



## 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 Sibley: Overview

Dear Community Members & Stakeholders of Sibley,

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 Sibley ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sibley'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 Sibley. 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	143rd	10th	Cancer (except skin)	74th	11th
Binge Drinking	223rd	27th	Arthritis	163rd	24th
Sleep <7 hours	224th	30th	Depression	218th	20th
Mental Health	291st	23rd	Binge Drinking	249th	49th
Taking BP Medication	298th	24th	Sleep <7 hours	291st	43rd

## 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	891st	85th	Health Insurance	848th	88th
Physical Inactivity	788th	76th	Physical Inactivity	742nd	73rd
Core preventive services for older women	780th	75th	Obesity	725th	75th
Vision Disability	733rd	68th	Vision Disability	676th	64th
Chronic Kidney Disease	732nd	77th	Taking BP Medication	660th	78th

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 Sibley.

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

With a population of 2,830, Sibley’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

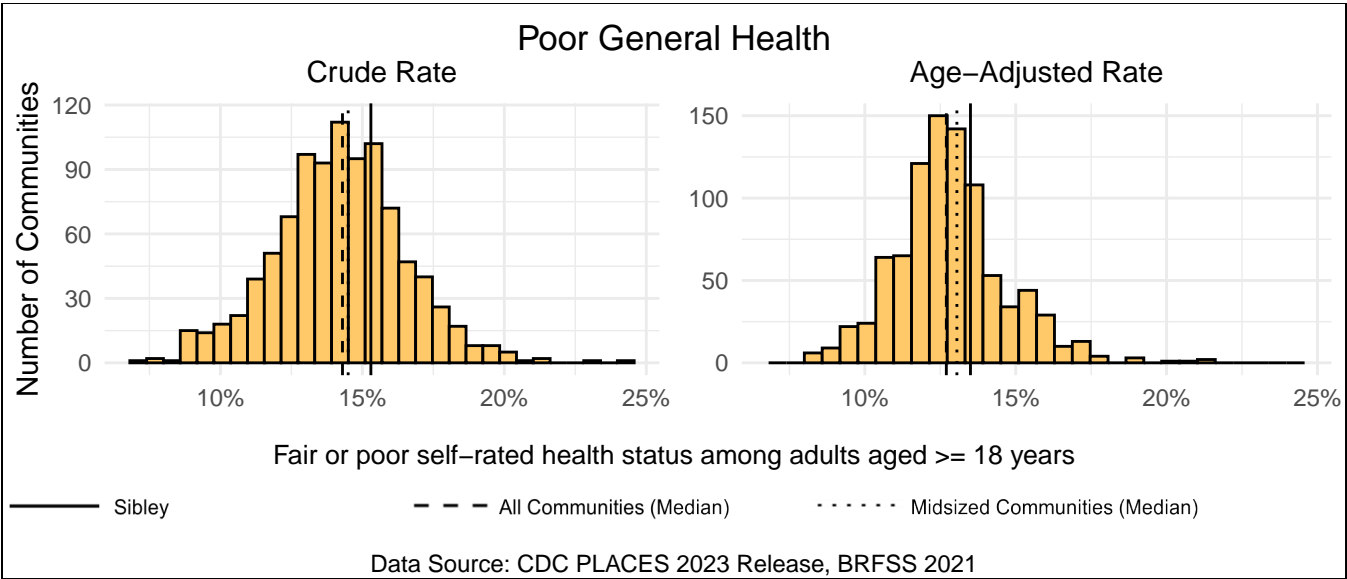
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Sibley has a crude rate of 15.3% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 660th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Sibley is 13.5%, which ranks 620th out of 905 Iowa communities (63rd out of 102 mid-sized communities).

Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	15.3%	14.3%	14.5%
Age-Adjusted	13.5%	12.7%	13.0%

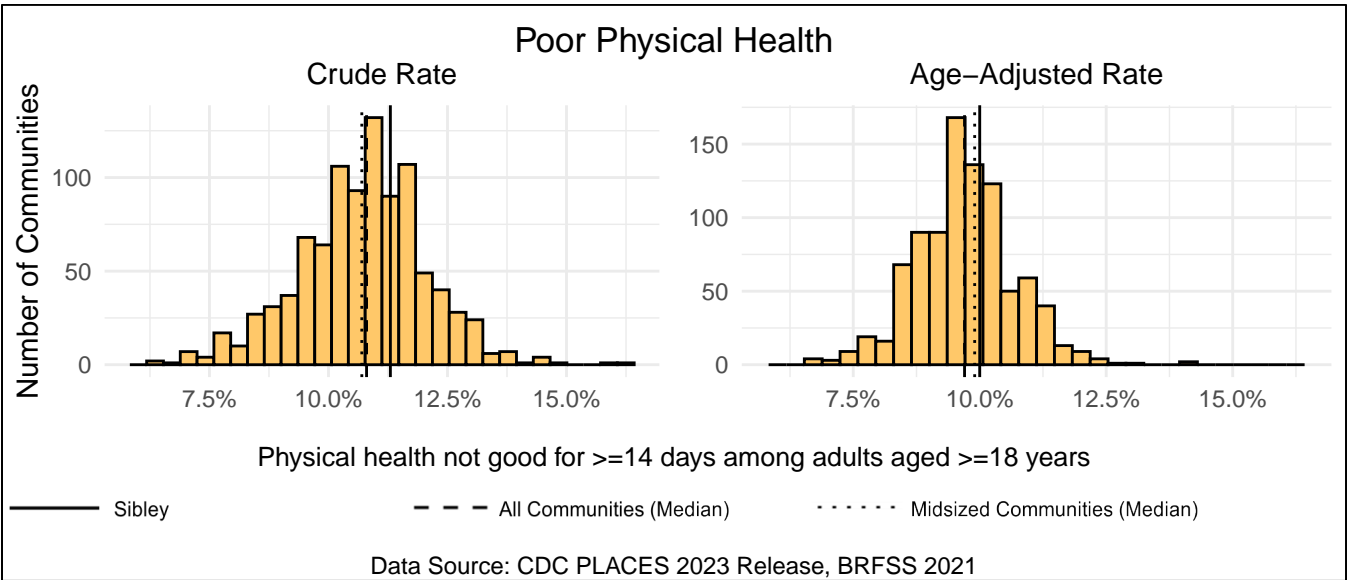




# Poor Physical Health

Sibley has a crude rate of 11.3% for physical health not good for >=14 days among adults aged >=18 years, which ranks 636th out of 958 Iowa communities (67th out of 102 midsized communities). The age-adjusted rate for Sibley is 10.0%, which ranks 559th out of 905 Iowa communities (57th out of 102 midsized communities).

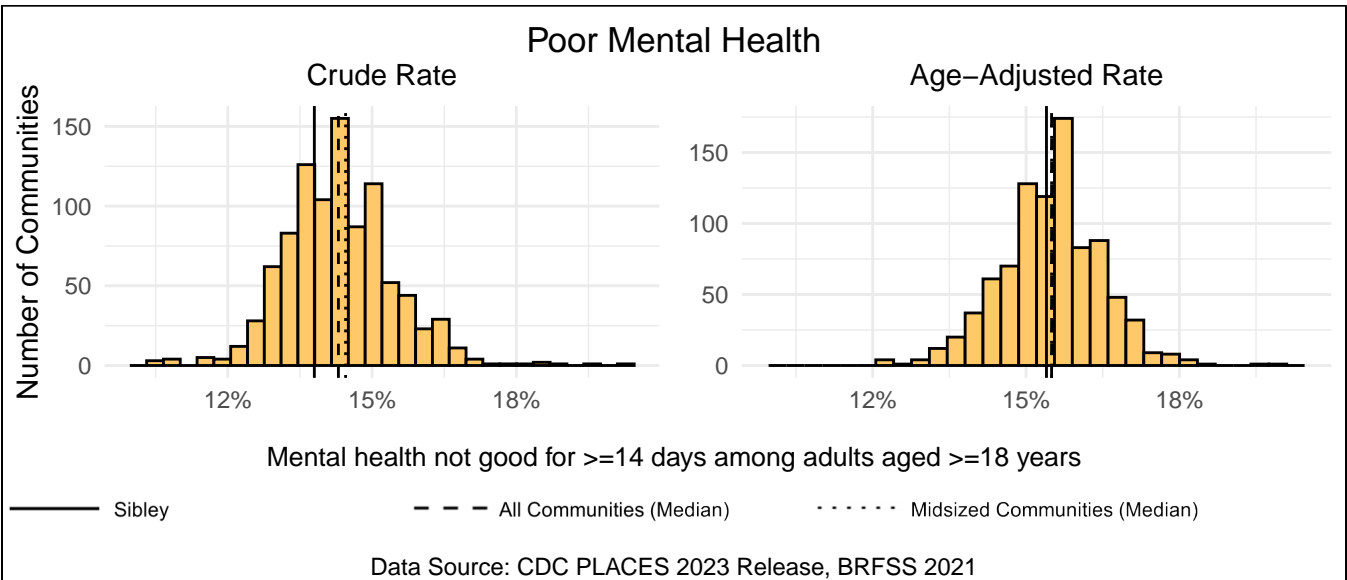
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	11.3%	10.8%	10.7%
Age-Adjusted	10.0%	9.7%	9.9%



# Poor Mental Health

Sibley has a crude rate of 13.8% for mental health not good for >=14 days among adults aged >=18 years, which ranks 291st out of 958 Iowa communities (23rd out of 102 midsized communities). The age-adjusted rate for Sibley is 15.4%, which ranks 370th out of 905 Iowa communities (47th out of 102 midsized communities).

Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	13.8%	14.3%	14.4%
Age-Adjusted	15.4%	15.5%	15.5%



# Health Risk Behaviors

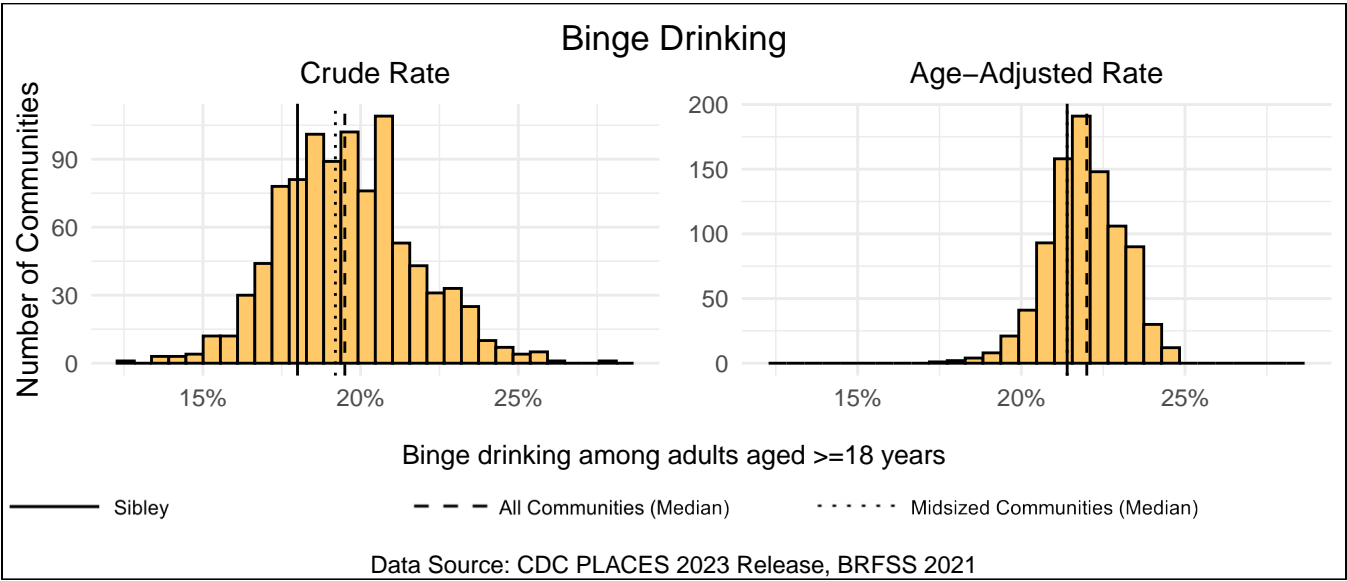
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Sibley has a crude rate of 18.0% for binge drinking among adults aged  $\geq 18$  years, which ranks 223rd out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Sibley is 21.4%, which ranks 249th out of 905 Iowa communities (49th out of 102 midsize communities).

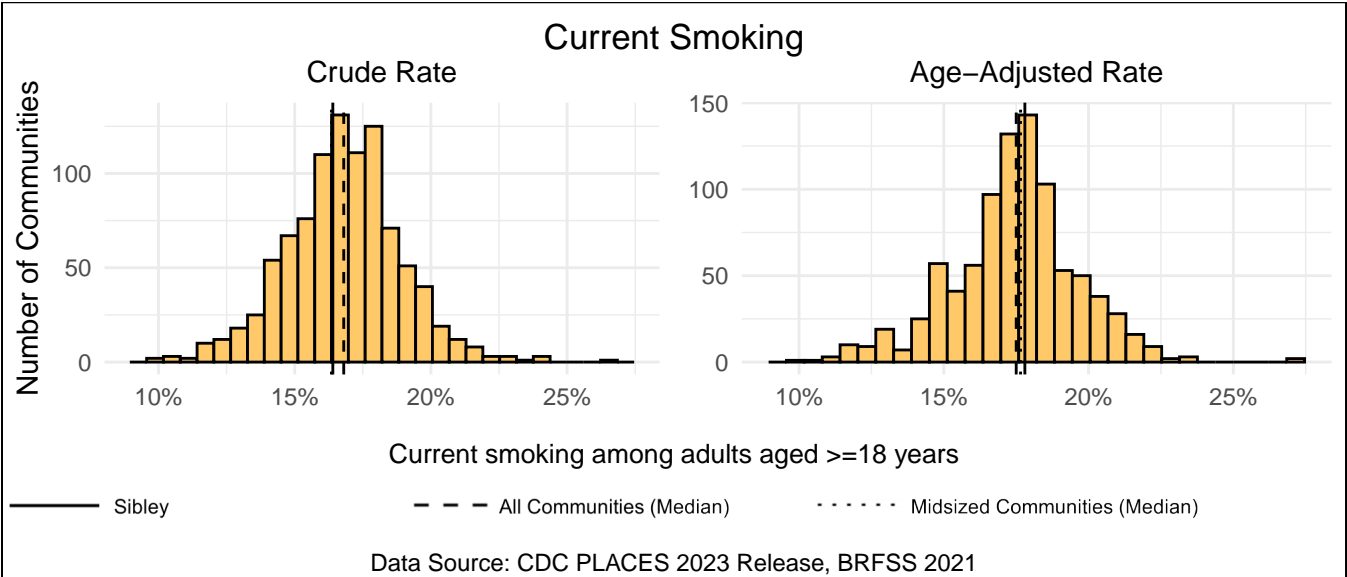
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	18.0%	19.5%	19.2%
Age-Adjusted	21.4%	22.0%	21.4%



# Current Smoking

Sibley has a crude rate of 16.4% for current smoking among adults aged >=18 years, which ranks 380th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Sibley is 17.8%, which ranks 495th out of 905 Iowa communities (54th out of 102 mid-sized communities).

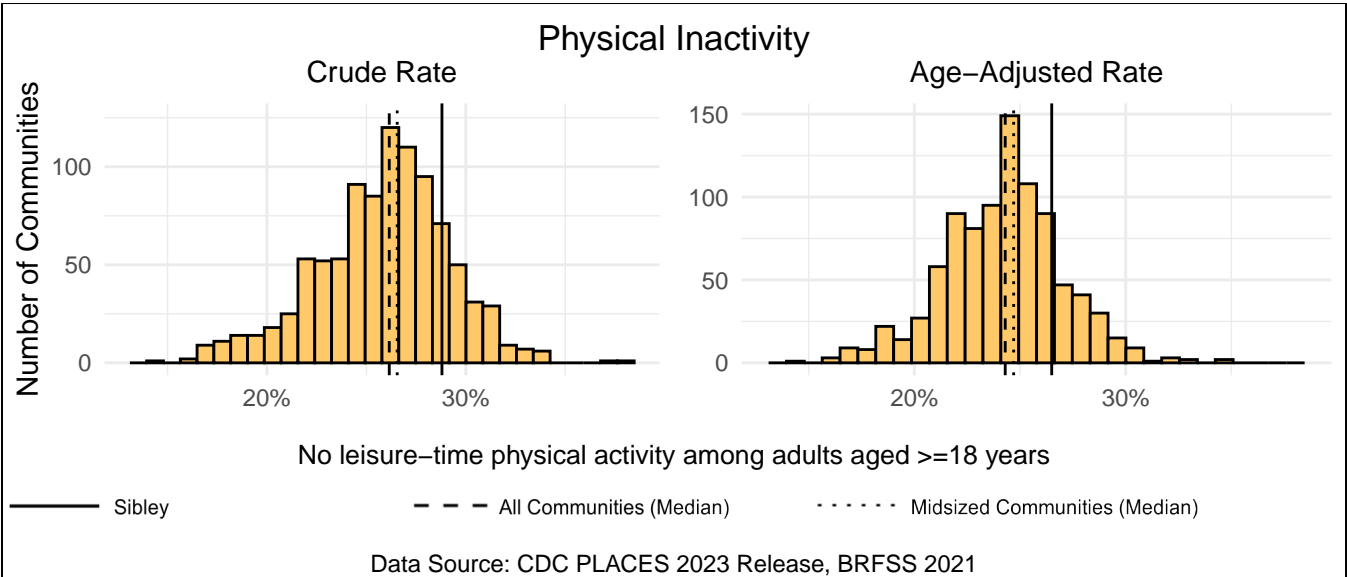
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	16.4%	16.8%	16.4%
Age-Adjusted	17.8%	17.5%	17.6%



# Physical Inactivity

Sibley has a crude rate of 28.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 788th out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Sibley is 26.5%, which ranks 742nd out of 905 Iowa communities (73rd out of 102 mid-sized communities).

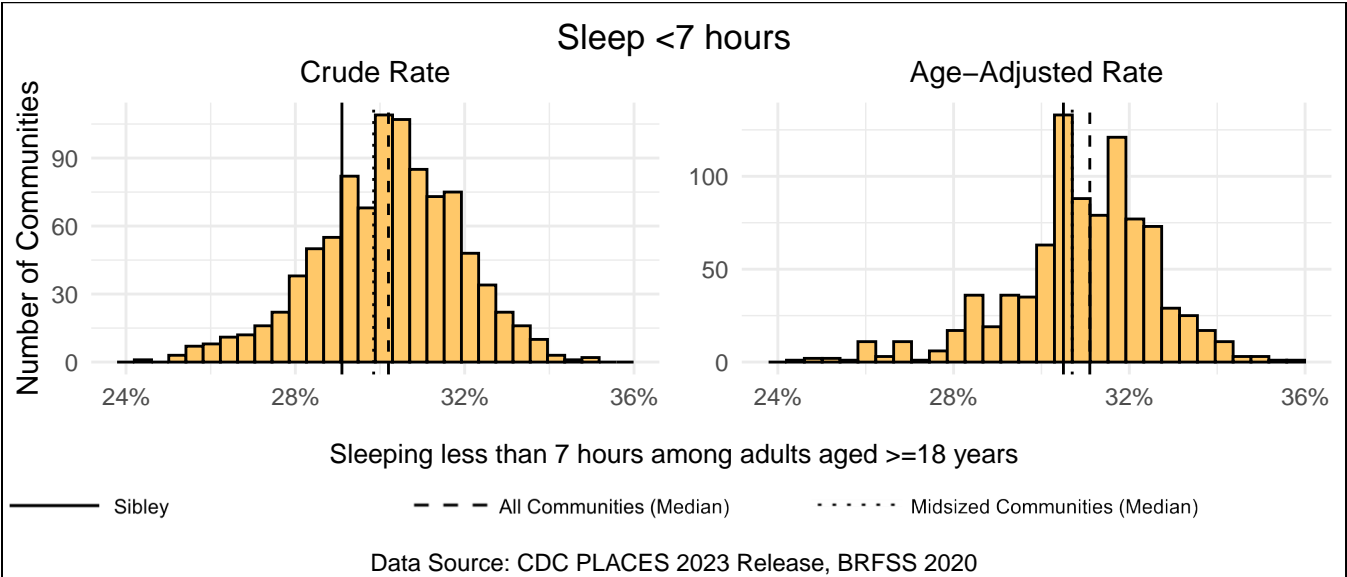
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	28.8%	26.1%	26.6%
Age-Adjusted	26.5%	24.3%	24.7%



Sleep <7 hours

Sibley has a crude rate of 29.1% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 224th out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for Sibley is 30.5%, which ranks 291st out of 905 Iowa communities (43rd out of 102 midsize communities).

Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	29.1%	30.2%	29.8%
Age-Adjusted	30.5%	31.1%	30.7%



# Health Outcomes

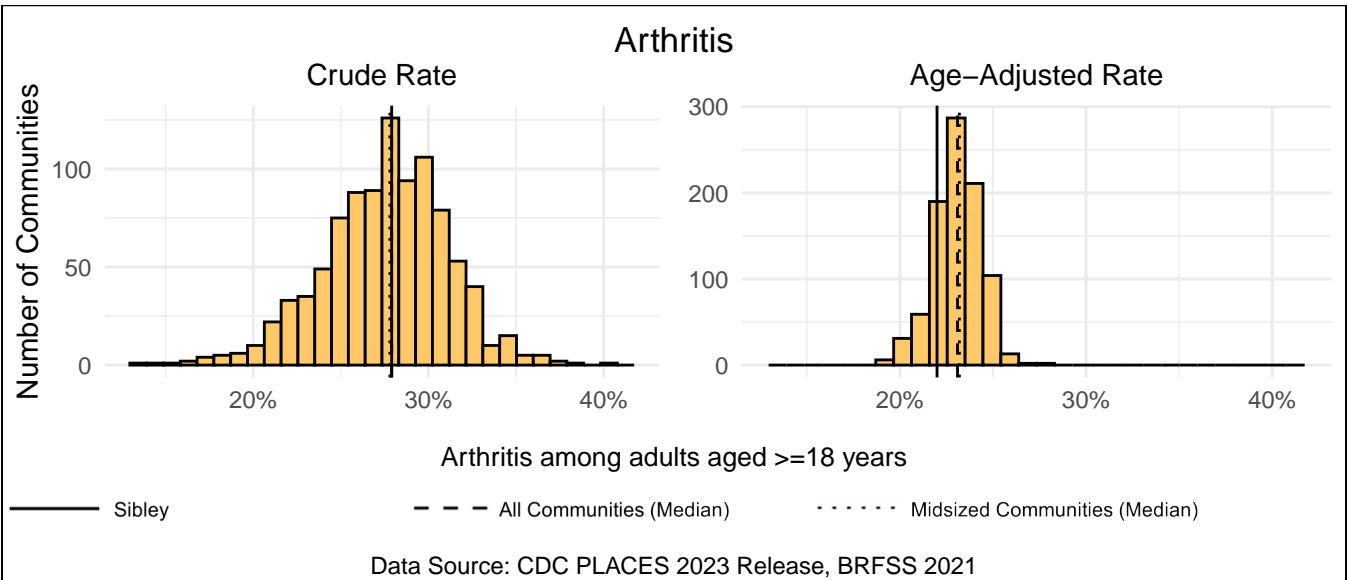
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Sibley has a crude rate of 27.9% for arthritis among adults aged  $\geq 18$  years, which ranks 479th out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Sibley is 22.0%, which ranks 163rd out of 905 Iowa communities (24th out of 102 midsized communities).

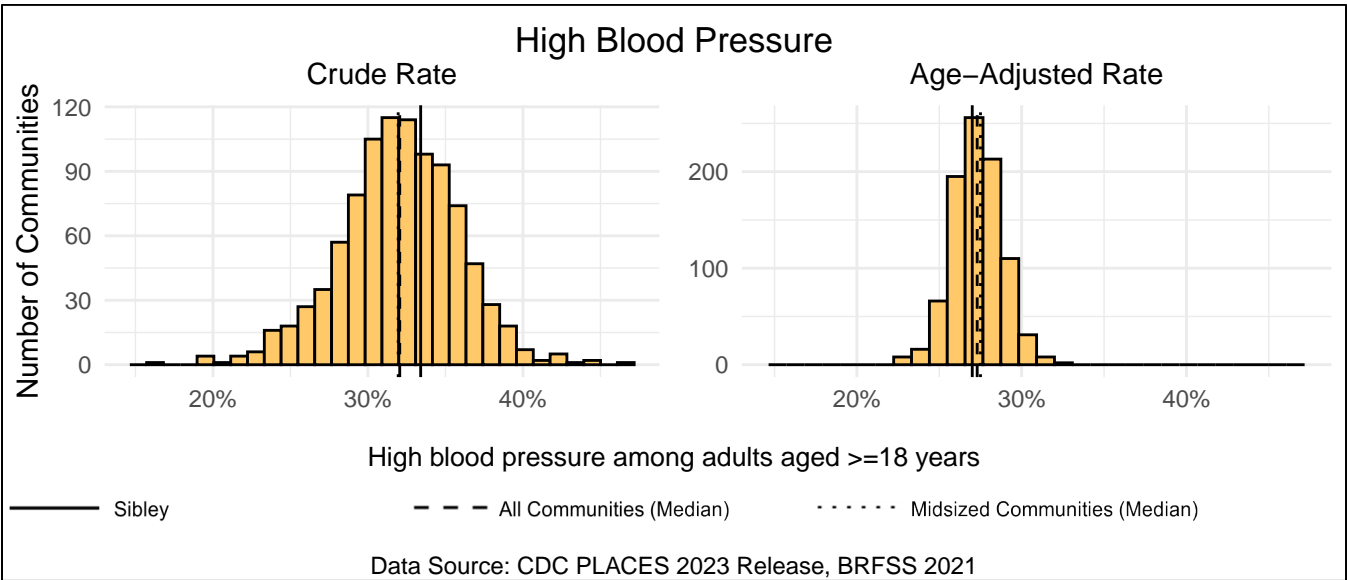
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	27.9%	27.9%	27.8%
Age-Adjusted	22.0%	23.1%	23.2%



# High Blood Pressure

Sibley has a crude rate of 33.4% for high blood pressure among adults aged  $\geq 18$  years, which ranks 615th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Sibley is 27.0%, which ranks 368th out of 905 Iowa communities (42nd out of 102 mid-sized communities).

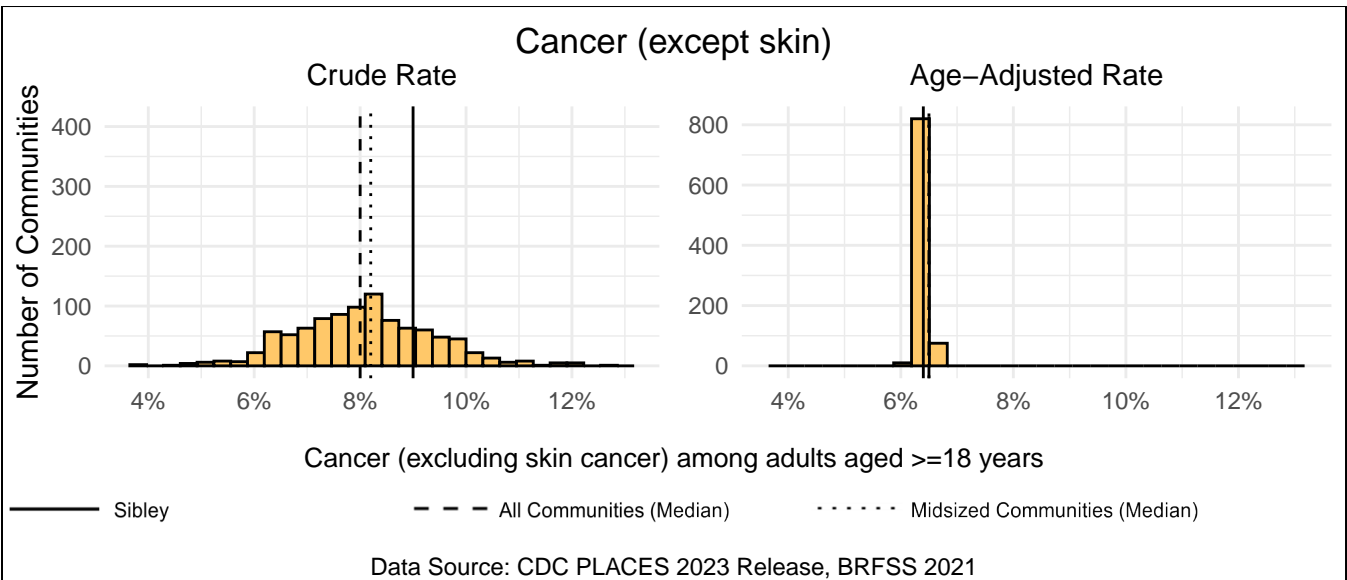
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	33.4%	32.0%	32.0%
Age-Adjusted	27.0%	27.3%	27.5%



# Cancer (except skin)

Sibley has a crude rate of 9.0% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 721st out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for Sibley is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

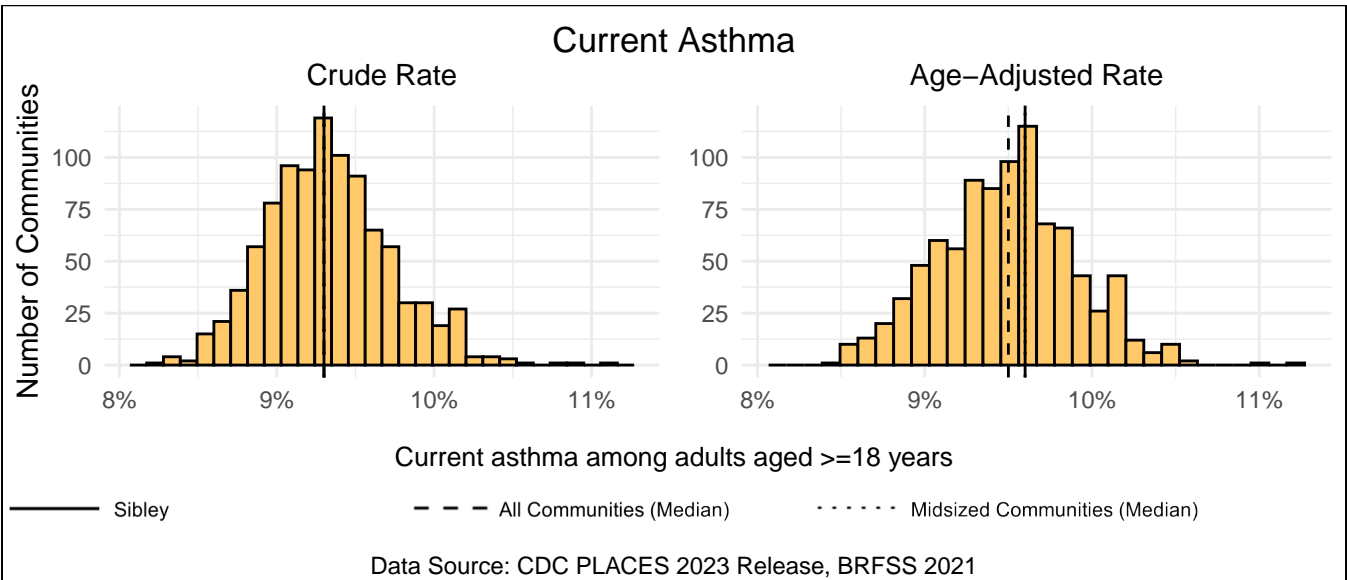
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	9.0%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



# Current Asthma

Sibley has a crude rate of 9.3% for current asthma among adults aged  $\geq 18$  years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Sibley is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

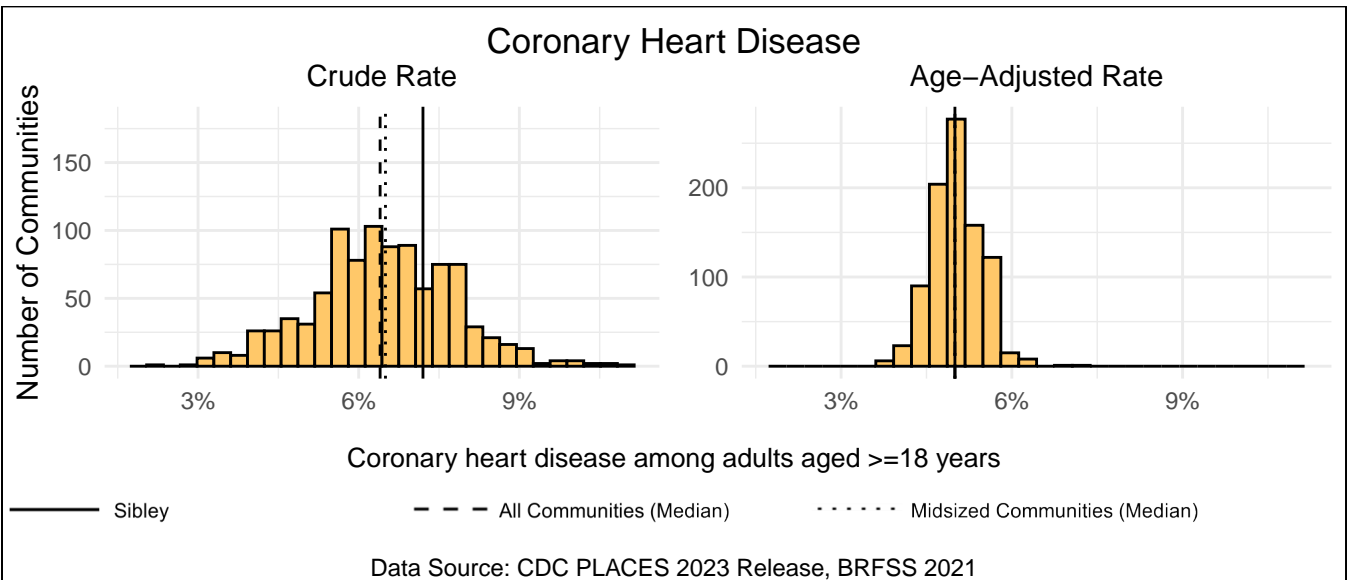
Measure Type	Sibley	All Comm.	Midsize Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



# Coronary Heart Disease

Sibley has a crude rate of 7.2% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 678th out of 958 Iowa communities (72nd out of 102 midsize communities). The age-adjusted rate for Sibley is 5.0%, which ranks 419th out of 905 Iowa communities (49th out of 102 midsize communities).

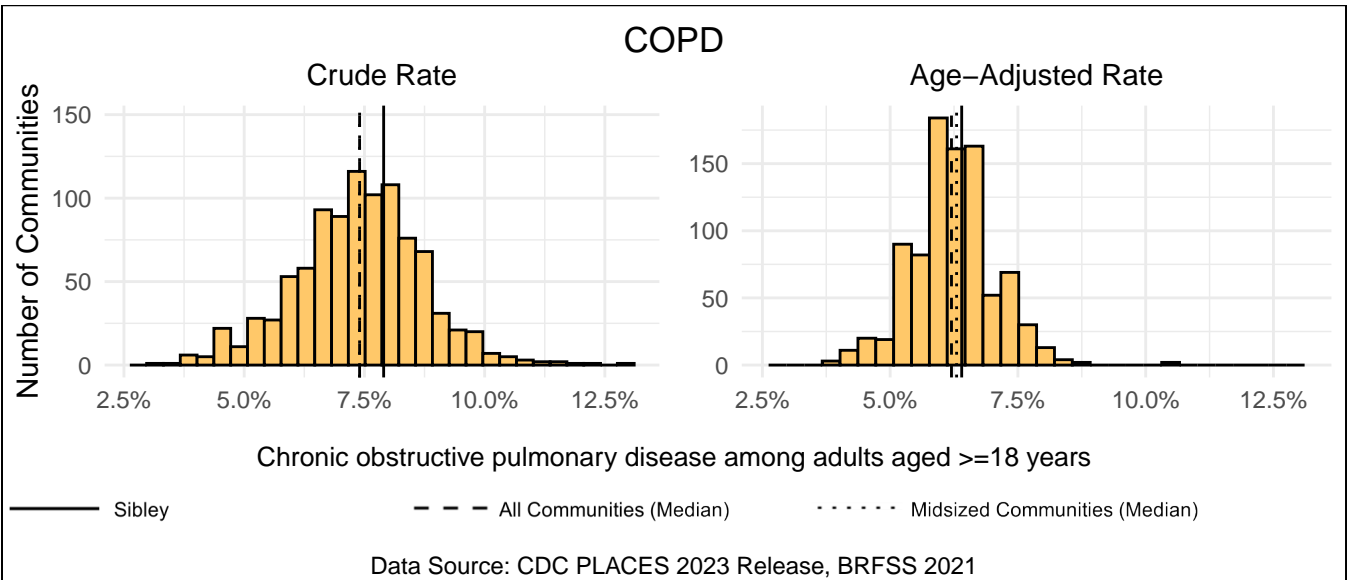
Measure Type	Sibley	All Comm.	Midsize Comm.
Crude	7.2%	6.4%	6.5%
Age-Adjusted	5.0%	5.0%	5.0%



# COPD

Sibley has a crude rate of 7.9% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 613th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Sibley is 6.4%, which ranks 513th out of 905 Iowa communities (53rd out of 102 midsize communities).

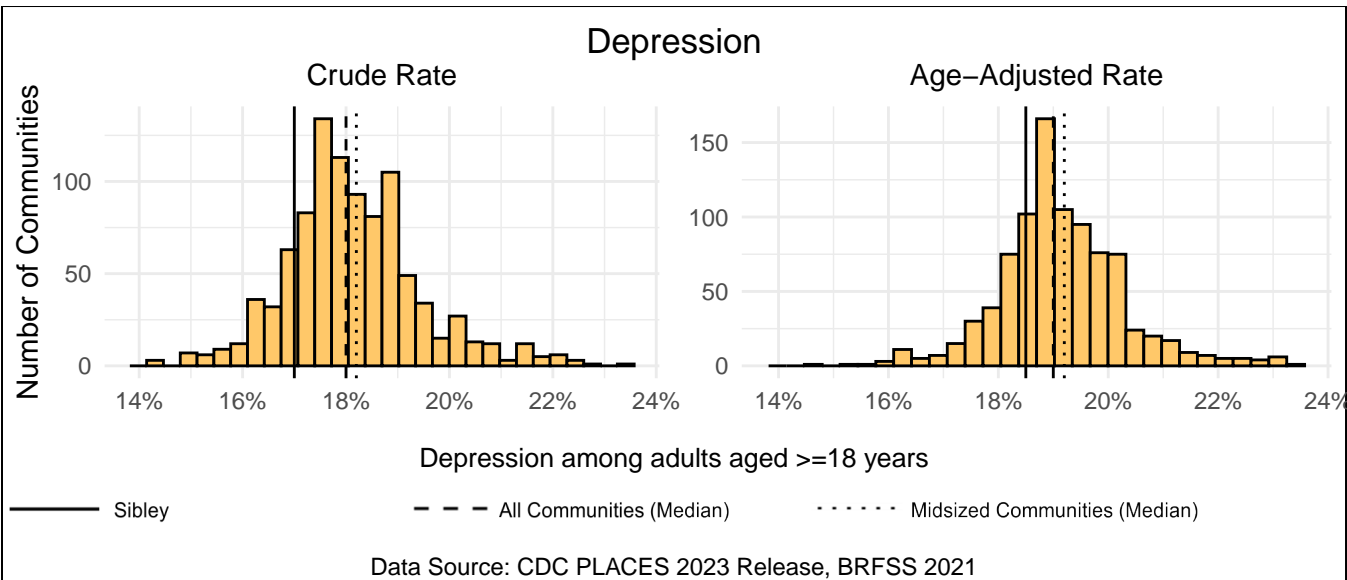
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	7.9%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.3%



# Depression

Sibley has a crude rate of 17.0% for depression among adults aged >=18 years, which ranks 143rd out of 958 Iowa communities (10th out of 102 midsize communities). The age-adjusted rate for Sibley is 18.5%, which ranks 218th out of 905 Iowa communities (20th out of 102 midsize communities).

Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	17.0%	18.0%	18.2%
Age-Adjusted	18.5%	19.0%	19.2%

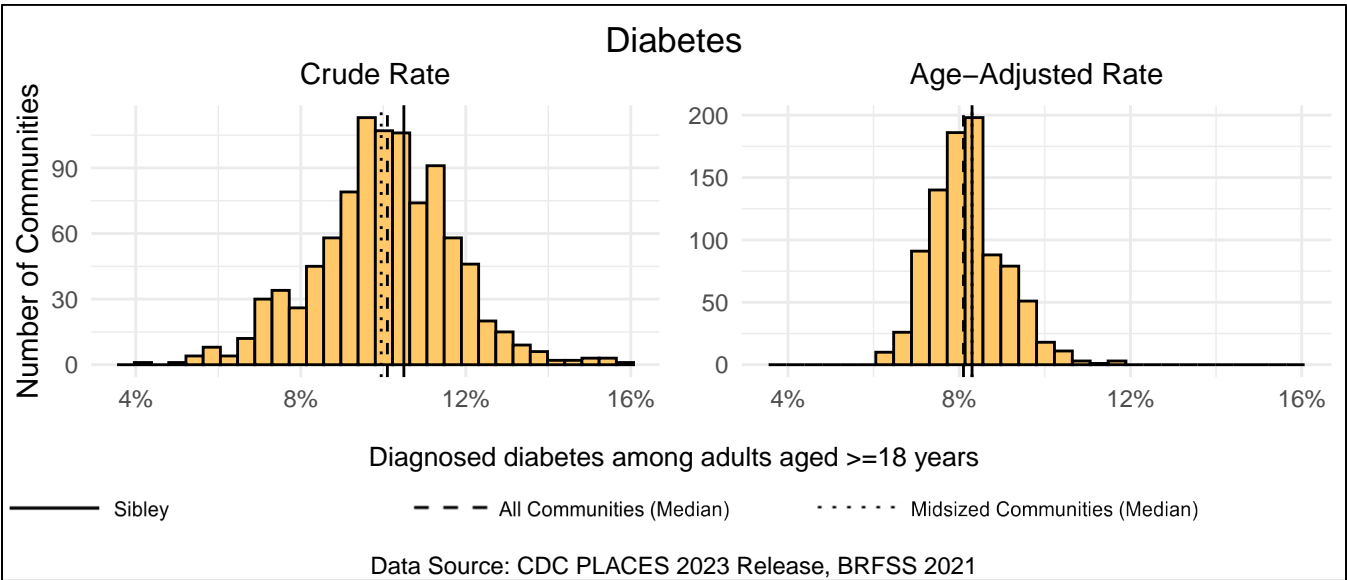




# Diabetes

Sibley has a crude rate of 10.5% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 575th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Sibley is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 midsize communities).

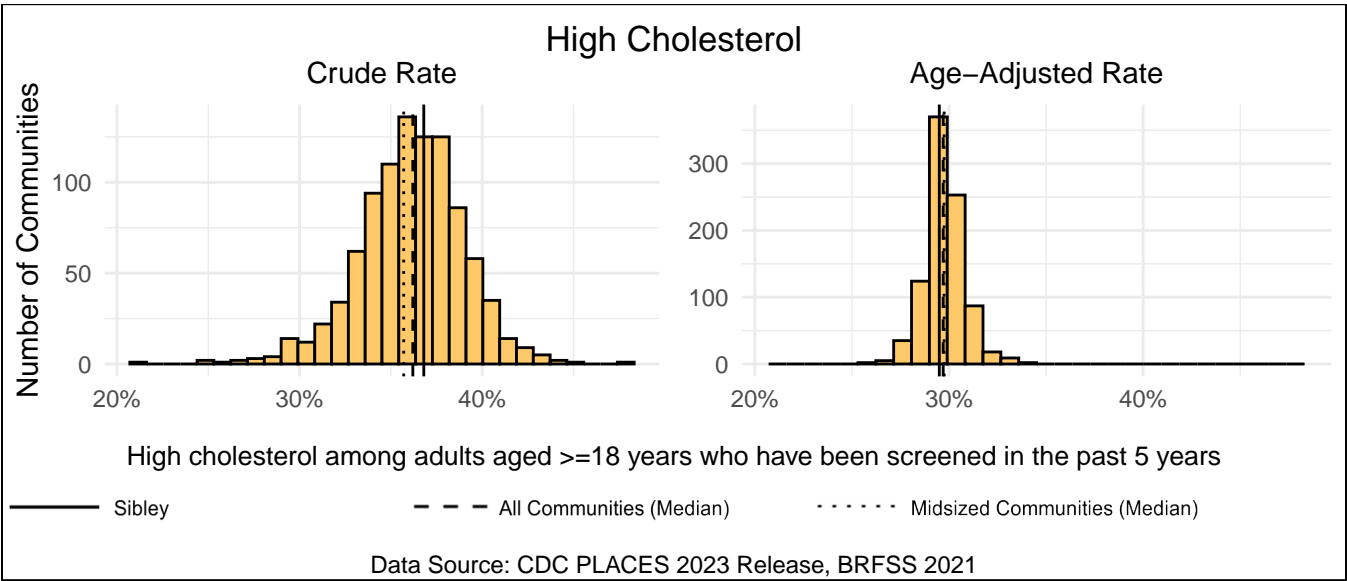
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	10.5%	10.1%	9.9%
Age-Adjusted	8.3%	8.1%	8.3%



# High Cholesterol

Sibley has a crude rate of 36.8% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 553rd out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Sibley is 29.5%, which ranks 336th out of 905 Iowa communities (38th out of 102 midsize communities).

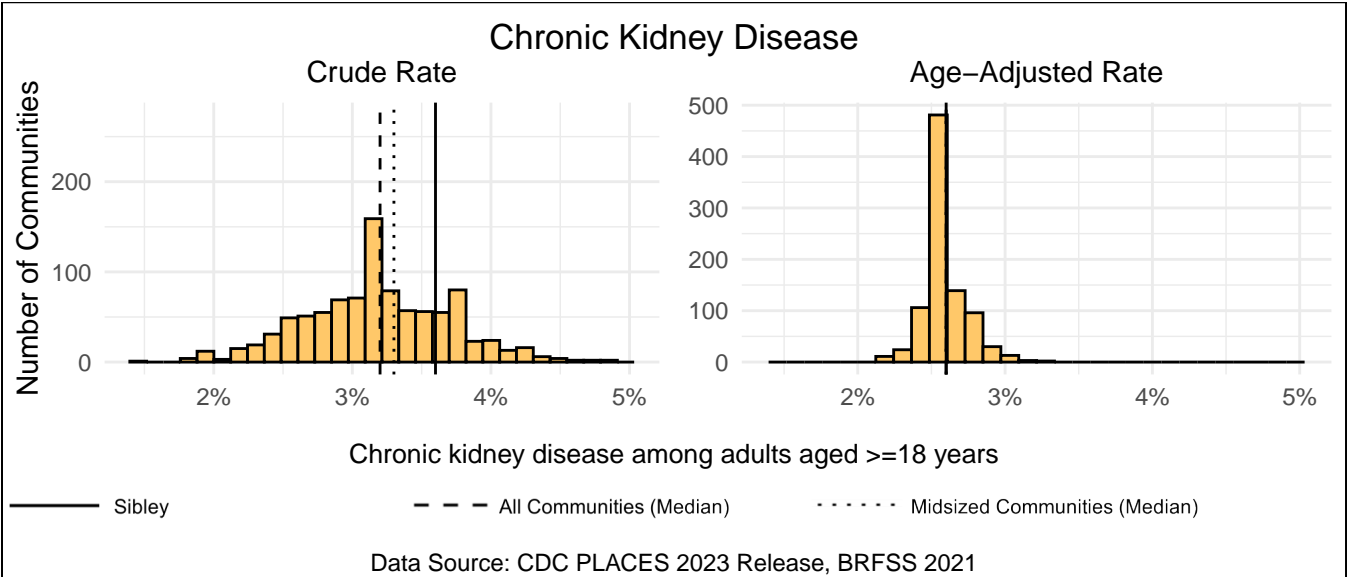
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	36.8%	36.2%	35.7%
Age-Adjusted	29.5%	29.7%	29.8%



# Chronic Kidney Disease

Sibley has a crude rate of 3.6% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 732nd out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Sibley is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 mid-sized communities).

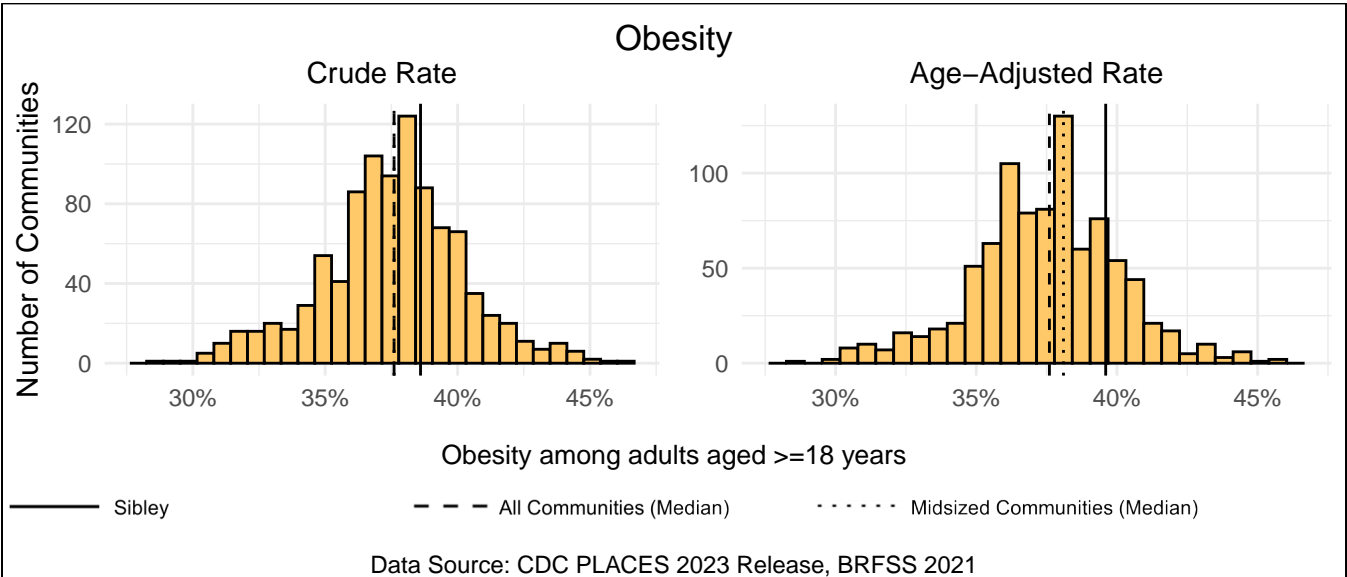
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Sibley has a crude rate of 38.6% for obesity among adults aged  $\geq 18$  years, which ranks 635th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Sibley is 39.6%, which ranks 725th out of 905 Iowa communities (75th out of 102 mid-sized communities).

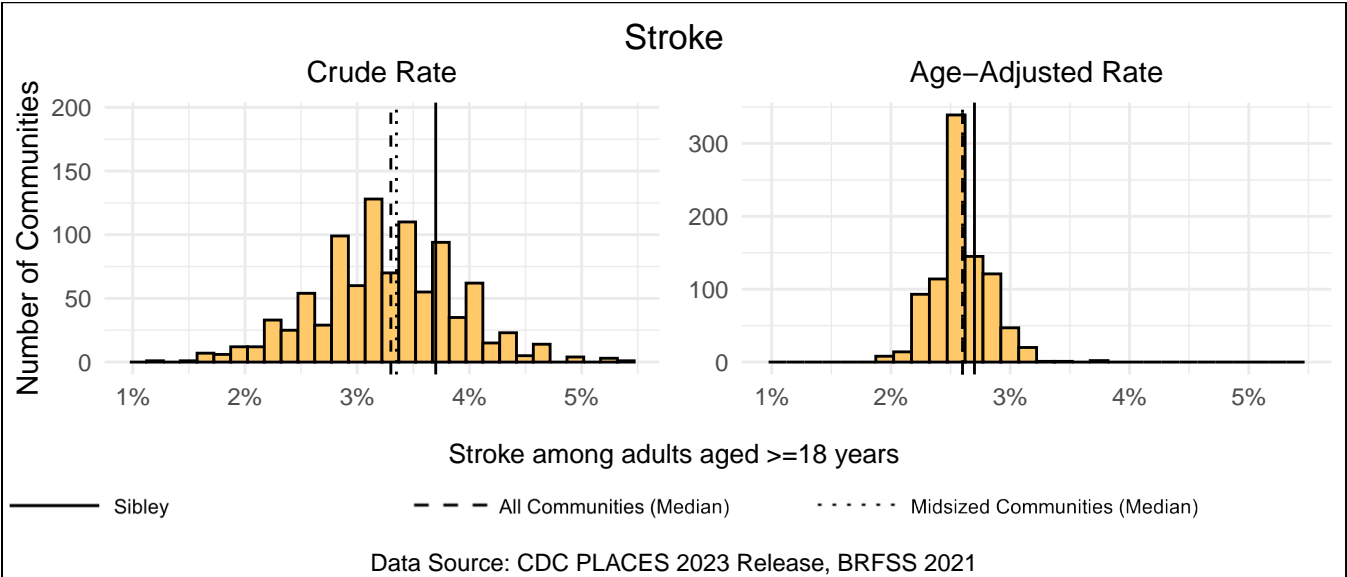
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	38.6%	37.6%	37.6%
Age-Adjusted	39.6%	37.6%	38.1%



# Stroke

Sibley has a crude rate of 3.7% for stroke among adults aged  $\geq 18$  years, which ranks 703rd out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Sibley is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 midsize communities).

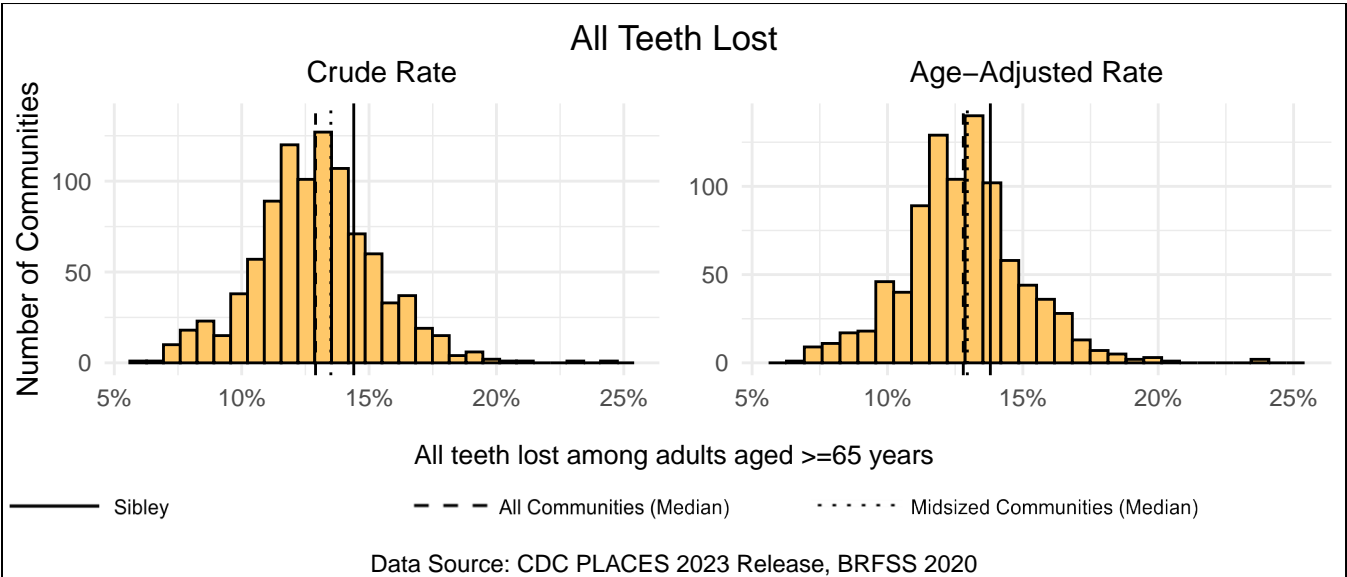
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	3.7%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



# All Teeth Lost

Sibley has a crude rate of 14.4% for all teeth lost among adults aged  $\geq 65$  years, which ranks 725th out of 958 Iowa communities (66th out of 102 midsize communities). The age-adjusted rate for Sibley is 13.8%, which ranks 644th out of 905 Iowa communities (67th out of 102 midsize communities).

Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	14.4%	12.9%	13.5%
Age-Adjusted	13.8%	12.8%	12.9%



# Prevention

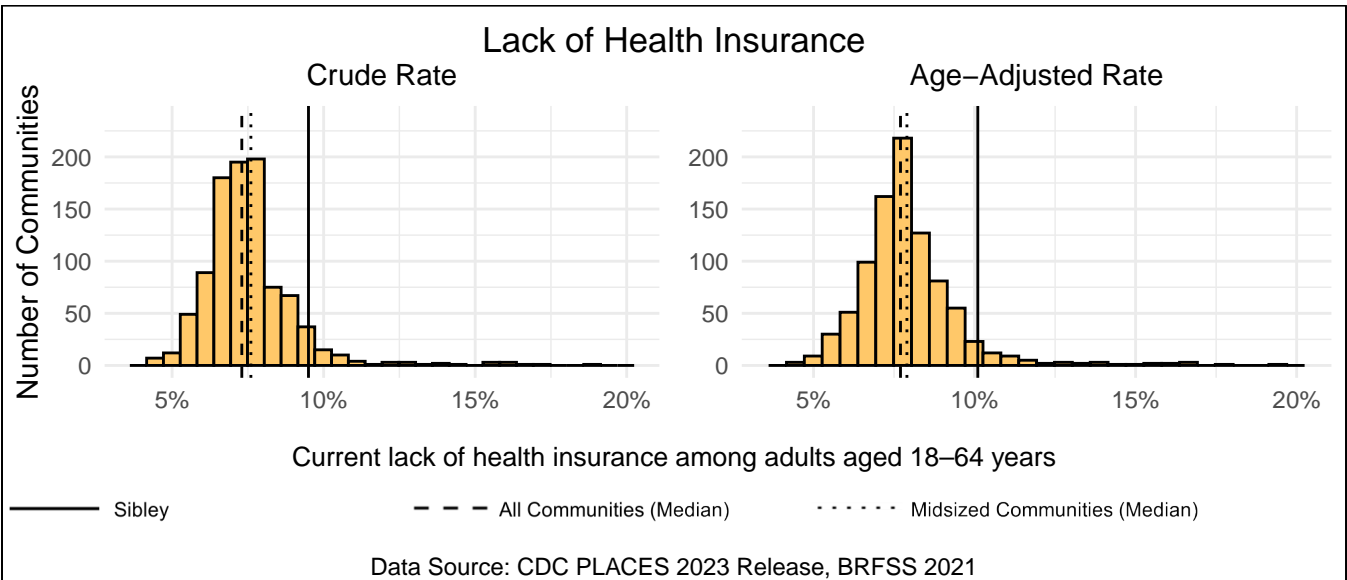
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Sibley has a crude rate of 9.5% for current lack of health insurance among adults aged 18–64 years, which ranks 891st out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Sibley is 10.1%, which ranks 848th out of 905 Iowa communities (88th out of 102 mid-sized communities).

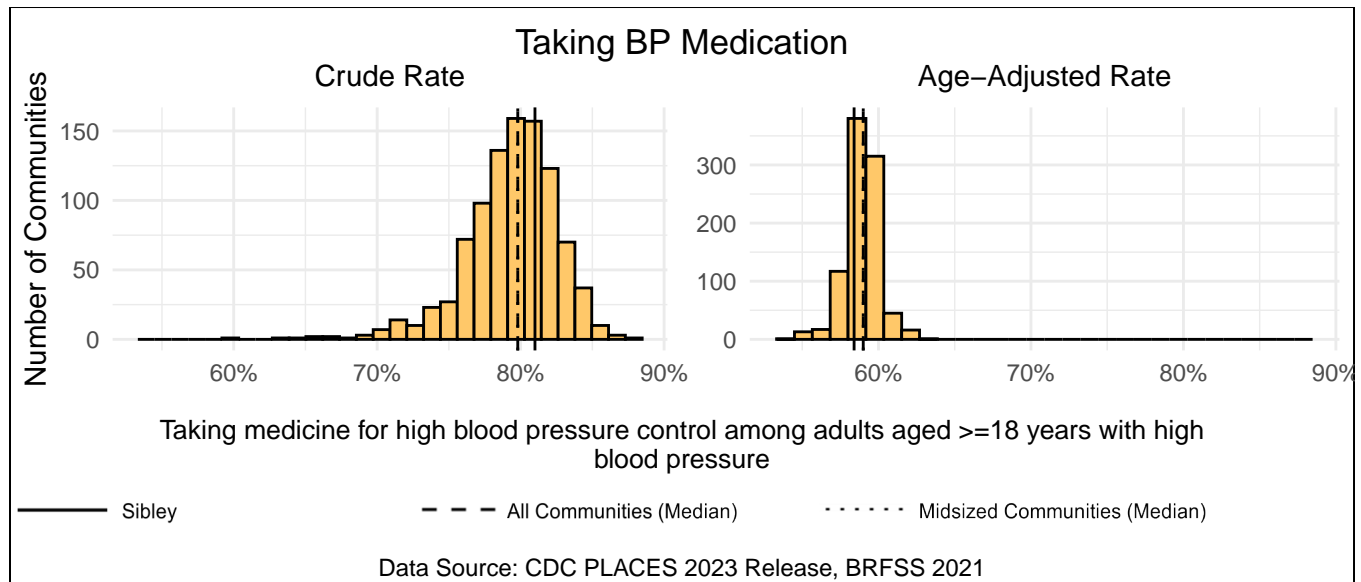
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	9.5%	7.3%	7.6%
Age-Adjusted	10.1%	7.7%	7.9%



## Taking BP Medication

Sibley has a crude rate of 81.0% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 298th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Sibley is 58.4%, which ranks 660th out of 905 Iowa communities (78th out of 102 mid-sized communities).

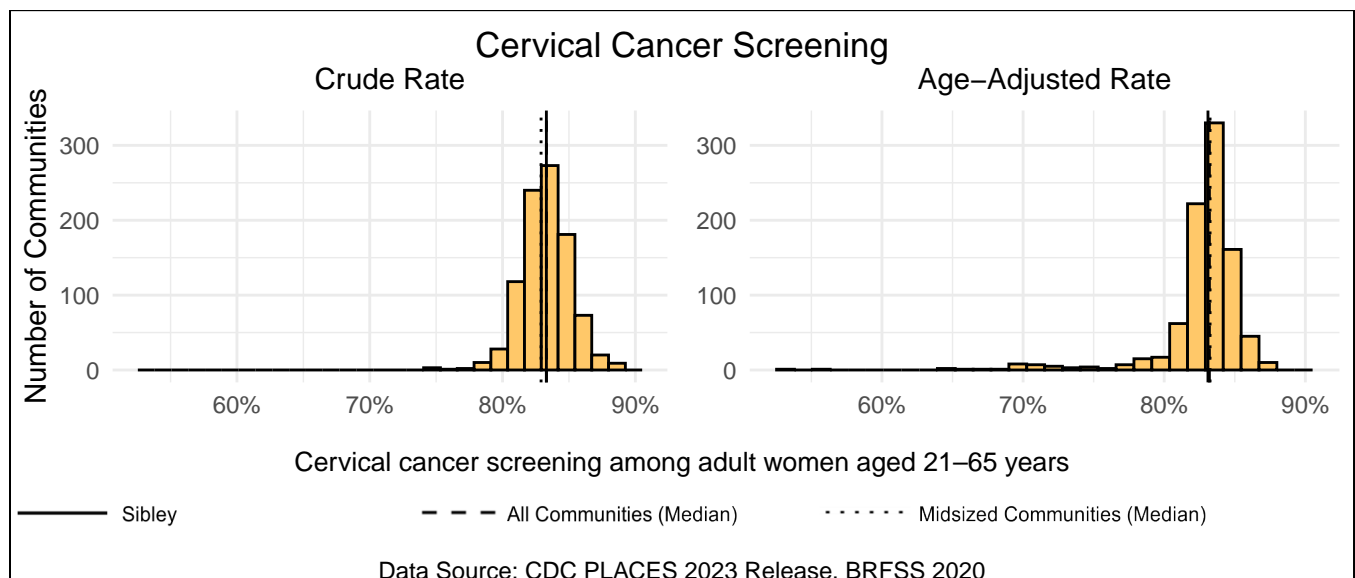
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	81.0%	79.8%	79.8%
Age-Adjusted	58.4%	59.0%	59.0%



## Cervical Cancer Screening

Sibley has a crude rate of 83.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 462nd out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Sibley is 83.1%, which ranks 477th out of 905 Iowa communities (55th out of 102 midsized communities).

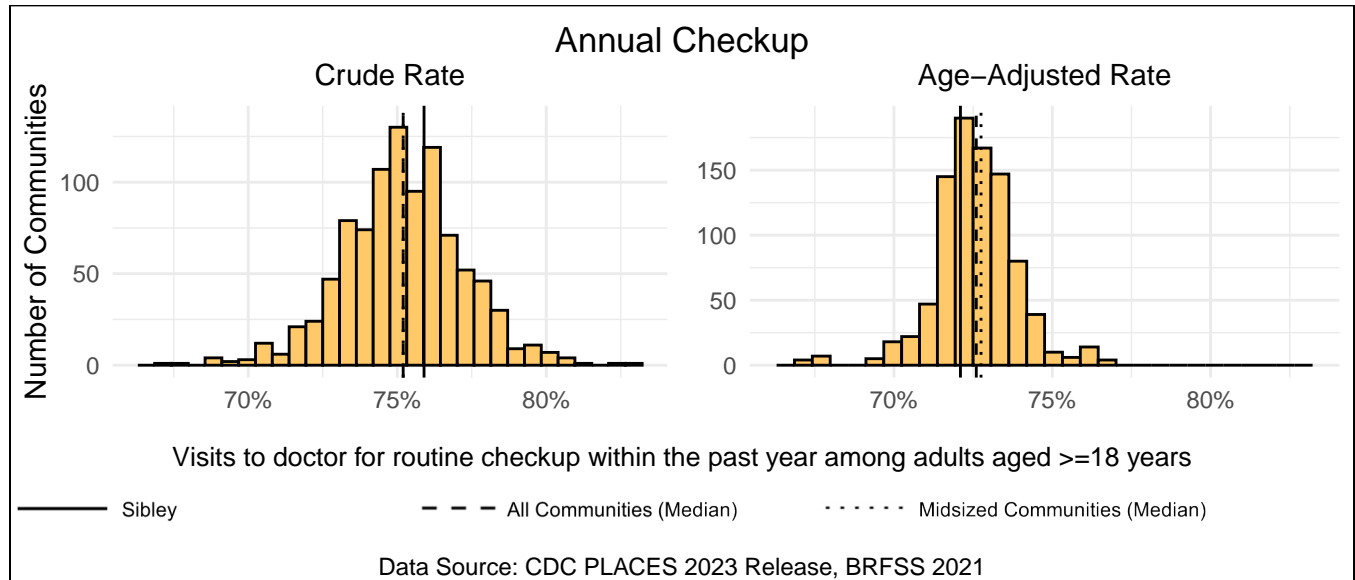
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	83.3%	83.3%	82.9%
Age-Adjusted	83.1%	83.2%	83.2%



## Annual Checkup

Sibley has a crude rate of 75.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 335th out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Sibley is 72.1%, which ranks 597th out of 905 Iowa communities (75th out of 102 midsized communities).

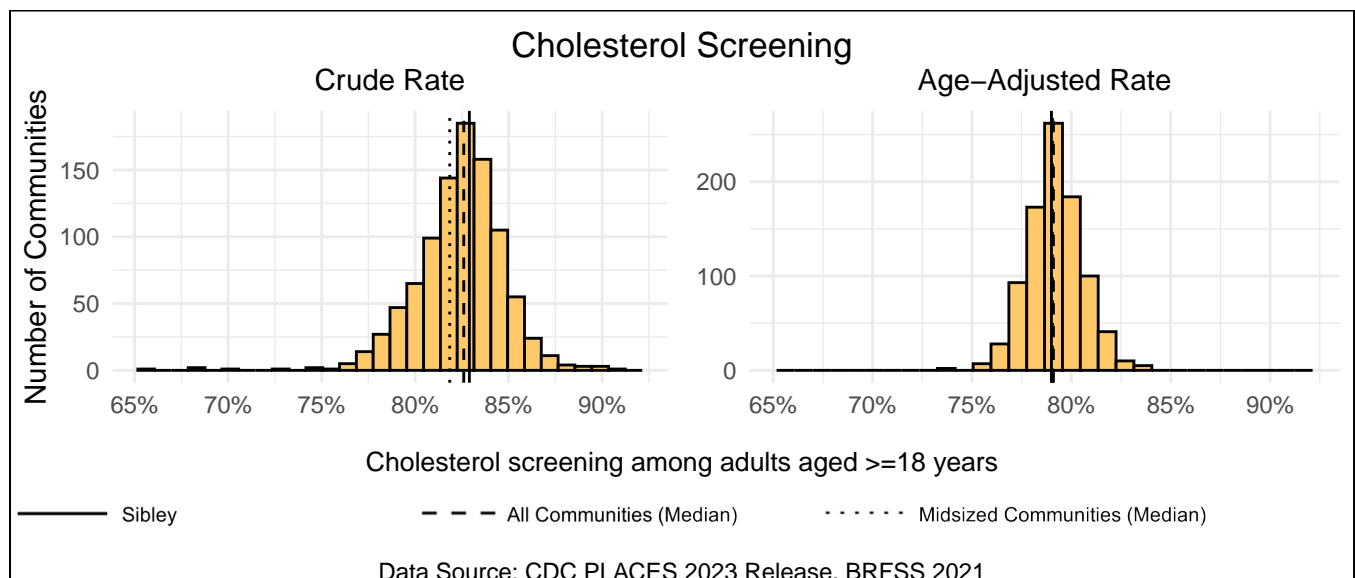
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	75.9%	75.2%	75.2%
Age-Adjusted	72.1%	72.6%	72.8%



## Cholesterol Screening

Sibley has a crude rate of 82.9% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 407th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Sibley is 79.0%, which ranks 470th out of 905 Iowa communities (52nd out of 102 midsized communities).

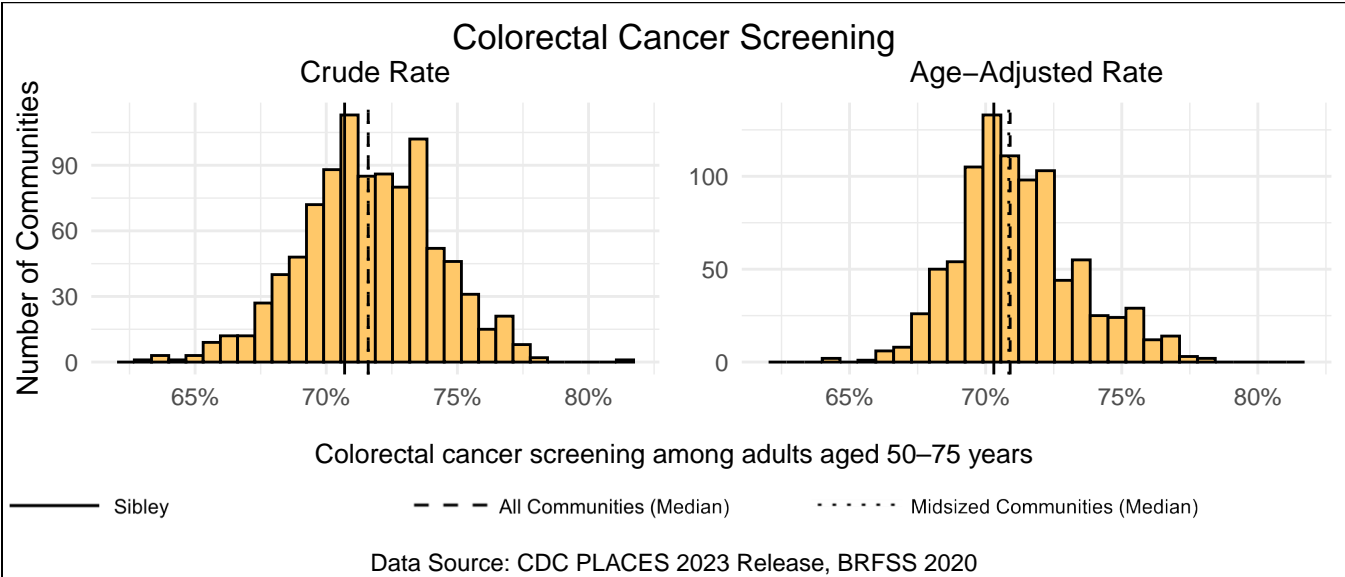
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	82.9%	82.6%	81.8%
Age-Adjusted	79.0%	79.1%	79.0%



## Colorectal Cancer Screening

Sibley has a crude rate of 70.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 611th out of 958 Iowa communities (64th out of 102 mid-sized communities). The age-adjusted rate for Sibley is 70.3%, which ranks 553rd out of 905 Iowa communities (58th out of 102 mid-sized communities).

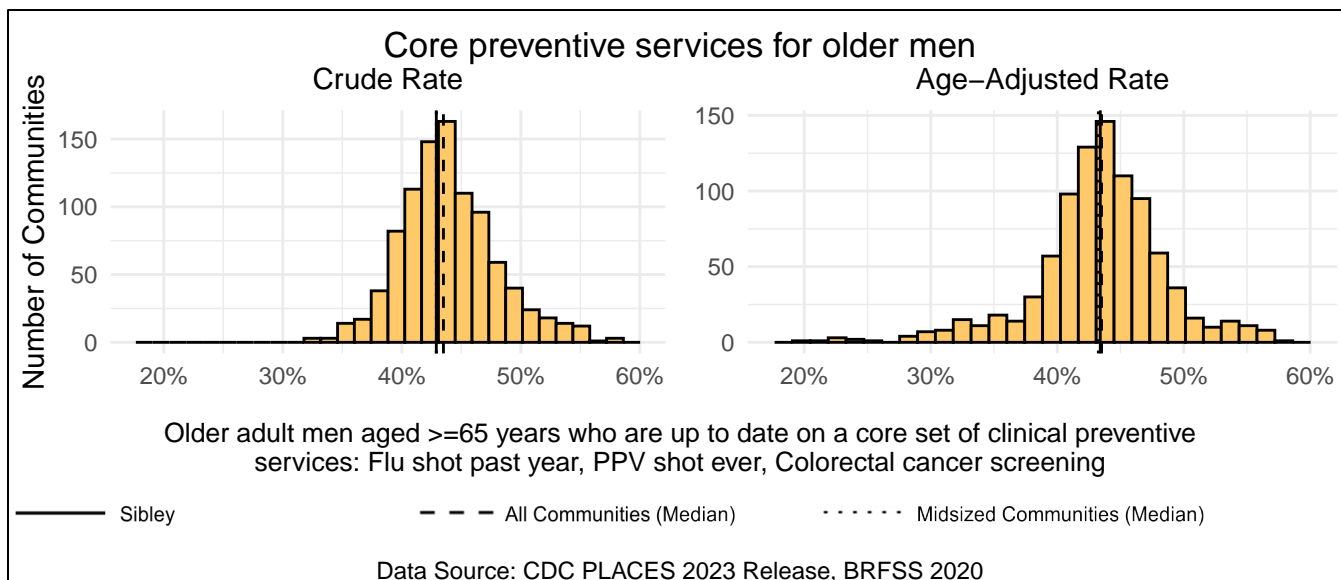
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	70.7%	71.6%	71.6%
Age-Adjusted	70.3%	70.9%	70.8%



## Core preventive services for older men

Sibley has a crude rate of 42.9% 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 553rd out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Sibley is 43.4%, which ranks 457th out of 905 Iowa communities (47th out of 102 mid-sized communities).

Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	42.9%	43.5%	42.9%
Age-Adjusted	43.4%	43.5%	43.2%

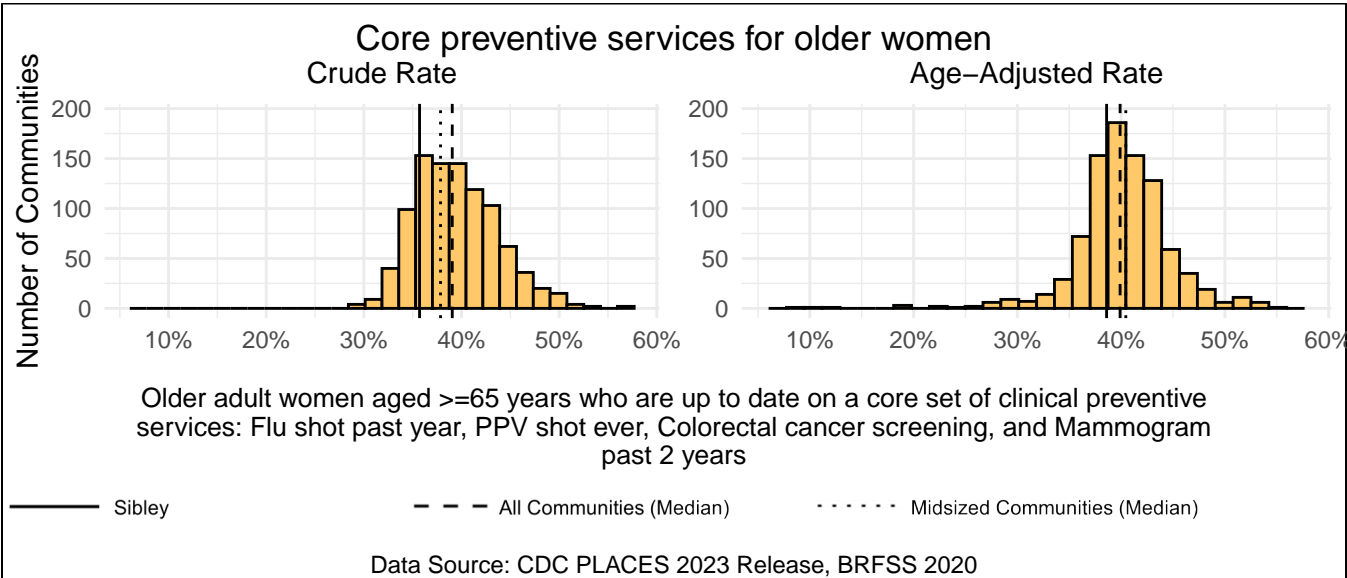




### Core preventive services for older women

Sibley has a crude rate of 35.7% 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 780th out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Sibley is 38.6%, which ranks 613th out of 905 Iowa communities (69th out of 102 mid-sized communities).

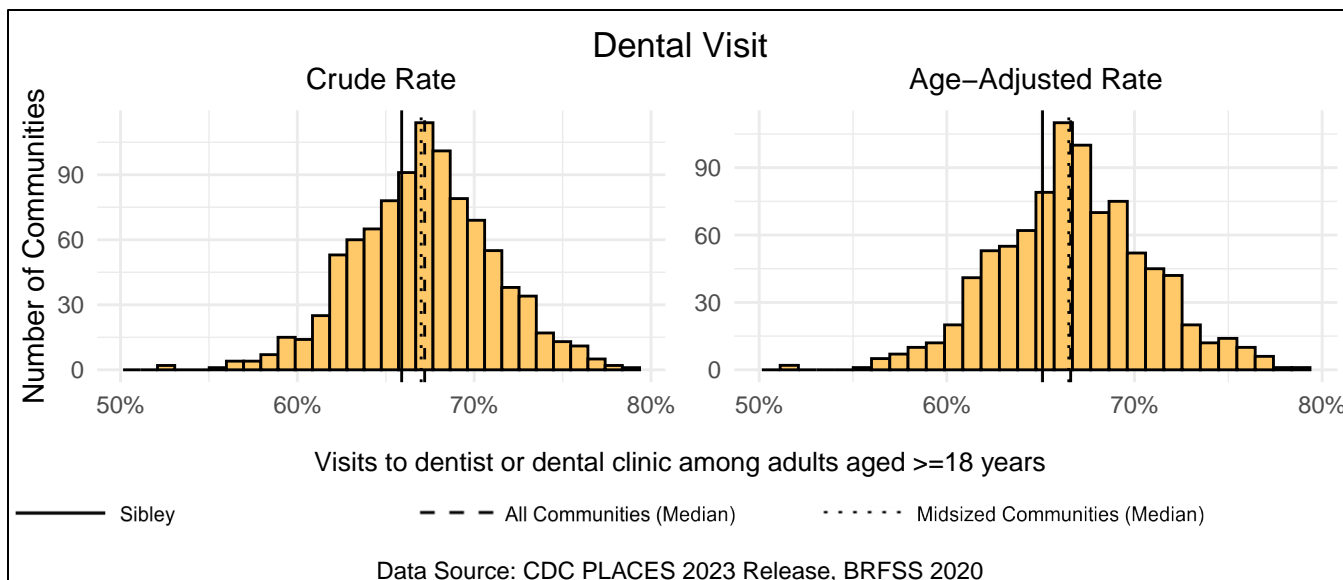
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	35.7%	39.0%	37.8%
Age-Adjusted	38.6%	39.9%	40.4%



### Dental Visit

Sibley has a crude rate of 65.9% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 613th out of 958 Iowa communities (62nd out of 102 mid-sized communities). The age-adjusted rate for Sibley is 65.1%, which ranks 607th out of 905 Iowa communities (61st out of 102 mid-sized communities).

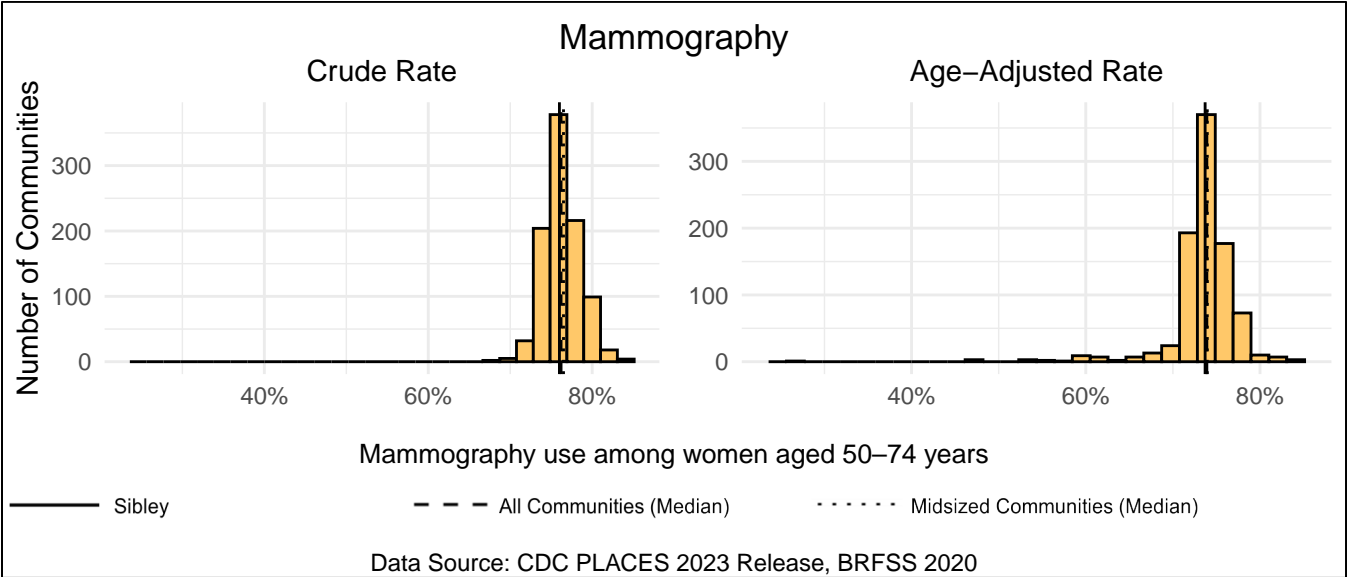
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	65.9%	67.2%	67.0%
Age-Adjusted	65.1%	66.6%	66.5%



# Mammography

Sibley has a crude rate of 76.0% for mammography use among women aged 50–74 years, which ranks 510th out of 958 Iowa communities (59th out of 102 midsize communities). The age-adjusted rate for Sibley is 73.7%, which ranks 481st out of 905 Iowa communities (56th out of 102 midsize communities).

Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	76.0%	76.2%	76.5%
Age-Adjusted	73.7%	73.9%	74.0%



# Disability

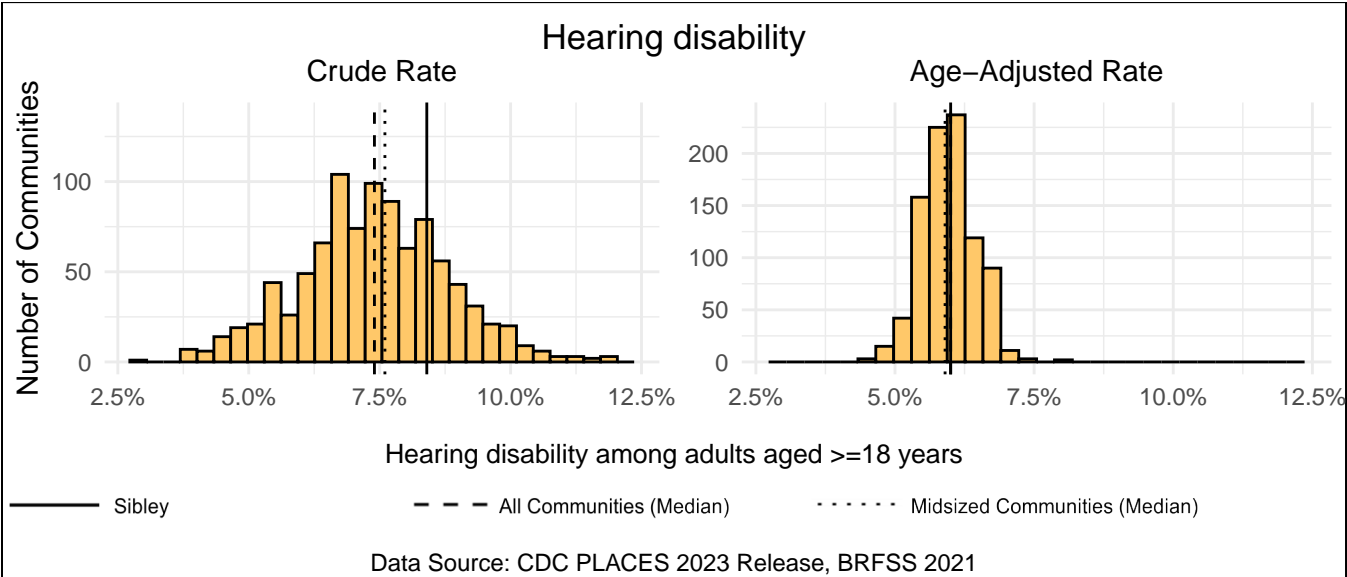
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Sibley has a crude rate of 8.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 724th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Sibley is 6.0%, which ranks 444th out of 905 Iowa communities (54th out of 102 midsize communities).

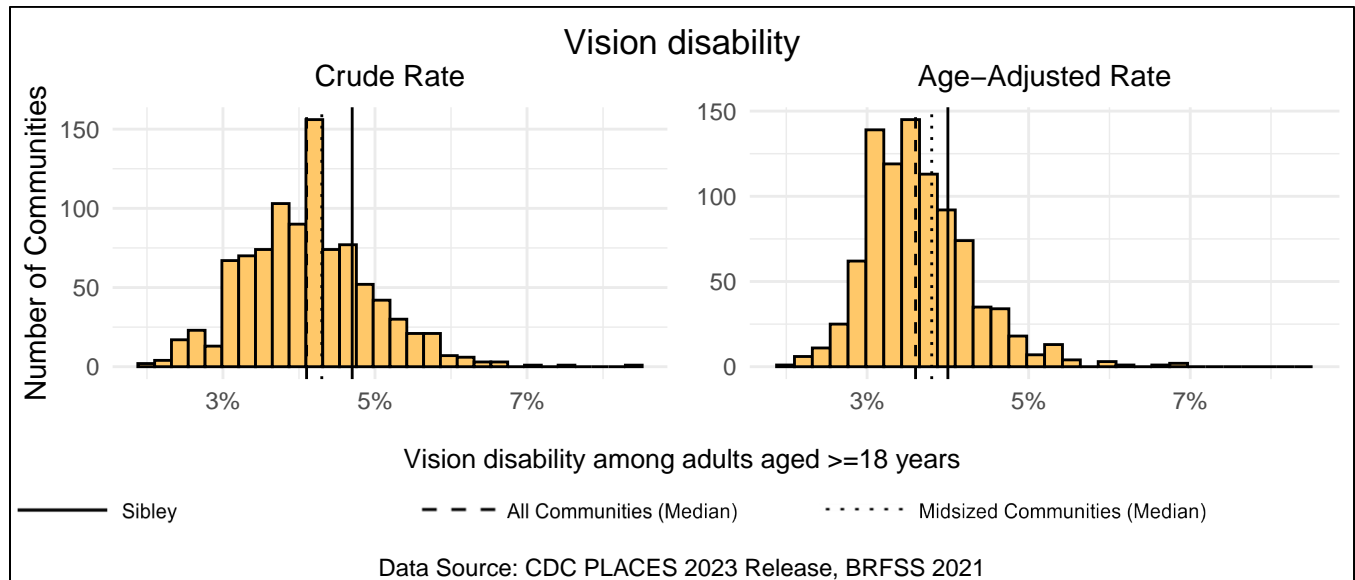
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	8.4%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.9%



## Vision disability

Sibley has a crude rate of 4.7% for vision disability among adults aged  $\geq 18$  years, which ranks 733rd out of 958 Iowa communities (68th out of 102 midsize communities). The age-adjusted rate for Sibley is 4.0%, which ranks 676th out of 905 Iowa communities (64th out of 102 midsize communities).

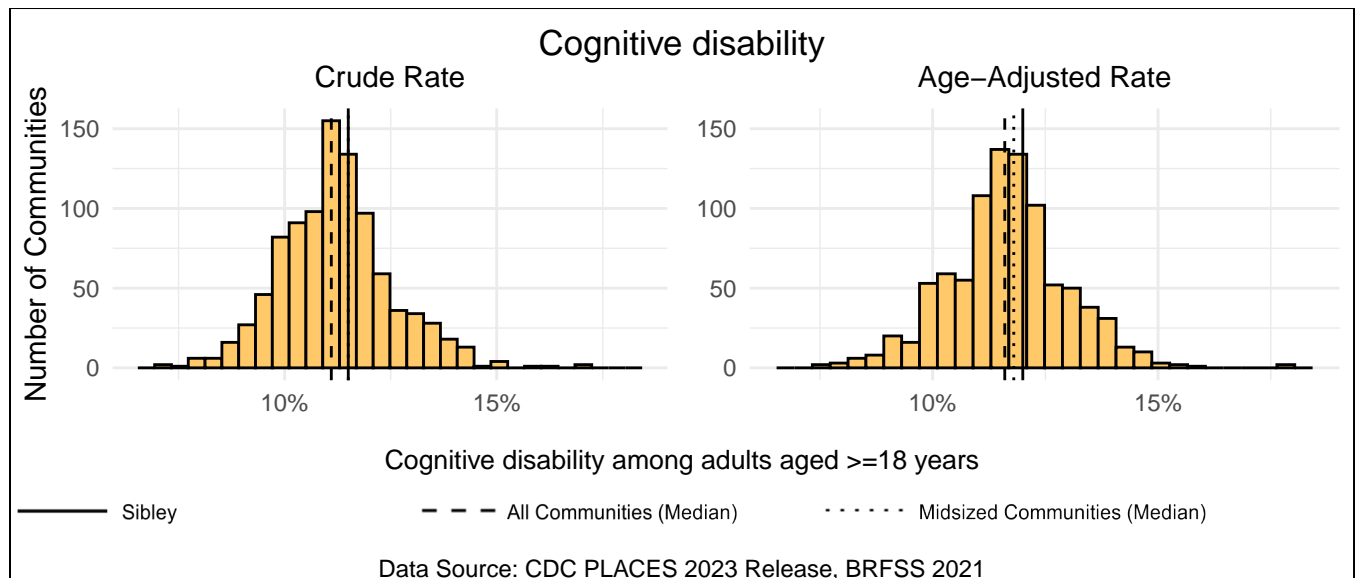
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	4.7%	4.1%	4.3%
Age-Adjusted	4.0%	3.6%	3.8%



## Cognitive disability

Sibley has a crude rate of 11.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 601st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Sibley is 12.0%, which ranks 567th out of 905 Iowa communities (58th out of 102 midsize communities).

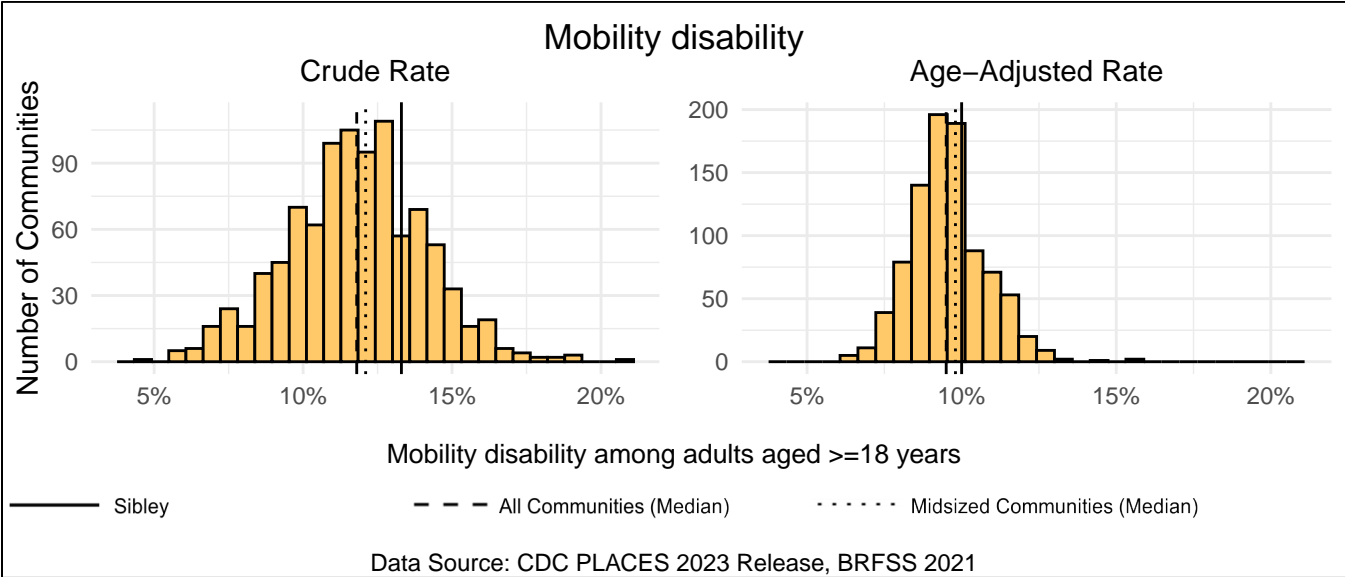
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	11.5%	11.1%	11.5%
Age-Adjusted	12.0%	11.6%	11.8%



## Mobility disability

Sibley has a crude rate of 13.3% for mobility disability among adults aged  $\geq 18$  years, which ranks 716th out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Sibley is 10.0%, which ranks 601st out of 905 Iowa communities (59th out of 102 midsized communities).

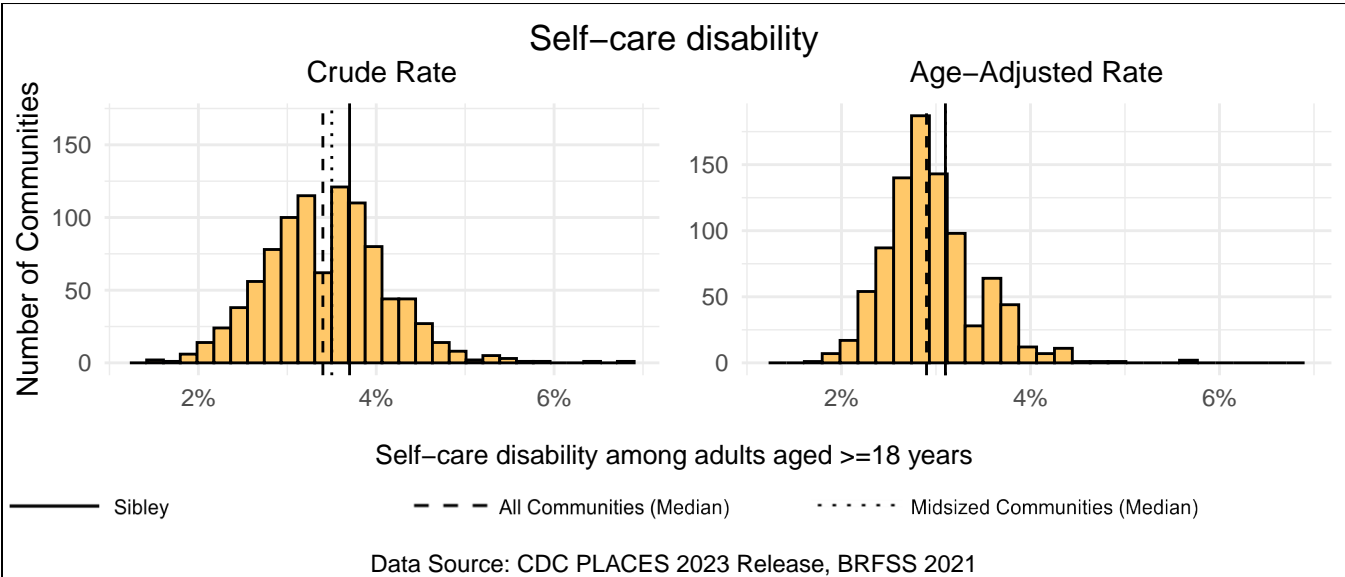
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	13.3%	11.8%	12.1%
Age-Adjusted	10.0%	9.5%	9.8%



## Self-care disability

Sibley has a crude rate of 3.7% for self-care disability among adults aged  $\geq 18$  years, which ranks 618th out of 958 Iowa communities (60th out of 102 midsized communities). The age-adjusted rate for Sibley is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 midsized communities).

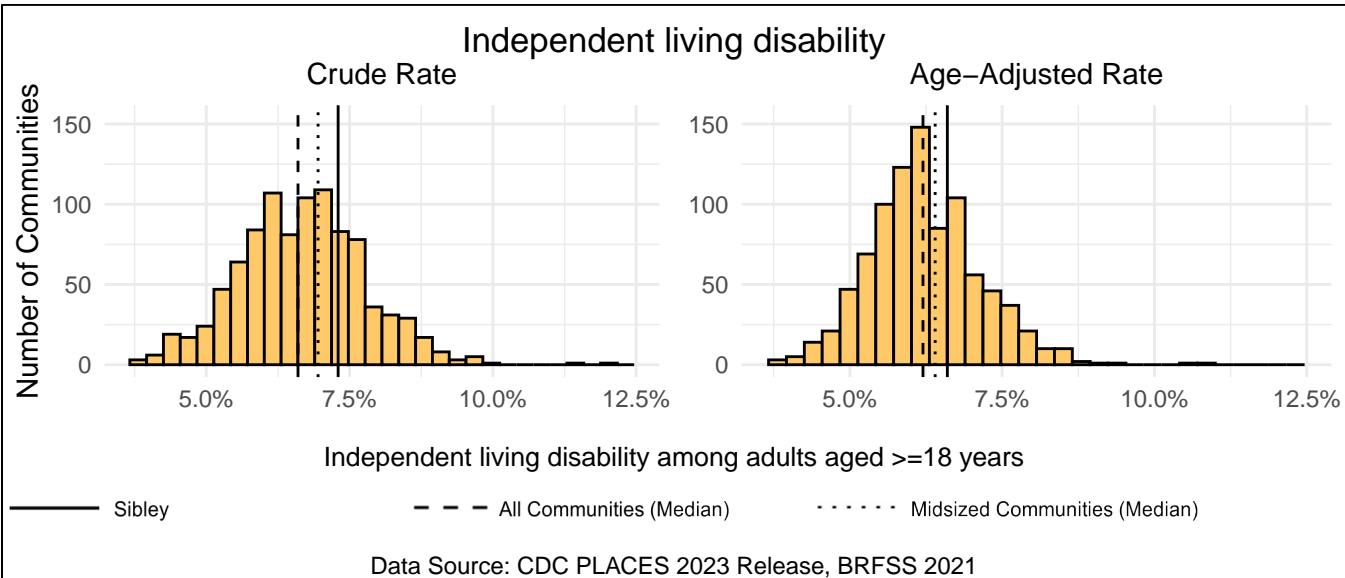
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	3.7%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



### Independent living disability

Sibley has a crude rate of 7.3% for independent living disability among adults aged  $\geq 18$  years, which ranks 697th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Sibley is 6.6%, which ranks 616th out of 905 Iowa communities (62nd out of 102 midsized communities).

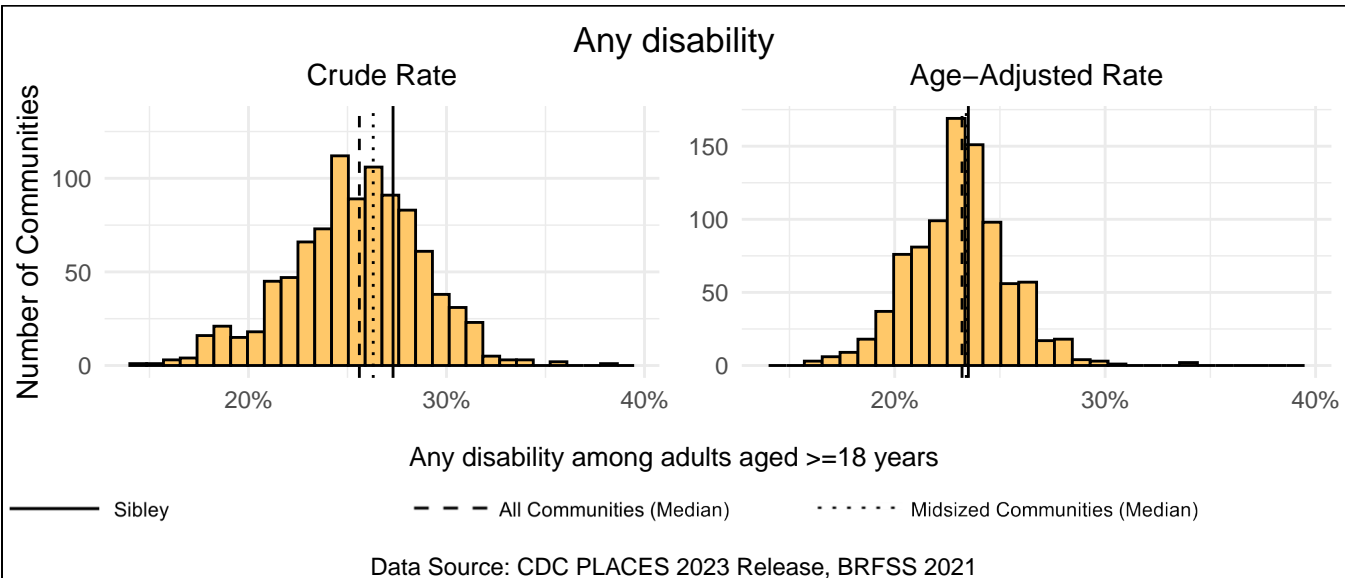
Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	7.3%	6.6%	7.0%
Age-Adjusted	6.6%	6.2%	6.4%



### Any disability

Sibley has a crude rate of 27.3% for any disability among adults aged  $\geq 18$  years, which ranks 675th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Sibley is 23.5%, which ranks 526th out of 905 Iowa communities (54th out of 102 midsized communities).

Measure Type	Sibley	All Comm.	Midsized Comm.
Crude	27.3%	25.6%	26.3%
Age-Adjusted	23.5%	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: Sibley 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	291	13.8% (11.8% - 16.0%)	370	15.4% (13.2% - 17.9%)
Health Status	General Health	660	15.3% (12.4% - 18.6%)	620	13.5% (11.1% - 16.2%)
Health Status	Physical Health	636	11.3% (9.5% - 13.2%)	559	10.0% (8.5% - 11.7%)
Health Risk Behaviors	Physical Inactivity	788	28.8% (23.5% - 34.5%)	742	26.5% (21.5% - 32.1%)
Health Risk Behaviors	Sleep <7 hours	224	29.1% (27.6% - 30.7%)	291	30.5% (28.8% - 32.1%)
Health Risk Behaviors	Current Smoking	380	16.4% (12.9% - 20.1%)	495	17.8% (14.1% - 22.2%)
Health Risk Behaviors	Binge Drinking	223	18.0% (14.9% - 21.5%)	249	21.4% (17.7% - 25.6%)
Health Outcomes	Diabetes	575	10.5% (8.7% - 12.5%)	508	8.3% (6.9% - 9.9%)
Health Outcomes	Arthritis	479	27.9% (23.5% - 32.7%)	163	22.0% (18.4% - 25.8%)
Health Outcomes	All Teeth Lost	725	14.4% (8.9% - 21.6%)	644	13.8% (8.9% - 19.8%)
Health Outcomes	Cancer (except skin)	721	9.0% (8.0% - 10.0%)	74	6.4% (5.7% - 7.1%)
Health Outcomes	COPD	613	7.9% (6.4% - 9.7%)	513	6.4% (5.2% - 7.8%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.6%)	513	9.6% (8.3% - 10.9%)
Health Outcomes	Coronary Heart Disease	678	7.2% (6.2% - 8.4%)	419	5.0% (4.3% - 5.7%)
Health Outcomes	Stroke	703	3.7% (3.1% - 4.4%)	569	2.7% (2.3% - 3.1%)
Health Outcomes	Depression	143	17.0% (14.0% - 20.7%)	218	18.5% (15.1% - 22.3%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.0%)	349	2.6% (2.4% - 3.0%)
Health Outcomes	High Cholesterol	553	36.8% (32.1% - 41.9%)	336	29.5% (25.1% - 34.4%)
Health Outcomes	High Blood Pressure	615	33.4% (28.8% - 38.3%)	368	27.0% (23.1% - 31.3%)
Health Outcomes	Obesity	635	38.6% (31.2% - 46.7%)	725	39.6% (31.8% - 48.2%)
Prevention	Core preventive services for older men	553	42.9% (33.2% - 53.3%)	457	43.4% (34.0% - 53.3%)
Prevention	Colorectal Cancer Screening	611	70.7% (67.4% - 73.8%)	553	70.3% (66.9% - 73.4%)
Prevention	Dental Visit	613	65.9% (61.7% - 69.7%)	607	65.1% (61.1% - 69.0%)
Prevention	Taking BP Medication	298	81.0% (77.7% - 83.9%)	660	58.4% (53.1% - 63.5%)
Prevention	Cholesterol Screening	407	82.9% (80.0% - 85.8%)	470	79.0% (75.4% - 82.5%)
Prevention	Health Insurance	891	9.5% (7.4% - 12.1%)	848	10.1% (7.8% - 12.6%)

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	780	35.7% (27.6% - 44.3%)	613	38.6% (30.3% - 46.7%)
Prevention	Annual Checkup	335	75.9% (70.7% - 80.2%)	597	72.1% (66.8% - 77.2%)
Prevention	Mammography	510	76.0% (71.6% - 80.4%)	481	73.7% (68.8% - 78.1%)
Prevention	Cervical Cancer Screening	462	83.3% (80.8% - 85.8%)	477	83.1% (80.6% - 85.5%)
Disability	Self-care Disability	618	3.7% (3.1% - 4.5%)	567	3.1% (2.6% - 3.7%)
Disability	Hearing Disability	724	8.4% (7.1% - 9.7%)	444	6.0% (5.2% - 6.8%)
Disability	Mobility Disability	716	13.3% (10.8% - 15.9%)	601	10.0% (8.2% - 11.9%)
Disability	Independent Living Disability	697	7.3% (6.0% - 8.9%)	616	6.6% (5.5% - 7.8%)
Disability	Vision Disability	733	4.7% (3.9% - 5.8%)	676	4.0% (3.4% - 4.7%)
Disability	Any Disability	675	27.3% (22.8% - 32.3%)	526	23.5% (19.6% - 27.8%)
Disability	Cognitive Disability	601	11.5% (9.6% - 13.7%)	567	12.0% (10.0% - 14.4%)

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)

Sibley 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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