



Iowa County Health Snapshot Series

*99 county reports prepared for the Iowa State University
Extension and Outreach Community and Economic
Development Unit*



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By Matthew Voss & Shawn Dorius

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Iowa County Health Snapshot Series

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Health in Mahaska County: Overview

Dear Community Members & Stakeholders of Mahaska County,

We are pleased to share the Iowa County 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's 99 counties. The following pages include the health snapshot for your county. The snapshot can be used to see how Mahaska County ranks across various health measures compared to the rest of the state and similarly-sized counties. This comparison allows us to identify Mahaska County's strengths and opportunities for growth by leveraging data from 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 county ranks compared to all Iowa counties and counties of similar size to Mahaska County. 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 county and presents what the rate would be if your county had a standard age distribution. Crude rates can provide a general comparison between counties and age-adjusted rates can give a fairer comparison between counties with different age structures.

Strengths

Take a look at the top strengths of your county! Below are unadjusted and age-adjusted health measures that represent your county'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 County Rank	Micropolitan County Rank	Health Domain	Statewide County Rank	Micropolitan County Rank
High Blood Pressure	17th	4th	Binge Drinking	12th	7th
Cancer (except skin)	17th	6th	Core preventive services for older women	21st	4th
High Cholesterol	21st	3rd	Taking BP Medication	21st	8th
Chronic Kidney Disease	22nd	2nd	Cancer (except skin)	26th	7th
Core preventive services for older women	23rd	4th	Mammography	29th	4th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide County Rank	Micropolitan County Rank	Health Domain	Statewide County Rank	Micropolitan County Rank
Cholesterol Screening	91st	14th	Current Smoking	84th	14th
Annual Checkup	88th	14th	Colorectal Cancer Screening	83rd	10th
Colorectal Cancer Screening	87th	11th	Core preventive services for older men	80th	13th
Mental Health	86th	11th	Cholesterol Screening	79th	13th
Current Smoking	85th	13th	Obesity	79th	12th

Please review the rest of the report to learn more about your county and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Mahaska County.

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

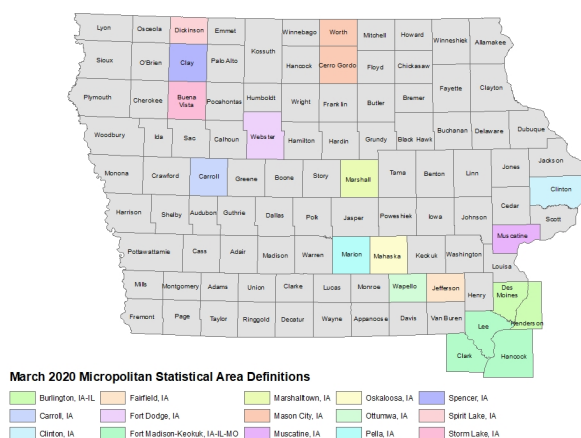
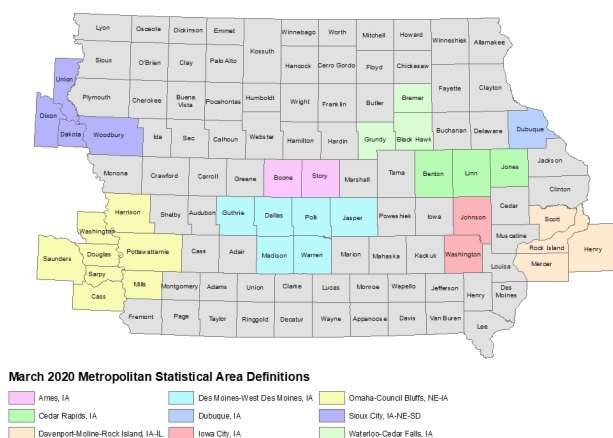
The purpose of the Iowa County Health Snapshot Series is to provide an overview of health in Mahaska County that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Mahaska County, a review of risky behaviors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

With a population of 21,984, Mahaska County's similarly sized counties are defined as micropolitan counties. In Iowa, micropolitan counties have an average population of 30,839, and there are 15 counties that are considered micropolitan counties. To learn more about the county population classifications used in this report, please see the information below the table as well as Appendix 3.

Group	Population Avg.	Number of Counties
Metropolitan Core	175,797	9
Micropolitan	30,839	15
Metropolitan Non-Core	29,821	12
Rural	12,547	63
Total		99

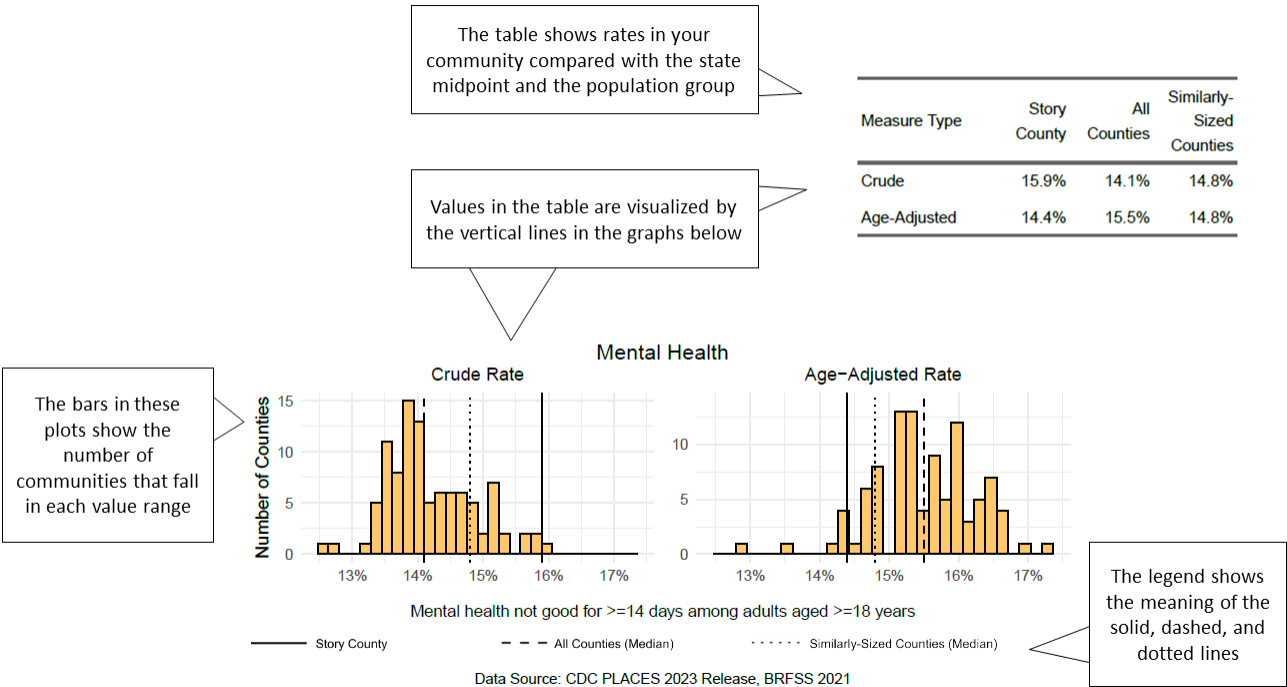
The counties included in each category above are determined by the United States Office of Management and Budget. Iowa has counties in nine metropolitan statistical areas and 15 micropolitan statistical areas. The counties identified as metropolitan and micropolitan can be found in the link and the maps below. Metropolitan core counties are those counties in metropolitan areas that have the city that defines the metropolitan area (e.g., Des Moines and Polk County for the Des Moines Metropolitan Area). Metropolitan non-core counties are those that fall within the metropolitan area, but do not have the core city of the metropolitan area (e.g., Dallas and Jasper Counties in the Des Moines Metropolitan Area).

<https://www.icip.iastate.edu/maps/refmaps/cofips>



Using Story County 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 county's crude and age-adjusted rate estimates alongside their averages across all Iowa counties and similarly-sized counties. The images below show the distribution of the health measure across counties. The vertical lines correspond with the values in the table to show the estimate for the specific county compared to counties across the state. The solid black line in each plot represents the county rate, with the dashed lines indicating the average rate for all Iowa counties and the dotted lines showing the average rate for similarly-sized counties.



Health Status

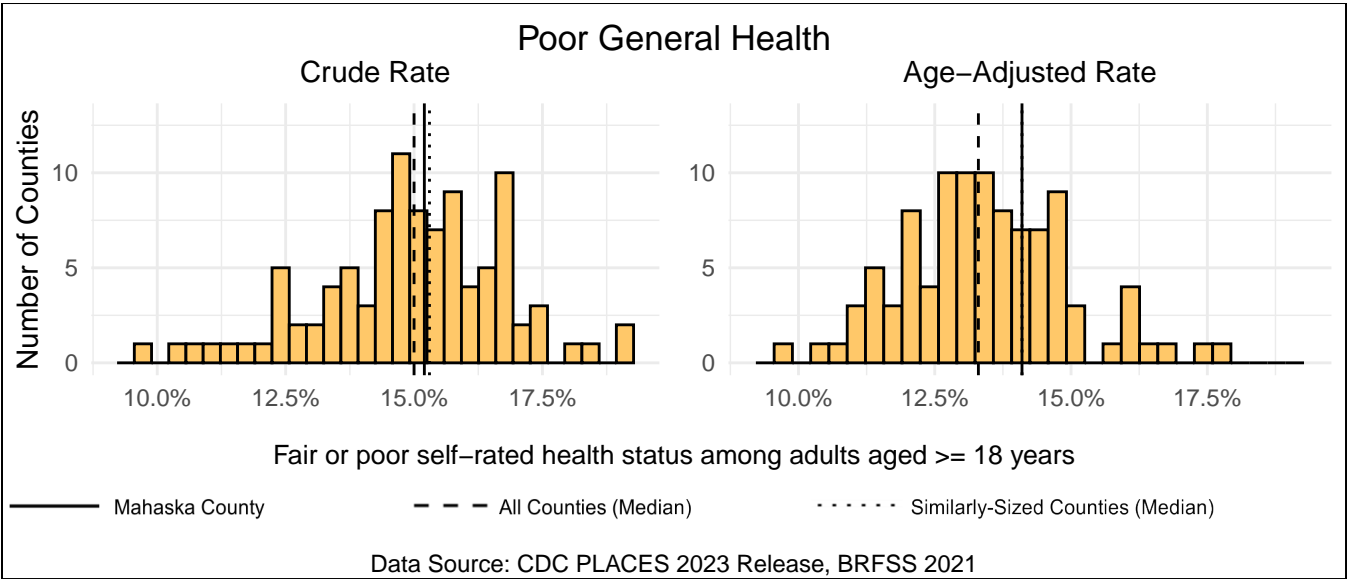
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Mahaska County has a crude rate of 15.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 55th out of 99 Iowa counties (7th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 14.1%, which ranks 67th out of 99 Iowa counties (8th out of 15 similarly-sized counties).

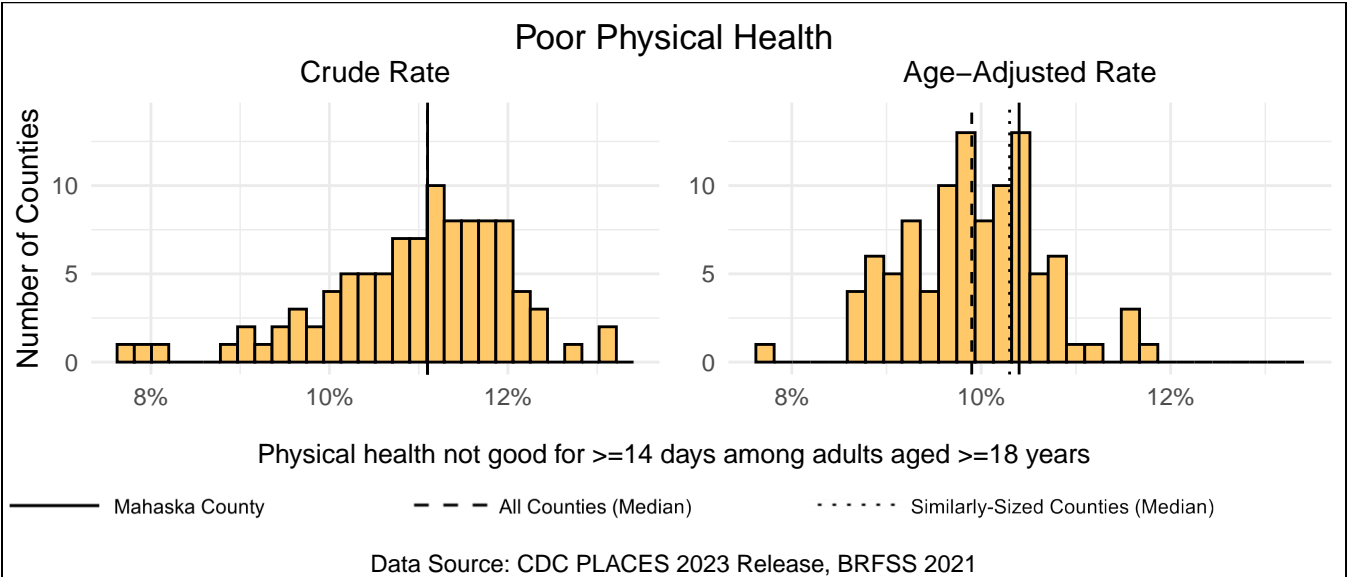
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	15.2%	15.0%	15.3%
Age-Adjusted	14.1%	13.3%	14.1%



Poor Physical Health

Mahaska County has a crude rate of 11.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 48th out of 99 Iowa counties (8th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 10.4%, which ranks 70th out of 99 Iowa counties (10th out of 15 similarly-sized counties).

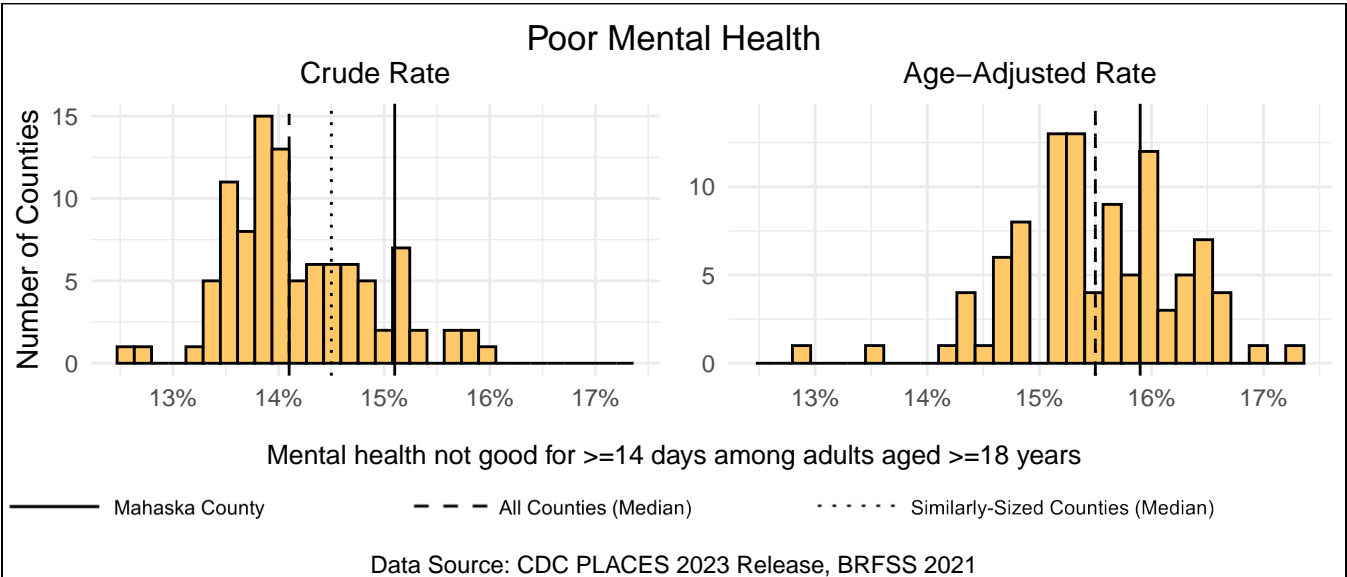
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	11.1%	11.1%	11.1%
Age-Adjusted	10.4%	9.9%	10.3%



Poor Mental Health

Mahaska County has a crude rate of 15.1% for mental health not good for >=14 days among adults aged >=18 years, which ranks 86th out of 99 Iowa counties (11th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 15.9%, which ranks 67th out of 99 Iowa counties (9th out of 15 similarly-sized counties).

Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	15.1%	14.1%	14.5%
Age-Adjusted	15.9%	15.5%	15.5%



Health Risk Behaviors

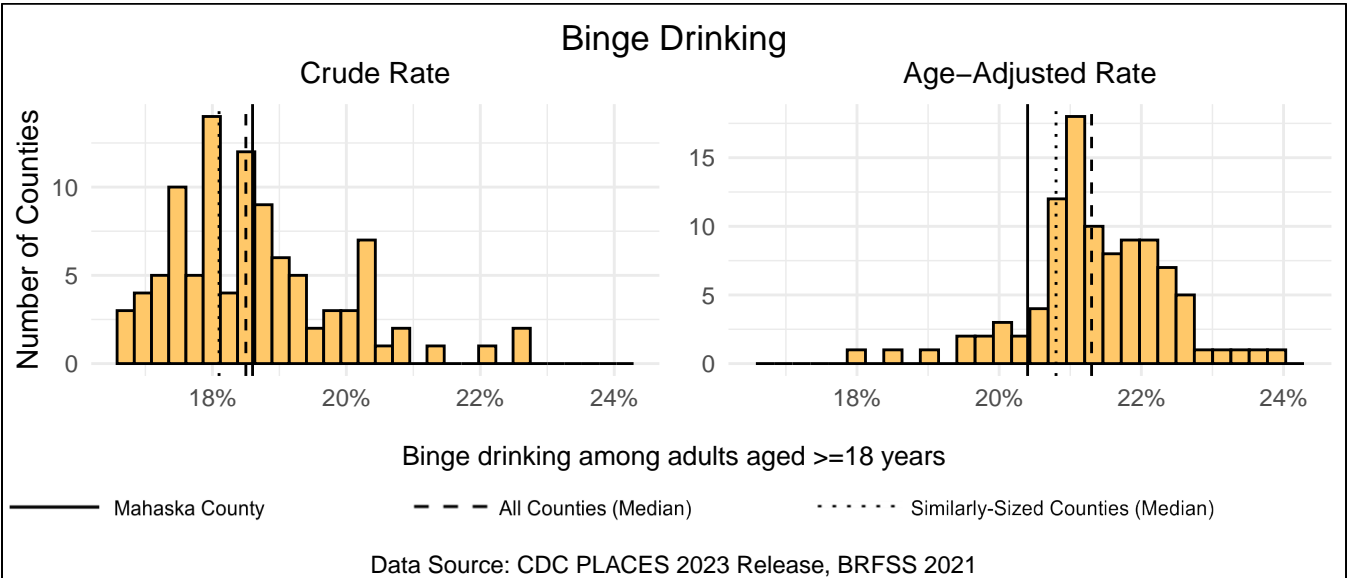
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Mahaska County has a crude rate of 18.6% for binge drinking among adults aged ≥ 18 years, which ranks 51st out of 99 Iowa counties (9th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 20.4%, which ranks 12th out of 99 Iowa counties (7th out of 15 similarly-sized counties).

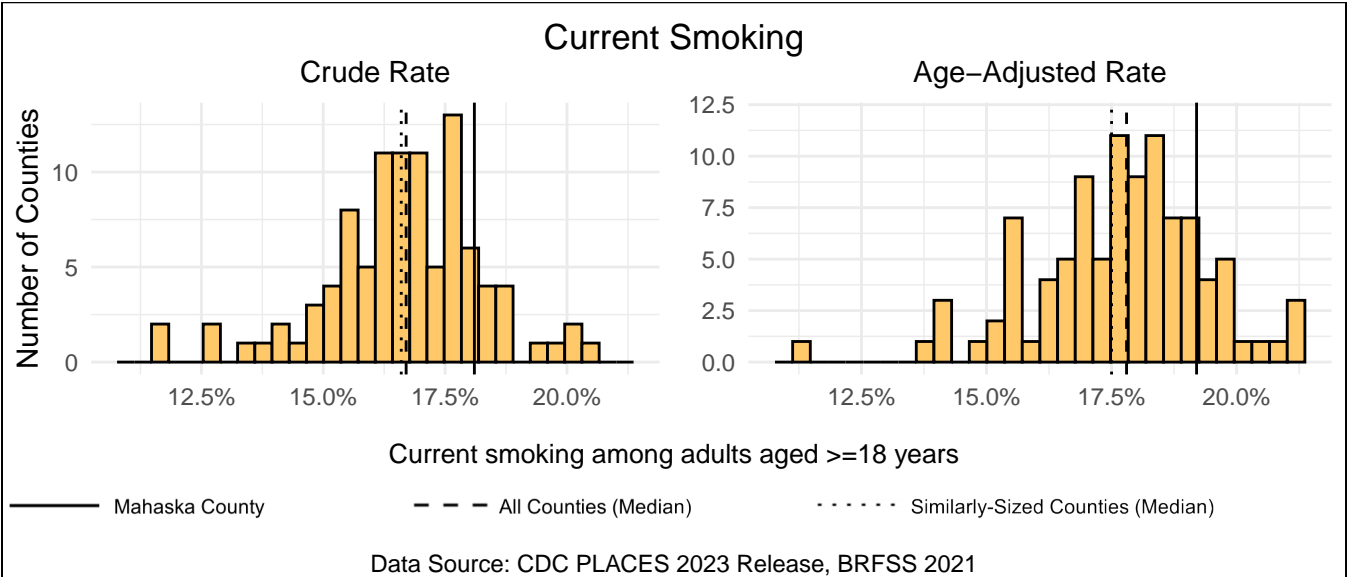
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	18.6%	18.5%	18.1%
Age-Adjusted	20.4%	21.3%	20.8%



Current Smoking

Mahaska County has a crude rate of 18.1% for current smoking among adults aged ≥ 18 years, which ranks 85th out of 99 Iowa counties (13th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 19.2%, which ranks 84th out of 99 Iowa counties (14th out of 15 similarly-sized counties).

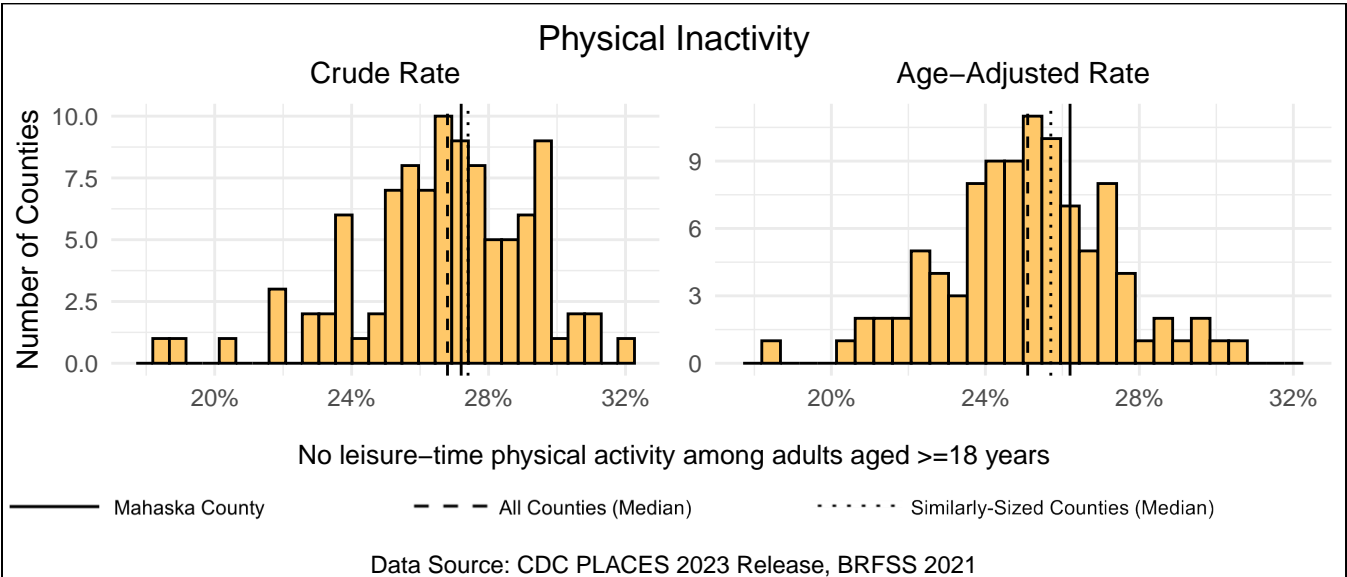
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	18.1%	16.7%	16.6%
Age-Adjusted	19.2%	17.8%	17.5%



Physical Inactivity

Mahaska County has a crude rate of 27.2% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 55th out of 99 Iowa counties (7th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 26.2%, which ranks 69th out of 99 Iowa counties (10th out of 15 similarly-sized counties).

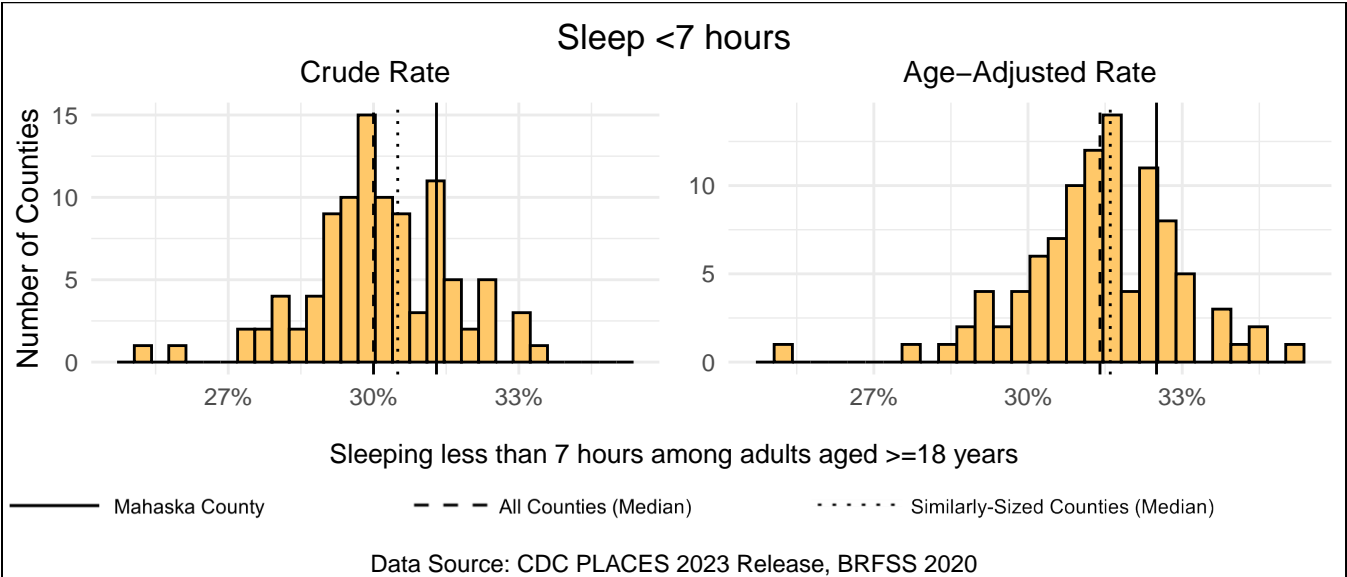
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	27.2%	26.8%	27.4%
Age-Adjusted	26.2%	25.1%	25.7%



Sleep <7 hours

Mahaska County has a crude rate of 31.3% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 76th out of 99 Iowa counties (11th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 32.5%, which ranks 77th out of 99 Iowa counties (11th out of 15 similarly-sized counties).

Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	31.3%	30.0%	30.5%
Age-Adjusted	32.5%	31.4%	31.6%



Health Outcomes

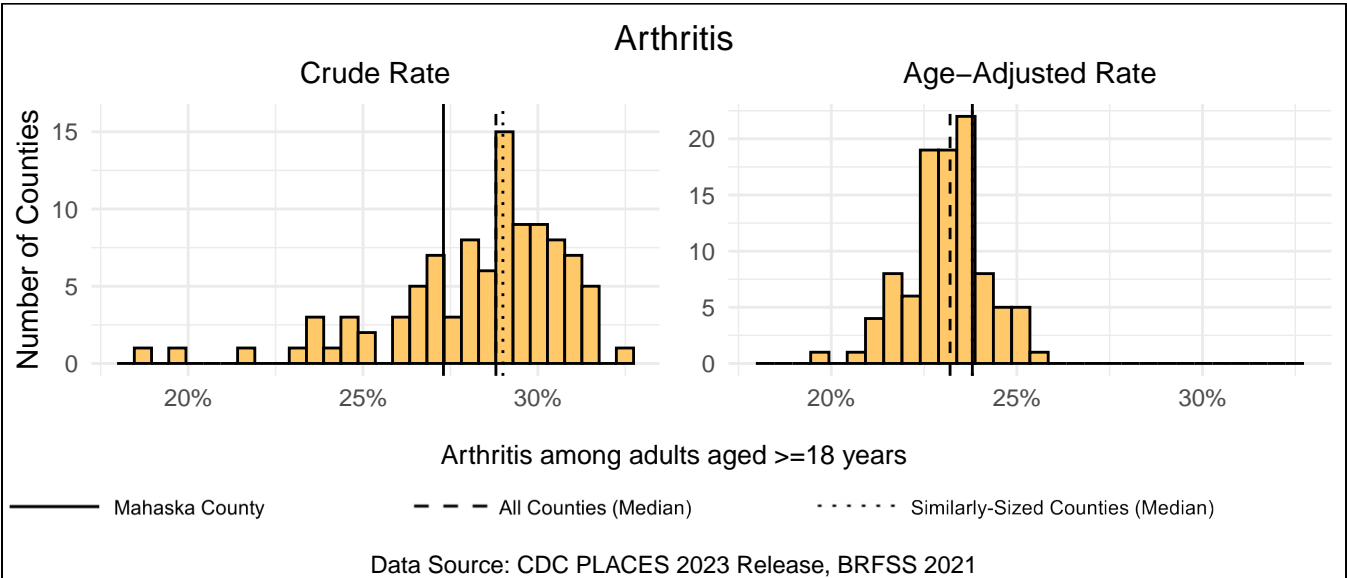
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Mahaska County has a crude rate of 27.3% for arthritis among adults aged ≥ 18 years, which ranks 27th out of 99 Iowa counties (6th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 23.8%, which ranks 76th out of 99 Iowa counties (8th out of 15 similarly-sized counties).

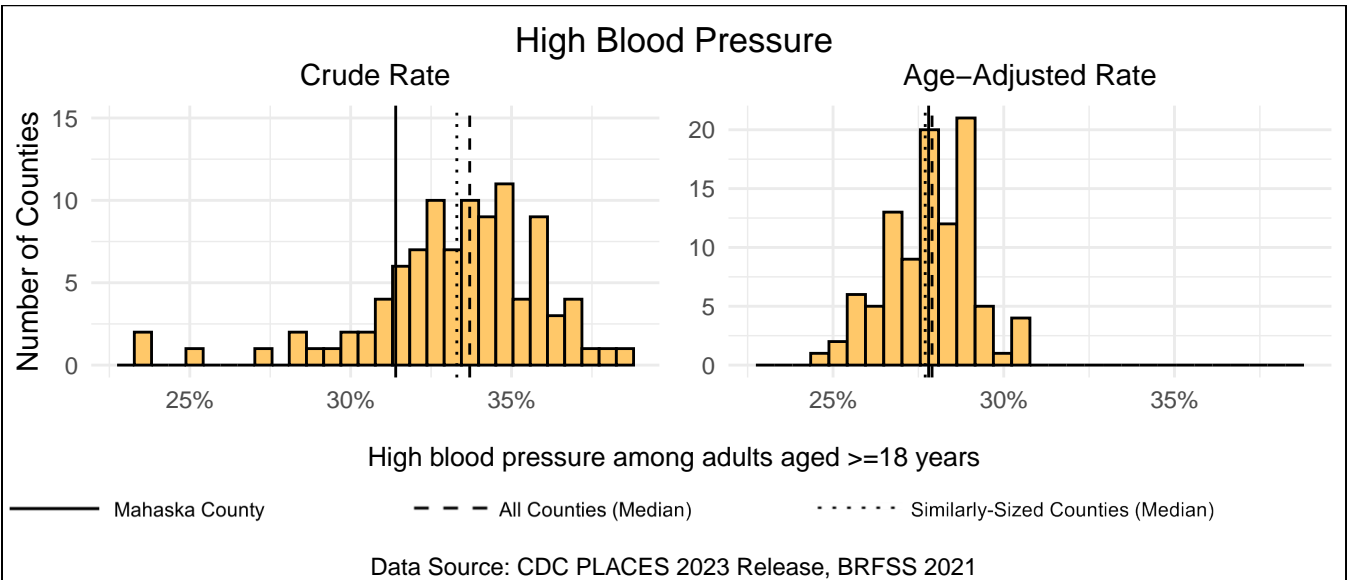
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	27.3%	28.8%	29.0%
Age-Adjusted	23.8%	23.2%	23.8%



High Blood Pressure

Mahaska County has a crude rate of 31.4% for high blood pressure among adults aged ≥ 18 years, which ranks 17th out of 99 Iowa counties (4th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 27.8%, which ranks 44th out of 99 Iowa counties (9th out of 15 similarly-sized counties).

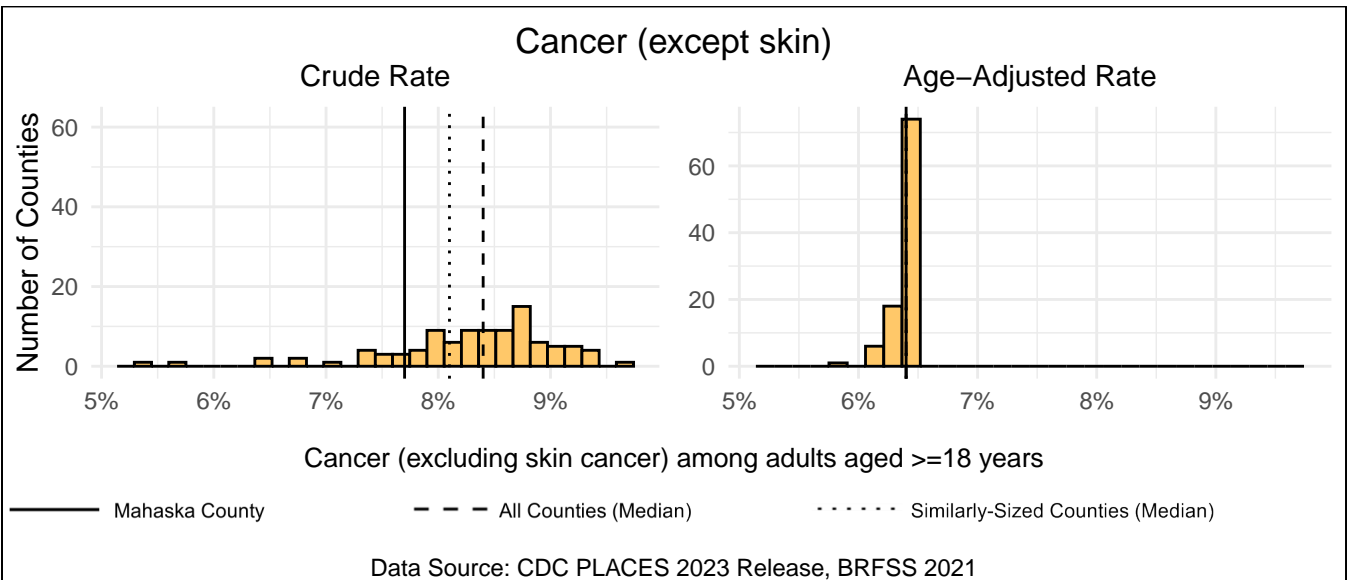
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	31.4%	33.7%	33.3%
Age-Adjusted	27.8%	27.9%	27.7%



Cancer (except skin)

Mahaska County has a crude rate of 7.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 17th out of 99 Iowa counties (6th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 6.4%, which ranks 26th out of 99 Iowa counties (7th out of 15 similarly-sized counties).

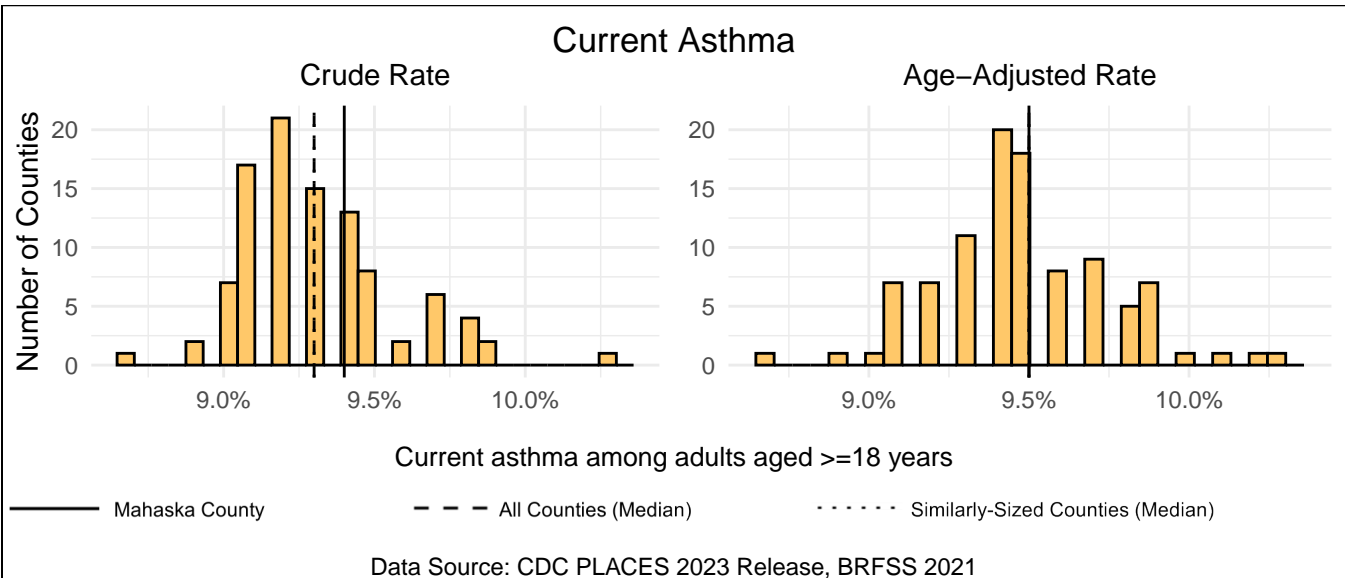
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	7.7%	8.4%	8.1%
Age-Adjusted	6.4%	6.4%	6.4%



Current Asthma

Mahaska County has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 64th out of 99 Iowa counties (9th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 9.5%, which ranks 49th out of 99 Iowa counties (8th out of 15 similarly-sized counties).

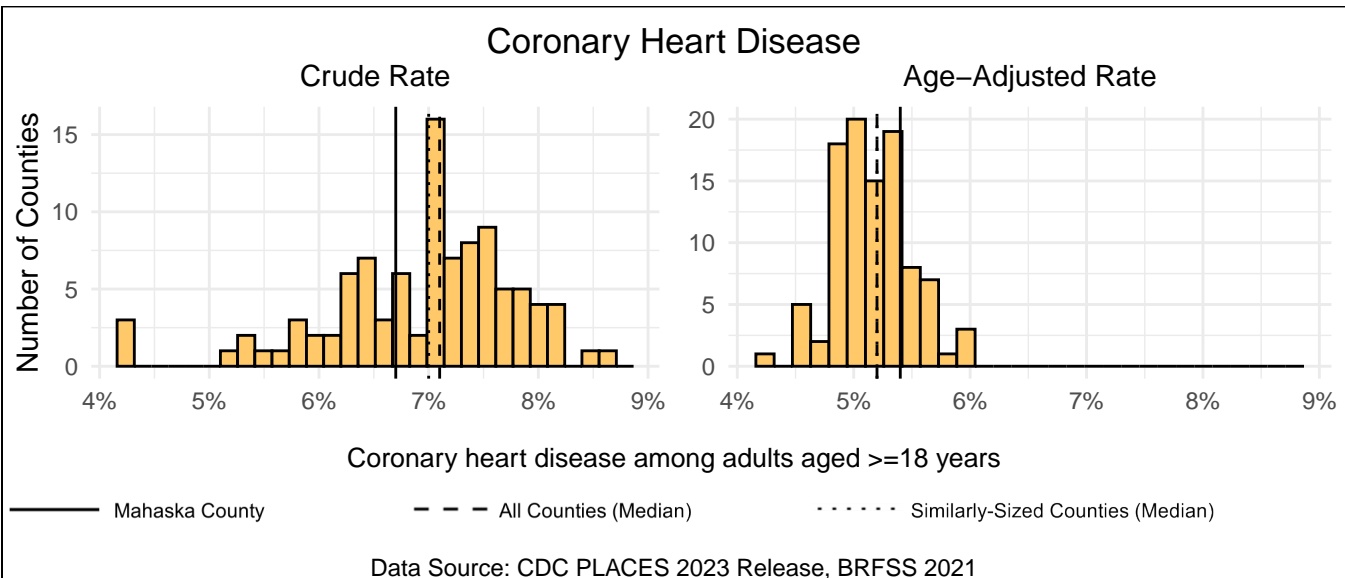
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

Mahaska County has a crude rate of 6.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 32nd out of 99 Iowa counties (5th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 5.4%, which ranks 70th out of 99 Iowa counties (10th out of 15 similarly-sized counties).

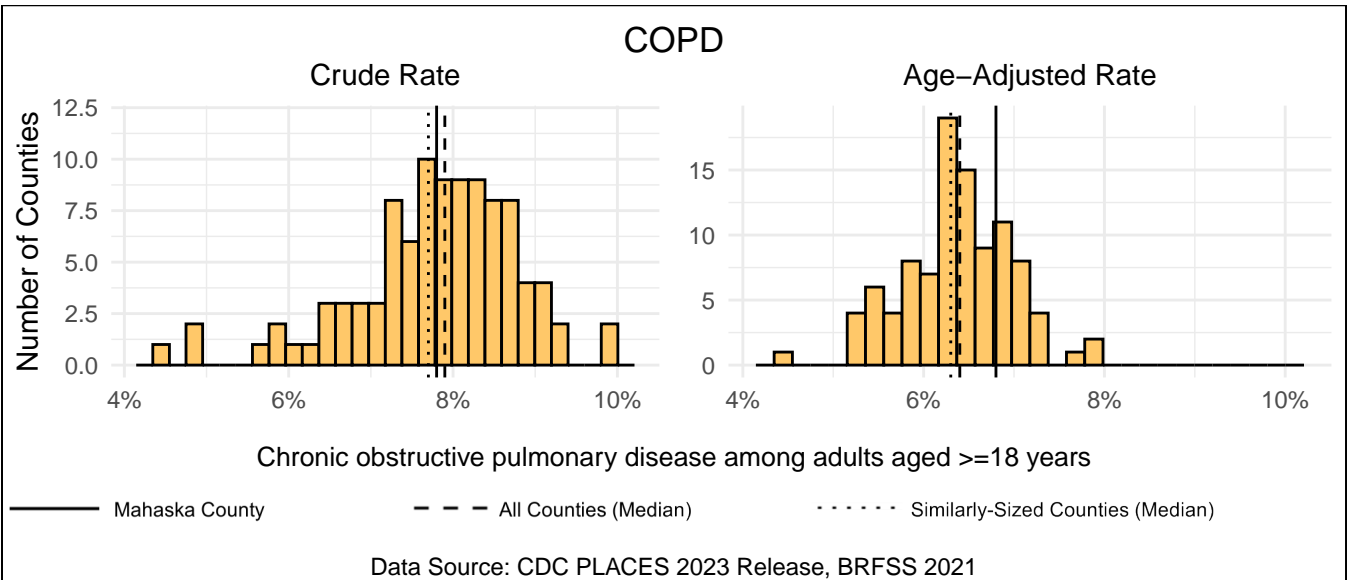
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	6.7%	7.1%	7.0%
Age-Adjusted	5.4%	5.2%	5.2%



COPD

Mahaska County has a crude rate of 7.8% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 45th out of 99 Iowa counties (10th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 6.8%, which ranks 74th out of 99 Iowa counties (11th out of 15 similarly-sized counties).

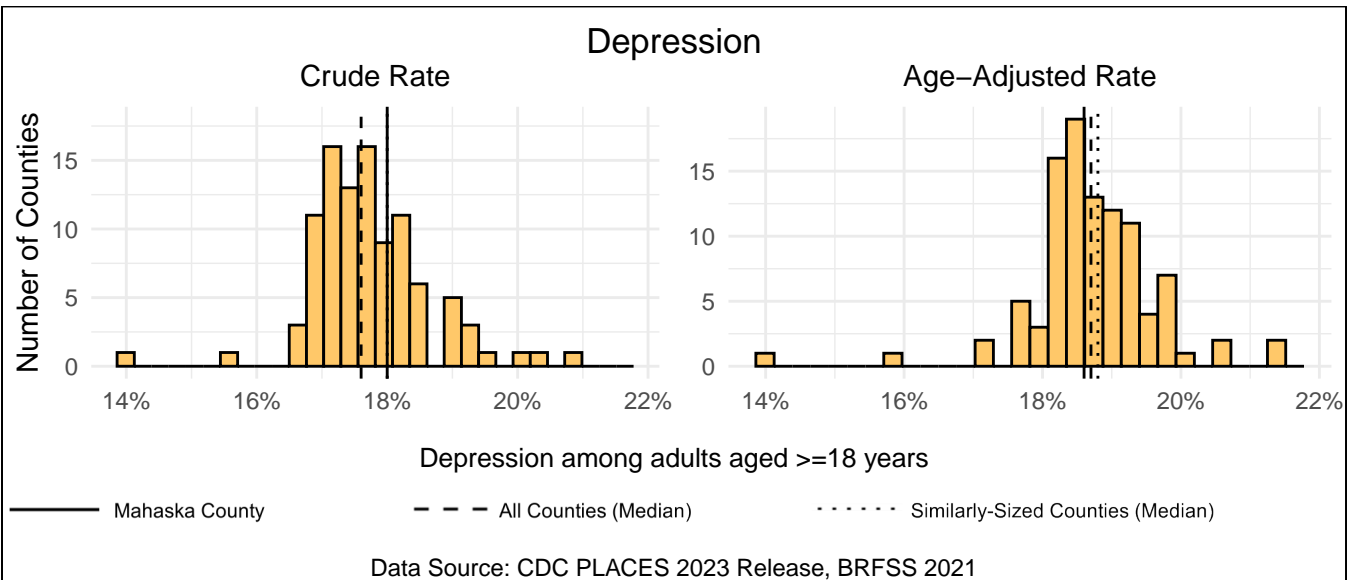
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	7.8%	7.9%	7.7%
Age-Adjusted	6.8%	6.4%	6.3%



Depression

Mahaska County has a crude rate of 18.0% for depression among adults aged ≥ 18 years, which ranks 66th out of 99 Iowa counties (7th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 18.6%, which ranks 41st out of 99 Iowa counties (4th out of 15 similarly-sized counties).

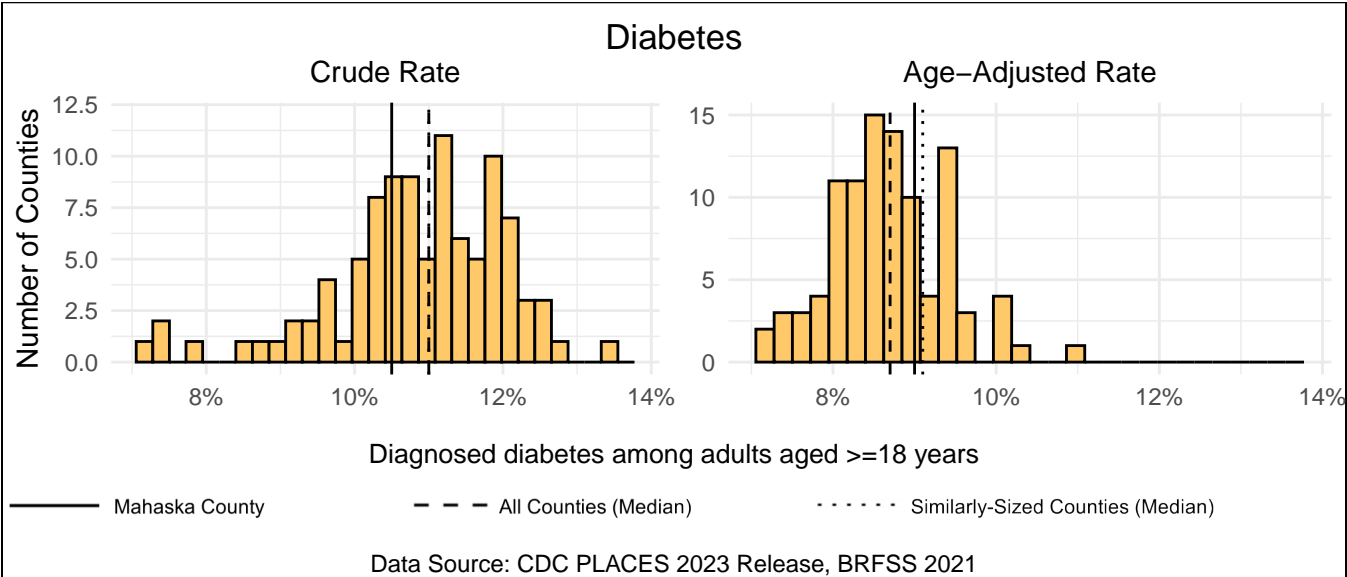
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	18.0%	17.6%	18.0%
Age-Adjusted	18.6%	18.7%	18.8%



Diabetes

Mahaska County has a crude rate of 10.5% for diagnosed diabetes among adults aged >=18 years, which ranks 30th out of 99 Iowa counties (2nd out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 9.0%, which ranks 68th out of 99 Iowa counties (7th out of 15 similarly-sized counties).

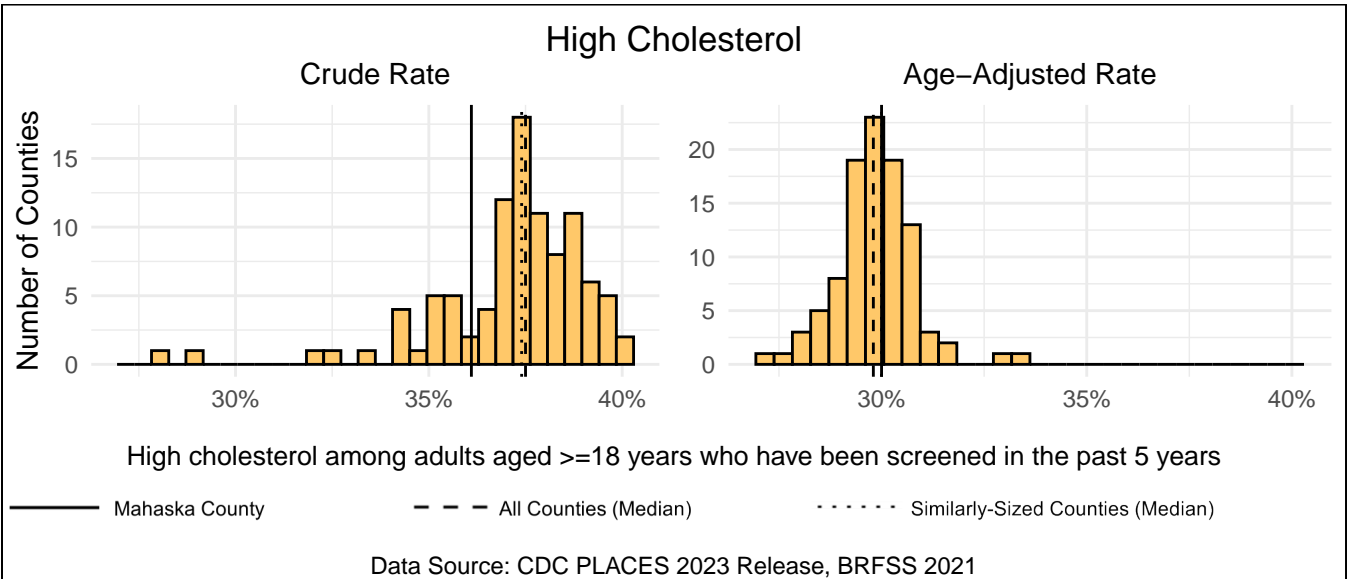
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	10.5%	11.0%	11.0%
Age-Adjusted	9.0%	8.7%	9.1%



High Cholesterol

Mahaska County has a crude rate of 36.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 21st out of 99 Iowa counties (3rd out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 30.0%, which ranks 58th out of 99 Iowa counties (7th out of 15 similarly-sized counties).

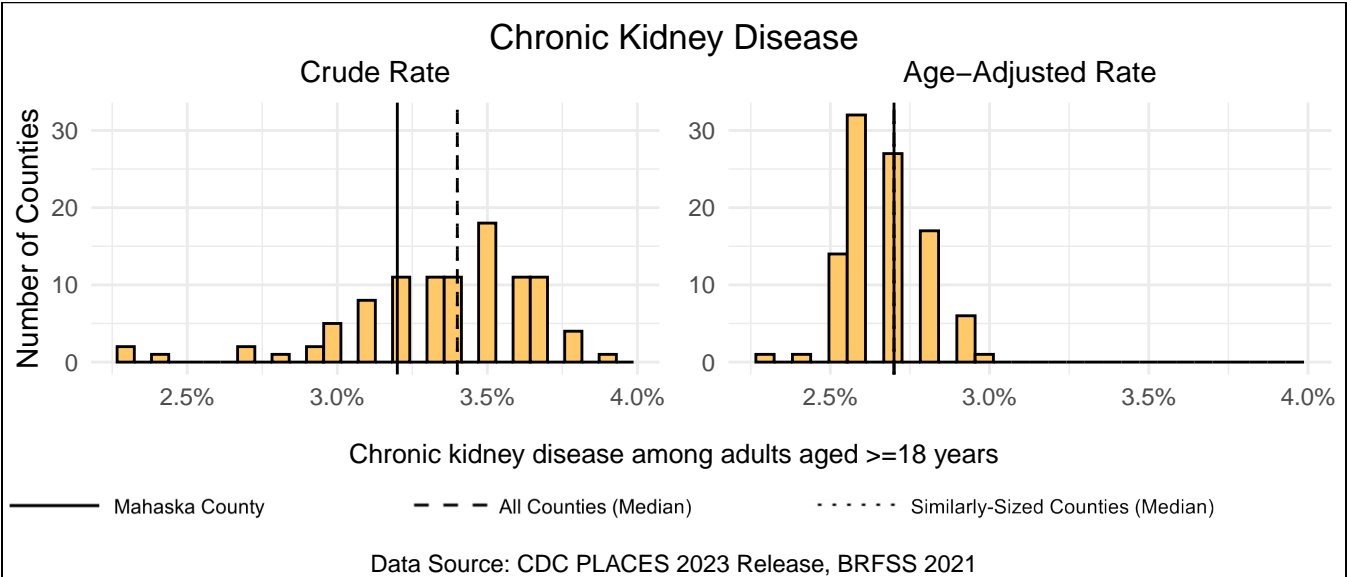
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	36.1%	37.5%	37.4%
Age-Adjusted	30.0%	29.8%	30.0%



Chronic Kidney Disease

Mahaska County has a crude rate of 3.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 22nd out of 99 Iowa counties (2nd out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 2.7%, which ranks 49th out of 99 Iowa counties (6th out of 15 similarly-sized counties).

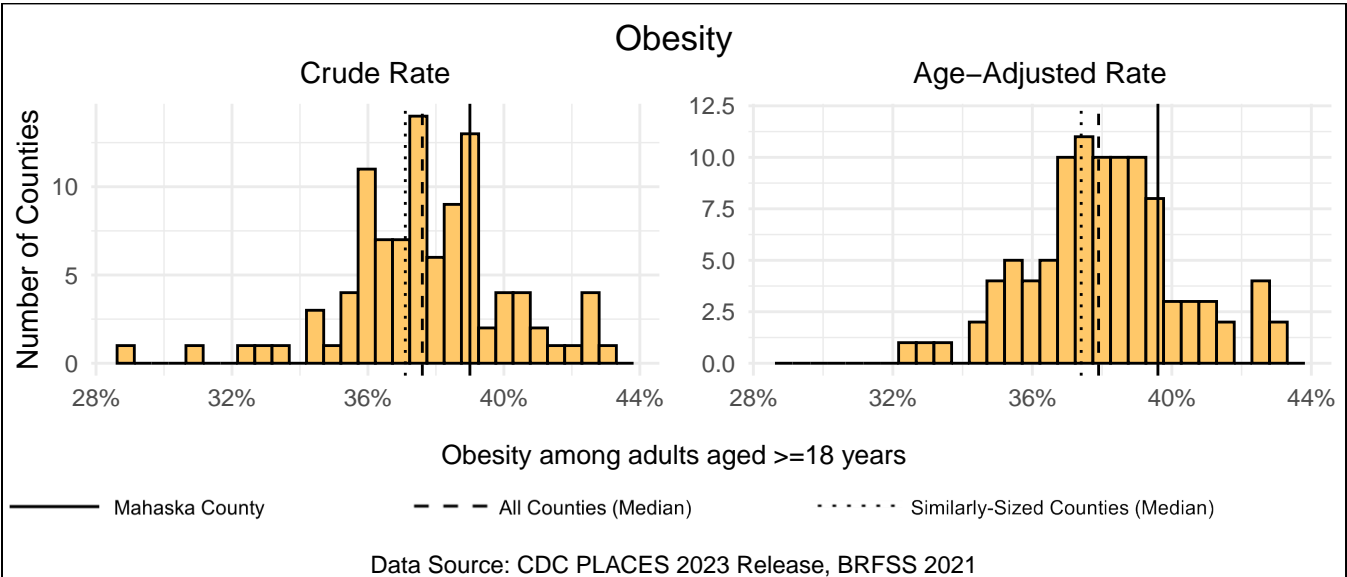
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	3.2%	3.4%	3.4%
Age-Adjusted	2.7%	2.7%	2.7%



Obesity

Mahaska County has a crude rate of 39.0% for obesity among adults aged ≥ 18 years, which ranks 74th out of 99 Iowa counties (12th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 39.6%, which ranks 79th out of 99 Iowa counties (12th out of 15 similarly-sized counties).

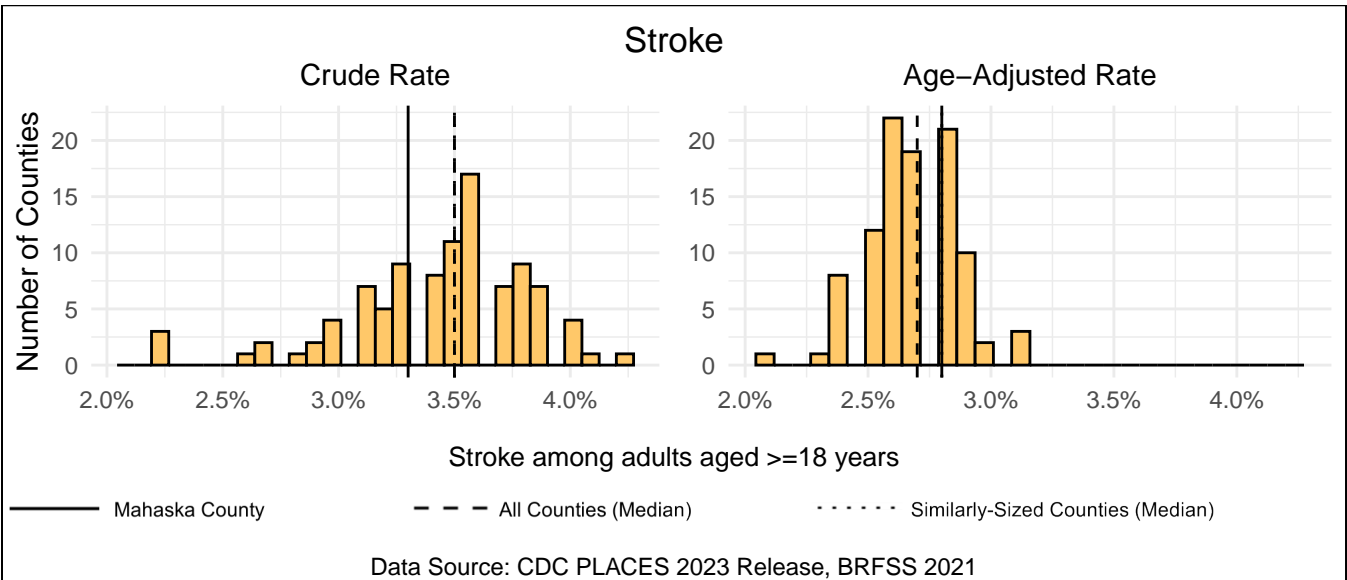
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	39.0%	37.6%	37.1%
Age-Adjusted	39.6%	37.9%	37.4%



Stroke

Mahaska County has a crude rate of 3.3% for stroke among adults aged ≥ 18 years, which ranks 26th out of 99 Iowa counties (3rd out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 2.8%, which ranks 64th out of 99 Iowa counties (8th out of 15 similarly-sized counties).

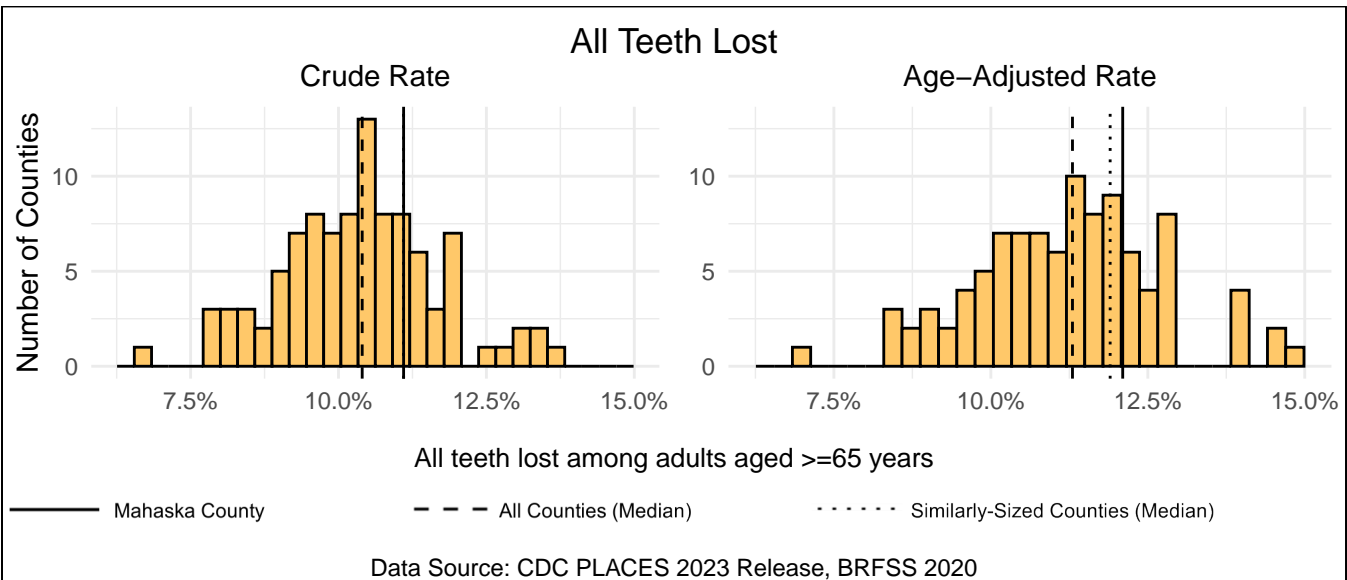
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	3.3%	3.5%	3.5%
Age-Adjusted	2.8%	2.7%	2.8%



All Teeth Lost

Mahaska County has a crude rate of 11.1% for all teeth lost among adults aged ≥ 65 years, which ranks 72nd out of 99 Iowa counties (8th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 12.1%, which ranks 75th out of 99 Iowa counties (10th out of 15 similarly-sized counties).

Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	11.1%	10.4%	11.1%
Age-Adjusted	12.1%	11.3%	11.9%



Prevention

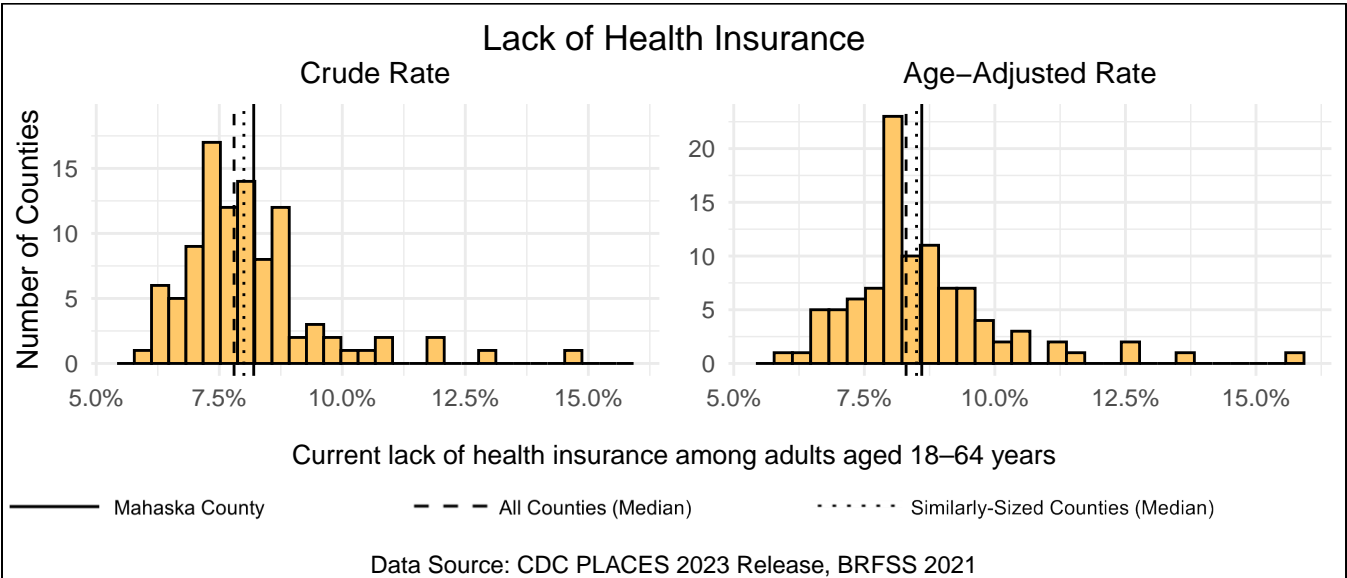
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your county’s prevention measures, including preventive screenings and doctor 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 county. The link below includes more information about each variable.

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

Lack of Health Insurance

Mahaska County has a crude rate of 8.2% for current lack of health insurance among adults aged 18–64 years, which ranks 63rd out of 99 Iowa counties (9th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 8.6%, which ranks 59th out of 99 Iowa counties (9th out of 15 similarly-sized counties).

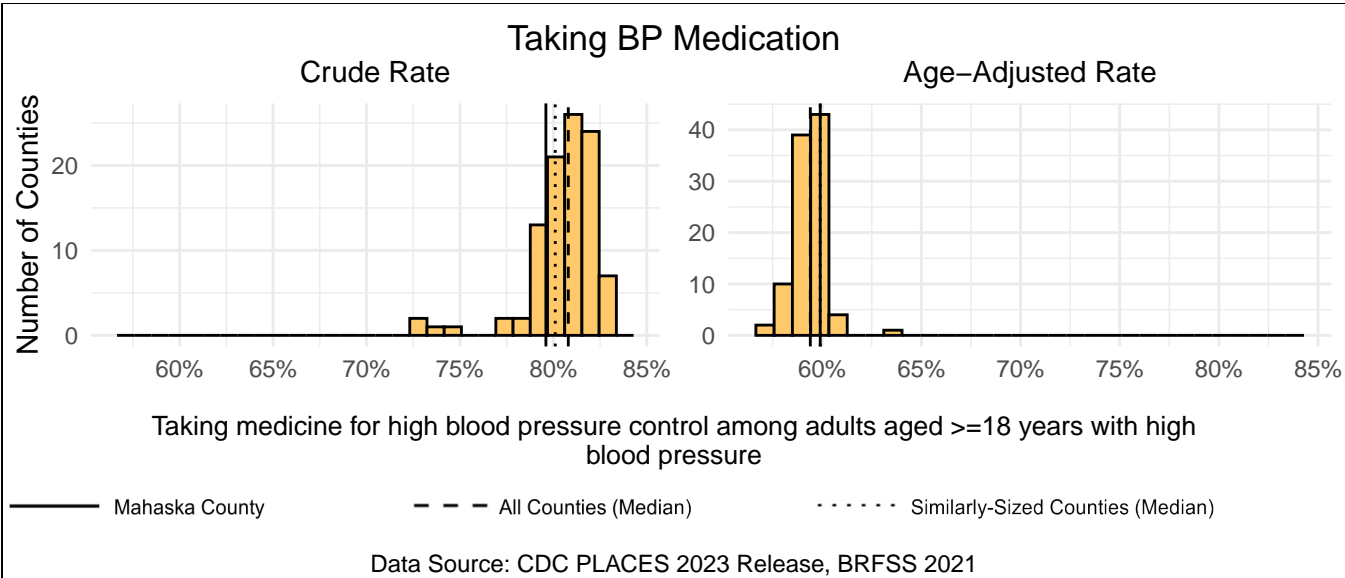
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	8.2%	7.8%	8.0%
Age-Adjusted	8.6%	8.3%	8.5%



Taking BP Medication

Mahaska County 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 79th out of 99 Iowa counties (10th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 59.9%, which ranks 21st out of 99 Iowa counties (8th out of 15 similarly-sized counties).

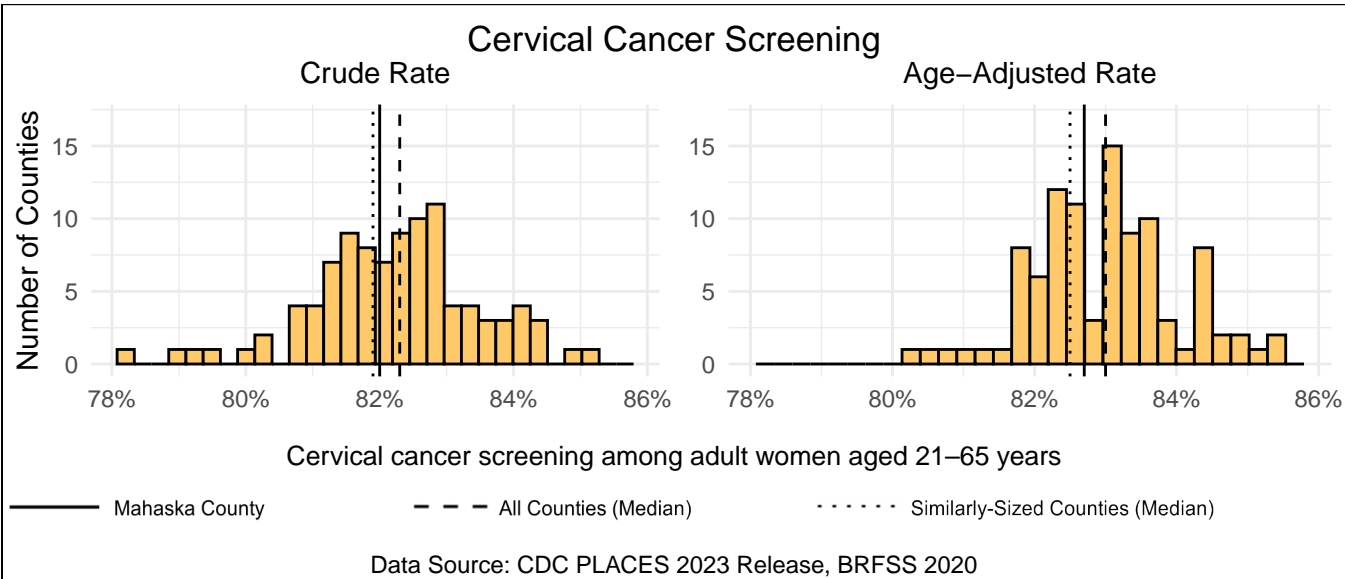
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	79.6%	80.8%	80.1%
Age-Adjusted	59.9%	59.4%	59.9%



Cervical Cancer Screening

Mahaska County has a crude rate of 82.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 57th out of 99 Iowa counties (7th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 82.7%, which ranks 57th out of 99 Iowa counties (7th out of 15 similarly-sized counties).

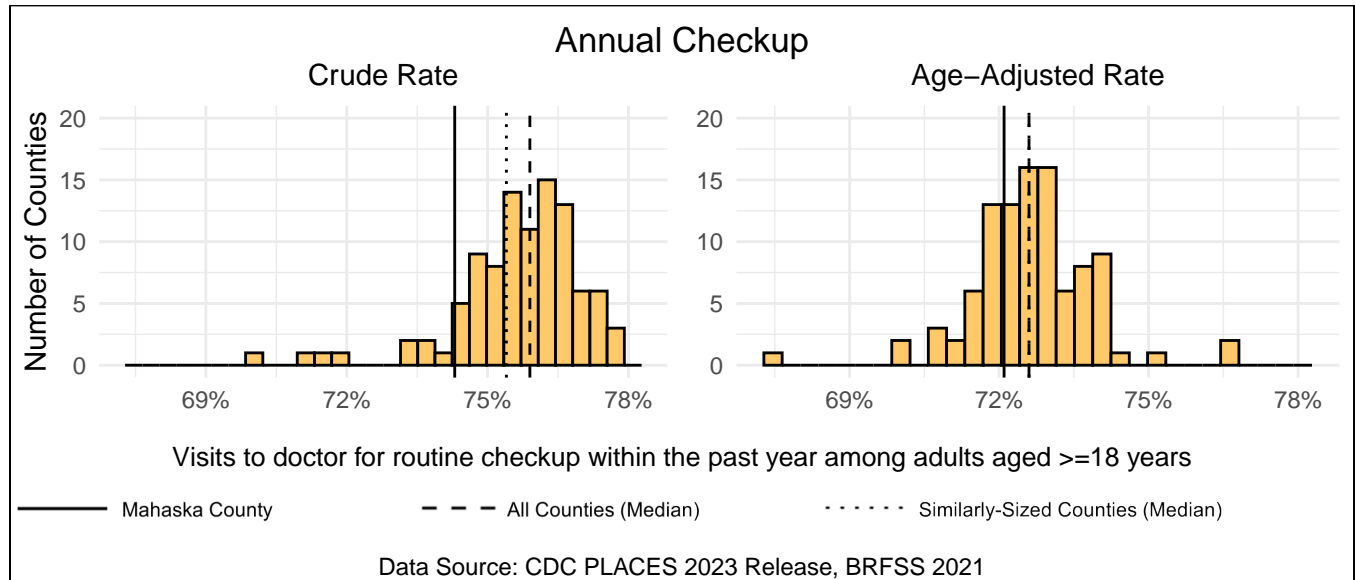
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	82.0%	82.3%	81.9%
Age-Adjusted	82.7%	83.0%	82.5%



Annual Checkup

Mahaska County has a crude rate of 74.3% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 88th out of 99 Iowa counties (14th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 72.1%, which ranks 68th out of 99 Iowa counties (10th out of 15 similarly-sized counties).

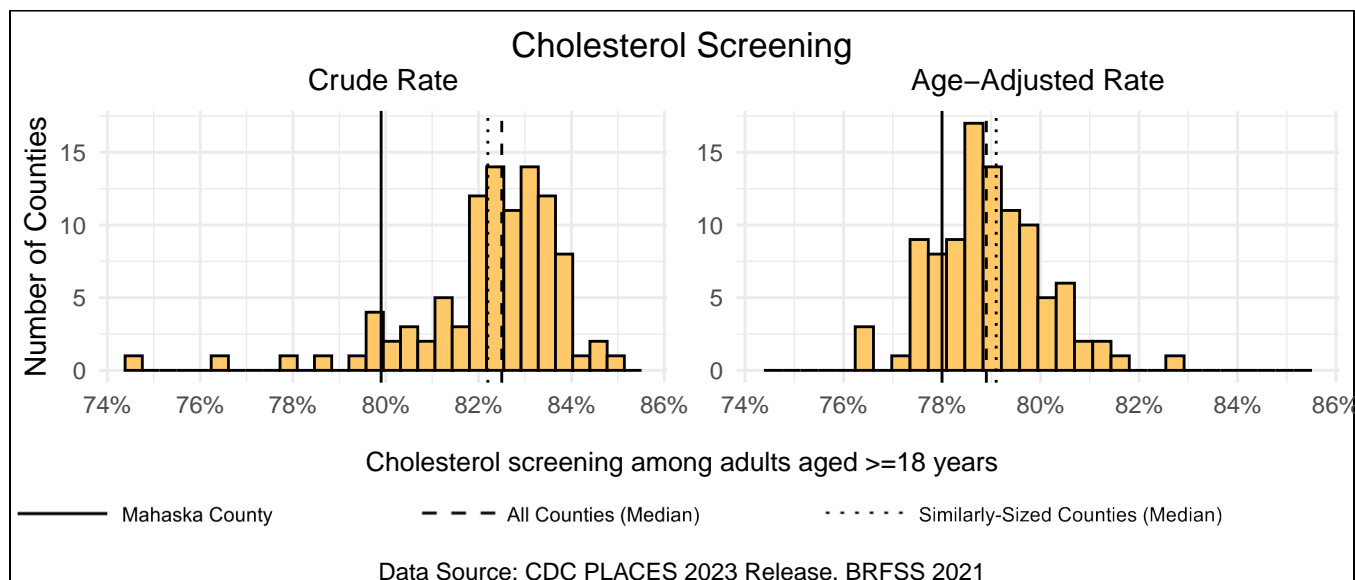
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	74.3%	75.9%	75.4%
Age-Adjusted	72.1%	72.6%	72.6%



Cholesterol Screening

Mahaska County has a crude rate of 79.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 91st out of 99 Iowa counties (14th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 78.0%, which ranks 79th out of 99 Iowa counties (13th out of 15 similarly-sized counties).

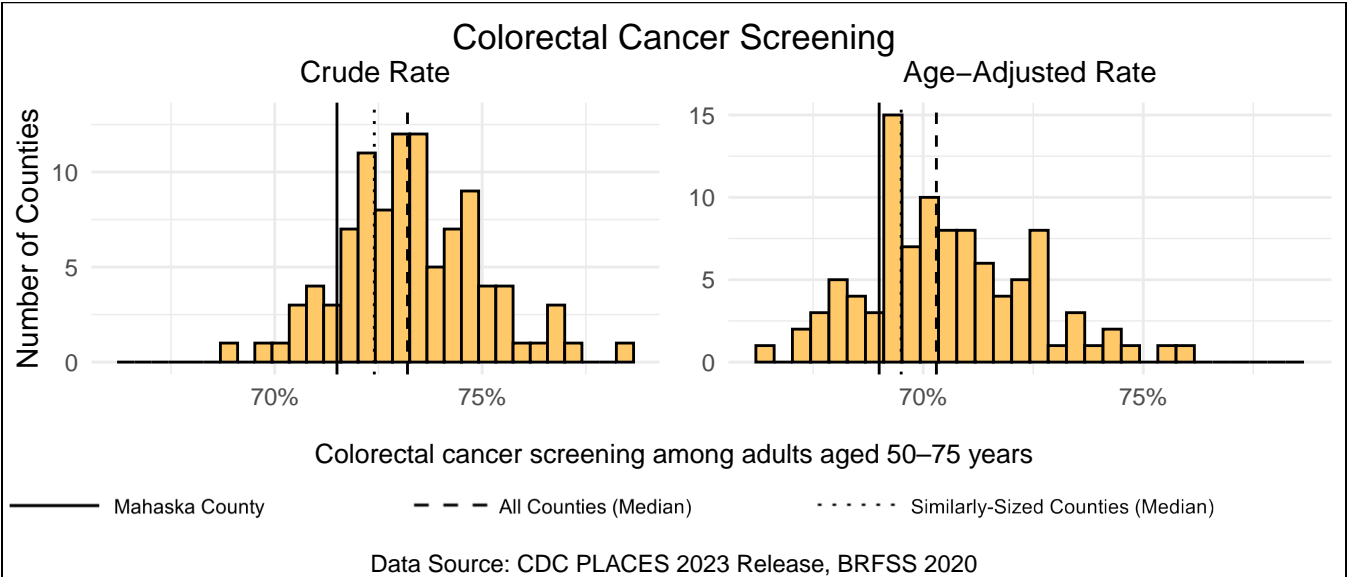
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	79.9%	82.5%	82.2%
Age-Adjusted	78.0%	78.9%	79.1%



Colorectal Cancer Screening

Mahaska County has a crude rate of 71.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 87th out of 99 Iowa counties (11th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 69.0%, which ranks 83rd out of 99 Iowa counties (10th out of 15 similarly-sized counties).

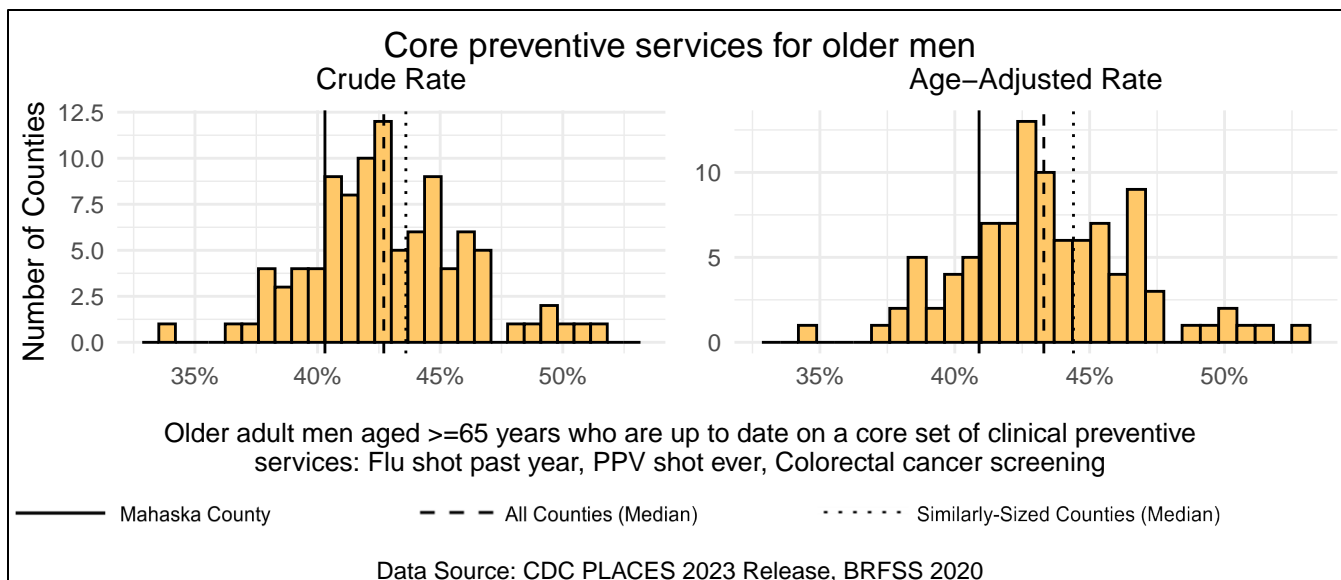
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	71.5%	73.2%	72.4%
Age-Adjusted	69.0%	70.3%	69.5%



Core preventive services for older men

Mahaska County has a crude rate of 40.3% 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 80th out of 99 Iowa counties (13th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 40.9%, which ranks 80th out of 99 Iowa counties (13th out of 15 similarly-sized counties).

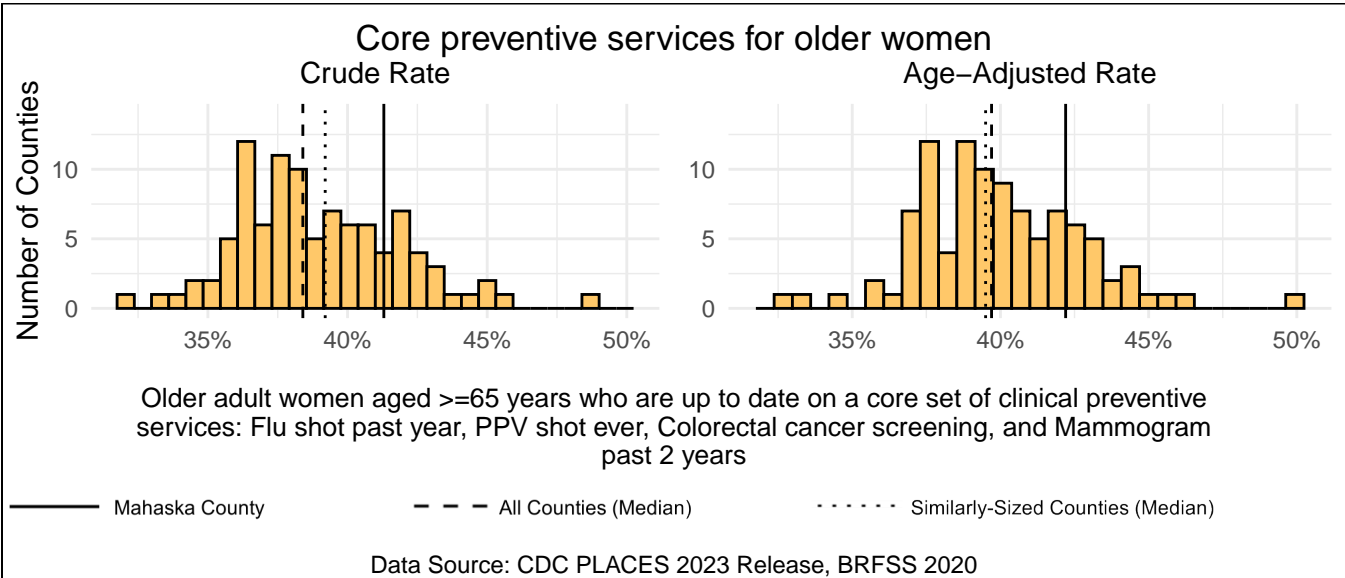
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	40.3%	42.7%	43.6%
Age-Adjusted	40.9%	43.3%	44.4%



Core preventive services for older women

Mahaska County has a crude rate of 41.3% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 23rd out of 99 Iowa counties (4th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 42.2%, which ranks 21st out of 99 Iowa counties (4th out of 15 similarly-sized counties).

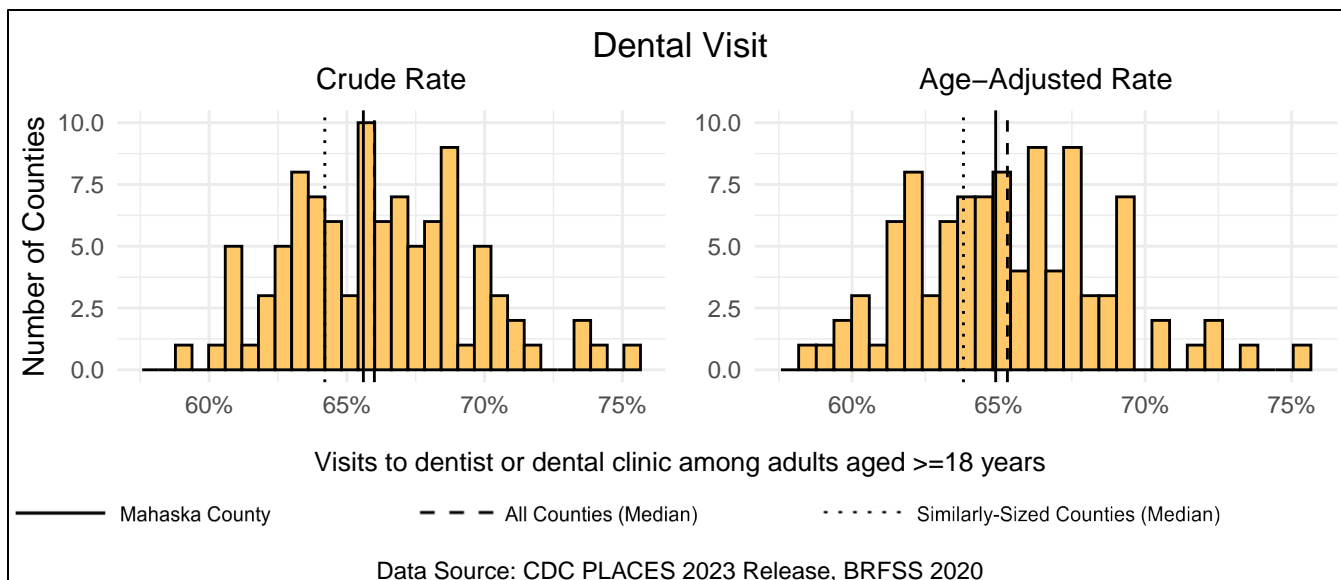
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	41.3%	38.4%	39.2%
Age-Adjusted	42.2%	39.7%	39.5%



Dental Visit

Mahaska County has a crude rate of 65.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 56th out of 99 Iowa counties (6th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 64.9%, which ranks 53rd out of 99 Iowa counties (6th out of 15 similarly-sized counties).

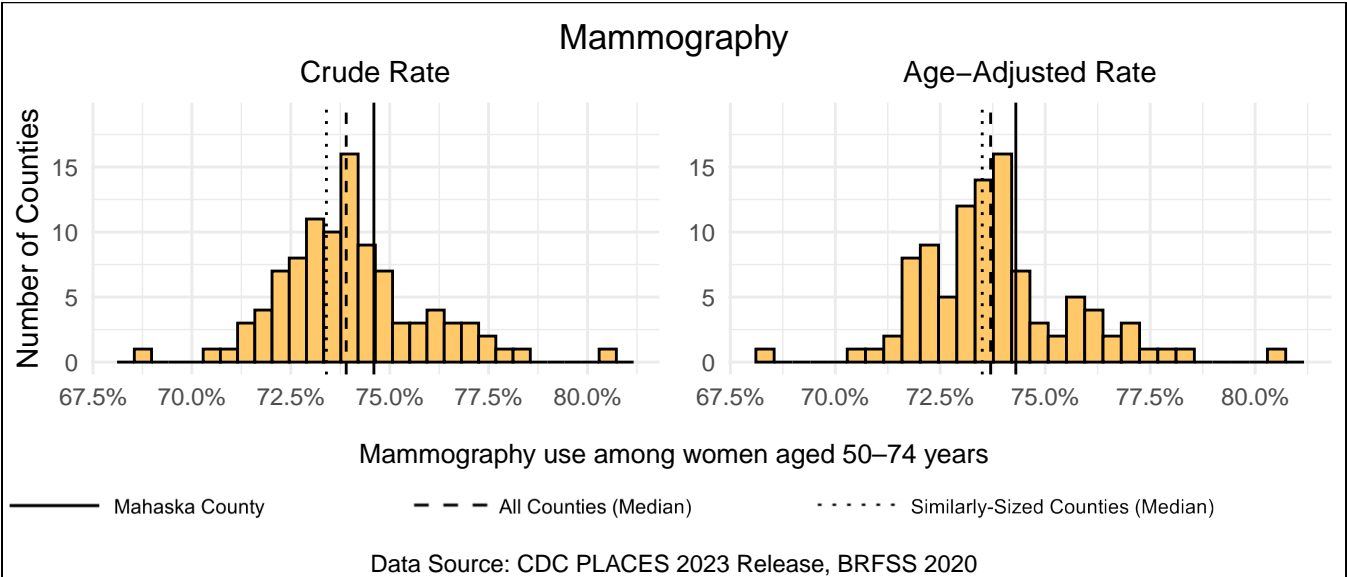
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	65.6%	66.0%	64.2%
Age-Adjusted	64.9%	65.3%	63.8%



Mammography

Mahaska County has a crude rate of 74.6% for mammography use among women aged 50–74 years, which ranks 29th out of 99 Iowa counties (5th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 74.3%, which ranks 29th out of 99 Iowa counties (4th out of 15 similarly-sized counties).

Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	74.6%	73.9%	73.4%
Age-Adjusted	74.3%	73.7%	73.5%



Disability

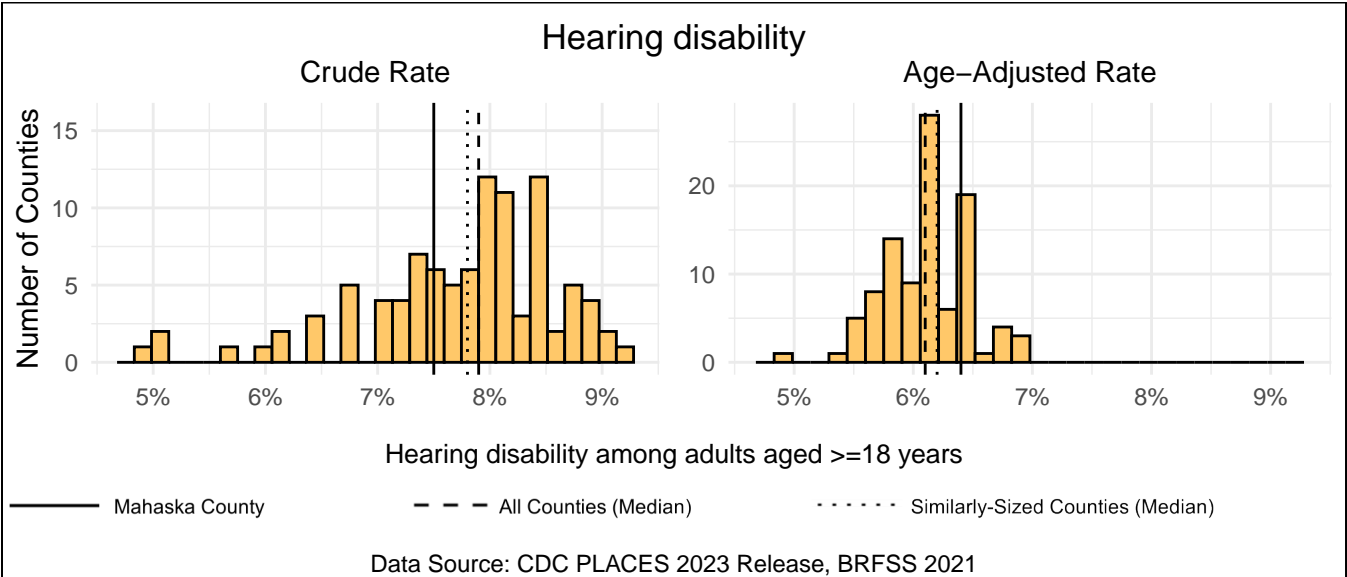
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Mahaska County has a crude rate of 7.5% for hearing disability among adults aged ≥ 18 years, which ranks 31st out of 99 Iowa counties (4th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 6.4%, which ranks 73rd out of 99 Iowa counties (11th out of 15 similarly-sized counties).

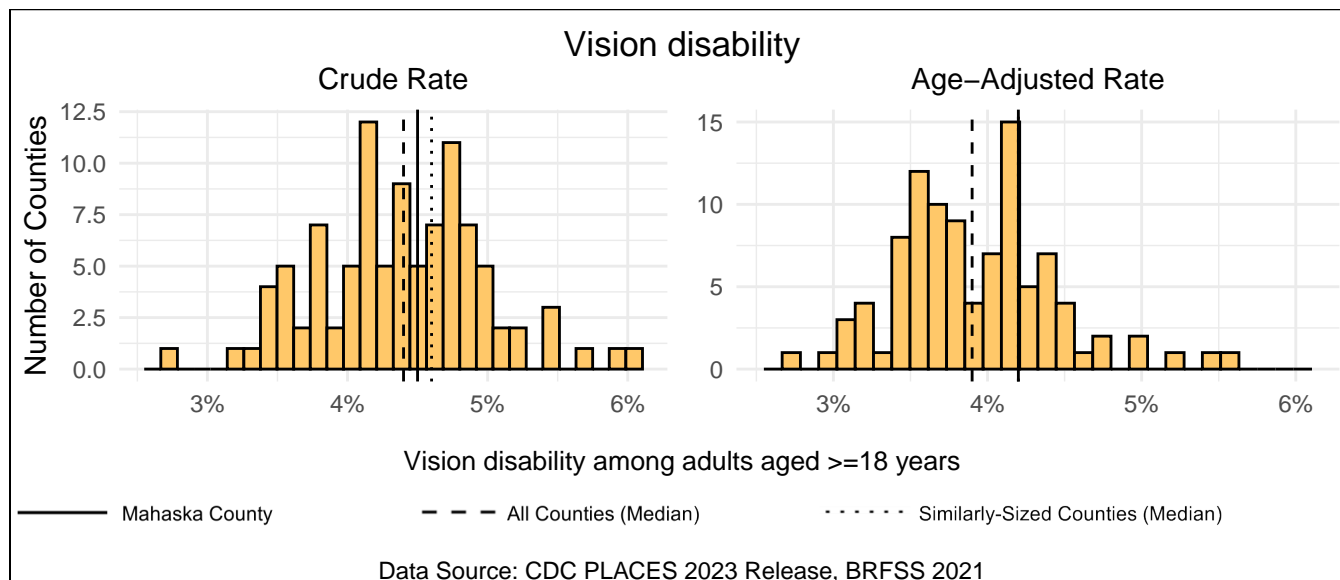
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	7.5%	7.9%	7.8%
Age-Adjusted	6.4%	6.1%	6.2%



Vision disability

Mahaska County has a crude rate of 4.5% for vision disability among adults aged ≥ 18 years, which ranks 55th out of 99 Iowa counties (6th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 4.2%, which ranks 66th out of 99 Iowa counties (7th out of 15 similarly-sized counties).

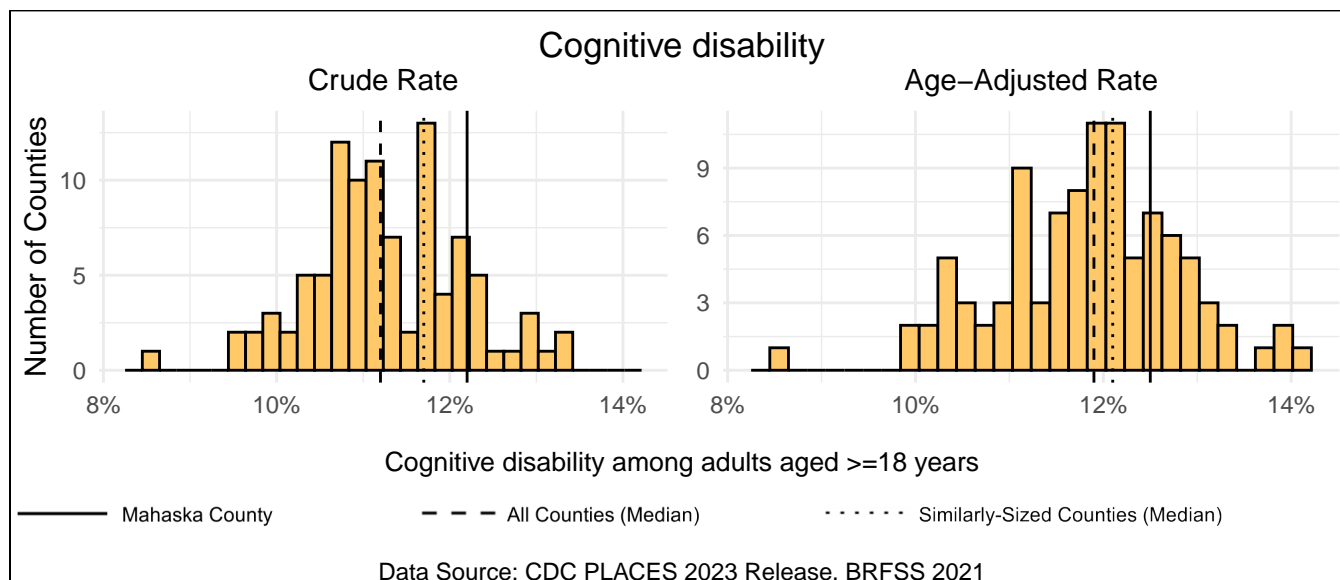
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	4.5%	4.4%	4.6%
Age-Adjusted	4.2%	3.9%	4.2%



Cognitive disability

Mahaska County has a crude rate of 12.2% for cognitive disability among adults aged ≥ 18 years, which ranks 84th out of 99 Iowa counties (12th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 12.5%, which ranks 73rd out of 99 Iowa counties (11th out of 15 similarly-sized counties).

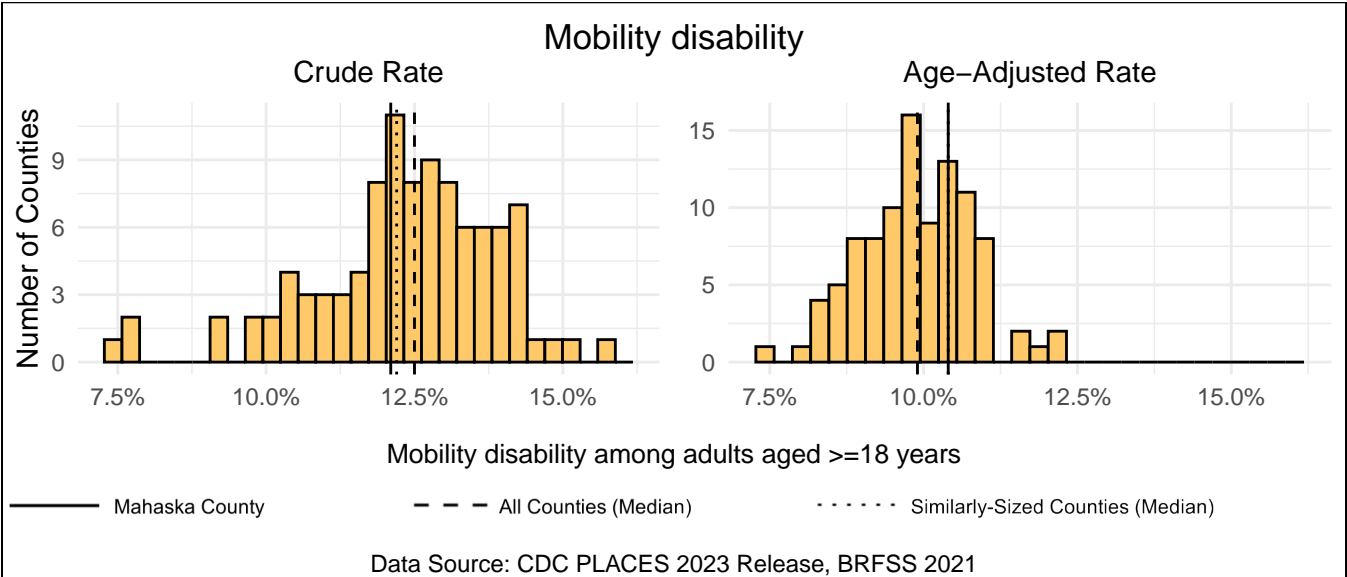
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	12.2%	11.2%	11.7%
Age-Adjusted	12.5%	11.9%	12.1%



Mobility disability

Mahaska County has a crude rate of 12.1% for mobility disability among adults aged ≥ 18 years, which ranks 35th out of 99 Iowa counties (3rd out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 10.4%, which ranks 67th out of 99 Iowa counties (7th out of 15 similarly-sized counties).

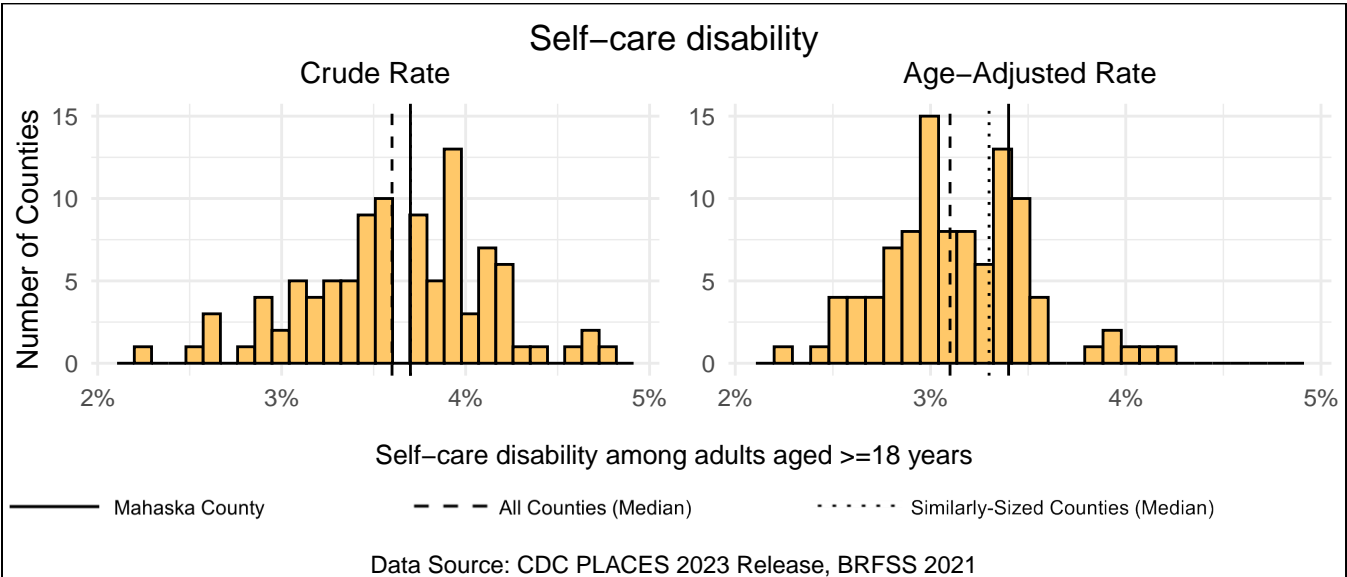
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	12.1%	12.5%	12.2%
Age-Adjusted	10.4%	9.9%	10.4%



Self-care disability

Mahaska County has a crude rate of 3.7% for self-care disability among adults aged ≥ 18 years, which ranks 51st out of 99 Iowa counties (8th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 3.4%, which ranks 67th out of 99 Iowa counties (9th out of 15 similarly-sized counties).

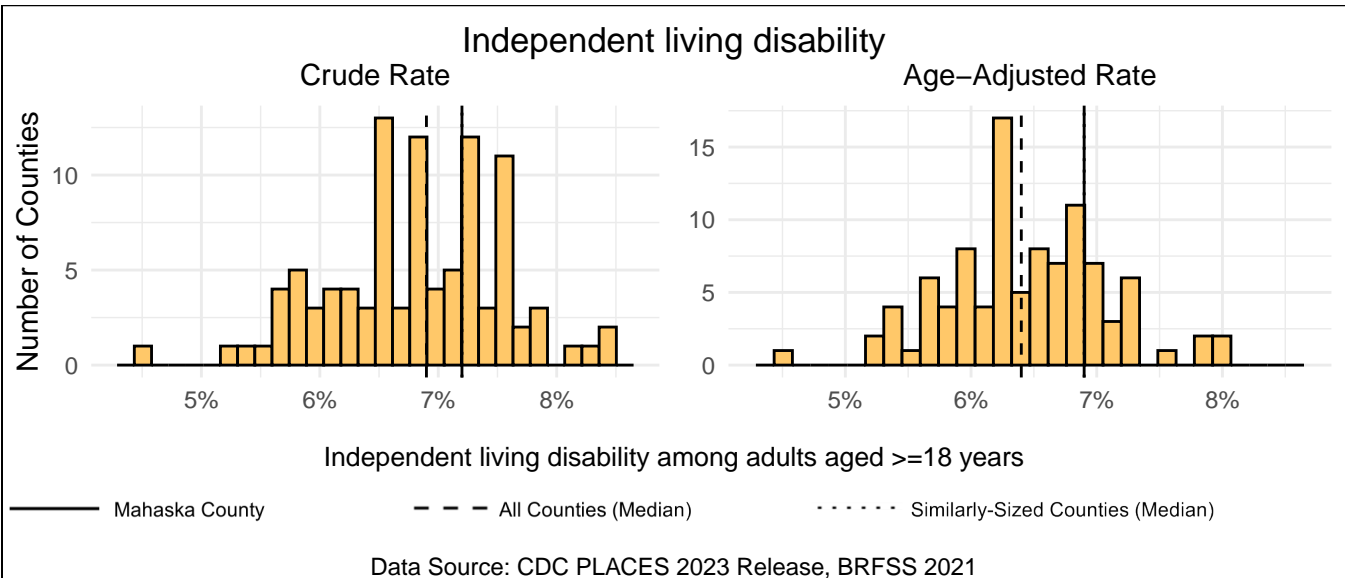
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	3.7%	3.6%	3.7%
Age-Adjusted	3.4%	3.1%	3.3%



Independent living disability

Mahaska County has a crude rate of 7.2% for independent living disability among adults aged ≥ 18 years, which ranks 65th out of 99 Iowa counties (8th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 6.9%, which ranks 69th out of 99 Iowa counties (8th out of 15 similarly-sized counties).

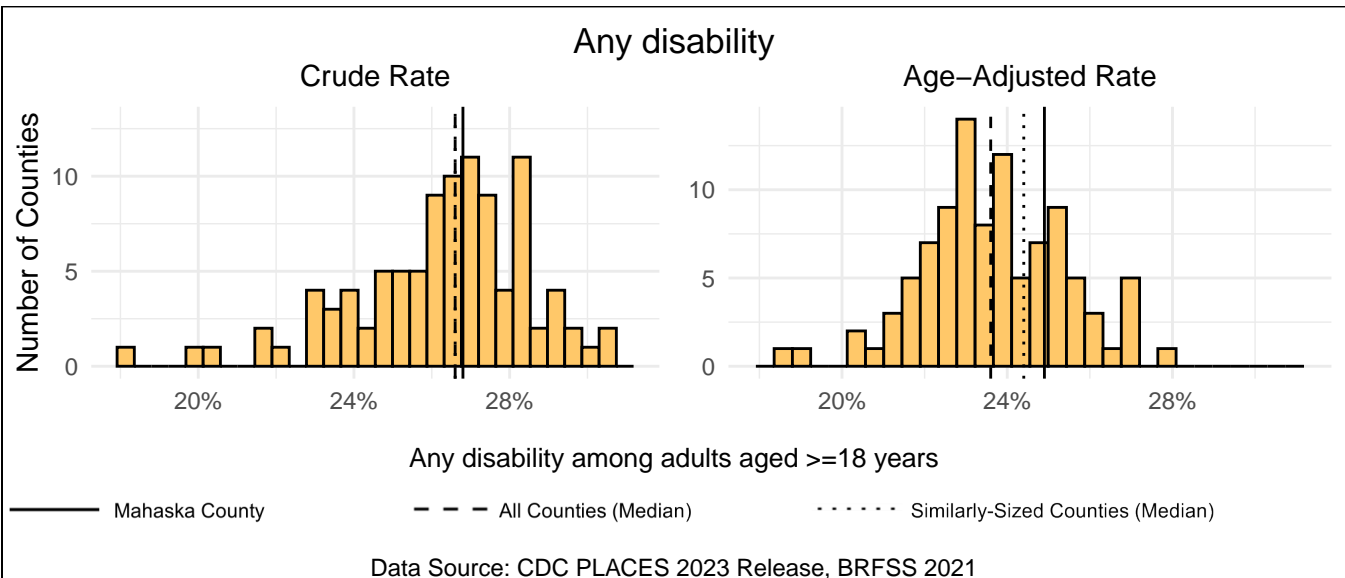
Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	7.2%	6.9%	7.2%
Age-Adjusted	6.9%	6.4%	6.9%



Any disability

Mahaska County has a crude rate of 26.8% for any disability among adults aged ≥ 18 years, which ranks 54th out of 99 Iowa counties (10th out of 15 similarly-sized counties). The age-adjusted rate for Mahaska County is 24.9%, which ranks 74th out of 99 Iowa counties (9th out of 15 similarly-sized counties).

Measure Type	Mahaska County	All Counties	Similarly-Sized Counties
Crude	26.8%	26.6%	26.6%
Age-Adjusted	24.9%	23.6%	24.4%



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: Mahaska County 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	48	11.1% (9.3% - 12.9%)	70	10.4% (8.7% - 12.1%)
Health Status	General Health	55	15.2% (12.4% - 18.0%)	67	14.1% (11.6% - 16.8%)
Health Status	Mental Health	86	15.1% (12.8% - 17.4%)	67	15.9% (13.4% - 18.4%)
Health Risk Behaviors	Current Smoking	85	18.1% (14.4% - 22.1%)	84	19.2% (15.2% - 23.6%)
Health Risk Behaviors	Physical Inactivity	55	27.2% (22.3% - 32.5%)	69	26.2% (21.4% - 31.4%)
Health Risk Behaviors	Sleep <7 hours	76	31.3% (29.9% - 32.8%)	77	32.5% (30.8% - 34.1%)
Health Risk Behaviors	Binge Drinking	51	18.6% (15.3% - 22.1%)	12	20.4% (16.8% - 24.2%)
Health Outcomes	Stroke	26	3.3% (2.9% - 3.8%)	64	2.8% (2.4% - 3.2%)
Health Outcomes	Current Asthma	64	9.4% (8.1% - 10.6%)	49	9.5% (8.2% - 10.7%)
Health Outcomes	Depression	66	18.0% (14.4% - 21.5%)	41	18.6% (15.0% - 22.3%)
Health Outcomes	Arthritis	27	27.3% (23.0% - 31.4%)	76	23.8% (19.9% - 27.6%)
Health Outcomes	High Blood Pressure	17	31.4% (27.2% - 35.5%)	44	27.8% (23.8% - 31.7%)
Health Outcomes	COPD	45	7.8% (6.4% - 9.4%)	74	6.8% (5.6% - 8.1%)
Health Outcomes	Coronary Heart Disease	32	6.7% (5.7% - 7.7%)	70	5.4% (4.6% - 6.2%)
Health Outcomes	Diabetes	30	10.5% (8.9% - 12.4%)	68	9.0% (7.5% - 10.5%)
Health Outcomes	All Teeth Lost	72	11.1% (7.6% - 16.0%)	75	12.1% (8.1% - 16.9%)
Health Outcomes	High Cholesterol	21	36.1% (31.4% - 40.5%)	58	30.0% (25.5% - 34.4%)
Health Outcomes	Cancer (except skin)	17	7.7% (6.9% - 8.5%)	26	6.4% (5.7% - 7.0%)
Health Outcomes	Chronic Kidney Disease	22	3.2% (2.8% - 3.5%)	49	2.7% (2.4% - 3.0%)
Health Outcomes	Obesity	74	39.0% (31.1% - 46.6%)	79	39.6% (31.6% - 47.1%)
Prevention	Core preventive services for older women	23	41.3% (33.5% - 49.2%)	21	42.2% (34.3% - 50.1%)
Prevention	Taking BP Medication	79	79.6% (76.2% - 82.5%)	21	59.9% (54.6% - 64.8%)
Prevention	Health Insurance	63	8.2% (6.2% - 10.6%)	59	8.6% (6.5% - 11.1%)
Prevention	Cholesterol Screening	91	79.9% (76.5% - 83.0%)	79	78.0% (74.5% - 81.5%)
Prevention	Dental Visit	56	65.6% (61.6% - 69.1%)	53	64.9% (60.9% - 68.5%)
Prevention	Mammography	29	74.6% (70.6% - 78.6%)	29	74.3% (70.2% - 78.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	80	40.3% (31.7% - 49.2%)	80	40.9% (32.4% - 49.6%)
Prevention	Cervical Cancer Screening	57	82.0% (79.4% - 84.7%)	57	82.7% (80.1% - 85.2%)
Prevention	Annual Checkup	88	74.3% (69.0% - 78.8%)	68	72.1% (66.6% - 76.9%)
Prevention	Colorectal Cancer Screening	87	71.5% (68.2% - 74.5%)	83	69.0% (65.2% - 72.3%)
Disability	Vision Disability	55	4.5% (3.8% - 5.3%)	66	4.2% (3.5% - 4.9%)
Disability	Mobility Disability	35	12.1% (10.1% - 14.3%)	67	10.4% (8.7% - 12.4%)
Disability	Any Disability	54	26.8% (22.5% - 31.0%)	74	24.9% (20.9% - 28.9%)
Disability	Hearing Disability	31	7.5% (6.5% - 8.6%)	73	6.4% (5.5% - 7.3%)
Disability	Independent Living Disability	65	7.2% (6.0% - 8.5%)	69	6.9% (5.8% - 8.1%)
Disability	Cognitive Disability	84	12.2% (10.2% - 14.4%)	73	12.5% (10.4% - 14.8%)
Disability	Self-care Disability	51	3.7% (3.1% - 4.3%)	67	3.4% (2.9% - 3.9%)

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

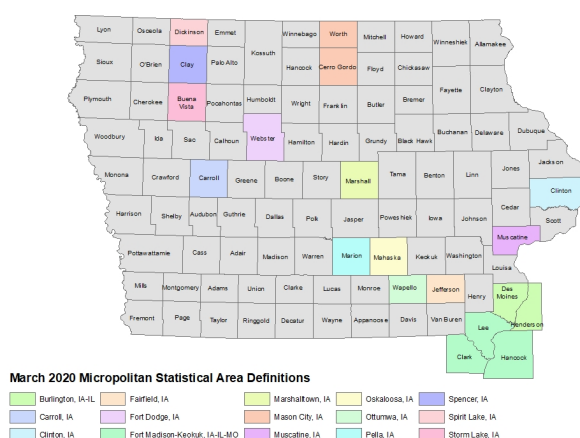
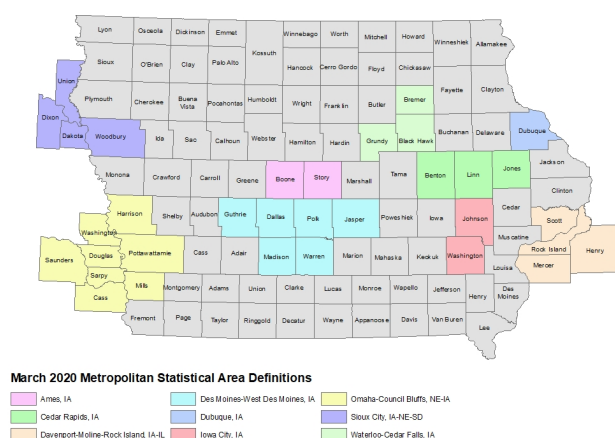
Appendix 3: Micropolitan Counties

Mahaska County falls into the group of micropolitan counties. In this data, 15 counties fall into this group. The table below lists all counties in the group, sorted by the population estimate in the CDC PLACES dataset.

County	Population Group	Population
Clinton County	Micropolitan	46,463
Cerro Gordo County	Micropolitan	42,706
Muscatine County	Micropolitan	42,688
Marshall County	Micropolitan	39,853
Des Moines County	Micropolitan	38,491
Webster County	Micropolitan	37,147
Wapello County	Micropolitan	35,256
Marion County	Micropolitan	33,380
Lee County	Micropolitan	33,215
Mahaska County	Micropolitan	21,984
Buena Vista County	Micropolitan	20,771
Carroll County	Micropolitan	20,692
Dickinson County	Micropolitan	17,851
Clay County	Micropolitan	16,440
Jefferson County	Micropolitan	15,647

Metropolitan and micropolitan areas can be found in the link and the maps below.

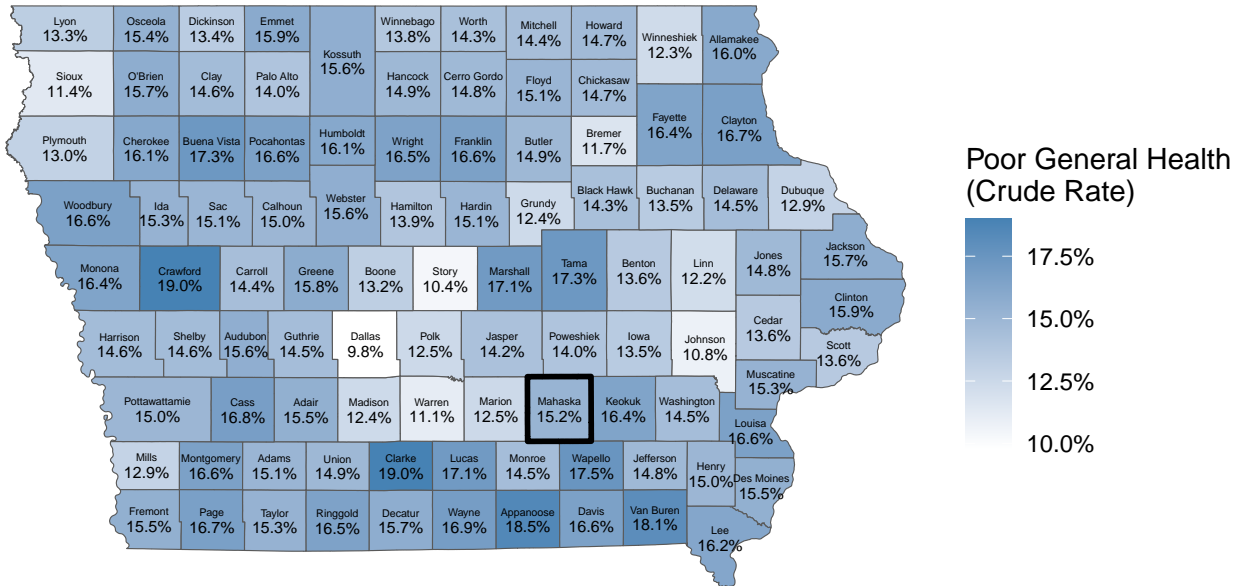
<https://www.icip.iastate.edu/maps/refmaps/cofips>



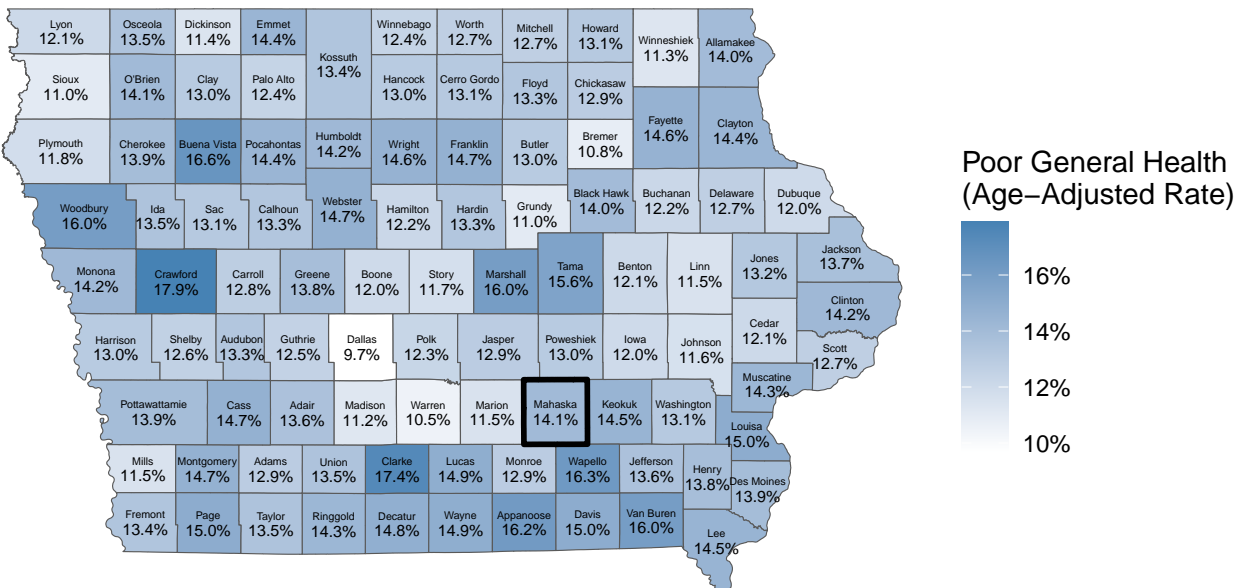
Appendix 4: County Maps

Poor General Health

Fair or poor self-rated health status among adults aged ≥ 18 years



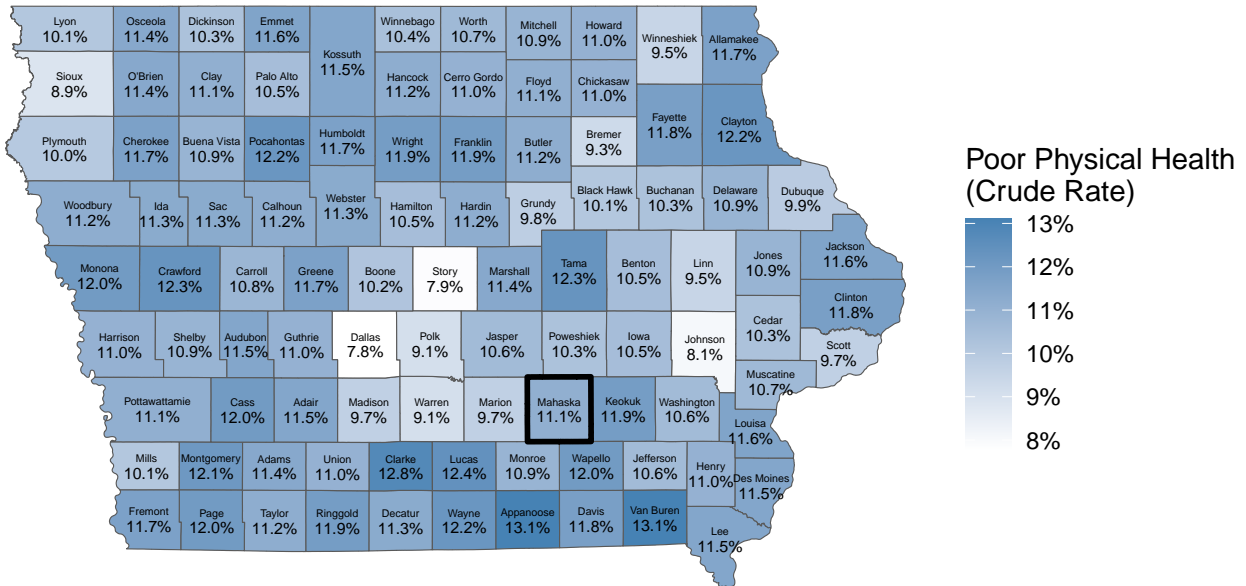
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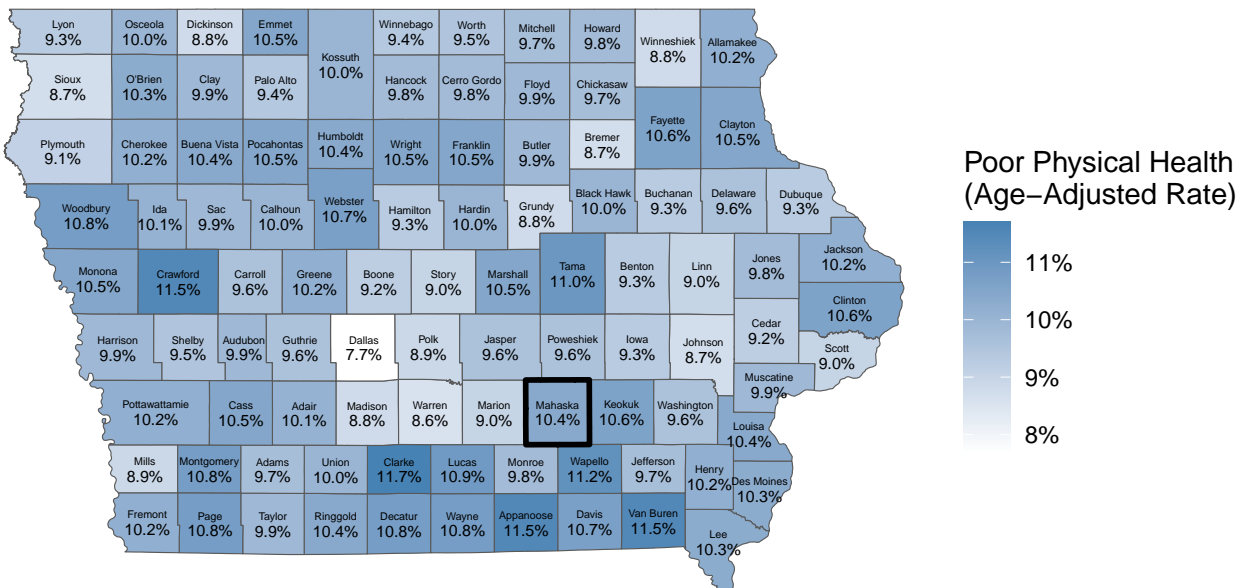
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Physical Health

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



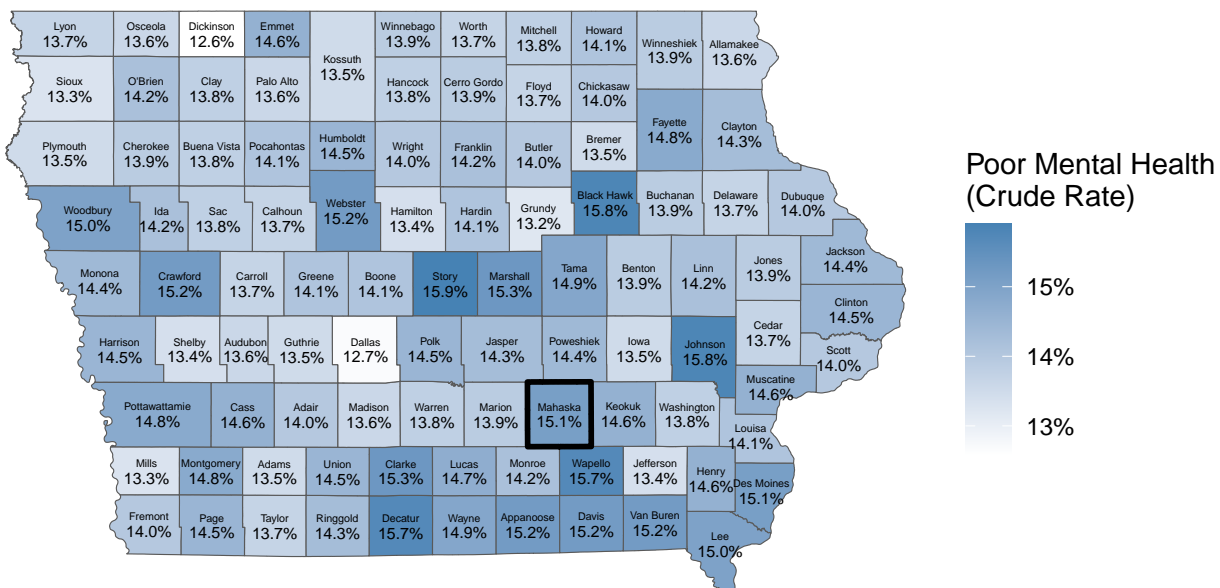
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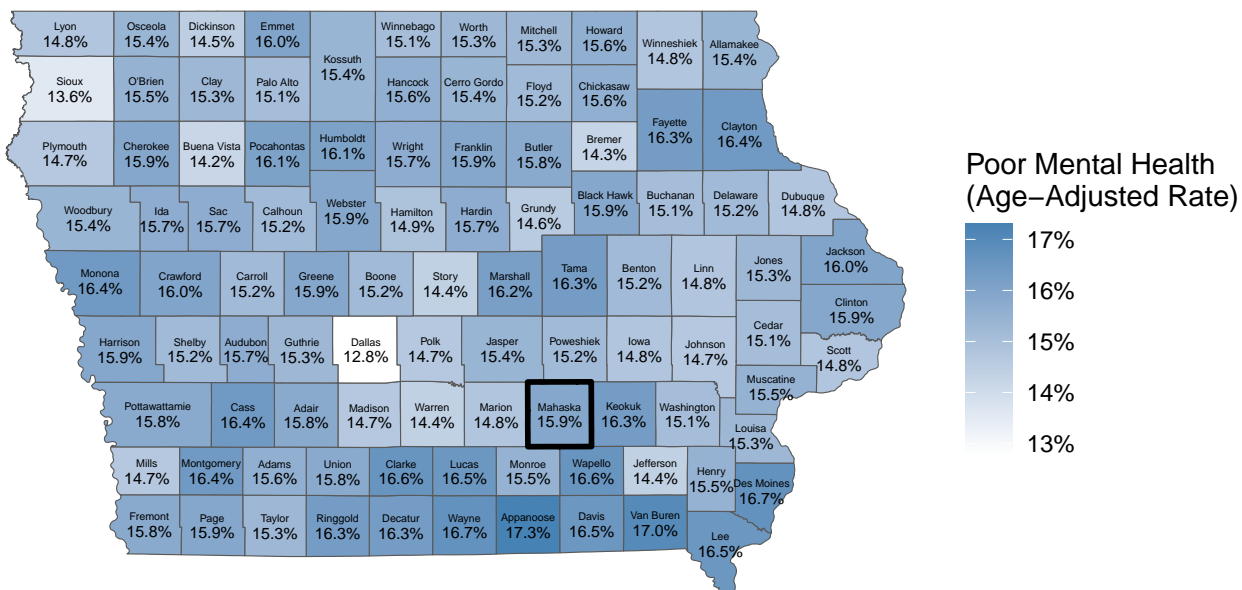
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

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



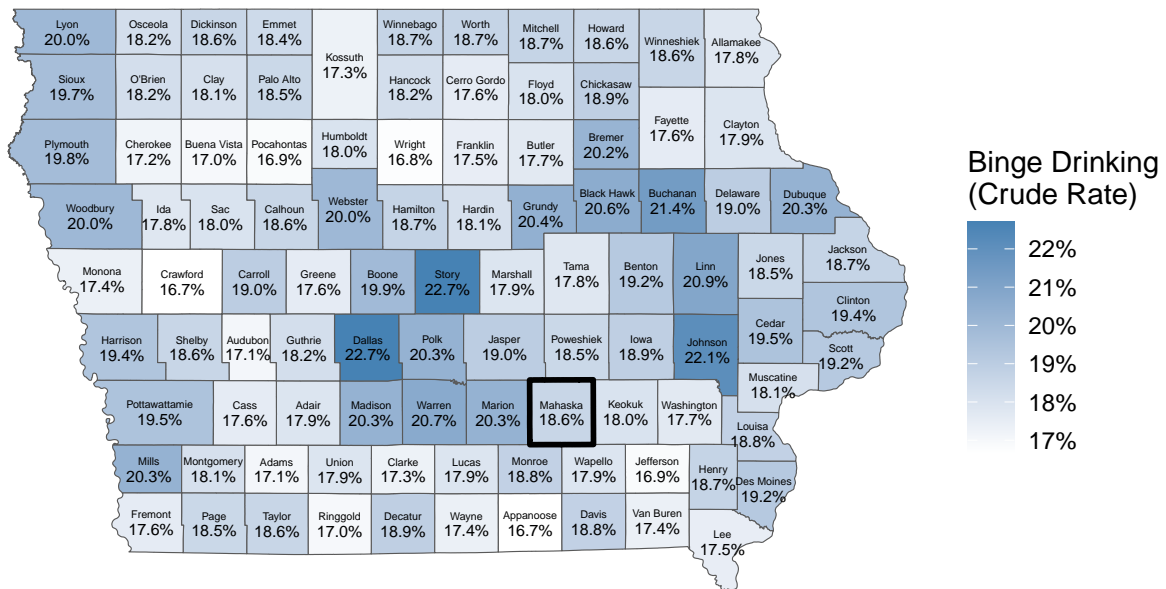
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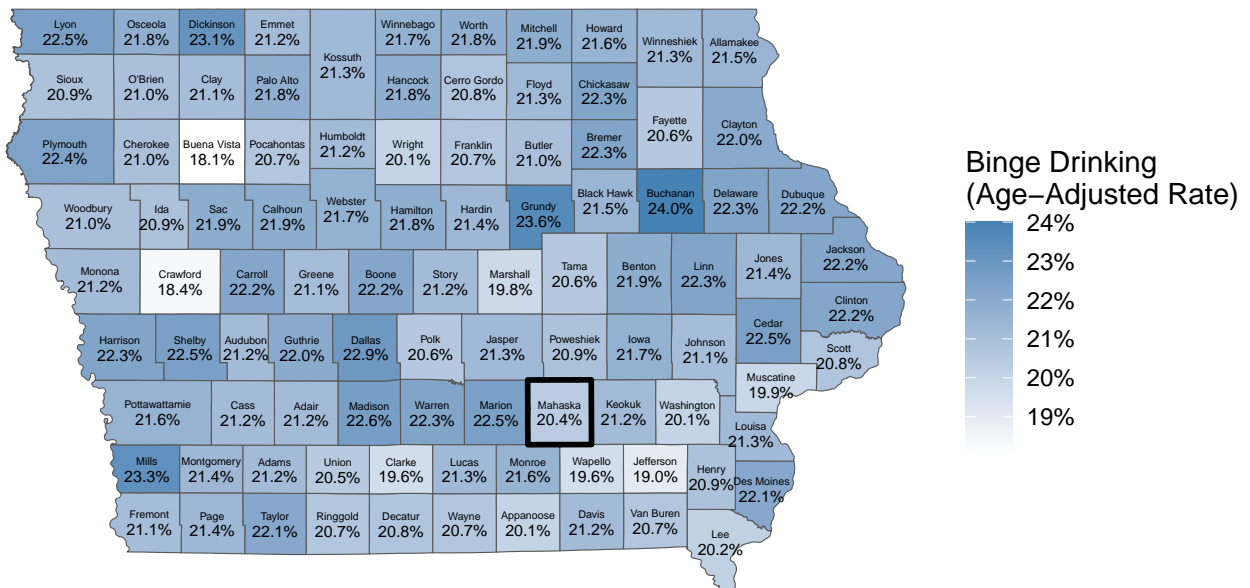
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Binge Drinking

Binge drinking among adults aged ≥ 18 years



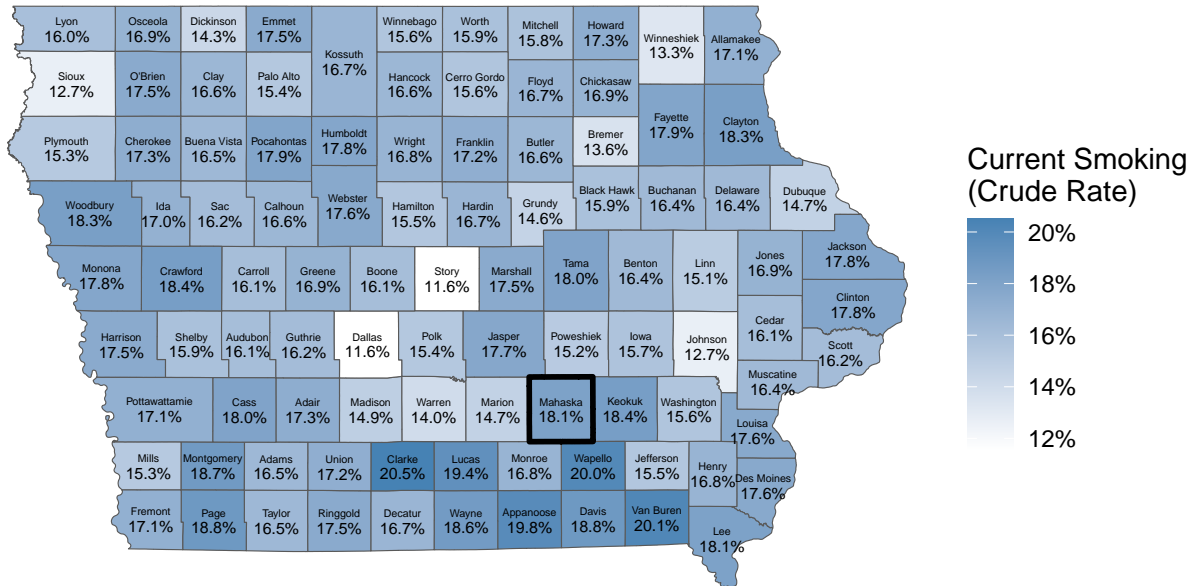
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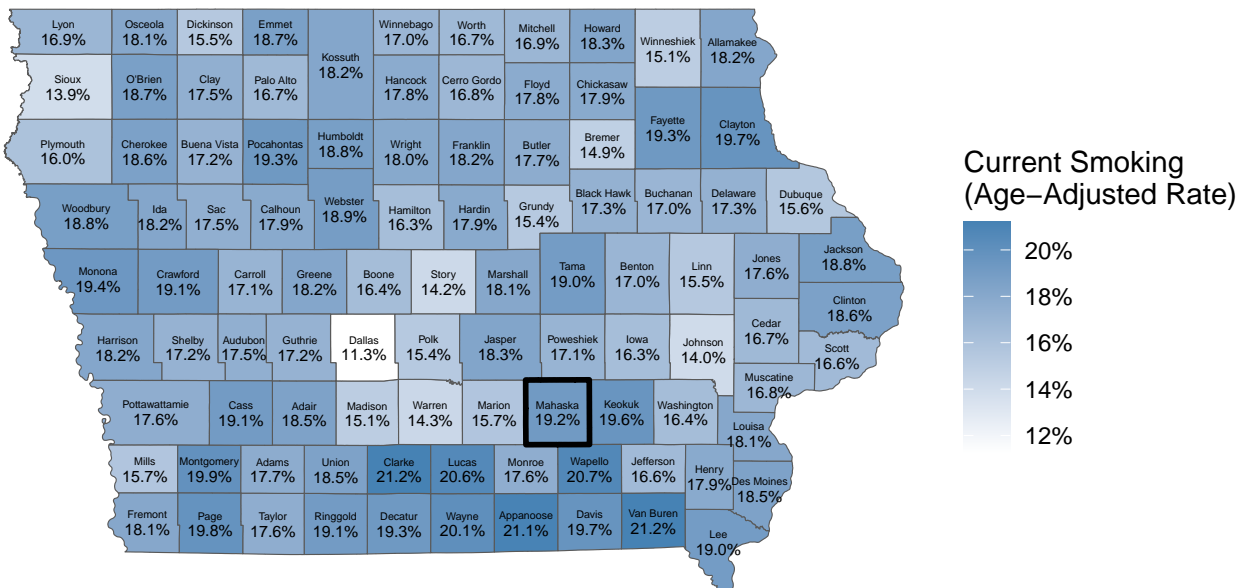
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Current Smoking

Current smoking among adults aged ≥ 18 years



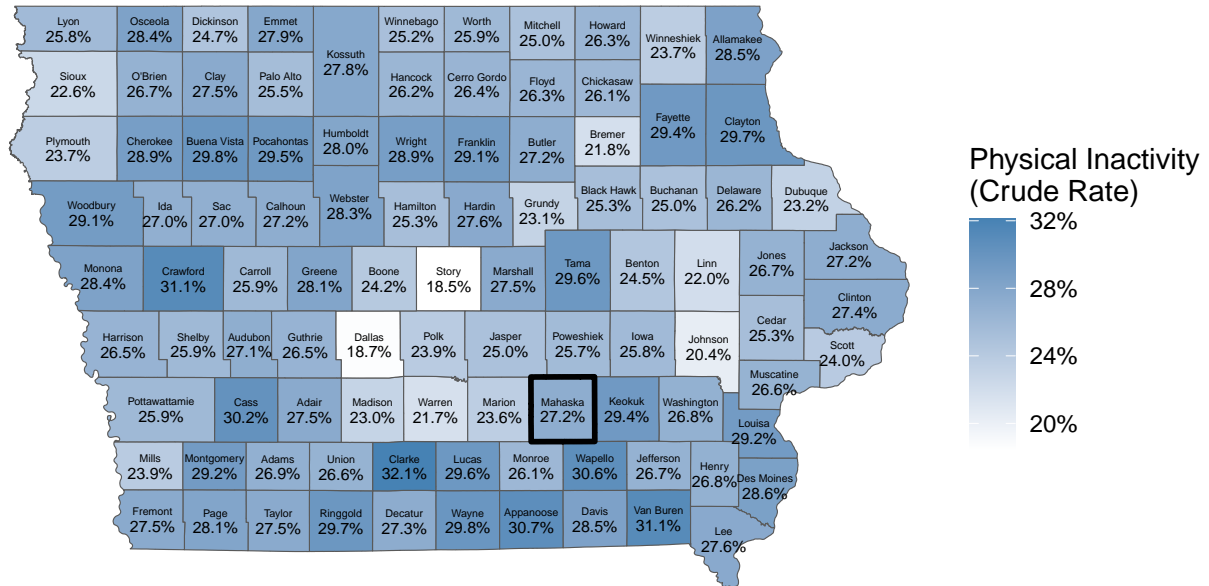
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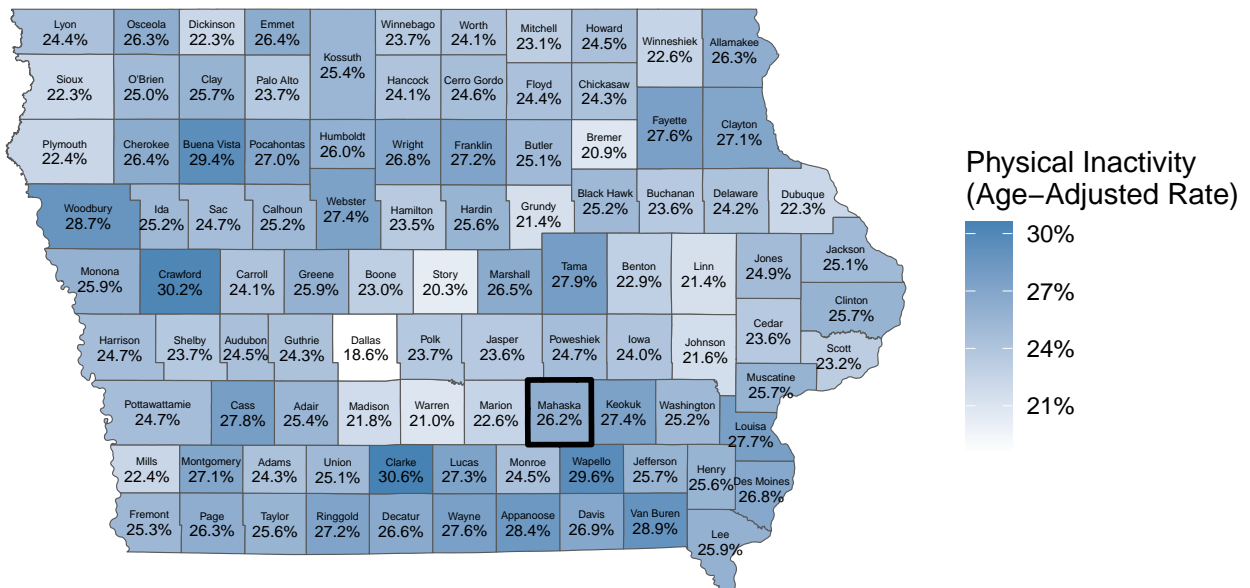
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

No leisure-time physical activity among adults aged ≥ 18 years



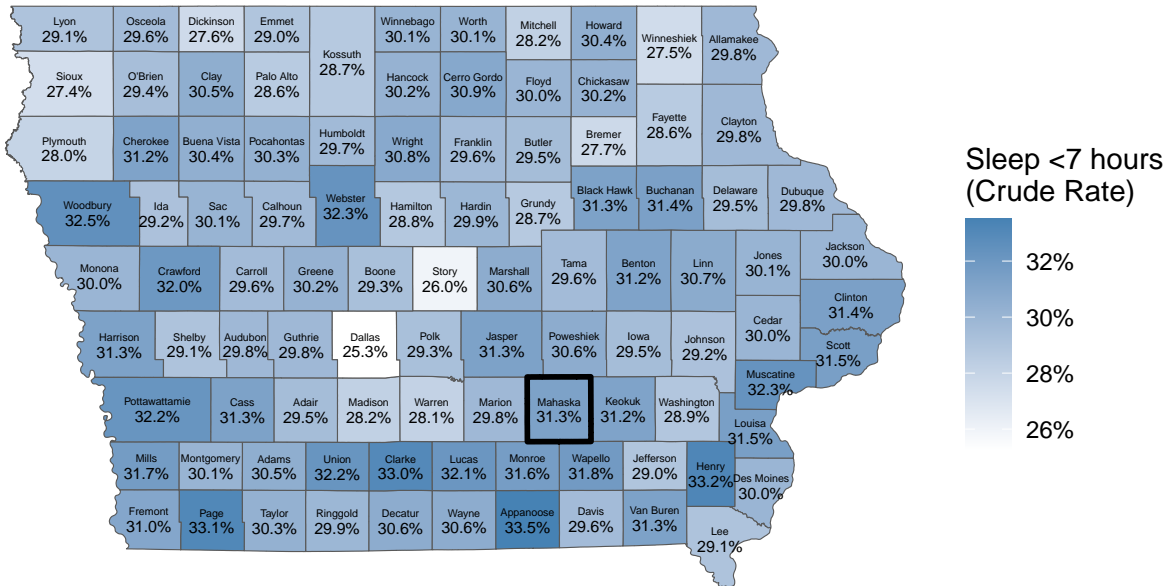
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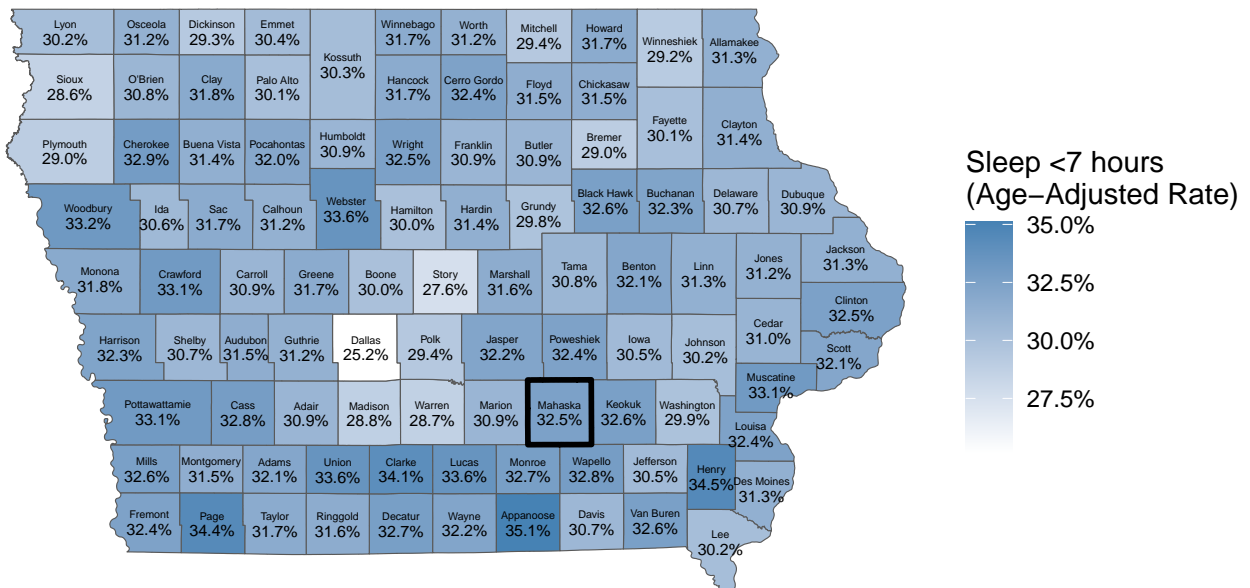
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Sleeping less than 7 hours among adults aged ≥ 18 years



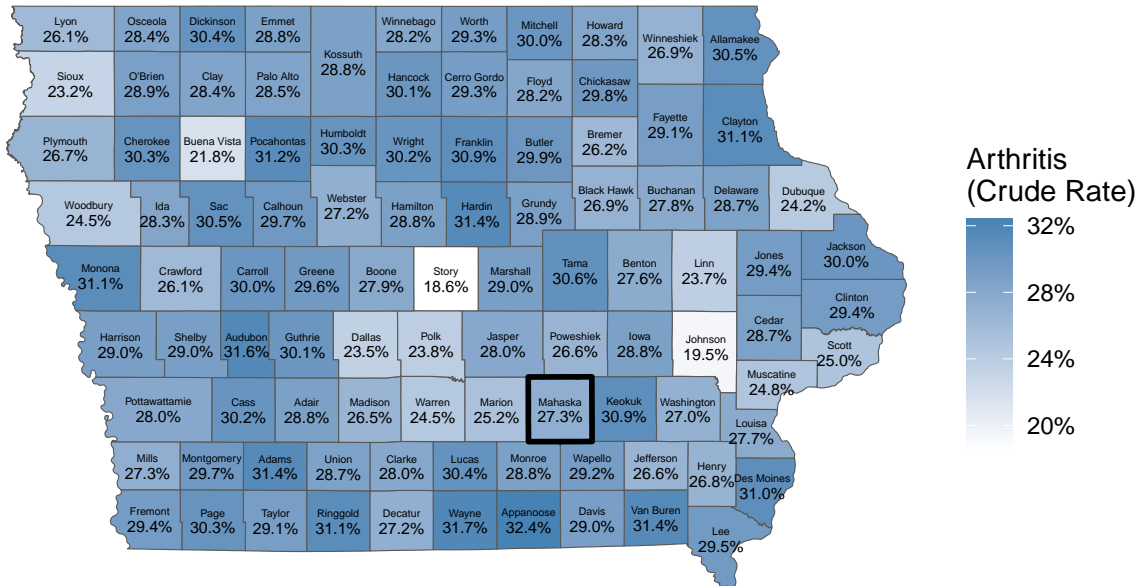
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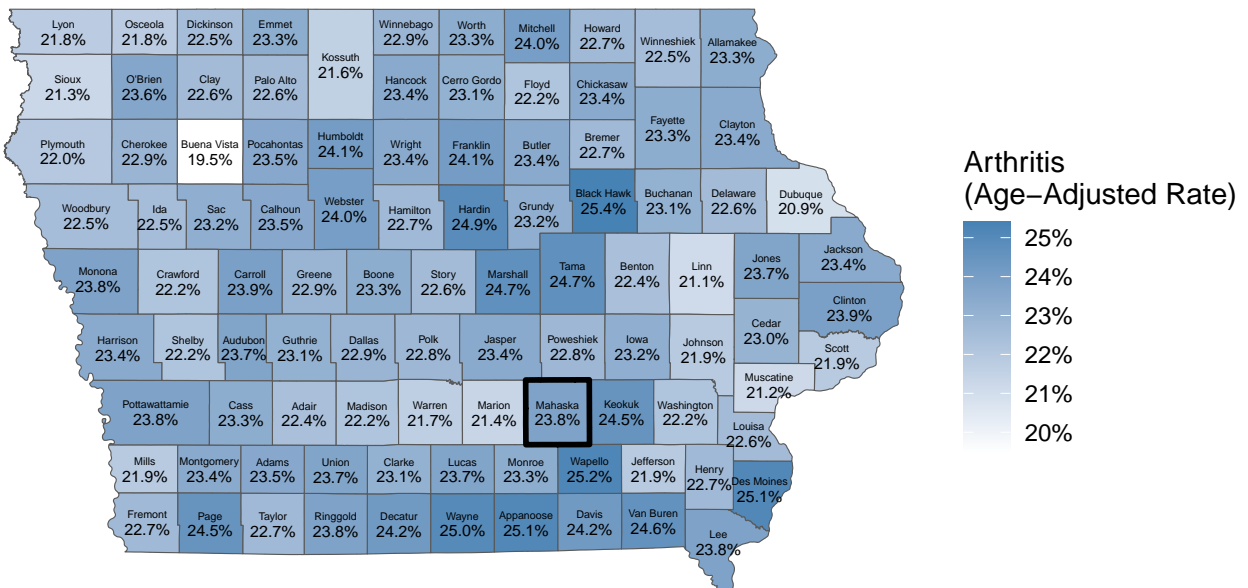
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Arthritis

Arthritis among adults aged ≥ 18 years



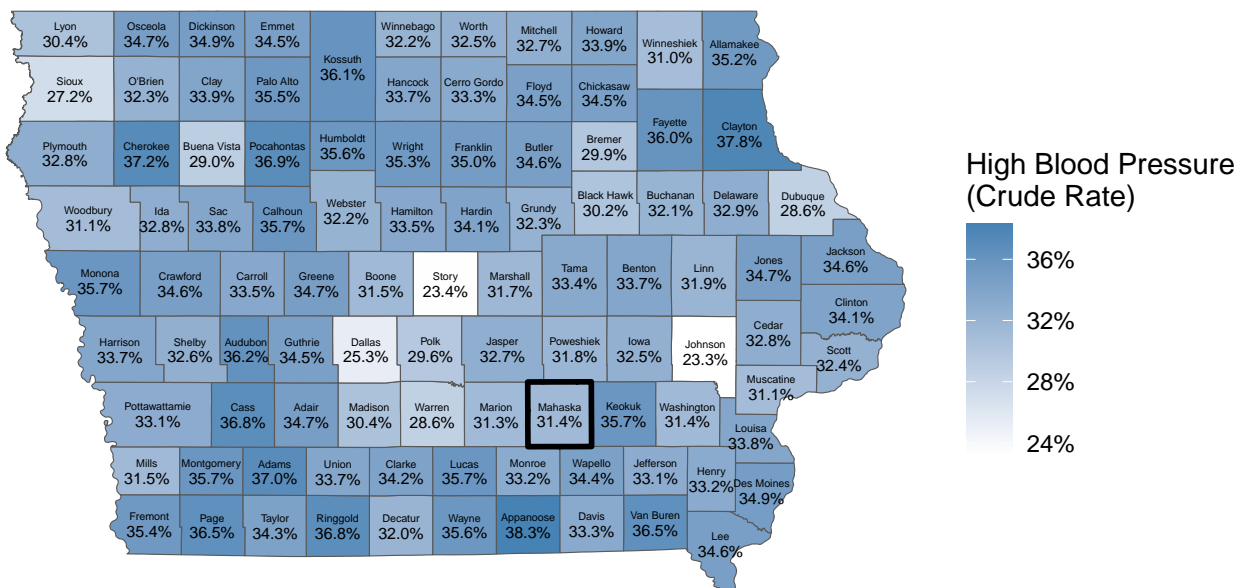
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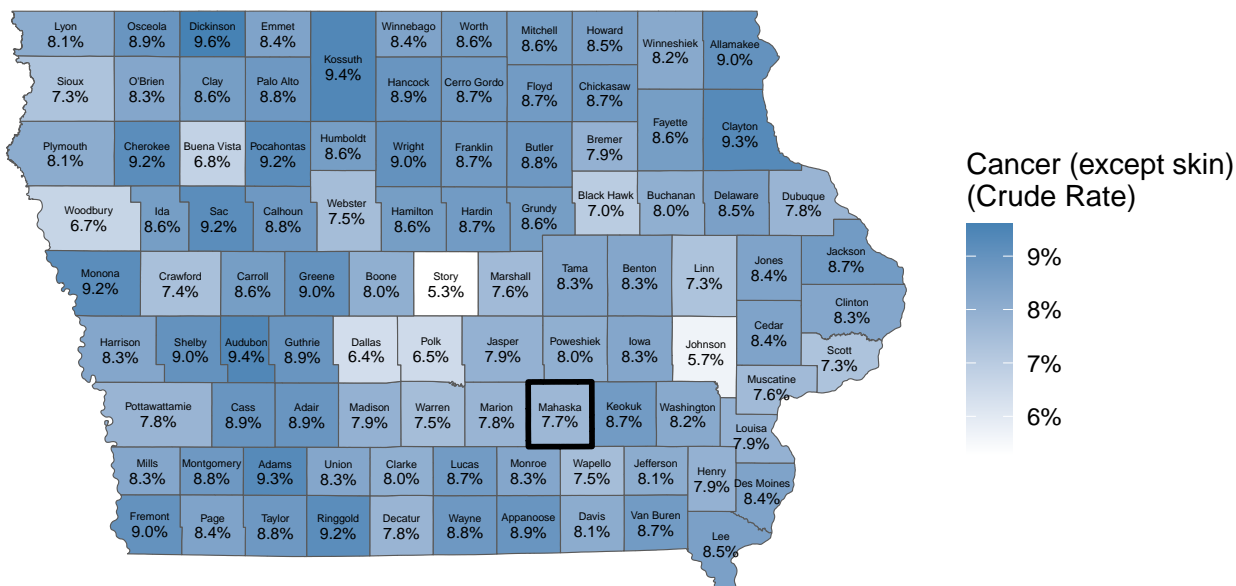
High Blood Pressure

High blood pressure among adults aged ≥ 18 years

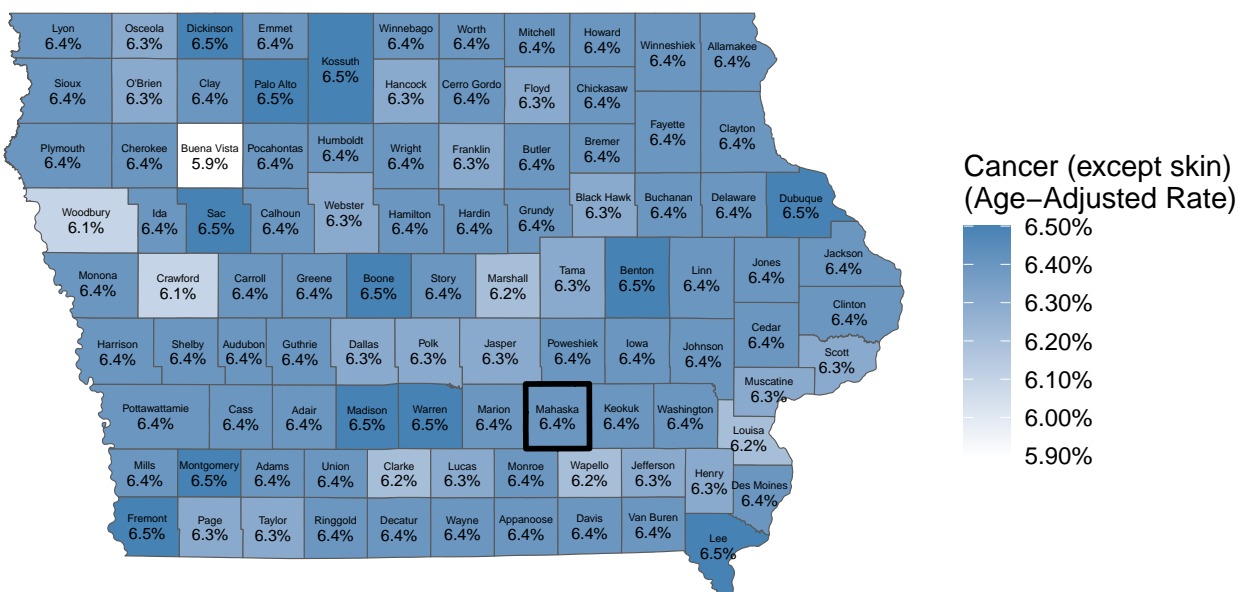


Cancer (except skin)

Cancer (excluding skin cancer) among adults aged ≥ 18 years



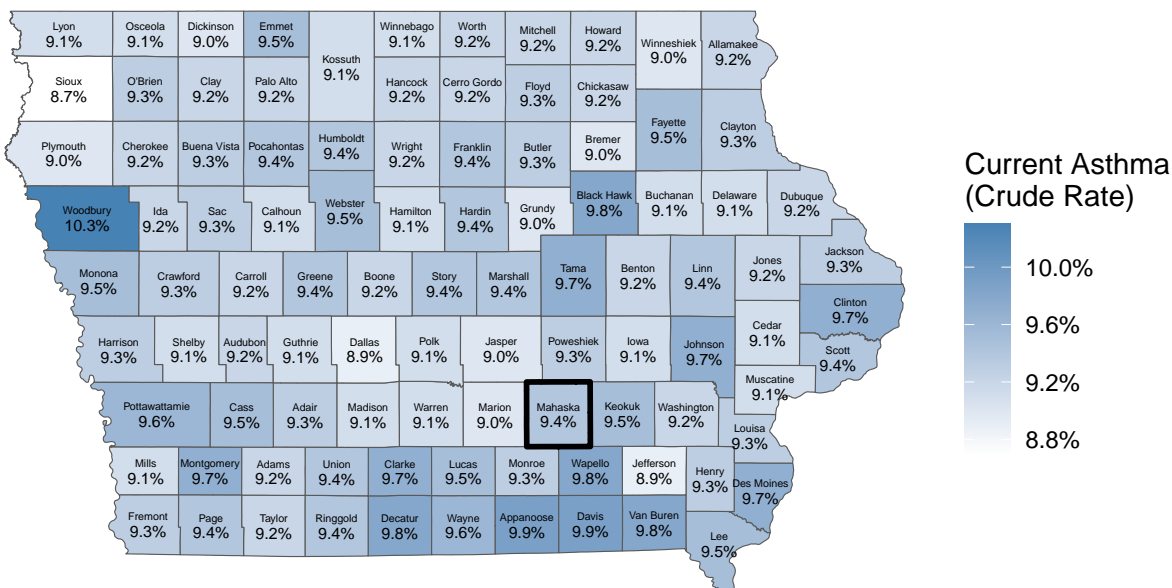
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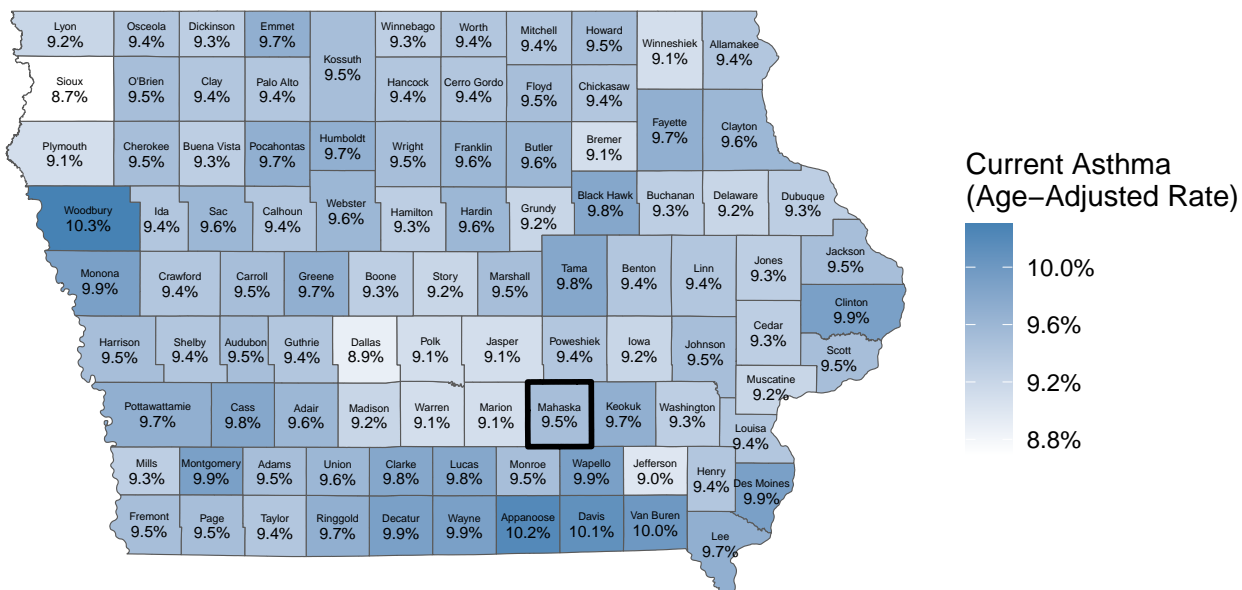
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Current Asthma

Current asthma among adults aged ≥ 18 years



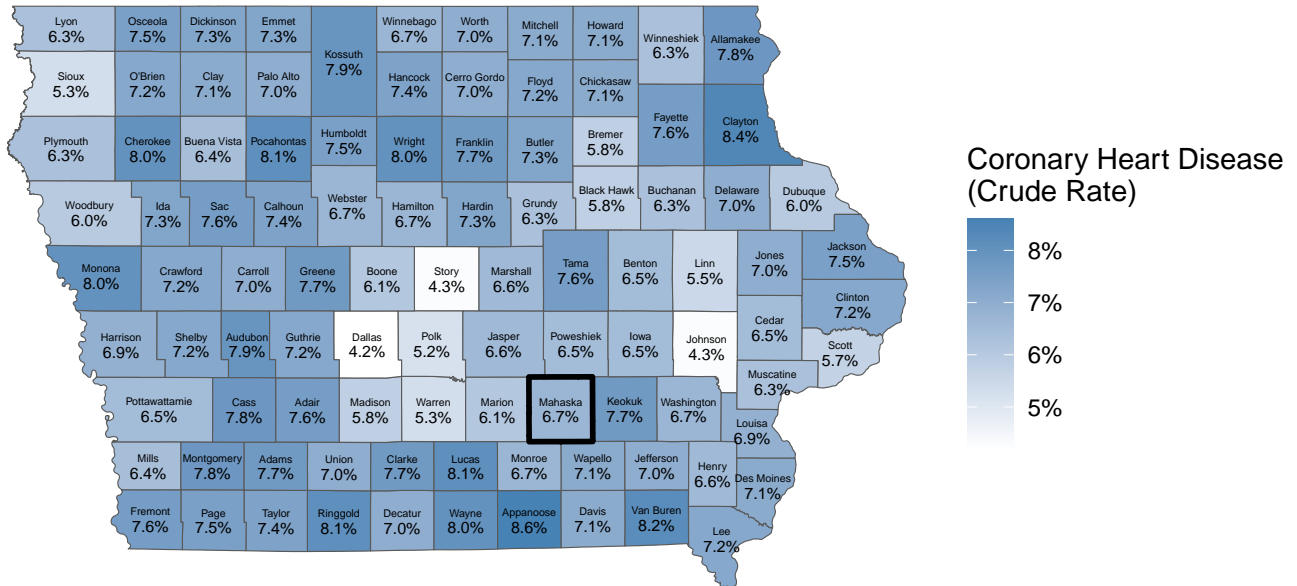
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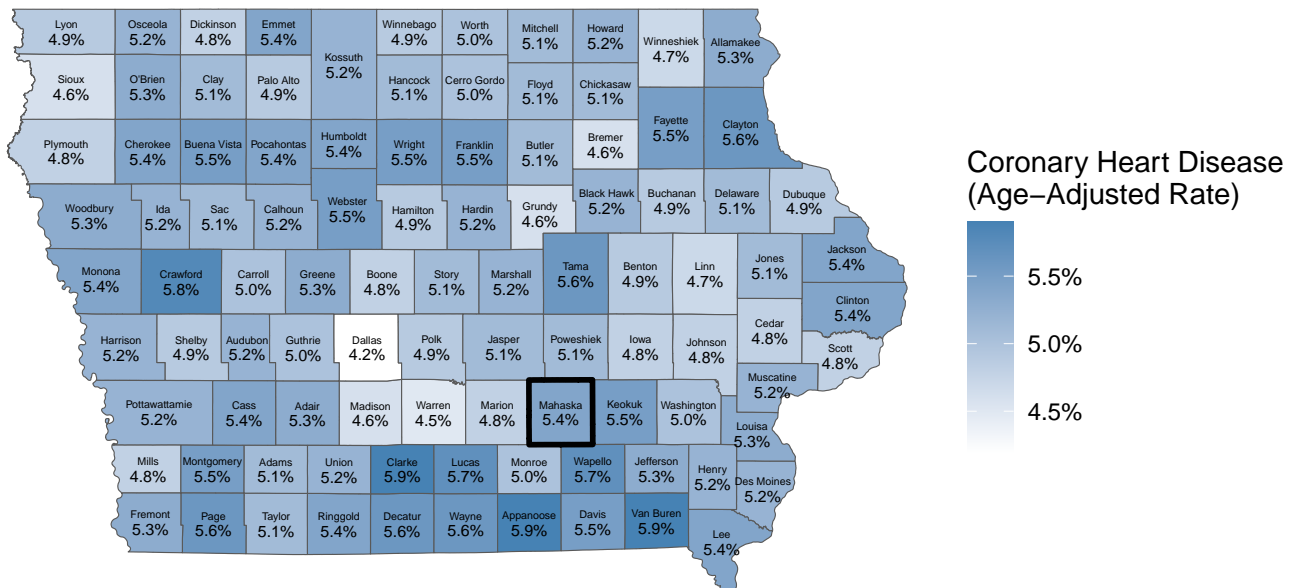
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Coronary heart disease among adults aged ≥ 18 years



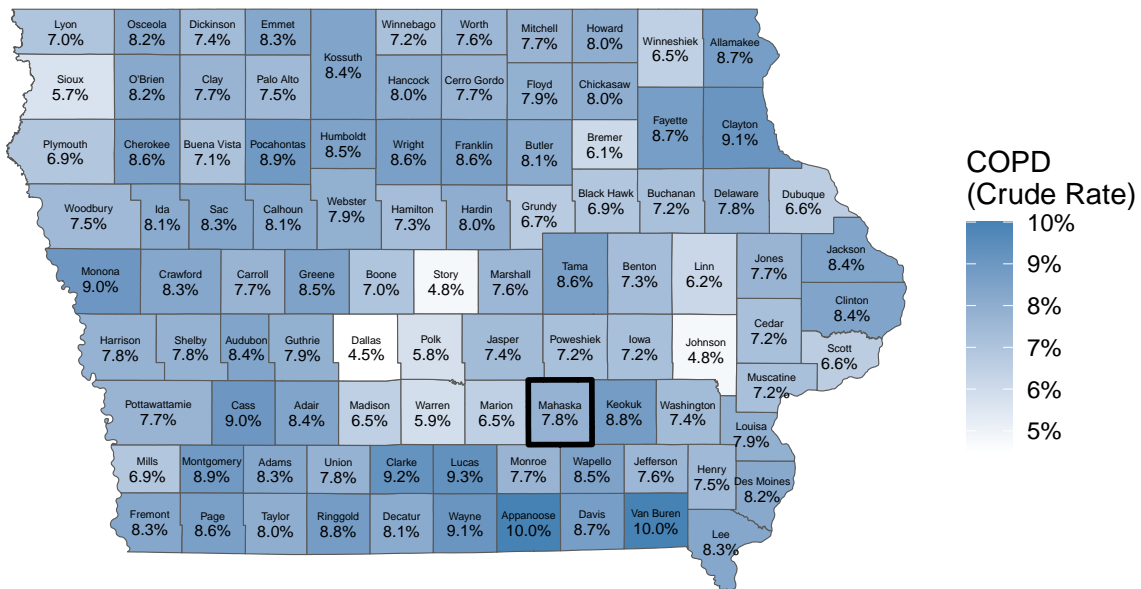
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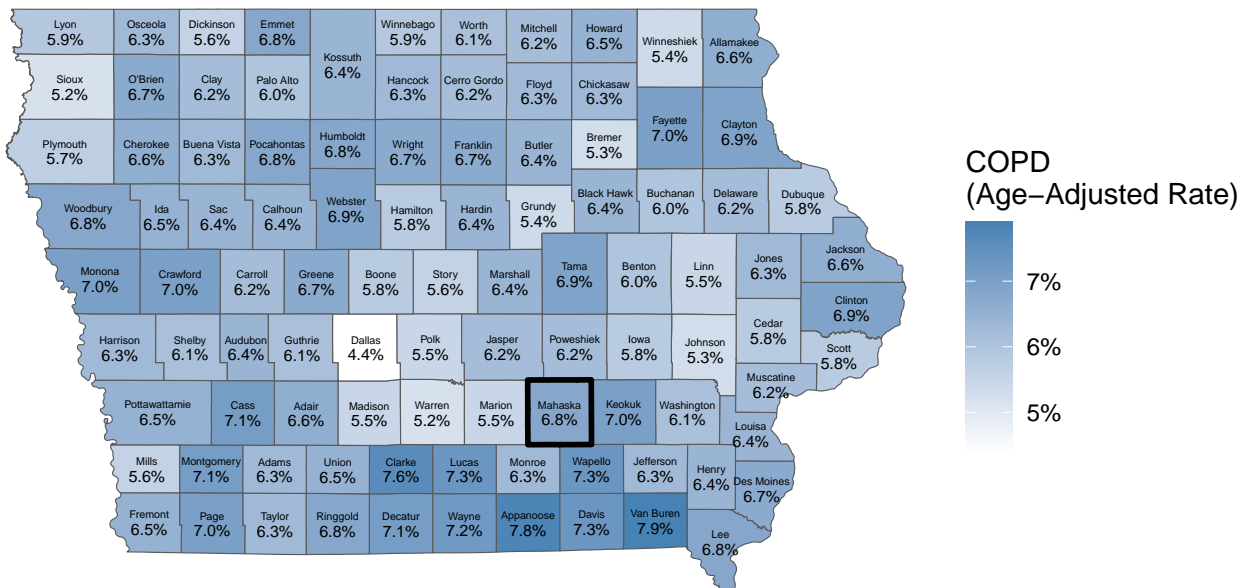
Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Chronic obstructive pulmonary disease among adults aged >=18 years



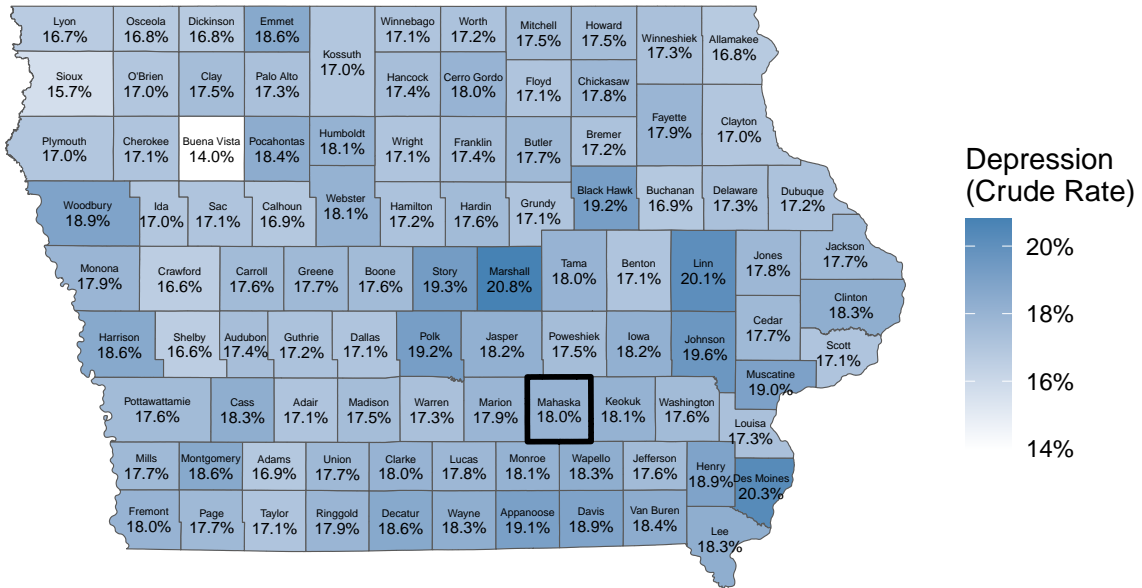
Data Source: CDC PLACES 2023 Release, BRFSS 2021



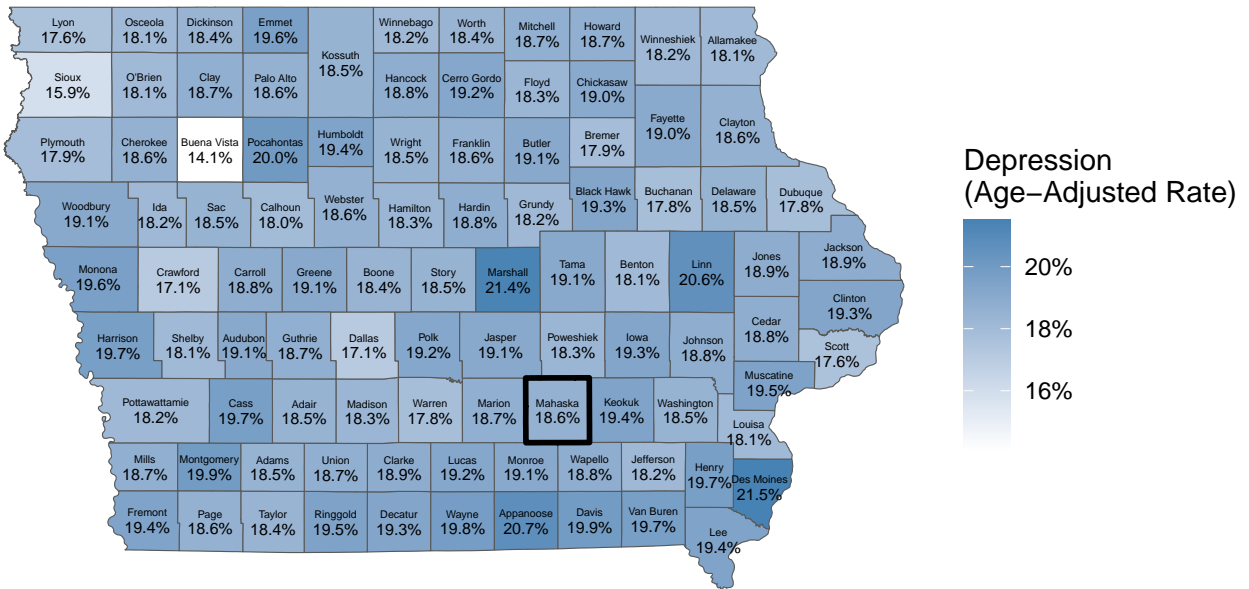
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Depression among adults aged ≥ 18 years



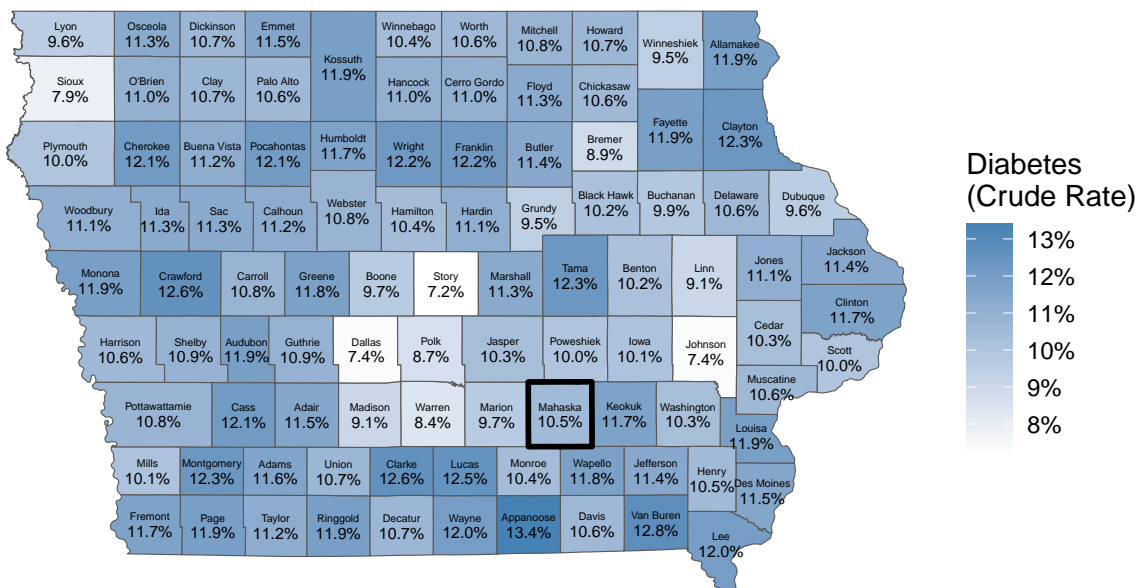
Data Source: CDC PLACES 2023 Release, BRFSS 2021



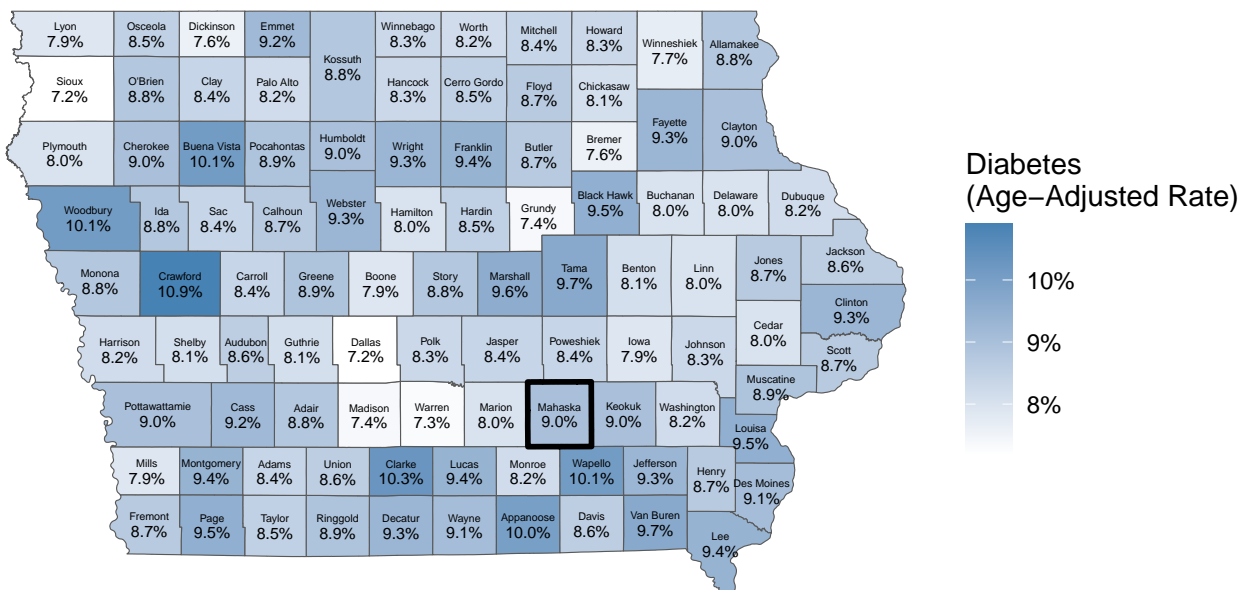
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Diagnosed diabetes among adults aged >=18 years



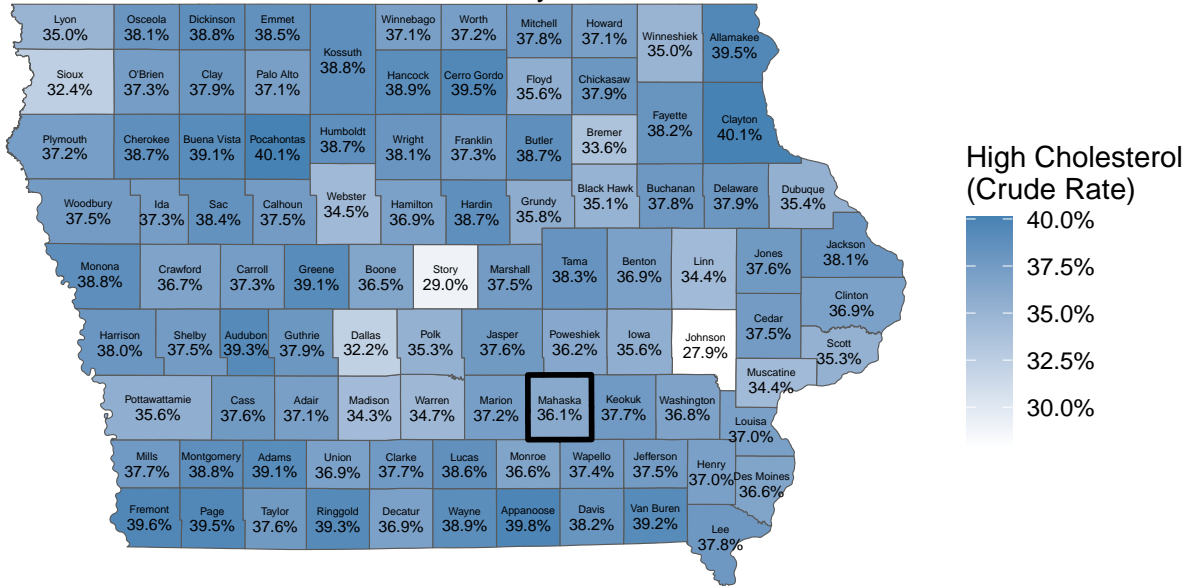
Data Source: CDC PLACES 2023 Release, BRFSS 2021



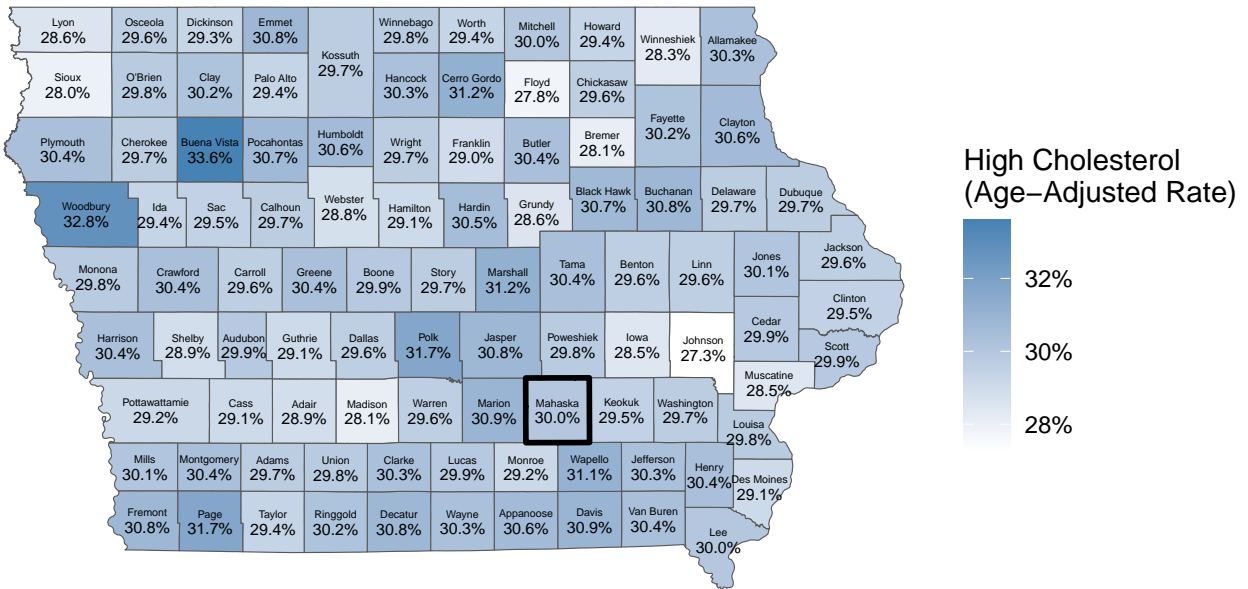
Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

High cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years



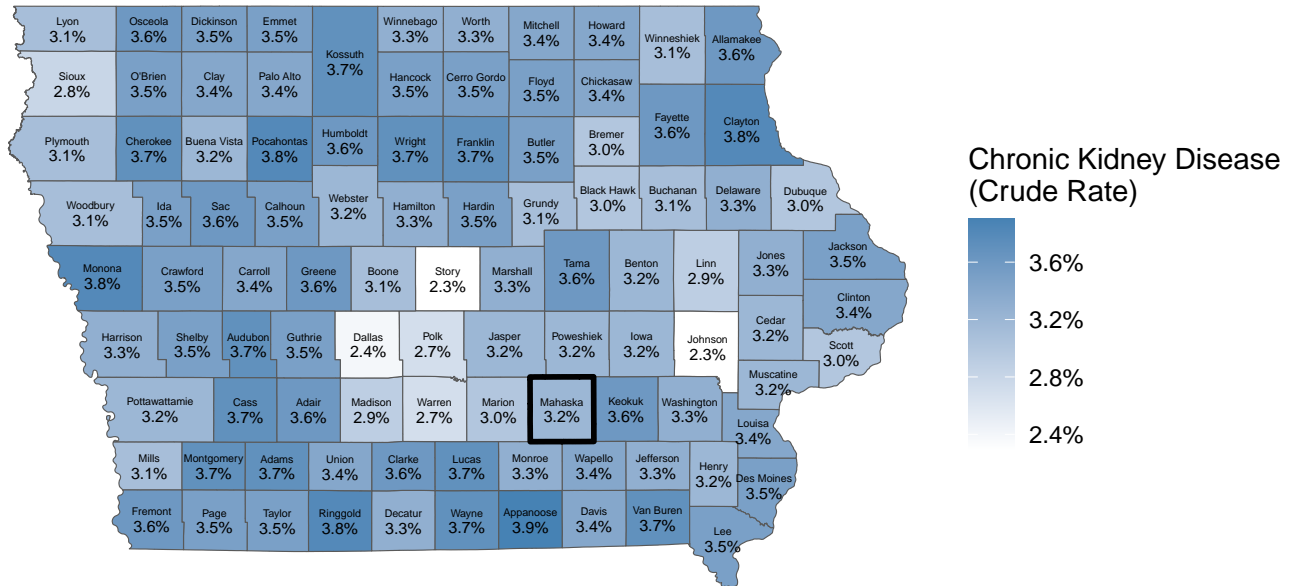
Data Source: CDC PLACES 2023 Release, BRFSS 2021



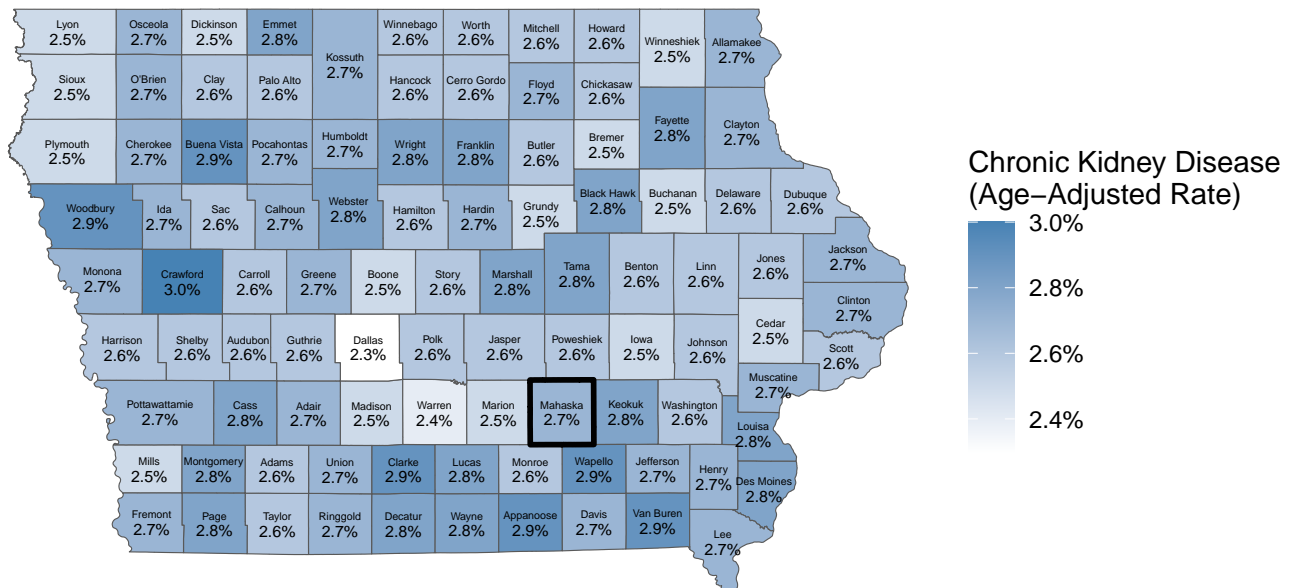
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Chronic kidney disease among adults aged ≥ 18 years



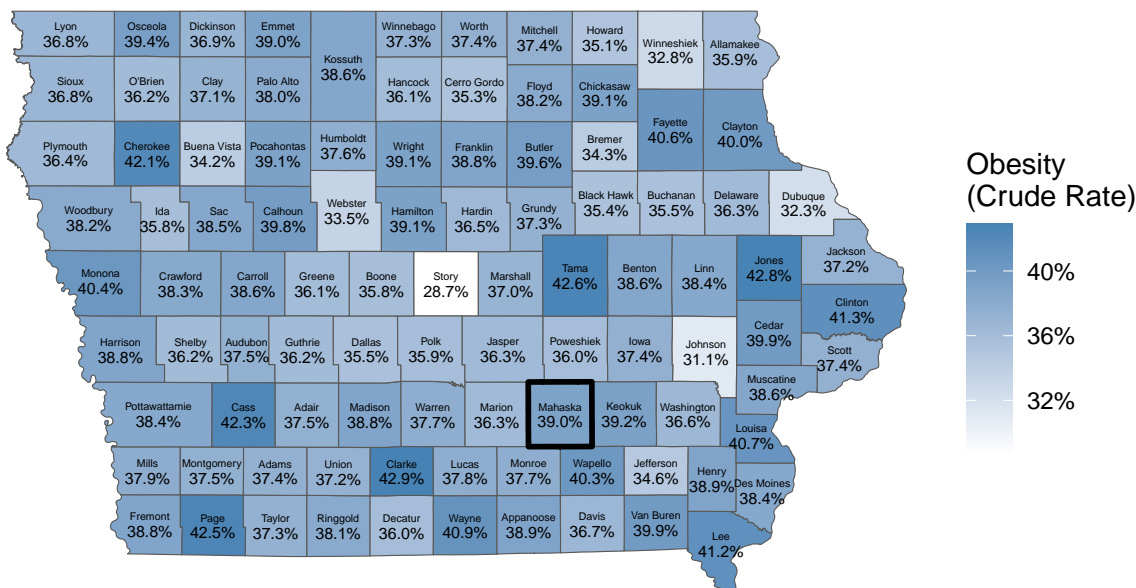
Data Source: CDC PLACES 2023 Release, BRFSS 2021



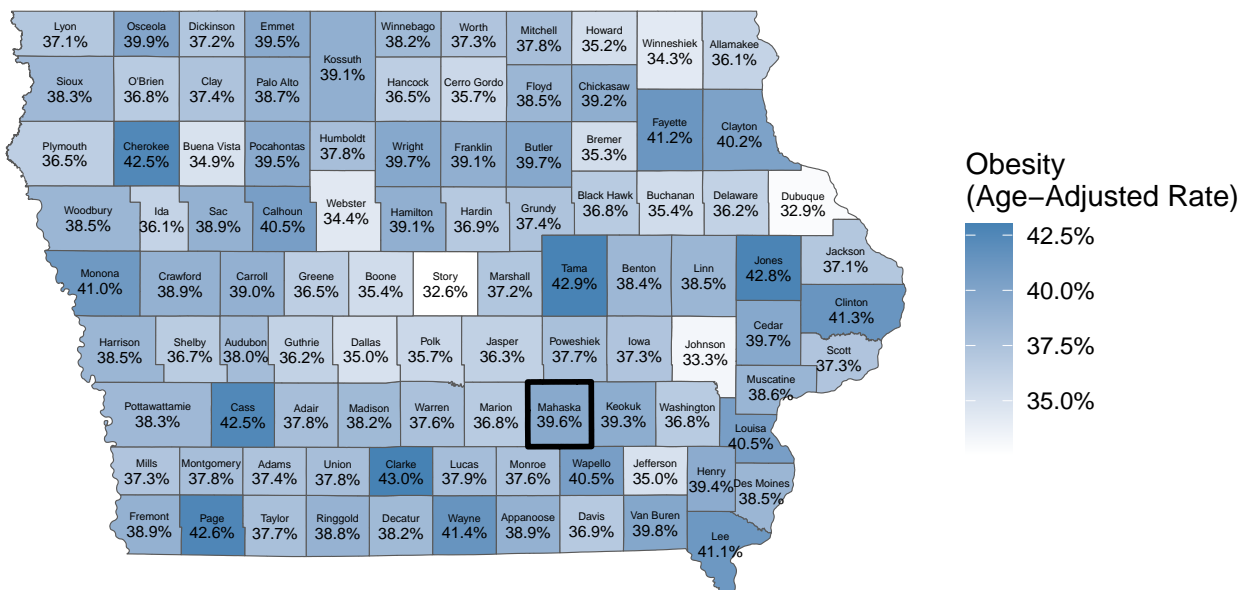
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Obesity among adults aged >=18 years



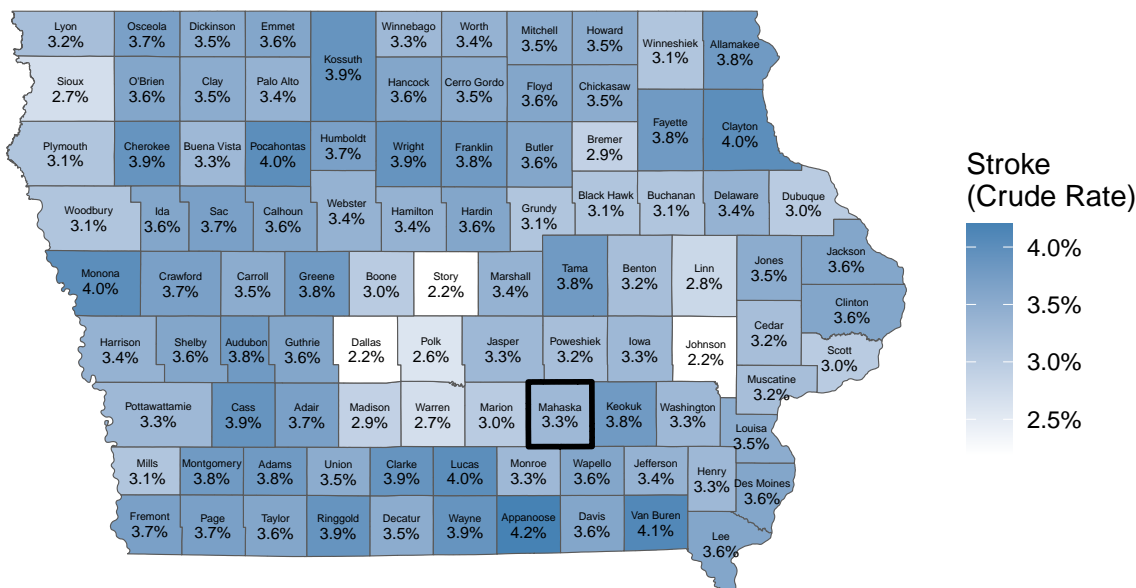
Data Source: CDC PLACES 2023 Release, BRFSS 2021



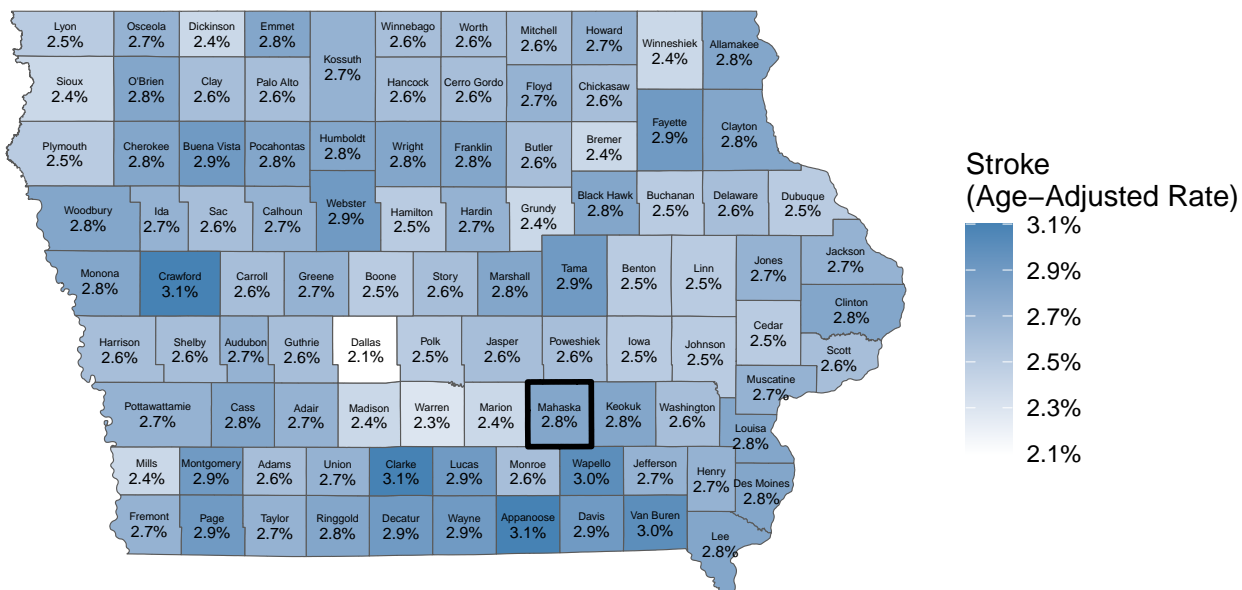
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Stroke

Stroke among adults aged ≥ 18 years



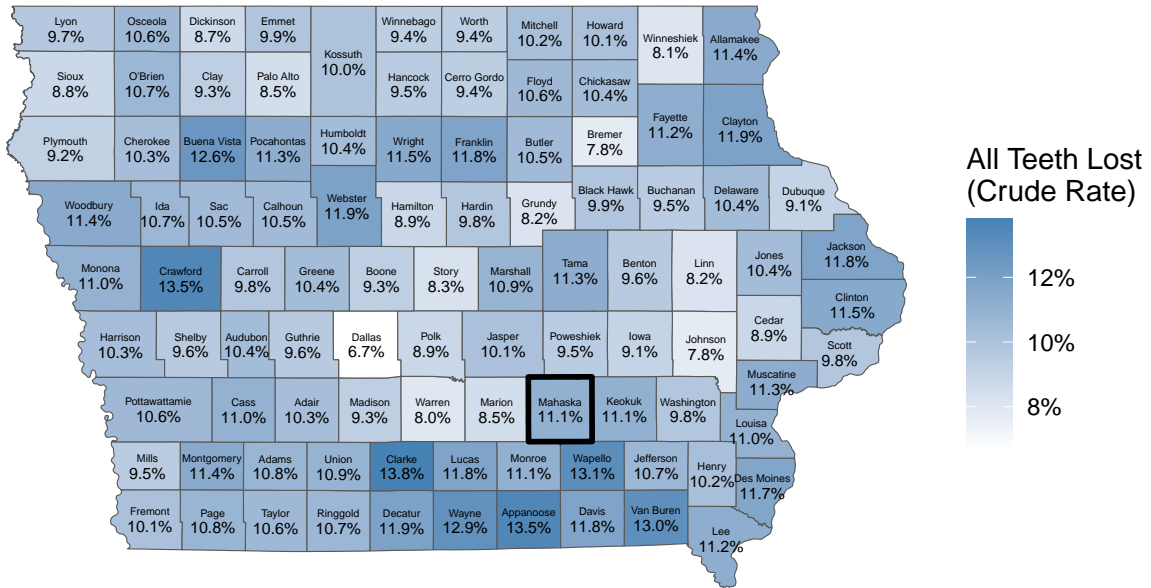
Data Source: CDC PLACES 2023 Release, BRFSS 2021



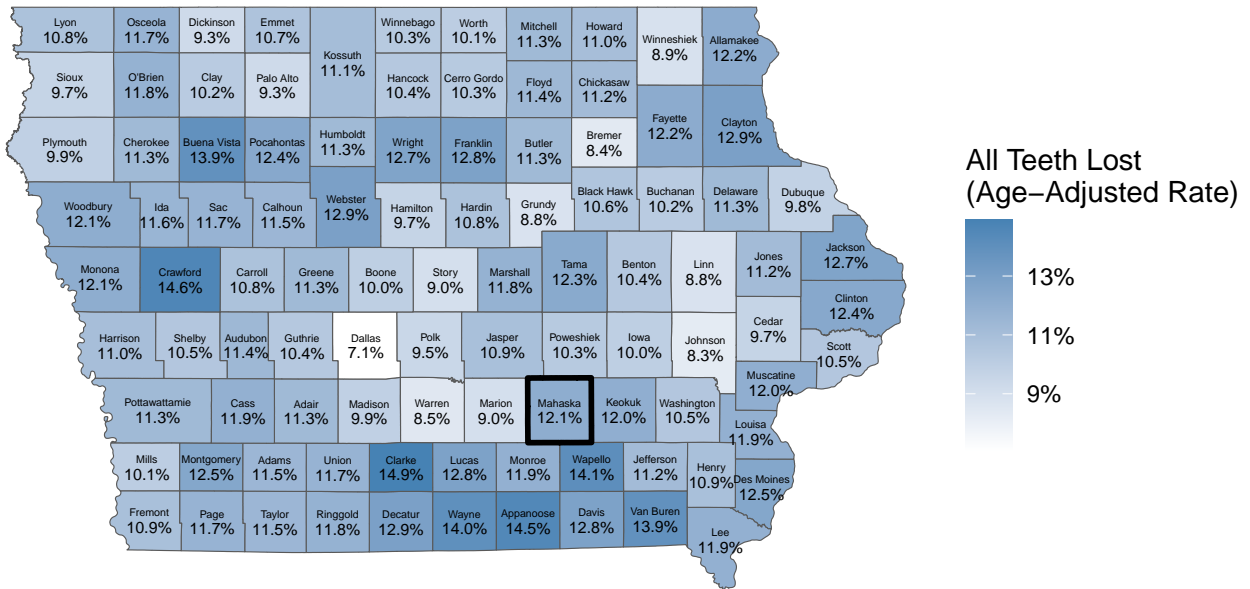
Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

All teeth lost among adults aged ≥ 65 years



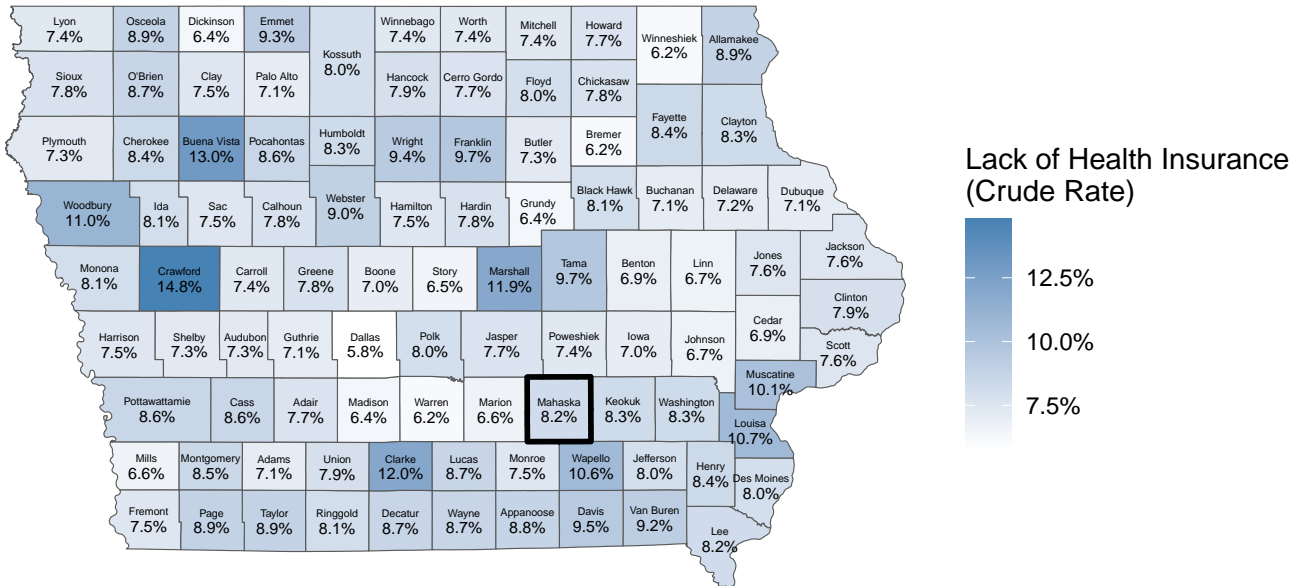
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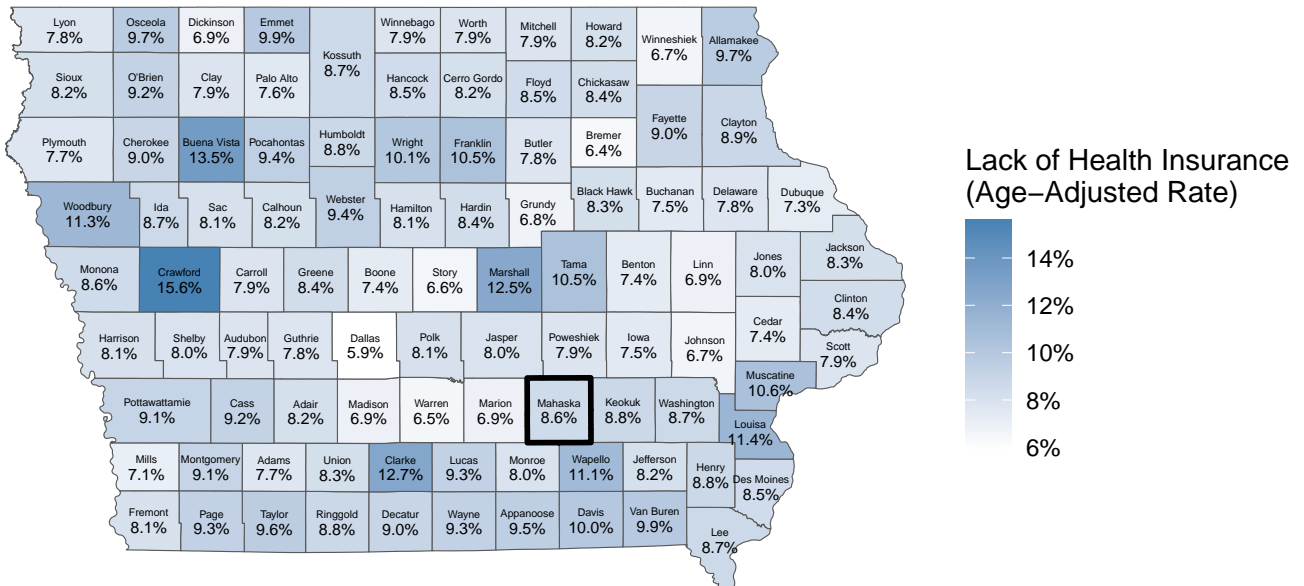
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Lack of Health Insurance

Current lack of health insurance among adults aged 18–64 years



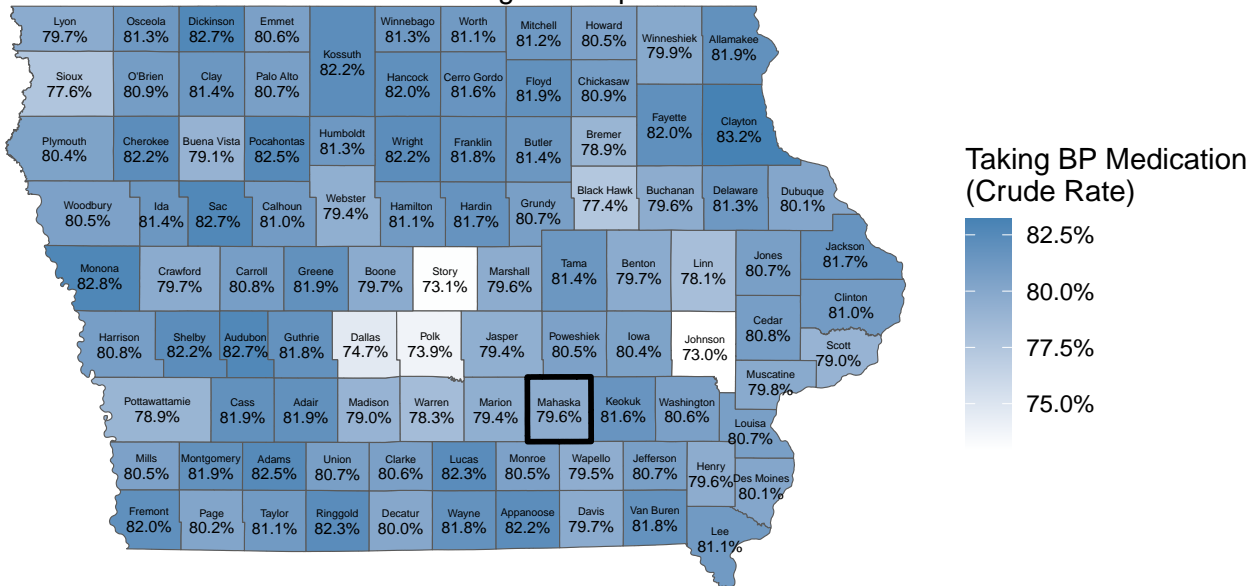
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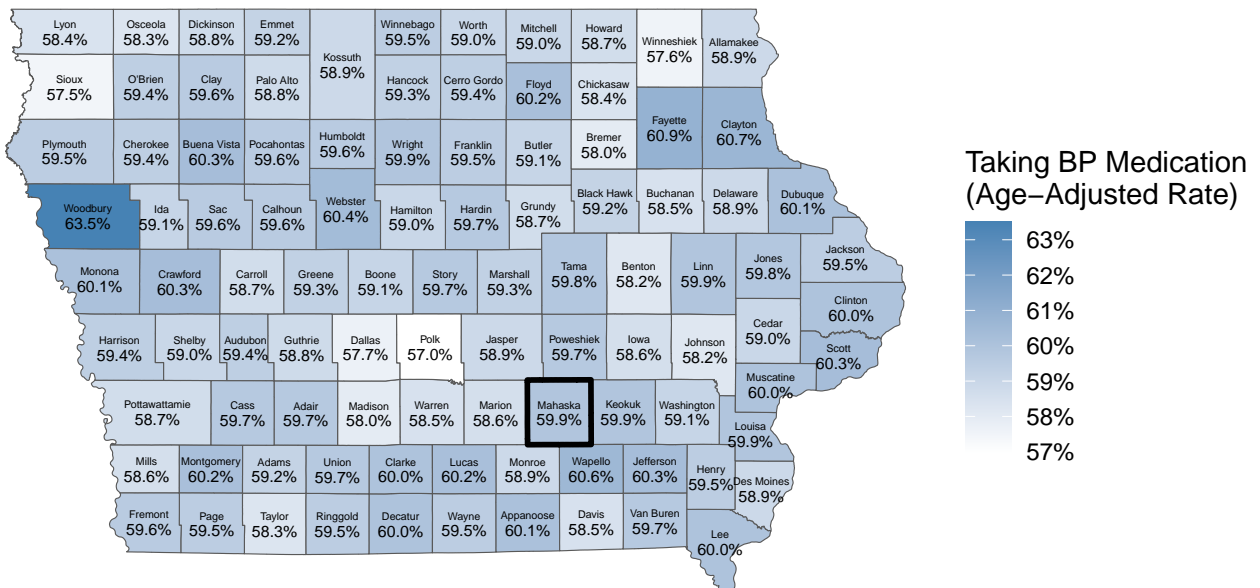
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Taking BP Medication

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



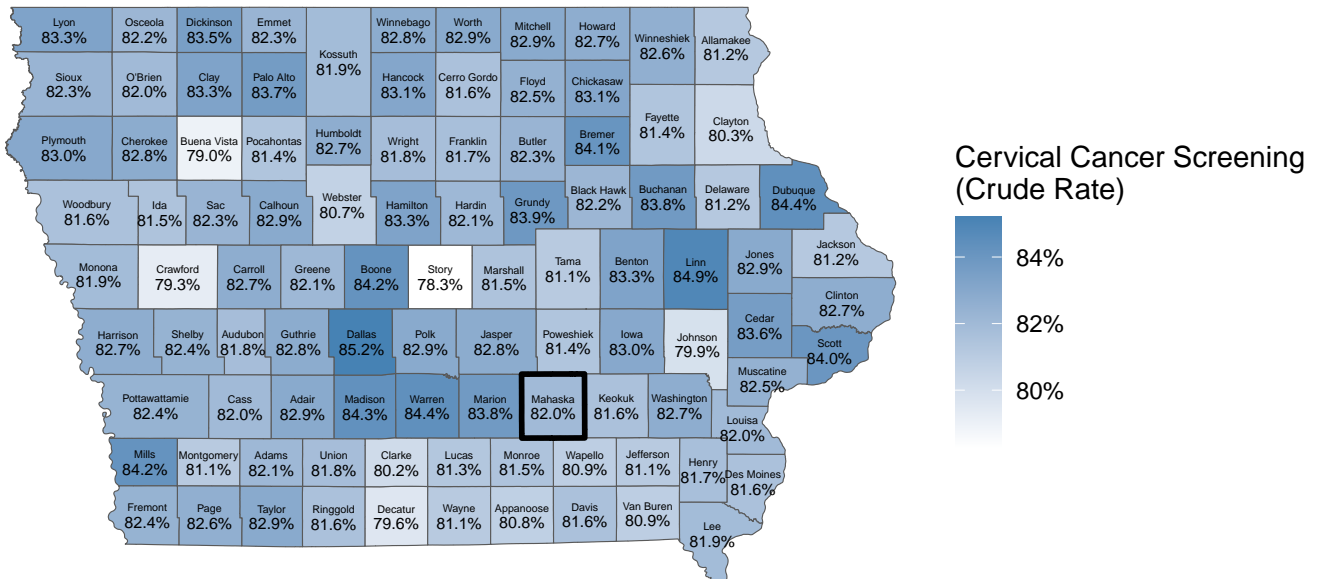
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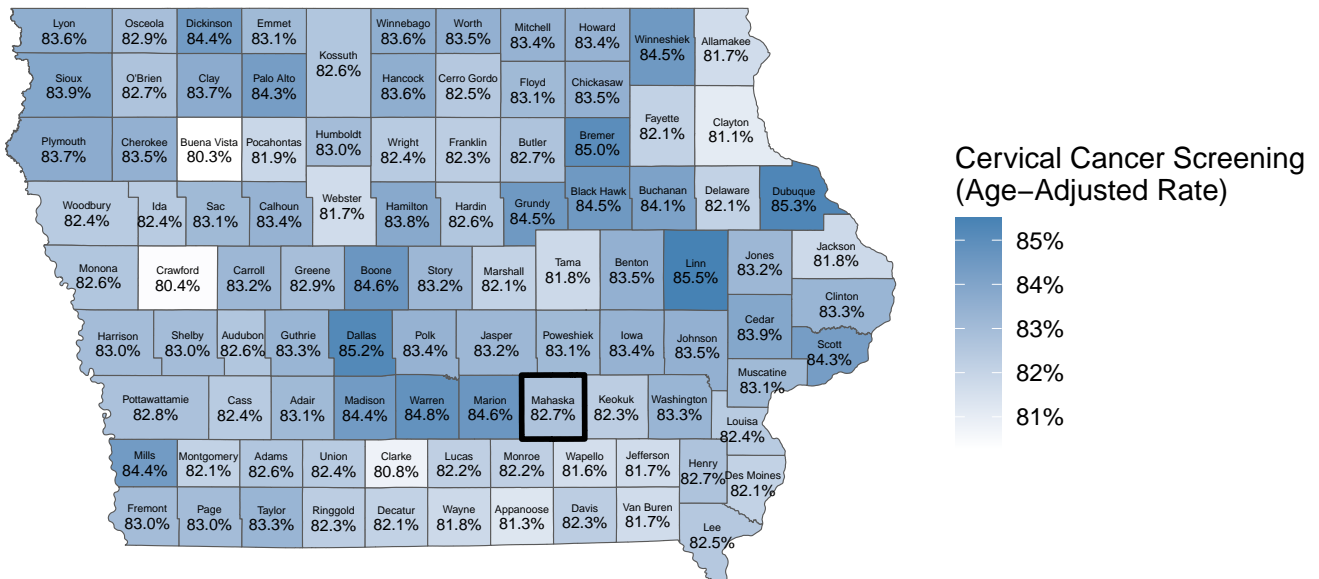
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years



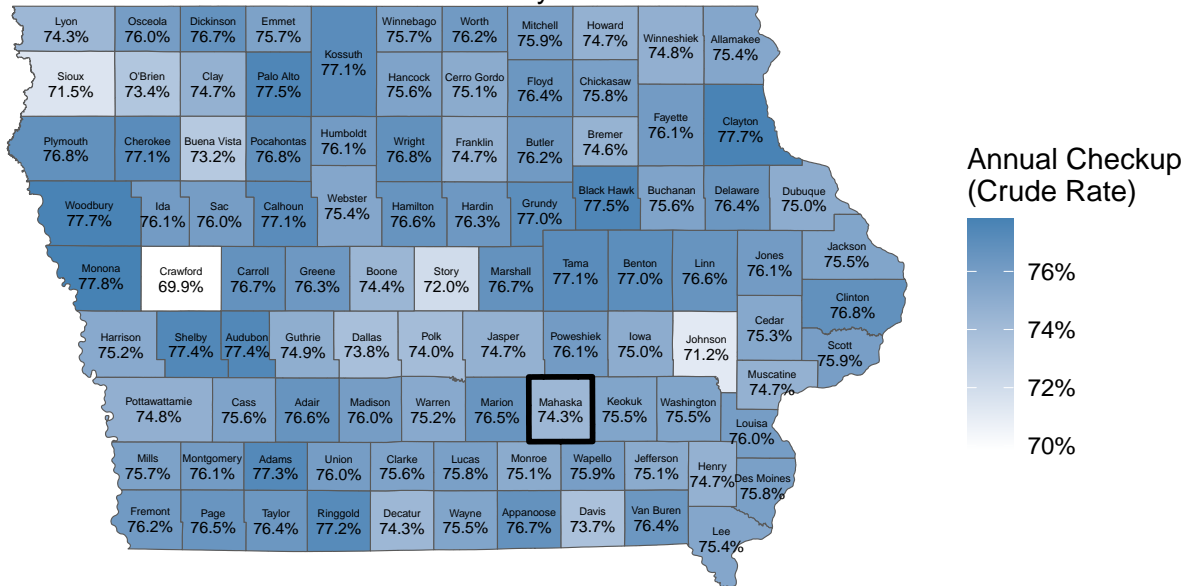
Data Source: CDC PLACES 2023 Release, BRFSS 2020



Data Source: CDC PLACES 2023 Release, BRFSS 2020

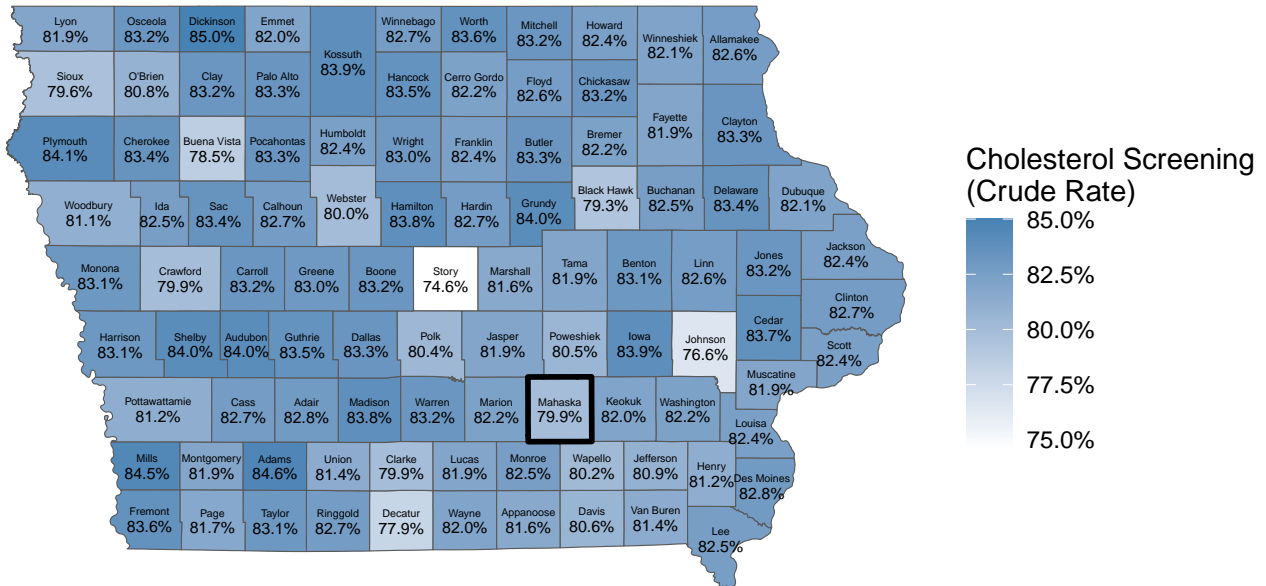
Annual Checkup

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

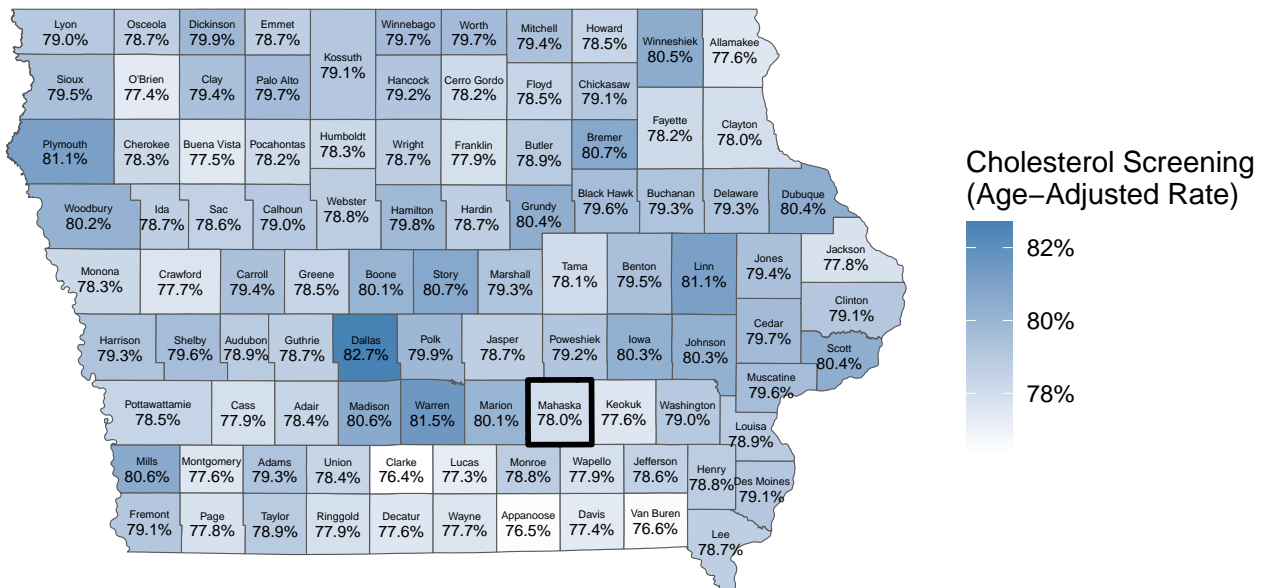


Cholesterol Screening

Cholesterol screening among adults aged ≥ 18 years



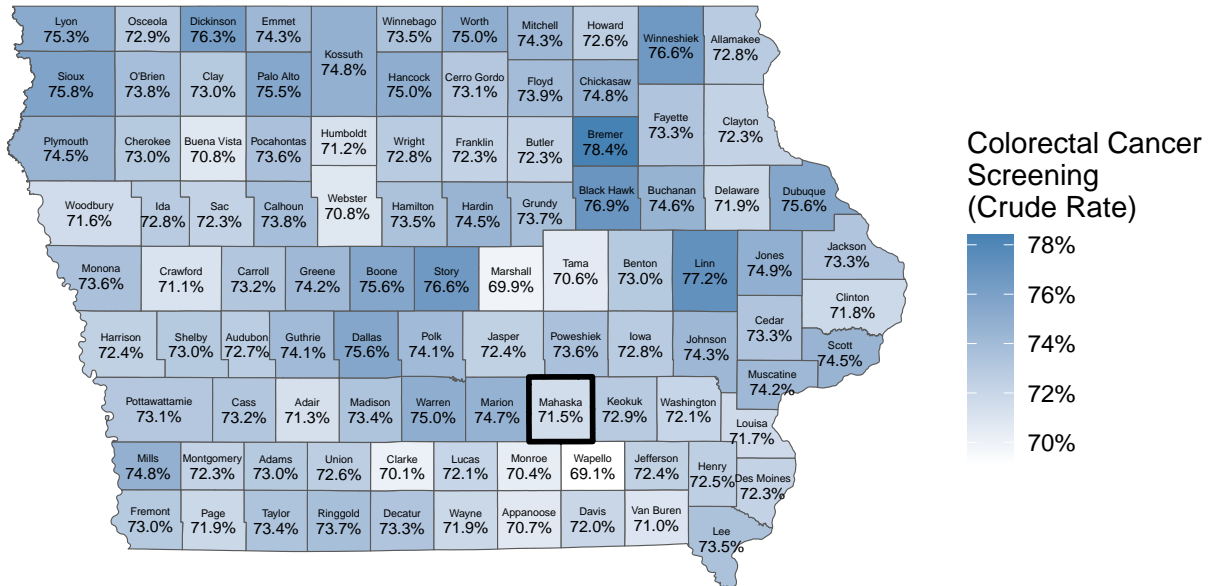
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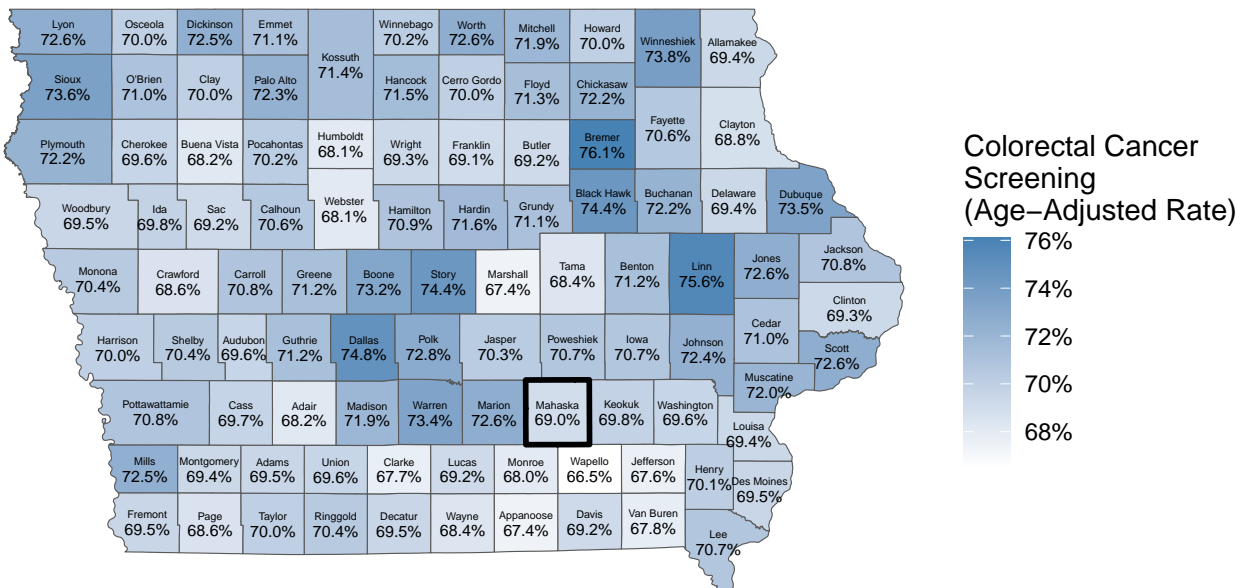
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Colorectal cancer screening among adults aged 50–75 years



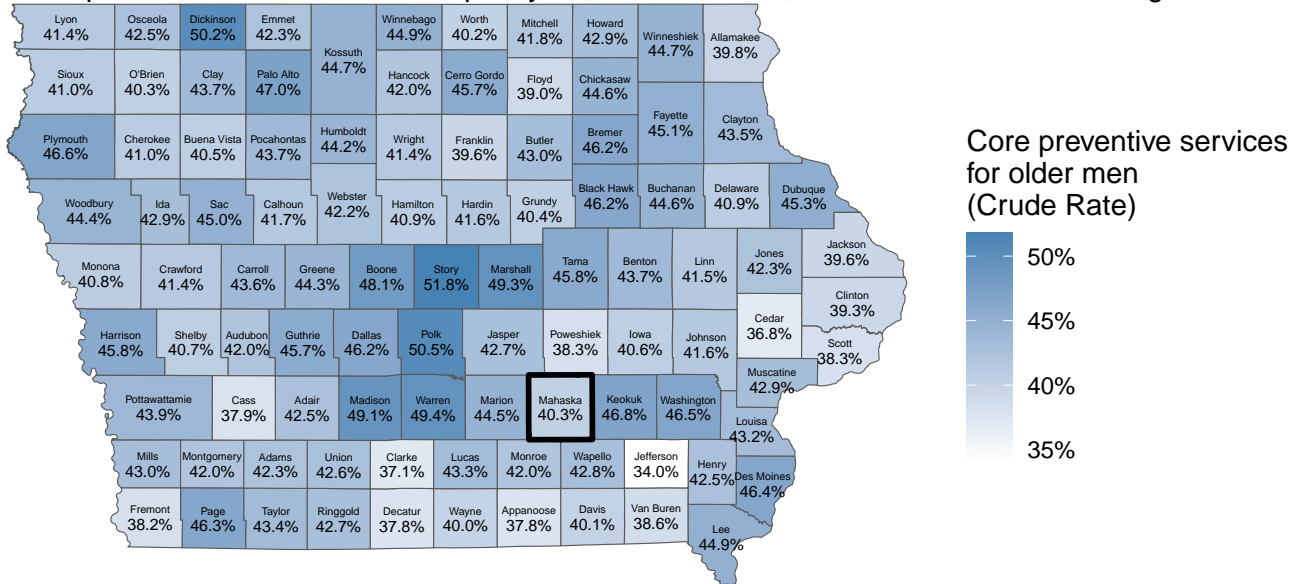
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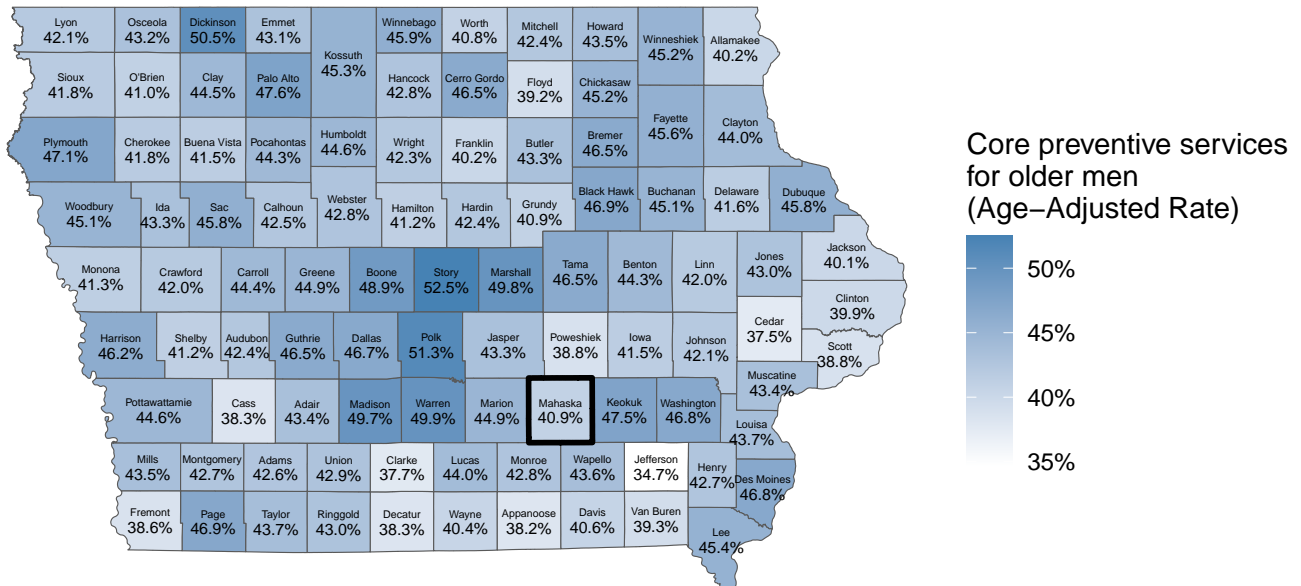
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

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



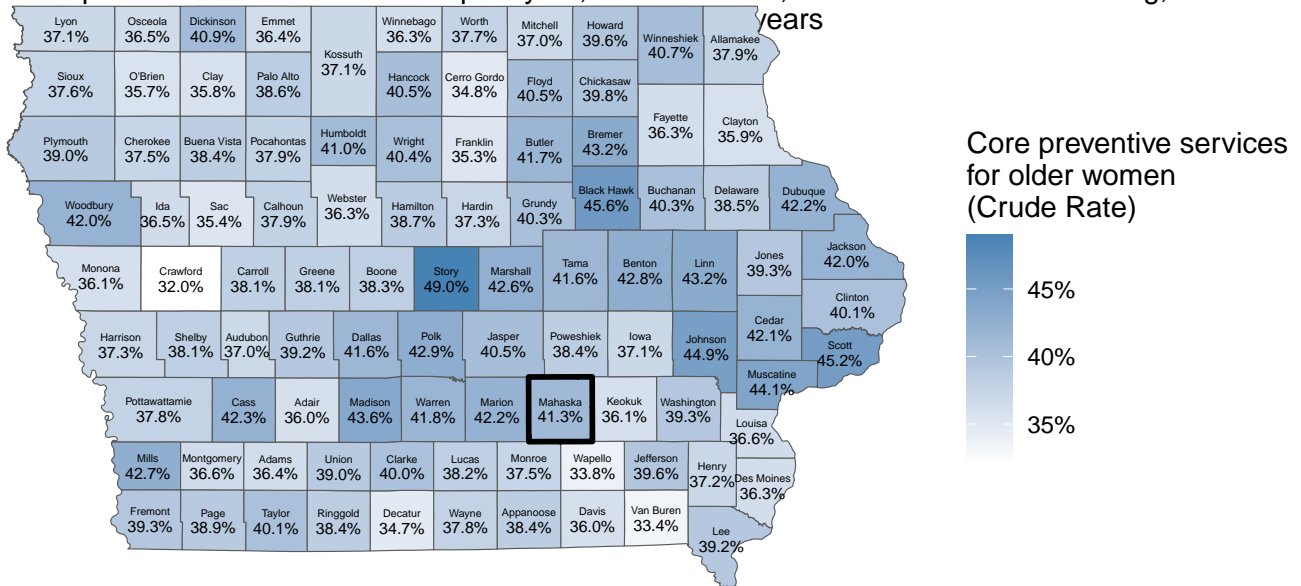
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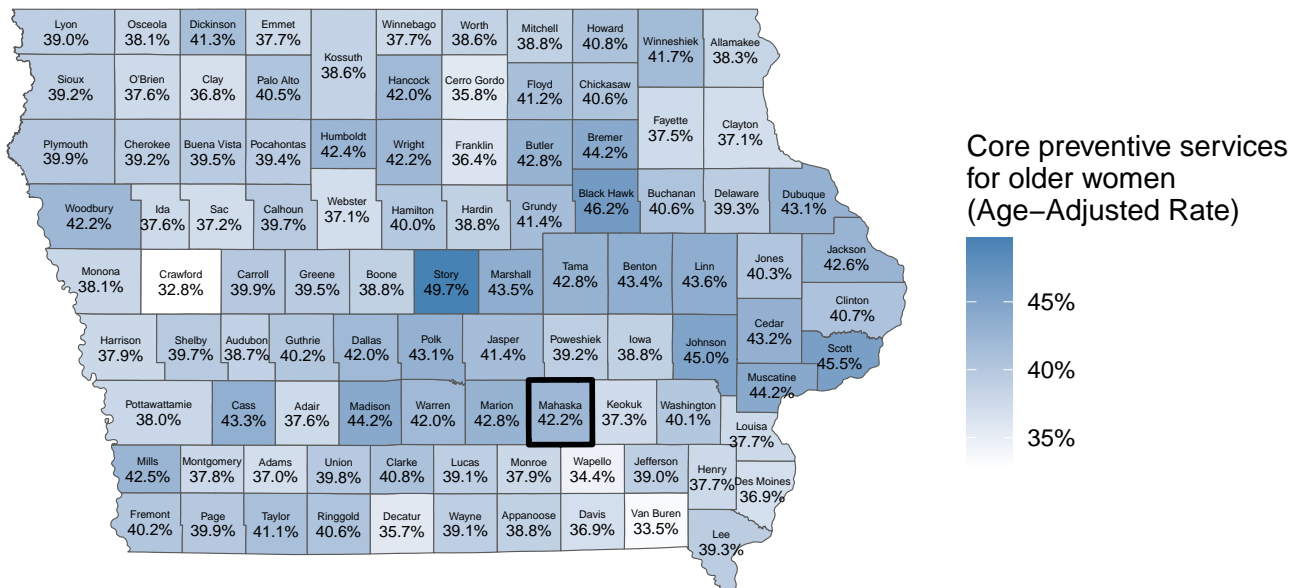
Data Source: CDC PLACES 2023 Release, BRFSS 2020

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,



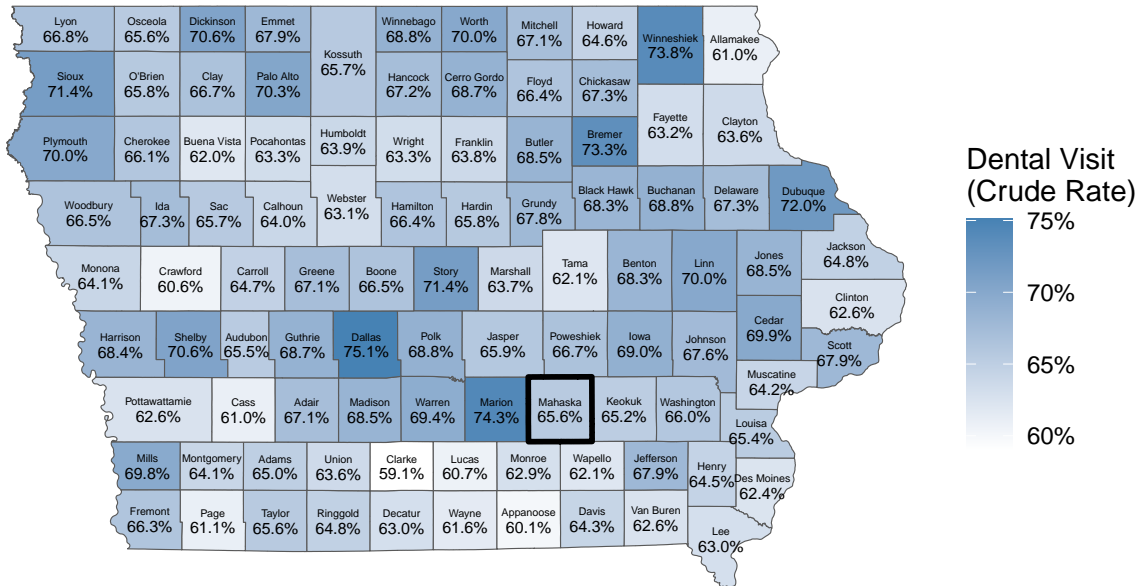
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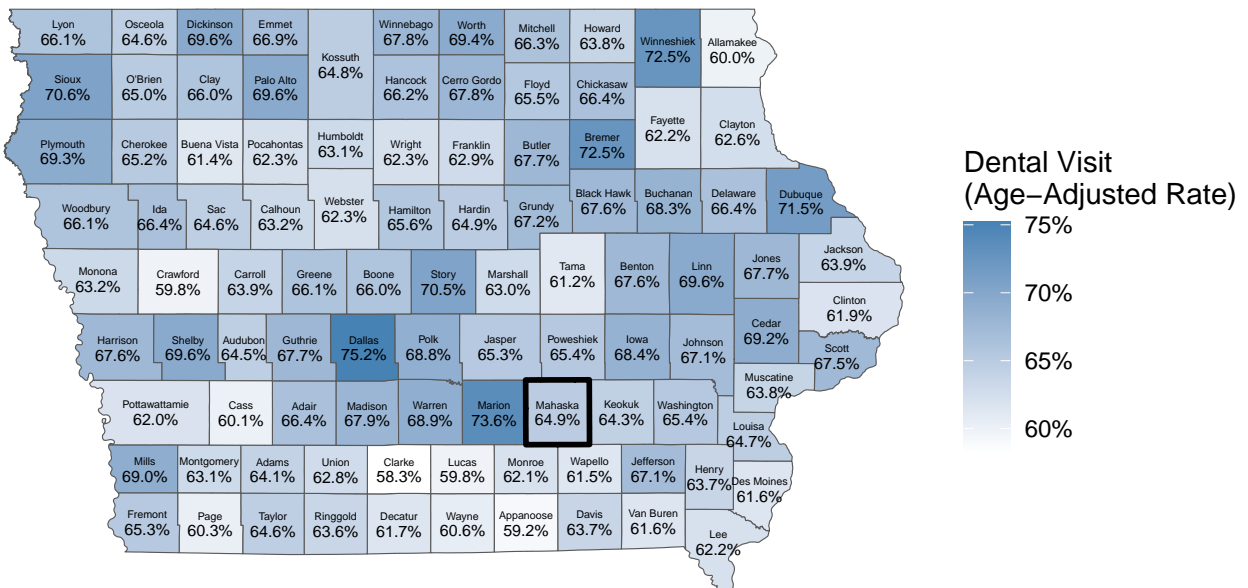
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Visits to dentist or dental clinic among adults aged ≥ 18 years



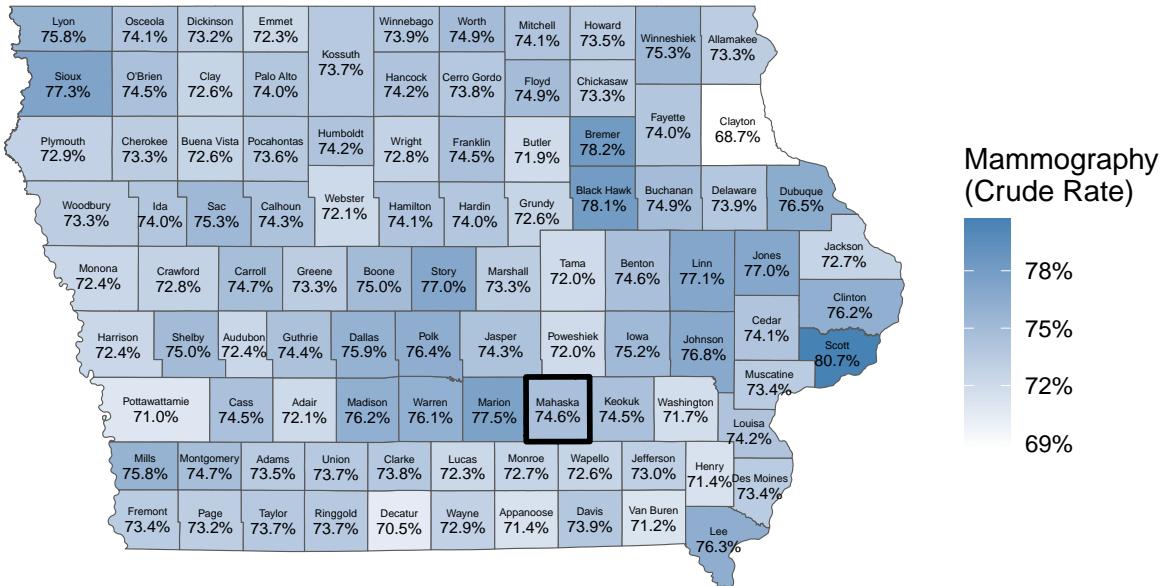
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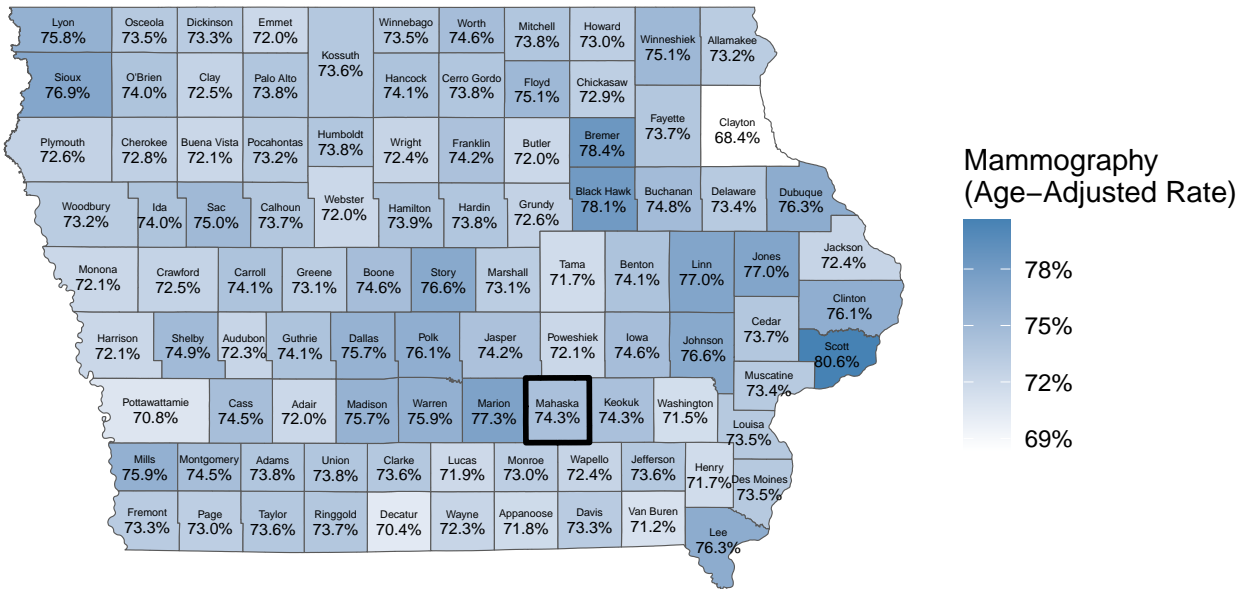
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Mammography use among women aged 50–74 years



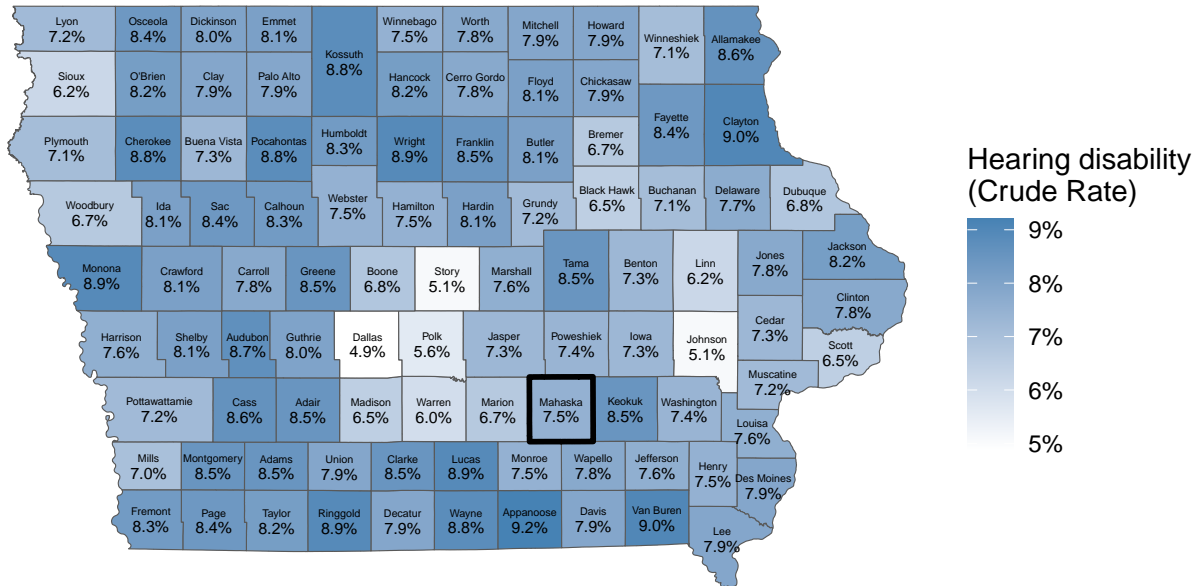
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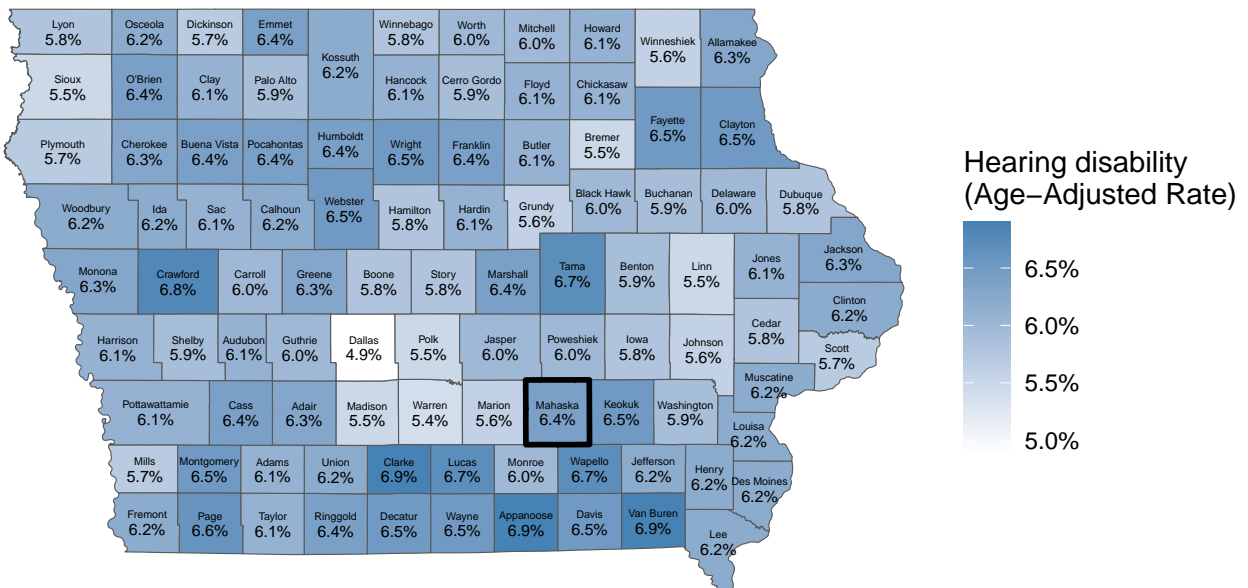
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Hearing disability

Hearing disability among adults aged ≥ 18 years



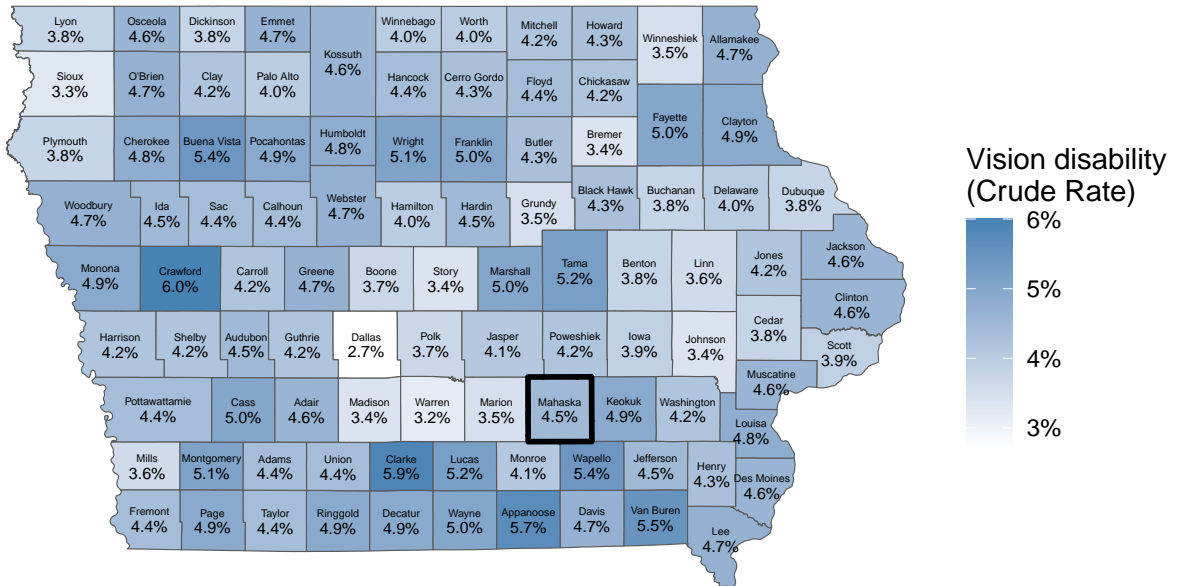
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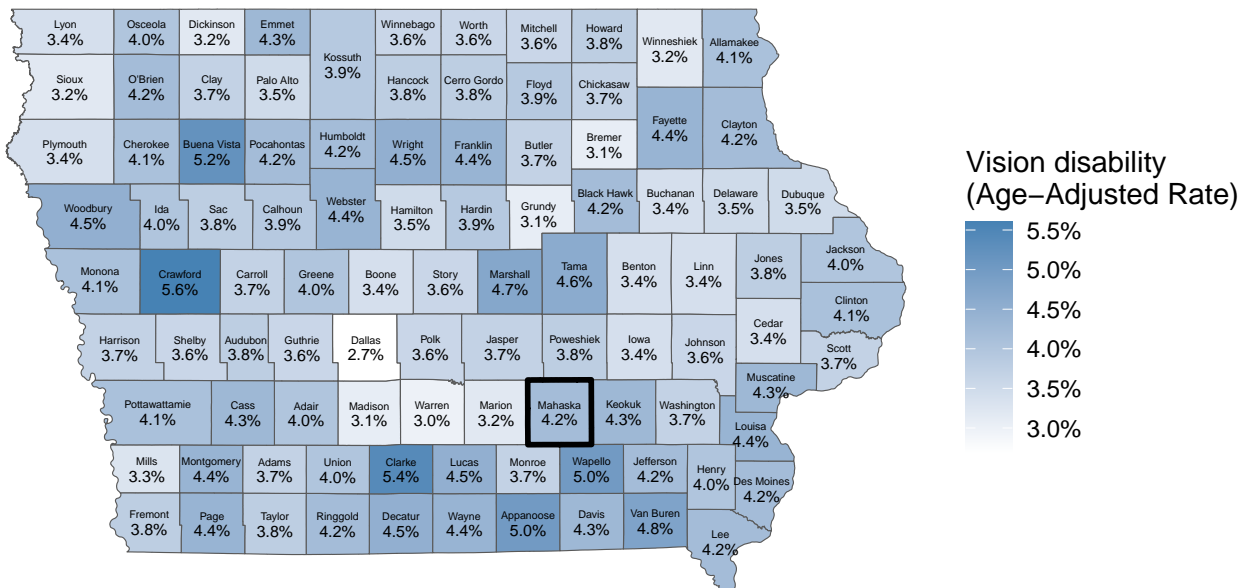
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Vision disability among adults aged >=18 years



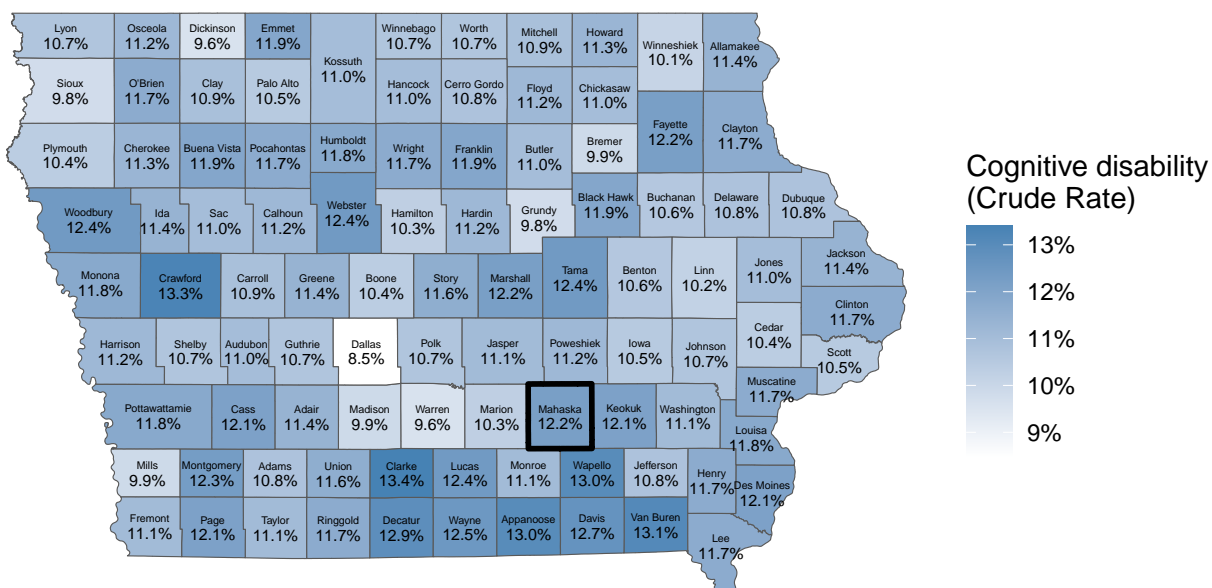
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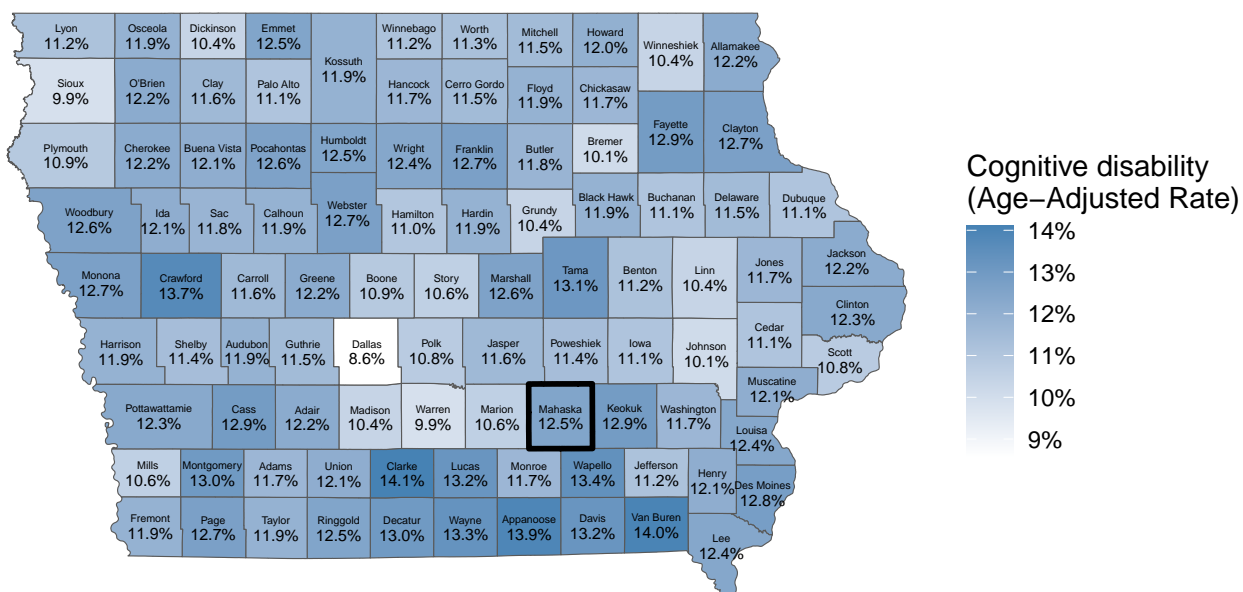
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Cognitive disability among adults aged >=18 years



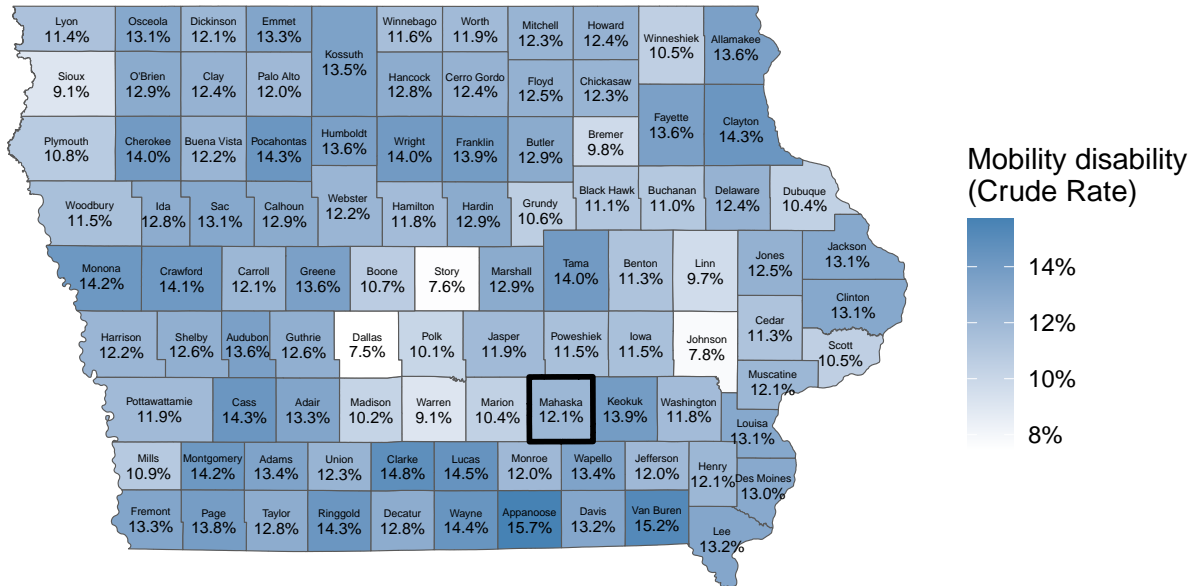
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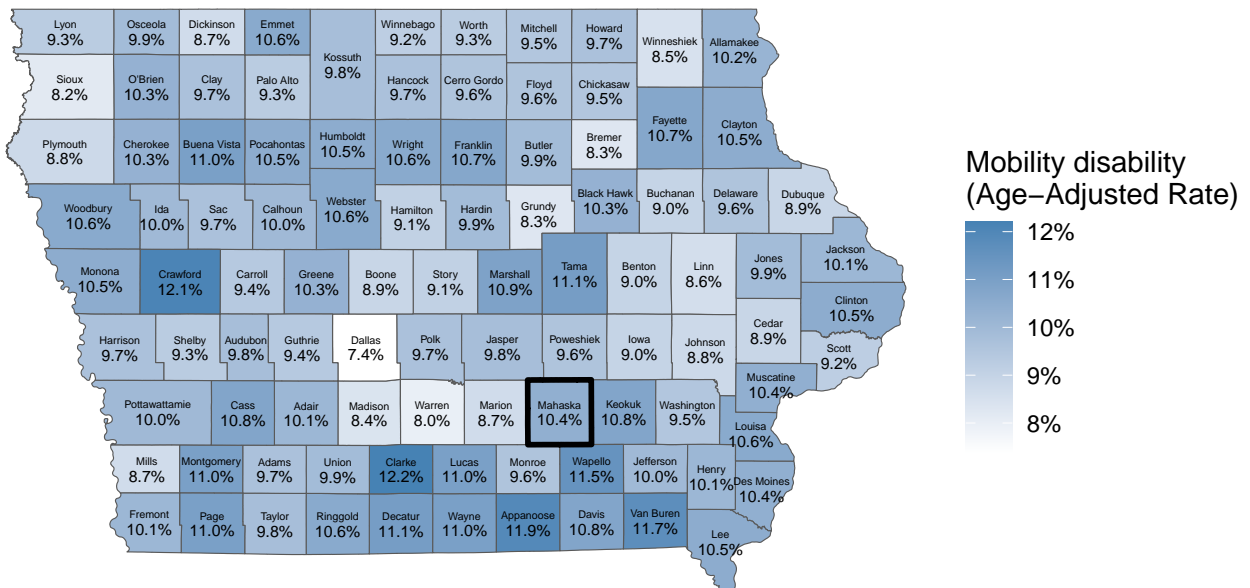
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Mobility disability among adults aged ≥ 18 years



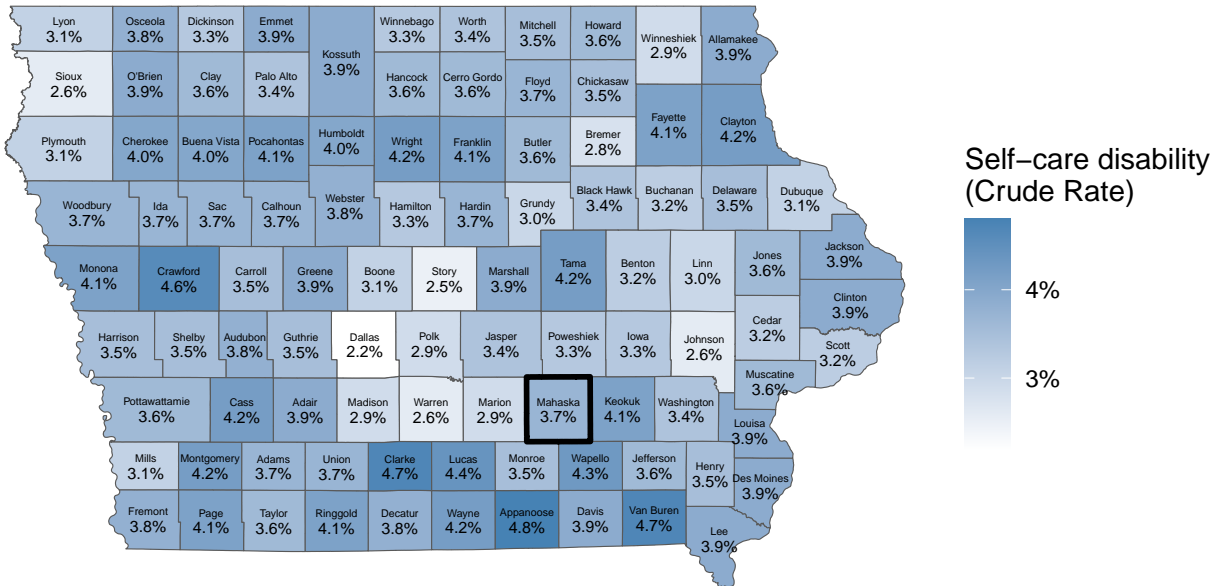
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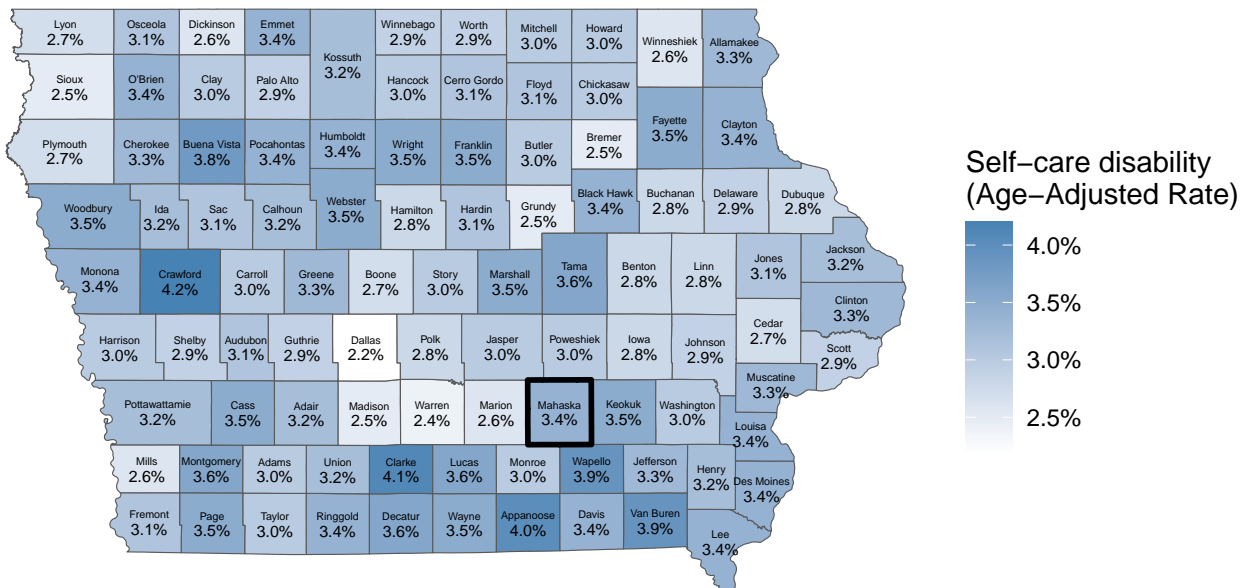
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Self-care disability among adults aged >=18 years



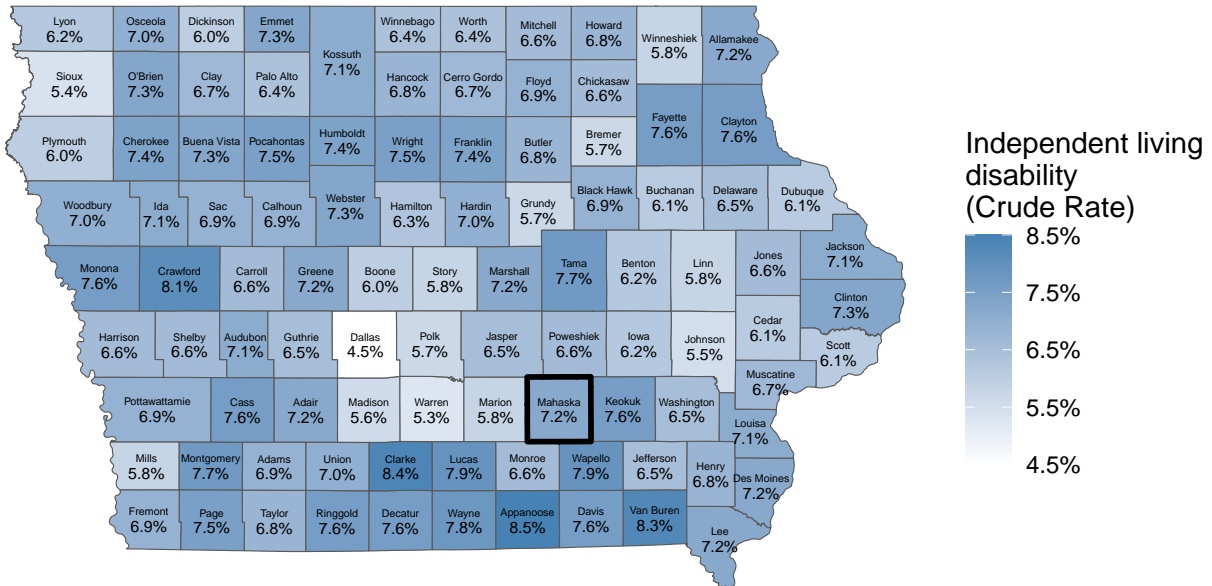
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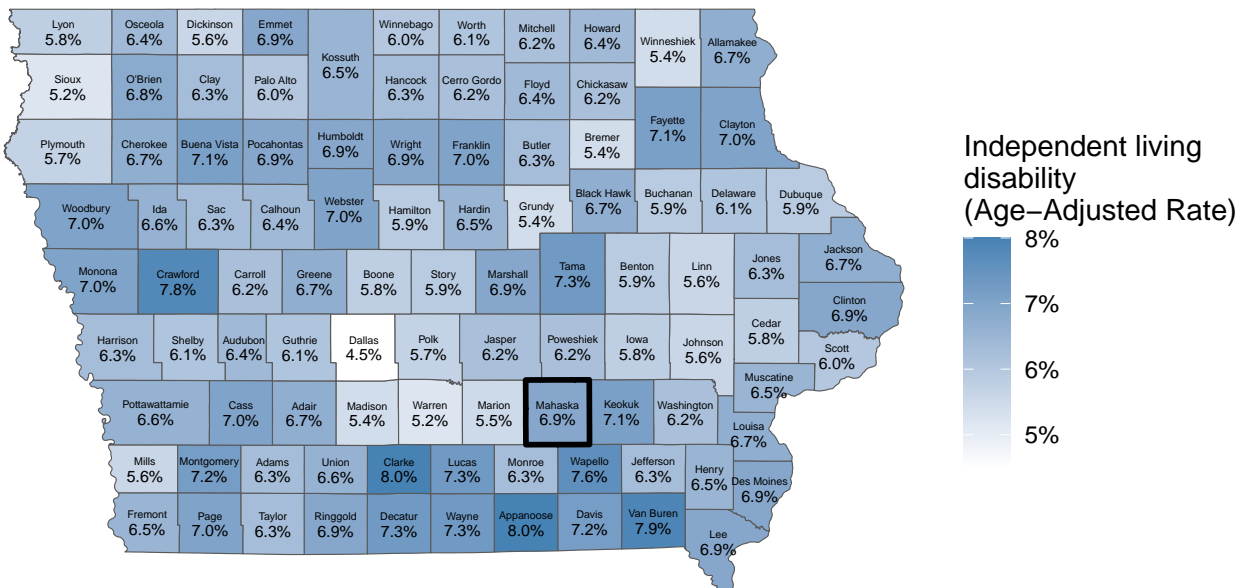
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Independent living disability among adults aged ≥ 18 years



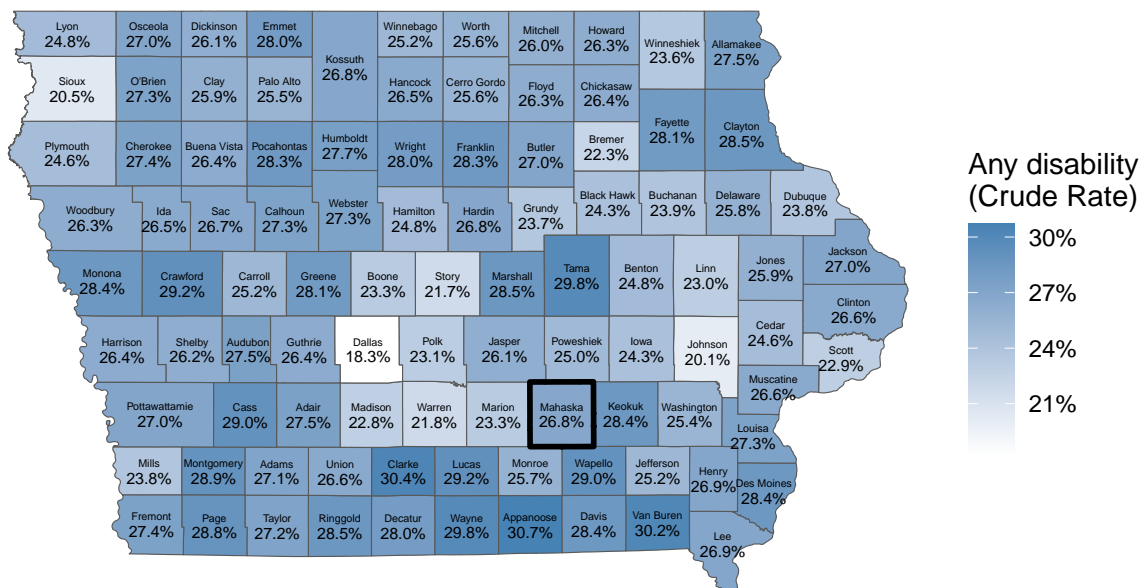
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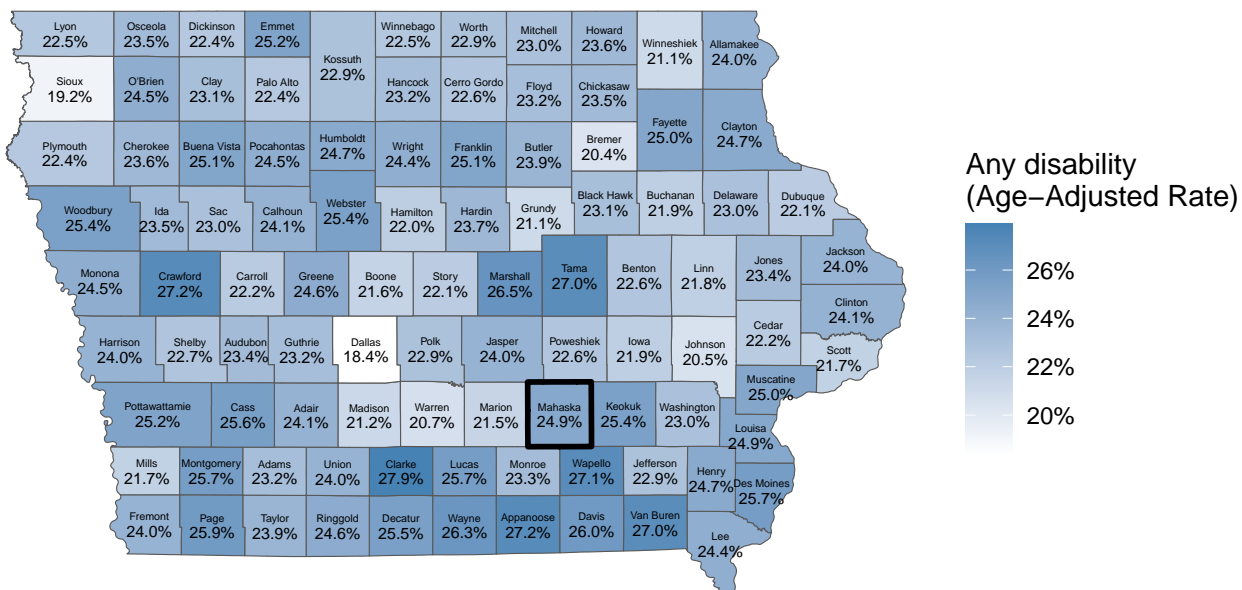
Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Any disability among adults aged >=18 years



Data Source: CDC PLACES 2023 Release, BRFSS 2021



Data Source: CDC PLACES 2023 Release, BRFSS 2021