



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 Chariton: Overview

Dear Community Members & Stakeholders of Chariton,

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 Chariton ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Chariton’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 Chariton. 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
Binge Drinking	150th	18th	Taking BP Medication	63rd	12th
Taking BP Medication	176th	10th	Cancer (except skin)	74th	11th
Annual Checkup	373rd	36th	Binge Drinking	124th	29th
Obesity	448th	49th	Core preventive services for older men	516th	56th
Core preventive services for older men	617th	58th	High Cholesterol	537th	58th

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
Dental Visit	941st	93rd	Dental Visit	889th	94th
Independent Living Disability	932nd	94th	Current Smoking	889th	97th
Any Disability	918th	95th	Sleep <7 hours	887th	97th
Vision Disability	916th	90th	Independent Living Disability	877th	92nd
All Teeth Lost	914th	88th	COPD	877th	92nd

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 Chariton.

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

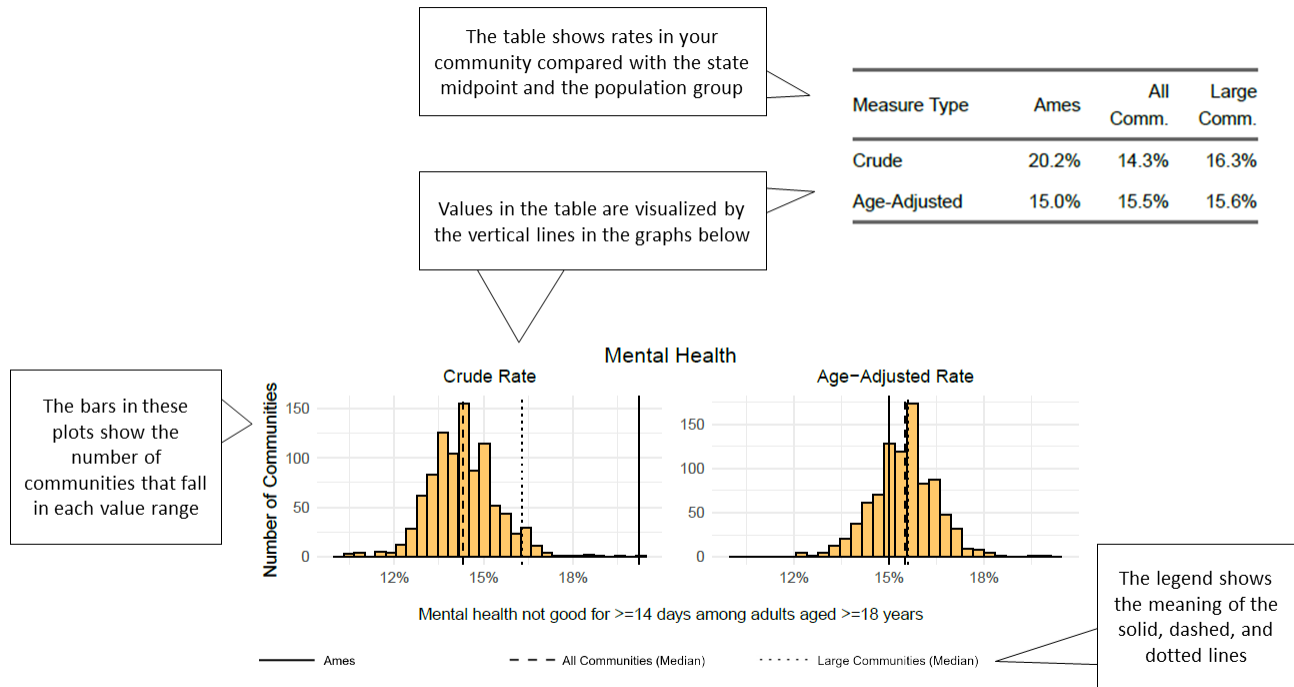
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Chariton that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Chariton, a review of risky behaviors in the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

With a population of 4,203, Chariton’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

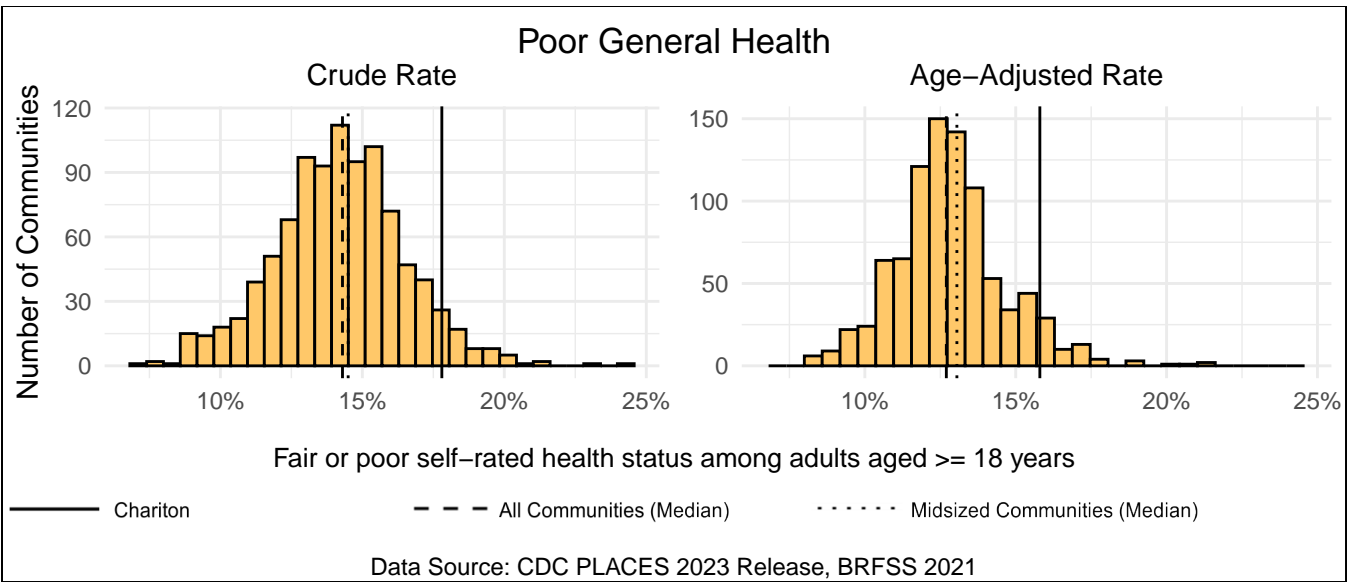
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Chariton has a crude rate of 17.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 903rd out of 958 Iowa communities (90th out of 102 midsize communities). The age-adjusted rate for Chariton is 15.8%, which ranks 856th out of 905 Iowa communities (84th out of 102 midsize communities).

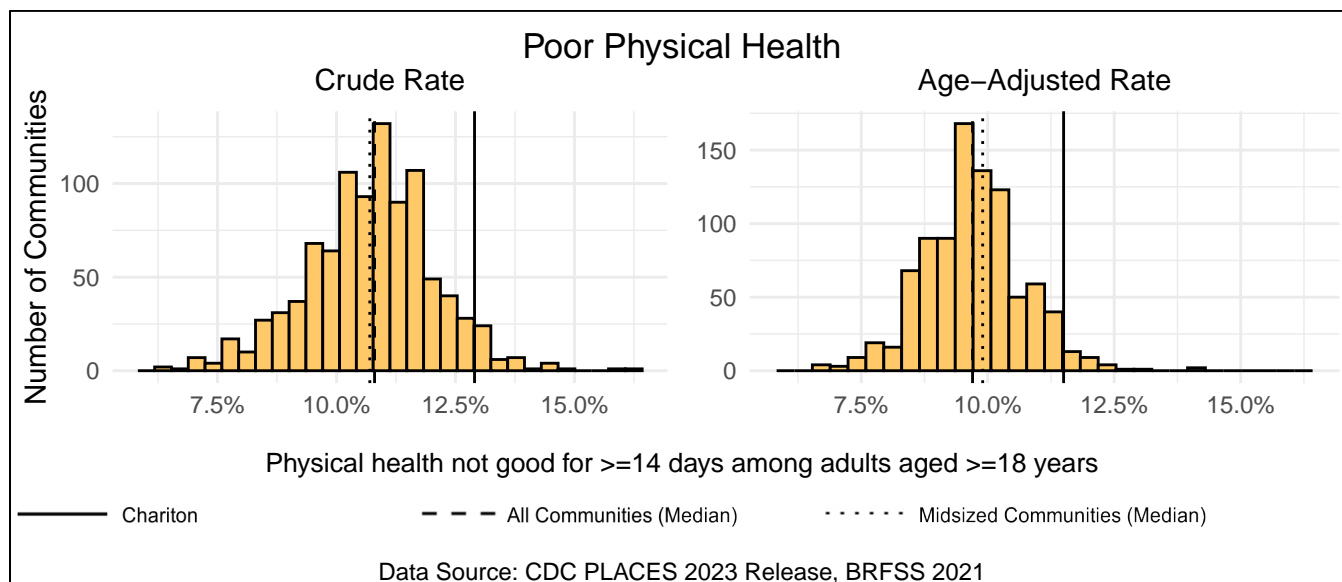
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	17.8%	14.3%	14.5%
Age-Adjusted	15.8%	12.7%	13.0%



Poor Physical Health

Chariton has a crude rate of 12.9% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 914th out of 958 Iowa communities (97th out of 102 midsize communities). The age-adjusted rate for Chariton is 11.5%, which ranks 876th out of 905 Iowa communities (92nd out of 102 midsize communities).

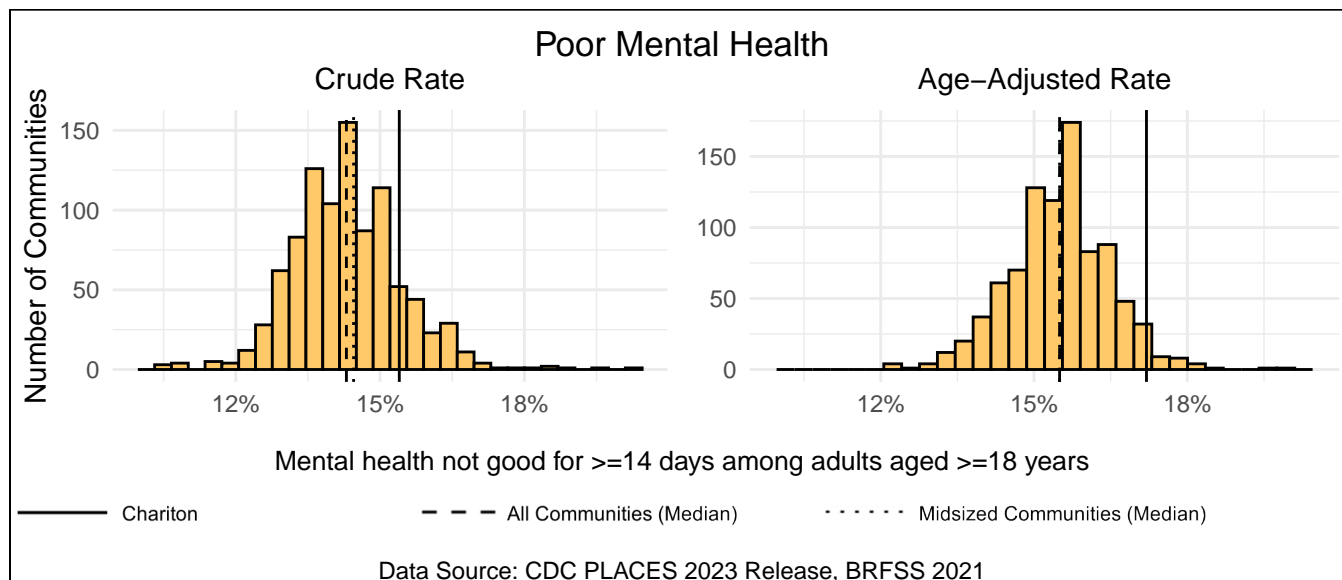
Measure Type	Chariton	All Comm.	Midsize Comm.
Crude	12.9%	10.8%	10.7%
Age-Adjusted	11.5%	9.7%	9.9%



Poor Mental Health

Chariton has a crude rate of 15.4% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 809th out of 958 Iowa communities (78th out of 102 midsize communities). The age-adjusted rate for Chariton is 17.2%, which ranks 865th out of 905 Iowa communities (93rd out of 102 midsize communities).

Measure Type	Chariton	All Comm.	Midsize Comm.
Crude	15.4%	14.3%	14.4%
Age-Adjusted	17.2%	15.5%	15.5%



Health Risk Behaviors

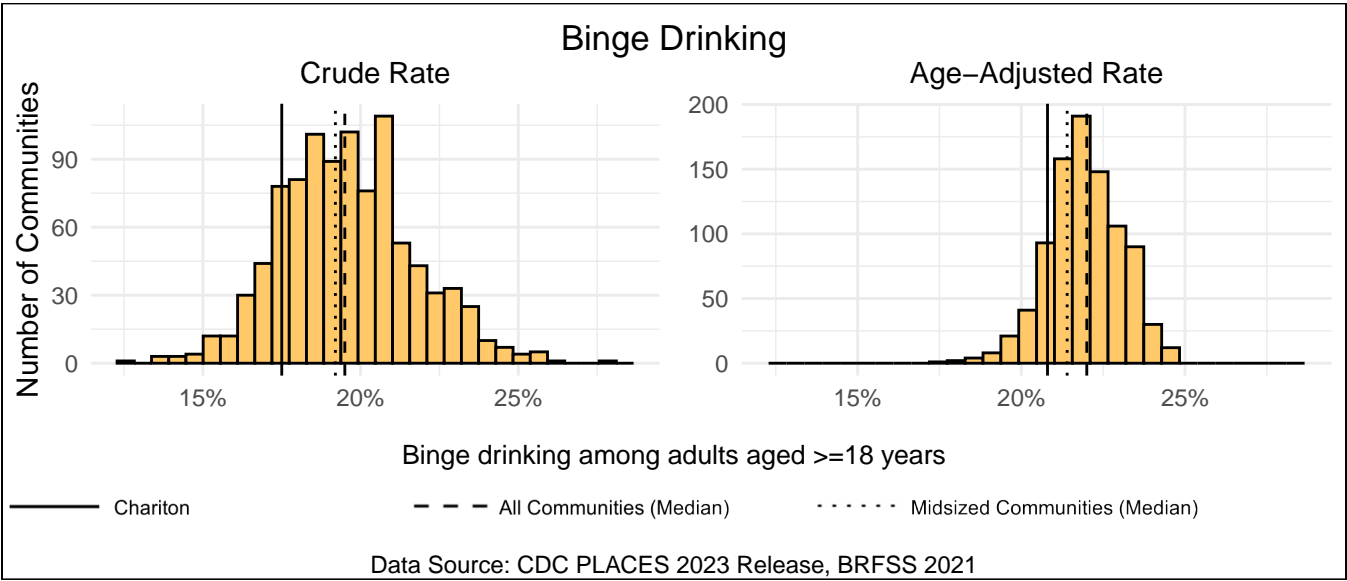
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Chariton has a crude rate of 17.5% for binge drinking among adults aged ≥ 18 years, which ranks 150th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Chariton is 20.8%, which ranks 124th out of 905 Iowa communities (29th out of 102 midsized communities).

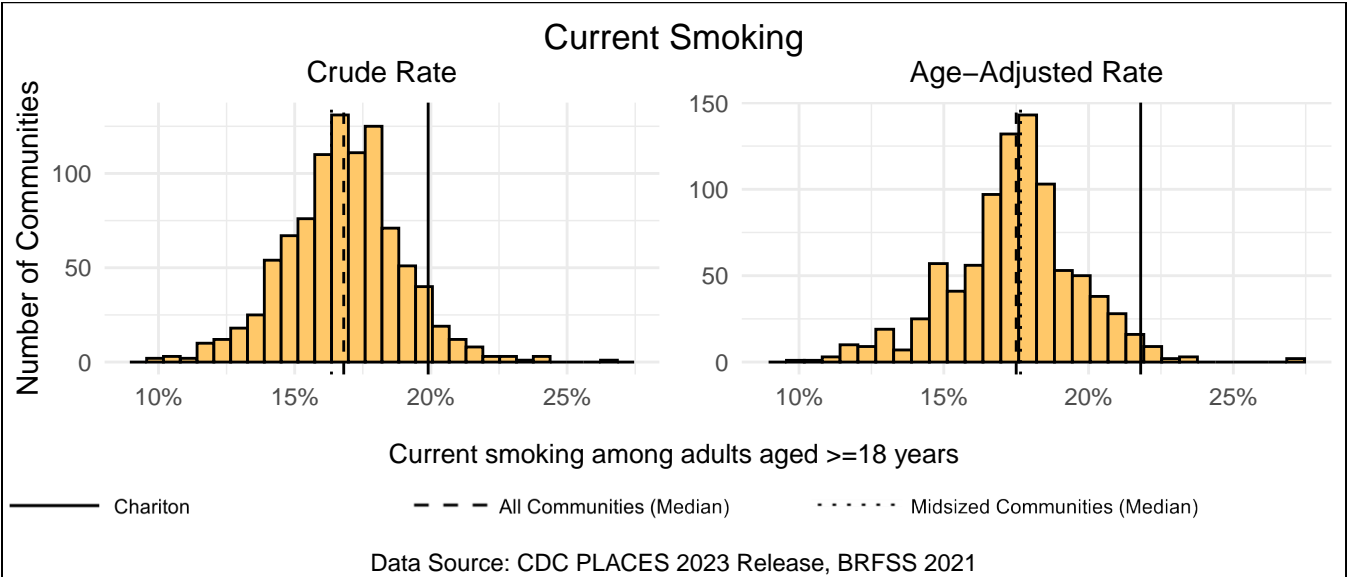
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	17.5%	19.5%	19.2%
Age-Adjusted	20.8%	22.0%	21.4%



Current Smoking

Chariton has a crude rate of 19.9% for current smoking among adults aged >=18 years, which ranks 898th out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Chariton is 21.8%, which ranks 889th out of 905 Iowa communities (97th out of 102 mid-sized communities).

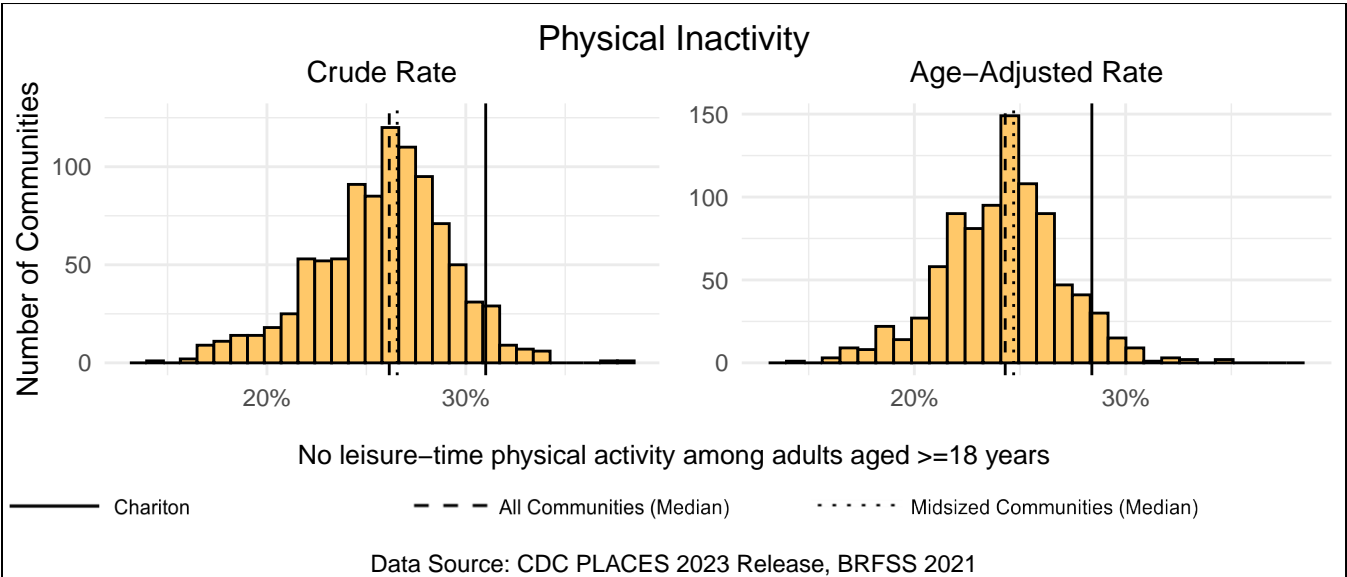
Measure Type	Chariton	All Comm.	Mid-sized Comm.
Crude	19.9%	16.8%	16.4%
Age-Adjusted	21.8%	17.5%	17.6%



Physical Inactivity

Chariton has a crude rate of 31.0% for no leisure-time physical activity among adults aged >=18 years, which ranks 910th out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Chariton is 28.4%, which ranks 844th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

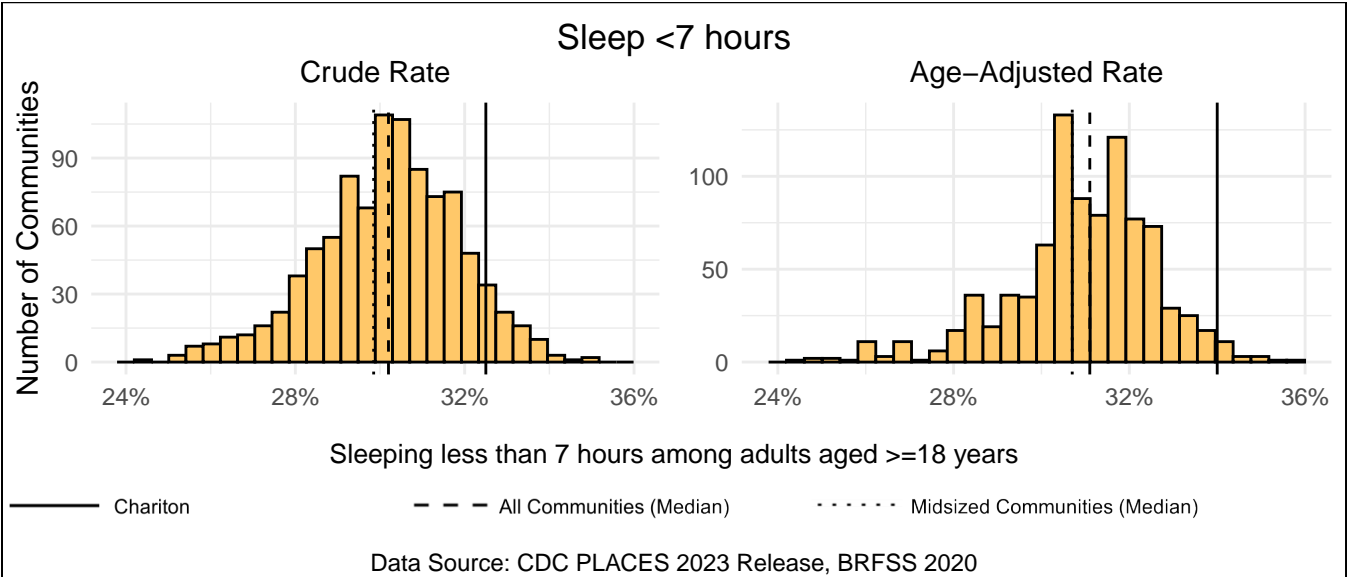
Measure Type	Chariton	All Comm.	Mid-sized Comm.
Crude	31.0%	26.1%	26.6%
Age-Adjusted	28.4%	24.3%	24.7%



Sleep <7 hours

Chariton has a crude rate of 32.5% for sleeping less than 7 hours among adults aged >=18 years, which ranks 880th out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Chariton is 34.0%, which ranks 887th out of 905 Iowa communities (97th out of 102 mid-sized communities).

Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	32.5%	30.2%	29.8%
Age-Adjusted	34.0%	31.1%	30.7%



Health Outcomes

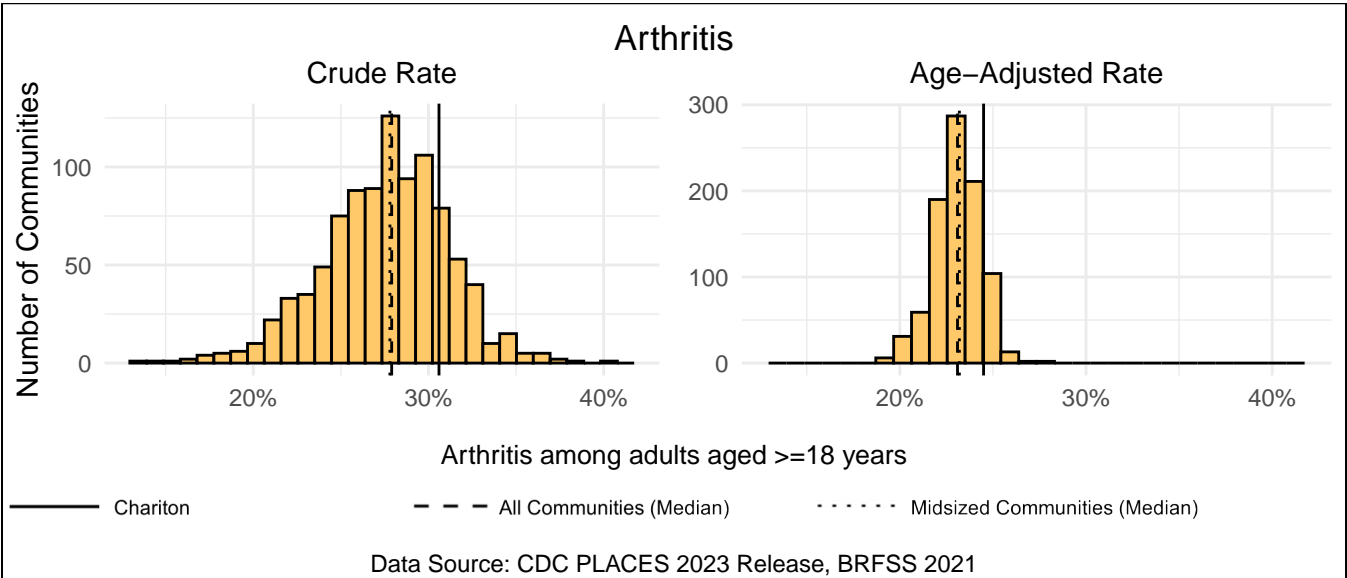
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Chariton has a crude rate of 30.6% for arthritis among adults aged ≥ 18 years, which ranks 778th out of 958 Iowa communities (92nd out of 102 midsize communities). The age-adjusted rate for Chariton is 24.5%, which ranks 785th out of 905 Iowa communities (83rd out of 102 midsize communities).

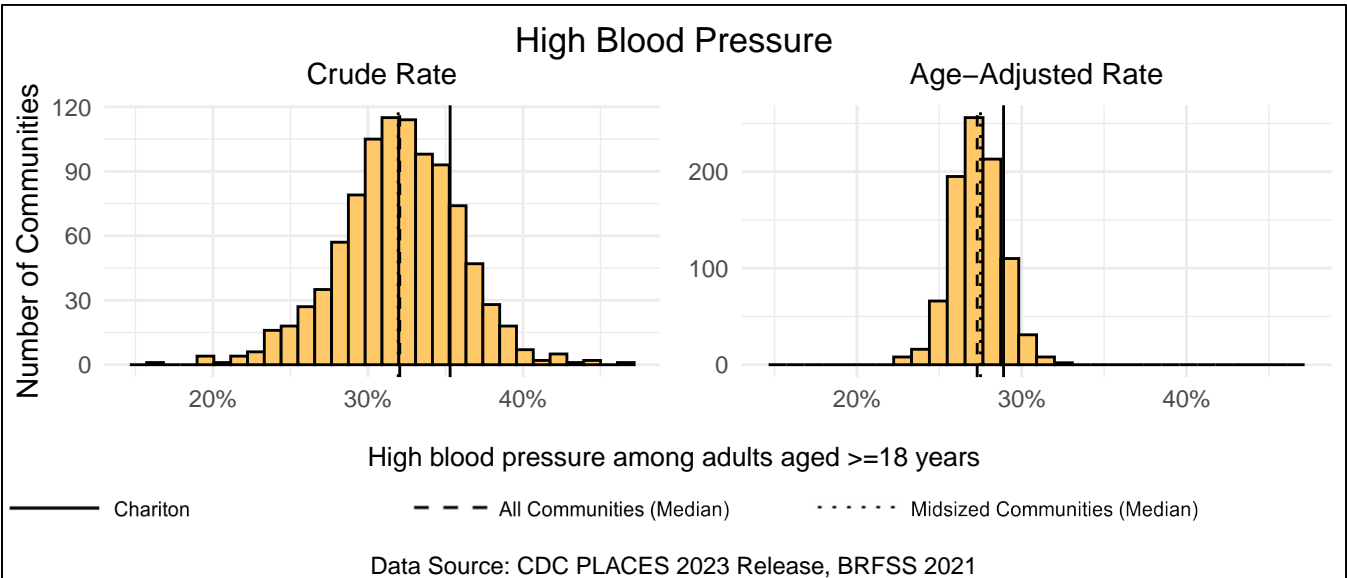
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	30.6%	27.9%	27.8%
Age-Adjusted	24.5%	23.1%	23.2%



High Blood Pressure

Chariton has a crude rate of 35.3% for high blood pressure among adults aged ≥ 18 years, which ranks 774th out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Chariton is 28.9%, which ranks 766th out of 905 Iowa communities (80th out of 102 mid-sized communities).

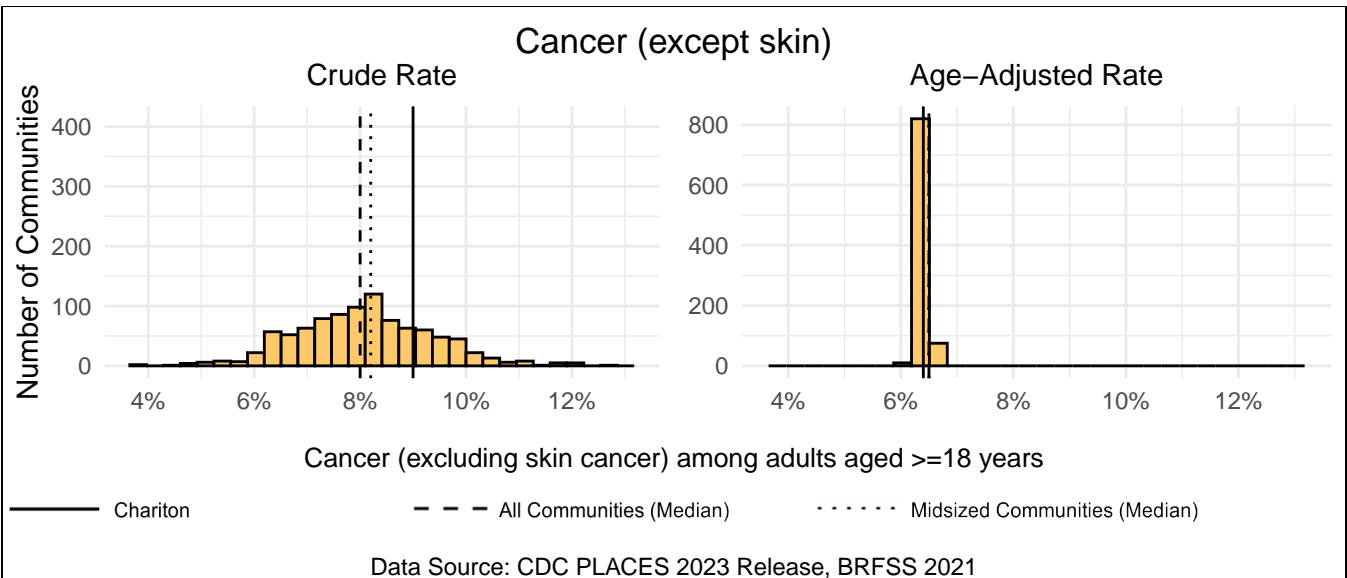
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	35.3%	32.0%	32.0%
Age-Adjusted	28.9%	27.3%	27.5%



Cancer (except skin)

Chariton has a crude rate of 9.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 721st out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for Chariton is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

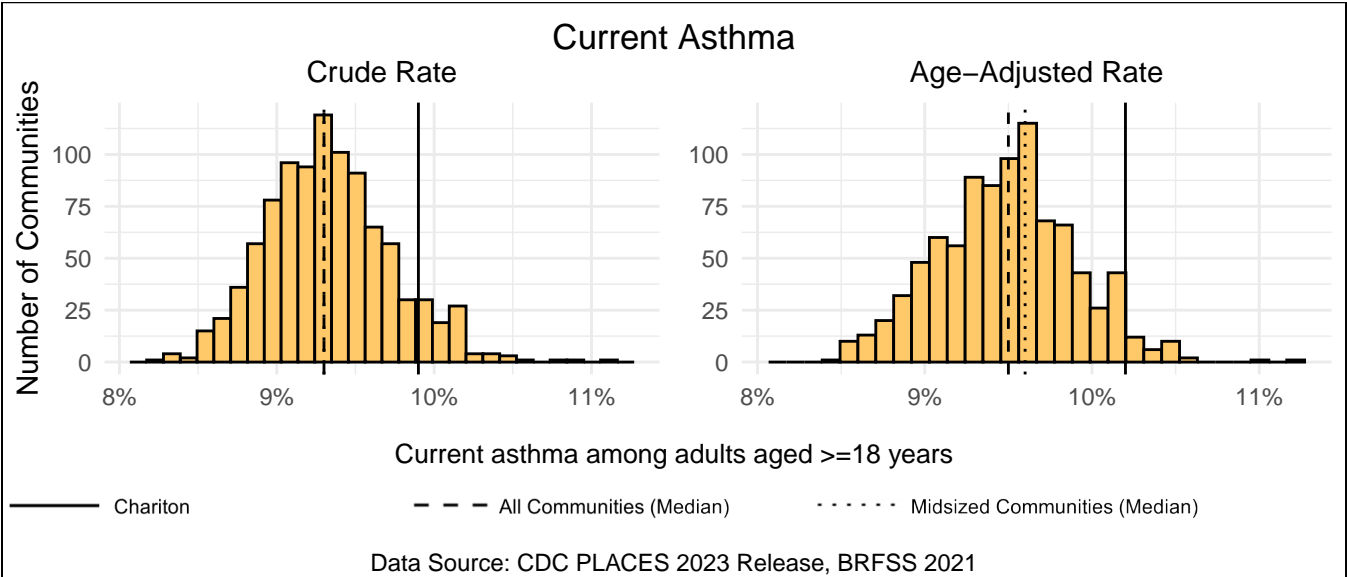
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	9.0%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Chariton has a crude rate of 9.9% for current asthma among adults aged ≥ 18 years, which ranks 868th out of 958 Iowa communities (85th out of 102 midsize communities). The age-adjusted rate for Chariton is 10.2%, which ranks 856th out of 905 Iowa communities (91st out of 102 midsize communities).

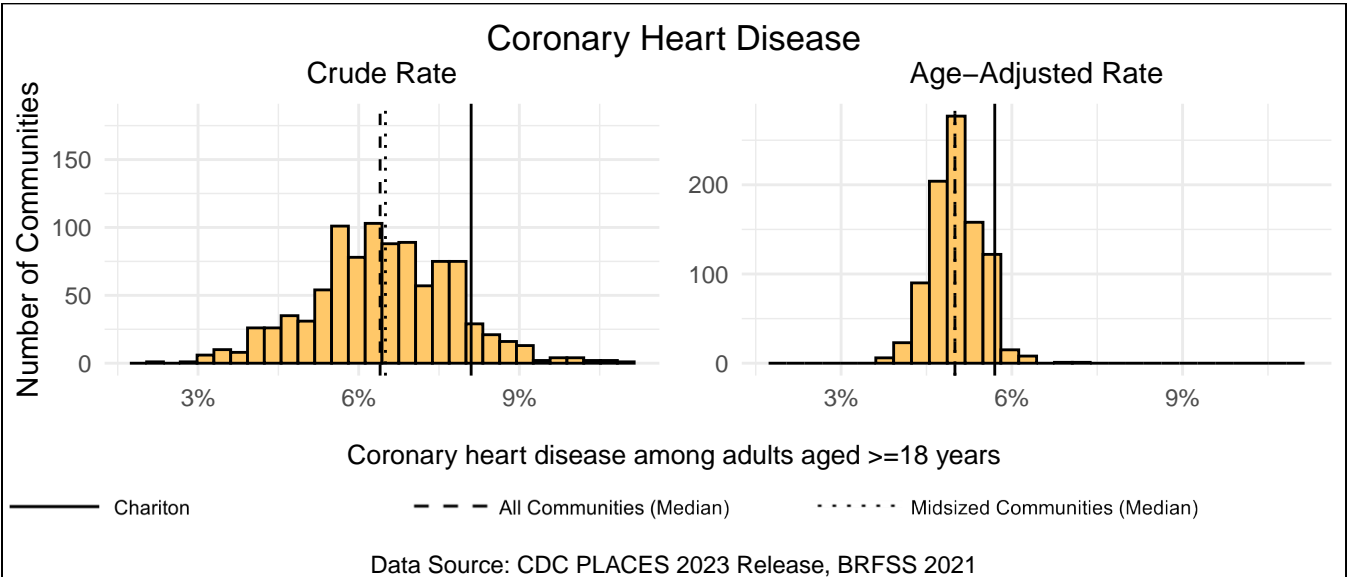
Measure Type	Chariton	All Comm.	Midsize Comm.
Crude	9.9%	9.3%	9.3%
Age-Adjusted	10.2%	9.5%	9.6%



Coronary Heart Disease

Chariton has a crude rate of 8.1% for coronary heart disease among adults aged ≥ 18 years, which ranks 865th out of 958 Iowa communities (98th out of 102 midsize communities). The age-adjusted rate for Chariton is 5.7%, which ranks 836th out of 905 Iowa communities (87th out of 102 midsize communities).

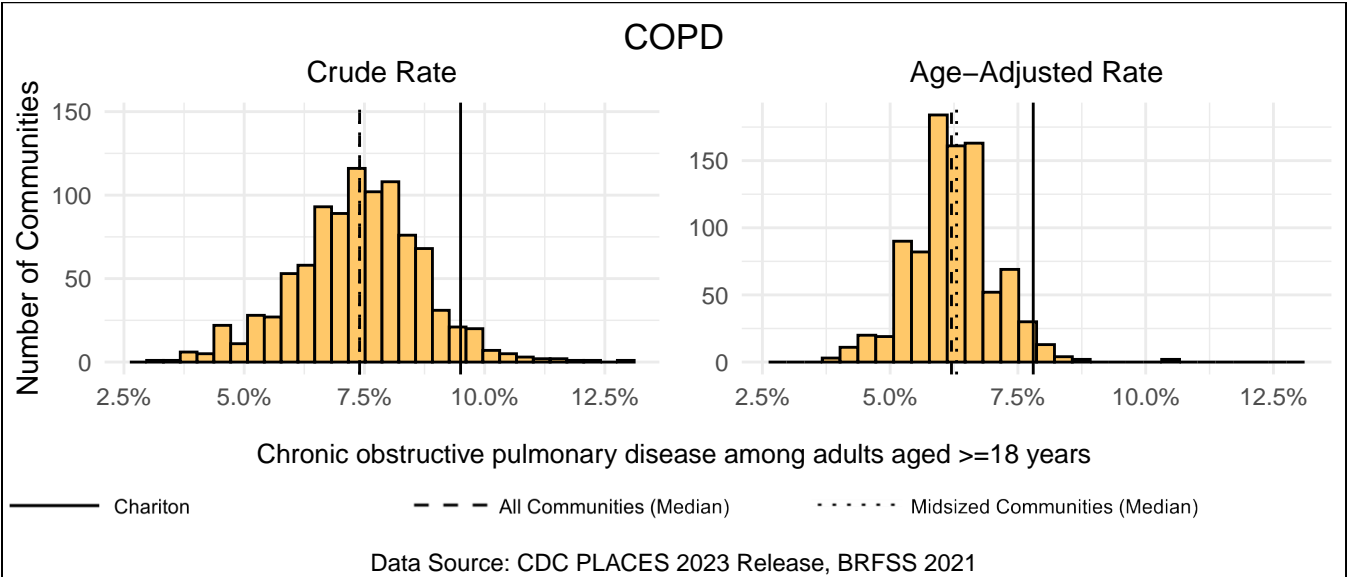
Measure Type	Chariton	All Comm.	Midsize Comm.
Crude	8.1%	6.4%	6.5%
Age-Adjusted	5.7%	5.0%	5.0%



COPD

Chariton has a crude rate of 9.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 905th out of 958 Iowa communities (98th out of 102 midsized communities). The age-adjusted rate for Chariton is 7.8%, which ranks 877th out of 905 Iowa communities (92nd out of 102 midsized communities).

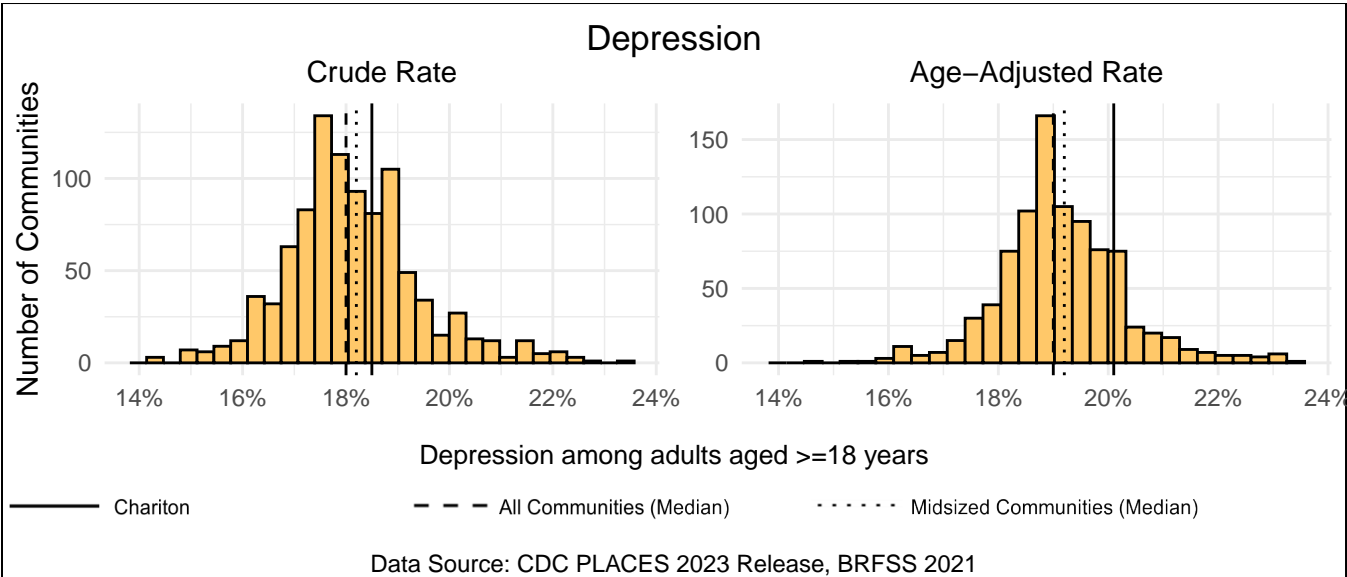
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	9.5%	7.4%	7.4%
Age-Adjusted	7.8%	6.2%	6.3%



Depression

Chariton has a crude rate of 18.5% for depression among adults aged >=18 years, which ranks 624th out of 958 Iowa communities (59th out of 102 midsized communities). The age-adjusted rate for Chariton is 20.1%, which ranks 758th out of 905 Iowa communities (83rd out of 102 midsized communities).

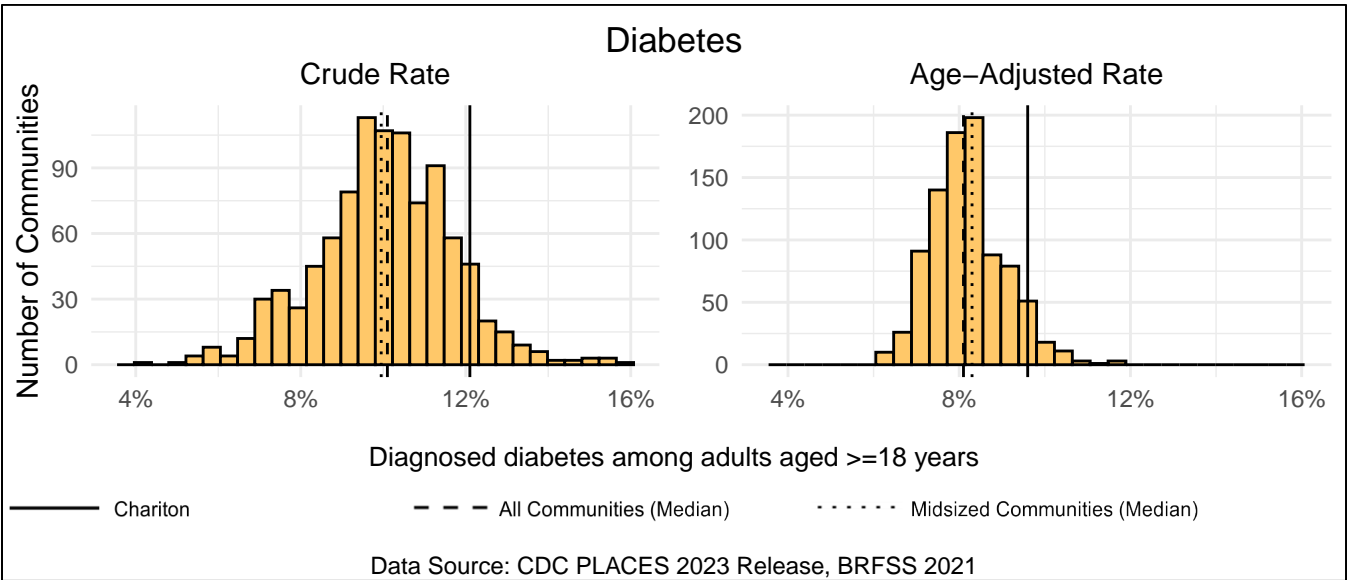
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	18.5%	18.0%	18.2%
Age-Adjusted	20.1%	19.0%	19.2%



Diabetes

Chariton has a crude rate of 12.1% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 878th out of 958 Iowa communities (94th out of 102 midsize communities). The age-adjusted rate for Chariton is 9.6%, which ranks 848th out of 905 Iowa communities (84th out of 102 midsize communities).

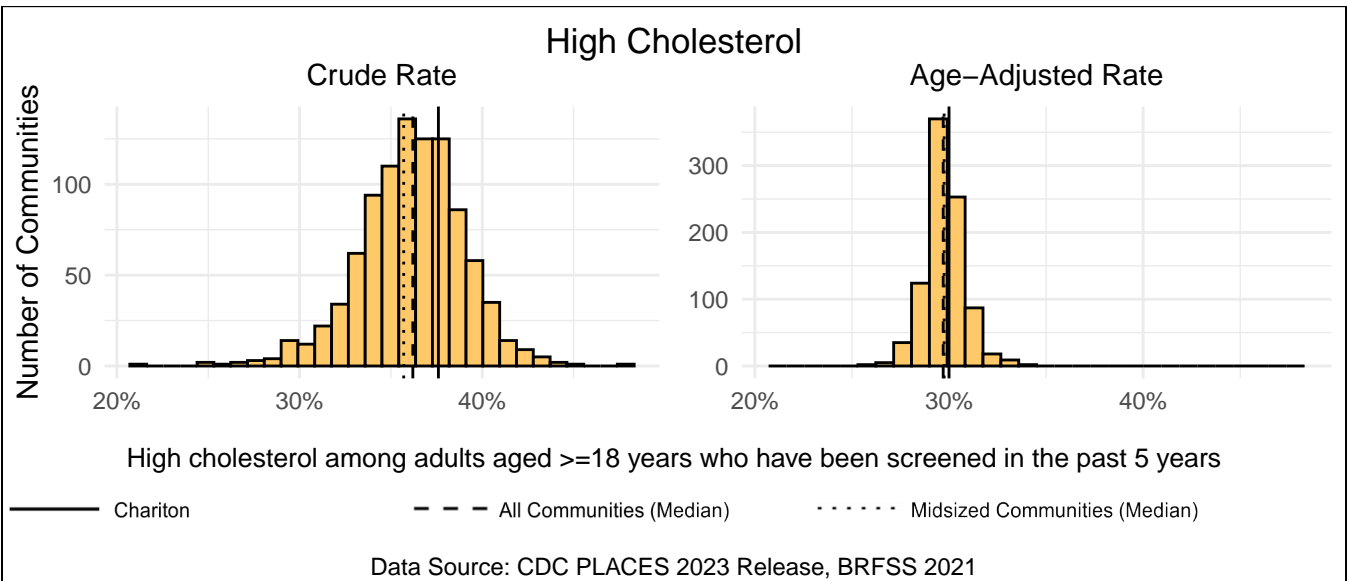
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	12.1%	10.1%	9.9%
Age-Adjusted	9.6%	8.1%	8.3%



High Cholesterol

Chariton has a crude rate of 37.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 662nd out of 958 Iowa communities (84th out of 102 midsize communities). The age-adjusted rate for Chariton is 30.0%, which ranks 537th out of 905 Iowa communities (58th out of 102 midsize communities).

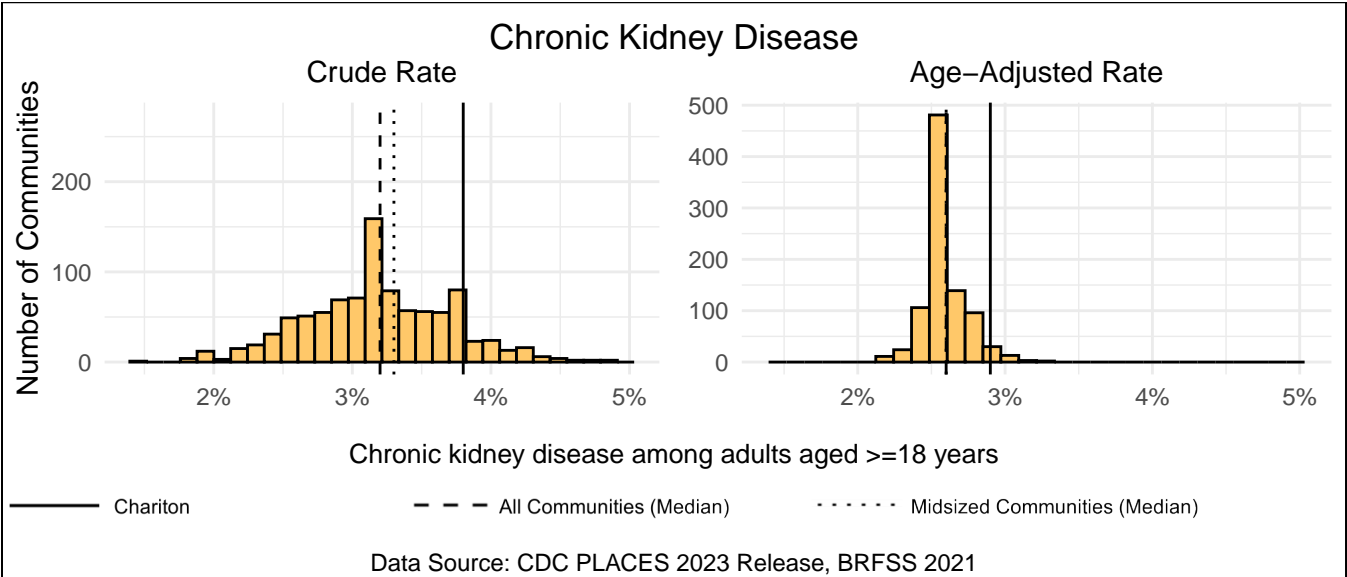
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	37.6%	36.2%	35.7%
Age-Adjusted	30.0%	29.7%	29.8%



Chronic Kidney Disease

Chariton has a crude rate of 3.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Chariton is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 midsized communities).

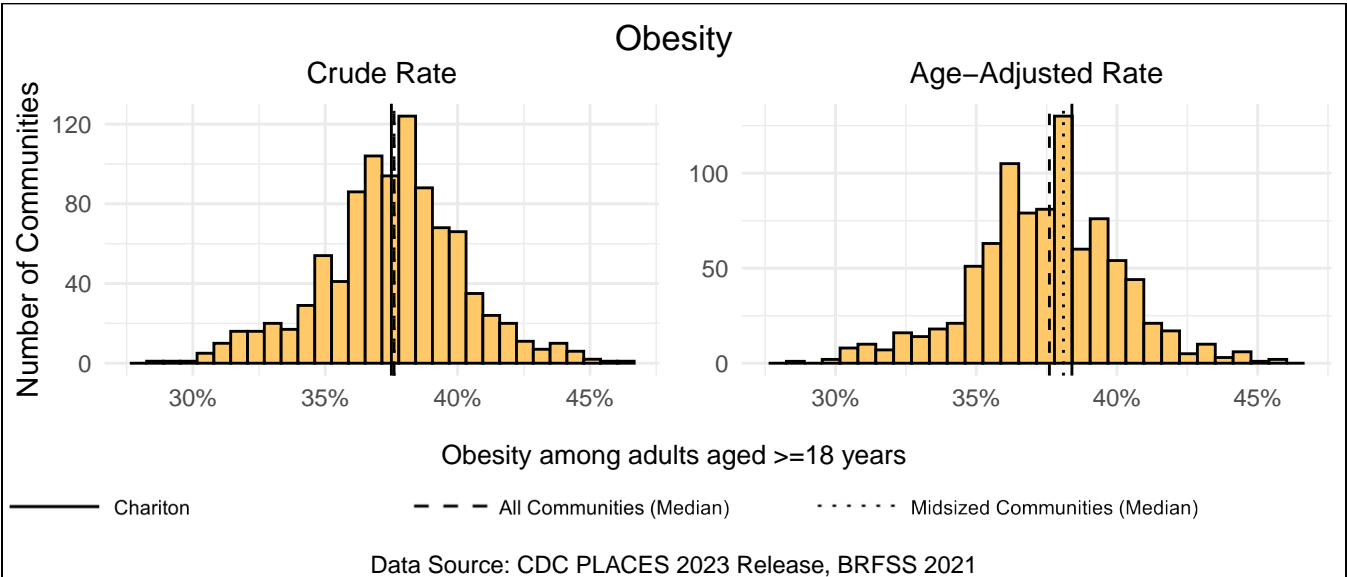
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Chariton has a crude rate of 37.5% for obesity among adults aged ≥ 18 years, which ranks 448th out of 958 Iowa communities (49th out of 102 midsized communities). The age-adjusted rate for Chariton is 38.4%, which ranks 590th out of 905 Iowa communities (57th out of 102 midsized communities).

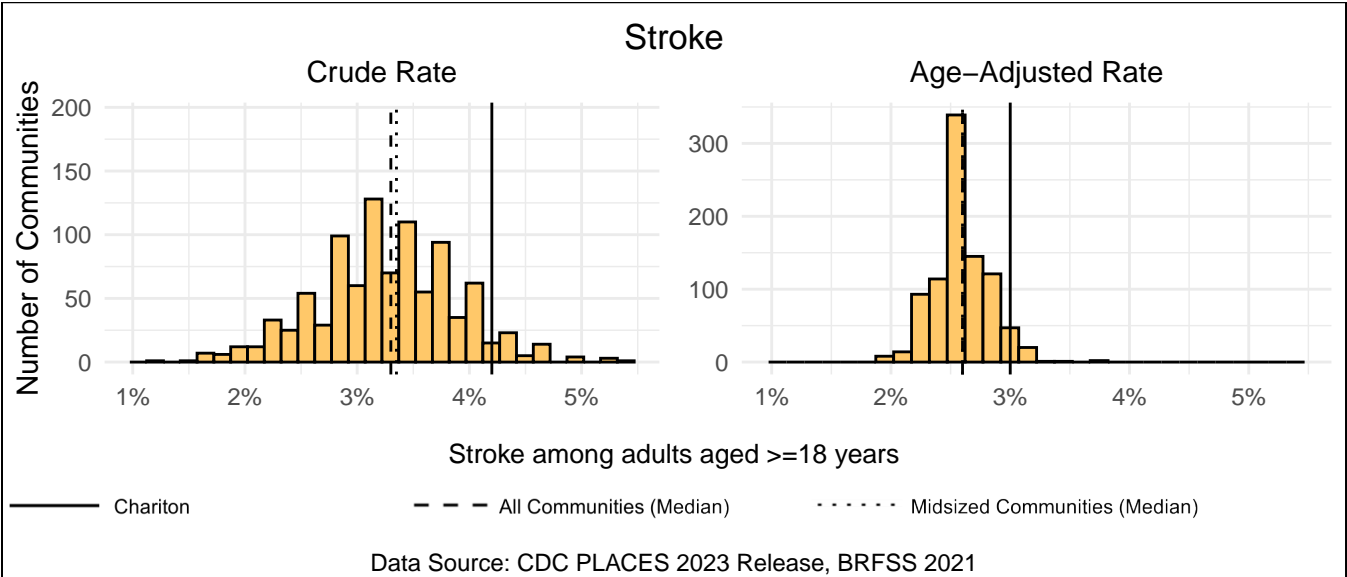
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	37.5%	37.6%	37.6%
Age-Adjusted	38.4%	37.6%	38.1%



Stroke

Chariton has a crude rate of 4.2% for stroke among adults aged ≥ 18 years, which ranks 894th out of 958 Iowa communities (100th out of 102 midsize communities). The age-adjusted rate for Chariton is 3.0%, which ranks 835th out of 905 Iowa communities (85th out of 102 midsize communities).

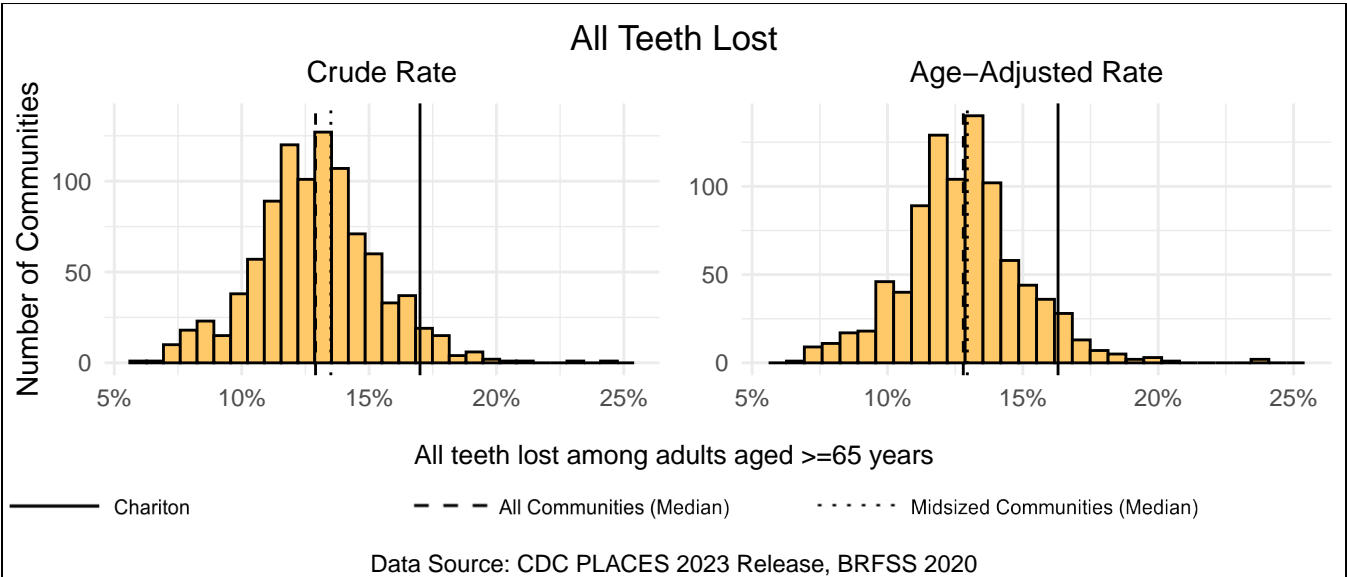
Measure Type	Chariton	All Comm.	Midsize Comm.
Crude	4.2%	3.3%	3.3%
Age-Adjusted	3.0%	2.6%	2.6%



All Teeth Lost

Chariton has a crude rate of 17.0% for all teeth lost among adults aged ≥ 65 years, which ranks 914th out of 958 Iowa communities (88th out of 102 midsize communities). The age-adjusted rate for Chariton is 16.3%, which ranks 851st out of 905 Iowa communities (89th out of 102 midsize communities).

Measure Type	Chariton	All Comm.	Midsize Comm.
Crude	17.0%	12.9%	13.5%
Age-Adjusted	16.3%	12.8%	12.9%



Prevention

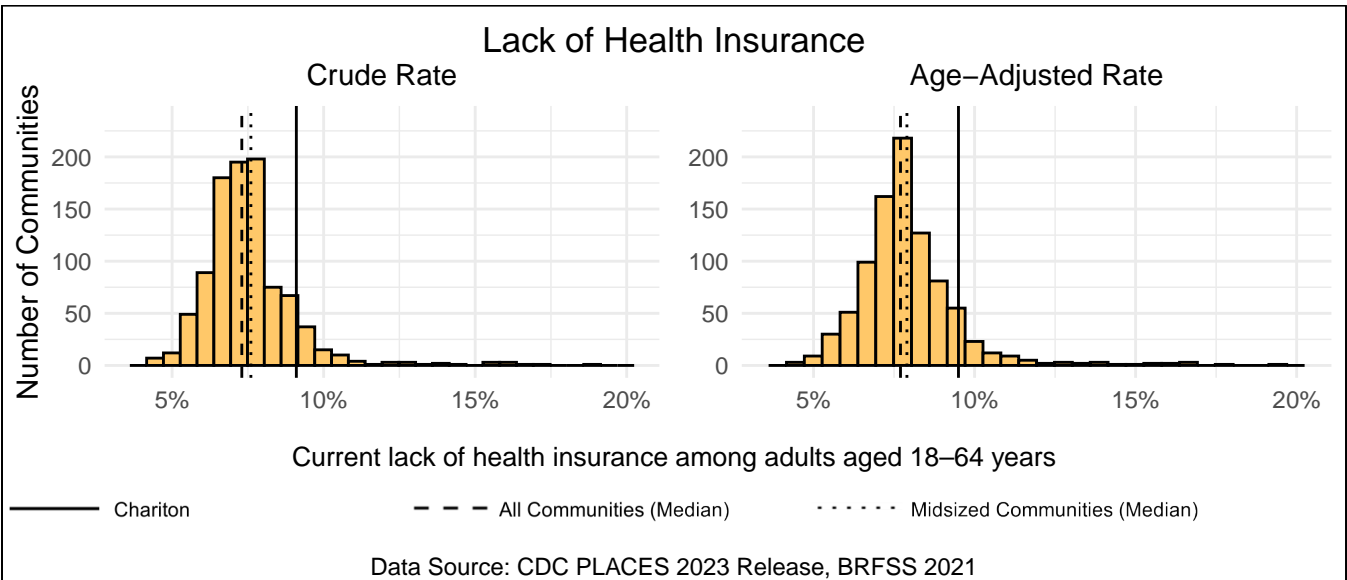
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Chariton has a crude rate of 9.1% for current lack of health insurance among adults aged 18–64 years, which ranks 861st out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Chariton is 9.5%, which ranks 812th out of 905 Iowa communities (77th out of 102 mid-sized communities).

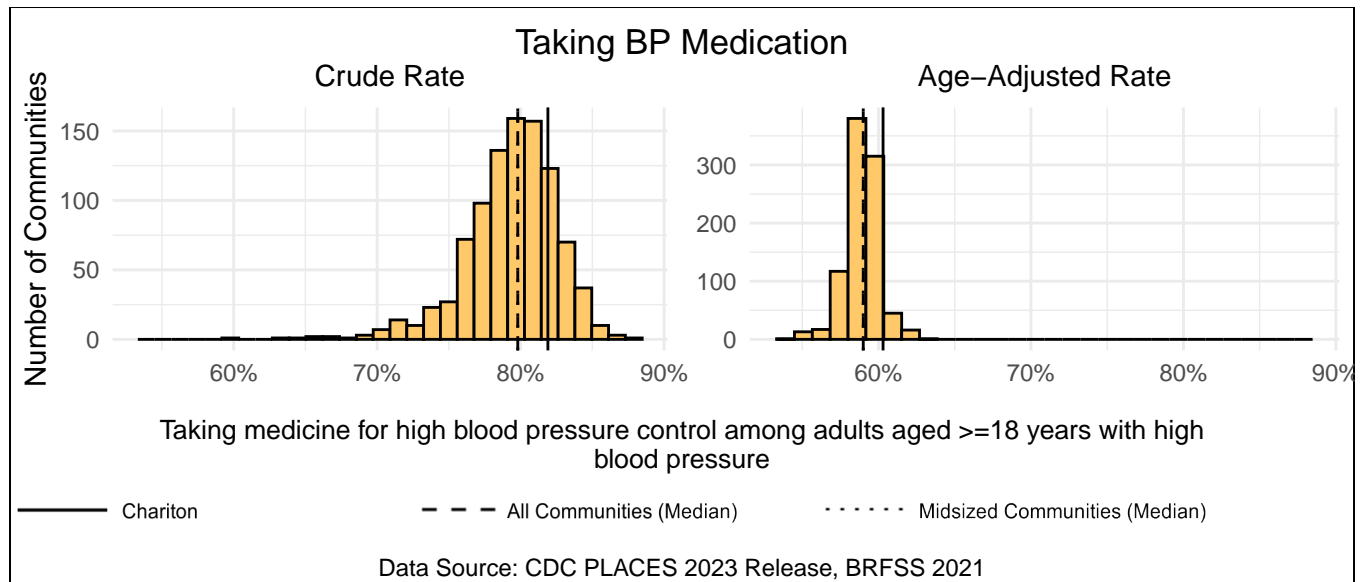
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	9.1%	7.3%	7.6%
Age-Adjusted	9.5%	7.7%	7.9%



Taking BP Medication

Chariton has a crude rate of 81.9% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 176th out of 958 Iowa communities (10th out of 102 mid-sized communities). The age-adjusted rate for Chariton is 60.3%, which ranks 63rd out of 905 Iowa communities (12th out of 102 mid-sized communities).

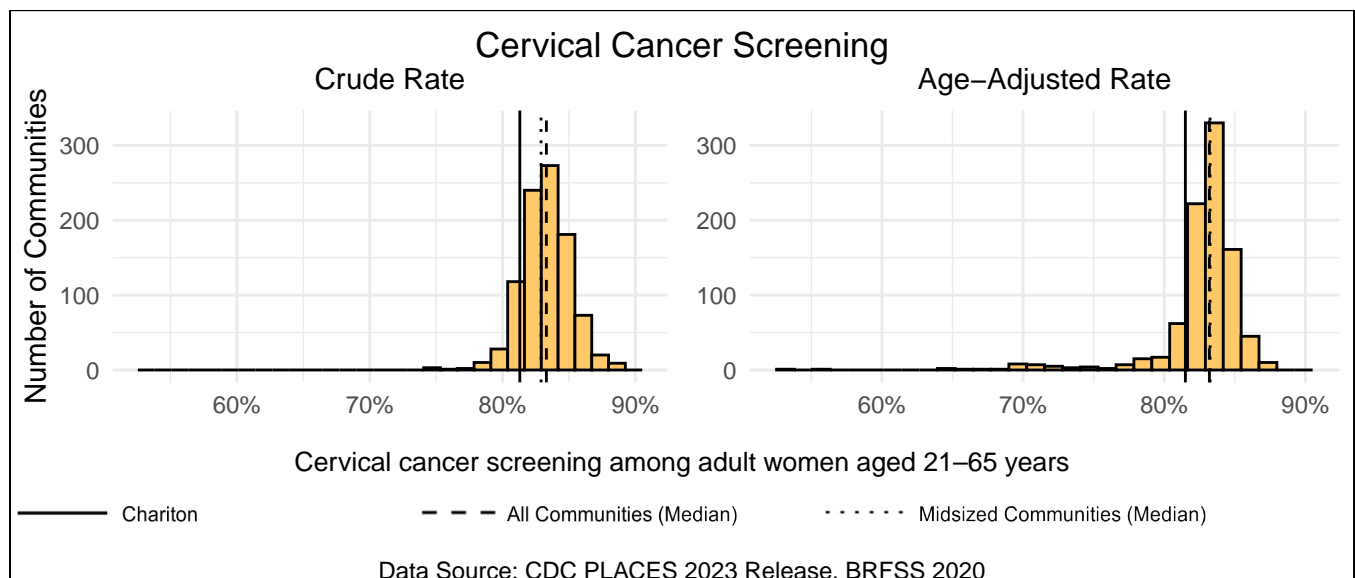
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	81.9%	79.8%	79.8%
Age-Adjusted	60.3%	59.0%	59.0%



Cervical Cancer Screening

Chariton has a crude rate of 81.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 832nd out of 958 Iowa communities (76th out of 102 mid-sized communities). The age-adjusted rate for Chariton is 81.5%, which ranks 777th out of 905 Iowa communities (86th out of 102 mid-sized communities).

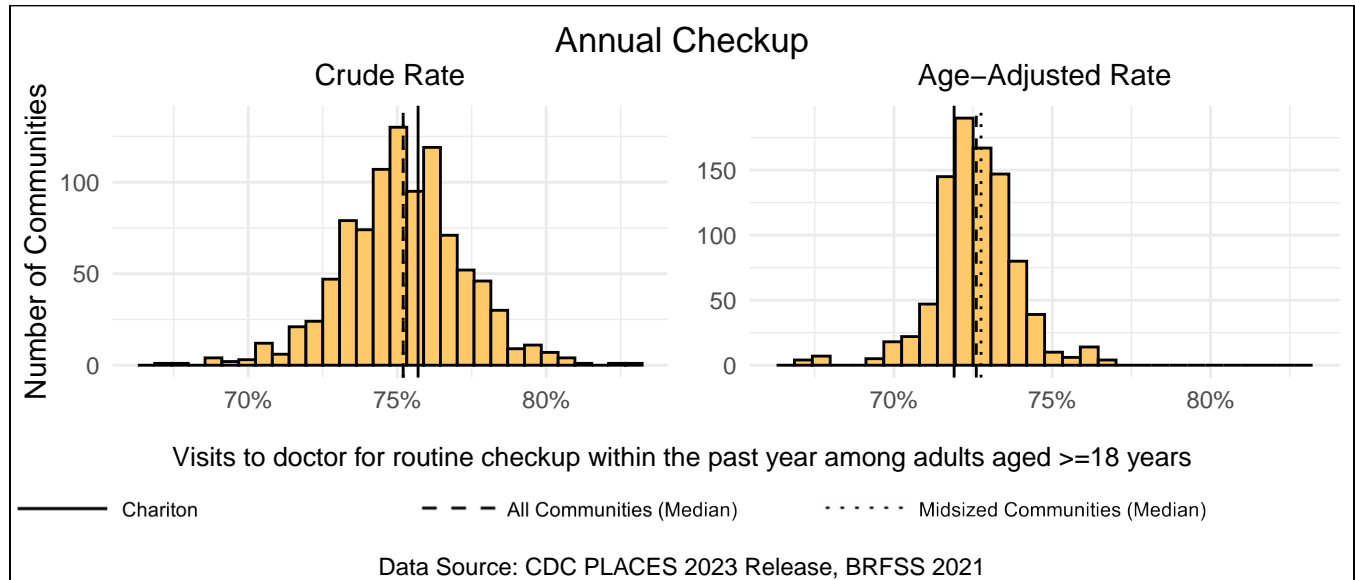
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	81.3%	83.3%	82.9%
Age-Adjusted	81.5%	83.2%	83.2%



Annual Checkup

Chariton has a crude rate of 75.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 373rd out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Chariton is 71.9%, which ranks 658th out of 905 Iowa communities (81st out of 102 midsize communities).

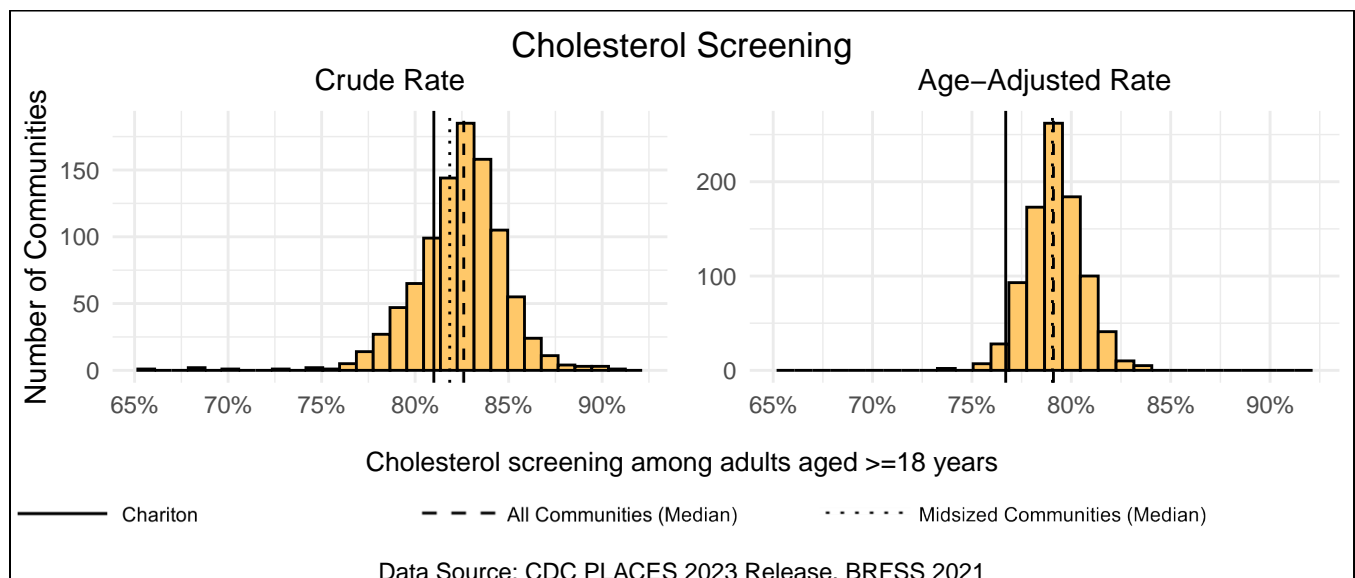
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	75.7%	75.2%	75.2%
Age-Adjusted	71.9%	72.6%	72.8%



Cholesterol Screening

Chariton has a crude rate of 81.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 730th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Chariton is 76.7%, which ranks 875th out of 905 Iowa communities (94th out of 102 midsize communities).

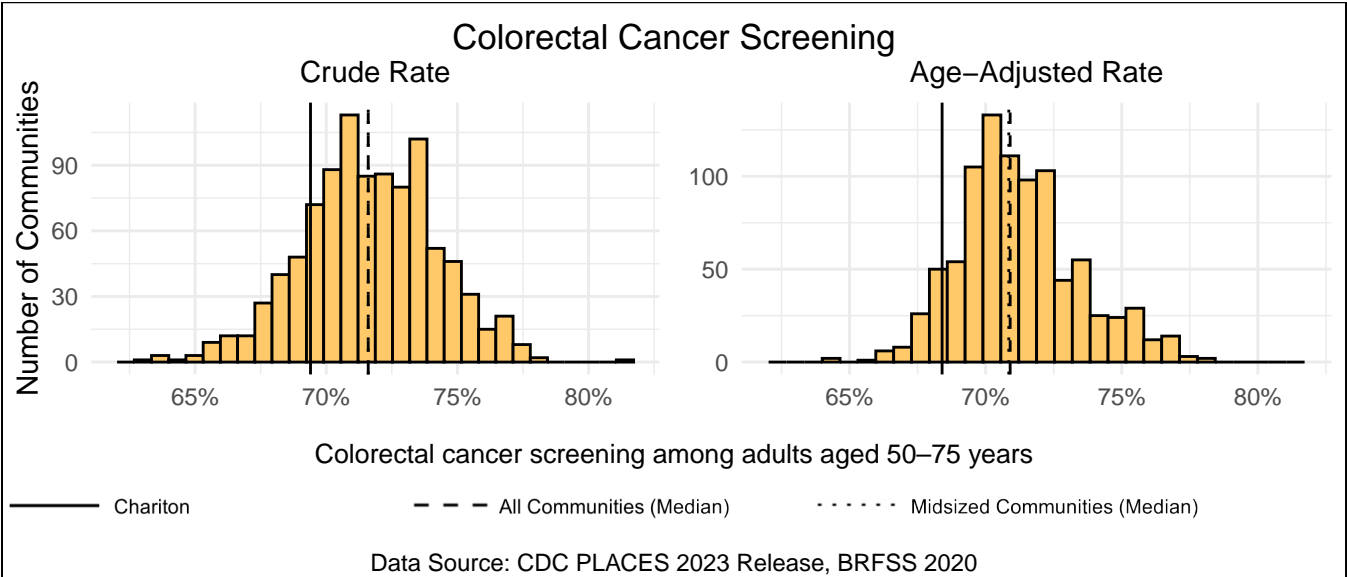
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	81.0%	82.6%	81.8%
Age-Adjusted	76.7%	79.1%	79.0%



Colorectal Cancer Screening

Chariton has a crude rate of 69.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 782nd out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Chariton is 68.4%, which ranks 824th out of 905 Iowa communities (85th out of 102 mid-sized communities).

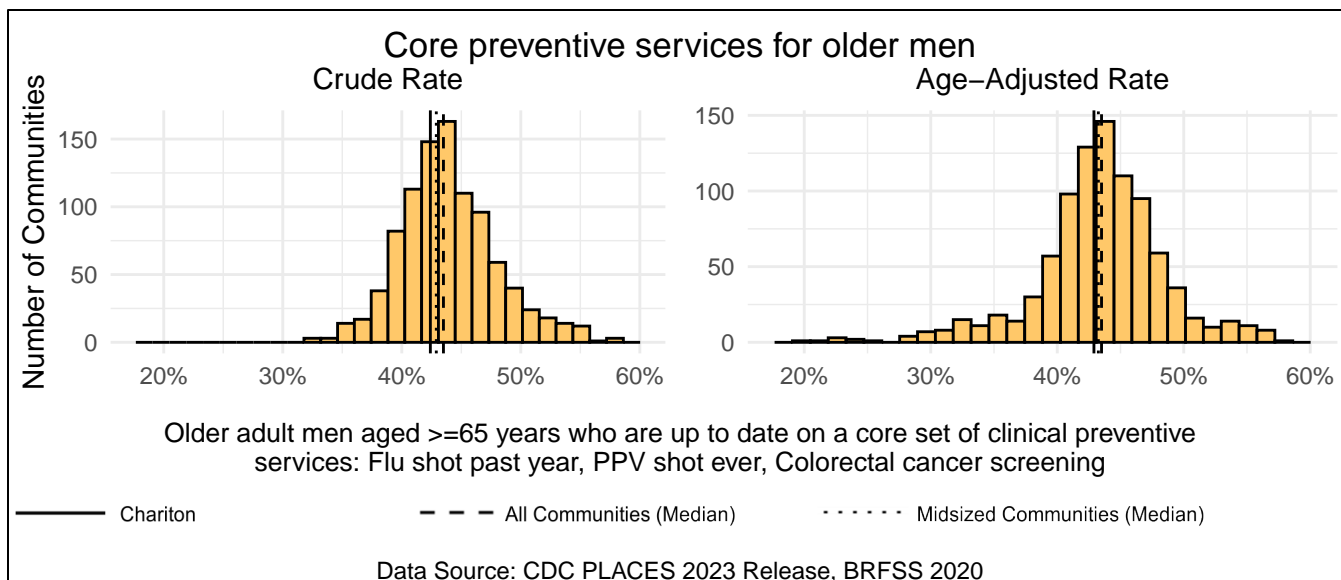
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	69.4%	71.6%	71.6%
Age-Adjusted	68.4%	70.9%	70.8%



Core preventive services for older men

Chariton has a crude rate of 42.4% 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 617th out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Chariton is 42.9%, which ranks 516th out of 905 Iowa communities (56th out of 102 mid-sized communities).

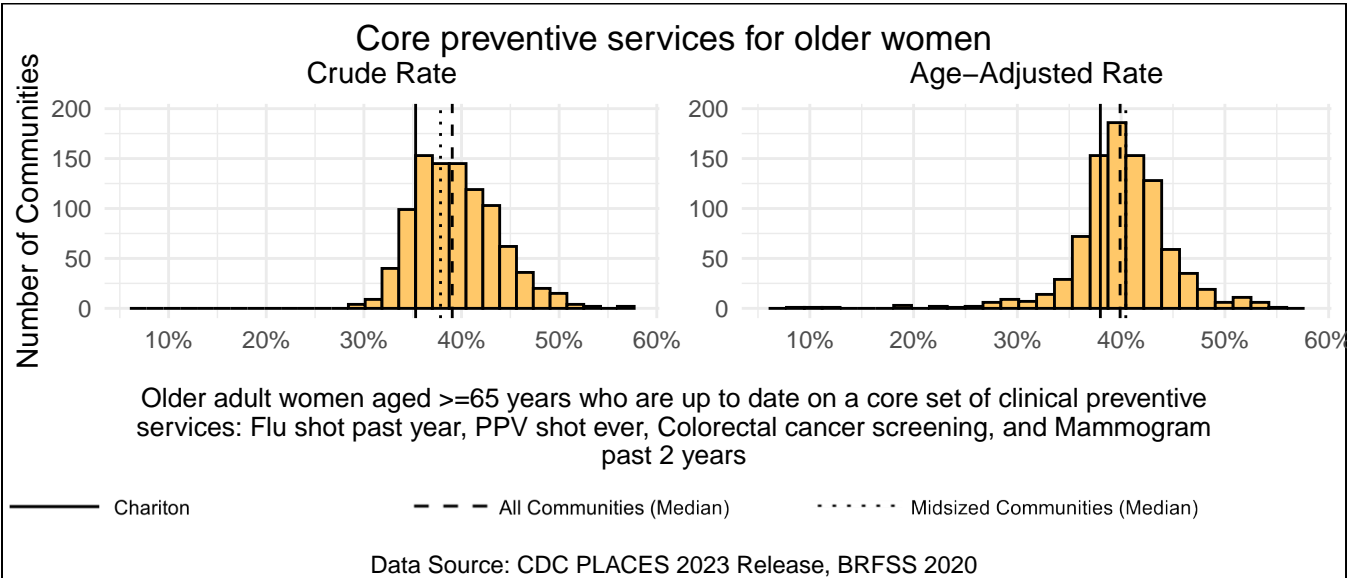
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	42.4%	43.5%	42.9%
Age-Adjusted	42.9%	43.5%	43.2%



Core preventive services for older women

Chariton has a crude rate of 35.3% 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 798th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Chariton is 38.0%, which ranks 667th out of 905 Iowa communities (78th out of 102 mid-sized communities).

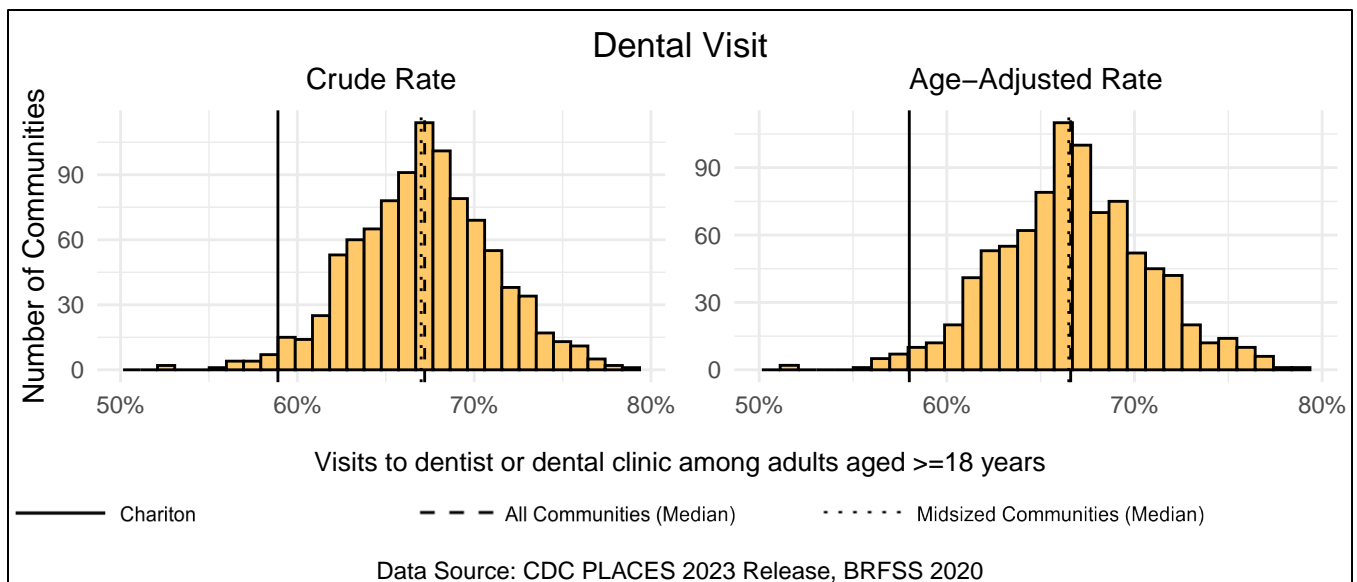
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	35.3%	39.0%	37.8%
Age-Adjusted	38.0%	39.9%	40.4%



Dental Visit

Chariton has a crude rate of 58.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 941st out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Chariton is 58.0%, which ranks 889th out of 905 Iowa communities (94th out of 102 mid-sized communities).

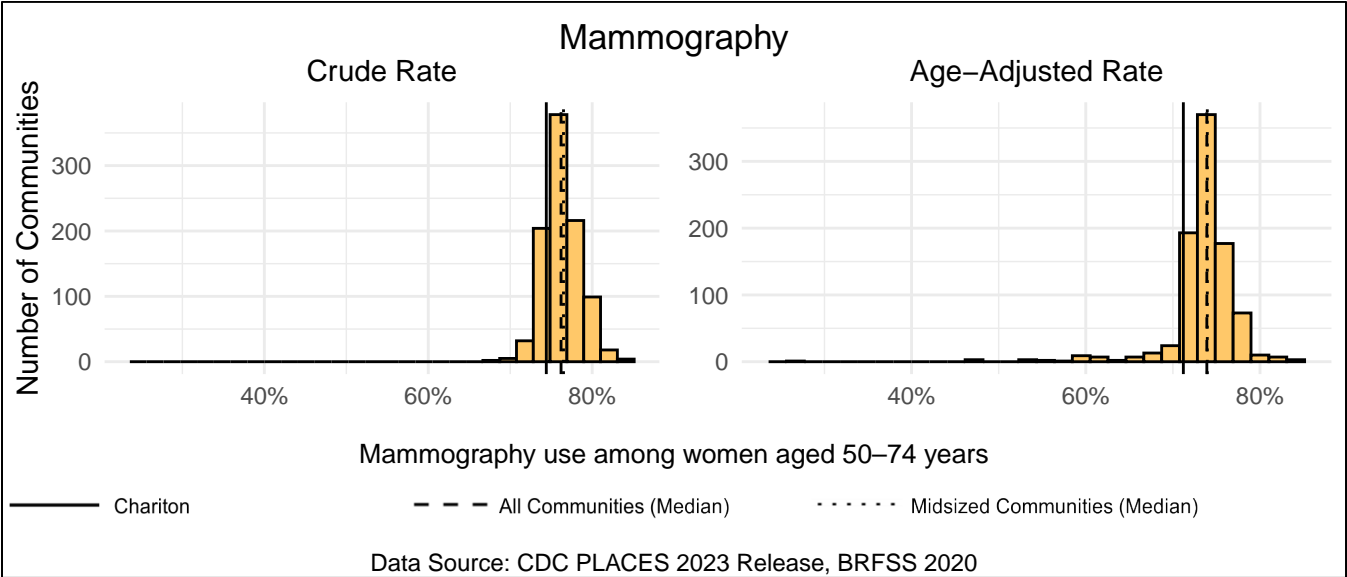
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	58.9%	67.2%	67.0%
Age-Adjusted	58.0%	66.6%	66.5%



Mammography

Chariton has a crude rate of 74.4% for mammography use among women aged 50–74 years, which ranks 772nd out of 958 Iowa communities (90th out of 102 mid-sized communities). The age-adjusted rate for Chariton is 71.2%, which ranks 821st out of 905 Iowa communities (94th out of 102 mid-sized communities).

Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	74.4%	76.2%	76.5%
Age-Adjusted	71.2%	73.9%	74.0%



Disability

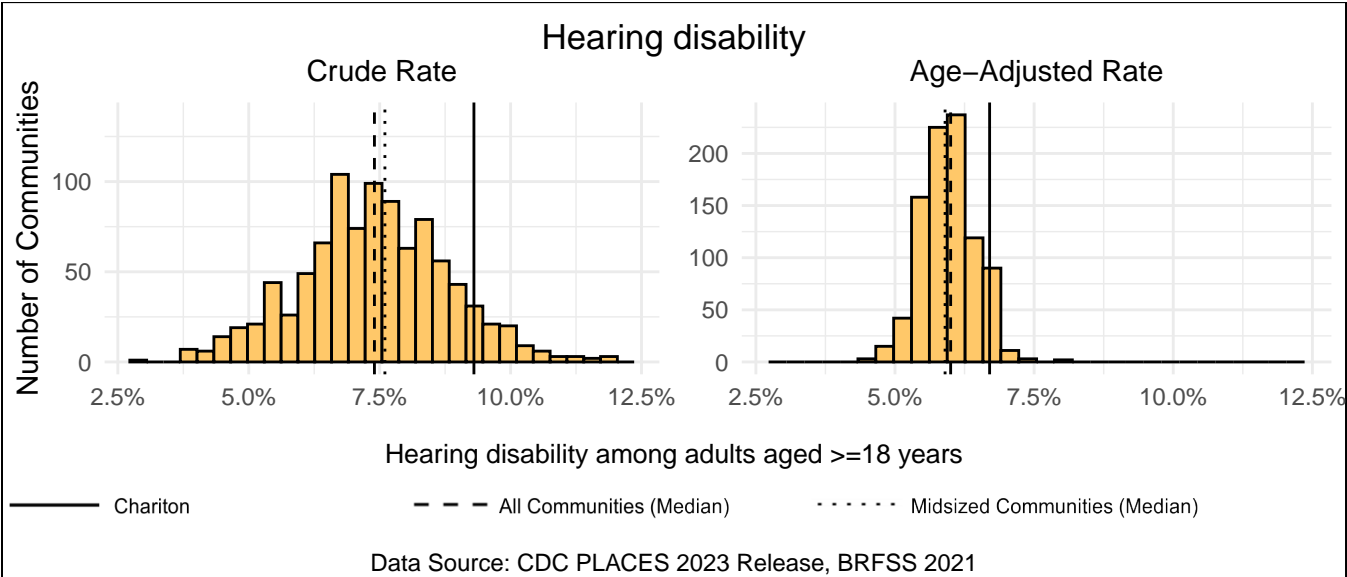
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Chariton has a crude rate of 9.3% for hearing disability among adults aged ≥ 18 years, which ranks 874th out of 958 Iowa communities (98th out of 102 midsize communities). The age-adjusted rate for Chariton is 6.7%, which ranks 838th out of 905 Iowa communities (90th out of 102 midsize communities).

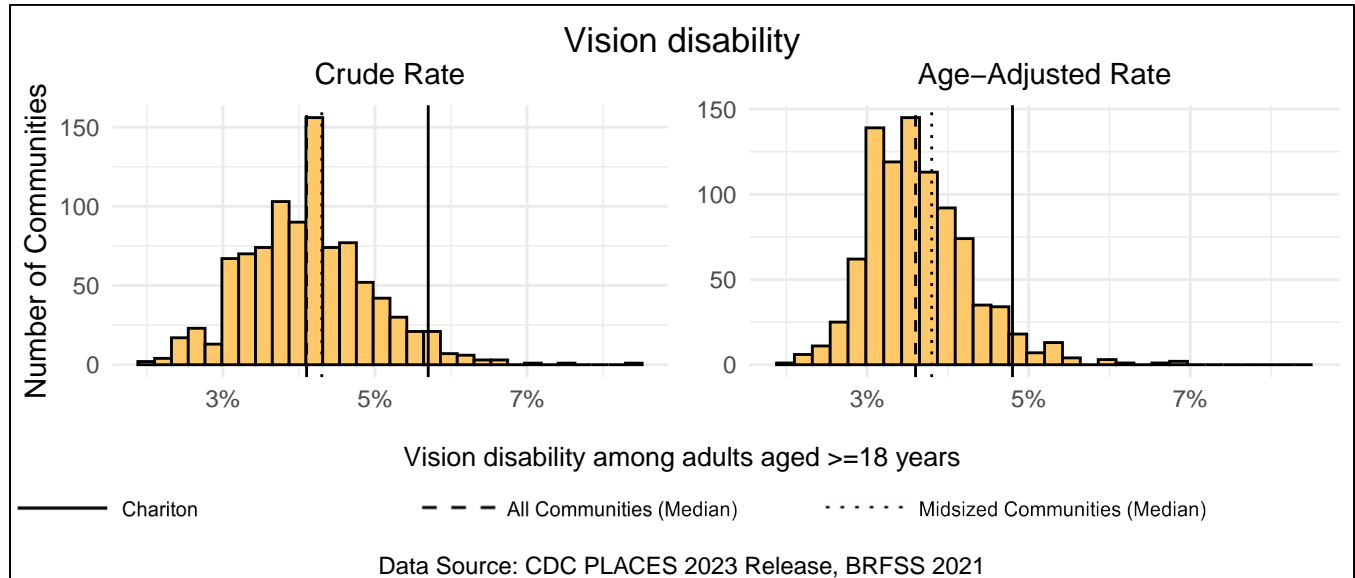
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	9.3%	7.4%	7.6%
Age-Adjusted	6.7%	6.0%	5.9%



Vision disability

Chariton has a crude rate of 5.7% for vision disability among adults aged ≥ 18 years, which ranks 916th out of 958 Iowa communities (90th out of 102 midsize communities). The age-adjusted rate for Chariton is 4.8%, which ranks 857th out of 905 Iowa communities (84th out of 102 midsize communities).

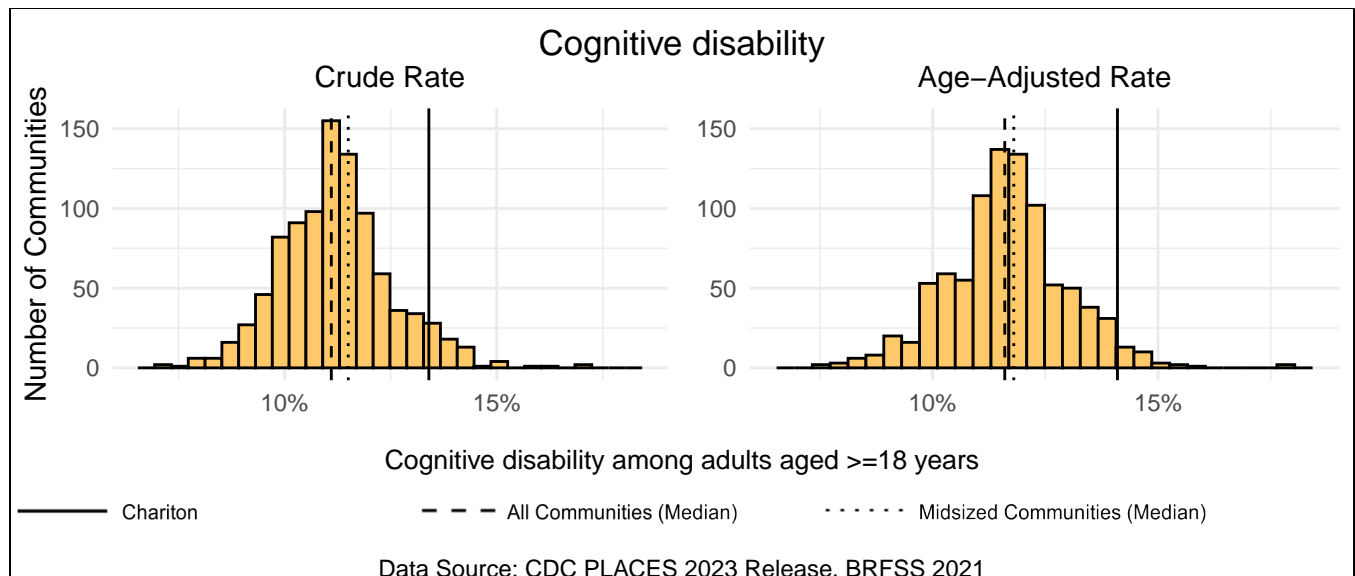
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	5.7%	4.1%	4.3%
Age-Adjusted	4.8%	3.6%	3.8%



Cognitive disability

Chariton has a crude rate of 13.4% for cognitive disability among adults aged ≥ 18 years, which ranks 900th out of 958 Iowa communities (88th out of 102 midsize communities). The age-adjusted rate for Chariton is 14.1%, which ranks 875th out of 905 Iowa communities (91st out of 102 midsize communities).

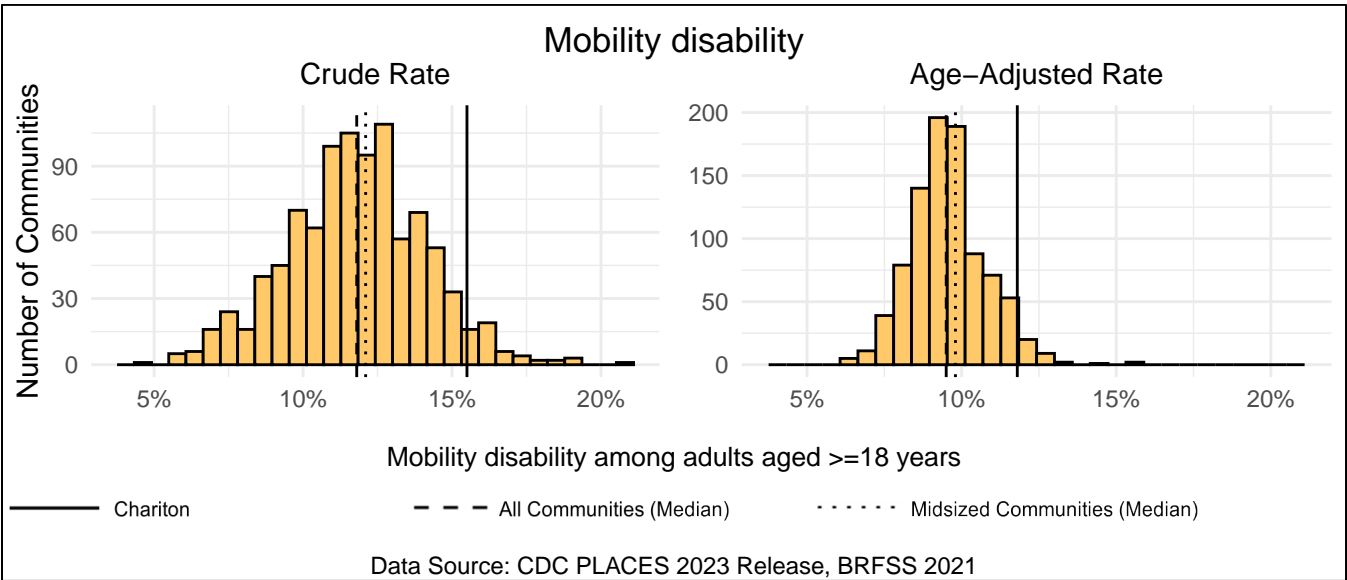
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	13.4%	11.1%	11.5%
Age-Adjusted	14.1%	11.6%	11.8%



Mobility disability

Chariton has a crude rate of 15.5% for mobility disability among adults aged ≥ 18 years, which ranks 910th out of 958 Iowa communities (98th out of 102 midsize communities). The age-adjusted rate for Chariton is 11.8%, which ranks 868th out of 905 Iowa communities (89th out of 102 midsize communities).

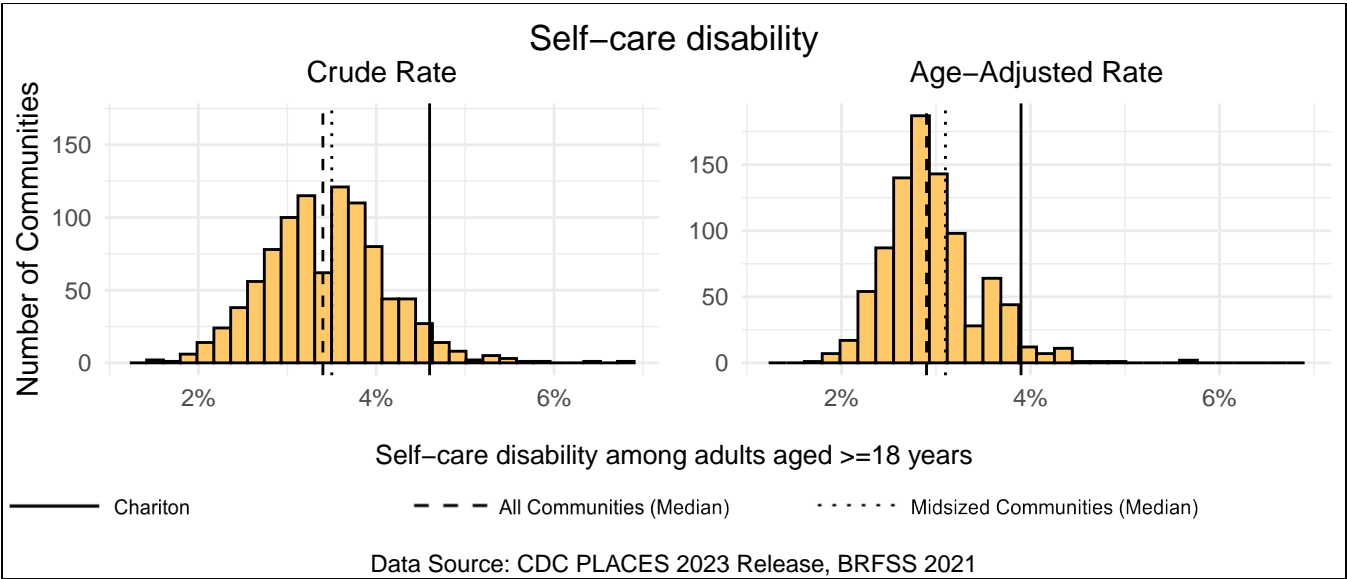
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	15.5%	11.8%	12.1%
Age-Adjusted	11.8%	9.5%	9.8%



Self-care disability

Chariton has a crude rate of 4.6% for self-care disability among adults aged ≥ 18 years, which ranks 909th out of 958 Iowa communities (91st out of 102 midsize communities). The age-adjusted rate for Chariton is 3.9%, which ranks 871st out of 905 Iowa communities (90th out of 102 midsize communities).

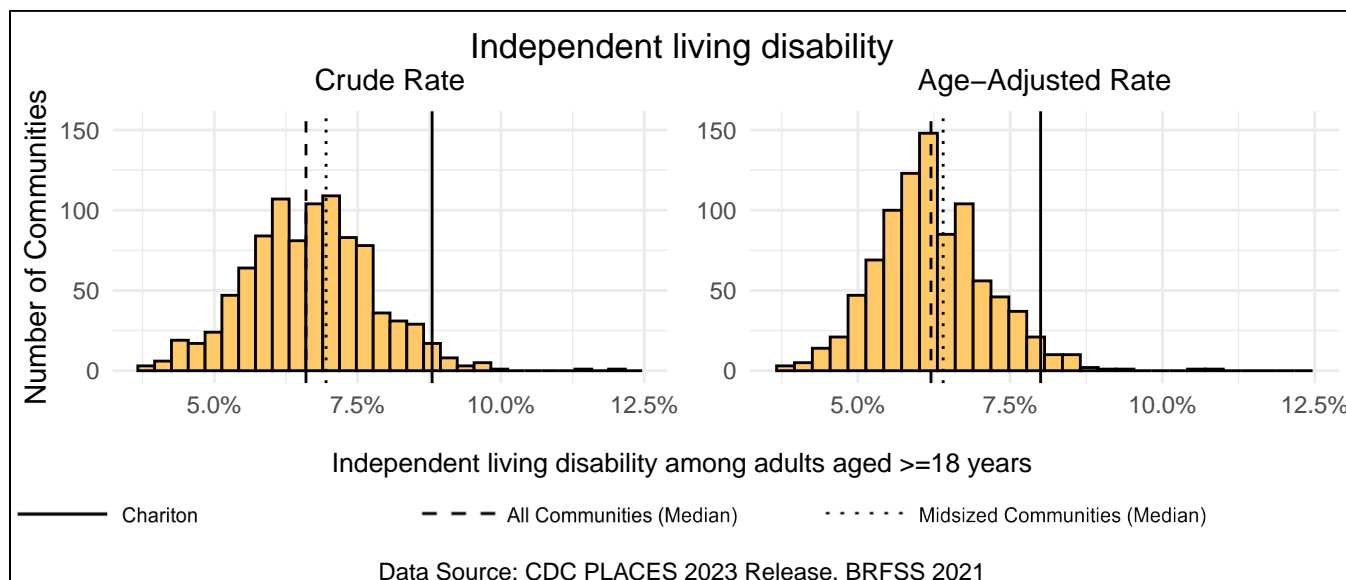
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	4.6%	3.4%	3.5%
Age-Adjusted	3.9%	2.9%	3.1%



Independent living disability

Chariton has a crude rate of 8.8% for independent living disability among adults aged ≥ 18 years, which ranks 932nd out of 958 Iowa communities (94th out of 102 mid-sized communities). The age-adjusted rate for Chariton is 8.0%, which ranks 877th out of 905 Iowa communities (92nd out of 102 mid-sized communities).

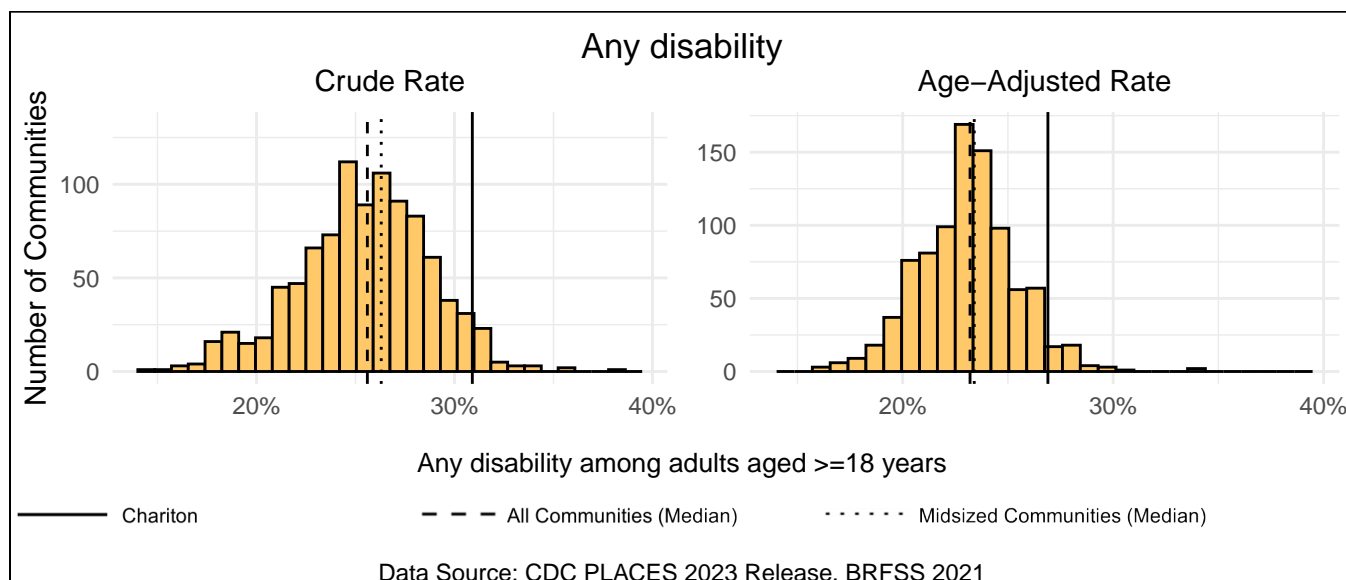
Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	8.8%	6.6%	7.0%
Age-Adjusted	8.0%	6.2%	6.4%



Any disability

Chariton has a crude rate of 30.9% for any disability among adults aged ≥ 18 years, which ranks 918th out of 958 Iowa communities (95th out of 102 mid-sized communities). The age-adjusted rate for Chariton is 26.9%, which ranks 865th out of 905 Iowa communities (87th out of 102 mid-sized communities).

Measure Type	Chariton	All Comm.	Midsized Comm.
Crude	30.9%	25.6%	26.3%
Age-Adjusted	26.9%	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: Chariton 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	809	15.4% (13.3% - 17.7%)	865	17.2% (15.0% - 19.9%)
Health Status	General Health	903	17.8% (14.9% - 20.8%)	856	15.8% (13.6% - 18.5%)
Health Status	Physical Health	914	12.9% (11.0% - 14.8%)	876	11.5% (9.8% - 13.2%)
Health Risk Behaviors	Sleep <7 hours	880	32.5% (31.2% - 33.6%)	887	34.0% (32.8% - 35.2%)
Health Risk Behaviors	Physical Inactivity	910	31.0% (25.5% - 36.7%)	844	28.4% (23.4% - 34.0%)
Health Risk Behaviors	Binge Drinking	150	17.5% (14.3% - 21.1%)	124	20.8% (17.0% - 24.9%)
Health Risk Behaviors	Current Smoking	898	19.9% (16.2% - 23.6%)	889	21.8% (18.0% - 26.1%)
Health Outcomes	Diabetes	878	12.1% (10.2% - 14.1%)	848	9.6% (8.1% - 11.1%)
Health Outcomes	High Blood Pressure	774	35.3% (30.6% - 39.9%)	766	28.9% (24.8% - 32.9%)
Health Outcomes	Arthritis	778	30.6% (26.0% - 35.1%)	785	24.5% (20.6% - 28.6%)
Health Outcomes	Current Asthma	868	9.9% (8.6% - 11.3%)	856	10.2% (8.9% - 11.6%)
Health Outcomes	All Teeth Lost	914	17.0% (12.2% - 22.5%)	851	16.3% (12.0% - 20.9%)
Health Outcomes	Obesity	448	37.5% (29.5% - 45.9%)	590	38.4% (30.0% - 46.9%)
Health Outcomes	High Cholesterol	662	37.6% (32.6% - 43.0%)	537	30.0% (25.3% - 34.9%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.4% - 4.3%)	858	2.9% (2.6% - 3.1%)
Health Outcomes	Cancer (except skin)	721	9.0% (8.0% - 9.9%)	74	6.4% (5.8% - 7.2%)
Health Outcomes	Depression	624	18.5% (14.9% - 22.3%)	758	20.1% (16.4% - 24.2%)
Health Outcomes	COPD	905	9.5% (8.0% - 11.2%)	877	7.8% (6.7% - 9.1%)
Health Outcomes	Coronary Heart Disease	865	8.1% (7.1% - 9.3%)	836	5.7% (5.0% - 6.5%)
Health Outcomes	Stroke	894	4.2% (3.7% - 4.7%)	835	3.0% (2.7% - 3.4%)
Prevention	Cholesterol Screening	730	81.0% (77.9% - 84.1%)	875	76.7% (73.0% - 80.4%)
Prevention	Colorectal Cancer Screening	782	69.4% (67.2% - 71.8%)	824	68.4% (66.0% - 70.8%)
Prevention	Dental Visit	941	58.9% (56.2% - 61.8%)	889	58.0% (55.1% - 60.9%)
Prevention	Cervical Cancer Screening	832	81.3% (79.3% - 83.3%)	777	81.5% (79.5% - 83.5%)
Prevention	Core preventive services for older men	617	42.4% (35.8% - 48.9%)	516	42.9% (36.7% - 49.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Taking BP Medication	176	81.9% (78.7% - 84.6%)	63	60.3% (55.2% - 65.3%)
Prevention	Health Insurance	861	9.1% (7.2% - 11.3%)	812	9.5% (7.6% - 11.8%)
Prevention	Mammography	772	74.4% (71.0% - 77.5%)	821	71.2% (67.7% - 74.5%)
Prevention	Annual Checkup	373	75.7% (70.5% - 80.3%)	658	71.9% (66.3% - 77.1%)
Prevention	Core preventive services for older women	798	35.3% (29.7% - 41.4%)	667	38.0% (32.5% - 44.0%)
Disability	Self-care Disability	909	4.6% (4.0% - 5.3%)	871	3.9% (3.4% - 4.4%)
Disability	Mobility Disability	910	15.5% (13.0% - 17.8%)	868	11.8% (10.1% - 13.6%)
Disability	Independent Living Disability	932	8.8% (7.5% - 10.3%)	877	8.0% (6.9% - 9.3%)
Disability	Any Disability	918	30.9% (26.4% - 35.2%)	865	26.9% (23.0% - 31.4%)
Disability	Vision Disability	916	5.7% (4.9% - 6.6%)	857	4.8% (4.1% - 5.5%)
Disability	Cognitive Disability	900	13.4% (11.4% - 15.5%)	875	14.1% (12.2% - 16.5%)
Disability	Hearing Disability	874	9.3% (8.1% - 10.4%)	838	6.7% (5.9% - 7.5%)

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

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

Chariton 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
