



## 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 Carroll: Overview

Dear Community Members & Stakeholders of Carroll,

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 Carroll ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Carroll'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 Carroll. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Annual Checkup	234th	1st	Annual Checkup	190th	15th
Current Smoking	353rd	18th	Chronic Kidney Disease	349th	14th
Binge Drinking	370th	9th	Any Disability	350th	16th
Taking BP Medication	386th	2nd	Binge Drinking	358th	16th
Mental Health	390th	7th	Hearing Disability	360th	18th

## 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Dental Visit	743rd	20th	Arthritis	755th	21st
Core preventive services for older women	717th	23rd	Dental Visit	705th	20th
Arthritis	670th	30th	Obesity	652nd	24th
Independent Living Disability	666th	21st	Current Asthma	628th	20th
Cancer (except skin)	632nd	31st	Independent Living Disability	570th	18th

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 Carroll.

Sincerely,



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



**IOWA STATE UNIVERSITY**  
Extension and Outreach  
Community and Economic Development

This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit, via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

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

With a population of 10,270, Carroll’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large 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

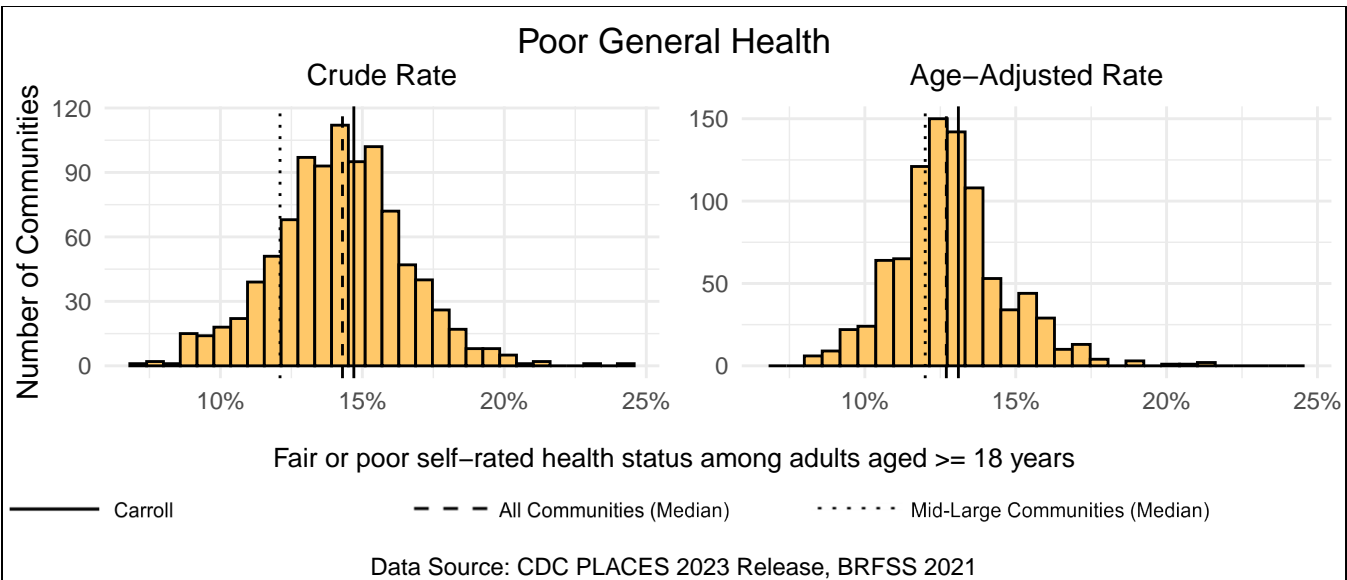
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Carroll has a crude rate of 14.7% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 552nd out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Carroll is 13.1%, which ranks 533rd out of 905 Iowa communities (18th out of 31 mid-large communities).

Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	14.7%	14.3%	12.1%
Age-Adjusted	13.1%	12.7%	12.0%

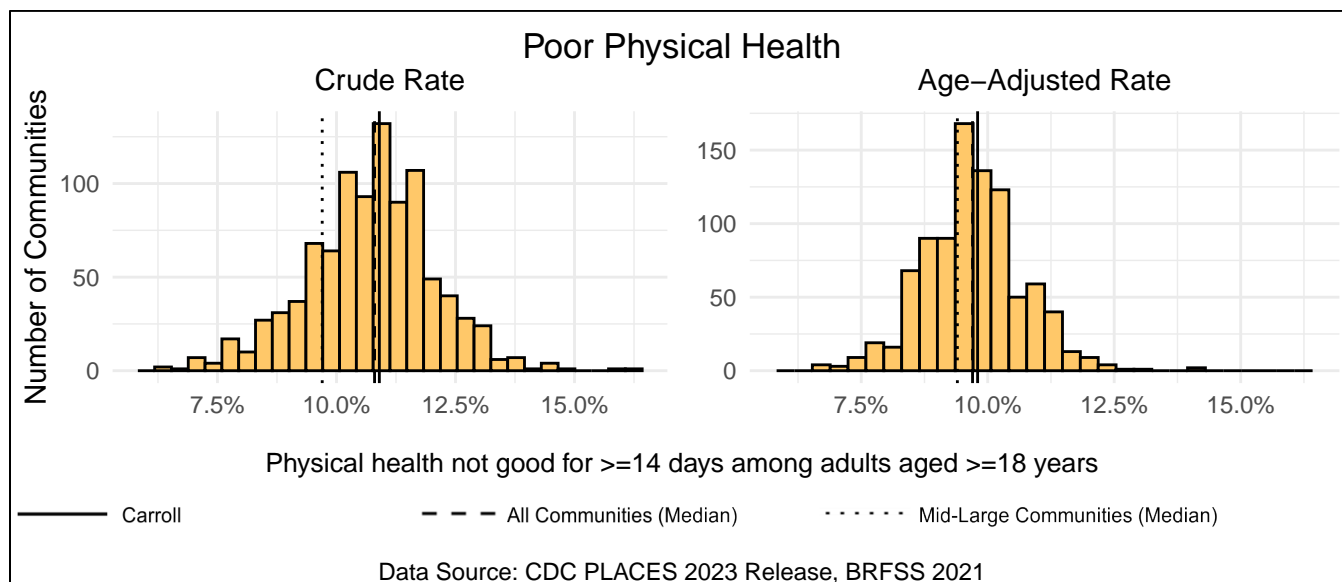




## Poor Physical Health

Carroll has a crude rate of 10.9% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 493rd out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Carroll is 9.8%, which ranks 468th out of 905 Iowa communities (18th out of 31 mid-large communities).

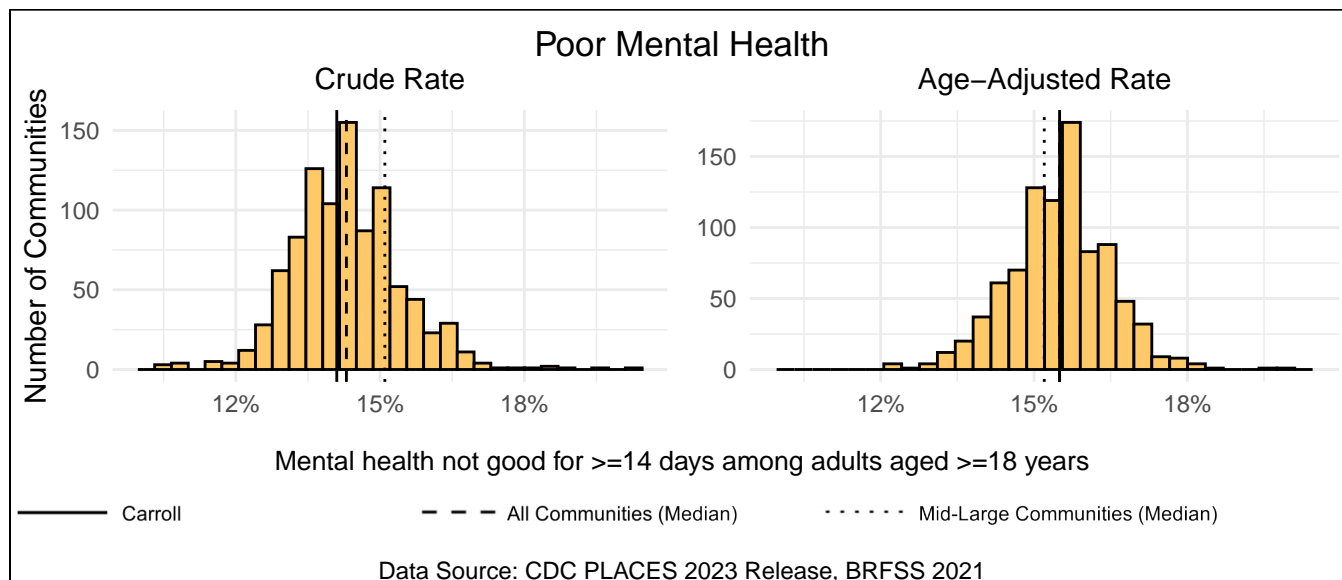
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	10.9%	10.8%	9.7%
Age-Adjusted	9.8%	9.7%	9.4%



## Poor Mental Health

Carroll has a crude rate of 14.1% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 390th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Carroll is 15.5%, which ranks 405th out of 905 Iowa communities (17th out of 31 mid-large communities).

Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	14.1%	14.3%	15.1%
Age-Adjusted	15.5%	15.5%	15.2%



# Health Risk Behaviors

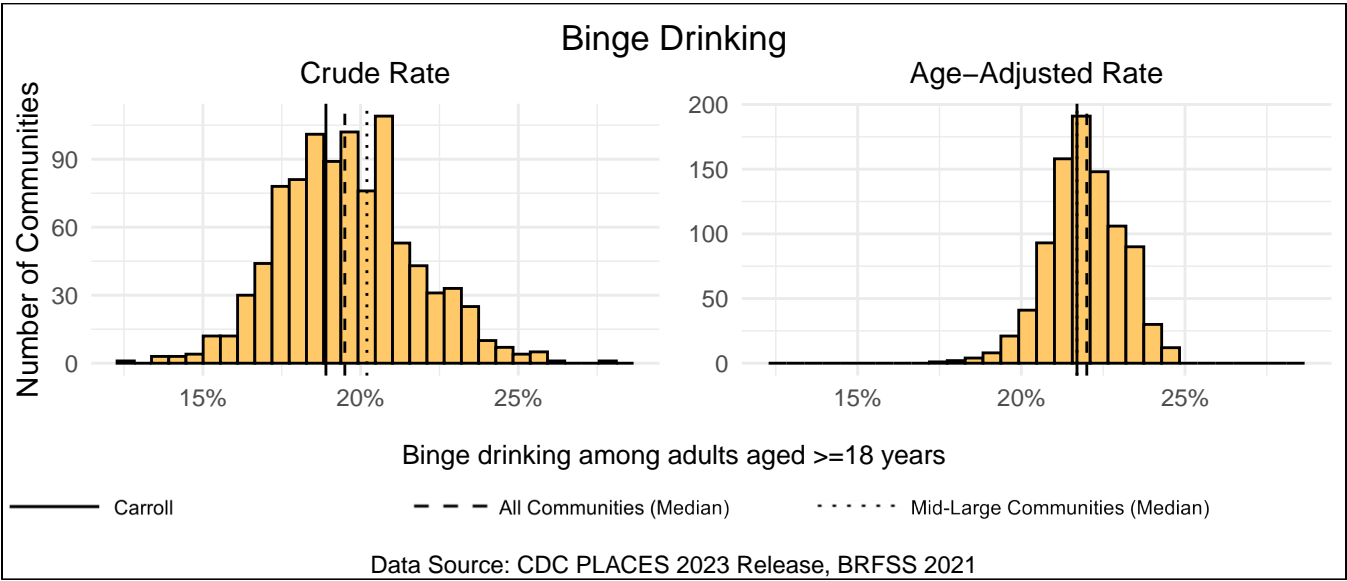
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Carroll has a crude rate of 18.9% for binge drinking among adults aged  $\geq 18$  years, which ranks 370th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Carroll is 21.7%, which ranks 358th out of 905 Iowa communities (16th out of 31 mid-large communities).

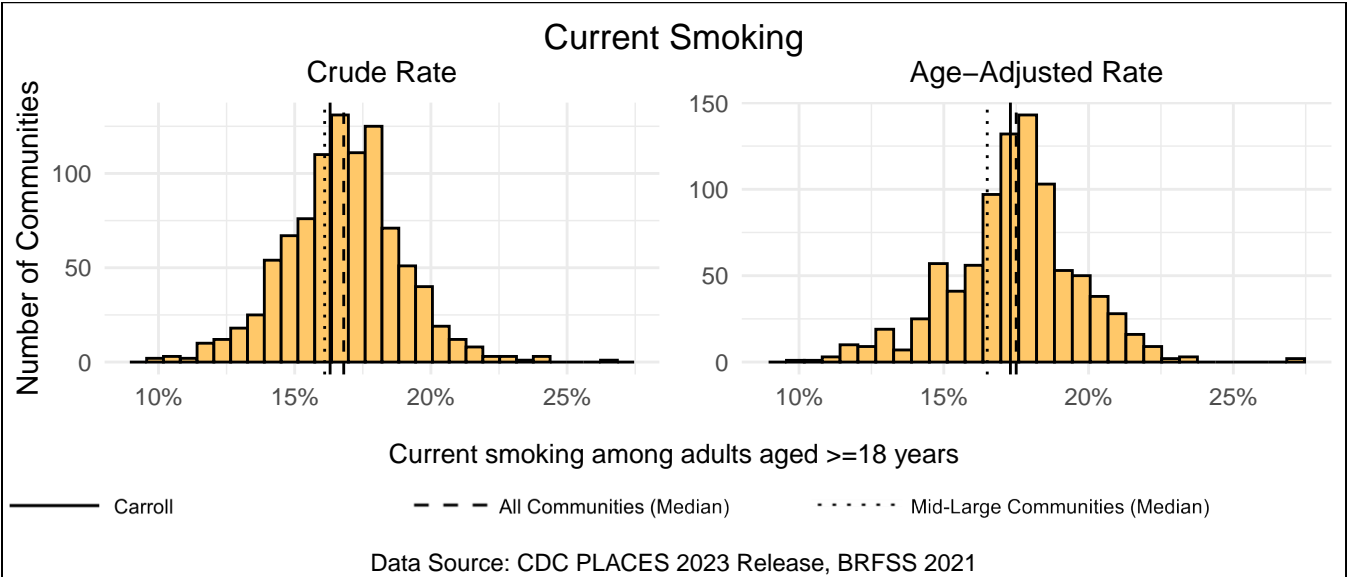
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	18.9%	19.5%	20.2%
Age-Adjusted	21.7%	22.0%	21.7%



# Current Smoking

Carroll has a crude rate of 16.3% for current smoking among adults aged  $\geq 18$  years, which ranks 353rd out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Carroll is 17.3%, which ranks 380th out of 905 Iowa communities (18th out of 31 mid-large communities).

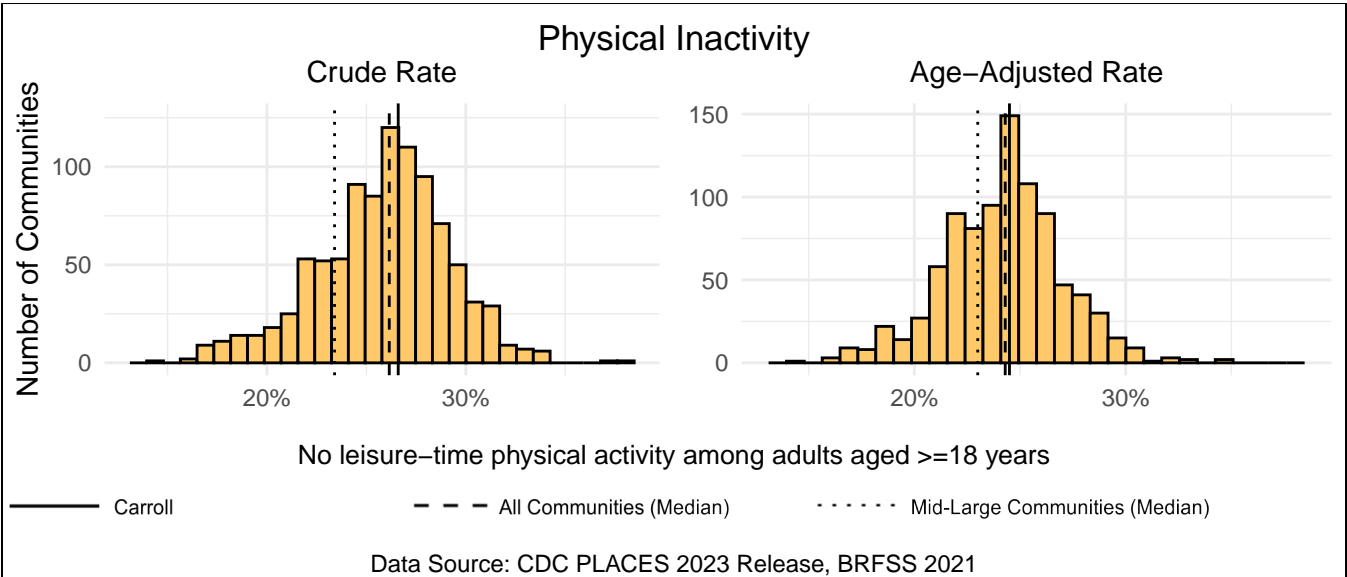
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	16.3%	16.8%	16.1%
Age-Adjusted	17.3%	17.5%	16.5%



# Physical Inactivity

Carroll has a crude rate of 26.6% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 524th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Carroll is 24.5%, which ranks 478th out of 905 Iowa communities (18th out of 31 mid-large communities).

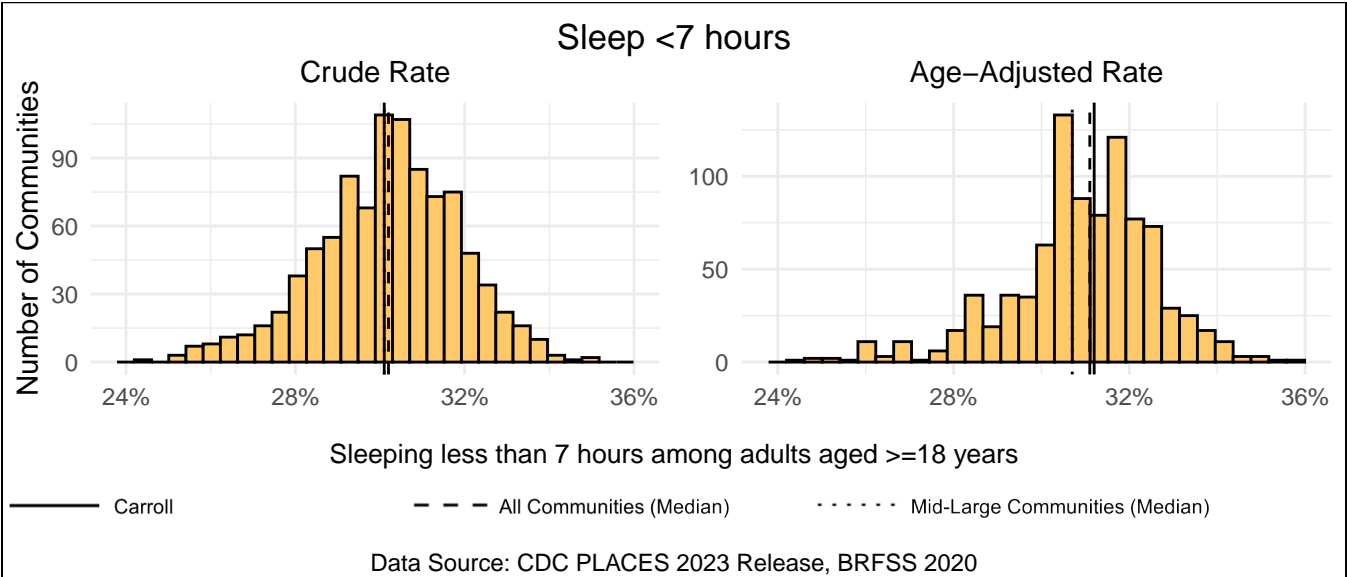
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	26.6%	26.1%	23.4%
Age-Adjusted	24.5%	24.3%	23.0%



Sleep <7 hours

Carroll has a crude rate of 30.1% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 427th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Carroll is 31.2%, which ranks 466th out of 905 Iowa communities (18th out of 31 mid-large communities).

Measure Type	Carroll	All	Mid-Large
		Comm.	Comm.
Crude	30.1%	30.2%	30.1%
Age-Adjusted	31.2%	31.1%	30.7%



# Health Outcomes

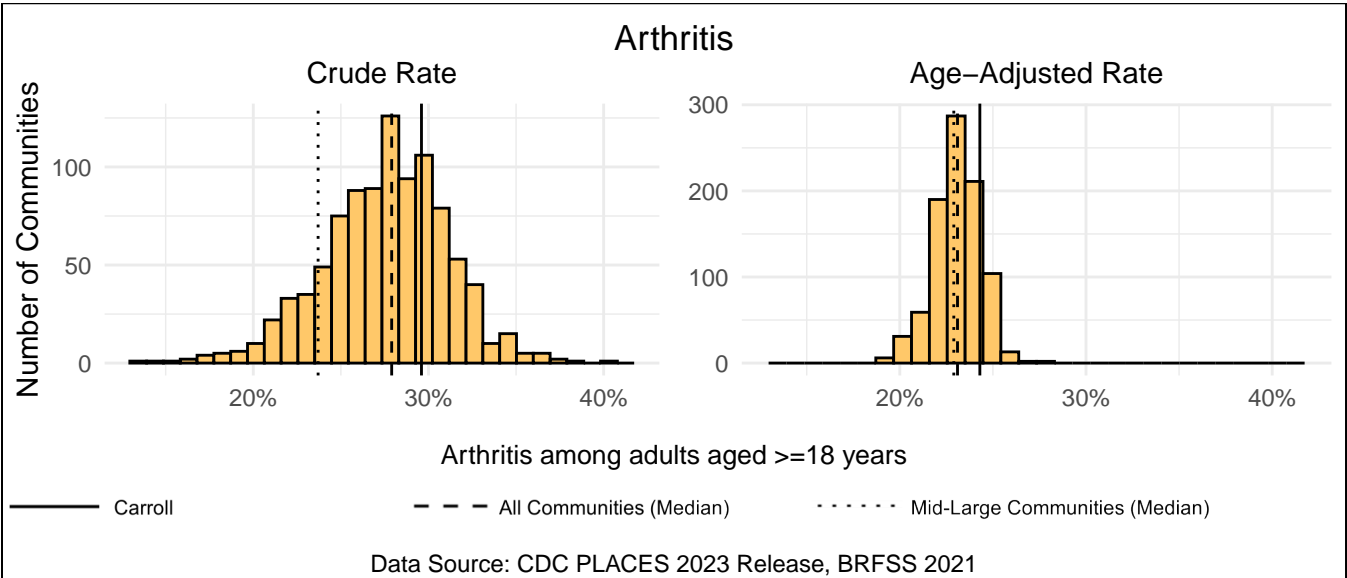
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Carroll has a crude rate of 29.6% for arthritis among adults aged  $\geq 18$  years, which ranks 670th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Carroll is 24.3%, which ranks 755th out of 905 Iowa communities (21st out of 31 mid-large communities).

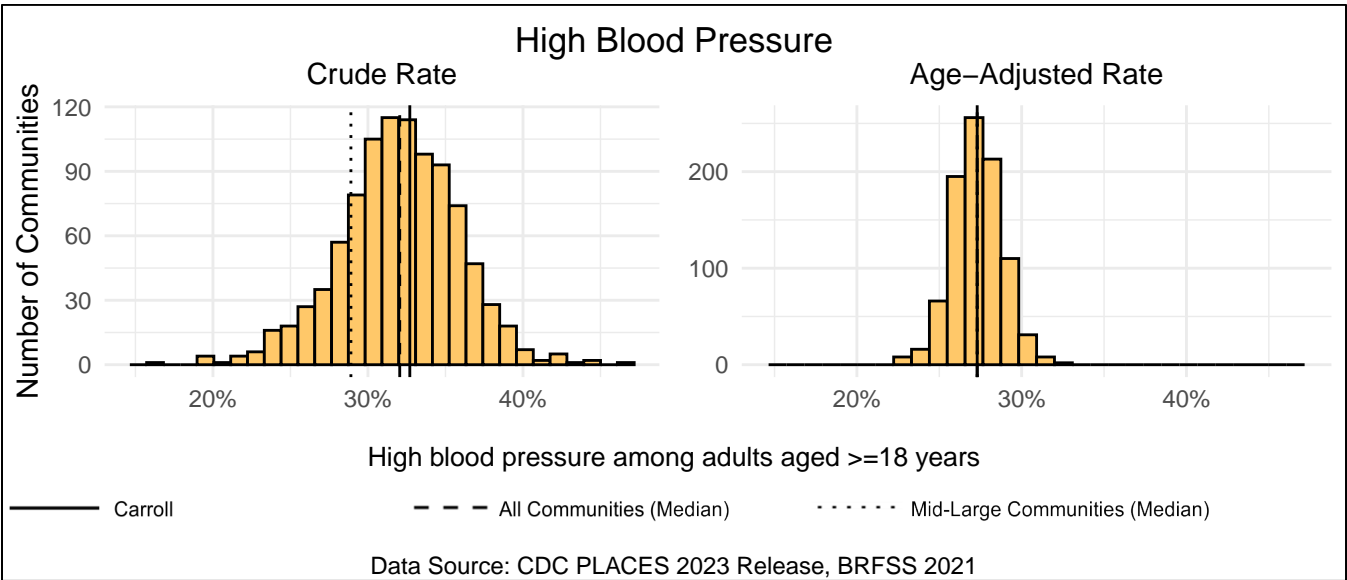
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	29.6%	27.9%	23.7%
Age-Adjusted	24.3%	23.1%	22.9%



# High Blood Pressure

Carroll has a crude rate of 32.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 535th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Carroll is 27.3%, which ranks 438th out of 905 Iowa communities (16th out of 31 mid-large communities).

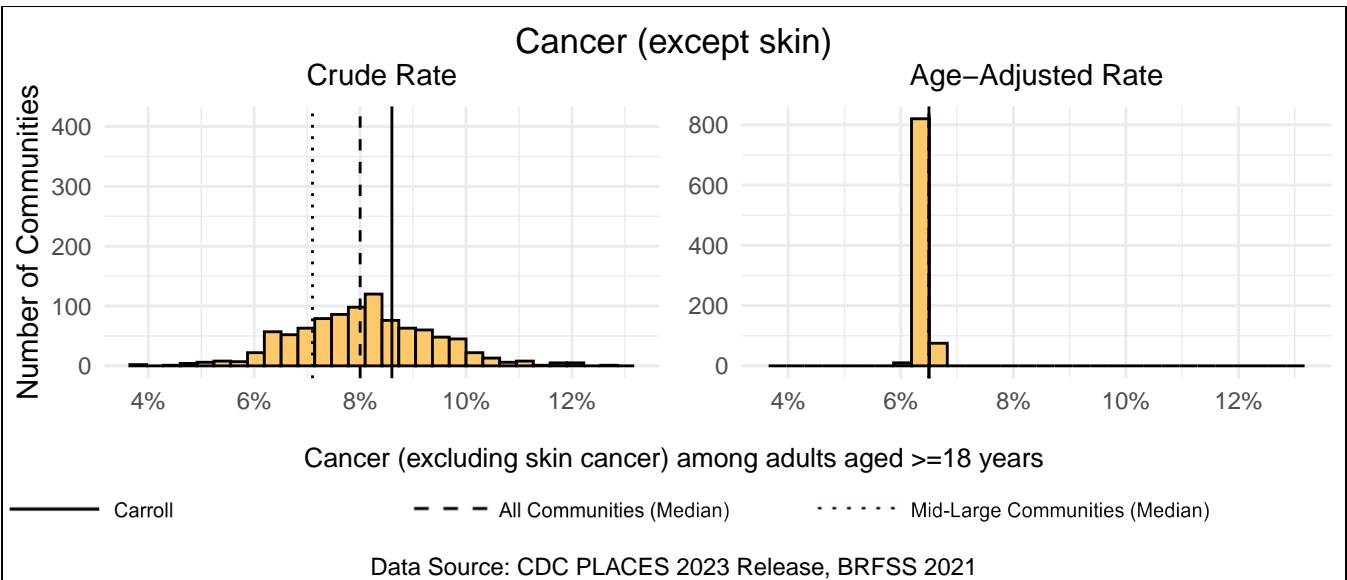
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	32.7%	32.0%	28.9%
Age-Adjusted	27.3%	27.3%	27.3%



# Cancer (except skin)

Carroll has a crude rate of 8.6% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 632nd out of 958 Iowa communities (31st out of 31 mid-large communities). The age-adjusted rate for Carroll is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

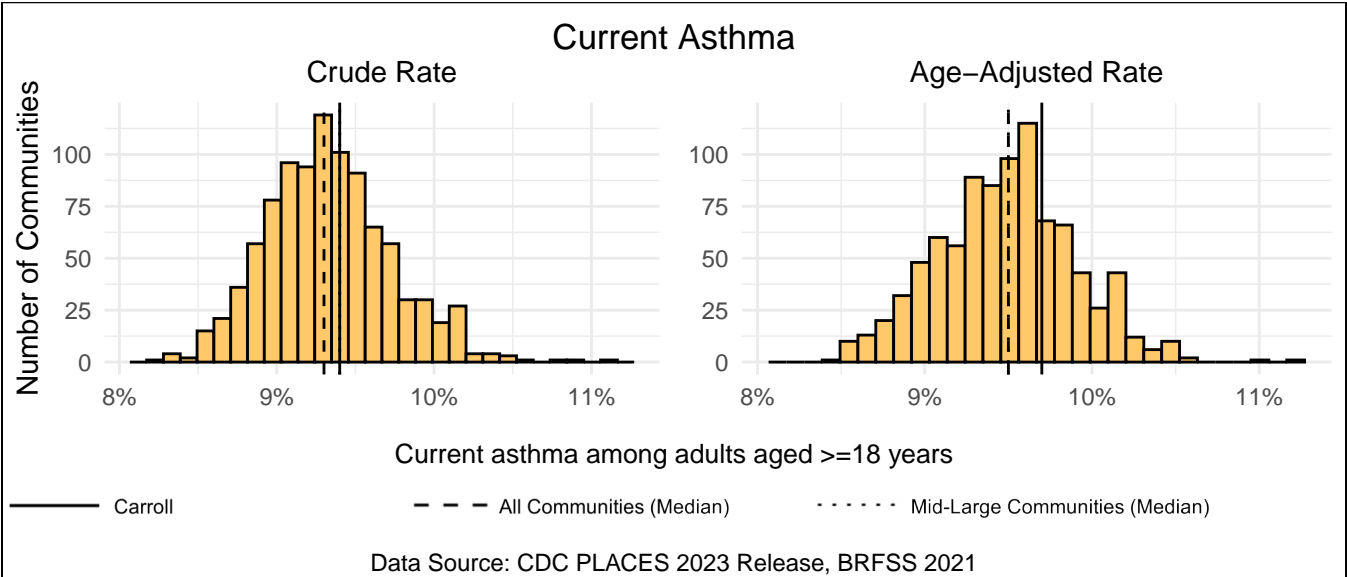
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	8.6%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



# Current Asthma

Carroll has a crude rate of 9.4% for current asthma among adults aged >=18 years, which ranks 524th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Carroll is 9.7%, which ranks 628th out of 905 Iowa communities (20th out of 31 mid-large communities).

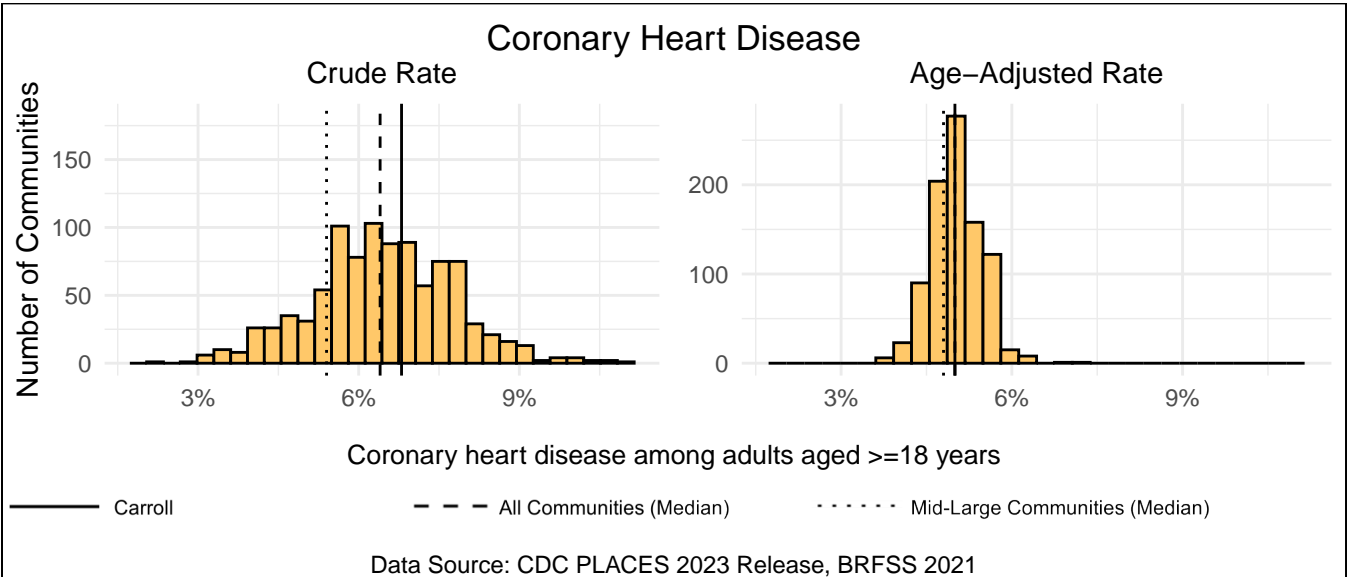
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	9.4%	9.3%	9.4%
Age-Adjusted	9.7%	9.5%	9.5%



# Coronary Heart Disease

Carroll has a crude rate of 6.8% for coronary heart disease among adults aged >=18 years, which ranks 569th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Carroll is 5.0%, which ranks 419th out of 905 Iowa communities (18th out of 31 mid-large communities).

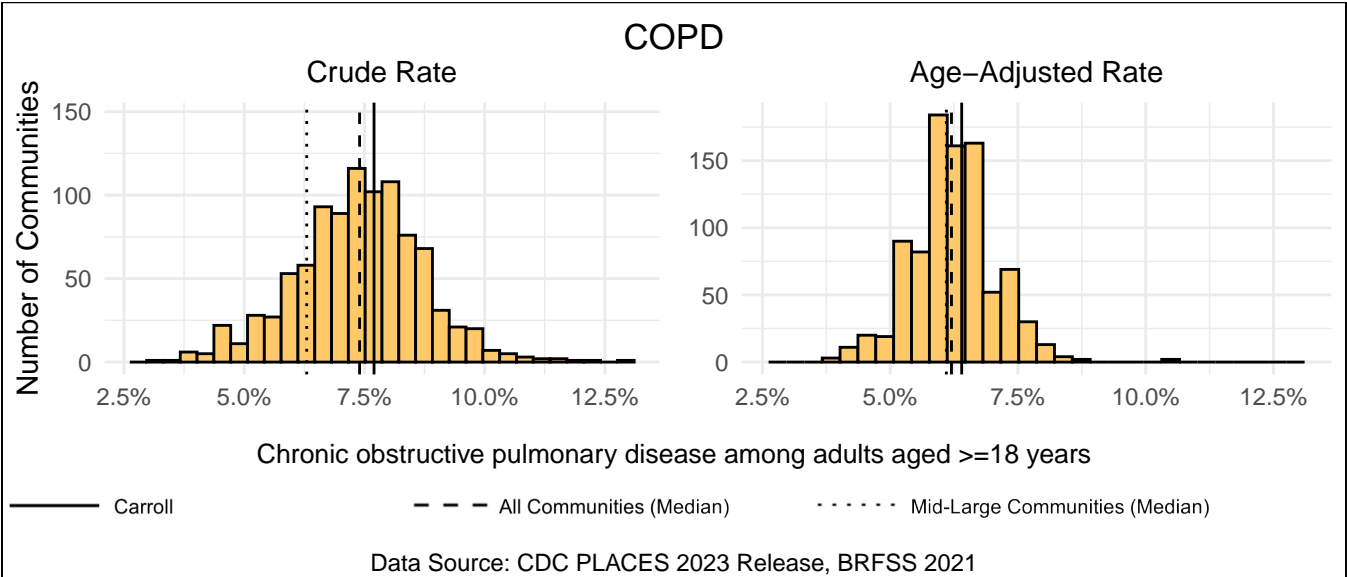
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	6.8%	6.4%	5.4%
Age-Adjusted	5.0%	5.0%	4.8%



# COPD

Carroll has a crude rate of 7.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 540th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Carroll is 6.4%, which ranks 513th out of 905 Iowa communities (18th out of 31 mid-large communities).

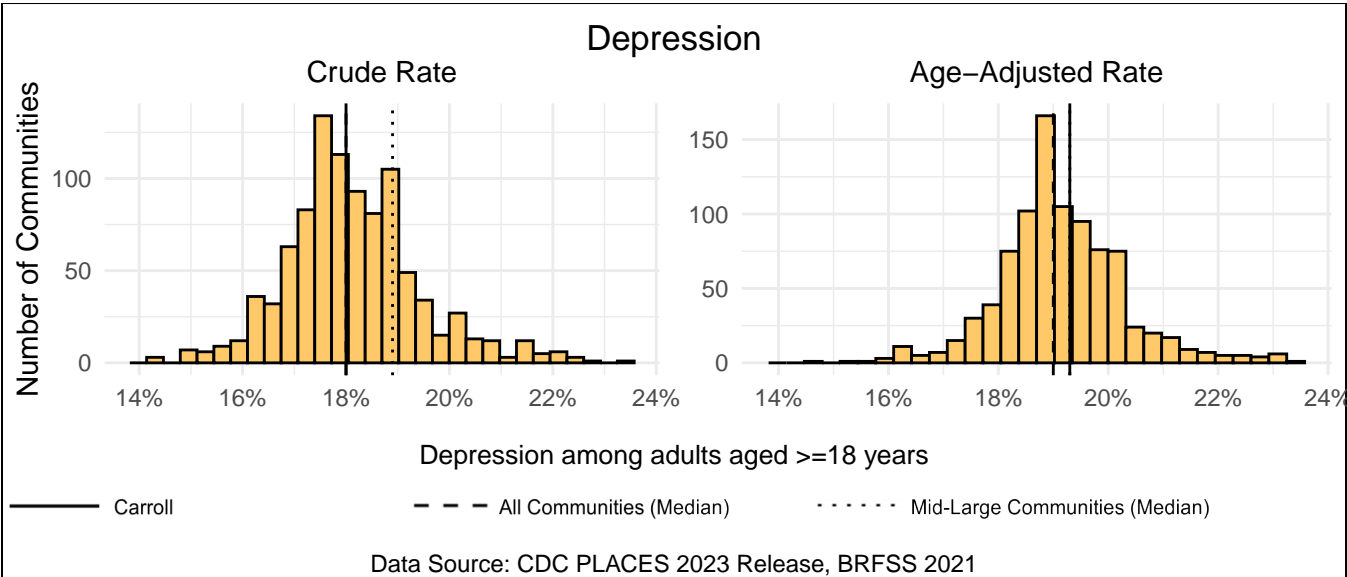
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	7.7%	7.4%	6.3%
Age-Adjusted	6.4%	6.2%	6.1%



# Depression

Carroll has a crude rate of 18.0% for depression among adults aged  $\geq 18$  years, which ranks 461st out of 958 Iowa communities (6th out of 31 mid-large communities). The age-adjusted rate for Carroll is 19.3%, which ranks 527th out of 905 Iowa communities (16th out of 31 mid-large communities).

Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	18.0%	18.0%	18.9%
Age-Adjusted	19.3%	19.0%	19.3%

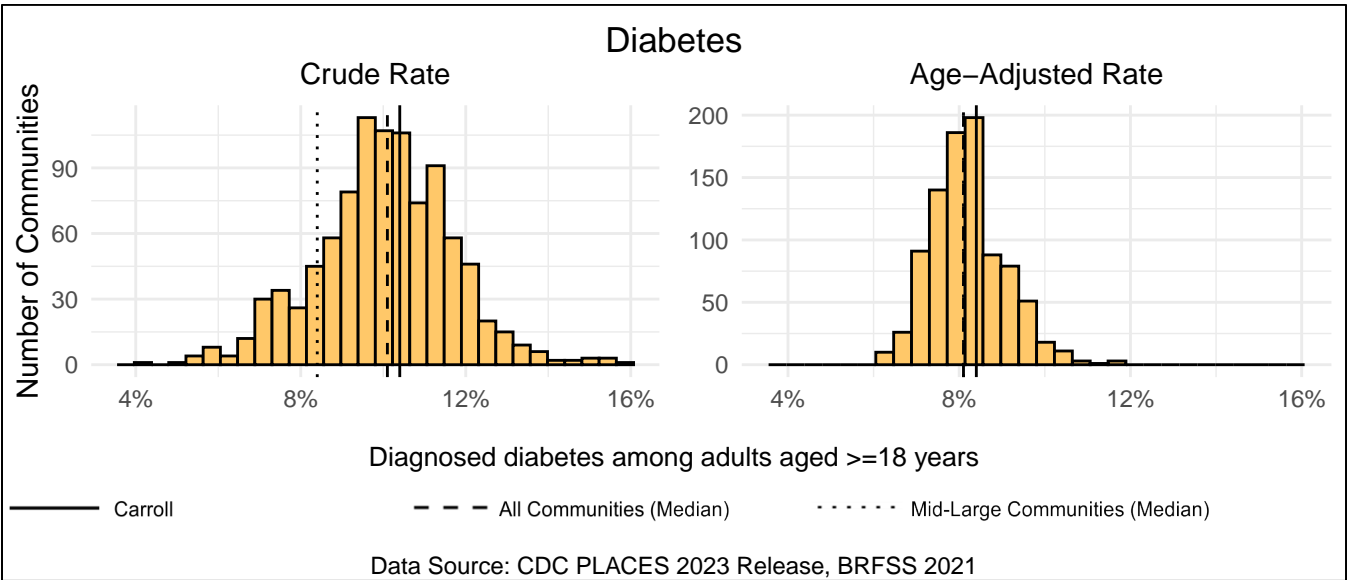




# Diabetes

Carroll has a crude rate of 10.4% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 543rd out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Carroll is 8.4%, which ranks 567th out of 905 Iowa communities (19th out of 31 mid-large communities).

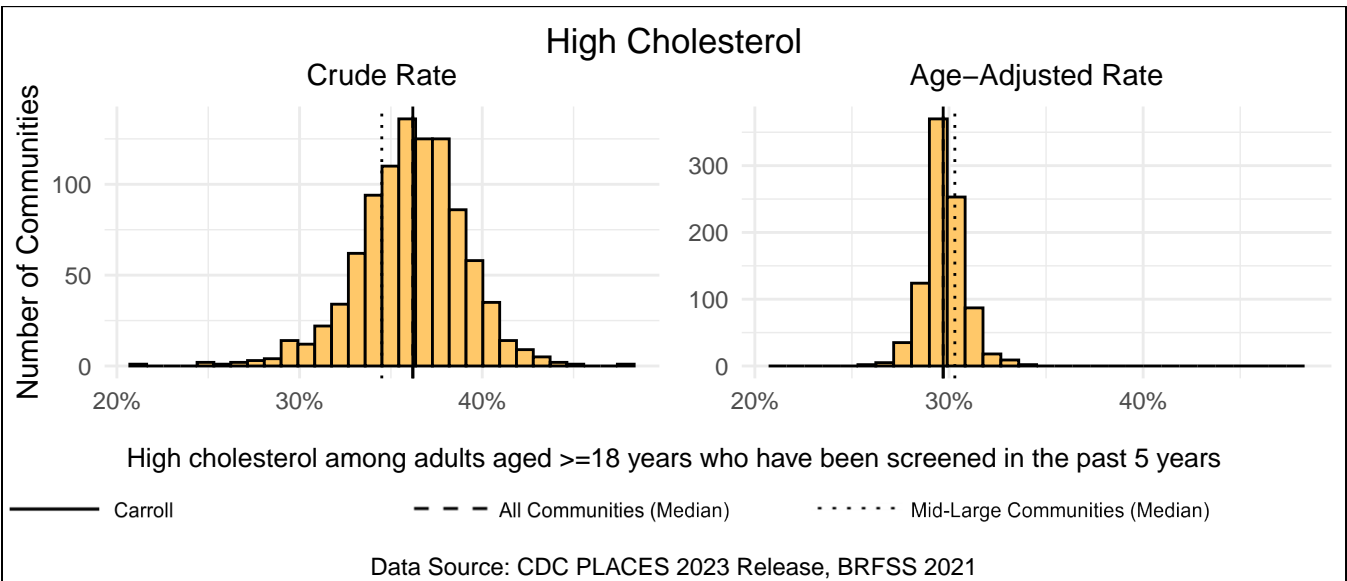
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	10.4%	10.1%	8.4%
Age-Adjusted	8.4%	8.1%	8.1%



# High Cholesterol

Carroll has a crude rate of 36.2% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 465th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Carroll is 29.7%, which ranks 427th out of 905 Iowa communities (11th out of 31 mid-large communities).

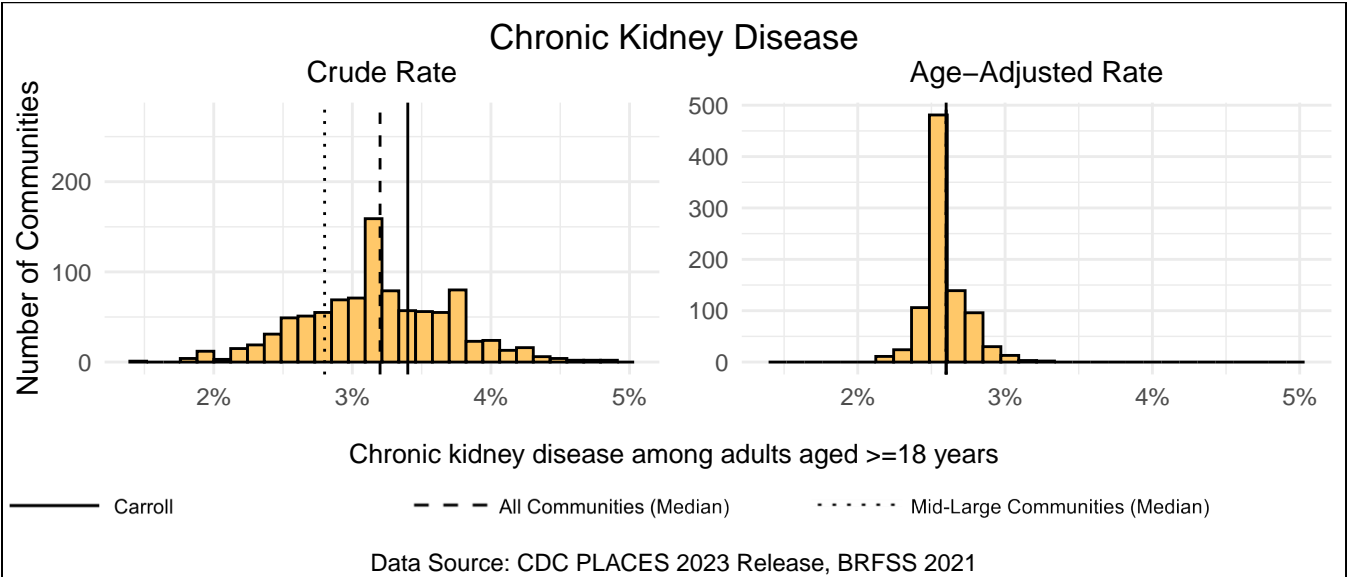
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	36.2%	36.2%	34.5%
Age-Adjusted	29.7%	29.7%	30.3%



# Chronic Kidney Disease

Carroll has a crude rate of 3.4% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 619th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Carroll is 2.6%, which ranks 349th out of 905 Iowa communities (14th out of 31 mid-large communities).

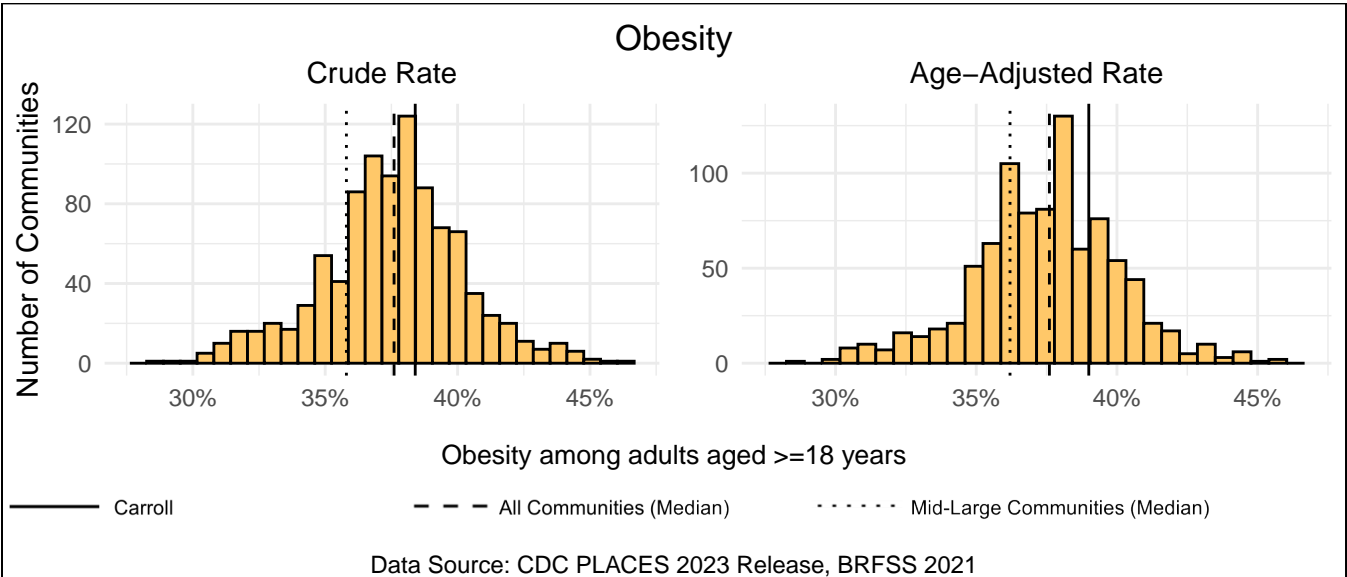
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	3.4%	3.2%	2.8%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Carroll has a crude rate of 38.4% for obesity among adults aged  $\geq 18$  years, which ranks 601st out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Carroll is 39.0%, which ranks 652nd out of 905 Iowa communities (24th out of 31 mid-large communities).

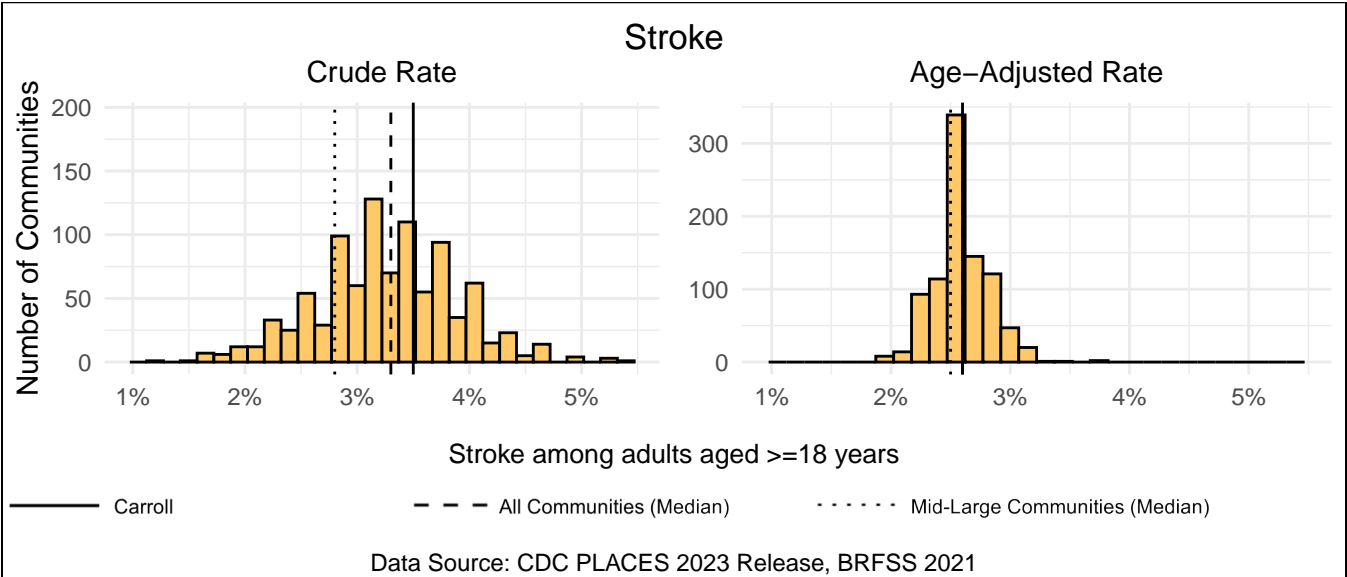
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	38.4%	37.6%	35.8%
Age-Adjusted	39.0%	37.6%	36.2%



# Stroke

Carroll has a crude rate of 3.5% for stroke among adults aged >=18 years, which ranks 601st out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Carroll is 2.6%, which ranks 375th out of 905 Iowa communities (18th out of 31 mid-large communities).

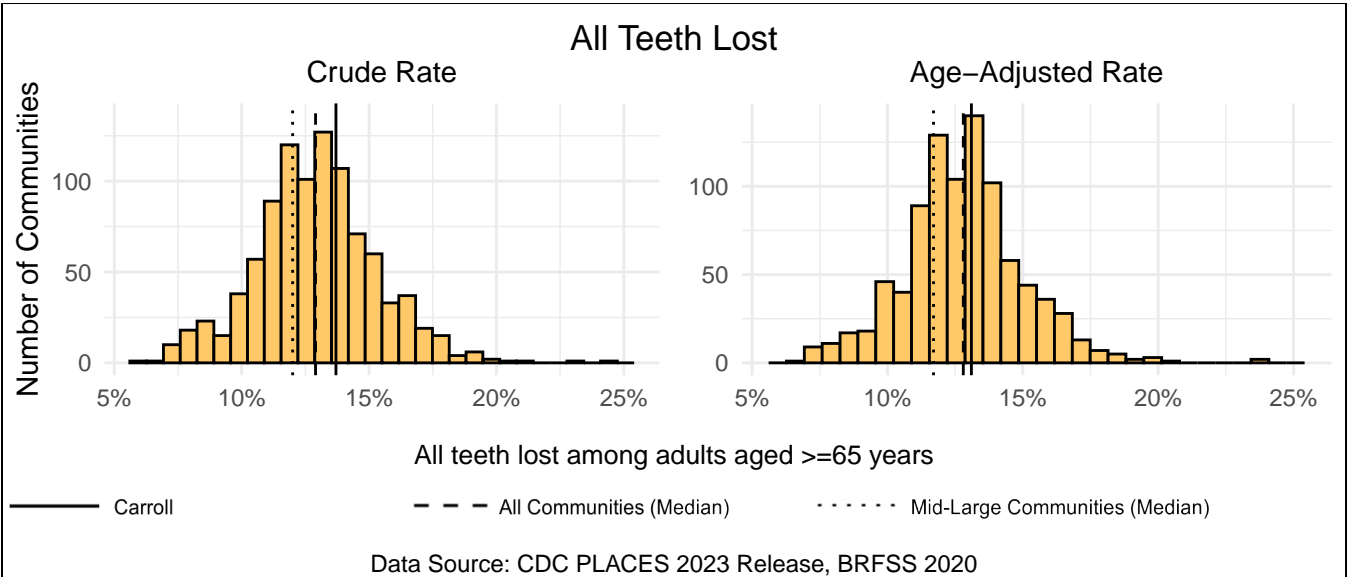
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	3.5%	3.3%	2.8%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Carroll has a crude rate of 13.7% for all teeth lost among adults aged >=65 years, which ranks 620th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Carroll is 13.1%, which ranks 507th out of 905 Iowa communities (20th out of 31 mid-large communities).

Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	13.7%	12.9%	12.0%
Age-Adjusted	13.1%	12.8%	11.7%



# Prevention

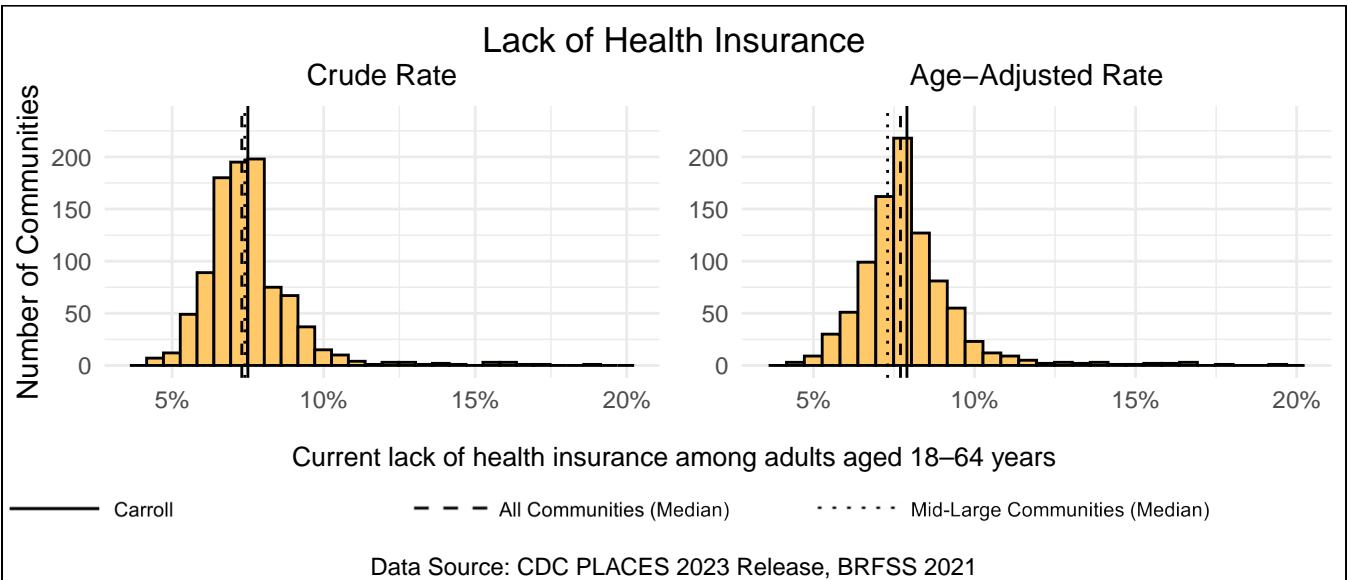
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Carroll has a crude rate of 7.5% for current lack of health insurance among adults aged 18–64 years, which ranks 533rd out of 958 Iowa communities (17th out of 31 mid-large communities). The age-adjusted rate for Carroll is 7.9%, which ranks 498th out of 905 Iowa communities (18th out of 31 mid-large communities).

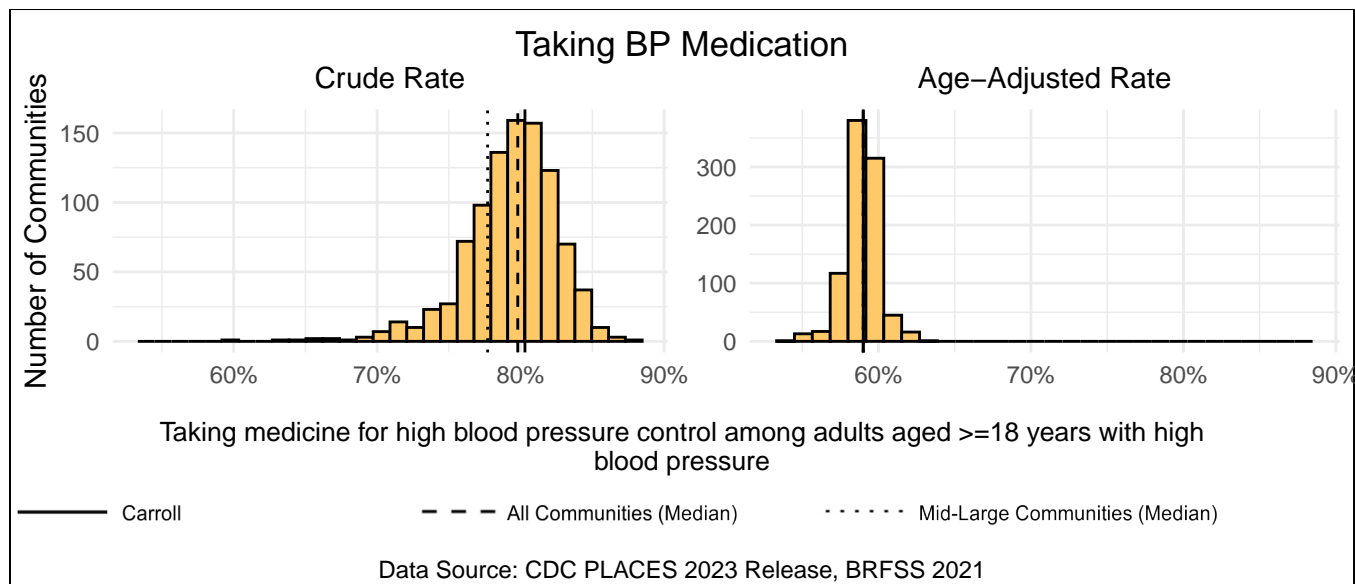
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	7.5%	7.3%	7.4%
Age-Adjusted	7.9%	7.7%	7.3%



## Taking BP Medication

Carroll has a crude rate of 80.3% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 386th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Carroll is 59.0%, which ranks 415th out of 905 Iowa communities (16th out of 31 mid-large communities).

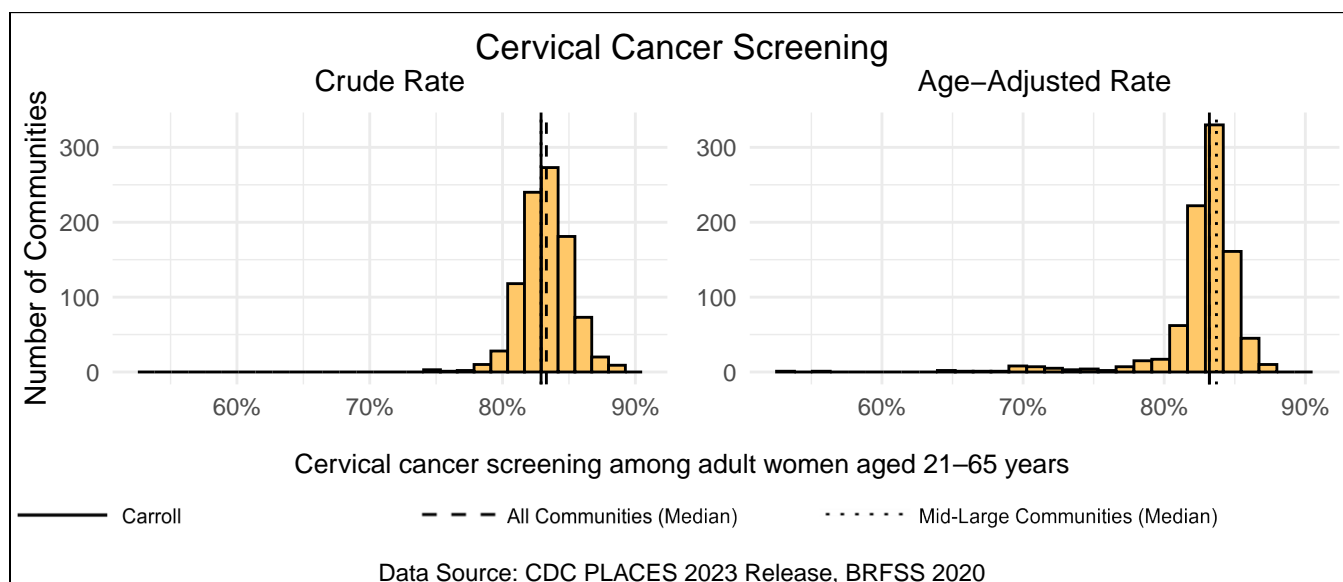
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	80.3%	79.8%	77.7%
Age-Adjusted	59.0%	59.0%	59.0%



## Cervical Cancer Screening

Carroll has a crude rate of 82.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 557th out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Carroll is 83.2%, which ranks 442nd out of 905 Iowa communities (20th out of 31 mid-large communities).

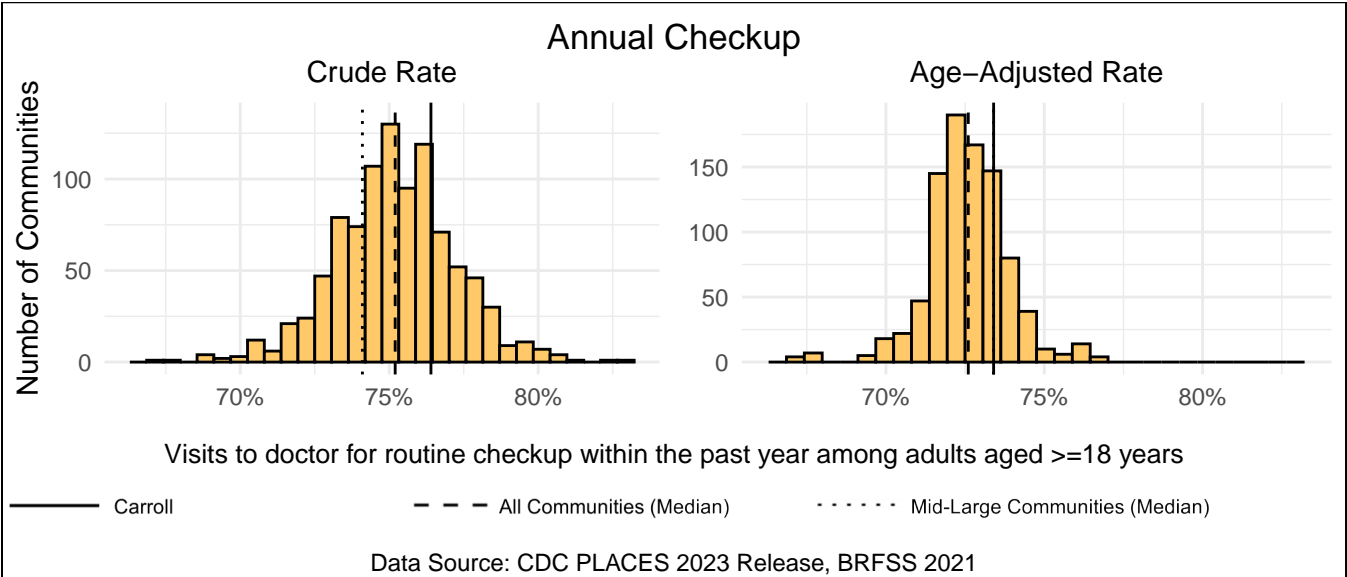
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	82.9%	83.3%	82.9%
Age-Adjusted	83.2%	83.2%	83.7%



# Annual Checkup

Carroll 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 (1st out of 31 mid-large communities). The age-adjusted rate for Carroll is 73.4%, which ranks 190th out of 905 Iowa communities (15th out of 31 mid-large communities).

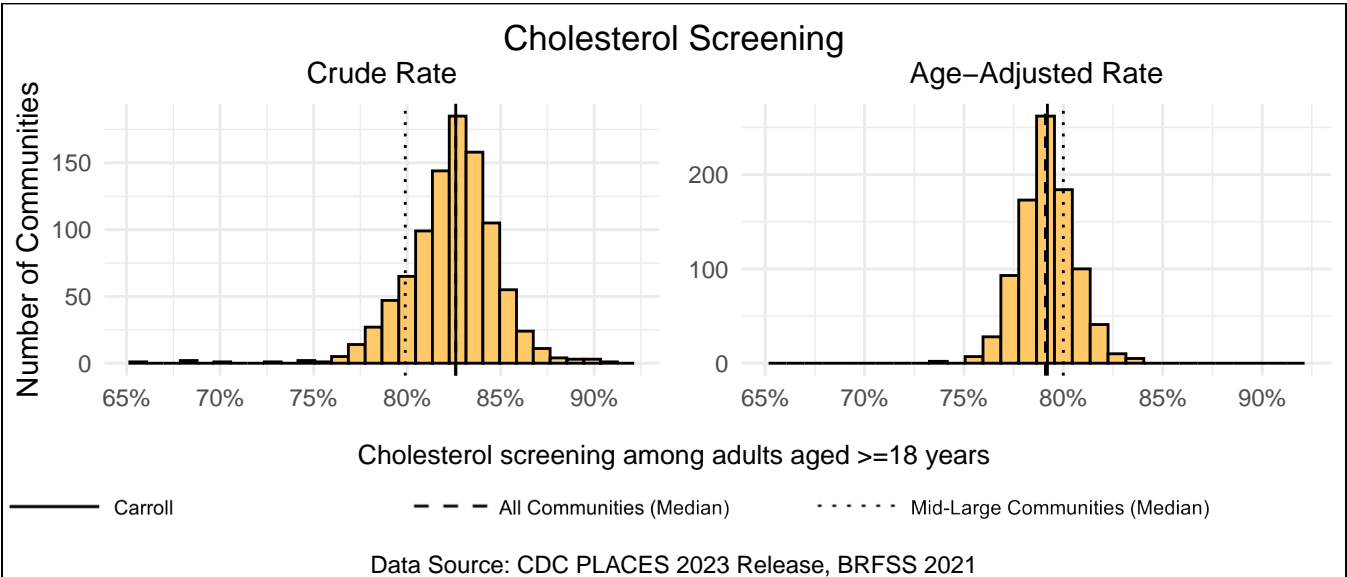
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	76.4%	75.2%	74.1%
Age-Adjusted	73.4%	72.6%	73.4%



# Cholesterol Screening

Carroll has a crude rate of 82.6% for cholesterol screening among adults aged >=18 years, which ranks 479th out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Carroll is 79.2%, which ranks 408th out of 905 Iowa communities (18th out of 31 mid-large communities).

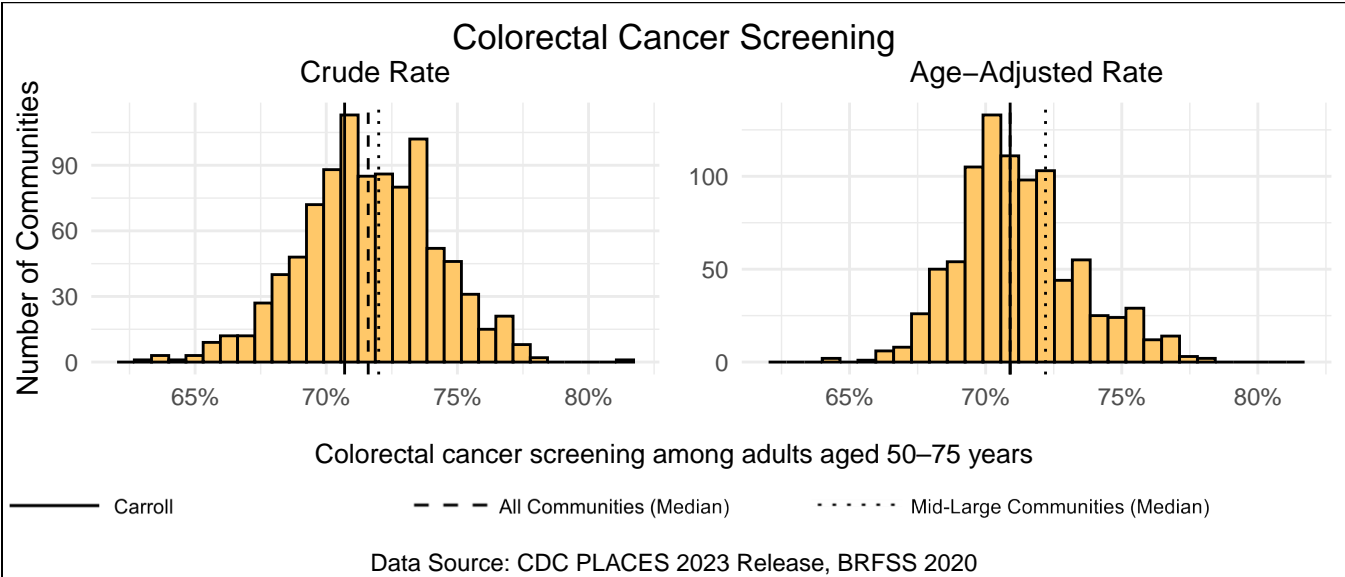
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	82.6%	82.6%	79.9%
Age-Adjusted	79.2%	79.1%	80.0%



## Colorectal Cancer Screening

Carroll has a crude rate of 70.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 611th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Carroll is 70.9%, which ranks 451st out of 905 Iowa communities (20th out of 31 mid-large communities).

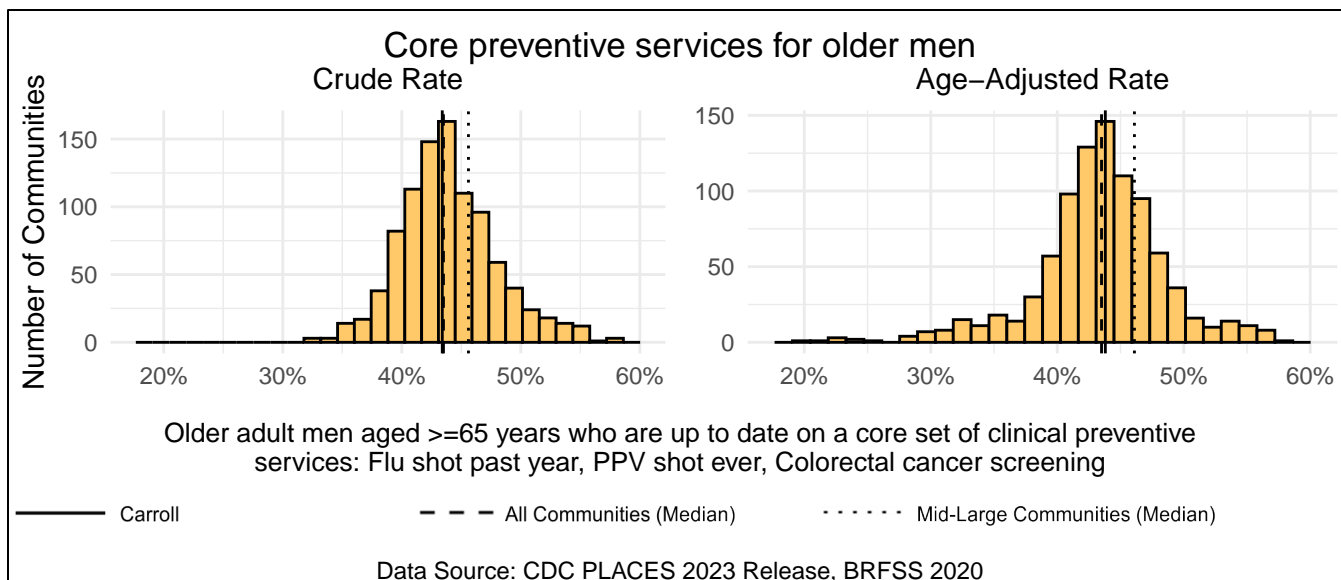
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	70.7%	71.6%	72.0%
Age-Adjusted	70.9%	70.9%	72.2%



## Core preventive services for older men

Carroll has a crude rate of 43.4% for older adult men aged  $\geq 65$  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 490th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Carroll is 43.8%, which ranks 417th out of 905 Iowa communities (21st out of 31 mid-large communities).

Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	43.4%	43.5%	45.6%
Age-Adjusted	43.8%	43.5%	46.1%

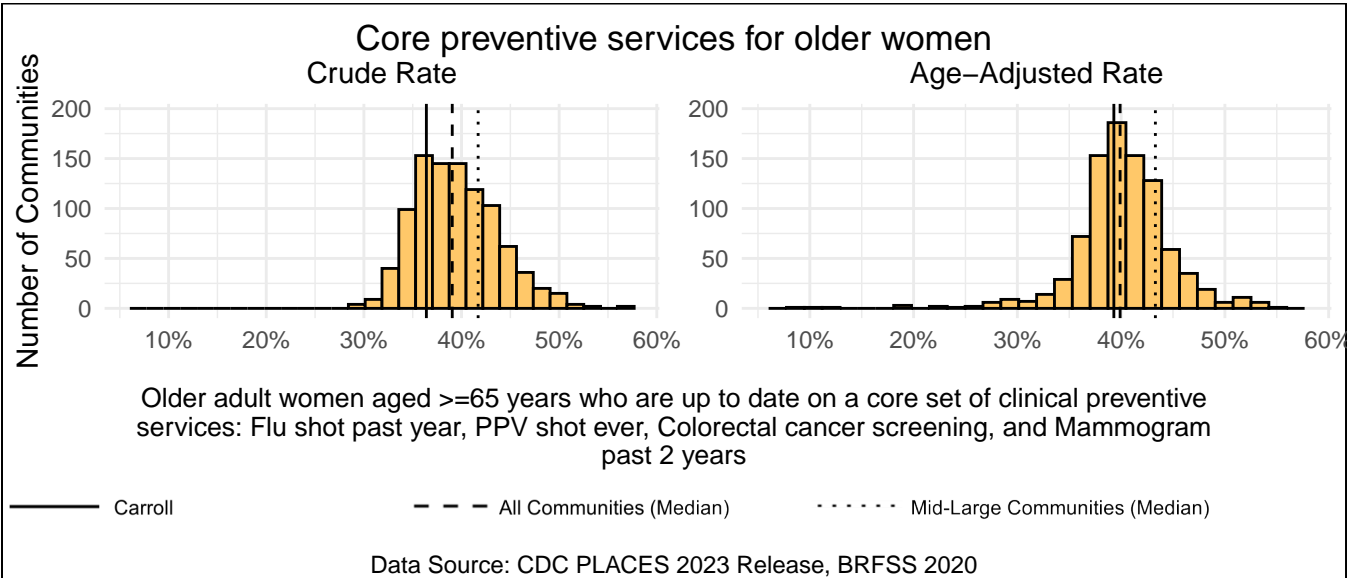




## Core preventive services for older women

Carroll has a crude rate of 36.4% for older adult women aged  $\geq 65$  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 717th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Carroll is 39.3%, which ranks 534th out of 905 Iowa communities (23rd out of 31 mid-large communities).

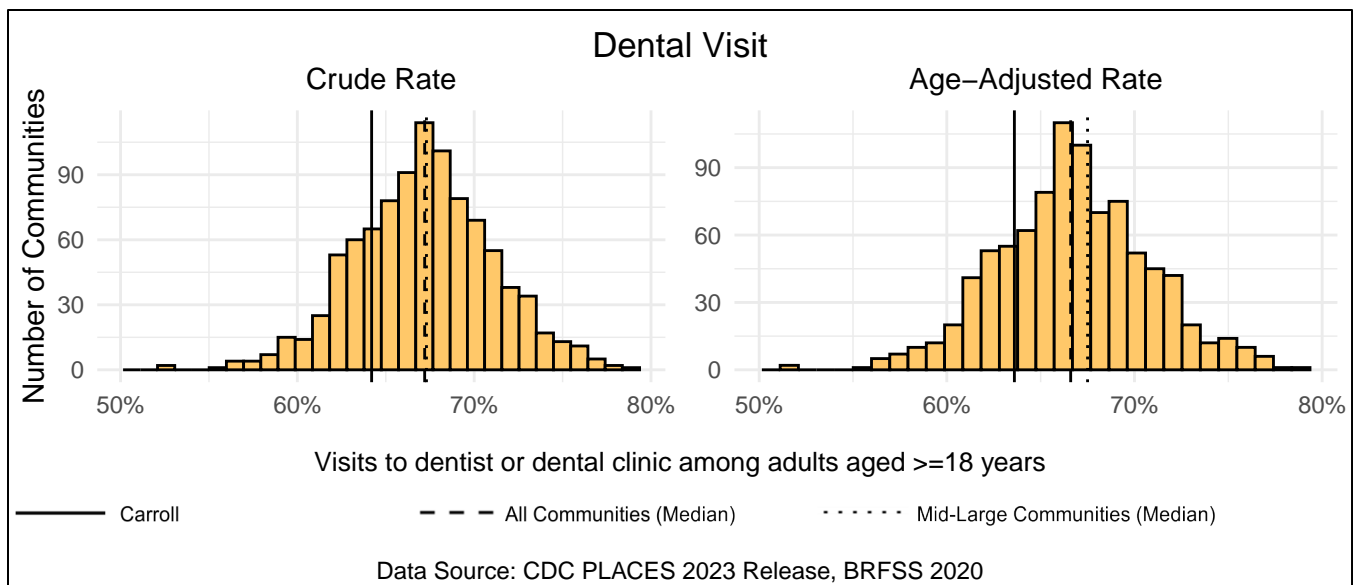
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	36.4%	39.0%	41.7%
Age-Adjusted	39.3%	39.9%	43.3%



## Dental Visit

Carroll has a crude rate of 64.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 743rd out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Carroll is 63.6%, which ranks 705th out of 905 Iowa communities (20th out of 31 mid-large communities).

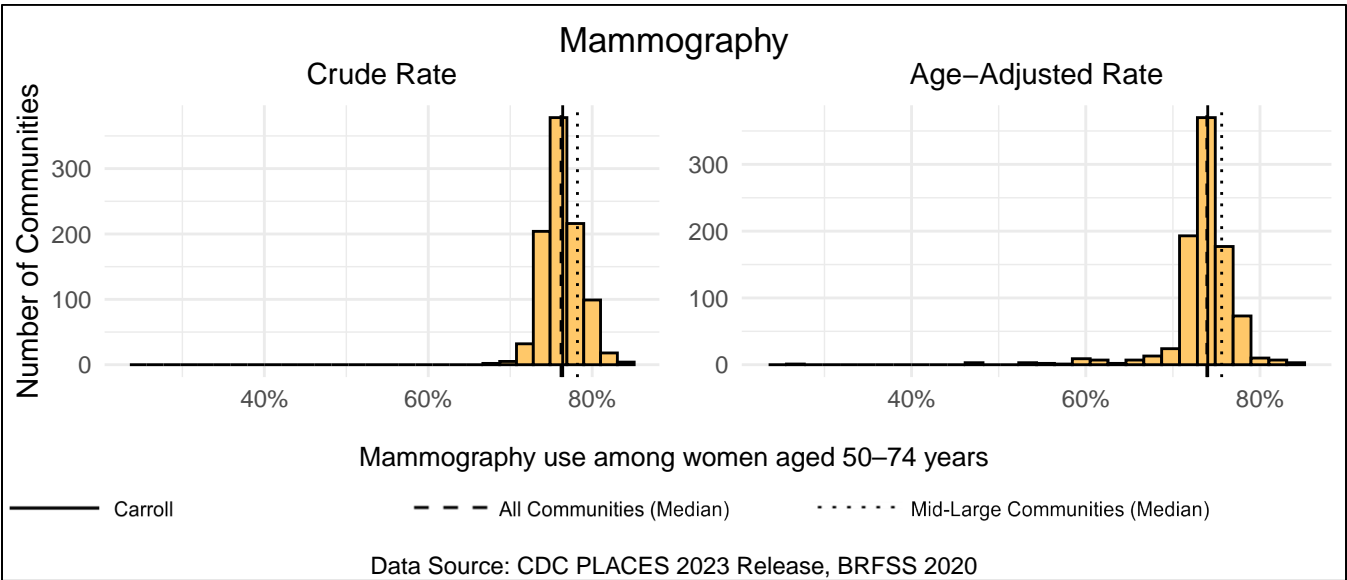
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	64.2%	67.2%	67.3%
Age-Adjusted	63.6%	66.6%	67.5%



# Mammography

Carroll has a crude rate of 76.4% for mammography use among women aged 50–74 years, which ranks 432nd out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Carroll is 74.0%, which ranks 415th out of 905 Iowa communities (19th out of 31 mid-large communities).

Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	76.4%	76.2%	78.2%
Age-Adjusted	74.0%	73.9%	75.6%



# Disability

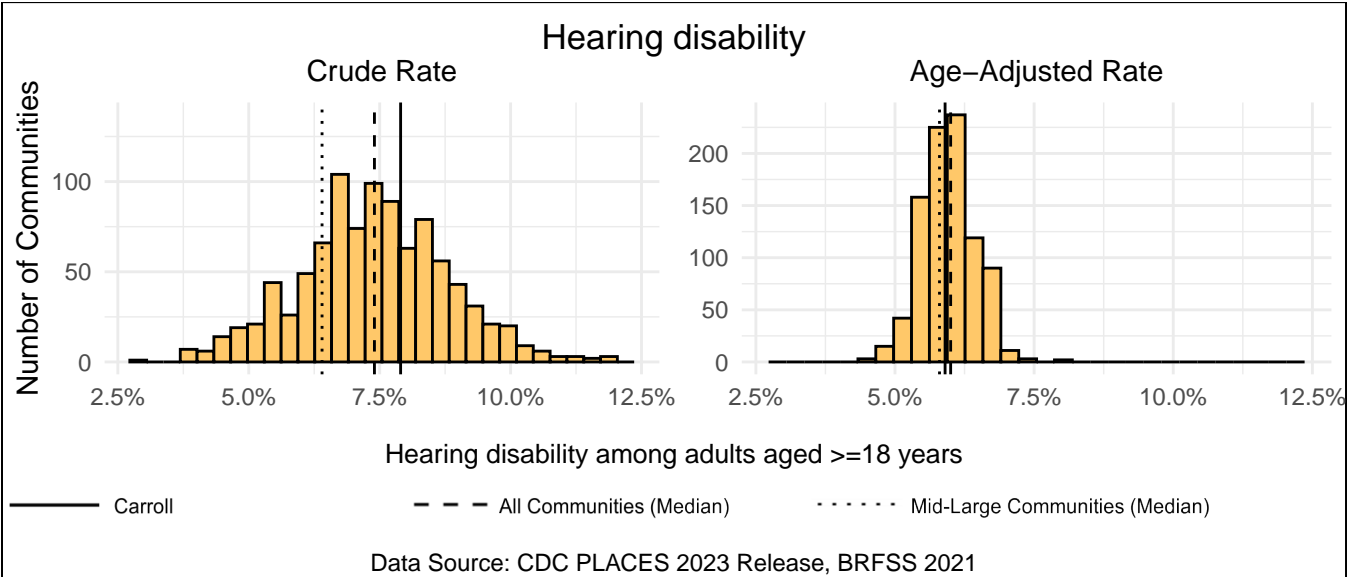
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Carroll has a crude rate of 7.9% for hearing disability among adults aged  $\geq 18$  years, which ranks 620th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Carroll is 5.9%, which ranks 360th out of 905 Iowa communities (18th out of 31 mid-large communities).

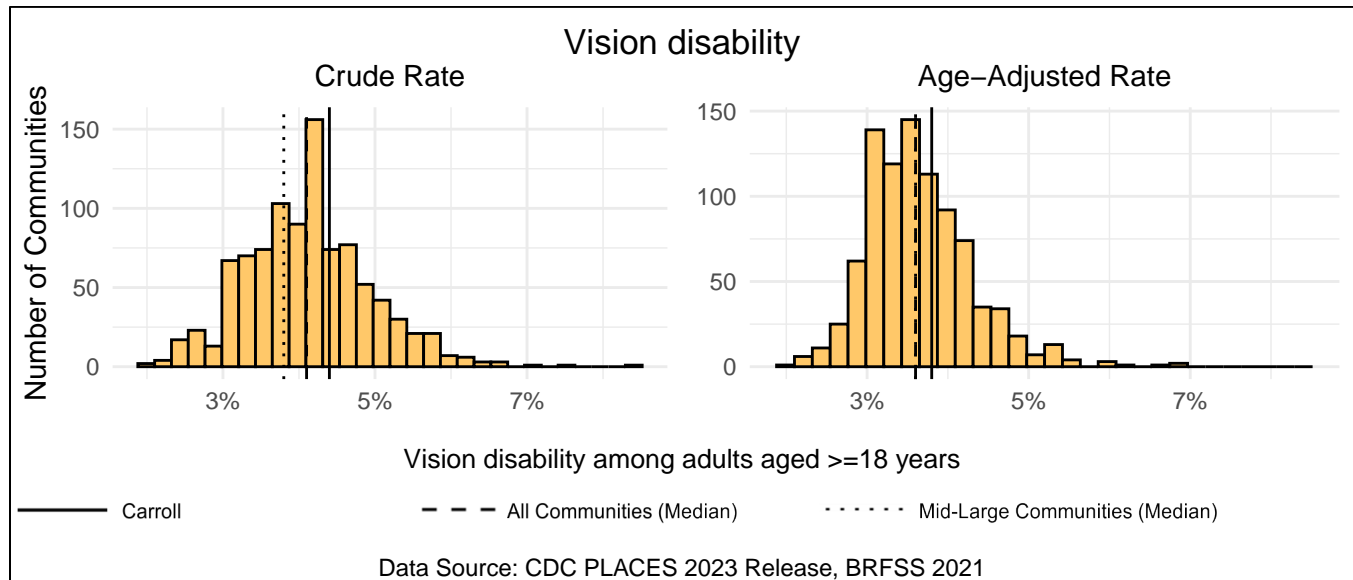
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	7.9%	7.4%	6.4%
Age-Adjusted	5.9%	6.0%	5.8%



## Vision disability

Carroll has a crude rate of 4.4% for vision disability among adults aged  $\geq 18$  years, which ranks 620th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Carroll is 3.8%, which ranks 564th out of 905 Iowa communities (18th out of 31 mid-large communities).

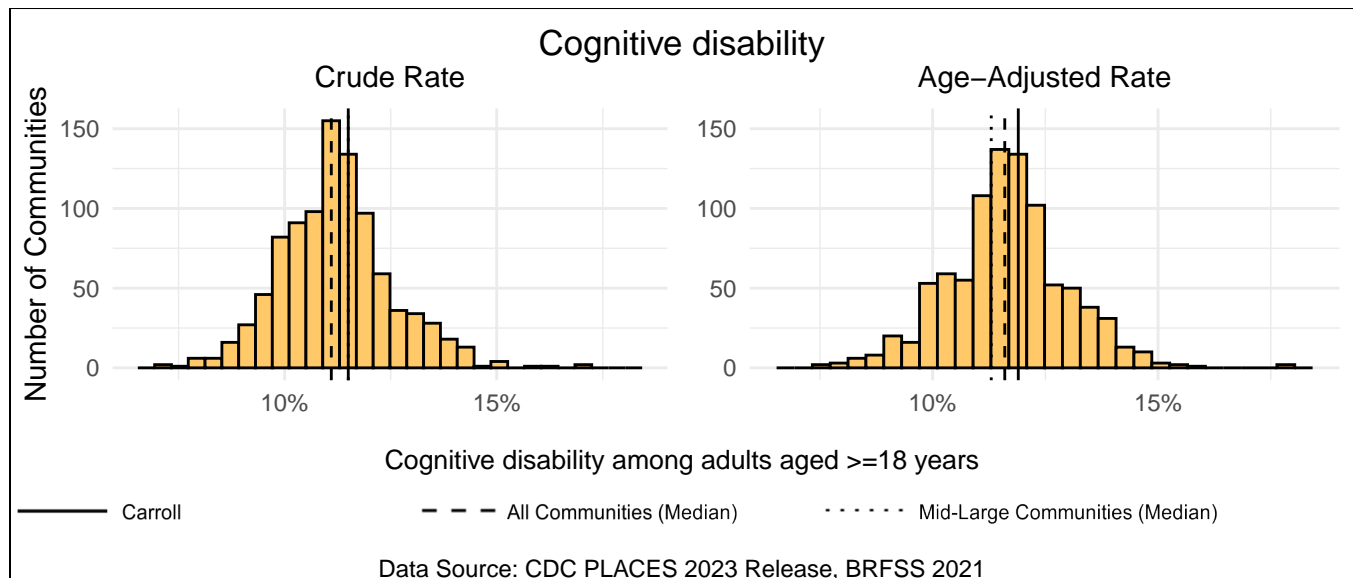
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	4.4%	4.1%	3.8%
Age-Adjusted	3.8%	3.6%	3.6%



## Cognitive disability

Carroll has a crude rate of 11.5% for cognitive disability among adults aged  $\geq 18$  years, which ranks 601st out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Carroll is 11.9%, which ranks 529th out of 905 Iowa communities (18th out of 31 mid-large communities).

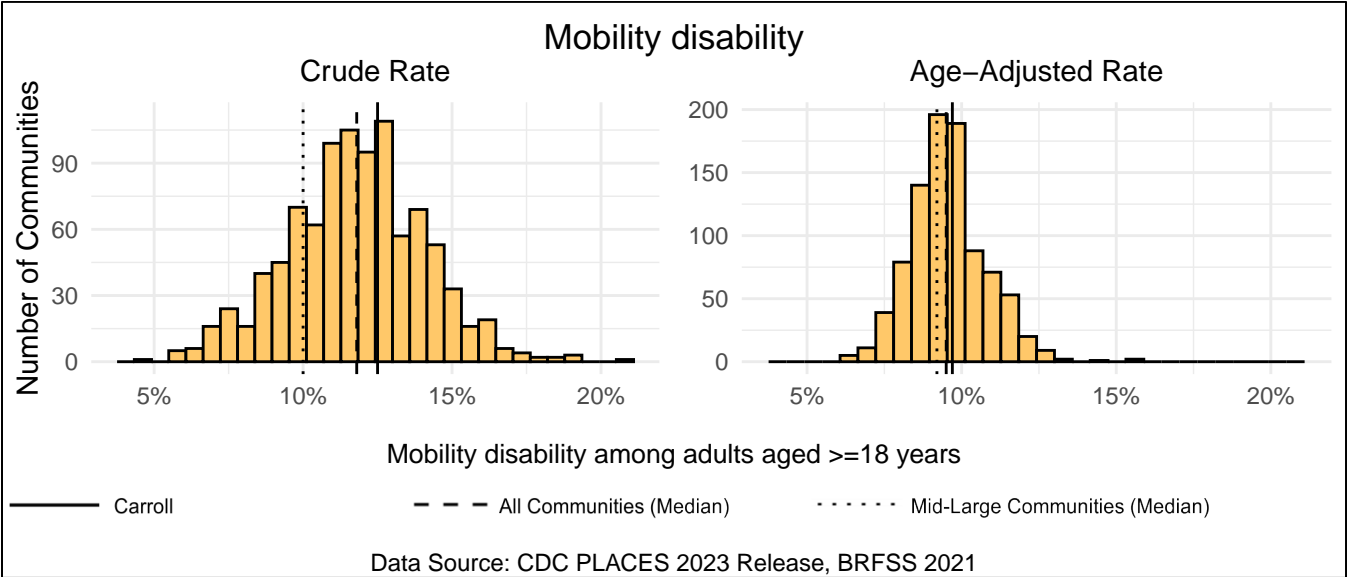
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	11.5%	11.1%	11.5%
Age-Adjusted	11.9%	11.6%	11.3%



## Mobility disability

Carroll has a crude rate of 12.5% for mobility disability among adults aged  $\geq 18$  years, which ranks 585th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Carroll is 9.7%, which ranks 502nd out of 905 Iowa communities (18th out of 31 mid-large communities).

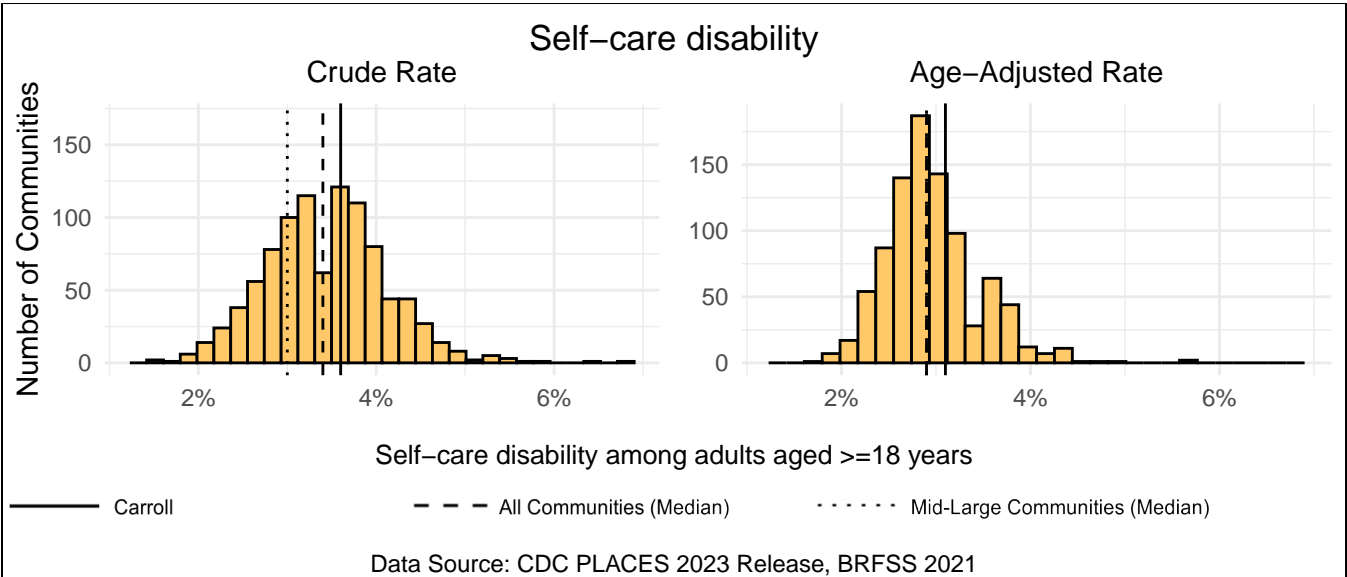
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	12.5%	11.8%	10.0%
Age-Adjusted	9.7%	9.5%	9.2%



## Self-care disability

Carroll has a crude rate of 3.6% for self-care disability among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Carroll is 3.1%, which ranks 567th out of 905 Iowa communities (18th out of 31 mid-large communities).

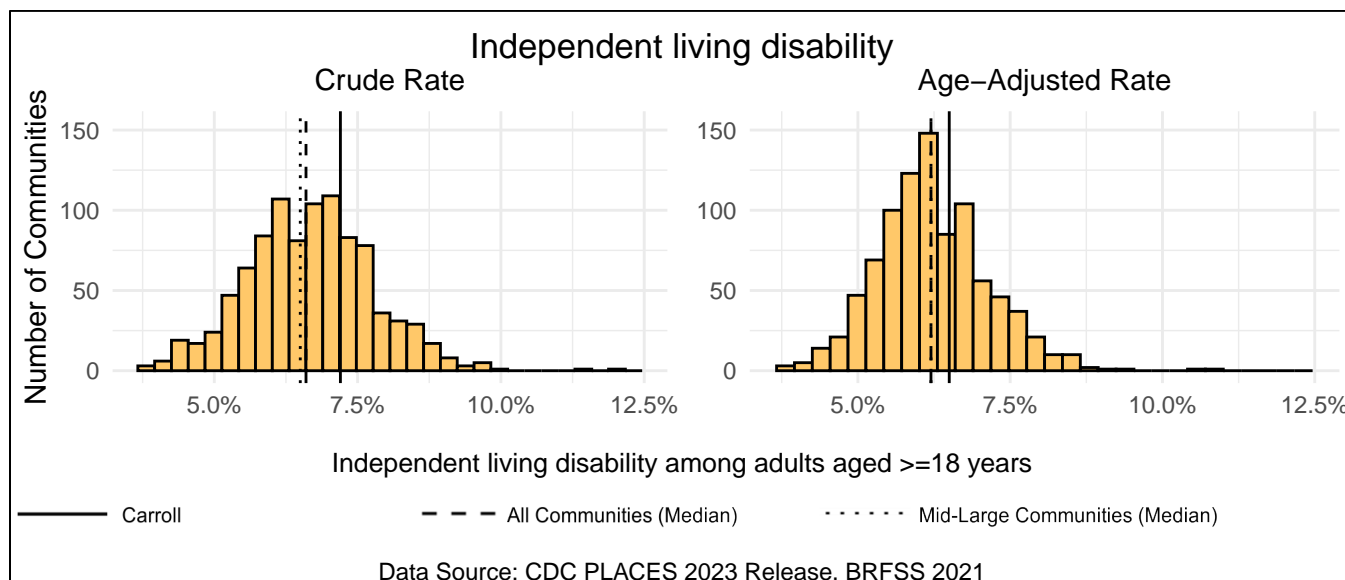
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	3.6%	3.4%	3.0%
Age-Adjusted	3.1%	2.9%	2.9%



## Independent living disability

Carroll has a crude rate of 7.2% for independent living disability among adults aged  $\geq 18$  years, which ranks 666th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Carroll is 6.5%, which ranks 570th out of 905 Iowa communities (18th out of 31 mid-large communities).

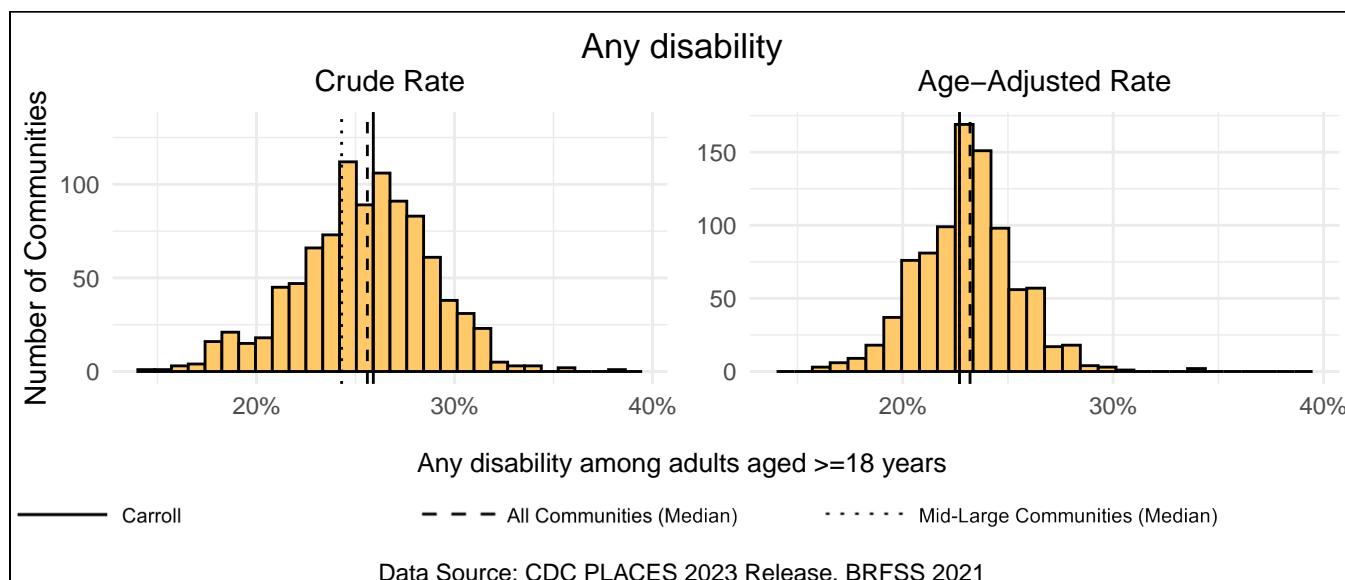
Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	7.2%	6.6%	6.5%
Age-Adjusted	6.5%	6.2%	6.2%



## Any disability

Carroll has a crude rate of 25.9% for any disability among adults aged  $\geq 18$  years, which ranks 512th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Carroll is 22.7%, which ranks 350th out of 905 Iowa communities (16th out of 31 mid-large communities).

Measure Type	Carroll	All Comm.	Mid-Large Comm.
Crude	25.9%	25.6%	24.3%
Age-Adjusted	22.7%	23.2%	22.7%



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## 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: Carroll PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	493	10.9% (9.3% - 12.5%)	468	9.8% (8.3% - 11.3%)
Health Status	Mental Health	390	14.1% (12.2% - 16.2%)	405	15.5% (13.4% - 17.6%)
Health Status	General Health	552	14.7% (12.2% - 17.1%)	533	13.1% (11.0% - 15.3%)
Health Risk Behaviors	Current Smoking	353	16.3% (13.1% - 19.8%)	380	17.3% (13.9% - 20.9%)
Health Risk Behaviors	Sleep <7 hours	427	30.1% (28.8% - 31.2%)	466	31.2% (29.8% - 32.4%)
Health Risk Behaviors	Physical Inactivity	524	26.6% (22.0% - 31.5%)	478	24.5% (20.1% - 29.0%)
Health Risk Behaviors	Binge Drinking	370	18.9% (15.6% - 22.5%)	358	21.7% (18.0% - 25.9%)
Health Outcomes	Arthritis	670	29.6% (25.4% - 34.0%)	755	24.3% (20.7% - 28.2%)
Health Outcomes	Current Asthma	524	9.4% (8.3% - 10.7%)	628	9.7% (8.5% - 10.9%)
Health Outcomes	COPD	540	7.7% (6.3% - 9.0%)	513	6.4% (5.4% - 7.5%)
Health Outcomes	Coronary Heart Disease	569	6.8% (5.9% - 7.7%)	419	5.0% (4.4% - 5.7%)
Health Outcomes	High Blood Pressure	535	32.7% (28.5% - 37.1%)	438	27.3% (23.5% - 31.3%)
Health Outcomes	Diabetes	543	10.4% (8.7% - 12.1%)	567	8.4% (7.1% - 9.8%)
Health Outcomes	All Teeth Lost	620	13.7% (9.5% - 18.5%)	507	13.1% (9.4% - 17.1%)
Health Outcomes	Obesity	601	38.4% (31.0% - 46.2%)	652	39.0% (31.4% - 46.9%)
Health Outcomes	Stroke	601	3.5% (3.1% - 4.0%)	375	2.6% (2.3% - 3.0%)
Health Outcomes	High Cholesterol	465	36.2% (31.6% - 41.0%)	427	29.7% (25.3% - 34.2%)
Health Outcomes	Cancer (except skin)	632	8.6% (7.8% - 9.5%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Depression	461	18.0% (14.7% - 21.8%)	527	19.3% (15.9% - 23.0%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.0% - 3.8%)	349	2.6% (2.4% - 2.9%)
Prevention	Dental Visit	743	64.2% (61.1% - 67.1%)	705	63.6% (60.4% - 66.6%)
Prevention	Taking BP Medication	386	80.3% (77.1% - 83.3%)	415	59.0% (54.1% - 64.1%)
Prevention	Core preventive services for older women	717	36.4% (30.8% - 42.2%)	534	39.3% (34.0% - 45.2%)
Prevention	Health Insurance	533	7.5% (6.0% - 9.4%)	498	7.9% (6.3% - 9.8%)
Prevention	Mammography	432	76.4% (72.9% - 79.3%)	415	74.0% (70.4% - 77.2%)
Prevention	Colorectal Cancer Screening	611	70.7% (68.1% - 73.4%)	451	70.9% (68.3% - 73.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	490	43.4% (37.2% - 50.5%)	417	43.8% (37.7% - 50.4%)
Prevention	Cholesterol Screening	479	82.6% (79.6% - 85.4%)	408	79.2% (75.7% - 82.4%)
Prevention	Cervical Cancer Screening	557	82.9% (80.8% - 84.9%)	442	83.2% (81.1% - 85.1%)
Prevention	Annual Checkup	234	76.4% (71.6% - 80.7%)	190	73.4% (68.2% - 78.3%)
Disability	Vision Disability	620	4.4% (3.8% - 5.2%)	564	3.8% (3.3% - 4.4%)
Disability	Any Disability	512	25.9% (21.9% - 29.8%)	350	22.7% (19.1% - 26.3%)
Disability	Mobility Disability	585	12.5% (10.4% - 14.6%)	502	9.7% (8.2% - 11.4%)
Disability	Hearing Disability	620	7.9% (6.9% - 9.0%)	360	5.9% (5.2% - 6.7%)
Disability	Independent Living Disability	666	7.2% (6.0% - 8.3%)	570	6.5% (5.5% - 7.5%)
Disability	Cognitive Disability	601	11.5% (9.8% - 13.4%)	529	11.9% (10.1% - 13.8%)
Disability	Self-care Disability	562	3.6% (3.1% - 4.2%)	567	3.1% (2.6% - 3.5%)

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

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## Appendix 3: Mid-Large Communities (10,000-49,999)

Carroll falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukee	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		