



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 Carlisle: Overview

Dear Community Members & Stakeholders of Carlisle,

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 Carlisle ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Carlisle'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 Carlisle. 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
Core preventive services for older men	75th	12th	Chronic Kidney Disease	36th	9th
Sleep <7 hours	119th	18th	Core preventive services for older men	73rd	13th
Vision Disability	127th	23rd	Coronary Heart Disease	78th	21st
General Health	127th	25th	Sleep <7 hours	79th	16th
Diabetes	140th	24th	Cholesterol Screening	91st	20th

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
Taking BP Medication	685th	65th	Taking BP Medication	579th	70th
Binge Drinking	663rd	73rd	Binge Drinking	520th	66th
Obesity	537th	59th	High Cholesterol	467th	52nd
Annual Checkup	513th	55th	Obesity	449th	45th
Cholesterol Screening	393rd	29th	Cancer (except skin)	418th	41st

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 Carlisle.

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

With a population of 4,116, Carlisle’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

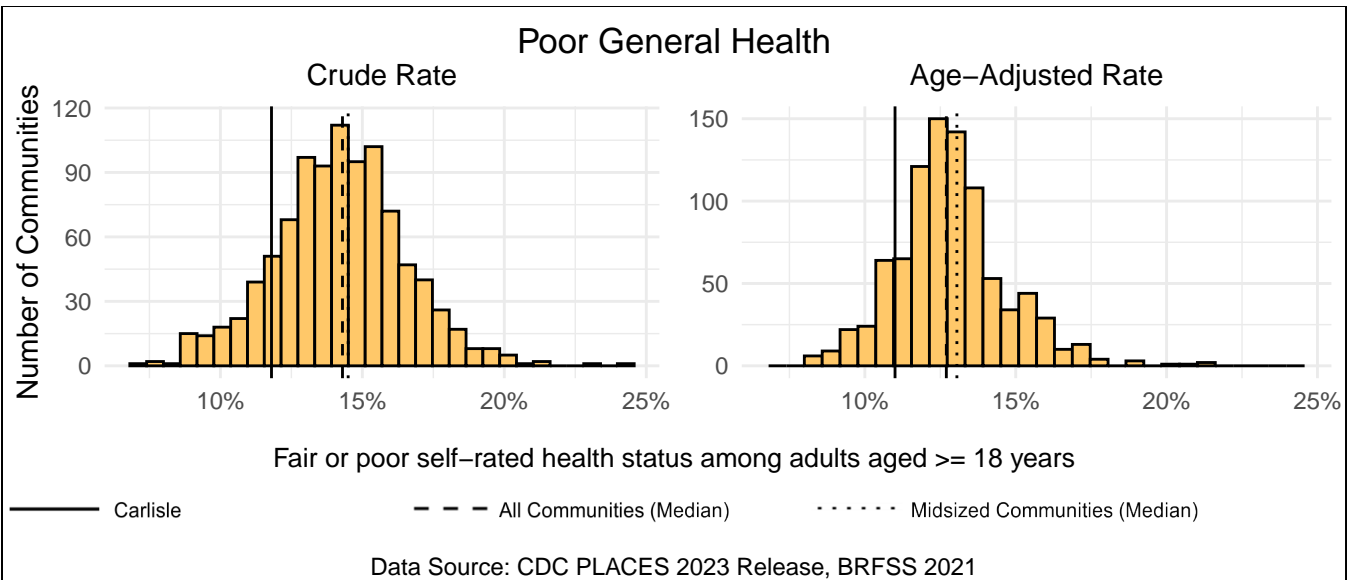
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Carlisle has a crude rate of 11.8% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 11.0%, which ranks 126th out of 905 Iowa communities (24th out of 102 mid-sized communities).

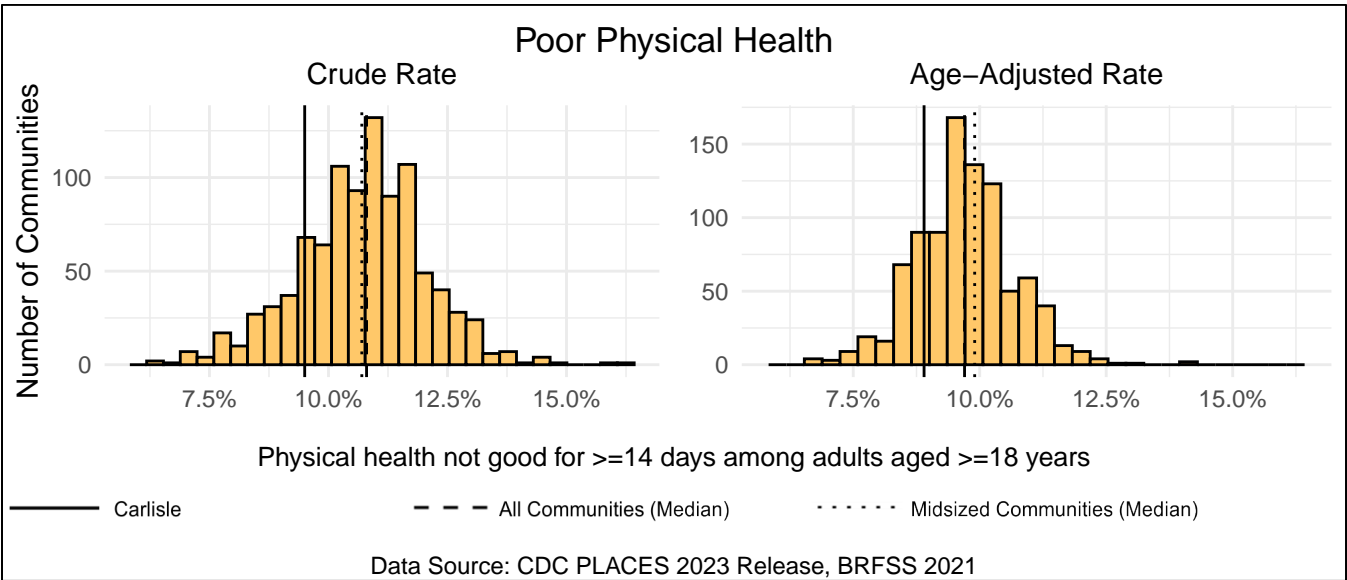
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	11.8%	14.3%	14.5%
Age-Adjusted	11.0%	12.7%	13.0%



Poor Physical Health

Carlisle has a crude rate of 9.5% for physical health not good for >=14 days among adults aged >=18 years, which ranks 151st out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 8.9%, which ranks 160th out of 905 Iowa communities (26th out of 102 mid-sized communities).

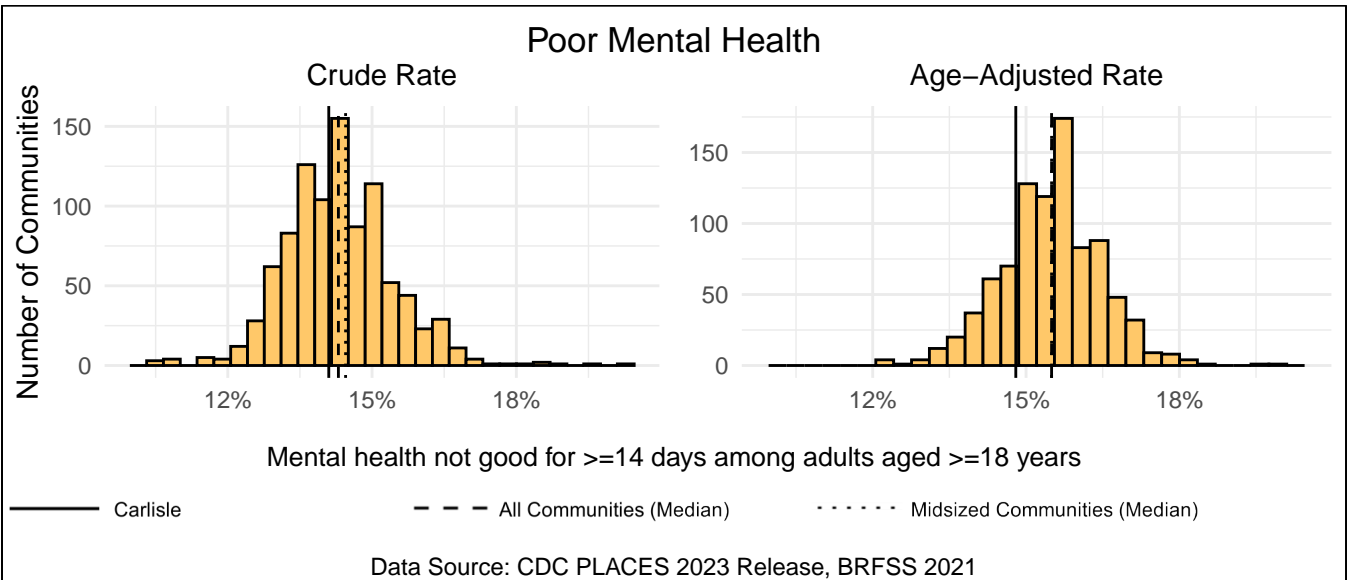
Measure Type	Carlisle	All Comm.	Mid-sized Comm.
Crude	9.5%	10.8%	10.7%
Age-Adjusted	8.9%	9.7%	9.9%



Poor Mental Health

Carlisle 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 (38th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 14.8%, which ranks 189th out of 905 Iowa communities (28th out of 102 mid-sized communities).

Measure Type	Carlisle	All Comm.	Mid-sized Comm.
Crude	14.1%	14.3%	14.4%
Age-Adjusted	14.8%	15.5%	15.5%



Health Risk Behaviors

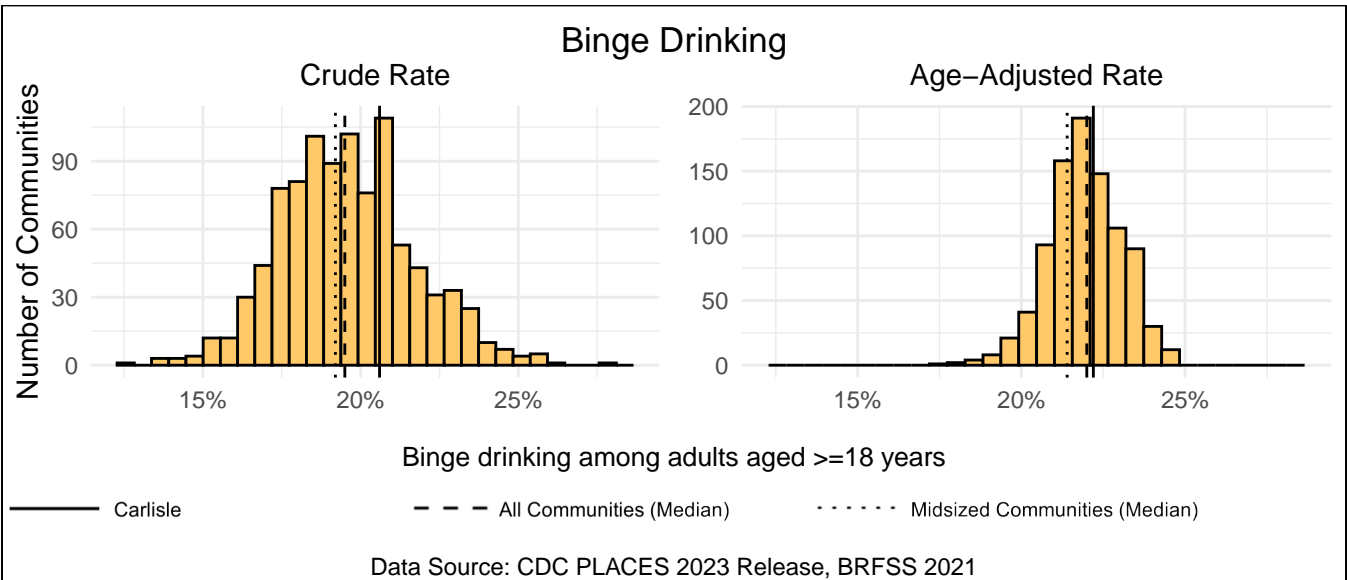
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Carlisle has a crude rate of 20.6% for binge drinking among adults aged ≥ 18 years, which ranks 663rd out of 958 Iowa communities (73rd out of 102 midsized communities). The age-adjusted rate for Carlisle is 22.2%, which ranks 520th out of 905 Iowa communities (66th out of 102 midsized communities).

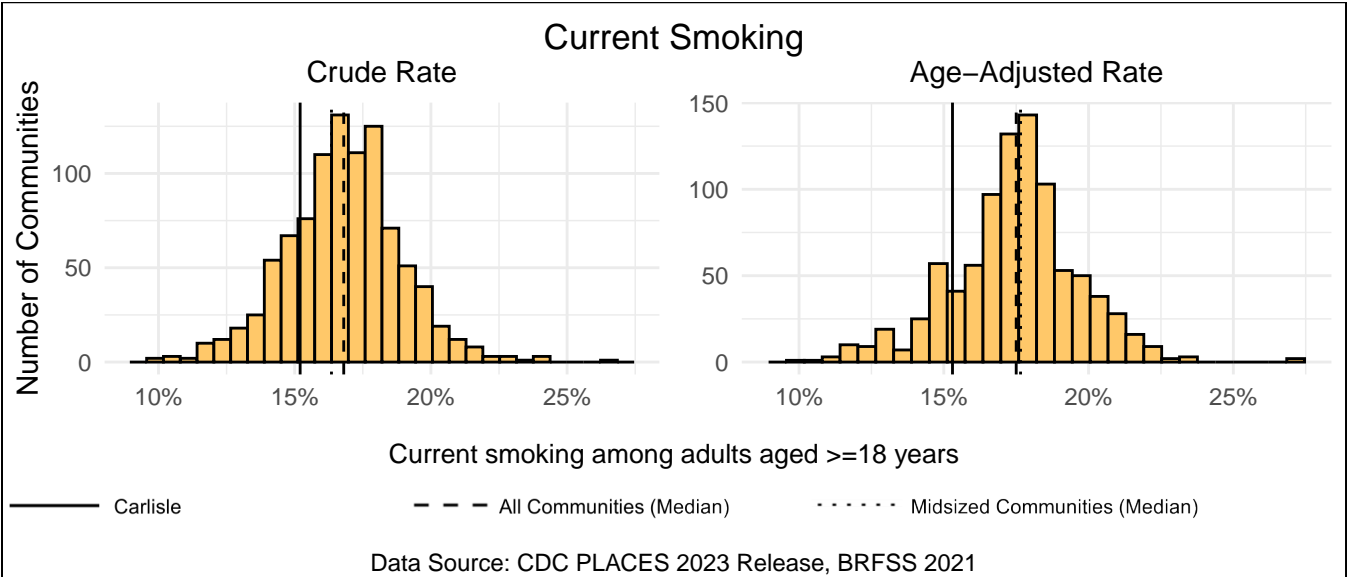
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	20.6%	19.5%	19.2%
Age-Adjusted	22.2%	22.0%	21.4%



Current Smoking

Carlisle has a crude rate of 15.2% for current smoking among adults aged >=18 years, which ranks 194th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 15.3%, which ranks 143rd out of 905 Iowa communities (26th out of 102 mid-sized communities).

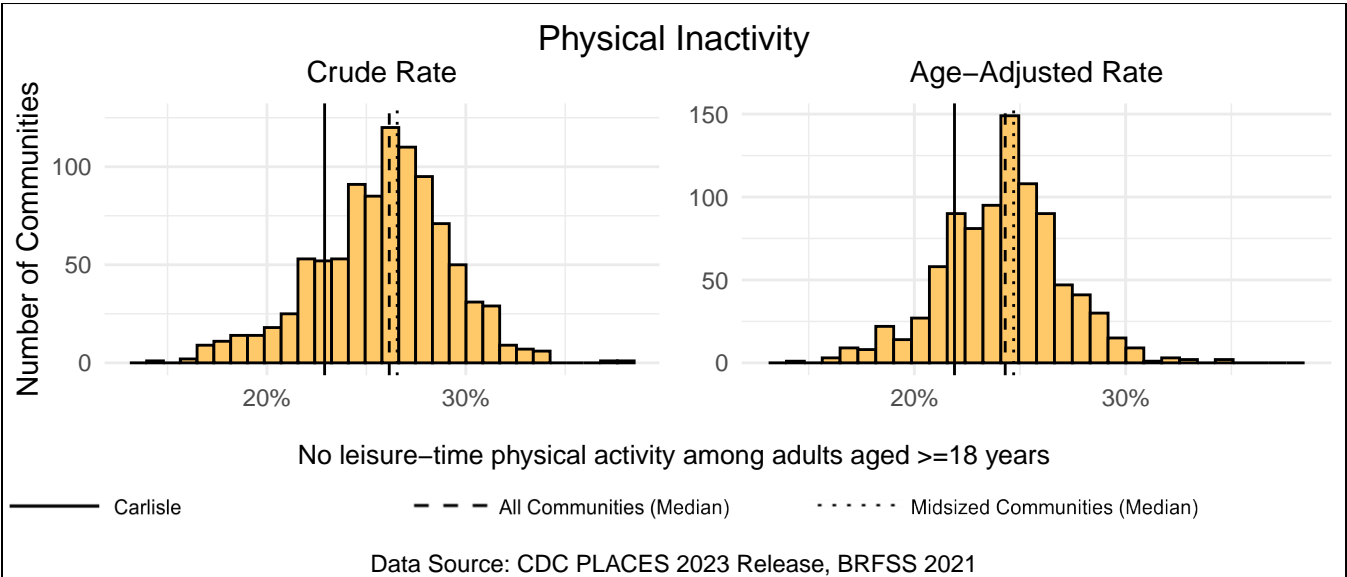
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	15.2%	16.8%	16.4%
Age-Adjusted	15.3%	17.5%	17.6%



Physical Inactivity

Carlisle has a crude rate of 22.9% for no leisure-time physical activity among adults aged >=18 years, which ranks 167th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 21.9%, which ranks 168th out of 905 Iowa communities (28th out of 102 mid-sized communities).

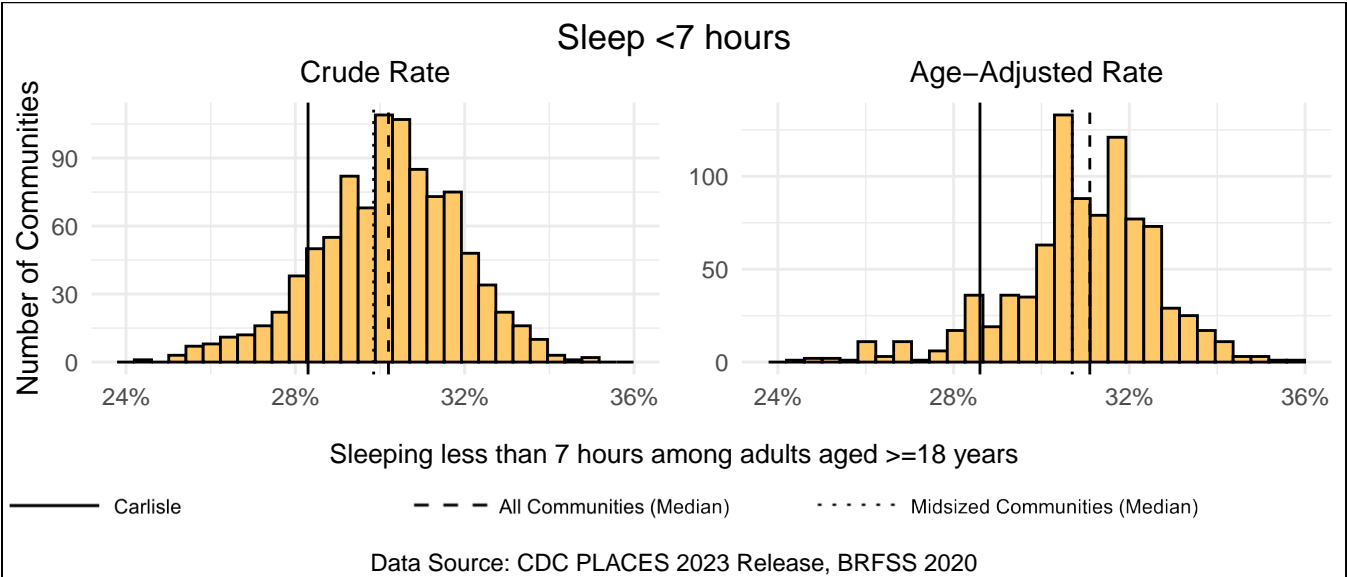
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	22.9%	26.1%	26.6%
Age-Adjusted	21.9%	24.3%	24.7%



Sleep <7 hours

Carlisle has a crude rate of 28.3% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 119th out of 958 Iowa communities (18th out of 102 midsize communities). The age-adjusted rate for Carlisle is 28.6%, which ranks 79th out of 905 Iowa communities (16th out of 102 midsize communities).

Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	28.3%	30.2%	29.8%
Age-Adjusted	28.6%	31.1%	30.7%



Health Outcomes

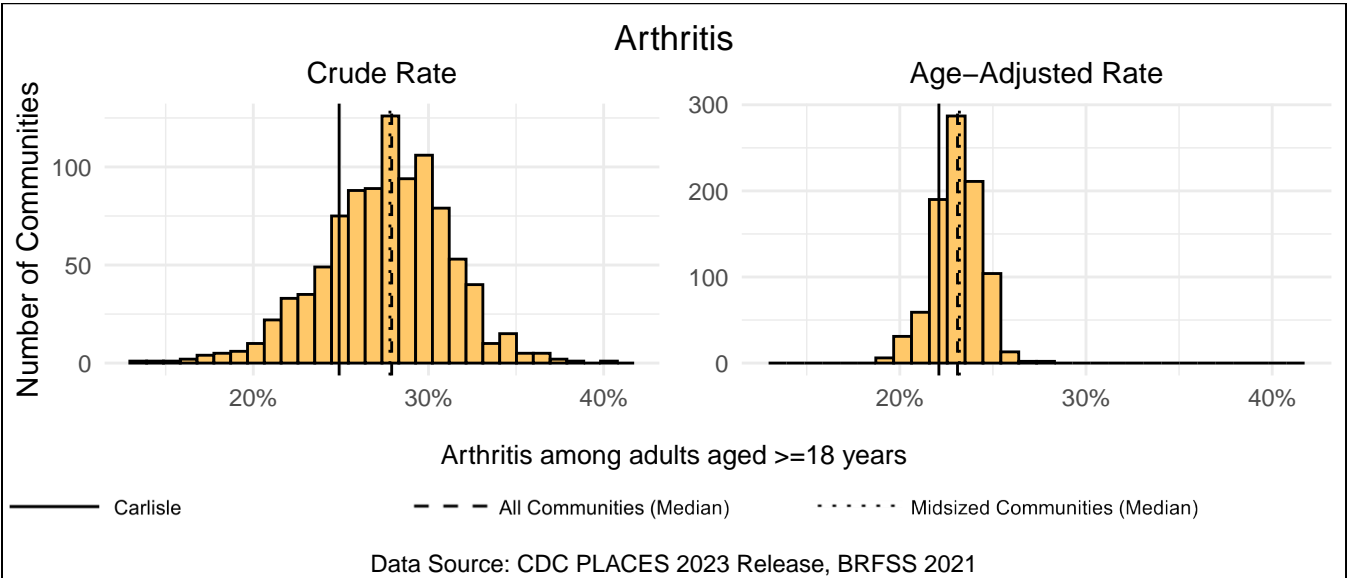
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Carlisle has a crude rate of 24.9% for arthritis among adults aged ≥ 18 years, which ranks 198th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Carlisle is 22.1%, which ranks 176th out of 905 Iowa communities (25th out of 102 midsized communities).

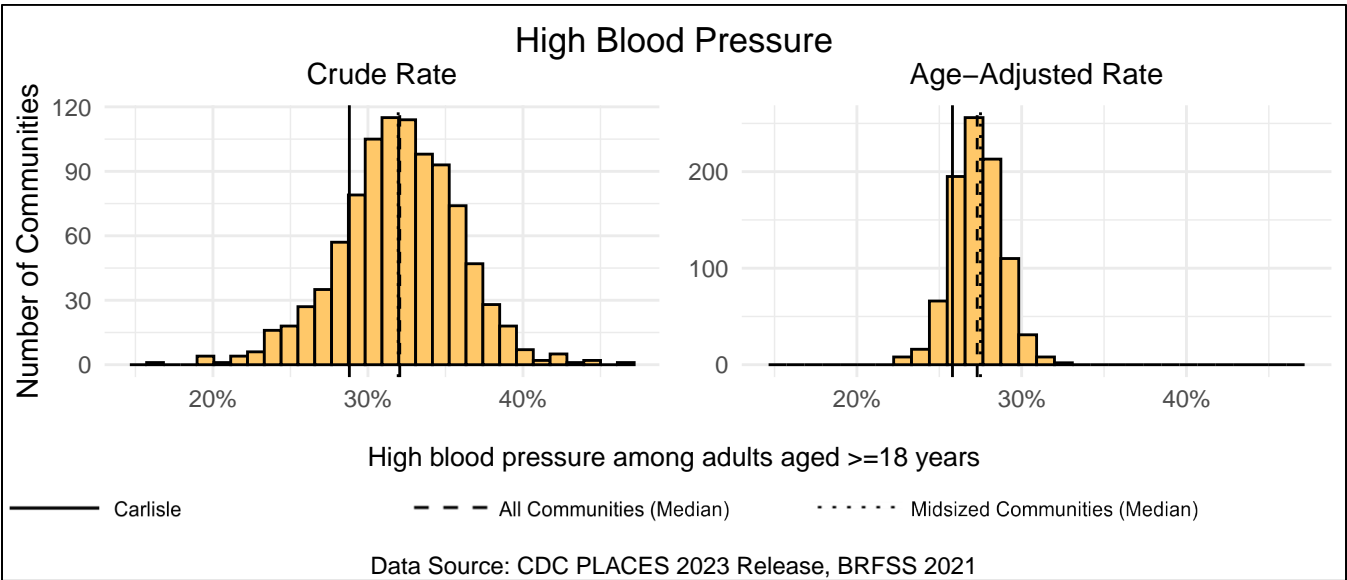
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	24.9%	27.9%	27.8%
Age-Adjusted	22.1%	23.1%	23.2%



High Blood Pressure

Carlisle has a crude rate of 28.8% for high blood pressure among adults aged ≥ 18 years, which ranks 170th out of 958 Iowa communities (28th out of 102 midsize communities). The age-adjusted rate for Carlisle is 25.8%, which ranks 124th out of 905 Iowa communities (20th out of 102 midsize communities).

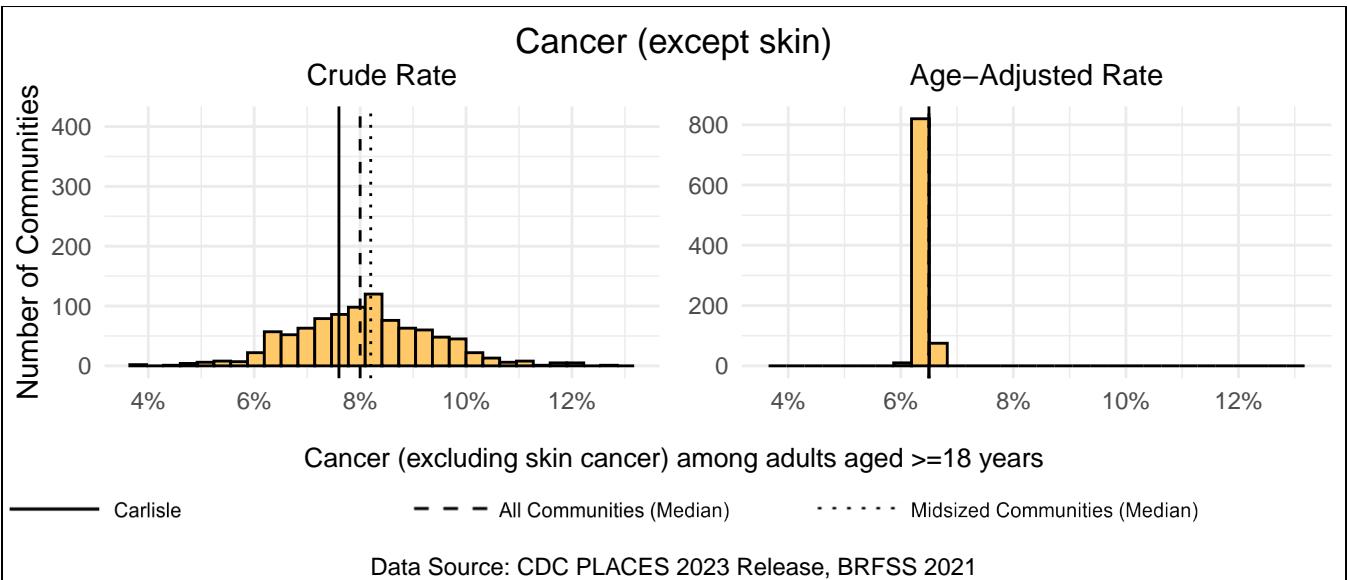
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	28.8%	32.0%	32.0%
Age-Adjusted	25.8%	27.3%	27.5%



Cancer (except skin)

Carlisle has a crude rate of 7.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 335th out of 958 Iowa communities (38th out of 102 midsize communities). The age-adjusted rate for Carlisle is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsize communities).

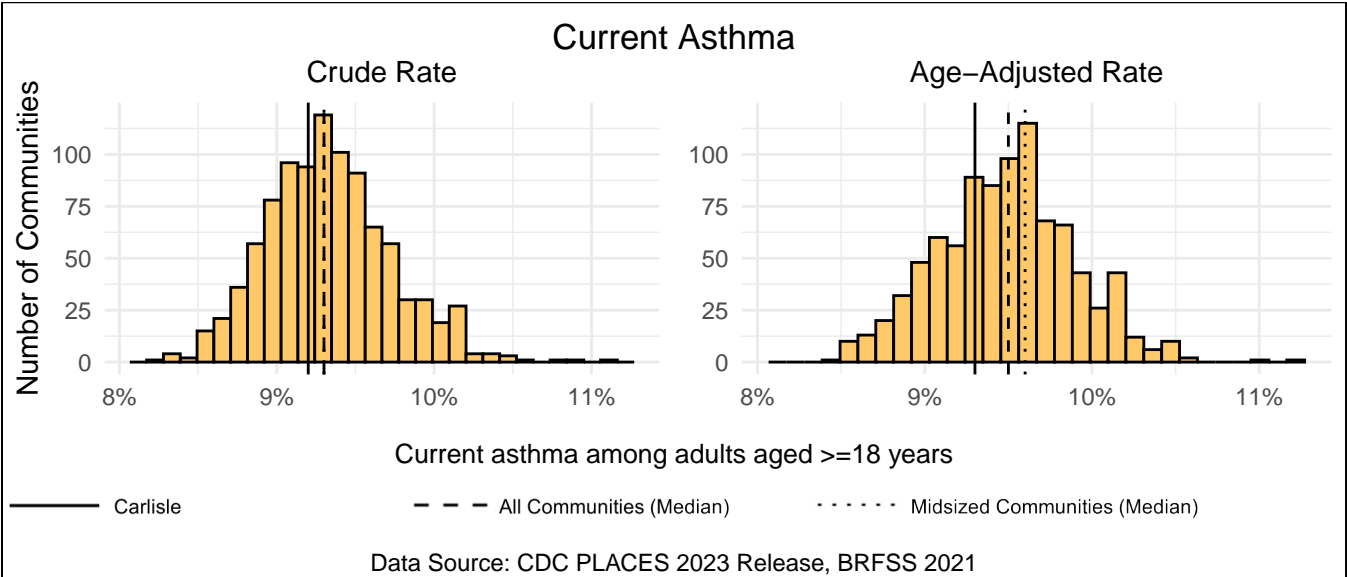
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	7.6%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Carlisle has a crude rate of 9.2% for current asthma among adults aged ≥ 18 years, which ranks 311th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Carlisle is 9.3%, which ranks 241st out of 905 Iowa communities (26th out of 102 midsize communities).

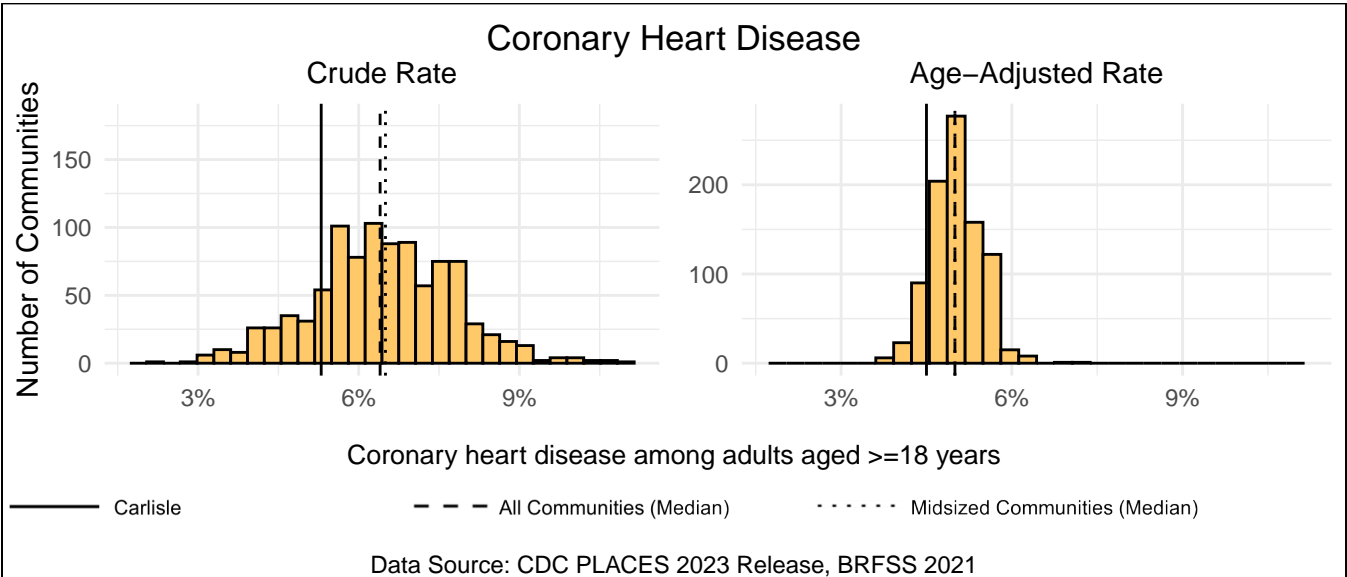
Measure Type	Carlisle	All Comm.	Midsize Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.6%



Coronary Heart Disease

Carlisle has a crude rate of 5.3% for coronary heart disease among adults aged ≥ 18 years, which ranks 156th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Carlisle is 4.5%, which ranks 78th out of 905 Iowa communities (21st out of 102 midsize communities).

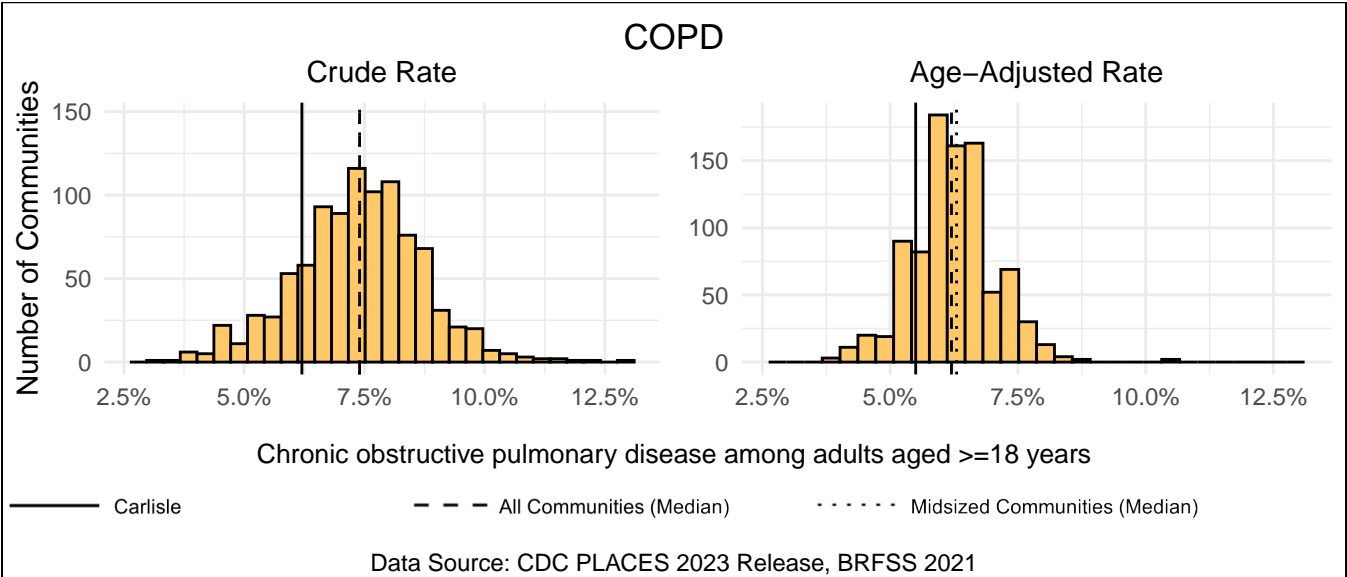
Measure Type	Carlisle	All Comm.	Midsize Comm.
Crude	5.3%	6.4%	6.5%
Age-Adjusted	4.5%	5.0%	5.0%



COPD

Carlisle has a crude rate of 6.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 155th out of 958 Iowa communities (25th out of 102 midsized communities). The age-adjusted rate for Carlisle is 5.5%, which ranks 144th out of 905 Iowa communities (24th out of 102 midsized communities).

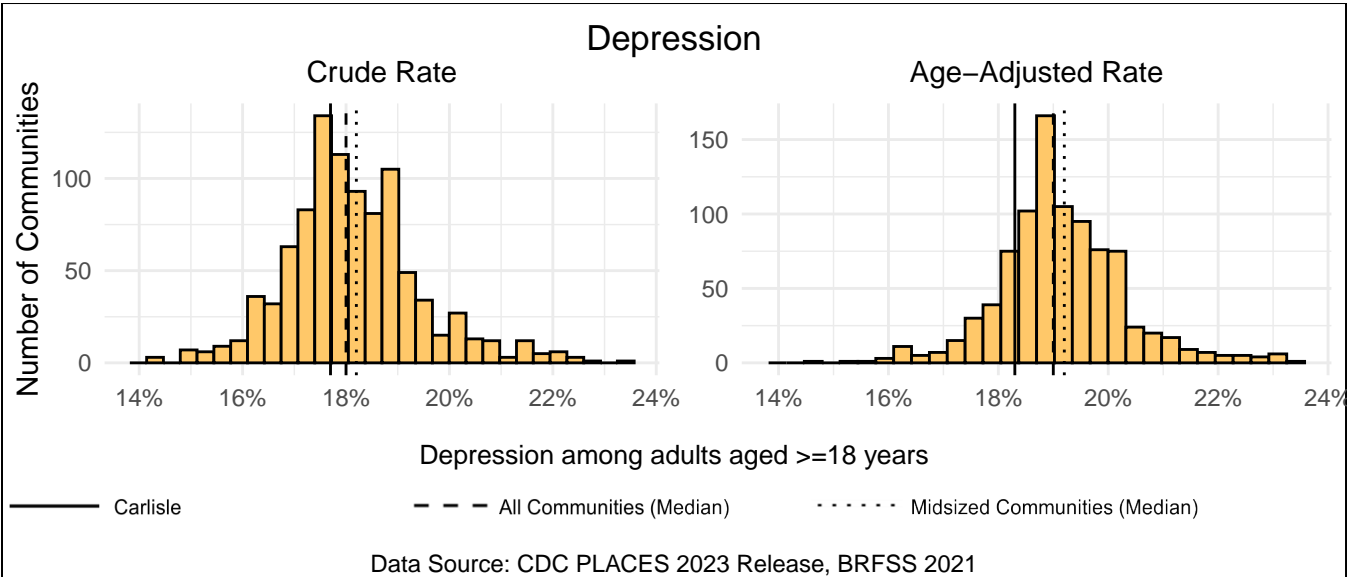
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	6.2%	7.4%	7.4%
Age-Adjusted	5.5%	6.2%	6.3%



Depression

Carlisle has a crude rate of 17.7% for depression among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Carlisle is 18.3%, which ranks 164th out of 905 Iowa communities (17th out of 102 midsized communities).

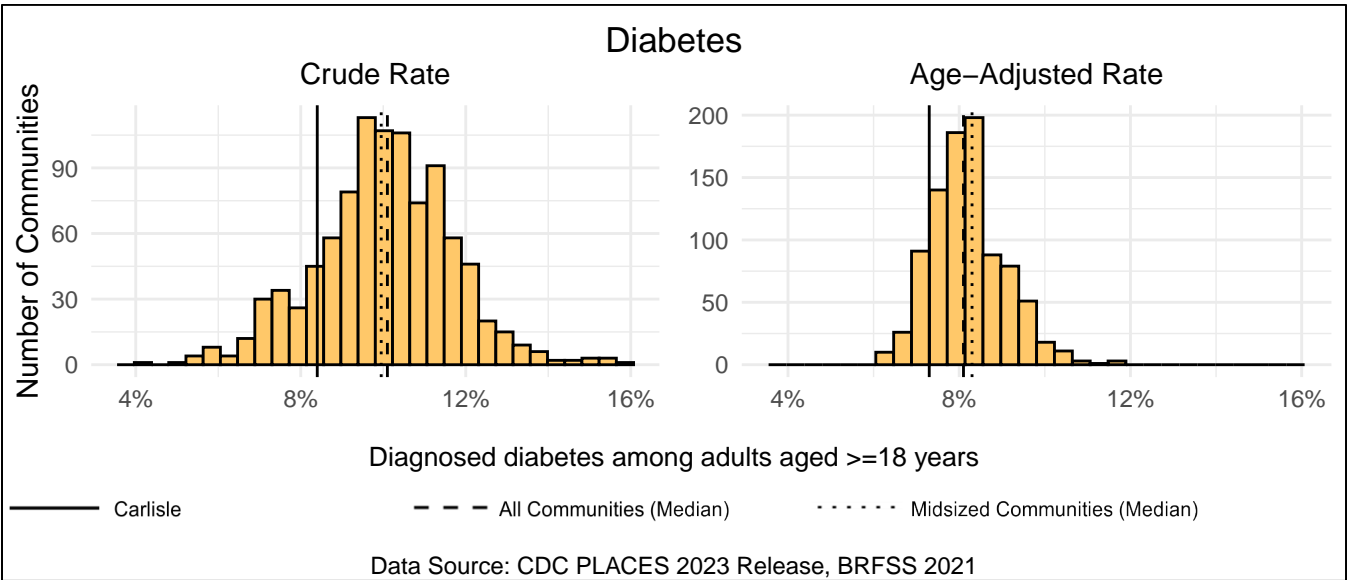
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	17.7%	18.0%	18.2%
Age-Adjusted	18.3%	19.0%	19.2%



Diabetes

Carlisle has a crude rate of 8.4% for diagnosed diabetes among adults aged >=18 years, which ranks 140th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 7.3%, which ranks 103rd out of 905 Iowa communities (18th out of 102 mid-sized communities).

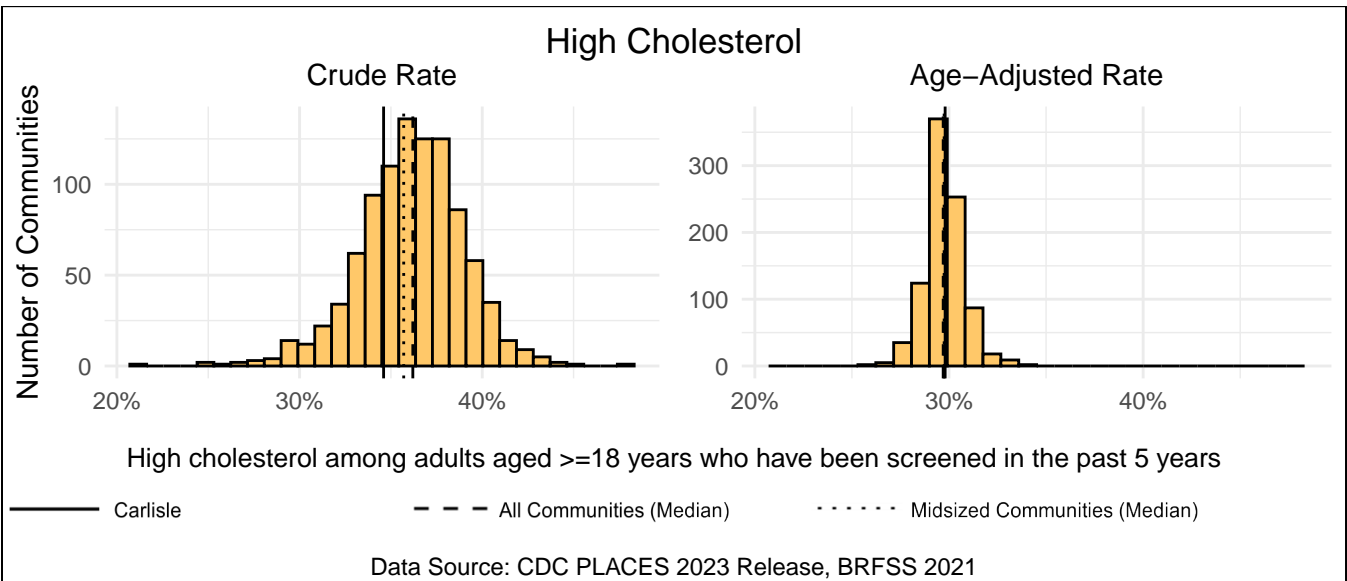
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	8.4%	10.1%	9.9%
Age-Adjusted	7.3%	8.1%	8.3%



High Cholesterol

Carlisle has a crude rate of 34.6% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 252nd out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 29.8%, which ranks 467th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

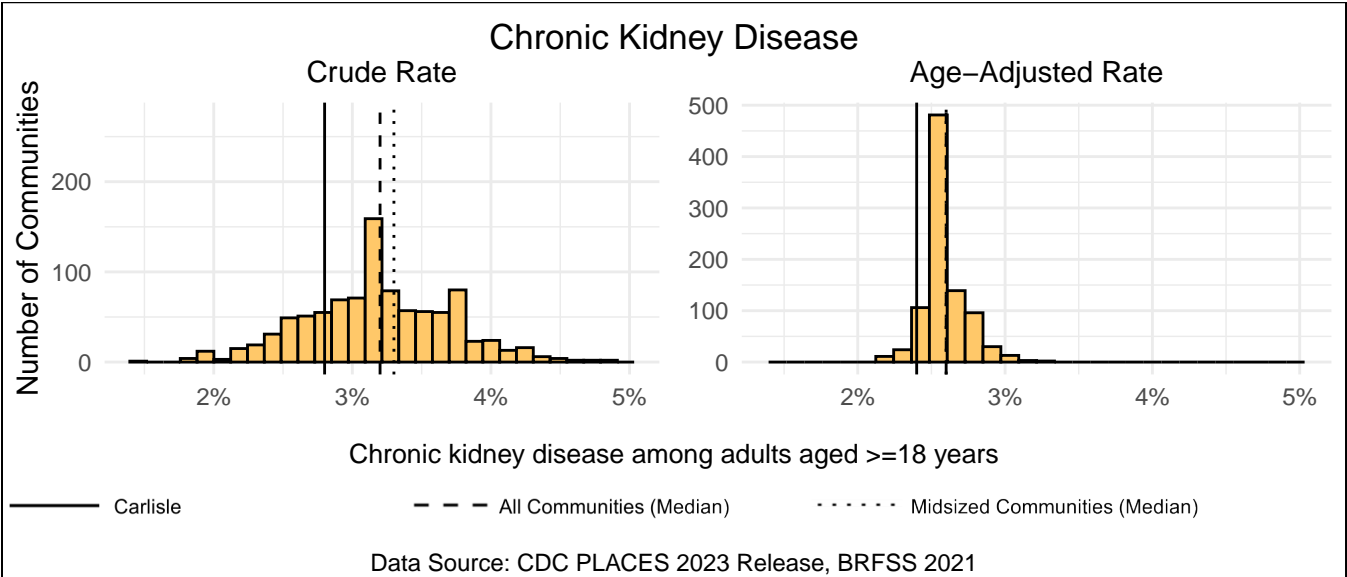
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	34.6%	36.2%	35.7%
Age-Adjusted	29.8%	29.7%	29.8%



Chronic Kidney Disease

Carlisle has a crude rate of 2.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 186th out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Carlisle is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

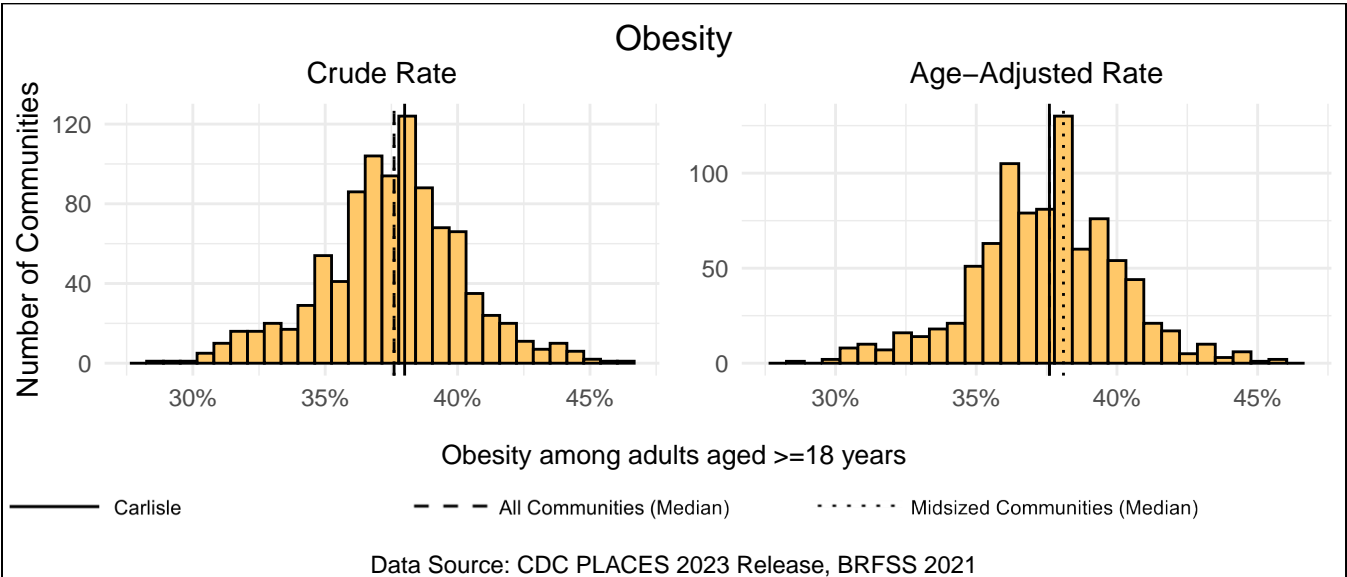
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	2.8%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Carlisle has a crude rate of 38.0% for obesity among adults aged ≥ 18 years, which ranks 537th out of 958 Iowa communities (59th out of 102 midsized communities). The age-adjusted rate for Carlisle is 37.6%, which ranks 449th out of 905 Iowa communities (45th out of 102 midsized communities).

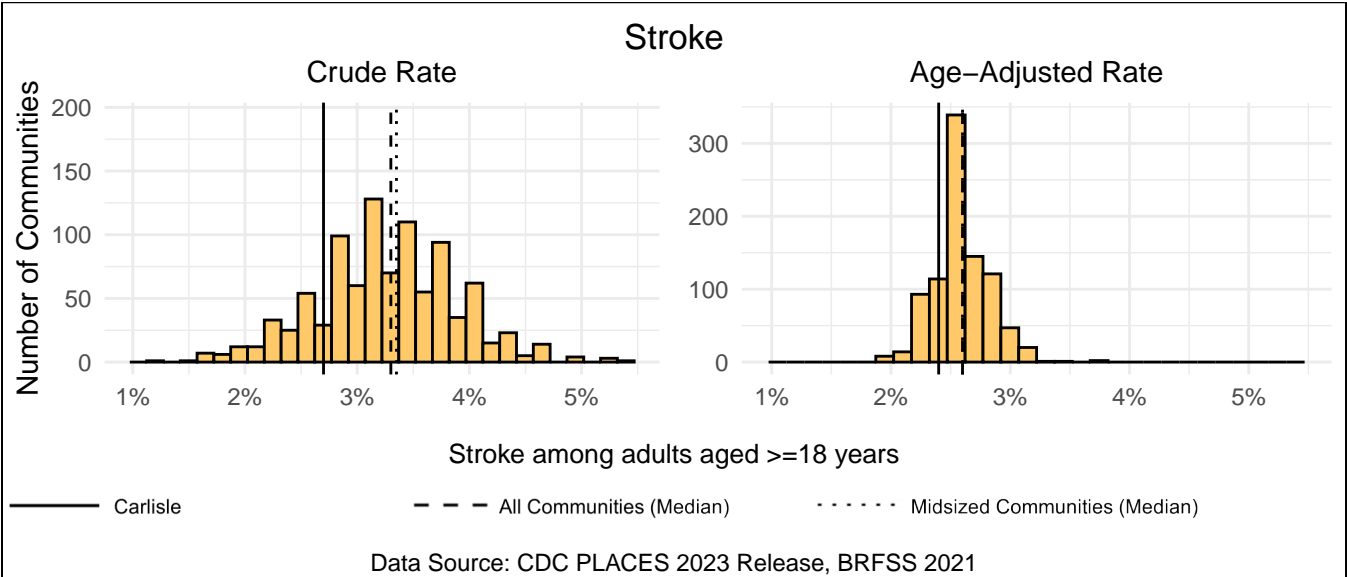
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	38.0%	37.6%	37.6%
Age-Adjusted	37.6%	37.6%	38.1%



Stroke

Carlisle has a crude rate of 2.7% for stroke among adults aged ≥ 18 years, which ranks 152nd out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Carlisle is 2.4%, which ranks 116th out of 905 Iowa communities (24th out of 102 midsize communities).

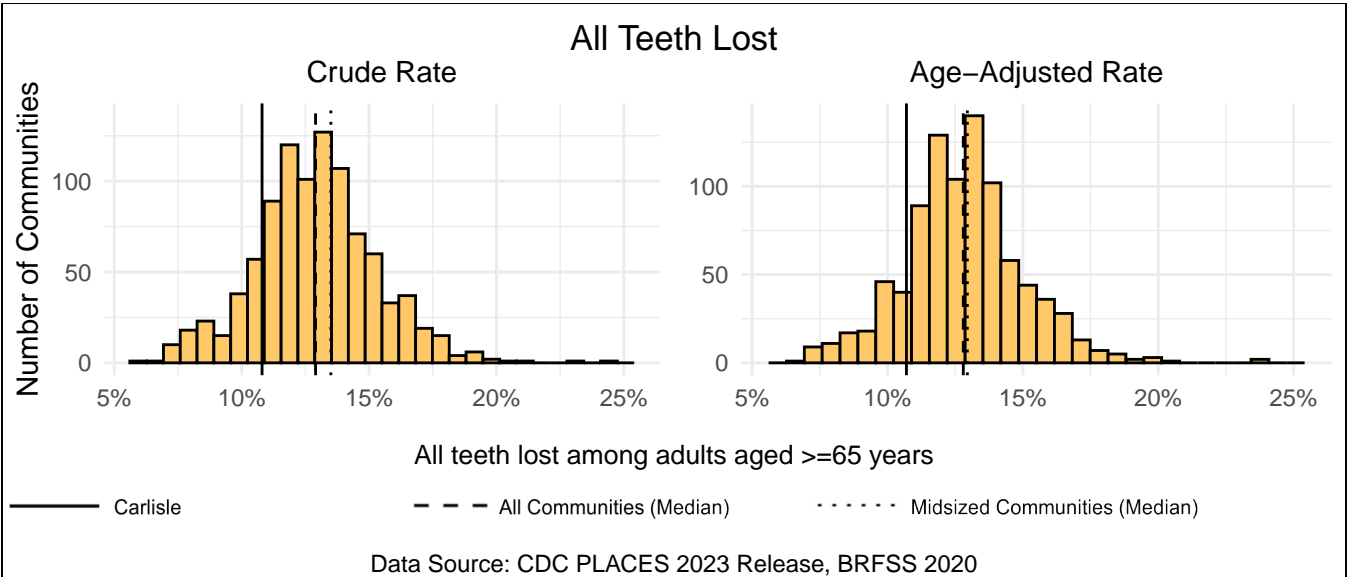
Measure Type	Carlisle	All Comm.	Midsize Comm.
Crude	2.7%	3.3%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



All Teeth Lost

Carlisle has a crude rate of 10.8% for all teeth lost among adults aged ≥ 65 years, which ranks 156th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Carlisle is 10.7%, which ranks 128th out of 905 Iowa communities (23rd out of 102 midsize communities).

Measure Type	Carlisle	All Comm.	Midsize Comm.
Crude	10.8%	12.9%	13.5%
Age-Adjusted	10.7%	12.8%	12.9%



Prevention

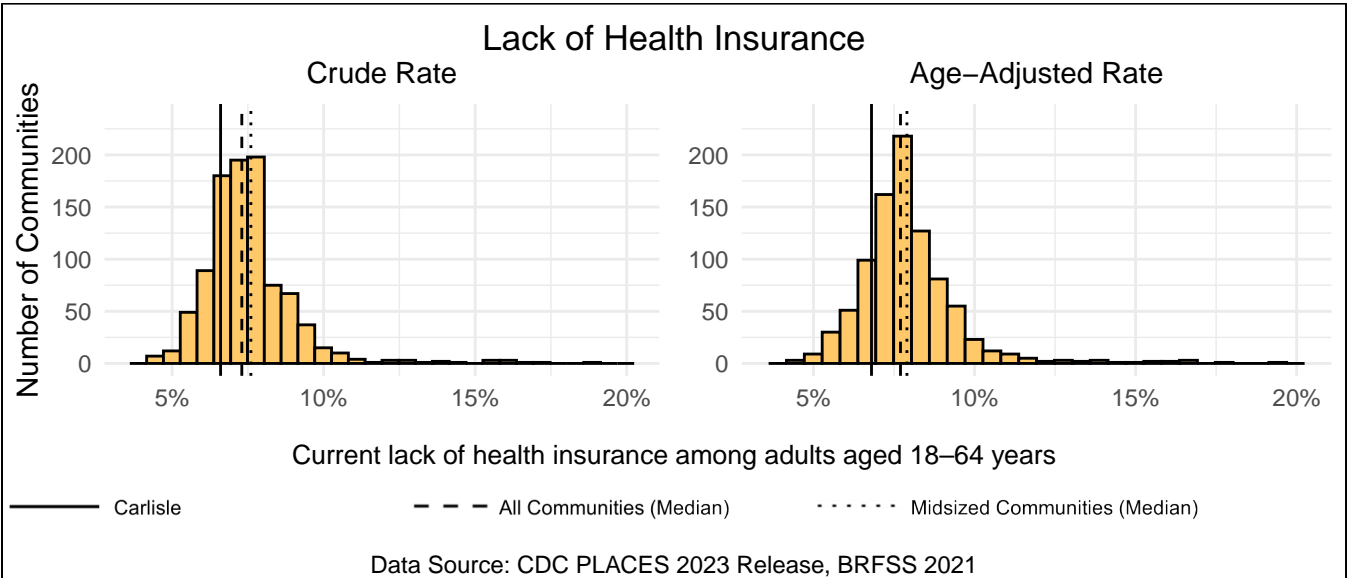
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Carlisle has a crude rate of 6.6% for current lack of health insurance among adults aged 18–64 years, which ranks 196th out of 958 Iowa communities (26th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 6.8%, which ranks 143rd out of 905 Iowa communities (27th out of 102 mid-sized communities).

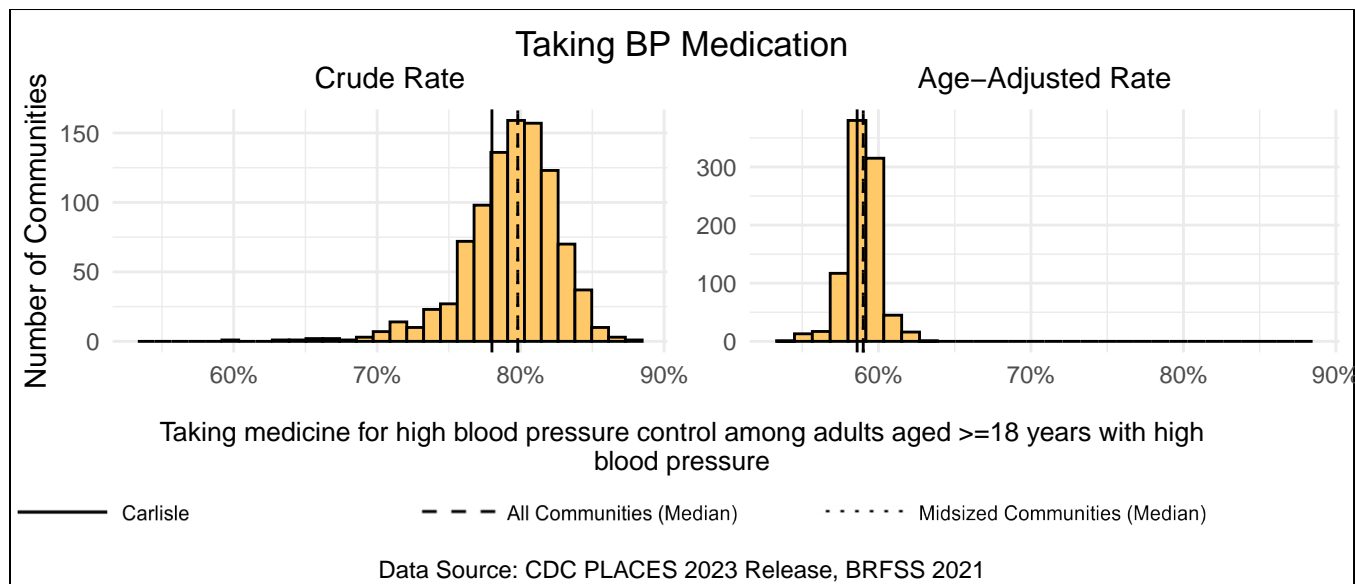
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	6.6%	7.3%	7.6%
Age-Adjusted	6.8%	7.7%	7.9%



Taking BP Medication

Carlisle has a crude rate of 78.0% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 685th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 58.6%, which ranks 579th out of 905 Iowa communities (70th out of 102 mid-sized communities).

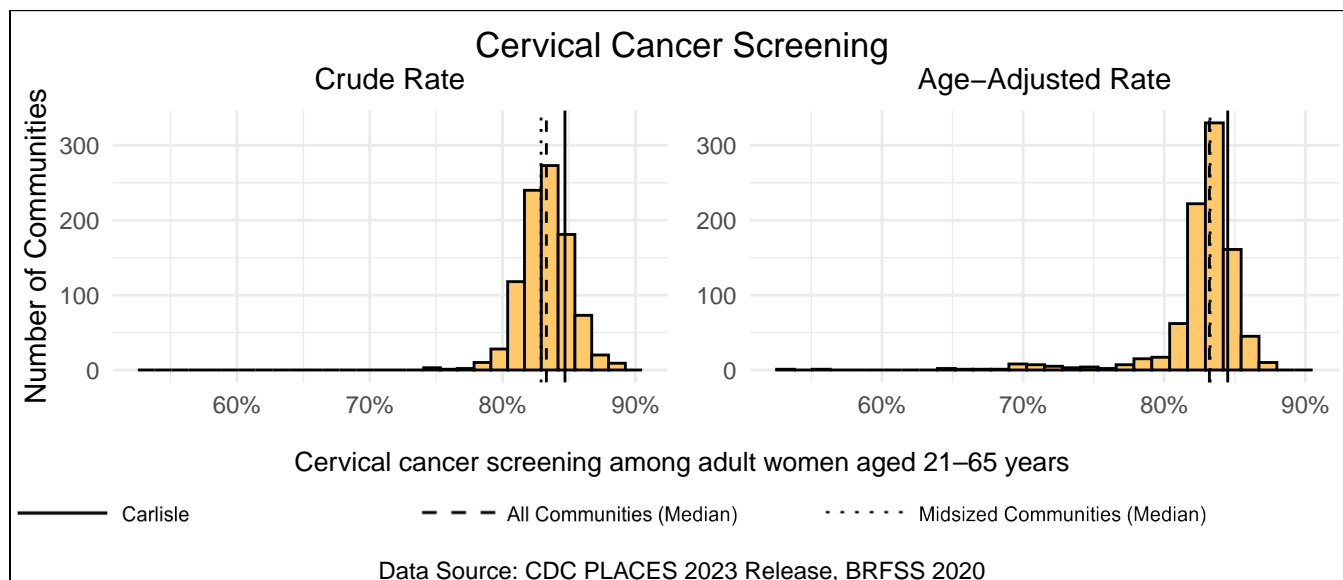
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	78.0%	79.8%	79.8%
Age-Adjusted	58.6%	59.0%	59.0%



Cervical Cancer Screening

Carlisle has a crude rate of 84.7% for cervical cancer screening among adult women aged 21–65 years, which ranks 180th out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Carlisle is 84.5%, which ranks 158th out of 905 Iowa communities (30th out of 102 midsized communities).

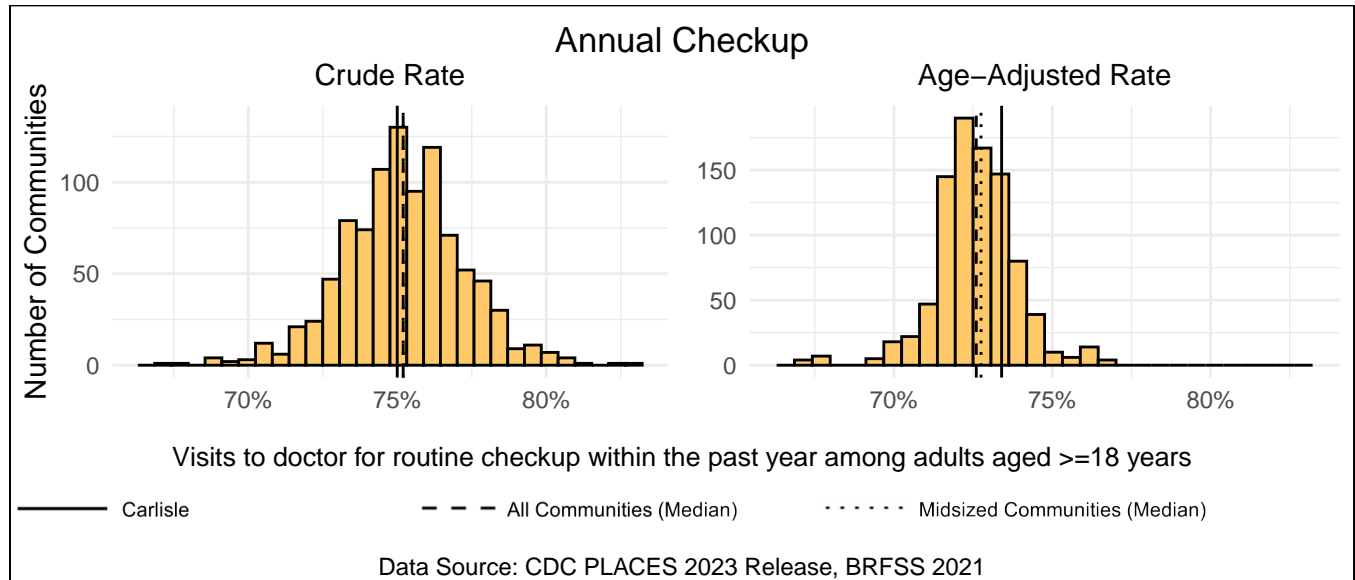
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	84.7%	83.3%	82.9%
Age-Adjusted	84.5%	83.2%	83.2%



Annual Checkup

Carlisle has a crude rate of 75.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 513th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Carlisle is 73.4%, which ranks 190th out of 905 Iowa communities (24th out of 102 midsize communities).

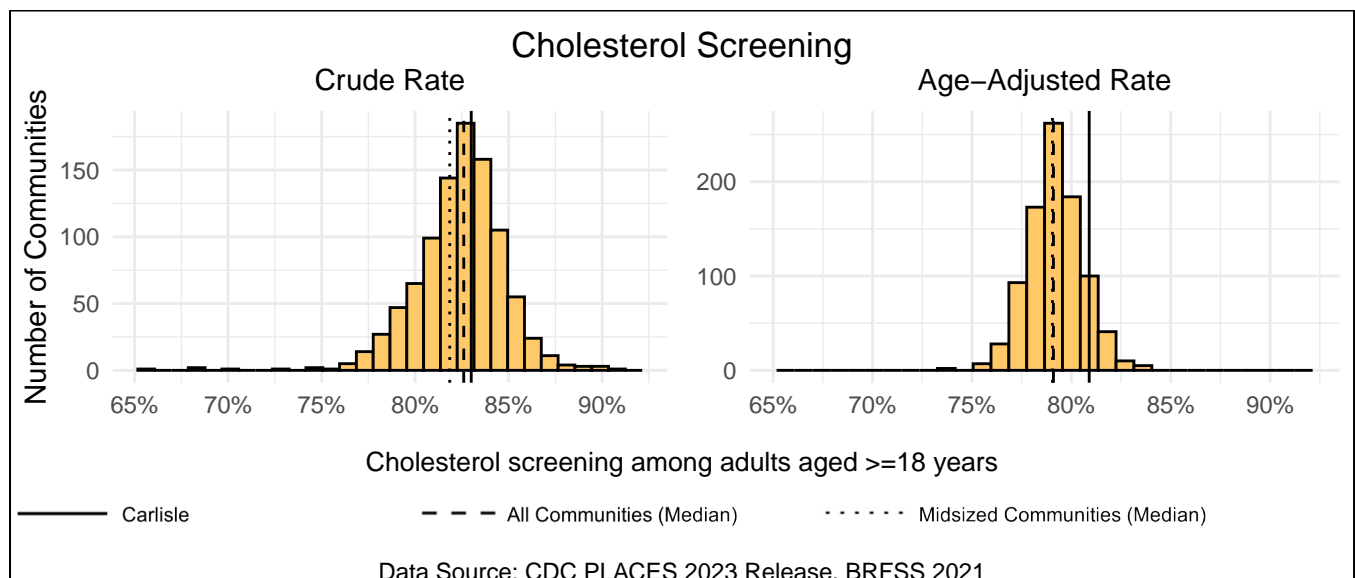
Measure Type	Carlisle	All Comm.	Midsize Comm.
Crude	75.0%	75.2%	75.2%
Age-Adjusted	73.4%	72.6%	72.8%



Cholesterol Screening

Carlisle has a crude rate of 83.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 393rd out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Carlisle is 80.9%, which ranks 91st out of 905 Iowa communities (20th out of 102 midsize communities).

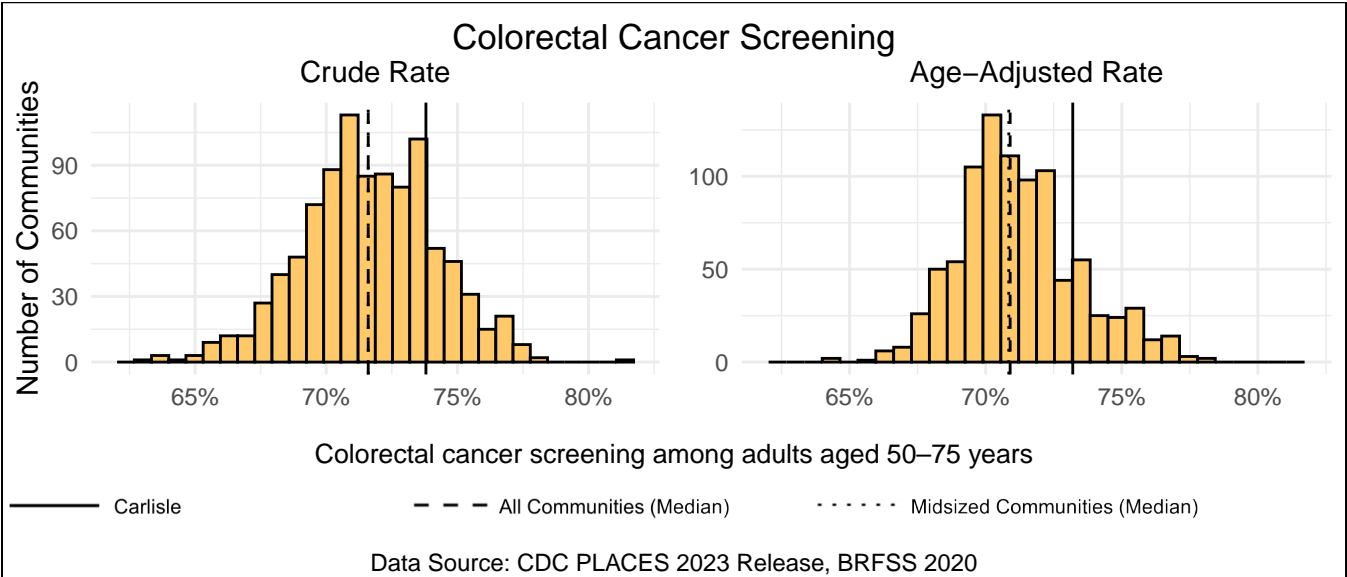
Measure Type	Carlisle	All Comm.	Midsize Comm.
Crude	83.0%	82.6%	81.8%
Age-Adjusted	80.9%	79.1%	79.0%



Colorectal Cancer Screening

Carlisle 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 (25th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 73.2%, which ranks 159th out of 905 Iowa communities (31st out of 102 mid-sized communities).

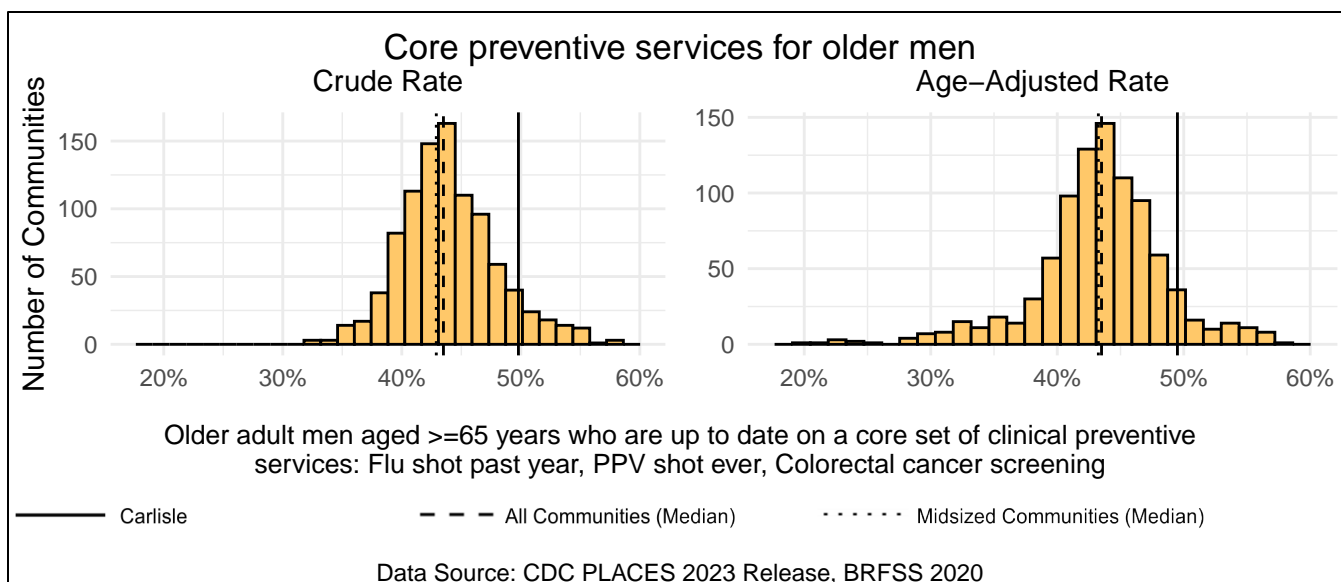
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	73.8%	71.6%	71.6%
Age-Adjusted	73.2%	70.9%	70.8%



Core preventive services for older men

Carlisle has a crude rate of 49.8% 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 75th out of 958 Iowa communities (12th out of 102 midsized communities). The age-adjusted rate for Carlisle is 49.5%, which ranks 73rd out of 905 Iowa communities (13th out of 102 midsized communities).

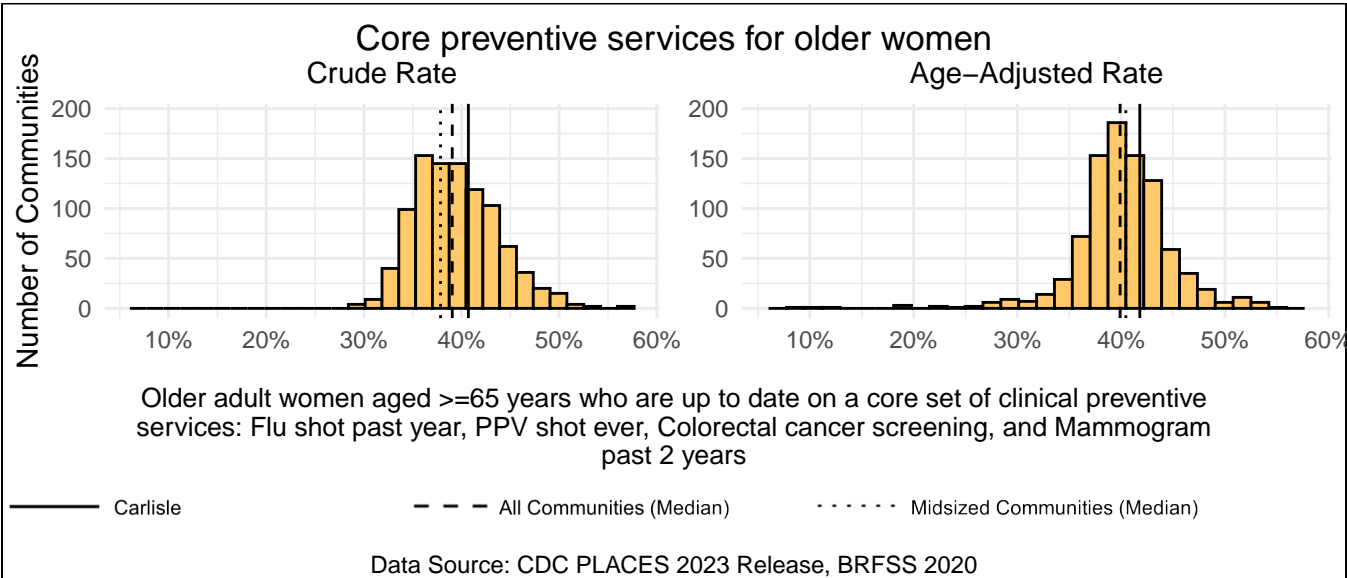
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	49.8%	43.5%	42.9%
Age-Adjusted	49.5%	43.5%	43.2%



Core preventive services for older women

Carlisle 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 mid-sized communities). The age-adjusted rate for Carlisle is 41.8%, which ranks 284th out of 905 Iowa communities (35th out of 102 mid-sized communities).

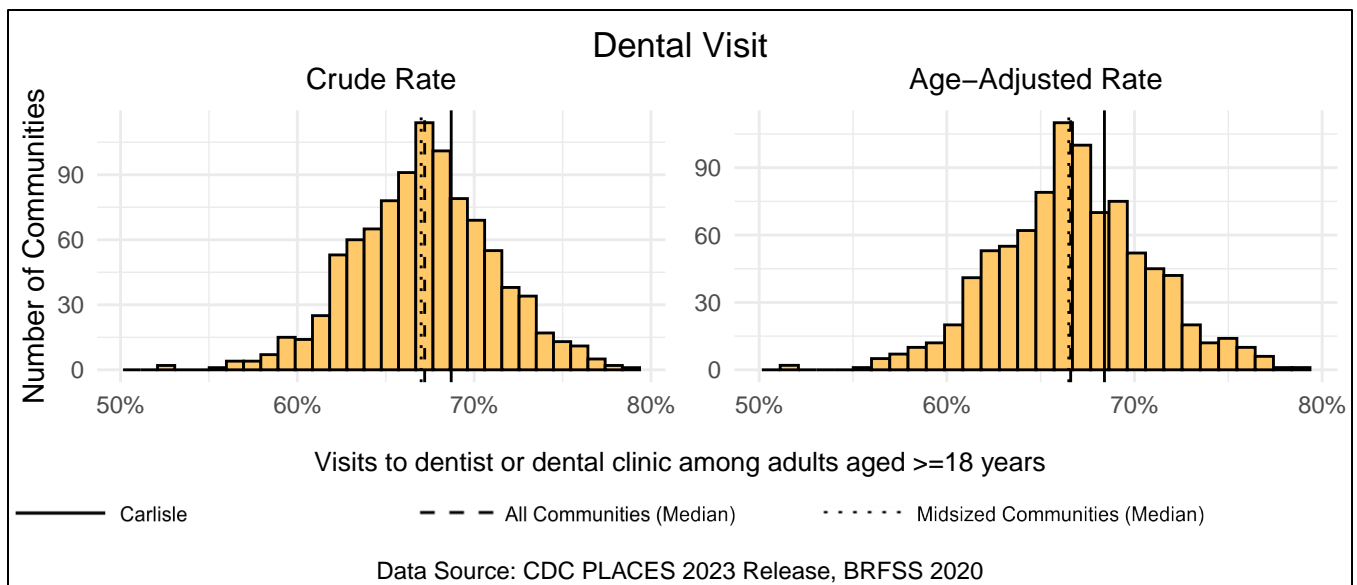
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	40.7%	39.0%	37.8%
Age-Adjusted	41.8%	39.9%	40.4%



Dental Visit

Carlisle has a crude rate of 68.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 318th out of 958 Iowa communities (39th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 68.4%, which ranks 292nd out of 905 Iowa communities (39th out of 102 mid-sized communities).

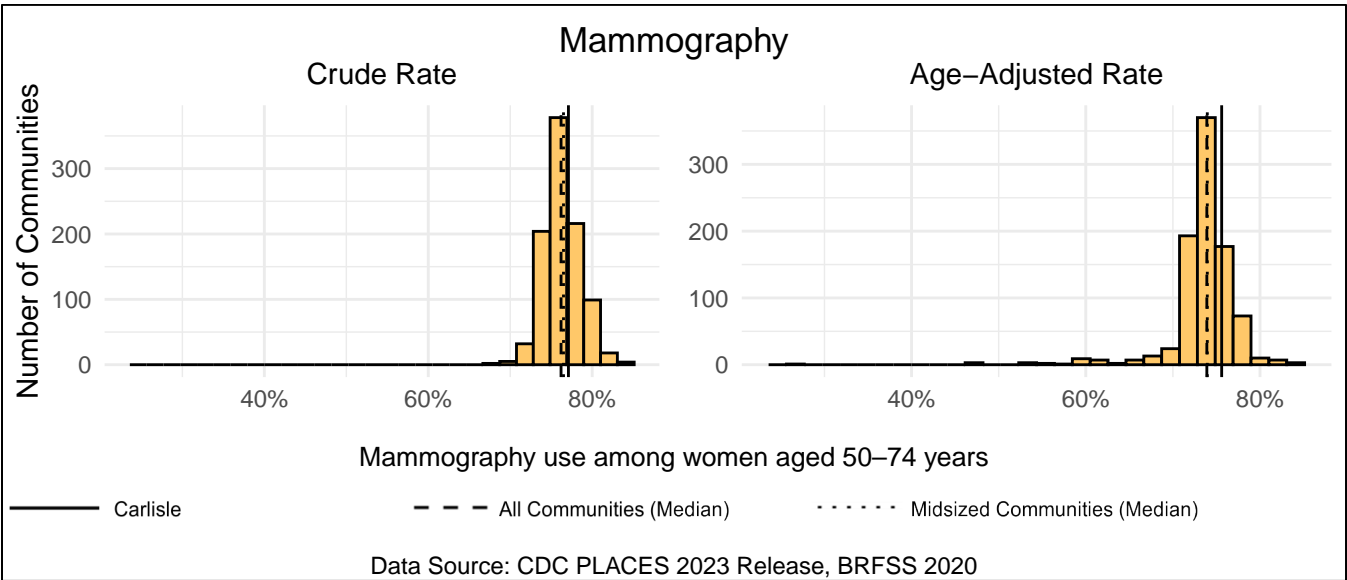
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	68.7%	67.2%	67.0%
Age-Adjusted	68.4%	66.6%	66.5%



Mammography

Carlisle has a crude rate of 77.1% for mammography use among women aged 50–74 years, which ranks 311th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 75.6%, which ranks 195th out of 905 Iowa communities (34th out of 102 mid-sized communities).

Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	77.1%	76.2%	76.5%
Age-Adjusted	75.6%	73.9%	74.0%



Disability

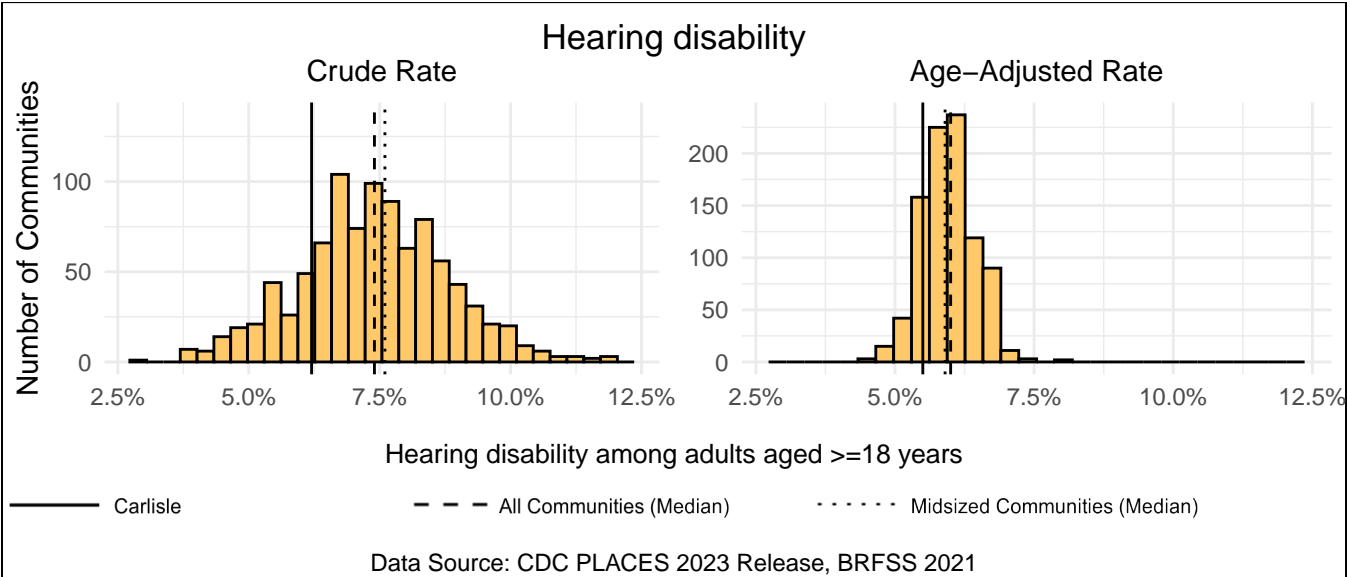
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Carlisle has a crude rate of 6.2% for hearing disability among adults aged ≥ 18 years, which ranks 175th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Carlisle is 5.5%, which ranks 110th out of 905 Iowa communities (25th out of 102 midsize communities).

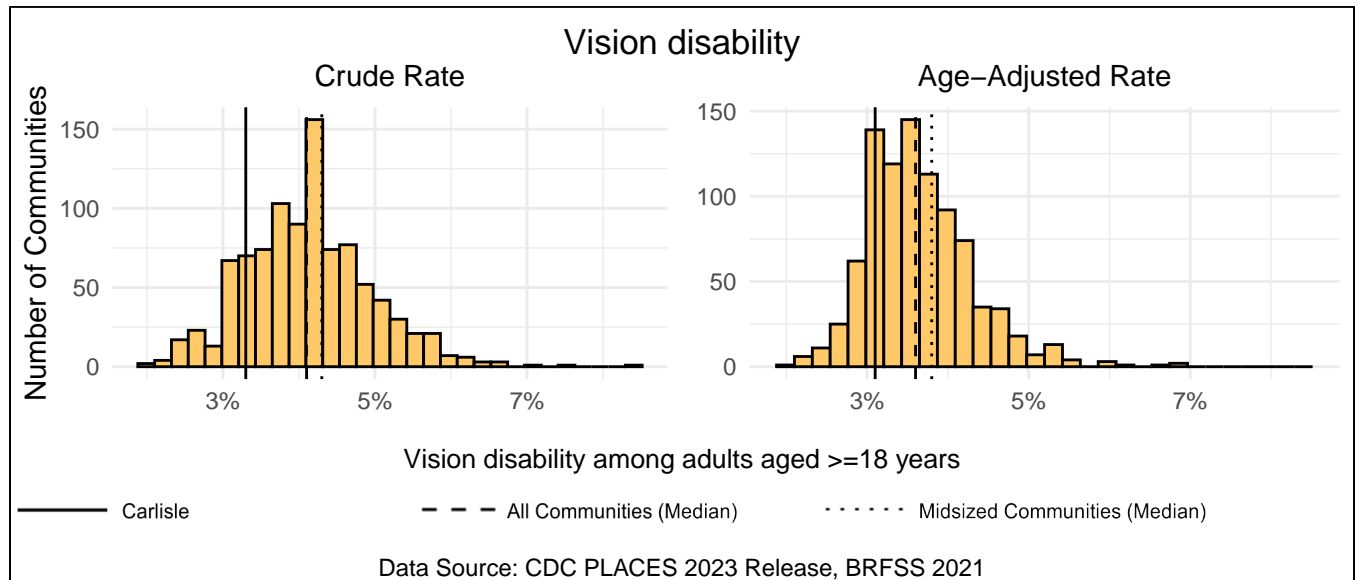
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	6.2%	7.4%	7.6%
Age-Adjusted	5.5%	6.0%	5.9%



Vision disability

Carlisle has a crude rate of 3.3% for vision disability among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (23rd out of 102 midsize communities). The age-adjusted rate for Carlisle is 3.1%, which ranks 135th out of 905 Iowa communities (24th out of 102 midsize communities).

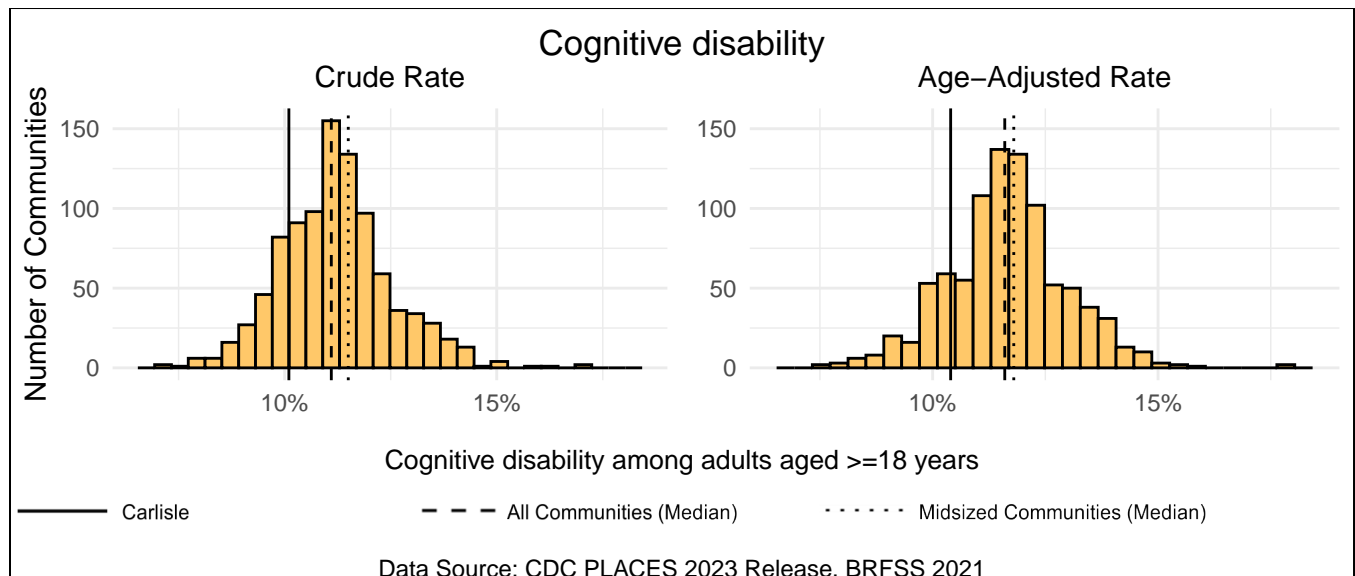
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	3.3%	4.1%	4.3%
Age-Adjusted	3.1%	3.6%	3.8%



Cognitive disability

Carlisle has a crude rate of 10.1% for cognitive disability among adults aged ≥ 18 years, which ranks 162nd out of 958 Iowa communities (22nd out of 102 midsize communities). The age-adjusted rate for Carlisle is 10.4%, which ranks 141st out of 905 Iowa communities (24th out of 102 midsize communities).

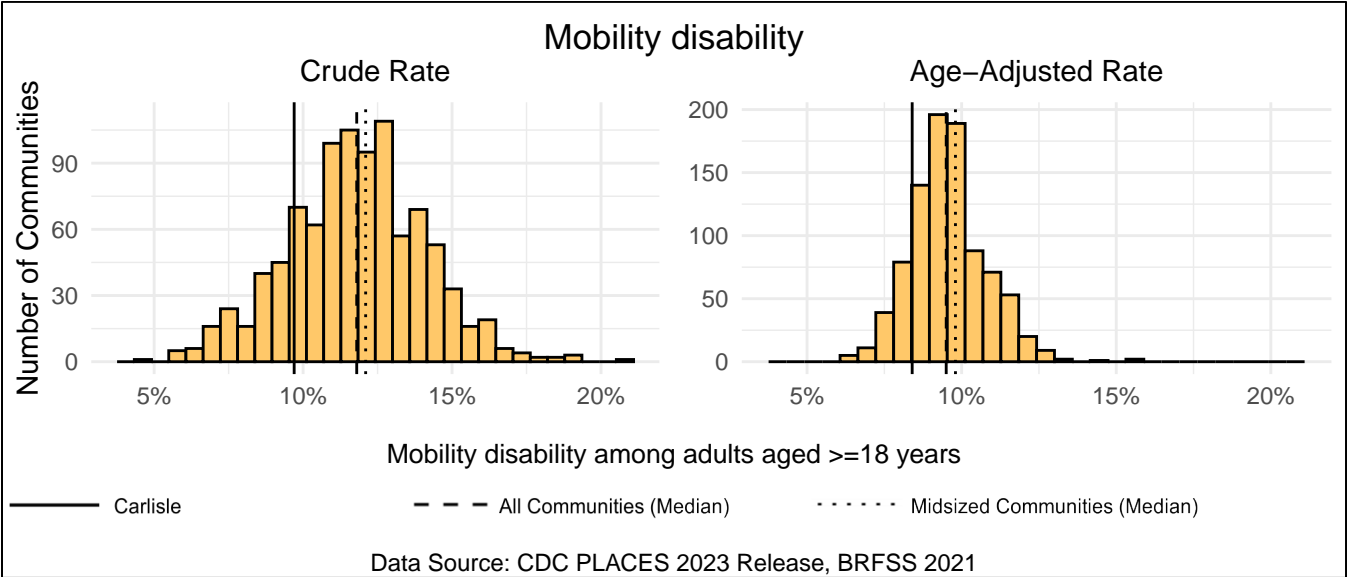
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	10.1%	11.1%	11.5%
Age-Adjusted	10.4%	11.6%	11.8%



Mobility disability

Carlisle has a crude rate of 9.7% for mobility disability among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 8.4%, which ranks 135th out of 905 Iowa communities (22nd out of 102 mid-sized communities).

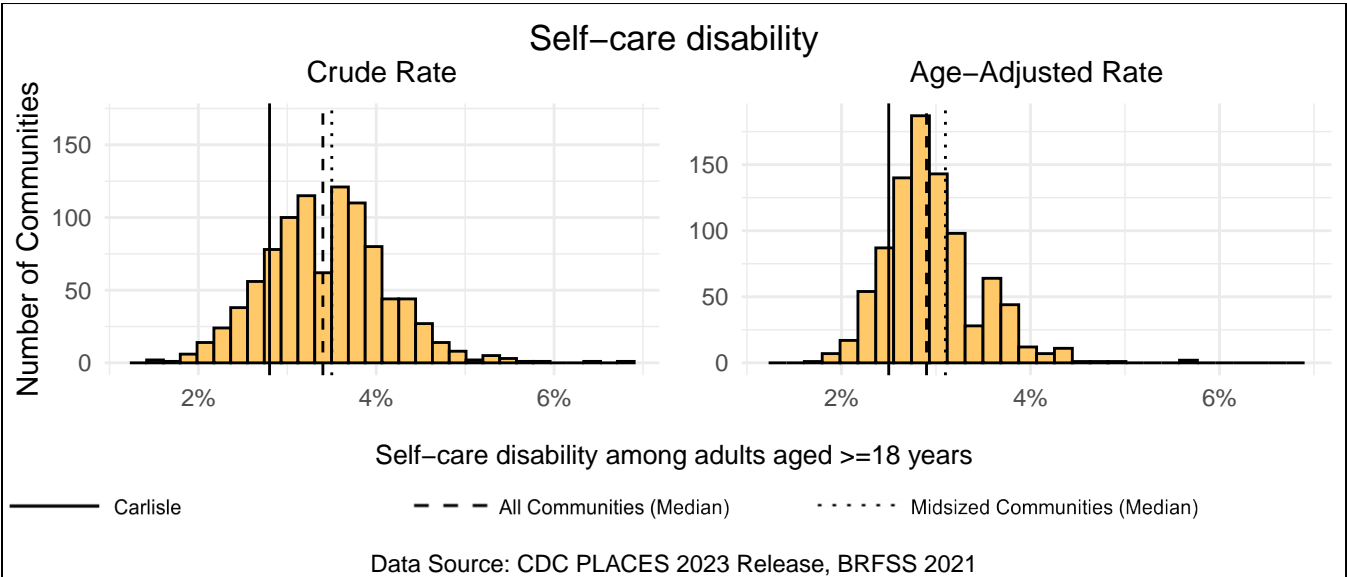
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	9.7%	11.8%	12.1%
Age-Adjusted	8.4%	9.5%	9.8%



Self-care disability

Carlisle has a crude rate of 2.8% for self-care disability among adults aged ≥ 18 years, which ranks 142nd out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Carlisle is 2.5%, which ranks 123rd out of 905 Iowa communities (23rd out of 102 mid-sized communities).

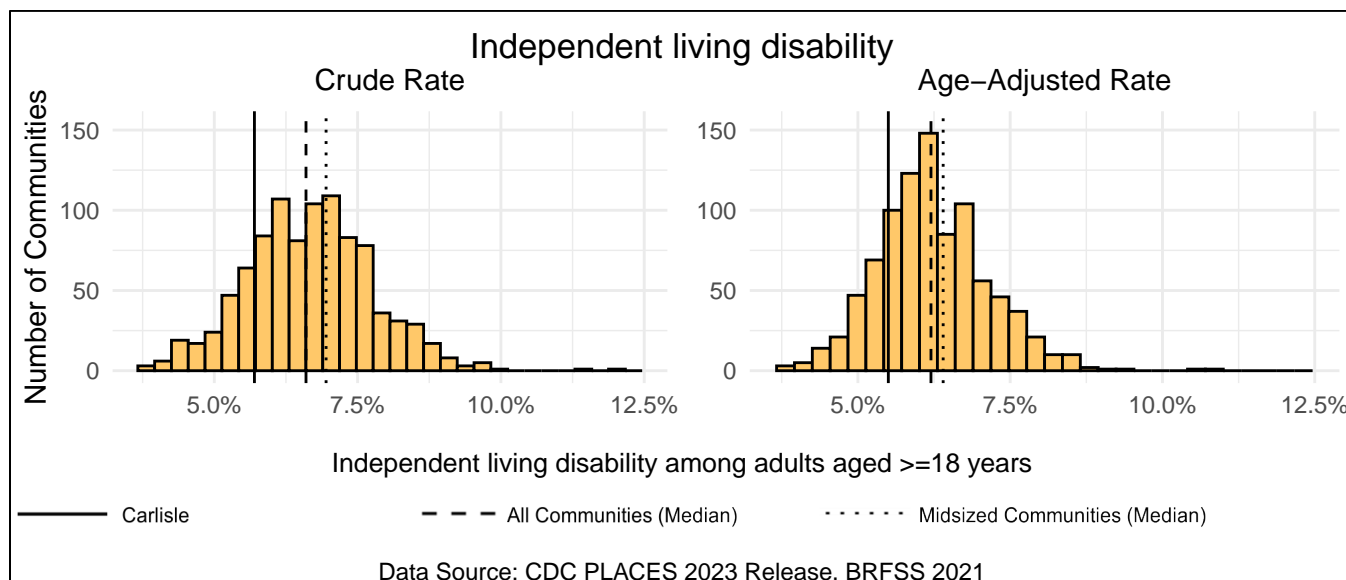
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	2.8%	3.4%	3.5%
Age-Adjusted	2.5%	2.9%	3.1%



Independent living disability

Carlisle has a crude rate of 5.7% for independent living disability among adults aged ≥ 18 years, which ranks 158th out of 958 Iowa communities (23rd out of 102 midsized communities). The age-adjusted rate for Carlisle is 5.5%, which ranks 160th out of 905 Iowa communities (24th out of 102 midsized communities).

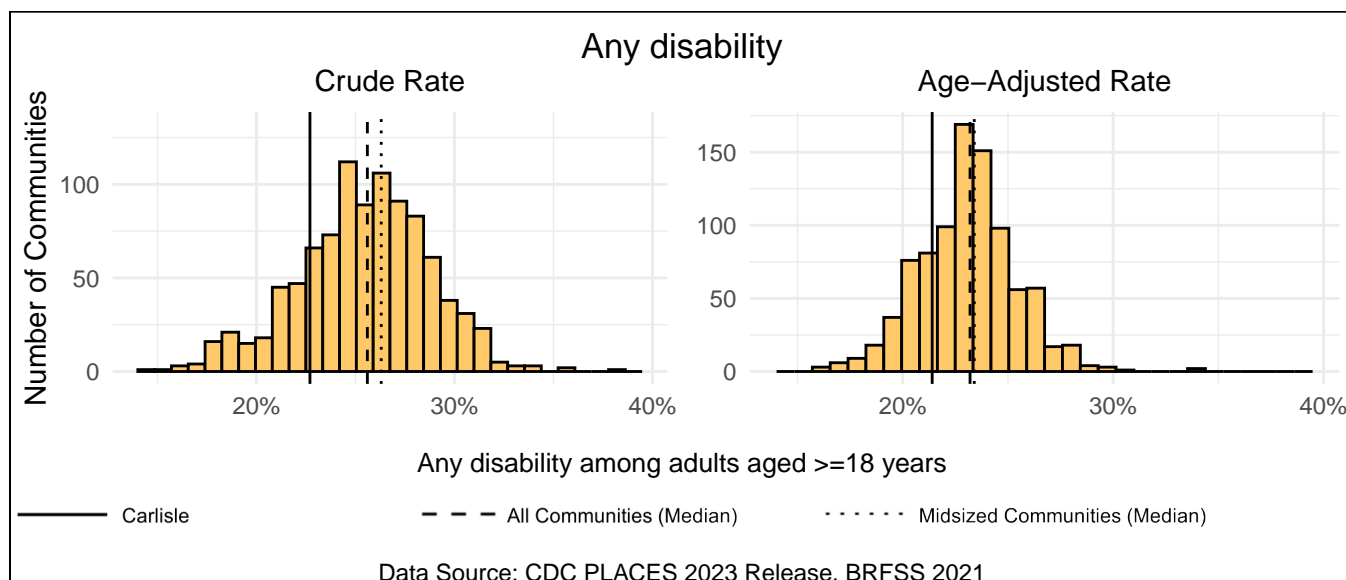
Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	5.7%	6.6%	7.0%
Age-Adjusted	5.5%	6.2%	6.4%



Any disability

Carlisle has a crude rate of 22.7% for any disability among adults aged ≥ 18 years, which ranks 183rd out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Carlisle is 21.4%, which ranks 191st out of 905 Iowa communities (30th out of 102 midsized communities).

Measure Type	Carlisle	All Comm.	Midsized Comm.
Crude	22.7%	25.6%	26.3%
Age-Adjusted	21.4%	23.2%	23.4%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Carlisle 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%)	189	14.8% (12.6% - 17.0%)
Health Status	Physical Health	151	9.5% (8.0% - 11.2%)	160	8.9% (7.4% - 10.6%)
Health Status	General Health	127	11.8% (9.5% - 14.2%)	126	11.0% (8.9% - 13.0%)
Health Risk Behaviors	Current Smoking	194	15.2% (11.6% - 19.1%)	143	15.3% (11.8% - 19.1%)
Health Risk Behaviors	Physical Inactivity	167	22.9% (18.6% - 27.4%)	168	21.9% (17.8% - 26.5%)
Health Risk Behaviors	Binge Drinking	663	20.6% (17.4% - 24.2%)	520	22.2% (18.7% - 26.0%)
Health Risk Behaviors	Sleep <7 hours	119	28.3% (26.6% - 30.1%)	79	28.6% (26.7% - 30.4%)
Health Outcomes	High Blood Pressure	170	28.8% (25.0% - 32.6%)	124	25.8% (22.4% - 29.4%)
Health Outcomes	COPD	155	6.2% (4.9% - 7.5%)	144	5.5% (4.5% - 6.6%)
Health Outcomes	Cancer (except skin)	335	7.6% (6.8% - 8.4%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Depression	356	17.7% (14.6% - 21.1%)	164	18.3% (15.1% - 21.6%)
Health Outcomes	Stroke	152	2.7% (2.4% - 3.1%)	116	2.4% (2.1% - 2.7%)
Health Outcomes	Chronic Kidney Disease	186	2.8% (2.5% - 3.1%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	High Cholesterol	252	34.6% (30.6% - 38.9%)	467	29.8% (25.8% - 34.0%)
Health Outcomes	Obesity	537	38.0% (31.8% - 44.5%)	449	37.6% (31.2% - 44.1%)
Health Outcomes	Current Asthma	311	9.2% (8.0% - 10.4%)	241	9.3% (8.1% - 10.5%)
Health Outcomes	Arthritis	198	24.9% (21.2% - 28.7%)	176	22.1% (18.8% - 25.4%)
Health Outcomes	Coronary Heart Disease	156	5.3% (4.6% - 6.1%)	78	4.5% (3.9% - 5.2%)
Health Outcomes	Diabetes	140	8.4% (7.0% - 9.8%)	103	7.3% (6.1% - 8.6%)
Health Outcomes	All Teeth Lost	156	10.8% (6.7% - 16.1%)	128	10.7% (6.6% - 15.7%)
Prevention	Mammography	311	77.1% (73.0% - 81.1%)	195	75.6% (70.9% - 79.8%)
Prevention	Cervical Cancer Screening	180	84.7% (81.9% - 87.1%)	158	84.5% (81.8% - 87.0%)
Prevention	Cholesterol Screening	393	83.0% (79.9% - 86.0%)	91	80.9% (77.4% - 84.2%)
Prevention	Annual Checkup	513	75.0% (70.4% - 79.0%)	190	73.4% (68.7% - 77.8%)
Prevention	Core preventive services for older men	75	49.8% (40.6% - 58.9%)	73	49.5% (40.2% - 58.6%)
Prevention	Taking BP Medication	685	78.0% (74.5% - 81.1%)	579	58.6% (53.7% - 63.5%)

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% - 76.9%)	159	73.2% (69.9% - 76.3%)
Prevention	Dental Visit	318	68.7% (64.6% - 72.2%)	292	68.4% (64.3% - 72.1%)
Prevention	Core preventive services for older women	343	40.7% (33.2% - 48.4%)	284	41.8% (34.0% - 49.3%)
Prevention	Health Insurance	196	6.6% (4.7% - 8.8%)	143	6.8% (4.9% - 8.9%)
Disability	Cognitive Disability	162	10.1% (8.3% - 12.2%)	141	10.4% (8.5% - 12.5%)
Disability	Mobility Disability	169	9.7% (7.9% - 11.5%)	135	8.4% (6.9% - 10.0%)
Disability	Self-care Disability	142	2.8% (2.3% - 3.3%)	123	2.5% (2.1% - 3.0%)
Disability	Any Disability	183	22.7% (18.7% - 26.7%)	191	21.4% (17.8% - 25.1%)
Disability	Vision Disability	127	3.3% (2.8% - 3.9%)	135	3.1% (2.6% - 3.7%)
Disability	Independent Living Disability	158	5.7% (4.6% - 6.8%)	160	5.5% (4.5% - 6.5%)
Disability	Hearing Disability	175	6.2% (5.4% - 7.2%)	110	5.5% (4.8% - 6.2%)

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)

Carlisle 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
