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 Sigourney: Overview

Dear Community Members & Stakeholders of Sigourney,

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 Sigourney ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sigourney'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 Sigourney. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community's strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Core preventive services for older men	113th	13th	Cancer (except skin)	74th	4th
Taking BP Medication	140th	26th	Core preventive services for older men	109th	14th
Binge Drinking	150th	28th	High Cholesterol	195th	35th
Annual Checkup	234th	45th	Mammography	285th	46th
Depression	284th	46th	Chronic Kidney Disease	349th	65th

Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Arthritis	842nd	118th	Arthritis	707th	109th
Cancer (except skin)	841st	110th	Sleep <7 hours	679th	111th
Hearing Disability	834th	113th	Physical Inactivity	666th	111th
Chronic Kidney Disease	832nd	114th	Annual Checkup	658th	110th
Stroke	832nd	115th	Core preventive services for older women	641st	109th

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 Sigourney.

Sincerely,

Shawn F. Dorius, PhD
Iowa State University
Public Science Collaborative

How to Use this Report

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

With a population of 1,835, Sigourney's similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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

The table shows rates in your community compared with the state midpoint and the population group

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

Mental Health

Crude Rate

Age−Adjusted Rate

Number of Communities

Mental health not good for >=14 days among adults aged >=18 years

——— Ames   – – – All Communities (Median)   · · · · · Large Communities (Median)

The legend shows the meaning of the solid, dashed, and dotted lines

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

Sigourney has a crude rate of 15.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 696th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Sigourney is 13.3%, which ranks 581st out of 905 Iowa communities (100th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	15.5%	14.3%	14.0%
Age-Adjusted	13.3%	12.7%	12.4%

Poor General Health — Crude Rate / Age–Adjusted Rate. Fair or poor self–rated health status among adults aged >= 18 years. Sigourney; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
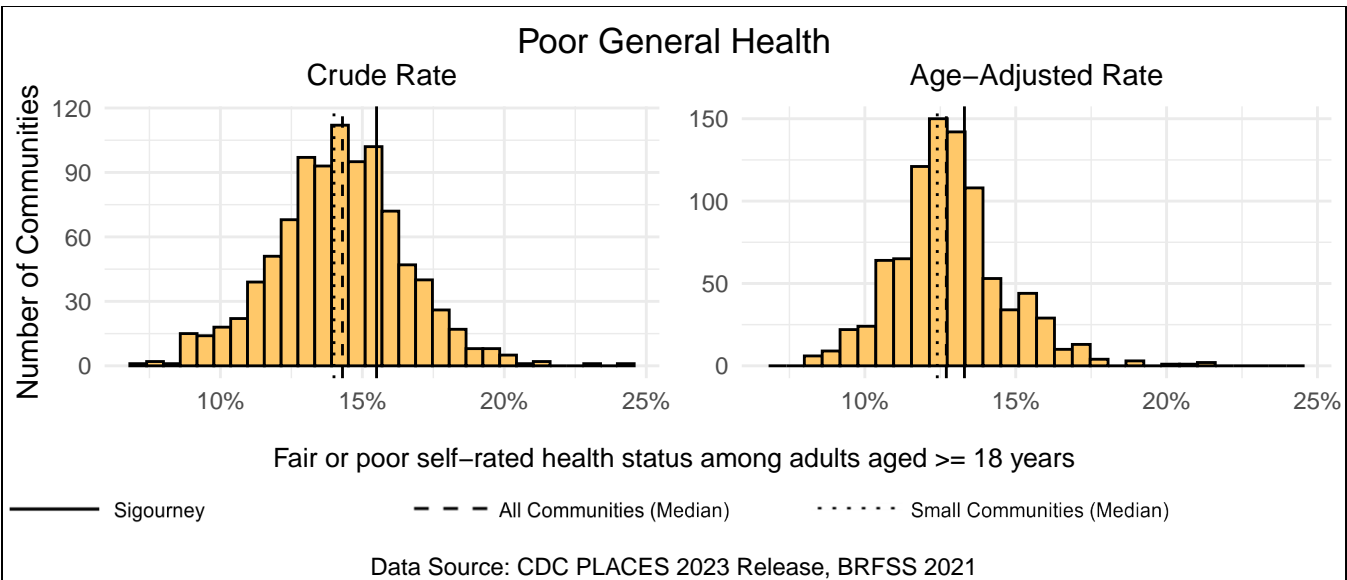
Poor Physical Health

Sigourney has a crude rate of 11.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 690th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Sigourney is 10.0%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	11.5%	10.8%	10.6%
Age-Adjusted	10.0%	9.7%	9.6%

Poor Physical Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021
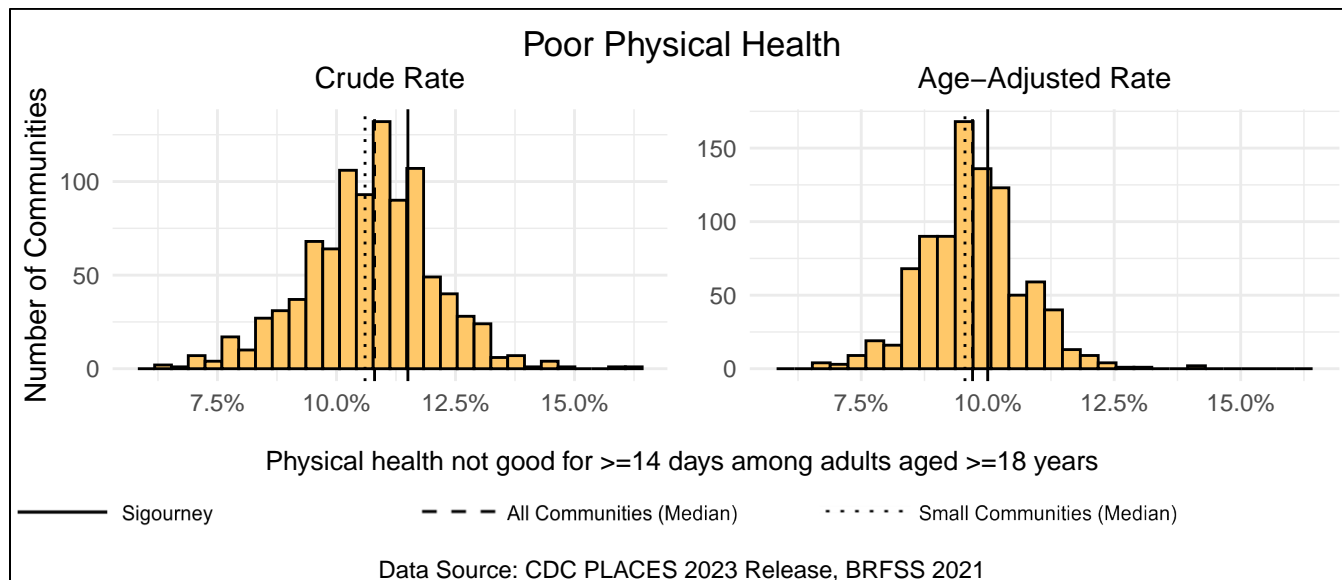
Poor Mental Health

Sigourney 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 (50th out of 138 small communities). The age-adjusted rate for Sigourney is 15.8%, which ranks 555th out of 905 Iowa communities (84th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	13.8%	14.3%	14.1%
Age-Adjusted	15.8%	15.5%	15.6%

Poor Mental Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021
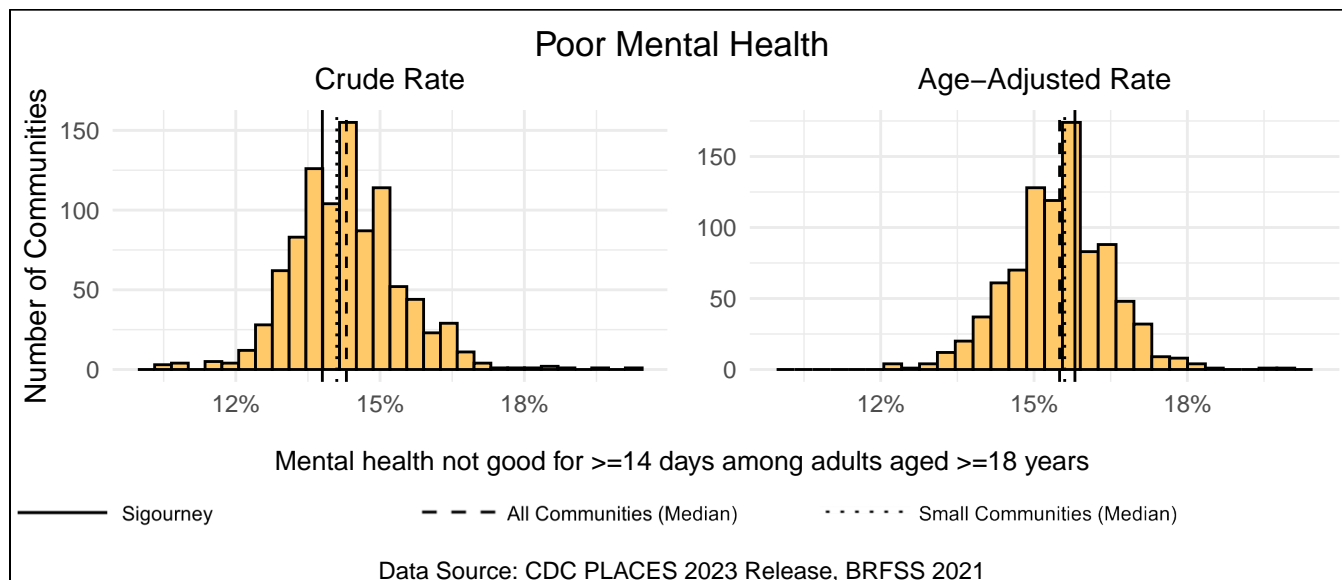
Health Risk Behaviors

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

Sigourney has a crude rate of 17.5% for binge drinking among adults aged >=18 years, which ranks 150th out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Sigourney is 21.7%, which ranks 358th out of 905 Iowa communities (57th out of 138 small communities).
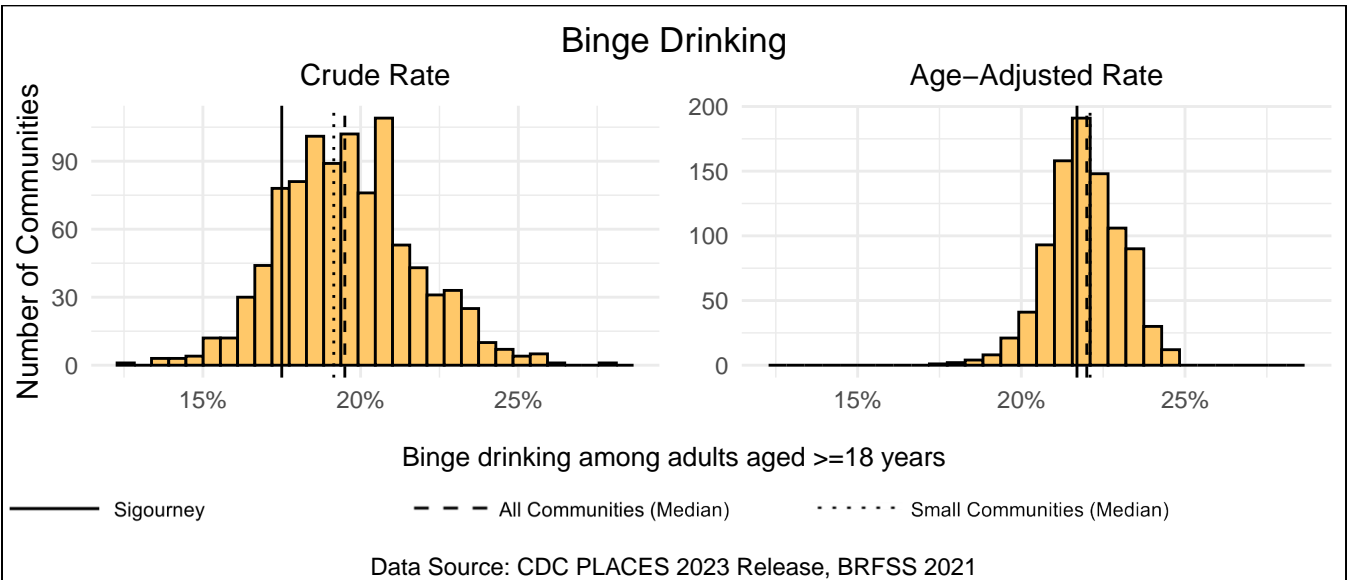
Measure Type	Sigourney	All Comm.	Small Comm.
Crude	17.5%	19.5%	19.1%
Age-Adjusted	21.7%	22.0%	22.1%

Binge Drinking

Crude Rate — Age–Adjusted Rate

Number of Communities

Binge drinking among adults aged >=18 years

—— Sigourney   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Sigourney has a crude rate of 16.3% for current smoking among adults aged >=18 years, which ranks 353rd out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Sigourney is 18.3%, which ranks 602nd out of 905 Iowa communities (99th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	16.3%	16.8%	16.1%
Age-Adjusted	18.3%	17.5%	17.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

Sigourney 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 (116th out of 138 small communities). The age-adjusted rate for Sigourney is 25.8%, which ranks 666th out of 905 Iowa communities (111th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	28.8%	26.1%	25.8%
Age-Adjusted	25.8%	24.3%	23.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Sigourney has a crude rate of 30.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 483rd out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Sigourney is 32.1%, which ranks 679th out of 905 Iowa communities (111th out of 138 small communities).
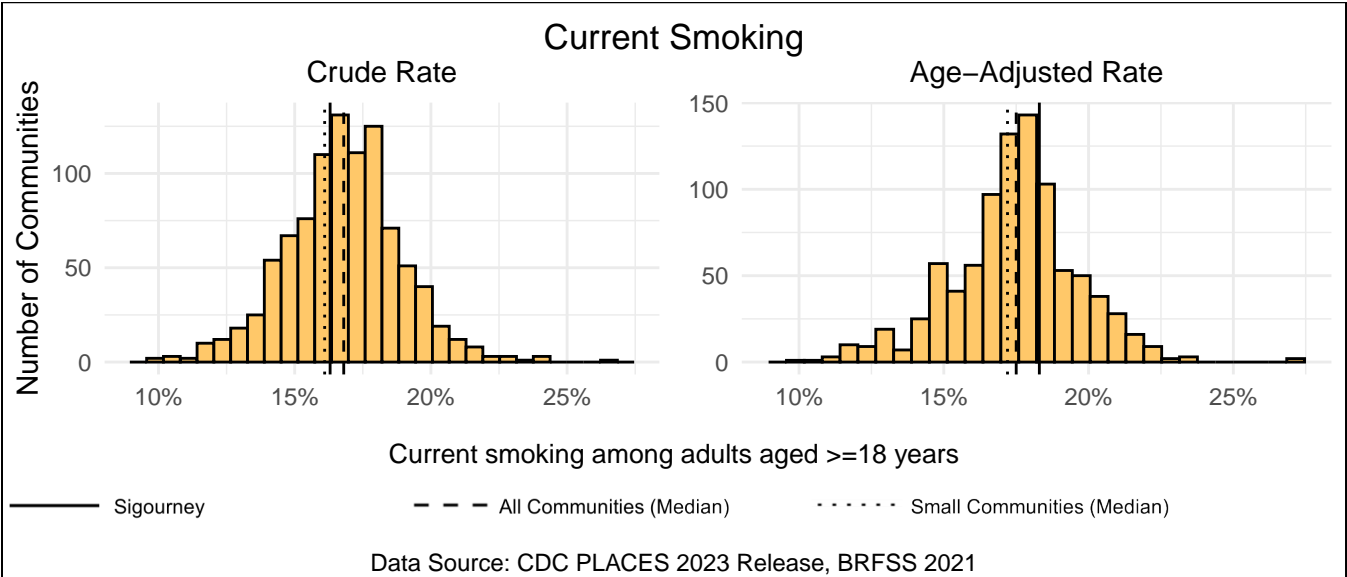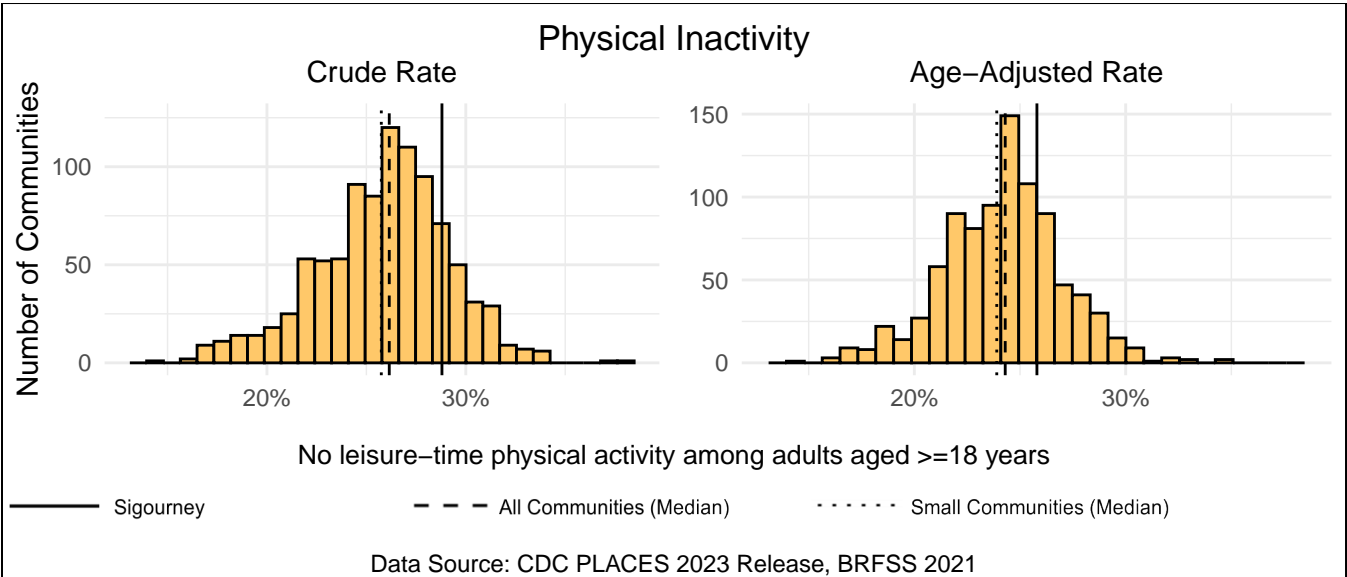
Measure Type	Sigourney	All Comm.	Small Comm.
Crude	30.3%	30.2%	29.9%
Age-Adjusted	32.1%	31.1%	31.0%

Sleep <7 hours

Crude Rate — Age-Adjusted Rate

Number of Communities

Sleeping less than 7 hours among adults aged >=18 years

Sigourney —— All Communities (Median) – – – Small Communities (Median) · · · · · ·

Data Source: CDC PLACES 2023 Release, BRFSS 2020
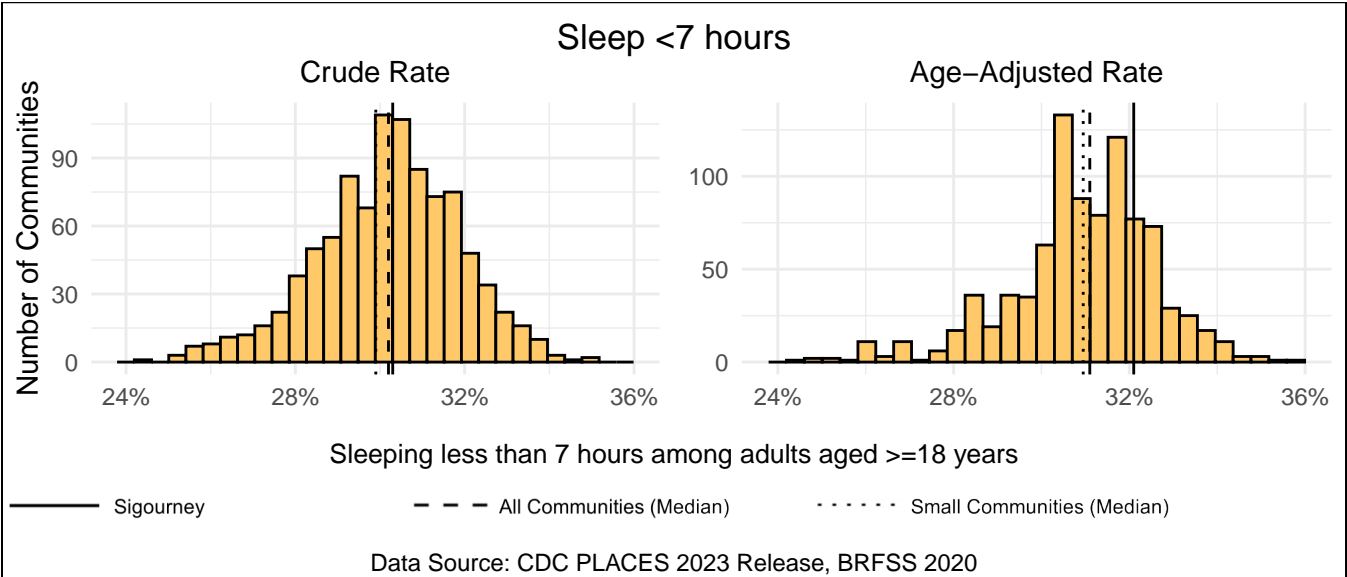
Health Outcomes

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

Sigourney has a crude rate of 31.5% for arthritis among adults aged >=18 years, which ranks 842nd out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Sigourney is 24.1%, which ranks 707th out of 905 Iowa communities (109th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	31.5%	27.9%	28.4%
Age-Adjusted	24.1%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
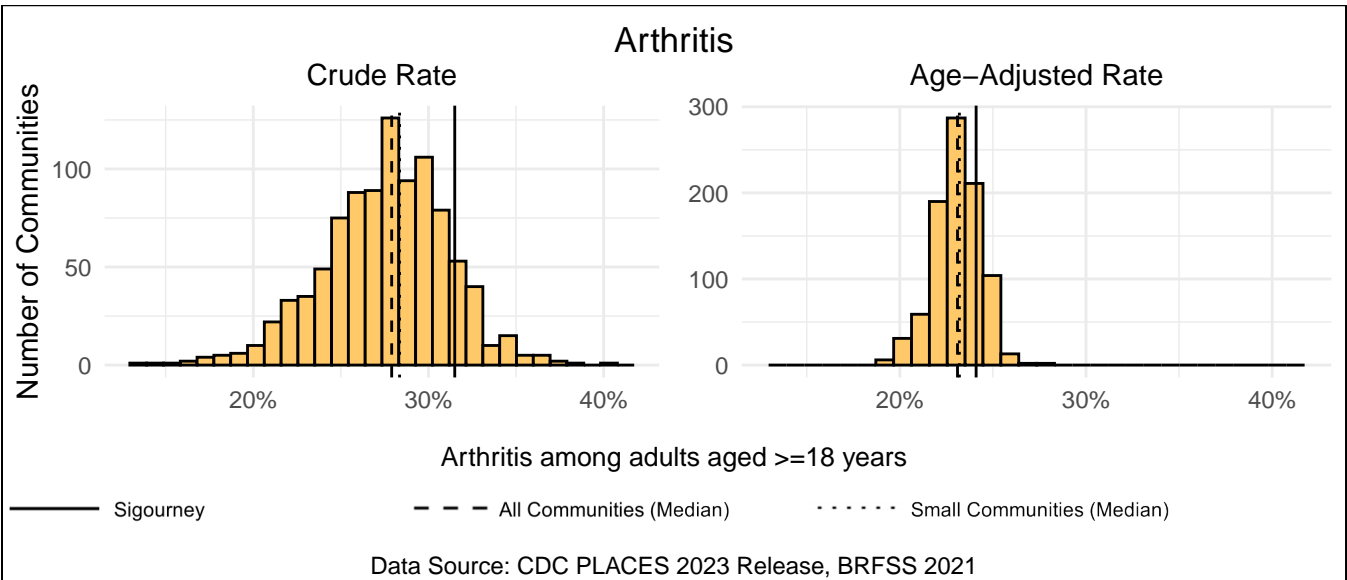
High Blood Pressure

Sigourney has a crude rate of 35.6% for high blood pressure among adults aged >=18 years, which ranks 796th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Sigourney is 27.9%, which ranks 602nd out of 905 Iowa communities (102nd out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	35.6%	32.0%	32.5%
Age-Adjusted	27.9%	27.3%	27.0%

High Blood Pressure

Data Source: CDC PLACES 2023 Release, BRFSS 2021
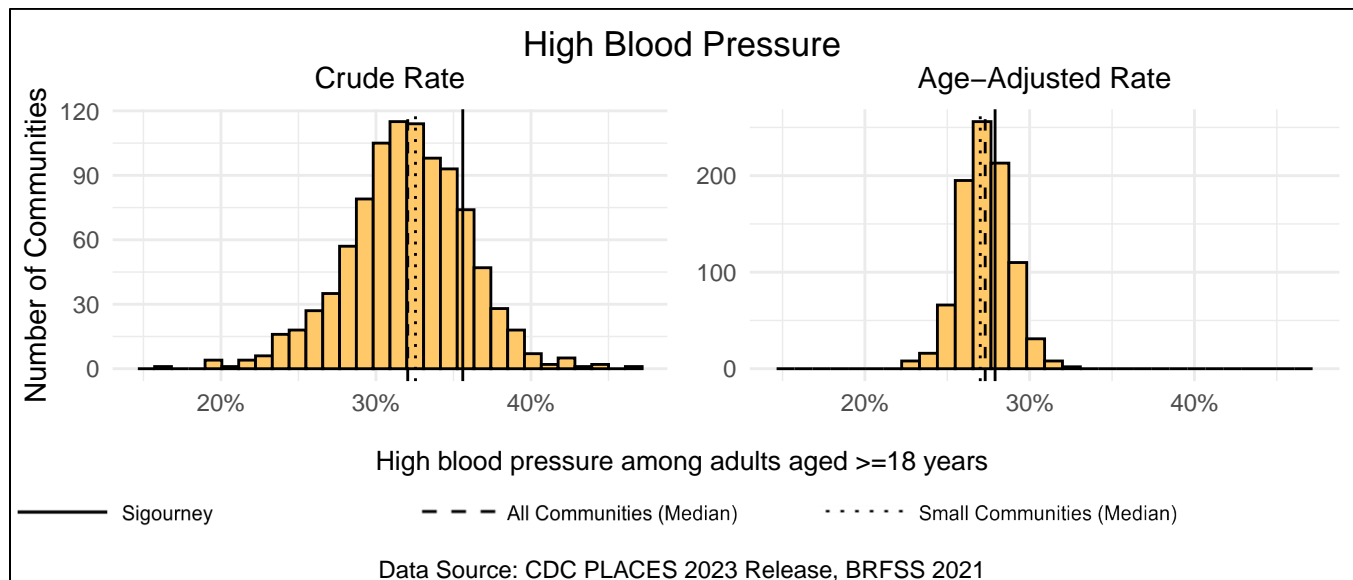
Cancer (except skin)

Sigourney has a crude rate of 9.6% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 841st out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Sigourney is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	9.6%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%

Cancer (except skin)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
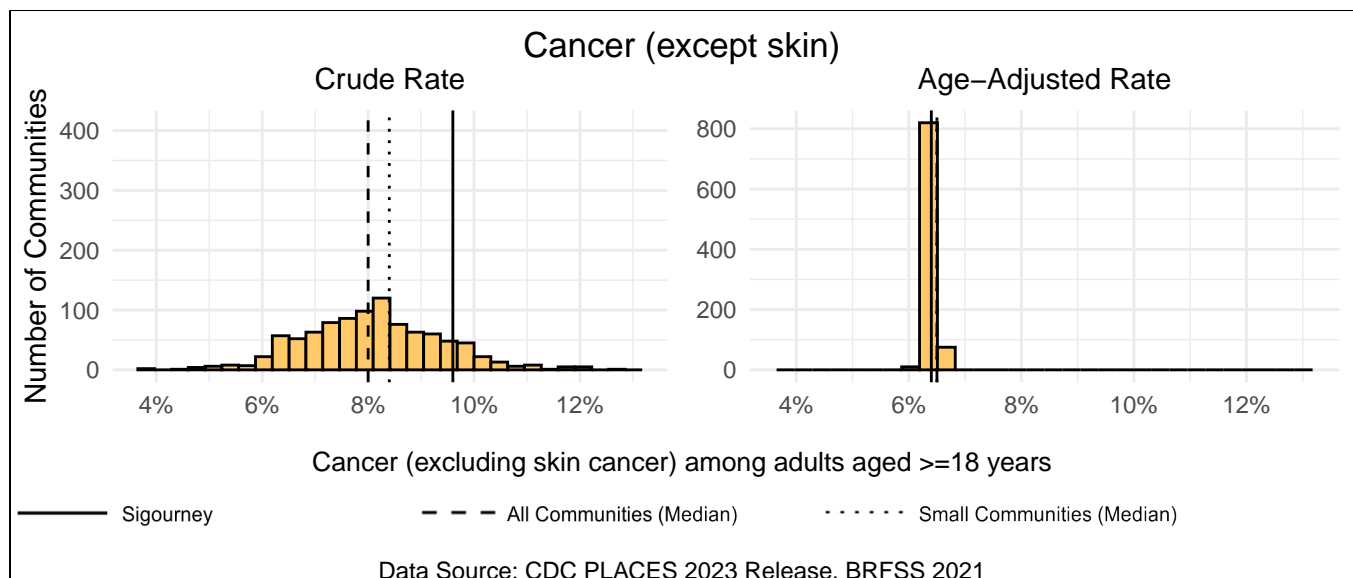
Current Asthma

Sigourney has a crude rate of 9.3% for current asthma among adults aged >=18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Sigourney is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
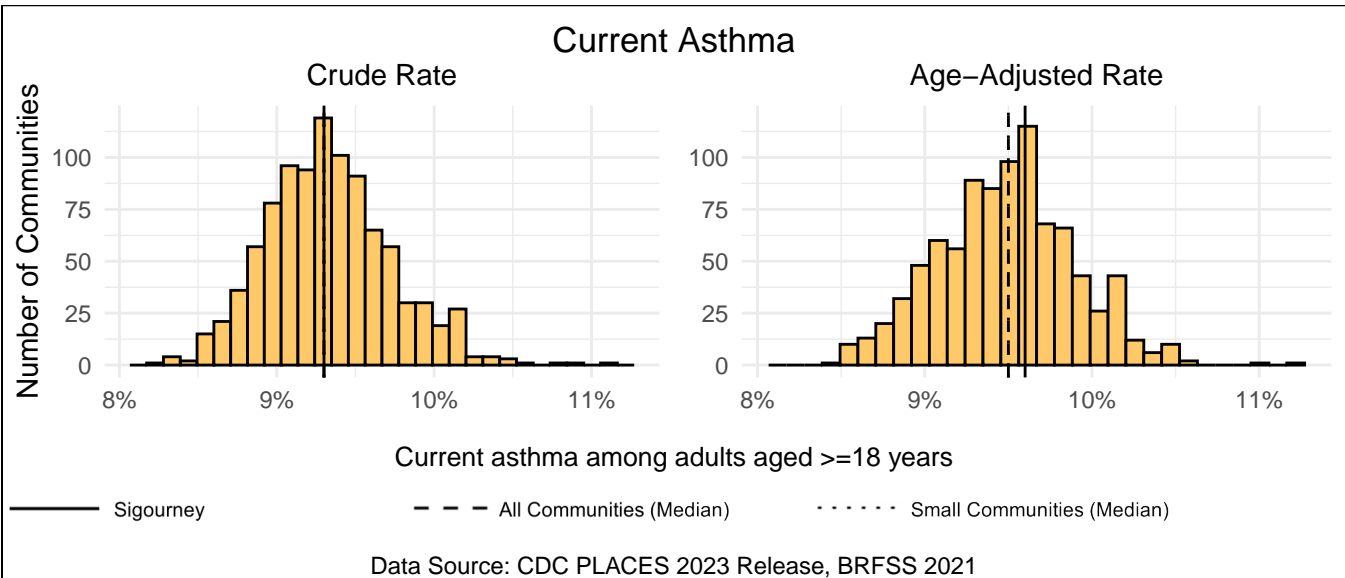
Coronary Heart Disease

Sigourney has a crude rate of 7.8% for coronary heart disease among adults aged >=18 years, which ranks 811th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Sigourney is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	7.8%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
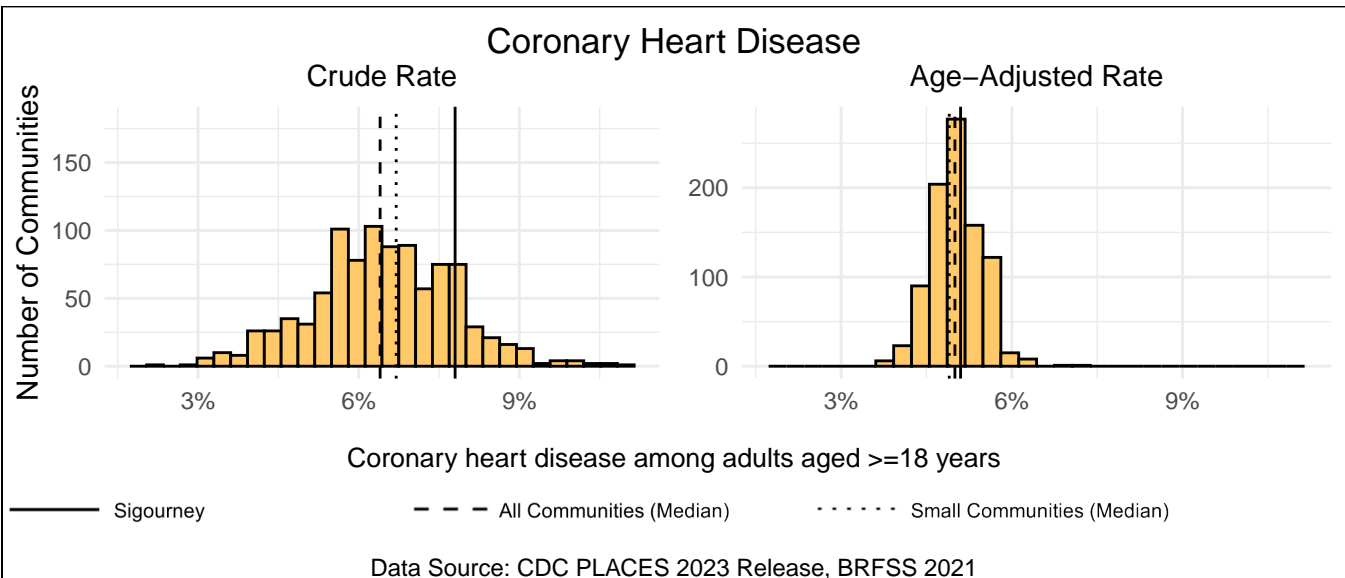
COPD

Sigourney has a crude rate of 8.3% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 721st out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Sigourney is 6.5%, which ranks 571st out of 905 Iowa communities (95th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	8.3%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.1%

COPD

Data Source: CDC PLACES 2023 Release, BRFSS 2021
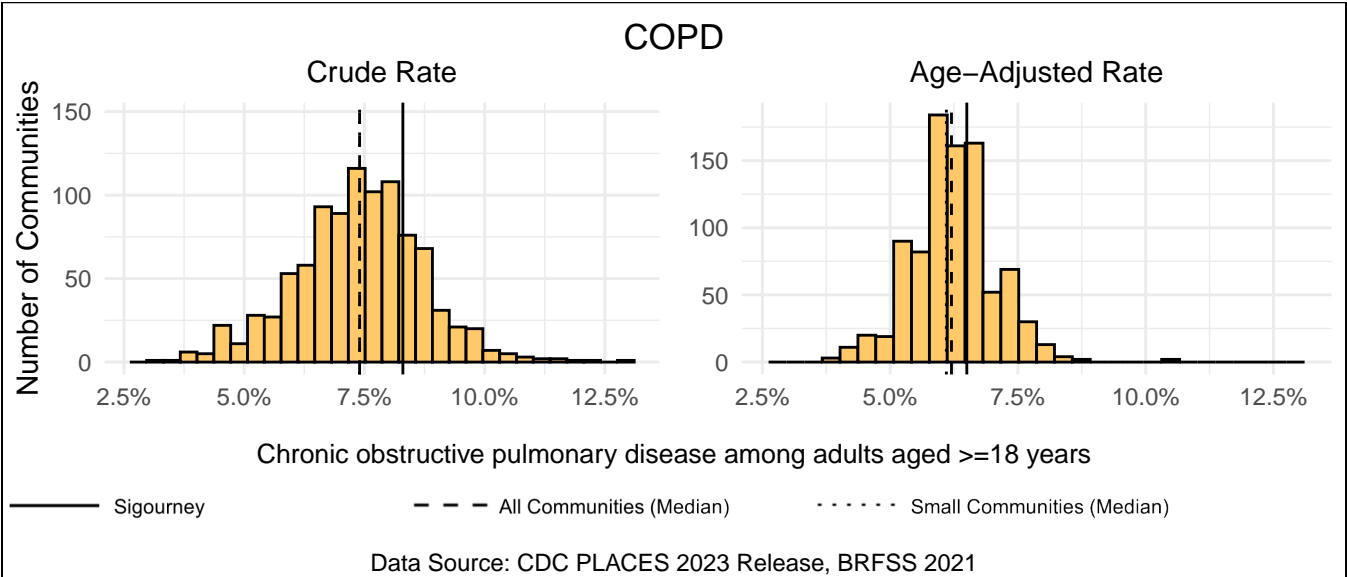
Depression

Sigourney has a crude rate of 17.5% for depression among adults aged >=18 years, which ranks 284th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Sigourney is 19.4%, which ranks 562nd out of 905 Iowa communities (87th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	17.5%	18.0%	17.9%
Age-Adjusted	19.4%	19.0%	19.1%

Depression

Data Source: CDC PLACES 2023 Release, BRFSS 2021
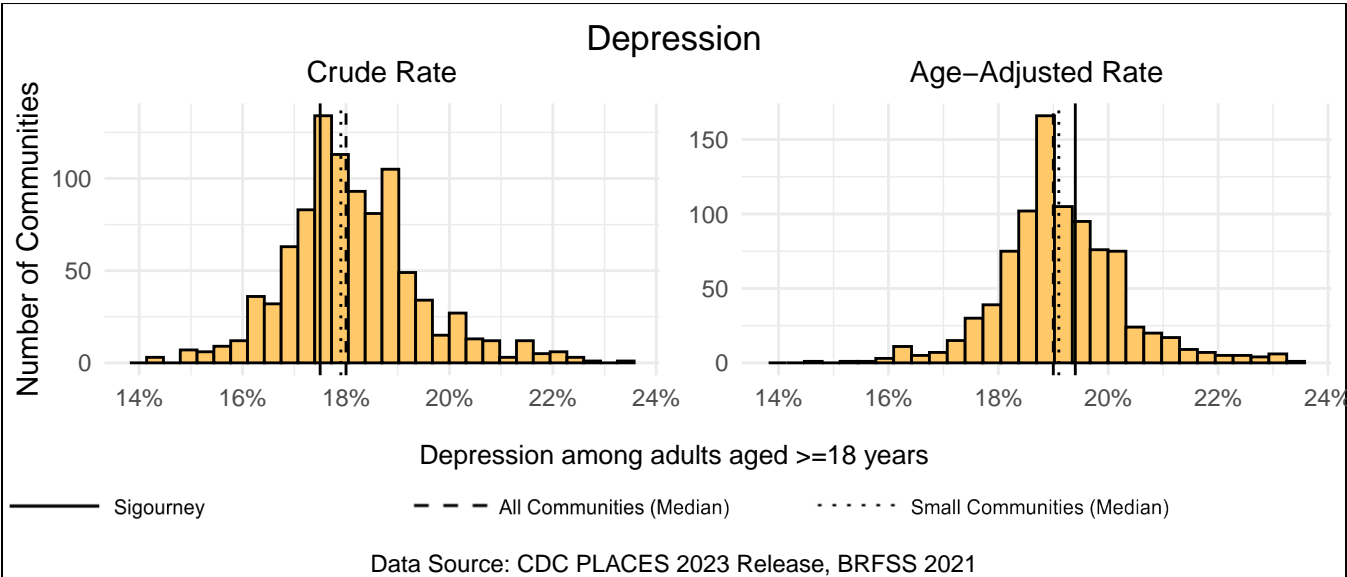
Diabetes

Sigourney has a crude rate of 11.0% for diagnosed diabetes among adults aged >=18 years, which ranks 690th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Sigourney is 8.3%, which ranks 508th out of 905 Iowa communities (89th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	11.0%	10.1%	10.0%
Age-Adjusted	8.3%	8.1%	8.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

Sigourney has a crude rate of 37.4% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 642nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Sigourney is 29.1%, which ranks 195th out of 905 Iowa communities (35th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	37.4%	36.2%	36.4%
Age-Adjusted	29.1%	29.7%	29.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
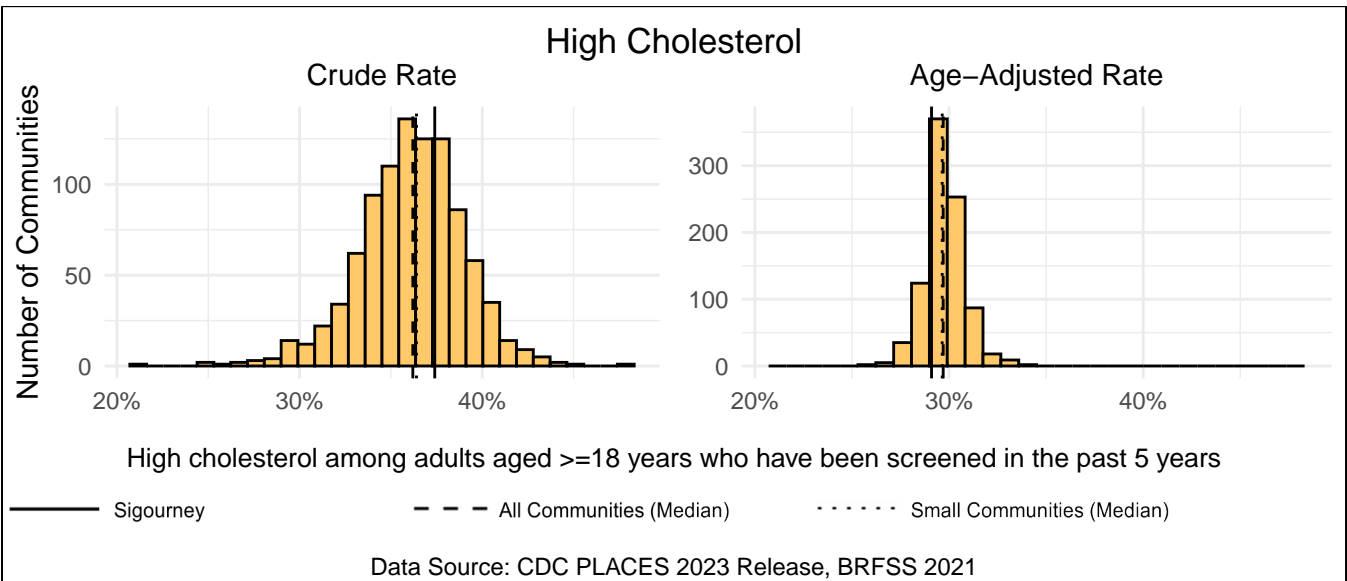
Chronic Kidney Disease

Sigourney has a crude rate of 3.8% for chronic kidney disease among adults aged >=18 years, which ranks 832nd out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Sigourney is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
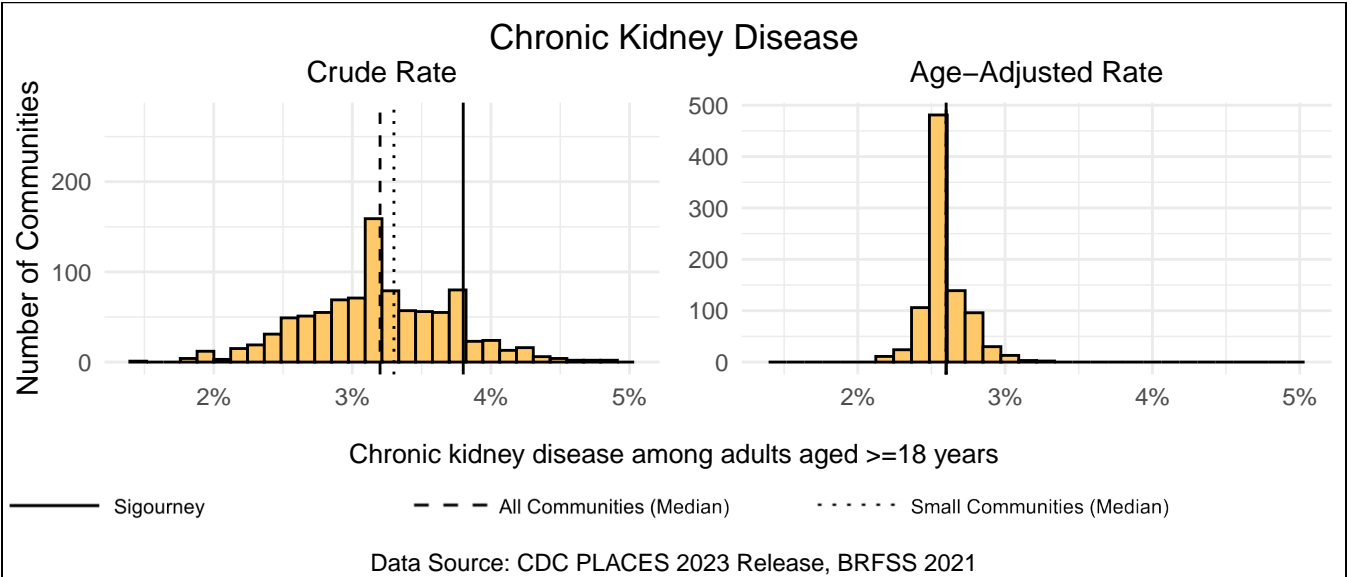
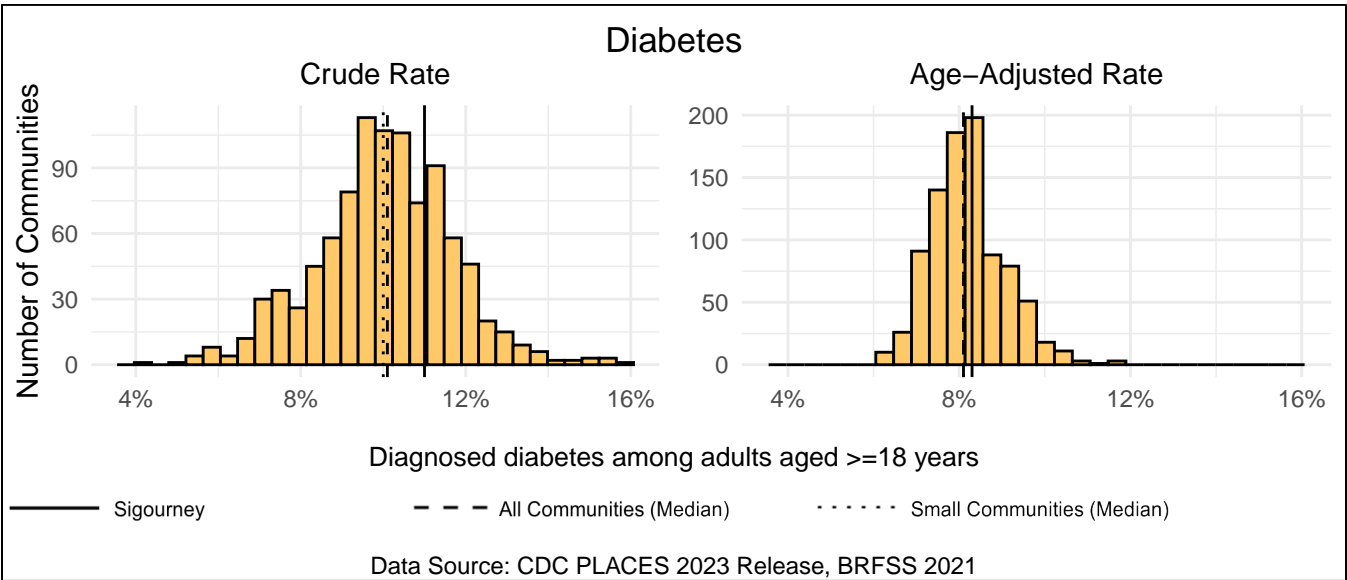## Obesity

Sigourney has a crude rate of 36.9% for obesity among adults aged >=18 years, which ranks 354th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Sigourney is 38.0%, which ranks 509th out of 905 Iowa communities (78th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	36.9%	37.6%	37.2%
Age-Adjusted	38.0%	37.6%	37.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
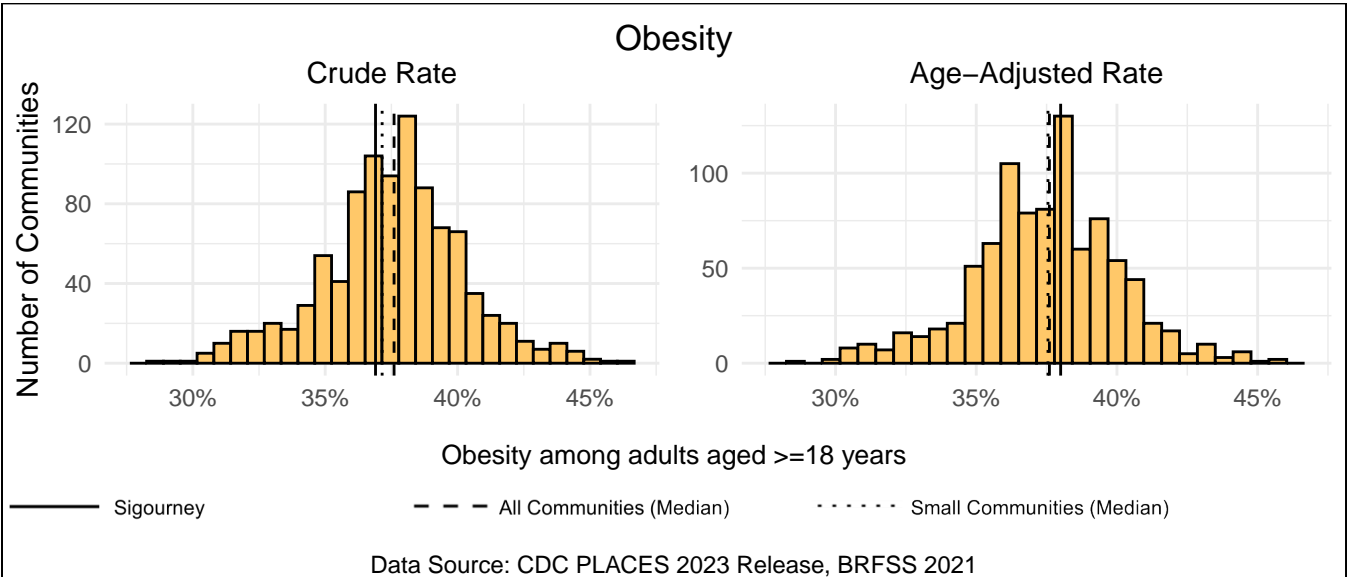
Stroke

Sigourney has a crude rate of 4.0% for stroke among adults aged >=18 years, which ranks 832nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Sigourney is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	4.0%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
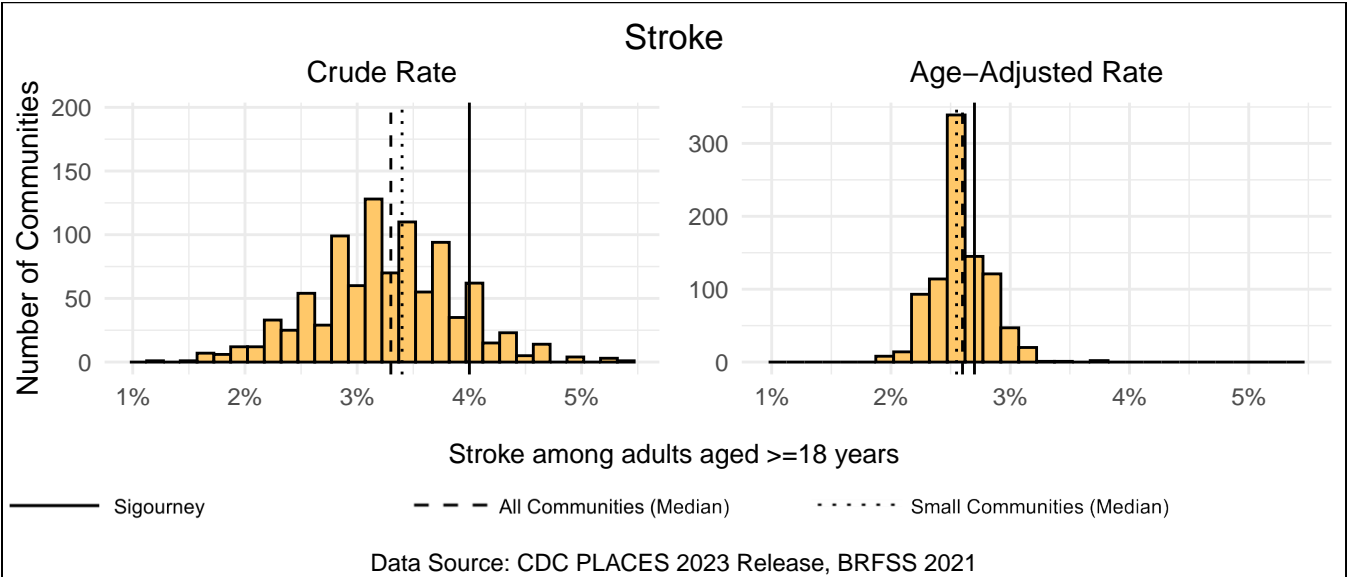
All Teeth Lost

Sigourney has a crude rate of 14.0% for all teeth lost among adults aged >=65 years, which ranks 678th out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Sigourney is 13.3%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	14.0%	12.9%	12.8%
Age-Adjusted	13.3%	12.8%	12.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
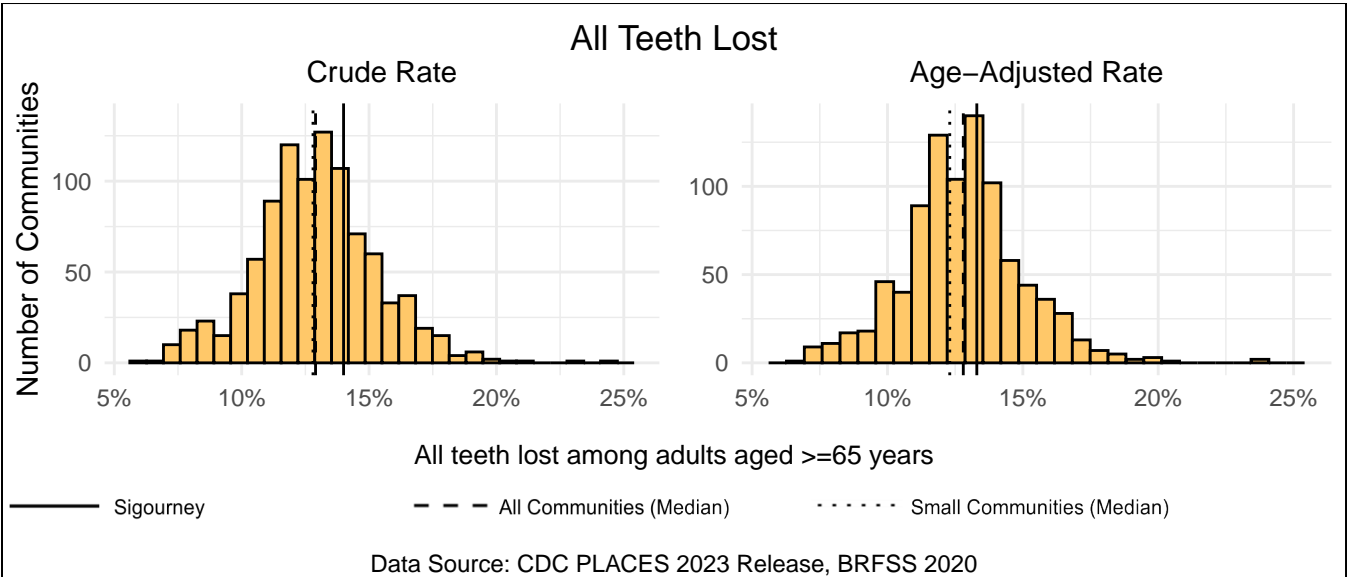
Prevention

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

Sigourney has a crude rate of 7.7% for current lack of health insurance among adults aged 18–64 years, which ranks 598th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Sigourney is 8.0%, which ranks 538th out of 905 Iowa communities (94th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	7.7%	7.3%	7.2%
Age-Adjusted	8.0%	7.7%	7.5%

Lack of Health Insurance

Data Source: CDC PLACES 2023 Release, BRFSS 2021
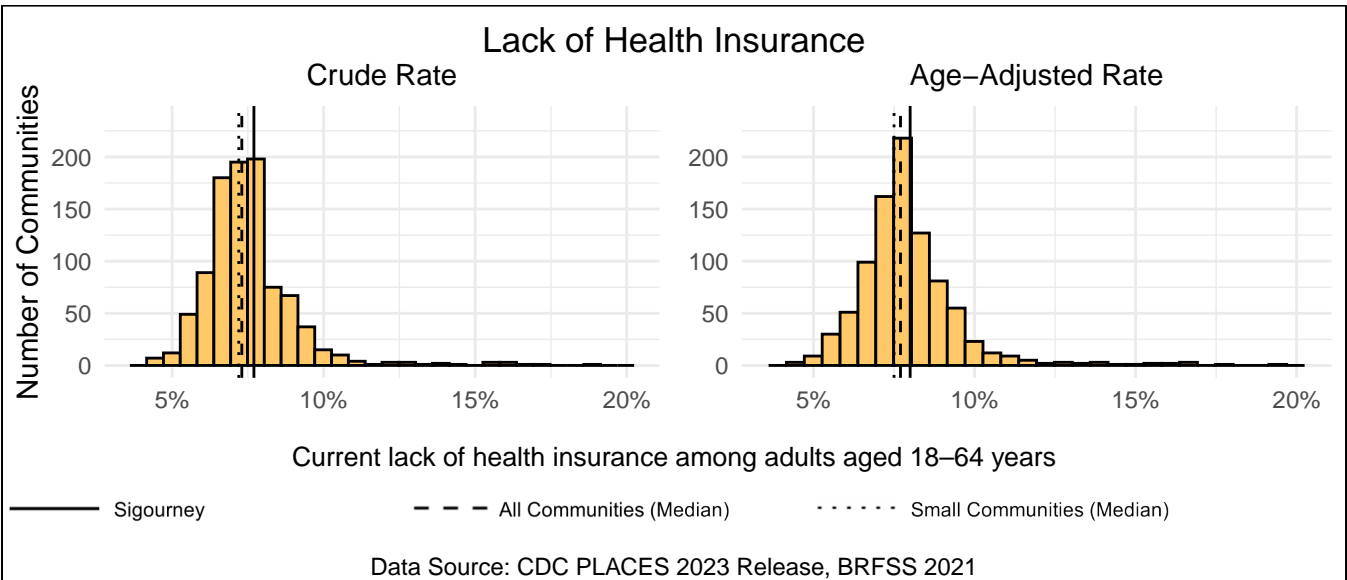
Taking BP Medication

Sigourney has a crude rate of 82.3% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 140th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Sigourney is 59.1%, which ranks 378th out of 905 Iowa communities (63rd out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	82.3%	79.8%	80.2%
Age-Adjusted	59.1%	59.0%	59.0%

Taking BP Medication

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

— Sigourney   – – – All Communities (Median)   ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
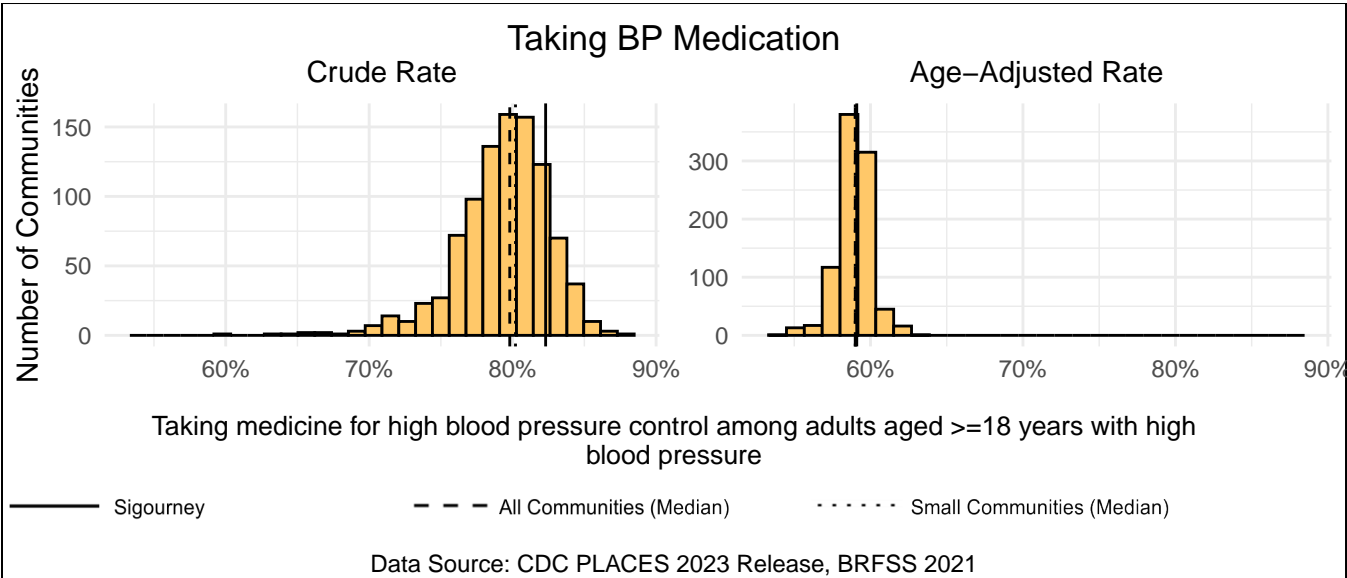
Cervical Cancer Screening

Sigourney has a crude rate of 82.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 614th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Sigourney is 82.7%, which ranks 603rd out of 905 Iowa communities (110th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	82.7%	83.3%	83.6%
Age-Adjusted	82.7%	83.2%	83.5%

Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years

— Sigourney   – – – All Communities (Median)   ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
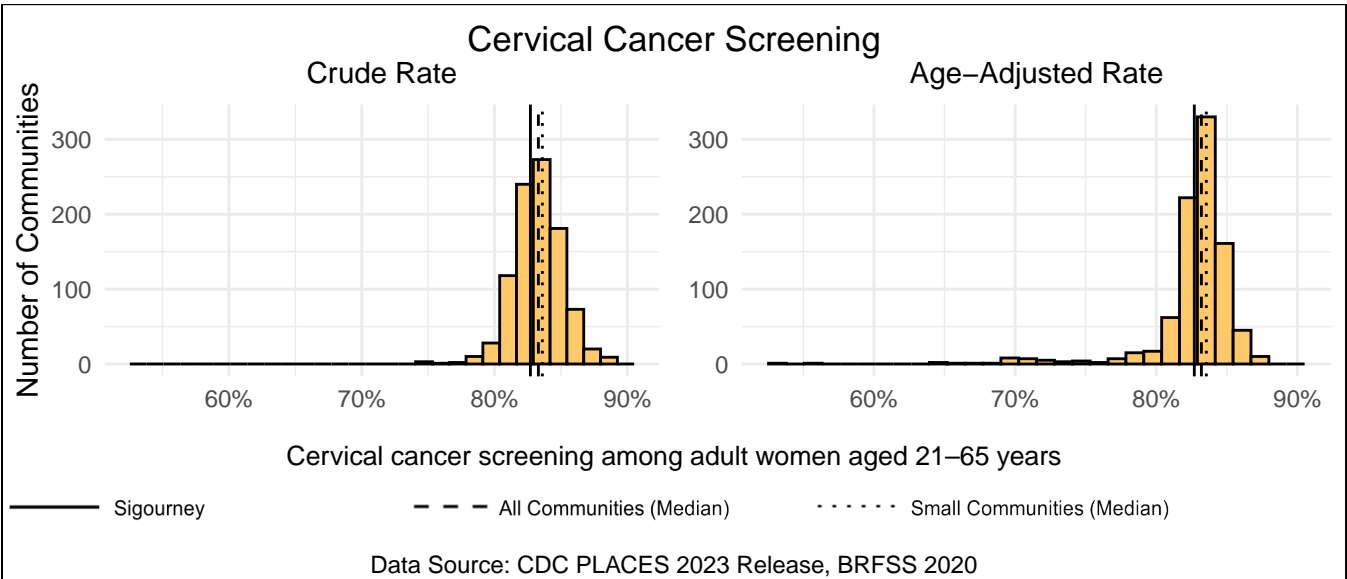
Annual Checkup

Sigourney has a crude rate of 76.4% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 234th out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Sigourney is 71.9%, which ranks 658th out of 905 Iowa communities (110th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	76.4%	75.2%	75.5%
Age-Adjusted	71.9%	72.6%	72.6%

Annual Checkup — Crude Rate and Age–Adjusted Rate. Visits to doctor for routine checkup within the past year among adults aged >=18 years. Sigourney, All Communities (Median), Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Sigourney has a crude rate of 83.3% for cholesterol screening among adults aged >=18 years, which ranks 332nd out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Sigourney is 78.5%, which ranks 629th out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	83.3%	82.6%	82.9%
Age-Adjusted	78.5%	79.1%	79.4%

Cholesterol Screening — Crude Rate and Age–Adjusted Rate. Cholesterol screening among adults aged >=18 years. Sigourney, All Communities (Median), Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Sigourney has a crude rate of 71.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 445th out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for Sigourney is 70.5%, which ranks 521st out of 905 Iowa communities (87th out of 138 small communities).
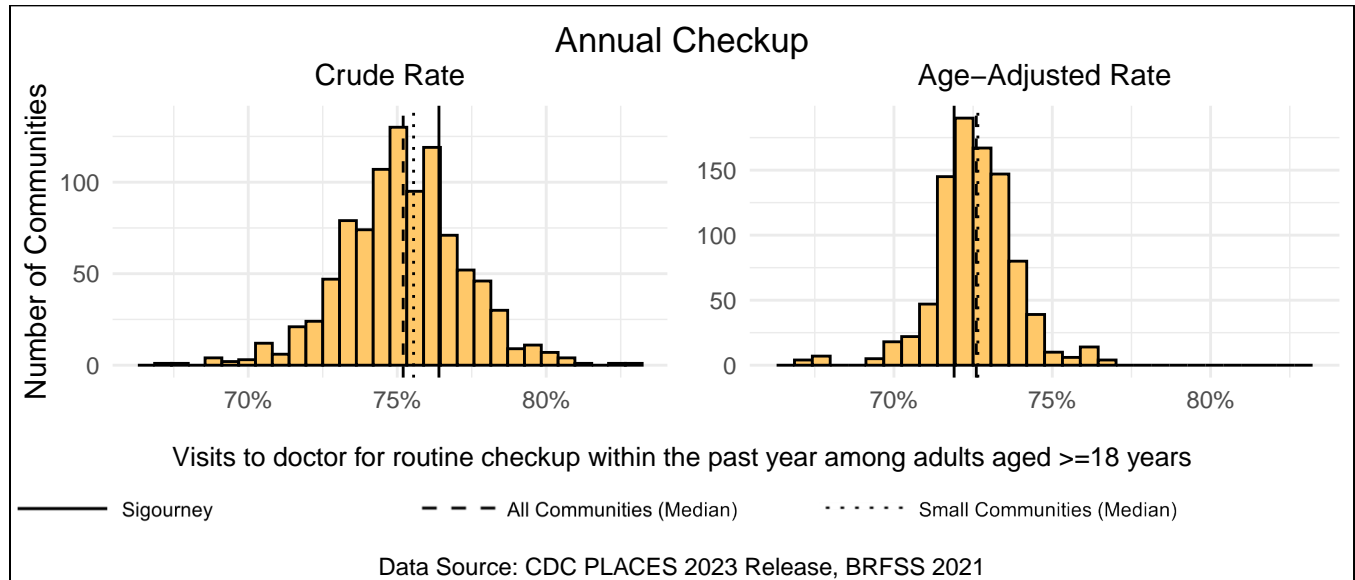
Measure Type	Sigourney	All Comm.	Small Comm.
Crude	71.8%	71.6%	71.9%
Age-Adjusted	70.5%	70.9%	71.1%

Colorectal Cancer Screening

Crude Rate — Age–Adjusted Rate

Number of Communities

Colorectal cancer screening among adults aged 50–75 years

——— Sigourney   − − − All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Sigourney has a crude rate of 48.7% 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 113th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Sigourney is 48.3%, which ranks 109th out of 905 Iowa communities (14th out of 138 small communities).
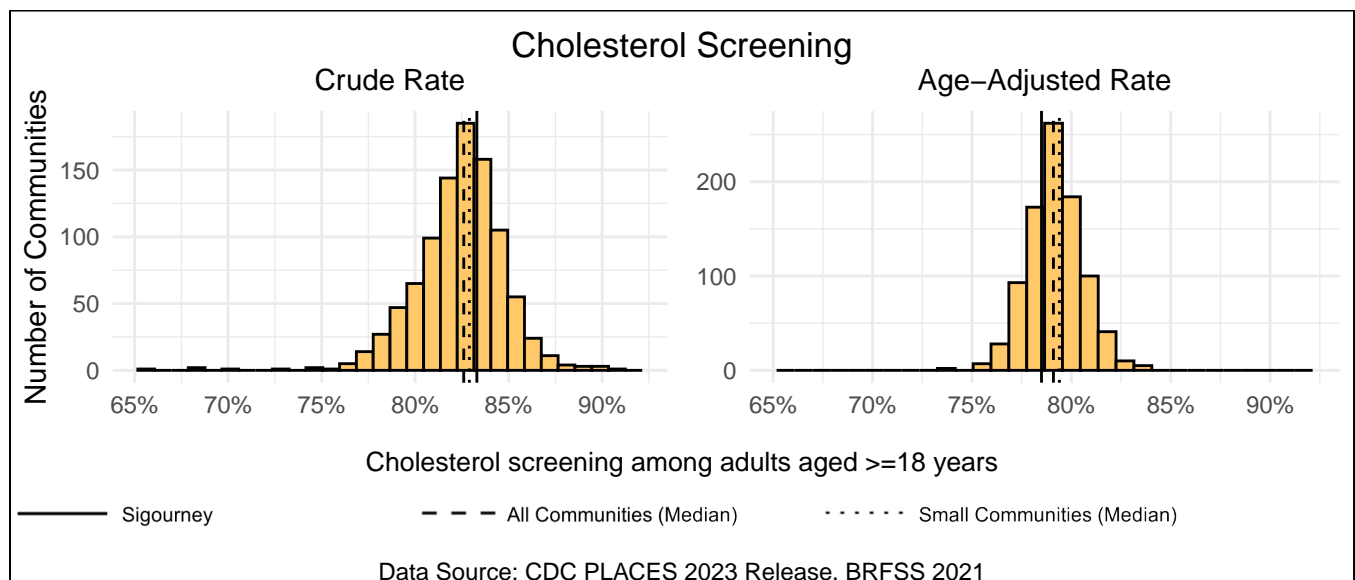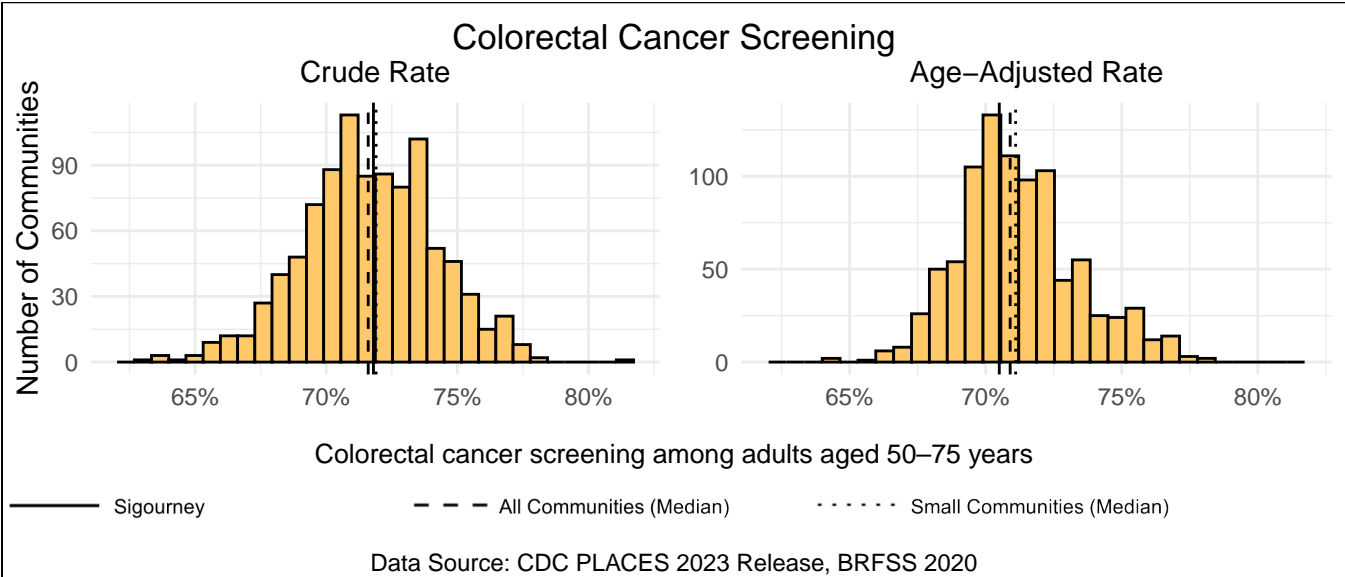
Measure Type	Sigourney	All Comm.	Small Comm.
Crude	48.7%	43.5%	43.8%
Age-Adjusted	48.3%	43.5%	44.2%

Core preventive services for older men

Crude Rate

Age–Adjusted Rate

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

—— Sigourney   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Sigourney has a crude rate of 34.9% 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 828th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Sigourney is 38.3%, which ranks 641st out of 905 Iowa communities (109th out of 138 small communities).
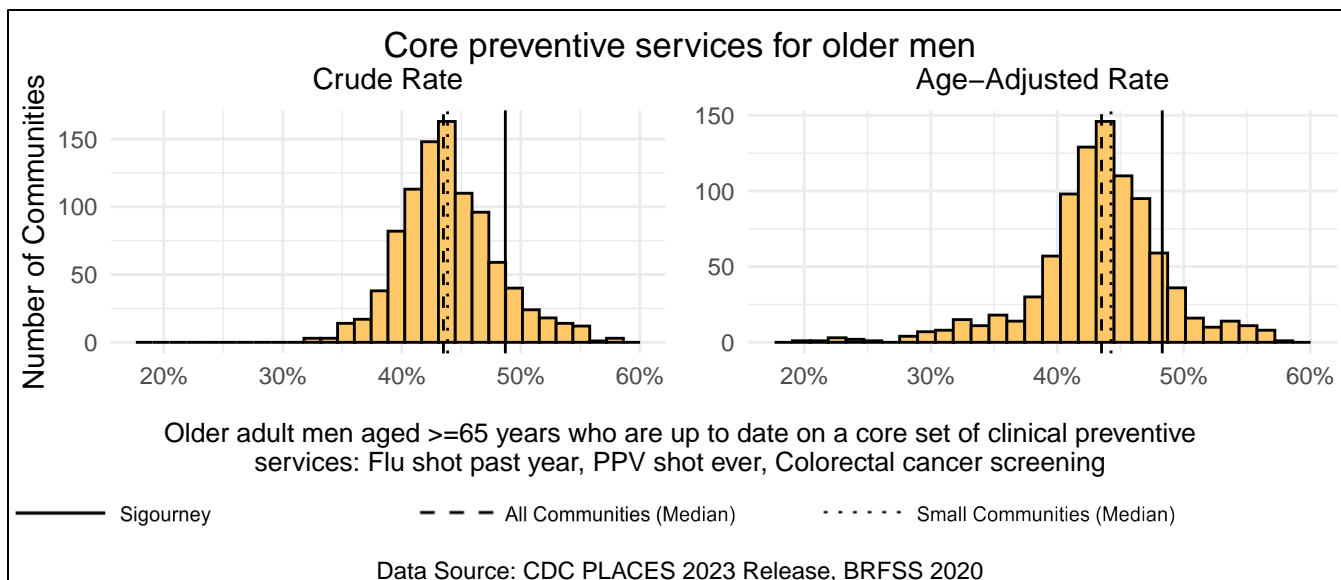
Measure Type	Sigourney	All Comm.	Small Comm.
Crude	34.9%	39.0%	38.2%
Age-Adjusted	38.3%	39.9%	40.7%

Core preventive services for older women

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

Sigourney — All Communities (Median) — Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
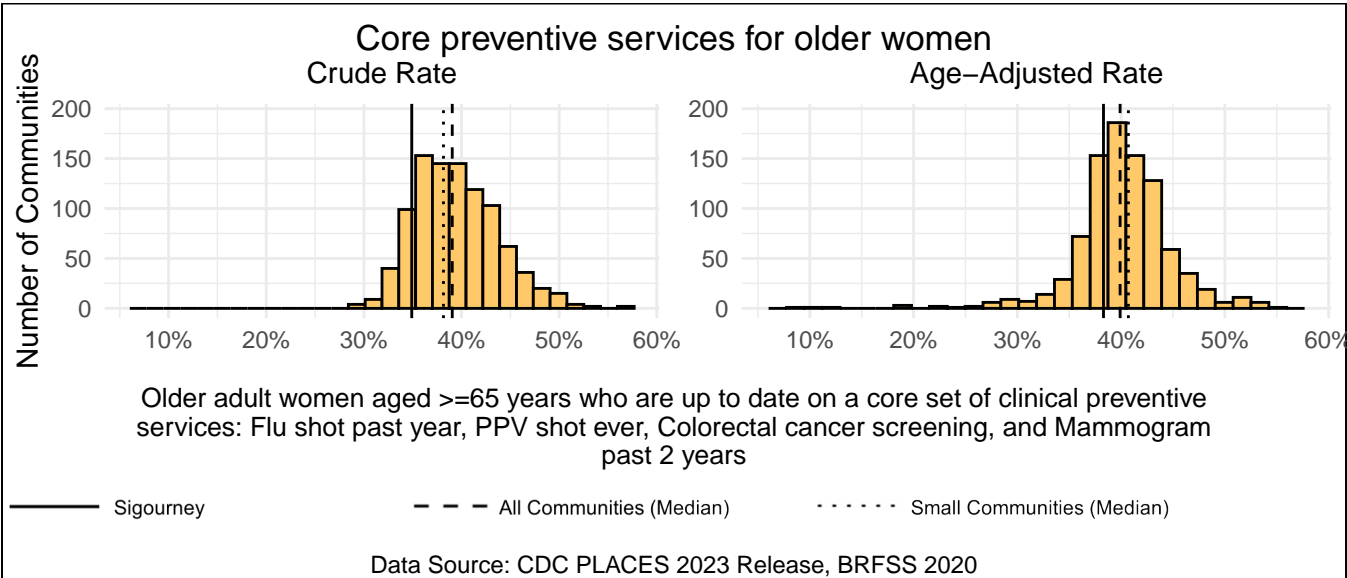
Dental Visit

Sigourney has a crude rate of 66.6% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 540th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Sigourney is 65.7%, which ranks 559th out of 905 Iowa communities (94th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	66.6%	67.2%	68.2%
Age-Adjusted	65.7%	66.6%	67.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

Visits to dentist or dental clinic among adults aged >=18 years

——— Sigourney — — — All Communities (Median) · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Sigourney has a crude rate of 76.9% for mammography use among women aged 50–74 years, which ranks 338th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Sigourney is 74.7%, which ranks 285th out of 905 Iowa communities (46th out of 138 small communities).
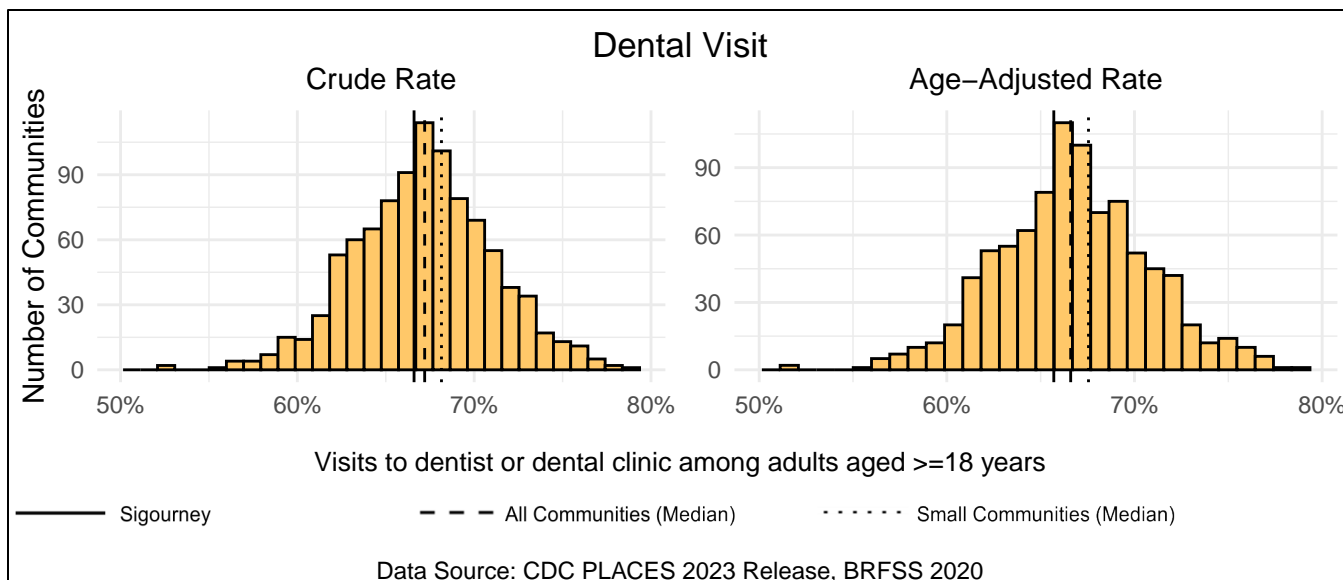
Measure Type	Sigourney	All Comm.	Small Comm.
Crude	76.9%	76.2%	76.0%
Age-Adjusted	74.7%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
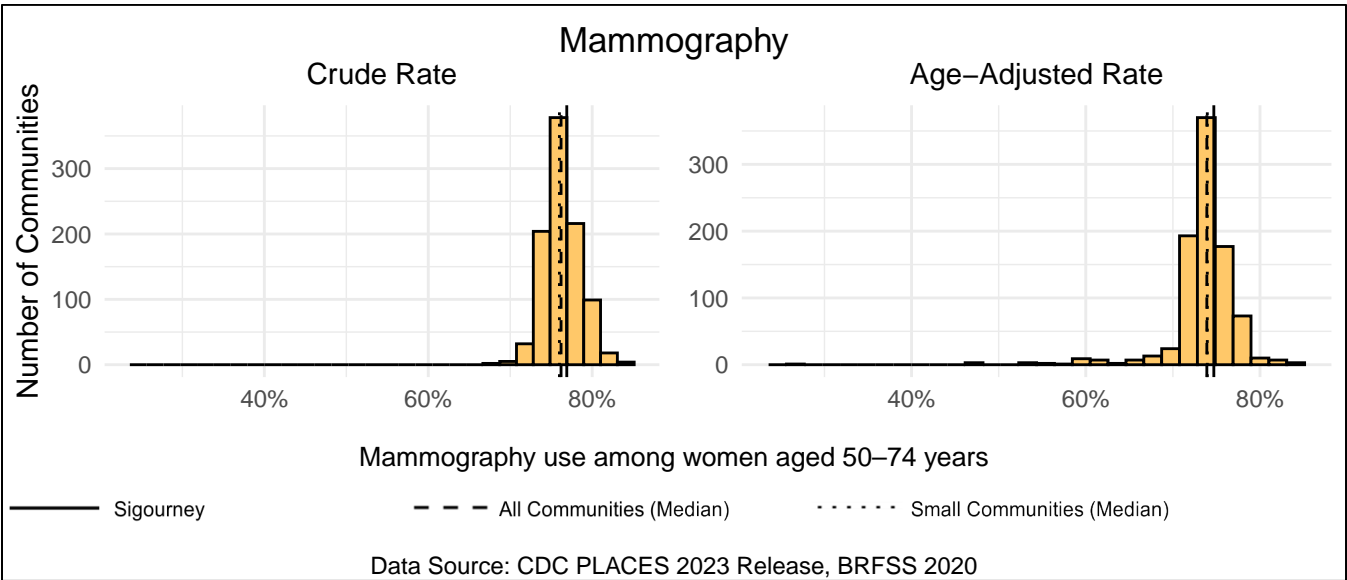
Disability

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

Sigourney has a crude rate of 9.0% for hearing disability among adults aged >=18 years, which ranks 834th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Sigourney is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	9.0%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
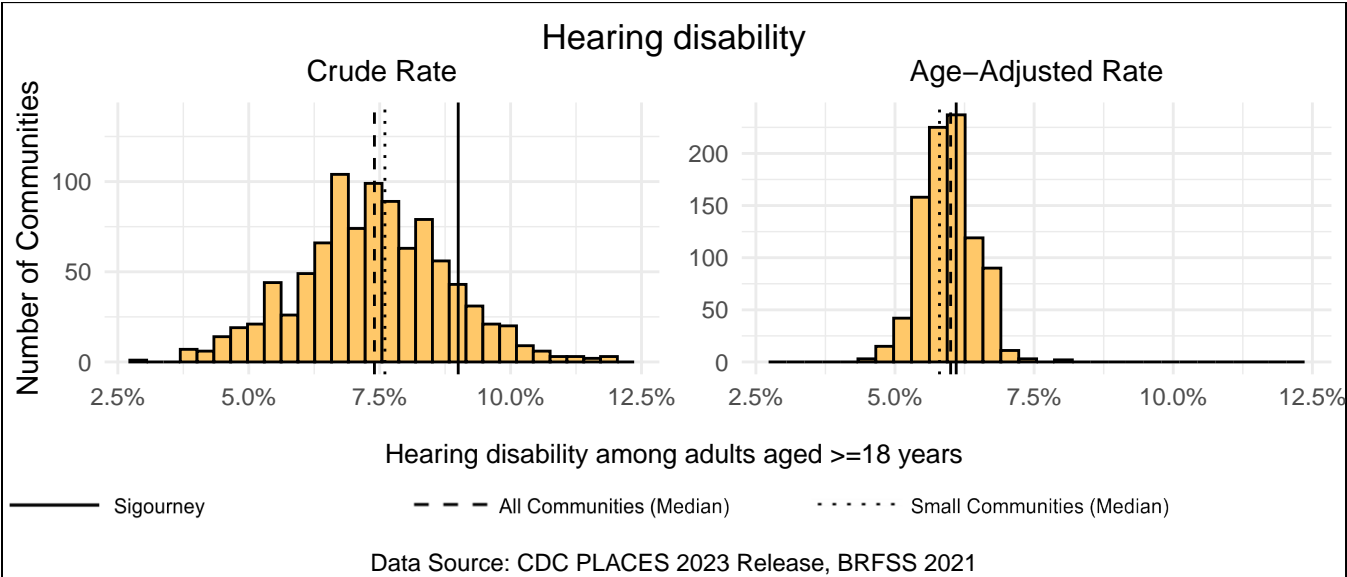
Vision disability

Sigourney has a crude rate of 4.6% for vision disability among adults aged >=18 years, which ranks 694th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Sigourney is 3.8%, which ranks 564th out of 905 Iowa communities (96th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	4.6%	4.1%	4.1%
Age-Adjusted	3.8%	3.6%	3.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
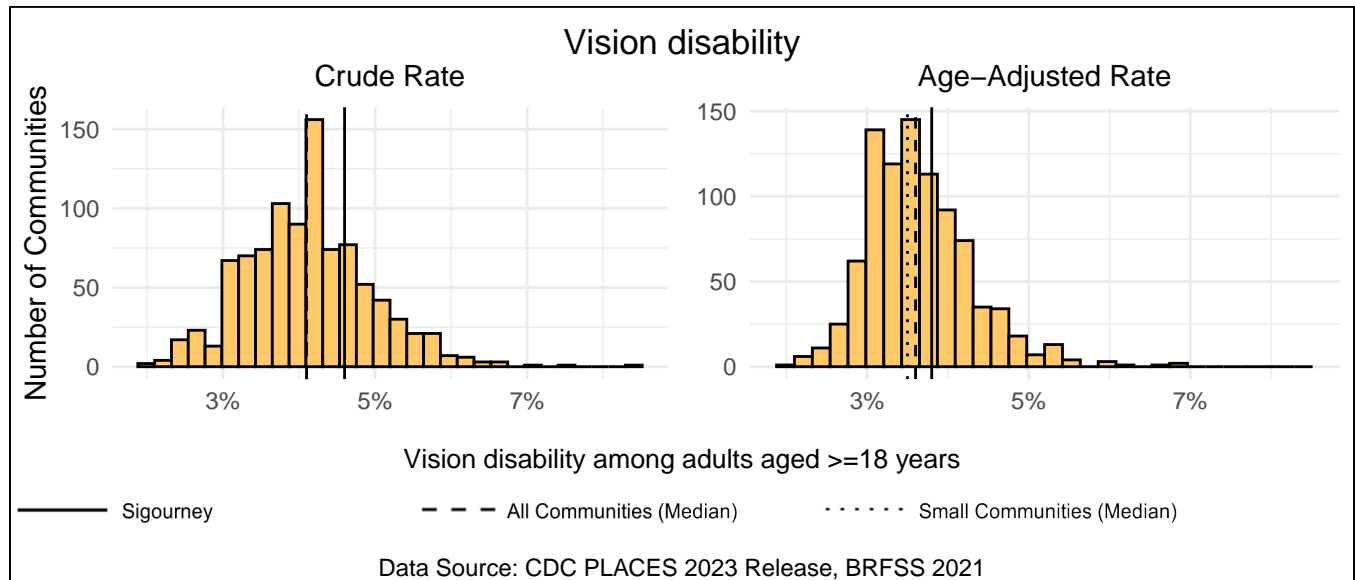
Cognitive disability

Sigourney has a crude rate of 11.5% for cognitive disability among adults aged >=18 years, which ranks 601st out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Sigourney is 12.1%, which ranks 602nd out of 905 Iowa communities (94th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	11.5%	11.1%	10.9%
Age-Adjusted	12.1%	11.6%	11.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
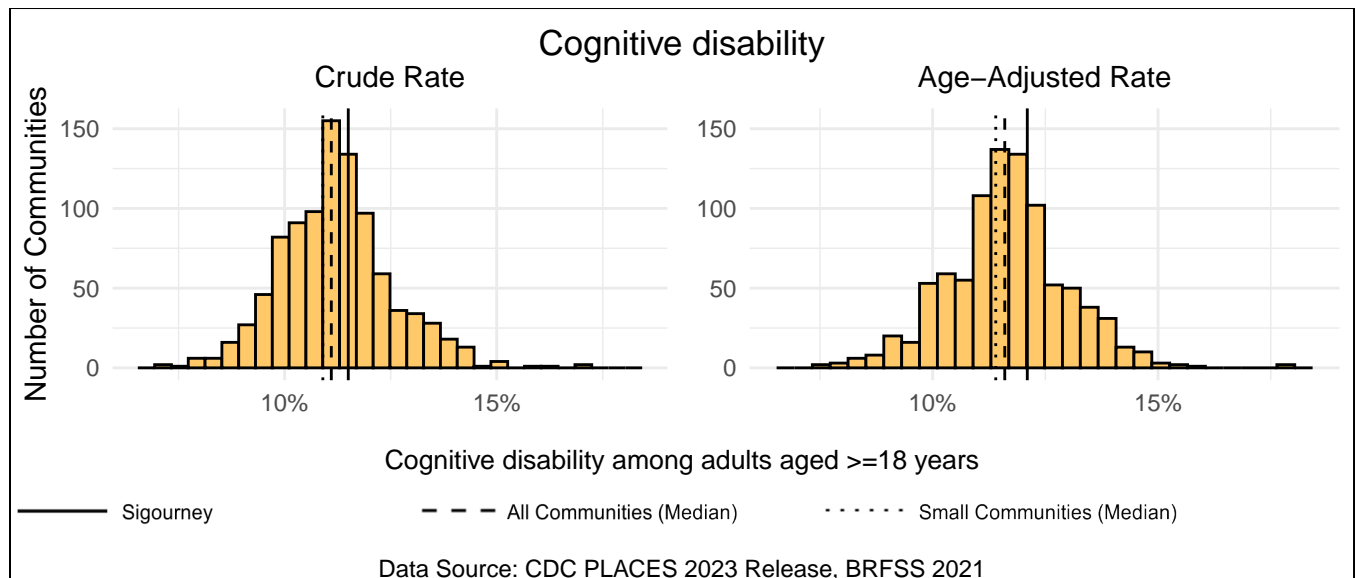
Mobility disability

Sigourney has a crude rate of 14.1% for mobility disability among adults aged >=18 years, which ranks 814th out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Sigourney is 10.0%, which ranks 601st out of 905 Iowa communities (99th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	14.1%	11.8%	12.0%
Age-Adjusted	10.0%	9.5%	9.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Sigourney has a crude rate of 3.8% for self-care disability among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Sigourney is 3.1%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

Measure Type	Sigourney	All Comm.	Small Comm.
Crude	3.8%	3.4%	3.3%
Age-Adjusted	3.1%	2.9%	2.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
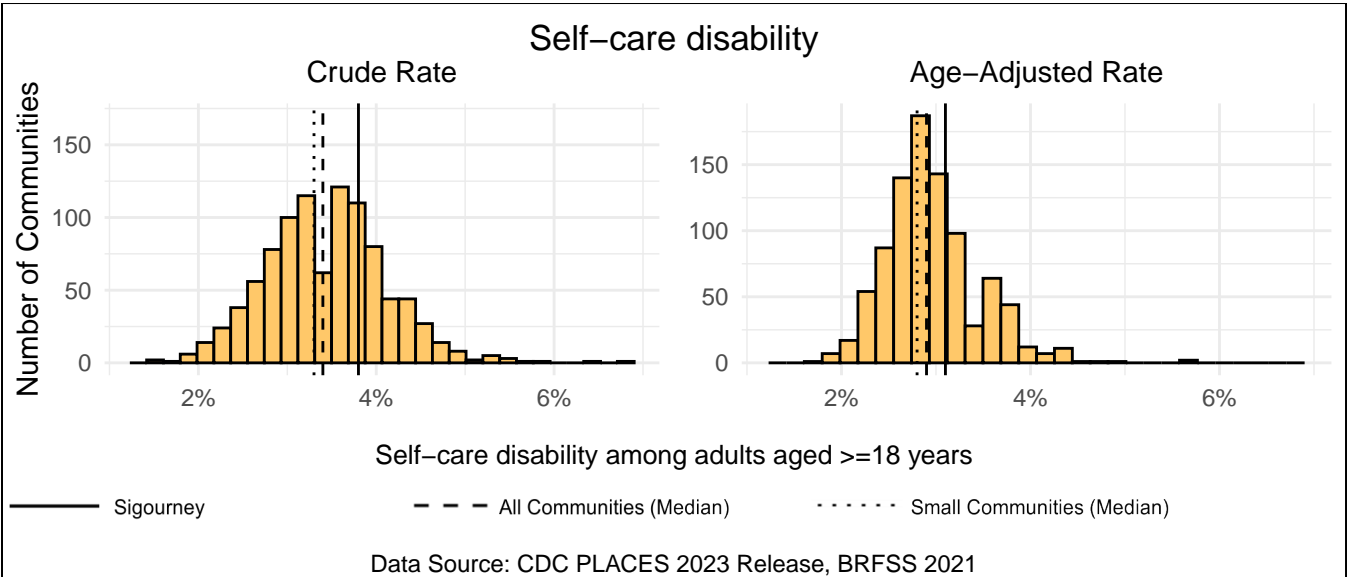
Independent living disability

Sigourney has a crude rate of 7.5% for independent living disability among adults aged >=18 years, which ranks 749th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Sigourney is 6.6%, which ranks 616th out of 905 Iowa communities (101st out of 138 small communities).
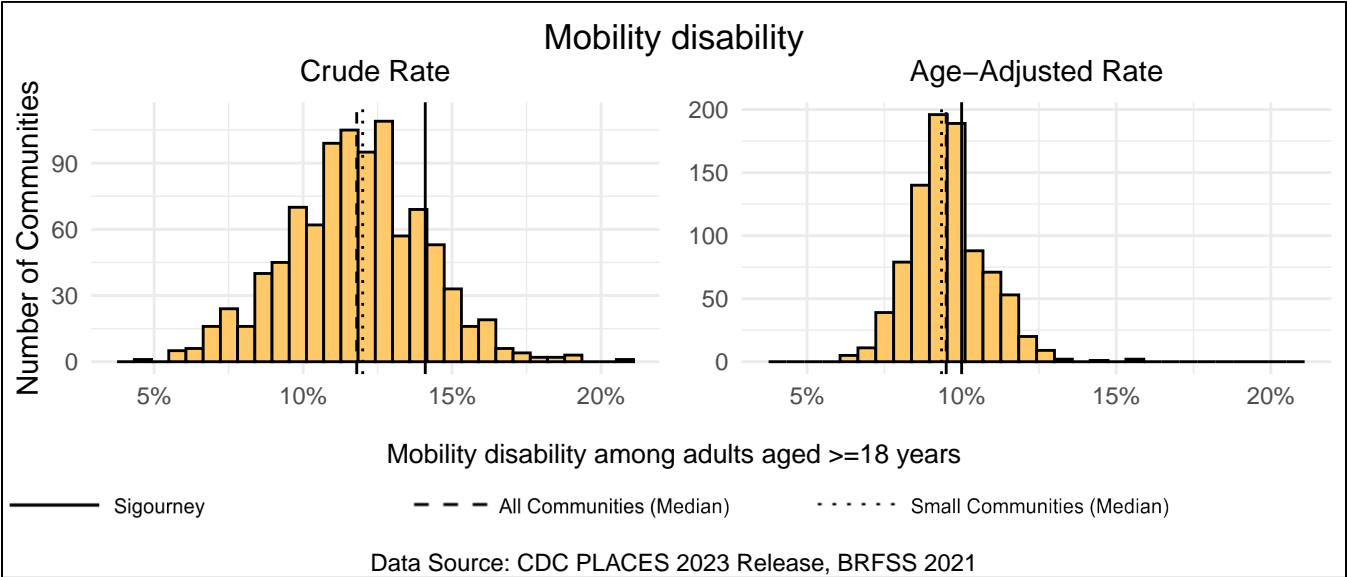
Measure Type	Sigourney	All Comm.	Small Comm.
Crude	7.5%	6.6%	6.8%
Age-Adjusted	6.6%	6.2%	6.1%

Independent living disability — Crude Rate and Age–Adjusted Rate histograms. Number of Communities vs. Independent living disability among adults aged >=18 years. Sigourney (solid line), All Communities (Median, dashed line), Small Communities (Median, dotted line). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Sigourney has a crude rate of 28.8% for any disability among adults aged >=18 years, which ranks 818th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Sigourney is 24.0%, which ranks 625th out of 905 Iowa communities (98th out of 138 small communities).
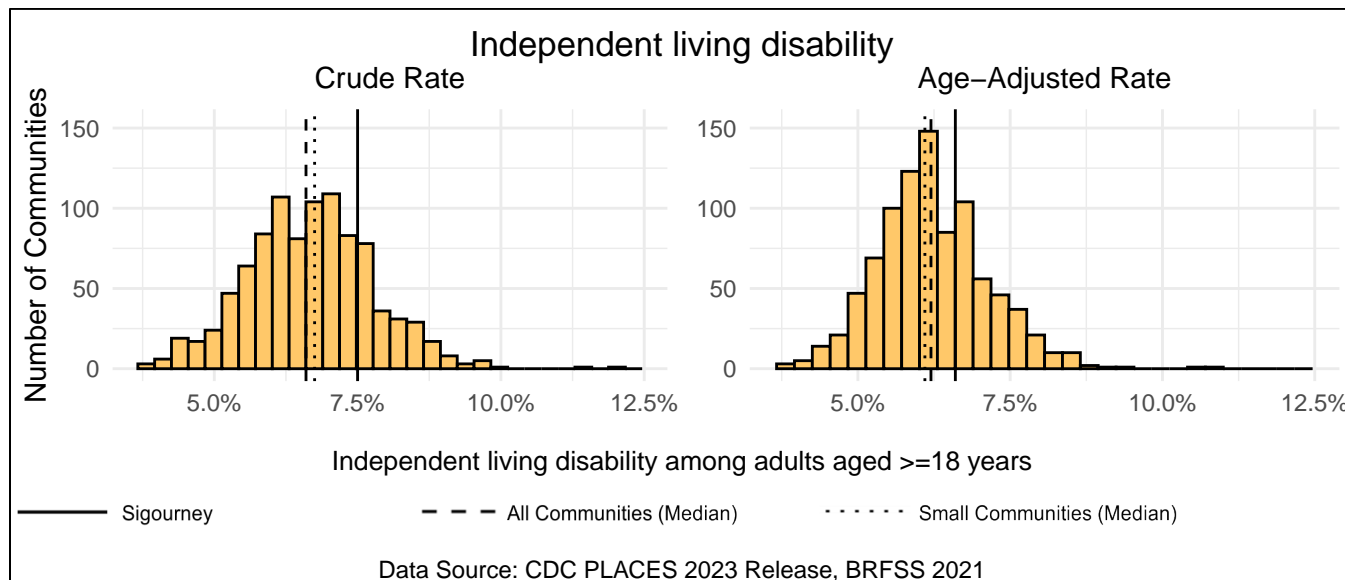
Measure Type	Sigourney	All Comm.	Small Comm.
Crude	28.8%	25.6%	26.0%
Age-Adjusted	24.0%	23.2%	22.8%

Any disability — Crude Rate and Age–Adjusted Rate histograms. Number of Communities vs. Any disability among adults aged >=18 years. Sigourney (solid line), All Communities (Median, dashed line), Small Communities (Median, dotted line). Data Source: CDC PLACES 2023 Release, BRFSS 2021
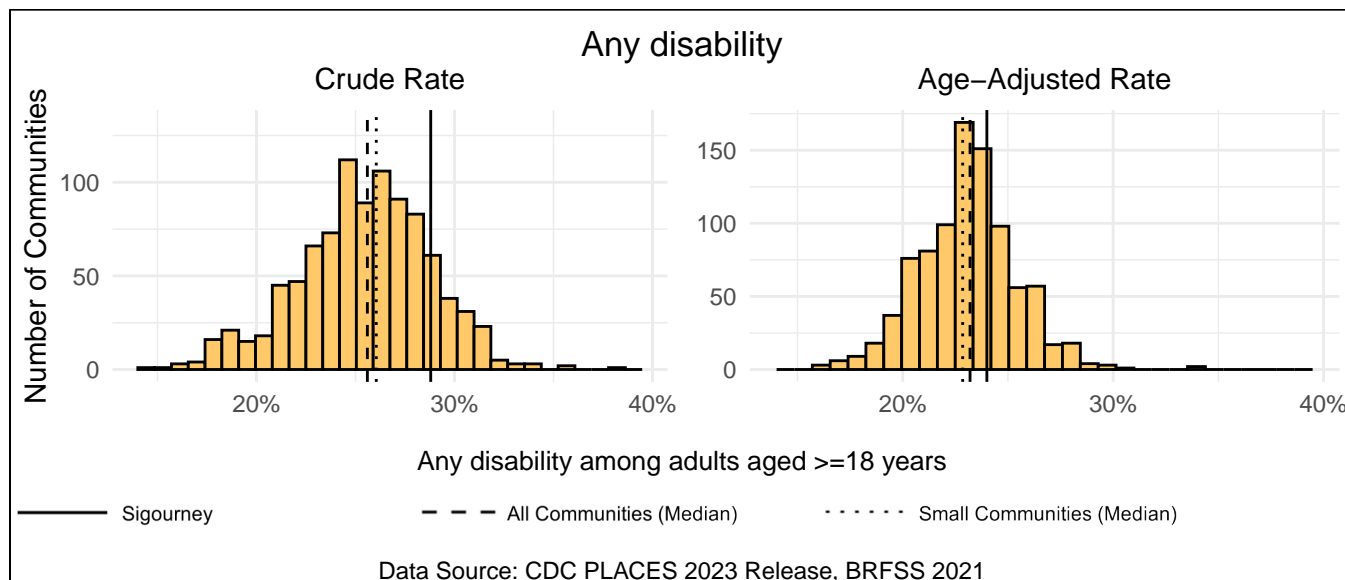
Appendix 1: CDC PLACES Data

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: Sigourney 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	690	11.5% (9.6% - 13.6%)	559	10.0% (8.5% - 11.7%)
Health Status	Mental Health	291	13.8% (11.7% - 16.0%)	555	15.8% (13.6% - 18.4%)
Health Status	General Health	696	15.5% (12.7% - 18.6%)	581	13.3% (11.0% - 15.7%)
Health Risk Behaviors	Sleep <7 hours	483	30.3% (28.7% - 31.9%)	679	32.1% (30.4% - 33.8%)
Health Risk Behaviors	Binge Drinking	150	17.5% (14.4% - 21.0%)	358	21.7% (18.0% - 25.6%)
Health Risk Behaviors	Physical Inactivity	788	28.8% (23.4% - 34.5%)	666	25.8% (20.9% - 31.1%)
Health Risk Behaviors	Current Smoking	353	16.3% (12.9% - 19.9%)	602	18.3% (14.3% - 22.4%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.3% - 4.3%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Arthritis	842	31.5% (26.9% - 36.1%)	707	24.1% (20.1% - 27.8%)
Health Outcomes	High Cholesterol	642	37.4% (32.5% - 42.3%)	195	29.1% (24.7% - 33.7%)
Health Outcomes	Stroke	832	4.0% (3.4% - 4.7%)	569	2.7% (2.3% - 3.1%)
Health Outcomes	Coronary Heart Disease	811	7.8% (6.5% - 9.1%)	511	5.1% (4.4% - 5.8%)
Health Outcomes	Depression	284	17.5% (14.2% - 21.1%)	562	19.4% (15.8% - 23.4%)
Health Outcomes	COPD	721	8.3% (6.7% - 10.2%)	571	6.5% (5.4% - 7.8%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.6%)	513	9.6% (8.4% - 11.0%)
Health Outcomes	All Teeth Lost	678	14.0% (8.4% - 21.1%)	544	13.3% (8.6% - 18.9%)
Health Outcomes	Obesity	354	36.9% (29.0% - 44.7%)	509	38.0% (30.0% - 46.1%)
Health Outcomes	Diabetes	690	11.0% (9.2% - 12.9%)	508	8.3% (6.9% - 9.7%)
Health Outcomes	High Blood Pressure	796	35.6% (31.0% - 40.2%)	602	27.9% (23.9% - 31.9%)
Health Outcomes	Cancer (except skin)	841	9.6% (8.6% - 10.7%)	74	6.4% (5.8% - 7.1%)
Prevention	Annual Checkup	234	76.4% (71.6% - 80.9%)	658	71.9% (66.5% - 76.9%)
Prevention	Dental Visit	540	66.6% (62.9% - 70.3%)	559	65.7% (61.9% - 69.5%)
Prevention	Mammography	338	76.9% (72.7% - 80.8%)	285	74.7% (70.0% - 78.9%)
Prevention	Taking BP Medication	140	82.3% (79.1% - 84.8%)	378	59.1% (54.0% - 64.1%)
Prevention	Core preventive services for older women	828	34.9% (26.8% - 43.6%)	641	38.3% (30.9% - 47.1%)
Prevention	Cervical Cancer Screening	614	82.7% (80.2% - 85.3%)	603	82.7% (80.1% - 85.4%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	113	48.7% (39.5% - 57.3%)	109	48.3% (39.1% - 57.0%)
Prevention	Colorectal Cancer Screening	445	71.8% (68.6% - 74.9%)	521	70.5% (67.0% - 73.9%)
Prevention	Health Insurance	598	7.7% (5.6% - 10.3%)	538	8.0% (5.9% - 10.7%)
Prevention	Cholesterol Screening	332	83.3% (80.3% - 86.0%)	629	78.5% (74.7% - 82.0%)
Disability	Mobility Disability	814	14.1% (11.4% - 16.8%)	601	10.0% (8.3% - 11.8%)
Disability	Any Disability	818	28.8% (24.3% - 33.4%)	625	24.0% (19.9% - 28.3%)
Disability	Cognitive Disability	601	11.5% (9.6% - 13.6%)	602	12.1% (10.2% - 14.4%)
Disability	Vision Disability	694	4.6% (3.8% - 5.7%)	564	3.8% (3.2% - 4.5%)
Disability	Hearing Disability	834	9.0% (7.8% - 10.3%)	544	6.1% (5.3% - 6.9%)
Disability	Independent Living Disability	749	7.5% (6.1% - 9.1%)	616	6.6% (5.5% - 7.7%)
Disability	Self-care Disability	676	3.8% (3.1% - 4.6%)	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: Small Communities (1,000-2,499)

Sigourney falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		