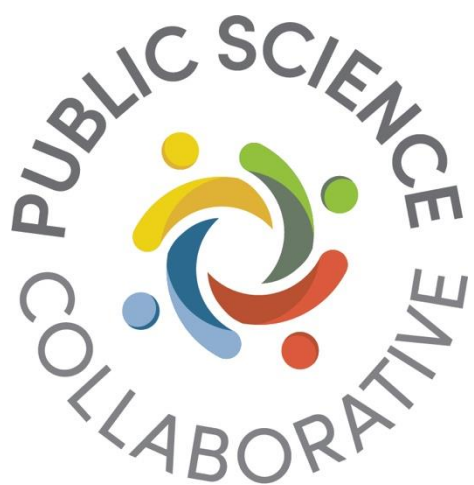# Iowa Community Health Snapshot Series

275 community reports prepared for the Iowa State University Extension and Outreach Community and Economic Development Unit

May 2024

By Matthew Voss & Shawn Dorius

Iowa Community Health Snapshot Series

Table of contents

Health in Storm Lake: Overview

Dear Community Members & Stakeholders of Storm Lake,

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 Storm Lake ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Storm Lake'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 Storm Lake. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Depression	4th	1st	Cancer (except skin)	1st	1st
Arthritis	19th	4th	Depression	1st	1st
Cancer (except skin)	38th	6th	Binge Drinking	1st	1st
High Blood Pressure	63rd	8th	Arthritis	16th	1st
Obesity	73rd	7th	Taking BP Medication	59th	7th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Health Insurance	954th	31st	High Cholesterol	904th	31st
Cholesterol Screening	953rd	30th	Health Insurance	903rd	31st
Cervical Cancer Screening	953rd	31st	General Health	899th	31st
All Teeth Lost	951st	31st	Physical Inactivity	899th	31st
Colorectal Cancer Screening	946th	31st	Vision Disability	899th	31st

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 Storm Lake.

Sincerely,

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

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

With a population of 11,194, Storm Lake's similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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

The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames's unique age distribution, Ames's poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

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

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

Poor General Health

Storm Lake has a crude rate of 18.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 927th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 18.7%, which ranks 899th out of 905 Iowa communities (31st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	18.3%	14.3%	12.1%
Age-Adjusted	18.7%	12.7%	12.0%

Poor General Health — Crude Rate and Age–Adjusted Rate. Number of Communities vs. Fair or poor self–rated health status among adults aged >= 18 years. Storm Lake, All Communities (Median), Mid-Large Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
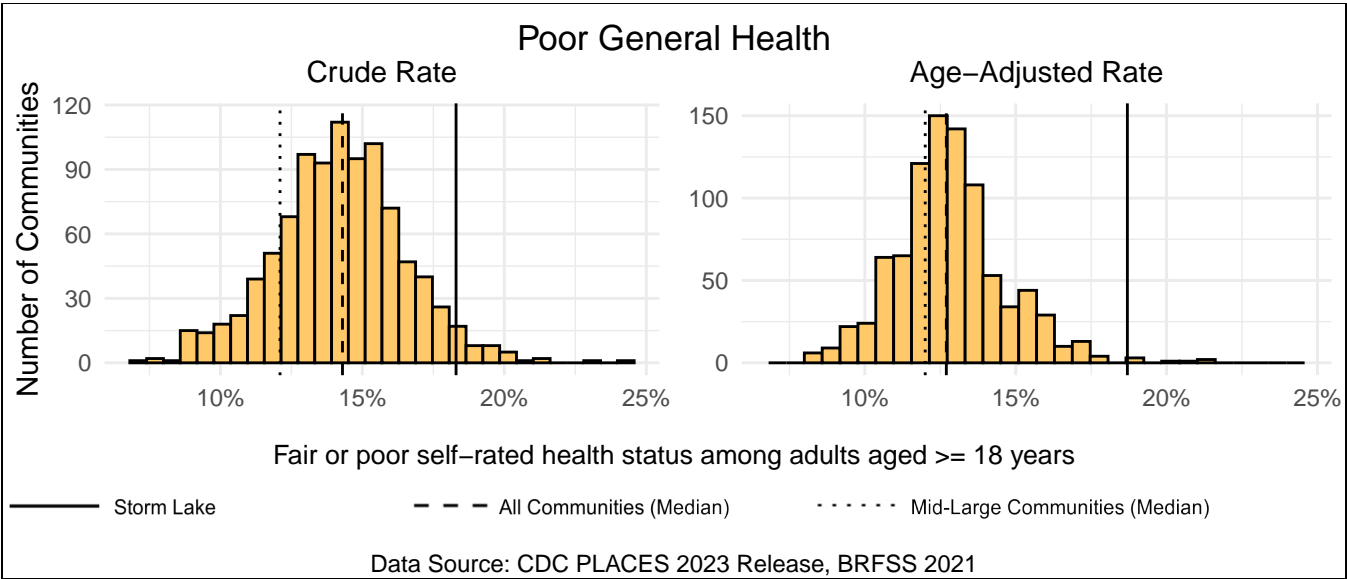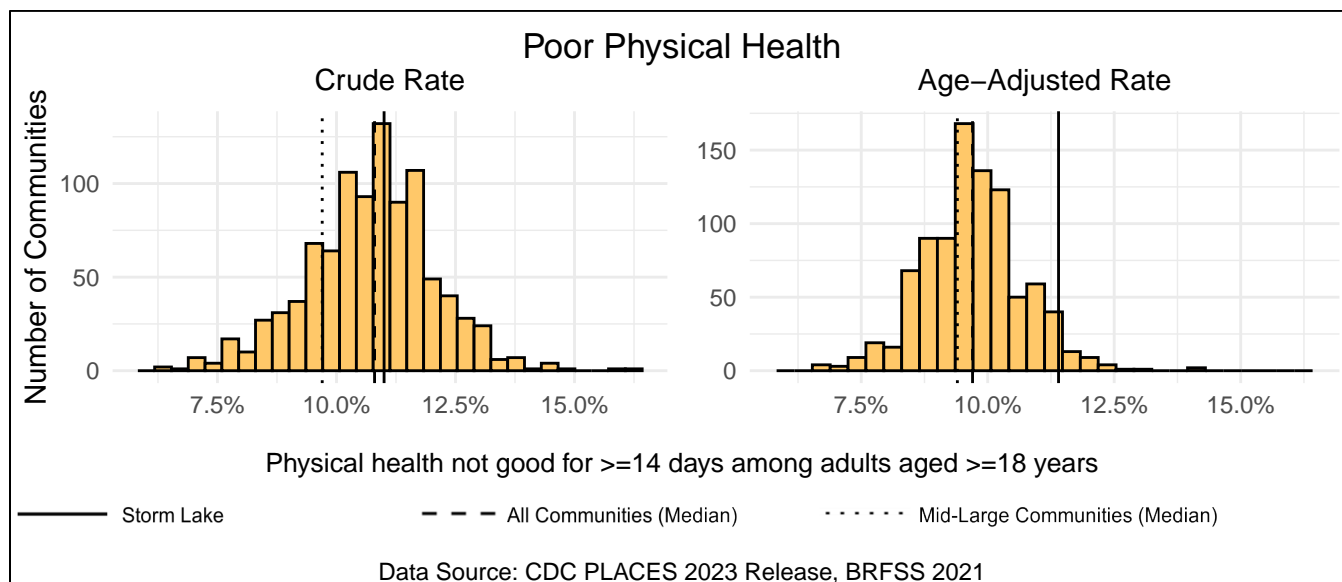
Poor Physical Health

Storm Lake has a crude rate of 11.0% for physical health not good for >=14 days among adults aged >=18 years, which ranks 539th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 11.4%, which ranks 866th out of 905 Iowa communities (27th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	11.0%	10.8%	9.7%
Age-Adjusted	11.4%	9.7%	9.4%

Poor Physical Health

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Storm Lake has a crude rate of 15.5% for mental health not good for >=14 days among adults aged >=18 years, which ranks 825th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 14.9%, which ranks 210th out of 905 Iowa communities (13th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	15.5%	14.3%	15.1%
Age-Adjusted	14.9%	15.5%	15.2%

Poor Mental Health

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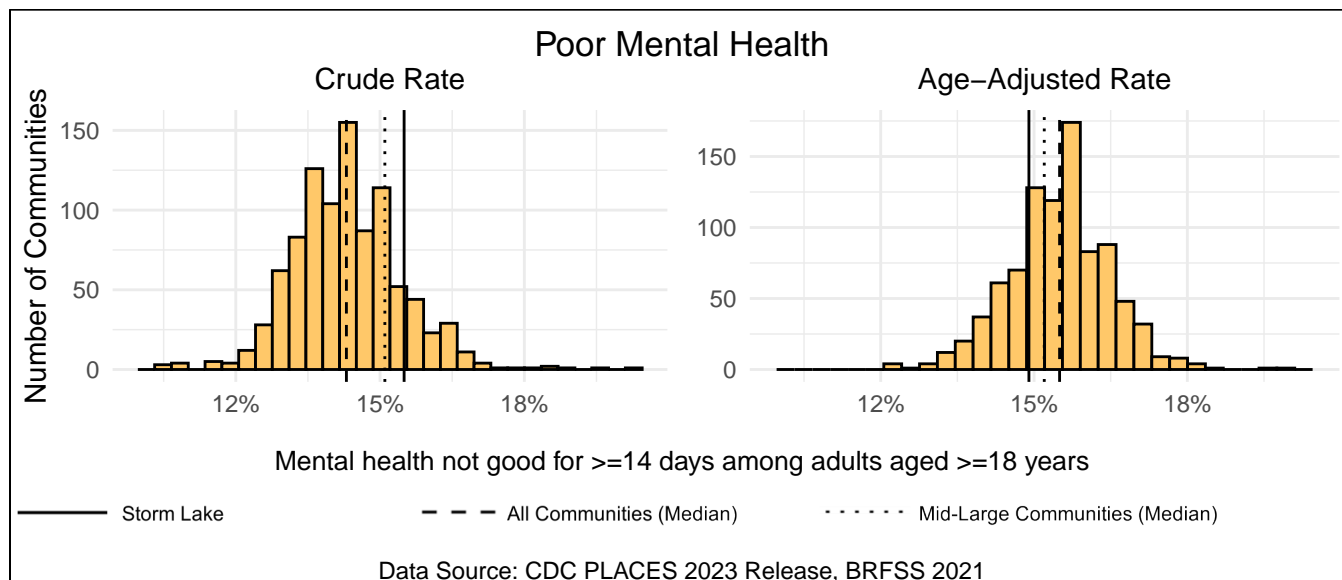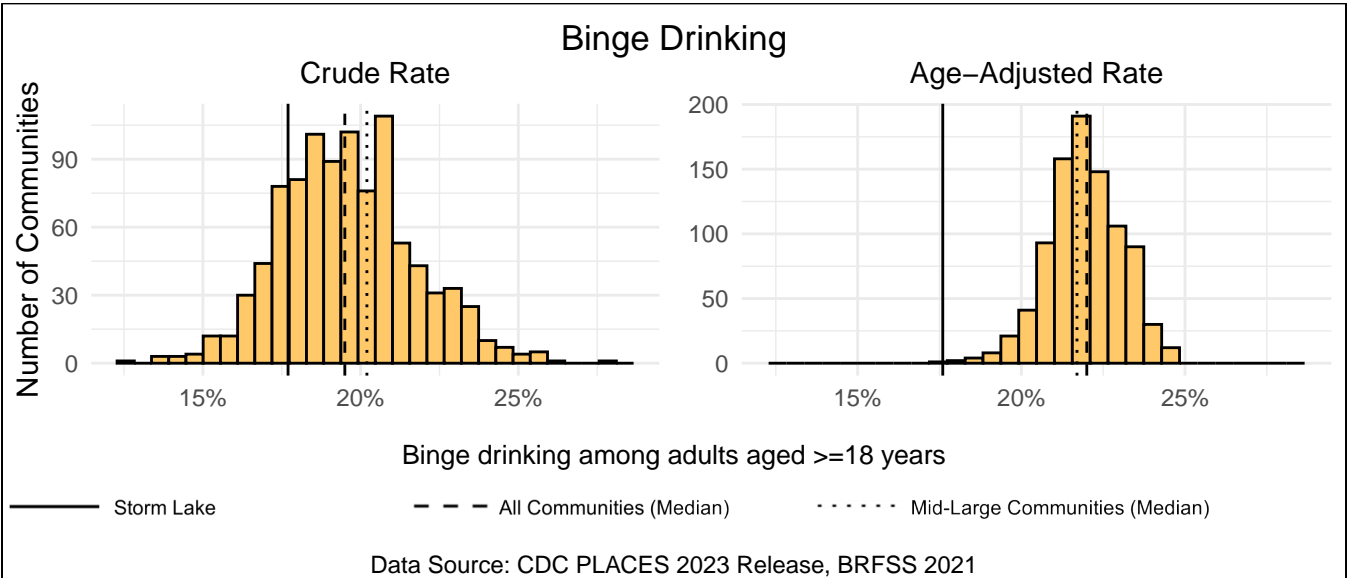
Health Risk Behaviors

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

Storm Lake has a crude rate of 17.7% for binge drinking among adults aged >=18 years, which ranks 176th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 17.6%, which ranks 1st out of 905 Iowa communities (1st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	17.7%	19.5%	20.2%
Age-Adjusted	17.6%	22.0%	21.7%

Binge Drinking

Crude Rate — Age−Adjusted Rate

Binge drinking among adults aged >=18 years

——— Storm Lake   − − − All Communities (Median)   · · · · · · Mid-Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Storm Lake has a crude rate of 16.6% for current smoking among adults aged >=18 years, which ranks 430th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 18.3%, which ranks 602nd out of 905 Iowa communities (21st out of 31 mid-large communities).
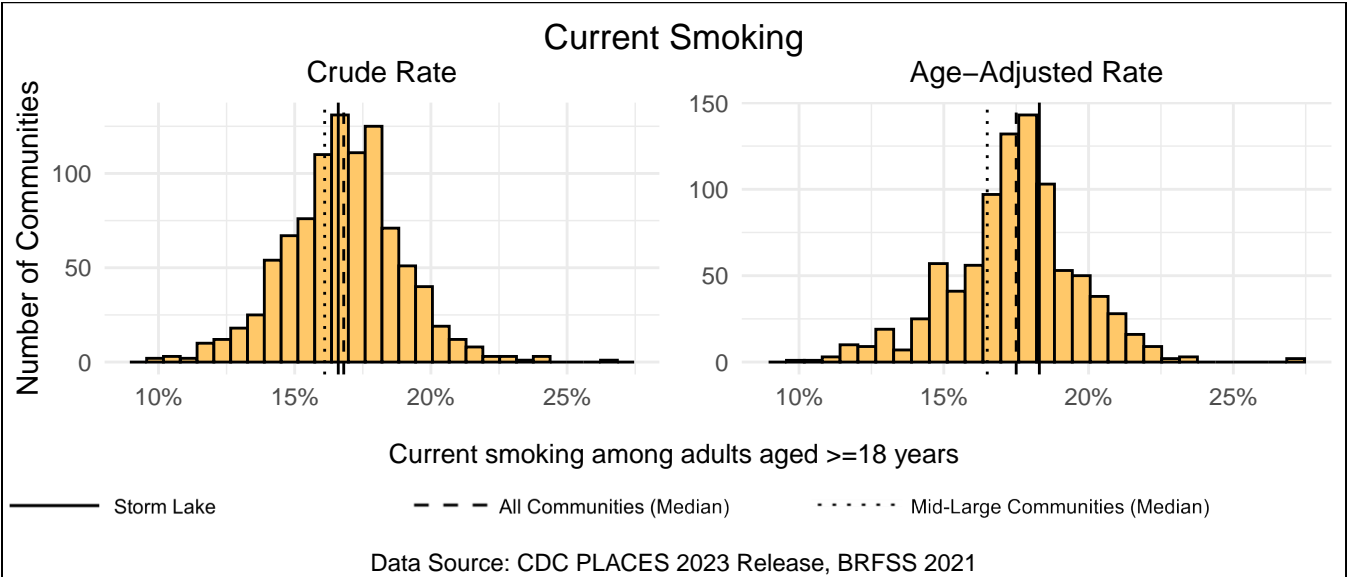
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	16.6%	16.8%	16.1%
Age-Adjusted	18.3%	17.5%	16.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

Storm Lake has a crude rate of 31.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 920th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 32.0%, which ranks 899th out of 905 Iowa communities (31st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	31.3%	26.1%	23.4%
Age-Adjusted	32.0%	24.3%	23.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Storm Lake has a crude rate of 30.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 561st out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 31.8%, which ranks 613th out of 905 Iowa communities (21st out of 31 mid-large communities).
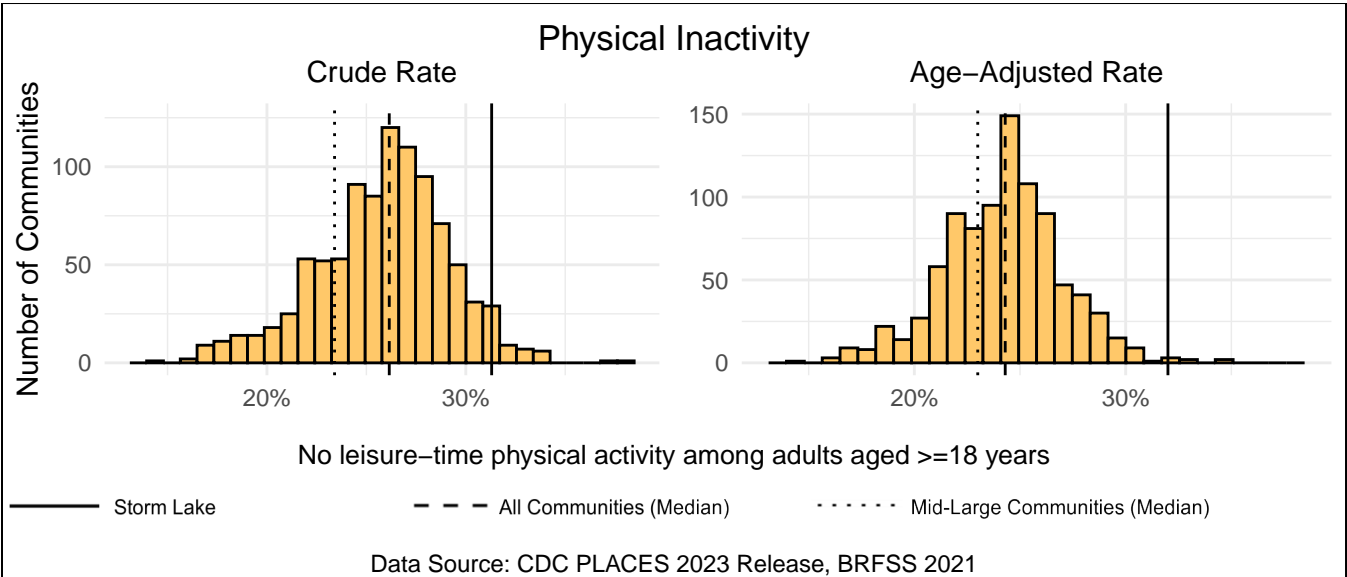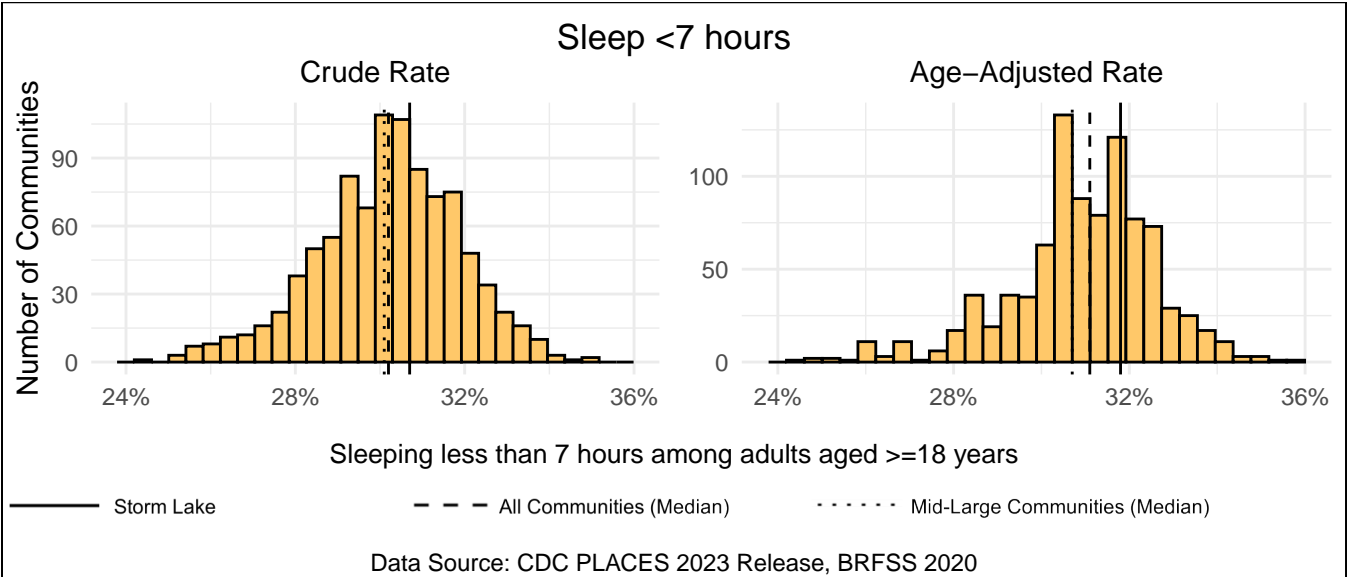
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	30.7%	30.2%	30.1%
Age-Adjusted	31.8%	31.1%	30.7%

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

Storm Lake has a crude rate of 19.4% for arthritis among adults aged >=18 years, which ranks 19th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 20.1%, which ranks 16th out of 905 Iowa communities (1st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	19.4%	27.9%	23.7%
Age-Adjusted	20.1%	23.1%	22.9%

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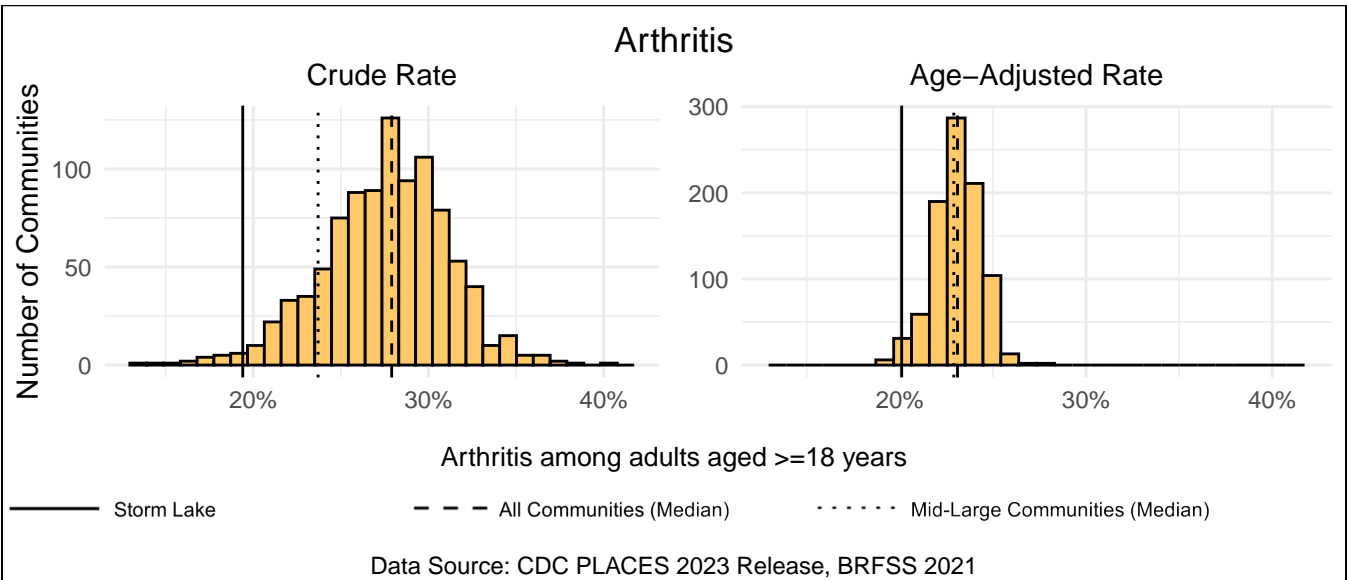
High Blood Pressure

Storm Lake has a crude rate of 26.1% for high blood pressure among adults aged >=18 years, which ranks 63rd out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 27.0%, which ranks 368th out of 905 Iowa communities (13th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	26.1%	32.0%	28.9%
Age-Adjusted	27.0%	27.3%	27.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cancer (except skin)

Storm Lake has a crude rate of 6.0% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 38th out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 5.9%, which ranks 1st out of 905 Iowa communities (1st out of 31 mid-large communities).
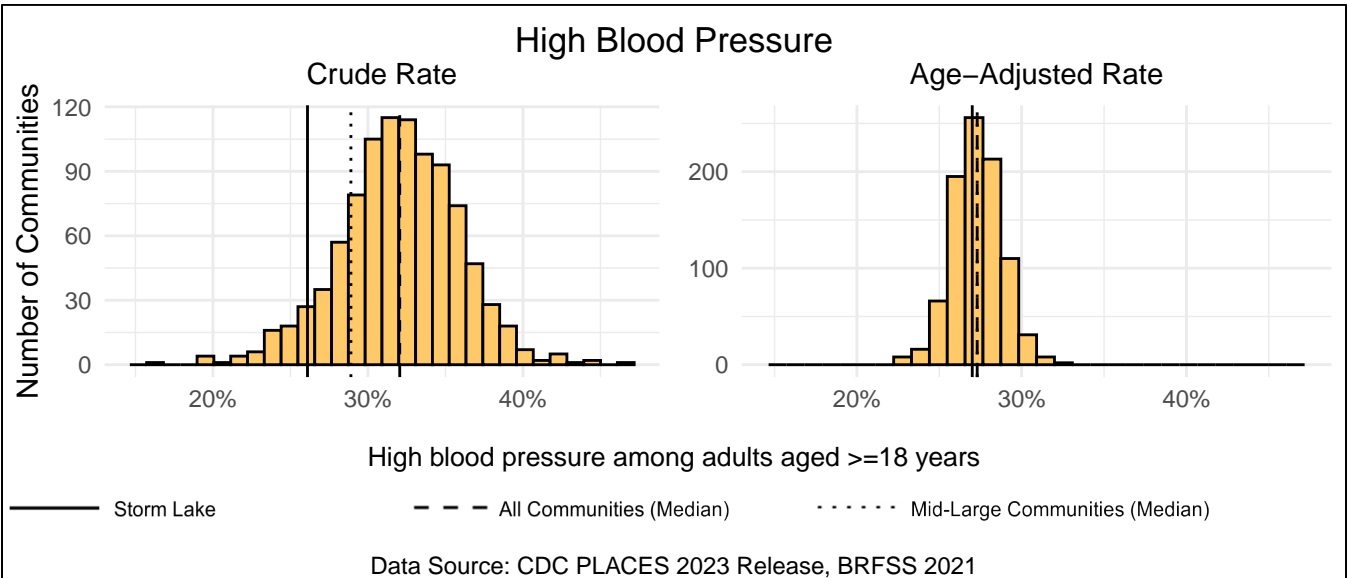
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	6.0%	8.0%	7.1%
Age-Adjusted	5.9%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Storm Lake has a crude rate of 9.8% for current asthma among adults aged >=18 years, which ranks 838th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 9.7%, which ranks 628th out of 905 Iowa communities (20th out of 31 mid-large communities).
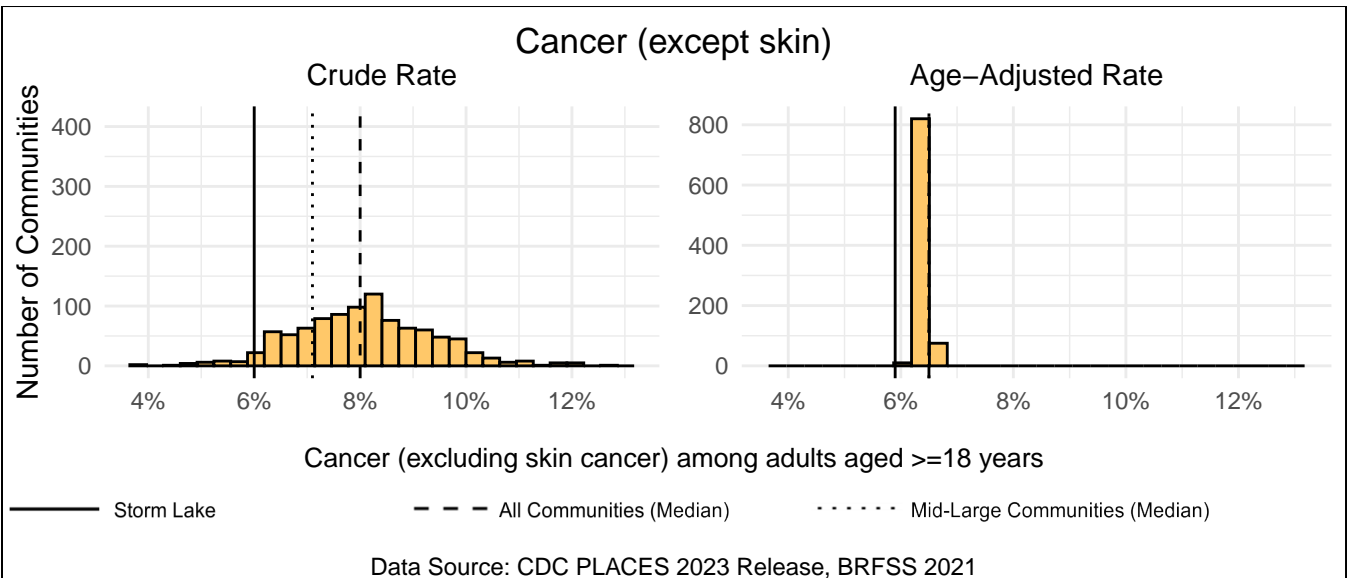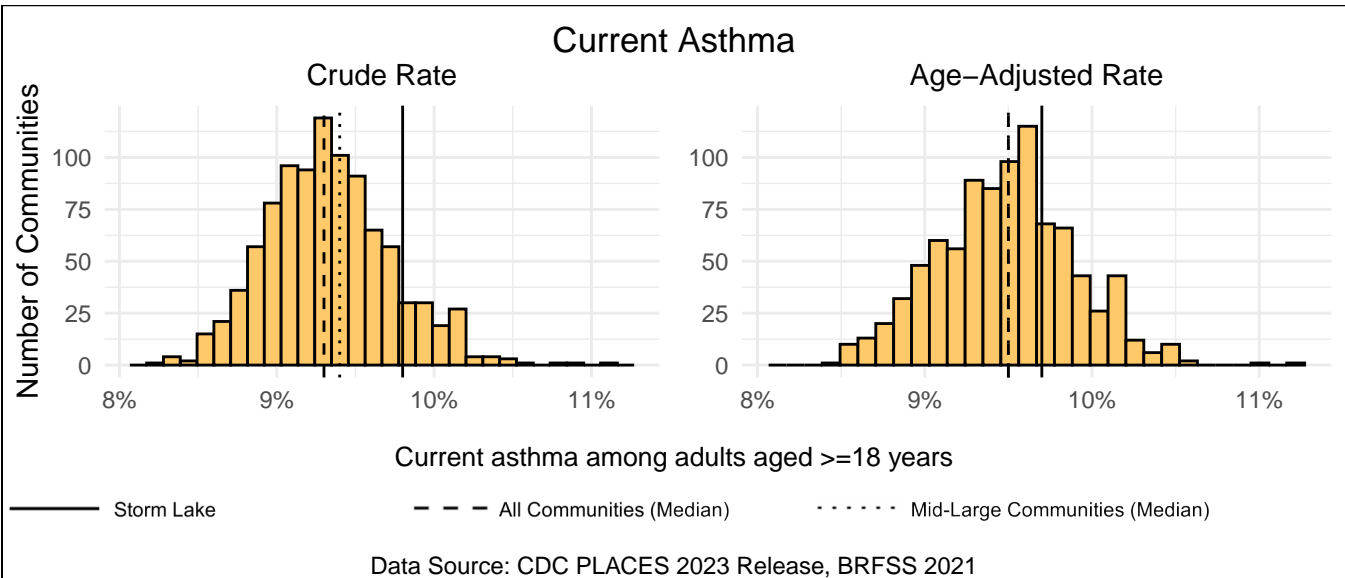
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	9.8%	9.3%	9.4%
Age-Adjusted	9.7%	9.5%	9.5%

Current Asthma

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Storm Lake has a crude rate of 5.8% for coronary heart disease among adults aged >=18 years, which ranks 268th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 5.7%, which ranks 836th out of 905 Iowa communities (29th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	5.8%	6.4%	5.4%
Age-Adjusted	5.7%	5.0%	4.8%

Coronary Heart Disease

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Storm Lake has a crude rate of 6.7% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 250th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 6.9%, which ranks 734th out of 905 Iowa communities (23rd out of 31 mid-large communities).
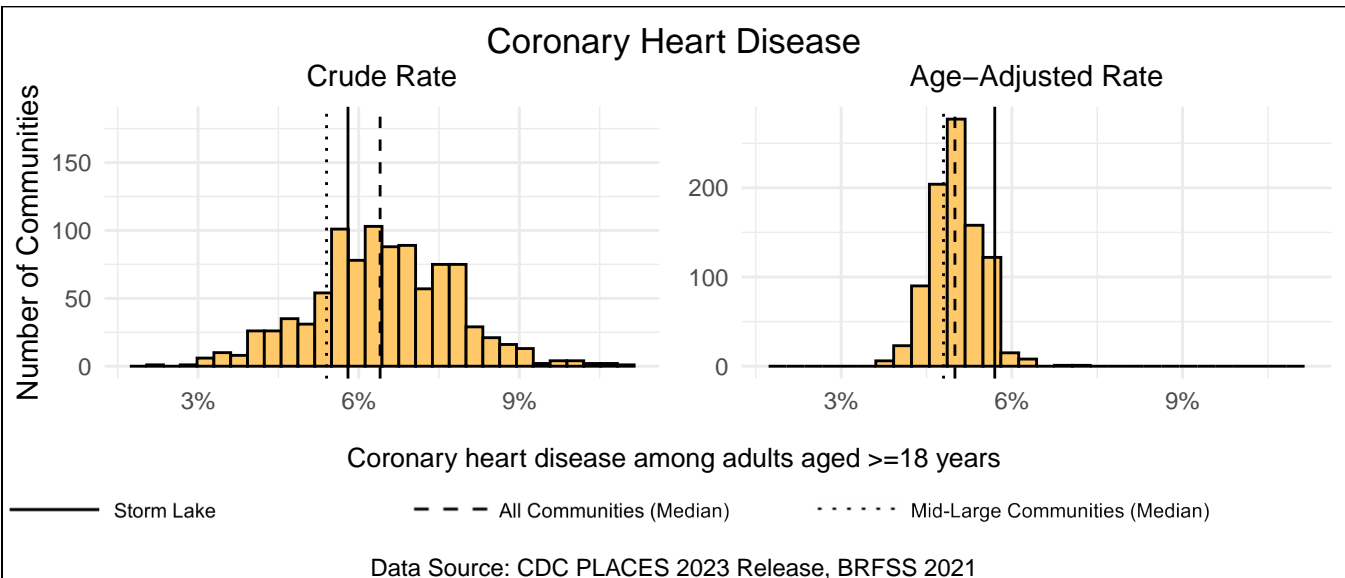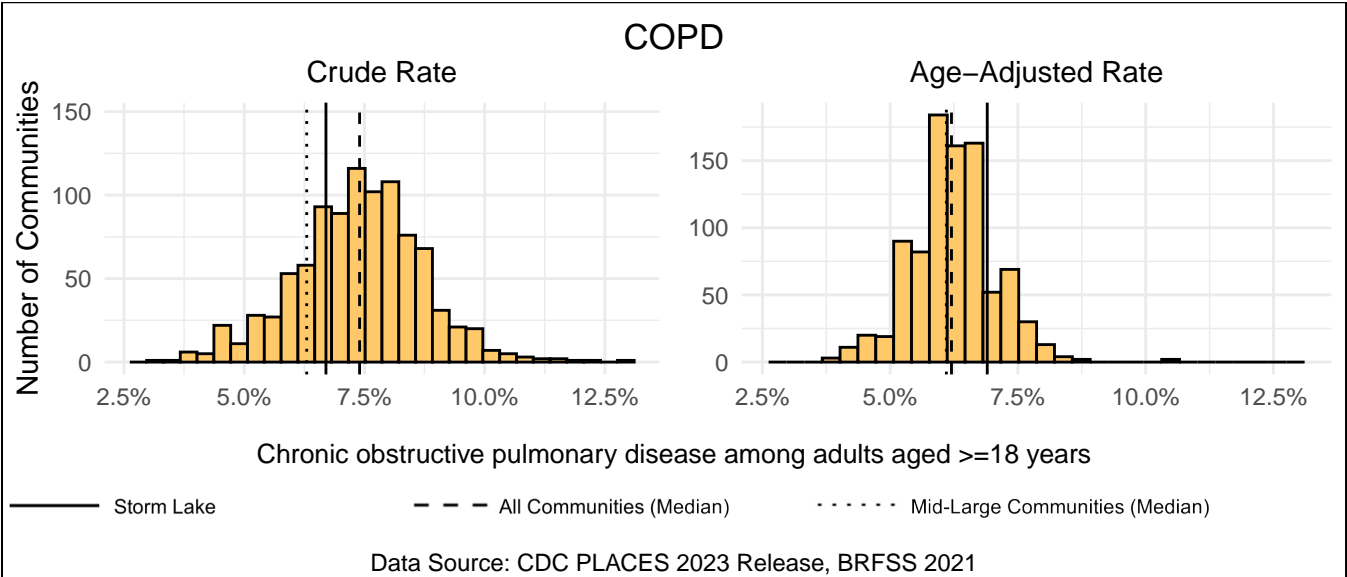
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	6.7%	7.4%	6.3%
Age-Adjusted	6.9%	6.2%	6.1%

COPD

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Storm Lake has a crude rate of 14.9% for depression among adults aged >=18 years, which ranks 4th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 14.7%, which ranks 1st out of 905 Iowa communities (1st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	14.9%	18.0%	18.9%
Age-Adjusted	14.7%	19.0%	19.3%

Depression

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Storm Lake has a crude rate of 10.1% for diagnosed diabetes among adults aged >=18 years, which ranks 470th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 10.7%, which ranks 899th out of 905 Iowa communities (31st out of 31 mid-large communities).
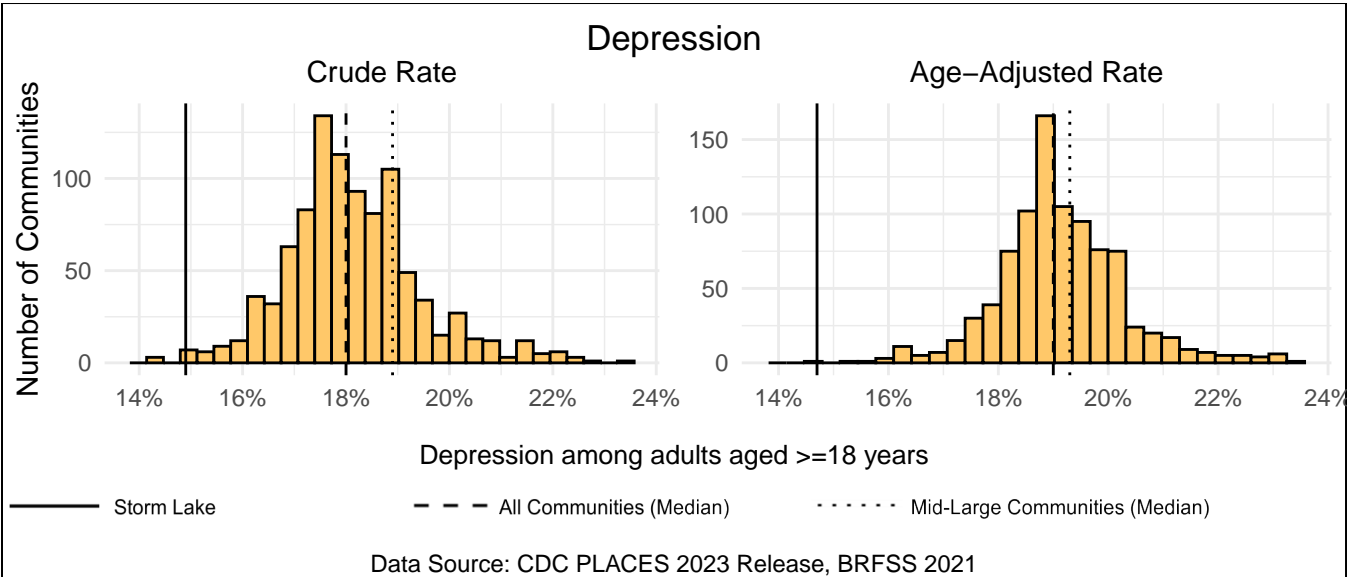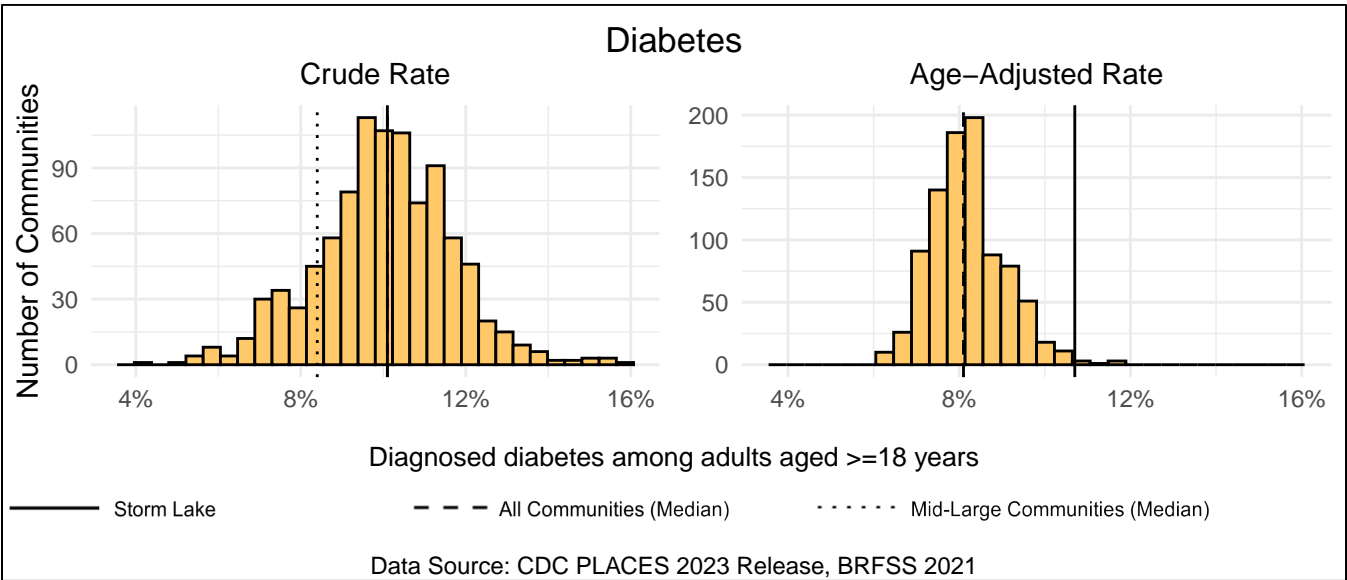
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	10.1%	10.1%	8.4%
Age-Adjusted	10.7%	8.1%	8.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

Storm Lake has a crude rate of 36.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 482nd out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 34.1%, which ranks 904th out of 905 Iowa communities (31st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	36.3%	36.2%	34.5%
Age-Adjusted	34.1%	29.7%	30.3%

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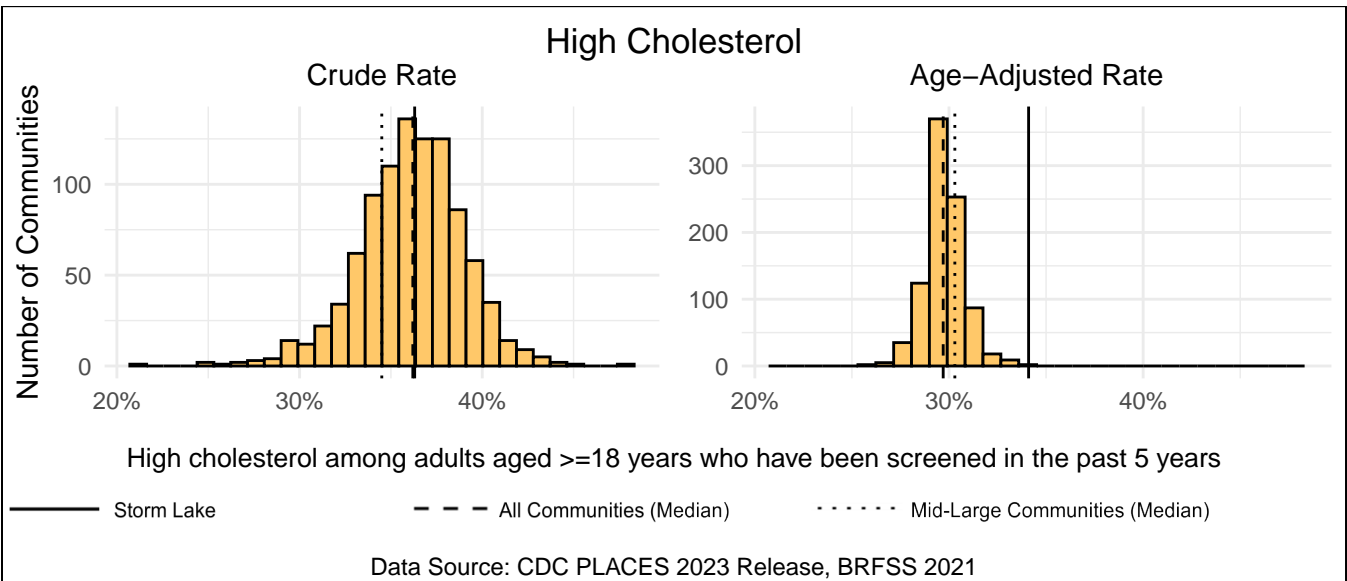
Chronic Kidney Disease

Storm Lake has a crude rate of 3.0% for chronic kidney disease among adults aged >=18 years, which ranks 310th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 3.0%, which ranks 888th out of 905 Iowa communities (30th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	3.0%	3.2%	2.8%
Age-Adjusted	3.0%	2.6%	2.6%

Chronic Kidney Disease

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Storm Lake has a crude rate of 33.6% for obesity among adults aged >=18 years, which ranks 73rd out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 35.8%, which ranks 201st out of 905 Iowa communities (15th out of 31 mid-large communities).
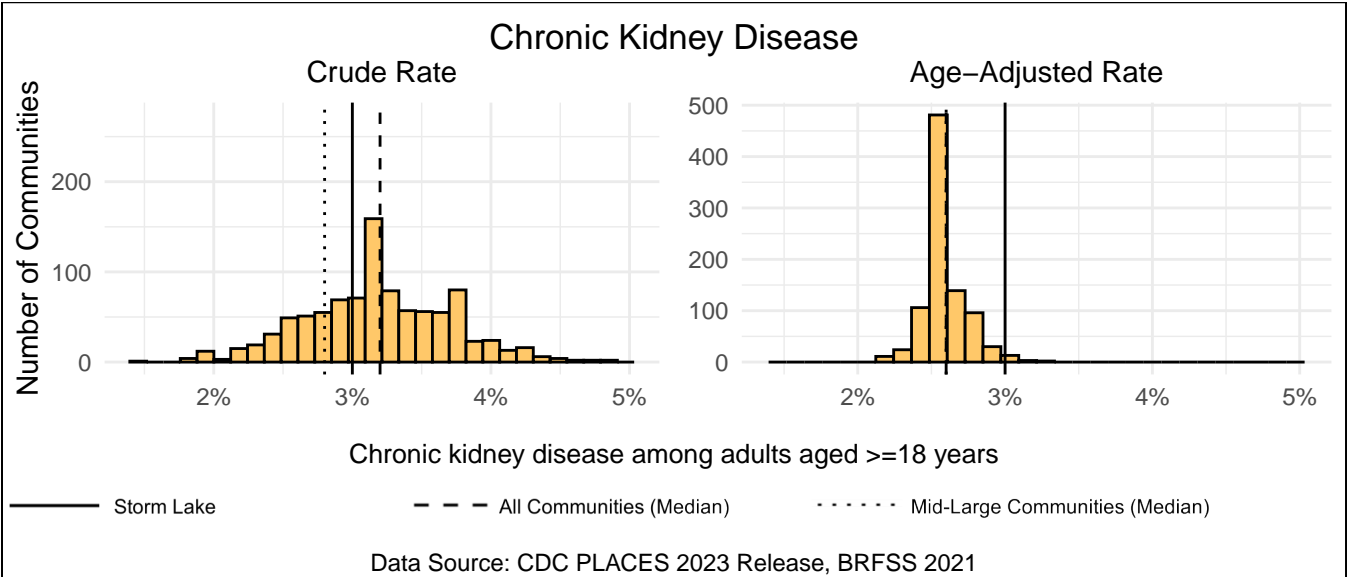
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	33.6%	37.6%	35.8%
Age-Adjusted	35.8%	37.6%	36.2%

Obesity

Data Source: CDC PLACES 2023 Release, BRFSS 2021
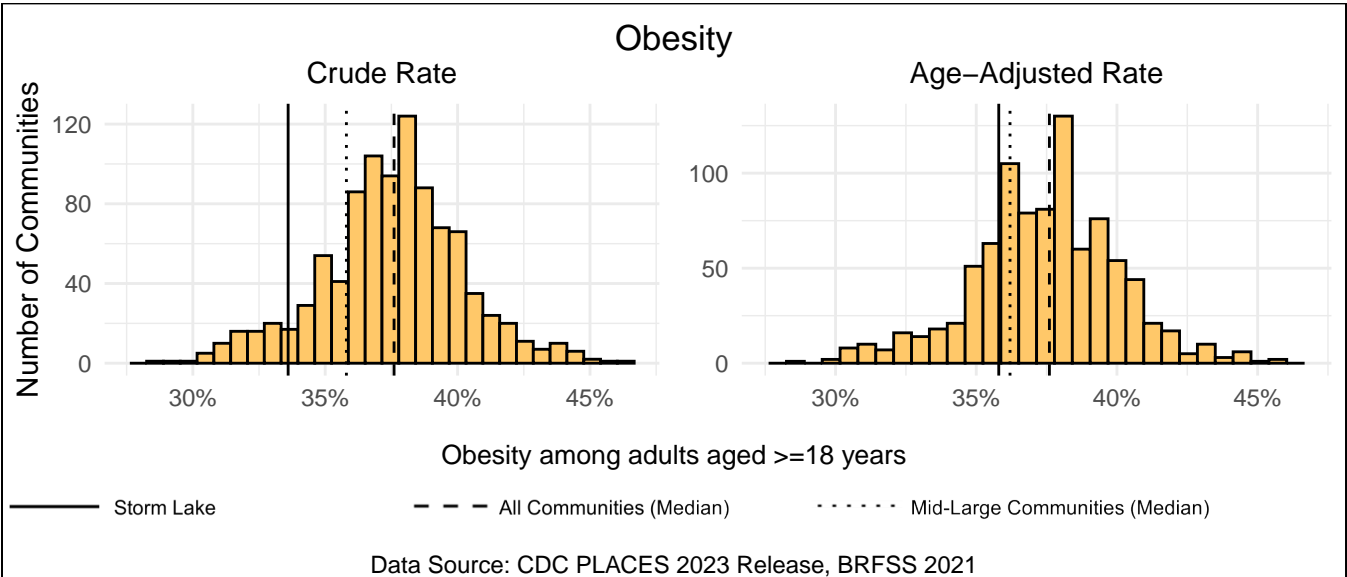
Stroke

Storm Lake has a crude rate of 3.1% for stroke among adults aged >=18 years, which ranks 340th out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 3.1%, which ranks 882nd out of 905 Iowa communities (30th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	3.1%	3.3%	2.8%
Age-Adjusted	3.1%	2.6%	2.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

Storm Lake has a crude rate of 19.3% for all teeth lost among adults aged >=65 years, which ranks 951st out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 18.1%, which ranks 891st out of 905 Iowa communities (31st out of 31 mid-large communities).
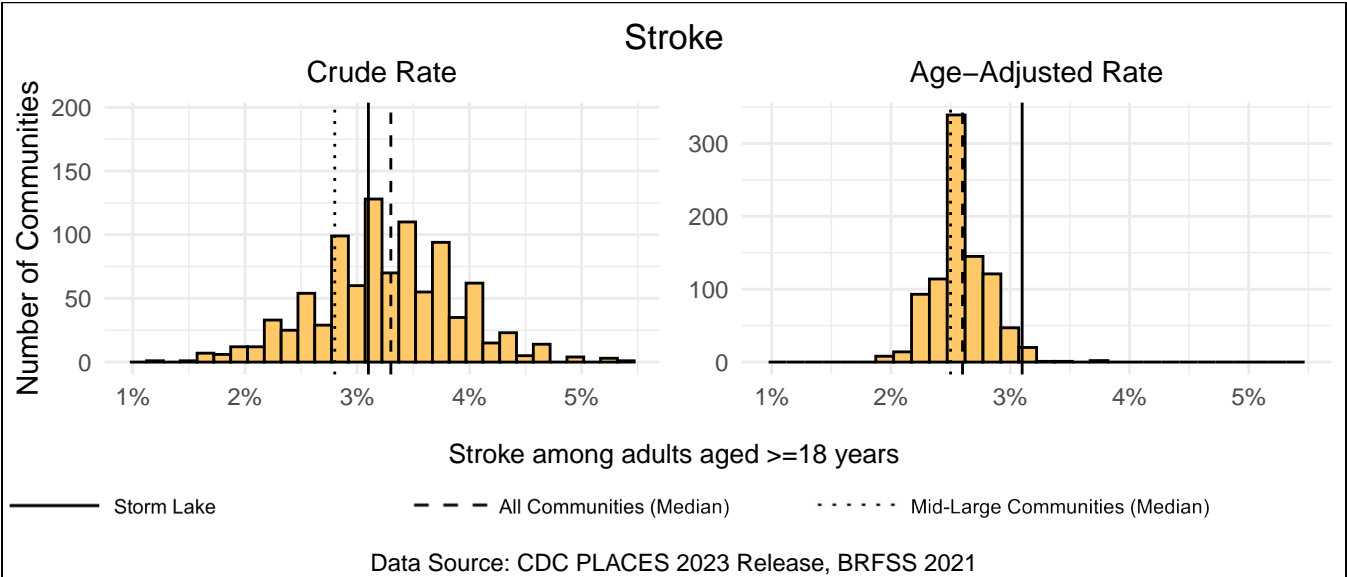
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	19.3%	12.9%	12.0%
Age-Adjusted	18.1%	12.8%	11.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
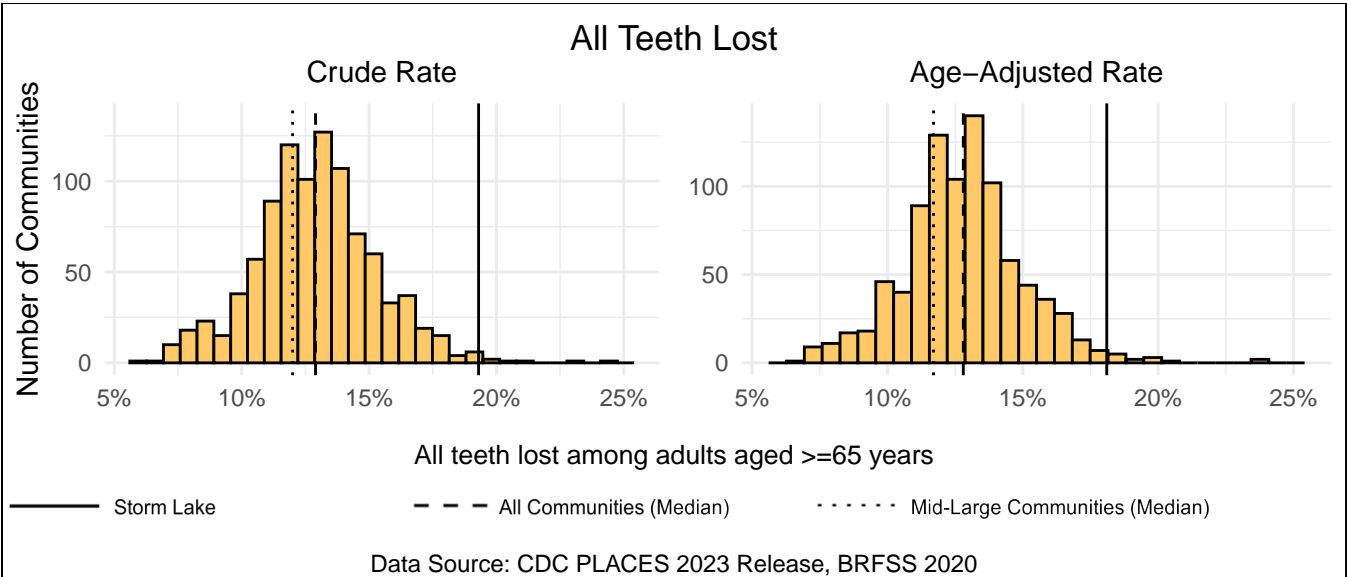
Prevention

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

Storm Lake has a crude rate of 16.1% for current lack of health insurance among adults aged 18–64 years, which ranks 954th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 16.8%, which ranks 903rd out of 905 Iowa communities (31st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	16.1%	7.3%	7.4%
Age-Adjusted	16.8%	7.7%	7.3%

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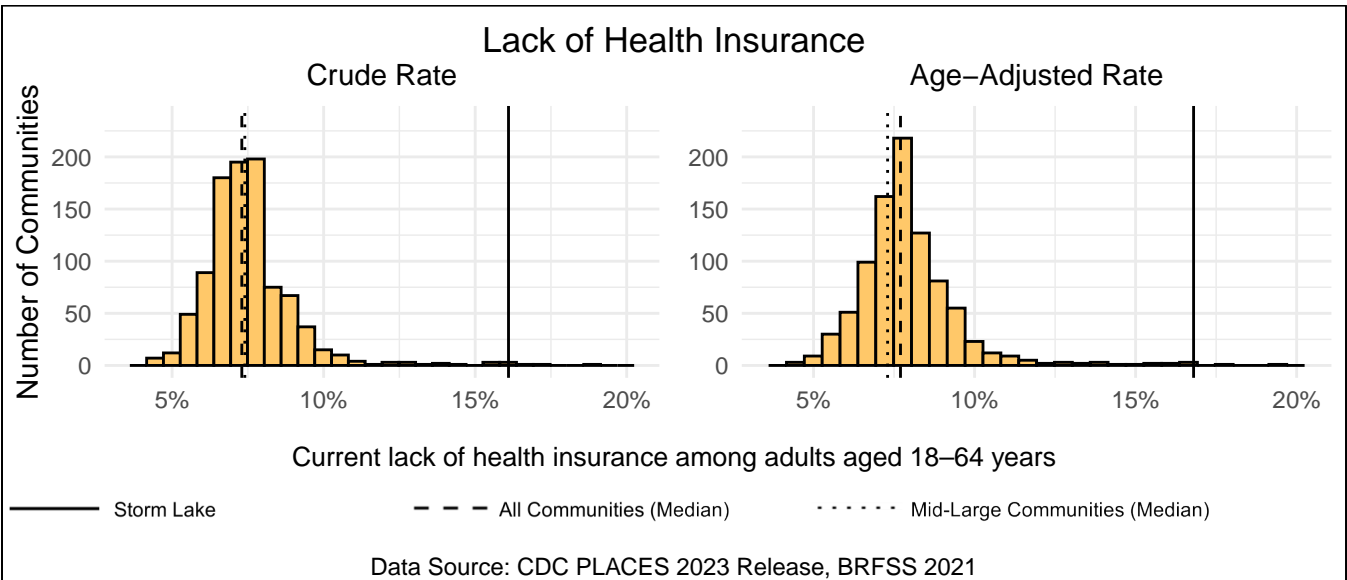
Taking BP Medication

Storm Lake has a crude rate of 76.3% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 824th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 60.4%, which ranks 59th out of 905 Iowa communities (7th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	76.3%	79.8%	77.7%
Age-Adjusted	60.4%	59.0%	59.0%

Taking BP Medication

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

— Storm Lake   – – – All Communities (Median)   · · · · · · Mid-Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Storm Lake has a crude rate of 77.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 953rd out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 79.6%, which ranks 843rd out of 905 Iowa communities (31st out of 31 mid-large communities).
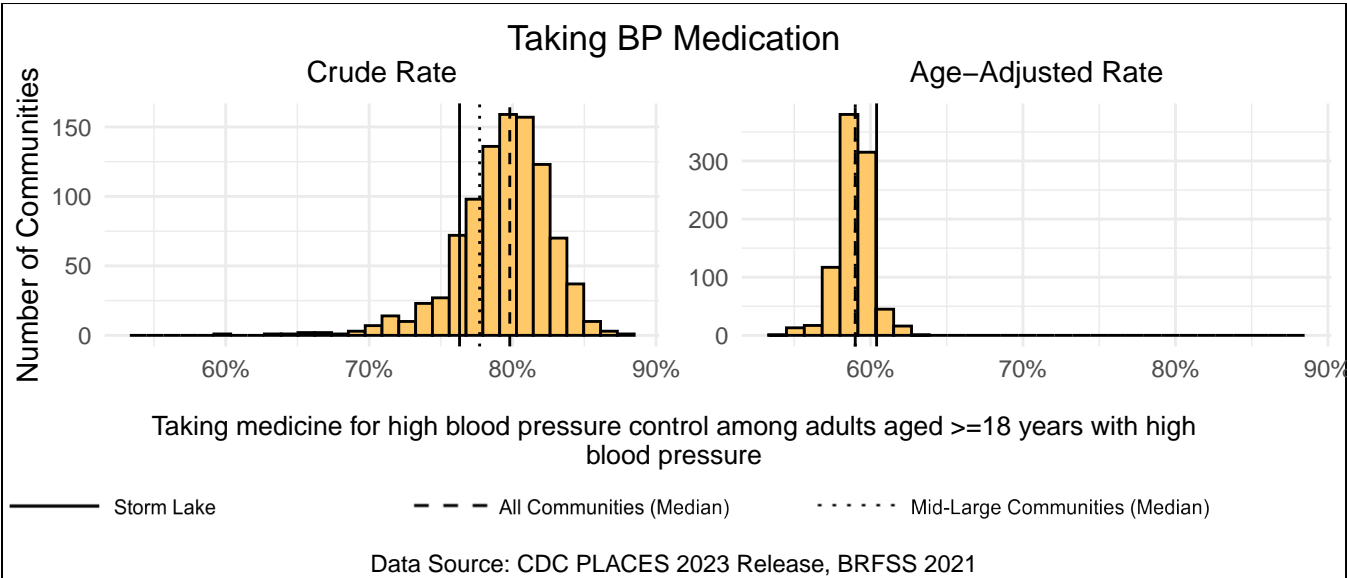
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	77.6%	83.3%	82.9%
Age-Adjusted	79.6%	83.2%	83.7%

Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years

— Storm Lake   – – – All Communities (Median)   · · · · · · Mid-Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Storm Lake has a crude rate of 71.3% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 930th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 71.5%, which ranks 770th out of 905 Iowa communities (29th out of 31 mid-large communities).
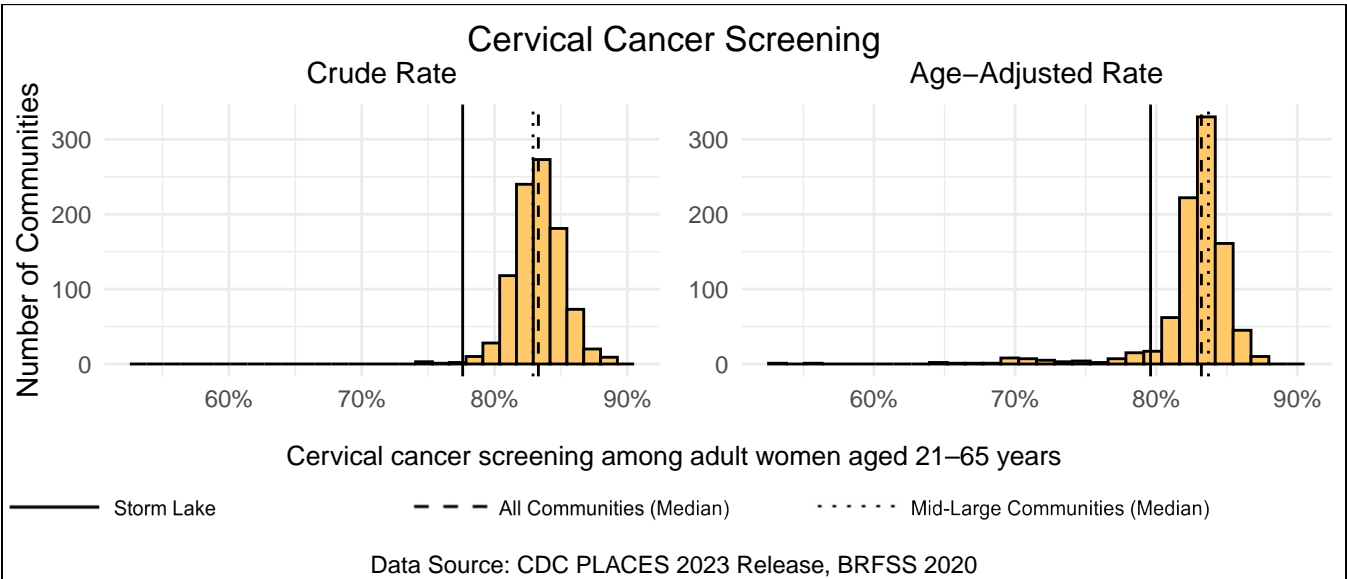
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	71.3%	75.2%	74.1%
Age-Adjusted	71.5%	72.6%	73.4%

Cholesterol Screening

Storm Lake has a crude rate of 74.2% for cholesterol screening among adults aged >=18 years, which ranks 953rd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 76.6%, which ranks 879th out of 905 Iowa communities (31st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	74.2%	82.6%	79.9%
Age-Adjusted	76.6%	79.1%	80.0%

Colorectal Cancer Screening

Storm Lake has a crude rate of 65.6% for colorectal cancer screening among adults aged 50–75 years, which ranks 946th out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 67.0%, which ranks 890th out of 905 Iowa communities (29th out of 31 mid-large communities).
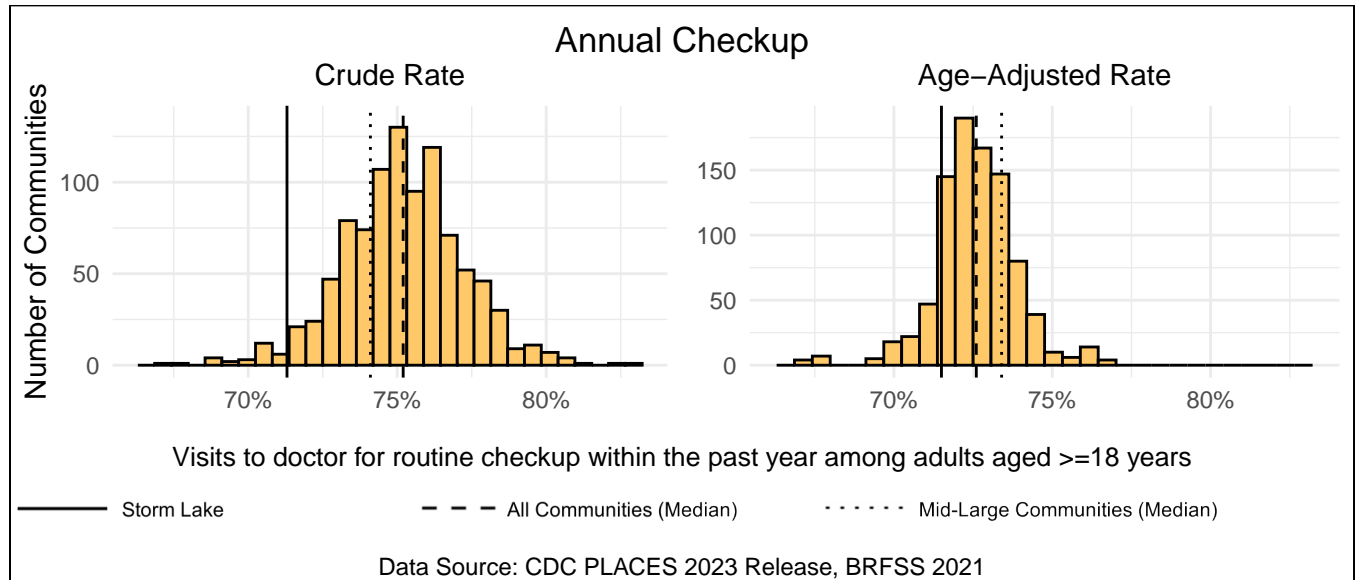
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	65.6%	71.6%	72.0%
Age-Adjusted	67.0%	70.9%	72.2%

Colorectal Cancer Screening

Crude Rate — Age–Adjusted Rate

Colorectal cancer screening among adults aged 50–75 years

— Storm Lake   – – – All Communities (Median)   · · · · · · Mid-Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Storm Lake has a crude rate of 39.7% 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 838th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 40.1%, which ranks 744th out of 905 Iowa communities (29th out of 31 mid-large communities).
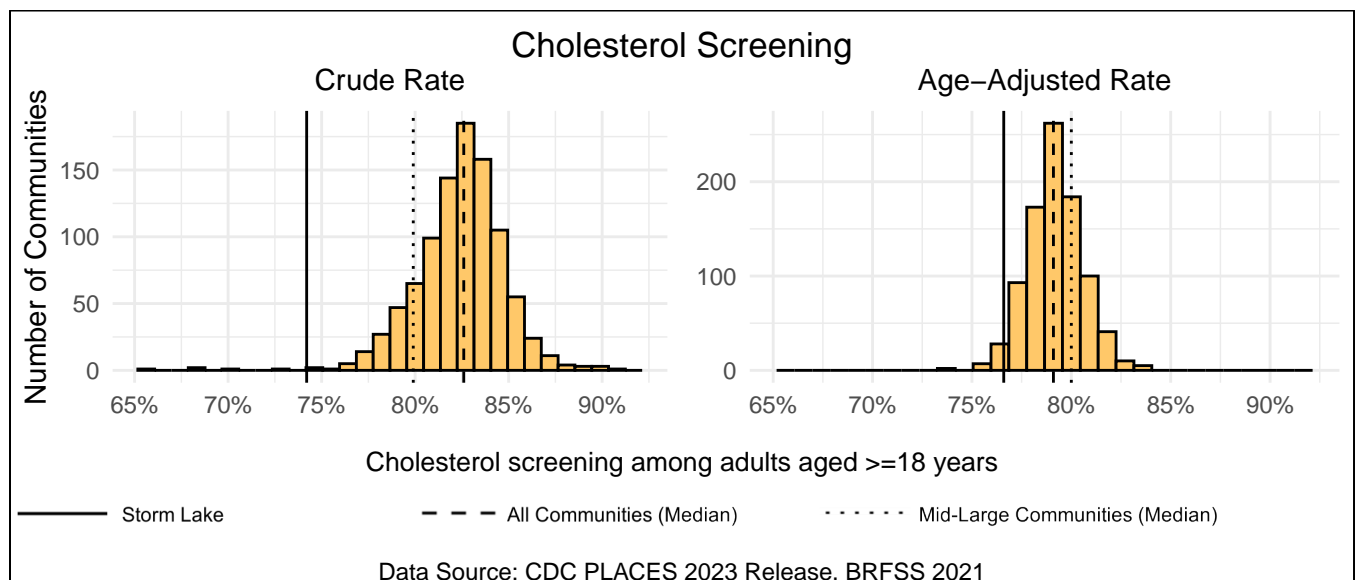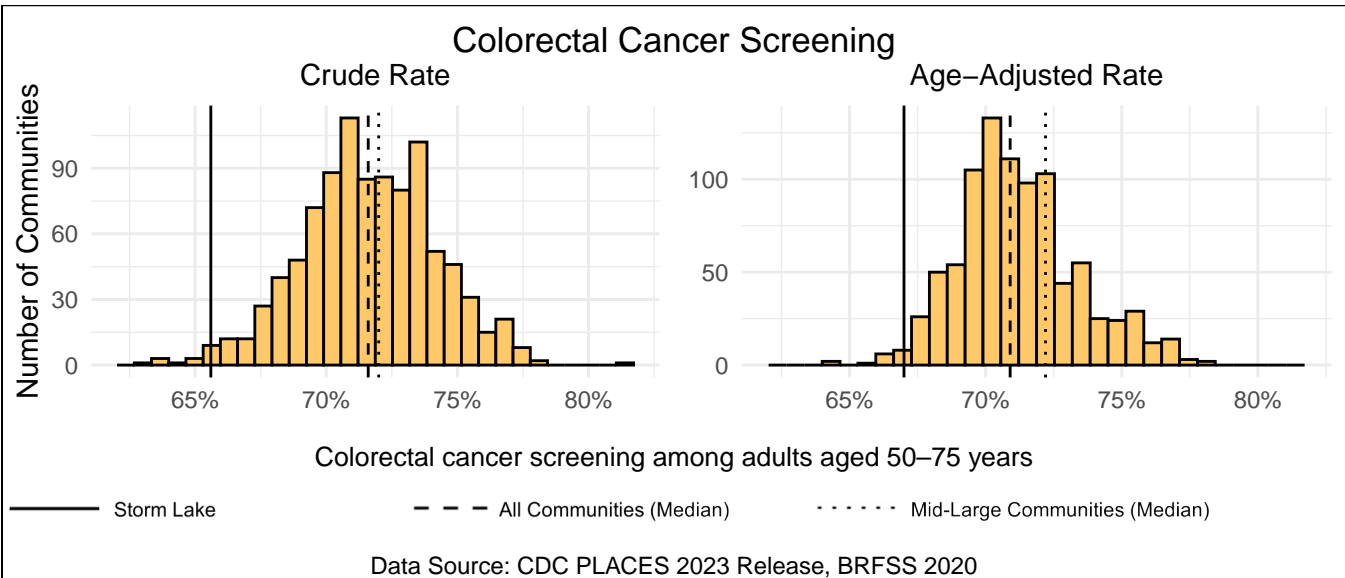
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	39.7%	43.5%	45.6%
Age-Adjusted	40.1%	43.5%	46.1%

Core preventive services for older men

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

—— Storm Lake – – – All Communities (Median) · · · · · · Mid-Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Storm Lake has a crude rate of 35.1% 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 814th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 38.1%, which ranks 658th out of 905 Iowa communities (24th out of 31 mid-large communities).
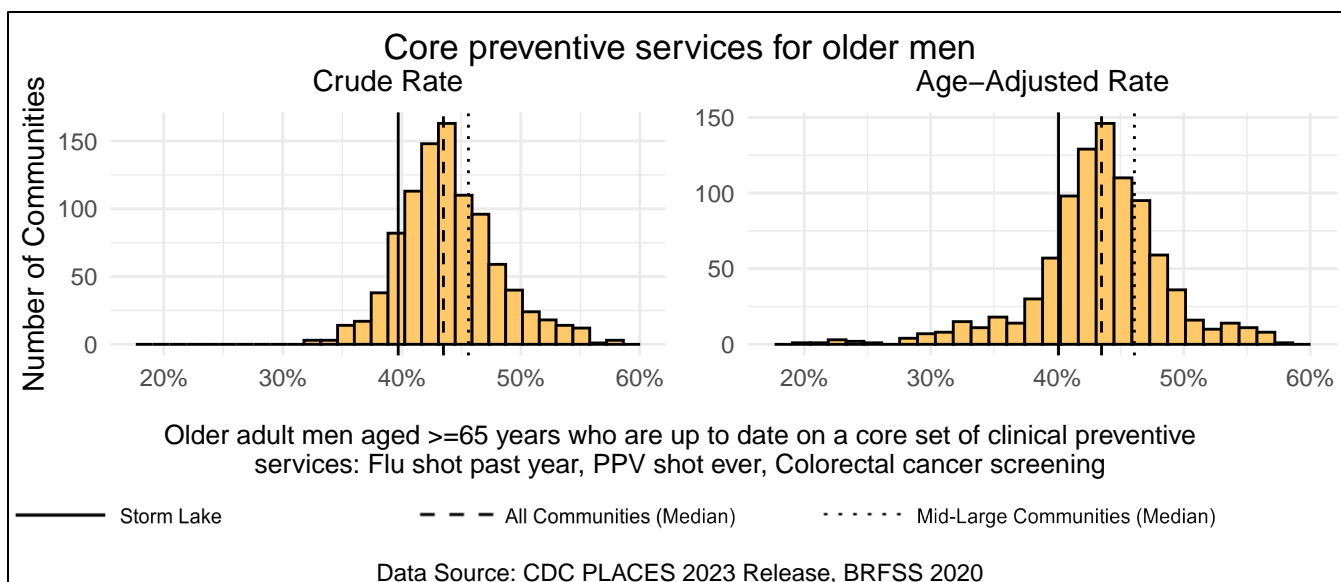
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	35.1%	39.0%	41.7%
Age-Adjusted	38.1%	39.9%	43.3%

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

Storm Lake — All Communities (Median) — Mid-Large Communities (Median)

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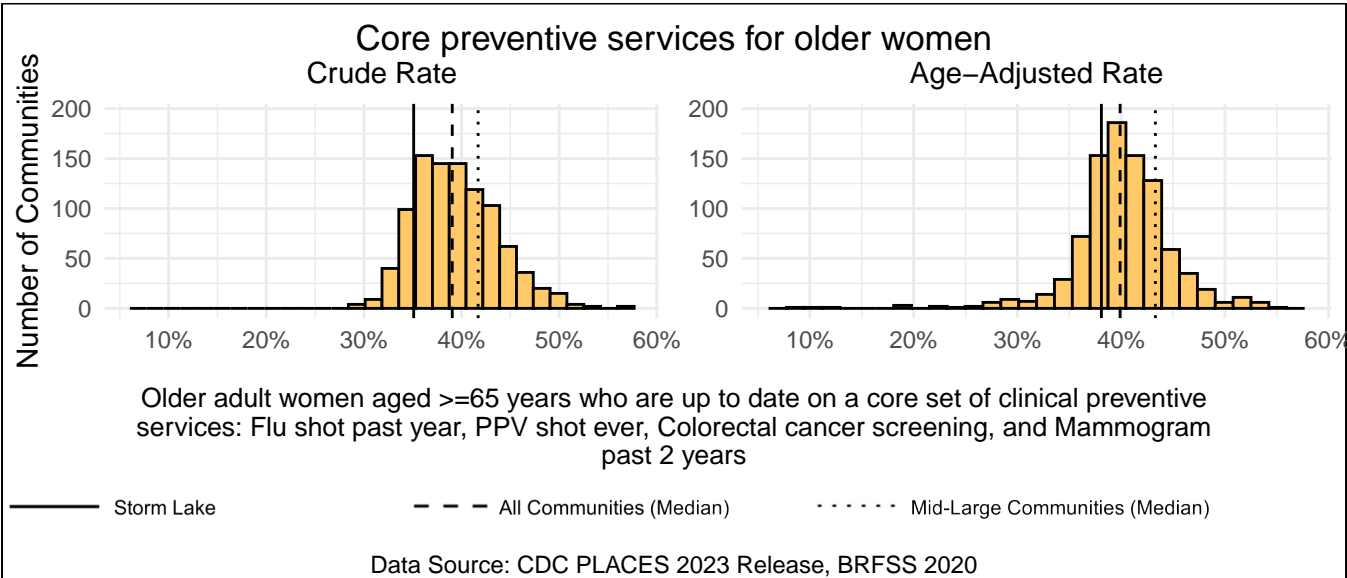
Dental Visit

Storm Lake has a crude rate of 59.3% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 936th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 58.5%, which ranks 886th out of 905 Iowa communities (30th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	59.3%	67.2%	67.3%
Age-Adjusted	58.5%	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

—— Storm Lake   – – – All Communities (Median)   · · · · · · Mid-Large Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Storm Lake has a crude rate of 74.4% for mammography use among women aged 50–74 years, which ranks 772nd out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 70.8%, which ranks 830th out of 905 Iowa communities (31st out of 31 mid-large communities).
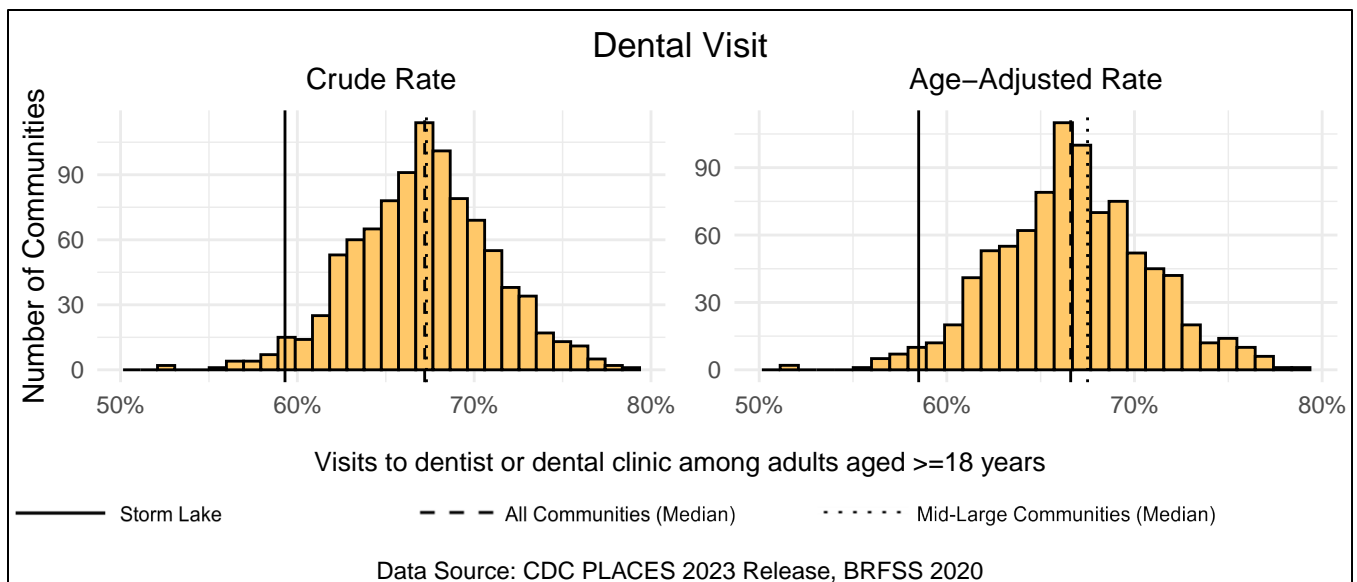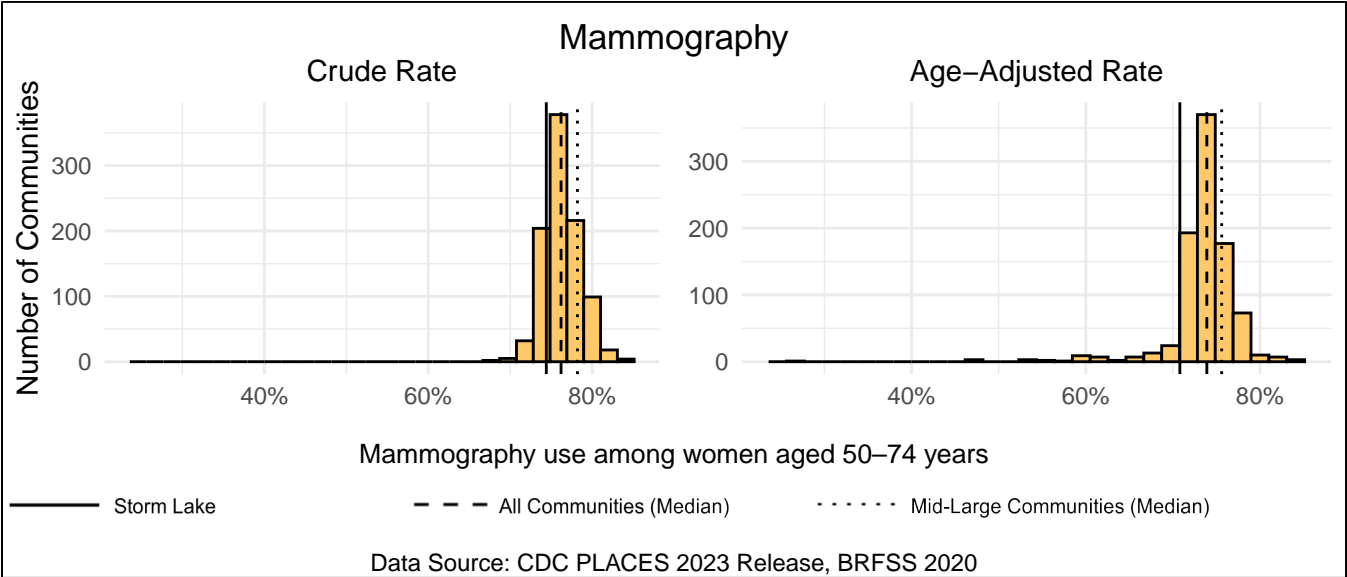
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	74.4%	76.2%	78.2%
Age-Adjusted	70.8%	73.9%	75.6%

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

Storm Lake has a crude rate of 7.0% for hearing disability among adults aged >=18 years, which ranks 358th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 6.7%, which ranks 838th out of 905 Iowa communities (29th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	7.0%	7.4%	6.4%
Age-Adjusted	6.7%	6.0%	5.8%

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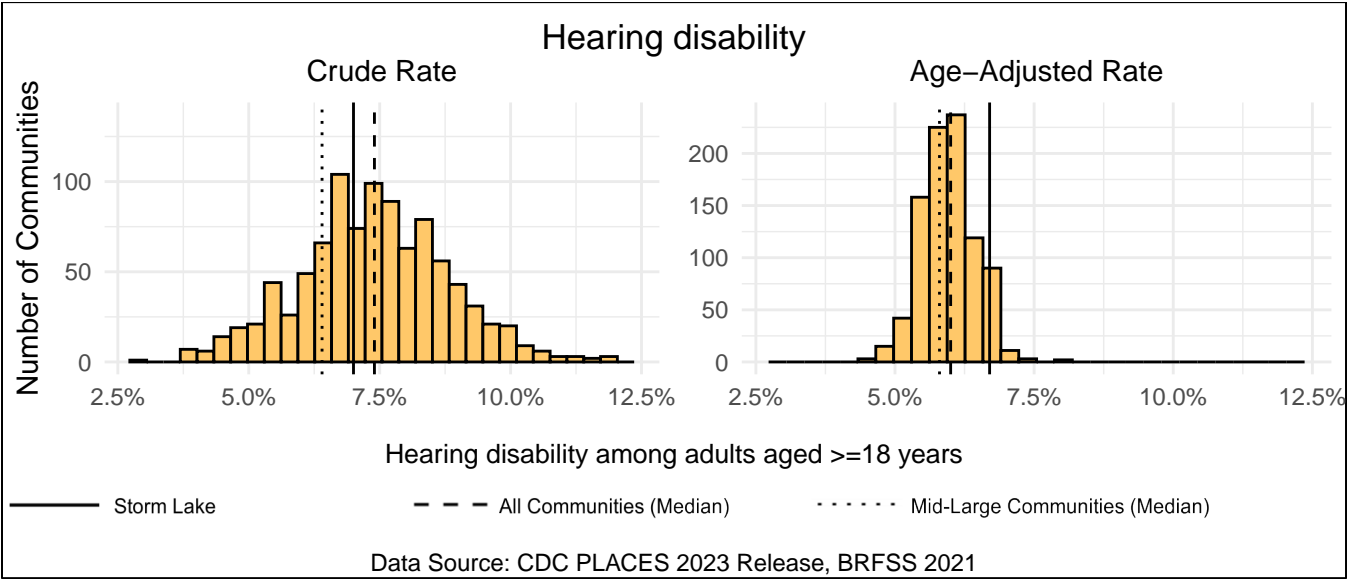
Vision disability

Storm Lake has a crude rate of 6.0% for vision disability among adults aged >=18 years, which ranks 941st out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 5.9%, which ranks 899th out of 905 Iowa communities (31st out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	6.0%	4.1%	3.8%
Age-Adjusted	5.9%	3.6%	3.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Storm Lake has a crude rate of 14.0% for cognitive disability among adults aged >=18 years, which ranks 933rd out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 13.4%, which ranks 815th out of 905 Iowa communities (25th out of 31 mid-large communities).
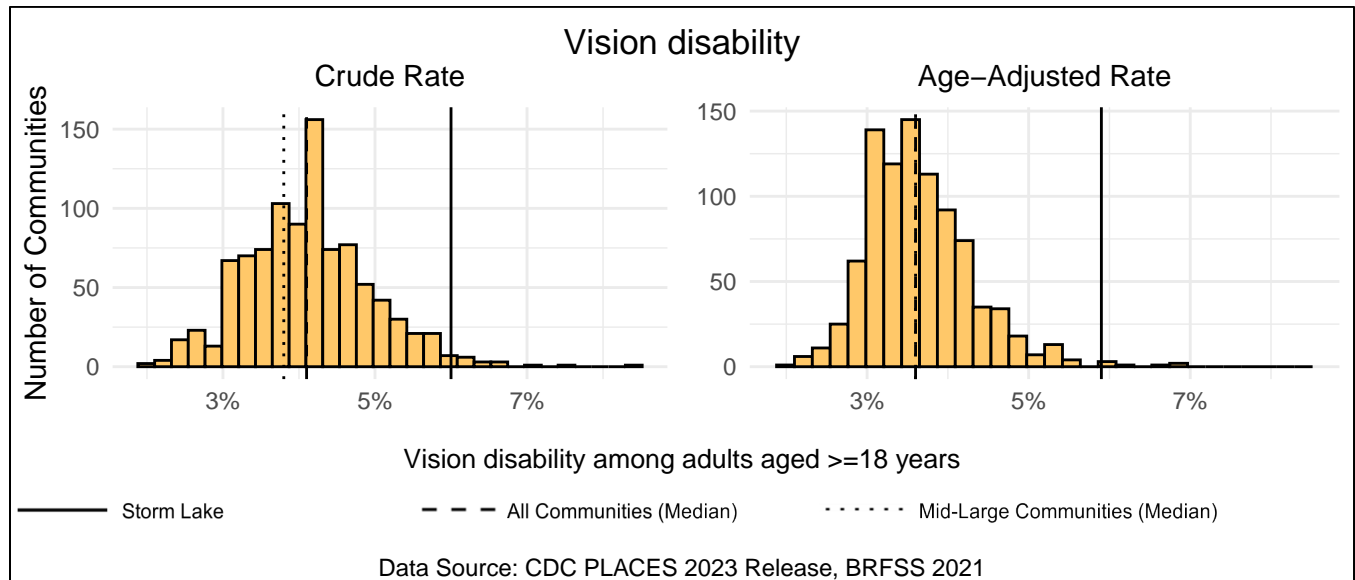
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	14.0%	11.1%	11.5%
Age-Adjusted	13.4%	11.6%	11.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Storm Lake has a crude rate of 12.1% for mobility disability among adults aged >=18 years, which ranks 529th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 12.1%, which ranks 881st out of 905 Iowa communities (30th out of 31 mid-large communities).
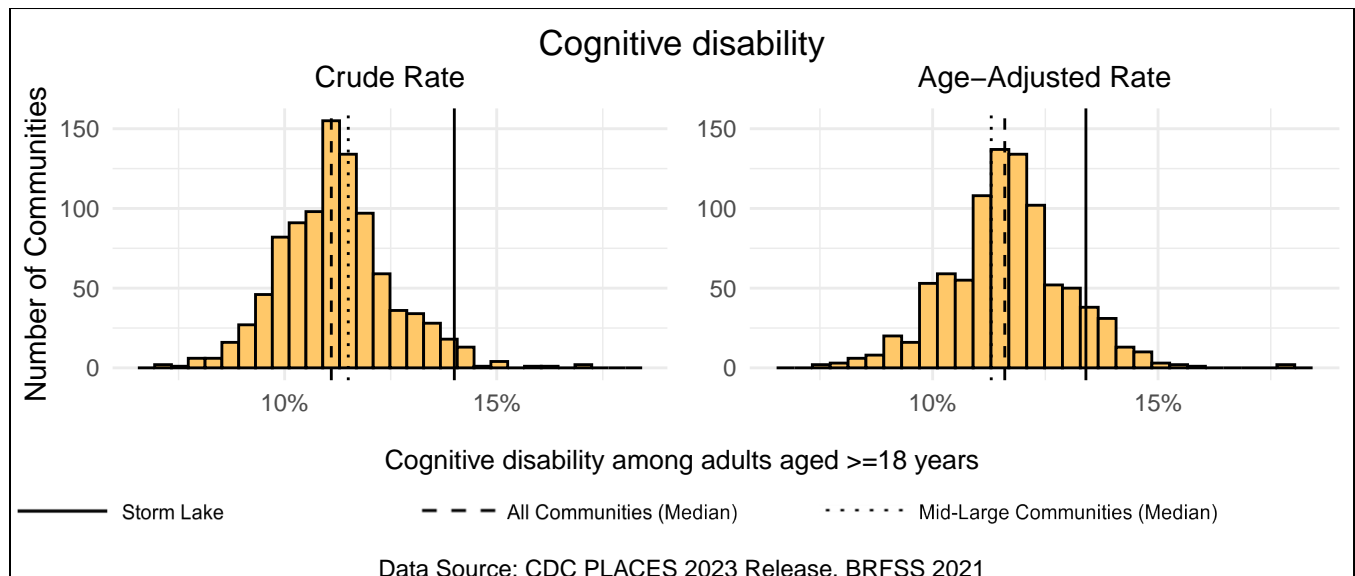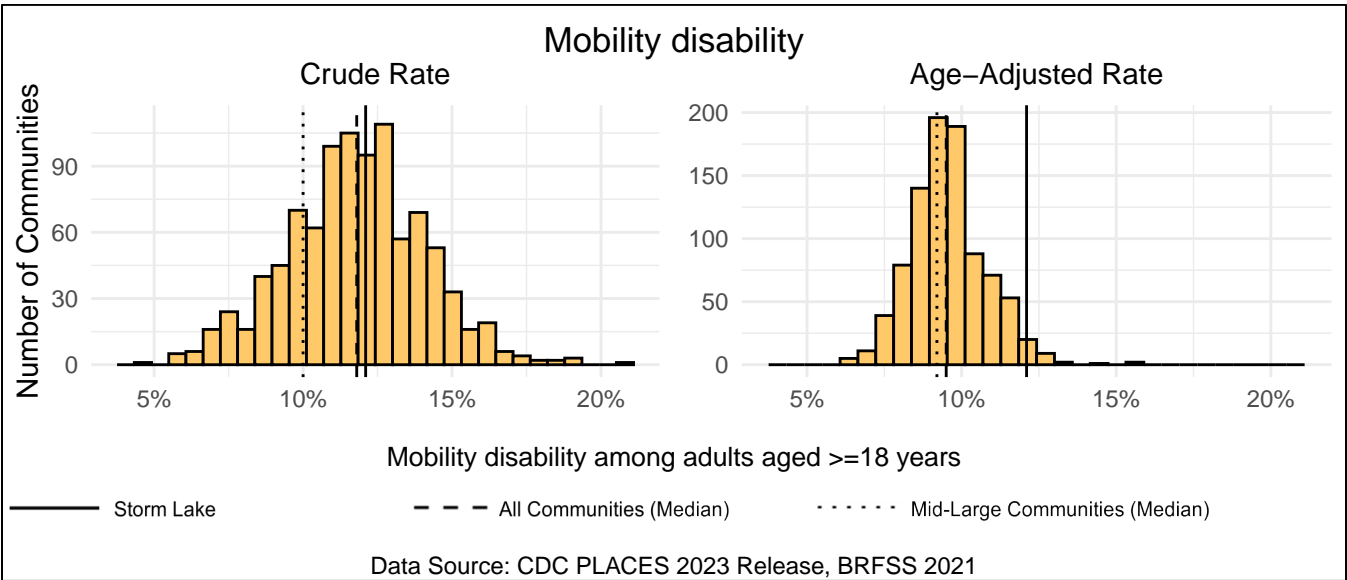
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	12.1%	11.8%	10.0%
Age-Adjusted	12.1%	9.5%	9.2%

Mobility disability

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Storm Lake has a crude rate of 4.1% for self-care disability among adults aged >=18 years, which ranks 808th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 4.2%, which ranks 888th out of 905 Iowa communities (30th out of 31 mid-large communities).

Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	4.1%	3.4%	3.0%
Age-Adjusted	4.2%	2.9%	2.9%

Self-care disability

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Storm Lake has a crude rate of 8.3% for independent living disability among adults aged >=18 years, which ranks 887th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 7.9%, which ranks 868th out of 905 Iowa communities (27th out of 31 mid-large communities).
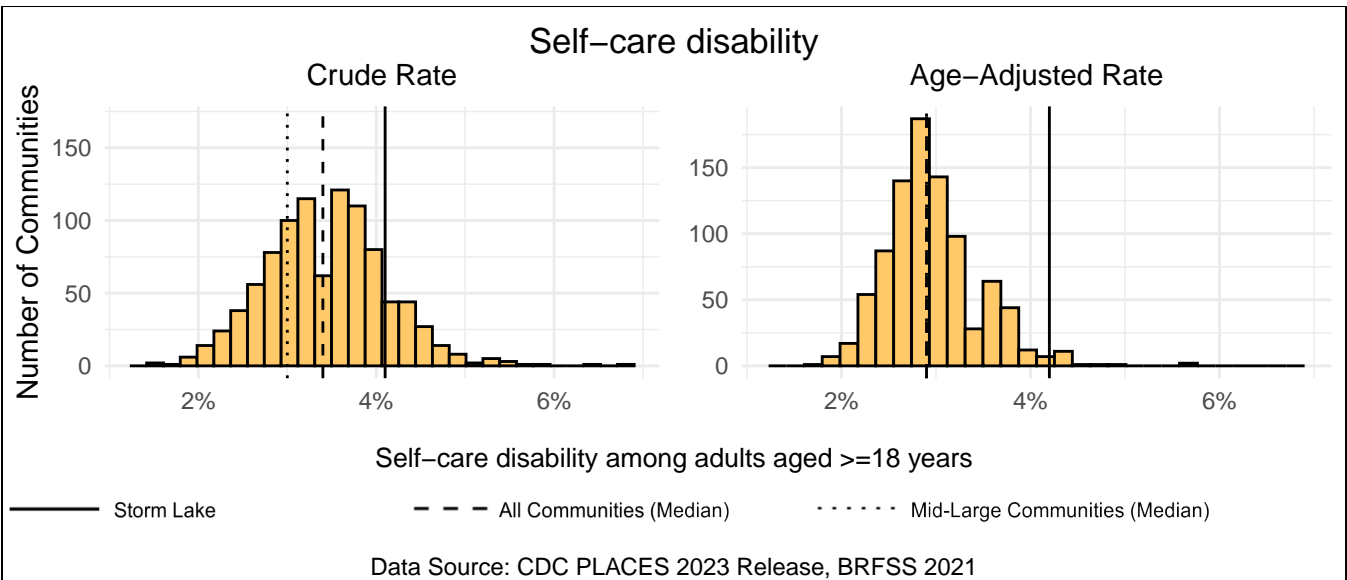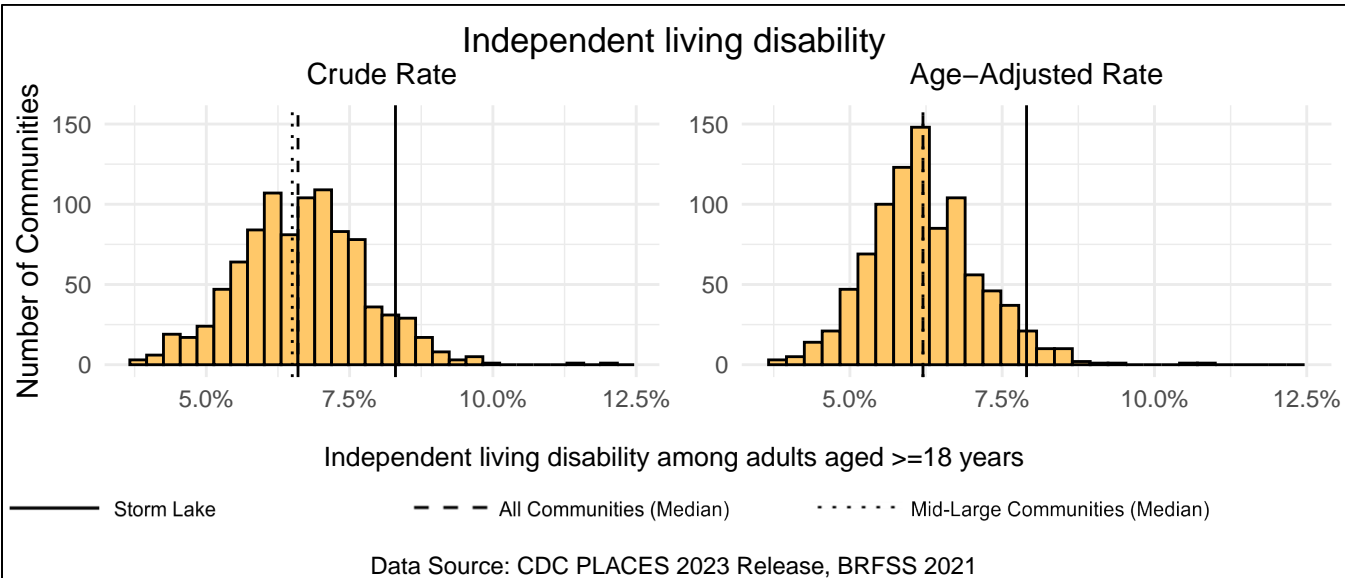
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	8.3%	6.6%	6.5%
Age-Adjusted	7.9%	6.2%	6.2%

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

Any disability

Storm Lake has a crude rate of 28.1% for any disability among adults aged >=18 years, which ranks 759th out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Storm Lake is 27.2%, which ranks 871st out of 905 Iowa communities (28th out of 31 mid-large communities).
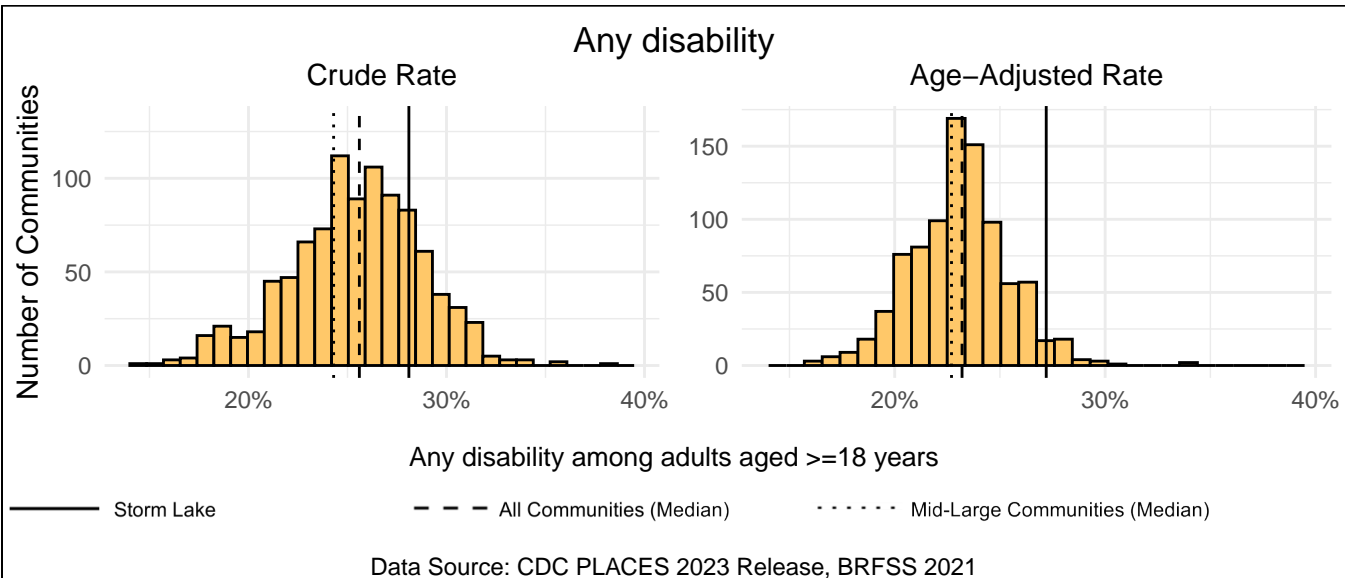
Measure Type	Storm Lake	All Comm.	Mid-Large Comm.
Crude	28.1%	25.6%	24.3%
Age-Adjusted	27.2%	23.2%	22.7%

Any disability
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: Storm Lake 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	927	18.3% (16.1% - 20.6%)	899	18.7% (16.2% - 21.3%)
Health Status	Mental Health	825	15.5% (13.4% - 17.5%)	210	14.9% (13.0% - 16.9%)
Health Status	Physical Health	539	11.0% (9.5% - 12.5%)	866	11.4% (10.0% - 12.9%)
Health Risk Behaviors	Current Smoking	430	16.6% (14.0% - 19.3%)	602	18.3% (15.3% - 21.4%)
Health Risk Behaviors	Physical Inactivity	920	31.3% (26.9% - 35.8%)	899	32.0% (27.5% - 36.4%)
Health Risk Behaviors	Binge Drinking	176	17.7% (14.9% - 20.8%)	1	17.6% (14.8% - 20.6%)
Health Risk Behaviors	Sleep <7 hours	561	30.7% (29.8% - 31.5%)	613	31.8% (30.9% - 32.5%)
Health Outcomes	Obesity	73	33.6% (28.6% - 38.9%)	201	35.8% (30.4% - 41.3%)
Health Outcomes	High Cholesterol	482	36.3% (32.7% - 40.1%)	904	34.1% (30.1% - 38.2%)
Health Outcomes	Cancer (except skin)	38	6.0% (5.4% - 6.5%)	1	5.9% (5.3% - 6.5%)
Health Outcomes	All Teeth Lost	951	19.3% (13.9% - 25.5%)	891	18.1% (13.7% - 22.9%)
Health Outcomes	Diabetes	470	10.1% (8.7% - 11.5%)	899	10.7% (9.2% - 12.2%)
Health Outcomes	High Blood Pressure	63	26.1% (23.2% - 29.2%)	368	27.0% (23.8% - 30.3%)
Health Outcomes	Chronic Kidney Disease	310	3.0% (2.7% - 3.3%)	888	3.0% (2.8% - 3.3%)
Health Outcomes	Coronary Heart Disease	268	5.8% (5.1% - 6.5%)	836	5.7% (5.0% - 6.3%)
Health Outcomes	Stroke	340	3.1% (2.8% - 3.5%)	882	3.1% (2.8% - 3.4%)
Health Outcomes	Current Asthma	838	9.8% (8.6% - 11.0%)	628	9.7% (8.5% - 11.0%)
Health Outcomes	Depression	4	14.9% (12.4% - 17.7%)	1	14.7% (12.2% - 17.4%)
Health Outcomes	COPD	250	6.7% (5.8% - 7.7%)	734	6.9% (5.8% - 7.9%)
Health Outcomes	Arthritis	19	19.4% (16.9% - 22.1%)	16	20.1% (17.4% - 22.9%)
Prevention	Cervical Cancer Screening	953	77.6% (75.9% - 79.3%)	843	79.6% (78.1% - 81.0%)
Prevention	Health Insurance	954	16.1% (13.5% - 19.2%)	903	16.8% (14.0% - 19.7%)
Prevention	Core preventive services for older men	838	39.7% (34.0% - 45.6%)	744	40.1% (35.2% - 45.2%)
Prevention	Mammography	772	74.4% (71.8% - 77.0%)	830	70.8% (67.8% - 73.5%)
Prevention	Annual Checkup	930	71.3% (66.7% - 75.5%)	770	71.5% (67.1% - 75.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	946	65.6% (63.7% - 67.8%)	890	67.0% (65.3% - 69.1%)
Prevention	Taking BP Medication	824	76.3% (73.2% - 79.2%)	59	60.4% (55.6% - 65.0%)
Prevention	Core preventive services for older women	814	35.1% (29.8% - 40.7%)	658	38.1% (33.1% - 43.1%)
Prevention	Dental Visit	936	59.3% (56.7% - 61.9%)	886	58.5% (56.3% - 60.9%)
Prevention	Cholesterol Screening	953	74.2% (70.7% - 77.6%)	879	76.6% (73.2% - 79.7%)
Disability	Self-care Disability	808	4.1% (3.6% - 4.6%)	888	4.2% (3.8% - 4.7%)
Disability	Cognitive Disability	933	14.0% (12.1% - 16.1%)	815	13.4% (11.5% - 15.3%)
Disability	Hearing Disability	358	7.0% (6.3% - 7.8%)	838	6.7% (5.9% - 7.5%)
Disability	Independent Living Disability	887	8.3% (7.2% - 9.4%)	868	7.9% (6.9% - 9.1%)
Disability	Any Disability	759	28.1% (24.7% - 31.7%)	871	27.2% (23.6% - 30.9%)
Disability	Mobility Disability	529	12.1% (10.3% - 13.8%)	881	12.1% (10.4% - 13.9%)
Disability	Vision Disability	941	6.0% (5.2% - 6.8%)	899	5.9% (5.3% - 6.6%)

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: Mid-Large Communities (10,000-49,999)

Storm Lake falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukee	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		