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 Forest City: Overview

Dear Community Members & Stakeholders of Forest City,

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 Forest City ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Forest City'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 Forest City. 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
High Blood Pressure	161st	26th	Cancer (except skin)	74th	11th
Arthritis	216th	32nd	Taking BP Medication	126th	27th
Cancer (except skin)	223rd	30th	Binge Drinking	249th	49th
High Cholesterol	225th	30th	Core preventive services for older men	309th	34th
Chronic Kidney Disease	241st	29th	Depression	330th	34th

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
Cholesterol Screening	885th	86th	Core preventive services for older women	713th	81st
Mental Health	825th	82nd	Sleep <7 hours	666th	73rd
Cervical Cancer Screening	819th	73rd	Colorectal Cancer Screening	626th	67th
Core preventive services for older women	807th	82nd	Mammography	594th	69th
Annual Checkup	735th	76th	Arthritis	574th	59th

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 Forest City.

Sincerely,

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

How to Use this Report

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

With a population of 4,254, Forest City'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 table shows rates in your community compared with the state midpoint and the population group

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

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

Mental Health

Crude Rate | Age-Adjusted Rate

Number of Communities

Mental health not good for >=14 days among adults aged >=18 years

The legend shows the meaning of the solid, dashed, and dotted lines

——— Ames   – – – All Communities (Median)   · · · · · Large Communities (Median)

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

Forest City has a crude rate of 13.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 361st out of 958 Iowa communities (42nd out of 102 midsized communities). The age-adjusted rate for Forest City is 13.1%, which ranks 533rd out of 905 Iowa communities (52nd out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	13.6%	14.3%	14.5%
Age-Adjusted	13.1%	12.7%	13.0%

Poor General Health — Crude Rate / Age-Adjusted Rate. Fair or poor self-rated health status among adults aged >= 18 years. Forest City; All Communities (Median); Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
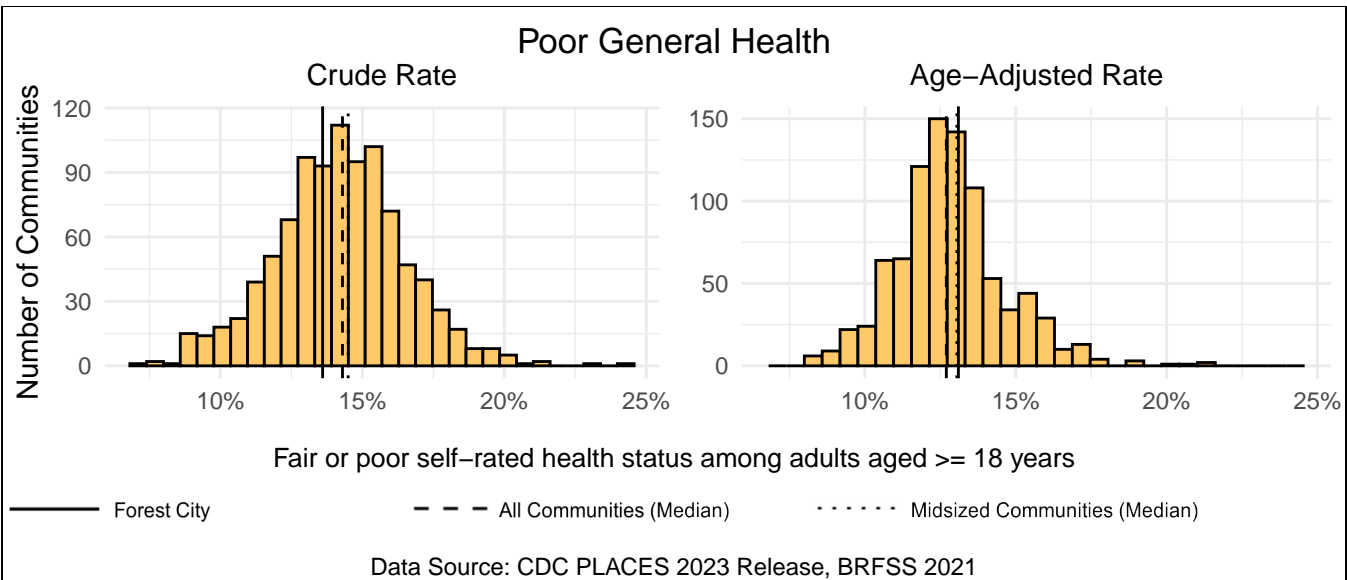
Poor Physical Health

Forest City has a crude rate of 10.2% for physical health not good for >=14 days among adults aged >=18 years, which ranks 293rd out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Forest City is 9.9%, which ranks 518th out of 905 Iowa communities (51st out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	10.2%	10.8%	10.7%
Age-Adjusted	9.9%	9.7%	9.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Forest City has a crude rate of 15.5% for mental health not good for >=14 days among adults aged >=18 years, which ranks 825th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Forest City is 15.7%, which ranks 516th out of 905 Iowa communities (59th out of 102 midsized communities).
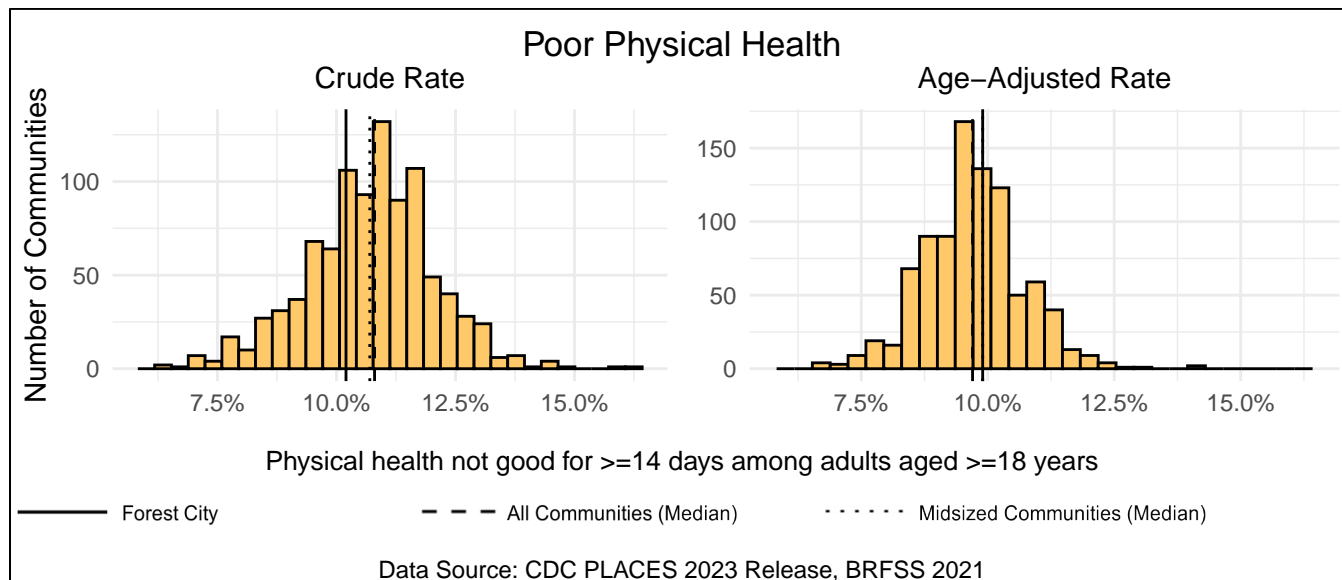
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	15.5%	14.3%	14.4%
Age-Adjusted	15.7%	15.5%	15.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
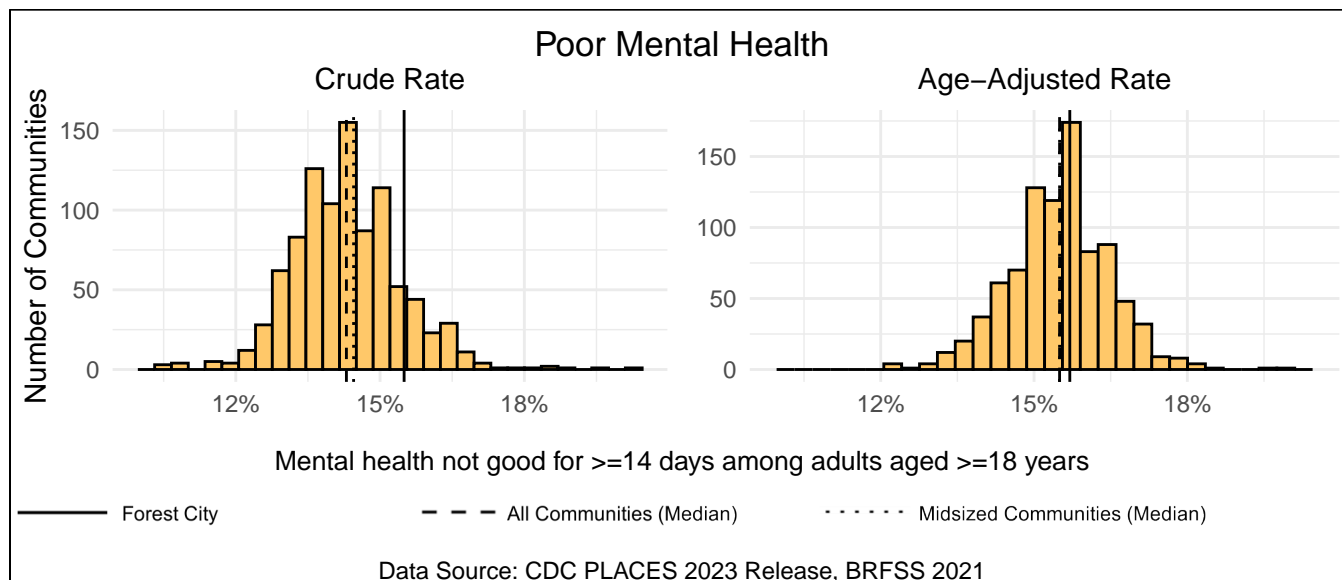
Health Risk Behaviors

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

Forest City has a crude rate of 20.1% for binge drinking among adults aged >=18 years, which ranks 572nd out of 958 Iowa communities (68th out of 102 midsized communities). The age-adjusted rate for Forest City is 21.4%, which ranks 249th out of 905 Iowa communities (49th out of 102 midsized communities).
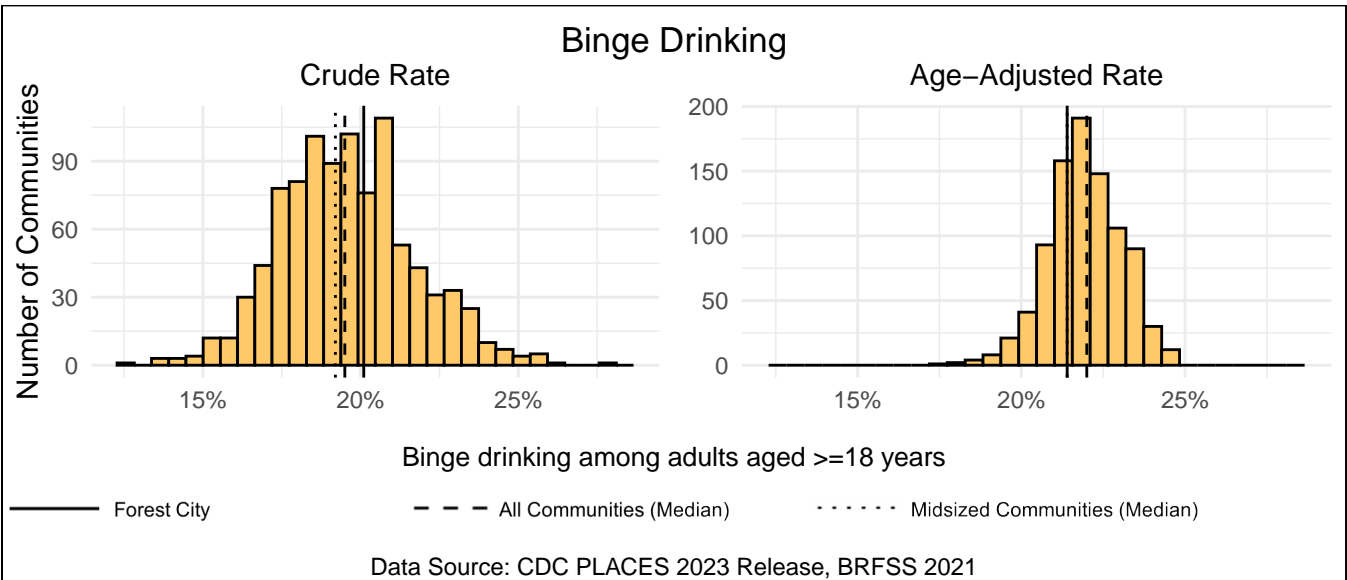
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	20.1%	19.5%	19.2%
Age-Adjusted	21.4%	22.0%	21.4%

Binge Drinking

Crude Rate — Age−Adjusted Rate

Binge drinking among adults aged >=18 years

——— Forest City   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Forest City has a crude rate of 16.1% for current smoking among adults aged >=18 years, which ranks 316th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Forest City is 18.0%, which ranks 536th out of 905 Iowa communities (61st out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	16.1%	16.8%	16.4%
Age-Adjusted	18.0%	17.5%	17.6%

Current Smoking

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

Forest City has a crude rate of 25.0% for no leisure-time physical activity among adults aged >=18 years, which ranks 344th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Forest City is 24.5%, which ranks 478th out of 905 Iowa communities (48th out of 102 midsized communities).
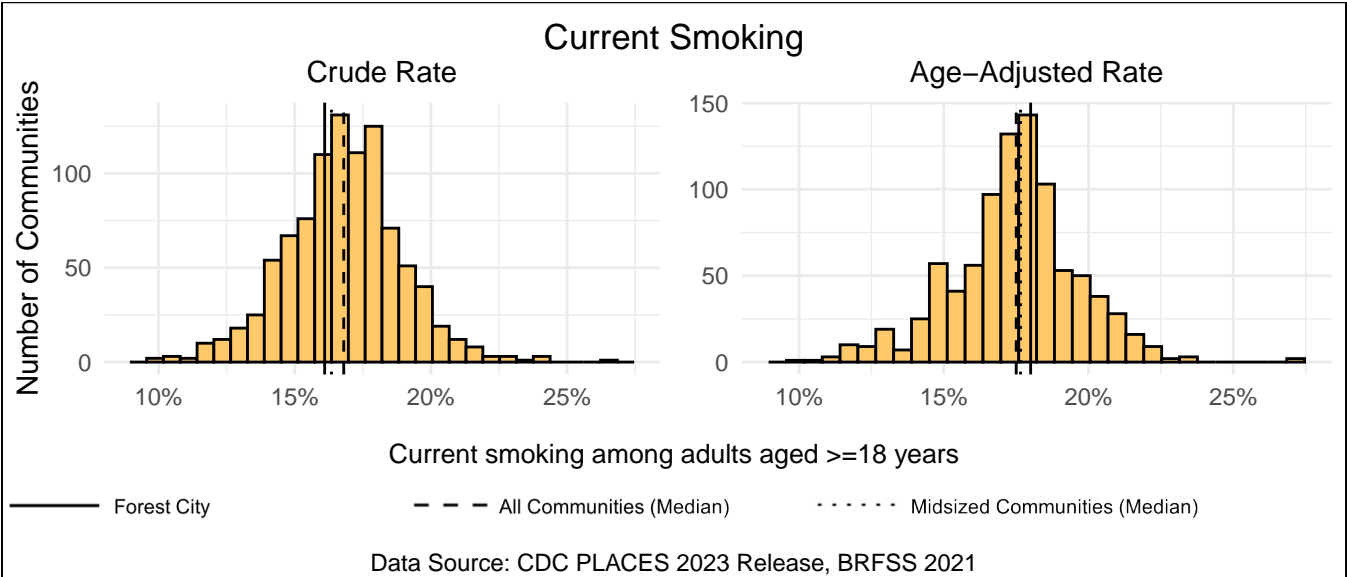
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	25.0%	26.1%	26.6%
Age-Adjusted	24.5%	24.3%	24.7%

Physical Inactivity

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Forest City has a crude rate of 30.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 561st out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Forest City is 32.0%, which ranks 666th out of 905 Iowa communities (73rd out of 102 midsized communities).
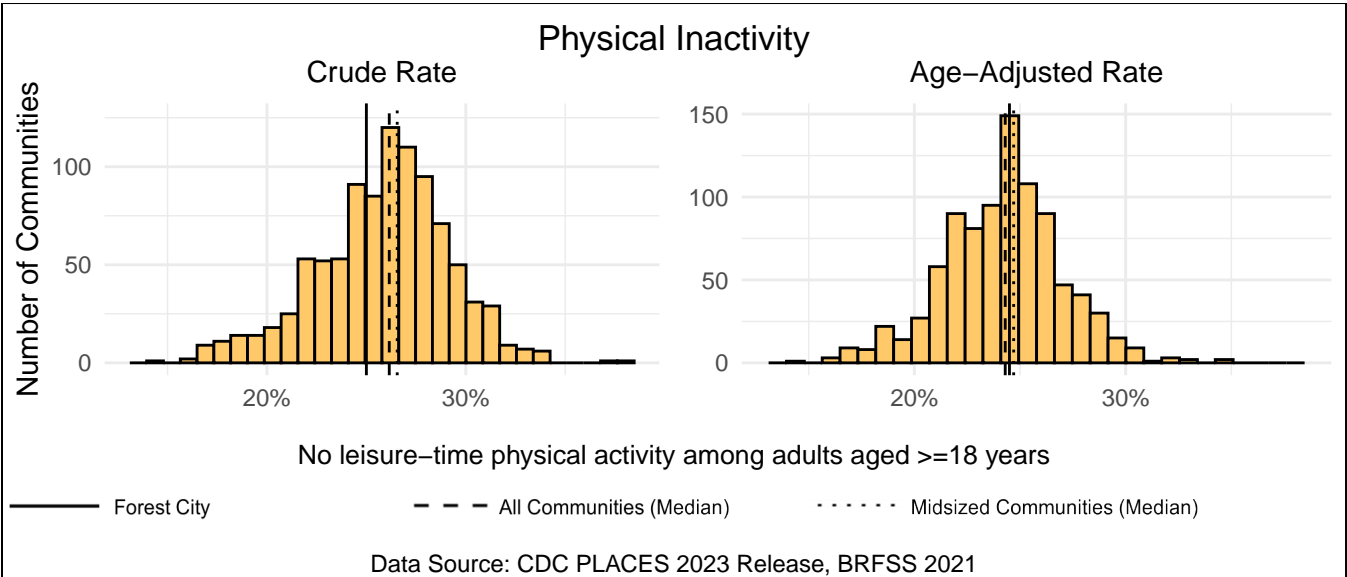
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	30.7%	30.2%	29.8%
Age-Adjusted	32.0%	31.1%	30.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
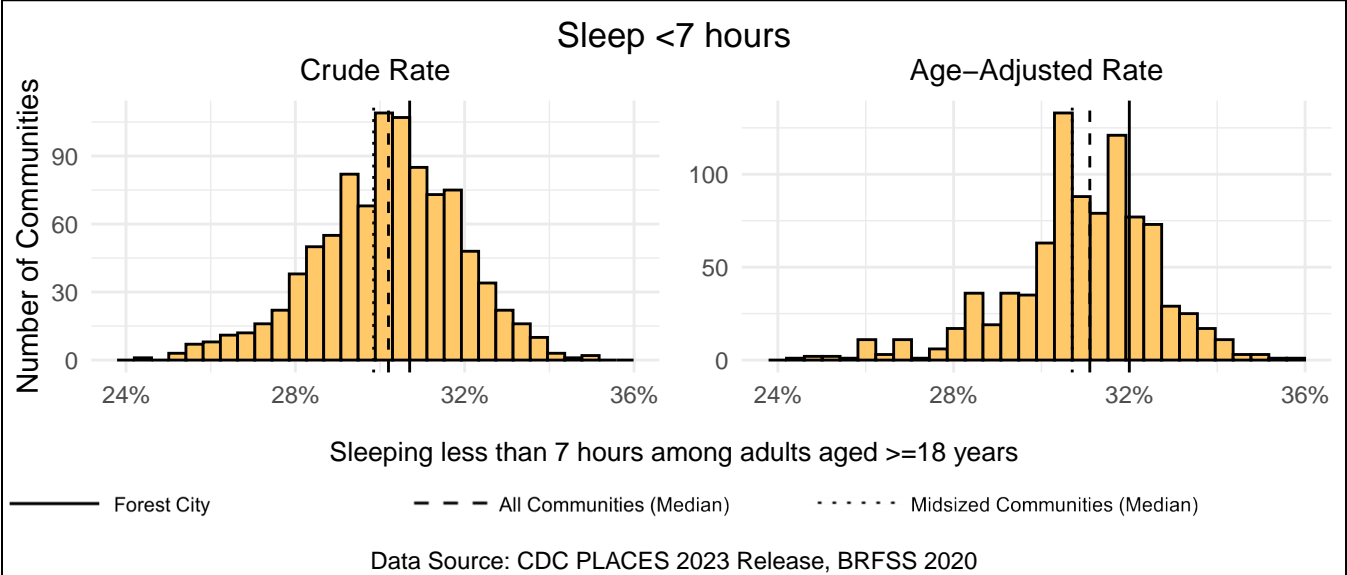
Health Outcomes

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

Forest City has a crude rate of 25.2% for arthritis among adults aged >=18 years, which ranks 216th out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Forest City is 23.6%, which ranks 574th out of 905 Iowa communities (59th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	25.2%	27.9%	27.8%
Age-Adjusted	23.6%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
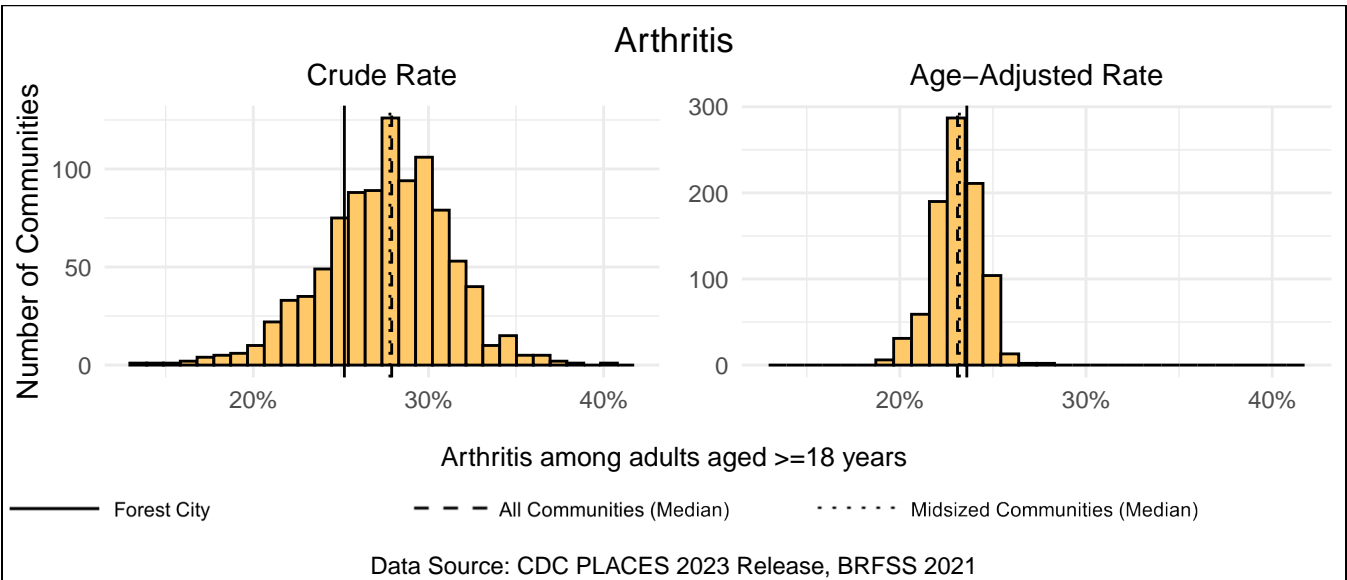
High Blood Pressure

Forest City has a crude rate of 28.7% for high blood pressure among adults aged >=18 years, which ranks 161st out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Forest City is 27.0%, which ranks 368th out of 905 Iowa communities (42nd out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	28.7%	32.0%	32.0%
Age-Adjusted	27.0%	27.3%	27.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cancer (except skin)

Forest City has a crude rate of 7.2% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 223rd out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Forest City is 6.4%, which ranks 74th out of 905 Iowa communities (11th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	7.2%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Asthma

Forest City has a crude rate of 9.6% for current asthma among adults aged >=18 years, which ranks 716th out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Forest City is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsized communities).
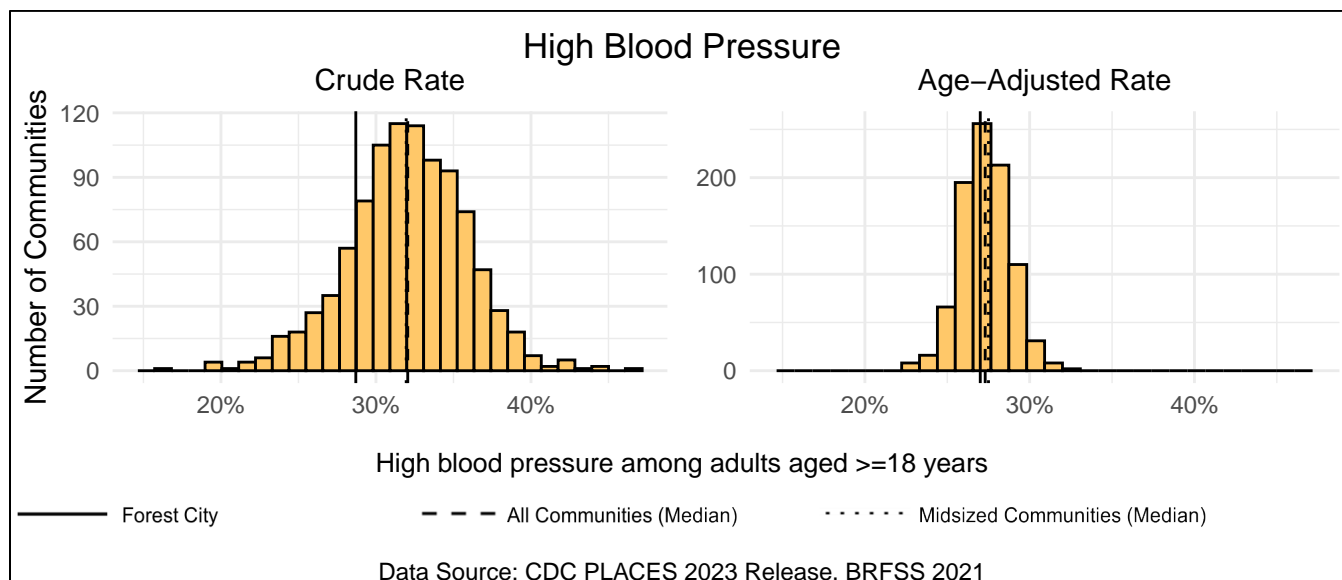
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%

Current Asthma

Crude Rate / Age–Adjusted Rate

Current asthma among adults aged >=18 years

—— Forest City — — — All Communities (Median) · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Forest City has a crude rate of 5.8% for coronary heart disease among adults aged >=18 years, which ranks 268th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Forest City is 5.0%, which ranks 419th out of 905 Iowa communities (49th out of 102 midsized communities).
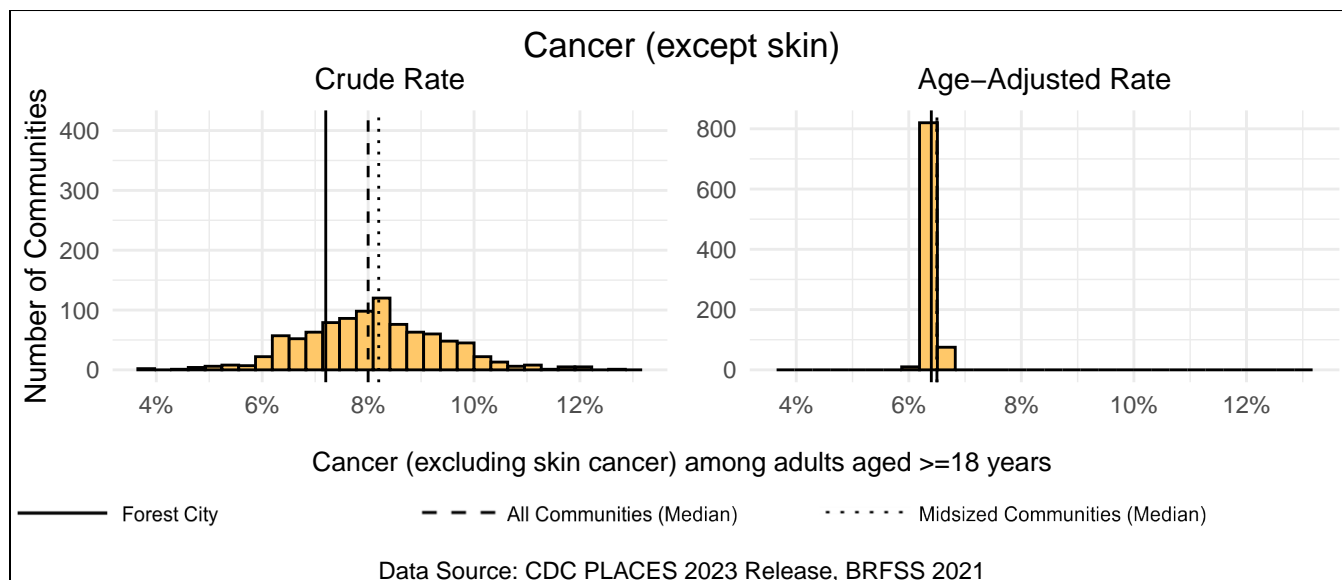
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	5.8%	6.4%	6.5%
Age-Adjusted	5.0%	5.0%	5.0%

Coronary Heart Disease

Crude Rate / Age–Adjusted Rate

Coronary heart disease among adults aged >=18 years

—— Forest City — — — All Communities (Median) · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Forest City has a crude rate of 6.8% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 274th out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Forest City is 6.3%, which ranks 459th out of 905 Iowa communities (46th out of 102 midsized communities).
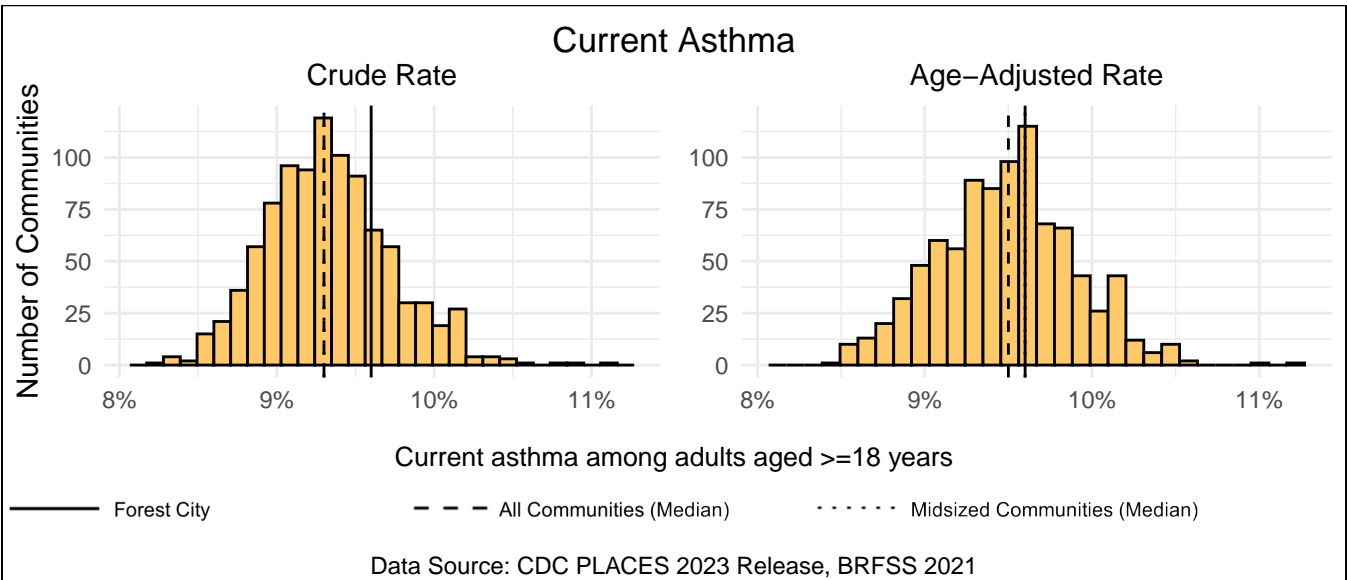
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	6.8%	7.4%	7.4%
Age-Adjusted	6.3%	6.2%	6.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
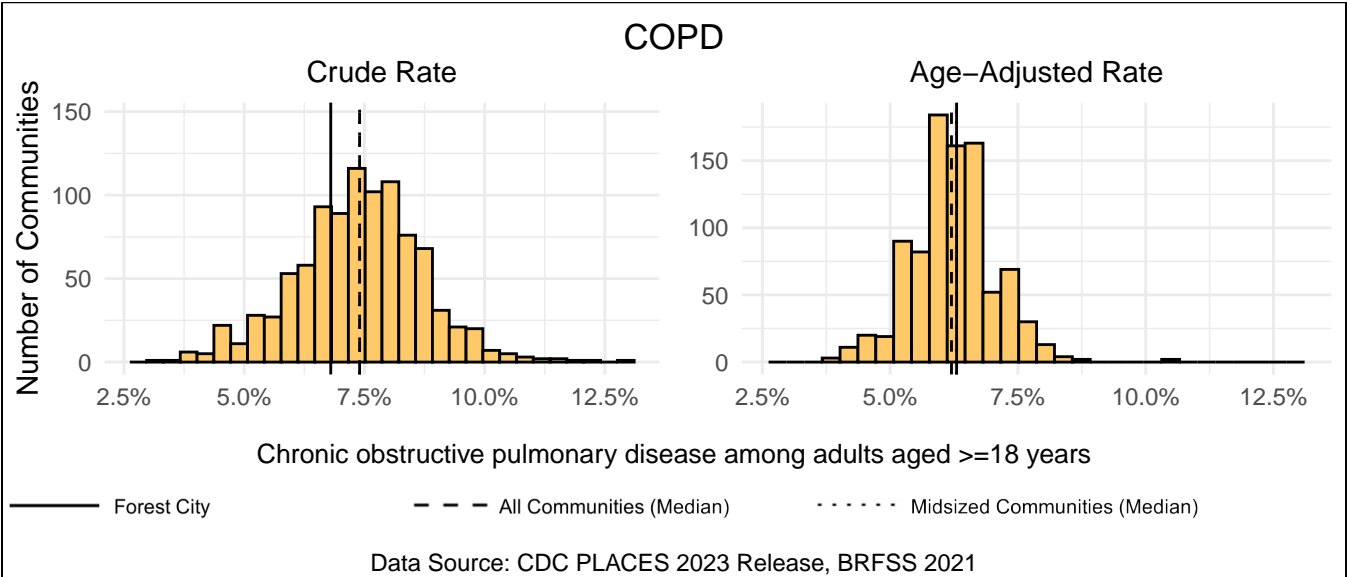
Depression

Forest City has a crude rate of 18.4% for depression among adults aged >=18 years, which ranks 592nd out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Forest City is 18.8%, which ranks 330th out of 905 Iowa communities (34th out of 102 midsized communities).
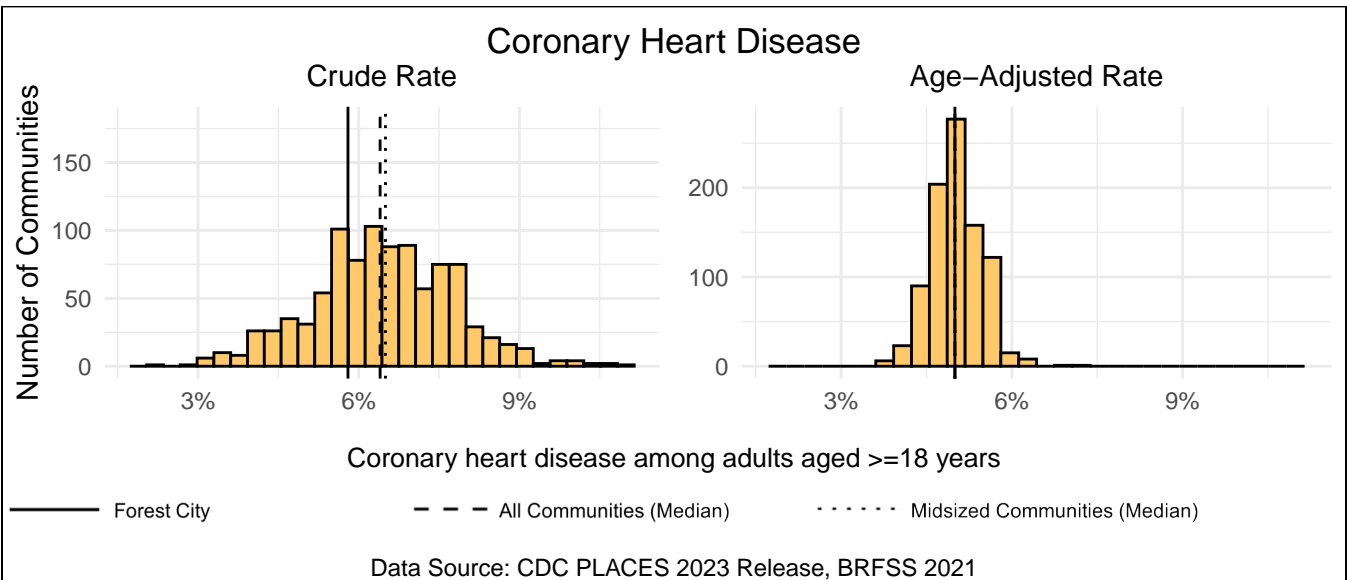
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	18.4%	18.0%	18.2%
Age-Adjusted	18.8%	19.0%	19.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
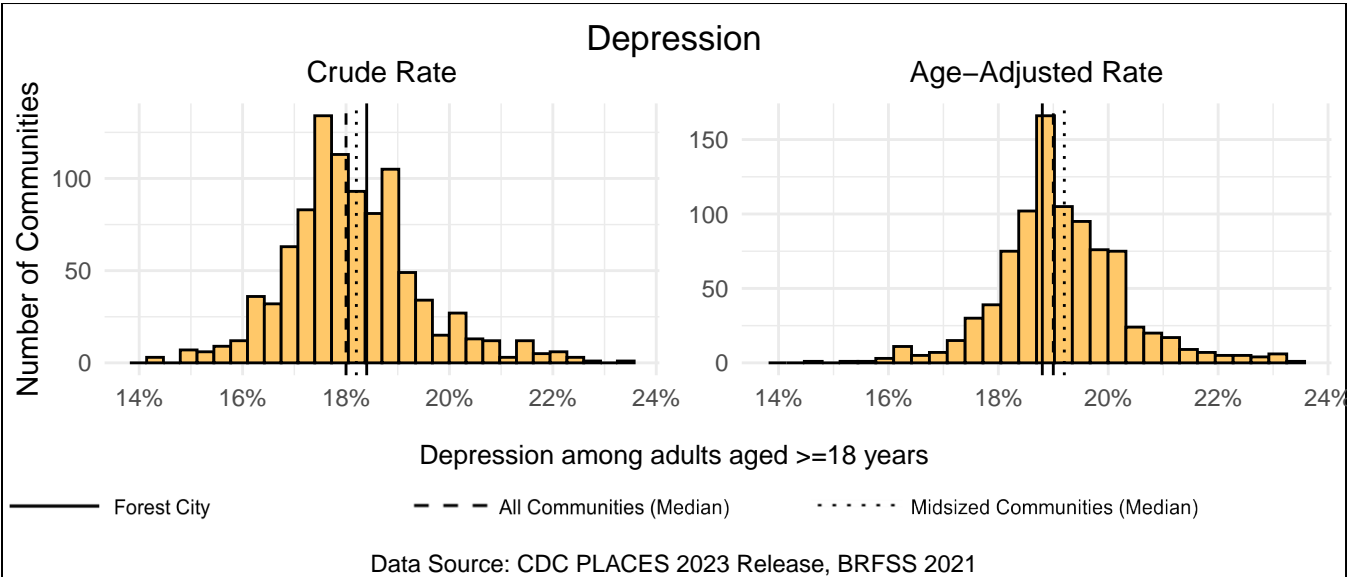
Diabetes

Forest City has a crude rate of 9.1% for diagnosed diabetes among adults aged >=18 years, which ranks 246th out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Forest City is 8.4%, which ranks 567th out of 905 Iowa communities (56th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	9.1%	10.1%	9.9%
Age-Adjusted	8.4%	8.1%	8.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
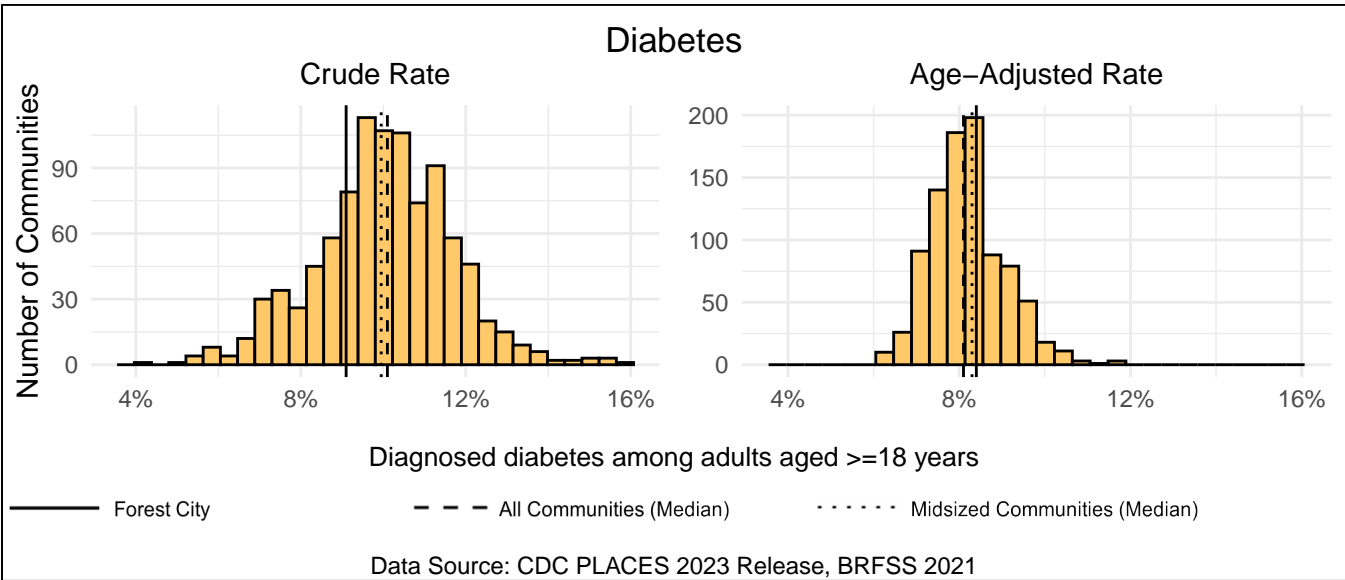
High Cholesterol

Forest City has a crude rate of 34.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 225th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Forest City is 30.0%, which ranks 537th out of 905 Iowa communities (58th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	34.3%	36.2%	35.7%
Age-Adjusted	30.0%	29.7%	29.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
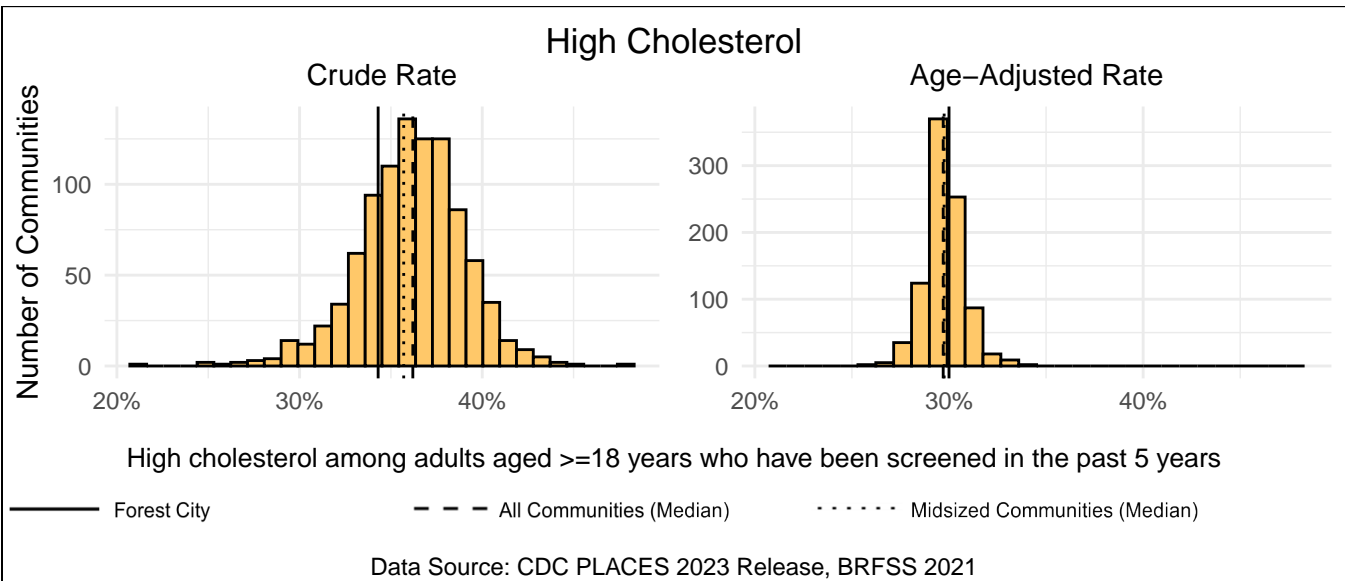
Chronic Kidney Disease

Forest City has a crude rate of 2.9% for chronic kidney disease among adults aged >=18 years, which ranks 241st out of 958 Iowa communities (29th out of 102 midsized communities). The age-adjusted rate for Forest City is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	2.9%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
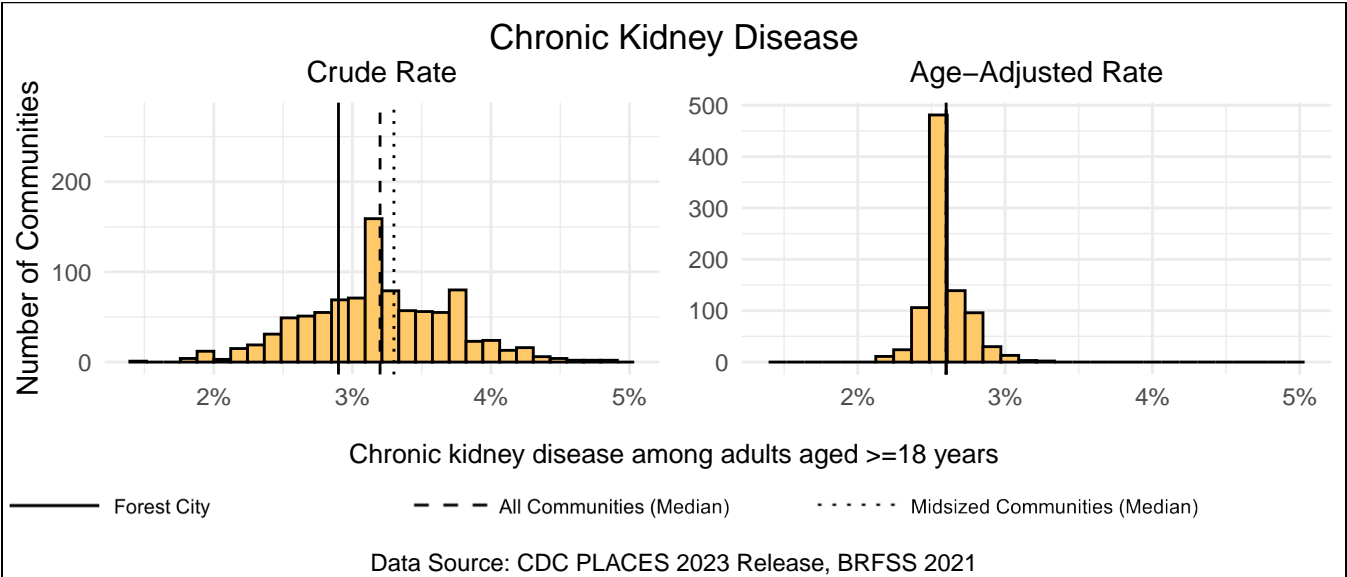
Obesity

Forest City has a crude rate of 36.4% for obesity among adults aged >=18 years, which ranks 269th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Forest City is 38.2%, which ranks 559th out of 905 Iowa communities (53rd out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	36.4%	37.6%	37.6%
Age-Adjusted	38.2%	37.6%	38.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
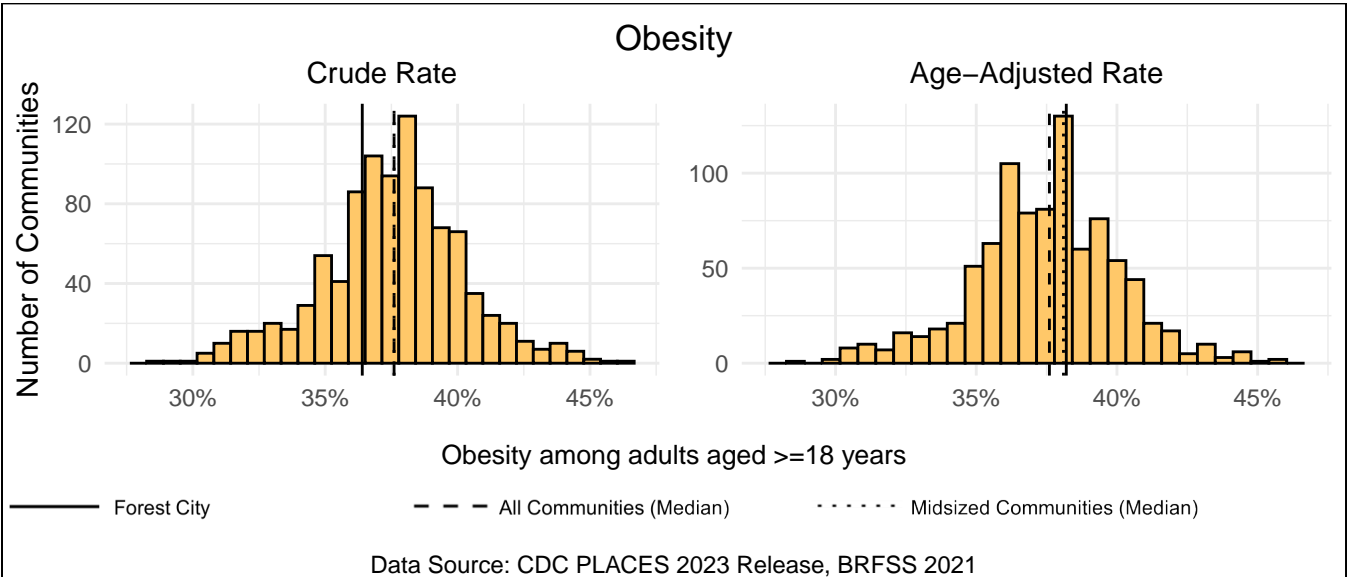
Stroke

Forest City has a crude rate of 3.0% for stroke among adults aged >=18 years, which ranks 280th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Forest City is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	3.0%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
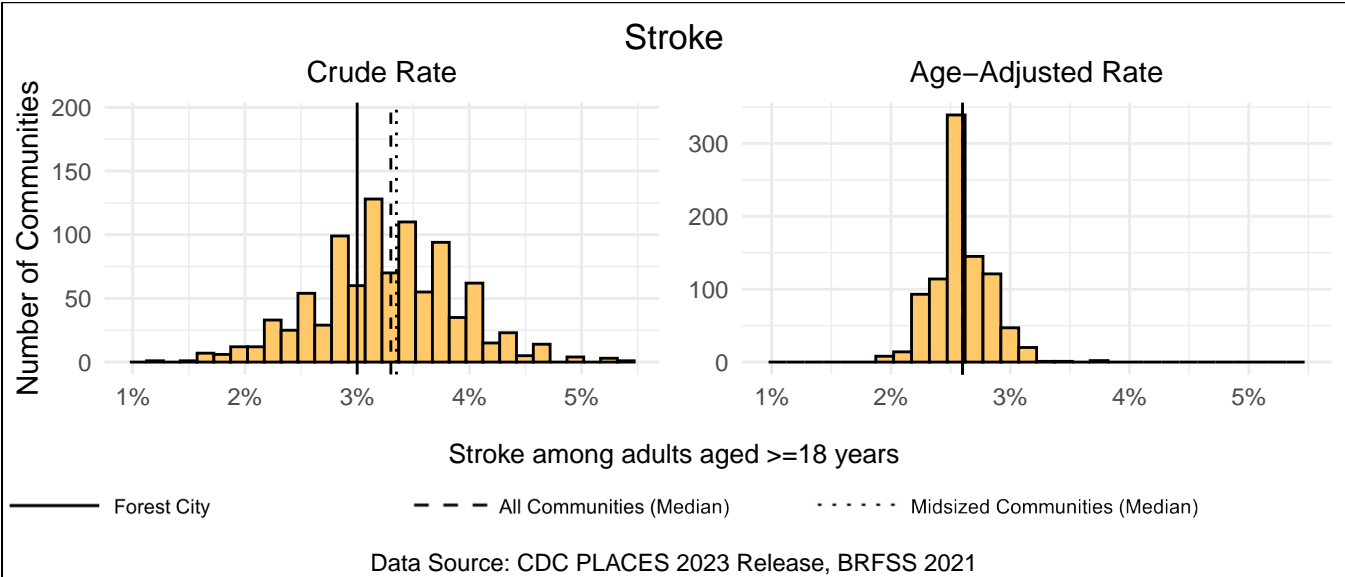
All Teeth Lost

Forest City has a crude rate of 13.4% for all teeth lost among adults aged >=65 years, which ranks 558th out of 958 Iowa communities (47th out of 102 midsized communities). The age-adjusted rate for Forest City is 13.1%, which ranks 507th out of 905 Iowa communities (54th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	13.4%	12.9%	13.5%
Age-Adjusted	13.1%	12.8%	12.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
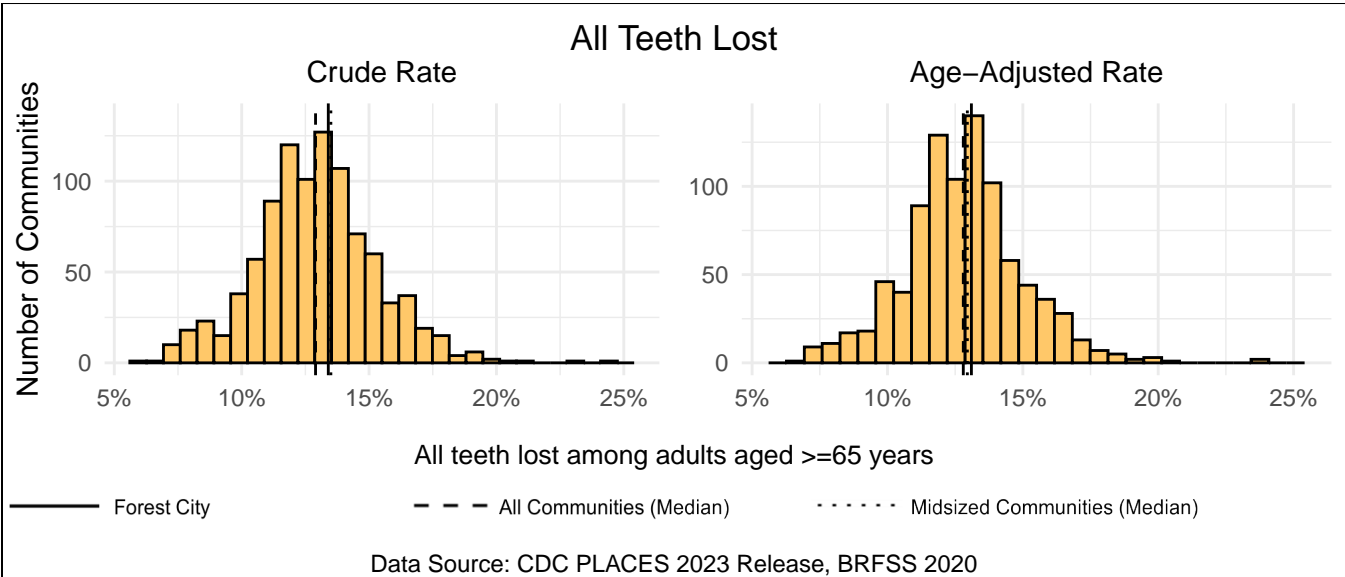
Prevention

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

Forest City has a crude rate of 7.6% for current lack of health insurance among adults aged 18–64 years, which ranks 570th out of 958 Iowa communities (50th out of 102 midsized communities). The age-adjusted rate for Forest City is 7.9%, which ranks 498th out of 905 Iowa communities (46th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	7.6%	7.3%	7.6%
Age-Adjusted	7.9%	7.7%	7.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
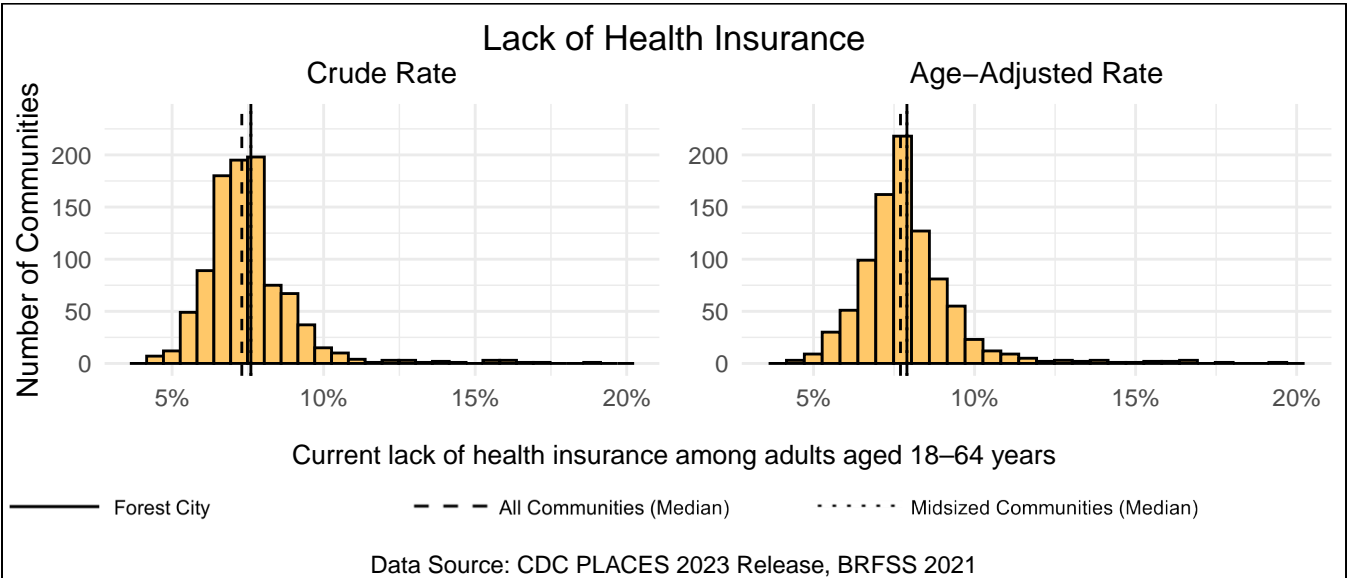
Taking BP Medication

Forest City has a crude rate of 78.7% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 606th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Forest City is 59.8%, which ranks 126th out of 905 Iowa communities (27th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	78.7%	79.8%	79.8%
Age-Adjusted	59.8%	59.0%	59.0%

Taking BP Medication

Crude Rate — Age–Adjusted Rate

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

——— Forest City   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Forest City has a crude rate of 81.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 819th out of 958 Iowa communities (73rd out of 102 midsized communities). The age-adjusted rate for Forest City is 83.0%, which ranks 519th out of 905 Iowa communities (60th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	81.4%	83.3%	82.9%
Age-Adjusted	83.0%	83.2%	83.2%

Cervical Cancer Screening

Crude Rate — Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

——— Forest City   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Forest City has a crude rate of 73.8% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 735th out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Forest City is 72.4%, which ranks 498th out of 905 Iowa communities (62nd out of 102 midsized communities).
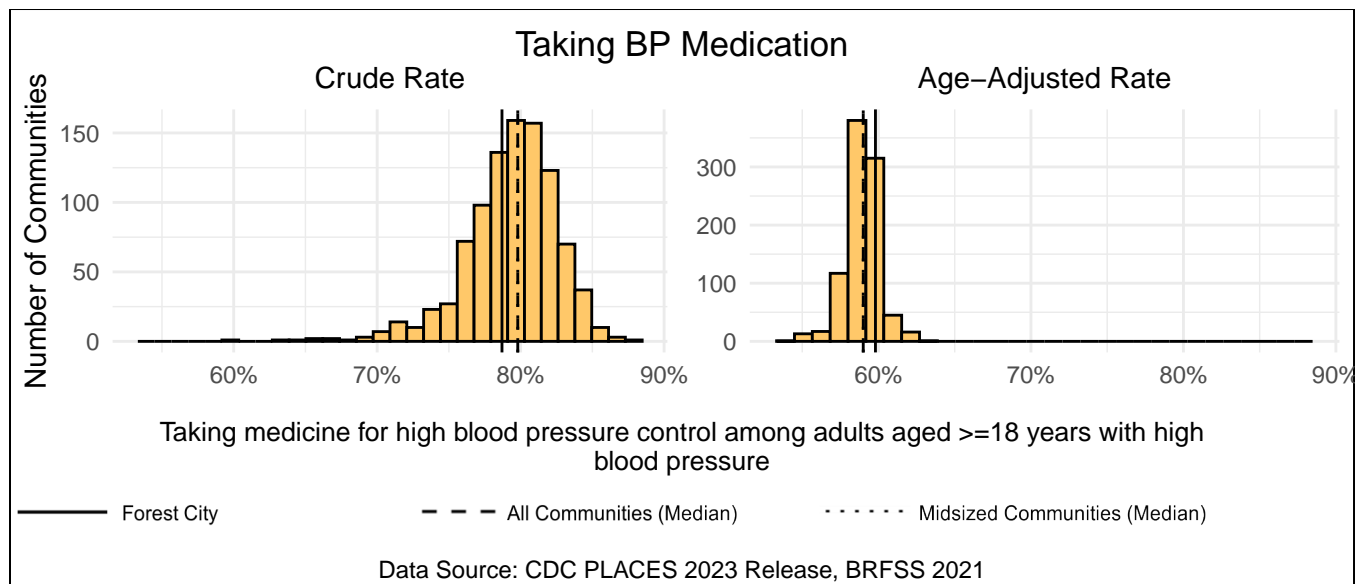
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	73.8%	75.2%	75.2%
Age-Adjusted	72.4%	72.6%	72.8%

Annual Checkup

Visits to doctor for routine checkup within the past year among adults aged >=18 years

—— Forest City　　– – – All Communities (Median)　　· · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
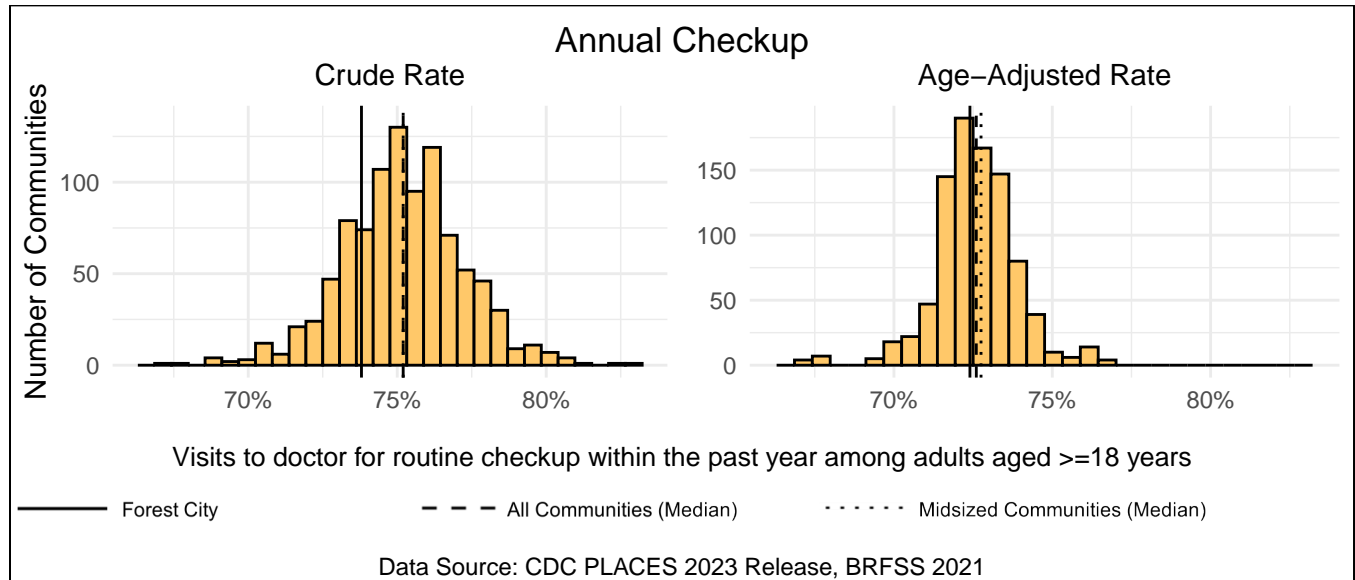
Cholesterol Screening

Forest City has a crude rate of 79.1% for cholesterol screening among adults aged >=18 years, which ranks 885th out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Forest City is 79.1%, which ranks 435th out of 905 Iowa communities (50th out of 102 midsized communities).
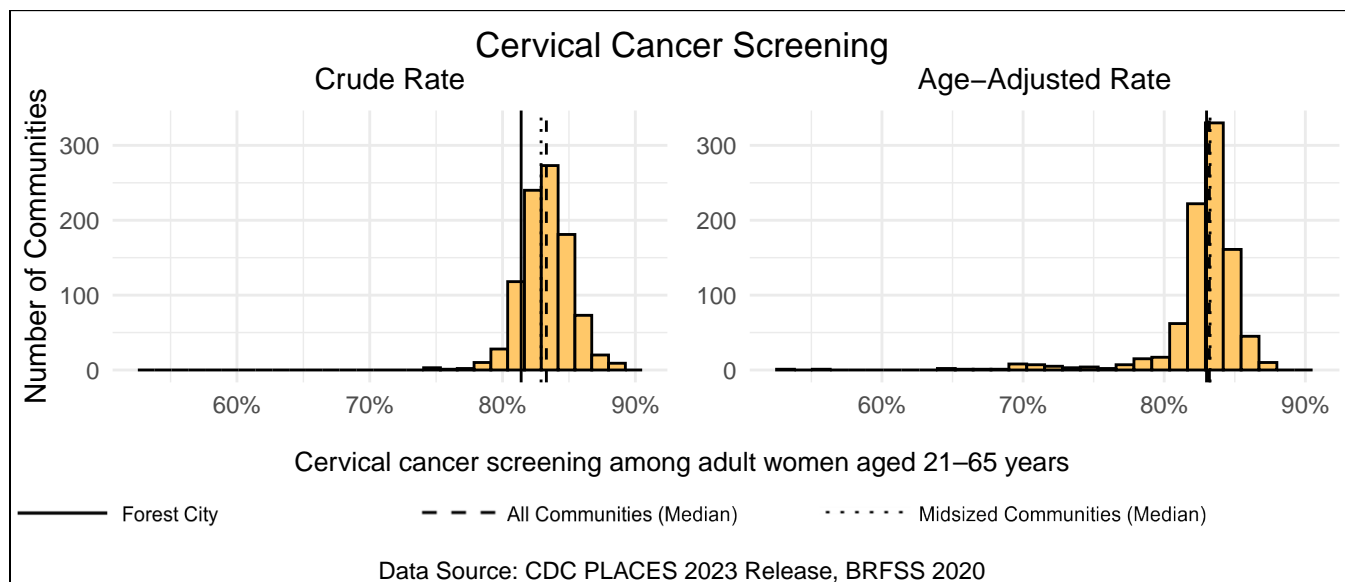
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	79.1%	82.6%	81.8%
Age-Adjusted	79.1%	79.1%	79.0%

Cholesterol Screening

Cholesterol screening among adults aged >=18 years

—— Forest City　　– – – All Communities (Median)　　· · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Forest City has a crude rate of 70.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 720th out of 958 Iowa communities (74th out of 102 midsized communities). The age-adjusted rate for Forest City is 70.0%, which ranks 626th out of 905 Iowa communities (67th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	70.0%	71.6%	71.6%
Age-Adjusted	70.0%	70.9%	70.8%

Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Forest City has a crude rate of 44.3% 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 384th out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Forest City is 45.1%, which ranks 309th out of 905 Iowa communities (34th out of 102 midsized communities).
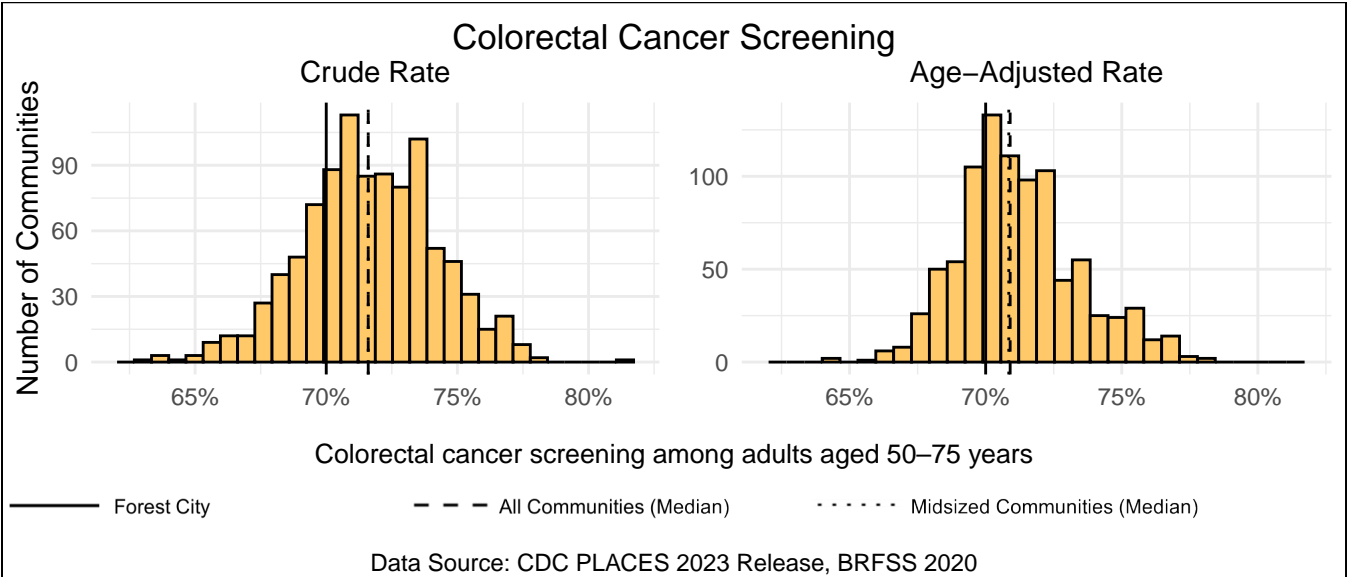
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	44.3%	43.5%	42.9%
Age-Adjusted	45.1%	43.5%	43.2%

Core preventive services for older men

Crude Rate

Age−Adjusted Rate

Number of Communities

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

—— Forest City   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Forest City has a crude rate of 35.2% 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 807th out of 958 Iowa communities (82nd out of 102 midsized communities). The age-adjusted rate for Forest City is 37.6%, which ranks 713th out of 905 Iowa communities (81st out of 102 midsized communities).
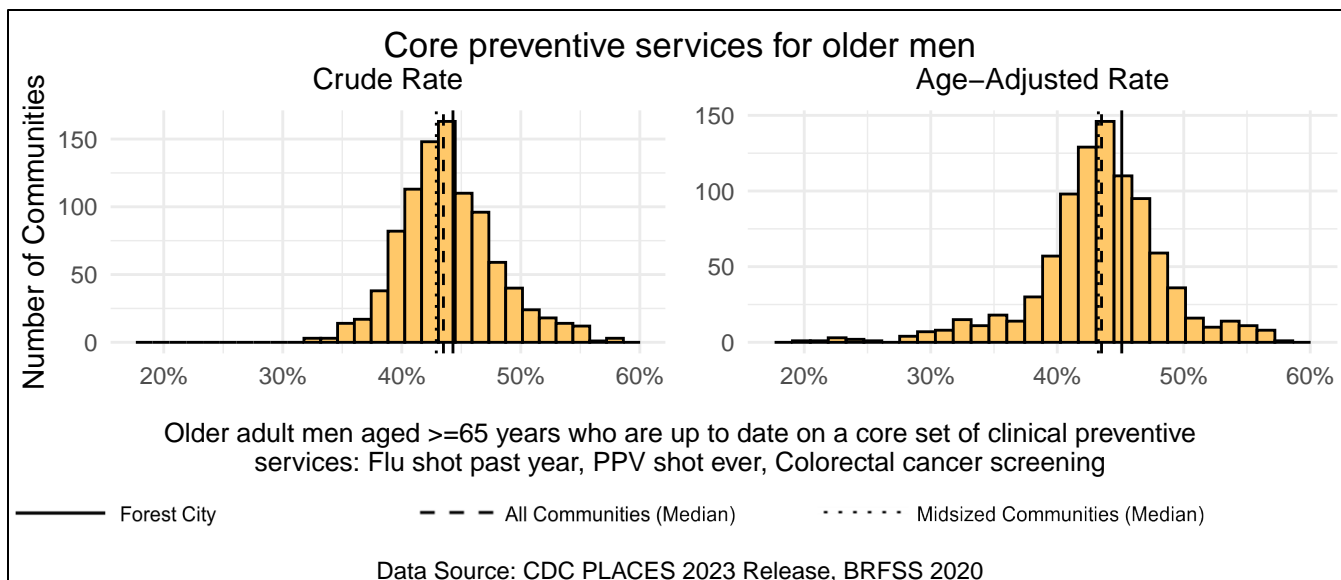
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	35.2%	39.0%	37.8%
Age-Adjusted	37.6%	39.9%	40.4%

Core preventive services for older women

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

Forest City — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Forest City has a crude rate of 67.8% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 407th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Forest City is 66.8%, which ranks 427th out of 905 Iowa communities (49th out of 102 midsized communities).
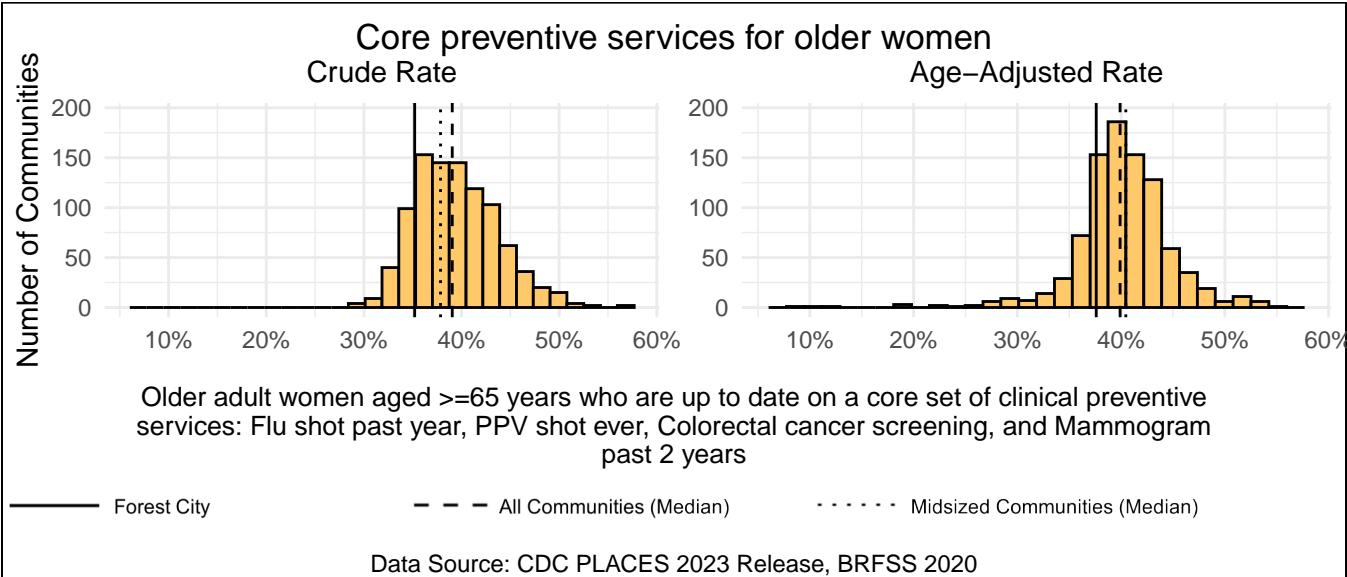
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	67.8%	67.2%	67.0%
Age-Adjusted	66.8%	66.6%	66.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

Visits to dentist or dental clinic among adults aged >=18 years

—— Forest City   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Forest City has a crude rate of 76.4% for mammography use among women aged 50–74 years, which ranks 432nd out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Forest City is 73.1%, which ranks 594th out of 905 Iowa communities (69th out of 102 midsized communities).
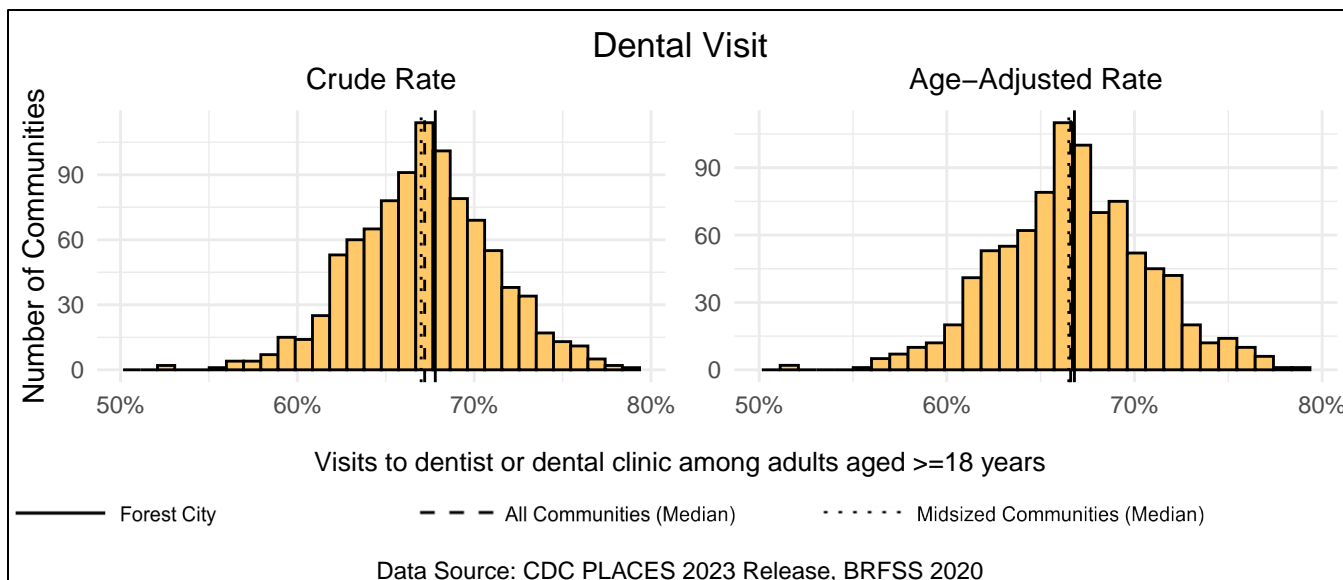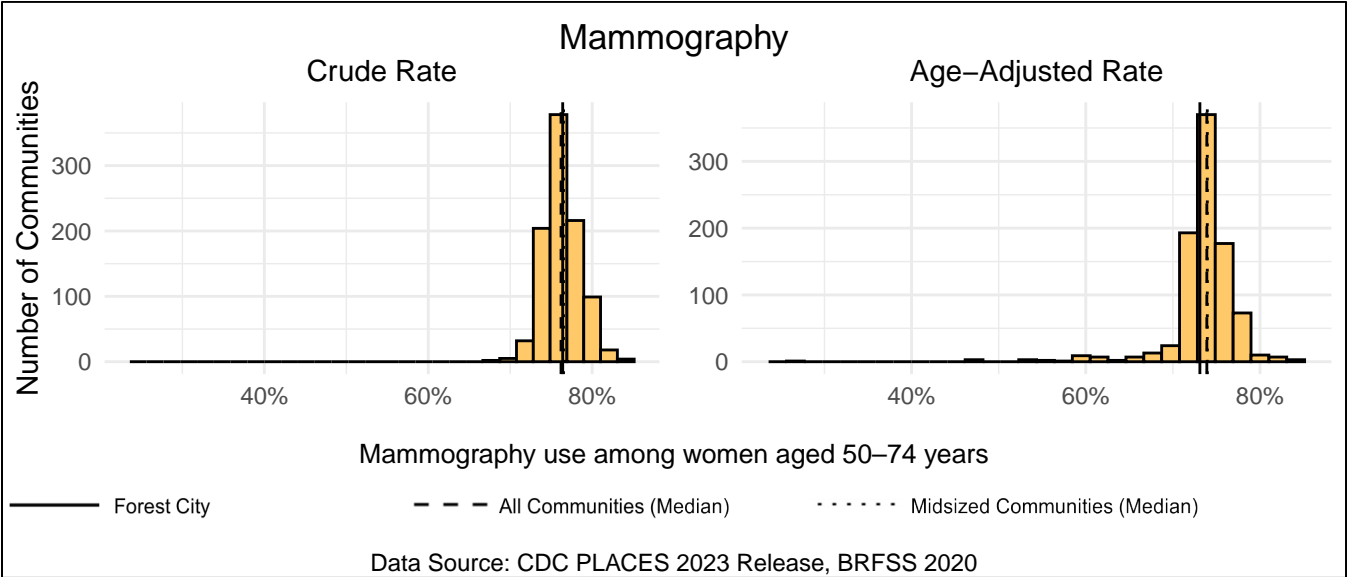
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	76.4%	76.2%	76.5%
Age-Adjusted	73.1%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Forest City has a crude rate of 6.8% for hearing disability among adults aged >=18 years, which ranks 303rd out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Forest City is 5.9%, which ranks 360th out of 905 Iowa communities (44th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	6.8%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
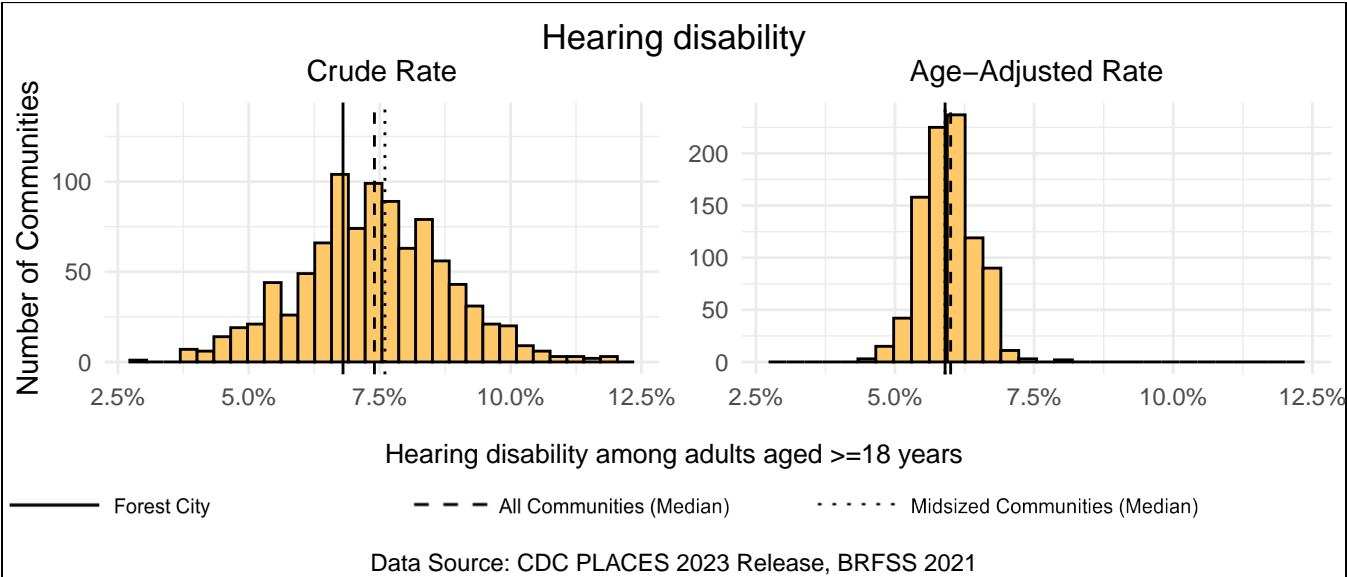
Vision disability

Forest City has a crude rate of 4.1% for vision disability among adults aged >=18 years, which ranks 464th out of 958 Iowa communities (43rd out of 102 midsized communities). The age-adjusted rate for Forest City is 3.8%, which ranks 564th out of 905 Iowa communities (50th out of 102 midsized communities).
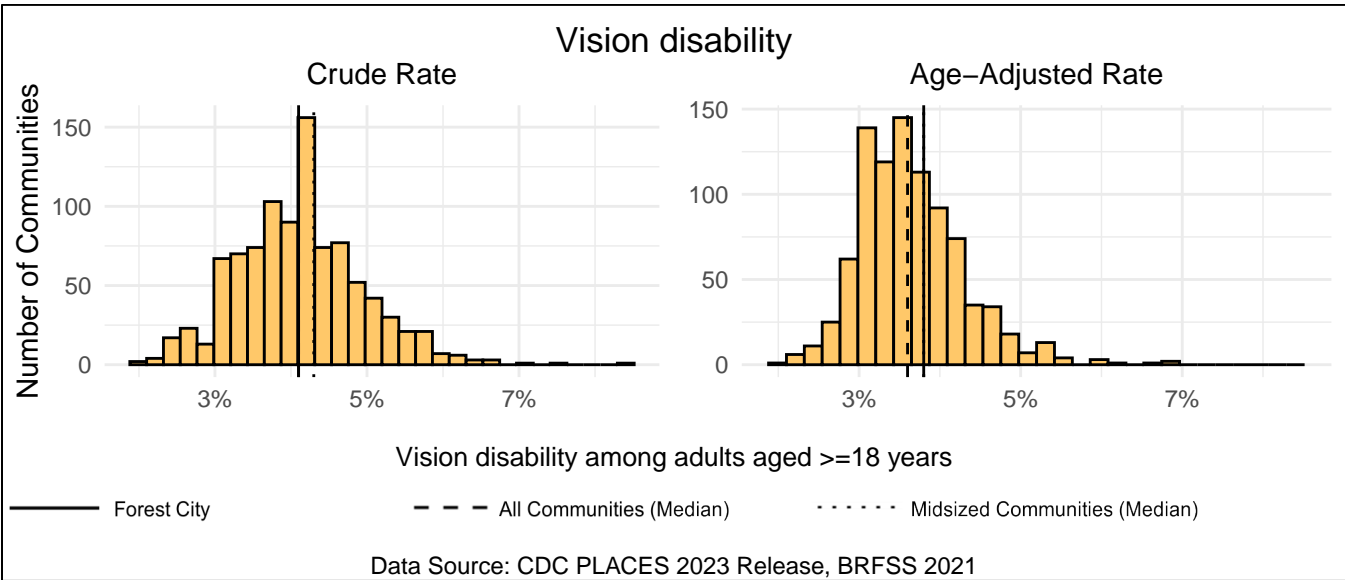
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	4.1%	4.1%	4.3%
Age-Adjusted	3.8%	3.6%	3.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Forest City has a crude rate of 12.0% for cognitive disability among adults aged >=18 years, which ranks 735th out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Forest City is 11.8%, which ranks 495th out of 905 Iowa communities (49th out of 102 midsized communities).

Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	12.0%	11.1%	11.5%
Age-Adjusted	11.8%	11.6%	11.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Forest City has a crude rate of 10.9% for mobility disability among adults aged >=18 years, which ranks 315th out of 958 Iowa communities (31st out of 102 midsized communities). The age-adjusted rate for Forest City is 9.8%, which ranks 541st out of 905 Iowa communities (51st out of 102 midsized communities).
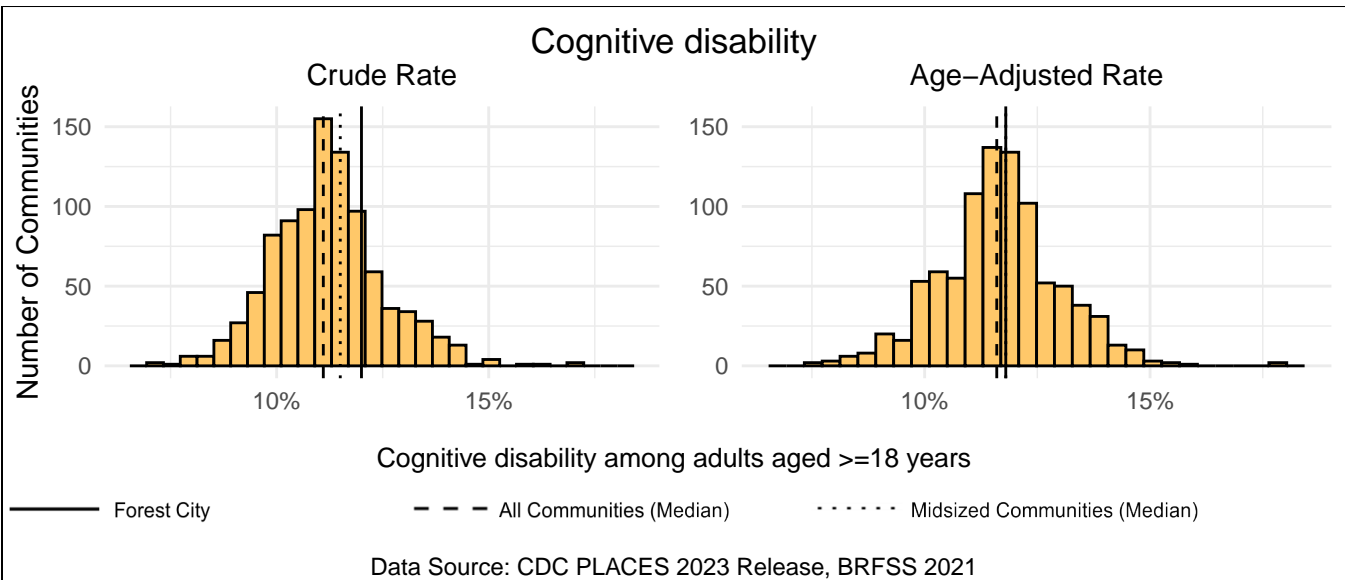
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	10.9%	11.8%	12.1%
Age-Adjusted	9.8%	9.5%	9.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Forest City has a crude rate of 3.3% for self-care disability among adults aged >=18 years, which ranks 386th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Forest City is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 midsized communities).
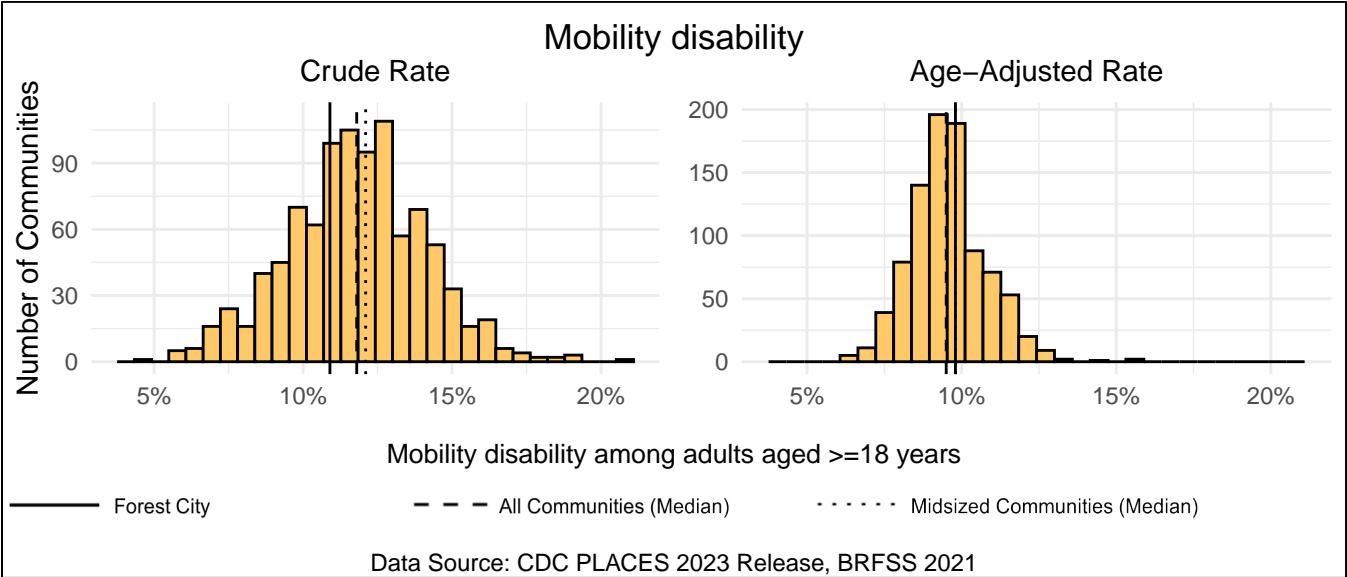
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	3.3%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Forest City has a crude rate of 6.8% for independent living disability among adults aged >=18 years, which ranks 519th out of 958 Iowa communities (43rd out of 102 midsized communities). The age-adjusted rate for Forest City is 6.4%, which ranks 531st out of 905 Iowa communities (51st out of 102 midsized communities).
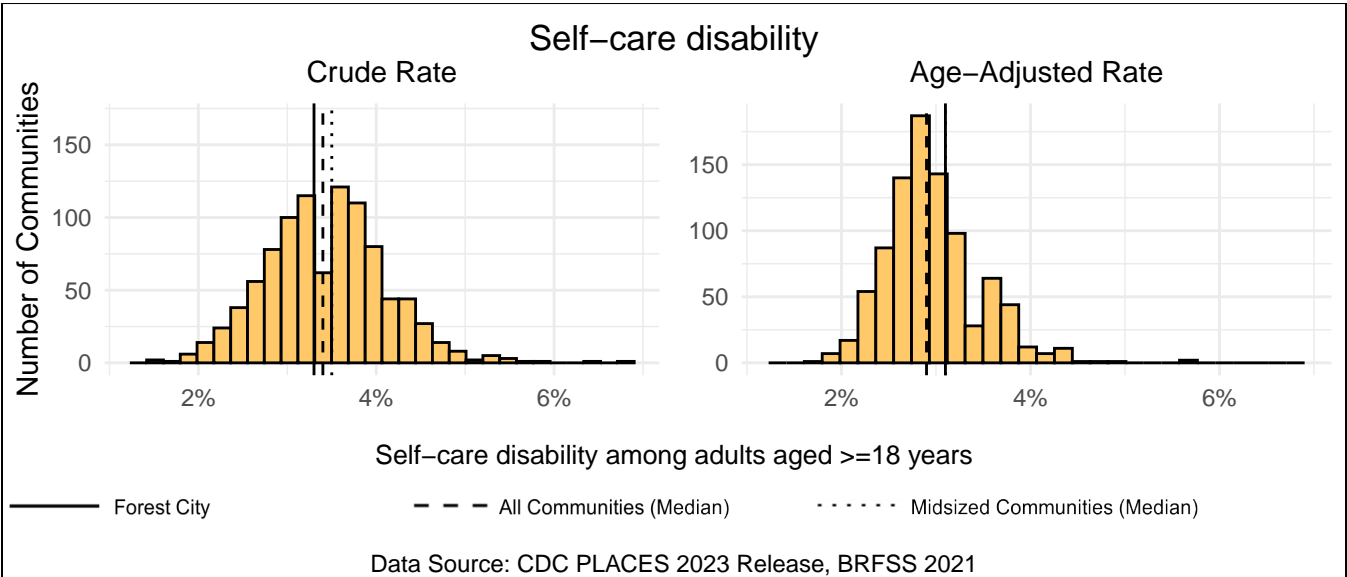
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	6.8%	6.6%	7.0%
Age-Adjusted	6.4%	6.2%	6.4%

Independent living disability — Crude Rate / Age–Adjusted Rate. Number of Communities vs Independent living disability among adults aged >=18 years. Forest City; All Communities (Median); Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Forest City has a crude rate of 25.1% for any disability among adults aged >=18 years, which ranks 423rd out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Forest City is 23.4%, which ranks 499th out of 905 Iowa communities (50th out of 102 midsized communities).
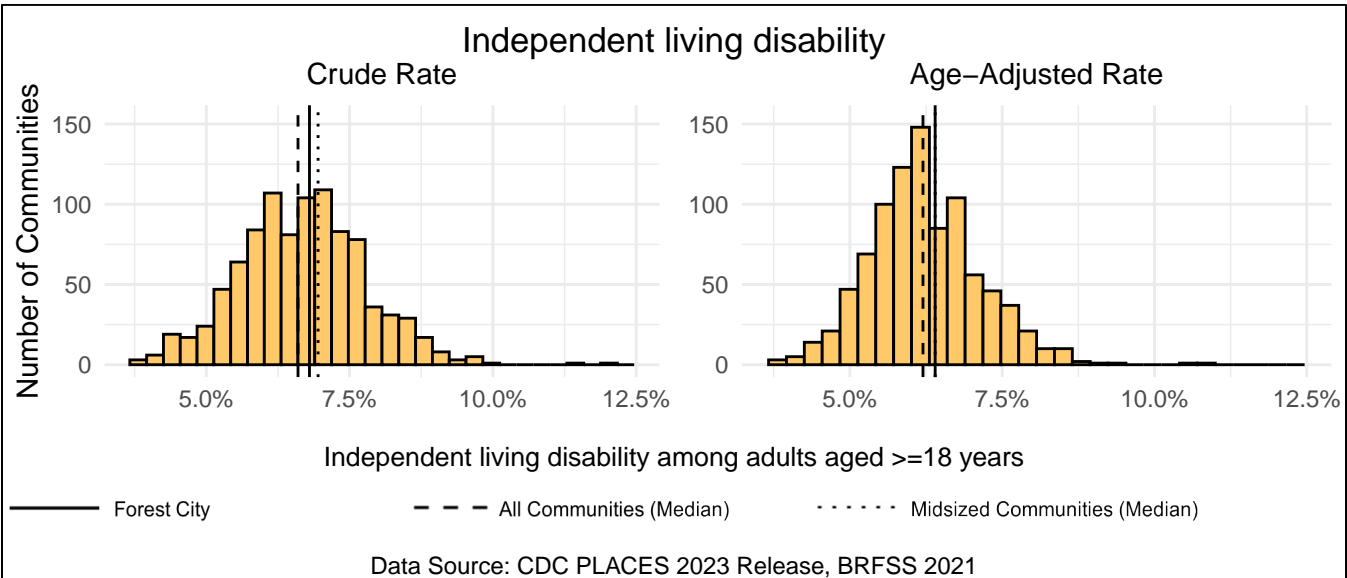
Measure Type	Forest City	All Comm.	Midsized Comm.
Crude	25.1%	25.6%	26.3%
Age-Adjusted	23.4%	23.2%	23.4%

Any disability — Crude Rate / Age–Adjusted Rate. Number of Communities vs Any disability among adults aged >=18 years. Forest City; All Communities (Median); Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
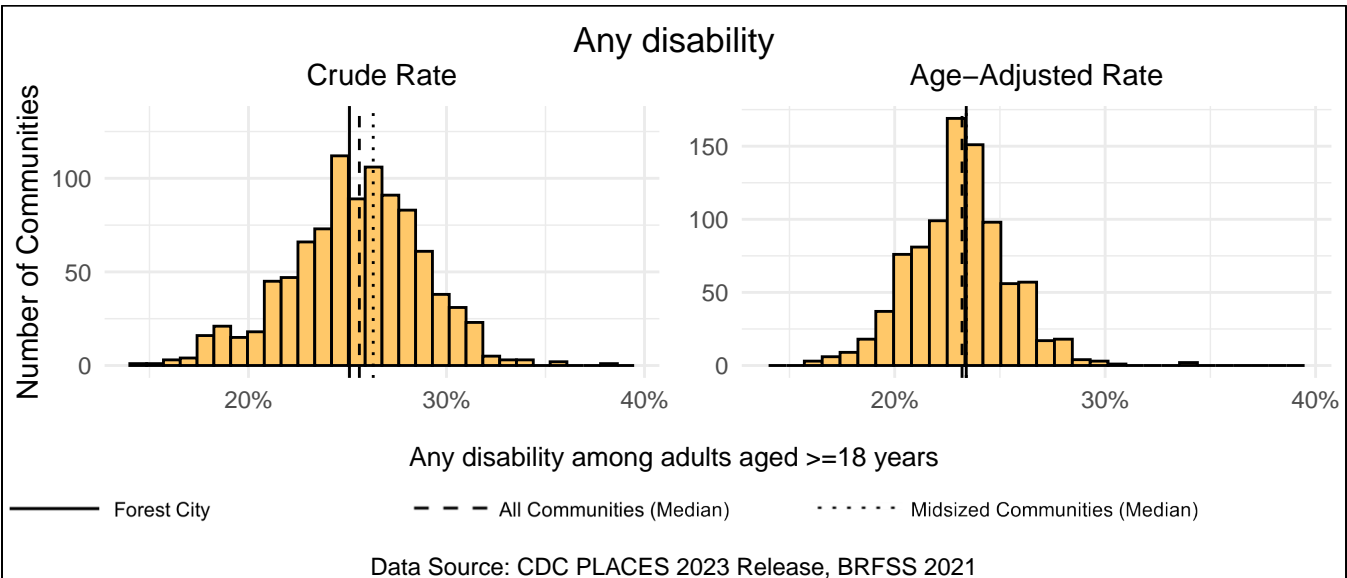
Appendix 1: CDC PLACES Data

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: Forest City 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	293	10.2% (8.7% - 11.9%)	518	9.9% (8.4% - 11.4%)
Health Status	General Health	361	13.6% (11.2% - 16.0%)	533	13.1% (10.9% - 15.5%)
Health Status	Mental Health	825	15.5% (13.4% - 17.9%)	516	15.7% (13.5% - 18.0%)
Health Risk Behaviors	Sleep <7 hours	561	30.7% (29.3% - 32.3%)	666	32.0% (30.5% - 33.6%)
Health Risk Behaviors	Physical Inactivity	344	25.0% (20.5% - 30.0%)	478	24.5% (20.1% - 29.1%)
Health Risk Behaviors	Current Smoking	316	16.1% (12.9% - 19.7%)	536	18.0% (14.3% - 22.0%)
Health Risk Behaviors	Binge Drinking	572	20.1% (16.8% - 23.9%)	249	21.4% (18.0% - 25.2%)
Health Outcomes	Arthritis	216	25.2% (21.9% - 28.9%)	574	23.6% (20.3% - 27.2%)
Health Outcomes	Current Asthma	716	9.6% (8.4% - 10.8%)	513	9.6% (8.4% - 10.8%)
Health Outcomes	Chronic Kidney Disease	241	2.9% (2.6% - 3.3%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Diabetes	246	9.1% (7.8% - 10.7%)	567	8.4% (7.2% - 9.7%)
Health Outcomes	All Teeth Lost	558	13.4% (8.2% - 20.1%)	507	13.1% (8.4% - 18.7%)
Health Outcomes	High Blood Pressure	161	28.7% (25.3% - 32.4%)	368	27.0% (23.5% - 30.7%)
Health Outcomes	COPD	274	6.8% (5.6% - 8.1%)	459	6.3% (5.3% - 7.5%)
Health Outcomes	High Cholesterol	225	34.3% (30.3% - 38.5%)	537	30.0% (26.1% - 34.2%)
Health Outcomes	Coronary Heart Disease	268	5.8% (5.0% - 6.6%)	419	5.0% (4.4% - 5.8%)
Health Outcomes	Cancer (except skin)	223	7.2% (6.5% - 7.9%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Stroke	280	3.0% (2.6% - 3.4%)	375	2.6% (2.3% - 3.0%)
Health Outcomes	Depression	592	18.4% (15.4% - 21.8%)	330	18.8% (15.5% - 22.3%)
Health Outcomes	Obesity	269	36.4% (29.8% - 43.6%)	559	38.2% (30.9% - 45.7%)
Prevention	Dental Visit	407	67.8% (64.4% - 71.1%)	427	66.8% (63.5% - 70.3%)
Prevention	Core preventive services for older women	807	35.2% (27.6% - 42.5%)	713	37.6% (30.1% - 45.1%)
Prevention	Annual Checkup	735	73.8% (68.6% - 78.4%)	498	72.4% (67.6% - 77.0%)
Prevention	Mammography	432	76.4% (72.6% - 80.2%)	594	73.1% (69.0% - 77.1%)
Prevention	Taking BP Medication	606	78.7% (75.6% - 81.5%)	126	59.8% (55.0% - 64.6%)
Prevention	Cervical Cancer Screening	819	81.4% (78.9% - 83.9%)	519	83.0% (80.8% - 85.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	885	79.1% (75.8% - 82.3%)	435	79.1% (75.8% - 82.3%)
Prevention	Colorectal Cancer Screening	720	70.0% (66.7% - 73.2%)	626	70.0% (66.8% - 73.2%)
Prevention	Health Insurance	570	7.6% (5.7% - 9.8%)	498	7.9% (6.0% - 10.1%)
Prevention	Core preventive services for older men	384	44.3% (35.6% - 53.5%)	309	45.1% (36.8% - 53.9%)
Disability	Hearing Disability	303	6.8% (5.9% - 7.7%)	360	5.9% (5.2% - 6.7%)
Disability	Cognitive Disability	735	12.0% (9.9% - 14.3%)	495	11.8% (9.9% - 14.0%)
Disability	Any Disability	423	25.1% (21.3% - 29.3%)	499	23.4% (19.7% - 27.2%)
Disability	Mobility Disability	315	10.9% (9.2% - 12.8%)	541	9.8% (8.2% - 11.5%)
Disability	Vision Disability	464	4.1% (3.4% - 4.8%)	564	3.8% (3.2% - 4.4%)
Disability	Independent Living Disability	519	6.8% (5.7% - 8.1%)	531	6.4% (5.4% - 7.6%)
Disability	Self-care Disability	386	3.3% (2.8% - 3.8%)	567	3.1% (2.6% - 3.5%)

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)

Forest City 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