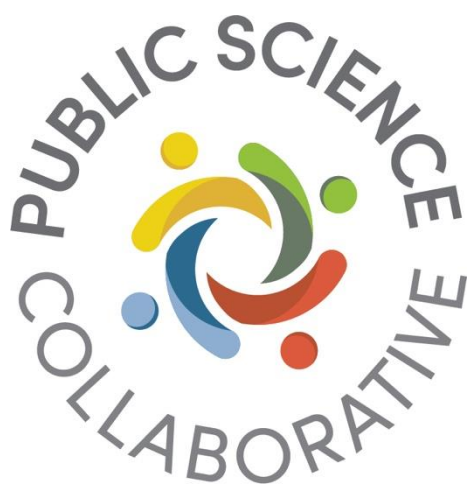




Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

Iowa Community Health Snapshot Series

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Health in Waukon: Overview

Dear Community Members & Stakeholders of Waukon,

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 Waukon ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Waukon'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 Waukon. 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
Obesity	89th	15th	Obesity	149th	23rd
Depression	196th	19th	Depression	330th	34th
Taking BP Medication	202nd	14th	Chronic Kidney Disease	349th	41st
Sleep <7 hours	210th	28th	Sleep <7 hours	354th	50th
Binge Drinking	223rd	27th	High Blood Pressure	368th	42nd

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Dental Visit	855th	79th	Annual Checkup	823rd	94th
Cervical Cancer Screening	832nd	76th	Dental Visit	819th	80th
Cancer (except skin)	805th	94th	Cholesterol Screening	747th	76th
Chronic Kidney Disease	787th	83rd	Core preventive services for older men	700th	74th
Hearing Disability	781st	81st	Cervical Cancer Screening	690th	73rd

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 Waukon.

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

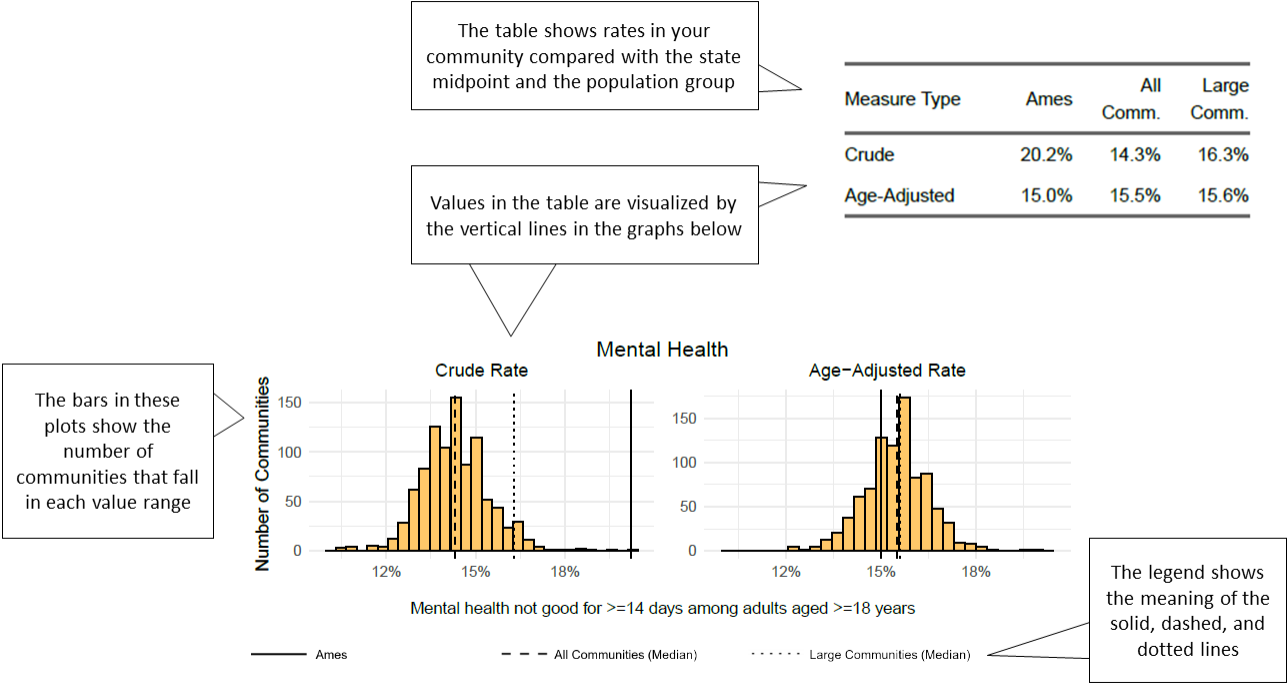
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Waukon that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Waukon, a review of risky behaviors in the community,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

With a population of 3,818, Waukon’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.



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

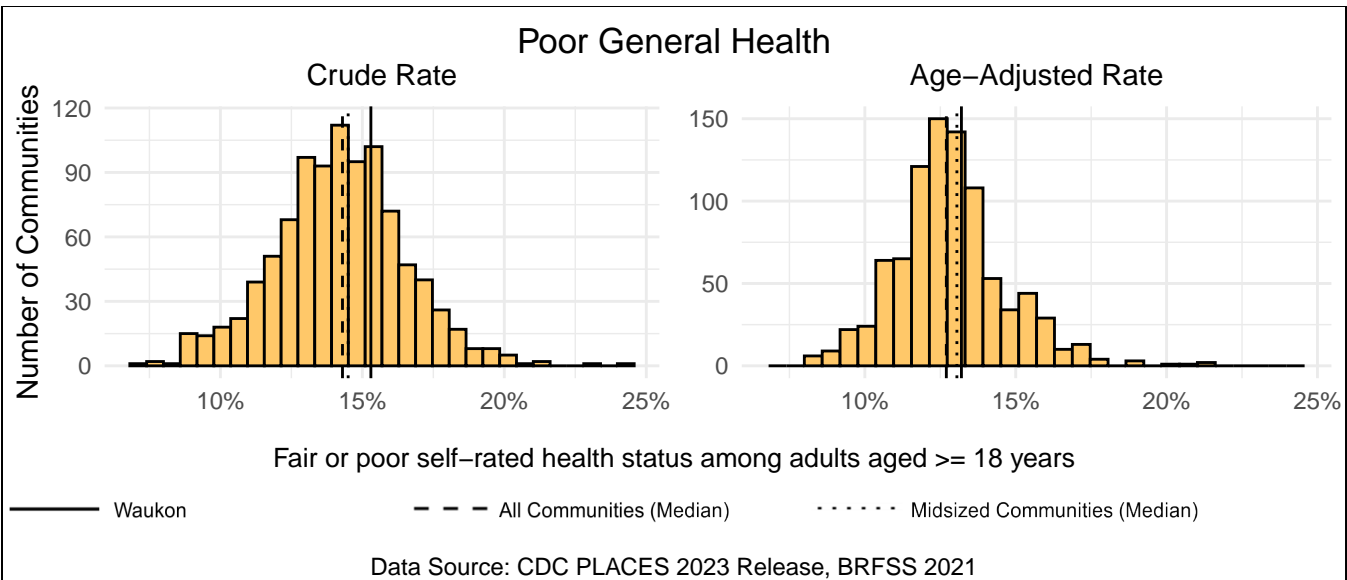
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Waukon has a crude rate of 15.3% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 660th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Waukon is 13.2%, which ranks 552nd out of 905 Iowa communities (53rd out of 102 mid-sized communities).

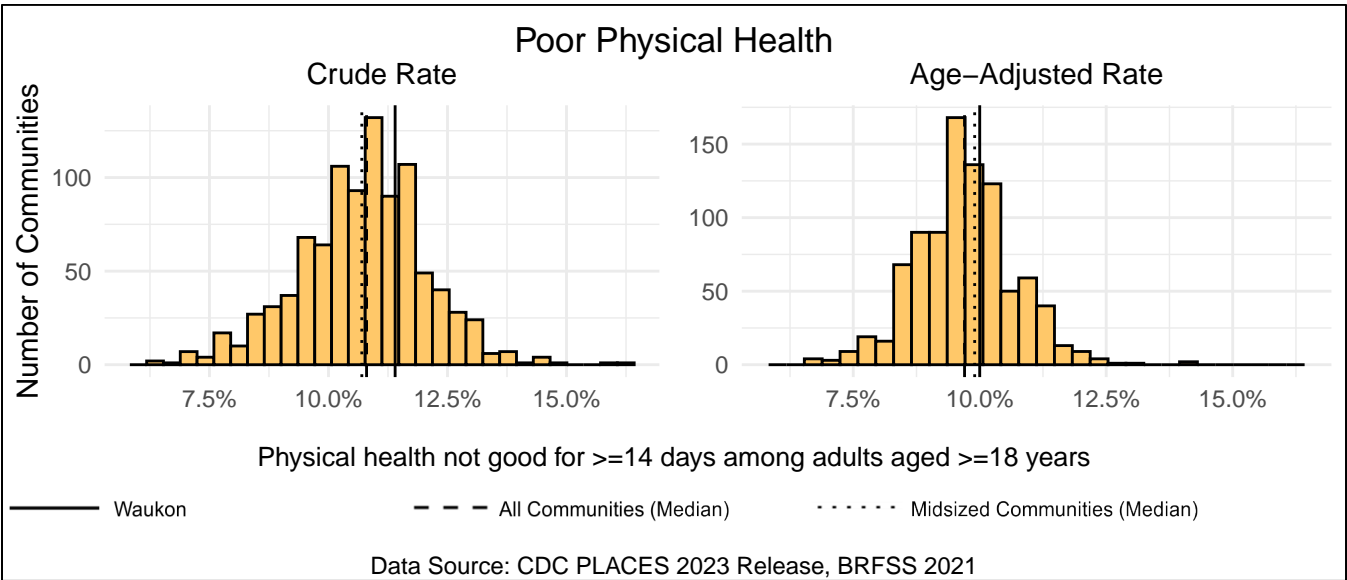
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	15.3%	14.3%	14.5%
Age-Adjusted	13.2%	12.7%	13.0%



Poor Physical Health

Waukon has a crude rate of 11.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 656th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 10.0%, which ranks 559th out of 905 Iowa communities (57th out of 102 mid-sized communities).

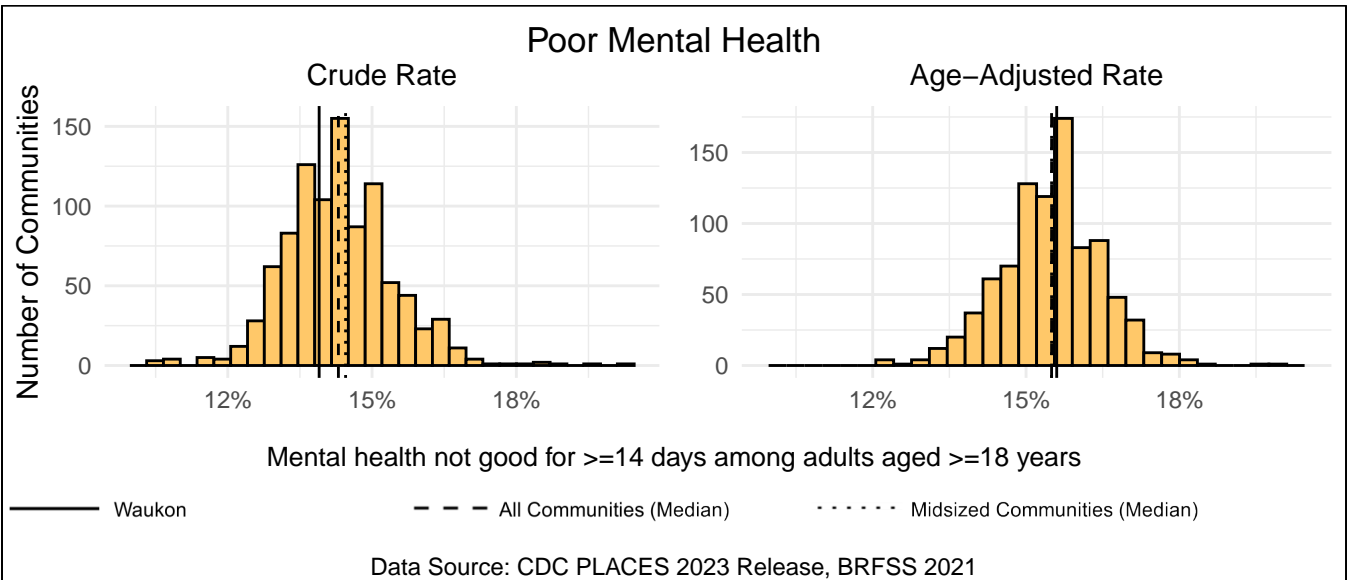
Measure Type	Waukon	All Comm.	Mid-sized Comm.
Crude	11.4%	10.8%	10.7%
Age-Adjusted	10.0%	9.7%	9.9%



Poor Mental Health

Waukon has a crude rate of 13.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 328th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 15.6%, which ranks 457th out of 905 Iowa communities (53rd out of 102 mid-sized communities).

Measure Type	Waukon	All Comm.	Mid-sized Comm.
Crude	13.9%	14.3%	14.4%
Age-Adjusted	15.6%	15.5%	15.5%



Health Risk Behaviors

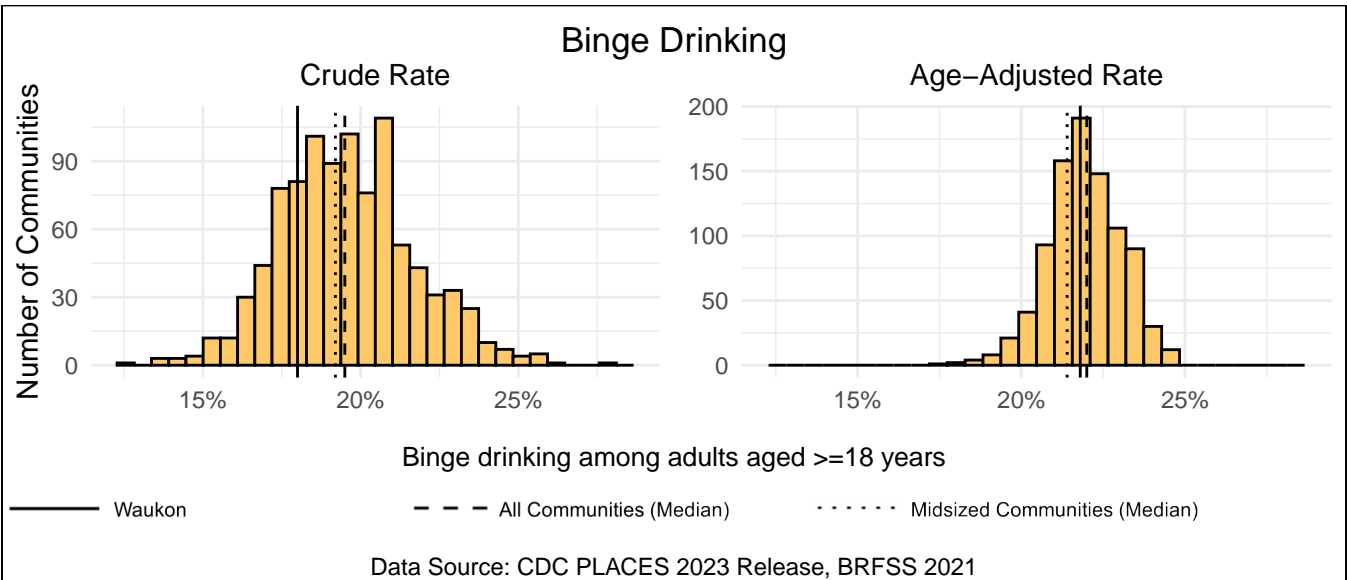
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Waukon has a crude rate of 18.0% for binge drinking among adults aged ≥ 18 years, which ranks 223rd out of 958 Iowa communities (27th out of 102 midsized communities). The age-adjusted rate for Waukon is 21.8%, which ranks 389th out of 905 Iowa communities (57th out of 102 midsized communities).

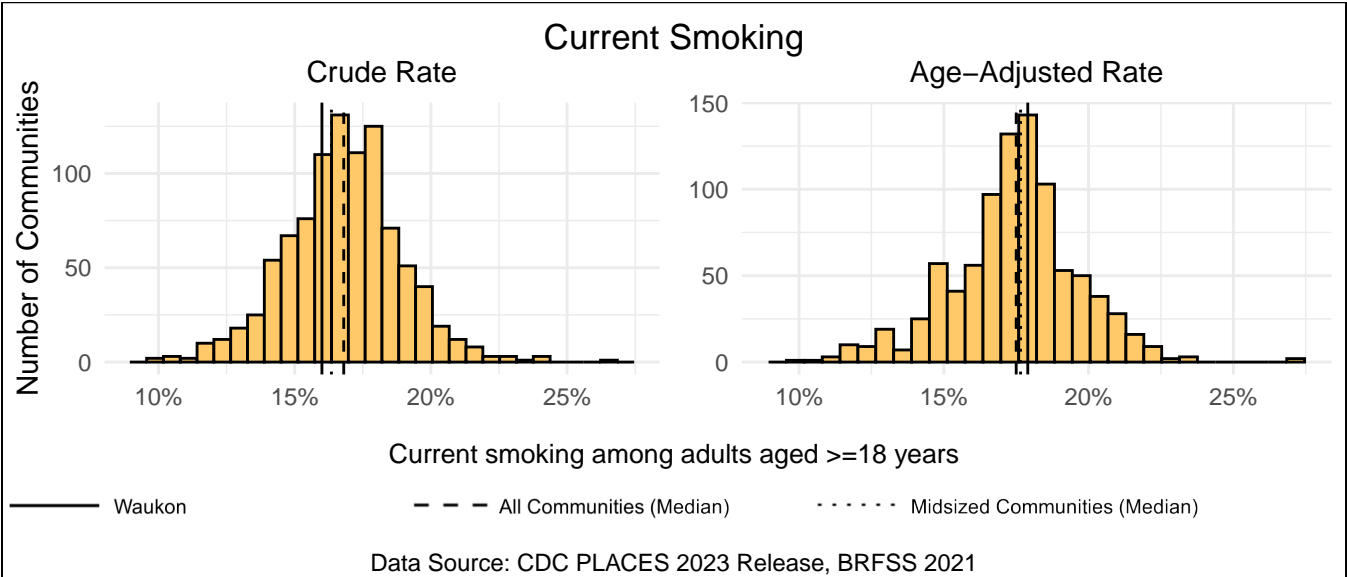
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	18.0%	19.5%	19.2%
Age-Adjusted	21.8%	22.0%	21.4%



Current Smoking

Waukon has a crude rate of 16.0% for current smoking among adults aged >=18 years, which ranks 305th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Waukon is 17.9%, which ranks 513th out of 905 Iowa communities (58th out of 102 mid-sized communities).

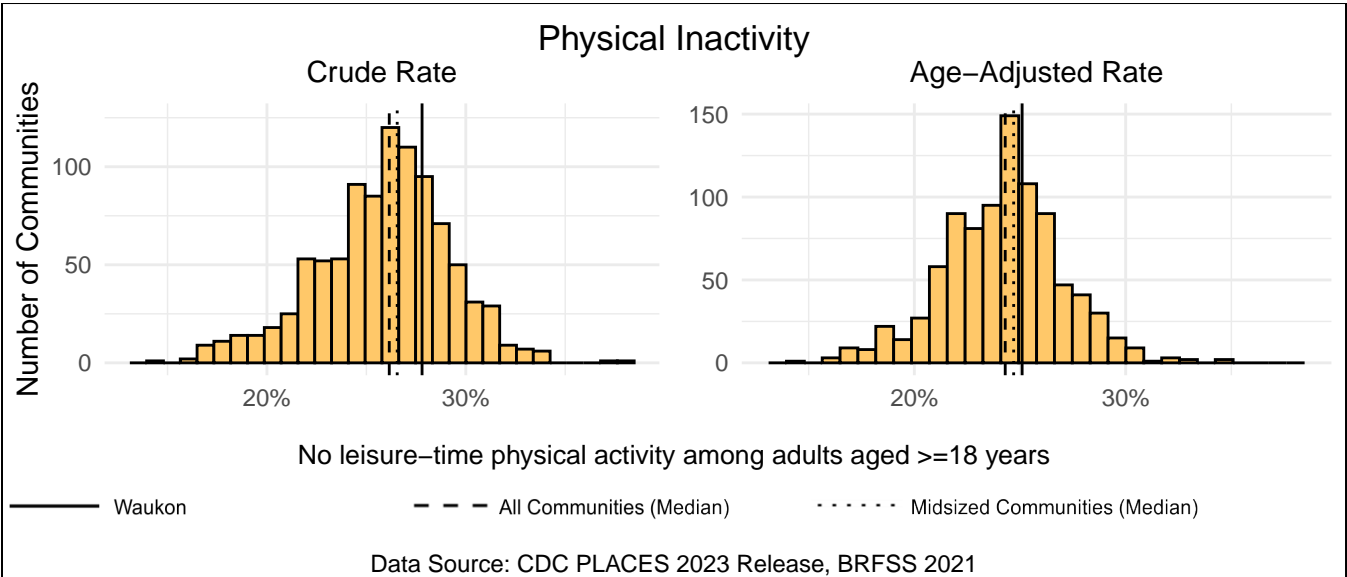
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	16.0%	16.8%	16.4%
Age-Adjusted	17.9%	17.5%	17.6%



Physical Inactivity

Waukon has a crude rate of 27.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 696th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 25.1%, which ranks 578th out of 905 Iowa communities (59th out of 102 mid-sized communities).

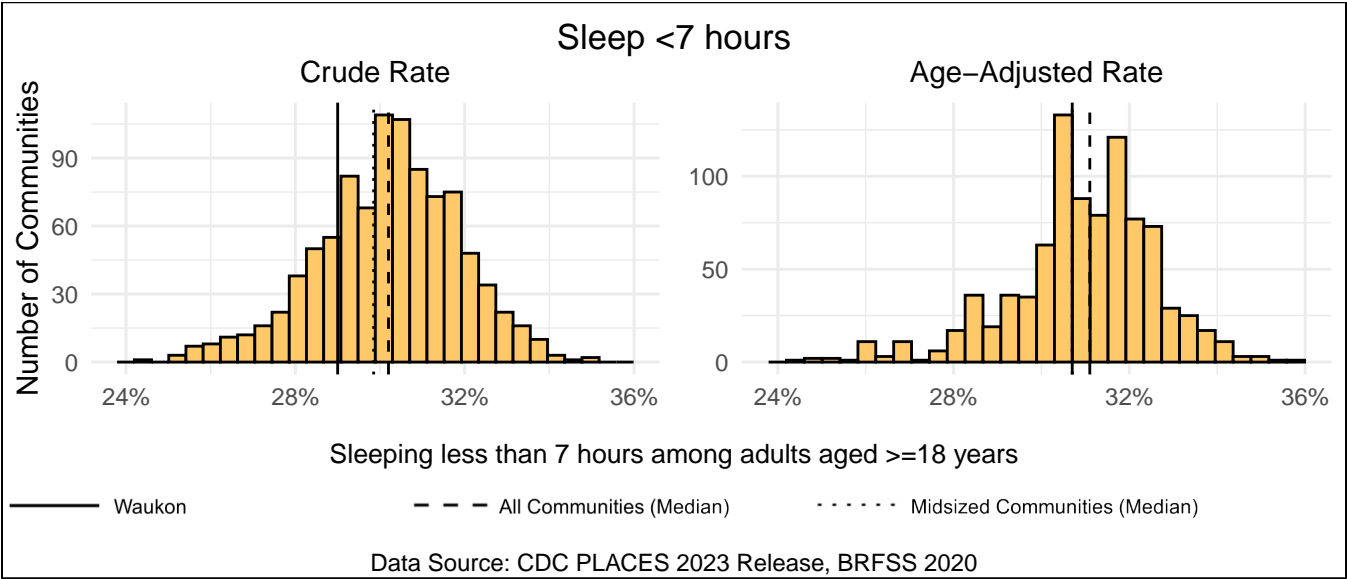
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	27.8%	26.1%	26.6%
Age-Adjusted	25.1%	24.3%	24.7%



Sleep <7 hours

Waukon has a crude rate of 29.0% for sleeping less than 7 hours among adults aged >=18 years, which ranks 210th out of 958 Iowa communities (28th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 30.7%, which ranks 354th out of 905 Iowa communities (50th out of 102 mid-sized communities).

Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	29.0%	30.2%	29.8%
Age-Adjusted	30.7%	31.1%	30.7%



Health Outcomes

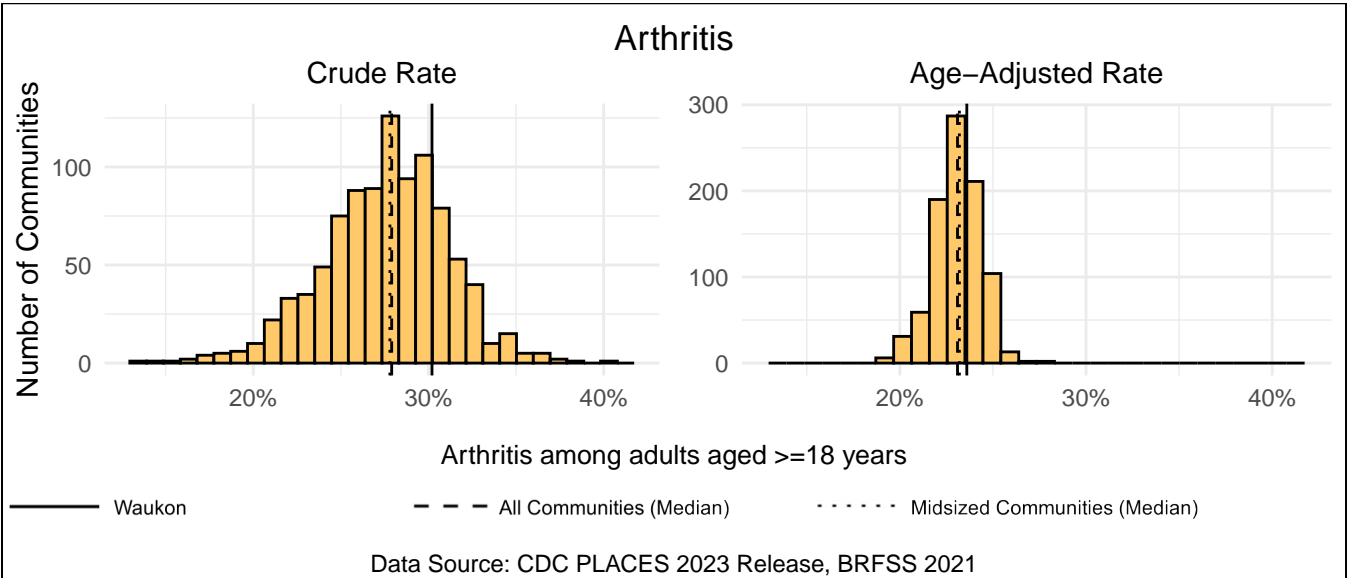
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Waukon has a crude rate of 30.2% for arthritis among adults aged ≥ 18 years, which ranks 732nd out of 958 Iowa communities (87th out of 102 midsize communities). The age-adjusted rate for Waukon is 23.6%, which ranks 574th out of 905 Iowa communities (59th out of 102 midsize communities).

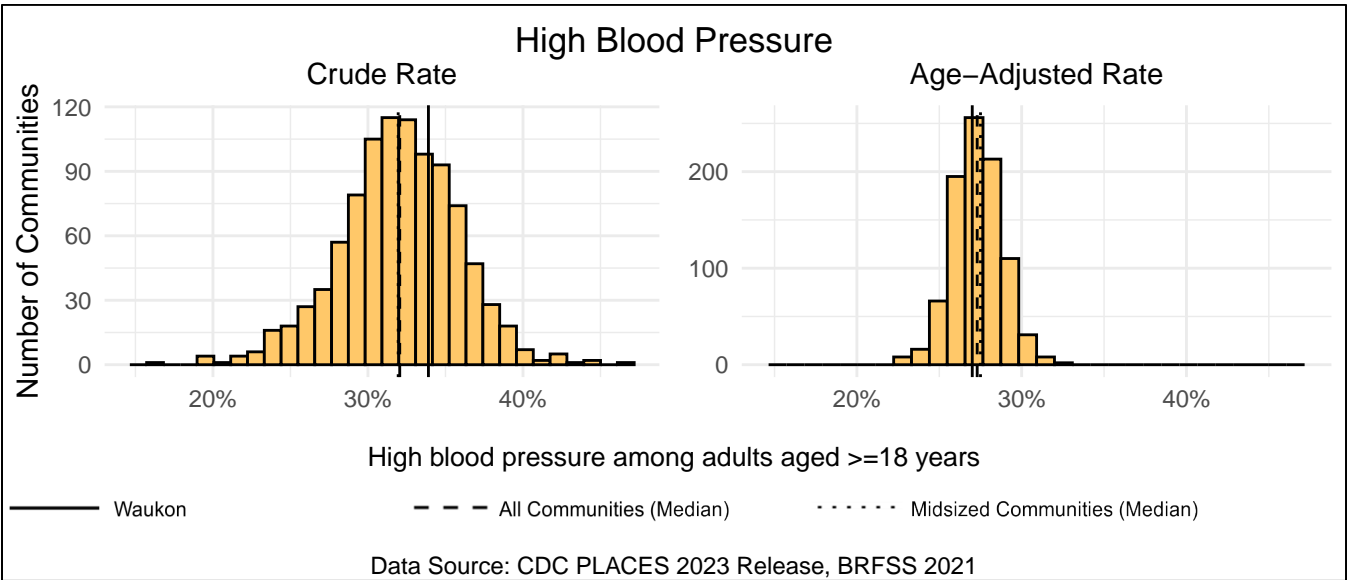
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	30.2%	27.9%	27.8%
Age-Adjusted	23.6%	23.1%	23.2%



High Blood Pressure

Waukon has a crude rate of 33.9% for high blood pressure among adults aged ≥ 18 years, which ranks 654th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 27.0%, which ranks 368th out of 905 Iowa communities (42nd out of 102 mid-sized communities).

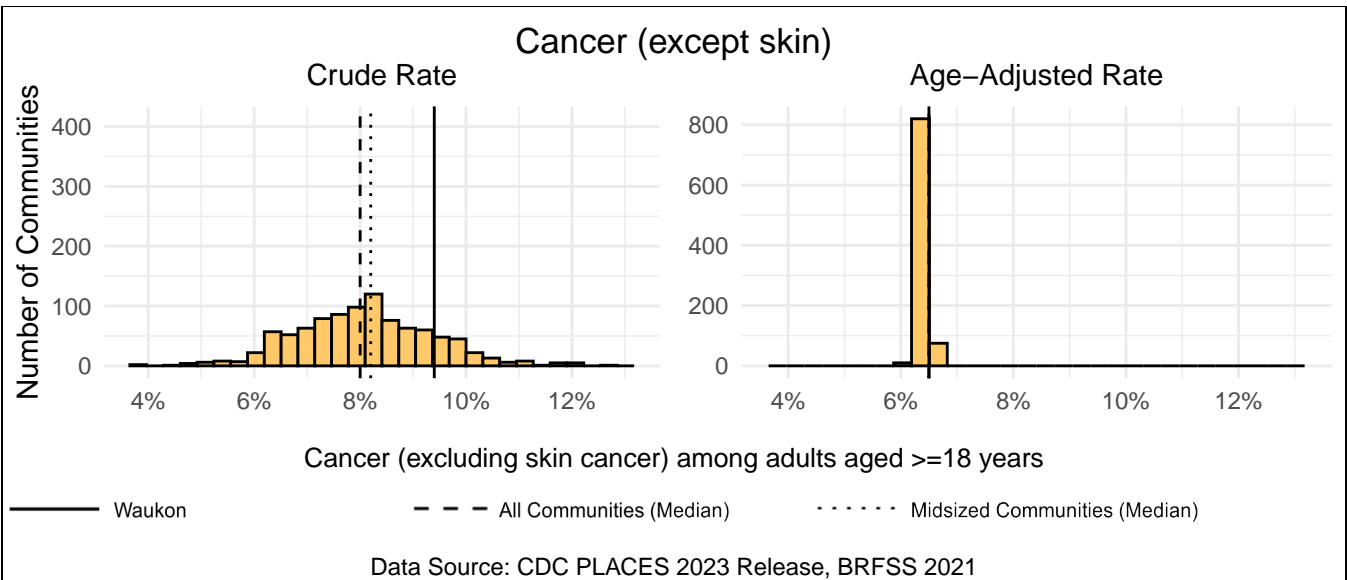
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	33.9%	32.0%	32.0%
Age-Adjusted	27.0%	27.3%	27.5%



Cancer (except skin)

Waukon has a crude rate of 9.4% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (94th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

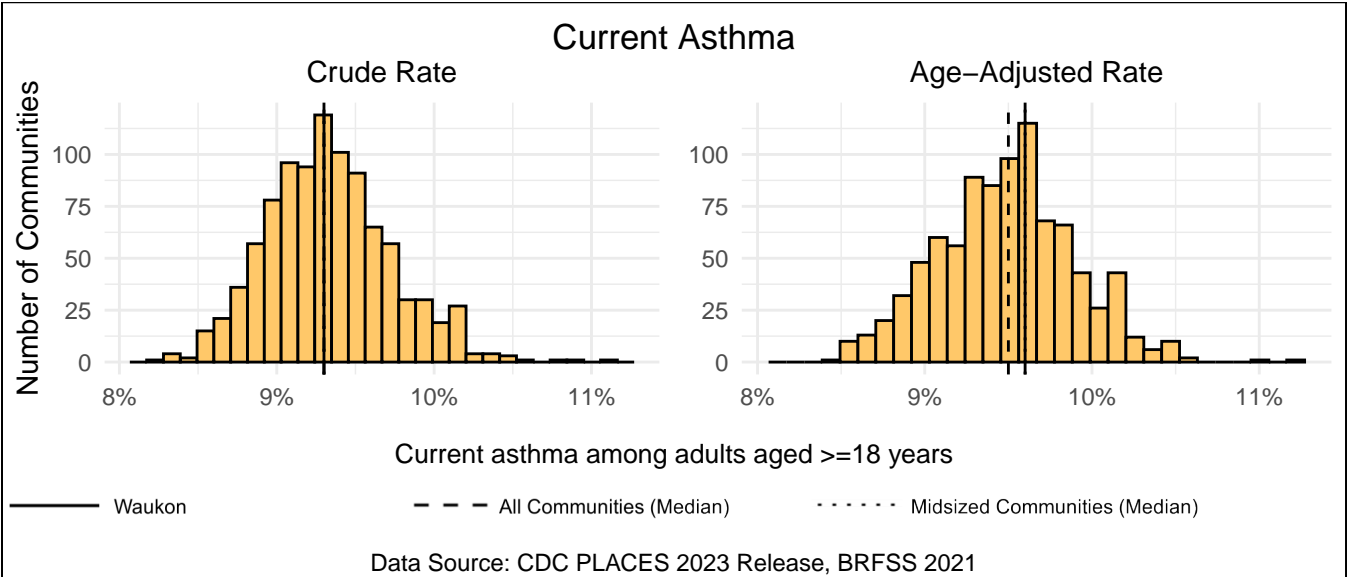
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	9.4%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Waukon has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Waukon is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

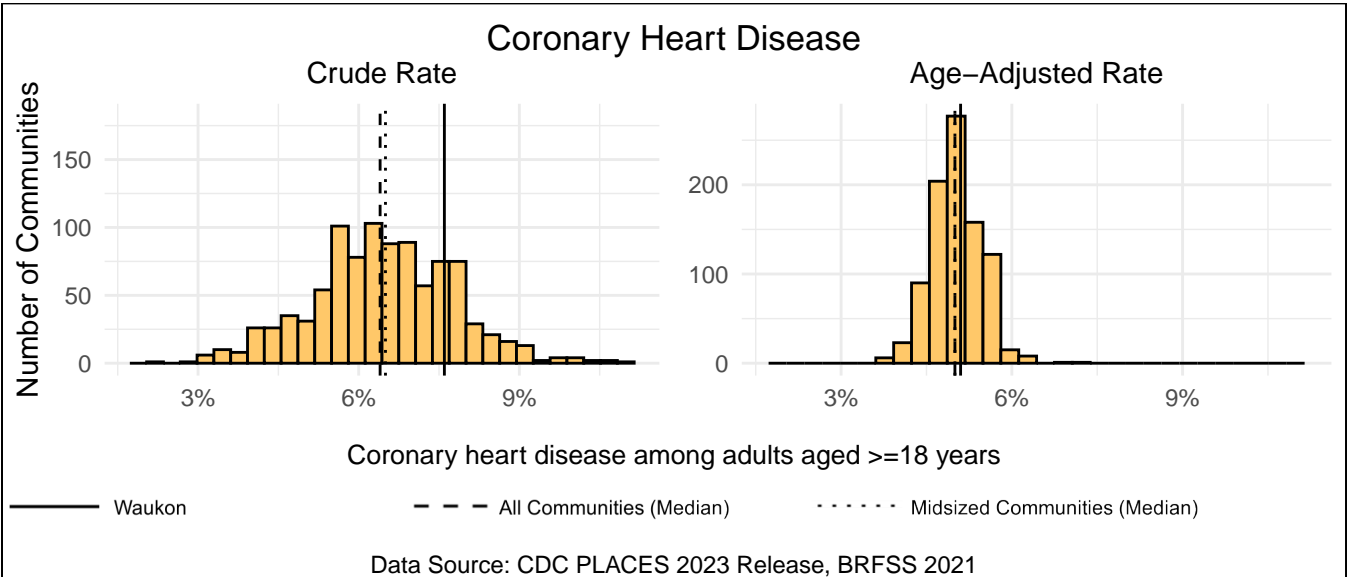
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

Waukon has a crude rate of 7.6% for coronary heart disease among adults aged ≥ 18 years, which ranks 769th out of 958 Iowa communities (82nd out of 102 midsize communities). The age-adjusted rate for Waukon is 5.1%, which ranks 511th out of 905 Iowa communities (59th out of 102 midsize communities).

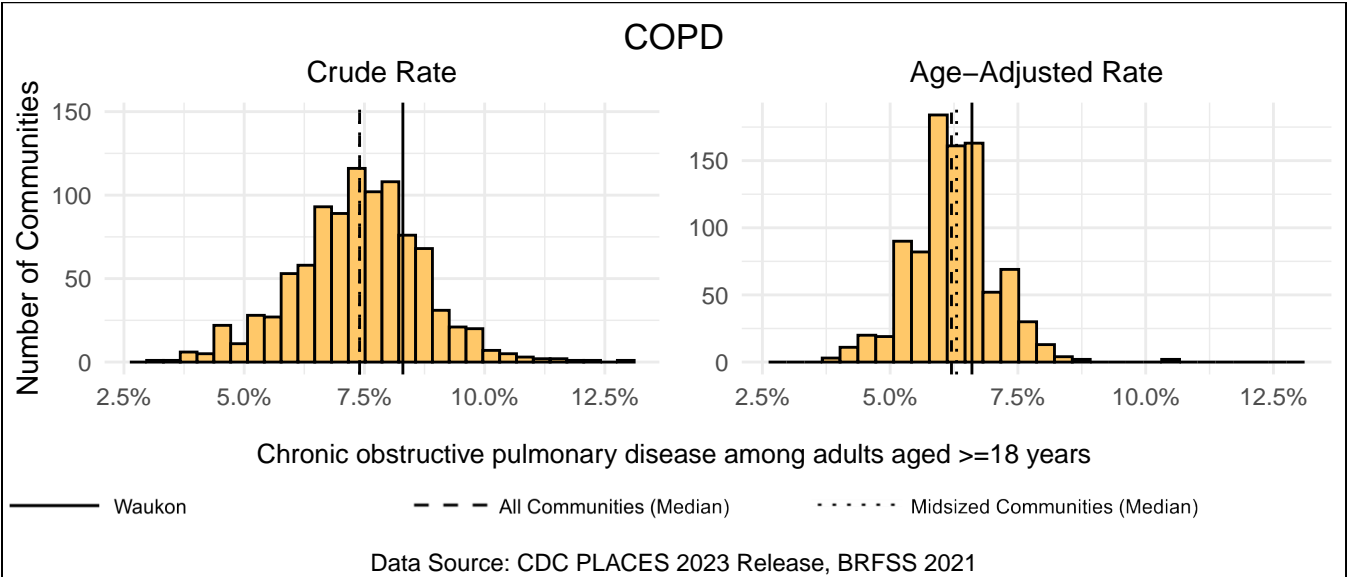
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	7.6%	6.4%	6.5%
Age-Adjusted	5.1%	5.0%	5.0%



COPD

Waukon has a crude rate of 8.3% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 721st out of 958 Iowa communities (75th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 6.6%, which ranks 620th out of 905 Iowa communities (67th out of 102 mid-sized communities).

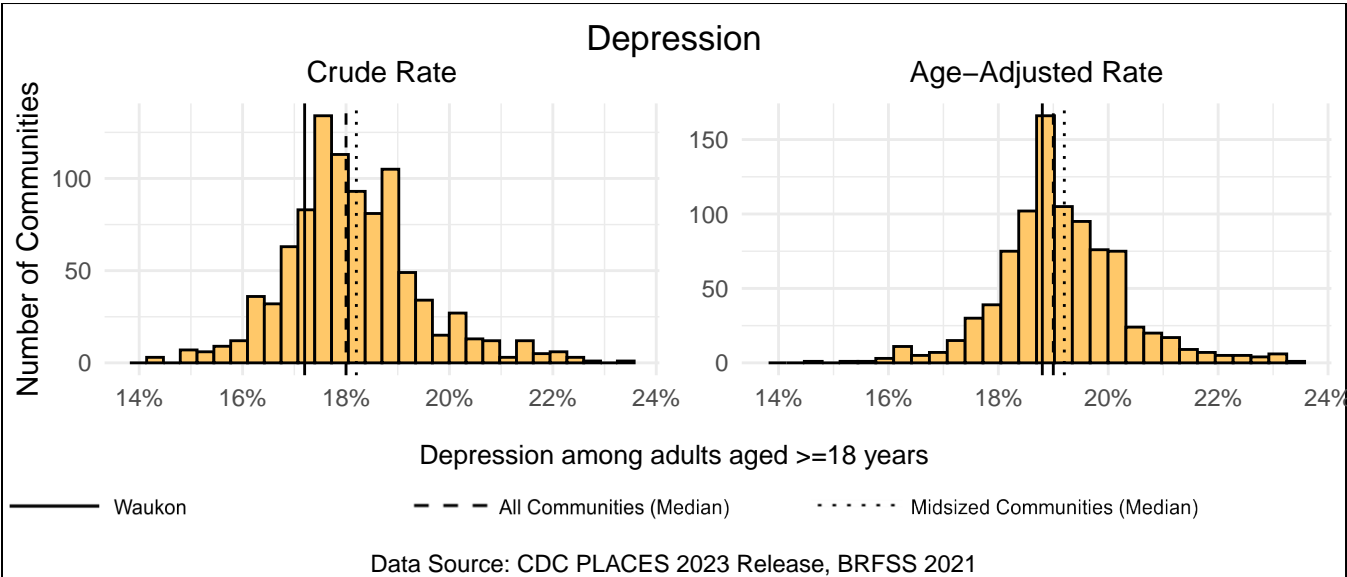
Measure Type	Waukon	All Comm.	Mid-sized Comm.
Crude	8.3%	7.4%	7.4%
Age-Adjusted	6.6%	6.2%	6.3%



Depression

Waukon has a crude rate of 17.2% for depression among adults aged ≥ 18 years, which ranks 196th out of 958 Iowa communities (19th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 18.8%, which ranks 330th out of 905 Iowa communities (34th out of 102 mid-sized communities).

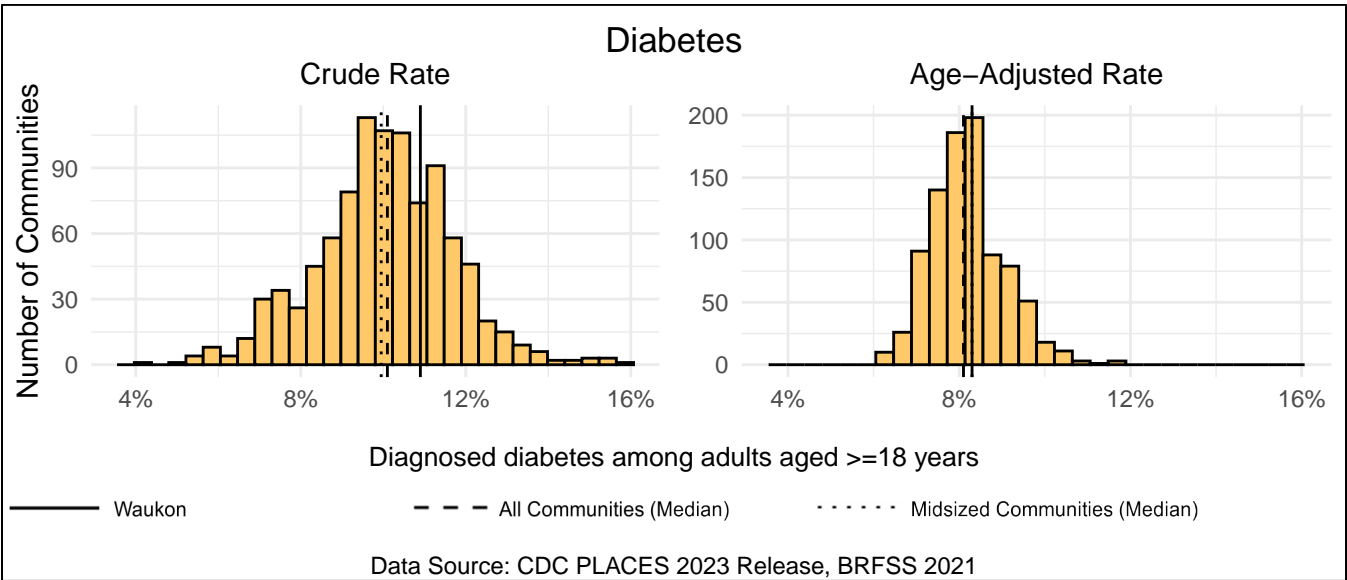
Measure Type	Waukon	All Comm.	Mid-sized Comm.
Crude	17.2%	18.0%	18.2%
Age-Adjusted	18.8%	19.0%	19.2%



Diabetes

Waukon has a crude rate of 10.9% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 670th out of 958 Iowa communities (74th out of 102 midsize communities). The age-adjusted rate for Waukon is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 midsize communities).

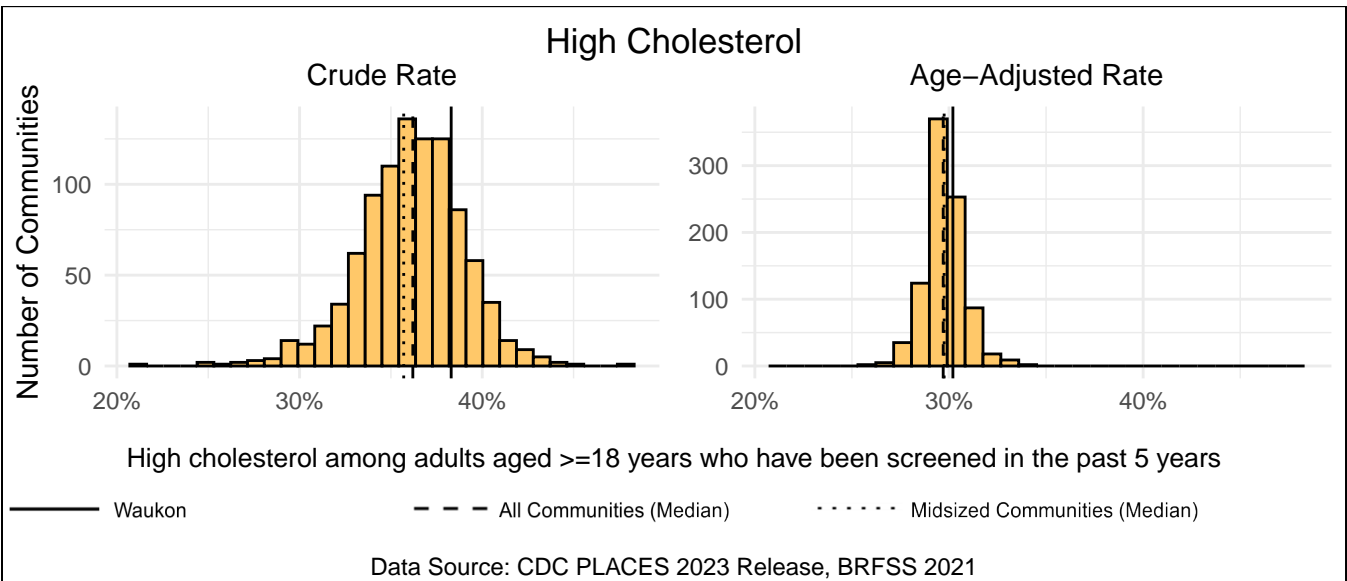
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	10.9%	10.1%	9.9%
Age-Adjusted	8.3%	8.1%	8.3%



High Cholesterol

Waukon has a crude rate of 38.3% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 759th out of 958 Iowa communities (93rd out of 102 midsize communities). The age-adjusted rate for Waukon is 30.2%, which ranks 599th out of 905 Iowa communities (67th out of 102 midsize communities).

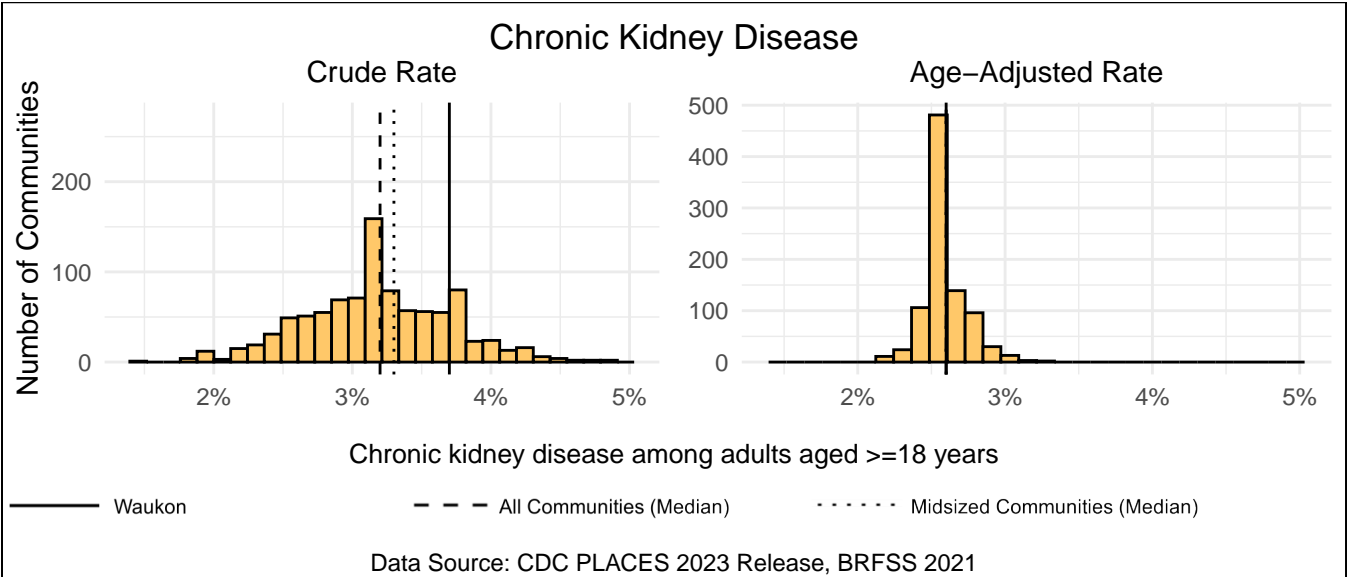
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	38.3%	36.2%	35.7%
Age-Adjusted	30.2%	29.7%	29.8%



Chronic Kidney Disease

Waukon has a crude rate of 3.7% for chronic kidney disease among adults aged ≥ 18 years, which ranks 787th out of 958 Iowa communities (83rd out of 102 midsized communities). The age-adjusted rate for Waukon is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 midsized communities).

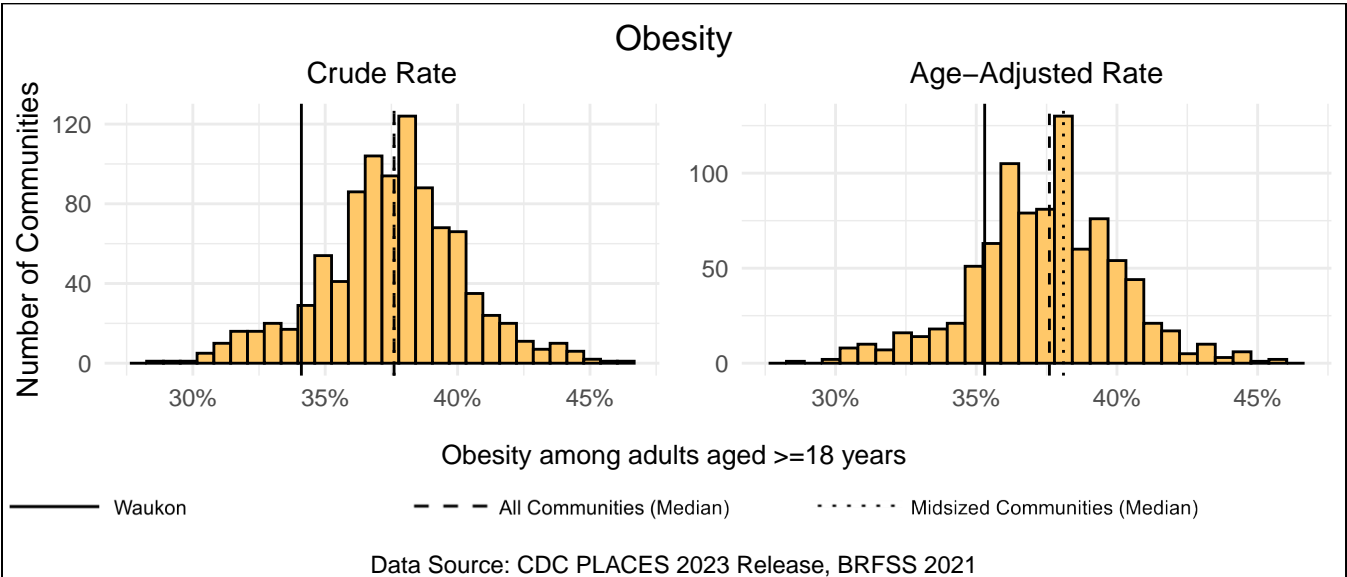
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	3.7%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Waukon has a crude rate of 34.1% for obesity among adults aged ≥ 18 years, which ranks 89th out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Waukon is 35.3%, which ranks 149th out of 905 Iowa communities (23rd out of 102 midsized communities).

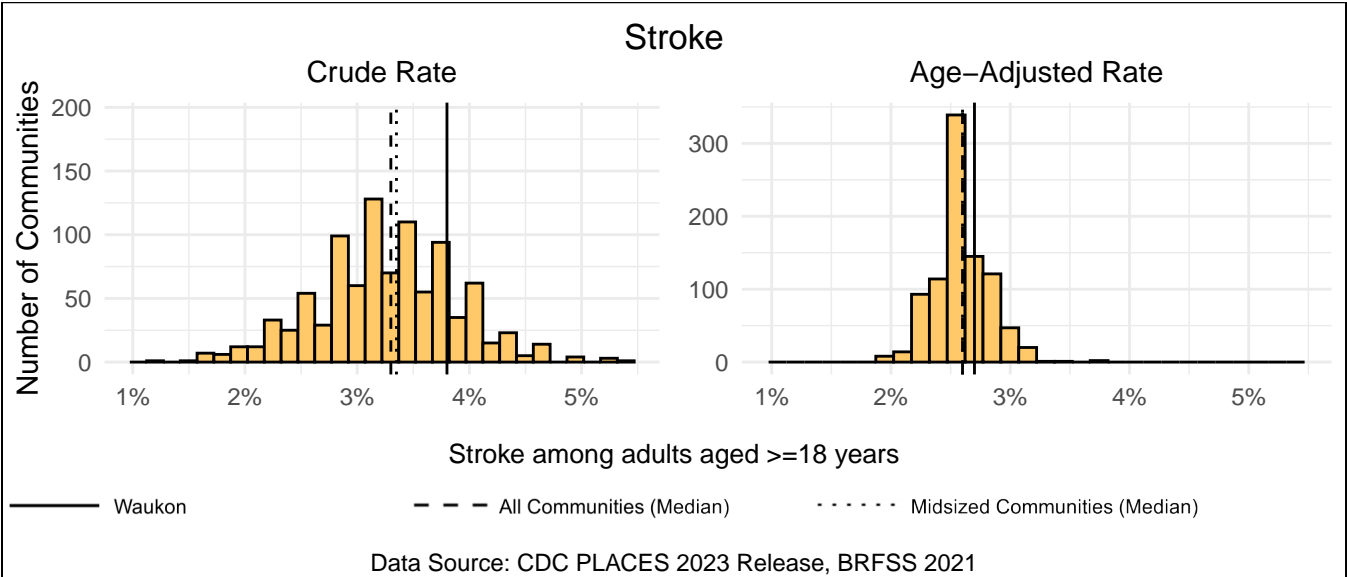
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	34.1%	37.6%	37.6%
Age-Adjusted	35.3%	37.6%	38.1%



Stroke

Waukon has a crude rate of 3.8% for stroke among adults aged ≥ 18 years, which ranks 760th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Waukon is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 midsize communities).

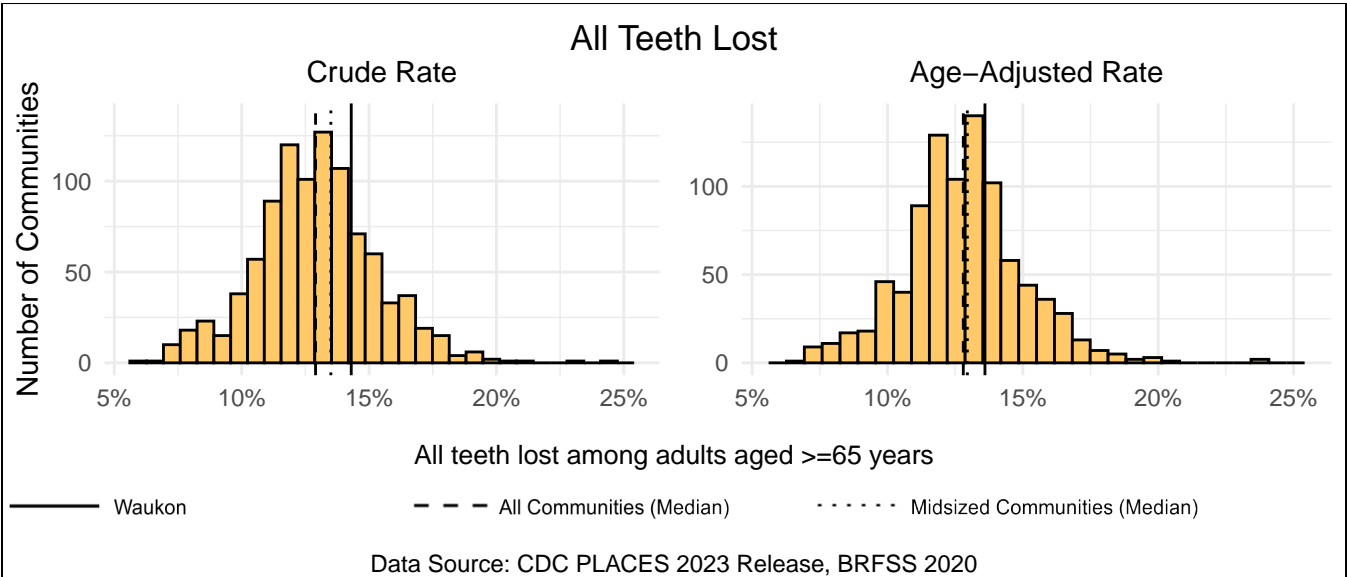
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	3.8%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



All Teeth Lost

Waukon has a crude rate of 14.3% for all teeth lost among adults aged ≥ 65 years, which ranks 717th out of 958 Iowa communities (65th out of 102 midsize communities). The age-adjusted rate for Waukon is 13.6%, which ranks 605th out of 905 Iowa communities (61st out of 102 midsize communities).

Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	14.3%	12.9%	13.5%
Age-Adjusted	13.6%	12.8%	12.9%



Prevention

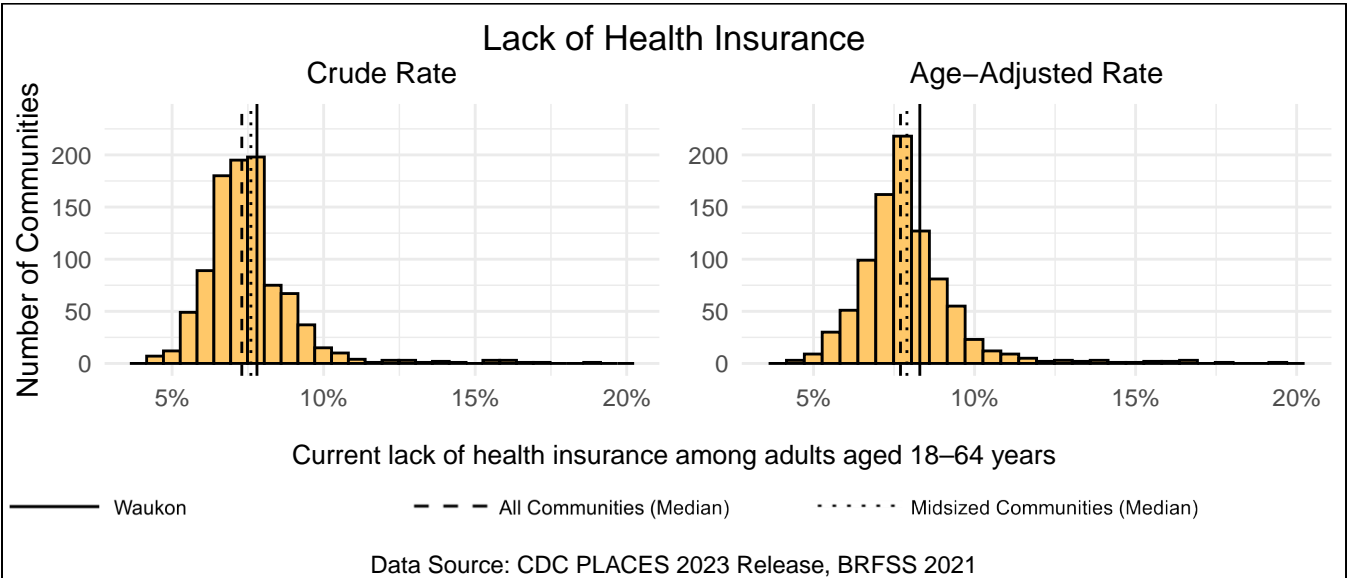
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Waukon 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 (56th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 8.3%, which ranks 632nd out of 905 Iowa communities (59th out of 102 mid-sized communities).

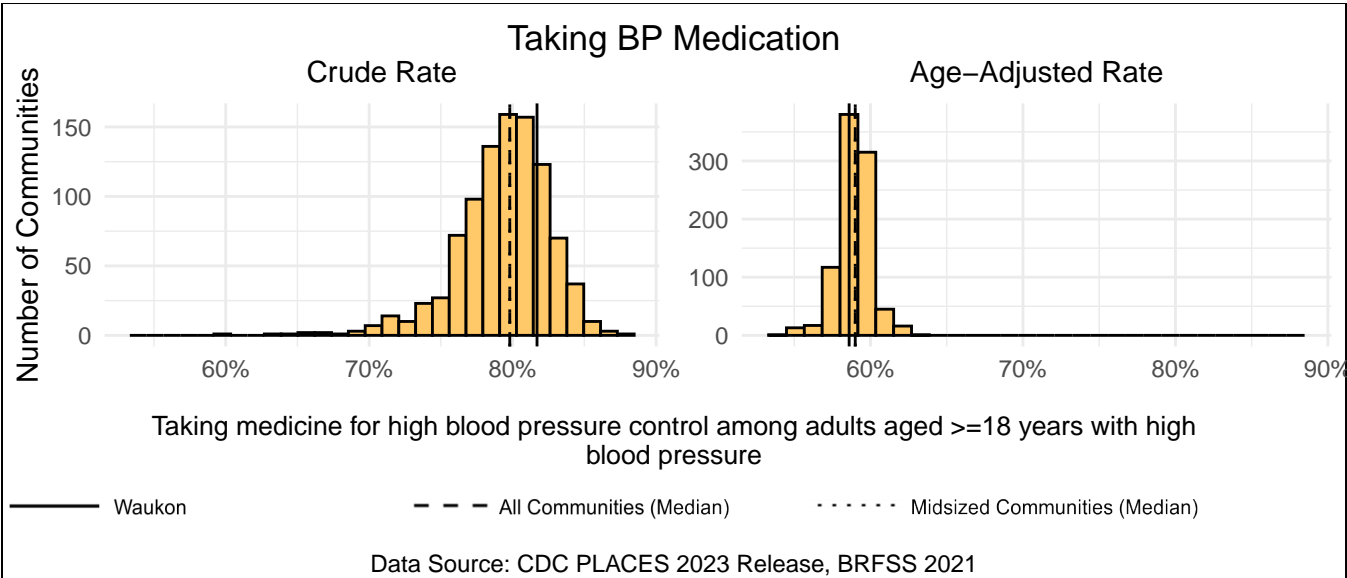
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	7.8%	7.3%	7.6%
Age-Adjusted	8.3%	7.7%	7.9%



Taking BP Medication

Waukon has a crude rate of 81.7% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 202nd out of 958 Iowa communities (14th out of 102 midsized communities). The age-adjusted rate for Waukon is 58.6%, which ranks 579th out of 905 Iowa communities (70th out of 102 midsized communities).

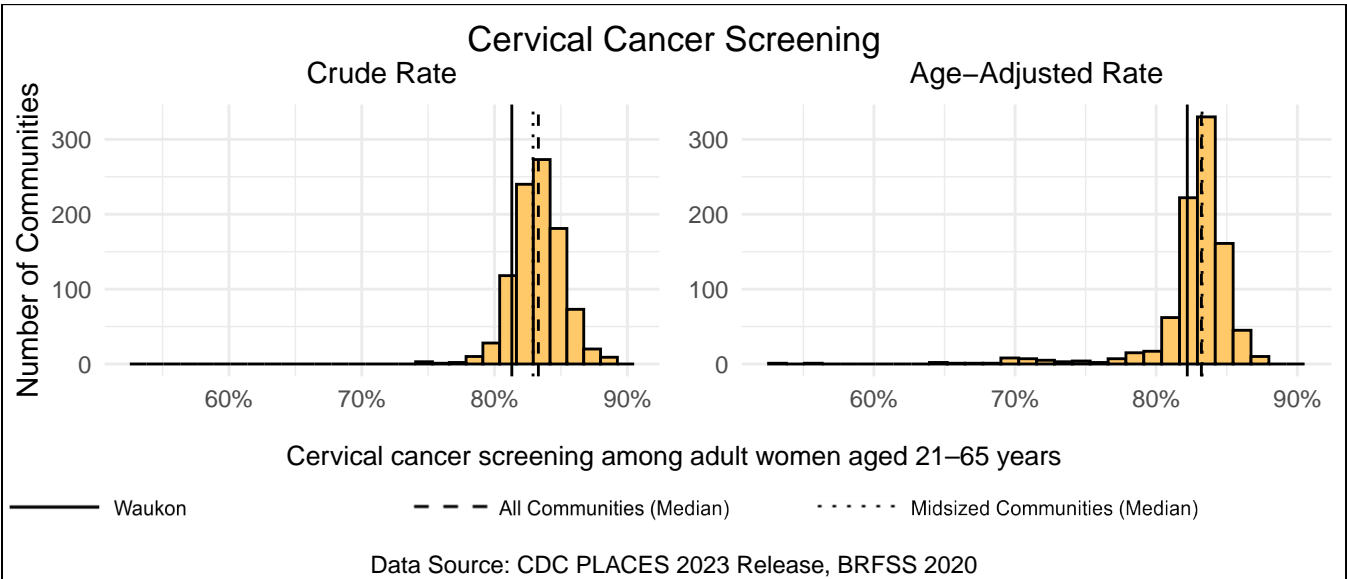
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	81.7%	79.8%	79.8%
Age-Adjusted	58.6%	59.0%	59.0%



Cervical Cancer Screening

Waukon has a crude rate of 81.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 832nd out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Waukon is 82.2%, which ranks 690th out of 905 Iowa communities (73rd out of 102 midsized communities).

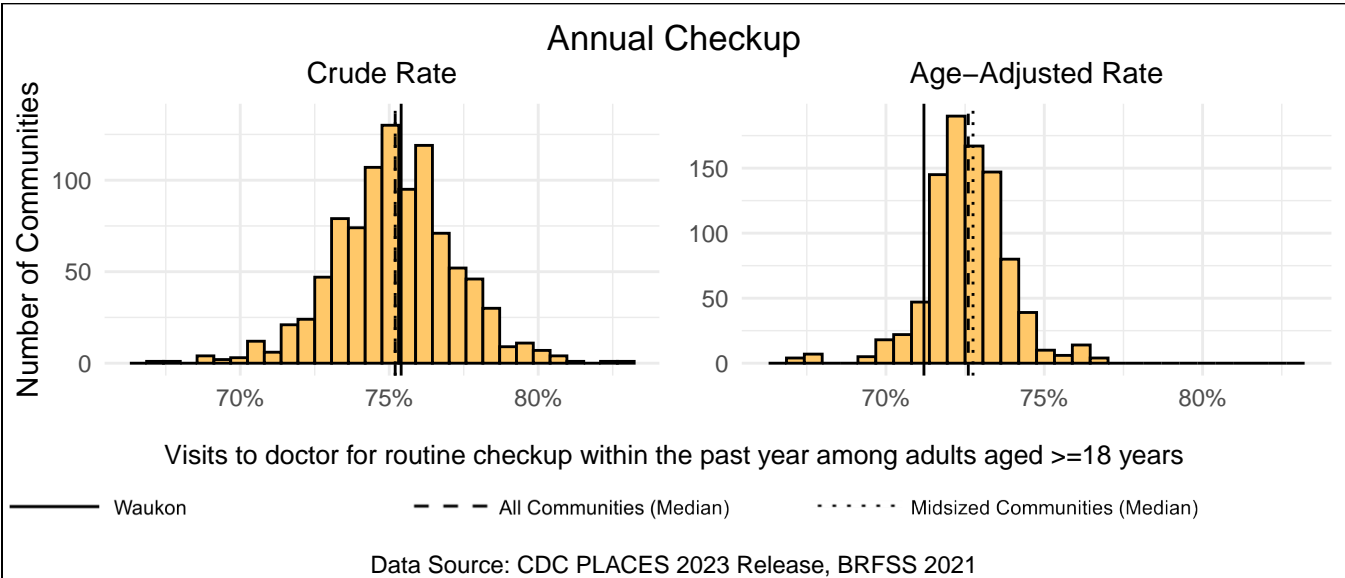
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	81.3%	83.3%	82.9%
Age-Adjusted	82.2%	83.2%	83.2%



Annual Checkup

Waukon has a crude rate of 75.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 428th out of 958 Iowa communities (43rd out of 102 midsize communities). The age-adjusted rate for Waukon is 71.2%, which ranks 823rd out of 905 Iowa communities (94th out of 102 midsize communities).

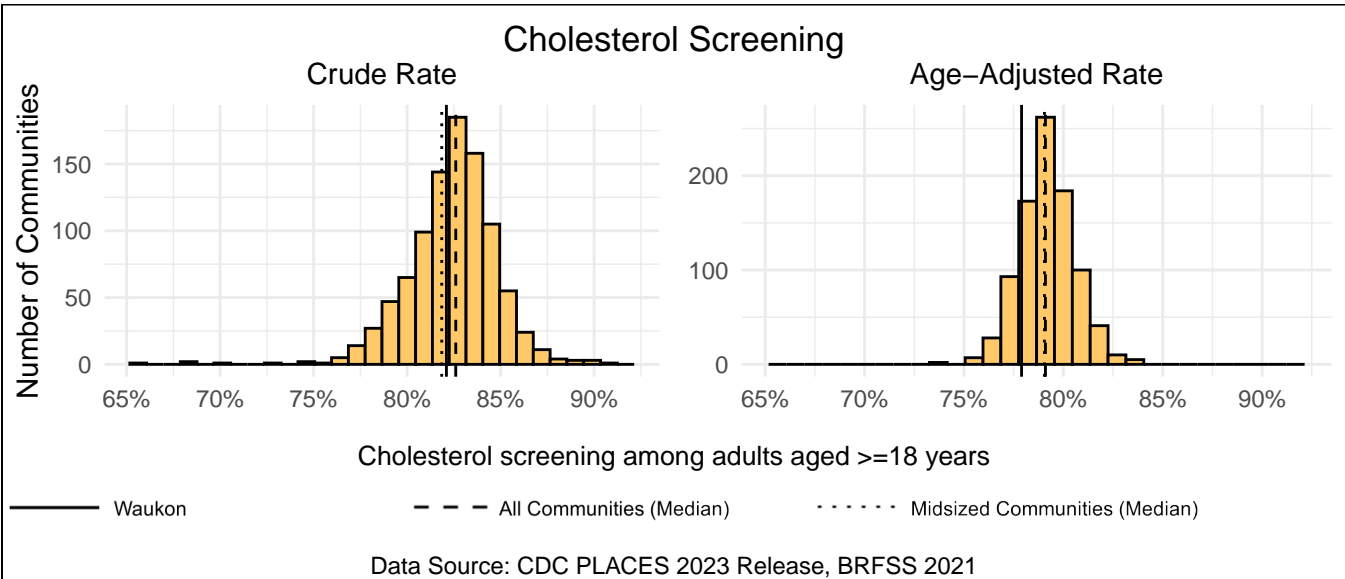
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	75.4%	75.2%	75.2%
Age-Adjusted	71.2%	72.6%	72.8%



Cholesterol Screening

Waukon has a crude rate of 82.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 568th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Waukon is 77.9%, which ranks 747th out of 905 Iowa communities (76th out of 102 midsize communities).

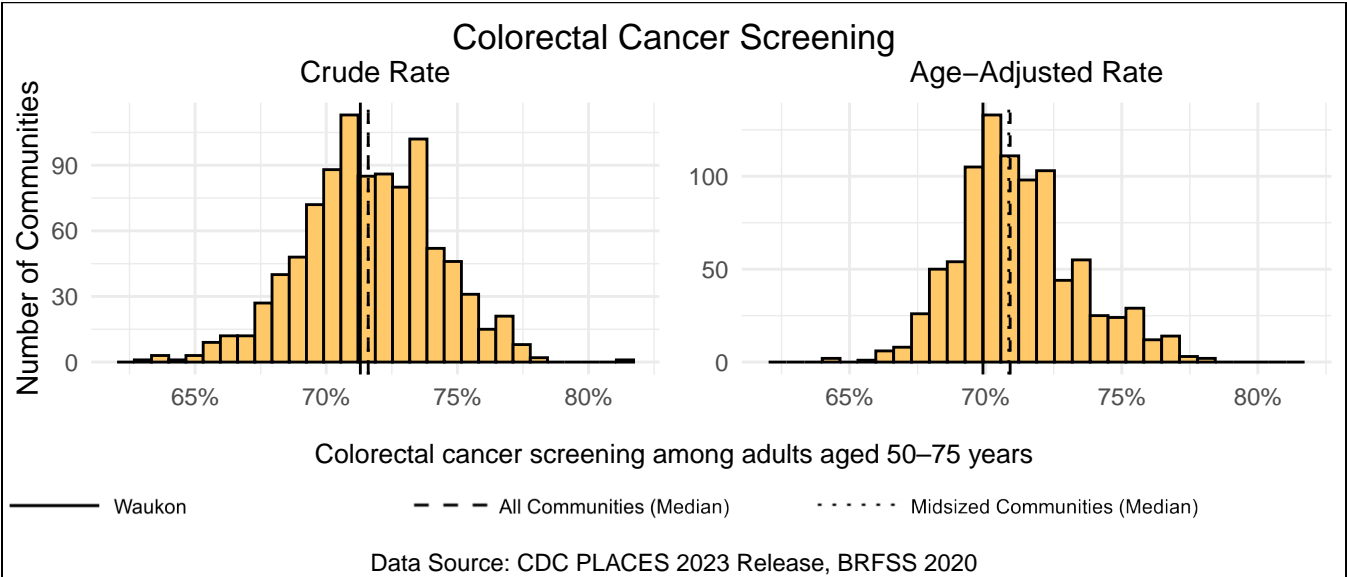
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	82.1%	82.6%	81.8%
Age-Adjusted	77.9%	79.1%	79.0%



Colorectal Cancer Screening

Waukon has a crude rate of 71.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 520th out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 69.9%, which ranks 654th out of 905 Iowa communities (69th out of 102 mid-sized communities).

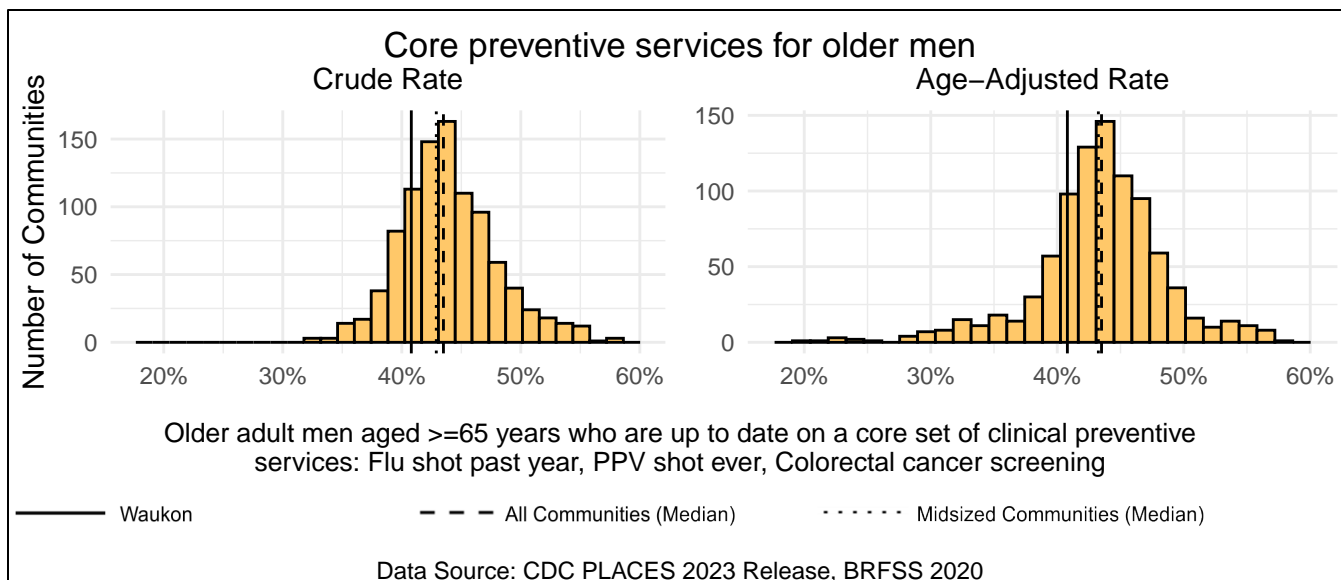
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	71.3%	71.6%	71.6%
Age-Adjusted	69.9%	70.9%	70.8%



Core preventive services for older men

Waukon has a crude rate of 40.8% 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 744th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Waukon is 40.8%, which ranks 700th out of 905 Iowa communities (74th out of 102 mid-sized communities).

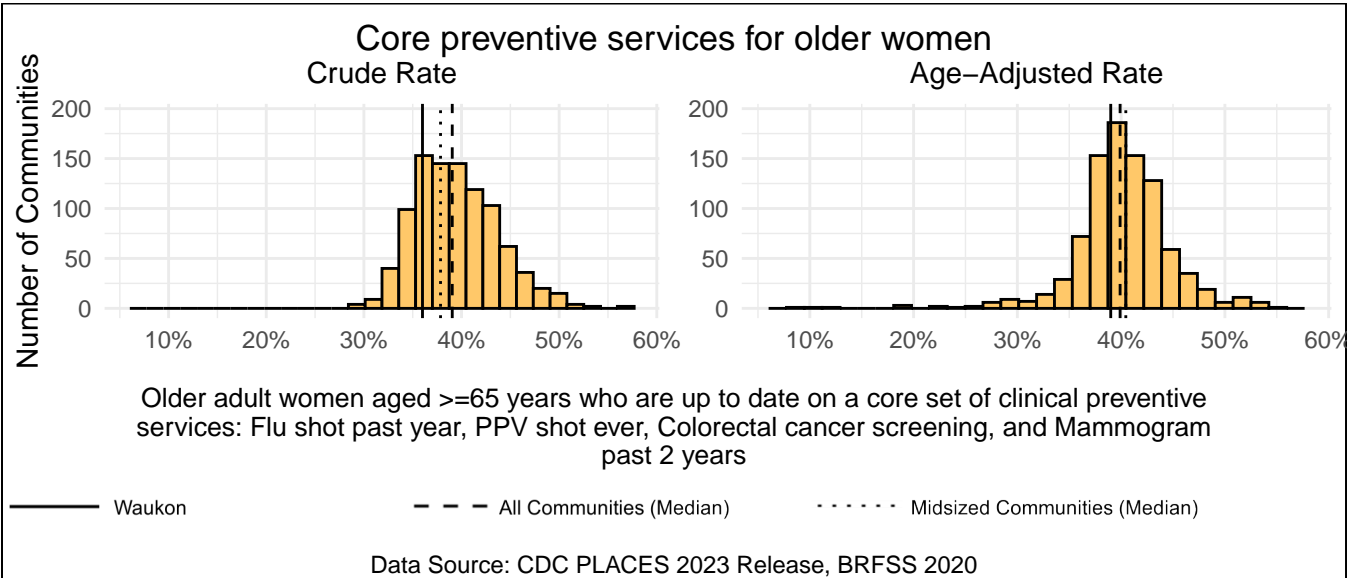
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	40.8%	43.5%	42.9%
Age-Adjusted	40.8%	43.5%	43.2%



Core preventive services for older women

Waukon has a crude rate of 36.0% 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 757th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 39.0%, which ranks 570th out of 905 Iowa communities (63rd out of 102 mid-sized communities).

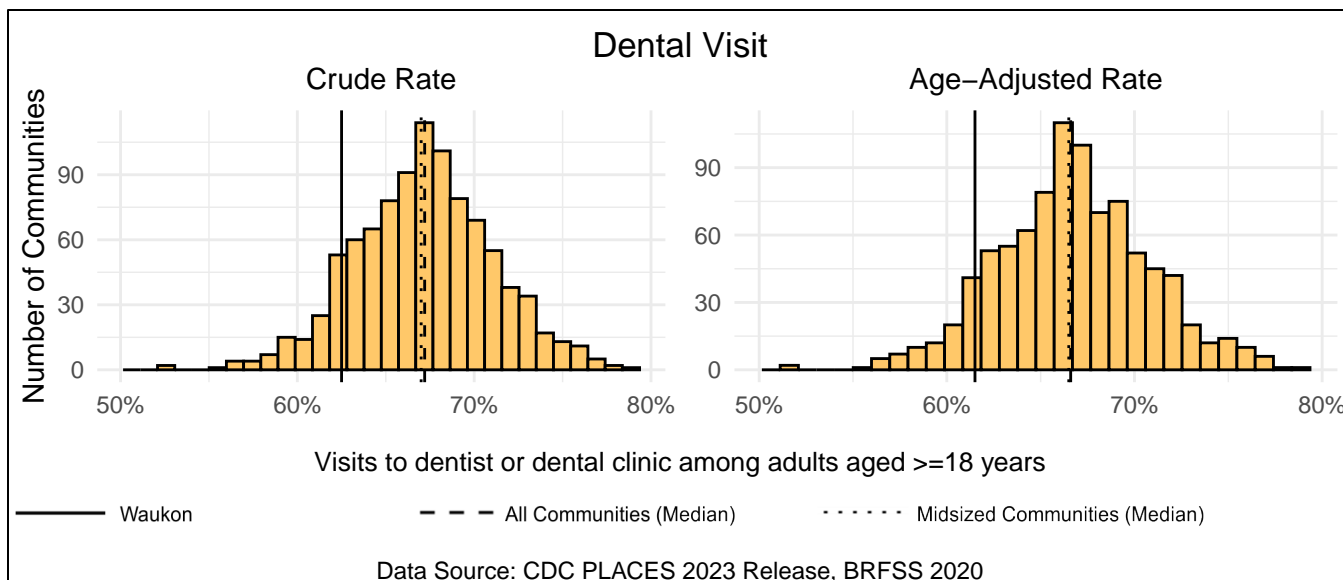
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	36.0%	39.0%	37.8%
Age-Adjusted	39.0%	39.9%	40.4%



Dental Visit

Waukon has a crude rate of 62.5% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 855th out of 958 Iowa communities (79th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 61.5%, which ranks 819th out of 905 Iowa communities (80th out of 102 mid-sized communities).

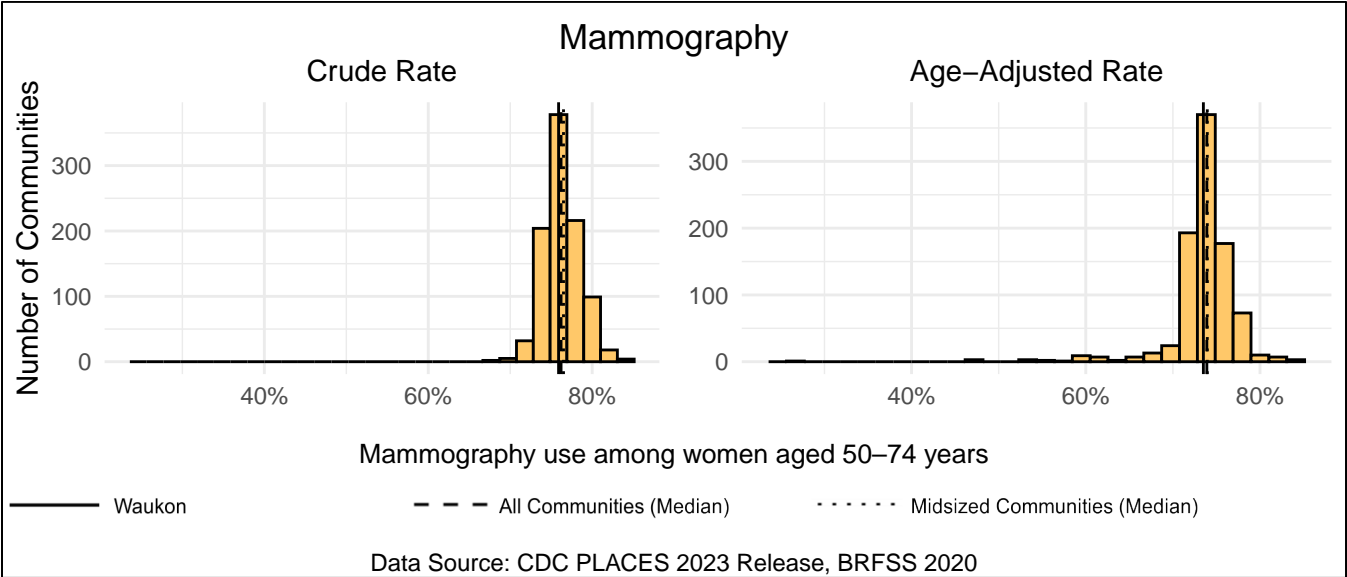
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	62.5%	67.2%	67.0%
Age-Adjusted	61.5%	66.6%	66.5%



Mammography

Waukon 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 mid-sized communities). The age-adjusted rate for Waukon is 73.5%, which ranks 519th out of 905 Iowa communities (64th out of 102 mid-sized communities).

Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	75.9%	76.2%	76.5%
Age-Adjusted	73.5%	73.9%	74.0%



Disability

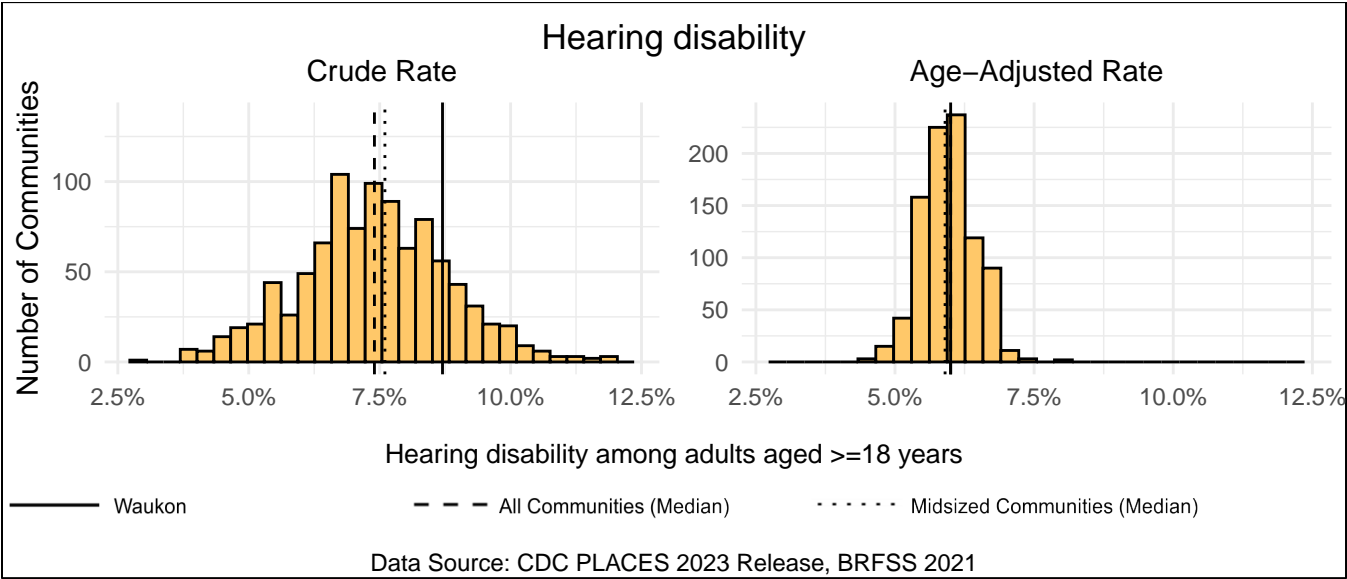
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Waukon has a crude rate of 8.7% for hearing disability among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (81st out of 102 midsize communities). The age-adjusted rate for Waukon is 6.0%, which ranks 444th out of 905 Iowa communities (54th out of 102 midsize communities).

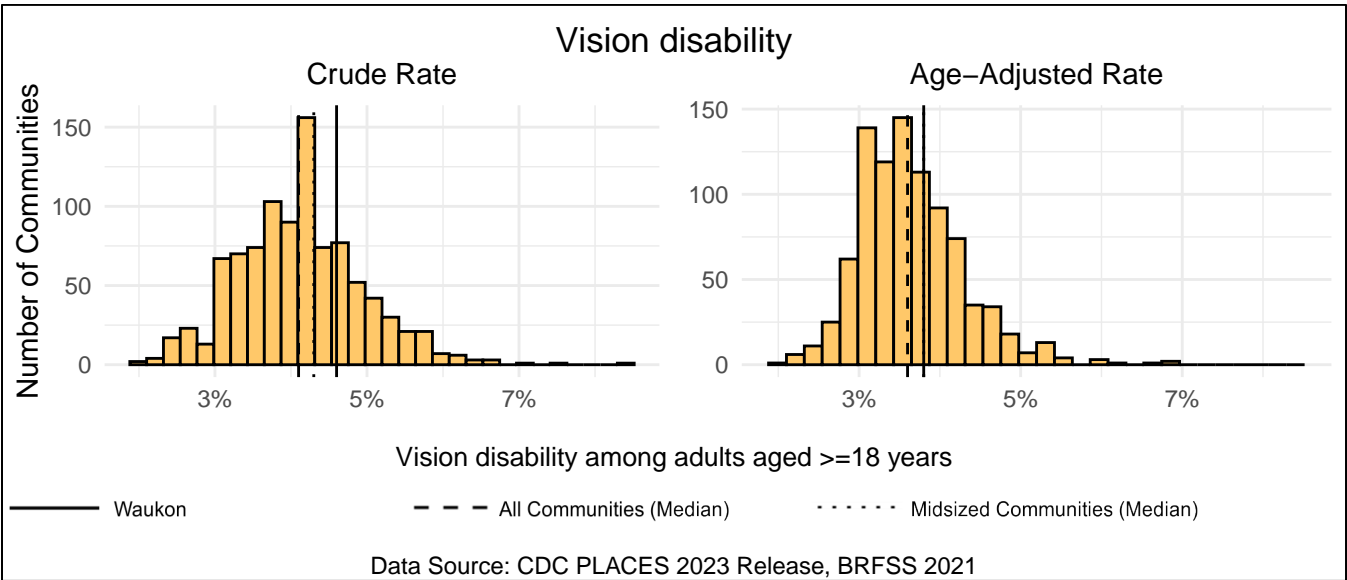
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	8.7%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.9%



Vision disability

Waukon has a crude rate of 4.6% for vision disability among adults aged >=18 years, which ranks 694th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Waukon is 3.8%, which ranks 564th out of 905 Iowa communities (50th out of 102 mid-sized communities).

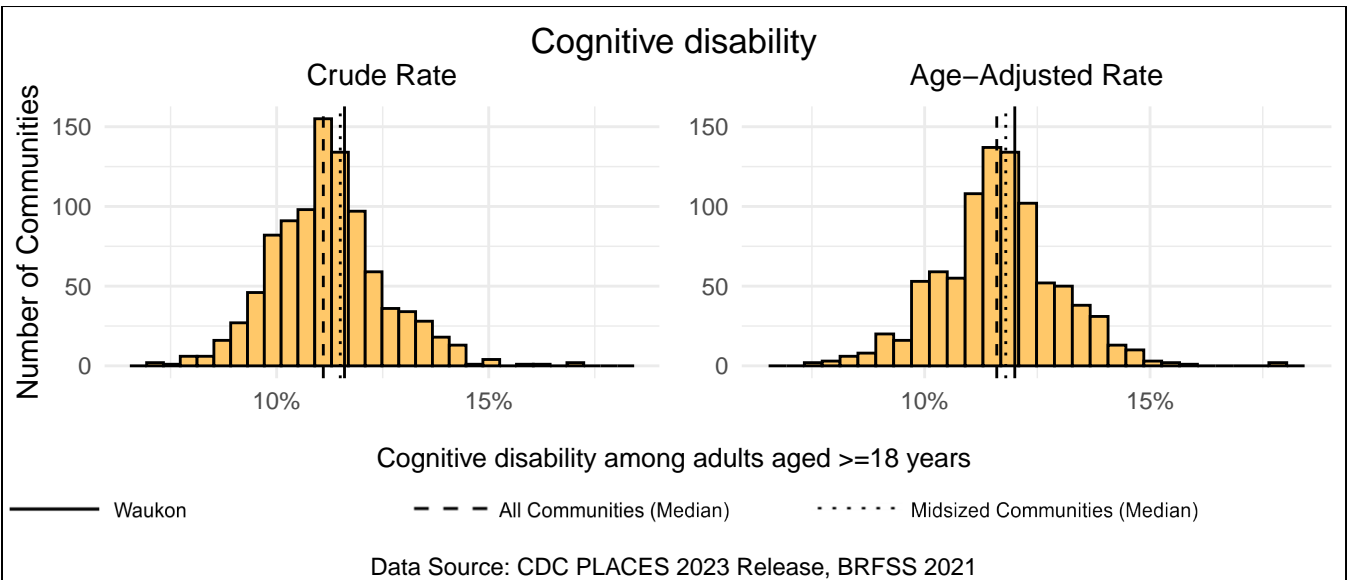
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	4.6%	4.1%	4.3%
Age-Adjusted	3.8%	3.6%	3.8%



Cognitive disability

Waukon has a crude rate of 11.6% for cognitive disability among adults aged >=18 years, which ranks 639th out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 12.0%, which ranks 567th out of 905 Iowa communities (58th out of 102 mid-sized communities).

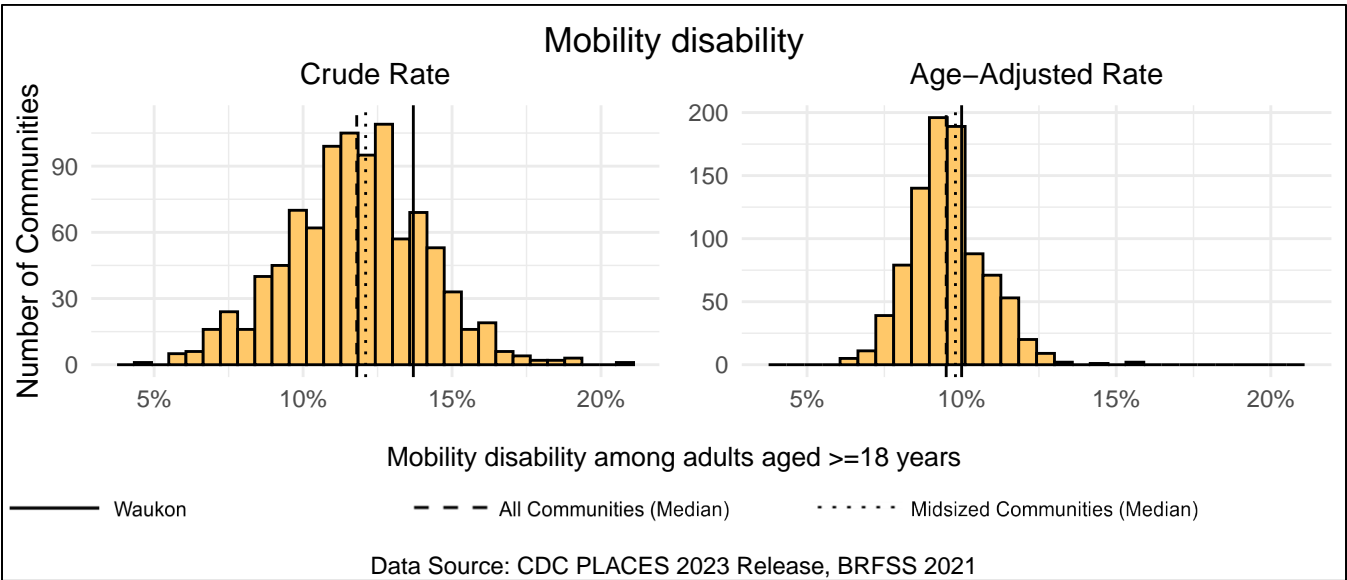
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	11.6%	11.1%	11.5%
Age-Adjusted	12.0%	11.6%	11.8%



Mobility disability

Waukon has a crude rate of 13.7% for mobility disability among adults aged ≥ 18 years, which ranks 767th out of 958 Iowa communities (76th out of 102 midsize communities). The age-adjusted rate for Waukon is 10.0%, which ranks 601st out of 905 Iowa communities (59th out of 102 midsize communities).

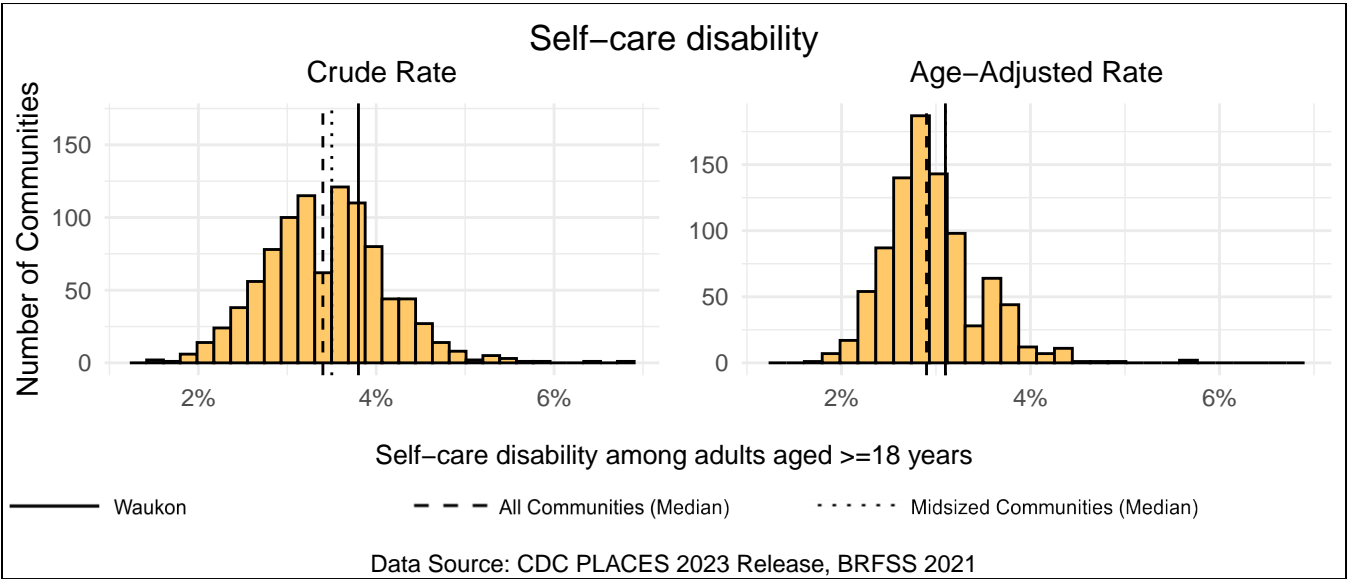
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	13.7%	11.8%	12.1%
Age-Adjusted	10.0%	9.5%	9.8%



Self-care disability

Waukon has a crude rate of 3.8% for self-care disability among adults aged ≥ 18 years, which ranks 676th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Waukon is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 midsize communities).

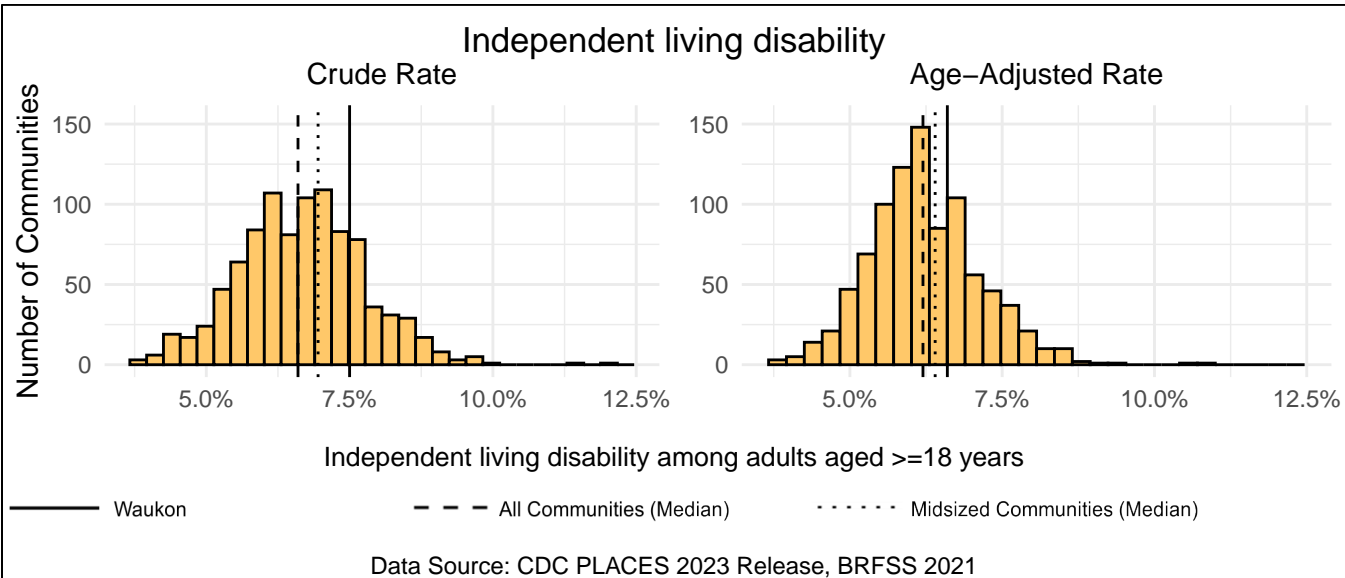
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	3.8%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



Independent living disability

Waukon has a crude rate of 7.5% for independent living disability among adults aged ≥ 18 years, which ranks 749th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 6.6%, which ranks 616th out of 905 Iowa communities (62nd out of 102 mid-sized communities).

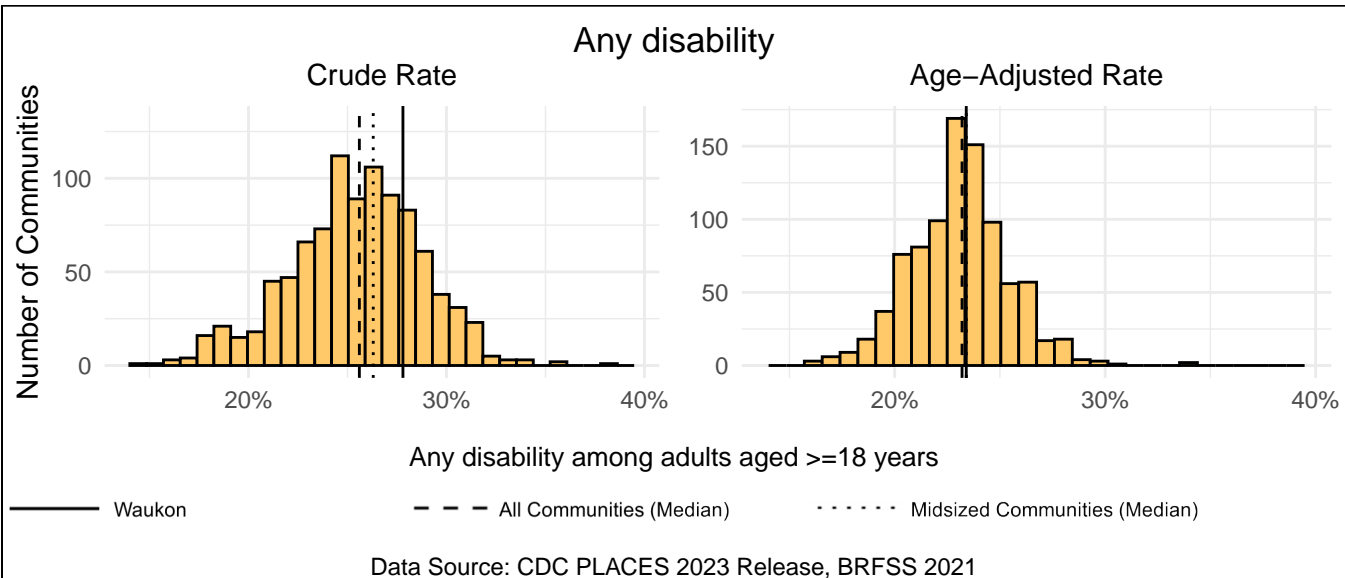
Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	7.5%	6.6%	7.0%
Age-Adjusted	6.6%	6.2%	6.4%



Any disability

Waukon has a crude rate of 27.8% for any disability among adults aged ≥ 18 years, which ranks 733rd out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Waukon is 23.4%, which ranks 499th out of 905 Iowa communities (50th out of 102 mid-sized communities).

Measure Type	Waukon	All Comm.	Midsized Comm.
Crude	27.8%	25.6%	26.3%
Age-Adjusted	23.4%	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: Waukon PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	660	15.3% (12.5% - 18.3%)	552	13.2% (10.8% - 15.8%)
Health Status	Physical Health	656	11.4% (9.6% - 13.4%)	559	10.0% (8.5% - 11.8%)
Health Status	Mental Health	328	13.9% (11.9% - 16.1%)	457	15.6% (13.3% - 18.0%)
Health Risk Behaviors	Physical Inactivity	696	27.8% (22.6% - 33.4%)	578	25.1% (20.1% - 30.2%)
Health Risk Behaviors	Sleep <7 hours	210	29.0% (27.3% - 30.6%)	354	30.7% (29.0% - 32.3%)
Health Risk Behaviors	Current Smoking	305	16.0% (12.6% - 19.7%)	513	17.9% (13.9% - 22.1%)
Health Risk Behaviors	Binge Drinking	223	18.0% (14.9% - 21.3%)	389	21.8% (18.1% - 25.8%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.5%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	Arthritis	732	30.2% (26.1% - 34.6%)	574	23.6% (19.9% - 27.4%)
Health Outcomes	Stroke	760	3.8% (3.2% - 4.5%)	569	2.7% (2.3% - 3.0%)
Health Outcomes	High Blood Pressure	654	33.9% (29.8% - 38.3%)	368	27.0% (23.3% - 31.0%)
Health Outcomes	COPD	721	8.3% (6.7% - 10.1%)	620	6.6% (5.4% - 7.9%)
Health Outcomes	Diabetes	670	10.9% (9.1% - 12.9%)	508	8.3% (7.0% - 9.7%)
Health Outcomes	Cancer (except skin)	805	9.4% (8.4% - 10.4%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	All Teeth Lost	717	14.3% (8.8% - 20.8%)	605	13.6% (8.6% - 19.0%)
Health Outcomes	Chronic Kidney Disease	787	3.7% (3.2% - 4.1%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Coronary Heart Disease	769	7.6% (6.4% - 8.8%)	511	5.1% (4.4% - 5.8%)
Health Outcomes	Obesity	89	34.1% (27.2% - 41.2%)	149	35.3% (28.4% - 42.6%)
Health Outcomes	High Cholesterol	759	38.3% (33.6% - 43.3%)	599	30.2% (25.8% - 34.7%)
Health Outcomes	Depression	196	17.2% (14.0% - 20.7%)	330	18.8% (15.4% - 22.7%)
Prevention	Core preventive services for older women	757	36.0% (28.5% - 44.4%)	570	39.0% (31.3% - 46.9%)
Prevention	Dental Visit	855	62.5% (57.9% - 66.4%)	819	61.5% (56.9% - 65.7%)
Prevention	Cholesterol Screening	568	82.1% (78.8% - 85.1%)	747	77.9% (73.9% - 81.5%)
Prevention	Mammography	534	75.9% (71.3% - 79.9%)	519	73.5% (68.7% - 77.8%)
Prevention	Core preventive services for older men	744	40.8% (31.9% - 49.9%)	700	40.8% (32.1% - 50.1%)
Prevention	Annual Checkup	428	75.4% (70.7% - 79.7%)	823	71.2% (65.9% - 76.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	520	71.3% (67.8% - 74.4%)	654	69.9% (66.4% - 73.2%)
Prevention	Health Insurance	633	7.8% (5.8% - 10.3%)	632	8.3% (6.2% - 10.8%)
Prevention	Cervical Cancer Screening	832	81.3% (78.3% - 84.4%)	690	82.2% (79.3% - 85.2%)
Prevention	Taking BP Medication	202	81.7% (78.7% - 84.4%)	579	58.6% (53.8% - 63.4%)
Disability	Hearing Disability	781	8.7% (7.5% - 9.9%)	444	6.0% (5.3% - 6.9%)
Disability	Cognitive Disability	639	11.6% (9.6% - 13.7%)	567	12.0% (9.9% - 14.3%)
Disability	Mobility Disability	767	13.7% (11.2% - 16.3%)	601	10.0% (8.2% - 11.8%)
Disability	Independent Living Disability	749	7.5% (6.1% - 9.0%)	616	6.6% (5.5% - 7.8%)
Disability	Self-care Disability	676	3.8% (3.1% - 4.6%)	567	3.1% (2.6% - 3.7%)
Disability	Any Disability	733	27.8% (23.3% - 32.5%)	499	23.4% (19.5% - 27.4%)
Disability	Vision Disability	694	4.6% (3.8% - 5.6%)	564	3.8% (3.2% - 4.5%)

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)

Waukon 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
