



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

Table of contents

Health in Sumner: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Sumner PLACES Data	32
Appendix 3: Small Communities (1,000-2,499)	34

Health in Sumner: Overview

Dear Community Members & Stakeholders of Sumner,

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 Sumner ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sumner'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 Sumner. 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
Colorectal Cancer Screening	10th	1st	High Cholesterol	33rd	9th
Mental Health	39th	3rd	Chronic Kidney Disease	36th	8th
Current Asthma	44th	4th	Colorectal Cancer Screening	40th	11th
Sleep <7 hours	59th	12th	Mammography	45th	11th
Depression	74th	11th	Coronary Heart Disease	78th	14th

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)	841st	110th	Taking BP Medication	801st	119th
Arthritis	748th	100th	Annual Checkup	686th	114th
Chronic Kidney Disease	676th	84th	Binge Drinking	686th	102nd
Hearing Disability	645th	79th	Cancer (except skin)	418th	41st
High Blood Pressure	639th	90th	Arthritis	347th	51st

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 Sumner.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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How to Use this Report

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

With a population of 2,145, Sumner’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

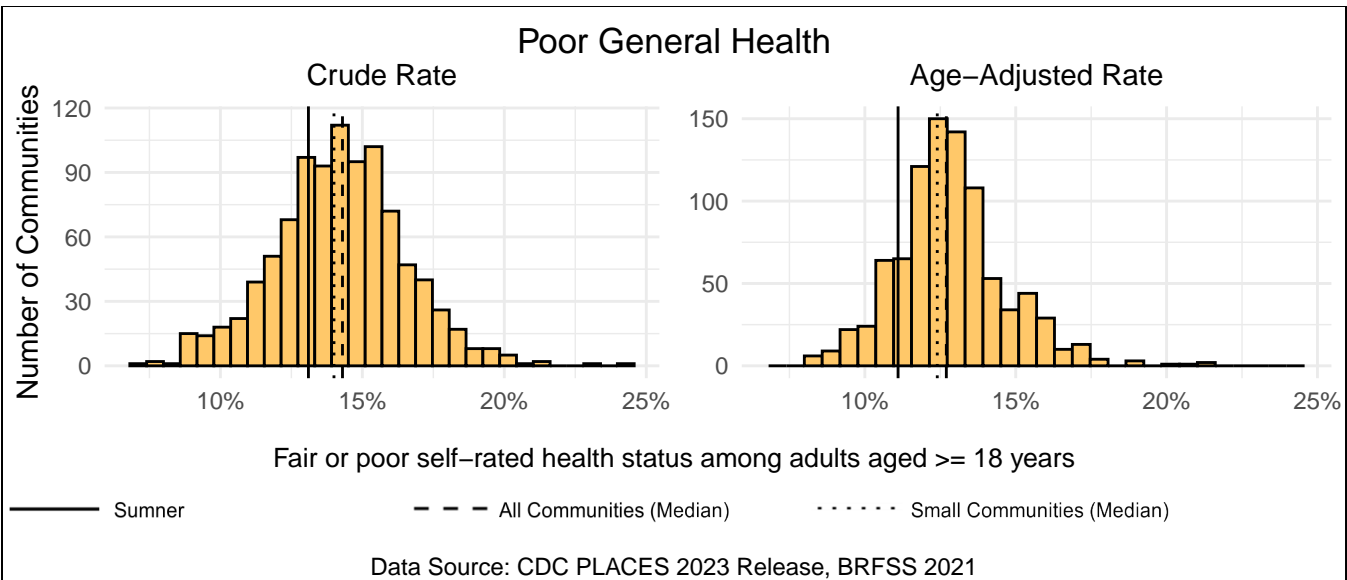
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Sumner has a crude rate of 13.1% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 272nd out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Sumner is 11.1%, which ranks 141st out of 905 Iowa communities (29th out of 138 small communities).

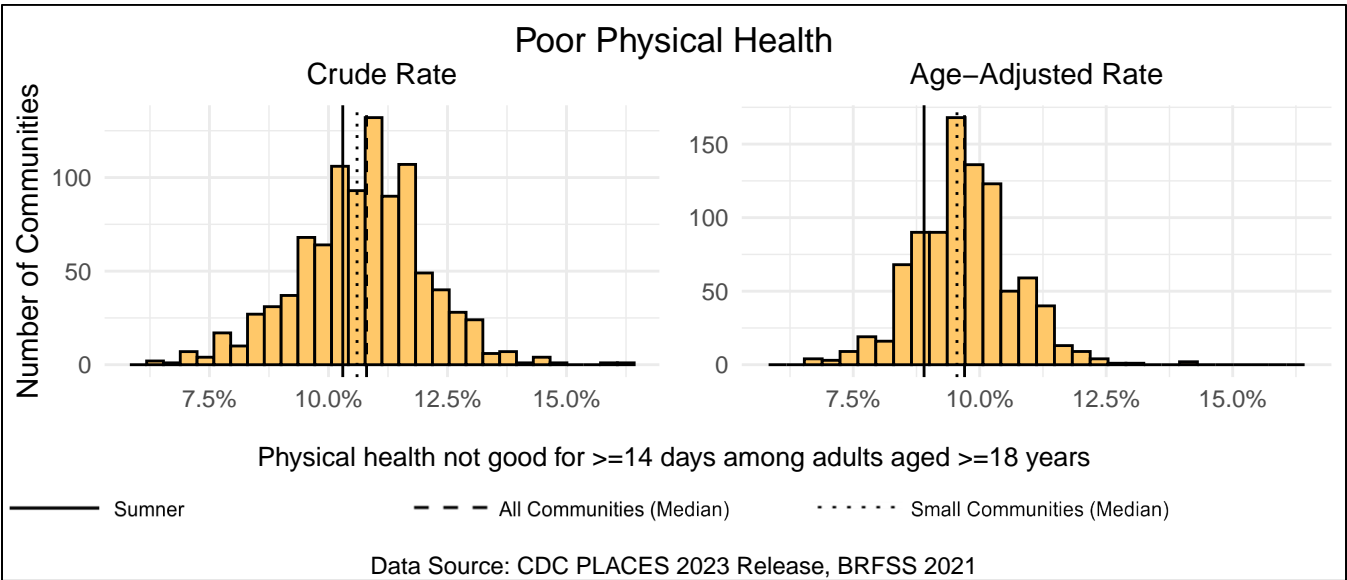
Measure Type	Sumner	All Comm.	Small Comm.
Crude	13.1%	14.3%	14.0%
Age-Adjusted	11.1%	12.7%	12.4%



Poor Physical Health

Sumner has a crude rate of 10.3% for physical health not good for >=14 days among adults aged >=18 years, which ranks 323rd out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Sumner is 8.9%, which ranks 160th out of 905 Iowa communities (33rd out of 138 small communities).

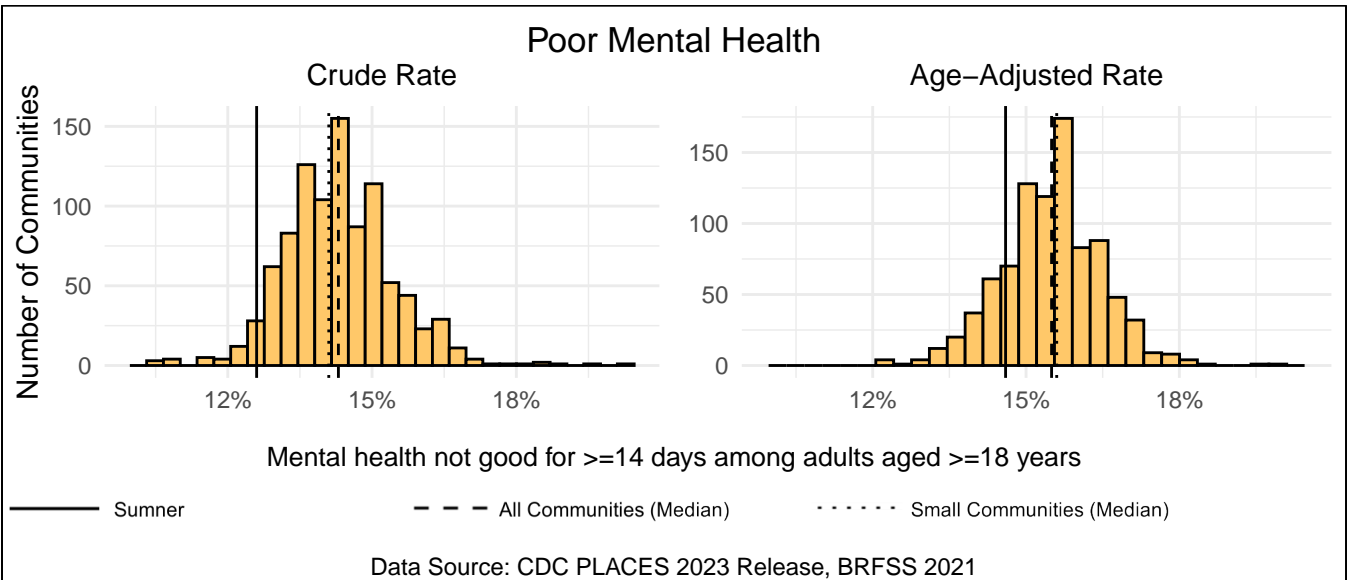
Measure Type	Sumner	All Comm.	Small Comm.
Crude	10.3%	10.8%	10.6%
Age-Adjusted	8.9%	9.7%	9.6%



Poor Mental Health

Sumner has a crude rate of 12.6% for mental health not good for >=14 days among adults aged >=18 years, which ranks 39th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Sumner is 14.6%, which ranks 140th out of 905 Iowa communities (27th out of 138 small communities).

Measure Type	Sumner	All Comm.	Small Comm.
Crude	12.6%	14.3%	14.1%
Age-Adjusted	14.6%	15.5%	15.6%



Health Risk Behaviors

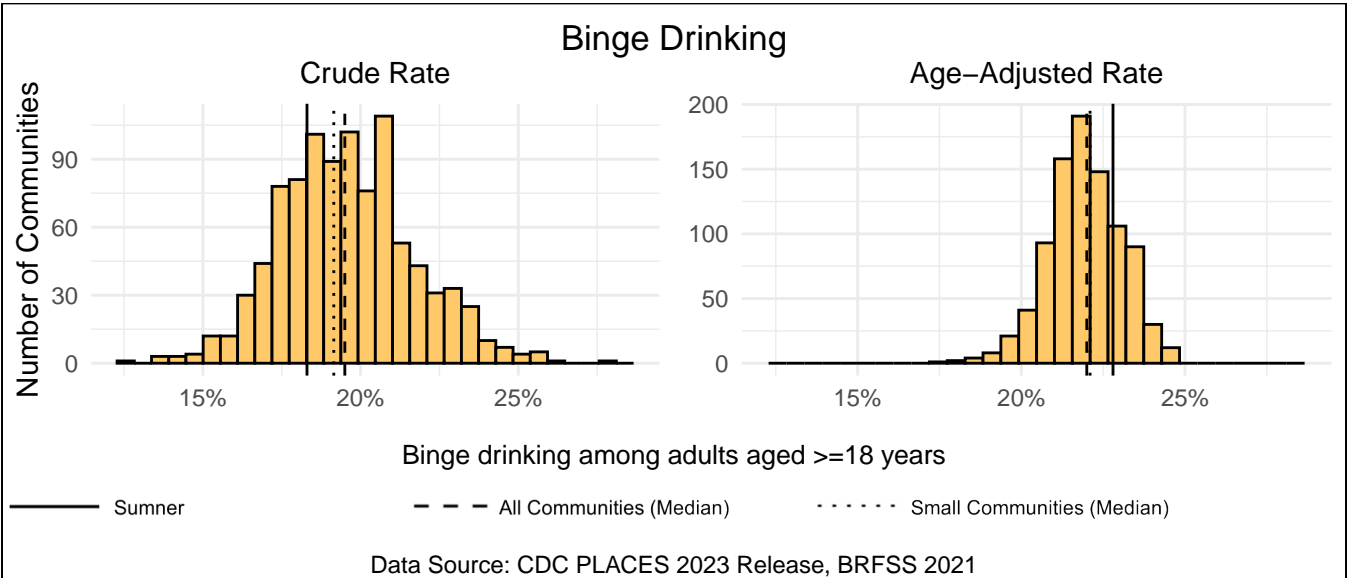
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Sumner has a crude rate of 18.3% for binge drinking among adults aged ≥ 18 years, which ranks 269th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Sumner is 22.8%, which ranks 686th out of 905 Iowa communities (102nd out of 138 small communities).

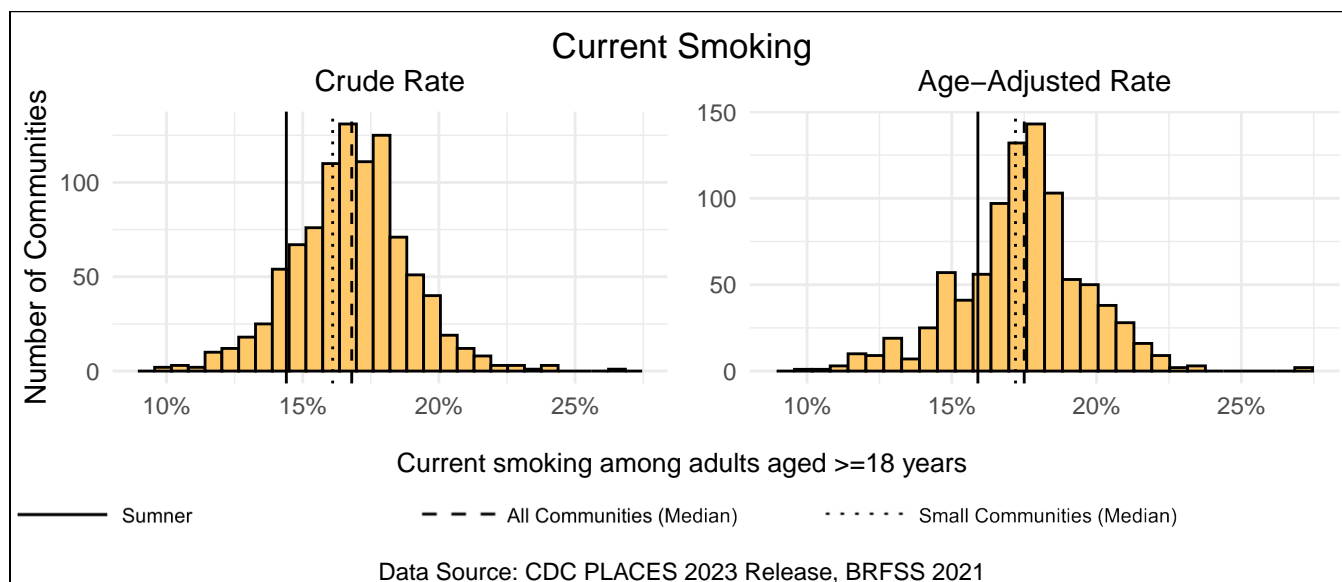
Measure Type	Sumner	All Comm.	Small Comm.
Crude	18.3%	19.5%	19.1%
Age-Adjusted	22.8%	22.0%	22.1%



Current Smoking

Sumner has a crude rate of 14.4% for current smoking among adults aged ≥ 18 years, which ranks 103rd out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Sumner is 15.9%, which ranks 180th out of 905 Iowa communities (34th out of 138 small communities).

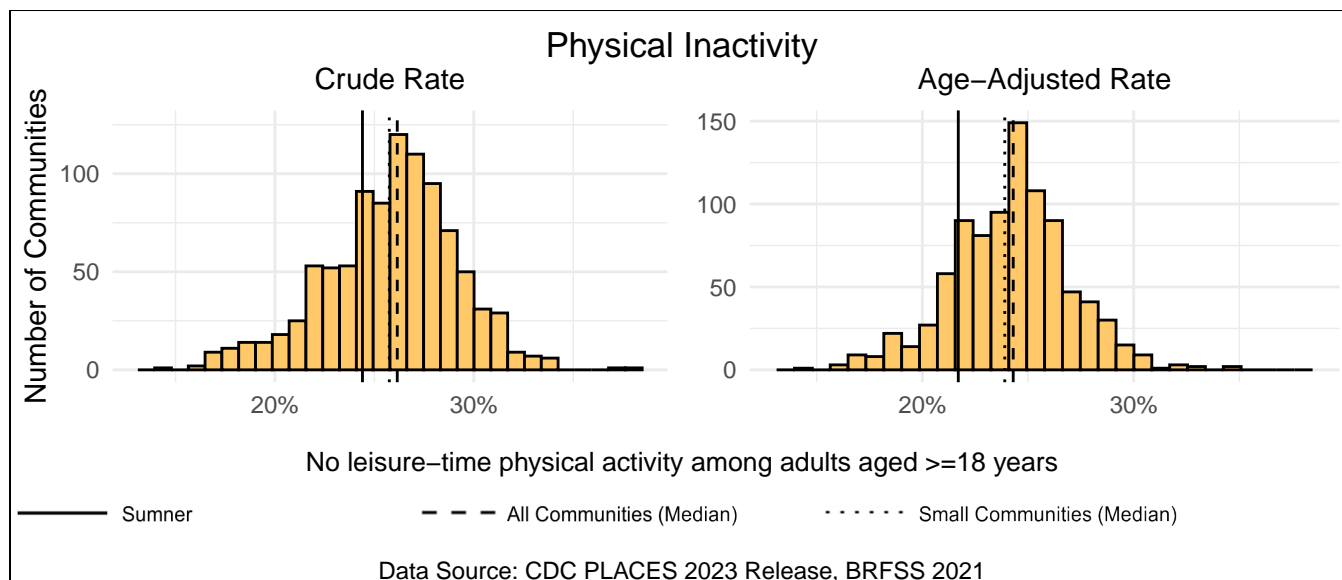
Measure Type	Sumner	All Comm.	Small Comm.
Crude	14.4%	16.8%	16.1%
Age-Adjusted	15.9%	17.5%	17.2%



Physical Inactivity

Sumner has a crude rate of 24.4% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 279th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Sumner is 21.7%, which ranks 150th out of 905 Iowa communities (31st out of 138 small communities).

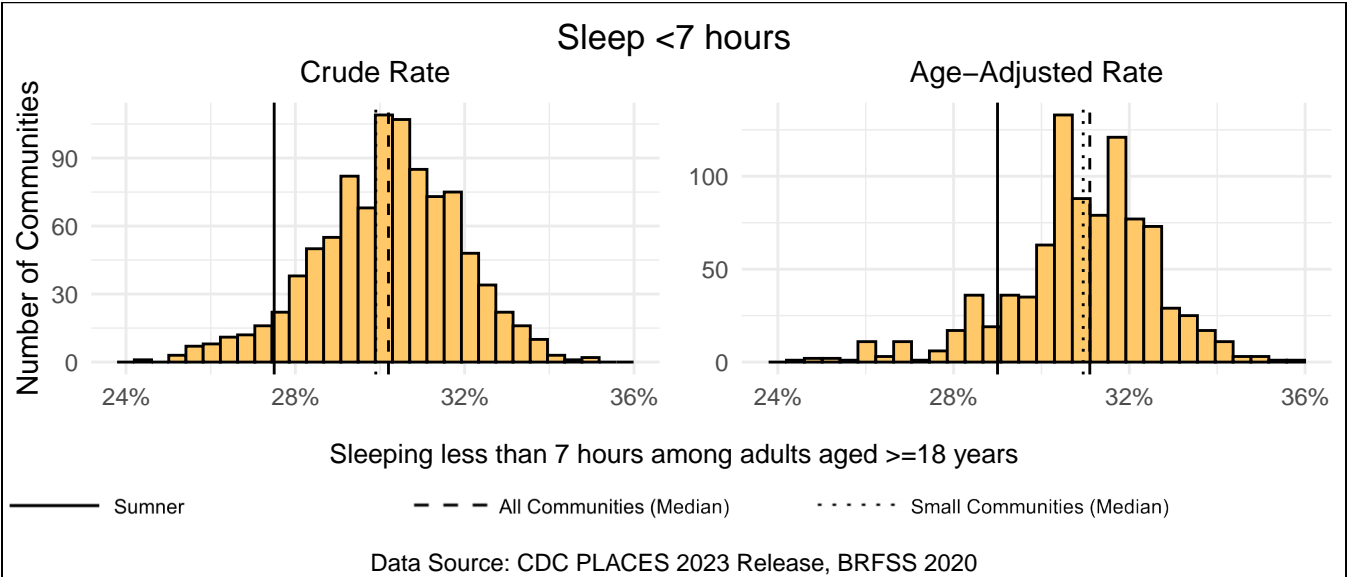
Measure Type	Sumner	All Comm.	Small Comm.
Crude	24.4%	26.1%	25.8%
Age-Adjusted	21.7%	24.3%	23.9%



Sleep <7 hours

Sumner has a crude rate of 27.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 59th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Sumner is 29.0%, which ranks 105th out of 905 Iowa communities (18th out of 138 small communities).

Measure Type	Sumner	All Comm.	Small Comm.
Crude	27.5%	30.2%	29.9%
Age-Adjusted	29.0%	31.1%	31.0%



Health Outcomes

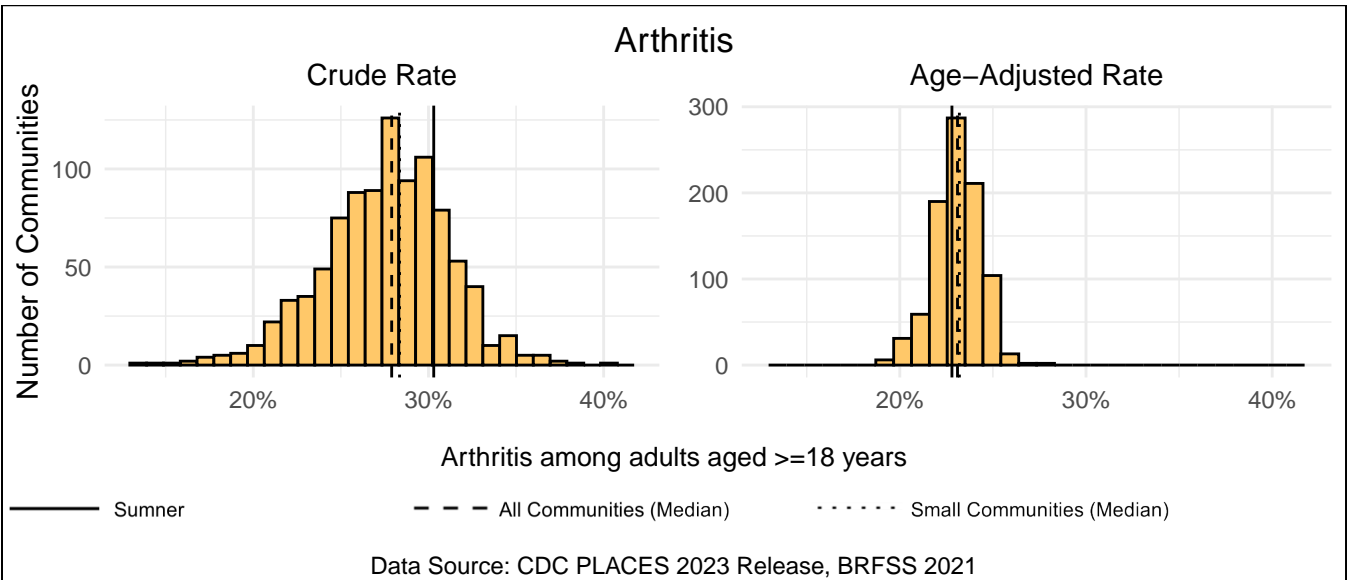
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Sumner has a crude rate of 30.3% for arthritis among adults aged ≥ 18 years, which ranks 748th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Sumner is 22.8%, which ranks 347th out of 905 Iowa communities (51st out of 138 small communities).

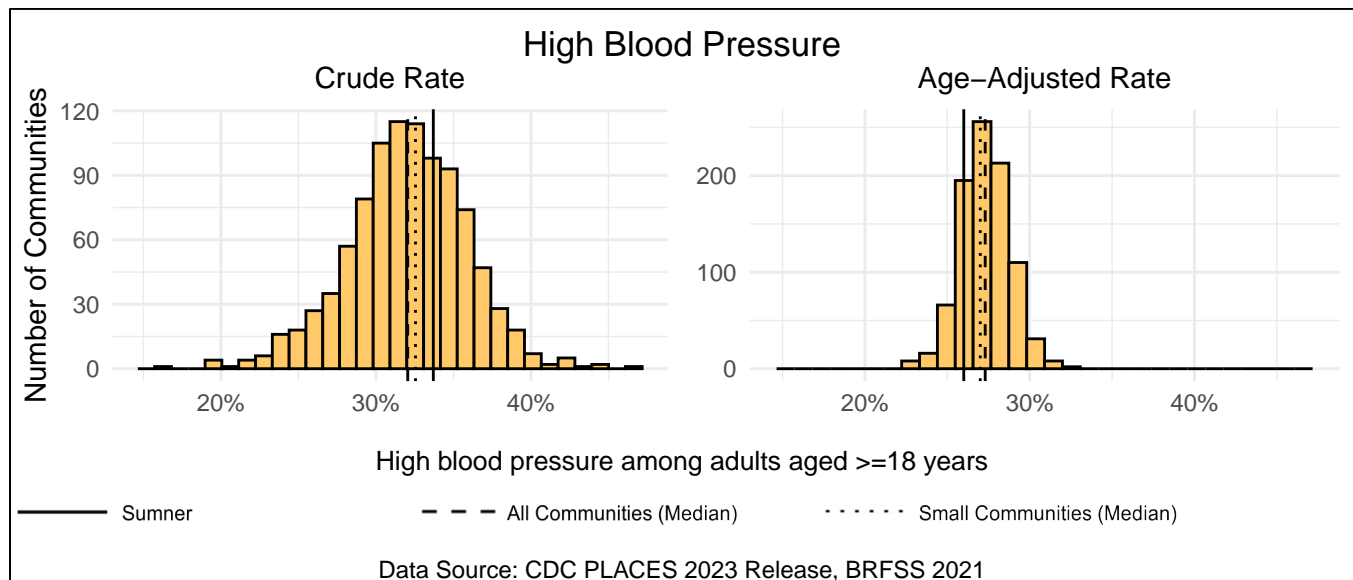
Measure Type	Sumner	All Comm.	Small Comm.
Crude	30.3%	27.9%	28.4%
Age-Adjusted	22.8%	23.1%	23.2%



High Blood Pressure

Sumner has a crude rate of 33.7% for high blood pressure among adults aged ≥ 18 years, which ranks 639th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Sumner is 26.0%, which ranks 165th out of 905 Iowa communities (29th out of 138 small communities).

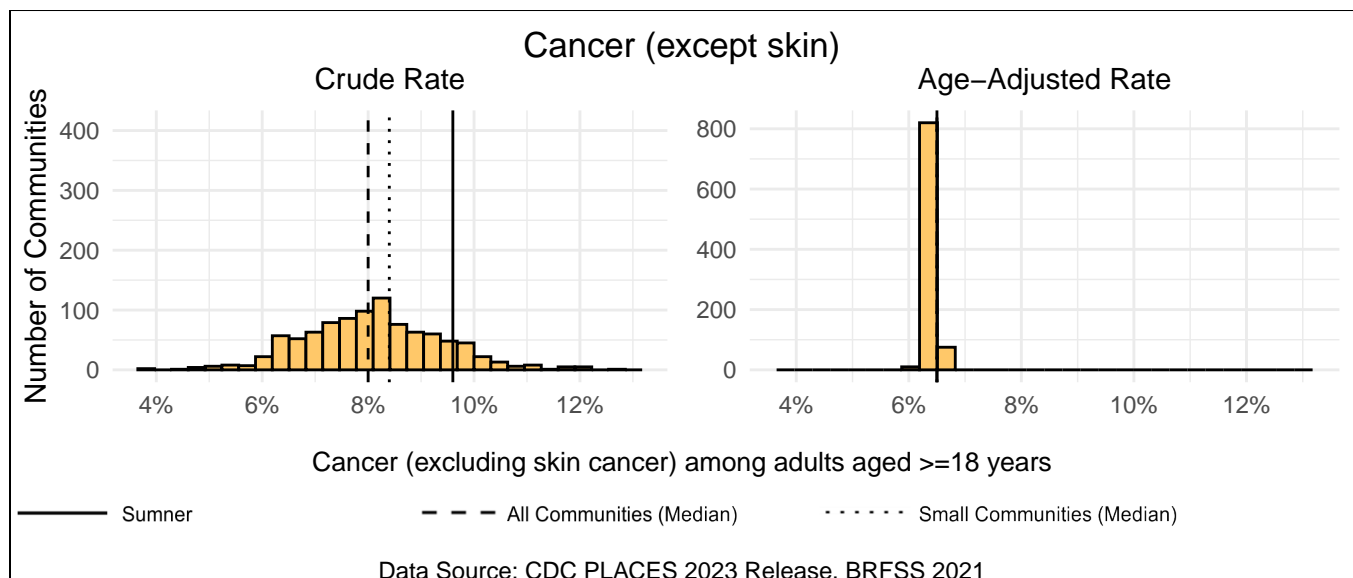
Measure Type	Sumner	All Comm.	Small Comm.
Crude	33.7%	32.0%	32.5%
Age-Adjusted	26.0%	27.3%	27.0%



Cancer (except skin)

Sumner 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 Sumner is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

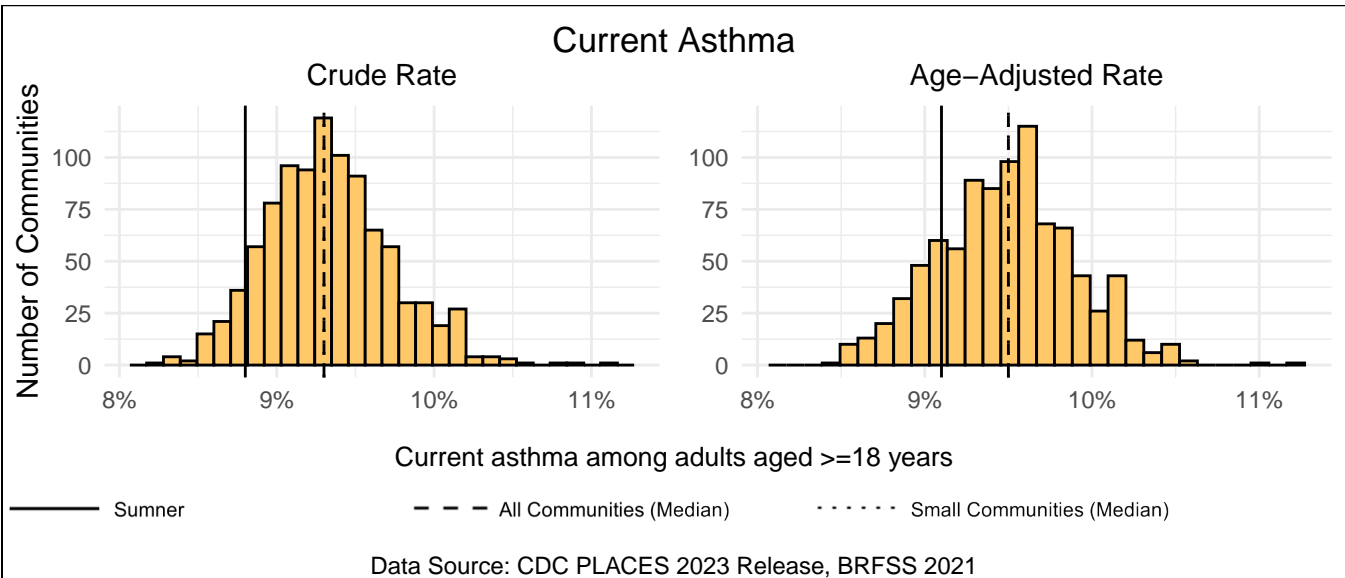
Measure Type	Sumner	All Comm.	Small Comm.
Crude	9.6%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Sumner has a crude rate of 8.8% for current asthma among adults aged ≥ 18 years, which ranks 44th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Sumner is 9.1%, which ranks 125th out of 905 Iowa communities (17th out of 138 small communities).

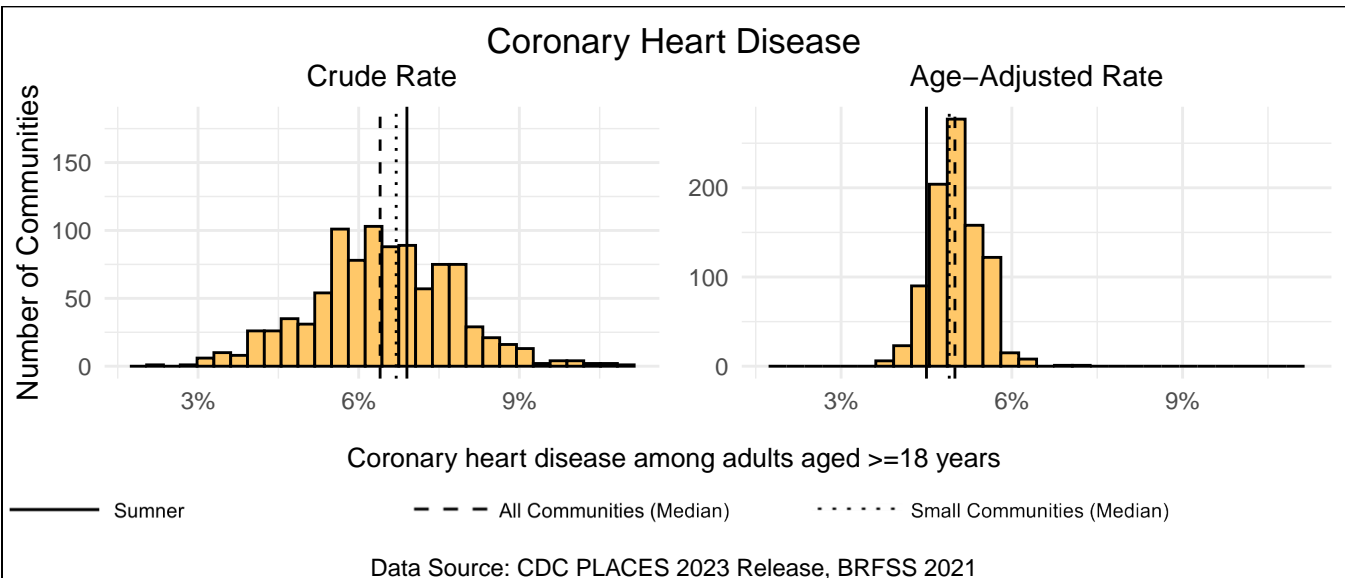
Measure Type	Sumner	All Comm.	Small Comm.
Crude	8.8%	9.3%	9.3%
Age-Adjusted	9.1%	9.5%	9.5%



Coronary Heart Disease

Sumner has a crude rate of 6.9% for coronary heart disease among adults aged ≥ 18 years, which ranks 608th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Sumner is 4.5%, which ranks 78th out of 905 Iowa communities (14th out of 138 small communities).

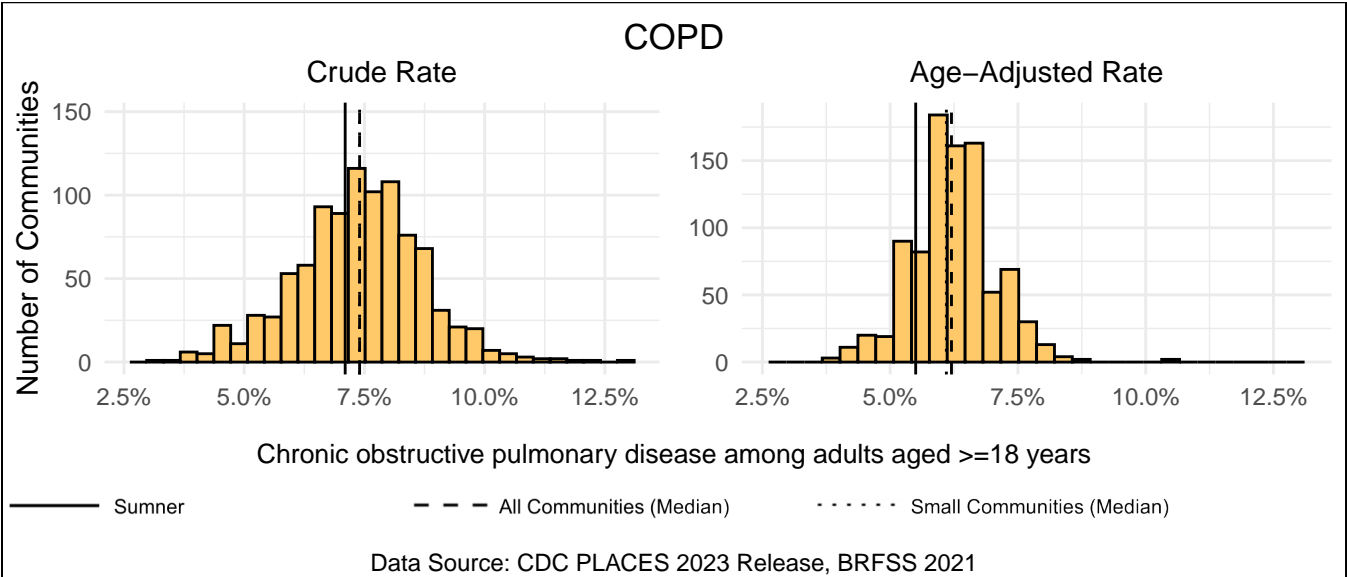
Measure Type	Sumner	All Comm.	Small Comm.
Crude	6.9%	6.4%	6.7%
Age-Adjusted	4.5%	5.0%	4.9%



COPD

Sumner has a crude rate of 7.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 363rd out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Sumner is 5.5%, which ranks 144th out of 905 Iowa communities (28th out of 138 small communities).

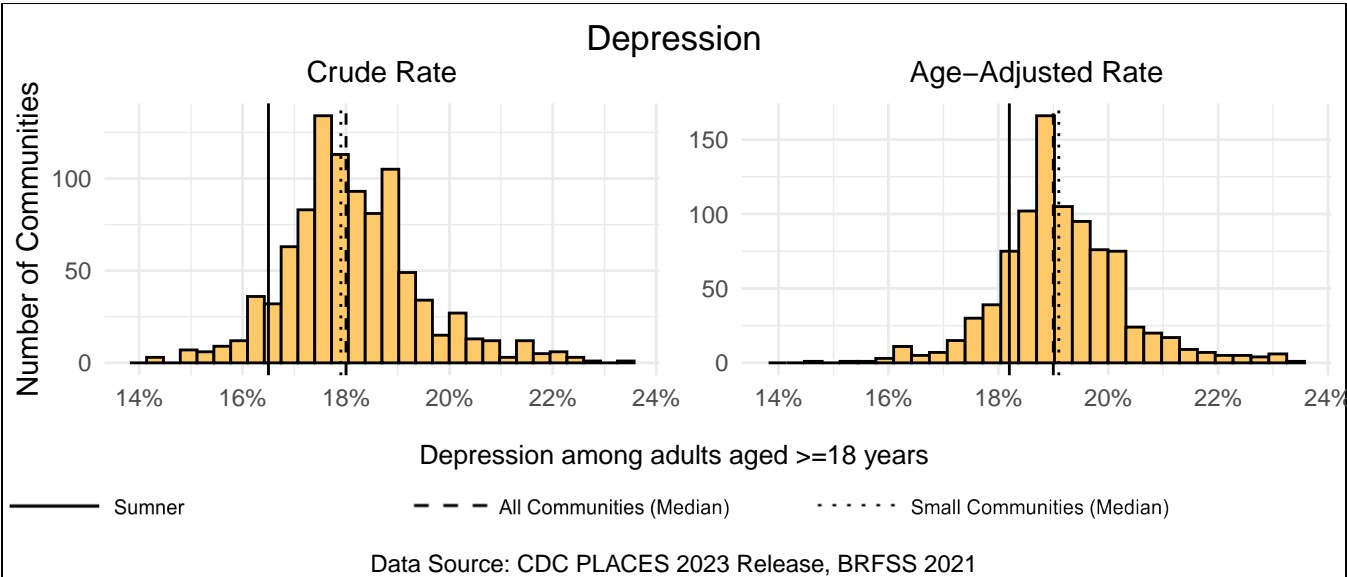
Measure Type	Sumner	All Comm.	Small Comm.
Crude	7.1%	7.4%	7.4%
Age-Adjusted	5.5%	6.2%	6.1%



Depression

Sumner has a crude rate of 16.5% for depression among adults aged ≥ 18 years, which ranks 74th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Sumner is 18.2%, which ranks 138th out of 905 Iowa communities (14th out of 138 small communities).

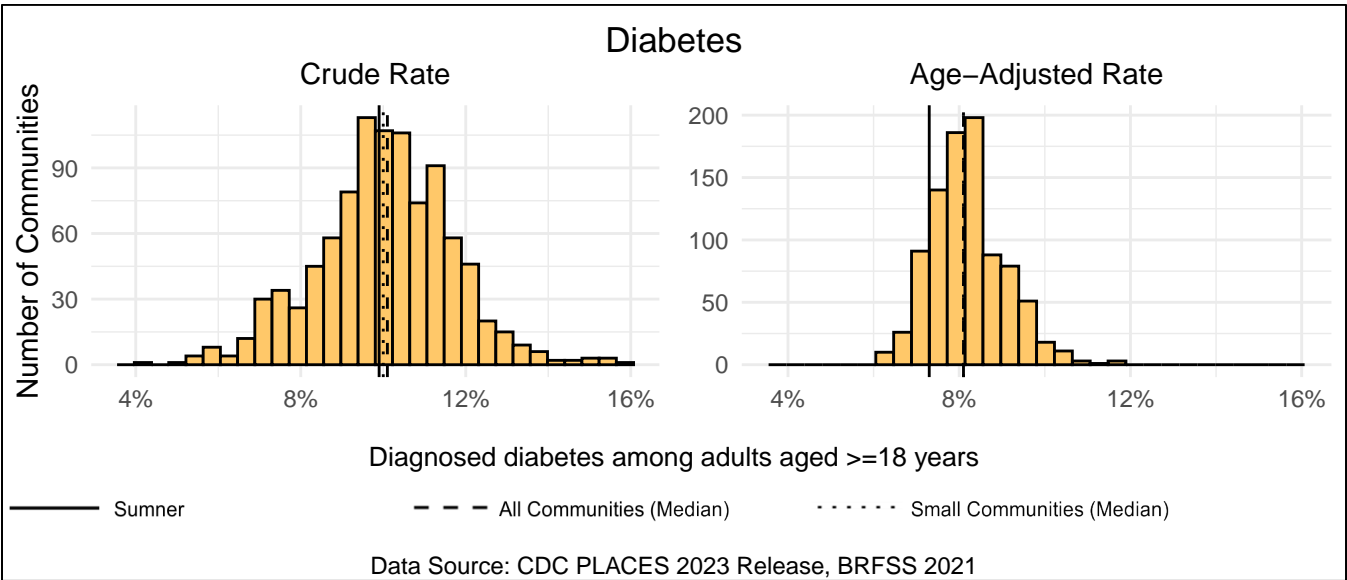
Measure Type	Sumner	All Comm.	Small Comm.
Crude	16.5%	18.0%	17.9%
Age-Adjusted	18.2%	19.0%	19.1%



Diabetes

Sumner has a crude rate of 9.9% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 416th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Sumner is 7.3%, which ranks 103rd out of 905 Iowa communities (19th out of 138 small communities).

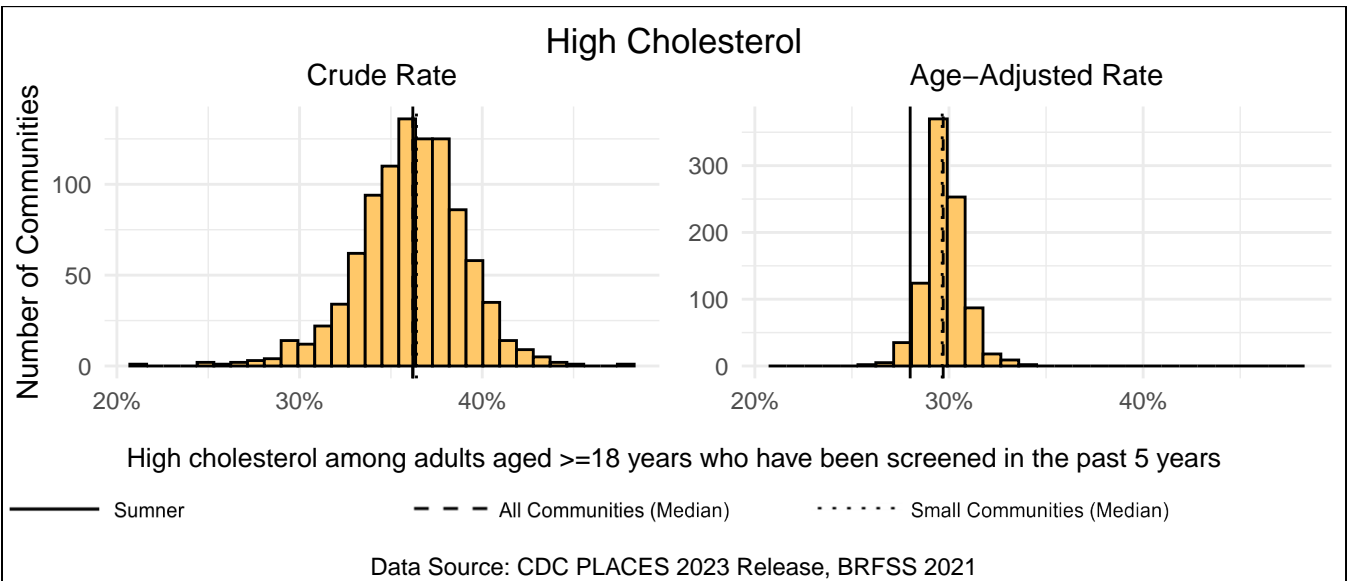
Measure Type	Sumner	All Comm.	Small Comm.
Crude	9.9%	10.1%	10.0%
Age-Adjusted	7.3%	8.1%	8.1%



High Cholesterol

Sumner has a crude rate of 36.2% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 465th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Sumner is 28.0%, which ranks 33rd out of 905 Iowa communities (9th out of 138 small communities).

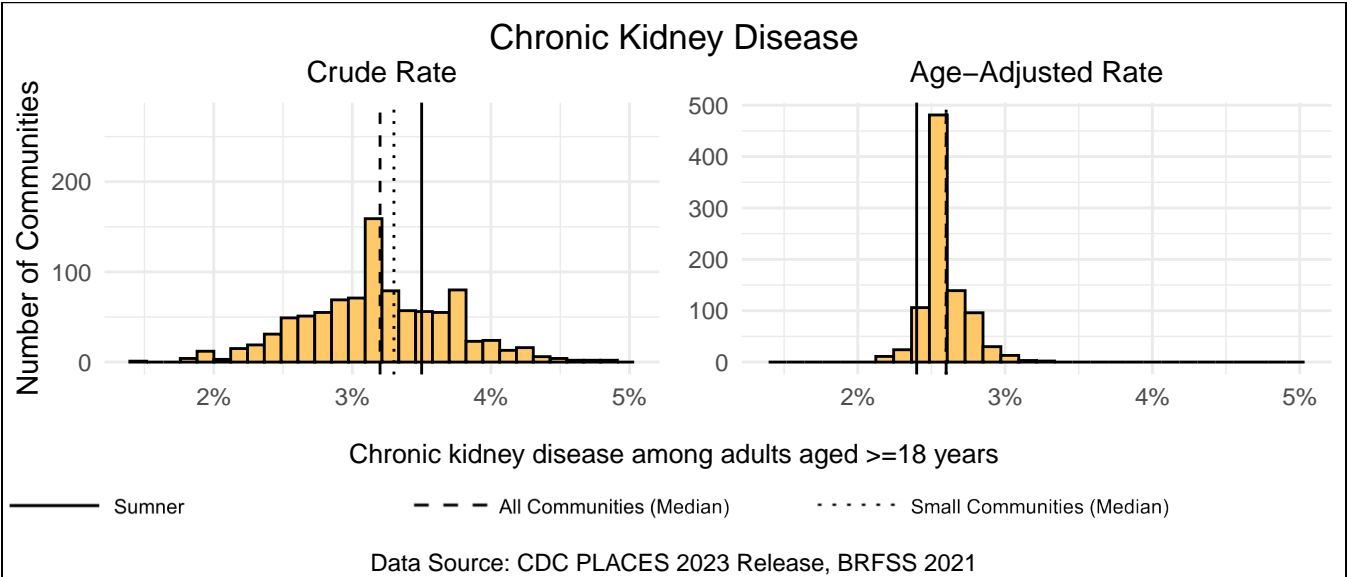
Measure Type	Sumner	All Comm.	Small Comm.
Crude	36.2%	36.2%	36.4%
Age-Adjusted	28.0%	29.7%	29.6%



Chronic Kidney Disease

Sumner has a crude rate of 3.5% for chronic kidney disease among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Sumner is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 138 small communities).

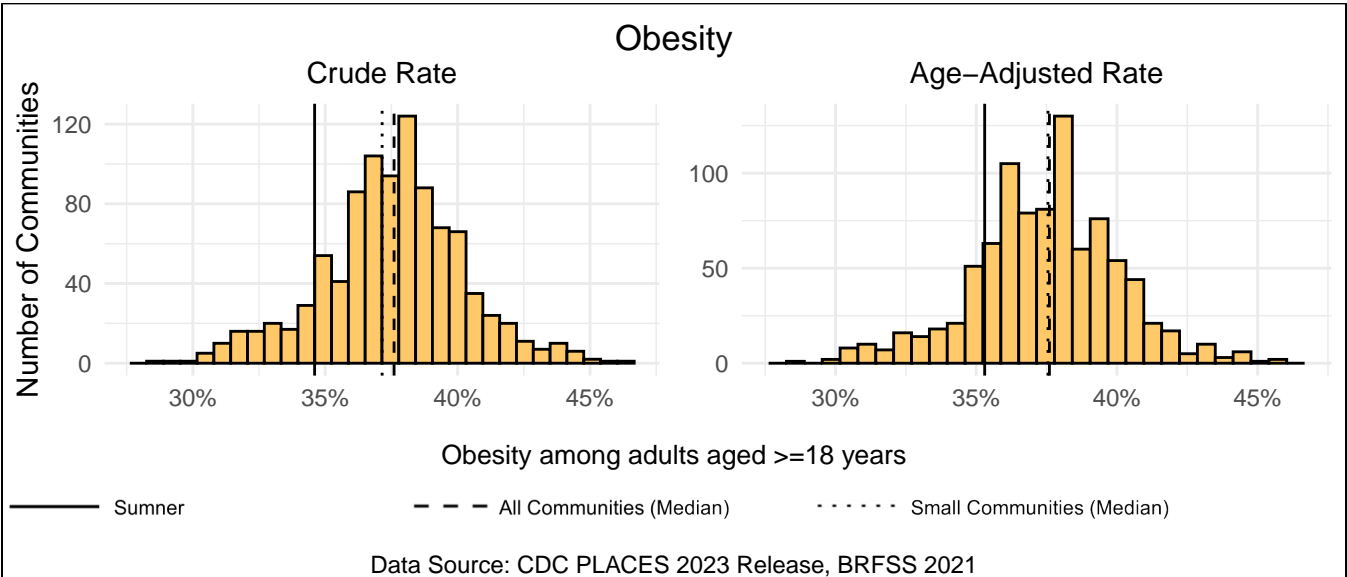
Measure Type	Sumner	All Comm.	Small Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Sumner has a crude rate of 34.6% for obesity among adults aged >=18 years, which ranks 111th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Sumner is 35.3%, which ranks 149th out of 905 Iowa communities (25th out of 138 small communities).

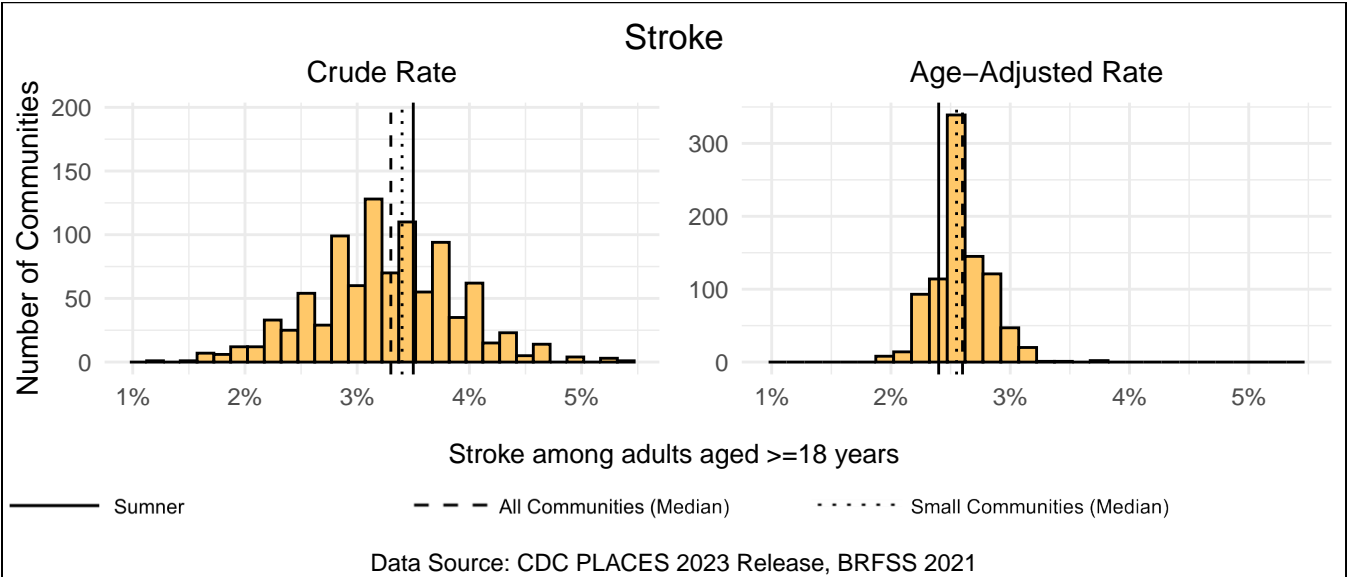
Measure Type	Sumner	All Comm.	Small Comm.
Crude	34.6%	37.6%	37.2%
Age-Adjusted	35.3%	37.6%	37.5%



Stroke

Sumner has a crude rate of 3.5% for stroke among adults aged >=18 years, which ranks 601st out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Sumner is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

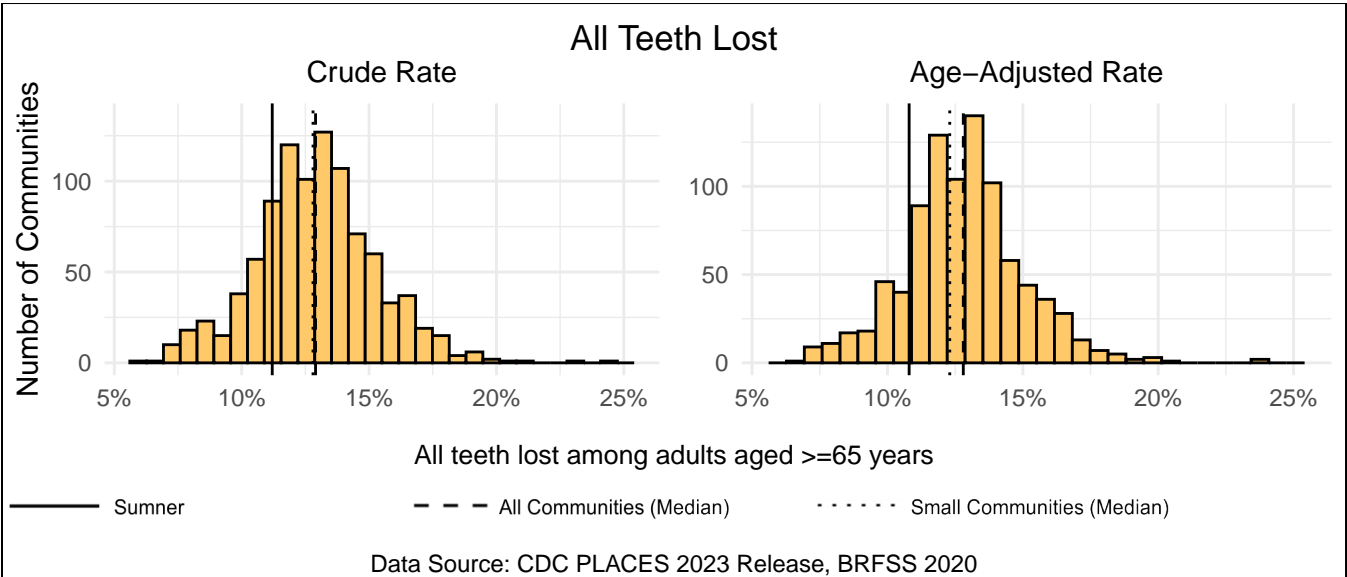
Measure Type	Sumner	All Comm.	Small Comm.
Crude	3.5%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



All Teeth Lost

Sumner has a crude rate of 11.2% for all teeth lost among adults aged >=65 years, which ranks 202nd out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Sumner is 10.8%, which ranks 135th out of 905 Iowa communities (27th out of 138 small communities).

Measure Type	Sumner	All Comm.	Small Comm.
Crude	11.2%	12.9%	12.8%
Age-Adjusted	10.8%	12.8%	12.3%



Prevention

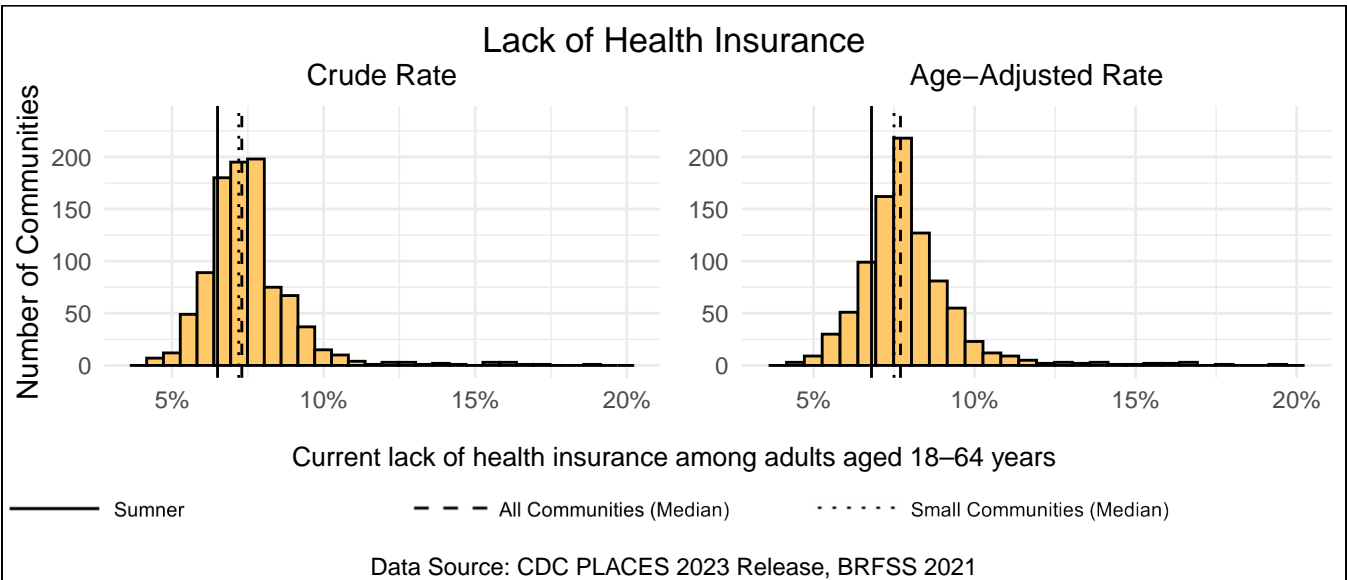
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Sumner has a crude rate of 6.5% for current lack of health insurance among adults aged 18–64 years, which ranks 178th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Sumner is 6.8%, which ranks 143rd out of 905 Iowa communities (30th out of 138 small communities).

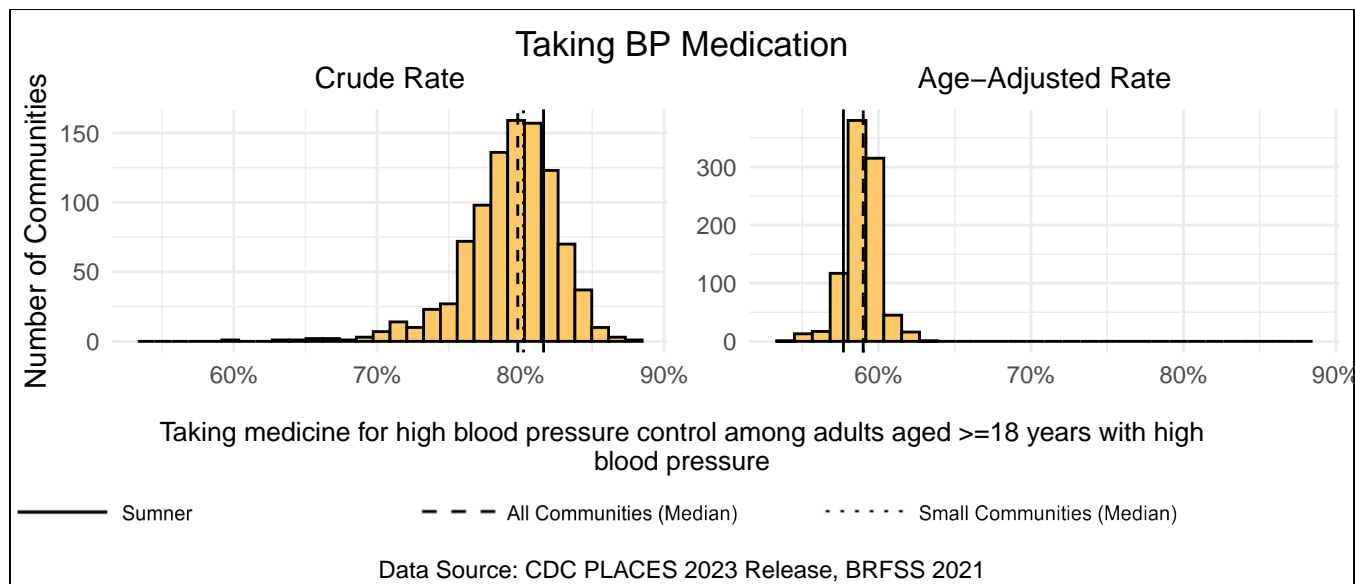
Measure Type	Sumner	All Comm.	Small Comm.
Crude	6.5%	7.3%	7.2%
Age-Adjusted	6.8%	7.7%	7.5%



Taking BP Medication

Sumner has a crude rate of 81.6% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 216th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Sumner is 57.7%, which ranks 801st out of 905 Iowa communities (119th out of 138 small communities).

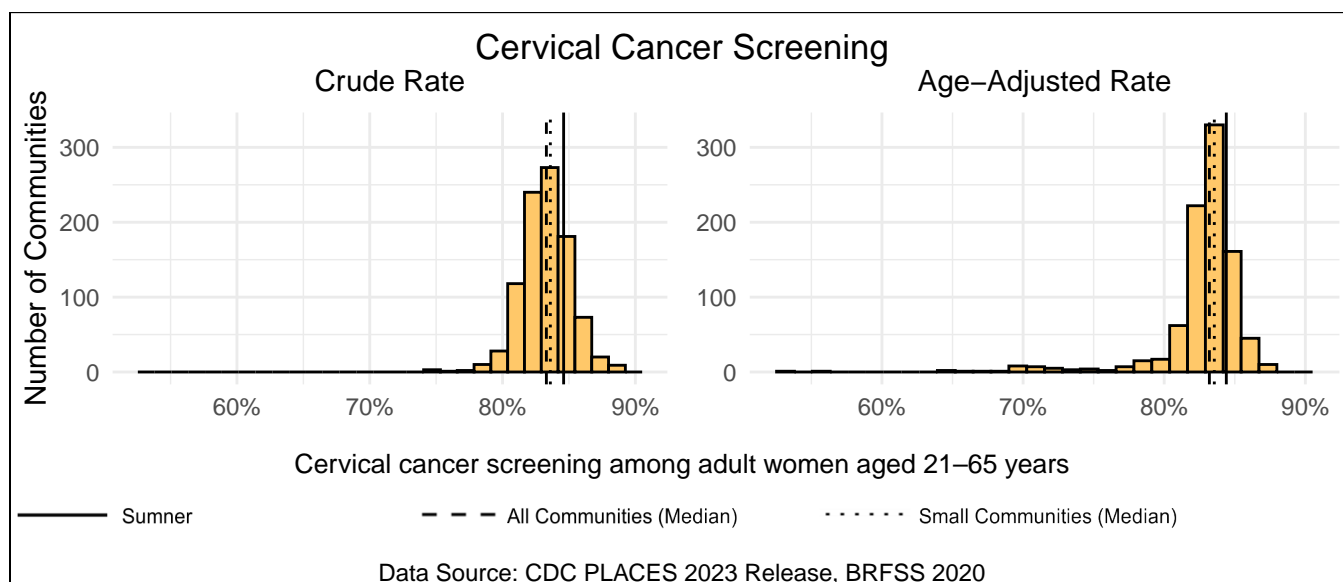
Measure Type	Sumner	All Comm.	Small Comm.
Crude	81.6%	79.8%	80.2%
Age-Adjusted	57.7%	59.0%	59.0%



Cervical Cancer Screening

Sumner has a crude rate of 84.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 196th out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Sumner is 84.4%, which ranks 168th out of 905 Iowa communities (36th out of 138 small communities).

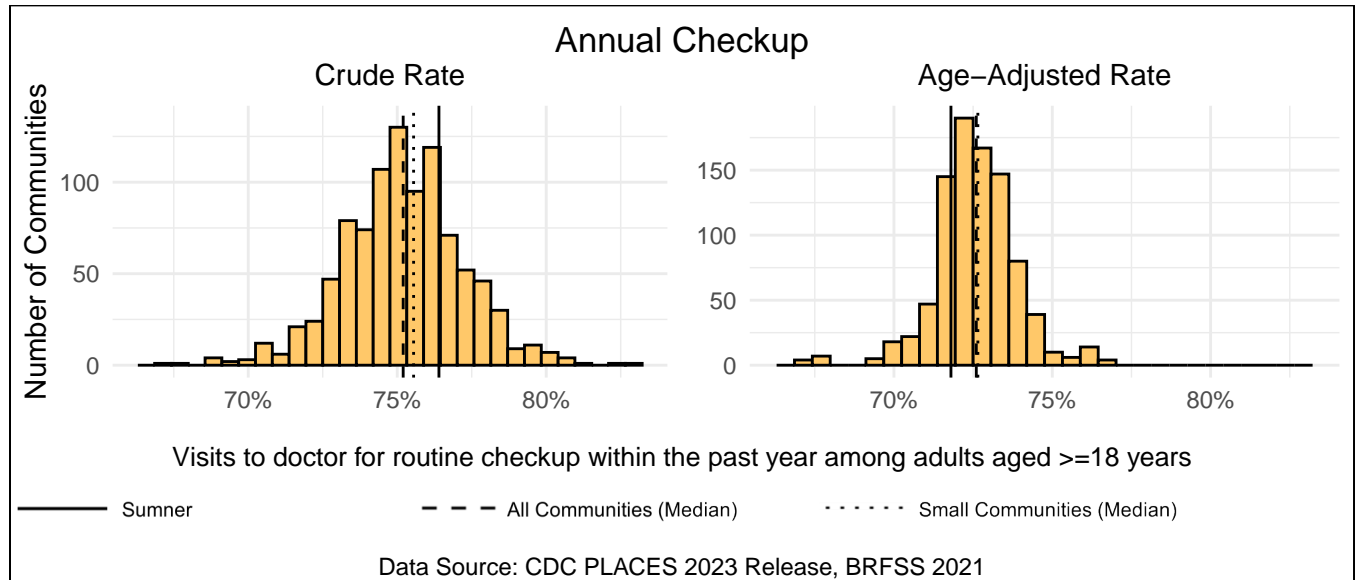
Measure Type	Sumner	All Comm.	Small Comm.
Crude	84.6%	83.3%	83.6%
Age-Adjusted	84.4%	83.2%	83.5%



Annual Checkup

Sumner 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 Sumner is 71.8%, which ranks 686th out of 905 Iowa communities (114th out of 138 small communities).

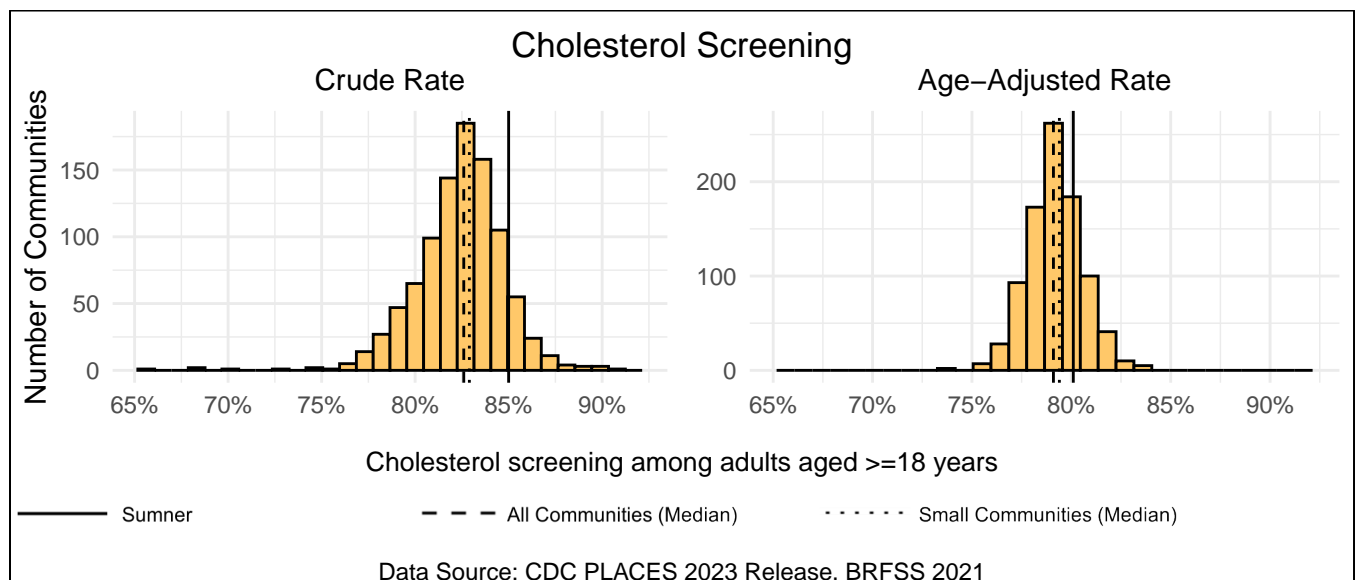
Measure Type	Sumner	All Comm.	Small Comm.
Crude	76.4%	75.2%	75.5%
Age-Adjusted	71.8%	72.6%	72.6%



Cholesterol Screening

Sumner has a crude rate of 85.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 92nd out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Sumner is 80.1%, which ranks 212th out of 905 Iowa communities (44th out of 138 small communities).

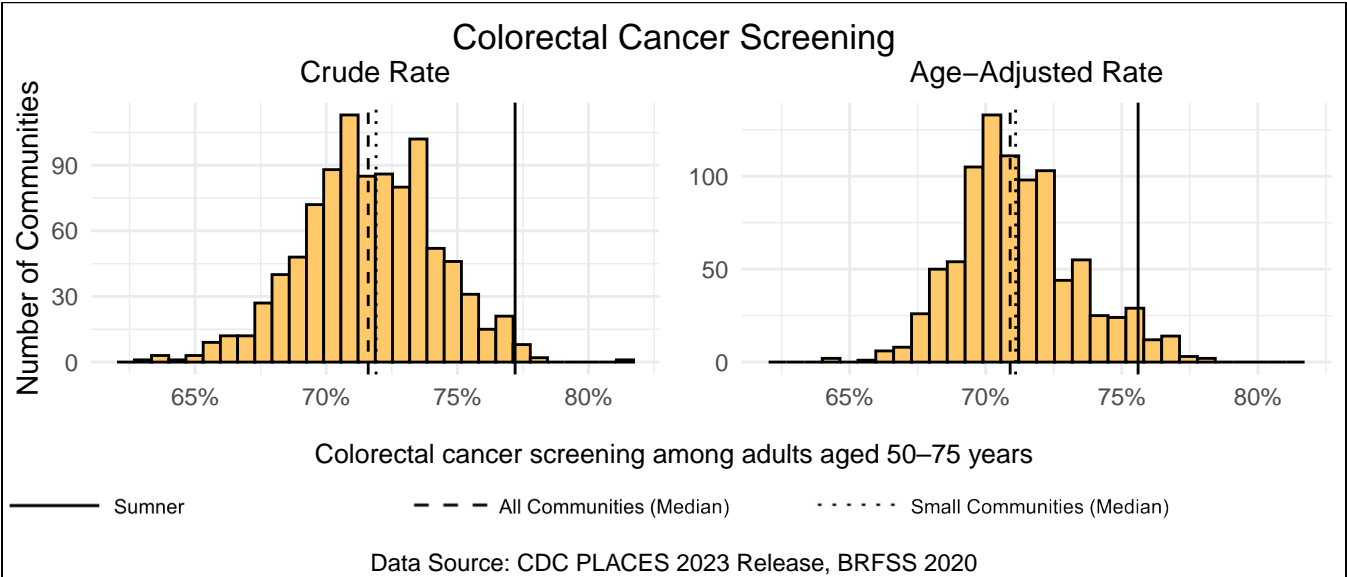
Measure Type	Sumner	All Comm.	Small Comm.
Crude	85.0%	82.6%	82.9%
Age-Adjusted	80.1%	79.1%	79.4%



Colorectal Cancer Screening

Sumner has a crude rate of 77.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 10th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Sumner is 75.6%, which ranks 40th out of 905 Iowa communities (11th out of 138 small communities).

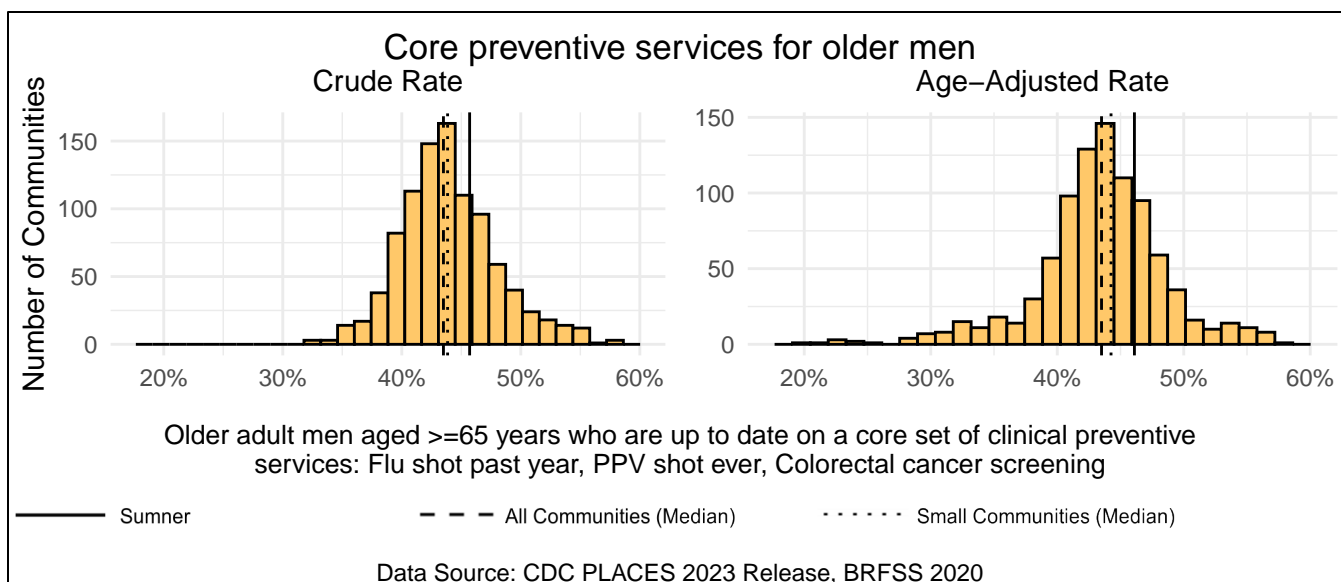
Measure Type	Sumner	All Comm.	Small Comm.
Crude	77.2%	71.6%	71.9%
Age-Adjusted	75.6%	70.9%	71.1%



Core preventive services for older men

Sumner has a crude rate of 45.7% 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 282nd out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Sumner is 46.1%, which ranks 238th out of 905 Iowa communities (44th out of 138 small communities).

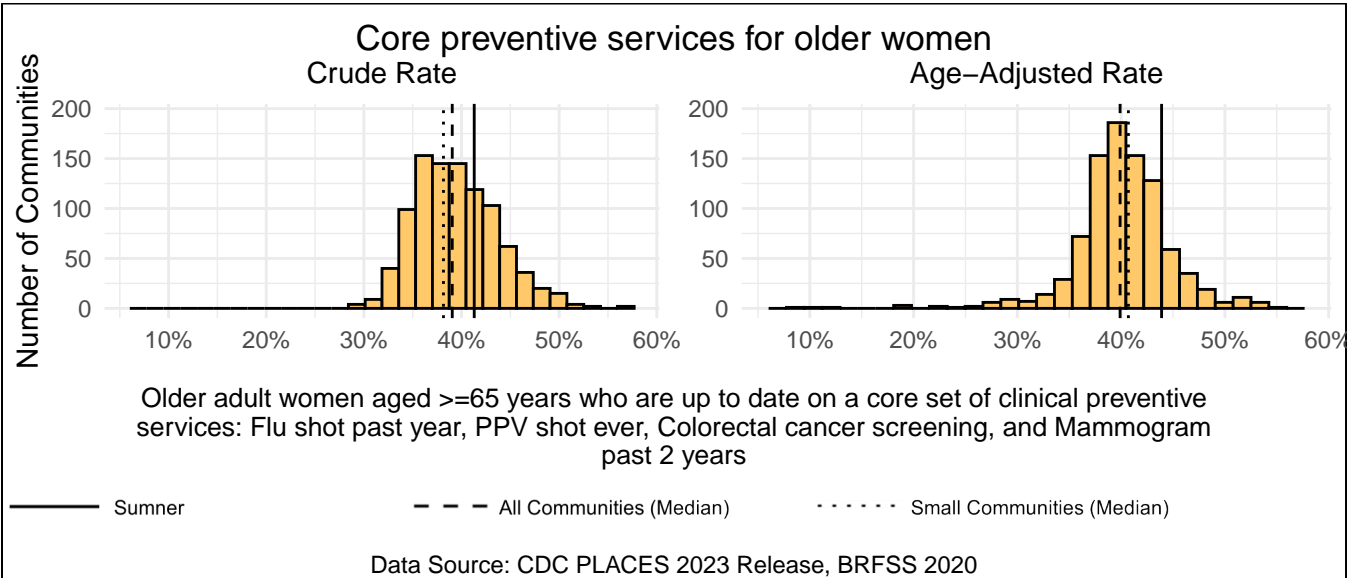
Measure Type	Sumner	All Comm.	Small Comm.
Crude	45.7%	43.5%	43.8%
Age-Adjusted	46.1%	43.5%	44.2%



Core preventive services for older women

Sumner has a crude rate of 41.3% 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 296th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Sumner is 43.9%, which ranks 138th out of 905 Iowa communities (32nd out of 138 small communities).

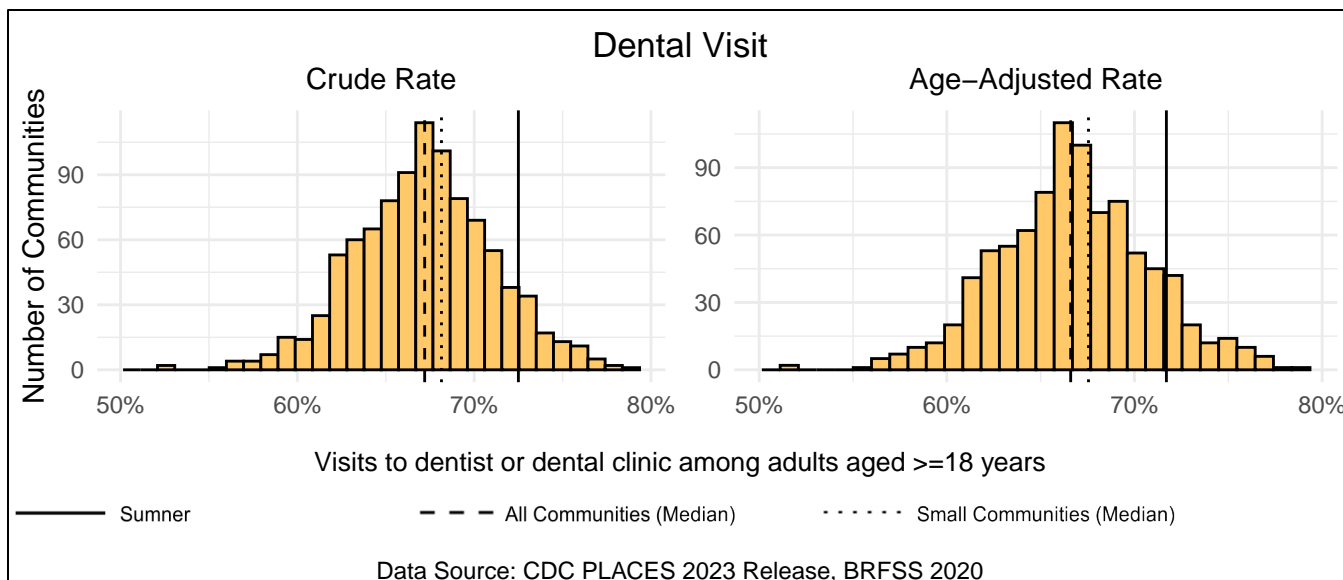
Measure Type	Sumner	All Comm.	Small Comm.
Crude	41.3%	39.0%	38.2%
Age-Adjusted	43.9%	39.9%	40.7%



Dental Visit

Sumner has a crude rate of 72.5% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 84th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Sumner is 71.7%, which ranks 96th out of 905 Iowa communities (20th out of 138 small communities).

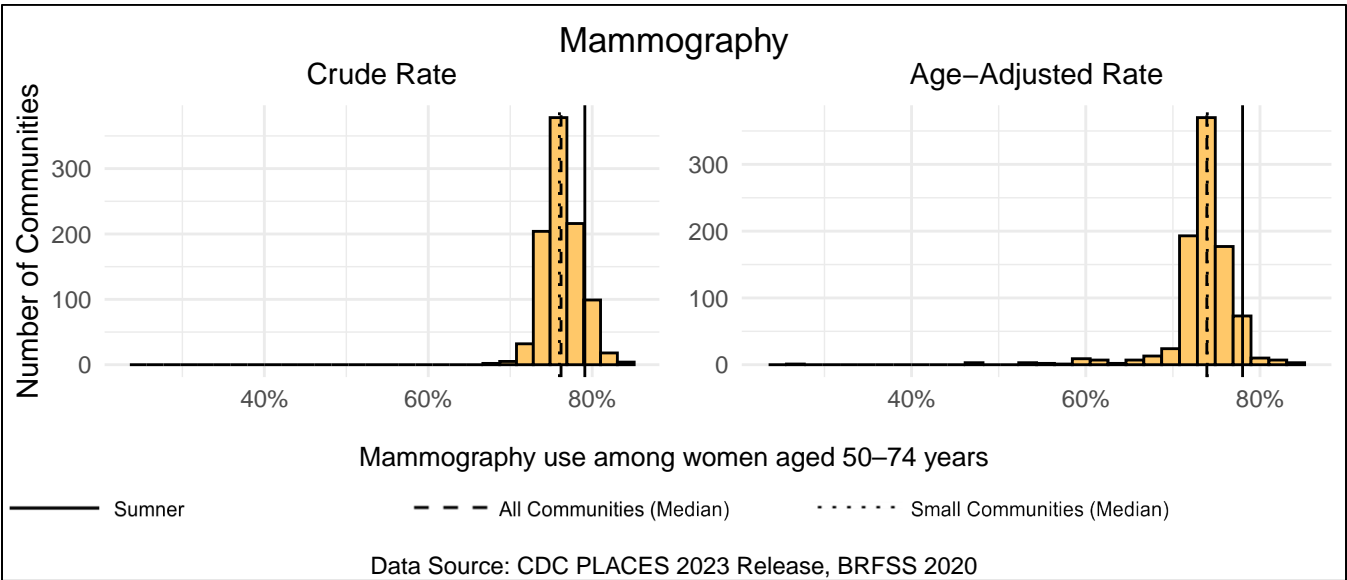
Measure Type	Sumner	All Comm.	Small Comm.
Crude	72.5%	67.2%	68.2%
Age-Adjusted	71.7%	66.6%	67.5%



Mammography

Sumner has a crude rate of 79.1% for mammography use among women aged 50–74 years, which ranks 101st out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Sumner is 78.0%, which ranks 45th out of 905 Iowa communities (11th out of 138 small communities).

Measure Type	Sumner	All Comm.	Small Comm.
Crude	79.1%	76.2%	76.0%
Age-Adjusted	78.0%	73.9%	74.0%



Disability

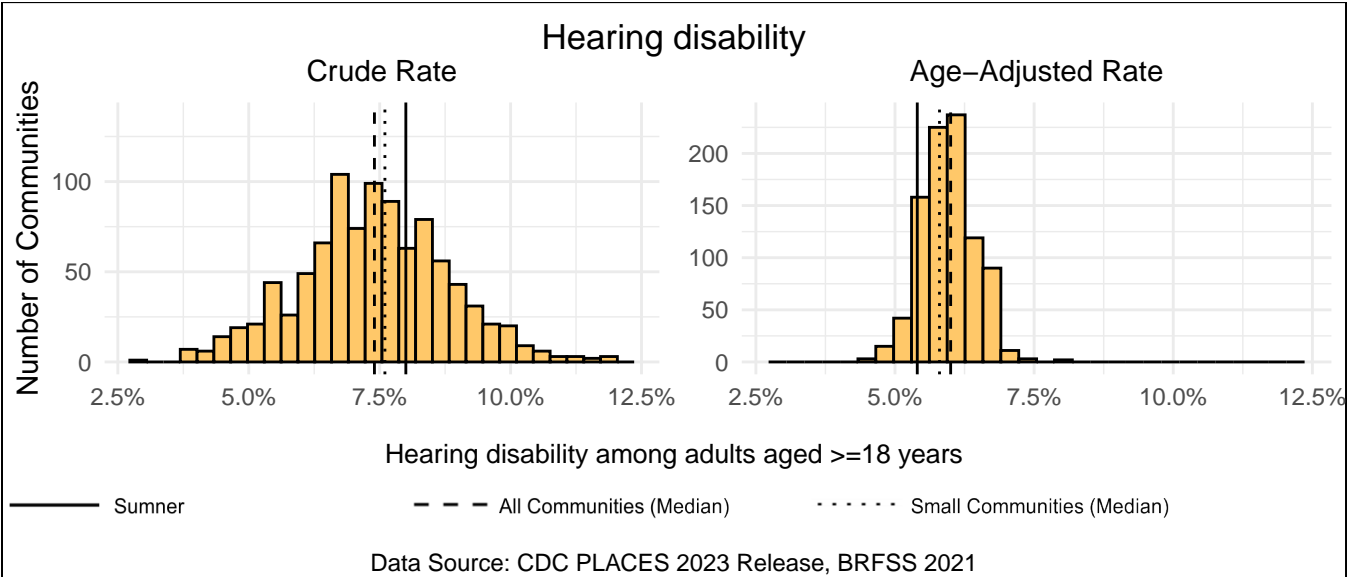
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Sumner has a crude rate of 8.0% for hearing disability among adults aged ≥ 18 years, which ranks 645th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Sumner is 5.4%, which ranks 79th out of 905 Iowa communities (16th out of 138 small communities).

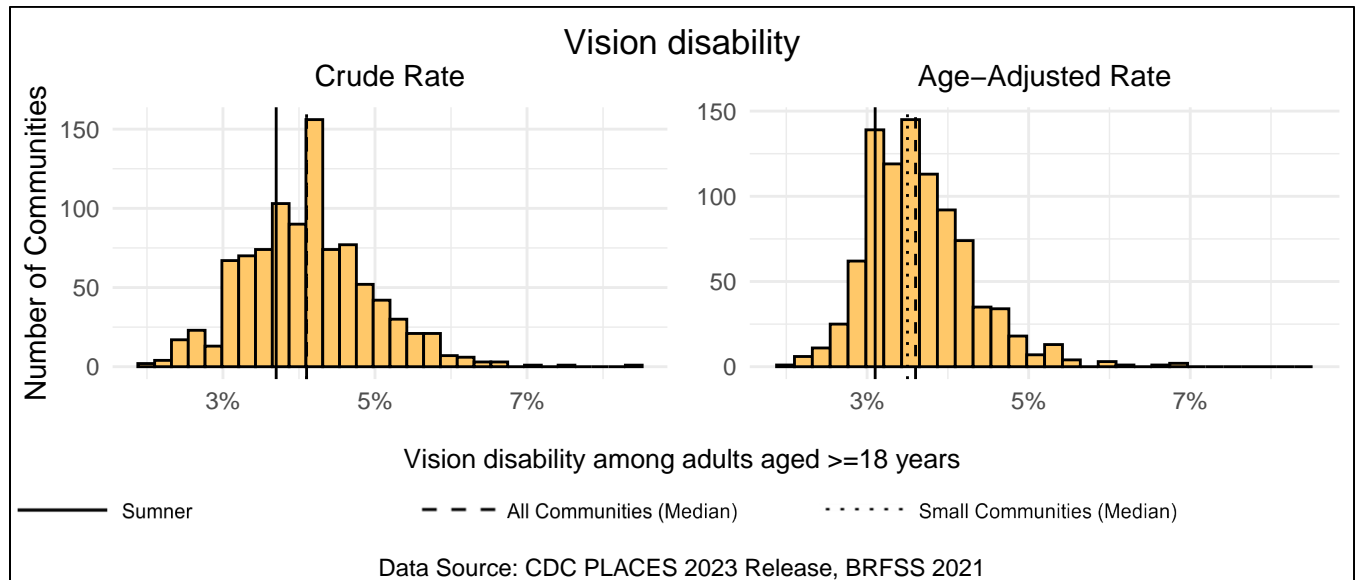
Measure Type	Sumner	All Comm.	Small Comm.
Crude	8.0%	7.4%	7.6%
Age-Adjusted	5.4%	6.0%	5.8%



Vision disability

Sumner has a crude rate of 3.7% for vision disability among adults aged ≥ 18 years, which ranks 271st out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Sumner is 3.1%, which ranks 135th out of 905 Iowa communities (22nd out of 138 small communities).

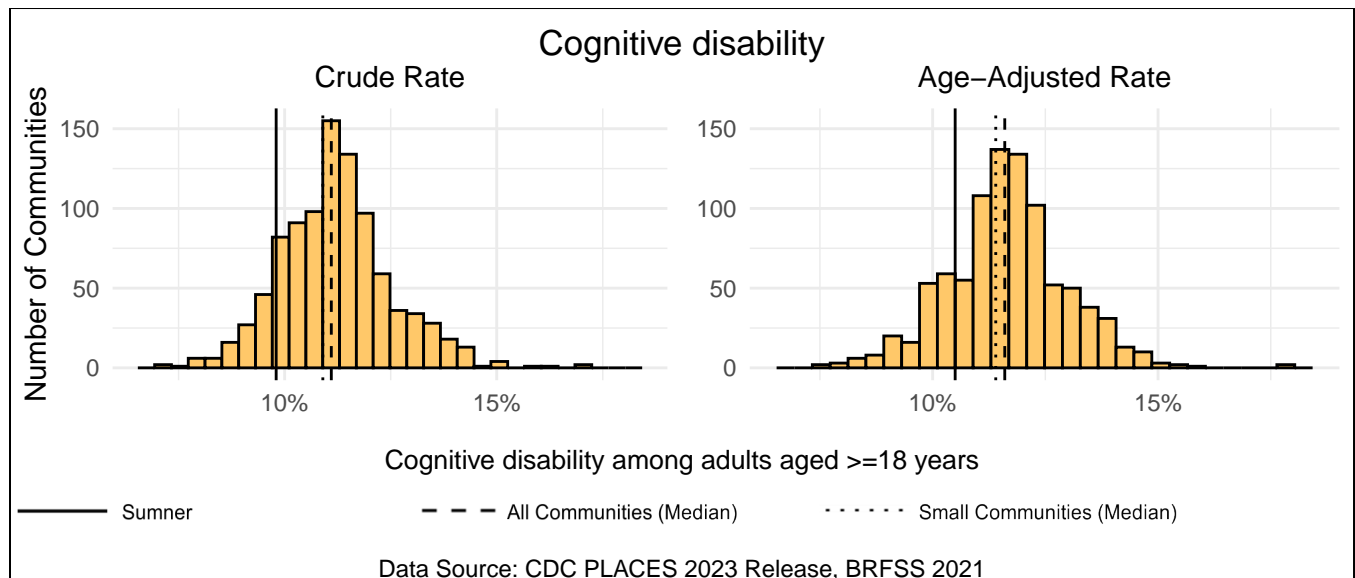
Measure Type	Sumner	All Comm.	Small Comm.
Crude	3.7%	4.1%	4.1%
Age-Adjusted	3.1%	3.6%	3.5%



Cognitive disability

Sumner has a crude rate of 9.8% for cognitive disability among adults aged ≥ 18 years, which ranks 105th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Sumner is 10.5%, which ranks 156th out of 905 Iowa communities (31st out of 138 small communities).

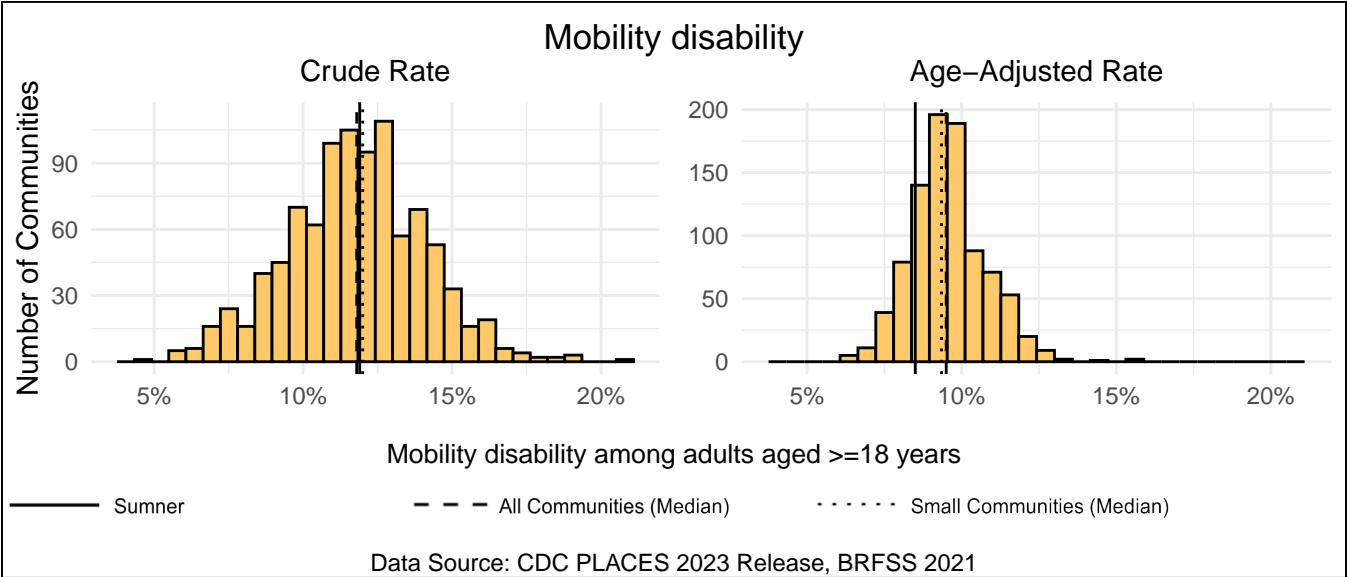
Measure Type	Sumner	All Comm.	Small Comm.
Crude	9.8%	11.1%	10.9%
Age-Adjusted	10.5%	11.6%	11.4%



Mobility disability

Sumner has a crude rate of 11.9% for mobility disability among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Sumner is 8.5%, which ranks 159th out of 905 Iowa communities (28th out of 138 small communities).

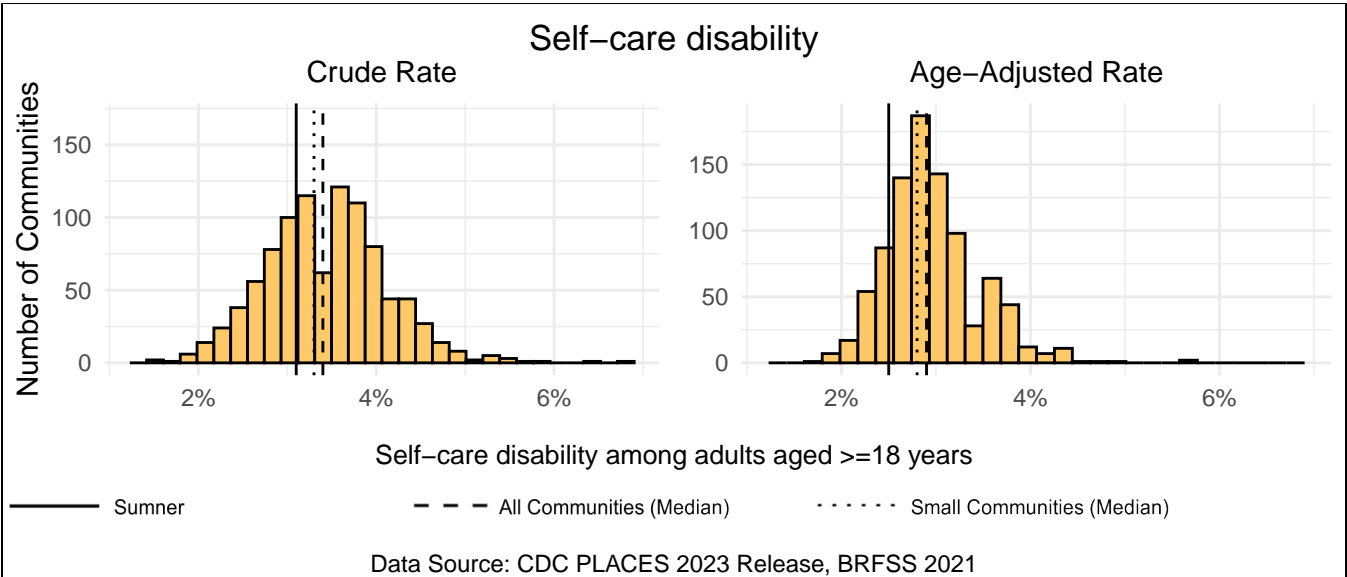
Measure Type	Sumner	All Comm.	Small Comm.
Crude	11.9%	11.8%	12.0%
Age-Adjusted	8.5%	9.5%	9.4%



Self-care disability

Sumner has a crude rate of 3.1% for self-care disability among adults aged ≥ 18 years, which ranks 267th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Sumner is 2.5%, which ranks 123rd out of 905 Iowa communities (22nd out of 138 small communities).

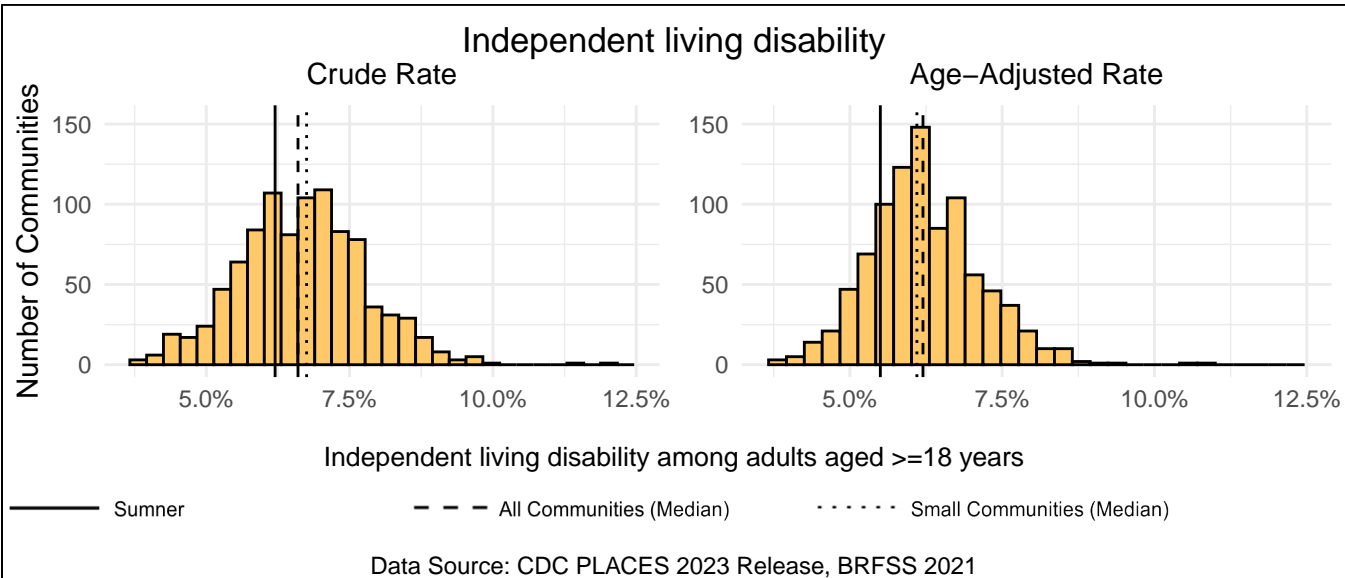
Measure Type	Sumner	All Comm.	Small Comm.
Crude	3.1%	3.4%	3.3%
Age-Adjusted	2.5%	2.9%	2.8%



Independent living disability

Sumner has a crude rate of 6.2% for independent living disability among adults aged ≥ 18 years, which ranks 299th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Sumner is 5.5%, which ranks 160th out of 905 Iowa communities (29th out of 138 small communities).

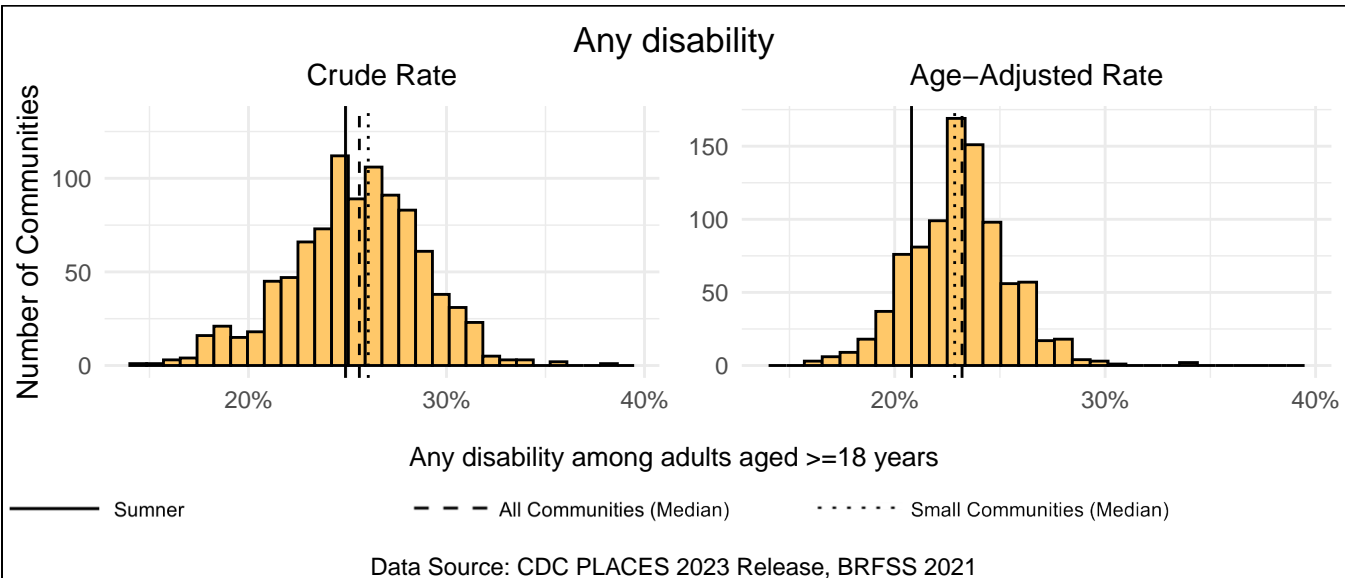
Measure Type	Sumner	All Comm.	Small Comm.
Crude	6.2%	6.6%	6.8%
Age-Adjusted	5.5%	6.2%	6.1%



Any disability

Sumner has a crude rate of 24.9% for any disability among adults aged ≥ 18 years, which ranks 396th out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Sumner is 20.8%, which ranks 133rd out of 905 Iowa communities (28th out of 138 small communities).

Measure Type	Sumner	All Comm.	Small Comm.
Crude	24.9%	25.6%	26.0%
Age-Adjusted	20.8%	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: Sumner 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	323	10.3% (8.6% - 11.9%)	160	8.9% (7.5% - 10.5%)
Health Status	General Health	272	13.1% (10.7% - 15.6%)	141	11.1% (9.1% - 13.2%)
Health Status	Mental Health	39	12.6% (10.8% - 14.5%)	140	14.6% (12.4% - 16.8%)
Health Risk Behaviors	Physical Inactivity	279	24.4% (19.3% - 29.0%)	150	21.7% (17.5% - 26.4%)
Health Risk Behaviors	Current Smoking	103	14.4% (11.3% - 17.8%)	180	15.9% (12.3% - 19.9%)
Health Risk Behaviors	Sleep <7 hours	59	27.5% (25.9% - 29.2%)	105	29.0% (27.1% - 30.8%)
Health Risk Behaviors	Binge Drinking	269	18.3% (15.3% - 21.7%)	686	22.8% (19.1% - 26.7%)
Health Outcomes	Diabetes	416	9.9% (8.4% - 11.8%)	103	7.3% (6.1% - 8.6%)
Health Outcomes	High Blood Pressure	639	33.7% (29.6% - 38.1%)	165	26.0% (22.3% - 29.8%)
Health Outcomes	Obesity	111	34.6% (27.9% - 41.4%)	149	35.3% (28.4% - 42.4%)
Health Outcomes	All Teeth Lost	202	11.2% (6.5% - 16.8%)	135	10.8% (6.6% - 15.7%)
Health Outcomes	Current Asthma	44	8.8% (7.7% - 10.0%)	125	9.1% (8.0% - 10.3%)
Health Outcomes	Coronary Heart Disease	608	6.9% (5.8% - 7.9%)	78	4.5% (3.9% - 5.2%)
Health Outcomes	COPD	363	7.1% (5.8% - 8.7%)	144	5.5% (4.5% - 6.6%)
Health Outcomes	Arthritis	748	30.3% (26.3% - 34.9%)	347	22.8% (19.3% - 26.2%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.1% - 3.9%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	Cancer (except skin)	841	9.6% (8.6% - 10.6%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	Stroke	601	3.5% (3.0% - 4.1%)	116	2.4% (2.1% - 2.7%)
Health Outcomes	High Cholesterol	465	36.2% (31.6% - 40.8%)	33	28.0% (24.0% - 32.3%)
Health Outcomes	Depression	74	16.5% (13.6% - 20.0%)	138	18.2% (14.9% - 21.7%)
Prevention	Health Insurance	178	6.5% (4.8% - 8.6%)	143	6.8% (5.0% - 9.1%)
Prevention	Cholesterol Screening	92	85.0% (82.3% - 87.5%)	212	80.1% (76.6% - 83.4%)
Prevention	Core preventive services for older men	282	45.7% (37.2% - 54.3%)	238	46.1% (37.4% - 54.5%)
Prevention	Taking BP Medication	216	81.6% (78.4% - 84.4%)	801	57.7% (52.8% - 62.5%)
Prevention	Mammography	101	79.1% (75.7% - 82.5%)	45	78.0% (73.8% - 81.9%)
Prevention	Annual Checkup	234	76.4% (71.8% - 80.6%)	686	71.8% (66.6% - 76.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	296	41.3% (33.9% - 49.5%)	138	43.9% (36.8% - 51.2%)
Prevention	Dental Visit	84	72.5% (69.2% - 75.6%)	96	71.7% (68.2% - 75.1%)
Prevention	Cervical Cancer Screening	196	84.6% (82.3% - 87.0%)	168	84.4% (82.2% - 86.9%)
Prevention	Colorectal Cancer Screening	10	77.2% (74.5% - 79.9%)	40	75.6% (72.5% - 78.6%)
Disability	Any Disability	396	24.9% (21.2% - 29.3%)	133	20.8% (17.3% - 24.5%)
Disability	Hearing Disability	645	8.0% (6.9% - 9.2%)	79	5.4% (4.7% - 6.2%)
Disability	Independent Living Disability	299	6.2% (5.1% - 7.5%)	160	5.5% (4.6% - 6.5%)
Disability	Vision Disability	271	3.7% (3.1% - 4.6%)	135	3.1% (2.6% - 3.6%)
Disability	Self-care Disability	267	3.1% (2.6% - 3.7%)	123	2.5% (2.1% - 2.9%)
Disability	Cognitive Disability	105	9.8% (8.2% - 11.7%)	156	10.5% (8.6% - 12.5%)
Disability	Mobility Disability	490	11.9% (9.7% - 14.2%)	159	8.5% (7.0% - 10.1%)

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)

Sumner 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		