



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

Table of contents

Health in Wilton: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Wilton PLACES Data	32
Appendix 3: Midsized Communities (2,500-9,999)	34

Health in Wilton: Overview

Dear Community Members & Stakeholders of Wilton,

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 Wilton ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Wilton'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 Wilton. 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	51st	10th	High Cholesterol	18th	3rd
Self-care Disability	60th	15th	Arthritis	26th	5th
Arthritis	66th	17th	Core preventive services for older women	33rd	7th
Physical Health	76th	19th	Chronic Kidney Disease	36th	9th
Current Asthma	80th	9th	High Blood Pressure	46th	10th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Depression	848th	89th	Cancer (except skin)	831st	93rd
Taking BP Medication	774th	72nd	Depression	702nd	76th
Annual Checkup	771st	80th	Taking BP Medication	501st	60th
Binge Drinking	734th	79th	Sleep <7 hours	446th	56th
Sleep <7 hours	630th	72nd	Annual Checkup	435th	56th

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 Wilton.

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

With a population of 2,939, Wilton’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community’s crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.



Health Status

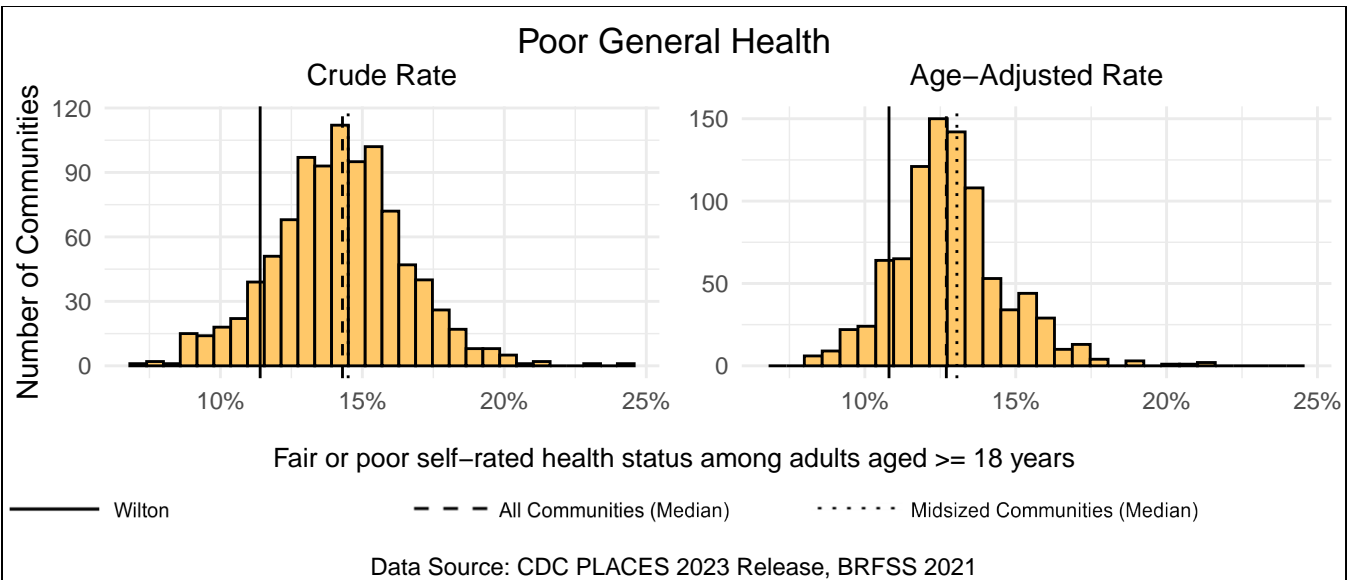
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of “excellent,” “very good,” “good,” “fair,” or “poor,” from which the respondents who answer “fair” or “poor” are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

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

Poor General Health

Wilton has a crude rate of 11.4% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 94th out of 958 Iowa communities (19th out of 102 mid-sized communities). The age-adjusted rate for Wilton is 10.8%, which ranks 103rd out of 905 Iowa communities (20th out of 102 mid-sized communities).

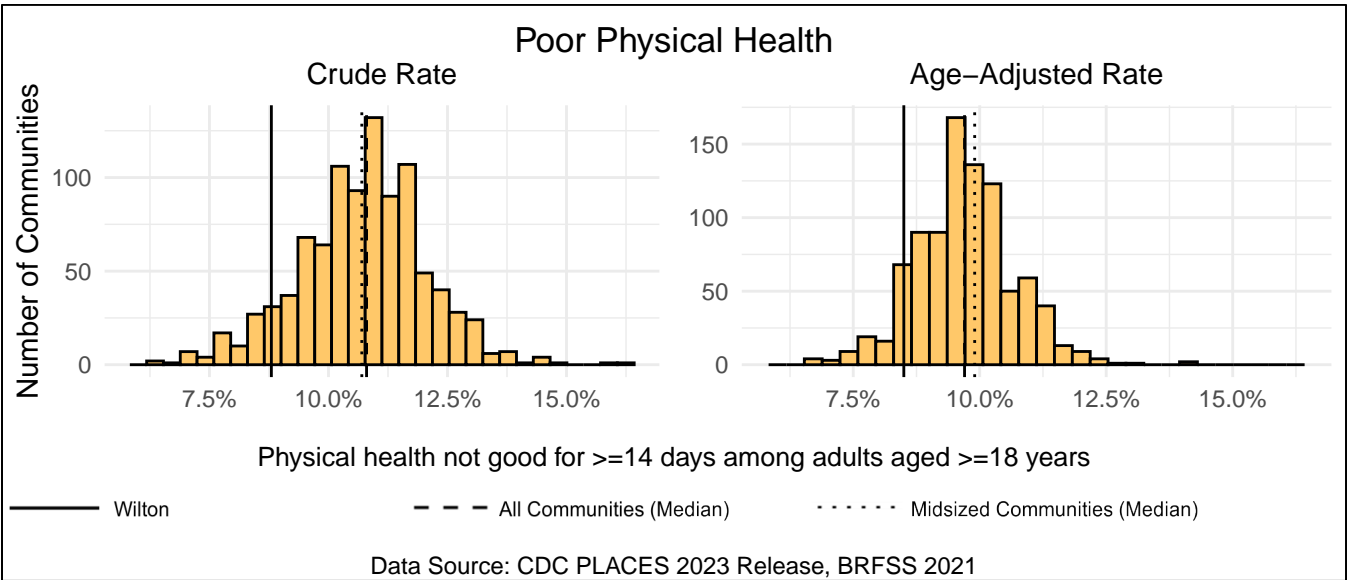
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	11.4%	14.3%	14.5%
Age-Adjusted	10.8%	12.7%	13.0%



Poor Physical Health

Wilton has a crude rate of 8.8% for physical health not good for >=14 days among adults aged >=18 years, which ranks 76th out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Wilton is 8.5%, which ranks 83rd out of 905 Iowa communities (20th out of 102 midsized communities).

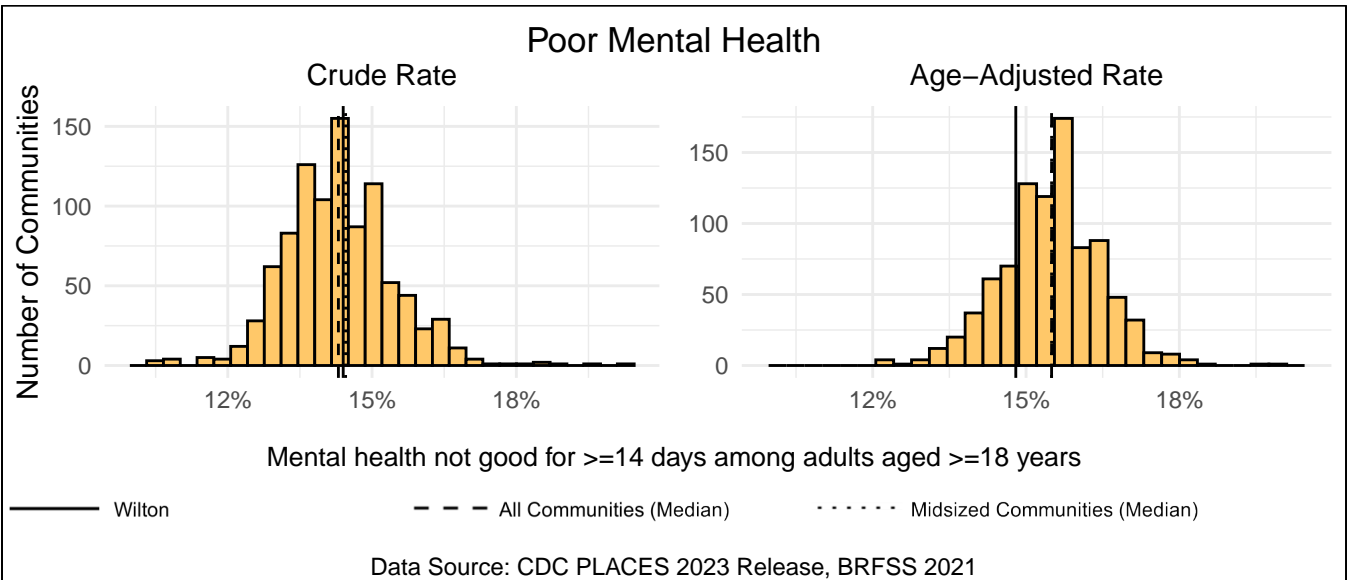
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	8.8%	10.8%	10.7%
Age-Adjusted	8.5%	9.7%	9.9%



Poor Mental Health

Wilton has a crude rate of 14.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 514th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Wilton is 14.8%, which ranks 189th out of 905 Iowa communities (28th out of 102 midsized communities).

Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	14.4%	14.3%	14.4%
Age-Adjusted	14.8%	15.5%	15.5%



Health Risk Behaviors

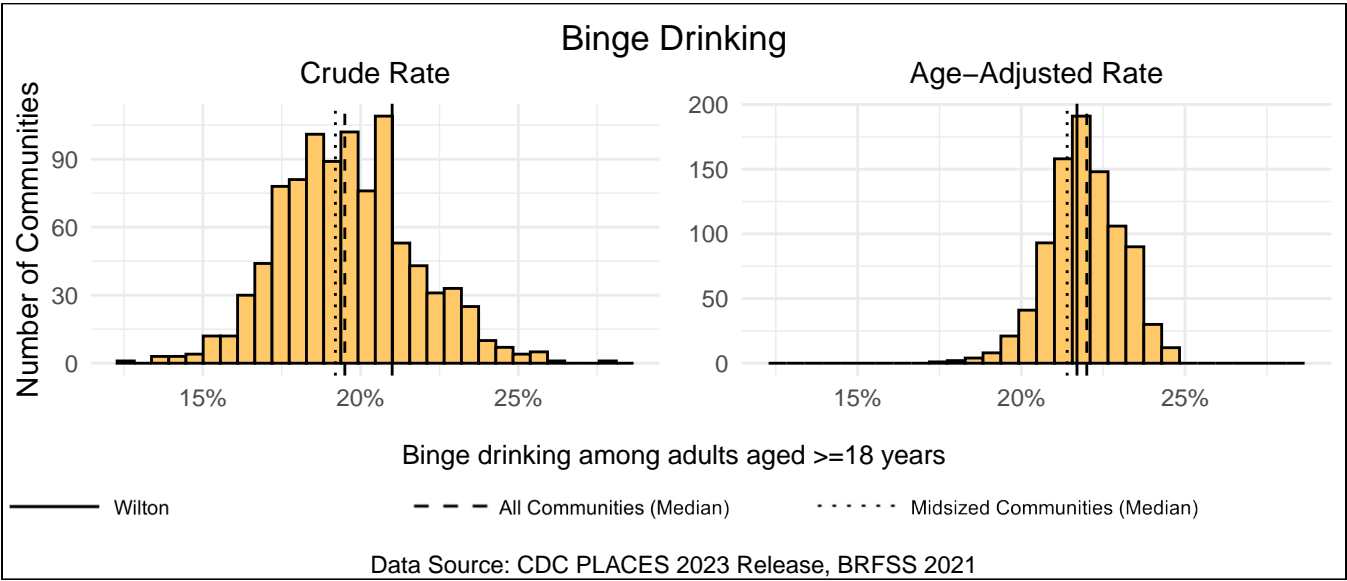
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Wilton has a crude rate of 21.0% for binge drinking among adults aged ≥ 18 years, which ranks 734th out of 958 Iowa communities (79th out of 102 midsize communities). The age-adjusted rate for Wilton is 21.7%, which ranks 358th out of 905 Iowa communities (56th out of 102 midsize communities).

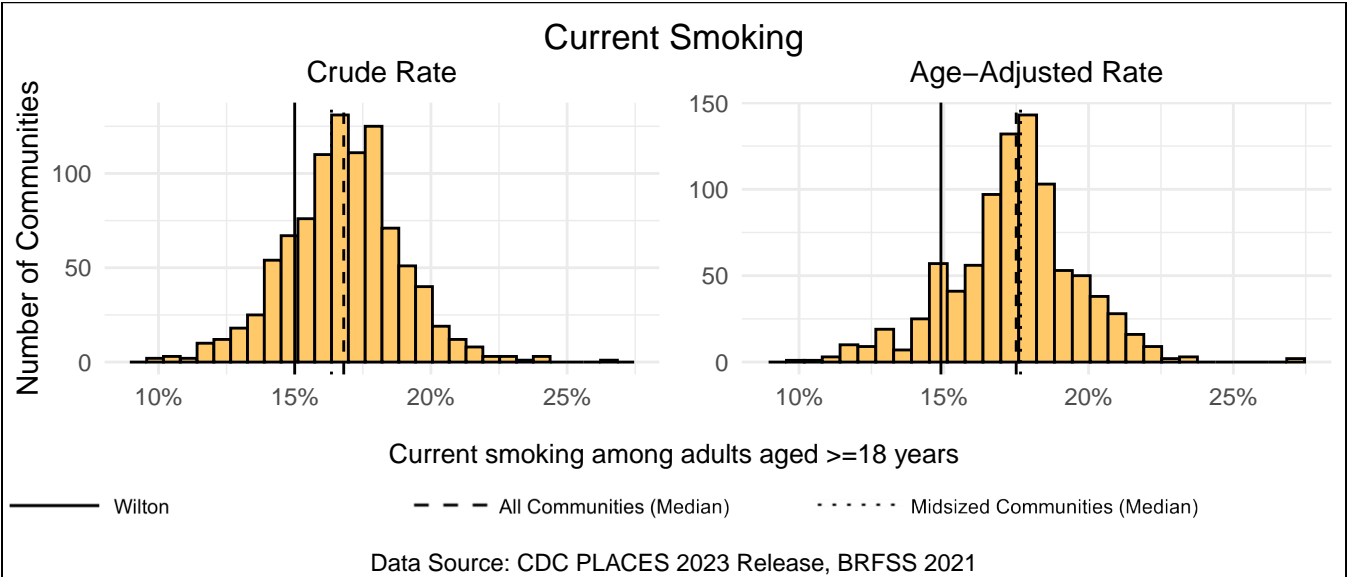
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	21.0%	19.5%	19.2%
Age-Adjusted	21.7%	22.0%	21.4%



Current Smoking

Wilton has a crude rate of 15.0% for current smoking among adults aged >=18 years, which ranks 175th out of 958 Iowa communities (31st out of 102 mid-sized communities). The age-adjusted rate for Wilton is 14.9%, which ranks 106th out of 905 Iowa communities (21st out of 102 mid-sized communities).

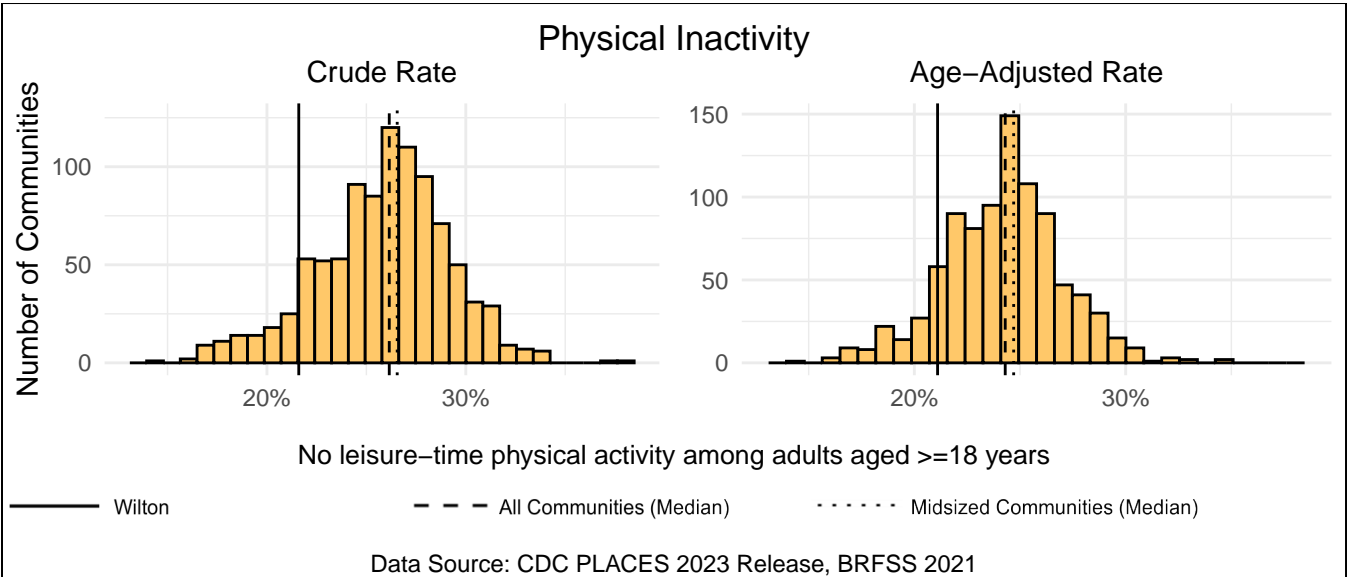
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	15.0%	16.8%	16.4%
Age-Adjusted	14.9%	17.5%	17.6%



Physical Inactivity

Wilton has a crude rate of 21.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 95th out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for Wilton is 21.1%, which ranks 111th out of 905 Iowa communities (23rd out of 102 mid-sized communities).

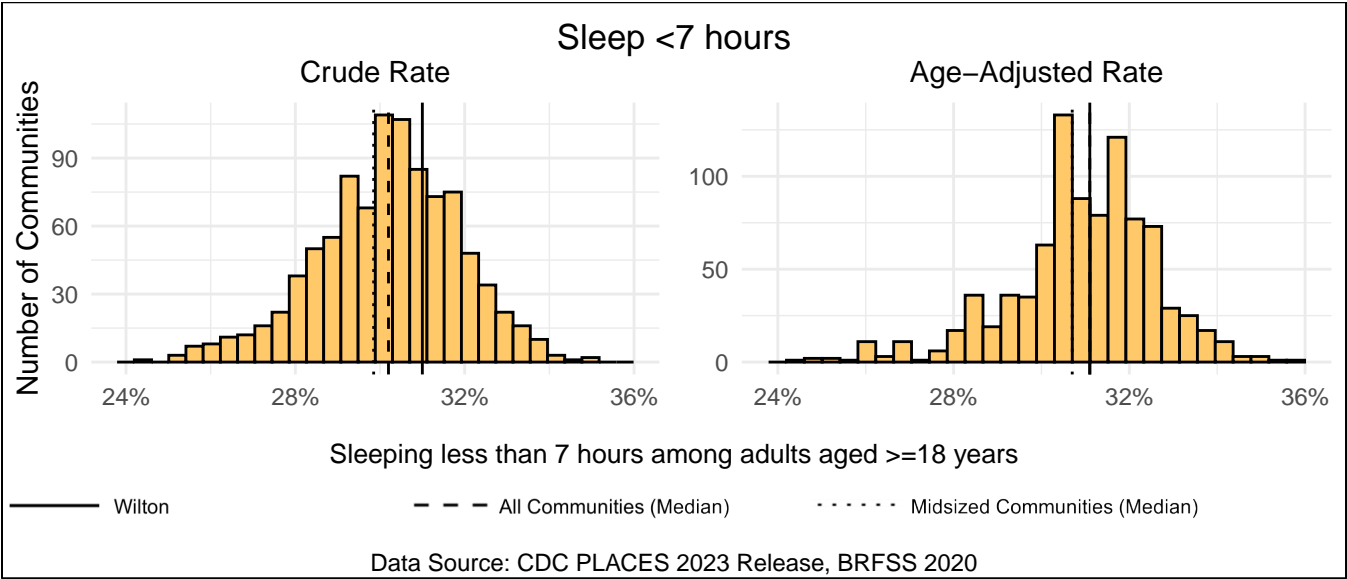
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	21.6%	26.1%	26.6%
Age-Adjusted	21.1%	24.3%	24.7%



Sleep <7 hours

Wilton has a crude rate of 31.0% for sleeping less than 7 hours among adults aged >=18 years, which ranks 630th out of 958 Iowa communities (72nd out of 102 midsized communities). The age-adjusted rate for Wilton is 31.1%, which ranks 446th out of 905 Iowa communities (56th out of 102 midsized communities).

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



Health Outcomes

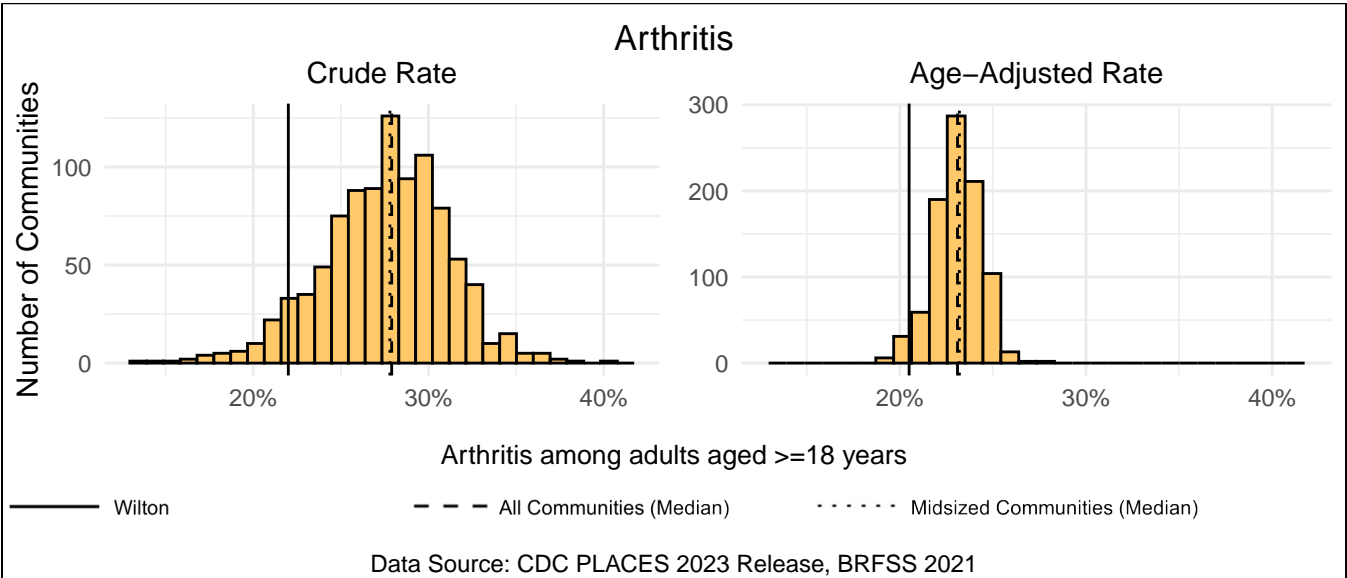
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

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

Arthritis

Wilton has a crude rate of 22.0% for arthritis among adults aged ≥ 18 years, which ranks 66th out of 958 Iowa communities (17th out of 102 midsized communities). The age-adjusted rate for Wilton is 20.5%, which ranks 26th out of 905 Iowa communities (5th out of 102 midsized communities).

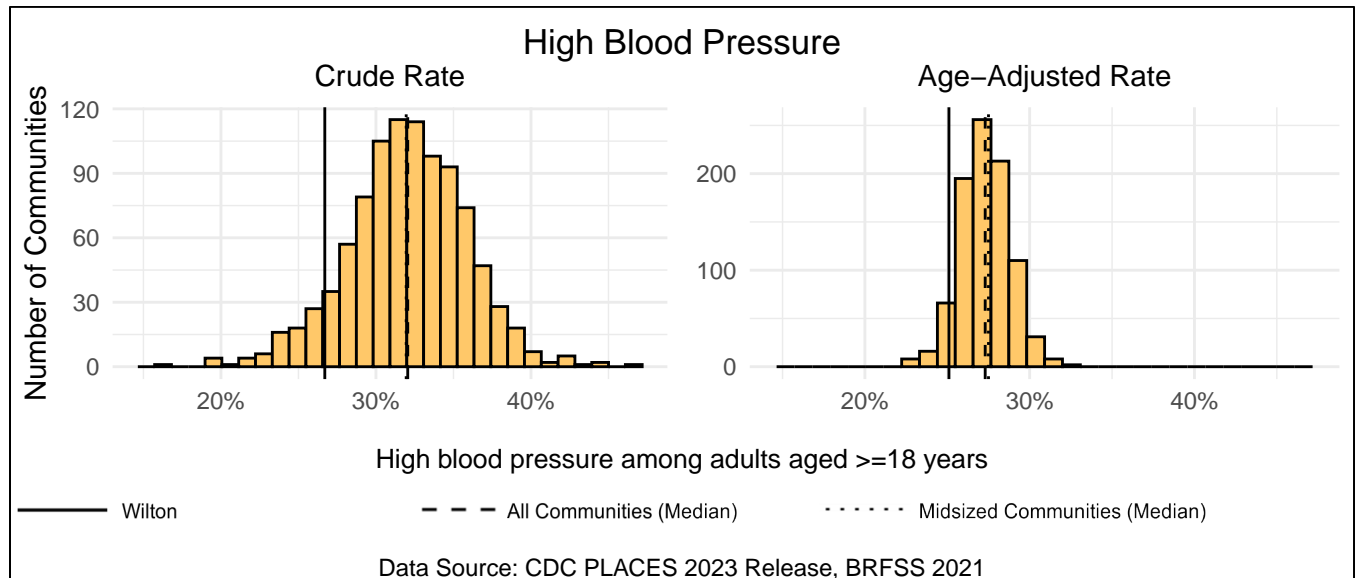
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	22.0%	27.9%	27.8%
Age-Adjusted	20.5%	23.1%	23.2%



High Blood Pressure

Wilton has a crude rate of 26.7% for high blood pressure among adults aged ≥ 18 years, which ranks 83rd out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Wilton is 25.1%, which ranks 46th out of 905 Iowa communities (10th out of 102 midsize communities).

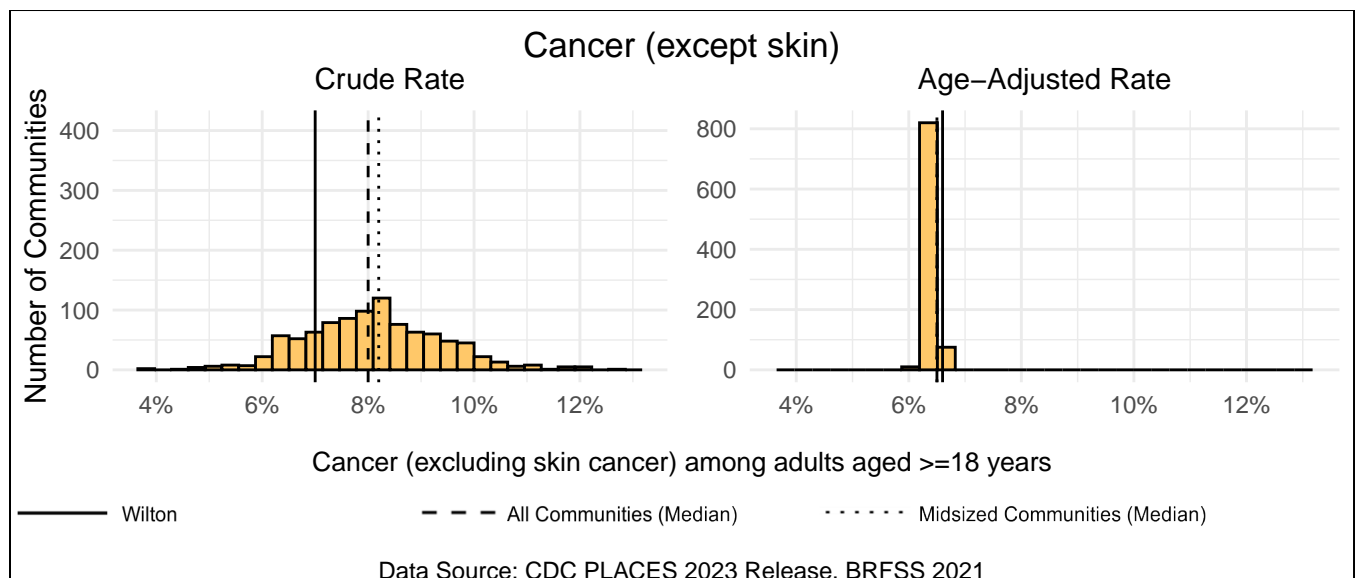
Measure Type	Wilton	All Comm.	Midsize Comm.
Crude	26.7%	32.0%	32.0%
Age-Adjusted	25.1%	27.3%	27.5%



Cancer (except skin)

Wilton has a crude rate of 7.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 177th out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Wilton is 6.6%, which ranks 831st out of 905 Iowa communities (93rd out of 102 midsize communities).

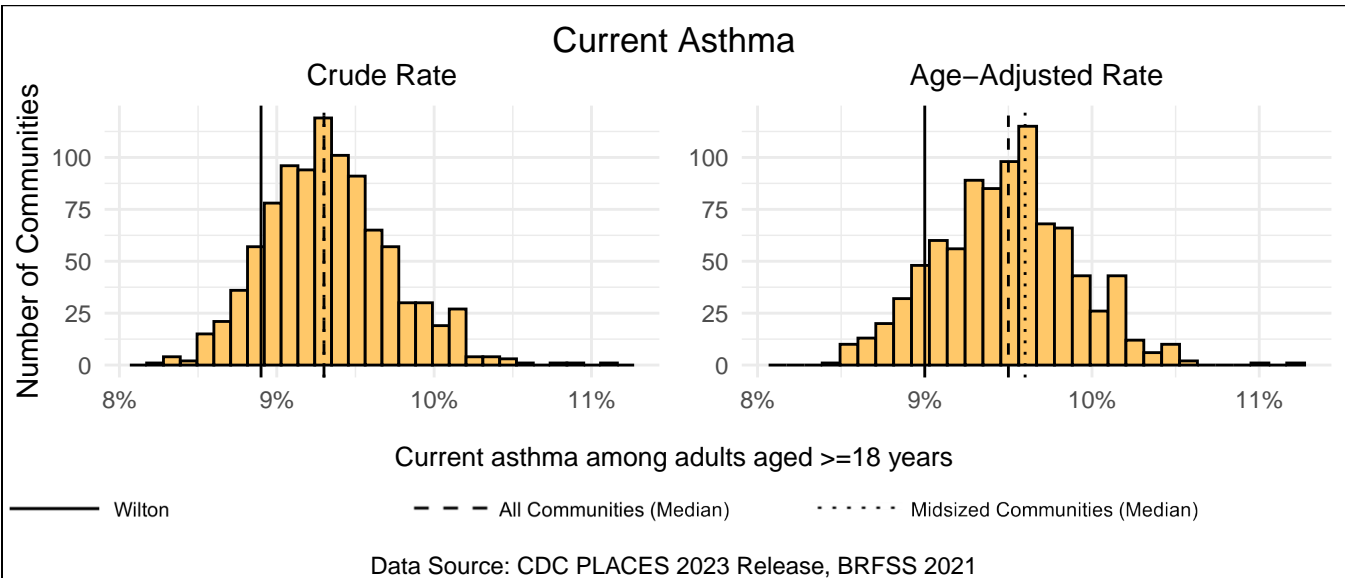
Measure Type	Wilton	All Comm.	Midsize Comm.
Crude	7.0%	8.0%	8.2%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

Wilton has a crude rate of 8.9% for current asthma among adults aged ≥ 18 years, which ranks 80th out of 958 Iowa communities (9th out of 102 midsized communities). The age-adjusted rate for Wilton is 9.0%, which ranks 77th out of 905 Iowa communities (10th out of 102 midsized communities).

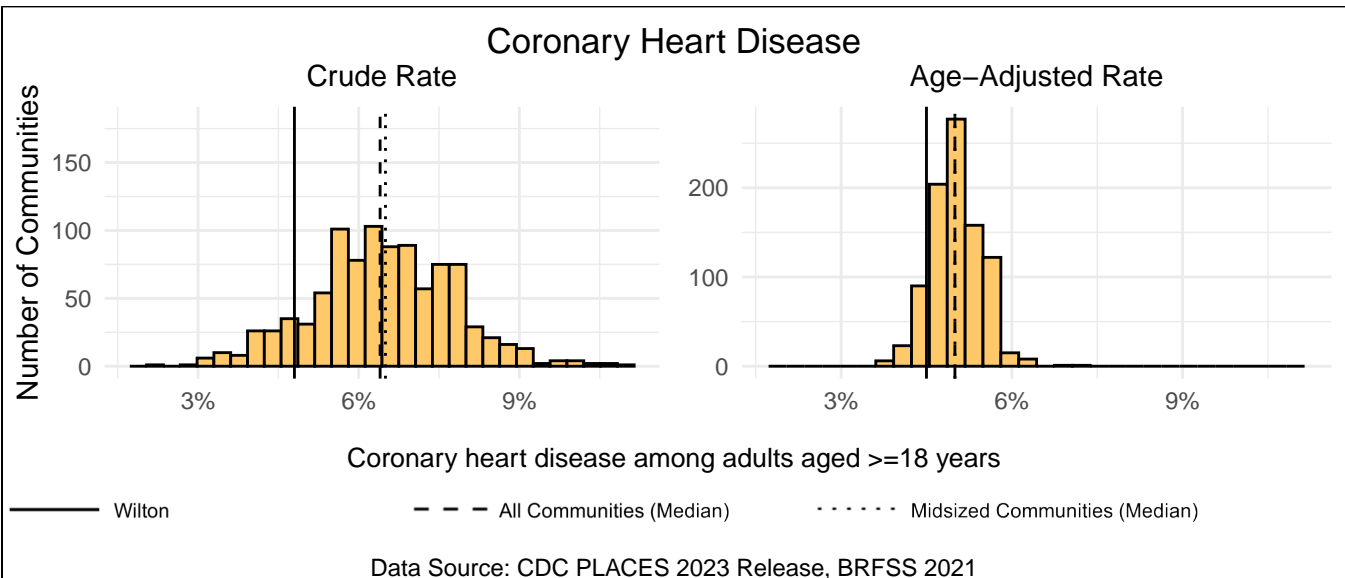
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	8.9%	9.3%	9.3%
Age-Adjusted	9.0%	9.5%	9.6%



Coronary Heart Disease

Wilton has a crude rate of 4.8% for coronary heart disease among adults aged ≥ 18 years, which ranks 97th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Wilton is 4.5%, which ranks 78th out of 905 Iowa communities (21st out of 102 midsized communities).

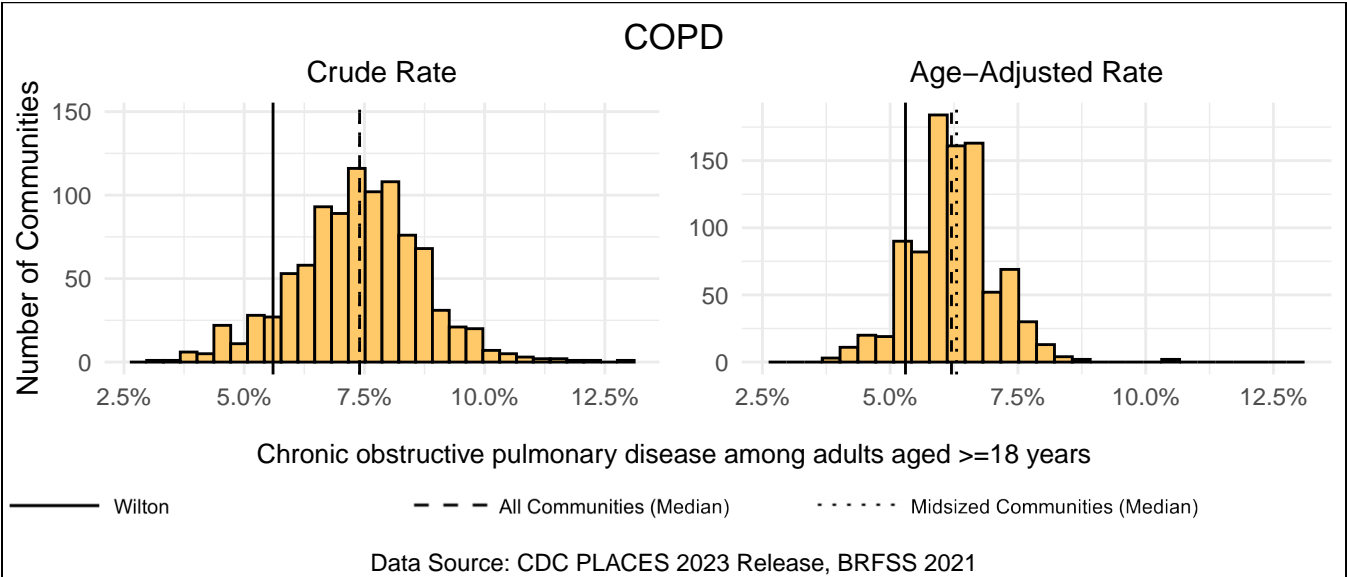
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	4.8%	6.4%	6.5%
Age-Adjusted	4.5%	5.0%	5.0%



COPD

Wilton has a crude rate of 5.6% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 82nd out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Wilton is 5.3%, which ranks 93rd out of 905 Iowa communities (18th out of 102 midsized communities).

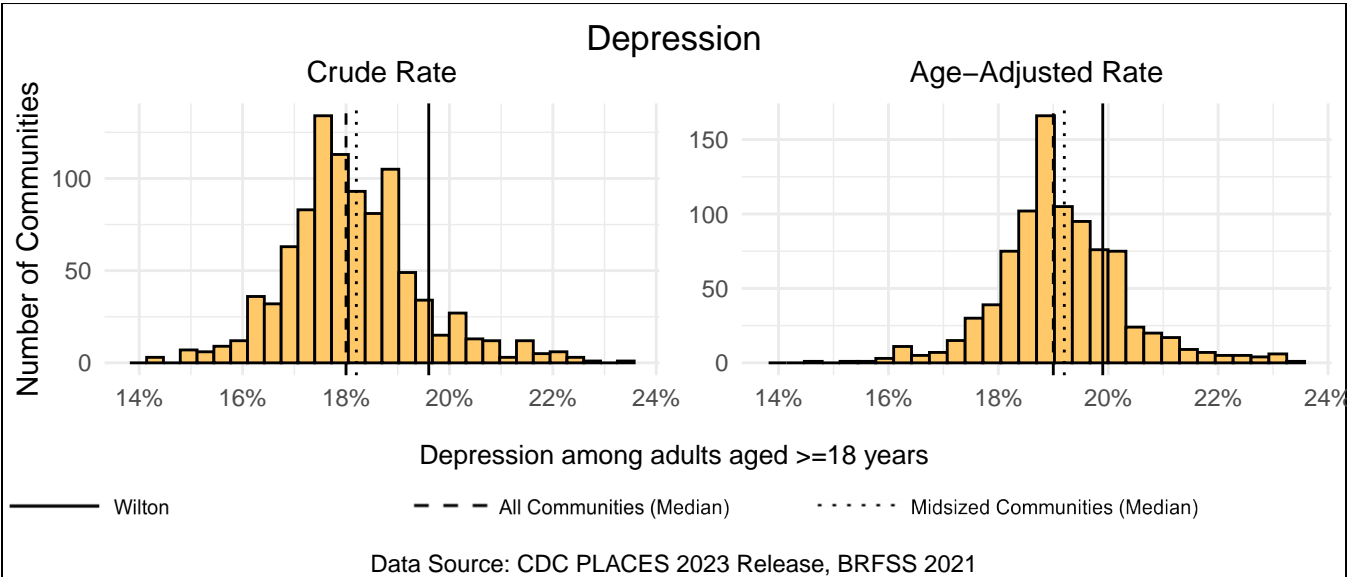
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	5.6%	7.4%	7.4%
Age-Adjusted	5.3%	6.2%	6.3%



Depression

Wilton has a crude rate of 19.6% for depression among adults aged ≥ 18 years, which ranks 848th out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Wilton is 19.9%, which ranks 702nd out of 905 Iowa communities (76th out of 102 midsized communities).

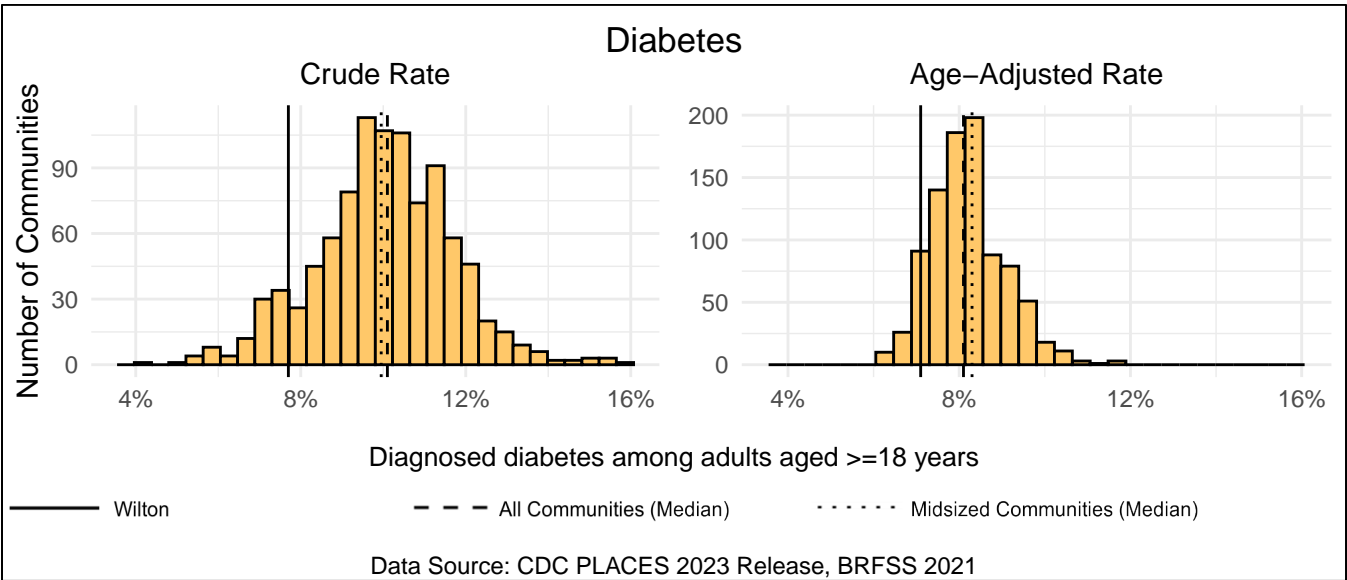
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	19.6%	18.0%	18.2%
Age-Adjusted	19.9%	19.0%	19.2%



Diabetes

Wilton has a crude rate of 7.7% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 84th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Wilton is 7.1%, which ranks 57th out of 905 Iowa communities (13th out of 102 midsize communities).

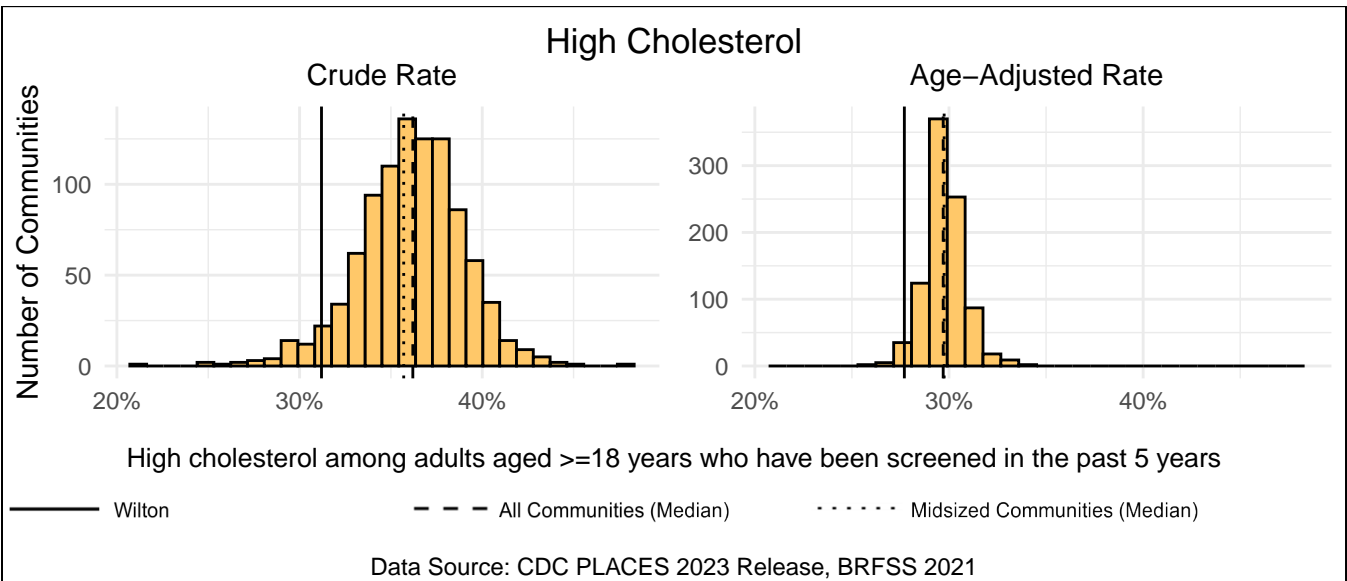
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	7.7%	10.1%	9.9%
Age-Adjusted	7.1%	8.1%	8.3%



High Cholesterol

Wilton has a crude rate of 31.2% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 51st out of 958 Iowa communities (10th out of 102 midsize communities). The age-adjusted rate for Wilton is 27.7%, which ranks 18th out of 905 Iowa communities (3rd out of 102 midsize communities).

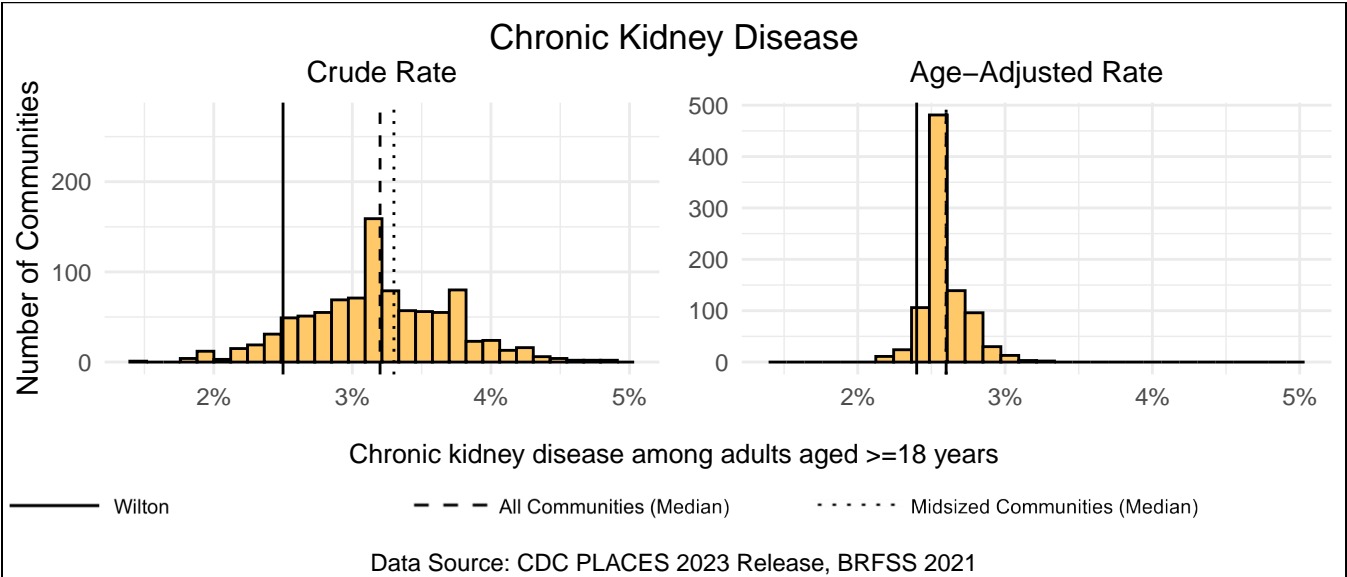
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	31.2%	36.2%	35.7%
Age-Adjusted	27.7%	29.7%	29.8%



Chronic Kidney Disease

Wilton has a crude rate of 2.5% for chronic kidney disease among adults aged ≥ 18 years, which ranks 86th out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Wilton is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 mid-sized communities).

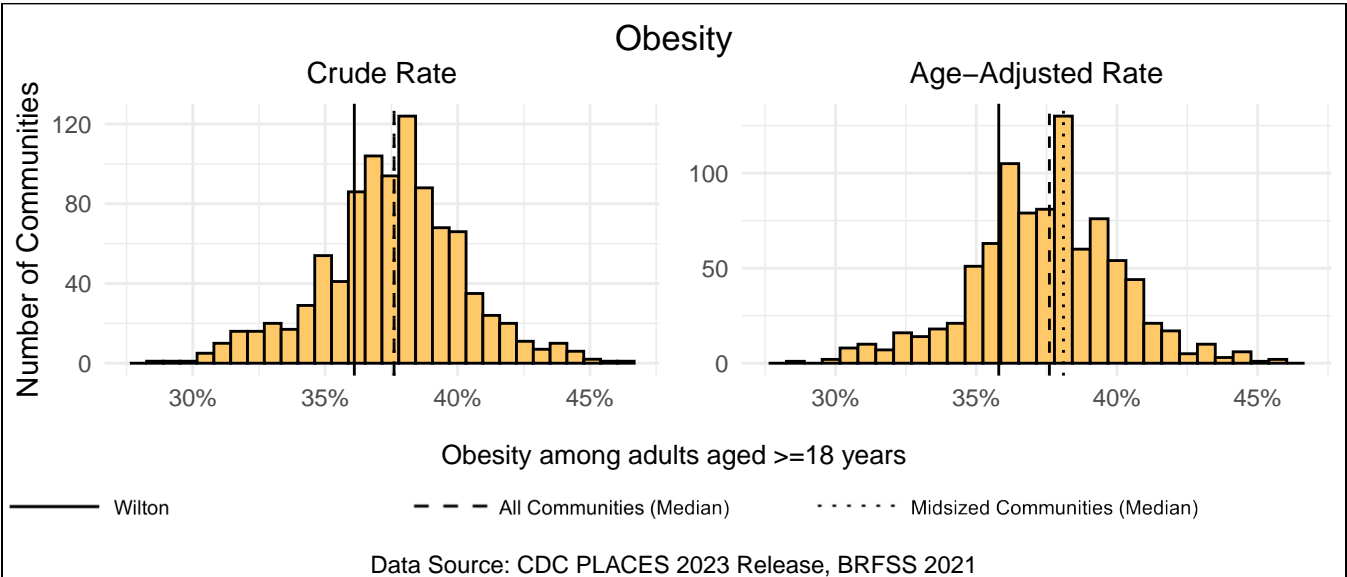
Measure Type	Wilton	All Comm.	Mid-sized Comm.
Crude	2.5%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Wilton has a crude rate of 36.1% for obesity among adults aged ≥ 18 years, which ranks 230th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Wilton is 35.8%, which ranks 201st out of 905 Iowa communities (26th out of 102 mid-sized communities).

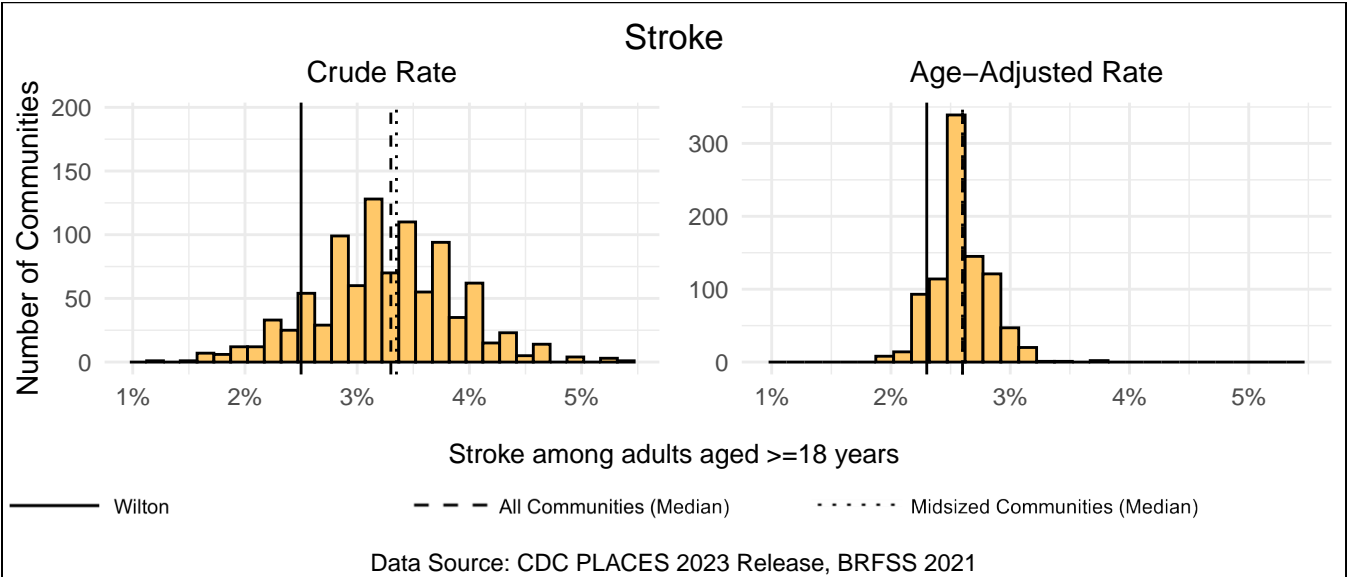
Measure Type	Wilton	All Comm.	Mid-sized Comm.
Crude	36.1%	37.6%	37.6%
Age-Adjusted	35.8%	37.6%	38.1%



Stroke

Wilton has a crude rate of 2.5% for stroke among adults aged ≥ 18 years, which ranks 98th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Wilton is 2.3%, which ranks 49th out of 905 Iowa communities (14th out of 102 midsize communities).

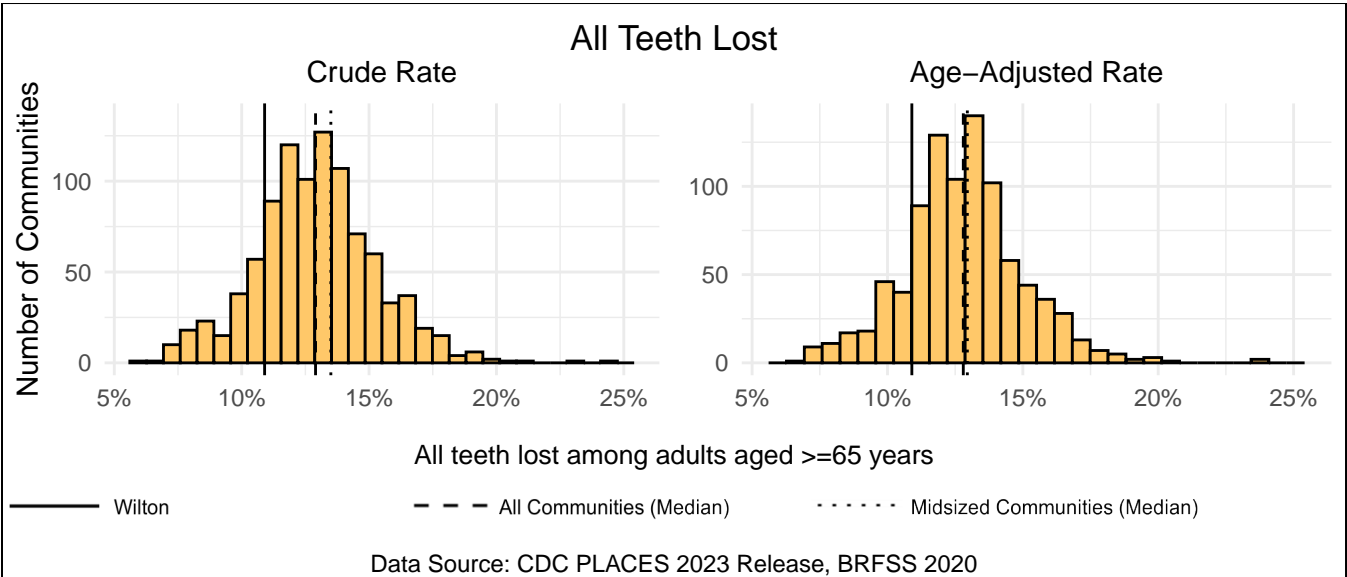
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	2.5%	3.3%	3.3%
Age-Adjusted	2.3%	2.6%	2.6%



All Teeth Lost

Wilton has a crude rate of 10.9% for all teeth lost among adults aged ≥ 65 years, which ranks 164th out of 958 Iowa communities (26th out of 102 midsize communities). The age-adjusted rate for Wilton is 10.9%, which ranks 143rd out of 905 Iowa communities (29th out of 102 midsize communities).

Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	10.9%	12.9%	13.5%
Age-Adjusted	10.9%	12.8%	12.9%



Prevention

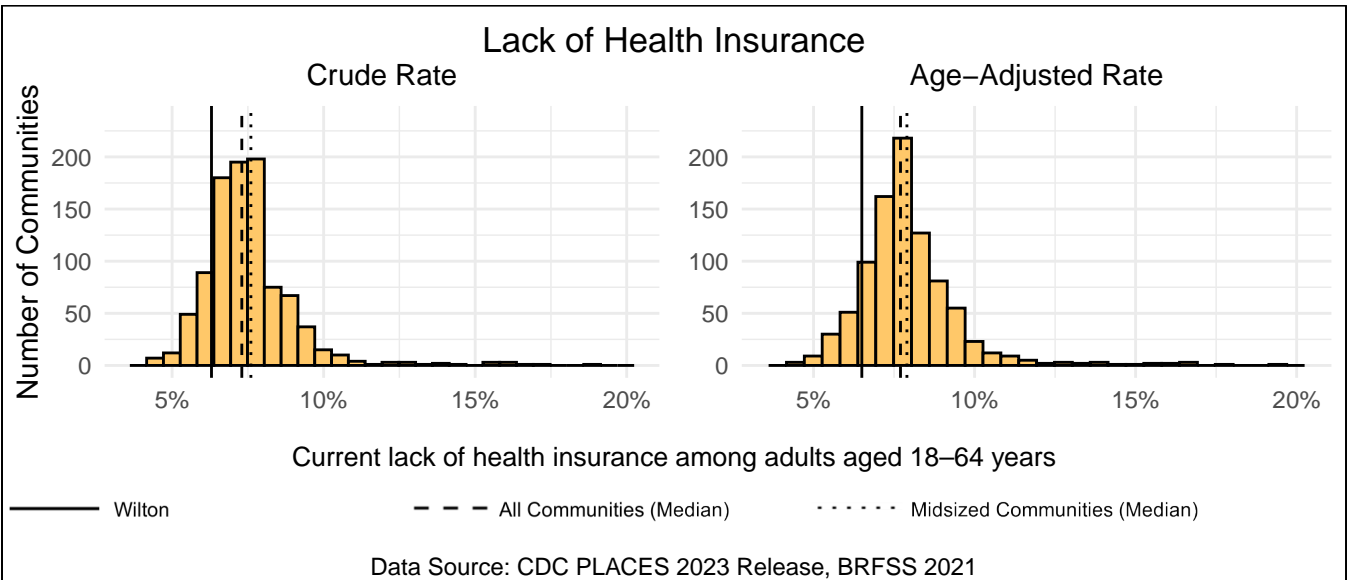
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Wilton has a crude rate of 6.3% for current lack of health insurance among adults aged 18–64 years, which ranks 133rd out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for Wilton is 6.5%, which ranks 107th out of 905 Iowa communities (21st out of 102 mid-sized communities).

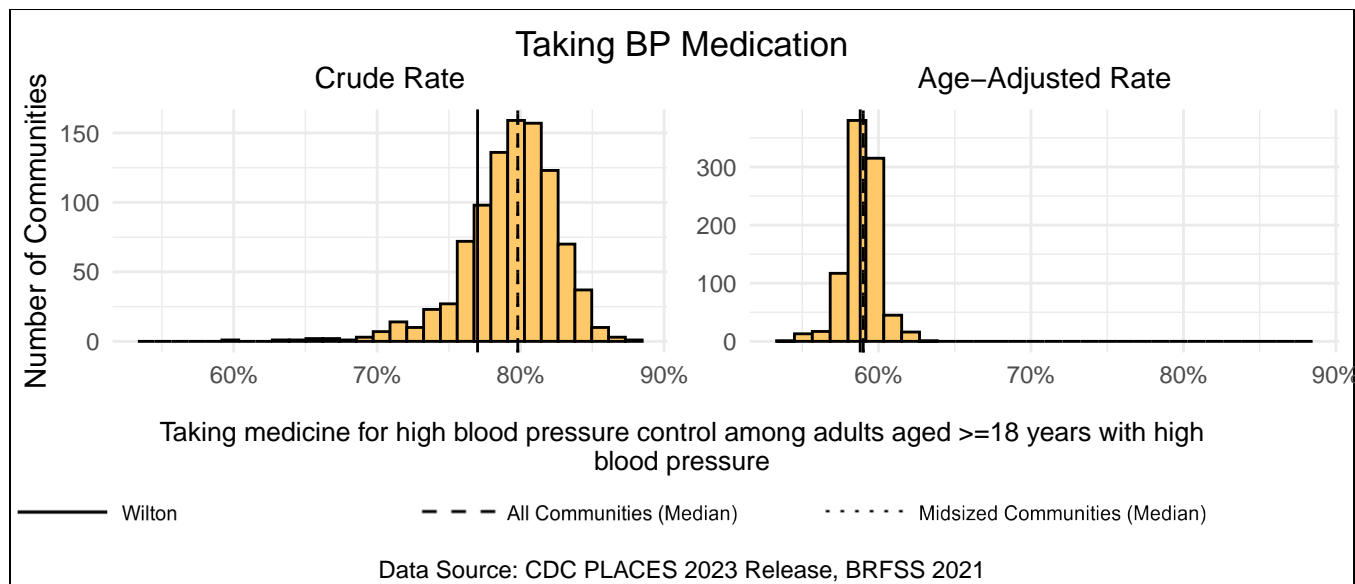
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	6.3%	7.3%	7.6%
Age-Adjusted	6.5%	7.7%	7.9%



Taking BP Medication

Wilton has a crude rate of 77.0% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 774th out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for Wilton is 58.8%, which ranks 501st out of 905 Iowa communities (60th out of 102 mid-sized communities).

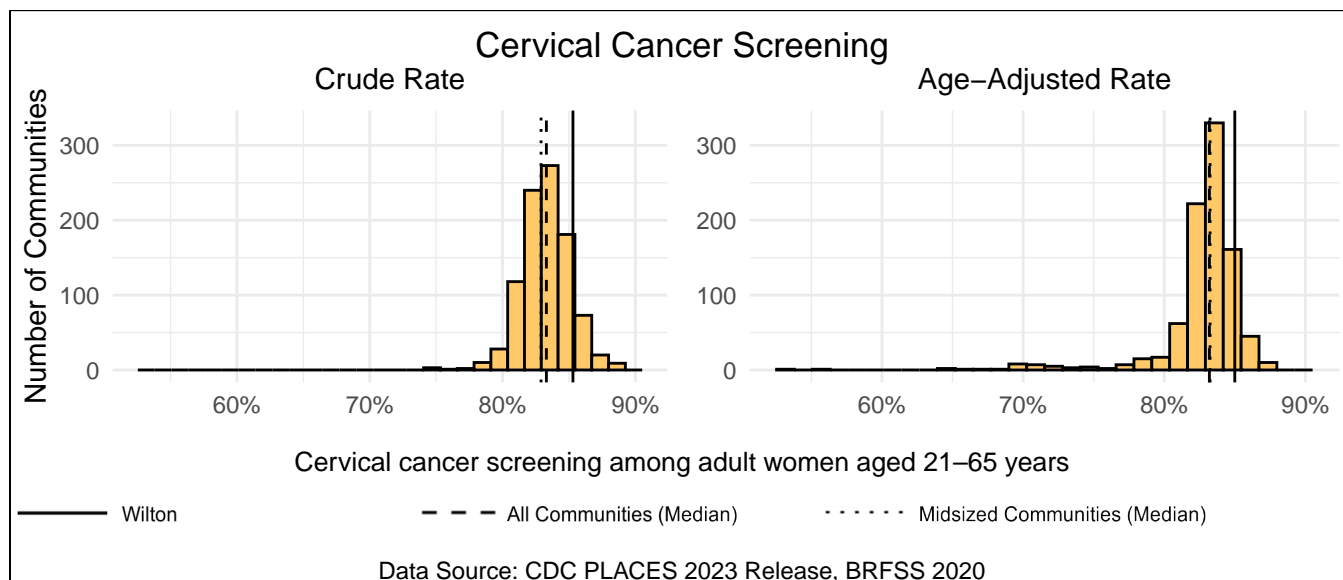
Measure Type	Wilton	All Comm.	Mid-sized Comm.
Crude	77.0%	79.8%	79.8%
Age-Adjusted	58.8%	59.0%	59.0%



Cervical Cancer Screening

Wilton has a crude rate of 85.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 114th out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Wilton is 85.0%, which ranks 87th out of 905 Iowa communities (21st out of 102 mid-sized communities).

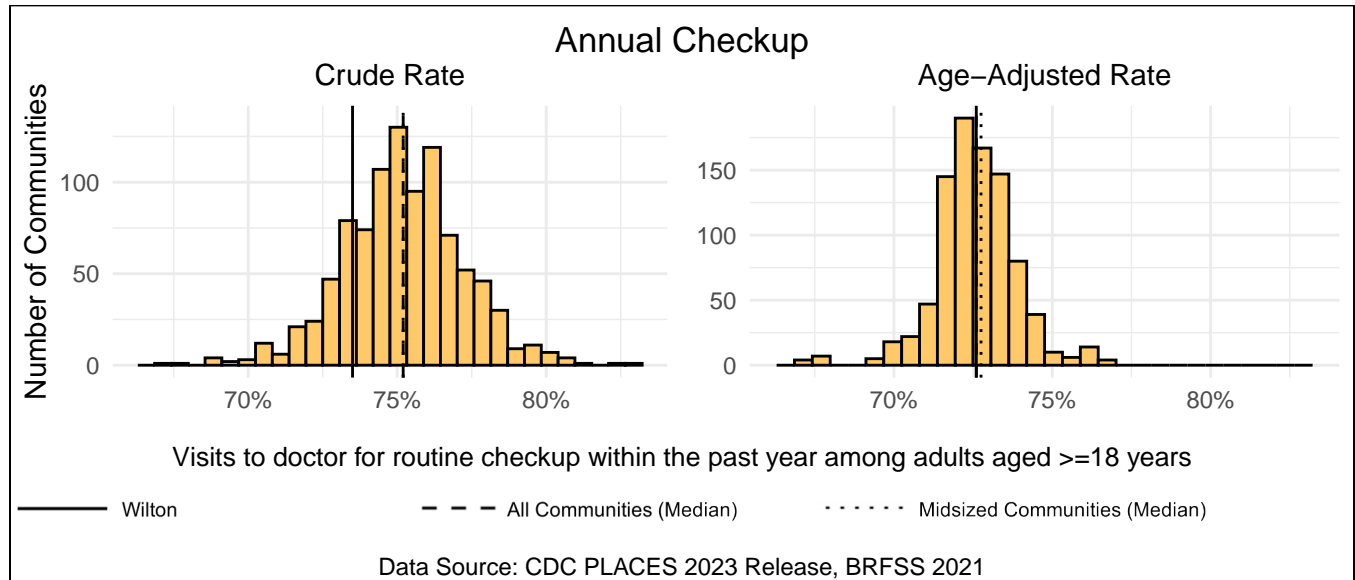
Measure Type	Wilton	All Comm.	Mid-sized Comm.
Crude	85.3%	83.3%	82.9%
Age-Adjusted	85.0%	83.2%	83.2%



Annual Checkup

Wilton has a crude rate of 73.5% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (80th out of 102 midsize communities). The age-adjusted rate for Wilton is 72.6%, which ranks 435th out of 905 Iowa communities (56th out of 102 midsize communities).

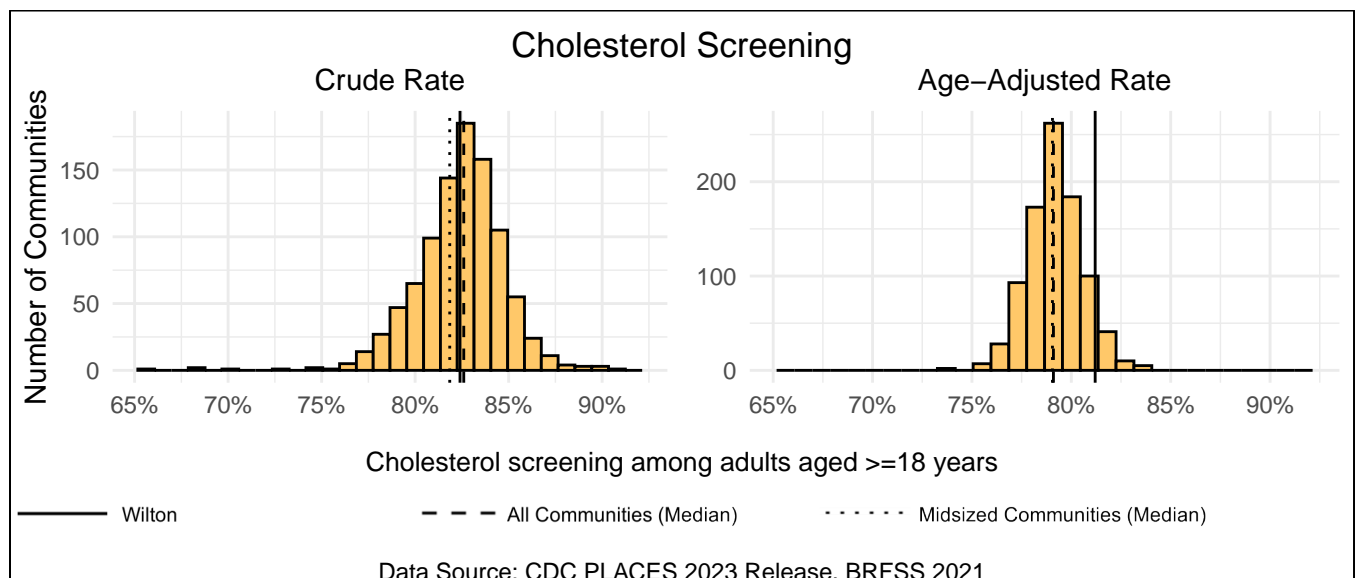
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	73.5%	75.2%	75.2%
Age-Adjusted	72.6%	72.6%	72.8%



Cholesterol Screening

Wilton has a crude rate of 82.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 520th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Wilton is 81.2%, which ranks 64th out of 905 Iowa communities (17th out of 102 midsize communities).

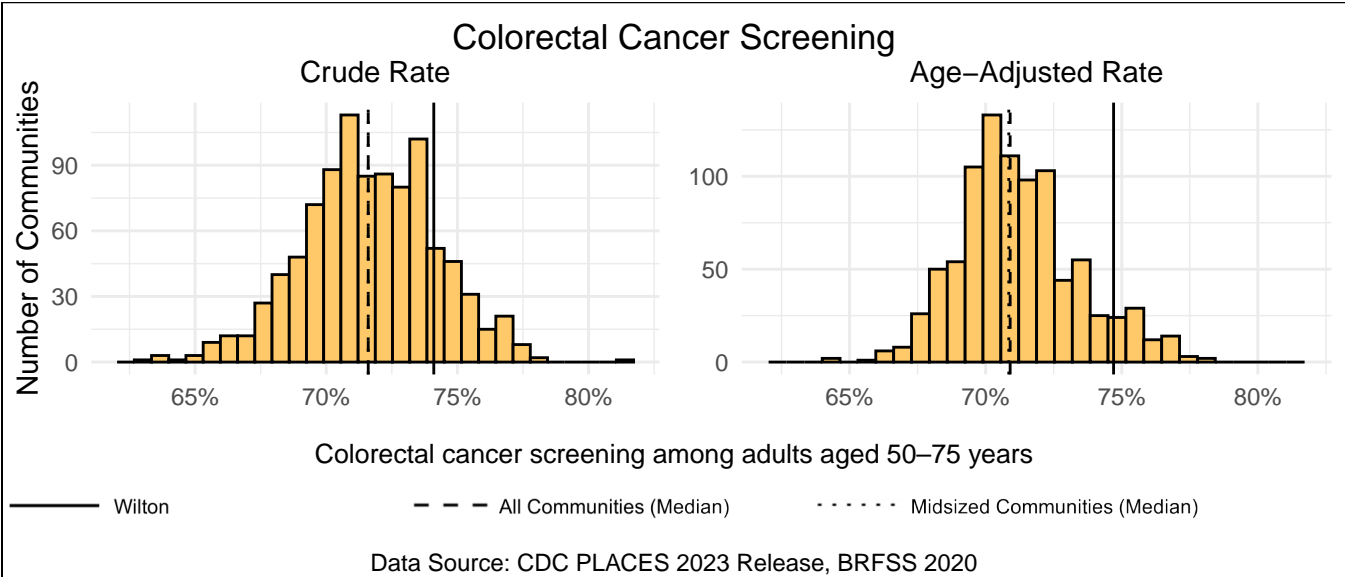
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	82.4%	82.6%	81.8%
Age-Adjusted	81.2%	79.1%	79.0%



Colorectal Cancer Screening

Wilton has a crude rate of 74.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 153rd out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for Wilton is 74.7%, which ranks 77th out of 905 Iowa communities (18th out of 102 mid-sized communities).

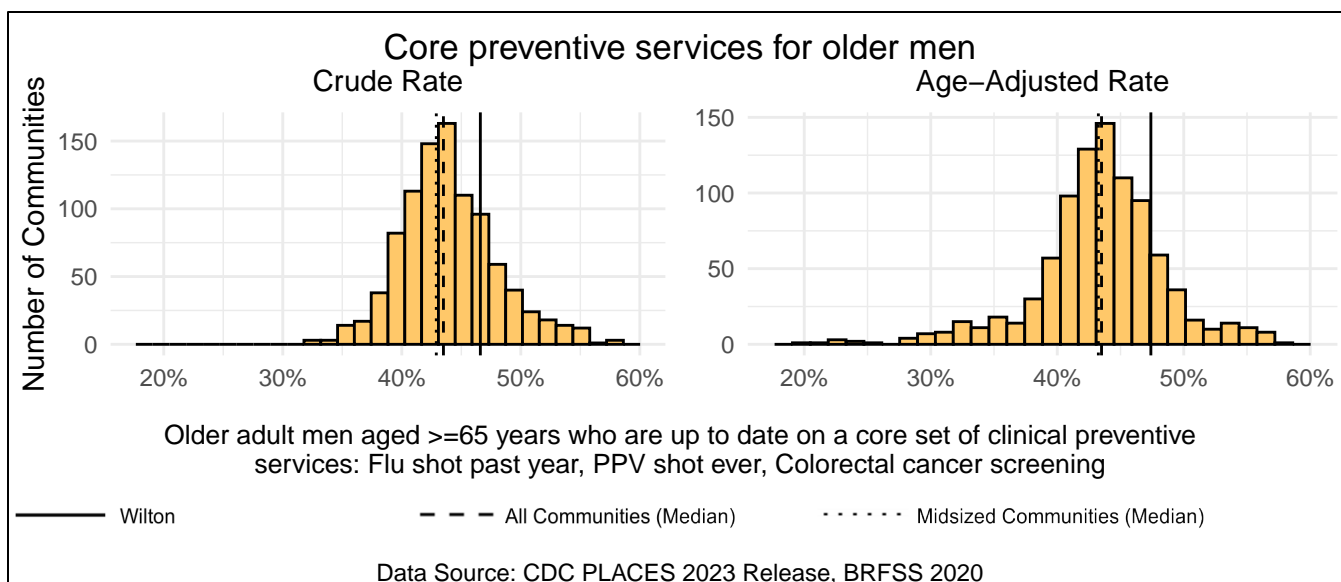
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	74.1%	71.6%	71.6%
Age-Adjusted	74.7%	70.9%	70.8%



Core preventive services for older men

Wilton has a crude rate of 46.6% 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 212th out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for Wilton is 47.4%, which ranks 150th out of 905 Iowa communities (20th out of 102 mid-sized communities).

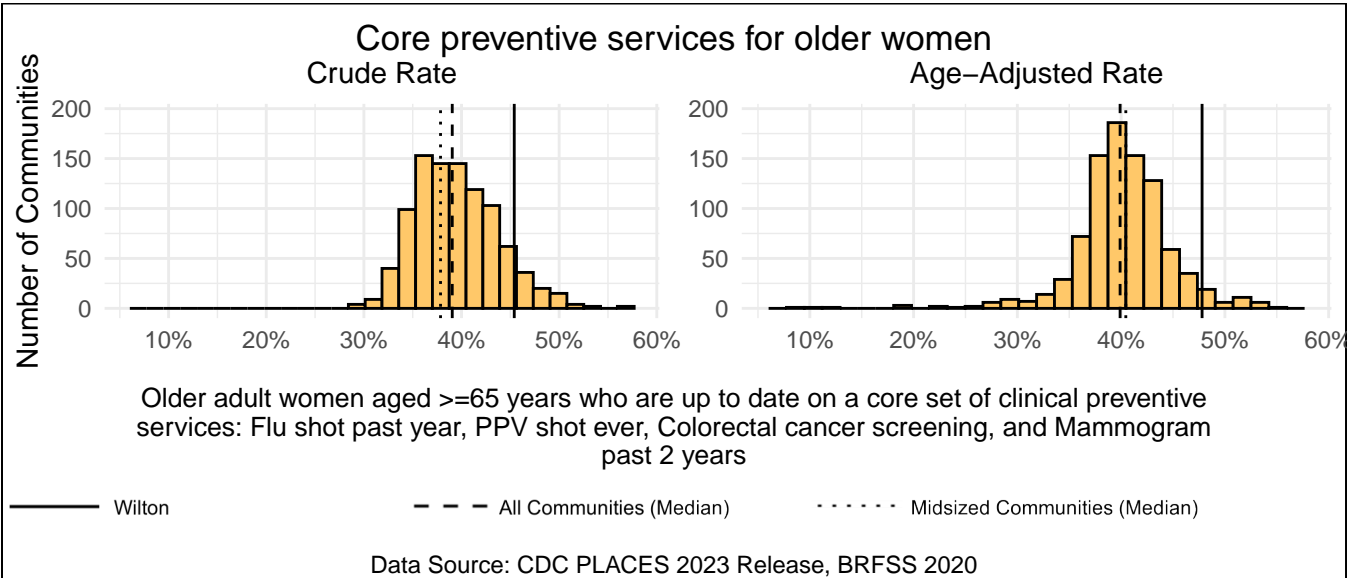
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	46.6%	43.5%	42.9%
Age-Adjusted	47.4%	43.5%	43.2%



Core preventive services for older women

Wilton has a crude rate of 45.4% 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 86th out of 958 Iowa communities (17th out of 102 mid-sized communities). The age-adjusted rate for Wilton is 47.8%, which ranks 33rd out of 905 Iowa communities (7th out of 102 mid-sized communities).

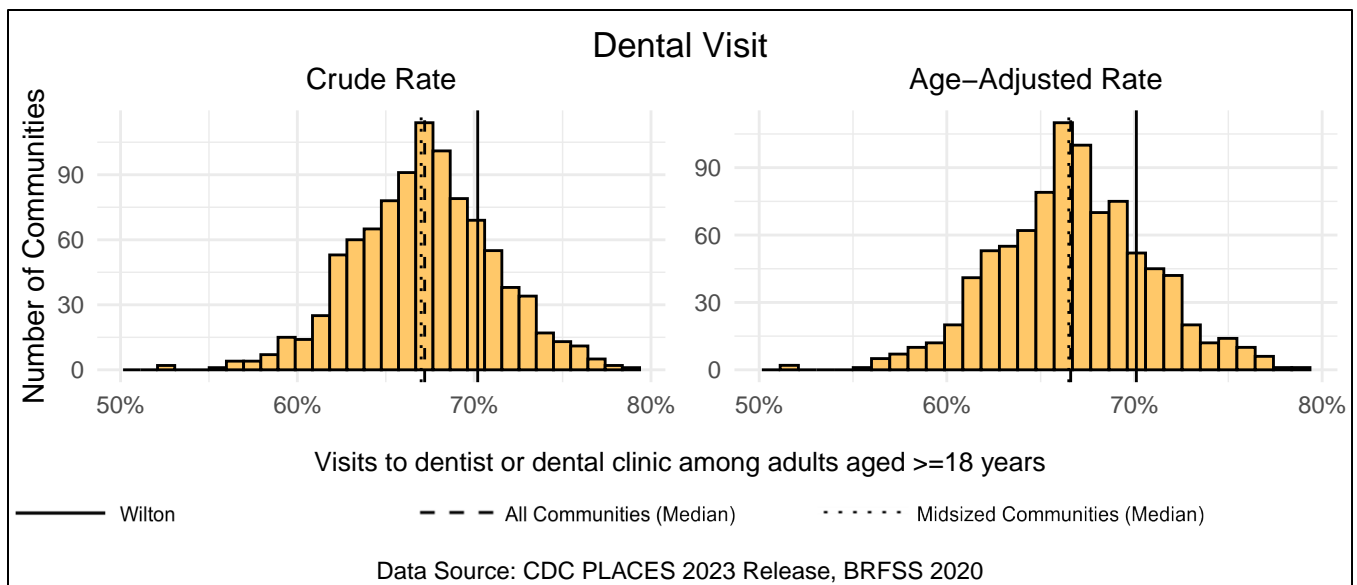
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	45.4%	39.0%	37.8%
Age-Adjusted	47.8%	39.9%	40.4%



Dental Visit

Wilton has a crude rate of 70.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 195th out of 958 Iowa communities (31st out of 102 mid-sized communities). The age-adjusted rate for Wilton is 70.1%, which ranks 170th out of 905 Iowa communities (32nd out of 102 mid-sized communities).

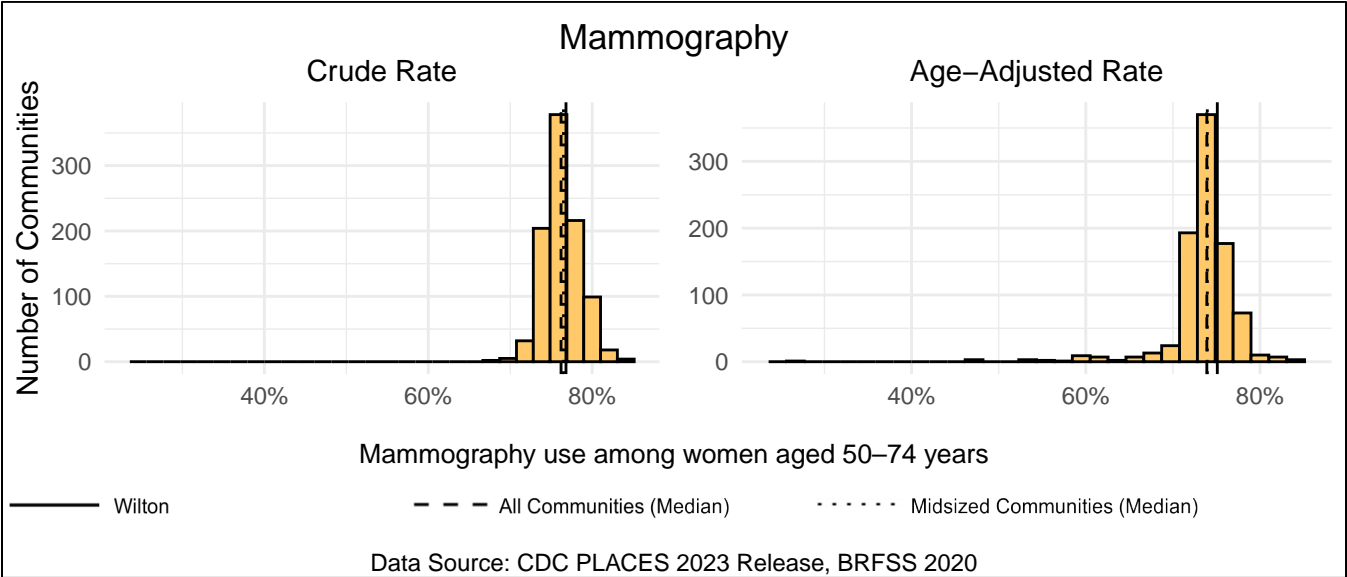
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	70.2%	67.2%	67.0%
Age-Adjusted	70.1%	66.6%	66.5%



Mammography

Wilton has a crude rate of 76.8% for mammography use among women aged 50–74 years, which ranks 358th out of 958 Iowa communities (43rd out of 102 midsize communities). The age-adjusted rate for Wilton is 75.1%, which ranks 233rd out of 905 Iowa communities (36th out of 102 midsize communities).

Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	76.8%	76.2%	76.5%
Age-Adjusted	75.1%	73.9%	74.0%



Disability

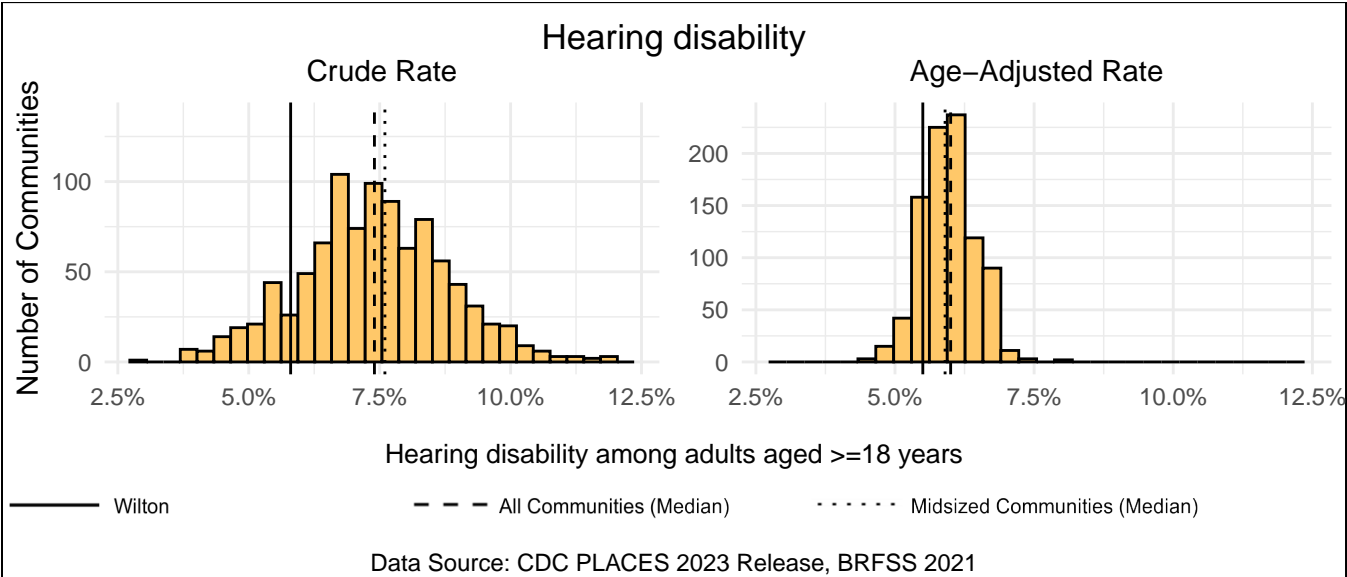
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Wilton has a crude rate of 5.8% for hearing disability among adults aged ≥ 18 years, which ranks 124th out of 958 Iowa communities (20th out of 102 midsize communities). The age-adjusted rate for Wilton is 5.5%, which ranks 110th out of 905 Iowa communities (25th out of 102 midsize communities).

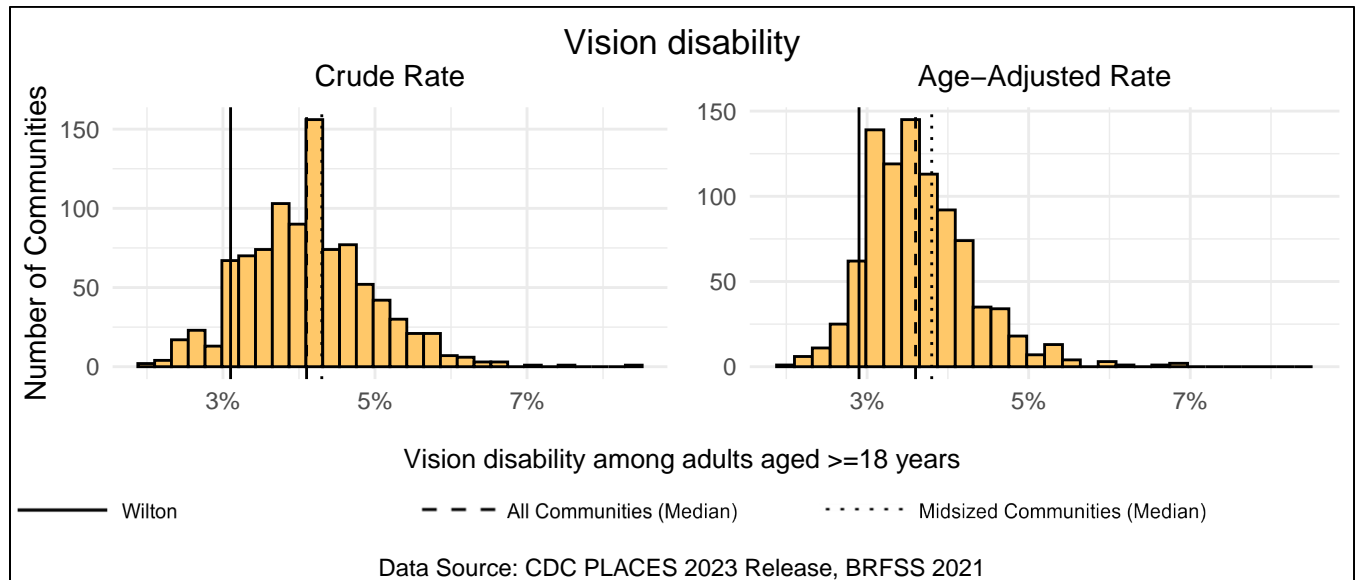
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	5.8%	7.4%	7.6%
Age-Adjusted	5.5%	6.0%	5.9%



Vision disability

Wilton has a crude rate of 3.1% for vision disability among adults aged ≥ 18 years, which ranks 82nd out of 958 Iowa communities (17th out of 102 midsize communities). The age-adjusted rate for Wilton is 2.9%, which ranks 70th out of 905 Iowa communities (16th out of 102 midsize communities).

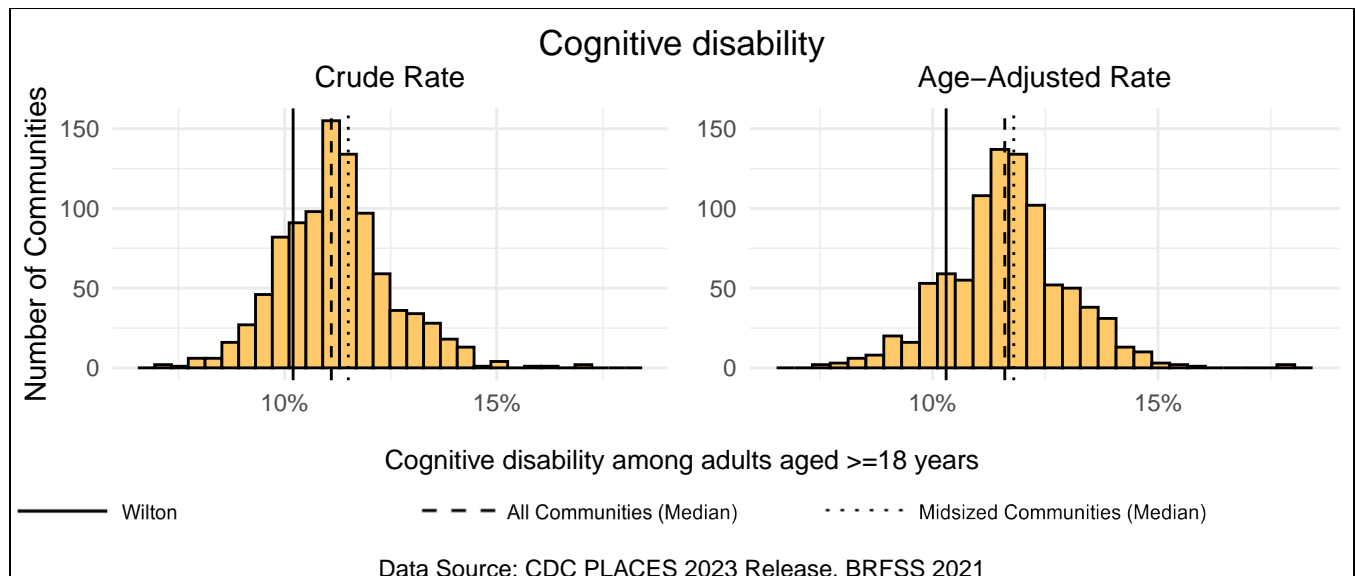
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	3.1%	4.1%	4.3%
Age-Adjusted	2.9%	3.6%	3.8%



Cognitive disability

Wilton has a crude rate of 10.2% for cognitive disability among adults aged ≥ 18 years, which ranks 187th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Wilton is 10.3%, which ranks 124th out of 905 Iowa communities (23rd out of 102 midsize communities).

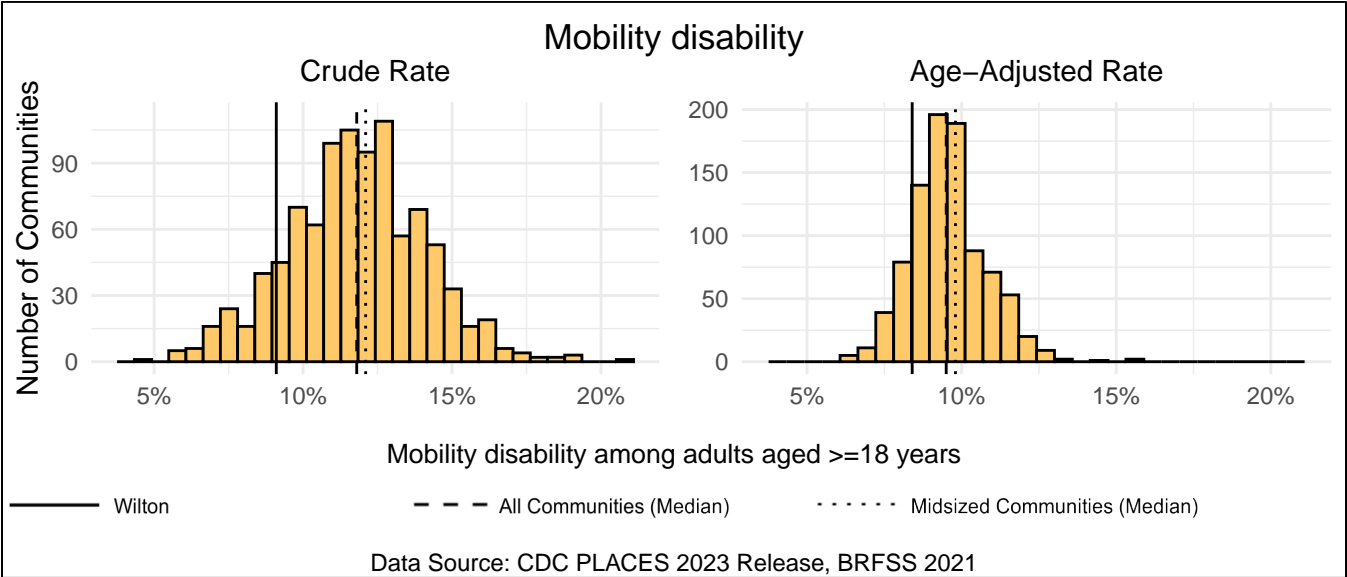
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	10.2%	11.1%	11.5%
Age-Adjusted	10.3%	11.6%	11.8%



Mobility disability

Wilton has a crude rate of 9.1% for mobility disability among adults aged ≥ 18 years, which ranks 117th out of 958 Iowa communities (19th out of 102 mid-sized communities). The age-adjusted rate for Wilton is 8.4%, which ranks 135th out of 905 Iowa communities (22nd out of 102 mid-sized communities).

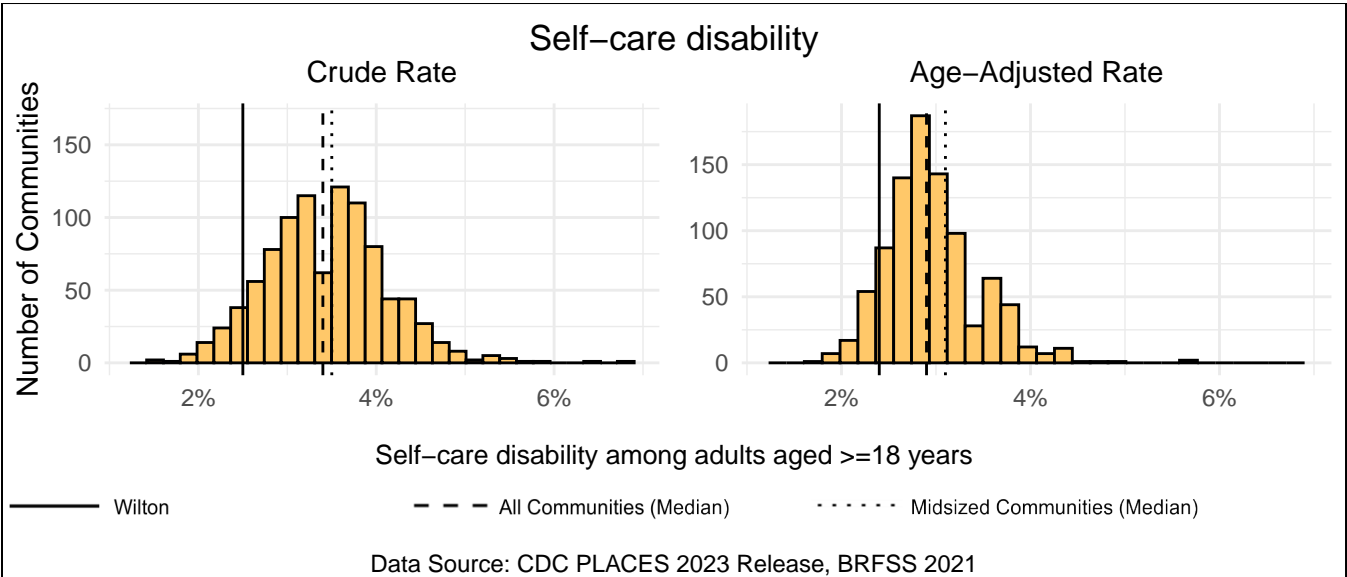
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	9.1%	11.8%	12.1%
Age-Adjusted	8.4%	9.5%	9.8%



Self-care disability

Wilton has a crude rate of 2.5% for self-care disability among adults aged ≥ 18 years, which ranks 60th out of 958 Iowa communities (15th out of 102 mid-sized communities). The age-adjusted rate for Wilton is 2.4%, which ranks 80th out of 905 Iowa communities (18th out of 102 mid-sized communities).

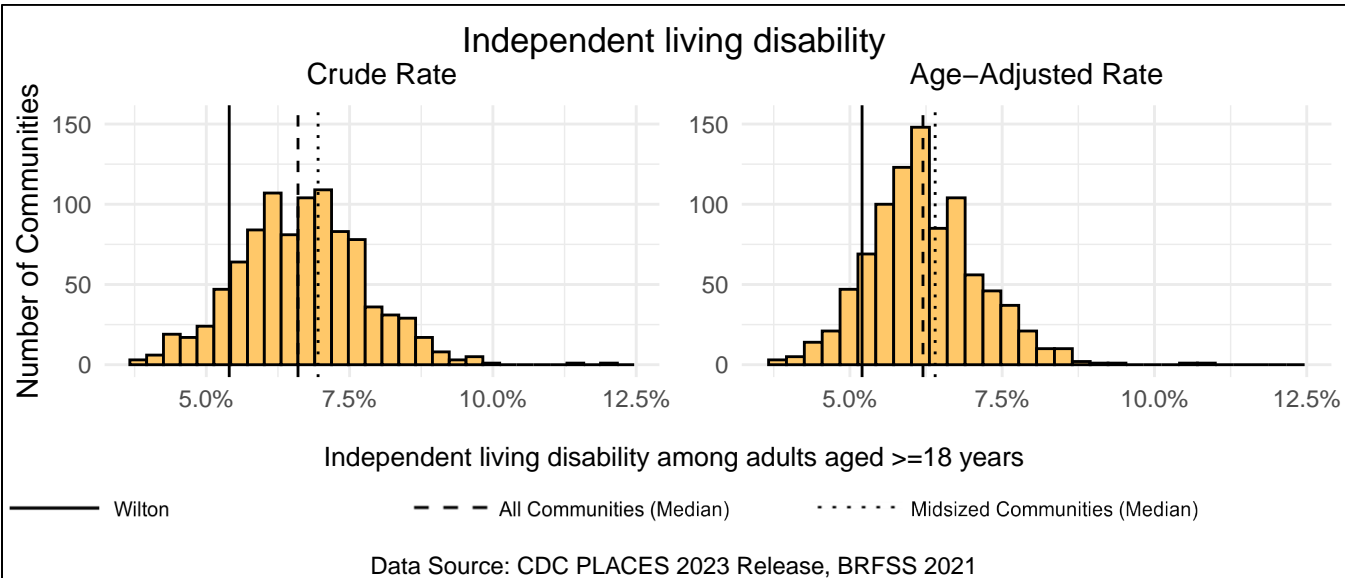
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	2.5%	3.4%	3.5%
Age-Adjusted	2.4%	2.9%	3.1%



Independent living disability

Wilton has a crude rate of 5.4% for independent living disability among adults aged ≥ 18 years, which ranks 94th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Wilton is 5.2%, which ranks 91st out of 905 Iowa communities (19th out of 102 midsized communities).

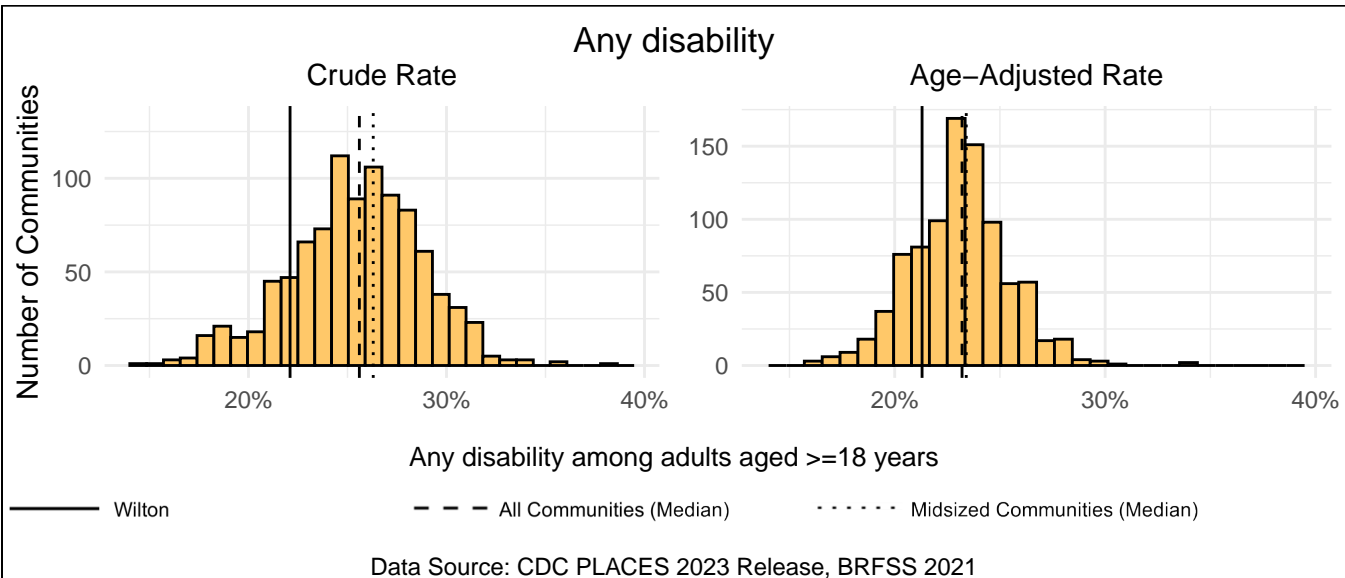
Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	5.4%	6.6%	7.0%
Age-Adjusted	5.2%	6.2%	6.4%



Any disability

Wilton has a crude rate of 22.1% for any disability among adults aged ≥ 18 years, which ranks 141st out of 958 Iowa communities (22nd out of 102 midsized communities). The age-adjusted rate for Wilton is 21.3%, which ranks 185th out of 905 Iowa communities (28th out of 102 midsized communities).

Measure Type	Wilton	All Comm.	Midsized Comm.
Crude	22.1%	25.6%	26.3%
Age-Adjusted	21.3%	23.2%	23.4%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Wilton PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	94	11.4% (9.3% - 13.6%)	103	10.8% (8.9% - 12.8%)
Health Status	Physical Health	76	8.8% (7.4% - 10.3%)	83	8.5% (7.2% - 10.0%)
Health Status	Mental Health	514	14.4% (12.4% - 16.7%)	189	14.8% (12.7% - 17.1%)
Health Risk Behaviors	Physical Inactivity	95	21.6% (17.5% - 25.9%)	111	21.1% (17.1% - 25.6%)
Health Risk Behaviors	Sleep <7 hours	630	31.0% (29.2% - 32.7%)	446	31.1% (29.3% - 32.8%)
Health Risk Behaviors	Binge Drinking	734	21.0% (17.5% - 24.7%)	358	21.7% (18.2% - 25.6%)
Health Risk Behaviors	Current Smoking	175	15.0% (11.5% - 18.7%)	106	14.9% (11.4% - 18.6%)
Health Outcomes	Diabetes	84	7.7% (6.4% - 9.1%)	57	7.1% (6.0% - 8.4%)
Health Outcomes	Coronary Heart Disease	97	4.8% (4.2% - 5.5%)	78	4.5% (3.8% - 5.2%)
Health Outcomes	High Blood Pressure	83	26.7% (23.2% - 30.6%)	46	25.1% (21.9% - 28.8%)
Health Outcomes	COPD	82	5.6% (4.6% - 6.8%)	93	5.3% (4.4% - 6.3%)
Health Outcomes	All Teeth Lost	164	10.9% (6.8% - 15.5%)	143	10.9% (6.9% - 15.4%)
Health Outcomes	Cancer (except skin)	177	7.0% (6.3% - 7.7%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	Current Asthma	80	8.9% (7.9% - 10.2%)	77	9.0% (7.9% - 10.2%)
Health Outcomes	High Cholesterol	51	31.2% (27.2% - 35.3%)	18	27.7% (23.9% - 31.8%)
Health Outcomes	Arthritis	66	22.0% (18.7% - 25.6%)	26	20.5% (17.4% - 23.8%)
Health Outcomes	Depression	848	19.6% (16.3% - 23.5%)	702	19.9% (16.7% - 23.7%)
Health Outcomes	Stroke	98	2.5% (2.1% - 2.8%)	49	2.3% (2.0% - 2.6%)
Health Outcomes	Chronic Kidney Disease	86	2.5% (2.3% - 2.8%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	Obesity	230	36.1% (29.7% - 42.6%)	201	35.8% (29.7% - 42.4%)
Prevention	Mammography	358	76.8% (73.1% - 80.5%)	233	75.1% (70.9% - 79.0%)
Prevention	Core preventive services for older women	86	45.4% (38.1% - 53.0%)	33	47.8% (40.5% - 55.0%)
Prevention	Dental Visit	195	70.2% (66.8% - 73.3%)	170	70.1% (66.8% - 73.4%)
Prevention	Cholesterol Screening	520	82.4% (79.2% - 85.3%)	64	81.2% (77.6% - 84.2%)
Prevention	Health Insurance	133	6.3% (4.8% - 8.2%)	107	6.5% (4.8% - 8.4%)
Prevention	Taking BP Medication	774	77.0% (73.3% - 80.6%)	501	58.8% (53.7% - 63.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	153	74.1% (70.9% - 77.1%)	77	74.7% (71.6% - 77.6%)
Prevention	Annual Checkup	771	73.5% (68.7% - 77.8%)	435	72.6% (67.8% - 77.2%)
Prevention	Cervical Cancer Screening	114	85.3% (82.9% - 87.5%)	87	85.0% (82.4% - 87.3%)
Prevention	Core preventive services for older men	212	46.6% (39.0% - 55.8%)	150	47.4% (39.8% - 56.3%)
Disability	Independent Living Disability	94	5.4% (4.4% - 6.4%)	91	5.2% (4.4% - 6.1%)
Disability	Cognitive Disability	187	10.2% (8.4% - 12.2%)	124	10.3% (8.5% - 12.0%)
Disability	Mobility Disability	117	9.1% (7.5% - 10.8%)	135	8.4% (7.0% - 10.0%)
Disability	Hearing Disability	124	5.8% (5.0% - 6.7%)	110	5.5% (4.8% - 6.2%)
Disability	Vision Disability	82	3.1% (2.6% - 3.6%)	70	2.9% (2.5% - 3.5%)
Disability	Any Disability	141	22.1% (18.6% - 26.0%)	185	21.3% (17.9% - 24.9%)
Disability	Self-care Disability	60	2.5% (2.1% - 3.0%)	80	2.4% (2.0% - 2.7%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

Appendix 3: Midsized Communities (2,500-9,999)

Wilton falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
