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 Winterset: Overview

Dear Community Members & Stakeholders of Winterset,

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 Winterset ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Winterset'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 Winterset. 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
Sleep <7 hours	133rd	20th	High Cholesterol	49th	6th
Core preventive services for older men	141st	15th	Core preventive services for older men	109th	15th
High Cholesterol	207th	28th	Sleep <7 hours	124th	21st
Current Smoking	248th	39th	Chronic Kidney Disease	142nd	27th
Cervical Cancer Screening	254th	29th	Annual Checkup	172nd	22nd

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
All Teeth Lost	663rd	59th	Obesity	667th	68th
Obesity	635th	73rd	Taking BP Medication	579th	70th
Cancer (except skin)	606th	63rd	All Teeth Lost	528th	56th
Dental Visit	574th	57th	Dental Visit	511th	55th
Mammography	510th	59th	Depression	489th	51st

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 Winterset.

Sincerely,

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

How to Use this Report

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

With a population of 5,366, Winterset'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 table shows rates in your community compared with the state midpoint and the population group

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

Values in the table are visualized by the vertical lines in the graphs below

Mental Health

The bars in these plots show the number of communities that fall in each value range

Crude Rate

Age−Adjusted Rate

Number of Communities

Mental health not good for >=14 days among adults aged >=18 years

The legend shows the meaning of the solid, dashed, and dotted lines

——— Ames – – – All Communities (Median) · · · · · Large Communities (Median)

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

Winterset has a crude rate of 13.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 361st out of 958 Iowa communities (42nd out of 102 midsized communities). The age-adjusted rate for Winterset is 12.4%, which ranks 355th out of 905 Iowa communities (40th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	13.6%	14.3%	14.5%
Age-Adjusted	12.4%	12.7%	13.0%

Poor General Health — Crude Rate and Age-Adjusted Rate. Fair or poor self-rated health status among adults aged >= 18 years. Winterset; All Communities (Median); Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
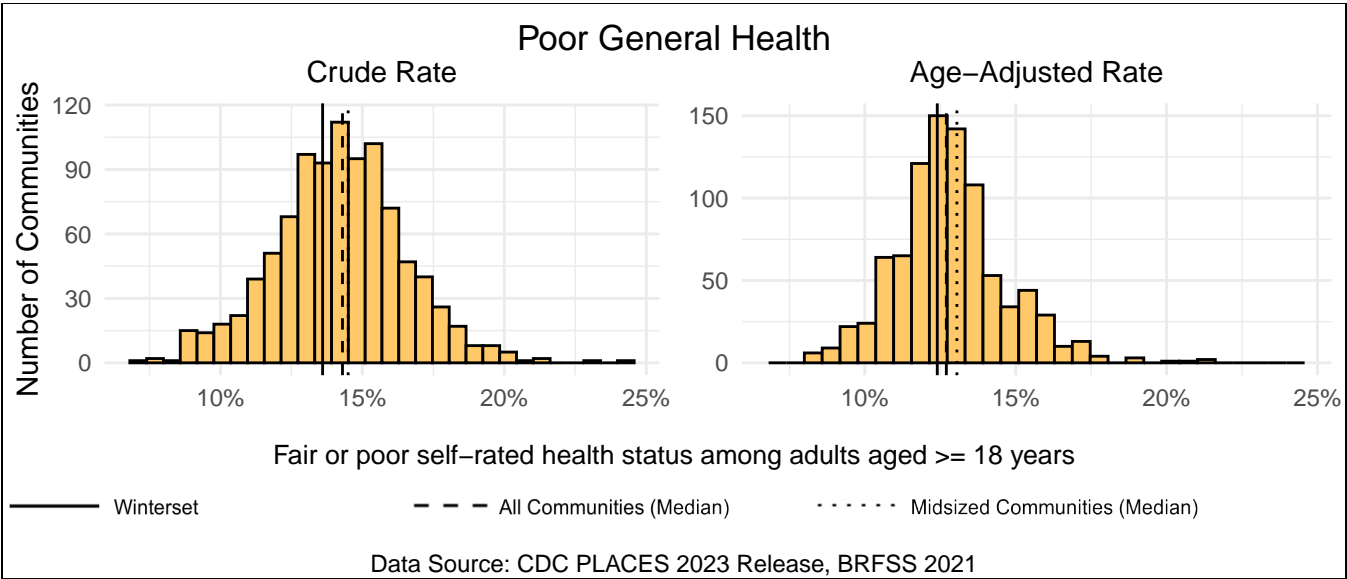
Poor Physical Health

Winterset has a crude rate of 10.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 354th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Winterset is 9.4%, which ranks 300th out of 905 Iowa communities (39th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	10.4%	10.8%	10.7%
Age-Adjusted	9.4%	9.7%	9.9%

Poor Physical Health — Crude Rate / Age–Adjusted Rate

Physical health not good for >=14 days among adults aged >=18 years

Winterset —— All Communities (Median) – – – Midsized Communities (Median) · · · · · ·

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Winterset has a crude rate of 14.3% for mental health not good for >=14 days among adults aged >=18 years, which ranks 464th out of 958 Iowa communities (45th out of 102 midsized communities). The age-adjusted rate for Winterset is 15.4%, which ranks 370th out of 905 Iowa communities (47th out of 102 midsized communities).
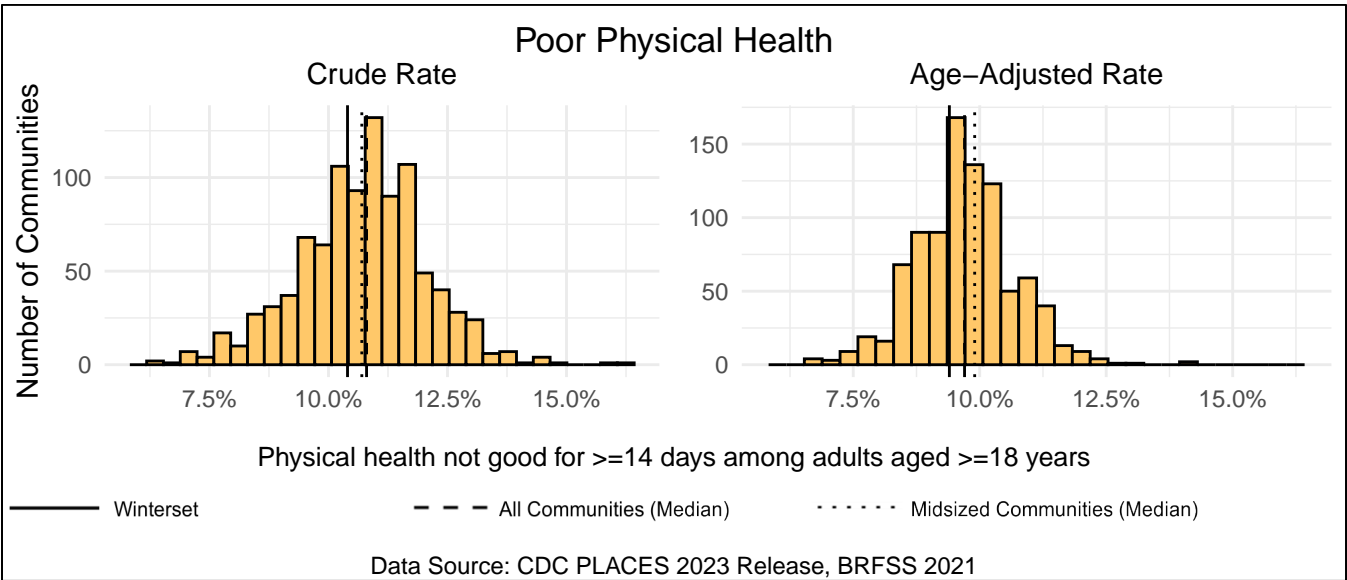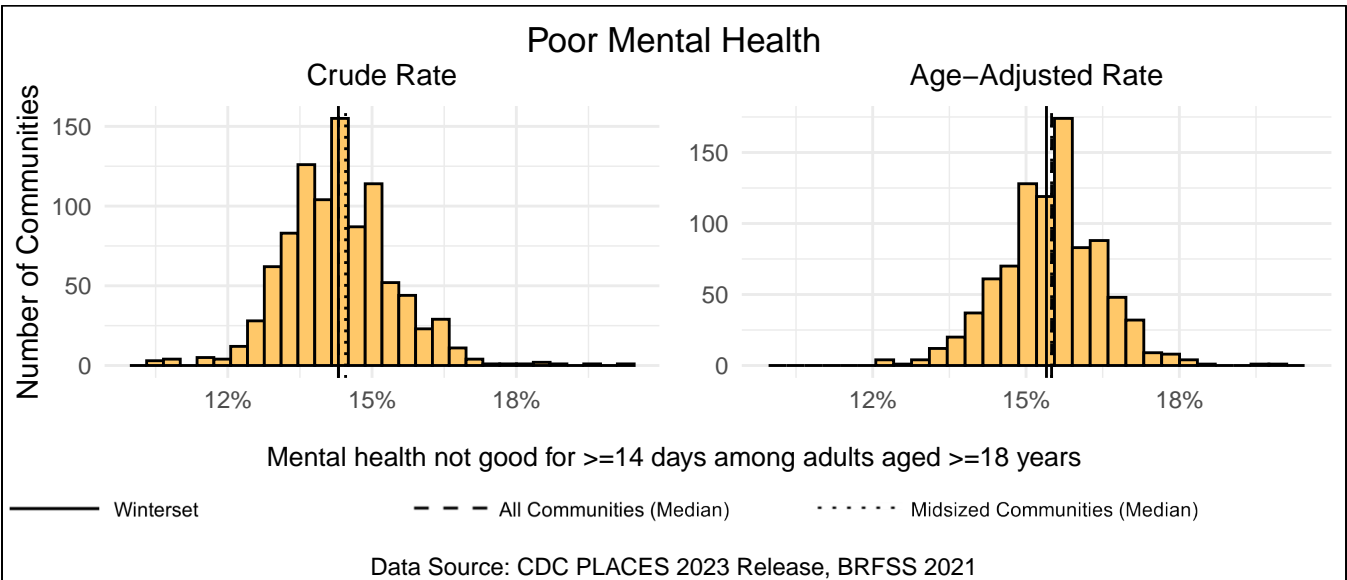
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	14.3%	14.3%	14.4%
Age-Adjusted	15.4%	15.5%	15.5%

Poor Mental Health — Crude Rate / Age–Adjusted Rate

Mental health not good for >=14 days among adults aged >=18 years

Winterset —— All Communities (Median) – – – Midsized Communities (Median) · · · · · ·

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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

Winterset has a crude rate of 19.5% for binge drinking among adults aged >=18 years, which ranks 476th out of 958 Iowa communities (60th out of 102 midsized communities). The age-adjusted rate for Winterset is 22.0%, which ranks 451st out of 905 Iowa communities (62nd out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	19.5%	19.5%	19.2%
Age-Adjusted	22.0%	22.0%	21.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
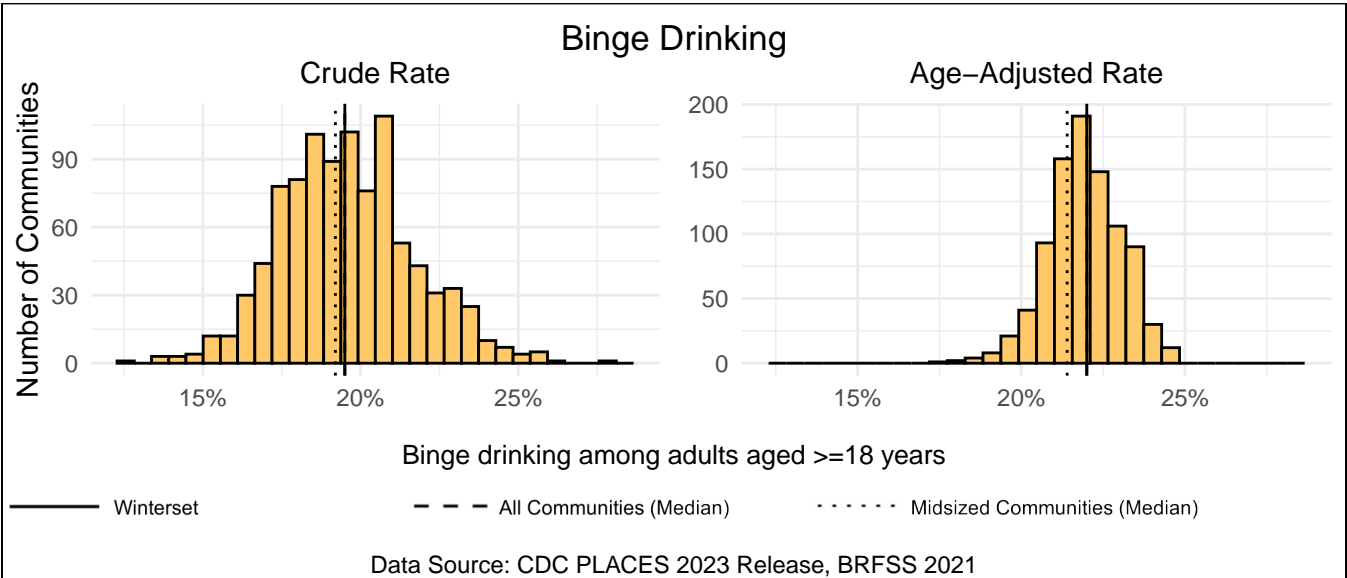
Current Smoking

Winterset has a crude rate of 15.6% for current smoking among adults aged >=18 years, which ranks 248th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Winterset is 16.5%, which ranks 241st out of 905 Iowa communities (39th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	15.6%	16.8%	16.4%
Age-Adjusted	16.5%	17.5%	17.6%
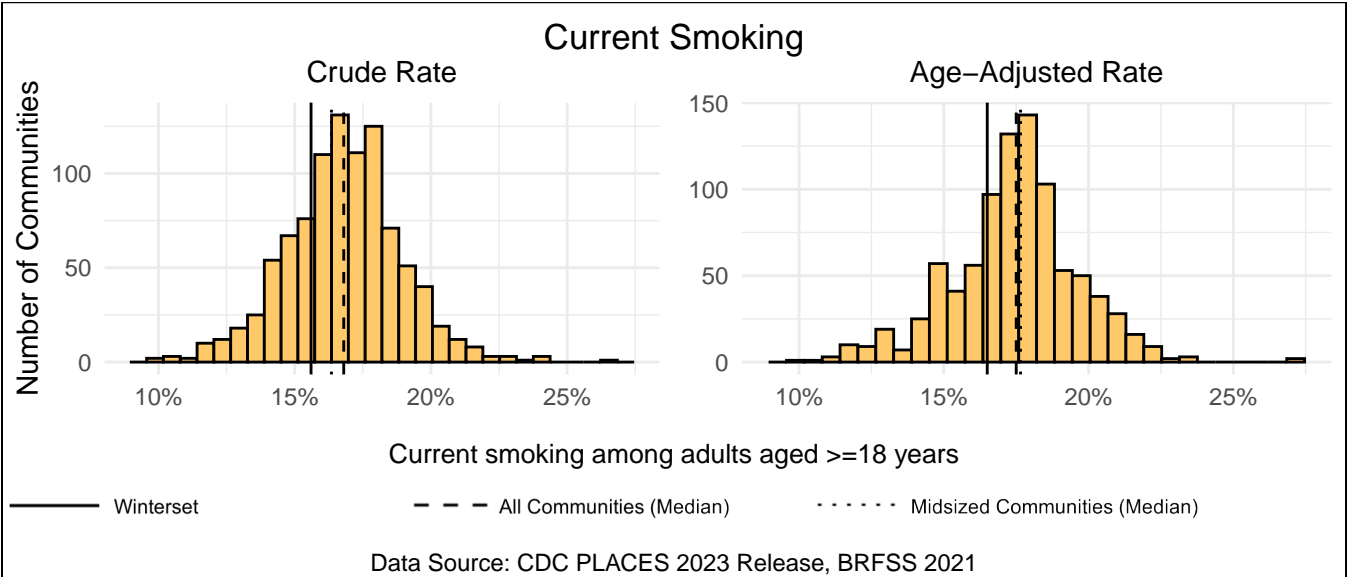
Physical Inactivity

Winterset has a crude rate of 25.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 384th out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Winterset is 23.4%, which ranks 323rd out of 905 Iowa communities (38th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	25.3%	26.1%	26.6%
Age-Adjusted	23.4%	24.3%	24.7%
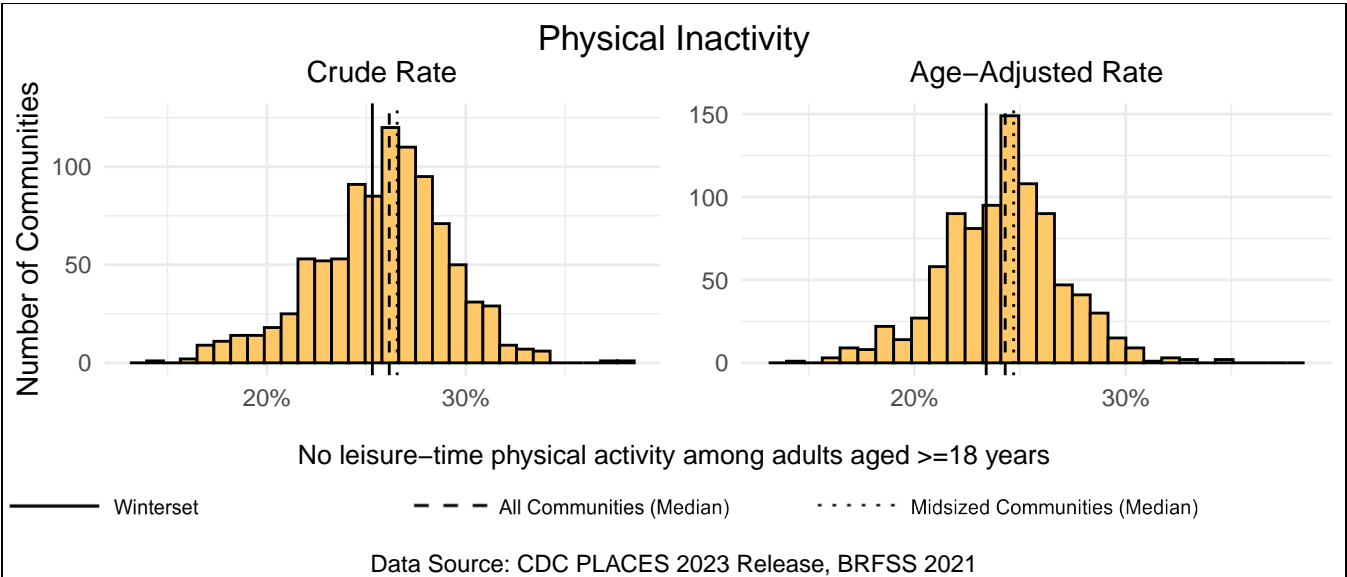
Sleep <7 hours

Winterset has a crude rate of 28.4% for sleeping less than 7 hours among adults aged >=18 years, which ranks 133rd out of 958 Iowa communities (20th out of 102 midsized communities). The age-adjusted rate for Winterset is 29.2%, which ranks 124th out of 905 Iowa communities (21st out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	28.4%	30.2%	29.8%
Age-Adjusted	29.2%	31.1%	30.7%

Sleep <7 hours

Crude Rate — Age−Adjusted Rate

Number of Communities

Sleeping less than 7 hours among adults aged >=18 years

—— Winterset   - - - All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
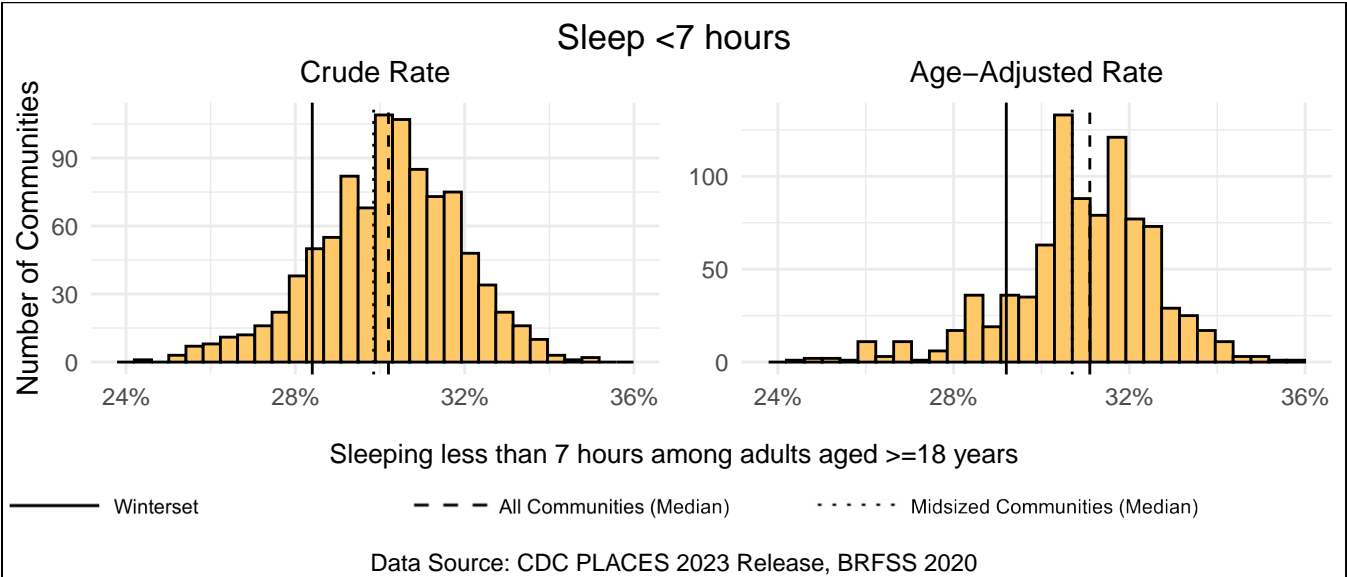
Health Outcomes

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

Winterset has a crude rate of 27.5% for arthritis among adults aged >=18 years, which ranks 433rd out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Winterset is 23.1%, which ranks 426th out of 905 Iowa communities (48th out of 102 midsized communities).

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

Data Source: CDC PLACES 2023 Release, BRFSS 2021
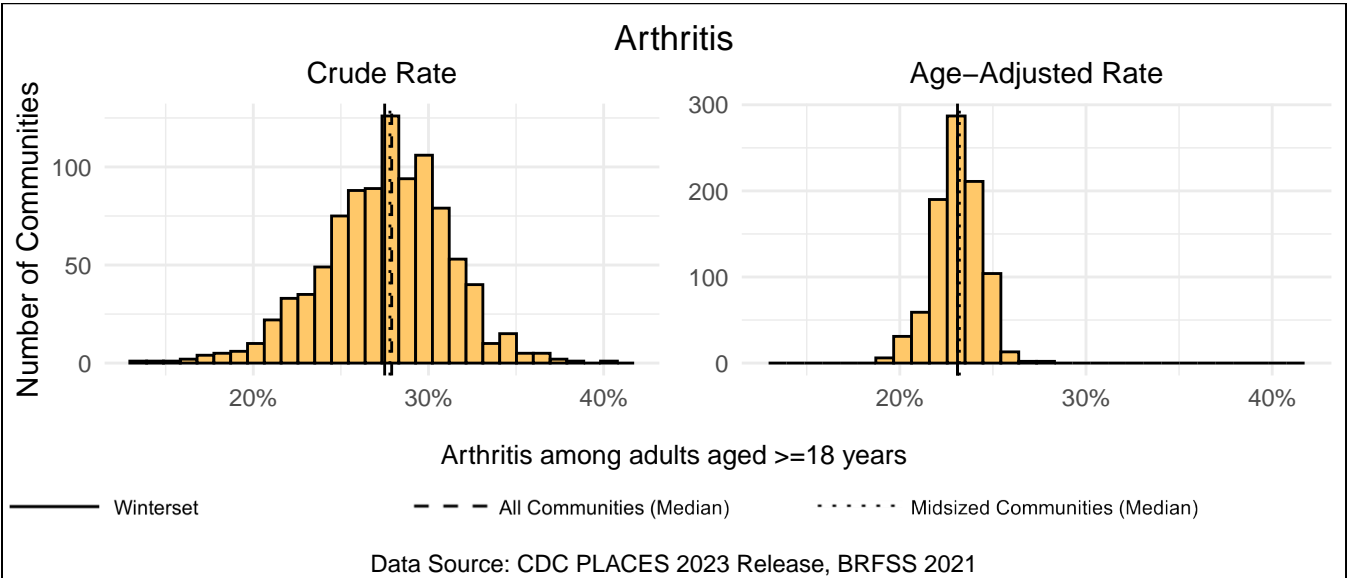
High Blood Pressure

Winterset has a crude rate of 31.0% for high blood pressure among adults aged >=18 years, which ranks 354th out of 958 Iowa communities (40th out of 102 midsized communities). The age-adjusted rate for Winterset is 26.5%, which ranks 262nd out of 905 Iowa communities (32nd out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	31.0%	32.0%	32.0%
Age-Adjusted	26.5%	27.3%	27.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
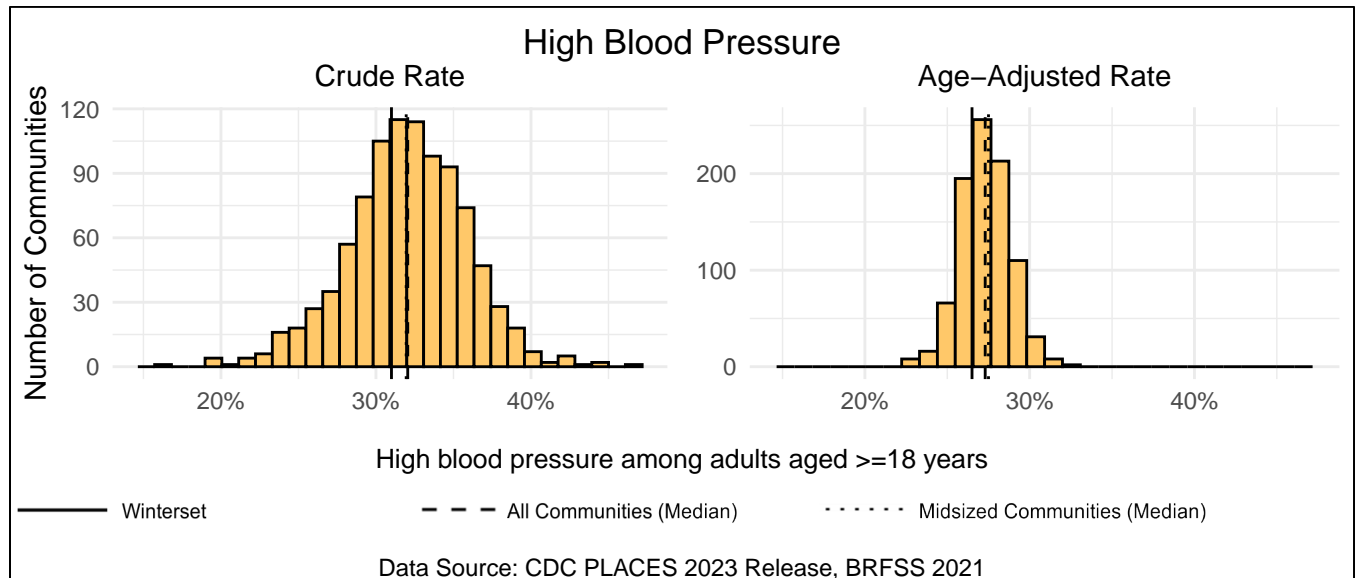
Cancer (except skin)

Winterset has a crude rate of 8.5% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 606th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Winterset is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	8.5%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Winterset has a crude rate of 9.3% for current asthma among adults aged >=18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Winterset is 9.5%, which ranks 415th out of 905 Iowa communities (45th out of 102 midsized communities).
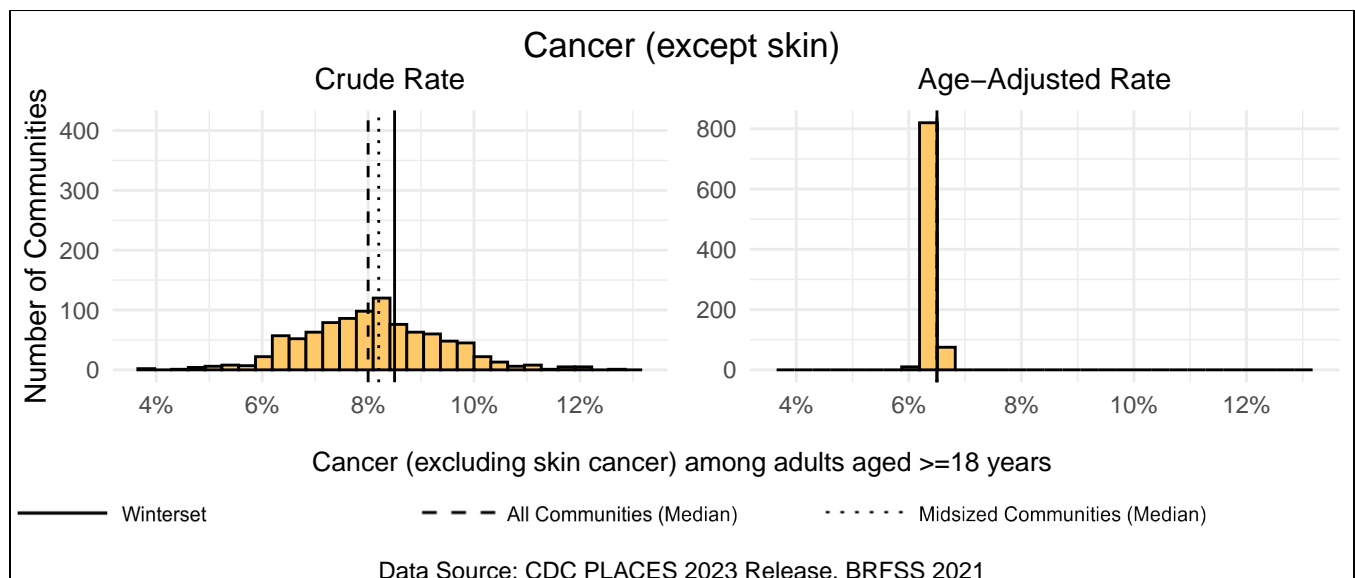
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Winterset has a crude rate of 6.2% for coronary heart disease among adults aged >=18 years, which ranks 378th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Winterset is 4.7%, which ranks 187th out of 905 Iowa communities (35th out of 102 midsized communities).
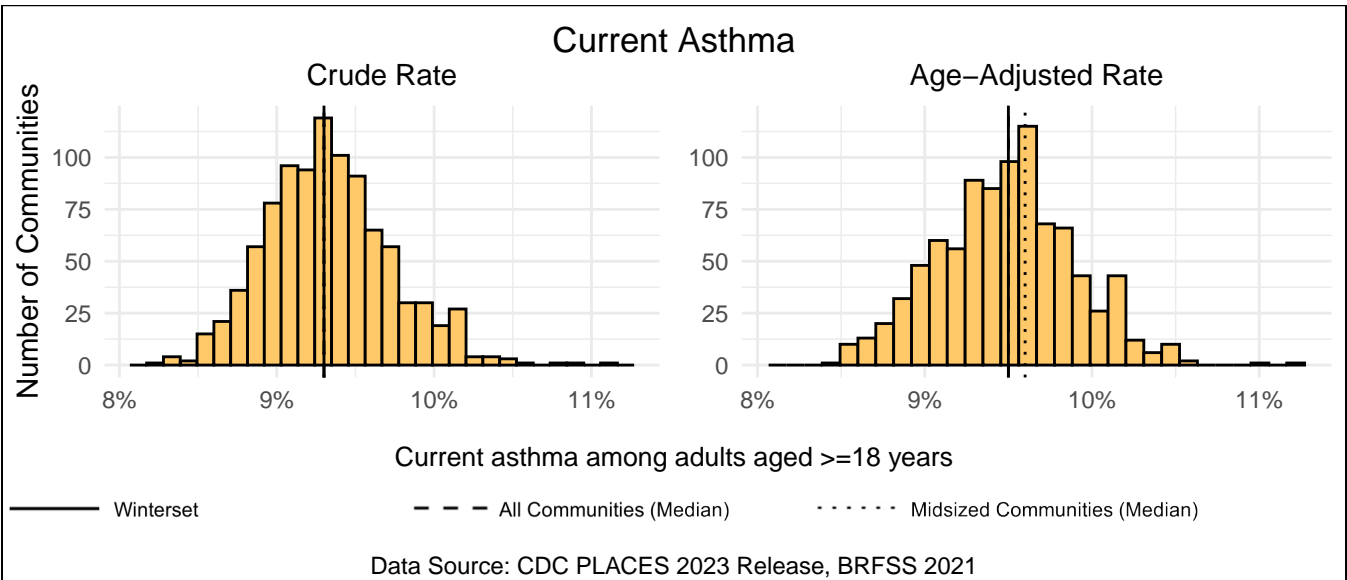
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	6.2%	6.4%	6.5%
Age-Adjusted	4.7%	5.0%	5.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Winterset has a crude rate of 7.1% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 363rd out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Winterset is 6.1%, which ranks 346th out of 905 Iowa communities (42nd out of 102 midsized communities).
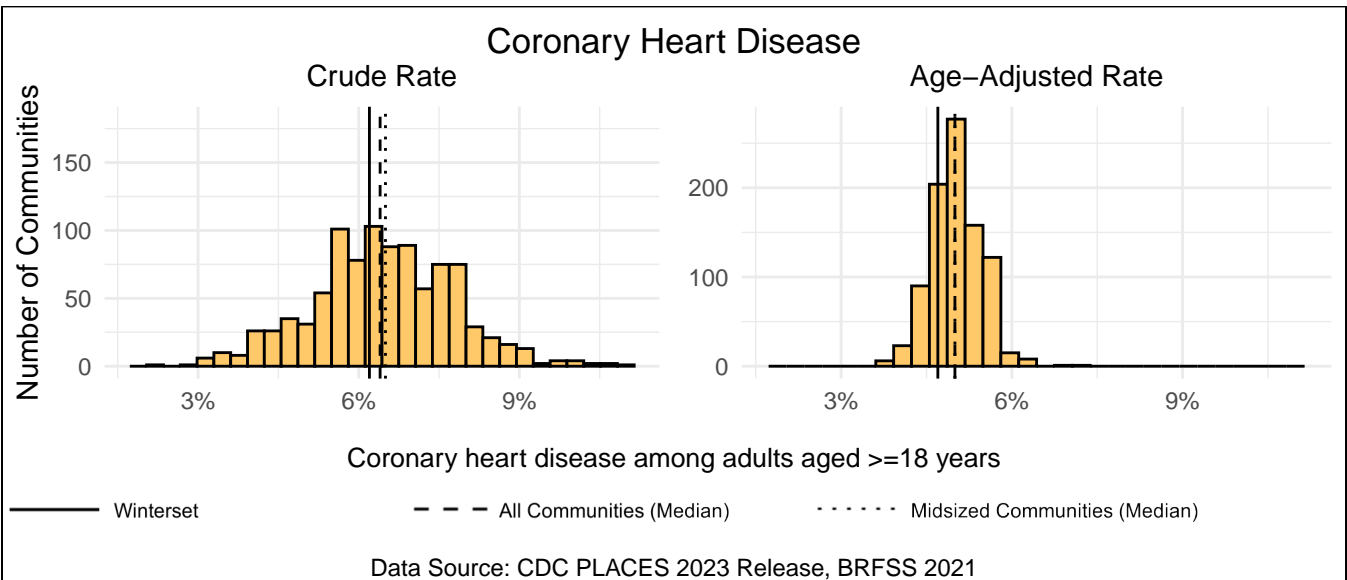
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	7.1%	7.4%	7.4%
Age-Adjusted	6.1%	6.2%	6.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
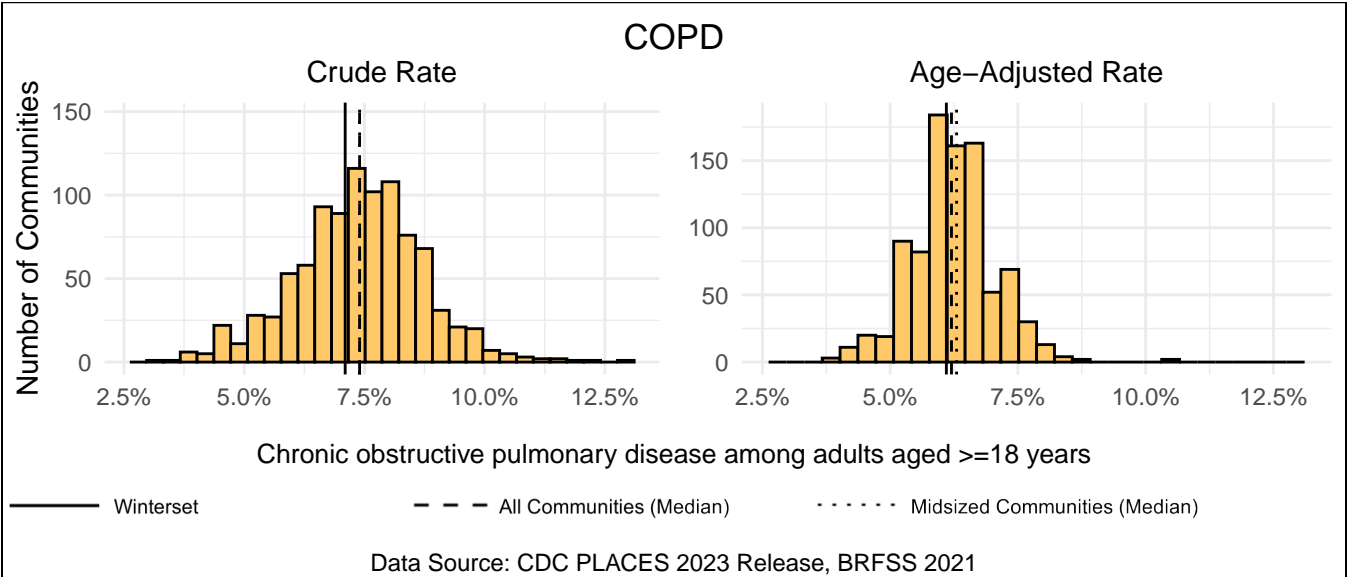
Depression

Winterset has a crude rate of 18.1% for depression among adults aged >=18 years, which ranks 499th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Winterset is 19.2%, which ranks 489th out of 905 Iowa communities (51st out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	18.1%	18.0%	18.2%
Age-Adjusted	19.2%	19.0%	19.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
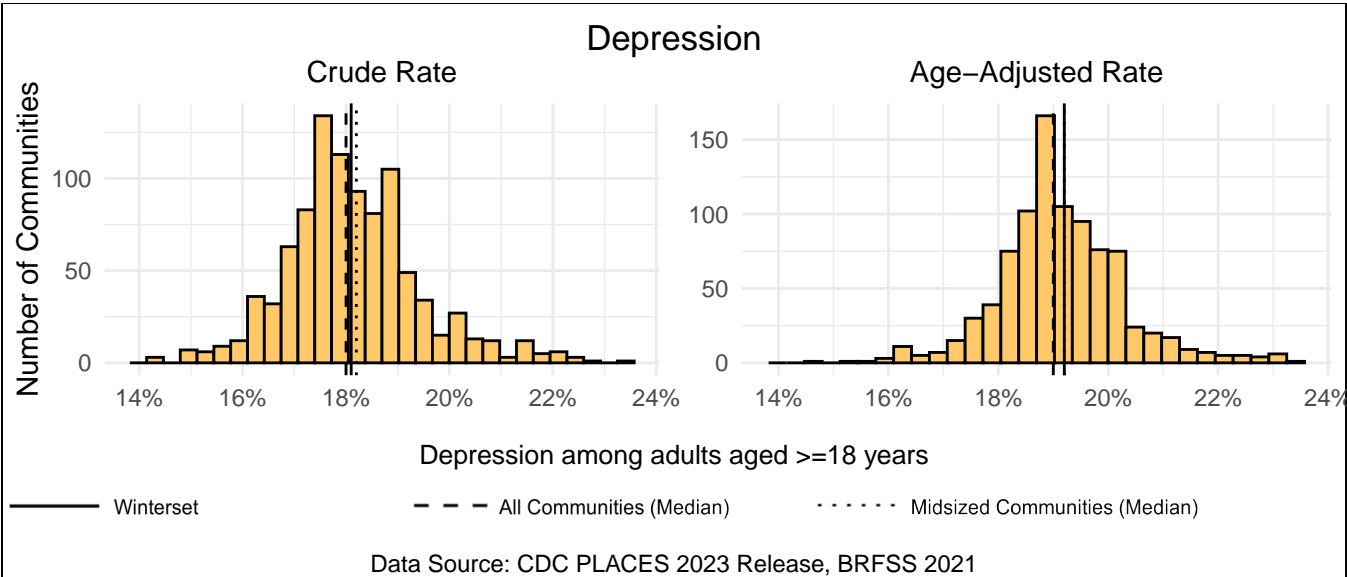
Diabetes

Winterset has a crude rate of 9.3% for diagnosed diabetes among adults aged >=18 years, which ranks 275th out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Winterset is 7.8%, which ranks 268th out of 905 Iowa communities (39th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	9.3%	10.1%	9.9%
Age-Adjusted	7.8%	8.1%	8.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

Winterset has a crude rate of 34.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 207th out of 958 Iowa communities (28th out of 102 midsized communities). The age-adjusted rate for Winterset is 28.3%, which ranks 49th out of 905 Iowa communities (6th out of 102 midsized communities).
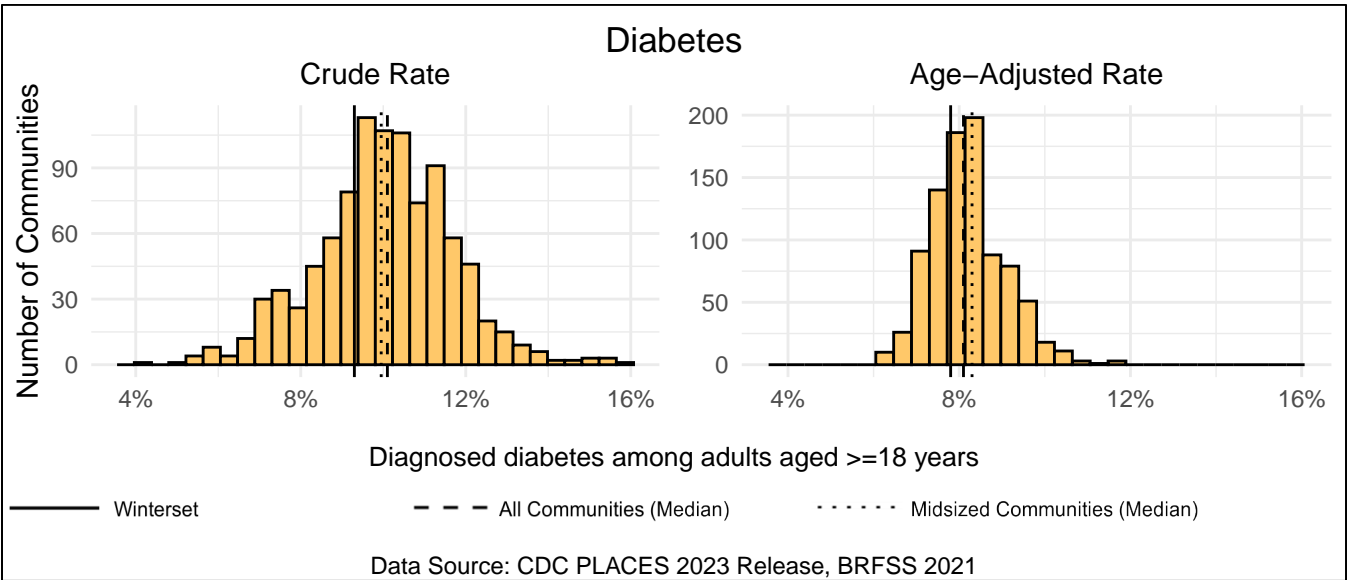
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	34.1%	36.2%	35.7%
Age-Adjusted	28.3%	29.7%	29.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
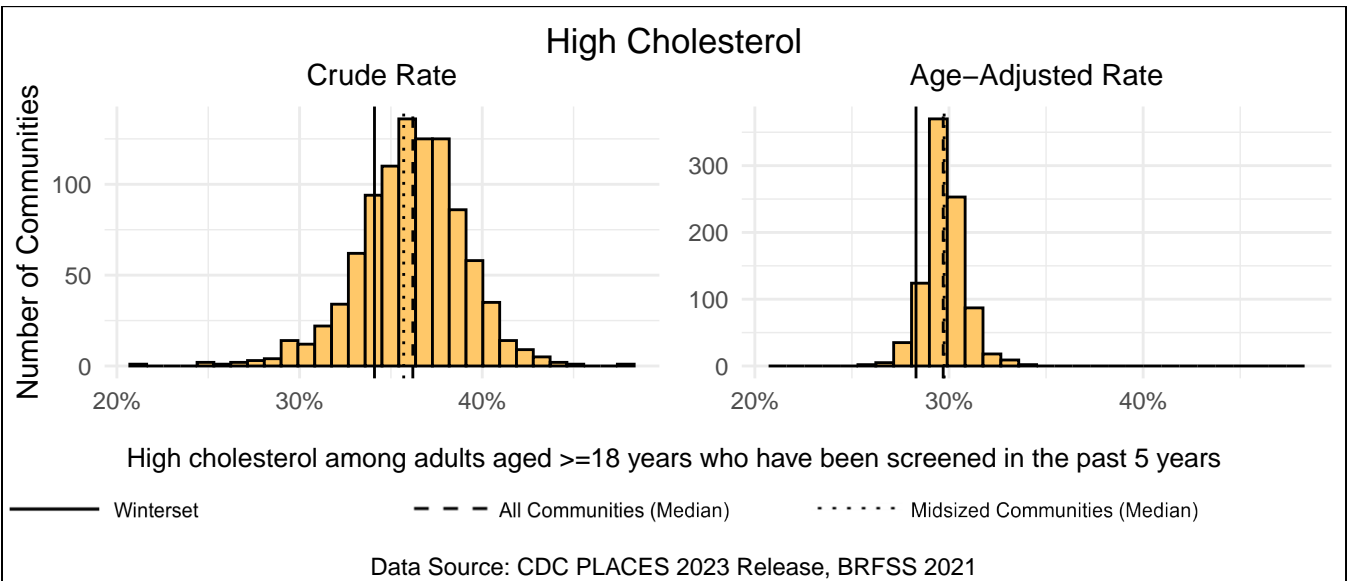
Chronic Kidney Disease

Winterset has a crude rate of 3.2% for chronic kidney disease among adults aged >=18 years, which ranks 446th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Winterset is 2.5%, which ranks 142nd out of 905 Iowa communities (27th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	3.2%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
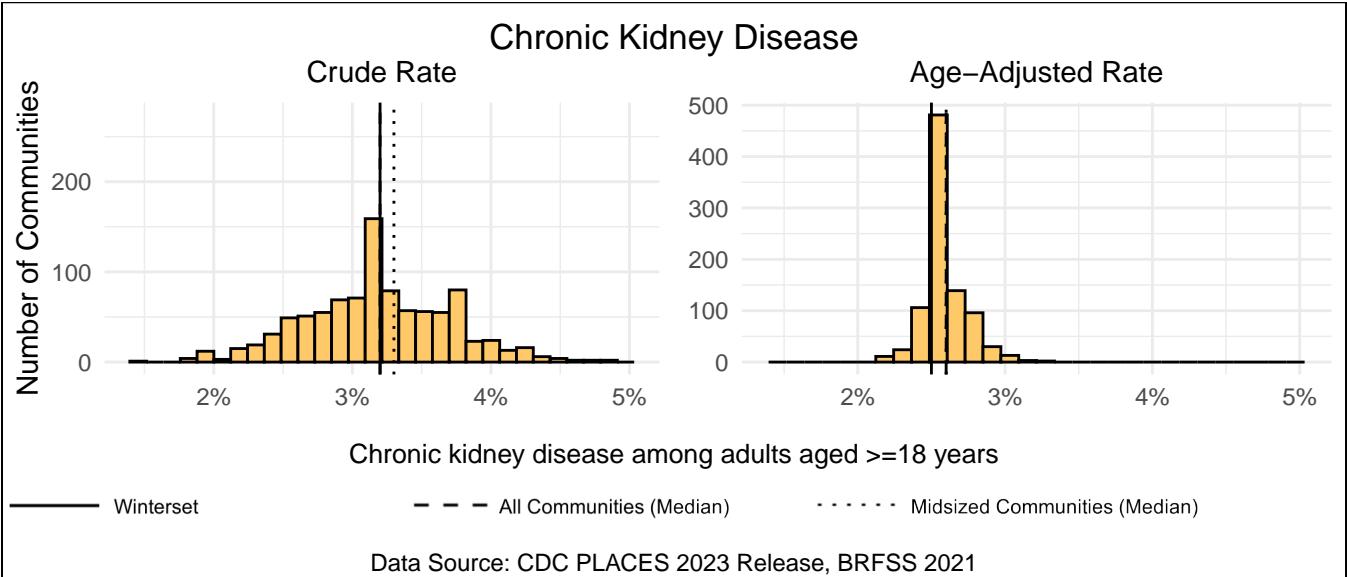
Obesity

Winterset has a crude rate of 38.6% for obesity among adults aged >=18 years, which ranks 635th out of 958 Iowa communities (73rd out of 102 midsized communities). The age-adjusted rate for Winterset is 39.1%, which ranks 667th out of 905 Iowa communities (68th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	38.6%	37.6%	37.6%
Age-Adjusted	39.1%	37.6%	38.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
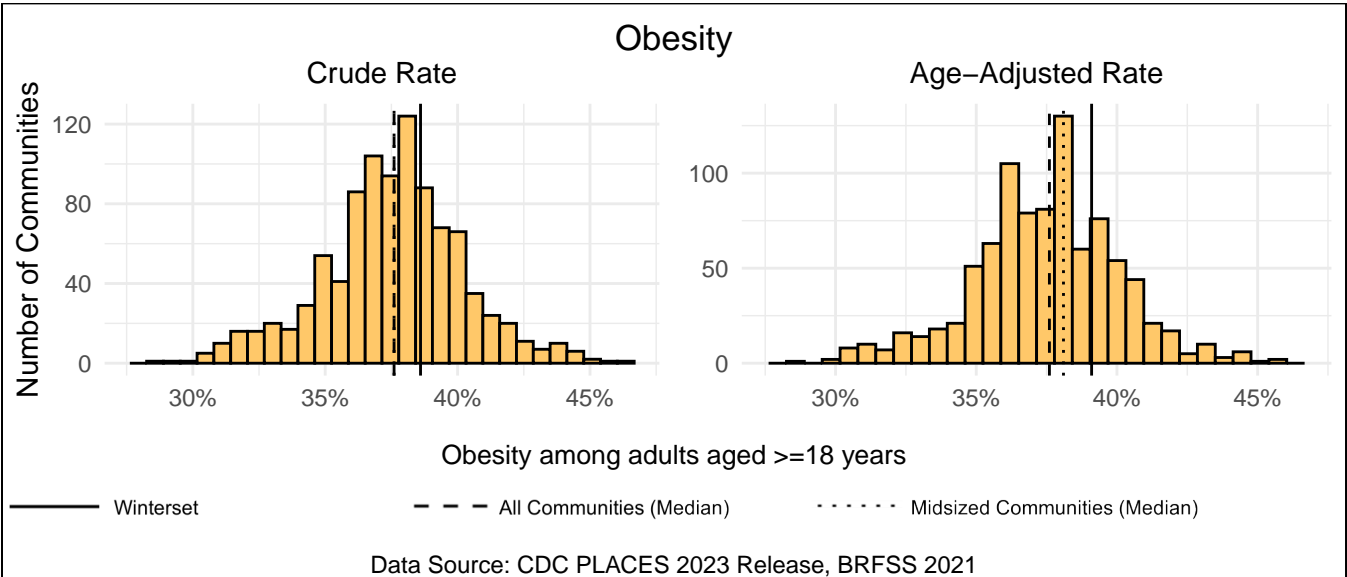
Stroke

Winterset has a crude rate of 3.2% for stroke among adults aged >=18 years, which ranks 397th out of 958 Iowa communities (40th out of 102 midsized communities). The age-adjusted rate for Winterset is 2.5%, which ranks 230th out of 905 Iowa communities (36th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	3.2%	3.3%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
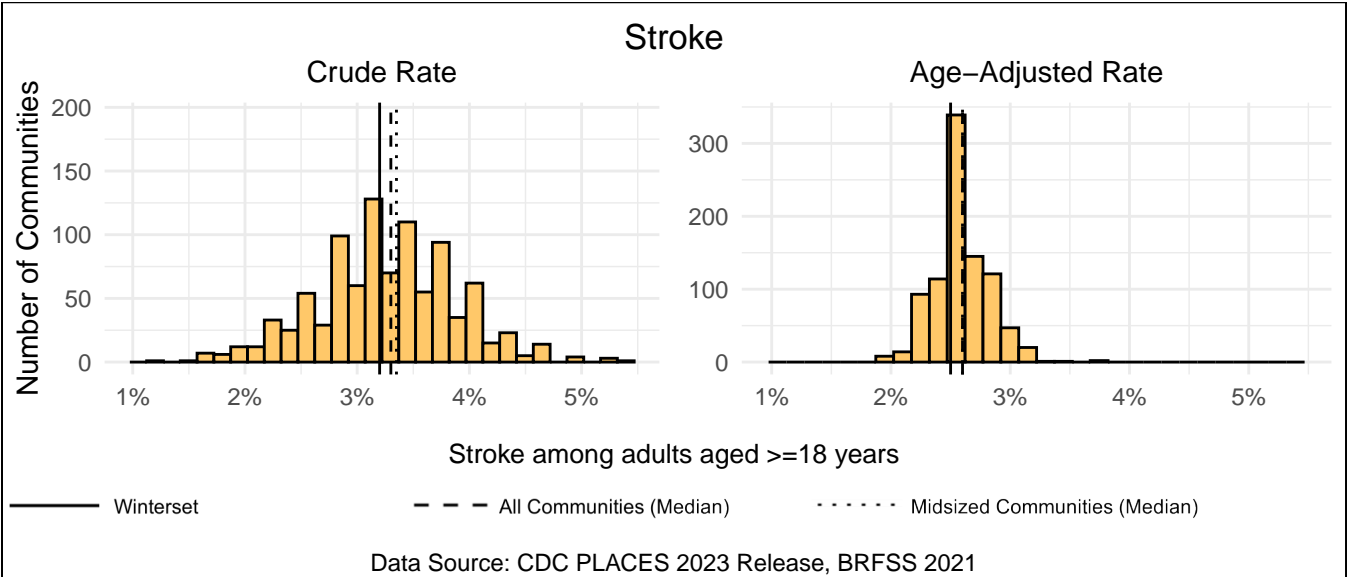
All Teeth Lost

Winterset has a crude rate of 13.9% for all teeth lost among adults aged >=65 years, which ranks 663rd out of 958 Iowa communities (59th out of 102 midsized communities). The age-adjusted rate for Winterset is 13.2%, which ranks 528th out of 905 Iowa communities (56th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	13.9%	12.9%	13.5%
Age-Adjusted	13.2%	12.8%	12.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
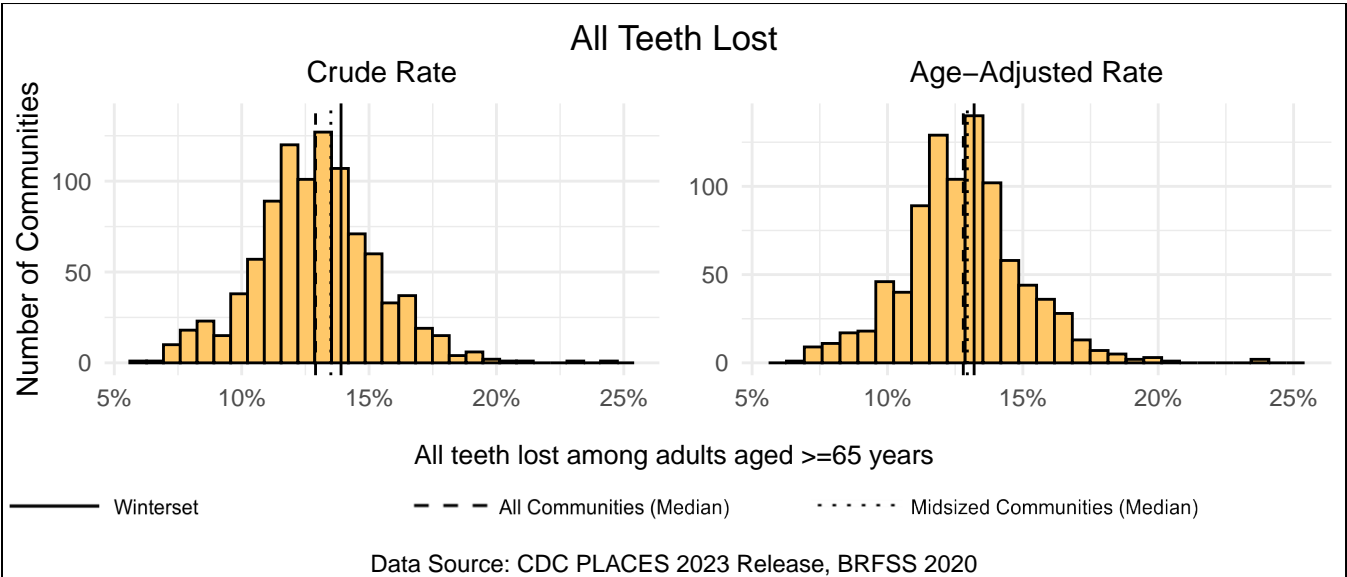
Prevention

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

Winterset has a crude rate of 7.3% for current lack of health insurance among adults aged 18–64 years, which ranks 456th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Winterset is 7.4%, which ranks 325th out of 905 Iowa communities (38th out of 102 midsized communities).

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

Data Source: CDC PLACES 2023 Release, BRFSS 2021
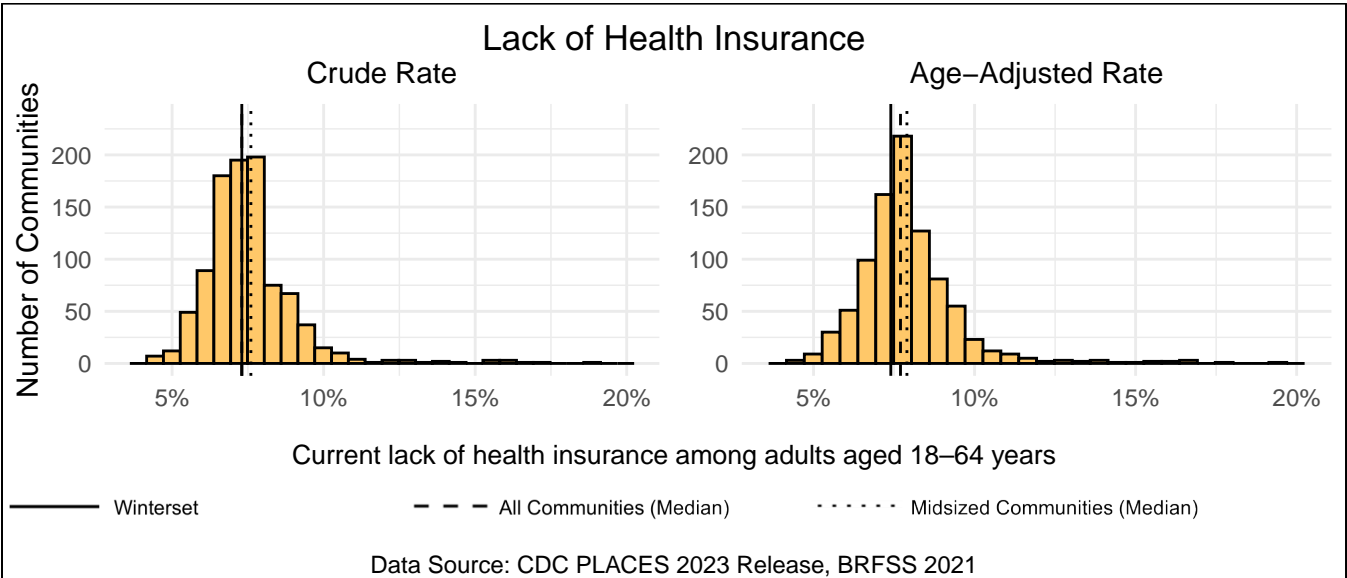
Taking BP Medication

Winterset has a crude rate of 79.6% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 493rd out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for Winterset is 58.6%, which ranks 579th out of 905 Iowa communities (70th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	79.6%	79.8%	79.8%
Age-Adjusted	58.6%	59.0%	59.0%

Taking BP Medication

Crude Rate — Age–Adjusted Rate

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

—— Winterset   – – – All Communities (Median)   ······ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Winterset has a crude rate of 84.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 254th out of 958 Iowa communities (29th out of 102 midsized communities). The age-adjusted rate for Winterset is 84.1%, which ranks 217th out of 905 Iowa communities (37th out of 102 midsized communities).
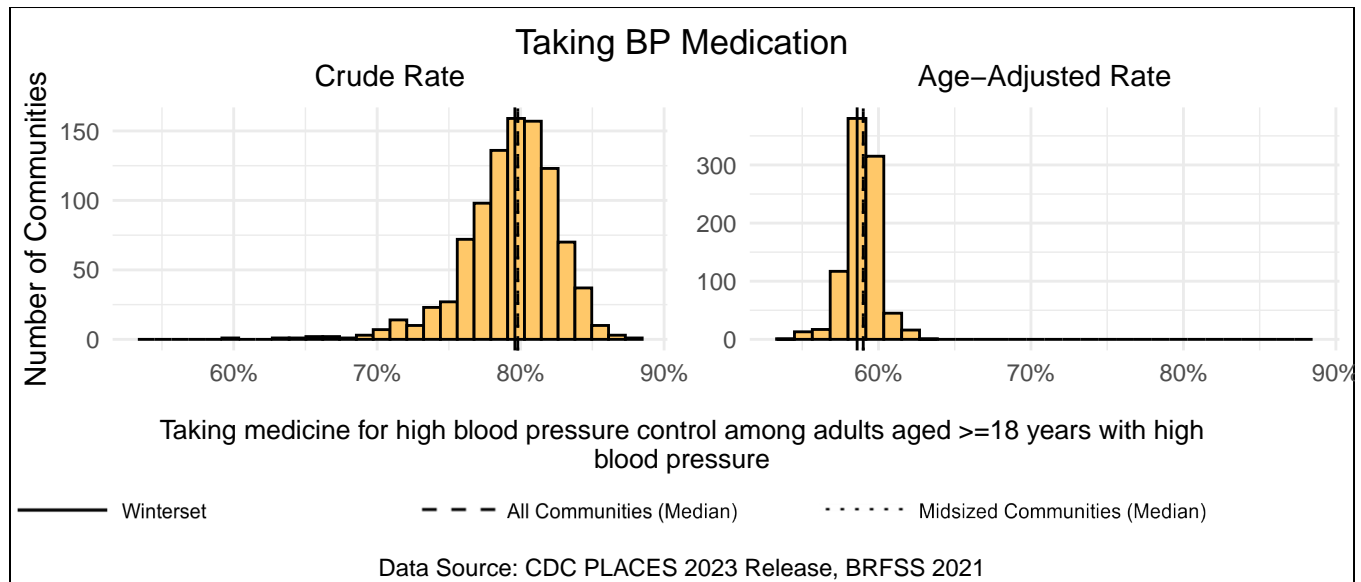
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	84.3%	83.3%	82.9%
Age-Adjusted	84.1%	83.2%	83.2%

Cervical Cancer Screening

Crude Rate — Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

—— Winterset   – – – All Communities (Median)   ······ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
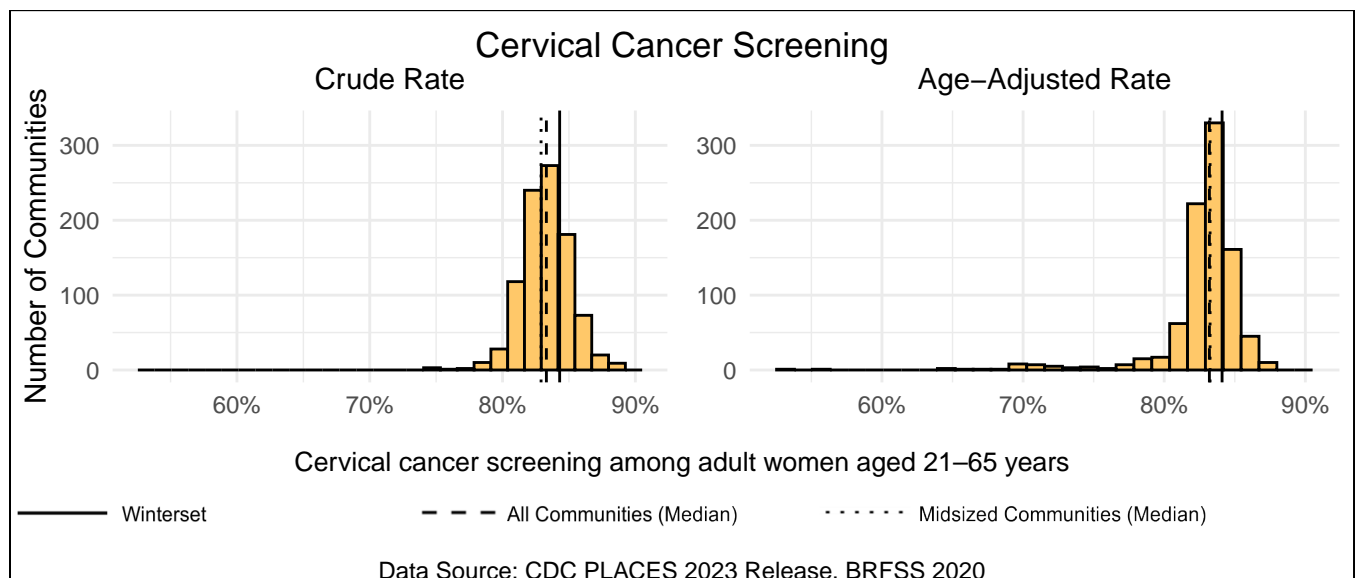
Annual Checkup

Winterset has a crude rate of 76.1% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 291st out of 958 Iowa communities (25th out of 102 midsized communities). The age-adjusted rate for Winterset is 73.5%, which ranks 172nd out of 905 Iowa communities (22nd out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	76.1%	75.2%	75.2%
Age-Adjusted	73.5%	72.6%	72.8%

Annual Checkup

Crude Rate — Age−Adjusted Rate

Number of Communities

Visits to doctor for routine checkup within the past year among adults aged >=18 years

——— Winterset   − − − All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Winterset has a crude rate of 82.6% for cholesterol screening among adults aged >=18 years, which ranks 479th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Winterset is 79.7%, which ranks 296th out of 905 Iowa communities (36th out of 102 midsized communities).
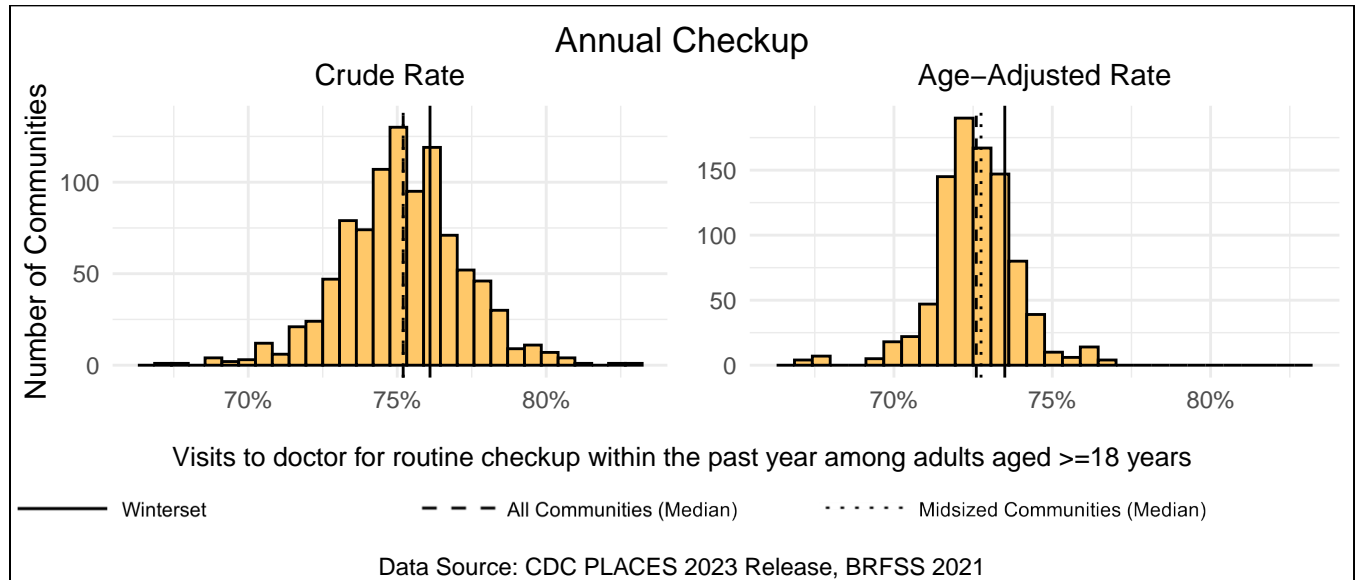
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	82.6%	82.6%	81.8%
Age-Adjusted	79.7%	79.1%	79.0%

Cholesterol Screening

Crude Rate — Age−Adjusted Rate

Number of Communities

Cholesterol screening among adults aged >=18 years

——— Winterset   − − − All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Winterset has a crude rate of 71.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 454th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Winterset is 70.9%, which ranks 451st out of 905 Iowa communities (51st out of 102 midsized communities).
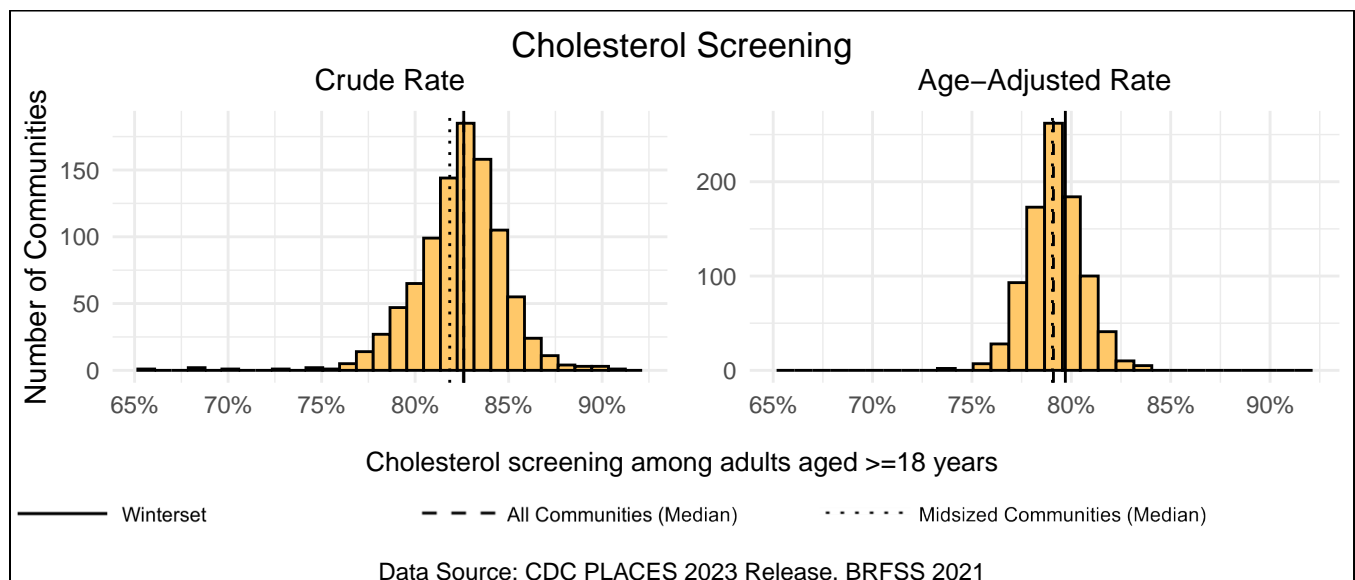
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	71.7%	71.6%	71.6%
Age-Adjusted	70.9%	70.9%	70.8%

Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Winterset has a crude rate of 48.1% 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 141st out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Winterset is 48.3%, which ranks 109th out of 905 Iowa communities (15th out of 102 midsized communities).
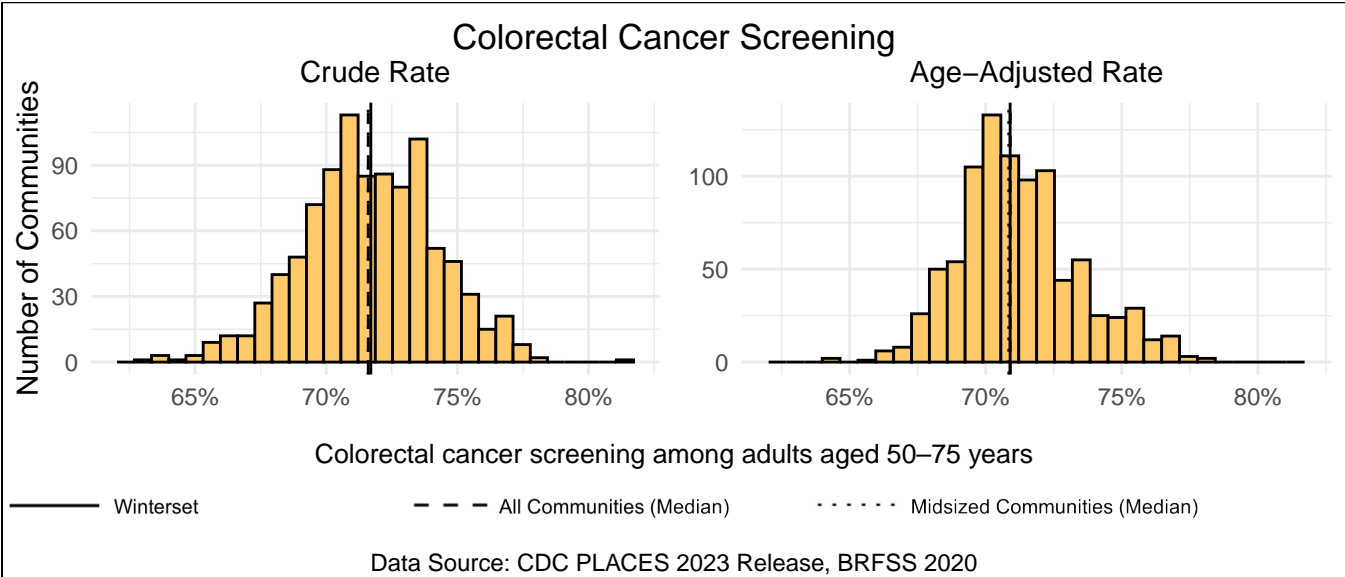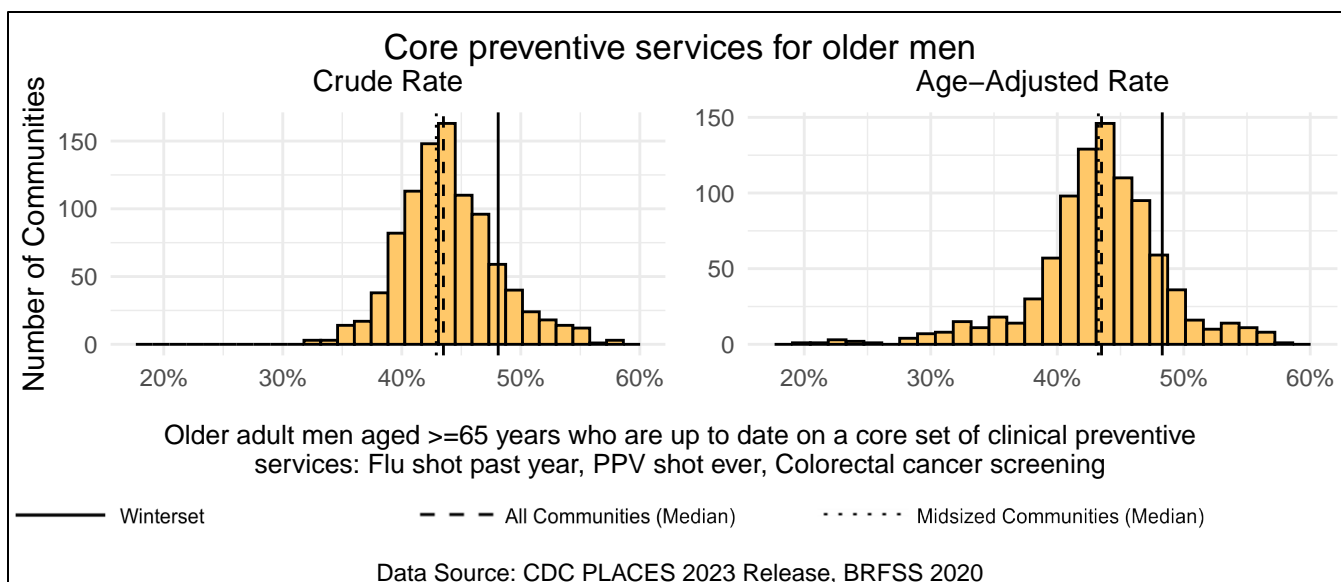
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	48.1%	43.5%	42.9%
Age-Adjusted	48.3%	43.5%	43.2%

Core preventive services for older men

Crude Rate

Age-Adjusted Rate

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

—— Winterset   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Winterset has a crude rate of 39.9% for older adult women aged >=65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 400th out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Winterset is 43.0%, which ranks 198th out of 905 Iowa communities (31st out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	39.9%	39.0%	37.8%
Age-Adjusted	43.0%	39.9%	40.4%

Core preventive services for older women

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

Winterset — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
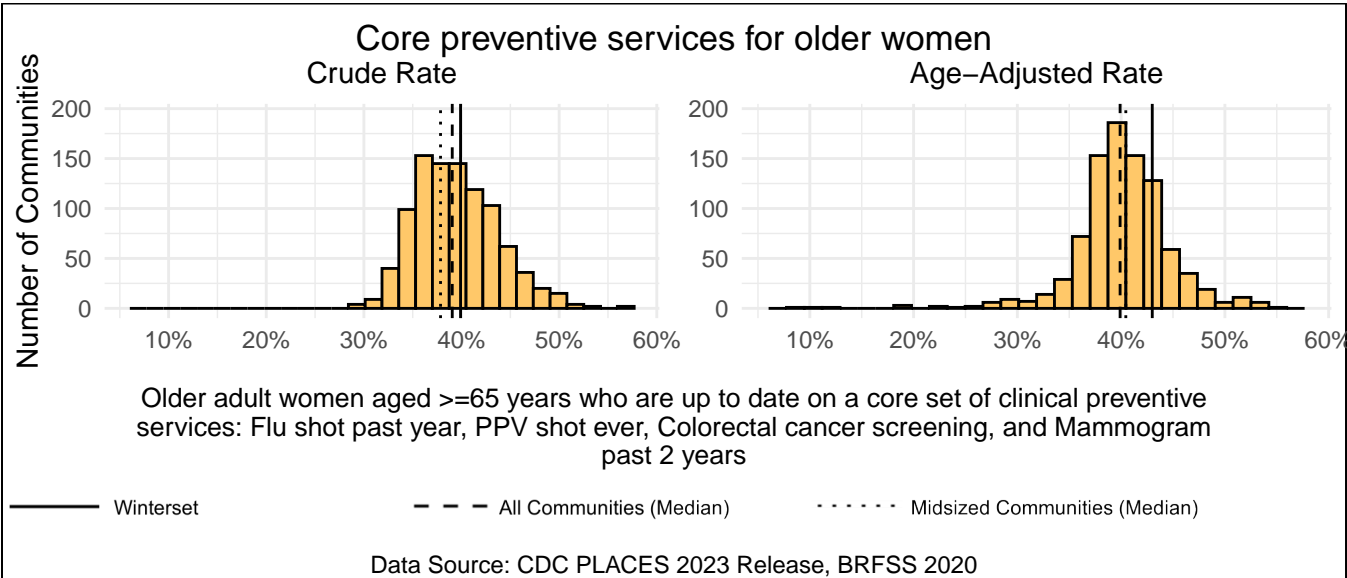
Dental Visit

Winterset has a crude rate of 66.3% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 574th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Winterset is 66.0%, which ranks 511th out of 905 Iowa communities (55th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	66.3%	67.2%	67.0%
Age-Adjusted	66.0%	66.6%	66.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Visits to dentist or dental clinic among adults aged >=18 years

—— Winterset　　　– – – All Communities (Median)　　　· · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
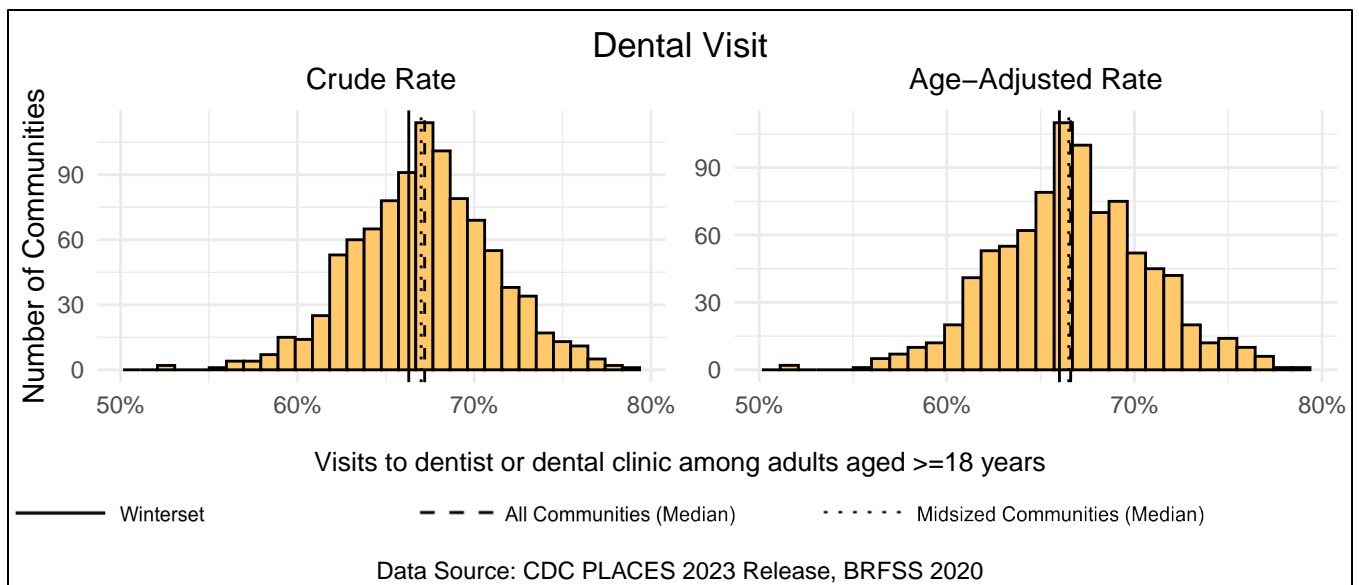
Mammography

Winterset has a crude rate of 76.0% for mammography use among women aged 50–74 years, which ranks 510th out of 958 Iowa communities (59th out of 102 midsized communities). The age-adjusted rate for Winterset is 74.9%, which ranks 261st out of 905 Iowa communities (38th out of 102 midsized communities).
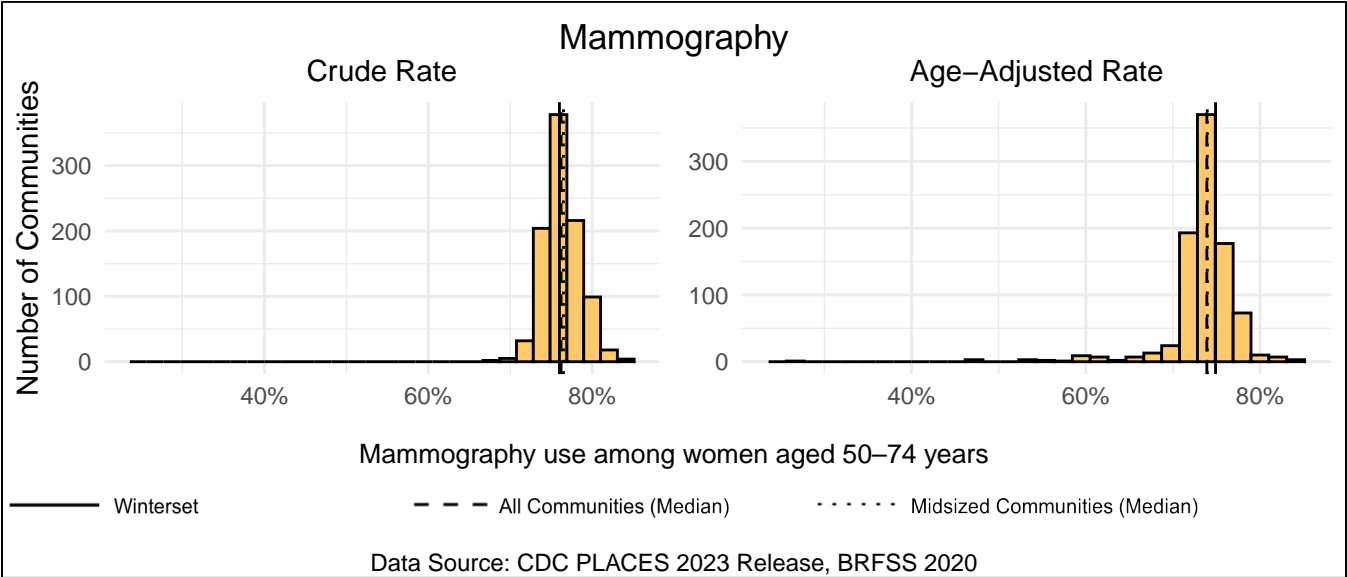
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	76.0%	76.2%	76.5%
Age-Adjusted	74.9%	73.9%	74.0%

Mammography

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Winterset has a crude rate of 7.4% for hearing disability among adults aged >=18 years, which ranks 470th out of 958 Iowa communities (42nd out of 102 midsized communities). The age-adjusted rate for Winterset is 5.7%, which ranks 219th out of 905 Iowa communities (39th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	7.4%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
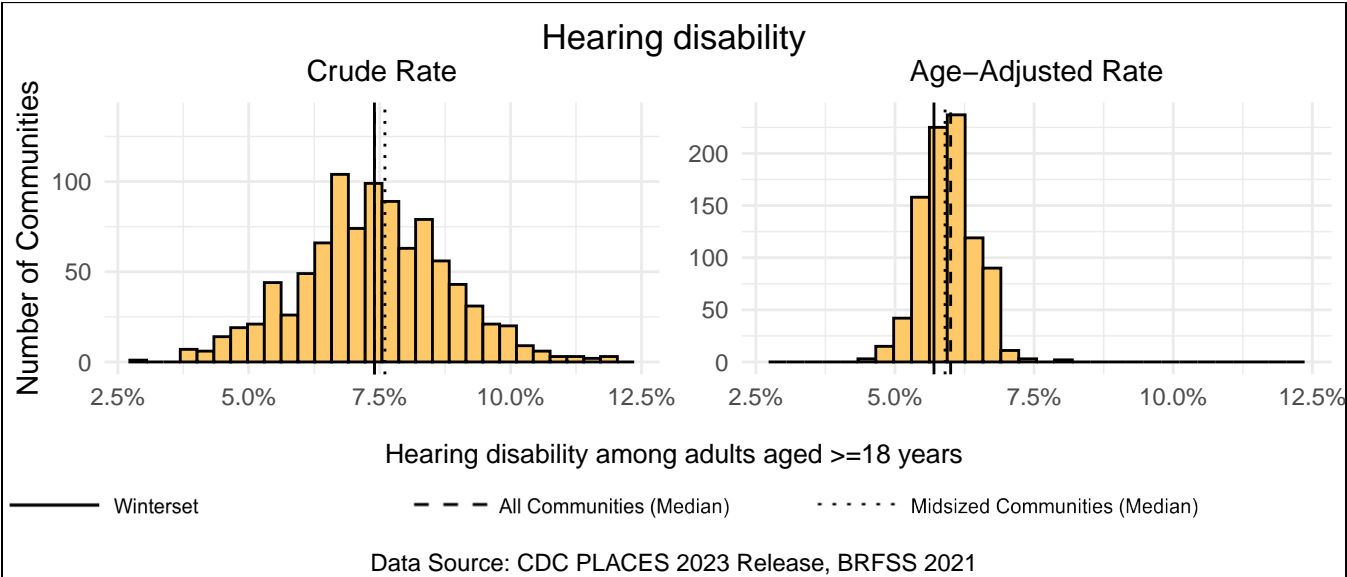
Vision disability

Winterset has a crude rate of 3.9% for vision disability among adults aged >=18 years, which ranks 374th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Winterset is 3.4%, which ranks 295th out of 905 Iowa communities (35th out of 102 midsized communities).

Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	3.9%	4.1%	4.3%
Age-Adjusted	3.4%	3.6%	3.8%

Cognitive disability

Winterset has a crude rate of 11.0% for cognitive disability among adults aged >=18 years, which ranks 413th out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Winterset is 11.4%, which ranks 359th out of 905 Iowa communities (40th out of 102 midsized communities).
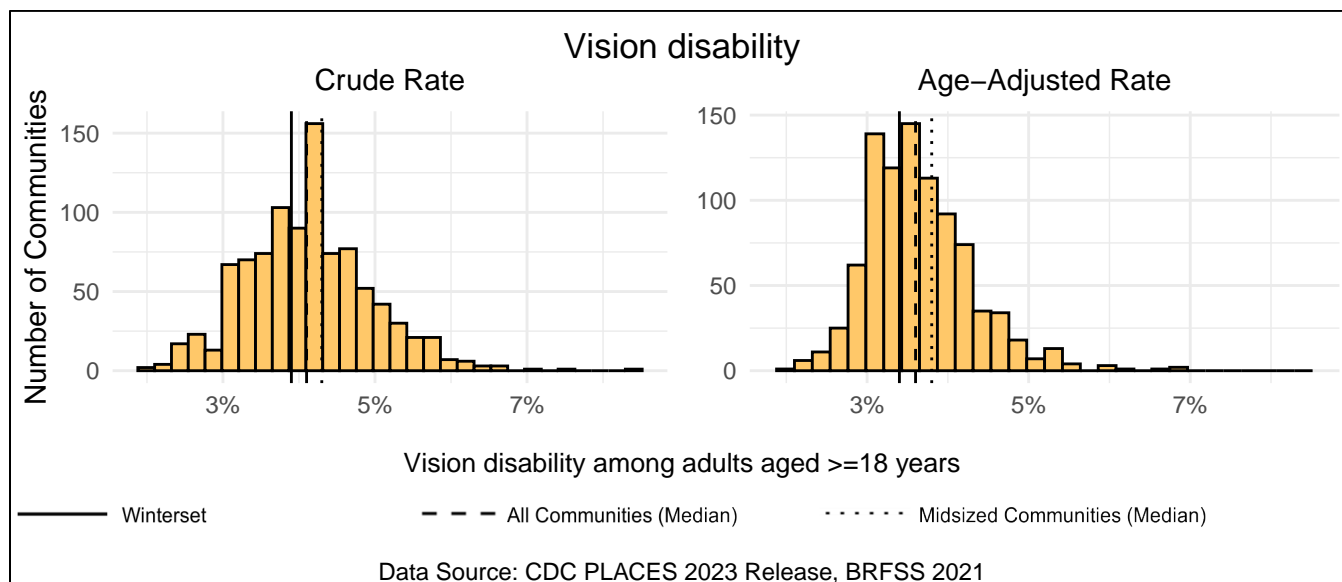
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	11.0%	11.1%	11.5%
Age-Adjusted	11.4%	11.6%	11.8%

Mobility disability

Winterset has a crude rate of 11.7% for mobility disability among adults aged >=18 years, which ranks 452nd out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Winterset is 9.3%, which ranks 361st out of 905 Iowa communities (40th out of 102 midsized communities).
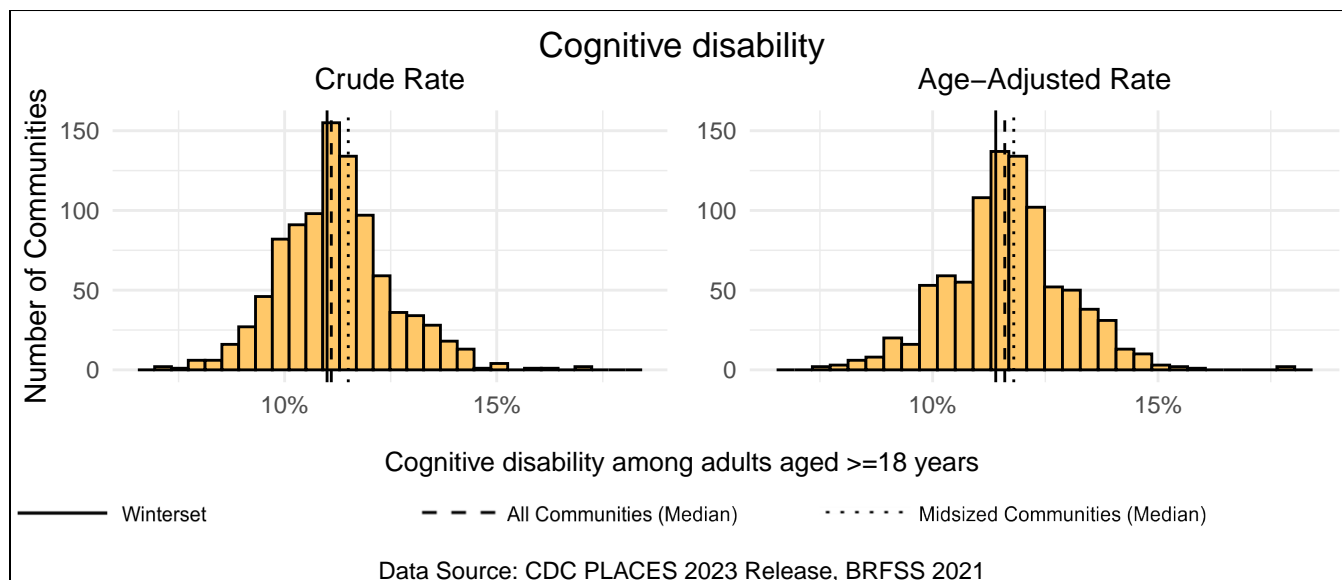
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	11.7%	11.8%	12.1%
Age-Adjusted	9.3%	9.5%	9.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Winterset has a crude rate of 3.2% for self-care disability among adults aged >=18 years, which ranks 320th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Winterset is 2.8%, which ranks 307th out of 905 Iowa communities (37th out of 102 midsized communities).
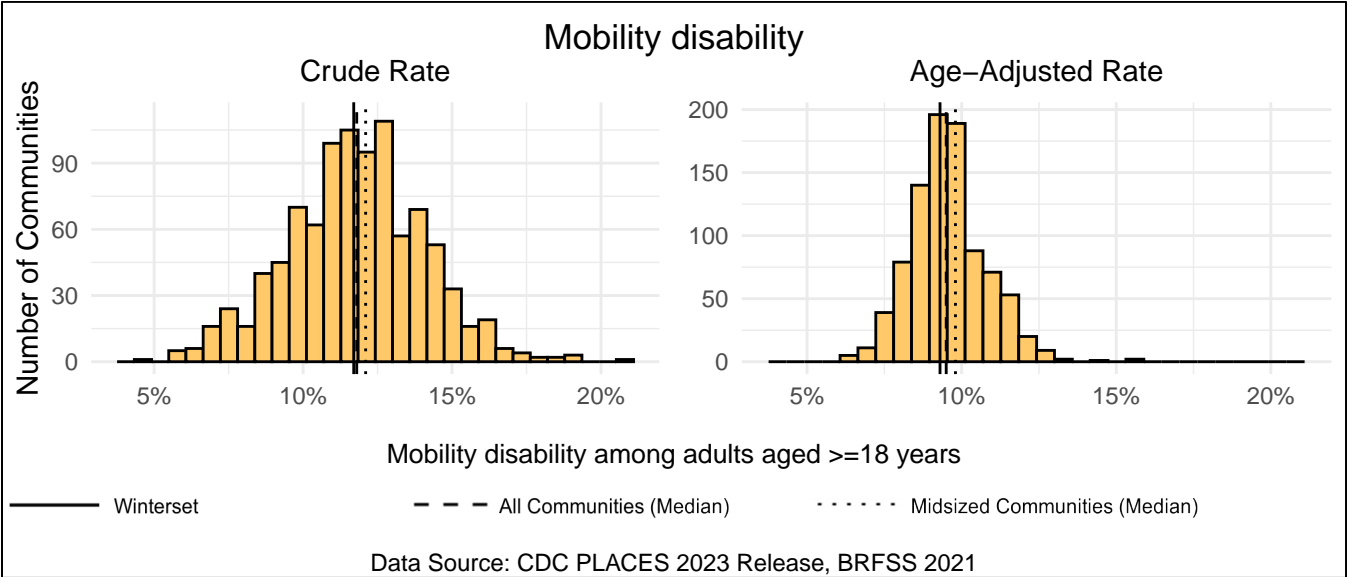
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	3.2%	3.4%	3.5%
Age-Adjusted	2.8%	2.9%	3.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Winterset has a crude rate of 6.6% for independent living disability among adults aged >=18 years, which ranks 453rd out of 958 Iowa communities (42nd out of 102 midsized communities). The age-adjusted rate for Winterset is 6.1%, which ranks 383rd out of 905 Iowa communities (41st out of 102 midsized communities).
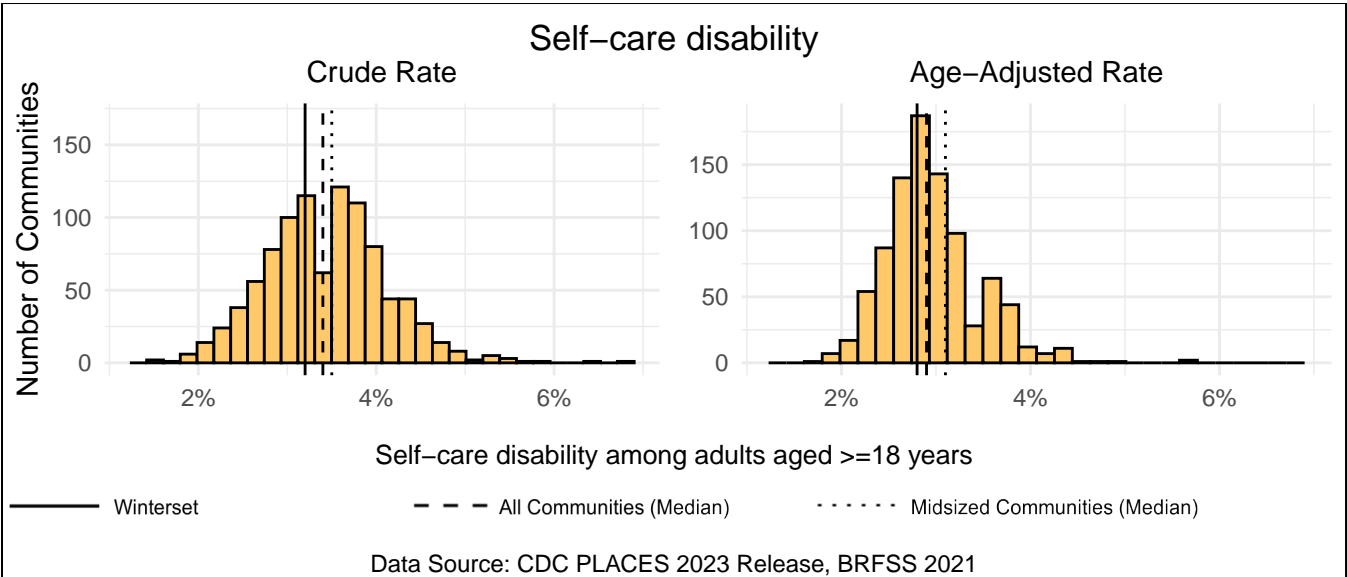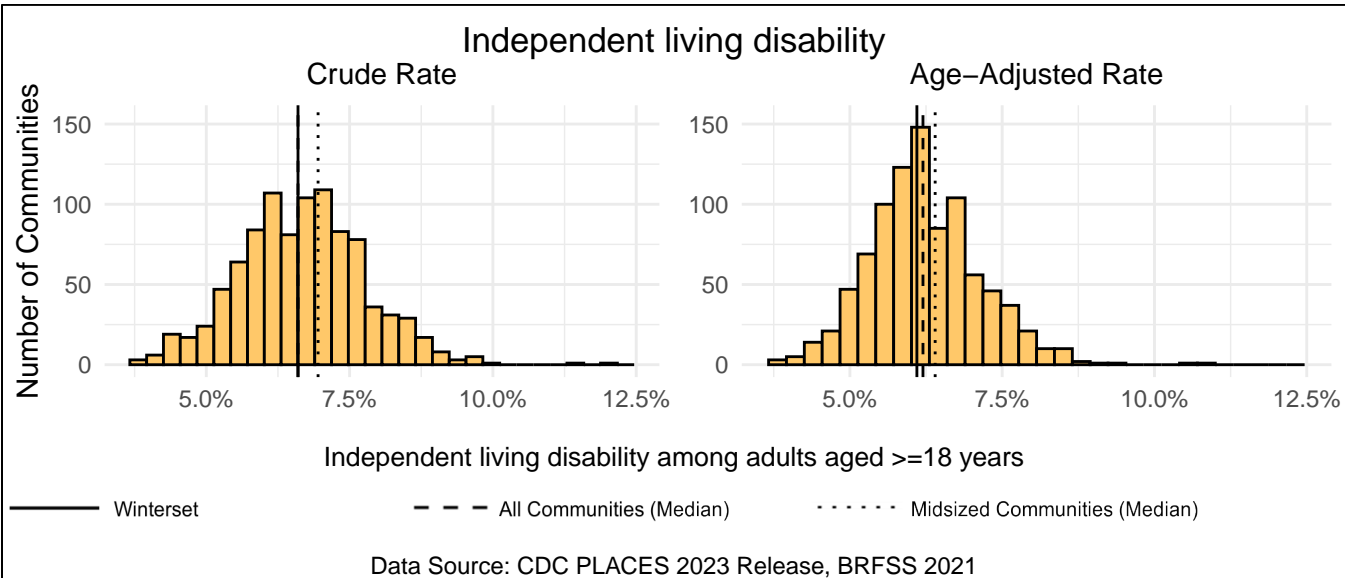
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	6.6%	6.6%	7.0%
Age-Adjusted	6.1%	6.2%	6.4%

Independent living disability
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Winterset has a crude rate of 25.5% for any disability among adults aged >=18 years, which ranks 466th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Winterset is 22.6%, which ranks 333rd out of 905 Iowa communities (41st out of 102 midsized communities).
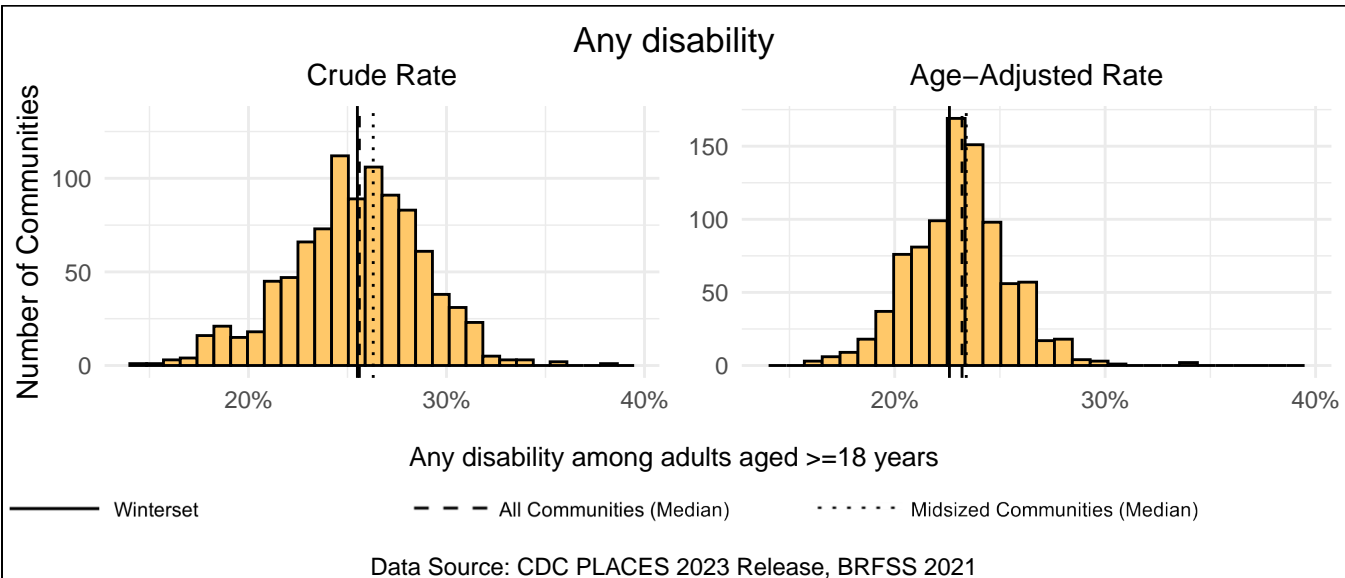
Measure Type	Winterset	All Comm.	Midsized Comm.
Crude	25.5%	25.6%	26.3%
Age-Adjusted	22.6%	23.2%	23.4%

Any disability
Data Source: CDC PLACES 2023 Release, BRFSS 2021

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: Winterset PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	464	14.3% (12.1% - 16.3%)	370	15.4% (13.1% - 18.0%)
Health Status	Physical Health	354	10.4% (8.7% - 12.2%)	300	9.4% (7.9% - 11.0%)
Health Status	General Health	361	13.6% (11.1% - 16.4%)	355	12.4% (10.2% - 14.9%)
Health Risk Behaviors	Sleep <7 hours	133	28.4% (26.7% - 29.9%)	124	29.2% (27.5% - 30.9%)
Health Risk Behaviors	Current Smoking	248	15.6% (12.1% - 19.3%)	241	16.5% (12.7% - 20.4%)
Health Risk Behaviors	Binge Drinking	476	19.5% (16.2% - 23.1%)	451	22.0% (18.3% - 25.8%)
Health Risk Behaviors	Physical Inactivity	384	25.3% (20.2% - 30.4%)	323	23.4% (18.9% - 28.6%)
Health Outcomes	All Teeth Lost	663	13.9% (8.3% - 21.6%)	528	13.2% (8.3% - 19.0%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.6%)	415	9.5% (8.4% - 10.8%)
Health Outcomes	Chronic Kidney Disease	446	3.2% (2.8% - 3.6%)	142	2.5% (2.3% - 2.8%)
Health Outcomes	High Blood Pressure	354	31.0% (26.9% - 35.1%)	262	26.5% (22.8% - 30.4%)
Health Outcomes	Diabetes	275	9.3% (7.8% - 10.9%)	268	7.8% (6.5% - 9.1%)
Health Outcomes	Arthritis	433	27.5% (23.4% - 31.6%)	426	23.1% (19.6% - 26.9%)
Health Outcomes	Obesity	635	38.6% (31.1% - 46.2%)	667	39.1% (31.5% - 46.8%)
Health Outcomes	Stroke	397	3.2% (2.7% - 3.8%)	230	2.5% (2.2% - 2.9%)
Health Outcomes	COPD	363	7.1% (5.7% - 8.6%)	346	6.1% (5.0% - 7.4%)
Health Outcomes	Depression	499	18.1% (14.8% - 21.7%)	489	19.2% (15.8% - 23.0%)
Health Outcomes	Coronary Heart Disease	378	6.2% (5.3% - 7.2%)	187	4.7% (4.0% - 5.4%)
Health Outcomes	High Cholesterol	207	34.1% (29.7% - 38.6%)	49	28.3% (24.1% - 32.8%)
Health Outcomes	Cancer (except skin)	606	8.5% (7.5% - 9.4%)	418	6.5% (5.9% - 7.2%)
Prevention	Colorectal Cancer Screening	454	71.7% (68.3% - 75.0%)	451	70.9% (67.4% - 74.3%)
Prevention	Annual Checkup	291	76.1% (71.4% - 80.4%)	172	73.5% (68.4% - 78.1%)
Prevention	Dental Visit	574	66.3% (62.5% - 70.1%)	511	66.0% (62.0% - 69.8%)
Prevention	Core preventive services for older men	141	48.1% (39.6% - 56.8%)	109	48.3% (39.8% - 57.1%)
Prevention	Mammography	510	76.0% (71.5% - 80.0%)	261	74.9% (70.1% - 79.2%)
Prevention	Taking BP Medication	493	79.6% (76.3% - 82.5%)	579	58.6% (53.5% - 63.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Health Insurance	456	7.3% (5.4% - 9.5%)	325	7.4% (5.5% - 9.9%)
Prevention	Core preventive services for older women	400	39.9% (31.7% - 48.1%)	198	43.0% (35.4% - 51.4%)
Prevention	Cholesterol Screening	479	82.6% (79.4% - 85.4%)	296	79.7% (75.9% - 83.0%)
Prevention	Cervical Cancer Screening	254	84.3% (81.5% - 86.7%)	217	84.1% (81.4% - 86.6%)
Disability	Hearing Disability	470	7.4% (6.3% - 8.5%)	219	5.7% (4.9% - 6.5%)
Disability	Cognitive Disability	413	11.0% (9.1% - 13.2%)	359	11.4% (9.3% - 13.6%)
Disability	Independent Living Disability	453	6.6% (5.4% - 8.0%)	383	6.1% (5.0% - 7.2%)
Disability	Self-care Disability	320	3.2% (2.7% - 3.9%)	307	2.8% (2.3% - 3.3%)
Disability	Any Disability	466	25.5% (21.5% - 29.9%)	333	22.6% (18.9% - 26.9%)
Disability	Vision Disability	374	3.9% (3.3% - 4.8%)	295	3.4% (2.9% - 4.1%)
Disability	Mobility Disability	452	11.7% (9.5% - 14.1%)	361	9.3% (7.7% - 11.1%)

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)

Winterset 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