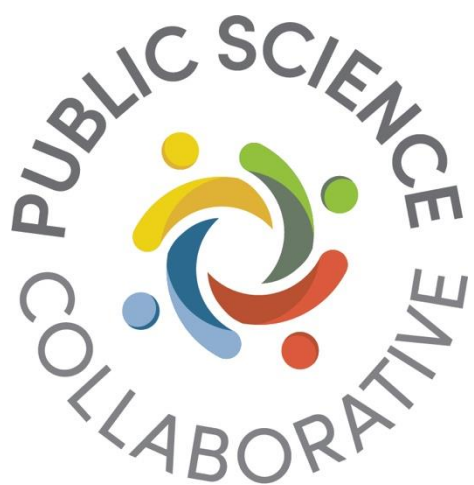# Iowa Community Health Snapshot Series

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

*May 2024*

*By Matthew Voss & Shawn Dorius*

# Iowa Community Health Snapshot Series

## Table of contents

# Health in Camanche: Overview

Dear Community Members & Stakeholders of Camanche,

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

## Strengths

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

| Crude | | | Age-Adjusted | | |
|---|---|---|---|---|---|
| Health Domain | Statewide Community Rank | Midsized Community Rank | Health Domain | Statewide Community Rank | Midsized Community Rank |
| Mammography | 110th | 16th | Taking BP Medication | 91st | 17th |
| Annual Checkup | 234th | 19th | Annual Checkup | 127th | 17th |
| Core preventive services for older women | 343rd | 28th | Mammography | 161st | 31st |
| Taking BP Medication | 370th | 36th | High Cholesterol | 379th | 41st |
| Cervical Cancer Screening | 402nd | 36th | Core preventive services for older women | 382nd | 47th |

## Opportunities

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

| Crude | | | Age-Adjusted | | |
|---|---|---|---|---|---|
| Health Domain | Statewide Community Rank | Midsized Community Rank | Health Domain | Statewide Community Rank | Midsized Community Rank |
| Obesity | 929th | 96th | Obesity | 865th | 90th |
| Core preventive services for older men | 876th | 89th | Dental Visit | 786th | 75th |
| Current Smoking | 860th | 88th | Diabetes | 782nd | 78th |
| Current Asthma | 838th | 81st | Physical Health | 777th | 77th |
| Physical Health | 830th | 82nd | Core preventive services for older men | 771st | 88th |

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 Camanche.

Sincerely,

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

## How to Use this Report

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

With a population of 4,546, Camanche's similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

**Using Ames, IA as an Example**

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



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames's unique age distribution, Ames's poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

# Health Status

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

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

**Poor General Health**

Camanche has a crude rate of 15.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 752nd out of 958 Iowa communities (72nd out of 102 midsized communities). The age-adjusted rate for Camanche is 14.3%, which ranks 744th out of 905 Iowa communities (71st out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 15.9% | 14.3% | 14.5% |
| Age-Adjusted | 14.3% | 12.7% | 13.0% |



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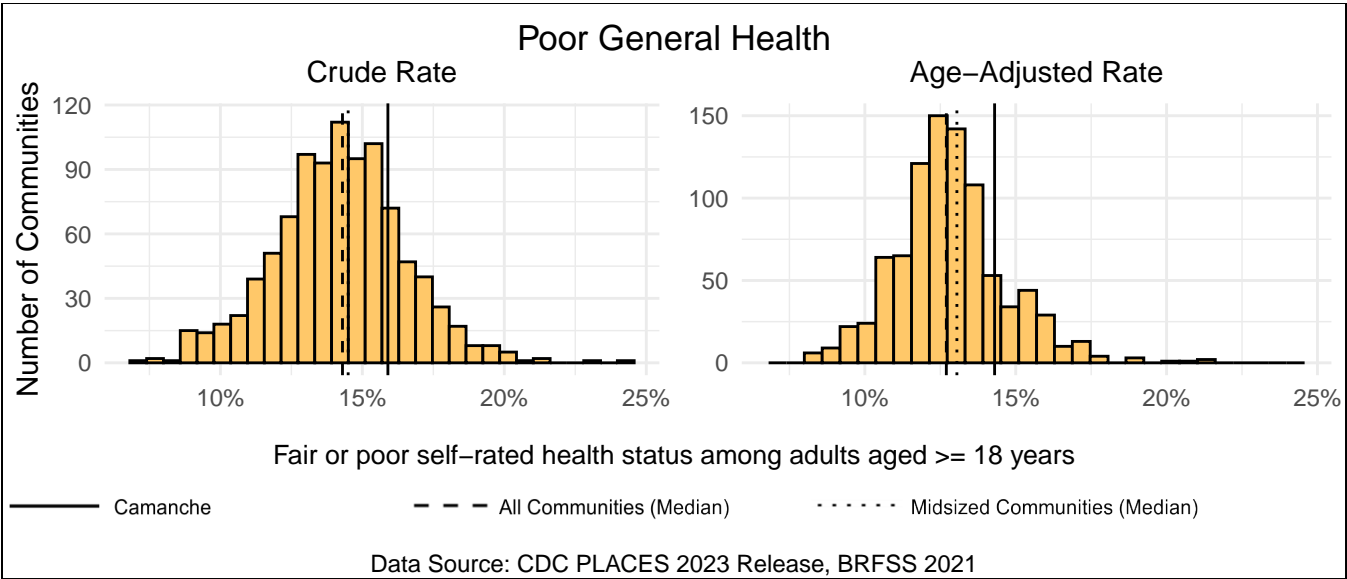
## Poor Physical Health

Camanche has a crude rate of 12.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 830th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Camanche is 10.8%, which ranks 777th out of 905 Iowa communities (77th out of 102 midsized communities).
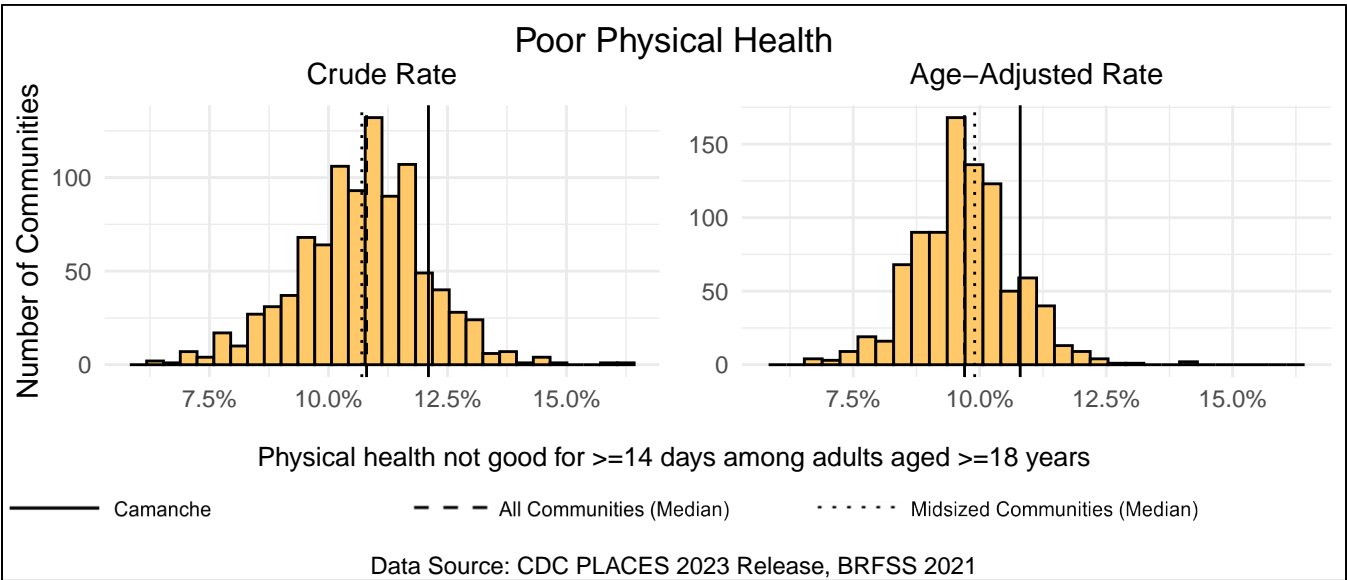
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 12.1% | 10.8% | 10.7% |
| Age-Adjusted | 10.8% | 9.7% | 9.9% |



Poor Physical Health — Crude Rate / Age–Adjusted Rate

Number of Communities vs. Physical health not good for >=14 days among adults aged >=18 years

Camanche — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Mental Health

Camanche has a crude rate of 15.0% for mental health not good for >=14 days among adults aged >=18 years, which ranks 705th out of 958 Iowa communities (68th out of 102 midsized communities). The age-adjusted rate for Camanche is 16.4%, which ranks 744th out of 905 Iowa communities (77th out of 102 midsized communities).
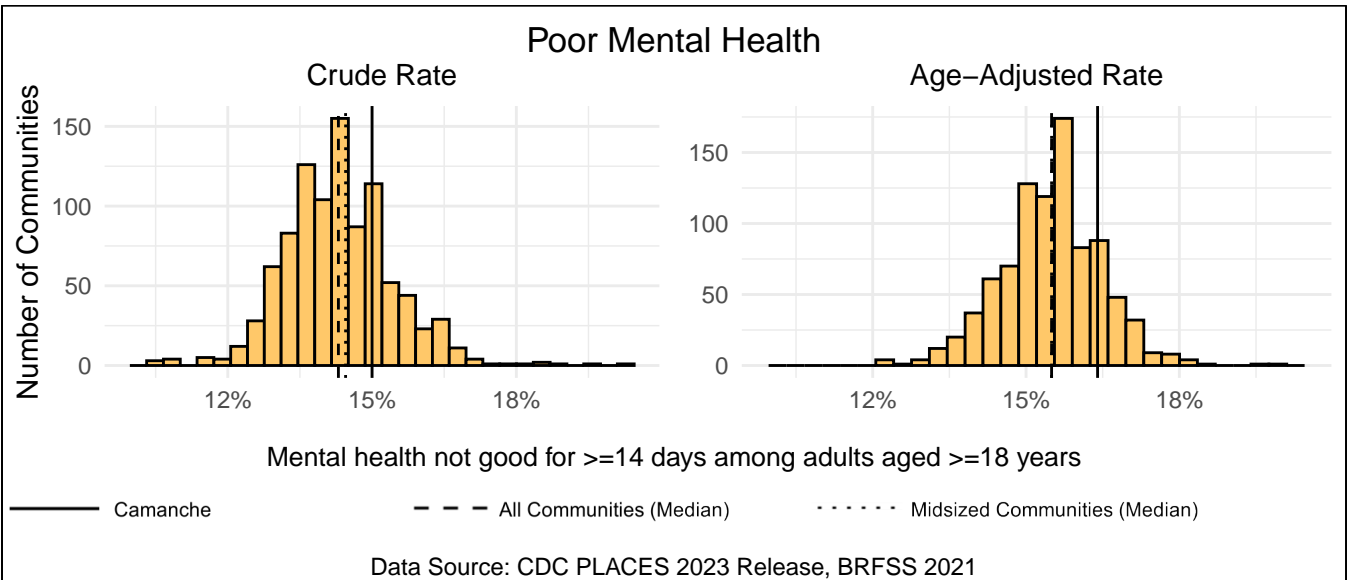
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 15.0% | 14.3% | 14.4% |
| Age-Adjusted | 16.4% | 15.5% | 15.5% |



Poor Mental Health — Crude Rate / Age–Adjusted Rate

Number of Communities vs. Mental health not good for >=14 days among adults aged >=18 years

Camanche — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
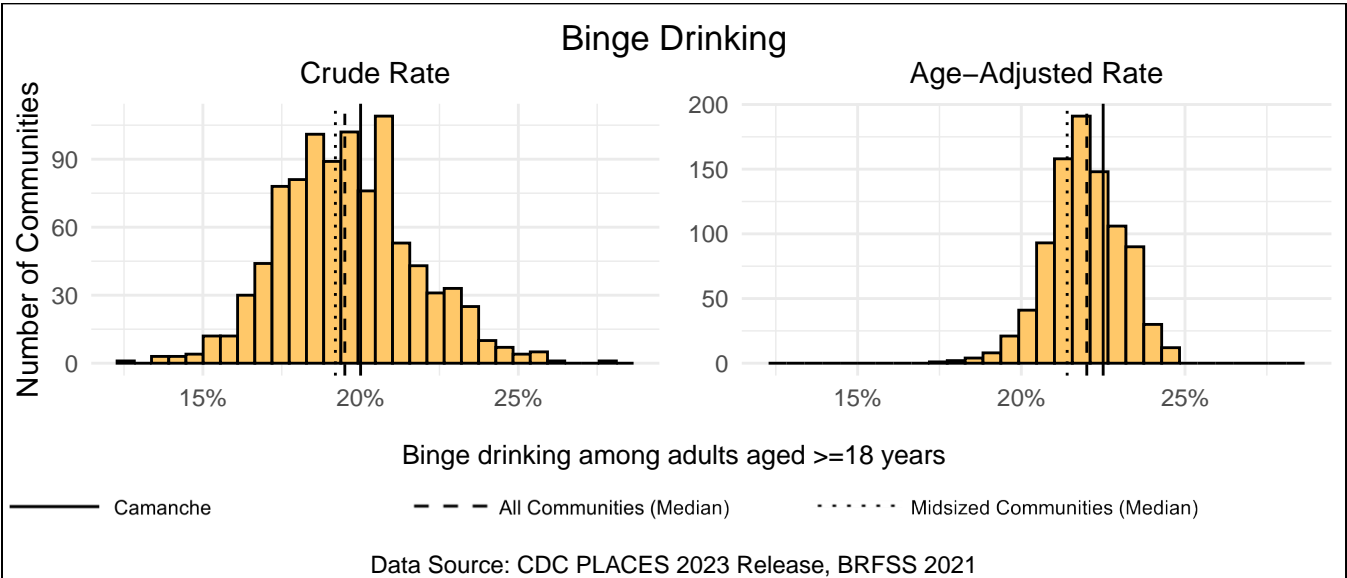
# Health Risk Behaviors

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

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

**Binge Drinking**

Camanche has a crude rate of 20.0% for binge drinking among adults aged >=18 years, which ranks 561st out of 958 Iowa communities (65th out of 102 midsized communities). The age-adjusted rate for Camanche is 22.5%, which ranks 609th out of 905 Iowa communities (72nd out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 20.0% | 19.5% | 19.2% |
| Age-Adjusted | 22.5% | 22.0% | 21.4% |



Binge Drinking

Crude Rate — Age–Adjusted Rate

Binge drinking among adults aged >=18 years

——— Camanche   — — — All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Current Smoking

Camanche has a crude rate of 19.4% for current smoking among adults aged >=18 years, which ranks 860th out of 958 Iowa communities (88th out of 102 midsized communities). The age-adjusted rate for Camanche is 19.5%, which ranks 758th out of 905 Iowa communities (80th out of 102 midsized communities).
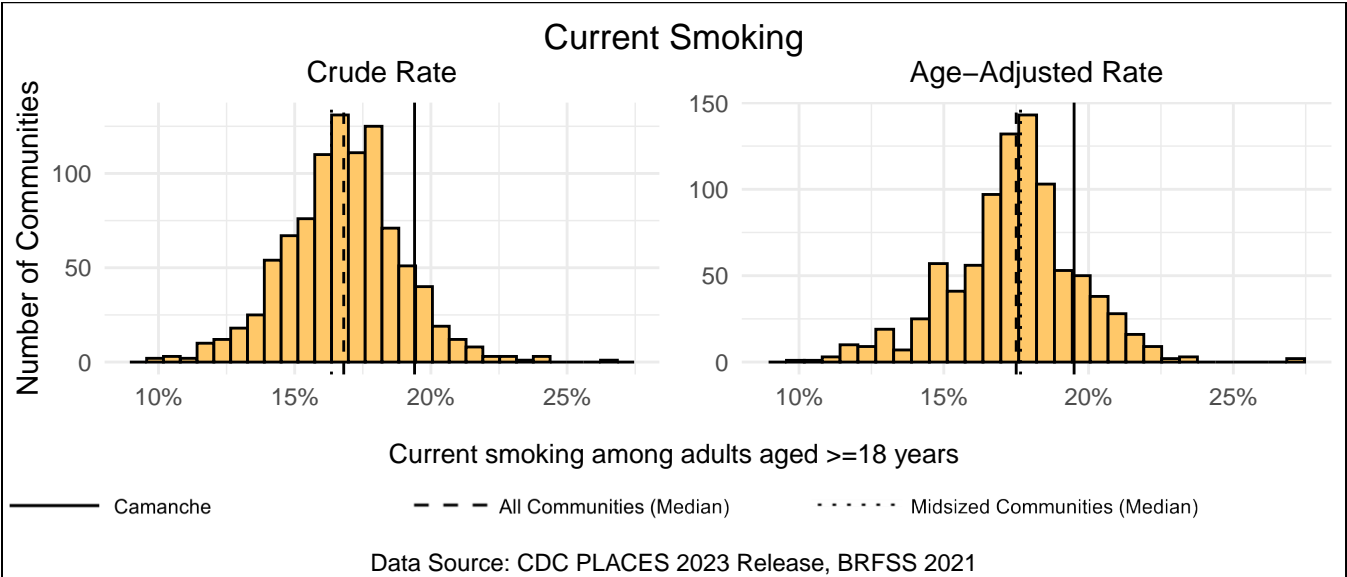
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 19.4% | 16.8% | 16.4% |
| Age-Adjusted | 19.5% | 17.5% | 17.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Physical Inactivity

Camanche has a crude rate of 27.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 696th out of 958 Iowa communities (67th out of 102 midsized communities). The age-adjusted rate for Camanche is 26.2%, which ranks 718th out of 905 Iowa communities (69th out of 102 midsized communities).
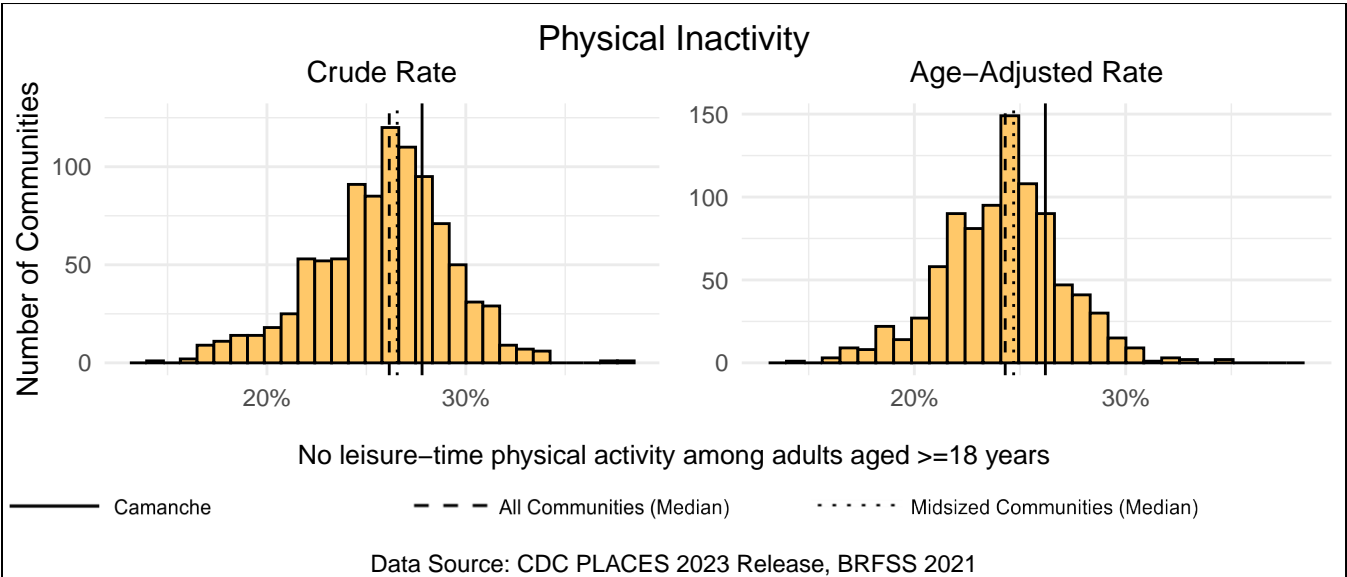
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 27.8% | 26.1% | 26.6% |
| Age-Adjusted | 26.2% | 24.3% | 24.7% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

Camanche has a crude rate of 32.0% for sleeping less than 7 hours among adults aged >=18 years, which ranks 823rd out of 958 Iowa communities (87th out of 102 mid-sized communities). The age-adjusted rate for Camanche is 32.5%, which ranks 770th out of 905 Iowa communities (84th out of 102 midsized communities).
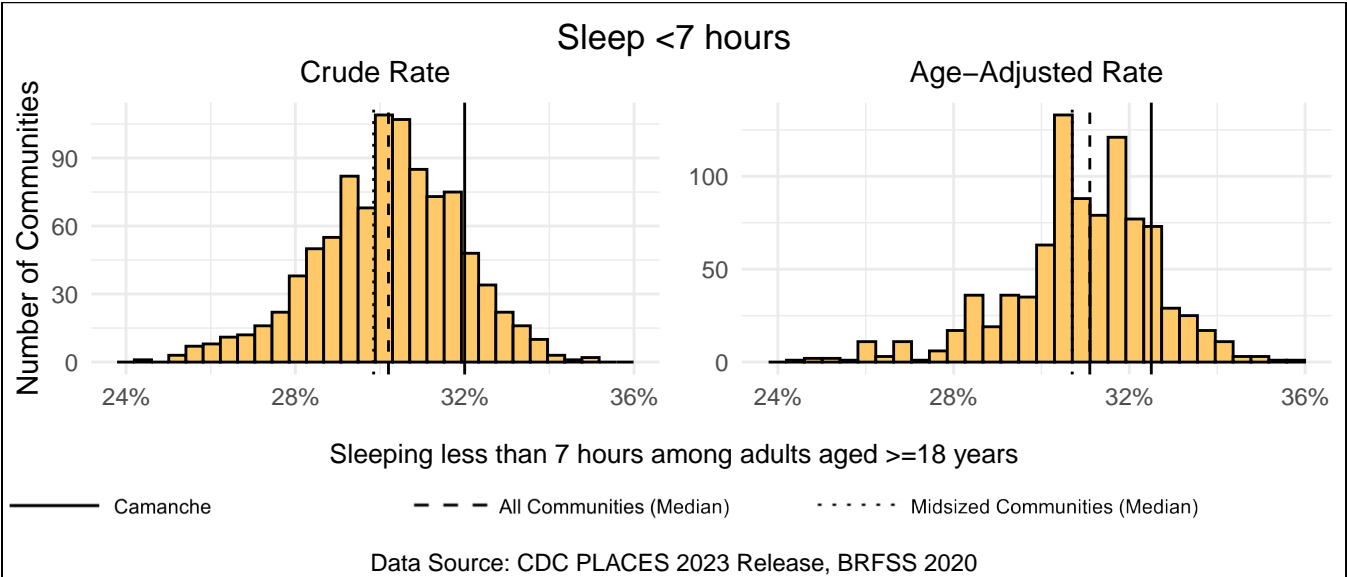
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 32.0% | 30.2% | 29.8% |
| Age-Adjusted | 32.5% | 31.1% | 30.7% |



Sleep <7 hours

Data Source: CDC PLACES 2023 Release, BRFSS 2020

# Health Outcomes

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

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

**Arthritis**

Camanche has a crude rate of 29.5% for arthritis among adults aged >=18 years, which ranks 654th out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Camanche is 24.4%, which ranks 768th out of 905 Iowa communities (82nd out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 29.5% | 27.9% | 27.8% |
| Age-Adjusted | 24.4% | 23.1% | 23.2% |



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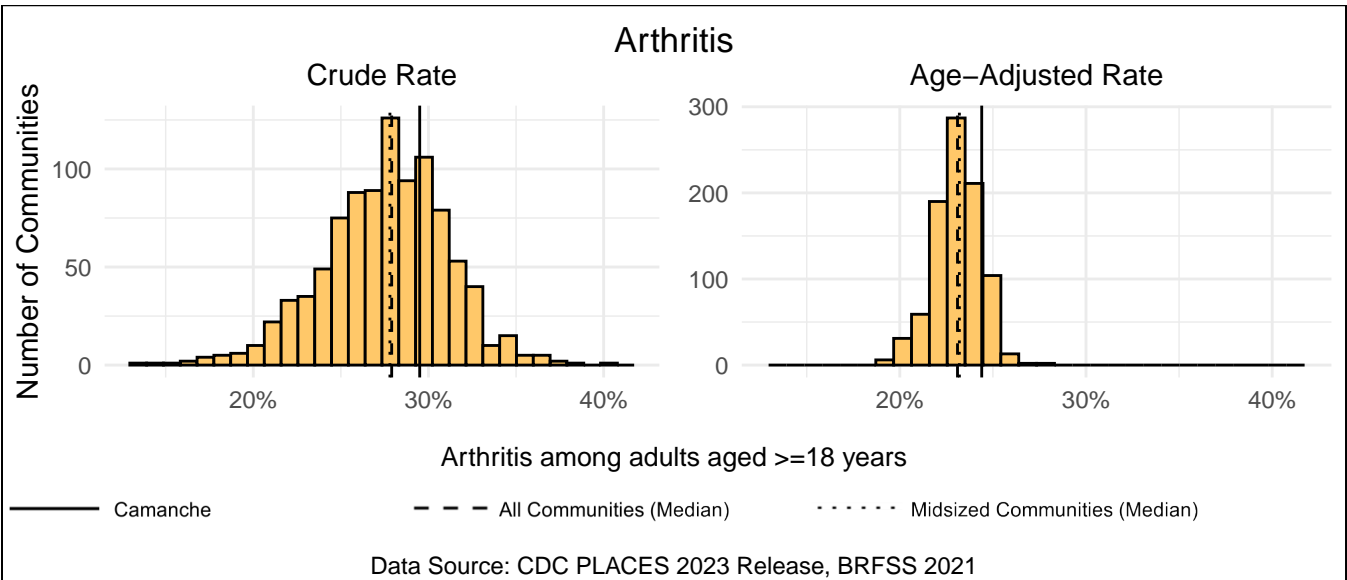
## High Blood Pressure

Camanche has a crude rate of 33.7% for high blood pressure among adults aged >=18 years, which ranks 639th out of 958 Iowa communities (77th out of 102 midsized communities). The age-adjusted rate for Camanche is 28.5%, which ranks 710th out of 905 Iowa communities (76th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 33.7% | 32.0% | 32.0% |
| Age-Adjusted | 28.5% | 27.3% | 27.5% |



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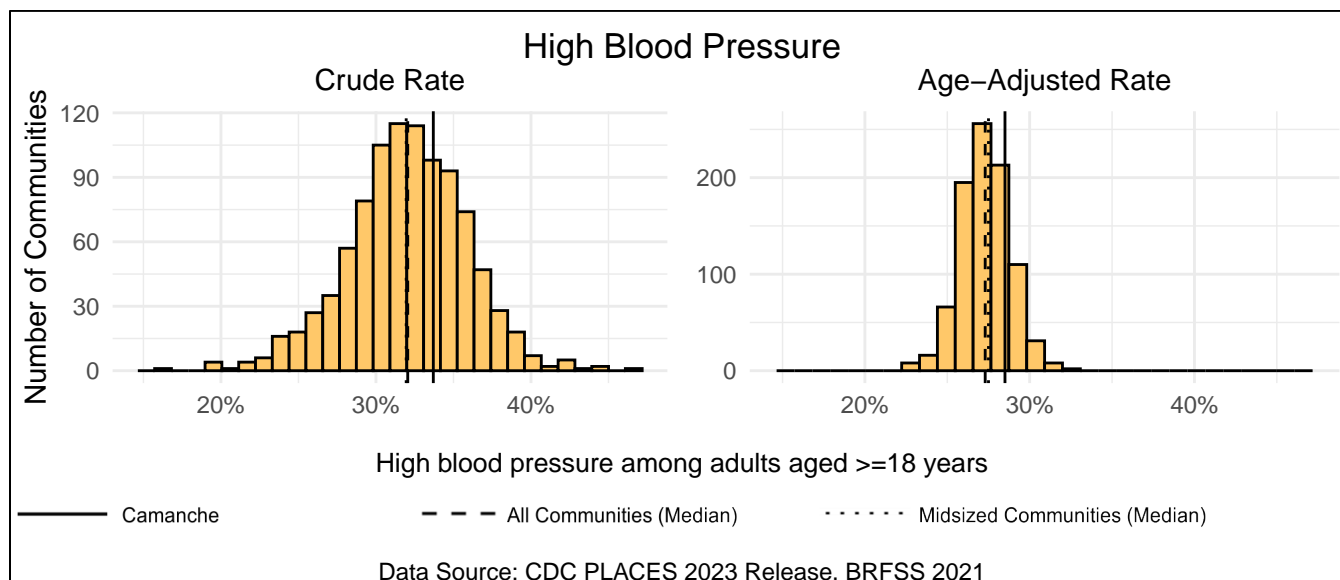
## Cancer (except skin)

Camanche has a crude rate of 8.0% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 449th out of 958 Iowa communities (45th out of 102 midsized communities). The age-adjusted rate for Camanche is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021
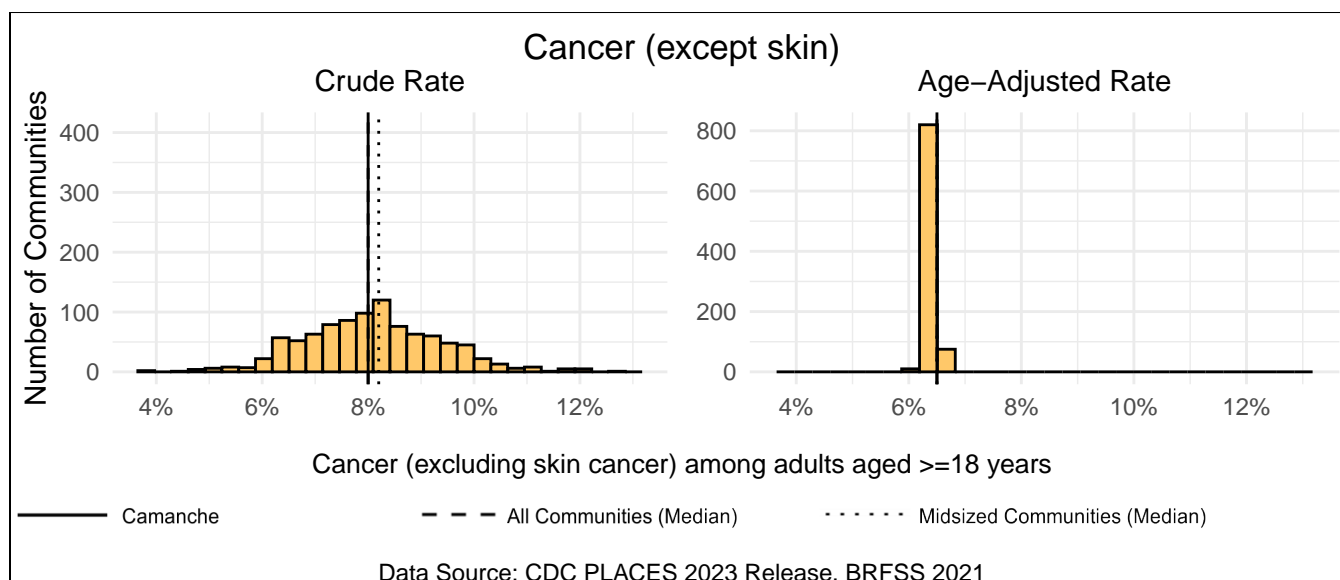
## Current Asthma

Camanche has a crude rate of 9.8% for current asthma among adults aged >=18 years, which ranks 838th out of 958 Iowa communities (81st out of 102 midsized communities). The age-adjusted rate for Camanche is 9.9%, which ranks 762nd out of 905 Iowa communities (80th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 9.8% | 9.3% | 9.3% |
| Age-Adjusted | 9.9% | 9.5% | 9.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
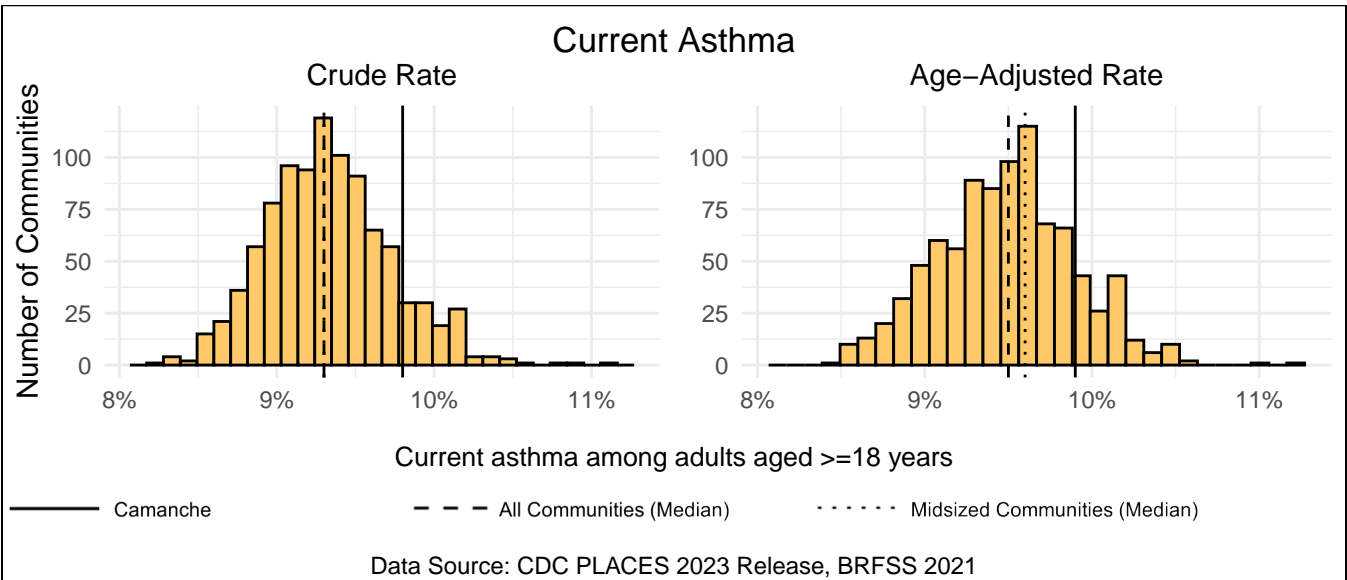
## Coronary Heart Disease

Camanche has a crude rate of 6.9% for coronary heart disease among adults aged >=18 years, which ranks 608th out of 958 Iowa communities (65th out of 102 midsized communities). The age-adjusted rate for Camanche is 5.4%, which ranks 729th out of 905 Iowa communities (76th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 6.9% | 6.4% | 6.5% |
| Age-Adjusted | 5.4% | 5.0% | 5.0% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## COPD

Camanche has a crude rate of 8.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 770th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Camanche is 7.1%, which ranks 765th out of 905 Iowa communities (75th out of 102 midsized communities).
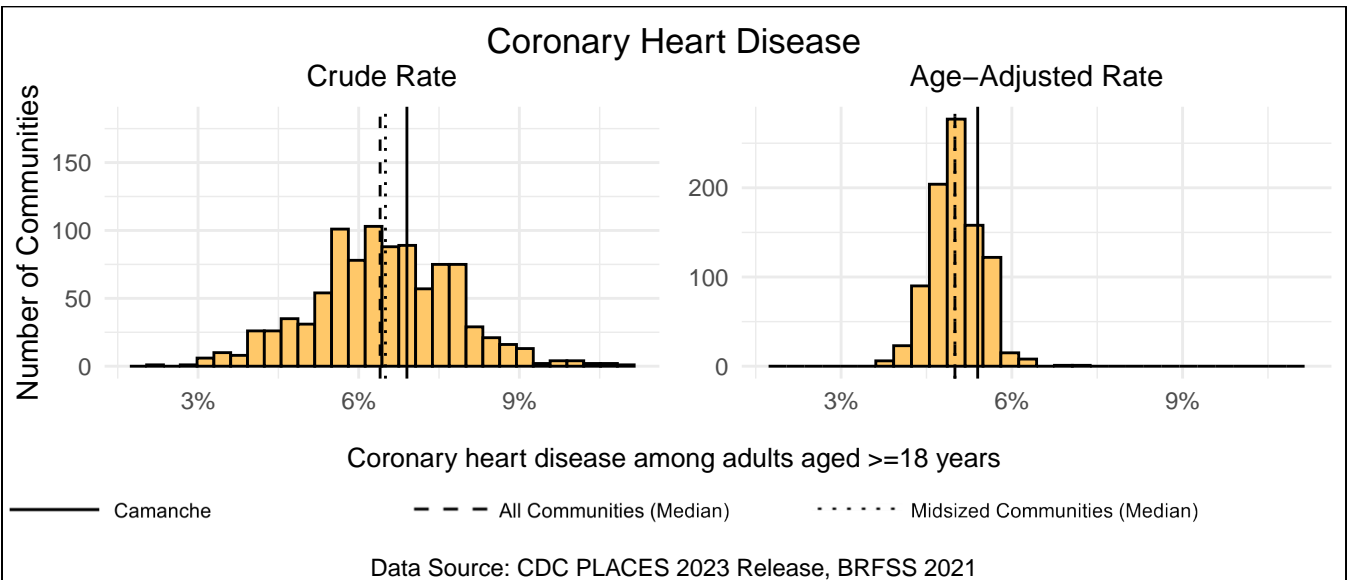
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 8.5% | 7.4% | 7.4% |
| Age-Adjusted | 7.1% | 6.2% | 6.3% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Depression

Camanche has a crude rate of 18.9% for depression among adults aged >=18 years, which ranks 730th out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Camanche is 19.9%, which ranks 702nd out of 905 Iowa communities (76th out of 102 midsized communities).
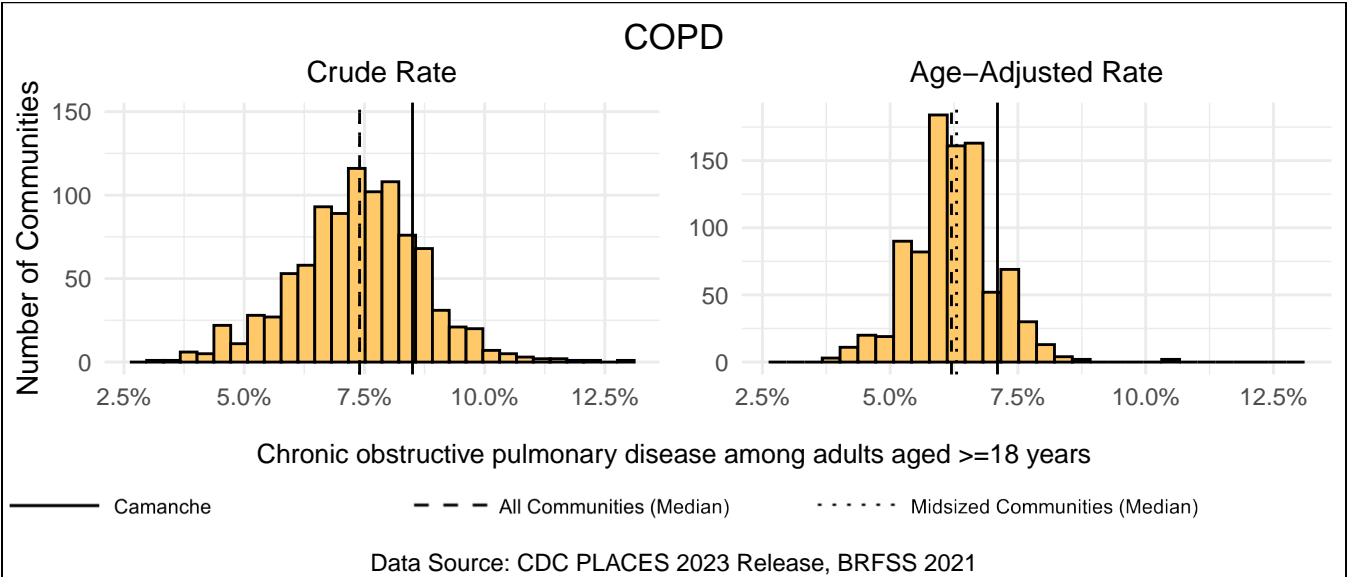
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 18.9% | 18.0% | 18.2% |
| Age-Adjusted | 19.9% | 19.0% | 19.2% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Diabetes

Camanche has a crude rate of 11.6% for diagnosed diabetes among adults aged >=18 years, which ranks 806th out of 958 Iowa communities (84th out of 102 midsized communities).   The age-adjusted rate for Camanche is 9.2%, which ranks 782nd out of 905 Iowa communities (78th out of 102 midsized communities).
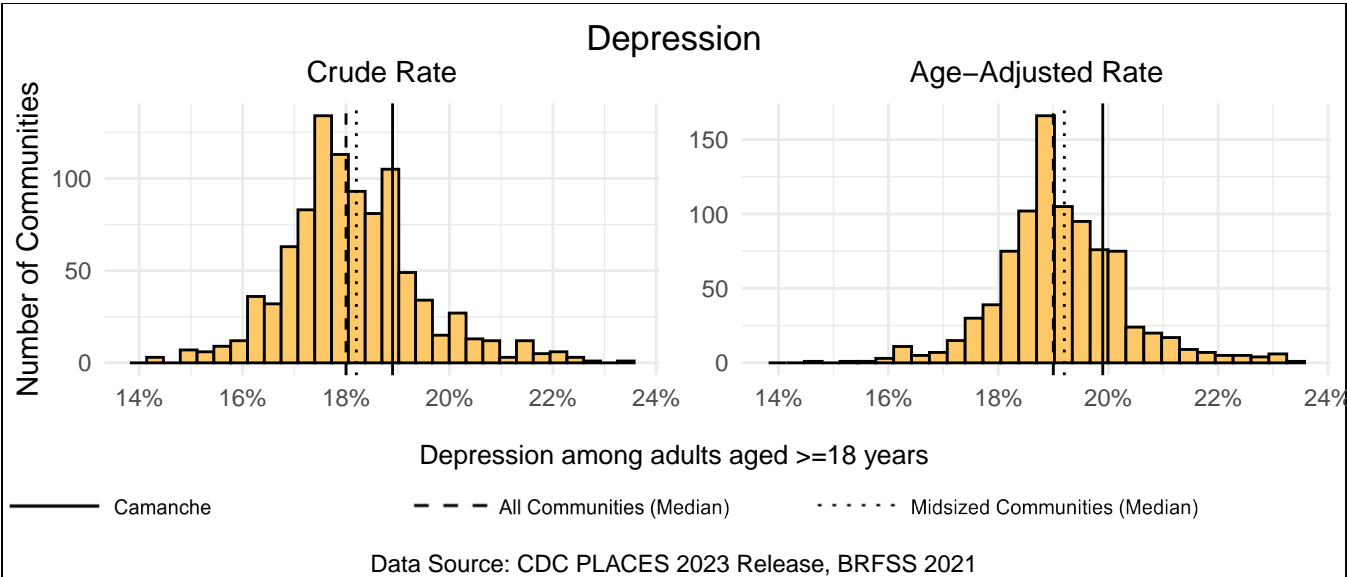
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 11.6% | 10.1% | 9.9% |
| Age-Adjusted | 9.2% | 8.1% | 8.3% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
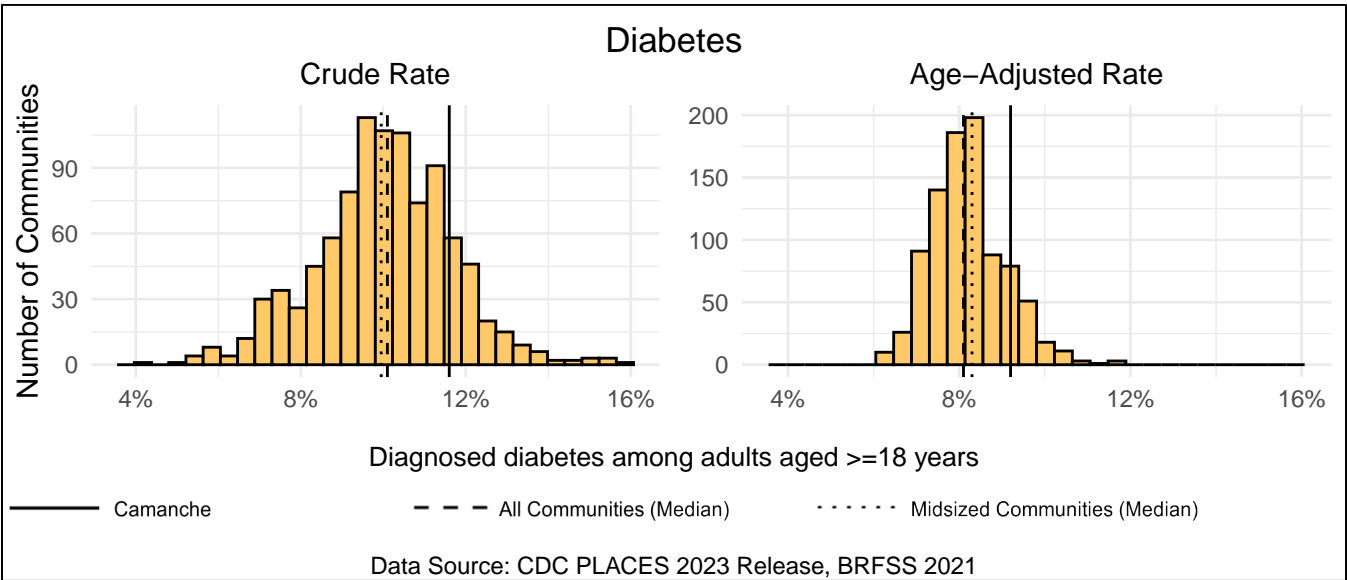
## High Cholesterol

Camanche has a crude rate of 36.6% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 527th out of 958 Iowa communities (67th out of 102 midsized communities). The age-adjusted rate for Camanche is 29.6%, which ranks 379th out of 905 Iowa communities (41st out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 36.6% | 36.2% | 35.7% |
| Age-Adjusted | 29.6% | 29.7% | 29.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Chronic Kidney Disease

Camanche has a crude rate of 3.3% for chronic kidney disease among adults aged >=18 years, which ranks 540th out of 958 Iowa communities (51st out of 102 midsized communities). The age-adjusted rate for Camanche is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 midsized communities).
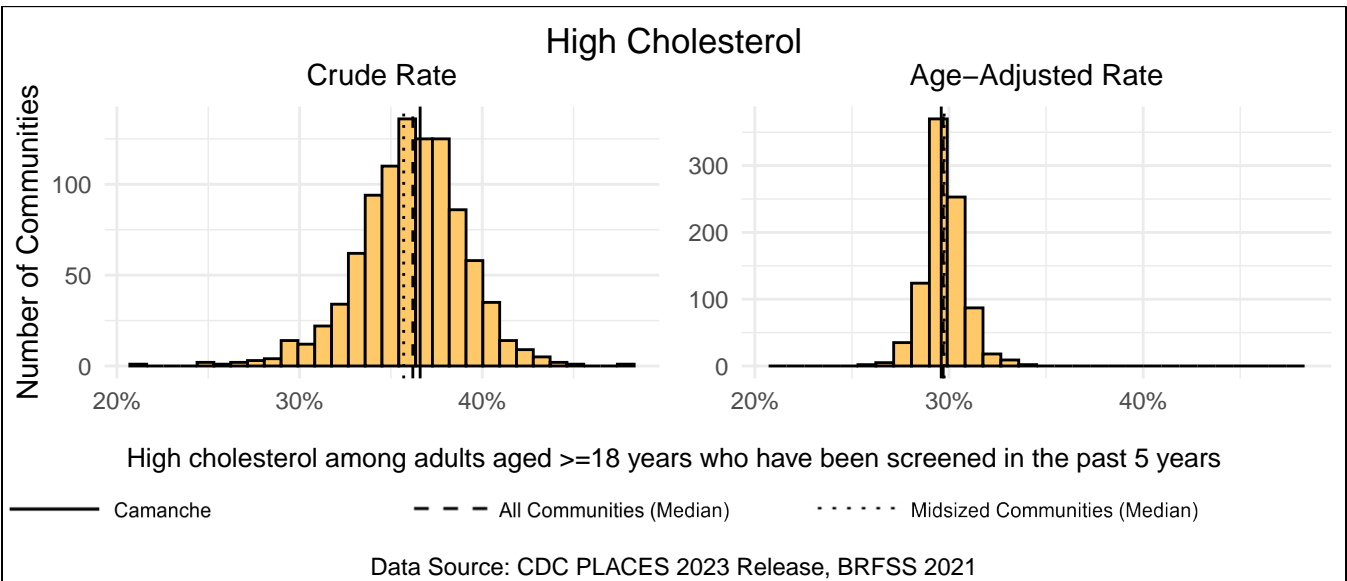
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 3.3% | 3.2% | 3.3% |
| Age-Adjusted | 2.7% | 2.6% | 2.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Obesity

Camanche has a crude rate of 42.7% for obesity among adults aged >=18 years, which ranks 929th out of 958 Iowa communities (96th out of 102 midsized communities). The age-adjusted rate for Camanche is 41.8%, which ranks 865th out of 905 Iowa communities (90th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 42.7% | 37.6% | 37.6% |
| Age-Adjusted | 41.8% | 37.6% | 38.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
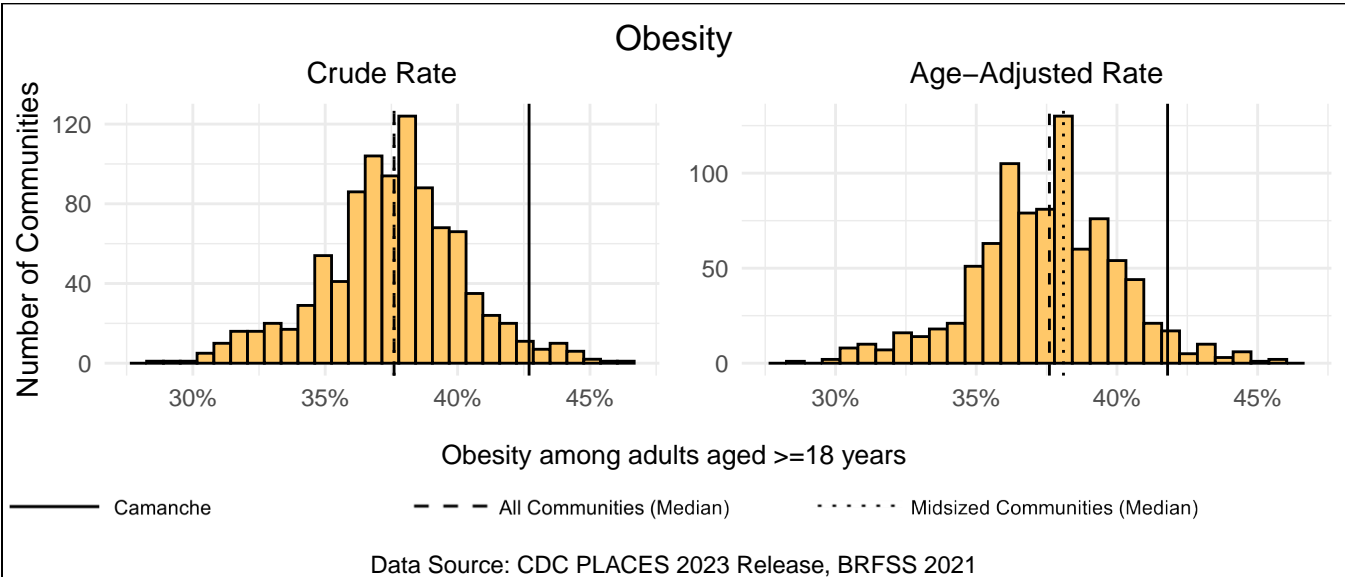
## Stroke

Camanche has a crude rate of 3.4% for stroke among adults aged >=18 years, which ranks 538th out of 958 Iowa communities (52nd out of 102 midsized communities). The age-adjusted rate for Camanche is 2.8%, which ranks 714th out of 905 Iowa communities (71st out of 102 midsized communities).
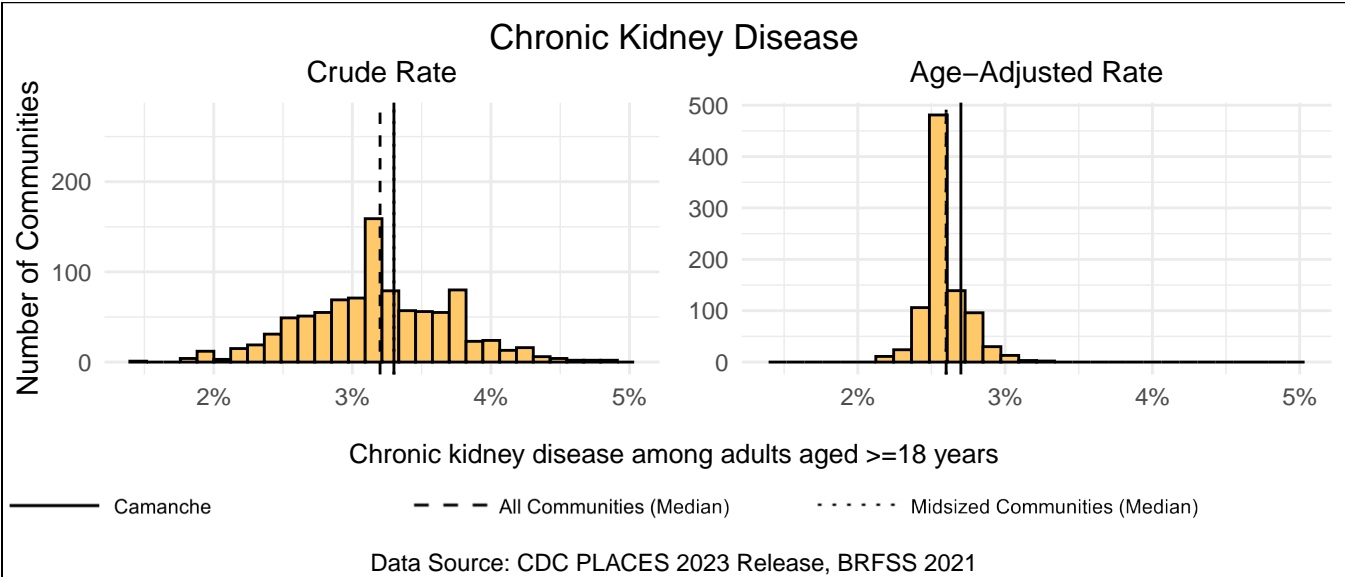
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 3.4% | 3.3% | 3.3% |
| Age-Adjusted | 2.8% | 2.6% | 2.6% |



## All Teeth Lost

Camanche has a crude rate of 13.6% for all teeth lost among adults aged >=65 years, which ranks 601st out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Camanche is 14.0%, which ranks 683rd out of 905 Iowa communities (69th out of 102 midsized communities).
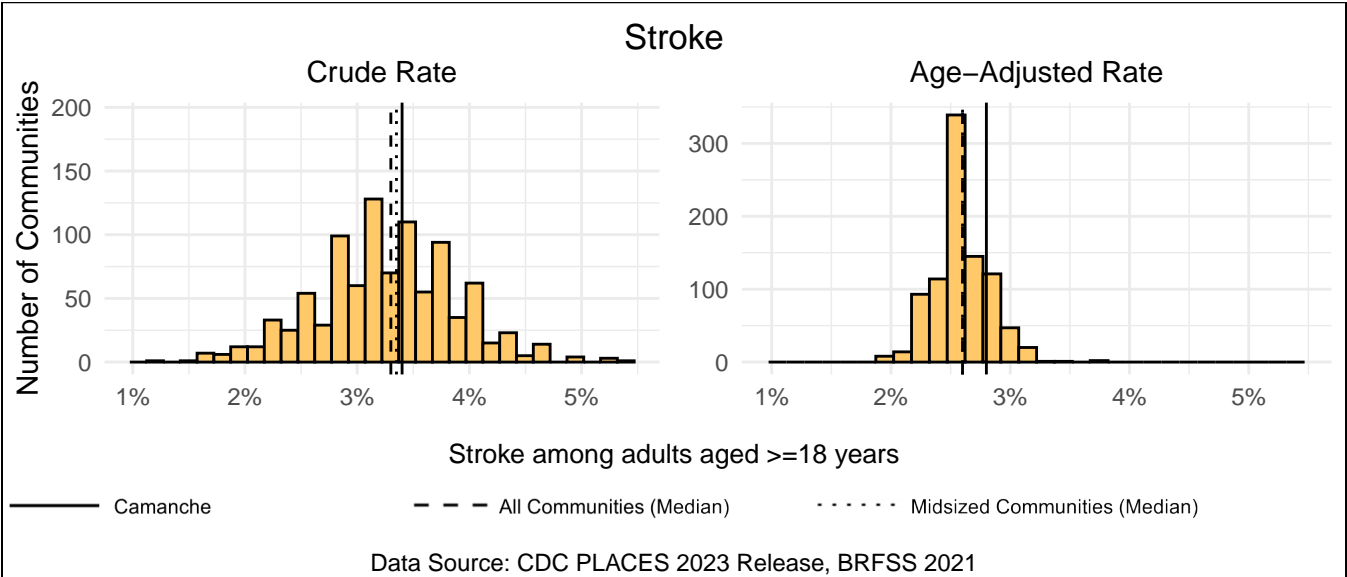
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 13.6% | 12.9% | 13.5% |
| Age-Adjusted | 14.0% | 12.8% | 12.9% |
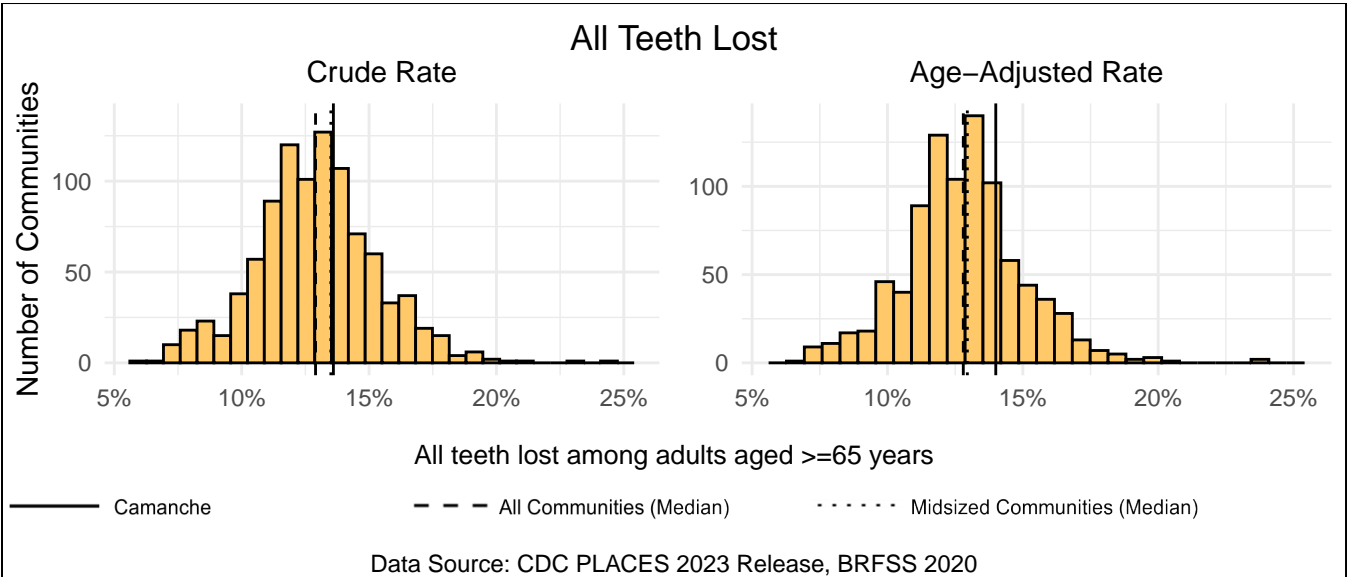
# Prevention

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

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

**Lack of Health Insurance**

Camanche has a crude rate of 7.7% for current lack of health insurance among adults aged 18–64 years, which ranks 598th out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Camanche is 8.2%, which ranks 598th out of 905 Iowa communities (57th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 7.7% | 7.3% | 7.6% |
| Age-Adjusted | 8.2% | 7.7% | 7.9% |



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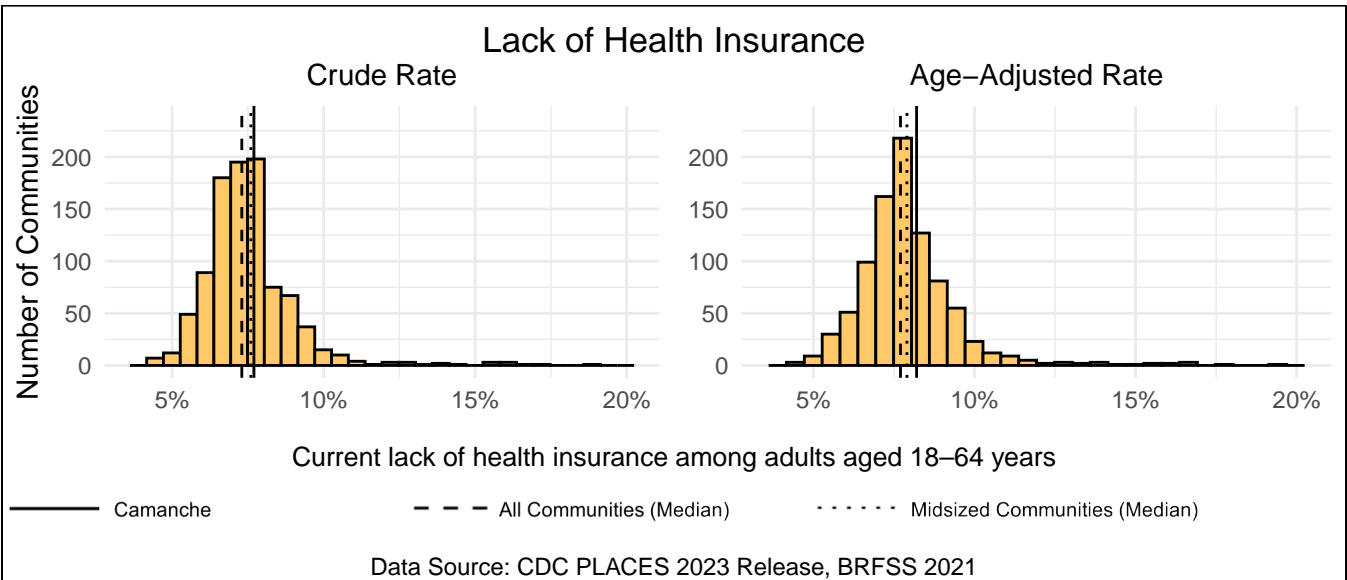
## Taking BP Medication

Camanche has a crude rate of 80.4% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 370th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Camanche is 60.0%, which ranks 91st out of 905 Iowa communities (17th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 80.4% | 79.8% | 79.8% |
| Age-Adjusted | 60.0% | 59.0% | 59.0% |



Taking BP Medication

Crude Rate — Age–Adjusted Rate

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

——— Camanche   – – – All Communities (Median)   ⋯⋯ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
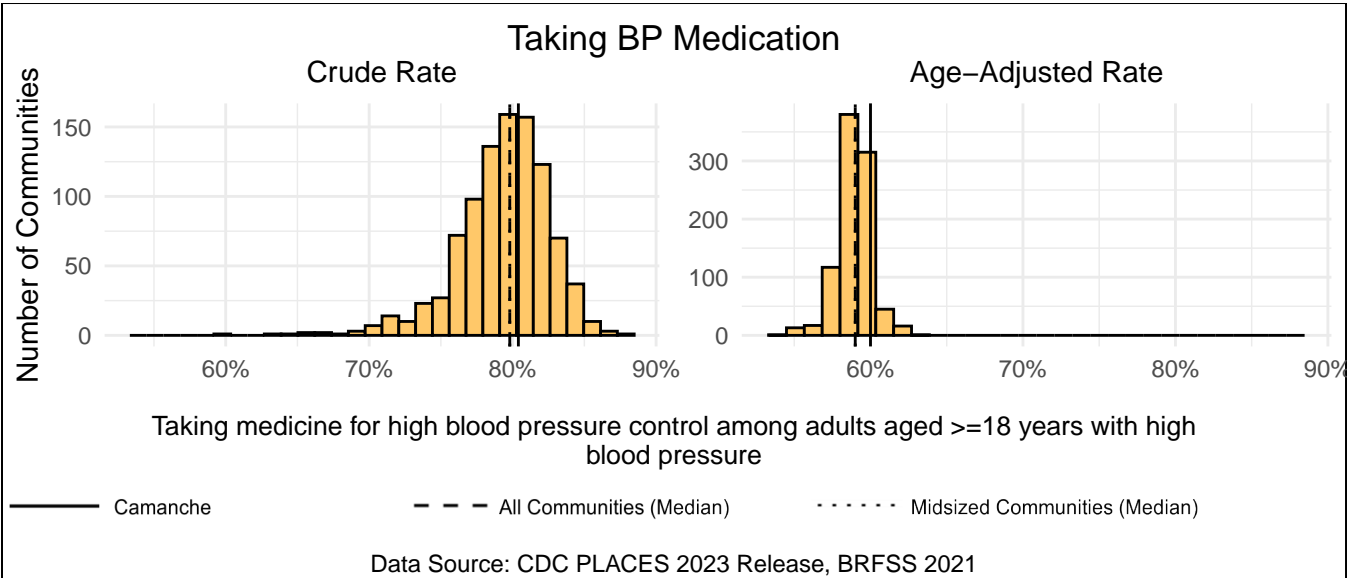
## Cervical Cancer Screening

Camanche has a crude rate of 83.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 402nd out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Camanche is 83.3%, which ranks 402nd out of 905 Iowa communities (49th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 83.6% | 83.3% | 82.9% |
| Age-Adjusted | 83.3% | 83.2% | 83.2% |



Cervical Cancer Screening

Crude Rate — Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

——— Camanche   – – – All Communities (Median)   ⋯⋯ Midsized Communities (Median)

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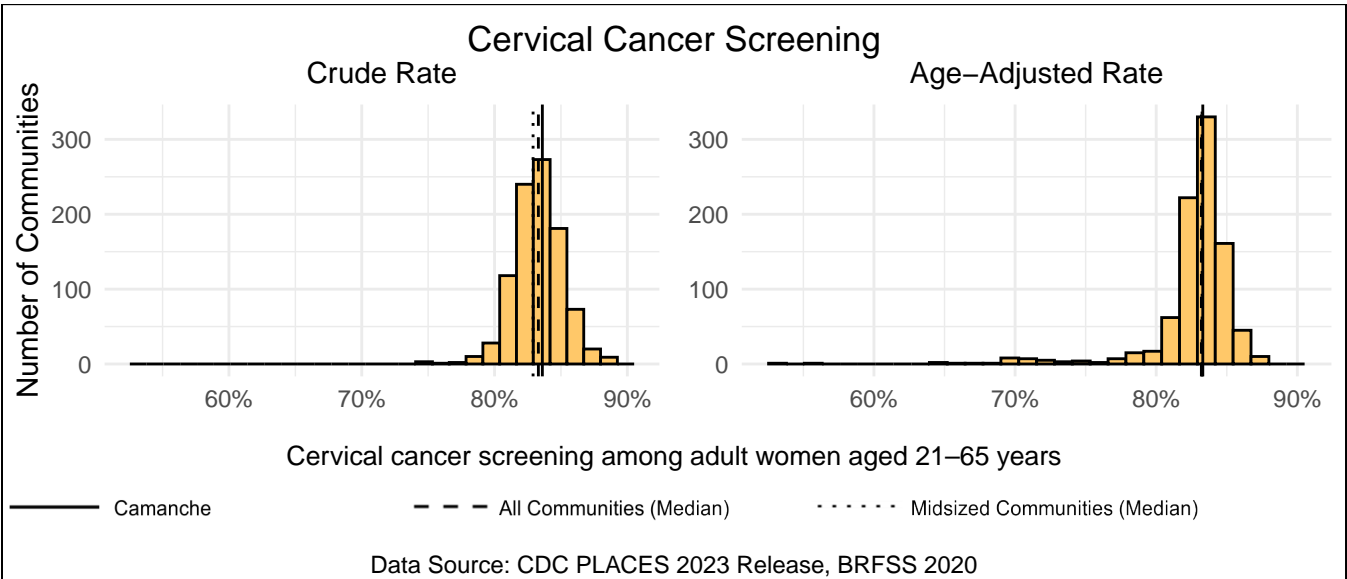
## Annual Checkup

Camanche has a crude rate of 76.4% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 234th out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Camanche is 73.7%, which ranks 127th out of 905 Iowa communities (17th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 76.4% | 75.2% | 75.2% |
| Age-Adjusted | 73.7% | 72.6% | 72.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cholesterol Screening

Camanche has a crude rate of 82.7% for cholesterol screening among adults aged >=18 years, which ranks 451st out of 958 Iowa communities (33rd out of 102 midsized communities). The age-adjusted rate for Camanche is 78.7%, which ranks 573rd out of 905 Iowa communities (64th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 82.7% | 82.6% | 81.8% |
| Age-Adjusted | 78.7% | 79.1% | 79.0% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Colorectal Cancer Screening

Camanche has a crude rate of 70.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 643rd out of 958 Iowa communities (65th out of 102 midsized communities). The age-adjusted rate for Camanche is 69.5%, which ranks 716th out of 905 Iowa communities (75th out of 102 midsized communities).
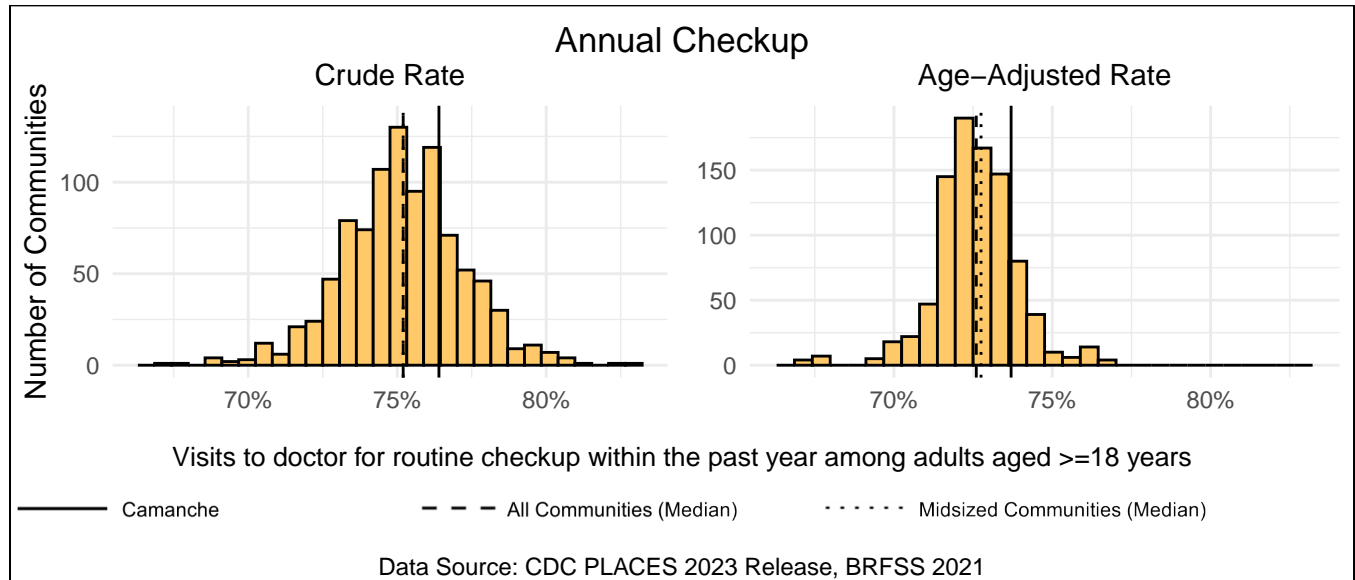
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 70.5% | 71.6% | 71.6% |
| Age-Adjusted | 69.5% | 70.9% | 70.8% |



Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older men

Camanche has a crude rate of 39.0% 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 876th out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Camanche is 39.8%, which ranks 771st out of 905 Iowa communities (88th out of 102 midsized communities).
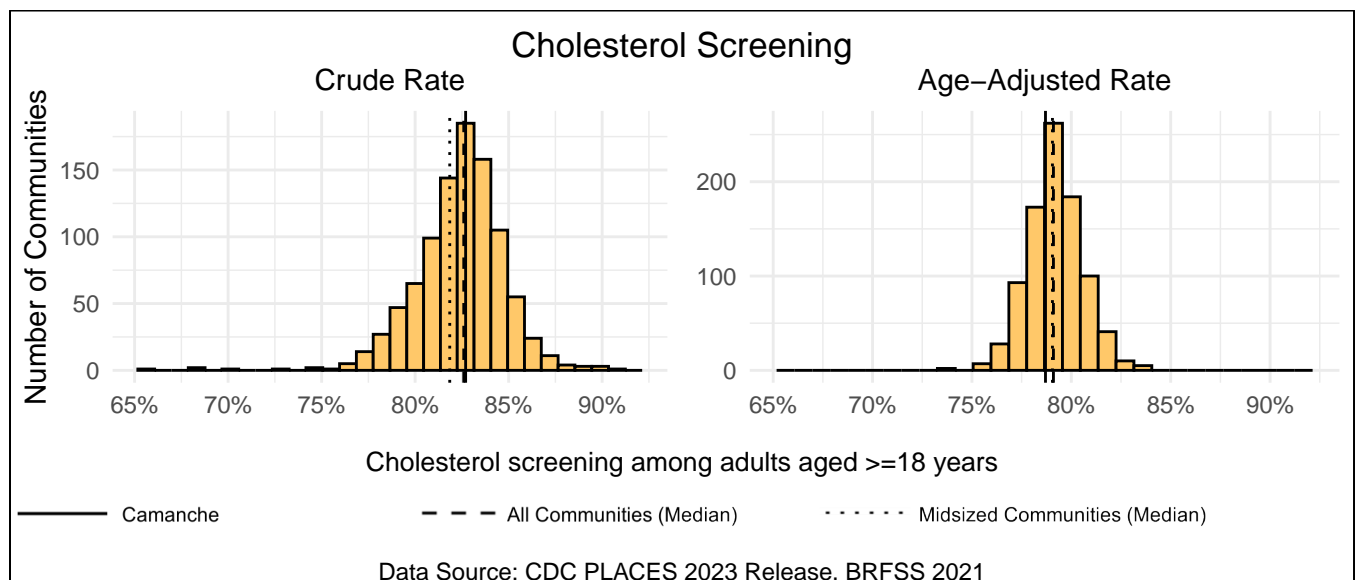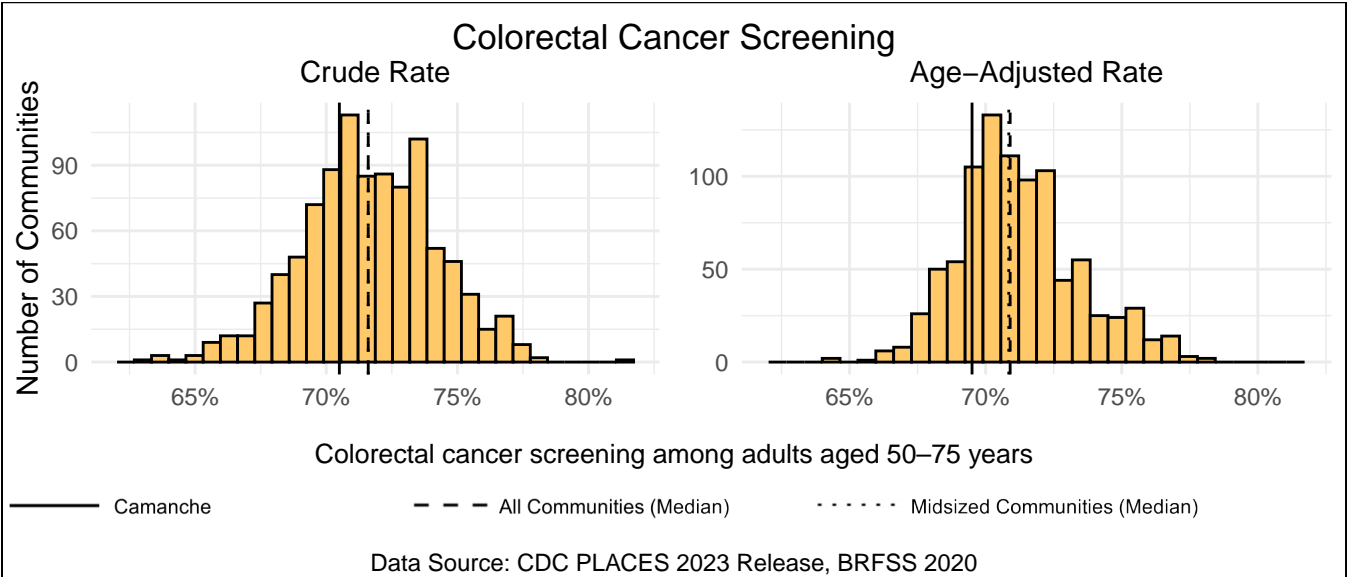
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 39.0% | 43.5% | 42.9% |
| Age-Adjusted | 39.8% | 43.5% | 43.2% |

# Core preventive services for older men

## Crude Rate

## Age–Adjusted Rate

Older adult men aged >=65 years who are up to date on a core set of clinical preventive services: Flu shot past year, PPV shot ever, Colorectal cancer screening

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

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older women

Camanche has a crude rate of 40.7% 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 343rd out of 958 Iowa communities (28th out of 102 midsized communities). The age-adjusted rate for Camanche is 40.8%, which ranks 382nd out of 905 Iowa communities (47th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 40.7% | 39.0% | 37.8% |
| Age-Adjusted | 40.8% | 39.9% | 40.4% |



Core preventive services for older women

Older adult women aged >=65 years who are up to date on a core set of clinical preventive services: Flu shot past year, PPV shot ever, Colorectal cancer screening, and Mammogram past 2 years

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

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Dental Visit

Camanche has a crude rate of 63.0% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 822nd out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Camanche is 62.3%, which ranks 786th out of 905 Iowa communities (75th out of 102 midsized communities).
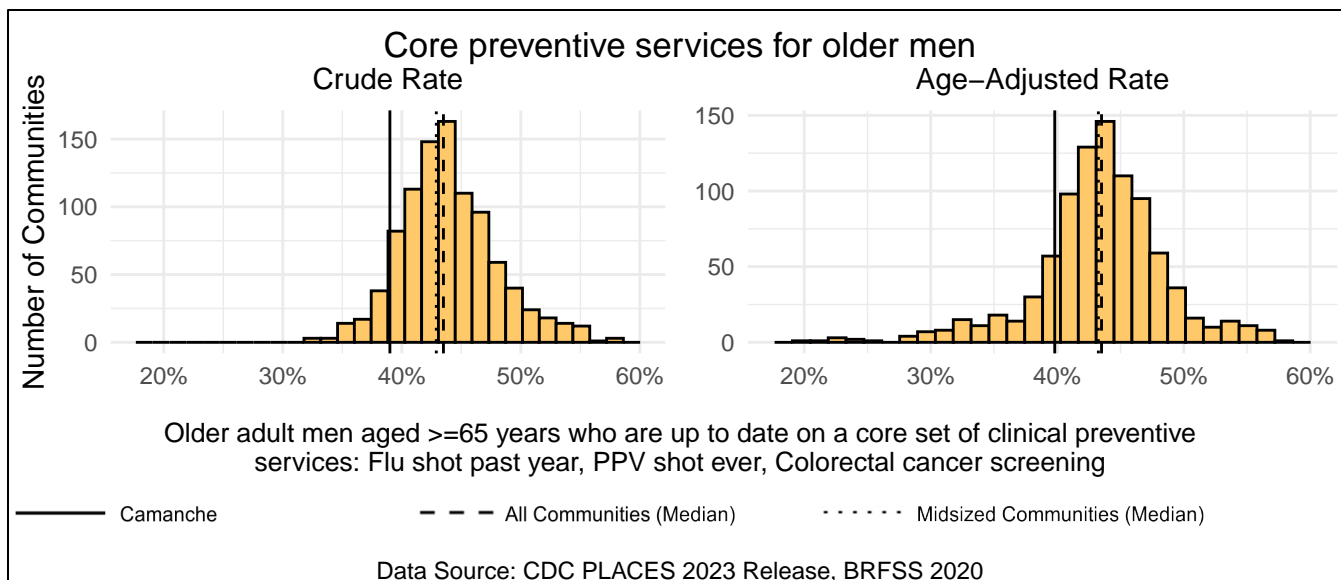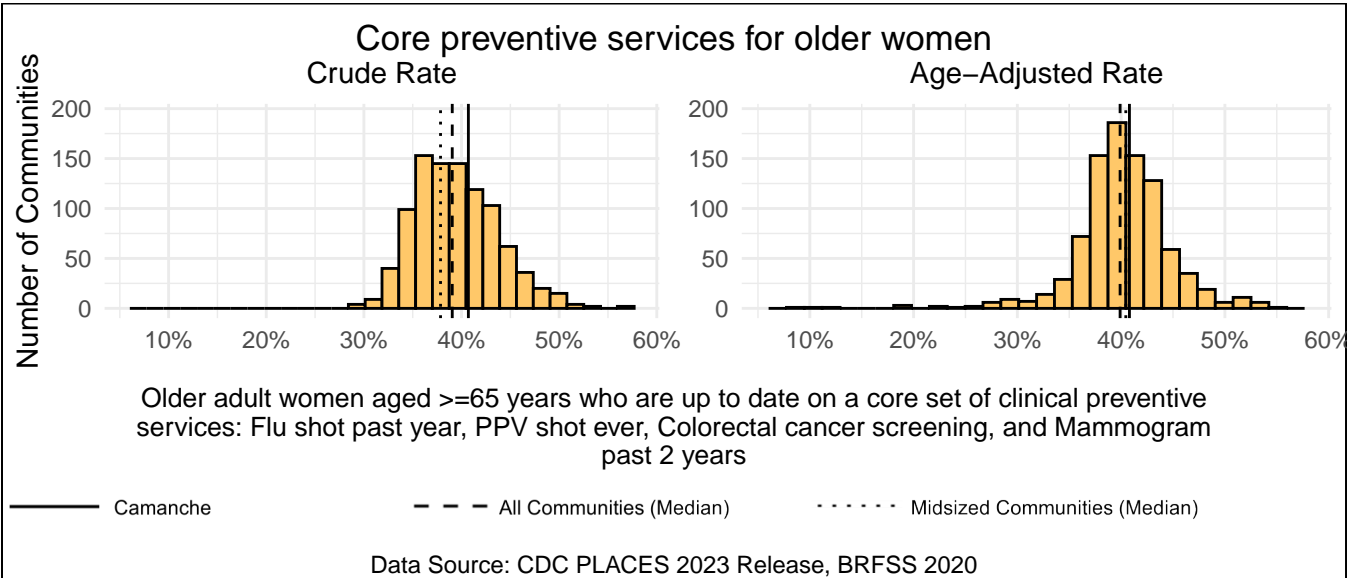
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 63.0% | 67.2% | 67.0% |
| Age-Adjusted | 62.3% | 66.6% | 66.5% |

# Dental Visit

## Crude Rate

## Age–Adjusted Rate

Number of Communities

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

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

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Mammography

Camanche has a crude rate of 79.0% for mammography use among women aged 50–74 years, which ranks 110th out of 958 Iowa communities (16th out of 102 midsized communities). The age-adjusted rate for Camanche is 75.9%, which ranks 161st out of 905 Iowa communities (31st out of 102 midsized communities).
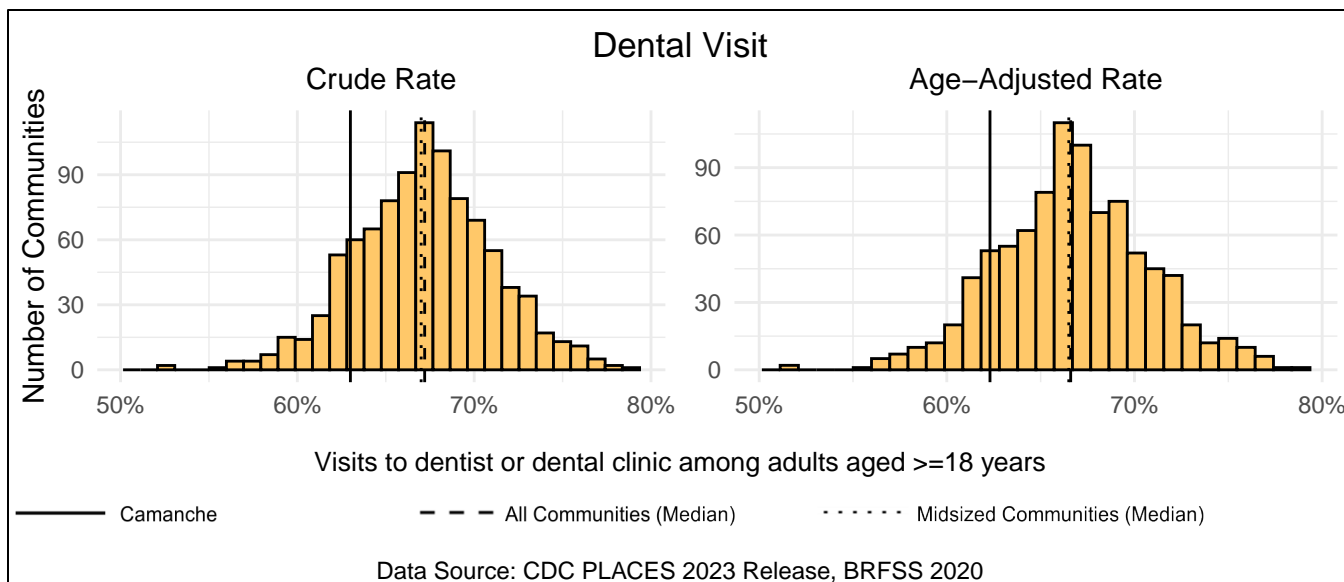
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 79.0% | 76.2% | 76.5% |
| Age-Adjusted | 75.9% | 73.9% | 74.0% |



Data Source: CDC PLACES 2023 Release, BRFSS 2020
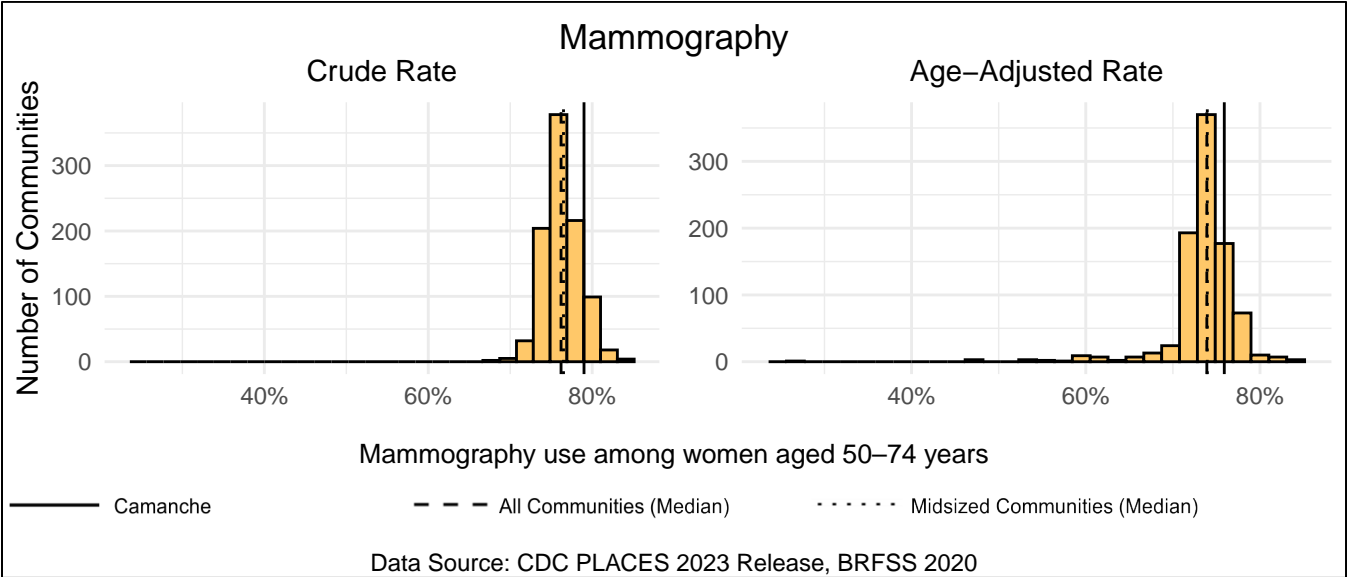
# Disability

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

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

## Hearing disability

Camanche has a crude rate of 7.5% for hearing disability among adults aged >=18 years, which ranks 497th out of 958 Iowa communities (46th out of 102 midsized communities). The age-adjusted rate for Camanche is 6.3%, which ranks 681st out of 905 Iowa communities (72nd out of 102 midsized communities).
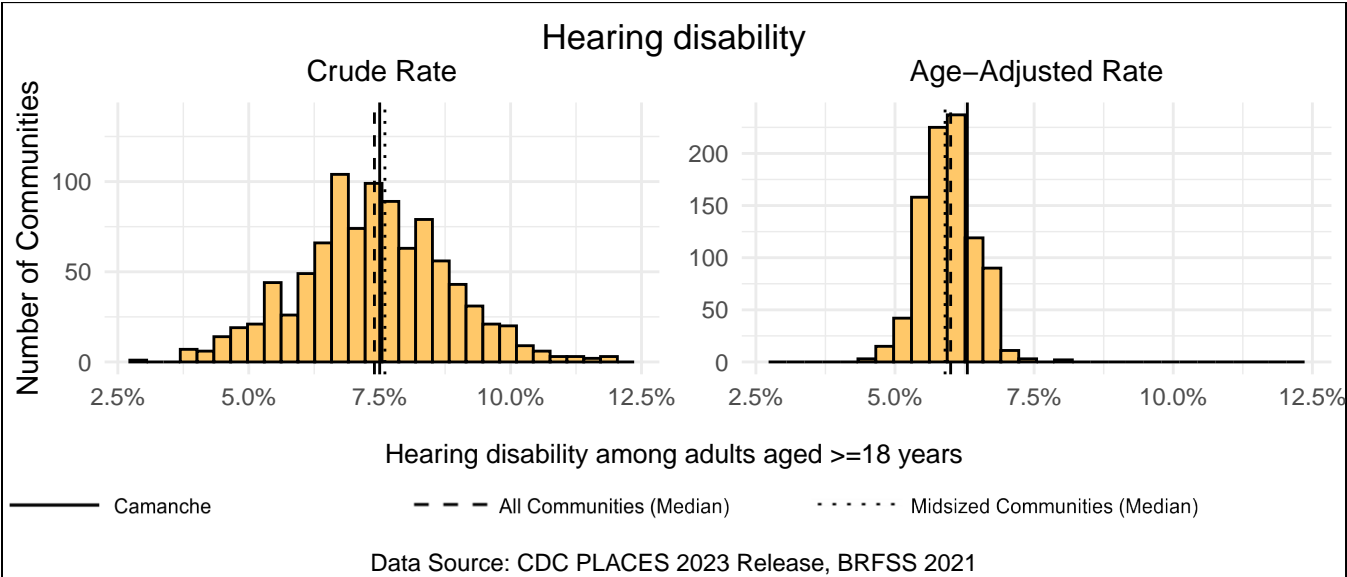
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 7.5% | 7.4% | 7.6% |
| Age-Adjusted | 6.3% | 6.0% | 5.9% |



Hearing disability

Crude Rate — Age–Adjusted Rate

Number of Communities

Hearing disability among adults aged >=18 years

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

Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Vision disability

Camanche has a crude rate of 4.6% for vision disability among adults aged >=18 years, which ranks 694th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Camanche is 4.1%, which ranks 714th out of 905 Iowa communities (66th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 4.6% | 4.1% | 4.3% |
| Age-Adjusted | 4.1% | 3.6% | 3.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cognitive disability

Camanche has a crude rate of 11.9% for cognitive disability among adults aged >=18 years, which ranks 718th out of 958 Iowa communities (68th out of 102 midsized communities). The age-adjusted rate for Camanche is 12.6%, which ranks 726th out of 905 Iowa communities (71st out of 102 midsized communities).
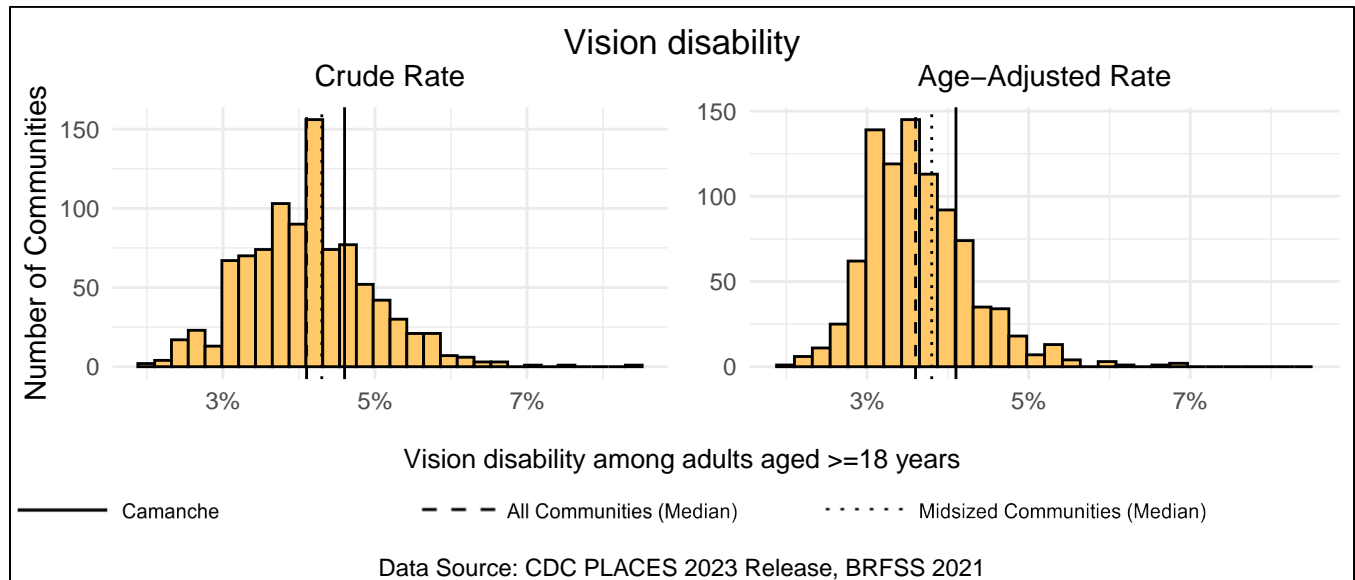
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 11.9% | 11.1% | 11.5% |
| Age-Adjusted | 12.6% | 11.6% | 11.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Mobility disability

Camanche has a crude rate of 13.0% for mobility disability among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (65th out of 102 midsized communities). The age-adjusted rate for Camanche is 10.6%, which ranks 736th out of 905 Iowa communities (71st out of 102 midsized communities).
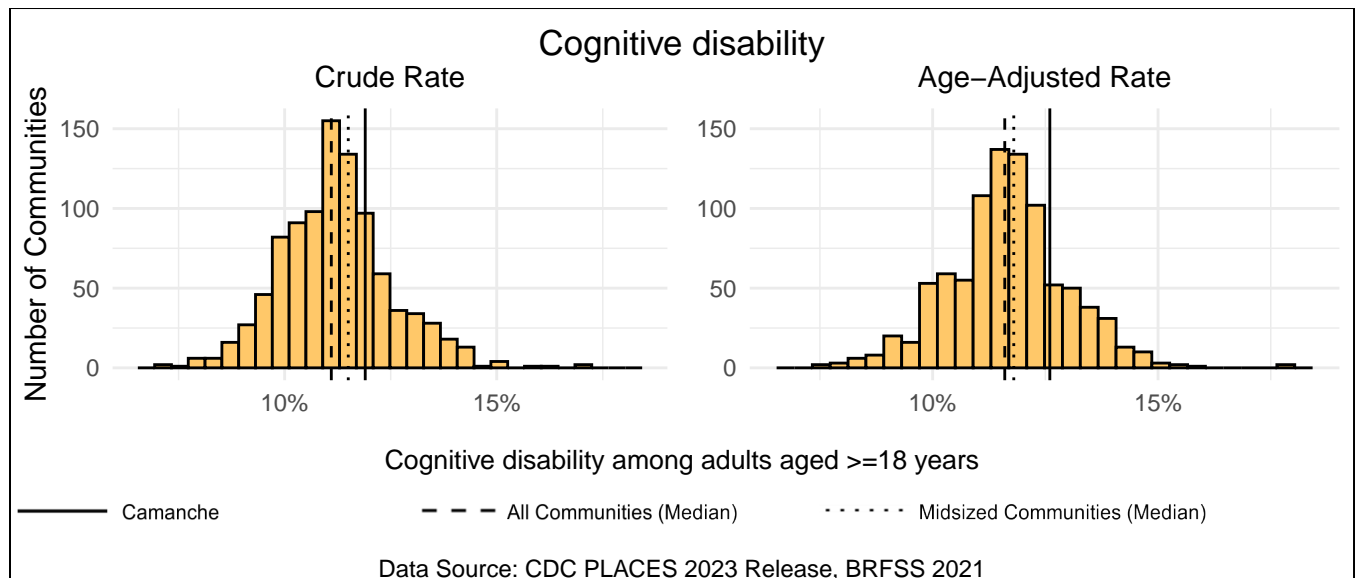
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 13.0% | 11.8% | 12.1% |
| Age-Adjusted | 10.6% | 9.5% | 9.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
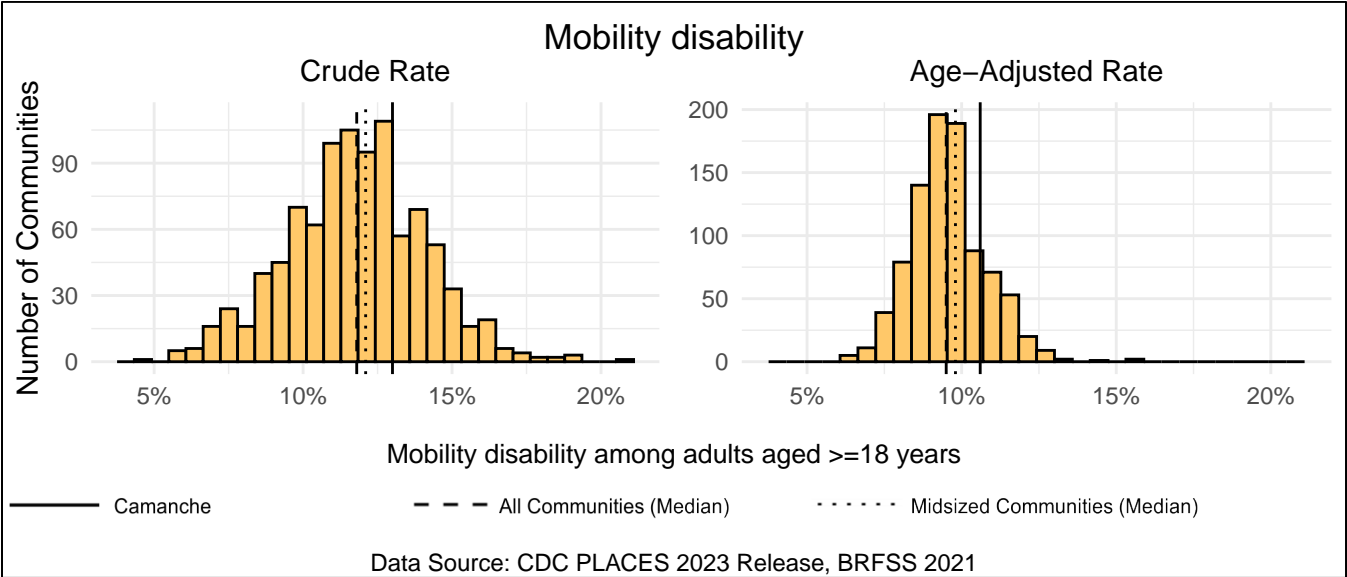
## Self-care disability

Camanche has a crude rate of 3.9% for self-care disability among adults aged >=18 years, which ranks 728th out of 958 Iowa communities (68th out of 102 midsized communities). The age-adjusted rate for Camanche is 3.3%, which ranks 702nd out of 905 Iowa communities (66th out of 102 midsized communities).

| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 3.9% | 3.4% | 3.5% |
| Age-Adjusted | 3.3% | 2.9% | 3.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Independent living disability

Camanche has a crude rate of 7.3% for independent living disability among adults aged >=18 years, which ranks 697th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Camanche is 7.0%, which ranks 739th out of 905 Iowa communities (71st out of 102 midsized communities).
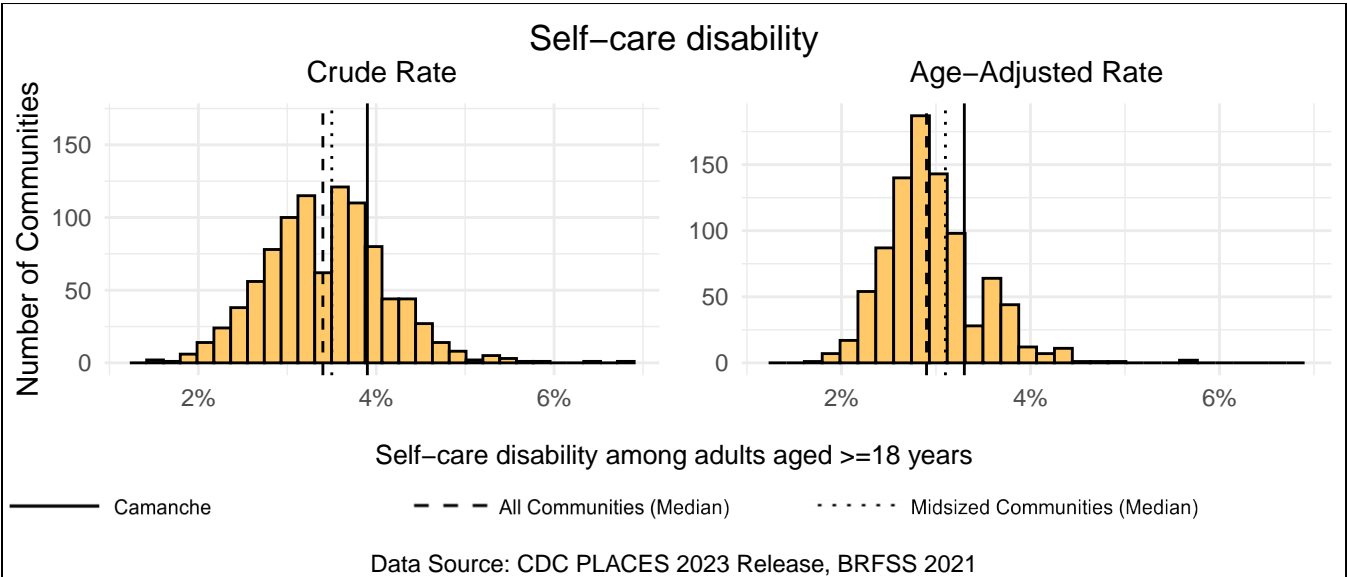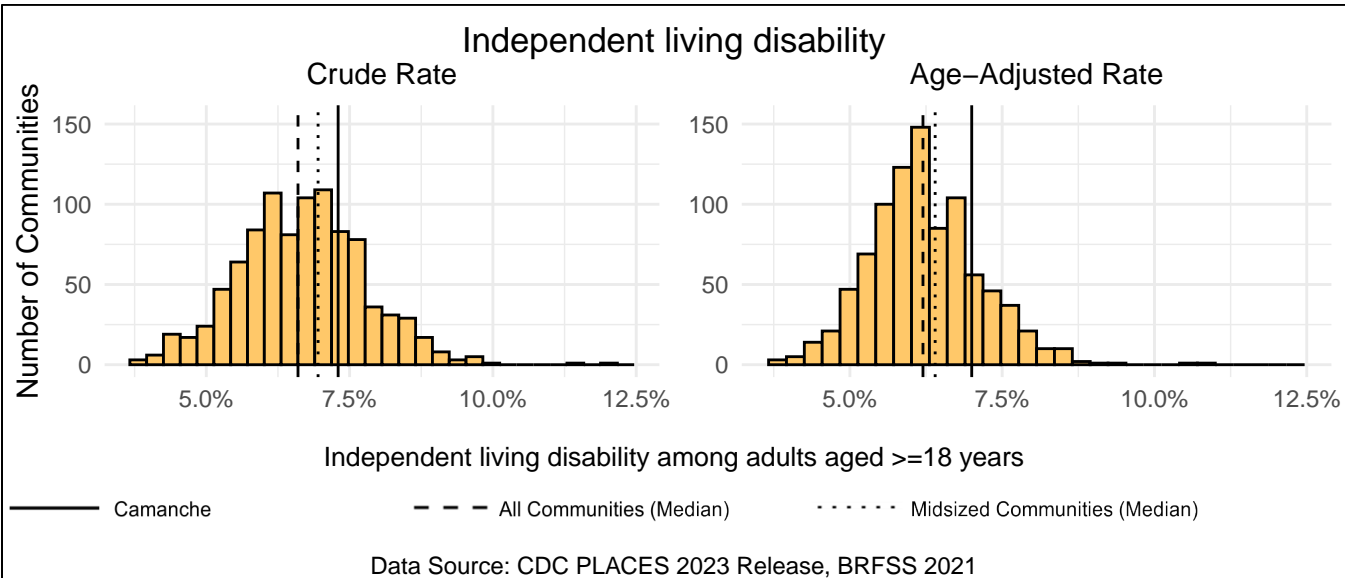
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 7.3% | 6.6% | 7.0% |
| Age-Adjusted | 7.0% | 6.2% | 6.4% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Any disability

Camanche has a crude rate of 26.4% for any disability among adults aged >=18 years, which ranks 572nd out of 958 Iowa communities (52nd out of 102 midsized communities). The age-adjusted rate for Camanche is 24.5%, which ranks 686th out of 905 Iowa communities (69th out of 102 midsized communities).
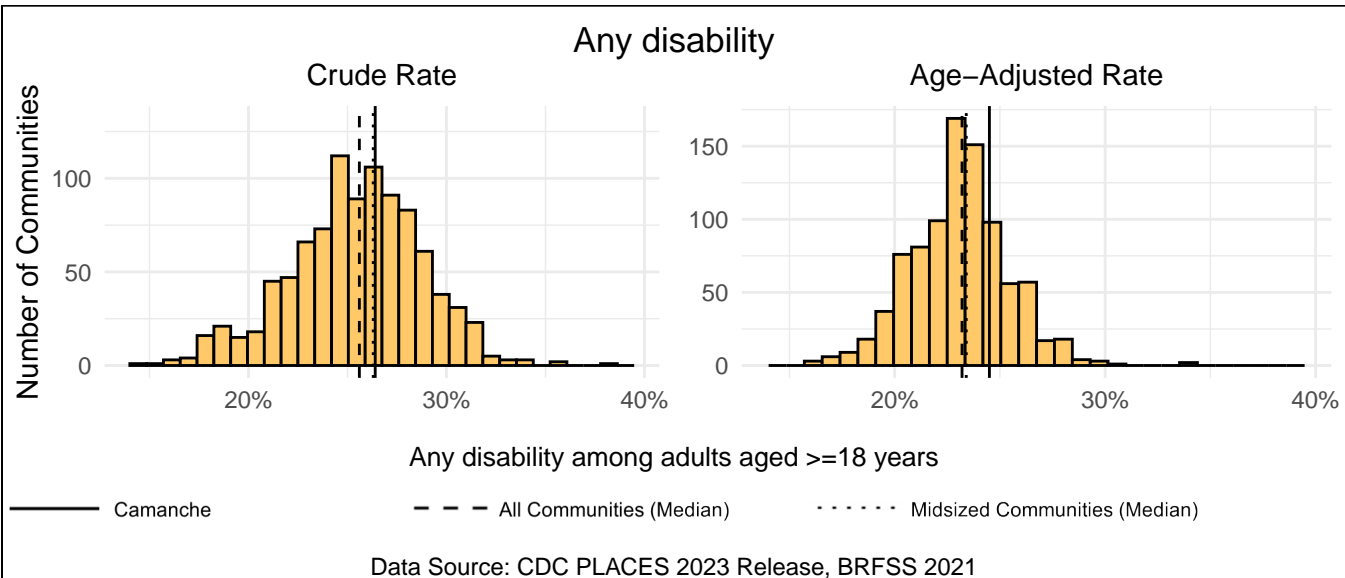
| Measure Type | Camanche | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 26.4% | 25.6% | 26.3% |
| Age-Adjusted | 24.5% | 23.2% | 23.4% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

- PLACES Homepage
- Measure Definitions
- Methodology

## Appendix 2: Camanche PLACES Data

| Category | Health Domain | Crude Rate Rank | Crude Rate (95% CI) | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|---|---|---|---|---|---|
| Health Status | General Health | 752 | 15.9% (13.5% - 18.8%) | 744 | 14.3% (12.1% - 16.8%) |
| Health Status | Mental Health | 705 | 15.0% (12.9% - 17.3%) | 744 | 16.4% (14.1% - 18.8%) |
| Health Status | Physical Health | 830 | 12.1% (10.4% - 14.1%) | 777 | 10.8% (9.3% - 12.6%) |
| Health Risk Behaviors | Binge Drinking | 561 | 20.0% (16.6% - 23.7%) | 609 | 22.5% (18.8% - 26.7%) |
| Health Risk Behaviors | Current Smoking | 860 | 19.4% (15.7% - 23.6%) | 758 | 19.5% (15.6% - 23.7%) |
| Health Risk Behaviors | Sleep <7 hours | 823 | 32.0% (30.6% - 33.5%) | 770 | 32.5% (31.0% - 34.0%) |
| Health Risk Behaviors | Physical Inactivity | 696 | 27.8% (22.8% - 33.2%) | 718 | 26.2% (21.7% - 31.6%) |
| Health Outcomes | Current Asthma | 838 | 9.8% (8.5% - 11.2%) | 762 | 9.9% (8.6% - 11.3%) |
| Health Outcomes | Coronary Heart Disease | 608 | 6.9% (6.0% - 7.9%) | 729 | 5.4% (4.7% - 6.2%) |
| Health Outcomes | Obesity | 929 | 42.7% (35.7% - 49.8%) | 865 | 41.8% (34.7% - 49.1%) |
| Health Outcomes | Stroke | 538 | 3.4% (3.0% - 3.9%) | 714 | 2.8% (2.4% - 3.1%) |
| Health Outcomes | Depression | 730 | 18.9% (15.6% - 22.6%) | 702 | 19.9% (16.4% - 23.8%) |
| Health Outcomes | High Blood Pressure | 639 | 33.7% (29.7% - 38.0%) | 710 | 28.5% (24.6% - 32.4%) |
| Health Outcomes | Diabetes | 806 | 11.6% (9.8% - 13.6%) | 782 | 9.2% (7.8% - 10.8%) |
| Health Outcomes | All Teeth Lost | 601 | 13.6% (9.7% - 18.1%) | 683 | 14.0% (10.0% - 18.4%) |
| Health Outcomes | Cancer (except skin) | 449 | 8.0% (7.2% - 8.9%) | 418 | 6.5% (5.8% - 7.2%) |
| Health Outcomes | Chronic Kidney Disease | 540 | 3.3% (2.9% - 3.6%) | 623 | 2.7% (2.5% - 3.0%) |
| Health Outcomes | High Cholesterol | 527 | 36.6% (32.1% - 41.3%) | 379 | 29.6% (25.4% - 34.0%) |
| Health Outcomes | Arthritis | 654 | 29.5% (25.6% - 33.8%) | 768 | 24.4% (20.8% - 28.1%) |
| Health Outcomes | COPD | 770 | 8.5% (7.2% - 10.0%) | 765 | 7.1% (5.9% - 8.3%) |
| Prevention | Mammography | 110 | 79.0% (75.2% - 82.5%) | 161 | 75.9% (71.9% - 79.4%) |
| Prevention | Core preventive services for older men | 876 | 39.0% (31.1% - 47.3%) | 771 | 39.8% (31.9% - 47.8%) |
| Prevention | Taking BP Medication | 370 | 80.4% (77.0% - 83.6%) | 91 | 60.0% (54.8% - 64.8%) |
| Prevention | Health Insurance | 598 | 7.7% (6.0% - 9.8%) | 598 | 8.2% (6.4% - 10.6%) |
| Prevention | Cervical Cancer Screening | 402 | 83.6% (81.2% - 85.9%) | 402 | 83.3% (81.0% - 85.6%) |
| Prevention | Annual Checkup | 234 | 76.4% (71.8% - 80.6%) | 127 | 73.7% (68.8% - 78.4%) |

| Category | Health Domain | Crude Rate Rank | Crude Rate (95% CI) | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|---|---|---|---|---|---|
| Prevention | Dental Visit | 822 | 63.0% (59.6% - 66.2%) | 786 | 62.3% (58.9% - 65.7%) |
| Prevention | Colorectal Cancer Screening | 643 | 70.5% (67.6% - 73.5%) | 716 | 69.5% (66.6% - 72.8%) |
| Prevention | Core preventive services for older women | 343 | 40.7% (33.8% - 48.0%) | 382 | 40.8% (34.0% - 48.0%) |
| Prevention | Cholesterol Screening | 451 | 82.7% (79.8% - 85.4%) | 573 | 78.7% (75.1% - 82.0%) |
| Disability | Cognitive Disability | 718 | 11.9% (10.1% - 14.0%) | 726 | 12.6% (10.7% - 14.8%) |
| Disability | Hearing Disability | 497 | 7.5% (6.6% - 8.5%) | 681 | 6.3% (5.6% - 7.1%) |
| Disability | Vision Disability | 694 | 4.6% (3.9% - 5.3%) | 714 | 4.1% (3.6% - 4.7%) |
| Disability | Any Disability | 572 | 26.4% (22.5% - 30.7%) | 686 | 24.5% (20.8% - 28.8%) |
| Disability | Self-care Disability | 728 | 3.9% (3.4% - 4.6%) | 702 | 3.3% (2.9% - 3.9%) |
| Disability | Independent Living Disability | 697 | 7.3% (6.3% - 8.5%) | 739 | 7.0% (6.0% - 8.1%) |
| Disability | Mobility Disability | 676 | 13.0% (11.0% - 15.4%) | 736 | 10.6% (9.0% - 12.4%) |

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

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

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

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

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