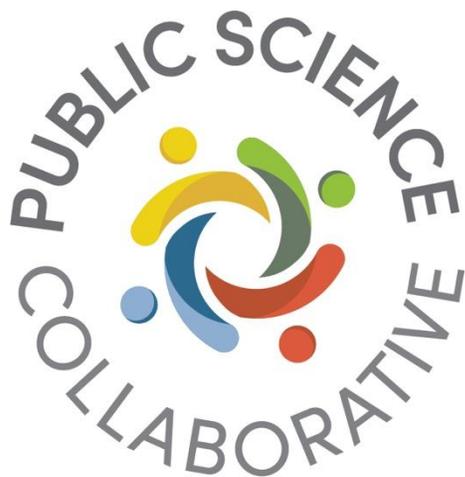




Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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.

Iowa Community Health Snapshot Series

Table of contents

Health in Central City: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Central City PLACES Data	32
Appendix 3: Small Communities (1,000-2,499)	34

Health in Central City: Overview

Dear Community Members & Stakeholders of Central City,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Colorectal Cancer Screening	60th	11th	Annual Checkup	42nd	8th
Arthritis	170th	29th	Colorectal Cancer Screening	68th	17th
Cervical Cancer Screening	196th	34th	Cancer (except skin)	74th	4th
Core preventive services for older women	197th	25th	Cervical Cancer Screening	79th	15th
Physical Inactivity	200th	37th	Arthritis	110th	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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Depression	929th	134th	Depression	885th	137th
Binge Drinking	791st	117th	High Blood Pressure	766th	122nd
Core preventive services for older men	766th	115th	Binge Drinking	753rd	117th
Obesity	722nd	120th	Core preventive services for older men	657th	114th
Mental Health	674th	114th	Obesity	644th	103rd

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 Central City.

Sincerely,



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



IOWA STATE UNIVERSITY
 Extension and Outreach
 Community and Economic Development

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

How to Use this Report

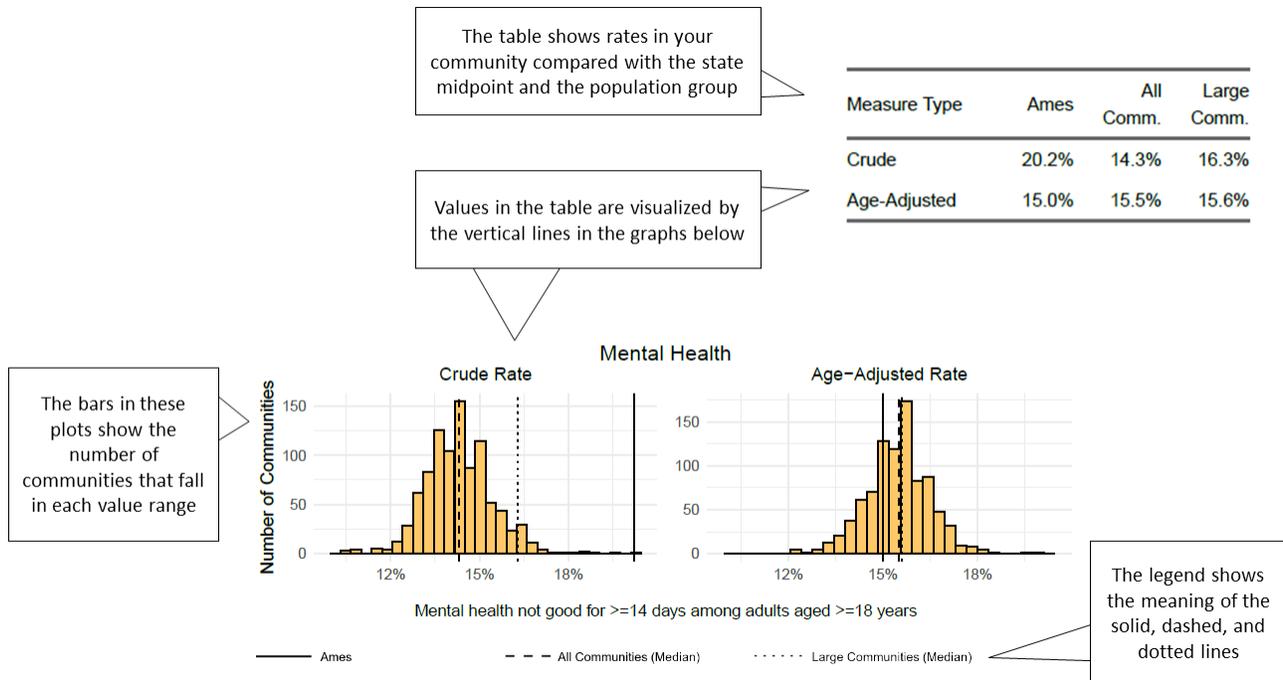
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Central City that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Central City, a review of risky behaviors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

With a population of 1,166, Central City's similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

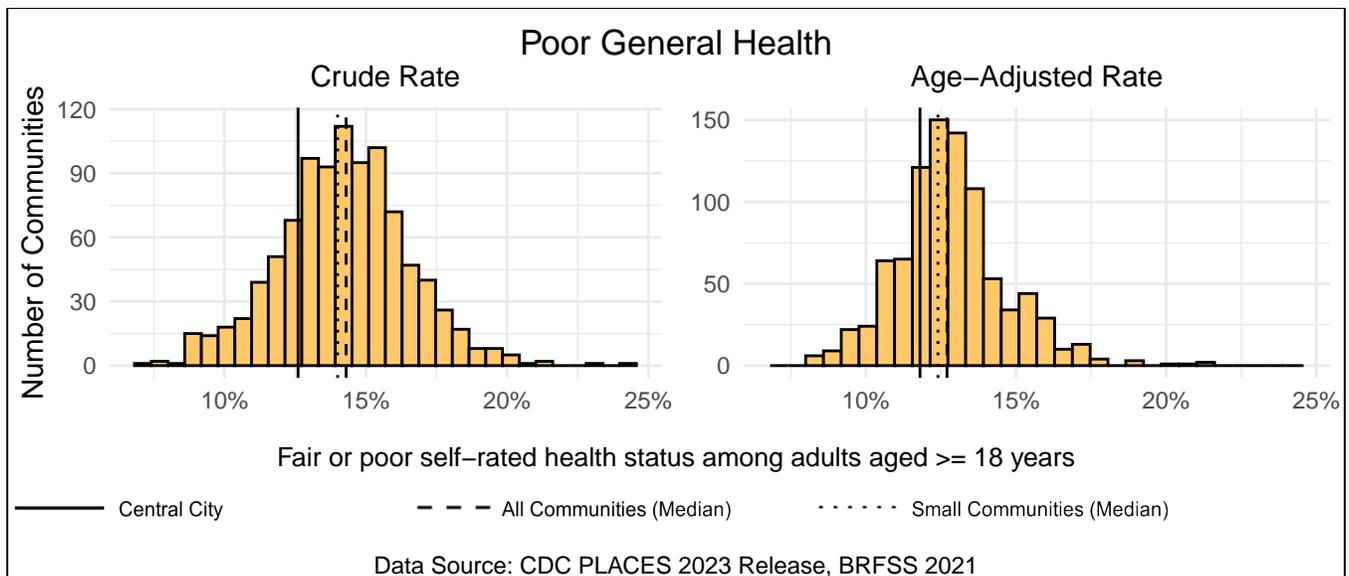
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Central City has a crude rate of 12.6% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 208th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Central City is 11.8%, which ranks 238th out of 905 Iowa communities (45th out of 138 small communities).

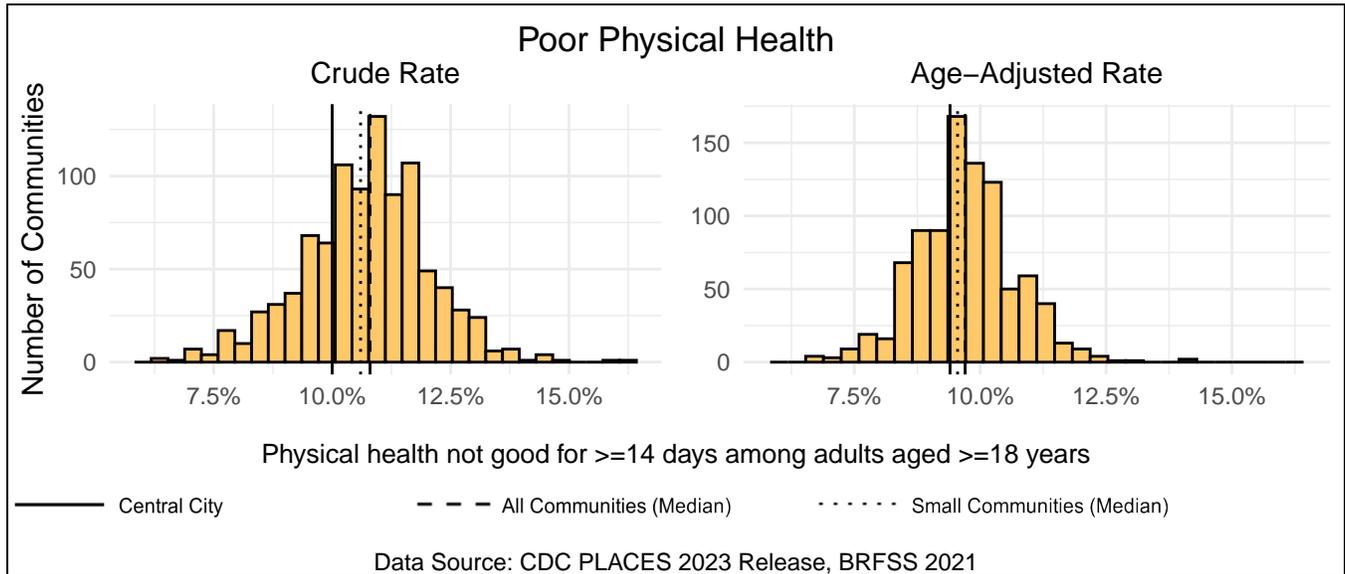
Measure Type	Central City	All Comm.	Small Comm.
Crude	12.6%	14.3%	14.0%
Age-Adjusted	11.8%	12.7%	12.4%



Poor Physical Health

Central City has a crude rate of 10.0% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 245th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Central City is 9.4%, which ranks 300th out of 905 Iowa communities (57th out of 138 small communities).

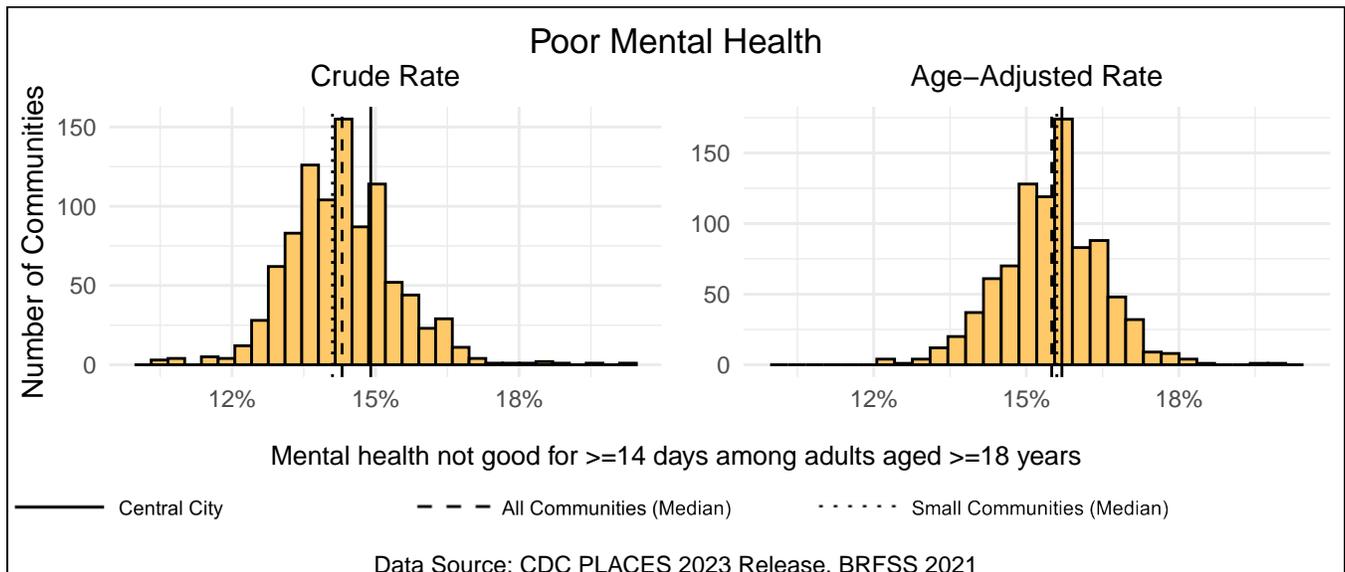
Measure Type	Central City	All Comm.	Small Comm.
Crude	10.0%	10.8%	10.6%
Age-Adjusted	9.4%	9.7%	9.6%



Poor Mental Health

Central City has a crude rate of 14.9% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 674th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Central City is 15.7%, which ranks 516th out of 905 Iowa communities (77th out of 138 small communities).

Measure Type	Central City	All Comm.	Small Comm.
Crude	14.9%	14.3%	14.1%
Age-Adjusted	15.7%	15.5%	15.6%



Health Risk Behaviors

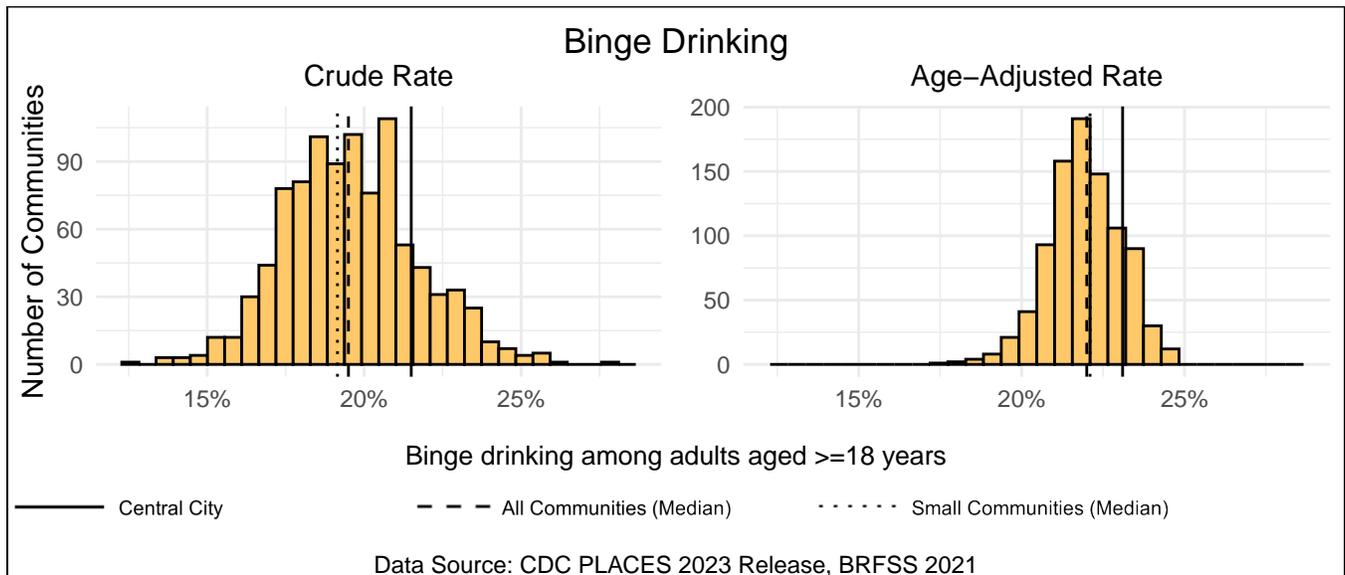
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Central City has a crude rate of 21.5% for binge drinking among adults aged ≥ 18 years, which ranks 791st out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Central City is 23.1%, which ranks 753rd out of 905 Iowa communities (117th out of 138 small communities).

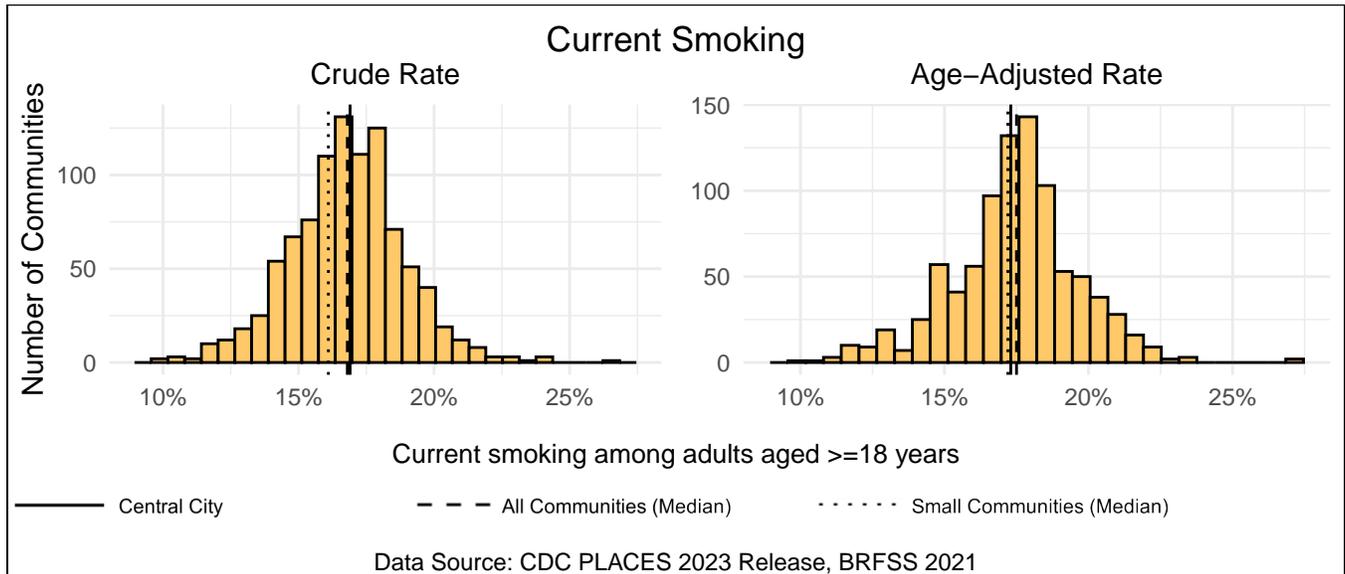
Measure Type	Central City	All Comm.	Small Comm.
Crude	21.5%	19.5%	19.1%
Age-Adjusted	23.1%	22.0%	22.1%



Current Smoking

Central City has a crude rate of 16.9% for current smoking among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Central City is 17.3%, which ranks 380th out of 905 Iowa communities (74th out of 138 small communities).

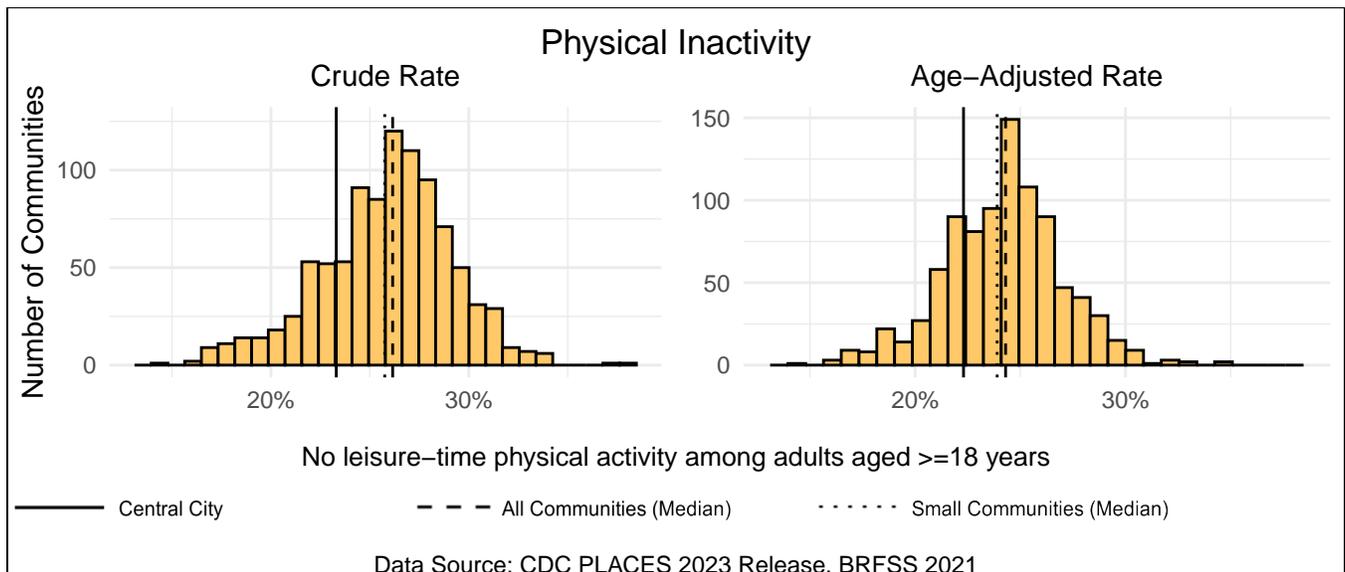
Measure Type	Central City	All Comm.	Small Comm.
Crude	16.9%	16.8%	16.1%
Age-Adjusted	17.3%	17.5%	17.2%



Physical Inactivity

Central City has a crude rate of 23.3% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 200th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Central City is 22.3%, which ranks 203rd out of 905 Iowa communities (38th out of 138 small communities).

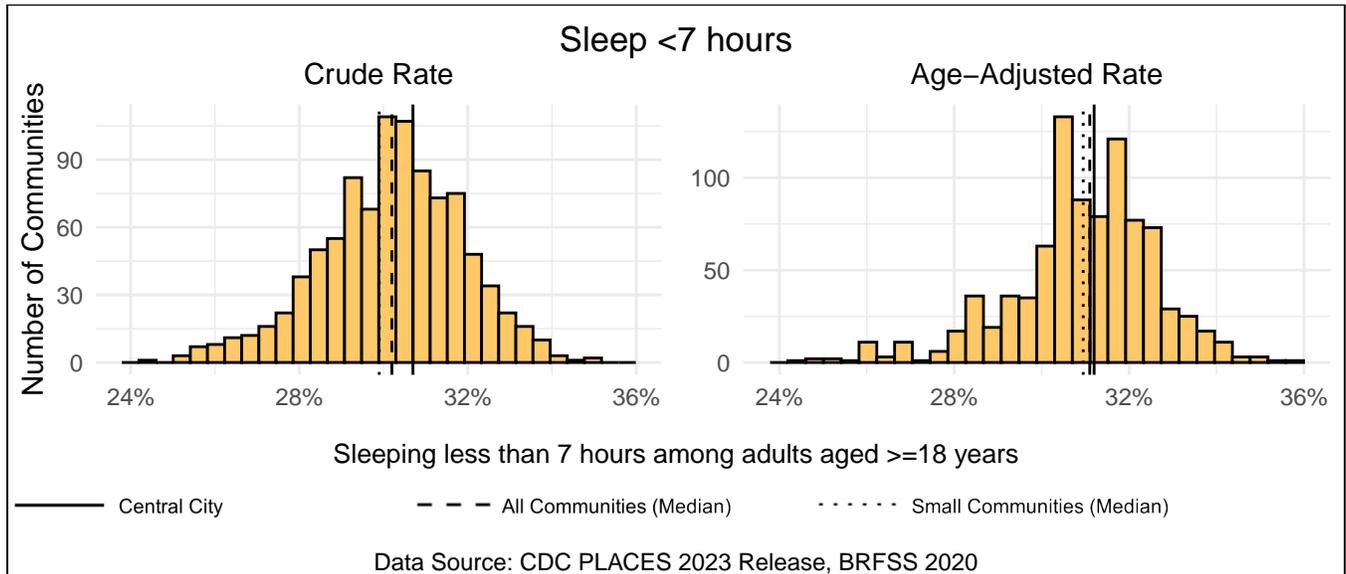
Measure Type	Central City	All Comm.	Small Comm.
Crude	23.3%	26.1%	25.8%
Age-Adjusted	22.3%	24.3%	23.9%



Sleep <7 hours

Central City has a crude rate of 30.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 561st out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Central City is 31.2%, which ranks 466th out of 905 Iowa communities (78th out of 138 small communities).

Measure Type	Central City	All Comm.	Small Comm.
Crude	30.7%	30.2%	29.9%
Age-Adjusted	31.2%	31.1%	31.0%



Health Outcomes

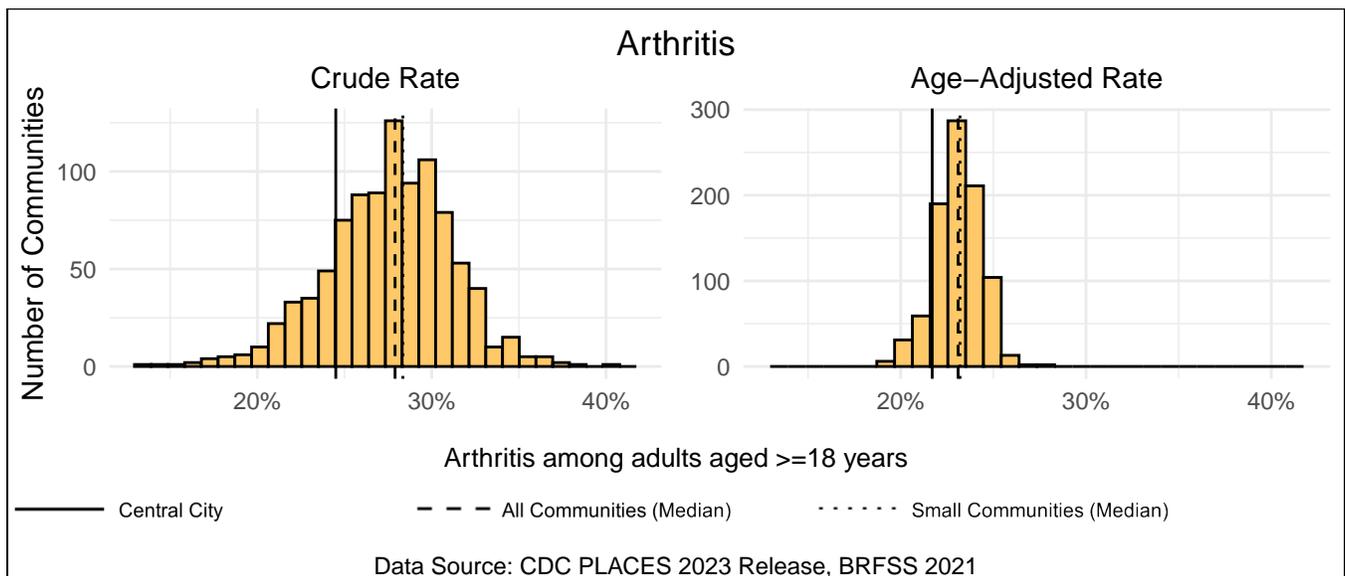
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Central City has a crude rate of 24.5% for arthritis among adults aged ≥ 18 years, which ranks 170th out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Central City is 21.7%, which ranks 110th out of 905 Iowa communities (20th out of 138 small communities).

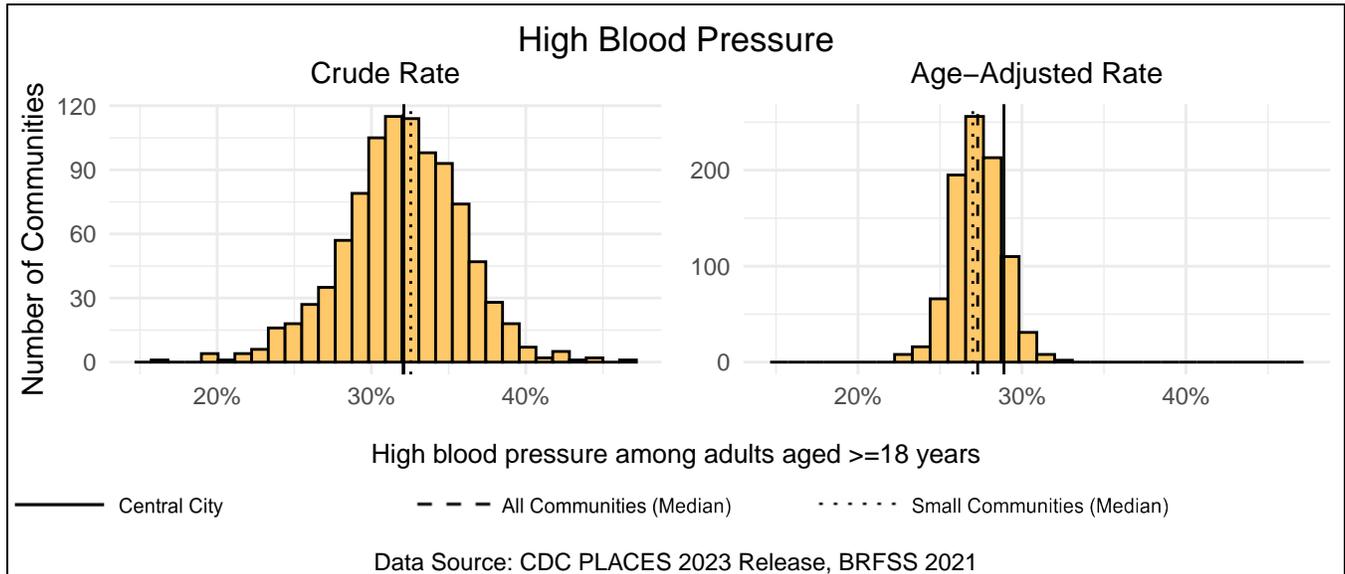
Measure Type	Central City	All Comm.	Small Comm.
Crude	24.5%	27.9%	28.4%
Age-Adjusted	21.7%	23.1%	23.2%



High Blood Pressure

Central City has a crude rate of 32.1% for high blood pressure among adults aged ≥ 18 years, which ranks 480th out of 958 Iowa communities (65th out of 138 small communities). The age-adjusted rate for Central City is 28.9%, which ranks 766th out of 905 Iowa communities (122nd out of 138 small communities).

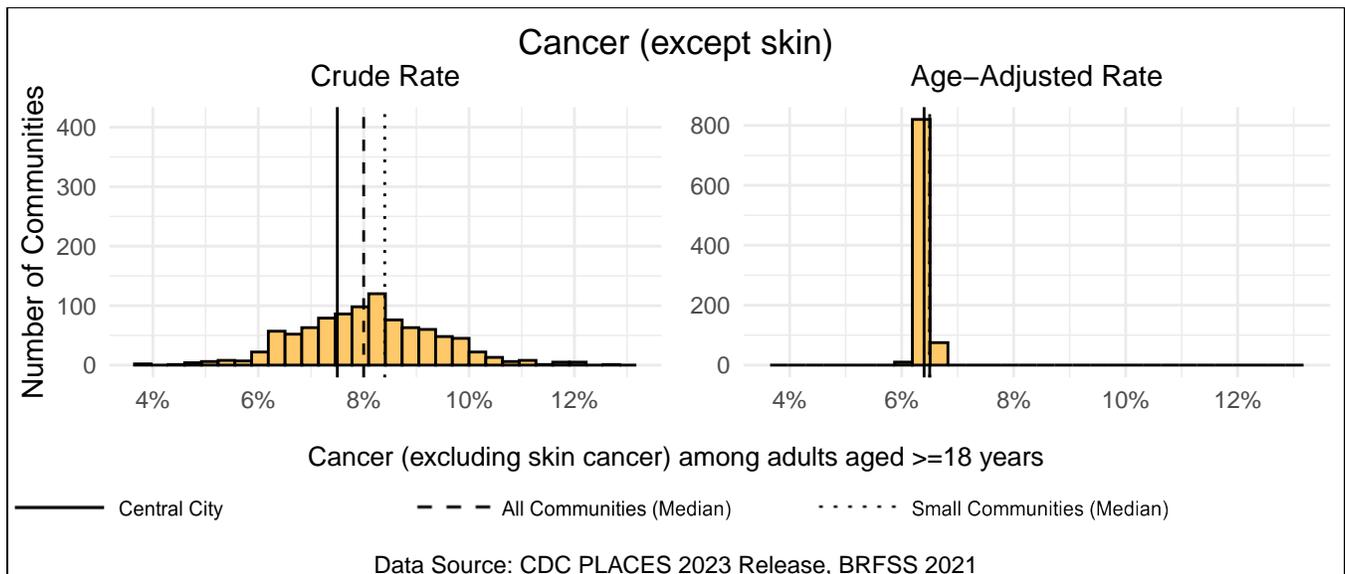
Measure Type	Central City	All Comm.	Small Comm.
Crude	32.1%	32.0%	32.5%
Age-Adjusted	28.9%	27.3%	27.0%



Cancer (except skin)

Central City has a crude rate of 7.5% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 302nd out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Central City is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

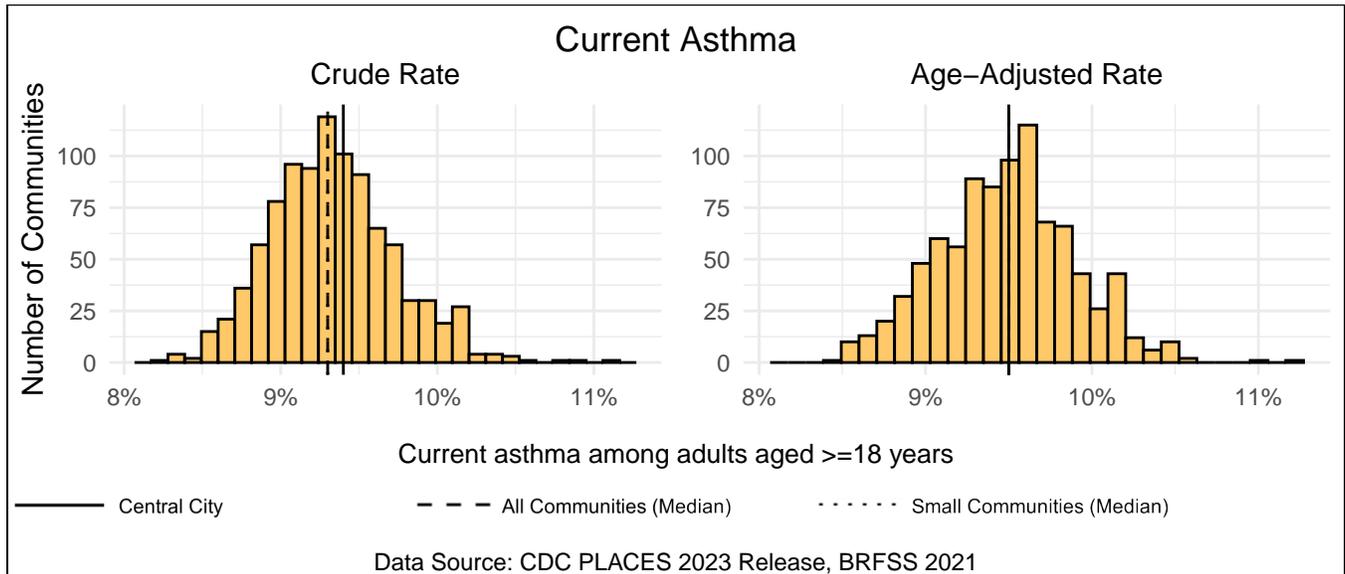
Measure Type	Central City	All Comm.	Small Comm.
Crude	7.5%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Central City has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Central City is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

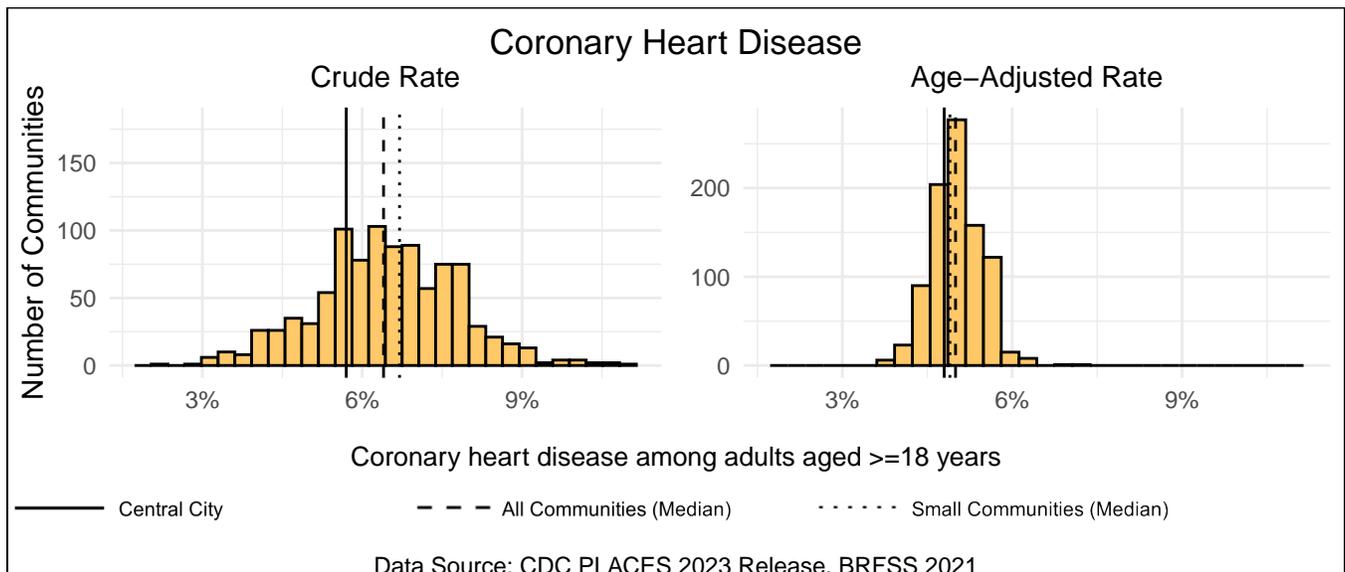
Measure Type	Central City	All Comm.	Small Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

Central City has a crude rate of 5.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 248th out of 958 Iowa communities (40th out of 138 small communities). The age-adjusted rate for Central City is 4.8%, which ranks 257th out of 905 Iowa communities (53rd out of 138 small communities).

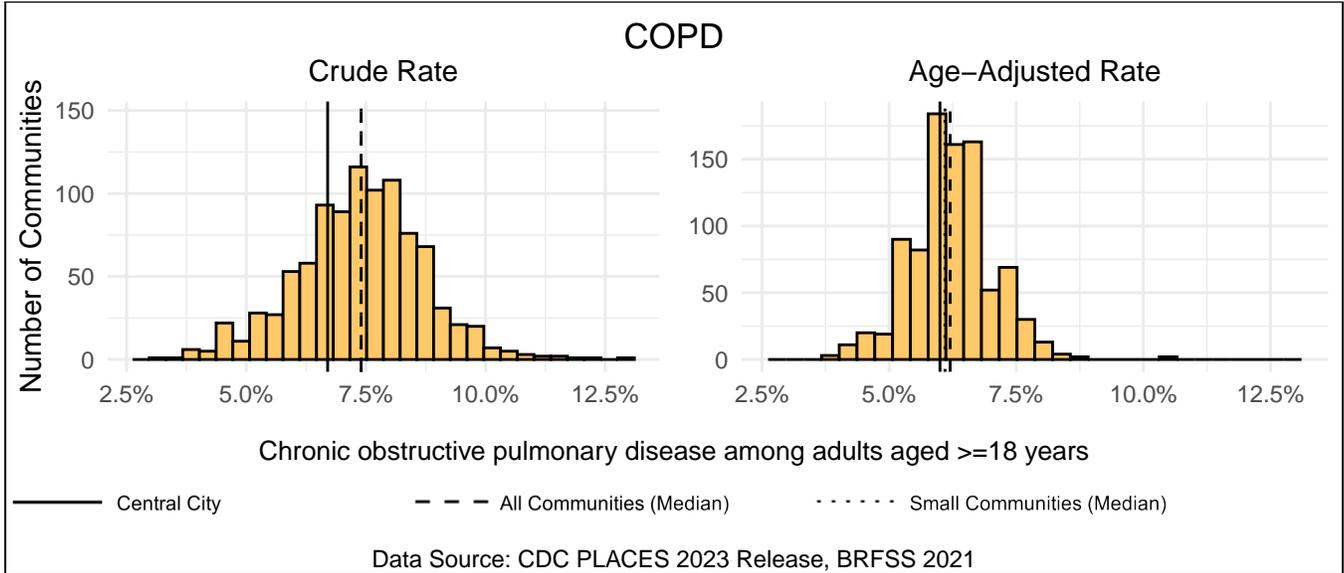
Measure Type	Central City	All Comm.	Small Comm.
Crude	5.7%	6.4%	6.7%
Age-Adjusted	4.8%	5.0%	4.9%



COPD

Central City has a crude rate of 6.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 250th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Central City is 6.0%, which ranks 305th out of 905 Iowa communities (56th out of 138 small communities).

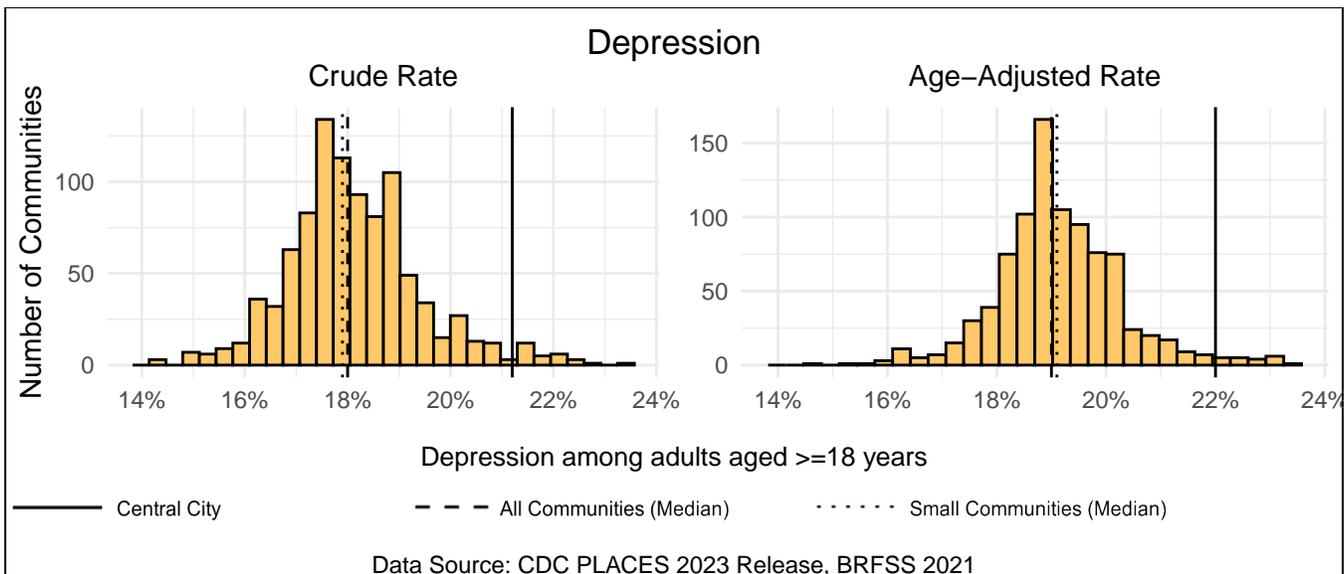
Measure Type	Central City	All Comm.	Small Comm.
Crude	6.7%	7.4%	7.4%
Age-Adjusted	6.0%	6.2%	6.1%



Depression

Central City has a crude rate of 21.2% for depression among adults aged ≥ 18 years, which ranks 929th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for Central City is 22.0%, which ranks 885th out of 905 Iowa communities (137th out of 138 small communities).

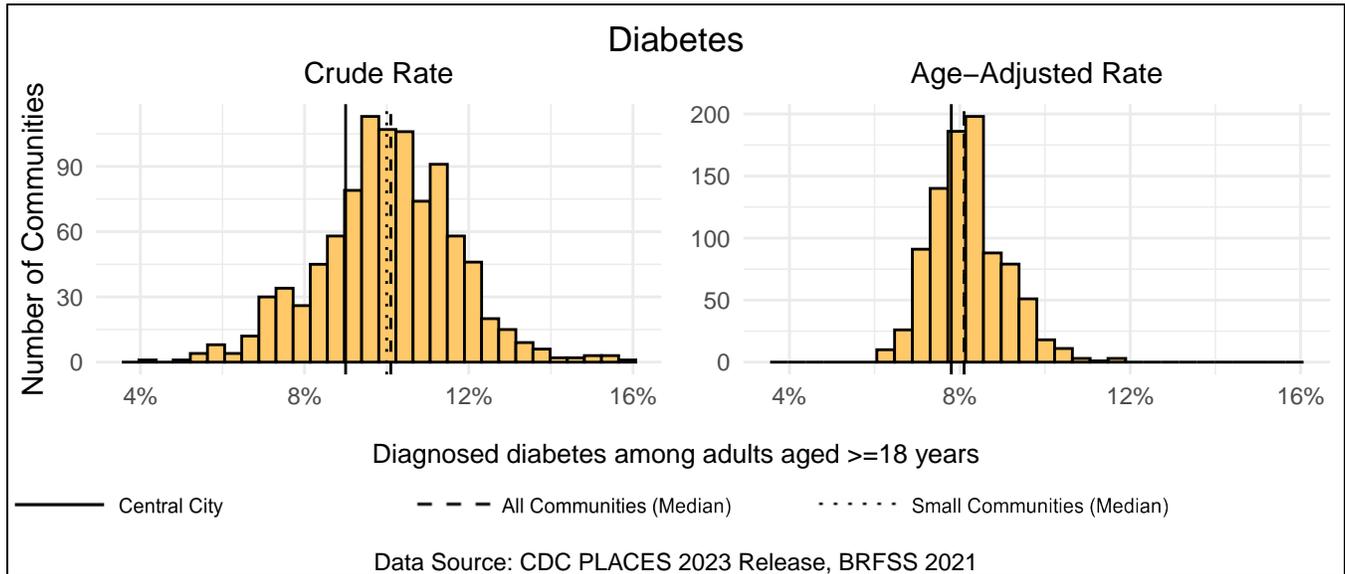
Measure Type	Central City	All Comm.	Small Comm.
Crude	21.2%	18.0%	17.9%
Age-Adjusted	22.0%	19.0%	19.1%



Diabetes

Central City has a crude rate of 9.0% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 224th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Central City is 7.8%, which ranks 268th out of 905 Iowa communities (50th out of 138 small communities).

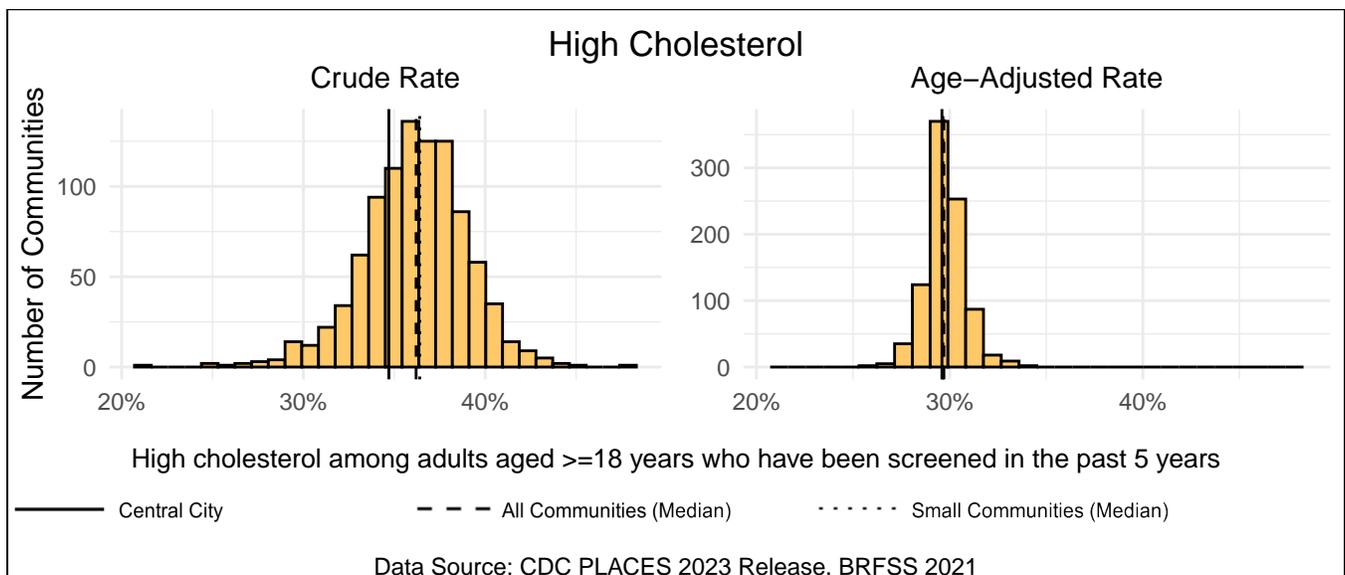
Measure Type	Central City	All Comm.	Small Comm.
Crude	9.0%	10.1%	10.0%
Age-Adjusted	7.8%	8.1%	8.1%



High Cholesterol

Central City has a crude rate of 34.7% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 261st out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Central City is 29.6%, which ranks 379th out of 905 Iowa communities (63rd out of 138 small communities).

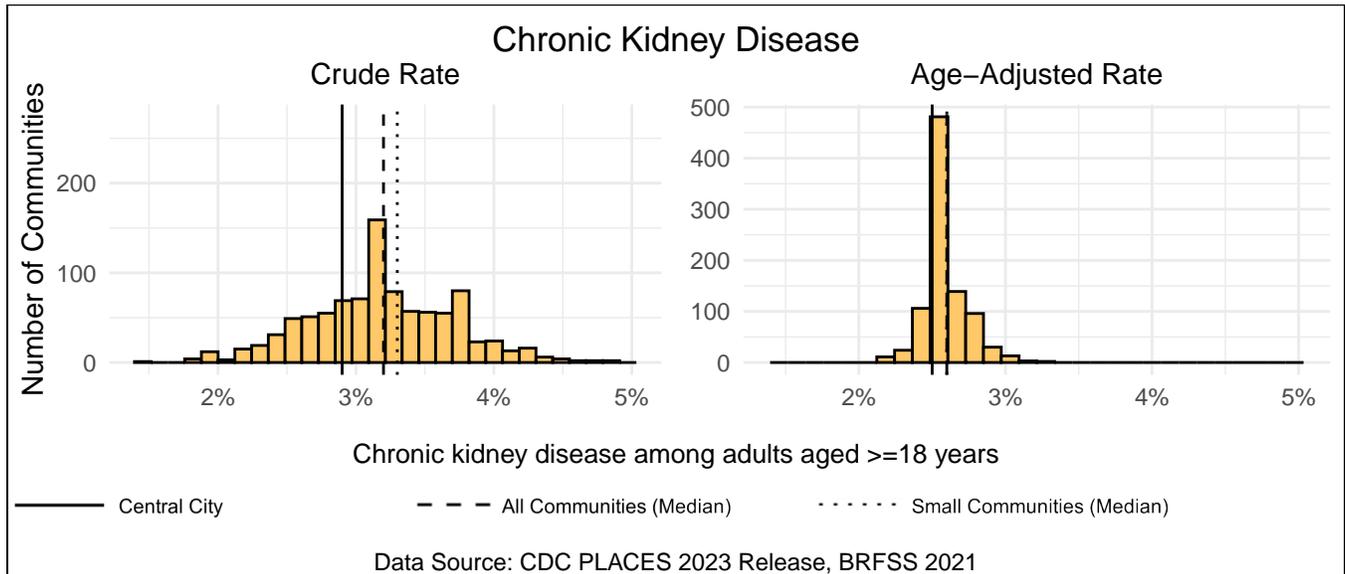
Measure Type	Central City	All Comm.	Small Comm.
Crude	34.7%	36.2%	36.4%
Age-Adjusted	29.6%	29.7%	29.6%



Chronic Kidney Disease

Central City has a crude rate of 2.9% for chronic kidney disease among adults aged ≥ 18 years, which ranks 241st out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Central City is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

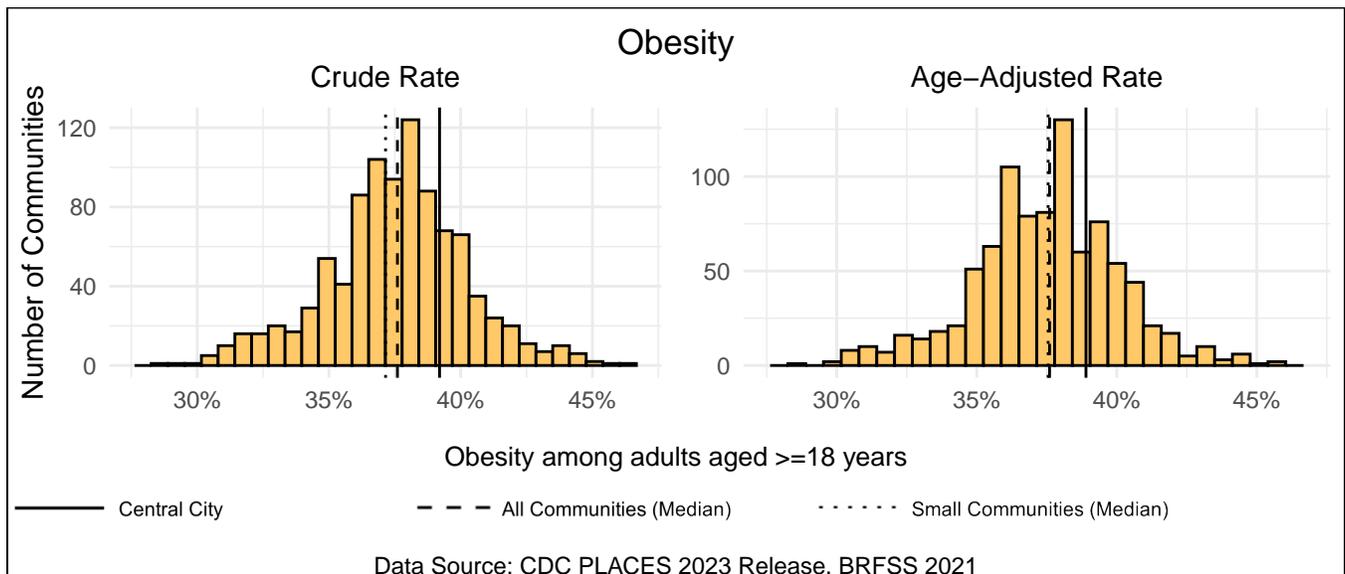
Measure Type	Central City	All Comm.	Small Comm.
Crude	2.9%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Central City has a crude rate of 39.2% for obesity among adults aged ≥ 18 years, which ranks 722nd out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Central City is 38.9%, which ranks 644th out of 905 Iowa communities (103rd out of 138 small communities).

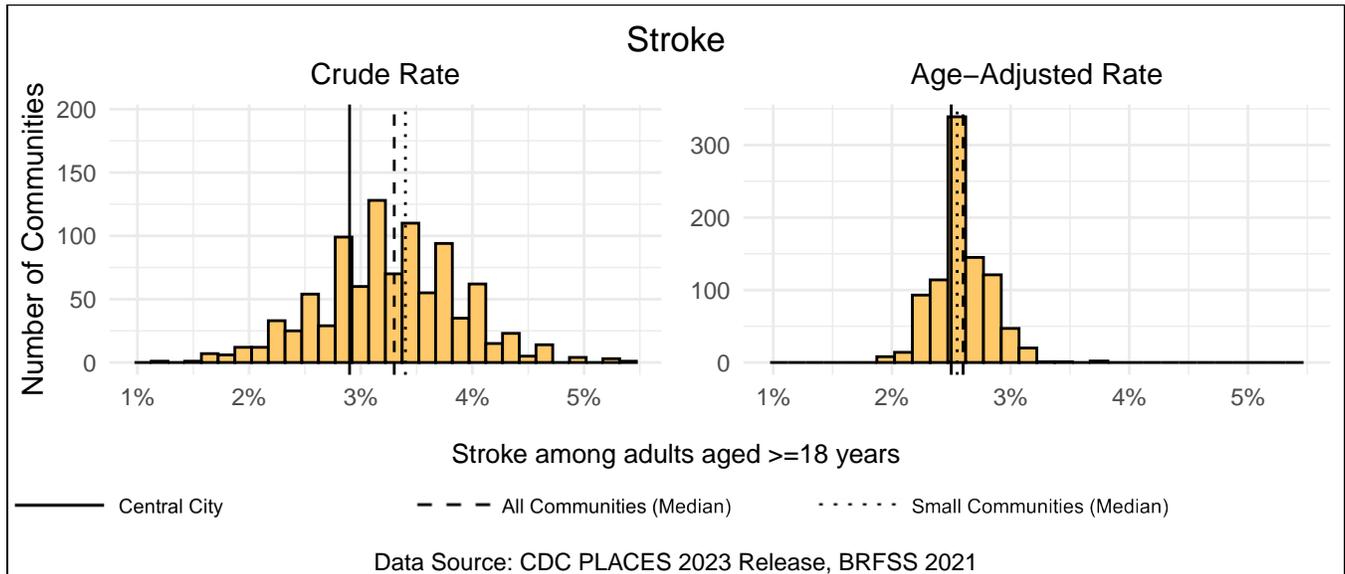
Measure Type	Central City	All Comm.	Small Comm.
Crude	39.2%	37.6%	37.2%
Age-Adjusted	38.9%	37.6%	37.5%



Stroke

Central City has a crude rate of 2.9% for stroke among adults aged ≥ 18 years, which ranks 233rd out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Central City is 2.5%, which ranks 230th out of 905 Iowa communities (43rd out of 138 small communities).

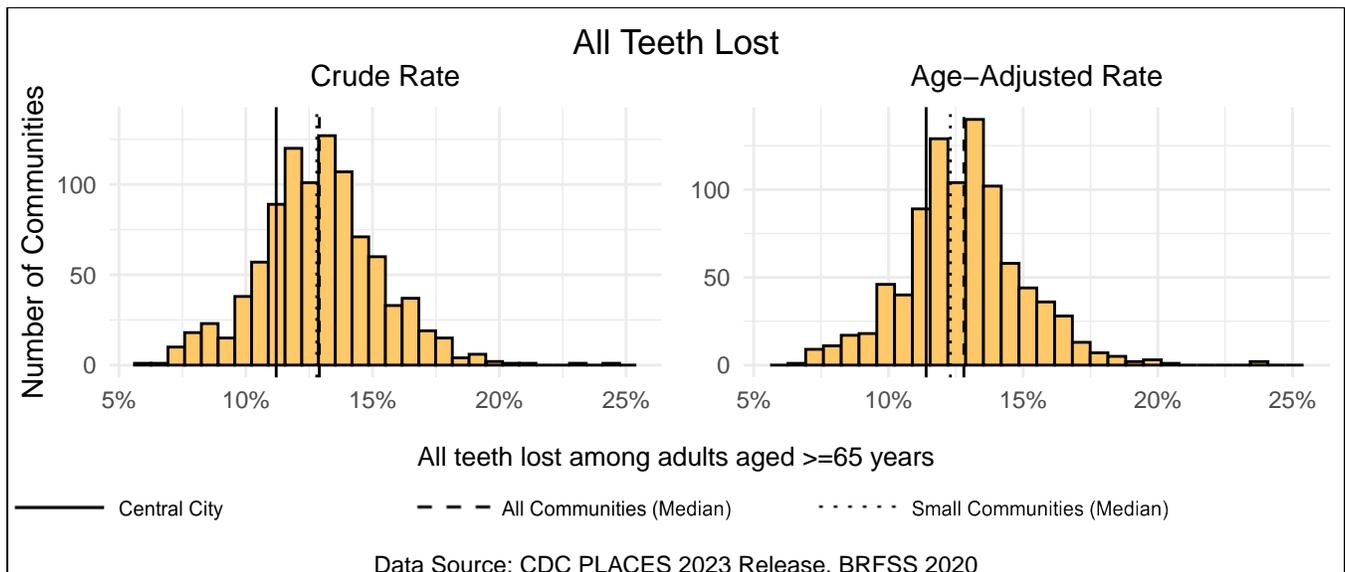
Measure Type	Central City	All Comm.	Small Comm.
Crude	2.9%	3.3%	3.4%
Age-Adjusted	2.5%	2.6%	2.5%



All Teeth Lost

Central City has a crude rate of 11.2% for all teeth lost among adults aged ≥ 65 years, which ranks 202nd out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Central City is 11.4%, which ranks 211th out of 905 Iowa communities (39th out of 138 small communities).

Measure Type	Central City	All Comm.	Small Comm.
Crude	11.2%	12.9%	12.8%
Age-Adjusted	11.4%	12.8%	12.3%



Prevention

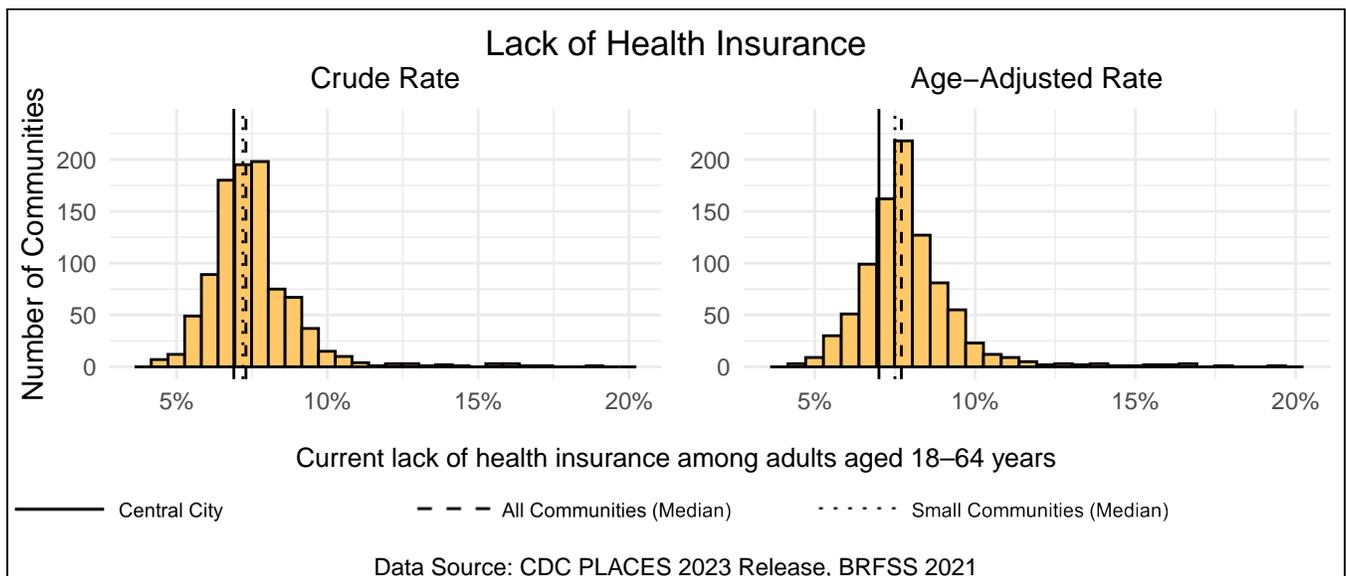
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

Lack of Health Insurance

Central City has a crude rate of 6.9% for current lack of health insurance among adults aged 18–64 years, which ranks 296th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Central City is 7.0%, which ranks 193rd out of 905 Iowa communities (40th out of 138 small communities).

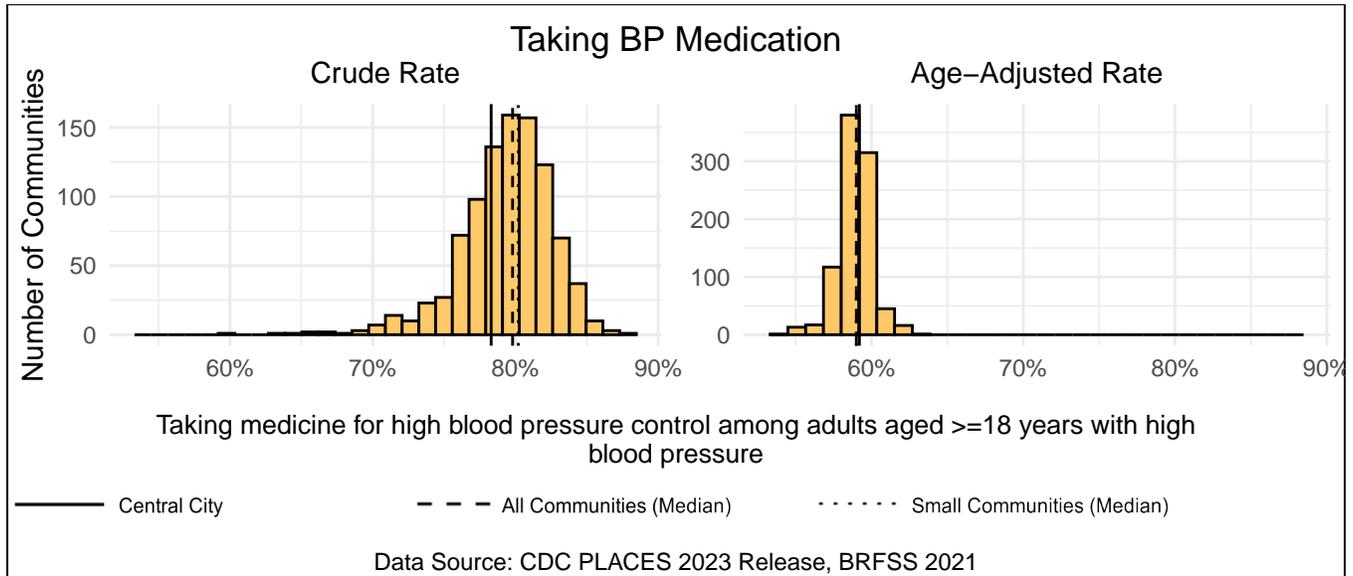
Measure Type	Central City	All Comm.	Small Comm.
Crude	6.9%	7.3%	7.2%
Age-Adjusted	7.0%	7.7%	7.5%



Taking BP Medication

Central City has a crude rate of 78.3% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 649th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Central City is 59.2%, which ranks 330th out of 905 Iowa communities (55th out of 138 small communities).

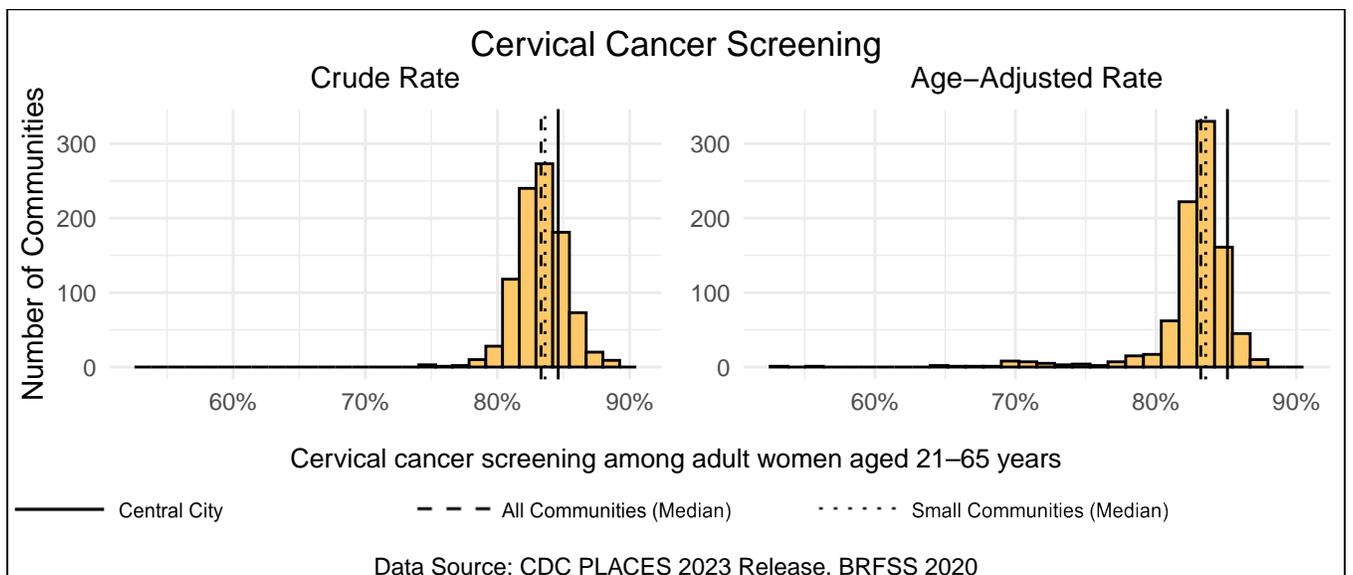
Measure Type	Central City	All Comm.	Small Comm.
Crude	78.3%	79.8%	80.2%
Age-Adjusted	59.2%	59.0%	59.0%



Cervical Cancer Screening

Central City has a crude rate of 84.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 196th out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Central City is 85.1%, which ranks 79th out of 905 Iowa communities (15th out of 138 small communities).

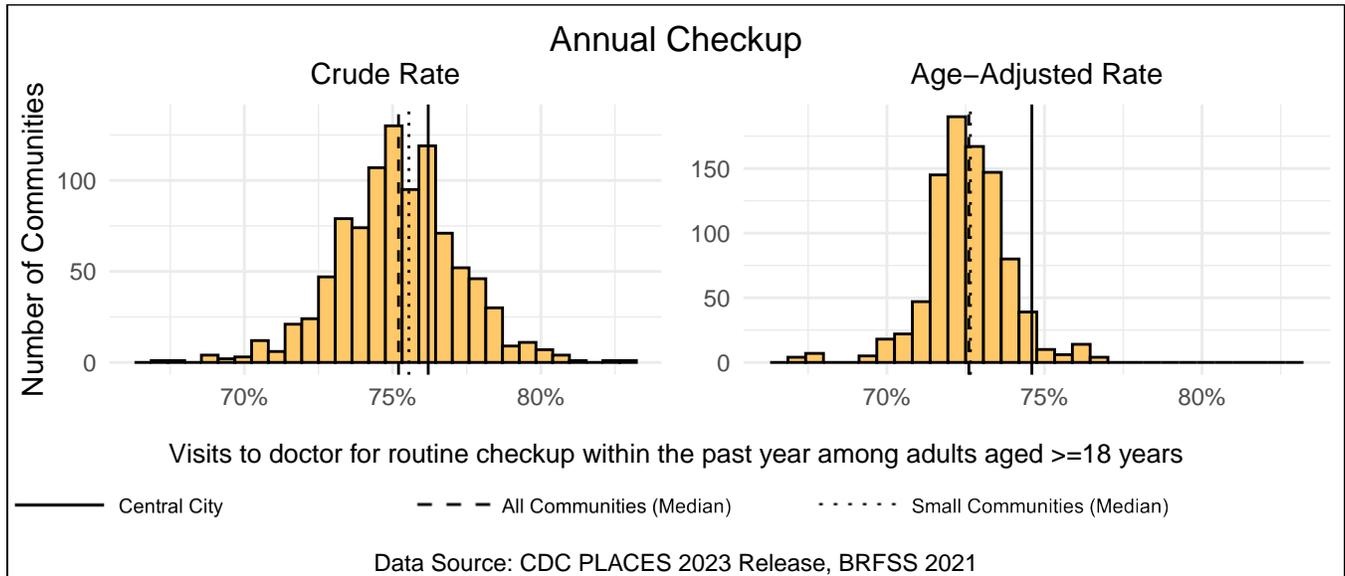
Measure Type	Central City	All Comm.	Small Comm.
Crude	84.6%	83.3%	83.6%
Age-Adjusted	85.1%	83.2%	83.5%



Annual Checkup

Central City has a crude rate of 76.2% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 273rd out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Central City is 74.6%, which ranks 42nd out of 905 Iowa communities (8th out of 138 small communities).

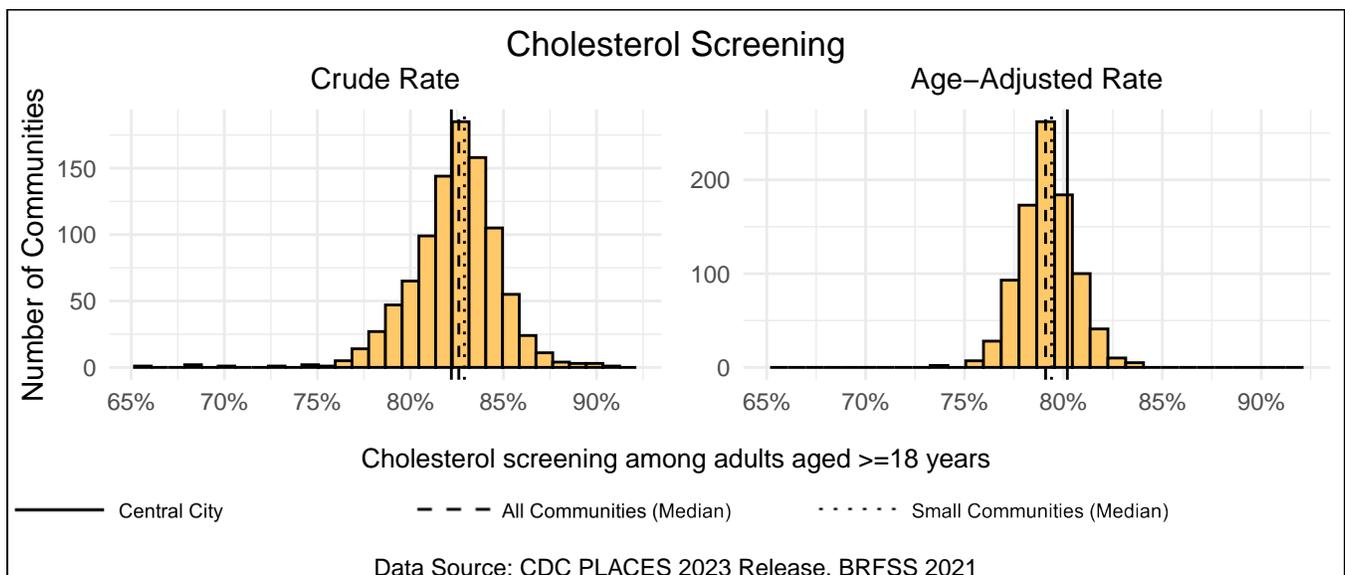
Measure Type	Central City	All Comm.	Small Comm.
Crude	76.2%	75.2%	75.5%
Age-Adjusted	74.6%	72.6%	72.6%



Cholesterol Screening

Central City has a crude rate of 82.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 550th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Central City is 80.2%, which ranks 199th out of 905 Iowa communities (39th out of 138 small communities).

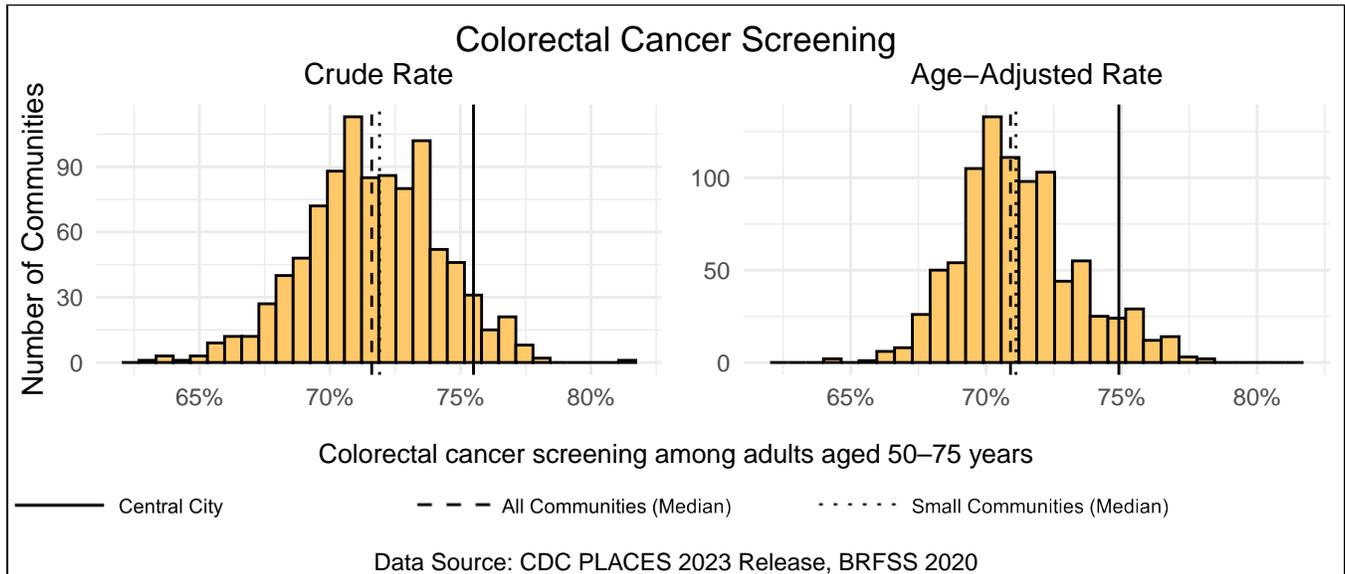
Measure Type	Central City	All Comm.	Small Comm.
Crude	82.2%	82.6%	82.9%
Age-Adjusted	80.2%	79.1%	79.4%



Colorectal Cancer Screening

Central City has a crude rate of 75.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 60th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Central City is 74.9%, which ranks 68th out of 905 Iowa communities (17th out of 138 small communities).

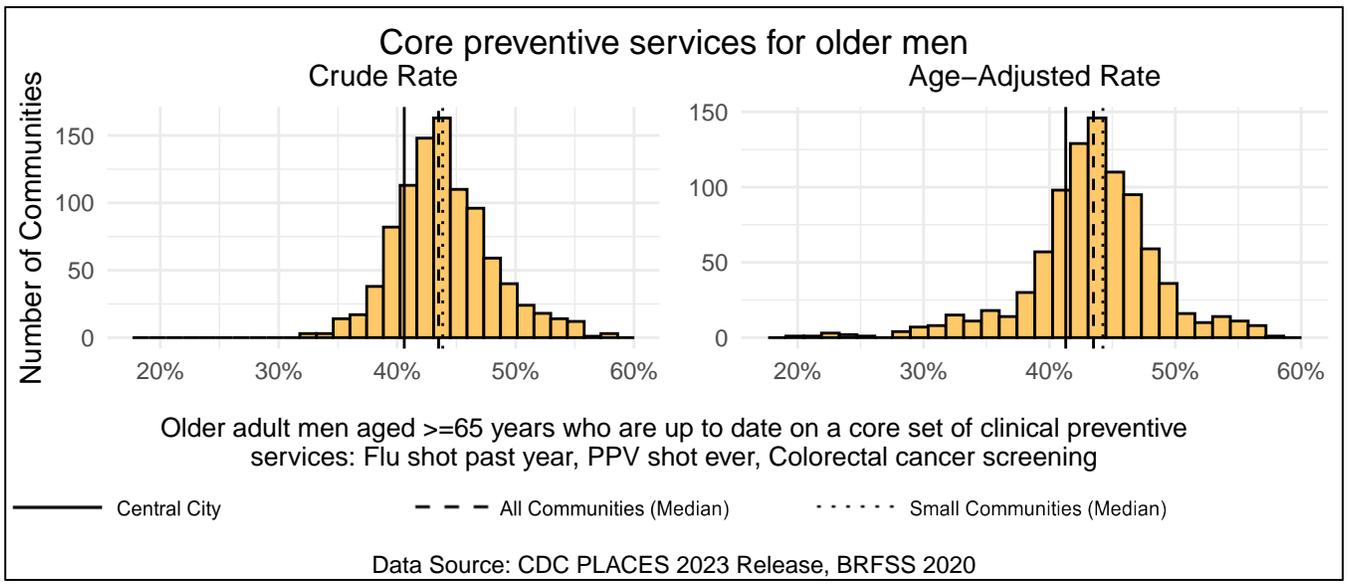
Measure Type	Central City	All Comm.	Small Comm.
Crude	75.5%	71.6%	71.9%
Age-Adjusted	74.9%	70.9%	71.1%



Core preventive services for older men

Central City has a crude rate of 40.6% 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 766th out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Central City is 41.3%, which ranks 657th out of 905 Iowa communities (114th out of 138 small communities).

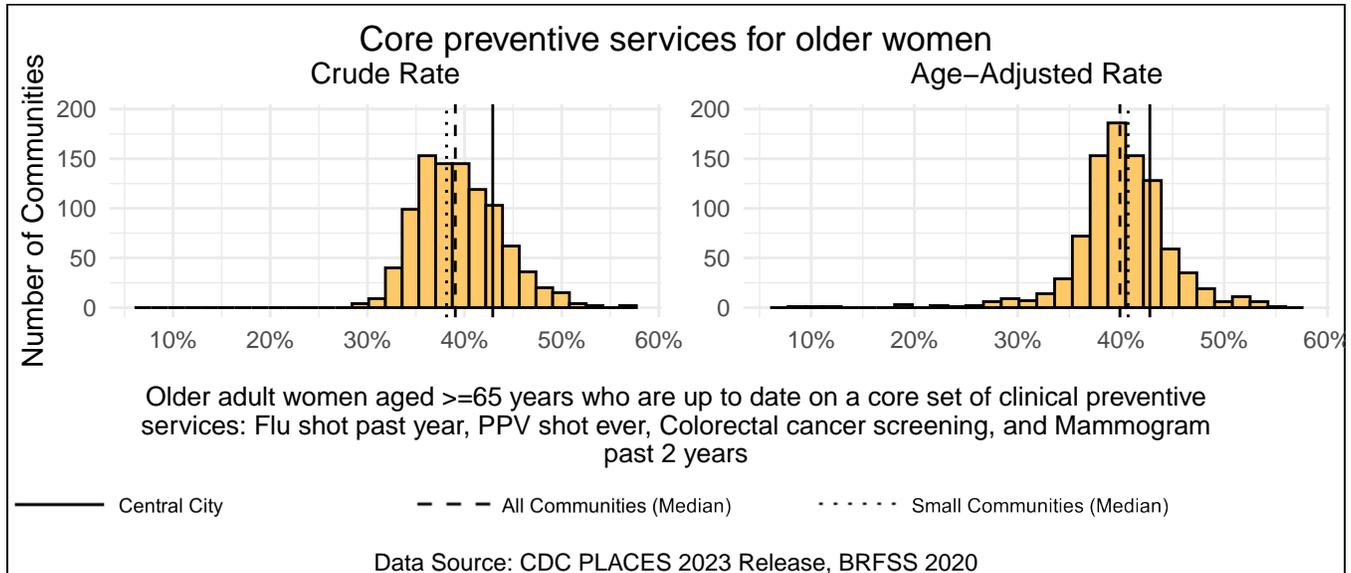
Measure Type	Central City	All Comm.	Small Comm.
Crude	40.6%	43.5%	43.8%
Age-Adjusted	41.3%	43.5%	44.2%



Core preventive services for older women

Central City has a crude rate of 42.9% 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 197th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Central City is 42.8%, which ranks 216th out of 905 Iowa communities (46th out of 138 small communities).

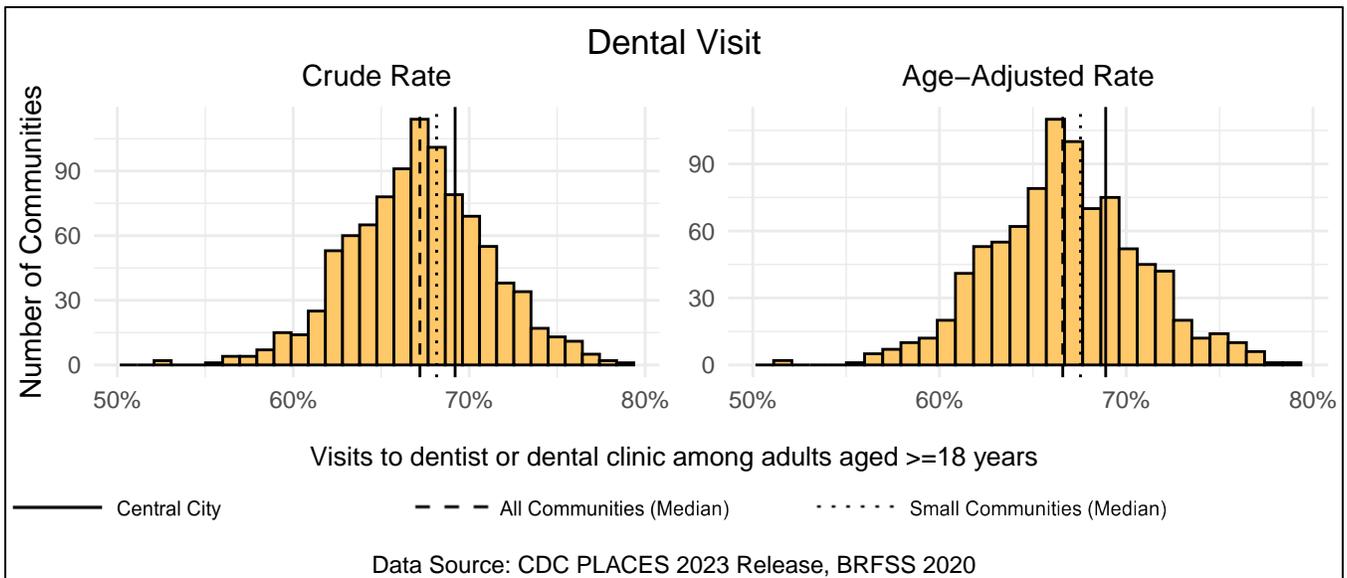
Measure Type	Central City	All Comm.	Small Comm.
Crude	42.9%	39.0%	38.2%
Age-Adjusted	42.8%	39.9%	40.7%



Dental Visit

Central City has a crude rate of 69.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Central City is 68.9%, which ranks 254th out of 905 Iowa communities (50th out of 138 small communities).

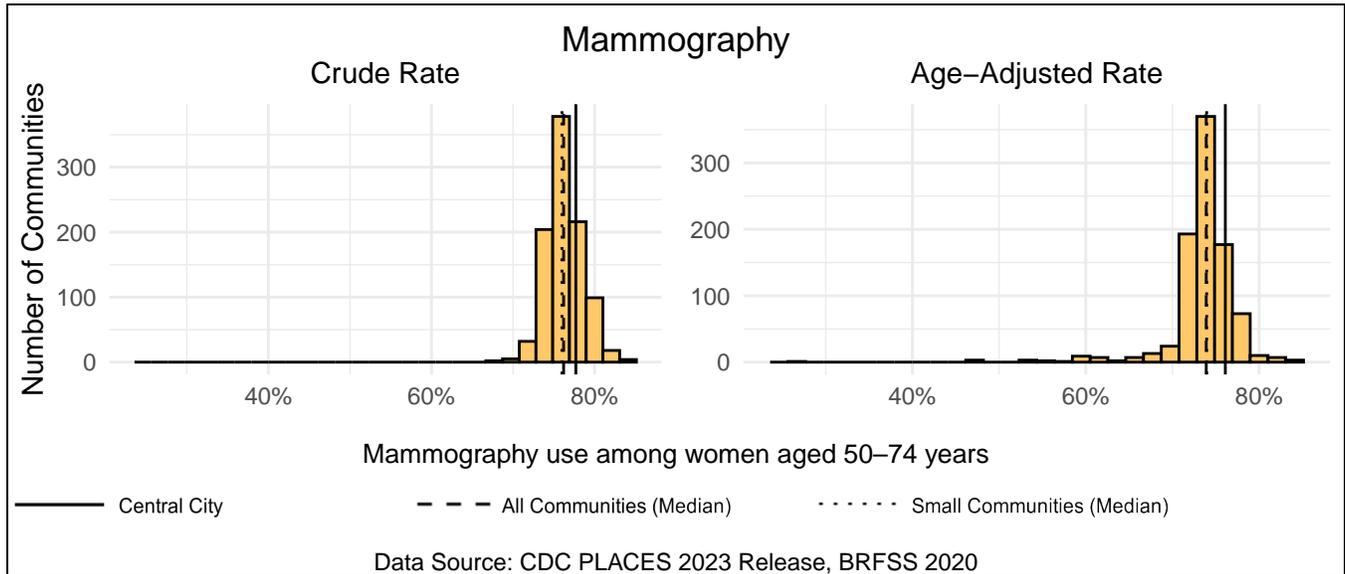
Measure Type	Central City	All Comm.	Small Comm.
Crude	69.2%	67.2%	68.2%
Age-Adjusted	68.9%	66.6%	67.5%



Mammography

Central City has a crude rate of 77.7% for mammography use among women aged 50–74 years, which ranks 237th out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Central City is 76.1%, which ranks 146th out of 905 Iowa communities (25th out of 138 small communities).

Measure Type	Central City	All Comm.	Small Comm.
Crude	77.7%	76.2%	76.0%
Age-Adjusted	76.1%	73.9%	74.0%



Disability

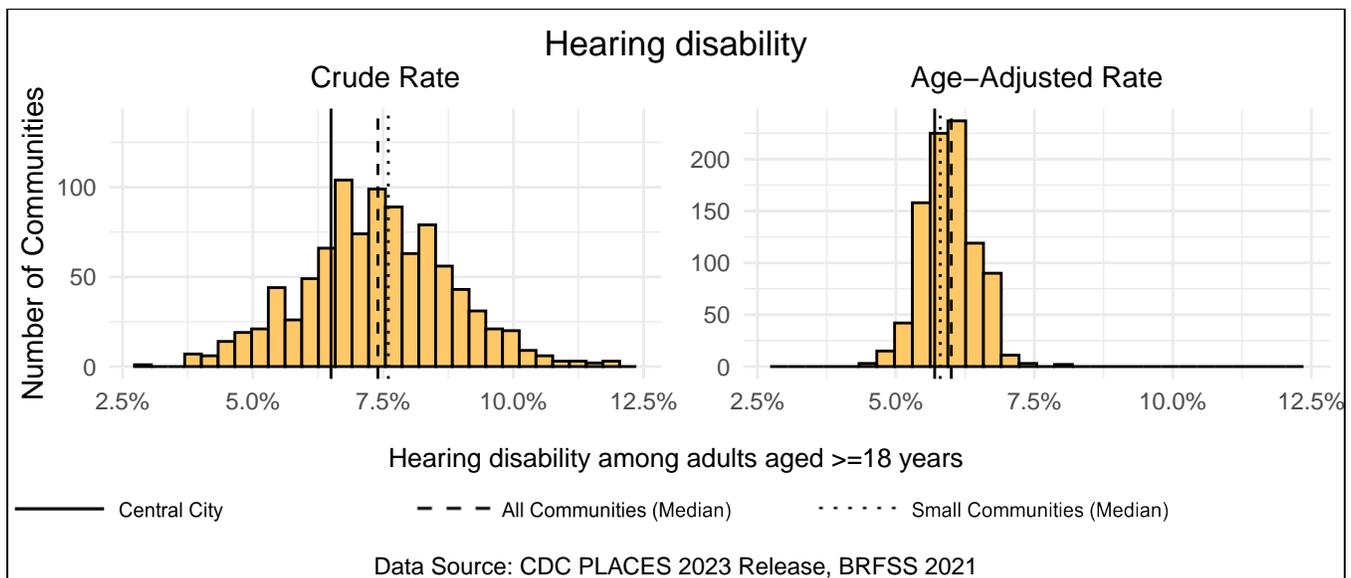
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Central City has a crude rate of 6.5% for hearing disability among adults aged ≥ 18 years, which ranks 232nd out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Central City is 5.7%, which ranks 219th out of 905 Iowa communities (46th out of 138 small communities).

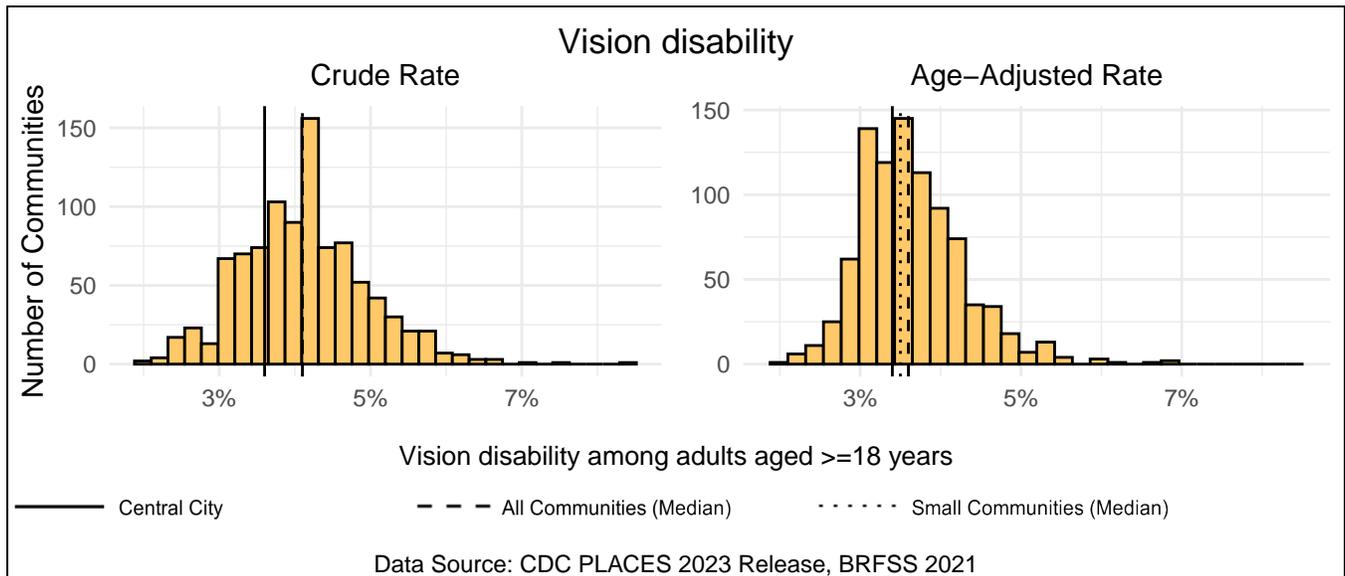
Measure Type	Central City	All Comm.	Small Comm.
Crude	6.5%	7.4%	7.6%
Age-Adjusted	5.7%	6.0%	5.8%



Vision disability

Central City has a crude rate of 3.6% for vision disability among adults aged ≥ 18 years, which ranks 229th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Central City is 3.4%, which ranks 295th out of 905 Iowa communities (55th out of 138 small communities).

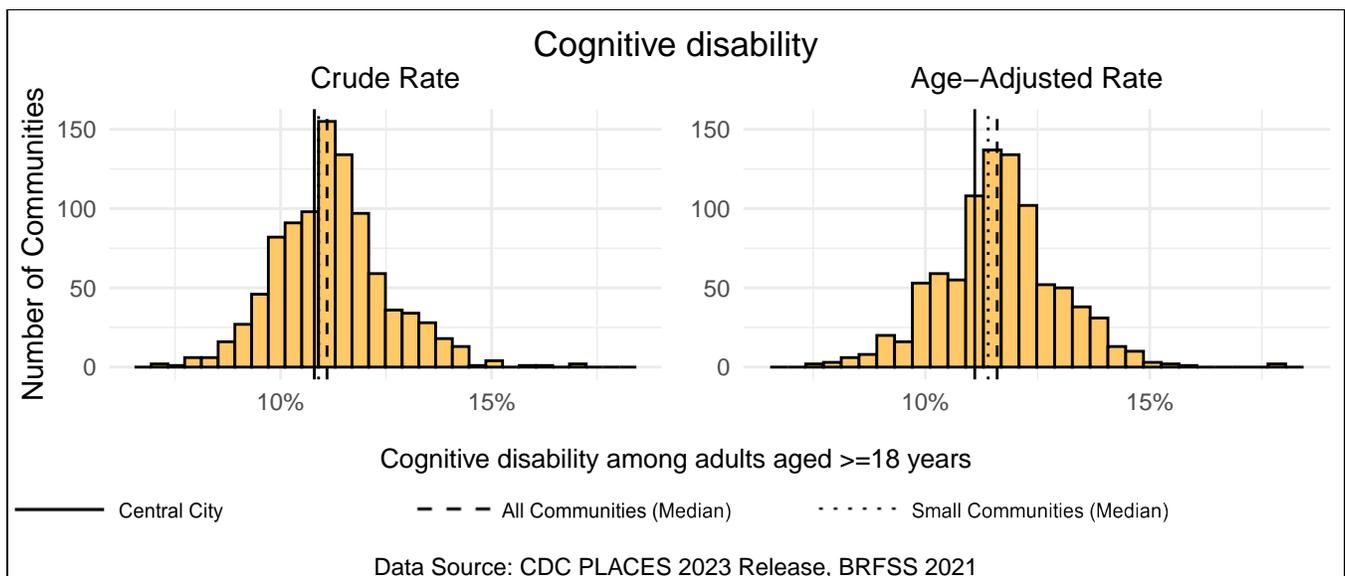
Measure Type	Central City	All Comm.	Small Comm.
Crude	3.6%	4.1%	4.1%
Age-Adjusted	3.4%	3.6%	3.5%



Cognitive disability

Central City has a crude rate of 10.8% for cognitive disability among adults aged ≥ 18 years, which ranks 330th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Central City is 11.1%, which ranks 269th out of 905 Iowa communities (51st out of 138 small communities).

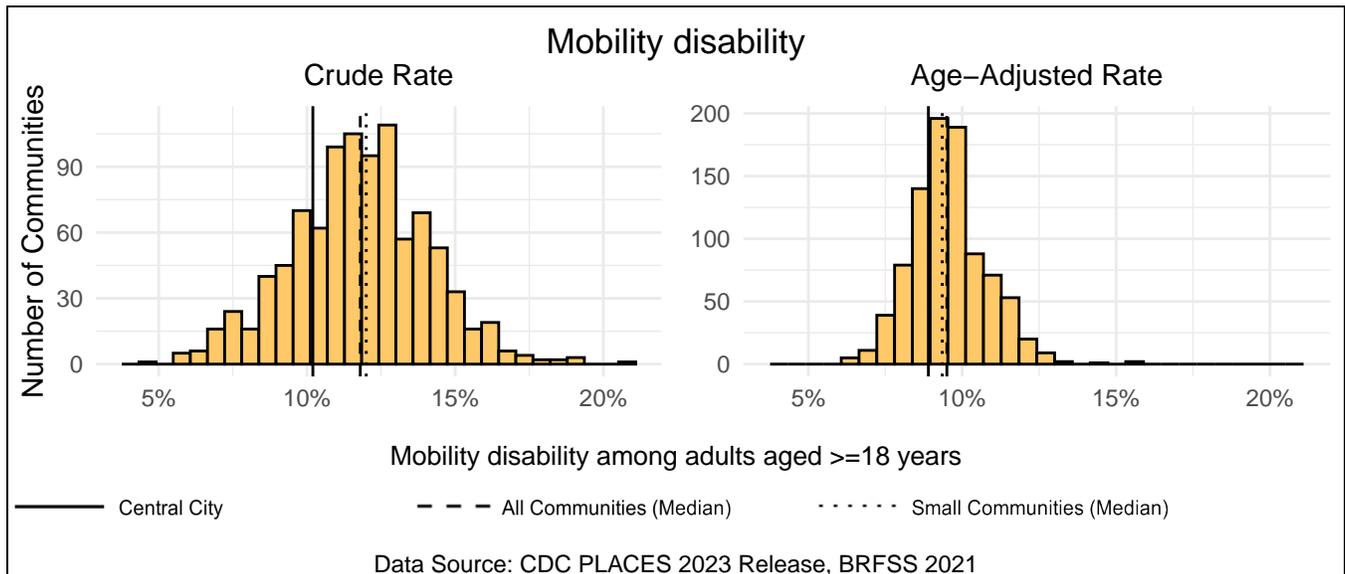
Measure Type	Central City	All Comm.	Small Comm.
Crude	10.8%	11.1%	10.9%
Age-Adjusted	11.1%	11.6%	11.4%



Mobility disability

Central City has a crude rate of 10.2% for mobility disability among adults aged ≥ 18 years, which ranks 224th out of 958 Iowa communities (38th out of 138 small communities). The age-adjusted rate for Central City is 8.9%, which ranks 248th out of 905 Iowa communities (49th out of 138 small communities).

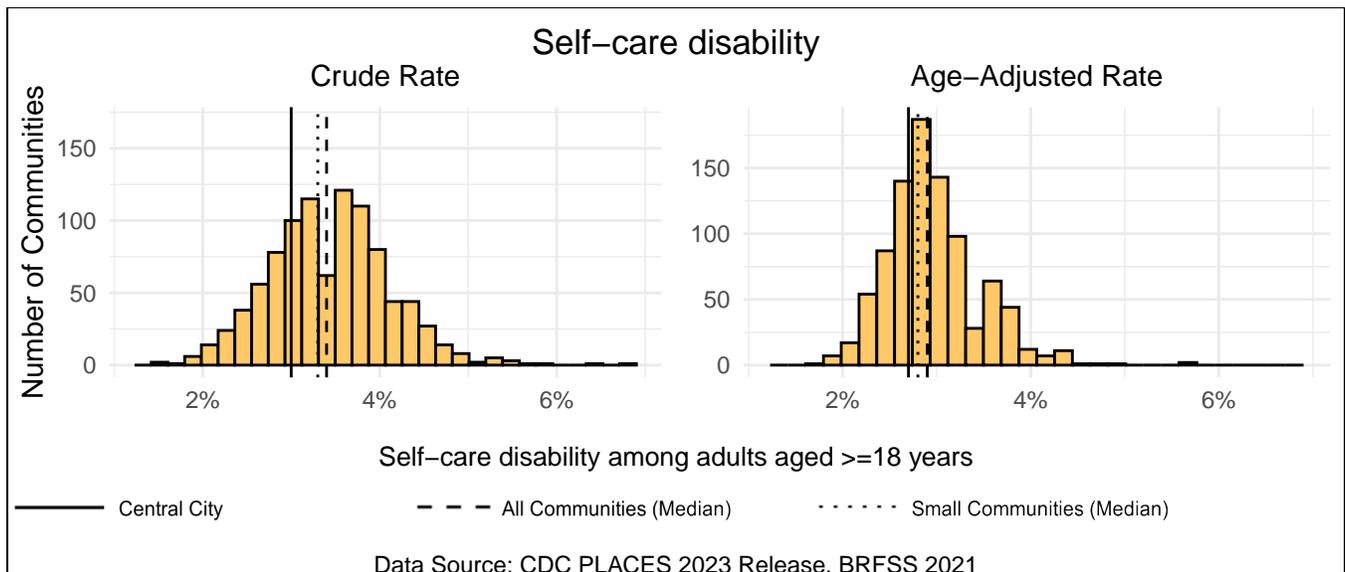
Measure Type	Central City	All Comm.	Small Comm.
Crude	10.2%	11.8%	12.0%
Age-Adjusted	8.9%	9.5%	9.4%



Self-care disability

Central City has a crude rate of 3.0% for self-care disability among adults aged ≥ 18 years, which ranks 220th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Central City is 2.7%, which ranks 248th out of 905 Iowa communities (45th out of 138 small communities).

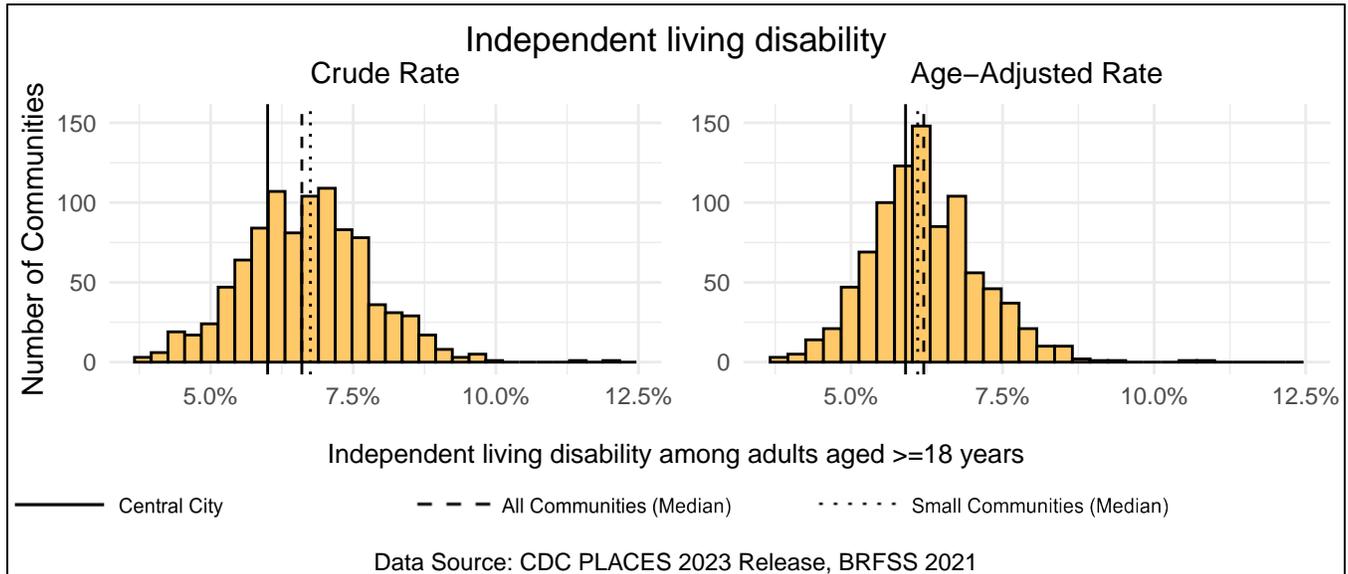
Measure Type	Central City	All Comm.	Small Comm.
Crude	3.0%	3.4%	3.3%
Age-Adjusted	2.7%	2.9%	2.8%



Independent living disability

Central City has a crude rate of 6.0% for independent living disability among adults aged ≥ 18 years, which ranks 227th out of 958 Iowa communities (34th out of 138 small communities). The age-adjusted rate for Central City is 5.9%, which ranks 291st out of 905 Iowa communities (53rd out of 138 small communities).

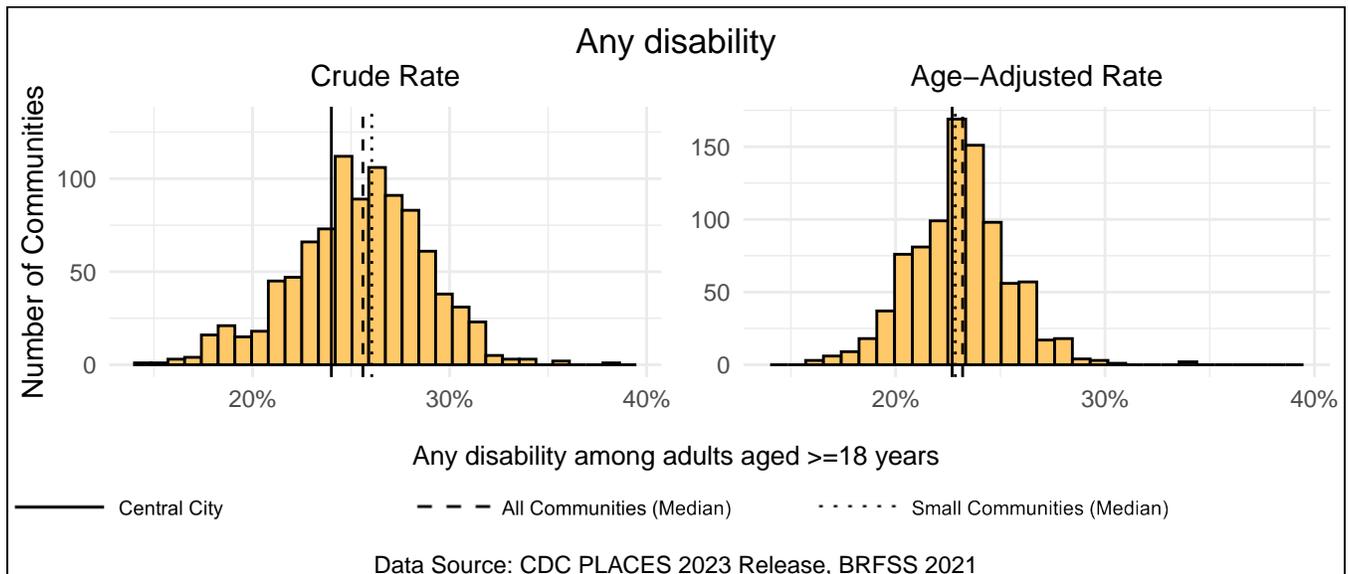
Measure Type	Central City	All Comm.	Small Comm.
Crude	6.0%	6.6%	6.8%
Age-Adjusted	5.9%	6.2%	6.1%



Any disability

Central City has a crude rate of 24.0% for any disability among adults aged ≥ 18 years, which ranks 291st out of 958 Iowa communities (40th out of 138 small communities). The age-adjusted rate for Central City is 22.7%, which ranks 350th out of 905 Iowa communities (60th out of 138 small communities).

Measure Type	Central City	All Comm.	Small Comm.
Crude	24.0%	25.6%	26.0%
Age-Adjusted	22.7%	23.2%	22.8%

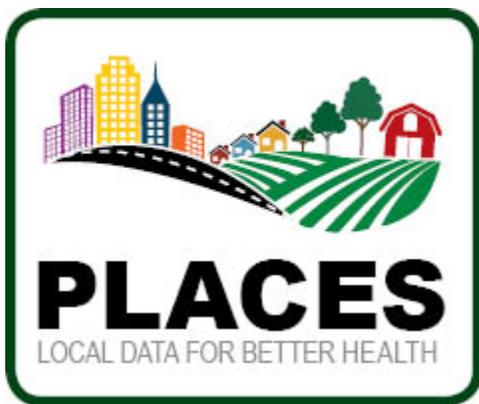


Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Central City 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	245	10.0% (8.6% - 11.5%)	300	9.4% (8.1% - 10.9%)
Health Status	General Health	208	12.6% (10.6% - 14.8%)	238	11.8% (10.0% - 13.7%)
Health Status	Mental Health	674	14.9% (12.8% - 17.0%)	516	15.7% (13.6% - 17.8%)
Health Risk Behaviors	Current Smoking	490	16.9% (13.6% - 20.3%)	380	17.3% (14.2% - 20.5%)
Health Risk Behaviors	Binge Drinking	791	21.5% (18.7% - 24.6%)	753	23.1% (20.0% - 26.3%)
Health Risk Behaviors	Sleep <7 hours	561	30.7% (29.4% - 32.0%)	466	31.2% (29.9% - 32.6%)
Health Risk Behaviors	Physical Inactivity	200	23.3% (19.7% - 27.3%)	203	22.3% (18.8% - 25.9%)
Health Outcomes	COPD	250	6.7% (5.6% - 7.9%)	305	6.0% (5.0% - 7.0%)
Health Outcomes	Coronary Heart Disease	248	5.7% (5.0% - 6.5%)	257	4.8% (4.2% - 5.4%)
Health Outcomes	Stroke	233	2.9% (2.6% - 3.3%)	230	2.5% (2.2% - 2.8%)
Health Outcomes	Depression	929	21.2% (18.3% - 24.4%)	885	22.0% (18.9% - 25.1%)
Health Outcomes	Current Asthma	524	9.4% (8.4% - 10.7%)	415	9.5% (8.4% - 10.8%)
Health Outcomes	Cancer (except skin)	302	7.5% (6.7% - 8.2%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Diabetes	224	9.0% (7.7% - 10.4%)	268	7.8% (6.7% - 8.9%)
Health Outcomes	All Teeth Lost	202	11.2% (7.6% - 15.4%)	211	11.4% (7.8% - 15.6%)
Health Outcomes	Chronic Kidney Disease	241	2.9% (2.6% - 3.2%)	142	2.5% (2.3% - 2.8%)
Health Outcomes	Arthritis	170	24.5% (21.9% - 27.6%)	110	21.7% (19.0% - 24.4%)
Health Outcomes	High Blood Pressure	480	32.1% (29.1% - 35.4%)	766	28.9% (26.0% - 31.9%)
Health Outcomes	High Cholesterol	261	34.7% (31.3% - 38.1%)	379	29.6% (26.4% - 33.0%)
Health Outcomes	Obesity	722	39.2% (34.4% - 43.9%)	644	38.9% (34.5% - 43.7%)
Prevention	Mammography	237	77.7% (74.2% - 80.9%)	146	76.1% (72.5% - 79.6%)
Prevention	Core preventive services for older women	197	42.9% (37.1% - 48.7%)	216	42.8% (37.1% - 48.5%)
Prevention	Annual Checkup	273	76.2% (72.8% - 79.4%)	42	74.6% (70.9% - 78.1%)
Prevention	Taking BP Medication	649	78.3% (75.2% - 81.1%)	330	59.2% (54.7% - 63.7%)
Prevention	Cervical Cancer Screening	196	84.6% (82.5% - 86.8%)	79	85.1% (83.2% - 87.2%)
Prevention	Dental Visit	283	69.2% (66.2% - 72.3%)	254	68.9% (66.0% - 72.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	550	82.2% (79.5% - 84.9%)	199	80.2% (77.3% - 83.2%)
Prevention	Colorectal Cancer Screening	60	75.5% (73.1% - 77.9%)	68	74.9% (72.4% - 77.6%)
Prevention	Health Insurance	296	6.9% (5.4% - 8.6%)	193	7.0% (5.5% - 9.0%)
Prevention	Core preventive services for older men	766	40.6% (34.1% - 47.7%)	657	41.3% (35.0% - 48.3%)
Disability	Cognitive Disability	330	10.8% (9.1% - 12.6%)	269	11.1% (9.4% - 12.9%)
Disability	Independent Living Disability	227	6.0% (5.2% - 7.0%)	291	5.9% (5.0% - 6.8%)
Disability	Hearing Disability	232	6.5% (5.8% - 7.3%)	219	5.7% (5.0% - 6.4%)
Disability	Mobility Disability	224	10.2% (8.5% - 11.9%)	248	8.9% (7.5% - 10.3%)
Disability	Self-care Disability	220	3.0% (2.6% - 3.5%)	248	2.7% (2.4% - 3.2%)
Disability	Vision Disability	229	3.6% (3.1% - 4.1%)	295	3.4% (2.9% - 3.9%)
Disability	Any Disability	291	24.0% (20.7% - 27.4%)	350	22.7% (19.5% - 25.8%)

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

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

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

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

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