



Iowa Community Health Snapshot Series

*275 community reports prepared for the Iowa State University
Extension and Outreach Community and Economic
Development Unit*



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Iowa Community Health Snapshot Series

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Health in Blue Grass: Overview

Dear Community Members & Stakeholders of Blue Grass,

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 Blue Grass ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Blue Grass’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 Blue Grass. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community’s strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Mammography	14th	1st	Mammography	13th	2nd
Core preventive services for older women	36th	5th	Chronic Kidney Disease	36th	8th
Any Disability	92nd	20th	Core preventive services for older women	48th	7th
Independent Living Disability	117th	20th	Cancer (except skin)	74th	4th
Physical Inactivity	123rd	23rd	Cervical Cancer Screening	79th	15th

Opportunities

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Core preventive services for older men	825th	122nd	Core preventive services for older men	734th	124th
Binge Drinking	769th	112th	Binge Drinking	609th	91st
Taking BP Medication	742nd	109th	Taking BP Medication	579th	89th
Sleep <7 hours	728th	118th	Sleep <7 hours	545th	91st
Annual Checkup	596th	99th	High Blood Pressure	492nd	82nd

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 Blue Grass.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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How to Use this Report

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

With a population of 1,873, Blue Grass’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

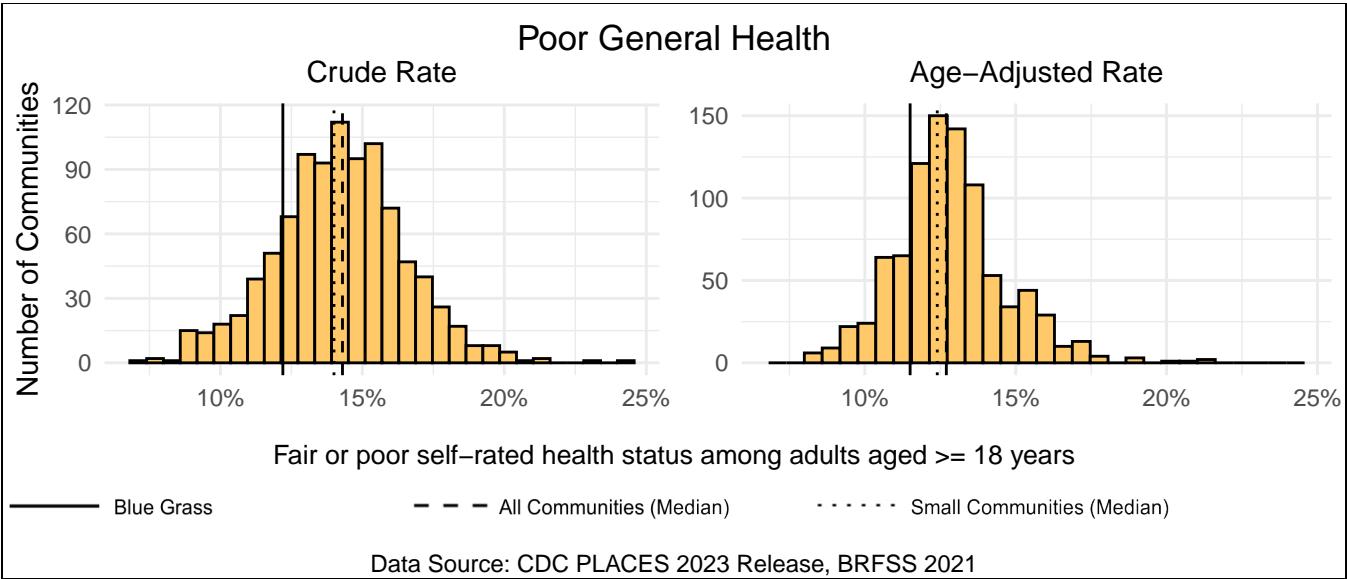
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Blue Grass has a crude rate of 12.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 164th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Blue Grass is 11.5%, which ranks 179th out of 905 Iowa communities (36th out of 138 small communities).

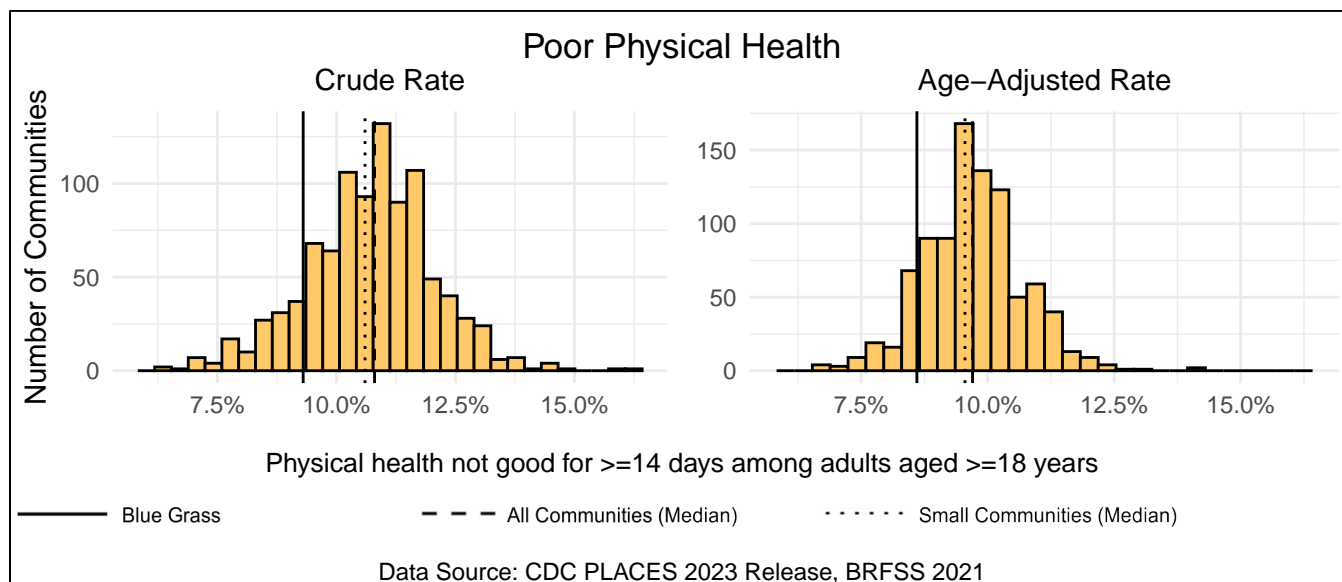
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	12.2%	14.3%	14.0%
Age-Adjusted	11.5%	12.7%	12.4%



Poor Physical Health

Blue Grass has a crude rate of 9.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 126th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Blue Grass is 8.6%, which ranks 103rd out of 905 Iowa communities (17th out of 138 small communities).

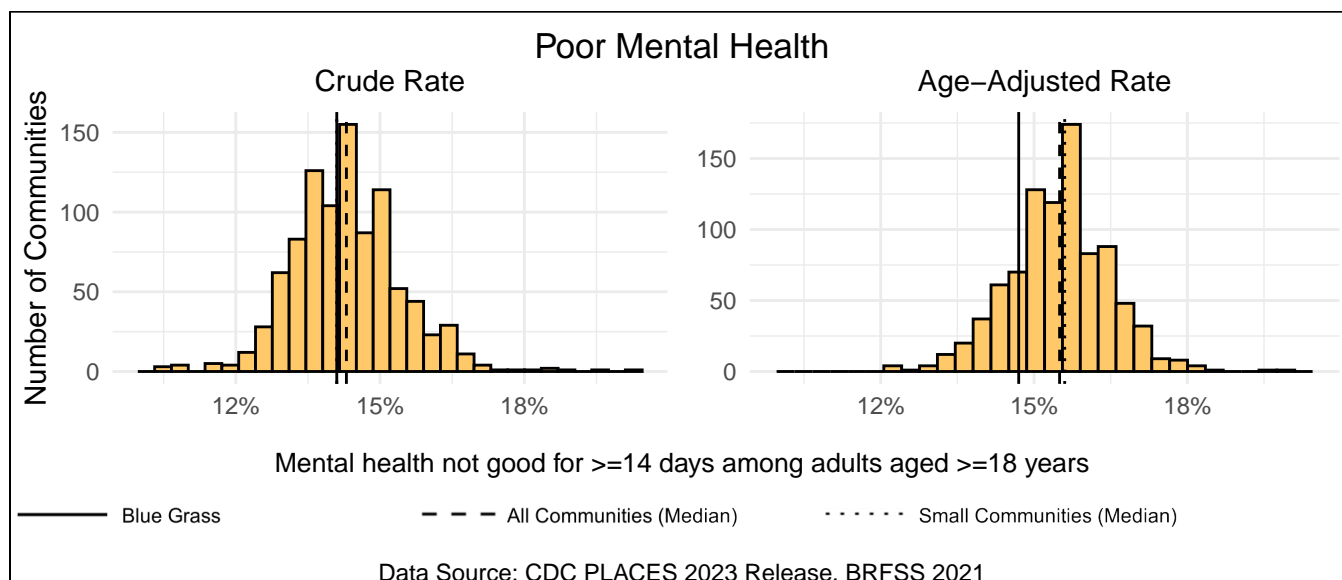
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	9.3%	10.8%	10.6%
Age-Adjusted	8.6%	9.7%	9.6%



Poor Mental Health

Blue Grass has a crude rate of 14.1% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 390th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Blue Grass is 14.7%, which ranks 165th out of 905 Iowa communities (31st out of 138 small communities).

Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	14.1%	14.3%	14.1%
Age-Adjusted	14.7%	15.5%	15.6%



Health Risk Behaviors

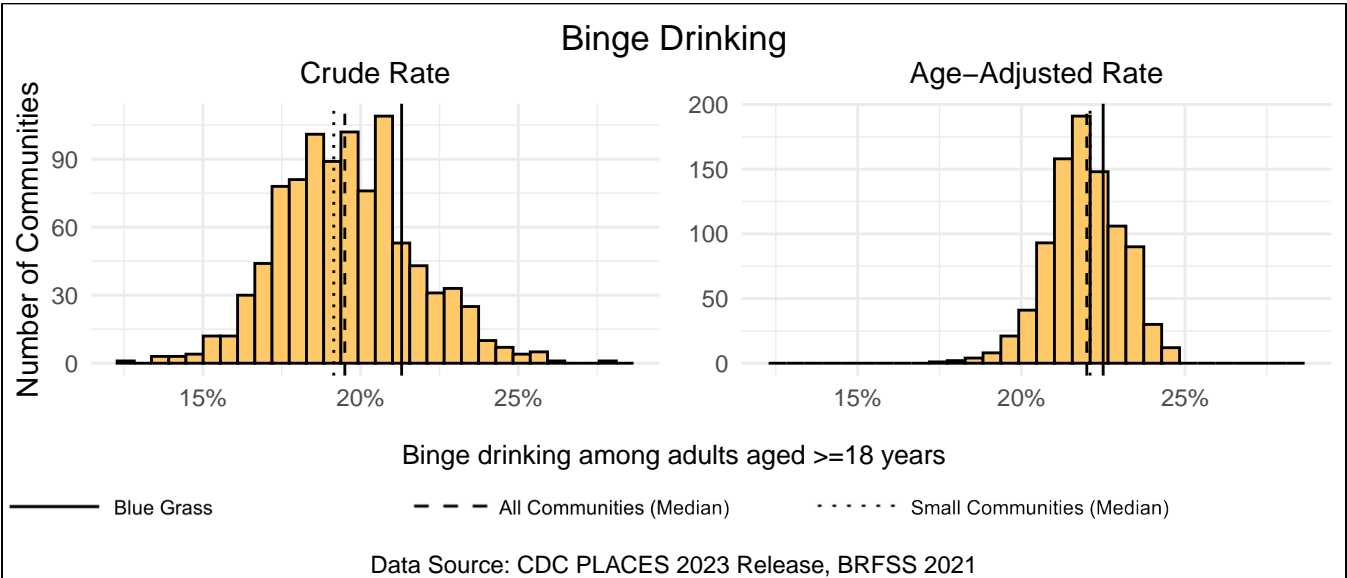
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

Binge Drinking

Blue Grass has a crude rate of 21.3% for binge drinking among adults aged ≥ 18 years, which ranks 769th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Blue Grass is 22.5%, which ranks 609th out of 905 Iowa communities (91st out of 138 small communities).

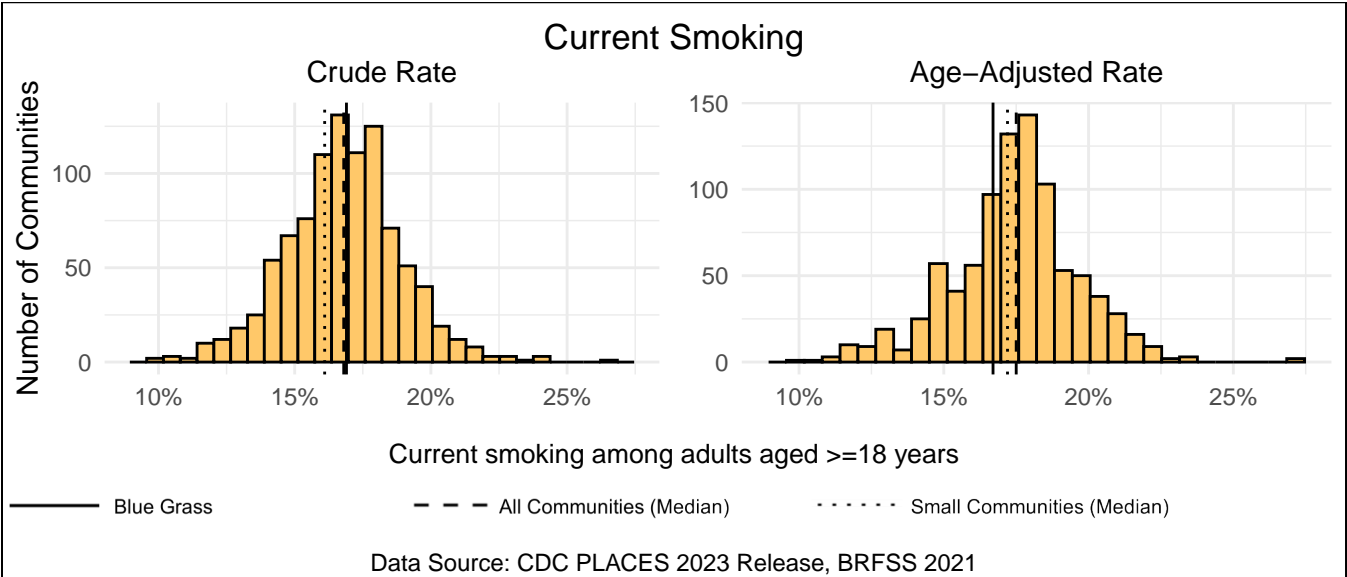
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	21.3%	19.5%	19.1%
Age-Adjusted	22.5%	22.0%	22.1%



Current Smoking

Blue Grass has a crude rate of 16.9% for current smoking among adults aged >=18 years, which ranks 490th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Blue Grass is 16.7%, which ranks 273rd out of 905 Iowa communities (54th out of 138 small communities).

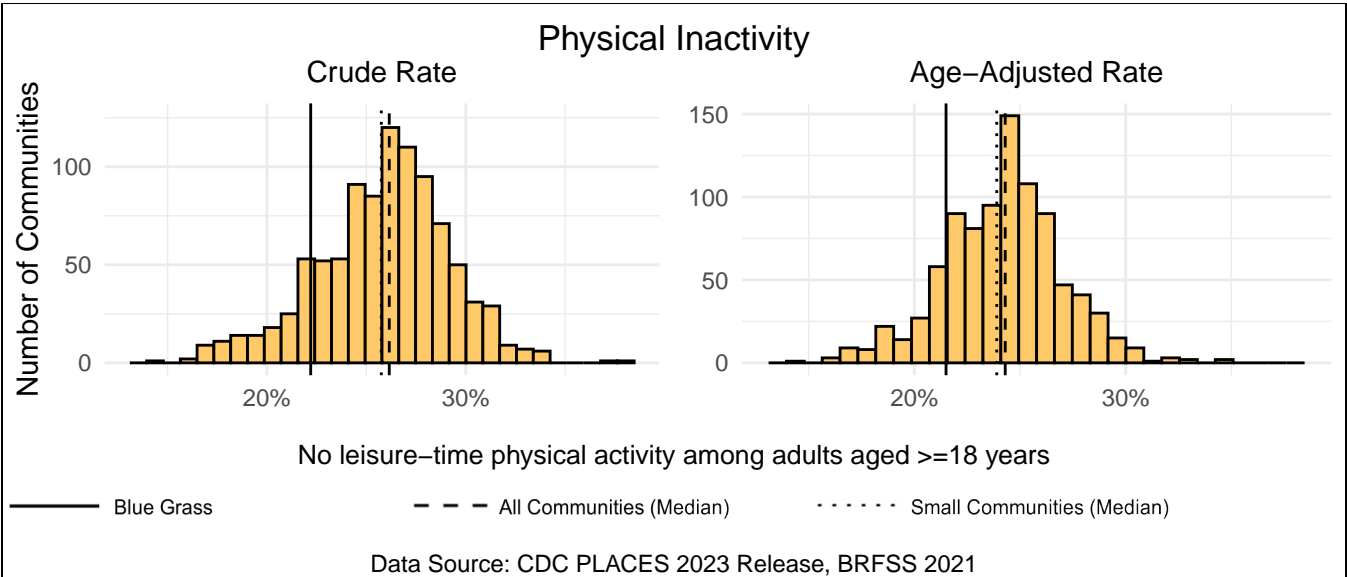
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	16.9%	16.8%	16.1%
Age-Adjusted	16.7%	17.5%	17.2%



Physical Inactivity

Blue Grass has a crude rate of 22.2% for no leisure-time physical activity among adults aged >=18 years, which ranks 123rd out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Blue Grass is 21.5%, which ranks 134th out of 905 Iowa communities (26th out of 138 small communities).

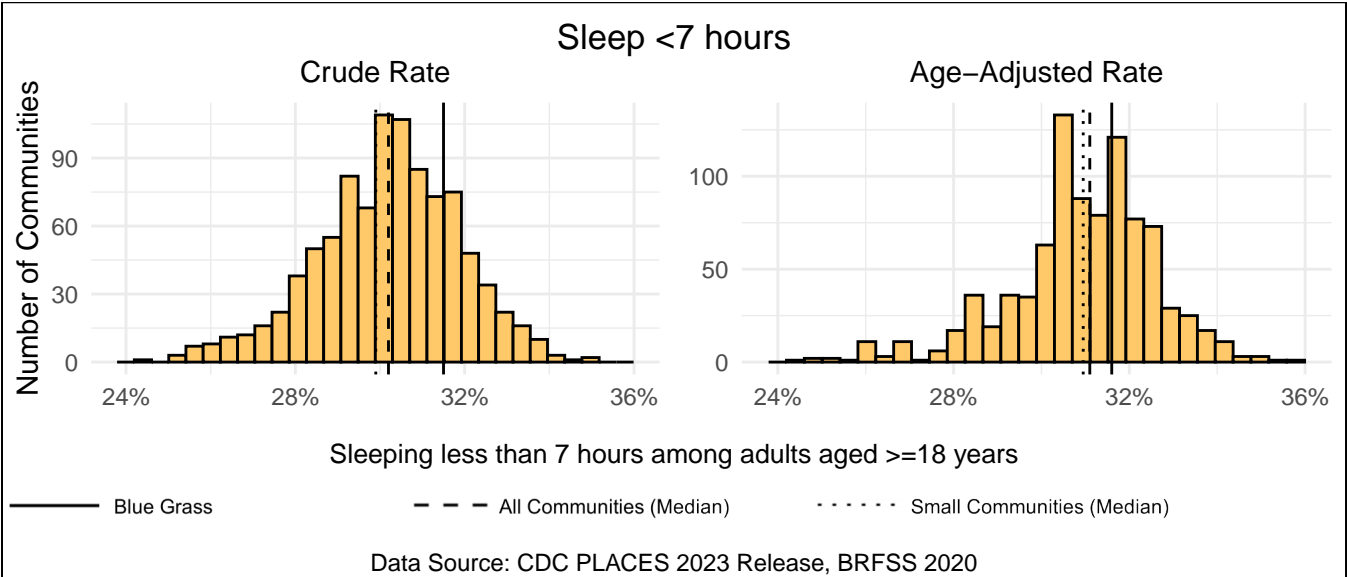
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	22.2%	26.1%	25.8%
Age-Adjusted	21.5%	24.3%	23.9%



Sleep <7 hours

Blue Grass has a crude rate of 31.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 728th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Blue Grass is 31.6%, which ranks 545th out of 905 Iowa communities (91st out of 138 small communities).

Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	31.5%	30.2%	29.9%
Age-Adjusted	31.6%	31.1%	31.0%



Health Outcomes

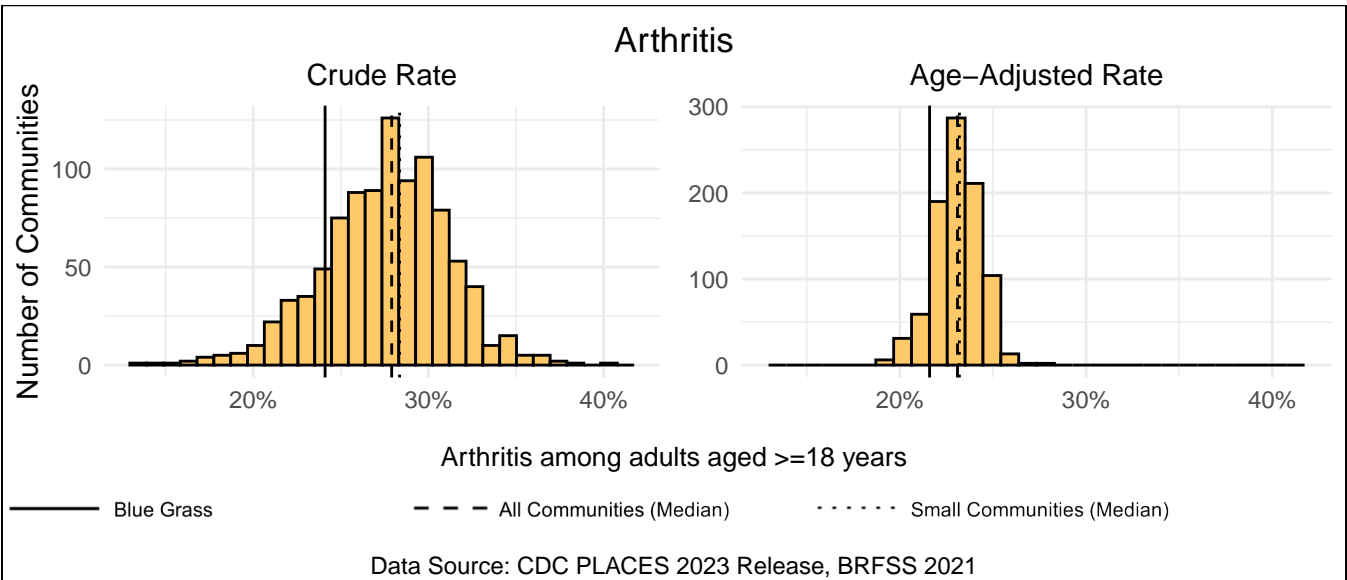
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Blue Grass has a crude rate of 24.1% for arthritis among adults aged ≥ 18 years, which ranks 150th out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Blue Grass is 21.6%, which ranks 97th out of 905 Iowa communities (18th out of 138 small communities).

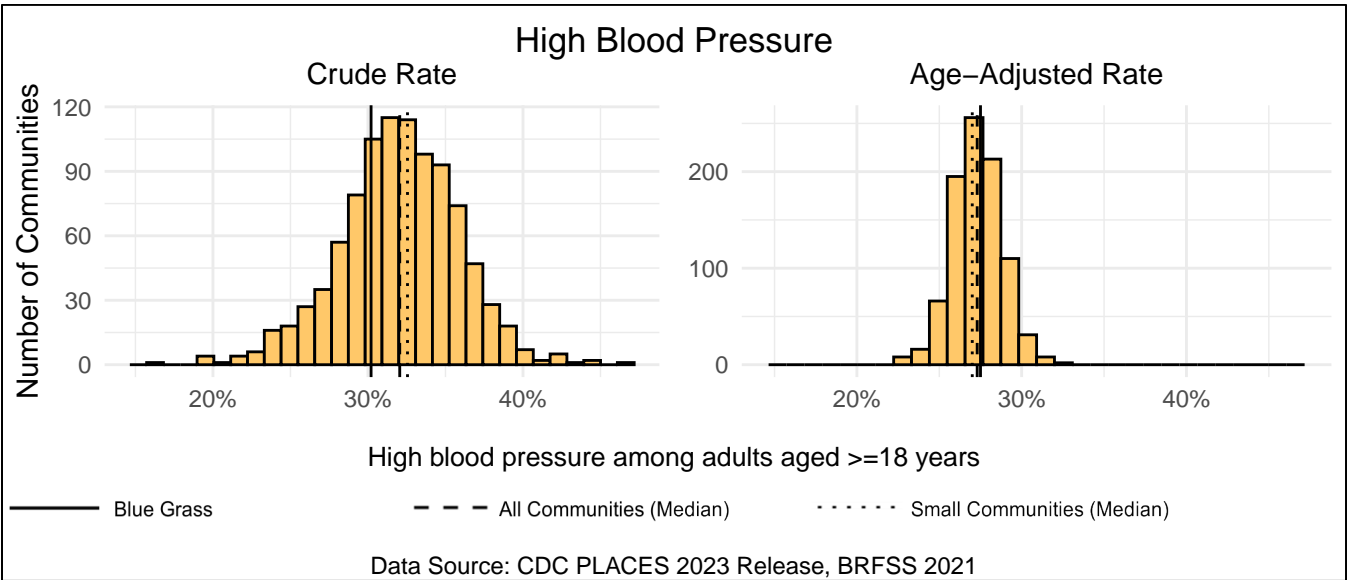
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	24.1%	27.9%	28.4%
Age-Adjusted	21.6%	23.1%	23.2%



High Blood Pressure

Blue Grass has a crude rate of 30.2% for high blood pressure among adults aged ≥ 18 years, which ranks 273rd out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Blue Grass is 27.5%, which ranks 492nd out of 905 Iowa communities (82nd out of 138 small communities).

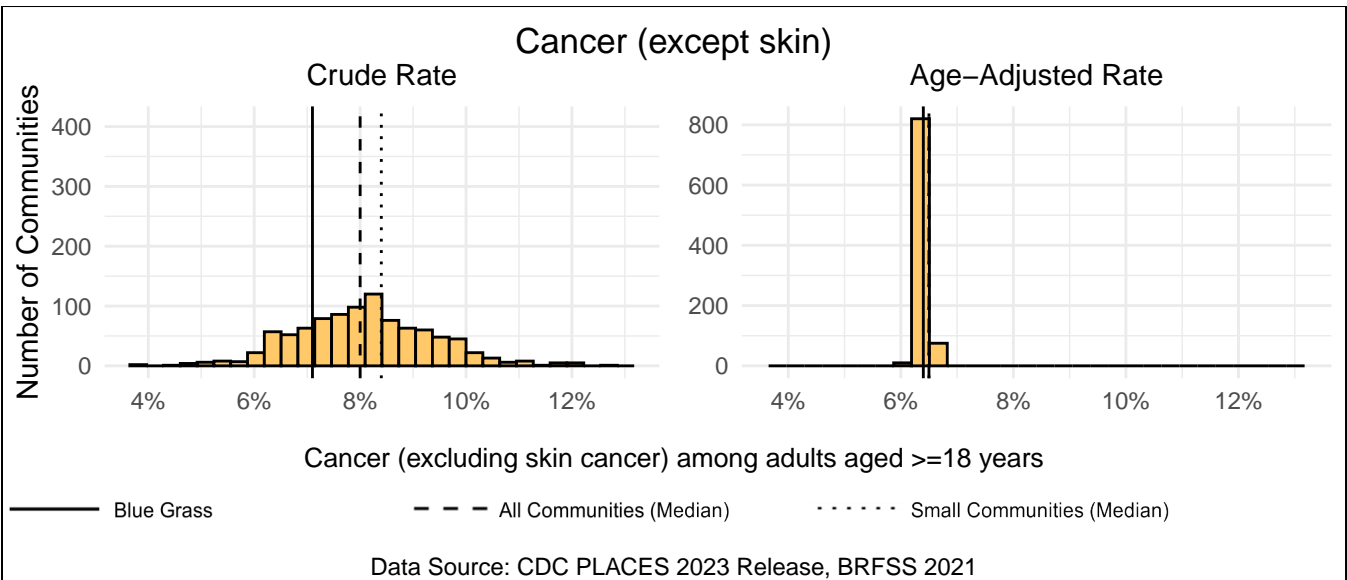
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	30.2%	32.0%	32.5%
Age-Adjusted	27.5%	27.3%	27.0%



Cancer (except skin)

Blue Grass has a crude rate of 7.1% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 204th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Blue Grass is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

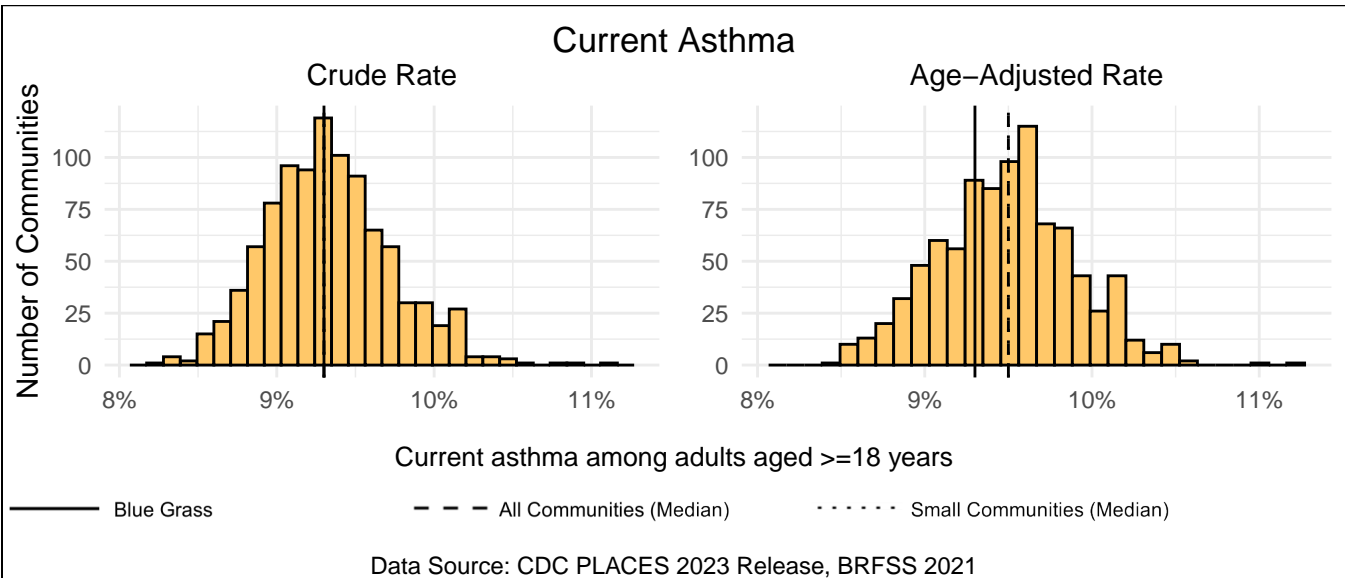
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	7.1%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Blue Grass has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Blue Grass is 9.3%, which ranks 241st out of 905 Iowa communities (34th out of 138 small communities).

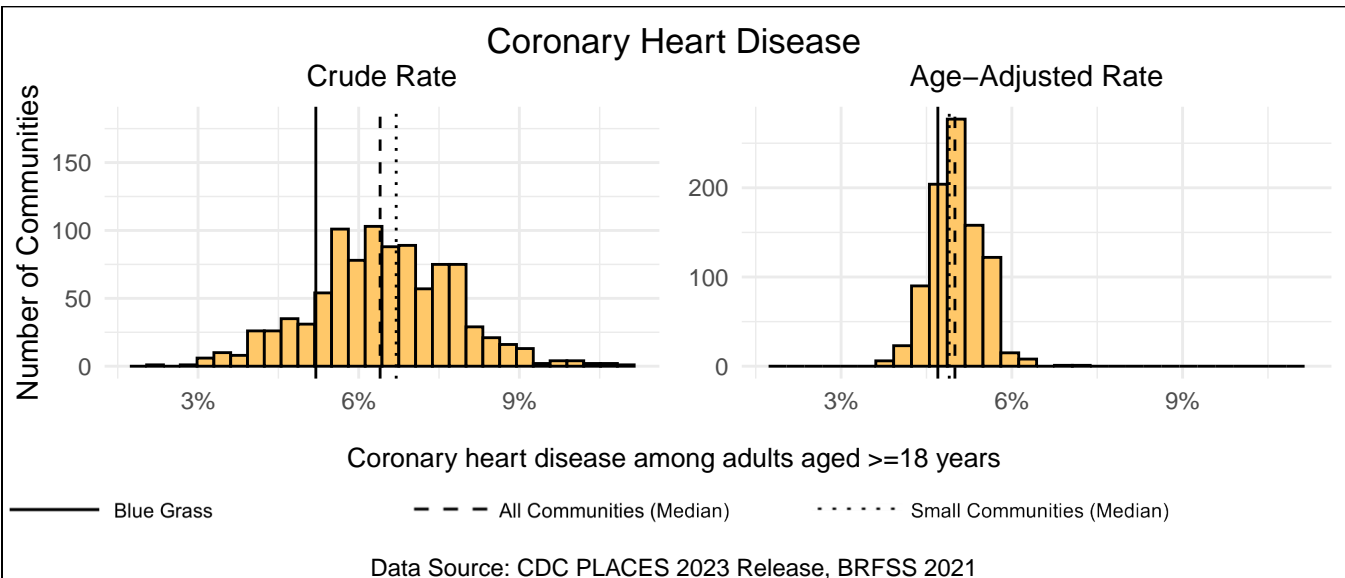
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.5%



Coronary Heart Disease

Blue Grass has a crude rate of 5.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 145th out of 958 Iowa communities (22nd out of 138 small communities). The age-adjusted rate for Blue Grass is 4.7%, which ranks 187th out of 905 Iowa communities (36th out of 138 small communities).

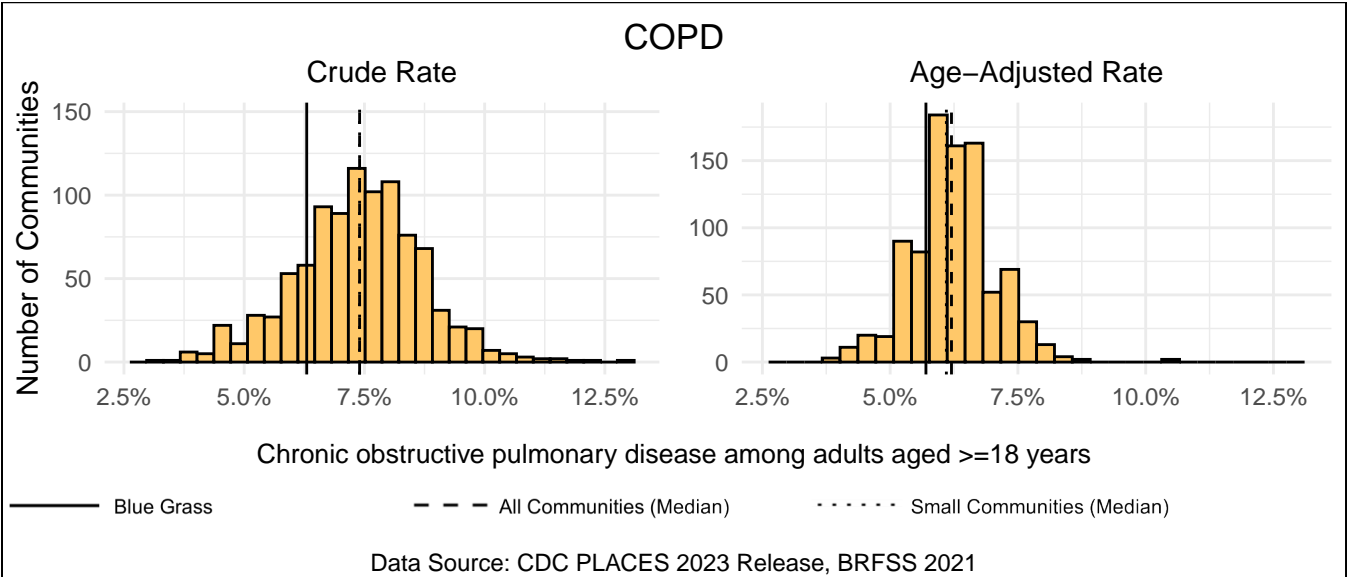
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	5.2%	6.4%	6.7%
Age-Adjusted	4.7%	5.0%	4.9%



COPD

Blue Grass has a crude rate of 6.3% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 179th out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Blue Grass is 5.7%, which ranks 183rd out of 905 Iowa communities (36th out of 138 small communities).

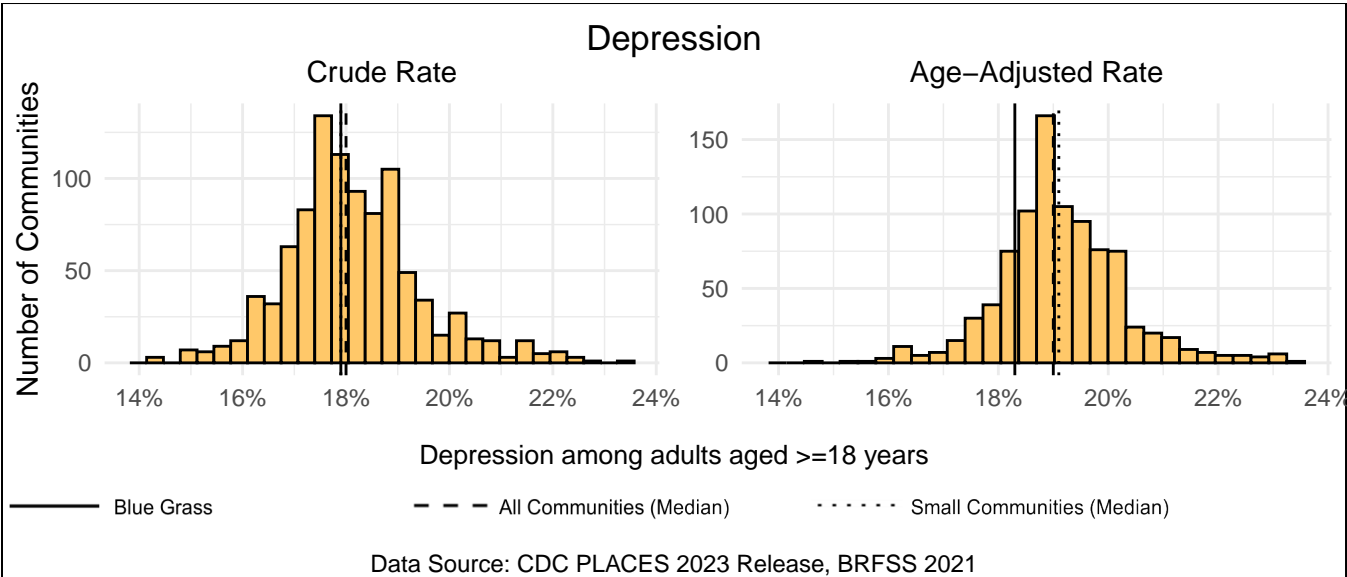
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	6.3%	7.4%	7.4%
Age-Adjusted	5.7%	6.2%	6.1%



Depression

Blue Grass has a crude rate of 17.9% for depression among adults aged ≥ 18 years, which ranks 424th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Blue Grass is 18.3%, which ranks 164th out of 905 Iowa communities (17th out of 138 small communities).

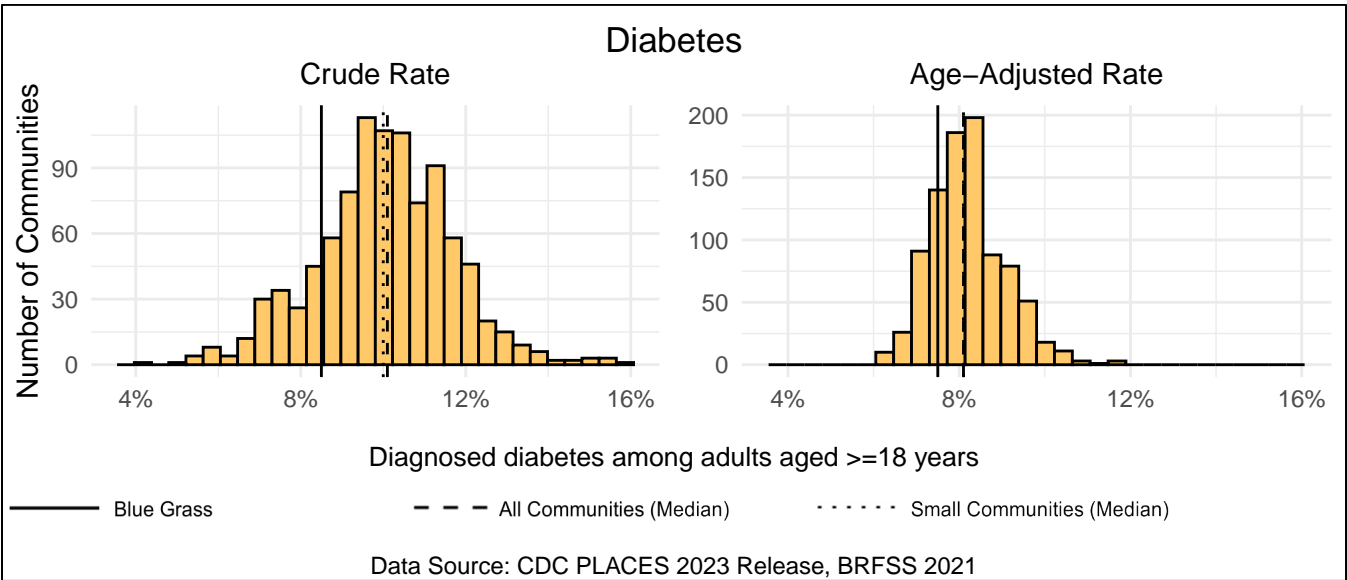
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	17.9%	18.0%	17.9%
Age-Adjusted	18.3%	19.0%	19.1%



Diabetes

Blue Grass has a crude rate of 8.5% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 154th out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Blue Grass is 7.5%, which ranks 147th out of 905 Iowa communities (30th out of 138 small communities).

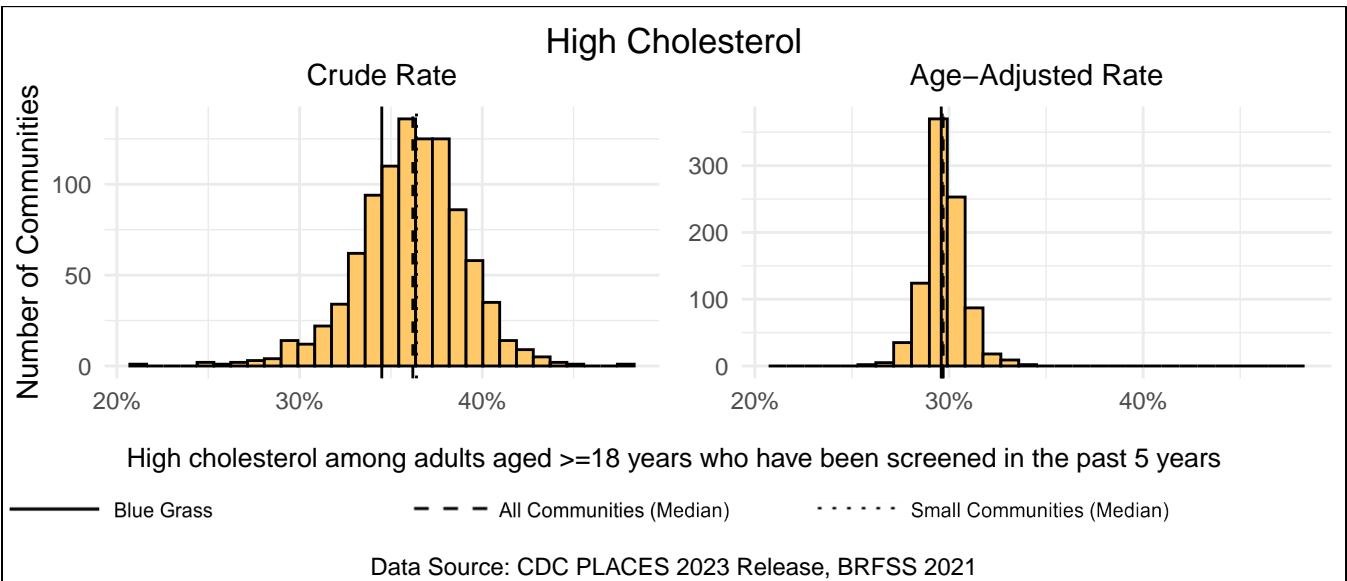
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	8.5%	10.1%	10.0%
Age-Adjusted	7.5%	8.1%	8.1%



High Cholesterol

Blue Grass has a crude rate of 34.5% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 243rd out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Blue Grass is 29.6%, which ranks 379th out of 905 Iowa communities (63rd out of 138 small communities).

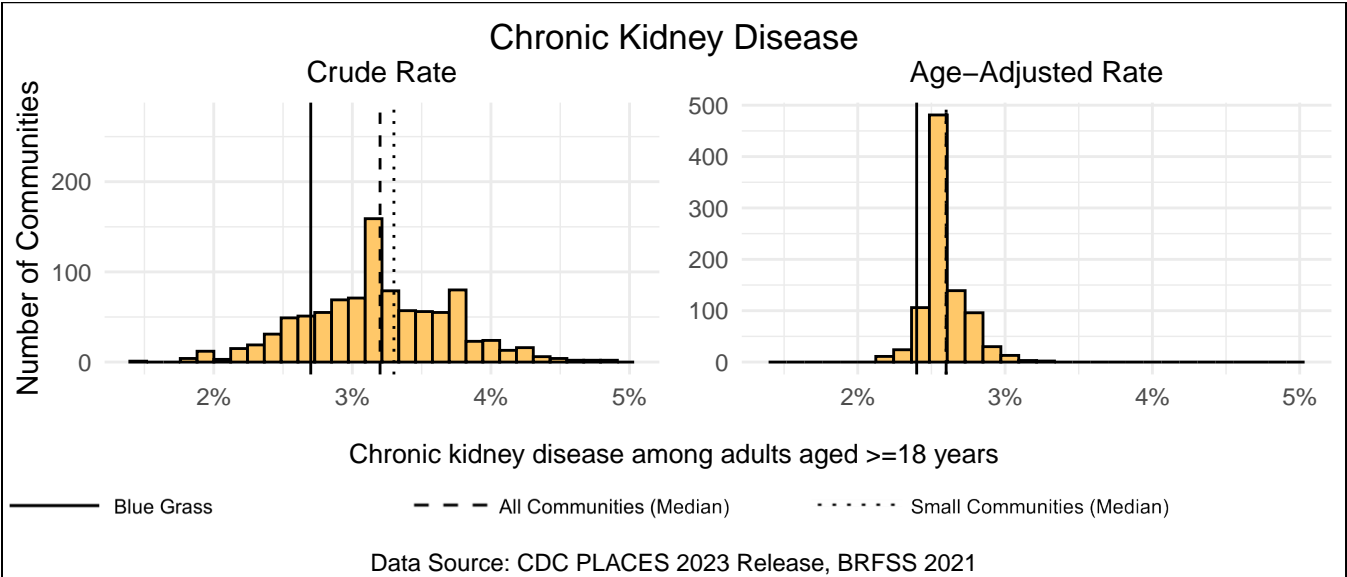
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	34.5%	36.2%	36.4%
Age-Adjusted	29.6%	29.7%	29.6%



Chronic Kidney Disease

Blue Grass has a crude rate of 2.7% for chronic kidney disease among adults aged ≥ 18 years, which ranks 135th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Blue Grass is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 138 small communities).

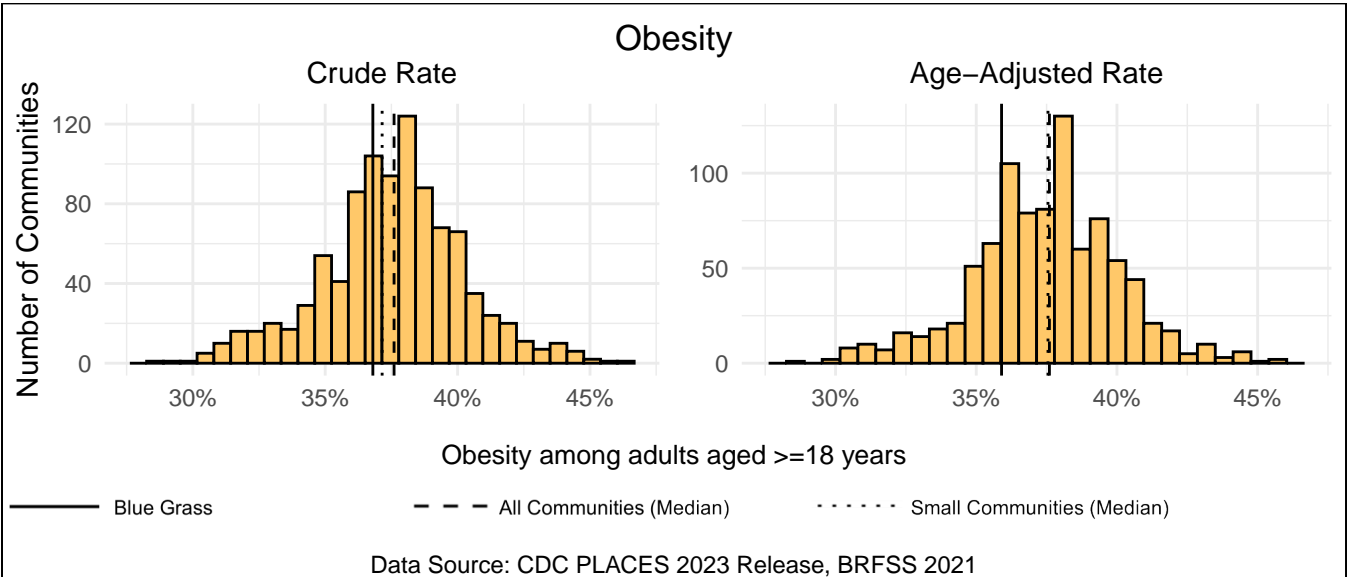
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	2.7%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Blue Grass has a crude rate of 36.8% for obesity among adults aged ≥ 18 years, which ranks 337th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Blue Grass is 35.9%, which ranks 212th out of 905 Iowa communities (35th out of 138 small communities).

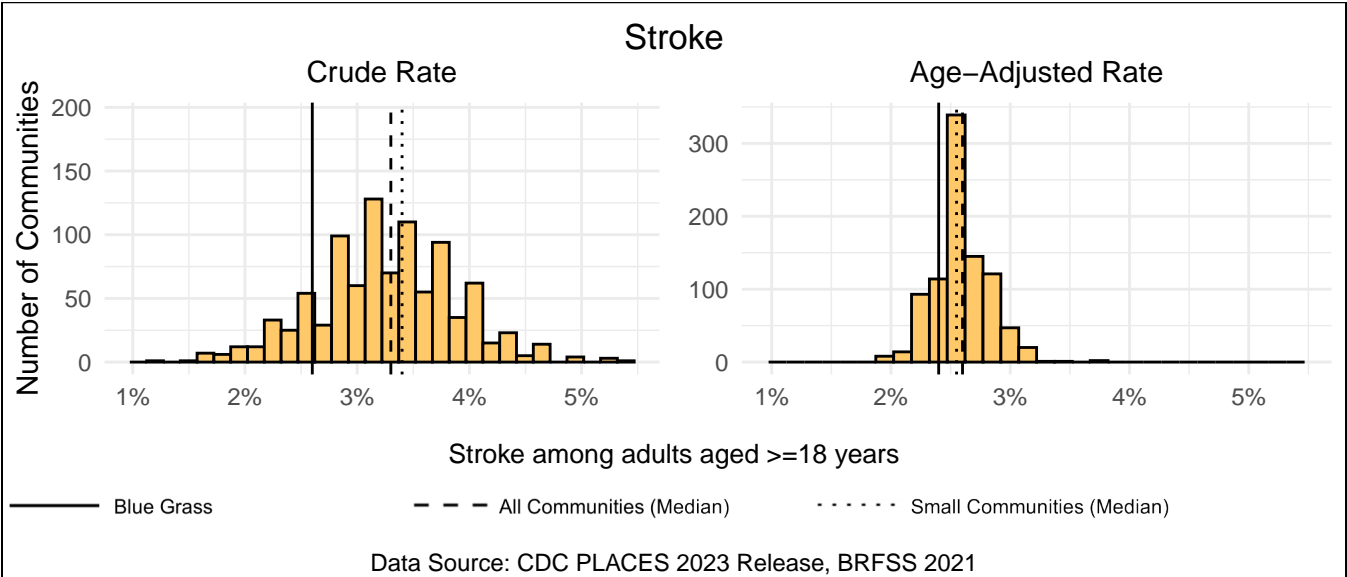
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	36.8%	37.6%	37.2%
Age-Adjusted	35.9%	37.6%	37.5%



Stroke

Blue Grass has a crude rate of 2.6% for stroke among adults aged ≥ 18 years, which ranks 124th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Blue Grass is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

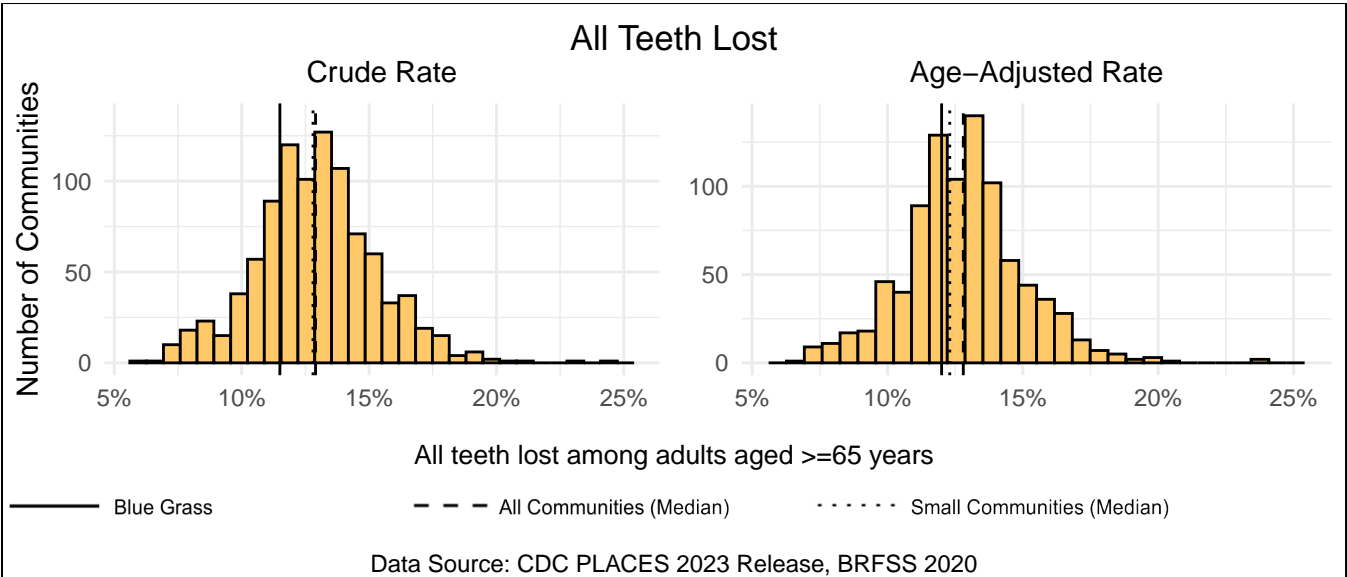
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	2.6%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



All Teeth Lost

Blue Grass has a crude rate of 11.5% for all teeth lost among adults aged ≥ 65 years, which ranks 236th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Blue Grass is 12.0%, which ranks 302nd out of 905 Iowa communities (59th out of 138 small communities).

Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	11.5%	12.9%	12.8%
Age-Adjusted	12.0%	12.8%	12.3%



Prevention

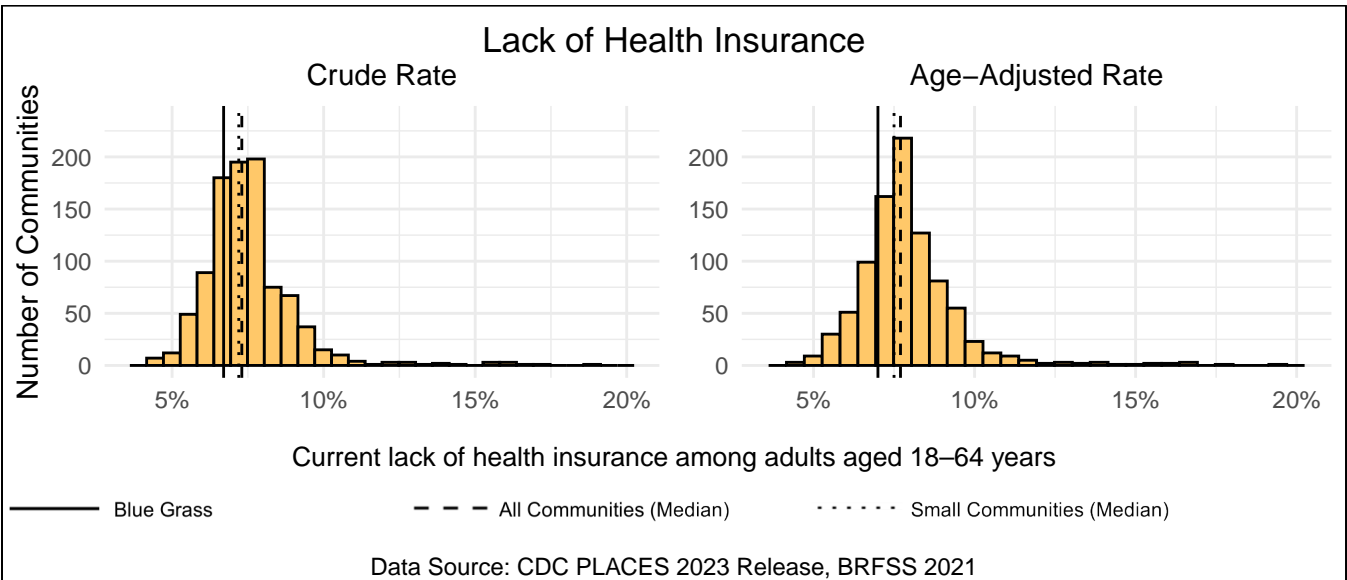
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

Lack of Health Insurance

Blue Grass has a crude rate of 6.7% for current lack of health insurance among adults aged 18–64 years, which ranks 217th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Blue Grass is 7.0%, which ranks 193rd out of 905 Iowa communities (40th out of 138 small communities).

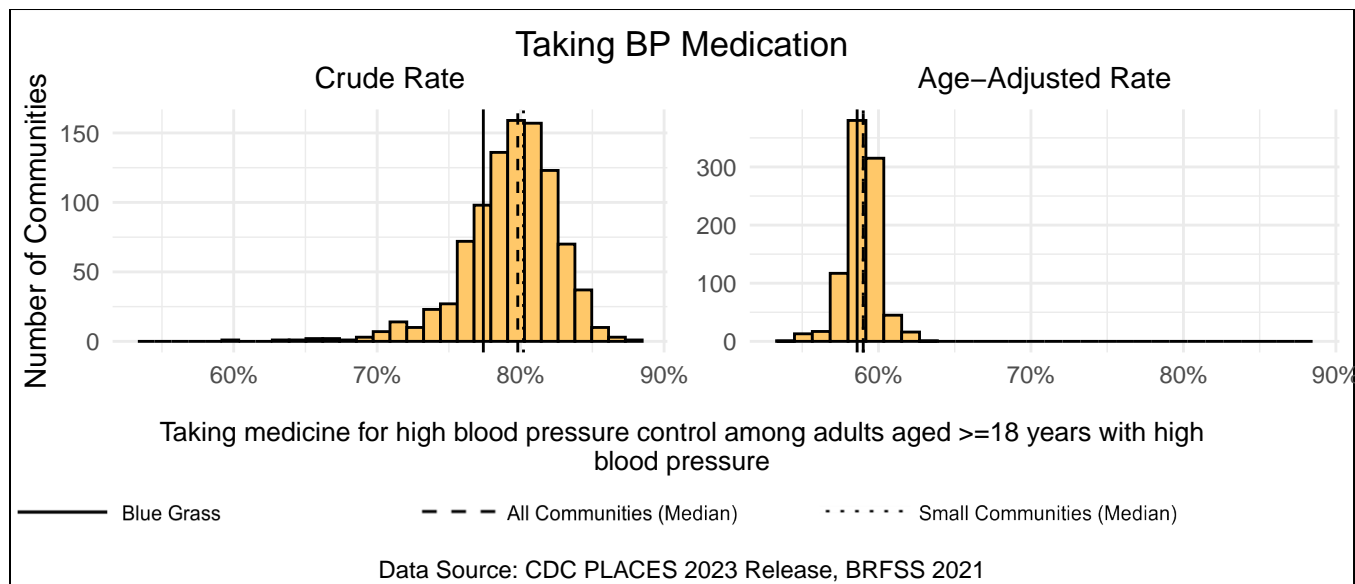
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	6.7%	7.3%	7.2%
Age-Adjusted	7.0%	7.7%	7.5%



Taking BP Medication

Blue Grass has a crude rate of 77.4% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 742nd out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Blue Grass is 58.6%, which ranks 579th out of 905 Iowa communities (89th out of 138 small communities).

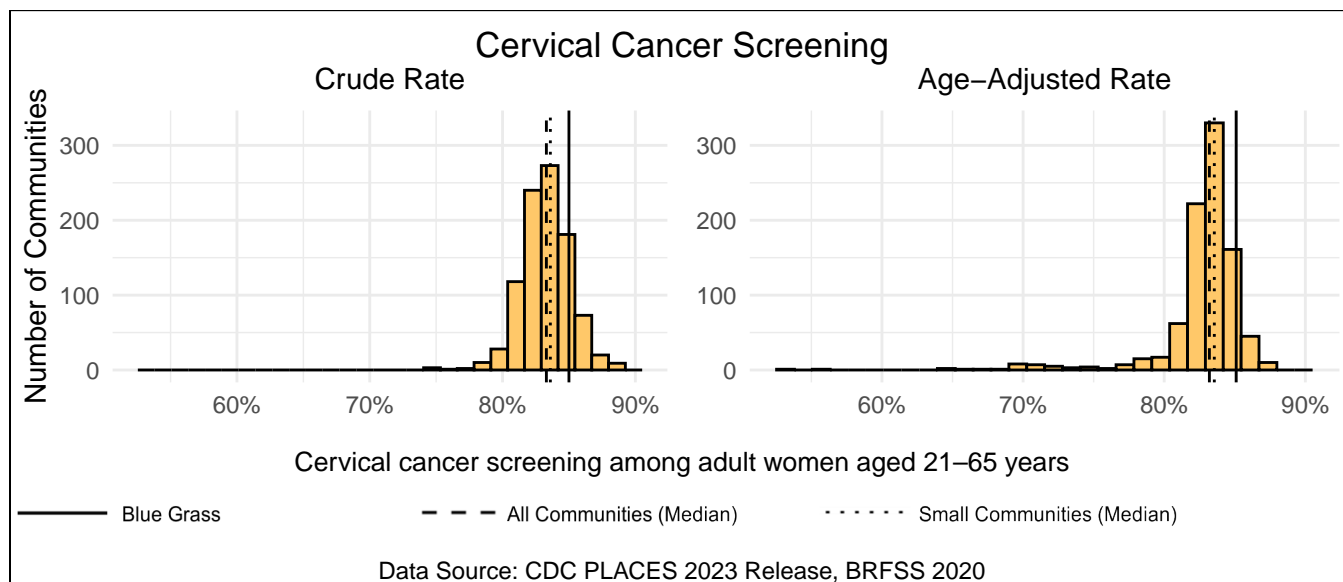
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	77.4%	79.8%	80.2%
Age-Adjusted	58.6%	59.0%	59.0%



Cervical Cancer Screening

Blue Grass has a crude rate of 85.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 142nd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Blue Grass is 85.1%, which ranks 79th out of 905 Iowa communities (15th out of 138 small communities).

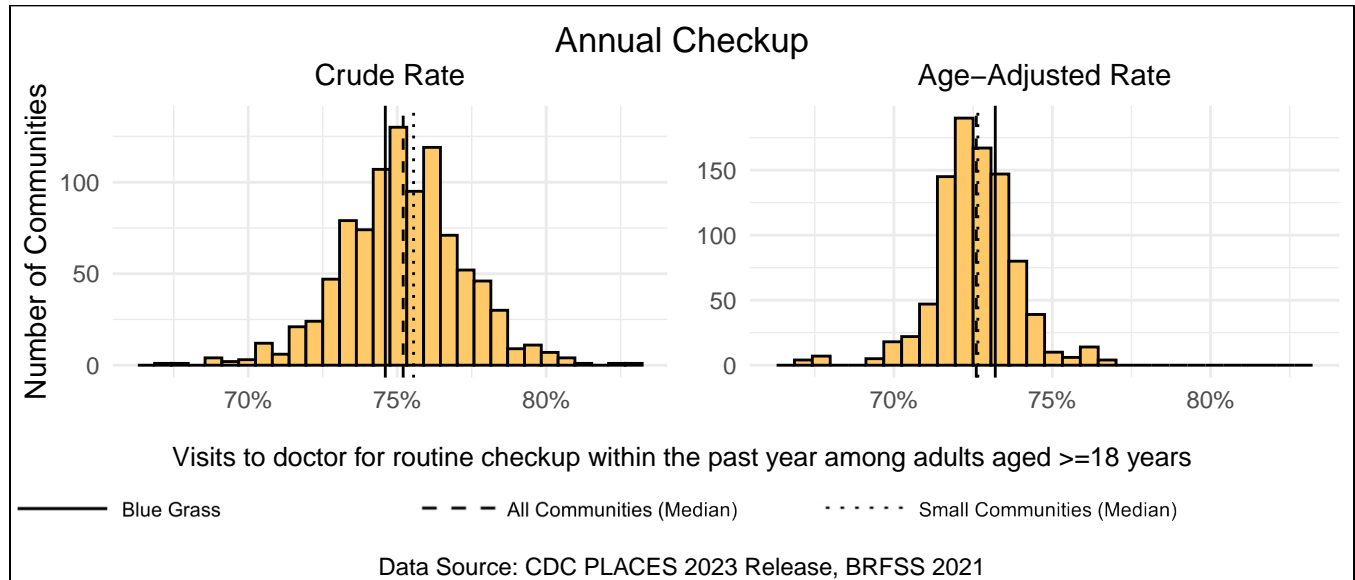
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	85.0%	83.3%	83.6%
Age-Adjusted	85.1%	83.2%	83.5%



Annual Checkup

Blue Grass has a crude rate of 74.6% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 596th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Blue Grass is 73.2%, which ranks 235th out of 905 Iowa communities (41st out of 138 small communities).

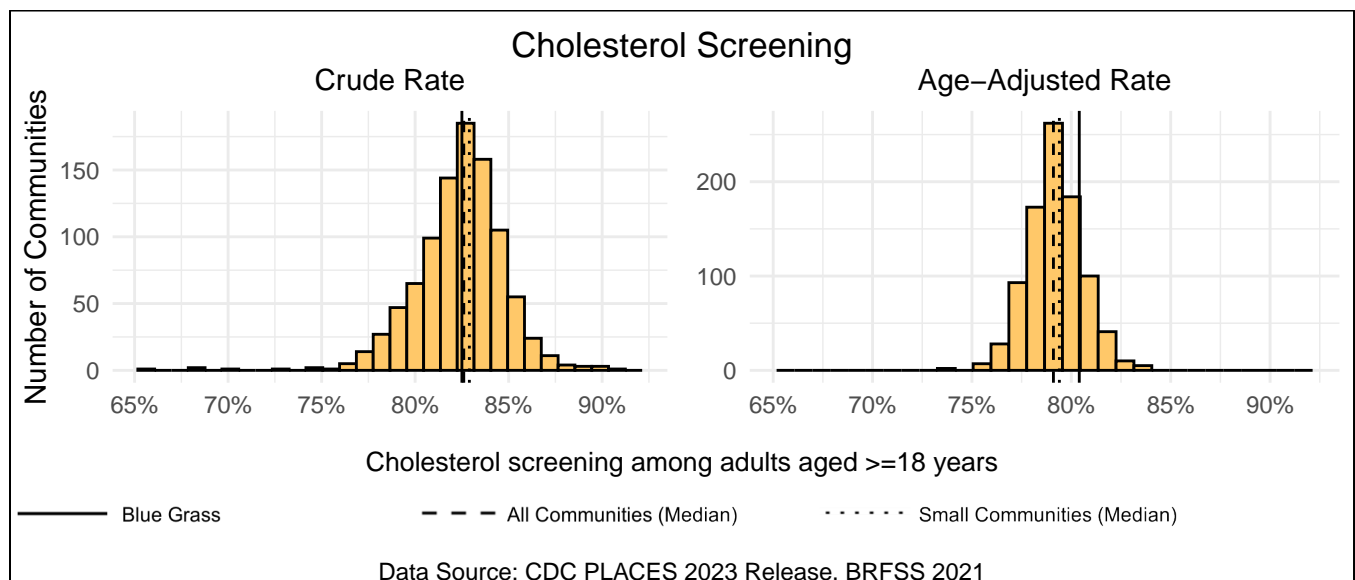
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	74.6%	75.2%	75.5%
Age-Adjusted	73.2%	72.6%	72.6%



Cholesterol Screening

Blue Grass has a crude rate of 82.5% for cholesterol screening among adults aged ≥ 18 years, which ranks 501st out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Blue Grass is 80.4%, which ranks 157th out of 905 Iowa communities (30th out of 138 small communities).

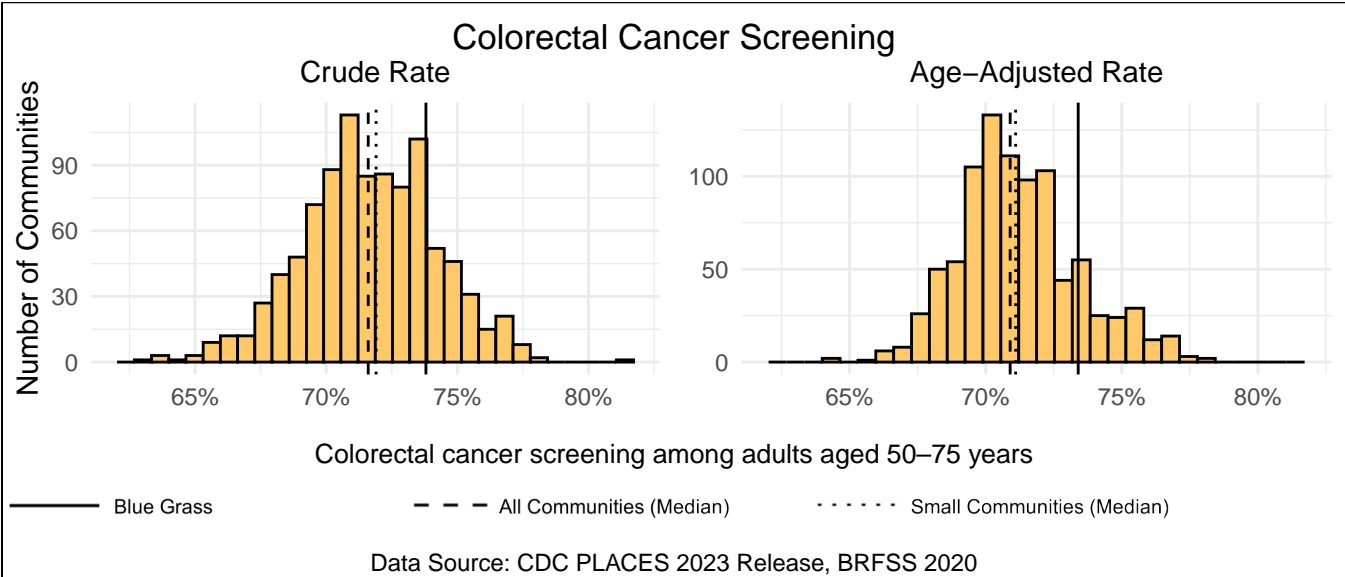
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	82.5%	82.6%	82.9%
Age-Adjusted	80.4%	79.1%	79.4%



Colorectal Cancer Screening

Blue Grass has a crude rate of 73.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 177th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Blue Grass is 73.4%, which ranks 136th out of 905 Iowa communities (25th out of 138 small communities).

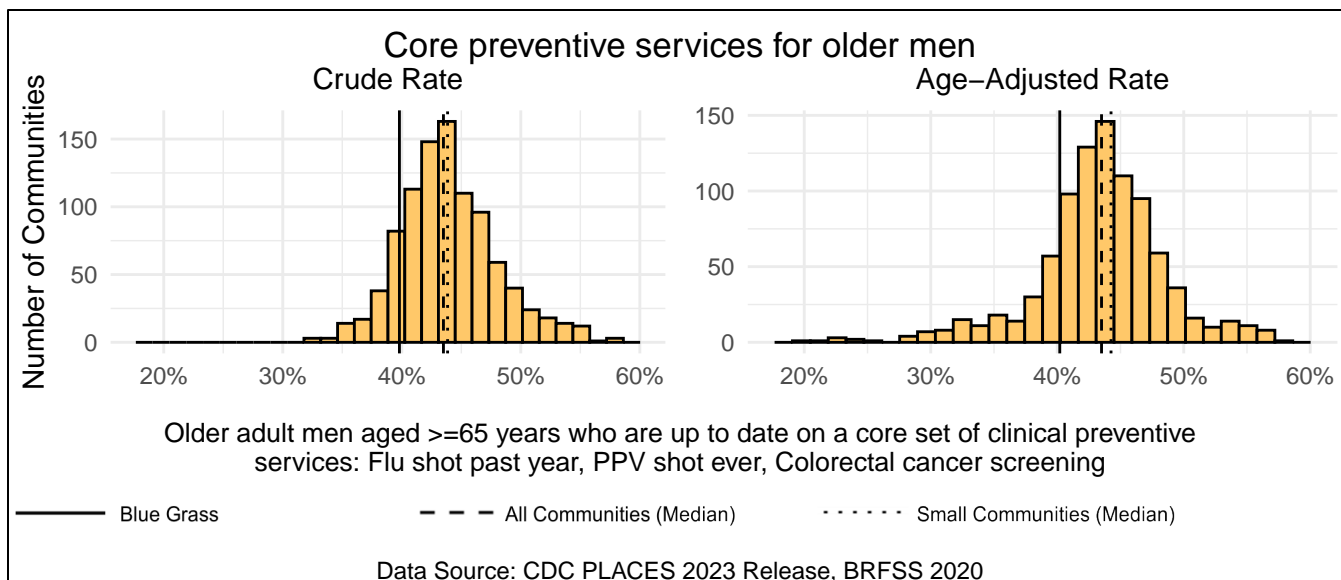
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	73.8%	71.6%	71.9%
Age-Adjusted	73.4%	70.9%	71.1%



Core preventive services for older men

Blue Grass has a crude rate of 39.8% 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 825th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Blue Grass is 40.2%, which ranks 734th out of 905 Iowa communities (124th out of 138 small communities).

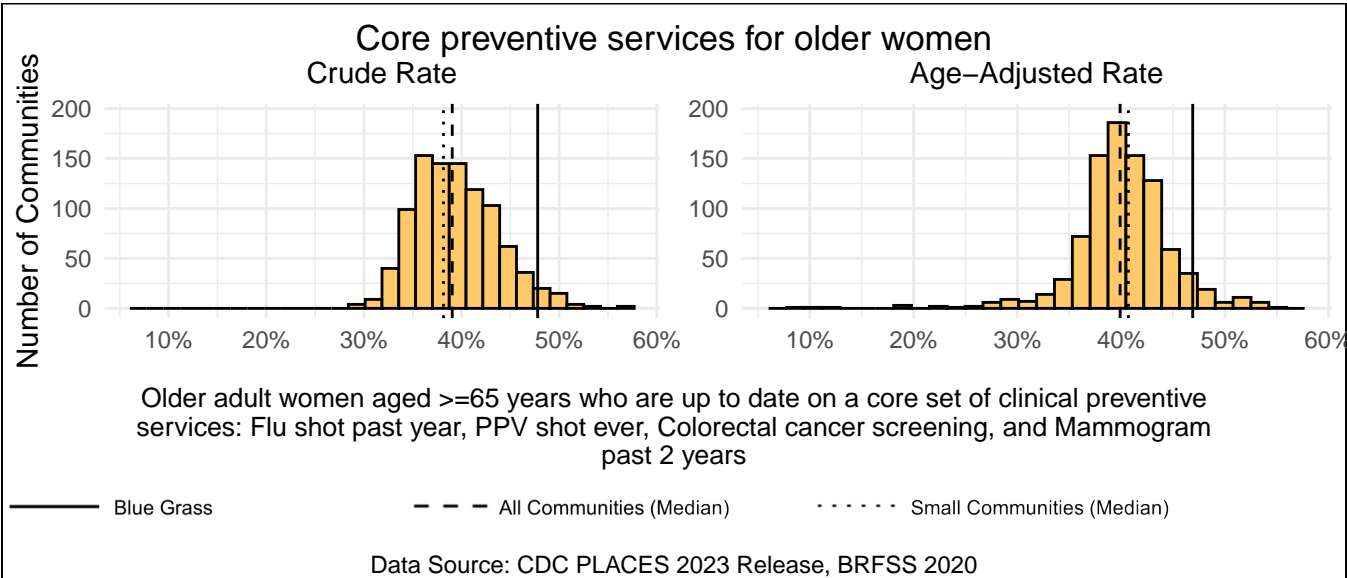
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	39.8%	43.5%	43.8%
Age-Adjusted	40.2%	43.5%	44.2%



Core preventive services for older women

Blue Grass has a crude rate of 47.8% 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 36th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Blue Grass is 46.9%, which ranks 48th out of 905 Iowa communities (7th out of 138 small communities).

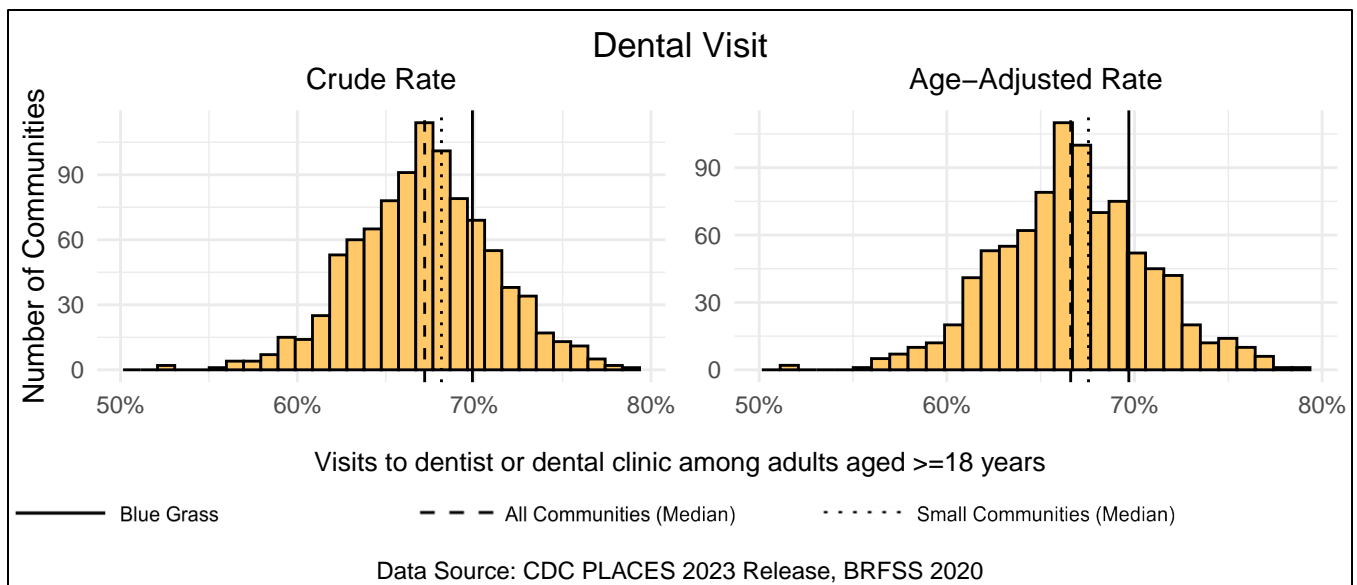
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	47.8%	39.0%	38.2%
Age-Adjusted	46.9%	39.9%	40.7%



Dental Visit

Blue Grass has a crude rate of 69.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 224th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Blue Grass is 69.7%, which ranks 197th out of 905 Iowa communities (35th out of 138 small communities).

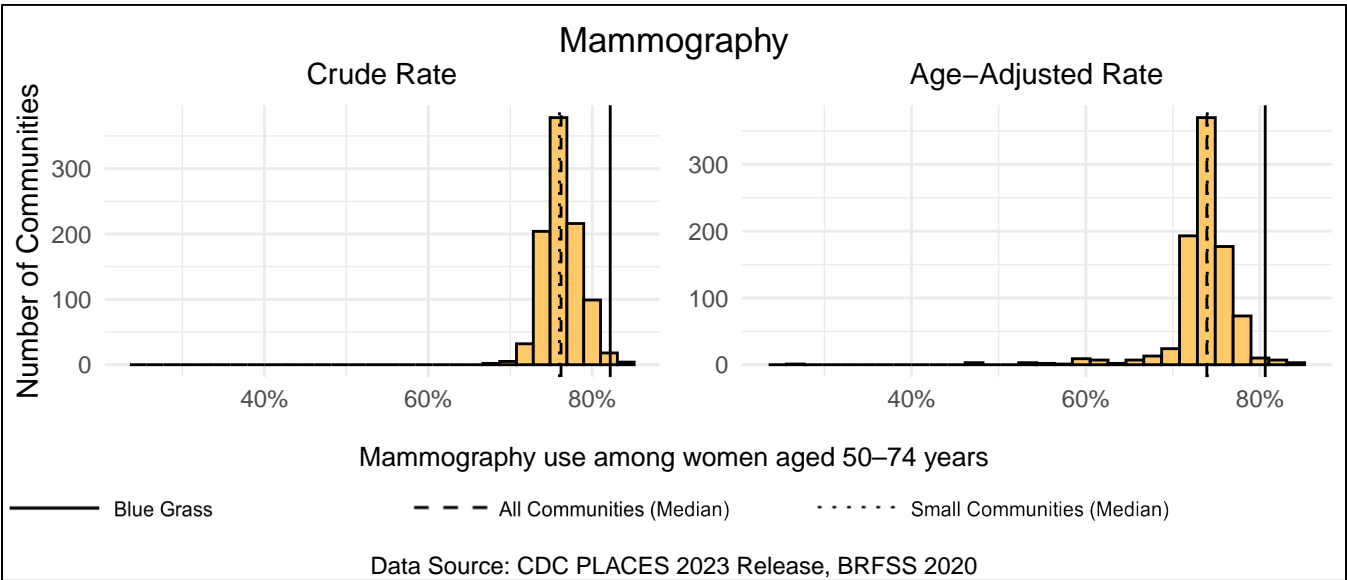
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	69.9%	67.2%	68.2%
Age-Adjusted	69.7%	66.6%	67.5%



Mammography

Blue Grass has a crude rate of 82.2% for mammography use among women aged 50–74 years, which ranks 14th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Blue Grass is 80.6%, which ranks 13th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	82.2%	76.2%	76.0%
Age-Adjusted	80.6%	73.9%	74.0%



Disability

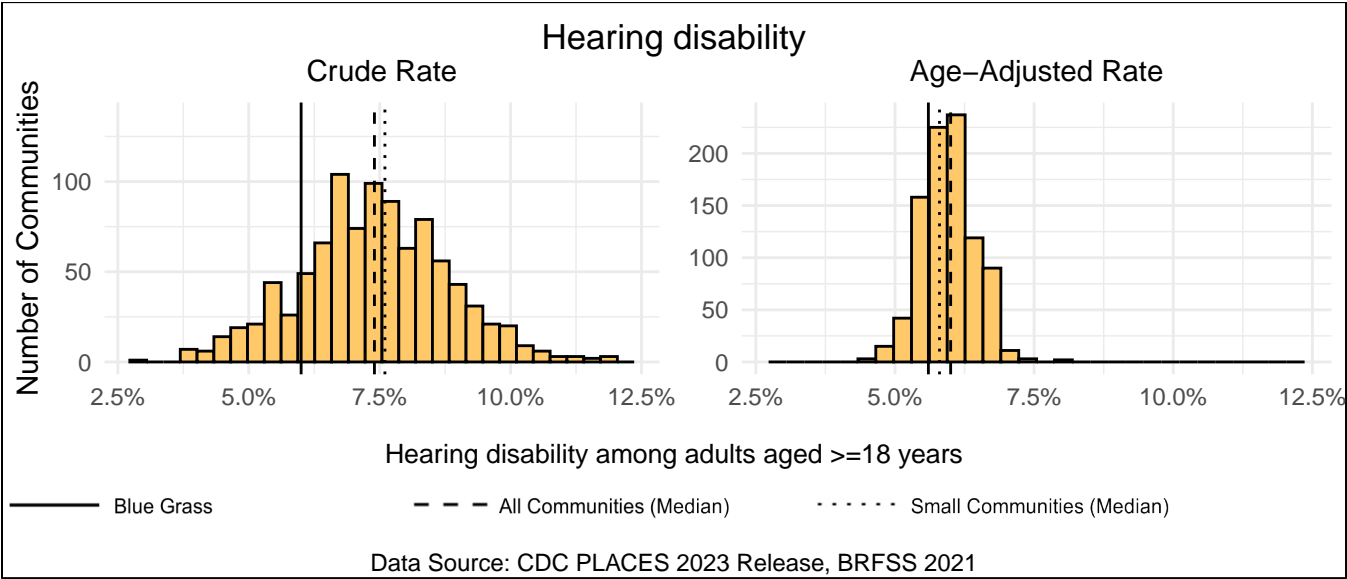
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Blue Grass has a crude rate of 6.0% for hearing disability among adults aged ≥ 18 years, which ranks 139th out of 958 Iowa communities (22nd out of 138 small communities). The age-adjusted rate for Blue Grass is 5.6%, which ranks 163rd out of 905 Iowa communities (29th out of 138 small communities).

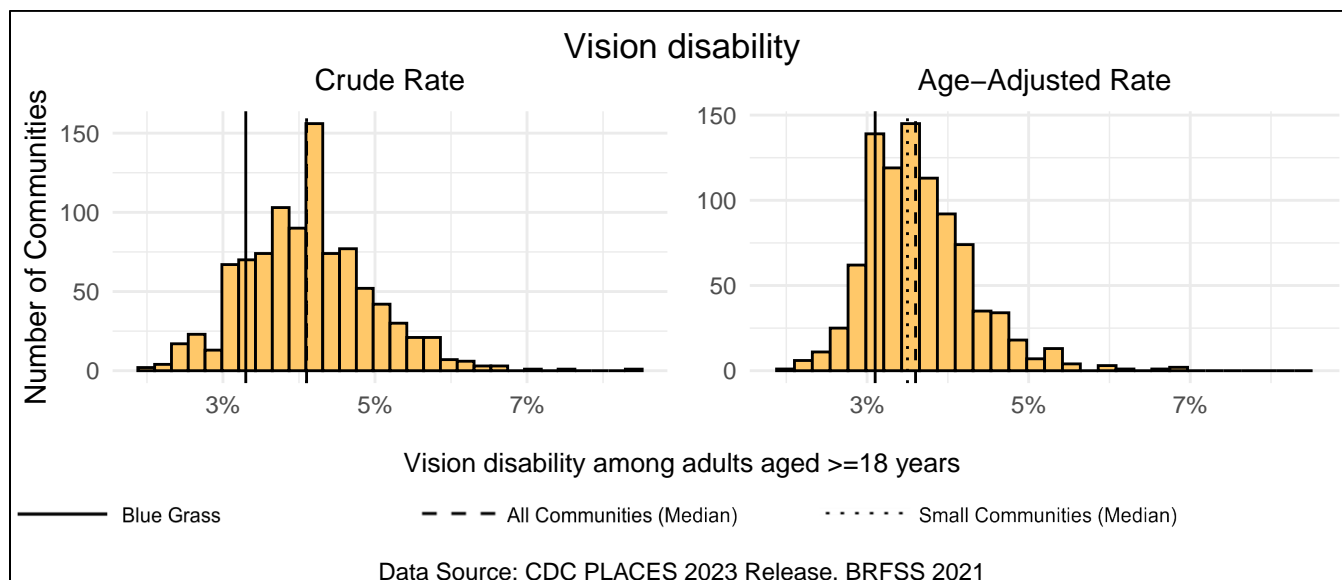
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	6.0%	7.4%	7.6%
Age-Adjusted	5.6%	6.0%	5.8%



Vision disability

Blue Grass has a crude rate of 3.3% for vision disability among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Blue Grass is 3.1%, which ranks 135th out of 905 Iowa communities (22nd out of 138 small communities).

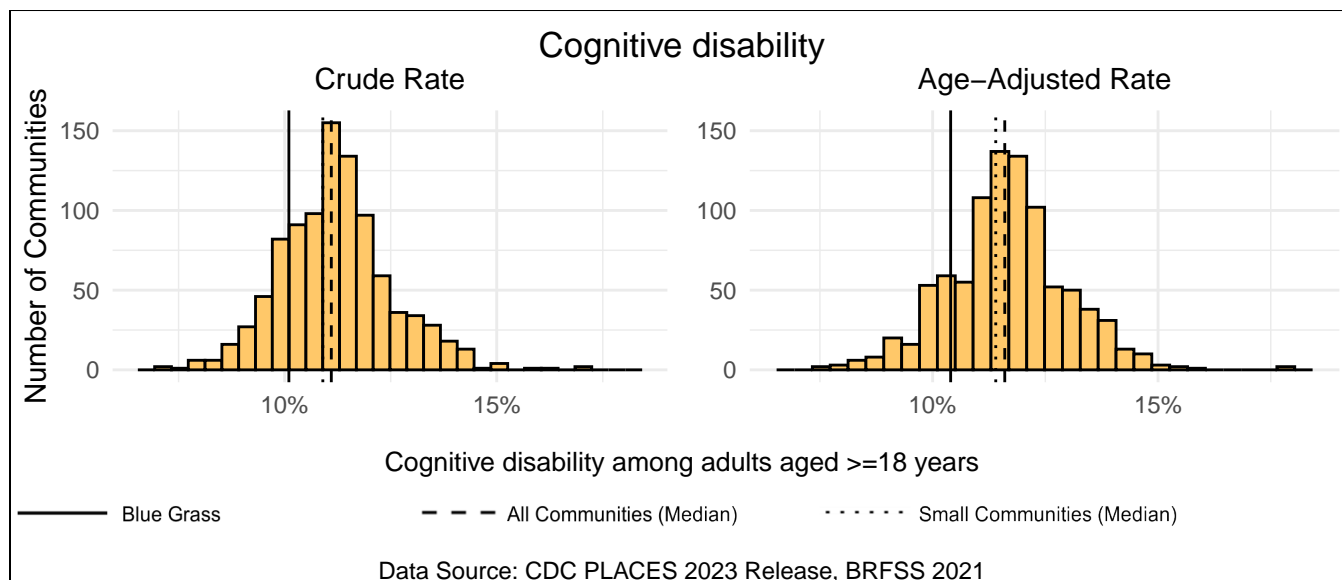
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	3.3%	4.1%	4.1%
Age-Adjusted	3.1%	3.6%	3.5%



Cognitive disability

Blue Grass has a crude rate of 10.1% for cognitive disability among adults aged ≥ 18 years, which ranks 162nd out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Blue Grass is 10.4%, which ranks 141st out of 905 Iowa communities (24th out of 138 small communities).

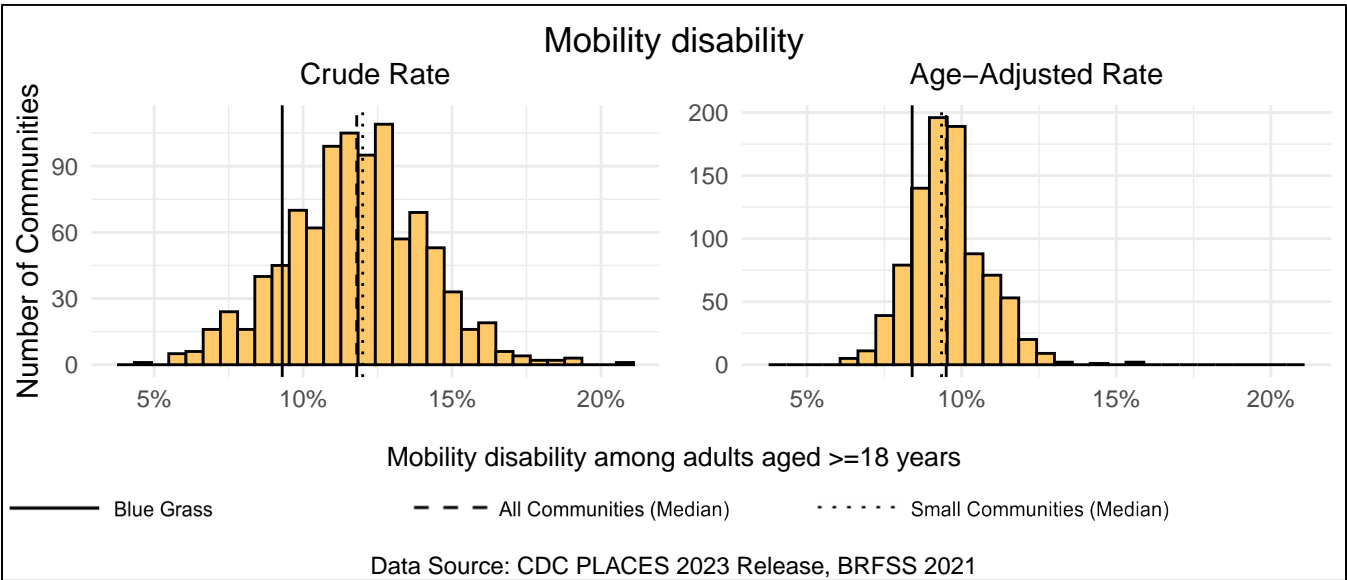
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	10.1%	11.1%	10.9%
Age-Adjusted	10.4%	11.6%	11.4%



Mobility disability

Blue Grass has a crude rate of 9.3% for mobility disability among adults aged ≥ 18 years, which ranks 135th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Blue Grass is 8.4%, which ranks 135th out of 905 Iowa communities (23rd out of 138 small communities).

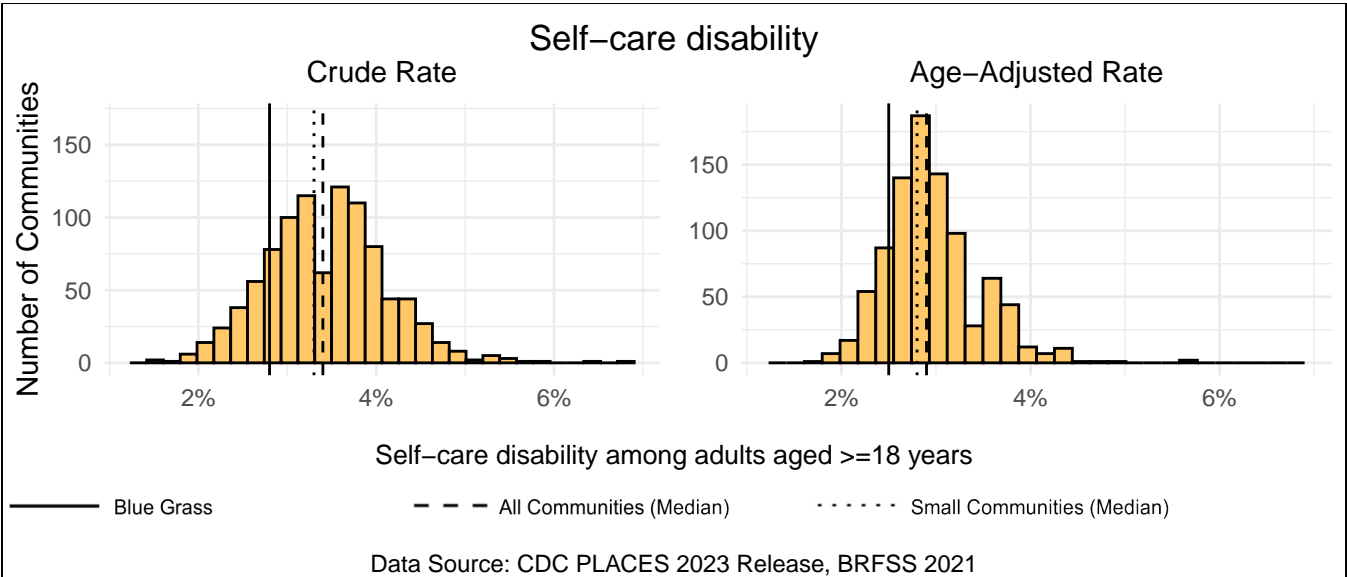
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	9.3%	11.8%	12.0%
Age-Adjusted	8.4%	9.5%	9.4%



Self-care disability

Blue Grass has a crude rate of 2.8% for self-care disability among adults aged ≥ 18 years, which ranks 142nd out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Blue Grass is 2.5%, which ranks 123rd out of 905 Iowa communities (22nd out of 138 small communities).

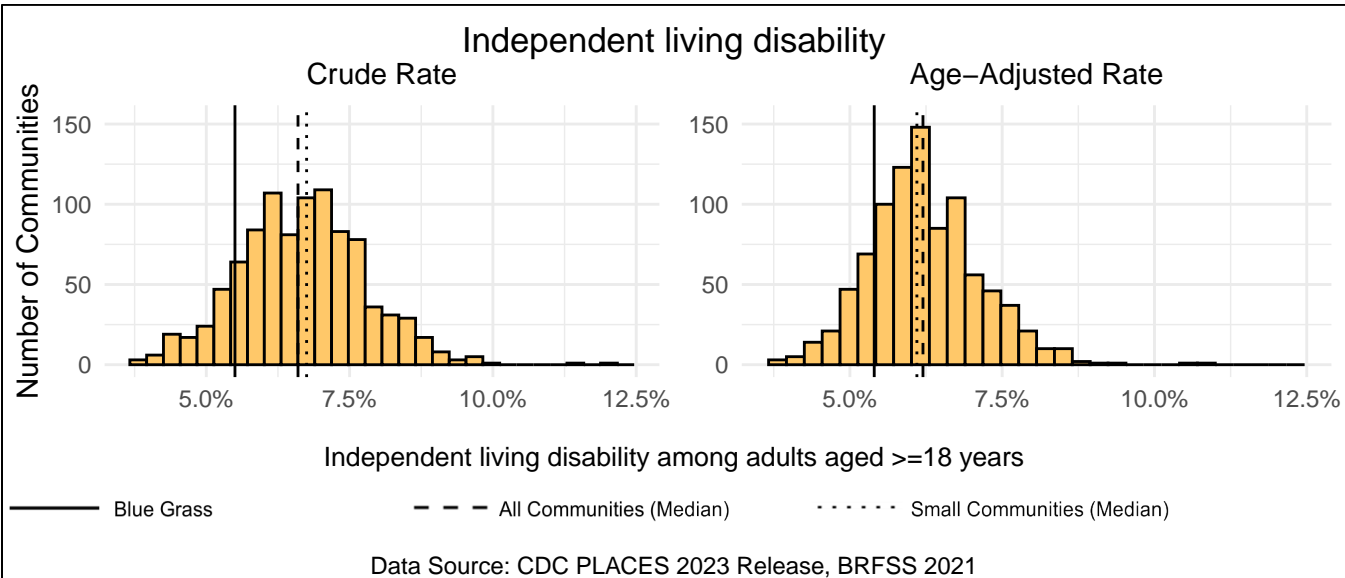
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	2.8%	3.4%	3.3%
Age-Adjusted	2.5%	2.9%	2.8%



Independent living disability

Blue Grass has a crude rate of 5.5% for independent living disability among adults aged ≥ 18 years, which ranks 117th out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Blue Grass is 5.4%, which ranks 133rd out of 905 Iowa communities (21st out of 138 small communities).

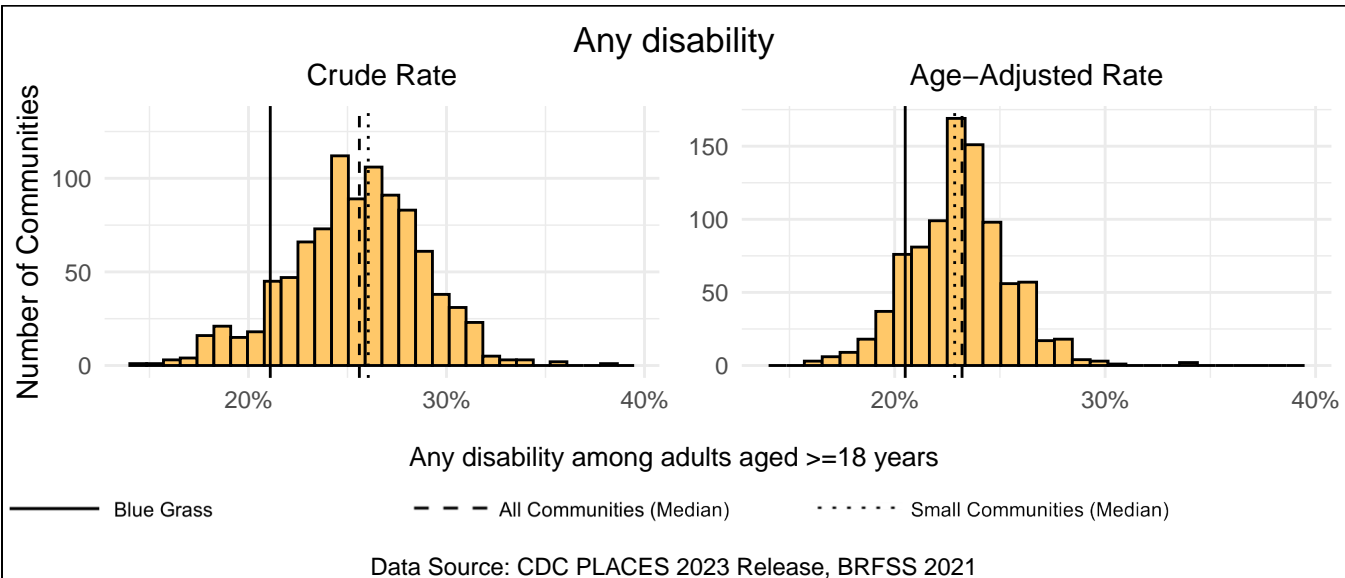
Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	5.5%	6.6%	6.8%
Age-Adjusted	5.4%	6.2%	6.1%



Any disability

Blue Grass has a crude rate of 21.1% for any disability among adults aged ≥ 18 years, which ranks 92nd out of 958 Iowa communities (20th out of 138 small communities). The age-adjusted rate for Blue Grass is 20.5%, which ranks 101st out of 905 Iowa communities (22nd out of 138 small communities).

Measure Type	Blue Grass	All Comm.	Small Comm.
Crude	21.1%	25.6%	26.0%
Age-Adjusted	20.5%	23.2%	22.8%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Blue Grass 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	390	14.1% (12.1% - 16.2%)	165	14.7% (12.5% - 16.9%)
Health Status	General Health	164	12.2% (9.9% - 14.7%)	179	11.5% (9.4% - 13.7%)
Health Status	Physical Health	126	9.3% (7.8% - 10.9%)	103	8.6% (7.3% - 10.1%)
Health Risk Behaviors	Sleep <7 hours	728	31.5% (29.7% - 33.1%)	545	31.6% (29.9% - 33.1%)
Health Risk Behaviors	Current Smoking	490	16.9% (13.2% - 20.8%)	273	16.7% (12.9% - 20.7%)
Health Risk Behaviors	Physical Inactivity	123	22.2% (18.4% - 26.5%)	134	21.5% (17.6% - 25.8%)
Health Risk Behaviors	Binge Drinking	769	21.3% (18.1% - 24.9%)	609	22.5% (19.1% - 26.5%)
Health Outcomes	High Blood Pressure	273	30.2% (26.8% - 33.6%)	492	27.5% (24.3% - 30.9%)
Health Outcomes	Chronic Kidney Disease	135	2.7% (2.4% - 3.0%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	Arthritis	150	24.1% (21.0% - 27.4%)	97	21.6% (18.9% - 24.7%)
Health Outcomes	High Cholesterol	243	34.5% (30.9% - 38.4%)	379	29.6% (26.1% - 33.4%)
Health Outcomes	All Teeth Lost	236	11.5% (7.4% - 16.4%)	302	12.0% (7.6% - 17.1%)
Health Outcomes	Cancer (except skin)	204	7.1% (6.4% - 7.9%)	74	6.4% (5.7% - 7.1%)
Health Outcomes	Diabetes	154	8.5% (7.2% - 10.1%)	147	7.5% (6.4% - 8.8%)
Health Outcomes	COPD	179	6.3% (5.1% - 7.7%)	183	5.7% (4.6% - 6.8%)
Health Outcomes	Obesity	337	36.8% (31.7% - 42.3%)	212	35.9% (30.8% - 41.4%)
Health Outcomes	Depression	424	17.9% (15.0% - 21.3%)	164	18.3% (15.3% - 21.5%)
Health Outcomes	Stroke	124	2.6% (2.3% - 3.0%)	116	2.4% (2.1% - 2.7%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.5%)	241	9.3% (8.1% - 10.5%)
Health Outcomes	Coronary Heart Disease	145	5.2% (4.5% - 6.0%)	187	4.7% (4.0% - 5.4%)
Prevention	Annual Checkup	596	74.6% (70.4% - 78.7%)	235	73.2% (68.9% - 77.5%)
Prevention	Mammography	14	82.2% (78.6% - 85.3%)	13	80.6% (76.6% - 84.0%)
Prevention	Dental Visit	224	69.9% (66.4% - 73.3%)	197	69.7% (66.0% - 73.2%)
Prevention	Core preventive services for older women	36	47.8% (39.7% - 55.3%)	48	46.9% (38.9% - 54.3%)
Prevention	Cervical Cancer Screening	142	85.0% (82.5% - 87.4%)	79	85.1% (82.6% - 87.5%)
Prevention	Cholesterol Screening	501	82.5% (79.3% - 85.4%)	157	80.4% (76.6% - 83.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	177	73.8% (70.6% - 77.0%)	136	73.4% (70.3% - 76.7%)
Prevention	Core preventive services for older men	825	39.8% (32.0% - 47.9%)	734	40.2% (32.6% - 47.9%)
Prevention	Health Insurance	217	6.7% (5.0% - 8.9%)	193	7.0% (5.1% - 9.3%)
Prevention	Taking BP Medication	742	77.4% (73.8% - 80.8%)	579	58.6% (53.9% - 63.6%)
Disability	Self-care Disability	142	2.8% (2.3% - 3.3%)	123	2.5% (2.1% - 2.9%)
Disability	Mobility Disability	135	9.3% (7.7% - 11.3%)	135	8.4% (7.0% - 10.0%)
Disability	Hearing Disability	139	6.0% (5.2% - 6.9%)	163	5.6% (4.9% - 6.4%)
Disability	Independent Living Disability	117	5.5% (4.6% - 6.5%)	133	5.4% (4.5% - 6.5%)
Disability	Vision Disability	127	3.3% (2.7% - 3.9%)	135	3.1% (2.6% - 3.7%)
Disability	Any Disability	92	21.1% (17.7% - 24.7%)	101	20.5% (17.3% - 23.9%)
Disability	Cognitive Disability	162	10.1% (8.3% - 11.9%)	141	10.4% (8.6% - 12.5%)

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

Appendix 3: Small Communities (1,000-2,499)

Blue Grass falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		