 581st out of 905 Iowa communities (61st out of 102 midsized communities).

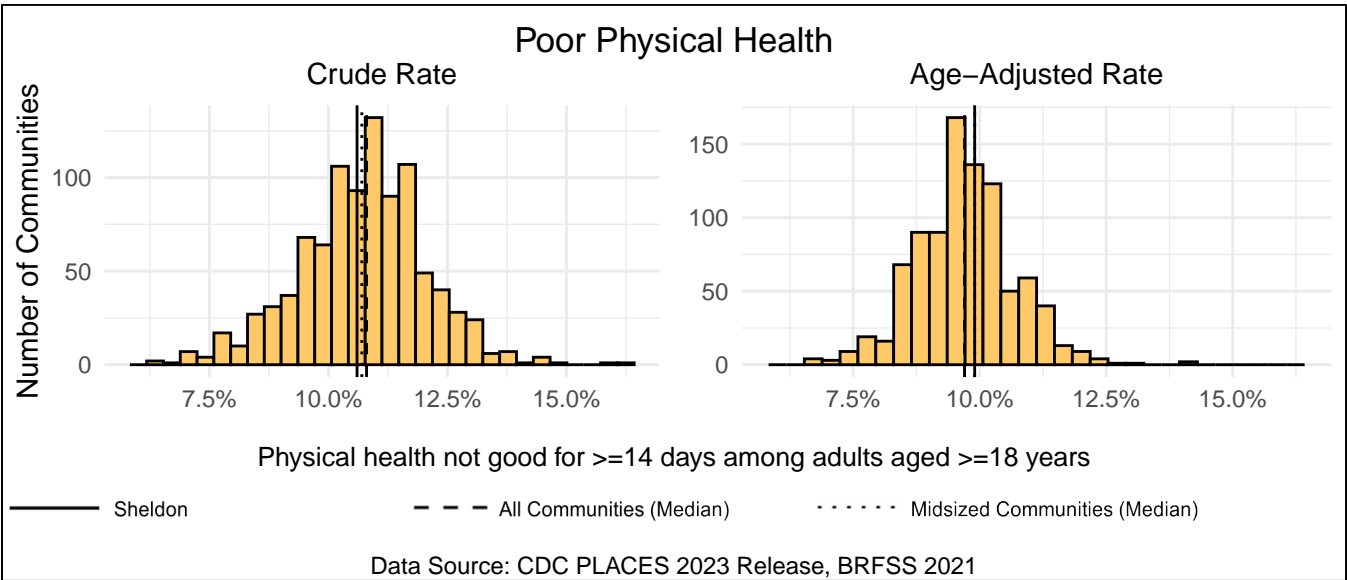
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	14.4%	14.3%	14.5%
Age-Adjusted	13.3%	12.7%	13.0%



Poor Physical Health

Sheldon has a crude rate of 10.6% for physical health not good for >=14 days among adults aged >=18 years, which ranks 404th out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 9.9%, which ranks 518th out of 905 Iowa communities (51st out of 102 mid-sized communities).

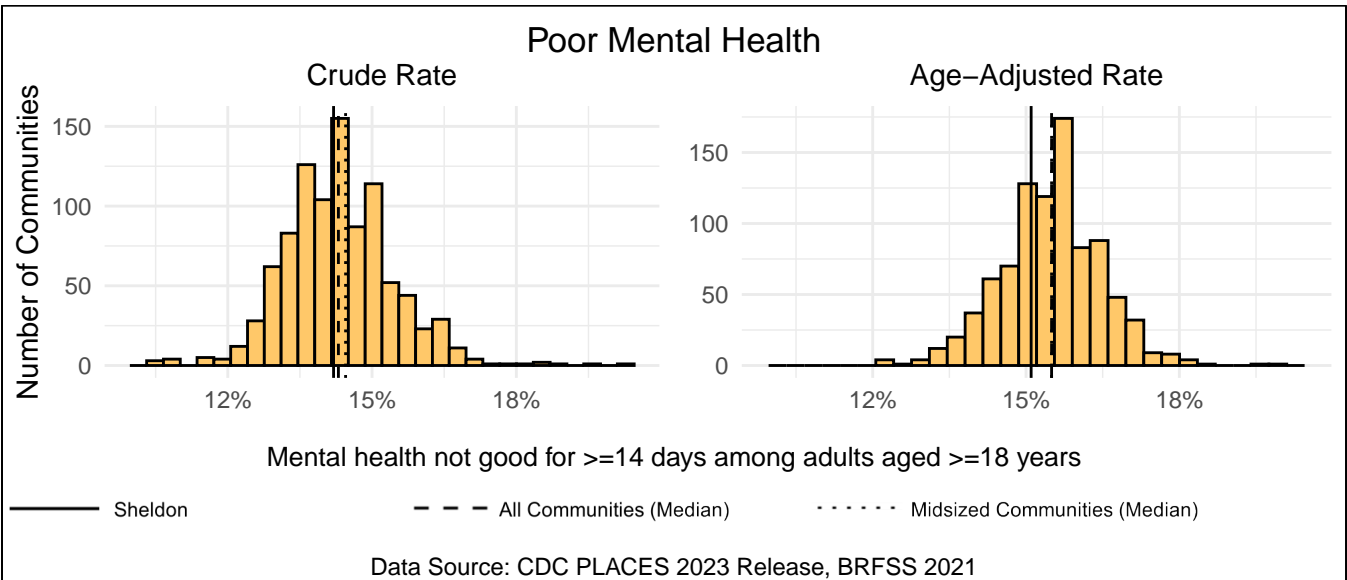
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	10.6%	10.8%	10.7%
Age-Adjusted	9.9%	9.7%	9.9%



Poor Mental Health

Sheldon has a crude rate of 14.2% for mental health not good for >=14 days among adults aged >=18 years, which ranks 432nd out of 958 Iowa communities (41st out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 15.1%, which ranks 270th out of 905 Iowa communities (37th out of 102 mid-sized communities).

Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	14.2%	14.3%	14.4%
Age-Adjusted	15.1%	15.5%	15.5%



Health Risk Behaviors

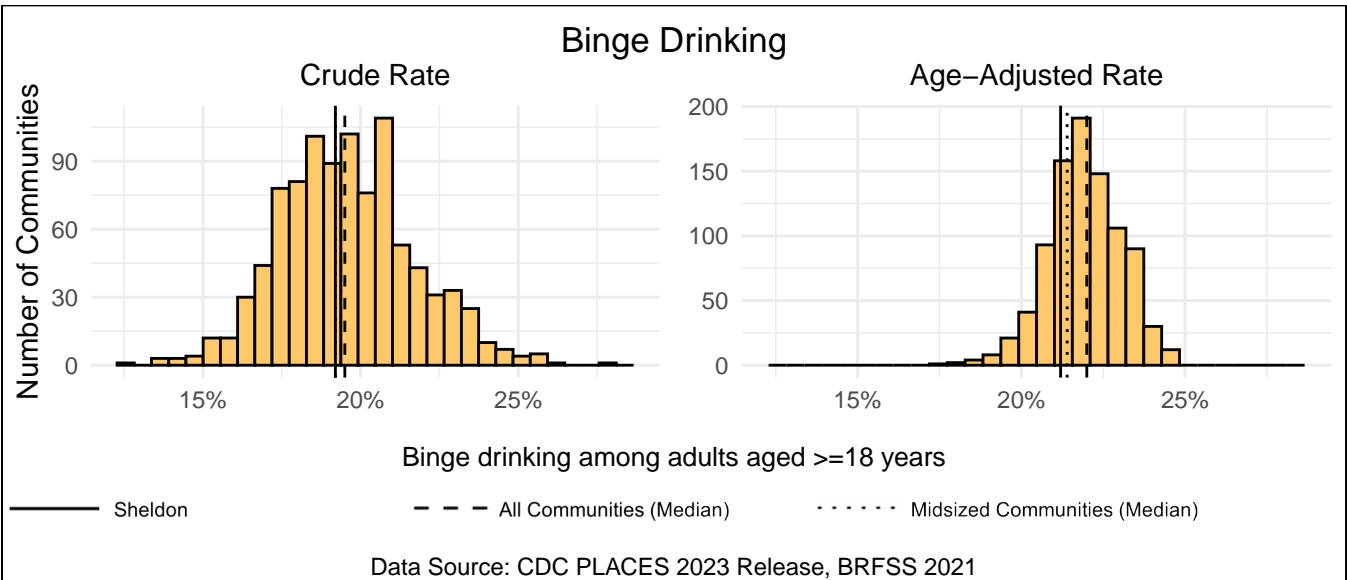
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Sheldon has a crude rate of 19.2% for binge drinking among adults aged ≥ 18 years, which ranks 416th out of 958 Iowa communities (49th out of 102 midsized communities). The age-adjusted rate for Sheldon is 21.2%, which ranks 202nd out of 905 Iowa communities (41st out of 102 midsized communities).

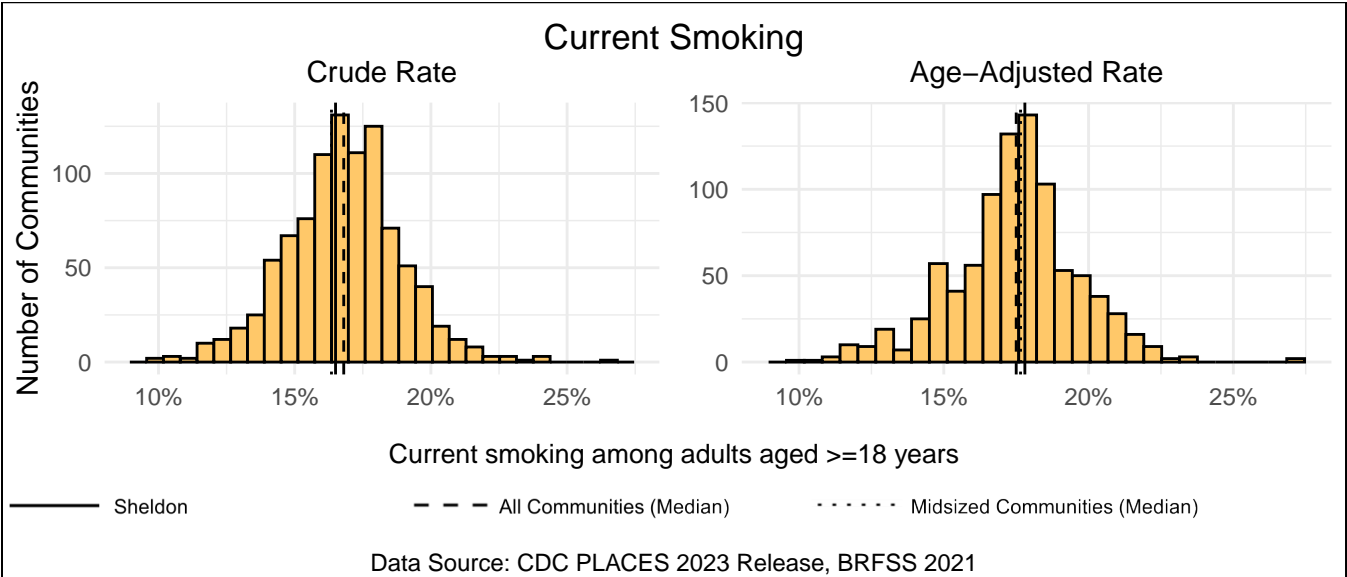
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	19.2%	19.5%	19.2%
Age-Adjusted	21.2%	22.0%	21.4%



Current Smoking

Sheldon has a crude rate of 16.5% for current smoking among adults aged >=18 years, which ranks 406th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Sheldon is 17.8%, which ranks 495th out of 905 Iowa communities (54th out of 102 midsize communities).

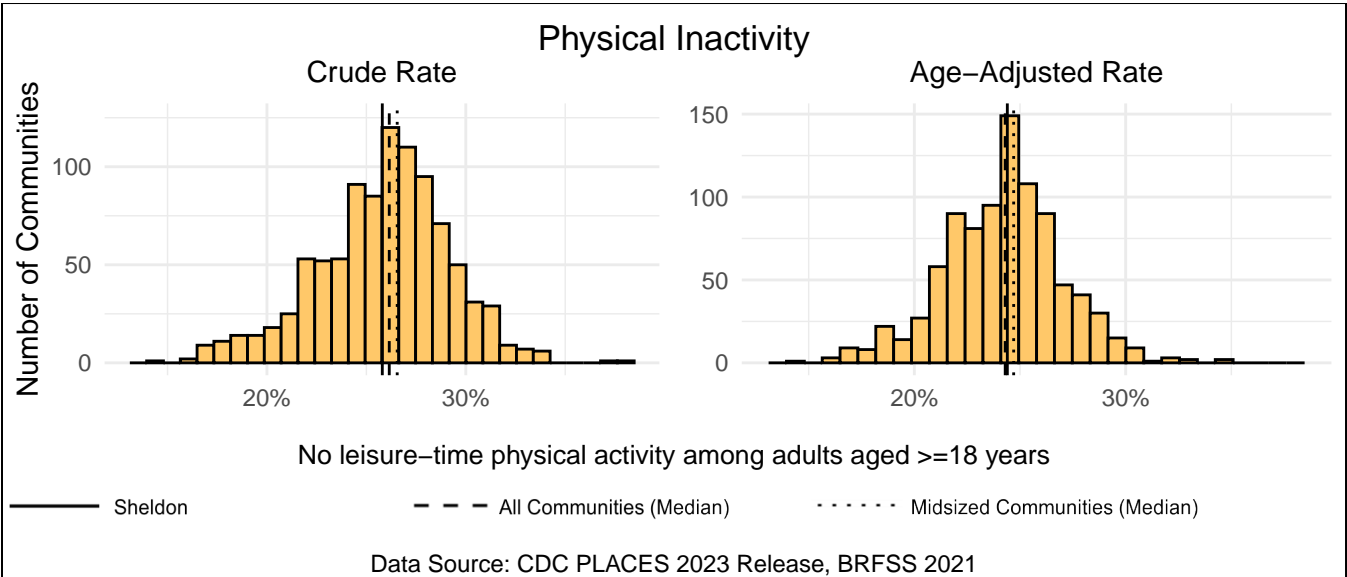
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	16.5%	16.8%	16.4%
Age-Adjusted	17.8%	17.5%	17.6%



Physical Inactivity

Sheldon has a crude rate of 25.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 429th out of 958 Iowa communities (43rd out of 102 midsize communities). The age-adjusted rate for Sheldon is 24.4%, which ranks 462nd out of 905 Iowa communities (45th out of 102 midsize communities).

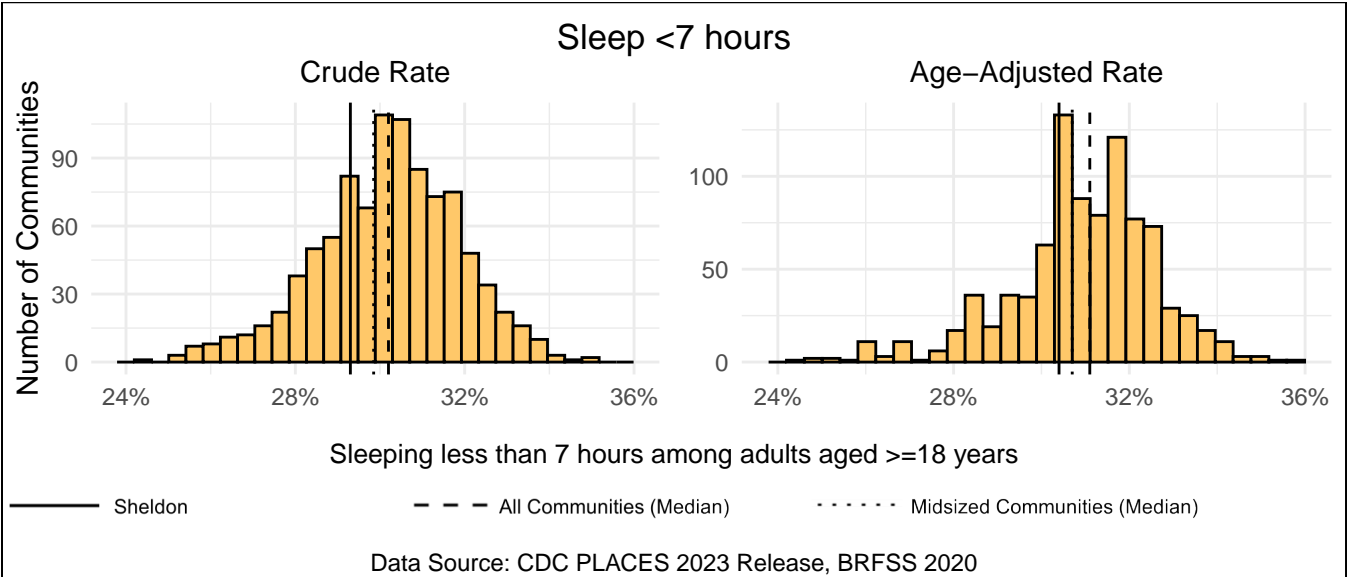
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	25.8%	26.1%	26.6%
Age-Adjusted	24.4%	24.3%	24.7%



Sleep <7 hours

Sheldon has a crude rate of 29.3% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 258th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 30.4%, which ranks 265th out of 905 Iowa communities (39th out of 102 mid-sized communities).

Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	29.3%	30.2%	29.8%
Age-Adjusted	30.4%	31.1%	30.7%



Health Outcomes

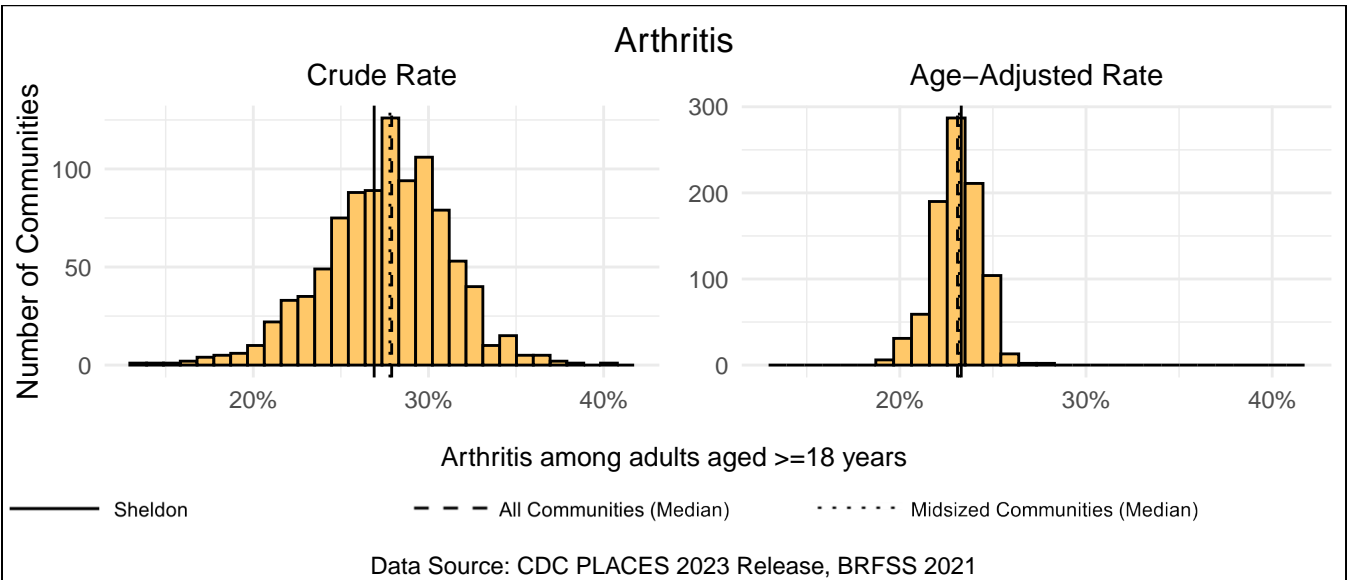
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Sheldon has a crude rate of 26.9% for arthritis among adults aged ≥ 18 years, which ranks 373rd out of 958 Iowa communities (40th out of 102 midsize communities). The age-adjusted rate for Sheldon is 23.3%, which ranks 494th out of 905 Iowa communities (52nd out of 102 midsize communities).

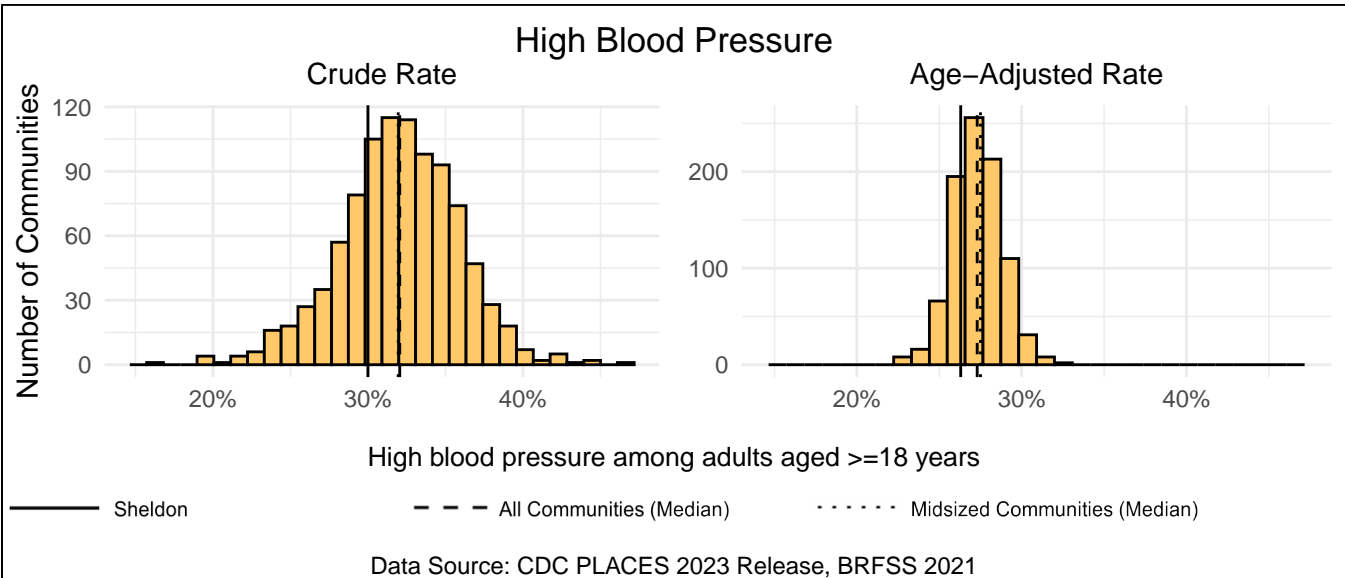
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	26.9%	27.9%	27.8%
Age-Adjusted	23.3%	23.1%	23.2%



High Blood Pressure

Sheldon has a crude rate of 30.0% for high blood pressure among adults aged ≥ 18 years, which ranks 257th out of 958 Iowa communities (33rd out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 26.3%, which ranks 230th out of 905 Iowa communities (27th out of 102 mid-sized communities).

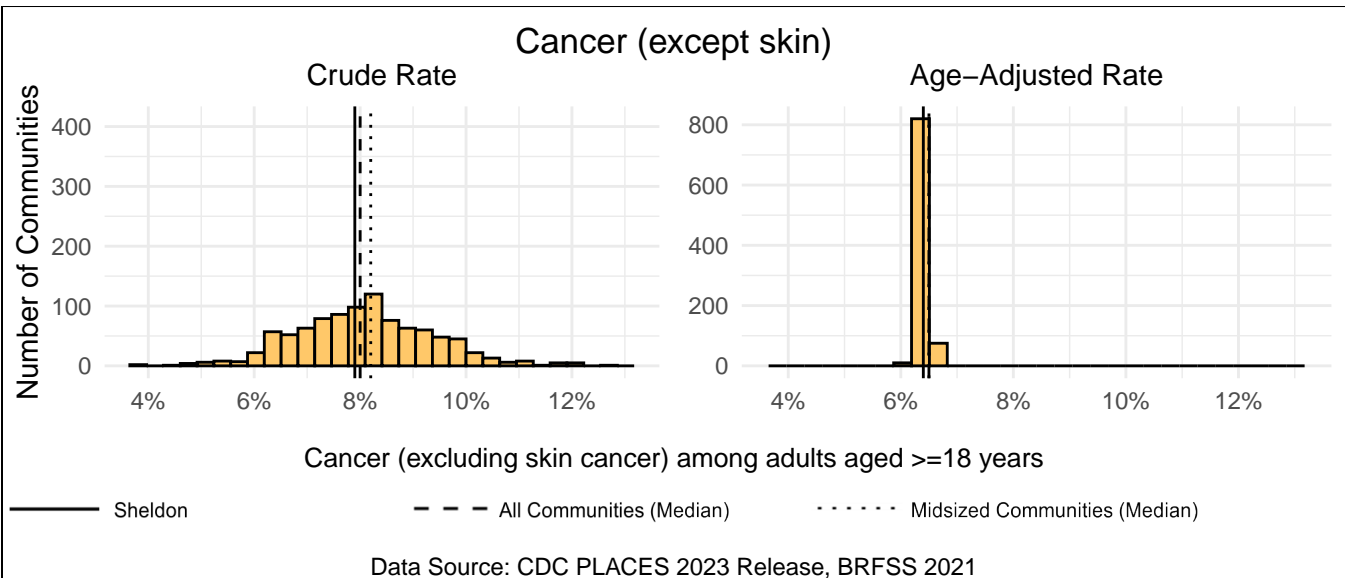
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	30.0%	32.0%	32.0%
Age-Adjusted	26.3%	27.3%	27.5%



Cancer (except skin)

Sheldon 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 Sheldon is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

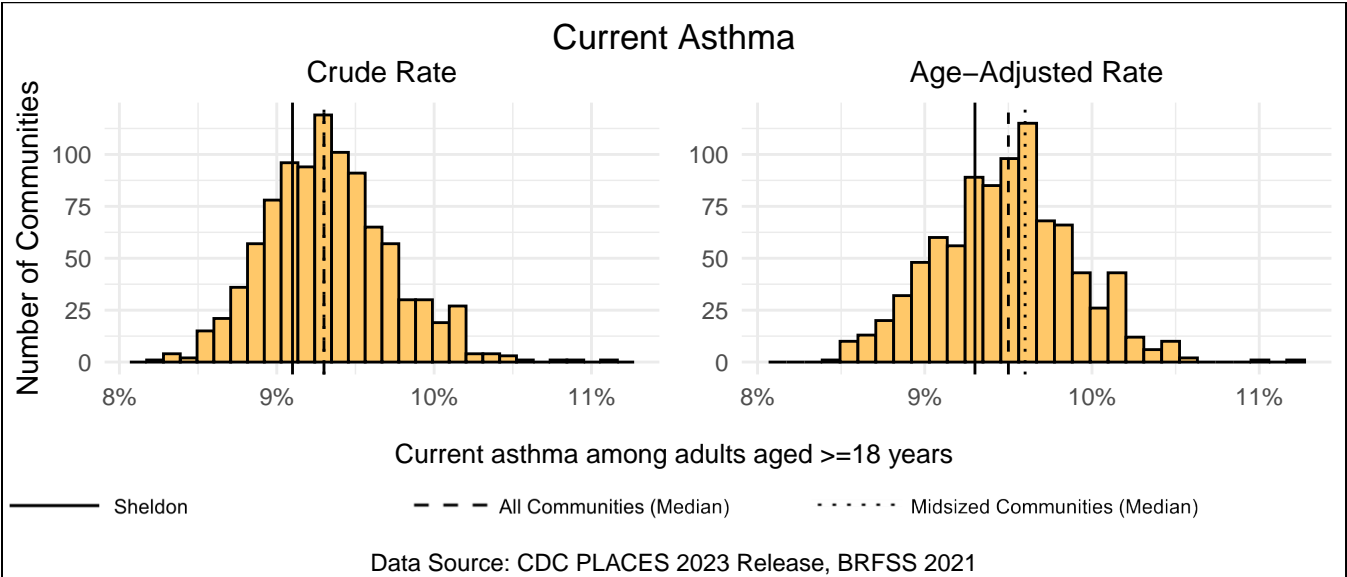
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	7.9%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Sheldon has a crude rate of 9.1% for current asthma among adults aged ≥ 18 years, which ranks 215th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Sheldon is 9.3%, which ranks 241st out of 905 Iowa communities (26th out of 102 midsize communities).

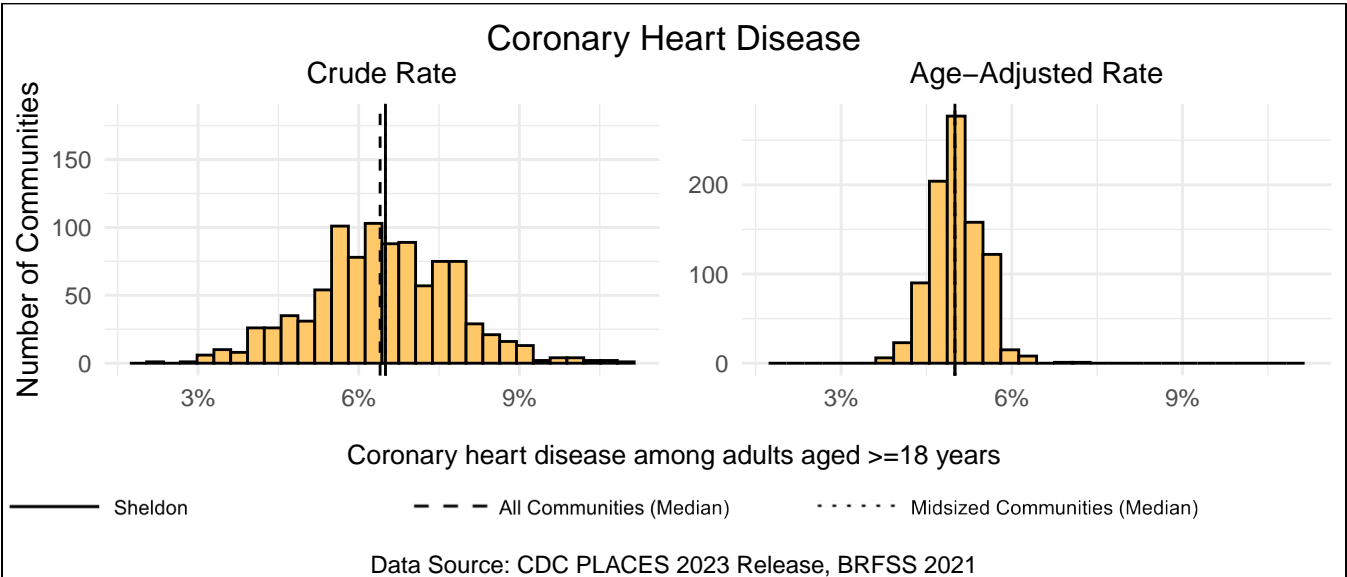
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.6%



Coronary Heart Disease

Sheldon has a crude rate of 6.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 481st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Sheldon is 5.0%, which ranks 419th out of 905 Iowa communities (49th out of 102 midsize communities).

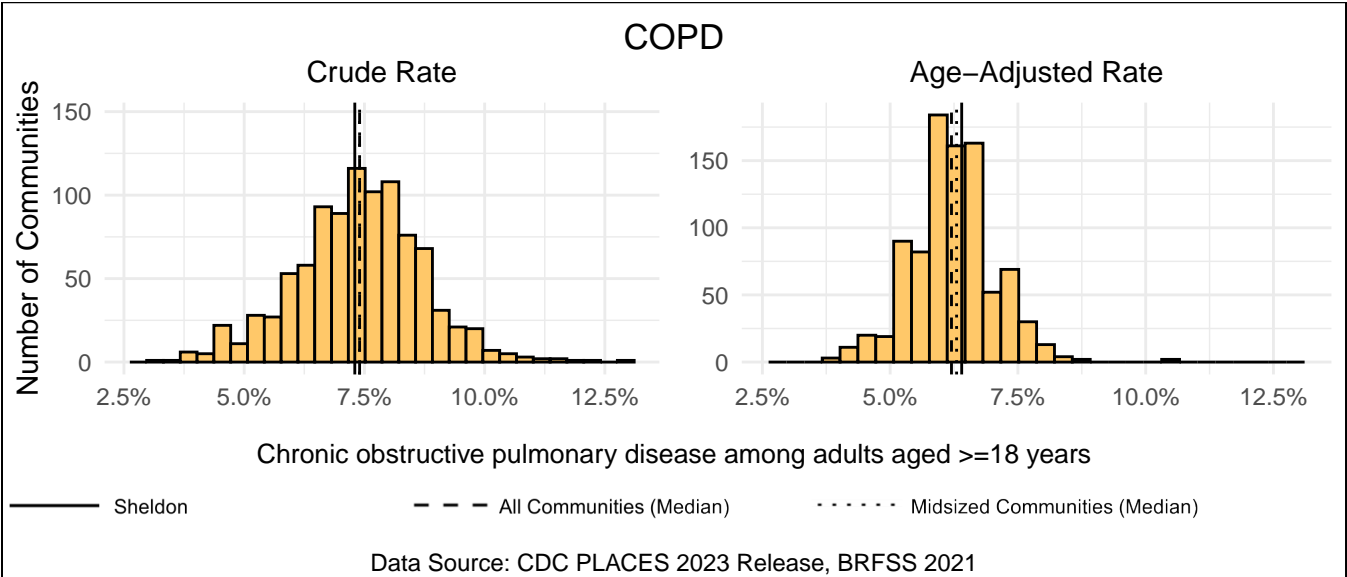
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	6.5%	6.4%	6.5%
Age-Adjusted	5.0%	5.0%	5.0%



COPD

Sheldon has a crude rate of 7.3% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 423rd out of 958 Iowa communities (50th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 6.4%, which ranks 513th out of 905 Iowa communities (53rd out of 102 mid-sized communities).

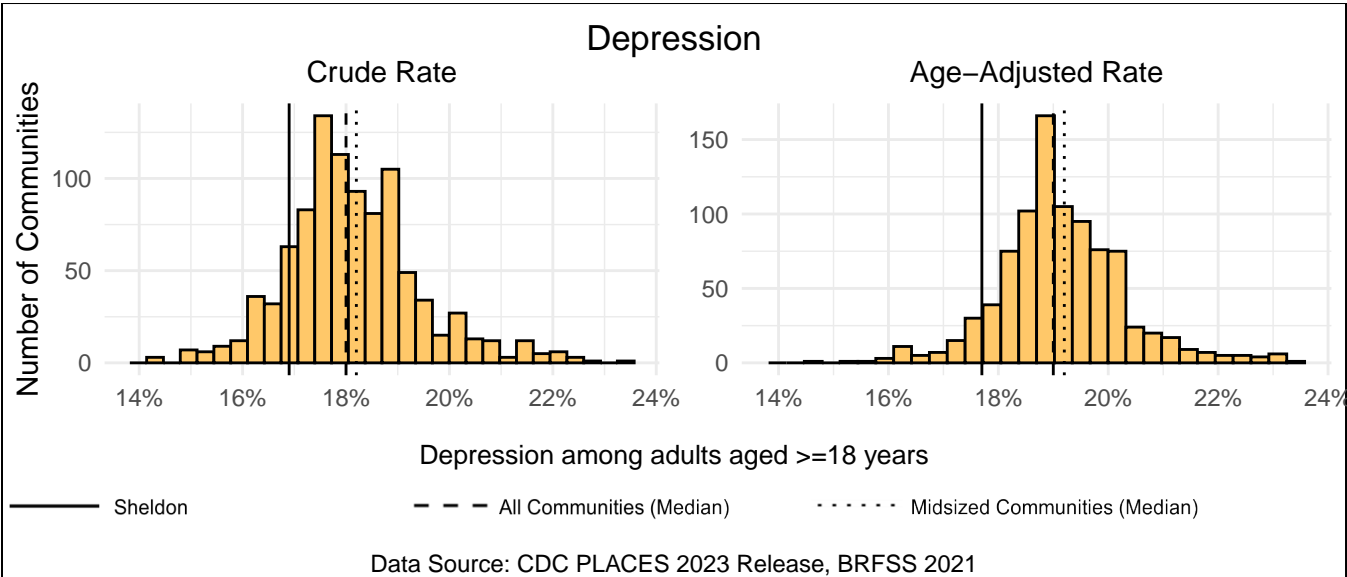
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	7.3%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.3%



Depression

Sheldon has a crude rate of 16.9% for depression among adults aged >=18 years, which ranks 122nd out of 958 Iowa communities (7th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 17.7%, which ranks 69th out of 905 Iowa communities (10th out of 102 mid-sized communities).

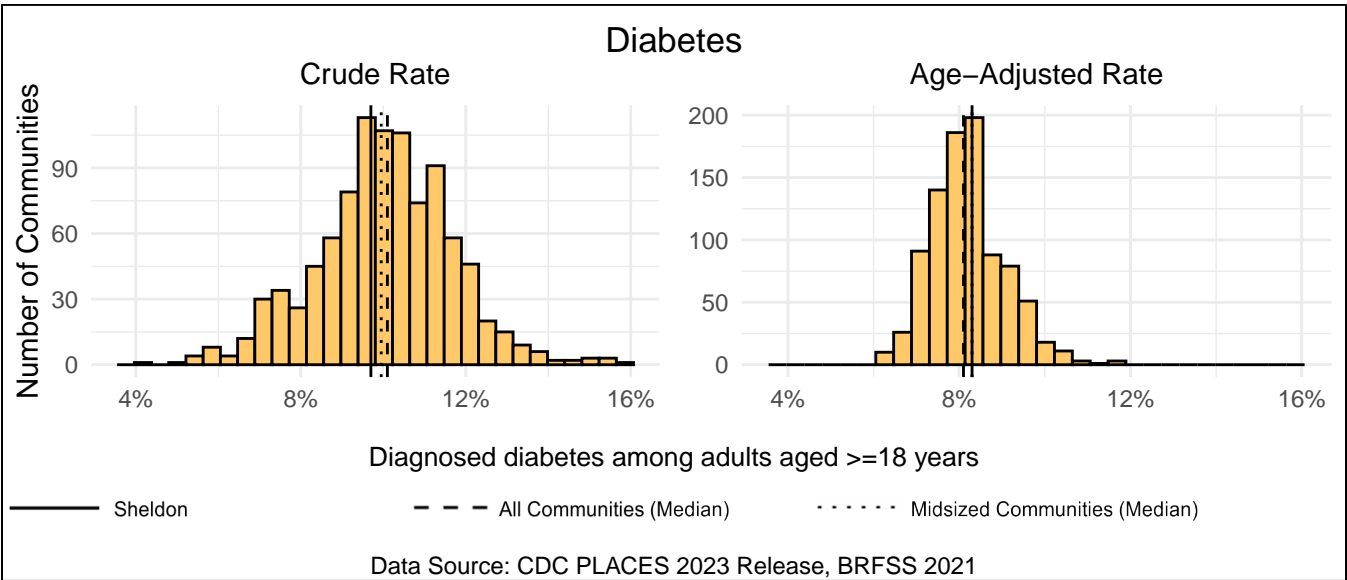
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	16.9%	18.0%	18.2%
Age-Adjusted	17.7%	19.0%	19.2%



Diabetes

Sheldon has a crude rate of 9.7% for diagnosed diabetes among adults aged >=18 years, which ranks 378th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Sheldon is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 midsize communities).

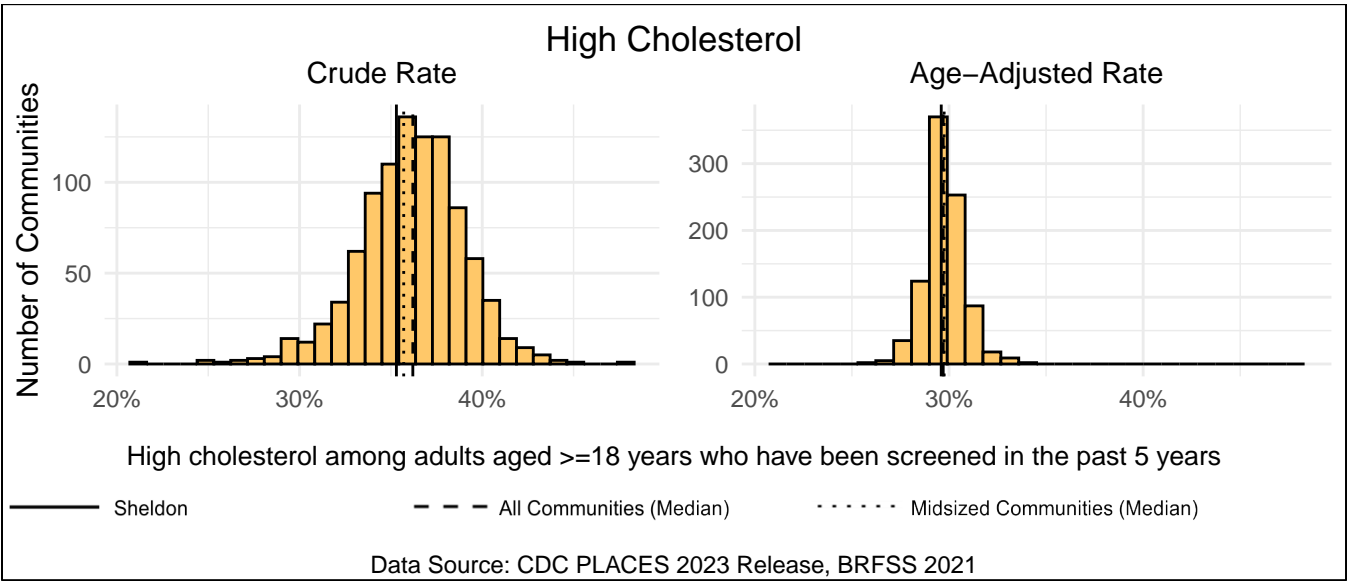
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	9.7%	10.1%	9.9%
Age-Adjusted	8.3%	8.1%	8.3%



High Cholesterol

Sheldon has a crude rate of 35.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 328th out of 958 Iowa communities (41st out of 102 midsize communities). The age-adjusted rate for Sheldon is 29.6%, which ranks 379th out of 905 Iowa communities (41st out of 102 midsize communities).

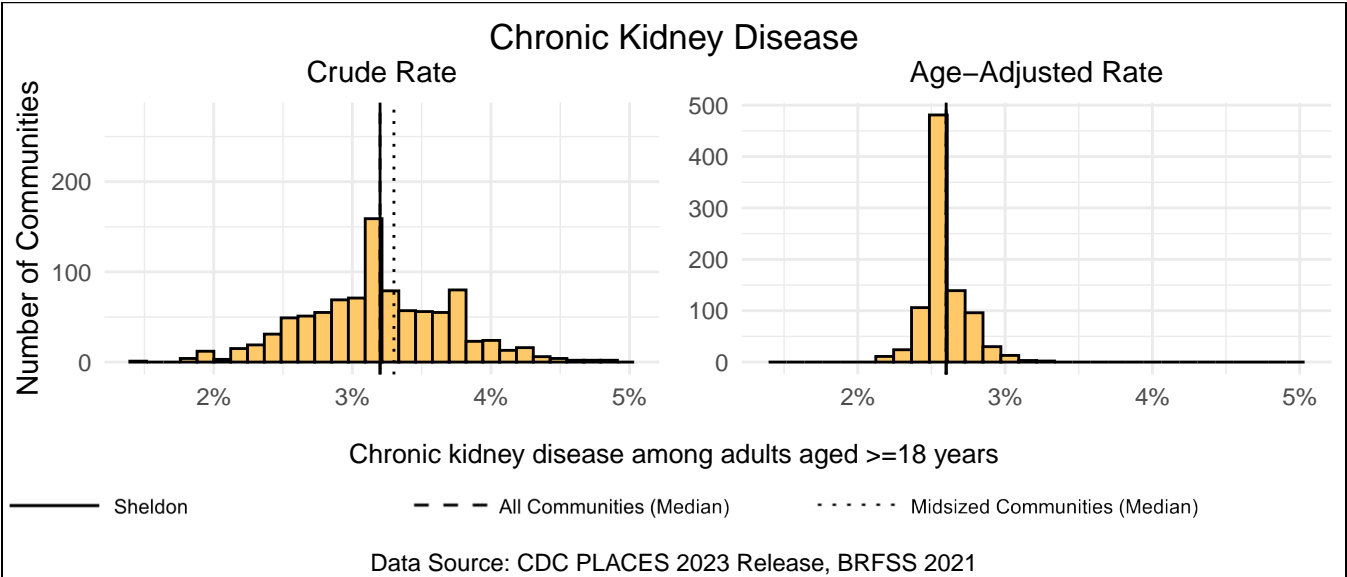
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	35.3%	36.2%	35.7%
Age-Adjusted	29.6%	29.7%	29.8%



Chronic Kidney Disease

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

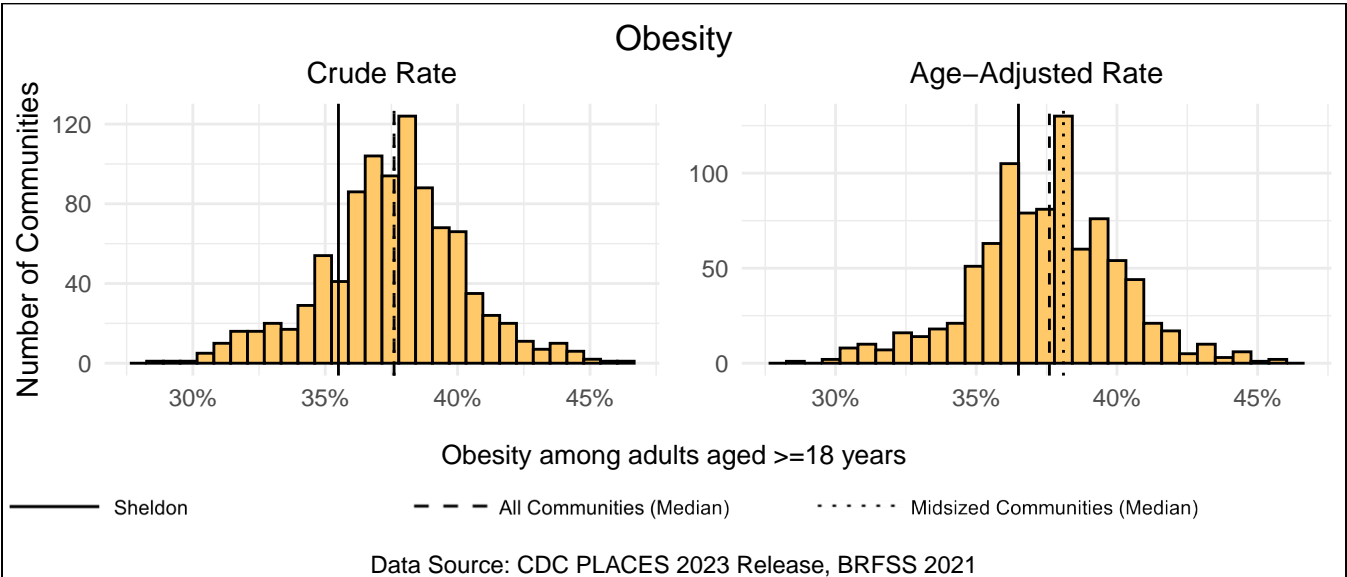
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Sheldon has a crude rate of 35.5% for obesity among adults aged >=18 years, which ranks 186th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Sheldon is 36.5%, which ranks 302nd out of 905 Iowa communities (31st out of 102 midsized communities).

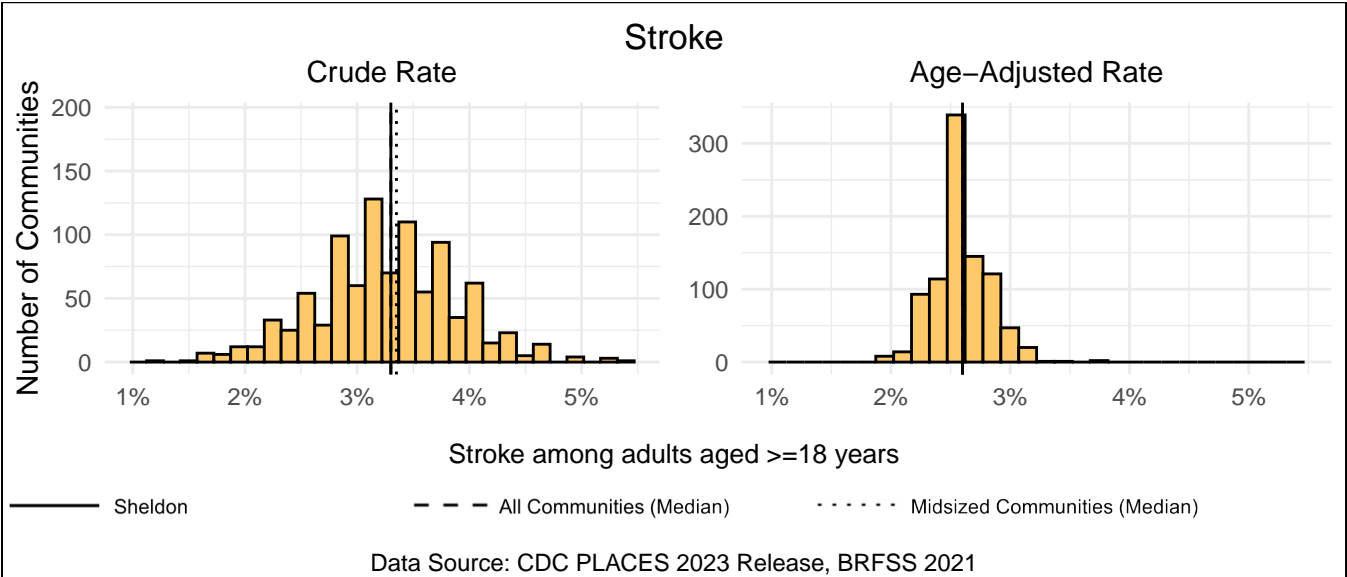
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	35.5%	37.6%	37.6%
Age-Adjusted	36.5%	37.6%	38.1%



Stroke

Sheldon 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 midsize communities). The age-adjusted rate for Sheldon is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 midsize communities).

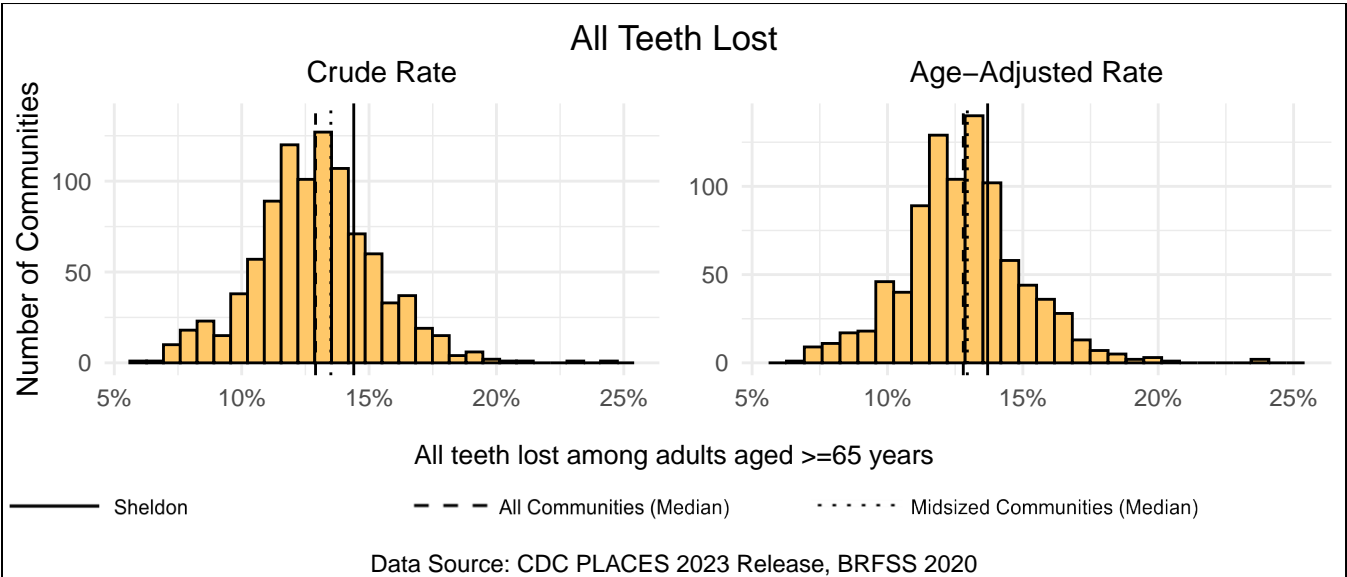
Measure Type	Sheldon	All Comm.	Midsize Comm.
Crude	3.3%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



All Teeth Lost

Sheldon has a crude rate of 14.4% for all teeth lost among adults aged ≥ 65 years, which ranks 725th out of 958 Iowa communities (66th out of 102 midsize communities). The age-adjusted rate for Sheldon is 13.7%, which ranks 628th out of 905 Iowa communities (65th out of 102 midsize communities).

Measure Type	Sheldon	All Comm.	Midsize Comm.
Crude	14.4%	12.9%	13.5%
Age-Adjusted	13.7%	12.8%	12.9%



Prevention

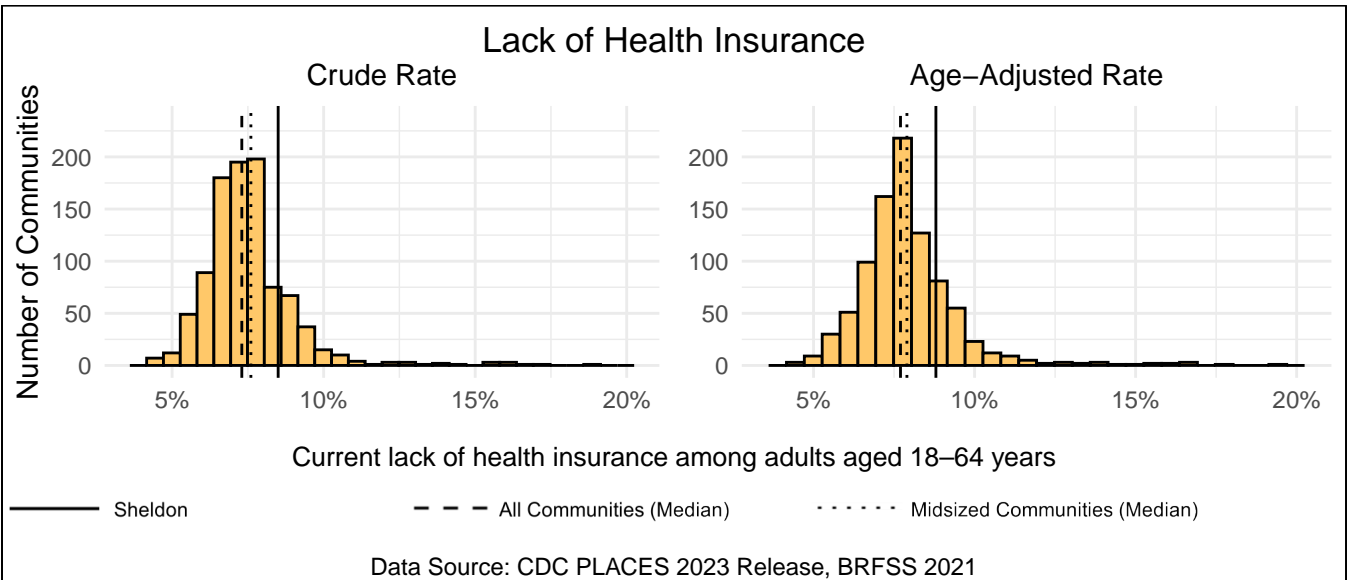
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Sheldon has a crude rate of 8.5% for current lack of health insurance among adults aged 18–64 years, which ranks 795th out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 8.8%, which ranks 735th out of 905 Iowa communities (66th out of 102 mid-sized communities).

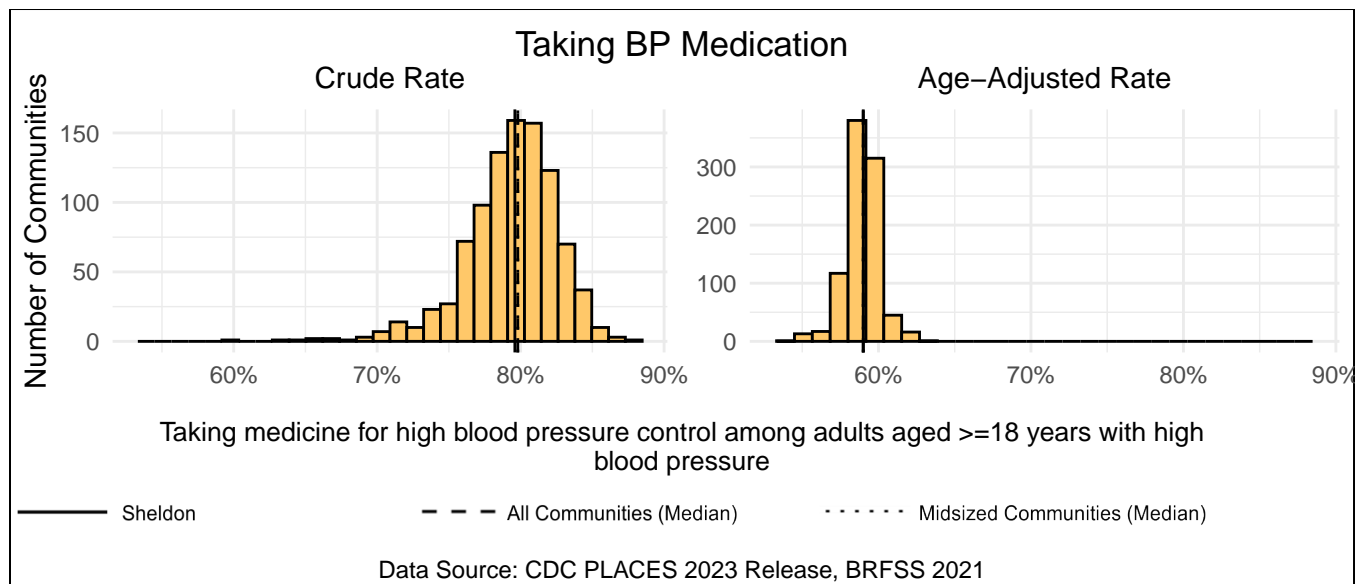
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	8.5%	7.3%	7.6%
Age-Adjusted	8.8%	7.7%	7.9%



Taking BP Medication

Sheldon has a crude rate of 79.6% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 493rd out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 59.0%, which ranks 415th out of 905 Iowa communities (50th out of 102 mid-sized communities).

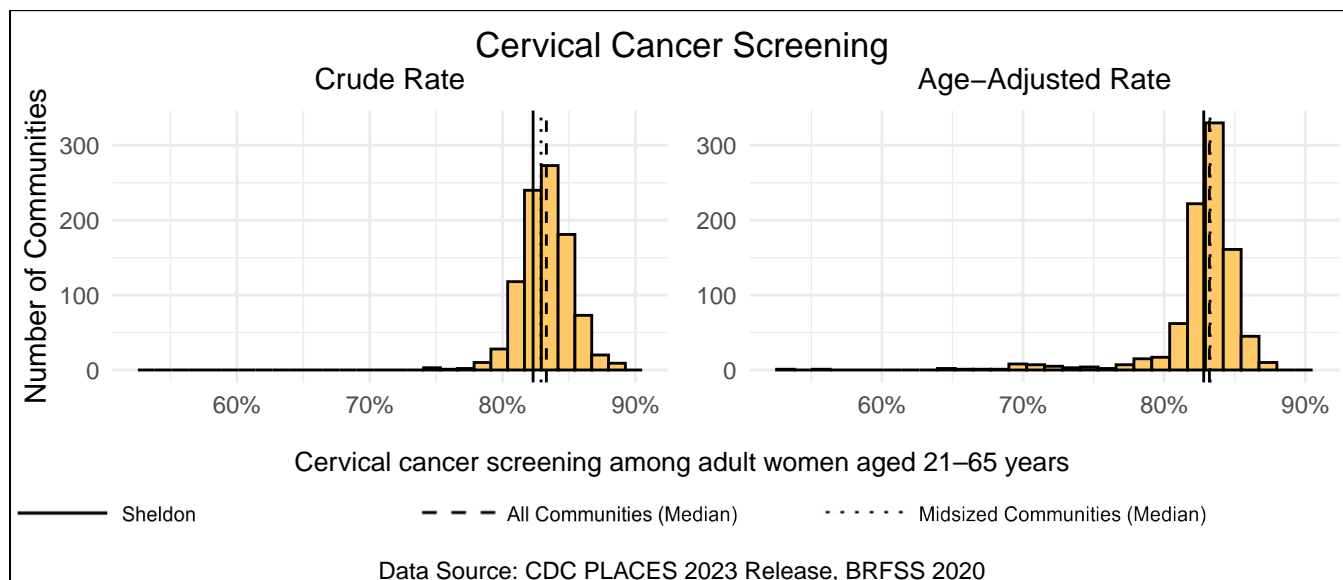
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	79.6%	79.8%	79.8%
Age-Adjusted	59.0%	59.0%	59.0%



Cervical Cancer Screening

Sheldon has a crude rate of 82.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 691st out of 958 Iowa communities (61st out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 82.8%, which ranks 579th out of 905 Iowa communities (65th out of 102 mid-sized communities).

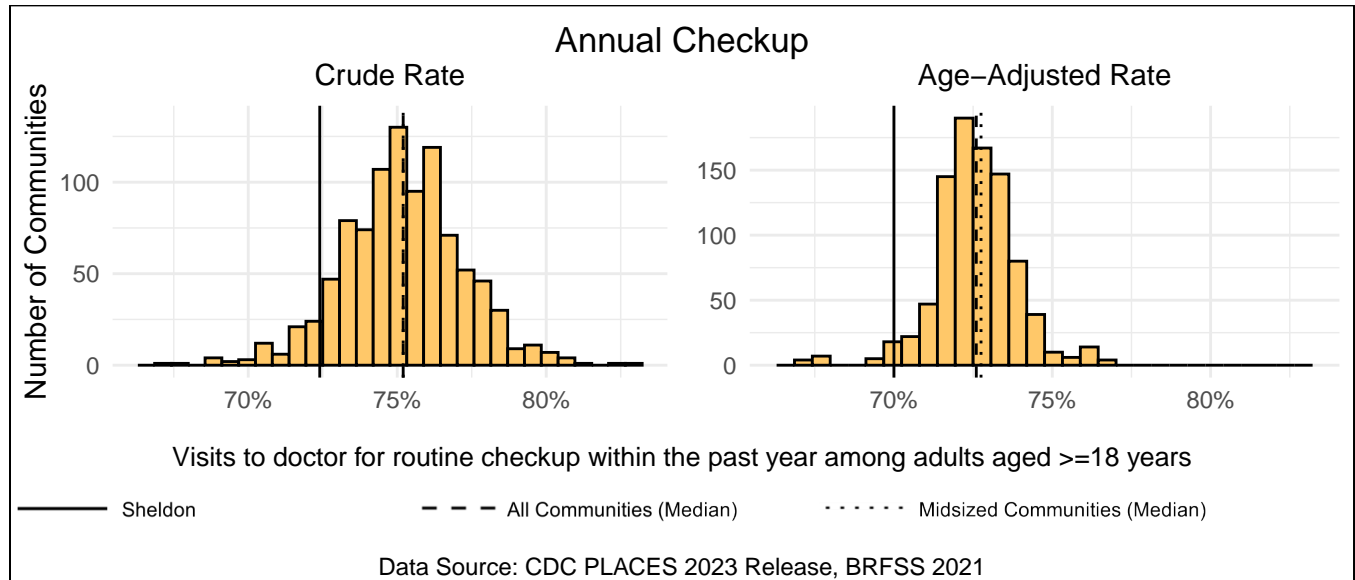
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	82.3%	83.3%	82.9%
Age-Adjusted	82.8%	83.2%	83.2%



Annual Checkup

Sheldon has a crude rate of 72.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 889th out of 958 Iowa communities (93rd out of 102 midsize communities). The age-adjusted rate for Sheldon is 70.0%, which ranks 881st out of 905 Iowa communities (98th out of 102 midsize communities).

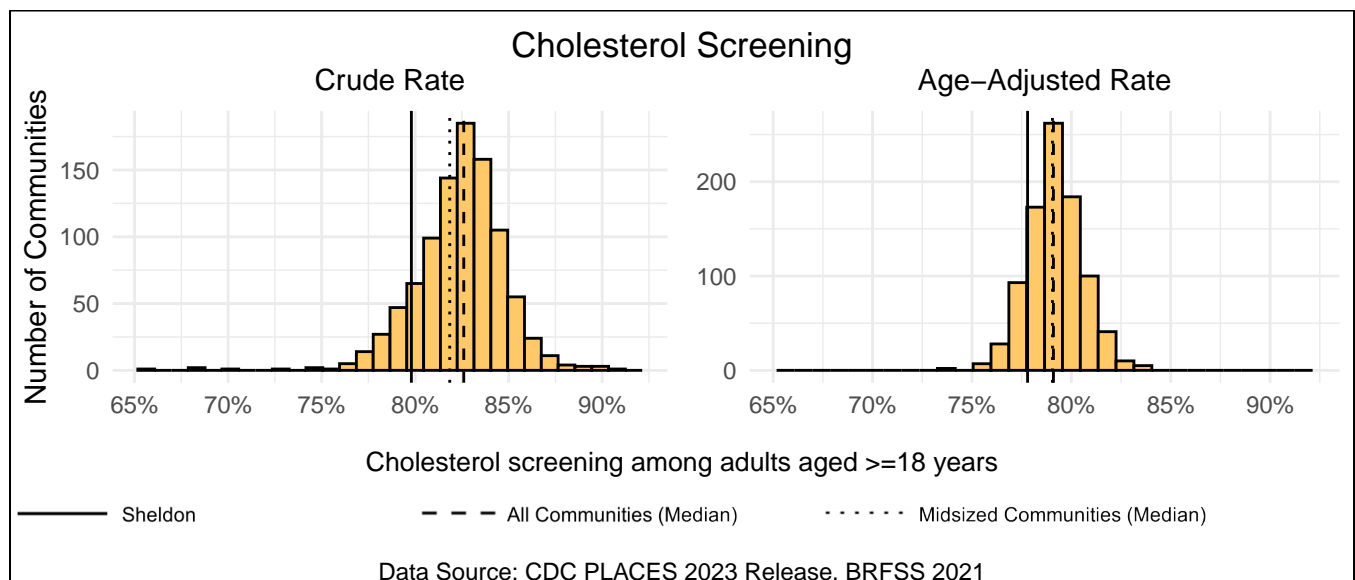
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	72.4%	75.2%	75.2%
Age-Adjusted	70.0%	72.6%	72.8%



Cholesterol Screening

Sheldon has a crude rate of 79.8% for cholesterol screening among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Sheldon is 77.8%, which ranks 762nd out of 905 Iowa communities (77th out of 102 midsize communities).

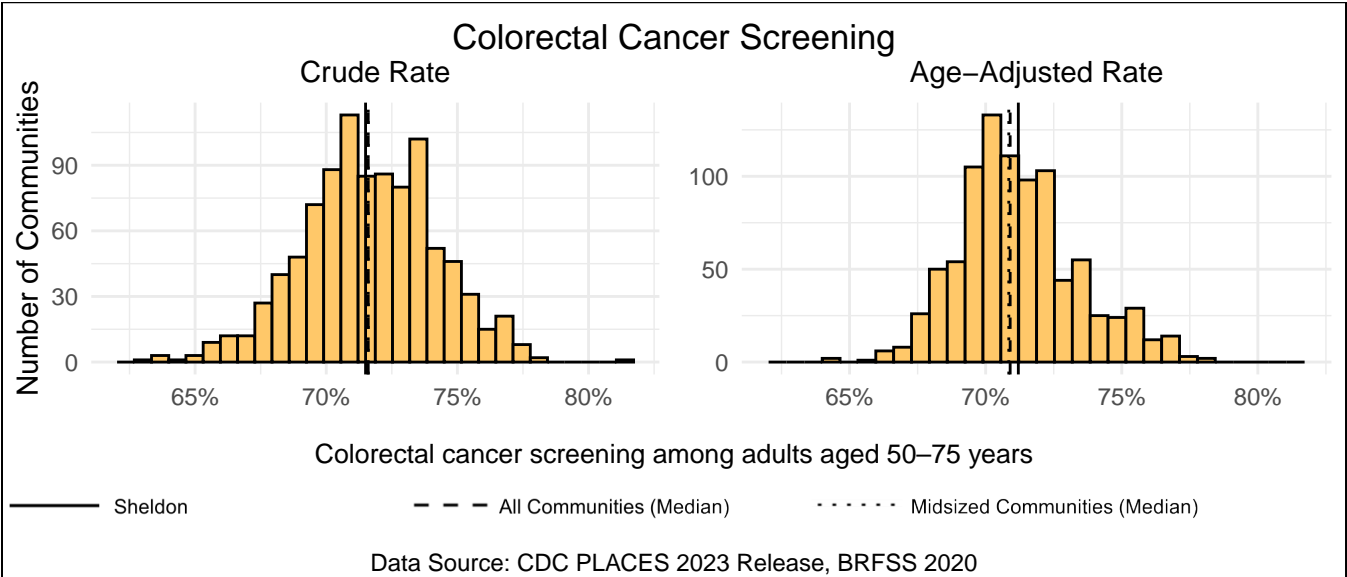
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	79.8%	82.6%	81.8%
Age-Adjusted	77.8%	79.1%	79.0%



Colorectal Cancer Screening

Sheldon has a crude rate of 71.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 486th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 71.2%, which ranks 410th out of 905 Iowa communities (49th out of 102 mid-sized communities).

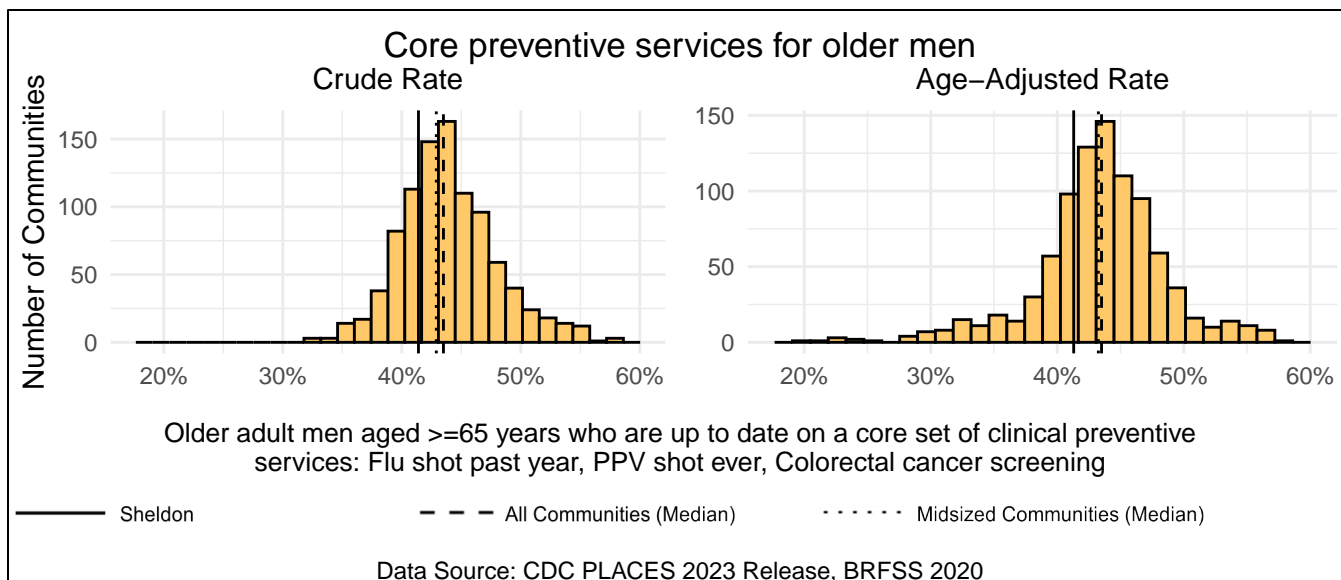
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	71.5%	71.6%	71.6%
Age-Adjusted	71.2%	70.9%	70.8%



Core preventive services for older men

Sheldon has a crude rate of 41.4% 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 707th out of 958 Iowa communities (65th out of 102 midsized communities). The age-adjusted rate for Sheldon is 41.3%, which ranks 657th out of 905 Iowa communities (68th out of 102 mid-sized communities).

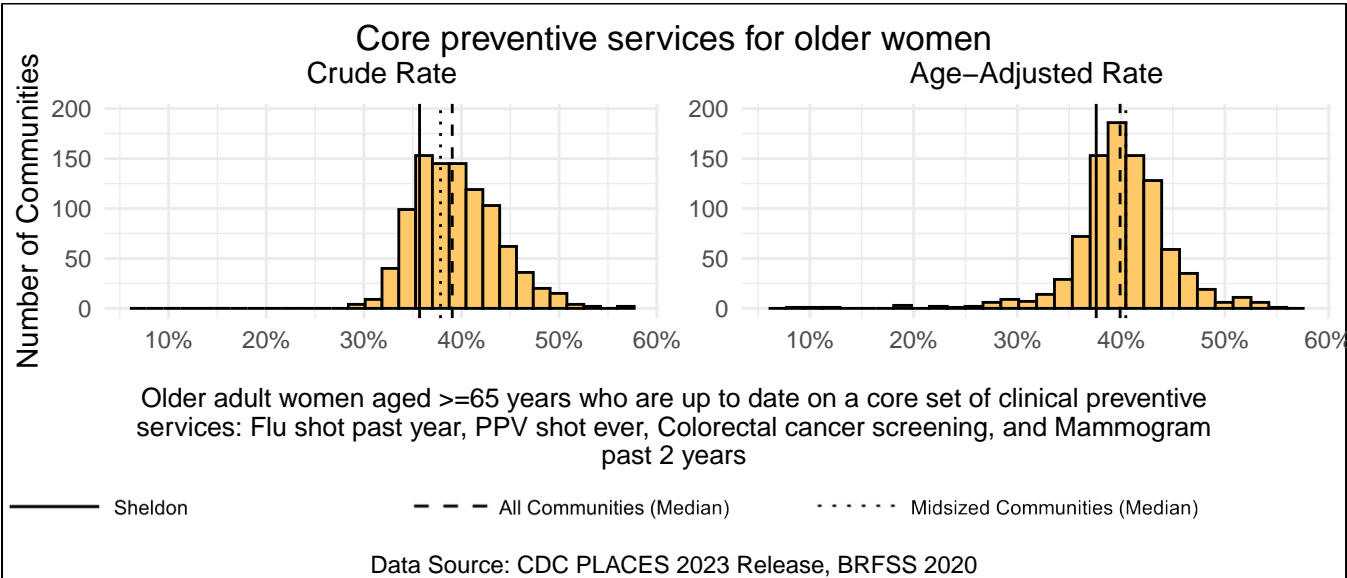
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	41.4%	43.5%	42.9%
Age-Adjusted	41.3%	43.5%	43.2%



Core preventive services for older women

Sheldon has a crude rate of 35.7% 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 780th out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 37.6%, which ranks 713th out of 905 Iowa communities (81st out of 102 mid-sized communities).

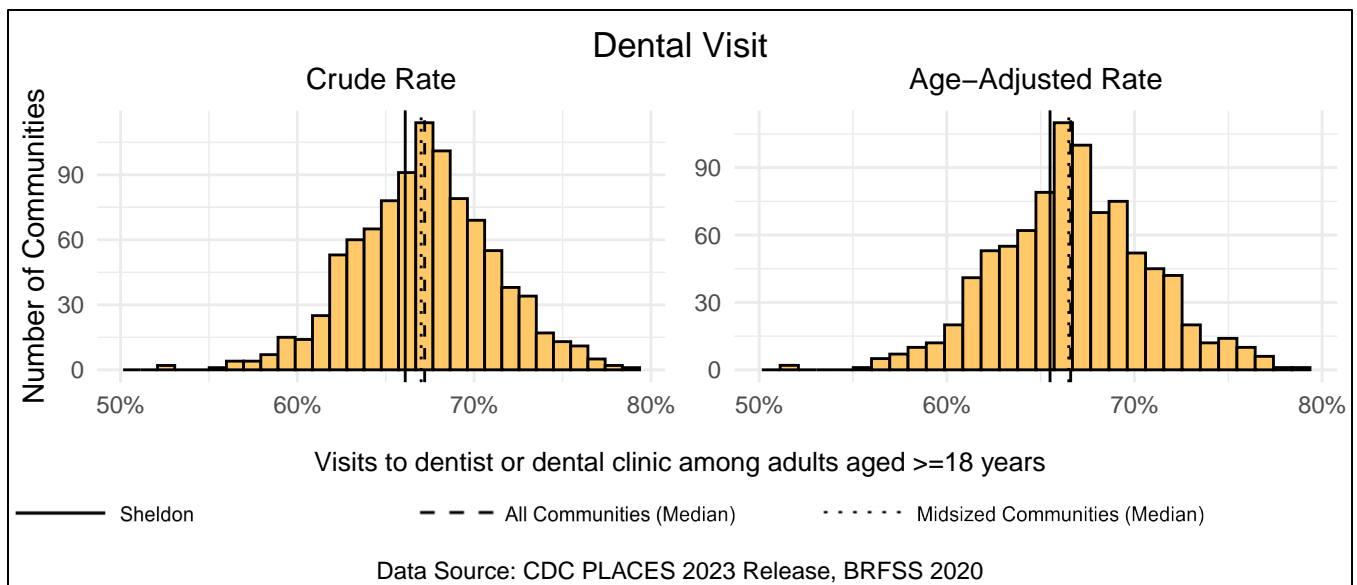
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	35.7%	39.0%	37.8%
Age-Adjusted	37.6%	39.9%	40.4%



Dental Visit

Sheldon has a crude rate of 66.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 592nd out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 65.5%, which ranks 577th out of 905 Iowa communities (58th out of 102 mid-sized communities).

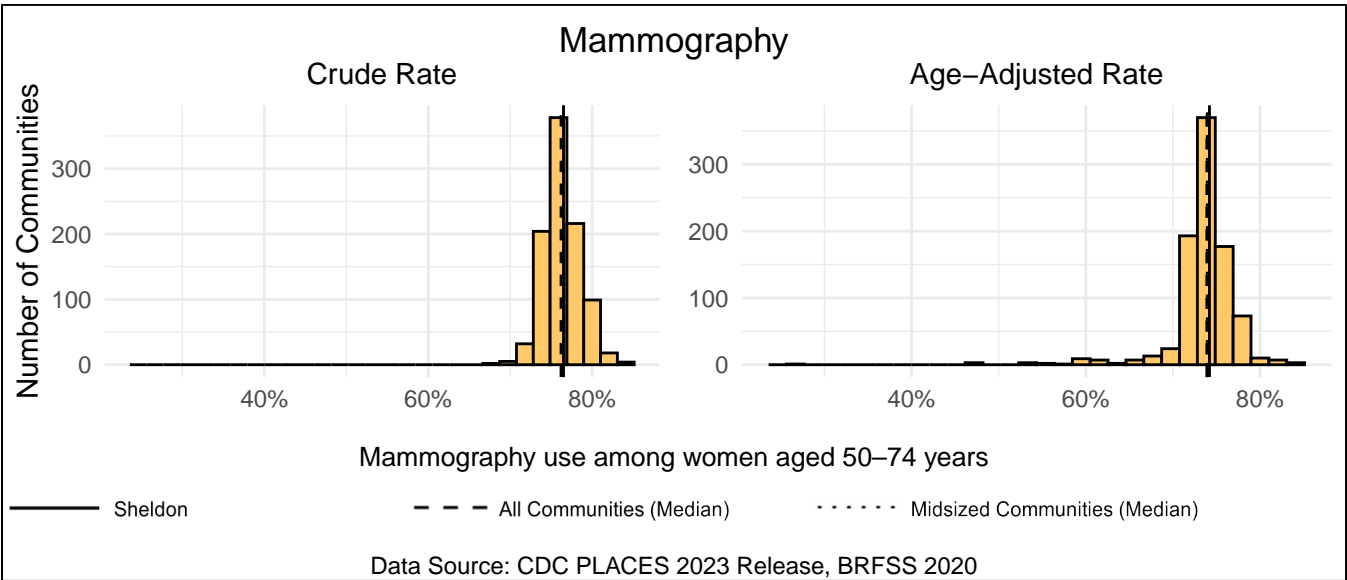
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	66.1%	67.2%	67.0%
Age-Adjusted	65.5%	66.6%	66.5%



Mammography

Sheldon has a crude rate of 76.5% for mammography use among women aged 50–74 years, which ranks 410th out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Sheldon is 74.2%, which ranks 378th out of 905 Iowa communities (47th out of 102 midsize communities).

Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	76.5%	76.2%	76.5%
Age-Adjusted	74.2%	73.9%	74.0%



Disability

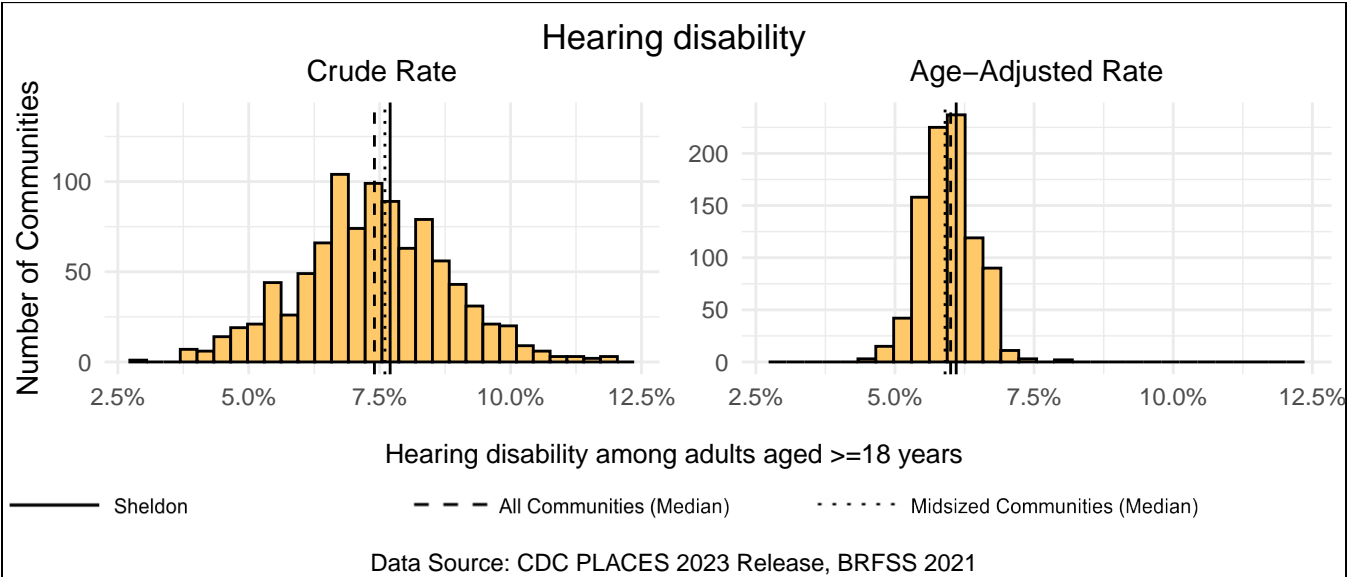
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Sheldon has a crude rate of 7.7% for hearing disability among adults aged ≥ 18 years, which ranks 566th out of 958 Iowa communities (53rd out of 102 midsize communities). The age-adjusted rate for Sheldon is 6.1%, which ranks 544th out of 905 Iowa communities (62nd out of 102 midsize communities).

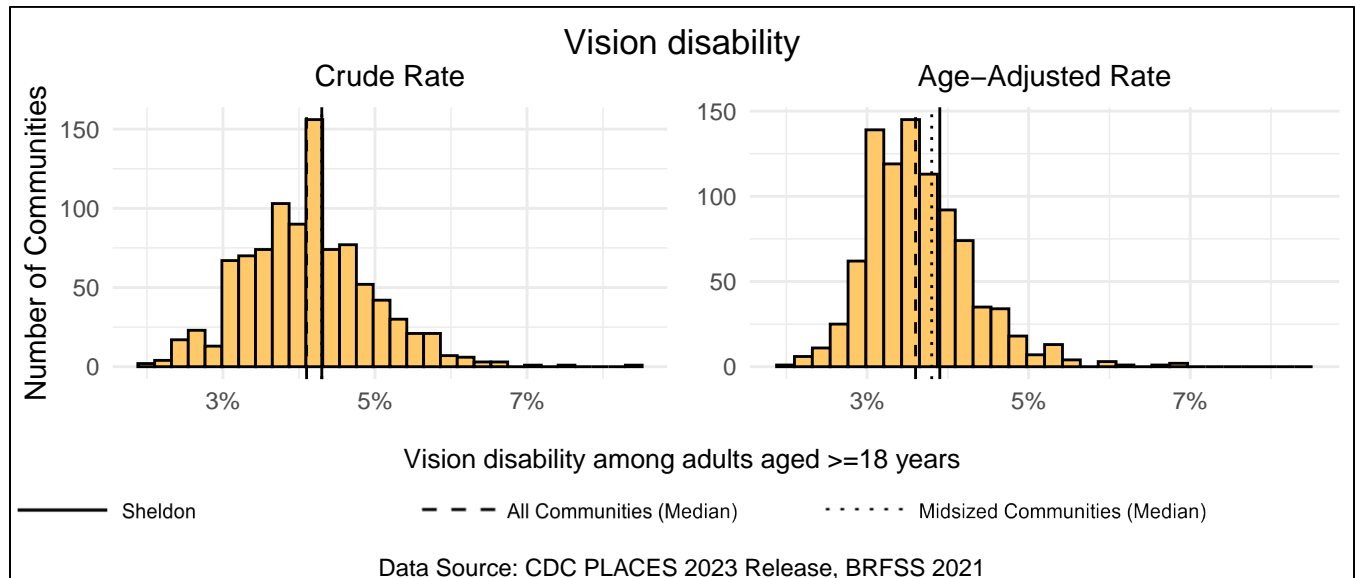
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	7.7%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.9%



Vision disability

Sheldon has a crude rate of 4.3% for vision disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Sheldon is 3.9%, which ranks 622nd out of 905 Iowa communities (59th out of 102 midsize communities).

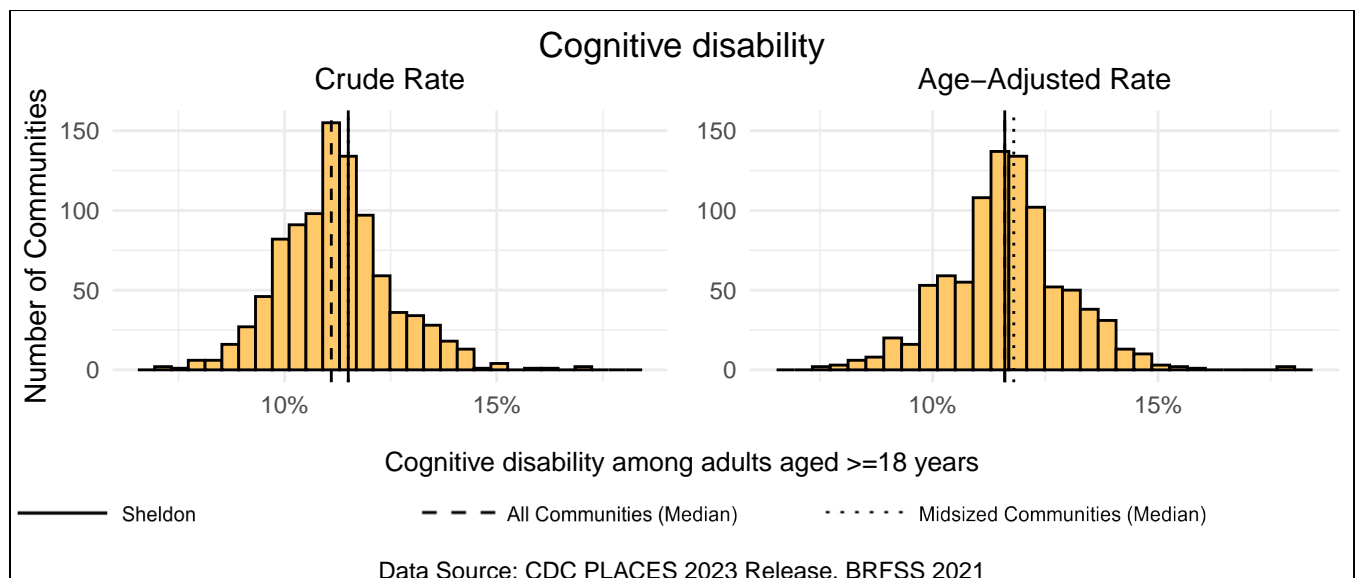
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	4.3%	4.1%	4.3%
Age-Adjusted	3.9%	3.6%	3.8%



Cognitive disability

Sheldon has a crude rate of 11.5% for cognitive disability among adults aged ≥ 18 years, which ranks 601st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Sheldon is 11.6%, which ranks 431st out of 905 Iowa communities (43rd out of 102 midsize communities).

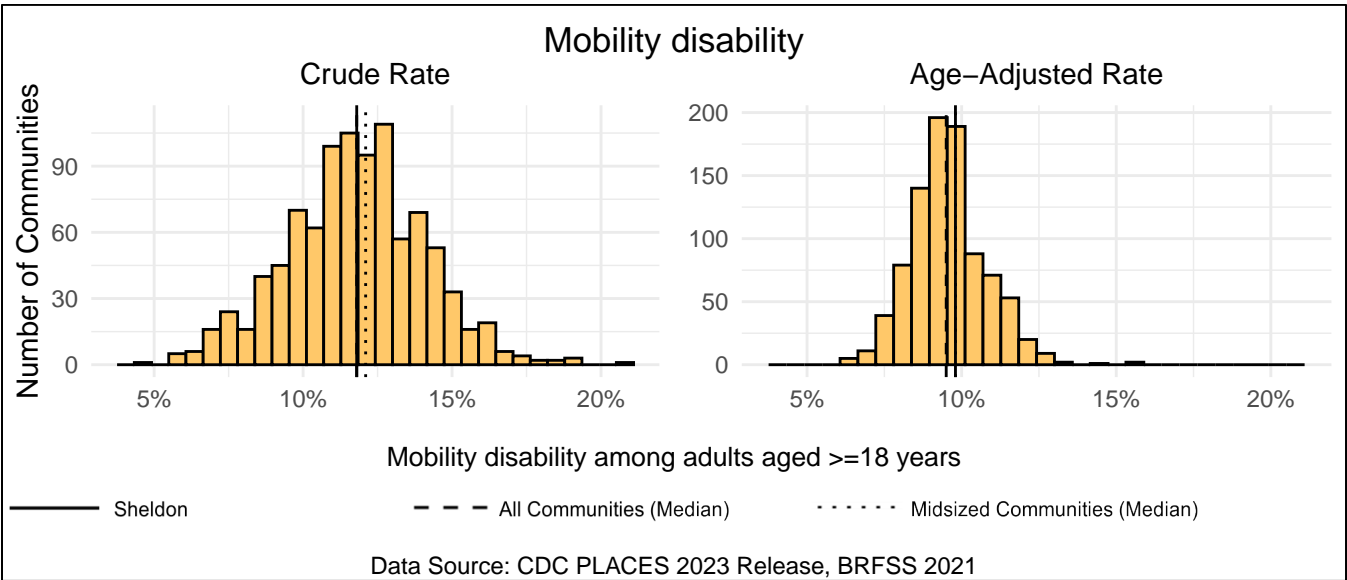
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	11.5%	11.1%	11.5%
Age-Adjusted	11.6%	11.6%	11.8%



Mobility disability

Sheldon has a crude rate of 11.8% for mobility disability among adults aged ≥ 18 years, which ranks 471st out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 9.8%, which ranks 541st out of 905 Iowa communities (51st out of 102 mid-sized communities).

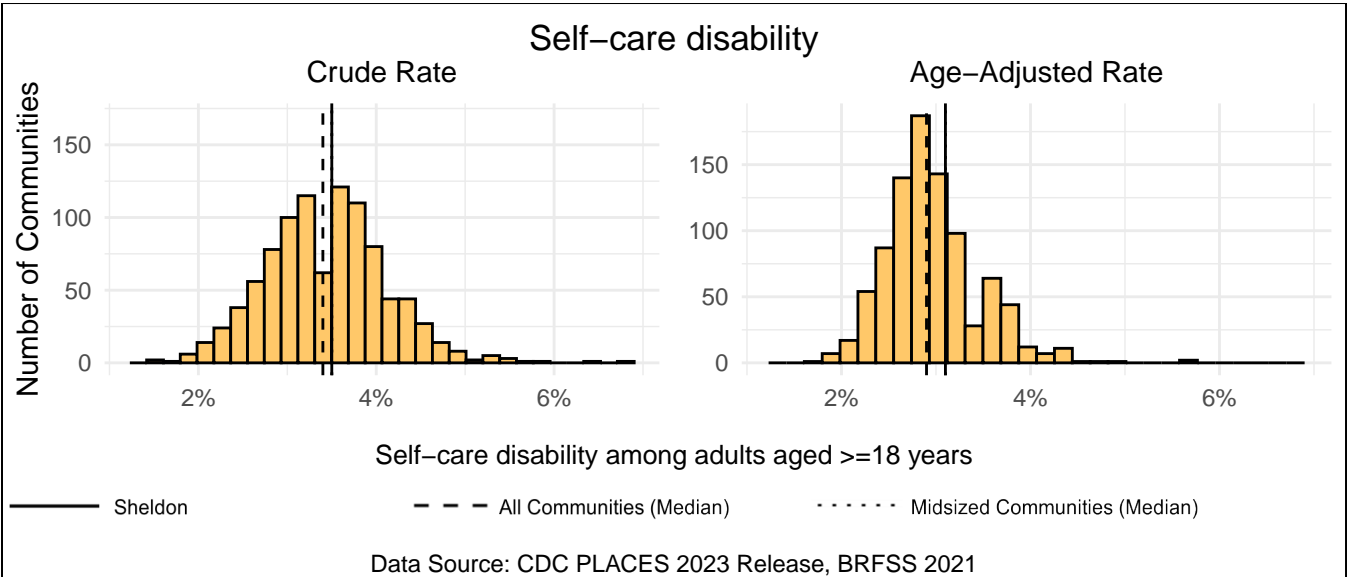
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	11.8%	11.8%	12.1%
Age-Adjusted	9.8%	9.5%	9.8%



Self-care disability

Sheldon has a crude rate of 3.5% for self-care disability among adults aged ≥ 18 years, which ranks 497th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 mid-sized communities).

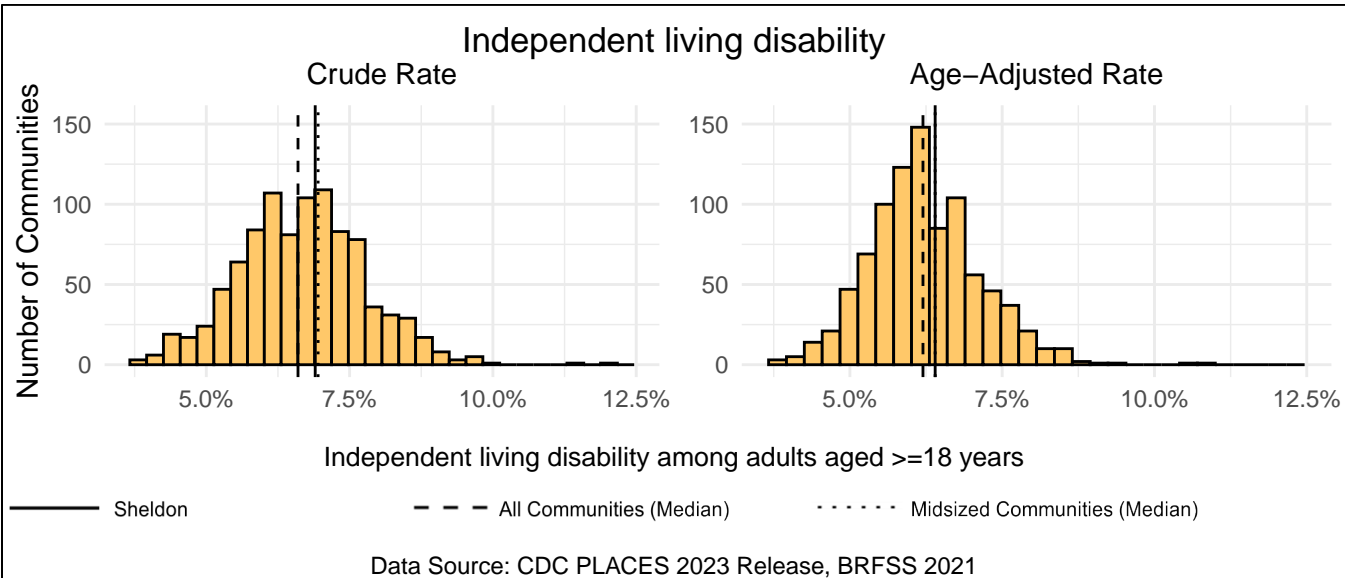
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	3.5%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



Independent living disability

Sheldon has a crude rate of 6.9% for independent living disability among adults aged ≥ 18 years, which ranks 557th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 6.4%, which ranks 531st out of 905 Iowa communities (51st out of 102 mid-sized communities).

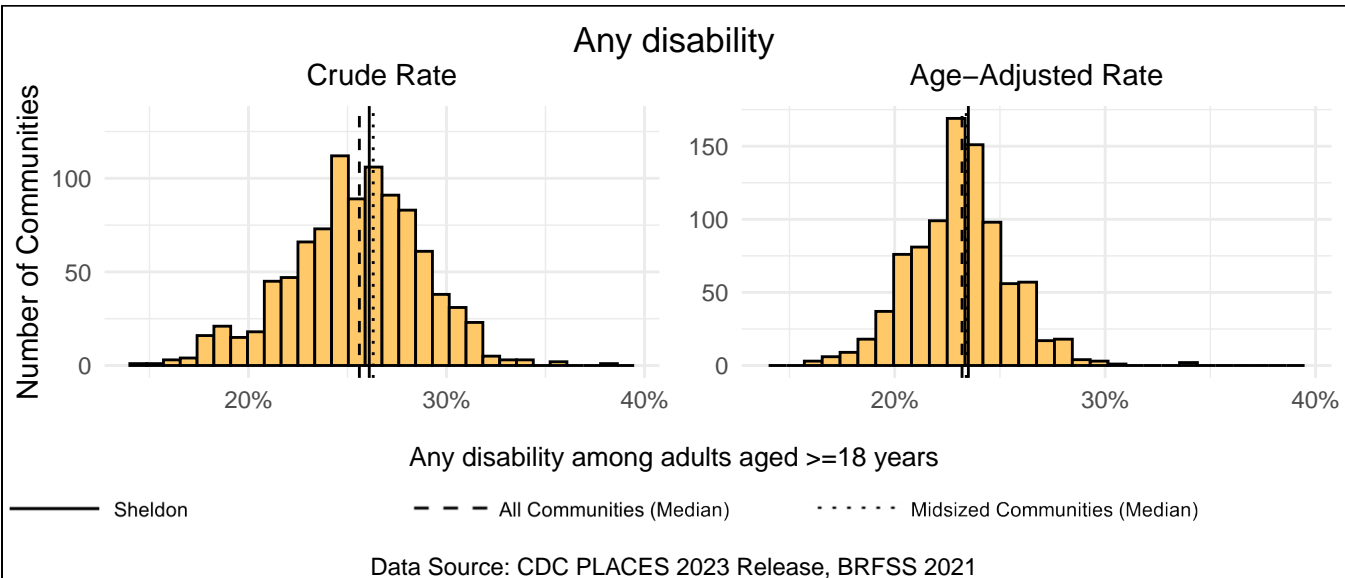
Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	6.9%	6.6%	7.0%
Age-Adjusted	6.4%	6.2%	6.4%



Any disability

Sheldon has a crude rate of 26.1% for any disability among adults aged ≥ 18 years, which ranks 534th out of 958 Iowa communities (50th out of 102 mid-sized communities). The age-adjusted rate for Sheldon is 23.5%, which ranks 526th out of 905 Iowa communities (54th out of 102 mid-sized communities).

Measure Type	Sheldon	All Comm.	Midsized Comm.
Crude	26.1%	25.6%	26.3%
Age-Adjusted	23.5%	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: Sheldon PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	404	10.6% (9.1% - 12.3%)	518	9.9% (8.4% - 11.4%)
Health Status	General Health	493	14.4% (11.9% - 17.0%)	581	13.3% (11.2% - 15.8%)
Health Status	Mental Health	432	14.2% (12.2% - 16.3%)	270	15.1% (12.9% - 17.3%)
Health Risk Behaviors	Sleep <7 hours	258	29.3% (27.9% - 30.6%)	265	30.4% (28.9% - 31.8%)
Health Risk Behaviors	Binge Drinking	416	19.2% (16.1% - 22.5%)	202	21.2% (17.9% - 24.9%)
Health Risk Behaviors	Physical Inactivity	429	25.8% (21.2% - 30.5%)	462	24.4% (19.9% - 29.2%)
Health Risk Behaviors	Current Smoking	406	16.5% (13.1% - 20.2%)	495	17.8% (14.1% - 21.7%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.9% - 3.6%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Arthritis	373	26.9% (23.0% - 30.7%)	494	23.3% (19.8% - 26.9%)
Health Outcomes	Current Asthma	215	9.1% (8.0% - 10.3%)	241	9.3% (8.1% - 10.5%)
Health Outcomes	Stroke	468	3.3% (2.9% - 3.8%)	375	2.6% (2.3% - 3.0%)
Health Outcomes	COPD	423	7.3% (6.0% - 8.8%)	513	6.4% (5.3% - 7.6%)
Health Outcomes	High Cholesterol	328	35.3% (30.9% - 39.7%)	379	29.6% (25.3% - 33.8%)
Health Outcomes	Depression	122	16.9% (13.9% - 20.1%)	69	17.7% (14.6% - 21.1%)
Health Outcomes	Cancer (except skin)	418	7.9% (7.1% - 8.8%)	74	6.4% (5.7% - 7.0%)
Health Outcomes	Coronary Heart Disease	481	6.5% (5.6% - 7.4%)	419	5.0% (4.3% - 5.8%)
Health Outcomes	All Teeth Lost	725	14.4% (9.3% - 20.3%)	628	13.7% (9.1% - 19.0%)
Health Outcomes	High Blood Pressure	257	30.0% (26.1% - 33.8%)	230	26.3% (22.7% - 30.0%)
Health Outcomes	Obesity	186	35.5% (28.8% - 42.3%)	302	36.5% (29.7% - 43.4%)
Health Outcomes	Diabetes	378	9.7% (8.2% - 11.3%)	508	8.3% (7.0% - 9.8%)
Prevention	Cervical Cancer Screening	691	82.3% (80.0% - 84.7%)	579	82.8% (80.6% - 85.1%)
Prevention	Dental Visit	592	66.1% (62.7% - 69.2%)	577	65.5% (62.1% - 68.9%)
Prevention	Mammography	410	76.5% (72.4% - 80.6%)	378	74.2% (69.6% - 78.2%)
Prevention	Annual Checkup	889	72.4% (67.6% - 76.7%)	881	70.0% (64.9% - 74.7%)
Prevention	Taking BP Medication	493	79.6% (76.3% - 82.5%)	415	59.0% (54.1% - 63.6%)
Prevention	Core preventive services for older women	780	35.7% (28.4% - 43.2%)	713	37.6% (30.5% - 44.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	834	79.8% (76.6% - 82.6%)	762	77.8% (74.4% - 80.8%)
Prevention	Colorectal Cancer Screening	486	71.5% (68.4% - 74.8%)	410	71.2% (68.1% - 74.6%)
Prevention	Health Insurance	795	8.5% (6.7% - 10.5%)	735	8.8% (6.9% - 11.1%)
Prevention	Core preventive services for older men	707	41.4% (32.8% - 50.8%)	657	41.3% (32.8% - 50.3%)
Disability	Any Disability	534	26.1% (22.1% - 30.2%)	526	23.5% (19.9% - 27.5%)
Disability	Mobility Disability	471	11.8% (9.8% - 13.8%)	541	9.8% (8.2% - 11.6%)
Disability	Hearing Disability	566	7.7% (6.7% - 8.8%)	544	6.1% (5.3% - 6.9%)
Disability	Cognitive Disability	601	11.5% (9.7% - 13.5%)	431	11.6% (9.8% - 13.6%)
Disability	Vision Disability	562	4.3% (3.7% - 5.1%)	622	3.9% (3.3% - 4.5%)
Disability	Independent Living Disability	557	6.9% (5.7% - 8.1%)	531	6.4% (5.4% - 7.5%)
Disability	Self-care Disability	497	3.5% (2.9% - 4.0%)	567	3.1% (2.6% - 3.6%)

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)

Sheldon 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
