



## 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 Conrad: Overview

Dear Community Members & Stakeholders of Conrad,

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

## Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Annual Checkup	95th	19th	High Cholesterol	65th	13th
Mental Health	102nd	14th	Annual Checkup	86th	18th
Current Smoking	127th	23rd	Health Insurance	107th	21st
Current Asthma	137th	24th	Hearing Disability	110th	21st
Cholesterol Screening	140th	18th	Stroke	116th	20th

## Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Core preventive services for older men	897th	133rd	Core preventive services for older men	754th	126th
Cancer (except skin)	790th	95th	Binge Drinking	736th	111th
Arthritis	748th	100th	Mammography	728th	115th
Core preventive services for older women	717th	97th	Arthritis	550th	84th
Hearing Disability	666th	81st	Colorectal Cancer Screening	474th	78th

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 Conrad.

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.

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## How to Use this Report

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

With a population of 1,234, Conrad’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



# Health Status

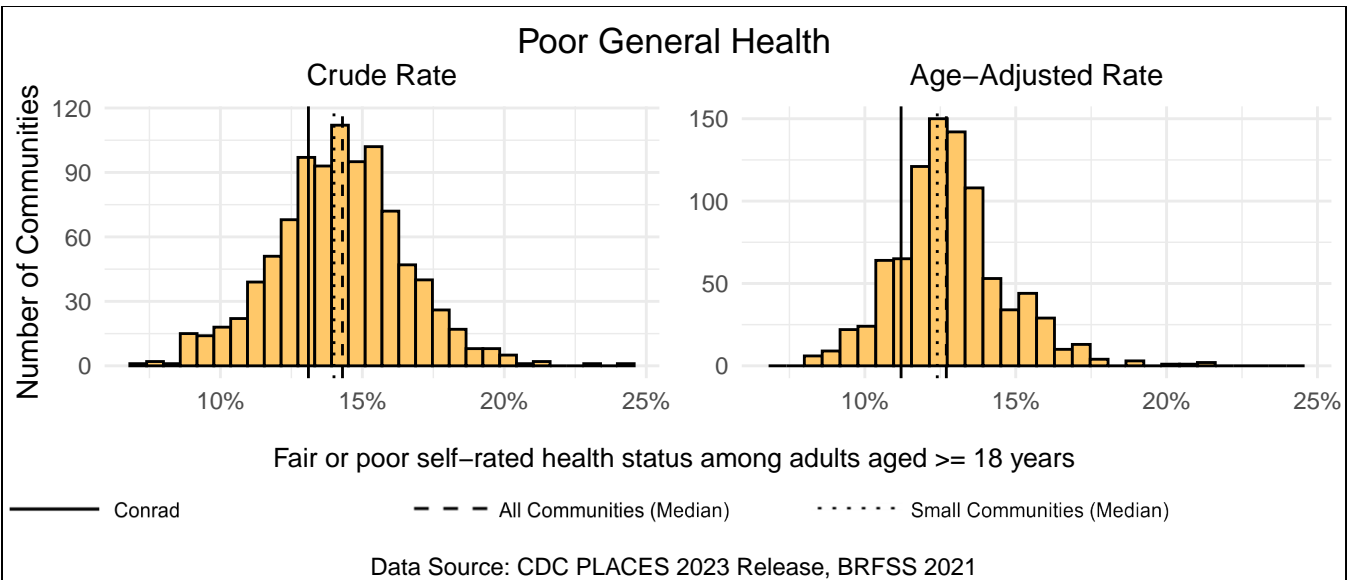
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

## Poor General Health

Conrad has a crude rate of 13.1% for fair or poor self-rated health status among adults aged  $\geq 18$  years, which ranks 272nd out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Conrad is 11.2%, which ranks 150th out of 905 Iowa communities (32nd out of 138 small communities).

Measure Type	Conrad	All Comm.	Small Comm.
Crude	13.1%	14.3%	14.0%
Age-Adjusted	11.2%	12.7%	12.4%

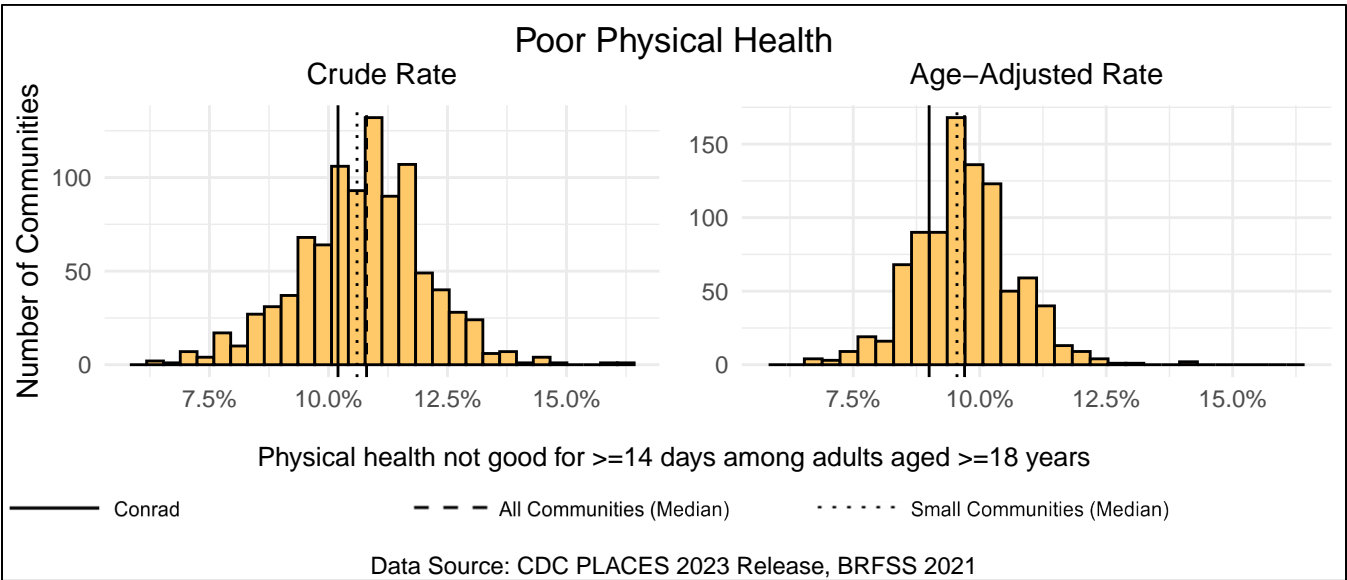




# Poor Physical Health

Conrad has a crude rate of 10.2% for physical health not good for >=14 days among adults aged >=18 years, which ranks 293rd out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Conrad is 9.0%, which ranks 181st out of 905 Iowa communities (36th out of 138 small communities).

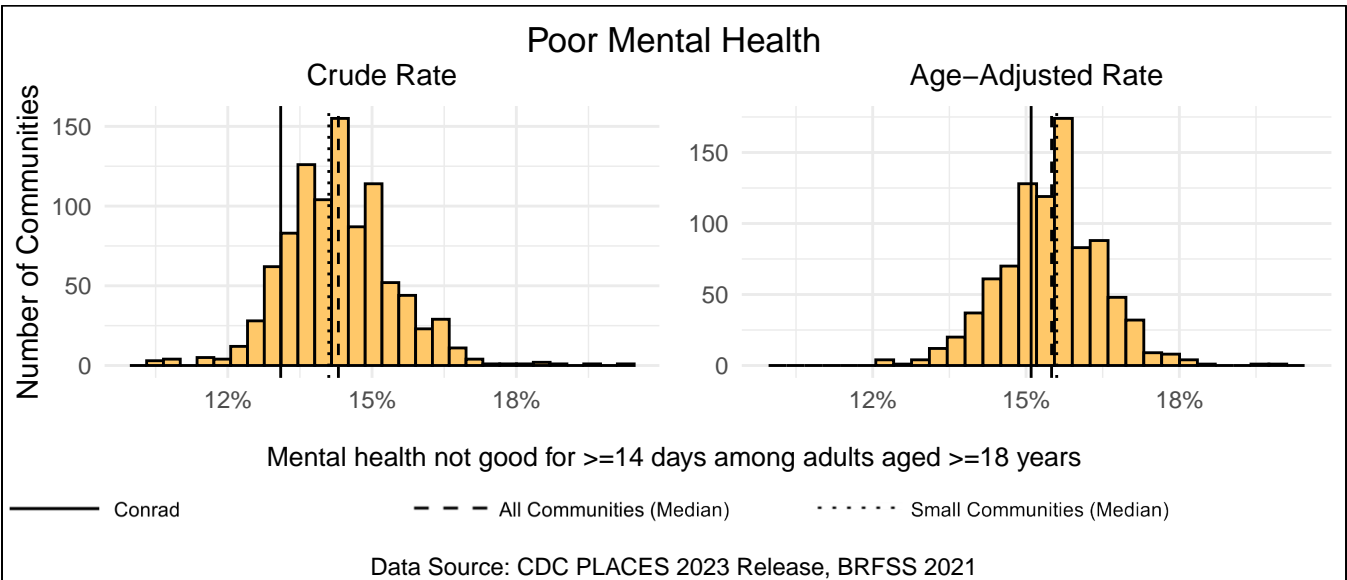
Measure Type	Conrad	All Comm.	Small Comm.
Crude	10.2%	10.8%	10.6%
Age-Adjusted	9.0%	9.7%	9.6%



# Poor Mental Health

Conrad has a crude rate of 13.1% for mental health not good for >=14 days among adults aged >=18 years, which ranks 102nd out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Conrad is 15.1%, which ranks 270th out of 905 Iowa communities (46th out of 138 small communities).

Measure Type	Conrad	All Comm.	Small Comm.
Crude	13.1%	14.3%	14.1%
Age-Adjusted	15.1%	15.5%	15.6%



# Health Risk Behaviors

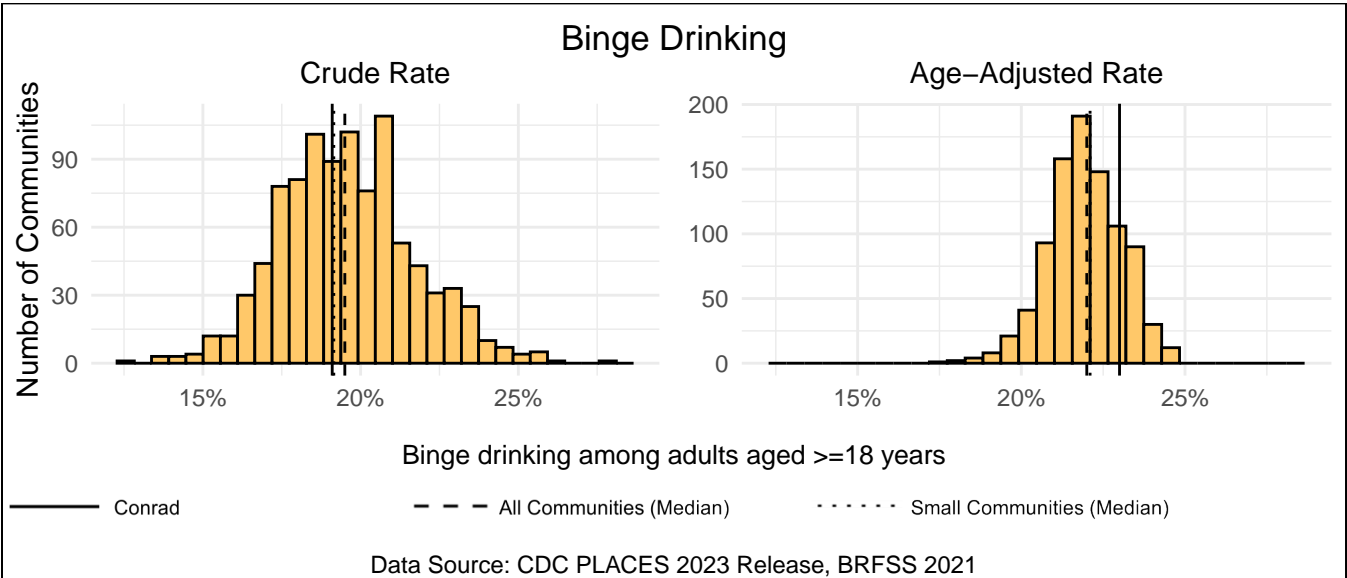
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

## Binge Drinking

Conrad has a crude rate of 19.1% for binge drinking among adults aged  $\geq 18$  years, which ranks 402nd out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Conrad is 23.0%, which ranks 736th out of 905 Iowa communities (111th out of 138 small communities).

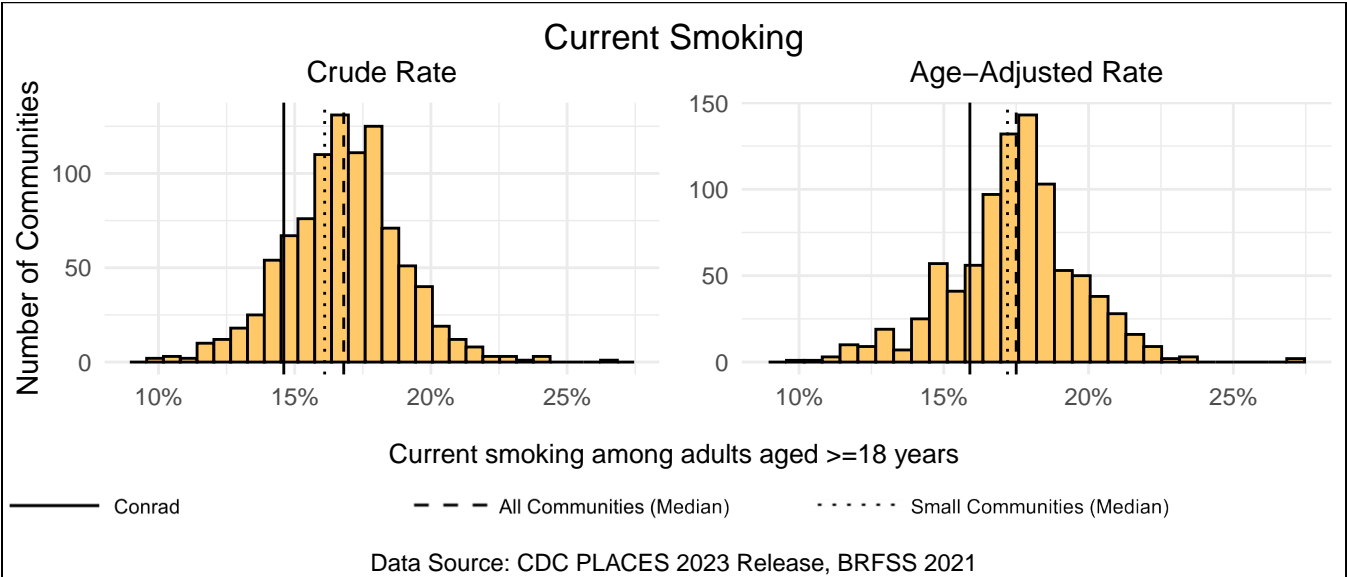
Measure Type	Conrad	All Comm.	Small Comm.
Crude	19.1%	19.5%	19.1%
Age-Adjusted	23.0%	22.0%	22.1%



# Current Smoking

Conrad has a crude rate of 14.6% for current smoking among adults aged >=18 years, which ranks 127th out of 958 Iowa communities (23rd out of 138 small communities). The age-adjusted rate for Conrad is 15.9%, which ranks 180th out of 905 Iowa communities (34th out of 138 small communities).

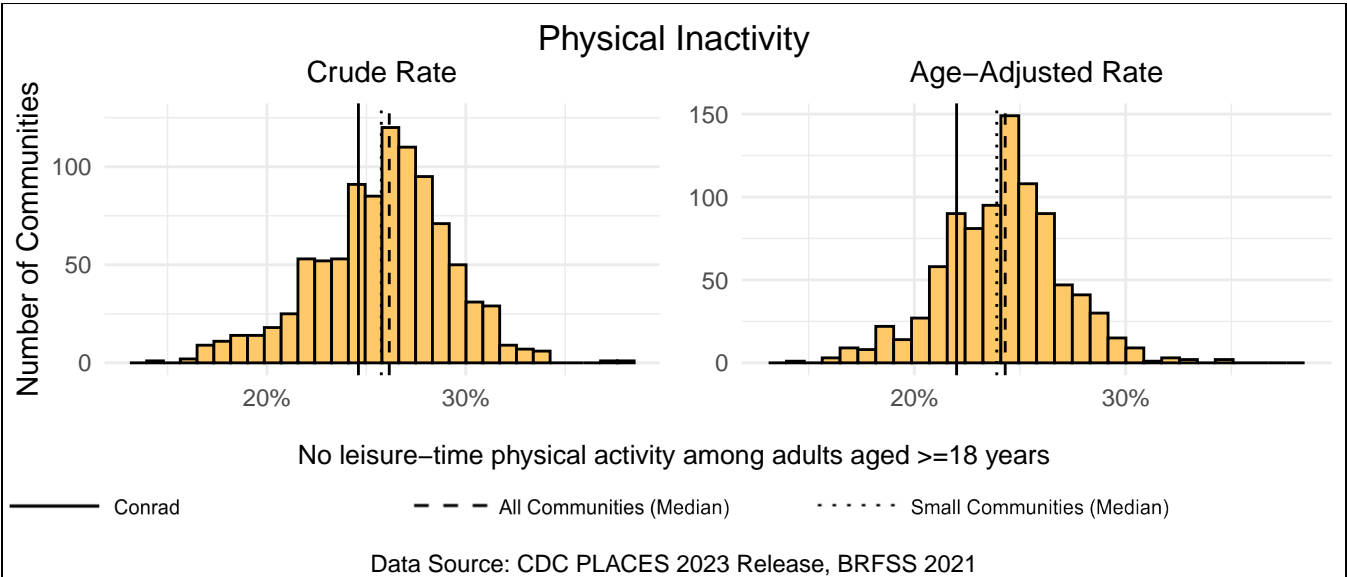
Measure Type	Conrad	All Comm.	Small Comm.
Crude	14.6%	16.8%	16.1%
Age-Adjusted	15.9%	17.5%	17.2%



# Physical Inactivity

Conrad has a crude rate of 24.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 305th out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Conrad is 22.0%, which ranks 179th out of 905 Iowa communities (34th out of 138 small communities).

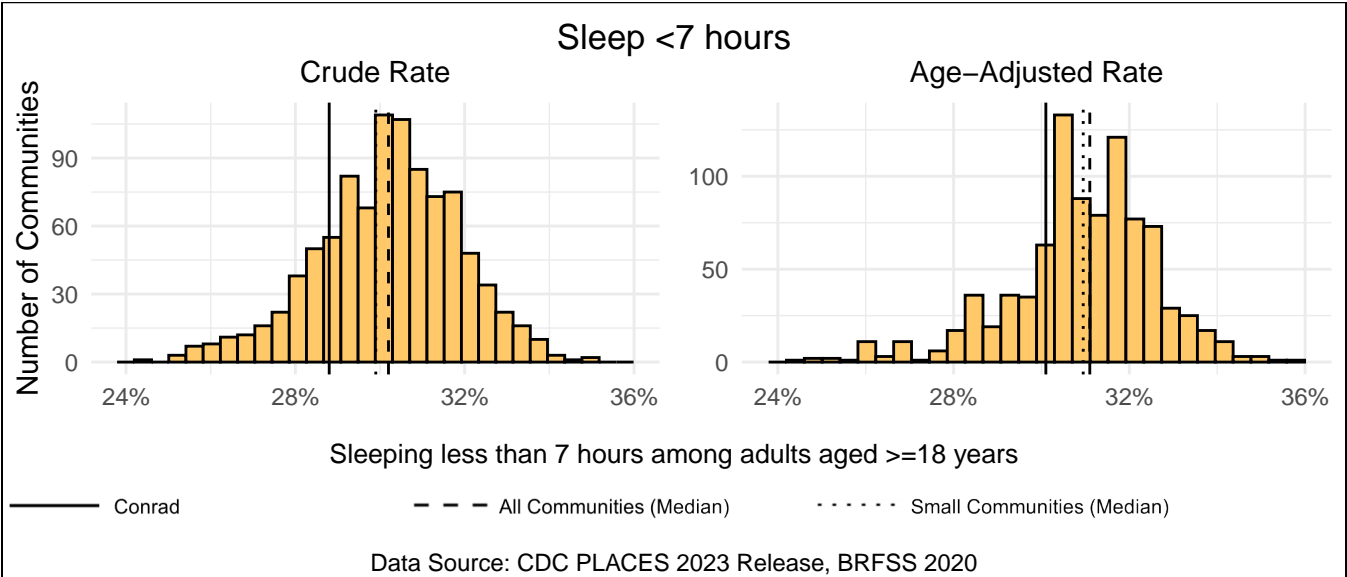
Measure Type	Conrad	All Comm.	Small Comm.
Crude	24.6%	26.1%	25.8%
Age-Adjusted	22.0%	24.3%	23.9%



# Sleep <7 hours

Conrad has a crude rate of 28.8% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 187th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Conrad is 30.1%, which ranks 207th out of 905 Iowa communities (40th out of 138 small communities).

Measure Type	Conrad	All Comm.	Small Comm.
Crude	28.8%	30.2%	29.9%
Age-Adjusted	30.1%	31.1%	31.0%



# Health Outcomes

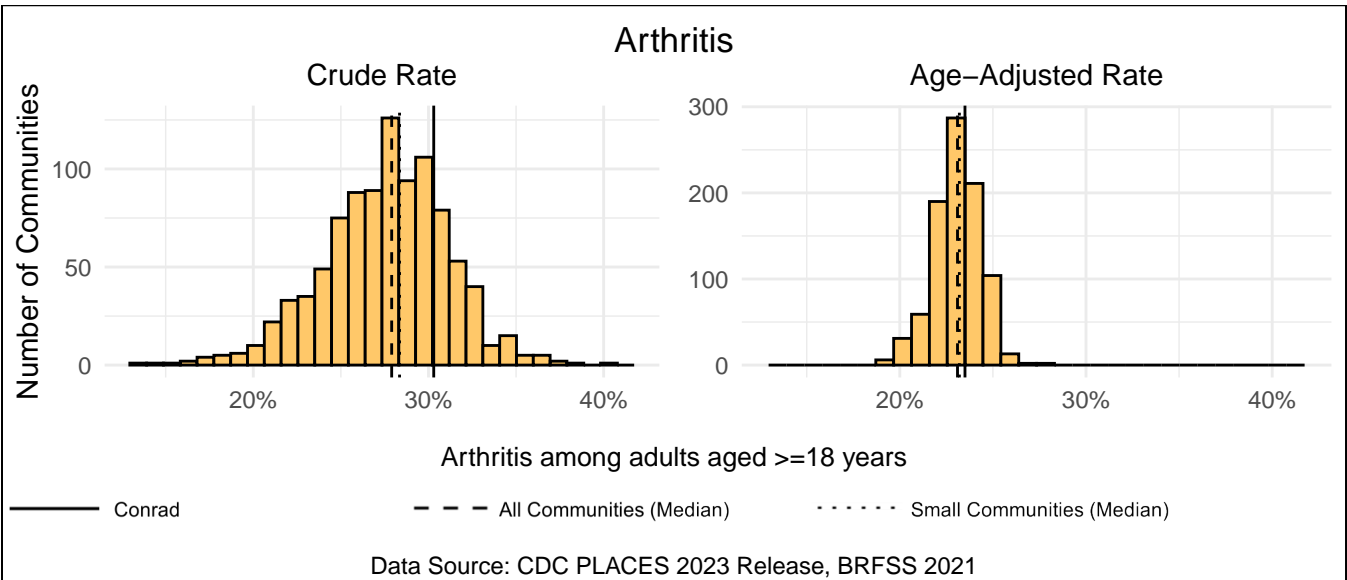
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

## Arthritis

Conrad has a crude rate of 30.3% for arthritis among adults aged  $\geq 18$  years, which ranks 748th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Conrad is 23.5%, which ranks 550th out of 905 Iowa communities (84th out of 138 small communities).

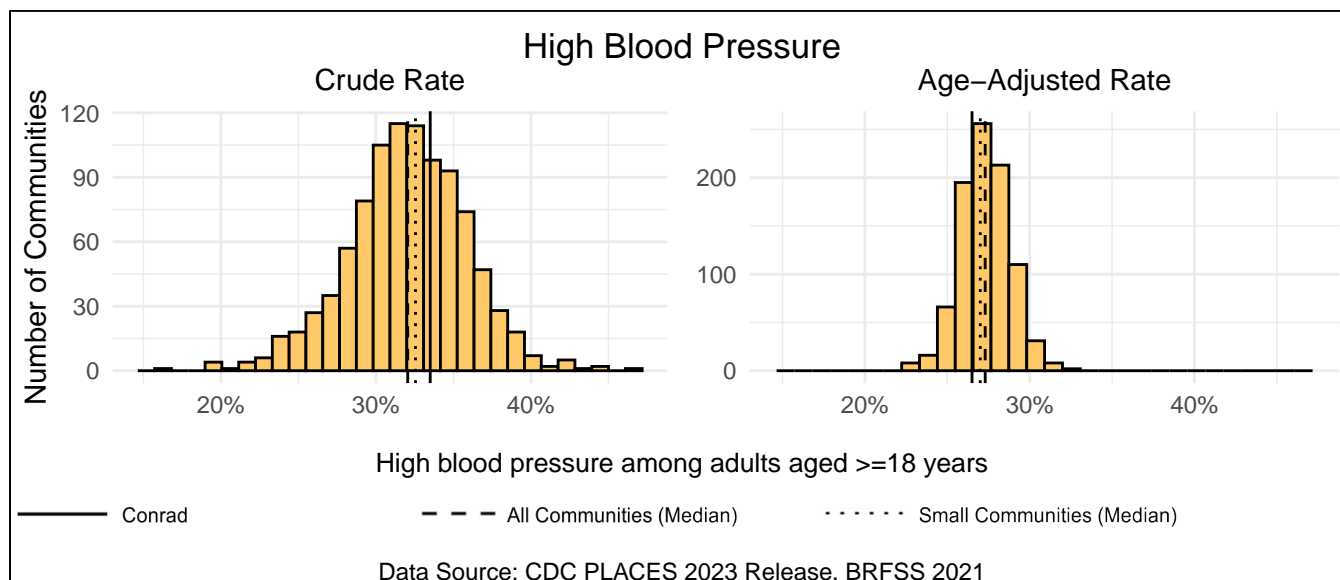
Measure Type	Conrad	All Comm.	Small Comm.
Crude	30.3%	27.9%	28.4%
Age-Adjusted	23.5%	23.1%	23.2%



## High Blood Pressure

Conrad has a crude rate of 33.5% for high blood pressure among adults aged  $\geq 18$  years, which ranks 625th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Conrad is 26.5%, which ranks 262nd out of 905 Iowa communities (42nd out of 138 small communities).

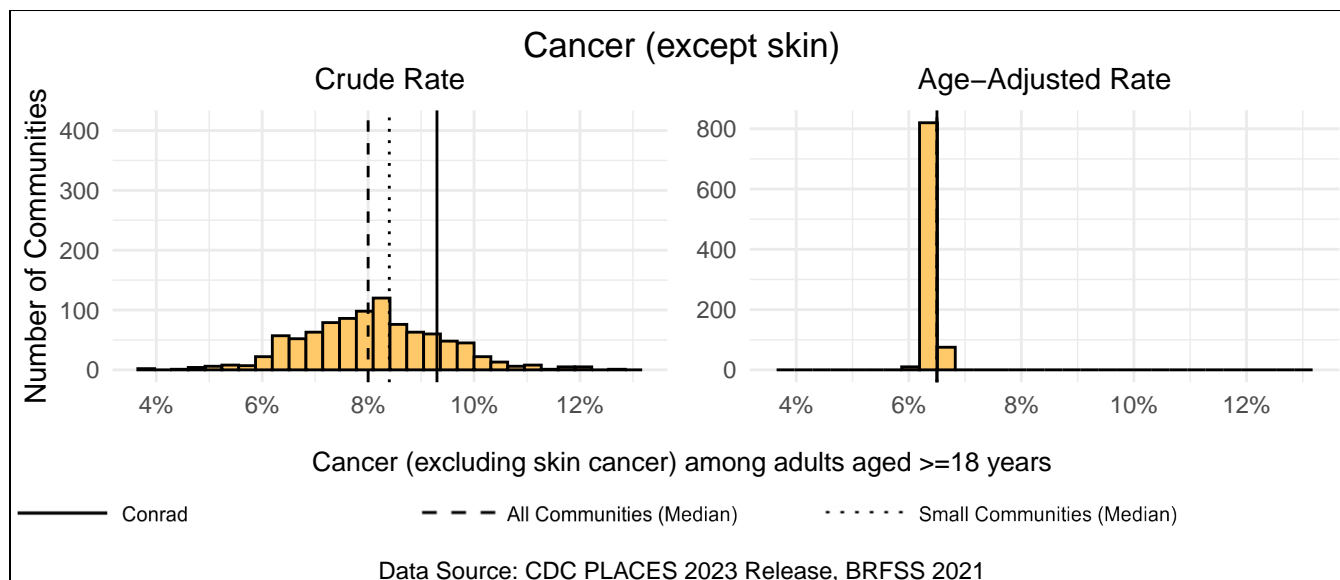
Measure Type	Conrad	All Comm.	Small Comm.
Crude	33.5%	32.0%	32.5%
Age-Adjusted	26.5%	27.3%	27.0%



## Cancer (except skin)

Conrad has a crude rate of 9.3% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 790th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Conrad is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

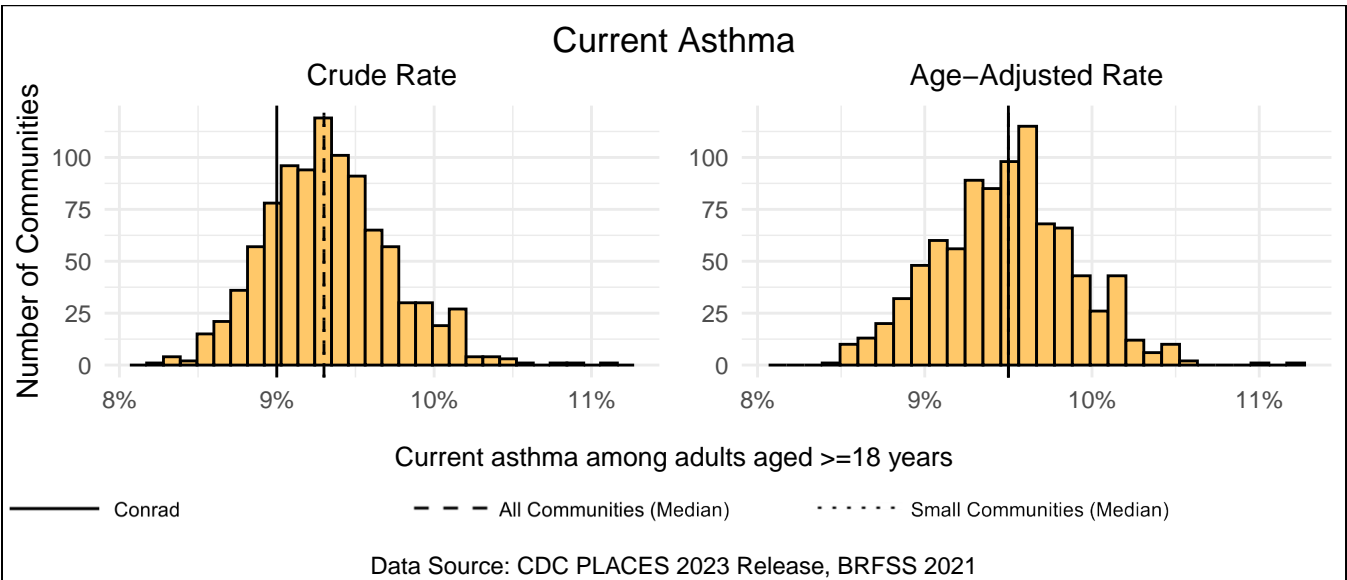
Measure Type	Conrad	All Comm.	Small Comm.
Crude	9.3%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



# Current Asthma

Conrad has a crude rate of 9.0% for current asthma among adults aged  $\geq 18$  years, which ranks 137th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Conrad is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

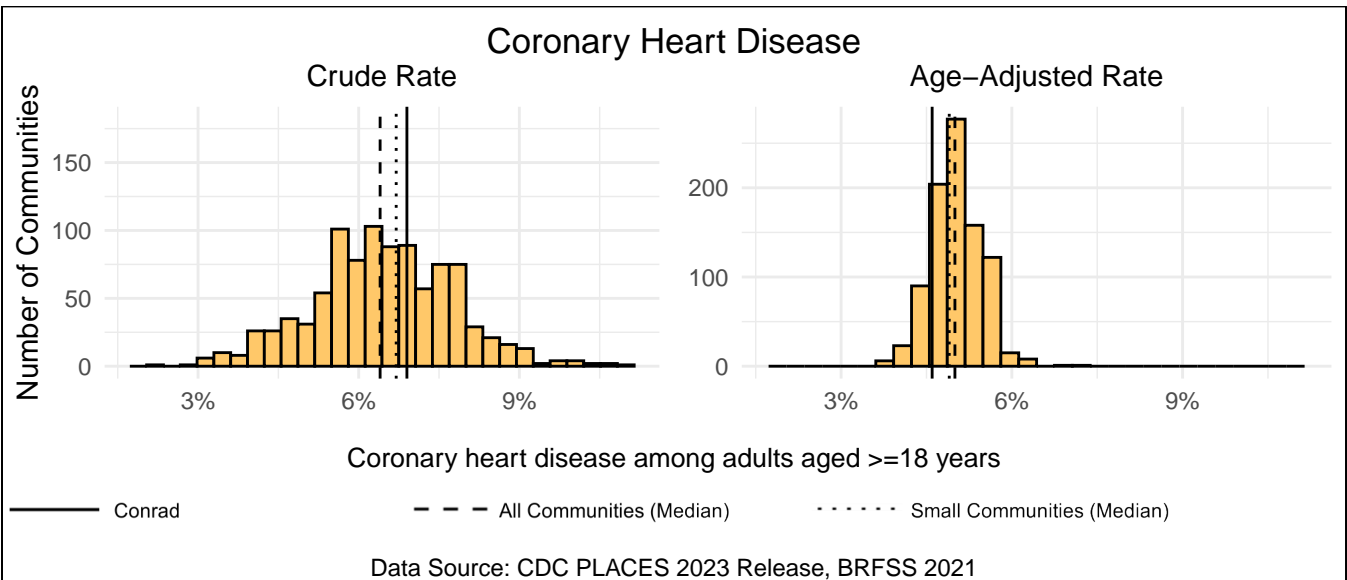
Measure Type	Conrad	All Comm.	Small Comm.
Crude	9.0%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



# Coronary Heart Disease

Conrad has a crude rate of 6.9% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 608th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Conrad is 4.6%, which ranks 120th out of 905 Iowa communities (24th out of 138 small communities).

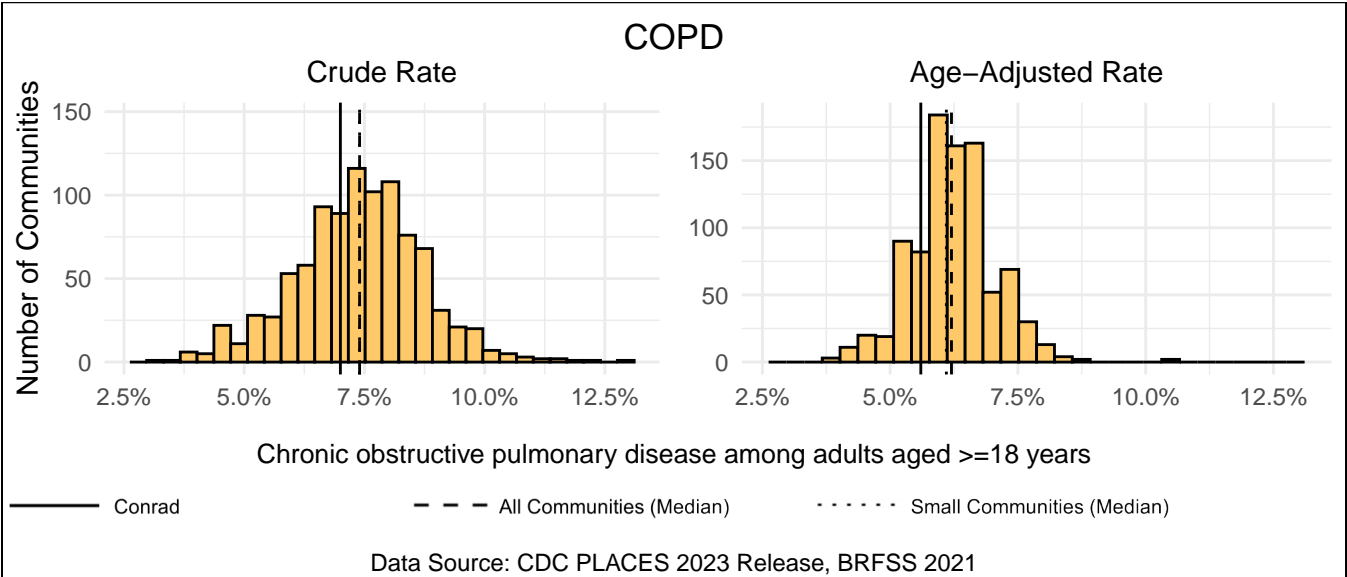
Measure Type	Conrad	All Comm.	Small Comm.
Crude	6.9%	6.4%	6.7%
Age-Adjusted	4.6%	5.0%	4.9%



# COPD

Conrad has a crude rate of 7.0% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 336th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Conrad is 5.6%, which ranks 162nd out of 905 Iowa communities (33rd out of 138 small communities).

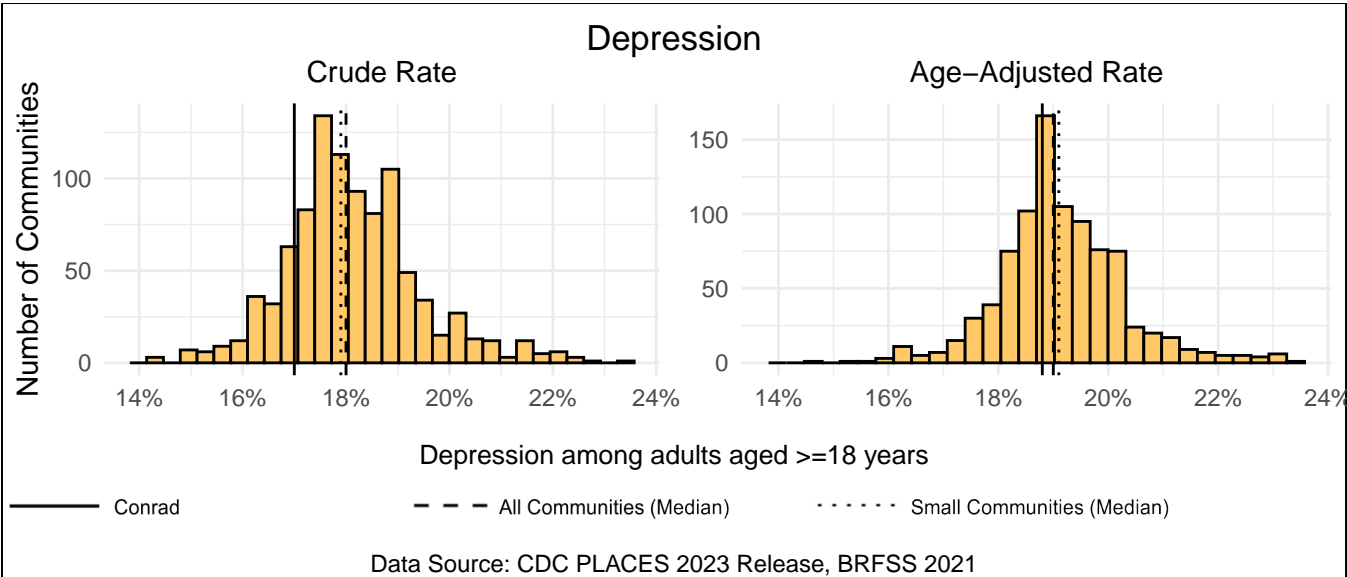
Measure Type	Conrad	All Comm.	Small Comm.
Crude	7.0%	7.4%	7.4%
Age-Adjusted	5.6%	6.2%	6.1%



# Depression

Conrad has a crude rate of 17.0% for depression among adults aged  $\geq 18$  years, which ranks 143rd out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Conrad is 18.8%, which ranks 330th out of 905 Iowa communities (47th out of 138 small communities).

Measure Type	Conrad	All Comm.	Small Comm.
Crude	17.0%	18.0%	17.9%
Age-Adjusted	18.8%	19.0%	19.1%

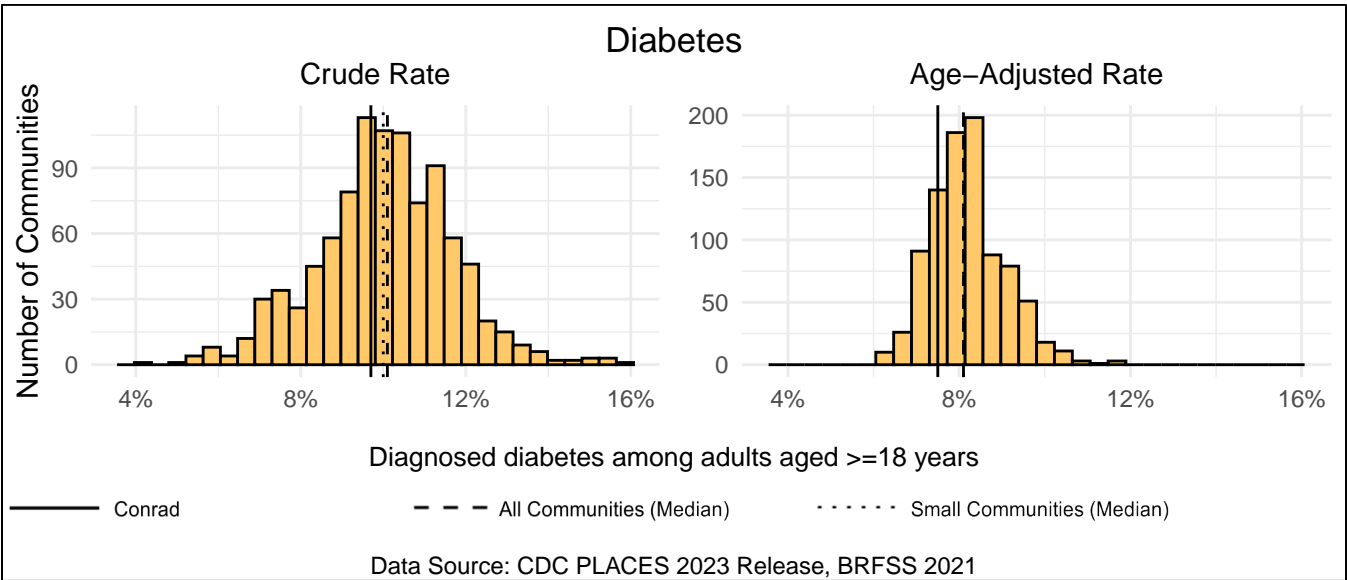




# Diabetes

Conrad has a crude rate of 9.7% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 378th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Conrad is 7.5%, which ranks 147th out of 905 Iowa communities (30th out of 138 small communities).

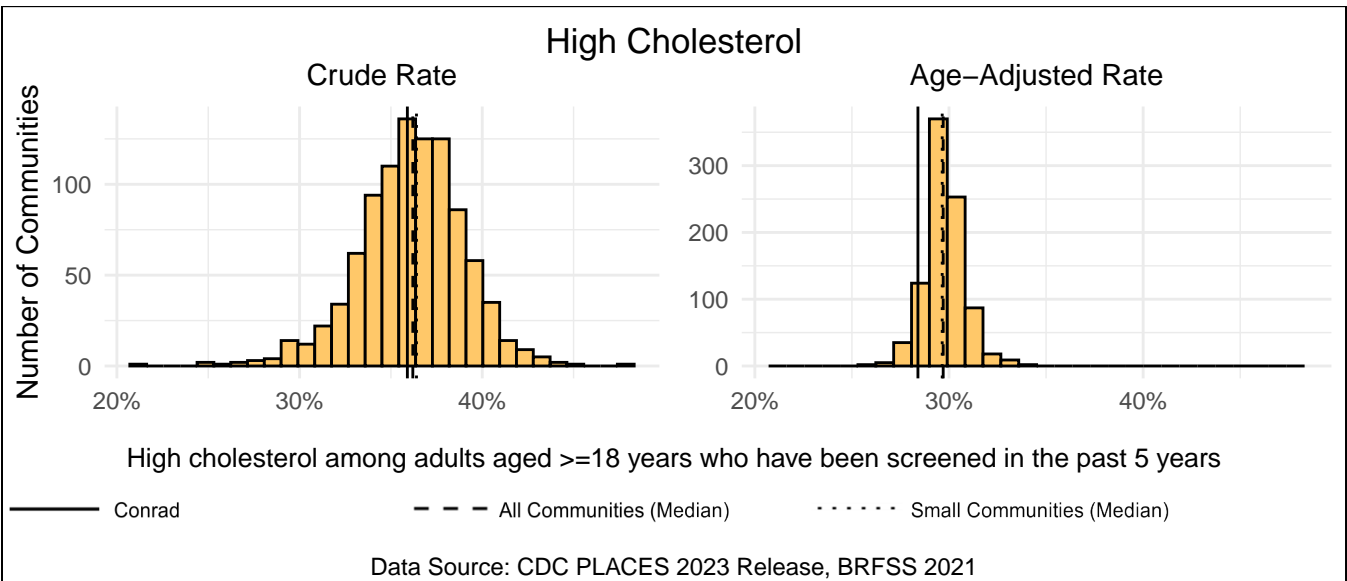
Measure Type	Conrad	All Comm.	Small Comm.
Crude	9.7%	10.1%	10.0%
Age-Adjusted	7.5%	8.1%	8.1%



# High Cholesterol

Conrad has a crude rate of 35.9% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 418th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Conrad is 28.4%, which ranks 65th out of 905 Iowa communities (13th out of 138 small communities).

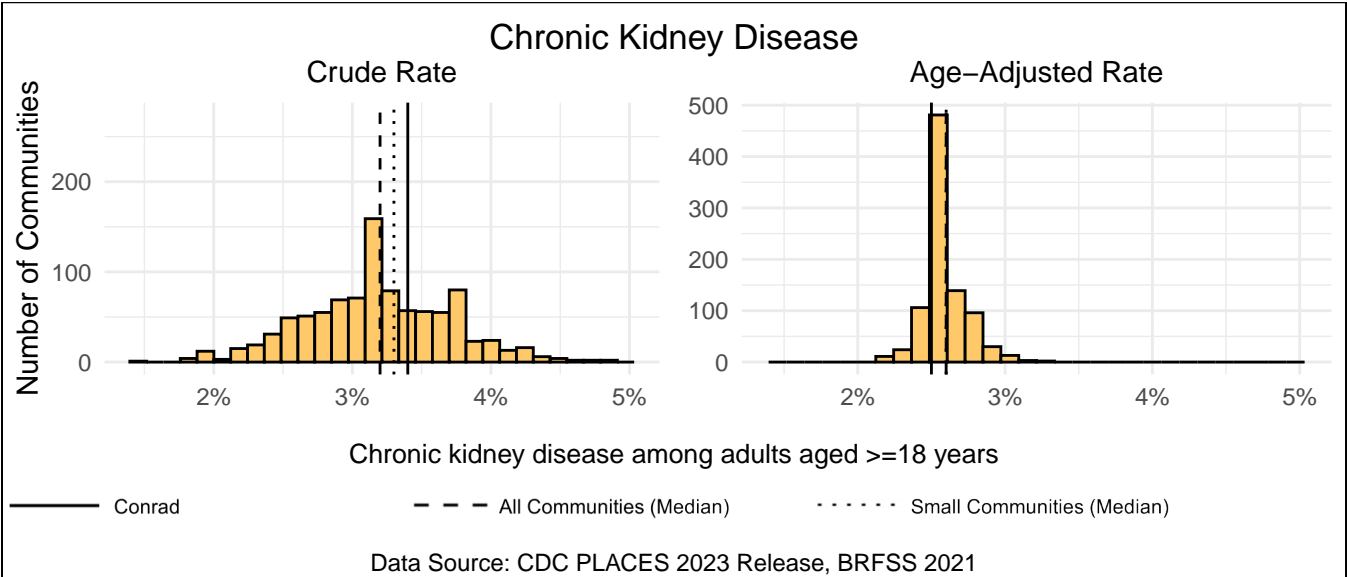
Measure Type	Conrad	All Comm.	Small Comm.
Crude	35.9%	36.2%	36.4%
Age-Adjusted	28.4%	29.7%	29.6%



# Chronic Kidney Disease

Conrad has a crude rate of 3.4% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 619th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Conrad is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

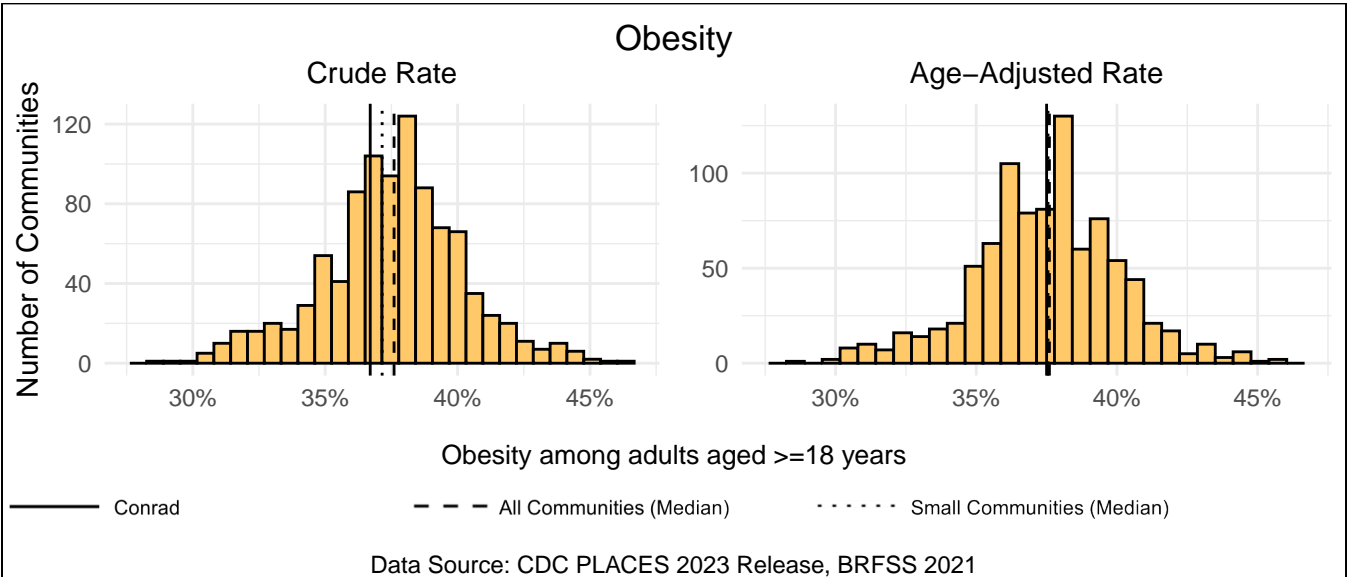
Measure Type	Conrad	All Comm.	Small Comm.
Crude	3.4%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



# Obesity

Conrad has a crude rate of 36.7% for obesity among adults aged  $\geq 18$  years, which ranks 308th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Conrad is 37.5%, which ranks 438th out of 905 Iowa communities (68th out of 138 small communities).

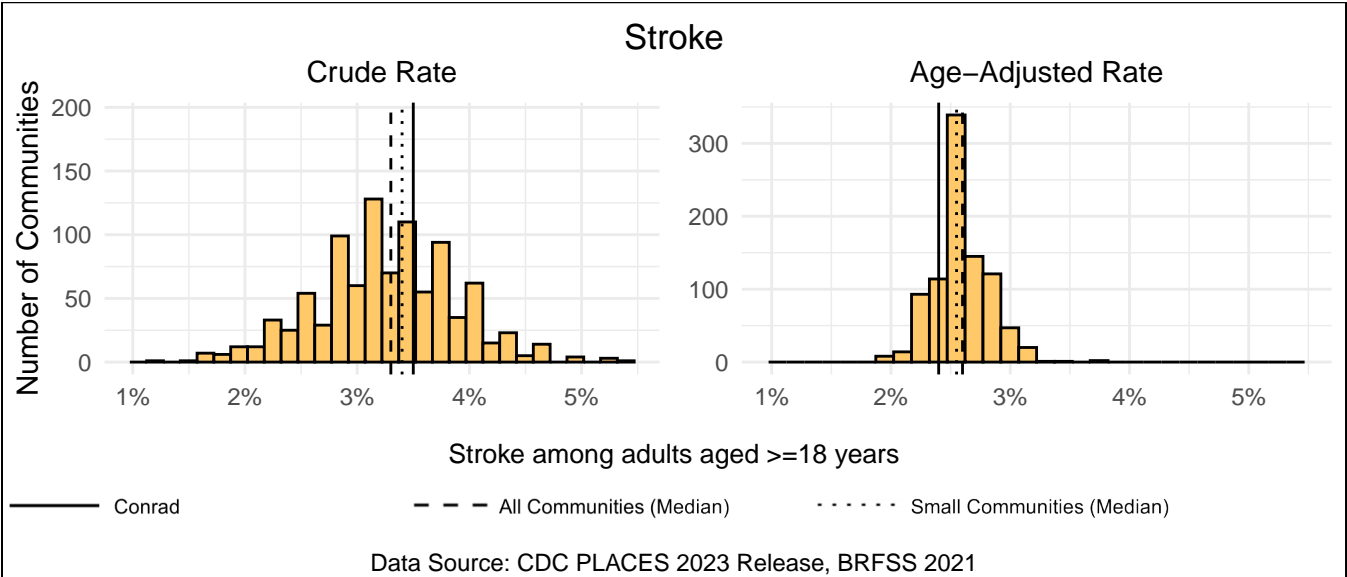
Measure Type	Conrad	All Comm.	Small Comm.
Crude	36.7%	37.6%	37.2%
Age-Adjusted	37.5%	37.6%	37.5%



# Stroke

Conrad has a crude rate of 3.5% for stroke among adults aged >=18 years, which ranks 601st out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Conrad is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

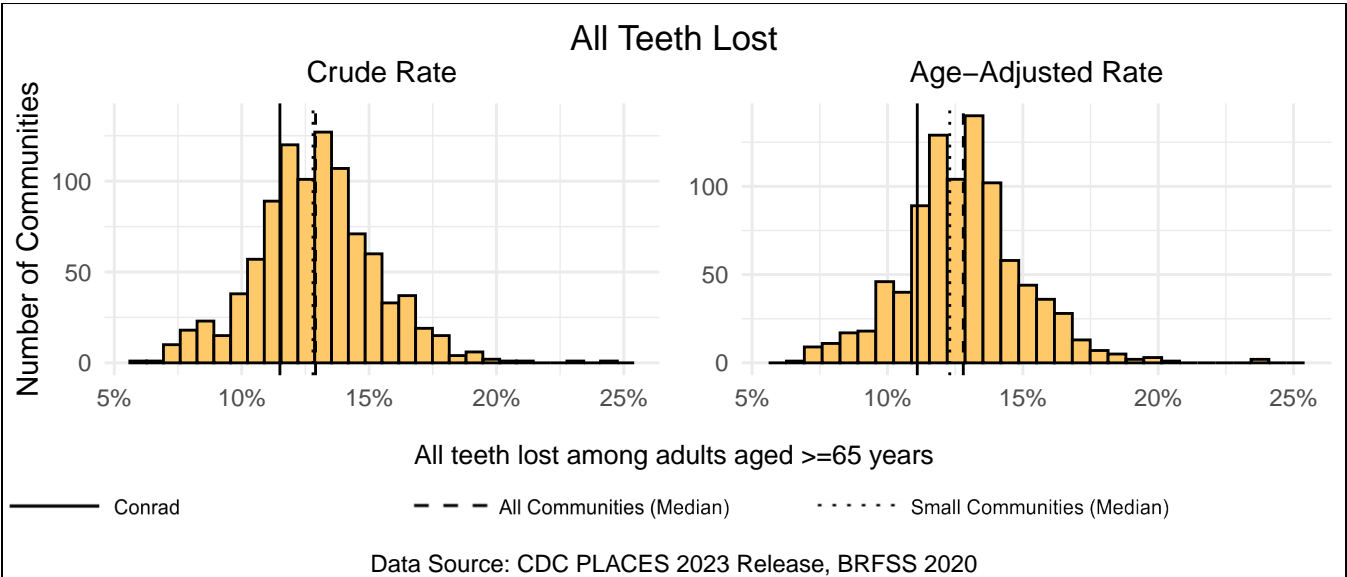
Measure Type	Conrad	All Comm.	Small Comm.
Crude	3.5%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



# All Teeth Lost

Conrad has a crude rate of 11.5% for all teeth lost among adults aged >=65 years, which ranks 236th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Conrad is 11.1%, which ranks 167th out of 905 Iowa communities (33rd out of 138 small communities).

Measure Type	Conrad	All Comm.	Small Comm.
Crude	11.5%	12.9%	12.8%
Age-Adjusted	11.1%	12.8%	12.3%



# Prevention

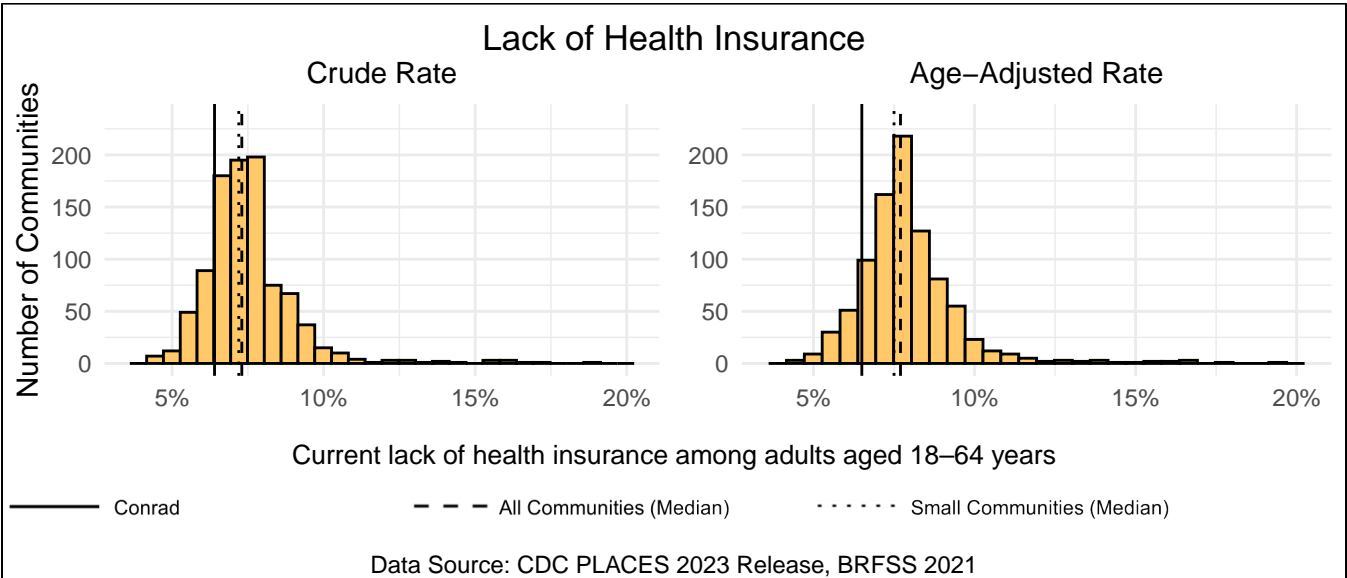
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

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

## Lack of Health Insurance

Conrad has a crude rate of 6.4% for current lack of health insurance among adults aged 18–64 years, which ranks 158th out of 958 Iowa communities (27th out of 138 small communities). The age-adjusted rate for Conrad is 6.5%, which ranks 107th out of 905 Iowa communities (21st out of 138 small communities).

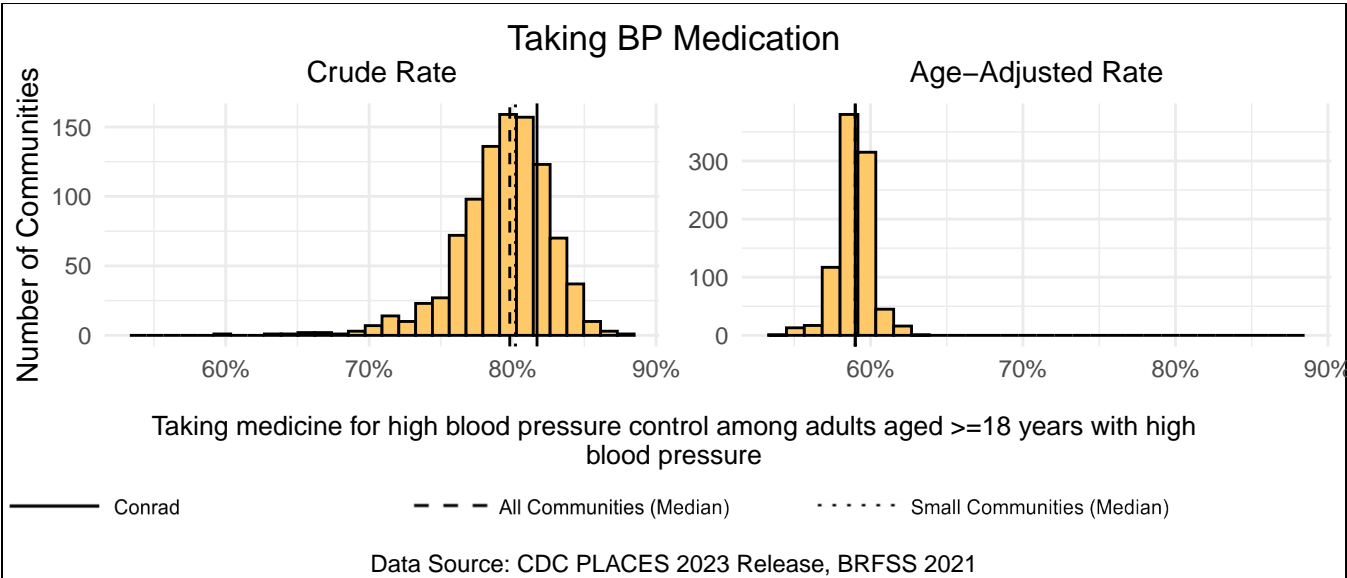
Measure Type	Conrad	All Comm.	Small Comm.
Crude	6.4%	7.3%	7.2%
Age-Adjusted	6.5%	7.7%	7.5%



# Taking BP Medication

Conrad has a crude rate of 81.7% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 202nd out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Conrad is 59.0%, which ranks 415th out of 905 Iowa communities (67th out of 138 small communities).

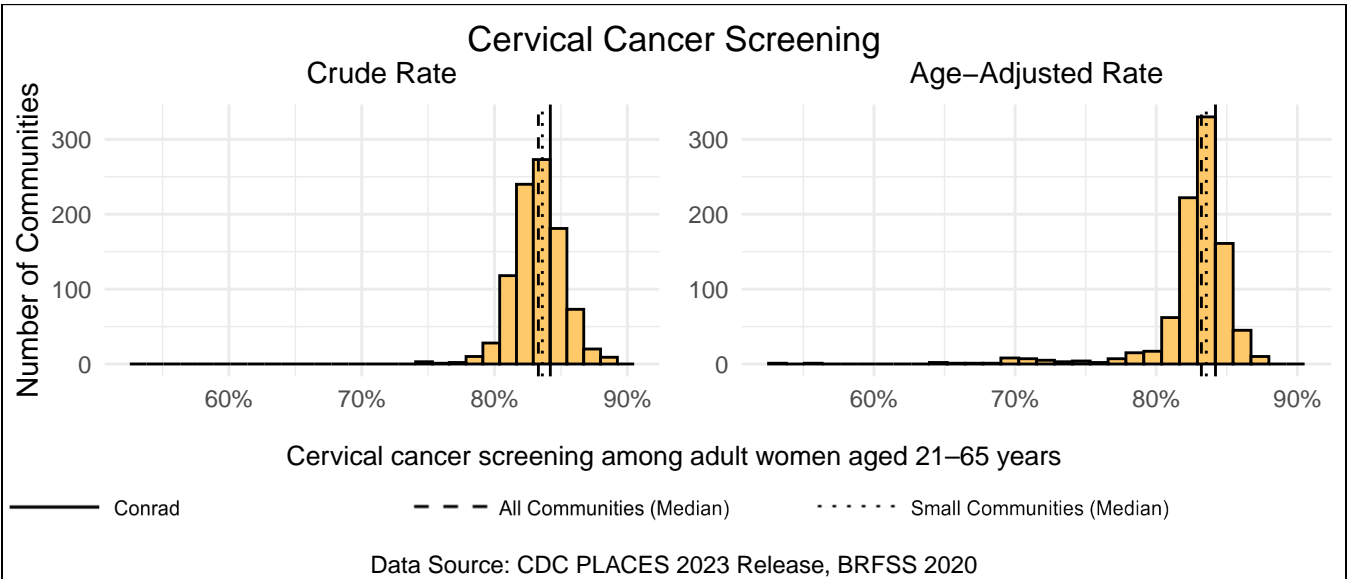
Measure Type	Conrad	All Comm.	Small Comm.
Crude	81.7%	79.8%	80.2%
Age-Adjusted	59.0%	59.0%	59.0%



# Cervical Cancer Screening

Conrad has a crude rate of 84.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 264th out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Conrad is 84.2%, which ranks 195th out of 905 Iowa communities (42nd out of 138 small communities).

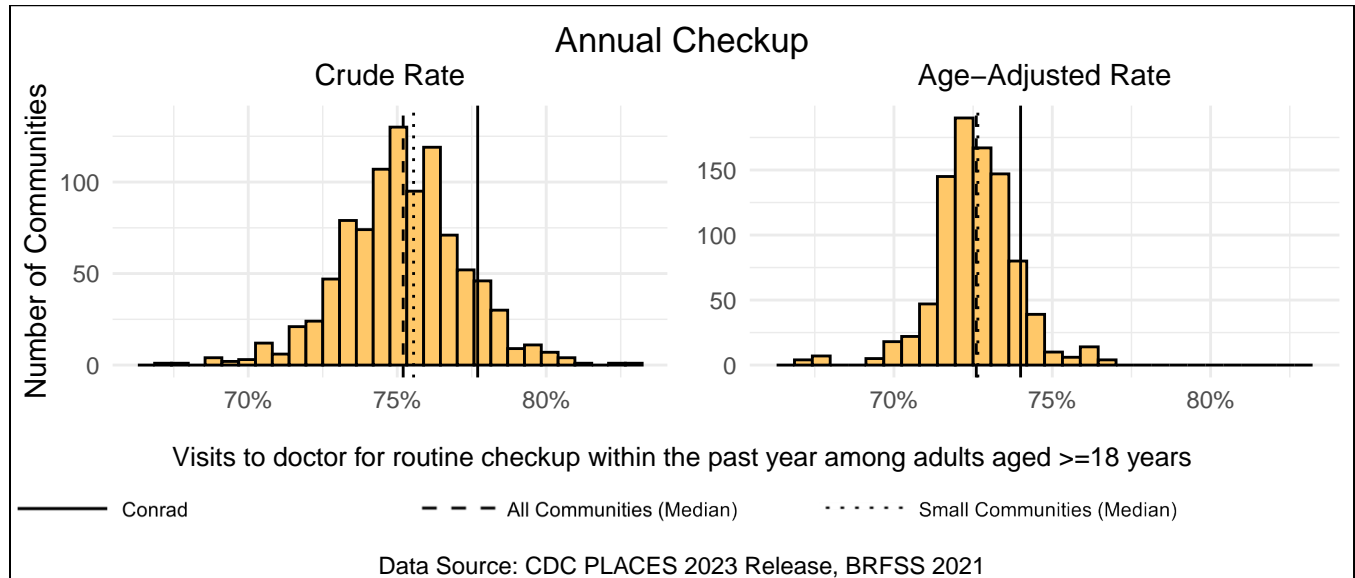
Measure Type	Conrad	All Comm.	Small Comm.
Crude	84.2%	83.3%	83.6%
Age-Adjusted	84.2%	83.2%	83.5%



## Annual Checkup

Conrad has a crude rate of 77.7% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 95th out of 958 Iowa communities (19th out of 138 small communities). The age-adjusted rate for Conrad is 74.0%, which ranks 86th out of 905 Iowa communities (18th out of 138 small communities).

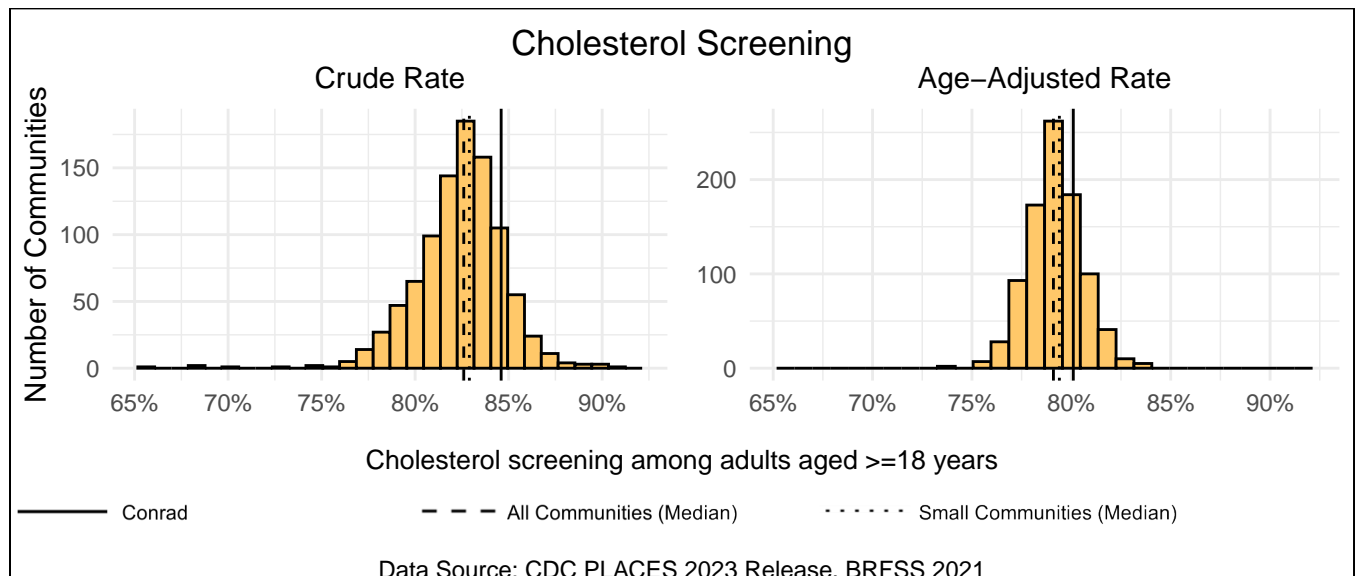
Measure Type	Conrad	All Comm.	Small Comm.
Crude	77.7%	75.2%	75.5%
Age-Adjusted	74.0%	72.6%	72.6%



## Cholesterol Screening

Conrad has a crude rate of 84.6% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 140th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Conrad is 80.1%, which ranks 212th out of 905 Iowa communities (44th out of 138 small communities).

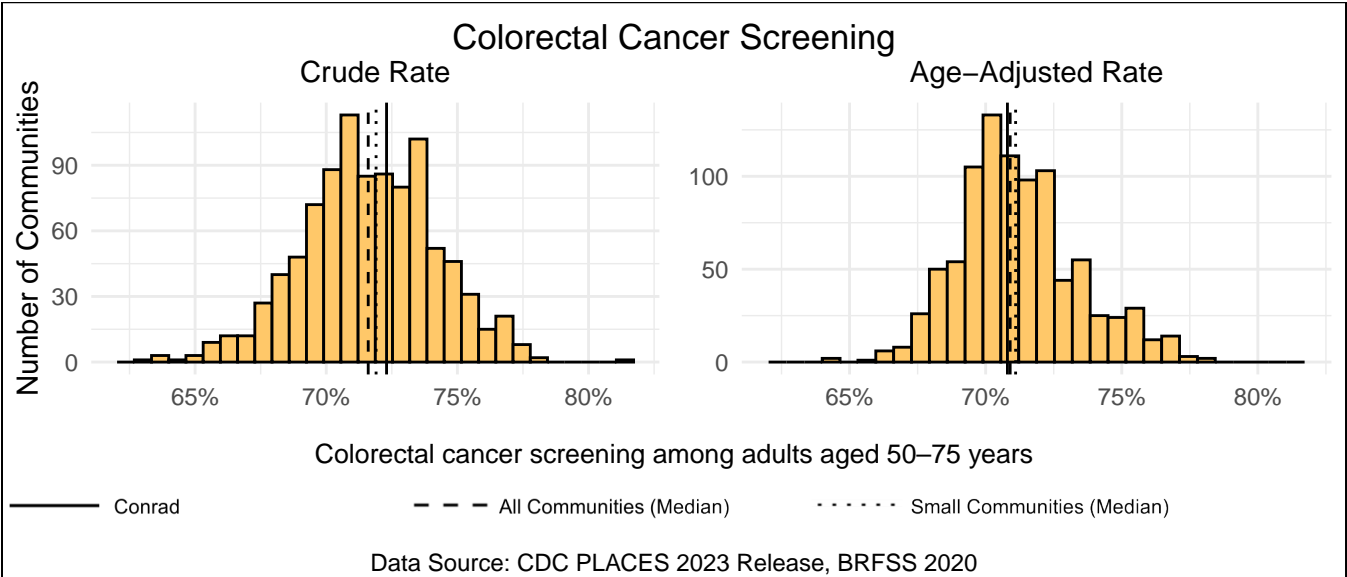
Measure Type	Conrad	All Comm.	Small Comm.
Crude	84.6%	82.6%	82.9%
Age-Adjusted	80.1%	79.1%	79.4%



## Colorectal Cancer Screening

Conrad has a crude rate of 72.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 376th out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Conrad is 70.8%, which ranks 474th out of 905 Iowa communities (78th out of 138 small communities).

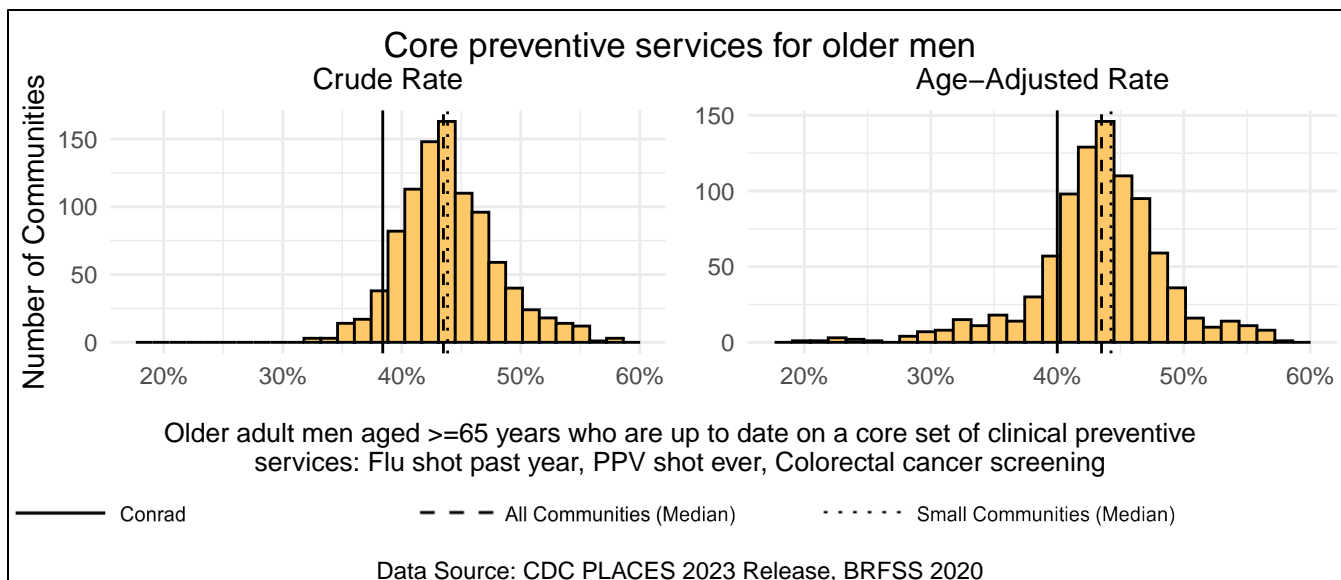
Measure Type	Conrad	All Comm.	Small Comm.
Crude	72.3%	71.6%	71.9%
Age-Adjusted	70.8%	70.9%	71.1%



## Core preventive services for older men

Conrad has a crude rate of 38.4% for older adult men aged  $\geq 65$  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 897th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Conrad is 40.0%, which ranks 754th out of 905 Iowa communities (126th out of 138 small communities).

Measure Type	Conrad	All Comm.	Small Comm.
Crude	38.4%	43.5%	43.8%
Age-Adjusted	40.0%	43.5%	44.2%

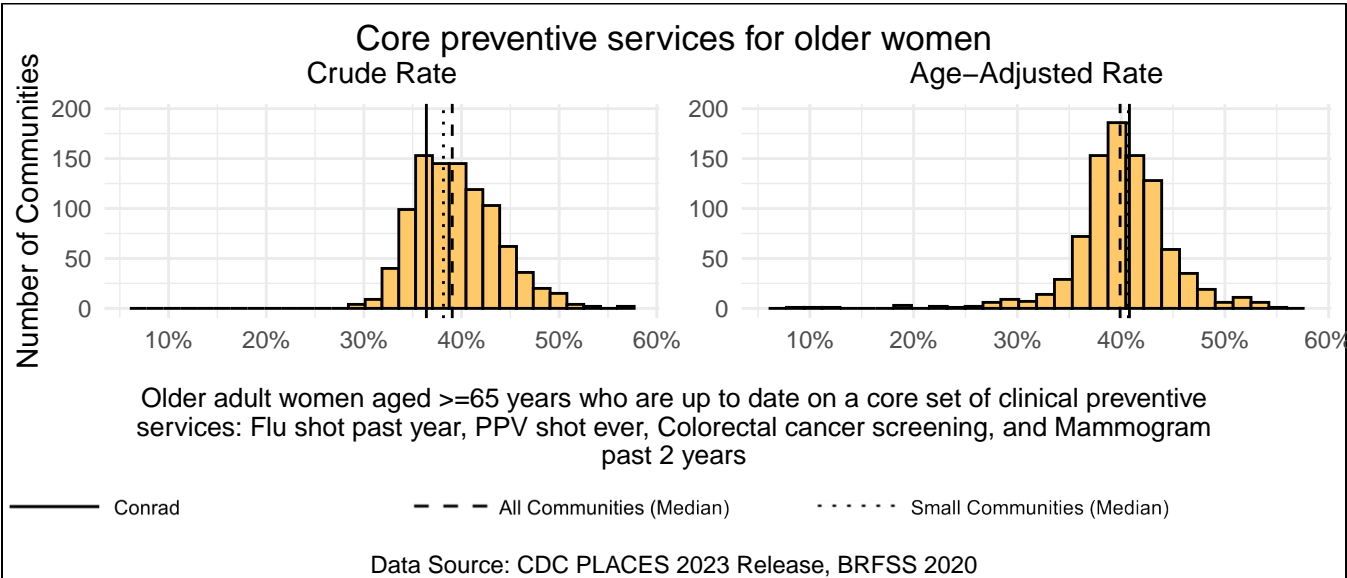




### Core preventive services for older women

Conrad has a crude rate of 36.4% for older adult women aged  $\geq 65$  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 717th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Conrad is 40.8%, which ranks 382nd out of 905 Iowa communities (67th out of 138 small communities).

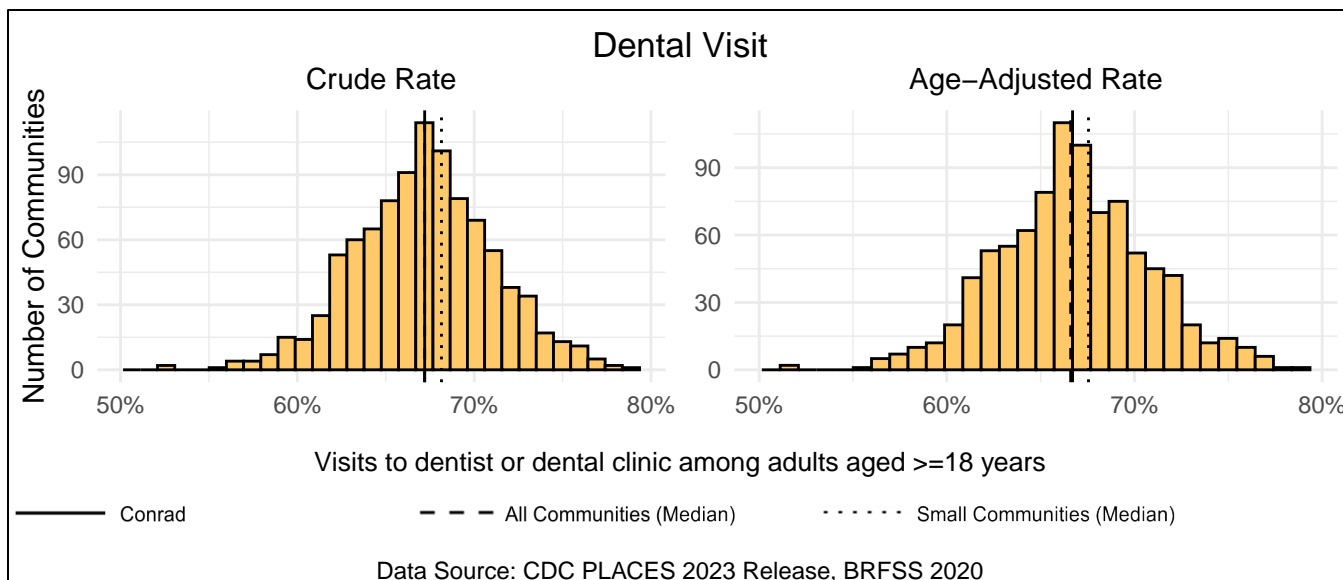
Measure Type	Conrad	All Comm.	Small Comm.
Crude	36.4%	39.0%	38.2%
Age-Adjusted	40.8%	39.9%	40.7%



### Dental Visit

Conrad has a crude rate of 67.2% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 469th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Conrad is 66.7%, which ranks 437th out of 905 Iowa communities (82nd out of 138 small communities).

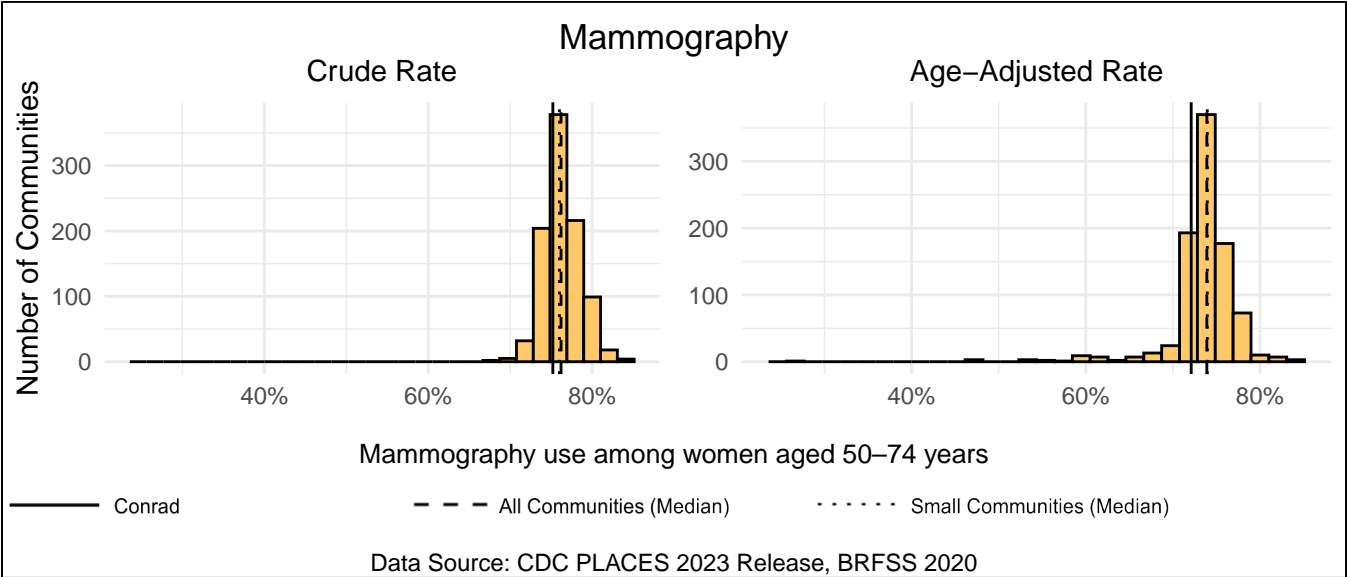
Measure Type	Conrad	All Comm.	Small Comm.
Crude	67.2%	67.2%	68.2%
Age-Adjusted	66.7%	66.6%	67.5%



Mammography

Conrad has a crude rate of 75.2% for mammography use among women aged 50–74 years, which ranks 659th out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Conrad is 72.1%, which ranks 728th out of 905 Iowa communities (115th out of 138 small communities).

Measure Type	Conrad	All Comm.	Small Comm.
Crude	75.2%	76.2%	76.0%
Age-Adjusted	72.1%	73.9%	74.0%



# Disability

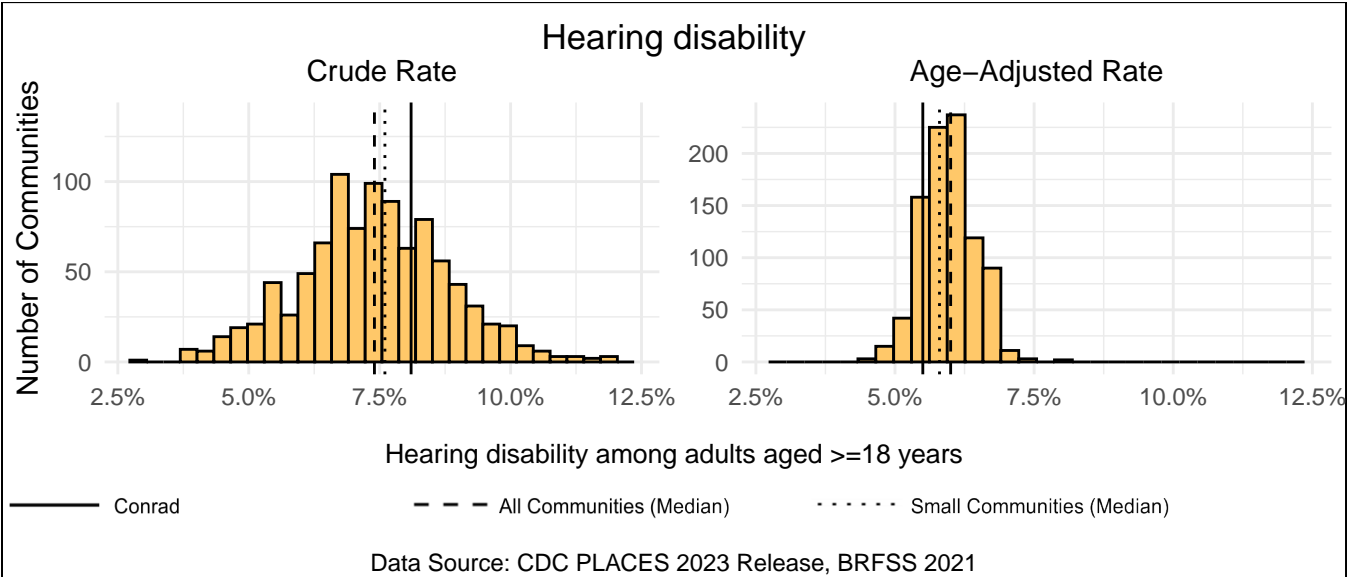
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Conrad has a crude rate of 8.1% for hearing disability among adults aged  $\geq 18$  years, which ranks 666th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Conrad is 5.5%, which ranks 110th out of 905 Iowa communities (21st out of 138 small communities).

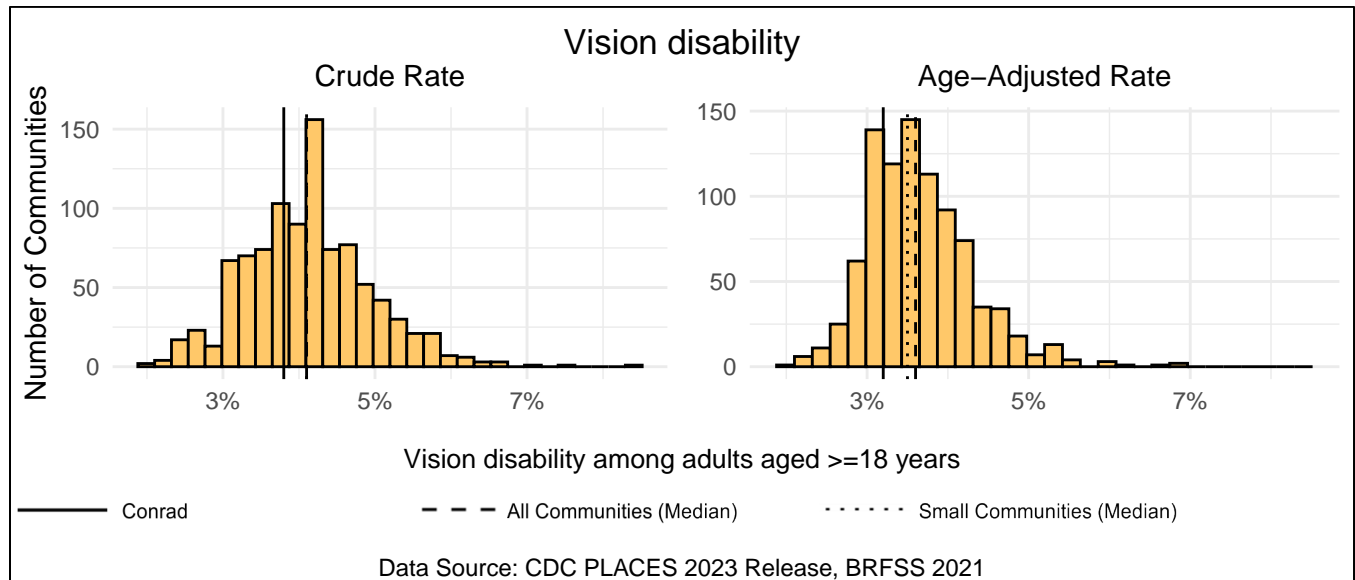
Measure Type	Conrad	All Comm.	Small Comm.
Crude	8.1%	7.4%	7.6%
Age-Adjusted	5.5%	6.0%	5.8%



## Vision disability

Conrad has a crude rate of 3.8% for vision disability among adults aged  $\geq 18$  years, which ranks 317th out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Conrad is 3.2%, which ranks 176th out of 905 Iowa communities (35th out of 138 small communities).

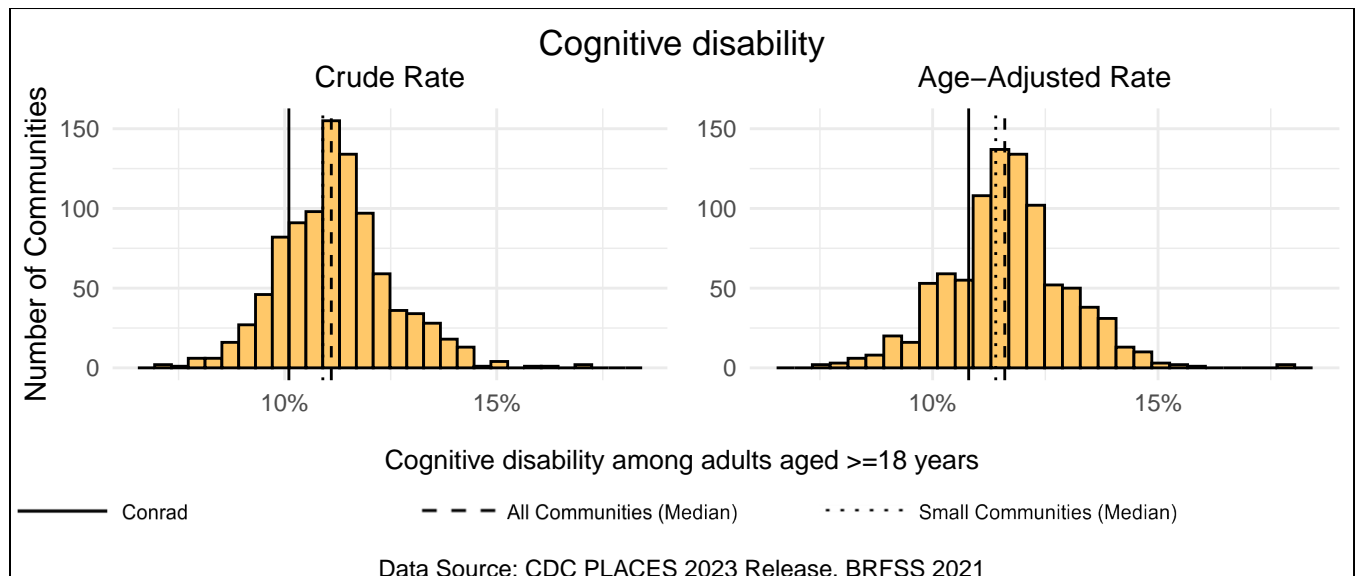
Measure Type	Conrad	All Comm.	Small Comm.
Crude	3.8%	4.1%	4.1%
Age-Adjusted	3.2%	3.6%	3.5%



## Cognitive disability

Conrad has a crude rate of 10.1% for cognitive disability among adults aged  $\geq 18$  years, which ranks 162nd out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for Conrad is 10.8%, which ranks 204th out of 905 Iowa communities (38th out of 138 small communities).

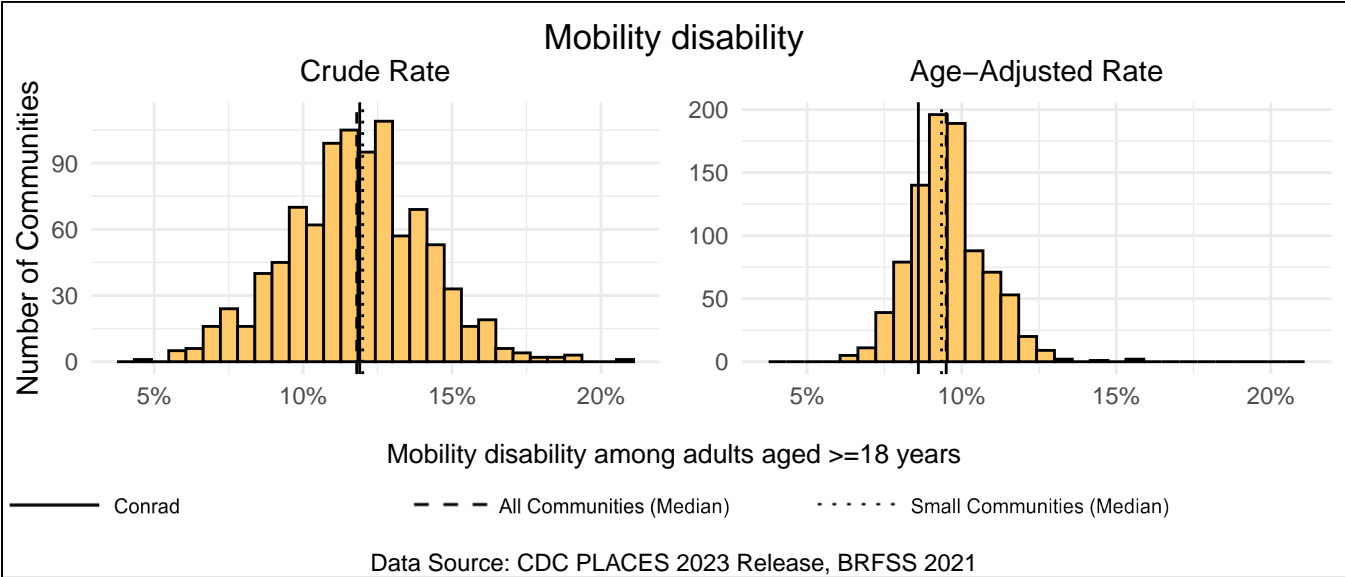
Measure Type	Conrad	All Comm.	Small Comm.
Crude	10.1%	11.1%	10.9%
Age-Adjusted	10.8%	11.6%	11.4%



## Mobility disability

Conrad has a crude rate of 11.9% for mobility disability among adults aged  $\geq 18$  years, which ranks 490th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Conrad is 8.6%, which ranks 181st out of 905 Iowa communities (34th out of 138 small communities).

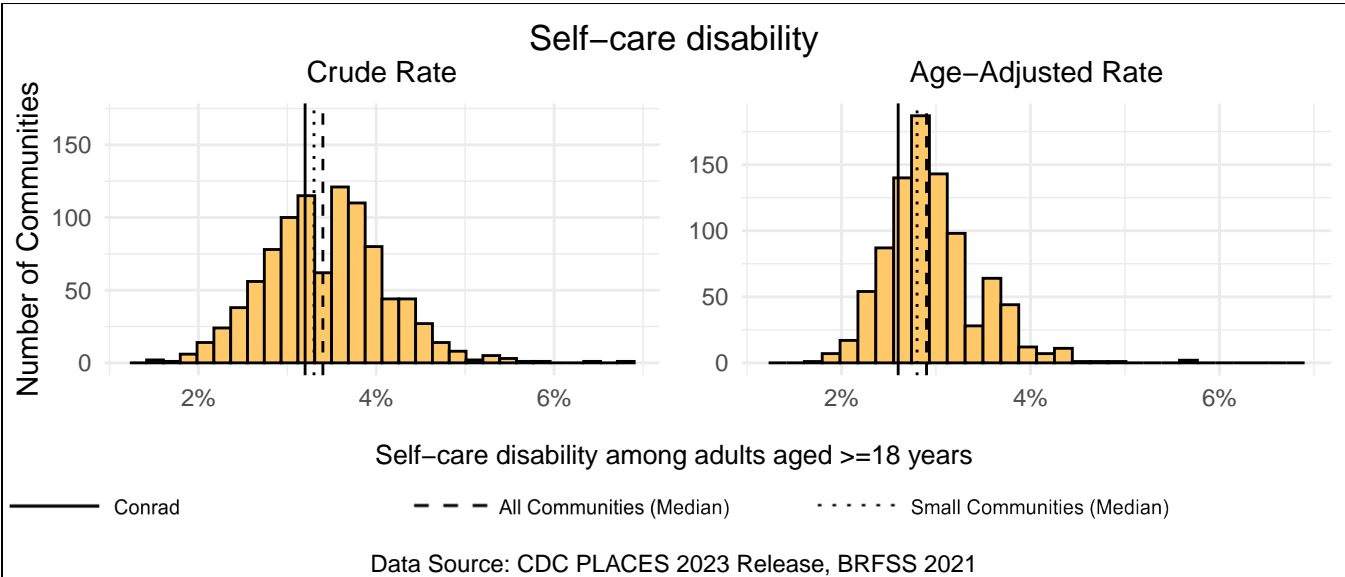
Measure Type	Conrad	All Comm.	Small Comm.
Crude	11.9%	11.8%	12.0%
Age-Adjusted	8.6%	9.5%	9.4%



## Self-care disability

Conrad has a crude rate of 3.2% for self-care disability among adults aged  $\geq 18$  years, which ranks 320th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Conrad is 2.6%, which ranks 167th out of 905 Iowa communities (32nd out of 138 small communities).

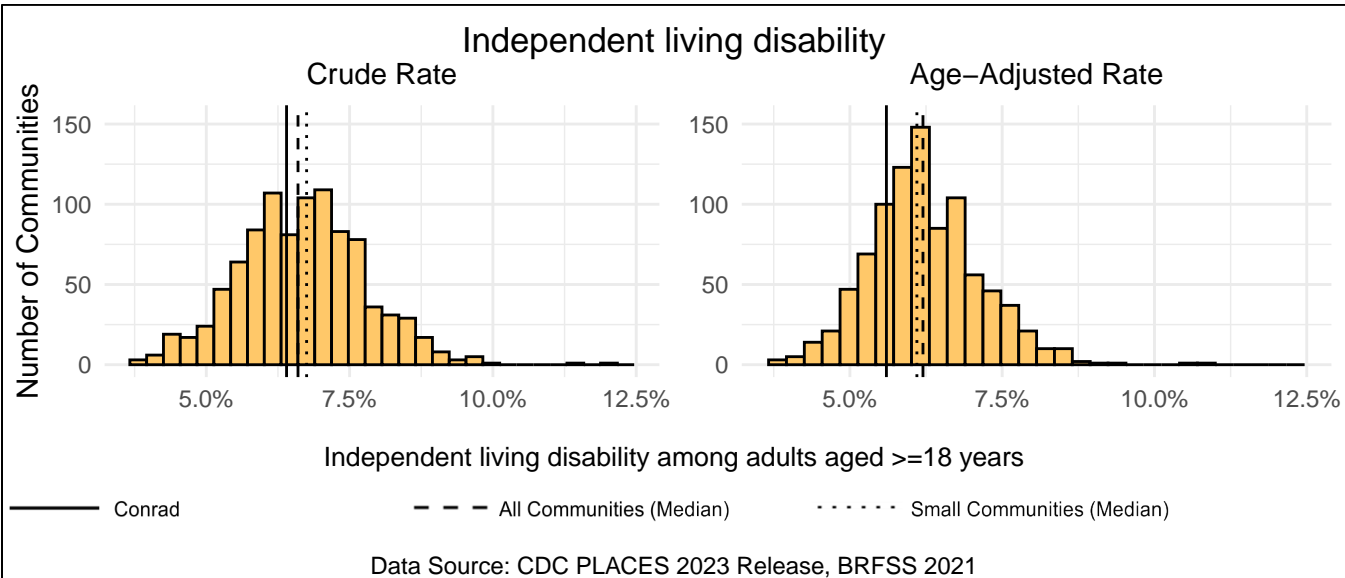
Measure Type	Conrad	All Comm.	Small Comm.
Crude	3.2%	3.4%	3.3%
Age-Adjusted	2.6%	2.9%	2.8%



### Independent living disability

Conrad has a crude rate of 6.4% for independent living disability among adults aged  $\geq 18$  years, which ranks 372nd out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Conrad is 5.6%, which ranks 186th out of 905 Iowa communities (34th out of 138 small communities).

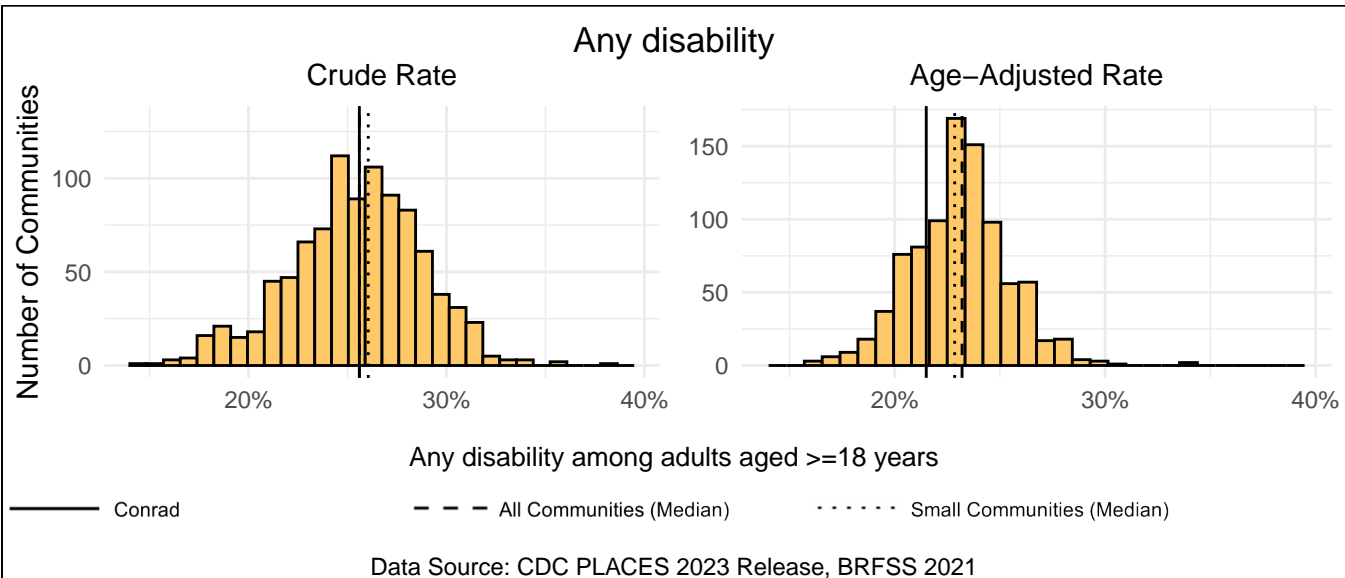
Measure Type	Conrad	All Comm.	Small Comm.
Crude	6.4%	6.6%	6.8%
Age-Adjusted	5.6%	6.2%	6.1%



### Any disability

Conrad has a crude rate of 25.6% for any disability among adults aged  $\geq 18$  years, which ranks 478th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for Conrad is 21.5%, which ranks 202nd out of 905 Iowa communities (38th out of 138 small communities).

Measure Type	Conrad	All Comm.	Small Comm.
Crude	25.6%	25.6%	26.0%
Age-Adjusted	21.5%	23.2%	22.8%



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## 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: Conrad 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	272	13.1% (10.5% - 15.6%)	150	11.2% (9.4% - 13.4%)
Health Status	Physical Health	293	10.2% (8.5% - 12.0%)	181	9.0% (7.5% - 10.5%)
Health Status	Mental Health	102	13.1% (11.1% - 15.0%)	270	15.1% (12.9% - 17.5%)
Health Risk Behaviors	Binge Drinking	402	19.1% (15.8% - 22.3%)	736	23.0% (19.0% - 26.6%)
Health Risk Behaviors	Current Smoking	127	14.6% (11.4% - 18.2%)	180	15.9% (12.3% - 19.6%)
Health Risk Behaviors	Sleep <7 hours	187	28.8% (27.1% - 30.6%)	207	30.1% (28.3% - 32.0%)
Health Risk Behaviors	Physical Inactivity	305	24.6% (19.5% - 29.7%)	179	22.0% (17.7% - 26.5%)
Health Outcomes	Current Asthma	137	9.0% (7.9% - 10.2%)	415	9.5% (8.3% - 10.7%)
Health Outcomes	Diabetes	378	9.7% (8.1% - 11.4%)	147	7.5% (6.3% - 8.7%)
Health Outcomes	Coronary Heart Disease	608	6.9% (5.9% - 8.0%)	120	4.6% (3.9% - 5.3%)
Health Outcomes	Depression	143	17.0% (13.8% - 20.1%)	330	18.8% (15.4% - 22.3%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.0% - 3.9%)	142	2.5% (2.2% - 2.7%)
Health Outcomes	Obesity	308	36.7% (29.3% - 43.2%)	438	37.5% (30.1% - 44.2%)
Health Outcomes	High Cholesterol	418	35.9% (31.2% - 40.0%)	65	28.4% (24.2% - 32.3%)
Health Outcomes	Cancer (except skin)	790	9.3% (8.3% - 10.2%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	High Blood Pressure	625	33.5% (29.1% - 37.4%)	262	26.5% (22.7% - 30.0%)
Health Outcomes	Arthritis	748	30.3% (25.9% - 34.3%)	550	23.5% (19.8% - 26.8%)
Health Outcomes	Stroke	601	3.5% (2.9% - 4.1%)	116	2.4% (2.1% - 2.7%)
Health Outcomes	COPD	336	7.0% (5.6% - 8.5%)	162	5.6% (4.6% - 6.7%)
Health Outcomes	All Teeth Lost	236	11.5% (6.5% - 18.0%)	167	11.1% (6.9% - 16.0%)
Prevention	Core preventive services for older men	897	38.4% (29.3% - 47.8%)	754	40.0% (31.6% - 48.6%)
Prevention	Health Insurance	158	6.4% (4.8% - 8.4%)	107	6.5% (4.8% - 8.7%)
Prevention	Mammography	659	75.2% (70.5% - 79.2%)	728	72.1% (67.6% - 76.8%)
Prevention	Cholesterol Screening	140	84.6% (81.7% - 87.1%)	212	80.1% (76.5% - 83.4%)
Prevention	Colorectal Cancer Screening	376	72.3% (69.1% - 75.3%)	474	70.8% (67.4% - 74.0%)
Prevention	Taking BP Medication	202	81.7% (78.3% - 84.3%)	415	59.0% (53.8% - 63.4%)

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	717	36.4% (28.6% - 45.3%)	382	40.8% (33.2% - 48.9%)
Prevention	Dental Visit	469	67.2% (63.5% - 70.9%)	437	66.7% (63.0% - 70.6%)
Prevention	Annual Checkup	95	77.7% (73.0% - 81.4%)	86	74.0% (68.6% - 78.3%)
Prevention	Cervical Cancer Screening	264	84.2% (81.7% - 86.6%)	195	84.2% (81.7% - 86.6%)
Disability	Vision Disability	317	3.8% (3.1% - 4.7%)	176	3.2% (2.6% - 3.7%)
Disability	Self-care Disability	320	3.2% (2.6% - 3.8%)	167	2.6% (2.2% - 3.0%)
Disability	Cognitive Disability	162	10.1% (8.4% - 12.0%)	204	10.8% (8.9% - 12.9%)
Disability	Mobility Disability	490	11.9% (9.6% - 14.4%)	181	8.6% (7.1% - 10.2%)
Disability	Hearing Disability	666	8.1% (6.9% - 9.3%)	110	5.5% (4.8% - 6.2%)
Disability	Independent Living Disability	372	6.4% (5.2% - 7.6%)	186	5.6% (4.7% - 6.7%)
Disability	Any Disability	478	25.6% (21.3% - 29.8%)	202	21.5% (18.0% - 25.0%)

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

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

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

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