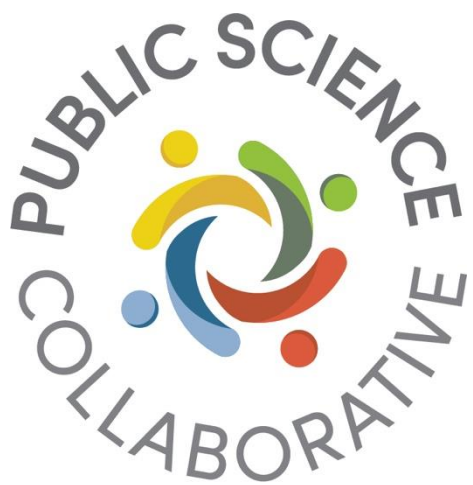




Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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.

Iowa Community Health Snapshot Series

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Health in Tama: Overview

Dear Community Members & Stakeholders of Tama,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	252nd	32nd	Cancer (except skin)	11th	4th
Cancer (except skin)	302nd	34th	Binge Drinking	24th	7th
High Blood Pressure	373rd	42nd	Taking BP Medication	79th	16th
Annual Checkup	448th	48th	Annual Checkup	127th	17th
High Cholesterol	465th	60th	Core preventive services for older men	417th	44th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Dental Visit	952nd	100th	Obesity	902nd	101st
Cognitive Disability	947th	99th	Any Disability	901st	100th
Health Insurance	946th	98th	Dental Visit	899th	100th
Physical Inactivity	945th	99th	Physical Inactivity	898th	99th
Obesity	943rd	101st	Colorectal Cancer Screening	897th	101st

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 Tama.

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

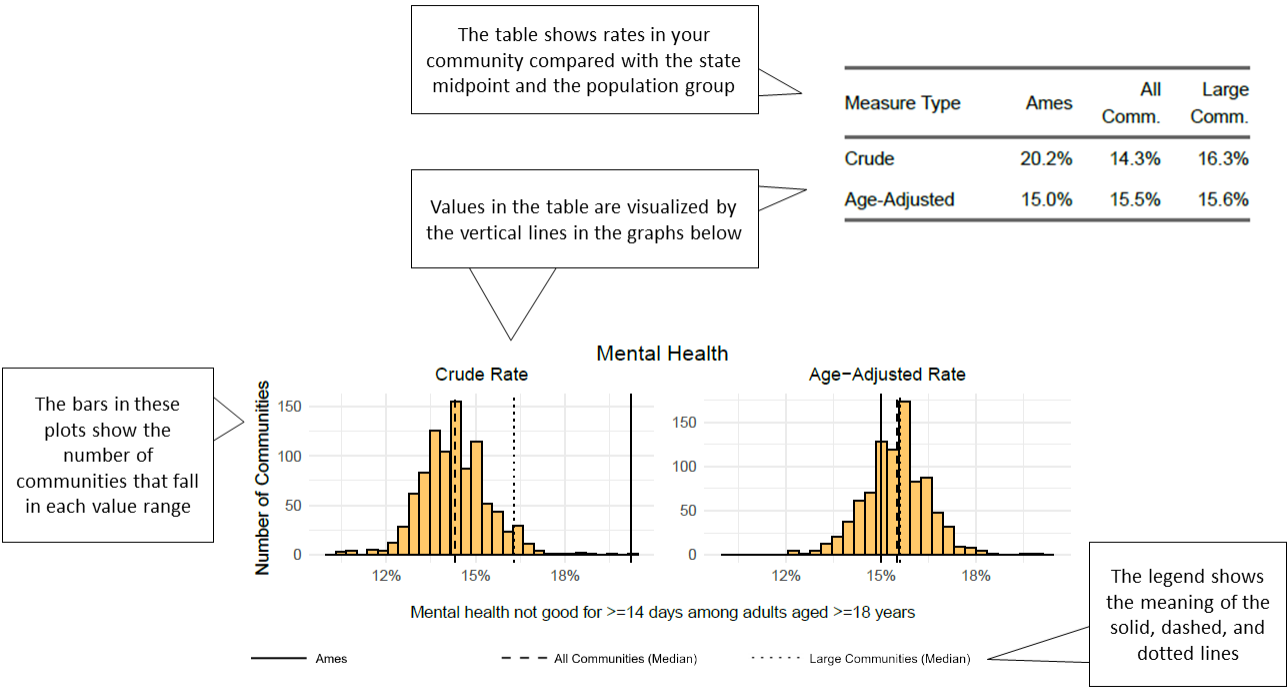
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Tama that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Tama, a review of risky behaviors in the community,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

With a population of 3,073, Tama’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

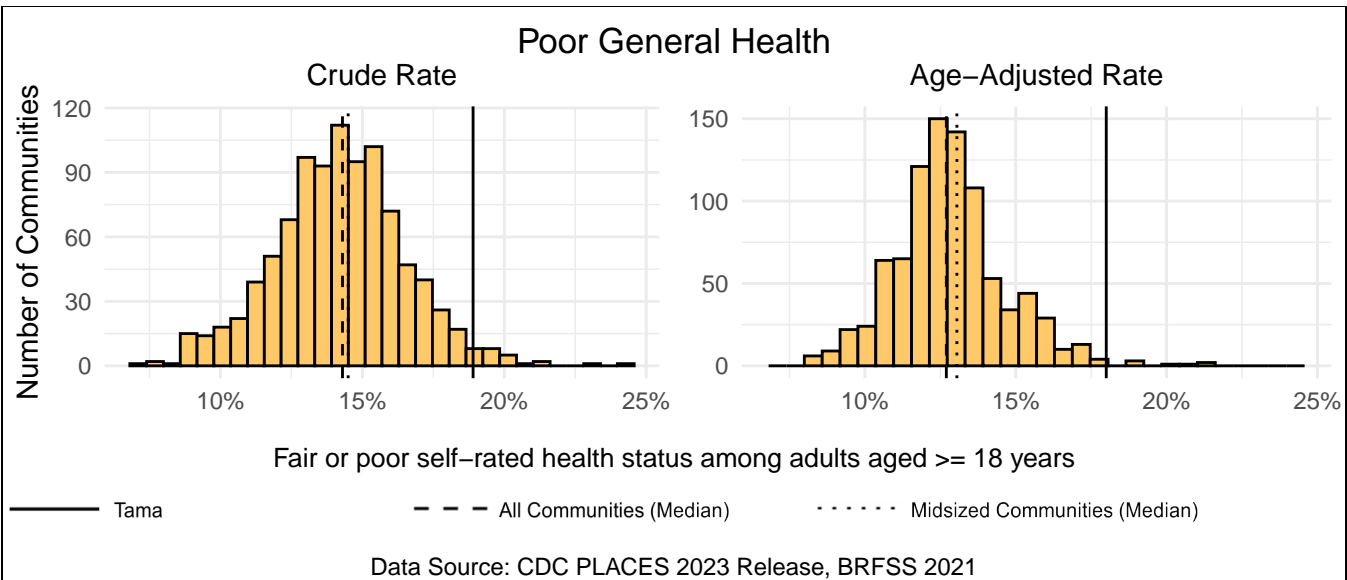
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Tama has a crude rate of 18.9% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 935th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Tama is 18.0%, which ranks 897th out of 905 Iowa communities (99th out of 102 mid-sized communities).

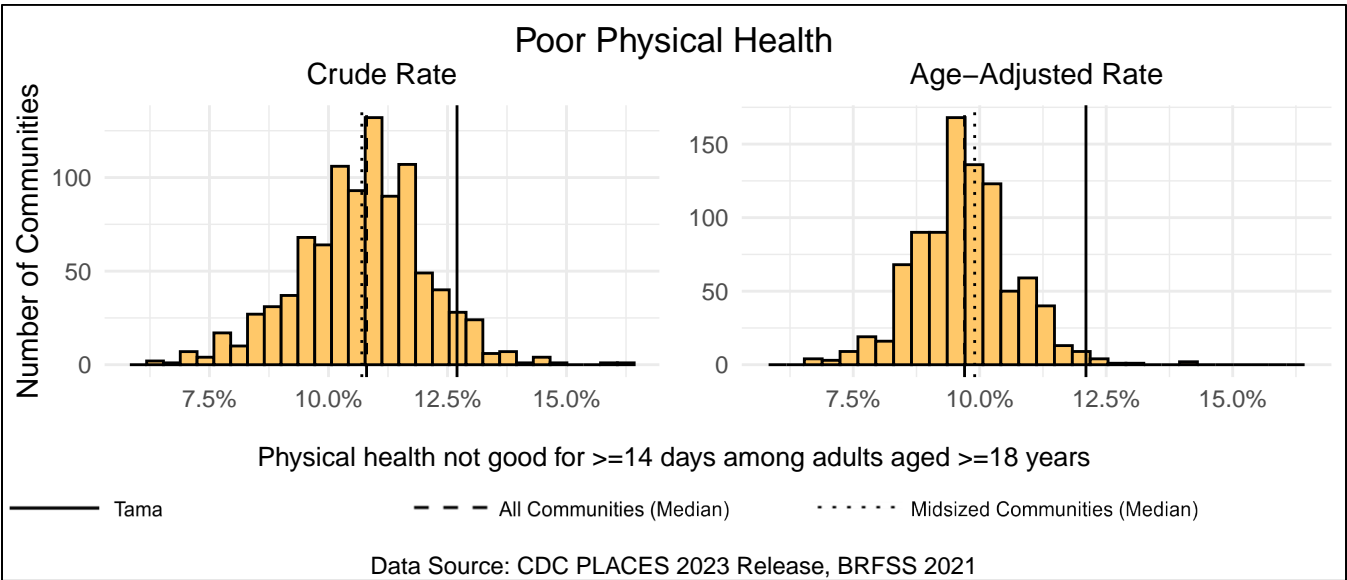
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	18.9%	14.3%	14.5%
Age-Adjusted	18.0%	12.7%	13.0%



Poor Physical Health

Tama has a crude rate of 12.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 893rd out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for Tama is 12.1%, which ranks 896th out of 905 Iowa communities (98th out of 102 mid-sized communities).

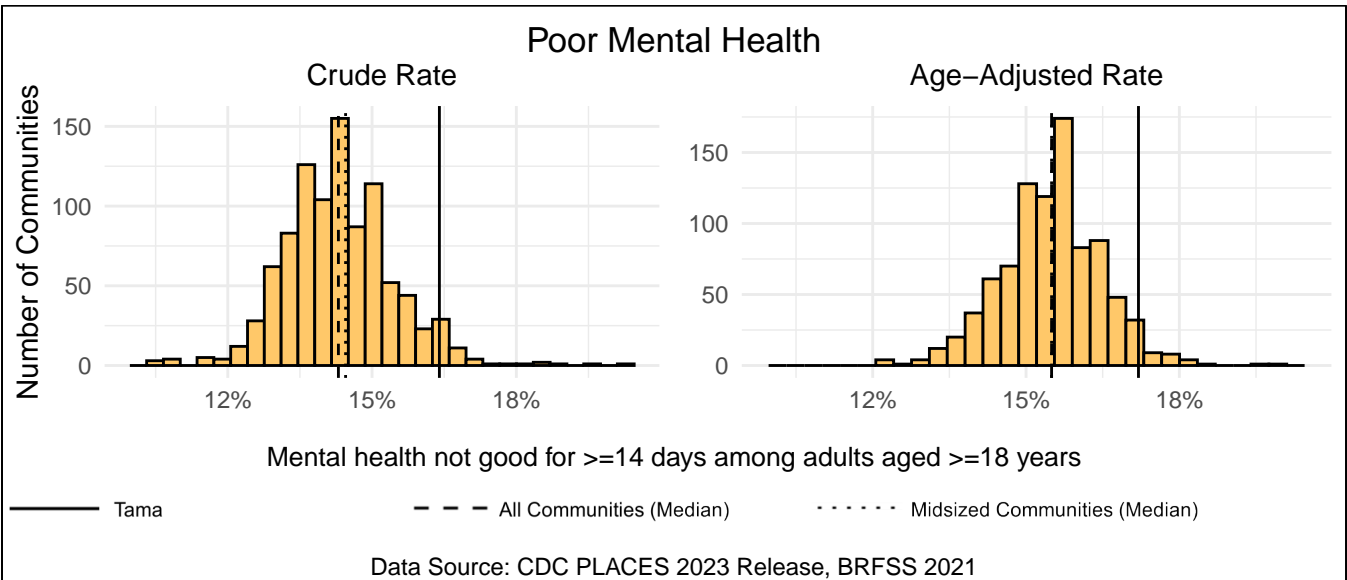
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	12.7%	10.8%	10.7%
Age-Adjusted	12.1%	9.7%	9.9%



Poor Mental Health

Tama has a crude rate of 16.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 917th out of 958 Iowa communities (94th out of 102 mid-sized communities). The age-adjusted rate for Tama is 17.2%, which ranks 865th out of 905 Iowa communities (93rd out of 102 mid-sized communities).

Measure Type	Tama	All Comm.	Midsized Comm.
Crude	16.4%	14.3%	14.4%
Age-Adjusted	17.2%	15.5%	15.5%



Health Risk Behaviors

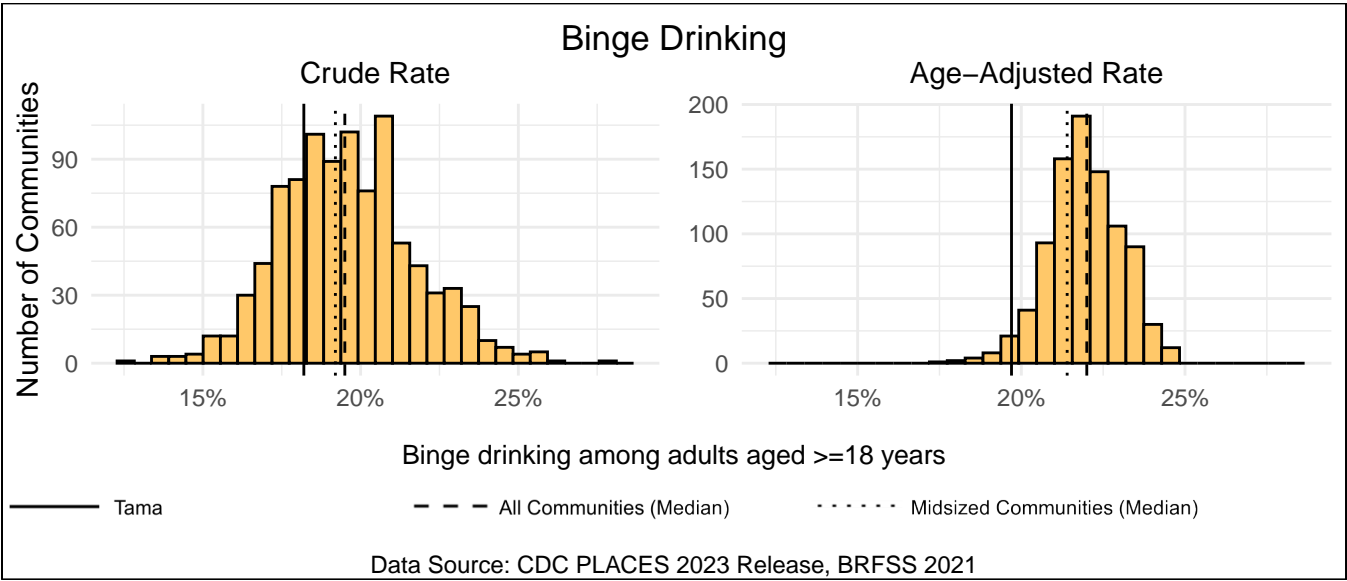
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

Binge Drinking

Tama has a crude rate of 18.2% for binge drinking among adults aged ≥ 18 years, which ranks 252nd out of 958 Iowa communities (32nd out of 102 midsize communities). The age-adjusted rate for Tama is 19.7%, which ranks 24th out of 905 Iowa communities (7th out of 102 midsize communities).

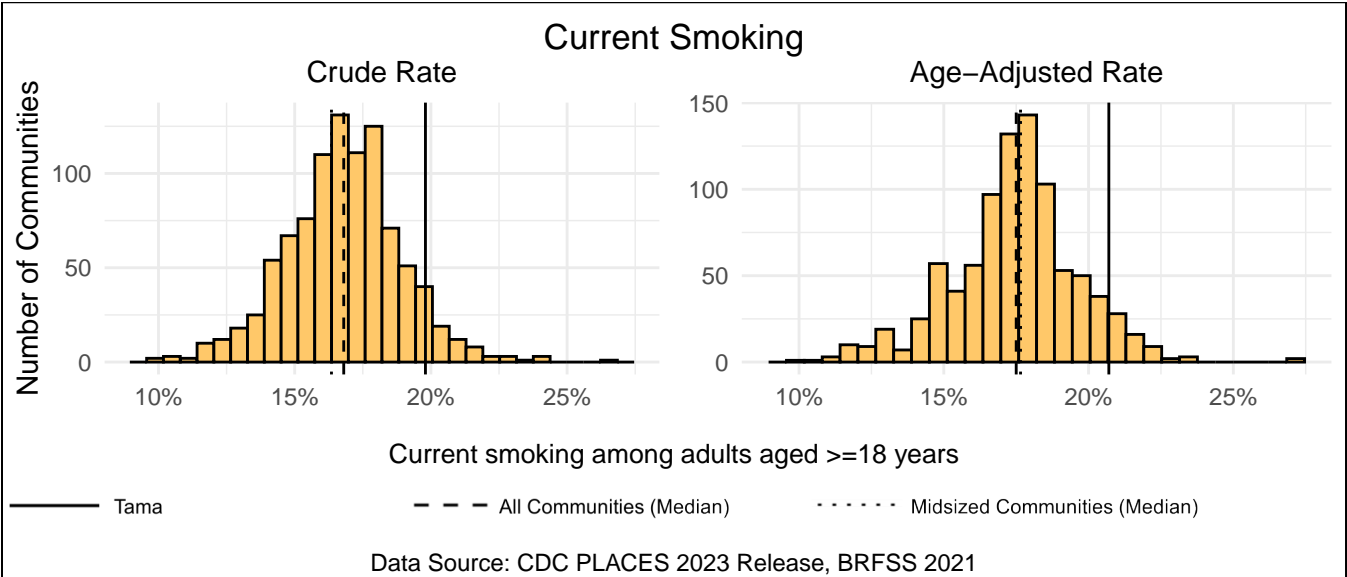
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	18.2%	19.5%	19.2%
Age-Adjusted	19.7%	22.0%	21.4%



Current Smoking

Tama has a crude rate of 19.8% for current smoking among adults aged >=18 years, which ranks 890th out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Tama is 20.7%, which ranks 846th out of 905 Iowa communities (89th out of 102 mid-sized communities).

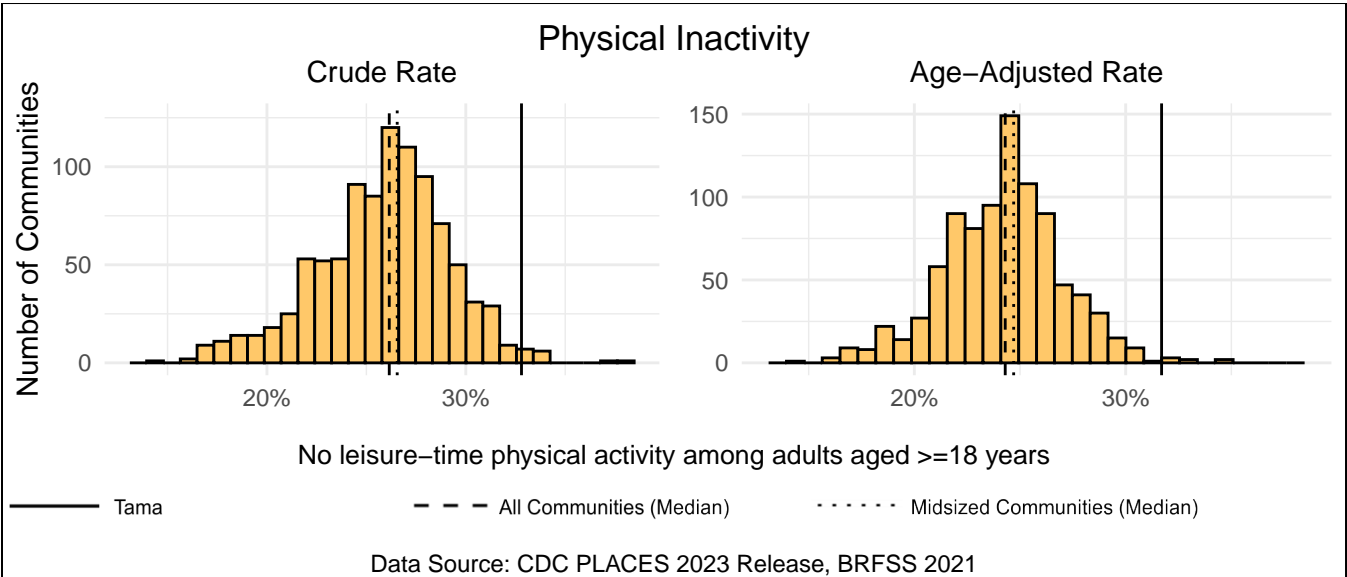
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	19.8%	16.8%	16.4%
Age-Adjusted	20.7%	17.5%	17.6%



Physical Inactivity

Tama has a crude rate of 32.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 945th out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Tama is 31.7%, which ranks 898th out of 905 Iowa communities (99th out of 102 mid-sized communities).

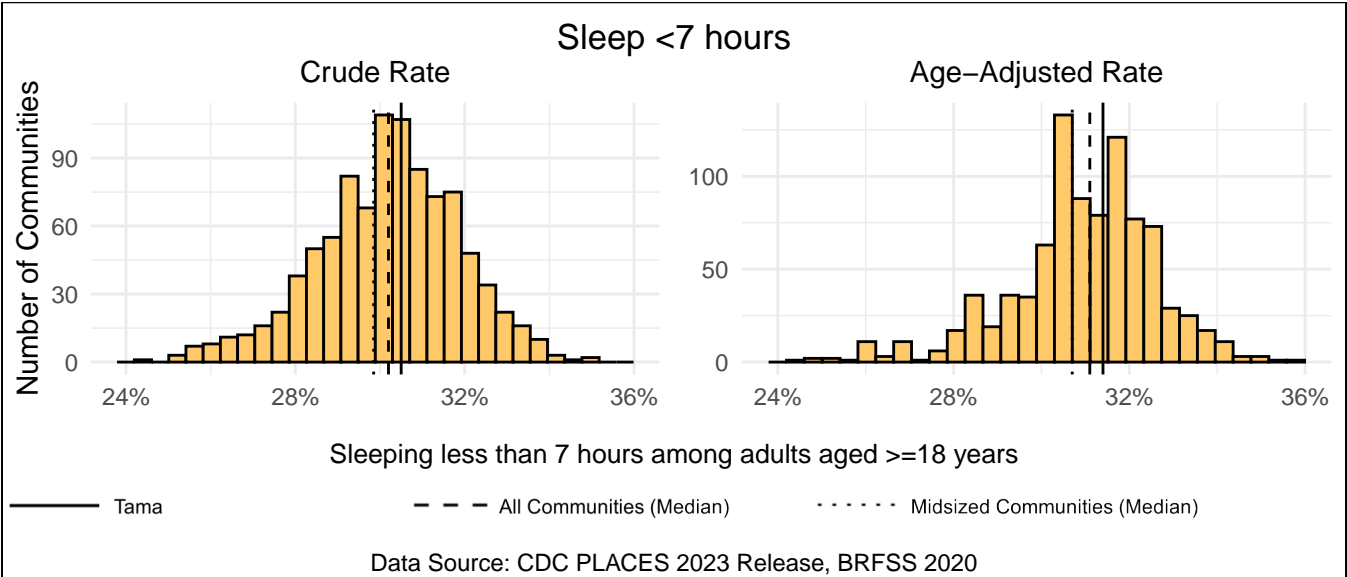
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	32.8%	26.1%	26.6%
Age-Adjusted	31.7%	24.3%	24.7%



Sleep <7 hours

Tama has a crude rate of 30.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 521st out of 958 Iowa communities (60th out of 102 midsize communities). The age-adjusted rate for Tama is 31.4%, which ranks 506th out of 905 Iowa communities (63rd out of 102 midsize communities).

Measure Type	Tama	All Comm.	Midsized Comm.
Crude	30.5%	30.2%	29.8%
Age-Adjusted	31.4%	31.1%	30.7%



Health Outcomes

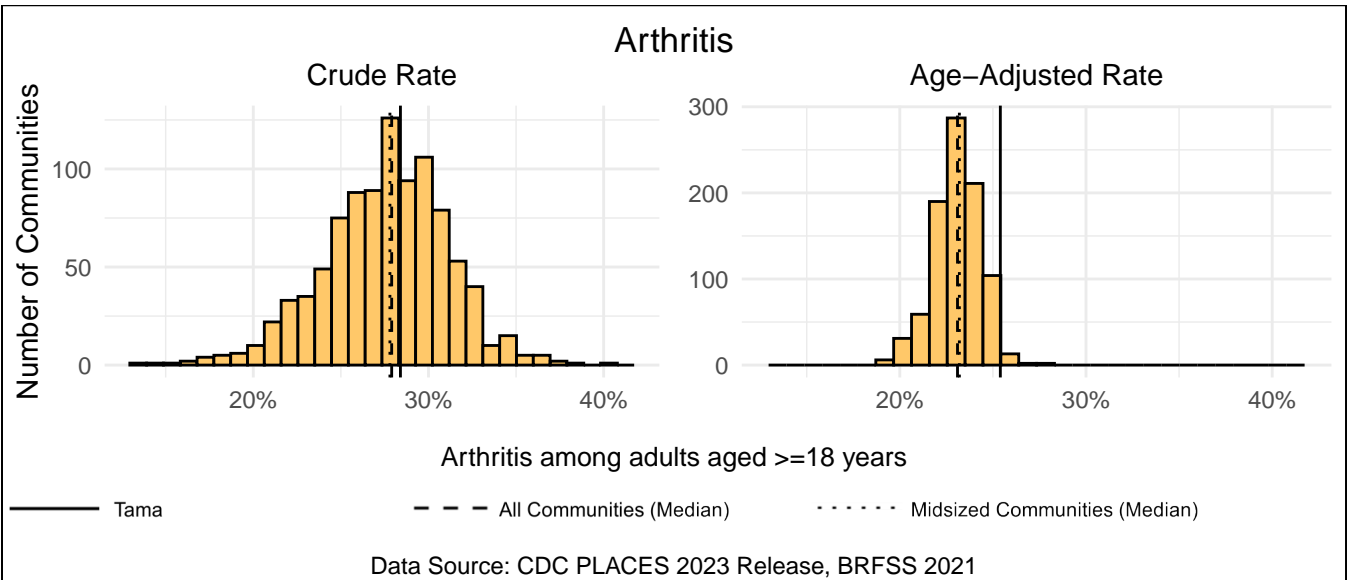
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-outcomes/index.html>

Arthritis

Tama has a crude rate of 28.4% for arthritis among adults aged ≥ 18 years, which ranks 548th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Tama is 25.4%, which ranks 882nd out of 905 Iowa communities (93rd out of 102 midsized communities).

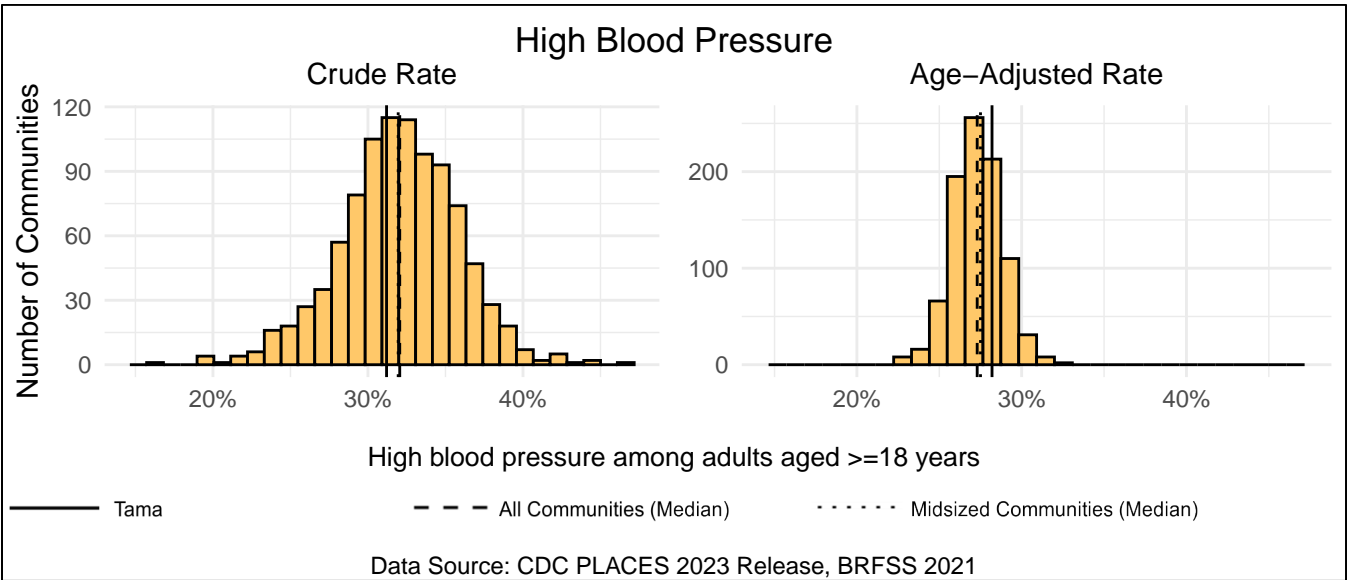
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	28.4%	27.9%	27.8%
Age-Adjusted	25.4%	23.1%	23.2%



High Blood Pressure

Tama has a crude rate of 31.2% for high blood pressure among adults aged ≥ 18 years, which ranks 373rd out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Tama is 28.2%, which ranks 662nd out of 905 Iowa communities (65th out of 102 mid-sized communities).

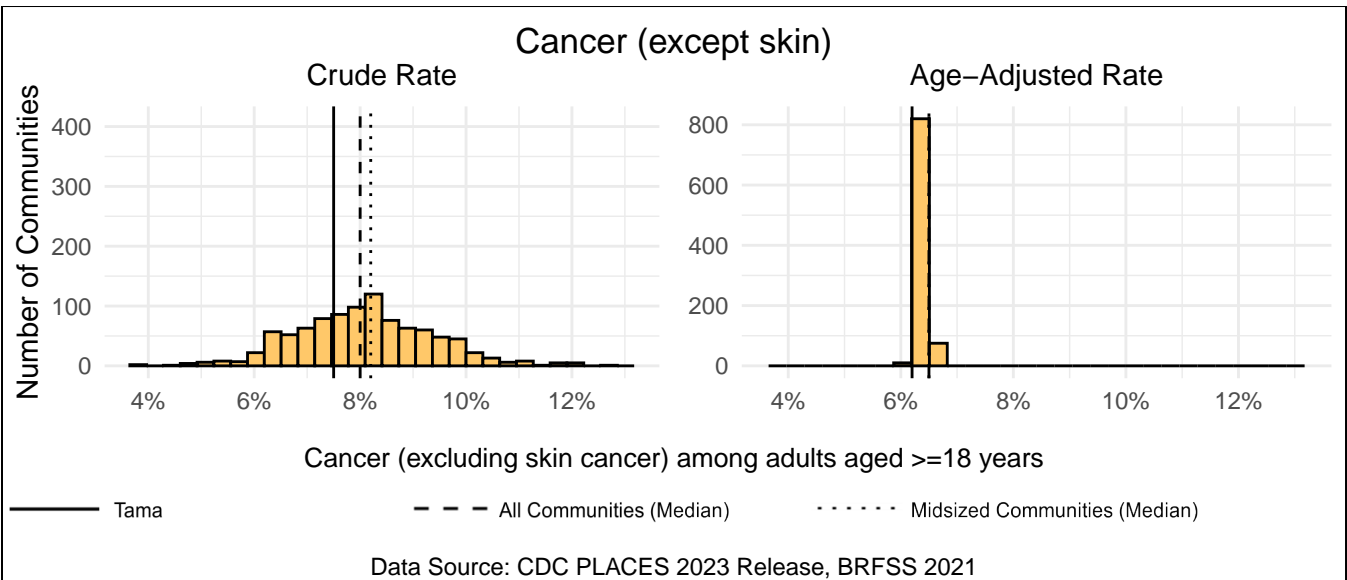
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	31.2%	32.0%	32.0%
Age-Adjusted	28.2%	27.3%	27.5%



Cancer (except skin)

Tama has a crude rate of 7.5% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 302nd out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Tama is 6.2%, which ranks 11th out of 905 Iowa communities (4th out of 102 mid-sized communities).

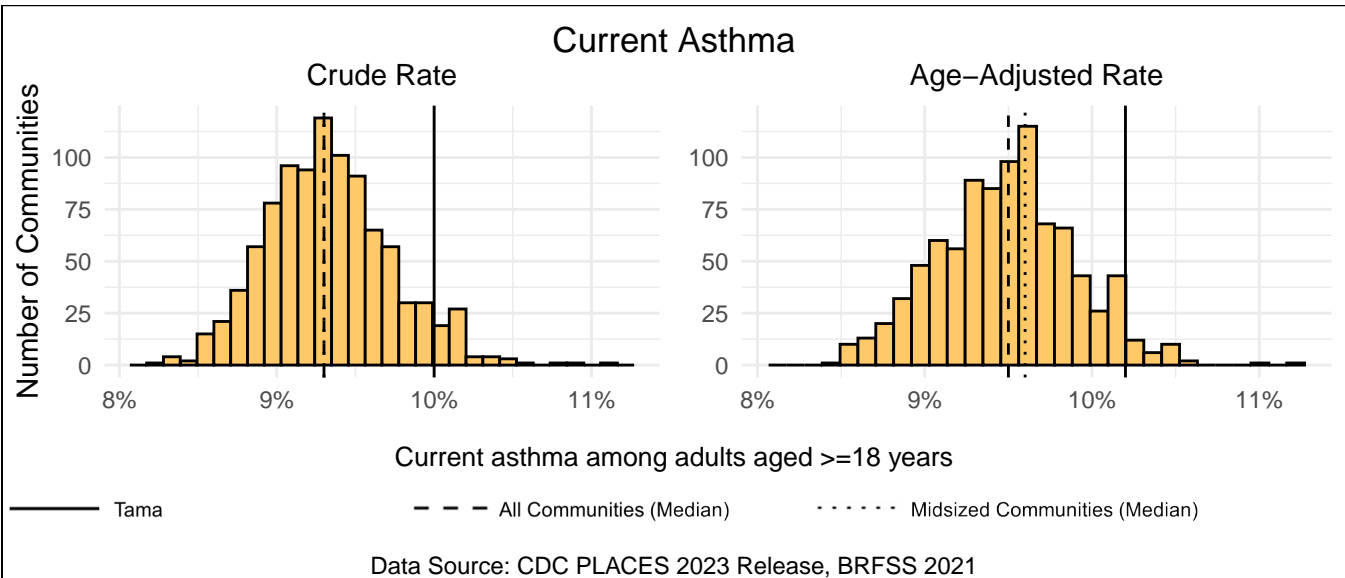
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	7.5%	8.0%	8.2%
Age-Adjusted	6.2%	6.5%	6.5%



Current Asthma

Tama has a crude rate of 10.0% for current asthma among adults aged ≥ 18 years, which ranks 898th out of 958 Iowa communities (92nd out of 102 midsize communities). The age-adjusted rate for Tama is 10.2%, which ranks 856th out of 905 Iowa communities (91st out of 102 midsize communities).

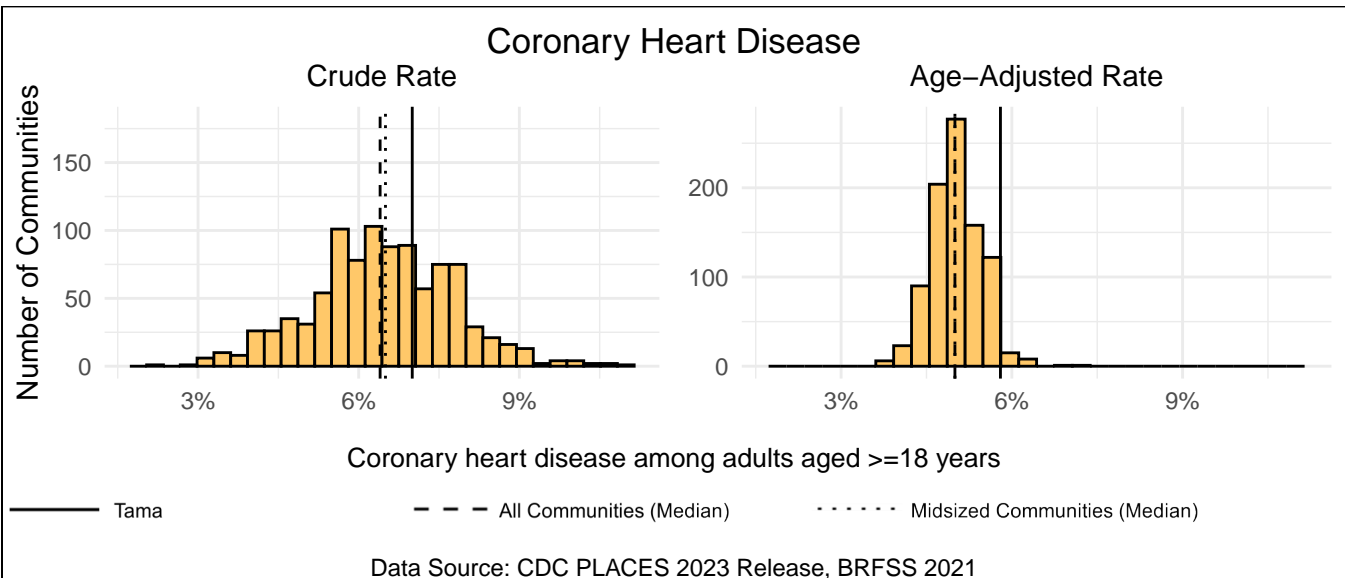
Measure Type	Tama	All Comm.	Midsize Comm.
Crude	10.0%	9.3%	9.3%
Age-Adjusted	10.2%	9.5%	9.6%



Coronary Heart Disease

Tama has a crude rate of 7.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 632nd out of 958 Iowa communities (67th out of 102 midsize communities). The age-adjusted rate for Tama is 5.8%, which ranks 865th out of 905 Iowa communities (93rd out of 102 midsize communities).

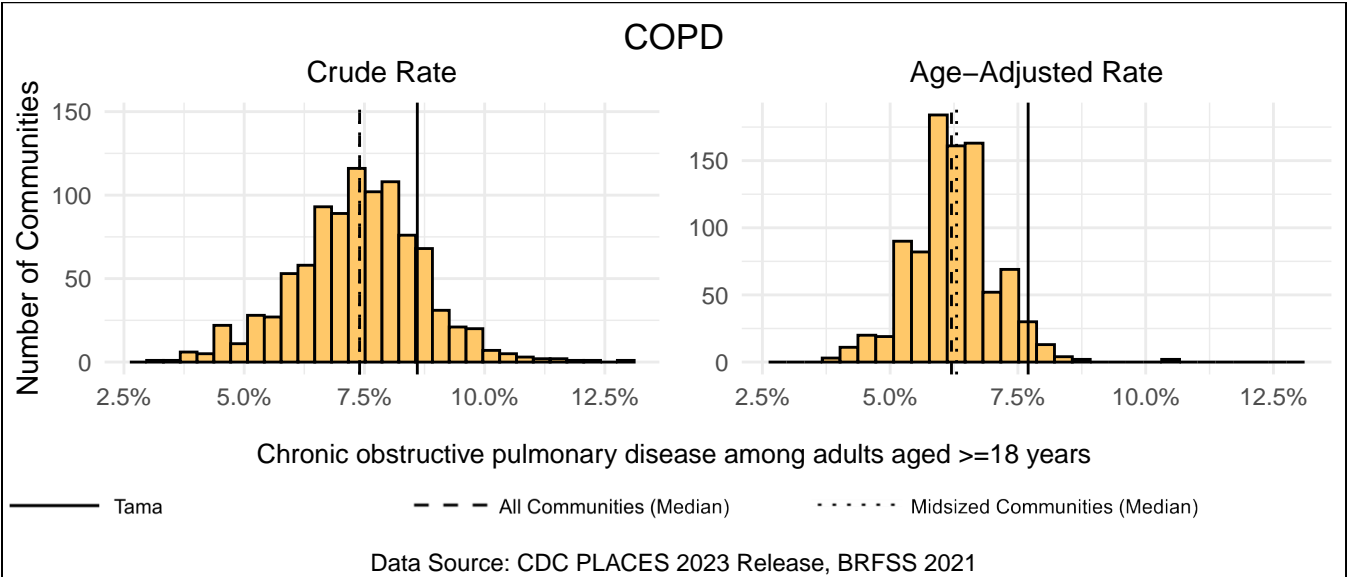
Measure Type	Tama	All Comm.	Midsize Comm.
Crude	7.0%	6.4%	6.5%
Age-Adjusted	5.8%	5.0%	5.0%



COPD

Tama has a crude rate of 8.6% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 797th out of 958 Iowa communities (83rd out of 102 midsize communities). The age-adjusted rate for Tama is 7.7%, which ranks 865th out of 905 Iowa communities (90th out of 102 midsize communities).

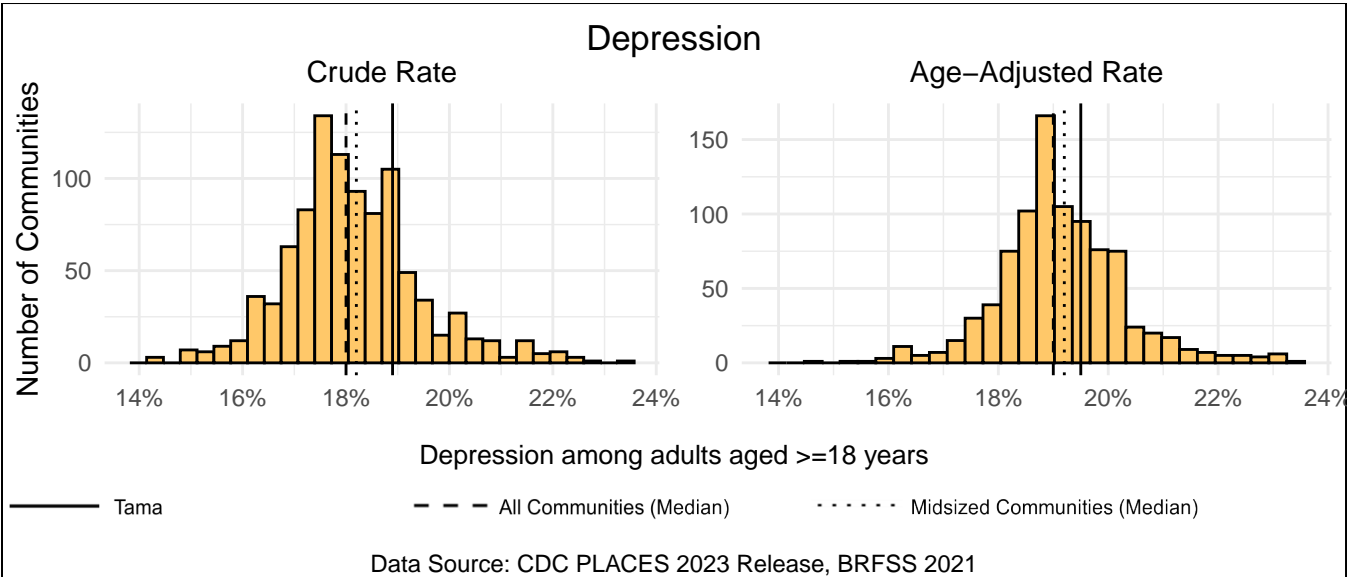
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	8.6%	7.4%	7.4%
Age-Adjusted	7.7%	6.2%	6.3%



Depression

Tama has a crude rate of 18.9% for depression among adults aged >=18 years, which ranks 730th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Tama is 19.5%, which ranks 598th out of 905 Iowa communities (64th out of 102 midsize communities).

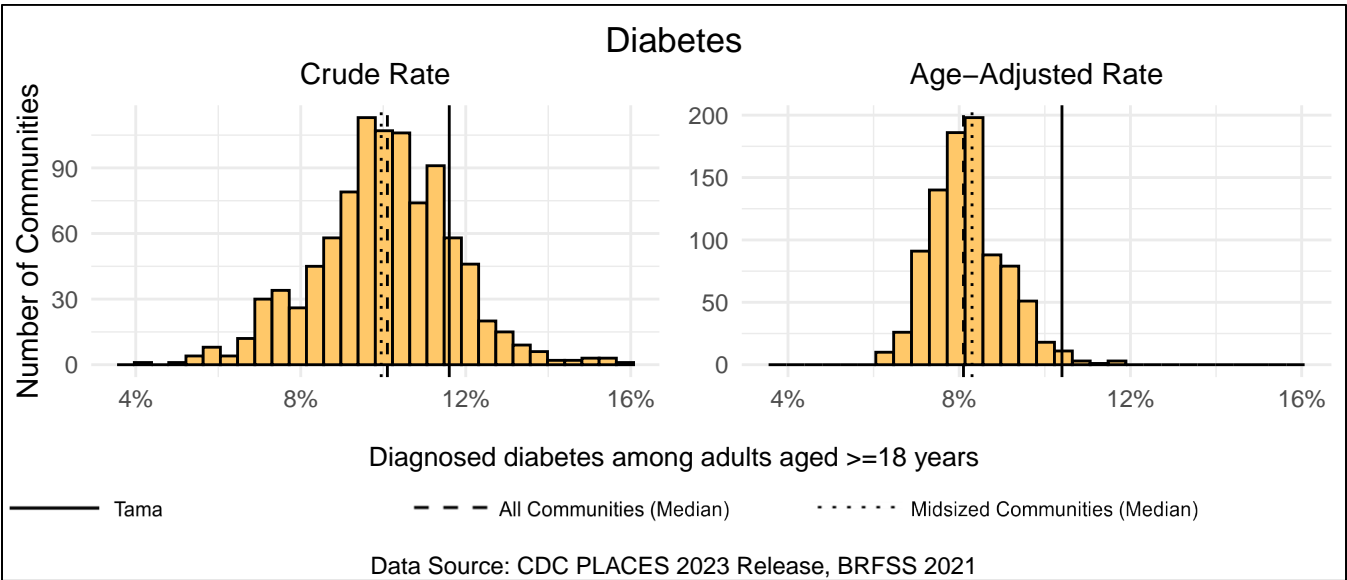
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	18.9%	18.0%	18.2%
Age-Adjusted	19.5%	19.0%	19.2%



Diabetes

Tama has a crude rate of 11.6% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 806th out of 958 Iowa communities (84th out of 102 midsize communities). The age-adjusted rate for Tama is 10.4%, which ranks 891st out of 905 Iowa communities (97th out of 102 midsize communities).

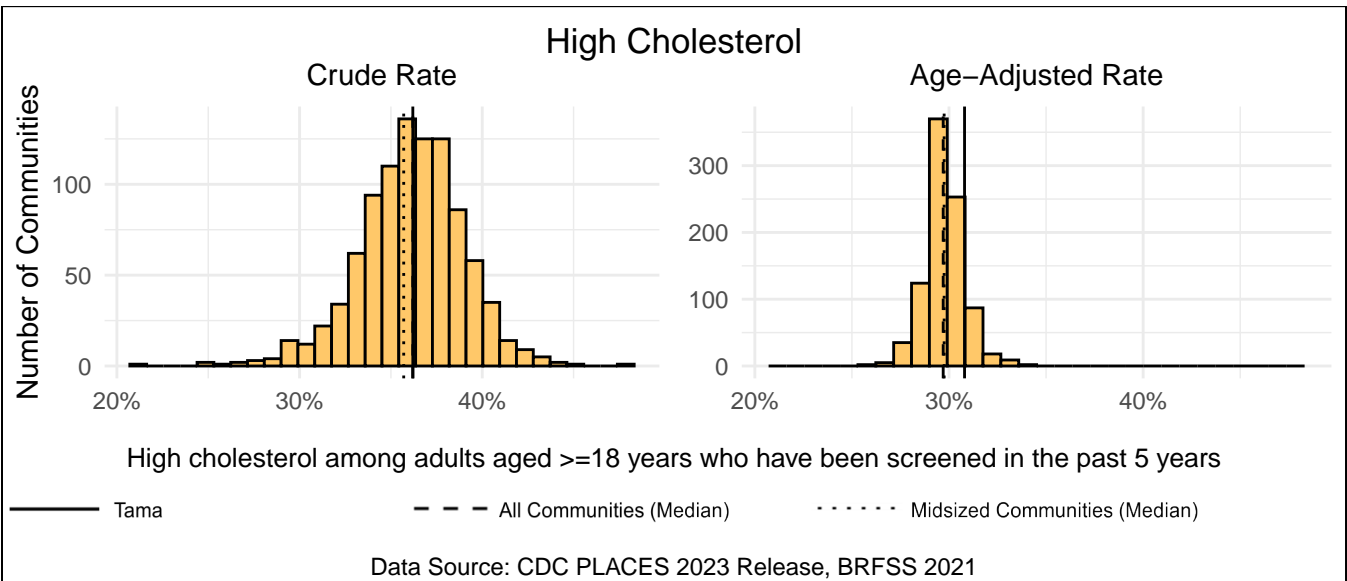
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	11.6%	10.1%	9.9%
Age-Adjusted	10.4%	8.1%	8.3%



High Cholesterol

Tama 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 (60th out of 102 midsize communities). The age-adjusted rate for Tama is 30.8%, which ranks 777th out of 905 Iowa communities (85th out of 102 midsize communities).

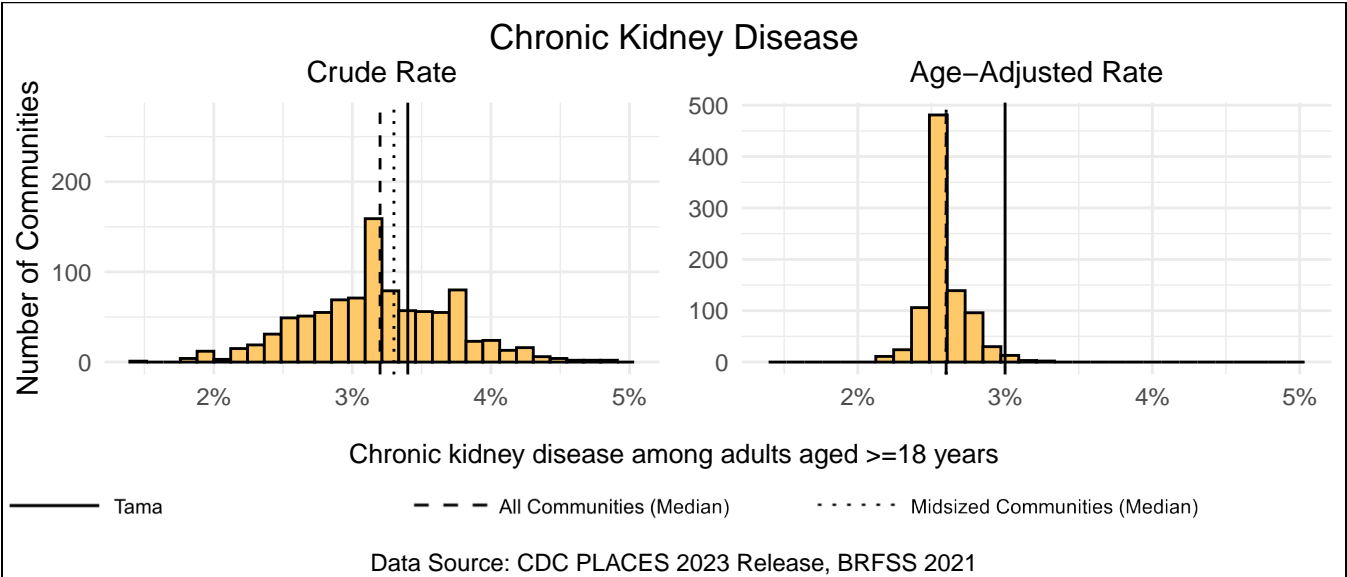
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	36.2%	36.2%	35.7%
Age-Adjusted	30.8%	29.7%	29.8%



Chronic Kidney Disease

Tama has a crude rate of 3.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 619th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Tama is 3.0%, which ranks 888th out of 905 Iowa communities (97th out of 102 mid-sized communities).

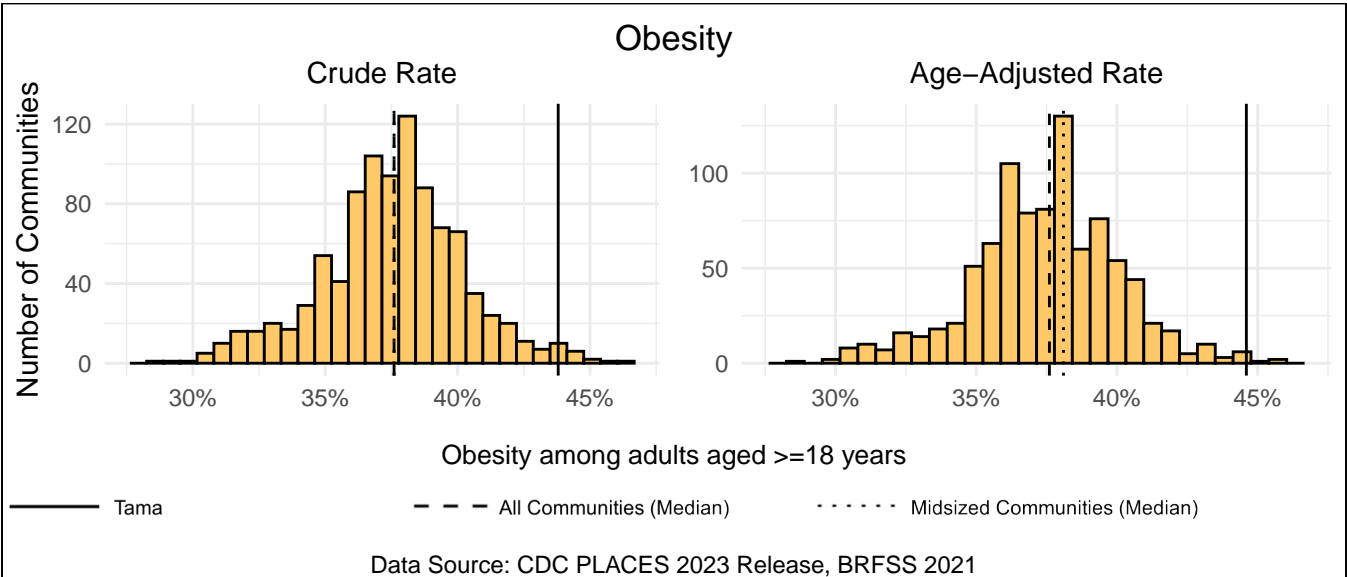
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	3.4%	3.2%	3.3%
Age-Adjusted	3.0%	2.6%	2.6%



Obesity

Tama has a crude rate of 43.8% for obesity among adults aged ≥ 18 years, which ranks 943rd out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Tama is 44.6%, which ranks 902nd out of 905 Iowa communities (101st out of 102 mid-sized communities).

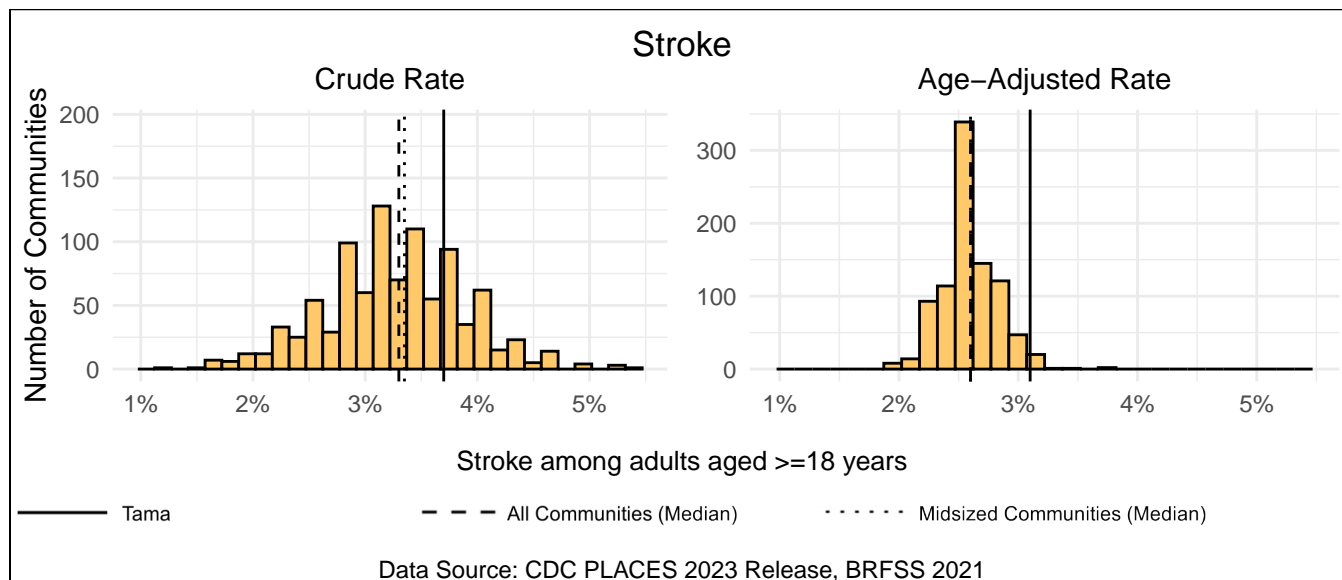
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	43.8%	37.6%	37.6%
Age-Adjusted	44.6%	37.6%	38.1%



Stroke

Tama has a crude rate of 3.7% for stroke among adults aged ≥ 18 years, which ranks 703rd out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Tama is 3.1%, which ranks 882nd out of 905 Iowa communities (94th out of 102 midsize communities).

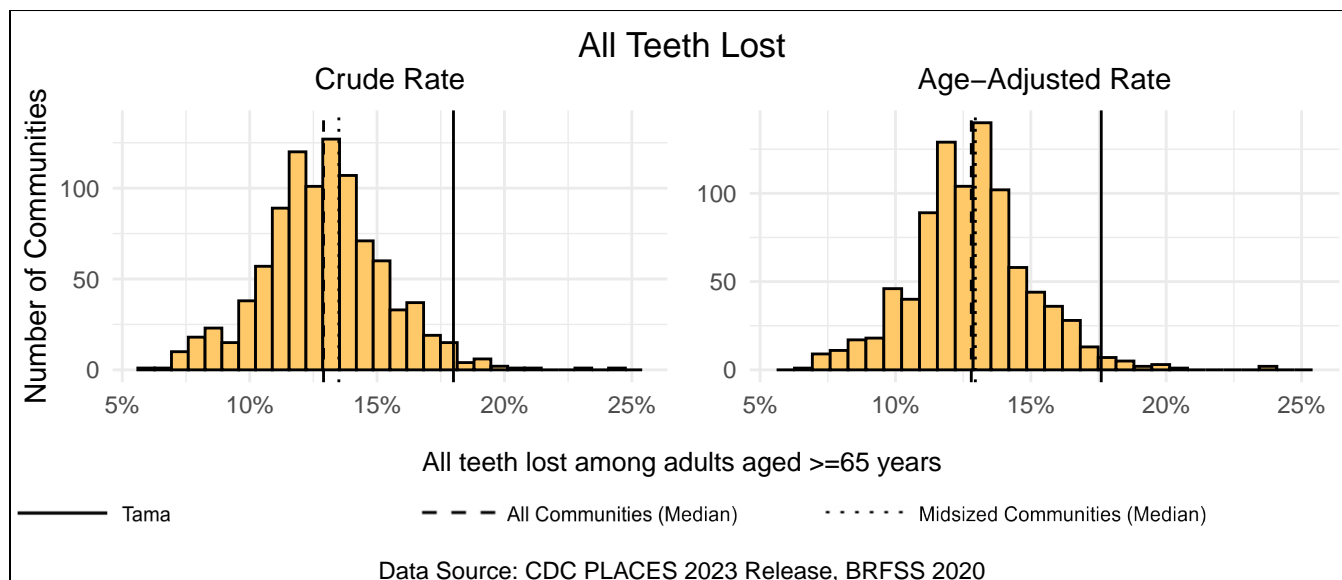
Measure Type	Tama	All Comm.	Midsize Comm.
Crude	3.7%	3.3%	3.3%
Age-Adjusted	3.1%	2.6%	2.6%



All Teeth Lost

Tama has a crude rate of 18.0% for all teeth lost among adults aged ≥ 65 years, which ranks 939th out of 958 Iowa communities (97th out of 102 midsize communities). The age-adjusted rate for Tama is 17.6%, which ranks 888th out of 905 Iowa communities (98th out of 102 midsize communities).

Measure Type	Tama	All Comm.	Midsize Comm.
Crude	18.0%	12.9%	13.5%
Age-Adjusted	17.6%	12.8%	12.9%



Prevention

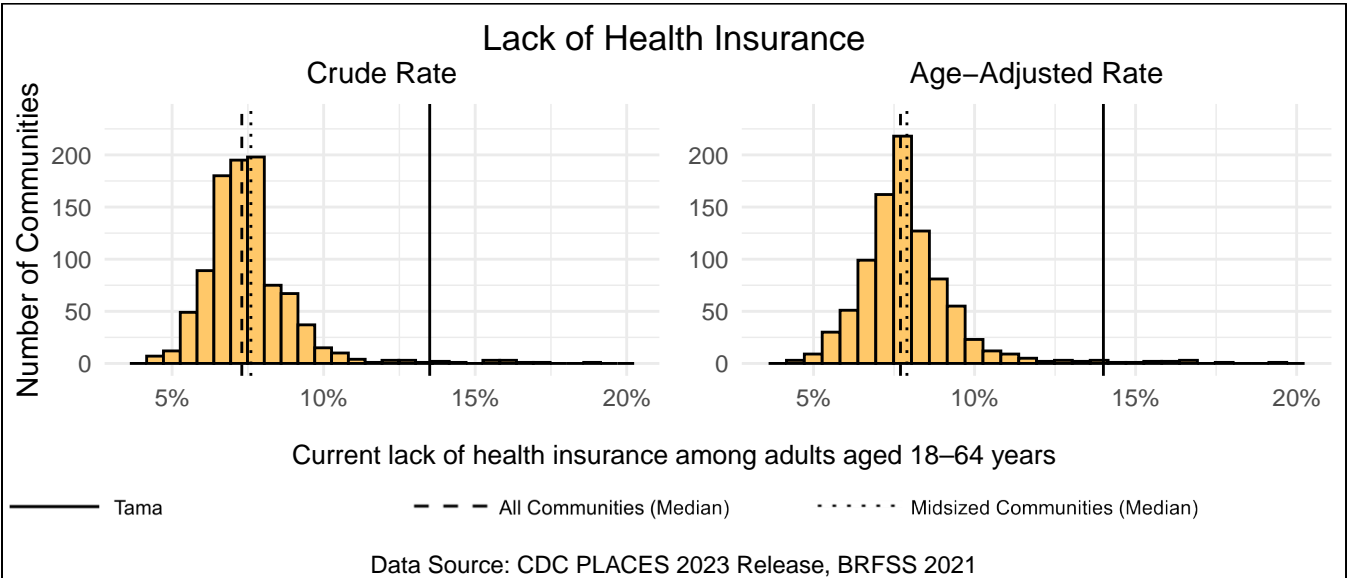
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

Lack of Health Insurance

Tama has a crude rate of 13.5% for current lack of health insurance among adults aged 18–64 years, which ranks 946th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Tama is 14.0%, which ranks 894th out of 905 Iowa communities (98th out of 102 mid-sized communities).

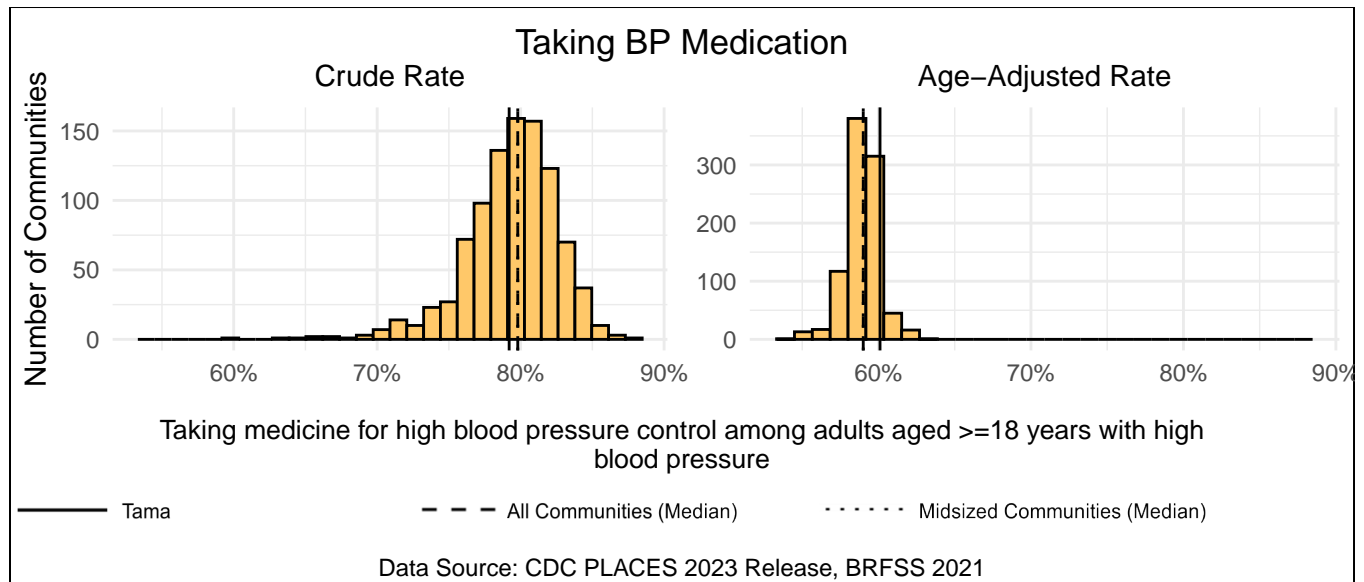
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	13.5%	7.3%	7.6%
Age-Adjusted	14.0%	7.7%	7.9%



Taking BP Medication

Tama has a crude rate of 79.2% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 535th out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Tama is 60.1%, which ranks 79th out of 905 Iowa communities (16th out of 102 mid-sized communities).

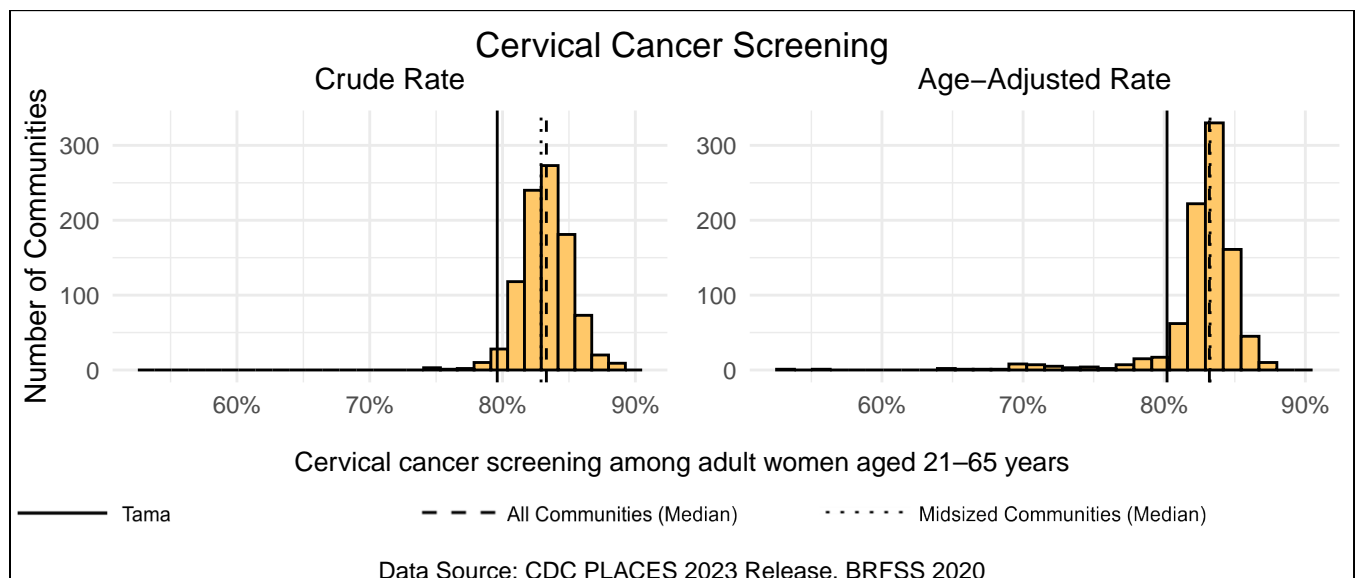
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	79.2%	79.8%	79.8%
Age-Adjusted	60.1%	59.0%	59.0%



Cervical Cancer Screening

Tama has a crude rate of 79.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 935th out of 958 Iowa communities (98th out of 102 mid-sized communities). The age-adjusted rate for Tama is 80.2%, which ranks 833rd out of 905 Iowa communities (99th out of 102 mid-sized communities).

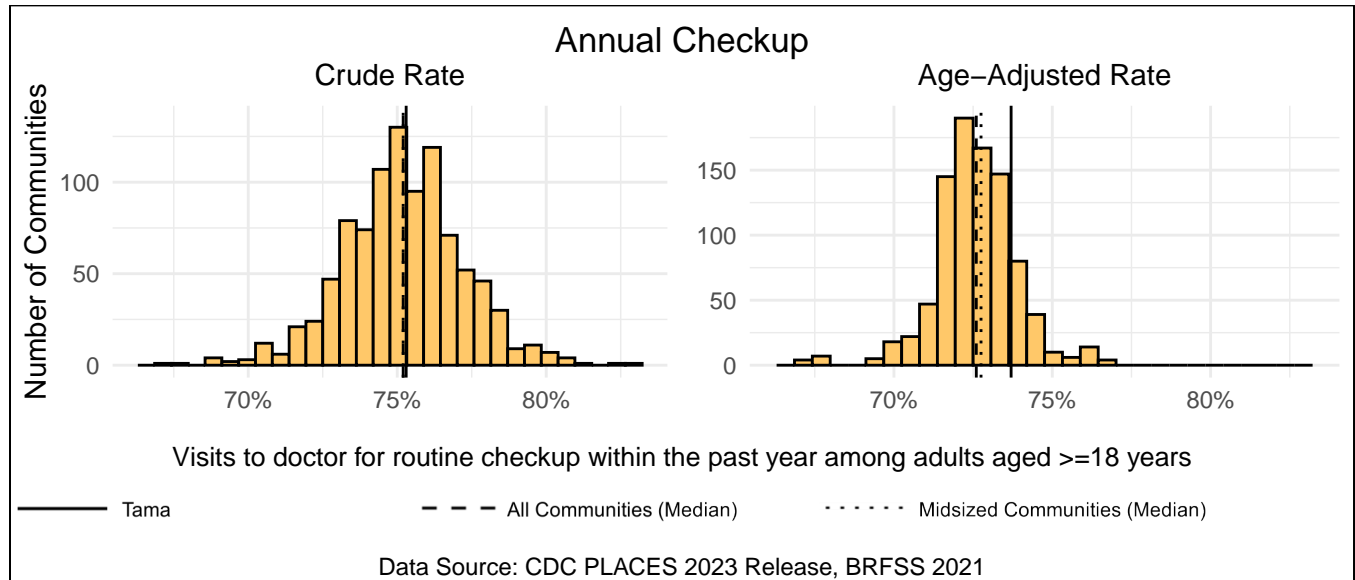
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	79.6%	83.3%	82.9%
Age-Adjusted	80.2%	83.2%	83.2%



Annual Checkup

Tama has a crude rate of 75.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 448th out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Tama is 73.7%, which ranks 127th out of 905 Iowa communities (17th out of 102 midsized communities).

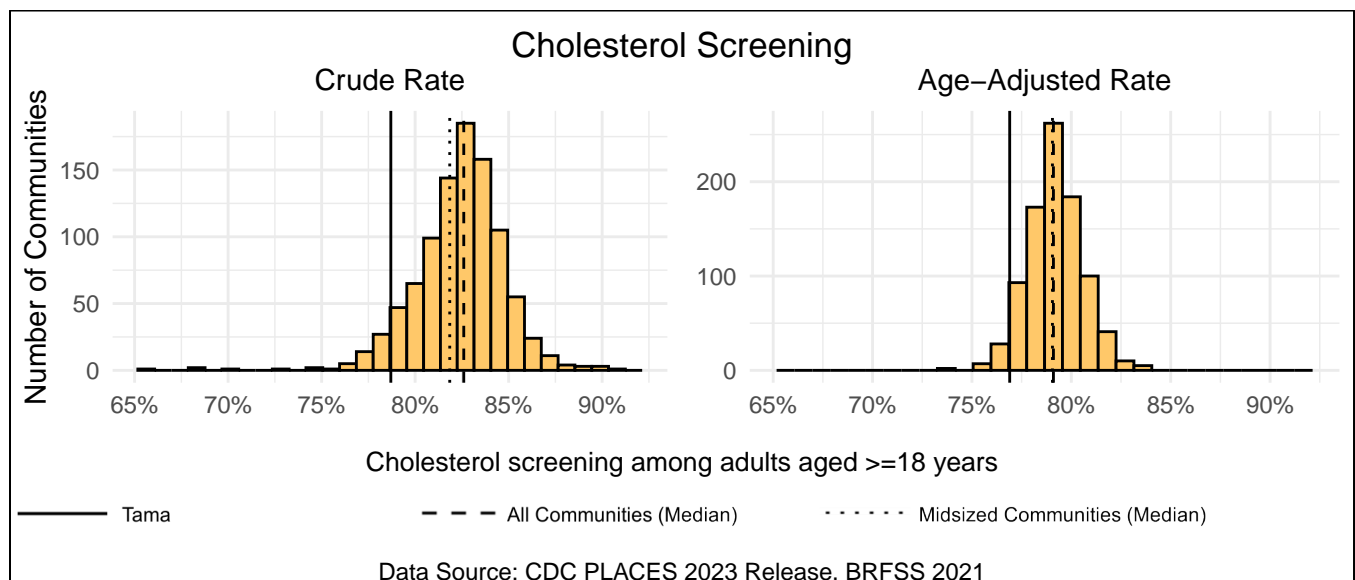
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	75.3%	75.2%	75.2%
Age-Adjusted	73.7%	72.6%	72.8%



Cholesterol Screening

Tama has a crude rate of 78.7% for cholesterol screening among adults aged ≥ 18 years, which ranks 902nd out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Tama is 76.9%, which ranks 863rd out of 905 Iowa communities (90th out of 102 midsized communities).

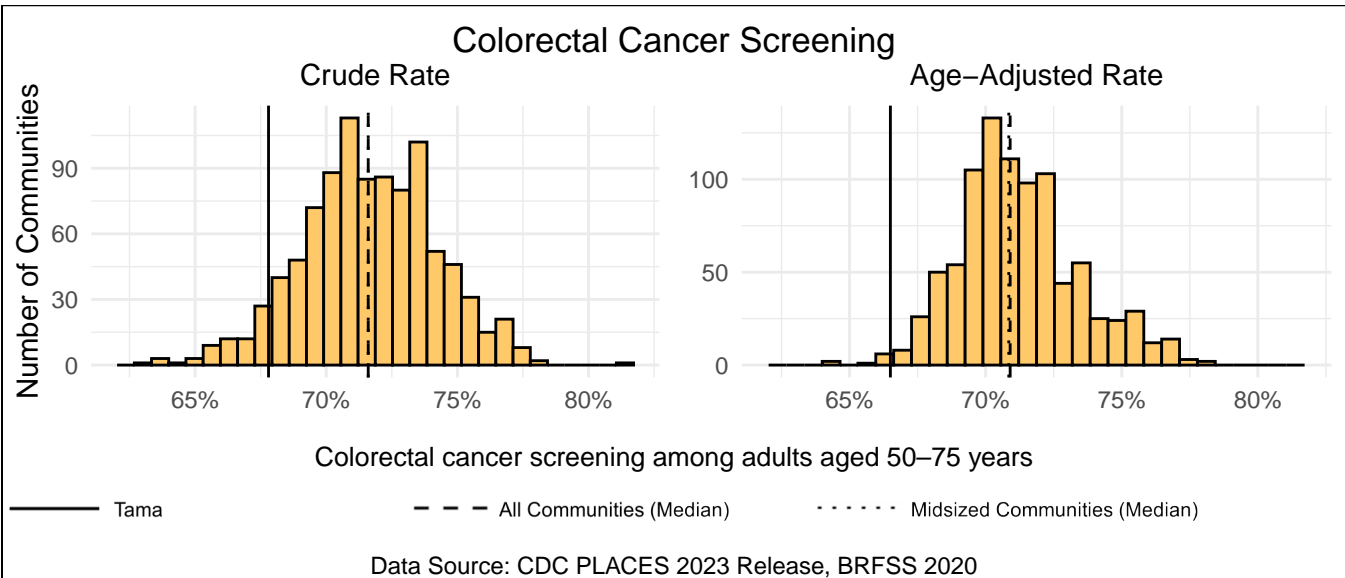
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	78.7%	82.6%	81.8%
Age-Adjusted	76.9%	79.1%	79.0%



Colorectal Cancer Screening

Tama has a crude rate of 67.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 896th out of 958 Iowa communities (99th out of 102 mid-sized communities). The age-adjusted rate for Tama is 66.5%, which ranks 897th out of 905 Iowa communities (101st out of 102 mid-sized communities).

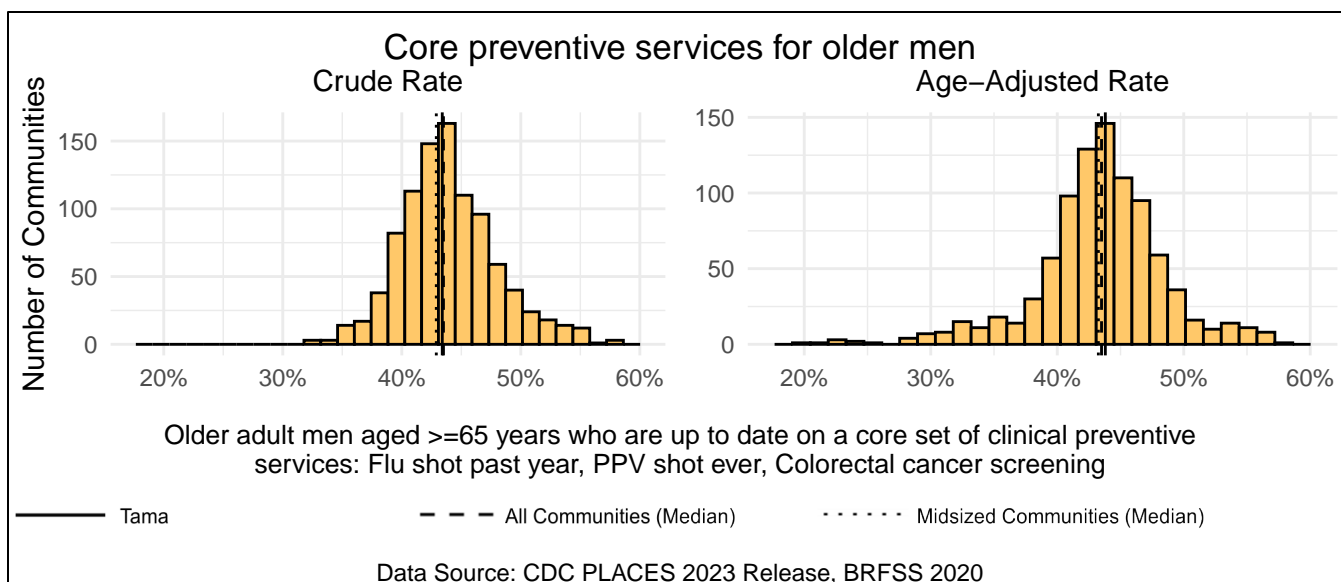
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	67.8%	71.6%	71.6%
Age-Adjusted	66.5%	70.9%	70.8%



Core preventive services for older men

Tama has a crude rate of 43.4% 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 490th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Tama is 43.8%, which ranks 417th out of 905 Iowa communities (44th out of 102 mid-sized communities).

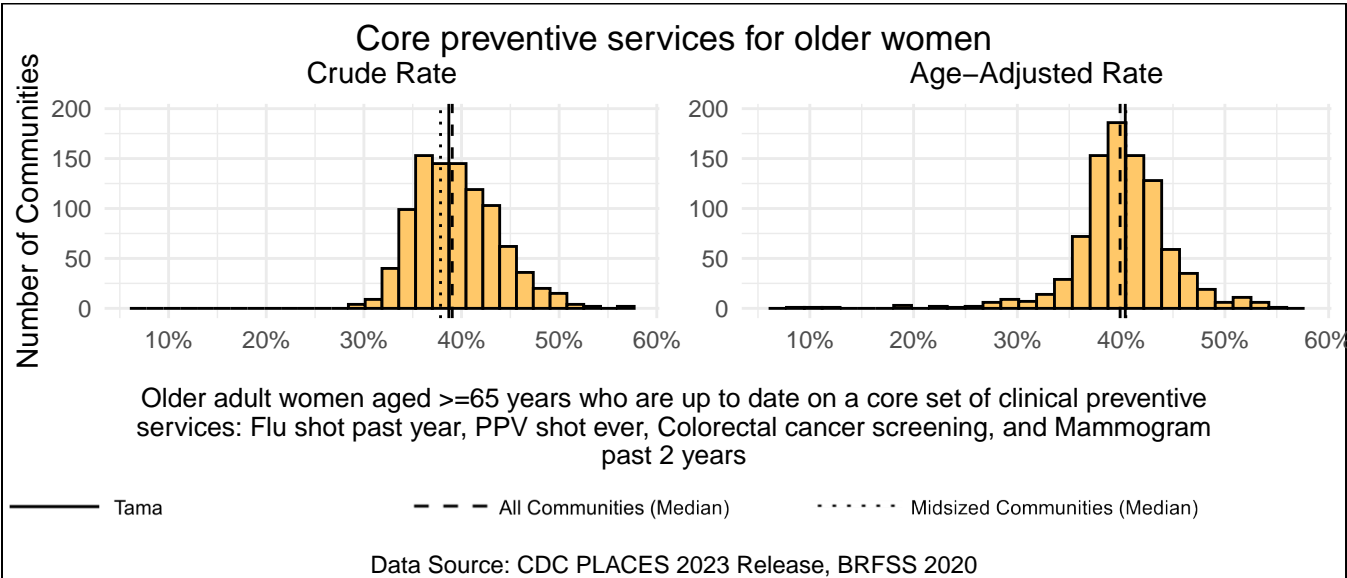
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	43.4%	43.5%	42.9%
Age-Adjusted	43.8%	43.5%	43.2%



Core preventive services for older women

Tama has a crude rate of 38.7% 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 509th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Tama is 40.4%, which ranks 419th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

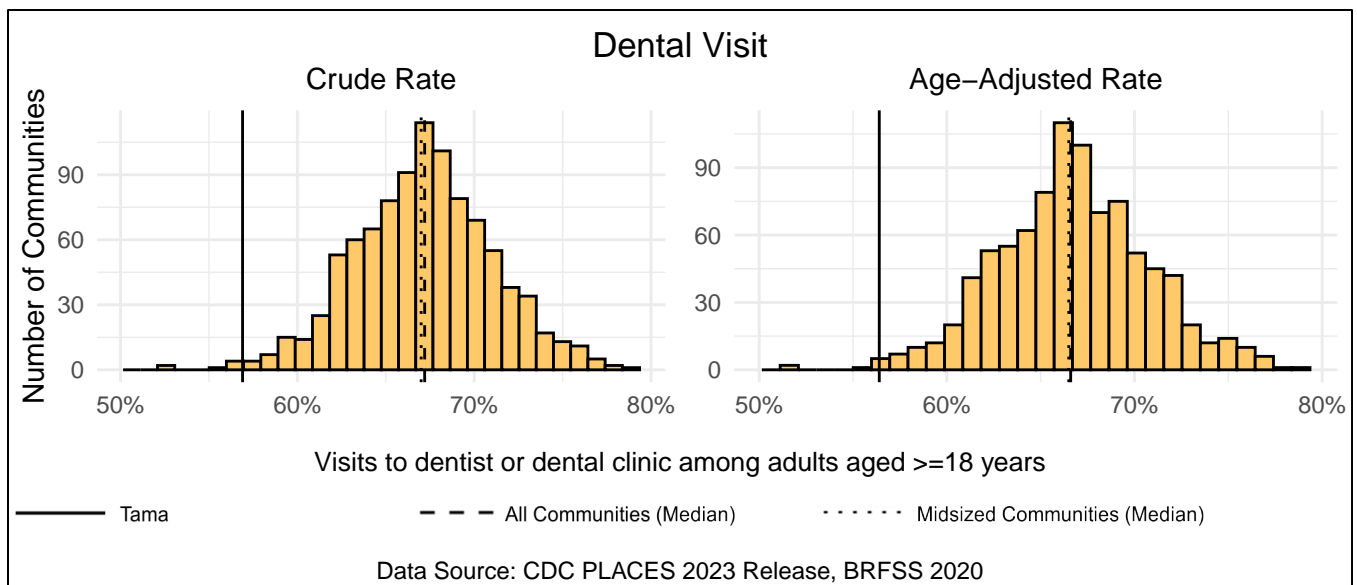
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	38.7%	39.0%	37.8%
Age-Adjusted	40.4%	39.9%	40.4%



Dental Visit

Tama has a crude rate of 56.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 952nd out of 958 Iowa communities (100th out of 102 mid-sized communities). The age-adjusted rate for Tama is 56.4%, which ranks 899th out of 905 Iowa communities (100th out of 102 mid-sized communities).

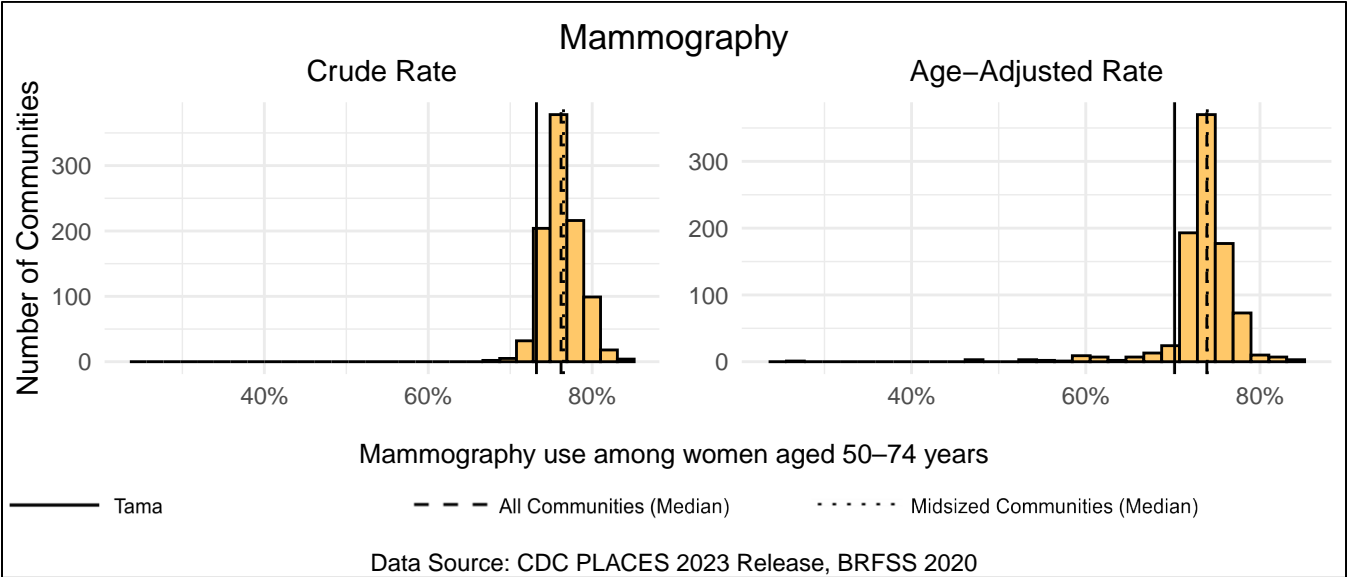
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	56.9%	67.2%	67.0%
Age-Adjusted	56.4%	66.6%	66.5%



Mammography

Tama has a crude rate of 73.2% for mammography use among women aged 50–74 years, which ranks 896th out of 958 Iowa communities (100th out of 102 mid-sized communities). The age-adjusted rate for Tama is 70.2%, which ranks 835th out of 905 Iowa communities (97th out of 102 mid-sized communities).

Measure Type	Tama	All Comm.	Midsized Comm.
Crude	73.2%	76.2%	76.5%
Age-Adjusted	70.2%	73.9%	74.0%



Disability

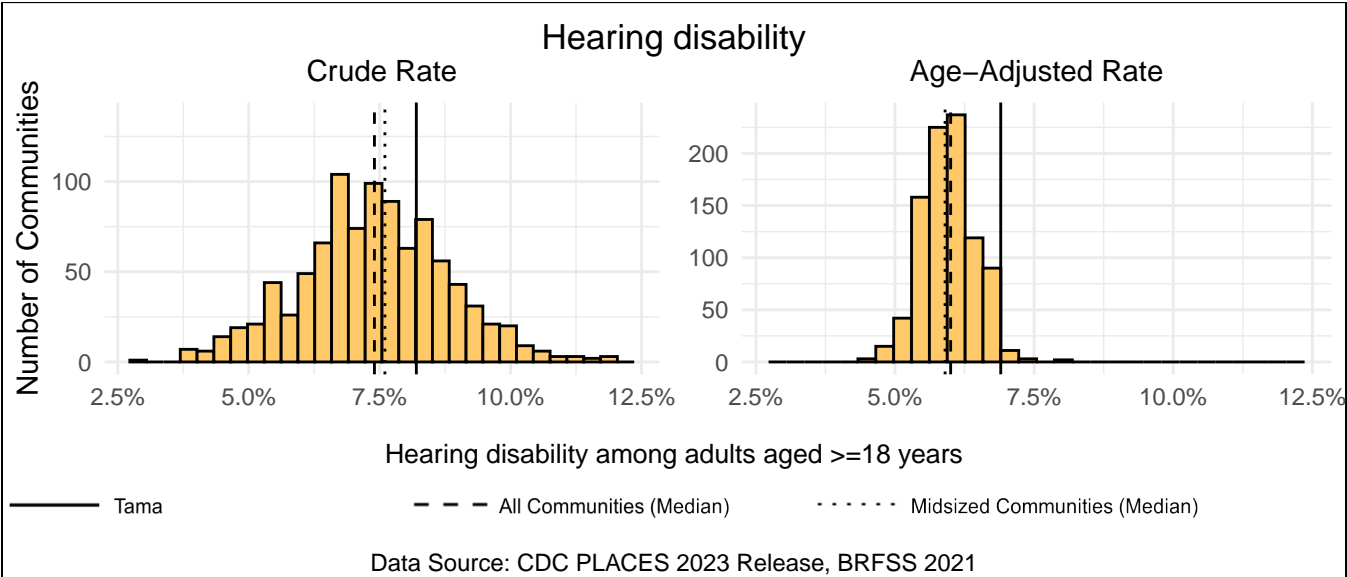
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Tama has a crude rate of 8.2% for hearing disability among adults aged ≥ 18 years, which ranks 683rd out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Tama is 6.9%, which ranks 880th out of 905 Iowa communities (98th out of 102 midsize communities).

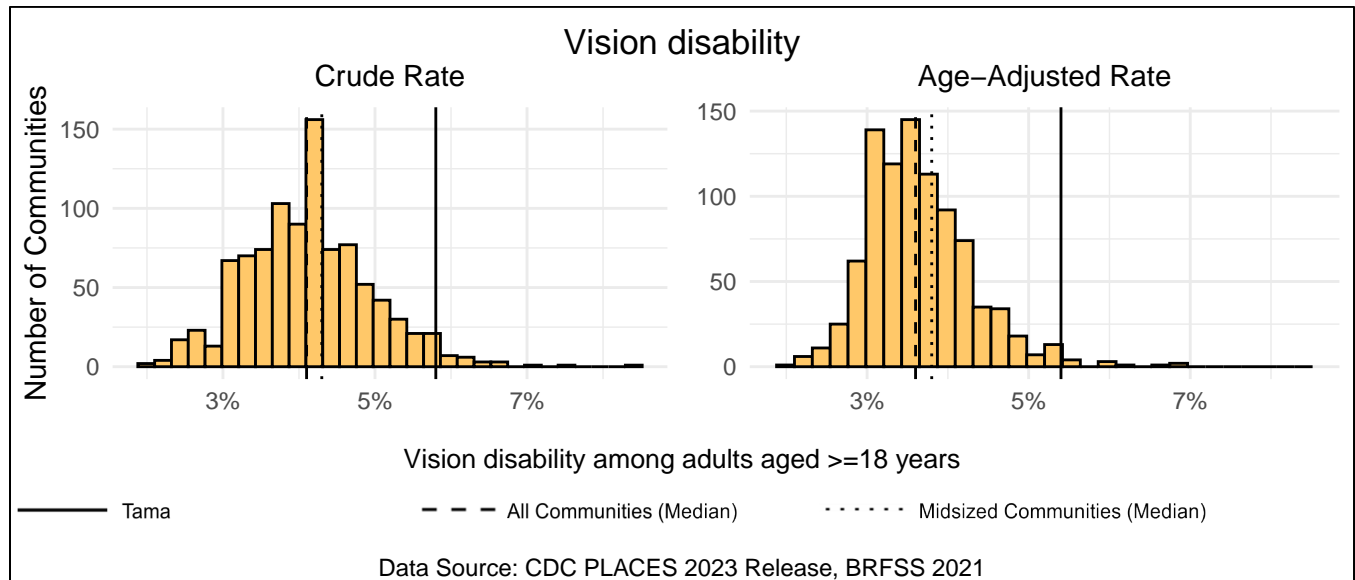
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	8.2%	7.4%	7.6%
Age-Adjusted	6.9%	6.0%	5.9%



Vision disability

Tama has a crude rate of 5.8% for vision disability among adults aged ≥ 18 years, which ranks 930th out of 958 Iowa communities (95th out of 102 midsize communities). The age-adjusted rate for Tama is 5.4%, which ranks 891st out of 905 Iowa communities (97th out of 102 midsize communities).

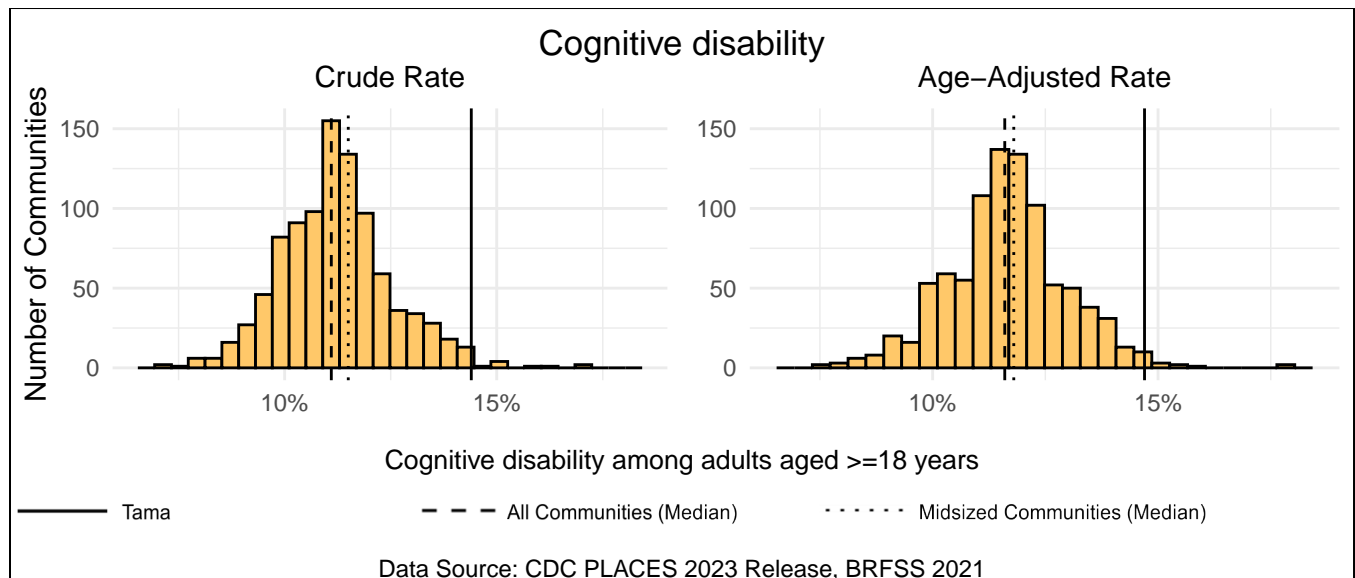
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	5.8%	4.1%	4.3%
Age-Adjusted	5.4%	3.6%	3.8%



Cognitive disability

Tama has a crude rate of 14.4% for cognitive disability among adults aged ≥ 18 years, which ranks 947th out of 958 Iowa communities (99th out of 102 midsize communities). The age-adjusted rate for Tama is 14.7%, which ranks 894th out of 905 Iowa communities (98th out of 102 midsize communities).

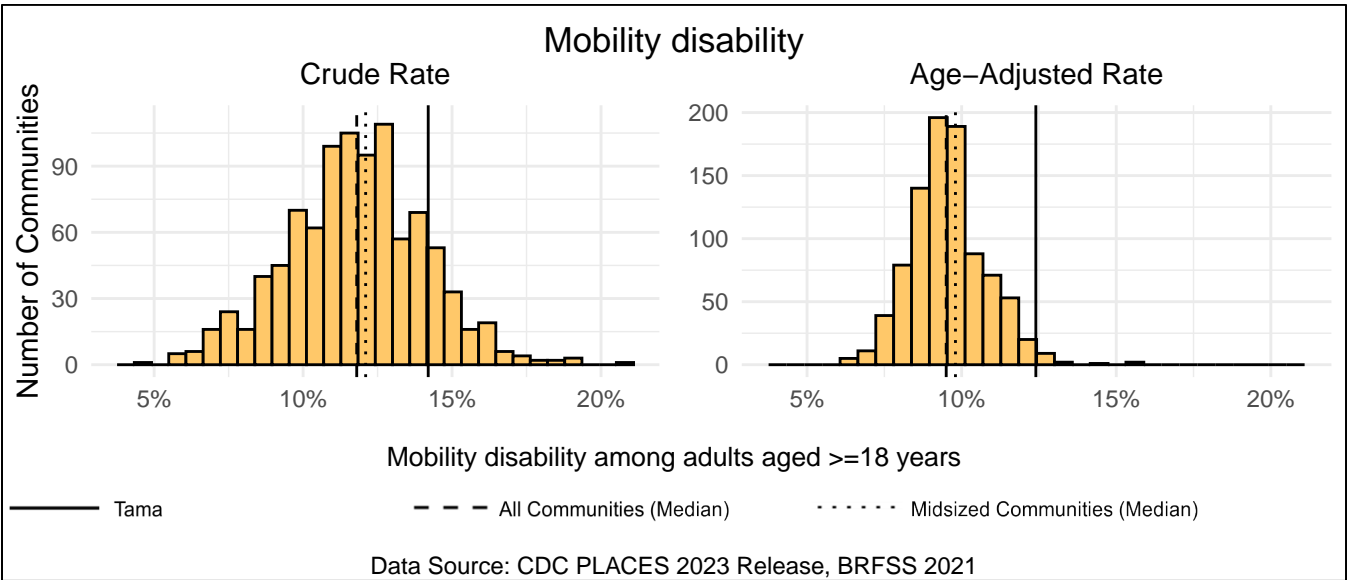
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	14.4%	11.1%	11.5%
Age-Adjusted	14.7%	11.6%	11.8%



Mobility disability

Tama has a crude rate of 14.2% for mobility disability among adults aged ≥ 18 years, which ranks 820th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Tama is 12.4%, which ranks 889th out of 905 Iowa communities (97th out of 102 mid-sized communities).

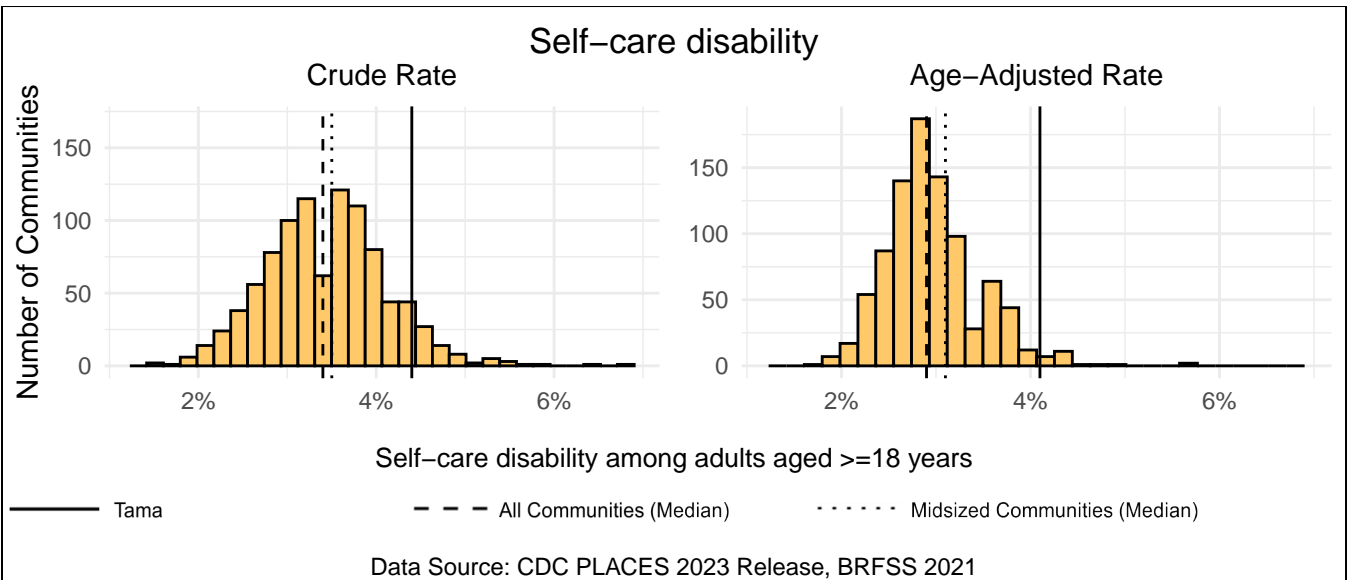
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	14.2%	11.8%	12.1%
Age-Adjusted	12.4%	9.5%	9.8%



Self-care disability

Tama has a crude rate of 4.4% for self-care disability among adults aged ≥ 18 years, which ranks 875th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Tama is 4.1%, which ranks 883rd out of 905 Iowa communities (94th out of 102 mid-sized communities).

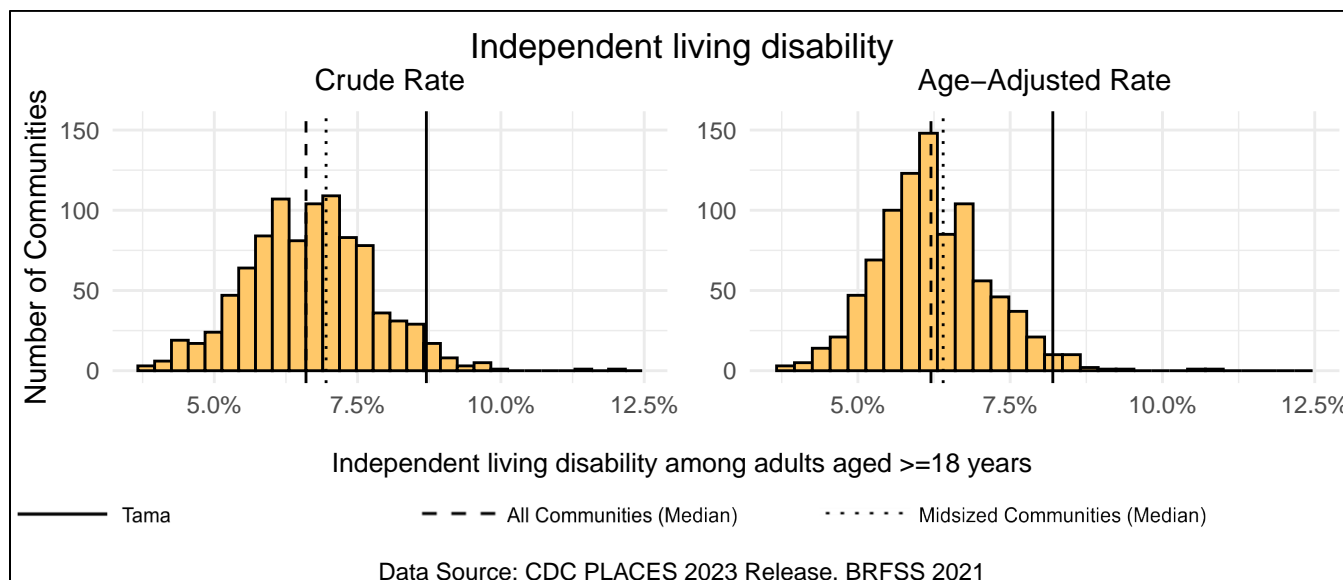
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	4.4%	3.4%	3.5%
Age-Adjusted	4.1%	2.9%	3.1%



Independent living disability

Tama has a crude rate of 8.7% for independent living disability among adults aged ≥ 18 years, which ranks 923rd out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Tama is 8.2%, which ranks 882nd out of 905 Iowa communities (94th out of 102 midsized communities).

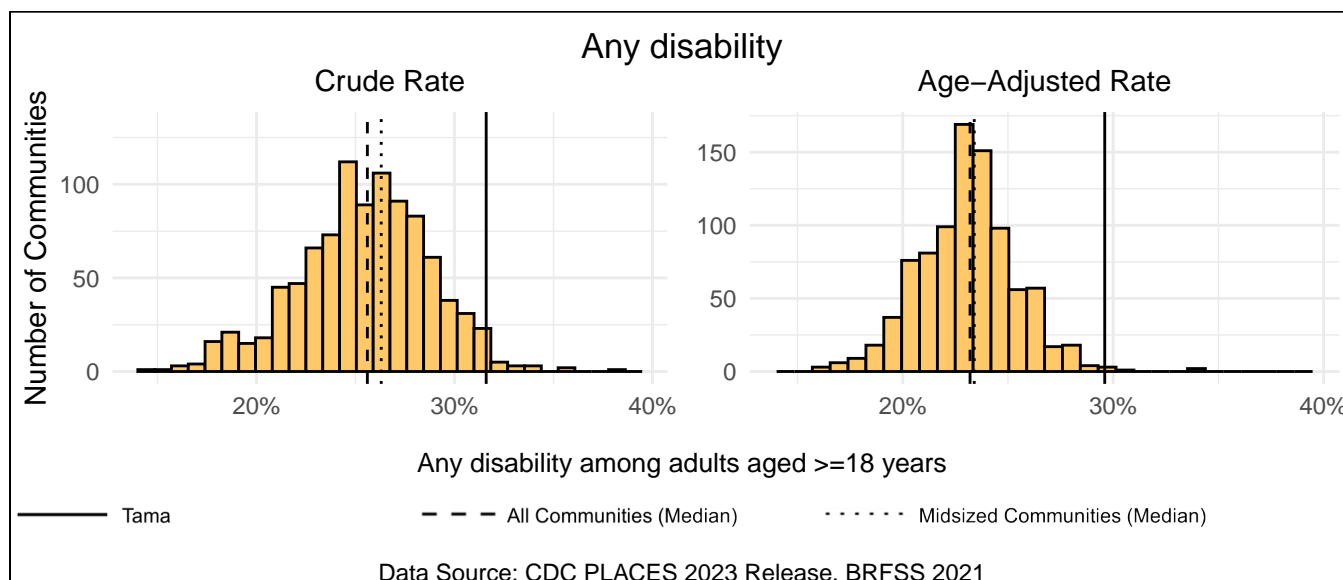
Measure Type	Tama	All Comm.	Midsized Comm.
Crude	8.7%	6.6%	7.0%
Age-Adjusted	8.2%	6.2%	6.4%



Any disability

Tama has a crude rate of 31.6% for any disability among adults aged ≥ 18 years, which ranks 937th out of 958 Iowa communities (99th out of 102 midsized communities). The age-adjusted rate for Tama is 29.6%, which ranks 901st out of 905 Iowa communities (100th out of 102 midsized communities).

Measure Type	Tama	All Comm.	Midsized Comm.
Crude	31.6%	25.6%	26.3%
Age-Adjusted	29.6%	23.2%	23.4%



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: Tama PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	917	16.4% (14.3% - 18.7%)	865	17.2% (15.0% - 19.5%)
Health Status	Physical Health	893	12.7% (11.0% - 14.7%)	896	12.1% (10.5% - 13.9%)
Health Status	General Health	935	18.9% (16.3% - 21.8%)	897	18.0% (15.5% - 20.6%)
Health Risk Behaviors	Sleep <7 hours	521	30.5% (29.5% - 31.5%)	506	31.4% (30.4% - 32.4%)
Health Risk Behaviors	Physical Inactivity	945	32.8% (27.9% - 38.1%)	898	31.7% (26.8% - 36.9%)
Health Risk Behaviors	Binge Drinking	252	18.2% (15.1% - 21.8%)	24	19.7% (16.2% - 23.3%)
Health Risk Behaviors	Current Smoking	890	19.8% (16.5% - 23.4%)	846	20.7% (17.2% - 24.5%)
Health Outcomes	All Teeth Lost	939	18.0% (13.4% - 23.5%)	888	17.6% (13.0% - 22.6%)
Health Outcomes	High Blood Pressure	373	31.2% (27.4% - 35.1%)	662	28.2% (24.5% - 32.1%)
Health Outcomes	Current Asthma	898	10.0% (8.8% - 11.4%)	856	10.2% (8.9% - 11.5%)
Health Outcomes	Diabetes	806	11.6% (9.9% - 13.5%)	891	10.4% (8.9% - 12.0%)
Health Outcomes	Coronary Heart Disease	632	7.0% (6.1% - 7.9%)	865	5.8% (5.0% - 6.5%)
Health Outcomes	Obesity	943	43.8% (36.9% - 51.2%)	902	44.6% (37.3% - 51.9%)
Health Outcomes	High Cholesterol	465	36.2% (31.9% - 40.6%)	777	30.8% (26.7% - 35.5%)
Health Outcomes	Cancer (except skin)	302	7.5% (6.7% - 8.3%)	11	6.2% (5.6% - 6.9%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.1% - 3.8%)	888	3.0% (2.7% - 3.3%)
Health Outcomes	Arthritis	548	28.4% (24.6% - 32.4%)	882	25.4% (21.7% - 29.2%)
Health Outcomes	Depression	730	18.9% (15.6% - 22.6%)	598	19.5% (16.2% - 23.2%)
Health Outcomes	COPD	797	8.6% (7.3% - 10.1%)	865	7.7% (6.5% - 9.0%)
Health Outcomes	Stroke	703	3.7% (3.2% - 4.1%)	882	3.1% (2.8% - 3.5%)
Prevention	Dental Visit	952	56.9% (54.1% - 59.7%)	899	56.4% (53.5% - 59.2%)
Prevention	Colorectal Cancer Screening	896	67.8% (65.3% - 70.5%)	897	66.5% (63.9% - 69.3%)
Prevention	Core preventive services for older men	490	43.4% (35.8% - 50.6%)	417	43.8% (36.1% - 51.0%)
Prevention	Cholesterol Screening	902	78.7% (75.4% - 81.8%)	863	76.9% (73.3% - 80.2%)
Prevention	Core preventive services for older women	509	38.7% (32.9% - 45.2%)	419	40.4% (34.3% - 46.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	935	79.6% (77.6% - 81.8%)	833	80.2% (78.3% - 82.3%)
Prevention	Taking BP Medication	535	79.2% (75.8% - 82.1%)	79	60.1% (54.9% - 65.0%)
Prevention	Annual Checkup	448	75.3% (70.5% - 79.6%)	127	73.7% (68.5% - 78.1%)
Prevention	Health Insurance	946	13.5% (11.1% - 16.1%)	894	14.0% (11.4% - 16.7%)
Prevention	Mammography	896	73.2% (69.5% - 76.5%)	835	70.2% (66.4% - 73.8%)
Disability	Hearing Disability	683	8.2% (7.2% - 9.2%)	880	6.9% (6.1% - 7.7%)
Disability	Independent Living Disability	923	8.7% (7.5% - 10.0%)	882	8.2% (7.1% - 9.4%)
Disability	Vision Disability	930	5.8% (5.0% - 6.6%)	891	5.4% (4.7% - 6.2%)
Disability	Any Disability	937	31.6% (27.4% - 36.0%)	901	29.6% (25.5% - 33.7%)
Disability	Mobility Disability	820	14.2% (12.2% - 16.6%)	889	12.4% (10.7% - 14.3%)
Disability	Self-care Disability	875	4.4% (3.9% - 5.1%)	883	4.1% (3.6% - 4.7%)
Disability	Cognitive Disability	947	14.4% (12.4% - 16.6%)	894	14.7% (12.6% - 16.8%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

Appendix 3: Midsized Communities (2,500-9,999)

Tama falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
