



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 Fairfax: Overview

Dear Community Members & Stakeholders of Fairfax,

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 Fairfax ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Fairfax'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 Fairfax. 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
Cervical Cancer Screening	26th	6th	Cervical Cancer Screening	14th	6th
Chronic Kidney Disease	36th	7th	Colorectal Cancer Screening	14th	5th
Arthritis	39th	10th	Stroke	23rd	6th
Stroke	40th	9th	Arthritis	23rd	4th
Independent Living Disability	40th	10th	Coronary Heart Disease	30th	8th

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
Binge Drinking	925th	96th	Binge Drinking	852nd	97th
Depression	916th	97th	Depression	832nd	91st
Taking BP Medication	881st	92nd	Taking BP Medication	685th	81st
Obesity	537th	59th	High Blood Pressure	412th	46th
Annual Checkup	513th	55th	Core preventive services for older men	395th	42nd

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 Fairfax.

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

With a population of 2,814, Fairfax’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

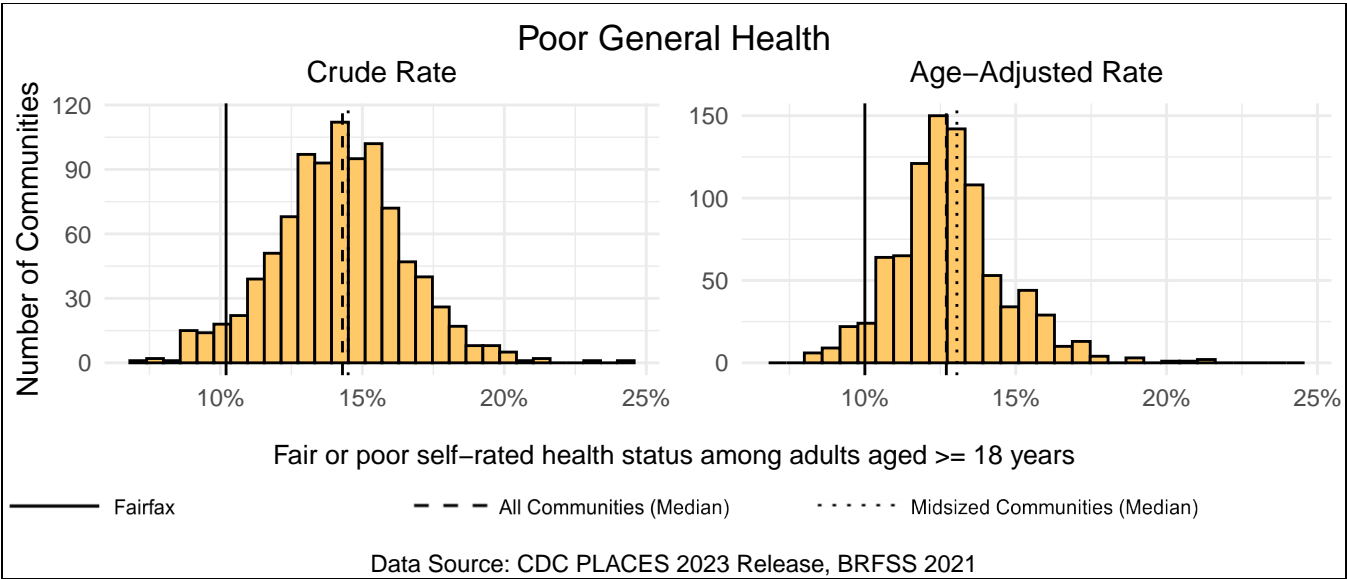
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Fairfax has a crude rate of 10.2% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 45th out of 958 Iowa communities (12th out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 10.0%, which ranks 45th out of 905 Iowa communities (12th out of 102 mid-sized communities).

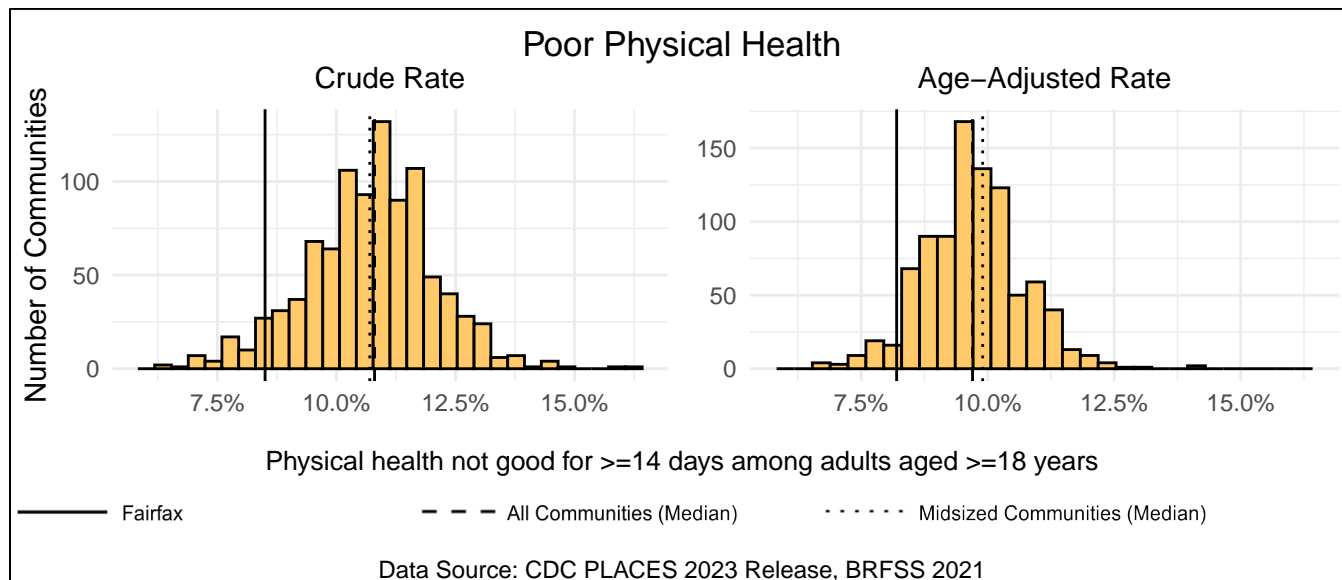
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	10.2%	14.3%	14.5%
Age-Adjusted	10.0%	12.7%	13.0%



Poor Physical Health

Fairfax has a crude rate of 8.5% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 52nd out of 958 Iowa communities (13th out of 102 midsized communities). The age-adjusted rate for Fairfax is 8.2%, which ranks 44th out of 905 Iowa communities (12th out of 102 midsized communities).

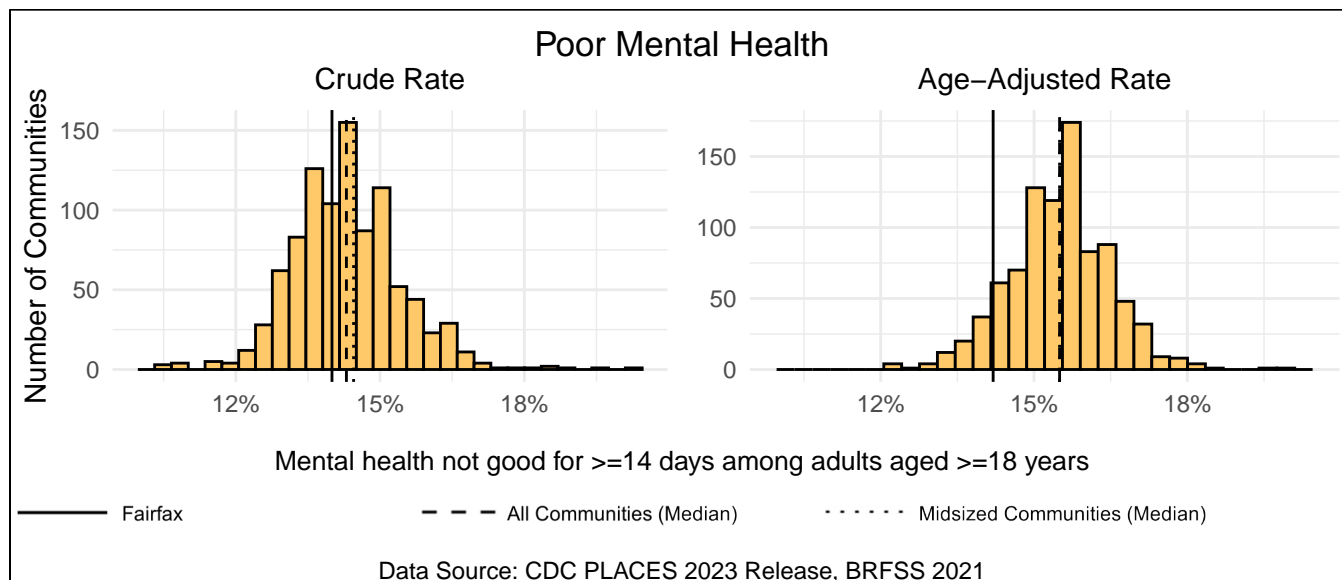
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	8.5%	10.8%	10.7%
Age-Adjusted	8.2%	9.7%	9.9%



Poor Mental Health

Fairfax has a crude rate of 14.0% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 356th out of 958 Iowa communities (33rd out of 102 midsized communities). The age-adjusted rate for Fairfax is 14.2%, which ranks 79th out of 905 Iowa communities (15th out of 102 midsized communities).

Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	14.0%	14.3%	14.4%
Age-Adjusted	14.2%	15.5%	15.5%



Health Risk Behaviors

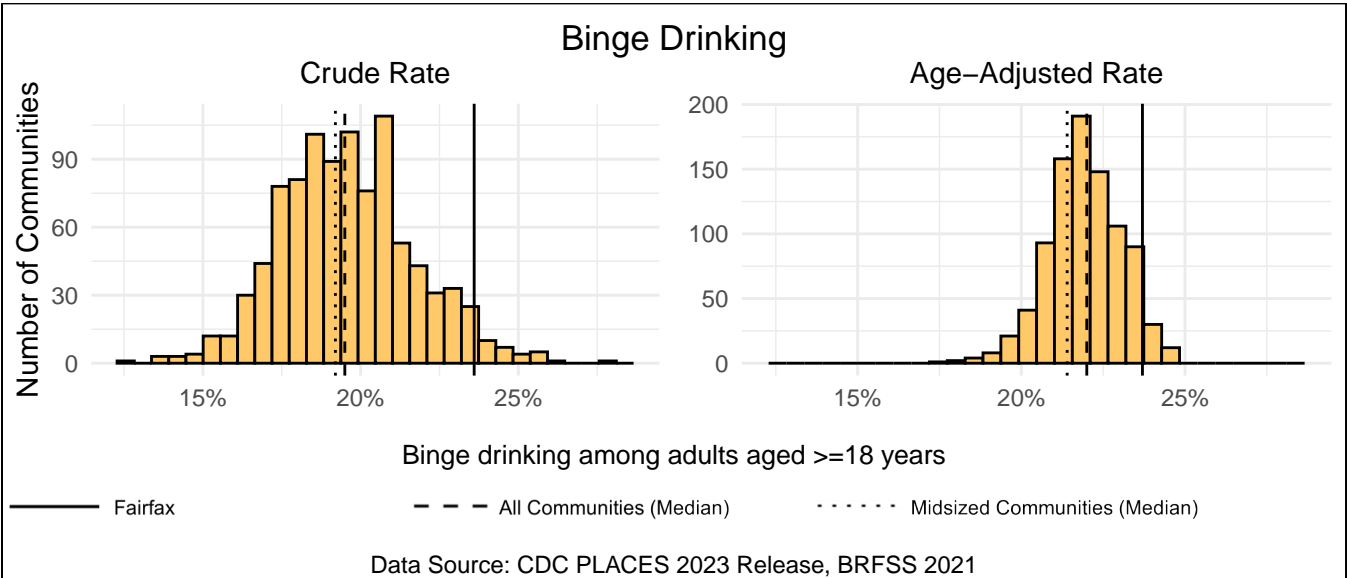
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Fairfax has a crude rate of 23.6% for binge drinking among adults aged ≥ 18 years, which ranks 925th out of 958 Iowa communities (96th out of 102 midsize communities). The age-adjusted rate for Fairfax is 23.7%, which ranks 852nd out of 905 Iowa communities (97th out of 102 midsize communities).

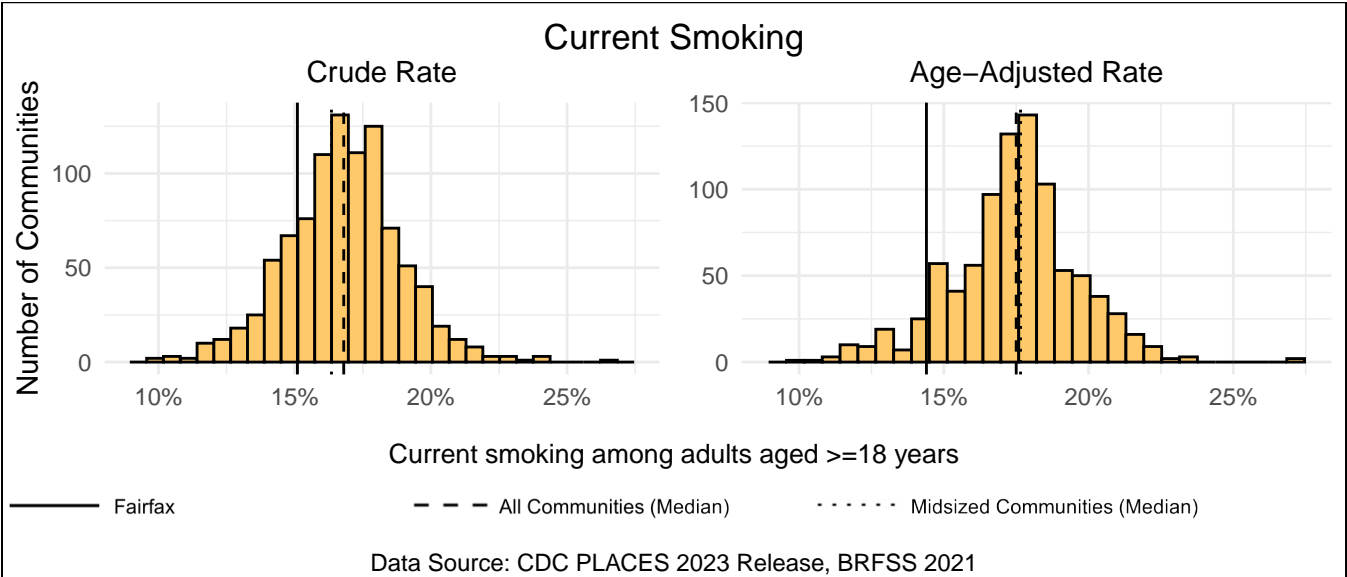
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	23.6%	19.5%	19.2%
Age-Adjusted	23.7%	22.0%	21.4%



Current Smoking

Fairfax has a crude rate of 15.1% for current smoking among adults aged >=18 years, which ranks 187th out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 14.4%, which ranks 70th out of 905 Iowa communities (17th out of 102 mid-sized communities).

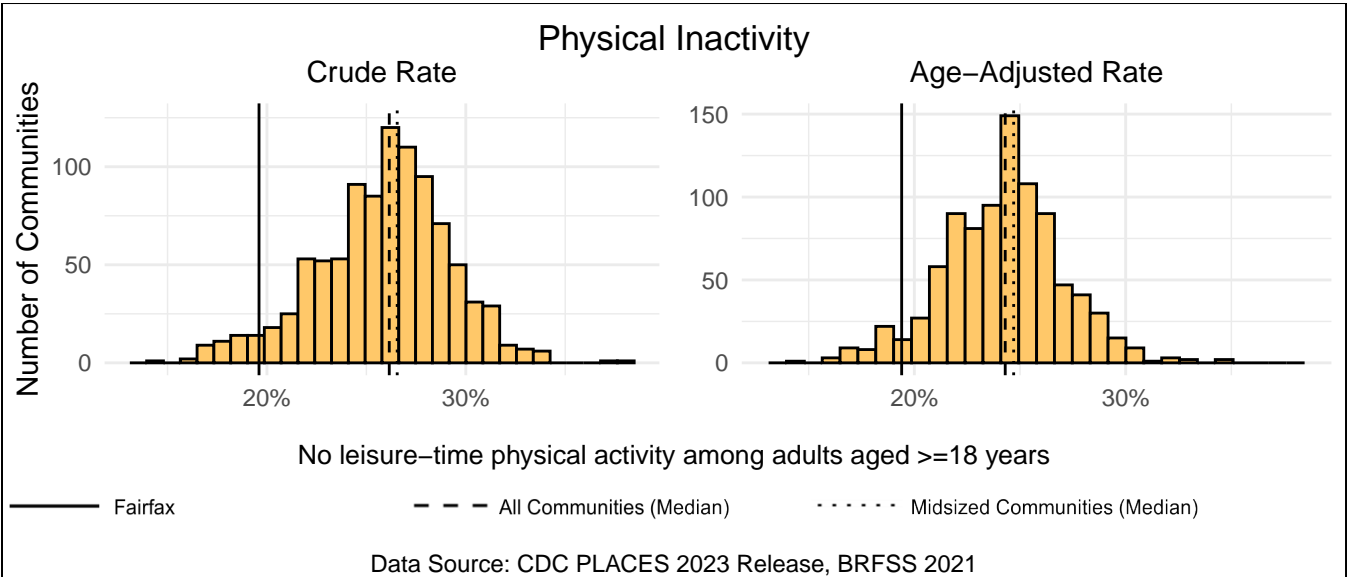
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	15.1%	16.8%	16.4%
Age-Adjusted	14.4%	17.5%	17.6%



Physical Inactivity

Fairfax has a crude rate of 19.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 48th out of 958 Iowa communities (10th out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 19.4%, which ranks 45th out of 905 Iowa communities (12th out of 102 mid-sized communities).

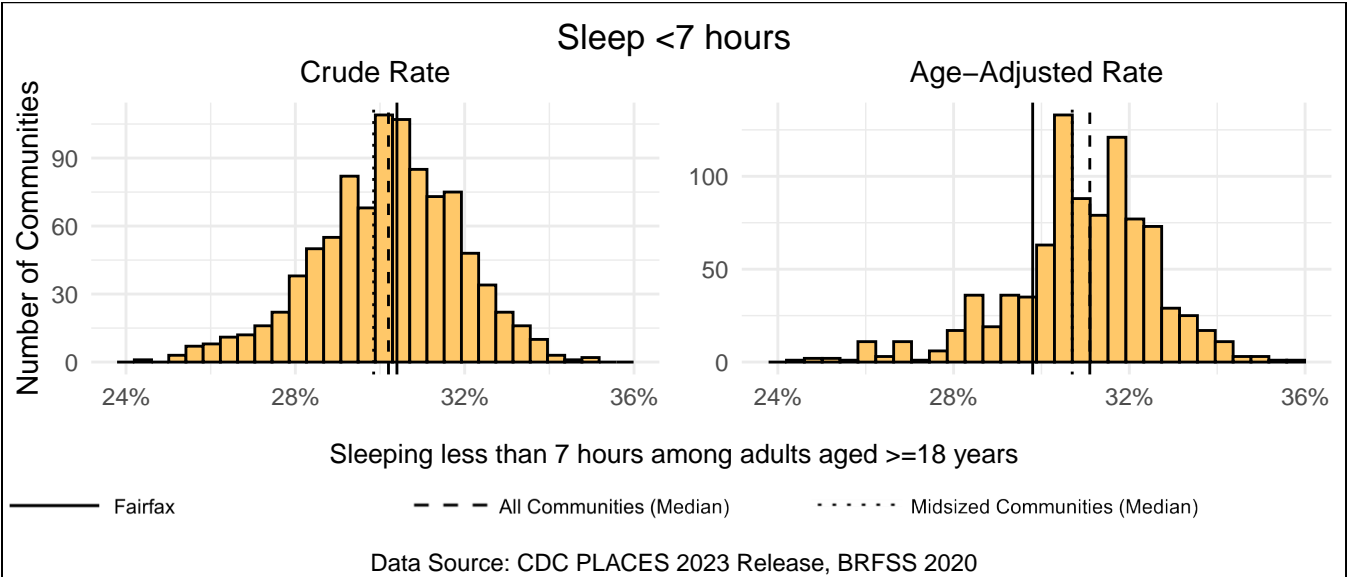
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	19.6%	26.1%	26.6%
Age-Adjusted	19.4%	24.3%	24.7%



Sleep <7 hours

Fairfax has a crude rate of 30.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 498th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Fairfax is 29.8%, which ranks 173rd out of 905 Iowa communities (29th out of 102 midsized communities).

Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	30.4%	30.2%	29.8%
Age-Adjusted	29.8%	31.1%	30.7%



Health Outcomes

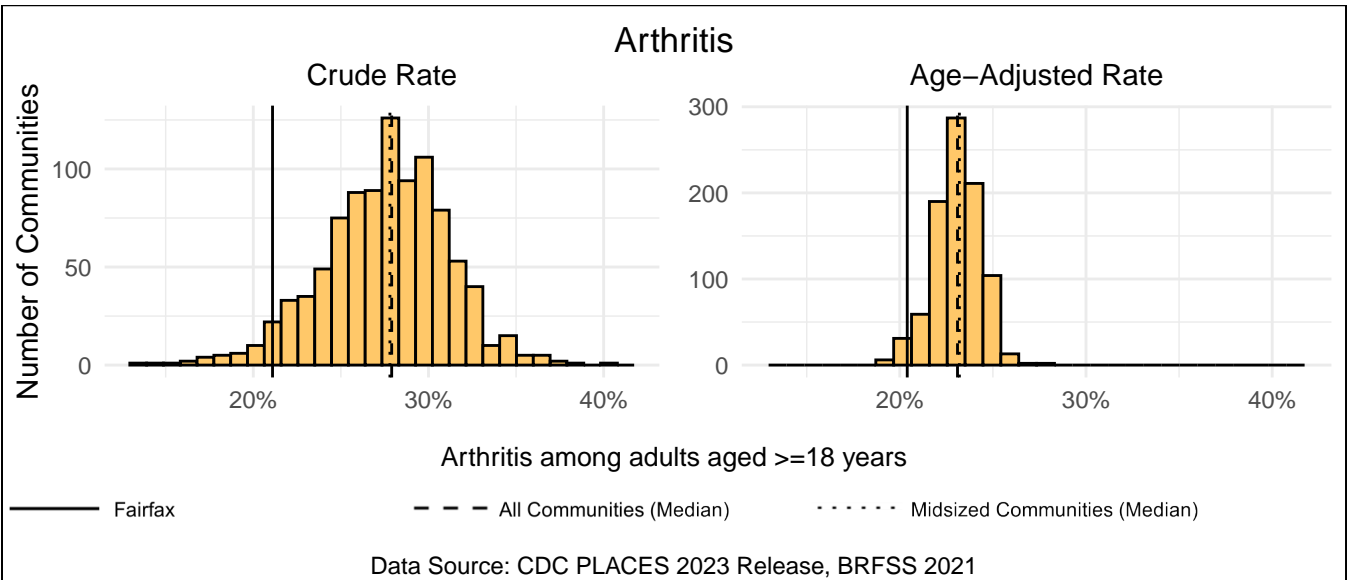
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Fairfax has a crude rate of 21.1% for arthritis among adults aged ≥ 18 years, which ranks 39th out of 958 Iowa communities (10th out of 102 midsize communities). The age-adjusted rate for Fairfax is 20.4%, which ranks 23rd out of 905 Iowa communities (4th out of 102 midsize communities).

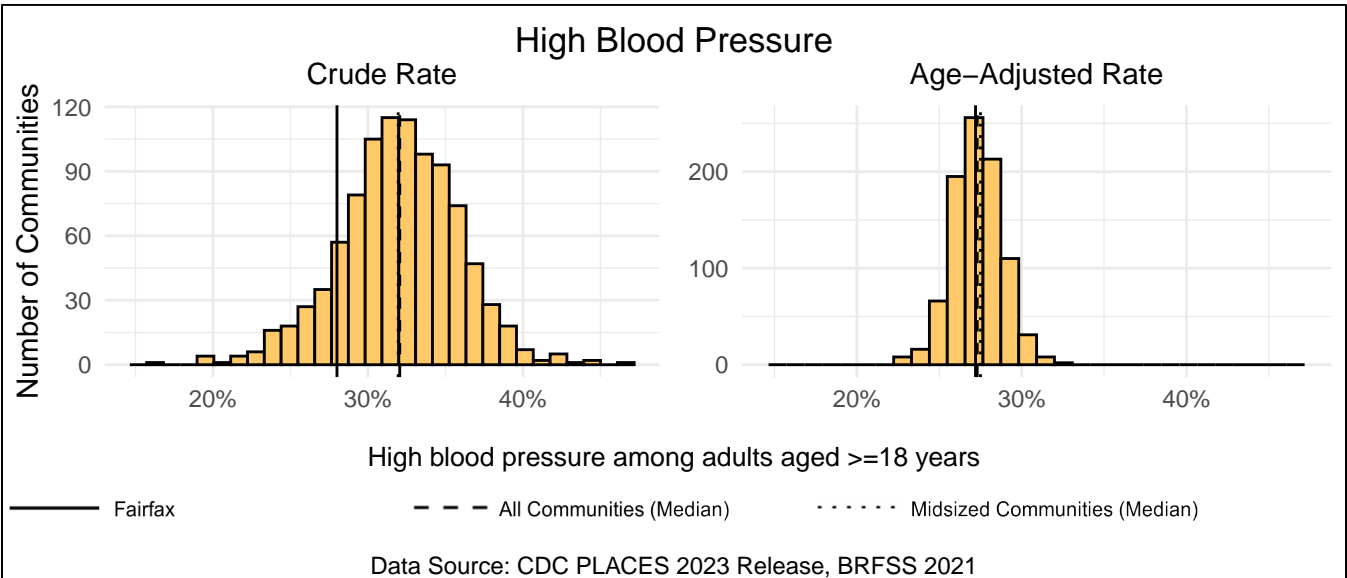
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	21.1%	27.9%	27.8%
Age-Adjusted	20.4%	23.1%	23.2%



High Blood Pressure

Fairfax has a crude rate of 28.0% for high blood pressure among adults aged ≥ 18 years, which ranks 123rd out of 958 Iowa communities (19th out of 102 midsize communities). The age-adjusted rate for Fairfax is 27.2%, which ranks 412th out of 905 Iowa communities (46th out of 102 midsize communities).

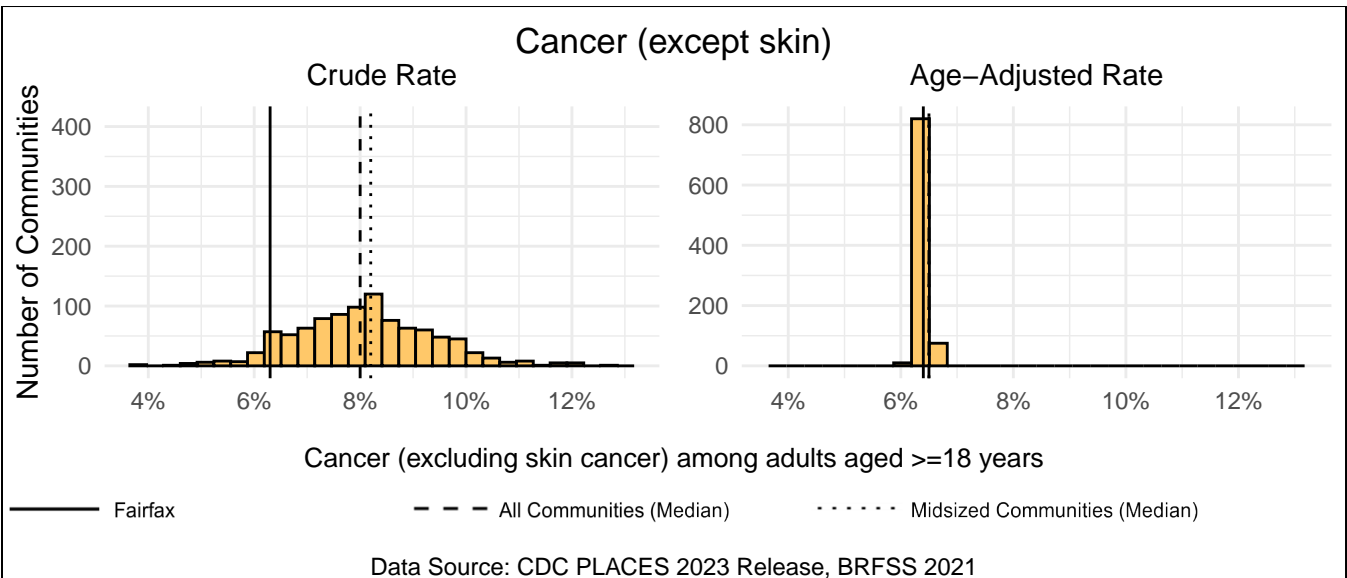
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	28.0%	32.0%	32.0%
Age-Adjusted	27.2%	27.3%	27.5%



Cancer (except skin)

Fairfax has a crude rate of 6.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 66th out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for Fairfax is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 midsize communities).

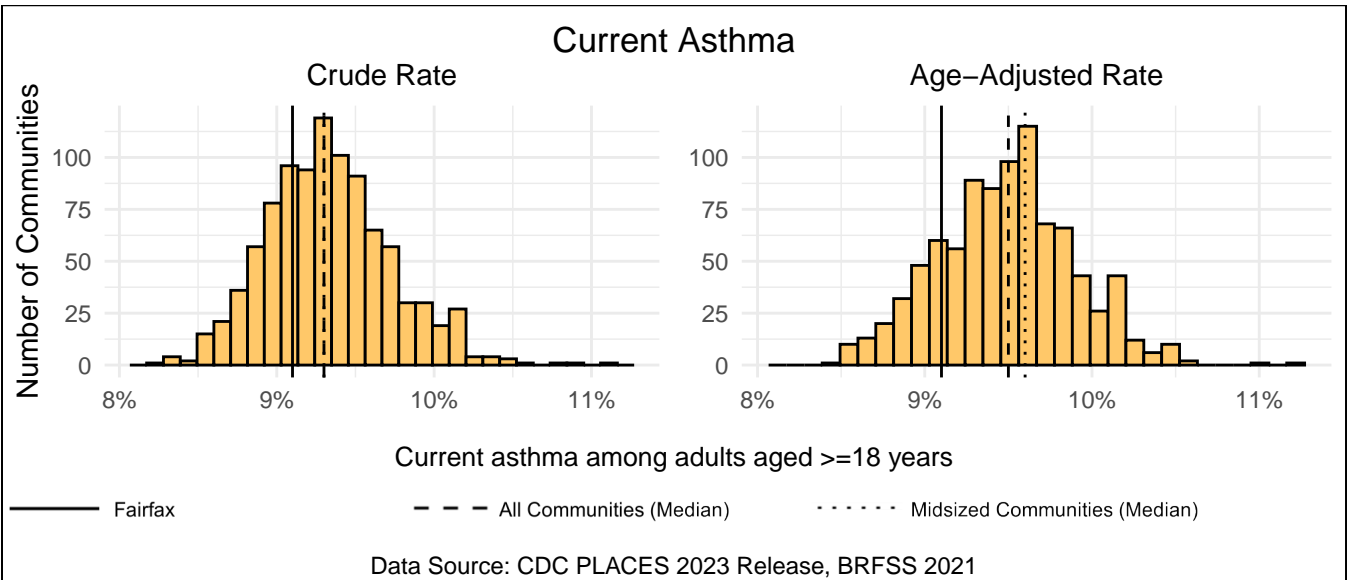
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	6.3%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

Fairfax has a crude rate of 9.1% for current asthma among adults aged ≥ 18 years, which ranks 215th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Fairfax is 9.1%, which ranks 125th out of 905 Iowa communities (15th out of 102 midsize communities).

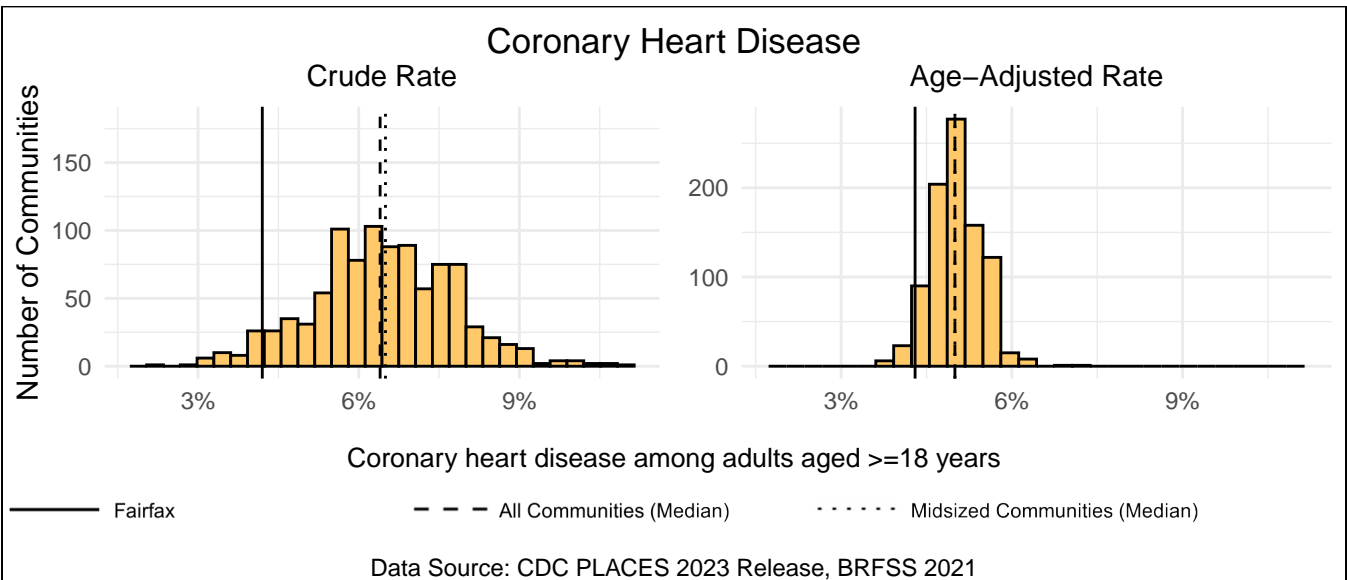
Measure Type	Fairfax	All Comm.	Midsize Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.1%	9.5%	9.6%



Coronary Heart Disease

Fairfax has a crude rate of 4.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 42nd out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Fairfax is 4.3%, which ranks 30th out of 905 Iowa communities (8th out of 102 midsize communities).

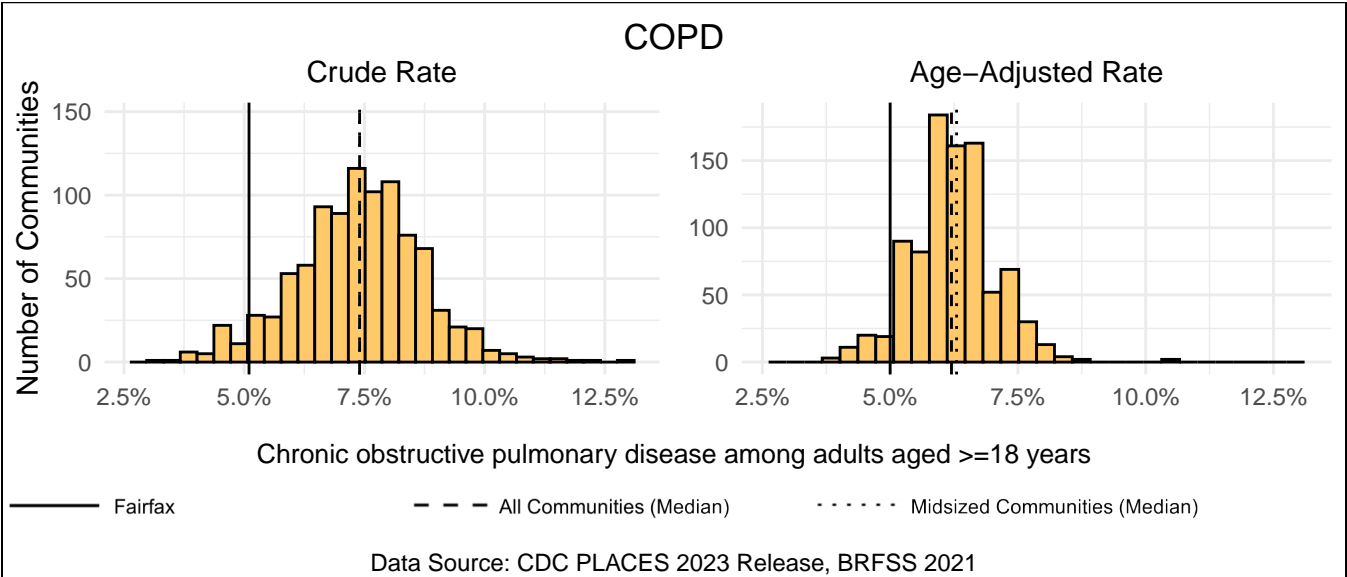
Measure Type	Fairfax	All Comm.	Midsize Comm.
Crude	4.2%	6.4%	6.5%
Age-Adjusted	4.3%	5.0%	5.0%



COPD

Fairfax has a crude rate of 5.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 47th out of 958 Iowa communities (13th out of 102 midsized communities). The age-adjusted rate for Fairfax is 5.0%, which ranks 45th out of 905 Iowa communities (12th out of 102 midsized communities).

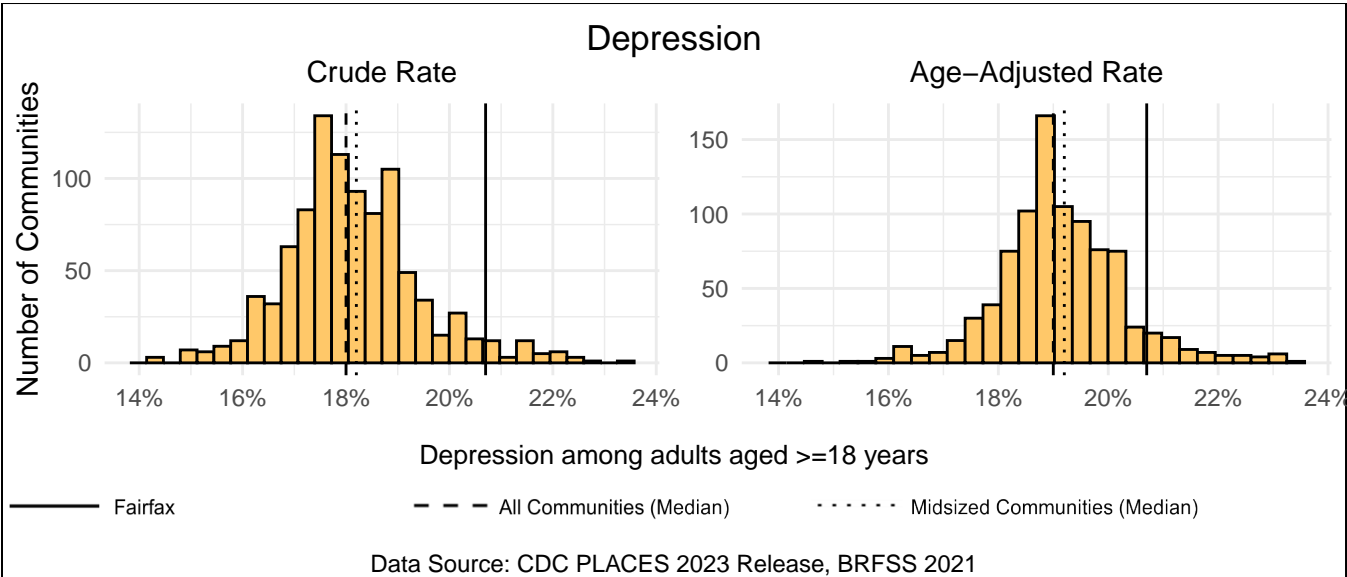
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	5.1%	7.4%	7.4%
Age-Adjusted	5.0%	6.2%	6.3%



Depression

Fairfax has a crude rate of 20.7% for depression among adults aged ≥ 18 years, which ranks 916th out of 958 Iowa communities (97th out of 102 midsized communities). The age-adjusted rate for Fairfax is 20.7%, which ranks 832nd out of 905 Iowa communities (91st out of 102 midsized communities).

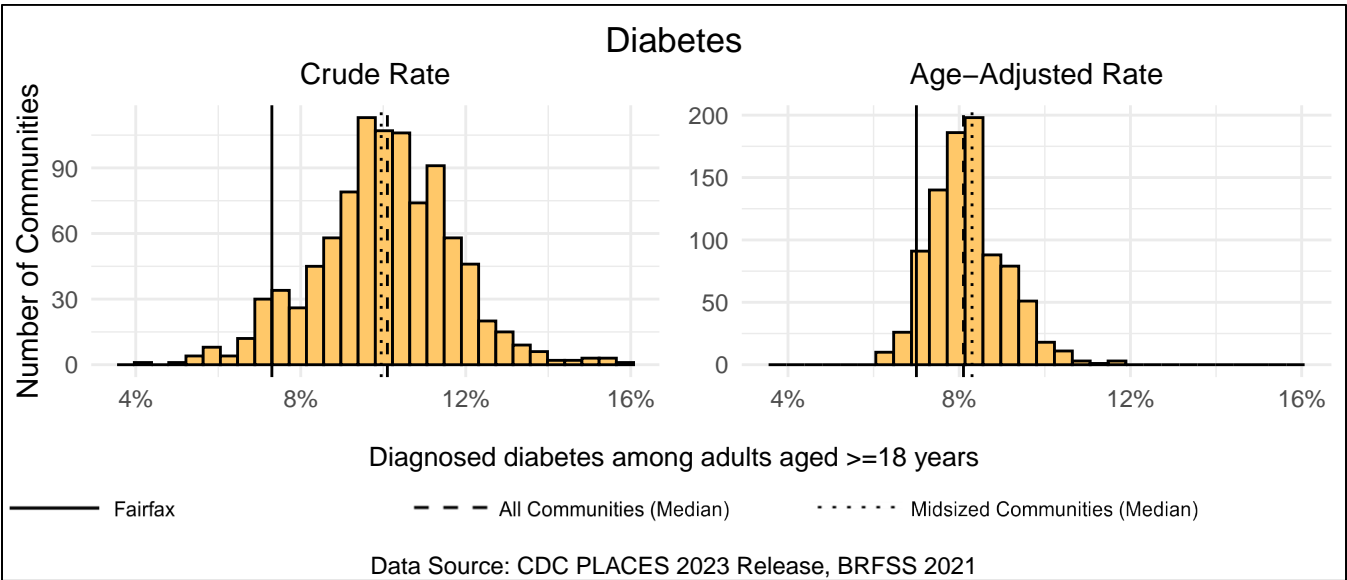
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	20.7%	18.0%	18.2%
Age-Adjusted	20.7%	19.0%	19.2%



Diabetes

Fairfax has a crude rate of 7.3% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 54th out of 958 Iowa communities (13th out of 102 midsize communities). The age-adjusted rate for Fairfax is 7.0%, which ranks 46th out of 905 Iowa communities (11th out of 102 midsize communities).

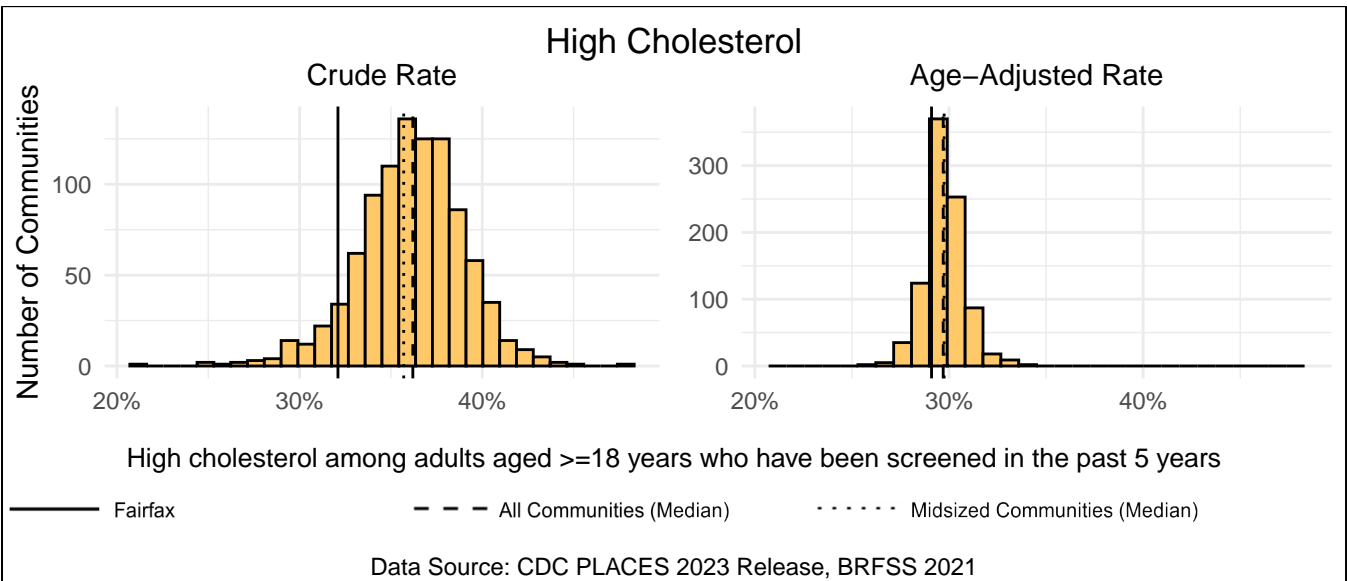
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	7.3%	10.1%	9.9%
Age-Adjusted	7.0%	8.1%	8.3%



High Cholesterol

Fairfax has a crude rate of 32.1% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 77th out of 958 Iowa communities (14th out of 102 midsize communities). The age-adjusted rate for Fairfax is 29.1%, which ranks 195th out of 905 Iowa communities (20th out of 102 midsize communities).

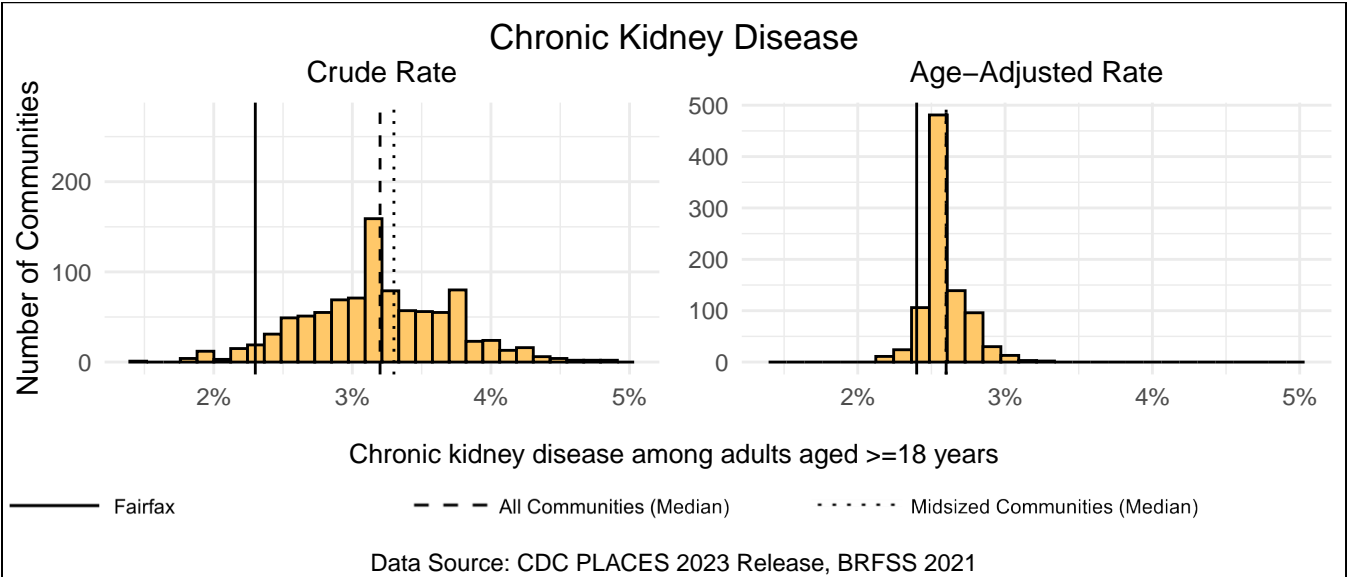
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	32.1%	36.2%	35.7%
Age-Adjusted	29.1%	29.7%	29.8%



Chronic Kidney Disease

Fairfax has a crude rate of 2.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 36th out of 958 Iowa communities (7th out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 mid-sized communities).

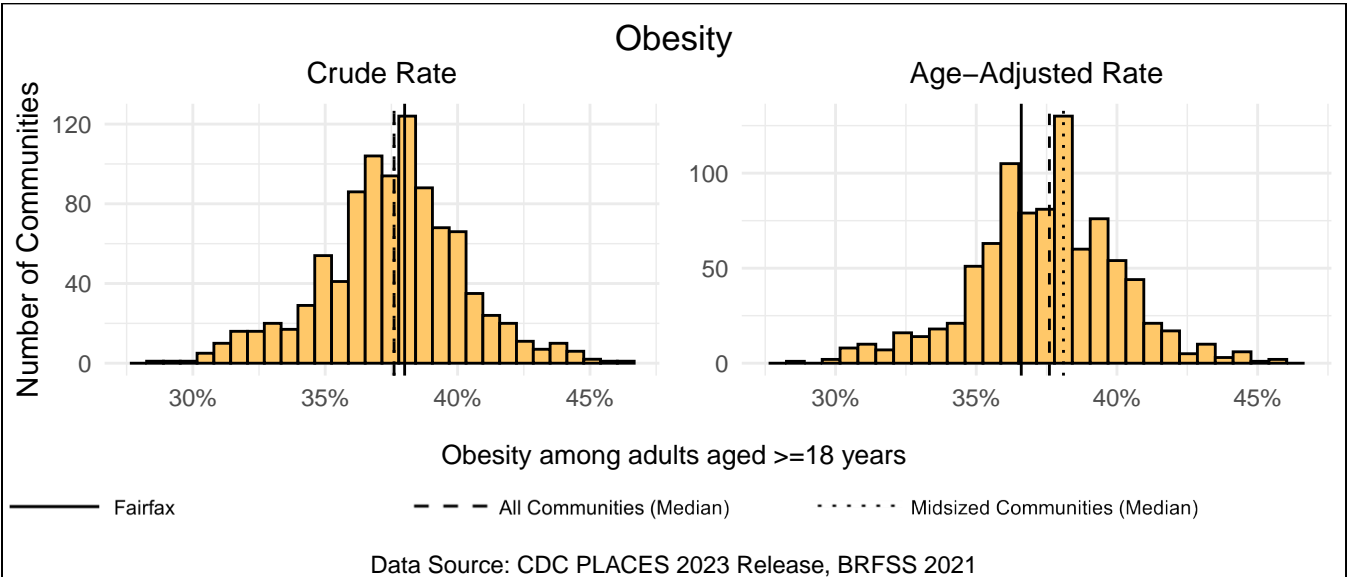
Measure Type	Fairfax	All Comm.	Mid-sized Comm.
Crude	2.3%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Fairfax has a crude rate of 38.0% for obesity among adults aged ≥ 18 years, which ranks 537th out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 36.6%, which ranks 317th out of 905 Iowa communities (32nd out of 102 mid-sized communities).

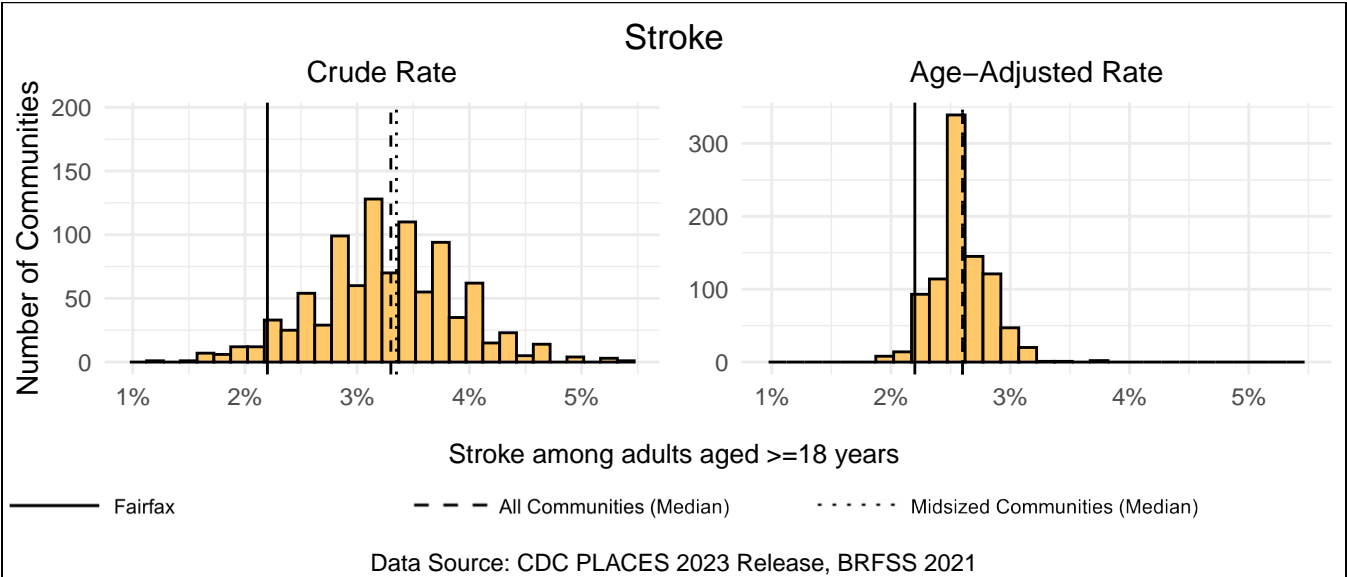
Measure Type	Fairfax	All Comm.	Mid-sized Comm.
Crude	38.0%	37.6%	37.6%
Age-Adjusted	36.6%	37.6%	38.1%



Stroke

Fairfax has a crude rate of 2.2% for stroke among adults aged ≥ 18 years, which ranks 40th out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Fairfax is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 102 midsize communities).

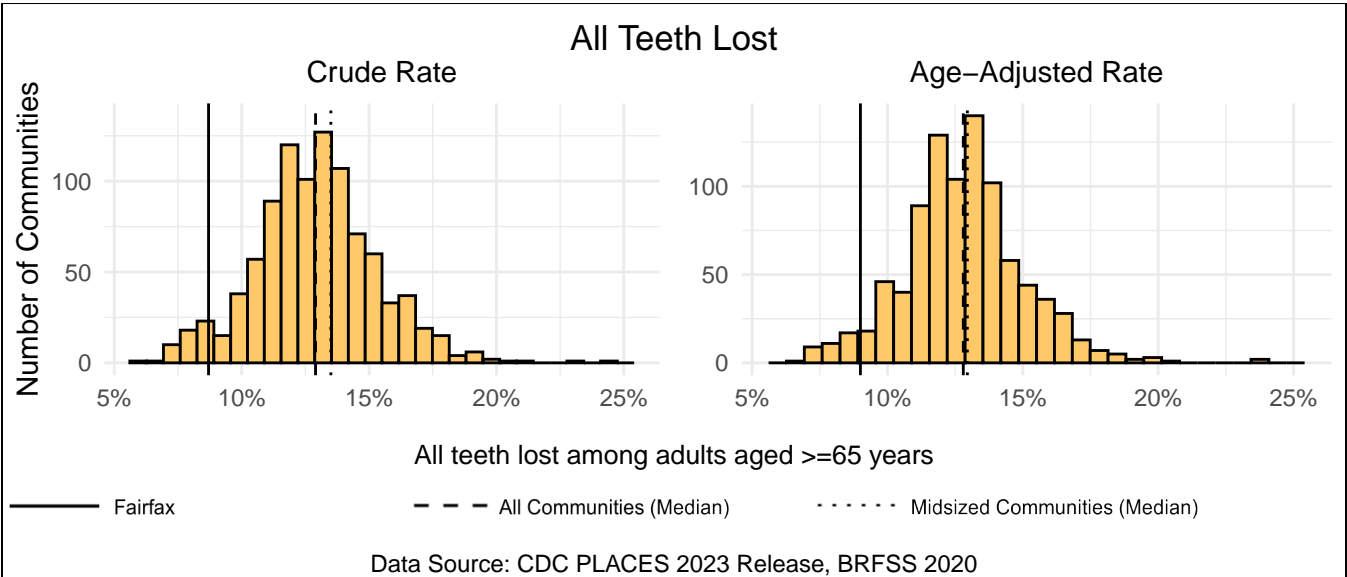
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	2.2%	3.3%	3.3%
Age-Adjusted	2.2%	2.6%	2.6%



All Teeth Lost

Fairfax has a crude rate of 8.7% for all teeth lost among adults aged ≥ 65 years, which ranks 46th out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for Fairfax is 9.0%, which ranks 39th out of 905 Iowa communities (12th out of 102 midsize communities).

Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	8.7%	12.9%	13.5%
Age-Adjusted	9.0%	12.8%	12.9%



Prevention

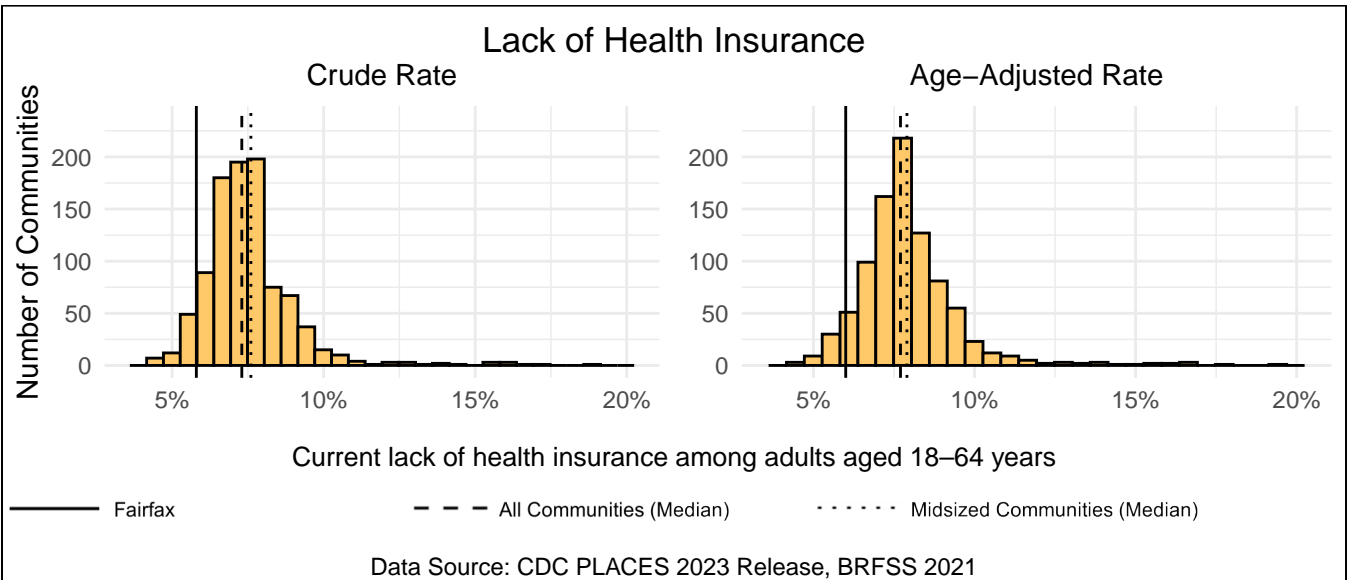
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Fairfax has a crude rate of 5.8% for current lack of health insurance among adults aged 18–64 years, which ranks 59th out of 958 Iowa communities (12th out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 6.0%, which ranks 48th out of 905 Iowa communities (12th out of 102 mid-sized communities).

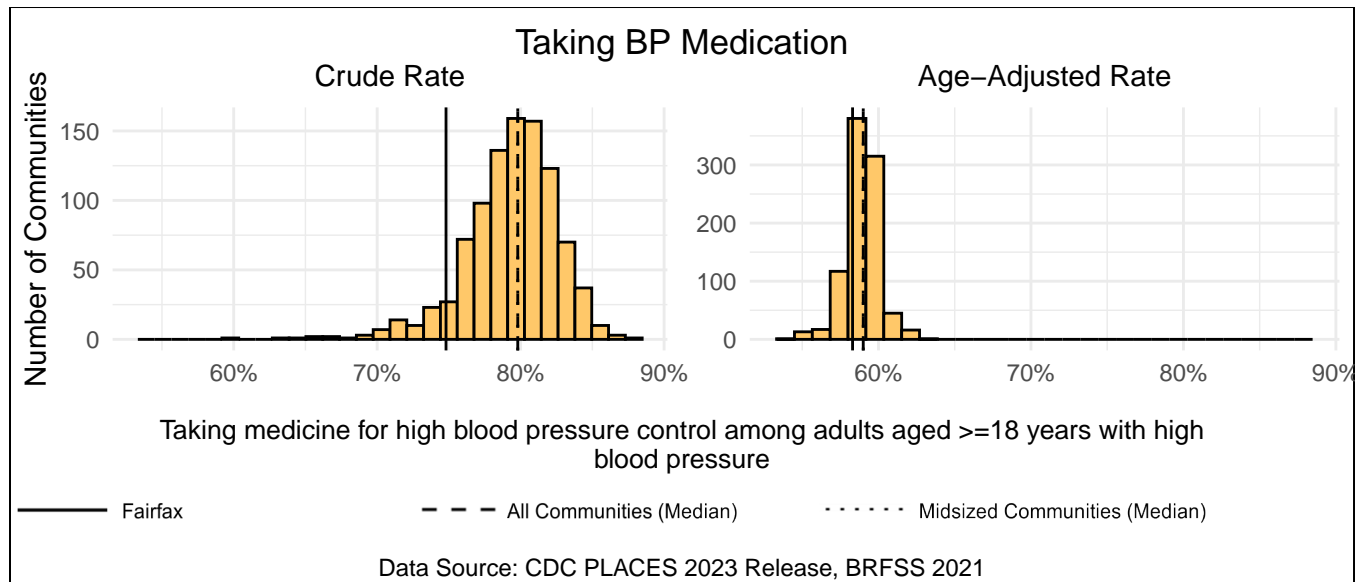
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	5.8%	7.3%	7.6%
Age-Adjusted	6.0%	7.7%	7.9%



Taking BP Medication

Fairfax has a crude rate of 74.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 881st out of 958 Iowa communities (92nd out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 58.3%, which ranks 685th out of 905 Iowa communities (81st out of 102 mid-sized communities).

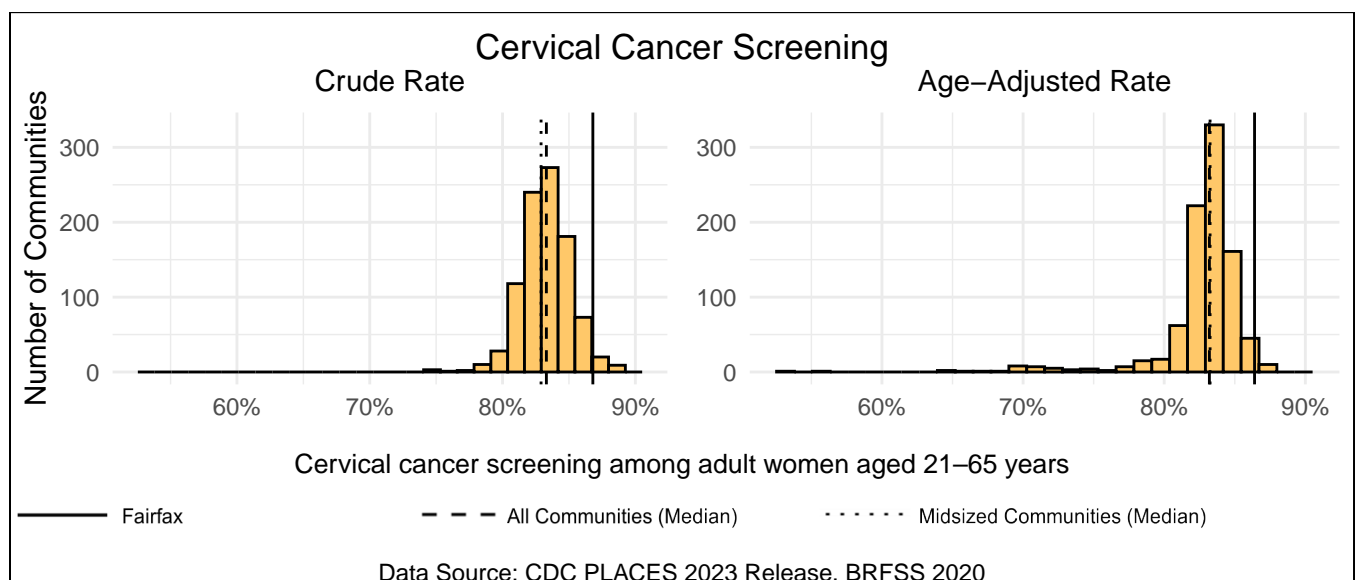
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	74.8%	79.8%	79.8%
Age-Adjusted	58.3%	59.0%	59.0%



Cervical Cancer Screening

Fairfax has a crude rate of 86.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 26th out of 958 Iowa communities (6th out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 86.4%, which ranks 14th out of 905 Iowa communities (6th out of 102 mid-sized communities).

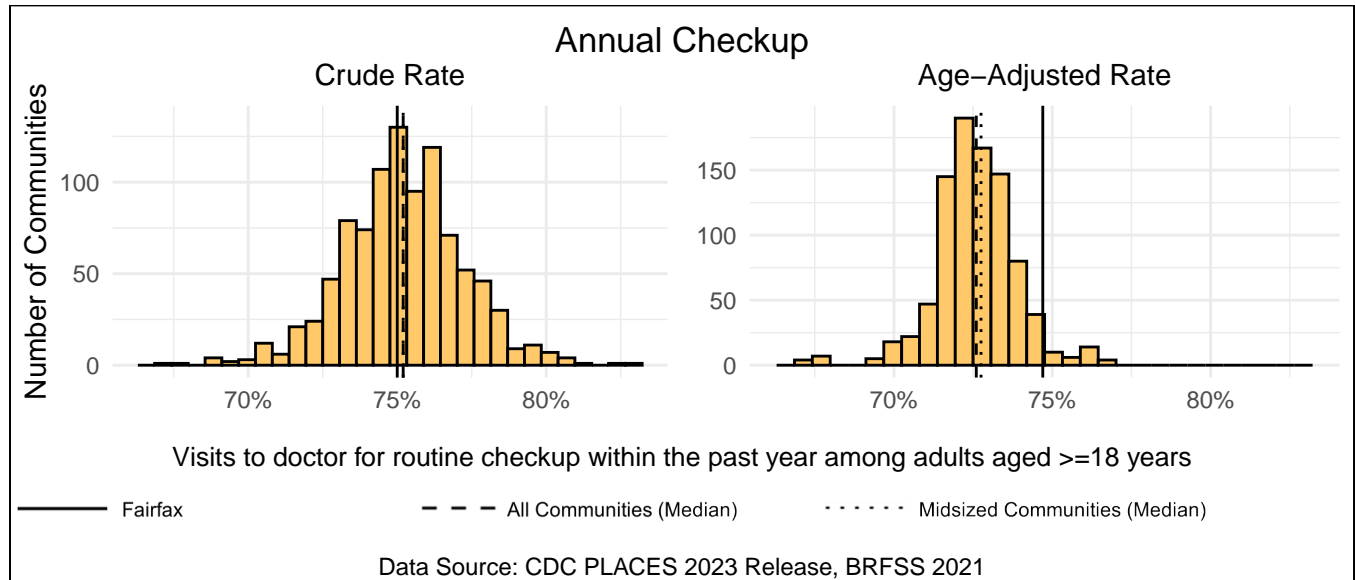
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	86.8%	83.3%	82.9%
Age-Adjusted	86.4%	83.2%	83.2%



Annual Checkup

Fairfax has a crude rate of 75.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 513th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Fairfax is 74.7%, which ranks 35th out of 905 Iowa communities (7th out of 102 midsize communities).

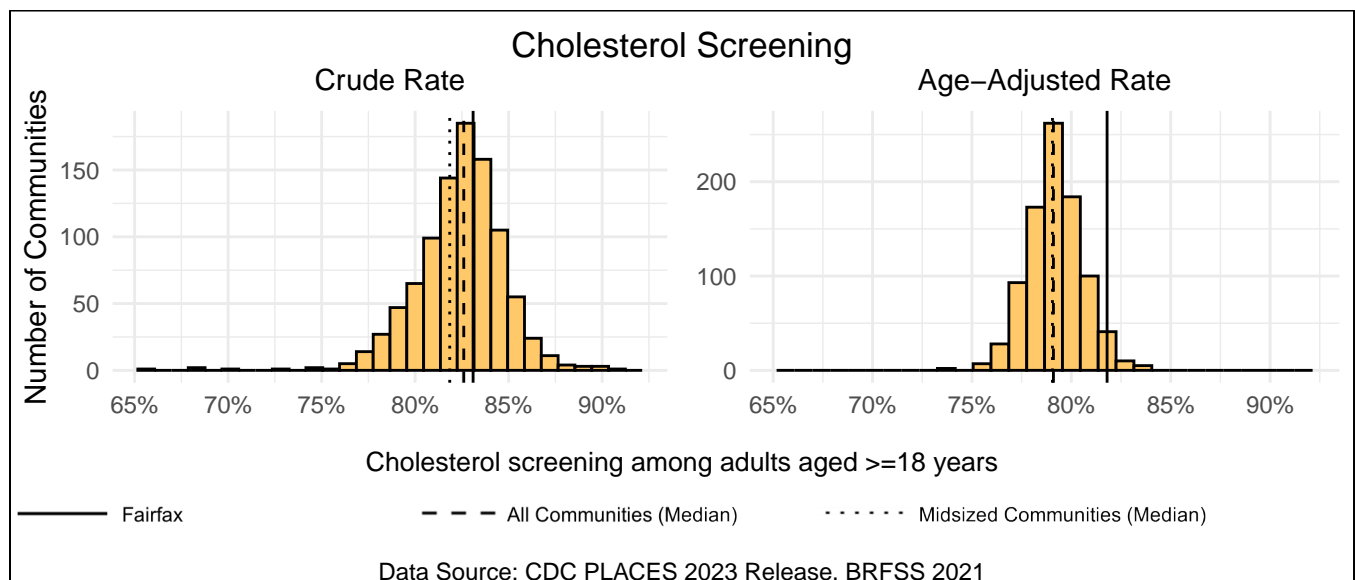
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	75.0%	75.2%	75.2%
Age-Adjusted	74.7%	72.6%	72.8%



Cholesterol Screening

Fairfax has a crude rate of 83.1% for cholesterol screening among adults aged ≥ 18 years, which ranks 365th out of 958 Iowa communities (25th out of 102 midsize communities). The age-adjusted rate for Fairfax is 81.8%, which ranks 34th out of 905 Iowa communities (11th out of 102 midsize communities).

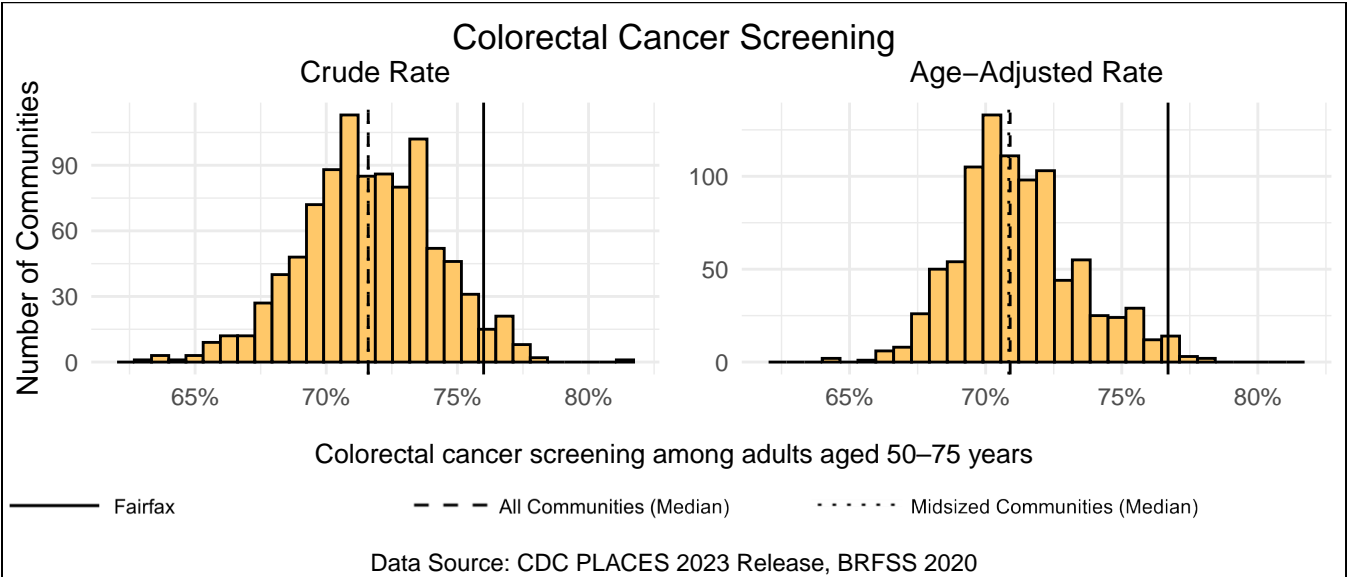
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	83.1%	82.6%	81.8%
Age-Adjusted	81.8%	79.1%	79.0%



Colorectal Cancer Screening

Fairfax has a crude rate of 76.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 46th out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Fairfax is 76.7%, which ranks 14th out of 905 Iowa communities (5th out of 102 midsize communities).

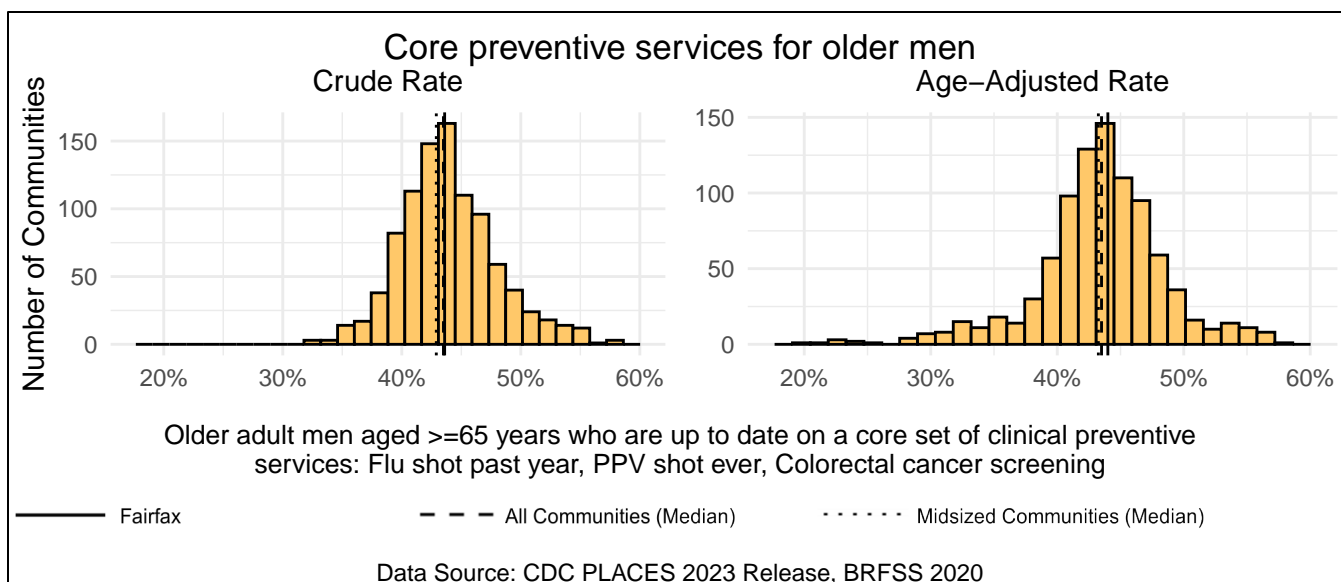
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	76.0%	71.6%	71.6%
Age-Adjusted	76.7%	70.9%	70.8%



Core preventive services for older men

Fairfax has a crude rate of 43.6% 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 460th out of 958 Iowa communities (41st out of 102 midsize communities). The age-adjusted rate for Fairfax is 44.0%, which ranks 395th out of 905 Iowa communities (42nd out of 102 midsize communities).

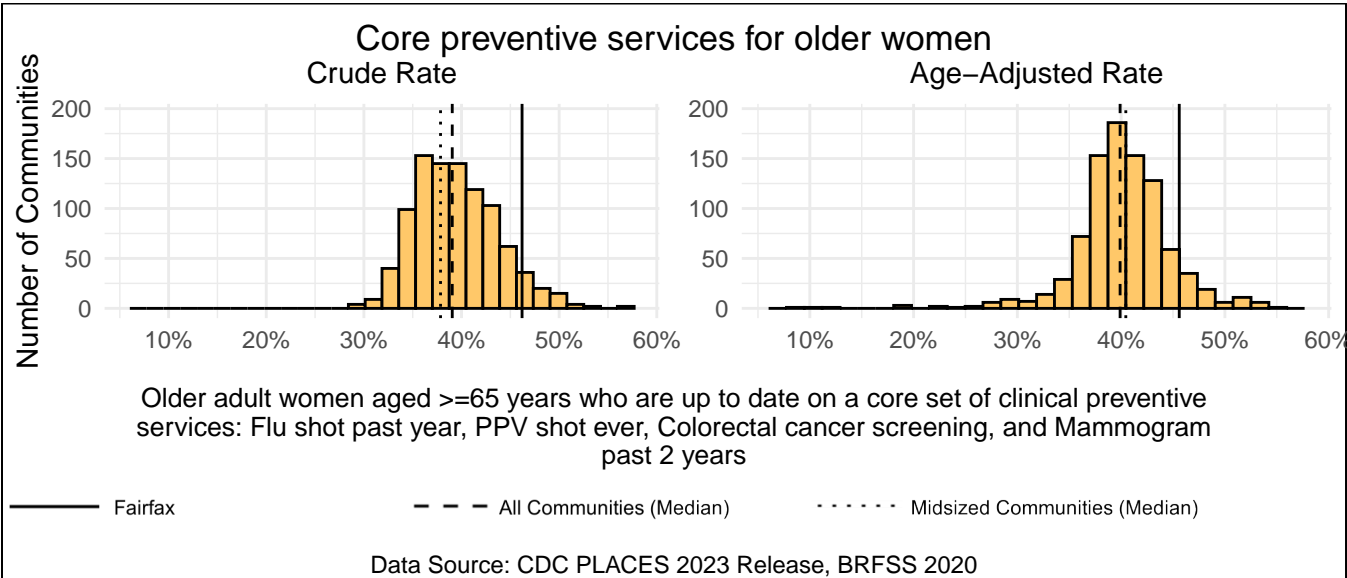
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	43.6%	43.5%	42.9%
Age-Adjusted	44.0%	43.5%	43.2%



Core preventive services for older women

Fairfax has a crude rate of 46.2% 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 70th out of 958 Iowa communities (14th out of 102 midsized communities). The age-adjusted rate for Fairfax is 45.6%, which ranks 79th out of 905 Iowa communities (17th out of 102 midsized communities).

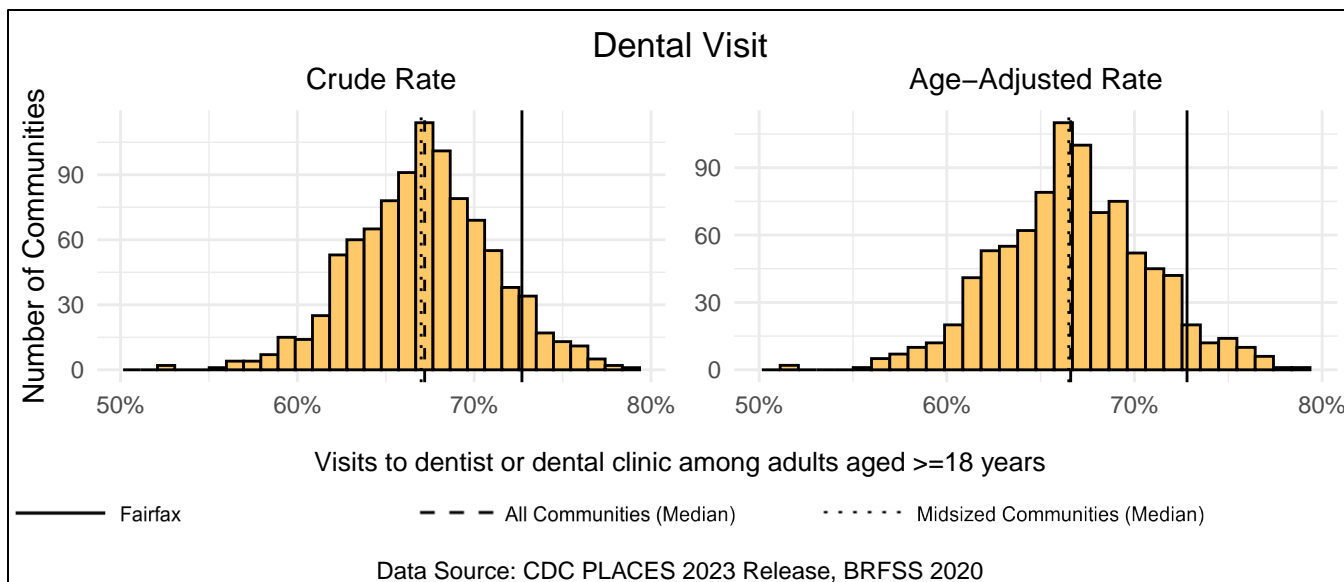
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	46.2%	39.0%	37.8%
Age-Adjusted	45.6%	39.9%	40.4%



Dental Visit

Fairfax has a crude rate of 72.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 81st out of 958 Iowa communities (18th out of 102 midsized communities). The age-adjusted rate for Fairfax is 72.8%, which ranks 60th out of 905 Iowa communities (16th out of 102 midsized communities).

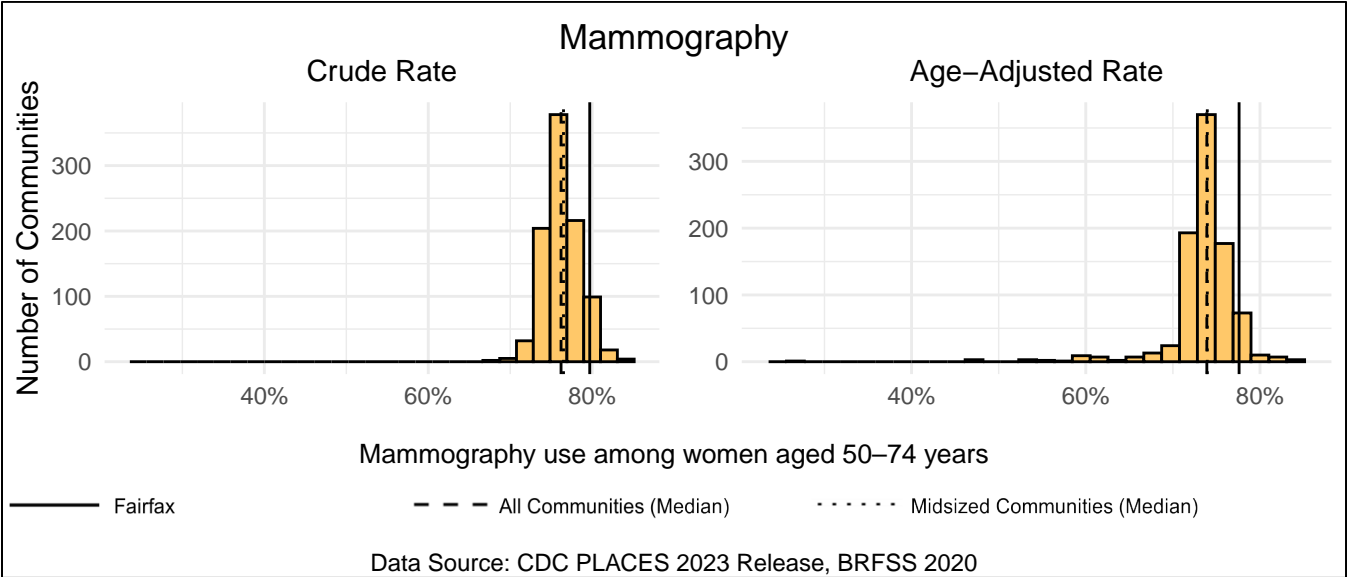
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	72.7%	67.2%	67.0%
Age-Adjusted	72.8%	66.6%	66.5%



Mammography

Fairfax has a crude rate of 79.7% for mammography use among women aged 50–74 years, which ranks 65th out of 958 Iowa communities (9th out of 102 mid-sized communities). The age-adjusted rate for Fairfax is 77.6%, which ranks 66th out of 905 Iowa communities (14th out of 102 mid-sized communities).

Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	79.7%	76.2%	76.5%
Age-Adjusted	77.6%	73.9%	74.0%



Disability

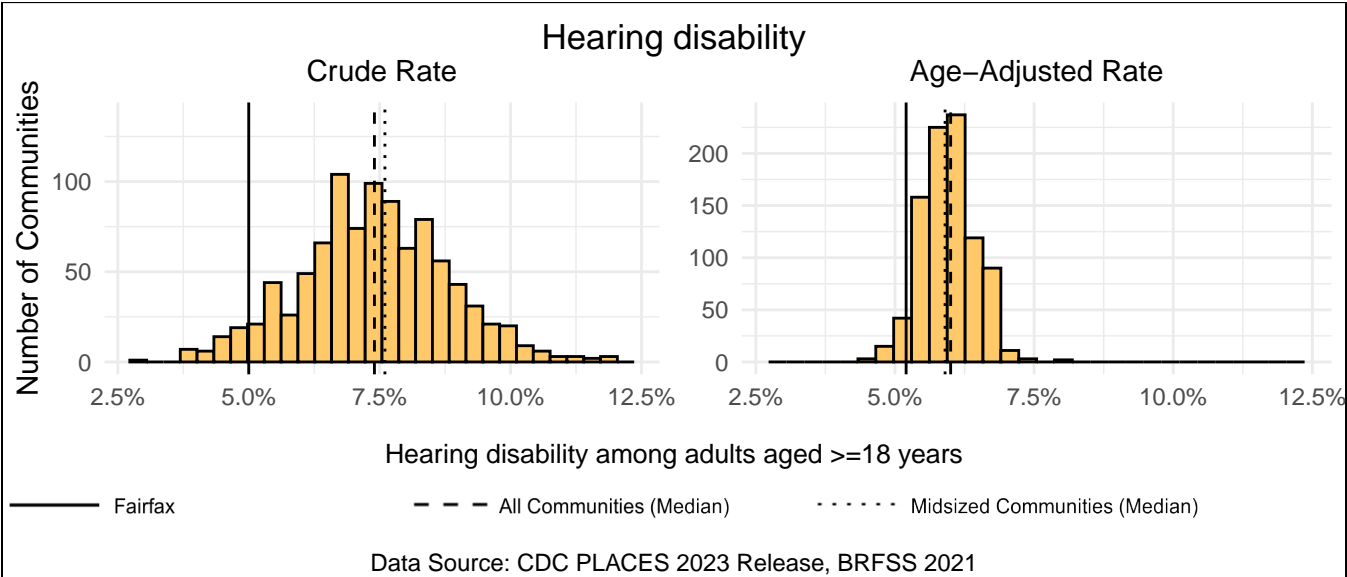
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Fairfax has a crude rate of 5.0% for hearing disability among adults aged ≥ 18 years, which ranks 48th out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Fairfax is 5.2%, which ranks 41st out of 905 Iowa communities (11th out of 102 midsize communities).

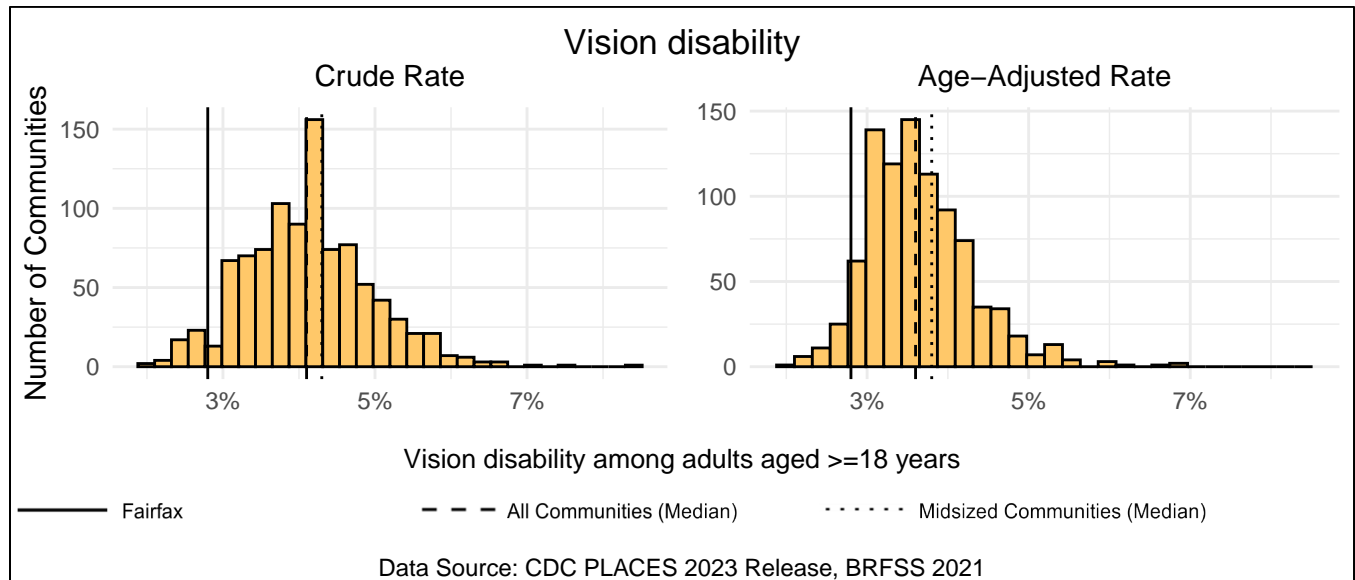
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	5.0%	7.4%	7.6%
Age-Adjusted	5.2%	6.0%	5.9%



Vision disability

Fairfax has a crude rate of 2.8% for vision disability among adults aged ≥ 18 years, which ranks 47th out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Fairfax is 2.8%, which ranks 44th out of 905 Iowa communities (12th out of 102 midsize communities).

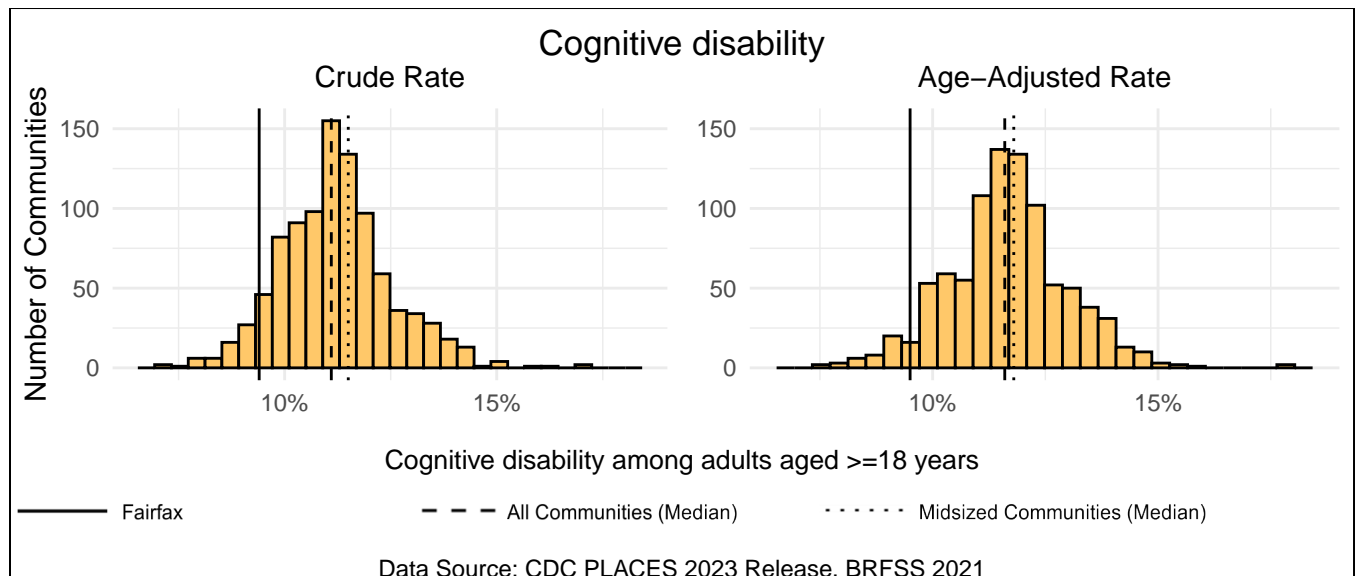
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	2.8%	4.1%	4.3%
Age-Adjusted	2.8%	3.6%	3.8%



Cognitive disability

Fairfax has a crude rate of 9.4% for cognitive disability among adults aged ≥ 18 years, which ranks 59th out of 958 Iowa communities (13th out of 102 midsize communities). The age-adjusted rate for Fairfax is 9.5%, which ranks 43rd out of 905 Iowa communities (13th out of 102 midsize communities).

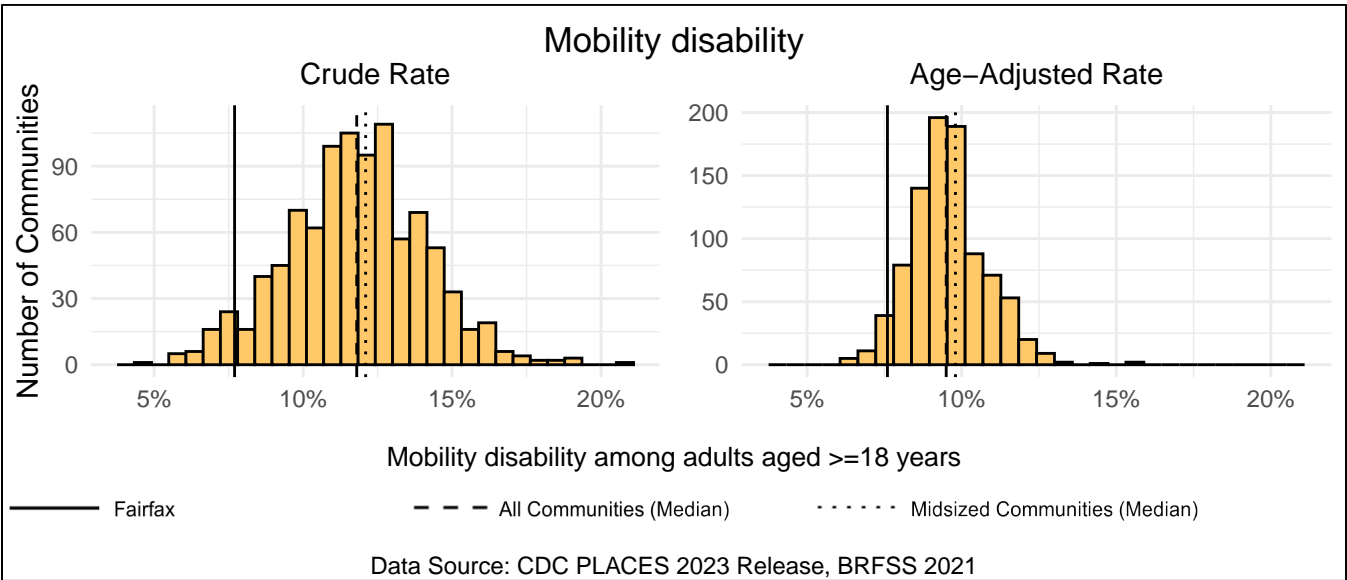
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	9.4%	11.1%	11.5%
Age-Adjusted	9.5%	11.6%	11.8%



Mobility disability

Fairfax has a crude rate of 7.7% for mobility disability among adults aged ≥ 18 years, which ranks 45th out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Fairfax is 7.6%, which ranks 36th out of 905 Iowa communities (10th out of 102 midsize communities).

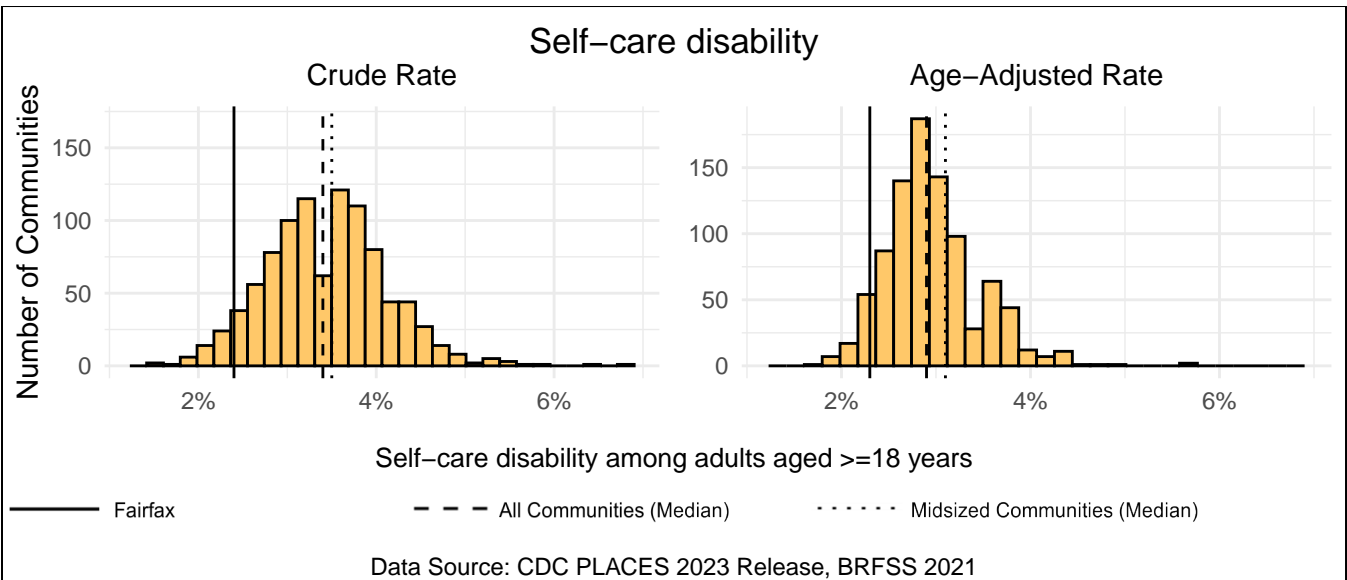
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	7.7%	11.8%	12.1%
Age-Adjusted	7.6%	9.5%	9.8%



Self-care disability

Fairfax has a crude rate of 2.4% for self-care disability among adults aged ≥ 18 years, which ranks 48th out of 958 Iowa communities (14th out of 102 midsize communities). The age-adjusted rate for Fairfax is 2.3%, which ranks 45th out of 905 Iowa communities (12th out of 102 midsize communities).

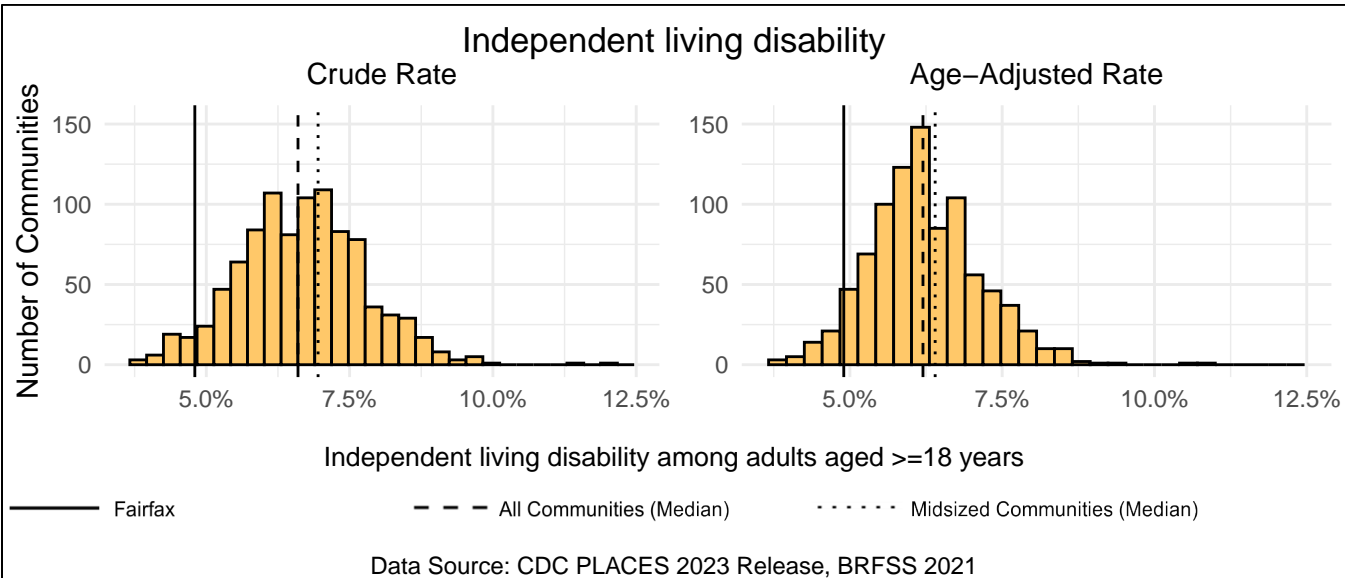
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	2.4%	3.4%	3.5%
Age-Adjusted	2.3%	2.9%	3.1%



Independent living disability

Fairfax has a crude rate of 4.8% for independent living disability among adults aged ≥ 18 years, which ranks 40th out of 958 Iowa communities (10th out of 102 midsized communities). The age-adjusted rate for Fairfax is 4.9%, which ranks 44th out of 905 Iowa communities (12th out of 102 midsized communities).

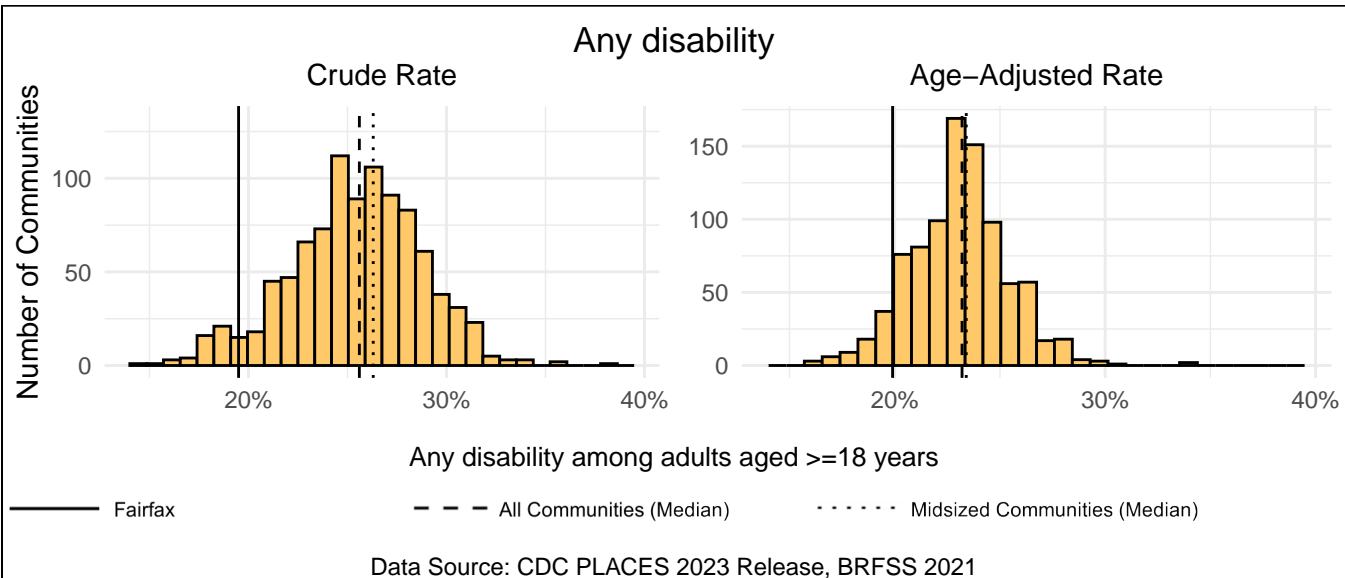
Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	4.8%	6.6%	7.0%
Age-Adjusted	4.9%	6.2%	6.4%



Any disability

Fairfax has a crude rate of 19.5% for any disability among adults aged ≥ 18 years, which ranks 53rd out of 958 Iowa communities (14th out of 102 midsized communities). The age-adjusted rate for Fairfax is 19.9%, which ranks 67th out of 905 Iowa communities (15th out of 102 midsized communities).

Measure Type	Fairfax	All Comm.	Midsized Comm.
Crude	19.5%	25.6%	26.3%
Age-Adjusted	19.9%	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: Fairfax 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	52	8.5% (7.4% - 9.9%)	44	8.2% (7.1% - 9.5%)
Health Status	Mental Health	356	14.0% (12.2% - 16.0%)	79	14.2% (12.4% - 16.2%)
Health Status	General Health	45	10.2% (8.6% - 12.0%)	45	10.0% (8.5% - 11.6%)
Health Risk Behaviors	Current Smoking	187	15.1% (12.2% - 18.3%)	70	14.4% (11.7% - 17.3%)
Health Risk Behaviors	Binge Drinking	925	23.6% (20.4% - 26.8%)	852	23.7% (20.6% - 27.0%)
Health Risk Behaviors	Physical Inactivity	48	19.6% (16.5% - 23.3%)	45	19.4% (16.2% - 22.8%)
Health Risk Behaviors	Sleep <7 hours	498	30.4% (29.1% - 31.6%)	173	29.8% (28.6% - 31.0%)
Health Outcomes	Current Asthma	215	9.1% (8.0% - 10.3%)	125	9.1% (8.0% - 10.2%)
Health Outcomes	Coronary Heart Disease	42	4.2% (3.7% - 4.7%)	30	4.3% (3.8% - 4.9%)
Health Outcomes	Stroke	40	2.2% (2.0% - 2.5%)	23	2.2% (2.0% - 2.5%)
Health Outcomes	Depression	916	20.7% (17.9% - 23.8%)	832	20.7% (17.8% - 23.9%)
Health Outcomes	COPD	47	5.1% (4.4% - 6.1%)	45	5.0% (4.2% - 5.8%)
Health Outcomes	Chronic Kidney Disease	36	2.3% (2.1% - 2.6%)	36	2.4% (2.1% - 2.6%)
Health Outcomes	Obesity	537	38.0% (33.6% - 42.8%)	317	36.6% (32.1% - 41.3%)
Health Outcomes	High Cholesterol	77	32.1% (28.8% - 35.3%)	195	29.1% (25.8% - 32.5%)
Health Outcomes	Arthritis	39	21.1% (18.5% - 23.8%)	23	20.4% (18.0% - 23.0%)
Health Outcomes	Cancer (except skin)	66	6.3% (5.7% - 7.0%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	All Teeth Lost	46	8.7% (6.1% - 11.8%)	39	9.0% (6.3% - 12.3%)
Health Outcomes	High Blood Pressure	123	28.0% (25.0% - 31.0%)	412	27.2% (24.4% - 30.3%)
Health Outcomes	Diabetes	54	7.3% (6.2% - 8.4%)	46	7.0% (5.9% - 8.1%)
Prevention	Health Insurance	59	5.8% (4.5% - 7.3%)	48	6.0% (4.7% - 7.6%)
Prevention	Core preventive services for older women	70	46.2% (41.1% - 51.3%)	79	45.6% (40.5% - 50.6%)
Prevention	Mammography	65	79.7% (77.2% - 82.1%)	66	77.6% (74.9% - 80.2%)
Prevention	Taking BP Medication	881	74.8% (71.2% - 77.9%)	685	58.3% (53.9% - 62.7%)
Prevention	Core preventive services for older men	460	43.6% (38.6% - 48.9%)	395	44.0% (39.0% - 49.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	46	76.0% (73.8% - 78.1%)	14	76.7% (74.7% - 78.8%)
Prevention	Annual Checkup	513	75.0% (71.3% - 78.4%)	35	74.7% (71.1% - 78.1%)
Prevention	Cholesterol Screening	365	83.1% (80.5% - 85.6%)	34	81.8% (78.9% - 84.4%)
Prevention	Cervical Cancer Screening	26	86.8% (85.1% - 88.4%)	14	86.4% (84.6% - 88.0%)
Prevention	Dental Visit	81	72.7% (70.2% - 75.2%)	60	72.8% (70.3% - 75.2%)
Disability	Self-care Disability	48	2.4% (2.1% - 2.7%)	45	2.3% (2.0% - 2.6%)
Disability	Cognitive Disability	59	9.4% (8.0% - 10.9%)	43	9.5% (8.2% - 11.1%)
Disability	Vision Disability	47	2.8% (2.4% - 3.2%)	44	2.8% (2.4% - 3.2%)
Disability	Hearing Disability	48	5.0% (4.4% - 5.6%)	41	5.2% (4.6% - 5.9%)
Disability	Any Disability	53	19.5% (16.9% - 22.4%)	67	19.9% (17.2% - 22.8%)
Disability	Mobility Disability	45	7.7% (6.5% - 9.0%)	36	7.6% (6.3% - 8.8%)
Disability	Independent Living Disability	40	4.8% (4.2% - 5.6%)	44	4.9% (4.2% - 5.6%)

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)

Fairfax 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
