



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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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

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Health in Cherokee: Overview

Dear Community Members & Stakeholders of Cherokee,

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 Cherokee ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Cherokee’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 Cherokee. 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	110th	9th	Binge Drinking	108th	25th
Taking BP Medication	190th	11th	Taking BP Medication	126th	27th
Annual Checkup	191st	16th	Annual Checkup	301st	39th
Depression	356th	34th	Cancer (except skin)	418th	41st
Cholesterol Screening	520th	39th	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
Obesity	926th	95th	Obesity	892nd	97th
High Blood Pressure	884th	101st	Sleep <7 hours	875th	94th
Self-care Disability	875th	85th	High Blood Pressure	856th	86th
Mobility Disability	873rd	88th	Colorectal Cancer Screening	824th	85th
Physical Inactivity	868th	81st	Diabetes	802nd	79th

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 Cherokee.

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

With a population of 5,154, Cherokee’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 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

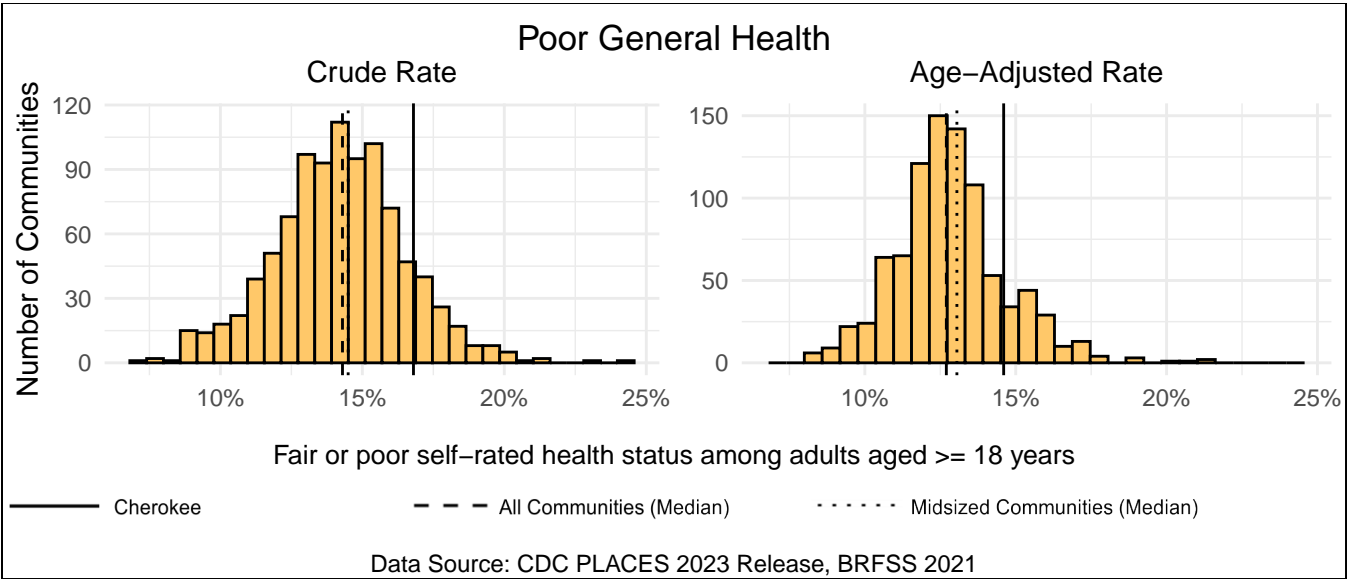
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Cherokee has a crude rate of 16.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 843rd out of 958 Iowa communities (79th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 14.6%, which ranks 765th out of 905 Iowa communities (73rd out of 102 mid-sized communities).

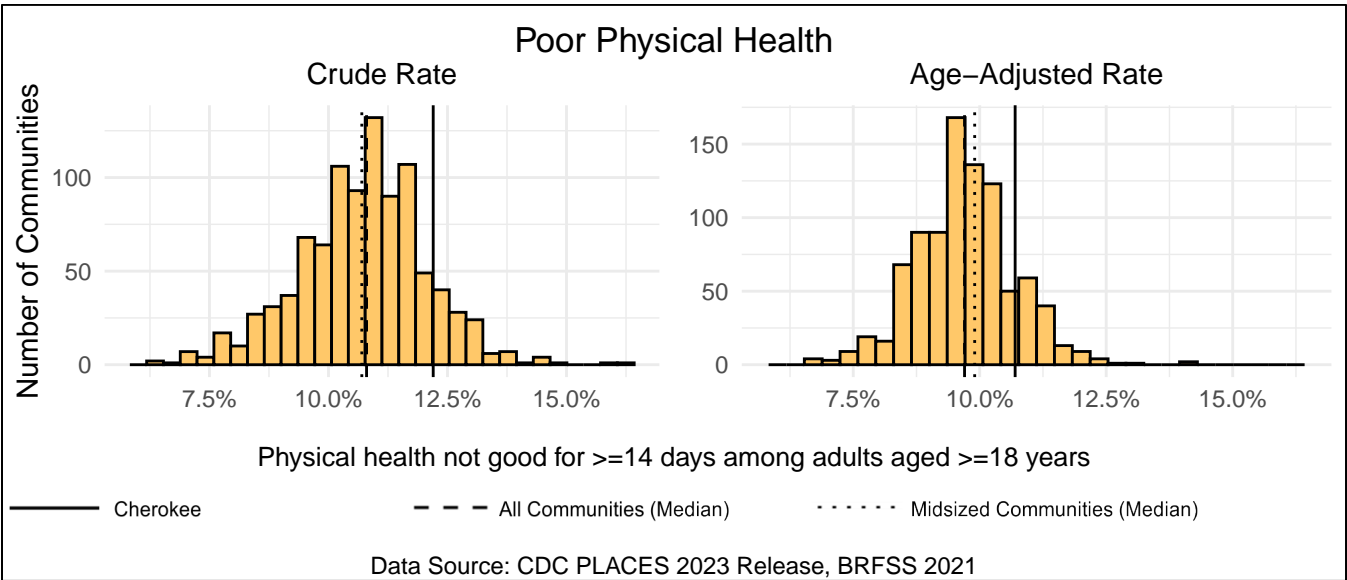
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	16.8%	14.3%	14.5%
Age-Adjusted	14.6%	12.7%	13.0%



Poor Physical Health

Cherokee has a crude rate of 12.2% for physical health not good for >=14 days among adults aged >=18 years, which ranks 846th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 10.7%, which ranks 757th out of 905 Iowa communities (74th out of 102 mid-sized communities).

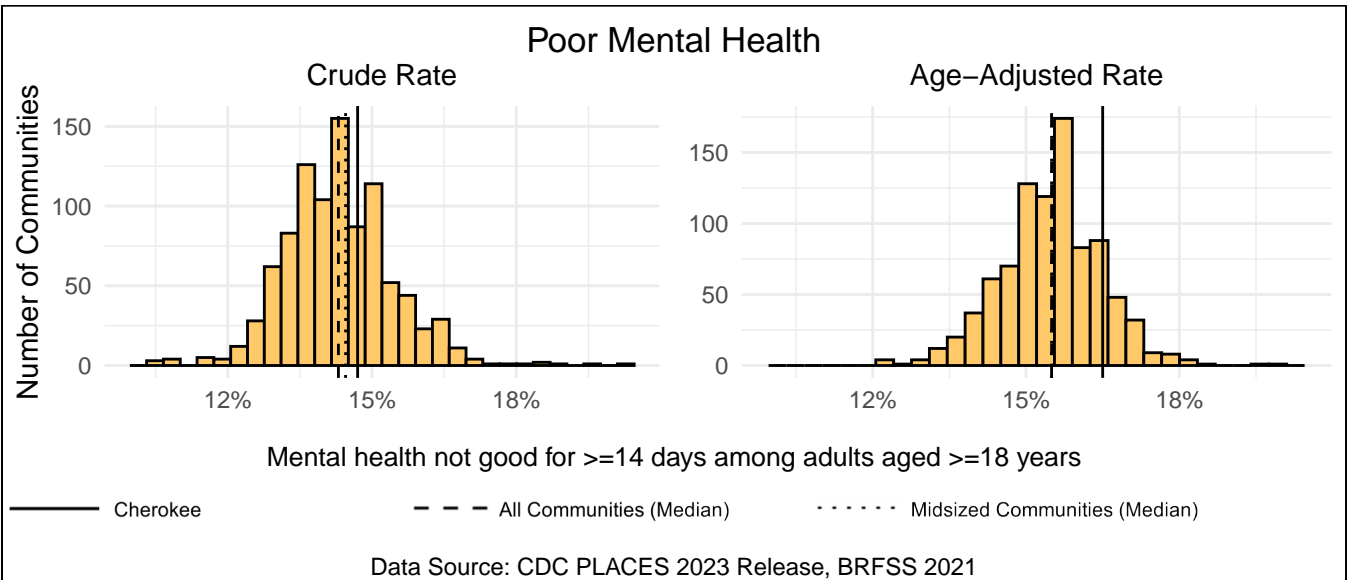
Measure Type	Cherokee	All Comm.	Mid-sized Comm.
Crude	12.2%	10.8%	10.7%
Age-Adjusted	10.7%	9.7%	9.9%



Poor Mental Health

Cherokee has a crude rate of 14.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 625th out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 16.5%, which ranks 765th out of 905 Iowa communities (80th out of 102 mid-sized communities).

Measure Type	Cherokee	All Comm.	Mid-sized Comm.
Crude	14.7%	14.3%	14.4%
Age-Adjusted	16.5%	15.5%	15.5%



Health Risk Behaviors

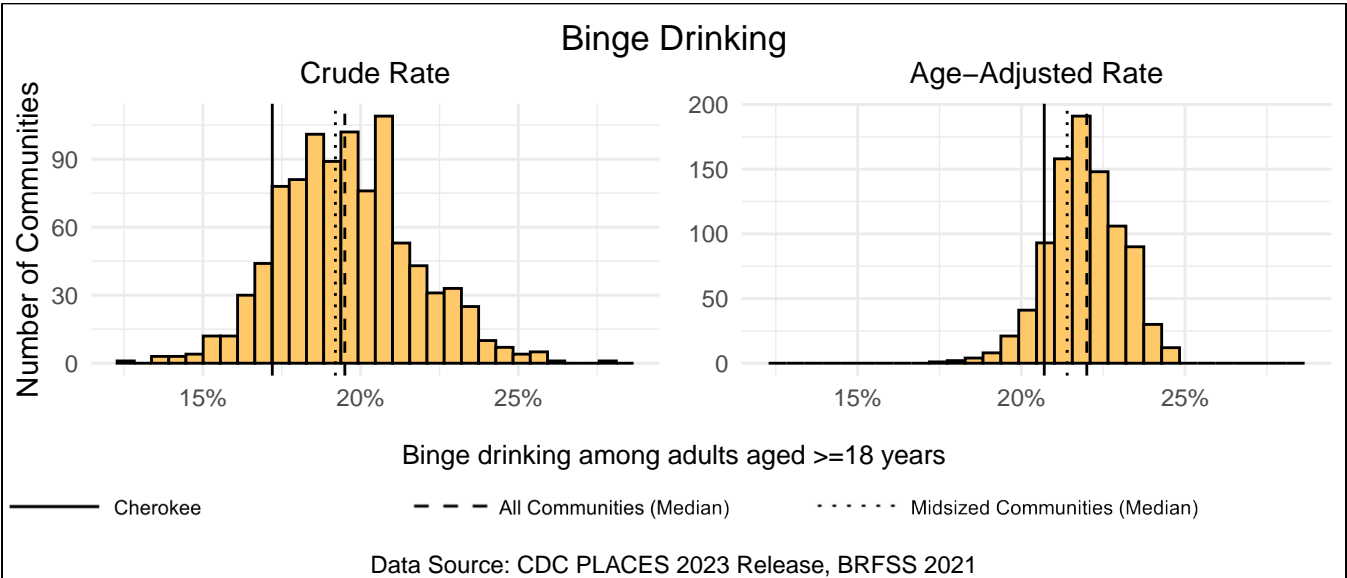
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Cherokee has a crude rate of 17.2% for binge drinking among adults aged ≥ 18 years, which ranks 110th out of 958 Iowa communities (9th out of 102 midsized communities). The age-adjusted rate for Cherokee is 20.7%, which ranks 108th out of 905 Iowa communities (25th out of 102 midsized communities).

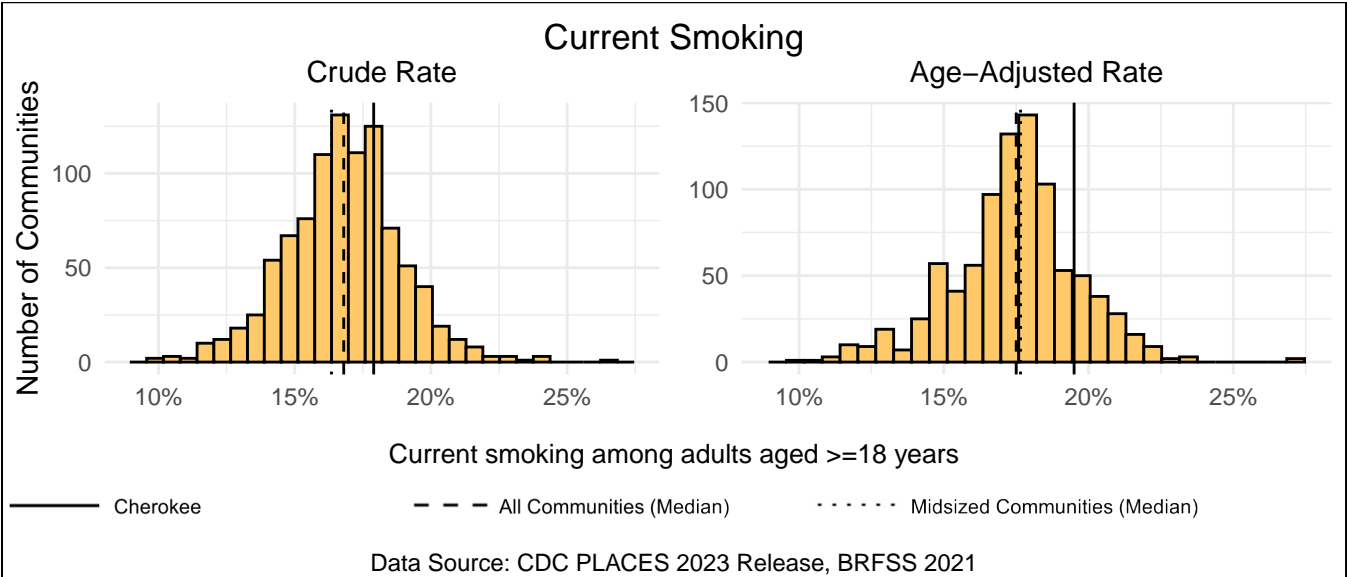
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	17.2%	19.5%	19.2%
Age-Adjusted	20.7%	22.0%	21.4%



Current Smoking

Cherokee has a crude rate of 17.9% for current smoking among adults aged ≥ 18 years, which ranks 679th out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 19.5%, which ranks 758th out of 905 Iowa communities (80th out of 102 mid-sized communities).

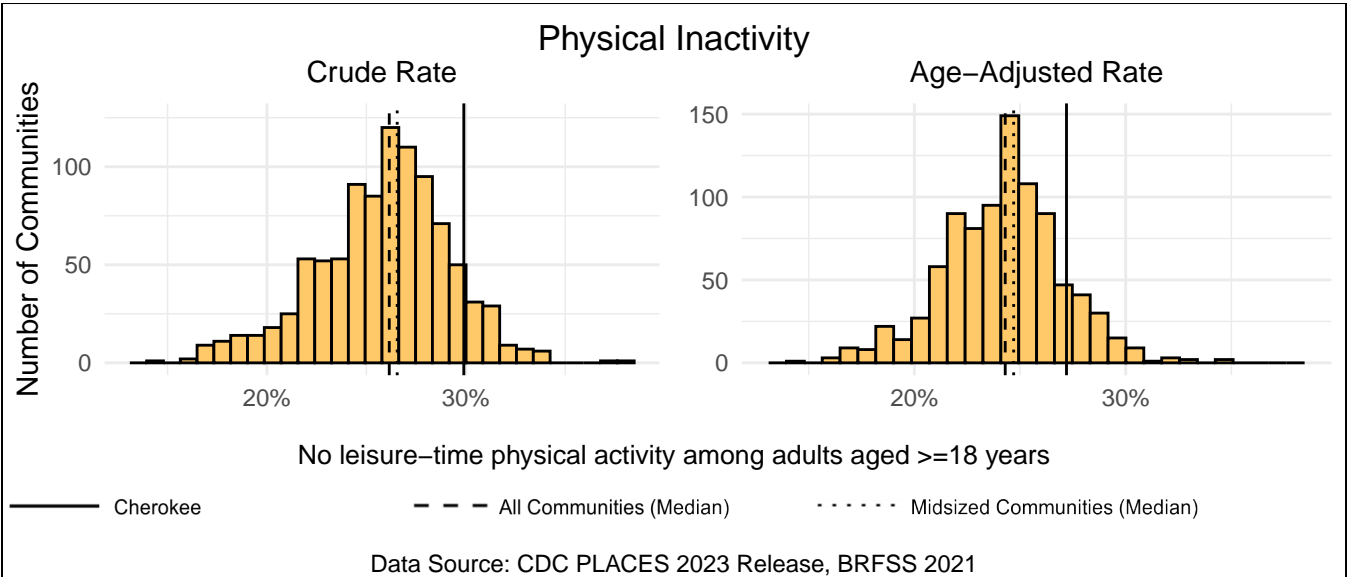
Measure Type	Cherokee	All Comm.	Mid-sized Comm.
Crude	17.9%	16.8%	16.4%
Age-Adjusted	19.5%	17.5%	17.6%



Physical Inactivity

Cherokee has a crude rate of 29.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 868th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 27.2%, which ranks 784th out of 905 Iowa communities (78th out of 102 mid-sized communities).

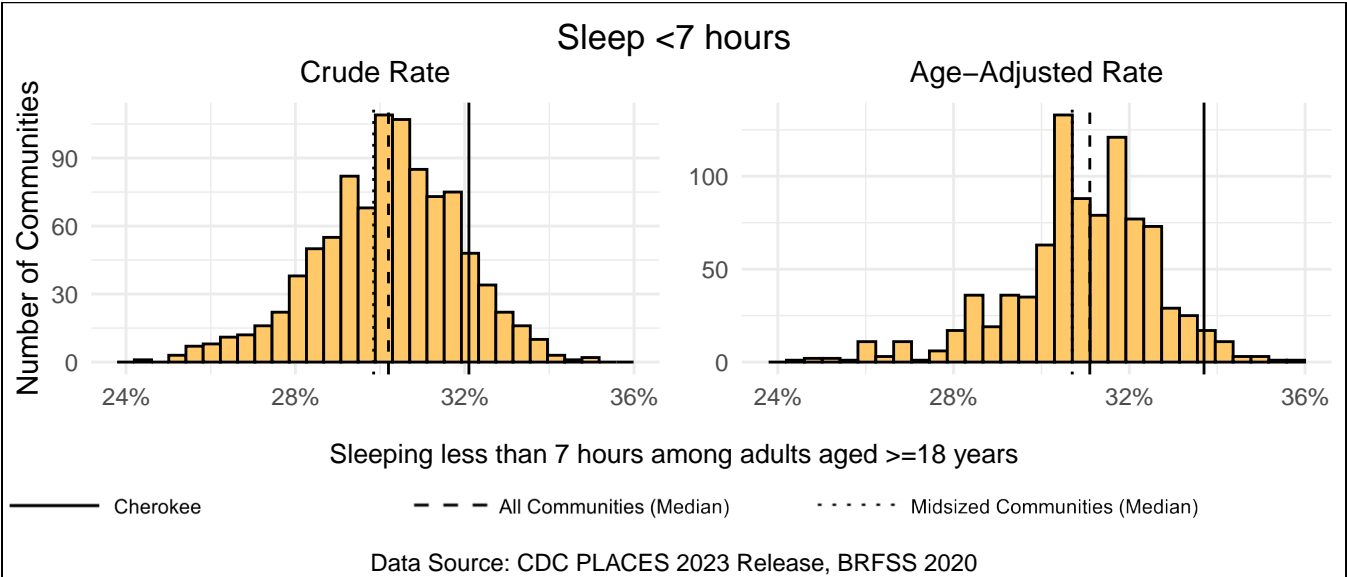
Measure Type	Cherokee	All Comm.	Mid-sized Comm.
Crude	29.9%	26.1%	26.6%
Age-Adjusted	27.2%	24.3%	24.7%



Sleep <7 hours

Cherokee has a crude rate of 32.1% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 33.7%, which ranks 875th out of 905 Iowa communities (94th out of 102 mid-sized communities).

Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	32.1%	30.2%	29.8%
Age-Adjusted	33.7%	31.1%	30.7%



Health Outcomes

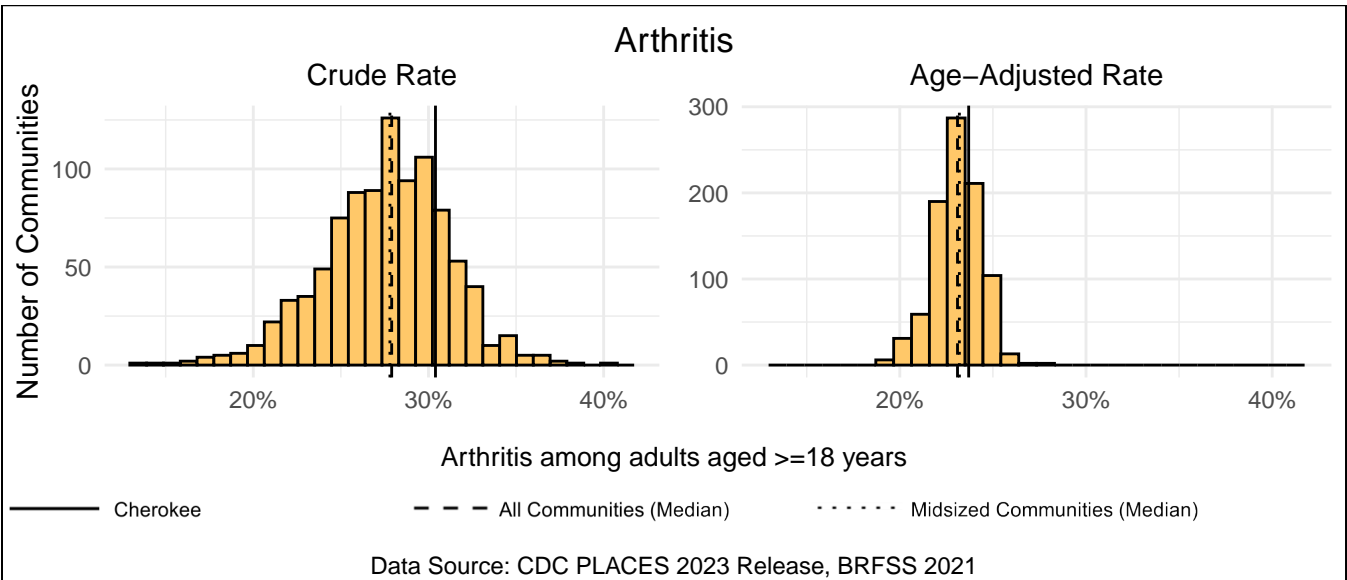
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Cherokee has a crude rate of 30.4% for arthritis among adults aged ≥ 18 years, which ranks 761st out of 958 Iowa communities (90th out of 102 midsize communities). The age-adjusted rate for Cherokee is 23.7%, which ranks 606th out of 905 Iowa communities (63rd out of 102 midsize communities).

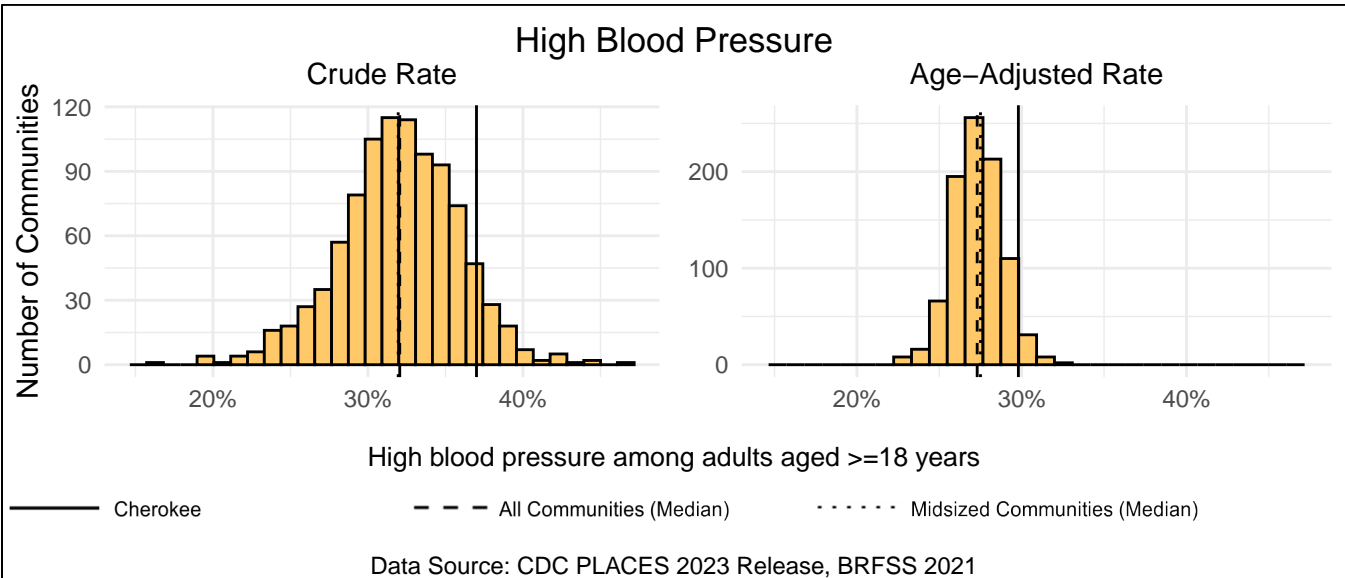
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	30.4%	27.9%	27.8%
Age-Adjusted	23.7%	23.1%	23.2%



High Blood Pressure

Cherokee has a crude rate of 37.0% for high blood pressure among adults aged ≥ 18 years, which ranks 884th out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Cherokee is 29.8%, which ranks 856th out of 905 Iowa communities (86th out of 102 midsized communities).

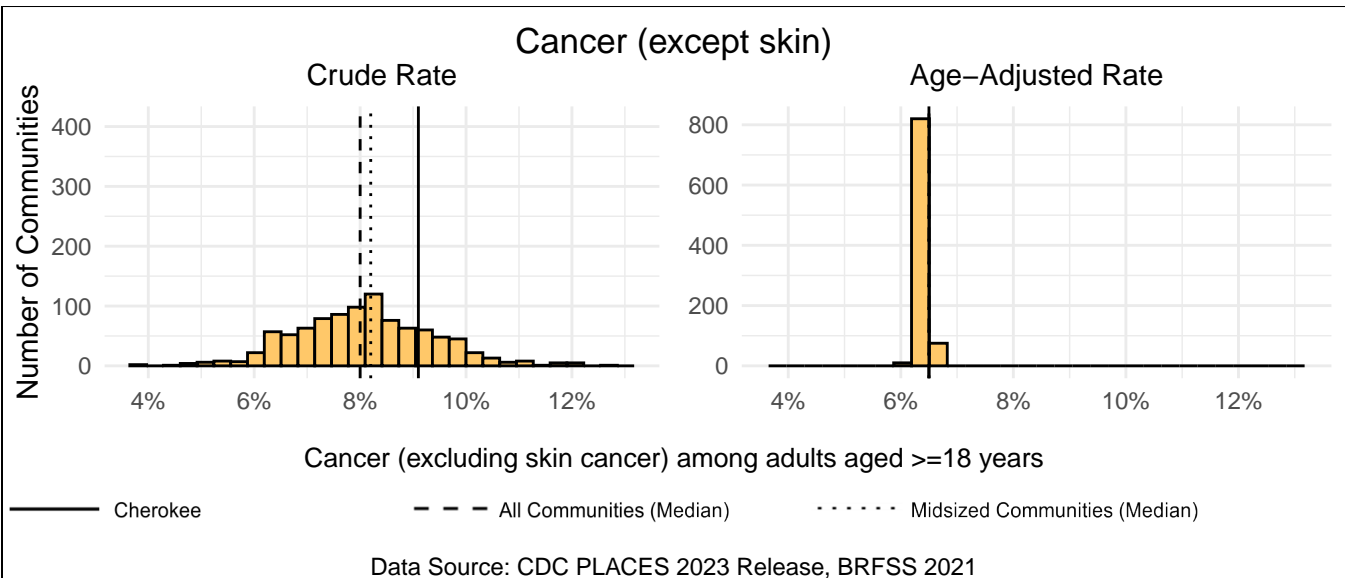
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	37.0%	32.0%	32.0%
Age-Adjusted	29.8%	27.3%	27.5%



Cancer (except skin)

Cherokee 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 Cherokee is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

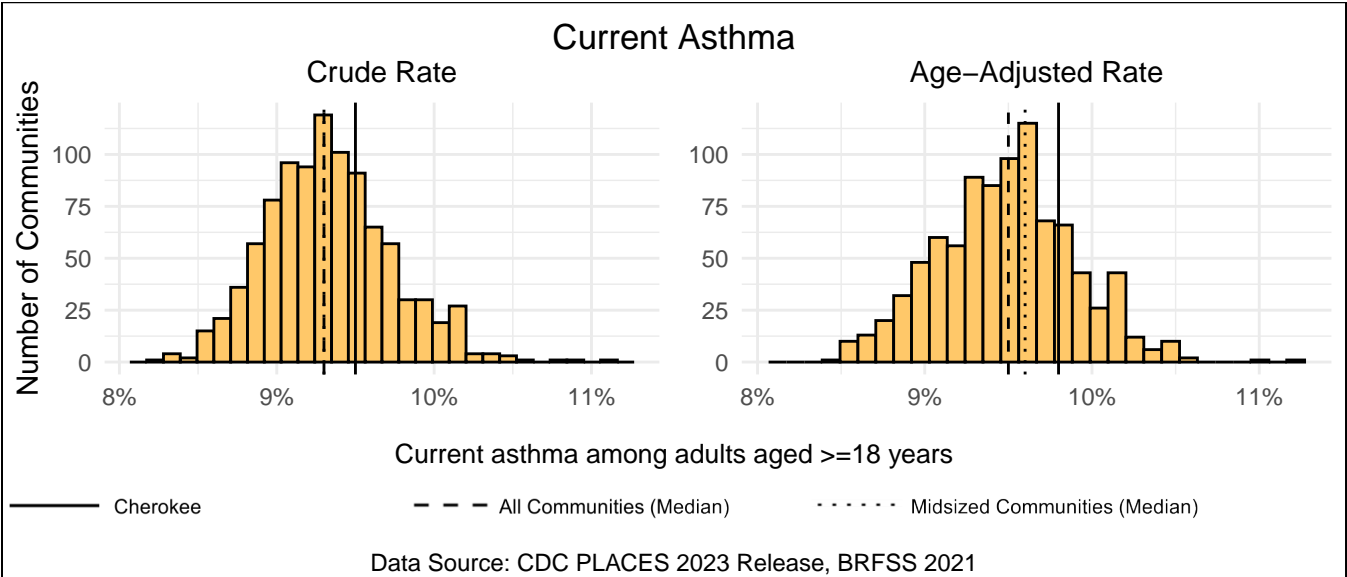
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	9.1%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Cherokee has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 9.8%, which ranks 696th out of 905 Iowa communities (75th out of 102 mid-sized communities).

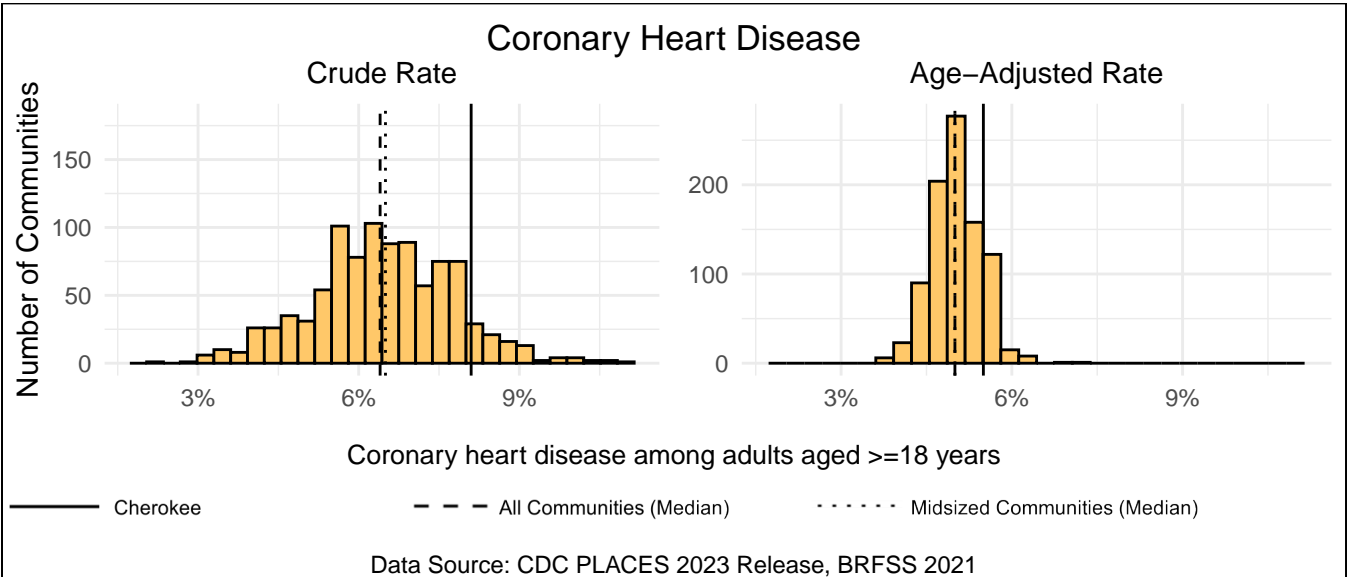
Measure Type	Cherokee	All Comm.	Mid-sized Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.6%



Coronary Heart Disease

Cherokee 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 mid-sized communities). The age-adjusted rate for Cherokee is 5.5%, which ranks 759th out of 905 Iowa communities (80th out of 102 mid-sized communities).

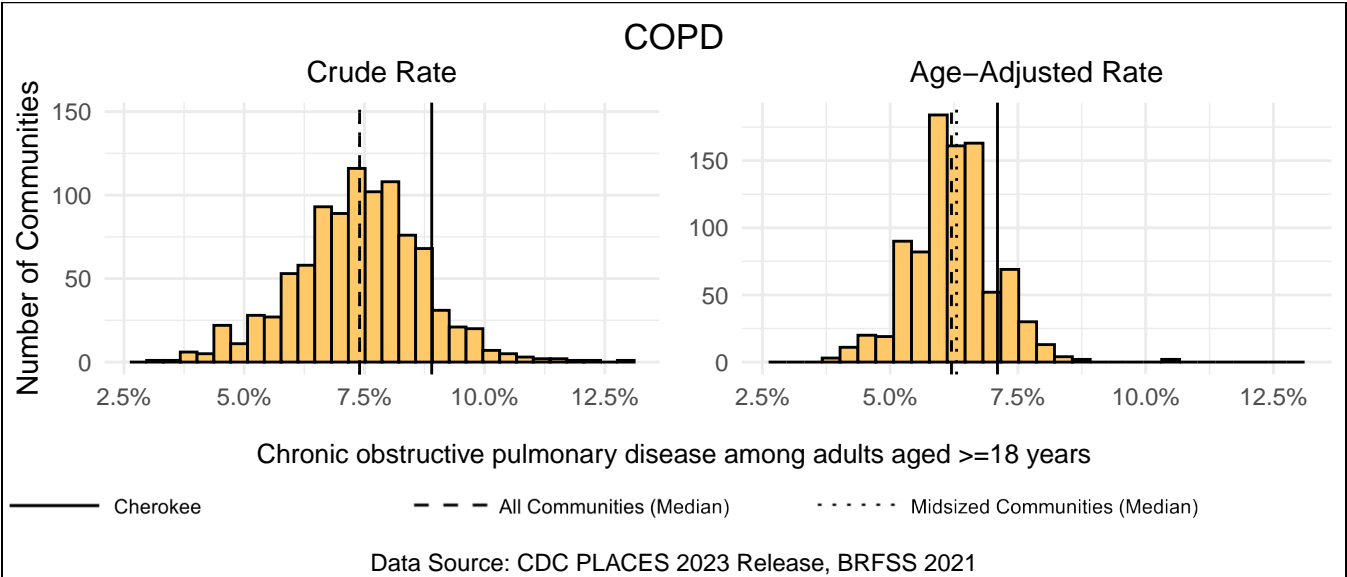
Measure Type	Cherokee	All Comm.	Mid-sized Comm.
Crude	8.1%	6.4%	6.5%
Age-Adjusted	5.5%	5.0%	5.0%



COPD

Cherokee has a crude rate of 8.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 847th out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Cherokee is 7.1%, which ranks 765th out of 905 Iowa communities (75th out of 102 midsized communities).

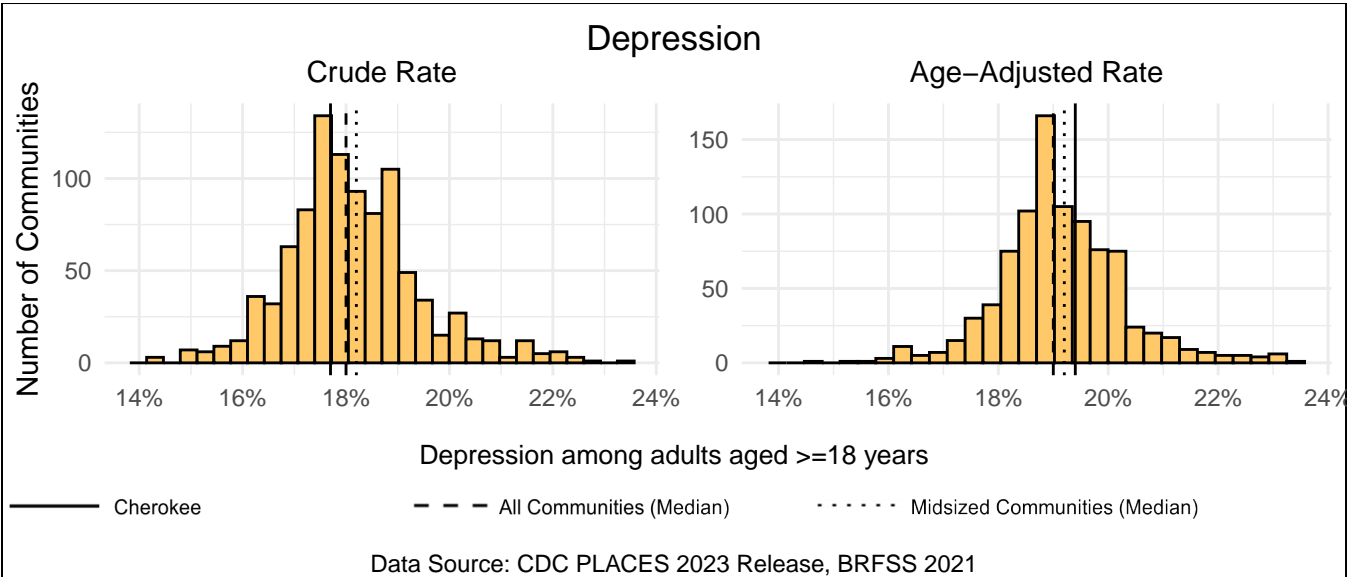
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	8.9%	7.4%	7.4%
Age-Adjusted	7.1%	6.2%	6.3%



Depression

Cherokee has a crude rate of 17.7% for depression among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Cherokee is 19.4%, which ranks 562nd out of 905 Iowa communities (58th out of 102 midsized communities).

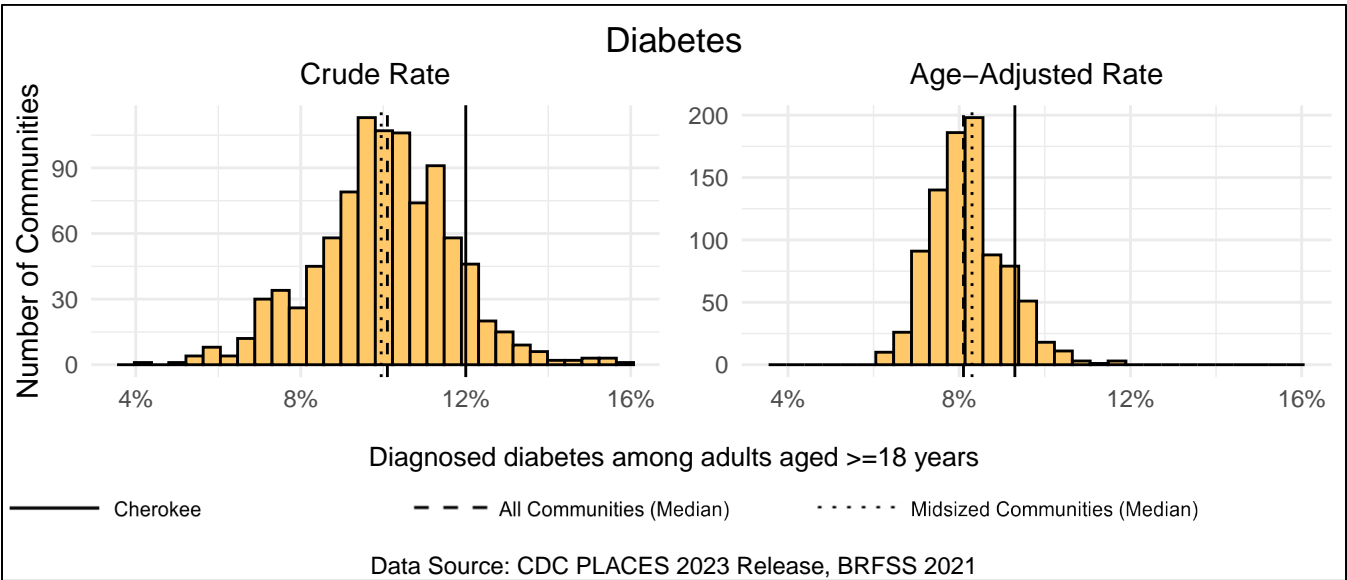
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	17.7%	18.0%	18.2%
Age-Adjusted	19.4%	19.0%	19.2%



Diabetes

Cherokee has a crude rate of 12.0% for diagnosed diabetes among adults aged >=18 years, which ranks 862nd out of 958 Iowa communities (89th out of 102 midsize communities). The age-adjusted rate for Cherokee is 9.3%, which ranks 802nd out of 905 Iowa communities (79th out of 102 midsize communities).

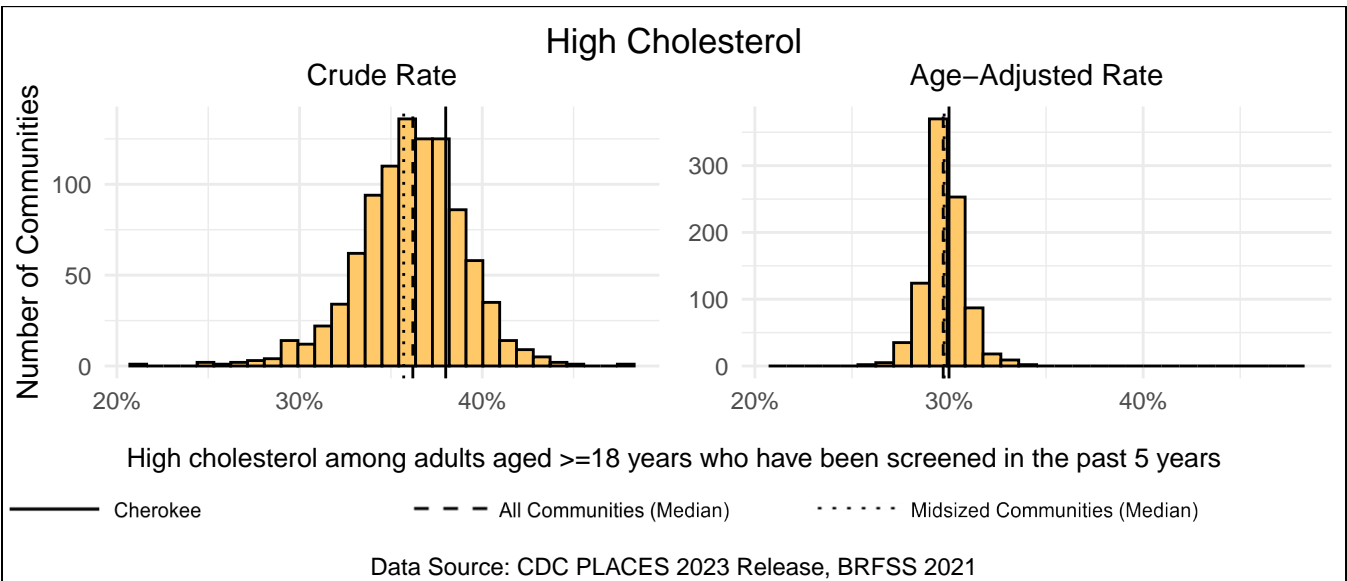
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	12.0%	10.1%	9.9%
Age-Adjusted	9.3%	8.1%	8.3%



High Cholesterol

Cherokee has a crude rate of 38.0% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 720th out of 958 Iowa communities (88th out of 102 midsize communities). The age-adjusted rate for Cherokee is 30.0%, which ranks 537th out of 905 Iowa communities (58th out of 102 midsize communities).

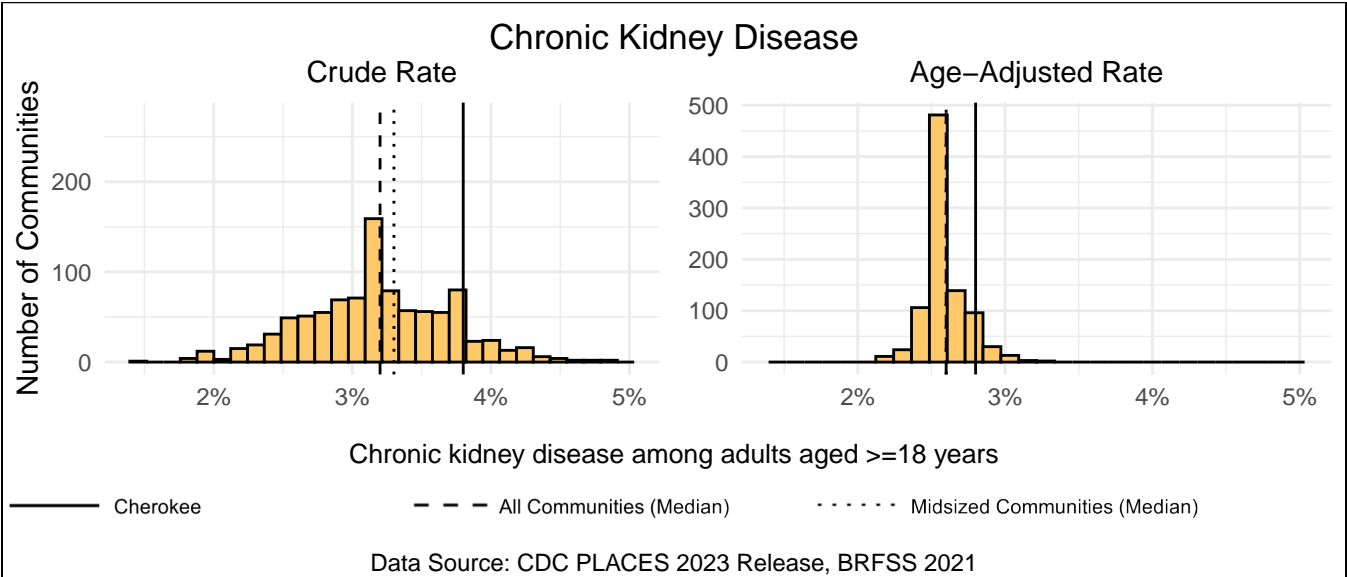
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	38.0%	36.2%	35.7%
Age-Adjusted	30.0%	29.7%	29.8%



Chronic Kidney Disease

Cherokee 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 Cherokee is 2.8%, which ranks 762nd out of 905 Iowa communities (74th out of 102 midsized communities).

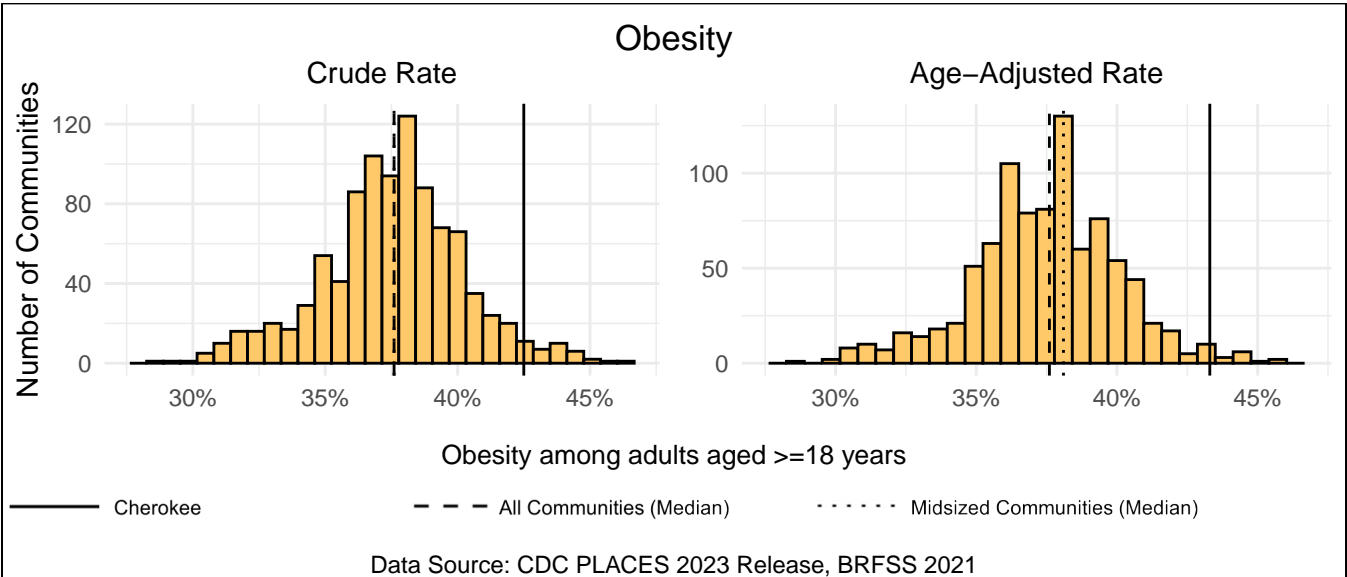
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	3.8%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Cherokee has a crude rate of 42.5% for obesity among adults aged >=18 years, which ranks 926th out of 958 Iowa communities (95th out of 102 midsized communities). The age-adjusted rate for Cherokee is 43.3%, which ranks 892nd out of 905 Iowa communities (97th out of 102 midsized communities).

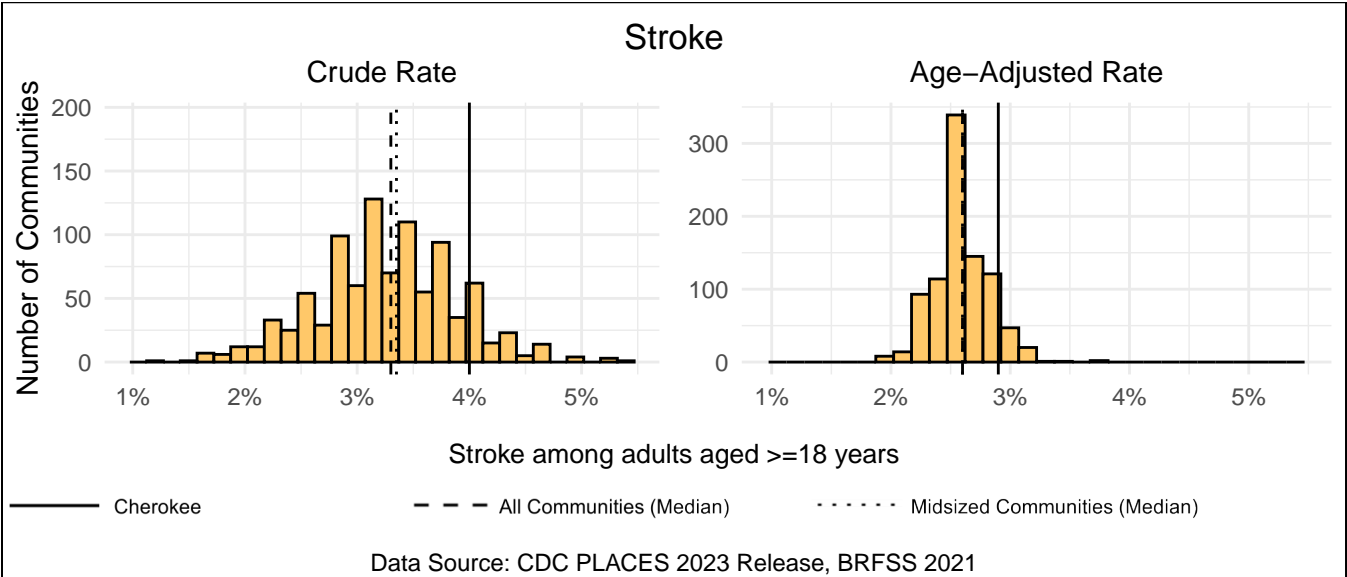
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	42.5%	37.6%	37.6%
Age-Adjusted	43.3%	37.6%	38.1%



Stroke

Cherokee has a crude rate of 4.0% for stroke among adults aged ≥ 18 years, which ranks 832nd out of 958 Iowa communities (88th out of 102 midsize communities). The age-adjusted rate for Cherokee is 2.9%, which ranks 781st out of 905 Iowa communities (79th out of 102 midsize communities).

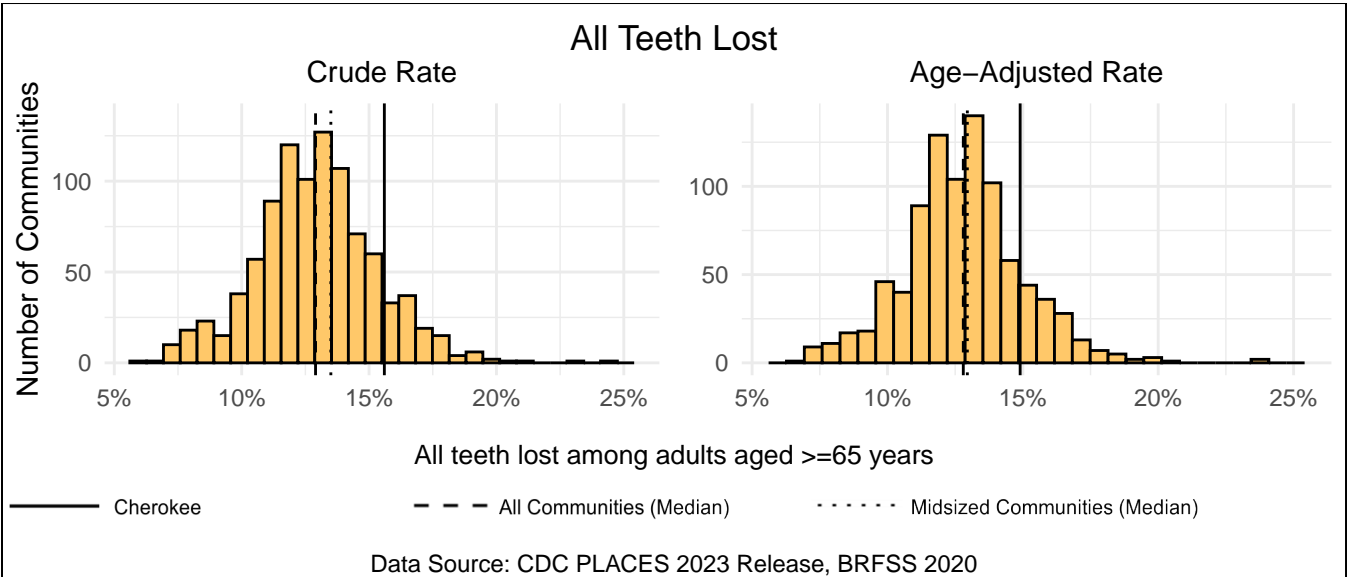
Measure Type	Cherokee	All Comm.	Midsize Comm.
Crude	4.0%	3.3%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



All Teeth Lost

Cherokee has a crude rate of 15.6% for all teeth lost among adults aged ≥ 65 years, which ranks 839th out of 958 Iowa communities (78th out of 102 midsize communities). The age-adjusted rate for Cherokee is 14.9%, which ranks 765th out of 905 Iowa communities (76th out of 102 midsize communities).

Measure Type	Cherokee	All Comm.	Midsize Comm.
Crude	15.6%	12.9%	13.5%
Age-Adjusted	14.9%	12.8%	12.9%



Prevention

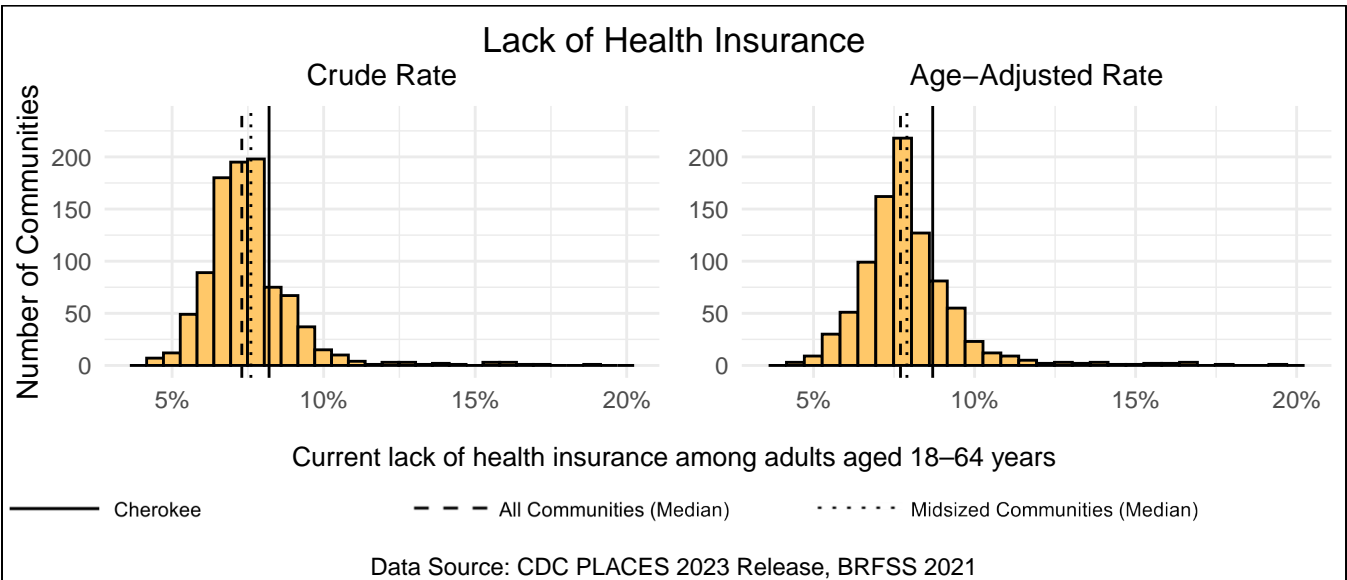
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Cherokee has a crude rate of 8.2% for current lack of health insurance among adults aged 18–64 years, which ranks 752nd out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Cherokee is 8.7%, which ranks 719th out of 905 Iowa communities (63rd out of 102 midsize communities).

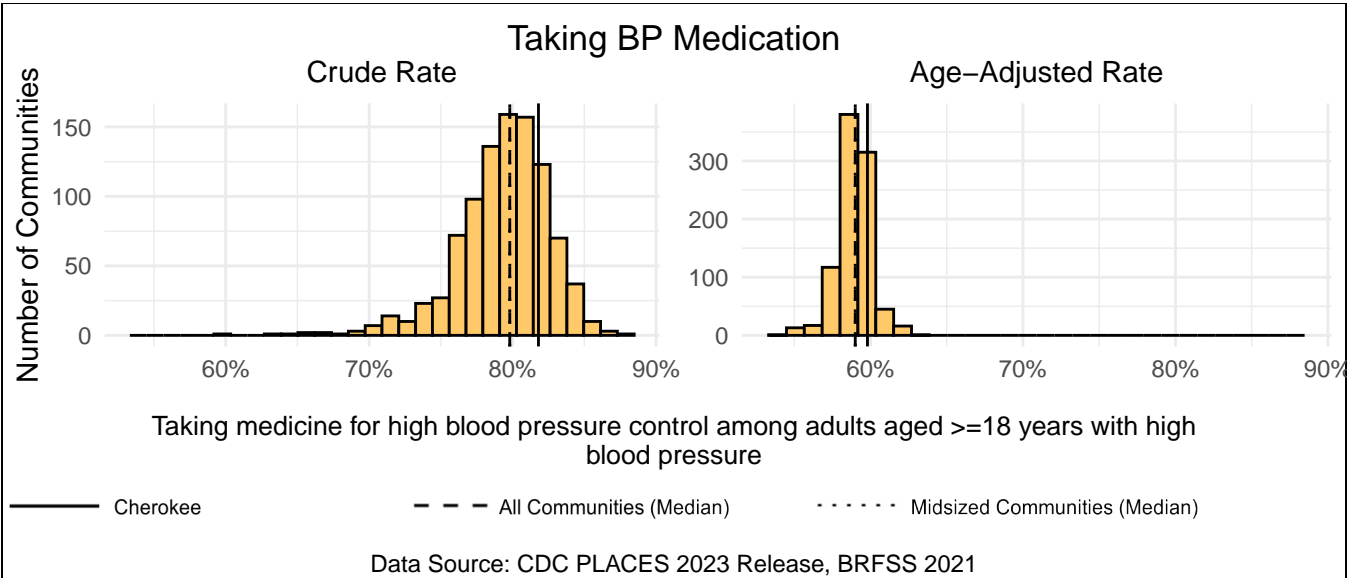
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	8.2%	7.3%	7.6%
Age-Adjusted	8.7%	7.7%	7.9%



Taking BP Medication

Cherokee has a crude rate of 81.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 190th out of 958 lowa communities (11th out of 102 midsize communities). The age-adjusted rate for Cherokee is 59.8%, which ranks 126th out of 905 lowa communities (27th out of 102 midsize communities).

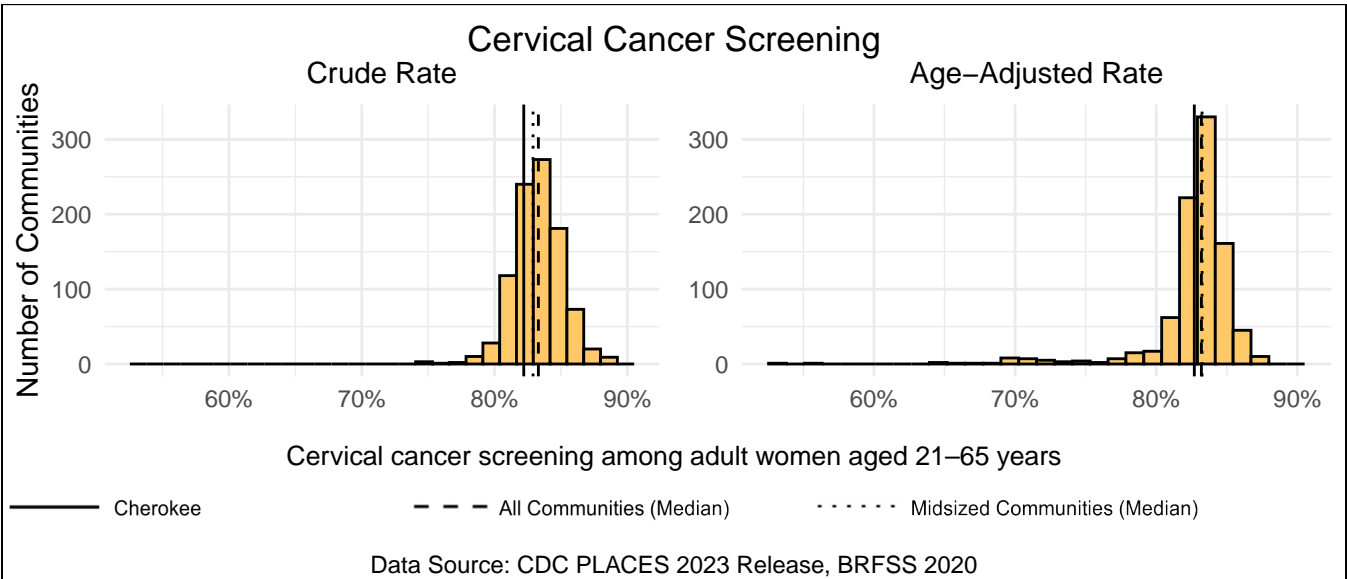
Measure Type	Cherokee	All Comm.	Midsize Comm.
Crude	81.8%	79.8%	79.8%
Age-Adjusted	59.8%	59.0%	59.0%



Cervical Cancer Screening

Cherokee has a crude rate of 82.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 710th out of 958 lowa communities (64th out of 102 midsize communities). The age-adjusted rate for Cherokee is 82.7%, which ranks 603rd out of 905 lowa communities (68th out of 102 midsize communities).

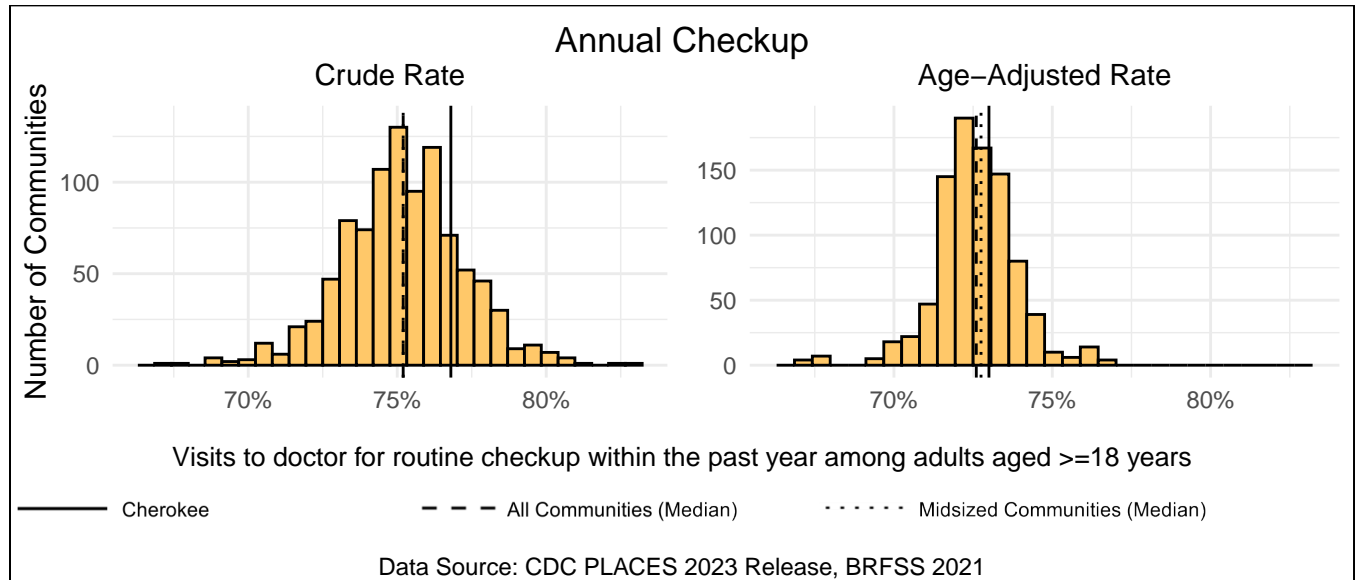
Measure Type	Cherokee	All Comm.	Midsize Comm.
Crude	82.2%	83.3%	82.9%
Age-Adjusted	82.7%	83.2%	83.2%



Annual Checkup

Cherokee has a crude rate of 76.8% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 191st out of 958 Iowa communities (16th out of 102 midsize communities). The age-adjusted rate for Cherokee is 73.0%, which ranks 301st out of 905 Iowa communities (39th out of 102 midsize communities).

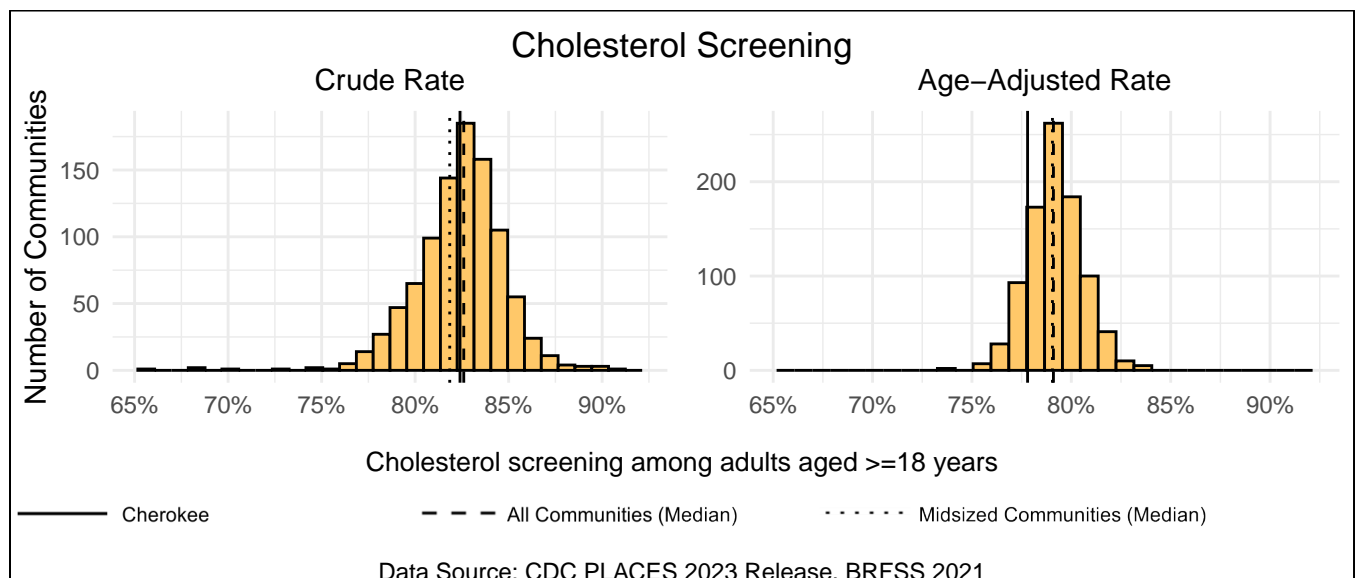
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	76.8%	75.2%	75.2%
Age-Adjusted	73.0%	72.6%	72.8%



Cholesterol Screening

Cherokee has a crude rate of 82.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 520th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Cherokee is 77.8%, which ranks 762nd out of 905 Iowa communities (77th out of 102 midsize communities).

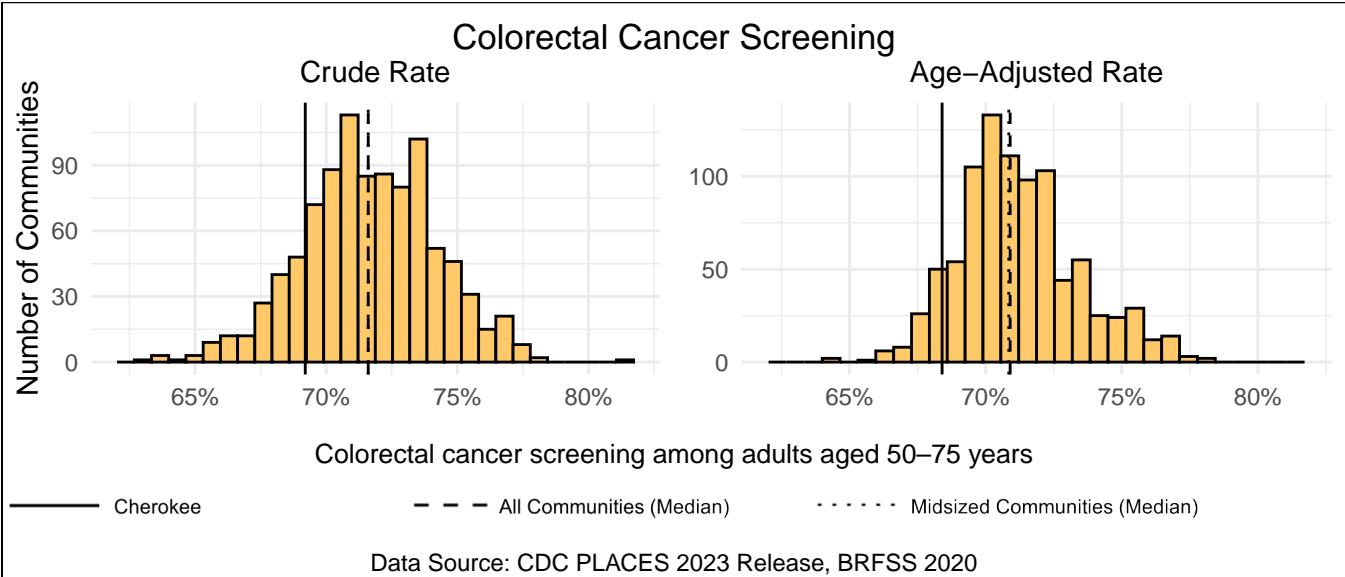
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	82.4%	82.6%	81.8%
Age-Adjusted	77.8%	79.1%	79.0%



Colorectal Cancer Screening

Cherokee has a crude rate of 69.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 803rd out of 958 Iowa communities (86th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 68.4%, which ranks 824th out of 905 Iowa communities (85th out of 102 mid-sized communities).

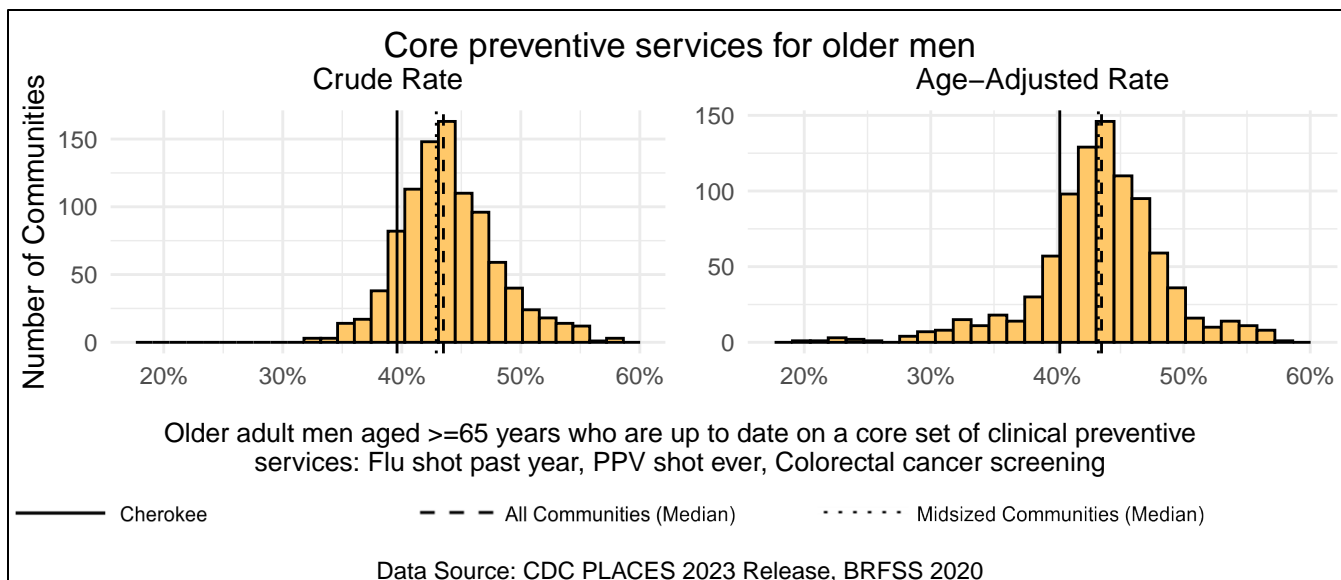
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	69.2%	71.6%	71.6%
Age-Adjusted	68.4%	70.9%	70.8%



Core preventive services for older men

Cherokee has a crude rate of 39.6% 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 848th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 40.2%, which ranks 734th out of 905 Iowa communities (84th out of 102 mid-sized communities).

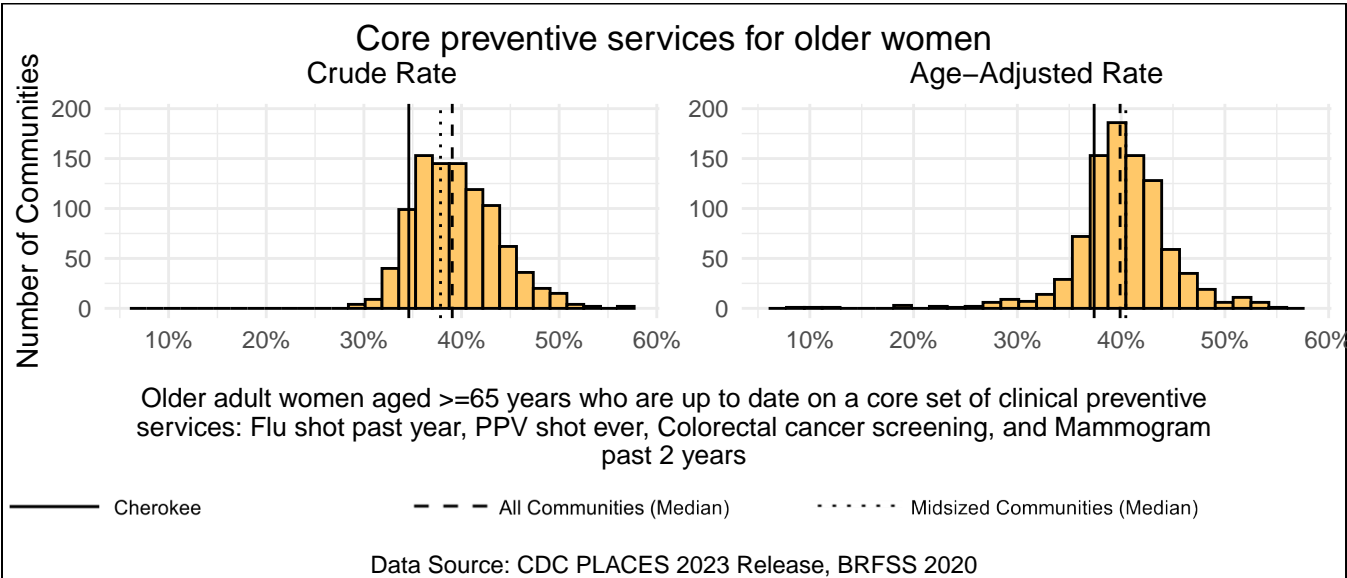
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	39.6%	43.5%	42.9%
Age-Adjusted	40.2%	43.5%	43.2%



Core preventive services for older women

Cherokee has a crude rate of 34.6% 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 855th out of 958 Iowa communities (89th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 37.4%, which ranks 724th out of 905 Iowa communities (84th out of 102 mid-sized communities).

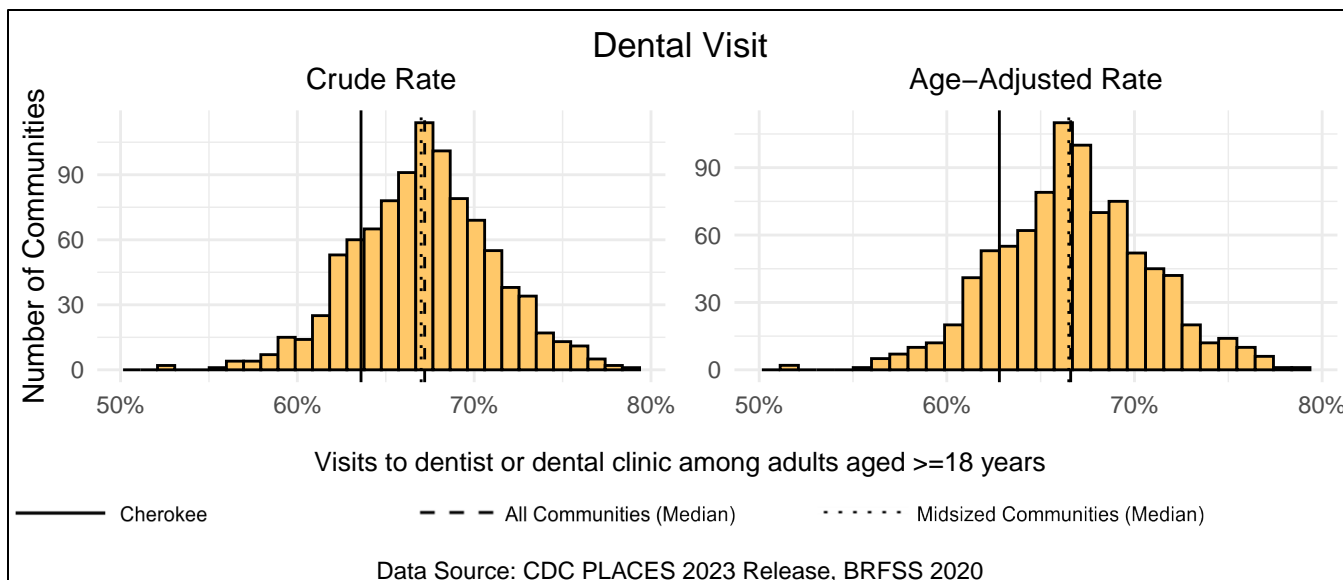
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	34.6%	39.0%	37.8%
Age-Adjusted	37.4%	39.9%	40.4%



Dental Visit

Cherokee has a crude rate of 63.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 785th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 62.8%, which ranks 755th out of 905 Iowa communities (73rd out of 102 mid-sized communities).

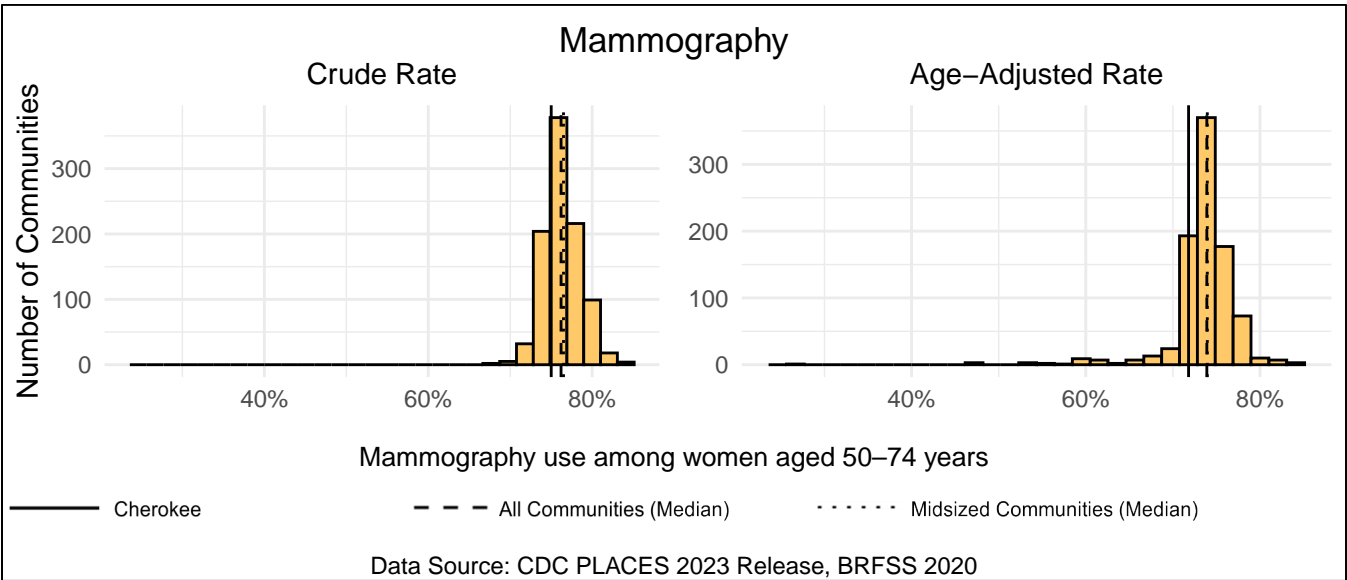
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	63.6%	67.2%	67.0%
Age-Adjusted	62.8%	66.6%	66.5%



Mammography

Cherokee has a crude rate of 75.0% for mammography use among women aged 50–74 years, which ranks 684th out of 958 Iowa communities (81st out of 102 midsized communities). The age-adjusted rate for Cherokee is 71.8%, which ranks 768th out of 905 Iowa communities (88th out of 102 midsized communities).

Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	75.0%	76.2%	76.5%
Age-Adjusted	71.8%	73.9%	74.0%



Disability

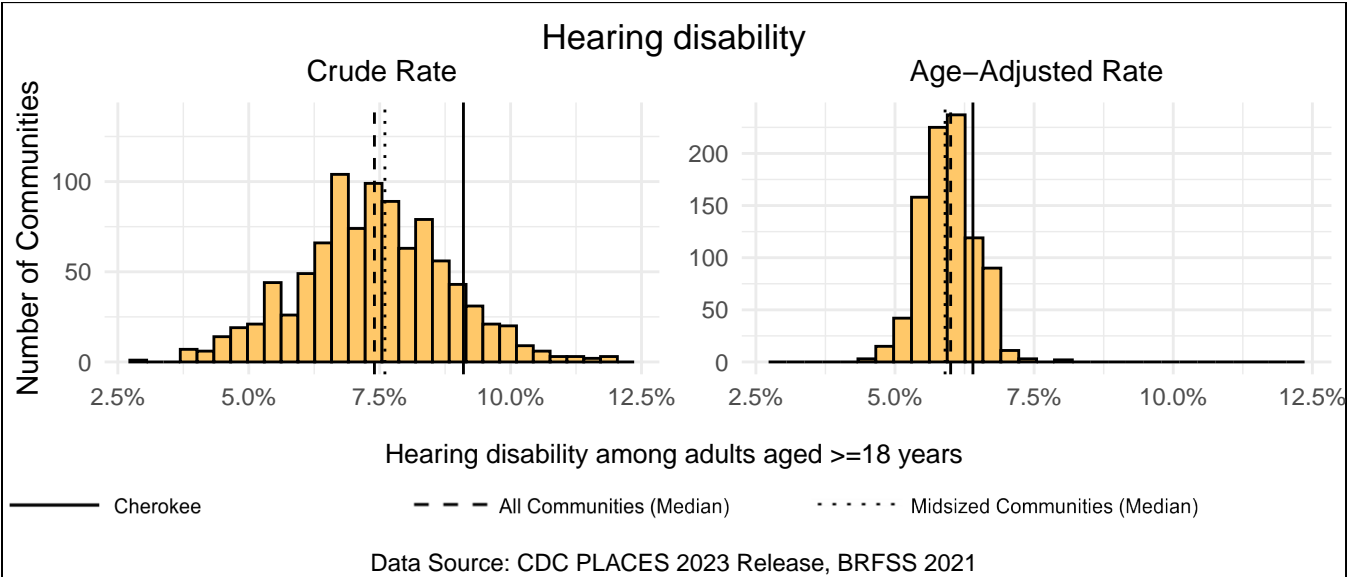
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Cherokee has a crude rate of 9.1% for hearing disability among adults aged ≥ 18 years, which ranks 851st out of 958 Iowa communities (95th out of 102 midsize communities). The age-adjusted rate for Cherokee is 6.4%, which ranks 736th out of 905 Iowa communities (76th out of 102 midsize communities).

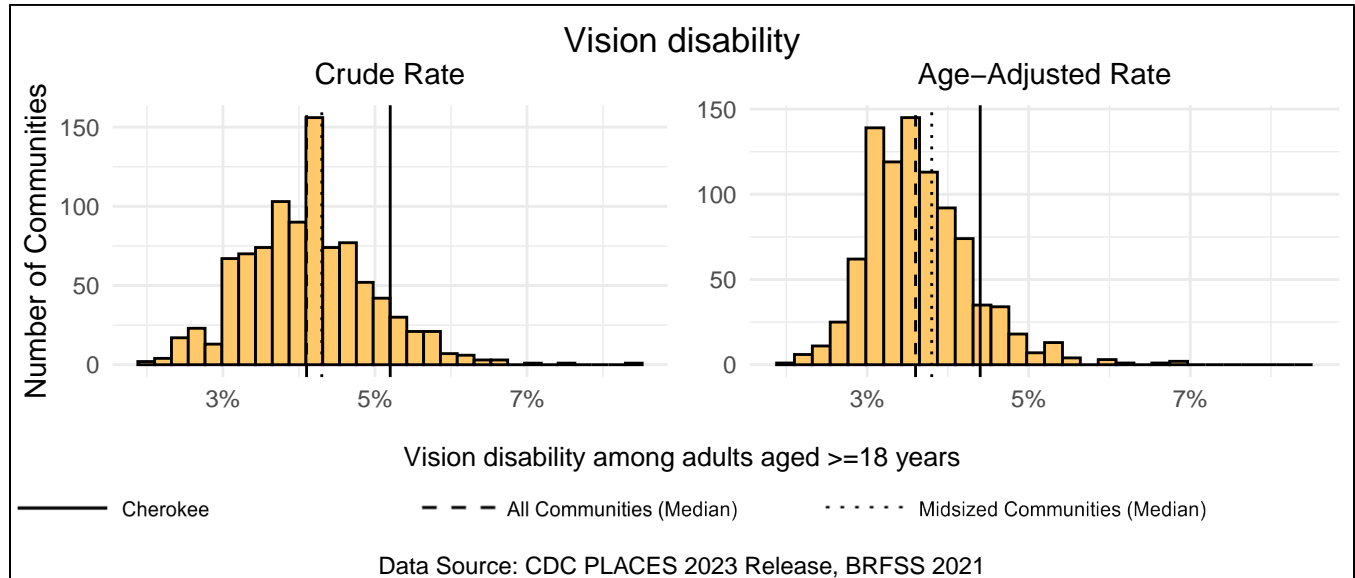
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	9.1%	7.4%	7.6%
Age-Adjusted	6.4%	6.0%	5.9%



Vision disability

Cherokee has a crude rate of 5.2% for vision disability among adults aged ≥ 18 years, which ranks 865th out of 958 Iowa communities (79th out of 102 midsize communities). The age-adjusted rate for Cherokee is 4.4%, which ranks 788th out of 905 Iowa communities (77th out of 102 midsize communities).

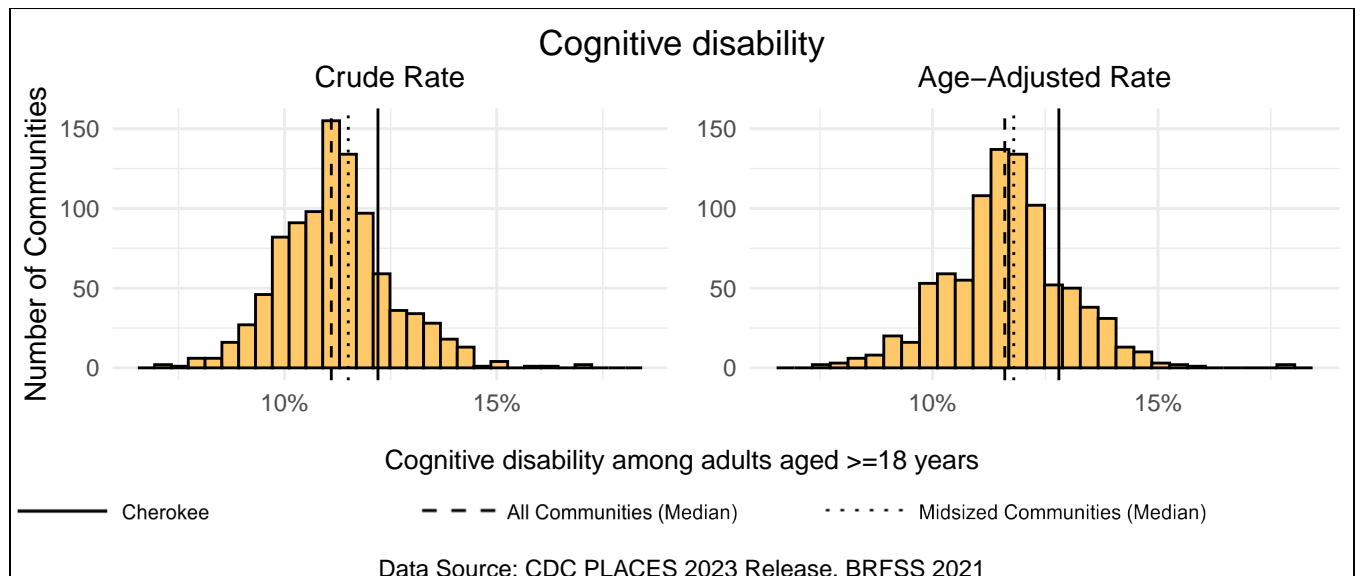
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	5.2%	4.1%	4.3%
Age-Adjusted	4.4%	3.6%	3.8%



Cognitive disability

Cherokee has a crude rate of 12.2% for cognitive disability among adults aged ≥ 18 years, which ranks 774th out of 958 Iowa communities (71st out of 102 midsize communities). The age-adjusted rate for Cherokee is 12.8%, which ranks 746th out of 905 Iowa communities (73rd out of 102 midsize communities).

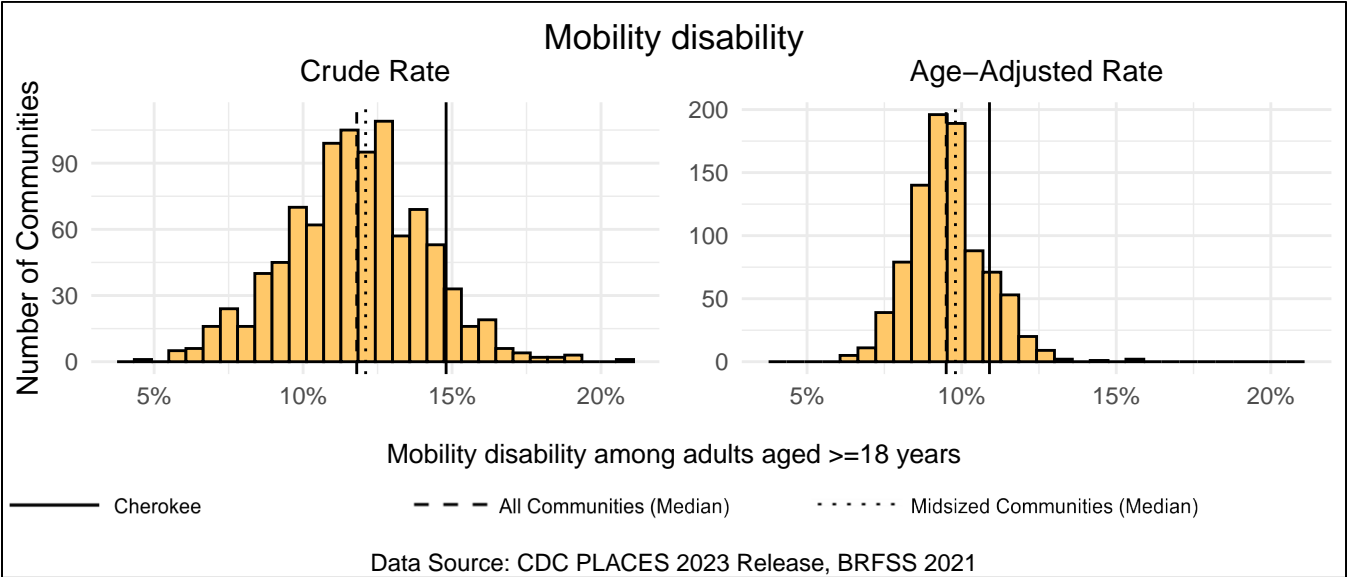
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	12.2%	11.1%	11.5%
Age-Adjusted	12.8%	11.6%	11.8%



Mobility disability

Cherokee has a crude rate of 14.8% for mobility disability among adults aged ≥ 18 years, which ranks 873rd out of 958 Iowa communities (88th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 10.9%, which ranks 771st out of 905 Iowa communities (74th out of 102 mid-sized communities).

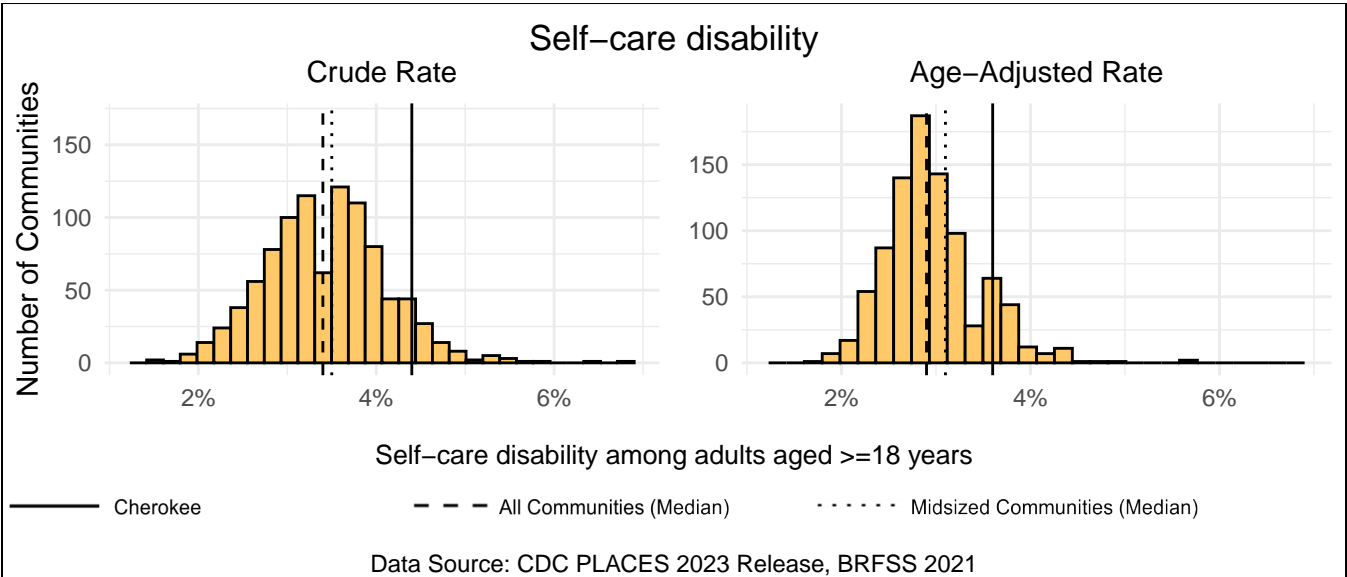
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	14.8%	11.8%	12.1%
Age-Adjusted	10.9%	9.5%	9.8%



Self-care disability

Cherokee has a crude rate of 4.4% for self-care disability among adults aged ≥ 18 years, which ranks 875th out of 958 Iowa communities (85th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 3.6%, which ranks 798th out of 905 Iowa communities (79th out of 102 mid-sized communities).

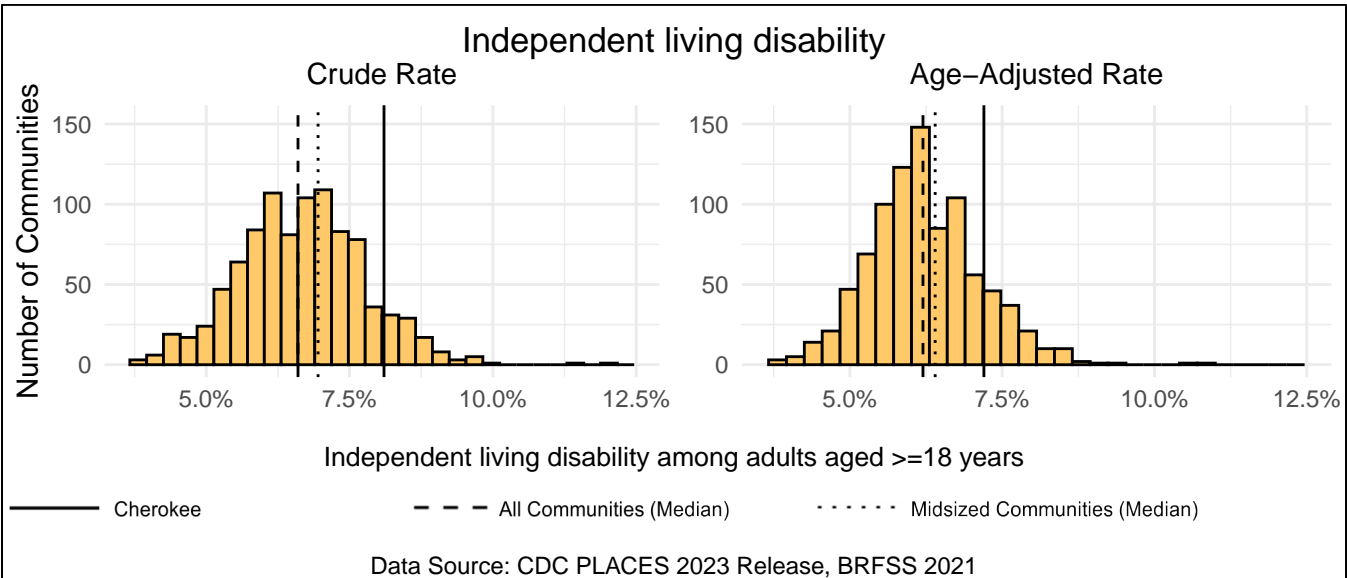
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	4.4%	3.4%	3.5%
Age-Adjusted	3.6%	2.9%	3.1%



Independent living disability

Cherokee has a crude rate of 8.1% for independent living disability among adults aged ≥ 18 years, which ranks 863rd out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 7.2%, which ranks 776th out of 905 Iowa communities (76th out of 102 mid-sized communities).

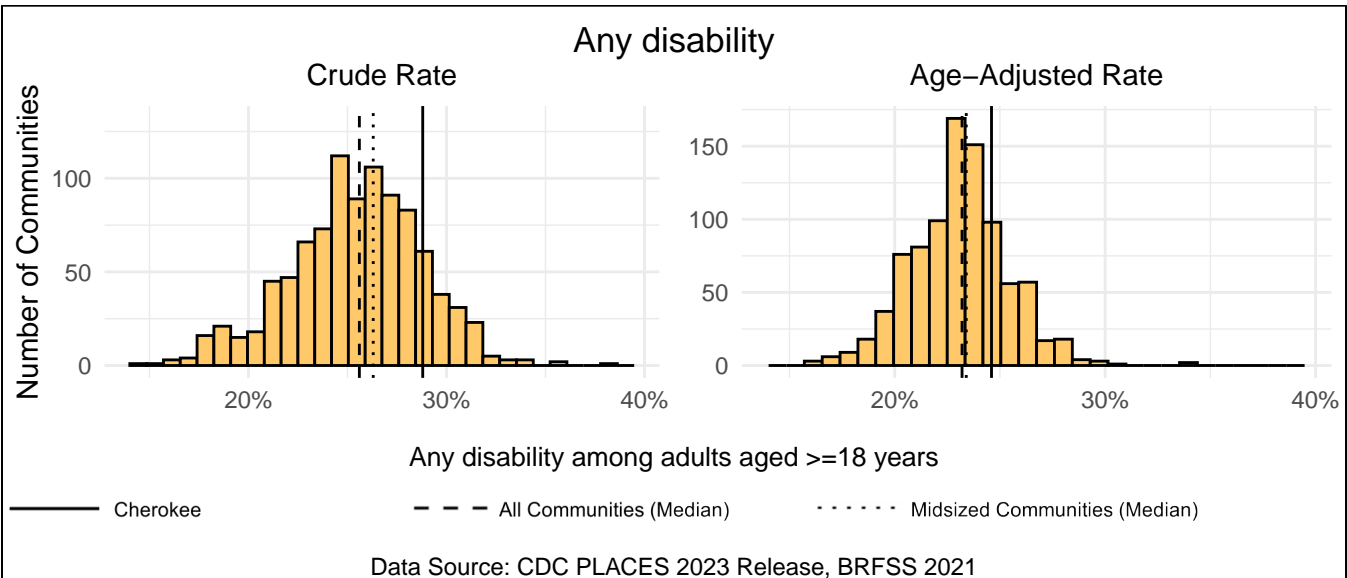
Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	8.1%	6.6%	7.0%
Age-Adjusted	7.2%	6.2%	6.4%



Any disability

Cherokee has a crude rate of 28.8% for any disability among adults aged ≥ 18 years, which ranks 818th out of 958 Iowa communities (79th out of 102 mid-sized communities). The age-adjusted rate for Cherokee is 24.6%, which ranks 698th out of 905 Iowa communities (70th out of 102 mid-sized communities).

Measure Type	Cherokee	All Comm.	Midsized Comm.
Crude	28.8%	25.6%	26.3%
Age-Adjusted	24.6%	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: Cherokee 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	625	14.7% (12.5% - 16.9%)	765	16.5% (14.1% - 19.1%)
Health Status	Physical Health	846	12.2% (10.2% - 14.2%)	757	10.7% (9.0% - 12.5%)
Health Status	General Health	843	16.8% (13.7% - 19.8%)	765	14.6% (12.2% - 17.5%)
Health Risk Behaviors	Sleep <7 hours	832	32.1% (30.2% - 33.9%)	875	33.7% (31.7% - 35.4%)
Health Risk Behaviors	Physical Inactivity	868	29.9% (24.2% - 35.5%)	784	27.2% (22.4% - 32.6%)
Health Risk Behaviors	Current Smoking	679	17.9% (13.9% - 21.9%)	758	19.5% (15.4% - 23.8%)
Health Risk Behaviors	Binge Drinking	110	17.2% (14.1% - 20.5%)	108	20.7% (17.0% - 24.6%)
Health Outcomes	Arthritis	761	30.4% (26.1% - 34.8%)	606	23.7% (20.0% - 27.7%)
Health Outcomes	Obesity	926	42.5% (34.7% - 50.6%)	892	43.3% (35.5% - 51.1%)
Health Outcomes	Coronary Heart Disease	865	8.1% (6.9% - 9.3%)	759	5.5% (4.8% - 6.4%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.8%)	696	9.8% (8.5% - 11.2%)
Health Outcomes	Depression	356	17.7% (14.4% - 21.3%)	562	19.4% (15.8% - 23.2%)
Health Outcomes	Chronic Kidney Disease	832	3.8% (3.4% - 4.3%)	762	2.8% (2.5% - 3.1%)
Health Outcomes	COPD	847	8.9% (7.1% - 10.6%)	765	7.1% (5.8% - 8.5%)
Health Outcomes	All Teeth Lost	839	15.6% (9.6% - 22.4%)	765	14.9% (9.9% - 20.8%)
Health Outcomes	Diabetes	862	12.0% (10.1% - 14.1%)	802	9.3% (7.8% - 10.9%)
Health Outcomes	High Blood Pressure	884	37.0% (32.5% - 41.5%)	856	29.8% (25.8% - 33.9%)
Health Outcomes	High Cholesterol	720	38.0% (33.3% - 43.1%)	537	30.0% (25.6% - 34.6%)
Health Outcomes	Cancer (except skin)	745	9.1% (8.2% - 10.2%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Stroke	832	4.0% (3.4% - 4.7%)	781	2.9% (2.5% - 3.2%)
Prevention	Colorectal Cancer Screening	803	69.2% (65.9% - 72.4%)	824	68.4% (65.0% - 71.8%)
Prevention	Taking BP Medication	190	81.8% (78.6% - 84.4%)	126	59.8% (54.7% - 64.6%)
Prevention	Dental Visit	785	63.6% (59.6% - 67.5%)	755	62.8% (58.8% - 66.6%)
Prevention	Annual Checkup	191	76.8% (72.2% - 81.1%)	301	73.0% (67.7% - 77.9%)
Prevention	Core preventive services for older men	848	39.6% (30.9% - 48.3%)	734	40.2% (31.9% - 48.9%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	855	34.6% (27.7% - 42.3%)	724	37.4% (30.2% - 44.7%)
Prevention	Mammography	684	75.0% (70.5% - 79.0%)	768	71.8% (66.6% - 76.3%)
Prevention	Health Insurance	752	8.2% (6.2% - 10.7%)	719	8.7% (6.7% - 11.3%)
Prevention	Cholesterol Screening	520	82.4% (79.3% - 85.4%)	762	77.8% (73.9% - 81.6%)
Prevention	Cervical Cancer Screening	710	82.2% (79.5% - 84.9%)	603	82.7% (80.0% - 85.3%)
Disability	Hearing Disability	851	9.1% (7.8% - 10.3%)	736	6.4% (5.6% - 7.3%)
Disability	Vision Disability	865	5.2% (4.3% - 6.3%)	788	4.4% (3.7% - 5.1%)
Disability	Any Disability	818	28.8% (24.2% - 33.3%)	698	24.6% (20.6% - 28.8%)
Disability	Independent Living Disability	863	8.1% (6.6% - 9.6%)	776	7.2% (6.1% - 8.5%)
Disability	Cognitive Disability	774	12.2% (10.1% - 14.4%)	746	12.8% (10.7% - 15.3%)
Disability	Self-care Disability	875	4.4% (3.6% - 5.3%)	798	3.6% (3.0% - 4.2%)
Disability	Mobility Disability	873	14.8% (12.1% - 17.5%)	771	10.9% (9.1% - 13.0%)

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)

Cherokee 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
