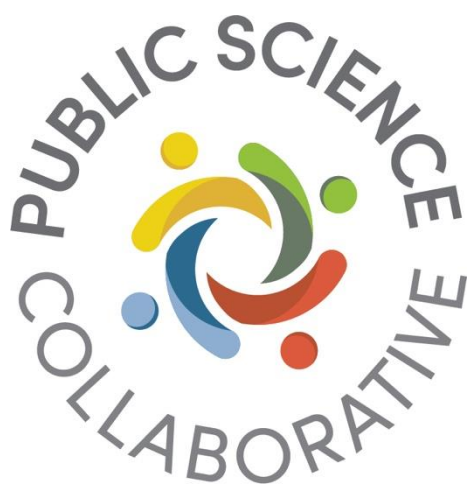




Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

Iowa Community Health Snapshot Series

Table of contents

Health in Creston: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Creston PLACES Data	32
Appendix 3: Midsized Communities (2,500-9,999)	34

Health in Creston: Overview

Dear Community Members & Stakeholders of Creston,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	236th	30th	Binge Drinking	34th	12th
Cancer (except skin)	418th	42nd	Taking BP Medication	50th	10th
High Cholesterol	431st	55th	Annual Checkup	301st	39th
Mammography	448th	57th	Cancer (except skin)	418th	41st
Taking BP Medication	469th	48th	High Cholesterol	634th	69th

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	932nd	96th	Sleep <7 hours	898th	98th
Dental Visit	918th	89th	Dental Visit	869th	89th
Cervical Cancer Screening	915th	93rd	Arthritis	867th	91st
Cognitive Disability	906th	89th	Current Smoking	864th	92nd
Cholesterol Screening	905th	91st	Cholesterol Screening	863rd	90th

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 Creston.

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

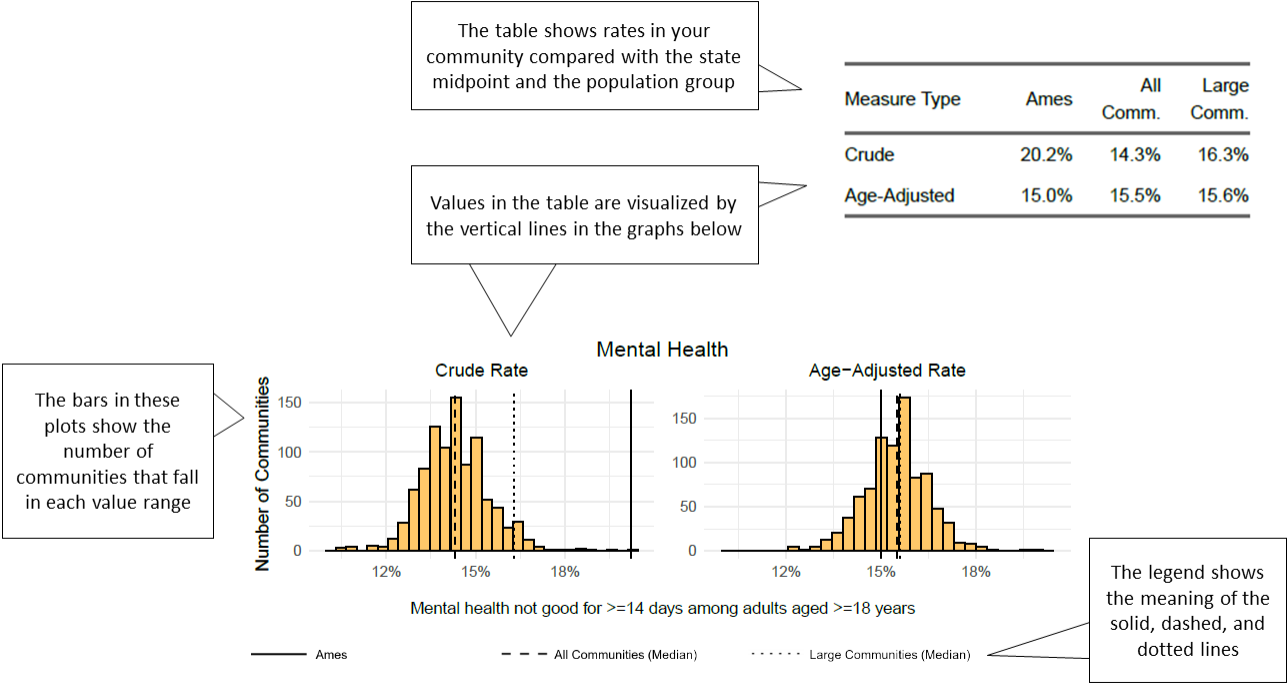
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Creston that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Creston, a review of risky behaviors in the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

With a population of 7,519, Creston’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



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

Health Status

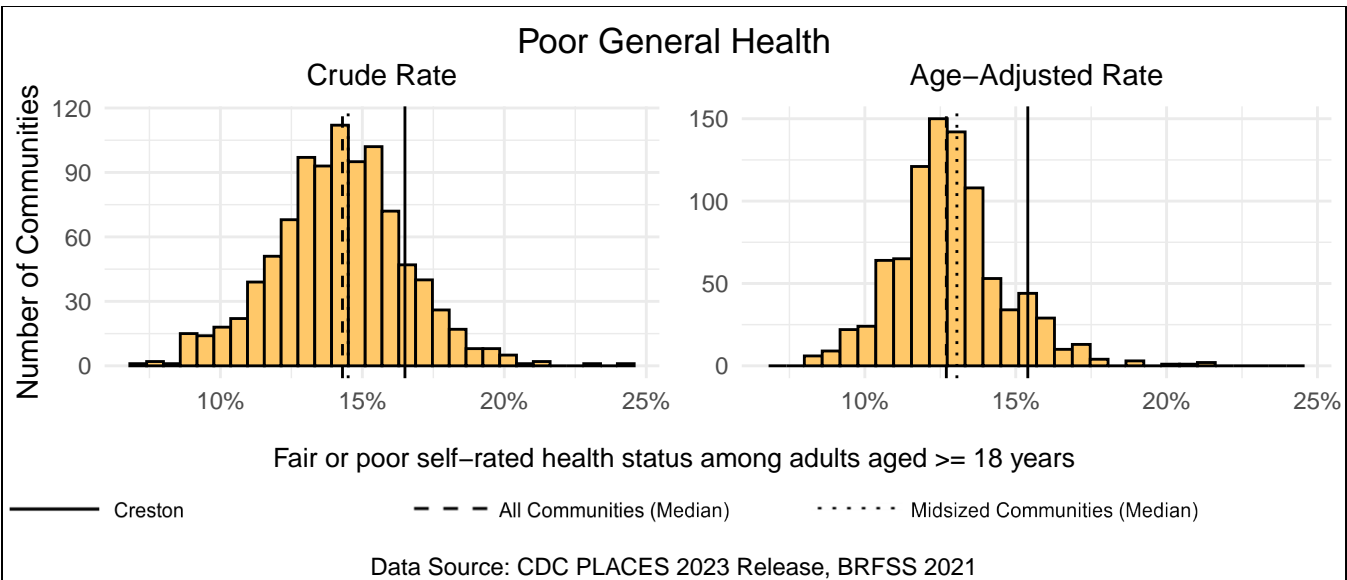
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Creston has a crude rate of 16.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 820th out of 958 Iowa communities (77th out of 102 midsize communities). The age-adjusted rate for Creston is 15.4%, which ranks 817th out of 905 Iowa communities (80th out of 102 midsize communities).

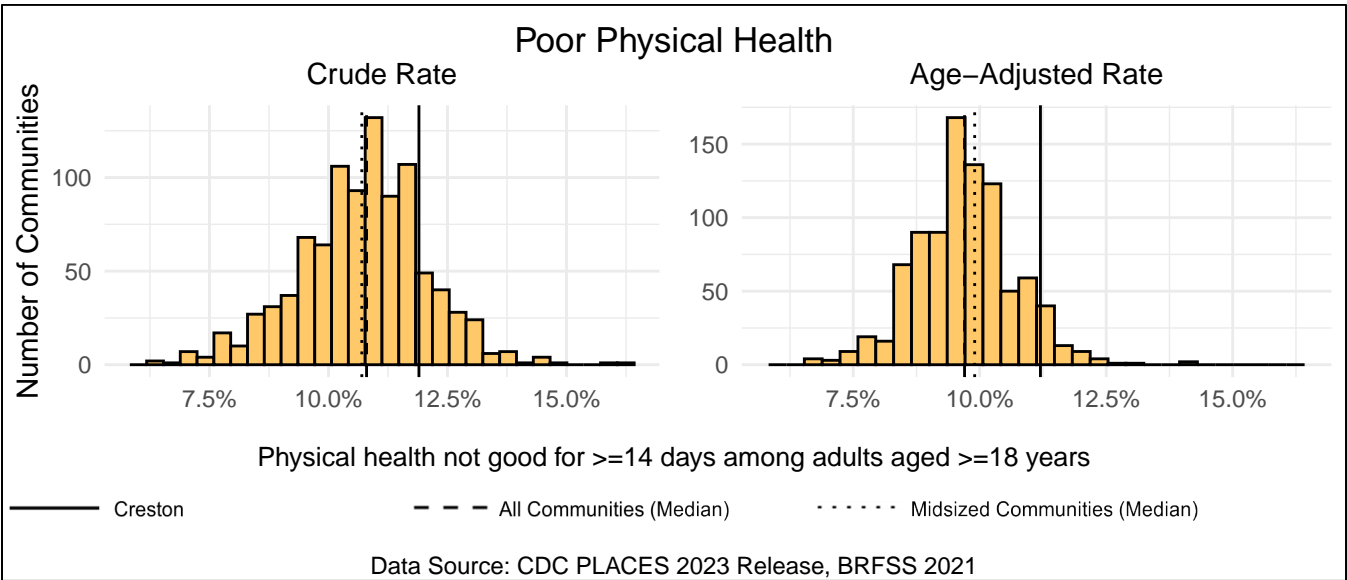
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	16.5%	14.3%	14.5%
Age-Adjusted	15.4%	12.7%	13.0%



Poor Physical Health

Creston has a crude rate of 11.9% for physical health not good for >=14 days among adults aged >=18 years, which ranks 797th out of 958 Iowa communities (78th out of 102 mid-sized communities). The age-adjusted rate for Creston is 11.2%, which ranks 836th out of 905 Iowa communities (87th out of 102 mid-sized communities).

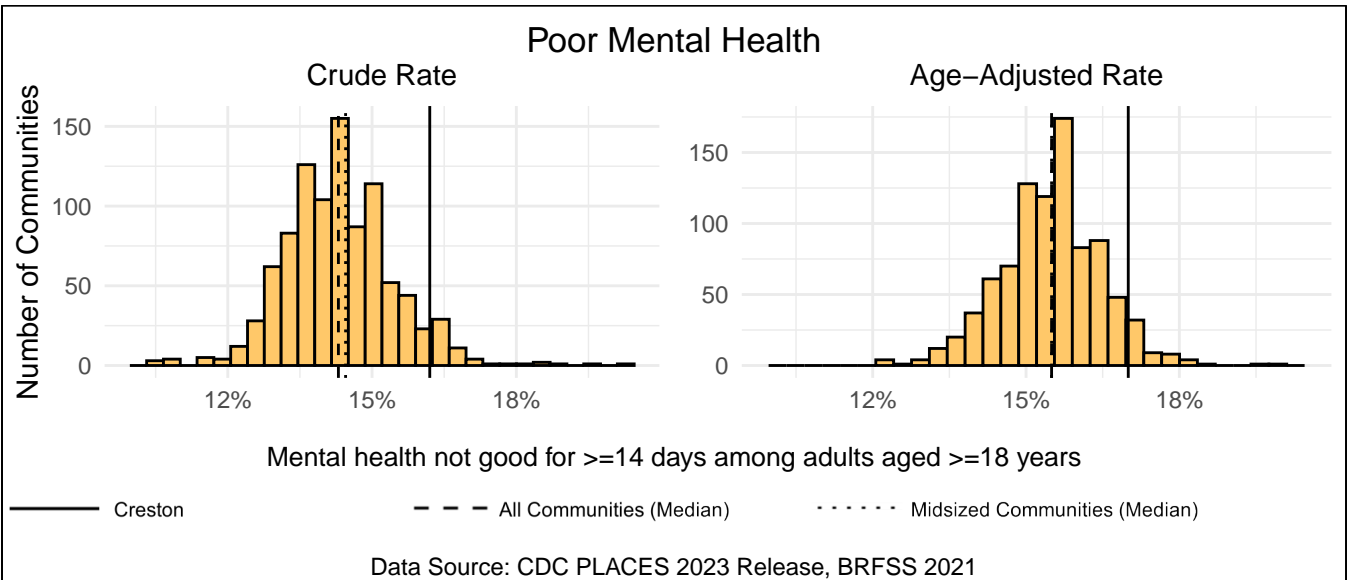
Measure Type	Creston	All Comm.	Mid-sized Comm.
Crude	11.9%	10.8%	10.7%
Age-Adjusted	11.2%	9.7%	9.9%



Poor Mental Health

Creston has a crude rate of 16.2% for mental health not good for >=14 days among adults aged >=18 years, which ranks 900th out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Creston is 17.0%, which ranks 850th out of 905 Iowa communities (90th out of 102 mid-sized communities).

Measure Type	Creston	All Comm.	Mid-sized Comm.
Crude	16.2%	14.3%	14.4%
Age-Adjusted	17.0%	15.5%	15.5%



Health Risk Behaviors

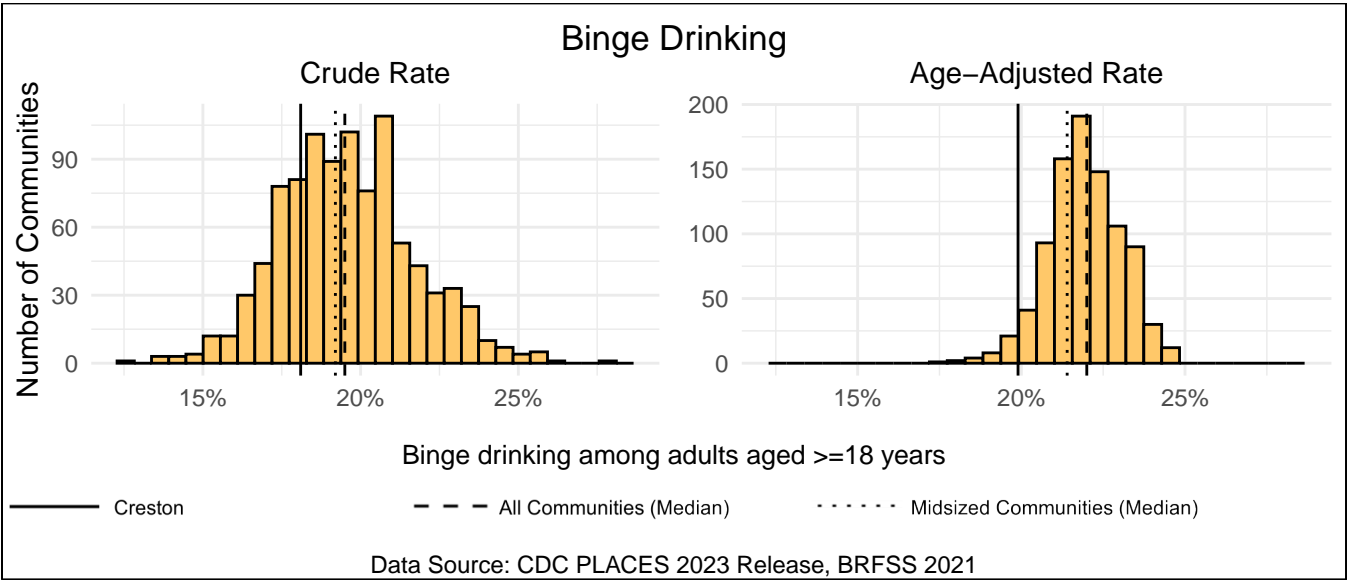
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Creston has a crude rate of 18.1% for binge drinking among adults aged ≥ 18 years, which ranks 236th out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for Creston is 19.9%, which ranks 34th out of 905 Iowa communities (12th out of 102 midsize communities).

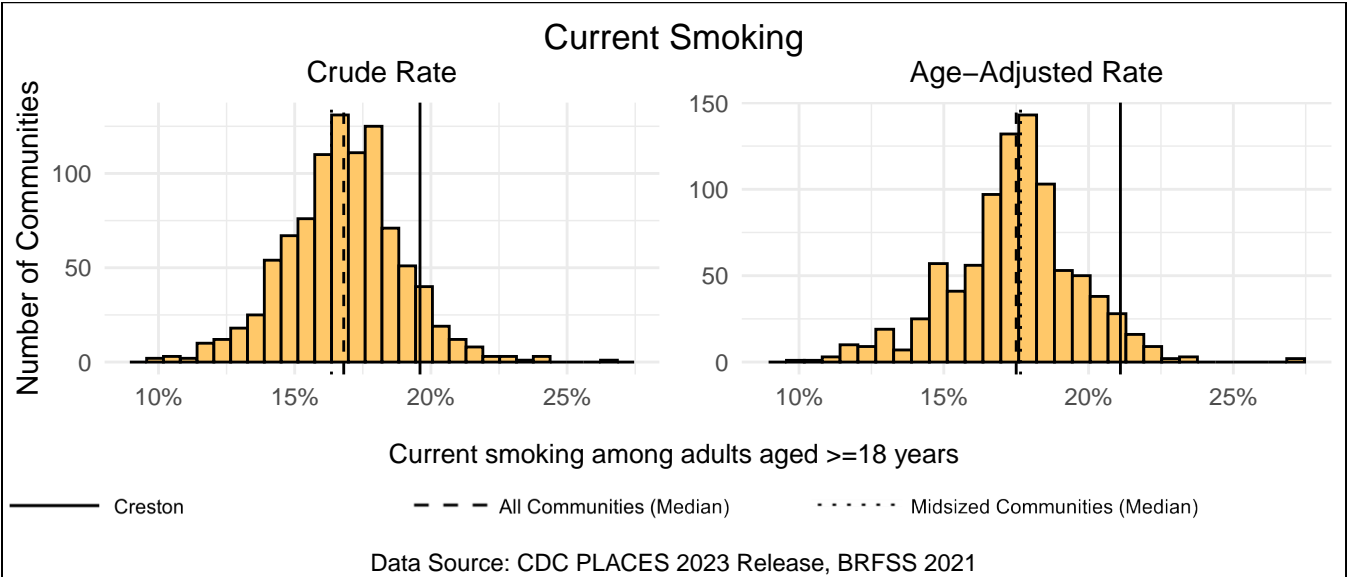
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	18.1%	19.5%	19.2%
Age-Adjusted	19.9%	22.0%	21.4%



Current Smoking

Creston has a crude rate of 19.6% for current smoking among adults aged ≥ 18 years, which ranks 873rd out of 958 Iowa communities (89th out of 102 mid-sized communities). The age-adjusted rate for Creston is 21.1%, which ranks 864th out of 905 Iowa communities (92nd out of 102 mid-sized communities).

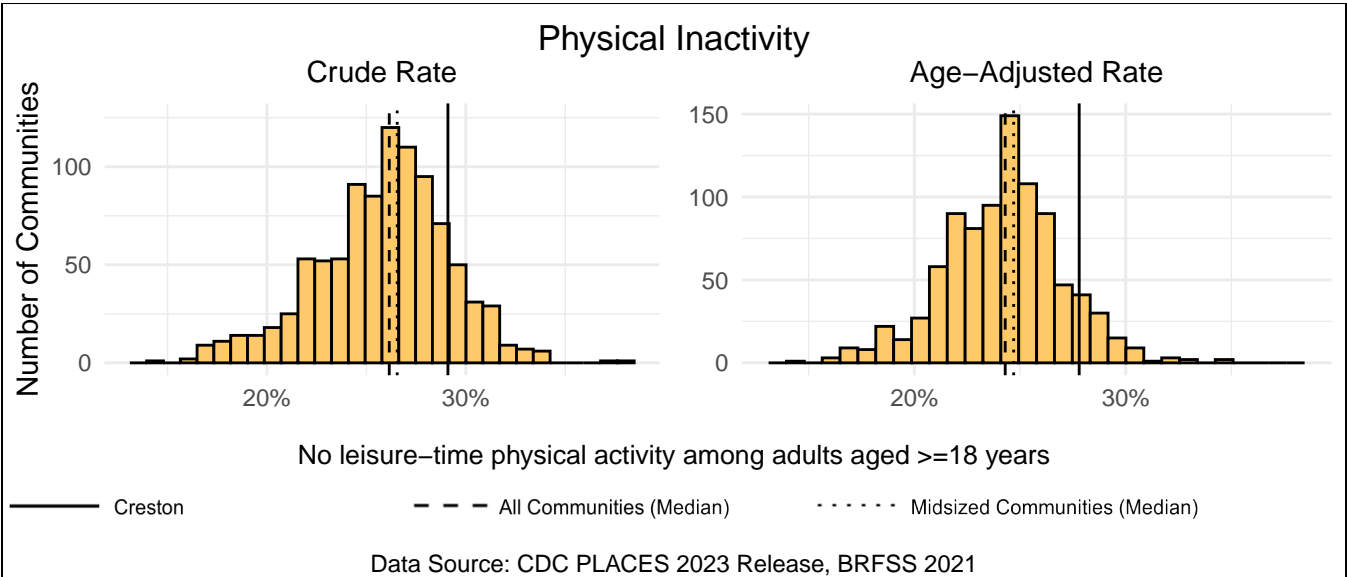
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	19.6%	16.8%	16.4%
Age-Adjusted	21.1%	17.5%	17.6%



Physical Inactivity

Creston has a crude rate of 29.1% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 816th out of 958 Iowa communities (77th out of 102 mid-sized communities). The age-adjusted rate for Creston is 27.8%, which ranks 819th out of 905 Iowa communities (81st out of 102 mid-sized communities).

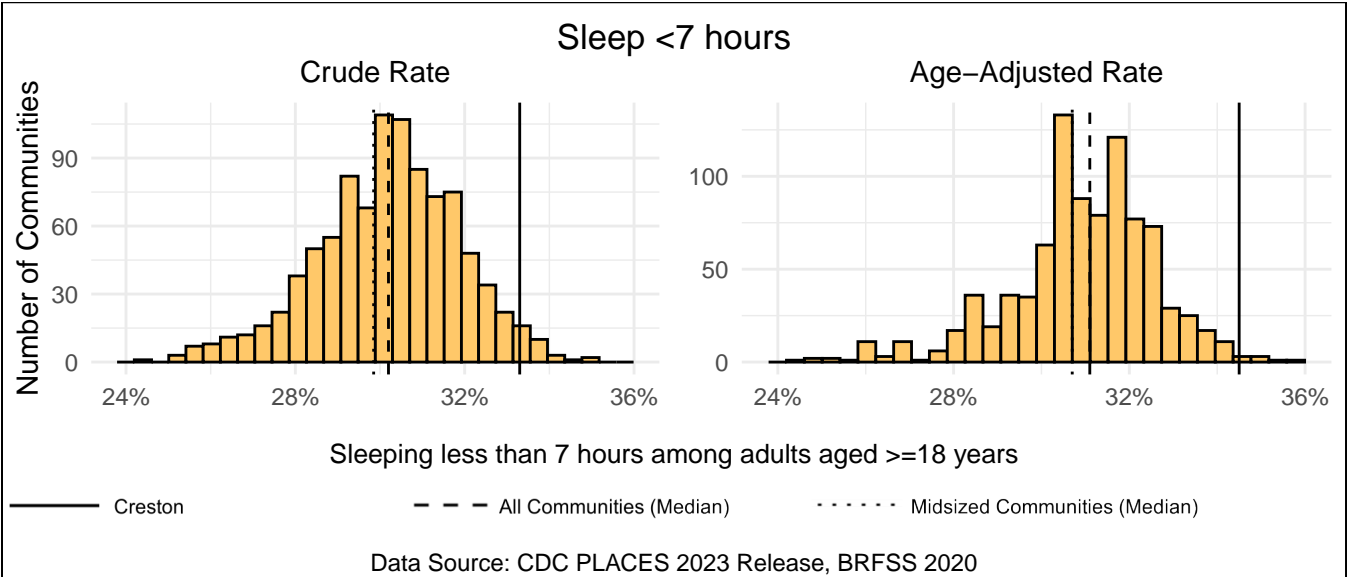
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	29.1%	26.1%	26.6%
Age-Adjusted	27.8%	24.3%	24.7%



Sleep <7 hours

Creston has a crude rate of 33.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 932nd out of 958 Iowa communities (96th out of 102 midsized communities). The age-adjusted rate for Creston is 34.5%, which ranks 898th out of 905 Iowa communities (98th out of 102 midsized communities).

Measure Type	Creston	All Comm.	Midsized Comm.
Crude	33.3%	30.2%	29.8%
Age-Adjusted	34.5%	31.1%	30.7%



Health Outcomes

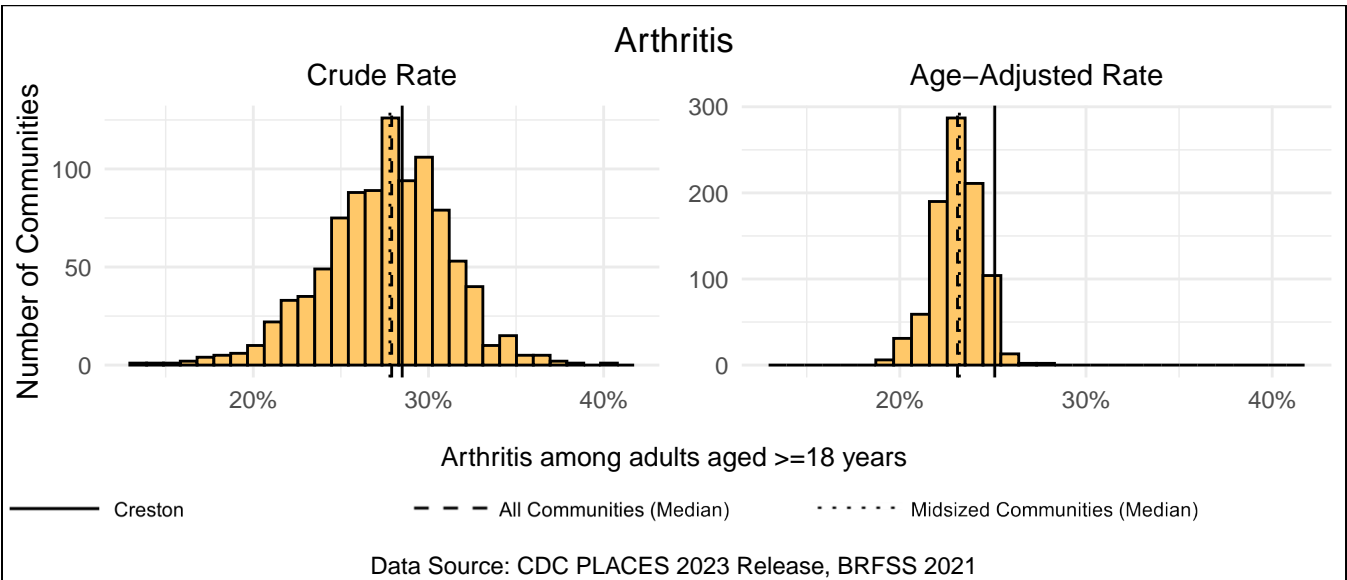
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Creston has a crude rate of 28.5% for arthritis among adults aged ≥ 18 years, which ranks 561st out of 958 Iowa communities (66th out of 102 midsize communities). The age-adjusted rate for Creston is 25.1%, which ranks 867th out of 905 Iowa communities (91st out of 102 midsize communities).

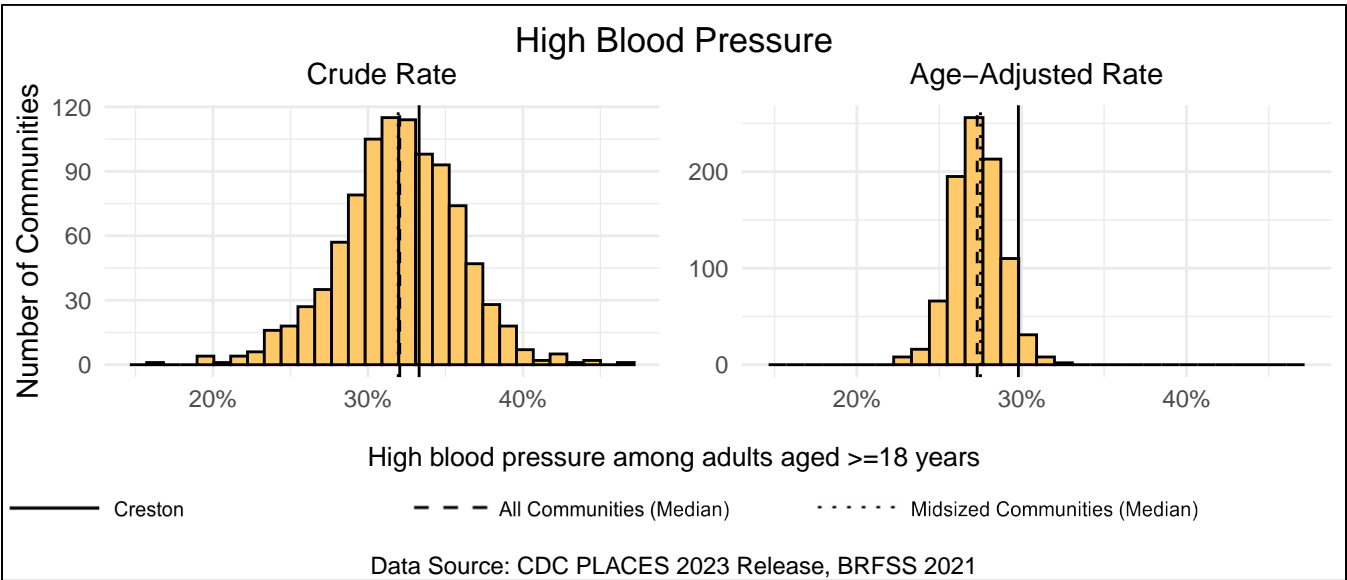
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	28.5%	27.9%	27.8%
Age-Adjusted	25.1%	23.1%	23.2%



High Blood Pressure

Creston has a crude rate of 33.3% for high blood pressure among adults aged ≥ 18 years, which ranks 604th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Creston is 29.8%, which ranks 856th out of 905 Iowa communities (86th out of 102 mid-sized communities).

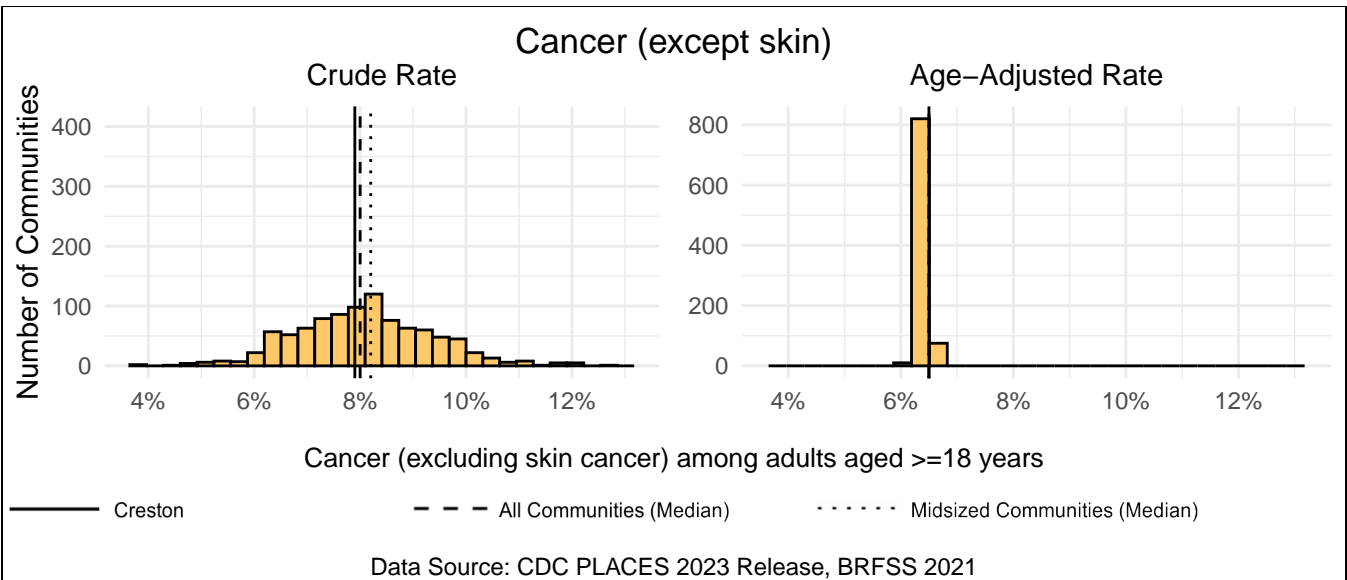
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	33.3%	32.0%	32.0%
Age-Adjusted	29.8%	27.3%	27.5%



Cancer (except skin)

Creston has a crude rate of 7.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 418th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Creston is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

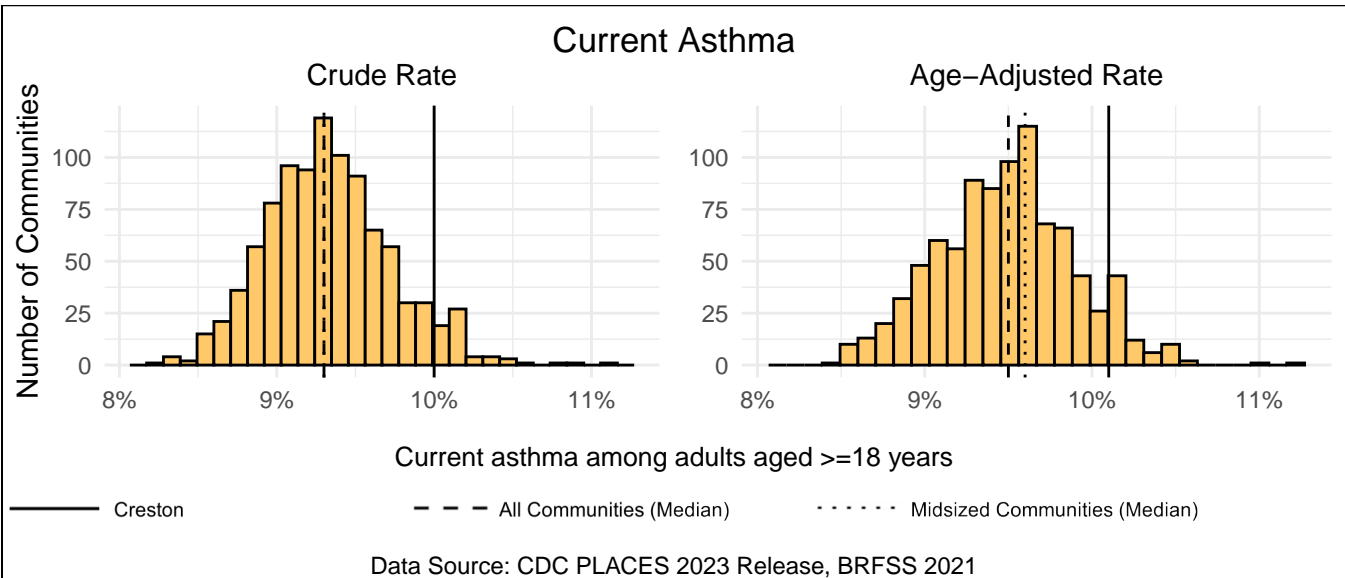
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	7.9%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Creston has a crude rate of 10.0% for current asthma among adults aged ≥ 18 years, which ranks 898th out of 958 Iowa communities (92nd out of 102 midsize communities). The age-adjusted rate for Creston is 10.1%, which ranks 831st out of 905 Iowa communities (86th out of 102 midsize communities).

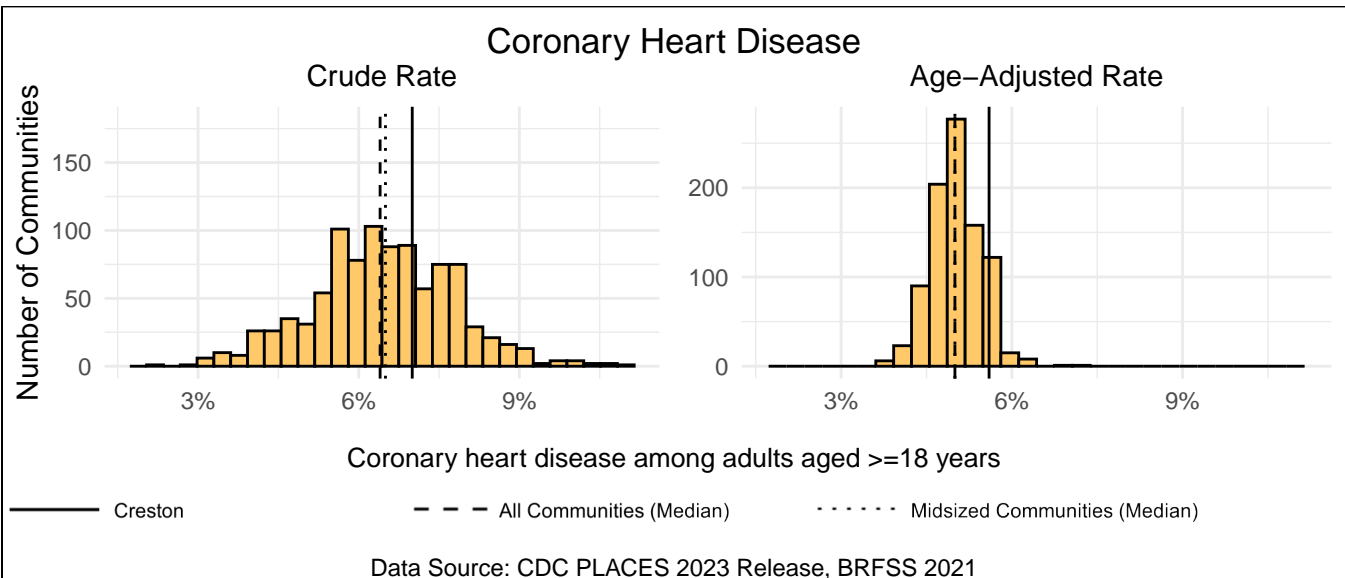
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	10.0%	9.3%	9.3%
Age-Adjusted	10.1%	9.5%	9.6%



Coronary Heart Disease

Creston has a crude rate of 7.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 632nd out of 958 Iowa communities (67th out of 102 midsize communities). The age-adjusted rate for Creston is 5.6%, which ranks 797th out of 905 Iowa communities (84th out of 102 midsize communities).

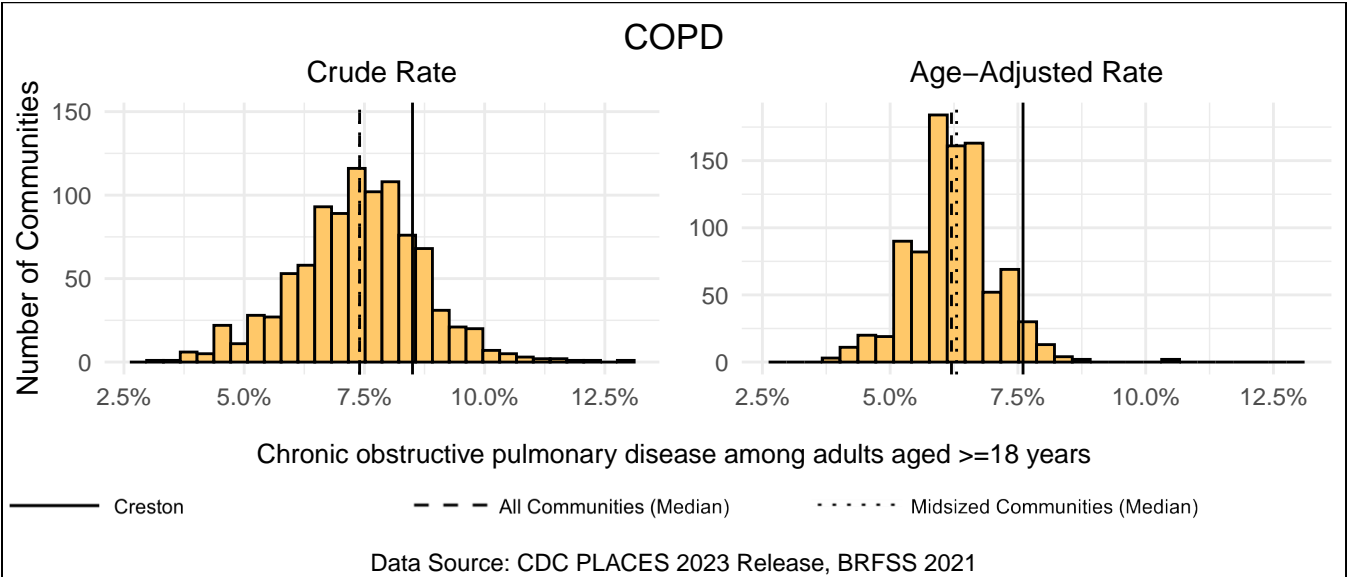
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	7.0%	6.4%	6.5%
Age-Adjusted	5.6%	5.0%	5.0%



COPD

Creston has a crude rate of 8.5% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 770th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Creston is 7.6%, which ranks 855th out of 905 Iowa communities (89th out of 102 midsized communities).

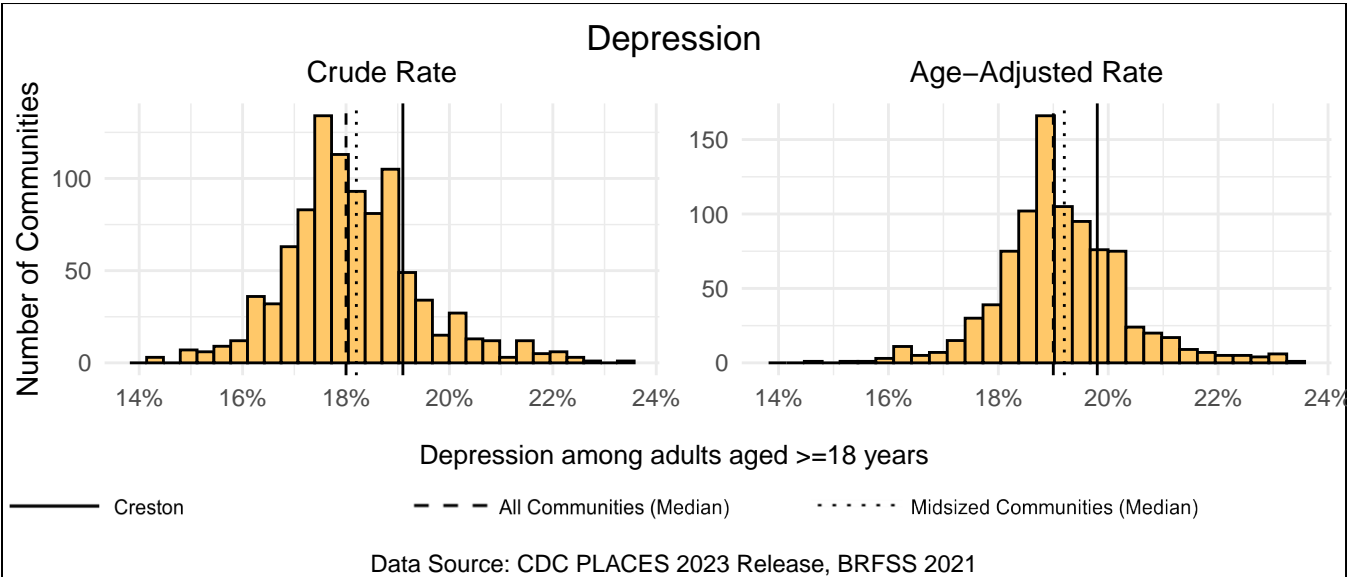
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	8.5%	7.4%	7.4%
Age-Adjusted	7.6%	6.2%	6.3%



Depression

Creston has a crude rate of 19.1% for depression among adults aged ≥ 18 years, which ranks 778th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Creston is 19.8%, which ranks 675th out of 905 Iowa communities (73rd out of 102 midsized communities).

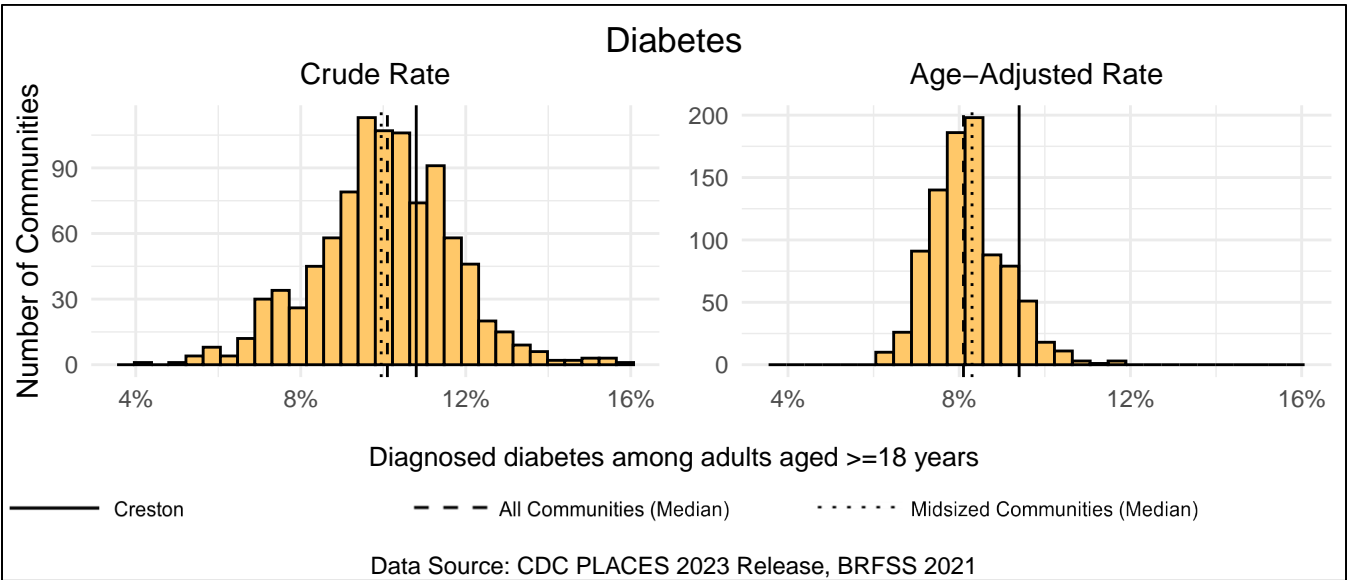
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	19.1%	18.0%	18.2%
Age-Adjusted	19.8%	19.0%	19.2%



Diabetes

Creston has a crude rate of 10.8% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 651st out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Creston is 9.4%, which ranks 819th out of 905 Iowa communities (81st out of 102 mid-sized communities).

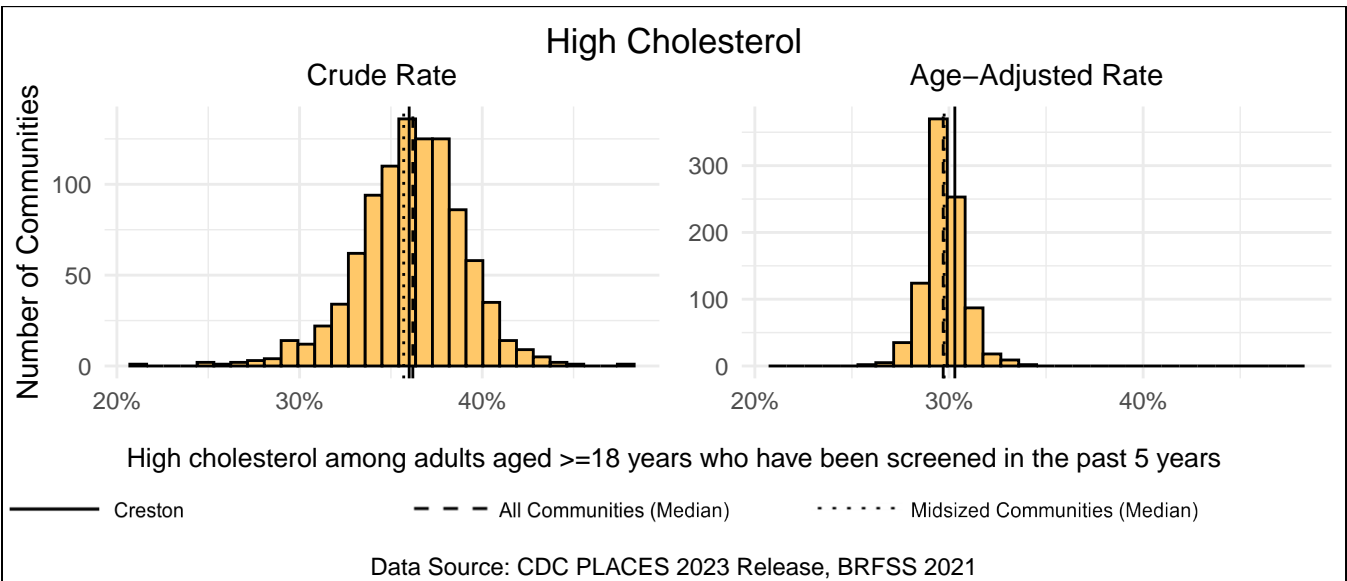
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	10.8%	10.1%	9.9%
Age-Adjusted	9.4%	8.1%	8.3%



High Cholesterol

Creston has a crude rate of 36.0% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 431st out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Creston is 30.3%, which ranks 634th out of 905 Iowa communities (69th out of 102 mid-sized communities).

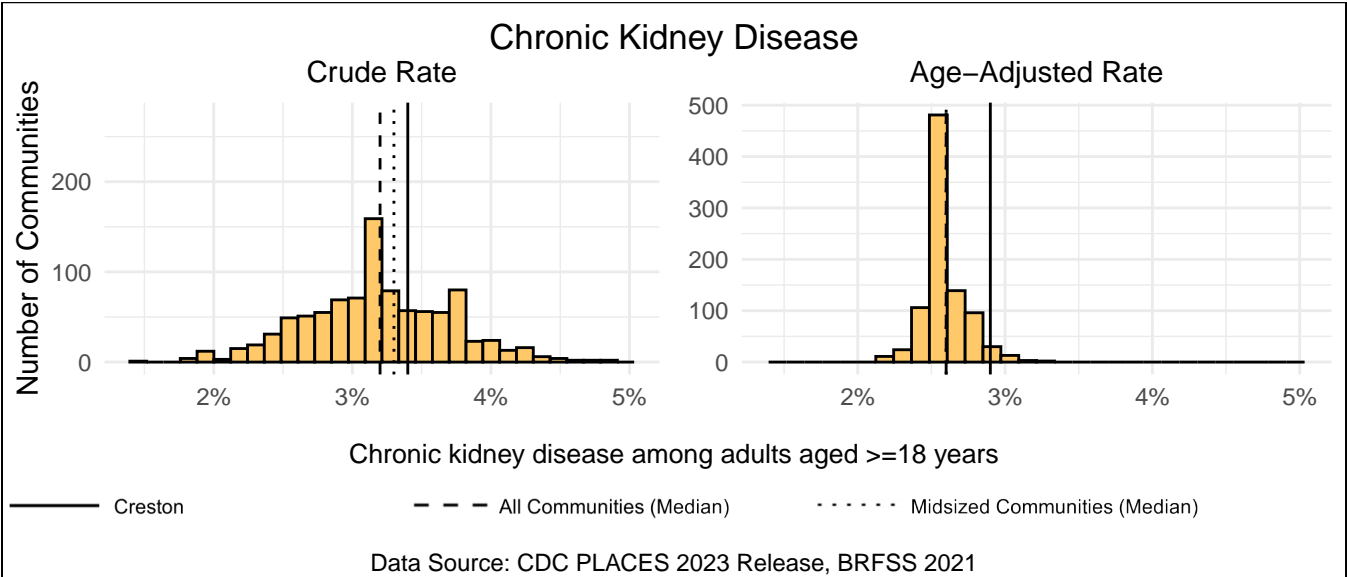
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	36.0%	36.2%	35.7%
Age-Adjusted	30.3%	29.7%	29.8%



Chronic Kidney Disease

Creston has a crude rate of 3.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 619th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Creston is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 midsized communities).

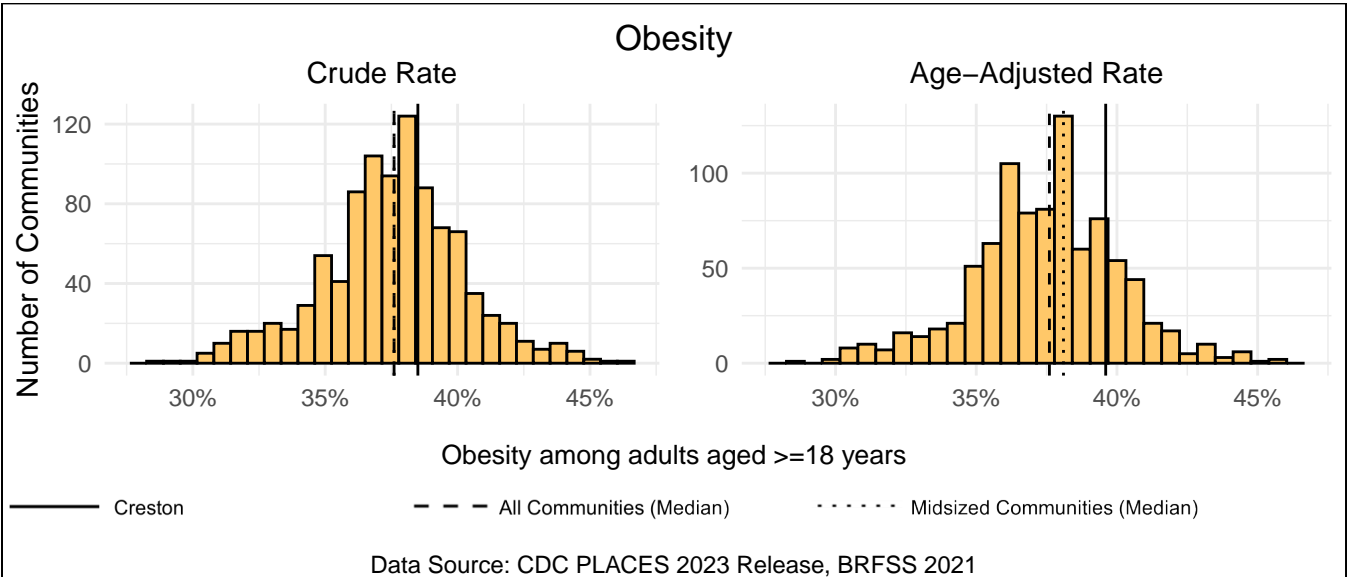
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	3.4%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%



Obesity

Creston has a crude rate of 38.5% for obesity among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (71st out of 102 midsized communities). The age-adjusted rate for Creston is 39.6%, which ranks 725th out of 905 Iowa communities (75th out of 102 midsized communities).

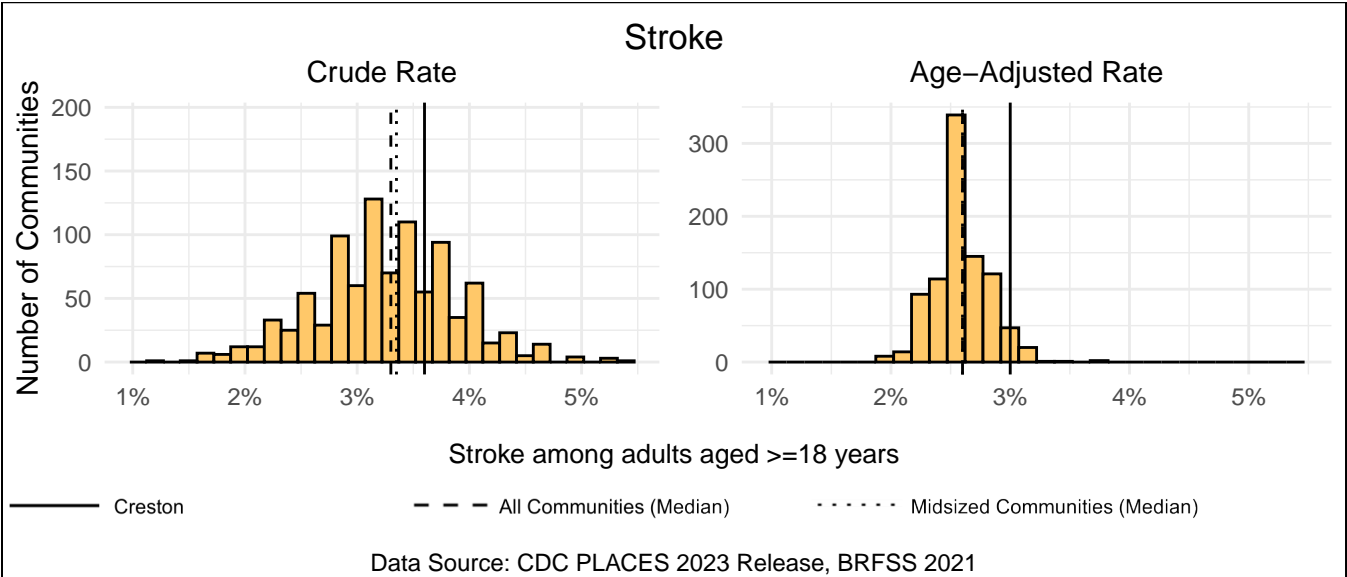
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	38.5%	37.6%	37.6%
Age-Adjusted	39.6%	37.6%	38.1%



Stroke

Creston has a crude rate of 3.6% for stroke among adults aged >=18 years, which ranks 648th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Creston is 3.0%, which ranks 835th out of 905 Iowa communities (85th out of 102 mid-sized communities).

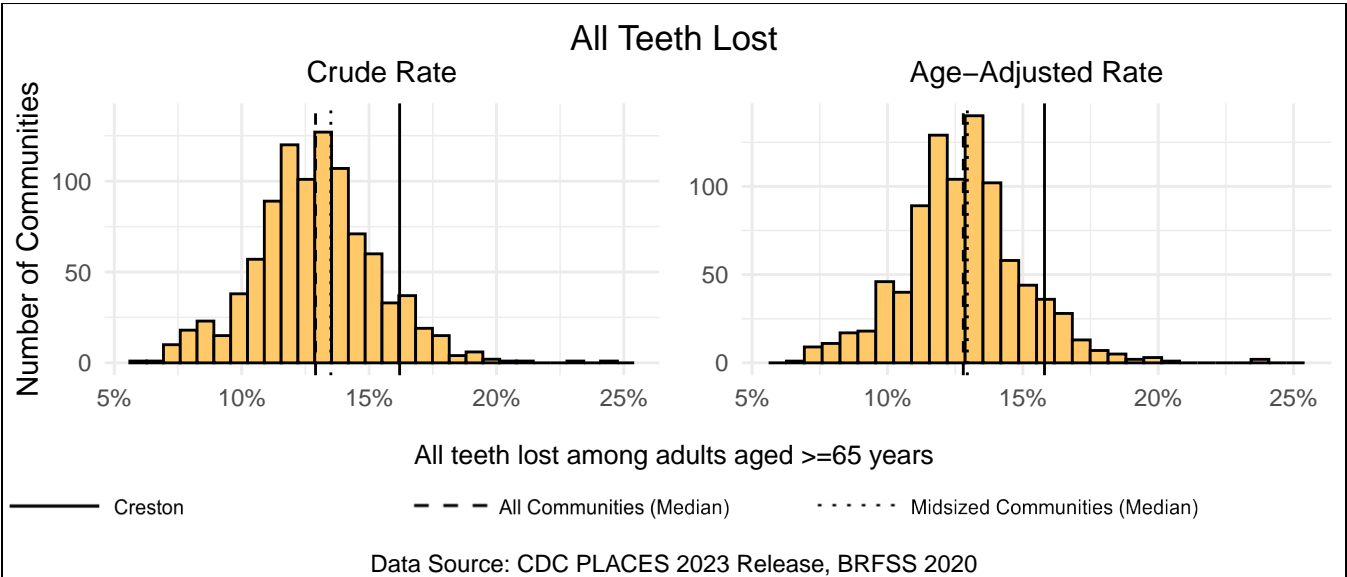
Measure Type	Creston	All Comm.	Mid-sized Comm.
Crude	3.6%	3.3%	3.3%
Age-Adjusted	3.0%	2.6%	2.6%



All Teeth Lost

Creston has a crude rate of 16.2% for all teeth lost among adults aged >=65 years, which ranks 872nd out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Creston is 15.8%, which ranks 820th out of 905 Iowa communities (82nd out of 102 mid-sized communities).

Measure Type	Creston	All Comm.	Mid-sized Comm.
Crude	16.2%	12.9%	13.5%
Age-Adjusted	15.8%	12.8%	12.9%



Prevention

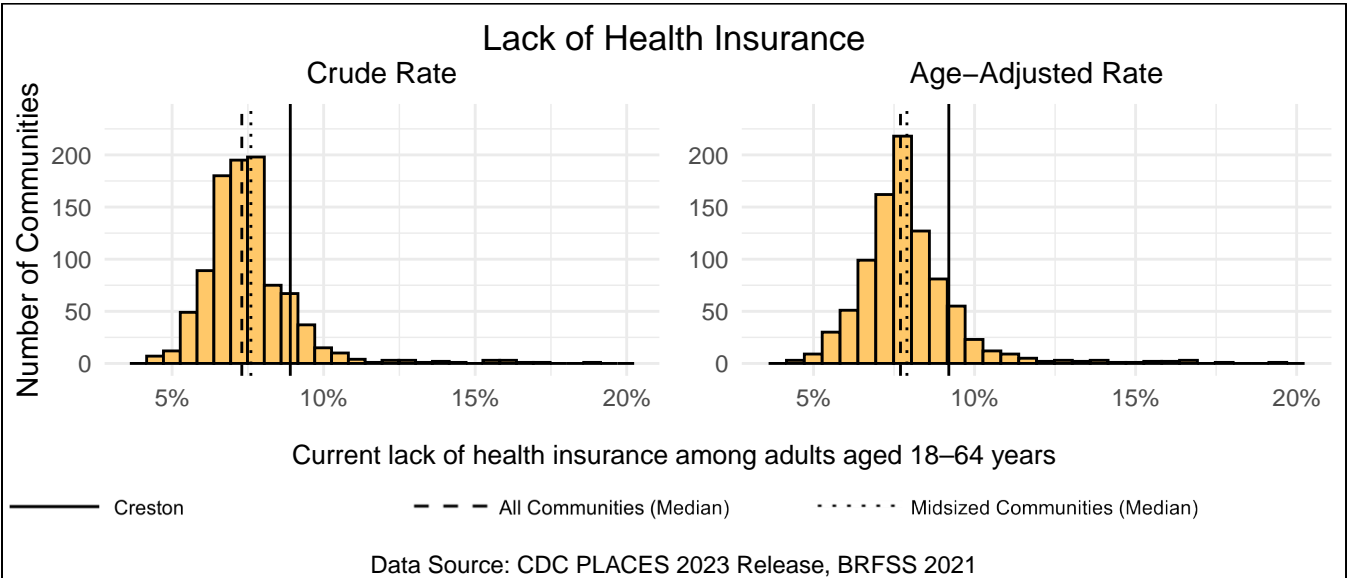
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Creston has a crude rate of 8.9% for current lack of health insurance among adults aged 18–64 years, which ranks 841st out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Creston is 9.2%, which ranks 781st out of 905 Iowa communities (71st out of 102 mid-sized communities).

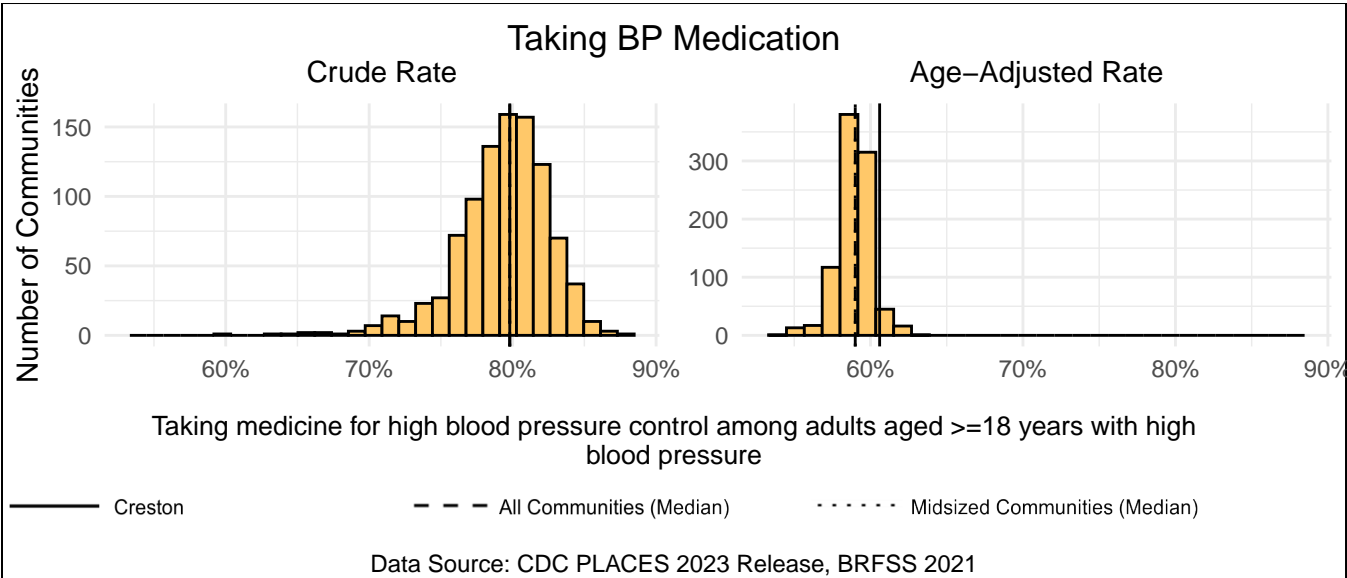
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	8.9%	7.3%	7.6%
Age-Adjusted	9.2%	7.7%	7.9%



Taking BP Medication

Creston has a crude rate of 79.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 469th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Creston is 60.6%, which ranks 50th out of 905 Iowa communities (10th out of 102 mid-sized communities).

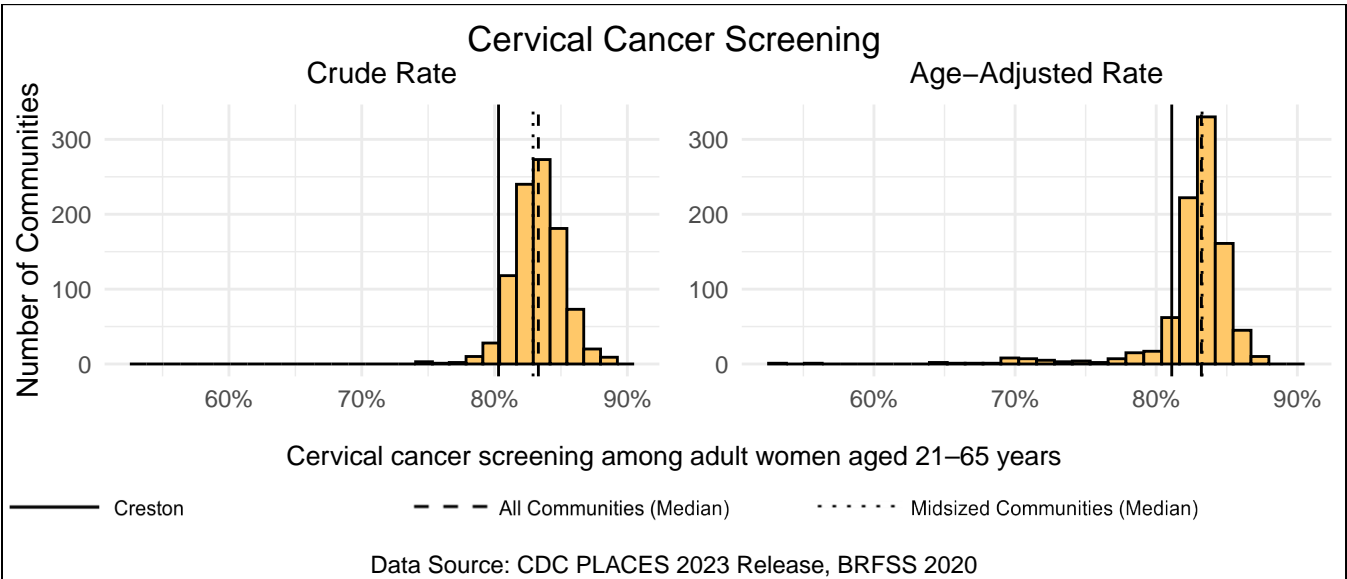
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	79.8%	79.8%	79.8%
Age-Adjusted	60.6%	59.0%	59.0%



Cervical Cancer Screening

Creston has a crude rate of 80.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 915th out of 958 Iowa communities (93rd out of 102 mid-sized communities). The age-adjusted rate for Creston is 81.1%, which ranks 812th out of 905 Iowa communities (93rd out of 102 mid-sized communities).

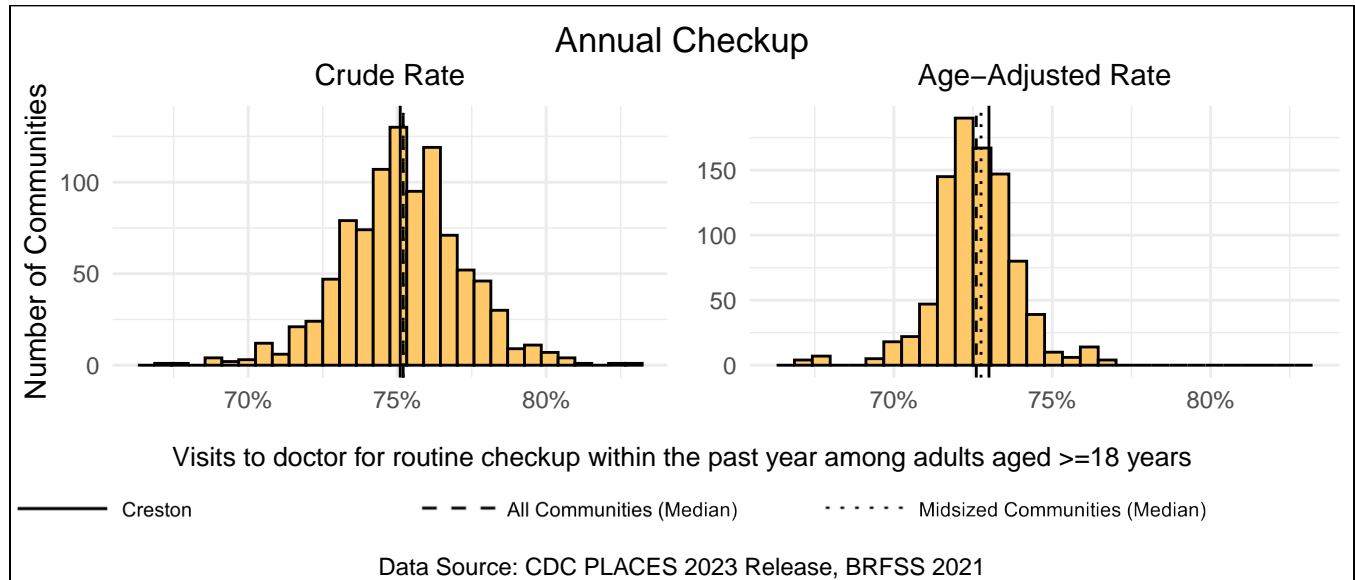
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	80.3%	83.3%	82.9%
Age-Adjusted	81.1%	83.2%	83.2%



Annual Checkup

Creston has a crude rate of 75.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (53rd out of 102 midsize communities). The age-adjusted rate for Creston is 73.0%, which ranks 301st out of 905 Iowa communities (39th out of 102 midsize communities).

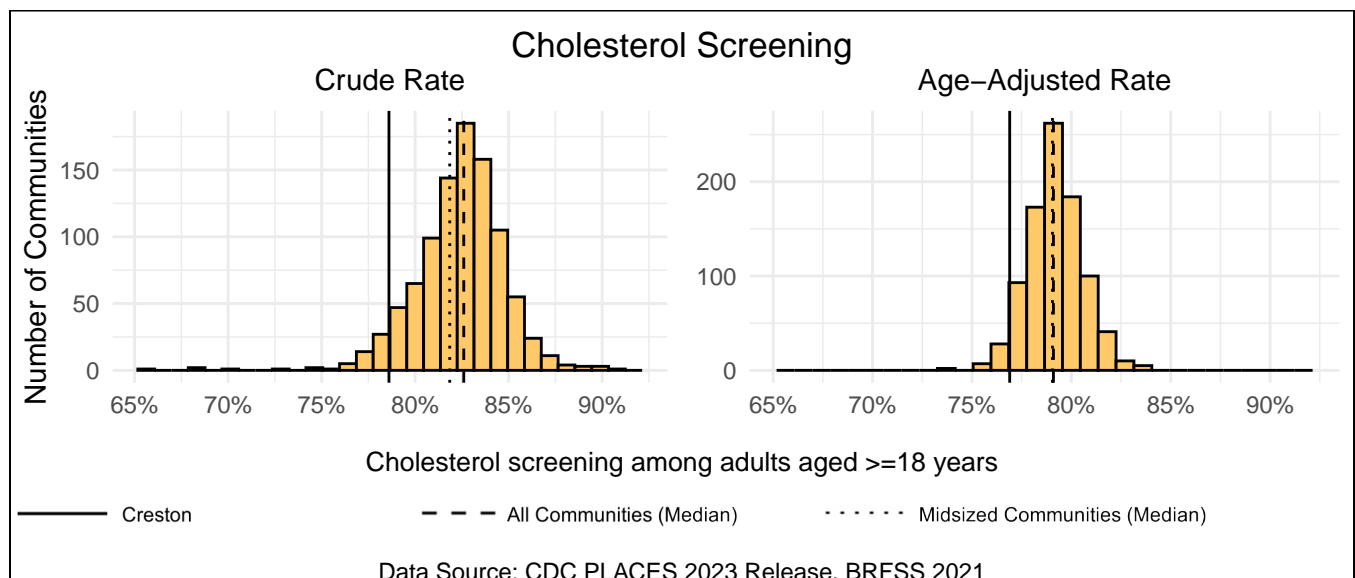
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	75.1%	75.2%	75.2%
Age-Adjusted	73.0%	72.6%	72.8%



Cholesterol Screening

Creston has a crude rate of 78.6% for cholesterol screening among adults aged ≥ 18 years, which ranks 905th out of 958 Iowa communities (91st out of 102 midsize communities). The age-adjusted rate for Creston is 76.9%, which ranks 863rd out of 905 Iowa communities (90th out of 102 midsize communities).

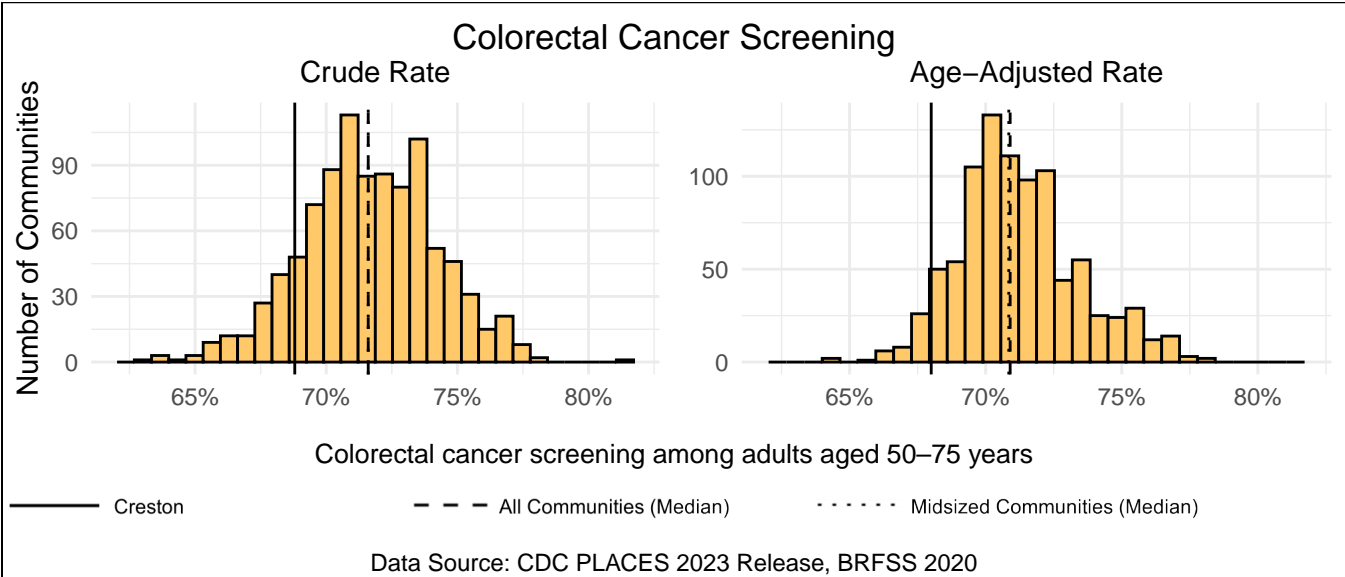
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	78.6%	82.6%	81.8%
Age-Adjusted	76.9%	79.1%	79.0%



Colorectal Cancer Screening

Creston has a crude rate of 68.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 836th out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for Creston is 68.0%, which ranks 859th out of 905 Iowa communities (90th out of 102 mid-sized communities).

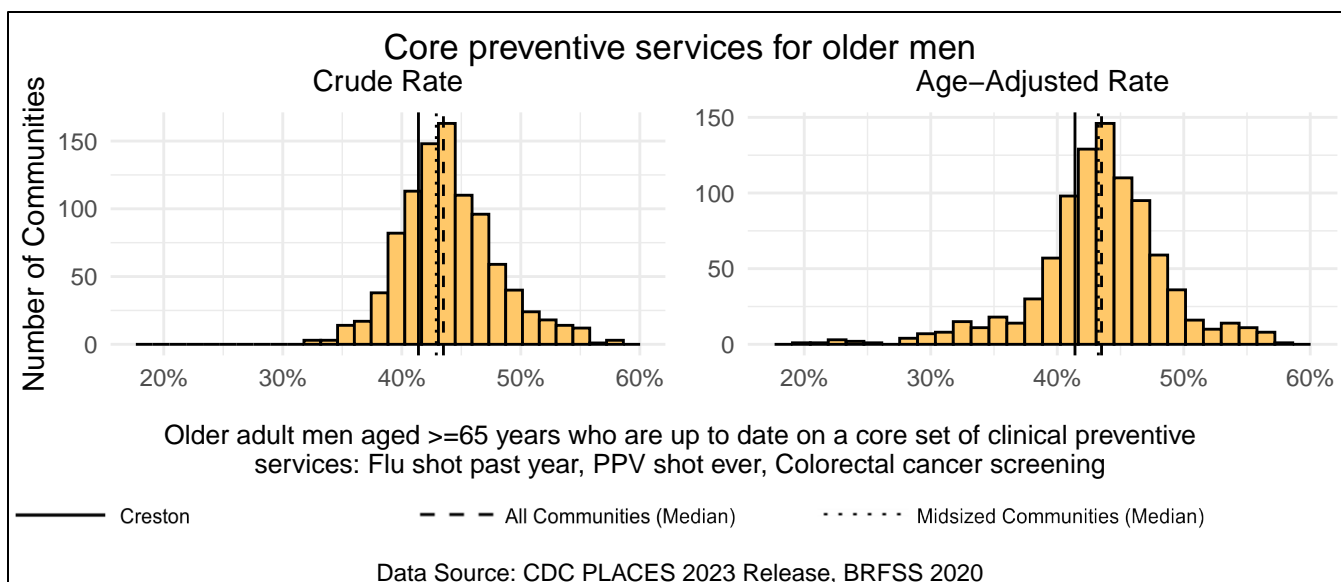
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	68.8%	71.6%	71.6%
Age-Adjusted	68.0%	70.9%	70.8%



Core preventive services for older men

Creston has a crude rate of 41.4% 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 707th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Creston is 41.4%, which ranks 649th out of 905 Iowa communities (67th out of 102 mid-sized communities).

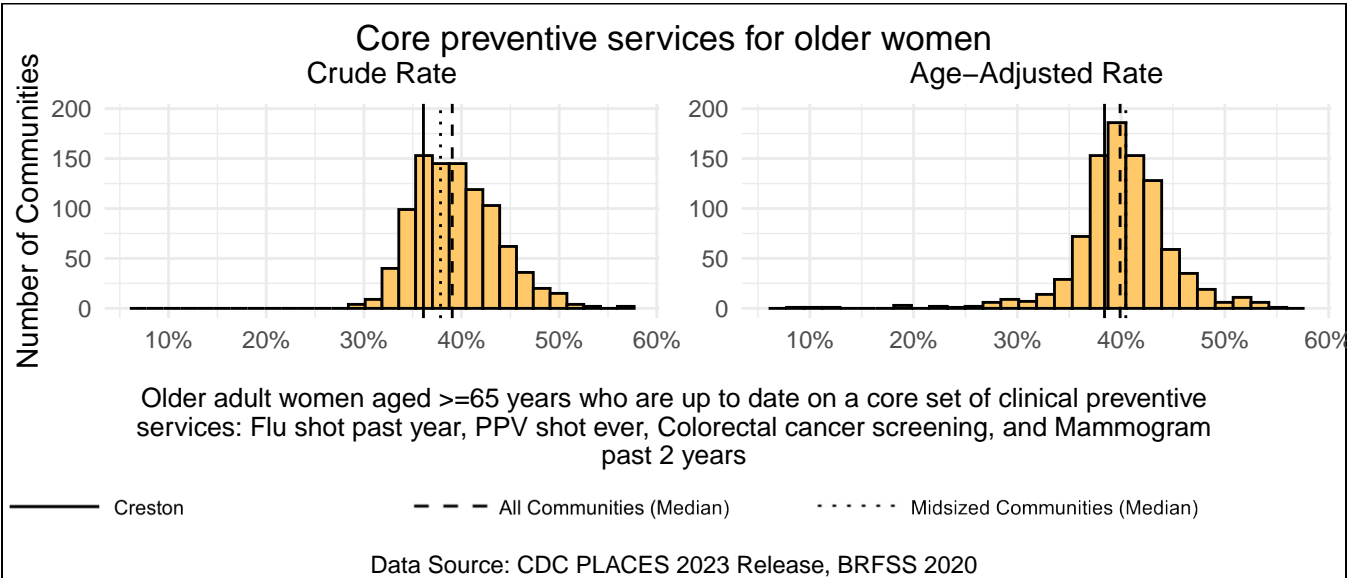
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	41.4%	43.5%	42.9%
Age-Adjusted	41.4%	43.5%	43.2%



Core preventive services for older women

Creston has a crude rate of 36.1% 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 749th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Creston is 38.4%, which ranks 634th out of 905 Iowa communities (75th out of 102 mid-sized communities).

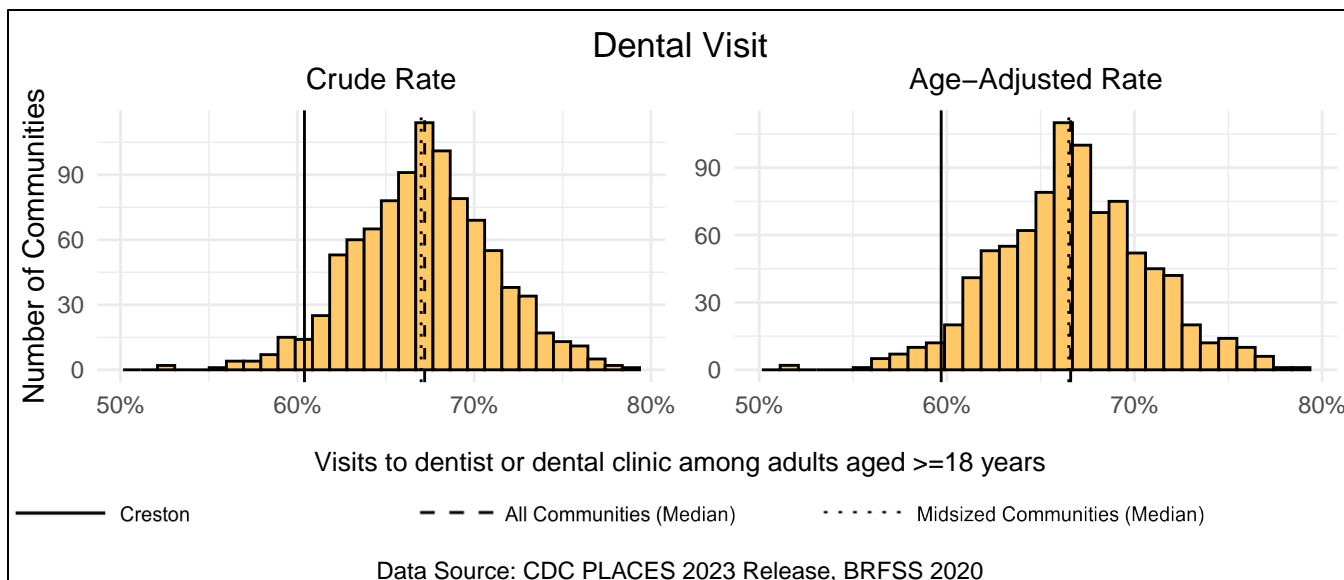
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	36.1%	39.0%	37.8%
Age-Adjusted	38.4%	39.9%	40.4%



Dental Visit

Creston has a crude rate of 60.4% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 918th out of 958 Iowa communities (89th out of 102 mid-sized communities). The age-adjusted rate for Creston is 59.7%, which ranks 869th out of 905 Iowa communities (89th out of 102 mid-sized communities).

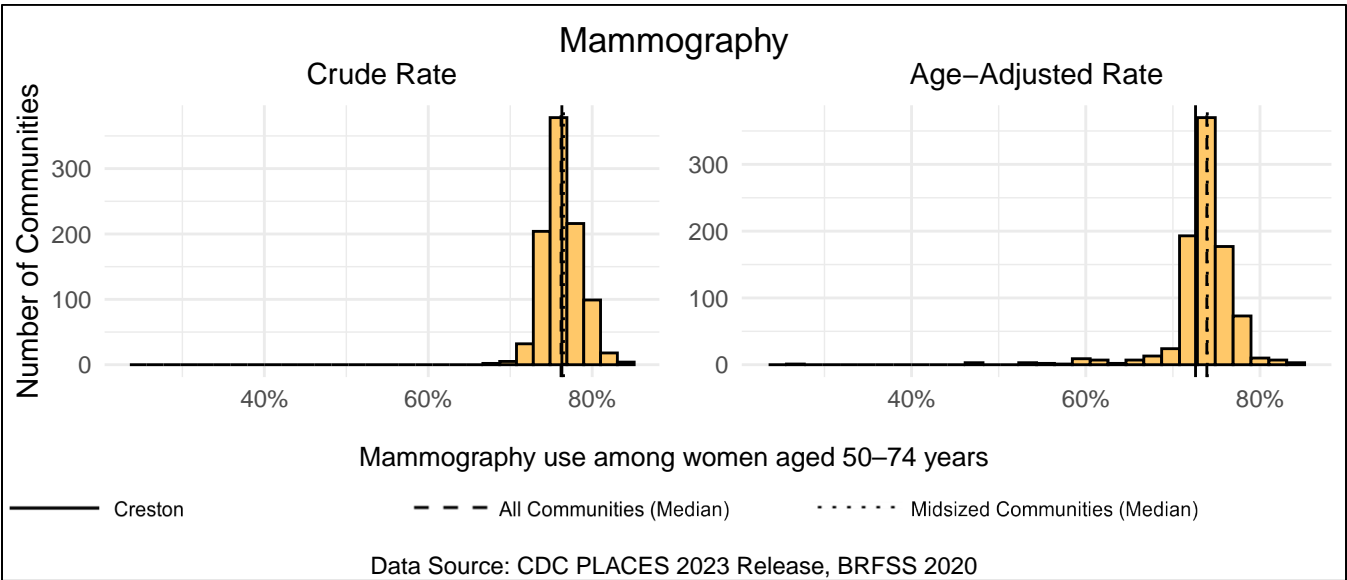
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	60.4%	67.2%	67.0%
Age-Adjusted	59.7%	66.6%	66.5%



Mammography

Creston has a crude rate of 76.3% for mammography use among women aged 50–74 years, which ranks 448th out of 958 Iowa communities (57th out of 102 mid-sized communities). The age-adjusted rate for Creston is 72.6%, which ranks 669th out of 905 Iowa communities (80th out of 102 mid-sized communities).

Measure Type	Creston	All Comm.	Midsized Comm.
Crude	76.3%	76.2%	76.5%
Age-Adjusted	72.6%	73.9%	74.0%



Disability

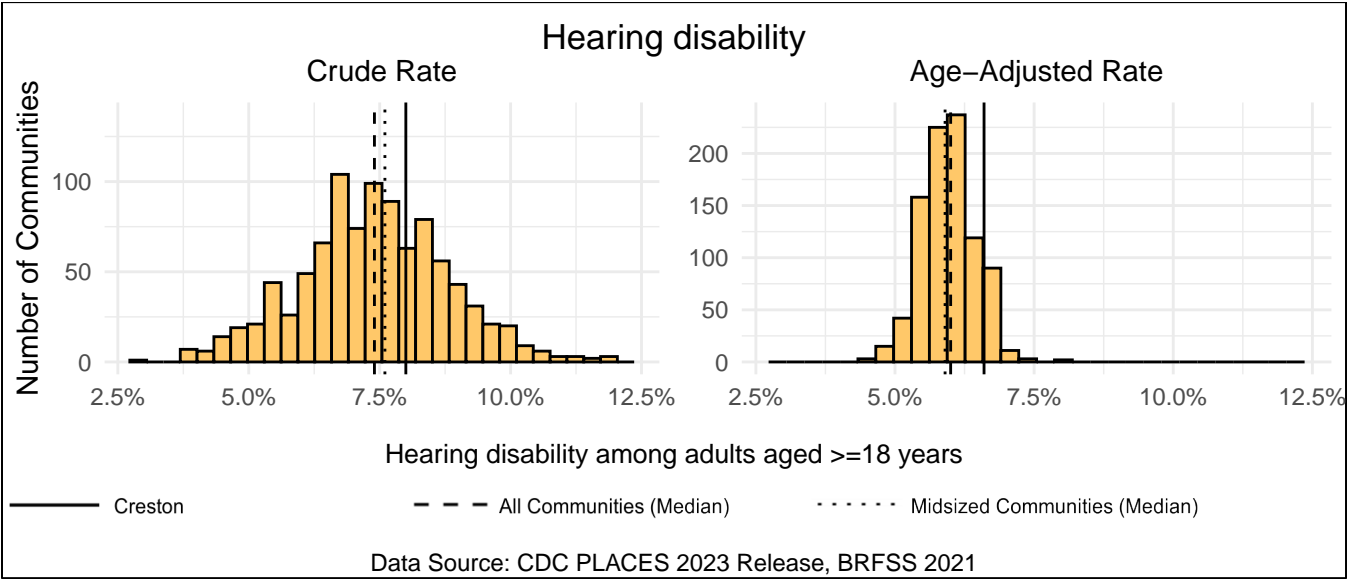
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Creston has a crude rate of 8.0% for hearing disability among adults aged ≥ 18 years, which ranks 645th out of 958 Iowa communities (66th out of 102 midsize communities). The age-adjusted rate for Creston is 6.6%, which ranks 800th out of 905 Iowa communities (85th out of 102 midsize communities).

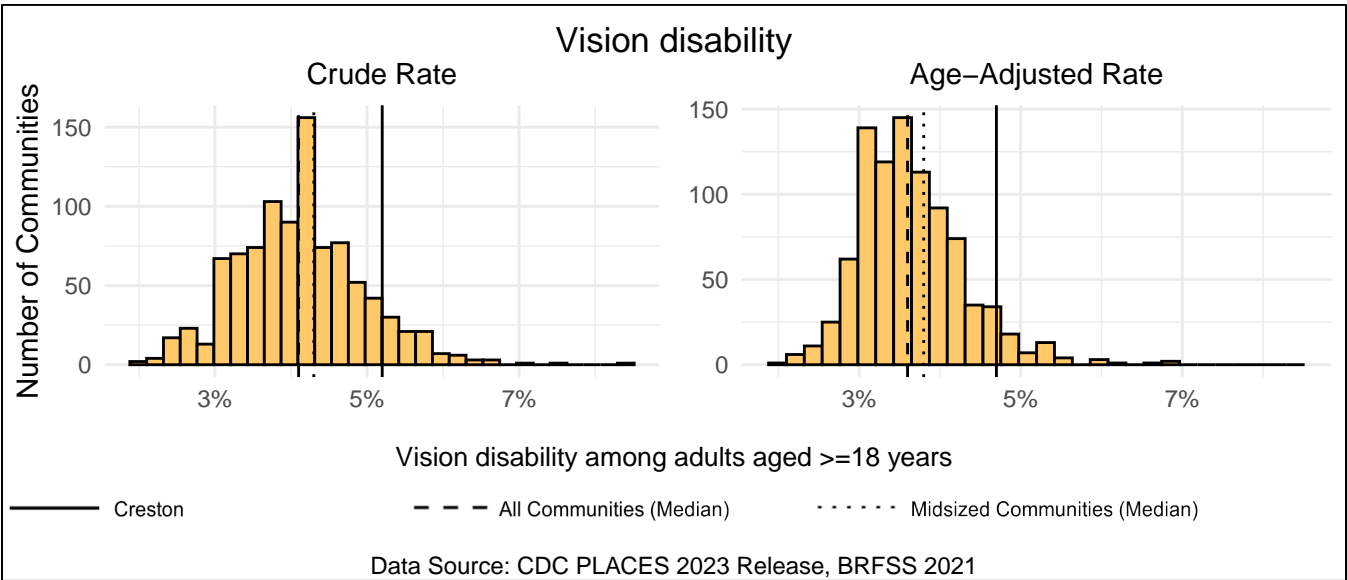
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	8.0%	7.4%	7.6%
Age-Adjusted	6.6%	6.0%	5.9%



Vision disability

Creston has a crude rate of 5.2% for vision disability among adults aged >=18 years, which ranks 865th out of 958 Iowa communities (79th out of 102 mid-sized communities). The age-adjusted rate for Creston is 4.7%, which ranks 837th out of 905 Iowa communities (80th out of 102 mid-sized communities).

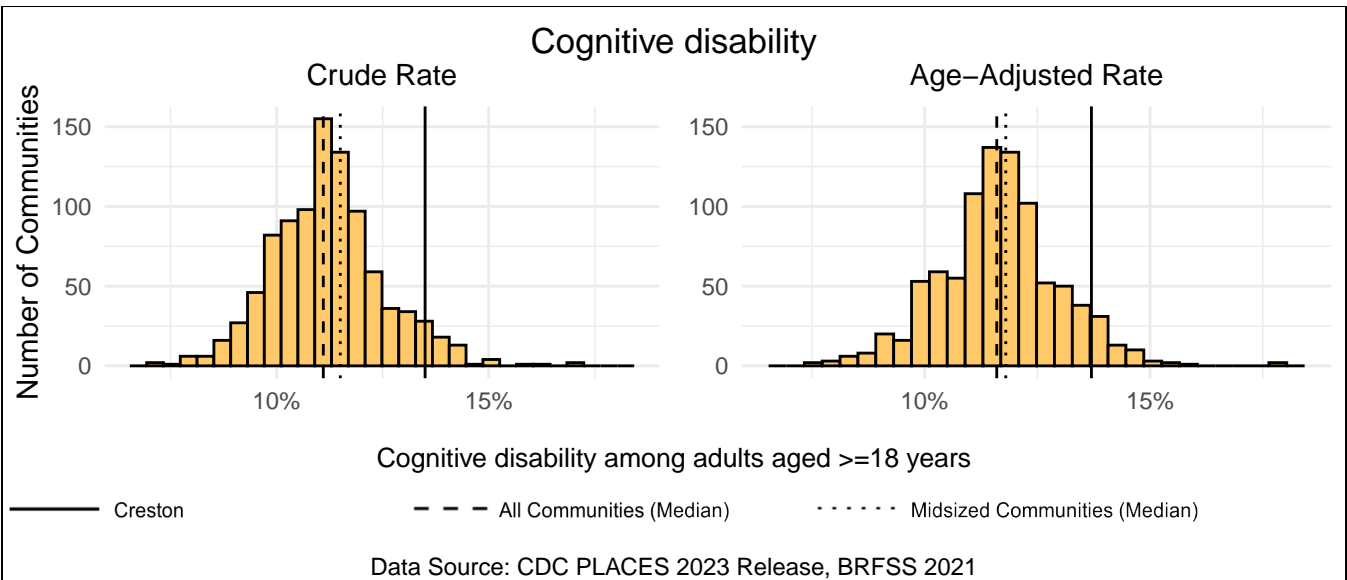
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	5.2%	4.1%	4.3%
Age-Adjusted	4.7%	3.6%	3.8%



Cognitive disability

Creston has a crude rate of 13.5% for cognitive disability among adults aged >=18 years, which ranks 906th out of 958 Iowa communities (89th out of 102 mid-sized communities). The age-adjusted rate for Creston is 13.7%, which ranks 844th out of 905 Iowa communities (85th out of 102 mid-sized communities).

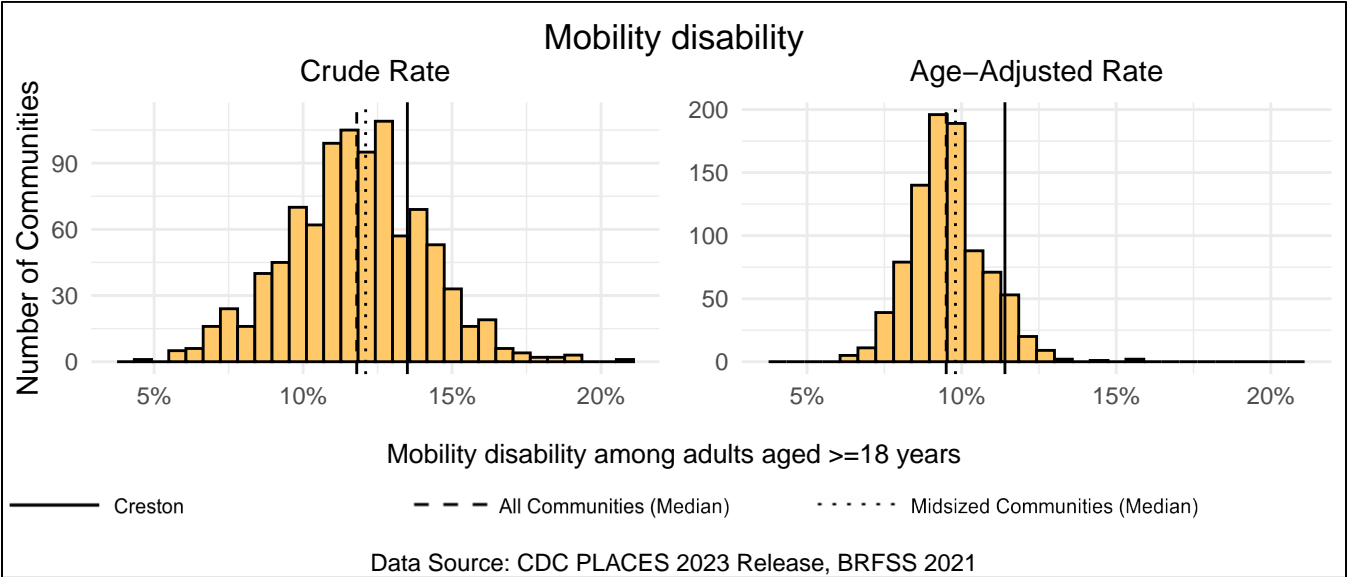
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	13.5%	11.1%	11.5%
Age-Adjusted	13.7%	11.6%	11.8%



Mobility disability

Creston has a crude rate of 13.5% for mobility disability among adults aged ≥ 18 years, which ranks 738th out of 958 Iowa communities (71st out of 102 mid-sized communities). The age-adjusted rate for Creston is 11.4%, which ranks 834th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

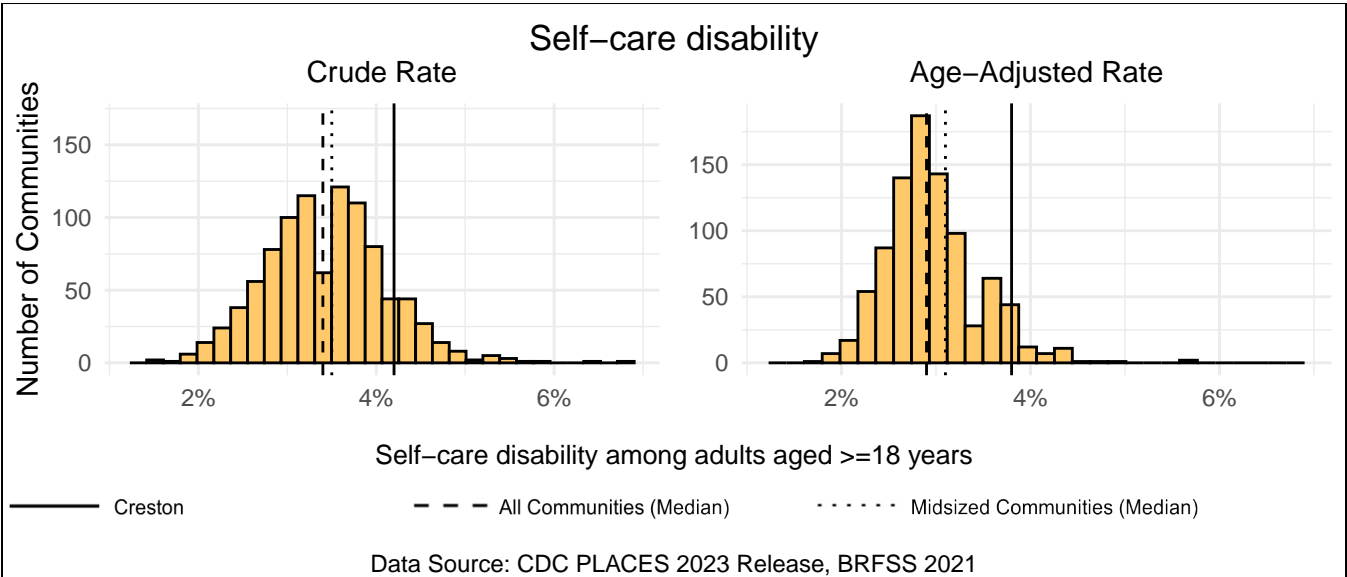
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	13.5%	11.8%	12.1%
Age-Adjusted	11.4%	9.5%	9.8%



Self-care disability

Creston has a crude rate of 4.2% for self-care disability among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Creston is 3.8%, which ranks 839th out of 905 Iowa communities (83rd out of 102 mid-sized communities).

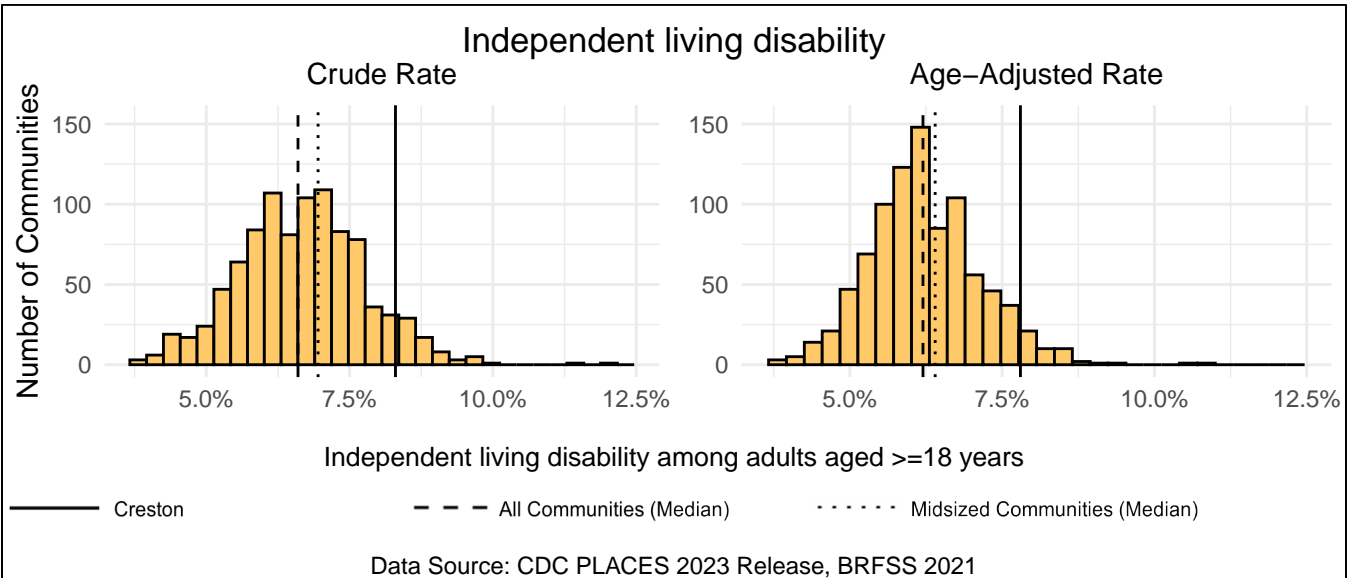
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	4.2%	3.4%	3.5%
Age-Adjusted	3.8%	2.9%	3.1%



Independent living disability

Creston has a crude rate of 8.3% for independent living disability among adults aged ≥ 18 years, which ranks 887th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Creston is 7.8%, which ranks 859th out of 905 Iowa communities (88th out of 102 mid-sized communities).

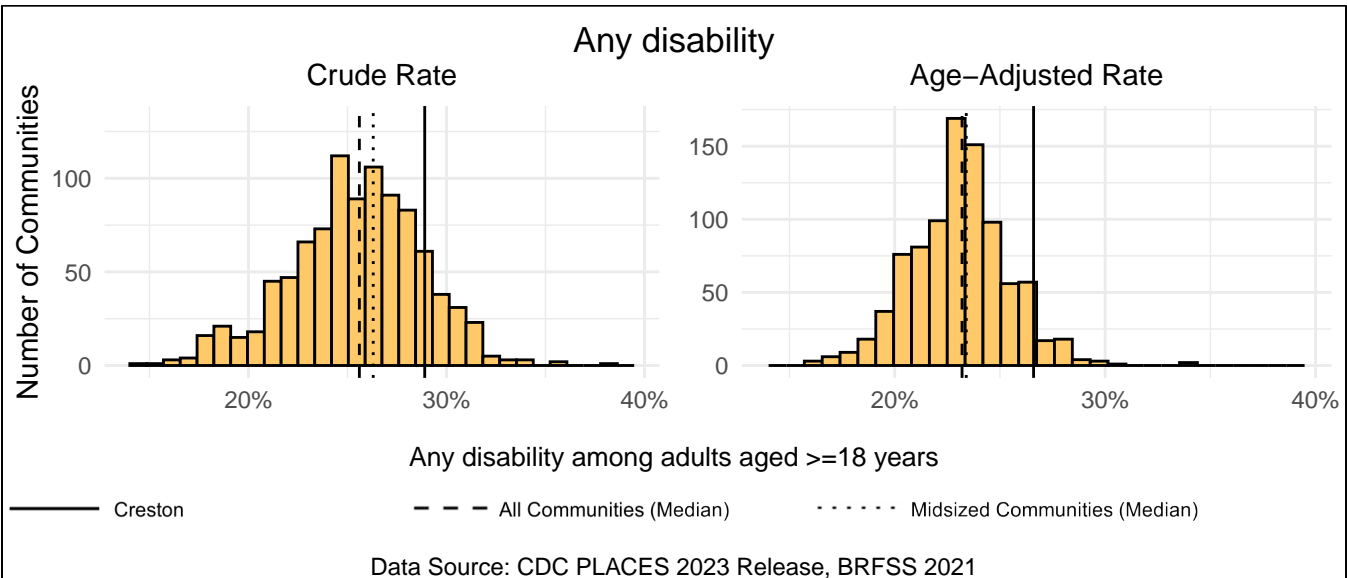
Measure Type	Creston	All Comm.	Midsized Comm.
Crude	8.3%	6.6%	7.0%
Age-Adjusted	7.8%	6.2%	6.4%



Any disability

Creston has a crude rate of 28.9% for any disability among adults aged ≥ 18 years, which ranks 824th out of 958 Iowa communities (80th out of 102 midsized communities). The age-adjusted rate for Creston is 26.6%, which ranks 845th out of 905 Iowa communities (84th out of 102 midsized communities).

Measure Type	Creston	All Comm.	Midsized Comm.
Crude	28.9%	25.6%	26.3%
Age-Adjusted	26.6%	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: Creston 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	900	16.2% (14.1% - 18.6%)	850	17.0% (14.7% - 19.5%)
Health Status	Physical Health	797	11.9% (10.3% - 13.8%)	836	11.2% (9.8% - 12.8%)
Health Status	General Health	820	16.5% (14.1% - 19.2%)	817	15.4% (13.1% - 18.0%)
Health Risk Behaviors	Physical Inactivity	816	29.1% (24.2% - 34.5%)	819	27.8% (22.9% - 33.0%)
Health Risk Behaviors	Sleep <7 hours	932	33.3% (32.1% - 34.4%)	898	34.5% (33.1% - 35.6%)
Health Risk Behaviors	Current Smoking	873	19.6% (16.2% - 23.1%)	864	21.1% (17.3% - 25.1%)
Health Risk Behaviors	Binge Drinking	236	18.1% (14.7% - 21.8%)	34	19.9% (16.3% - 24.0%)
Health Outcomes	High Cholesterol	431	36.0% (31.3% - 41.0%)	634	30.3% (25.5% - 35.3%)
Health Outcomes	All Teeth Lost	872	16.2% (11.9% - 21.2%)	820	15.8% (11.8% - 20.1%)
Health Outcomes	Depression	778	19.1% (15.4% - 23.0%)	675	19.8% (16.1% - 23.9%)
Health Outcomes	High Blood Pressure	604	33.3% (28.9% - 37.9%)	856	29.8% (25.7% - 34.0%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.1% - 3.7%)	858	2.9% (2.6% - 3.1%)
Health Outcomes	Arthritis	561	28.5% (24.3% - 33.0%)	867	25.1% (21.2% - 29.3%)
Health Outcomes	Current Asthma	898	10.0% (8.7% - 11.4%)	831	10.1% (8.8% - 11.5%)
Health Outcomes	Coronary Heart Disease	632	7.0% (6.1% - 8.0%)	797	5.6% (4.9% - 6.4%)
Health Outcomes	COPD	770	8.5% (7.2% - 10.0%)	855	7.6% (6.4% - 8.8%)
Health Outcomes	Stroke	648	3.6% (3.2% - 4.0%)	835	3.0% (2.7% - 3.3%)
Health Outcomes	Diabetes	651	10.8% (9.2% - 12.8%)	819	9.4% (7.9% - 11.0%)
Health Outcomes	Obesity	620	38.5% (30.6% - 47.0%)	725	39.6% (31.6% - 47.6%)
Health Outcomes	Cancer (except skin)	418	7.9% (7.1% - 8.7%)	418	6.5% (5.8% - 7.2%)
Prevention	Annual Checkup	490	75.1% (70.0% - 79.8%)	301	73.0% (67.7% - 78.3%)
Prevention	Core preventive services for older men	707	41.4% (35.3% - 47.5%)	649	41.4% (35.4% - 47.5%)
Prevention	Cervical Cancer Screening	915	80.3% (78.2% - 82.4%)	812	81.1% (79.1% - 83.1%)
Prevention	Health Insurance	841	8.9% (7.0% - 11.0%)	781	9.2% (7.3% - 11.6%)
Prevention	Cholesterol Screening	905	78.6% (75.2% - 81.9%)	863	76.9% (73.1% - 80.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	836	68.8% (66.5% - 71.2%)	859	68.0% (65.6% - 70.6%)
Prevention	Mammography	448	76.3% (73.3% - 79.1%)	669	72.6% (69.3% - 75.7%)
Prevention	Taking BP Medication	469	79.8% (76.6% - 82.7%)	50	60.6% (55.5% - 65.7%)
Prevention	Dental Visit	918	60.4% (57.7% - 63.1%)	869	59.7% (56.9% - 62.4%)
Prevention	Core preventive services for older women	749	36.1% (30.8% - 42.1%)	634	38.4% (33.1% - 44.0%)
Disability	Hearing Disability	645	8.0% (7.0% - 9.0%)	800	6.6% (5.8% - 7.4%)
Disability	Cognitive Disability	906	13.5% (11.6% - 15.6%)	844	13.7% (11.7% - 15.9%)
Disability	Mobility Disability	738	13.5% (11.5% - 15.6%)	834	11.4% (9.7% - 13.3%)
Disability	Any Disability	824	28.9% (24.9% - 33.3%)	845	26.6% (22.6% - 30.7%)
Disability	Independent Living Disability	887	8.3% (7.1% - 9.6%)	859	7.8% (6.7% - 9.0%)
Disability	Self-care Disability	834	4.2% (3.7% - 4.8%)	839	3.8% (3.3% - 4.3%)
Disability	Vision Disability	865	5.2% (4.5% - 6.0%)	837	4.7% (4.1% - 5.4%)

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)

Creston 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
