



## 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 Villisca: Overview

Dear Community Members & Stakeholders of Villisca,

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 Villisca ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Villisca'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 Villisca. 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
Obesity	230th	44th	Taking BP Medication	206th	30th
Taking BP Medication	245th	53rd	Mammography	261st	41st
Mammography	273rd	34th	Obesity	353rd	53rd
Binge Drinking	283rd	50th	Binge Drinking	358th	57th
Annual Checkup	291st	57th	Sleep <7 hours	391st	64th

# 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
Core preventive services for older women	798th	109th	Cancer (except skin)	831st	126th
Stroke	760th	99th	Current Asthma	762nd	120th
Any Disability	759th	103rd	Diabetes	705th	117th
Mobility Disability	751st	101st	Depression	702nd	107th
Independent Living Disability	749th	108th	Mobility Disability	679th	109th

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 Villisca.

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.

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

With a population of 1,071, Villisca’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

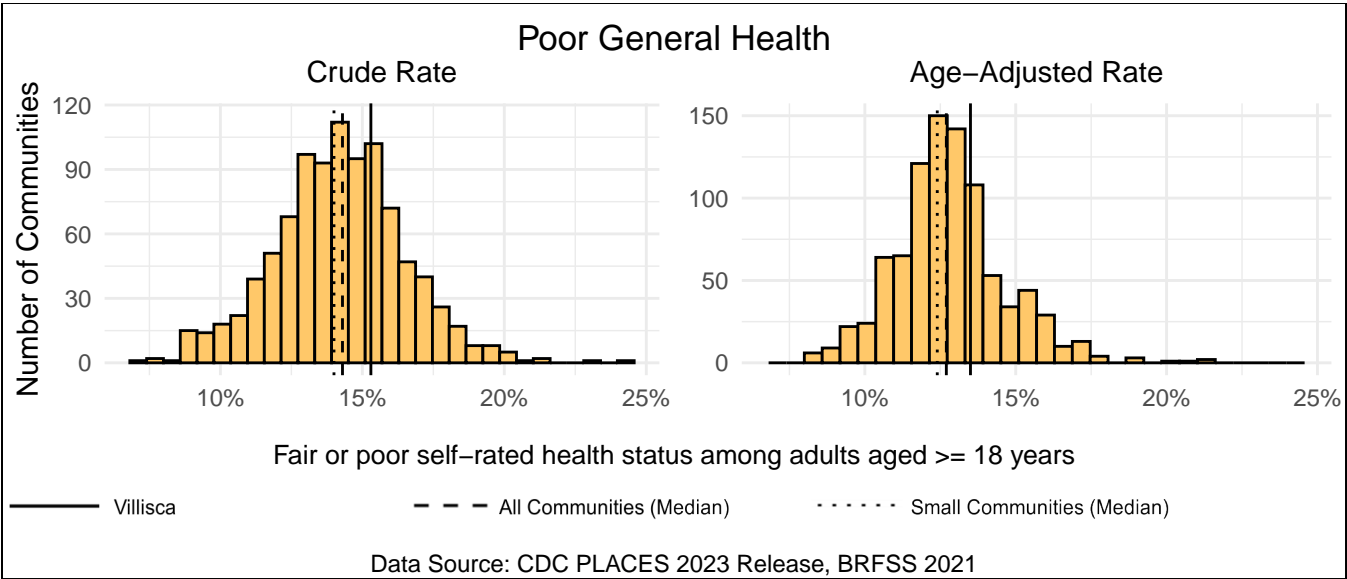
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Villisca has a crude rate of 15.3% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 660th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Villisca is 13.5%, which ranks 620th out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	Villisca	All Comm.	Small Comm.
Crude	15.3%	14.3%	14.0%
Age-Adjusted	13.5%	12.7%	12.4%

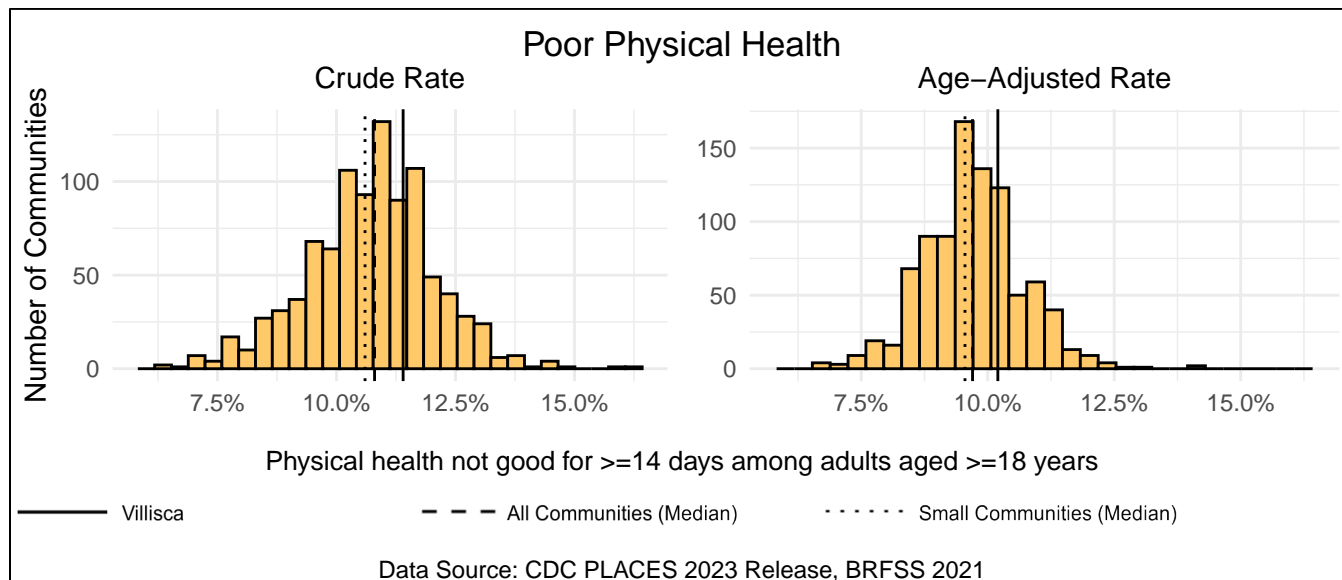




## Poor Physical Health

Villisca has a crude rate of 11.4% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 656th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Villisca is 10.2%, which ranks 644th out of 905 Iowa communities (107th out of 138 small communities).

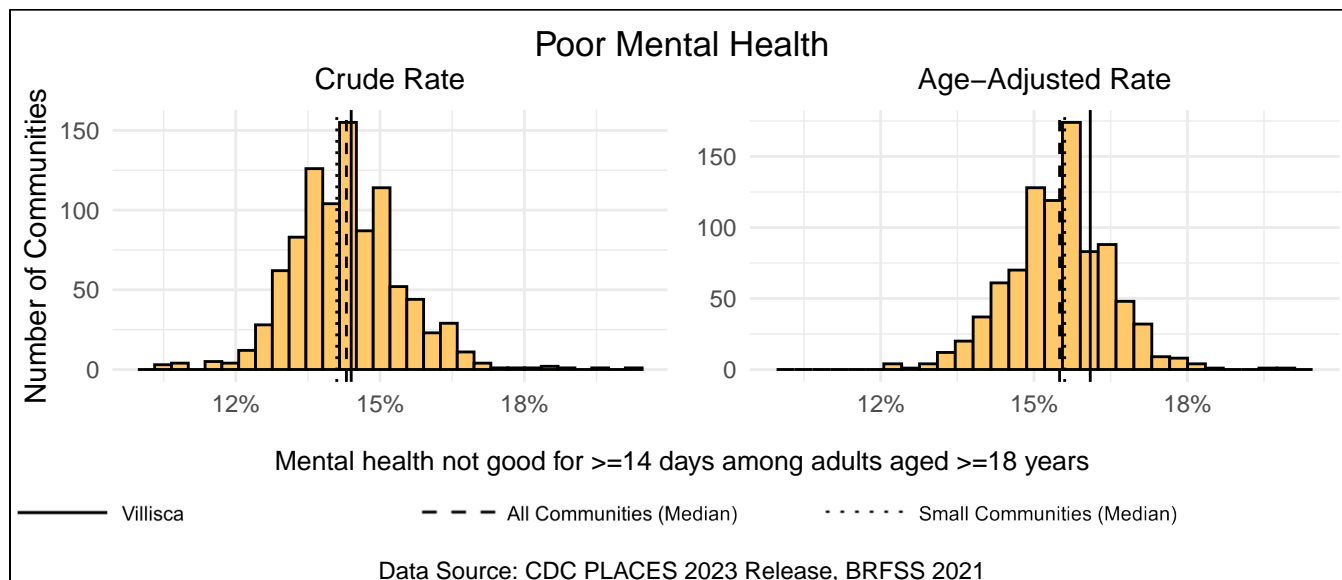
Measure Type	Villisca	All Comm.	Small Comm.
Crude	11.4%	10.8%	10.6%
Age-Adjusted	10.2%	9.7%	9.6%



## Poor Mental Health

Villisca has a crude rate of 14.4% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 514th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Villisca is 16.1%, which ranks 658th out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	Villisca	All Comm.	Small Comm.
Crude	14.4%	14.3%	14.1%
Age-Adjusted	16.1%	15.5%	15.6%



# Health Risk Behaviors

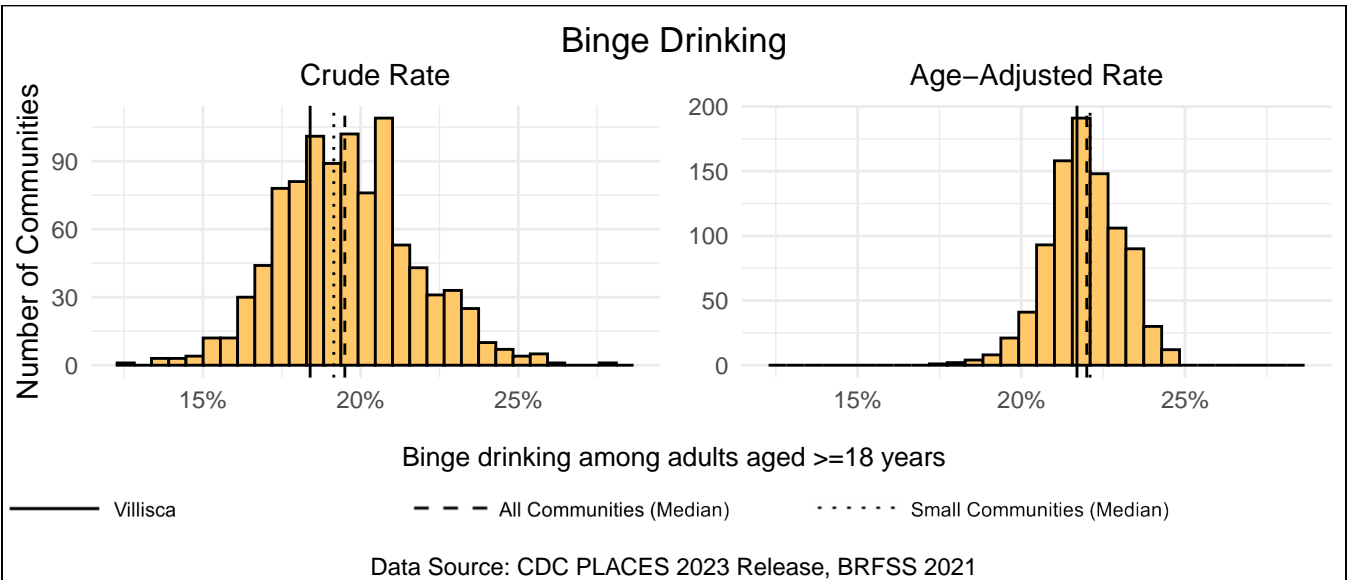
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Villisca has a crude rate of 18.4% for binge drinking among adults aged  $\geq 18$  years, which ranks 283rd out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Villisca is 21.7%, which ranks 358th out of 905 Iowa communities (57th out of 138 small communities).

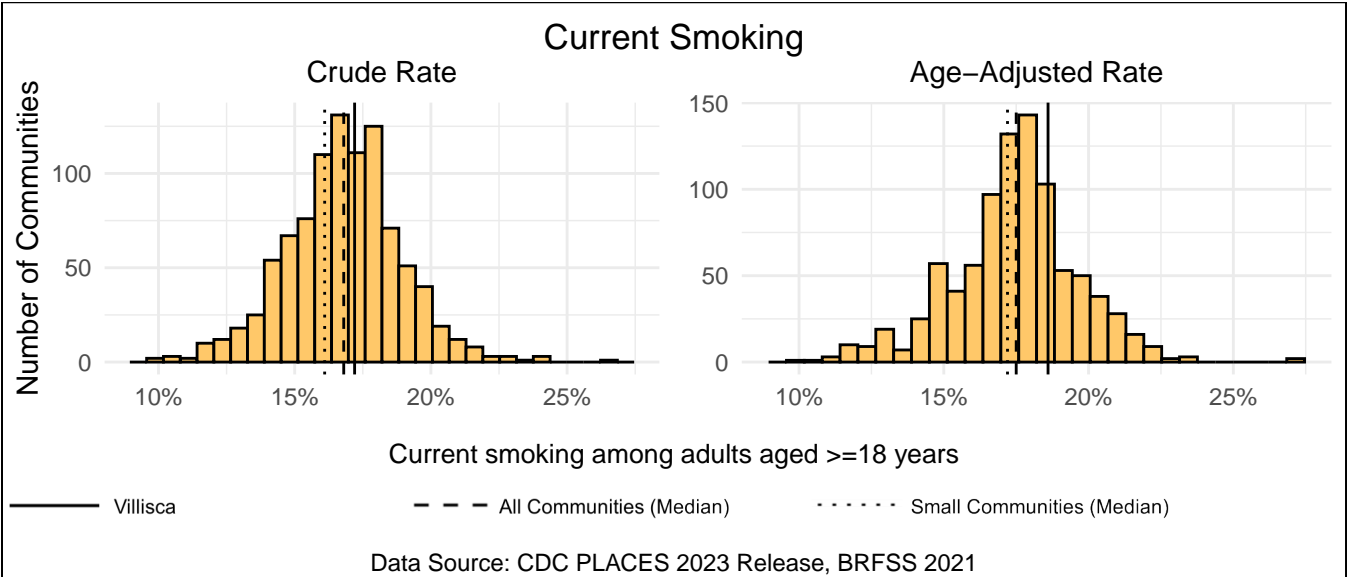
Measure Type	Villisca	All Comm.	Small Comm.
Crude	18.4%	19.5%	19.1%
Age-Adjusted	21.7%	22.0%	22.1%



# Current Smoking

Villisca has a crude rate of 17.2% for current smoking among adults aged  $\geq 18$  years, which ranks 555th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Villisca is 18.6%, which ranks 649th out of 905 Iowa communities (109th out of 138 small communities).

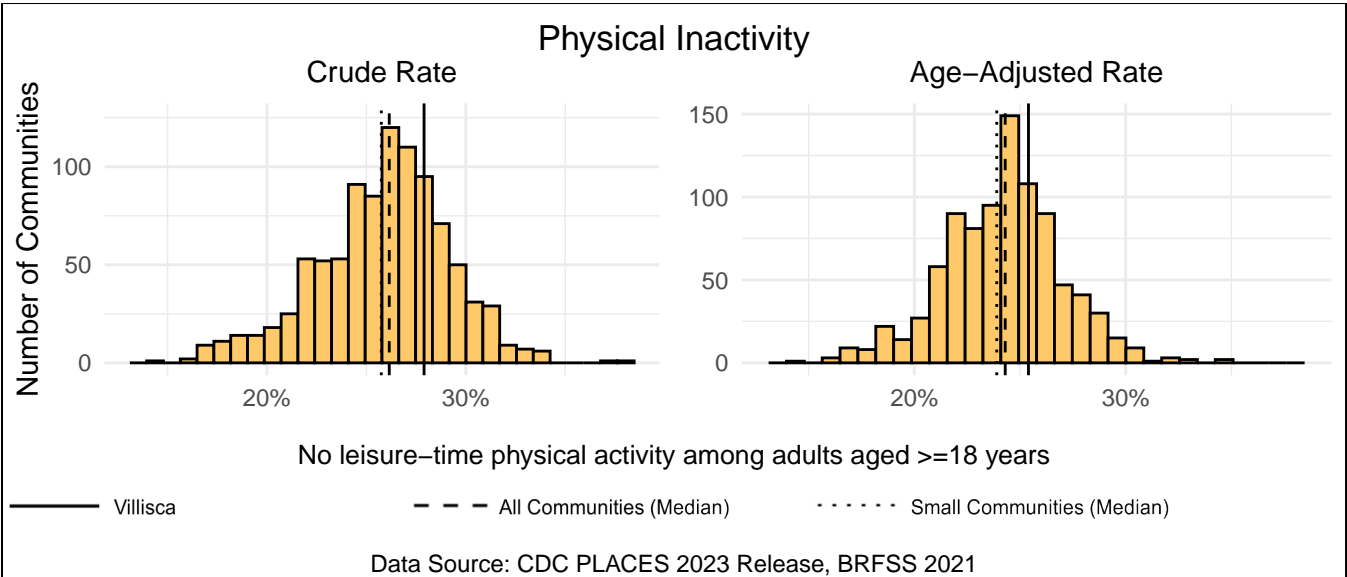
Measure Type	Villisca	All Comm.	Small Comm.
Crude	17.2%	16.8%	16.1%
Age-Adjusted	18.6%	17.5%	17.2%



# Physical Inactivity

Villisca has a crude rate of 27.9% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 708th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Villisca is 25.4%, which ranks 623rd out of 905 Iowa communities (105th out of 138 small communities).

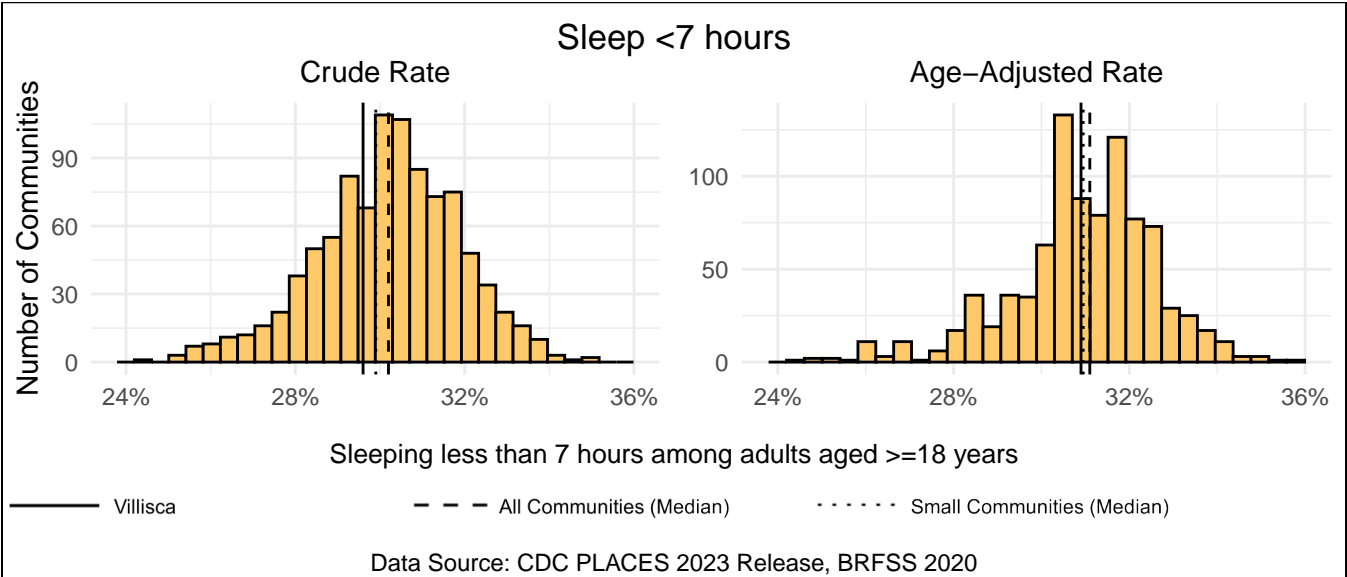
Measure Type	Villisca	All Comm.	Small Comm.
Crude	27.9%	26.1%	25.8%
Age-Adjusted	25.4%	24.3%	23.9%



Sleep <7 hours

Villisca has a crude rate of 29.6% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 314th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Villisca is 30.9%, which ranks 391st out of 905 Iowa communities (64th out of 138 small communities).

Measure Type	Villisca	All Comm.	Small Comm.
Crude	29.6%	30.2%	29.9%
Age-Adjusted	30.9%	31.1%	31.0%



# Health Outcomes

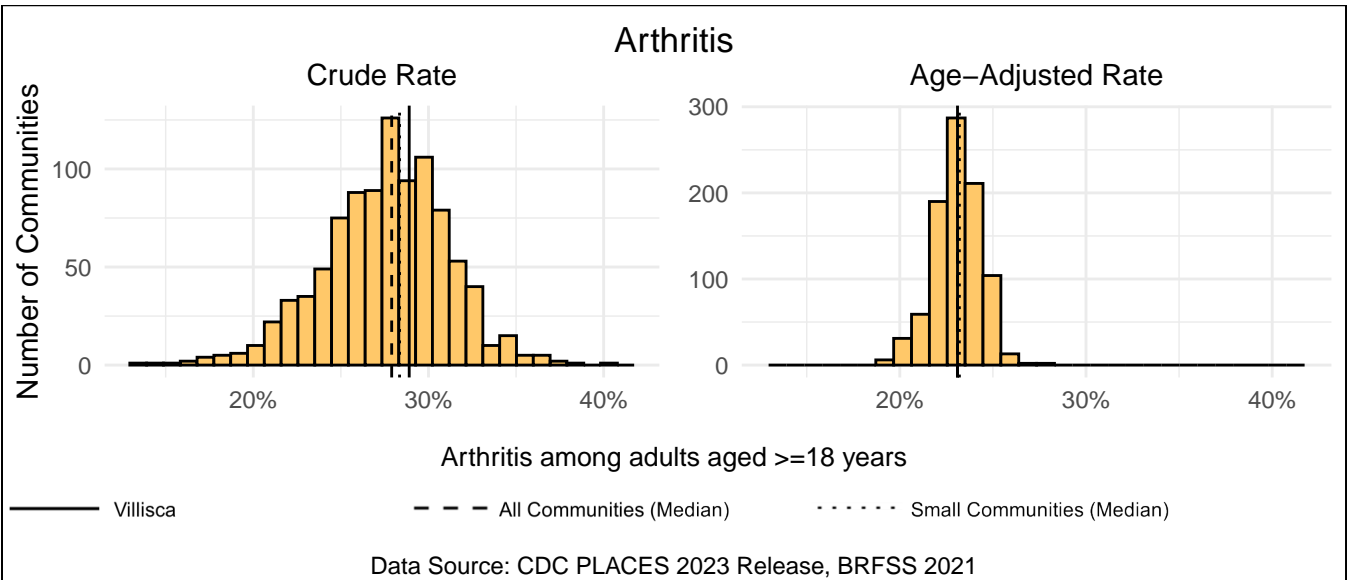
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Villisca has a crude rate of 28.9% for arthritis among adults aged  $\geq 18$  years, which ranks 603rd out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Villisca is 23.1%, which ranks 426th out of 905 Iowa communities (60th out of 138 small communities).

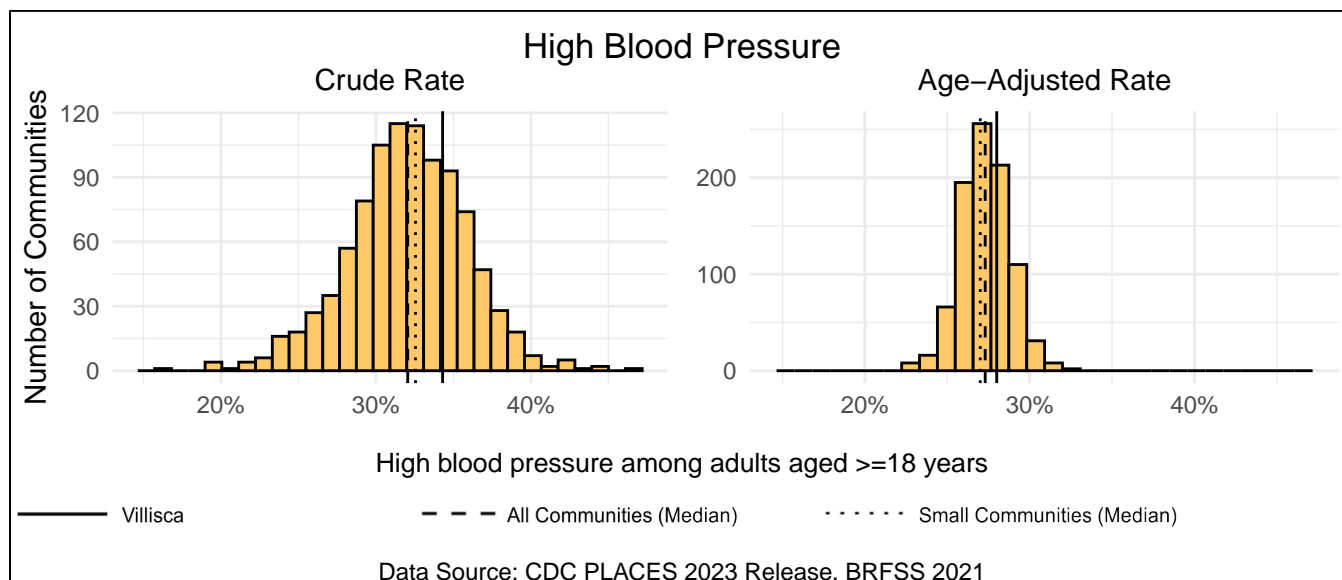
Measure Type	Villisca	All Comm.	Small Comm.
Crude	28.9%	27.9%	28.4%
Age-Adjusted	23.1%	23.1%	23.2%



## High Blood Pressure

Villisca has a crude rate of 34.3% for high blood pressure among adults aged  $\geq 18$  years, which ranks 690th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Villisca is 28.0%, which ranks 628th out of 905 Iowa communities (104th out of 138 small communities).

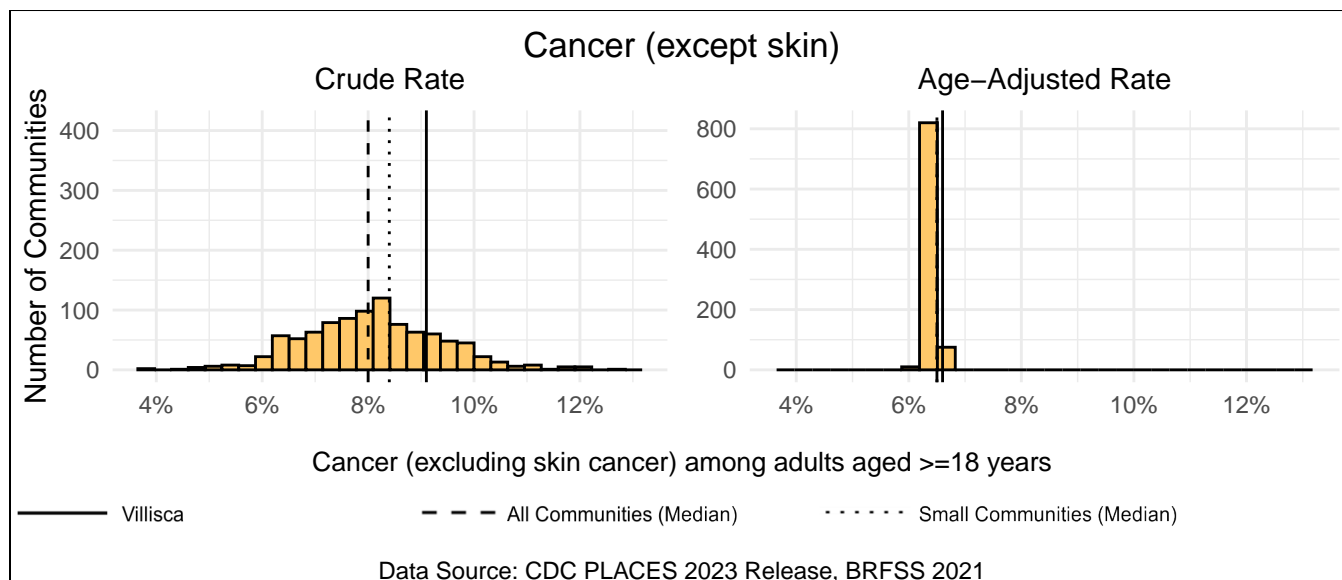
Measure Type	Villisca	All Comm.	Small Comm.
Crude	34.3%	32.0%	32.5%
Age-Adjusted	28.0%	27.3%	27.0%



## Cancer (except skin)

Villisca has a crude rate of 9.1% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 745th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Villisca is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

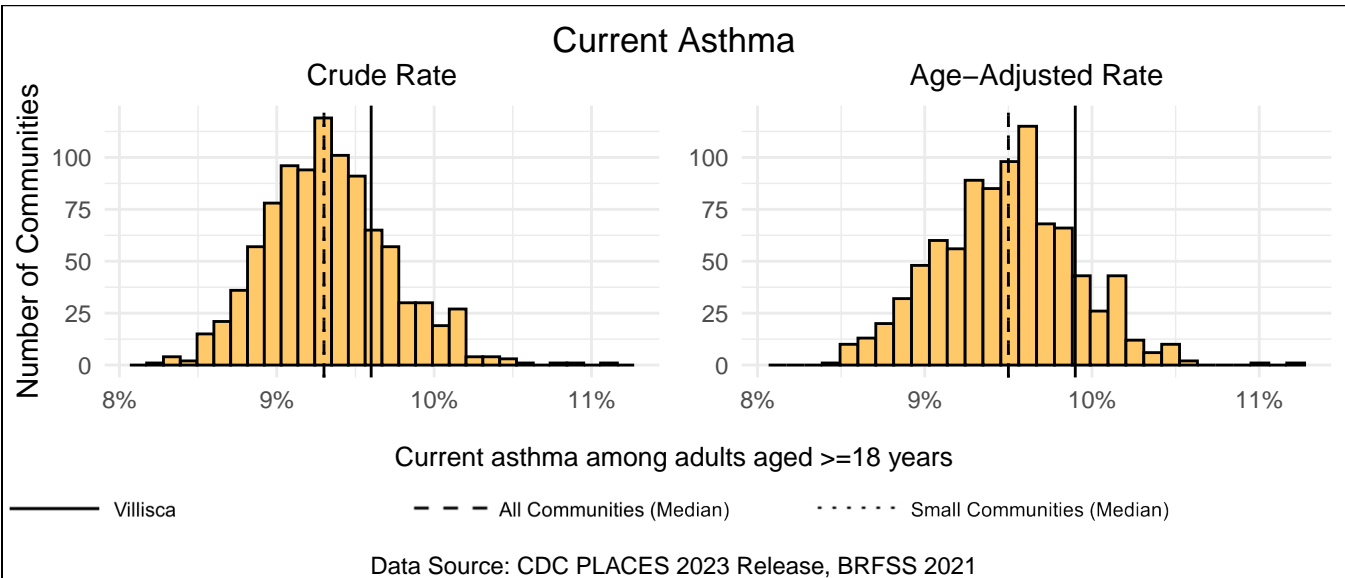
Measure Type	Villisca	All Comm.	Small Comm.
Crude	9.1%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%



## Current Asthma

Villisca has a crude rate of 9.6% for current asthma among adults aged  $\geq 18$  years, which ranks 716th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Villisca is 9.9%, which ranks 762nd out of 905 Iowa communities (120th out of 138 small communities).

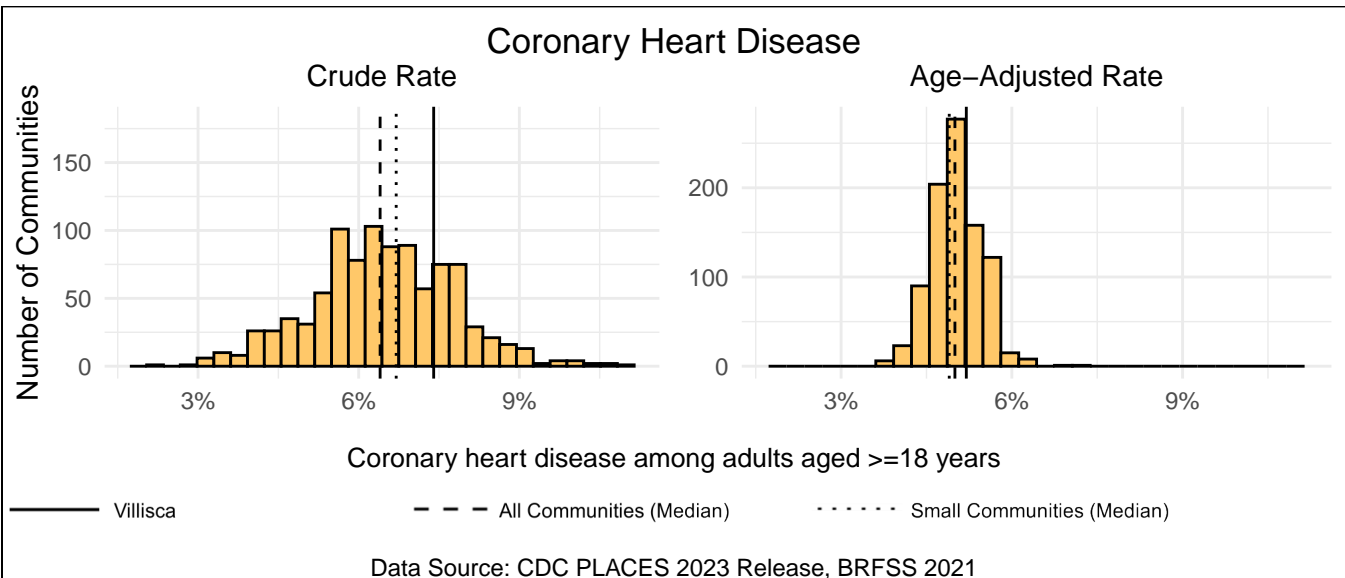
Measure Type	Villisca	All Comm.	Small Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.9%	9.5%	9.5%



## Coronary Heart Disease

Villisca has a crude rate of 7.4% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 715th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Villisca is 5.2%, which ranks 601st out of 905 Iowa communities (110th out of 138 small communities).

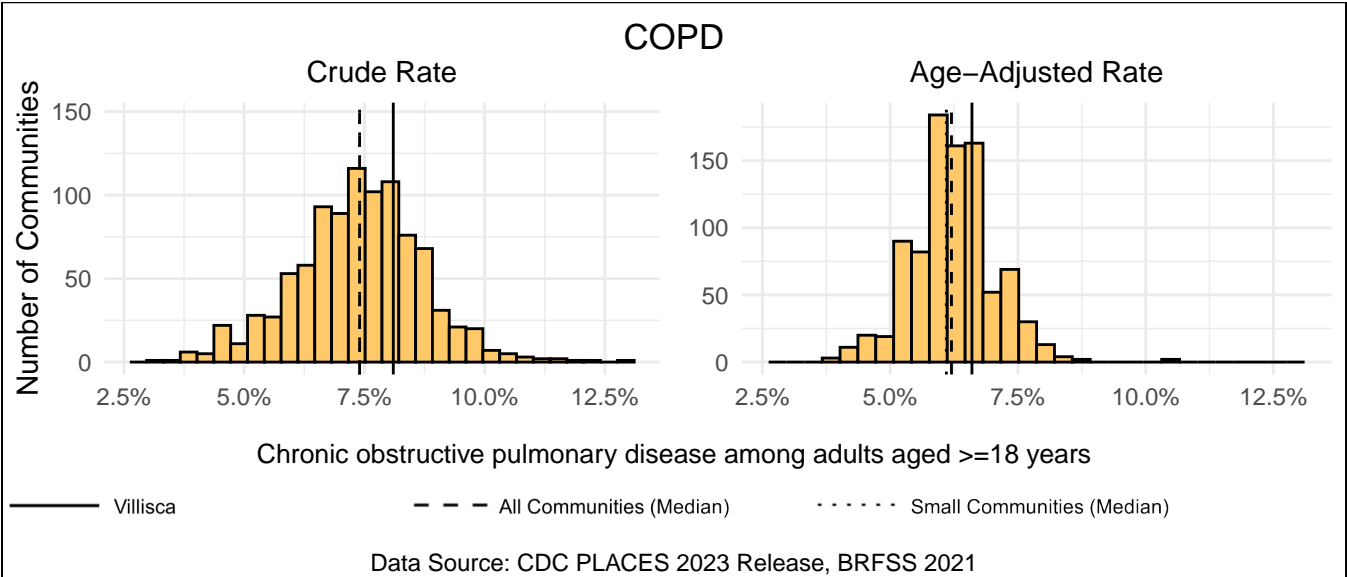
Measure Type	Villisca	All Comm.	Small Comm.
Crude	7.4%	6.4%	6.7%
Age-Adjusted	5.2%	5.0%	4.9%



# COPD

Villisca has a crude rate of 8.1% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 674th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Villisca is 6.6%, which ranks 620th out of 905 Iowa communities (105th out of 138 small communities).

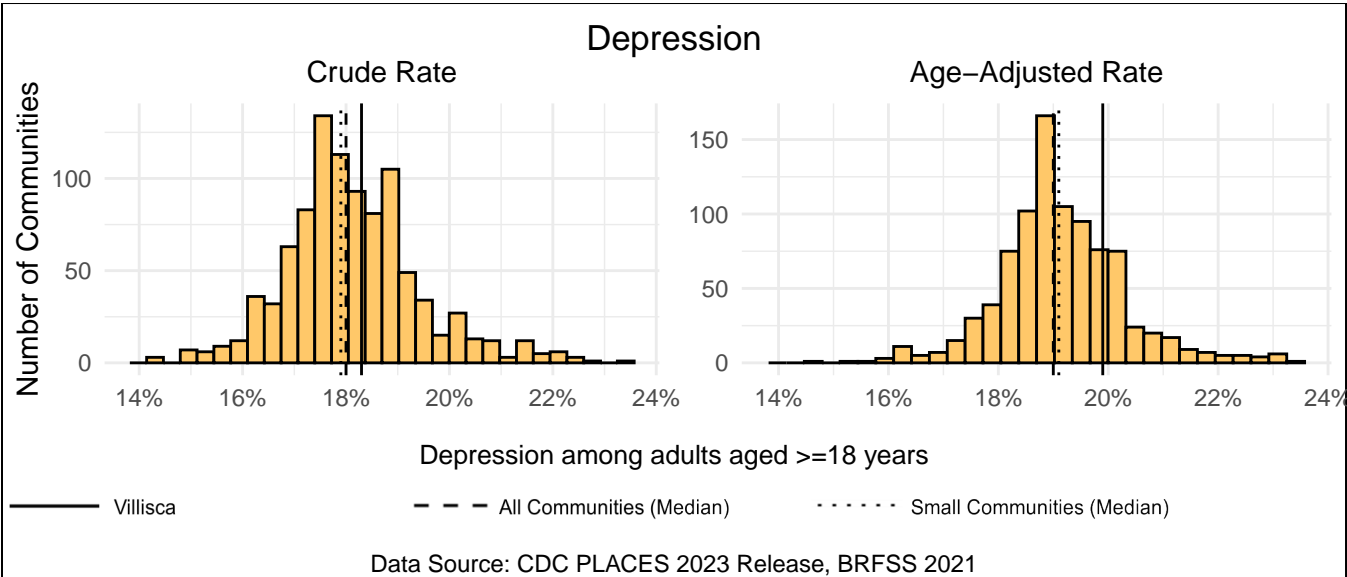
Measure Type	Villisca	All Comm.	Small Comm.
Crude	8.1%	7.4%	7.4%
Age-Adjusted	6.6%	6.2%	6.1%



# Depression

Villisca has a crude rate of 18.3% for depression among adults aged  $\geq 18$  years, which ranks 568th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Villisca is 19.9%, which ranks 702nd out of 905 Iowa communities (107th out of 138 small communities).

Measure Type	Villisca	All Comm.	Small Comm.
Crude	18.3%	18.0%	17.9%
Age-Adjusted	19.9%	19.0%	19.1%

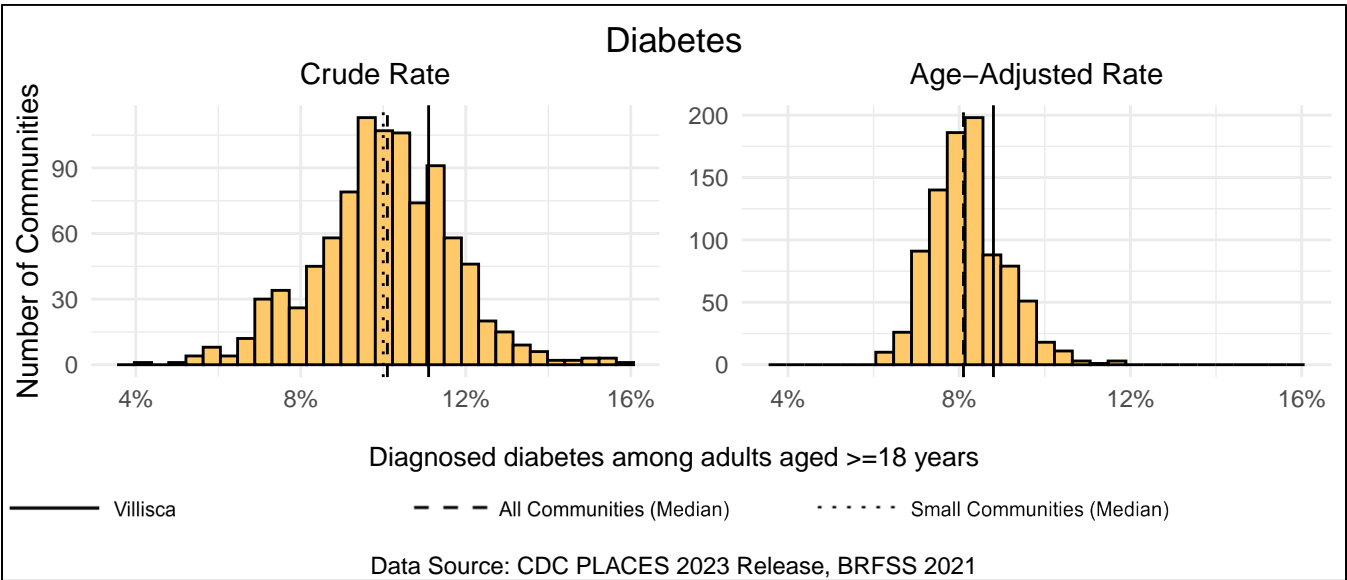




# Diabetes

Villisca has a crude rate of 11.1% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 703rd out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Villisca is 8.8%, which ranks 705th out of 905 Iowa communities (117th out of 138 small communities).

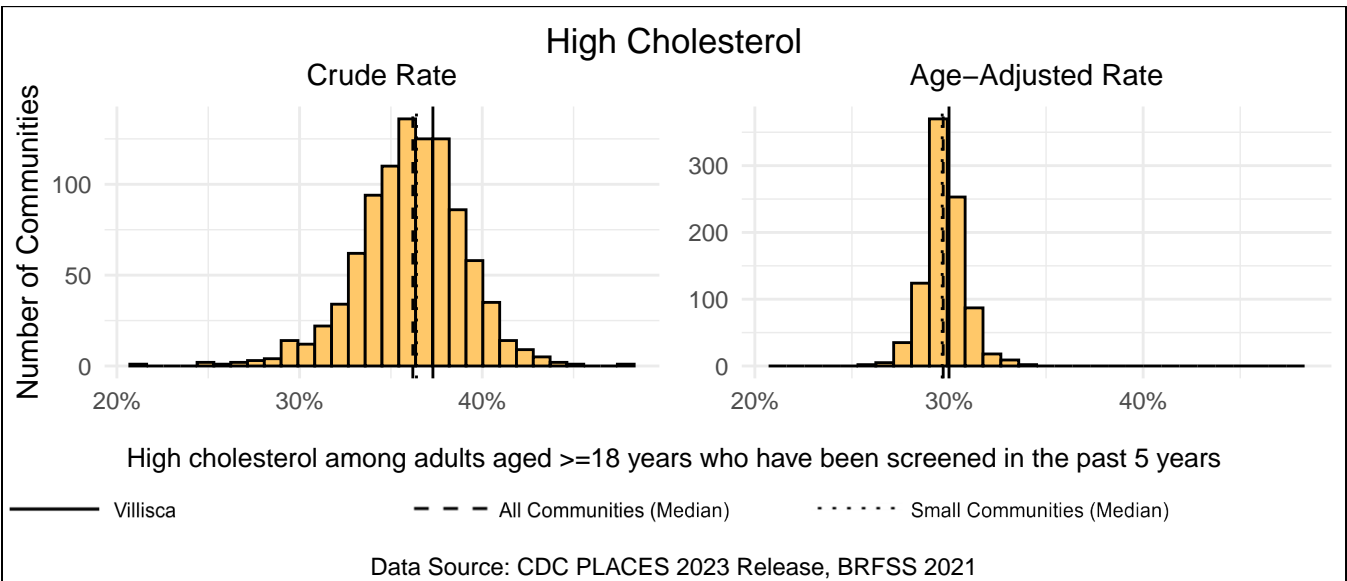
Measure Type	Villisca	All Comm.	Small Comm.
Crude	11.1%	10.1%	10.0%
Age-Adjusted	8.8%	8.1%	8.1%



# High Cholesterol

Villisca has a crude rate of 37.3% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 623rd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for Villisca is 30.0%, which ranks 537th out of 905 Iowa communities (85th out of 138 small communities).

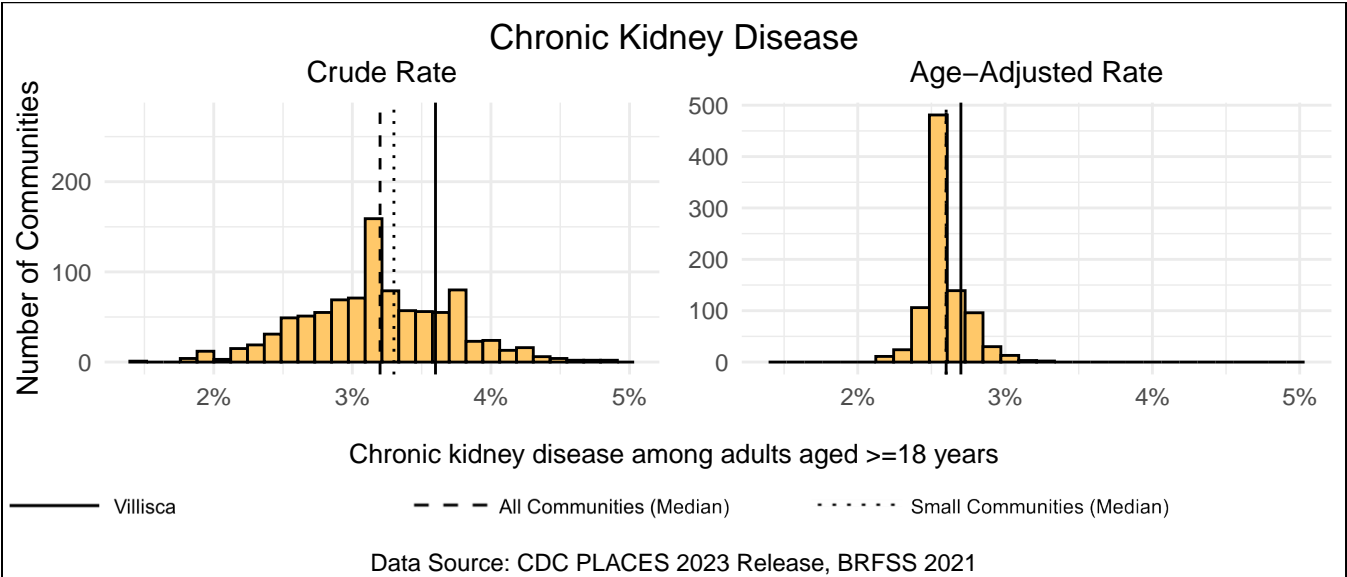
Measure Type	Villisca	All Comm.	Small Comm.
Crude	37.3%	36.2%	36.4%
Age-Adjusted	30.0%	29.7%	29.6%



# Chronic Kidney Disease

Villisca has a crude rate of 3.6% for chronic kidney disease among adults aged >=18 years, which ranks 732nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Villisca is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

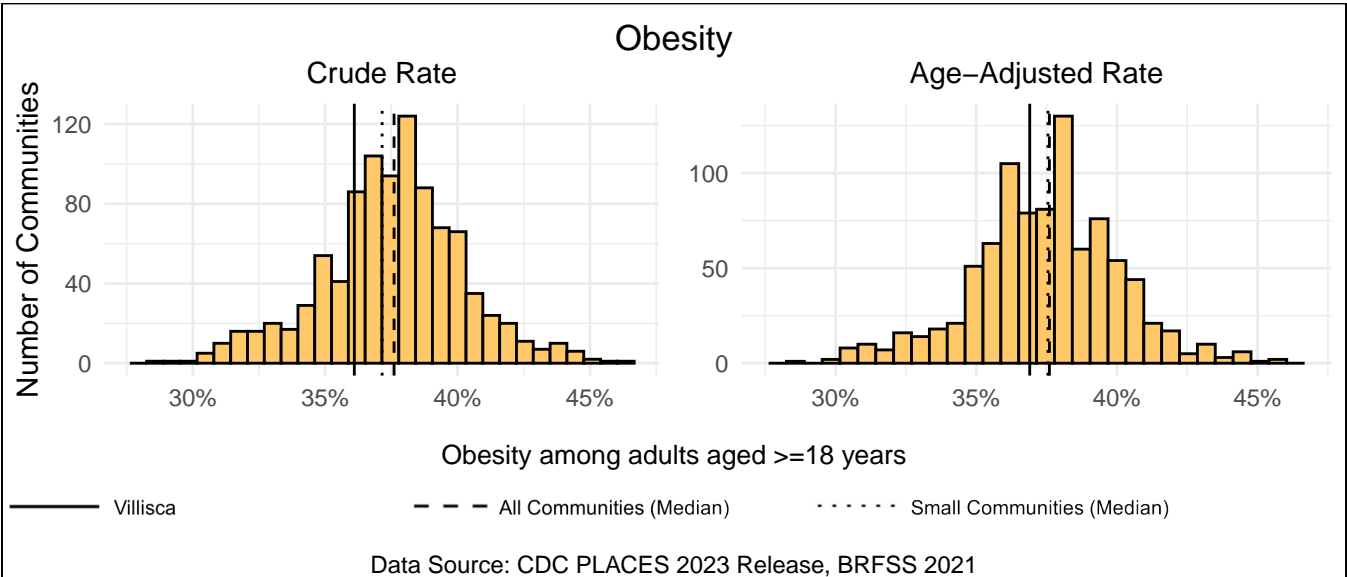
Measure Type	Villisca	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



# Obesity

Villisca has a crude rate of 36.1% for obesity among adults aged >=18 years, which ranks 230th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Villisca is 36.9%, which ranks 353rd out of 905 Iowa communities (53rd out of 138 small communities).

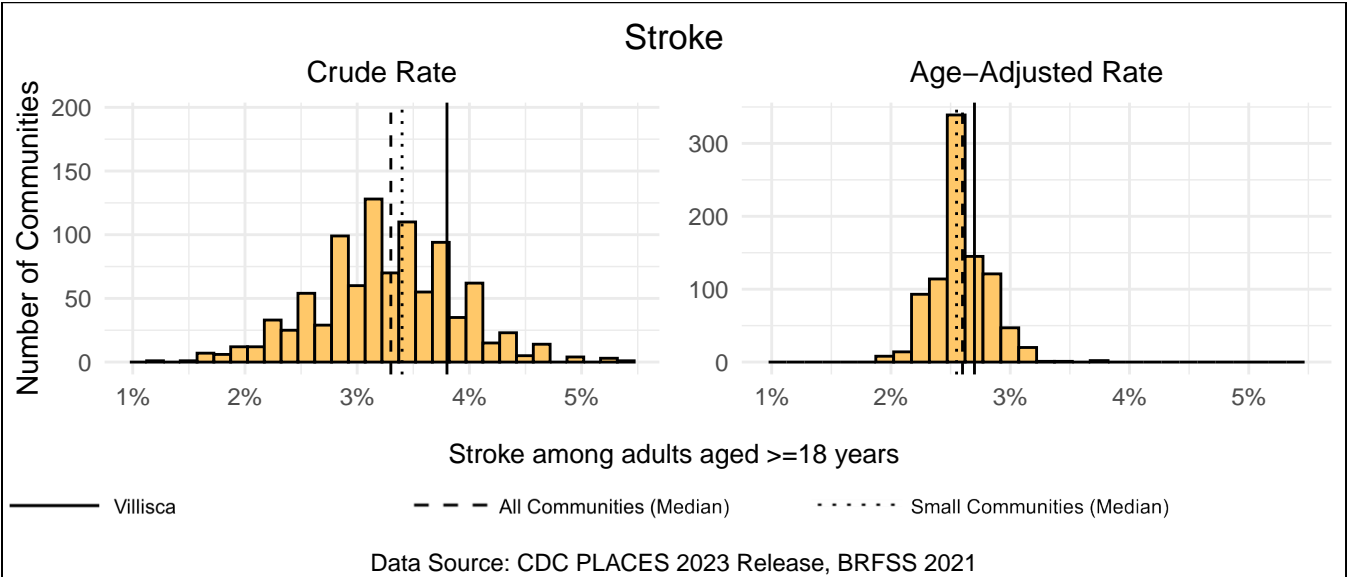
Measure Type	Villisca	All Comm.	Small Comm.
Crude	36.1%	37.6%	37.2%
Age-Adjusted	36.9%	37.6%	37.5%



# Stroke

Villisca has a crude rate of 3.8% for stroke among adults aged  $\geq 18$  years, which ranks 760th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Villisca is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

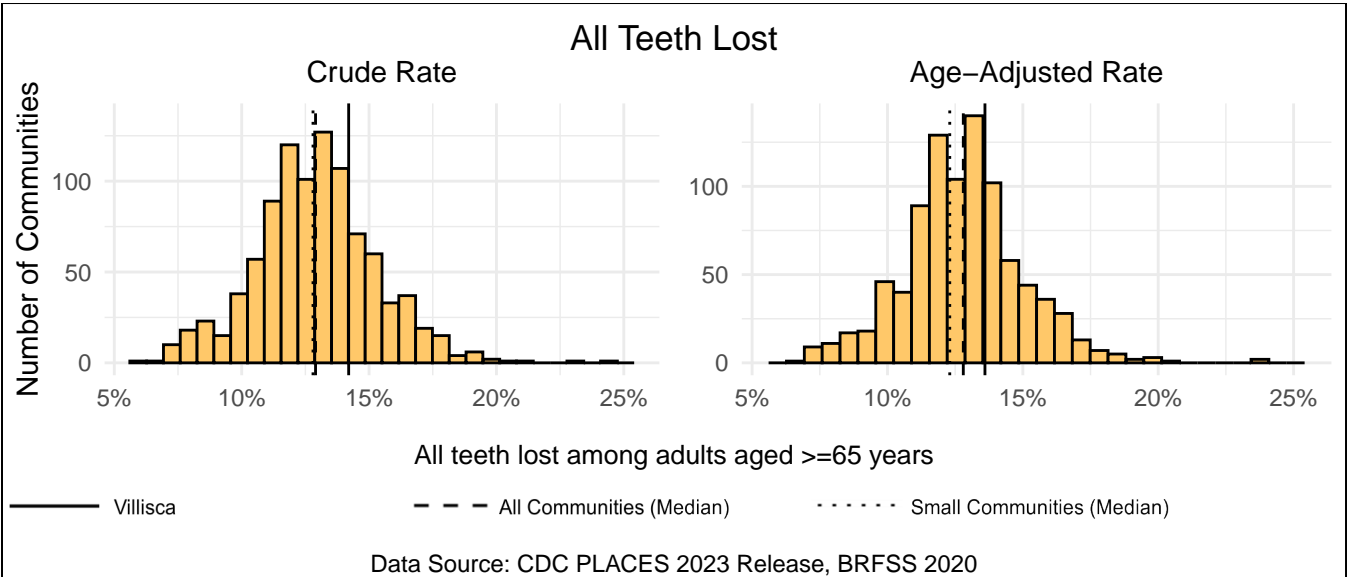
Measure Type	Villisca	All Comm.	Small Comm.
Crude	3.8%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



# All Teeth Lost

Villisca has a crude rate of 14.2% for all teeth lost among adults aged  $\geq 65$  years, which ranks 708th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Villisca is 13.6%, which ranks 605th out of 905 Iowa communities (104th out of 138 small communities).

Measure Type	Villisca	All Comm.	Small Comm.
Crude	14.2%	12.9%	12.8%
Age-Adjusted	13.6%	12.8%	12.3%



# Prevention

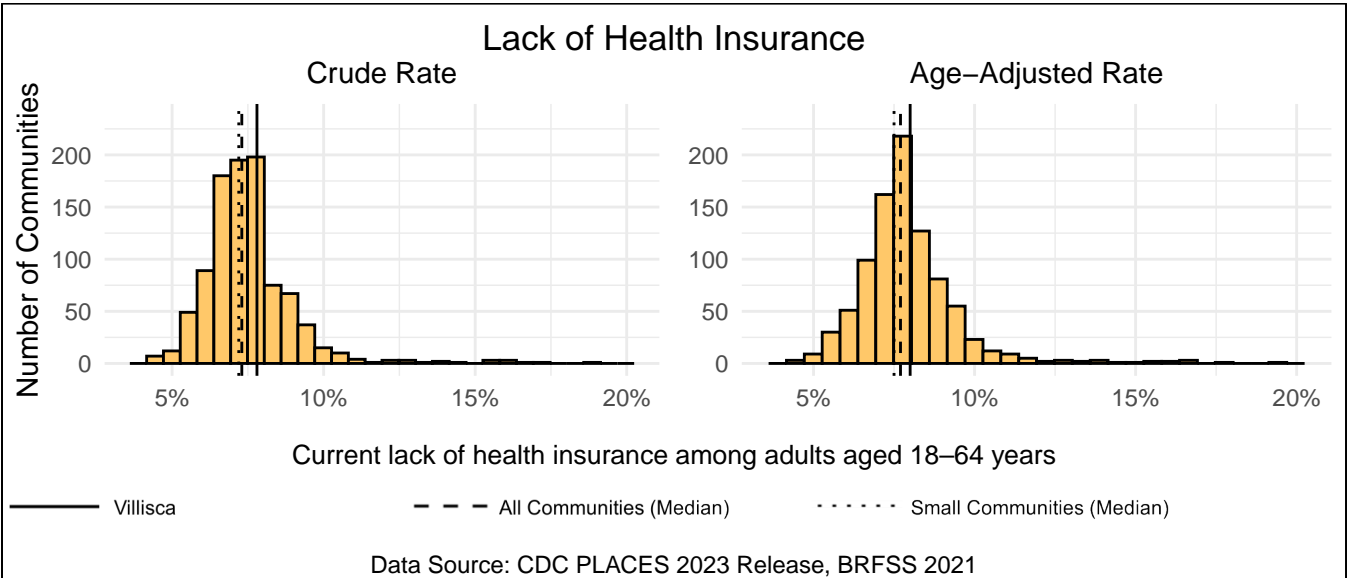
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Villisca has a crude rate of 7.8% for current lack of health insurance among adults aged 18–64 years, which ranks 633rd out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Villisca is 8.0%, which ranks 538th out of 905 Iowa communities (94th out of 138 small communities).

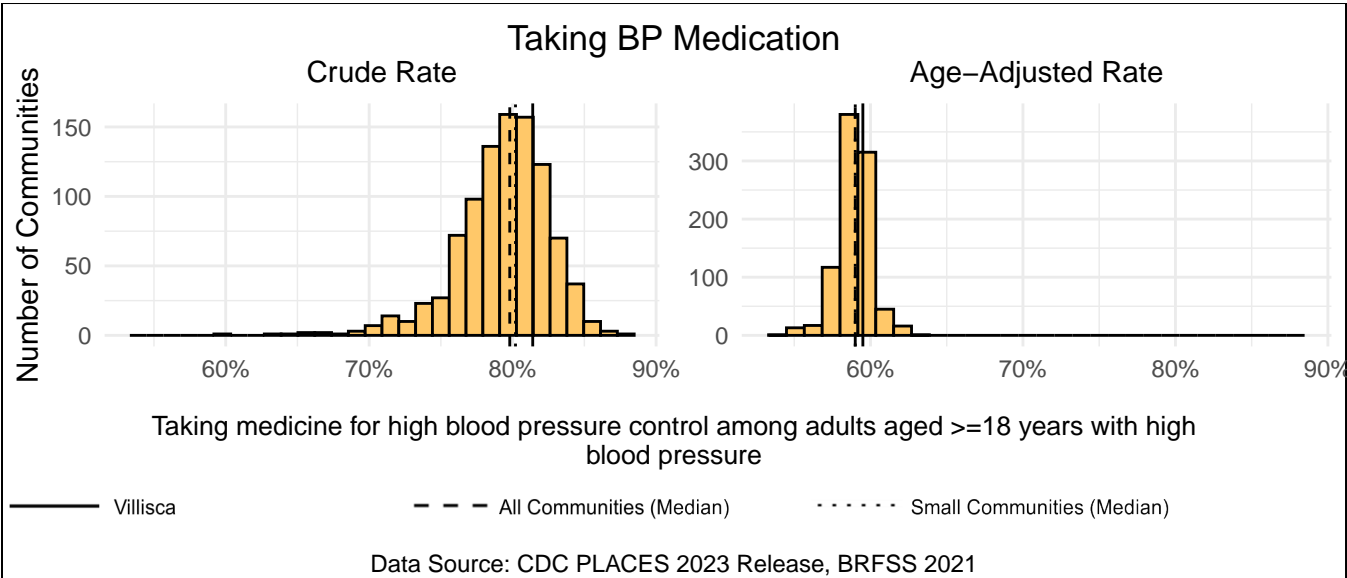
Measure Type	Villisca	All Comm.	Small Comm.
Crude	7.8%	7.3%	7.2%
Age-Adjusted	8.0%	7.7%	7.5%



# Taking BP Medication

Villisca has a crude rate of 81.4% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 245th out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Villisca is 59.5%, which ranks 206th out of 905 Iowa communities (30th out of 138 small communities).

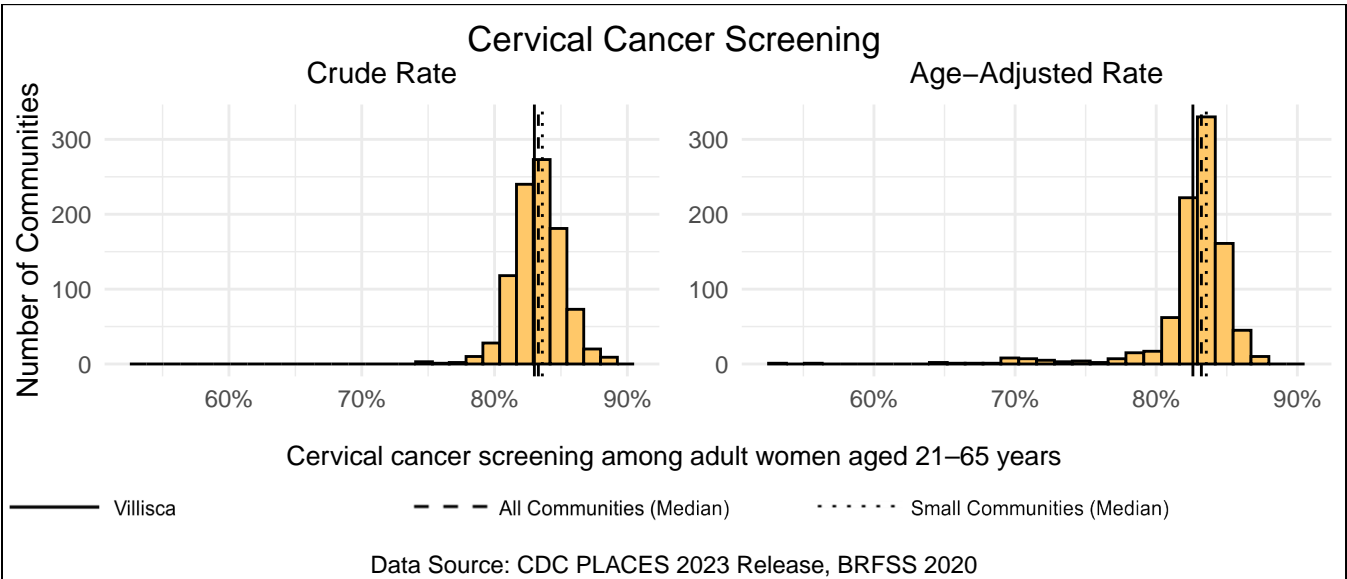
Measure Type	Villisca	All Comm.	Small Comm.
Crude	81.4%	79.8%	80.2%
Age-Adjusted	59.5%	59.0%	59.0%



# Cervical Cancer Screening

Villisca has a crude rate of 83.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 535th out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Villisca is 82.6%, which ranks 626th out of 905 Iowa communities (112th out of 138 small communities).

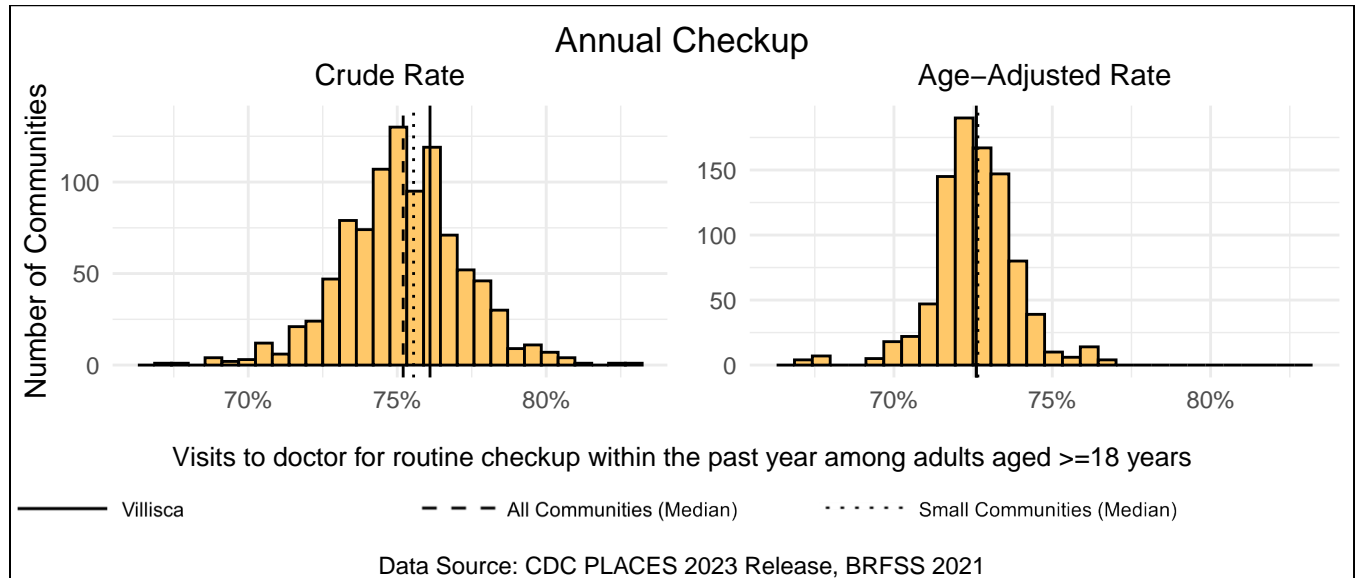
Measure Type	Villisca	All Comm.	Small Comm.
Crude	83.0%	83.3%	83.6%
Age-Adjusted	82.6%	83.2%	83.5%



## Annual Checkup

Villisca has a crude rate of 76.1% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 291st out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Villisca is 72.6%, which ranks 435th out of 905 Iowa communities (70th out of 138 small communities).

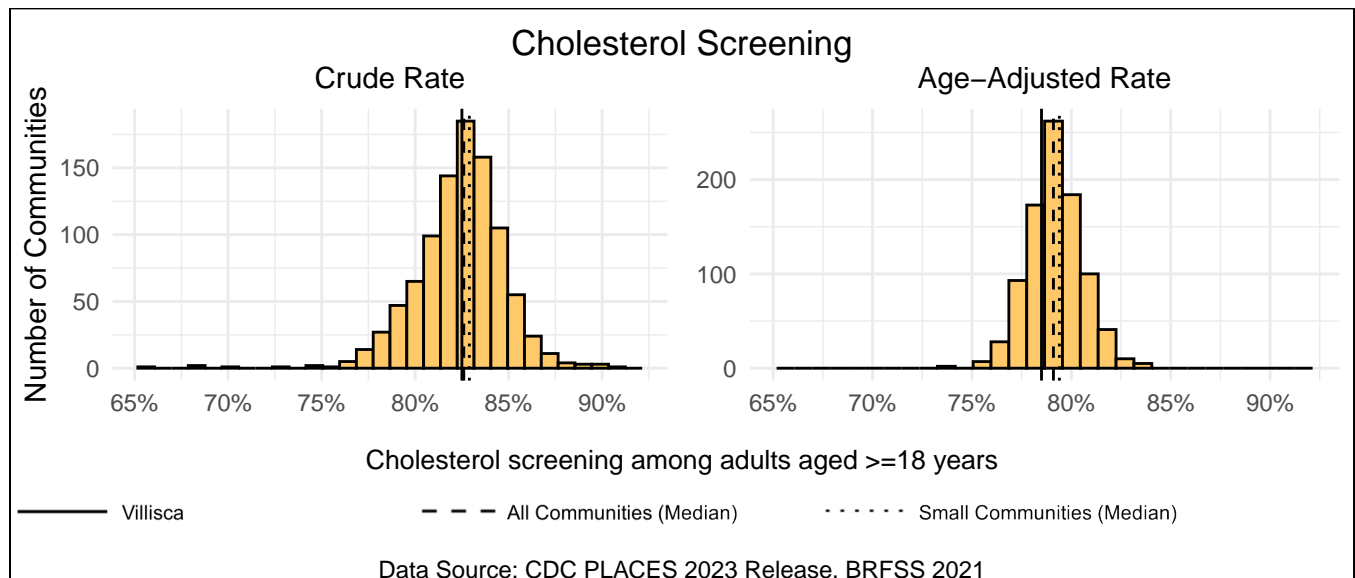
Measure Type	Villisca	All Comm.	Small Comm.
Crude	76.1%	75.2%	75.5%
Age-Adjusted	72.6%	72.6%	72.6%



## Cholesterol Screening

Villisca has a crude rate of 82.5% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 501st out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Villisca is 78.5%, which ranks 629th out of 905 Iowa communities (105th out of 138 small communities).

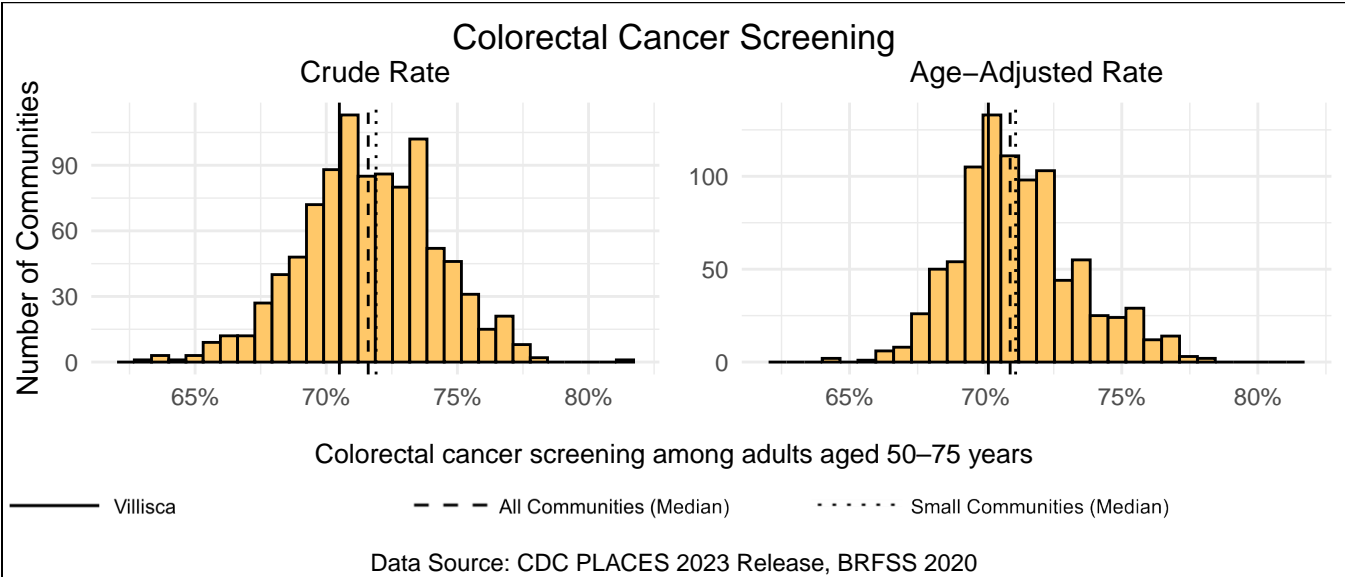
Measure Type	Villisca	All Comm.	Small Comm.
Crude	82.5%	82.6%	82.9%
Age-Adjusted	78.5%	79.1%	79.4%



# Colorectal Cancer Screening

Villisca has a crude rate of 70.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 643rd out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Villisca is 70.1%, which ranks 597th out of 905 Iowa communities (107th out of 138 small communities).

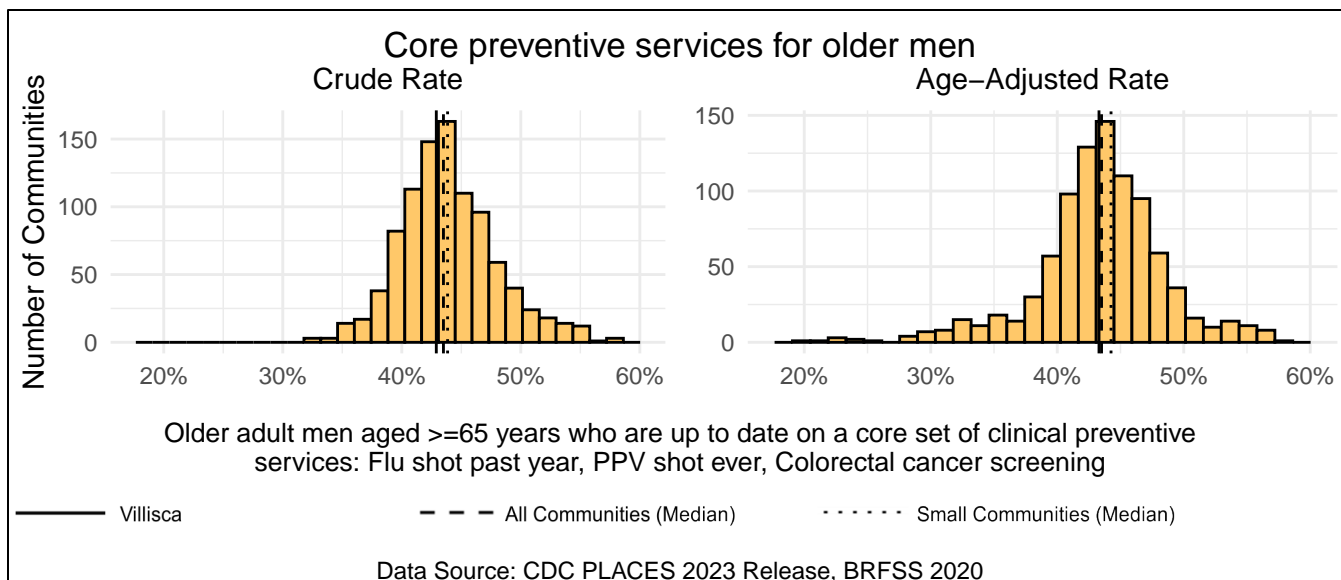
Measure Type	Villisca	All Comm.	Small Comm.
Crude	70.5%	71.6%	71.9%
Age-Adjusted	70.1%	70.9%	71.1%



# Core preventive services for older men

Villisca has a crude rate of 42.9% 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 553rd out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Villisca is 43.3%, which ranks 469th out of 905 Iowa communities (86th out of 138 small communities).

Measure Type	Villisca	All Comm.	Small Comm.
Crude	42.9%	43.5%	43.8%
Age-Adjusted	43.3%	43.5%	44.2%

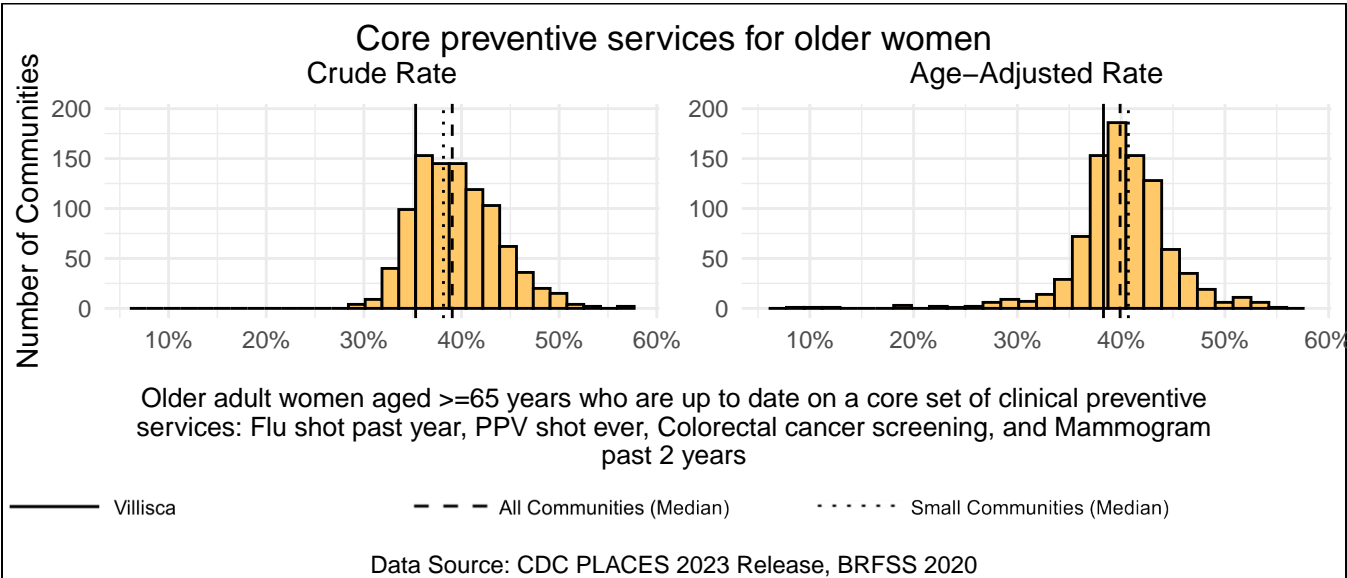




### Core preventive services for older women

Villisca has a crude rate of 35.3% for older adult women aged  $\geq 65$  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 798th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Villisca is 38.3%, which ranks 641st out of 905 Iowa communities (109th out of 138 small communities).

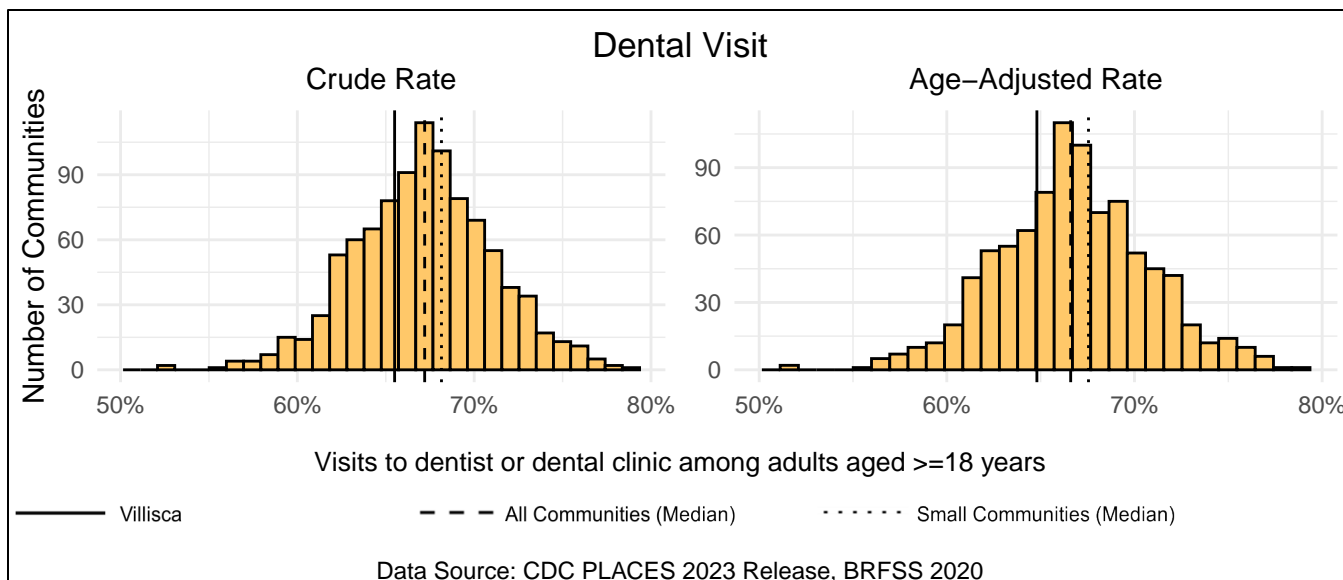
Measure Type	Villisca	All Comm.	Small Comm.
Crude	35.3%	39.0%	38.2%
Age-Adjusted	38.3%	39.9%	40.7%



### Dental Visit

Villisca has a crude rate of 65.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 648th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Villisca is 64.8%, which ranks 627th out of 905 Iowa communities (103rd out of 138 small communities).

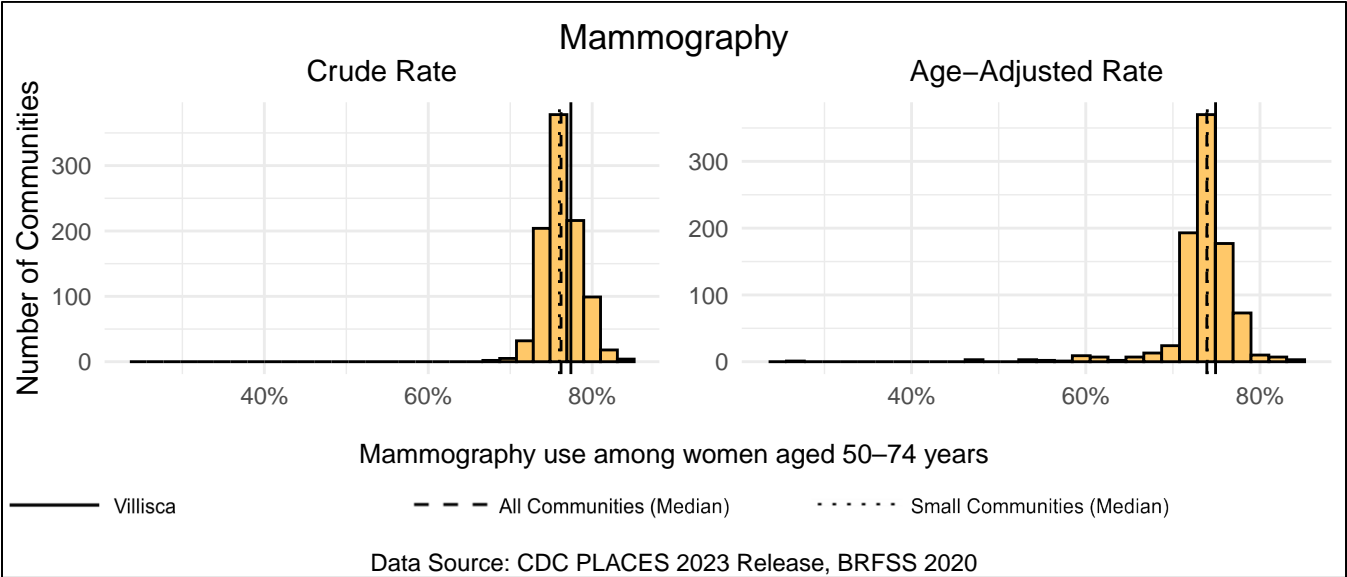
Measure Type	Villisca	All Comm.	Small Comm.
Crude	65.5%	67.2%	68.2%
Age-Adjusted	64.8%	66.6%	67.5%



# Mammography

Villisca has a crude rate of 77.4% for mammography use among women aged 50–74 years, which ranks 273rd out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Villisca is 74.9%, which ranks 261st out of 905 Iowa communities (41st out of 138 small communities).

Measure Type	Villisca	All Comm.	Small Comm.
Crude	77.4%	76.2%	76.0%
Age-Adjusted	74.9%	73.9%	74.0%



# Disability

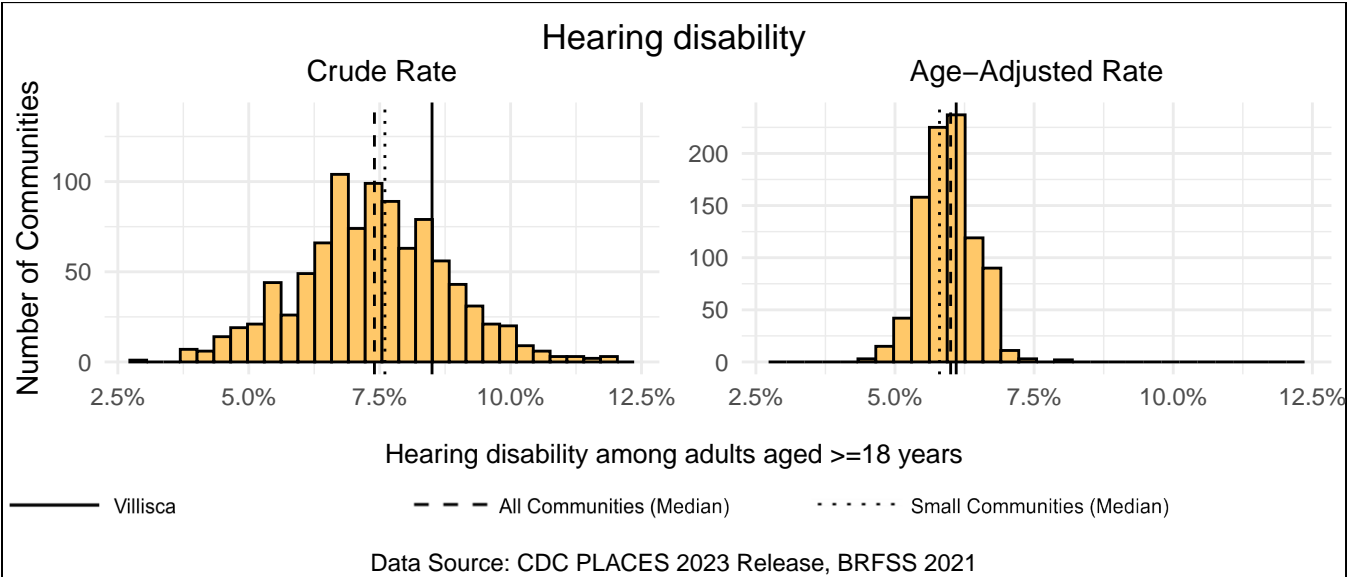
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Villisca has a crude rate of 8.5% for hearing disability among adults aged  $\geq 18$  years, which ranks 744th out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for Villisca is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

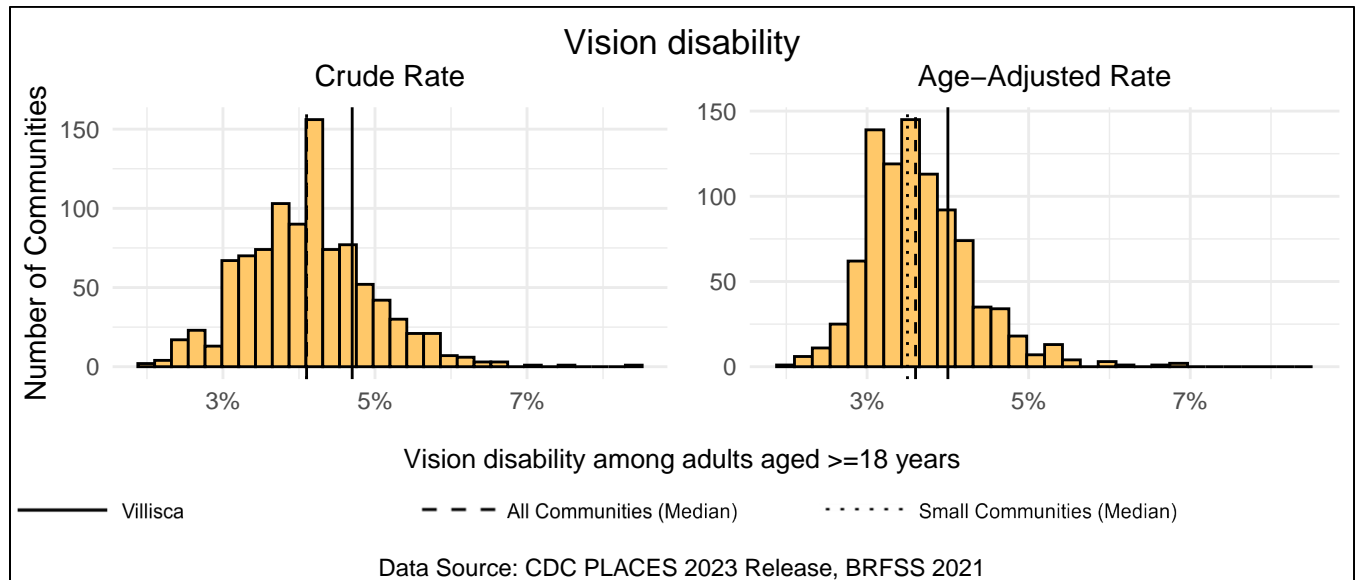
Measure Type	Villisca	All Comm.	Small Comm.
Crude	8.5%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%



## Vision disability

Villisca has a crude rate of 4.7% for vision disability among adults aged  $\geq 18$  years, which ranks 733rd out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Villisca is 4.0%, which ranks 676th out of 905 Iowa communities (113th out of 138 small communities).

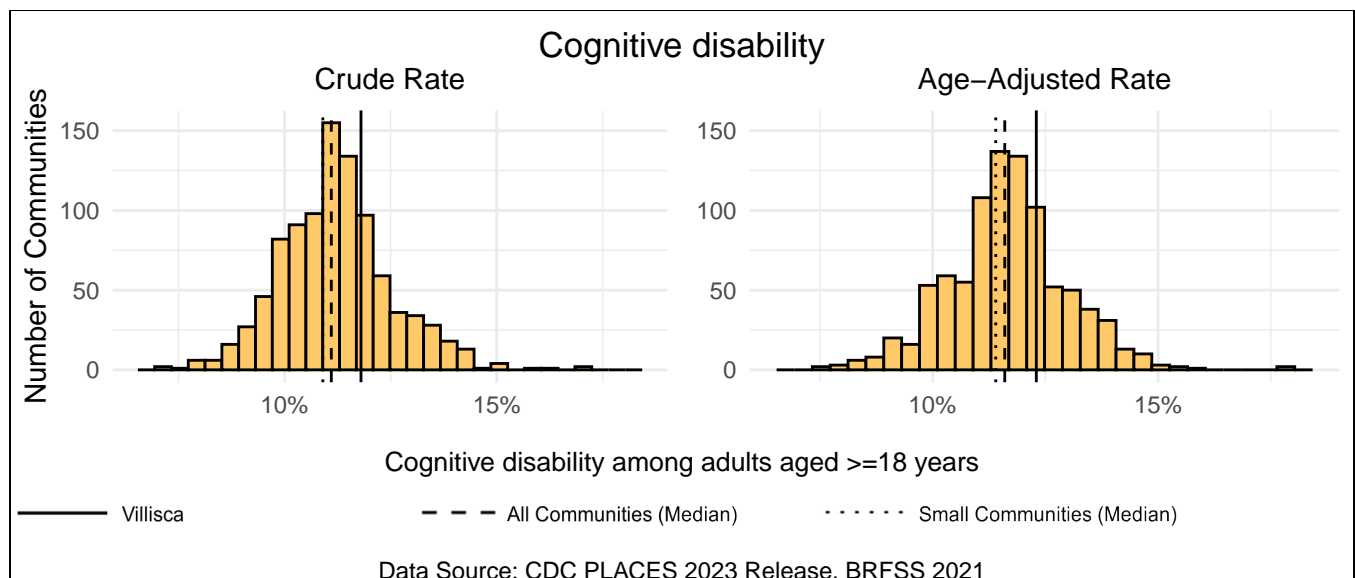
Measure Type	Villisca	All Comm.	Small Comm.
Crude	4.7%	4.1%	4.1%
Age-Adjusted	4.0%	3.6%	3.5%



## Cognitive disability

Villisca has a crude rate of 11.8% for cognitive disability among adults aged  $\geq 18$  years, which ranks 696th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Villisca is 12.3%, which ranks 655th out of 905 Iowa communities (107th out of 138 small communities).

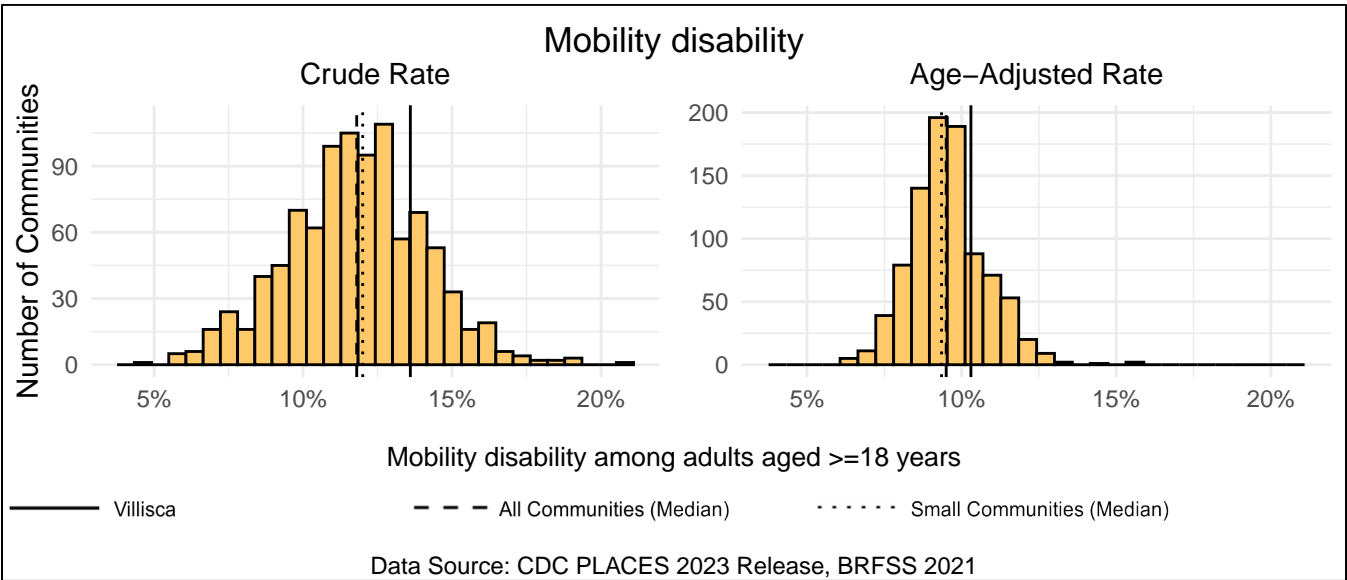
Measure Type	Villisca	All Comm.	Small Comm.
Crude	11.8%	11.1%	10.9%
Age-Adjusted	12.3%	11.6%	11.4%



# Mobility disability

Villisca has a crude rate of 13.6% for mobility disability among adults aged >=18 years, which ranks 751st out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for Villisca is 10.3%, which ranks 679th out of 905 Iowa communities (109th out of 138 small communities).

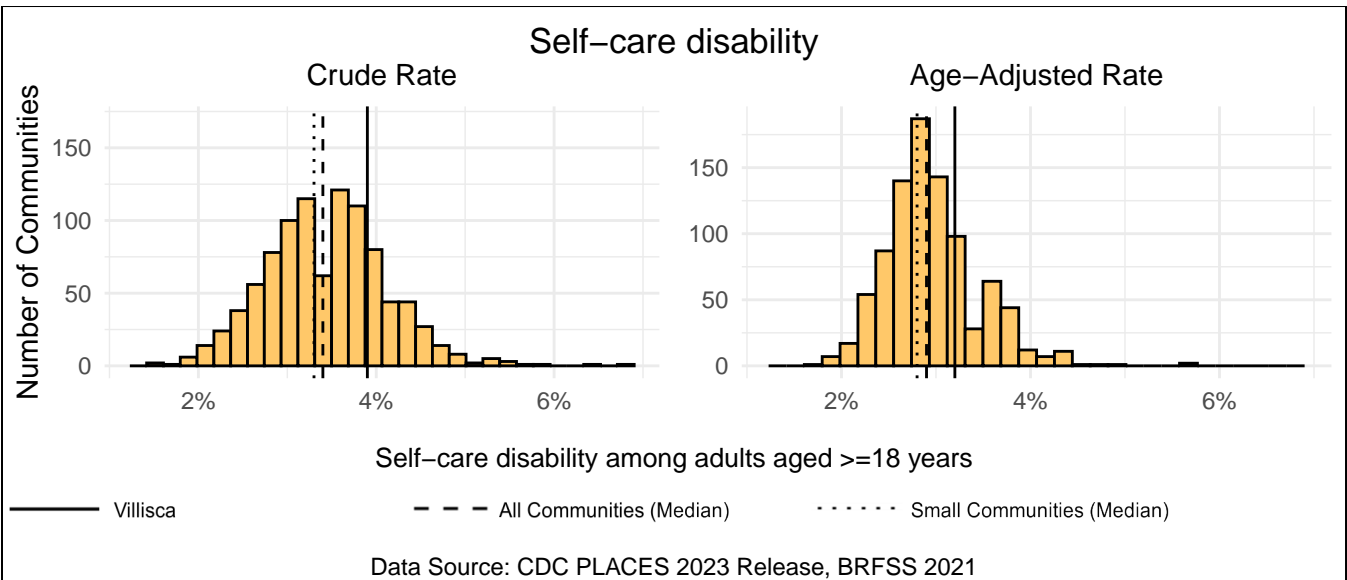
Measure Type	Villisca	All Comm.	Small Comm.
Crude	13.6%	11.8%	12.0%
Age-Adjusted	10.3%	9.5%	9.4%



# Self-care disability

Villisca has a crude rate of 3.9% for self-care disability among adults aged >=18 years, which ranks 728th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Villisca is 3.2%, which ranks 637th out of 905 Iowa communities (110th out of 138 small communities).

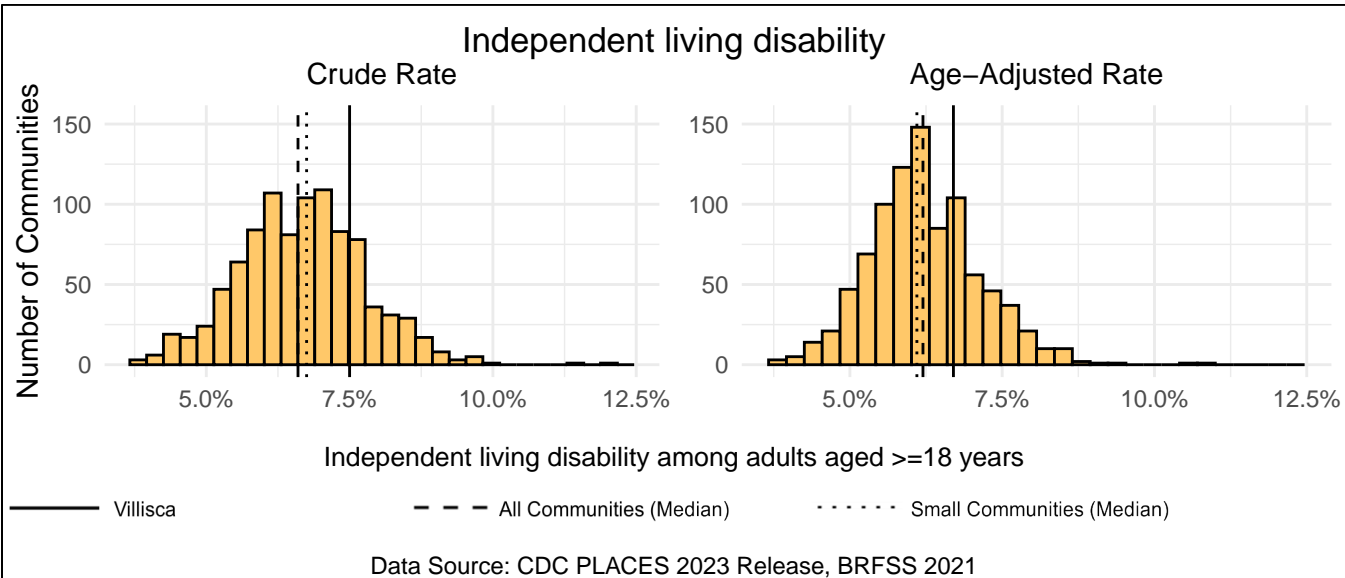
Measure Type	Villisca	All Comm.	Small Comm.
Crude	3.9%	3.4%	3.3%
Age-Adjusted	3.2%	2.9%	2.8%



### Independent living disability

Villisca has a crude rate of 7.5% for independent living disability among adults aged  $\geq 18$  years, which ranks 749th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Villisca is 6.7%, which ranks 662nd out of 905 Iowa communities (108th out of 138 small communities).

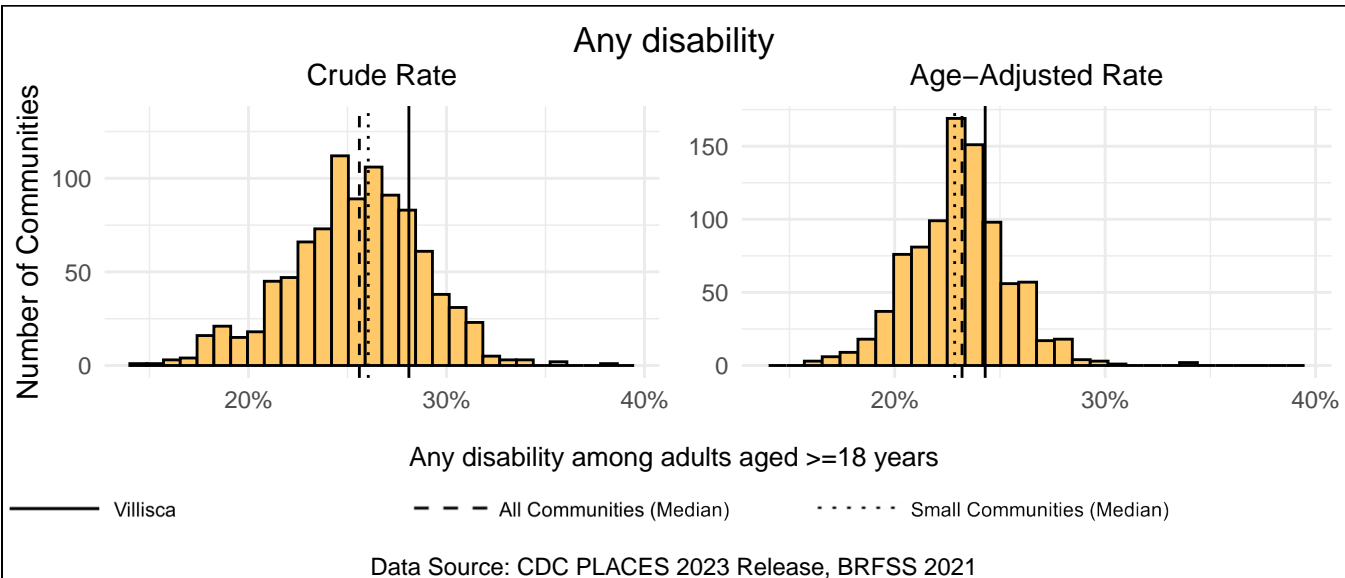
Measure Type	Villisca	All Comm.	Small Comm.
Crude	7.5%	6.6%	6.8%
Age-Adjusted	6.7%	6.2%	6.1%



### Any disability

Villisca has a crude rate of 28.1% for any disability among adults aged  $\geq 18$  years, which ranks 759th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Villisca is 24.3%, which ranks 663rd out of 905 Iowa communities (104th out of 138 small communities).

Measure Type	Villisca	All Comm.	Small Comm.
Crude	28.1%	25.6%	26.0%
Age-Adjusted	24.3%	23.2%	22.8%



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## 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: Villisca 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	514	14.4% (12.4% - 16.5%)	658	16.1% (13.8% - 18.6%)
Health Status	Physical Health	656	11.4% (9.6% - 13.3%)	644	10.2% (8.7% - 11.8%)
Health Status	General Health	660	15.3% (12.5% - 18.3%)	620	13.5% (11.2% - 16.2%)
Health Risk Behaviors	Physical Inactivity	708	27.9% (22.5% - 33.1%)	623	25.4% (20.7% - 31.0%)
Health Risk Behaviors	Sleep <7 hours	314	29.6% (28.0% - 31.3%)	391	30.9% (29.1% - 32.6%)
Health Risk Behaviors	Current Smoking	555	17.2% (13.7% - 21.1%)	649	18.6% (14.7% - 23.2%)
Health Risk Behaviors	Binge Drinking	283	18.4% (15.0% - 21.7%)	358	21.7% (17.8% - 25.7%)
Health Outcomes	High Blood Pressure	690	34.3% (29.8% - 38.6%)	628	28.0% (24.1% - 32.1%)
Health Outcomes	COPD	674	8.1% (6.6% - 9.9%)	620	6.6% (5.5% - 8.0%)
Health Outcomes	Cancer (except skin)	745	9.1% (8.2% - 10.1%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	Obesity	230	36.1% (28.5% - 44.0%)	353	36.9% (29.3% - 44.7%)
Health Outcomes	Depression	568	18.3% (14.9% - 21.9%)	702	19.9% (16.3% - 24.2%)
Health Outcomes	Arthritis	603	28.9% (24.5% - 33.2%)	426	23.1% (19.4% - 26.9%)
Health Outcomes	All Teeth Lost	708	14.2% (8.6% - 21.2%)	605	13.6% (8.9% - 19.3%)
Health Outcomes	Diabetes	703	11.1% (9.3% - 13.0%)	705	8.8% (7.4% - 10.3%)
Health Outcomes	Stroke	760	3.8% (3.2% - 4.4%)	569	2.7% (2.4% - 3.1%)
Health Outcomes	Current Asthma	716	9.6% (8.4% - 11.0%)	762	9.9% (8.6% - 11.4%)
Health Outcomes	Coronary Heart Disease	715	7.4% (6.3% - 8.5%)	601	5.2% (4.5% - 5.9%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.1%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	High Cholesterol	623	37.3% (32.4% - 42.3%)	537	30.0% (25.4% - 34.6%)
Prevention	Colorectal Cancer Screening	643	70.5% (67.3% - 73.5%)	597	70.1% (66.8% - 73.2%)
Prevention	Core preventive services for older women	798	35.3% (27.6% - 43.2%)	641	38.3% (30.8% - 45.7%)
Prevention	Cervical Cancer Screening	535	83.0% (80.3% - 85.5%)	626	82.6% (79.9% - 85.2%)
Prevention	Cholesterol Screening	501	82.5% (79.4% - 85.2%)	629	78.5% (74.7% - 81.7%)
Prevention	Core preventive services for older men	553	42.9% (33.6% - 52.3%)	469	43.3% (34.3% - 52.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Dental Visit	648	65.5% (61.6% - 69.2%)	627	64.8% (60.7% - 68.7%)
Prevention	Annual Checkup	291	76.1% (71.2% - 80.5%)	435	72.6% (67.1% - 77.3%)
Prevention	Taking BP Medication	245	81.4% (78.3% - 84.0%)	206	59.5% (54.3% - 64.2%)
Prevention	Health Insurance	633	7.8% (5.9% - 10.2%)	538	8.0% (6.1% - 10.6%)
Prevention	Mammography	273	77.4% (73.1% - 81.1%)	261	74.9% (70.6% - 79.1%)
Disability	Any Disability	759	28.1% (23.6% - 32.5%)	663	24.3% (20.6% - 28.9%)
Disability	Hearing Disability	744	8.5% (7.3% - 9.7%)	544	6.1% (5.4% - 6.9%)
Disability	Self-care Disability	728	3.9% (3.2% - 4.6%)	637	3.2% (2.7% - 3.8%)
Disability	Cognitive Disability	696	11.8% (9.7% - 14.0%)	655	12.3% (10.3% - 14.9%)
Disability	Vision Disability	733	4.7% (3.9% - 5.7%)	676	4.0% (3.3% - 4.7%)
Disability	Mobility Disability	751	13.6% (11.1% - 16.0%)	679	10.3% (8.5% - 12.2%)
Disability	Independent Living Disability	749	7.5% (6.1% - 9.0%)	662	6.7% (5.6% - 8.1%)

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)

Villisca 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		