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 Fairbank: Overview

Dear Community Members & Stakeholders of Fairbank,

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 Fairbank ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Fairbank'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 Fairbank. 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
Mammography	311th	39th	Cancer (except skin)	74th	4th
Cervical Cancer Screening	333rd	54th	Depression	251st	38th
Cancer (except skin)	335th	36th	Taking BP Medication	330th	55th
Coronary Heart Disease	353rd	49th	Chronic Kidney Disease	349th	65th
Arthritis	364th	48th	Core preventive services for older men	356th	66th

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
Binge Drinking	769th	112th	High Cholesterol	777th	125th
Cholesterol Screening	738th	116th	Binge Drinking	736th	111th
Current Smoking	731st	124th	Cholesterol Screening	668th	110th
Health Insurance	731st	119th	High Blood Pressure	644th	105th
Sleep <7 hours	728th	118th	Current Smoking	636th	107th

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 Fairbank.

Sincerely,

Shawn F. Dorius, PhD
Iowa State University
Public Science Collaborative

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

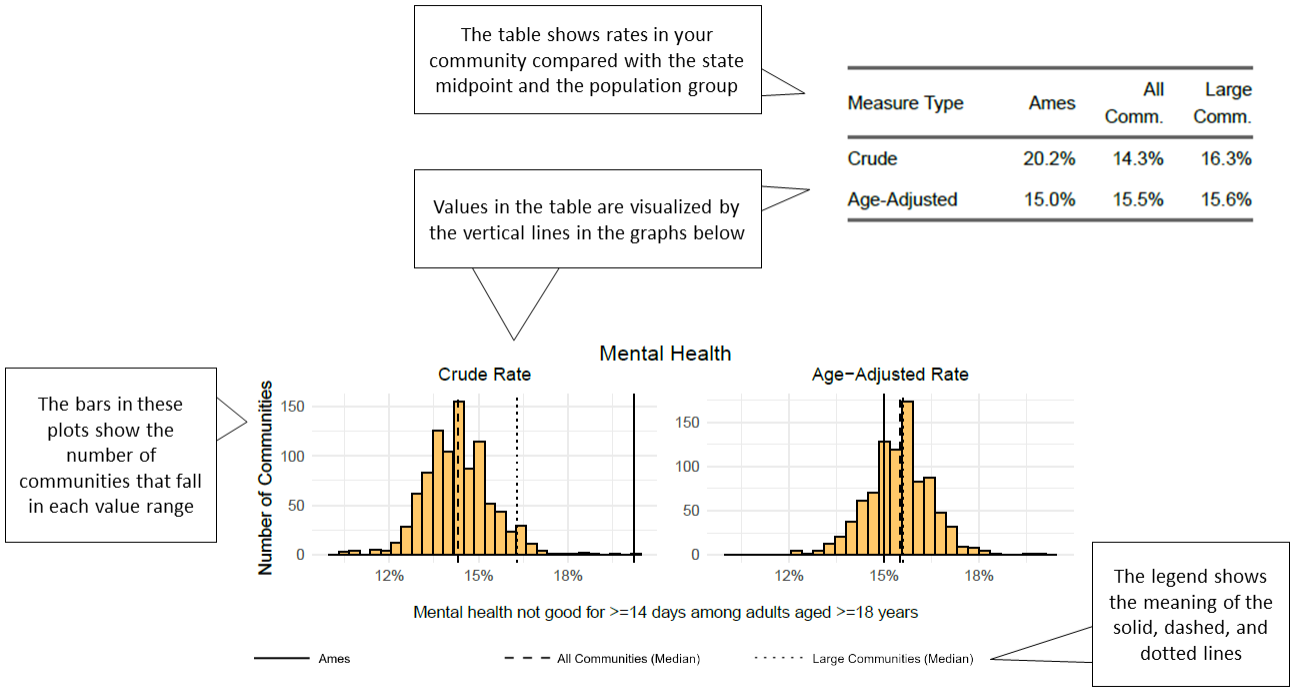
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Fairbank that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Fairbank, a review of risky behaviors in the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

With a population of 1,490, Fairbank'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.



Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

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

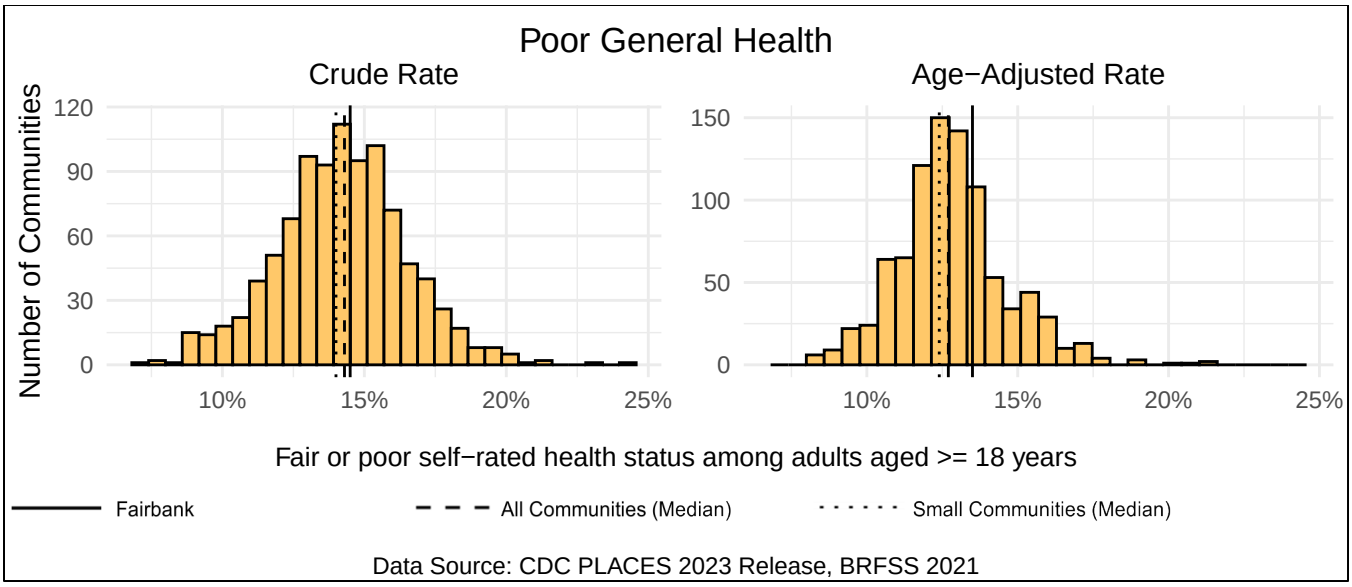
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Fairbank has a crude rate of 14.5% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 513th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Fairbank is 13.5%, which ranks 620th out of 905 Iowa communities (105th out of 138 small communities).

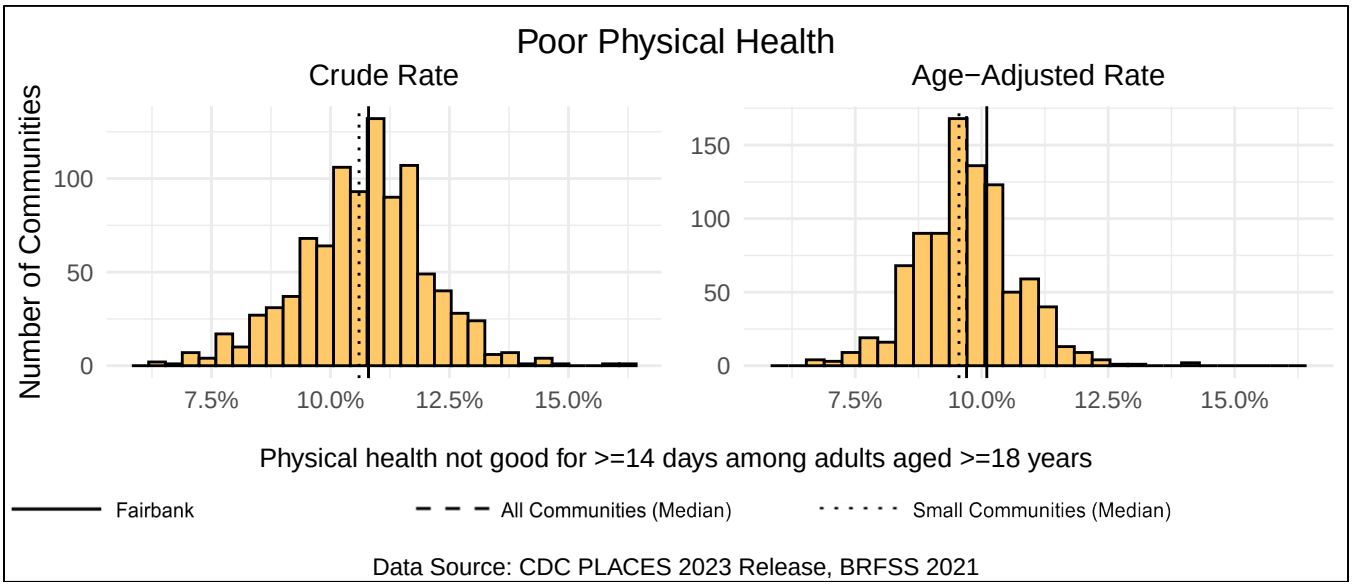
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	14.5%	14.3%	14.0%
Age-Adjusted	13.5%	12.7%	12.4%



Poor Physical Health

Fairbank has a crude rate of 10.8% for physical health not good for >=14 days among adults aged >=18 years, which ranks 468th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Fairbank is 10.1%, which ranks 604th out of 905 Iowa communities (103rd out of 138 small communities).

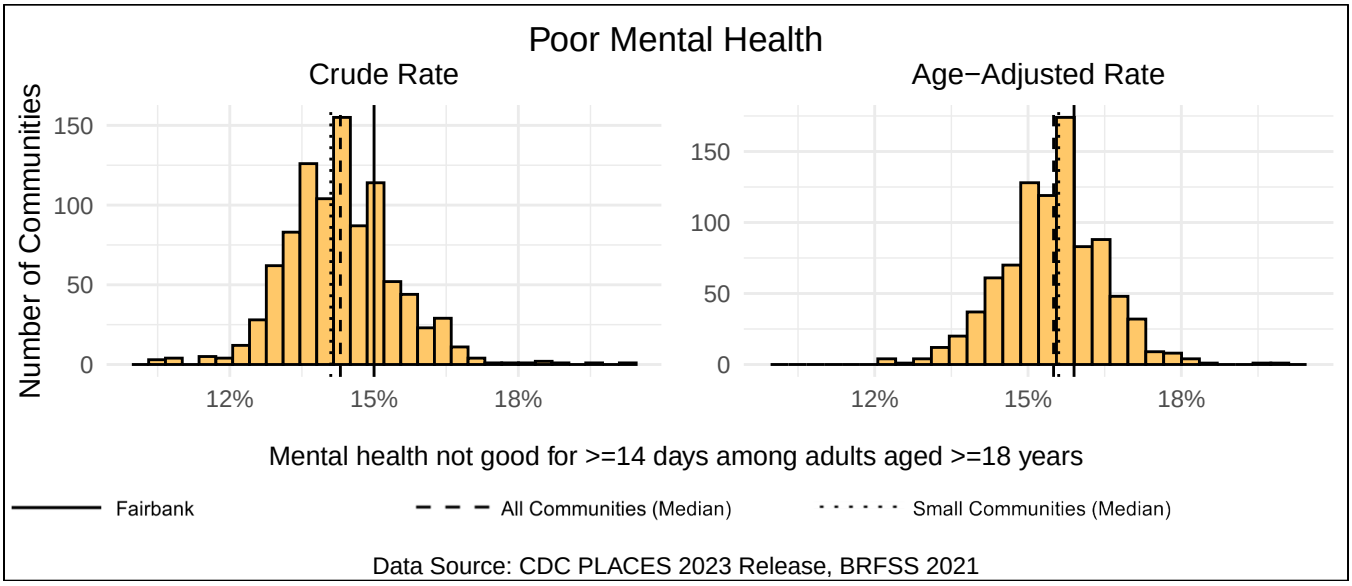
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	10.8%	10.8%	10.6%
Age-Adjusted	10.1%	9.7%	9.6%



Poor Mental Health

Fairbank has a crude rate of 15.0% for mental health not good for >=14 days among adults aged >=18 years, which ranks 705th out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Fairbank is 15.9%, which ranks 596th out of 905 Iowa communities (93rd out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	15.0%	14.3%	14.1%
Age-Adjusted	15.9%	15.5%	15.6%



Health Risk Behaviors

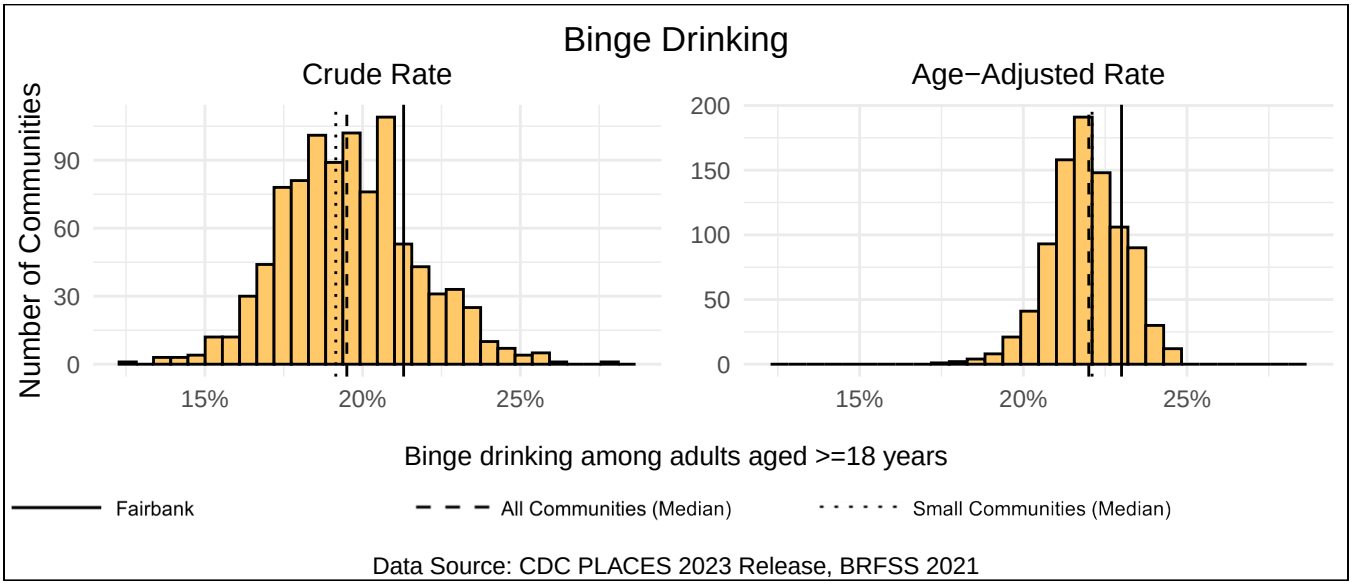
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Fairbank has a crude rate of 21.3% for binge drinking among adults aged >=18 years, which ranks 769th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Fairbank is 23.0%, which ranks 736th out of 905 Iowa communities (111th out of 138 small communities).

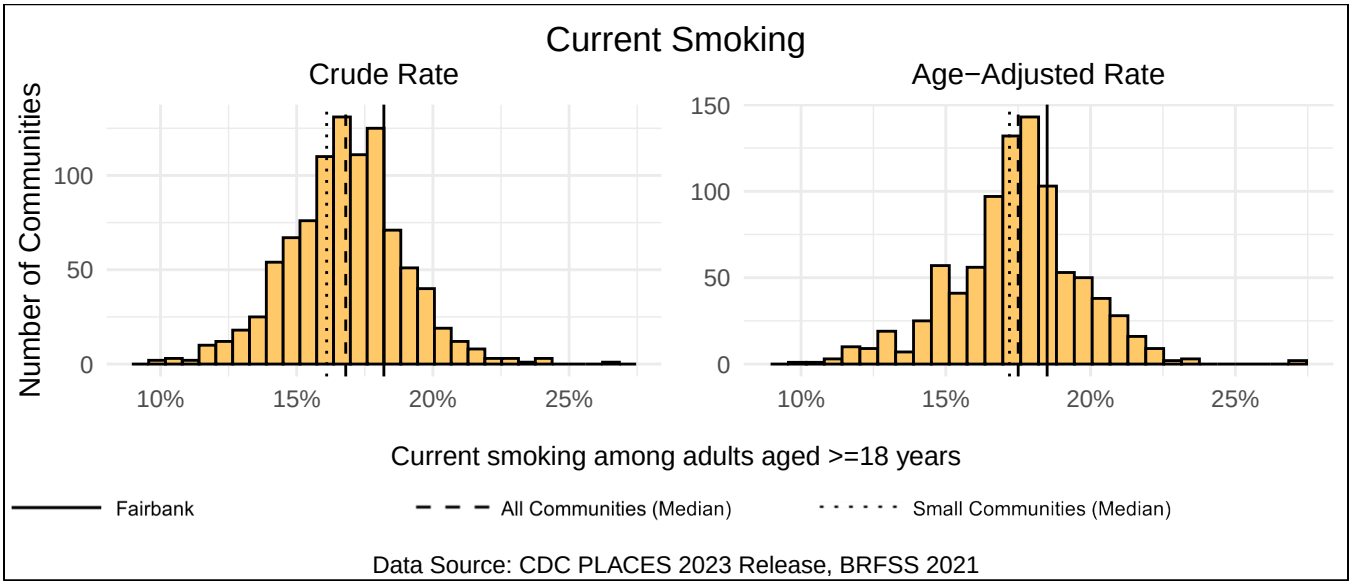
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	21.3%	19.5%	19.1%
Age-Adjusted	23.0%	22.0%	22.1%



Current Smoking

Fairbank has a crude rate of 18.2% for current smoking among adults aged >=18 years, which ranks 731st out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Fairbank is 18.5%, which ranks 636th out of 905 Iowa communities (107th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	18.2%	16.8%	16.1%
Age-Adjusted	18.5%	17.5%	17.2%

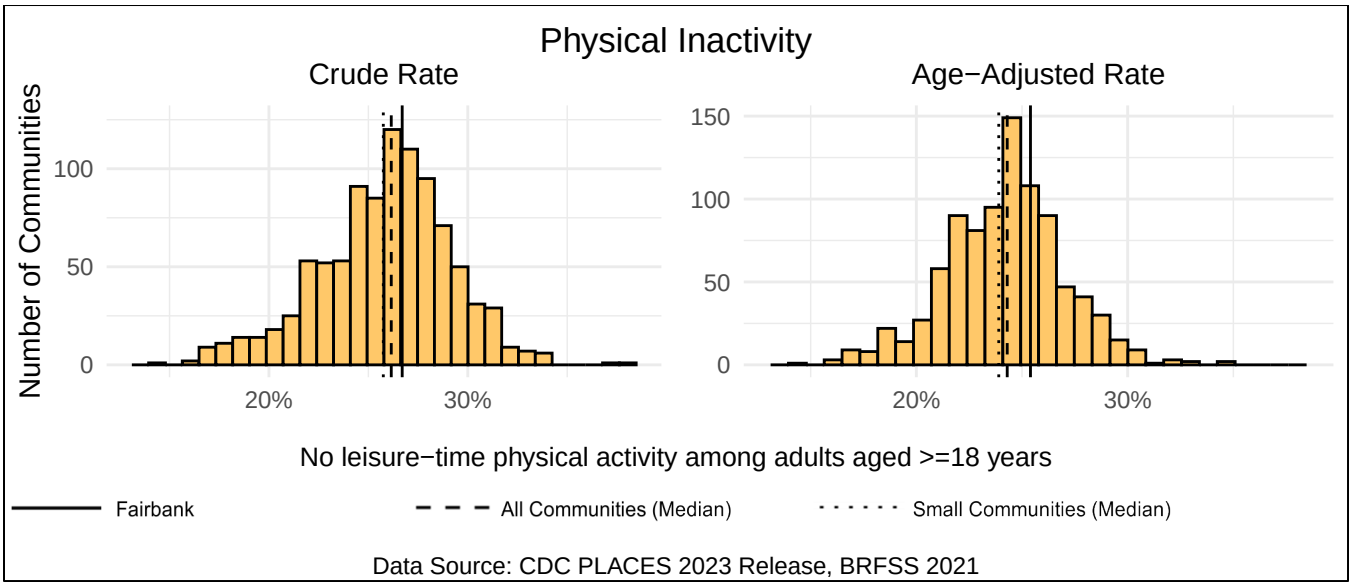


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

Fairbank has a crude rate of 26.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 549th out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Fairbank is 25.4%, which ranks 623rd out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	26.7%	26.1%	25.8%
Age-Adjusted	25.4%	24.3%	23.9%

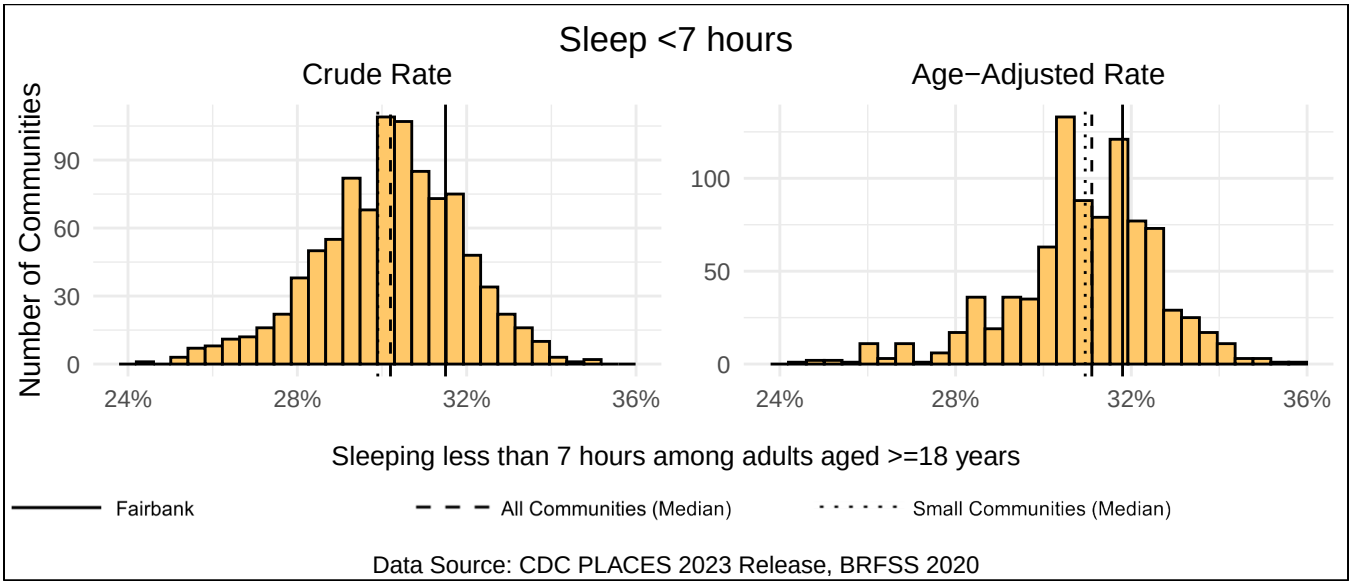


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Fairbank has a crude rate of 31.5% for sleeping less than 7 hours among adults aged >=18 years, which ranks 728th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Fairbank is 31.8%, which ranks 613th out of 905 Iowa communities (100th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	31.5%	30.2%	29.9%
Age-Adjusted	31.8%	31.1%	31.0%



Data Source: CDC PLACES 2023 Release, BRFSS 2020

Health Outcomes

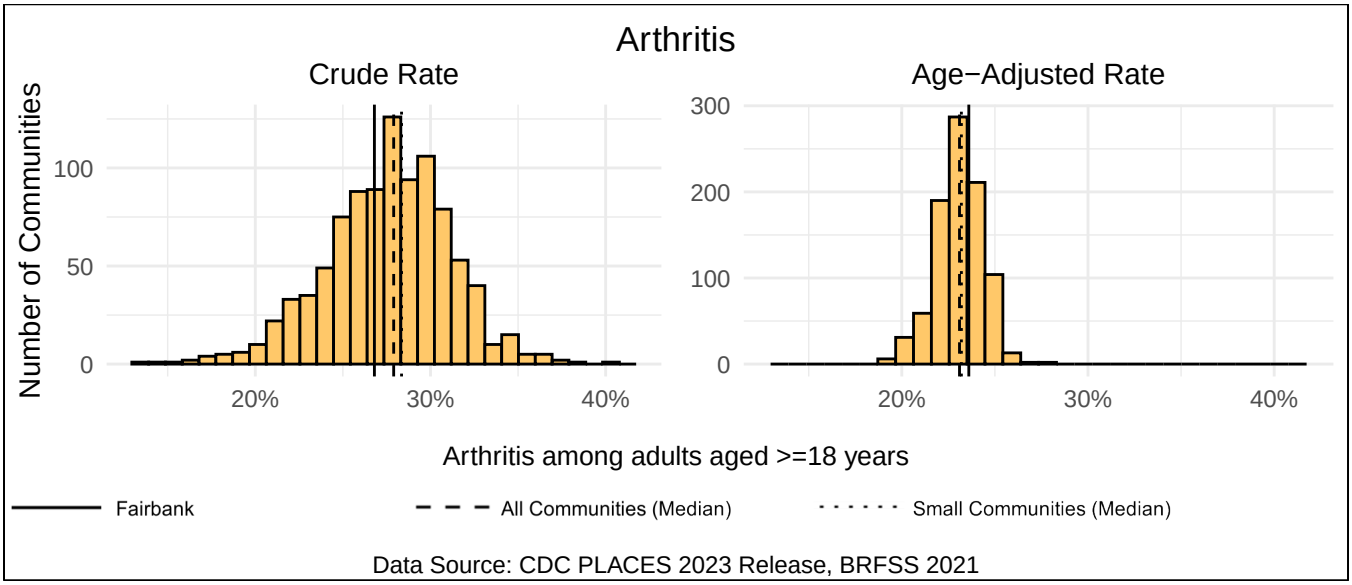
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Fairbank has a crude rate of 26.8% for arthritis among adults aged >=18 years, which ranks 364th out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Fairbank is 23.6%, which ranks 574th out of 905 Iowa communities (94th out of 138 small communities).

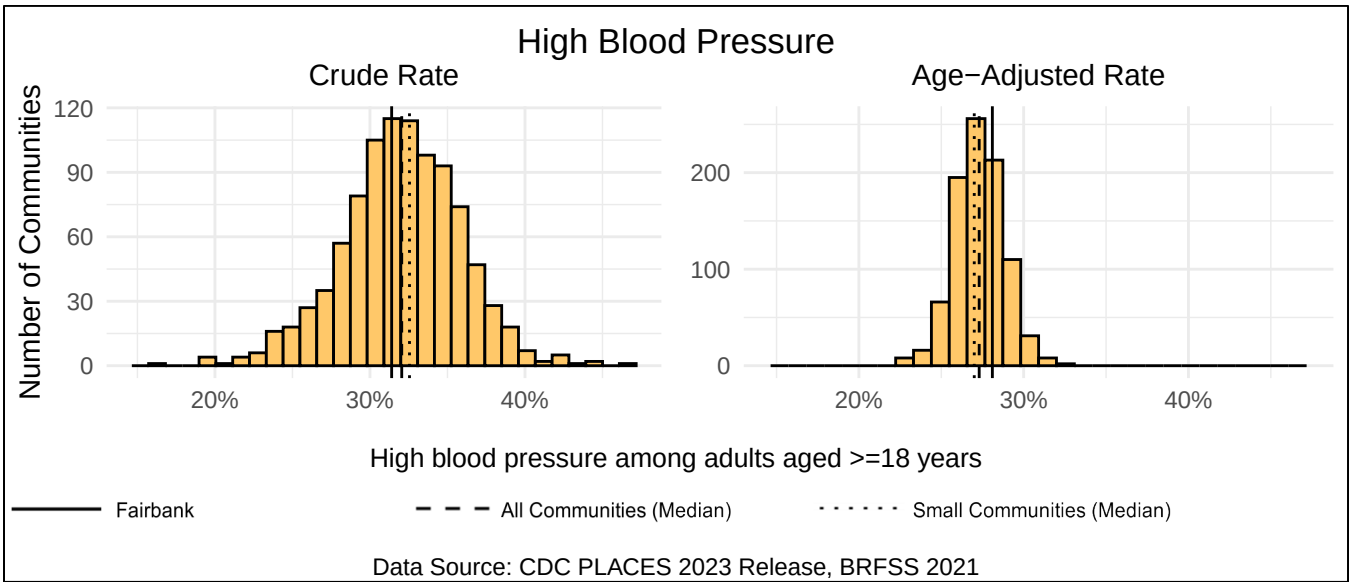
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	26.8%	27.9%	28.4%
Age-Adjusted	23.6%	23.1%	23.2%



High Blood Pressure

Fairbank has a crude rate of 31.4% for high blood pressure among adults aged >=18 years, which ranks 388th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Fairbank is 28.1%, which ranks 644th out of 905 Iowa communities (105th out of 138 small communities).

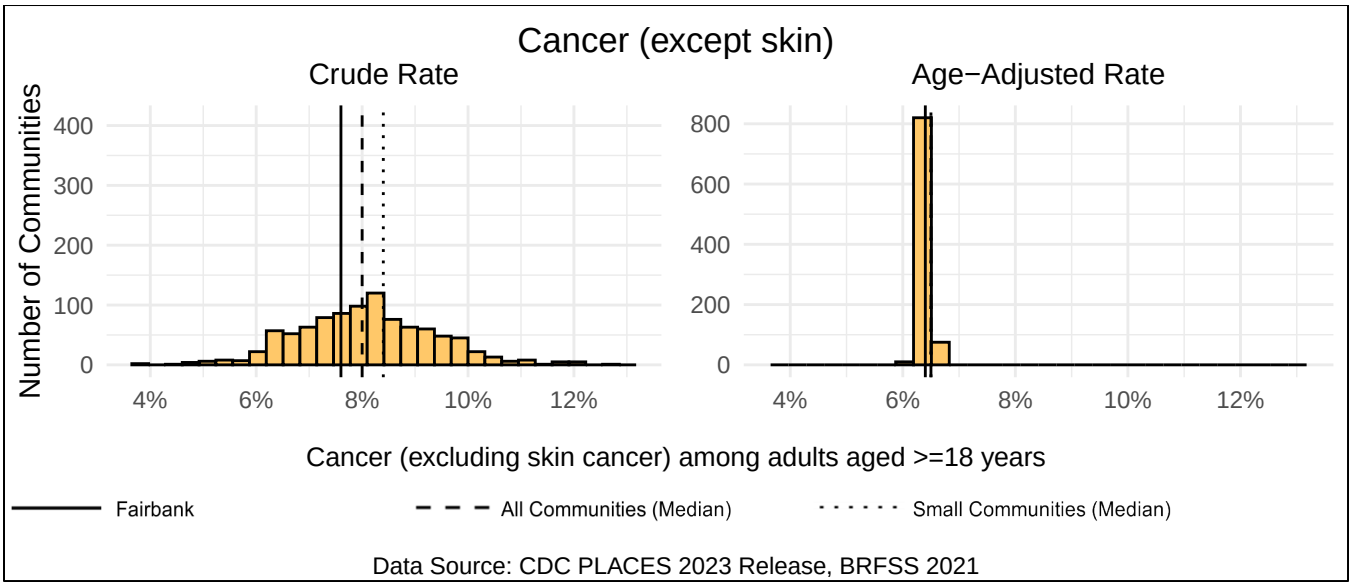
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	31.4%	32.0%	32.5%
Age-Adjusted	28.1%	27.3%	27.0%



Cancer (except skin)

Fairbank has a crude rate of 7.6% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 335th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Fairbank is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

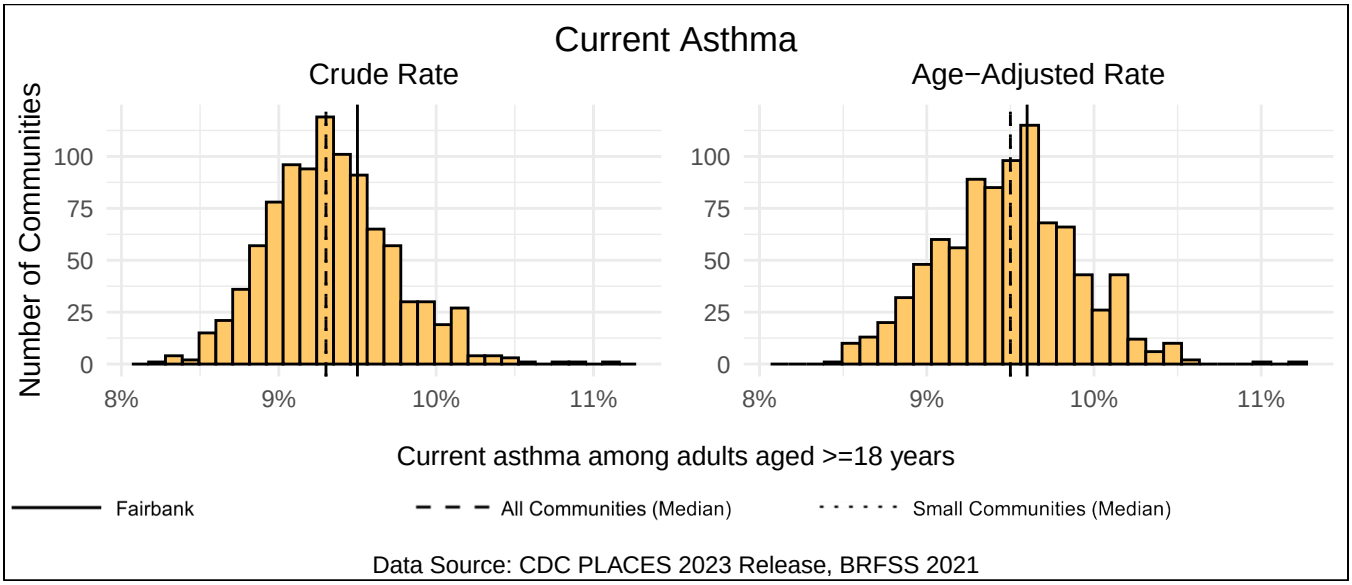
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	7.6%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Fairbank has a crude rate of 9.5% for current asthma among adults aged >=18 years, which ranks 625th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Fairbank is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

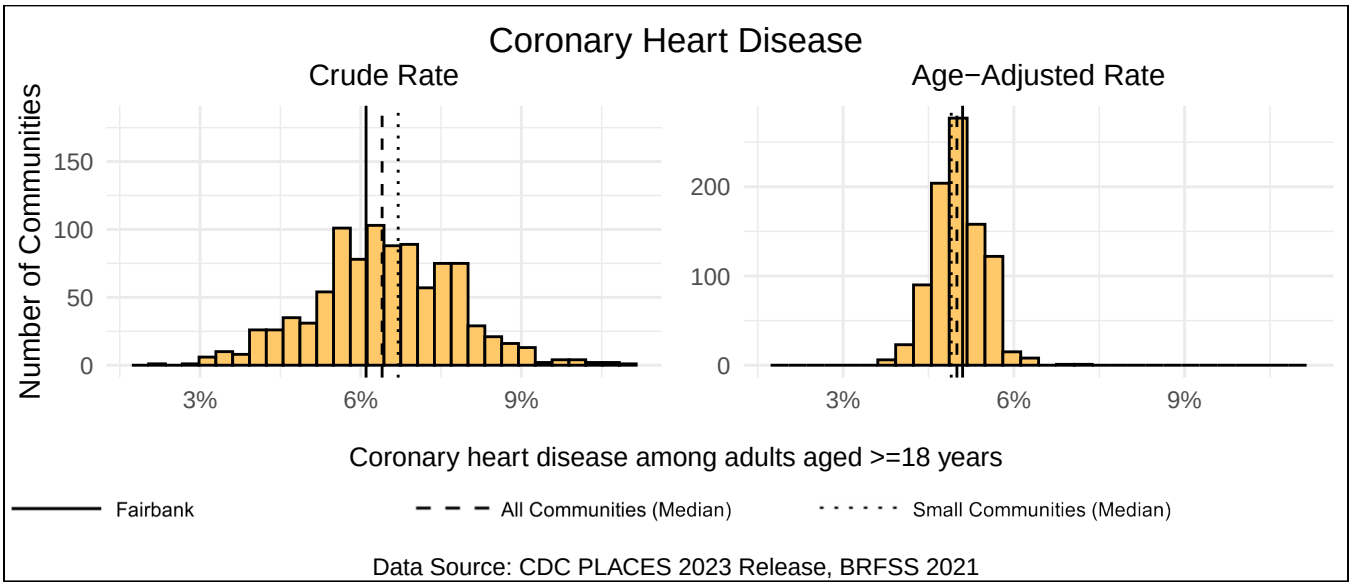
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



Coronary Heart Disease

Fairbank has a crude rate of 6.1% for coronary heart disease among adults aged >=18 years, which ranks 353rd out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Fairbank is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

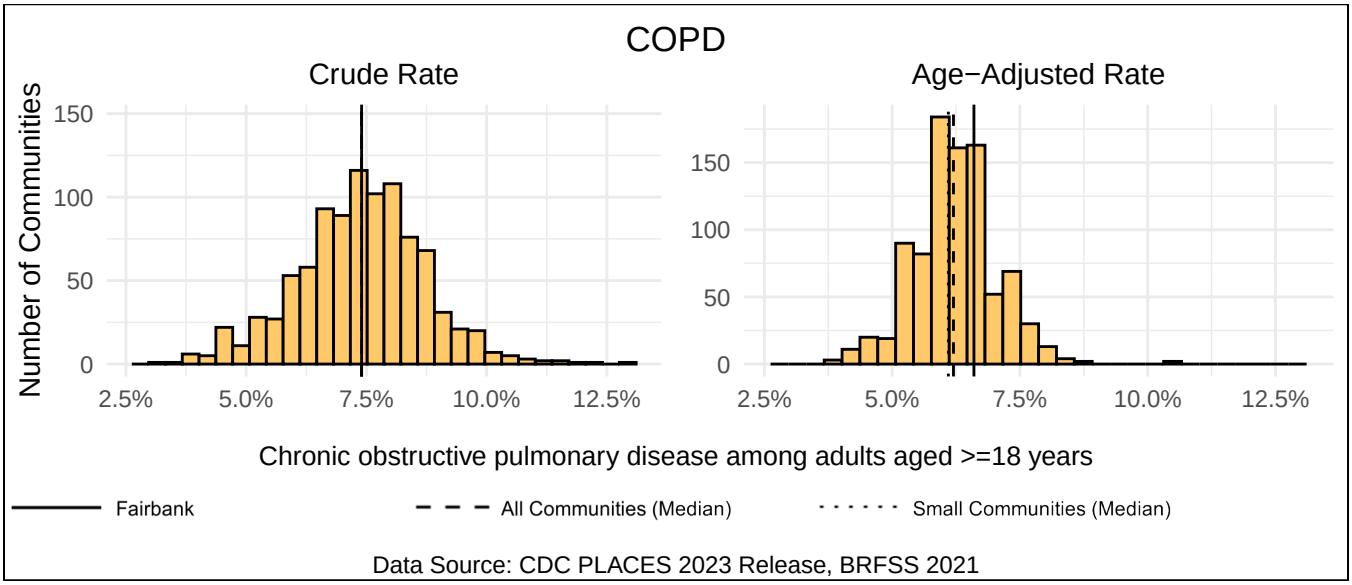
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	6.1%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%



COPD

Fairbank has a crude rate of 7.4% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 448th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Fairbank is 6.6%, which ranks 620th out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	7.4%	7.4%	7.4%
Age-Adjusted	6.6%	6.2%	6.1%

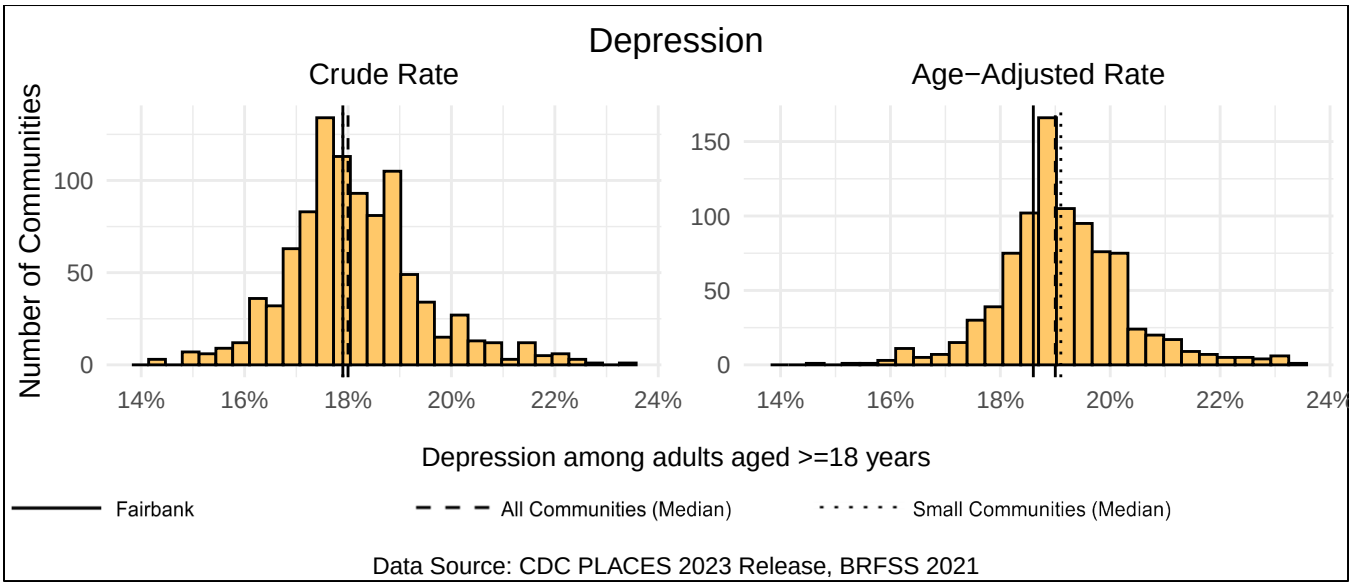


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Fairbank has a crude rate of 17.9% for depression among adults aged >=18 years, which ranks 424th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Fairbank is 18.6%, which ranks 251st out of 905 Iowa communities (38th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	17.9%	18.0%	17.9%
Age-Adjusted	18.6%	19.0%	19.1%

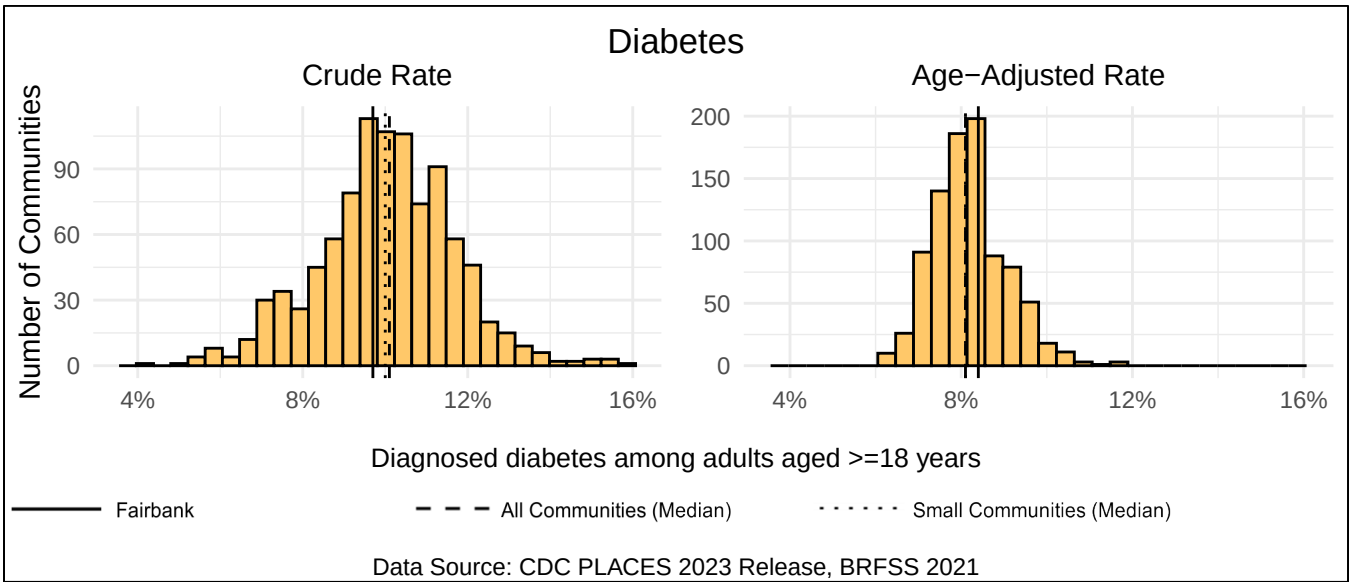


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Fairbank has a crude rate of 9.7% for diagnosed diabetes among adults aged >=18 years, which ranks 378th out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Fairbank is 8.4%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

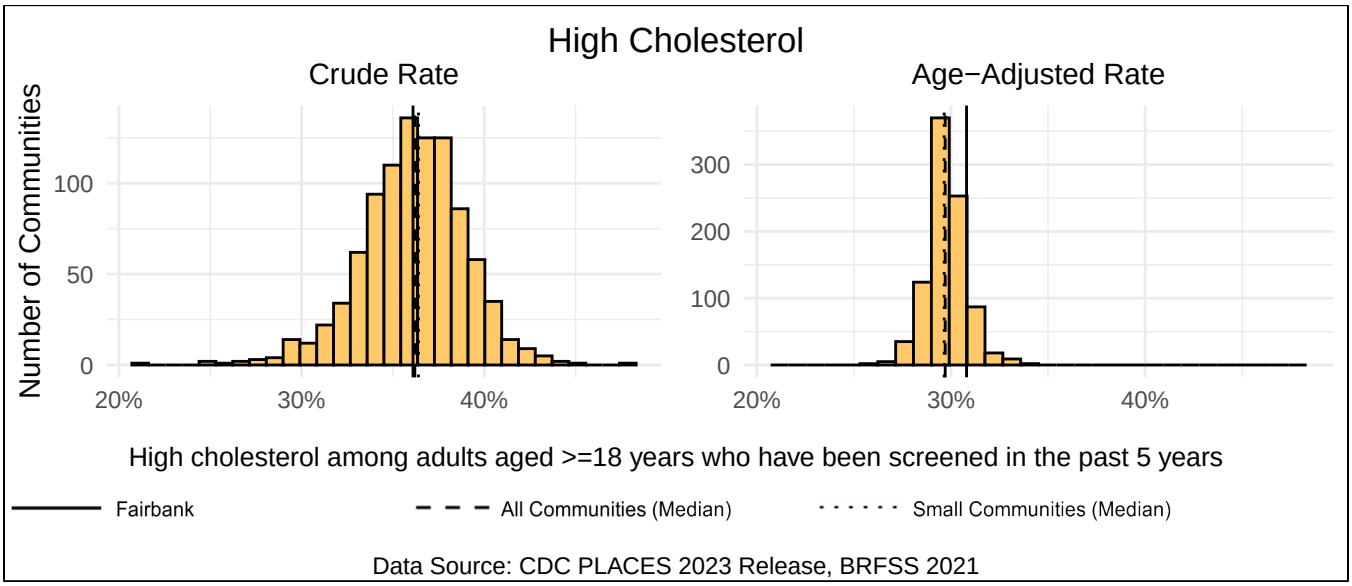
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	9.7%	10.1%	10.0%
Age-Adjusted	8.4%	8.1%	8.1%



High Cholesterol

Fairbank has a crude rate of 36.1% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 449th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for Fairbank is 30.8%, which ranks 777th out of 905 Iowa communities (125th out of 138 small communities).

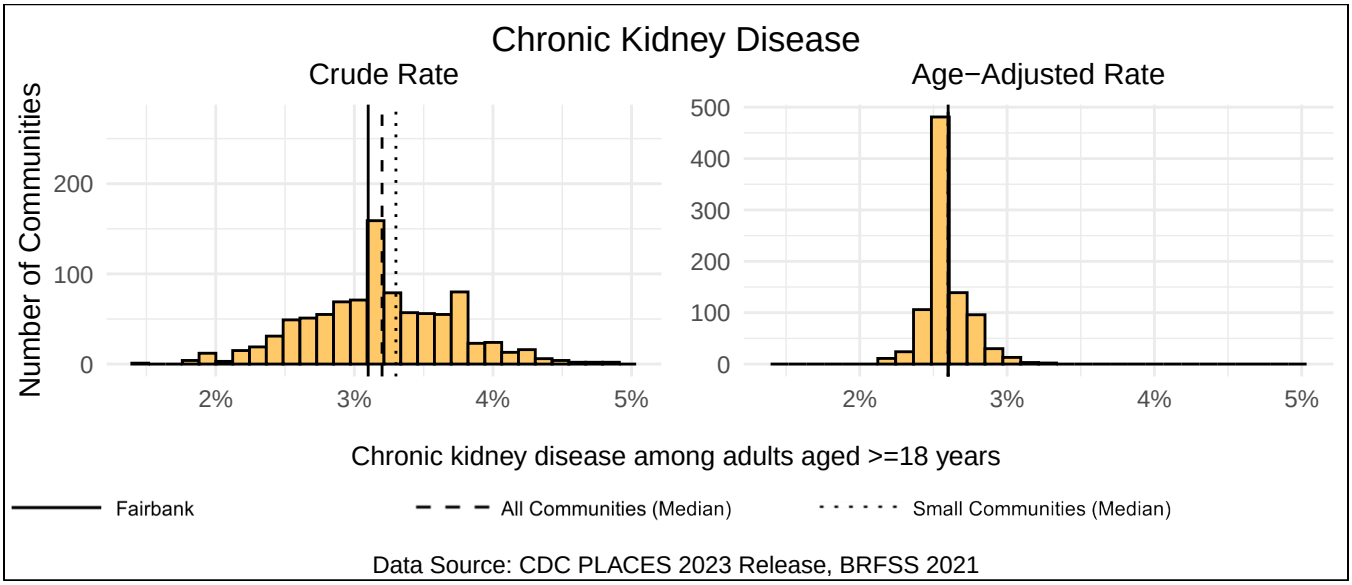
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	36.1%	36.2%	36.4%
Age-Adjusted	30.8%	29.7%	29.6%



Chronic Kidney Disease

Fairbank has a crude rate of 3.1% for chronic kidney disease among adults aged >=18 years, which ranks 381st out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Fairbank is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	3.1%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%

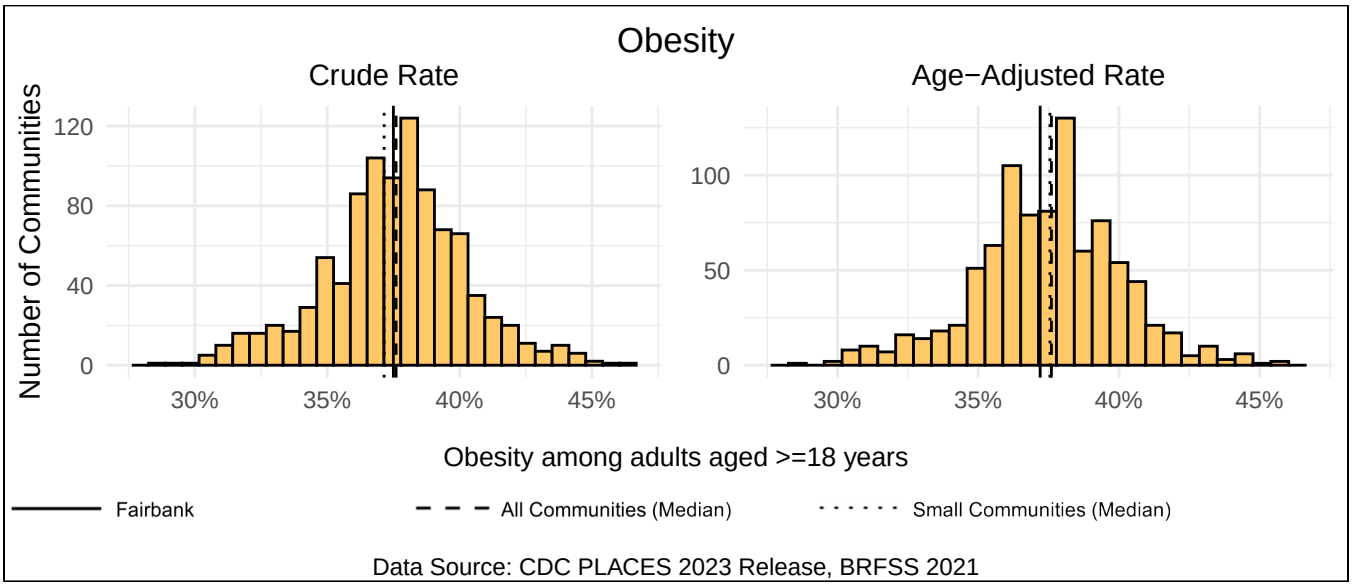


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Fairbank has a crude rate of 37.5% for obesity among adults aged >=18 years, which ranks 448th out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Fairbank is 37.2%, which ranks 396th out of 905 Iowa communities (63rd out of 138 small communities).

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

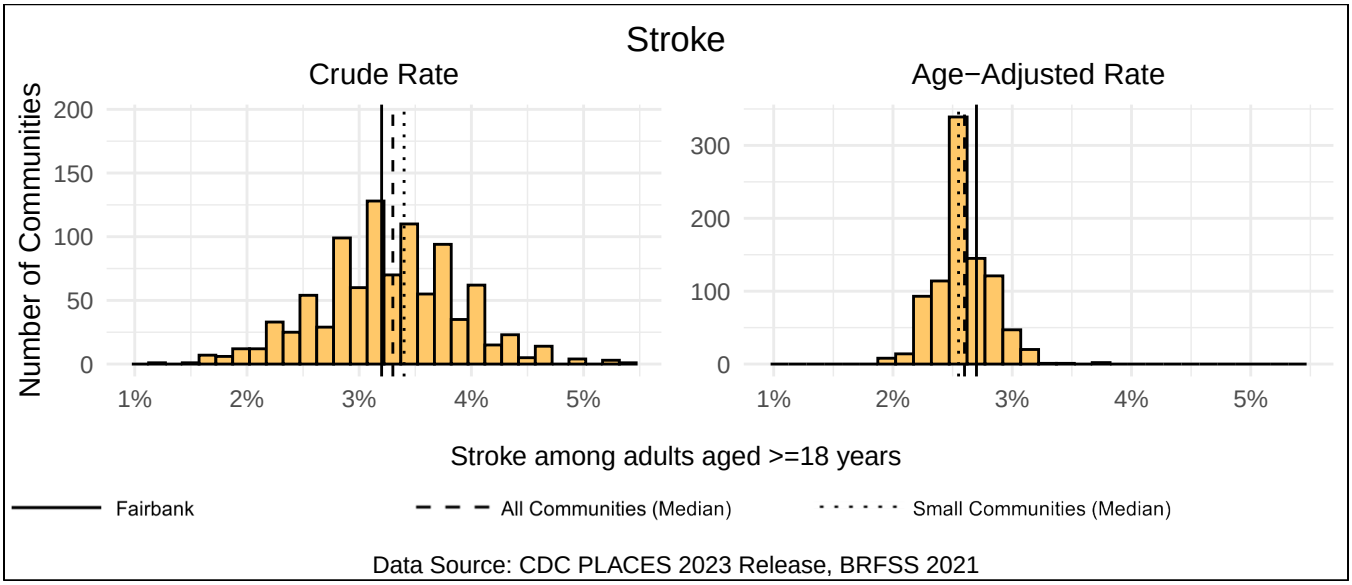


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Stroke

Fairbank has a crude rate of 3.2% for stroke among adults aged >=18 years, which ranks 397th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Fairbank is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	3.2%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%

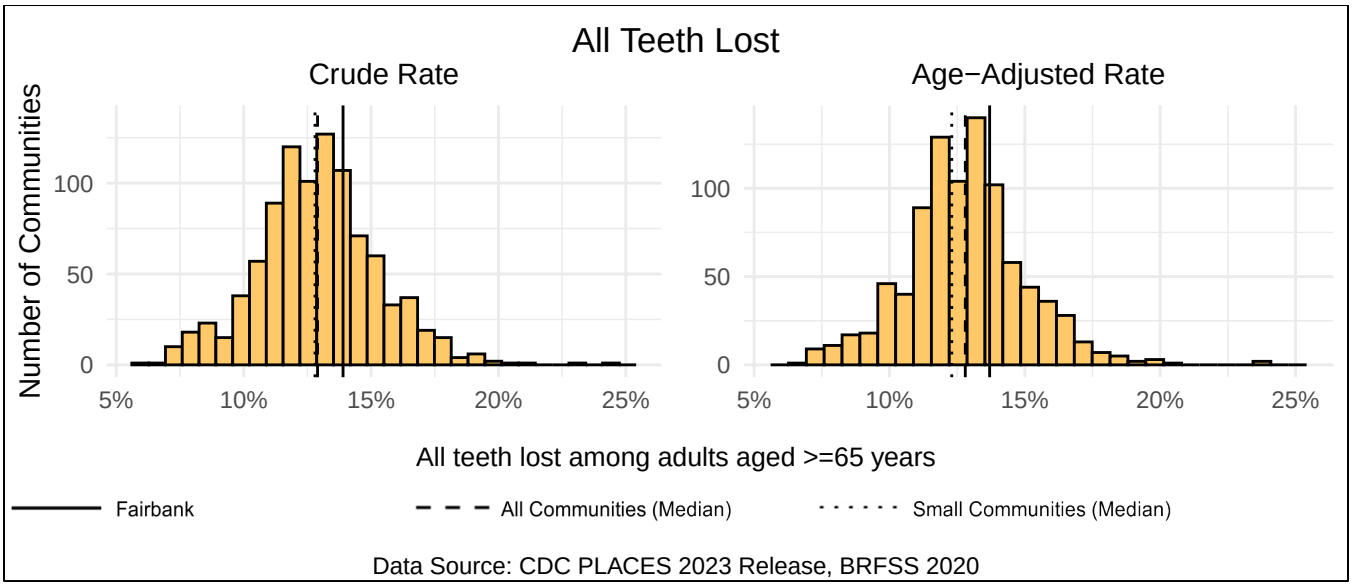


Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

Fairbank has a crude rate of 13.9% for all teeth lost among adults aged >=65 years, which ranks 663rd out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Fairbank is 13.7%, which ranks 628th out of 905 Iowa communities (106th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	13.9%	12.9%	12.8%
Age-Adjusted	13.7%	12.8%	12.3%



Data Source: CDC PLACES 2023 Release, BRFSS 2020

Prevention

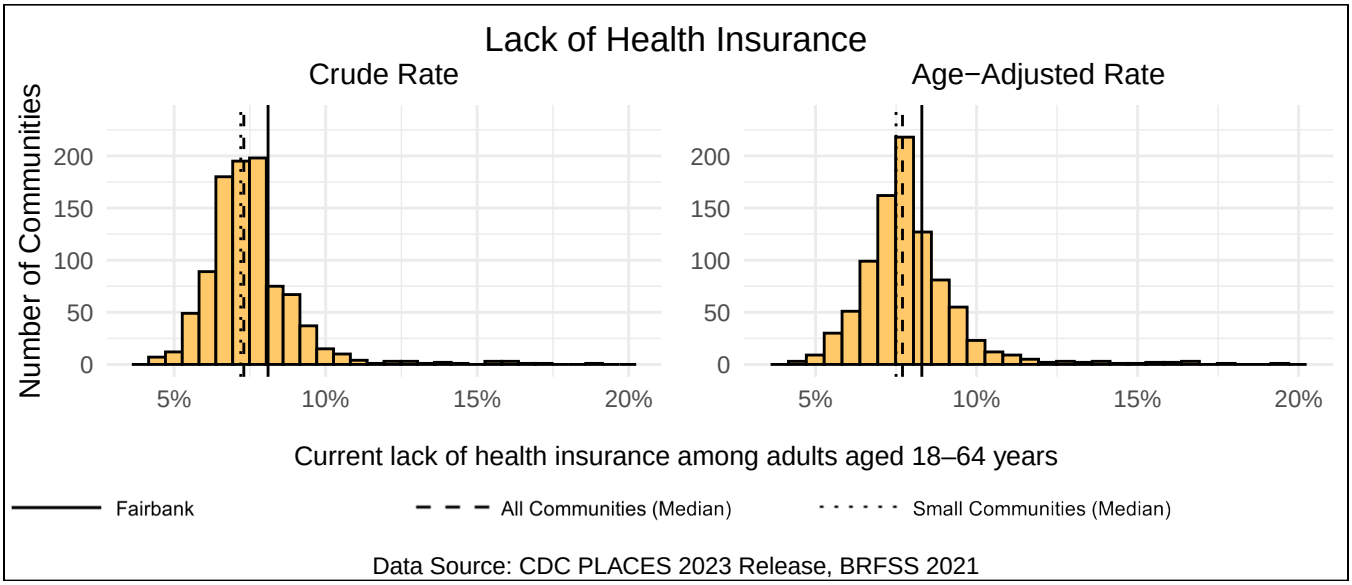
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community's prevention measures, including preventive screenings and doctor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

Fairbank has a crude rate of 8.1% for current lack of health insurance among adults aged 18–64 years, which ranks 731st out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Fairbank is 8.3%, which ranks 632nd out of 905 Iowa communities (111th out of 138 small communities).

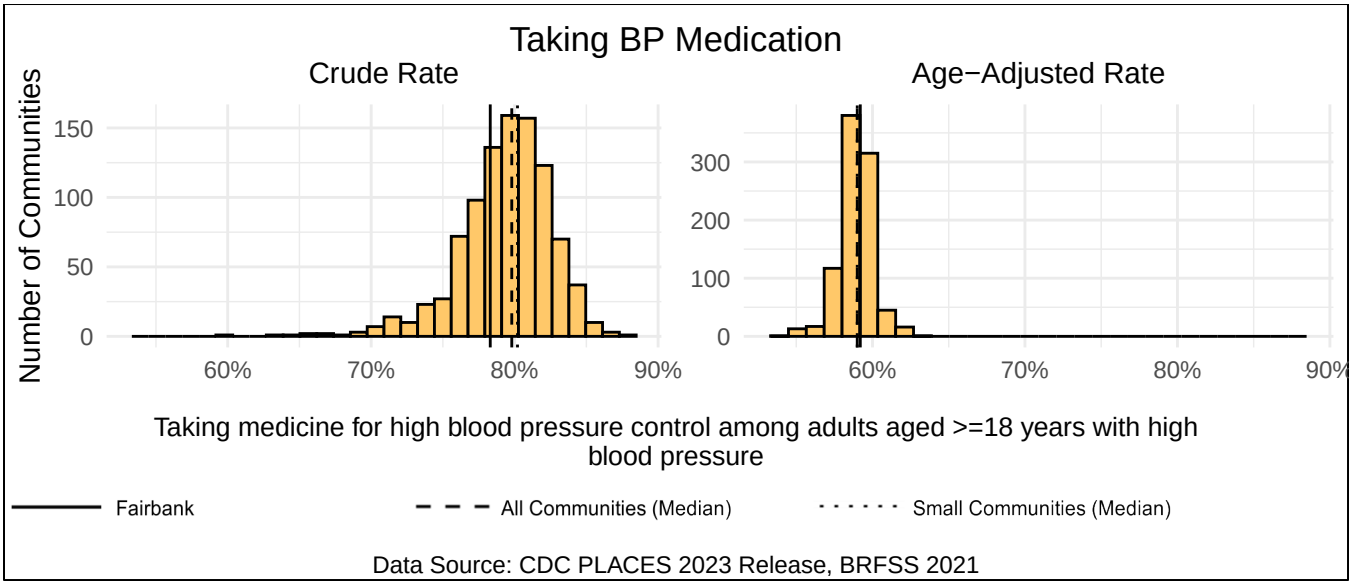
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	8.1%	7.3%	7.2%
Age-Adjusted	8.3%	7.7%	7.5%



Taking BP Medication

Fairbank has a crude rate of 78.3% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 649th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Fairbank is 59.2%, which ranks 330th out of 905 Iowa communities (55th out of 138 small communities).

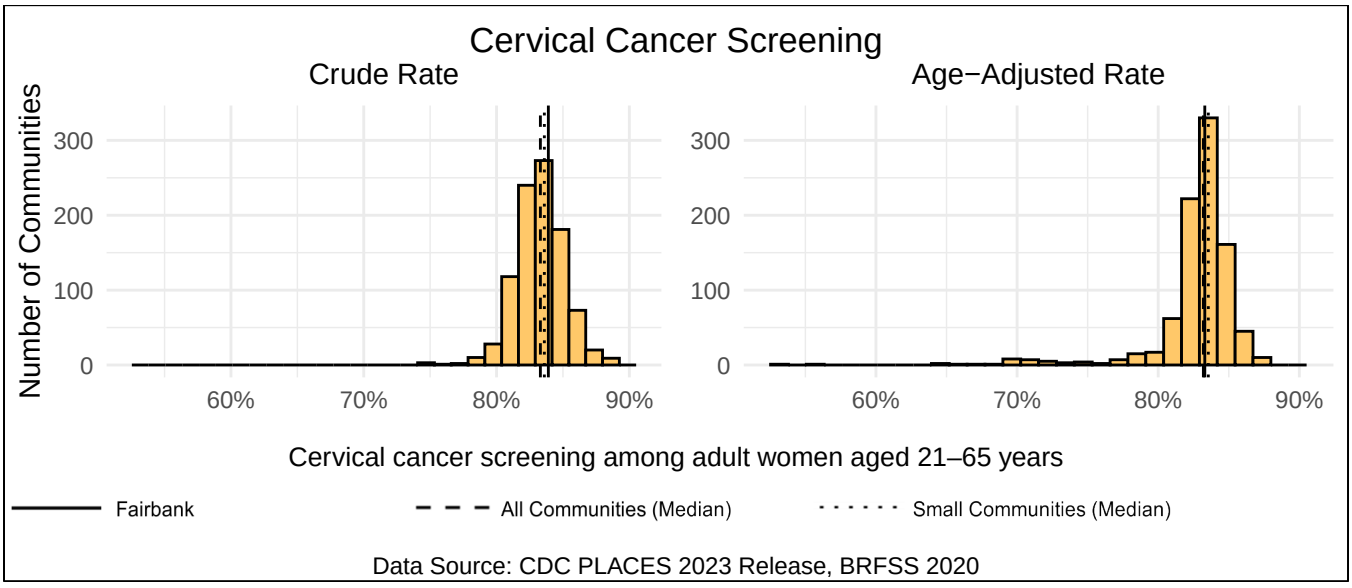
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	78.3%	79.8%	80.2%
Age-Adjusted	59.2%	59.0%	59.0%



Cervical Cancer Screening

Fairbank has a crude rate of 83.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 333rd out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Fairbank is 83.3%, which ranks 402nd out of 905 Iowa communities (77th out of 138 small communities).

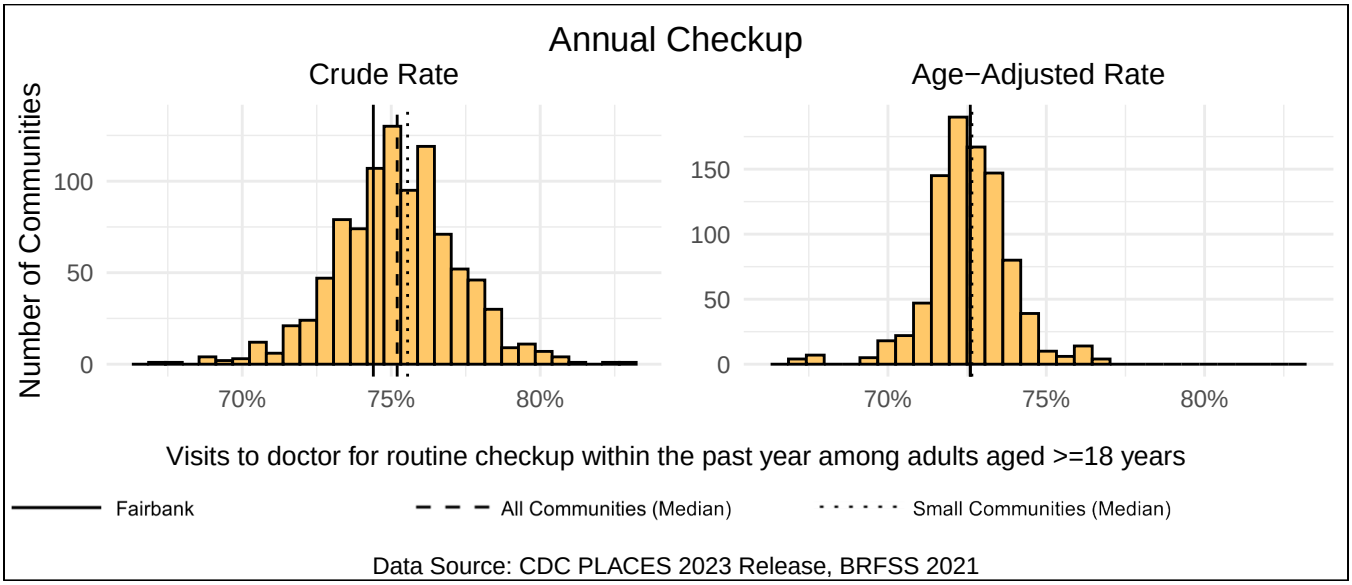
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	83.9%	83.3%	83.6%
Age-Adjusted	83.3%	83.2%	83.5%



Annual Checkup

Fairbank has a crude rate of 74.4% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 630th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Fairbank is 72.6%, which ranks 435th out of 905 Iowa communities (70th out of 138 small communities).

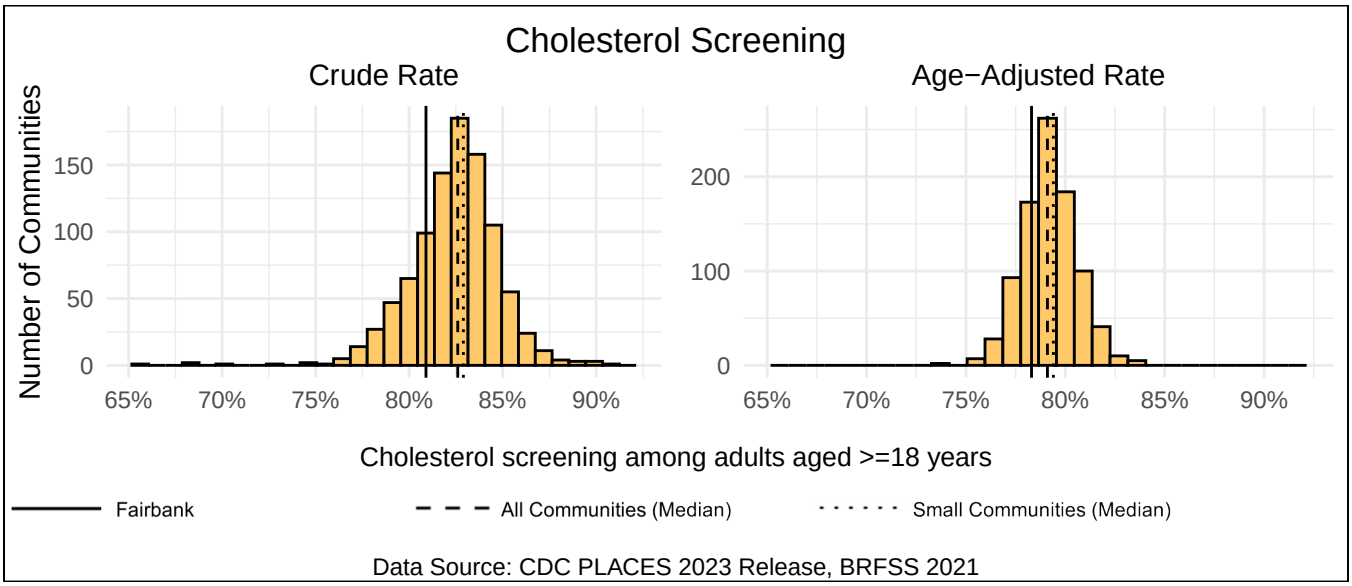
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	74.4%	75.2%	75.5%
Age-Adjusted	72.6%	72.6%	72.6%



Cholesterol Screening

Fairbank has a crude rate of 80.9% for cholesterol screening among adults aged >=18 years, which ranks 738th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Fairbank is 78.3%, which ranks 668th out of 905 Iowa communities (110th out of 138 small communities).

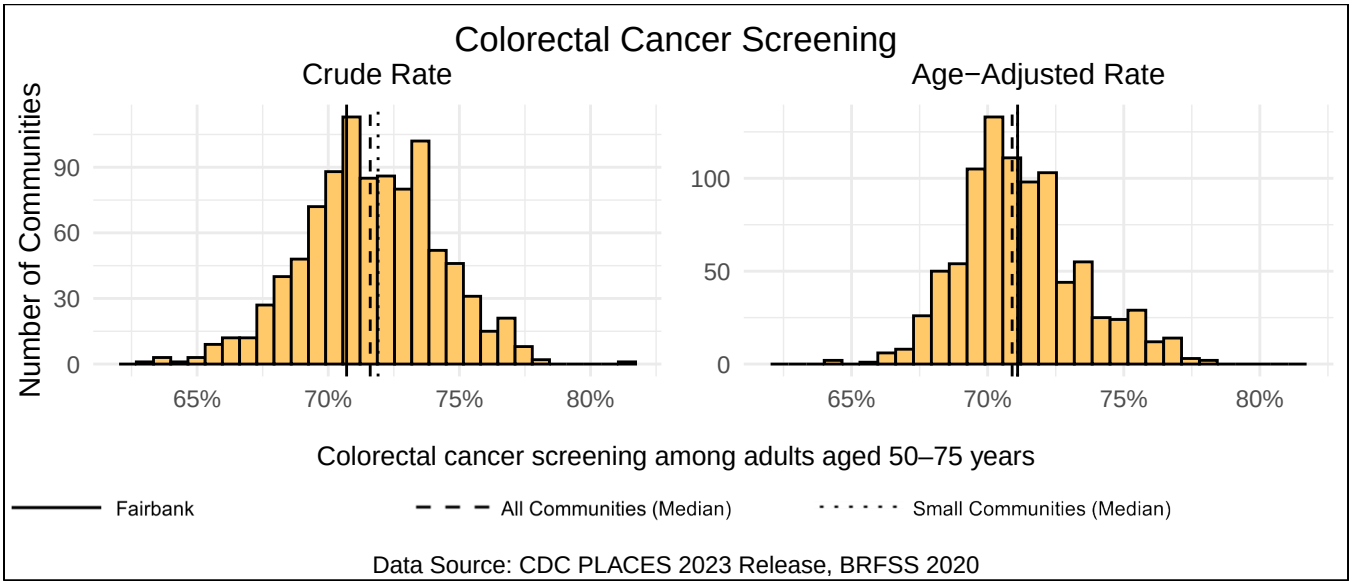
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	80.9%	82.6%	82.9%
Age-Adjusted	78.3%	79.1%	79.4%



Colorectal Cancer Screening

Fairbank has a crude rate of 70.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 611th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Fairbank is 71.1%, which ranks 417th out of 905 Iowa communities (69th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	70.7%	71.6%	71.9%
Age-Adjusted	71.1%	70.9%	71.1%

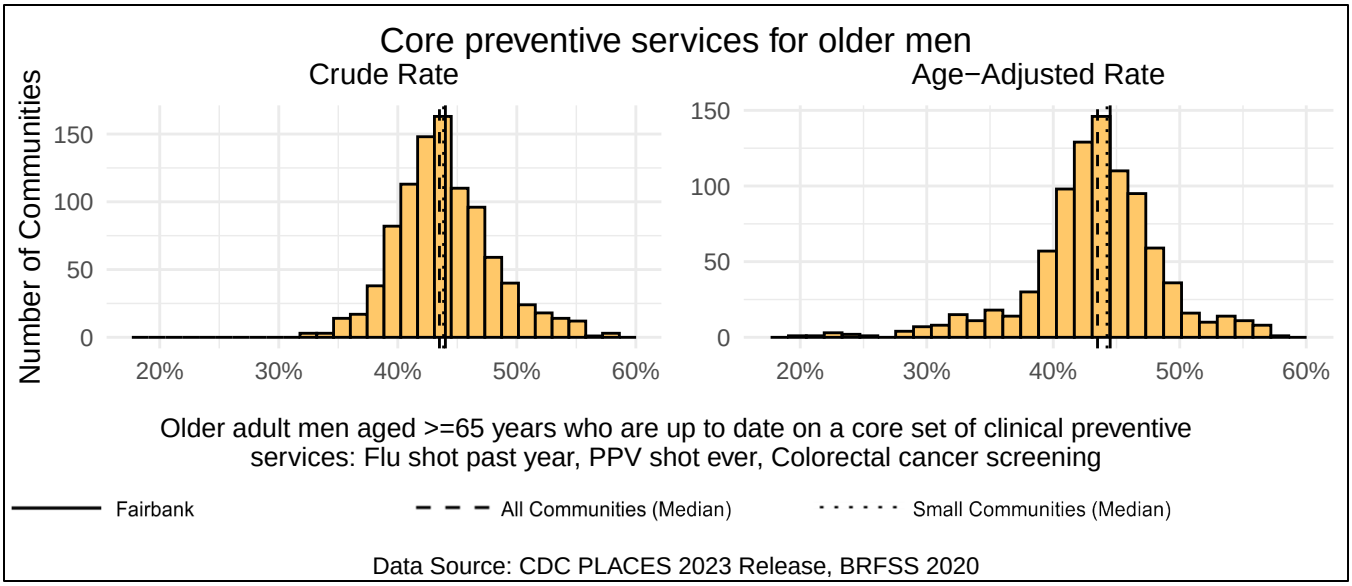


Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Fairbank has a crude rate of 44.0% 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 418th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Fairbank is 44.5%, which ranks 356th out of 905 Iowa communities (66th out of 138 small communities).

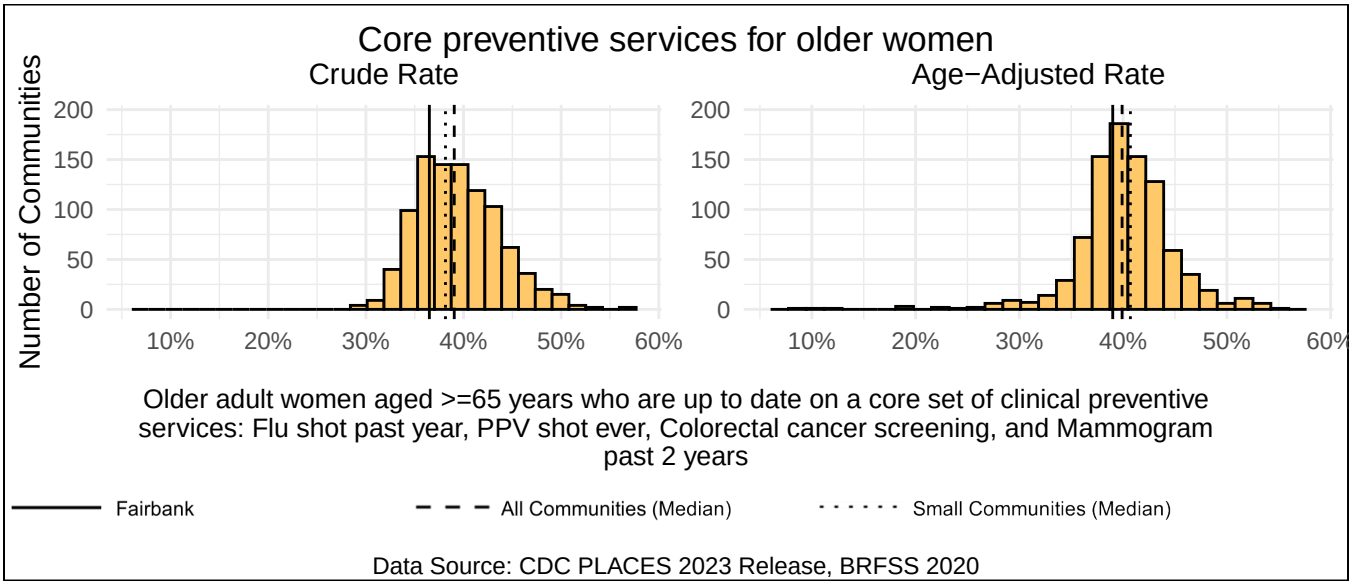
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	44.0%	43.5%	43.8%
Age-Adjusted	44.5%	43.5%	44.2%


Core preventive services for older men
Crude Rate
Age−Adjusted Rate
Number of Communities
150
100
50
0
20%
30%
40%
50%
60%
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
Fairbank
All Communities (Median)
Small Communities (Median)
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Fairbank has a crude rate of 36.5% 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 704th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Fairbank is 39.0%, which ranks 570th out of 905 Iowa communities (97th out of 138 small communities).

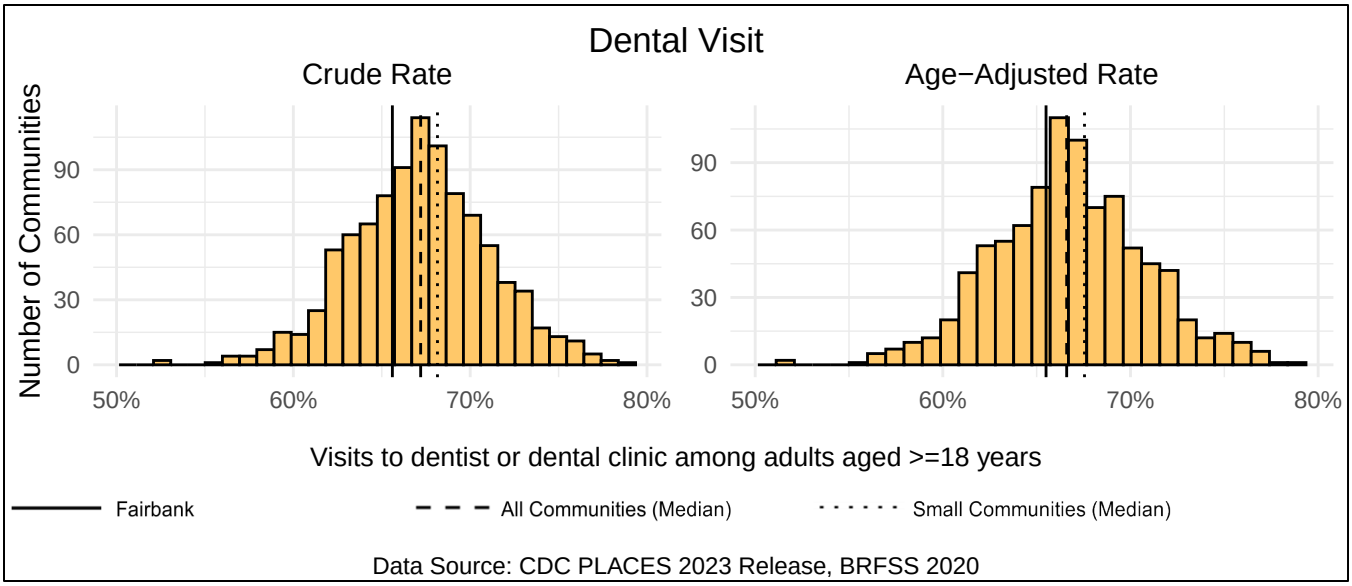
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	36.5%	39.0%	38.2%
Age-Adjusted	39.0%	39.9%	40.7%



Dental Visit

Fairbank has a crude rate of 65.6% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 642nd out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Fairbank is 65.5%, which ranks 577th out of 905 Iowa communities (96th out of 138 small communities).

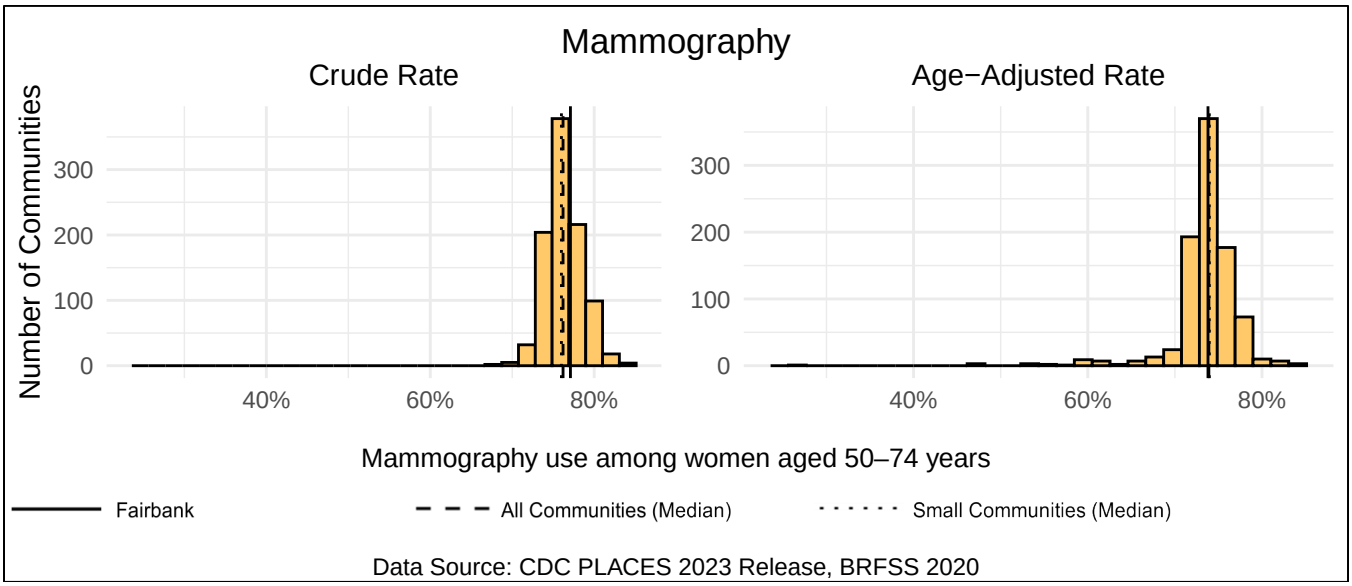
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	65.6%	67.2%	68.2%
Age-Adjusted	65.5%	66.6%	67.5%


Dental Visit
Crude Rate
Age−Adjusted Rate
Number of Communities
0
30
60
90
50%
60%
70%
80%
Visits to dentist or dental clinic among adults aged >=18 years
Fairbank
All Communities (Median)
Small Communities (Median)
Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Fairbank has a crude rate of 77.1% for mammography use among women aged 50–74 years, which ranks 311th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Fairbank is 73.8%, which ranks 464th out of 905 Iowa communities (73rd out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	77.1%	76.2%	76.0%
Age-Adjusted	73.8%	73.9%	74.0%



Disability

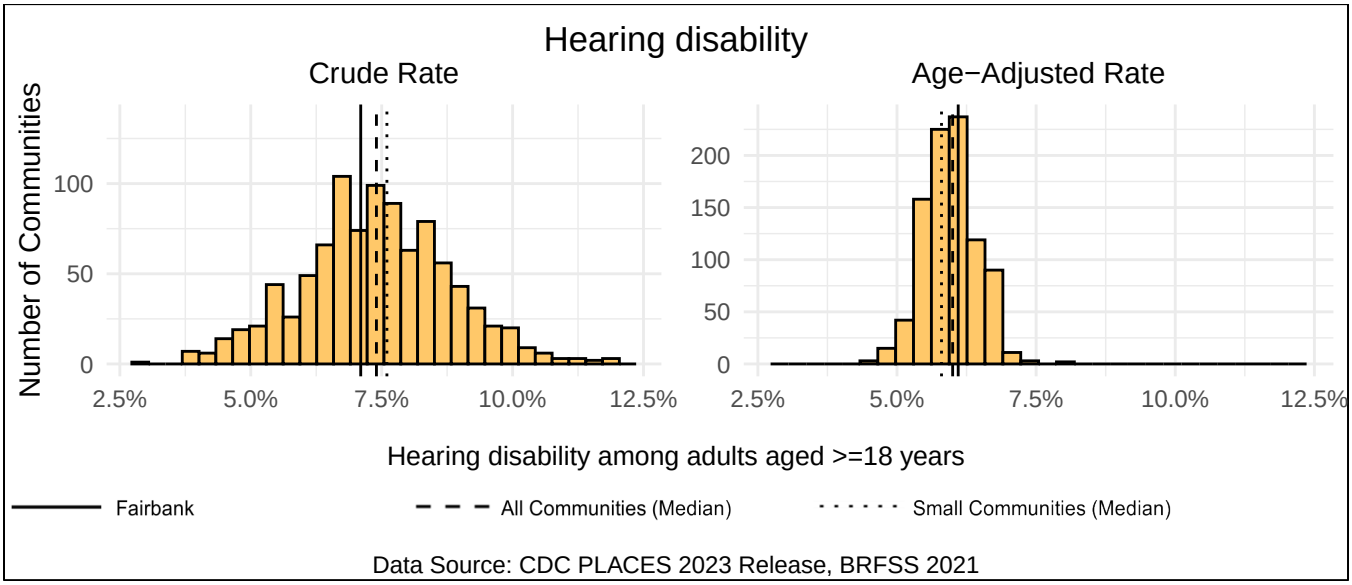
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Fairbank has a crude rate of 7.1% for hearing disability among adults aged >=18 years, which ranks 383rd out of 958 Iowa communities (49th out of 138 small communities). The age-adjusted rate for Fairbank is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

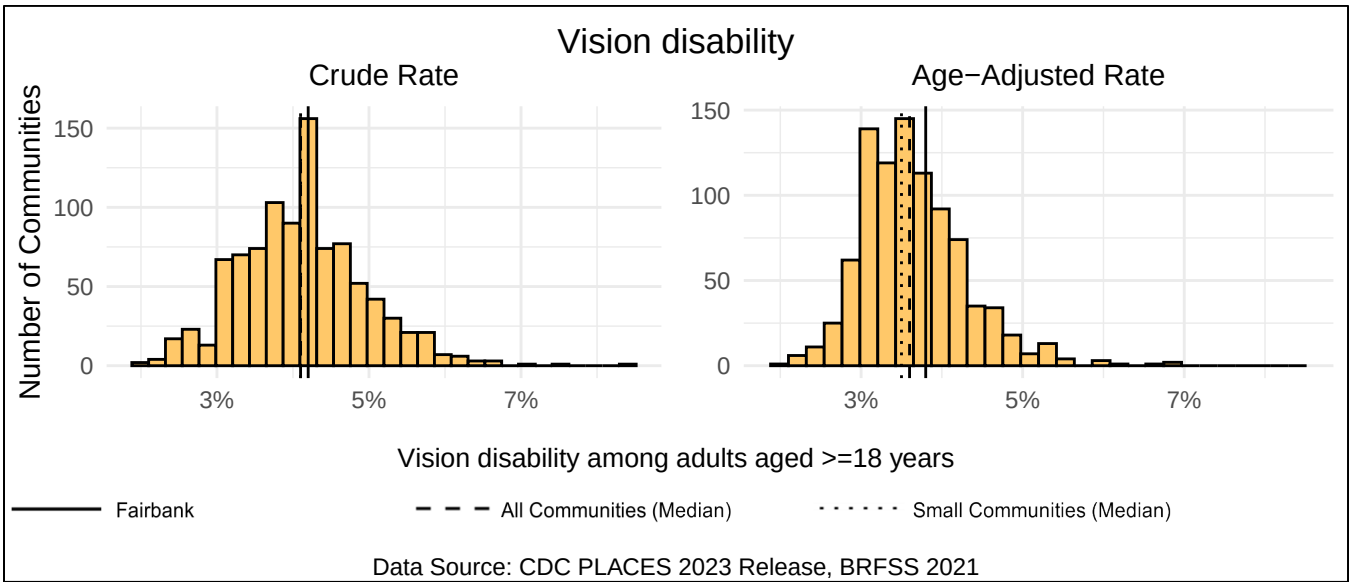
Measure Type	Fairbank	All Comm.	Small Comm.
Crude	7.1%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%



Vision disability

Fairbank has a crude rate of 4.2% for vision disability among adults aged >=18 years, which ranks 516th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for Fairbank is 3.8%, which ranks 564th out of 905 Iowa communities (96th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	4.2%	4.1%	4.1%
Age-Adjusted	3.8%	3.6%	3.5%

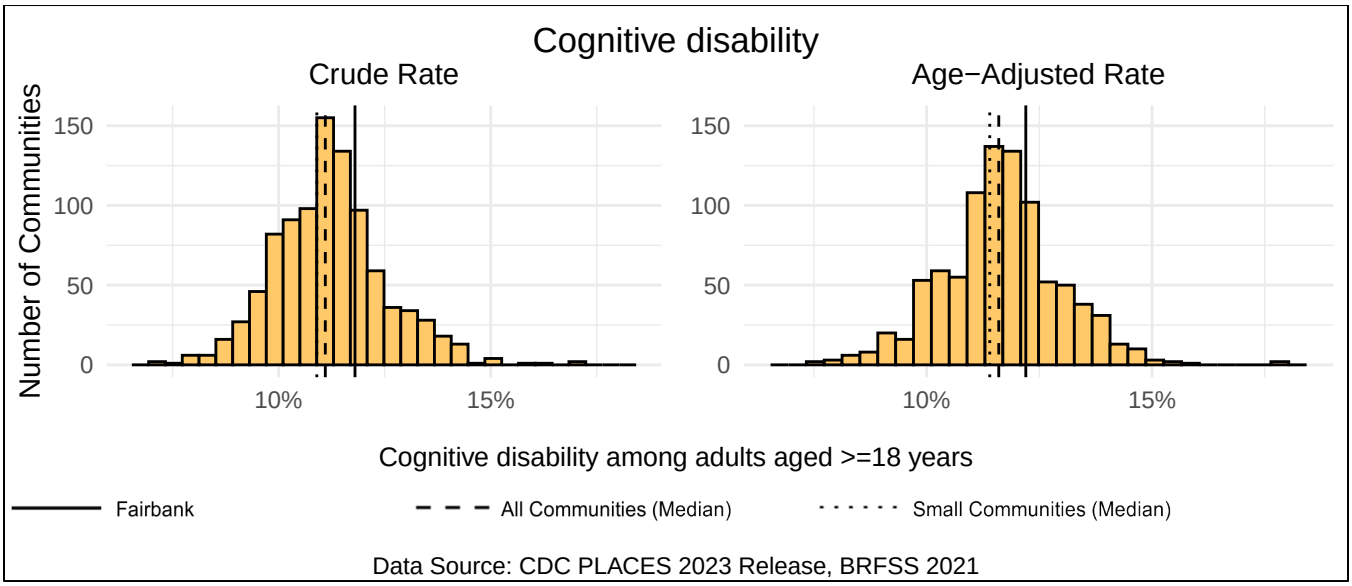


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Fairbank has a crude rate of 11.8% for cognitive disability among adults aged >=18 years, which ranks 696th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Fairbank is 12.2%, which ranks 631st out of 905 Iowa communities (102nd out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	11.8%	11.1%	10.9%
Age-Adjusted	12.2%	11.6%	11.4%

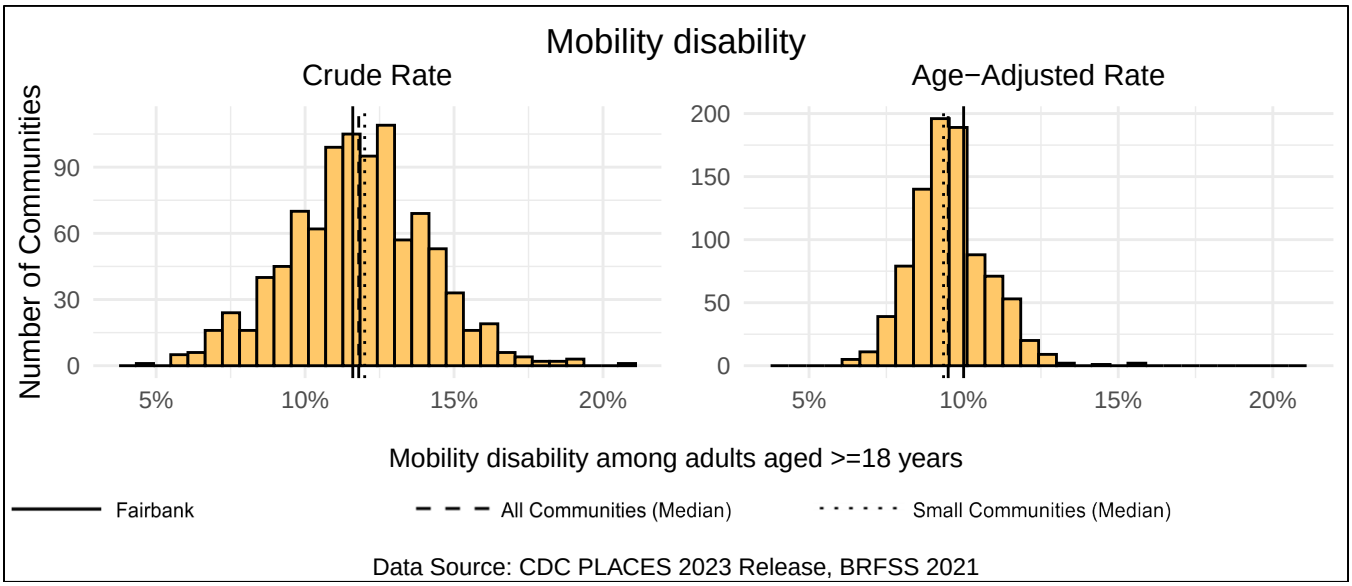


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Fairbank has a crude rate of 11.6% for mobility disability among adults aged >=18 years, which ranks 437th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Fairbank is 10.0%, which ranks 601st out of 905 Iowa communities (99th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	11.6%	11.8%	12.0%
Age-Adjusted	10.0%	9.5%	9.4%

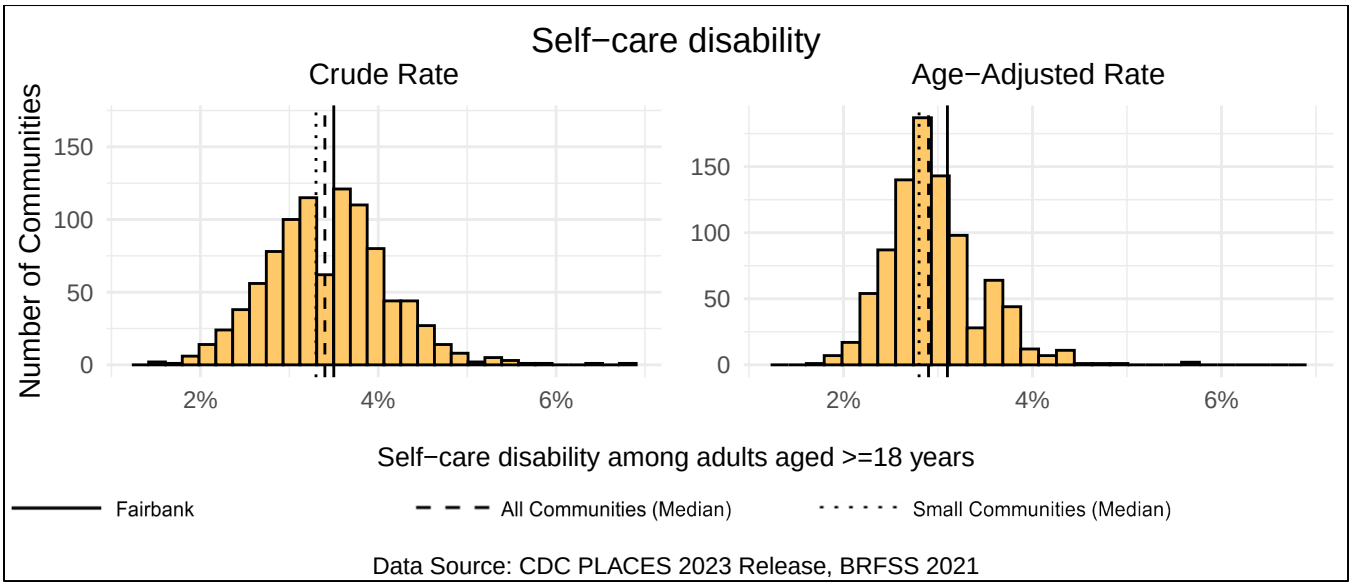


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Fairbank has a crude rate of 3.5% for self-care disability among adults aged >=18 years, which ranks 497th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Fairbank is 3.1%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	3.5%	3.4%	3.3%
Age-Adjusted	3.1%	2.9%	2.8%

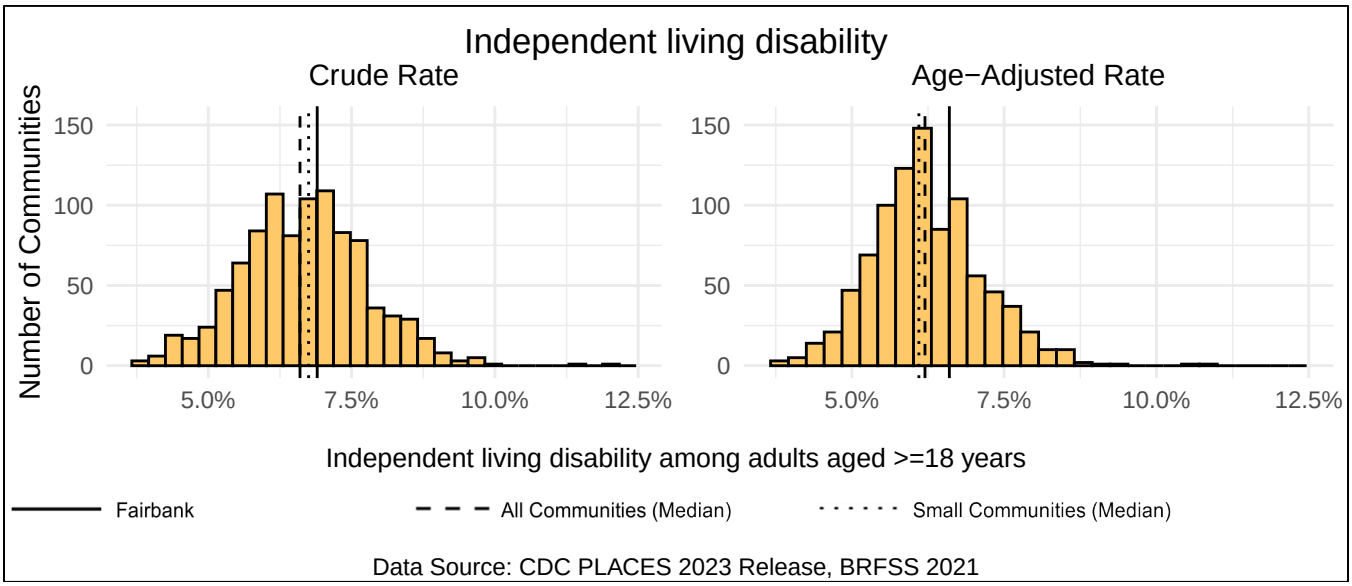


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Fairbank has a crude rate of 6.9% for independent living disability among adults aged >=18 years, which ranks 557th out of 958 Iowa communities (75th out of 138 small communities). The age-adjusted rate for Fairbank is 6.6%, which ranks 616th out of 905 Iowa communities (101st out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	6.9%	6.6%	6.8%
Age-Adjusted	6.6%	6.2%	6.1%

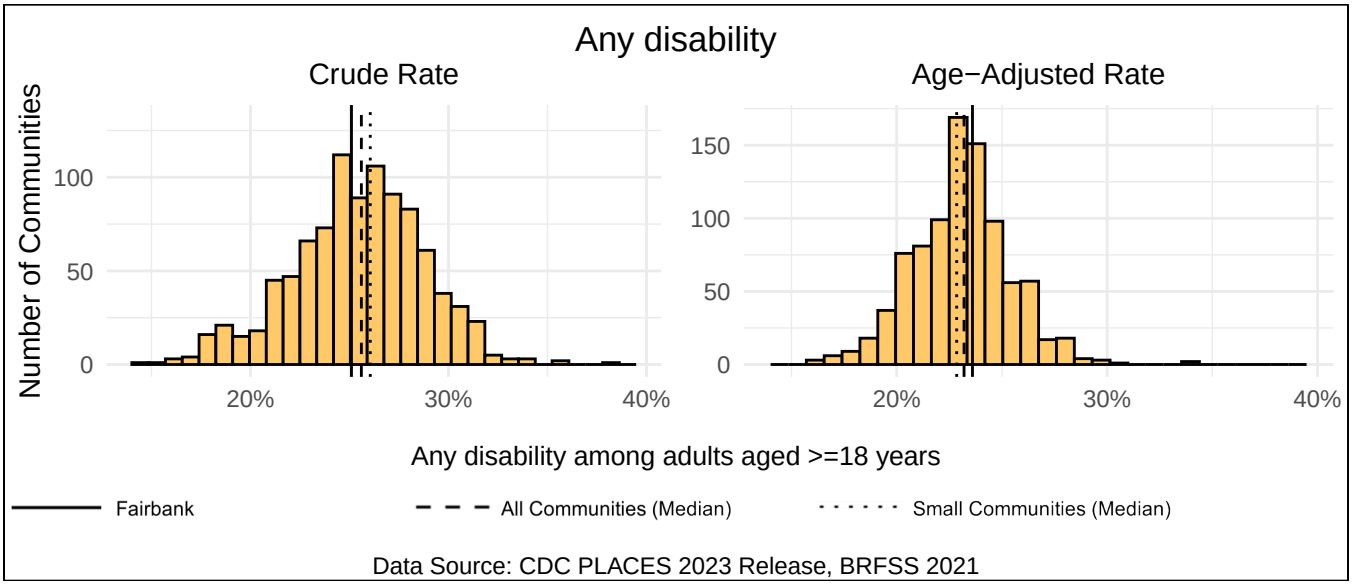


Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Fairbank has a crude rate of 25.1% for any disability among adults aged >=18 years, which ranks 423rd out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Fairbank is 23.6%, which ranks 551st out of 905 Iowa communities (87th out of 138 small communities).

Measure Type	Fairbank	All Comm.	Small Comm.
Crude	25.1%	25.6%	26.0%
Age-Adjusted	23.6%	23.2%	22.8%



Data Source: CDC PLACES 2023 Release, BRFSS 2021

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: Fairbank PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	468	10.8% (9.4% - 12.4%)	604	10.1% (8.7% - 11.4%)
Health Status	Mental Health	705	15.0% (13.1% - 16.9%)	596	15.9% (14.0% - 17.9%)
Health Status	General Health	513	14.5% (12.3% - 16.9%)	620	13.5% (11.6% - 15.9%)
Health Risk Behaviors	Physical Inactivity	549	26.7% (22.5% - 30.9%)	623	25.4% (21.6% - 29.8%)
Health Risk Behaviors	Current Smoking	731	18.2% (15.1% - 21.5%)	636	18.5% (15.2% - 22.0%)
Health Risk Behaviors	Binge Drinking	769	21.3% (18.4% - 24.5%)	736	23.0% (19.8% - 26.6%)
Health Risk Behaviors	Sleep <7 hours	728	31.5% (30.0% - 32.9%)	613	31.8% (30.3% - 33.2%)
Health Outcomes	Depression	424	17.9% (15.2% - 20.9%)	251	18.6% (15.9% - 21.7%)
Health Outcomes	High Blood Pressure	388	31.4% (28.1% - 34.8%)	644	28.1% (25.0% - 31.5%)
Health Outcomes	Arthritis	364	26.8% (23.6% - 30.2%)	574	23.6% (20.7% - 26.8%)
Health Outcomes	Stroke	397	3.2% (2.8% - 3.6%)	569	2.7% (2.4% - 3.0%)
Health Outcomes	All Teeth Lost	663	13.9% (9.4% - 20.1%)	628	13.7% (9.5% - 19.2%)
Health Outcomes	COPD	448	7.4% (6.3% - 8.8%)	620	6.6% (5.7% - 7.8%)
Health Outcomes	Cancer (except skin)	335	7.6% (7.0% - 8.3%)	74	6.4% (5.9% - 7.0%)
Health Outcomes	Obesity	448	37.5% (31.7% - 43.5%)	396	37.2% (31.6% - 43.3%)
Health Outcomes	Diabetes	378	9.7% (8.4% - 11.1%)	567	8.4% (7.4% - 9.7%)
Health Outcomes	Chronic Kidney Disease	381	3.1% (2.8% - 3.4%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Current Asthma	625	9.5% (8.5% - 10.6%)	513	9.6% (8.6% - 10.7%)
Health Outcomes	High Cholesterol	449	36.1% (32.6% - 40.0%)	777	30.8% (27.2% - 34.6%)
Health Outcomes	Coronary Heart Disease	353	6.1% (5.4% - 7.0%)	511	5.1% (4.6% - 5.8%)
Prevention	Annual Checkup	630	74.4% (70.4% - 78.4%)	435	72.6% (68.3% - 76.8%)
Prevention	Cervical Cancer Screening	333	83.9% (81.7% - 86.2%)	402	83.3% (81.0% - 85.7%)
Prevention	Mammography	311	77.1% (73.6% - 80.3%)	464	73.8% (69.8% - 77.8%)
Prevention	Colorectal Cancer Screening	611	70.7% (67.9% - 73.5%)	417	71.1% (68.4% - 73.8%)
Prevention	Dental Visit	642	65.6% (62.3% - 68.8%)	577	65.5% (62.1% - 68.7%)

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 men	418	44.0% (37.0% - 52.0%)	356	44.5% (37.4% - 52.4%)
Prevention	Core preventive services for older women	704	36.5% (30.0% - 43.7%)	570	39.0% (32.5% - 45.9%)
Prevention	Health Insurance	731	8.1% (6.2% - 10.3%)	632	8.3% (6.5% - 10.6%)
Prevention	Cholesterol Screening	738	80.9% (77.9% - 83.5%)	668	78.3% (75.0% - 81.4%)
Prevention	Taking BP Medication	649	78.3% (75.5% - 81.0%)	330	59.2% (55.1% - 63.3%)
Disability	Cognitive Disability	696	11.8% (10.1% - 13.6%)	631	12.2% (10.4% - 14.2%)
Disability	Self-care Disability	497	3.5% (3.0% - 4.0%)	567	3.1% (2.7% - 3.6%)
Disability	Vision Disability	516	4.2% (3.6% - 5.0%)	564	3.8% (3.3% - 4.4%)
Disability	Any Disability	423	25.1% (21.7% - 28.7%)	551	23.6% (20.6% - 27.2%)
Disability	Mobility Disability	437	11.6% (9.8% - 13.4%)	601	10.0% (8.6% - 11.5%)
Disability	Hearing Disability	383	7.1% (6.3% - 8.0%)	544	6.1% (5.5% - 6.9%)
Disability	Independent Living Disability	557	6.9% (5.9% - 8.0%)	616	6.6% (5.7% - 7.7%)

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)

Fairbank 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		