Iowa Community Health Snapshot Series

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

May 2024

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PUBLIC SCIENCE COLLABORATIVE

Iowa Community Health Snapshot Series

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Health in Charles City: Overview

Dear Community Members & Stakeholders of Charles 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 Charles City ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Charles 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 Charles 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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	53rd	4th	Taking BP Medication	15th	1st
Taking BP Medication	112th	3rd	Binge Drinking	24th	7th
Annual Checkup	213th	18th	Cancer (except skin)	74th	11th
Mammography	338th	41st	High Cholesterol	83rd	12th
High Cholesterol	482nd	62nd	Annual Checkup	333rd	46th

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
Independent Living Disability	945th	99th	Self-care Disability	888th	97th
Vision Disability	944th	98th	Cholesterol Screening	888th	97th
Core preventive services for older men	939th	99th	COPD	885th	95th
Self-care Disability	937th	98th	Vision Disability	882nd	94th
General Health	931st	96th	Stroke	882nd	94th

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 Charles City.

Sincerely,

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

PUBLIC SCIENCE COLLABORATIVE

IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

How to Use this Report

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

With a population of 7,364, Charles City's similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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

The table shows rates in your community compared with the state midpoint and the population group

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

The legend shows the meaning of the solid, dashed, and dotted lines

Mental Health

Crude Rate — Age−Adjusted Rate

Mental health not good for >=14 days among adults aged >=18 years

——— Ames   – – – All Communities (Median)   ······ Large Communities (Median)

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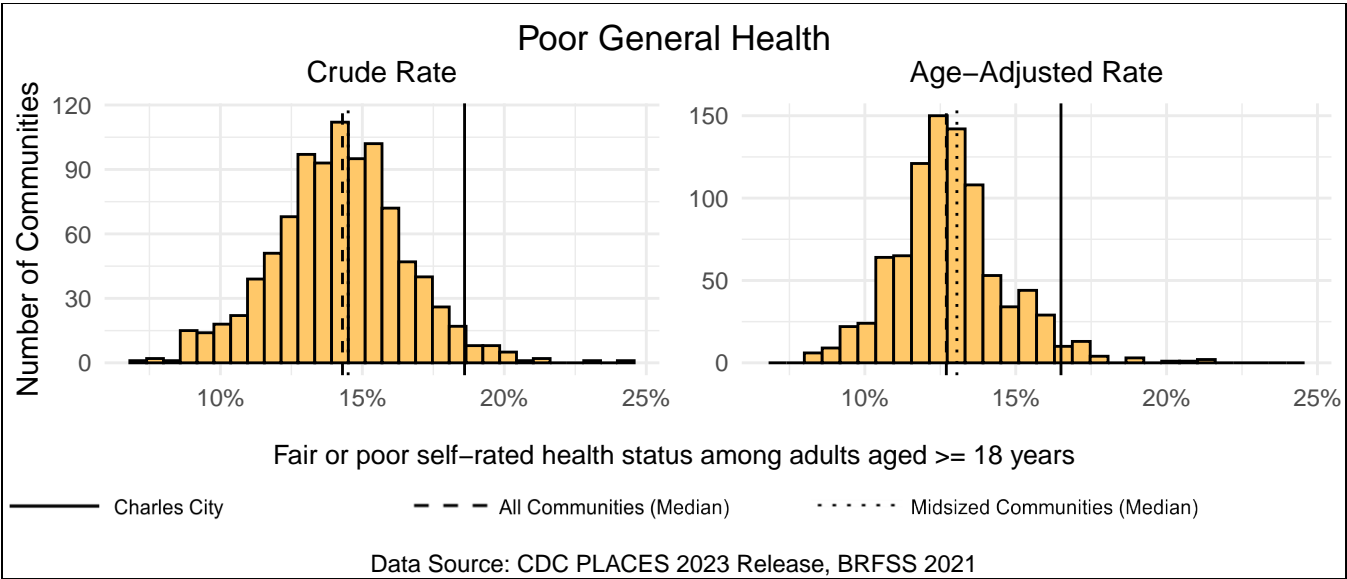
Health Status

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

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

Poor General Health

Charles City has a crude rate of 18.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 931st out of 958 Iowa communities (96th out of 102 midsized communities). The age-adjusted rate for Charles City is 16.5%, which ranks 877th out of 905 Iowa communities (93rd out of 102 midsized communities).
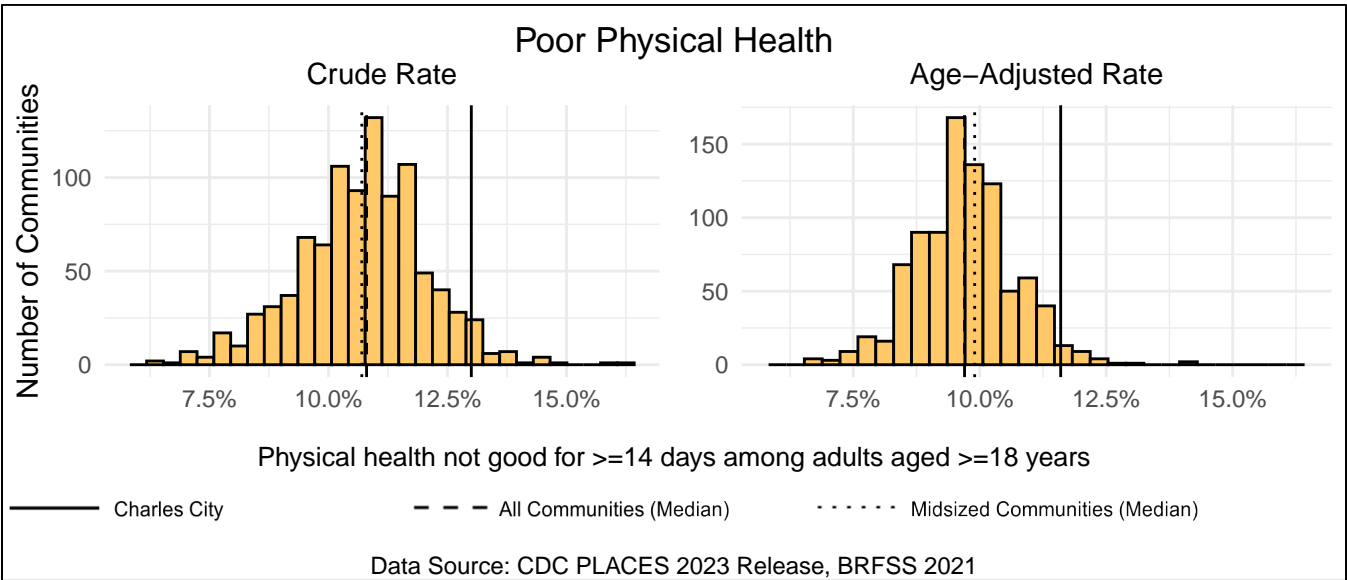
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	18.6%	14.3%	14.5%
Age-Adjusted	16.5%	12.7%	13.0%

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

Poor Physical Health

Charles City has a crude rate of 13.0% for physical health not good for >=14 days among adults aged >=18 years, which ranks 921st out of 958 Iowa communities (99th out of 102 midsized communities). The age-adjusted rate for Charles City is 11.6%, which ranks 880th out of 905 Iowa communities (93rd out of 102 midsized communities).
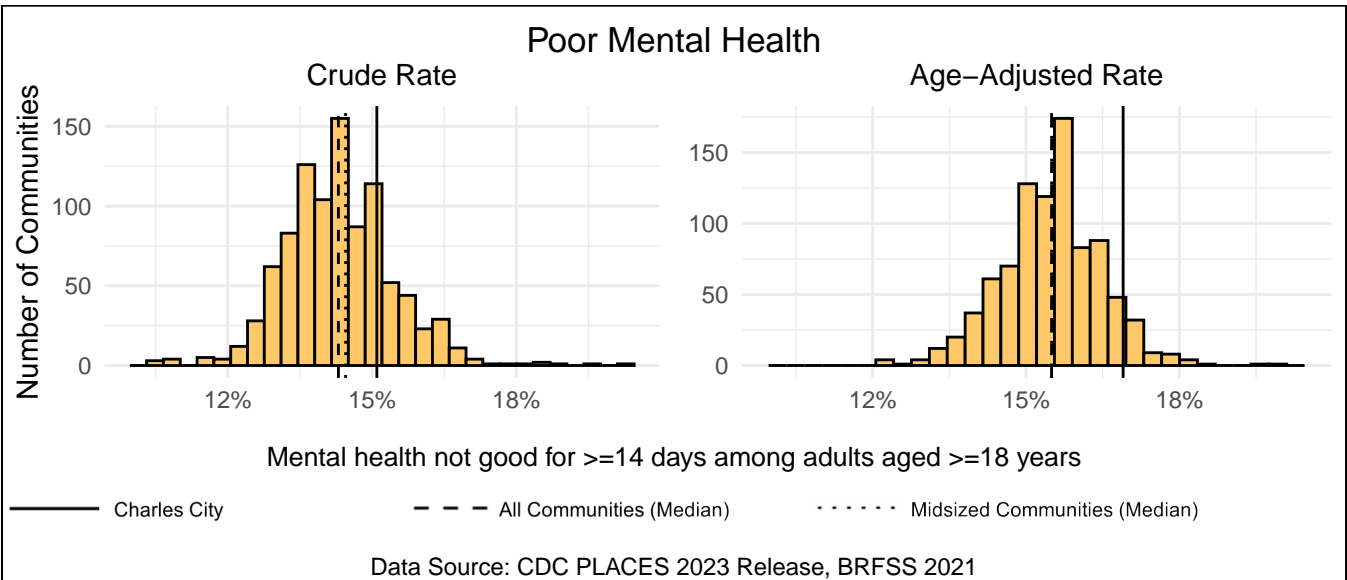
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	13.0%	10.8%	10.7%
Age-Adjusted	11.6%	9.7%	9.9%

Poor Mental Health

Charles City has a crude rate of 15.1% for mental health not good for >=14 days among adults aged >=18 years, which ranks 736th out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Charles City is 16.9%, which ranks 834th out of 905 Iowa communities (88th out of 102 midsized communities).

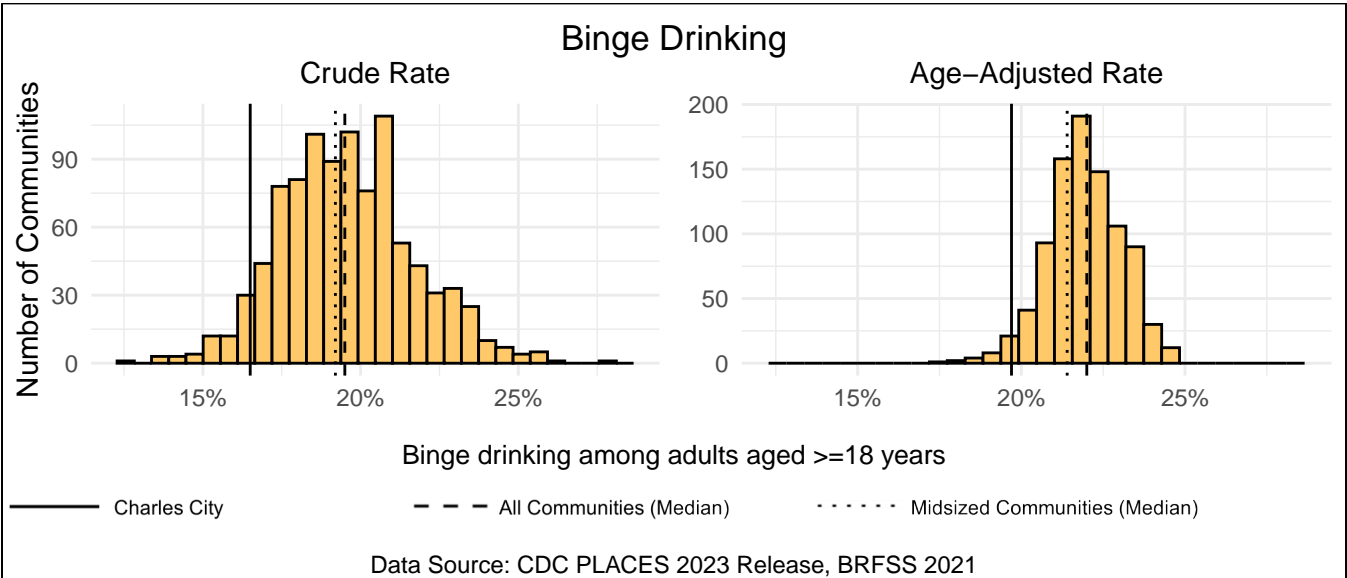| Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	15.1%	14.3%	14.4%
Age-Adjusted	16.9%	15.5%	15.5%

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

Charles City has a crude rate of 16.5% for binge drinking among adults aged >=18 years, which ranks 53rd out of 958 Iowa communities (4th out of 102 midsized communities). The age-adjusted rate for Charles City is 19.7%, which ranks 24th out of 905 Iowa communities (7th out of 102 midsized communities).
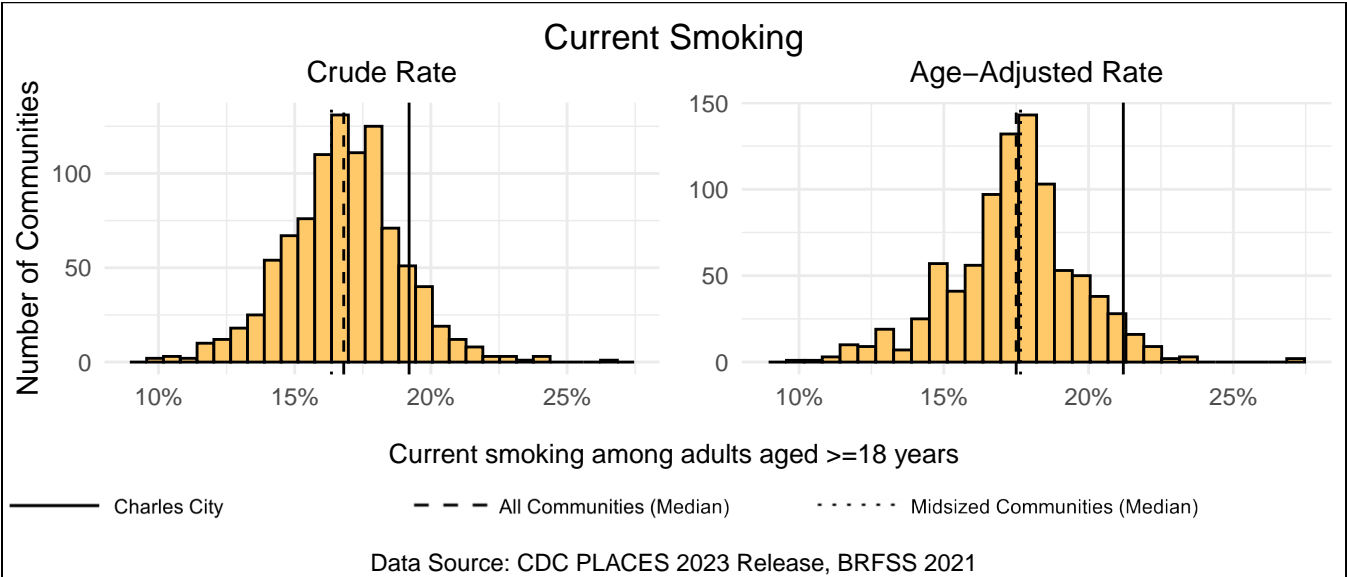
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	16.5%	19.5%	19.2%
Age-Adjusted	19.7%	22.0%	21.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Charles City has a crude rate of 19.2% for current smoking among adults aged >=18 years, which ranks 842nd out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Charles City is 21.2%, which ranks 868th out of 905 Iowa communities (94th out of 102 midsized communities).
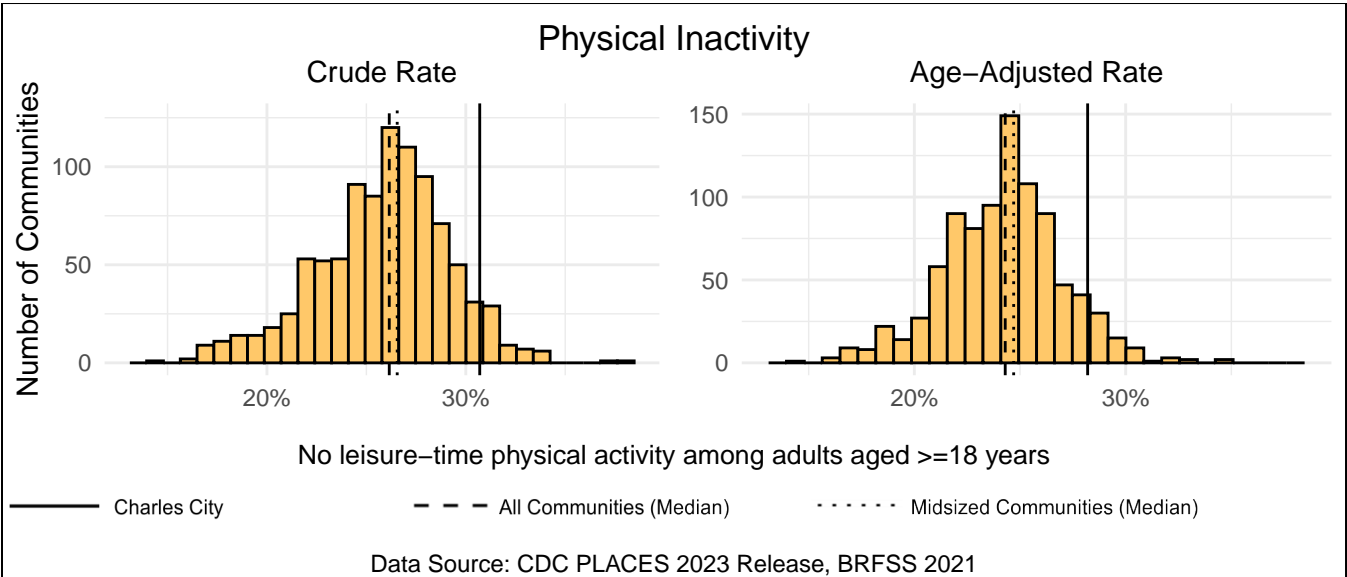
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	19.2%	16.8%	16.4%
Age-Adjusted	21.2%	17.5%	17.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

Charles City has a crude rate of 30.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 897th out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Charles City is 28.2%, which ranks 837th out of 905 Iowa communities (82nd out of 102 midsized communities).
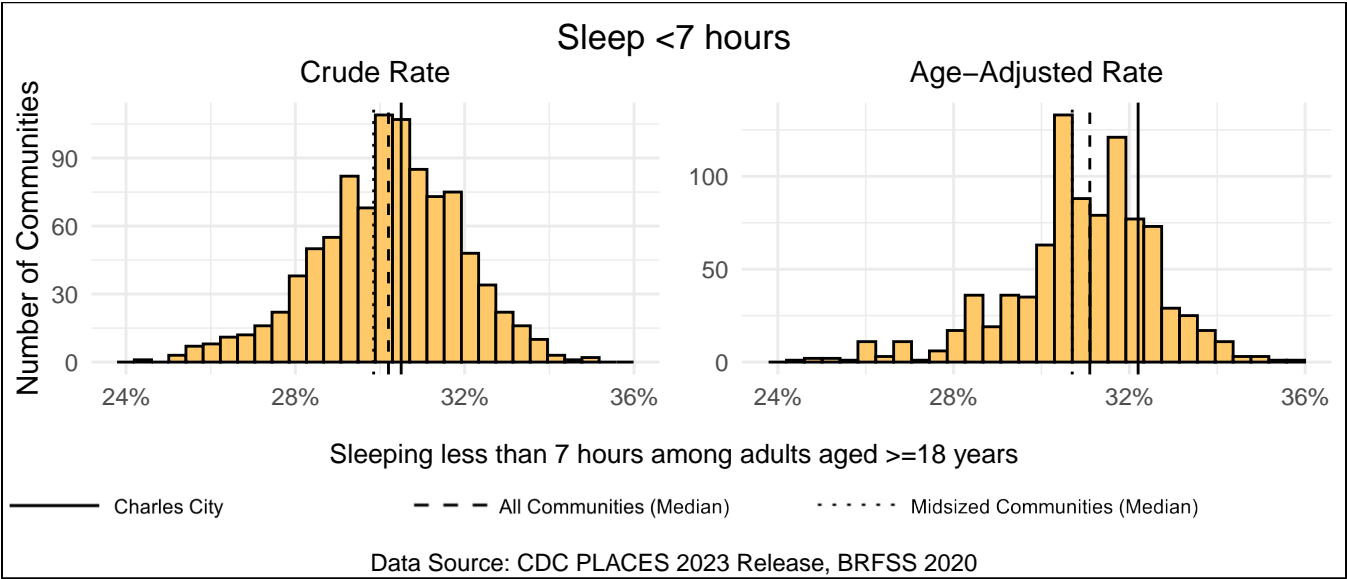
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	30.7%	26.1%	26.6%
Age-Adjusted	28.2%	24.3%	24.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Charles City has a crude rate of 30.5% for sleeping less than 7 hours among adults aged >=18 years, which ranks 521st out of 958 Iowa communities (60th out of 102 midsized communities). The age-adjusted rate for Charles City is 32.2%, which ranks 706th out of 905 Iowa communities (79th out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	30.5%	30.2%	29.8%
Age-Adjusted	32.2%	31.1%	30.7%

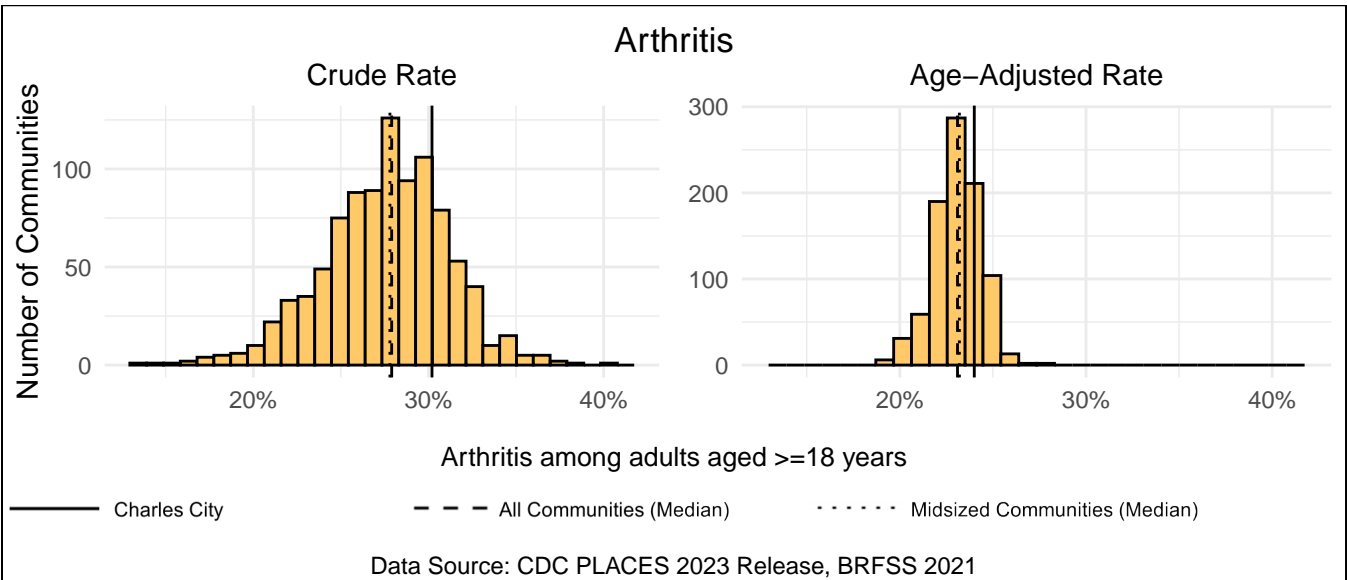Data Source: CDC PLACES 2023 Release, BRFSS 2020

Health Outcomes

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

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

Arthritis

Charles City has a crude rate of 30.2% for arthritis among adults aged >=18 years, which ranks 732nd out of 958 Iowa communities (87th out of 102 midsized communities). The age-adjusted rate for Charles City is 24.0%, which ranks 683rd out of 905 Iowa communities (73rd out of 102 midsized communities).
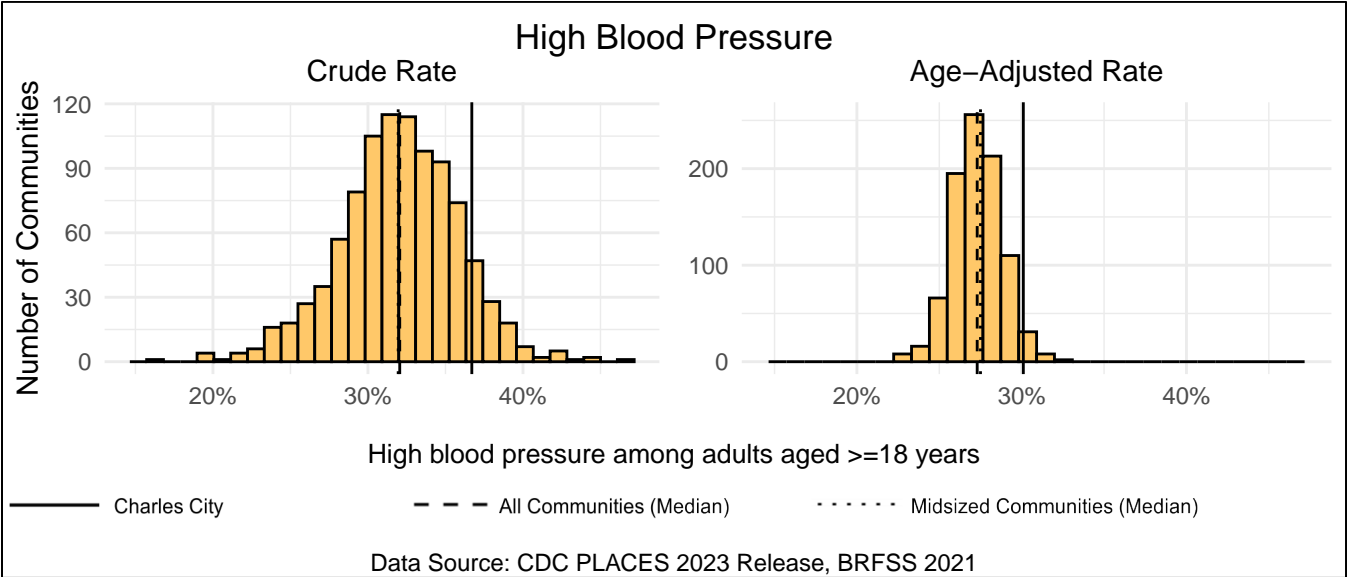
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	30.2%	27.9%	27.8%
Age-Adjusted	24.0%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Blood Pressure

Charles City has a crude rate of 36.7% for high blood pressure among adults aged >=18 years, which ranks 864th out of 958 Iowa communities (98th out of 102 midsized communities). The age-adjusted rate for Charles City is 30.1%, which ranks 878th out of 905 Iowa communities (94th out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	36.7%	32.0%	32.0%
Age-Adjusted	30.1%	27.3%	27.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cancer (except skin)

Charles City has a crude rate of 9.1% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 745th out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Charles City is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	9.1%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Charles City 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 midsized communities). The age-adjusted rate for Charles City is 10.2%, which ranks 856th out of 905 Iowa communities (91st out of 102 midsized communities).
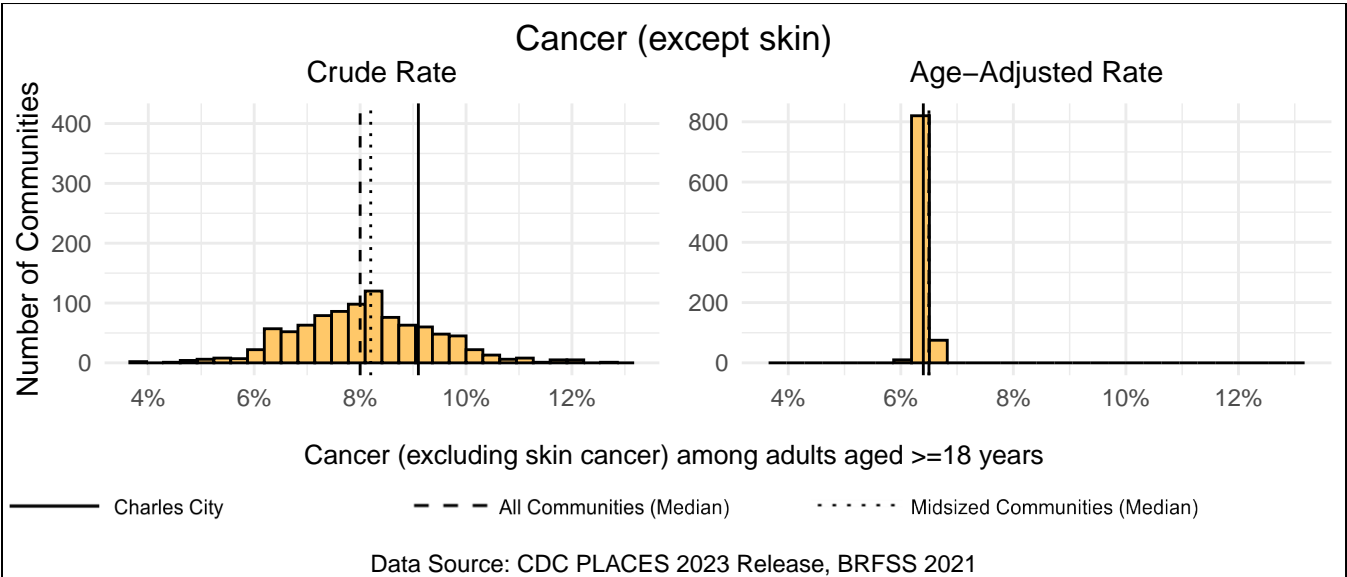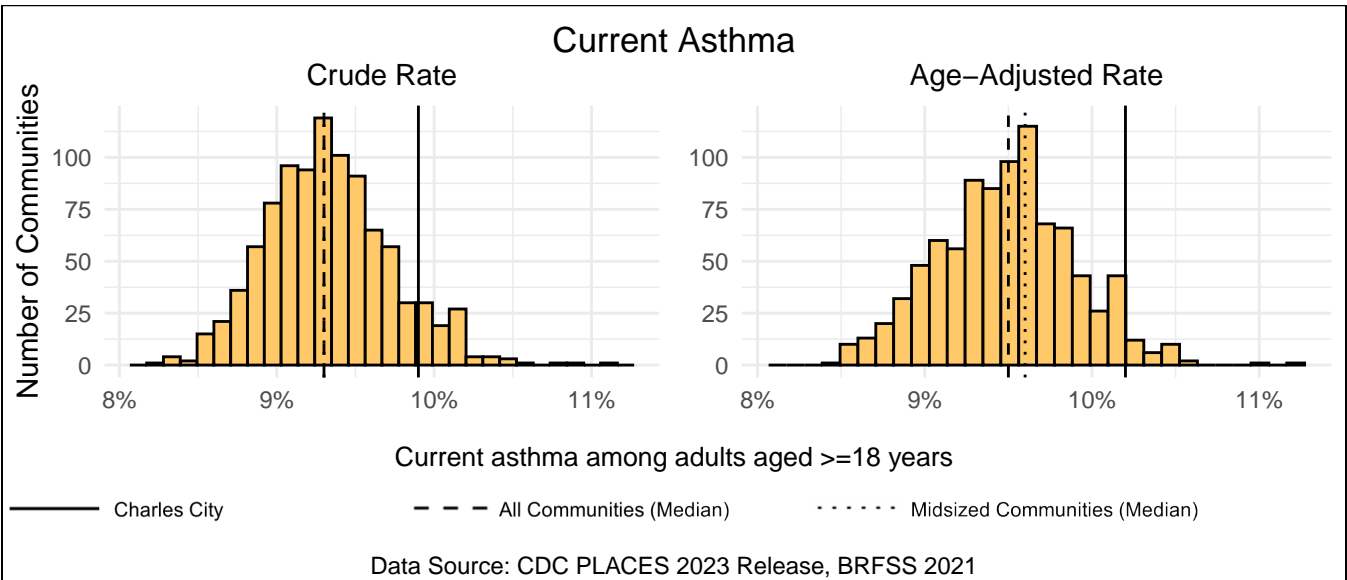
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	9.9%	9.3%	9.3%
Age-Adjusted	10.2%	9.5%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Charles City has a crude rate of 8.4% for coronary heart disease among adults aged >=18 years, which ranks 894th out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Charles City is 5.8%, which ranks 865th out of 905 Iowa communities (93rd out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	8.4%	6.4%	6.5%
Age-Adjusted	5.8%	5.0%	5.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Charles City has a crude rate of 9.7% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 917th out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Charles City is 7.9%, which ranks 885th out of 905 Iowa communities (95th out of 102 midsized communities).
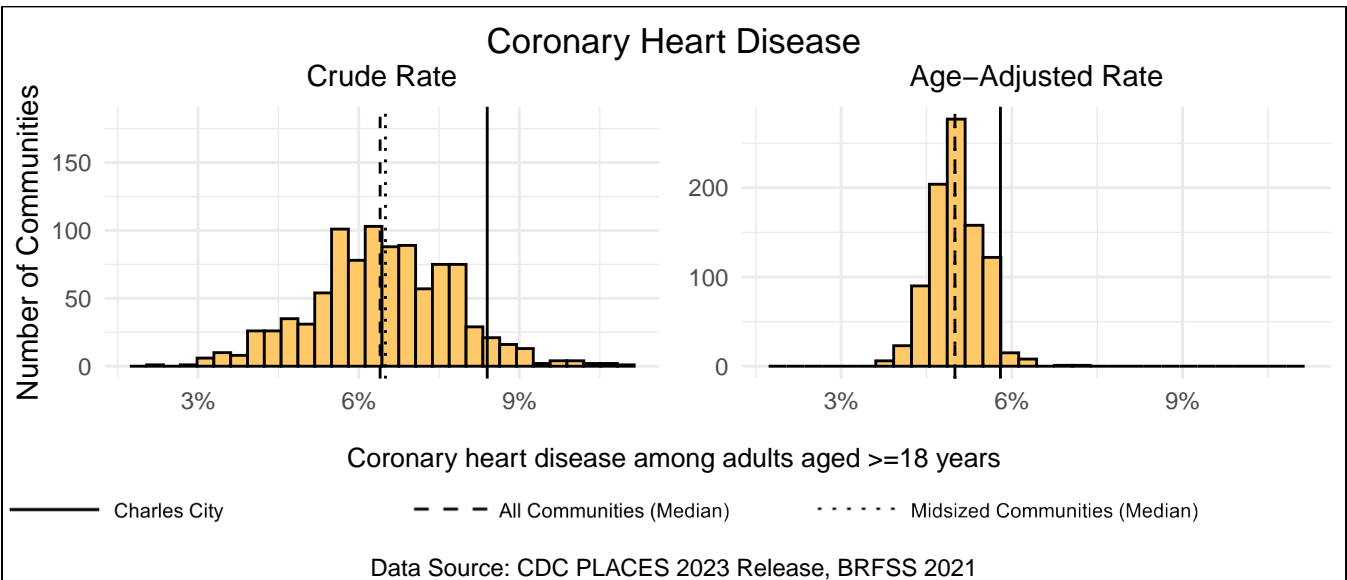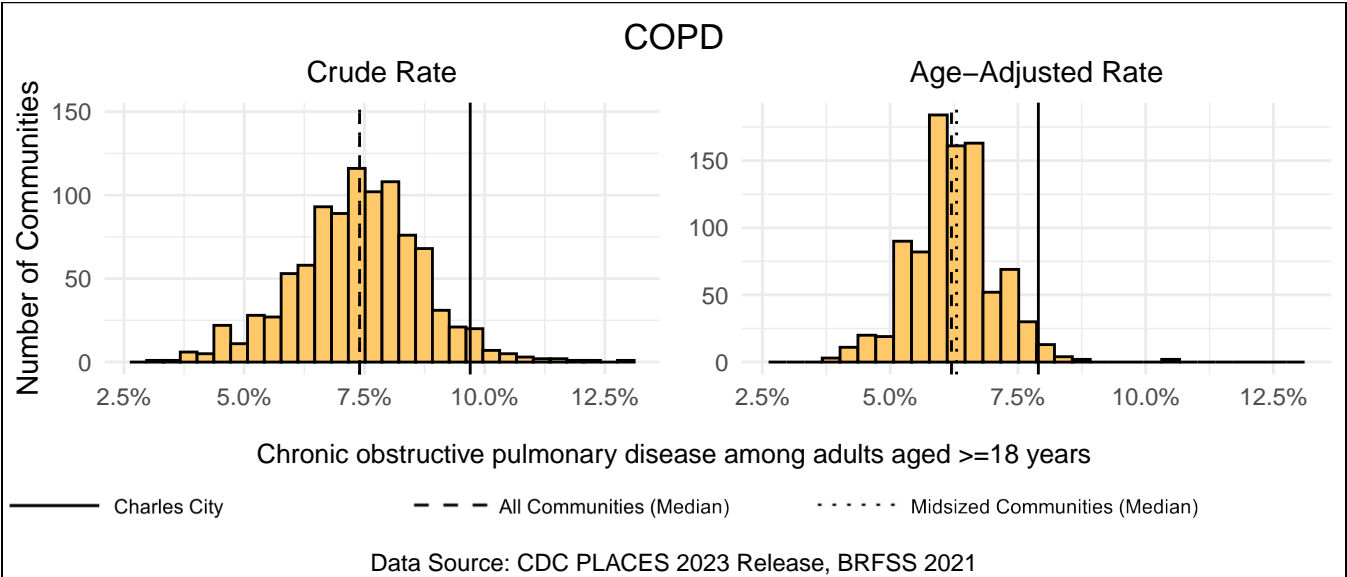
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	9.7%	7.4%	7.4%
Age-Adjusted	7.9%	6.2%	6.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Charles City has a crude rate of 18.2% for depression among adults aged >=18 years, which ranks 537th out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Charles City is 19.7%, which ranks 657th out of 905 Iowa communities (71st out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	18.2%	18.0%	18.2%
Age-Adjusted	19.7%	19.0%	19.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Charles City has a crude rate of 12.7% for diagnosed diabetes among adults aged >=18 years, which ranks 912th out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Charles City is 10.1%, which ranks 879th out of 905 Iowa communities (94th out of 102 midsized communities).
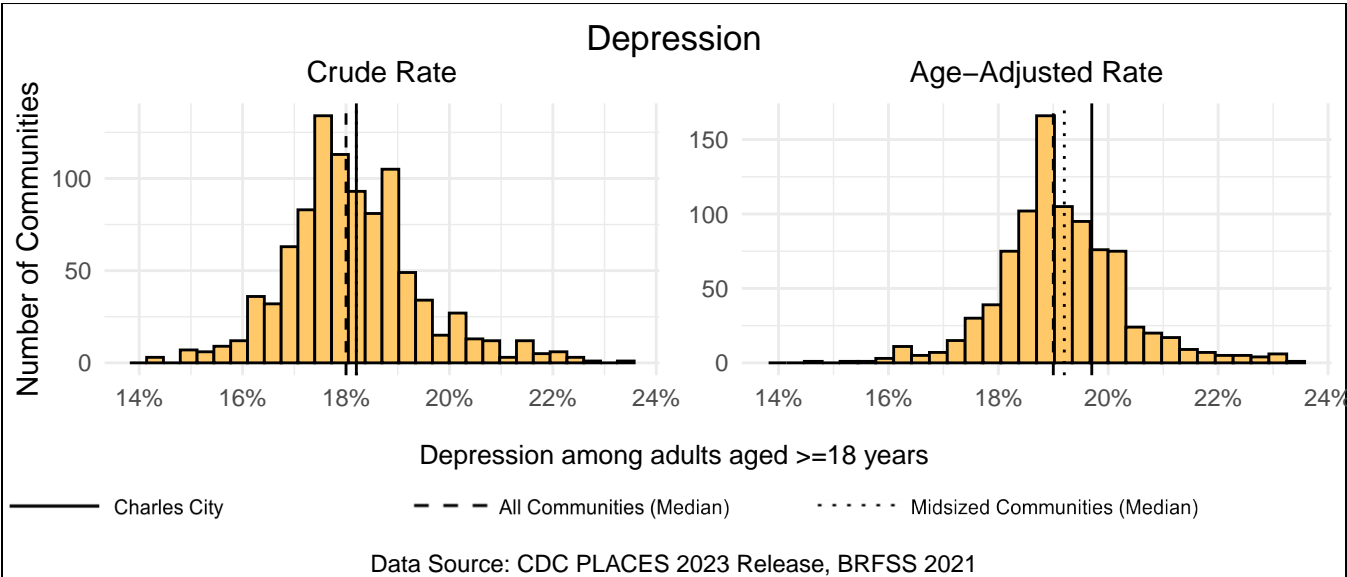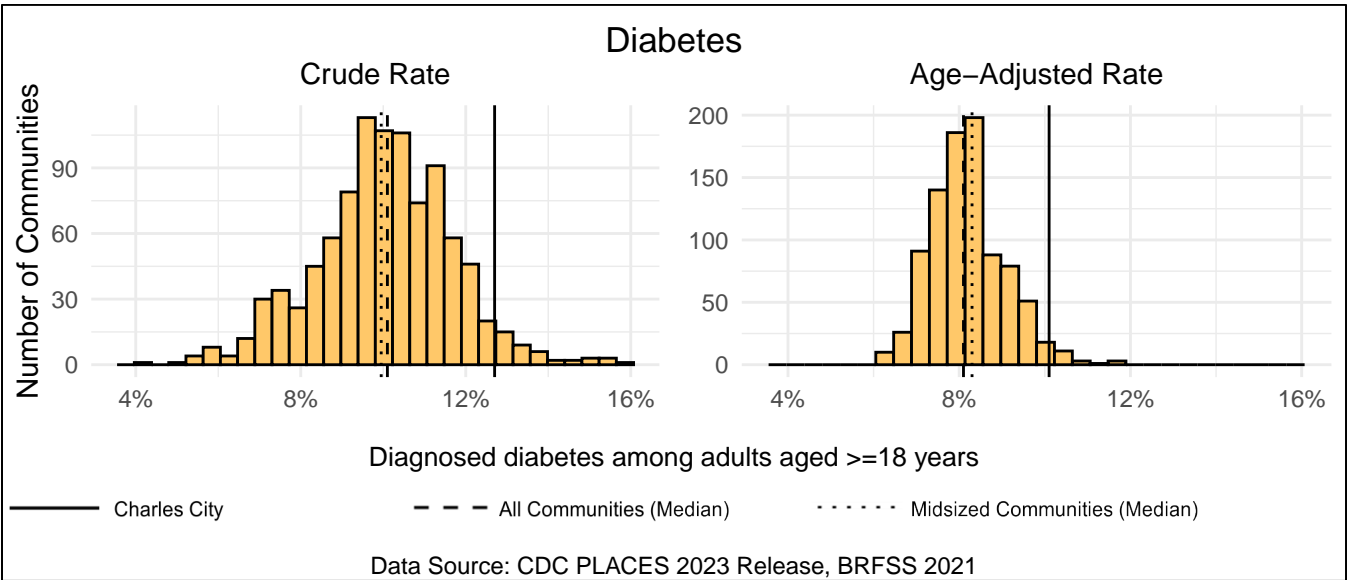
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	12.7%	10.1%	9.9%
Age-Adjusted	10.1%	8.1%	8.3%

Diabetes

Crude Rate — Age–Adjusted Rate

Diagnosed diabetes among adults aged >=18 years

— Charles City   − − − All Communities (Median)   ⋯⋯ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

High Cholesterol

Charles City has a crude rate of 36.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 482nd out of 958 Iowa communities (62nd out of 102 midsized communities). The age-adjusted rate for Charles City is 28.6%, which ranks 83rd out of 905 Iowa communities (12th out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	36.3%	36.2%	35.7%
Age-Adjusted	28.6%	29.7%	29.8%

High Cholesterol

Crude Rate — Age–Adjusted Rate

High cholesterol among adults aged >=18 years who have been screened in the past 5 years

— Charles City   − − − All Communities (Median)   ⋯⋯ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Charles City has a crude rate of 4.0% for chronic kidney disease among adults aged >=18 years, which ranks 890th out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Charles City is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 midsized communities).
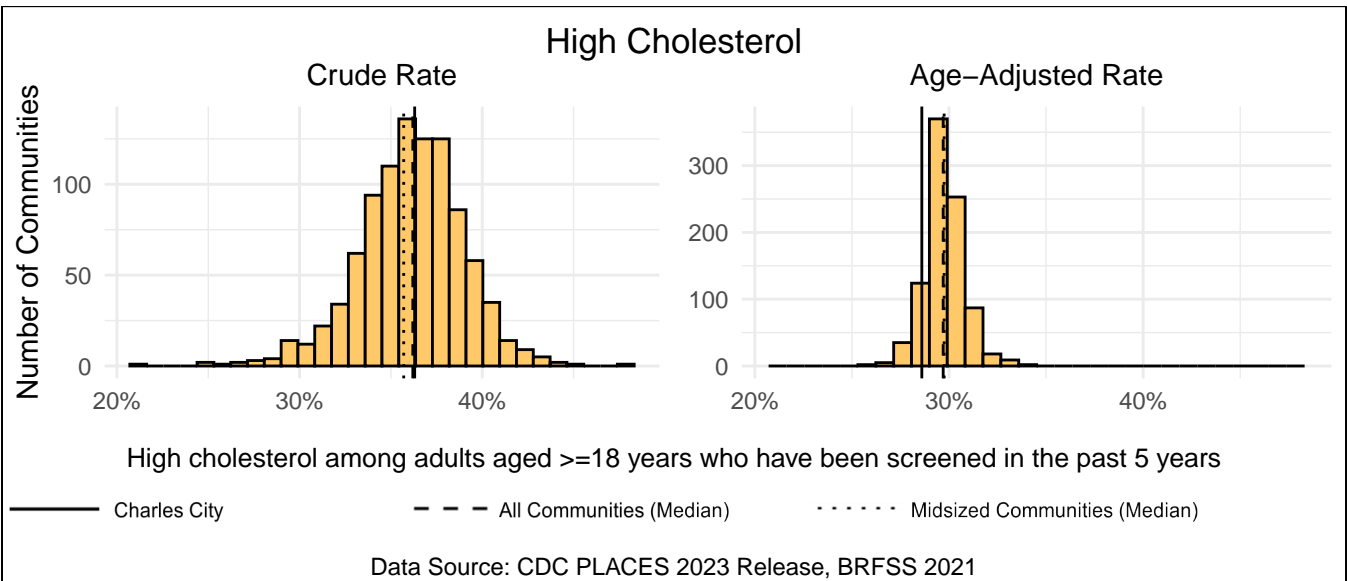
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	4.0%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%

Obesity

Charles City has a crude rate of 39.1% for obesity among adults aged >=18 years, which ranks 708th out of 958 Iowa communities (80th out of 102 midsized communities). The age-adjusted rate for Charles City is 40.3%, which ranks 792nd out of 905 Iowa communities (85th out of 102 midsized communities).
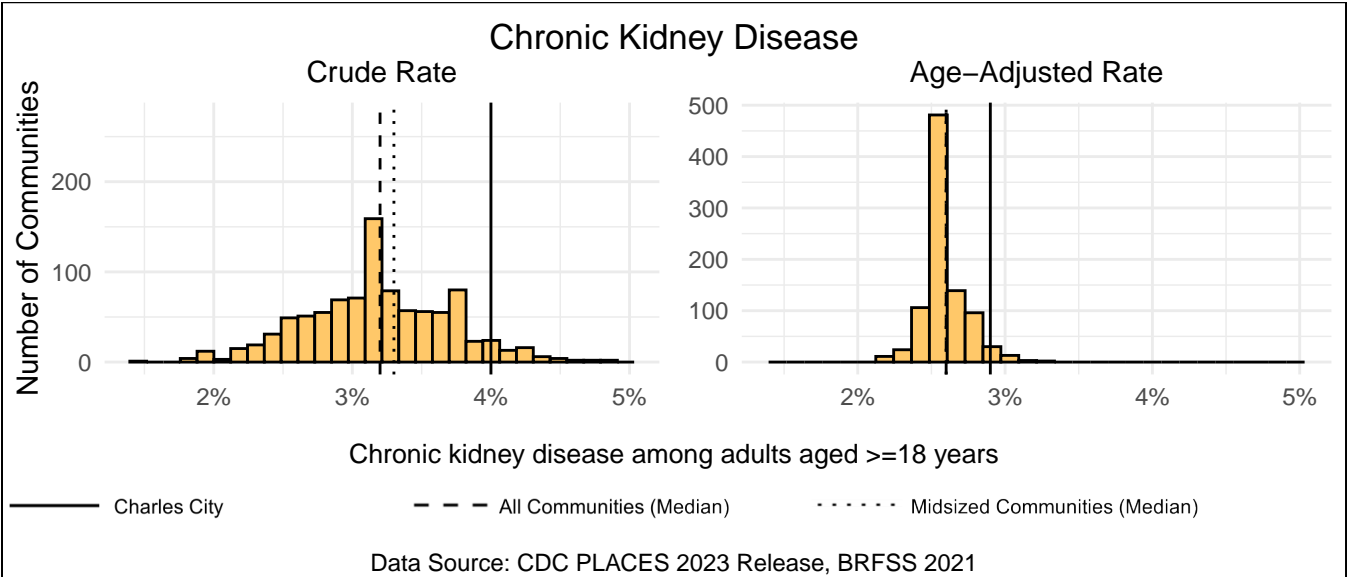
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	39.1%	37.6%	37.6%
Age-Adjusted	40.3%	37.6%	38.1%

Stroke

Charles City has a crude rate of 4.3% for stroke among adults aged >=18 years, which ranks 909th out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Charles City is 3.1%, which ranks 882nd out of 905 Iowa communities (94th out of 102 midsized communities).
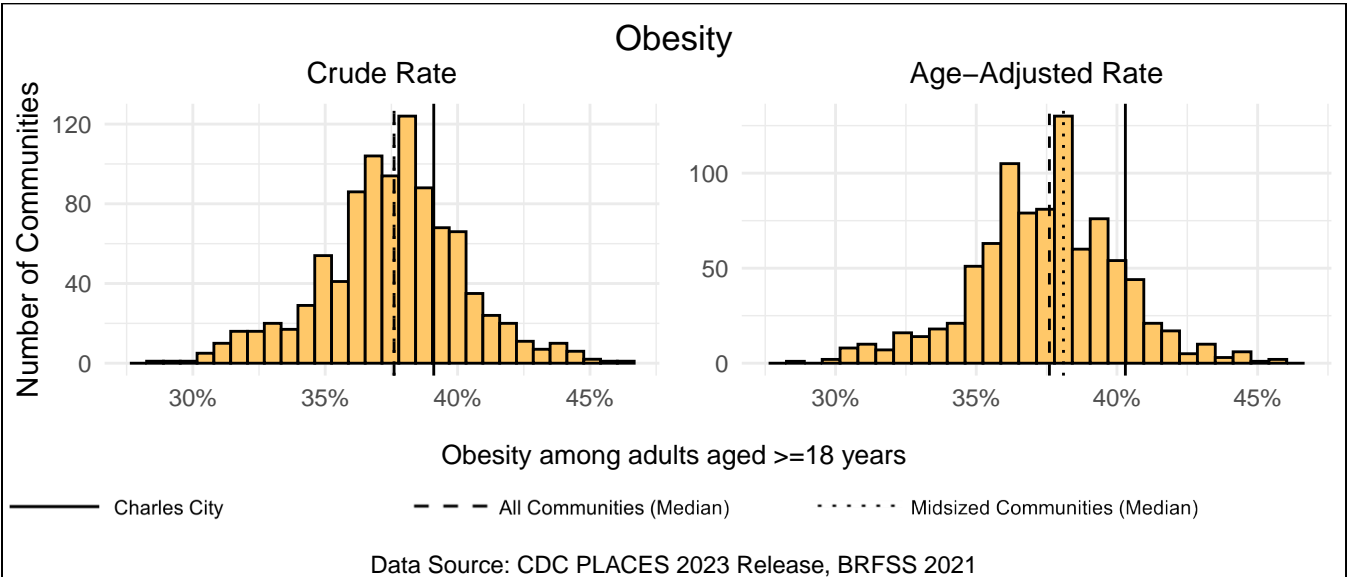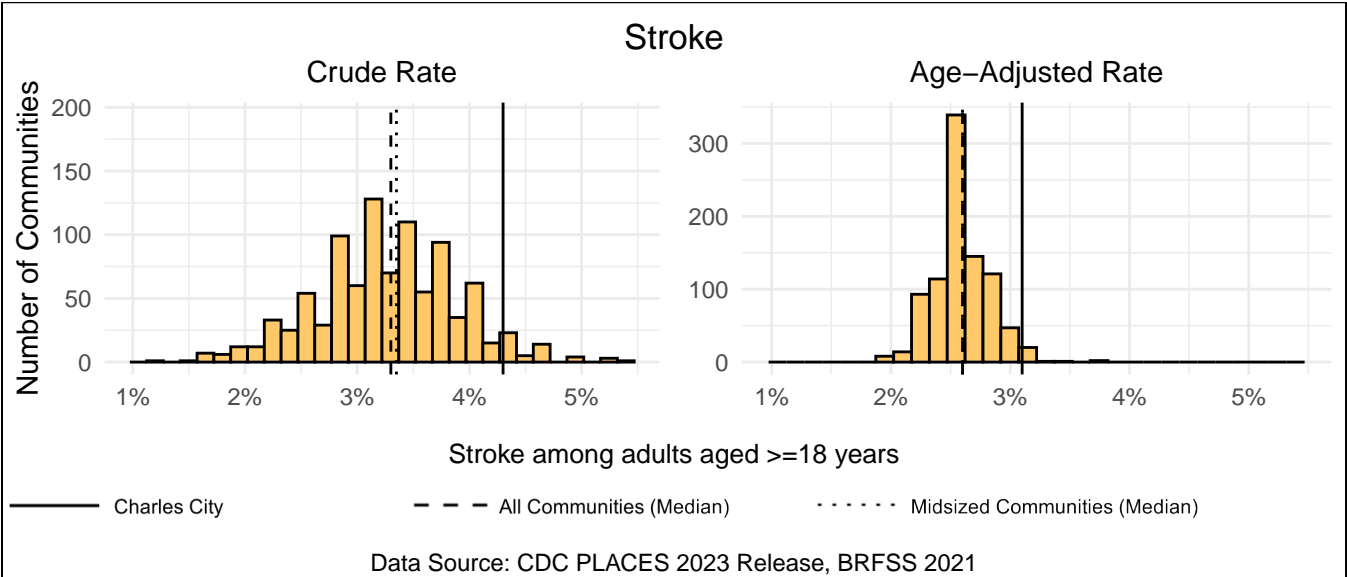
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	4.3%	3.3%	3.3%
Age-Adjusted	3.1%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

Charles City has a crude rate of 17.4% for all teeth lost among adults aged >=65 years, which ranks 923rd out of 958 Iowa communities (93rd out of 102 midsized communities). The age-adjusted rate for Charles City is 16.8%, which ranks 871st out of 905 Iowa communities (91st out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	17.4%	12.9%	13.5%
Age-Adjusted	16.8%	12.8%	12.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Charles City has a crude rate of 9.6% for current lack of health insurance among adults aged 18–64 years, which ranks 898th out of 958 Iowa communities (87th out of 102 midsized communities). The age-adjusted rate for Charles City is 10.1%, which ranks 848th out of 905 Iowa communities (88th out of 102 midsized communities).
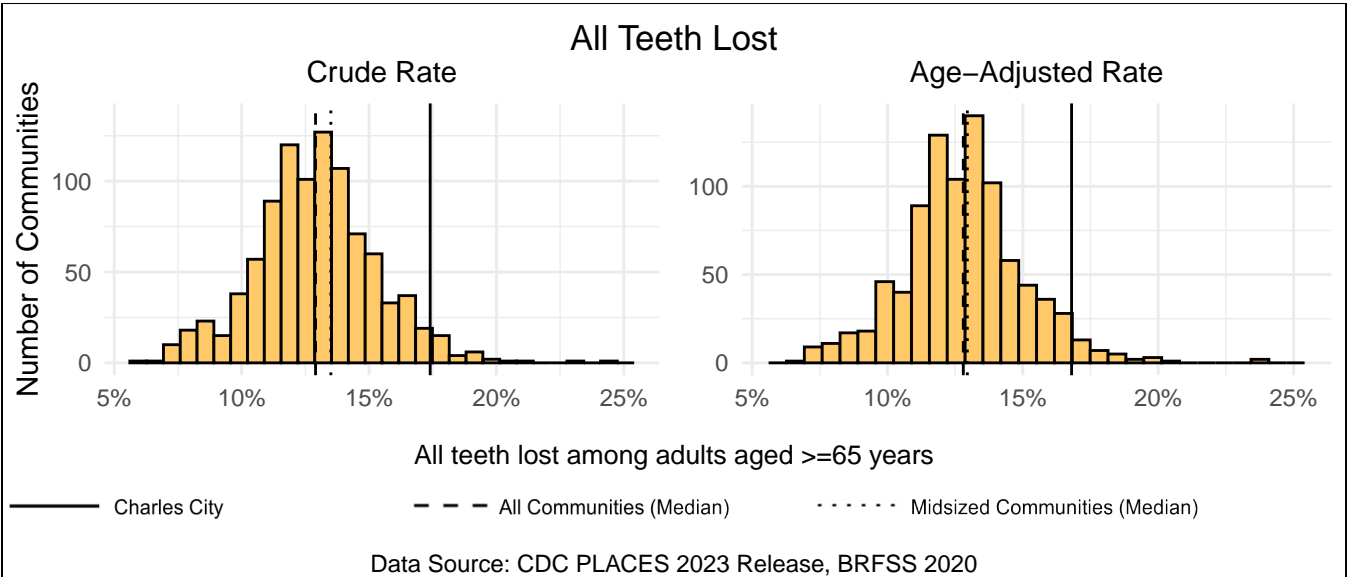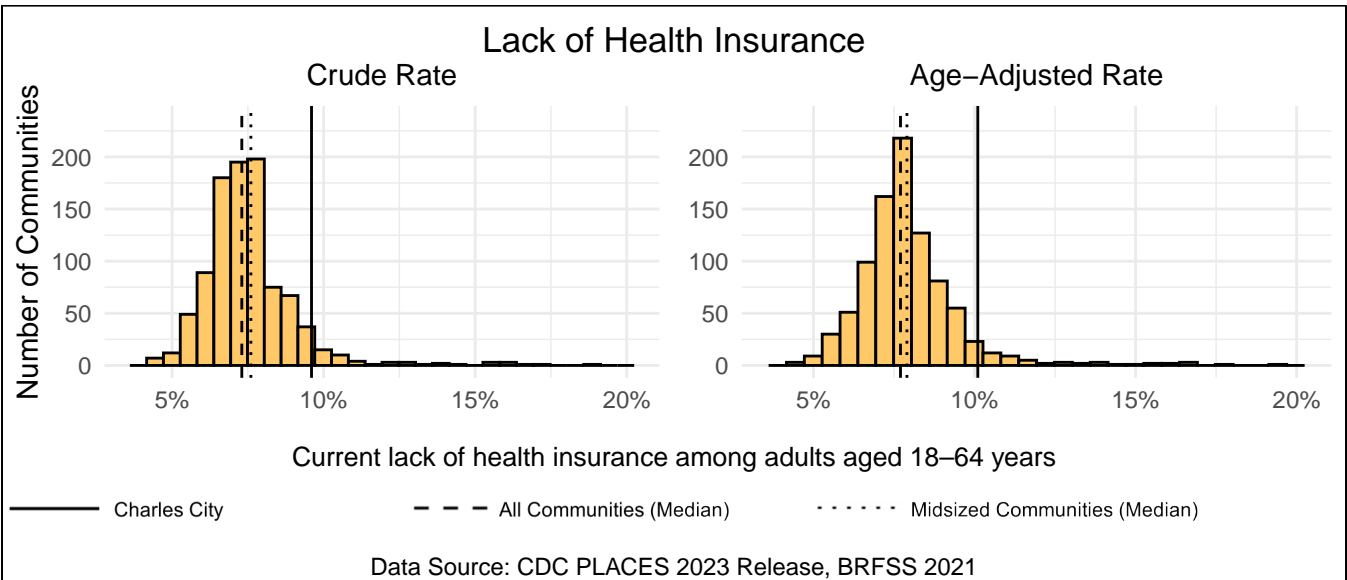
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	9.6%	7.3%	7.6%
Age-Adjusted	10.1%	7.7%	7.9%

Lack of Health Insurance — Crude Rate / Age–Adjusted Rate. Number of Communities vs Current lack of health insurance among adults aged 18–64 years. Charles City; All Communities (Median); Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Taking BP Medication

Charles City has a crude rate of 82.7% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 112th out of 958 Iowa communities (3rd out of 102 midsized communities). The age-adjusted rate for Charles City is 61.8%, which ranks 15th out of 905 Iowa communities (1st out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	82.7%	79.8%	79.8%
Age-Adjusted	61.8%	59.0%	59.0%

Taking BP Medication

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

— Charles City   – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Charles City has a crude rate of 80.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 909th out of 958 Iowa communities (92nd out of 102 midsized communities). The age-adjusted rate for Charles City is 81.2%, which ranks 805th out of 905 Iowa communities (91st out of 102 midsized communities).
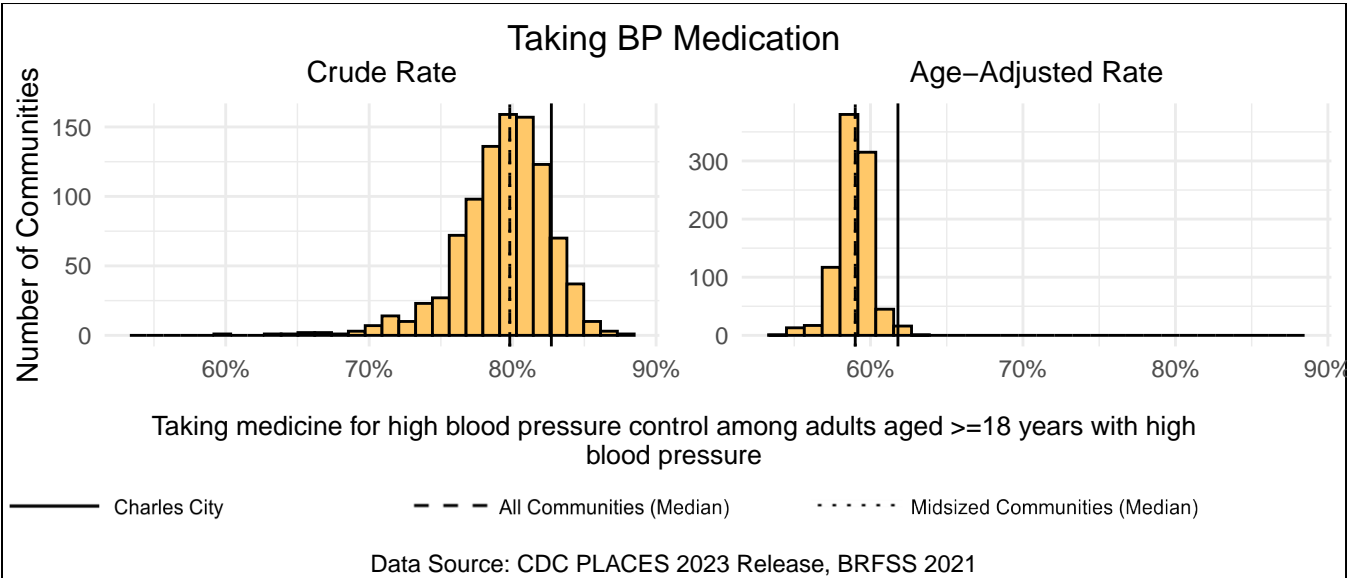
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	80.4%	83.3%	82.9%
Age-Adjusted	81.2%	83.2%	83.2%

Cervical Cancer Screening

Cervical cancer screening among adult women aged 21–65 years

— Charles City   – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Charles City has a crude rate of 76.6% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 213th out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Charles City is 72.9%, which ranks 333rd out of 905 Iowa communities (46th out of 102 midsized communities).
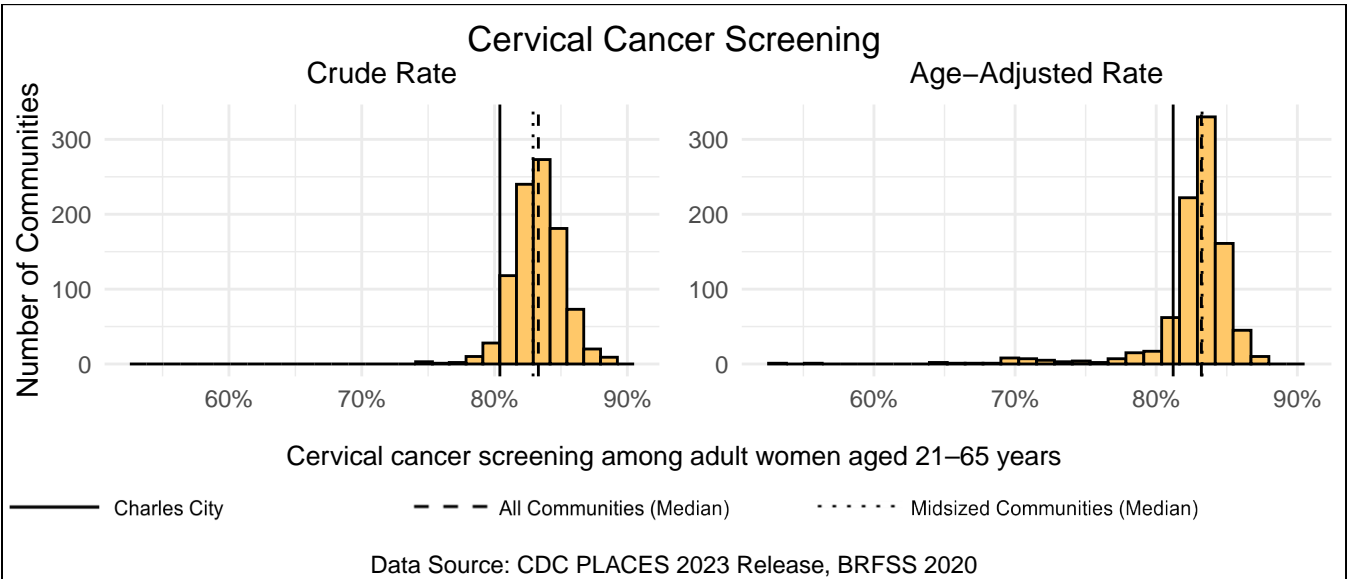
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	76.6%	75.2%	75.2%
Age-Adjusted	72.9%	72.6%	72.8%

Annual Checkup — Crude Rate / Age-Adjusted Rate

Visits to doctor for routine checkup within the past year among adults aged >=18 years

Charles City · All Communities (Median) · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Charles City has a crude rate of 80.5% for cholesterol screening among adults aged >=18 years, which ranks 781st out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Charles City is 76.3%, which ranks 888th out of 905 Iowa communities (97th out of 102 midsized communities).
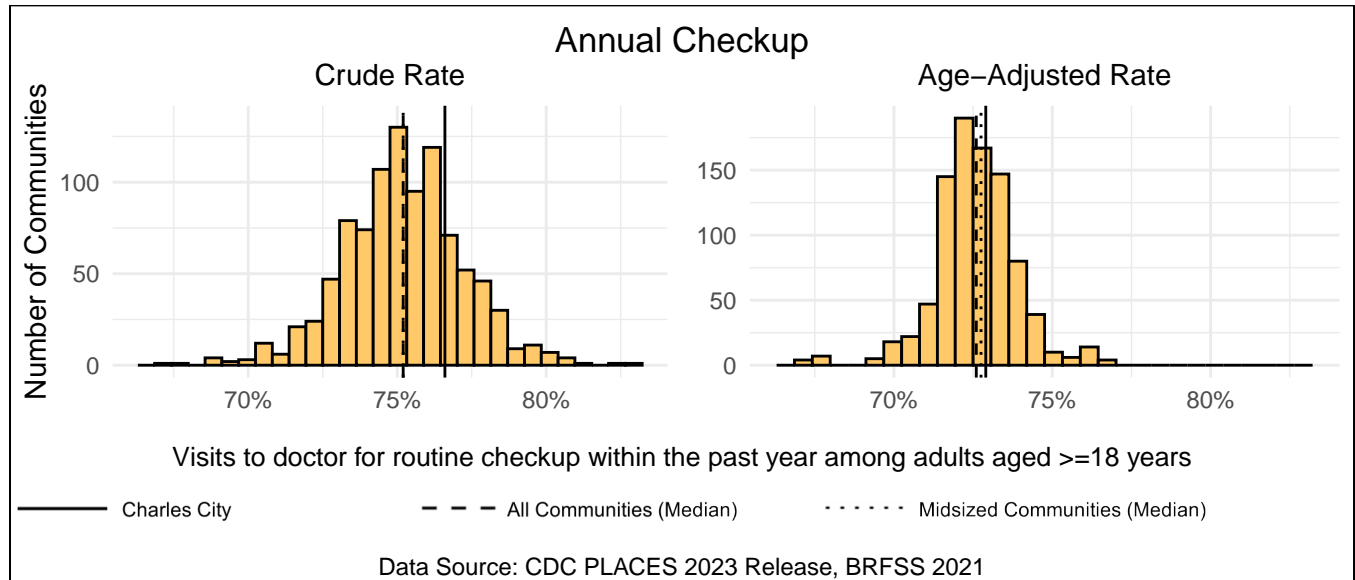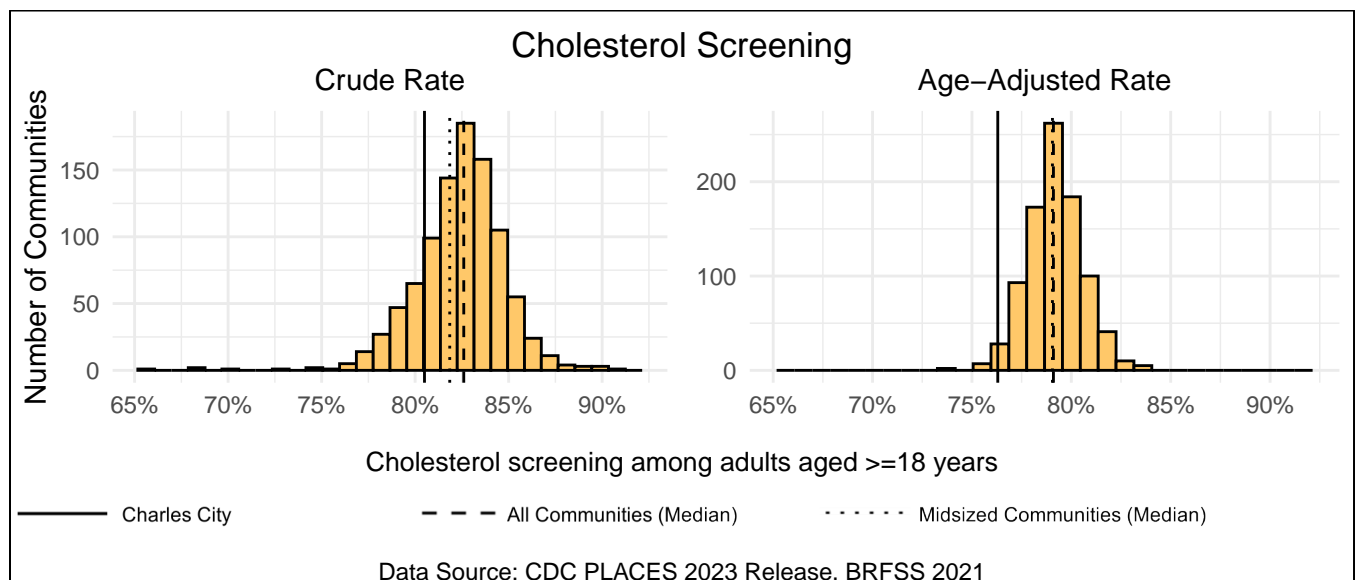
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	80.5%	82.6%	81.8%
Age-Adjusted	76.3%	79.1%	79.0%

Cholesterol Screening — Crude Rate / Age-Adjusted Rate

Cholesterol screening among adults aged >=18 years

Charles City · All Communities (Median) · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Charles City has a crude rate of 71.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 530th out of 958 Iowa communities (56th out of 102 midsized communities). The age-adjusted rate for Charles City is 69.1%, which ranks 766th out of 905 Iowa communities (77th out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	71.2%	71.6%	71.6%
Age-Adjusted	69.1%	70.9%	70.8%

Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Charles City has a crude rate of 36.0% for older adult men aged >=65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 939th out of 958 Iowa communities (99th out of 102 midsized communities). The age-adjusted rate for Charles City is 36.5%, which ranks 830th out of 905 Iowa communities (99th out of 102 midsized communities).
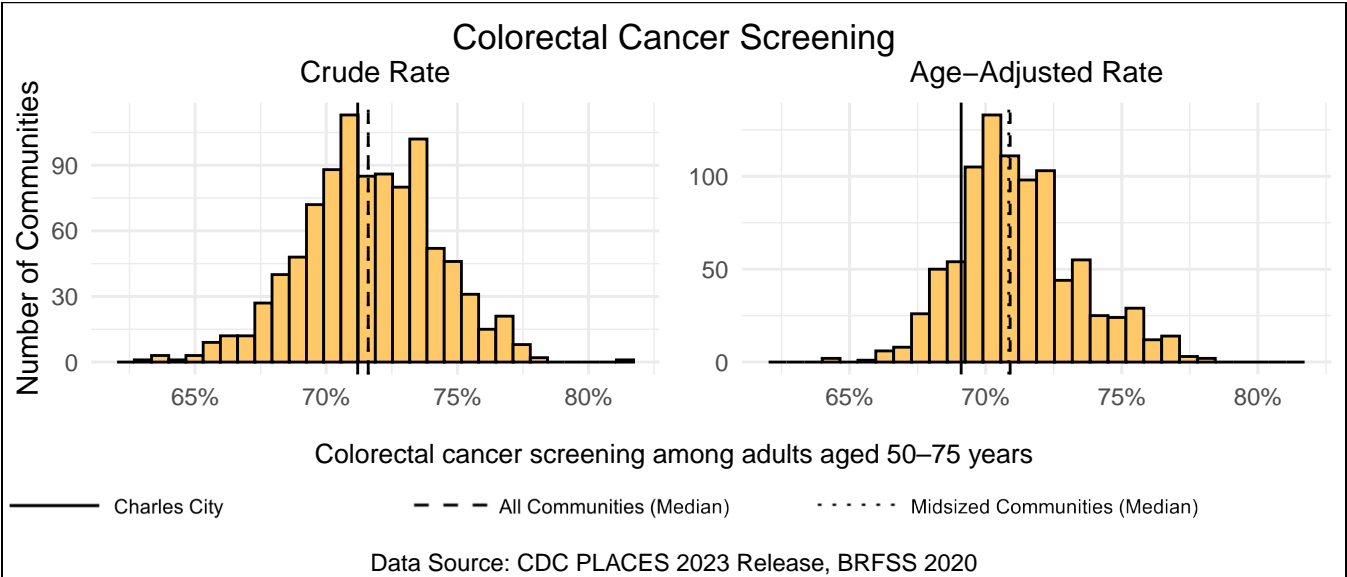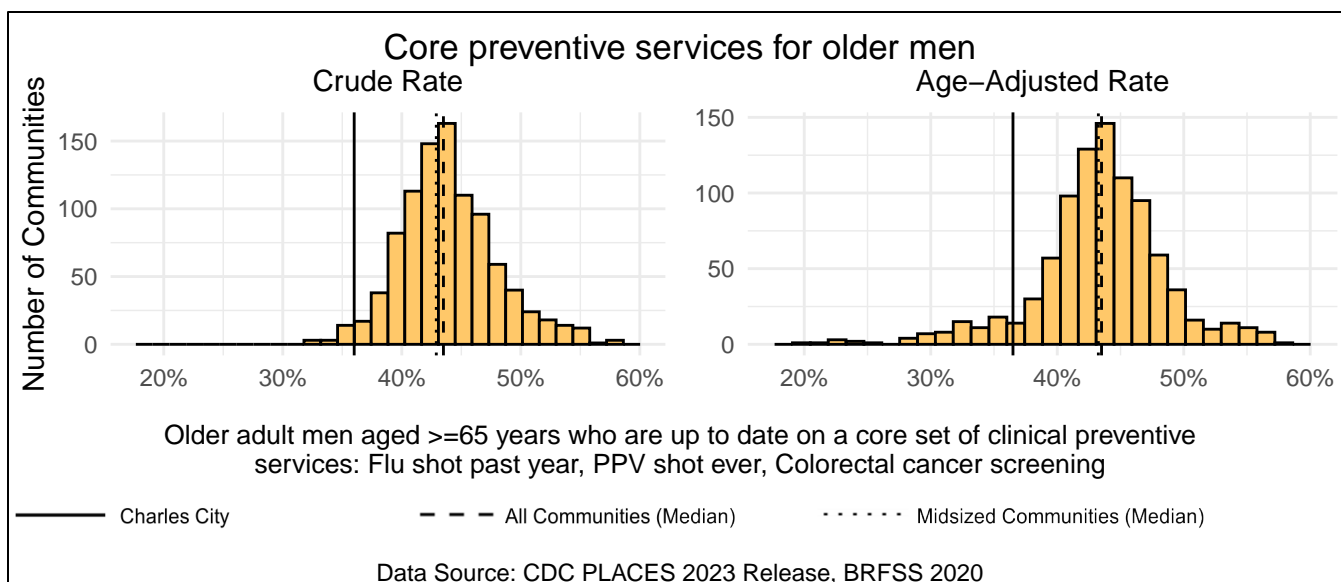
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	36.0%	43.5%	42.9%
Age-Adjusted	36.5%	43.5%	43.2%

Core preventive services for older men

Crude Rate

Age–Adjusted Rate

Number of Communities

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

— Charles City
— — All Communities (Median)
······ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Charles City has a crude rate of 36.0% 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 757th out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Charles City is 38.6%, which ranks 613th out of 905 Iowa communities (69th out of 102 midsized communities).
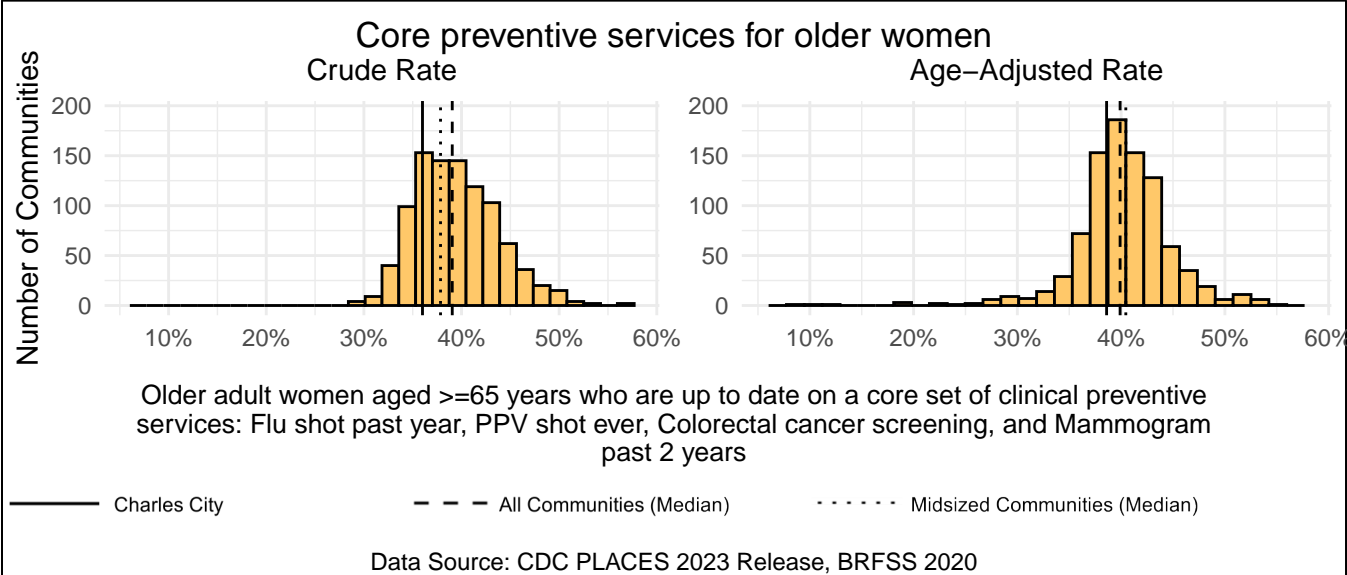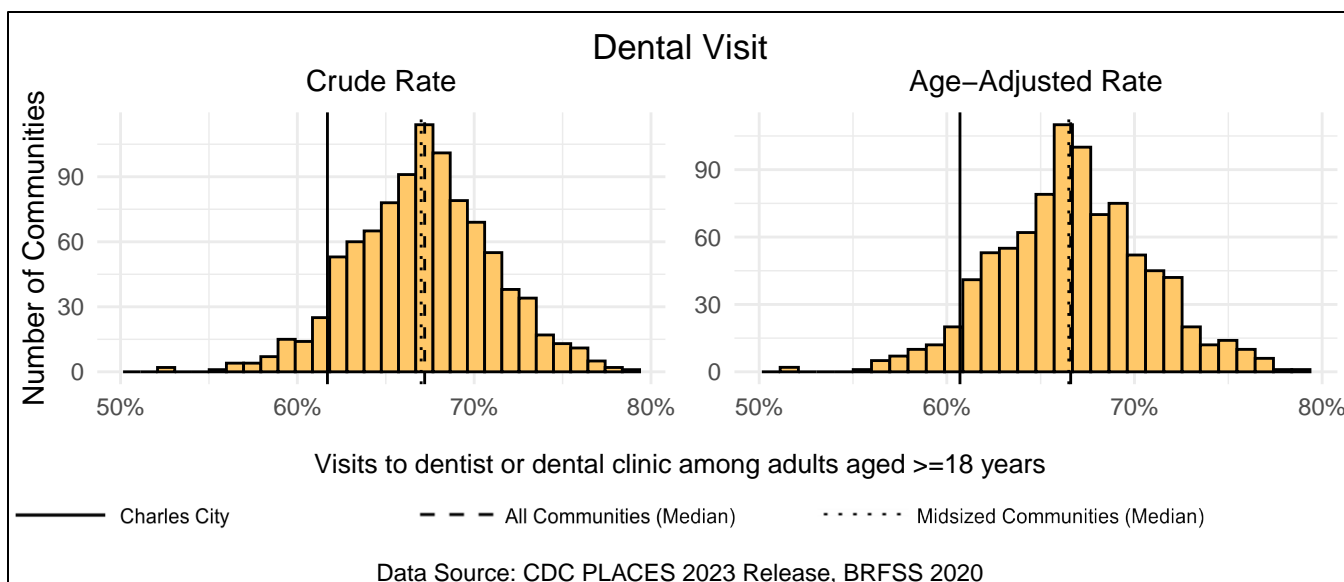
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	36.0%	39.0%	37.8%
Age-Adjusted	38.6%	39.9%	40.4%

Core preventive services for older women

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

Charles City — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Charles City has a crude rate of 61.7% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 893rd out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Charles City is 60.7%, which ranks 851st out of 905 Iowa communities (83rd out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	61.7%	67.2%	67.0%
Age-Adjusted	60.7%	66.6%	66.5%

Dental Visit

Crude Rate · Age–Adjusted Rate

Number of Communities

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

Charles City — — All Communities (Median) · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Charles City has a crude rate of 76.9% for mammography use among women aged 50–74 years, which ranks 338th out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Charles City is 73.2%, which ranks 579th out of 905 Iowa communities (67th out of 102 midsized communities).
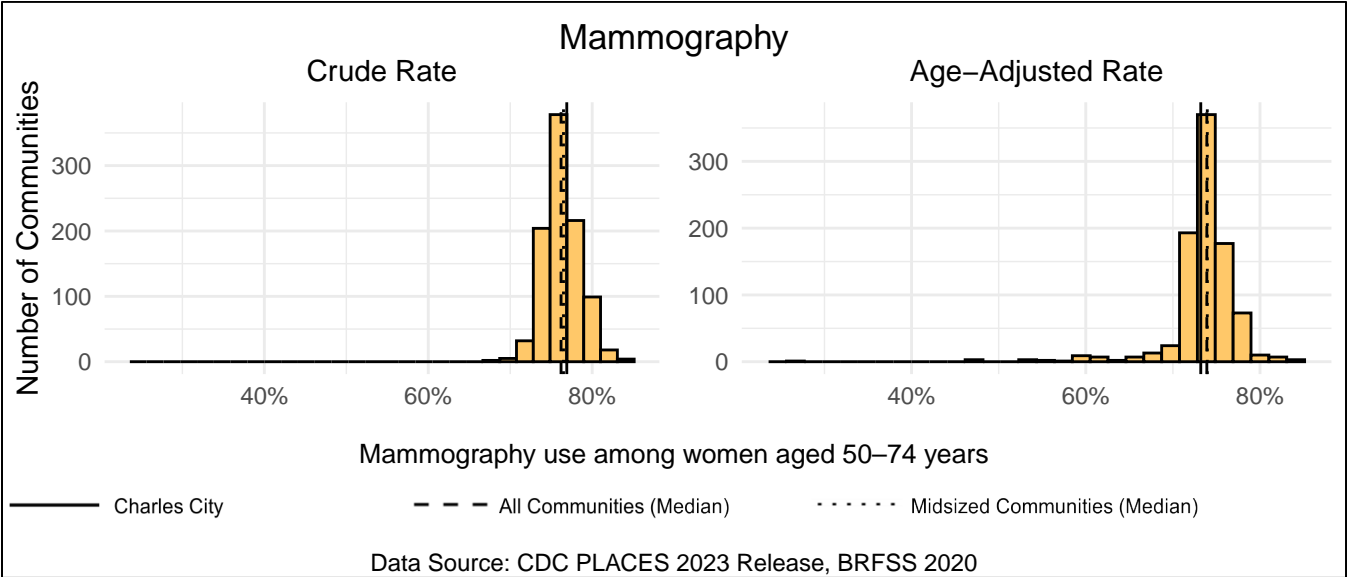
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	76.9%	76.2%	76.5%
Age-Adjusted	73.2%	73.9%	74.0%

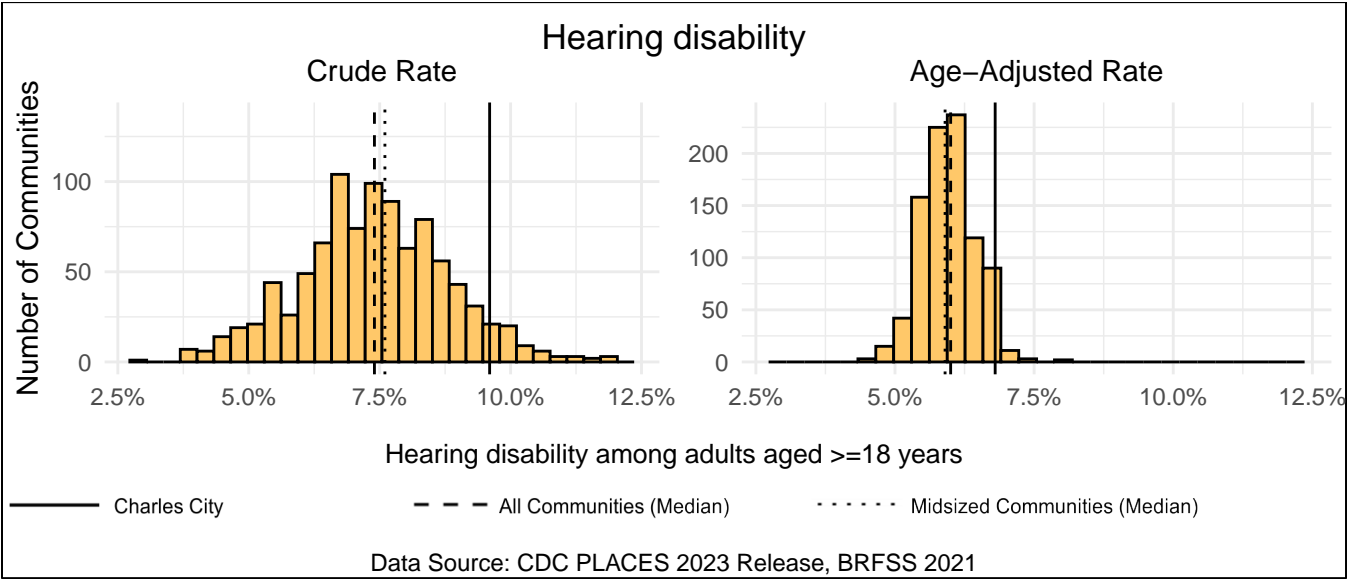Data Source: CDC PLACES 2023 Release, BRFSS 2020

Disability

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

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

Hearing disability

Charles City has a crude rate of 9.6% for hearing disability among adults aged >=18 years, which ranks 900th out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Charles City is 6.8%, which ranks 868th out of 905 Iowa communities (95th out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	9.6%	7.4%	7.6%
Age-Adjusted	6.8%	6.0%	5.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Charles City has a crude rate of 6.1% for vision disability among adults aged >=18 years, which ranks 944th out of 958 Iowa communities (98th out of 102 midsized communities). The age-adjusted rate for Charles City is 5.2%, which ranks 882nd out of 905 Iowa communities (94th out of 102 midsized communities).
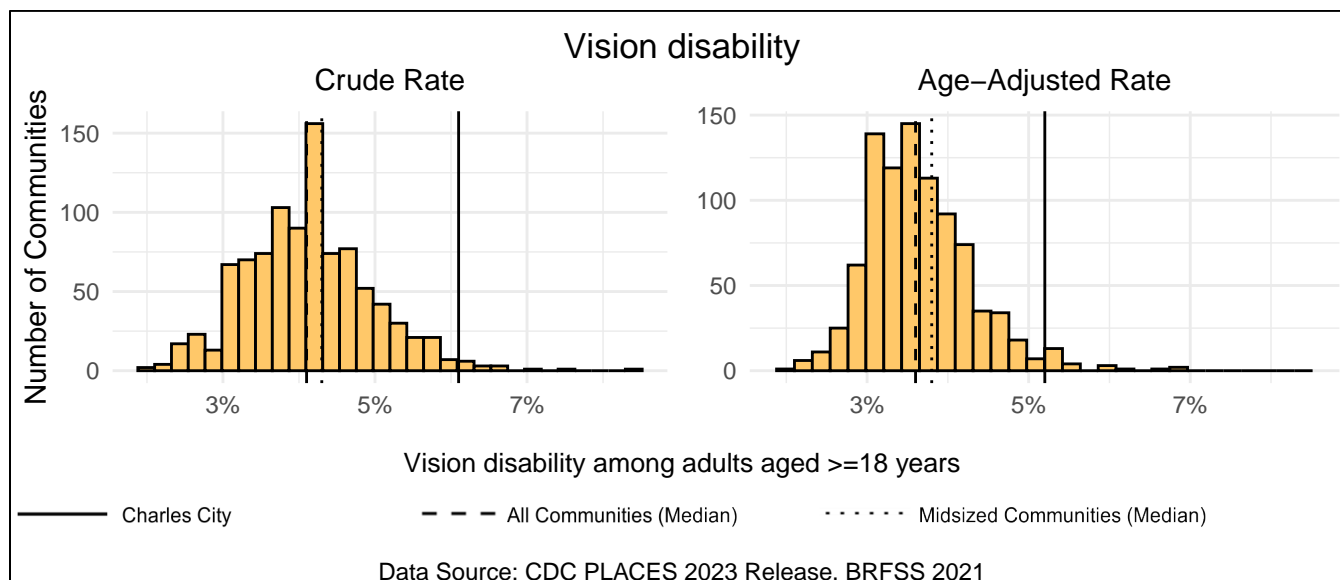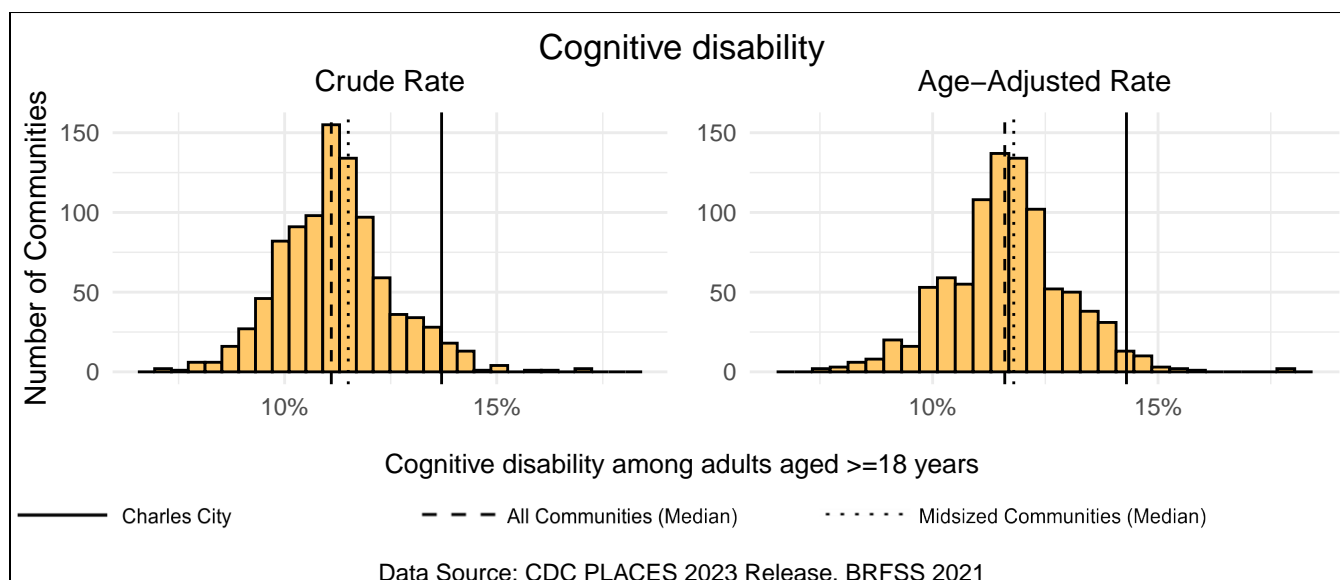
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	6.1%	4.1%	4.3%
Age-Adjusted	5.2%	3.6%	3.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Charles City has a crude rate of 13.7% for cognitive disability among adults aged >=18 years, which ranks 919th out of 958 Iowa communities (92nd out of 102 midsized communities). The age-adjusted rate for Charles City is 14.3%, which ranks 881st out of 905 Iowa communities (93rd out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	13.7%	11.1%	11.5%
Age-Adjusted	14.3%	11.6%	11.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Charles City has a crude rate of 15.7% for mobility disability among adults aged >=18 years, which ranks 915th out of 958 Iowa communities (100th out of 102 midsized communities). The age-adjusted rate for Charles City is 11.9%, which ranks 872nd out of 905 Iowa communities (92nd out of 102 midsized communities).

Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	15.7%	11.8%	12.1%
Age-Adjusted	11.9%	9.5%	9.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Charles City has a crude rate of 4.9% for self-care disability among adults aged >=18 years, which ranks 937th out of 958 Iowa communities (98th out of 102 midsized communities). The age-adjusted rate for Charles City is 4.2%, which ranks 888th out of 905 Iowa communities (97th out of 102 midsized communities).
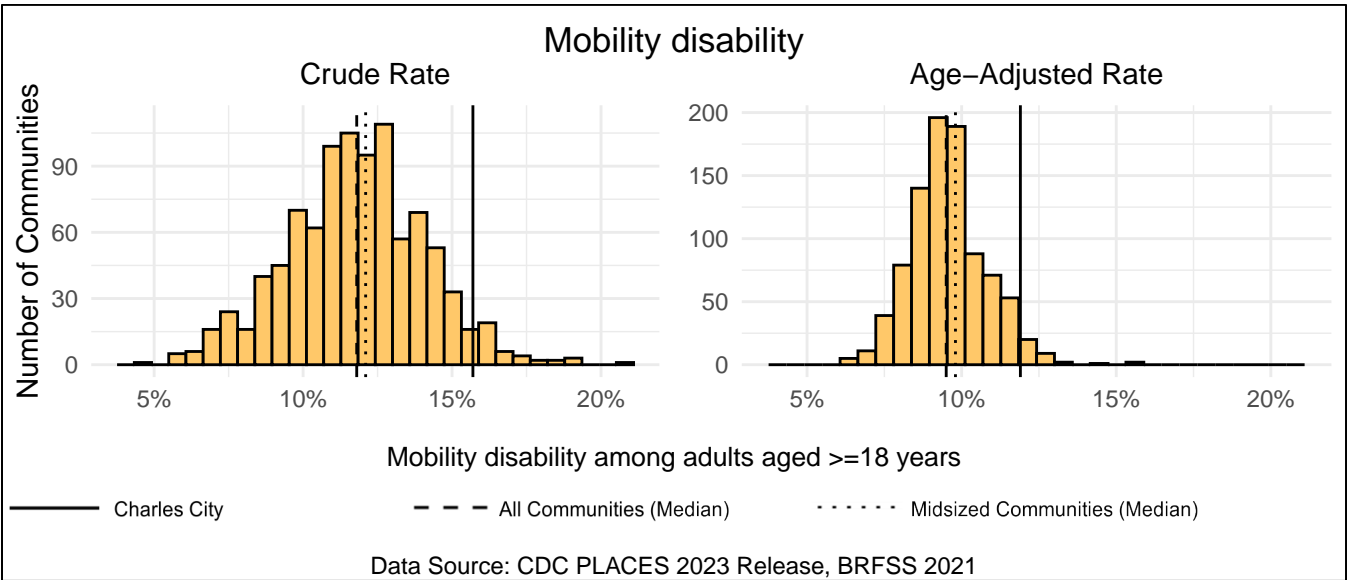
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	4.9%	3.4%	3.5%
Age-Adjusted	4.2%	2.9%	3.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Charles City has a crude rate of 9.2% for independent living disability among adults aged >=18 years, which ranks 945th out of 958 Iowa communities (99th out of 102 midsized communities). The age-adjusted rate for Charles City is 8.2%, which ranks 882nd out of 905 Iowa communities (94th out of 102 midsized communities).
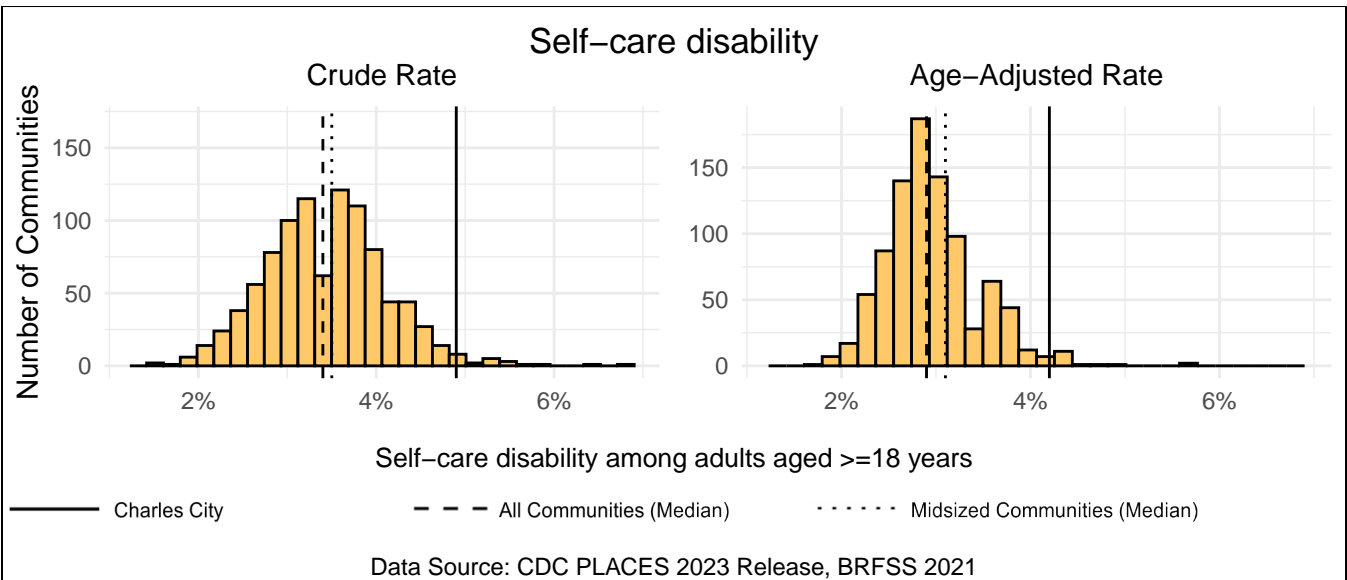
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	9.2%	6.6%	7.0%
Age-Adjusted	8.2%	6.2%	6.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Charles City has a crude rate of 31.2% for any disability among adults aged >=18 years, which ranks 928th out of 958 Iowa communities (97th out of 102 midsized communities). The age-adjusted rate for Charles City is 26.9%, which ranks 865th out of 905 Iowa communities (87th out of 102 midsized communities).
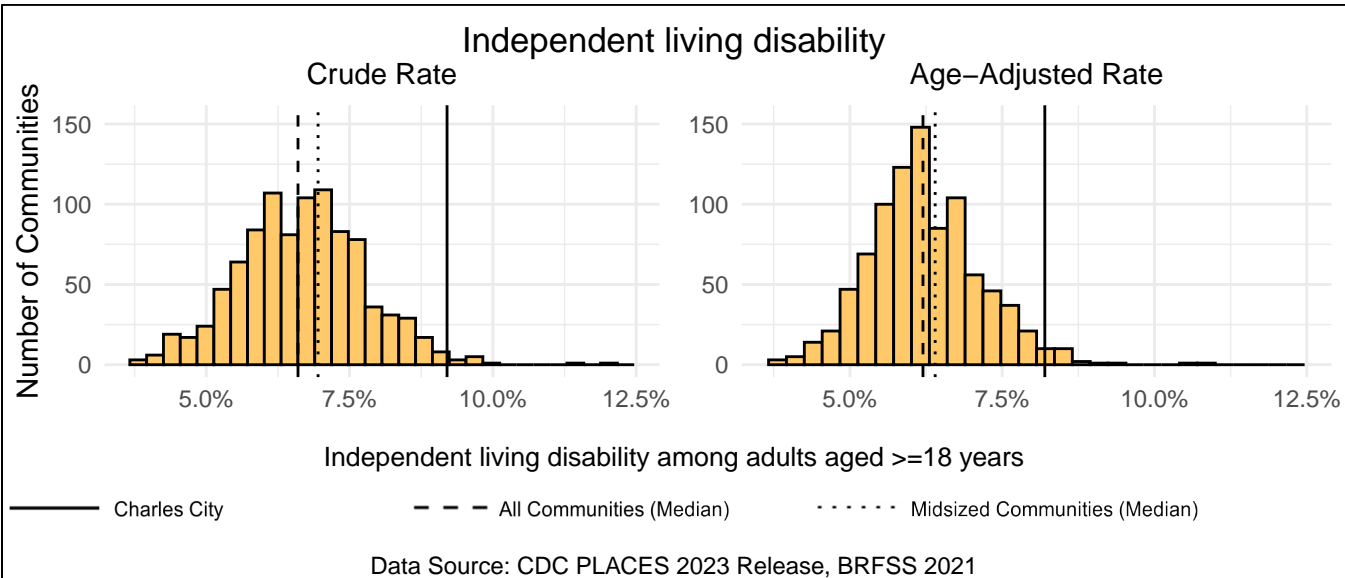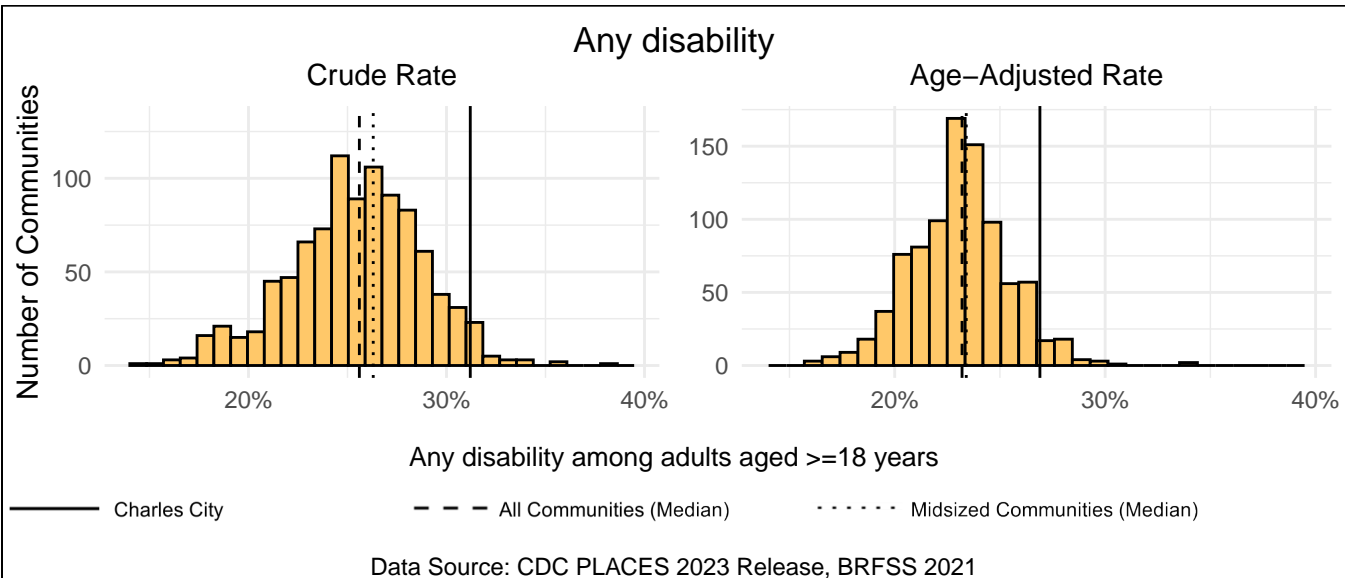
Measure Type	Charles City	All Comm.	Midsized Comm.
Crude	31.2%	25.6%	26.3%
Age-Adjusted	26.9%	23.2%	23.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

- PLACES Homepage
- Measure Definitions
- Methodology

Appendix 2: Charles City PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	931	18.6% (15.8% - 21.2%)	877	16.5% (14.1% - 19.0%)
Health Status	Mental Health	736	15.1% (13.2% - 17.2%)	834	16.9% (14.6% - 19.2%)
Health Status	Physical Health	921	13.0% (11.2% - 15.0%)	880	11.6% (10.1% - 13.2%)
Health Risk Behaviors	Current Smoking	842	19.2% (15.9% - 22.4%)	868	21.2% (17.4% - 25.2%)
Health Risk Behaviors	Binge Drinking	53	16.5% (13.7% - 19.5%)	24	19.7% (16.3% - 23.2%)
Health Risk Behaviors	Sleep <7 hours	521	30.5% (29.4% - 31.6%)	706	32.2% (31.0% - 33.4%)
Health Risk Behaviors	Physical Inactivity	897	30.7% (25.7% - 36.0%)	837	28.2% (23.4% - 33.1%)
Health Outcomes	All Teeth Lost	923	17.4% (11.9% - 23.6%)	871	16.8% (11.9% - 21.9%)
Health Outcomes	High Blood Pressure	864	36.7% (32.5% - 40.8%)	878	30.1% (26.3% - 33.9%)
Health Outcomes	Coronary Heart Disease	894	8.4% (7.4% - 9.5%)	865	5.8% (5.1% - 6.6%)
Health Outcomes	Diabetes	912	12.7% (10.9% - 14.6%)	879	10.1% (8.6% - 11.6%)
Health Outcomes	Obesity	708	39.1% (32.1% - 46.2%)	792	40.3% (33.4% - 47.4%)
Health Outcomes	High Cholesterol	482	36.3% (31.9% - 40.8%)	83	28.6% (24.6% - 33.0%)
Health Outcomes	Cancer (except skin)	745	9.1% (8.2% - 10.0%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Chronic Kidney Disease	890	4.0% (3.6% - 4.4%)	858	2.9% (2.6% - 3.2%)
Health Outcomes	Stroke	909	4.3% (3.7% - 4.9%)	882	3.1% (2.8% - 3.4%)
Health Outcomes	Depression	537	18.2% (15.0% - 21.5%)	657	19.7% (16.3% - 23.3%)
Health Outcomes	Current Asthma	868	9.9% (8.8% - 11.1%)	856	10.2% (9.0% - 11.5%)
Health Outcomes	COPD	917	9.7% (8.1% - 11.3%)	885	7.9% (6.7% - 9.2%)
Health Outcomes	Arthritis	732	30.2% (26.2% - 34.3%)	683	24.0% (20.6% - 27.6%)
Prevention	Mammography	338	76.9% (73.8% - 79.9%)	579	73.2% (69.5% - 76.5%)
Prevention	Health Insurance	898	9.6% (7.8% - 11.8%)	848	10.1% (8.0% - 12.4%)
Prevention	Colorectal Cancer Screening	530	71.2% (68.6% - 73.5%)	766	69.1% (66.5% - 71.6%)
Prevention	Core preventive services for older men	939	36.0% (30.1% - 42.7%)	830	36.5% (30.9% - 42.8%)
Prevention	Cervical Cancer Screening	909	80.4% (78.3% - 82.6%)	805	81.2% (79.0% - 83.1%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Annual Checkup	213	76.6% (72.2% - 80.6%)	333	72.9% (67.9% - 77.5%)
Prevention	Dental Visit	893	61.7% (58.6% - 65.0%)	851	60.7% (57.5% - 63.8%)
Prevention	Taking BP Medication	112	82.7% (80.0% - 84.9%)	15	61.8% (57.0% - 66.3%)
Prevention	Cholesterol Screening	781	80.5% (77.5% - 83.2%)	888	76.3% (72.7% - 79.6%)
Prevention	Core preventive services for older women	757	36.0% (30.2% - 42.3%)	613	38.6% (32.9% - 44.6%)
Disability	Cognitive Disability	919	13.7% (11.8% - 15.6%)	881	14.3% (12.2% - 16.5%)
Disability	Self-care Disability	937	4.9% (4.2% - 5.7%)	888	4.2% (3.6% - 4.7%)
Disability	Any Disability	928	31.2% (26.9% - 35.1%)	865	26.9% (23.1% - 31.0%)
Disability	Vision Disability	944	6.1% (5.2% - 7.0%)	882	5.2% (4.5% - 5.8%)
Disability	Hearing Disability	900	9.6% (8.4% - 10.7%)	868	6.8% (6.0% - 7.6%)
Disability	Mobility Disability	915	15.7% (13.2% - 18.4%)	872	11.9% (10.1% - 13.8%)
Disability	Independent Living Disability	945	9.2% (7.8% - 10.6%)	882	8.2% (7.1% - 9.5%)

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)

Charles City 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