



## 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 Coon Rapids: Overview

Dear Community Members & Stakeholders of Coon Rapids,

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 Coon Rapids ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Coon Rapids’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 Coon Rapids. 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	151st	30th	Annual Checkup	235th	41st
Mental Health	202nd	37th	Any Disability	294th	51st
Taking BP Medication	229th	48th	Coronary Heart Disease	324th	68th
Depression	252nd	42nd	High Cholesterol	336th	52nd
Current Smoking	270th	59th	Mental Health	338th	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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Arthritis	803rd	109th	Arthritis	707th	109th
Cancer (except skin)	790th	95th	Dental Visit	689th	112th
Chronic Kidney Disease	732nd	91st	Obesity	652nd	104th
Hearing Disability	724th	92nd	Taking BP Medication	579th	89th
Dental Visit	719th	110th	Binge Drinking	554th	77th

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 Coon Rapids.

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

With a population of 1,324, Coon Rapids’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.



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

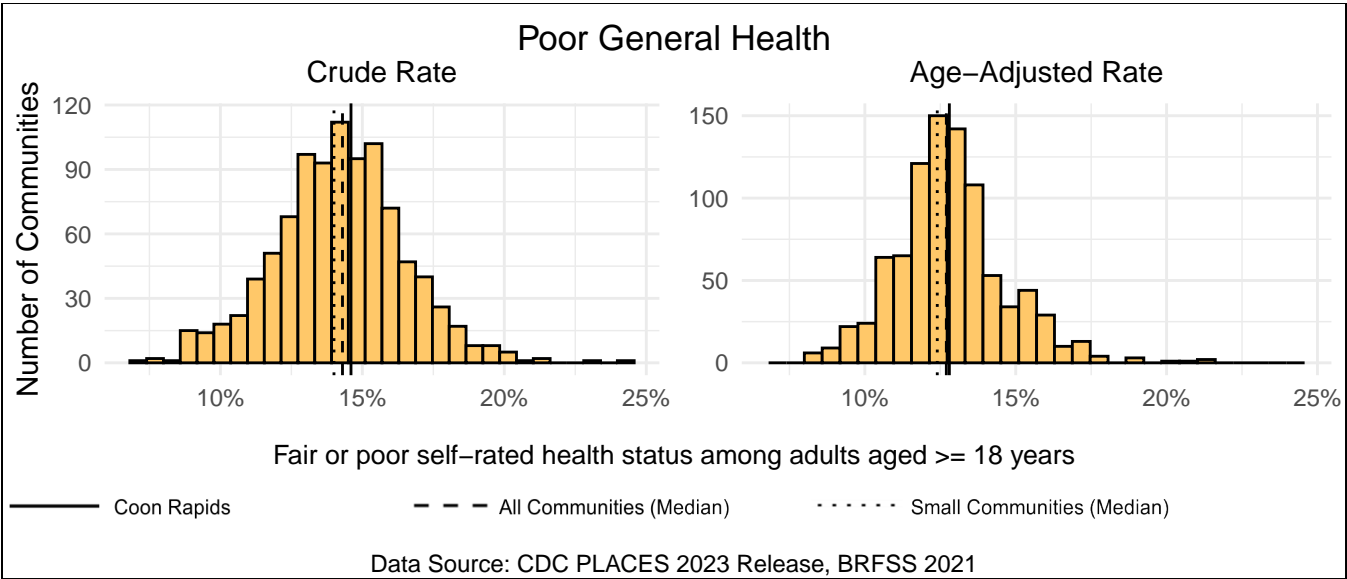
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Coon Rapids has a crude rate of 14.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 534th out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Coon Rapids is 12.8%, which ranks 462nd out of 905 Iowa communities (77th out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	14.6%	14.3%	14.0%
Age-Adjusted	12.8%	12.7%	12.4%

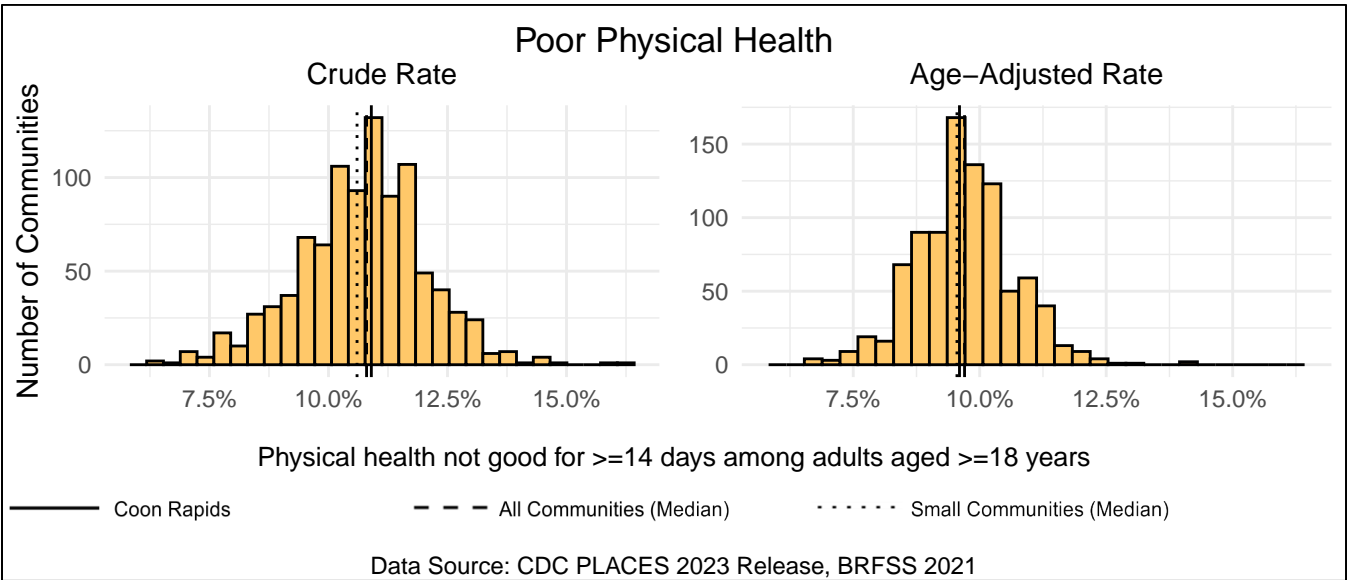




# Poor Physical Health

Coon Rapids has a crude rate of 10.9% for physical health not good for >=14 days among adults aged >=18 years, which ranks 493rd out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Coon Rapids is 9.6%, which ranks 377th out of 905 Iowa communities (70th out of 138 small communities).

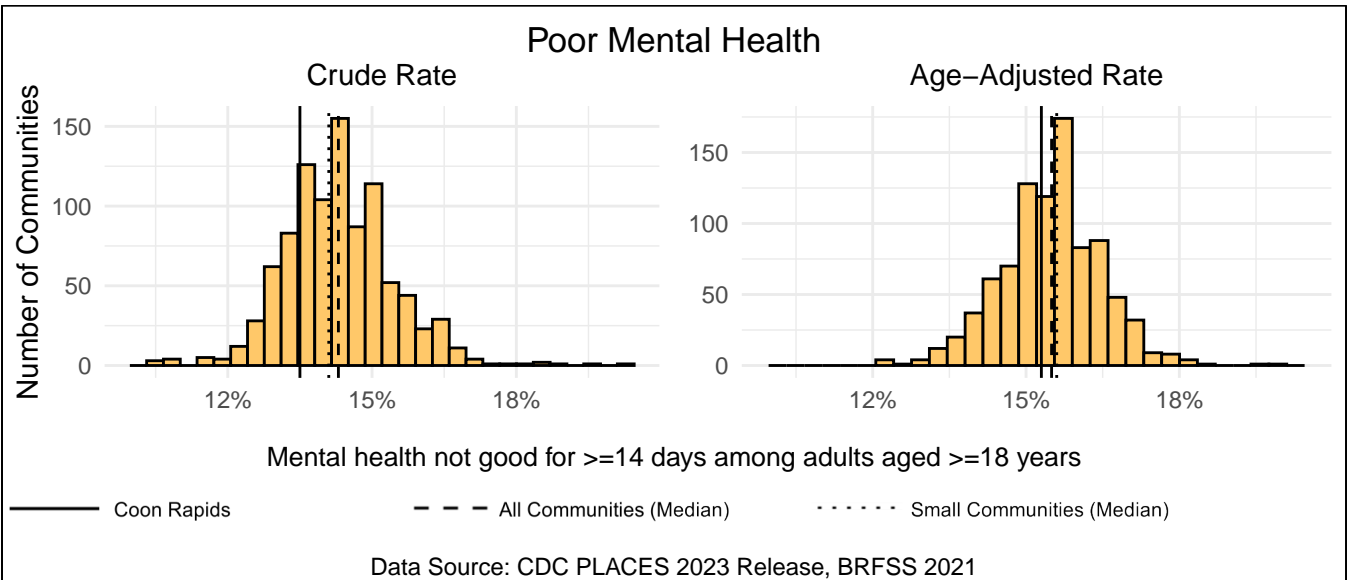
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	10.9%	10.8%	10.6%
Age-Adjusted	9.6%	9.7%	9.6%



# Poor Mental Health

Coon Rapids has a crude rate of 13.5% for mental health not good for >=14 days among adults aged >=18 years, which ranks 202nd out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Coon Rapids is 15.3%, which ranks 338th out of 905 Iowa communities (58th out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	13.5%	14.3%	14.1%
Age-Adjusted	15.3%	15.5%	15.6%



# Health Risk Behaviors

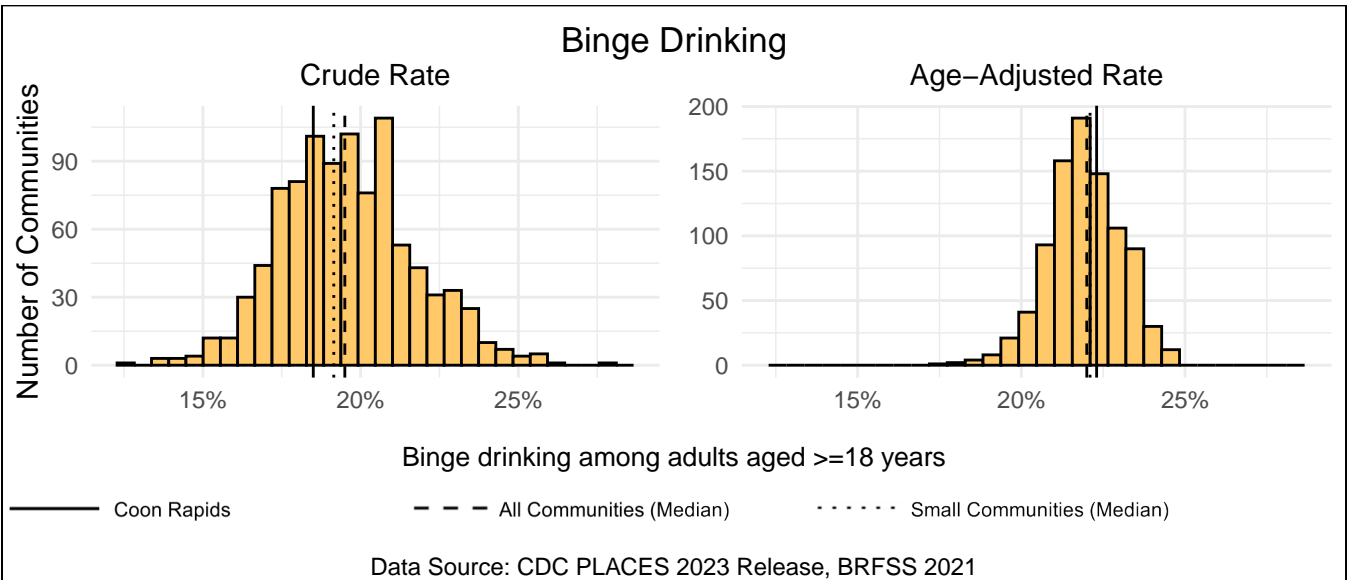
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Coon Rapids has a crude rate of 18.5% for binge drinking among adults aged  $\geq 18$  years, which ranks 305th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Coon Rapids is 22.3%, which ranks 554th out of 905 Iowa communities (77th out of 138 small communities).

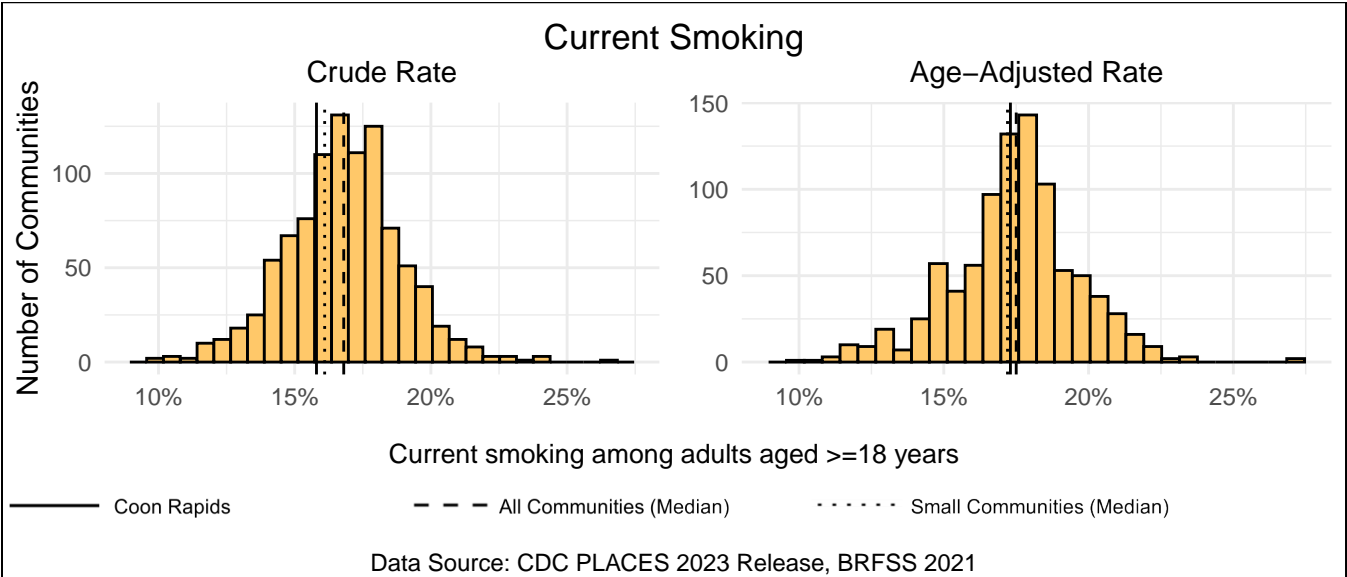
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	18.5%	19.5%	19.1%
Age-Adjusted	22.3%	22.0%	22.1%



# Current Smoking

Coon Rapids has a crude rate of 15.8% for current smoking among adults aged >=18 years, which ranks 270th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for Coon Rapids is 17.3%, which ranks 380th out of 905 Iowa communities (74th out of 138 small communities).

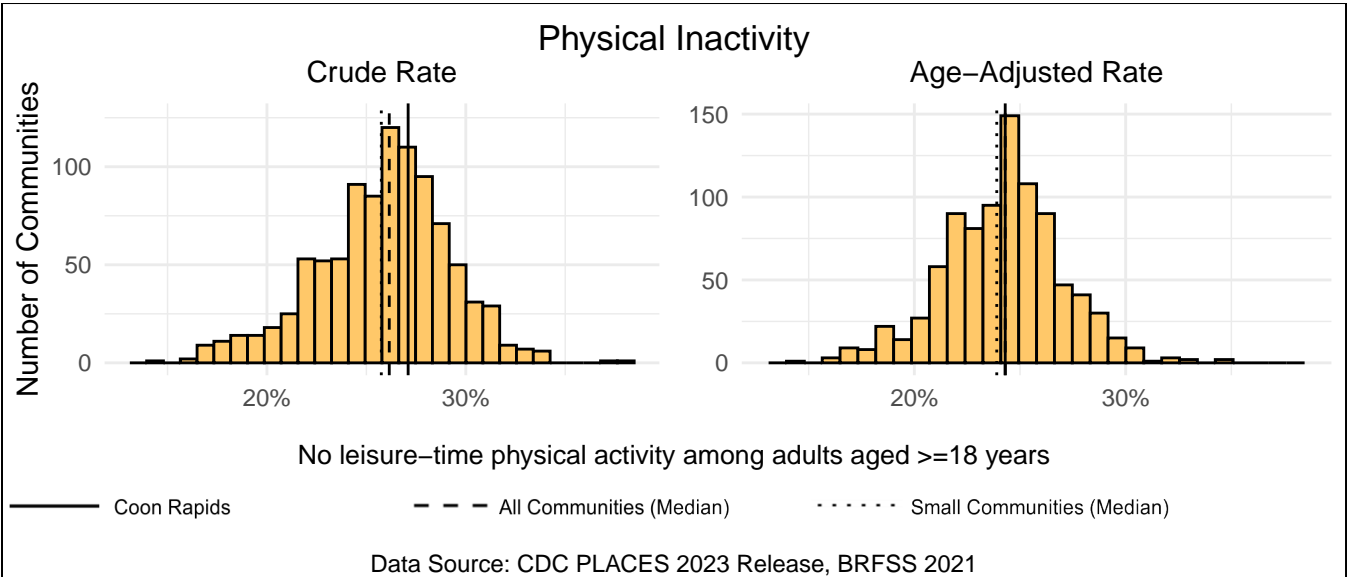
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	15.8%	16.8%	16.1%
Age-Adjusted	17.3%	17.5%	17.2%



# Physical Inactivity

Coon Rapids has a crude rate of 27.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 602nd out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Coon Rapids is 24.3%, which ranks 437th out of 905 Iowa communities (78th out of 138 small communities).

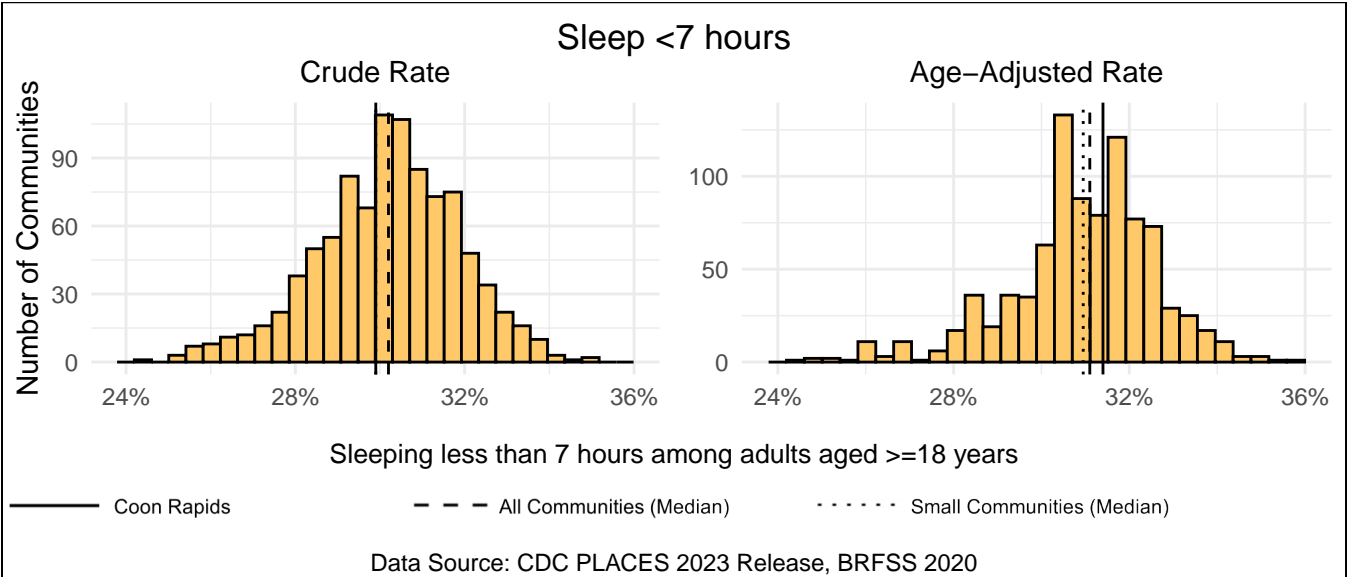
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	27.1%	26.1%	25.8%
Age-Adjusted	24.3%	24.3%	23.9%



# Sleep <7 hours

Coon Rapids has a crude rate of 29.9% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 374th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Coon Rapids is 31.4%, which ranks 506th out of 905 Iowa communities (86th out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	29.9%	30.2%	29.9%
Age-Adjusted	31.4%	31.1%	31.0%



# Health Outcomes

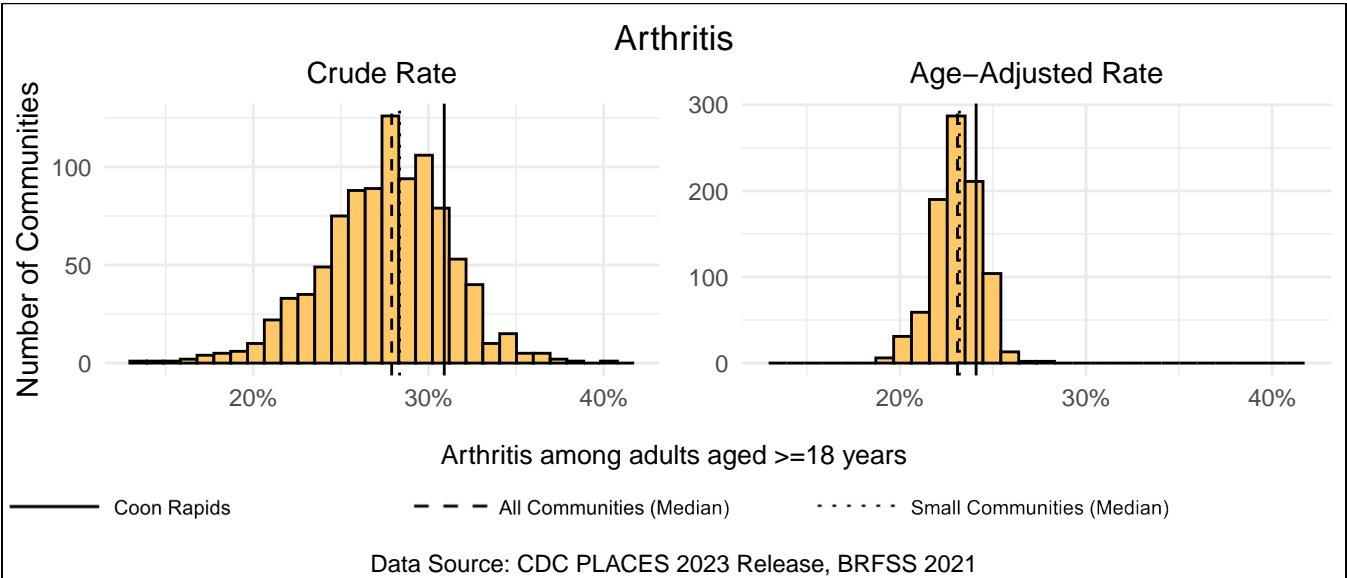
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Coon Rapids has a crude rate of 30.9% for arthritis among adults aged  $\geq 18$  years, which ranks 803rd out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Coon Rapids is 24.1%, which ranks 707th out of 905 Iowa communities (109th out of 138 small communities).

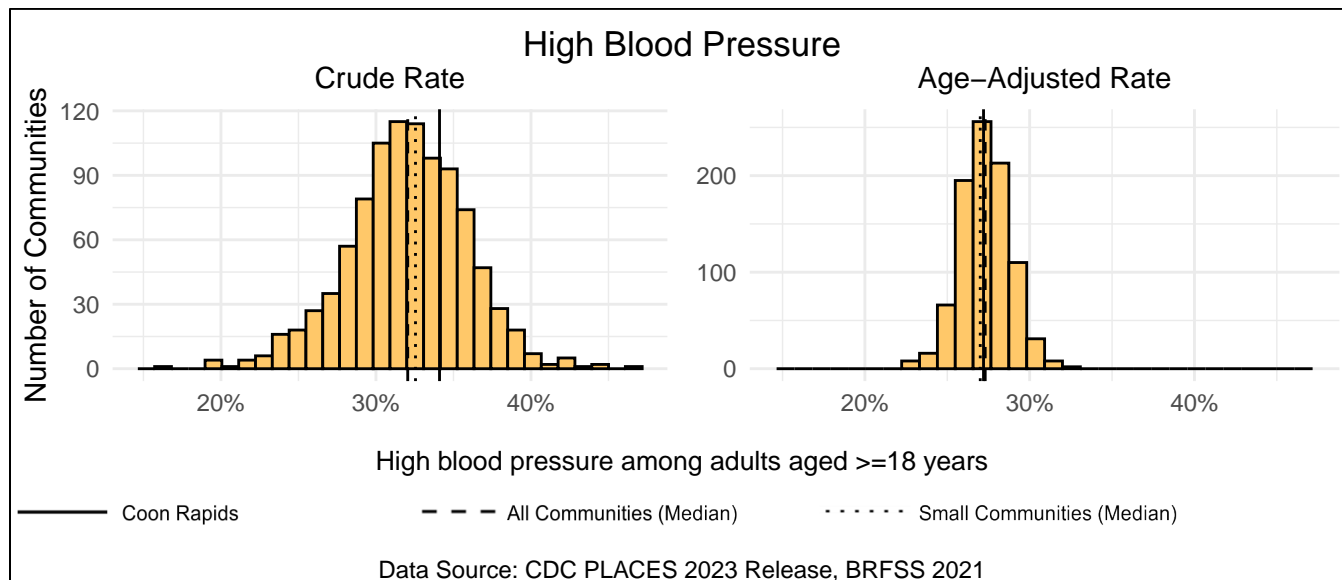
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	30.9%	27.9%	28.4%
Age-Adjusted	24.1%	23.1%	23.2%



## High Blood Pressure

Coon Rapids has a crude rate of 34.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 675th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Coon Rapids is 27.2%, which ranks 412th out of 905 Iowa communities (74th out of 138 small communities).

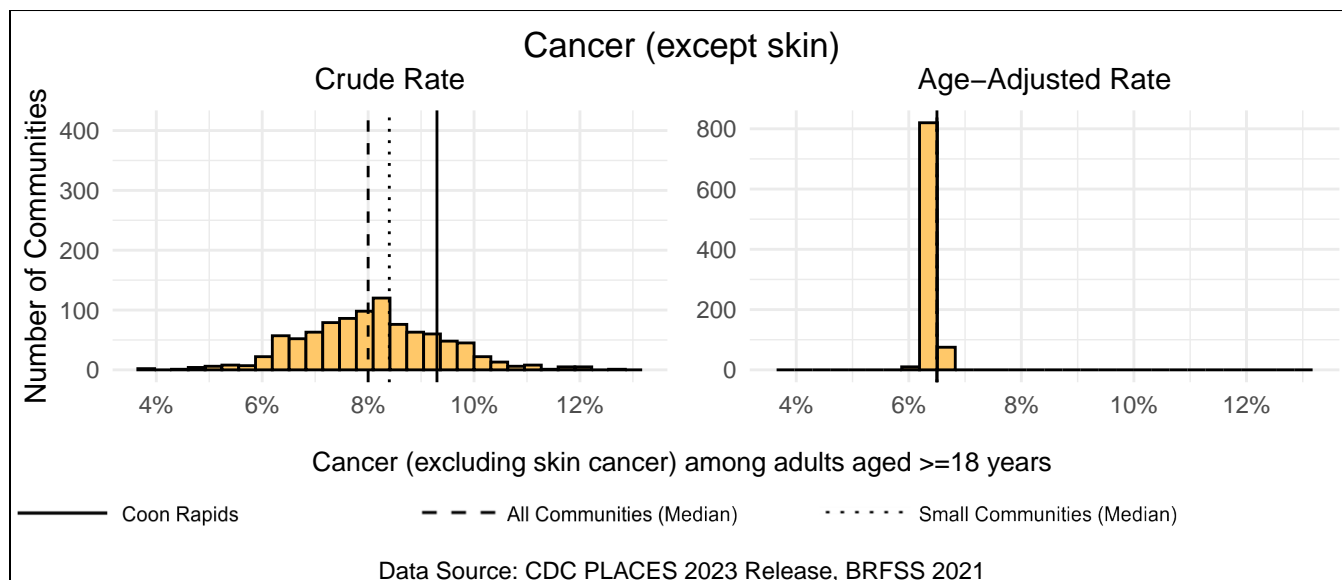
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	34.1%	32.0%	32.5%
Age-Adjusted	27.2%	27.3%	27.0%



## Cancer (except skin)

Coon Rapids 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 Coon Rapids is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

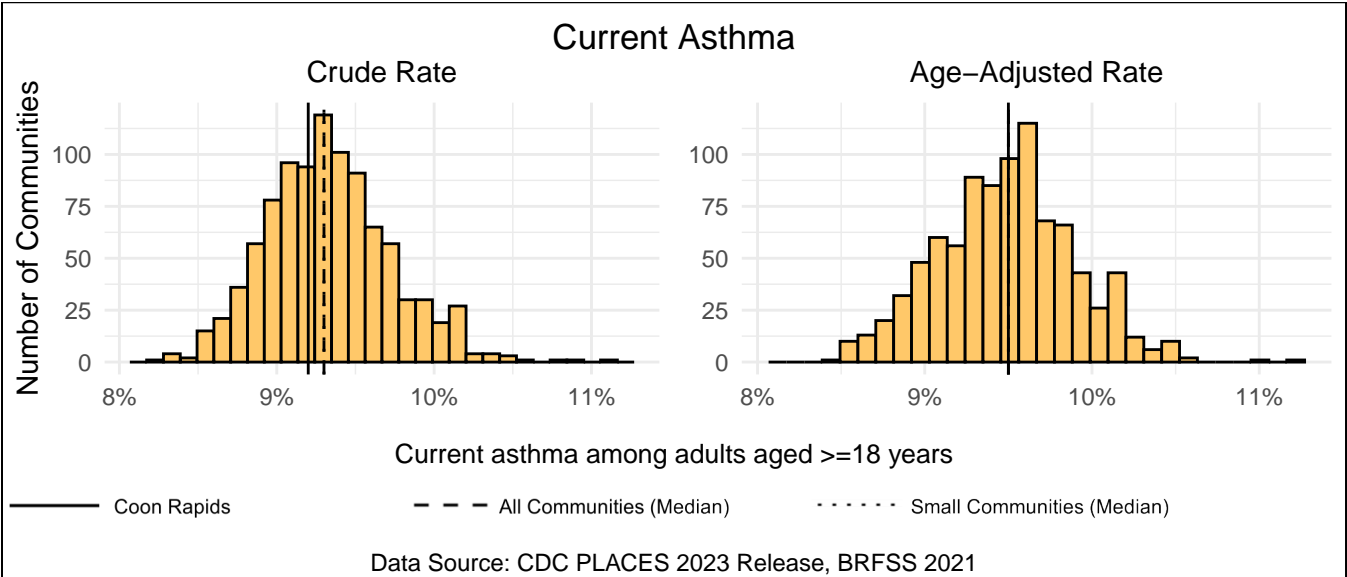
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	9.3%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



# Current Asthma

Coon Rapids has a crude rate of 9.2% for current asthma among adults aged >=18 years, which ranks 311th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Coon Rapids is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

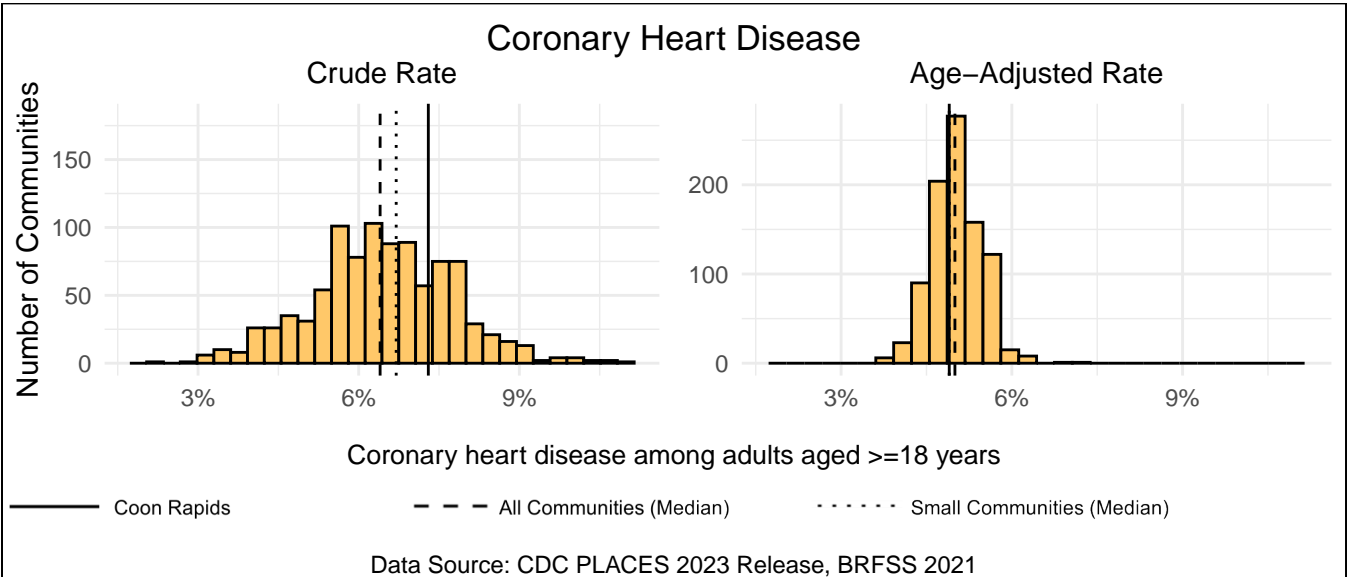
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



# Coronary Heart Disease

Coon Rapids has a crude rate of 7.3% for coronary heart disease among adults aged >=18 years, which ranks 696th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Coon Rapids is 4.9%, which ranks 324th out of 905 Iowa communities (68th out of 138 small communities).

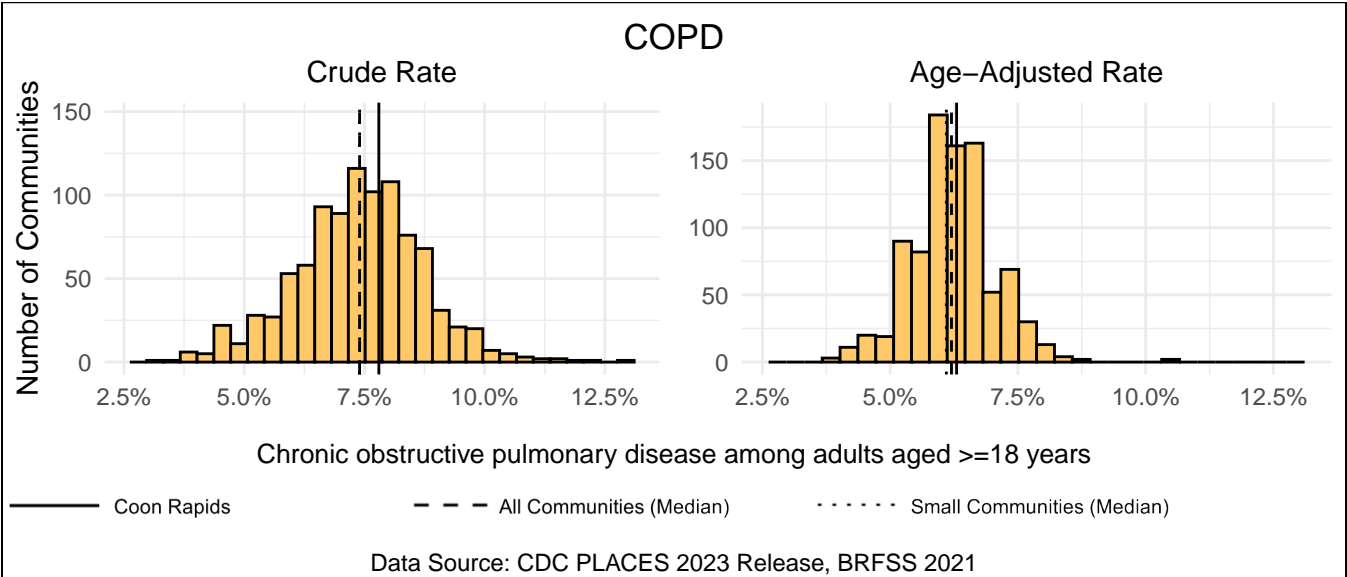
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	7.3%	6.4%	6.7%
Age-Adjusted	4.9%	5.0%	4.9%



# COPD

Coon Rapids has a crude rate of 7.8% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 581st out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Coon Rapids is 6.3%, which ranks 459th out of 905 Iowa communities (78th out of 138 small communities).

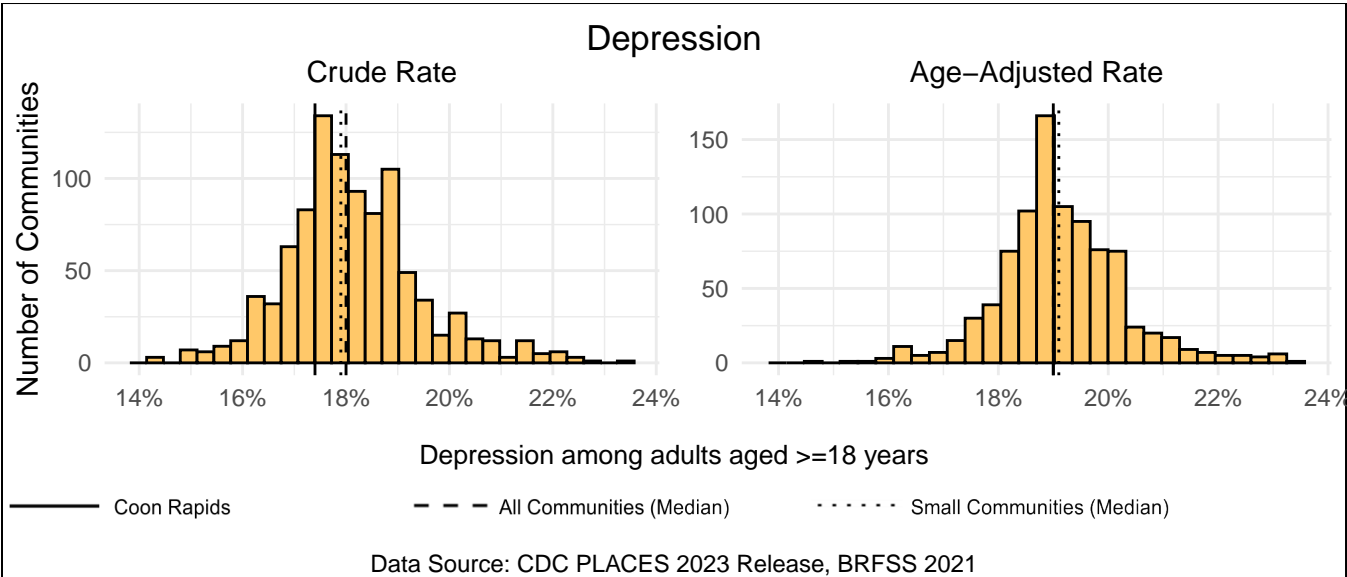
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	7.8%	7.4%	7.4%
Age-Adjusted	6.3%	6.2%	6.1%



# Depression

Coon Rapids has a crude rate of 17.4% for depression among adults aged  $\geq 18$  years, which ranks 252nd out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Coon Rapids is 19.0%, which ranks 420th out of 905 Iowa communities (64th out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	17.4%	18.0%	17.9%
Age-Adjusted	19.0%	19.0%	19.1%

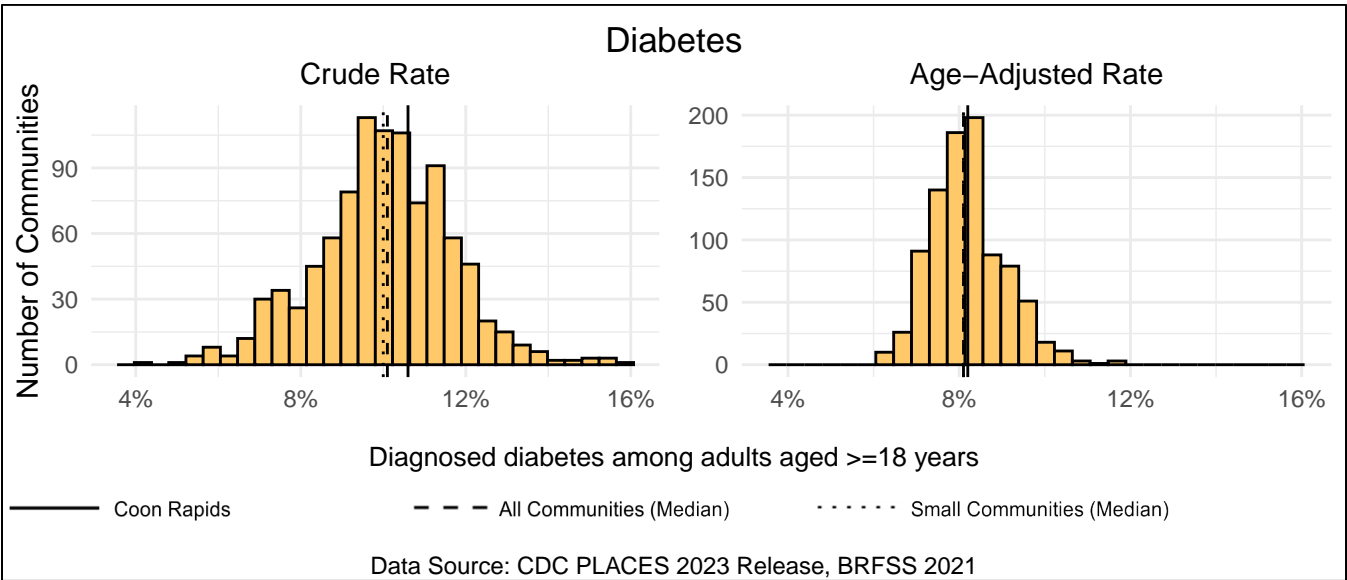




# Diabetes

Coon Rapids has a crude rate of 10.6% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 603rd out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Coon Rapids is 8.2%, which ranks 454th out of 905 Iowa communities (78th out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	10.6%	10.1%	10.0%
Age-Adjusted	8.2%	8.1%	8.1%



# High Cholesterol

Coon Rapids has a crude rate of 37.3% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 623rd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for Coon Rapids is 29.5%, which ranks 336th out of 905 Iowa communities (52nd out of 138 small communities).

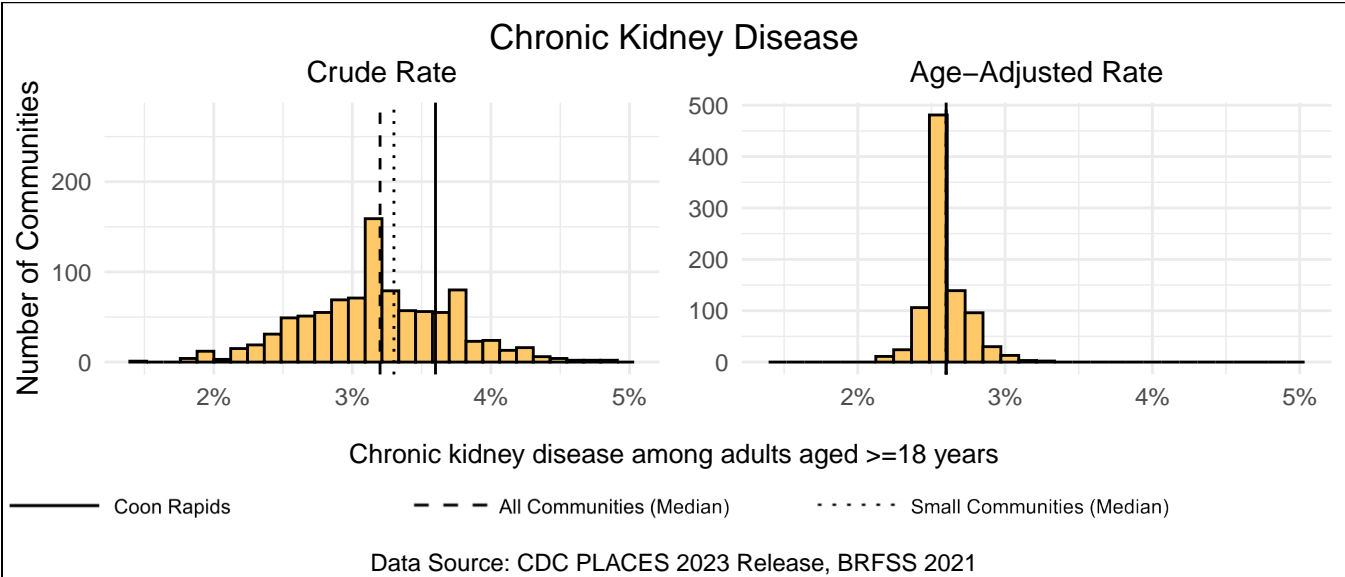
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	37.3%	36.2%	36.4%
Age-Adjusted	29.5%	29.7%	29.6%



## Chronic Kidney Disease

Coon Rapids has a crude rate of 3.6% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 732nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Coon Rapids is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

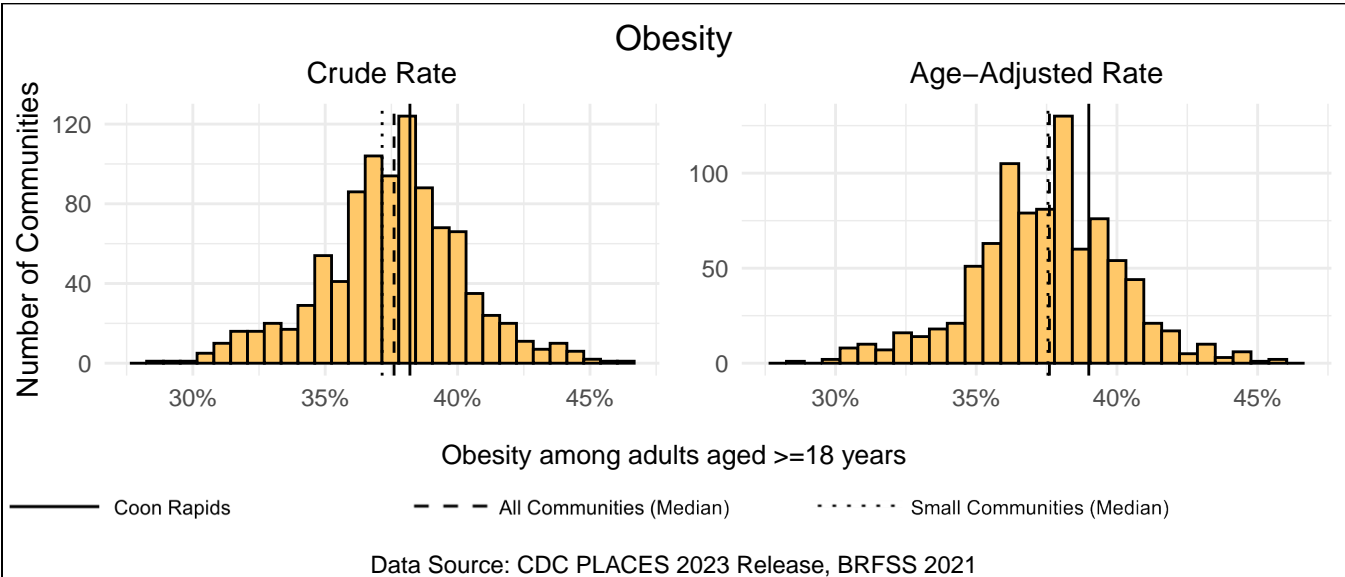
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



## Obesity

Coon Rapids has a crude rate of 38.2% for obesity among adults aged  $\geq 18$  years, which ranks 568th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Coon Rapids is 39.0%, which ranks 652nd out of 905 Iowa communities (104th out of 138 small communities).

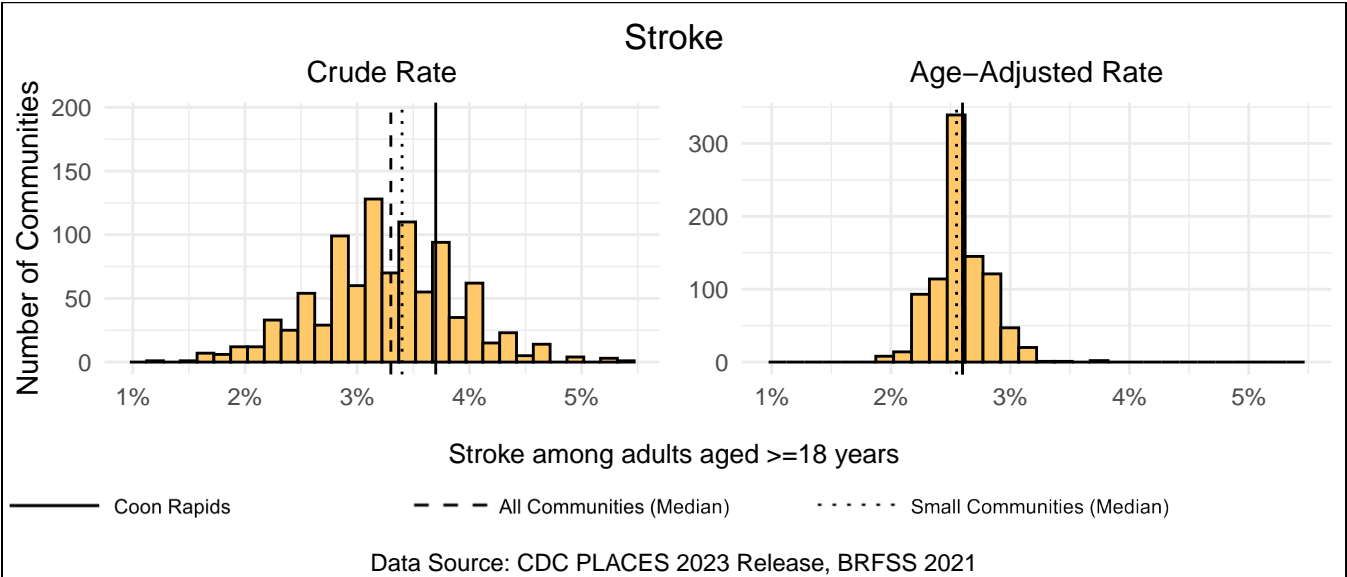
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	38.2%	37.6%	37.2%
Age-Adjusted	39.0%	37.6%	37.5%



# Stroke

Coon Rapids has a crude rate of 3.7% for stroke among adults aged >=18 years, which ranks 703rd out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Coon Rapids is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

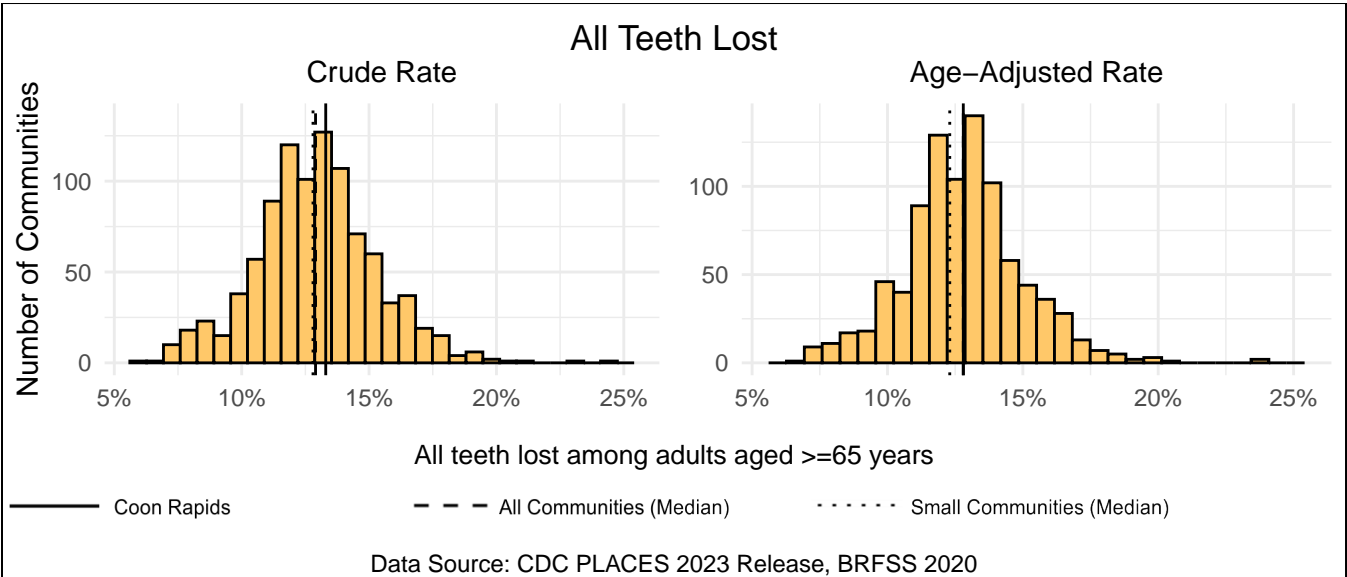
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	3.7%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Coon Rapids has a crude rate of 13.3% for all teeth lost among adults aged >=65 years, which ranks 545th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Coon Rapids is 12.8%, which ranks 448th out of 905 Iowa communities (80th out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	13.3%	12.9%	12.8%
Age-Adjusted	12.8%	12.8%	12.3%



# Prevention

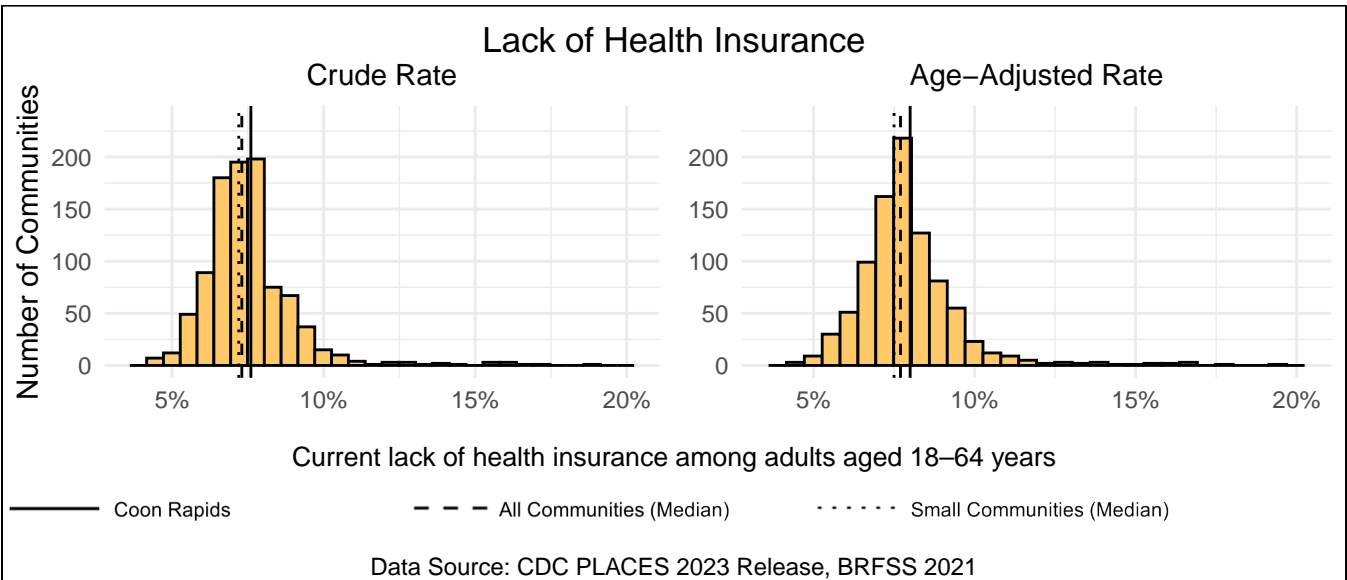
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Coon Rapids has a crude rate of 7.6% for current lack of health insurance among adults aged 18–64 years, which ranks 570th out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Coon Rapids is 8.0%, which ranks 538th out of 905 Iowa communities (94th out of 138 small communities).

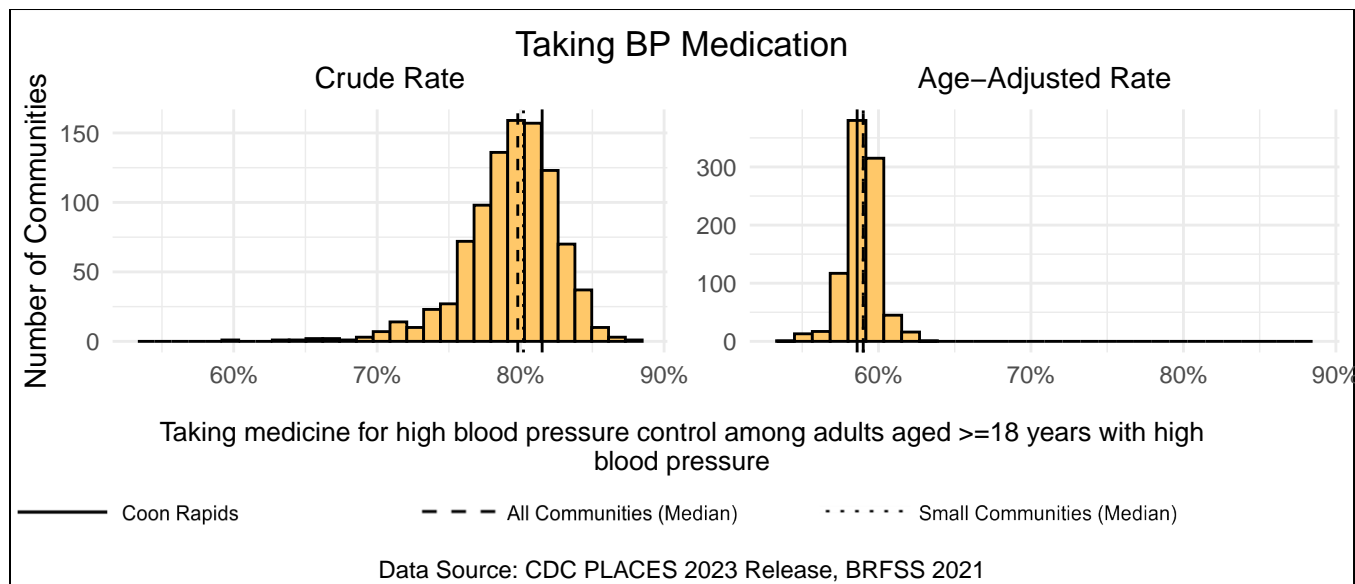
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	7.6%	7.3%	7.2%
Age-Adjusted	8.0%	7.7%	7.5%



## Taking BP Medication

Coon Rapids has a crude rate of 81.5% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 229th out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Coon Rapids is 58.6%, which ranks 579th out of 905 Iowa communities (89th out of 138 small communities).

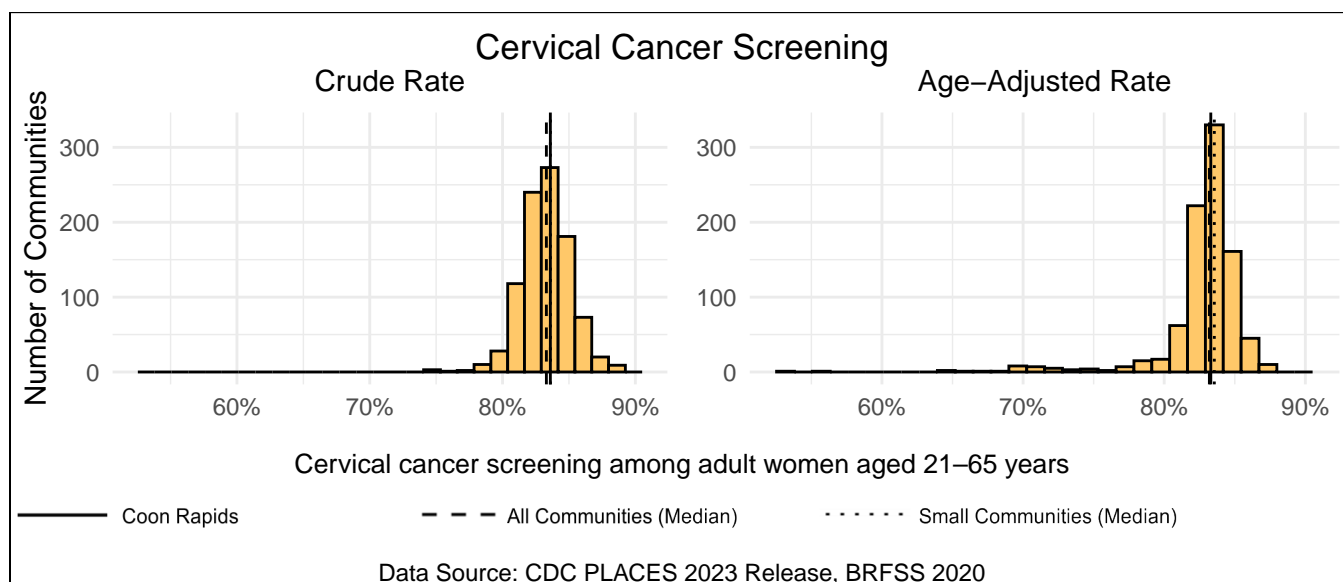
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	81.5%	79.8%	80.2%
Age-Adjusted	58.6%	59.0%	59.0%



## Cervical Cancer Screening

Coon Rapids has a crude rate of 83.6% for cervical cancer screening among adult women aged 21–65 years, which ranks 402nd out of 958 Iowa communities (69th out of 138 small communities). The age-adjusted rate for Coon Rapids is 83.3%, which ranks 402nd out of 905 Iowa communities (77th out of 138 small communities).

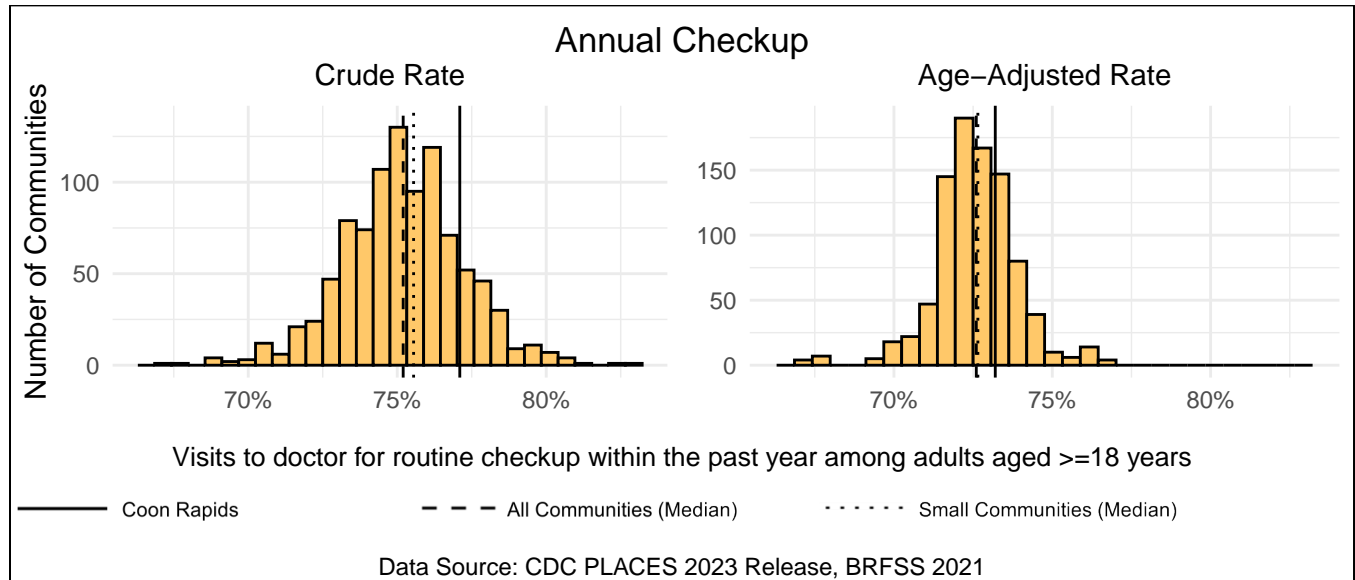
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	83.6%	83.3%	83.6%
Age-Adjusted	83.3%	83.2%	83.5%



## Annual Checkup

Coon Rapids has a crude rate of 77.1% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 151st out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Coon Rapids is 73.2%, which ranks 235th out of 905 Iowa communities (41st out of 138 small communities).

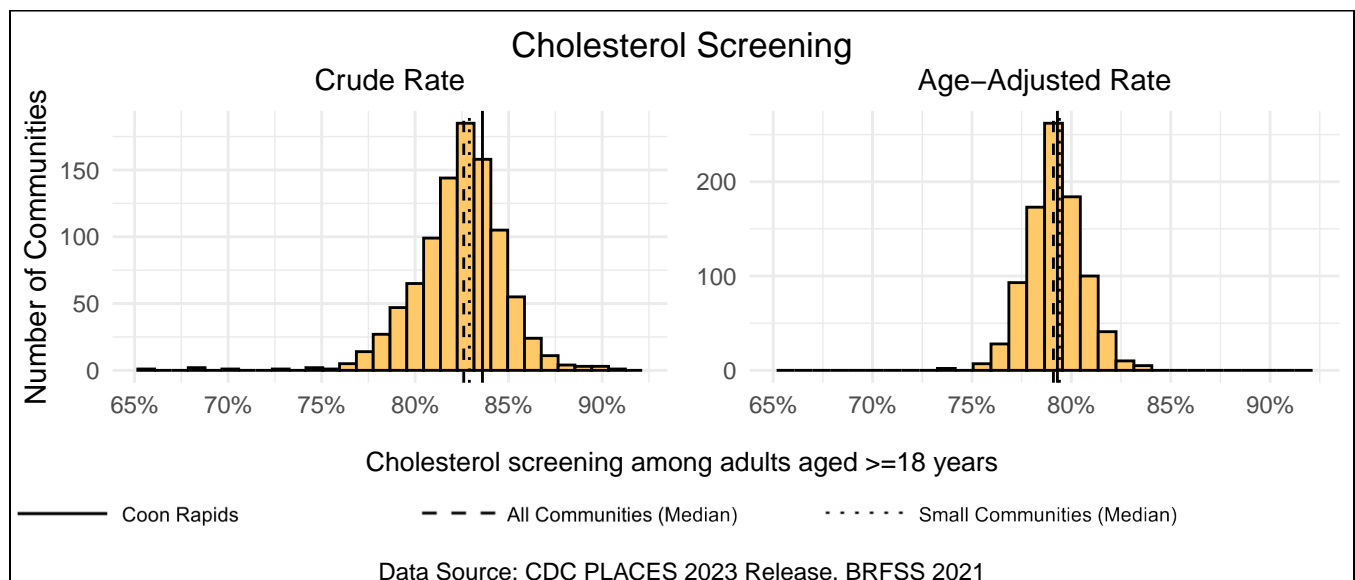
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	77.1%	75.2%	75.5%
Age-Adjusted	73.2%	72.6%	72.6%



## Cholesterol Screening

Coon Rapids has a crude rate of 83.6% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 282nd out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Coon Rapids is 79.3%, which ranks 388th out of 905 Iowa communities (73rd out of 138 small communities).

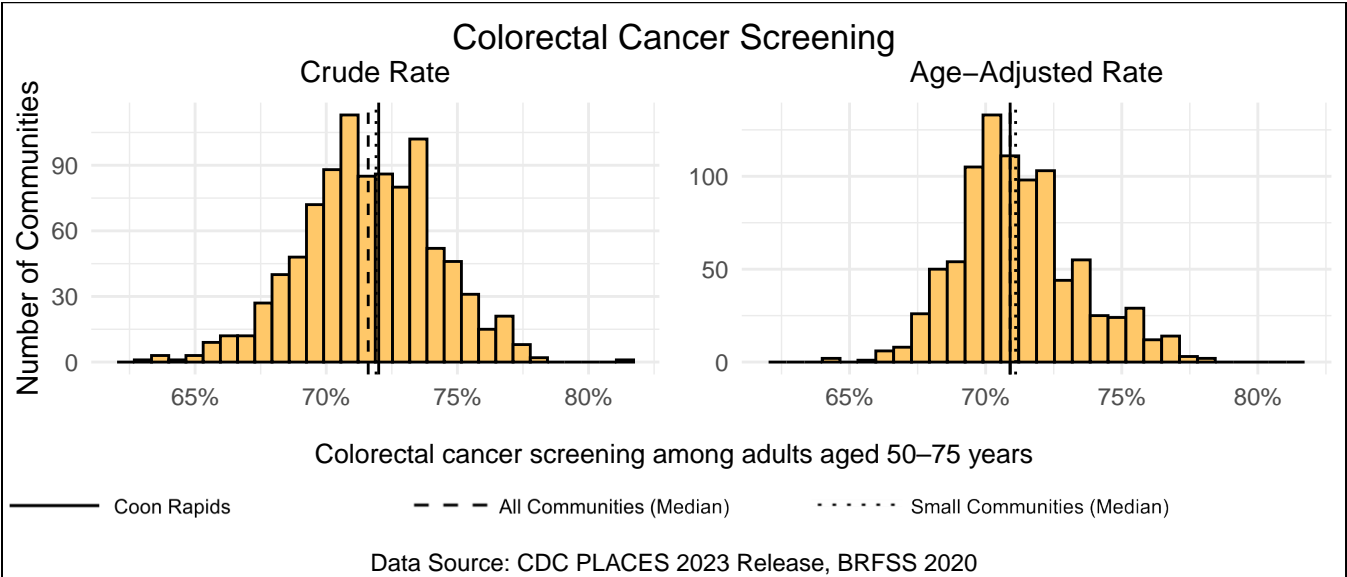
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	83.6%	82.6%	82.9%
Age-Adjusted	79.3%	79.1%	79.4%



## Colorectal Cancer Screening

Coon Rapids has a crude rate of 72.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 411th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Coon Rapids is 70.9%, which ranks 451st out of 905 Iowa communities (76th out of 138 small communities).

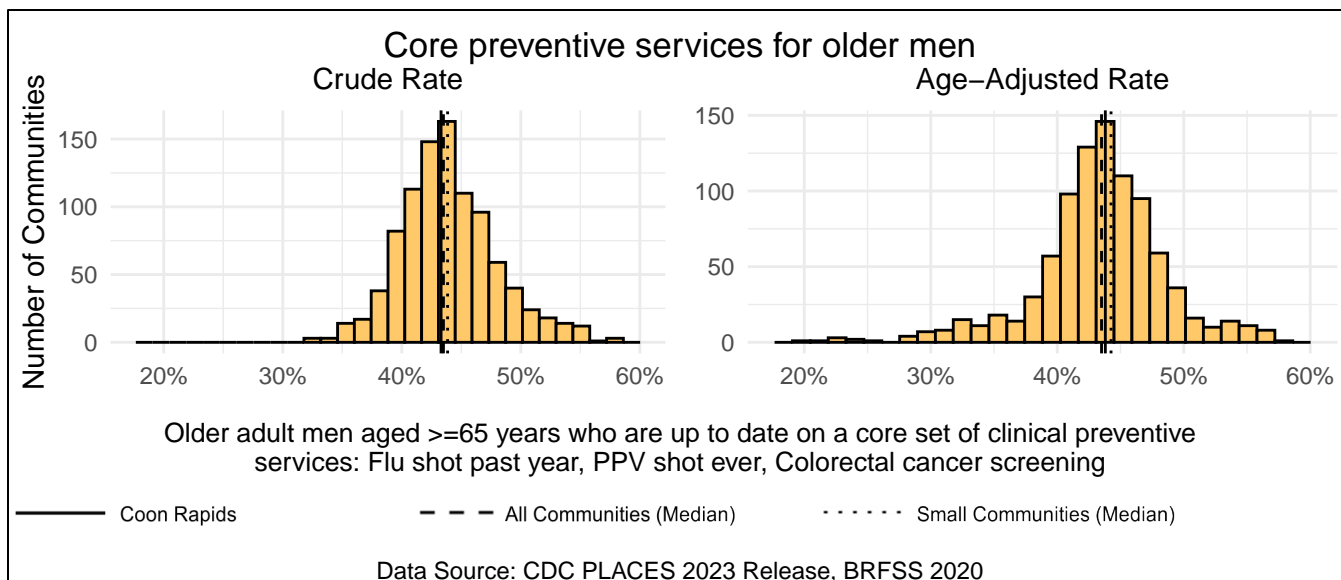
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	72.0%	71.6%	71.9%
Age-Adjusted	70.9%	70.9%	71.1%



## Core preventive services for older men

Coon Rapids has a crude rate of 43.3% 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 508th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Coon Rapids is 43.8%, which ranks 417th out of 905 Iowa communities (77th out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	43.3%	43.5%	43.8%
Age-Adjusted	43.8%	43.5%	44.2%

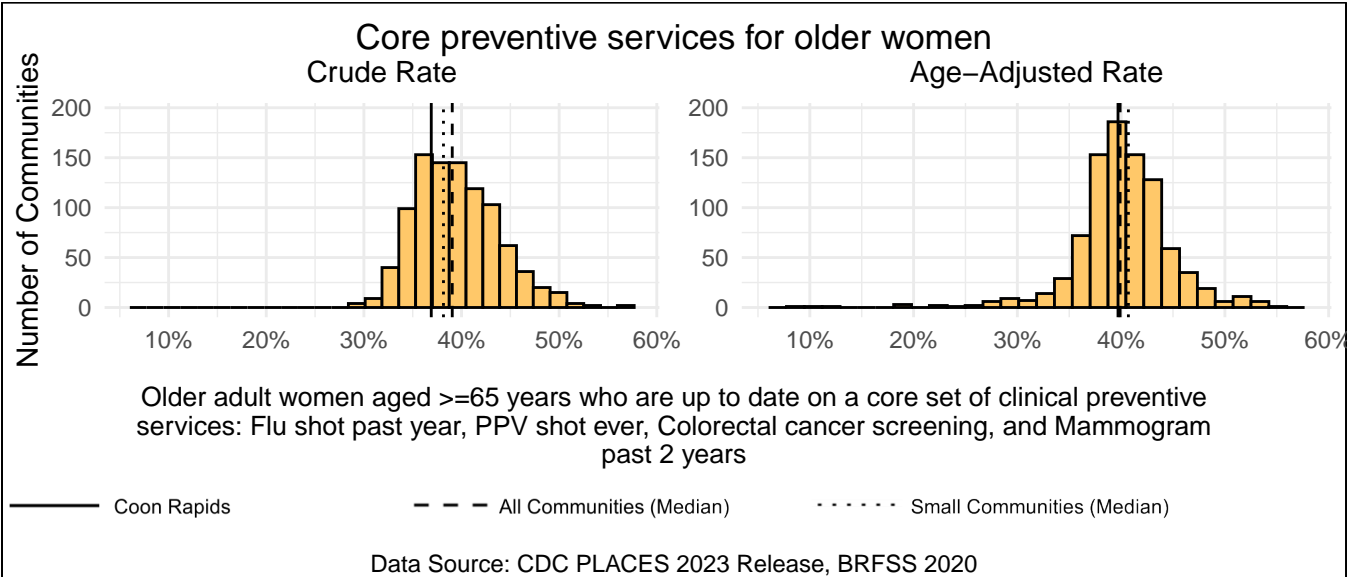




## Core preventive services for older women

Coon Rapids has a crude rate of 36.9% 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 669th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Coon Rapids is 39.7%, which ranks 472nd out of 905 Iowa communities (79th out of 138 small communities).

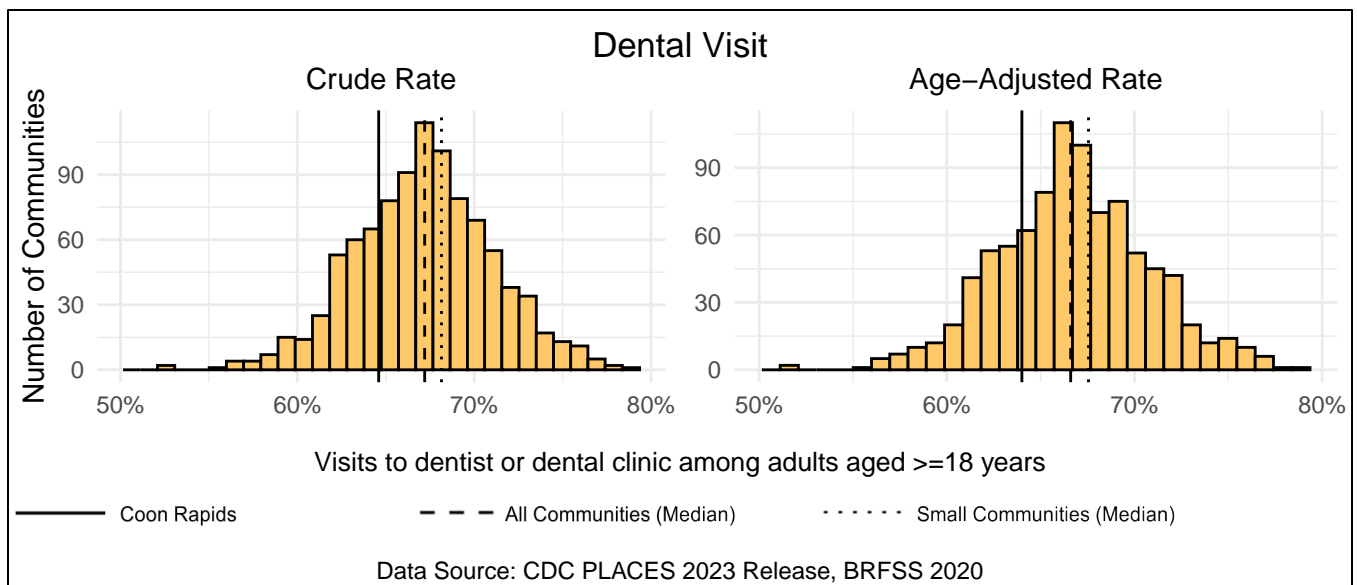
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	36.9%	39.0%	38.2%
Age-Adjusted	39.7%	39.9%	40.7%



## Dental Visit

Coon Rapids has a crude rate of 64.6% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 719th out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Coon Rapids is 64.0%, which ranks 689th out of 905 Iowa communities (112th out of 138 small communities).

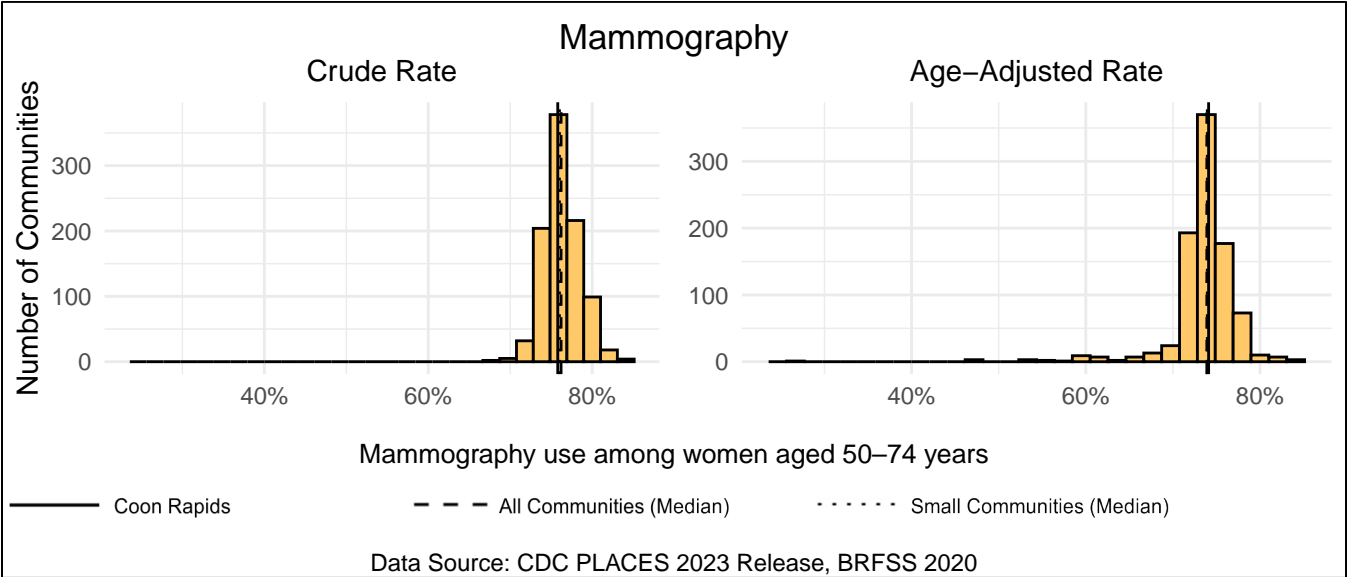
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	64.6%	67.2%	68.2%
Age-Adjusted	64.0%	66.6%	67.5%



# Mammography

Coon Rapids has a crude rate of 75.8% for mammography use among women aged 50–74 years, which ranks 554th out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Coon Rapids is 74.1%, which ranks 400th out of 905 Iowa communities (66th out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	75.8%	76.2%	76.0%
Age-Adjusted	74.1%	73.9%	74.0%



# Disability

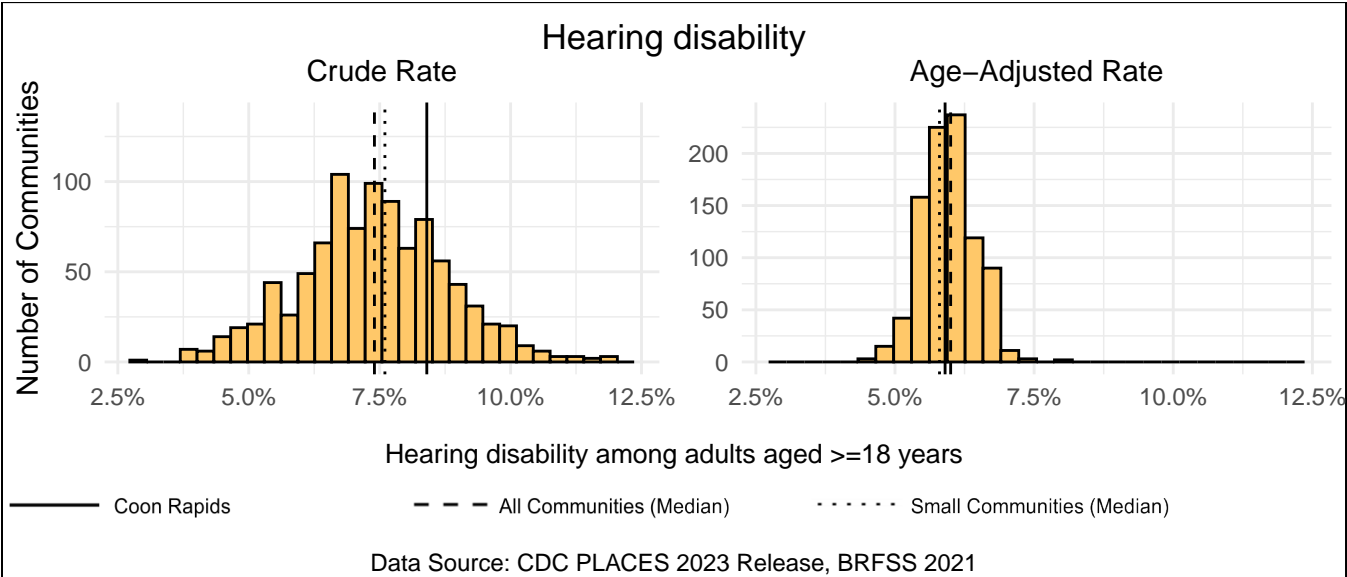
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Coon Rapids has a crude rate of 8.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 724th out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Coon Rapids is 5.9%, which ranks 360th out of 905 Iowa communities (73rd out of 138 small communities).

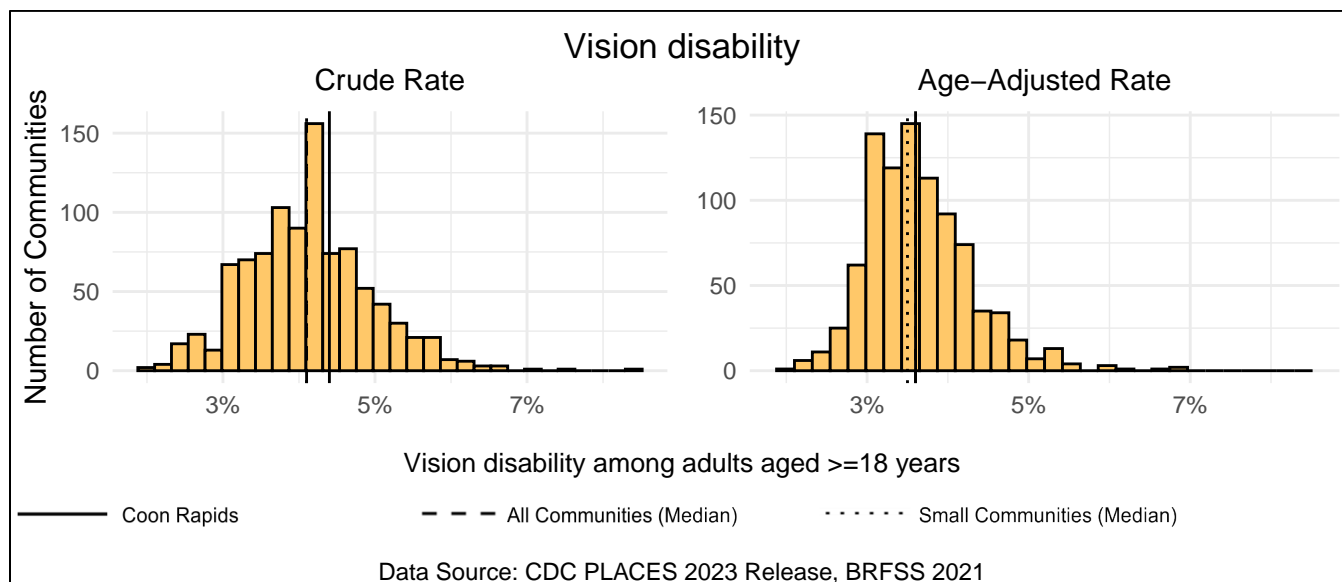
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	8.4%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.8%



## Vision disability

Coon Rapids has a crude rate of 4.4% for vision disability among adults aged  $\geq 18$  years, which ranks 620th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Coon Rapids is 3.6%, which ranks 431st out of 905 Iowa communities (75th out of 138 small communities).

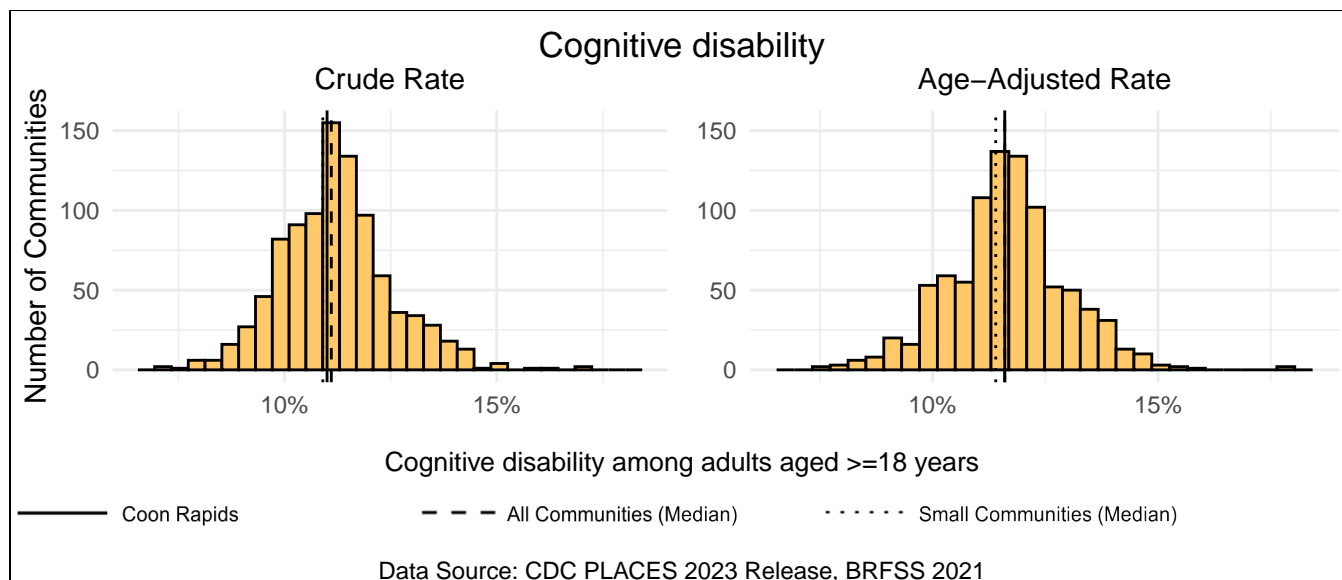
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	4.4%	4.1%	4.1%
Age-Adjusted	3.6%	3.6%	3.5%



## Cognitive disability

Coon Rapids has a crude rate of 11.0% for cognitive disability among adults aged  $\geq 18$  years, which ranks 413th out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for Coon Rapids is 11.6%, which ranks 431st out of 905 Iowa communities (74th out of 138 small communities).

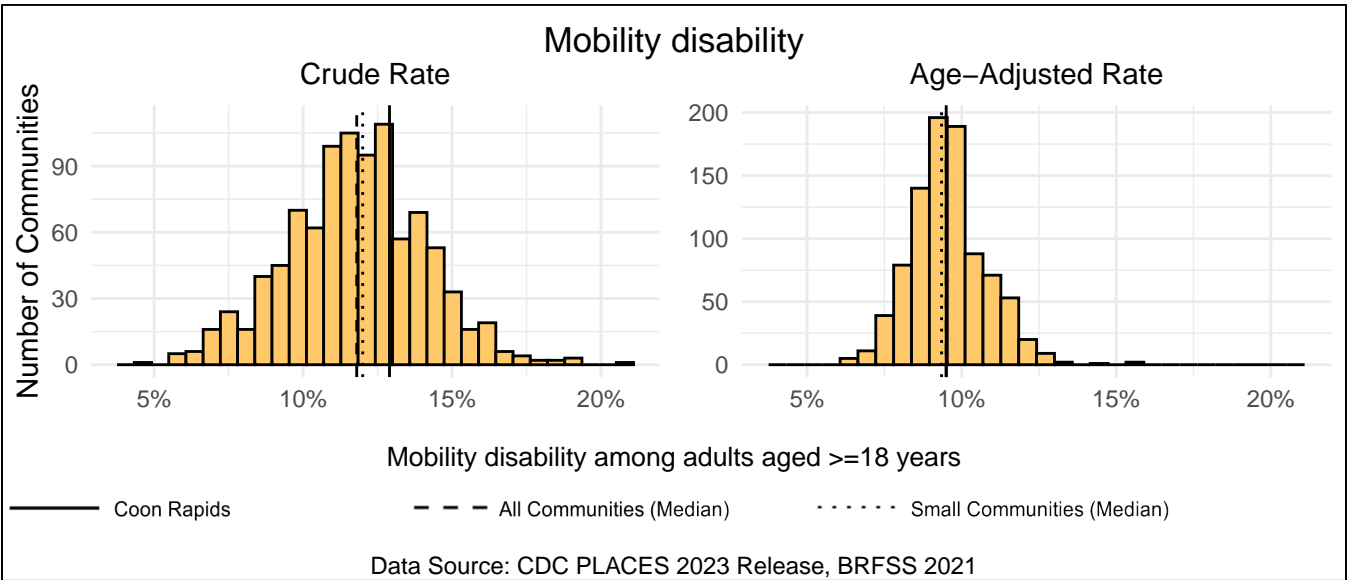
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	11.0%	11.1%	10.9%
Age-Adjusted	11.6%	11.6%	11.4%



## Mobility disability

Coon Rapids has a crude rate of 12.9% for mobility disability among adults aged  $\geq 18$  years, which ranks 655th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Coon Rapids is 9.5%, which ranks 426th out of 905 Iowa communities (72nd out of 138 small communities).

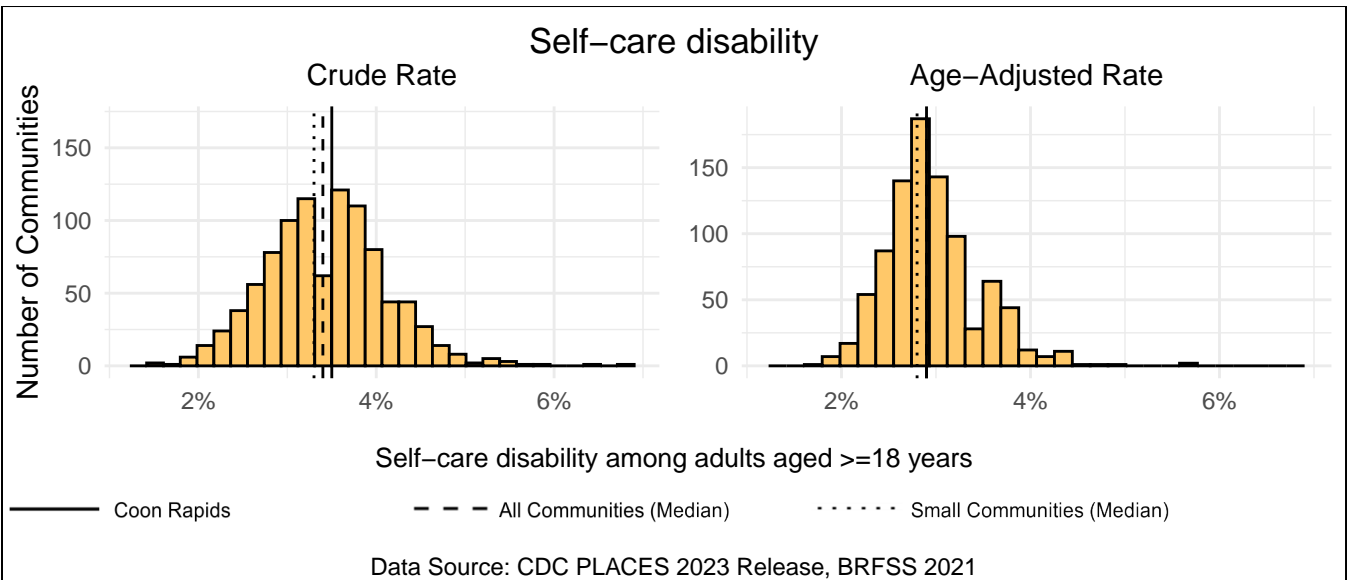
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	12.9%	11.8%	12.0%
Age-Adjusted	9.5%	9.5%	9.4%



## Self-care disability

Coon Rapids has a crude rate of 3.5% for self-care disability among adults aged  $\geq 18$  years, which ranks 497th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Coon Rapids is 2.9%, which ranks 397th out of 905 Iowa communities (72nd out of 138 small communities).

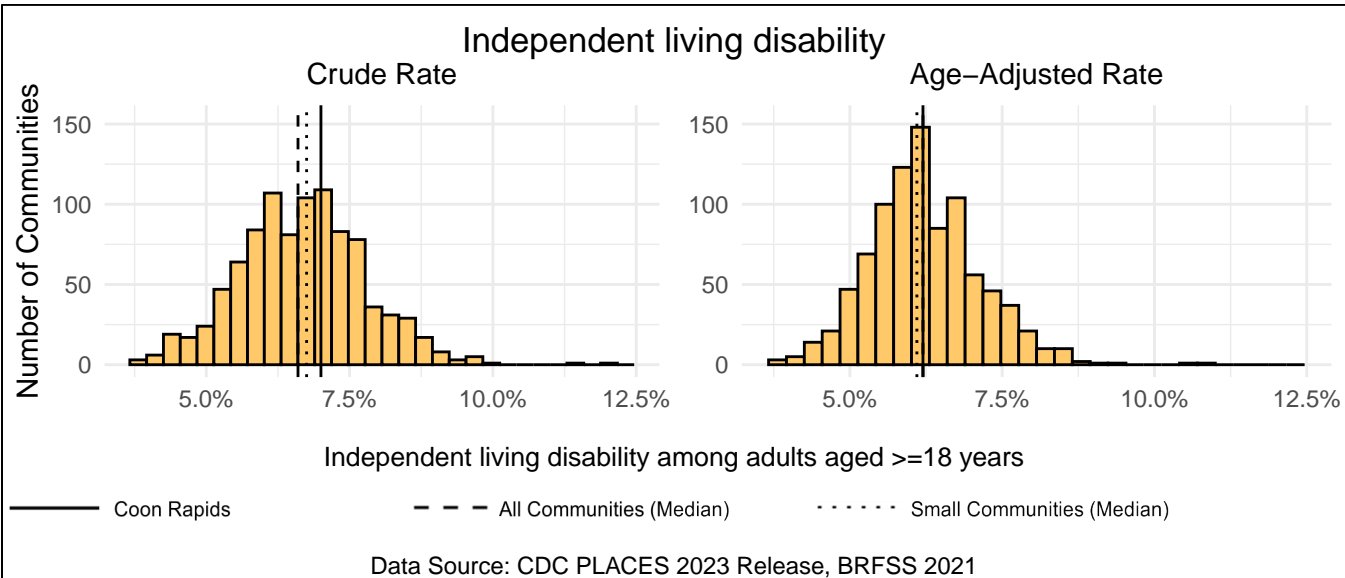
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	3.5%	3.4%	3.3%
Age-Adjusted	2.9%	2.9%	2.8%



## Independent living disability

Coon Rapids has a crude rate of 7.0% for independent living disability among adults aged  $\geq 18$  years, which ranks 599th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Coon Rapids is 6.2%, which ranks 438th out of 905 Iowa communities (75th out of 138 small communities).

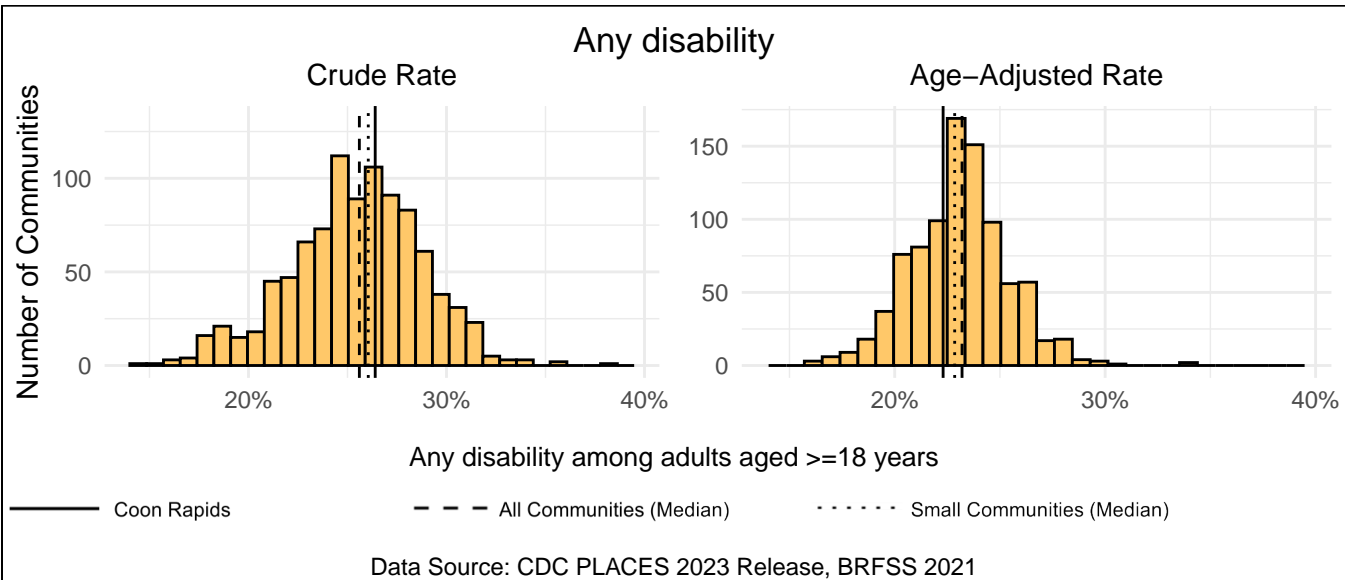
Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	7.0%	6.6%	6.8%
Age-Adjusted	6.2%	6.2%	6.1%



## Any disability

Coon Rapids has a crude rate of 26.4% for any disability among adults aged  $\geq 18$  years, which ranks 572nd out of 958 Iowa communities (76th out of 138 small communities). The age-adjusted rate for Coon Rapids is 22.3%, which ranks 294th out of 905 Iowa communities (51st out of 138 small communities).

Measure Type	Coon Rapids	All Comm.	Small Comm.
Crude	26.4%	25.6%	26.0%
Age-Adjusted	22.3%	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: Coon Rapids 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	202	13.5% (11.6% - 15.7%)	338	15.3% (13.0% - 17.7%)
Health Status	General Health	534	14.6% (12.0% - 17.3%)	462	12.8% (10.5% - 15.1%)
Health Status	Physical Health	493	10.9% (9.2% - 12.9%)	377	9.6% (8.1% - 11.1%)
Health Risk Behaviors	Physical Inactivity	602	27.1% (21.9% - 33.0%)	437	24.3% (19.8% - 29.5%)
Health Risk Behaviors	Sleep <7 hours	374	29.9% (28.3% - 31.6%)	506	31.4% (29.7% - 33.1%)
Health Risk Behaviors	Binge Drinking	305	18.5% (15.2% - 22.0%)	554	22.3% (18.5% - 26.6%)
Health Risk Behaviors	Current Smoking	270	15.8% (12.3% - 19.5%)	380	17.3% (13.4% - 21.4%)
Health Outcomes	High Cholesterol	623	37.3% (32.6% - 42.1%)	336	29.5% (25.2% - 34.2%)
Health Outcomes	Cancer (except skin)	790	9.3% (8.3% - 10.4%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Depression	252	17.4% (14.3% - 20.9%)	420	19.0% (15.6% - 22.8%)
Health Outcomes	Stroke	703	3.7% (3.2% - 4.4%)	375	2.6% (2.2% - 2.9%)
Health Outcomes	Arthritis	803	30.9% (26.8% - 35.3%)	707	24.1% (20.5% - 28.1%)
Health Outcomes	Obesity	568	38.2% (30.9% - 46.1%)	652	39.0% (31.3% - 47.0%)
Health Outcomes	Current Asthma	311	9.2% (8.0% - 10.5%)	415	9.5% (8.2% - 10.8%)
Health Outcomes	High Blood Pressure	675	34.1% (29.8% - 38.5%)	412	27.2% (23.4% - 31.2%)
Health Outcomes	All Teeth Lost	545	13.3% (8.3% - 19.1%)	448	12.8% (8.5% - 17.9%)
Health Outcomes	Diabetes	603	10.6% (9.0% - 12.5%)	454	8.2% (6.9% - 9.6%)
Health Outcomes	COPD	581	7.8% (6.3% - 9.4%)	459	6.3% (5.2% - 7.5%)
Health Outcomes	Coronary Heart Disease	696	7.3% (6.2% - 8.4%)	324	4.9% (4.3% - 5.6%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.1%)	349	2.6% (2.3% - 2.9%)
Prevention	Cervical Cancer Screening	402	83.6% (81.2% - 86.3%)	402	83.3% (80.9% - 85.8%)
Prevention	Colorectal Cancer Screening	411	72.0% (68.6% - 75.0%)	451	70.9% (67.4% - 74.2%)
Prevention	Core preventive services for older men	508	43.3% (35.0% - 52.3%)	417	43.8% (35.8% - 52.4%)
Prevention	Dental Visit	719	64.6% (60.8% - 68.6%)	689	64.0% (60.2% - 68.0%)
Prevention	Taking BP Medication	229	81.5% (78.4% - 84.3%)	579	58.6% (53.5% - 63.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	282	83.6% (80.5% - 86.4%)	388	79.3% (75.3% - 82.6%)
Prevention	Health Insurance	570	7.6% (5.8% - 9.9%)	538	8.0% (6.0% - 10.3%)
Prevention	Mammography	554	75.8% (71.5% - 79.9%)	400	74.1% (69.1% - 78.4%)
Prevention	Annual Checkup	151	77.1% (72.3% - 81.3%)	235	73.2% (67.8% - 78.1%)
Prevention	Core preventive services for older women	669	36.9% (29.3% - 45.2%)	472	39.7% (31.8% - 47.8%)
Disability	Vision Disability	620	4.4% (3.6% - 5.3%)	431	3.6% (3.0% - 4.2%)
Disability	Any Disability	572	26.4% (22.1% - 30.7%)	294	22.3% (18.7% - 26.4%)
Disability	Self-care Disability	497	3.5% (3.0% - 4.2%)	397	2.9% (2.5% - 3.4%)
Disability	Independent Living Disability	599	7.0% (5.7% - 8.4%)	438	6.2% (5.2% - 7.3%)
Disability	Hearing Disability	724	8.4% (7.2% - 9.5%)	360	5.9% (5.1% - 6.6%)
Disability	Cognitive Disability	413	11.0% (9.2% - 13.0%)	431	11.6% (9.6% - 13.9%)
Disability	Mobility Disability	655	12.9% (10.7% - 15.6%)	426	9.5% (7.8% - 11.2%)

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)

Coon Rapids 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		