



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 St. Ansgar: Overview

Dear Community Members & Stakeholders of St. Ansgar,

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 St. Ansgar ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify St. Ansgar’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 St. Ansgar. 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
Sleep <7 hours	50th	9th	Sleep <7 hours	132nd	25th
Taking BP Medication	64th	9th	Colorectal Cancer Screening	197th	37th
Annual Checkup	81st	15th	Stroke	230th	43rd
Colorectal Cancer Screening	100th	18th	Cholesterol Screening	237th	46th
Cholesterol Screening	102nd	8th	Taking BP Medication	251st	36th

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
Cancer (except skin)	906th	129th	Cancer (except skin)	831st	126th
Arthritis	906th	131st	Arthritis	785th	126th
Hearing Disability	861st	119th	High Cholesterol	565th	89th
Core preventive services for older women	838th	119th	Depression	562nd	87th
Chronic Kidney Disease	832nd	114th	Obesity	530th	85th

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 St. Ansgar.

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

With a population of 1,140, St. Ansgar’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.



Health Status

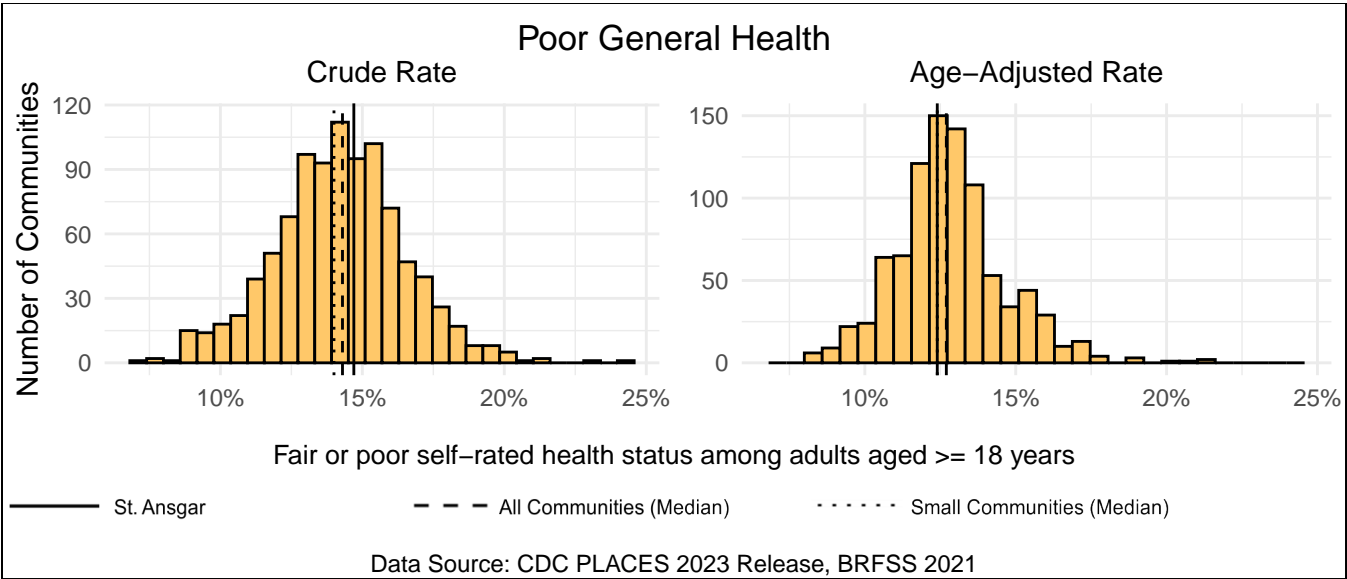
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

St. Ansgar has a crude rate of 14.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 552nd out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for St. Ansgar is 12.4%, which ranks 355th out of 905 Iowa communities (68th out of 138 small communities).

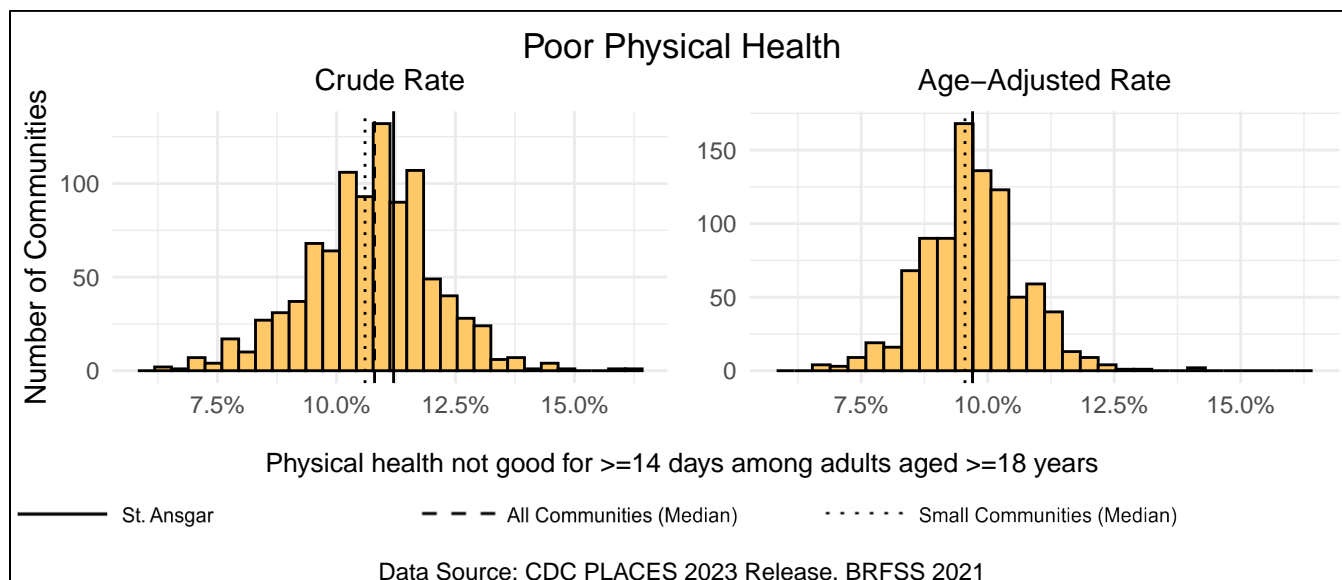
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	14.7%	14.3%	14.0%
Age-Adjusted	12.4%	12.7%	12.4%



Poor Physical Health

St. Ansgar has a crude rate of 11.2% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 600th out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for St. Ansgar is 9.7%, which ranks 429th out of 905 Iowa communities (77th out of 138 small communities).

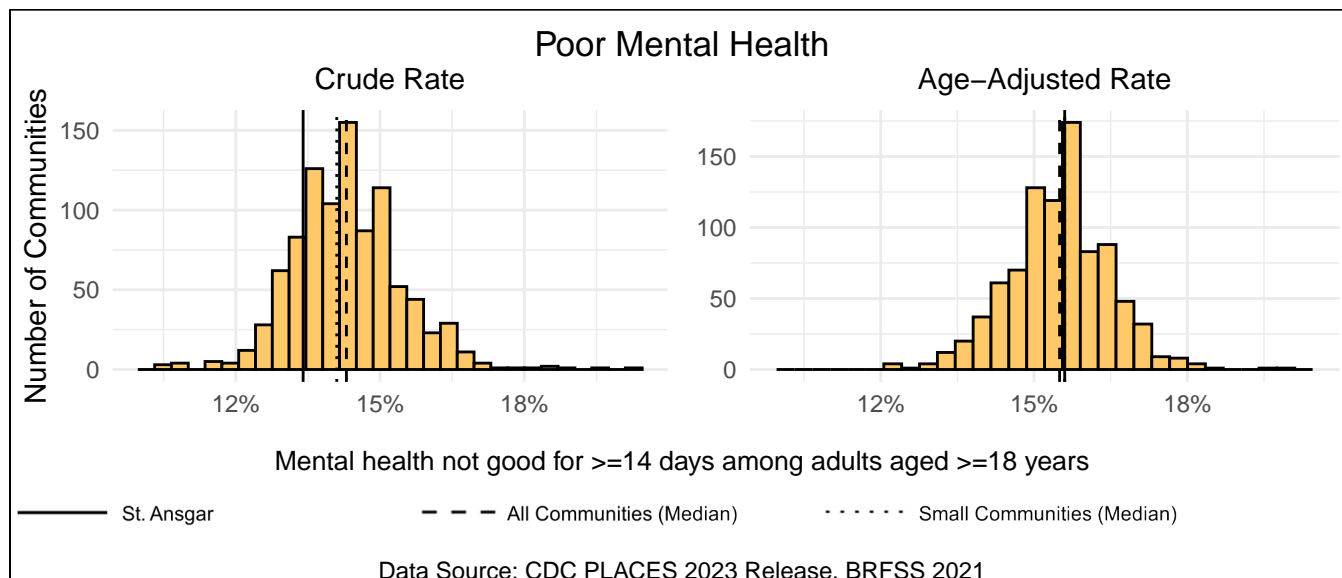
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	11.2%	10.8%	10.6%
Age-Adjusted	9.7%	9.7%	9.6%



Poor Mental Health

St. Ansgar has a crude rate of 13.4% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 164th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for St. Ansgar is 15.6%, which ranks 457th out of 905 Iowa communities (69th out of 138 small communities).

Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	13.4%	14.3%	14.1%
Age-Adjusted	15.6%	15.5%	15.6%



Health Risk Behaviors

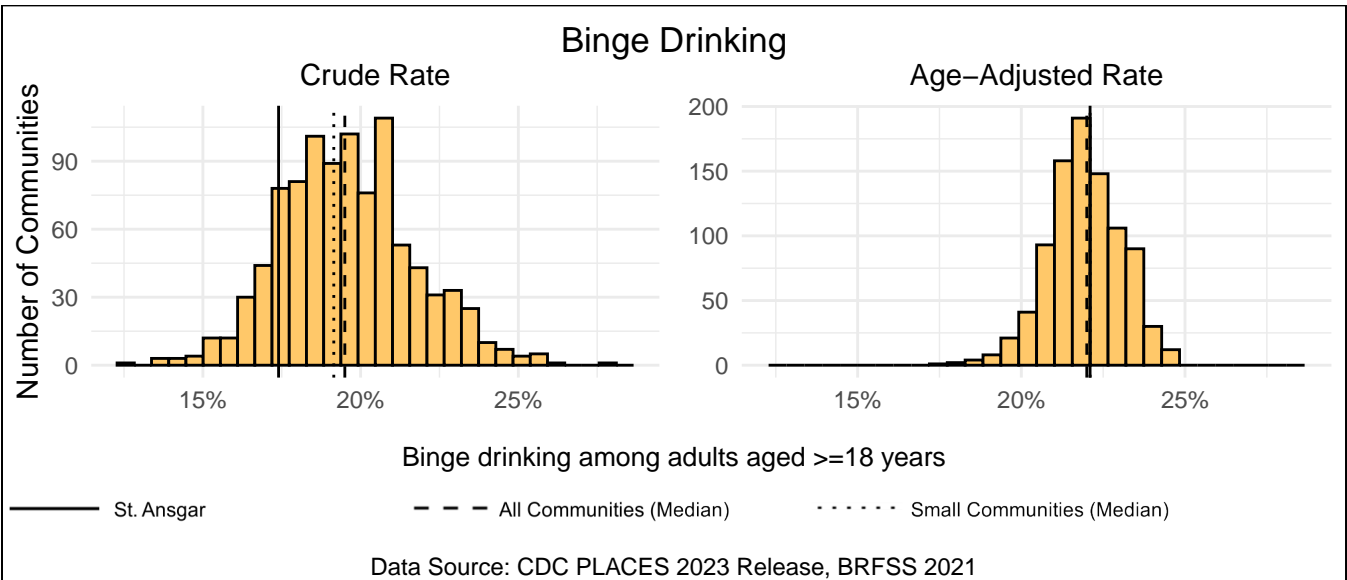
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

St. Ansgar has a crude rate of 17.4% for binge drinking among adults aged ≥ 18 years, which ranks 139th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for St. Ansgar is 22.1%, which ranks 478th out of 905 Iowa communities (69th out of 138 small communities).

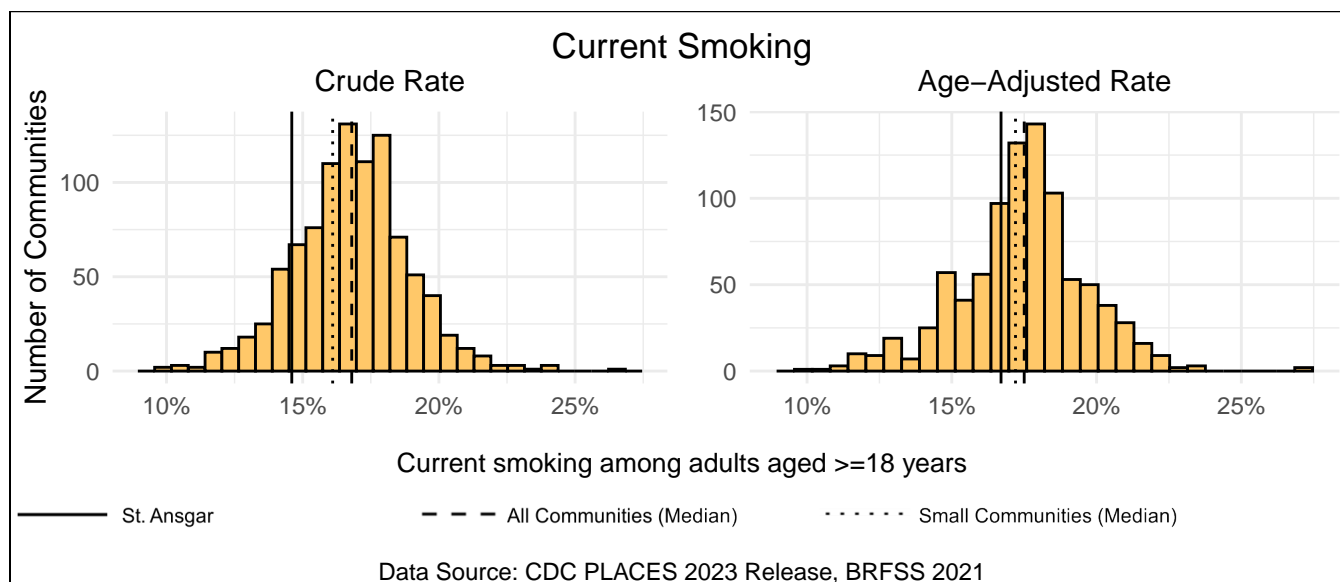
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	17.4%	19.5%	19.1%
Age-Adjusted	22.1%	22.0%	22.1%



Current Smoking

St. Ansgar has a crude rate of 14.6% for current smoking among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for St. Ansgar is 16.7%, which ranks 273rd out of 905 Iowa communities (54th out of 138 small communities).

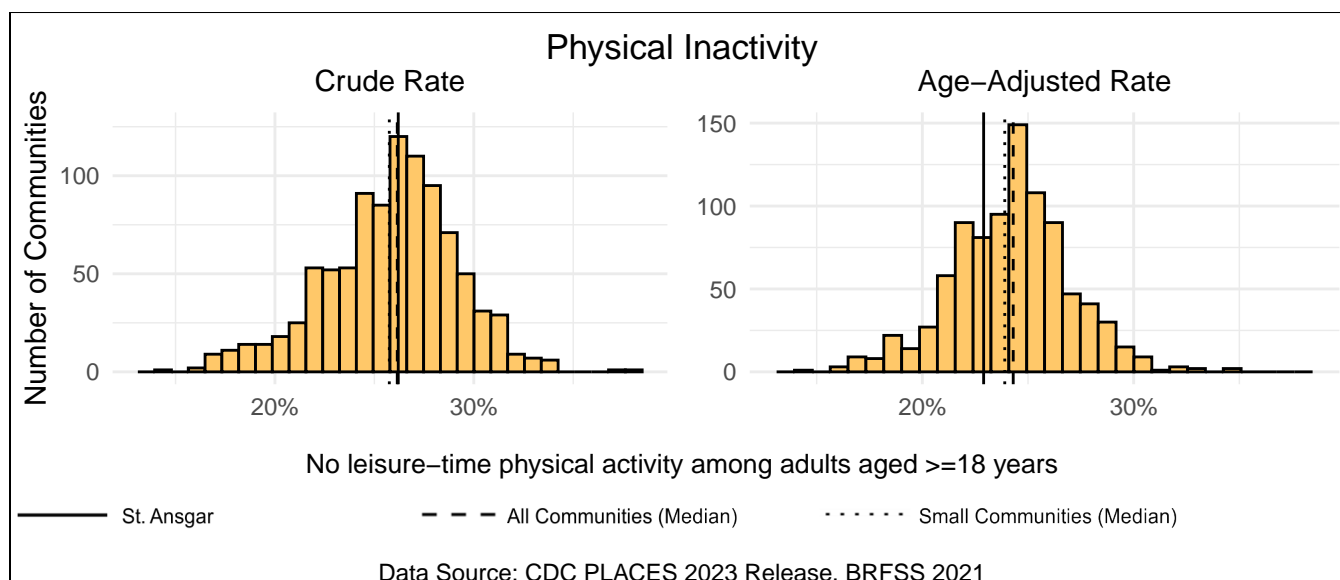
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	14.6%	16.8%	16.1%
Age-Adjusted	16.7%	17.5%	17.2%



Physical Inactivity

St. Ansgar has a crude rate of 26.2% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 480th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for St. Ansgar is 22.9%, which ranks 278th out of 905 Iowa communities (57th out of 138 small communities).

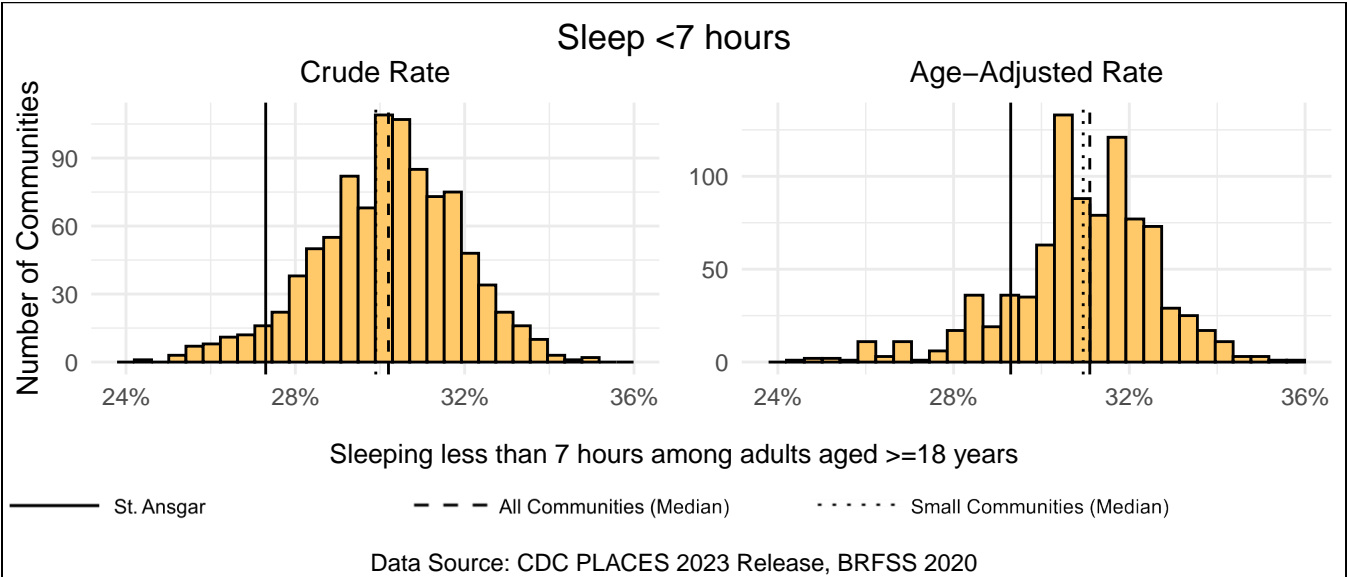
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	26.2%	26.1%	25.8%
Age-Adjusted	22.9%	24.3%	23.9%



Sleep <7 hours

St. Ansgar has a crude rate of 27.3% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 50th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for St. Ansgar is 29.3%, which ranks 132nd out of 905 Iowa communities (25th out of 138 small communities).

Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	27.3%	30.2%	29.9%
Age-Adjusted	29.3%	31.1%	31.0%



Health Outcomes

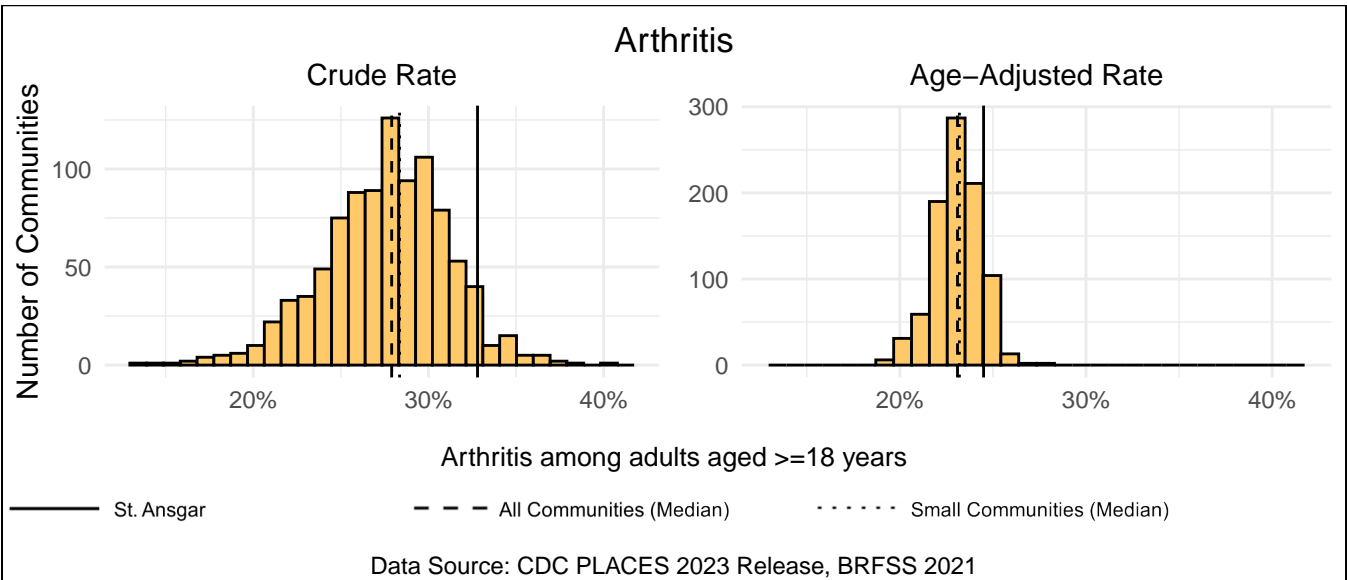
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

St. Ansgar has a crude rate of 32.8% for arthritis among adults aged ≥ 18 years, which ranks 906th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for St. Ansgar is 24.5%, which ranks 785th out of 905 Iowa communities (126th out of 138 small communities).

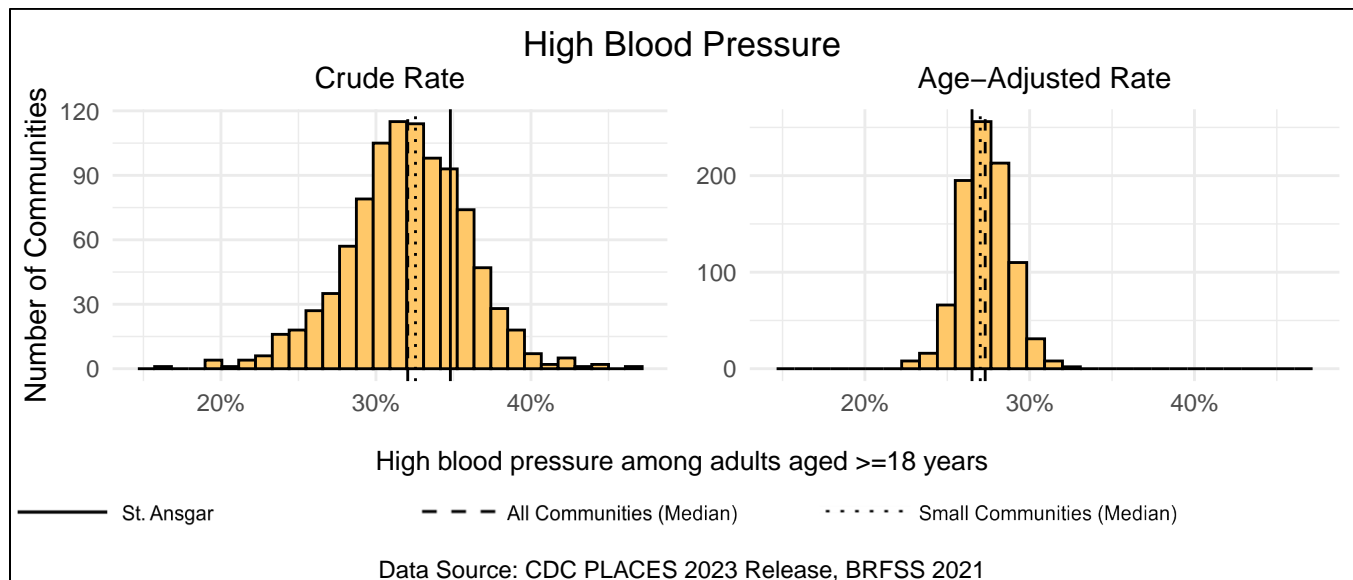
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	32.8%	27.9%	28.4%
Age-Adjusted	24.5%	23.1%	23.2%



High Blood Pressure

St. Ansgar has a crude rate of 34.8% for high blood pressure among adults aged ≥ 18 years, which ranks 735th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for St. Ansgar is 26.5%, which ranks 262nd out of 905 Iowa communities (42nd out of 138 small communities).

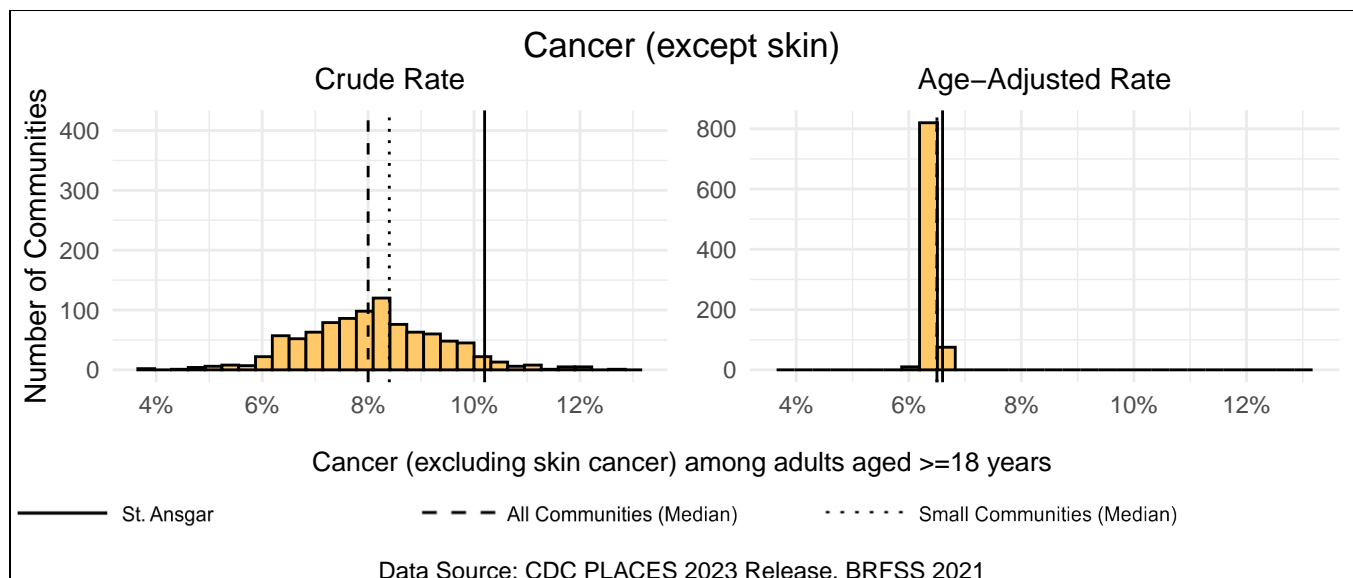
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	34.8%	32.0%	32.5%
Age-Adjusted	26.5%	27.3%	27.0%



Cancer (except skin)

St. Ansgar has a crude rate of 10.2% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 906th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for St. Ansgar is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

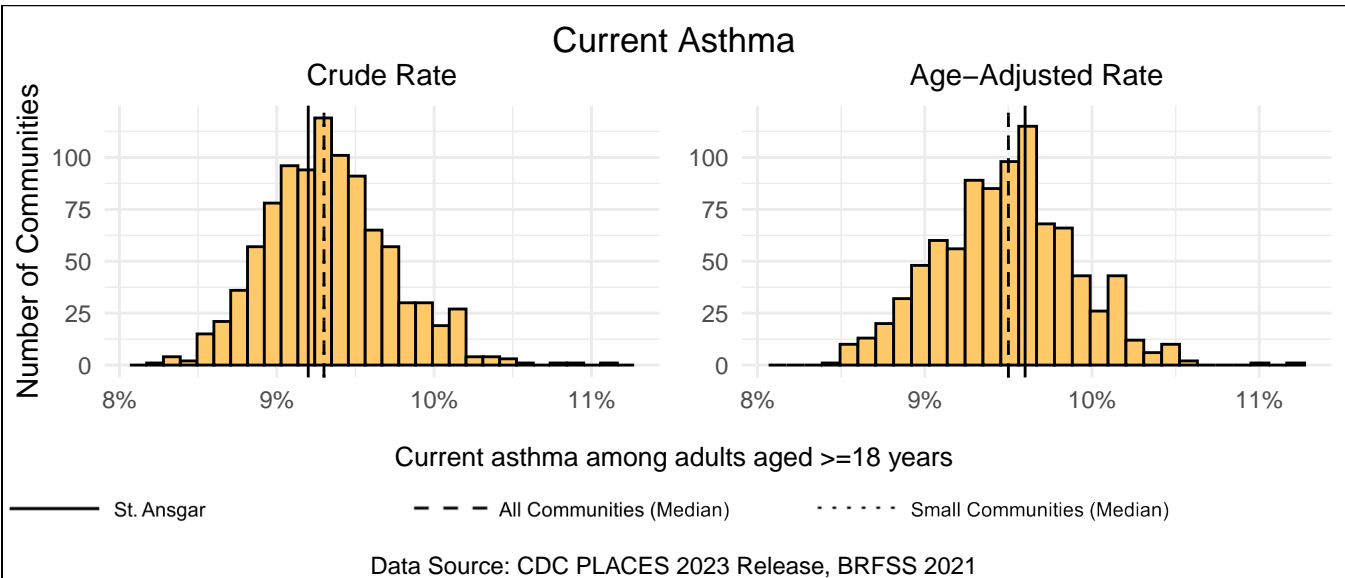
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	10.2%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

St. Ansgar has a crude rate of 9.2% for current asthma among adults aged ≥ 18 years, which ranks 311th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for St. Ansgar is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

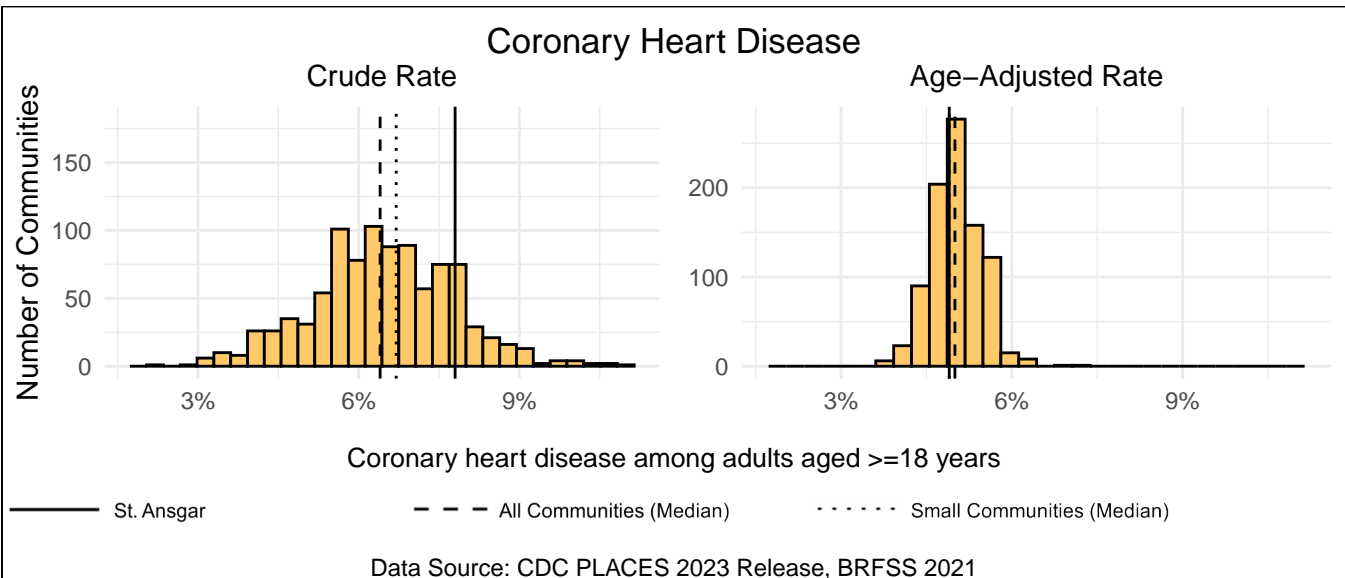
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



Coronary Heart Disease

St. Ansgar 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 St. Ansgar is 4.9%, which ranks 324th out of 905 Iowa communities (68th out of 138 small communities).

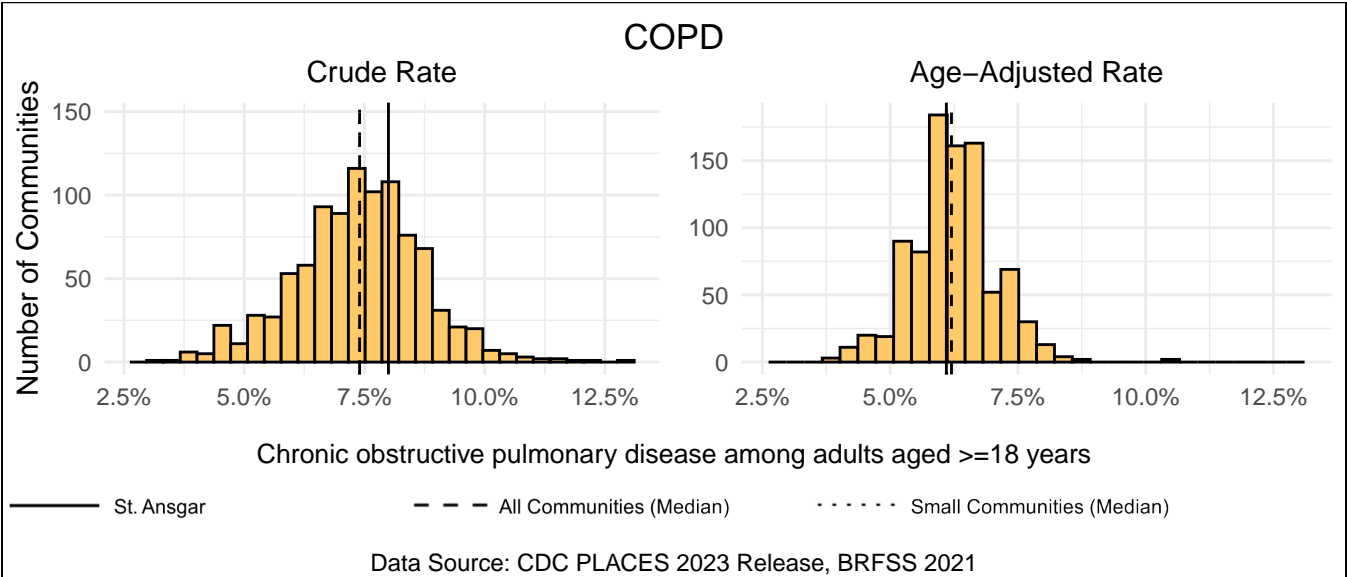
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	7.8%	6.4%	6.7%
Age-Adjusted	4.9%	5.0%	4.9%



COPD

St. Ansgar has a crude rate of 8.0% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 651st out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for St. Ansgar is 6.1%, which ranks 346th out of 905 Iowa communities (66th out of 138 small communities).

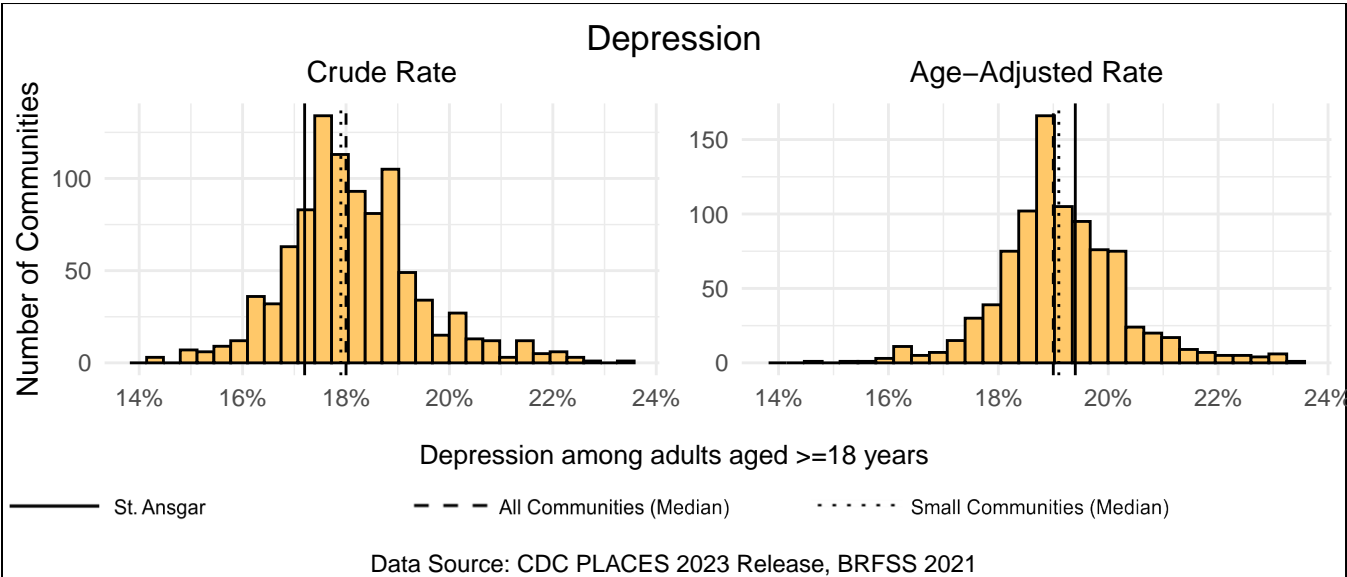
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	8.0%	7.4%	7.4%
Age-Adjusted	6.1%	6.2%	6.1%



Depression

St. Ansgar has a crude rate of 17.2% for depression among adults aged ≥ 18 years, which ranks 196th out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for St. Ansgar is 19.4%, which ranks 562nd out of 905 Iowa communities (87th out of 138 small communities).

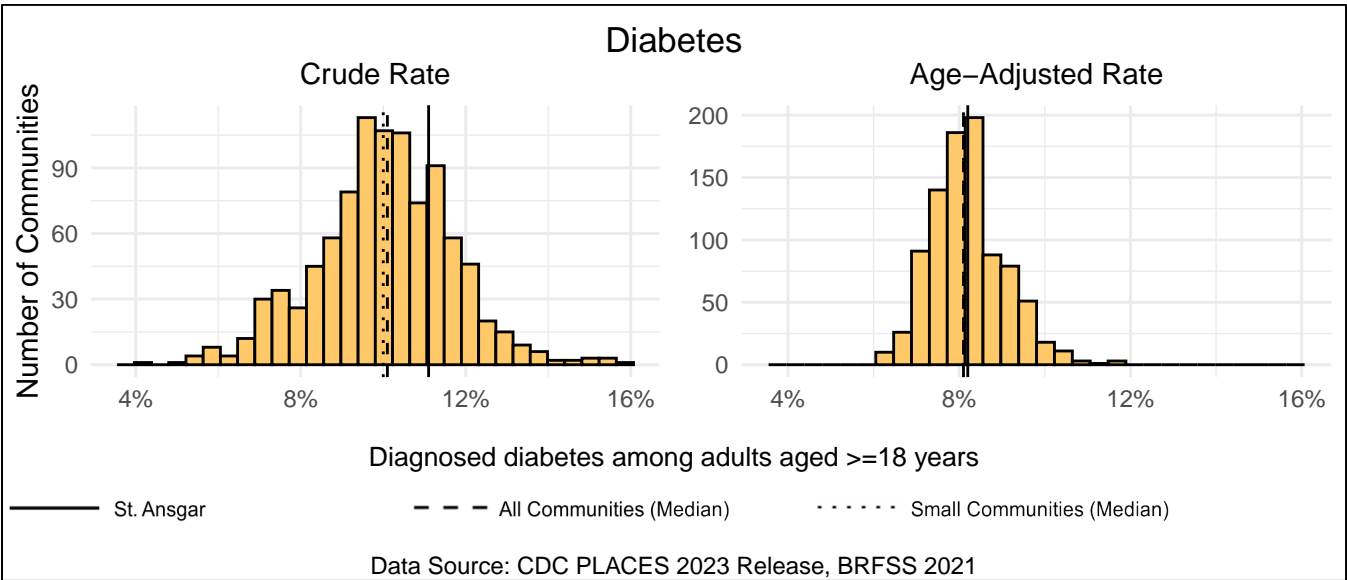
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	17.2%	18.0%	17.9%
Age-Adjusted	19.4%	19.0%	19.1%



Diabetes

St. Ansgar has a crude rate of 11.1% for diagnosed diabetes among adults aged >=18 years, which ranks 703rd out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for St. Ansgar is 8.2%, which ranks 454th out of 905 Iowa communities (78th out of 138 small communities).

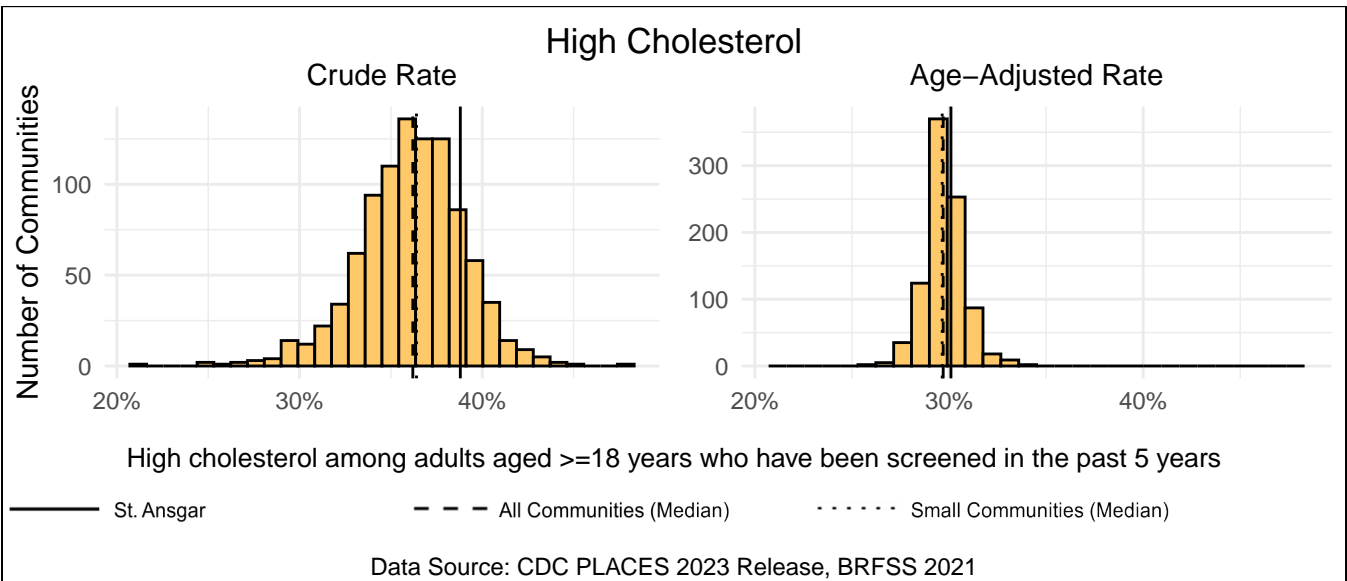
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	11.1%	10.1%	10.0%
Age-Adjusted	8.2%	8.1%	8.1%



High Cholesterol

St. Ansgar has a crude rate of 38.8% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 803rd out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for St. Ansgar is 30.1%, which ranks 565th out of 905 Iowa communities (89th out of 138 small communities).

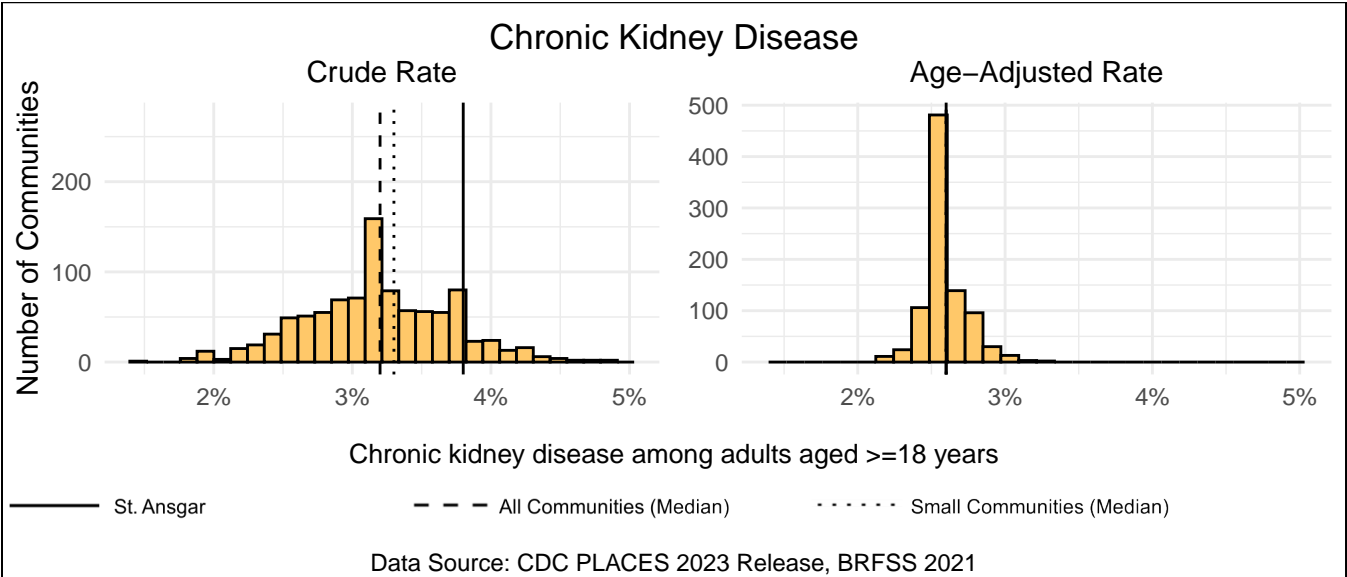
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	38.8%	36.2%	36.4%
Age-Adjusted	30.1%	29.7%	29.6%



Chronic Kidney Disease

St. Ansgar 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 St. Ansgar is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

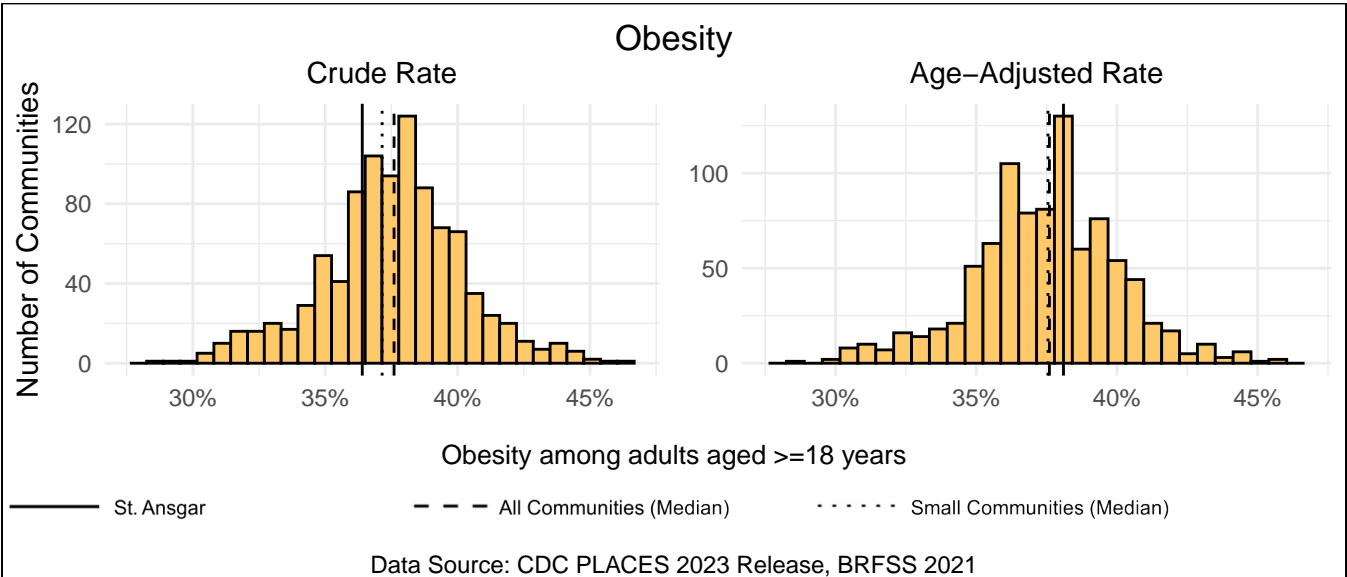
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

St. Ansgar has a crude rate of 36.4% for obesity among adults aged ≥ 18 years, which ranks 269th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for St. Ansgar is 38.1%, which ranks 530th out of 905 Iowa communities (85th out of 138 small communities).

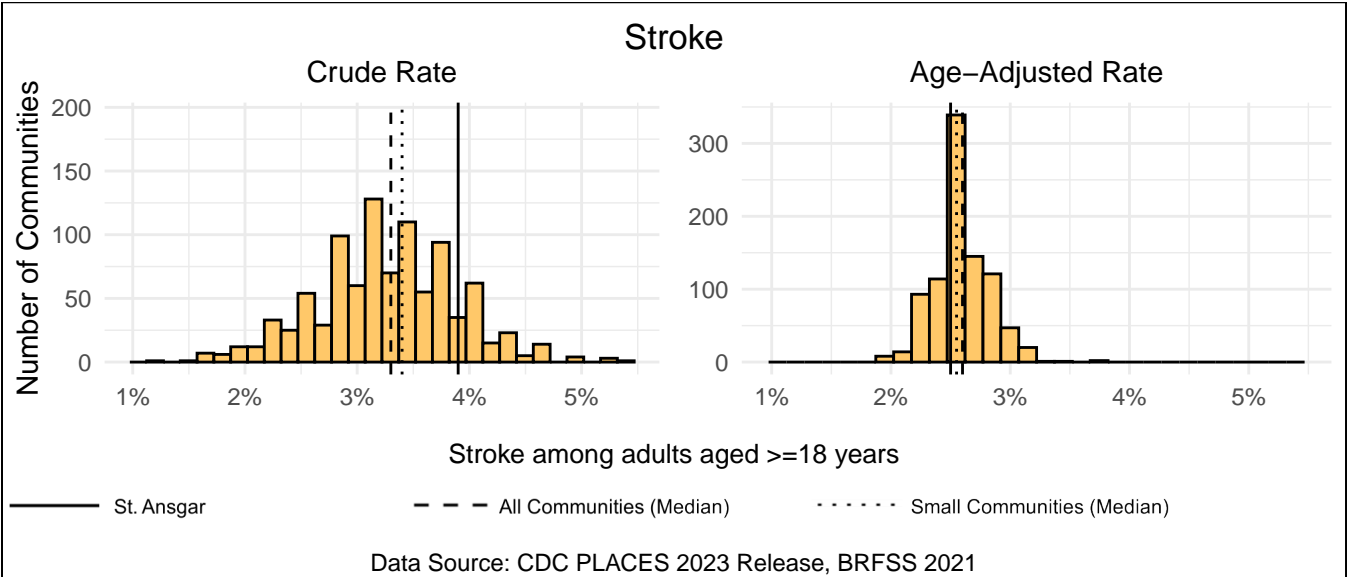
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	36.4%	37.6%	37.2%
Age-Adjusted	38.1%	37.6%	37.5%



Stroke

St. Ansgar has a crude rate of 3.9% for stroke among adults aged >=18 years, which ranks 797th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for St. Ansgar is 2.5%, which ranks 230th out of 905 Iowa communities (43rd out of 138 small communities).

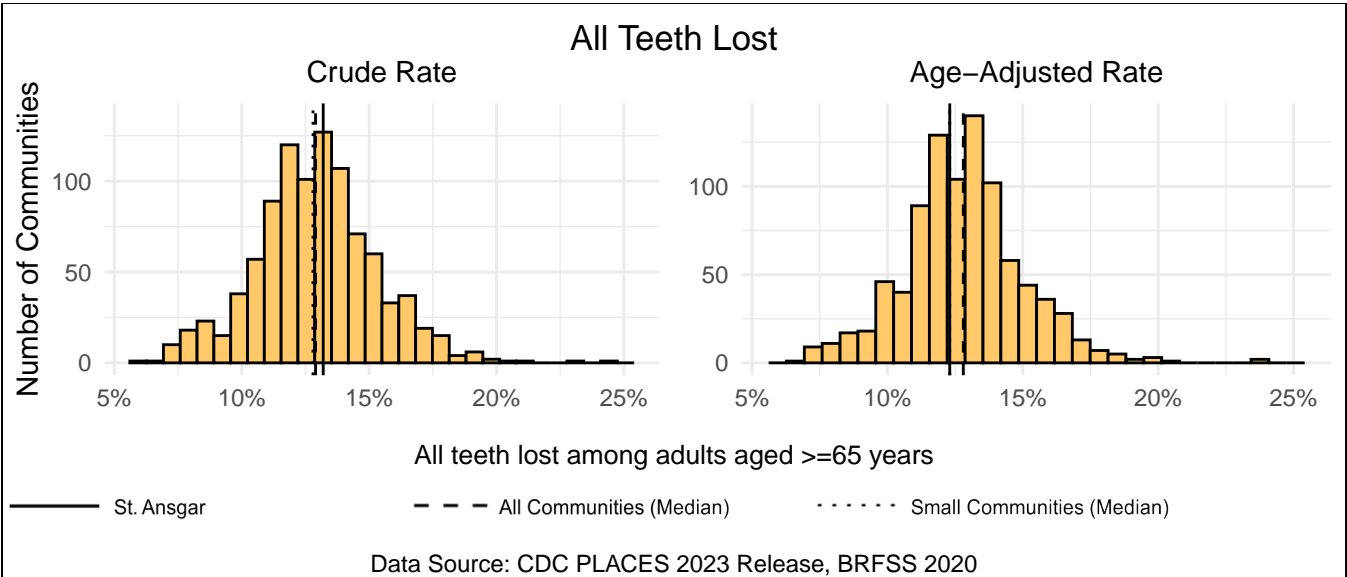
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	3.9%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



All Teeth Lost

St. Ansgar has a crude rate of 13.2% for all teeth lost among adults aged >=65 years, which ranks 522nd out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for St. Ansgar is 12.3%, which ranks 361st out of 905 Iowa communities (68th out of 138 small communities).

Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	13.2%	12.9%	12.8%
Age-Adjusted	12.3%	12.8%	12.3%



Prevention

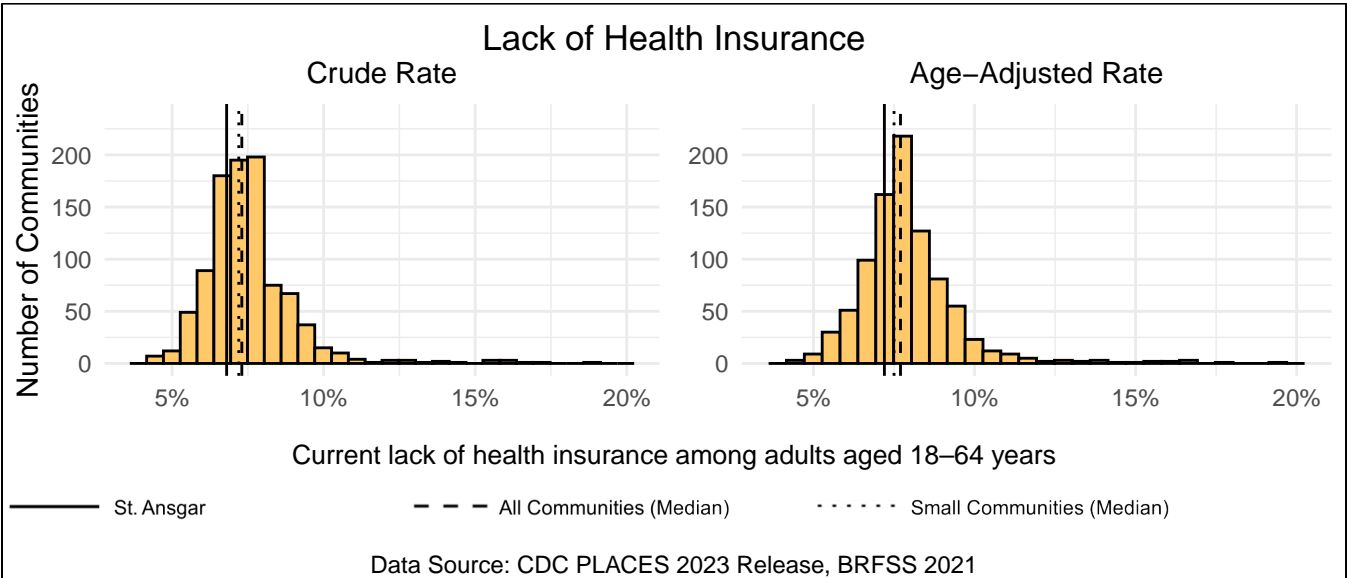
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

St. Ansgar has a crude rate of 6.8% for current lack of health insurance among adults aged 18–64 years, which ranks 255th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for St. Ansgar is 7.2%, which ranks 266th out of 905 Iowa communities (54th out of 138 small communities).

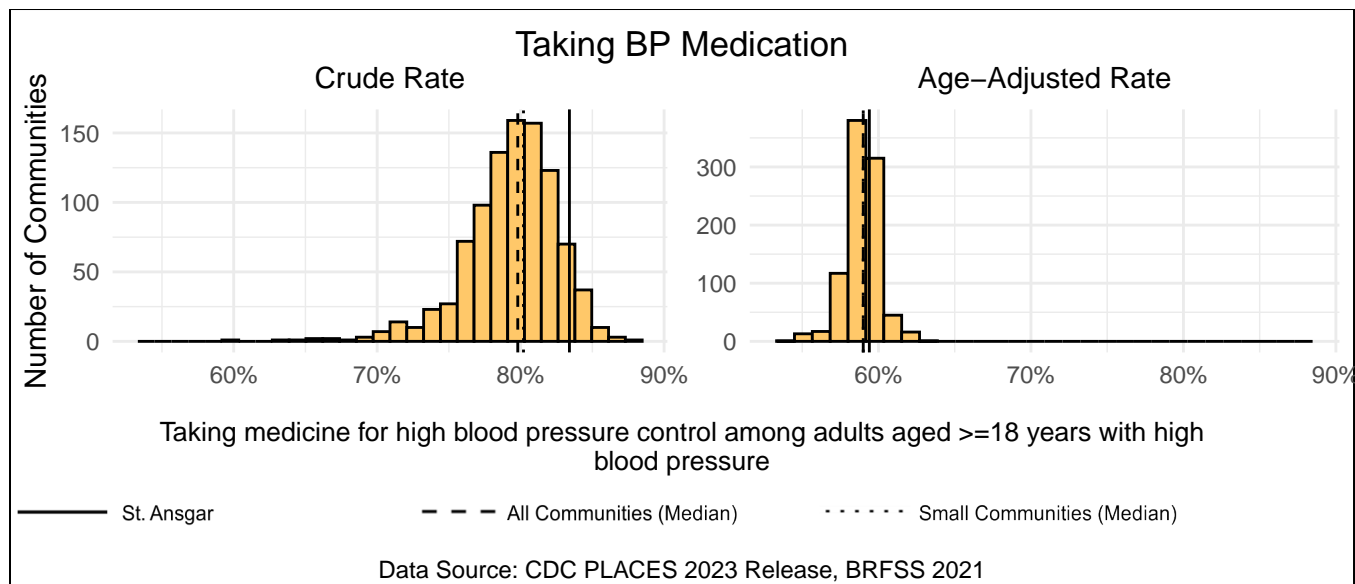
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	6.8%	7.3%	7.2%
Age-Adjusted	7.2%	7.7%	7.5%



Taking BP Medication

St. Ansgar has a crude rate of 83.4% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 64th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for St. Ansgar is 59.4%, which ranks 251st out of 905 Iowa communities (36th out of 138 small communities).

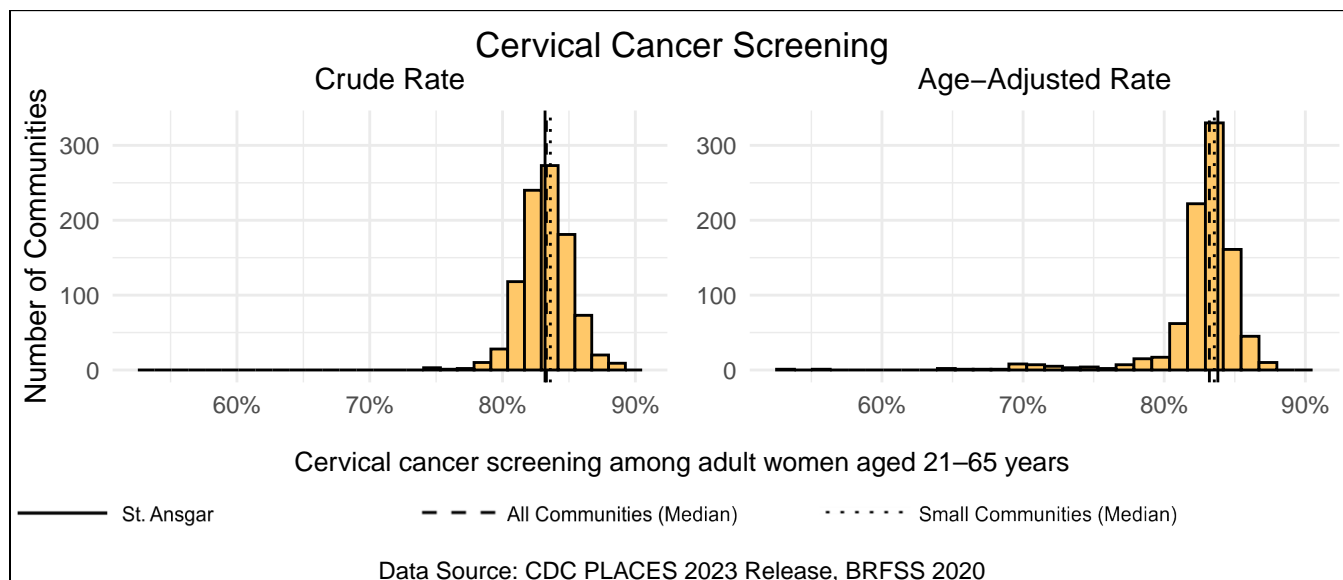
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	83.4%	79.8%	80.2%
Age-Adjusted	59.4%	59.0%	59.0%



Cervical Cancer Screening

St. Ansgar has a crude rate of 83.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 488th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for St. Ansgar is 83.8%, which ranks 268th out of 905 Iowa communities (55th out of 138 small communities).

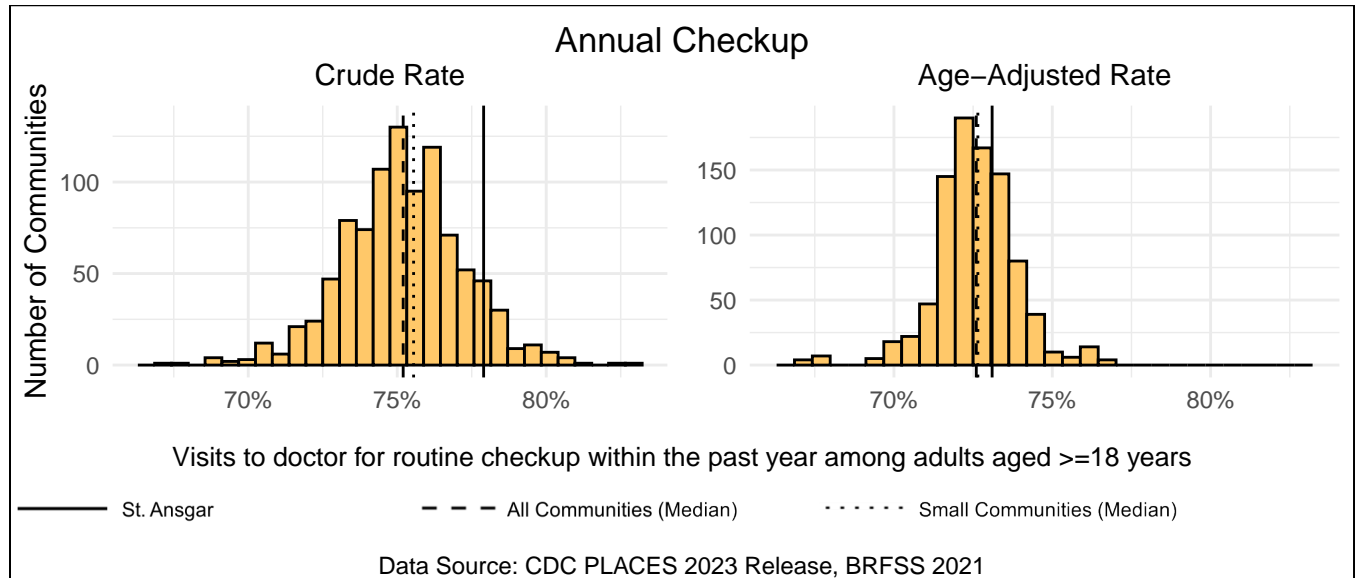
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	83.2%	83.3%	83.6%
Age-Adjusted	83.8%	83.2%	83.5%



Annual Checkup

St. Ansgar has a crude rate of 77.9% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 81st out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for St. Ansgar is 73.1%, which ranks 259th out of 905 Iowa communities (47th out of 138 small communities).

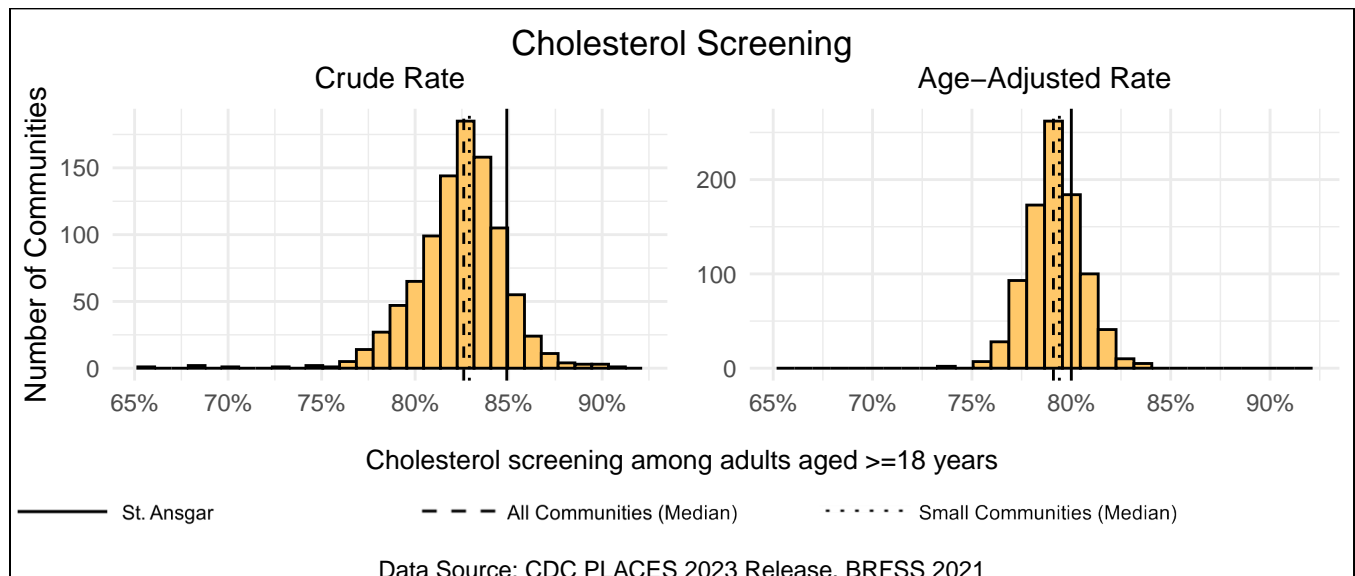
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	77.9%	75.2%	75.5%
Age-Adjusted	73.1%	72.6%	72.6%



Cholesterol Screening

St. Ansgar has a crude rate of 84.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 102nd out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for St. Ansgar is 80.0%, which ranks 237th out of 905 Iowa communities (46th out of 138 small communities).

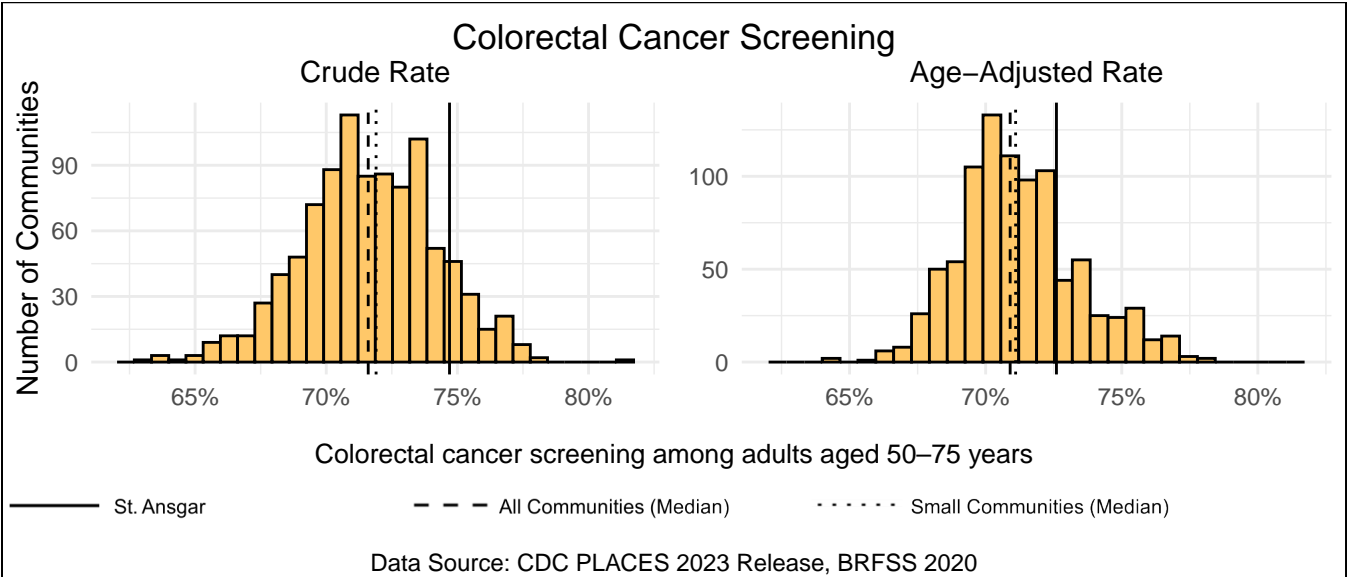
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	84.9%	82.6%	82.9%
Age-Adjusted	80.0%	79.1%	79.4%



Colorectal Cancer Screening

St. Ansgar has a crude rate of 74.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 100th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for St. Ansgar is 72.6%, which ranks 197th out of 905 Iowa communities (37th out of 138 small communities).

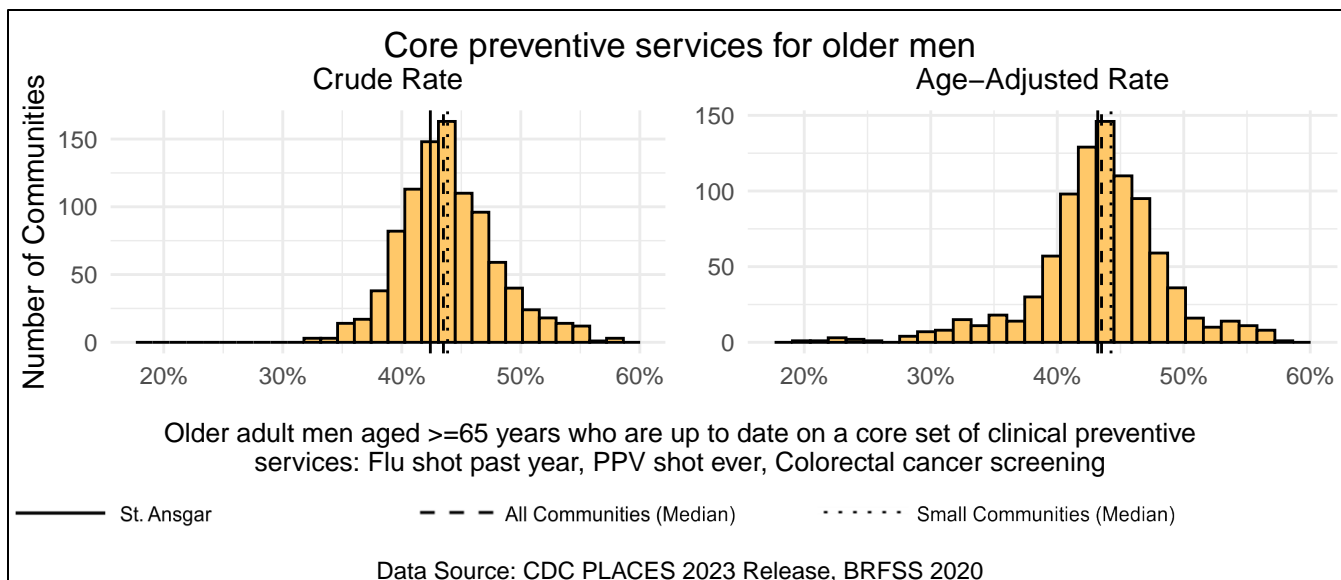
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	74.7%	71.6%	71.9%
Age-Adjusted	72.6%	70.9%	71.1%



Core preventive services for older men

St. Ansgar has a crude rate of 42.4% 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 617th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for St. Ansgar is 43.2%, which ranks 479th out of 905 Iowa communities (88th out of 138 small communities).

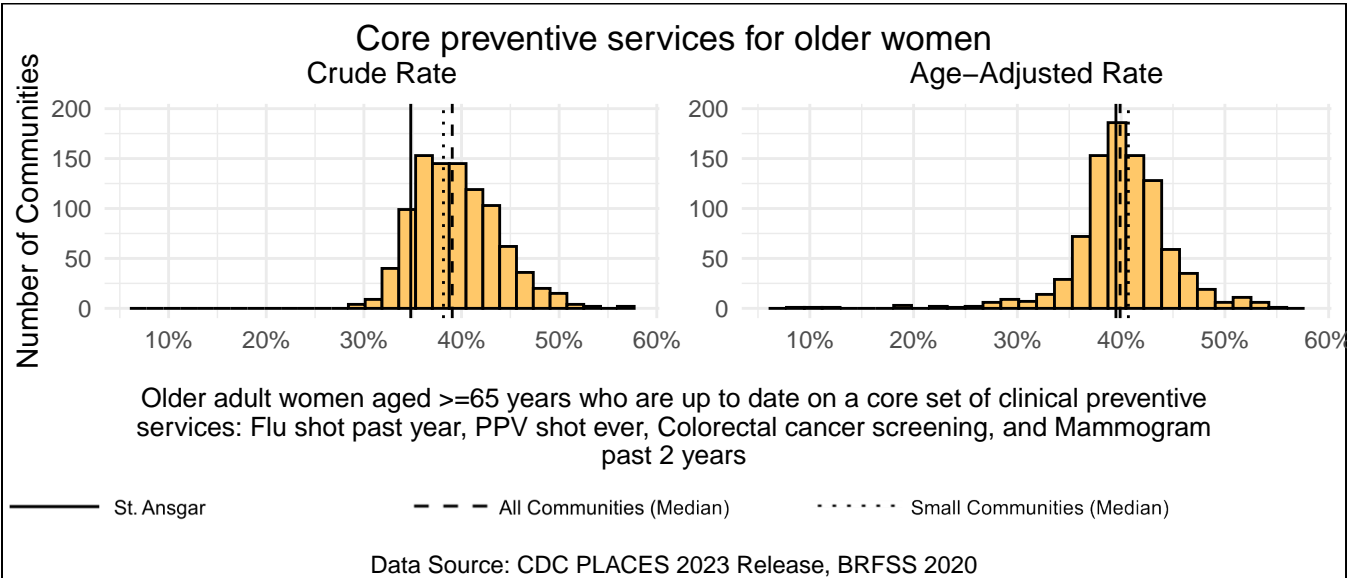
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	42.4%	43.5%	43.8%
Age-Adjusted	43.2%	43.5%	44.2%



Core preventive services for older women

St. Ansgar has a crude rate of 34.8% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 838th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for St. Ansgar is 39.5%, which ranks 503rd out of 905 Iowa communities (87th out of 138 small communities).

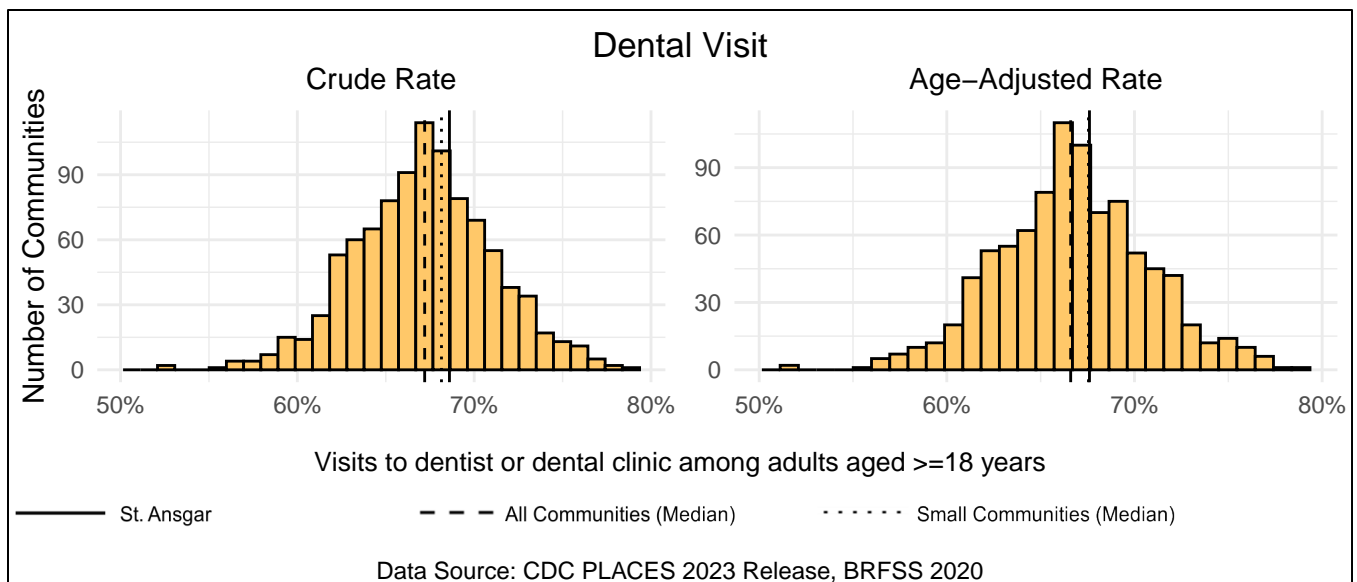
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	34.8%	39.0%	38.2%
Age-Adjusted	39.5%	39.9%	40.7%



Dental Visit

St. Ansgar has a crude rate of 68.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 325th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for St. Ansgar is 67.6%, which ranks 349th out of 905 Iowa communities (68th out of 138 small communities).

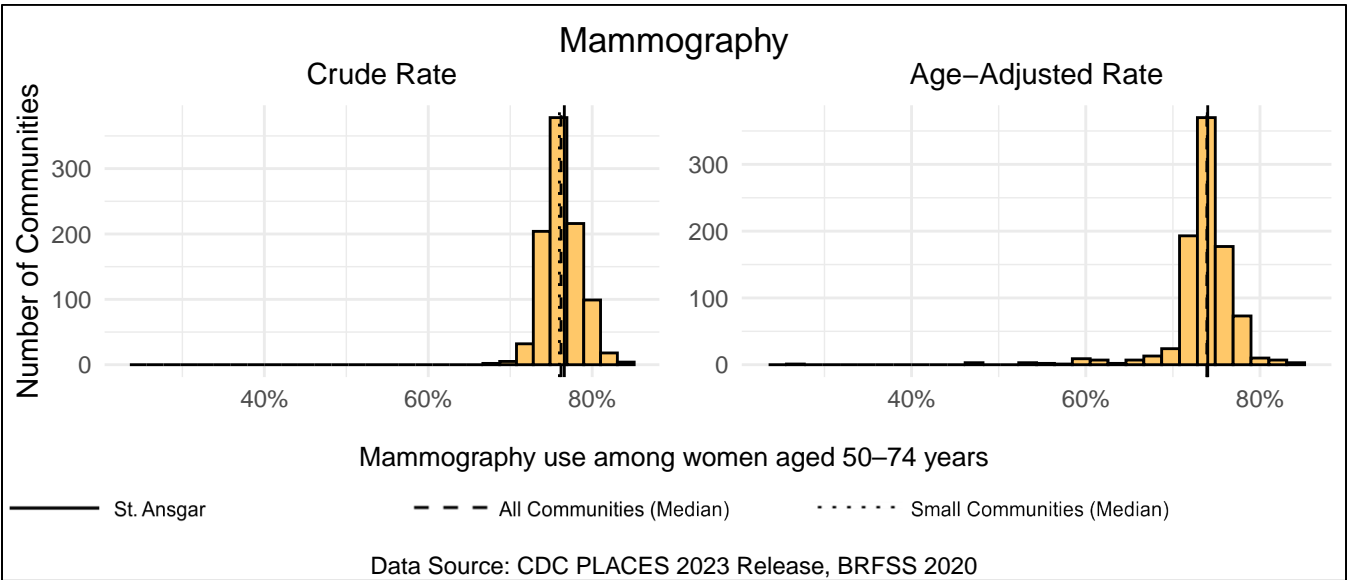
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	68.6%	67.2%	68.2%
Age-Adjusted	67.6%	66.6%	67.5%



Mammography

St. Ansgar has a crude rate of 76.6% for mammography use among women aged 50–74 years, which ranks 391st out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for St. Ansgar is 74.0%, which ranks 415th out of 905 Iowa communities (68th out of 138 small communities).

Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	76.6%	76.2%	76.0%
Age-Adjusted	74.0%	73.9%	74.0%



Disability

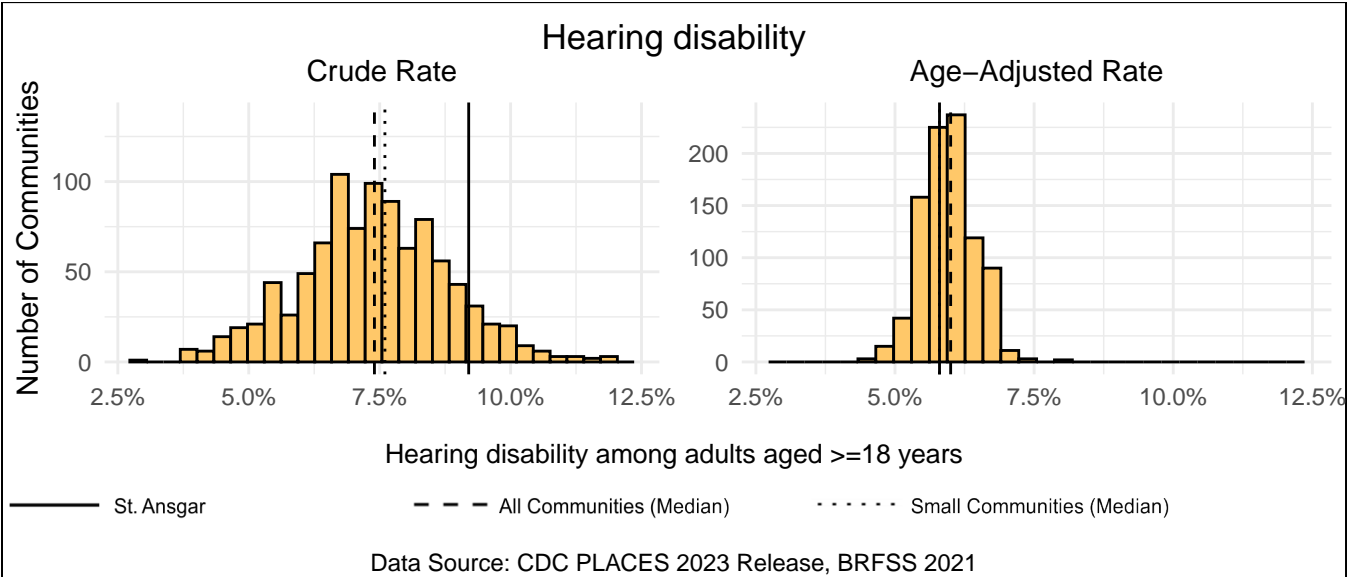
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

St. Ansgar has a crude rate of 9.2% for hearing disability among adults aged ≥ 18 years, which ranks 861st out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for St. Ansgar is 5.8%, which ranks 287th out of 905 Iowa communities (63rd out of 138 small communities).

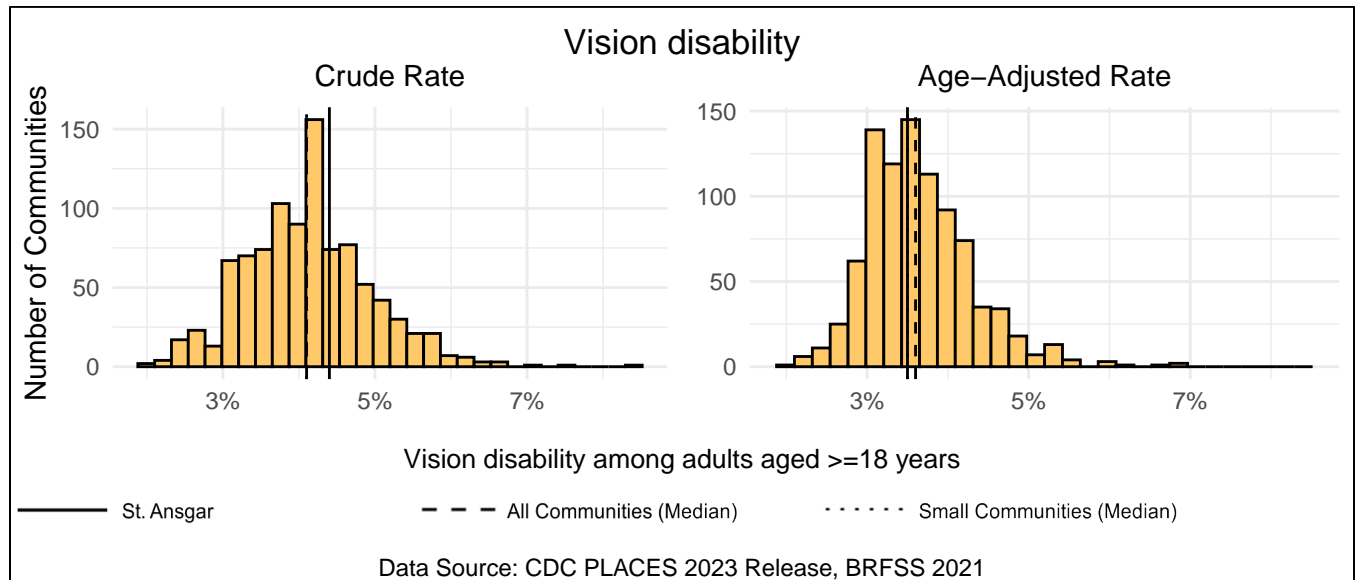
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	9.2%	7.4%	7.6%
Age-Adjusted	5.8%	6.0%	5.8%



Vision disability

St. Ansgar has a crude rate of 4.4% for vision disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for St. Ansgar is 3.5%, which ranks 364th out of 905 Iowa communities (68th out of 138 small communities).

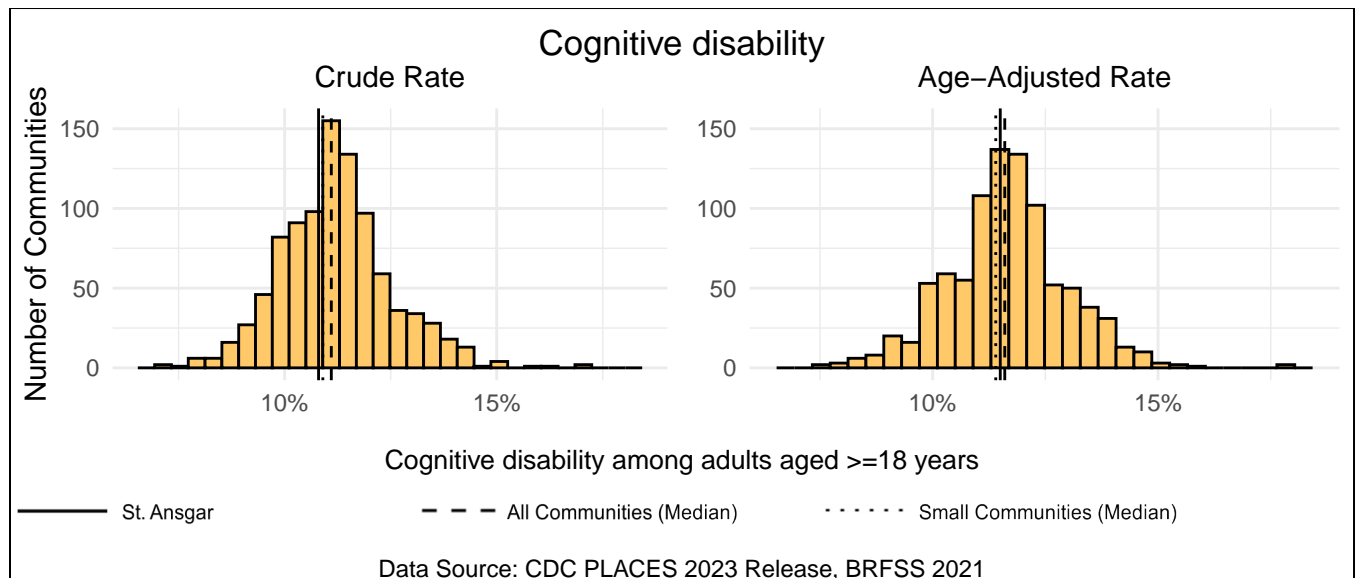
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	4.4%	4.1%	4.1%
Age-Adjusted	3.5%	3.6%	3.5%



Cognitive disability

St. Ansgar has a crude rate of 10.8% for cognitive disability among adults aged ≥ 18 years, which ranks 330th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for St. Ansgar is 11.5%, which ranks 399th out of 905 Iowa communities (72nd out of 138 small communities).

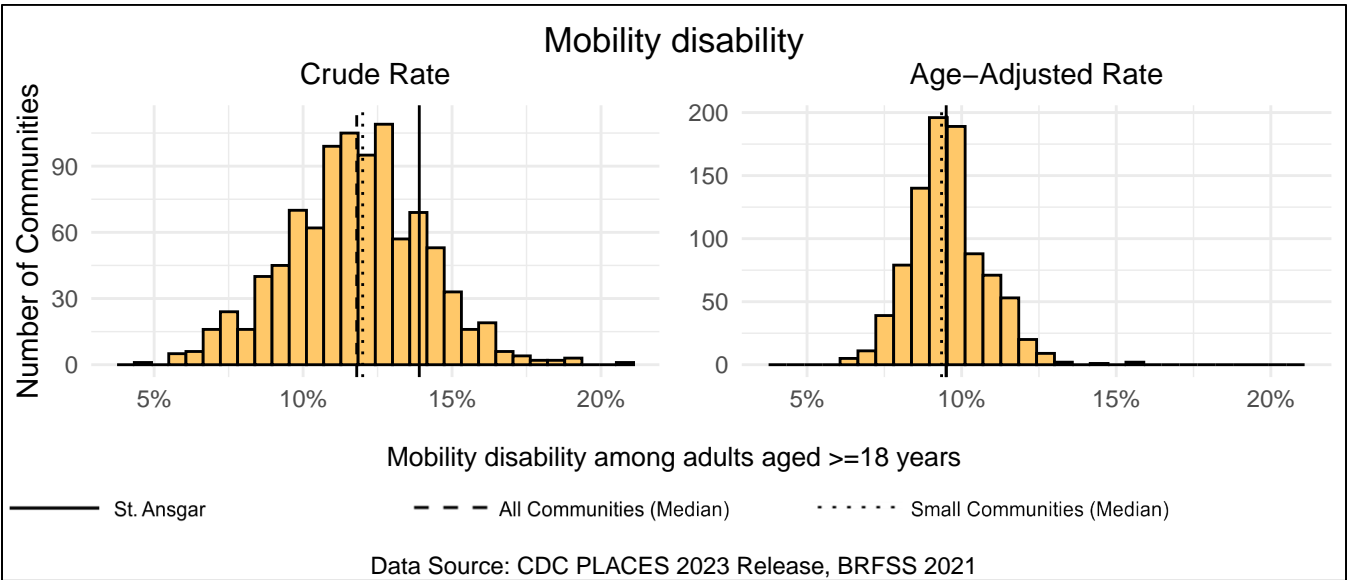
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	10.8%	11.1%	10.9%
Age-Adjusted	11.5%	11.6%	11.4%



Mobility disability

St. Ansgar has a crude rate of 13.9% for mobility disability among adults aged ≥ 18 years, which ranks 788th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for St. Ansgar is 9.5%, which ranks 426th out of 905 Iowa communities (72nd out of 138 small communities).

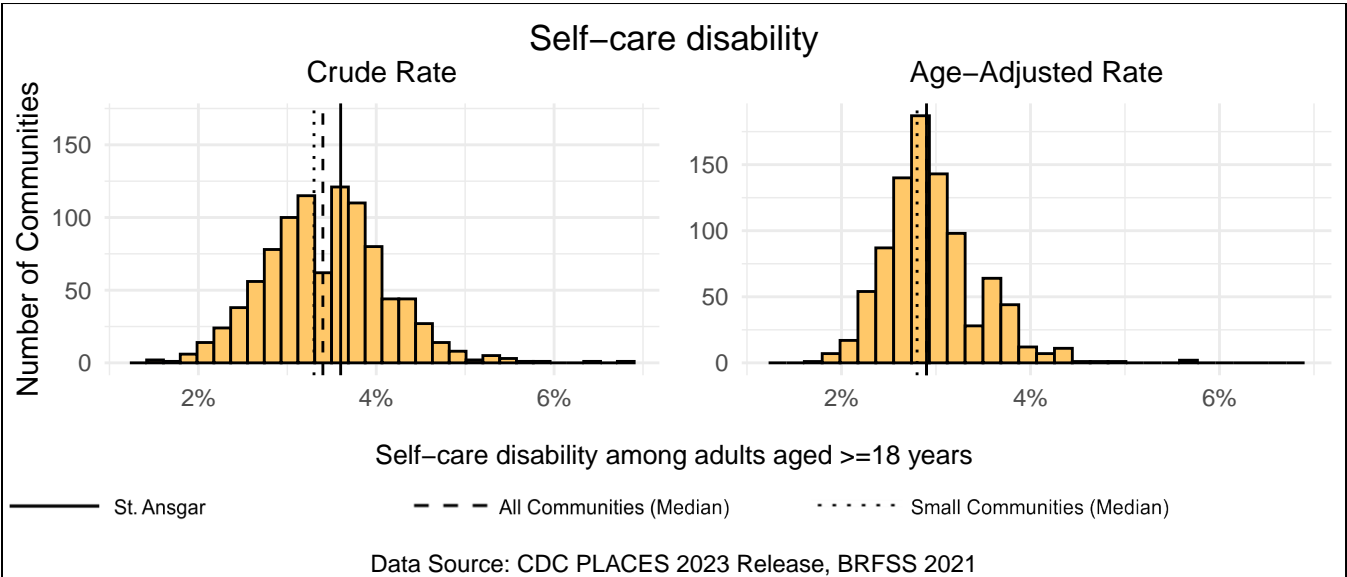
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	13.9%	11.8%	12.0%
Age-Adjusted	9.5%	9.5%	9.4%



Self-care disability

St. Ansgar has a crude rate of 3.6% for self-care disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for St. Ansgar is 2.9%, which ranks 397th out of 905 Iowa communities (72nd out of 138 small communities).

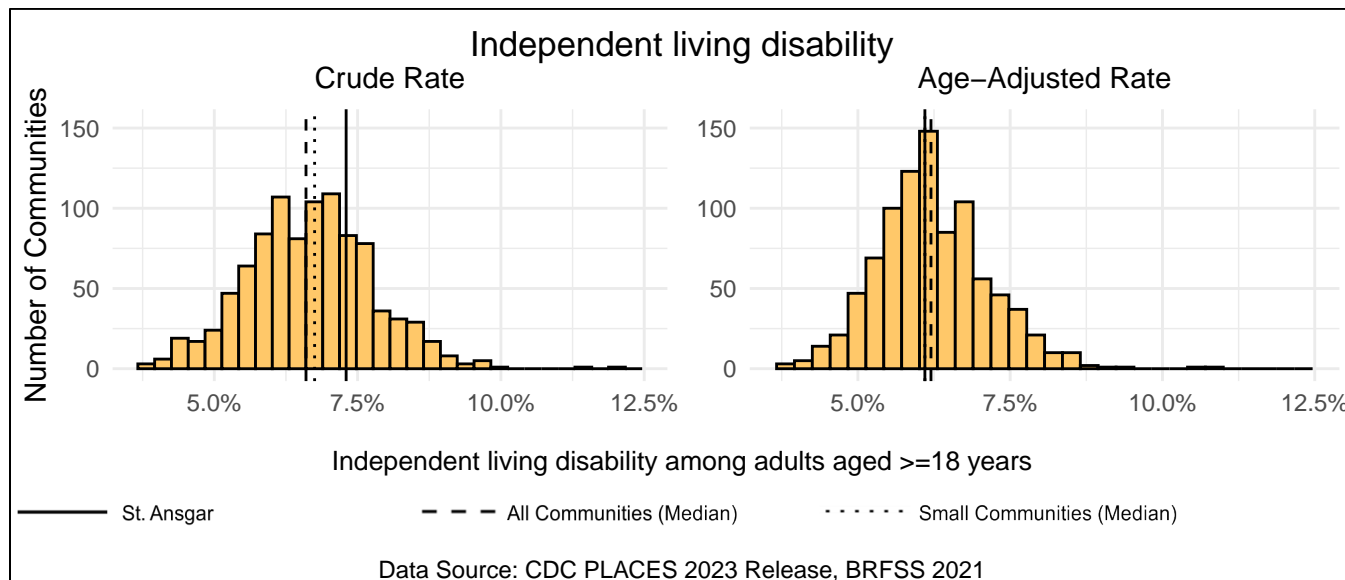
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	3.6%	3.4%	3.3%
Age-Adjusted	2.9%	2.9%	2.8%



Independent living disability

St. Ansgar has a crude rate of 7.3% for independent living disability among adults aged ≥ 18 years, which ranks 697th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for St. Ansgar is 6.1%, which ranks 383rd out of 905 Iowa communities (66th out of 138 small communities).

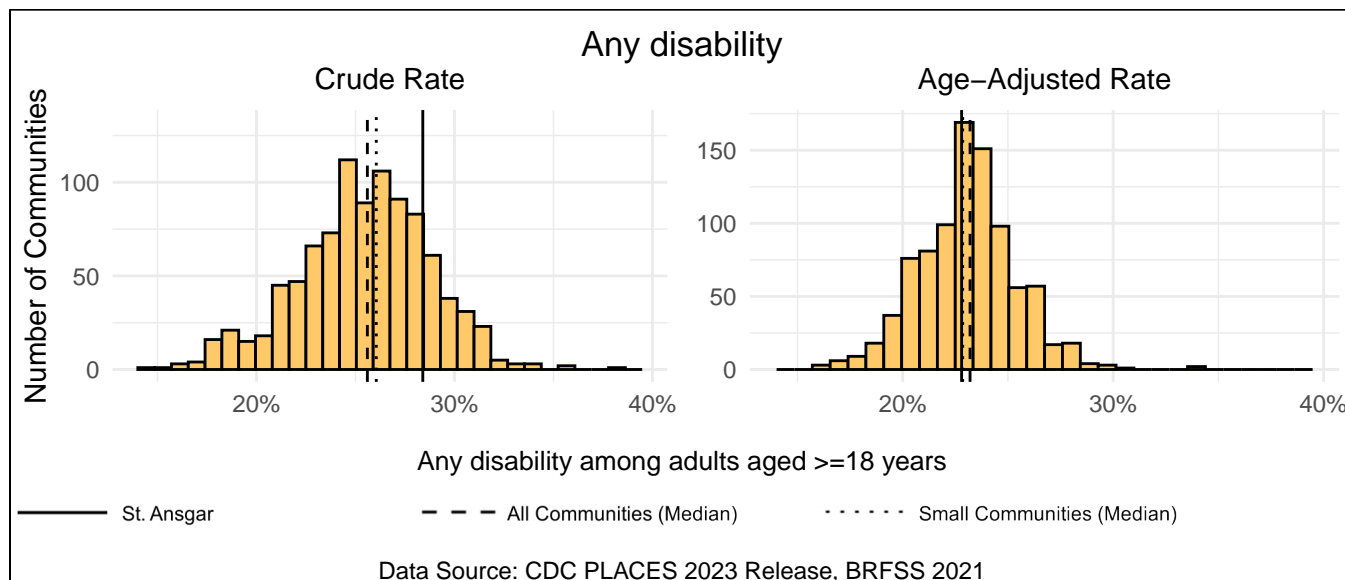
Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	7.3%	6.6%	6.8%
Age-Adjusted	6.1%	6.2%	6.1%



Any disability

St. Ansgar has a crude rate of 28.4% for any disability among adults aged ≥ 18 years, which ranks 782nd out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for St. Ansgar is 22.8%, which ranks 371st out of 905 Iowa communities (63rd out of 138 small communities).

Measure Type	St. Ansgar	All Comm.	Small Comm.
Crude	28.4%	25.6%	26.0%
Age-Adjusted	22.8%	23.2%	22.8%



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: St. Ansgar PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	552	14.7% (11.9% - 18.1%)	355	12.4% (10.2% - 14.8%)
Health Status	Mental Health	164	13.4% (11.5% - 15.5%)	457	15.6% (13.3% - 18.1%)
Health Status	Physical Health	600	11.2% (9.3% - 13.2%)	429	9.7% (8.1% - 11.4%)
Health Risk Behaviors	Binge Drinking	139	17.4% (14.2% - 20.7%)	478	22.1% (18.1% - 26.2%)
Health Risk Behaviors	Current Smoking	127	14.6% (11.3% - 18.3%)	273	16.7% (12.9% - 20.9%)
Health Risk Behaviors	Physical Inactivity	480	26.2% (21.0% - 31.8%)	278	22.9% (18.3% - 28.0%)
Health Risk Behaviors	Sleep <7 hours	50	27.3% (25.7% - 28.9%)	132	29.3% (27.6% - 30.9%)
Health Outcomes	Coronary Heart Disease	811	7.8% (6.7% - 9.2%)	324	4.9% (4.2% - 5.6%)
Health Outcomes	Current Asthma	311	9.2% (8.0% - 10.4%)	513	9.6% (8.4% - 11.0%)
Health Outcomes	High Blood Pressure	735	34.8% (30.1% - 39.4%)	262	26.5% (22.4% - 30.4%)
Health Outcomes	Arthritis	906	32.8% (27.9% - 37.6%)	785	24.5% (20.6% - 28.6%)
Health Outcomes	Cancer (except skin)	906	10.2% (9.1% - 11.3%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	Obesity	269	36.4% (28.4% - 44.3%)	530	38.1% (29.7% - 46.3%)
Health Outcomes	All Teeth Lost	522	13.2% (7.8% - 21.1%)	361	12.3% (8.0% - 17.5%)
Health Outcomes	Diabetes	703	11.1% (9.3% - 13.0%)	454	8.2% (6.9% - 9.6%)
Health Outcomes	High Cholesterol	803	38.8% (33.5% - 43.7%)	565	30.1% (25.2% - 34.6%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.4% - 4.4%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	COPD	651	8.0% (6.3% - 9.8%)	346	6.1% (5.0% - 7.3%)
Health Outcomes	Depression	196	17.2% (14.0% - 20.8%)	562	19.4% (15.6% - 23.2%)
Health Outcomes	Stroke	797	3.9% (3.3% - 4.7%)	230	2.5% (2.2% - 2.9%)
Prevention	Health Insurance	255	6.8% (5.1% - 9.2%)	266	7.2% (5.3% - 9.7%)
Prevention	Cervical Cancer Screening	488	83.2% (80.6% - 85.9%)	268	83.8% (81.2% - 86.4%)
Prevention	Taking BP Medication	64	83.4% (80.3% - 86.1%)	251	59.4% (53.8% - 64.3%)
Prevention	Annual Checkup	81	77.9% (73.0% - 82.0%)	259	73.1% (67.4% - 77.9%)
Prevention	Core preventive services for older men	617	42.4% (33.9% - 51.2%)	479	43.2% (35.2% - 52.2%)
Prevention	Mammography	391	76.6% (72.5% - 80.4%)	415	74.0% (69.6% - 78.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	100	74.7% (71.7% - 77.8%)	197	72.6% (69.4% - 76.0%)
Prevention	Core preventive services for older women	838	34.8% (26.9% - 44.3%)	503	39.5% (32.0% - 47.1%)
Prevention	Cholesterol Screening	102	84.9% (82.1% - 87.6%)	237	80.0% (76.4% - 83.5%)
Prevention	Dental Visit	325	68.6% (64.7% - 72.4%)	349	67.6% (63.8% - 71.4%)
Disability	Cognitive Disability	330	10.8% (8.9% - 13.0%)	399	11.5% (9.4% - 13.6%)
Disability	Self-care Disability	562	3.6% (2.9% - 4.3%)	397	2.9% (2.4% - 3.4%)
Disability	Mobility Disability	788	13.9% (11.2% - 16.6%)	426	9.5% (7.9% - 11.2%)
Disability	Any Disability	782	28.4% (24.0% - 33.4%)	371	22.8% (19.0% - 27.1%)
Disability	Hearing Disability	861	9.2% (7.8% - 10.6%)	287	5.8% (5.1% - 6.6%)
Disability	Vision Disability	620	4.4% (3.6% - 5.6%)	364	3.5% (2.9% - 4.1%)
Disability	Independent Living Disability	697	7.3% (5.8% - 9.0%)	383	6.1% (5.1% - 7.3%)

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)

St. Ansgar 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		