



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in Van Meter: Overview

Dear Community Members & Stakeholders of Van Meter,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Sleep <7 hours	12th	3rd	Sleep <7 hours	4th	3rd
Vision Disability	16th	6th	Stroke	9th	2nd
Health Insurance	20th	4th	Coronary Heart Disease	12th	3rd
Dental Visit	21st	4th	Chronic Kidney Disease	12th	3rd
Any Disability	21st	6th	Vision Disability	14th	5th

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
Binge Drinking	946th	134th	Binge Drinking	901st	138th
Taking BP Medication	915th	127th	Taking BP Medication	871st	133rd
Annual Checkup	824th	122nd	Arthritis	574th	94th
Depression	568th	91st	Cancer (except skin)	418th	41st
Obesity	379th	64th	High Cholesterol	336th	52nd

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 Van Meter.

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

With a population of 1,468, Van Meter’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

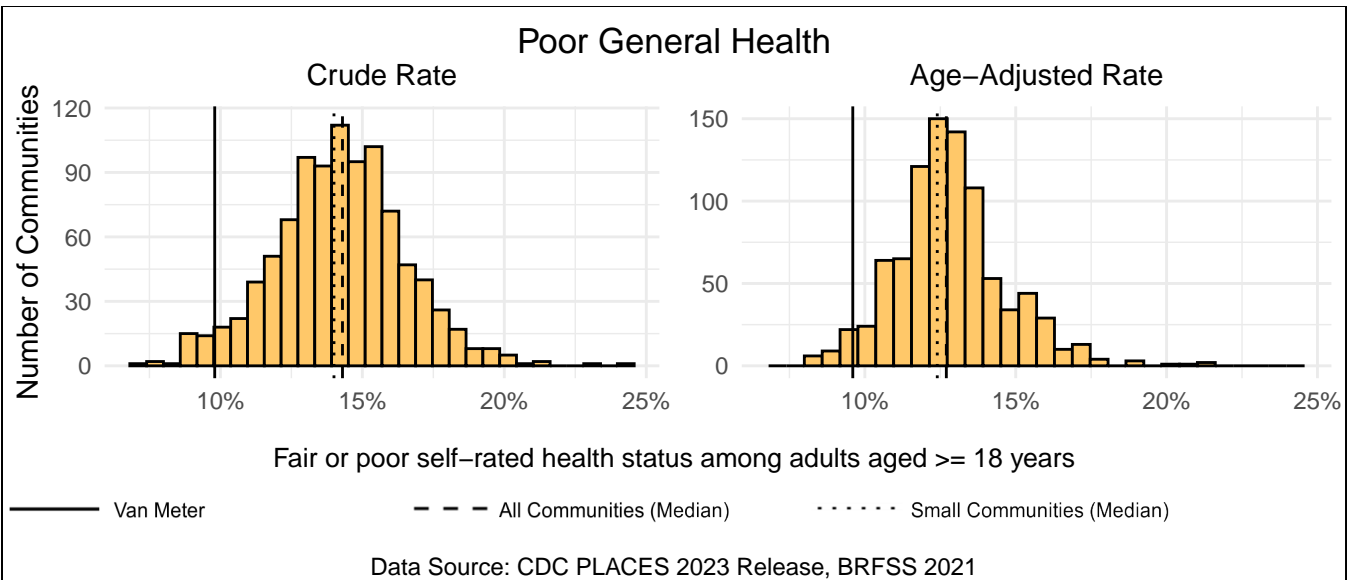
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Van Meter has a crude rate of 9.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 34th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Van Meter is 9.6%, which ranks 31st out of 905 Iowa communities (7th out of 138 small communities).

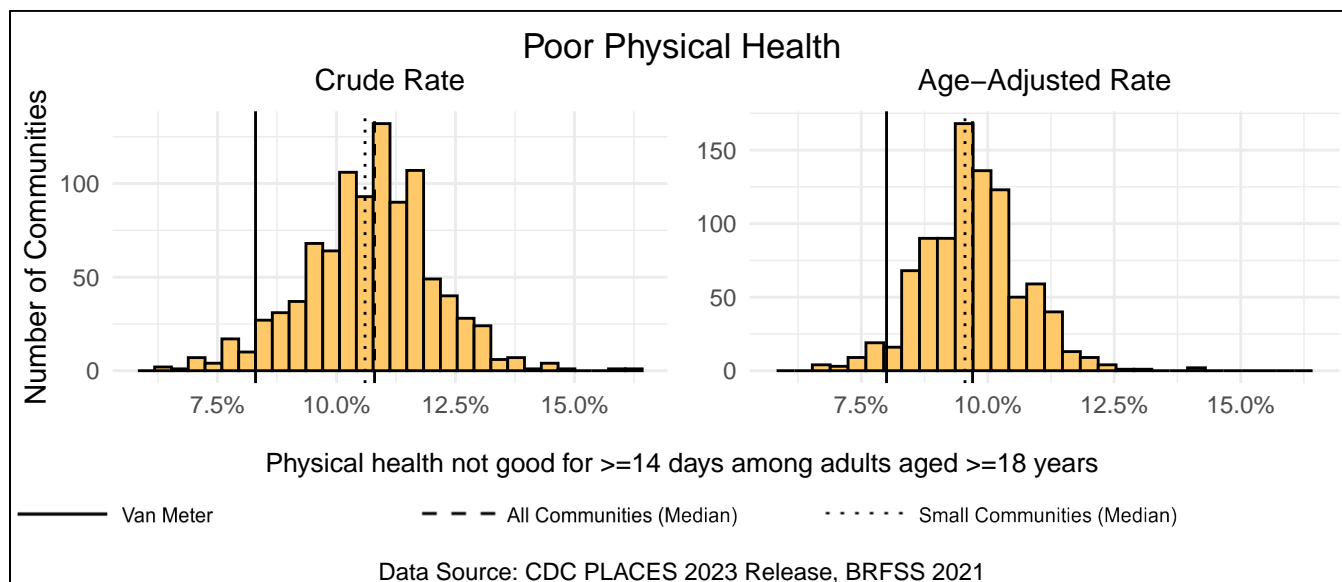
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	9.8%	14.3%	14.0%
Age-Adjusted	9.6%	12.7%	12.4%



Poor Physical Health

Van Meter has a crude rate of 8.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 42nd out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Van Meter is 8.0%, which ranks 36th out of 905 Iowa communities (7th out of 138 small communities).

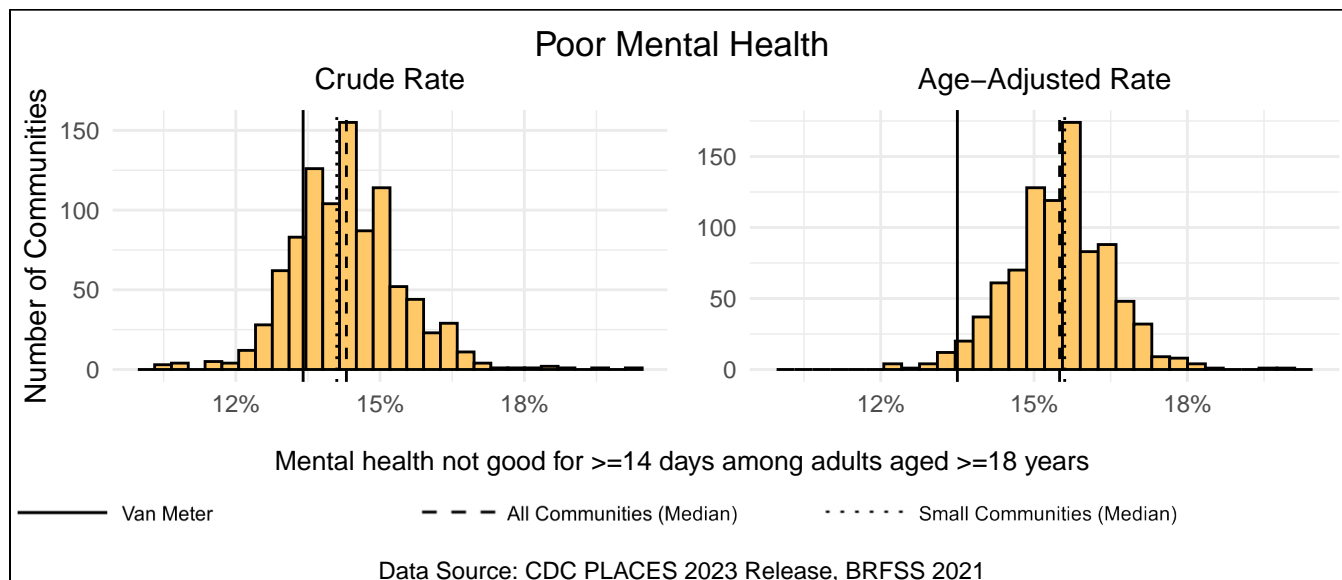
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	8.3%	10.8%	10.6%
Age-Adjusted	8.0%	9.7%	9.6%



Poor Mental Health

Van Meter has a crude rate of 13.4% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 164th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Van Meter is 13.5%, which ranks 22nd out of 905 Iowa communities (5th out of 138 small communities).

Measure Type	Van Meter	All Comm.	Small Comm.
Crude	13.4%	14.3%	14.1%
Age-Adjusted	13.5%	15.5%	15.6%



Health Risk Behaviors

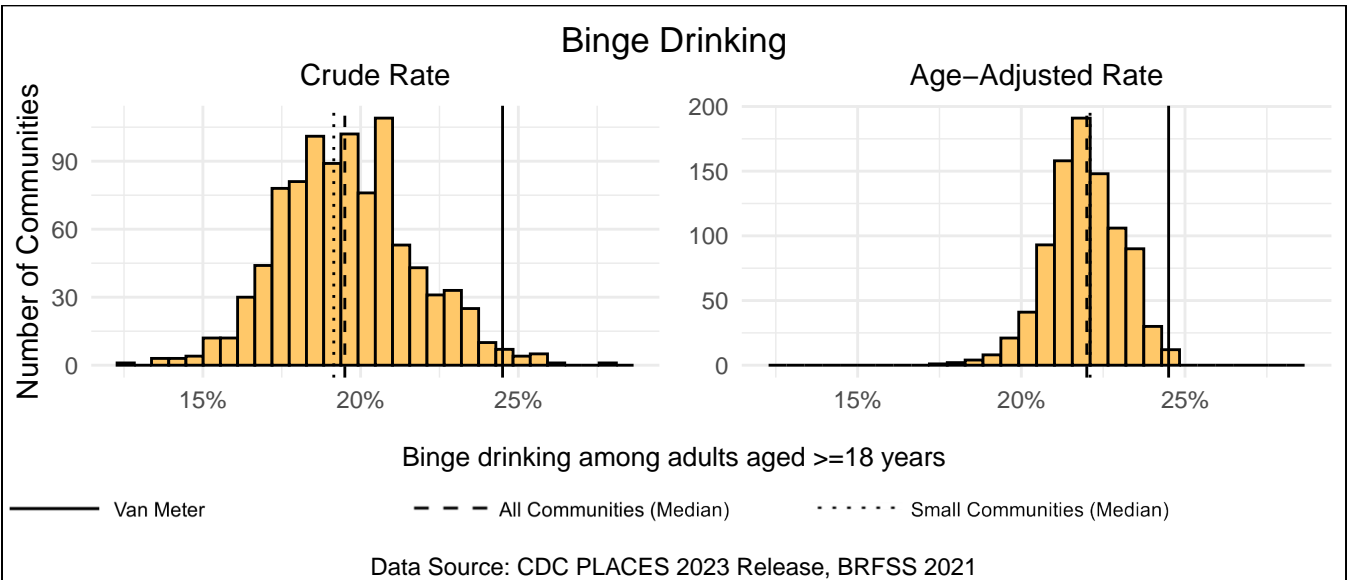
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Van Meter has a crude rate of 24.5% for binge drinking among adults aged ≥ 18 years, which ranks 946th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Van Meter is 24.5%, which ranks 901st out of 905 Iowa communities (138th out of 138 small communities).

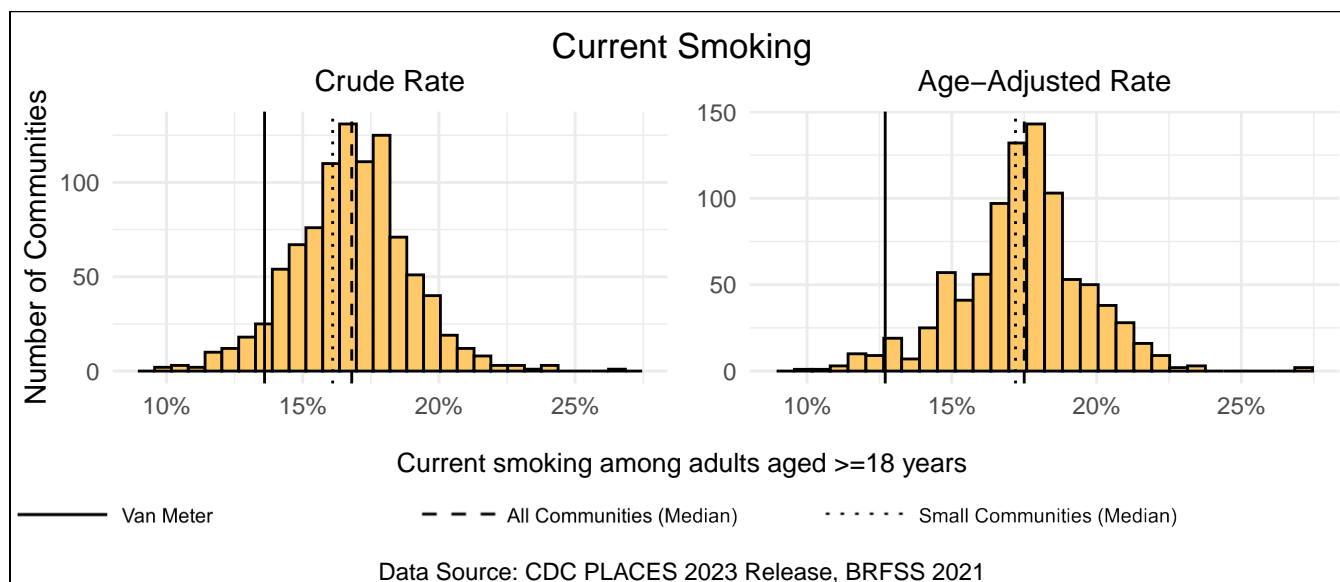
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	24.5%	19.5%	19.1%
Age-Adjusted	24.5%	22.0%	22.1%



Current Smoking

Van Meter has a crude rate of 13.6% for current smoking among adults aged ≥ 18 years, which ranks 63rd out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Van Meter is 12.7%, which ranks 25th out of 905 Iowa communities (6th out of 138 small communities).

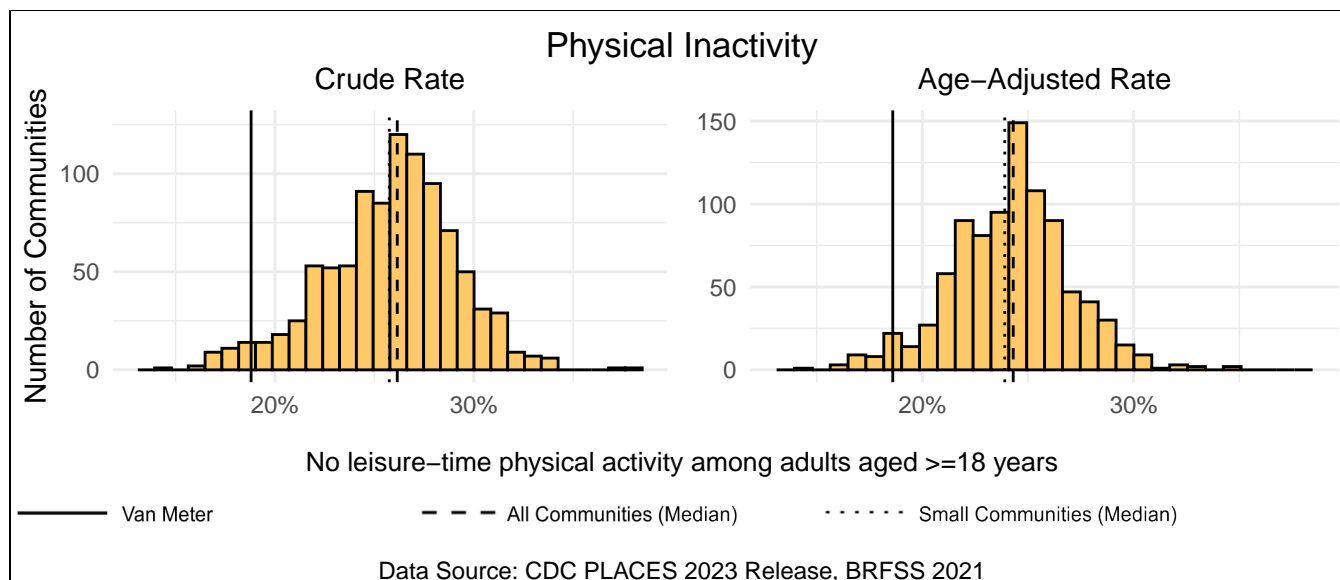
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	13.6%	16.8%	16.1%
Age-Adjusted	12.7%	17.5%	17.2%



Physical Inactivity

Van Meter has a crude rate of 18.8% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 33rd out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Van Meter is 18.6%, which ranks 27th out of 905 Iowa communities (8th out of 138 small communities).

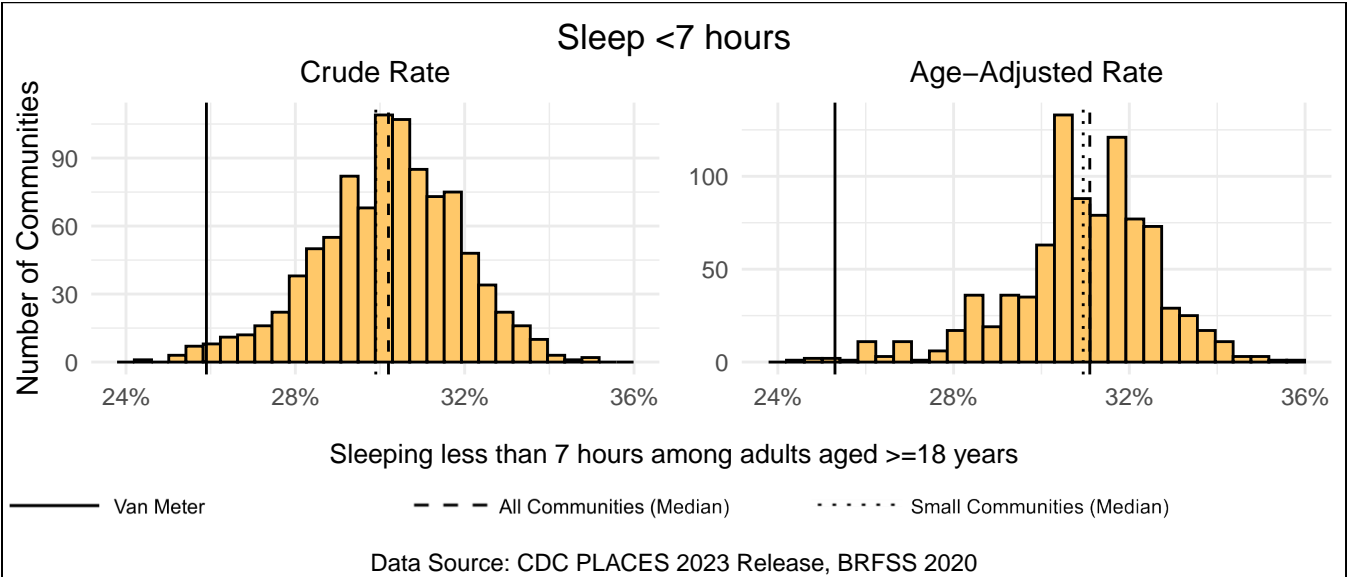
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	18.8%	26.1%	25.8%
Age-Adjusted	18.6%	24.3%	23.9%



Sleep <7 hours

Van Meter has a crude rate of 25.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 12th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Van Meter is 25.3%, which ranks 4th out of 905 Iowa communities (3rd out of 138 small communities).

Measure Type	Van Meter	All Comm.	Small Comm.
Crude	25.9%	30.2%	29.9%
Age-Adjusted	25.3%	31.1%	31.0%



Health Outcomes

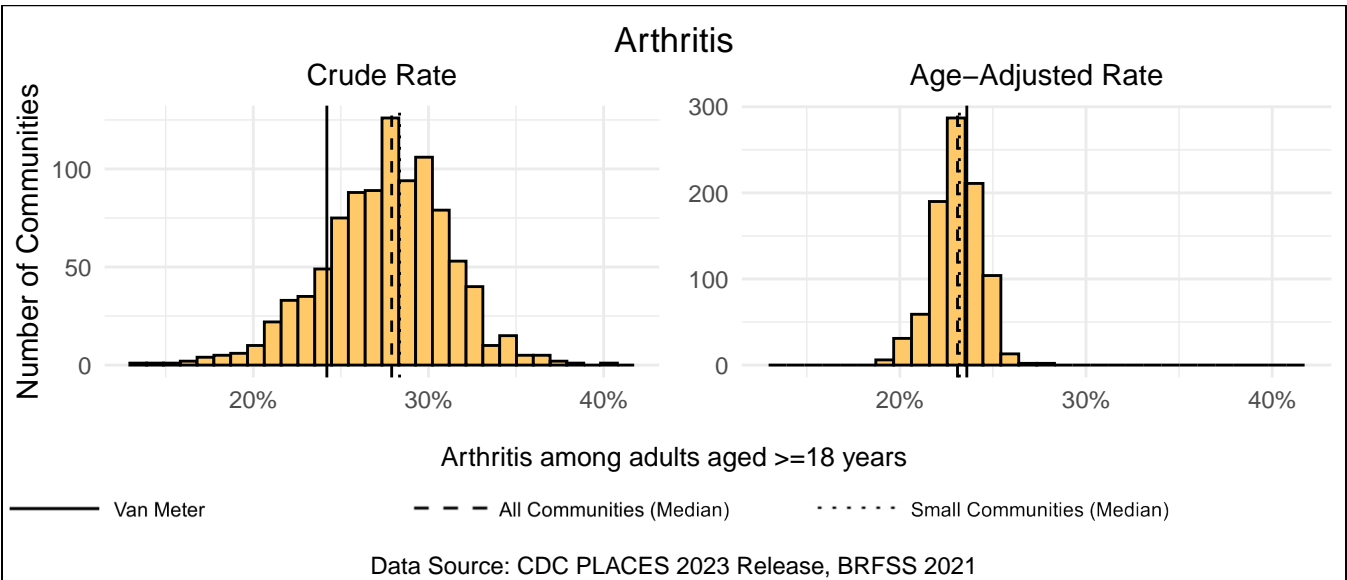
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Van Meter has a crude rate of 24.2% for arthritis among adults aged ≥ 18 years, which ranks 156th out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Van Meter is 23.6%, which ranks 574th out of 905 Iowa communities (94th out of 138 small communities).

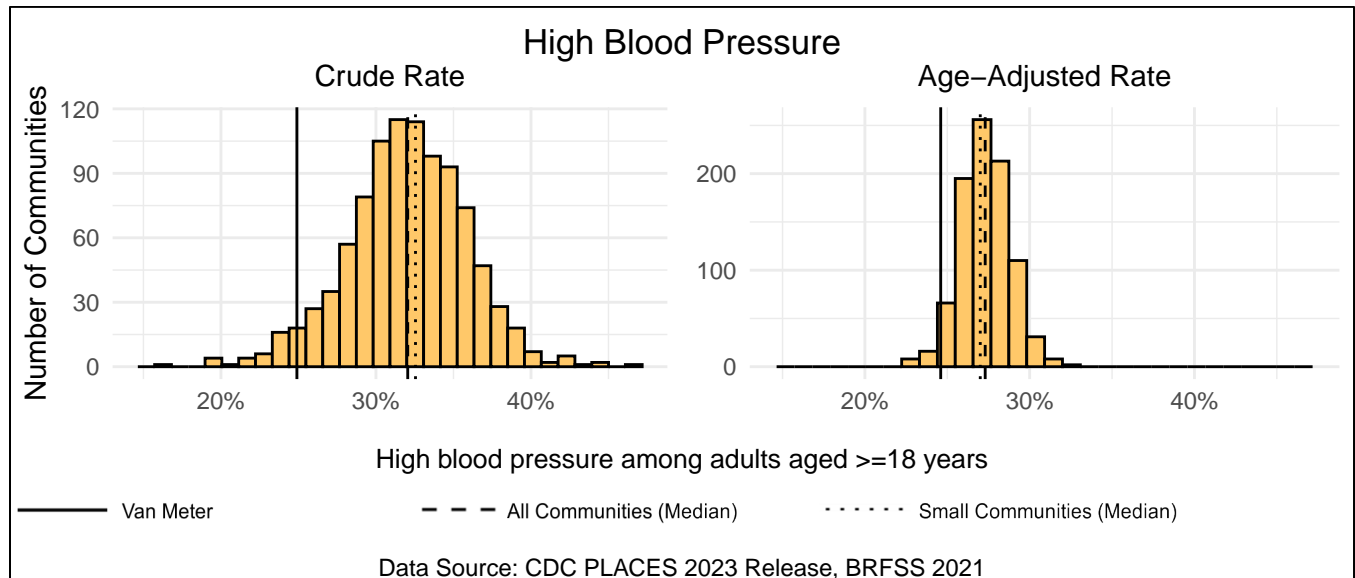
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	24.2%	27.9%	28.4%
Age-Adjusted	23.6%	23.1%	23.2%



High Blood Pressure

Van Meter has a crude rate of 24.9% for high blood pressure among adults aged ≥ 18 years, which ranks 38th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Van Meter is 24.6%, which ranks 27th out of 905 Iowa communities (8th out of 138 small communities).

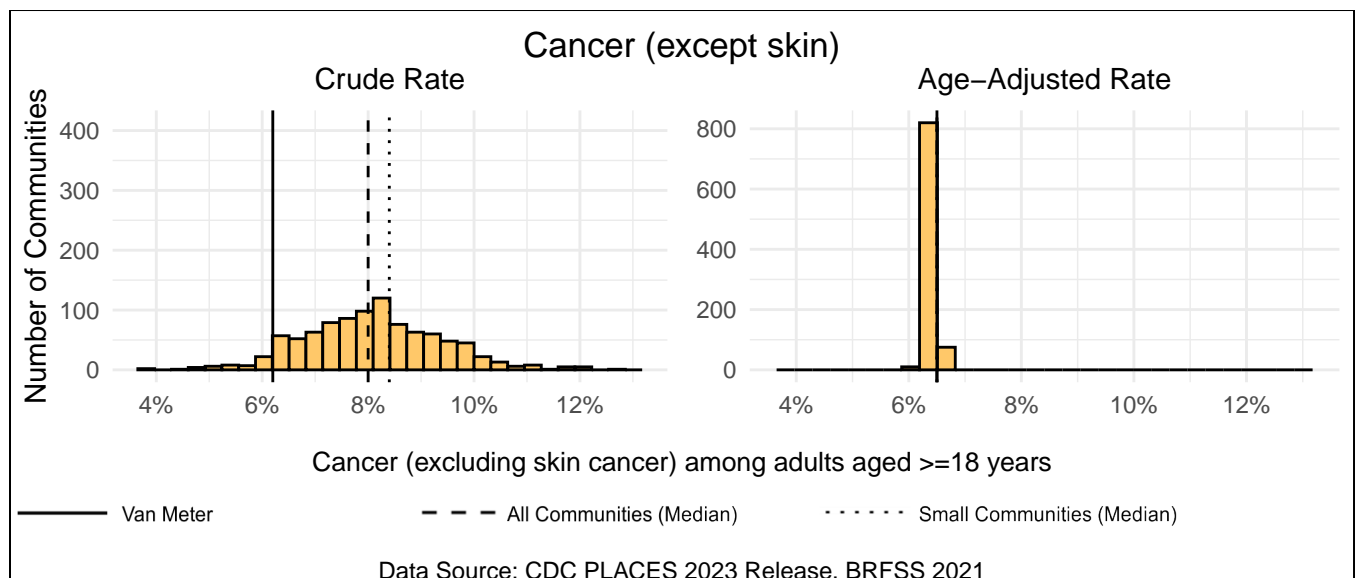
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	24.9%	32.0%	32.5%
Age-Adjusted	24.6%	27.3%	27.0%



Cancer (except skin)

Van Meter has a crude rate of 6.2% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 51st out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Van Meter is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

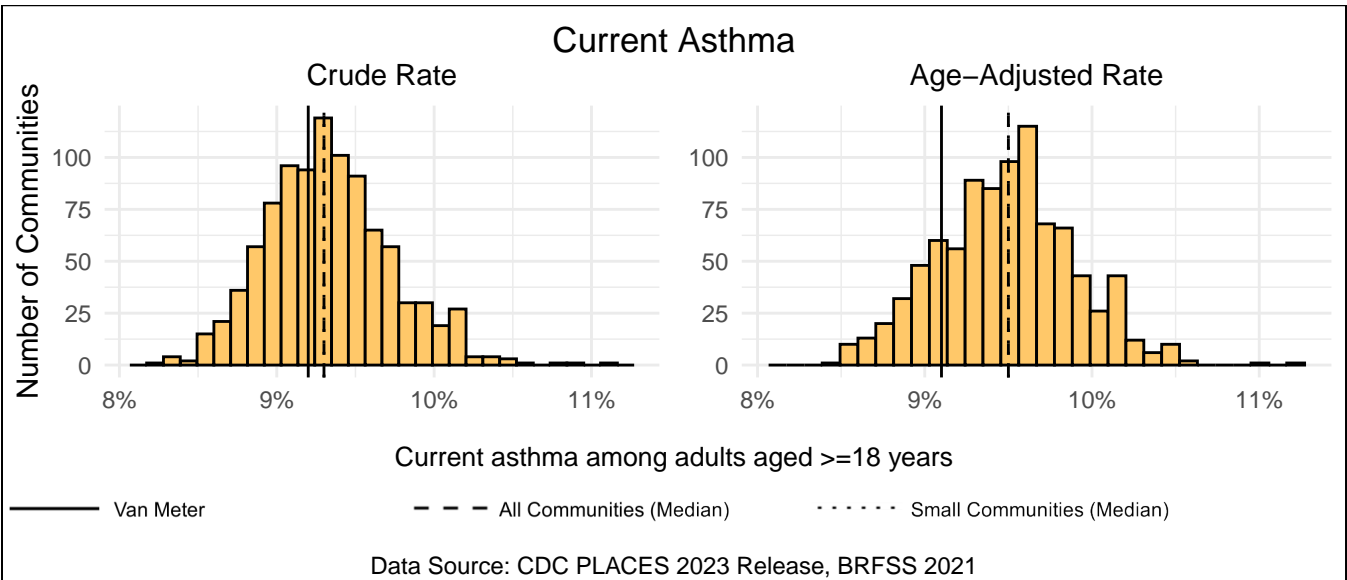
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	6.2%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Van Meter has a crude rate of 9.2% for current asthma among adults aged ≥ 18 years, which ranks 311th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Van Meter is 9.1%, which ranks 125th out of 905 Iowa communities (17th out of 138 small communities).

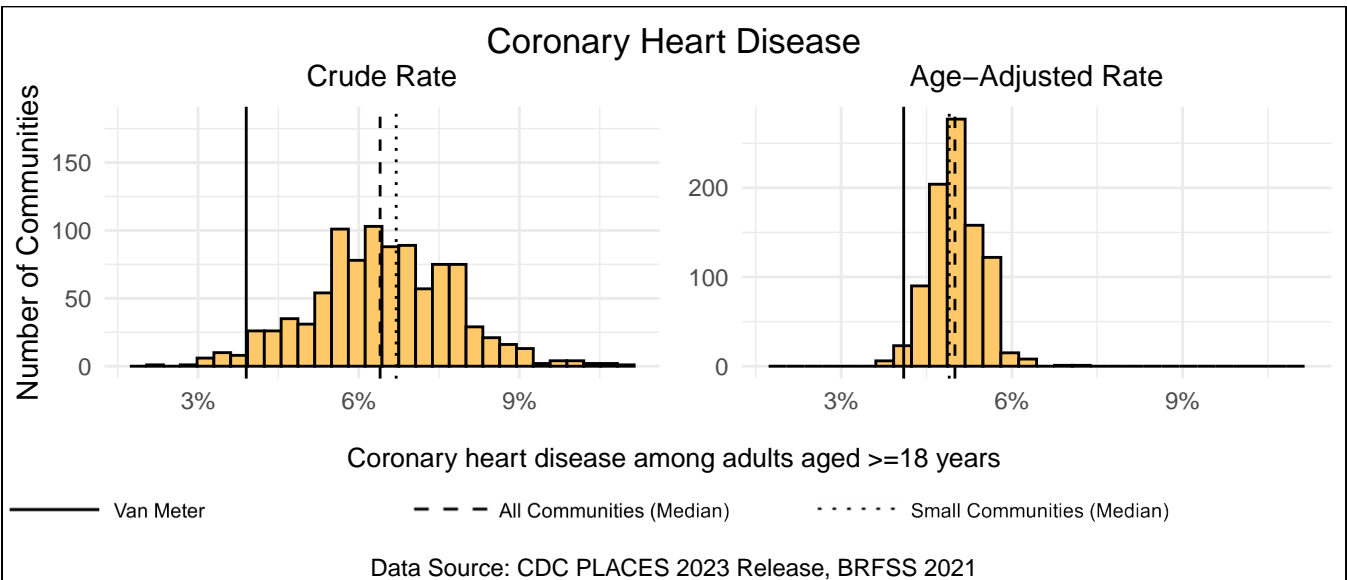
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.1%	9.5%	9.5%



Coronary Heart Disease

Van Meter has a crude rate of 3.9% for coronary heart disease among adults aged ≥ 18 years, which ranks 23rd out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Van Meter is 4.1%, which ranks 12th out of 905 Iowa communities (3rd out of 138 small communities).

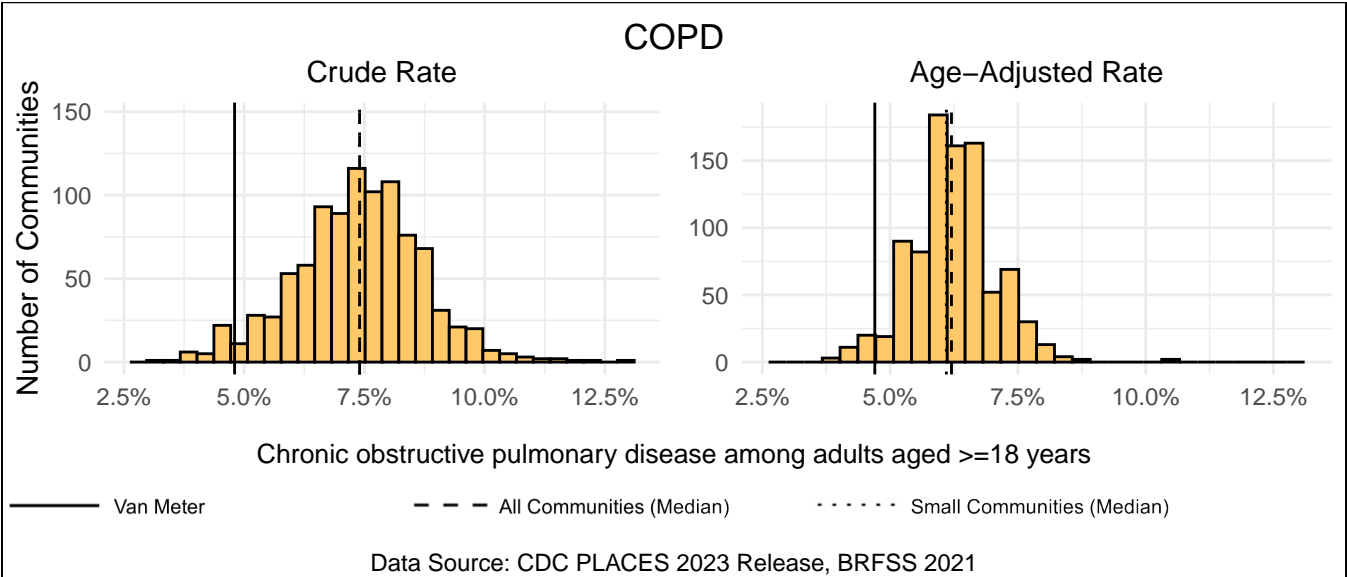
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	3.9%	6.4%	6.7%
Age-Adjusted	4.1%	5.0%	4.9%



COPD

Van Meter has a crude rate of 4.8% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 36th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Van Meter is 4.7%, which ranks 24th out of 905 Iowa communities (5th out of 138 small communities).

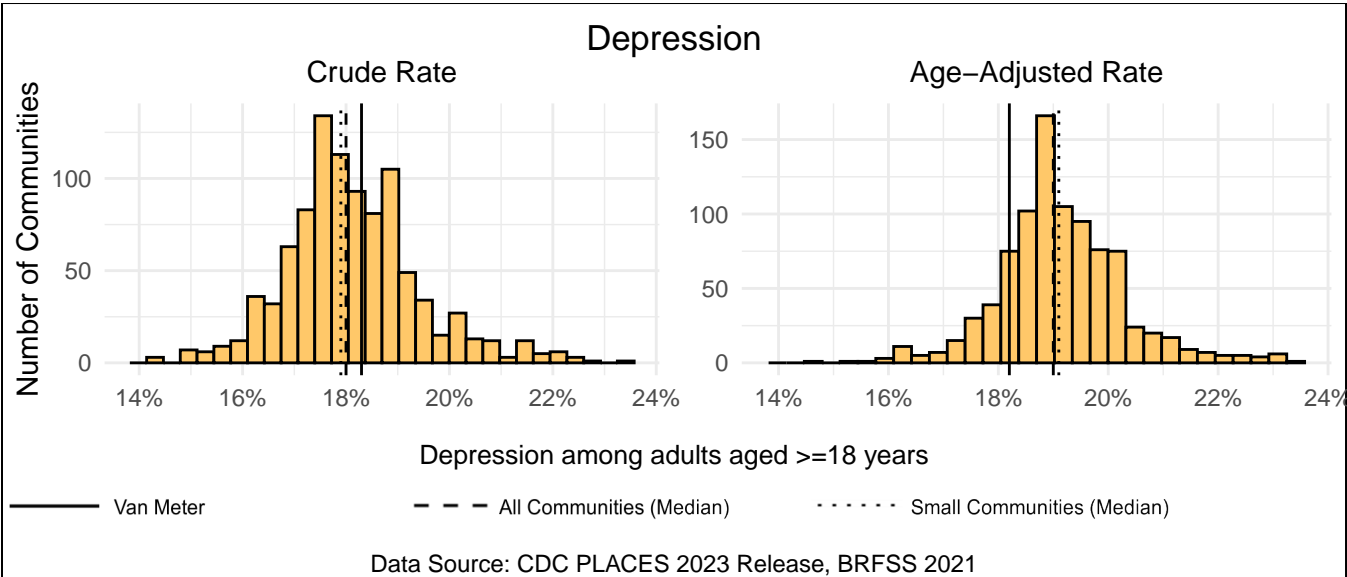
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	4.8%	7.4%	7.4%
Age-Adjusted	4.7%	6.2%	6.1%



Depression

Van Meter has a crude rate of 18.3% for depression among adults aged ≥ 18 years, which ranks 568th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Van Meter is 18.2%, which ranks 138th out of 905 Iowa communities (14th out of 138 small communities).

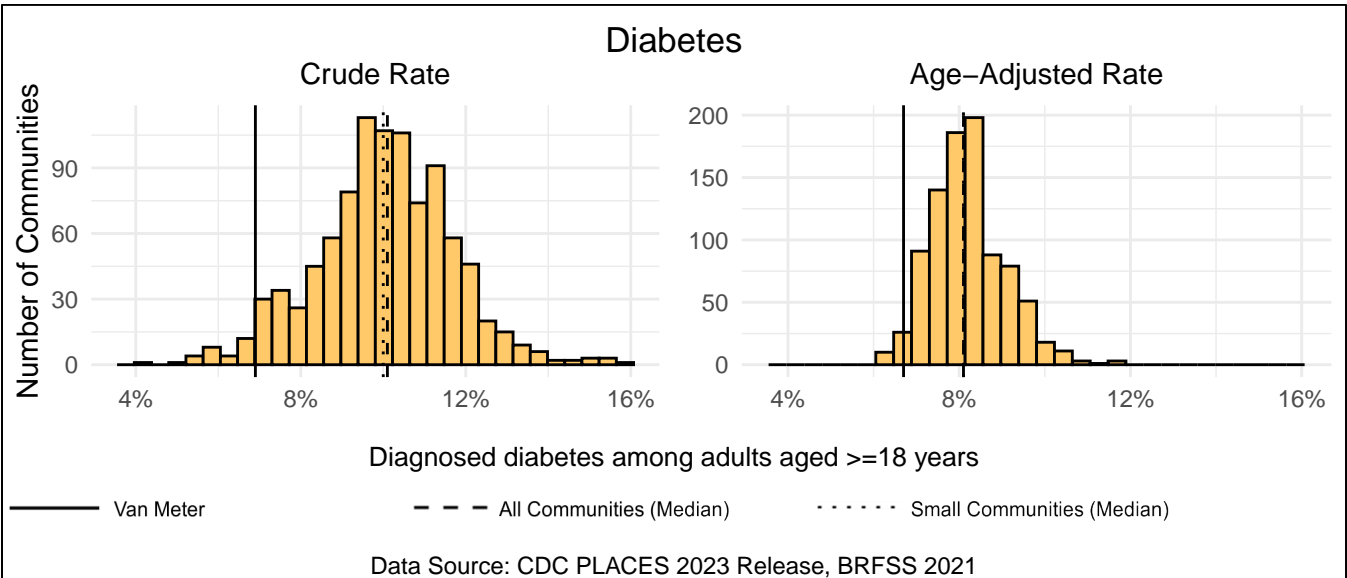
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	18.3%	18.0%	17.9%
Age-Adjusted	18.2%	19.0%	19.1%



Diabetes

Van Meter has a crude rate of 6.9% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 31st out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Van Meter is 6.7%, which ranks 18th out of 905 Iowa communities (5th out of 138 small communities).

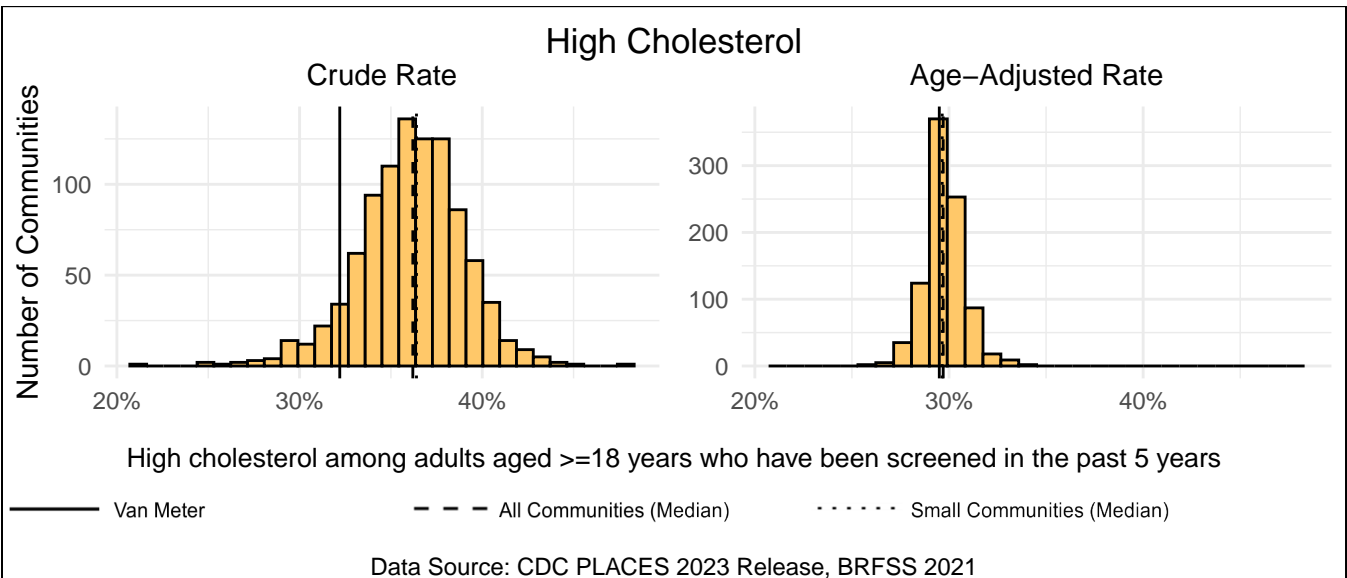
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	6.9%	10.1%	10.0%
Age-Adjusted	6.7%	8.1%	8.1%



High Cholesterol

Van Meter has a crude rate of 32.2% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 81st out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Van Meter is 29.5%, which ranks 336th out of 905 Iowa communities (52nd out of 138 small communities).

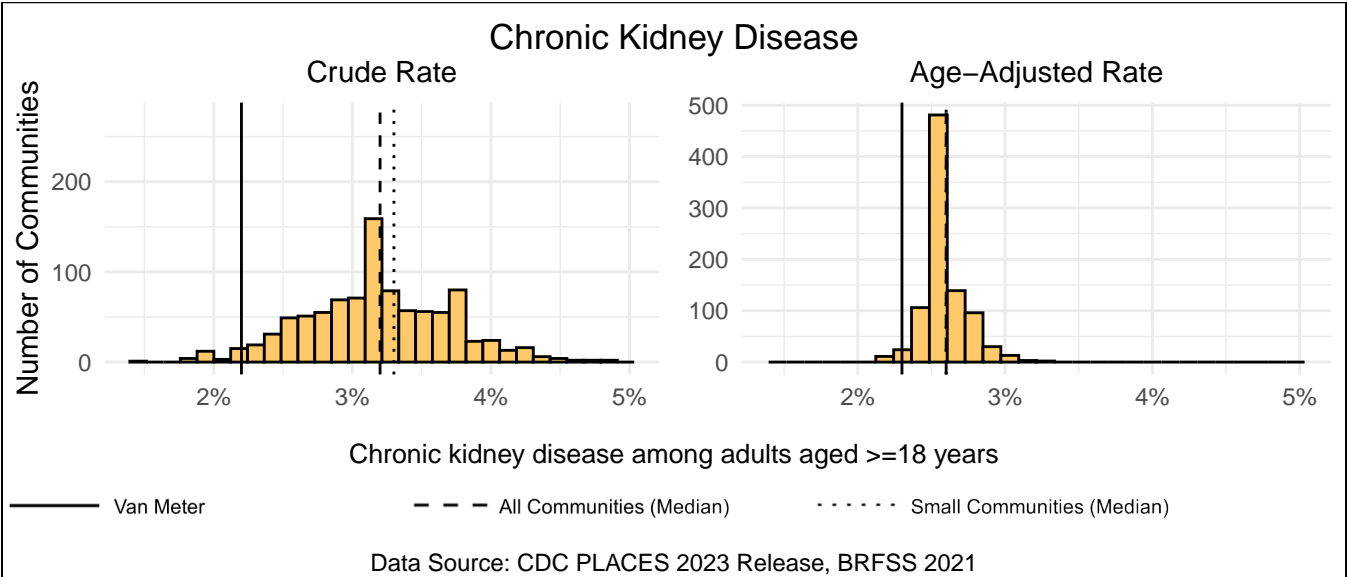
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	32.2%	36.2%	36.4%
Age-Adjusted	29.5%	29.7%	29.6%



Chronic Kidney Disease

Van Meter has a crude rate of 2.2% for chronic kidney disease among adults aged >=18 years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Van Meter is 2.3%, which ranks 12th out of 905 Iowa communities (3rd out of 138 small communities).

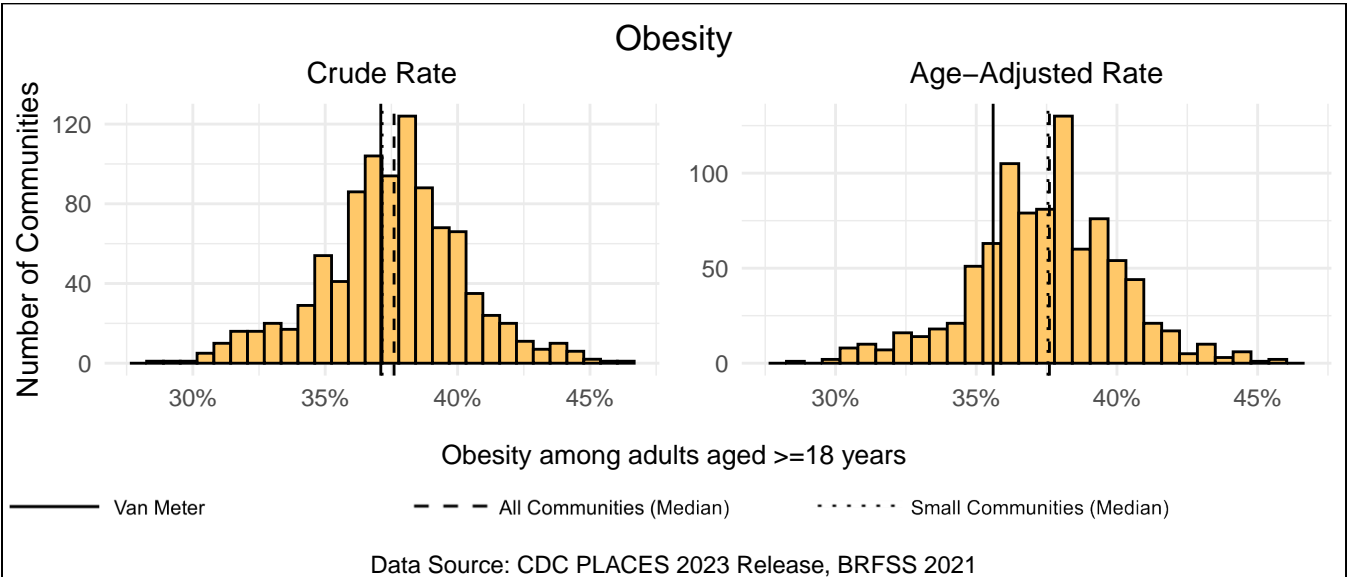
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	2.2%	3.2%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



Obesity

Van Meter has a crude rate of 37.1% for obesity among adults aged >=18 years, which ranks 379th out of 958 Iowa communities (64th out of 138 small communities). The age-adjusted rate for Van Meter is 35.6%, which ranks 183rd out of 905 Iowa communities (31st out of 138 small communities).

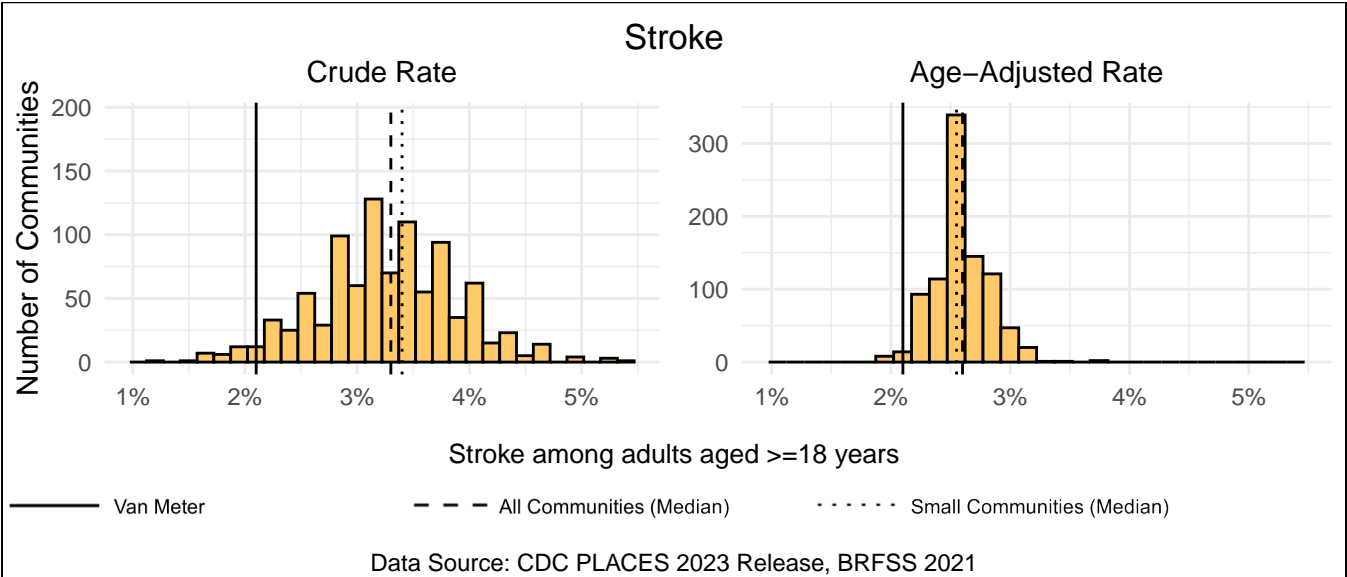
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	37.1%	37.6%	37.2%
Age-Adjusted	35.6%	37.6%	37.5%



Stroke

Van Meter has a crude rate of 2.1% for stroke among adults aged >=18 years, which ranks 28th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Van Meter is 2.1%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

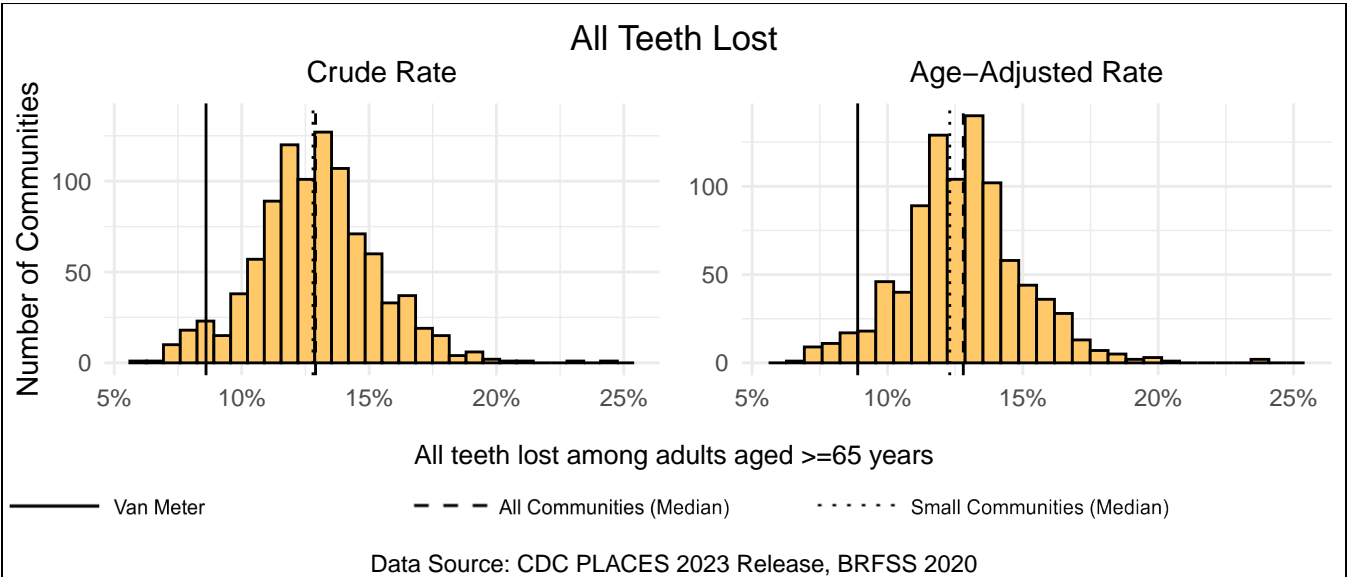
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	2.1%	3.3%	3.4%
Age-Adjusted	2.1%	2.6%	2.5%



All Teeth Lost

Van Meter has a crude rate of 8.6% for all teeth lost among adults aged >=65 years, which ranks 42nd out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Van Meter is 8.9%, which ranks 37th out of 905 Iowa communities (9th out of 138 small communities).

Measure Type	Van Meter	All Comm.	Small Comm.
Crude	8.6%	12.9%	12.8%
Age-Adjusted	8.9%	12.8%	12.3%



Prevention

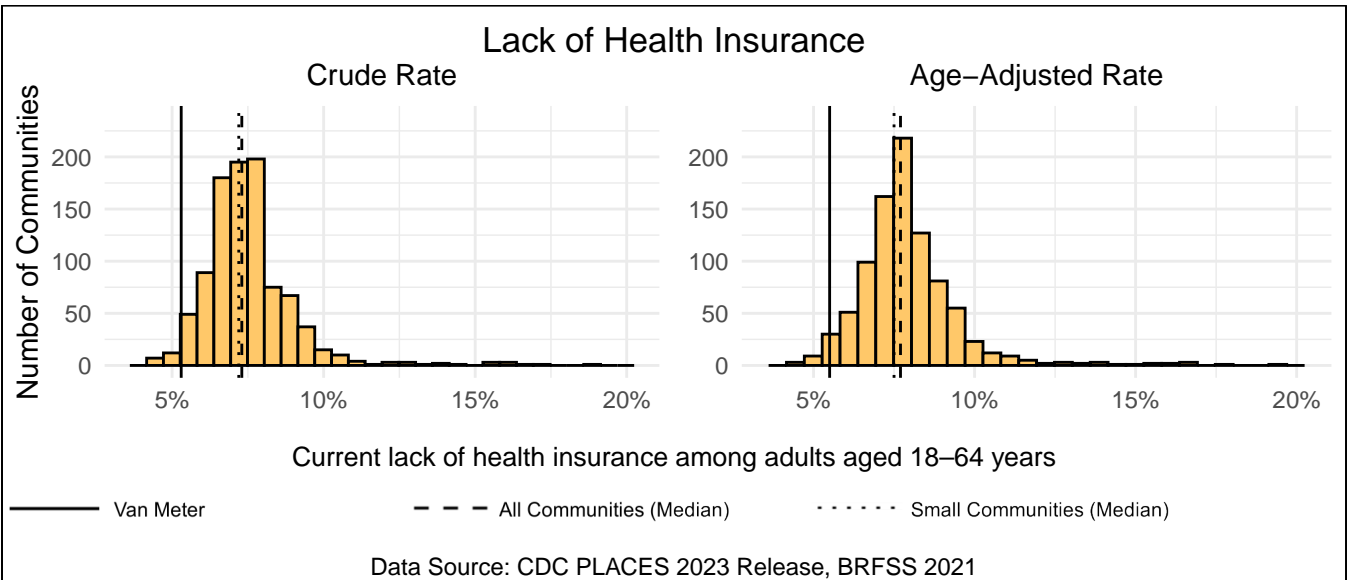
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Van Meter has a crude rate of 5.3% for current lack of health insurance among adults aged 18–64 years, which ranks 20th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Van Meter is 5.5%, which ranks 21st out of 905 Iowa communities (6th out of 138 small communities).

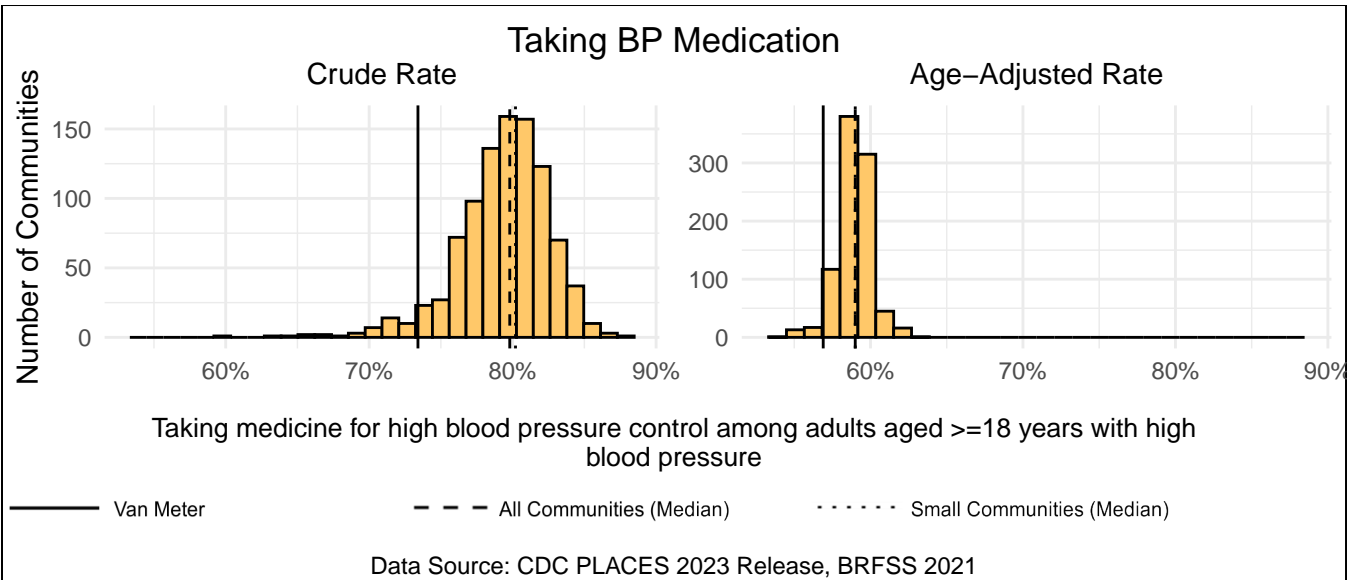
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	5.3%	7.3%	7.2%
Age-Adjusted	5.5%	7.7%	7.5%



Taking BP Medication

Van Meter has a crude rate of 73.4% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 915th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Van Meter is 56.9%, which ranks 871st out of 905 Iowa communities (133rd out of 138 small communities).

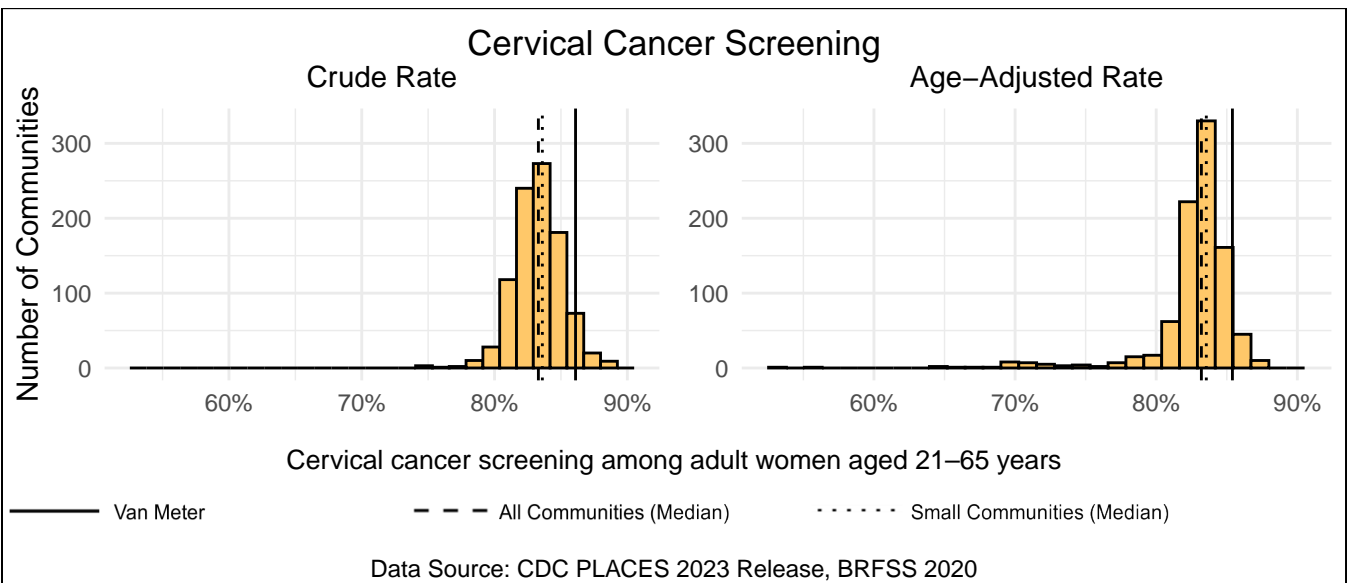
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	73.4%	79.8%	80.2%
Age-Adjusted	56.9%	59.0%	59.0%



Cervical Cancer Screening

Van Meter has a crude rate of 86.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 54th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Van Meter is 85.4%, which ranks 56th out of 905 Iowa communities (11th out of 138 small communities).

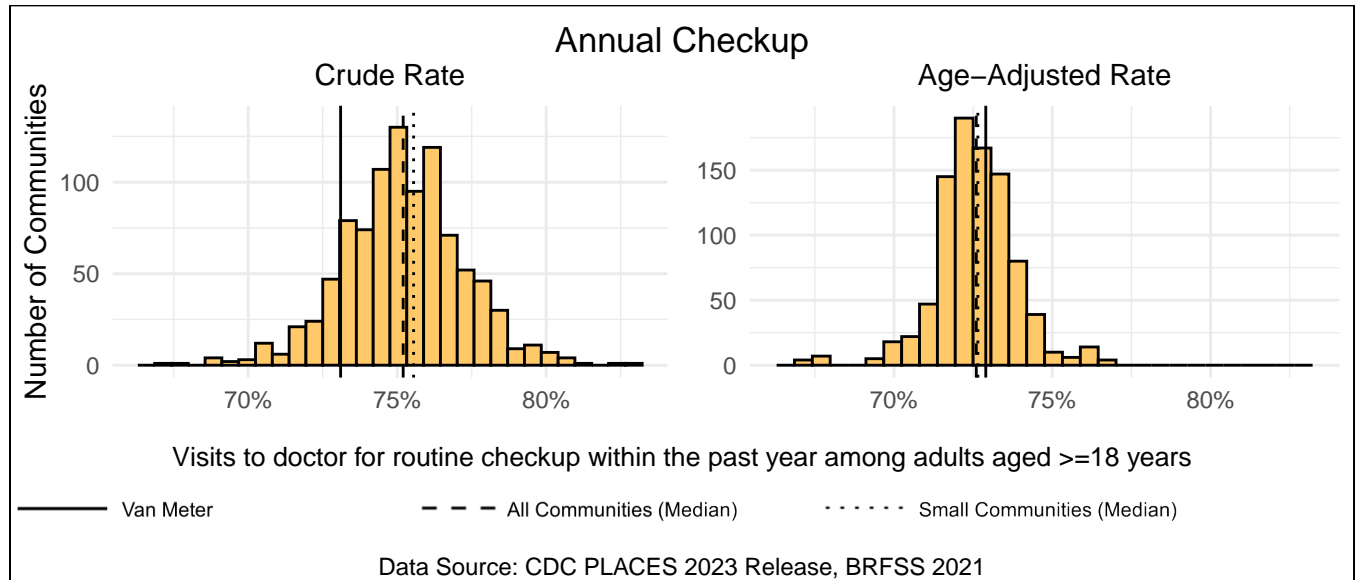
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	86.1%	83.3%	83.6%
Age-Adjusted	85.4%	83.2%	83.5%



Annual Checkup

Van Meter has a crude rate of 73.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 824th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Van Meter is 72.9%, which ranks 333rd out of 905 Iowa communities (52nd out of 138 small communities).

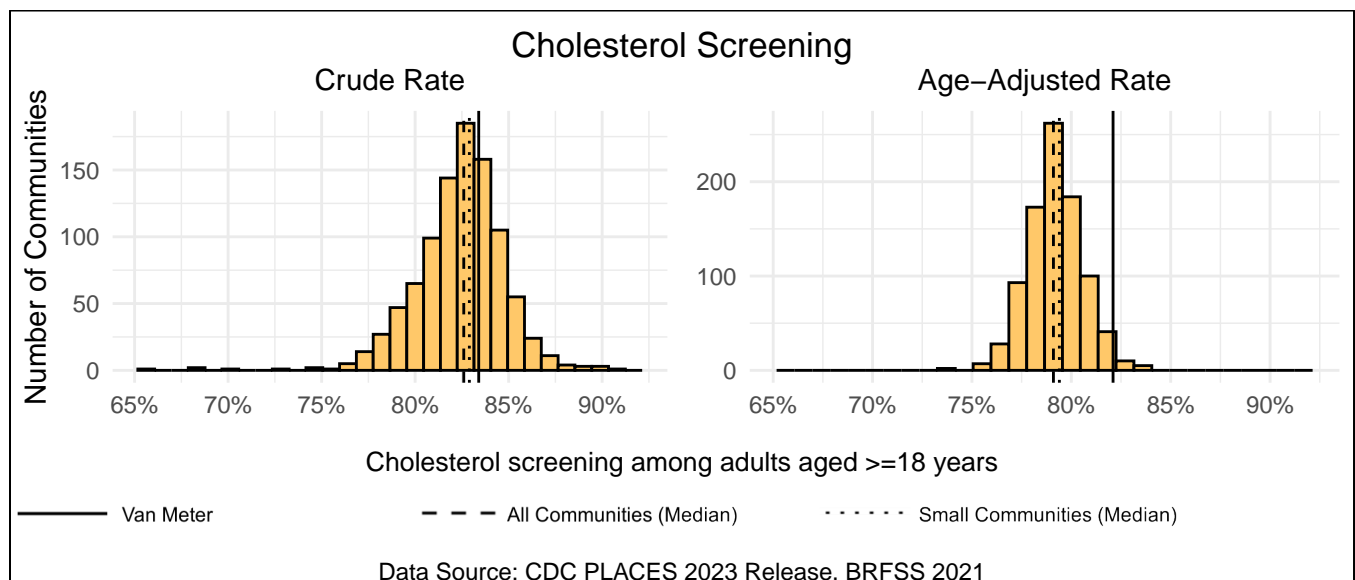
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	73.1%	75.2%	75.5%
Age-Adjusted	72.9%	72.6%	72.6%



Cholesterol Screening

Van Meter has a crude rate of 83.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 317th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Van Meter is 82.1%, which ranks 22nd out of 905 Iowa communities (5th out of 138 small communities).

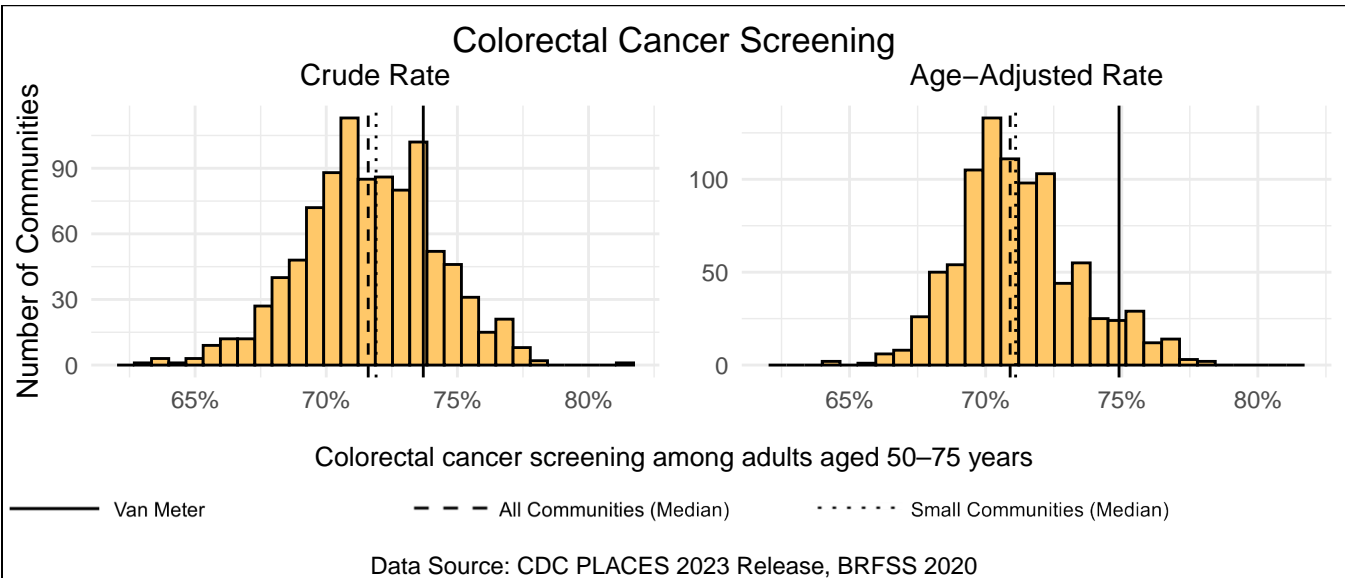
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	83.4%	82.6%	82.9%
Age-Adjusted	82.1%	79.1%	79.4%



Colorectal Cancer Screening

Van Meter has a crude rate of 73.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 193rd out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Van Meter is 74.9%, which ranks 68th out of 905 Iowa communities (17th out of 138 small communities).

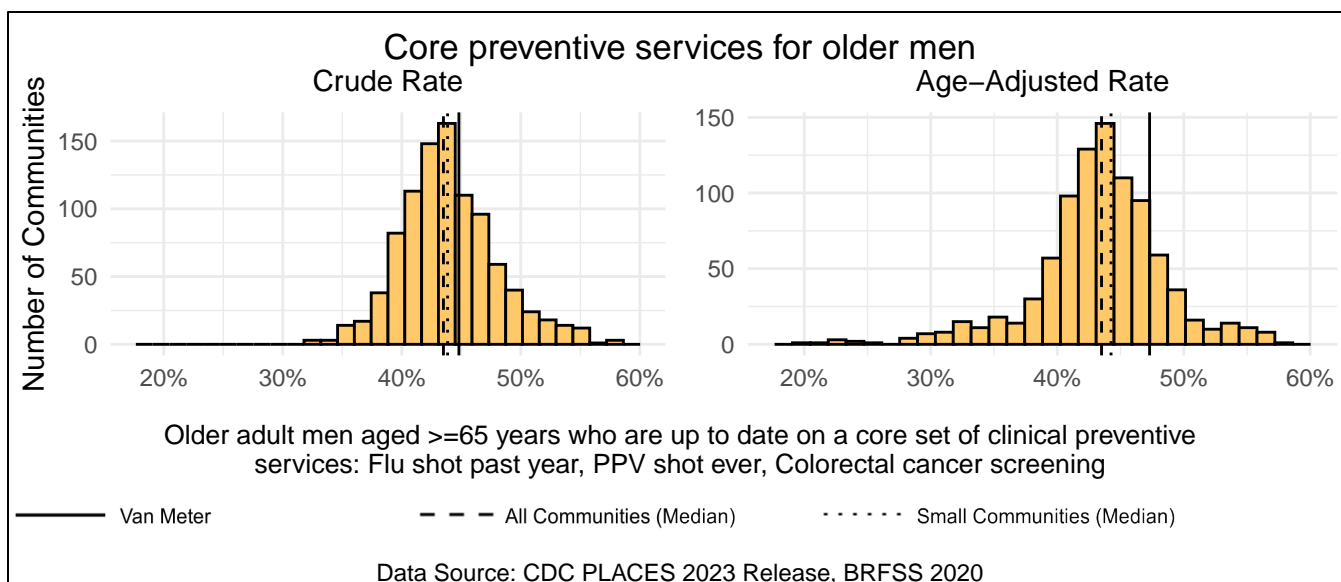
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	73.7%	71.6%	71.9%
Age-Adjusted	74.9%	70.9%	71.1%



Core preventive services for older men

Van Meter has a crude rate of 44.8% 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 345th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Van Meter is 47.3%, which ranks 156th out of 905 Iowa communities (21st out of 138 small communities).

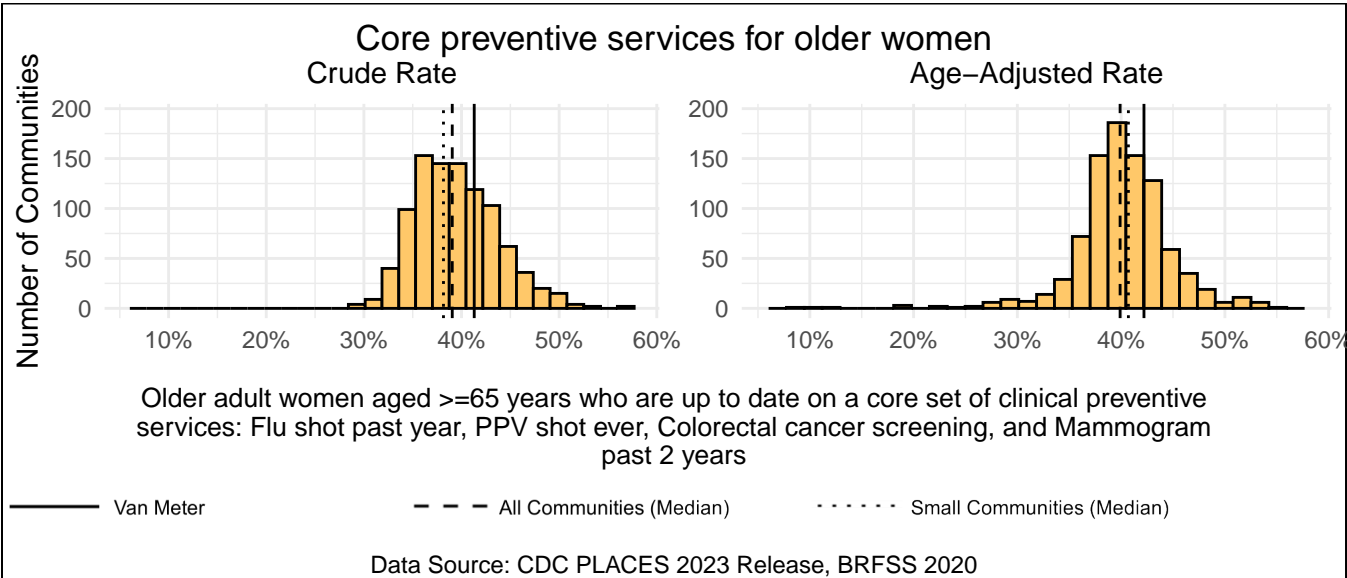
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	44.8%	43.5%	43.8%
Age-Adjusted	47.3%	43.5%	44.2%



Core preventive services for older women

Van Meter 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 Van Meter is 42.2%, which ranks 258th out of 905 Iowa communities (52nd out of 138 small communities).

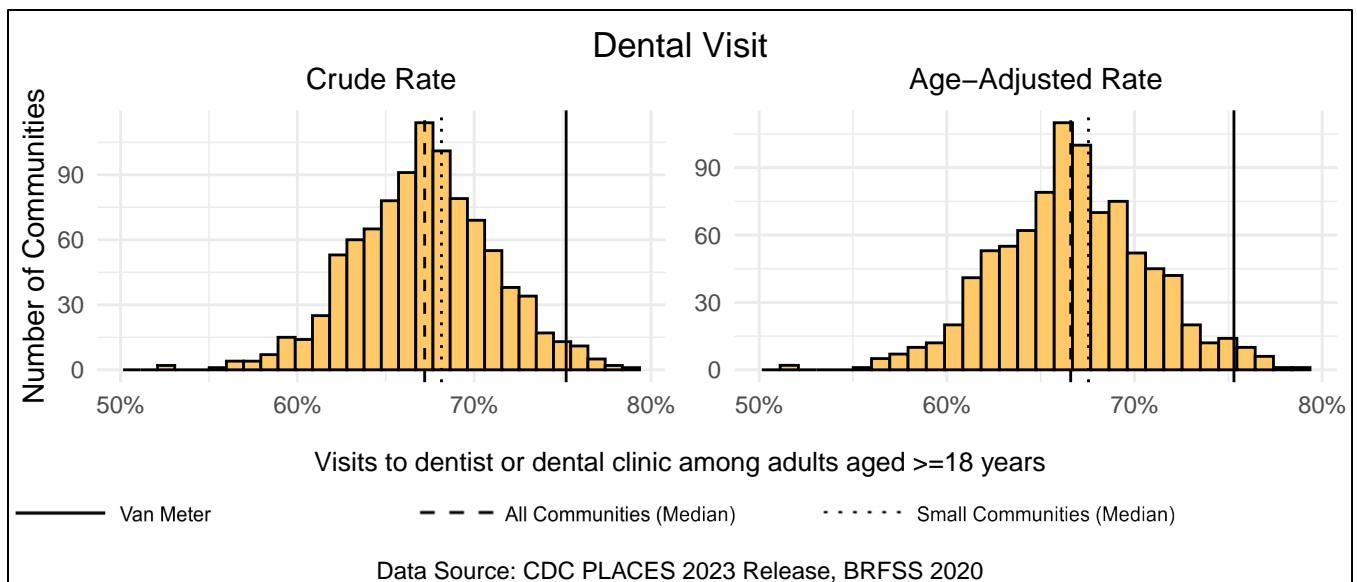
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	41.3%	39.0%	38.2%
Age-Adjusted	42.2%	39.9%	40.7%



Dental Visit

Van Meter has a crude rate of 75.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Van Meter is 75.3%, which ranks 19th out of 905 Iowa communities (5th out of 138 small communities).

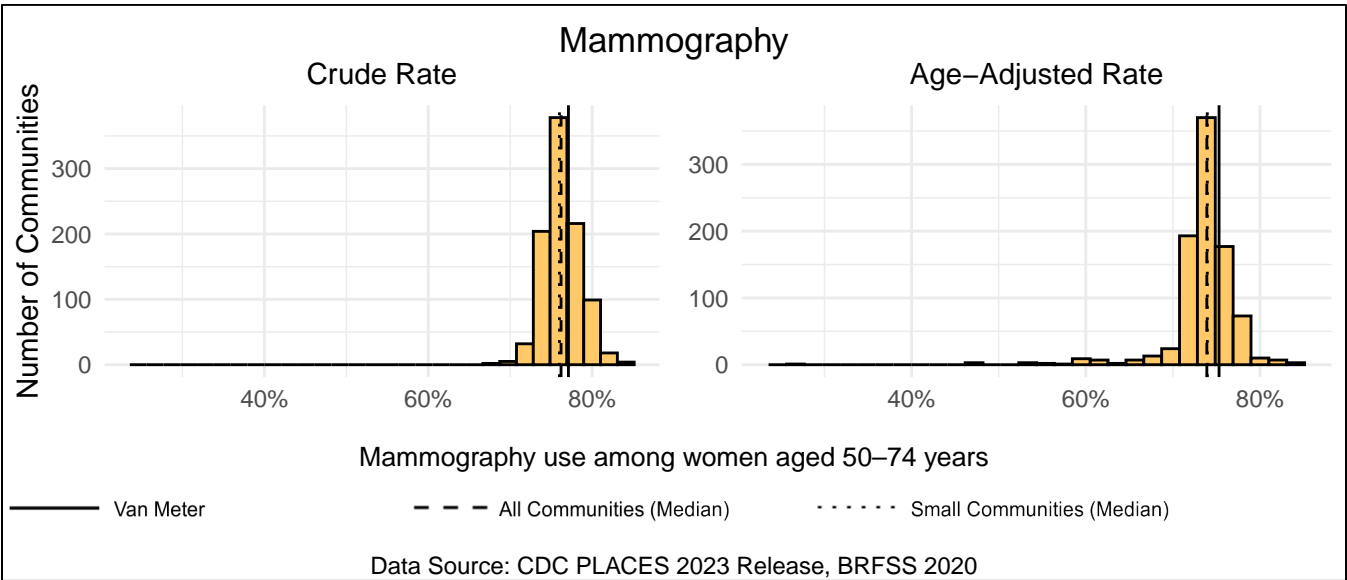
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	75.2%	67.2%	68.2%
Age-Adjusted	75.3%	66.6%	67.5%



Mammography

Van Meter has a crude rate of 77.1% for mammography use among women aged 50–74 years, which ranks 311th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Van Meter is 75.3%, which ranks 214th out of 905 Iowa communities (34th out of 138 small communities).

Measure Type	Van Meter	All Comm.	Small Comm.
Crude	77.1%	76.2%	76.0%
Age-Adjusted	75.3%	73.9%	74.0%



Disability

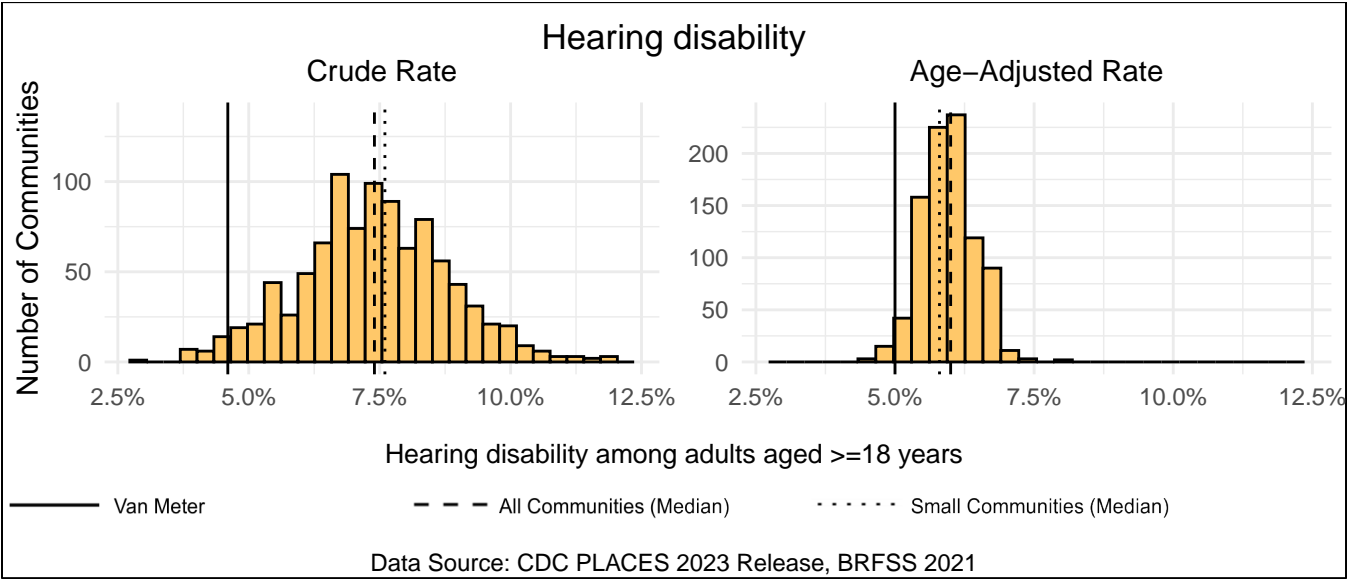
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Van Meter has a crude rate of 4.6% for hearing disability among adults aged ≥ 18 years, which ranks 24th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Van Meter is 5.0%, which ranks 19th out of 905 Iowa communities (5th out of 138 small communities).

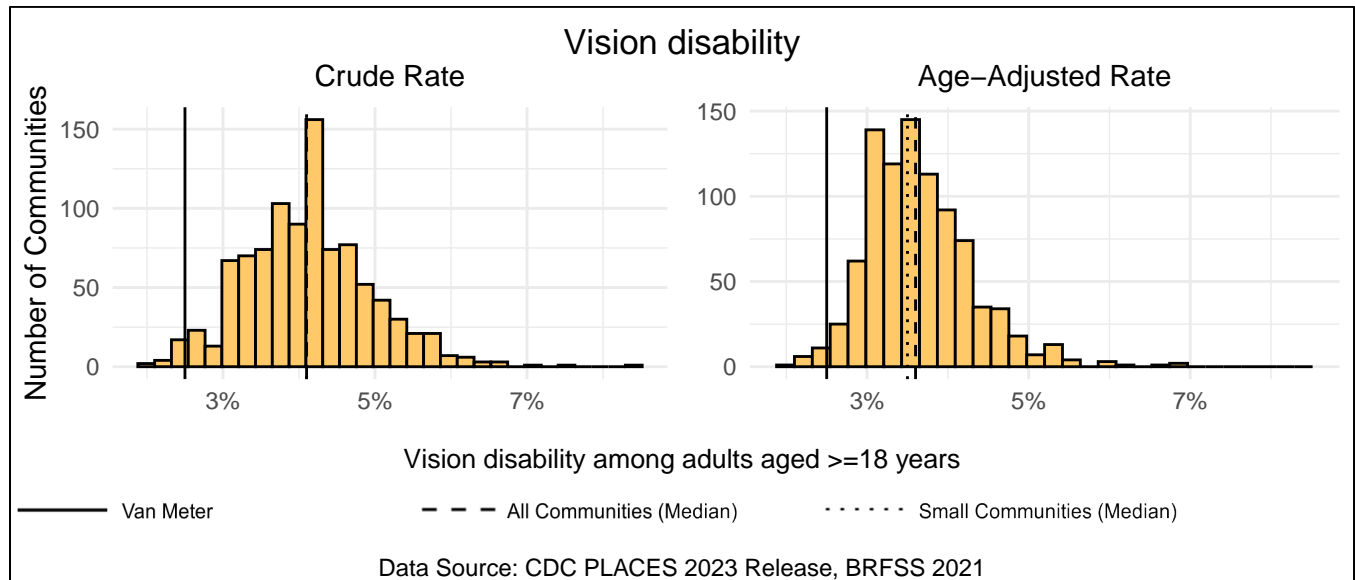
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	4.6%	7.4%	7.6%
Age-Adjusted	5.0%	6.0%	5.8%



Vision disability

Van Meter has a crude rate of 2.5% for vision disability among adults aged ≥ 18 years, which ranks 16th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Van Meter is 2.5%, which ranks 14th out of 905 Iowa communities (5th out of 138 small communities).

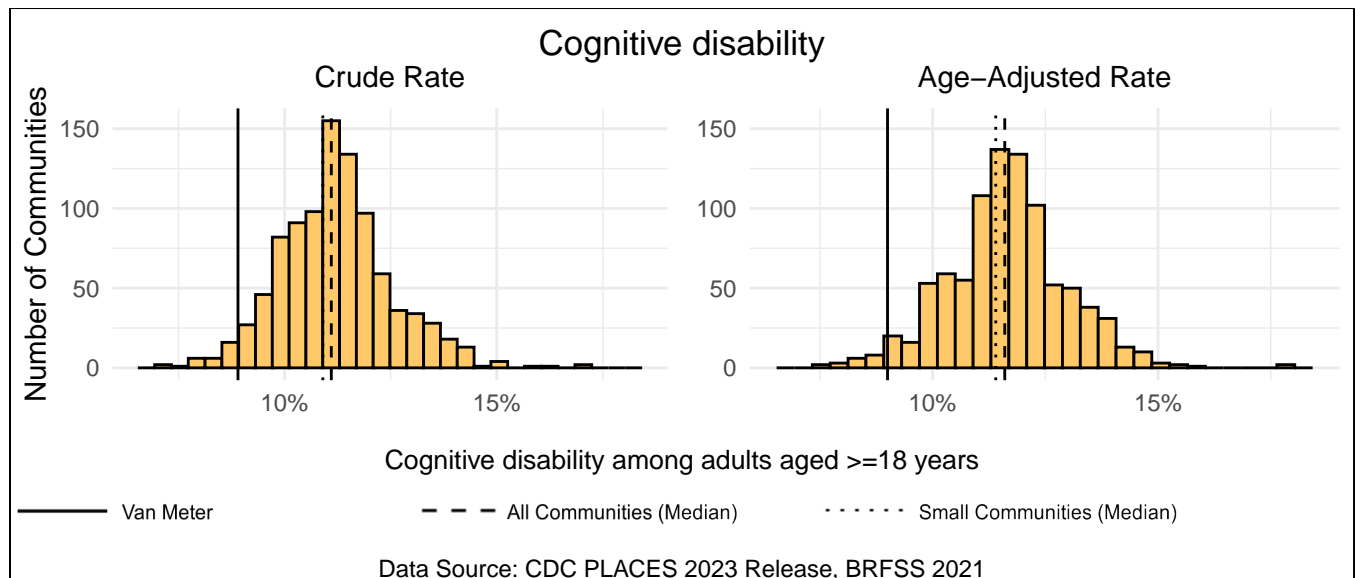
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	2.5%	4.1%	4.1%
Age-Adjusted	2.5%	3.6%	3.5%



Cognitive disability

Van Meter has a crude rate of 8.9% for cognitive disability among adults aged ≥ 18 years, which ranks 23rd out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Van Meter is 9.0%, which ranks 20th out of 905 Iowa communities (6th out of 138 small communities).

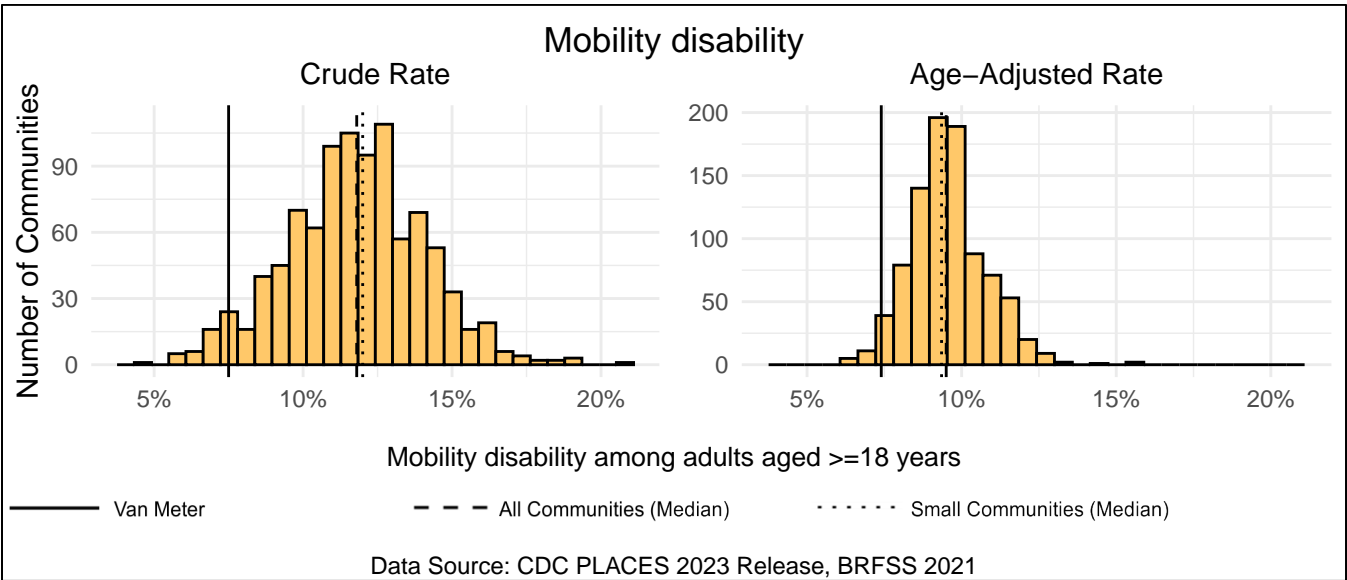
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	8.9%	11.1%	10.9%
Age-Adjusted	9.0%	11.6%	11.4%



Mobility disability

Van Meter has a crude rate of 7.5% for mobility disability among adults aged ≥ 18 years, which ranks 34th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Van Meter is 7.4%, which ranks 23rd out of 905 Iowa communities (7th out of 138 small communities).

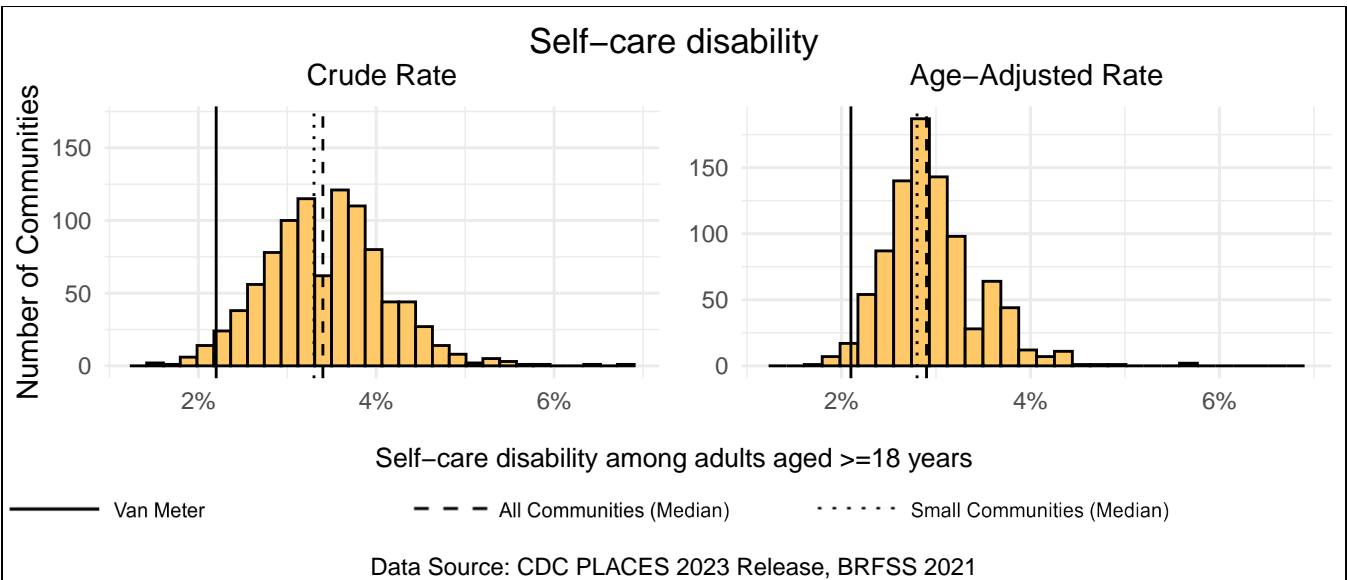
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	7.5%	11.8%	12.0%
Age-Adjusted	7.4%	9.5%	9.4%



Self-care disability

Van Meter has a crude rate of 2.2% for self-care disability among adults aged ≥ 18 years, which ranks 24th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Van Meter is 2.1%, which ranks 18th out of 905 Iowa communities (5th out of 138 small communities).

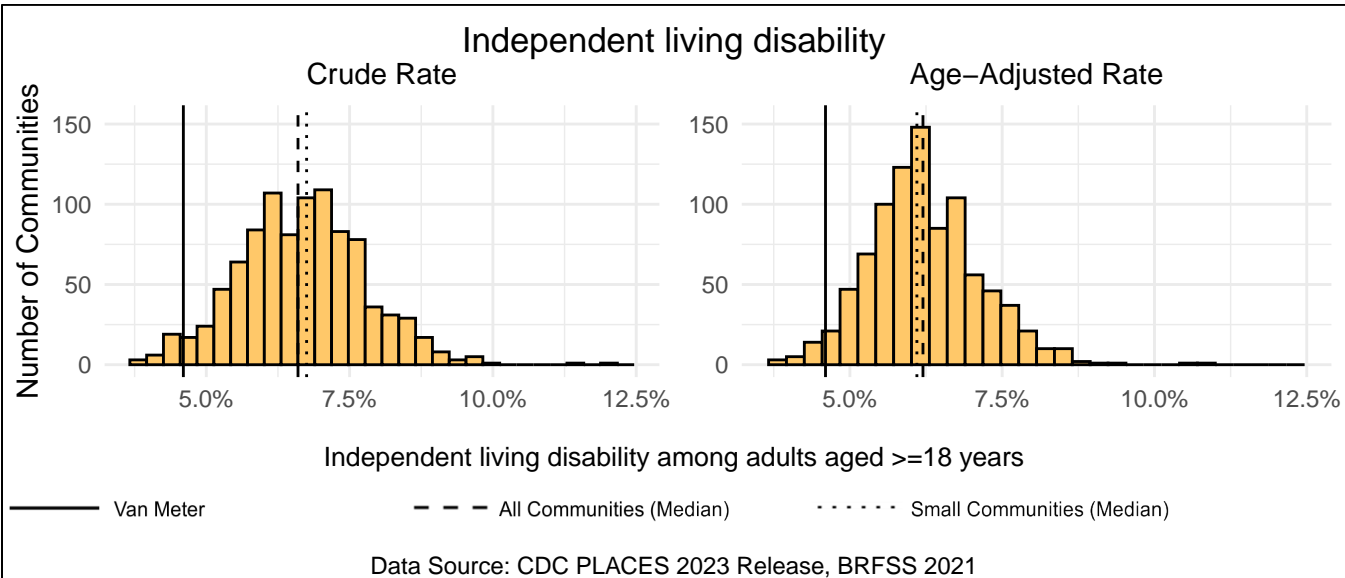
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	2.2%	3.4%	3.3%
Age-Adjusted	2.1%	2.9%	2.8%



Independent living disability

Van Meter has a crude rate of 4.6% for independent living disability among adults aged ≥ 18 years, which ranks 29th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Van Meter is 4.6%, which ranks 23rd out of 905 Iowa communities (6th out of 138 small communities).

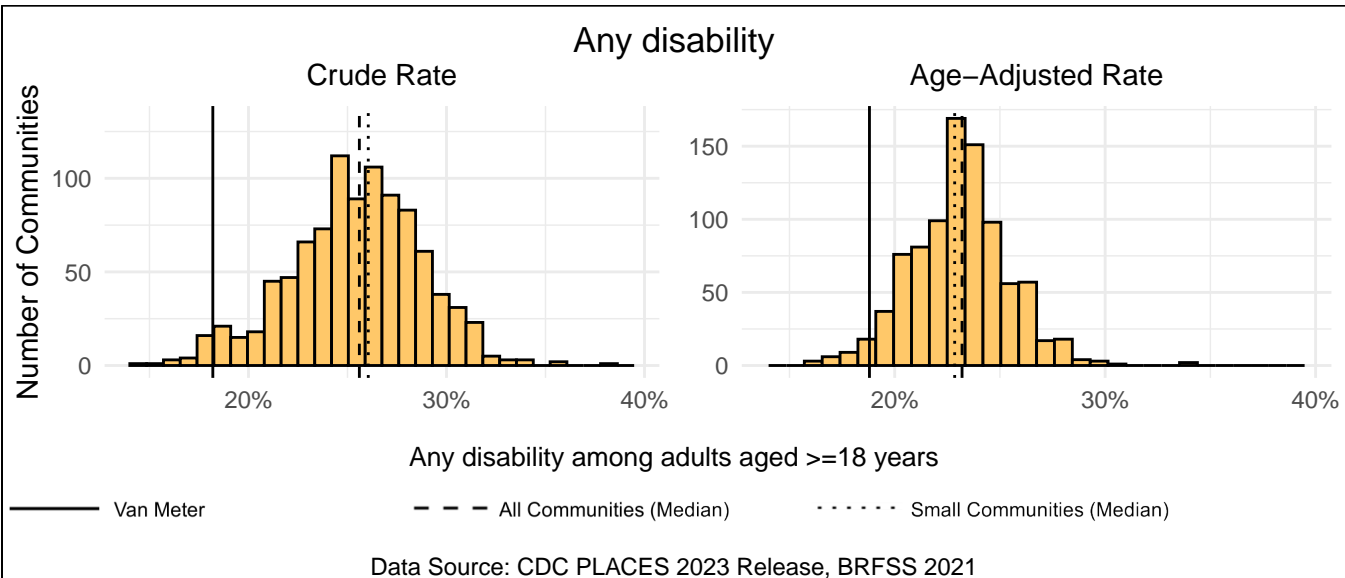
Measure Type	Van Meter	All Comm.	Small Comm.
Crude	4.6%	6.6%	6.8%
Age-Adjusted	4.6%	6.2%	6.1%



Any disability

Van Meter has a crude rate of 18.2% for any disability among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Van Meter is 18.8%, which ranks 23rd out of 905 Iowa communities (5th out of 138 small communities).

Measure Type	Van Meter	All Comm.	Small Comm.
Crude	18.2%	25.6%	26.0%
Age-Adjusted	18.8%	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: Van Meter 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	164	13.4% (11.5% - 15.7%)	22	13.5% (11.4% - 15.7%)
Health Status	General Health	34	9.8% (8.0% - 11.9%)	31	9.6% (7.8% - 11.7%)
Health Status	Physical Health	42	8.3% (7.0% - 9.8%)	36	8.0% (6.7% - 9.5%)
Health Risk Behaviors	Physical Inactivity	33	18.8% (15.1% - 23.3%)	27	18.6% (14.7% - 22.8%)
Health Risk Behaviors	Binge Drinking	946	24.5% (21.0% - 28.3%)	901	24.5% (20.9% - 28.3%)
Health Risk Behaviors	Sleep <7 hours	12	25.9% (24.1% - 27.7%)	4	25.3% (23.6% - 27.1%)
Health Risk Behaviors	Current Smoking	63	13.6% (10.2% - 17.4%)	25	12.7% (9.4% - 16.2%)
Health Outcomes	Stroke	28	2.1% (1.8% - 2.4%)	9	2.1% (1.8% - 2.5%)
Health Outcomes	Arthritis	156	24.2% (20.9% - 27.9%)	574	23.6% (20.5% - 27.1%)
Health Outcomes	Current Asthma	311	9.2% (8.1% - 10.4%)	125	9.1% (8.0% - 10.2%)
Health Outcomes	Depression	568	18.3% (15.3% - 21.7%)	138	18.2% (15.2% - 21.4%)
Health Outcomes	Coronary Heart Disease	23	3.9% (3.4% - 4.5%)	12	4.1% (3.5% - 4.8%)
Health Outcomes	Obesity	379	37.1% (31.4% - 43.5%)	183	35.6% (30.0% - 41.5%)
Health Outcomes	High Cholesterol	81	32.2% (28.4% - 36.2%)	336	29.5% (25.9% - 33.6%)
Health Outcomes	Cancer (except skin)	51	6.2% (5.5% - 6.9%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Diabetes	31	6.9% (5.8% - 8.2%)	18	6.7% (5.7% - 8.0%)
Health Outcomes	All Teeth Lost	42	8.6% (5.0% - 12.8%)	37	8.9% (5.3% - 13.3%)
Health Outcomes	High Blood Pressure	38	24.9% (21.7% - 28.6%)	27	24.6% (21.5% - 27.9%)
Health Outcomes	COPD	36	4.8% (3.9% - 5.9%)	24	4.7% (3.8% - 5.8%)
Health Outcomes	Chronic Kidney Disease	21	2.2% (2.0% - 2.5%)	12	2.3% (2.0% - 2.5%)
Prevention	Colorectal Cancer Screening	193	73.7% (70.3% - 76.8%)	68	74.9% (71.6% - 77.8%)
Prevention	Dental Visit	21	75.2% (71.8% - 78.5%)	19	75.3% (72.1% - 78.6%)
Prevention	Core preventive services for older men	345	44.8% (34.4% - 56.1%)	156	47.3% (38.5% - 55.6%)
Prevention	Cholesterol Screening	317	83.4% (80.4% - 86.3%)	22	82.1% (78.9% - 85.3%)
Prevention	Taking BP Medication	915	73.4% (69.5% - 77.3%)	871	56.9% (52.3% - 61.7%)
Prevention	Health Insurance	20	5.3% (3.9% - 7.1%)	21	5.5% (3.9% - 7.3%)

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% (34.1% - 48.6%)	258	42.2% (34.8% - 49.5%)
Prevention	Cervical Cancer Screening	54	86.1% (83.6% - 88.5%)	56	85.4% (82.9% - 87.8%)
Prevention	Mammography	311	77.1% (72.7% - 81.4%)	214	75.3% (70.7% - 79.3%)
Prevention	Annual Checkup	824	73.1% (68.7% - 77.3%)	333	72.9% (68.6% - 77.1%)
Disability	Any Disability	21	18.2% (15.2% - 21.7%)	23	18.8% (15.5% - 22.2%)
Disability	Vision Disability	16	2.5% (2.1% - 3.0%)	14	2.5% (2.1% - 3.0%)
Disability	Hearing Disability	24	4.6% (4.0% - 5.3%)	19	5.0% (4.3% - 5.7%)
Disability	Independent Living Disability	29	4.6% (3.8% - 5.6%)	23	4.6% (3.8% - 5.5%)
Disability	Self-care Disability	24	2.2% (1.8% - 2.6%)	18	2.1% (1.8% - 2.5%)
Disability	Mobility Disability	34	7.5% (6.1% - 9.0%)	23	7.4% (6.0% - 8.9%)
Disability	Cognitive Disability	23	8.9% (7.3% - 10.8%)	20	9.0% (7.2% - 10.8%)

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: Small Communities (1,000-2,499)

Van Meter 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		