



## 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 Williamsburg: Overview

Dear Community Members & Stakeholders of Williamsburg,

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 Williamsburg ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Williamsburg’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 Williamsburg. 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 |
| High Cholesterol | 197th                    | 27th                    | High Cholesterol       | 100th                    | 14th                    |
| Current Smoking  | 353rd                    | 51st                    | Binge Drinking         | 202nd                    | 41st                    |
| Diabetes         | 378th                    | 45th                    | Cholesterol Screening  | 296th                    | 36th                    |
| Binge Drinking   | 388th                    | 44th                    | Taking BP Medication   | 298th                    | 42nd                    |
| COPD             | 395th                    | 48th                    | Coronary Heart Disease | 324th                    | 43rd                    |

## 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<br>Community<br>Rank | Midsized<br>Community<br>Rank | Health Domain                               | Statewide<br>Community<br>Rank | Midsized<br>Community<br>Rank |
| Core preventive services<br>for older women | 828th                          | 87th                          | Depression                                  | 758th                          | 83rd                          |
| Core preventive services<br>for older men   | 802nd                          | 78th                          | Arthritis                                   | 707th                          | 79th                          |
| Colorectal Cancer<br>Screening              | 739th                          | 77th                          | Core preventive services<br>for older men   | 700th                          | 74th                          |
| Depression                                  | 730th                          | 69th                          | Core preventive services<br>for older women | 658th                          | 77th                          |
| Annual Checkup                              | 630th                          | 67th                          | Annual Checkup                              | 628th                          | 80th                          |

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 Williamsburg.

Sincerely,



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



**IOWA STATE UNIVERSITY**  
Extension and Outreach  
Community and Economic Development

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

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## How to Use this Report

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

With a population of 3,332, Williamsburg’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

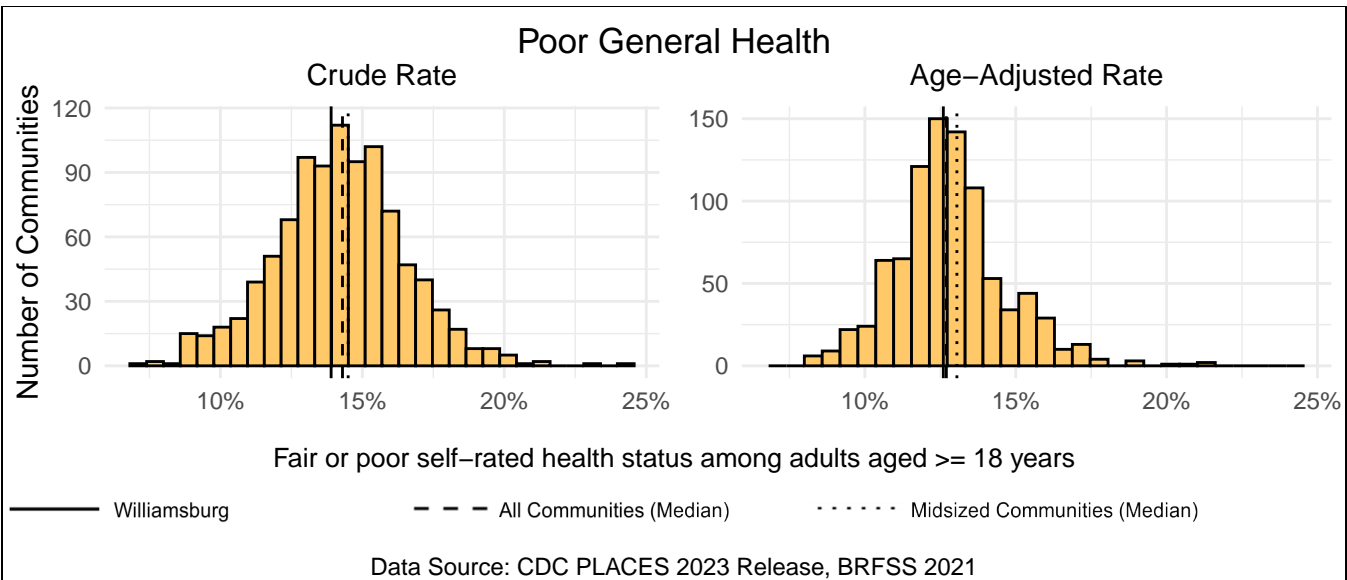
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Williamsburg has a crude rate of 13.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 406th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 12.6%, which ranks 410th out of 905 Iowa communities (43rd out of 102 midsize communities).

| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 13.9%        | 14.3%     | 14.5%          |
| Age-Adjusted | 12.6%        | 12.7%     | 13.0%          |

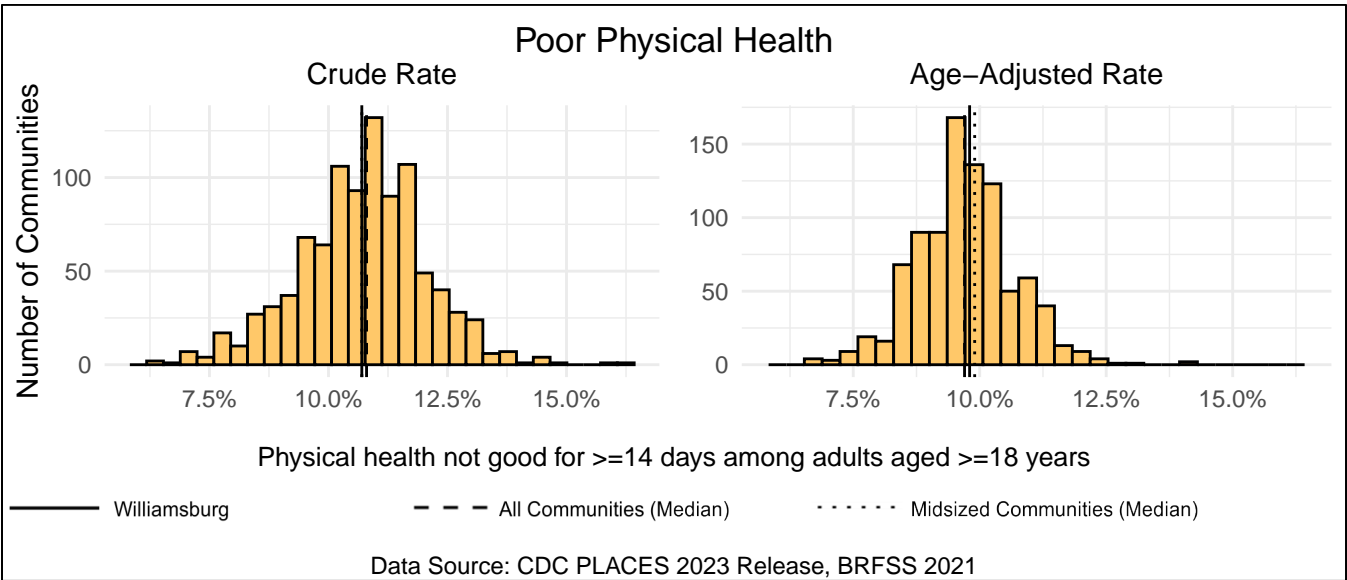




## Poor Physical Health

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

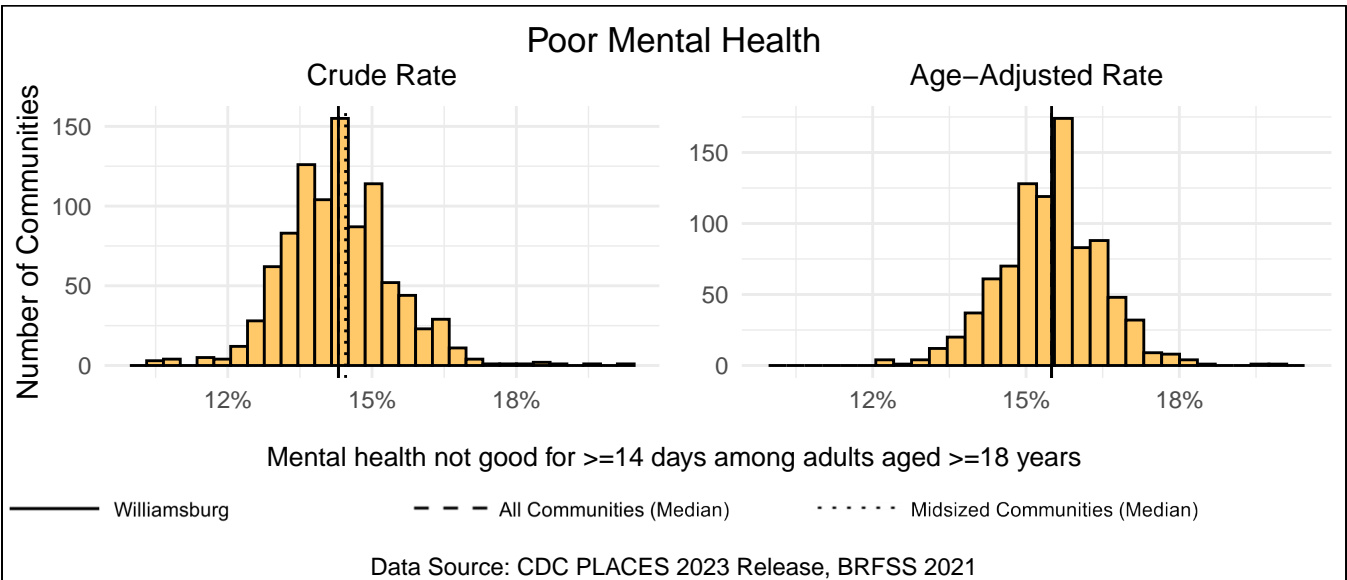
| Measure Type | Williamsburg | All Comm. | Midsize Comm. |
|--------------|--------------|-----------|---------------|
| Crude        | 10.7%        | 10.8%     | 10.7%         |
| Age-Adjusted | 9.8%         | 9.7%      | 9.9%          |



## Poor Mental Health

Williamsburg has a crude rate of 14.3% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 464th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 15.5%, which ranks 405th out of 905 Iowa communities (49th out of 102 midsize communities).

| Measure Type | Williamsburg | All Comm. | Midsize Comm. |
|--------------|--------------|-----------|---------------|
| Crude        | 14.3%        | 14.3%     | 14.4%         |
| Age-Adjusted | 15.5%        | 15.5%     | 15.5%         |



# Health Risk Behaviors

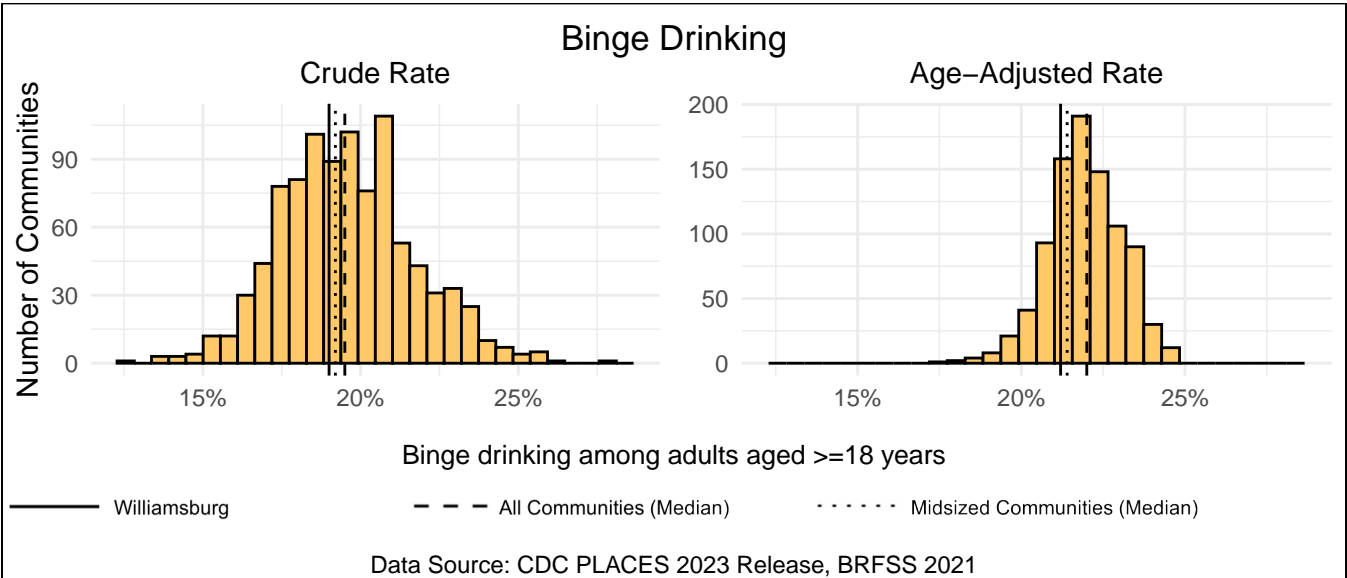
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Williamsburg has a crude rate of 19.0% for binge drinking among adults aged  $\geq 18$  years, which ranks 388th out of 958 Iowa communities (44th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 21.2%, which ranks 202nd out of 905 Iowa communities (41st out of 102 midsize communities).

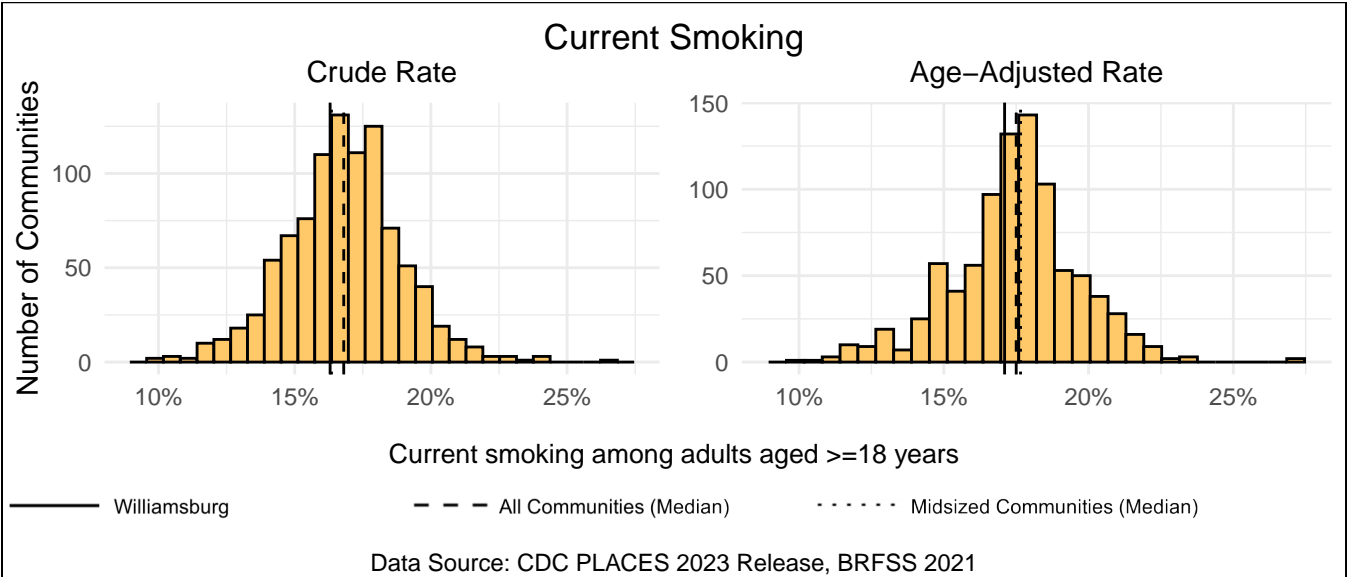
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 19.0%        | 19.5%     | 19.2%          |
| Age-Adjusted | 21.2%        | 22.0%     | 21.4%          |



# Current Smoking

Williamsburg has a crude rate of 16.3% for current smoking among adults aged >=18 years, which ranks 353rd out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Williamsburg is 17.1%, which ranks 345th out of 905 Iowa communities (46th out of 102 midsize communities).

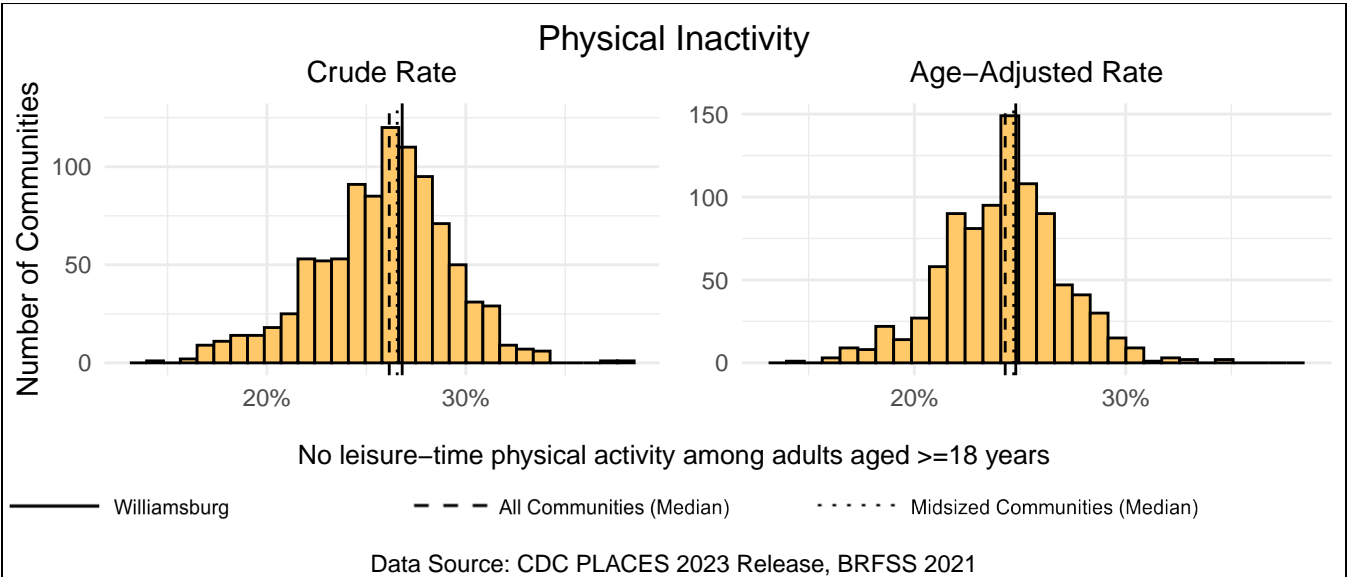
| Measure Type | Williamsburg | All Comm. | Midsize Comm. |
|--------------|--------------|-----------|---------------|
| Crude        | 16.3%        | 16.8%     | 16.4%         |
| Age-Adjusted | 17.1%        | 17.5%     | 17.6%         |



# Physical Inactivity

Williamsburg has a crude rate of 26.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 568th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 24.8%, which ranks 526th out of 905 Iowa communities (53rd out of 102 midsize communities).

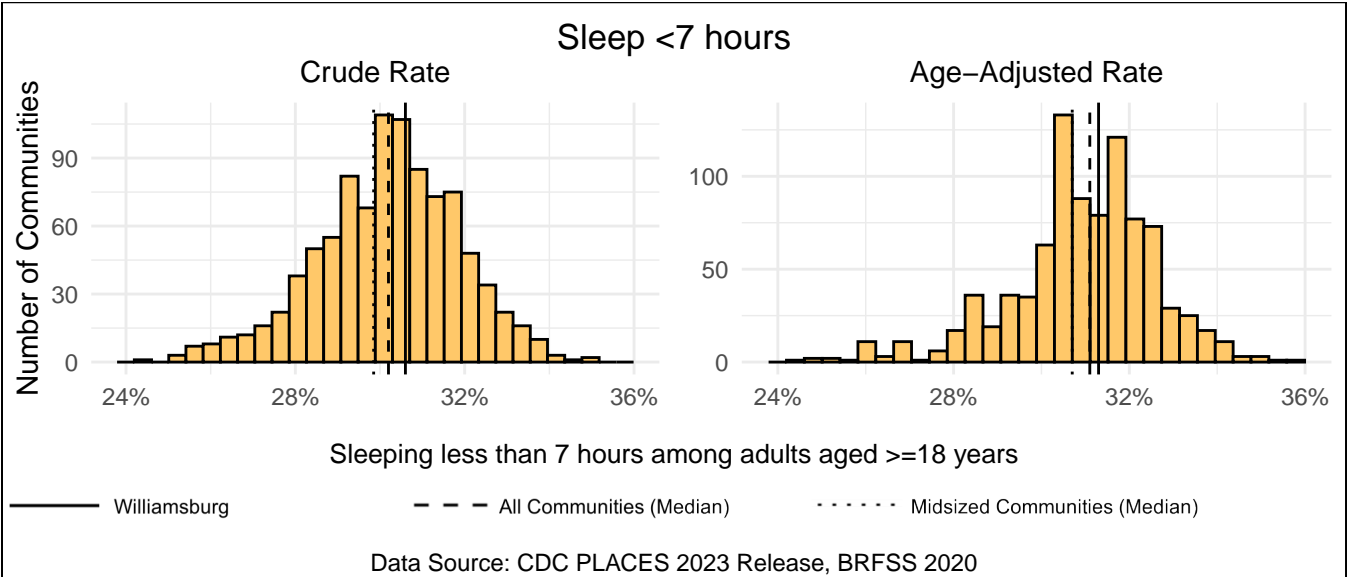
| Measure Type | Williamsburg | All Comm. | Midsize Comm. |
|--------------|--------------|-----------|---------------|
| Crude        | 26.8%        | 26.1%     | 26.6%         |
| Age-Adjusted | 24.8%        | 24.3%     | 24.7%         |



# Sleep <7 hours

Williamsburg has a crude rate of 30.6% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 535th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 31.3%, which ranks 490th out of 905 Iowa communities (61st out of 102 mid-sized communities).

| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 30.6%        | 30.2%     | 29.8%          |
| Age-Adjusted | 31.3%        | 31.1%     | 30.7%          |



# Health Outcomes

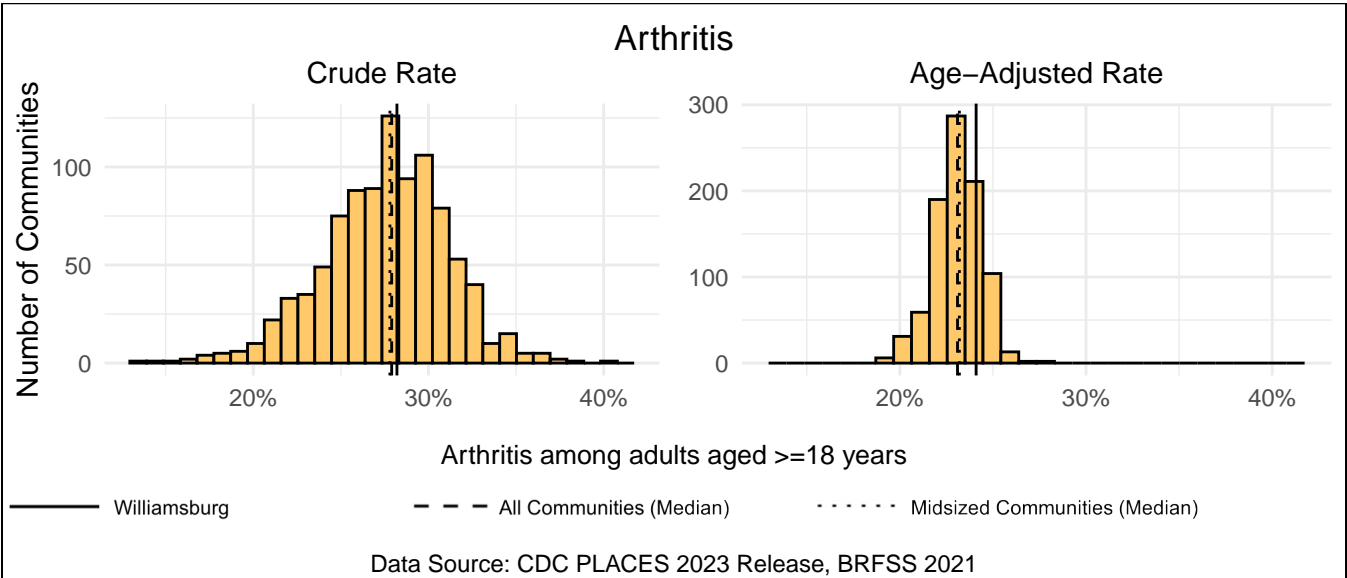
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Williamsburg has a crude rate of 28.2% for arthritis among adults aged  $\geq 18$  years, which ranks 518th out of 958 Iowa communities (62nd out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 24.1%, which ranks 707th out of 905 Iowa communities (79th out of 102 mid-sized communities).

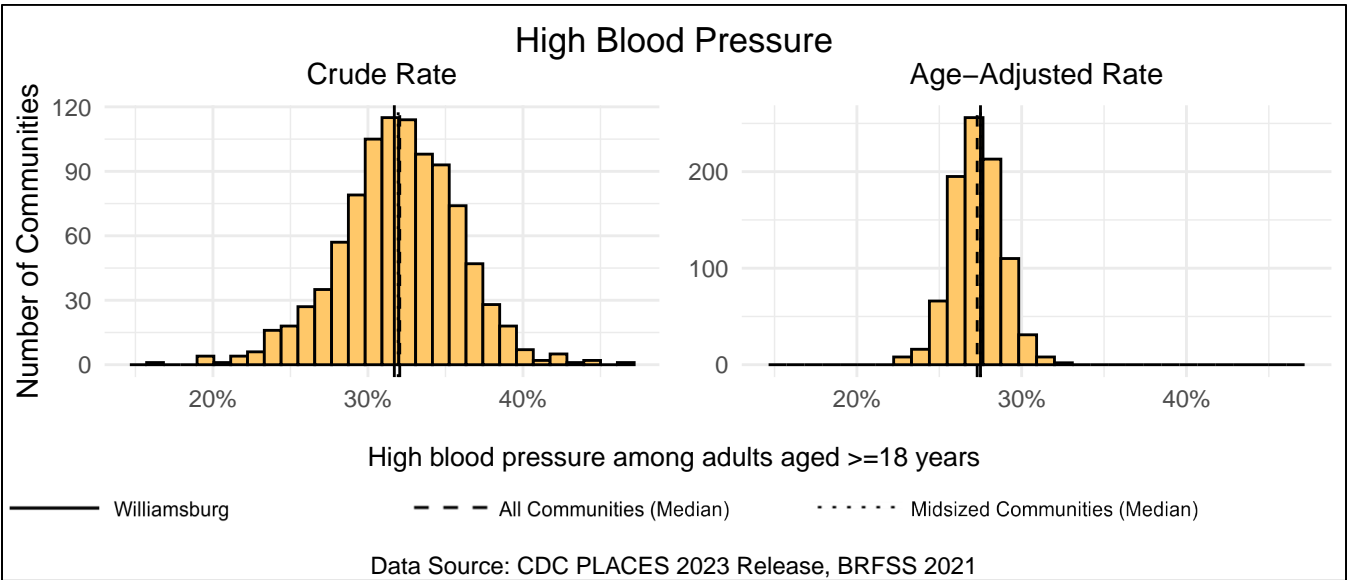
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 28.2%        | 27.9%     | 27.8%          |
| Age-Adjusted | 24.1%        | 23.1%     | 23.2%          |



## High Blood Pressure

Williamsburg has a crude rate of 31.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 424th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 27.5%, which ranks 492nd out of 905 Iowa communities (51st out of 102 mid-sized communities).

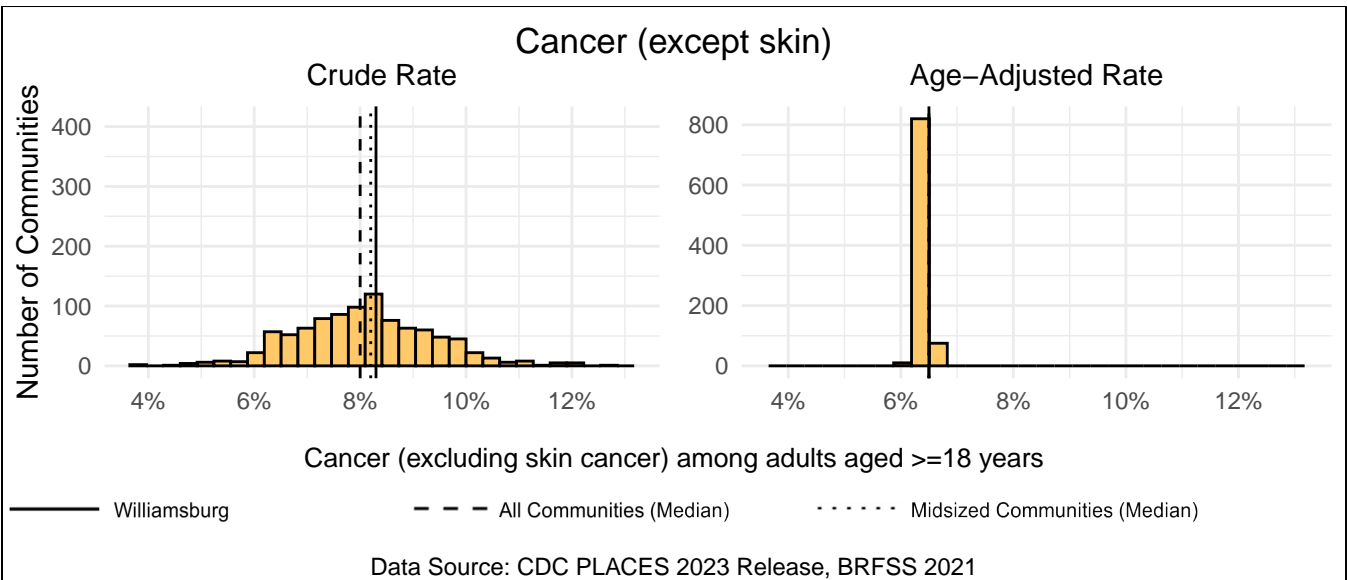
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 31.7%        | 32.0%     | 32.0%          |
| Age-Adjusted | 27.5%        | 27.3%     | 27.5%          |



## Cancer (except skin)

Williamsburg has a crude rate of 8.3% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 544th out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

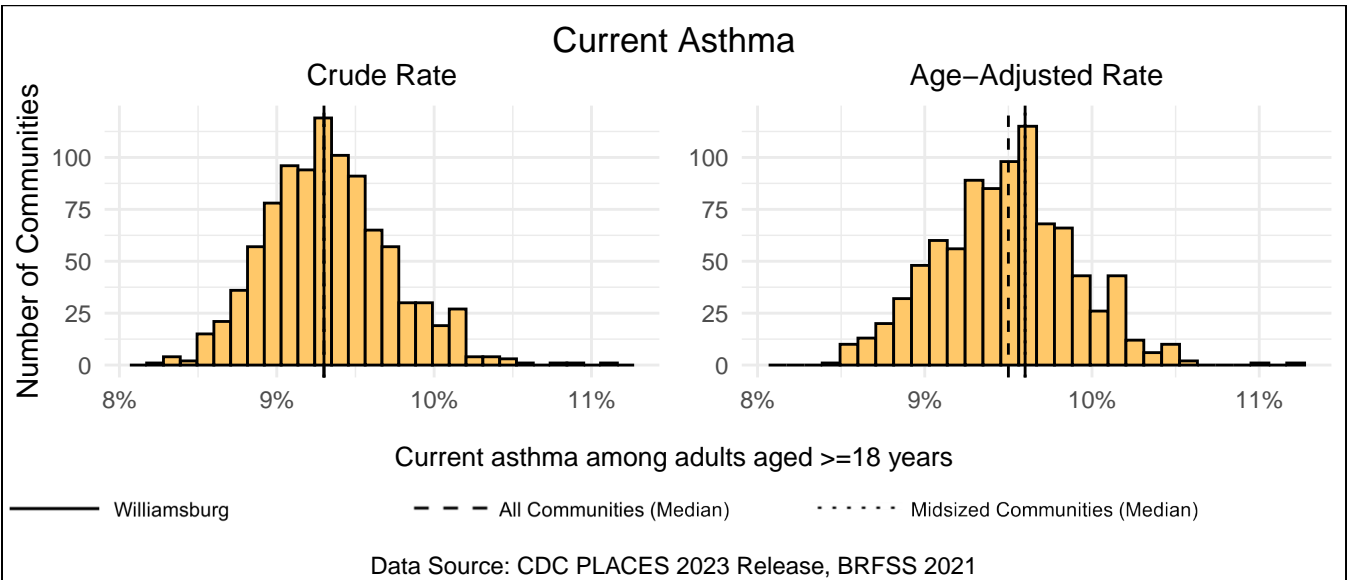
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 8.3%         | 8.0%      | 8.2%           |
| Age-Adjusted | 6.5%         | 6.5%      | 6.5%           |



## Current Asthma

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

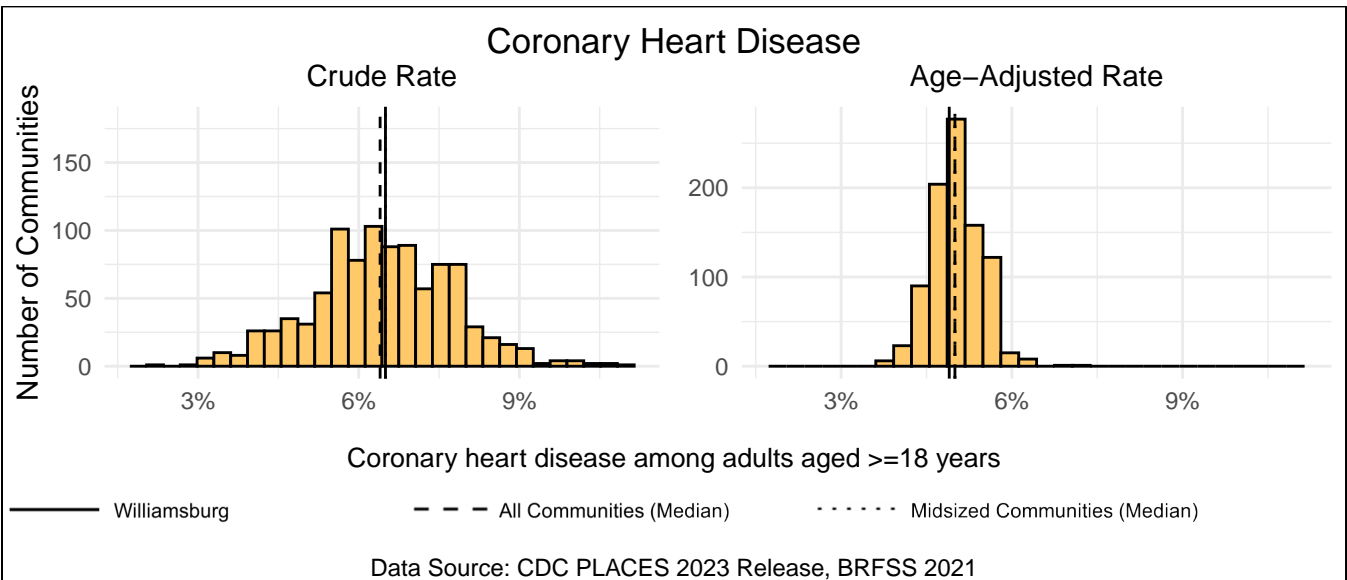
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 9.3%         | 9.3%      | 9.3%           |
| Age-Adjusted | 9.6%         | 9.5%      | 9.6%           |



## Coronary Heart Disease

Williamsburg has a crude rate of 6.5% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 481st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 4.9%, which ranks 324th out of 905 Iowa communities (43rd out of 102 midsize communities).

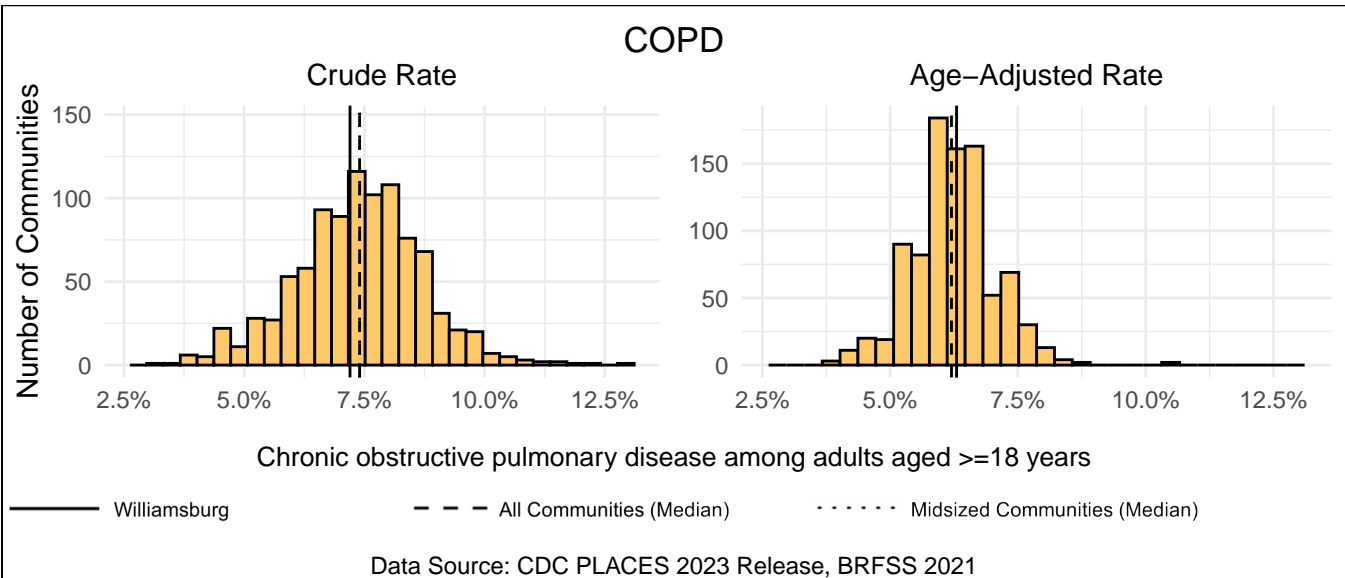
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 6.5%         | 6.4%      | 6.5%           |
| Age-Adjusted | 4.9%         | 5.0%      | 5.0%           |



## COPD

Williamsburg has a crude rate of 7.2% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 395th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 6.3%, which ranks 459th out of 905 Iowa communities (46th out of 102 mid-sized communities).

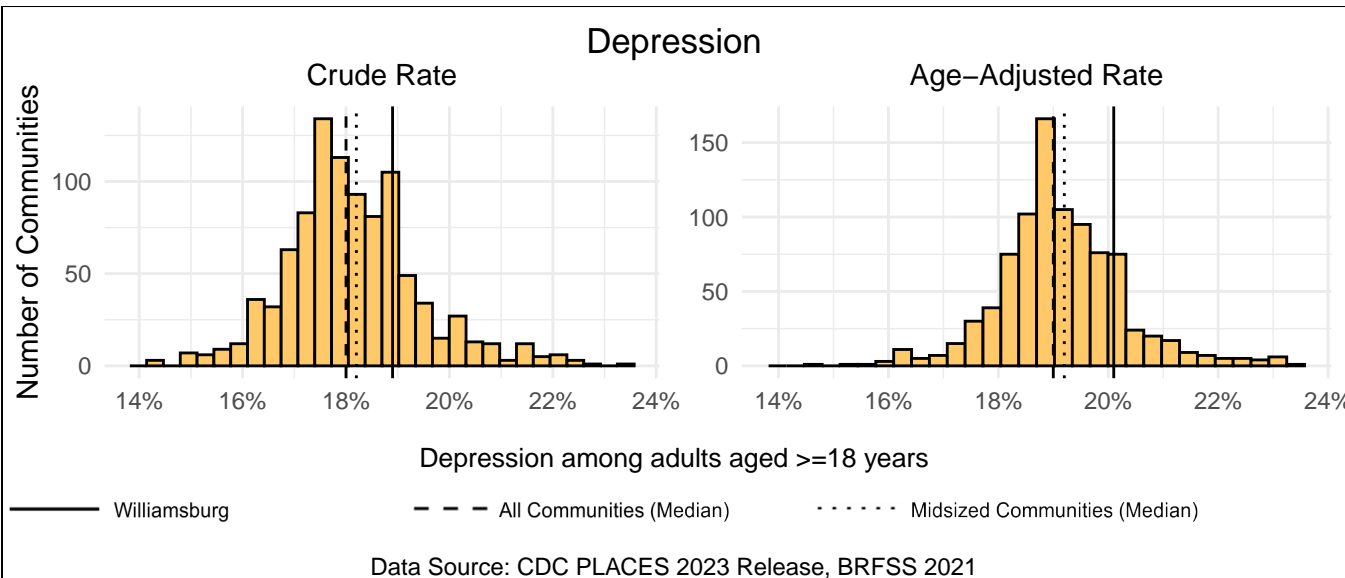
| Measure Type | Williamsburg | All Comm. | Mid-sized Comm. |
|--------------|--------------|-----------|-----------------|
| Crude        | 7.2%         | 7.4%      | 7.4%            |
| Age-Adjusted | 6.3%         | 6.2%      | 6.3%            |



## Depression

Williamsburg has a crude rate of 18.9% for depression among adults aged  $\geq 18$  years, which ranks 730th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 20.1%, which ranks 758th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

| Measure Type | Williamsburg | All Comm. | Mid-sized Comm. |
|--------------|--------------|-----------|-----------------|
| Crude        | 18.9%        | 18.0%     | 18.2%           |
| Age-Adjusted | 20.1%        | 19.0%     | 19.2%           |

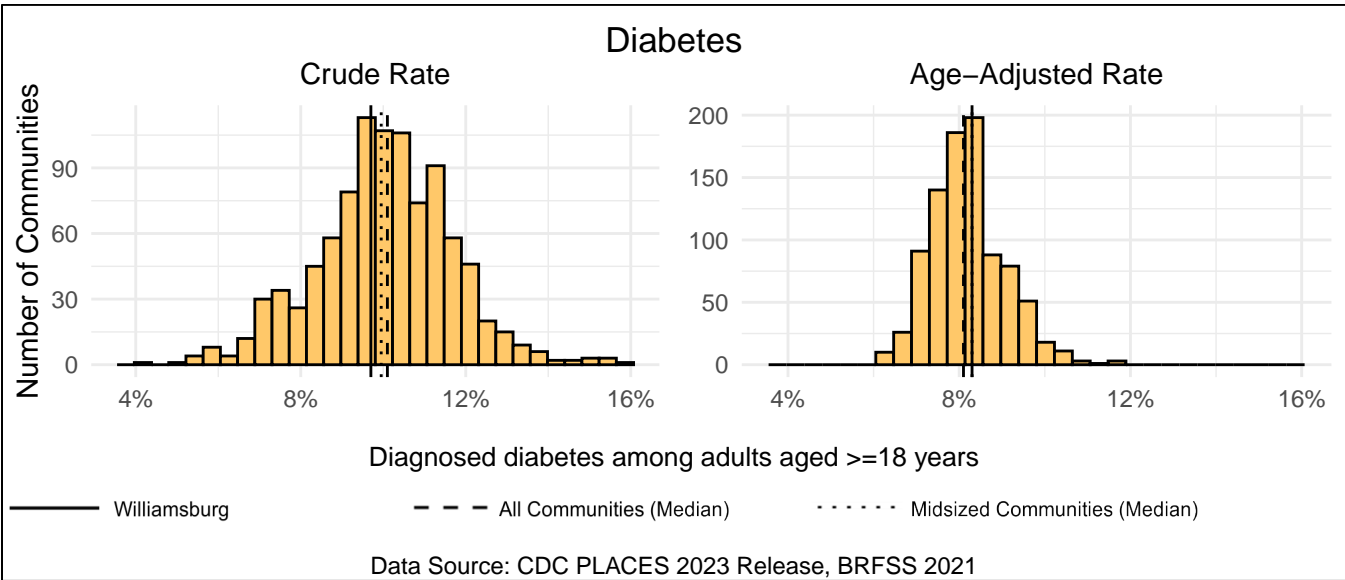




# Diabetes

Williamsburg has a crude rate of 9.7% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 378th out of 958 Iowa communities (45th out of 102 midsized communities). The age-adjusted rate for Williamsburg is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 midsized communities).

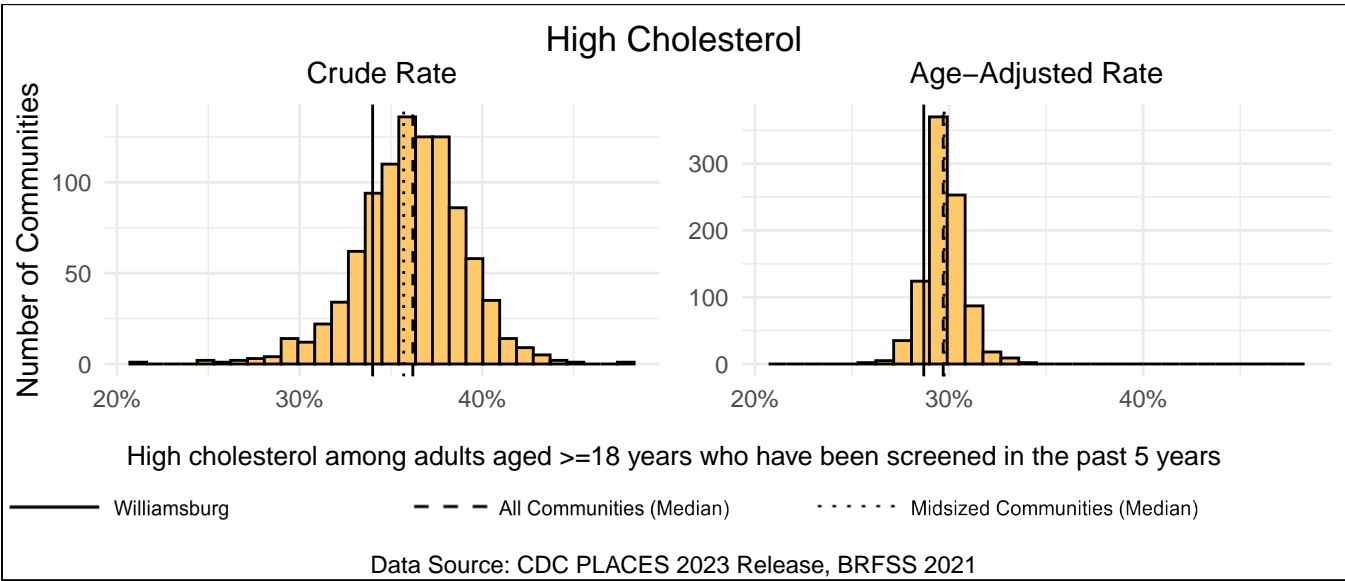
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 9.7%         | 10.1%     | 9.9%           |
| Age-Adjusted | 8.3%         | 8.1%      | 8.3%           |



# High Cholesterol

Williamsburg has a crude rate of 34.0% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 197th out of 958 Iowa communities (27th out of 102 midsized communities). The age-adjusted rate for Williamsburg is 28.7%, which ranks 100th out of 905 Iowa communities (14th out of 102 midsized communities).

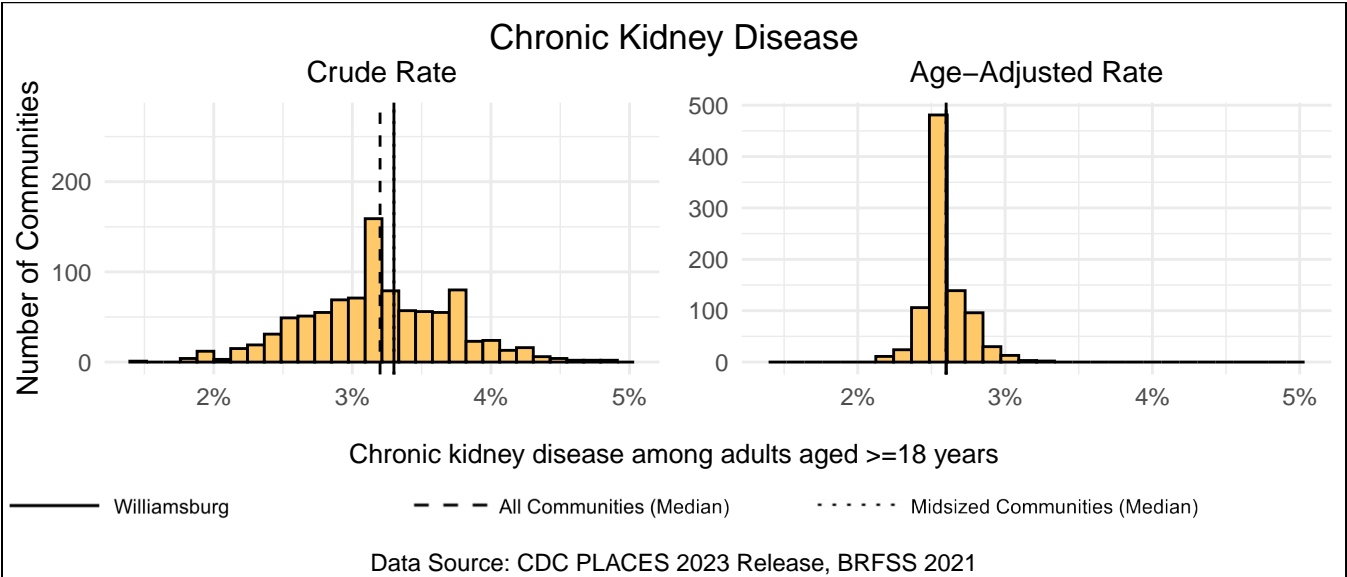
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 34.0%        | 36.2%     | 35.7%          |
| Age-Adjusted | 28.7%        | 29.7%     | 29.8%          |



# Chronic Kidney Disease

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

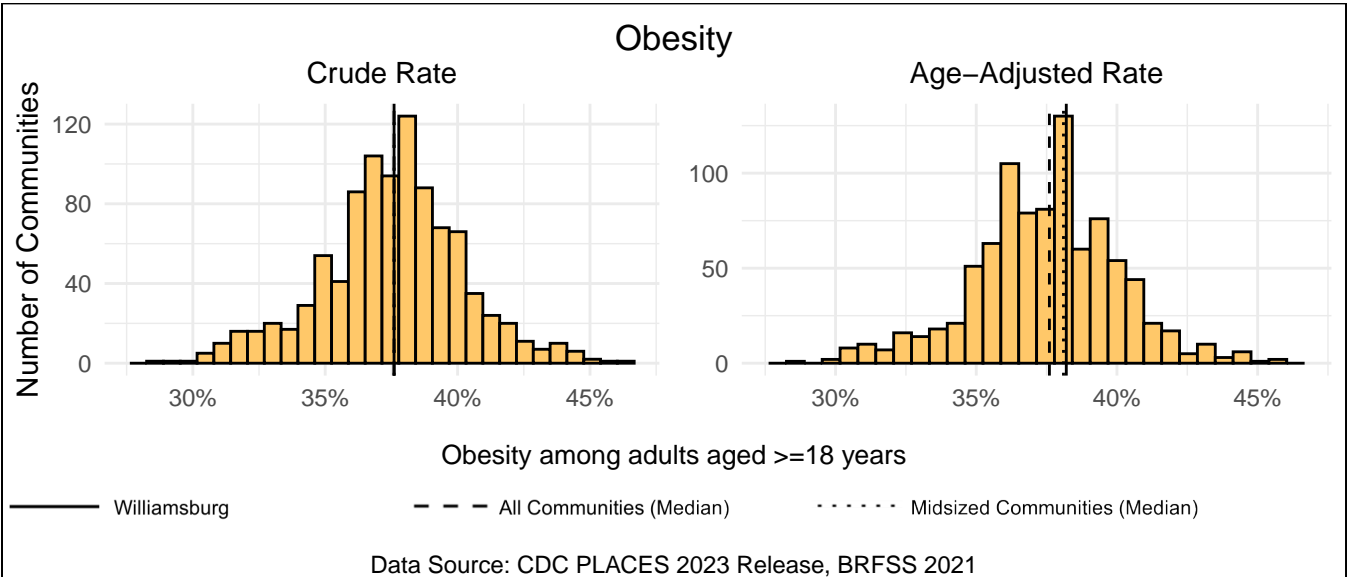
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 3.3%         | 3.2%      | 3.3%           |
| Age-Adjusted | 2.6%         | 2.6%      | 2.6%           |



# Obesity

Williamsburg has a crude rate of 37.6% for obesity among adults aged  $\geq 18$  years, which ranks 467th out of 958 Iowa communities (51st out of 102 midsized communities). The age-adjusted rate for Williamsburg is 38.2%, which ranks 559th out of 905 Iowa communities (53rd out of 102 midsized communities).

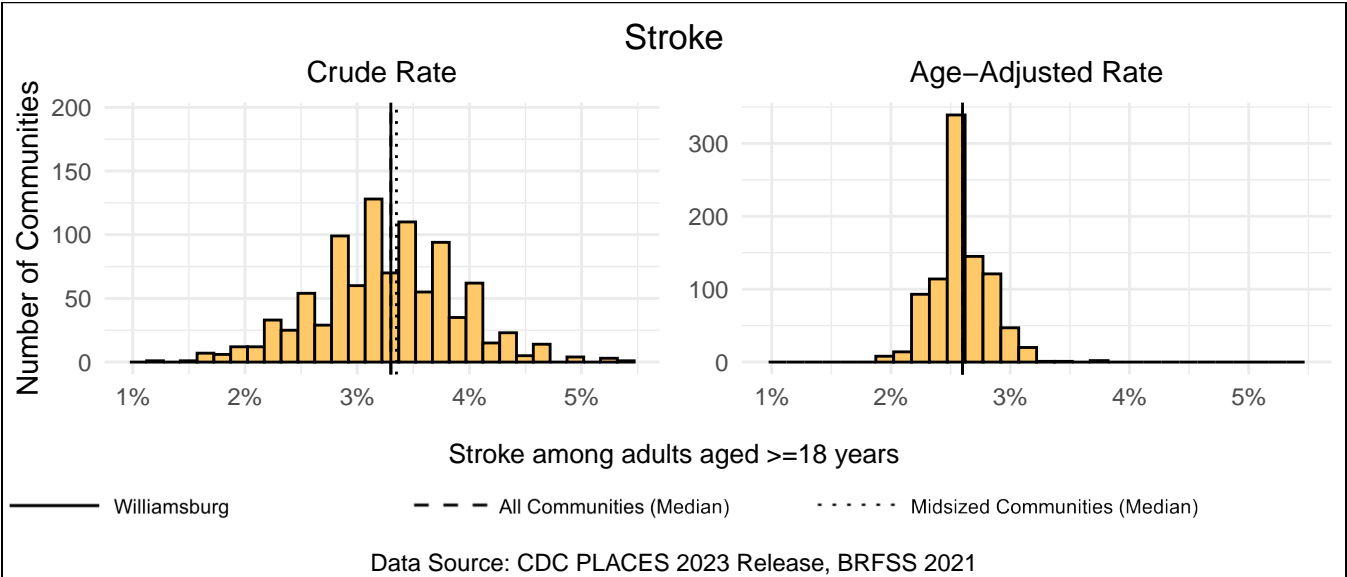
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 37.6%        | 37.6%     | 37.6%          |
| Age-Adjusted | 38.2%        | 37.6%     | 38.1%          |



# Stroke

Williamsburg has a crude rate of 3.3% for stroke among adults aged  $\geq 18$  years, which ranks 468th out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

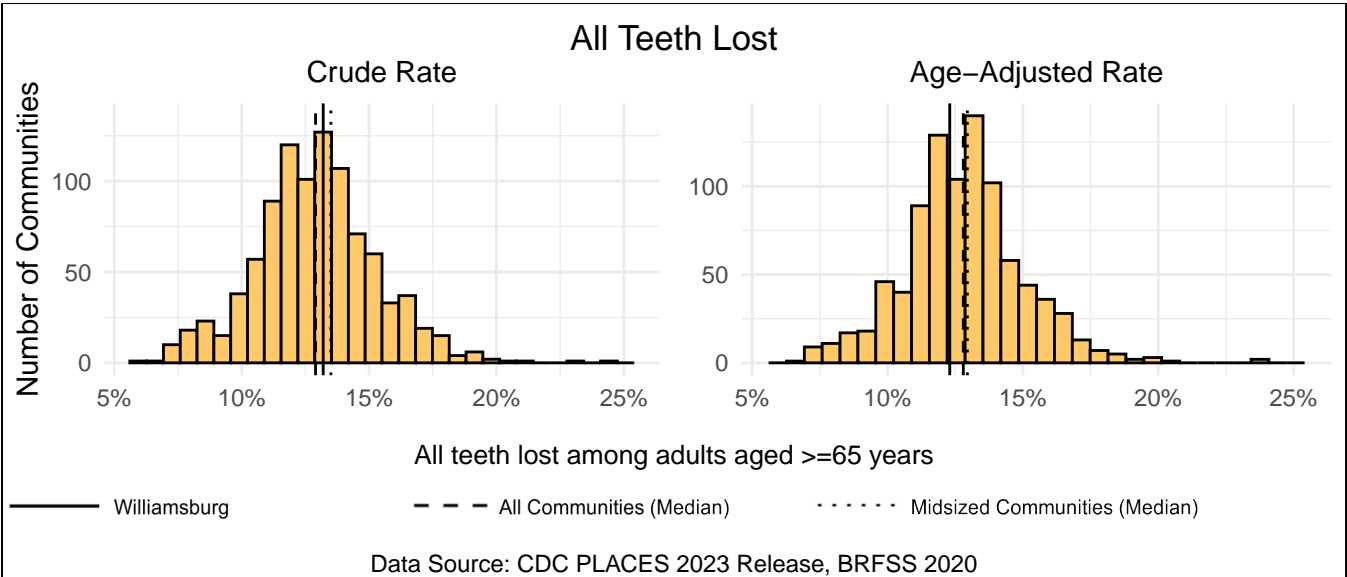
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 3.3%         | 3.3%      | 3.3%           |
| Age-Adjusted | 2.6%         | 2.6%      | 2.6%           |



# All Teeth Lost

Williamsburg has a crude rate of 13.2% for all teeth lost among adults aged  $\geq 65$  years, which ranks 522nd out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 12.3%, which ranks 361st out of 905 Iowa communities (40th out of 102 mid-sized communities).

| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 13.2%        | 12.9%     | 13.5%          |
| Age-Adjusted | 12.3%        | 12.8%     | 12.9%          |



# Prevention

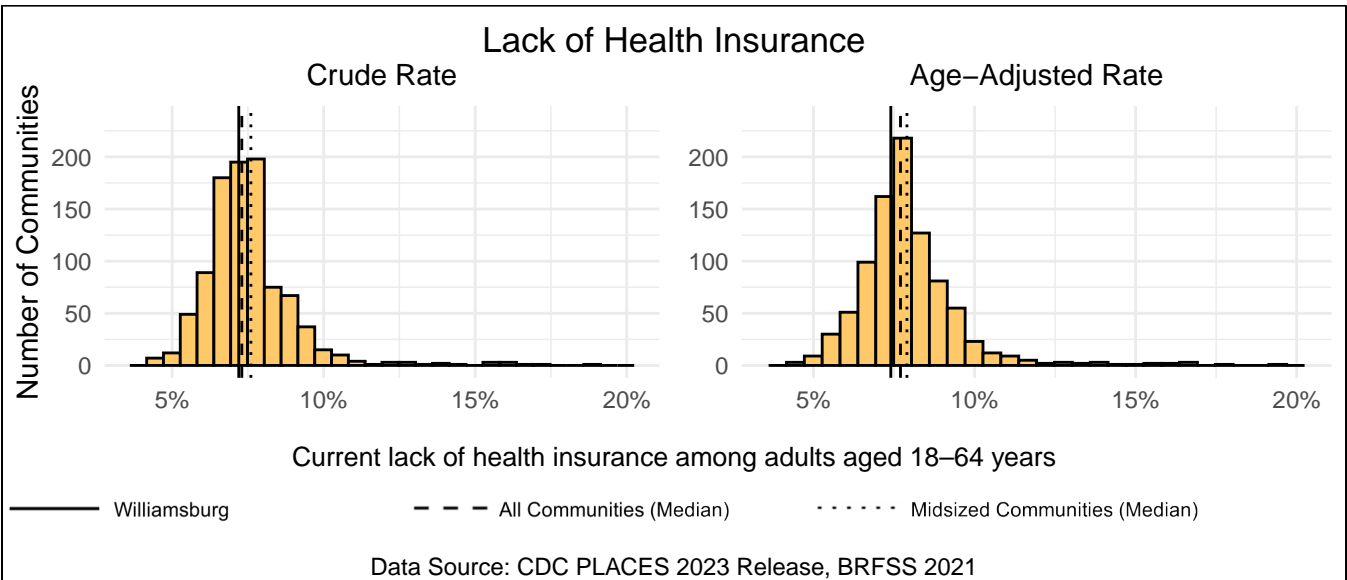
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Williamsburg has a crude rate of 7.2% for current lack of health insurance among adults aged 18–64 years, which ranks 415th out of 958 Iowa communities (40th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 7.4%, which ranks 325th out of 905 Iowa communities (38th out of 102 midsize communities).

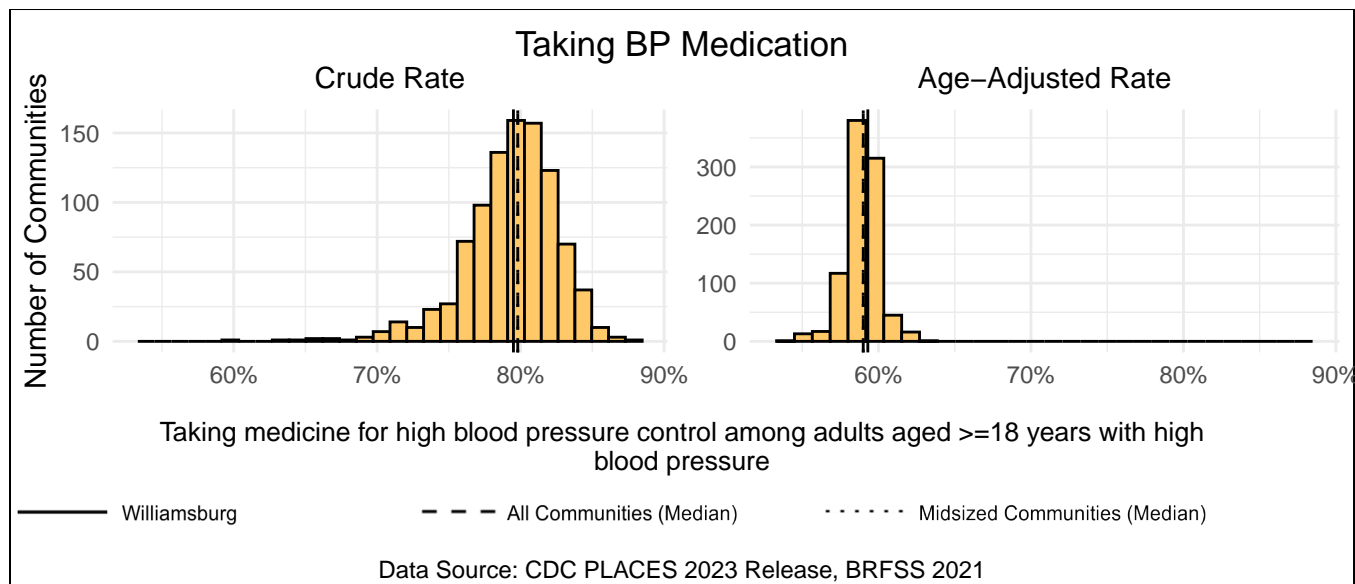
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 7.2%         | 7.3%      | 7.6%           |
| Age-Adjusted | 7.4%         | 7.7%      | 7.9%           |



## Taking BP Medication

Williamsburg has a crude rate of 79.5% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 505th out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 59.3%, which ranks 298th out of 905 Iowa communities (42nd out of 102 mid-sized communities).

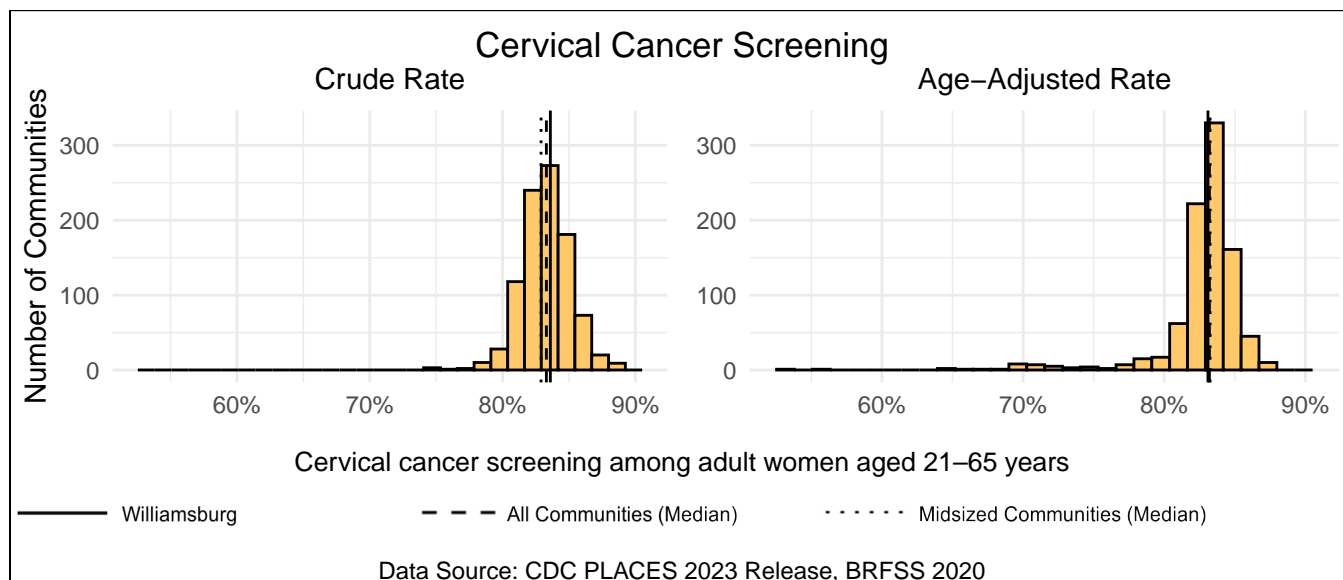
| Measure Type | Williamsburg | All Comm. | Mid-sized Comm. |
|--------------|--------------|-----------|-----------------|
| Crude        | 79.5%        | 79.8%     | 79.8%           |
| Age-Adjusted | 59.3%        | 59.0%     | 59.0%           |



## Cervical Cancer Screening

Williamsburg has a crude rate of 83.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 402nd out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 83.1%, which ranks 477th out of 905 Iowa communities (55th out of 102 mid-sized communities).

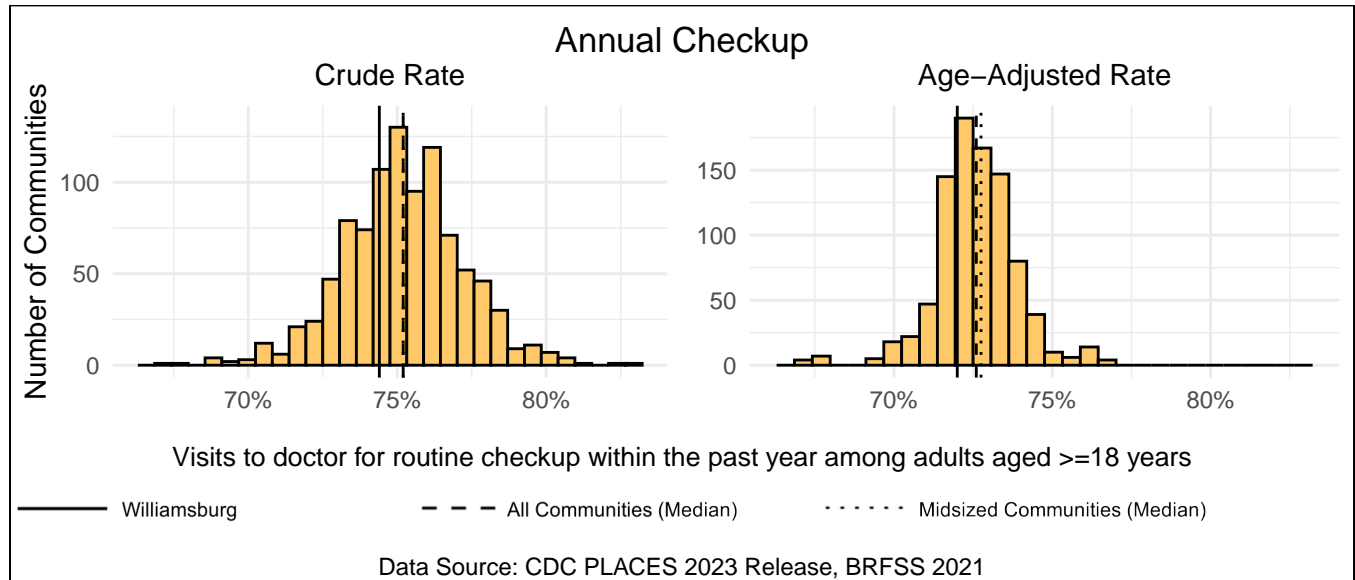
| Measure Type | Williamsburg | All Comm. | Mid-sized Comm. |
|--------------|--------------|-----------|-----------------|
| Crude        | 83.6%        | 83.3%     | 82.9%           |
| Age-Adjusted | 83.1%        | 83.2%     | 83.2%           |



## Annual Checkup

Williamsburg has a crude rate of 74.4% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 630th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 72.0%, which ranks 628th out of 905 Iowa communities (80th out of 102 mid-sized communities).

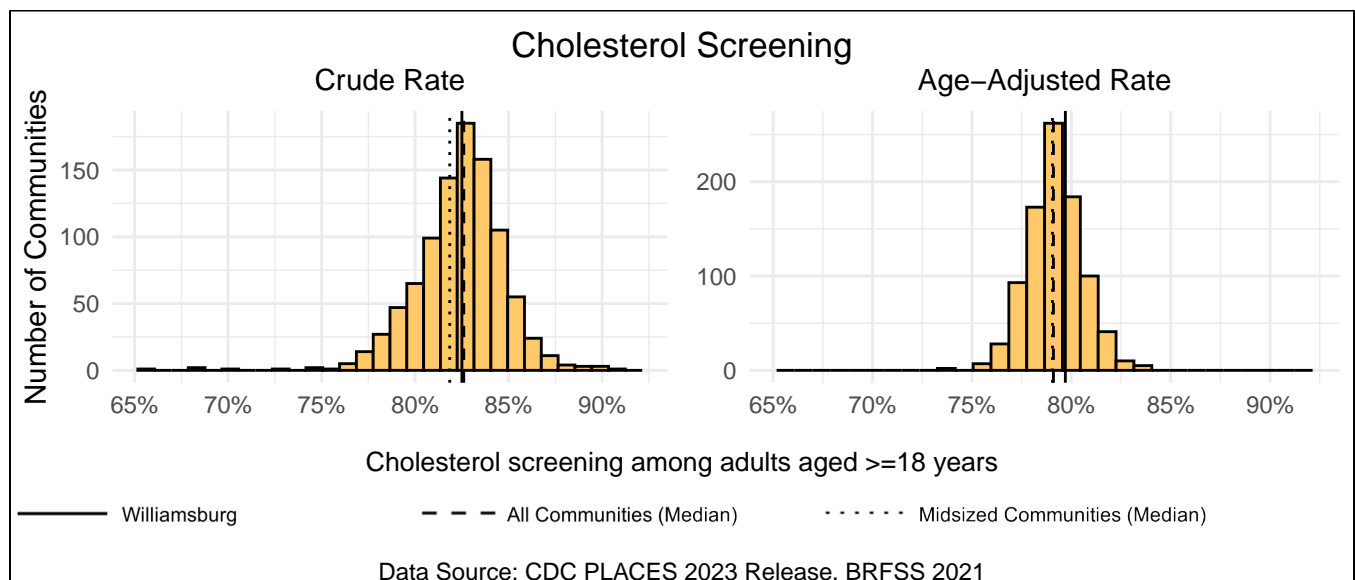
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 74.4%        | 75.2%     | 75.2%          |
| Age-Adjusted | 72.0%        | 72.6%     | 72.8%          |



## Cholesterol Screening

Williamsburg has a crude rate of 82.5% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 501st out of 958 Iowa communities (37th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 79.7%, which ranks 296th out of 905 Iowa communities (36th out of 102 mid-sized communities).

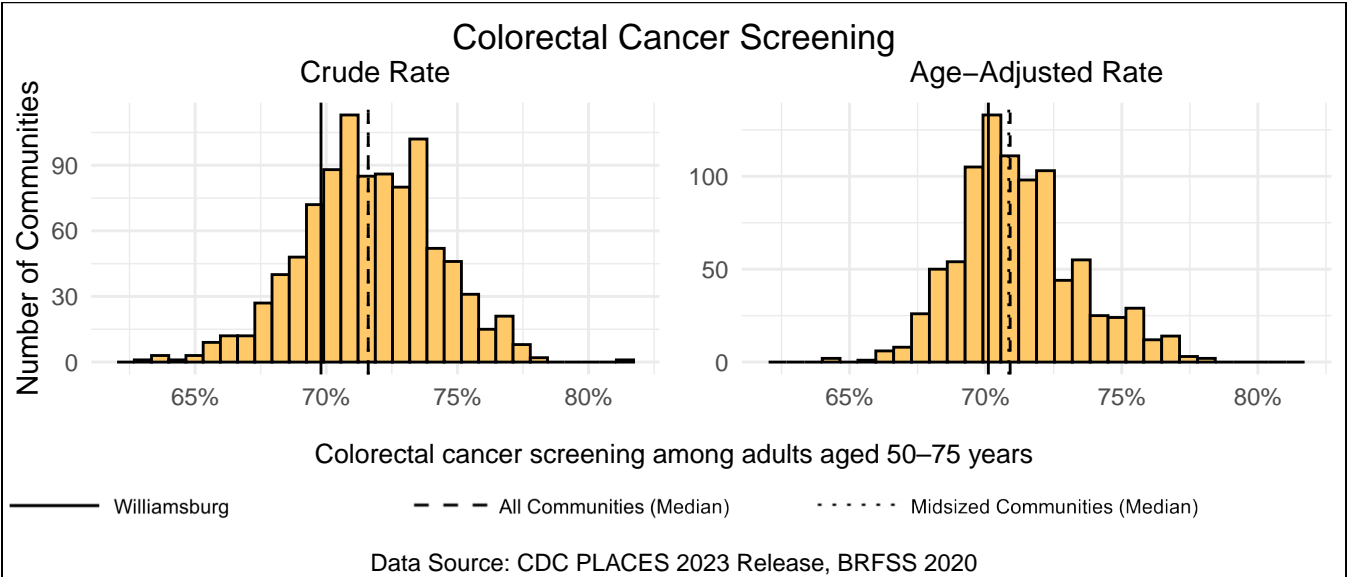
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 82.5%        | 82.6%     | 81.8%          |
| Age-Adjusted | 79.7%        | 79.1%     | 79.0%          |



## Colorectal Cancer Screening

Williamsburg has a crude rate of 69.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 739th out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for Williamsburg is 70.1%, which ranks 597th out of 905 Iowa communities (63rd out of 102 midsized communities).

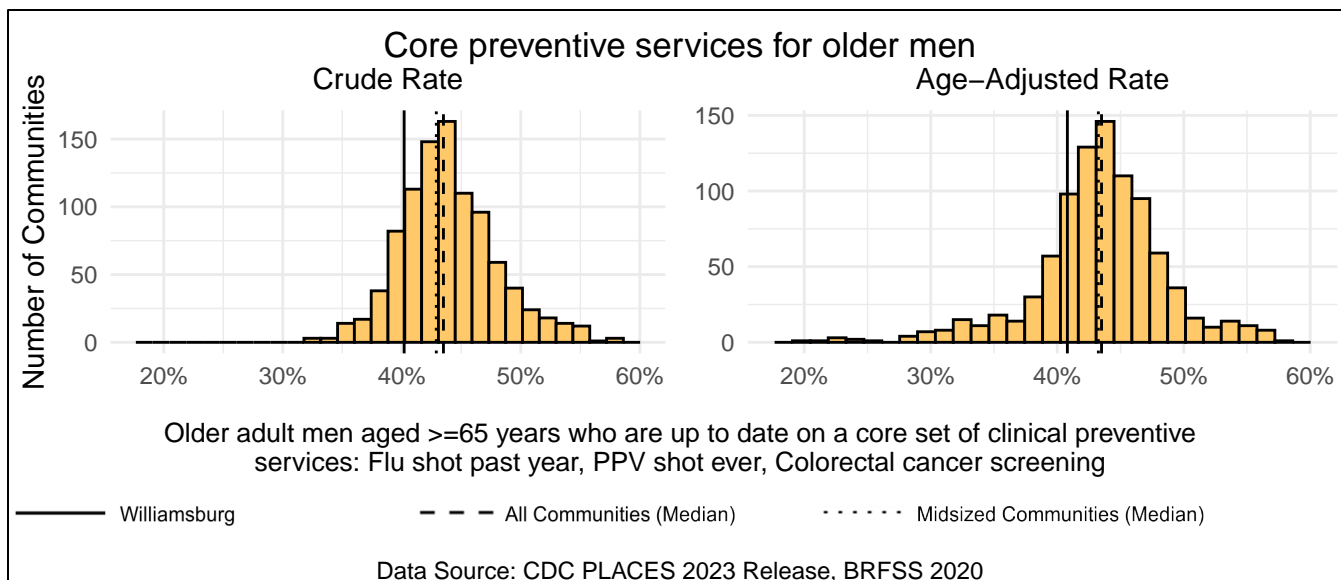
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 69.8%        | 71.6%     | 71.6%          |
| Age-Adjusted | 70.1%        | 70.9%     | 70.8%          |



## Core preventive services for older men

Williamsburg has a crude rate of 40.2% for older adult men aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 802nd out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Williamsburg is 40.8%, which ranks 700th out of 905 Iowa communities (74th out of 102 midsized communities).

| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 40.2%        | 43.5%     | 42.9%          |
| Age-Adjusted | 40.8%        | 43.5%     | 43.2%          |

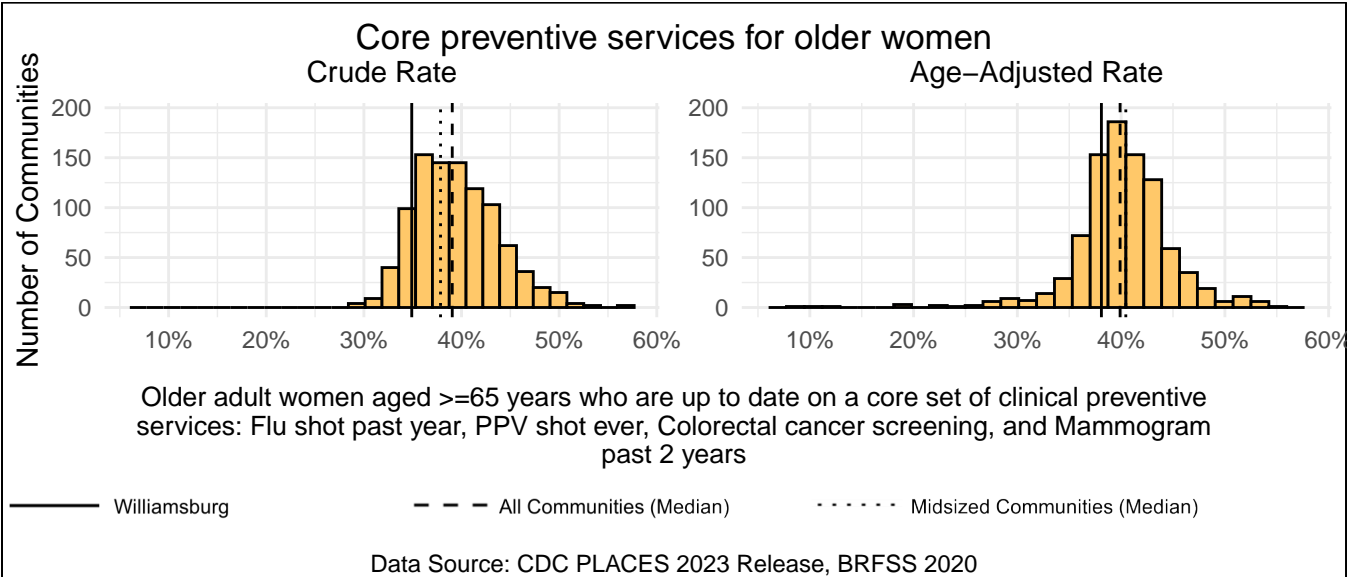




### Core preventive services for older women

Williamsburg has a crude rate of 34.9% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 828th out of 958 Iowa communities (87th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 38.1%, which ranks 658th out of 905 Iowa communities (77th out of 102 midsize communities).

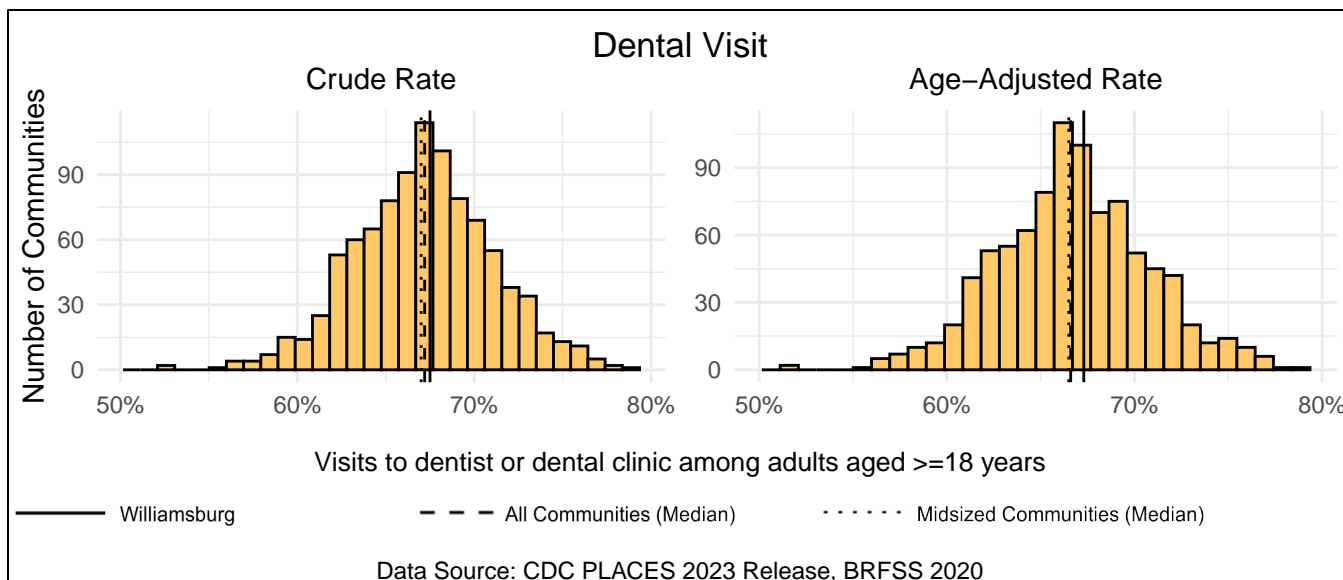
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 34.9%        | 39.0%     | 37.8%          |
| Age-Adjusted | 38.1%        | 39.9%     | 40.4%          |



### Dental Visit

Williamsburg has a crude rate of 67.5% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 437th out of 958 Iowa communities (48th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 67.3%, which ranks 377th out of 905 Iowa communities (43rd out of 102 midsize communities).

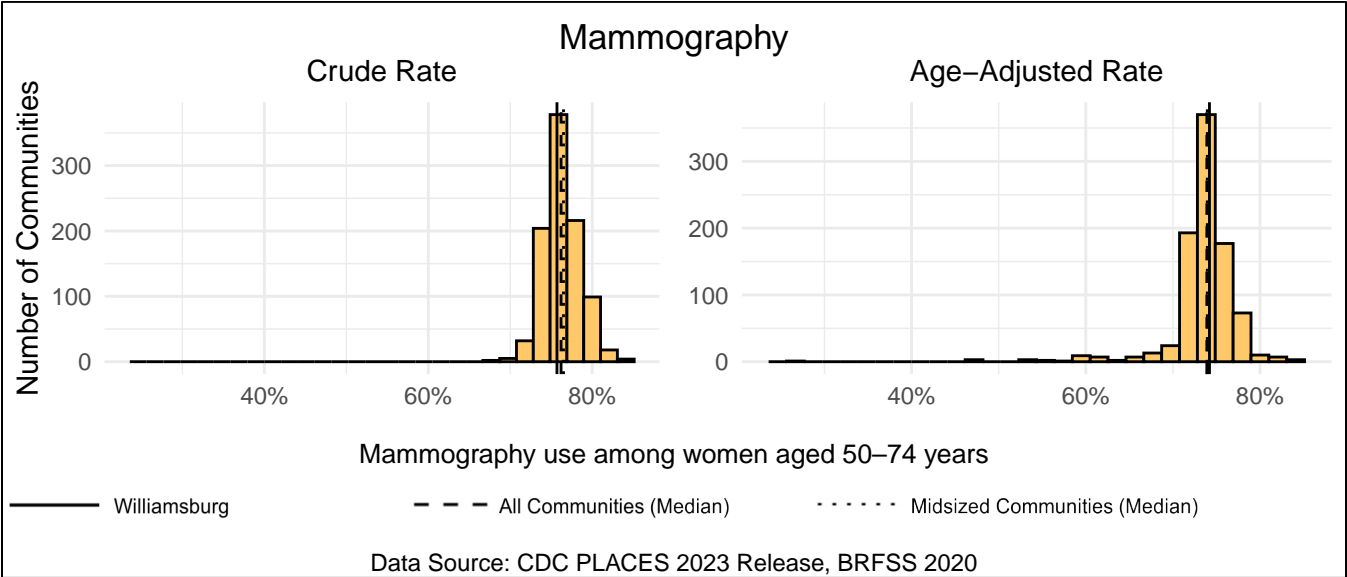
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 67.5%        | 67.2%     | 67.0%          |
| Age-Adjusted | 67.3%        | 66.6%     | 66.5%          |



# Mammography

Williamsburg has a crude rate of 75.7% for mammography use among women aged 50–74 years, which ranks 573rd out of 958 Iowa communities (66th out of 102 midsized communities). The age-adjusted rate for Williamsburg is 74.2%, which ranks 378th out of 905 Iowa communities (47th out of 102 midsized communities).

| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 75.7%        | 76.2%     | 76.5%          |
| Age-Adjusted | 74.2%        | 73.9%     | 74.0%          |



# Disability

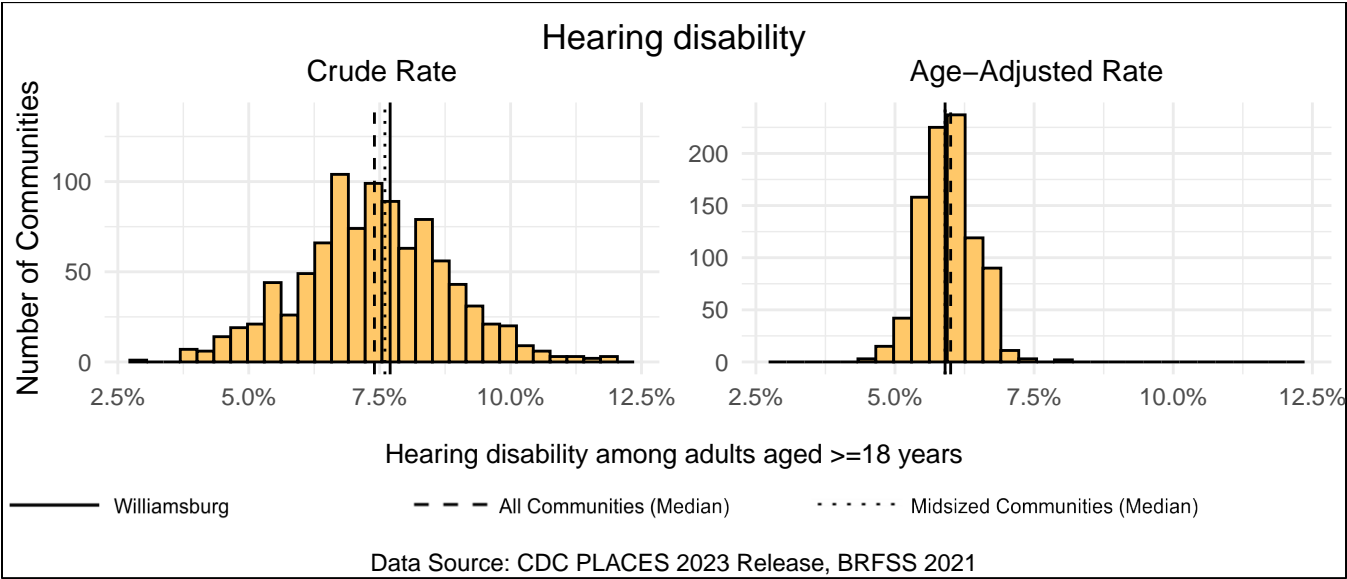
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Williamsburg has a crude rate of 7.7% for hearing disability among adults aged  $\geq 18$  years, which ranks 566th out of 958 Iowa communities (53rd out of 102 midsize communities). The age-adjusted rate for Williamsburg is 5.9%, which ranks 360th out of 905 Iowa communities (44th out of 102 midsize communities).

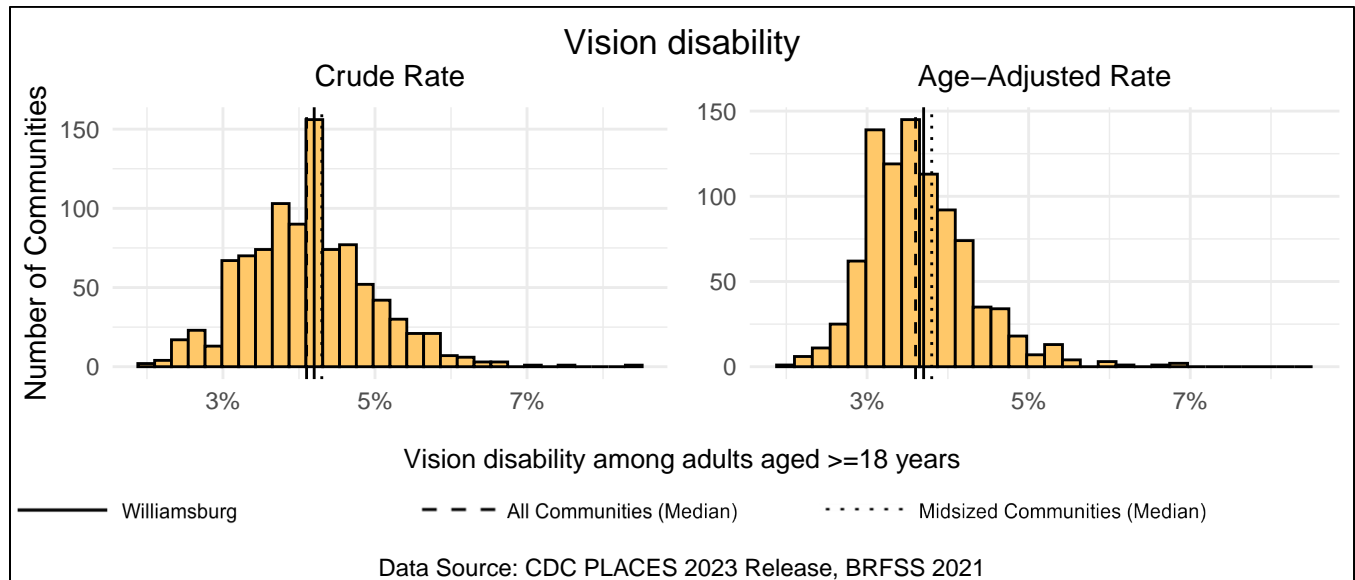
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 7.7%         | 7.4%      | 7.6%           |
| Age-Adjusted | 5.9%         | 6.0%      | 5.9%           |



## Vision disability

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

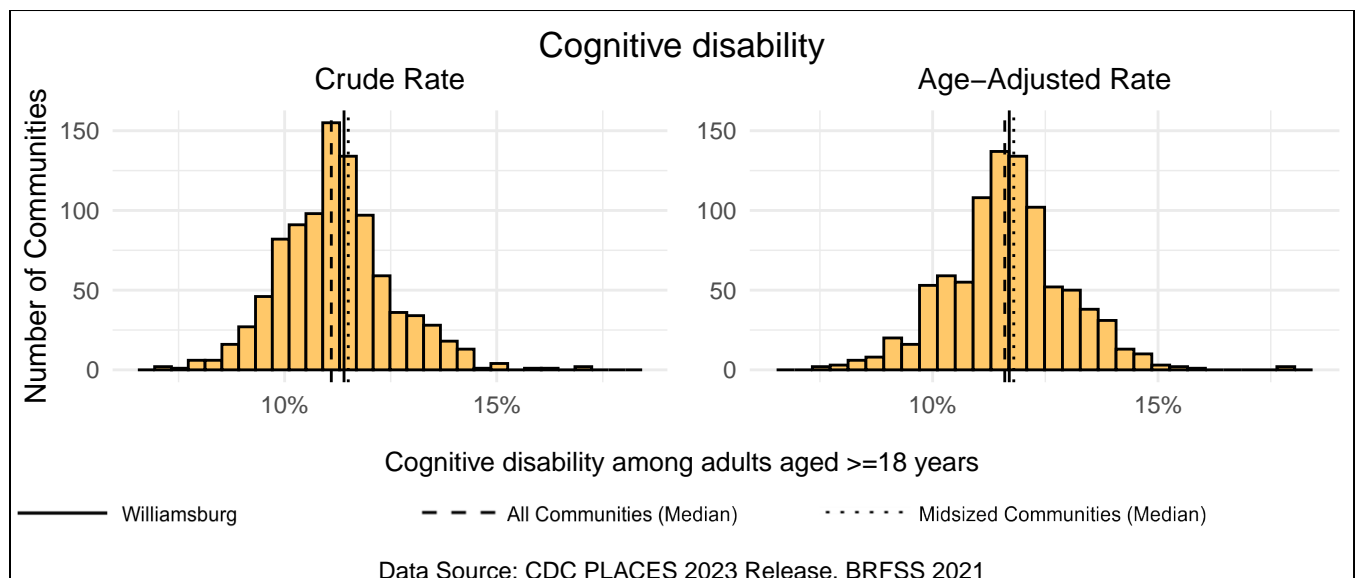
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 4.2%         | 4.1%      | 4.3%           |
| Age-Adjusted | 3.7%         | 3.6%      | 3.8%           |



## Cognitive disability

Williamsburg has a crude rate of 11.4% for cognitive disability among adults aged  $\geq 18$  years, which ranks 568th out of 958 Iowa communities (46th out of 102 midsize communities). The age-adjusted rate for Williamsburg is 11.7%, which ranks 468th out of 905 Iowa communities (47th out of 102 midsize communities).

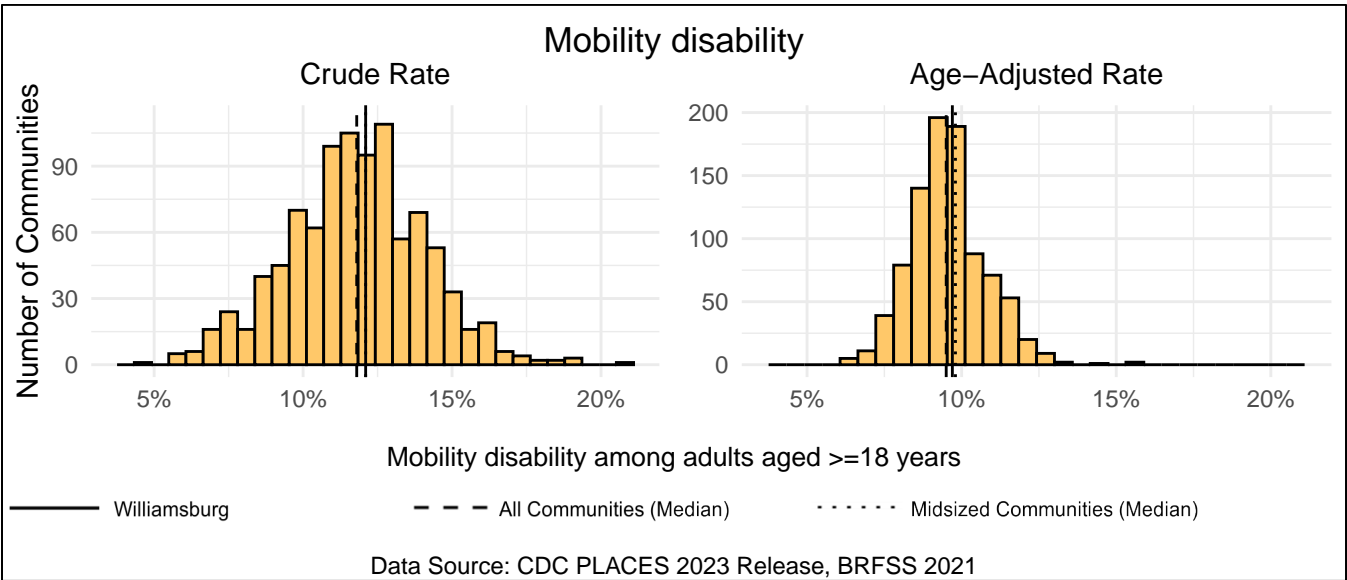
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 11.4%        | 11.1%     | 11.5%          |
| Age-Adjusted | 11.7%        | 11.6%     | 11.8%          |



# Mobility disability

Williamsburg 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 midsize communities). The age-adjusted rate for Williamsburg is 9.7%, which ranks 502nd out of 905 Iowa communities (45th out of 102 midsize communities).

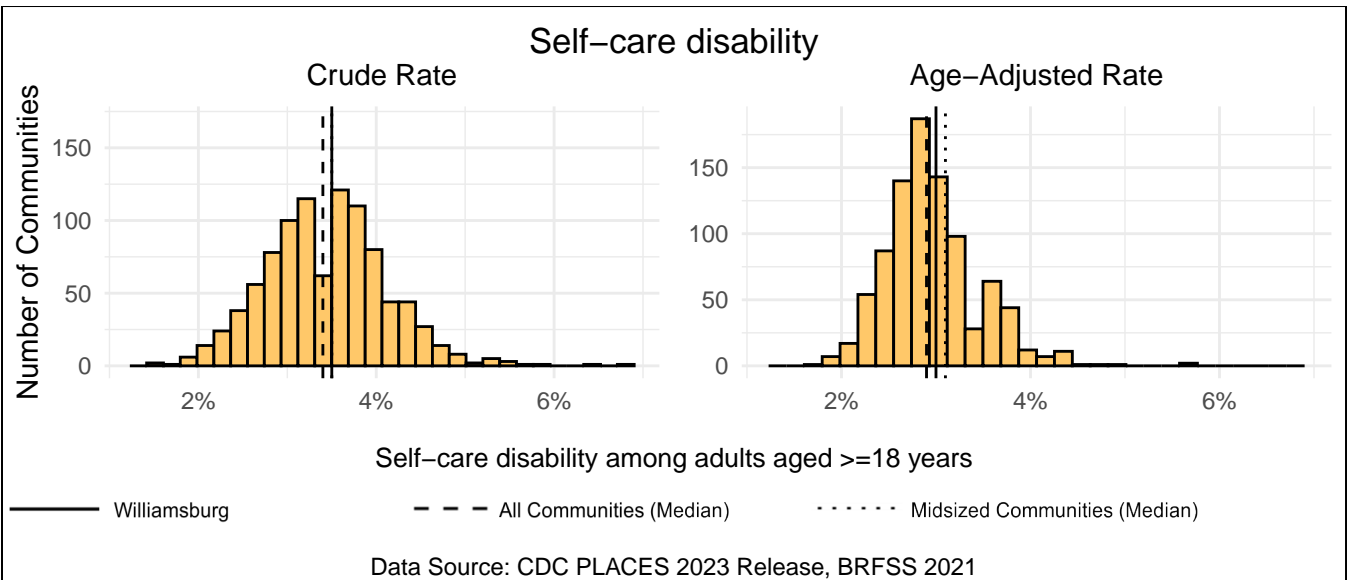
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 12.1%        | 11.8%     | 12.1%          |
| Age-Adjusted | 9.7%         | 9.5%      | 9.8%           |



# Self-care disability

Williamsburg has a crude rate of 3.5% for self-care disability among adults aged >=18 years, which ranks 497th out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Williamsburg is 3.0%, which ranks 494th out of 905 Iowa communities (45th out of 102 midsize communities).

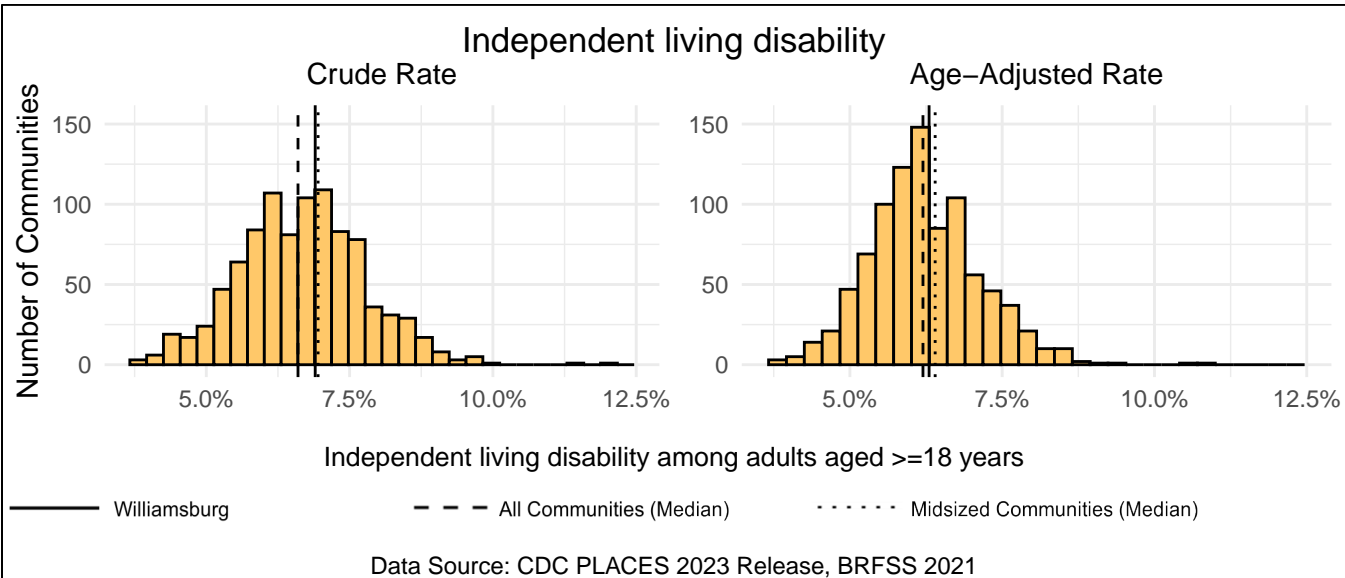
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 3.5%         | 3.4%      | 3.5%           |
| Age-Adjusted | 3.0%         | 2.9%      | 3.1%           |



## Independent living disability

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

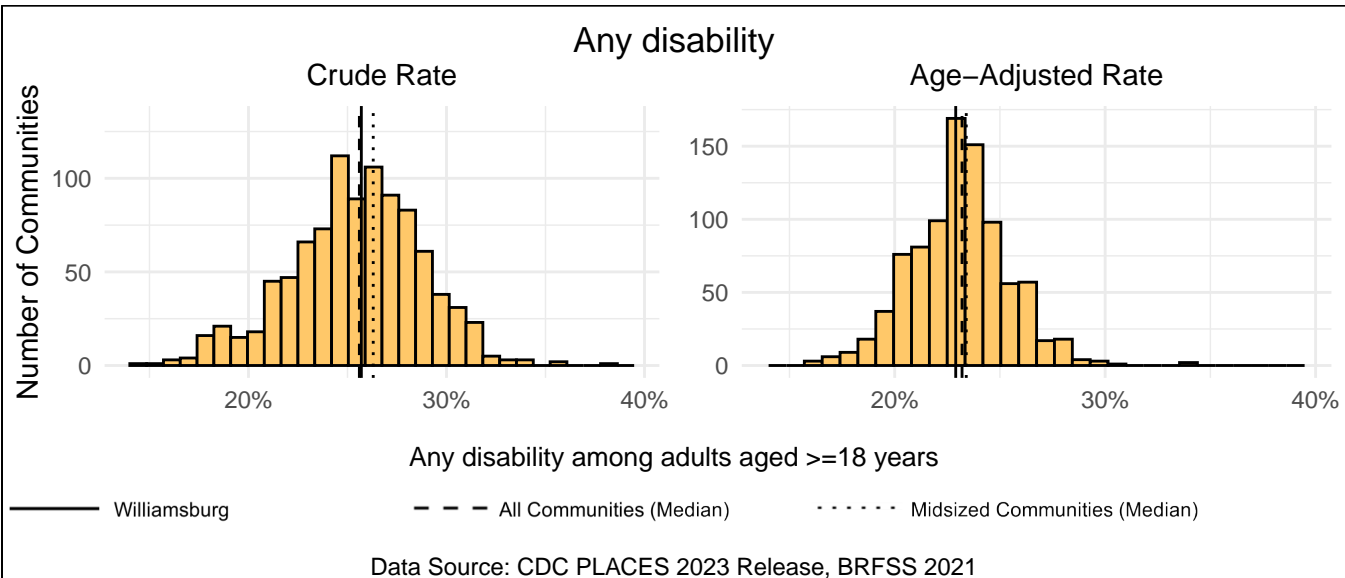
| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 6.9%         | 6.6%      | 7.0%           |
| Age-Adjusted | 6.3%         | 6.2%      | 6.4%           |



## Any disability

Williamsburg has a crude rate of 25.7% for any disability among adults aged  $\geq 18$  years, which ranks 490th out of 958 Iowa communities (47th out of 102 mid-sized communities). The age-adjusted rate for Williamsburg is 22.9%, which ranks 397th out of 905 Iowa communities (44th out of 102 mid-sized communities).

| Measure Type | Williamsburg | All Comm. | Midsized Comm. |
|--------------|--------------|-----------|----------------|
| Crude        | 25.7%        | 25.6%     | 26.3%          |
| Age-Adjusted | 22.9%        | 23.2%     | 23.4%          |



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## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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





## Appendix 2: Williamsburg 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% - 12.4%)  | 468                | 9.8% (8.3% - 11.6%)    |
| Health Status         | General Health                           | 406             | 13.9% (11.4% - 16.7%) | 410                | 12.6% (10.5% - 14.9%)  |
| Health Status         | Mental Health                            | 464             | 14.3% (12.3% - 16.5%) | 405                | 15.5% (13.3% - 17.8%)  |
| Health Risk Behaviors | Current Smoking                          | 353             | 16.3% (12.6% - 20.2%) | 345                | 17.1% (13.4% - 21.1%)  |
| Health Risk Behaviors | Sleep <7 hours                           | 535             | 30.6% (28.7% - 32.4%) | 490                | 31.3% (29.2% - 33.1%)  |
| Health Risk Behaviors | Binge Drinking                           | 388             | 19.0% (15.7% - 22.7%) | 202                | 21.2% (17.5% - 25.2%)  |
| Health Risk Behaviors | Physical Inactivity                      | 568             | 26.8% (21.8% - 31.9%) | 526                | 24.8% (20.4% - 29.8%)  |
| Health Outcomes       | Chronic Kidney Disease                   | 540             | 3.3% (2.9% - 3.7%)    | 349                | 2.6% (2.4% - 2.9%)     |
| Health Outcomes       | High Cholesterol                         | 197             | 34.0% (29.6% - 38.7%) | 100                | 28.7% (24.4% - 33.3%)  |
| Health Outcomes       | Arthritis                                | 518             | 28.2% (24.1% - 32.7%) | 707                | 24.1% (20.5% - 27.9%)  |
| Health Outcomes       | Cancer (except skin)                     | 544             | 8.3% (7.4% - 9.2%)    | 418                | 6.5% (5.8% - 7.2%)     |
| Health Outcomes       | All Teeth Lost                           | 522             | 13.2% (7.8% - 20.9%)  | 361                | 12.3% (7.7% - 17.8%)   |
| Health Outcomes       | COPD                                     | 395             | 7.2% (5.8% - 8.7%)    | 459                | 6.3% (5.2% - 7.4%)     |
| Health Outcomes       | Stroke                                   | 468             | 3.3% (2.8% - 3.9%)    | 375                | 2.6% (2.3% - 3.0%)     |
| Health Outcomes       | Obesity                                  | 467             | 37.6% (30.5% - 45.2%) | 559                | 38.2% (30.9% - 45.9%)  |
| Health Outcomes       | Depression                               | 730             | 18.9% (15.4% - 22.9%) | 758                | 20.1% (16.4% - 24.1%)  |
| Health Outcomes       | Current Asthma                           | 405             | 9.3% (8.2% - 10.6%)   | 513                | 9.6% (8.4% - 10.9%)    |
| Health Outcomes       | High Blood Pressure                      | 424             | 31.7% (27.7% - 36.2%) | 492                | 27.5% (23.7% - 31.6%)  |
| Health Outcomes       | Diabetes                                 | 378             | 9.7% (8.1% - 11.4%)   | 508                | 8.3% (7.0% - 9.8%)     |
| Health Outcomes       | Coronary Heart Disease                   | 481             | 6.5% (5.6% - 7.5%)    | 324                | 4.9% (4.3% - 5.7%)     |
| Prevention            | Core preventive services for older women | 828             | 34.9% (27.2% - 43.4%) | 658                | 38.1% (30.5% - 46.3%)  |
| Prevention            | Taking BP Medication                     | 505             | 79.5% (76.1% - 82.5%) | 298                | 59.3% (54.1% - 64.4%)  |
| Prevention            | Cervical Cancer Screening                | 402             | 83.6% (80.9% - 86.1%) | 477                | 83.1% (80.5% - 85.7%)  |
| Prevention            | Dental Visit                             | 437             | 67.5% (63.7% - 71.3%) | 377                | 67.3% (63.6% - 71.0%)  |
| Prevention            | Annual Checkup                           | 630             | 74.4% (69.5% - 78.9%) | 628                | 72.0% (66.6% - 77.1%)  |
| Prevention            | Mammography                              | 573             | 75.7% (71.2% - 80.0%) | 378                | 74.2% (69.9% - 78.3%)  |

| Category   | Health Domain                          | Crude Rate Rank | Crude Rate (95% CI)   | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|------------|--|-----------------|-----------------------|--------------------|------------------------|
| Prevention | Colorectal Cancer Screening            | 739             | 69.8% (66.2% - 73.1%) | 597                | 70.1% (66.6% - 73.5%)  |
| Prevention | Core preventive services for older men | 802             | 40.2% (31.4% - 48.3%) | 700                | 40.8% (32.0% - 48.9%)  |
| Prevention | Health Insurance                       | 415             | 7.2% (5.4% - 9.4%)    | 325                | 7.4% (5.5% - 9.6%)     |
| Prevention | Cholesterol Screening                  | 501             | 82.5% (79.4% - 85.5%) | 296                | 79.7% (76.1% - 83.1%)  |
| Disability | Any Disability                         | 490             | 25.7% (21.7% - 30.0%) | 397                | 22.9% (19.2% - 26.8%)  |
| Disability | Vision Disability                      | 516             | 4.2% (3.5% - 5.0%)    | 509                | 3.7% (3.1% - 4.3%)     |
| Disability | Self-care Disability                   | 497             | 3.5% (2.9% - 4.1%)    | 494                | 3.0% (2.5% - 3.6%)     |
| Disability | Cognitive Disability                   | 568             | 11.4% (9.4% - 13.4%)  | 468                | 11.7% (9.8% - 13.7%)   |
| Disability | Mobility Disability                    | 529             | 12.1% (9.9% - 14.3%)  | 502                | 9.7% (8.2% - 11.5%)    |
| Disability | Hearing Disability                     | 566             | 7.7% (6.6% - 8.8%)    | 360                | 5.9% (5.2% - 6.7%)     |
| Disability | Independent Living Disability          | 557             | 6.9% (5.7% - 8.2%)    | 485                | 6.3% (5.3% - 7.3%)     |

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)

Williamsburg 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      |

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| 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      |

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