



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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By Matthew Voss & Shawn Dorius

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Iowa Community Health Snapshot Series

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Health in Wayland: Overview

Dear Community Members & Stakeholders of Wayland,

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 Wayland ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Wayland’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 Wayland. 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
Binge Drinking	45th	5th	Binge Drinking	155th	24th
Taking BP Medication	106th	18th	Taking BP Medication	298th	47th
Annual Checkup	118th	25th	All Teeth Lost	397th	75th
Cholesterol Screening	128th	15th	Cancer (except skin)	418th	41st
Cervical Cancer Screening	196th	34th	Coronary Heart Disease	419th	85th

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
High Blood Pressure	892nd	131st	Sleep <7 hours	884th	137th
Cancer (except skin)	872nd	119th	Depression	848th	130th
Chronic Kidney Disease	867th	120th	Mammography	772nd	120th
Mobility Disability	861st	120th	Any Disability	731st	119th
High Cholesterol	858th	129th	Core preventive services for older women	702nd	124th

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 Wayland.

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

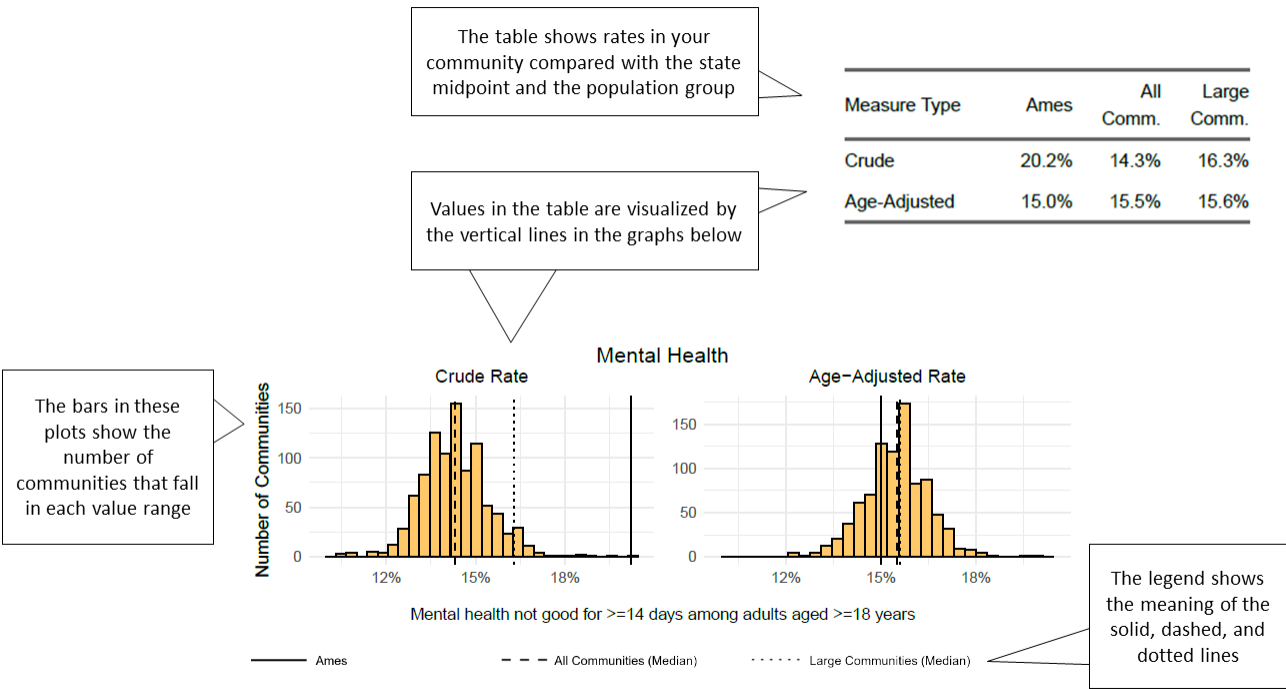
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Wayland that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Wayland, a review of risky behaviors in the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

With a population of 1,148, Wayland’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.



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

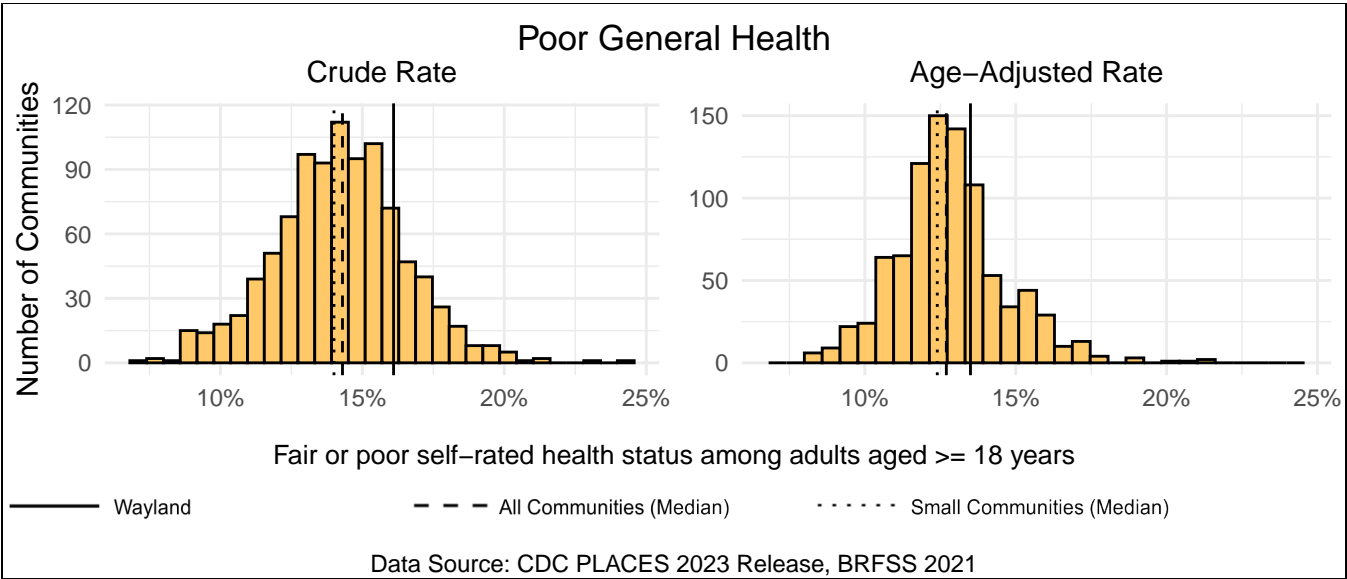
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Wayland has a crude rate of 16.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 785th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Wayland is 13.5%, which ranks 620th out of 905 Iowa communities (105th out of 138 small communities).

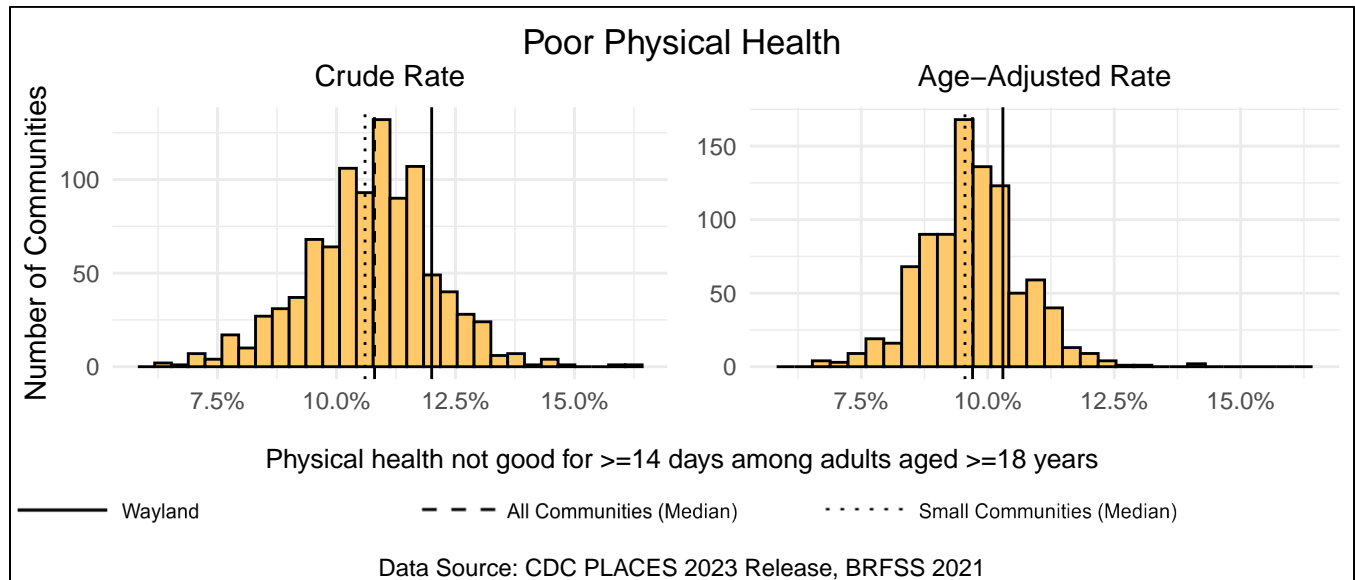
Measure Type	Wayland	All Comm.	Small Comm.
Crude	16.1%	14.3%	14.0%
Age-Adjusted	13.5%	12.7%	12.4%



Poor Physical Health

Wayland has a crude rate of 12.0% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 811th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Wayland is 10.3%, which ranks 673rd out of 905 Iowa communities (110th out of 138 small communities).

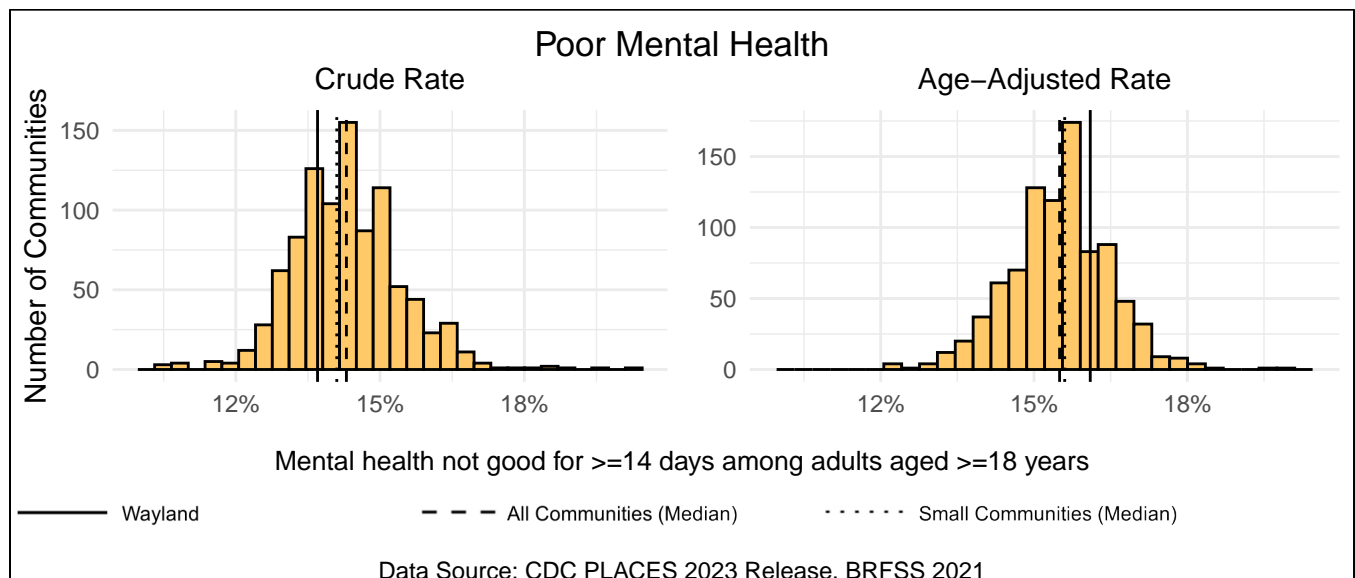
Measure Type	Wayland	All Comm.	Small Comm.
Crude	12.0%	10.8%	10.6%
Age-Adjusted	10.3%	9.7%	9.6%



Poor Mental Health

Wayland has a crude rate of 13.7% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 260th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Wayland is 16.1%, which ranks 658th out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	Wayland	All Comm.	Small Comm.
Crude	13.7%	14.3%	14.1%
Age-Adjusted	16.1%	15.5%	15.6%



Health Risk Behaviors

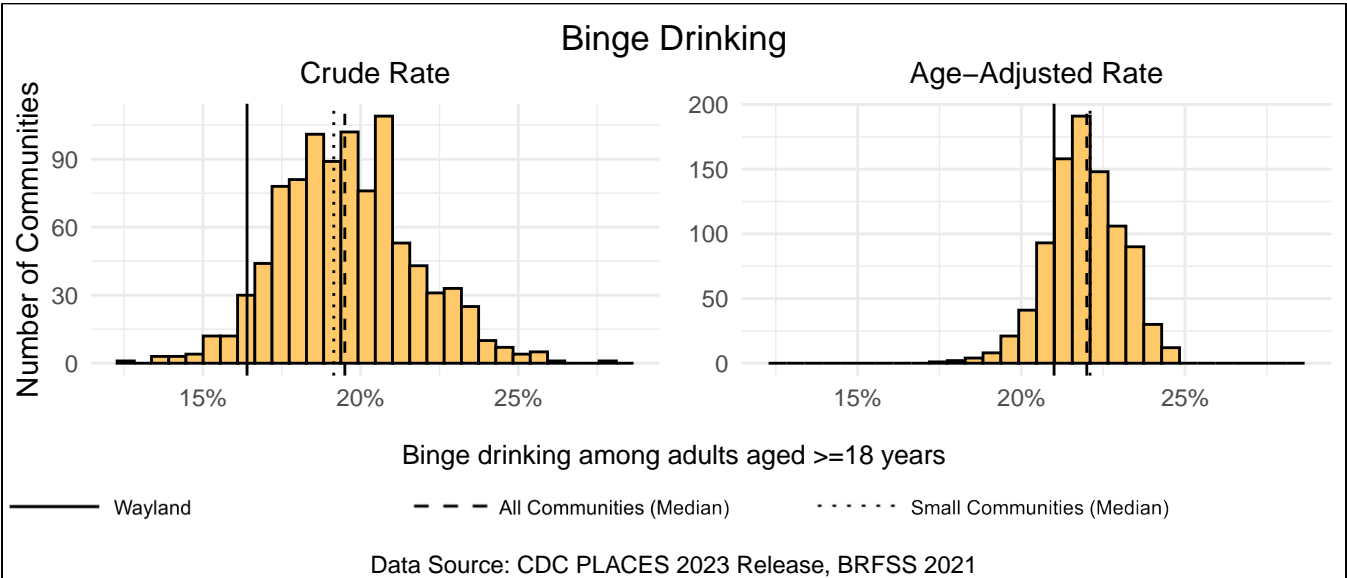
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Wayland has a crude rate of 16.4% for binge drinking among adults aged ≥ 18 years, which ranks 45th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Wayland is 21.0%, which ranks 155th out of 905 Iowa communities (24th out of 138 small communities).

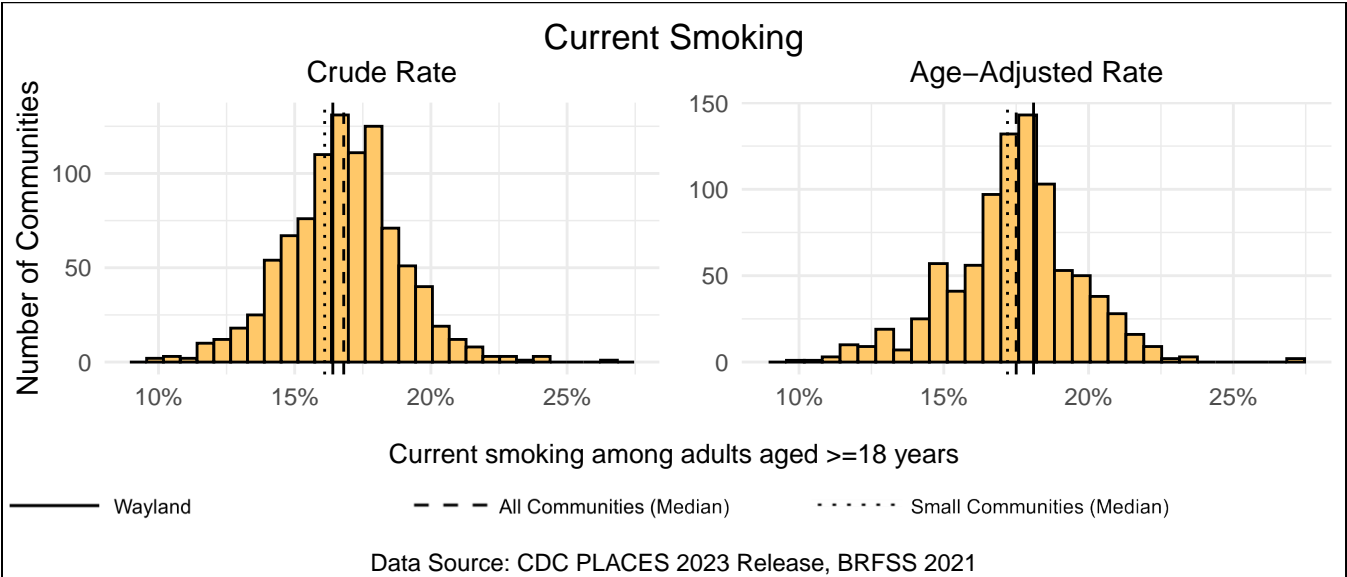
Measure Type	Wayland	All Comm.	Small Comm.
Crude	16.4%	19.5%	19.1%
Age-Adjusted	21.0%	22.0%	22.1%



Current Smoking

Wayland has a crude rate of 16.4% for current smoking among adults aged >=18 years, which ranks 380th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Wayland is 18.1%, which ranks 553rd out of 905 Iowa communities (92nd out of 138 small communities).

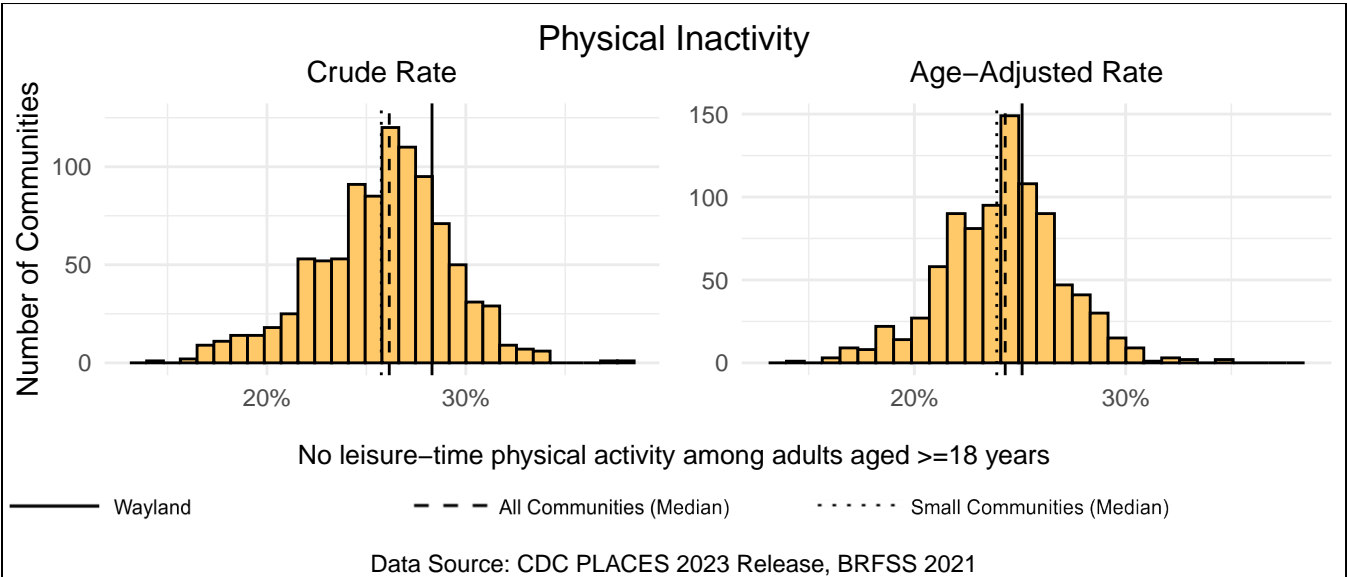
Measure Type	Wayland	All Comm.	Small Comm.
Crude	16.4%	16.8%	16.1%
Age-Adjusted	18.1%	17.5%	17.2%



Physical Inactivity

Wayland has a crude rate of 28.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 744th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Wayland is 25.1%, which ranks 578th out of 905 Iowa communities (94th out of 138 small communities).

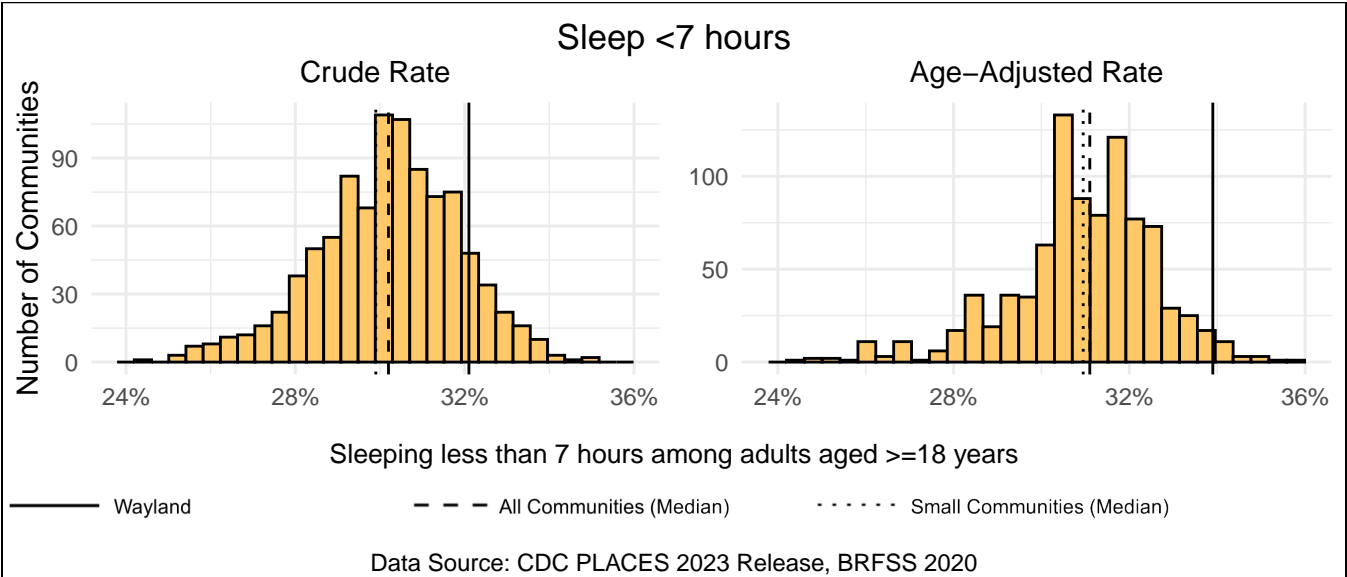
Measure Type	Wayland	All Comm.	Small Comm.
Crude	28.3%	26.1%	25.8%
Age-Adjusted	25.1%	24.3%	23.9%



Sleep <7 hours

Wayland has a crude rate of 32.1% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Wayland is 33.9%, which ranks 884th out of 905 Iowa communities (137th out of 138 small communities).

Measure Type	Wayland	All Comm.	Small Comm.
Crude	32.1%	30.2%	29.9%
Age-Adjusted	33.9%	31.1%	31.0%



Health Outcomes

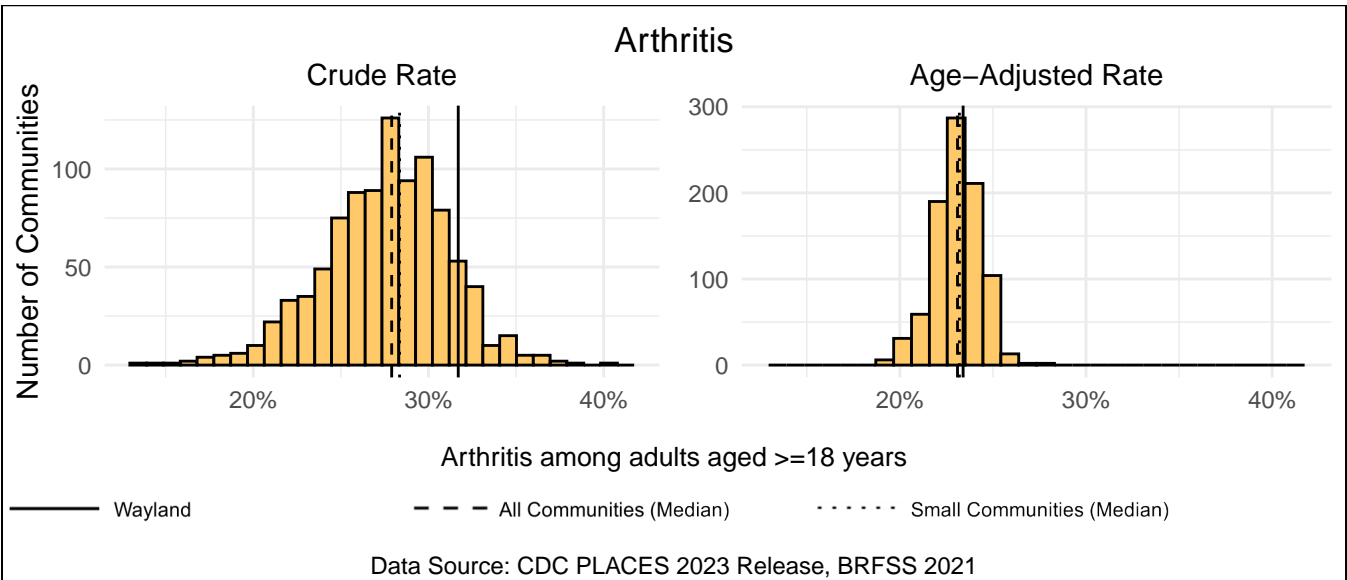
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Wayland has a crude rate of 31.7% for arthritis among adults aged ≥ 18 years, which ranks 852nd out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Wayland is 23.4%, which ranks 525th out of 905 Iowa communities (78th out of 138 small communities).

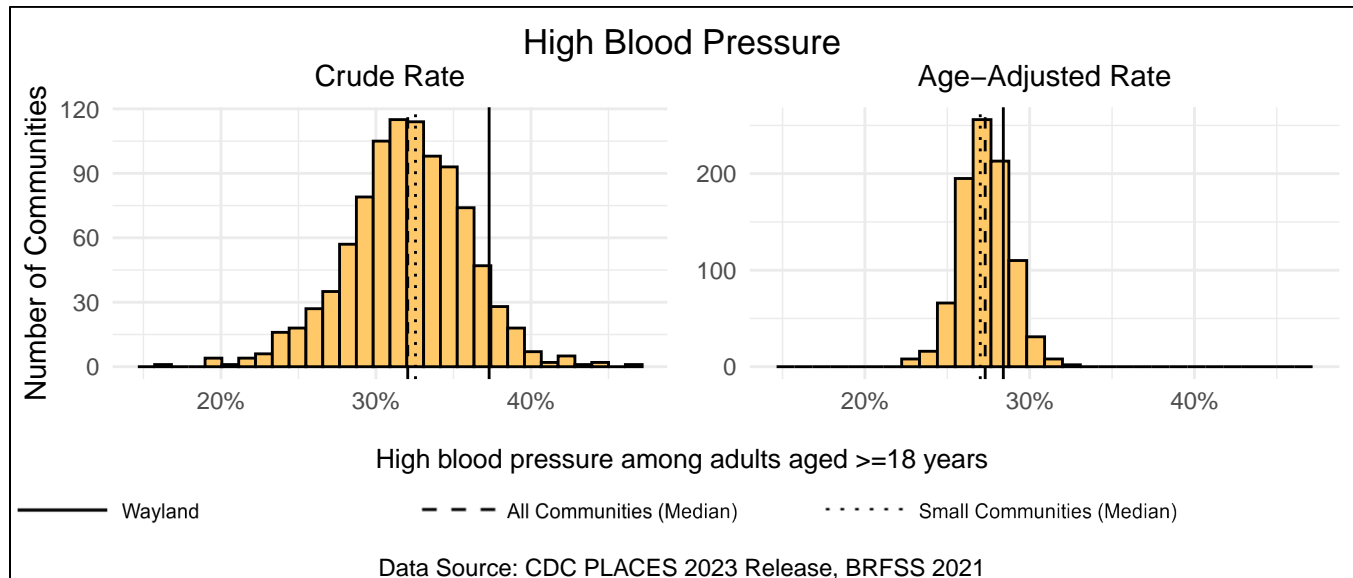
Measure Type	Wayland	All Comm.	Small Comm.
Crude	31.7%	27.9%	28.4%
Age-Adjusted	23.4%	23.1%	23.2%



High Blood Pressure

Wayland has a crude rate of 37.3% for high blood pressure among adults aged ≥ 18 years, which ranks 892nd out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Wayland is 28.4%, which ranks 696th out of 905 Iowa communities (110th out of 138 small communities).

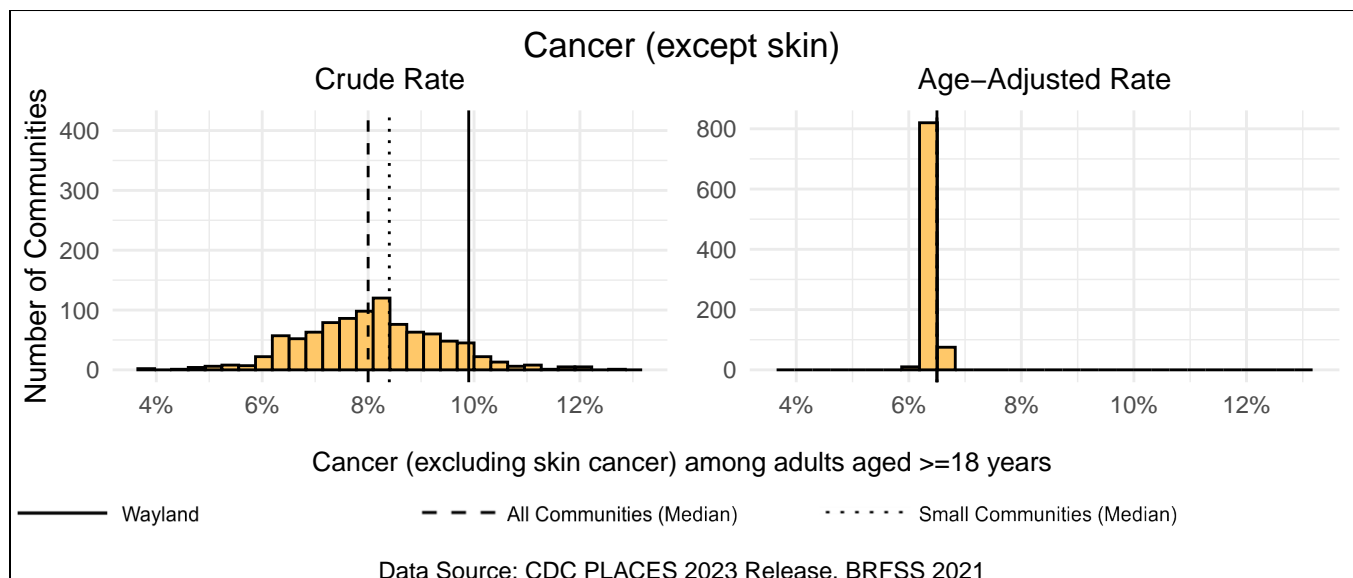
Measure Type	Wayland	All Comm.	Small Comm.
Crude	37.3%	32.0%	32.5%
Age-Adjusted	28.4%	27.3%	27.0%



Cancer (except skin)

Wayland has a crude rate of 9.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 872nd out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Wayland is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

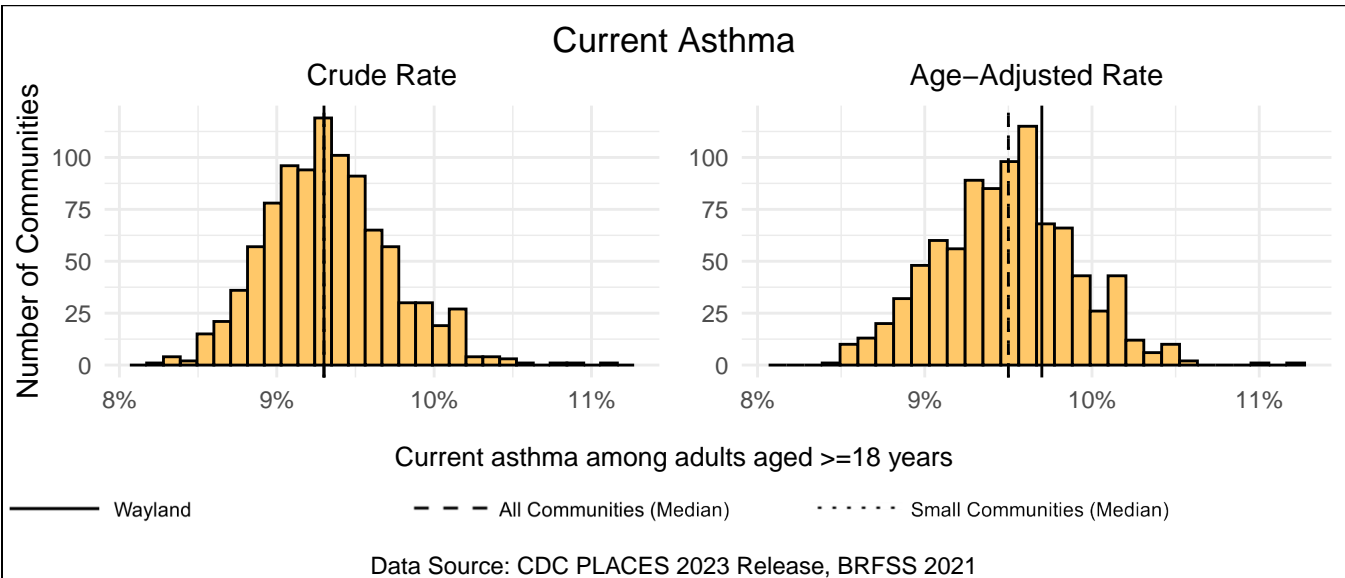
Measure Type	Wayland	All Comm.	Small Comm.
Crude	9.9%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Wayland has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Wayland is 9.7%, which ranks 628th out of 905 Iowa communities (99th out of 138 small communities).

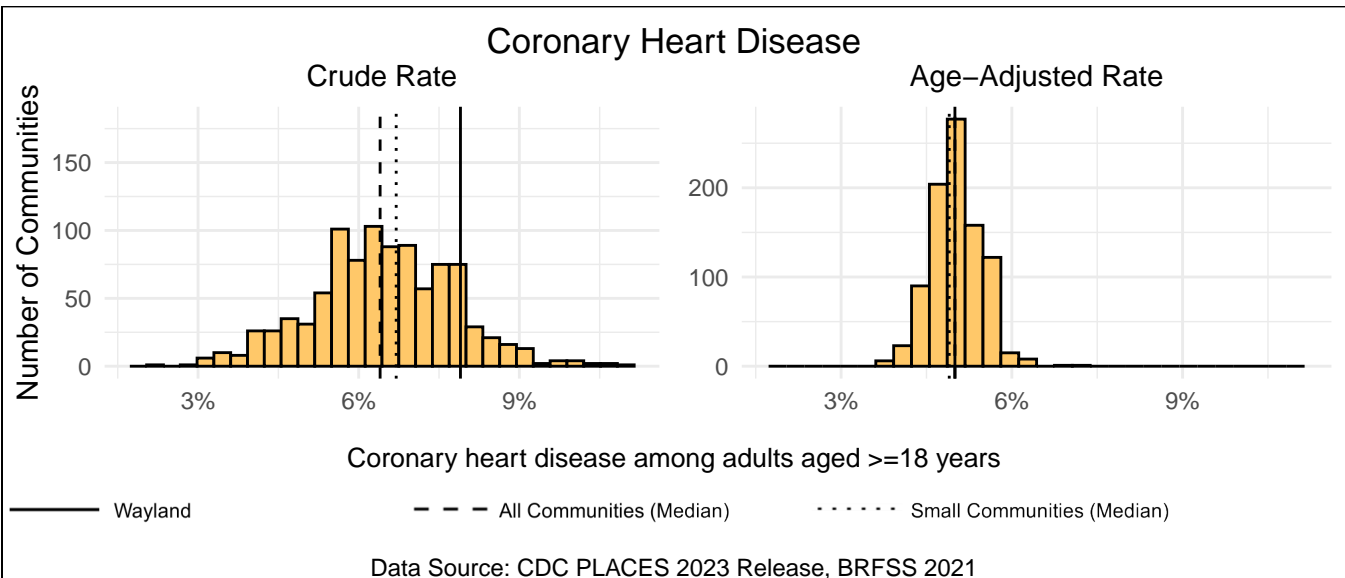
Measure Type	Wayland	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.5%



Coronary Heart Disease

Wayland has a crude rate of 7.9% for coronary heart disease among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Wayland is 5.0%, which ranks 419th out of 905 Iowa communities (85th out of 138 small communities).

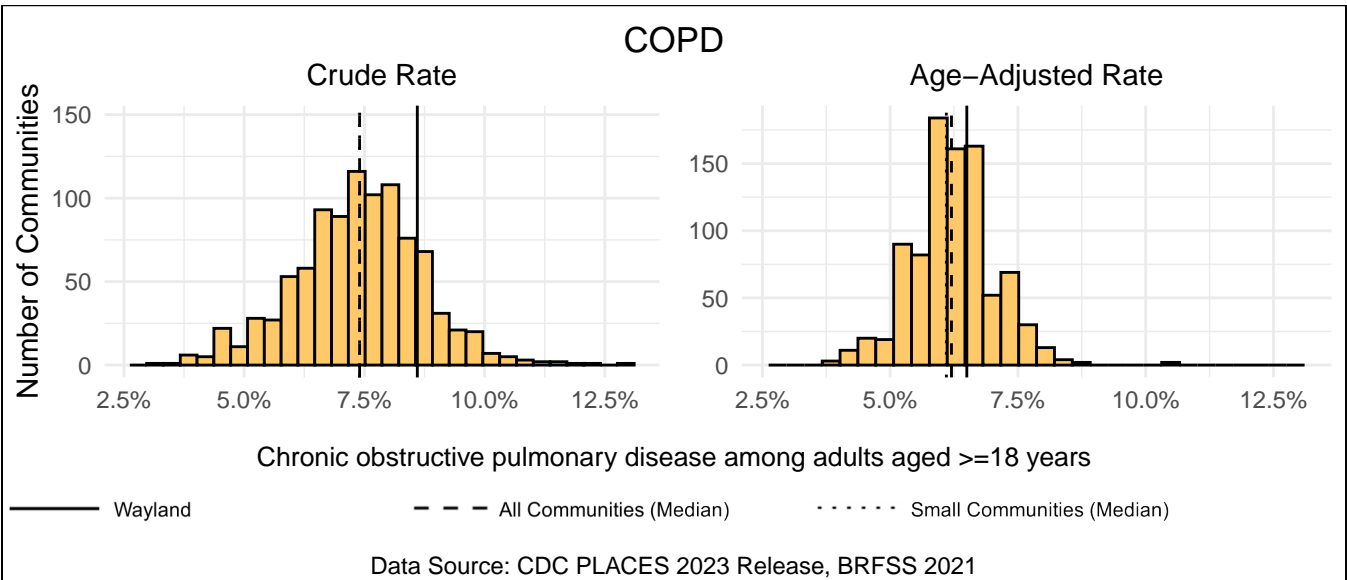
Measure Type	Wayland	All Comm.	Small Comm.
Crude	7.9%	6.4%	6.7%
Age-Adjusted	5.0%	5.0%	4.9%



COPD

Wayland has a crude rate of 8.6% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 797th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Wayland is 6.5%, which ranks 571st out of 905 Iowa communities (95th out of 138 small communities).

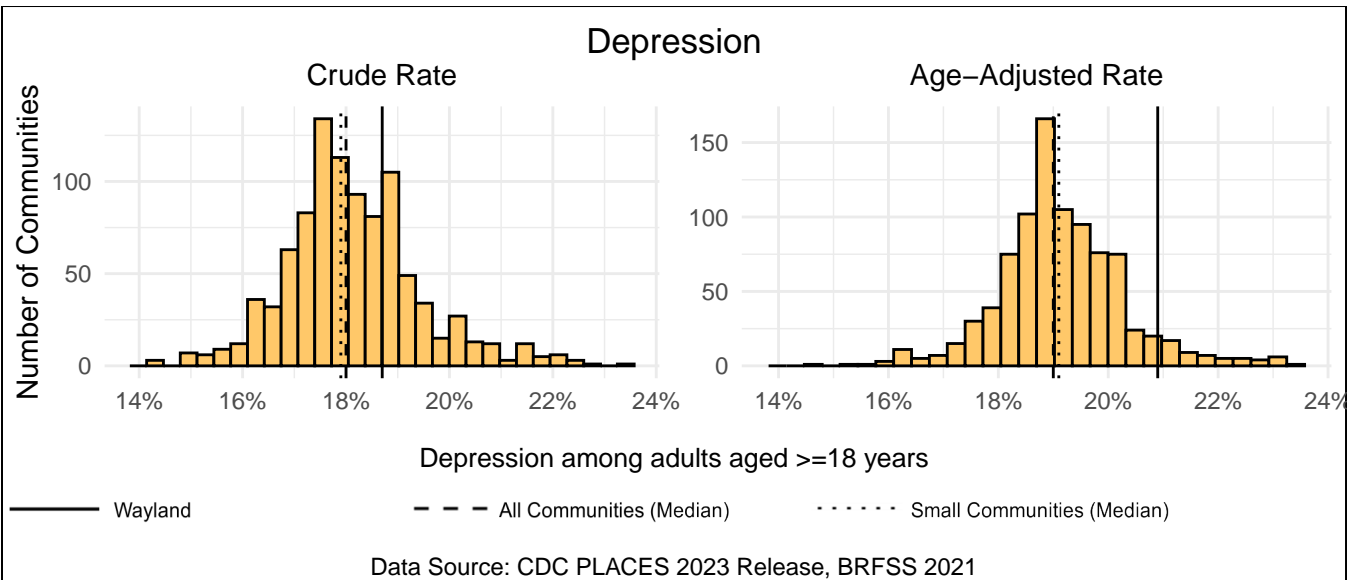
Measure Type	Wayland	All Comm.	Small Comm.
Crude	8.6%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.1%



Depression

Wayland has a crude rate of 18.7% for depression among adults aged ≥ 18 years, which ranks 673rd out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Wayland is 20.9%, which ranks 848th out of 905 Iowa communities (130th out of 138 small communities).

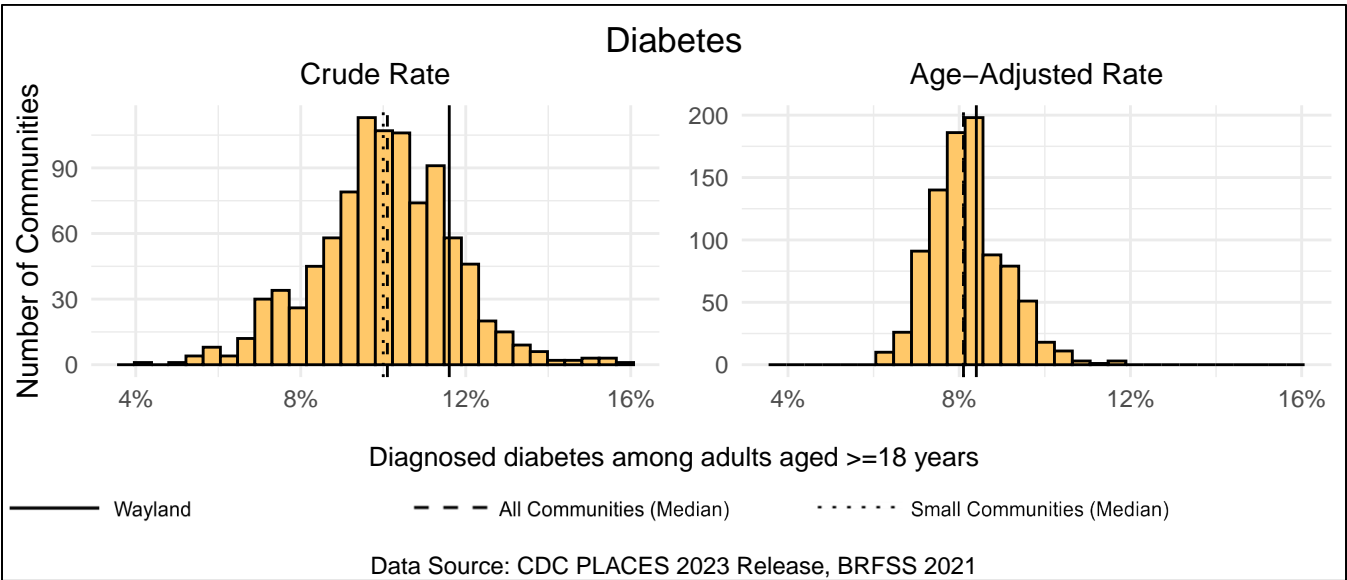
Measure Type	Wayland	All Comm.	Small Comm.
Crude	18.7%	18.0%	17.9%
Age-Adjusted	20.9%	19.0%	19.1%



Diabetes

Wayland has a crude rate of 11.6% for diagnosed diabetes among adults aged >=18 years, which ranks 806th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Wayland is 8.4%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

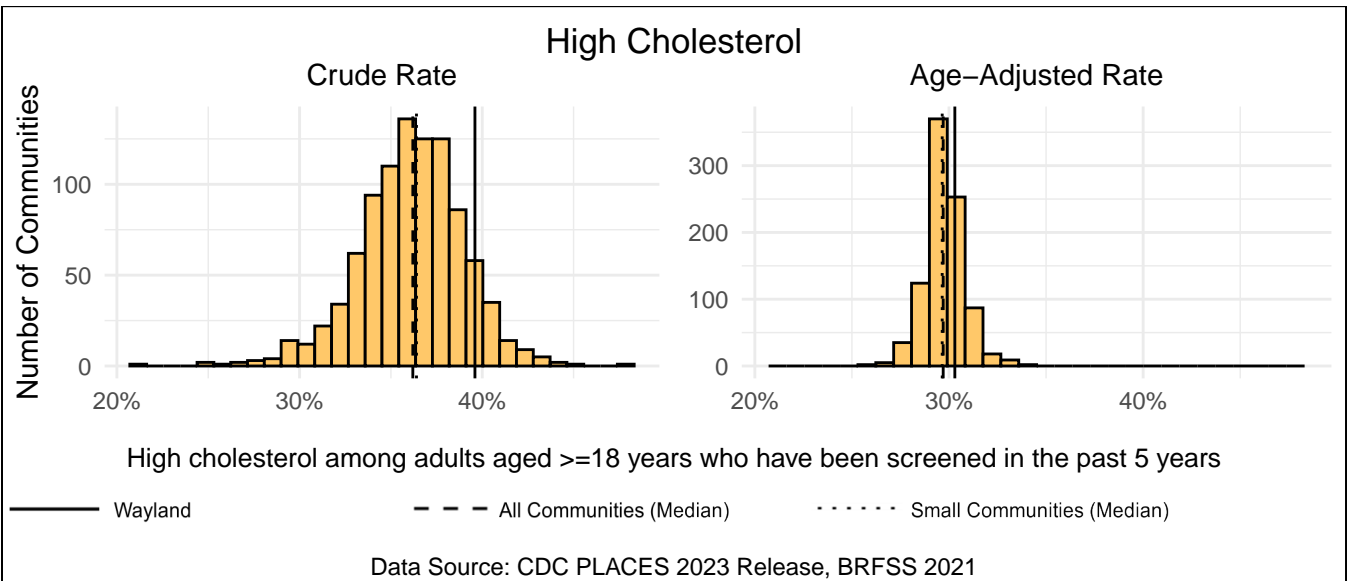
Measure Type	Wayland	All Comm.	Small Comm.
Crude	11.6%	10.1%	10.0%
Age-Adjusted	8.4%	8.1%	8.1%



High Cholesterol

Wayland has a crude rate of 39.6% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 858th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Wayland is 30.3%, which ranks 634th out of 905 Iowa communities (103rd out of 138 small communities).

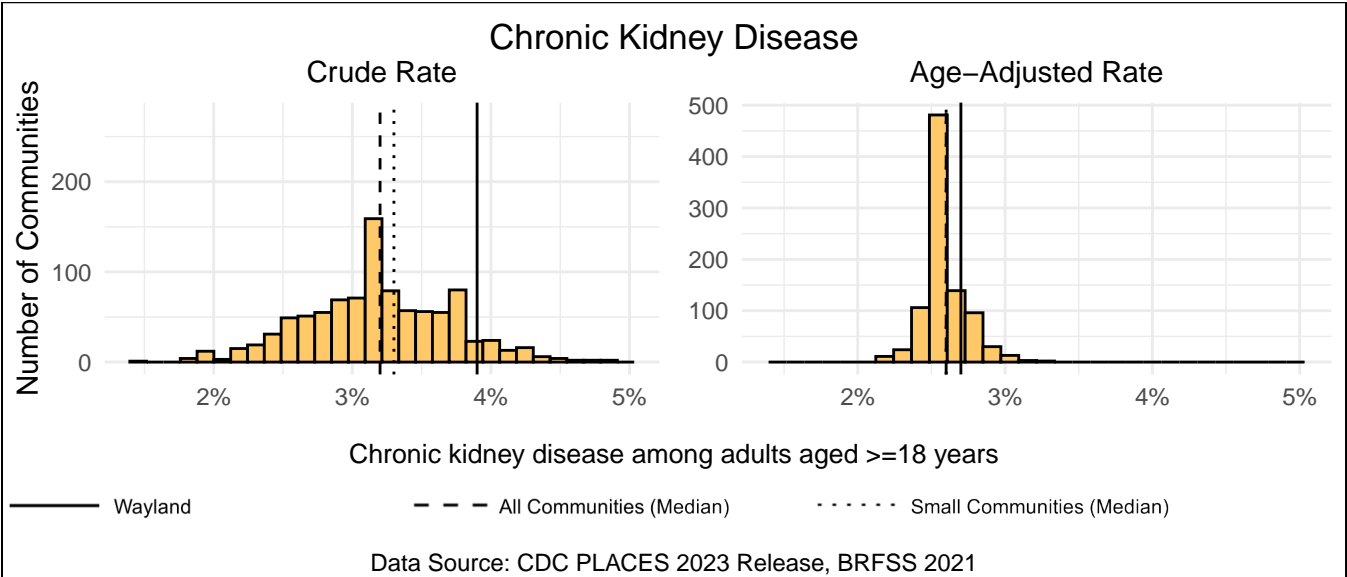
Measure Type	Wayland	All Comm.	Small Comm.
Crude	39.6%	36.2%	36.4%
Age-Adjusted	30.3%	29.7%	29.6%



Chronic Kidney Disease

Wayland has a crude rate of 3.9% for chronic kidney disease among adults aged ≥ 18 years, which ranks 867th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Wayland is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

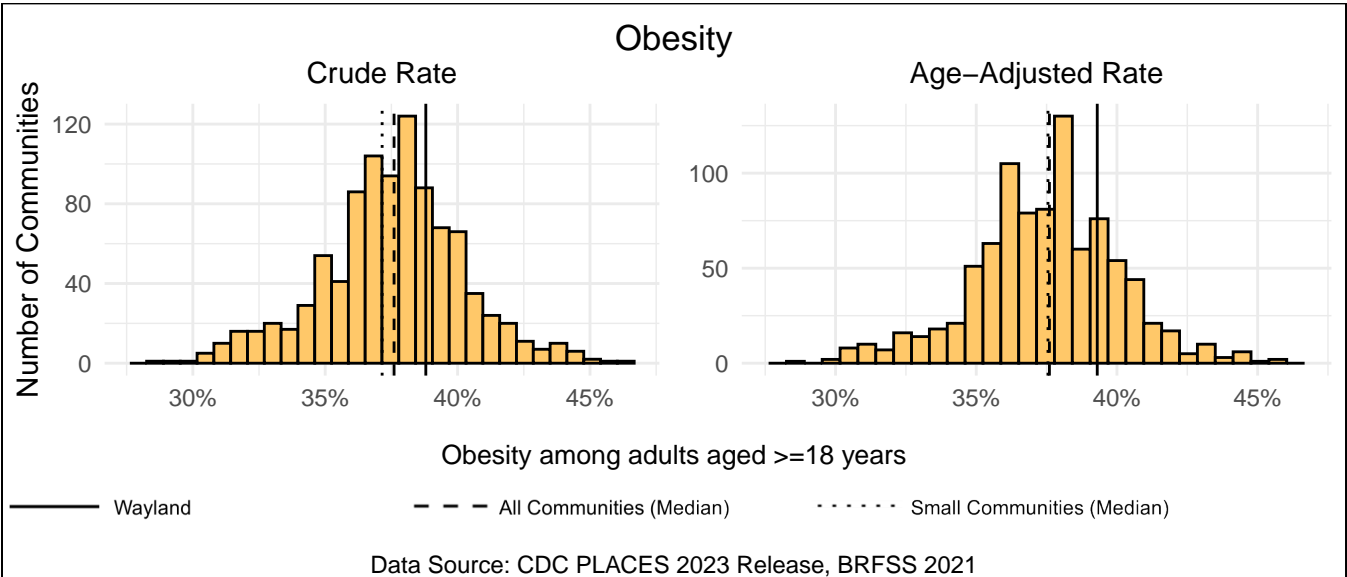
Measure Type	Wayland	All Comm.	Small Comm.
Crude	3.9%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Wayland has a crude rate of 38.8% for obesity among adults aged ≥ 18 years, which ranks 666th out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Wayland is 39.3%, which ranks 688th out of 905 Iowa communities (107th out of 138 small communities).

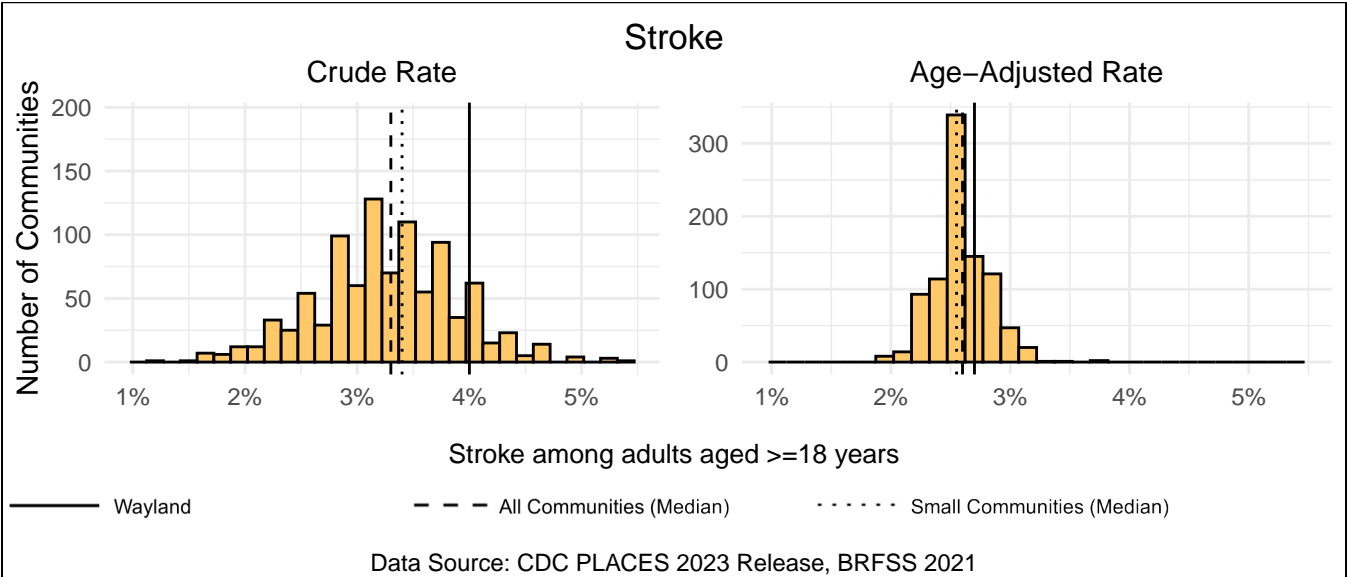
Measure Type	Wayland	All Comm.	Small Comm.
Crude	38.8%	37.6%	37.2%
Age-Adjusted	39.3%	37.6%	37.5%



Stroke

Wayland has a crude rate of 4.0% for stroke among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Wayland is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

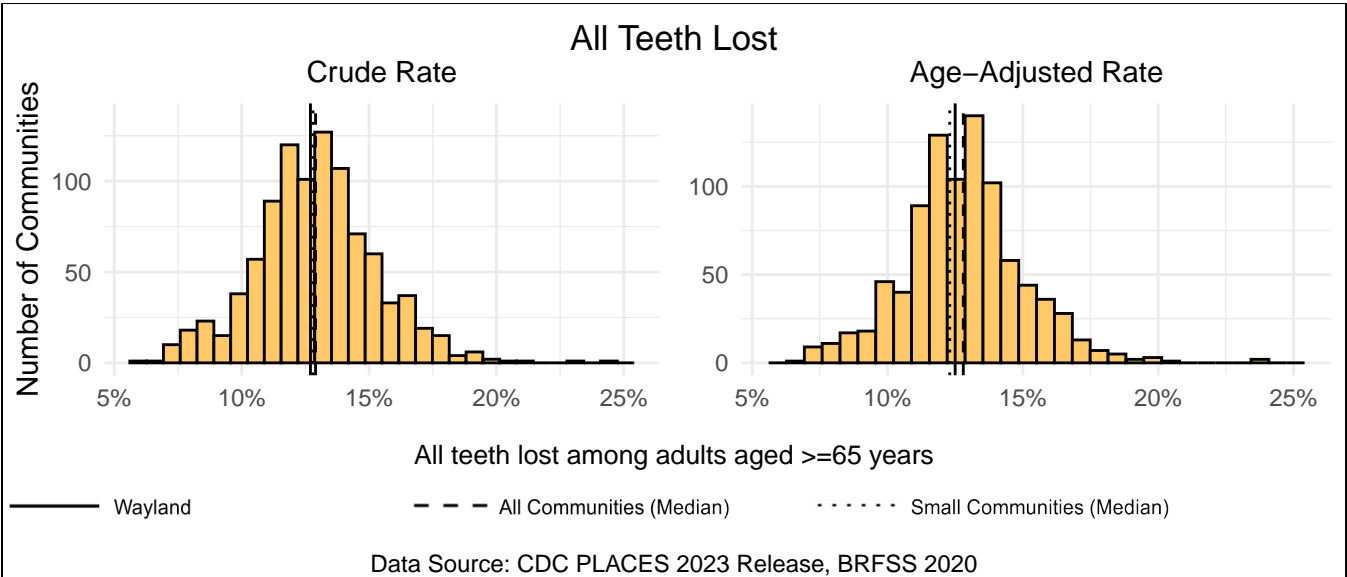
Measure Type	Wayland	All Comm.	Small Comm.
Crude	4.0%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



All Teeth Lost

Wayland has a crude rate of 12.7% for all teeth lost among adults aged ≥ 65 years, which ranks 433rd out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Wayland is 12.5%, which ranks 397th out of 905 Iowa communities (75th out of 138 small communities).

Measure Type	Wayland	All Comm.	Small Comm.
Crude	12.7%	12.9%	12.8%
Age-Adjusted	12.5%	12.8%	12.3%



Prevention

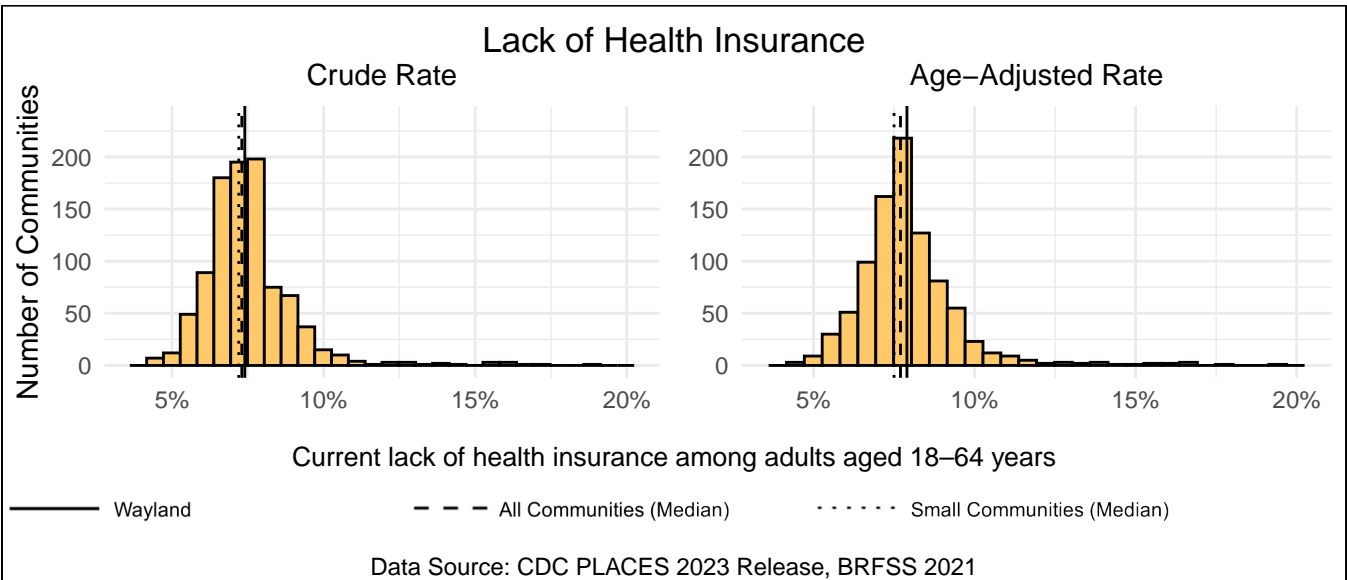
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Wayland 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 (80th out of 138 small communities). The age-adjusted rate for Wayland is 7.9%, which ranks 498th out of 905 Iowa communities (89th out of 138 small communities).

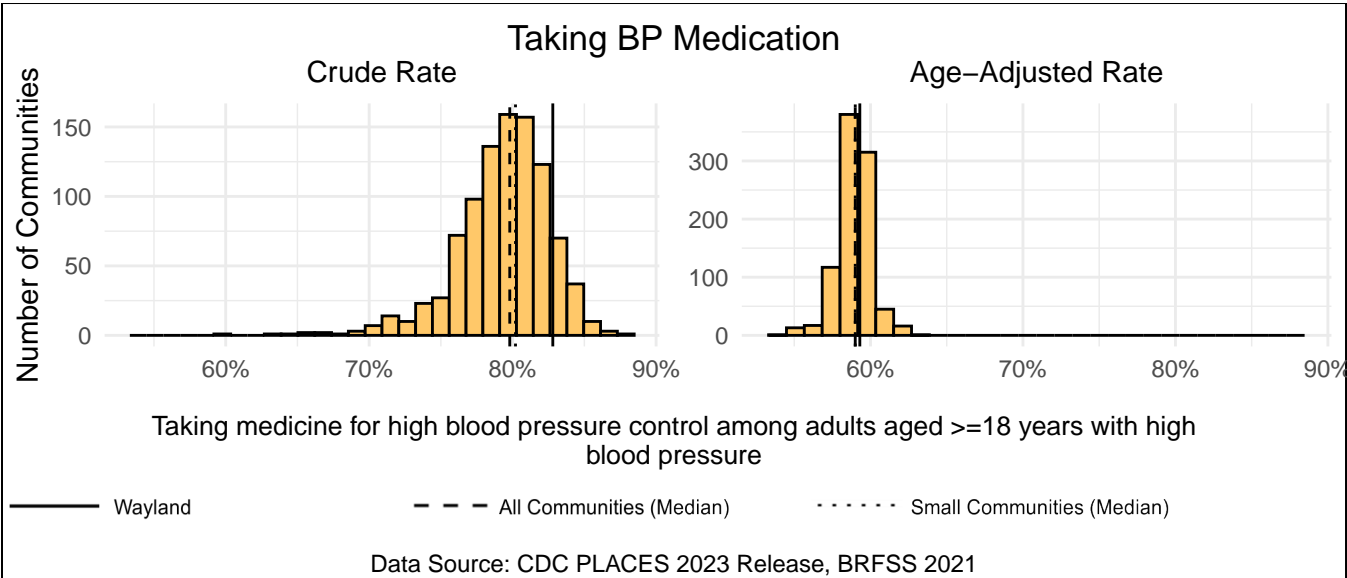
Measure Type	Wayland	All Comm.	Small Comm.
Crude	7.4%	7.3%	7.2%
Age-Adjusted	7.9%	7.7%	7.5%



Taking BP Medication

Wayland has a crude rate of 82.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 106th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Wayland is 59.3%, which ranks 298th out of 905 Iowa communities (47th out of 138 small communities).

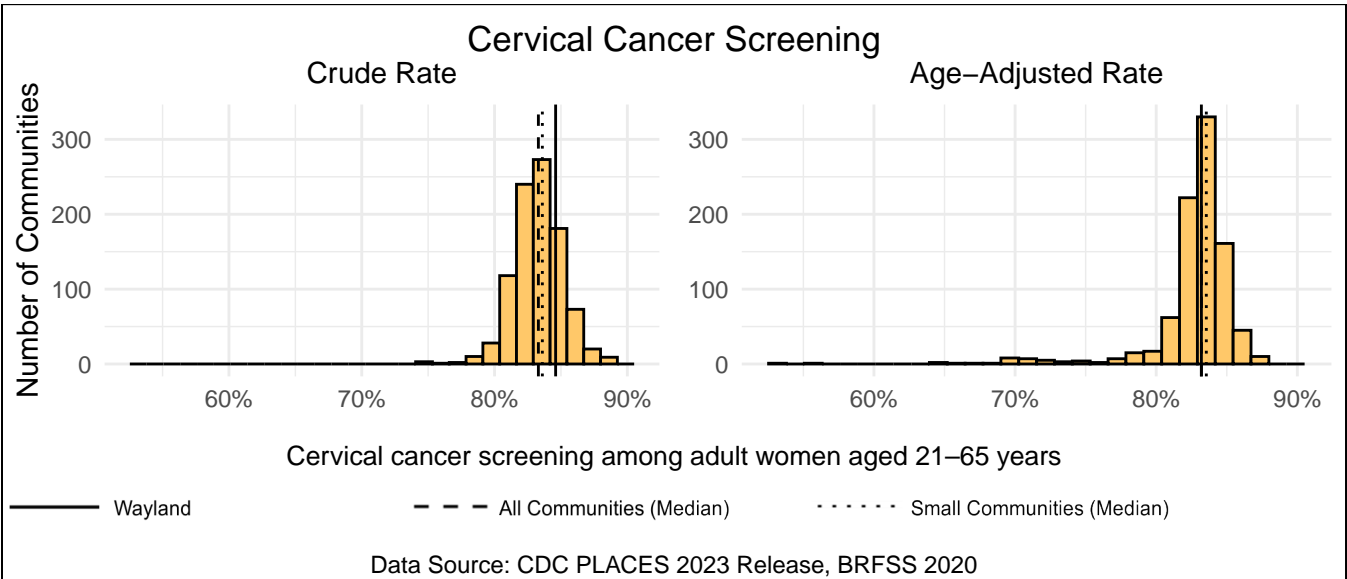
Measure Type	Wayland	All Comm.	Small Comm.
Crude	82.8%	79.8%	80.2%
Age-Adjusted	59.3%	59.0%	59.0%



Cervical Cancer Screening

Wayland has a crude rate of 84.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 196th out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Wayland is 83.2%, which ranks 442nd out of 905 Iowa communities (83rd out of 138 small communities).

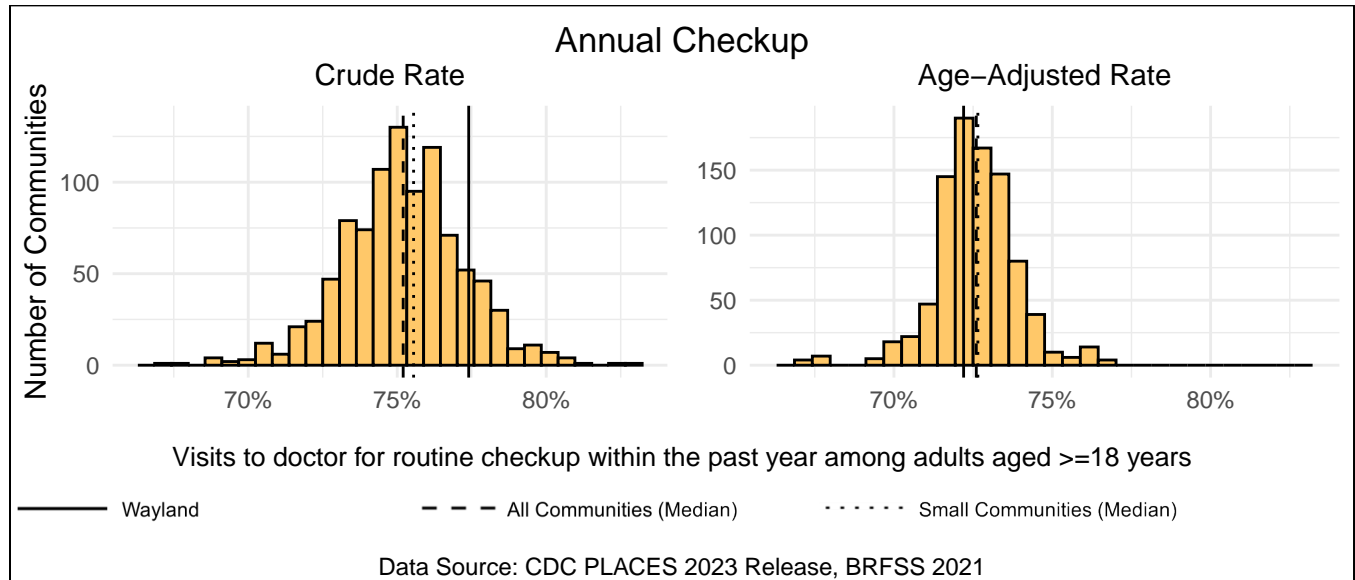
Measure Type	Wayland	All Comm.	Small Comm.
Crude	84.6%	83.3%	83.6%
Age-Adjusted	83.2%	83.2%	83.5%



Annual Checkup

Wayland has a crude rate of 77.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 118th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Wayland is 72.2%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

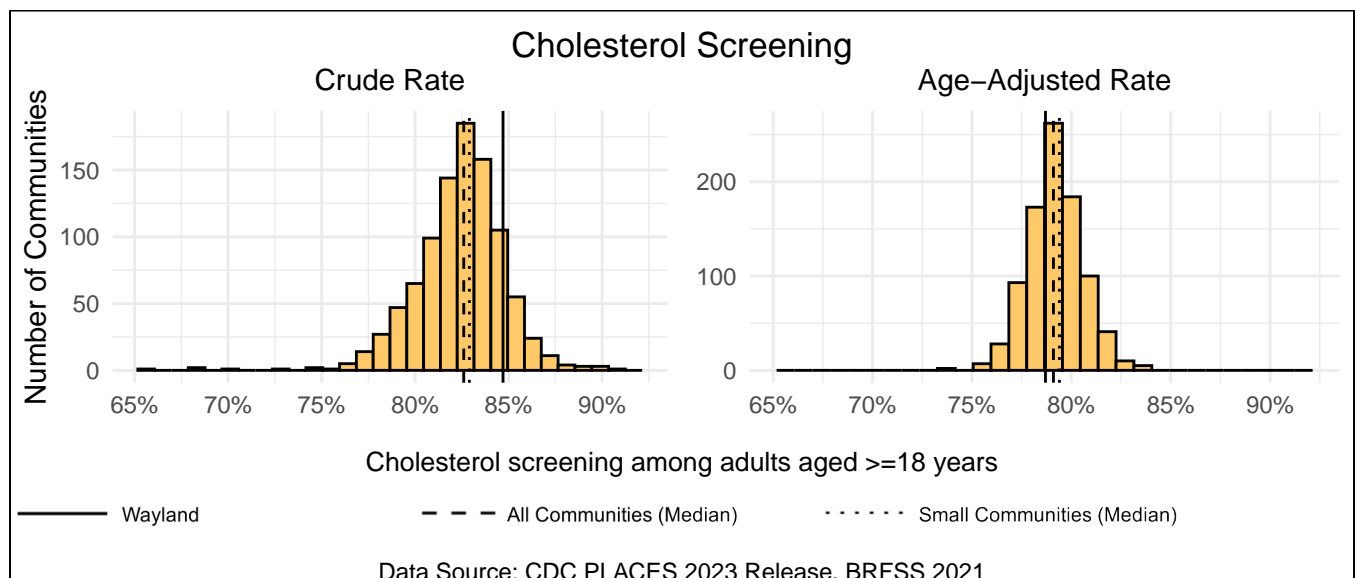
Measure Type	Wayland	All Comm.	Small Comm.
Crude	77.4%	75.2%	75.5%
Age-Adjusted	72.2%	72.6%	72.6%



Cholesterol Screening

Wayland has a crude rate of 84.7% for cholesterol screening among adults aged ≥ 18 years, which ranks 128th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Wayland is 78.7%, which ranks 573rd out of 905 Iowa communities (95th out of 138 small communities).

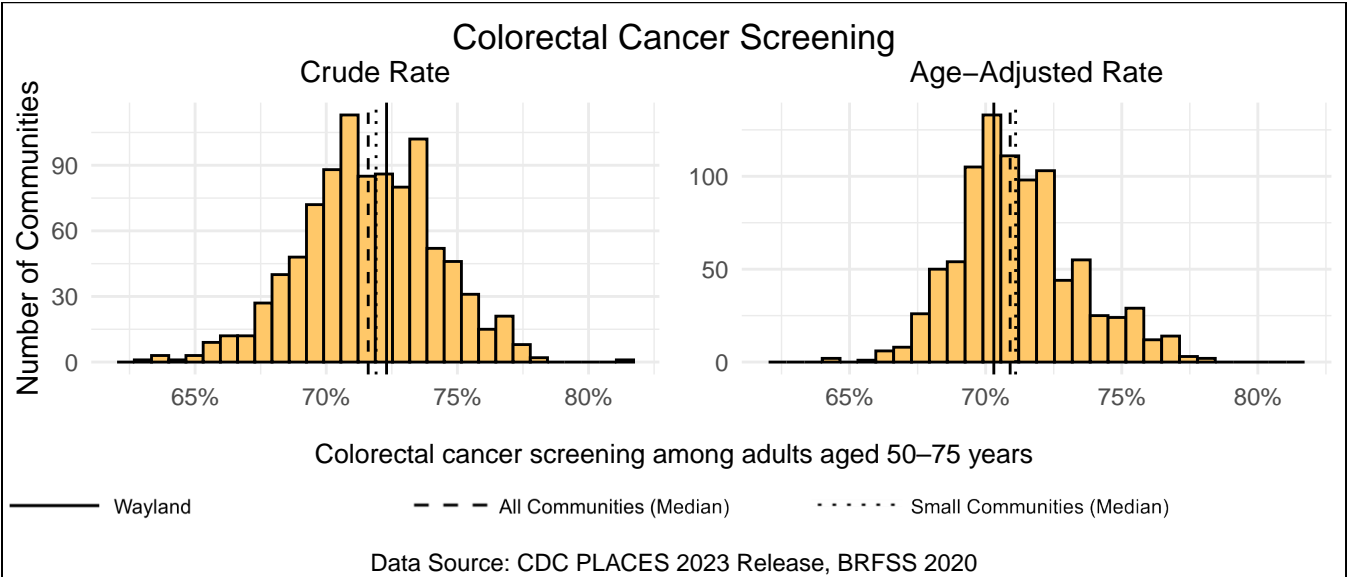
Measure Type	Wayland	All Comm.	Small Comm.
Crude	84.7%	82.6%	82.9%
Age-Adjusted	78.7%	79.1%	79.4%



Colorectal Cancer Screening

Wayland has a crude rate of 72.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 376th out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Wayland is 70.3%, which ranks 553rd out of 905 Iowa communities (97th out of 138 small communities).

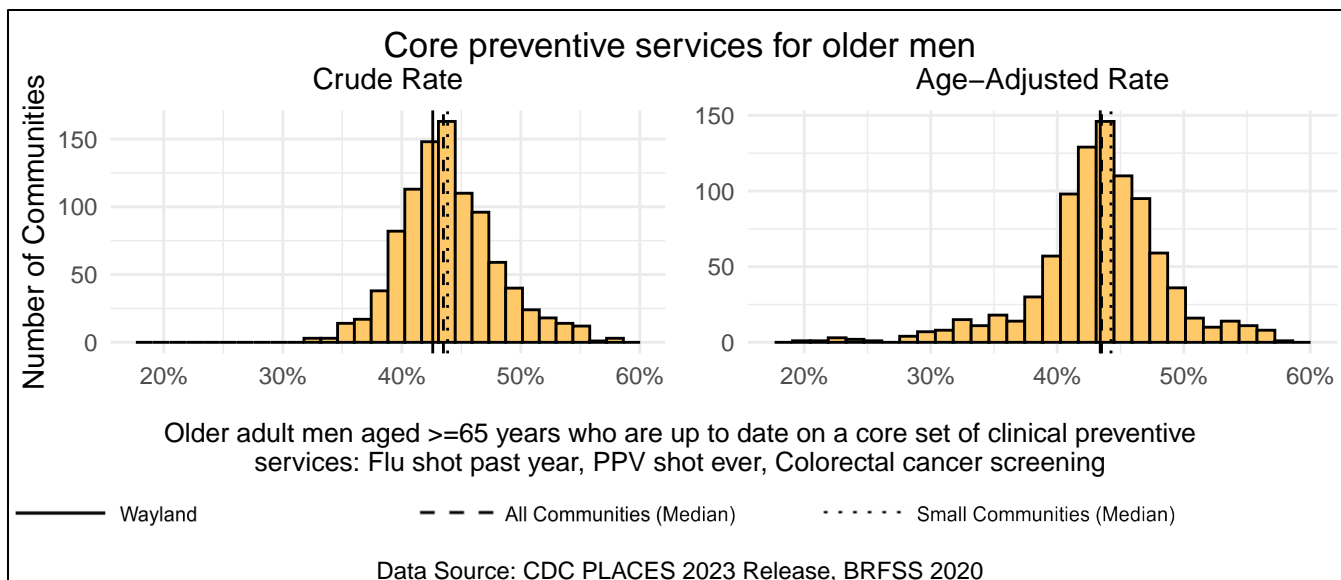
Measure Type	Wayland	All Comm.	Small Comm.
Crude	72.3%	71.6%	71.9%
Age-Adjusted	70.3%	70.9%	71.1%



Core preventive services for older men

Wayland has a crude rate of 42.6% 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 592nd out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Wayland is 43.4%, which ranks 457th out of 905 Iowa communities (84th out of 138 small communities).

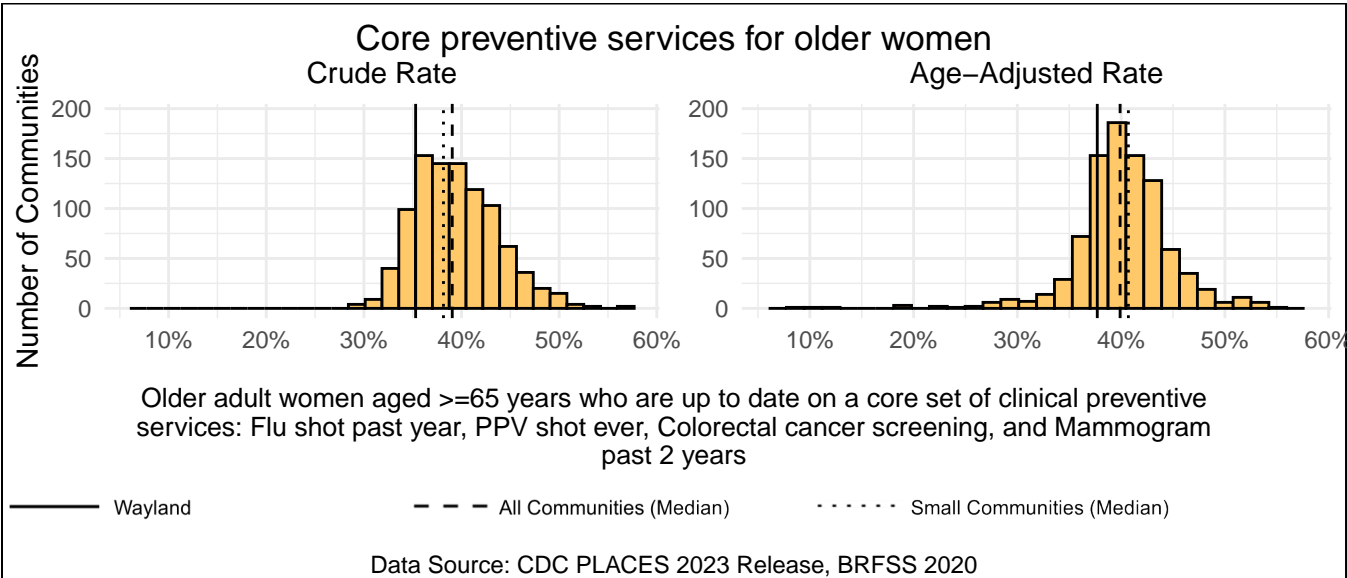
Measure Type	Wayland	All Comm.	Small Comm.
Crude	42.6%	43.5%	43.8%
Age-Adjusted	43.4%	43.5%	44.2%



Core preventive services for older women

Wayland has a crude rate of 35.3% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 798th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Wayland is 37.7%, which ranks 702nd out of 905 Iowa communities (124th out of 138 small communities).

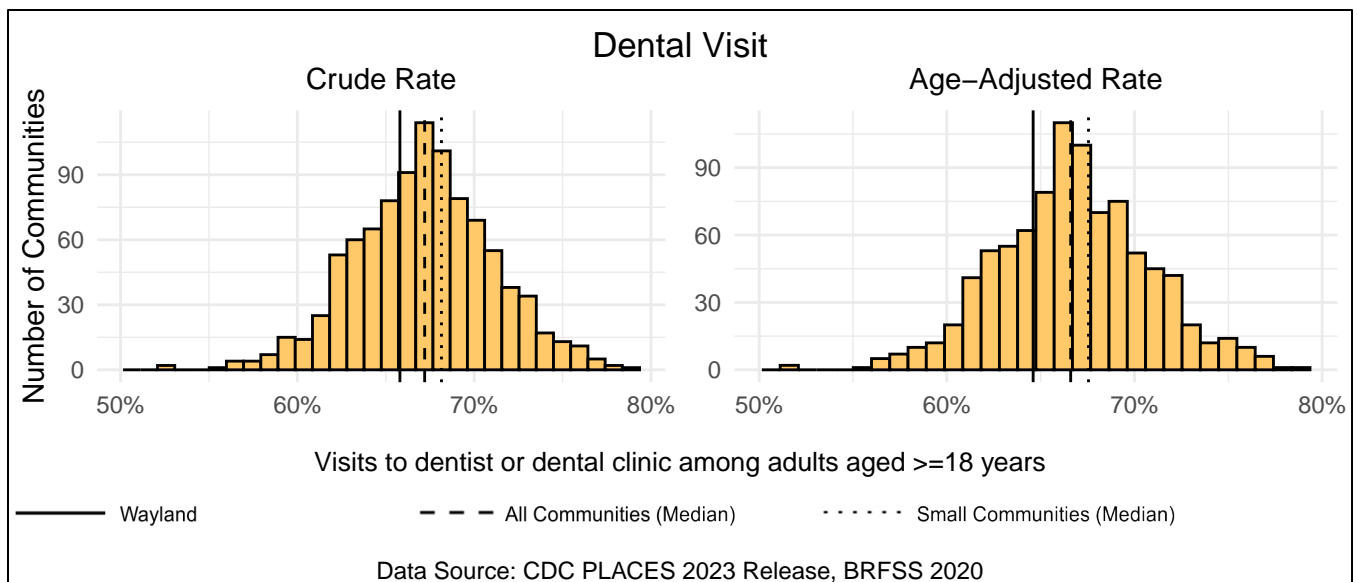
Measure Type	Wayland	All Comm.	Small Comm.
Crude	35.3%	39.0%	38.2%
Age-Adjusted	37.7%	39.9%	40.7%



Dental Visit

Wayland has a crude rate of 65.8% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 624th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Wayland is 64.6%, which ranks 644th out of 905 Iowa communities (106th out of 138 small communities).

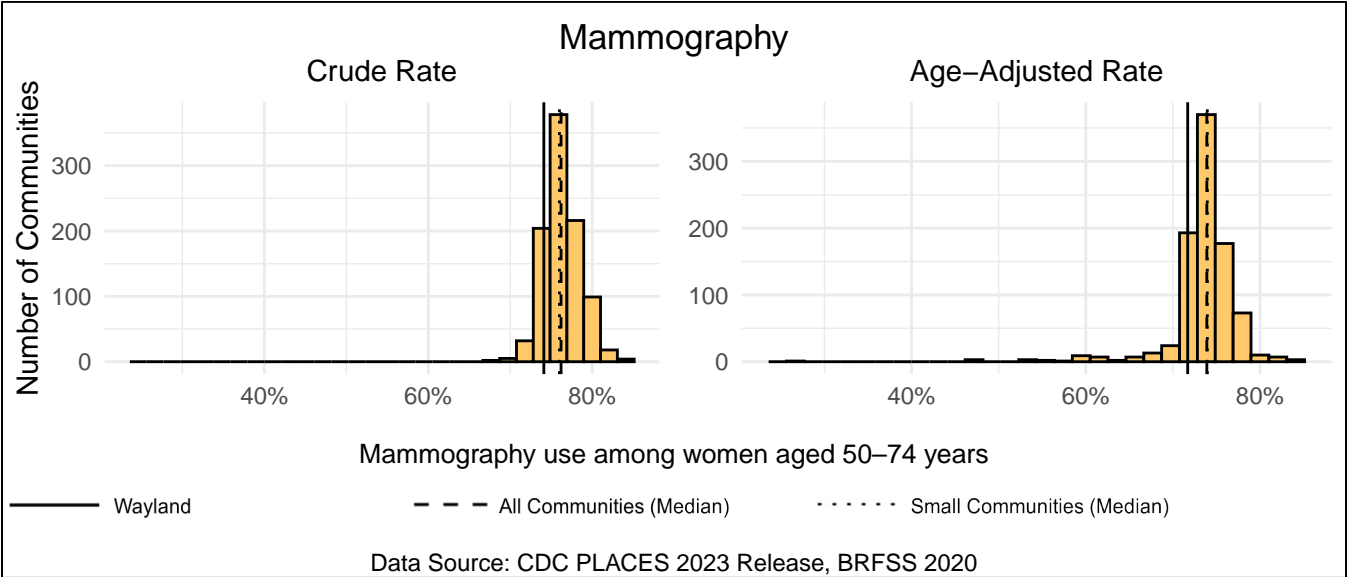
Measure Type	Wayland	All Comm.	Small Comm.
Crude	65.8%	67.2%	68.2%
Age-Adjusted	64.6%	66.6%	67.5%



Mammography

Wayland has a crude rate of 74.1% for mammography use among women aged 50–74 years, which ranks 822nd out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Wayland is 71.7%, which ranks 772nd out of 905 Iowa communities (120th out of 138 small communities).

Measure Type	Wayland	All Comm.	Small Comm.
Crude	74.1%	76.2%	76.0%
Age-Adjusted	71.7%	73.9%	74.0%



Disability

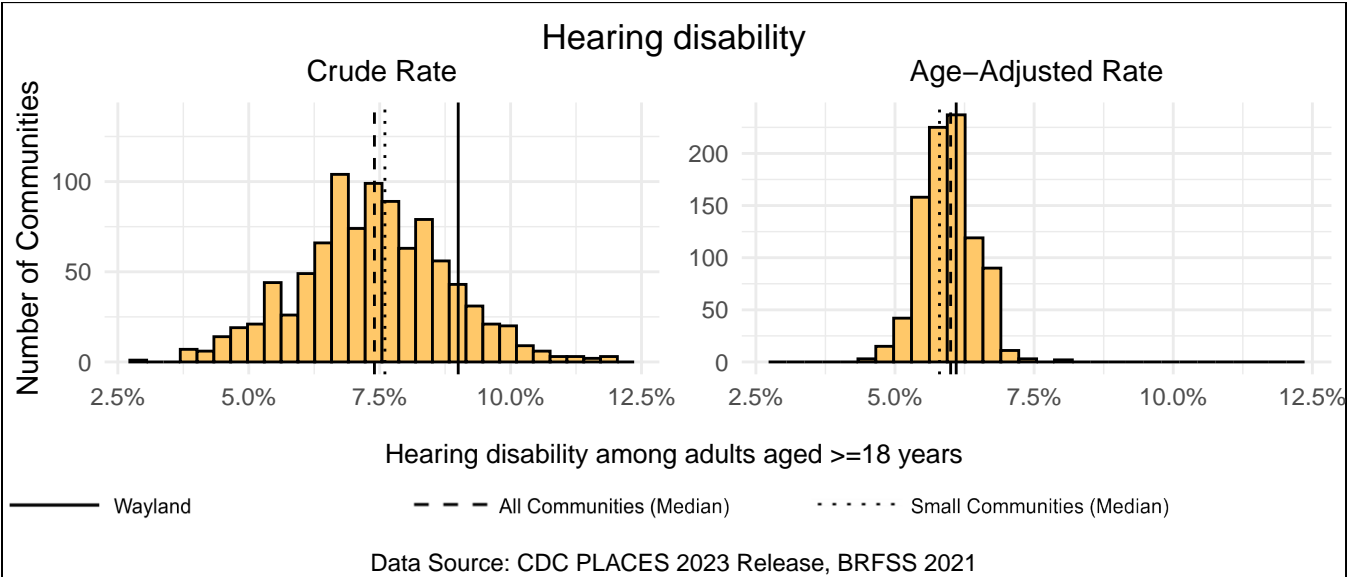
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Wayland has a crude rate of 9.0% for hearing disability among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Wayland is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

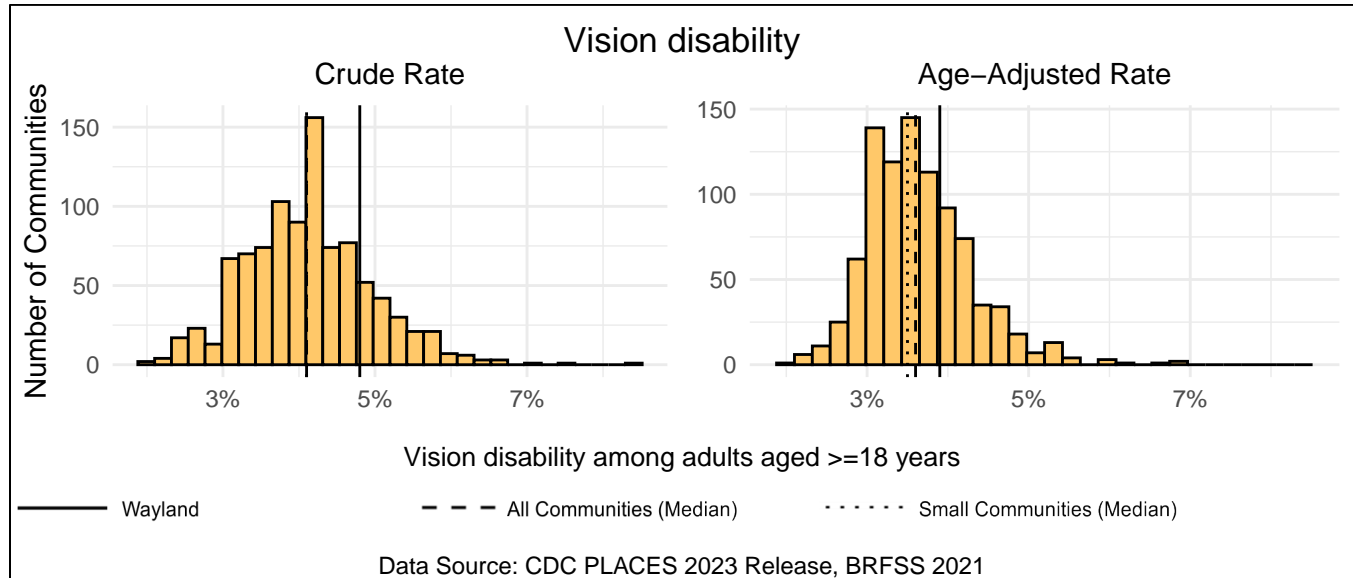
Measure Type	Wayland	All Comm.	Small Comm.
Crude	9.0%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%



Vision disability

Wayland has a crude rate of 4.8% for vision disability among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Wayland is 3.9%, which ranks 622nd out of 905 Iowa communities (107th out of 138 small communities).

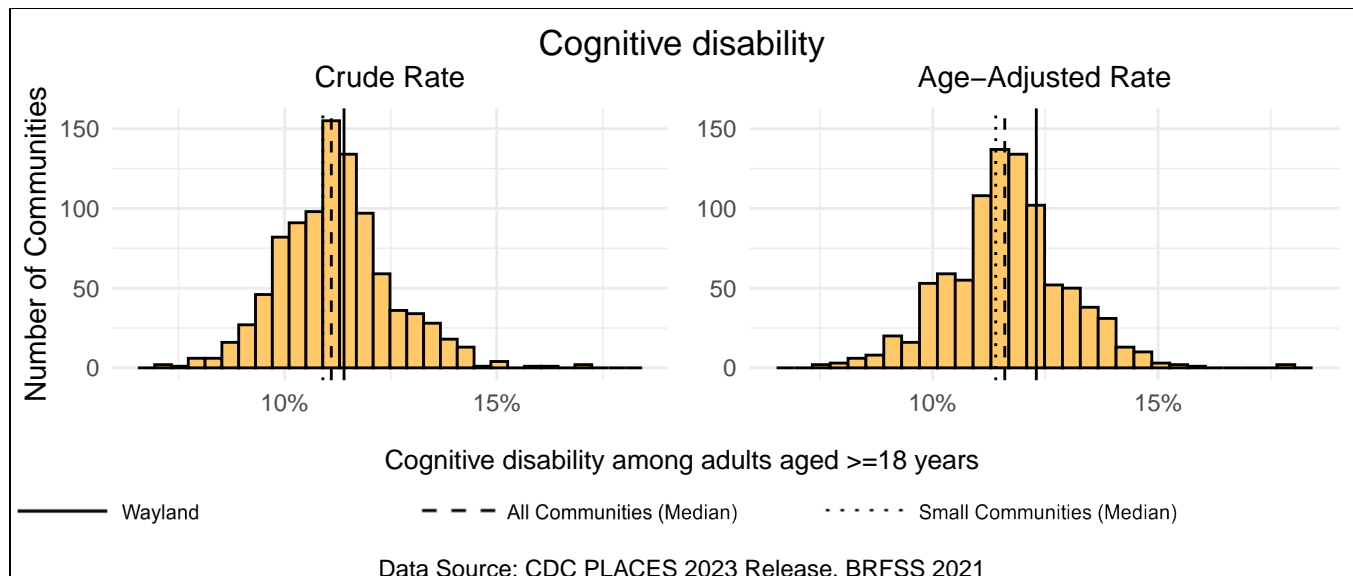
Measure Type	Wayland	All Comm.	Small Comm.
Crude	4.8%	4.1%	4.1%
Age-Adjusted	3.9%	3.6%	3.5%



Cognitive disability

Wayland has a crude rate of 11.4% for cognitive disability among adults aged ≥ 18 years, which ranks 568th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Wayland is 12.3%, which ranks 655th out of 905 Iowa communities (107th out of 138 small communities).

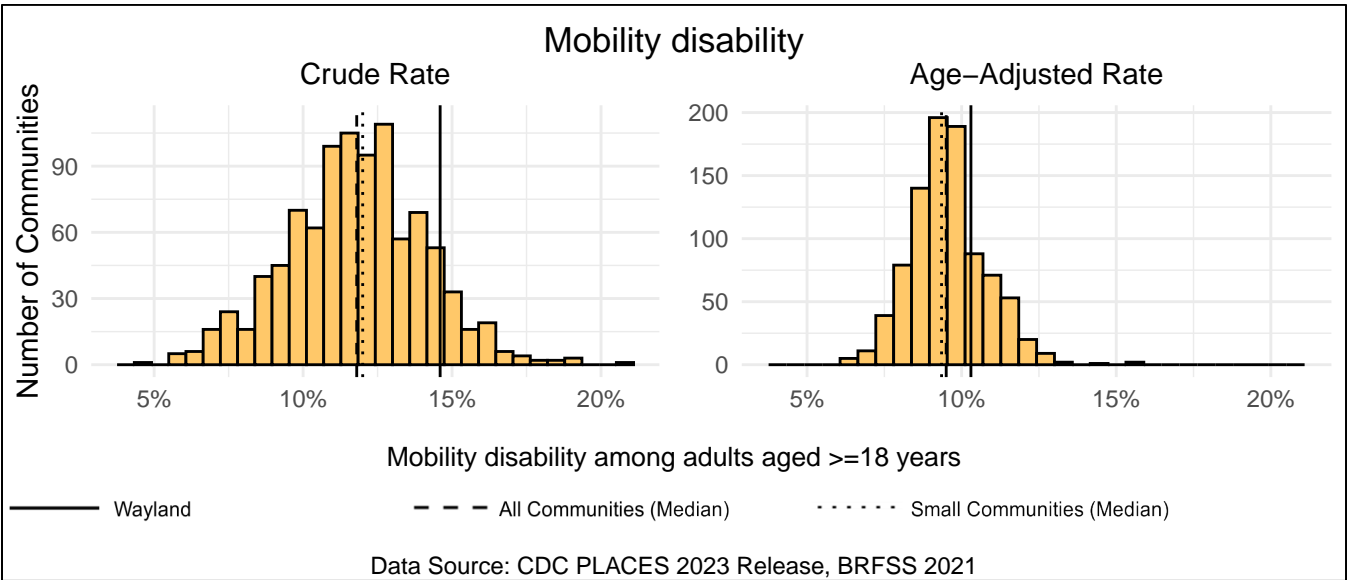
Measure Type	Wayland	All Comm.	Small Comm.
Crude	11.4%	11.1%	10.9%
Age-Adjusted	12.3%	11.6%	11.4%



Mobility disability

Wayland has a crude rate of 14.6% for mobility disability among adults aged >=18 years, which ranks 861st out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Wayland is 10.3%, which ranks 679th out of 905 Iowa communities (109th out of 138 small communities).

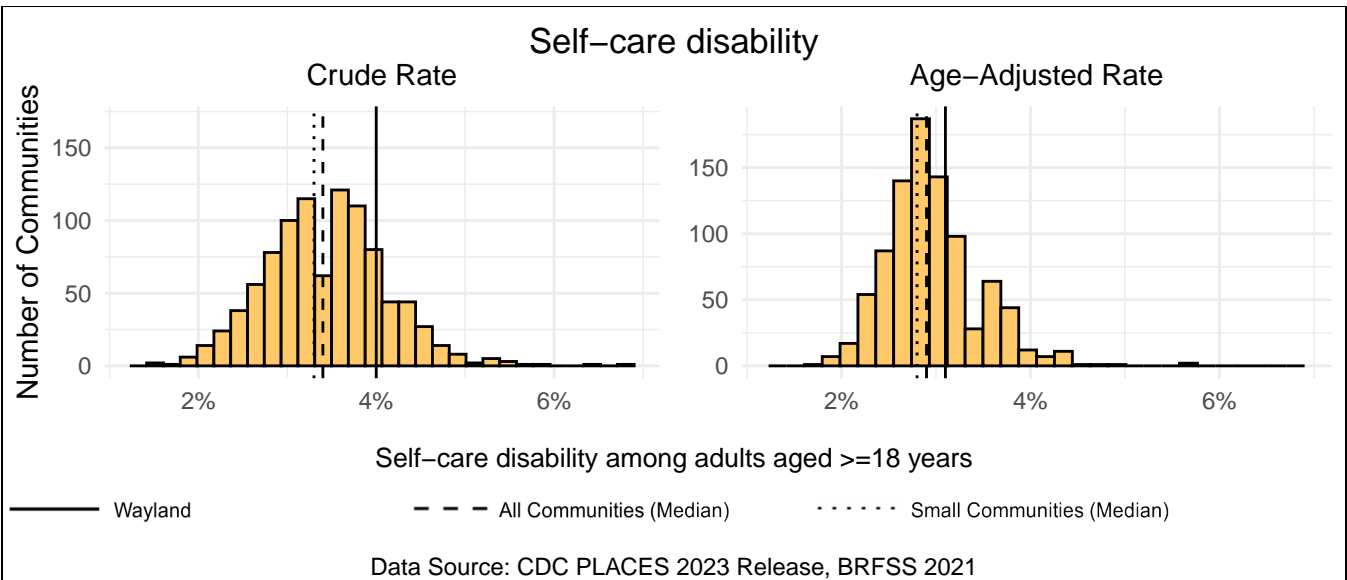
Measure Type	Wayland	All Comm.	Small Comm.
Crude	14.6%	11.8%	12.0%
Age-Adjusted	10.3%	9.5%	9.4%



Self-care disability

Wayland has a crude rate of 4.0% for self-care disability among adults aged >=18 years, which ranks 772nd out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Wayland is 3.1%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

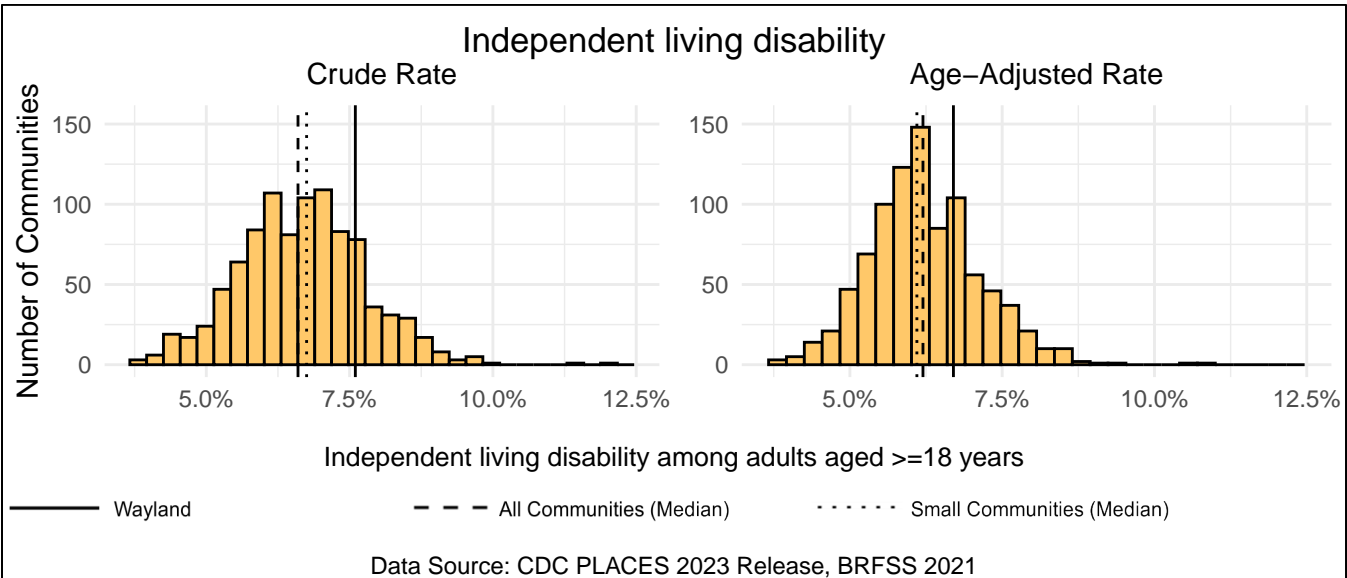
Measure Type	Wayland	All Comm.	Small Comm.
Crude	4.0%	3.4%	3.3%
Age-Adjusted	3.1%	2.9%	2.8%



Independent living disability

Wayland has a crude rate of 7.6% for independent living disability among adults aged ≥ 18 years, which ranks 785th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Wayland is 6.7%, which ranks 662nd out of 905 Iowa communities (108th out of 138 small communities).

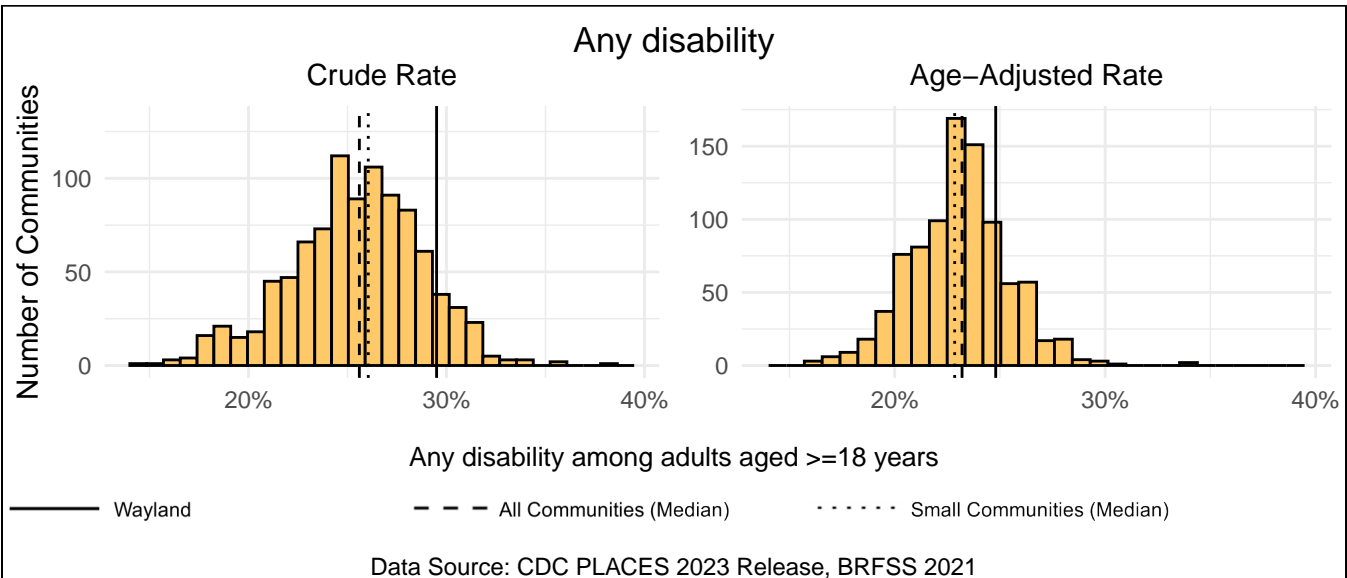
Measure Type	Wayland	All Comm.	Small Comm.
Crude	7.6%	6.6%	6.8%
Age-Adjusted	6.7%	6.2%	6.1%



Any disability

Wayland has a crude rate of 29.5% for any disability among adults aged ≥ 18 years, which ranks 857th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Wayland is 24.8%, which ranks 731st out of 905 Iowa communities (119th out of 138 small communities).

Measure Type	Wayland	All Comm.	Small Comm.
Crude	29.5%	25.6%	26.0%
Age-Adjusted	24.8%	23.2%	22.8%



Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)



Appendix 2: Wayland 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	811	12.0% (10.1% - 14.0%)	673	10.3% (8.7% - 12.1%)
Health Status	General Health	785	16.1% (13.1% - 19.3%)	620	13.5% (11.1% - 16.2%)
Health Status	Mental Health	260	13.7% (11.6% - 15.7%)	658	16.1% (13.8% - 18.5%)
Health Risk Behaviors	Physical Inactivity	744	28.3% (23.3% - 33.6%)	578	25.1% (20.3% - 30.0%)
Health Risk Behaviors	Sleep <7 hours	832	32.1% (30.5% - 33.9%)	884	33.9% (31.9% - 35.8%)
Health Risk Behaviors	Binge Drinking	45	16.4% (13.5% - 19.4%)	155	21.0% (17.4% - 24.8%)
Health Risk Behaviors	Current Smoking	380	16.4% (12.9% - 20.2%)	553	18.1% (14.1% - 22.4%)
Health Outcomes	Stroke	832	4.0% (3.4% - 4.7%)	569	2.7% (2.3% - 3.1%)
Health Outcomes	Obesity	666	38.8% (31.8% - 46.2%)	688	39.3% (32.1% - 46.8%)
Health Outcomes	Arthritis	852	31.7% (27.3% - 36.6%)	525	23.4% (19.9% - 27.2%)
Health Outcomes	Diabetes	806	11.6% (9.8% - 13.7%)	567	8.4% (7.1% - 9.8%)
Health Outcomes	Cancer (except skin)	872	9.9% (8.8% - 11.0%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	High Blood Pressure	892	37.3% (32.9% - 41.8%)	696	28.4% (24.5% - 32.4%)
Health Outcomes	Coronary Heart Disease	832	7.9% (6.8% - 9.1%)	419	5.0% (4.3% - 5.8%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.7%)	628	9.7% (8.5% - 11.1%)
Health Outcomes	Depression	673	18.7% (15.5% - 22.4%)	848	20.9% (17.3% - 24.9%)
Health Outcomes	All Teeth Lost	433	12.7% (7.8% - 18.7%)	397	12.5% (8.0% - 18.0%)
Health Outcomes	Chronic Kidney Disease	867	3.9% (3.4% - 4.4%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	High Cholesterol	858	39.6% (34.8% - 44.5%)	634	30.3% (26.1% - 35.0%)
Health Outcomes	COPD	797	8.6% (6.8% - 10.5%)	571	6.5% (5.3% - 7.8%)
Prevention	Annual Checkup	118	77.4% (72.8% - 81.4%)	559	72.2% (67.0% - 77.1%)
Prevention	Core preventive services for older women	798	35.3% (27.8% - 43.0%)	702	37.7% (30.1% - 45.2%)
Prevention	Dental Visit	624	65.8% (61.9% - 69.7%)	644	64.6% (60.5% - 68.7%)
Prevention	Cervical Cancer Screening	196	84.6% (82.0% - 87.0%)	442	83.2% (80.5% - 86.0%)
Prevention	Colorectal Cancer Screening	376	72.3% (69.0% - 75.5%)	553	70.3% (66.6% - 73.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	106	82.8% (79.8% - 85.5%)	298	59.3% (54.5% - 64.1%)
Prevention	Core preventive services for older men	592	42.6% (33.8% - 51.4%)	457	43.4% (34.8% - 52.2%)
Prevention	Mammography	822	74.1% (69.5% - 78.4%)	772	71.7% (67.3% - 76.3%)
Prevention	Cholesterol Screening	128	84.7% (81.9% - 87.3%)	573	78.7% (75.1% - 82.2%)
Prevention	Health Insurance	489	7.4% (5.4% - 9.9%)	498	7.9% (5.8% - 10.5%)
Disability	Vision Disability	771	4.8% (3.9% - 5.8%)	622	3.9% (3.3% - 4.6%)
Disability	Any Disability	857	29.5% (25.1% - 34.2%)	731	24.8% (20.9% - 29.1%)
Disability	Hearing Disability	834	9.0% (7.8% - 10.4%)	544	6.1% (5.3% - 6.9%)
Disability	Cognitive Disability	568	11.4% (9.5% - 13.6%)	655	12.3% (10.2% - 14.7%)
Disability	Mobility Disability	861	14.6% (12.1% - 17.3%)	679	10.3% (8.5% - 12.2%)
Disability	Independent Living Disability	785	7.6% (6.1% - 9.2%)	662	6.7% (5.5% - 7.9%)
Disability	Self-care Disability	772	4.0% (3.3% - 4.7%)	567	3.1% (2.6% - 3.7%)

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

Wayland 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		