



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 Clarinda: Overview

Dear Community Members & Stakeholders of Clarinda,

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 Clarinda ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Clarinda'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 Clarinda. 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
Current Asthma	137th	15th	Depression	58th	9th
Depression	169th	12th	Cancer (except skin)	74th	11th
Core preventive services for older men	205th	21st	Current Asthma	125th	15th
Cancer (except skin)	335th	38th	Core preventive services for older men	156th	21st
Arthritis	373rd	40th	Mental Health	241st	35th

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
Sleep <7 hours	951st	101st	Sleep <7 hours	899th	99th
Dental Visit	912th	87th	High Blood Pressure	878th	94th
Obesity	888th	91st	Obesity	874th	92nd
Health Insurance	831st	70th	Dental Visit	865th	86th
Colorectal Cancer Screening	821st	90th	High Cholesterol	862nd	99th

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 Clarinda.

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

With a population of 5,371, Clarinda’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

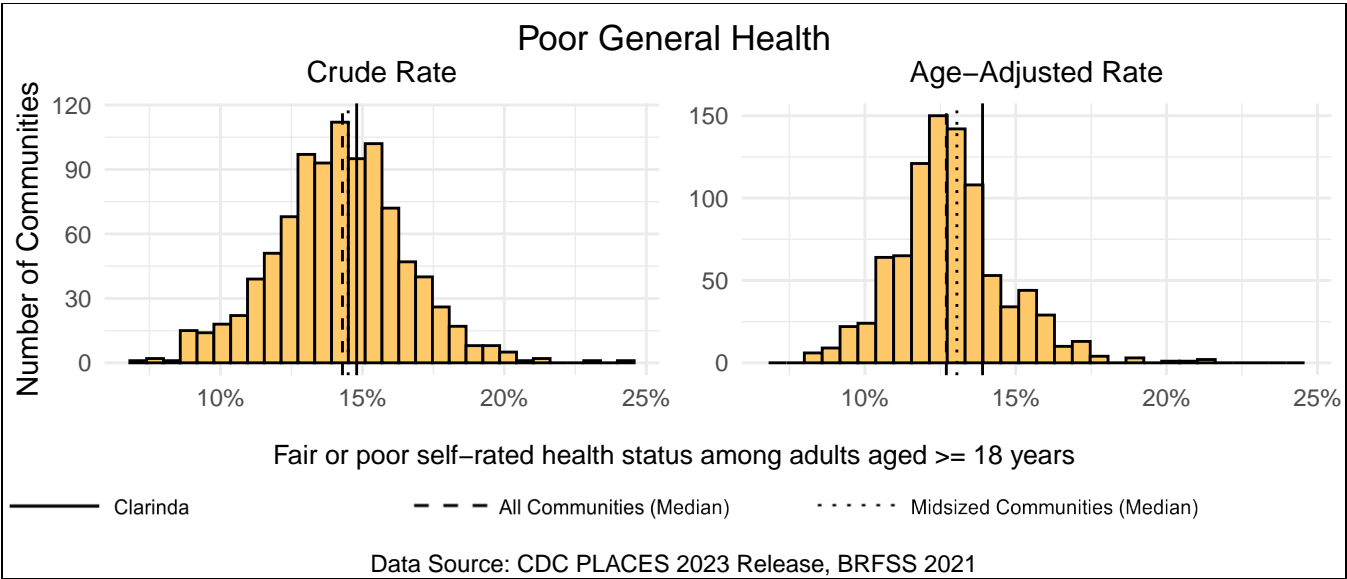
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Clarinda has a crude rate of 14.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 576th out of 958 Iowa communities (57th out of 102 midsize communities). The age-adjusted rate for Clarinda is 13.9%, which ranks 700th out of 905 Iowa communities (66th out of 102 midsize communities).

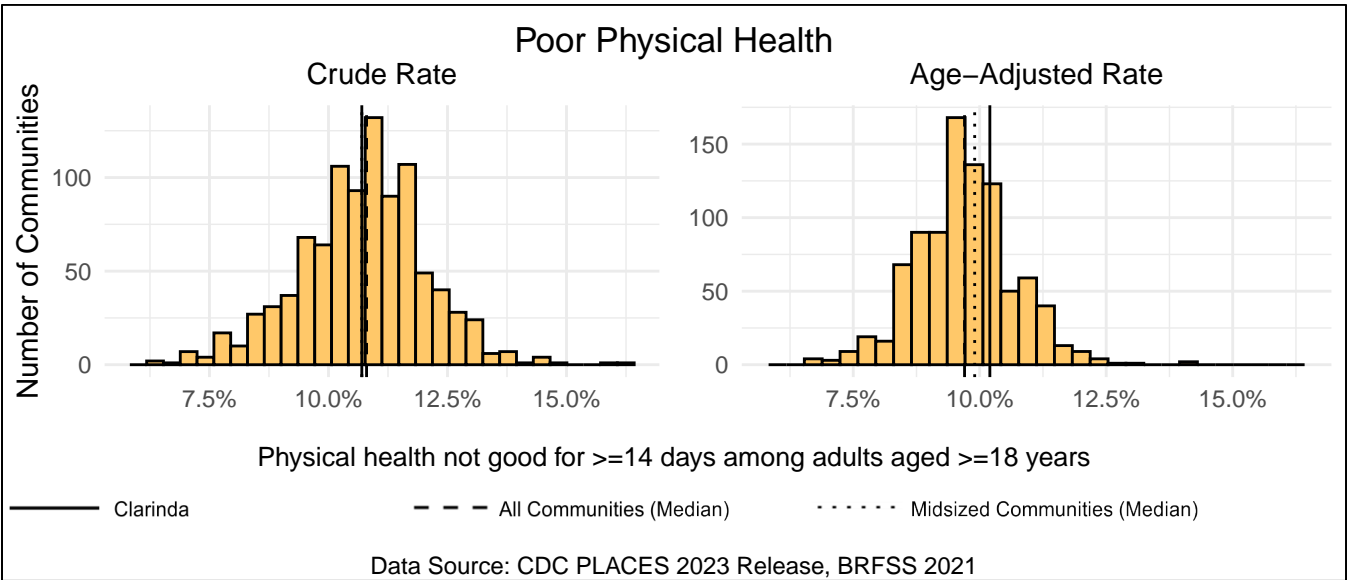
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	14.8%	14.3%	14.5%
Age-Adjusted	13.9%	12.7%	13.0%



Poor Physical Health

Clarinda has a crude rate of 10.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 435th out of 958 Iowa communities (48th out of 102 midsize communities). The age-adjusted rate for Clarinda is 10.2%, which ranks 644th out of 905 Iowa communities (65th out of 102 midsize communities).

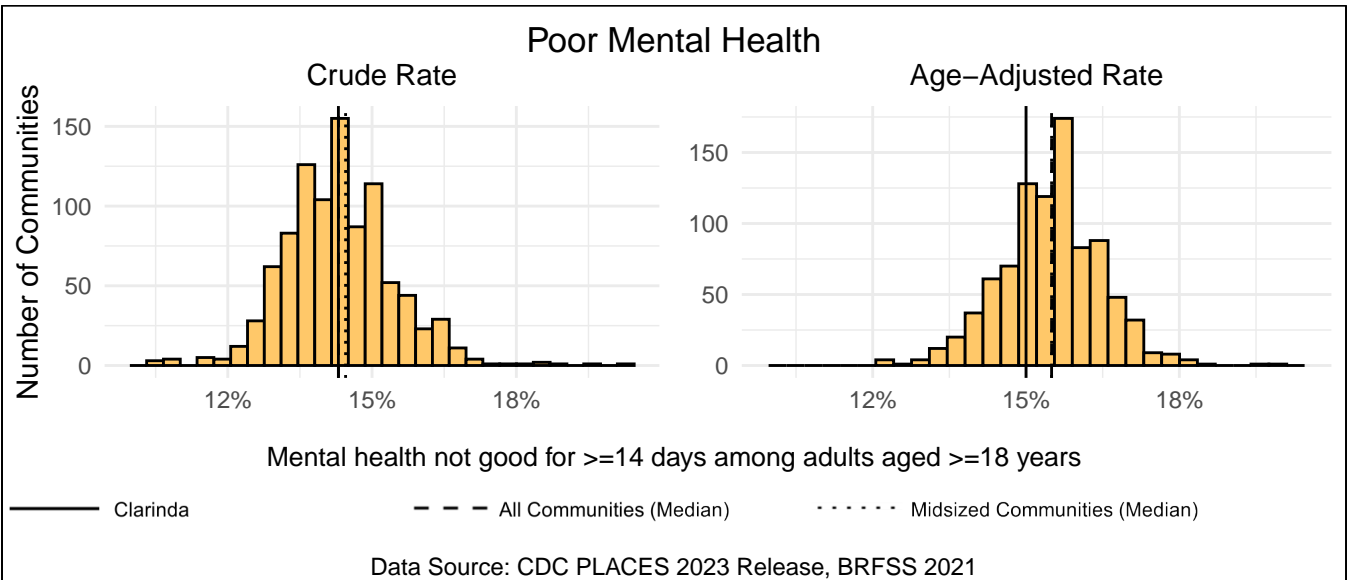
Measure Type	Clarinda	All Comm.	Midsize Comm.
Crude	10.7%	10.8%	10.7%
Age-Adjusted	10.2%	9.7%	9.9%



Poor Mental Health

Clarinda has a crude rate of 14.3% for mental health not good for >=14 days among adults aged >=18 years, which ranks 464th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Clarinda is 15.0%, which ranks 241st out of 905 Iowa communities (35th out of 102 midsize communities).

Measure Type	Clarinda	All Comm.	Midsize Comm.
Crude	14.3%	14.3%	14.4%
Age-Adjusted	15.0%	15.5%	15.5%



Health Risk Behaviors

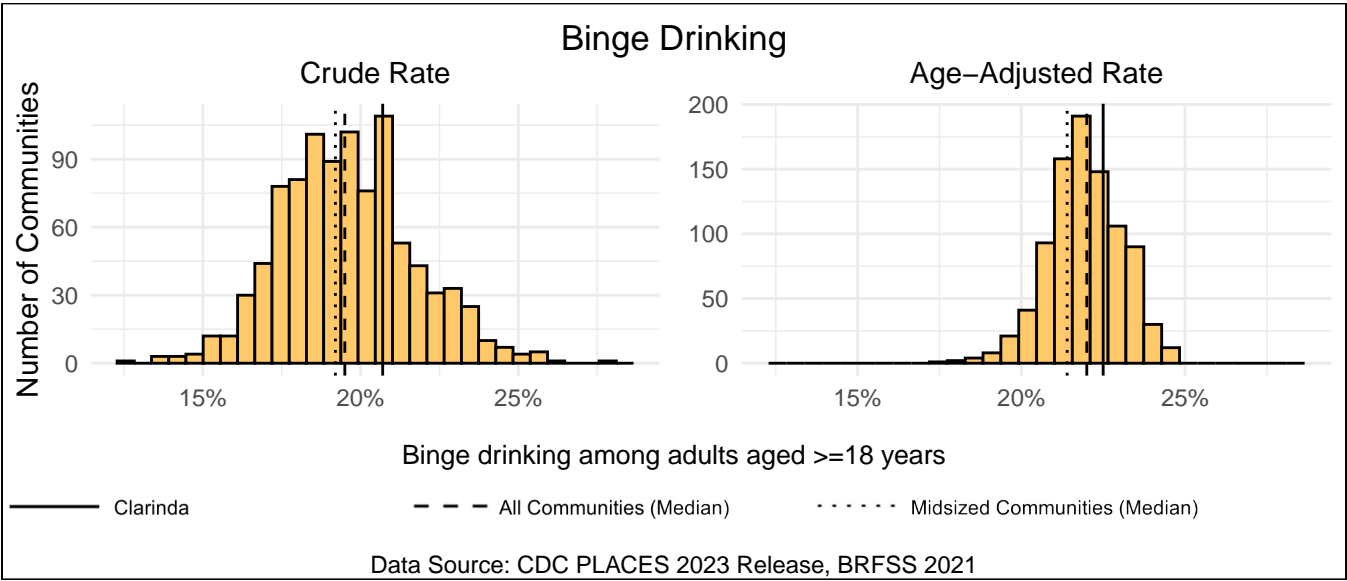
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Clarinda has a crude rate of 20.7% for binge drinking among adults aged ≥ 18 years, which ranks 687th out of 958 Iowa communities (74th out of 102 midsize communities). The age-adjusted rate for Clarinda is 22.5%, which ranks 609th out of 905 Iowa communities (72nd out of 102 midsize communities).

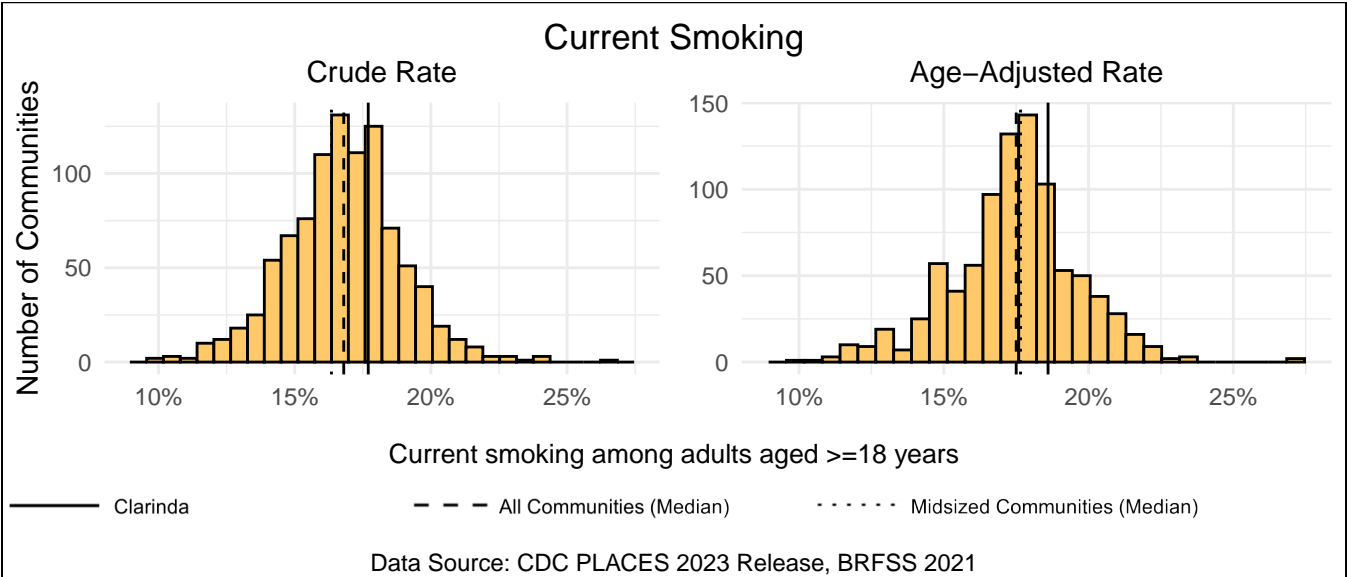
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	20.7%	19.5%	19.2%
Age-Adjusted	22.5%	22.0%	21.4%



Current Smoking

Clarinda has a crude rate of 17.7% for current smoking among adults aged >=18 years, which ranks 640th out of 958 Iowa communities (74th out of 102 midsize communities). The age-adjusted rate for Clarinda is 18.6%, which ranks 649th out of 905 Iowa communities (72nd out of 102 midsize communities).

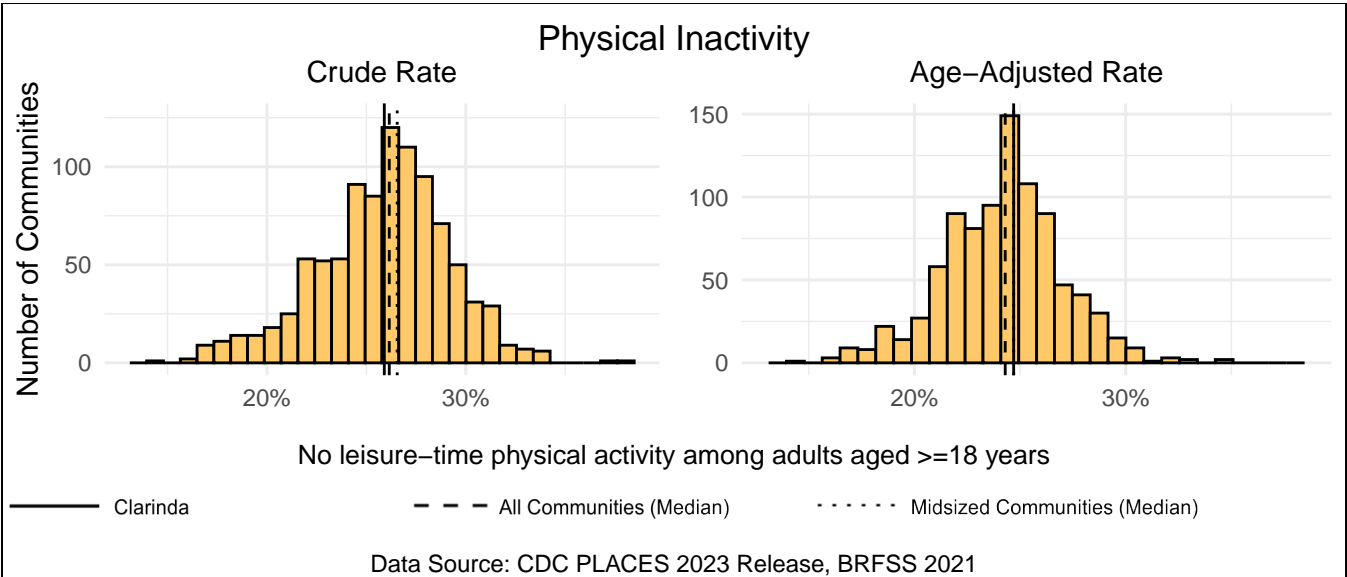
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	17.7%	16.8%	16.4%
Age-Adjusted	18.6%	17.5%	17.6%



Physical Inactivity

Clarinda has a crude rate of 25.9% for no leisure-time physical activity among adults aged >=18 years, which ranks 447th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Clarinda is 24.7%, which ranks 504th out of 905 Iowa communities (51st out of 102 midsize communities).

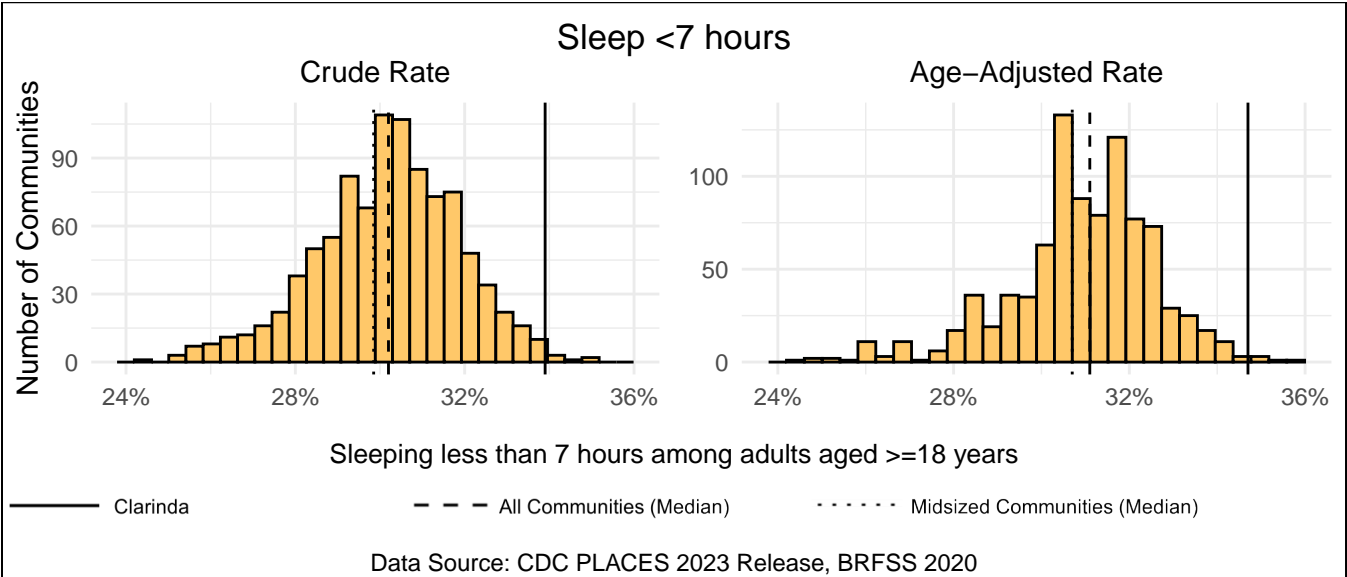
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	25.9%	26.1%	26.6%
Age-Adjusted	24.7%	24.3%	24.7%



Sleep <7 hours

Clarinda has a crude rate of 33.9% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 951st out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 34.7%, which ranks 899th out of 905 Iowa communities (99th out of 102 mid-sized communities).

Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	33.9%	30.2%	29.8%
Age-Adjusted	34.7%	31.1%	30.7%



Health Outcomes

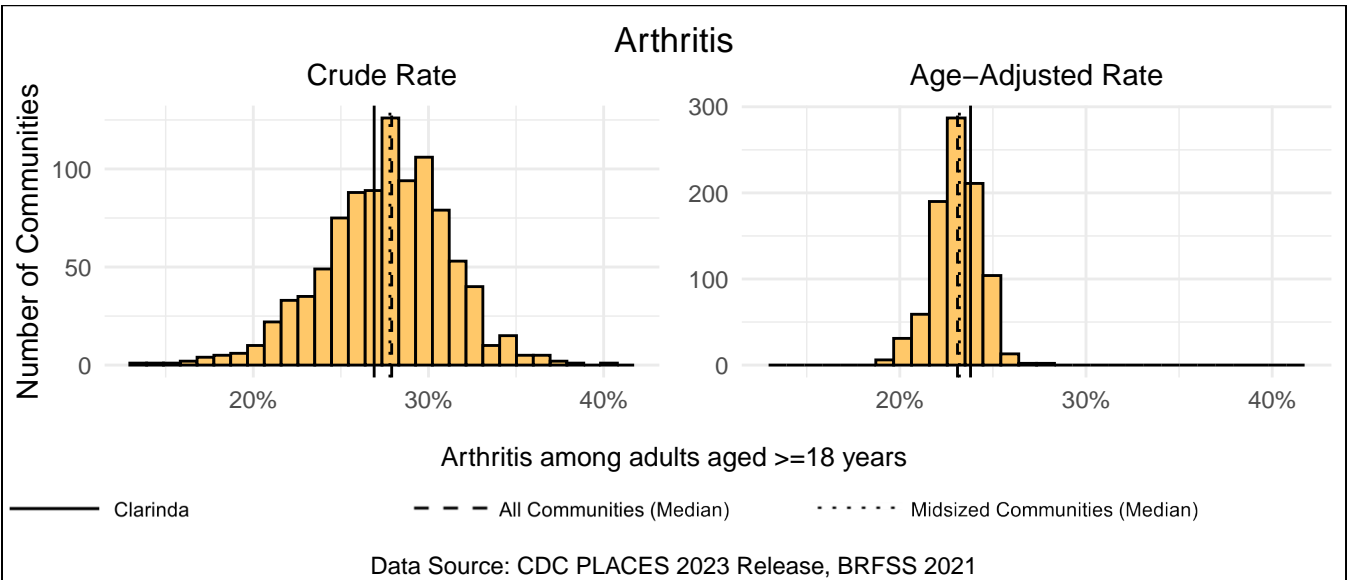
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Clarinda has a crude rate of 26.9% for arthritis among adults aged ≥ 18 years, which ranks 373rd out of 958 Iowa communities (40th out of 102 midsized communities). The age-adjusted rate for Clarinda is 23.8%, which ranks 631st out of 905 Iowa communities (65th out of 102 midsized communities).

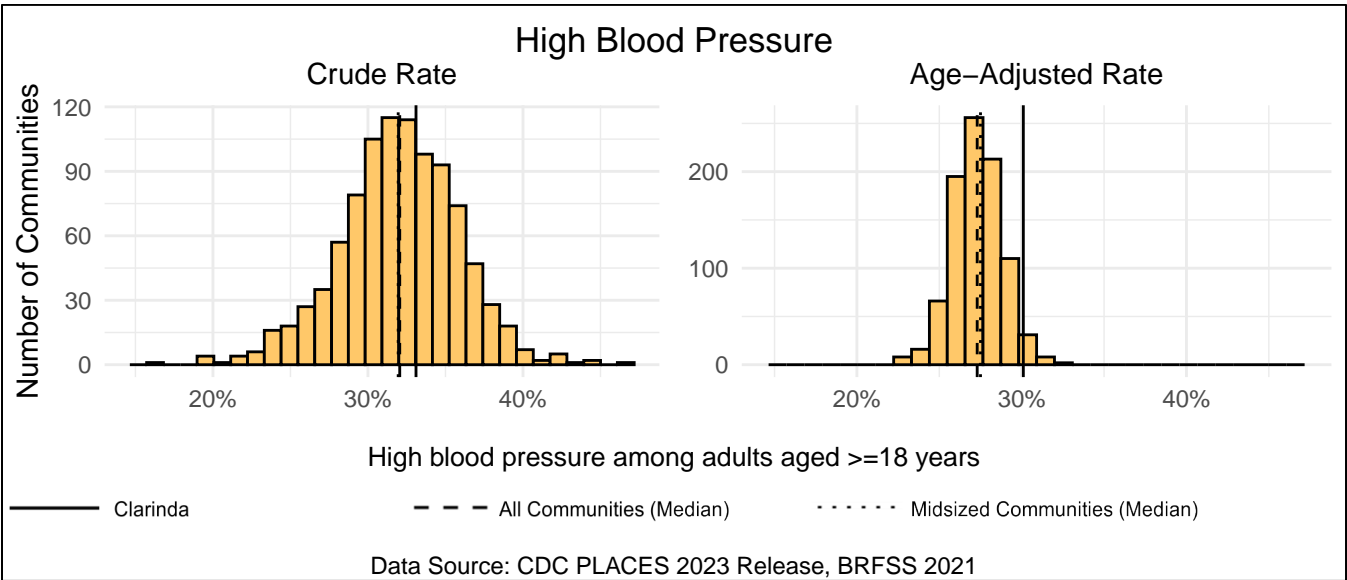
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	26.9%	27.9%	27.8%
Age-Adjusted	23.8%	23.1%	23.2%



High Blood Pressure

Clarinda has a crude rate of 33.1% for high blood pressure among adults aged ≥ 18 years, which ranks 583rd out of 958 Iowa communities (68th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 30.1%, which ranks 878th out of 905 Iowa communities (94th out of 102 mid-sized communities).

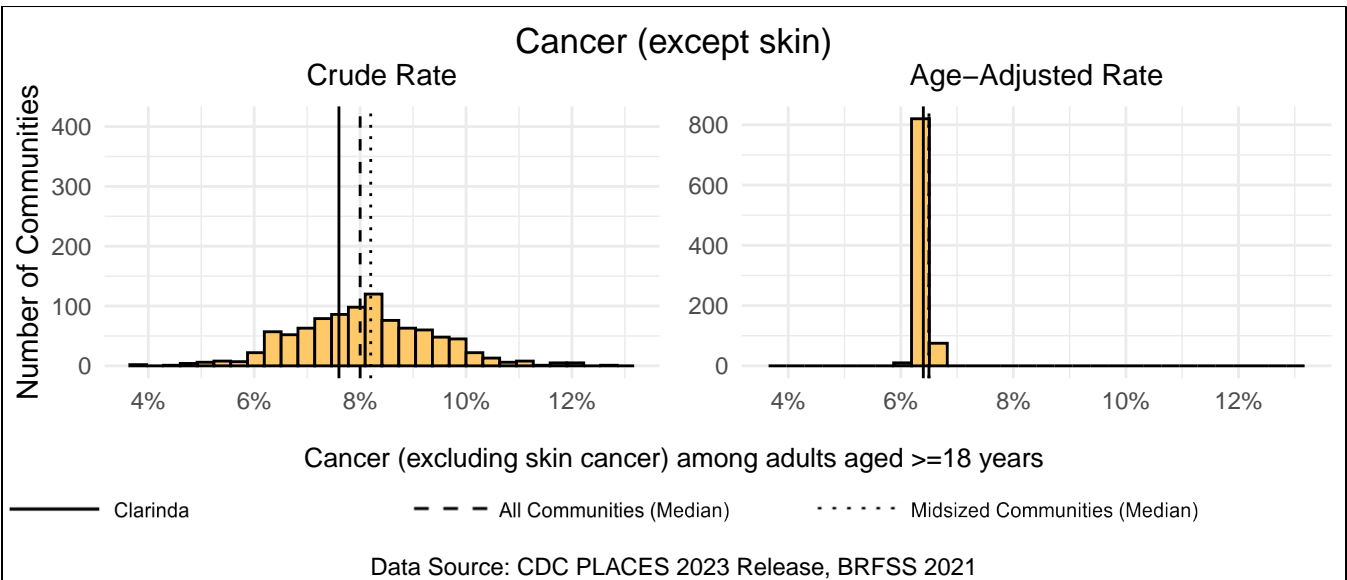
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	33.1%	32.0%	32.0%
Age-Adjusted	30.1%	27.3%	27.5%



Cancer (except skin)

Clarinda has a crude rate of 7.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 335th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 mid-sized communities).

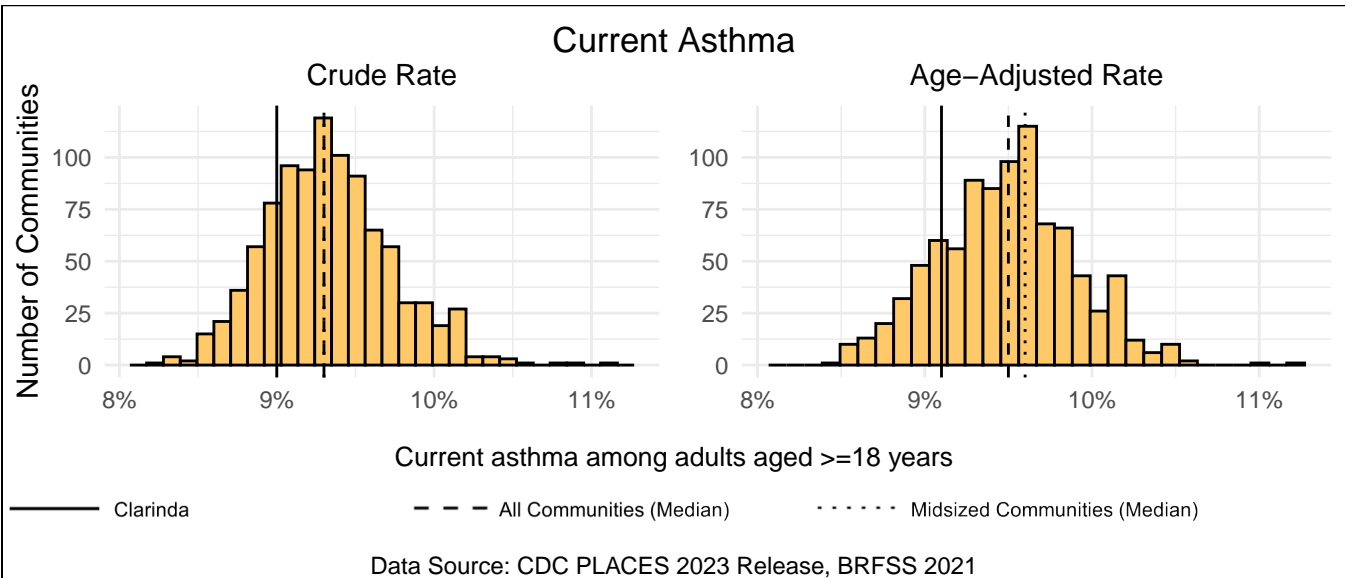
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	7.6%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Clarinda has a crude rate of 9.0% for current asthma among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Clarinda is 9.1%, which ranks 125th out of 905 Iowa communities (15th out of 102 midsize communities).

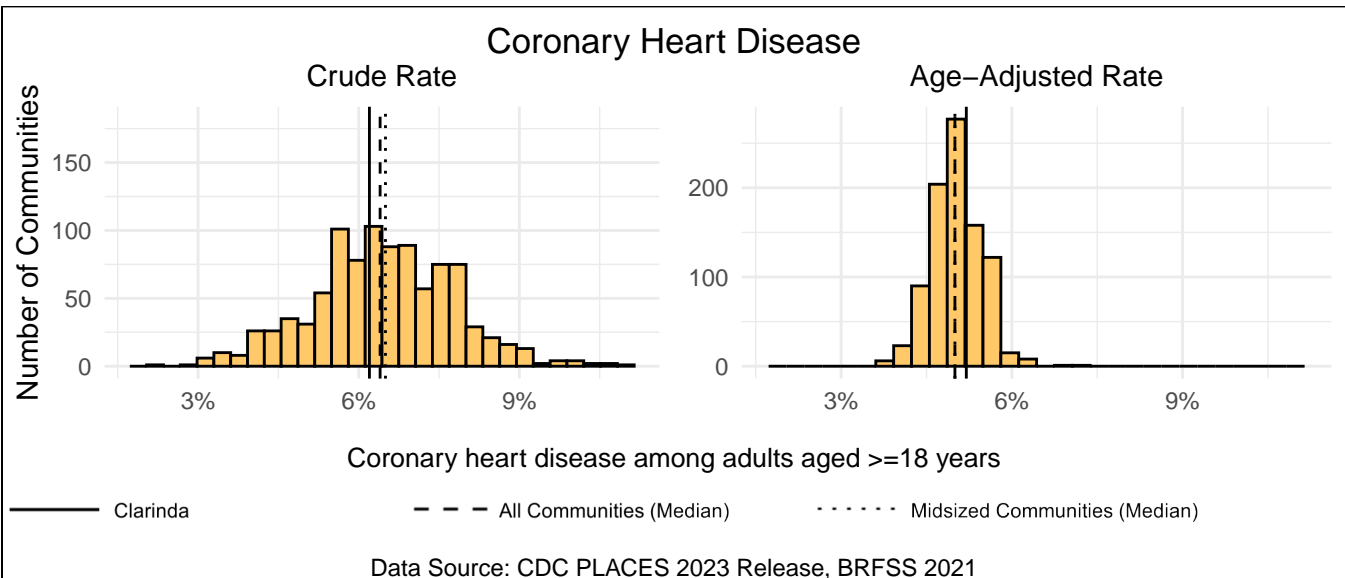
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	9.0%	9.3%	9.3%
Age-Adjusted	9.1%	9.5%	9.6%



Coronary Heart Disease

Clarinda has a crude rate of 6.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 378th out of 958 Iowa communities (38th out of 102 midsize communities). The age-adjusted rate for Clarinda is 5.2%, which ranks 601st out of 905 Iowa communities (63rd out of 102 midsize communities).

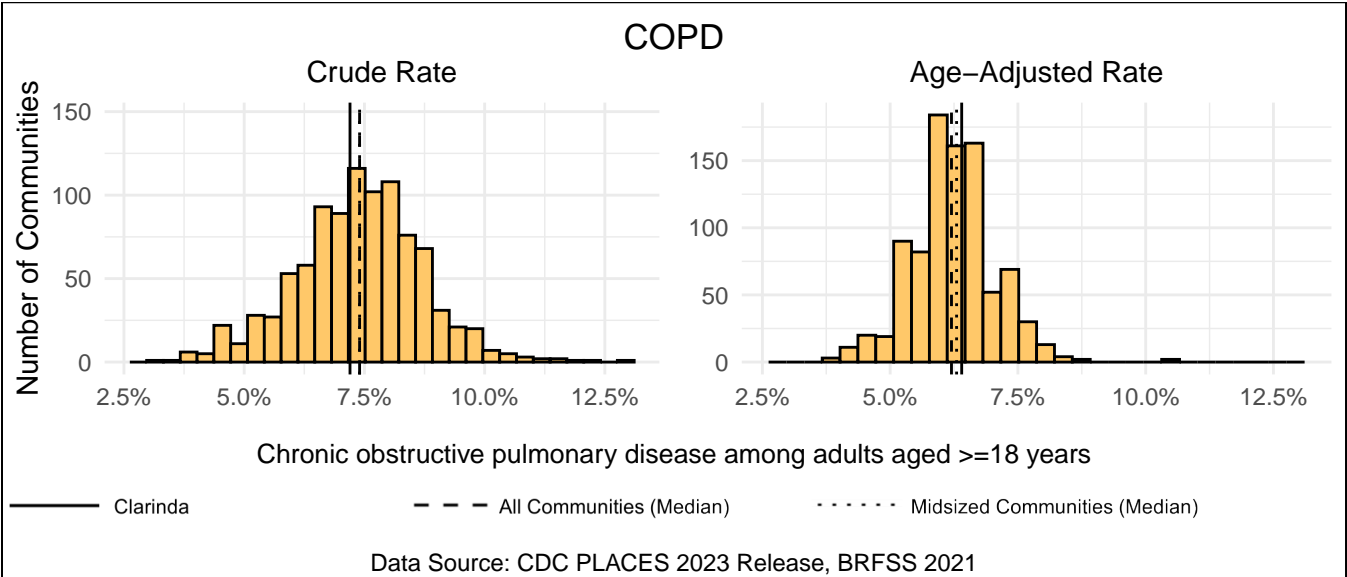
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	6.2%	6.4%	6.5%
Age-Adjusted	5.2%	5.0%	5.0%



COPD

Clarinda has a crude rate of 7.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 395th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 6.4%, which ranks 513th out of 905 Iowa communities (53rd out of 102 mid-sized communities).

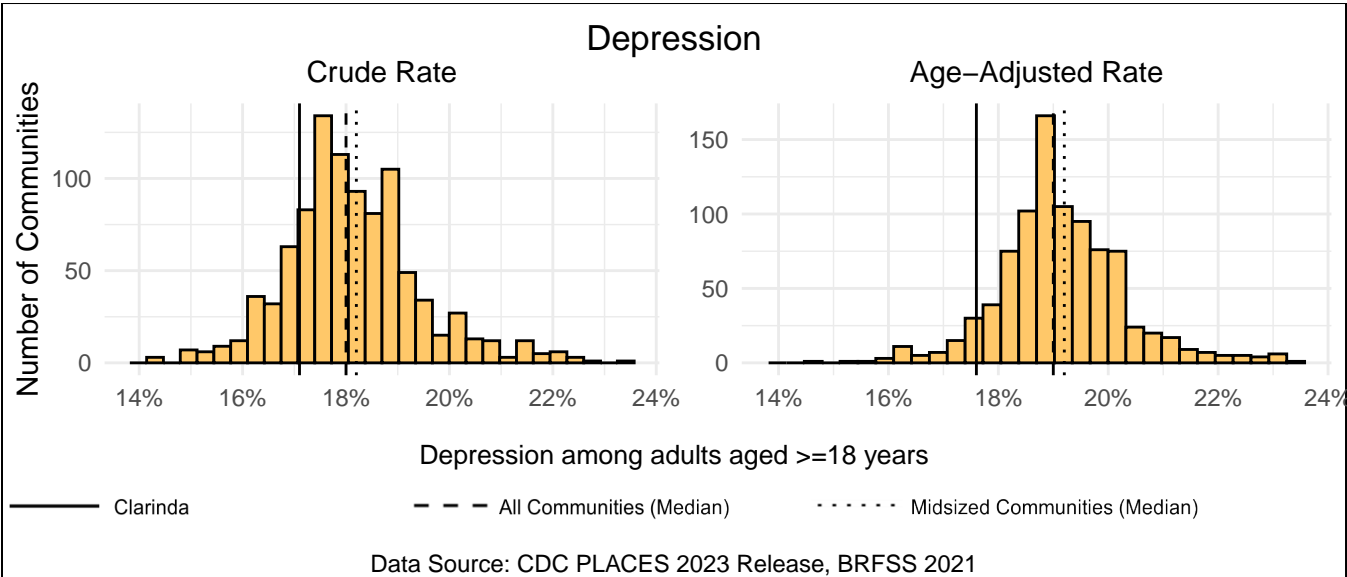
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	7.2%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.3%



Depression

Clarinda has a crude rate of 17.1% for depression among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (12th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 17.6%, which ranks 58th out of 905 Iowa communities (9th out of 102 mid-sized communities).

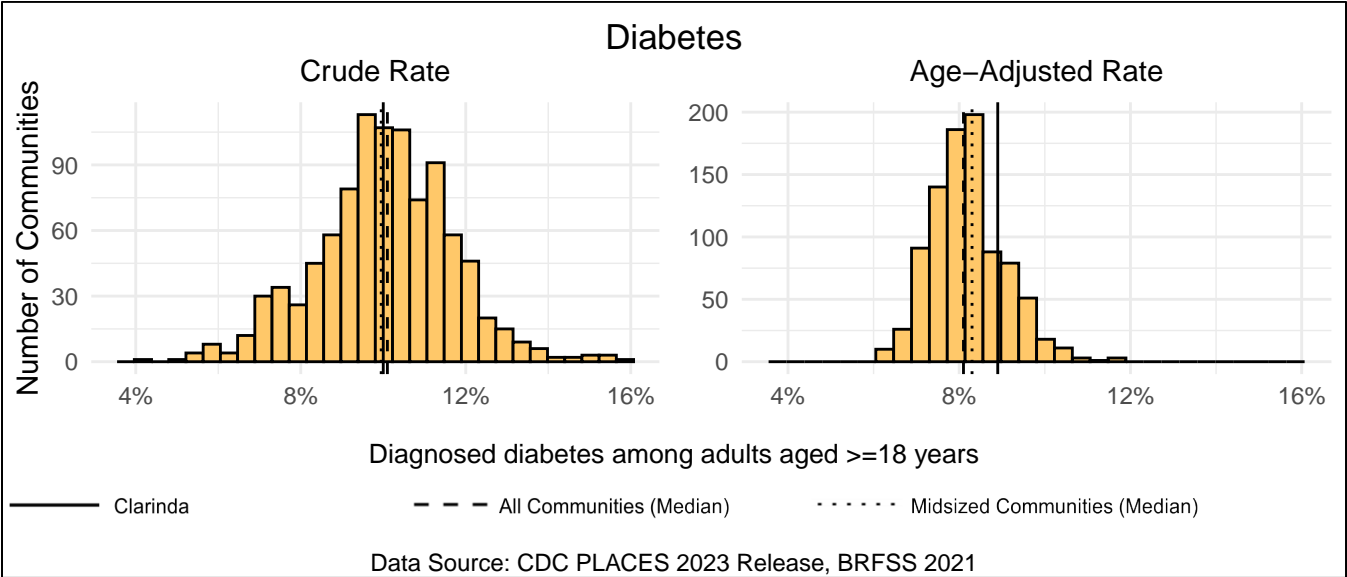
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	17.1%	18.0%	18.2%
Age-Adjusted	17.6%	19.0%	19.2%



Diabetes

Clarinda has a crude rate of 10.0% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 444th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 8.9%, which ranks 722nd out of 905 Iowa communities (70th out of 102 mid-sized communities).

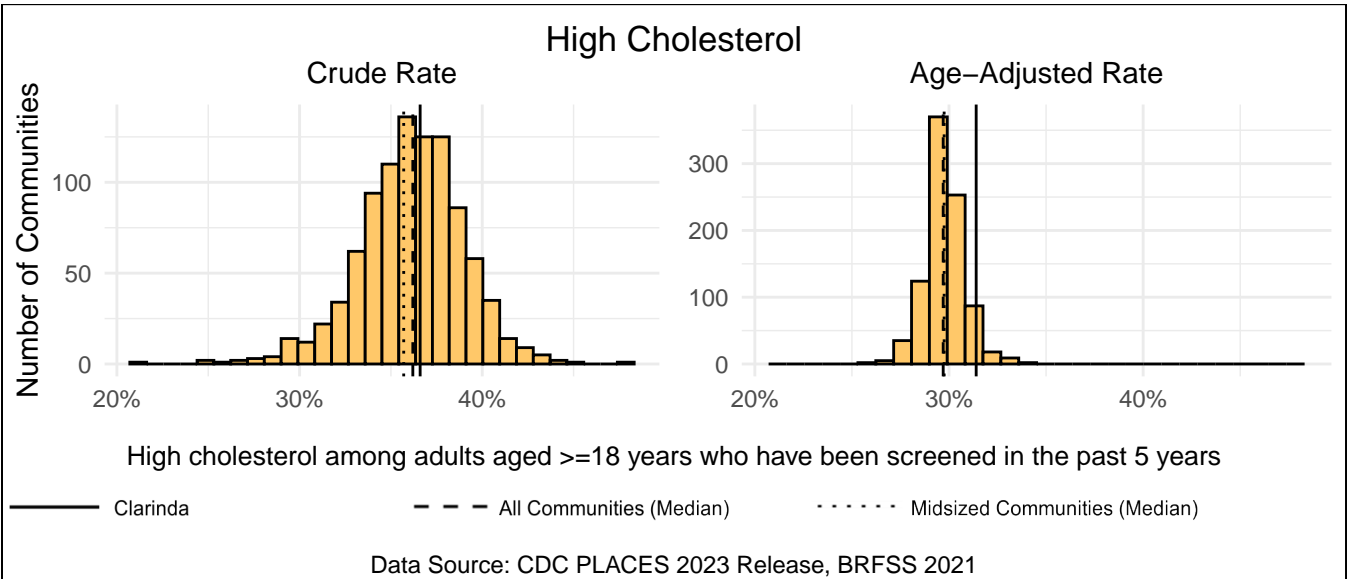
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	10.0%	10.1%	9.9%
Age-Adjusted	8.9%	8.1%	8.3%



High Cholesterol

Clarinda has a crude rate of 36.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 527th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 31.4%, which ranks 862nd out of 905 Iowa communities (99th out of 102 mid-sized communities).

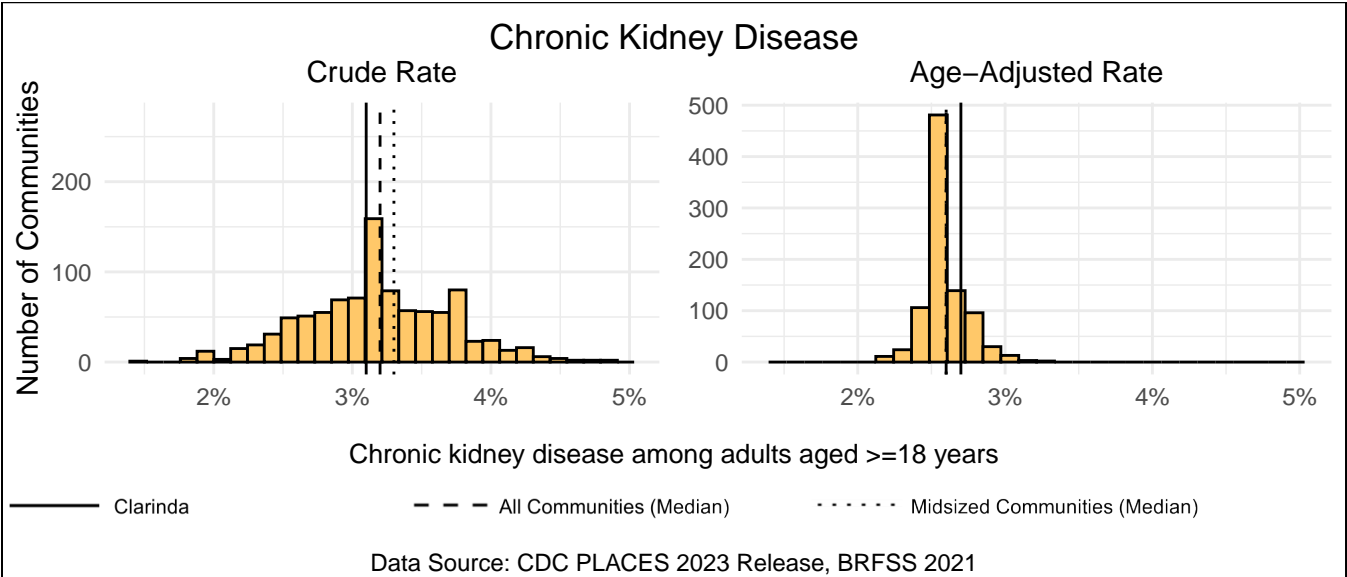
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	36.6%	36.2%	35.7%
Age-Adjusted	31.4%	29.7%	29.8%



Chronic Kidney Disease

Clarinda has a crude rate of 3.1% for chronic kidney disease among adults aged ≥ 18 years, which ranks 381st out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Clarinda is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 midsized communities).

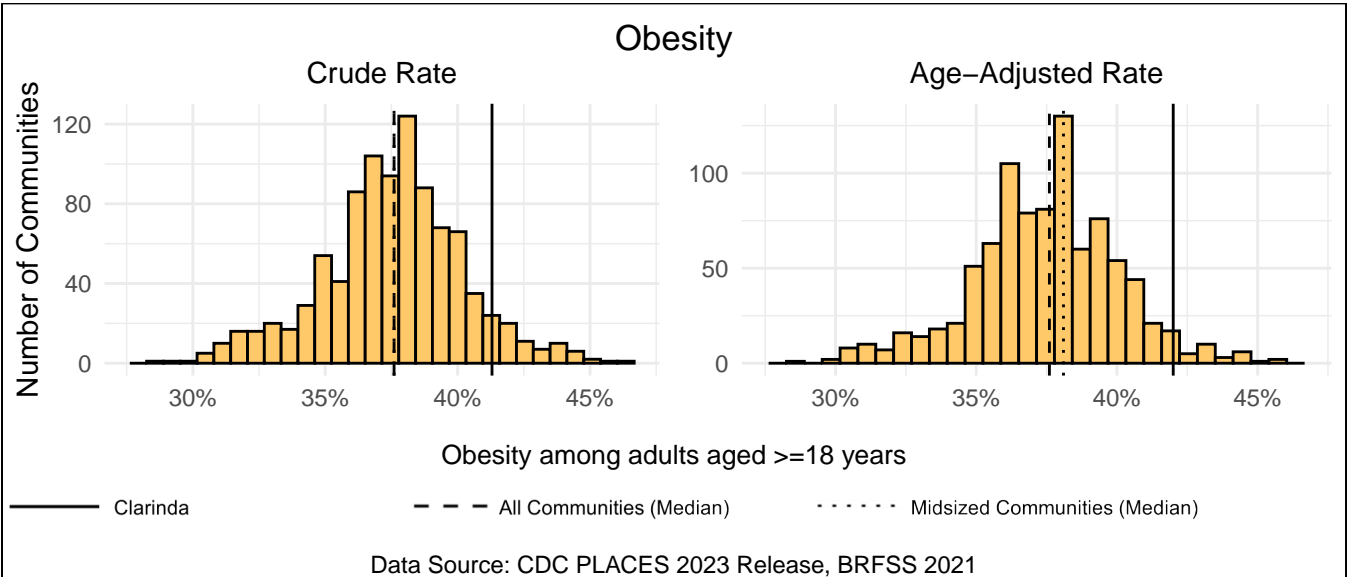
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	3.1%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Clarinda has a crude rate of 41.3% for obesity among adults aged ≥ 18 years, which ranks 888th out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Clarinda is 42.0%, which ranks 874th out of 905 Iowa communities (92nd out of 102 midsized communities).

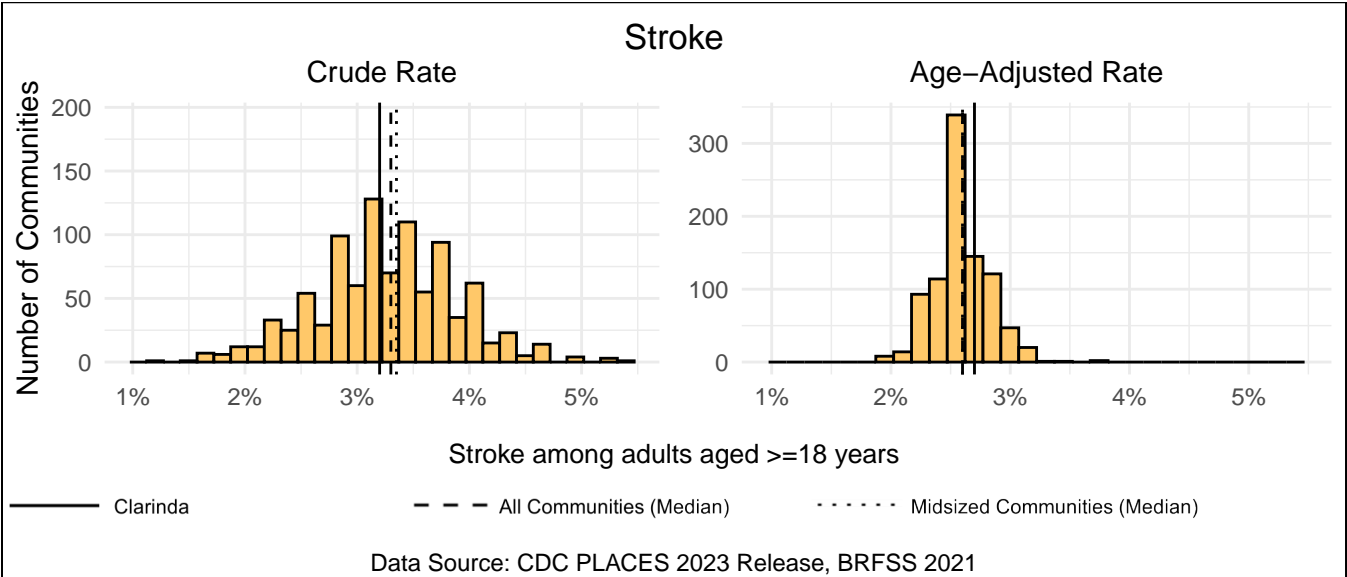
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	41.3%	37.6%	37.6%
Age-Adjusted	42.0%	37.6%	38.1%



Stroke

Clarinda has a crude rate of 3.2% for stroke among adults aged ≥ 18 years, which ranks 397th out of 958 Iowa communities (40th out of 102 midsize communities). The age-adjusted rate for Clarinda is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 midsize communities).

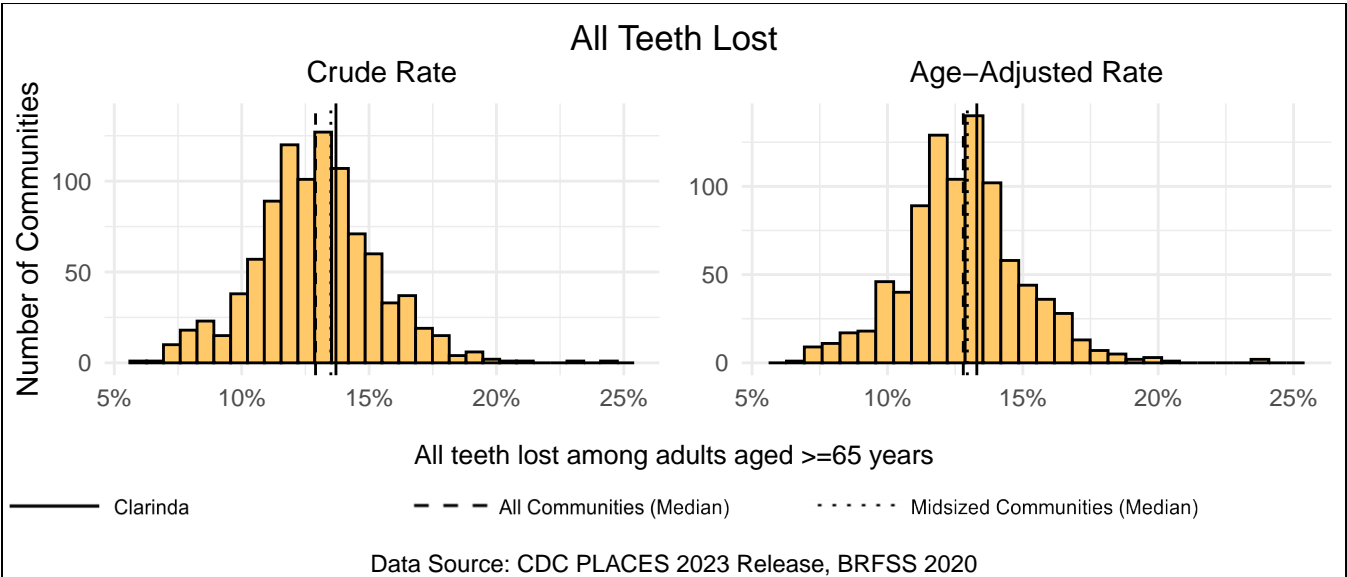
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	3.2%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



All Teeth Lost

Clarinda has a crude rate of 13.7% for all teeth lost among adults aged ≥ 65 years, which ranks 620th out of 958 Iowa communities (57th out of 102 midsize communities). The age-adjusted rate for Clarinda is 13.3%, which ranks 544th out of 905 Iowa communities (58th out of 102 midsize communities).

Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	13.7%	12.9%	13.5%
Age-Adjusted	13.3%	12.8%	12.9%



Prevention

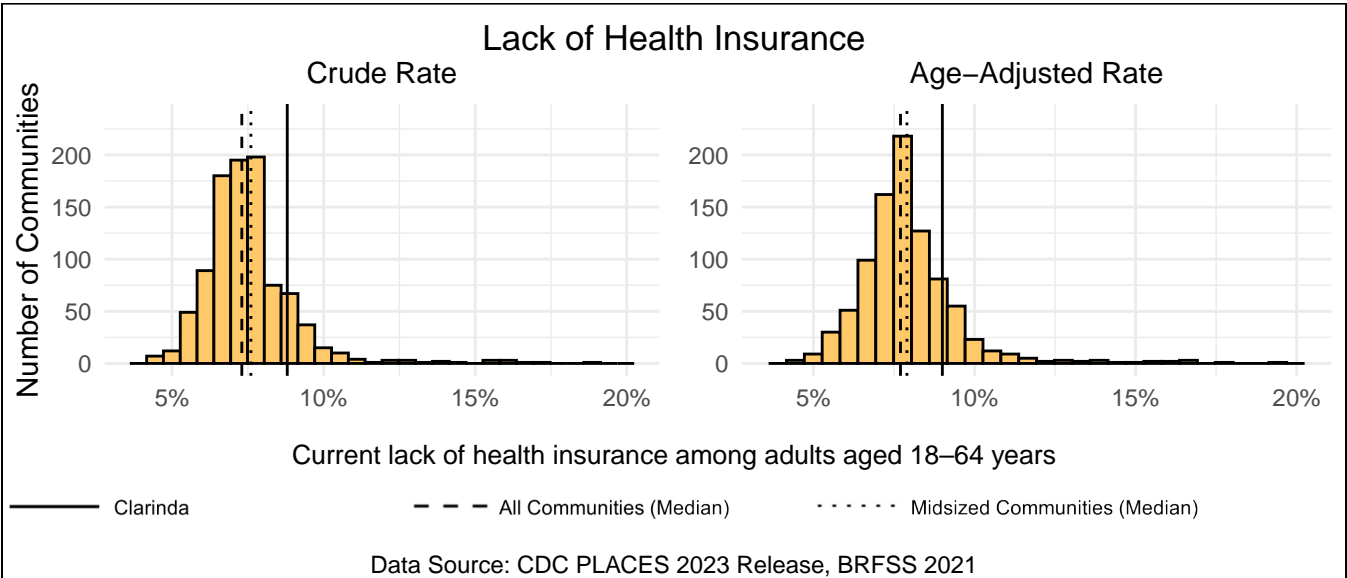
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Clarinda has a crude rate of 8.8% for current lack of health insurance among adults aged 18–64 years, which ranks 831st out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 9.0%, which ranks 761st out of 905 Iowa communities (68th out of 102 mid-sized communities).

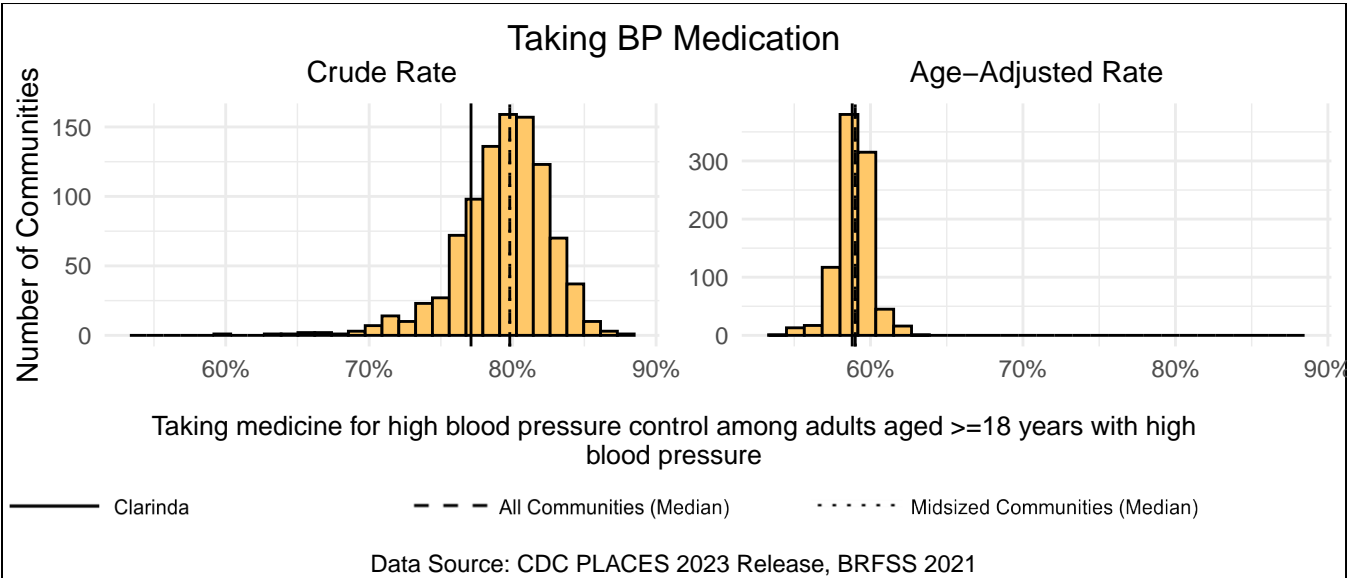
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	8.8%	7.3%	7.6%
Age-Adjusted	9.0%	7.7%	7.9%



Taking BP Medication

Clarinda has a crude rate of 77.1% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 765th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 58.8%, which ranks 501st out of 905 Iowa communities (60th out of 102 mid-sized communities).

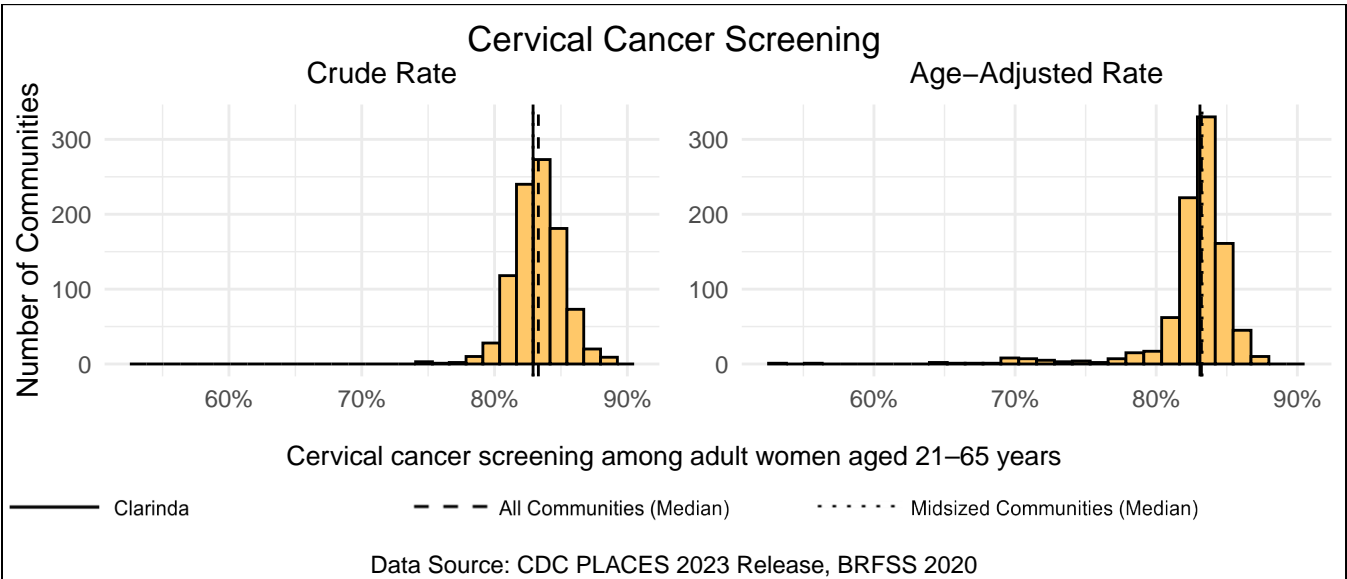
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	77.1%	79.8%	79.8%
Age-Adjusted	58.8%	59.0%	59.0%



Cervical Cancer Screening

Clarinda has a crude rate of 82.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 557th out of 958 Iowa communities (51st out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 83.1%, which ranks 477th out of 905 Iowa communities (55th out of 102 mid-sized communities).

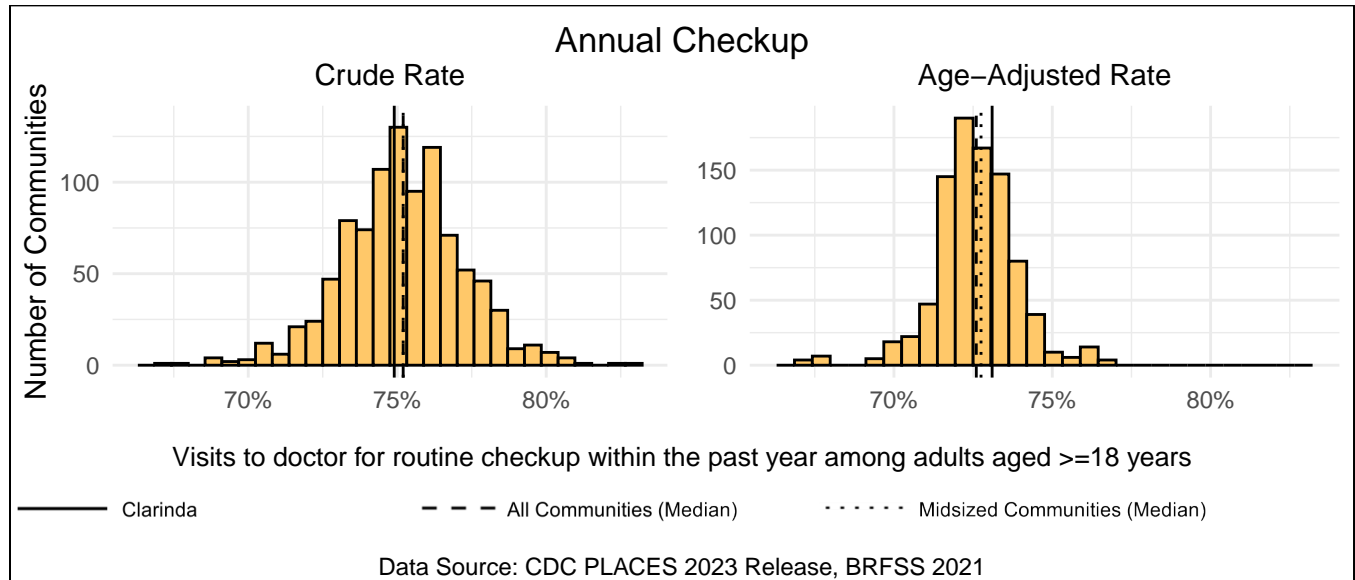
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	82.9%	83.3%	82.9%
Age-Adjusted	83.1%	83.2%	83.2%



Annual Checkup

Clarinda has a crude rate of 74.9% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 543rd out of 958 Iowa communities (61st out of 102 midsize communities). The age-adjusted rate for Clarinda is 73.1%, which ranks 259th out of 905 Iowa communities (35th out of 102 midsize communities).

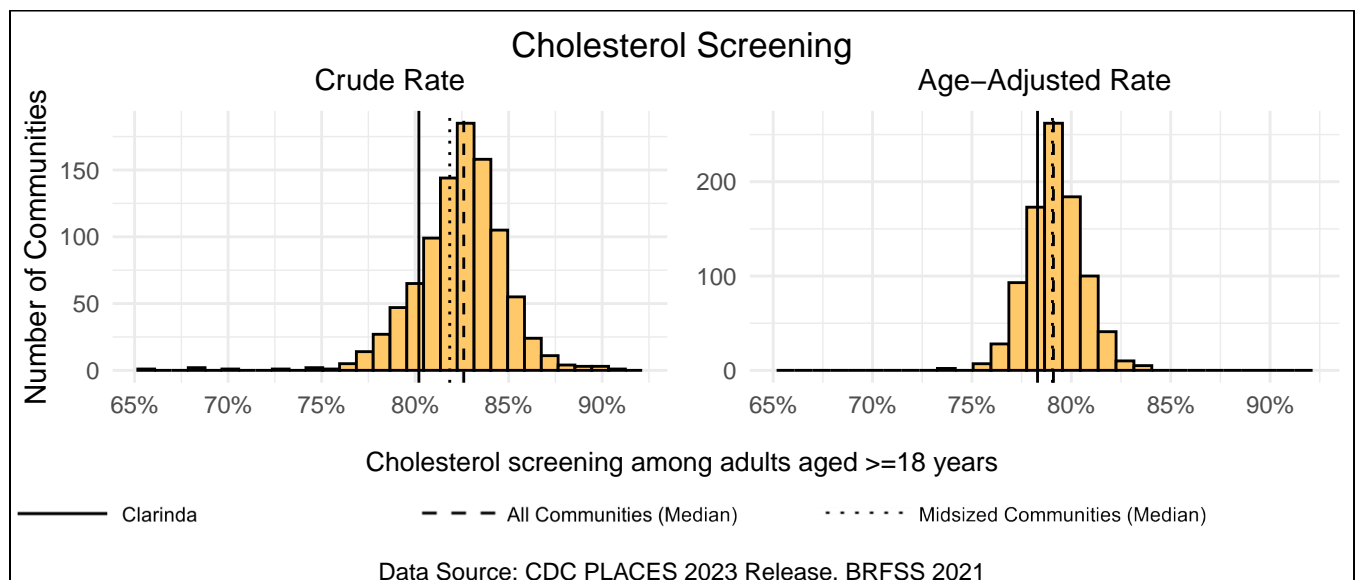
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	74.9%	75.2%	75.2%
Age-Adjusted	73.1%	72.6%	72.8%



Cholesterol Screening

Clarinda has a crude rate of 80.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (73rd out of 102 midsize communities). The age-adjusted rate for Clarinda is 78.3%, which ranks 668th out of 905 Iowa communities (70th out of 102 midsize communities).

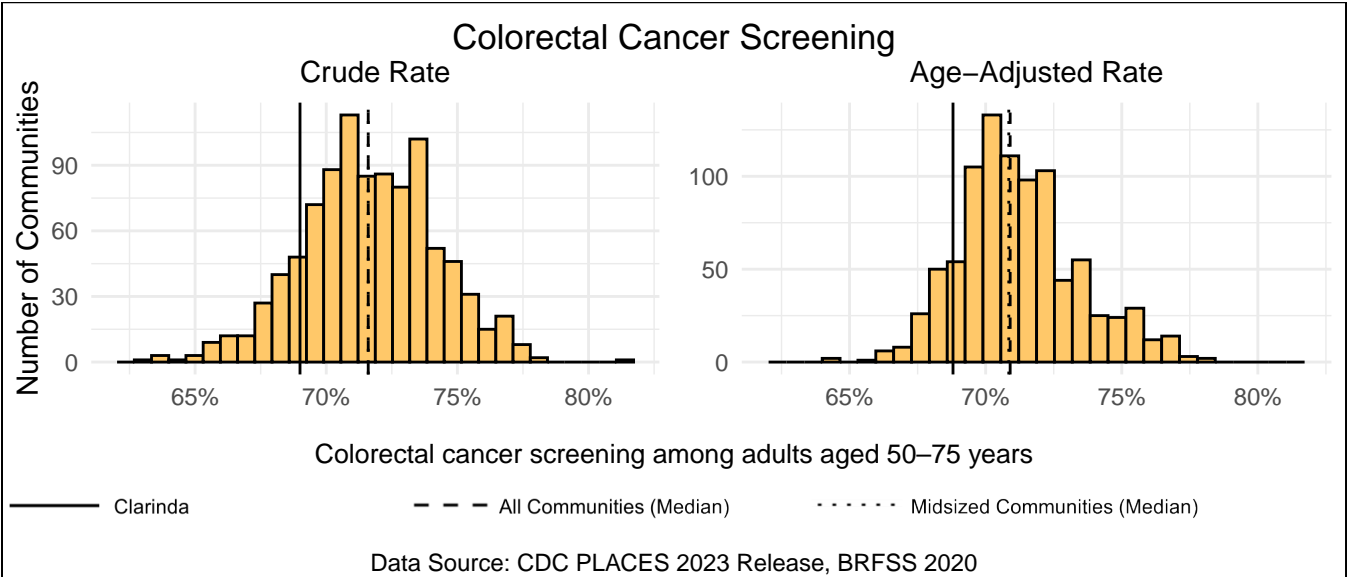
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	80.2%	82.6%	81.8%
Age-Adjusted	78.3%	79.1%	79.0%



Colorectal Cancer Screening

Clarinda has a crude rate of 69.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 821st out of 958 Iowa communities (90th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 68.8%, which ranks 798th out of 905 Iowa communities (81st out of 102 mid-sized communities).

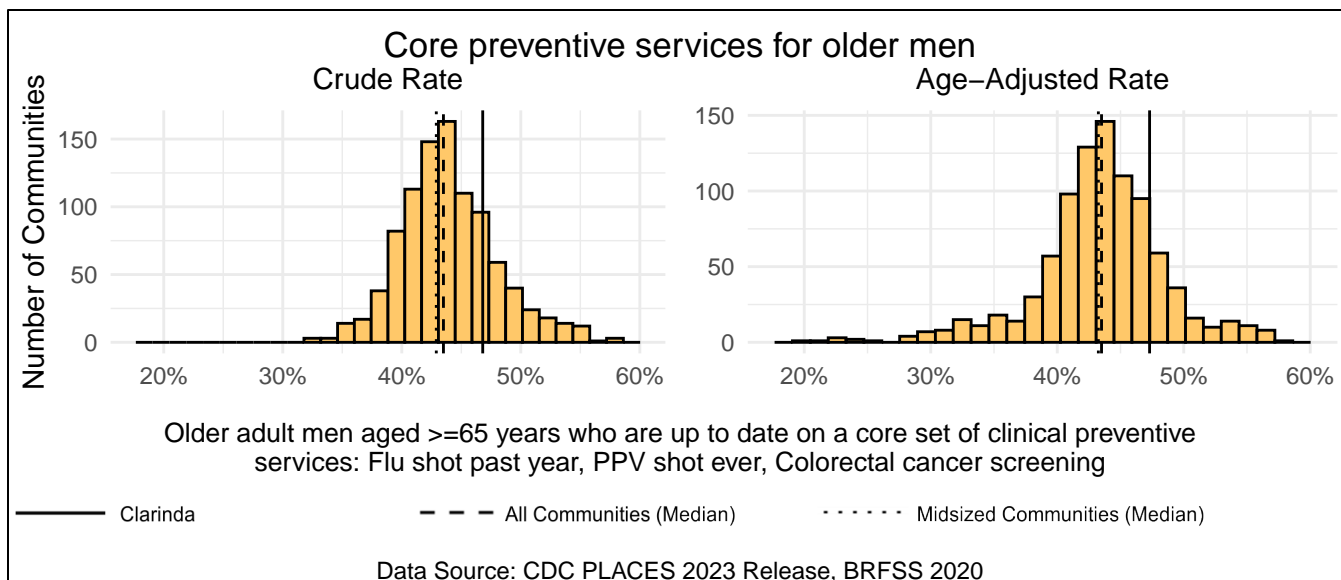
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	69.0%	71.6%	71.6%
Age-Adjusted	68.8%	70.9%	70.8%



Core preventive services for older men

Clarinda has a crude rate of 46.8% 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 205th out of 958 Iowa communities (21st out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 47.3%, which ranks 156th out of 905 Iowa communities (21st out of 102 mid-sized communities).

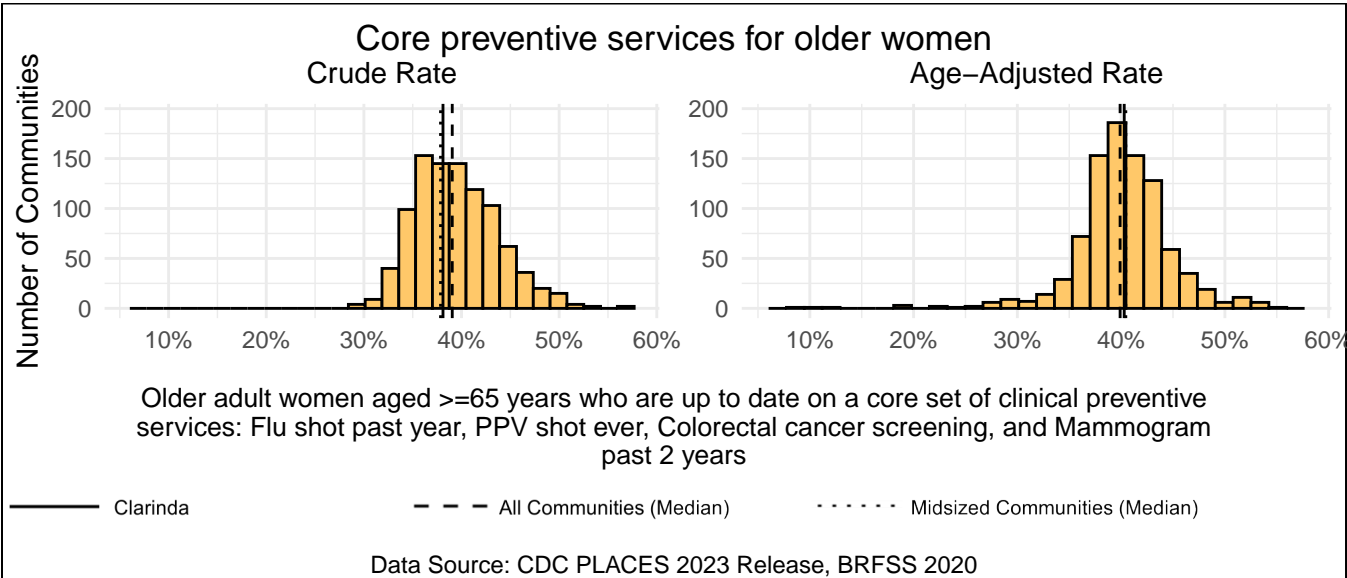
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	46.8%	43.5%	42.9%
Age-Adjusted	47.3%	43.5%	43.2%



Core preventive services for older women

Clarinda has a crude rate of 38.1% 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 568th out of 958 Iowa communities (49th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 40.3%, which ranks 425th out of 905 Iowa communities (55th out of 102 mid-sized communities).

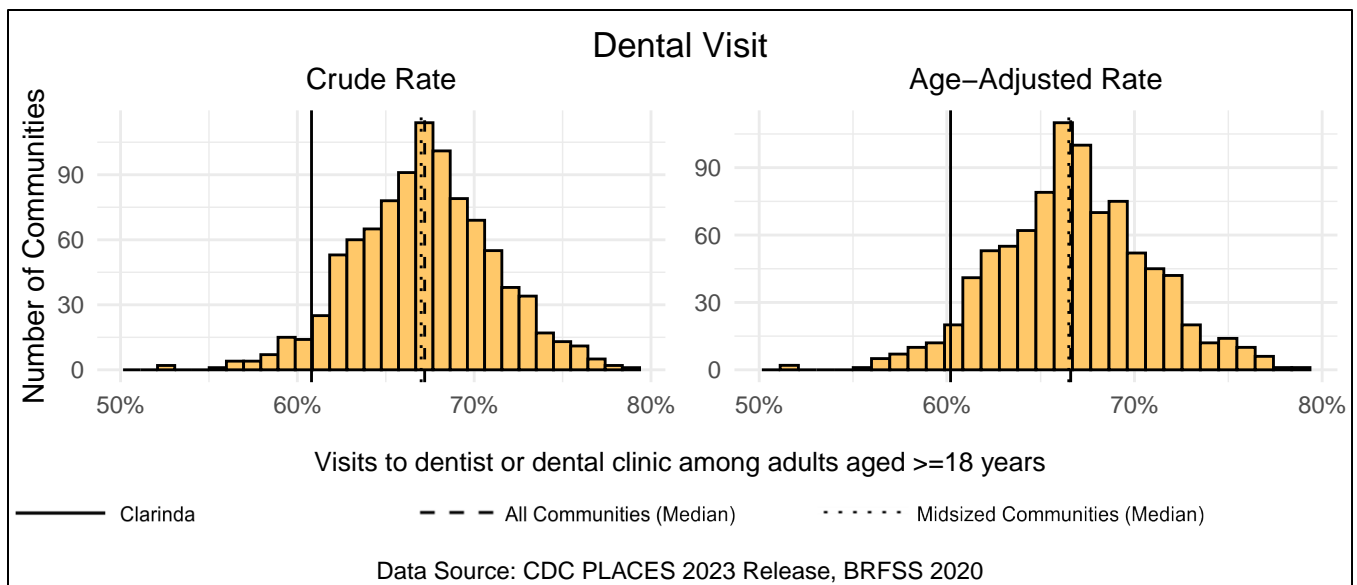
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	38.1%	39.0%	37.8%
Age-Adjusted	40.3%	39.9%	40.4%



Dental Visit

Clarinda has a crude rate of 60.8% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 912th out of 958 Iowa communities (87th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 60.2%, which ranks 865th out of 905 Iowa communities (86th out of 102 mid-sized communities).

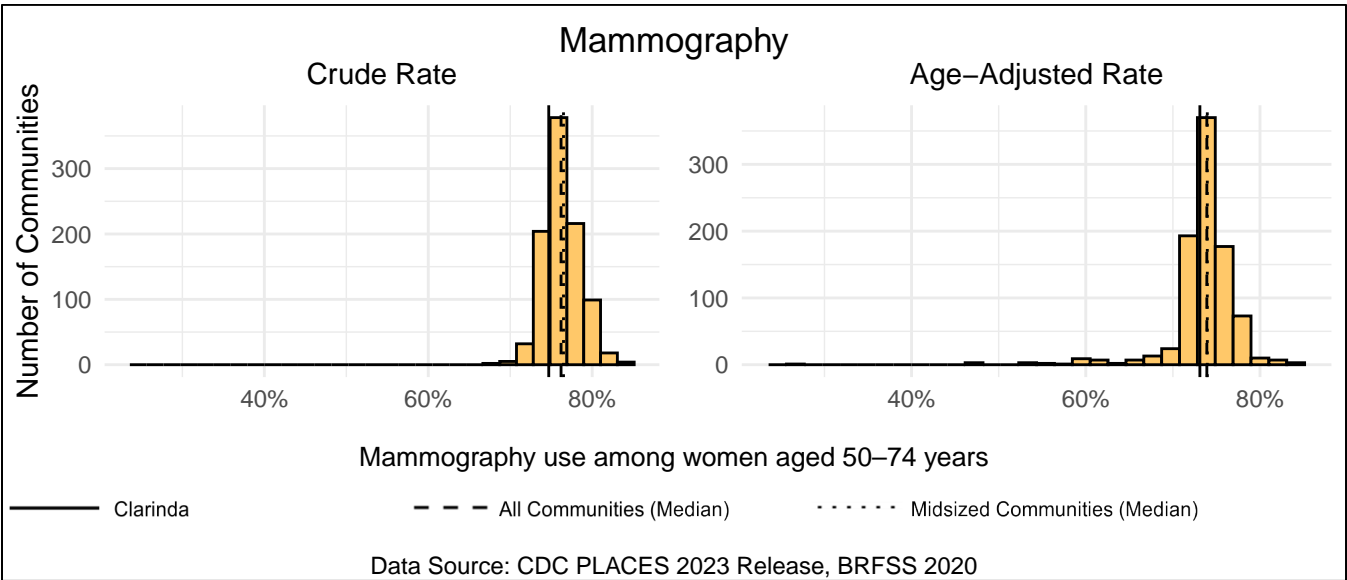
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	60.8%	67.2%	67.0%
Age-Adjusted	60.2%	66.6%	66.5%



Mammography

Clarinda has a crude rate of 74.7% for mammography use among women aged 50–74 years, which ranks 737th out of 958 Iowa communities (86th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 73.1%, which ranks 594th out of 905 Iowa communities (69th out of 102 mid-sized communities).

Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	74.7%	76.2%	76.5%
Age-Adjusted	73.1%	73.9%	74.0%



Disability

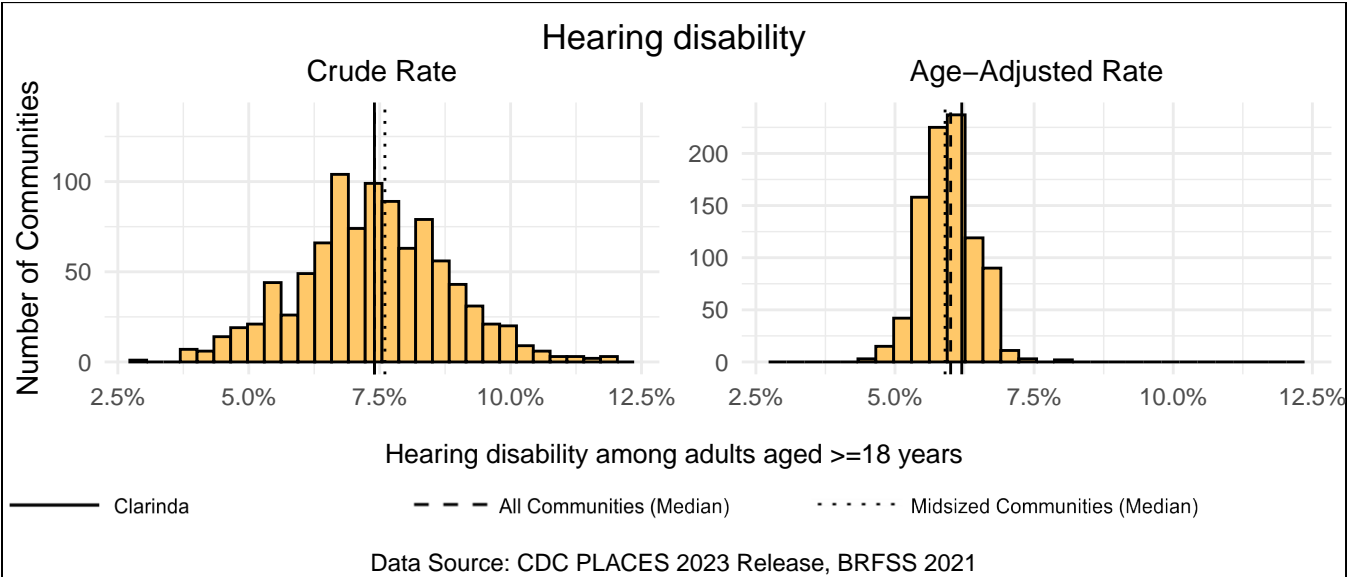
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Clarinda has a crude rate of 7.4% for hearing disability among adults aged ≥ 18 years, which ranks 470th out of 958 Iowa communities (42nd out of 102 midsize communities). The age-adjusted rate for Clarinda is 6.2%, which ranks 621st out of 905 Iowa communities (65th out of 102 midsize communities).

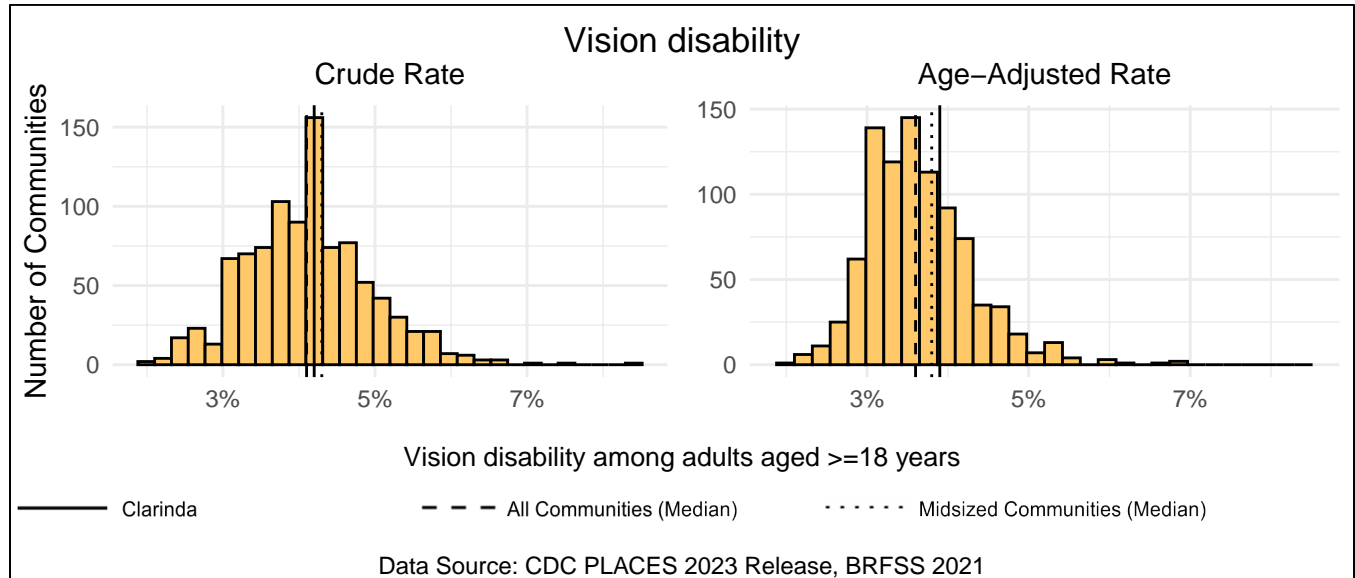
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	7.4%	7.4%	7.6%
Age-Adjusted	6.2%	6.0%	5.9%



Vision disability

Clarinda has a crude rate of 4.2% for vision disability among adults aged ≥ 18 years, which ranks 516th out of 958 Iowa communities (47th out of 102 midsize communities). The age-adjusted rate for Clarinda is 3.9%, which ranks 622nd out of 905 Iowa communities (59th out of 102 midsize communities).

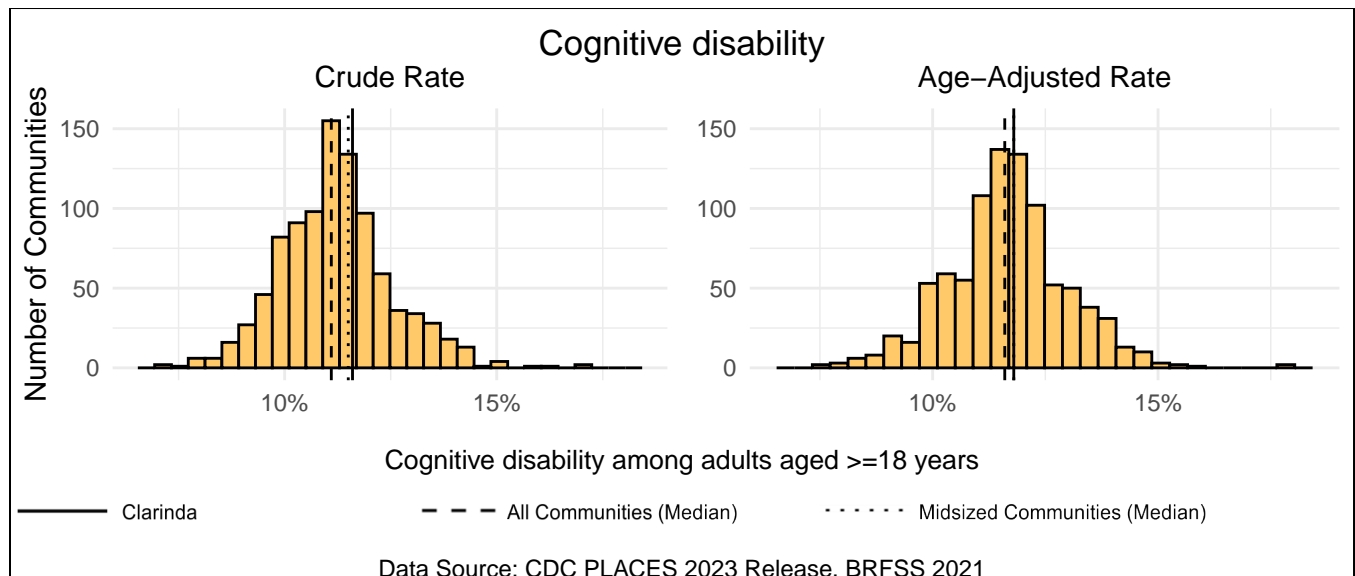
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	4.2%	4.1%	4.3%
Age-Adjusted	3.9%	3.6%	3.8%



Cognitive disability

Clarinda has a crude rate of 11.6% for cognitive disability among adults aged ≥ 18 years, which ranks 639th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Clarinda is 11.8%, which ranks 495th out of 905 Iowa communities (49th out of 102 midsize communities).

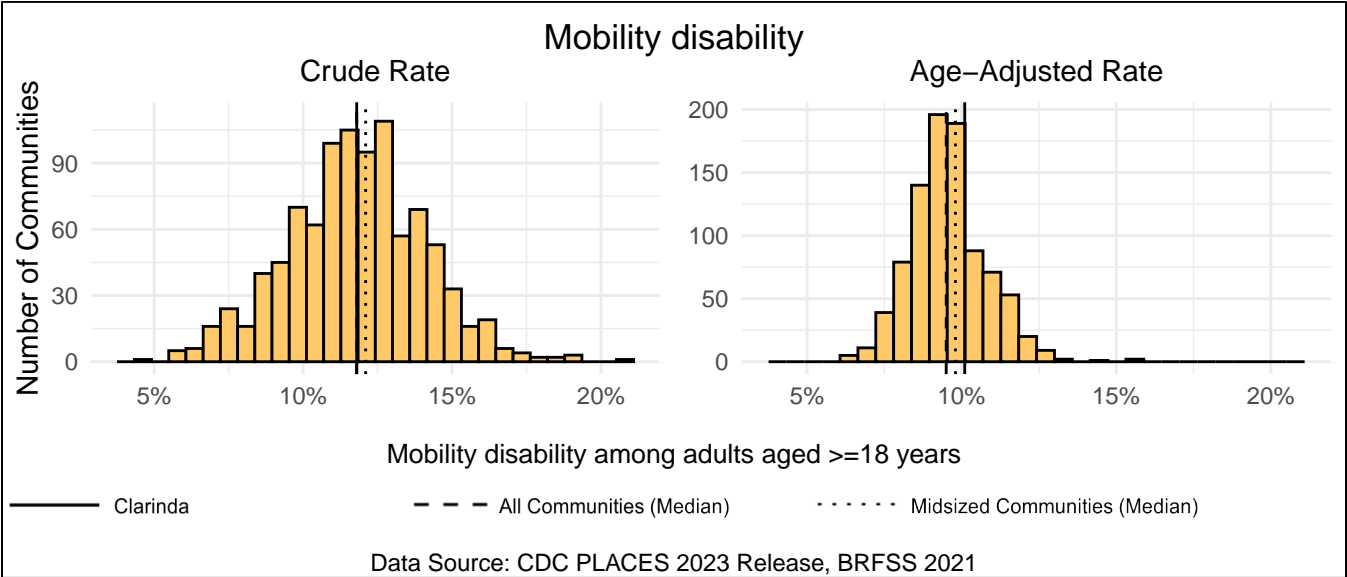
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	11.6%	11.1%	11.5%
Age-Adjusted	11.8%	11.6%	11.8%



Mobility disability

Clarinda has a crude rate of 11.8% for mobility disability among adults aged ≥ 18 years, which ranks 471st out of 958 Iowa communities (46th out of 102 midsize communities). The age-adjusted rate for Clarinda is 10.1%, which ranks 632nd out of 905 Iowa communities (62nd out of 102 midsize communities).

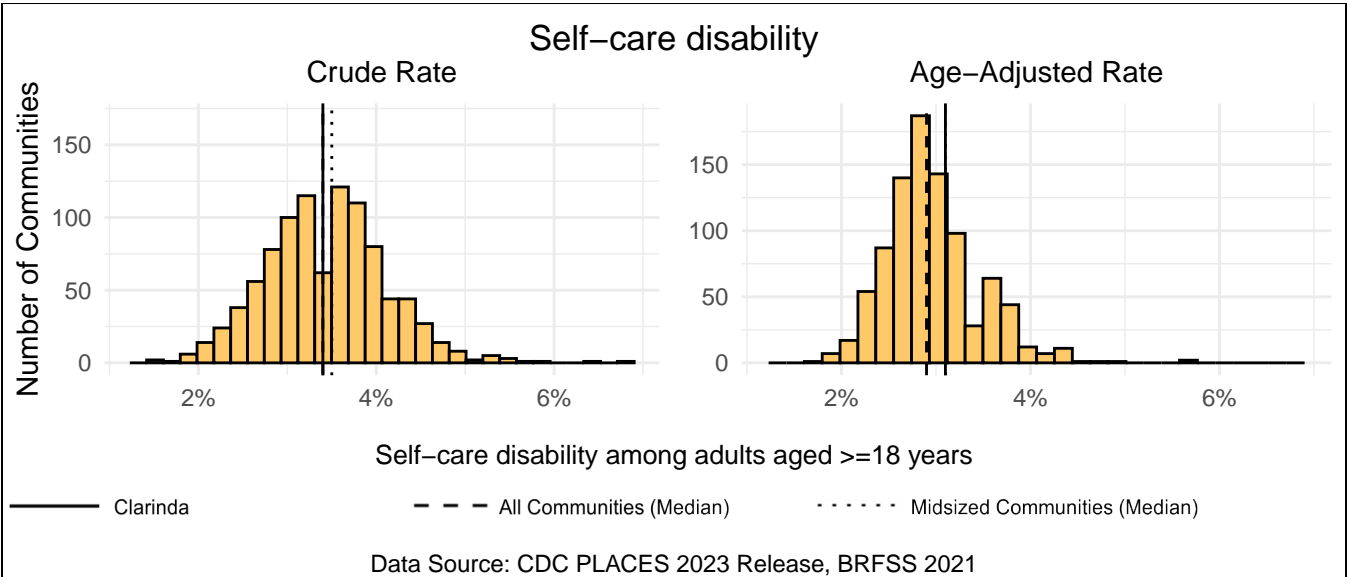
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	11.8%	11.8%	12.1%
Age-Adjusted	10.1%	9.5%	9.8%



Self-care disability

Clarinda has a crude rate of 3.4% for self-care disability among adults aged ≥ 18 years, which ranks 435th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Clarinda is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 midsize communities).

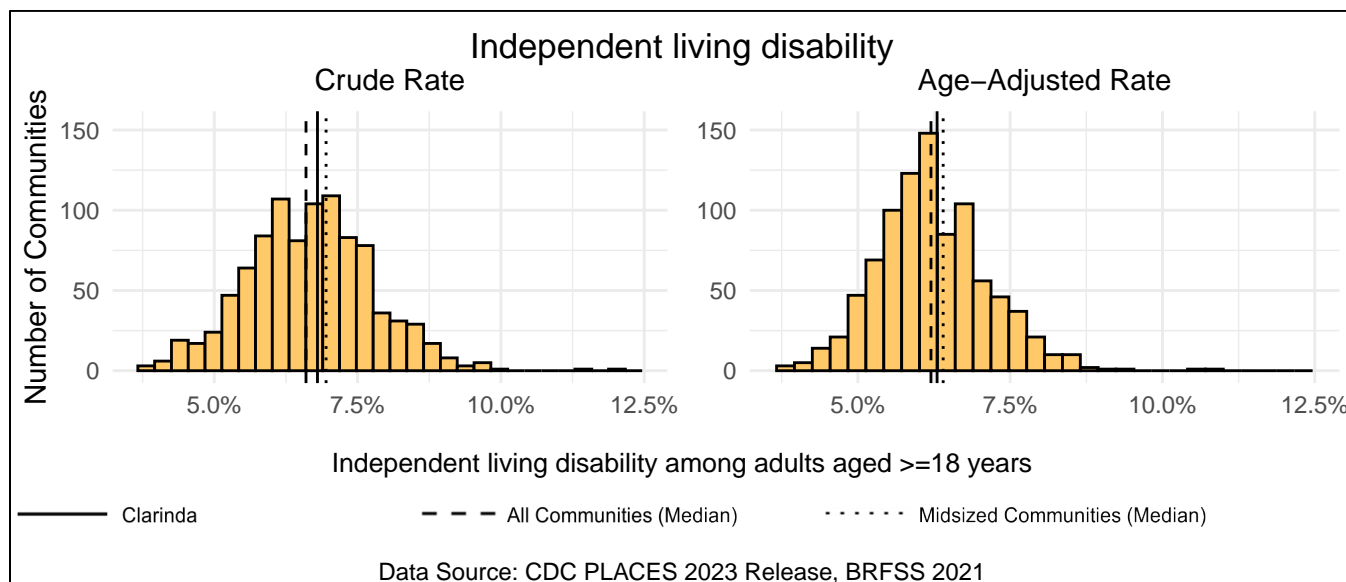
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	3.4%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



Independent living disability

Clarinda has a crude rate of 6.8% for independent living disability among adults aged ≥ 18 years, which ranks 519th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 6.3%, which ranks 485th out of 905 Iowa communities (44th out of 102 mid-sized communities).

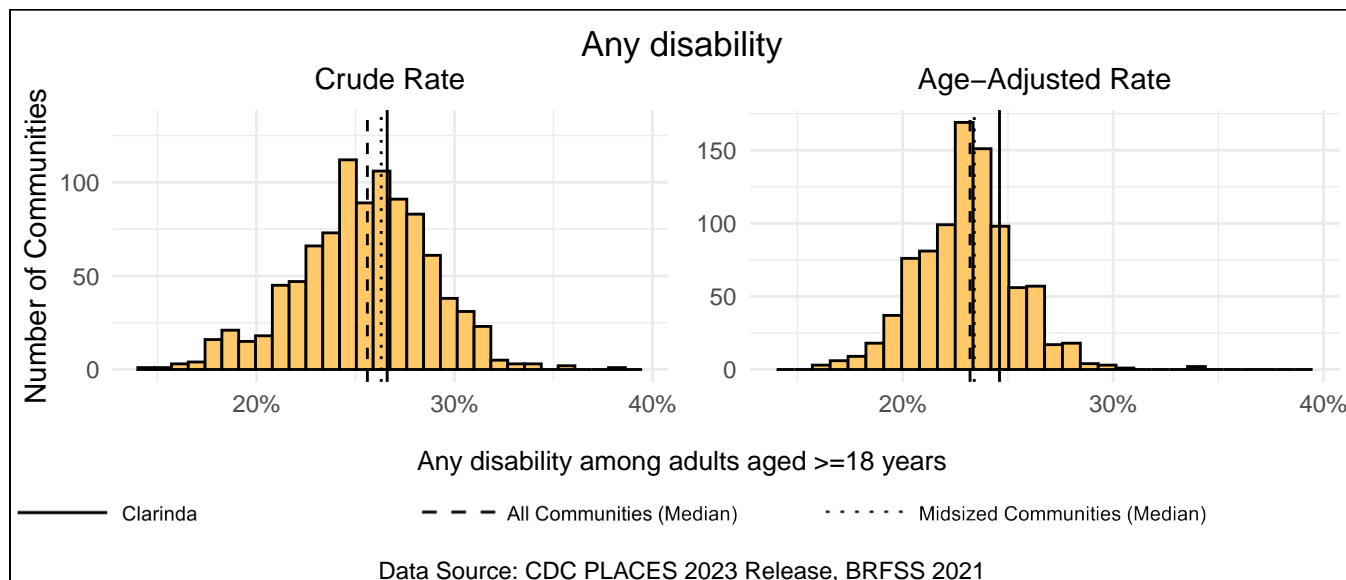
Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	6.8%	6.6%	7.0%
Age-Adjusted	6.3%	6.2%	6.4%



Any disability

Clarinda has a crude rate of 26.6% for any disability among adults aged ≥ 18 years, which ranks 593rd out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Clarinda is 24.6%, which ranks 698th out of 905 Iowa communities (70th out of 102 mid-sized communities).

Measure Type	Clarinda	All Comm.	Midsized Comm.
Crude	26.6%	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: Clarinda 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	464	14.3% (12.3% - 16.4%)	241	15.0% (13.0% - 17.1%)
Health Status	General Health	576	14.8% (12.6% - 17.0%)	700	13.9% (11.9% - 16.0%)
Health Status	Physical Health	435	10.7% (9.2% - 12.4%)	644	10.2% (8.7% - 11.6%)
Health Risk Behaviors	Sleep <7 hours	951	33.9% (32.6% - 35.1%)	899	34.7% (33.5% - 35.9%)
Health Risk Behaviors	Physical Inactivity	447	25.9% (21.5% - 30.7%)	504	24.7% (20.5% - 29.1%)
Health Risk Behaviors	Current Smoking	640	17.7% (14.5% - 21.1%)	649	18.6% (15.3% - 22.0%)
Health Risk Behaviors	Binge Drinking	687	20.7% (17.2% - 24.6%)	609	22.5% (18.7% - 26.5%)
Health Outcomes	High Cholesterol	527	36.6% (32.0% - 41.2%)	862	31.4% (26.9% - 36.1%)
Health Outcomes	Diabetes	444	10.0% (8.4% - 11.6%)	722	8.9% (7.5% - 10.3%)
Health Outcomes	Arthritis	373	26.9% (22.9% - 30.8%)	631	23.8% (20.1% - 27.5%)
Health Outcomes	Current Asthma	137	9.0% (7.9% - 10.2%)	125	9.1% (7.9% - 10.3%)
Health Outcomes	Coronary Heart Disease	378	6.2% (5.4% - 7.0%)	601	5.2% (4.6% - 5.8%)
Health Outcomes	All Teeth Lost	620	13.7% (10.1% - 17.6%)	544	13.3% (10.1% - 16.8%)
Health Outcomes	Obesity	888	41.3% (33.7% - 49.1%)	874	42.0% (34.3% - 49.6%)
Health Outcomes	High Blood Pressure	583	33.1% (28.8% - 37.3%)	878	30.1% (26.1% - 34.1%)
Health Outcomes	Depression	169	17.1% (13.8% - 20.4%)	58	17.6% (14.4% - 21.0%)
Health Outcomes	Cancer (except skin)	335	7.6% (6.9% - 8.4%)	74	6.4% (5.7% - 7.0%)
Health Outcomes	Stroke	397	3.2% (2.9% - 3.6%)	569	2.7% (2.4% - 3.0%)
Health Outcomes	Chronic Kidney Disease	381	3.1% (2.8% - 3.4%)	623	2.7% (2.4% - 2.9%)
Health Outcomes	COPD	395	7.2% (6.1% - 8.3%)	513	6.4% (5.5% - 7.4%)
Prevention	Core preventive services for older men	205	46.8% (40.6% - 53.0%)	156	47.3% (41.1% - 53.4%)
Prevention	Dental Visit	912	60.8% (57.9% - 63.4%)	865	60.2% (57.2% - 63.1%)
Prevention	Cervical Cancer Screening	557	82.9% (81.2% - 84.7%)	477	83.1% (81.3% - 84.7%)
Prevention	Cholesterol Screening	805	80.2% (76.8% - 83.1%)	668	78.3% (74.5% - 81.5%)
Prevention	Taking BP Medication	765	77.1% (73.7% - 80.2%)	501	58.8% (53.7% - 63.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	821	69.0% (66.6% - 71.4%)	798	68.8% (66.4% - 71.3%)
Prevention	Health Insurance	831	8.8% (7.0% - 10.8%)	761	9.0% (7.3% - 11.0%)
Prevention	Annual Checkup	543	74.9% (69.9% - 79.5%)	259	73.1% (67.8% - 77.8%)
Prevention	Core preventive services for older women	568	38.1% (32.8% - 43.9%)	425	40.3% (35.1% - 45.9%)
Prevention	Mammography	737	74.7% (71.5% - 77.6%)	594	73.1% (69.6% - 76.2%)
Disability	Hearing Disability	470	7.4% (6.5% - 8.2%)	621	6.2% (5.5% - 6.9%)
Disability	Independent Living Disability	519	6.8% (5.8% - 7.7%)	485	6.3% (5.5% - 7.2%)
Disability	Vision Disability	516	4.2% (3.7% - 4.8%)	622	3.9% (3.4% - 4.4%)
Disability	Any Disability	593	26.6% (22.7% - 30.4%)	698	24.6% (21.1% - 28.2%)
Disability	Self-care Disability	435	3.4% (3.0% - 3.9%)	567	3.1% (2.7% - 3.5%)
Disability	Mobility Disability	471	11.8% (10.0% - 13.7%)	632	10.1% (8.7% - 11.6%)
Disability	Cognitive Disability	639	11.6% (9.9% - 13.4%)	495	11.8% (10.2% - 13.5%)

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)

Clarinda 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
