



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 Vinton: Overview

Dear Community Members & Stakeholders of Vinton,

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 Vinton ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Vinton'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 Vinton. 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
Annual Checkup	163rd	12th	Annual Checkup	55th	10th
Depression	284th	26th	Binge Drinking	202nd	41st
Binge Drinking	323rd	39th	Core preventive services for older women	238th	32nd
Core preventive services for older women	400th	32nd	Depression	291st	29th
High Cholesterol	431st	55th	Chronic Kidney Disease	349th	41st

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
All Teeth Lost	678th	60th	High Blood Pressure	710th	76th
Sleep <7 hours	630th	72nd	Sleep <7 hours	679th	76th
High Blood Pressure	615th	71st	Obesity	644th	66th
Cervical Cancer Screening	614th	56th	All Teeth Lost	561st	59th
Cholesterol Screening	607th	52nd	Any Disability	526th	54th

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 Vinton.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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How to Use this Report

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

With a population of 4,953, Vinton’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

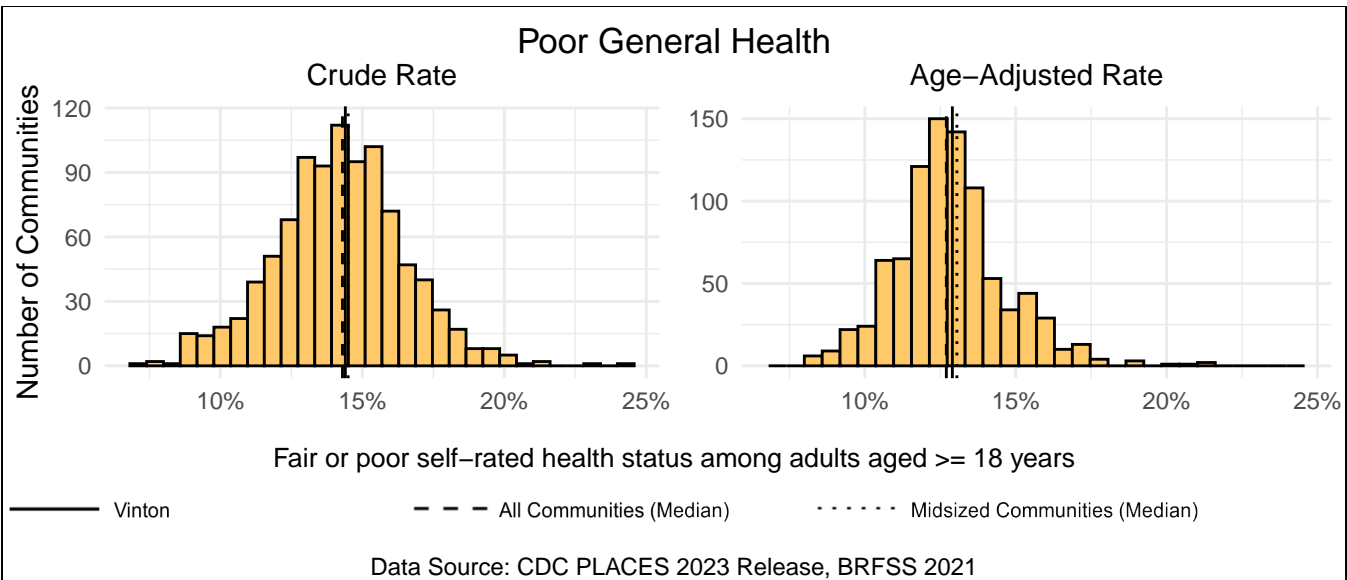
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Vinton has a crude rate of 14.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 493rd out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 12.9%, which ranks 482nd out of 905 Iowa communities (46th out of 102 midsized communities).

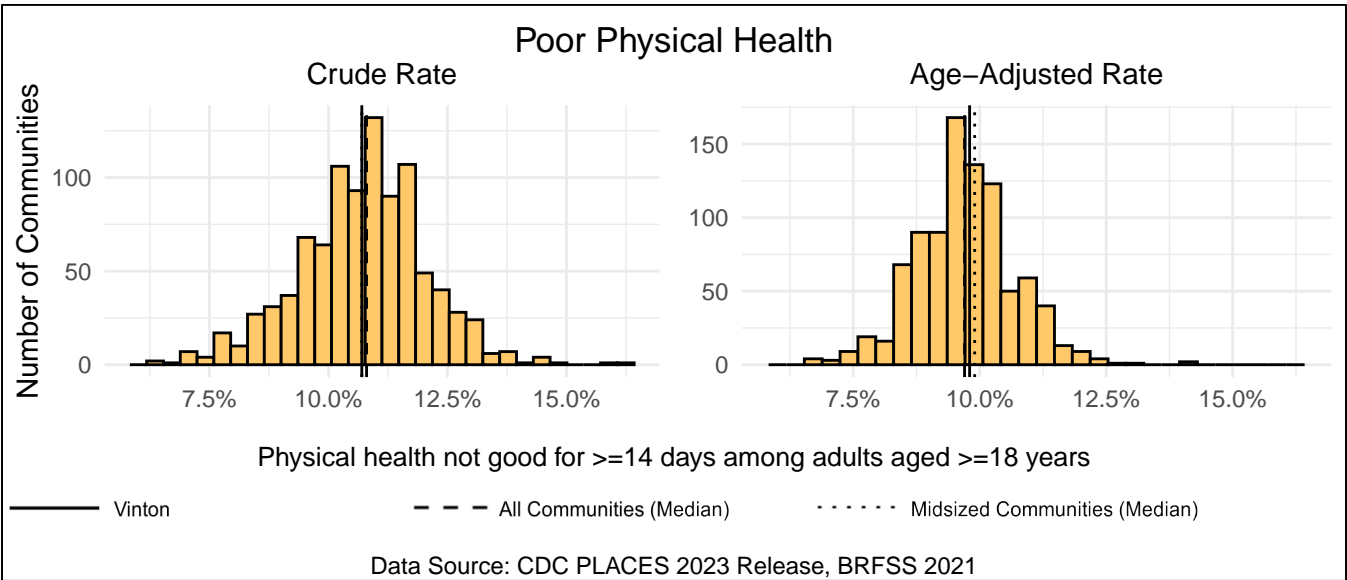
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	14.4%	14.3%	14.5%
Age-Adjusted	12.9%	12.7%	13.0%



Poor Physical Health

Vinton has a crude rate of 10.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 435th out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Vinton is 9.8%, which ranks 468th out of 905 Iowa communities (44th out of 102 midsized communities).

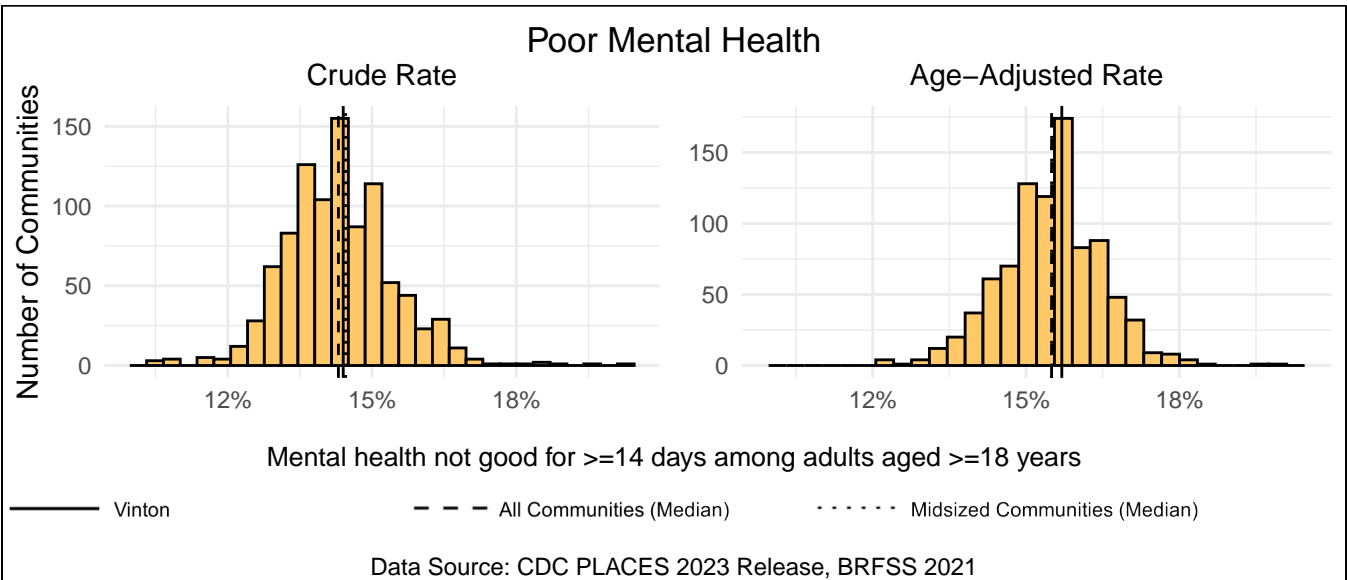
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	10.7%	10.8%	10.7%
Age-Adjusted	9.8%	9.7%	9.9%



Poor Mental Health

Vinton has a crude rate of 14.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 514th out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Vinton is 15.7%, which ranks 516th out of 905 Iowa communities (59th out of 102 midsized communities).

Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	14.4%	14.3%	14.4%
Age-Adjusted	15.7%	15.5%	15.5%



Health Risk Behaviors

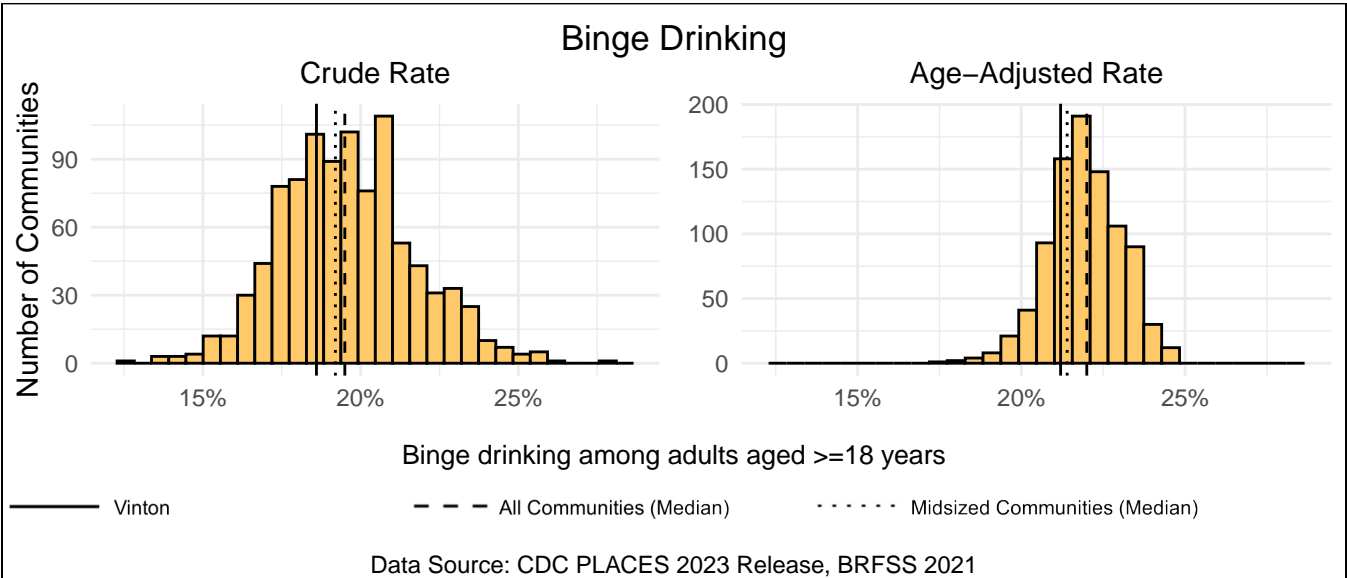
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Vinton has a crude rate of 18.6% for binge drinking among adults aged ≥ 18 years, which ranks 323rd out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Vinton is 21.2%, which ranks 202nd out of 905 Iowa communities (41st out of 102 midsize communities).

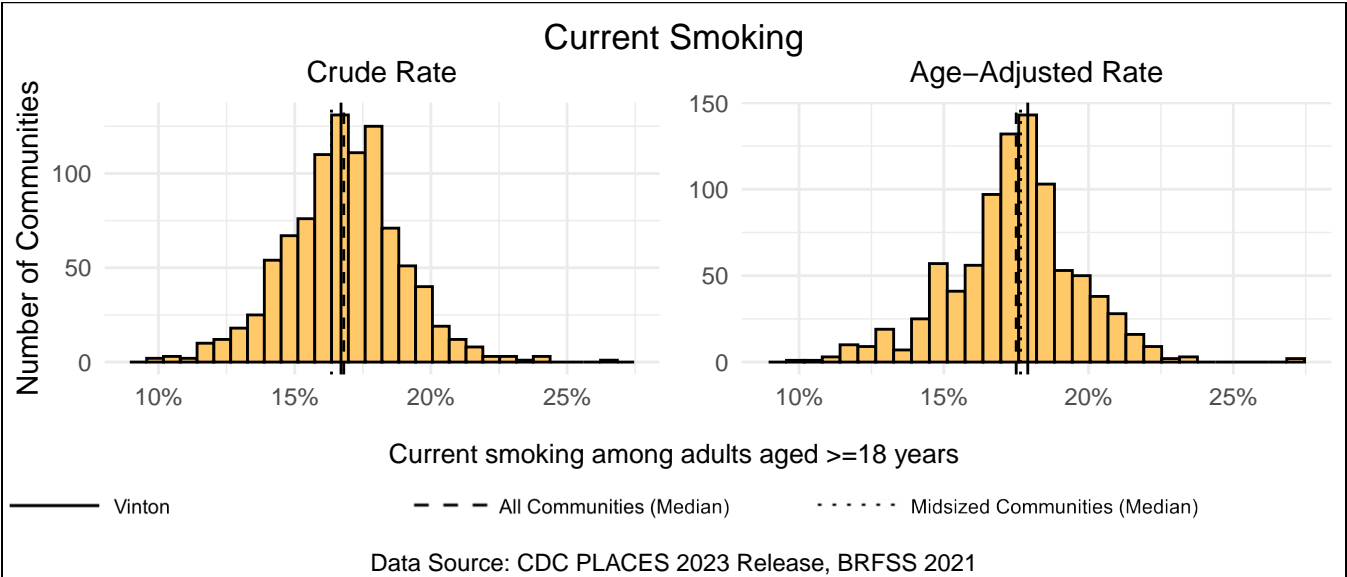
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	18.6%	19.5%	19.2%
Age-Adjusted	21.2%	22.0%	21.4%



Current Smoking

Vinton has a crude rate of 16.7% for current smoking among adults aged ≥ 18 years, which ranks 447th out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 17.9%, which ranks 513th out of 905 Iowa communities (58th out of 102 mid-sized communities).

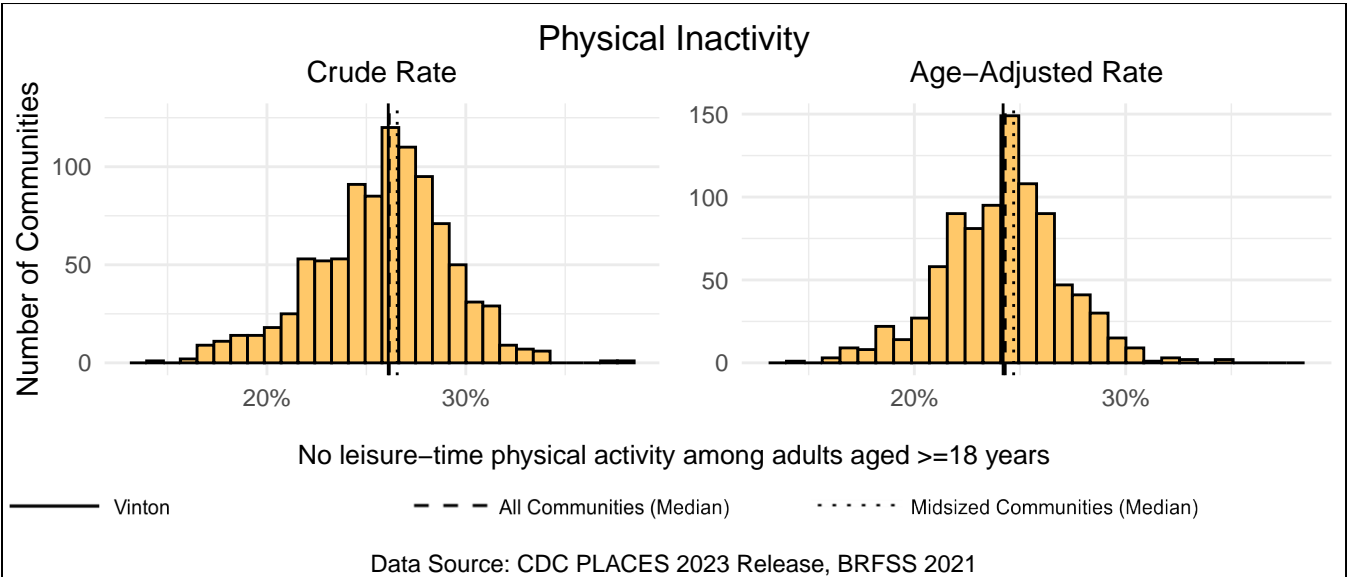
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	16.7%	16.8%	16.4%
Age-Adjusted	17.9%	17.5%	17.6%



Physical Inactivity

Vinton has a crude rate of 26.1% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 472nd out of 958 Iowa communities (47th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 24.2%, which ranks 421st out of 905 Iowa communities (43rd out of 102 mid-sized communities).

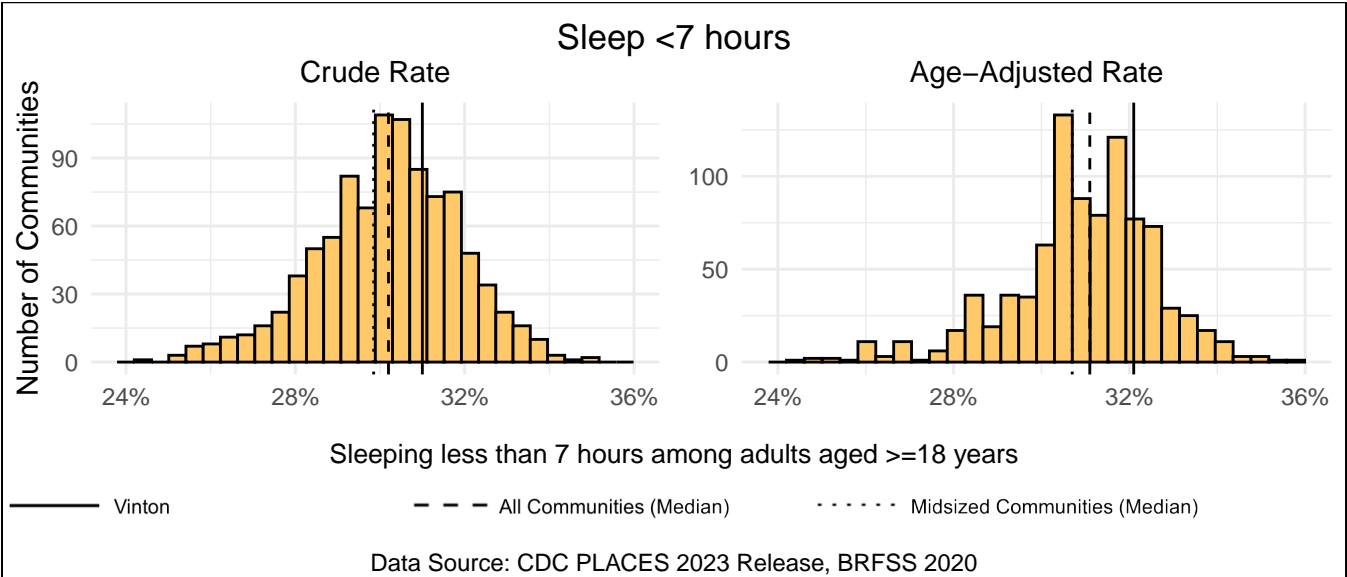
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	26.1%	26.1%	26.6%
Age-Adjusted	24.2%	24.3%	24.7%



Sleep <7 hours

Vinton has a crude rate of 31.0% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 630th out of 958 Iowa communities (72nd out of 102 midsized communities). The age-adjusted rate for Vinton is 32.1%, which ranks 679th out of 905 Iowa communities (76th out of 102 midsized communities).

Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	31.0%	30.2%	29.8%
Age-Adjusted	32.1%	31.1%	30.7%



Health Outcomes

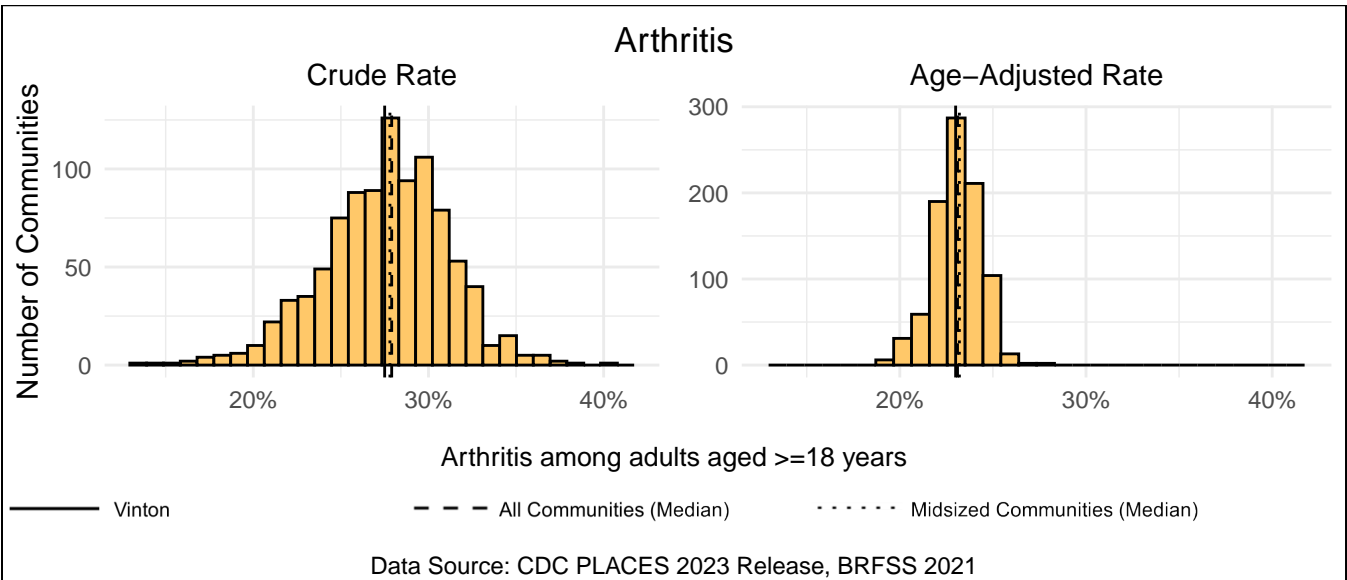
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Vinton has a crude rate of 27.5% for arthritis among adults aged ≥ 18 years, which ranks 433rd out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Vinton is 23.0%, which ranks 401st out of 905 Iowa communities (45th out of 102 midsized communities).

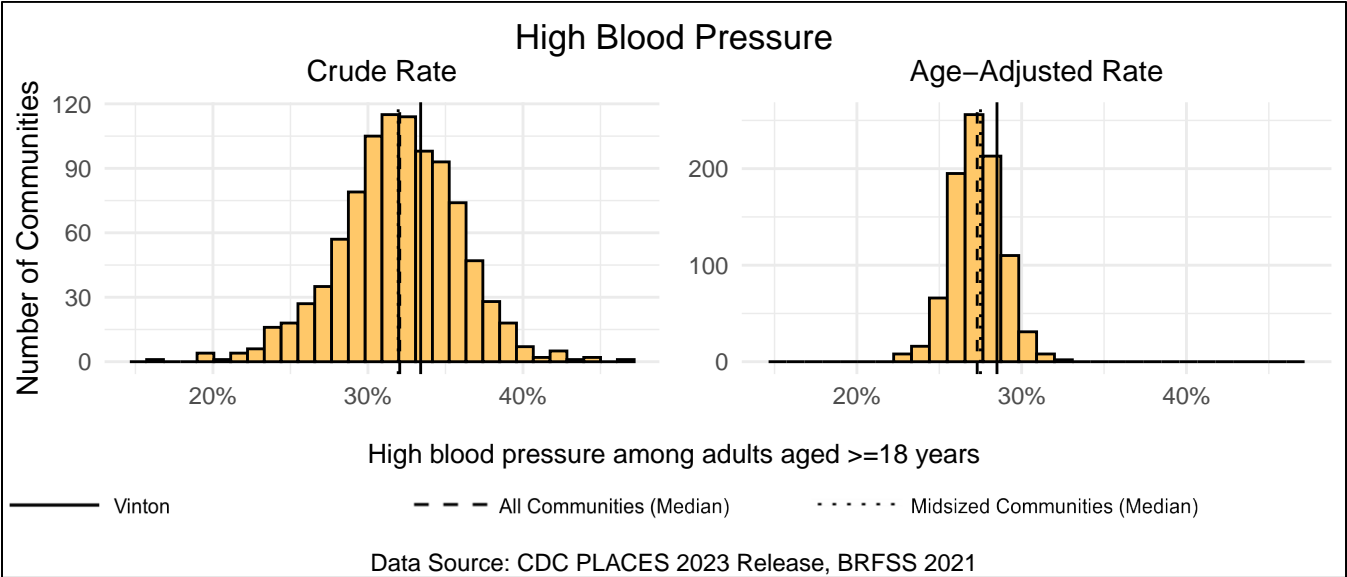
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	27.5%	27.9%	27.8%
Age-Adjusted	23.0%	23.1%	23.2%



High Blood Pressure

Vinton has a crude rate of 33.4% for high blood pressure among adults aged ≥ 18 years, which ranks 615th out of 958 Iowa communities (71st out of 102 midsize communities). The age-adjusted rate for Vinton is 28.5%, which ranks 710th out of 905 Iowa communities (76th out of 102 midsize communities).

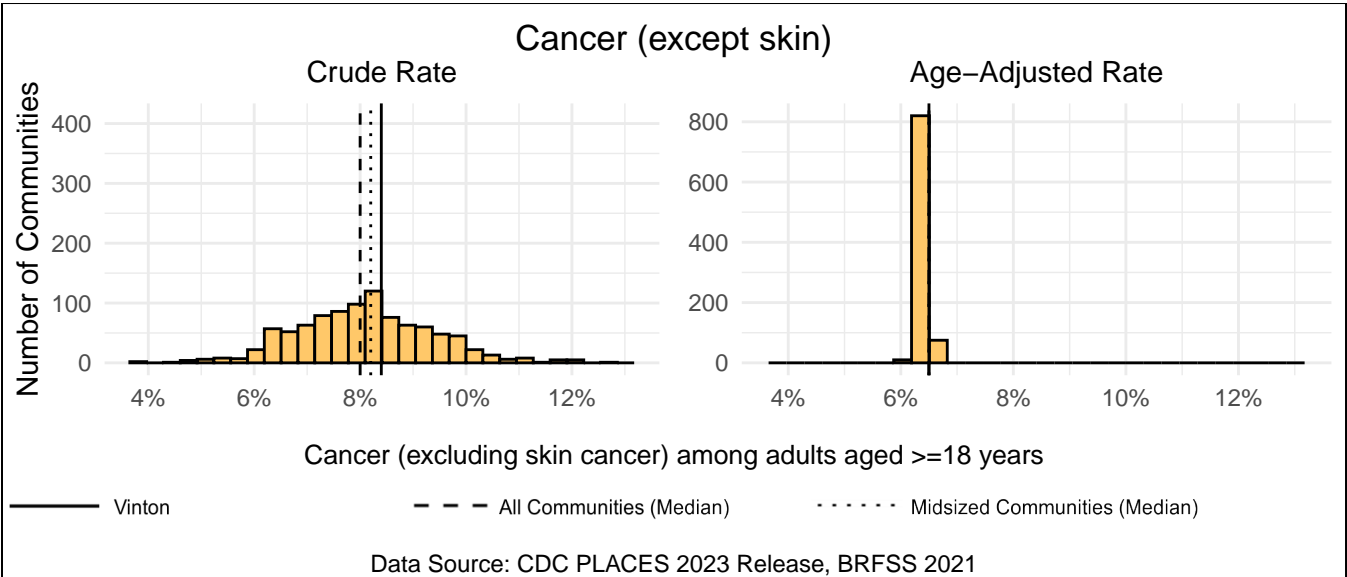
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	33.4%	32.0%	32.0%
Age-Adjusted	28.5%	27.3%	27.5%



Cancer (except skin)

Vinton has a crude rate of 8.4% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 578th out of 958 Iowa communities (57th out of 102 midsize communities). The age-adjusted rate for Vinton is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsize communities).

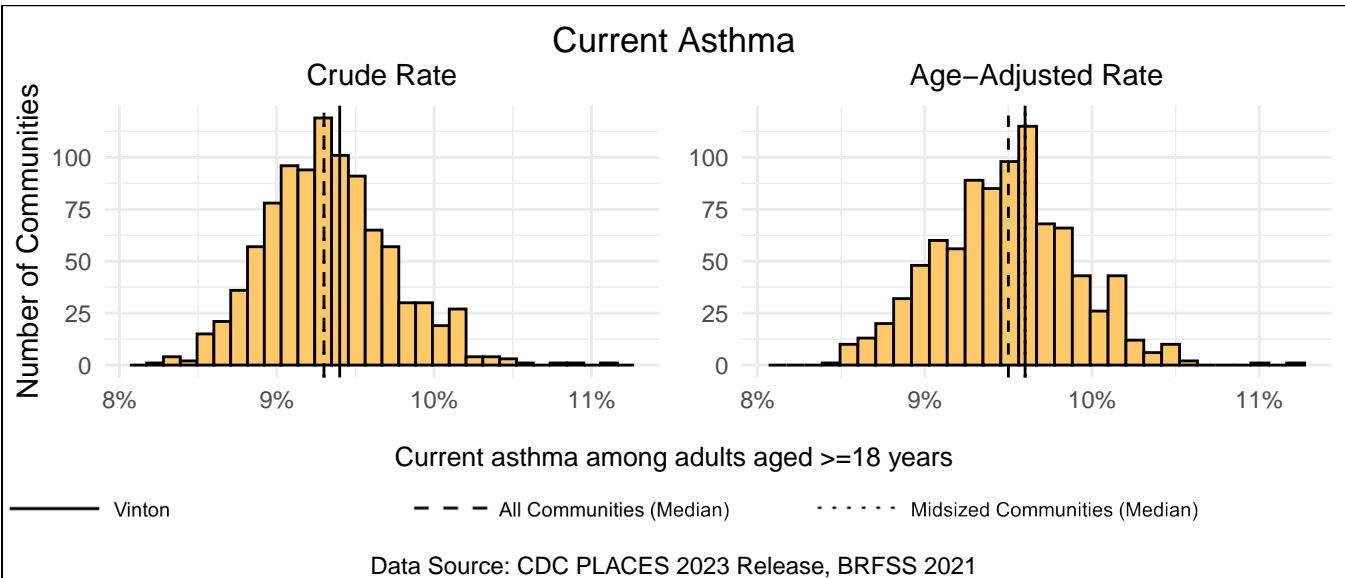
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	8.4%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Vinton has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Vinton is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

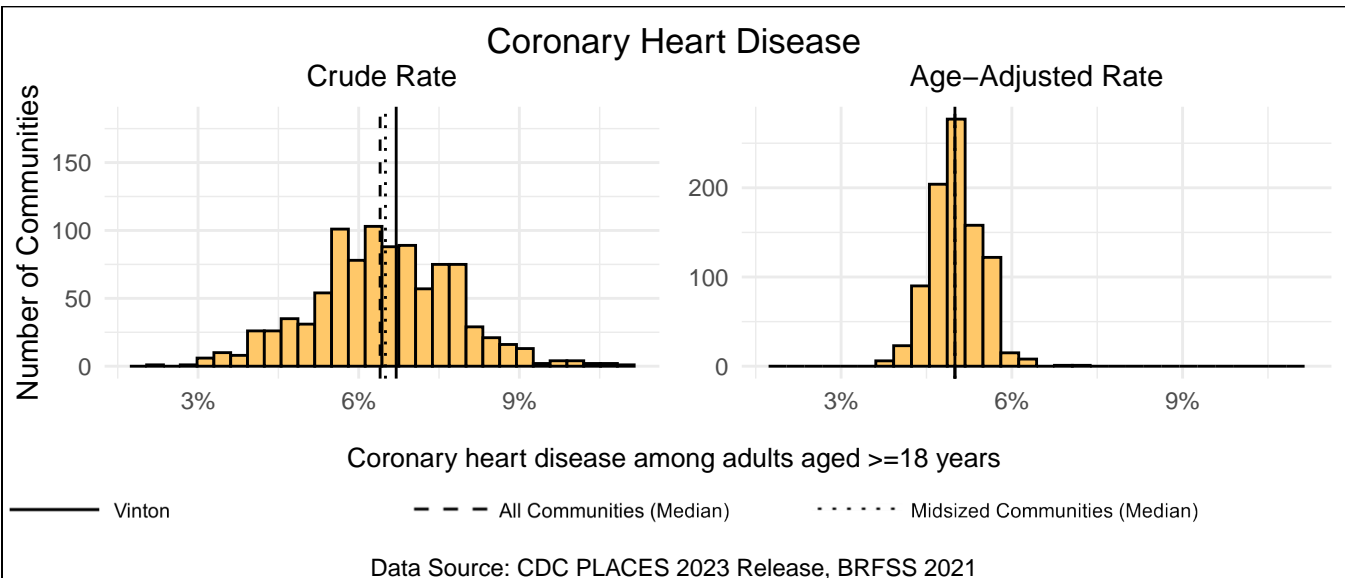
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

Vinton has a crude rate of 6.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 536th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Vinton is 5.0%, which ranks 419th out of 905 Iowa communities (49th out of 102 midsize communities).

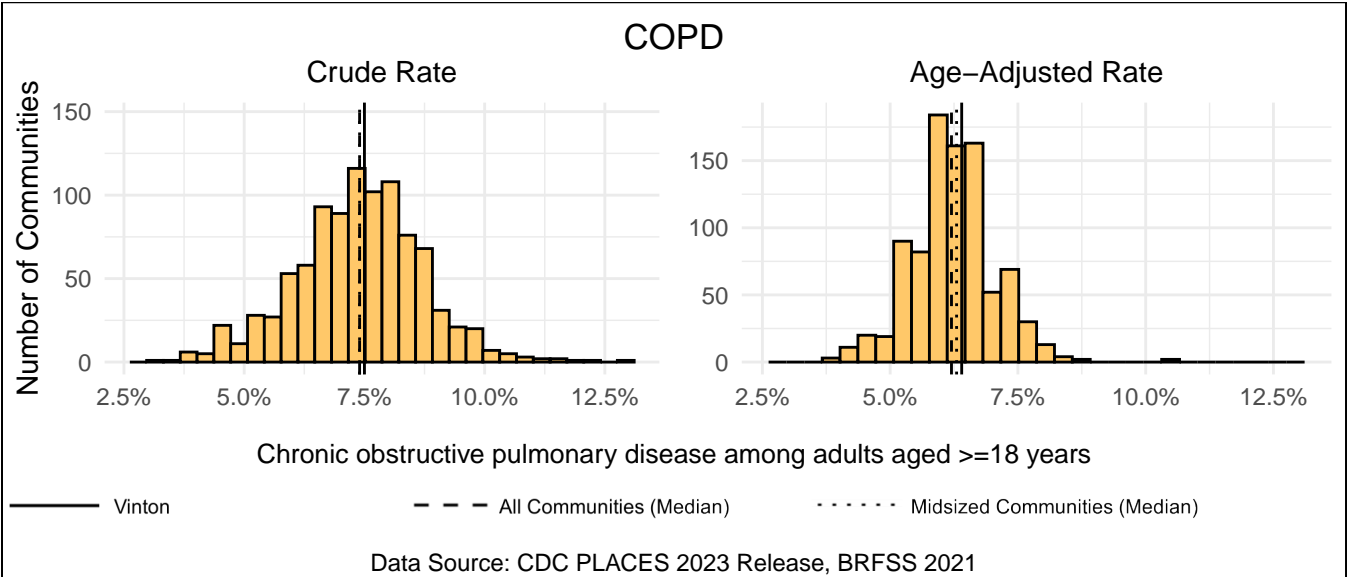
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	6.7%	6.4%	6.5%
Age-Adjusted	5.0%	5.0%	5.0%



COPD

Vinton has a crude rate of 7.5% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 483rd out of 958 Iowa communities (53rd out of 102 mid-sized communities). The age-adjusted rate for Vinton is 6.4%, which ranks 513th out of 905 Iowa communities (53rd out of 102 mid-sized communities).

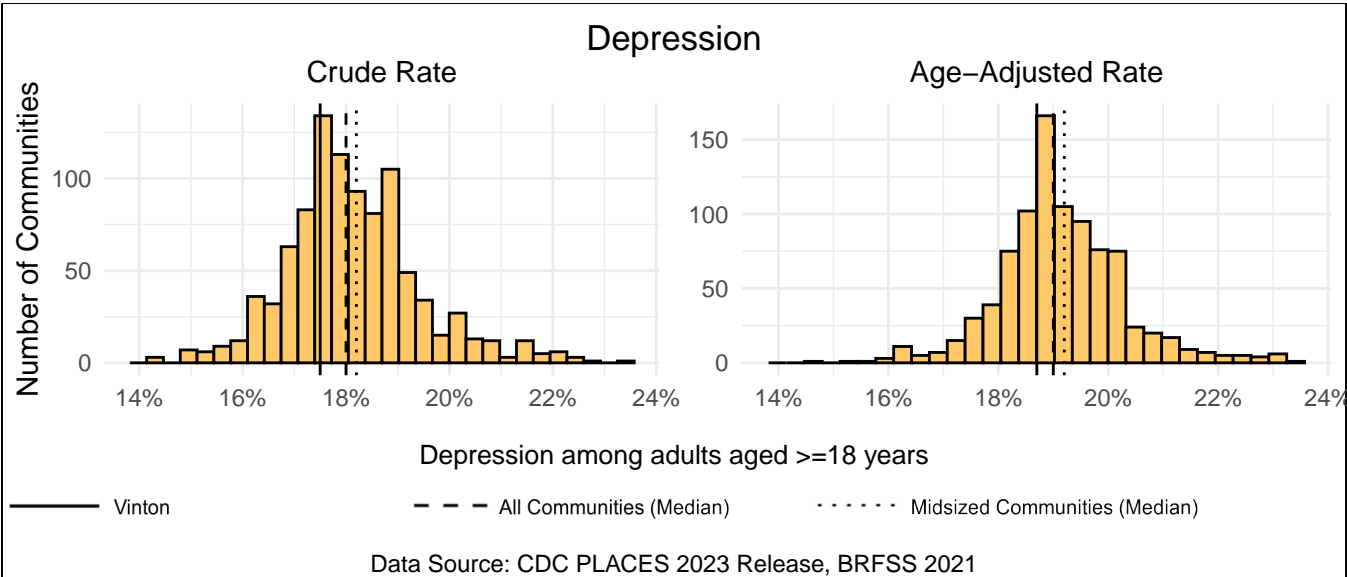
Measure Type	Vinton	All Comm.	Mid-sized Comm.
Crude	7.5%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.3%



Depression

Vinton has a crude rate of 17.5% for depression among adults aged ≥ 18 years, which ranks 284th out of 958 Iowa communities (26th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 18.7%, which ranks 291st out of 905 Iowa communities (29th out of 102 mid-sized communities).

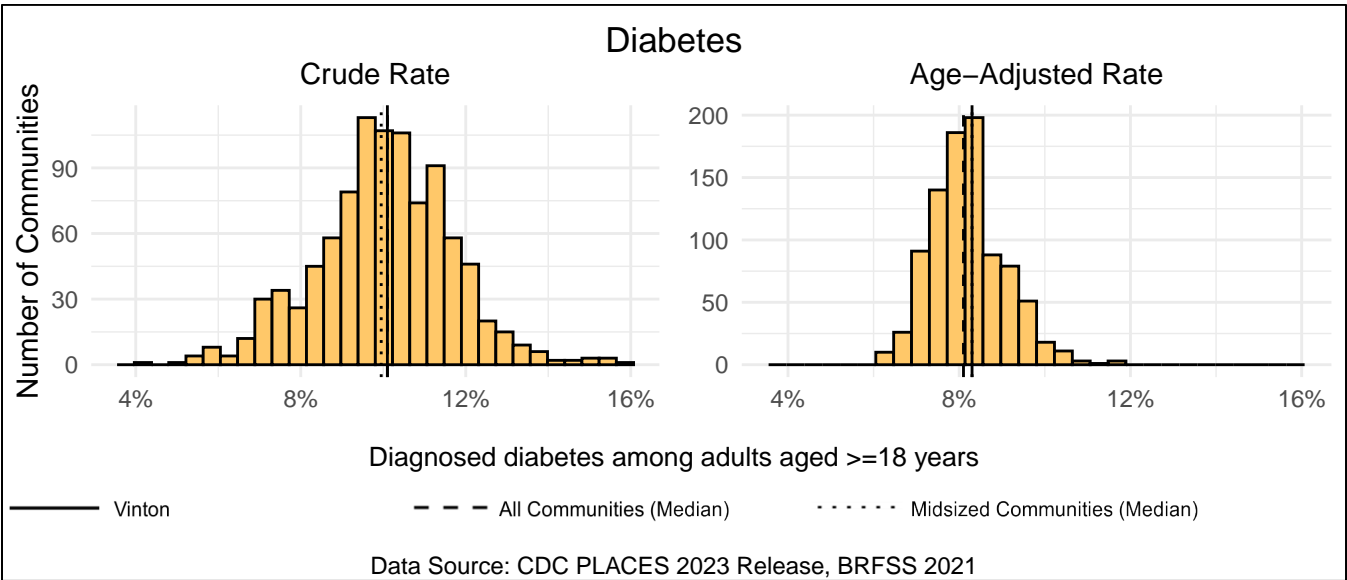
Measure Type	Vinton	All Comm.	Mid-sized Comm.
Crude	17.5%	18.0%	18.2%
Age-Adjusted	18.7%	19.0%	19.2%



Diabetes

Vinton has a crude rate of 10.1% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 470th out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 mid-sized communities).

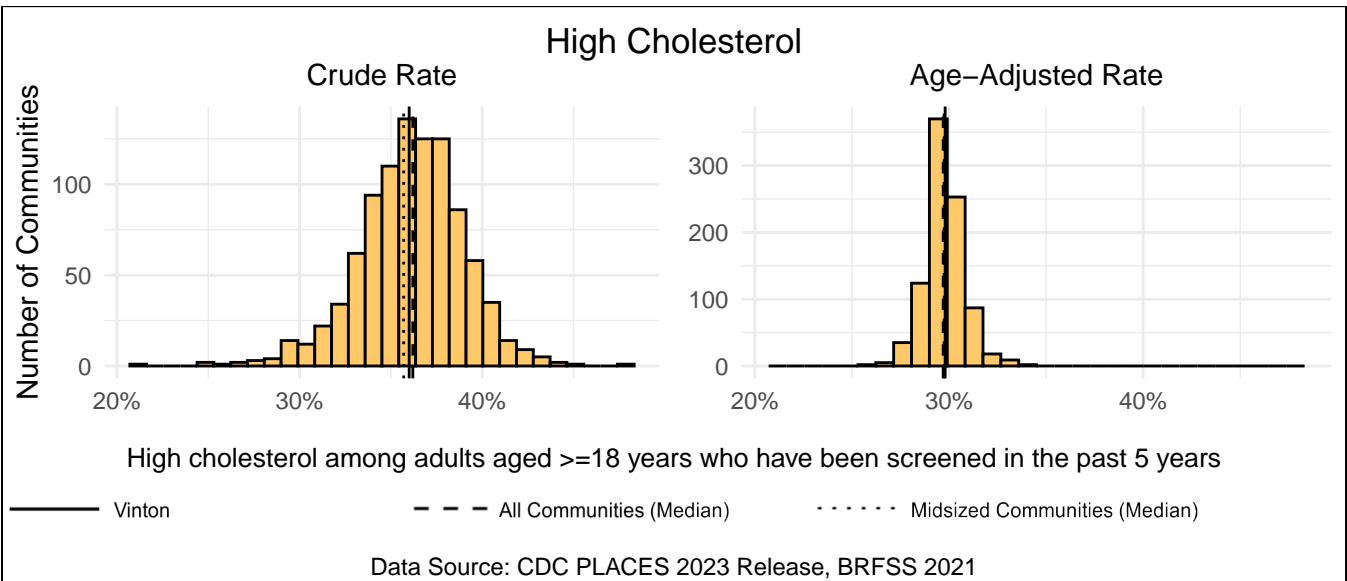
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	10.1%	10.1%	9.9%
Age-Adjusted	8.3%	8.1%	8.3%



High Cholesterol

Vinton has a crude rate of 36.0% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 431st out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 29.8%, which ranks 467th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

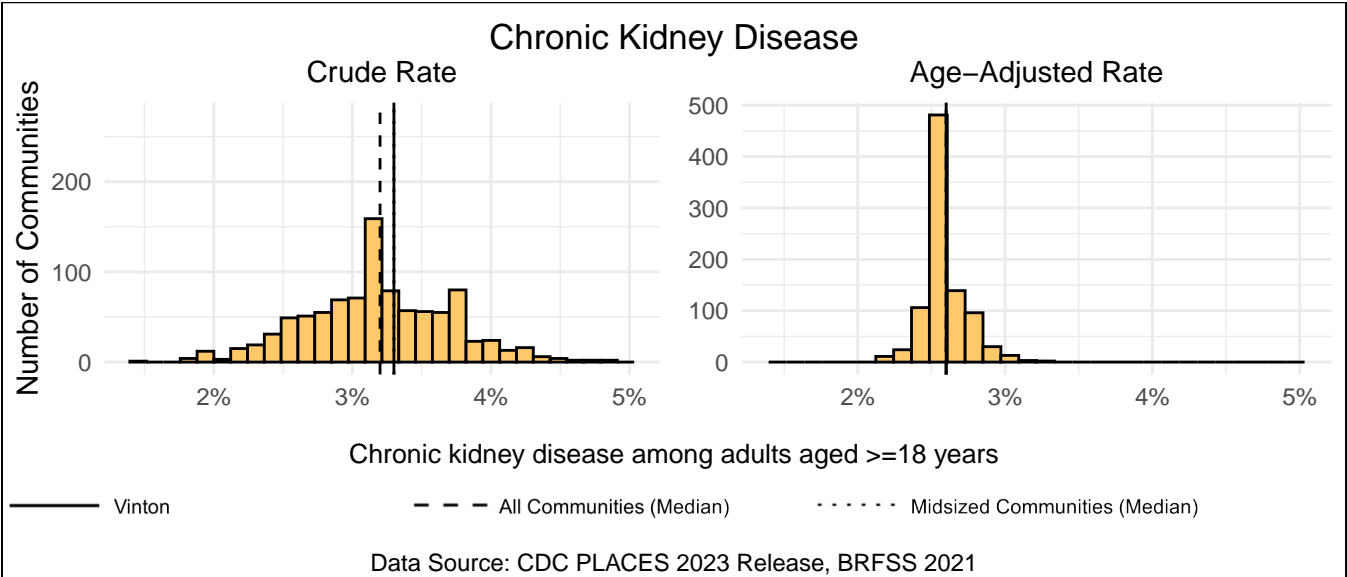
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	36.0%	36.2%	35.7%
Age-Adjusted	29.8%	29.7%	29.8%



Chronic Kidney Disease

Vinton has a crude rate of 3.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Vinton is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 midsize communities).

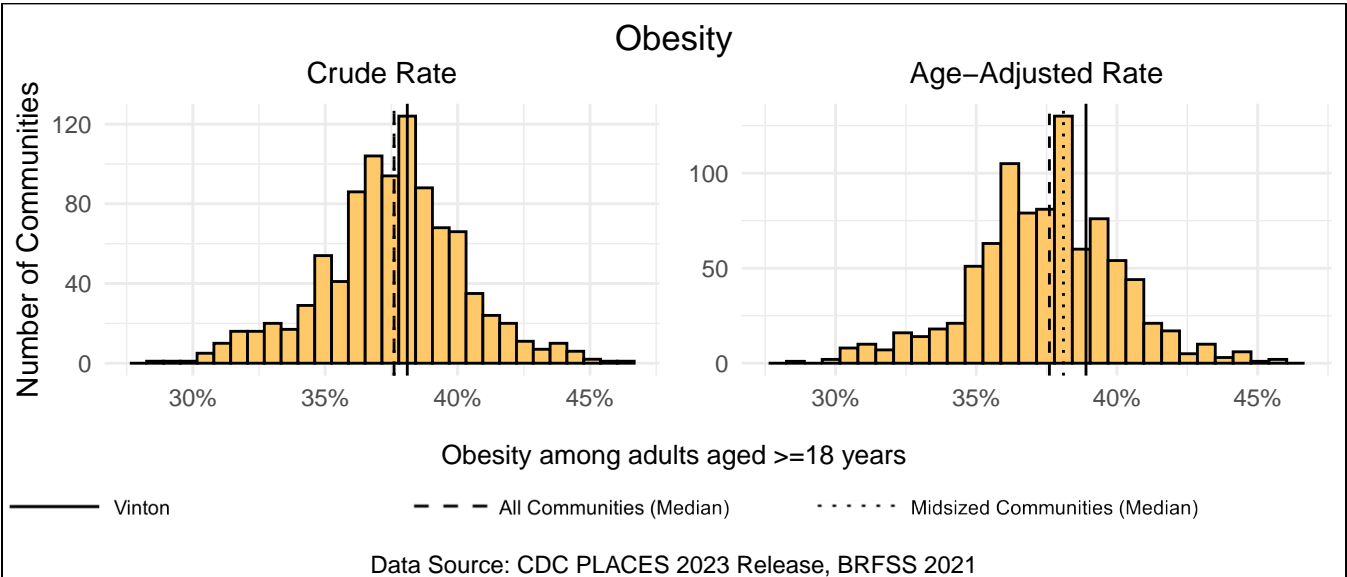
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	3.3%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Vinton has a crude rate of 38.1% for obesity among adults aged ≥ 18 years, which ranks 552nd out of 958 Iowa communities (62nd out of 102 midsize communities). The age-adjusted rate for Vinton is 38.9%, which ranks 644th out of 905 Iowa communities (66th out of 102 midsize communities).

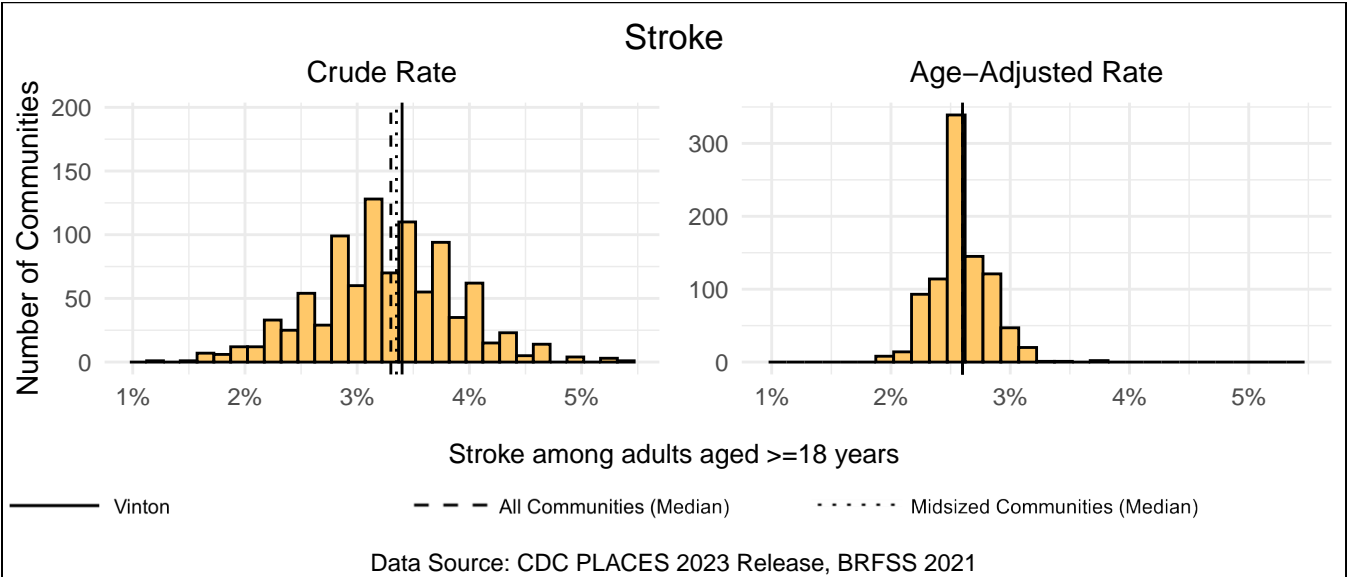
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	38.1%	37.6%	37.6%
Age-Adjusted	38.9%	37.6%	38.1%



Stroke

Vinton has a crude rate of 3.4% for stroke among adults aged ≥ 18 years, which ranks 538th out of 958 Iowa communities (52nd out of 102 midsize communities). The age-adjusted rate for Vinton is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 midsize communities).

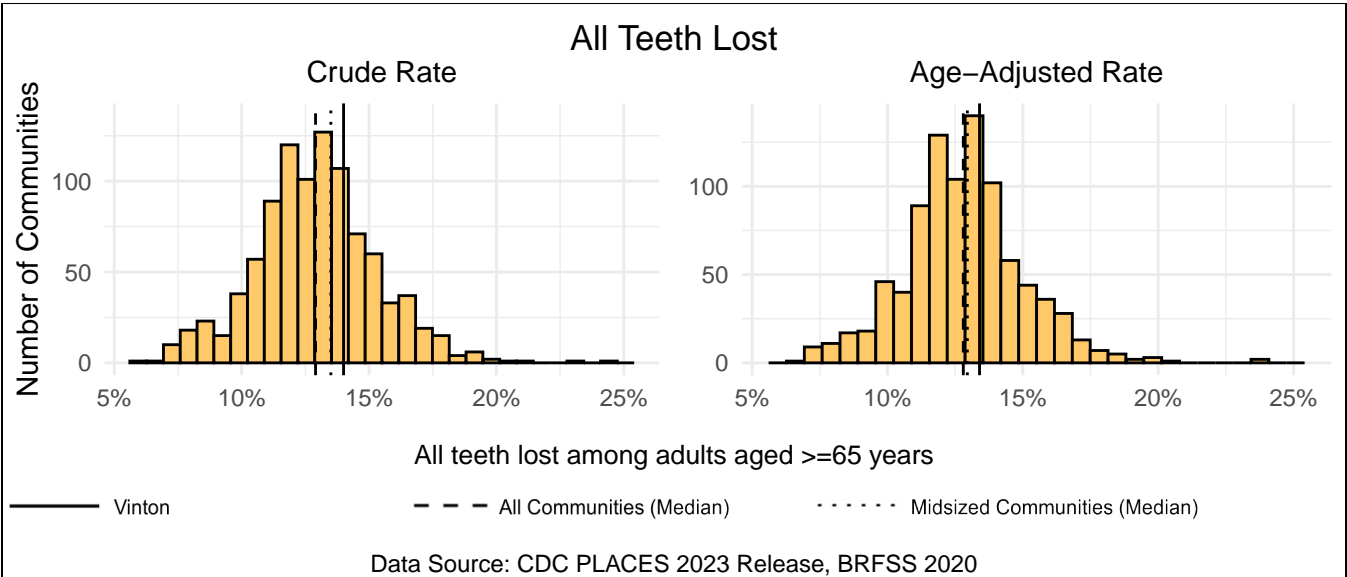
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	3.4%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



All Teeth Lost

Vinton has a crude rate of 14.0% for all teeth lost among adults aged ≥ 65 years, which ranks 678th out of 958 Iowa communities (60th out of 102 midsize communities). The age-adjusted rate for Vinton is 13.4%, which ranks 561st out of 905 Iowa communities (59th out of 102 midsize communities).

Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	14.0%	12.9%	13.5%
Age-Adjusted	13.4%	12.8%	12.9%



Prevention

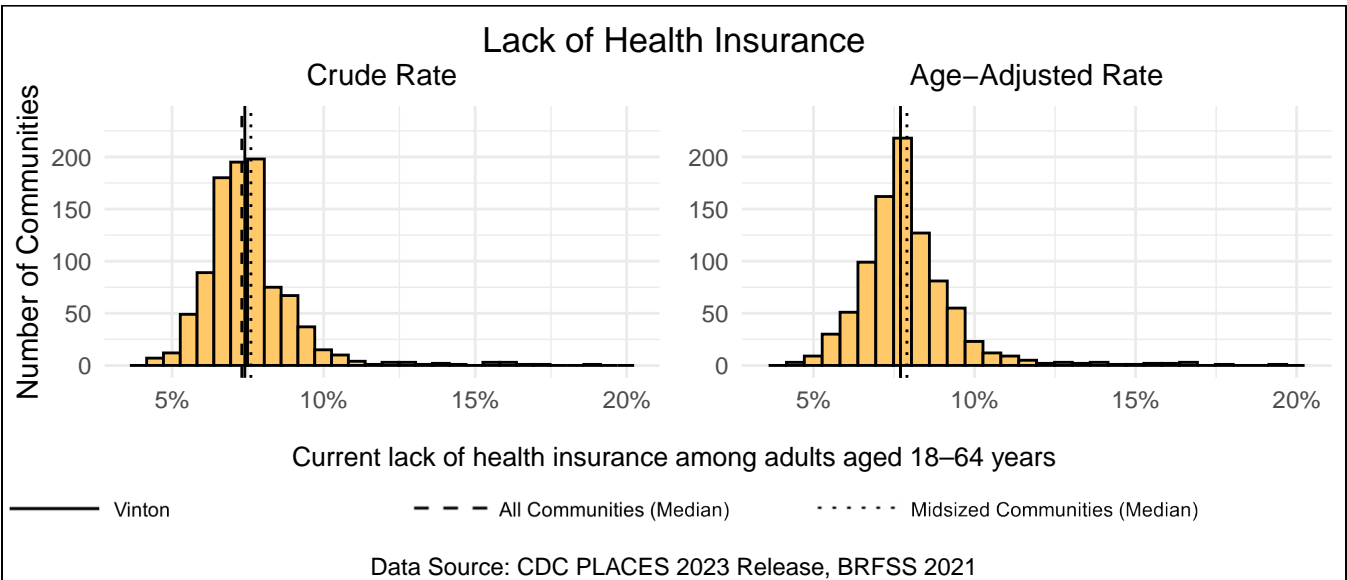
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Vinton has a crude rate of 7.4% for current lack of health insurance among adults aged 18–64 years, which ranks 489th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 7.7%, which ranks 427th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

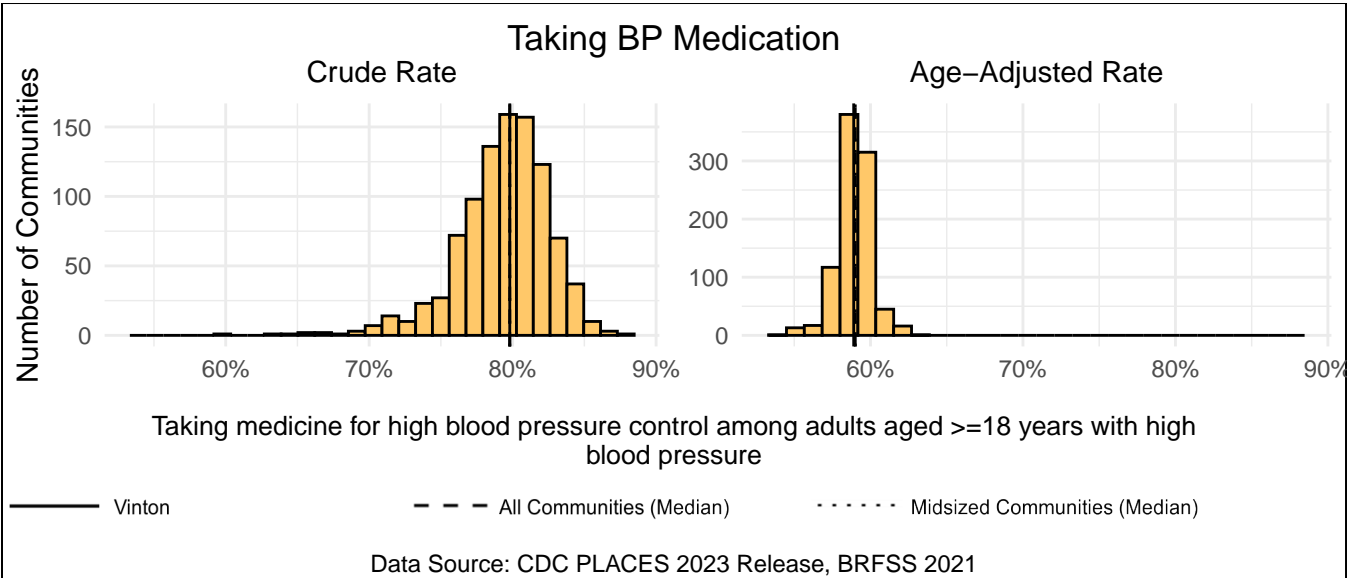
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	7.4%	7.3%	7.6%
Age-Adjusted	7.7%	7.7%	7.9%



Taking BP Medication

Vinton has a crude rate of 79.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 469th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 58.9%, which ranks 464th out of 905 Iowa communities (55th out of 102 mid-sized communities).

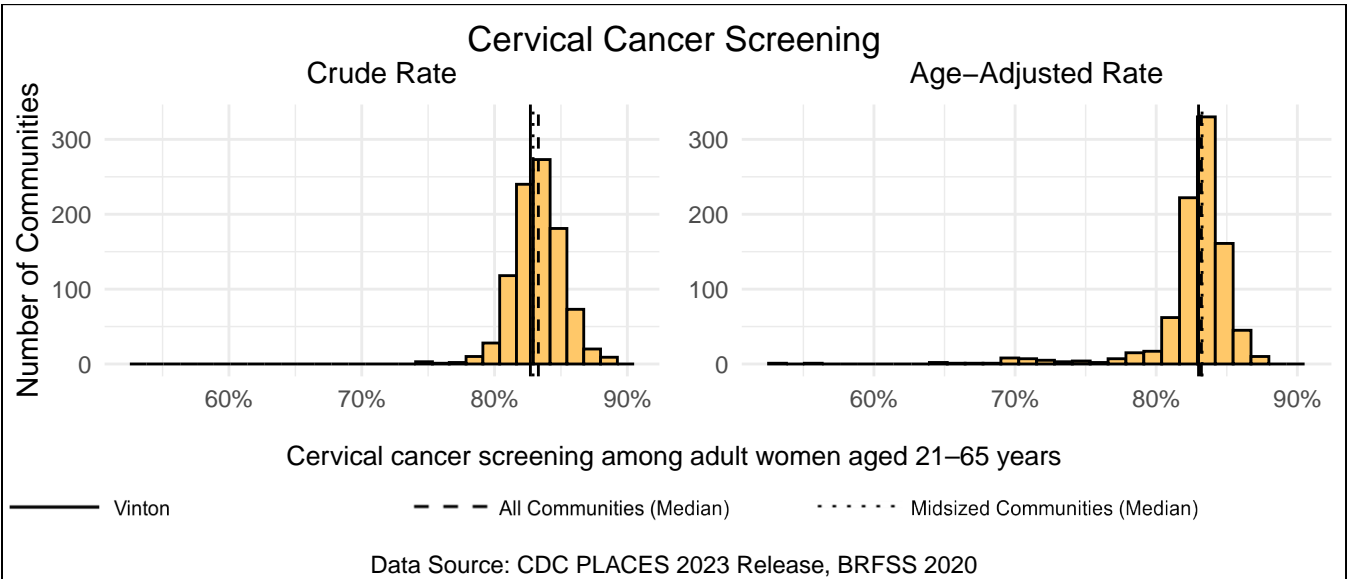
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	79.8%	79.8%	79.8%
Age-Adjusted	58.9%	59.0%	59.0%



Cervical Cancer Screening

Vinton has a crude rate of 82.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 614th out of 958 Iowa communities (56th out of 102 midsized communities). The age-adjusted rate for Vinton is 83.0%, which ranks 519th out of 905 Iowa communities (60th out of 102 midsized communities).

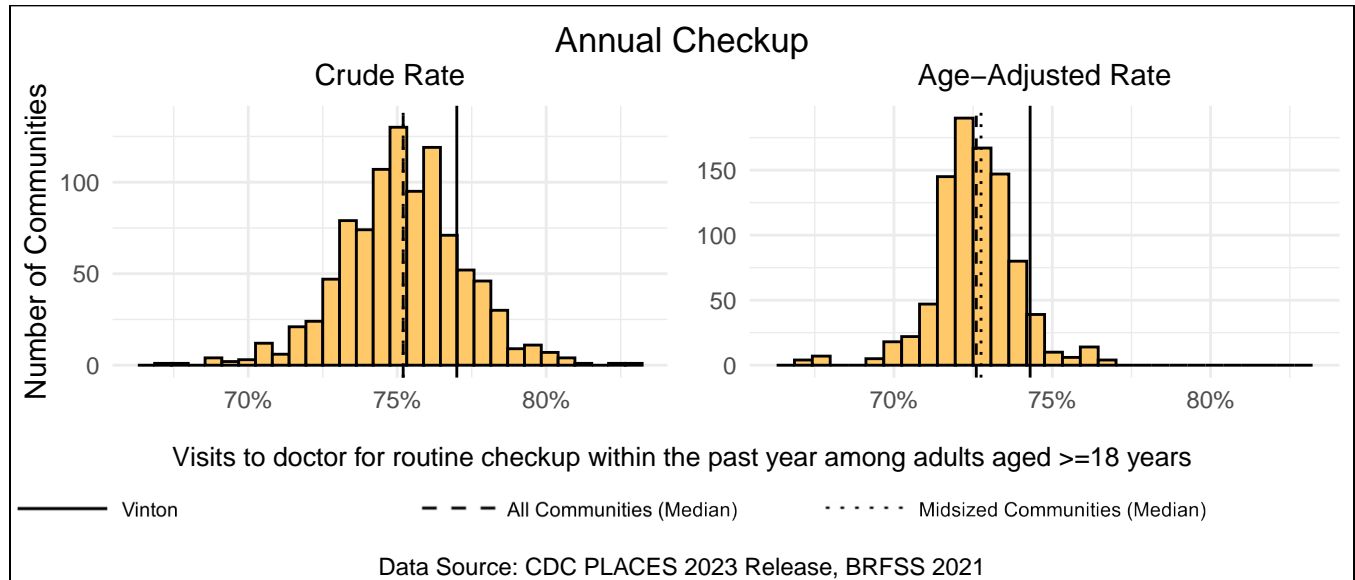
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	82.7%	83.3%	82.9%
Age-Adjusted	83.0%	83.2%	83.2%



Annual Checkup

Vinton has a crude rate of 77.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 163rd out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Vinton is 74.3%, which ranks 55th out of 905 Iowa communities (10th out of 102 midsize communities).

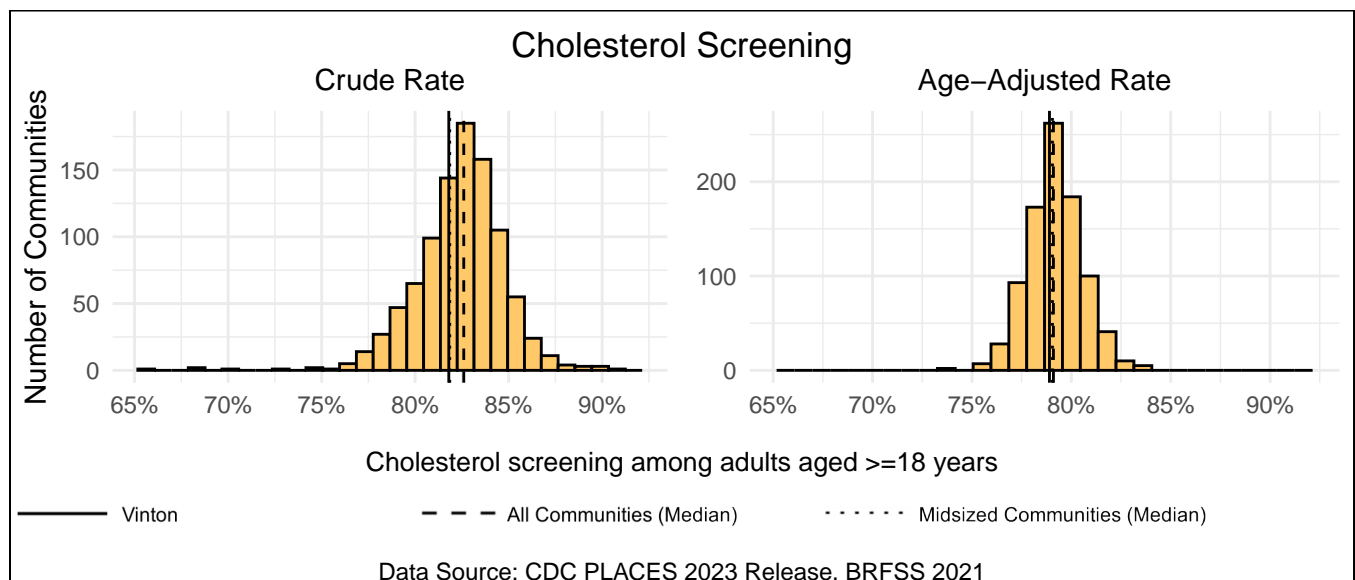
Measure Type	Vinton	All Comm.	Midsize Comm.
Crude	77.0%	75.2%	75.2%
Age-Adjusted	74.3%	72.6%	72.8%



Cholesterol Screening

Vinton has a crude rate of 81.8% for cholesterol screening among adults aged ≥ 18 years, which ranks 607th out of 958 Iowa communities (52nd out of 102 midsize communities). The age-adjusted rate for Vinton is 78.9%, which ranks 501st out of 905 Iowa communities (56th out of 102 midsize communities).

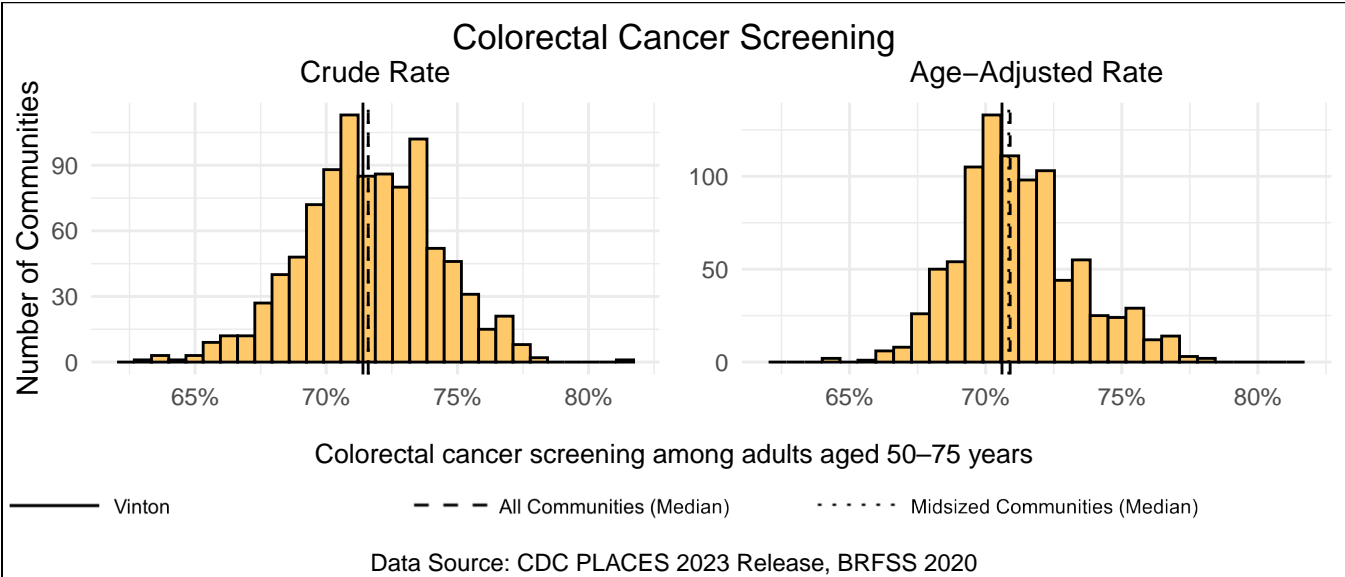
Measure Type	Vinton	All Comm.	Midsize Comm.
Crude	81.8%	82.6%	81.8%
Age-Adjusted	78.9%	79.1%	79.0%



Colorectal Cancer Screening

Vinton has a crude rate of 71.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 501st out of 958 Iowa communities (53rd out of 102 mid-sized communities). The age-adjusted rate for Vinton is 70.6%, which ranks 510th out of 905 Iowa communities (56th out of 102 mid-sized communities).

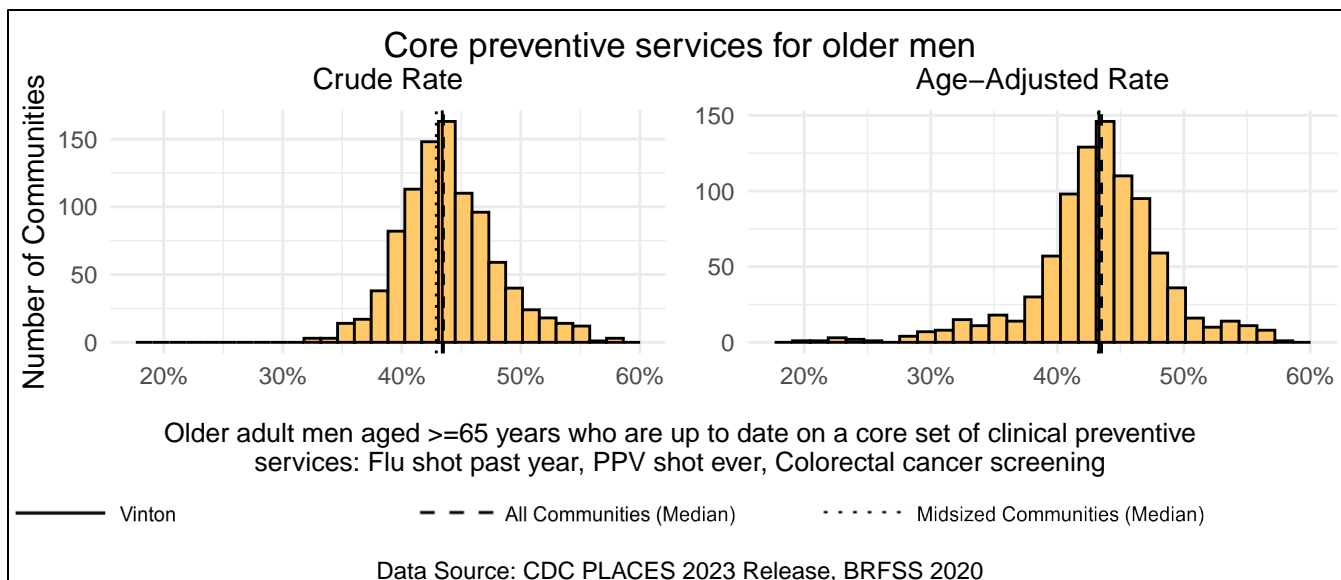
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	71.4%	71.6%	71.6%
Age-Adjusted	70.6%	70.9%	70.8%



Core preventive services for older men

Vinton 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 Vinton is 43.3%, which ranks 469th out of 905 Iowa communities (50th out of 102 mid-sized communities).

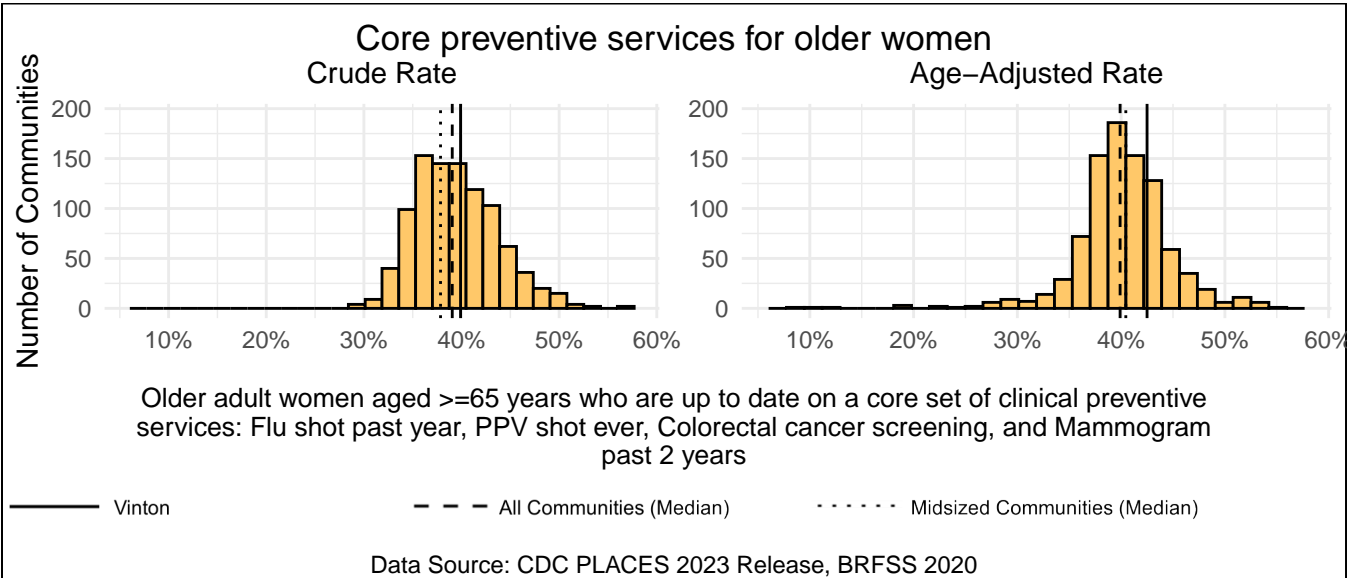
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	43.4%	43.5%	42.9%
Age-Adjusted	43.3%	43.5%	43.2%



Core preventive services for older women

Vinton has a crude rate of 39.9% 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 400th out of 958 Iowa communities (32nd out of 102 mid-sized communities). The age-adjusted rate for Vinton is 42.5%, which ranks 238th out of 905 Iowa communities (32nd out of 102 mid-sized communities).

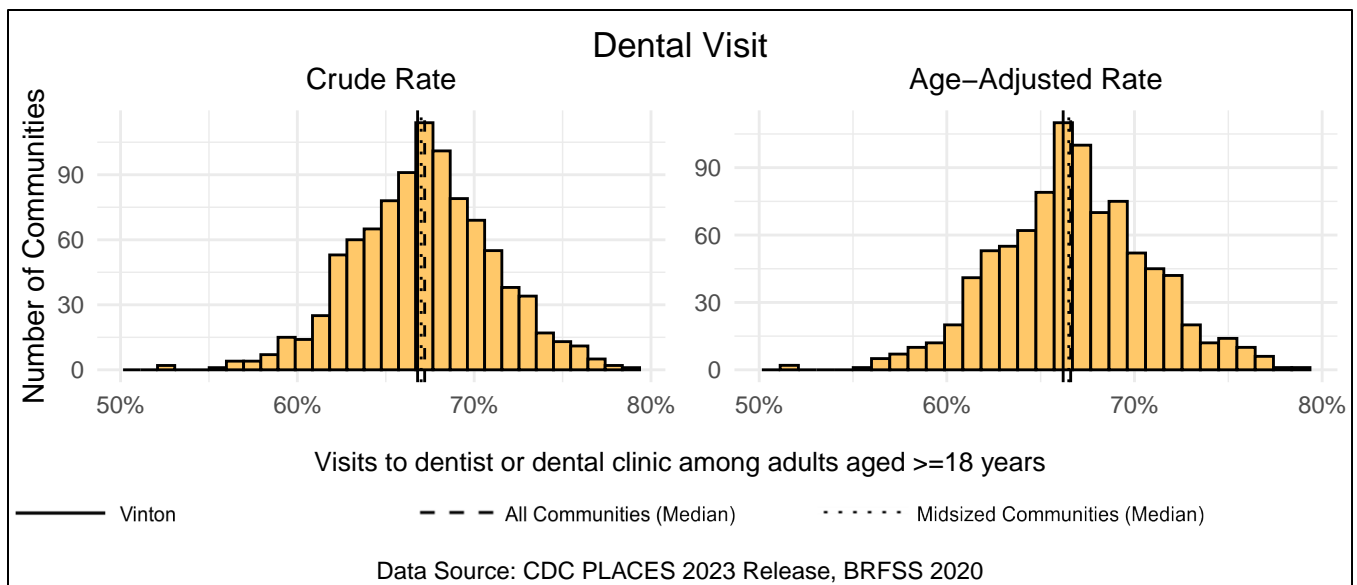
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	39.9%	39.0%	37.8%
Age-Adjusted	42.5%	39.9%	40.4%



Dental Visit

Vinton has a crude rate of 66.8% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 517th out of 958 Iowa communities (53rd out of 102 mid-sized communities). The age-adjusted rate for Vinton is 66.2%, which ranks 490th out of 905 Iowa communities (54th out of 102 mid-sized communities).

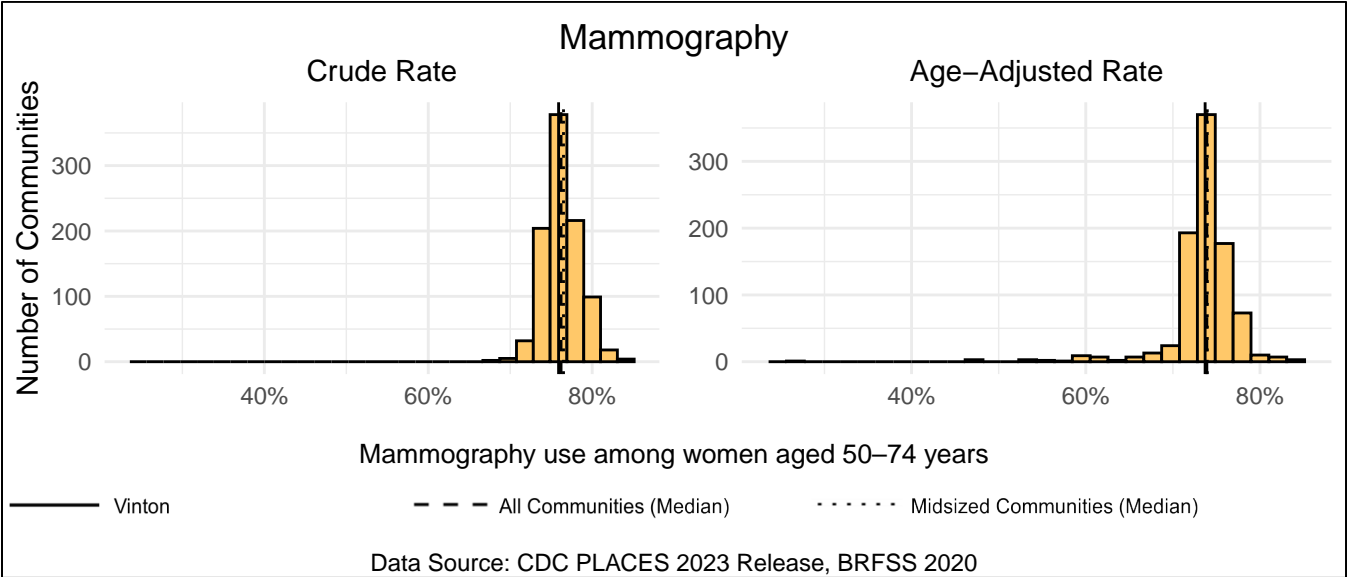
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	66.8%	67.2%	67.0%
Age-Adjusted	66.2%	66.6%	66.5%



Mammography

Vinton has a crude rate of 75.9% for mammography use among women aged 50–74 years, which ranks 534th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Vinton is 73.7%, which ranks 481st out of 905 Iowa communities (56th out of 102 midsize communities).

Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	75.9%	76.2%	76.5%
Age-Adjusted	73.7%	73.9%	74.0%



Disability

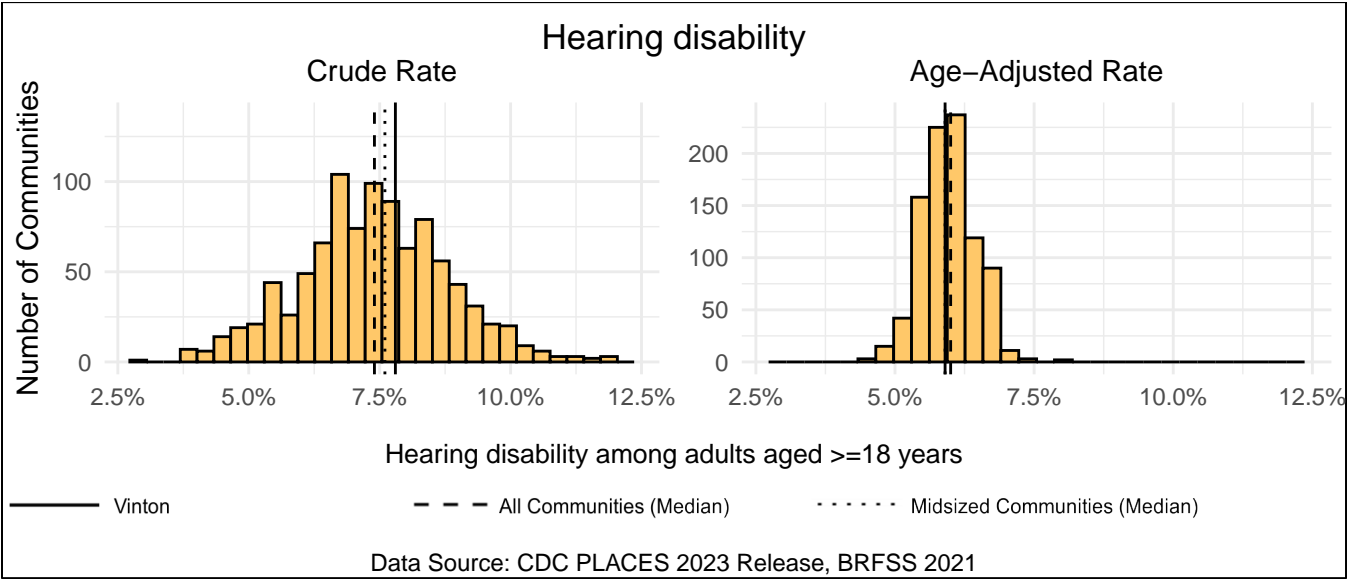
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Vinton has a crude rate of 7.8% for hearing disability among adults aged ≥ 18 years, which ranks 591st out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 5.9%, which ranks 360th out of 905 Iowa communities (44th out of 102 mid-sized communities).

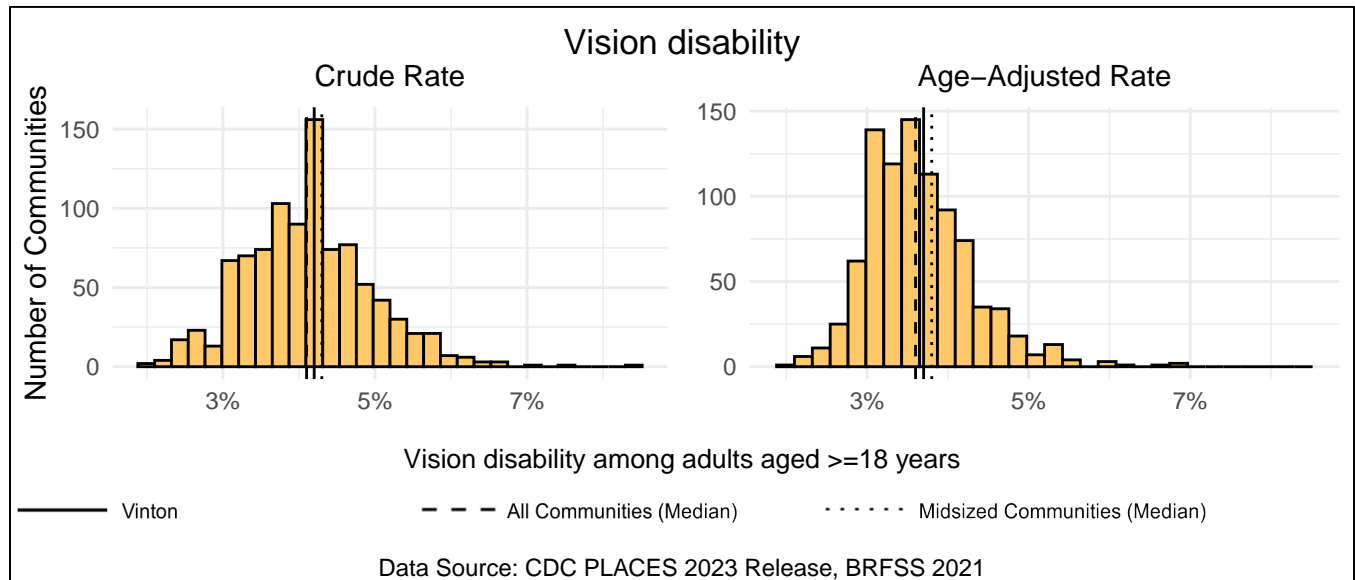
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	7.8%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.9%



Vision disability

Vinton has a crude rate of 4.2% for vision disability among adults aged ≥ 18 years, which ranks 516th out of 958 Iowa communities (47th out of 102 midsize communities). The age-adjusted rate for Vinton is 3.7%, which ranks 509th out of 905 Iowa communities (44th out of 102 midsize communities).

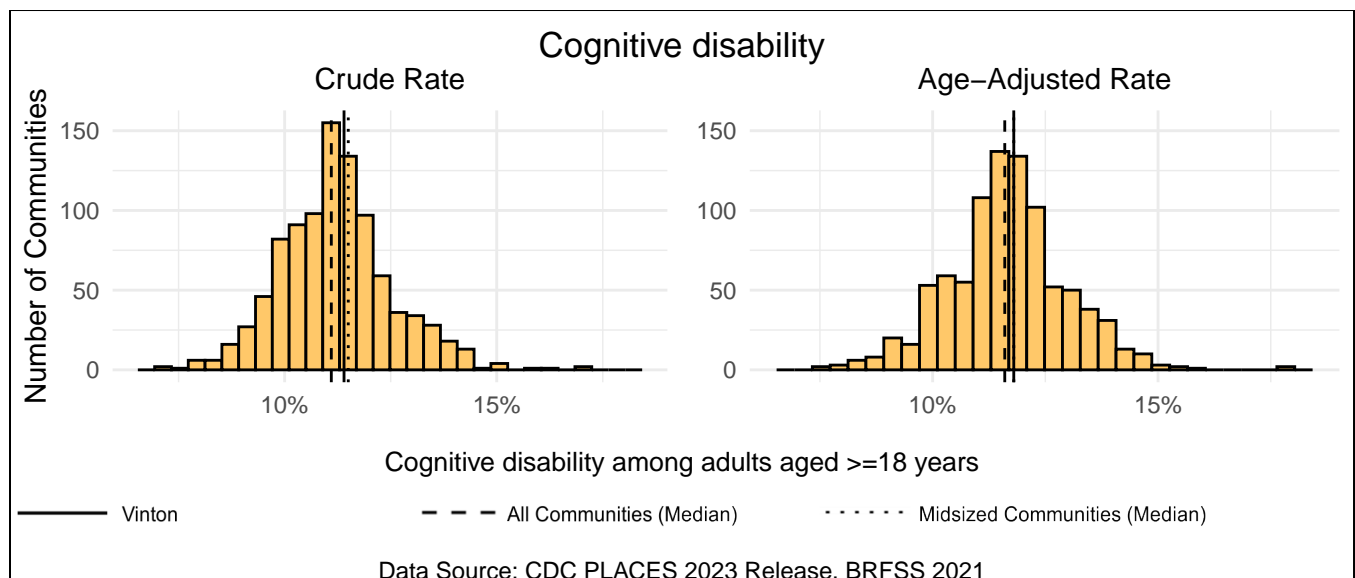
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	4.2%	4.1%	4.3%
Age-Adjusted	3.7%	3.6%	3.8%



Cognitive disability

Vinton has a crude rate of 11.4% for cognitive disability among adults aged ≥ 18 years, which ranks 568th out of 958 Iowa communities (46th out of 102 midsize communities). The age-adjusted rate for Vinton is 11.8%, which ranks 495th out of 905 Iowa communities (49th out of 102 midsize communities).

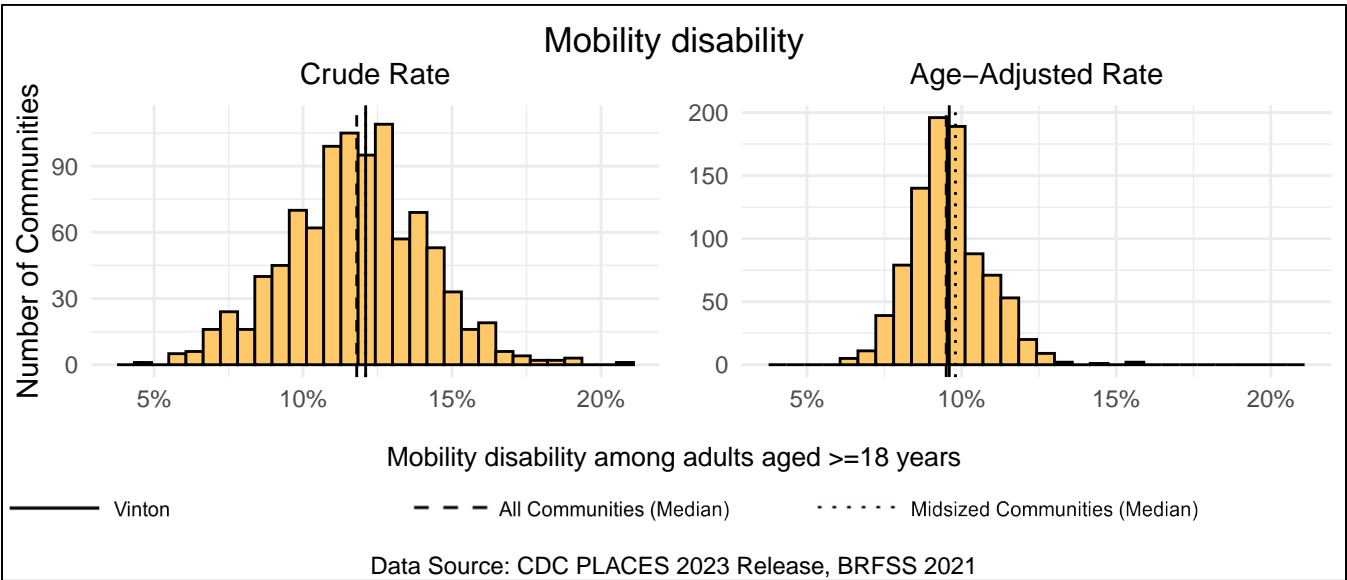
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	11.4%	11.1%	11.5%
Age-Adjusted	11.8%	11.6%	11.8%



Mobility disability

Vinton has a crude rate of 12.1% for mobility disability among adults aged >=18 years, which ranks 529th out of 958 Iowa communities (50th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 9.6%, which ranks 471st out of 905 Iowa communities (42nd out of 102 mid-sized communities).

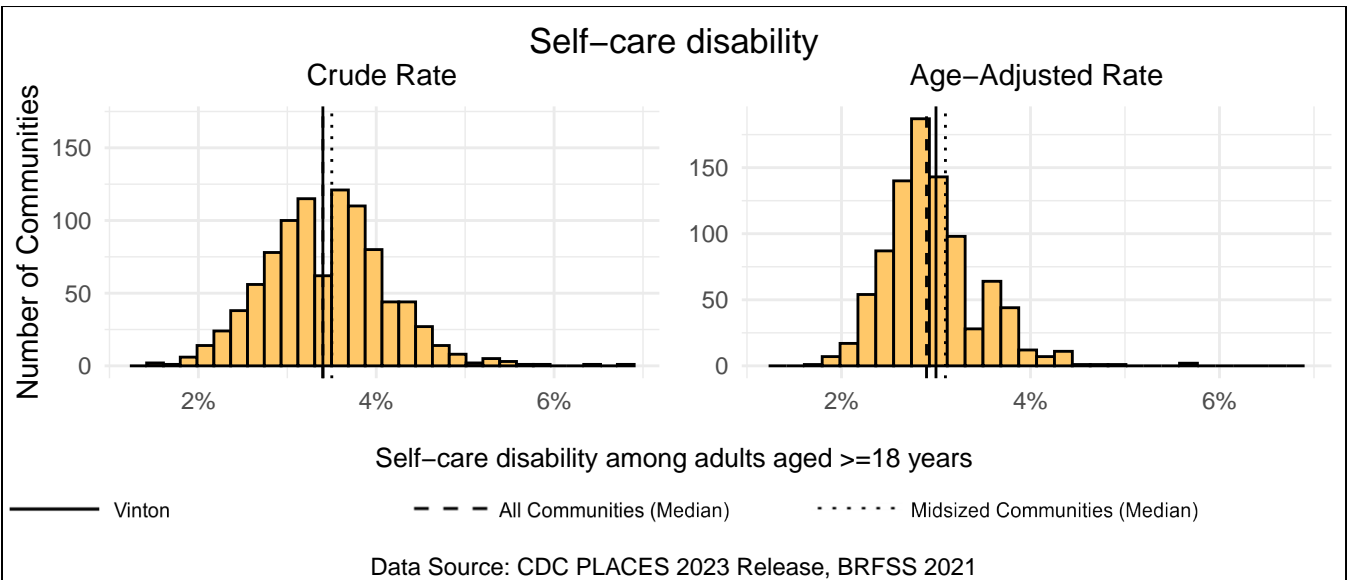
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	12.1%	11.8%	12.1%
Age-Adjusted	9.6%	9.5%	9.8%



Self-care disability

Vinton has a crude rate of 3.4% for self-care disability among adults aged >=18 years, which ranks 435th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Vinton is 3.0%, which ranks 494th out of 905 Iowa communities (45th out of 102 mid-sized communities).

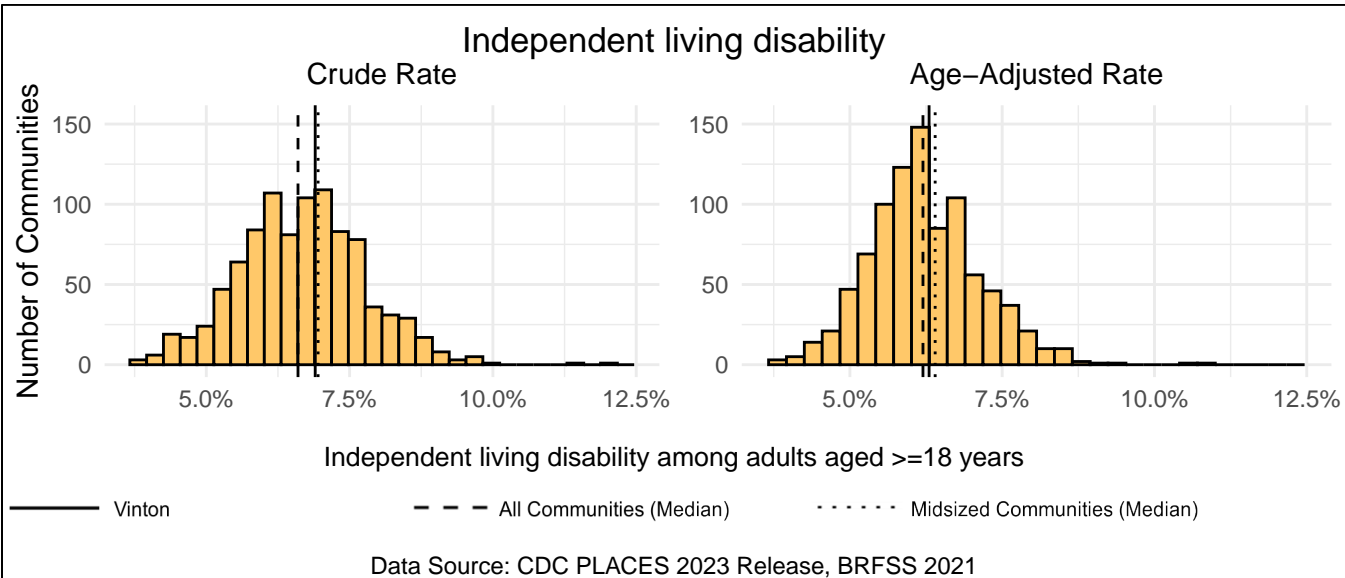
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	3.4%	3.4%	3.5%
Age-Adjusted	3.0%	2.9%	3.1%



Independent living disability

Vinton has a crude rate of 6.9% for independent living disability among adults aged ≥ 18 years, which ranks 557th out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Vinton is 6.3%, which ranks 485th out of 905 Iowa communities (44th out of 102 midsized communities).

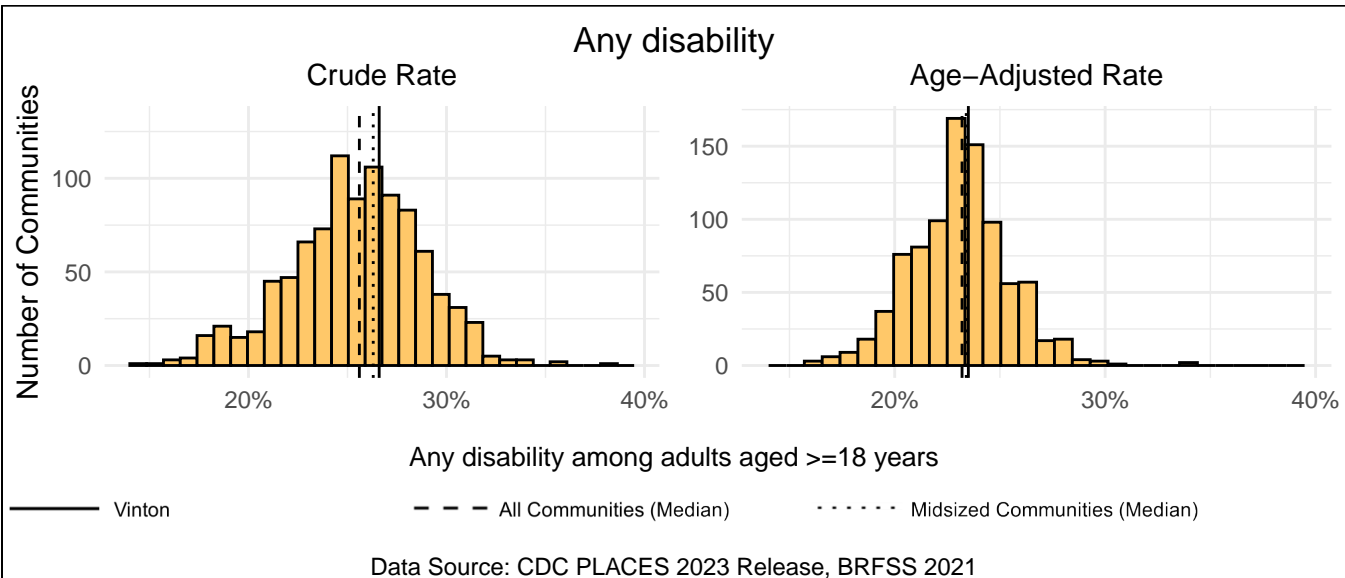
Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	6.9%	6.6%	7.0%
Age-Adjusted	6.3%	6.2%	6.4%



Any disability

Vinton has a crude rate of 26.6% for any disability among adults aged ≥ 18 years, which ranks 593rd out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for Vinton is 23.5%, which ranks 526th out of 905 Iowa communities (54th out of 102 midsized communities).

Measure Type	Vinton	All Comm.	Midsized Comm.
Crude	26.6%	25.6%	26.3%
Age-Adjusted	23.5%	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: Vinton PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	435	10.7% (9.0% - 12.5%)	468	9.8% (8.1% - 11.5%)
Health Status	General Health	493	14.4% (11.6% - 17.2%)	482	12.9% (10.7% - 15.5%)
Health Status	Mental Health	514	14.4% (12.3% - 16.8%)	516	15.7% (13.2% - 18.1%)
Health Risk Behaviors	Binge Drinking	323	18.6% (15.6% - 22.1%)	202	21.2% (17.6% - 25.2%)
Health Risk Behaviors	Current Smoking	447	16.7% (12.7% - 20.6%)	513	17.9% (13.7% - 22.3%)
Health Risk Behaviors	Sleep <7 hours	630	31.0% (29.2% - 32.6%)	679	32.1% (30.1% - 33.9%)
Health Risk Behaviors	Physical Inactivity	472	26.1% (21.4% - 31.5%)	421	24.2% (19.2% - 29.2%)
Health Outcomes	Chronic Kidney Disease	540	3.3% (2.9% - 3.7%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	COPD	483	7.5% (6.0% - 9.1%)	513	6.4% (5.2% - 7.6%)
Health Outcomes	Obesity	552	38.1% (31.3% - 45.5%)	644	38.9% (31.9% - 46.2%)
Health Outcomes	Depression	284	17.5% (14.2% - 20.9%)	291	18.7% (15.2% - 22.4%)
Health Outcomes	High Cholesterol	431	36.0% (31.7% - 40.7%)	467	29.8% (25.6% - 34.0%)
Health Outcomes	High Blood Pressure	615	33.4% (29.2% - 37.7%)	710	28.5% (24.7% - 32.4%)
Health Outcomes	Coronary Heart Disease	536	6.7% (5.7% - 7.7%)	419	5.0% (4.3% - 5.8%)
Health Outcomes	Diabetes	470	10.1% (8.4% - 11.8%)	508	8.3% (7.0% - 9.7%)
Health Outcomes	Cancer (except skin)	578	8.4% (7.5% - 9.4%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Current Asthma	524	9.4% (8.2% - 10.7%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	Stroke	538	3.4% (2.9% - 3.9%)	375	2.6% (2.2% - 3.0%)
Health Outcomes	Arthritis	433	27.5% (23.5% - 31.5%)	401	23.0% (19.6% - 26.7%)
Health Outcomes	All Teeth Lost	678	14.0% (8.3% - 20.5%)	561	13.4% (8.4% - 18.8%)
Prevention	Mammography	534	75.9% (71.3% - 80.3%)	481	73.7% (68.7% - 78.3%)
Prevention	Health Insurance	489	7.4% (5.4% - 9.7%)	427	7.7% (5.7% - 10.2%)
Prevention	Cervical Cancer Screening	614	82.7% (79.9% - 85.4%)	519	83.0% (80.2% - 85.6%)
Prevention	Taking BP Medication	469	79.8% (76.7% - 82.7%)	464	58.9% (54.0% - 63.7%)
Prevention	Core preventive services for older men	490	43.4% (34.7% - 52.4%)	469	43.3% (35.1% - 51.8%)
Prevention	Annual Checkup	163	77.0% (72.5% - 81.2%)	55	74.3% (69.5% - 79.0%)

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	400	39.9% (32.2% - 48.2%)	238	42.5% (34.3% - 50.4%)
Prevention	Cholesterol Screening	607	81.8% (78.6% - 85.0%)	501	78.9% (75.2% - 82.4%)
Prevention	Colorectal Cancer Screening	501	71.4% (68.0% - 74.7%)	510	70.6% (67.1% - 74.0%)
Prevention	Dental Visit	517	66.8% (63.0% - 70.7%)	490	66.2% (62.2% - 70.2%)
Disability	Cognitive Disability	568	11.4% (9.4% - 13.7%)	495	11.8% (9.6% - 14.2%)
Disability	Self-care Disability	435	3.4% (2.8% - 4.0%)	494	3.0% (2.5% - 3.5%)
Disability	Mobility Disability	529	12.1% (9.9% - 14.4%)	471	9.6% (7.9% - 11.4%)
Disability	Vision Disability	516	4.2% (3.5% - 5.1%)	509	3.7% (3.0% - 4.3%)
Disability	Any Disability	593	26.6% (22.3% - 30.8%)	526	23.5% (19.5% - 27.6%)
Disability	Independent Living Disability	557	6.9% (5.7% - 8.3%)	485	6.3% (5.2% - 7.6%)
Disability	Hearing Disability	591	7.8% (6.8% - 8.9%)	360	5.9% (5.1% - 6.7%)

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)

Vinton 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
