



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 Fruitland: Overview

Dear Community Members & Stakeholders of Fruitland,

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 Fruitland ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Fruitland’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 Fruitland. 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
Cancer (except skin)	29th	9th	High Cholesterol	65th	13th
High Cholesterol	39th	12th	Arthritis	110th	20th
Arthritis	46th	12th	Core preventive services for older women	110th	25th
Chronic Kidney Disease	55th	13th	Binge Drinking	136th	20th
Coronary Heart Disease	66th	15th	Colorectal Cancer Screening	197th	37th

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
Sleep <7 hours	936th	137th	Depression	852nd	131st
Depression	934th	136th	Cancer (except skin)	831st	126th
Annual Checkup	919th	132nd	Sleep <7 hours	743rd	118th
Mental Health	907th	136th	All Teeth Lost	693rd	114th
Taking BP Medication	897th	125th	Mental Health	686th	114th

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 Fruitland.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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How to Use this Report

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

With a population of 1,127, Fruitland’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.



Health Status

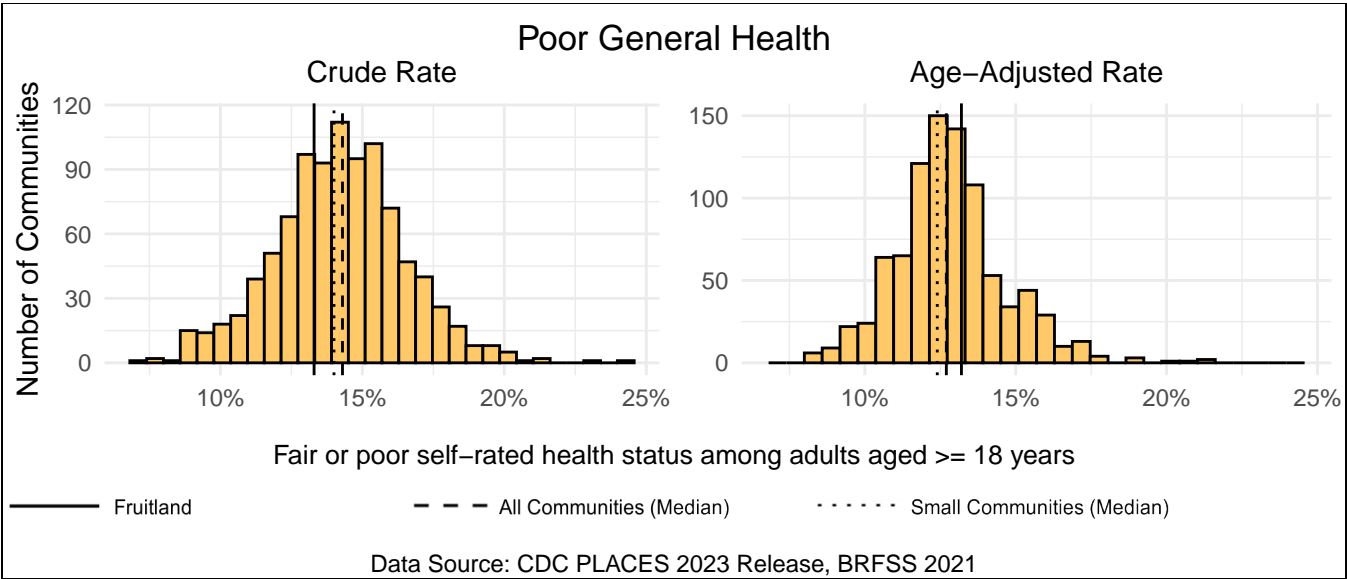
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Fruitland has a crude rate of 13.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 312th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Fruitland is 13.2%, which ranks 552nd out of 905 Iowa communities (92nd out of 138 small communities).

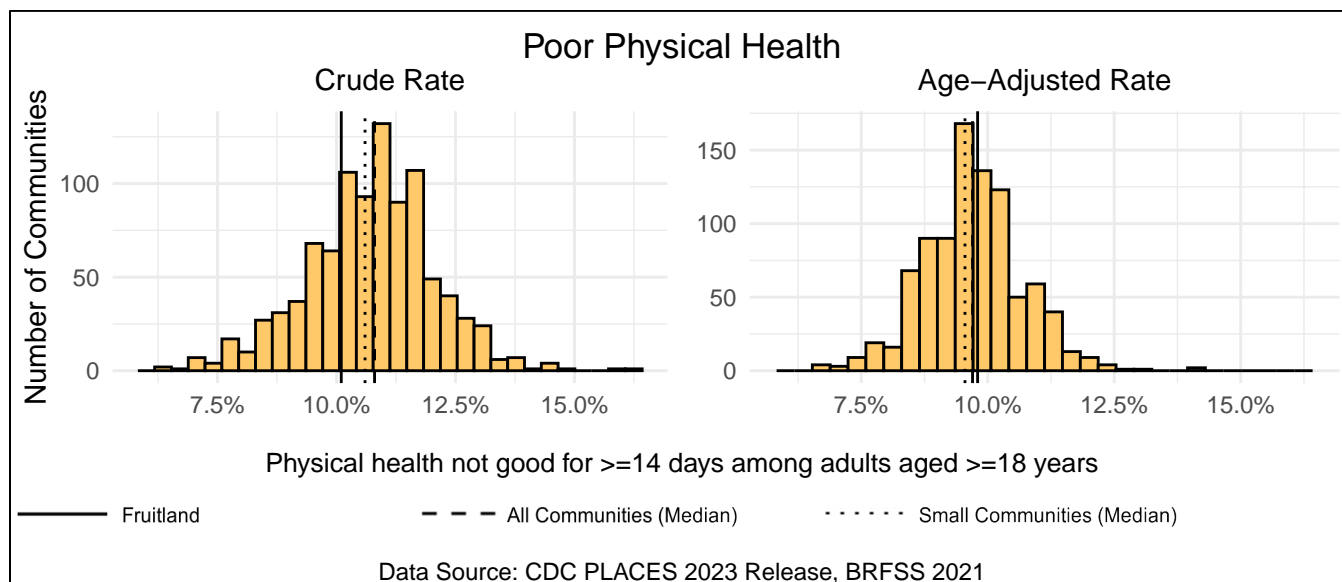
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	13.3%	14.3%	14.0%
Age-Adjusted	13.2%	12.7%	12.4%



Poor Physical Health

Fruitland has a crude rate of 10.1% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 269th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Fruitland is 9.8%, which ranks 468th out of 905 Iowa communities (80th out of 138 small communities).

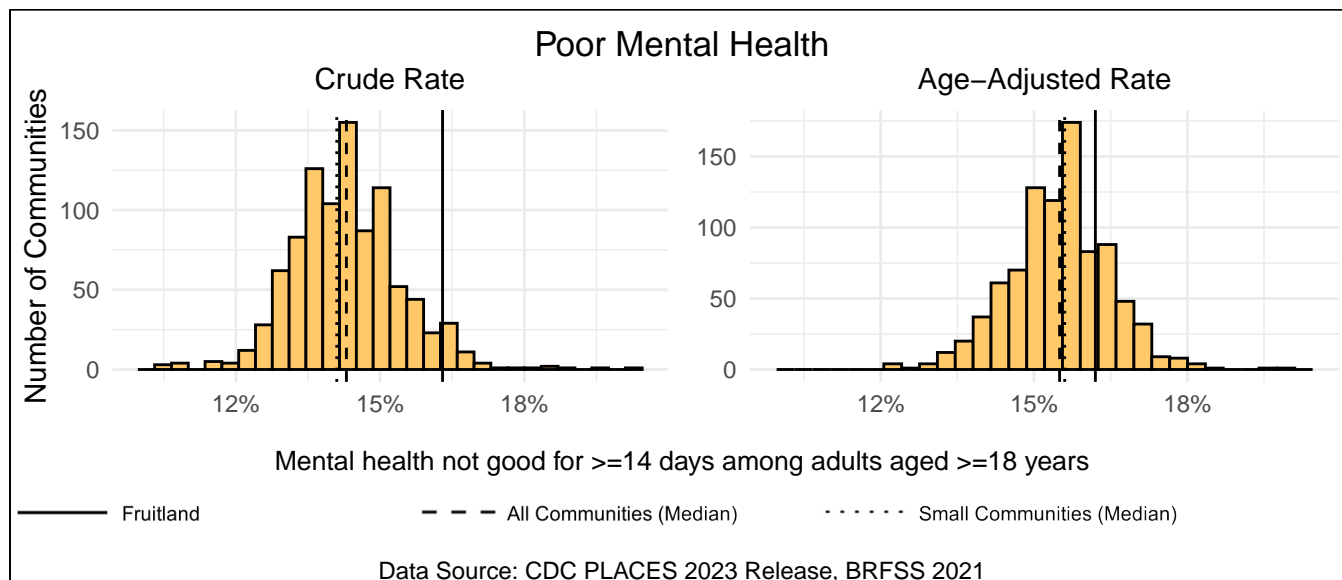
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	10.1%	10.8%	10.6%
Age-Adjusted	9.8%	9.7%	9.6%



Poor Mental Health

Fruitland has a crude rate of 16.3% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 907th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Fruitland is 16.2%, which ranks 686th out of 905 Iowa communities (114th out of 138 small communities).

Measure Type	Fruitland	All Comm.	Small Comm.
Crude	16.3%	14.3%	14.1%
Age-Adjusted	16.2%	15.5%	15.6%



Health Risk Behaviors

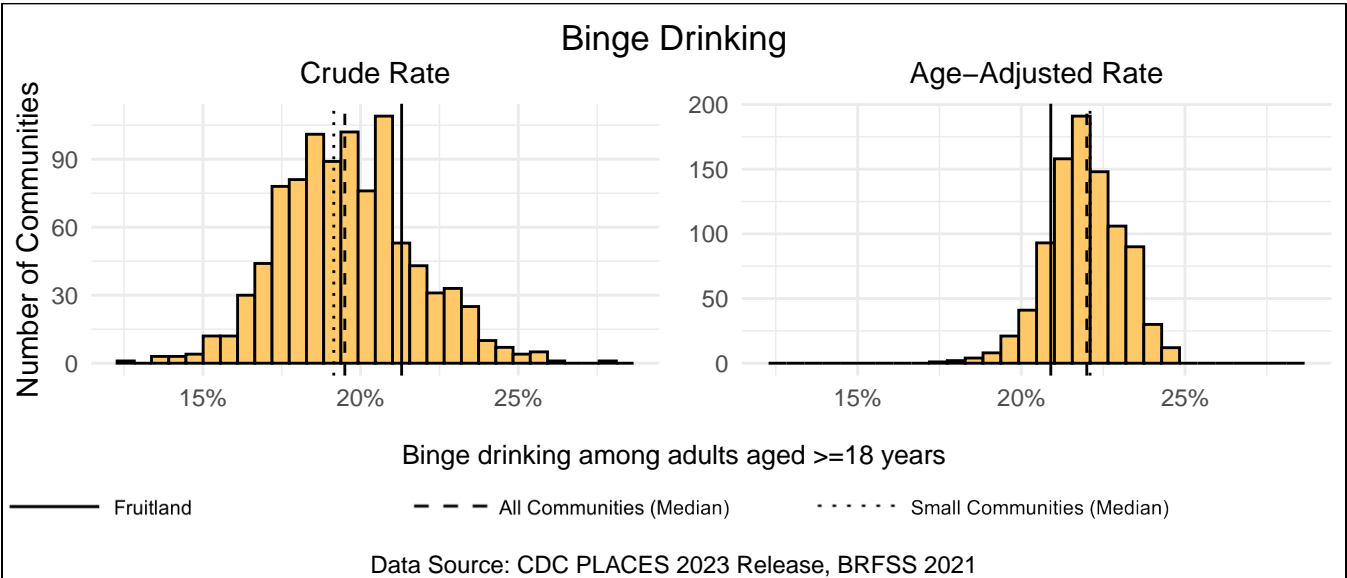
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Fruitland 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 Fruitland is 20.9%, which ranks 136th out of 905 Iowa communities (20th out of 138 small communities).

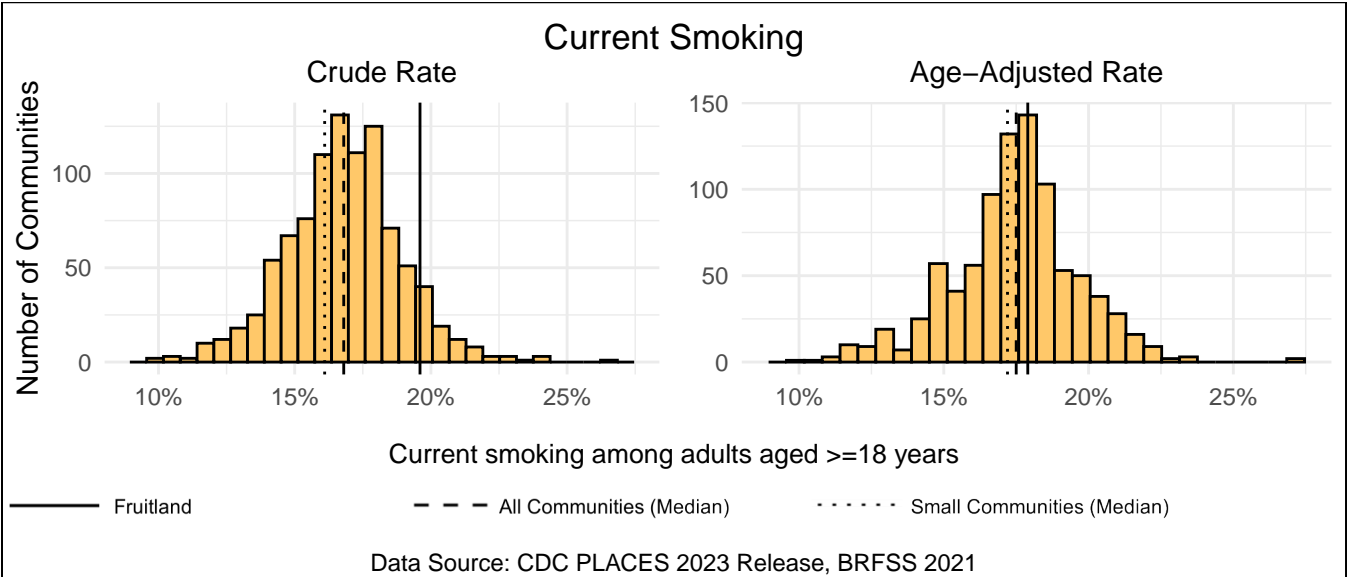
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	21.3%	19.5%	19.1%
Age-Adjusted	20.9%	22.0%	22.1%



Current Smoking

Fruitland has a crude rate of 19.6% for current smoking among adults aged ≥ 18 years, which ranks 873rd out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Fruitland is 17.9%, which ranks 513th out of 905 Iowa communities (85th out of 138 small communities).

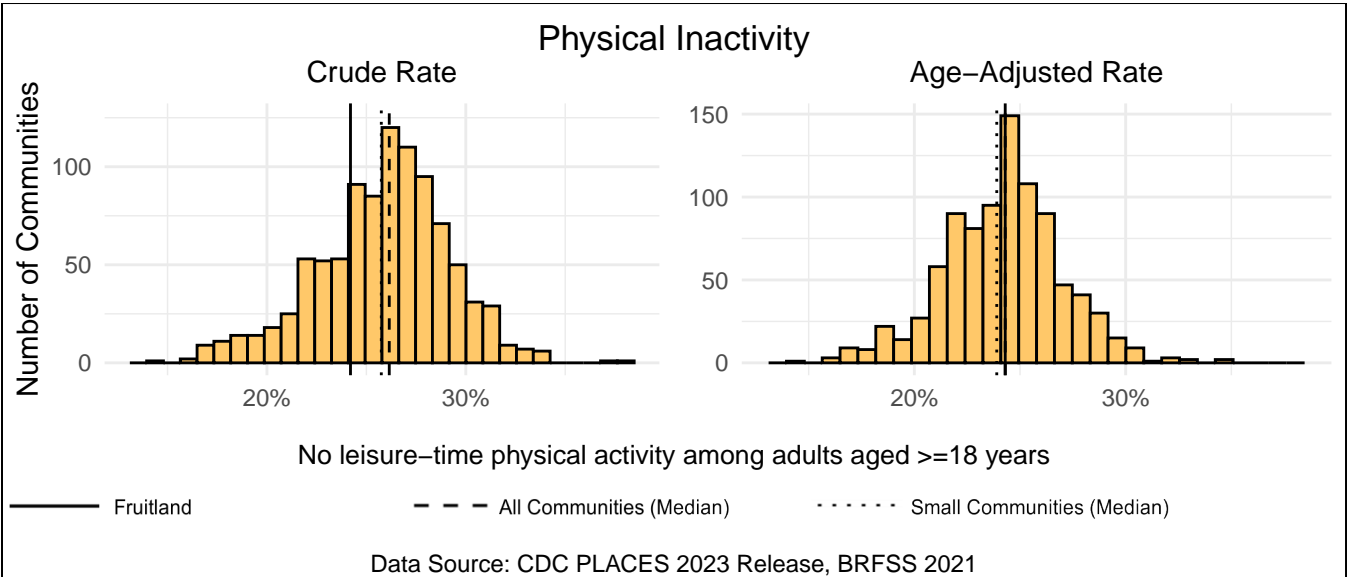
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	19.6%	16.8%	16.1%
Age-Adjusted	17.9%	17.5%	17.2%



Physical Inactivity

Fruitland has a crude rate of 24.2% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 265th out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Fruitland is 24.3%, which ranks 437th out of 905 Iowa communities (78th out of 138 small communities).

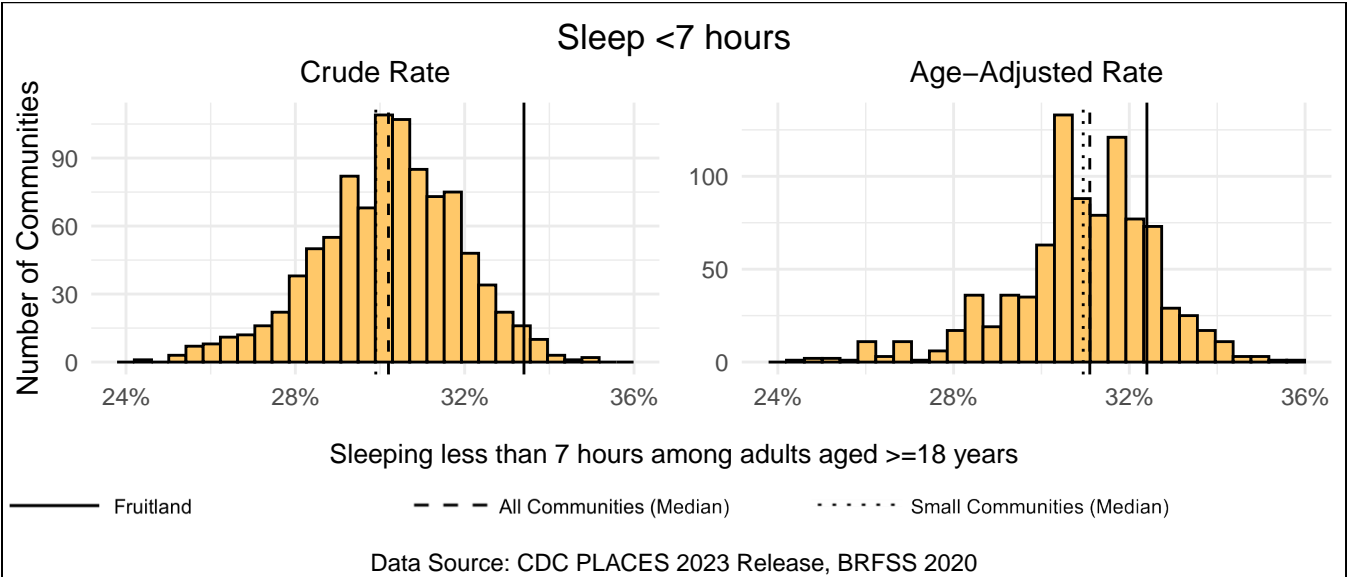
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	24.2%	26.1%	25.8%
Age-Adjusted	24.3%	24.3%	23.9%



Sleep <7 hours

Fruitland has a crude rate of 33.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 936th out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for Fruitland is 32.4%, which ranks 743rd out of 905 Iowa communities (118th out of 138 small communities).

Measure Type	Fruitland	All Comm.	Small Comm.
Crude	33.4%	30.2%	29.9%
Age-Adjusted	32.4%	31.1%	31.0%



Health Outcomes

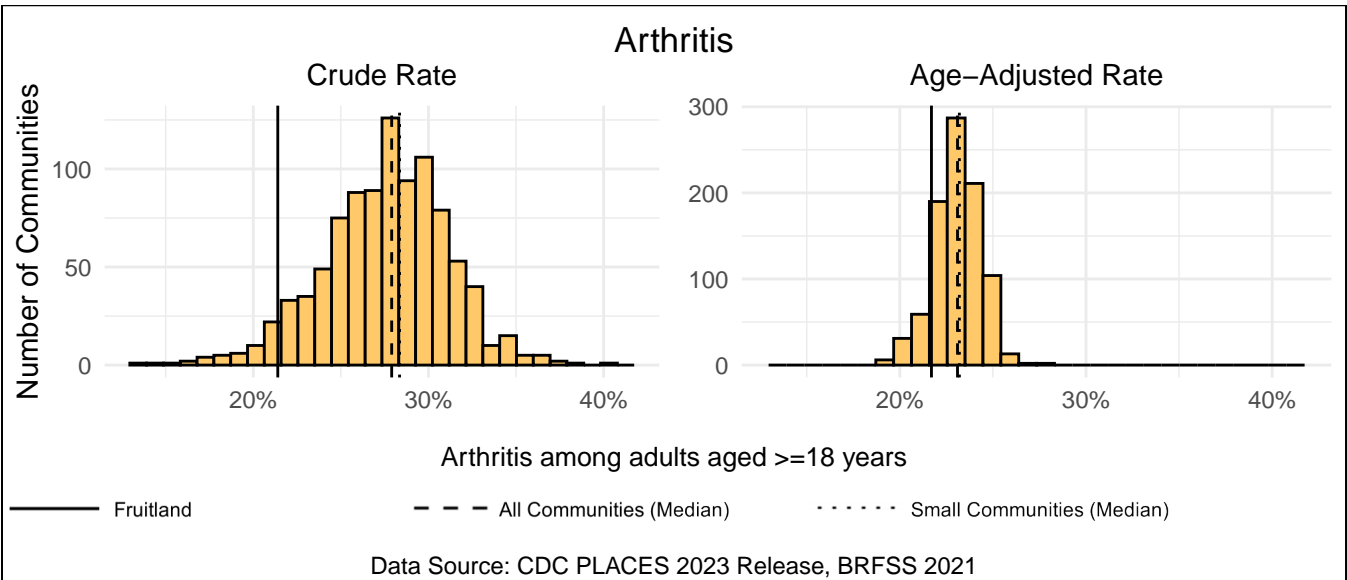
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

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

Arthritis

Fruitland has a crude rate of 21.4% for arthritis among adults aged ≥ 18 years, which ranks 46th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Fruitland is 21.7%, which ranks 110th out of 905 Iowa communities (20th out of 138 small communities).

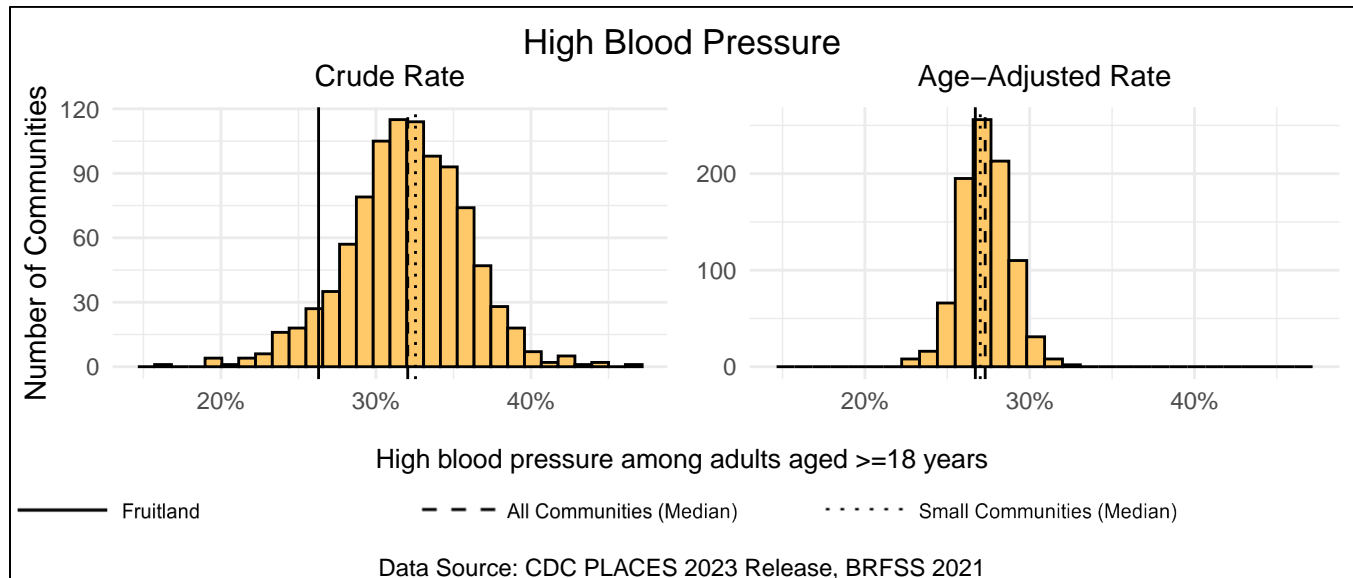
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	21.4%	27.9%	28.4%
Age-Adjusted	21.7%	23.1%	23.2%



High Blood Pressure

Fruitland has a crude rate of 26.3% for high blood pressure among adults aged ≥ 18 years, which ranks 68th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Fruitland is 26.7%, which ranks 304th out of 905 Iowa communities (55th out of 138 small communities).

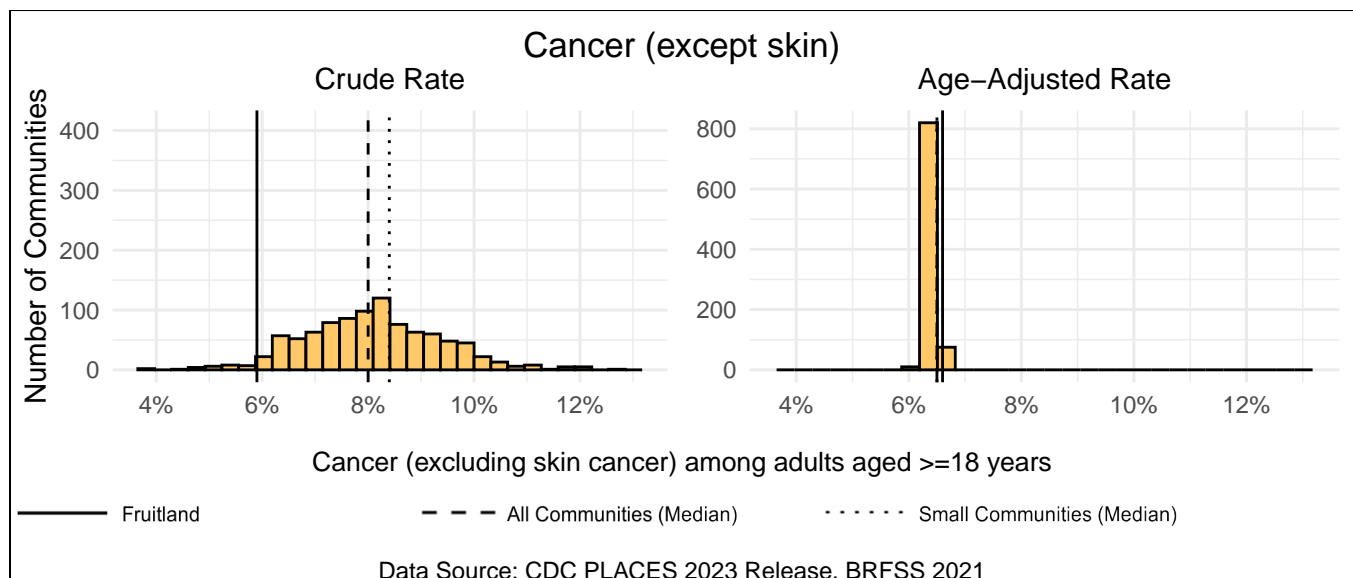
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	26.3%	32.0%	32.5%
Age-Adjusted	26.7%	27.3%	27.0%



Cancer (except skin)

Fruitland has a crude rate of 5.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 29th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Fruitland is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

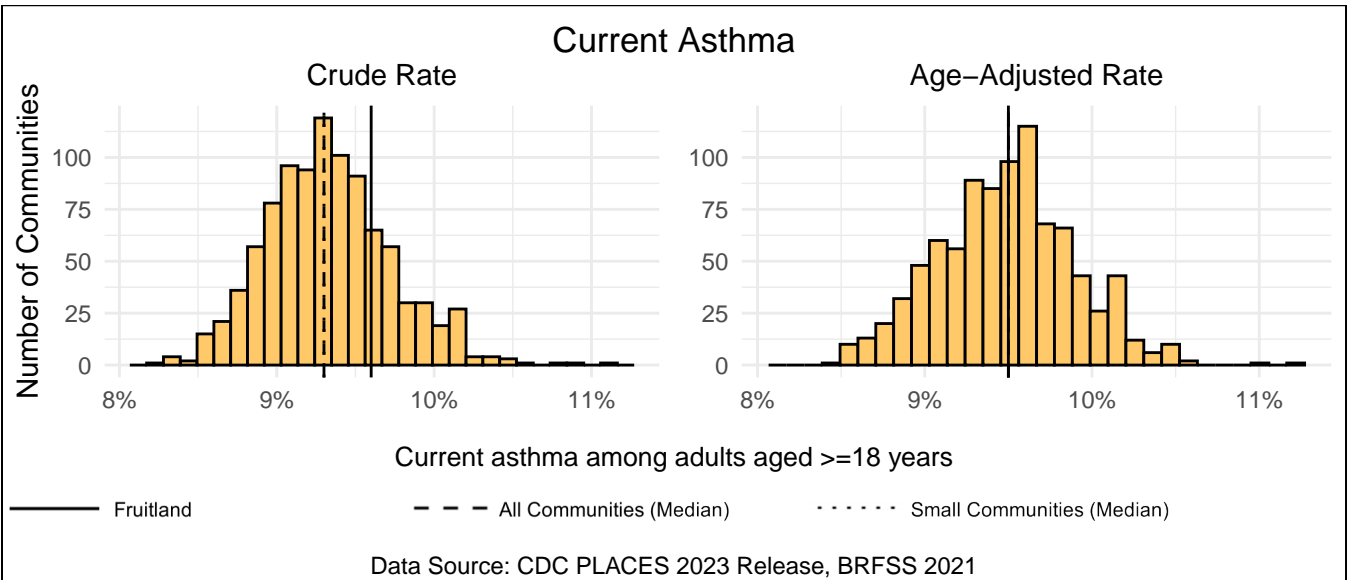
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	5.9%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

Fruitland has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Fruitland is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

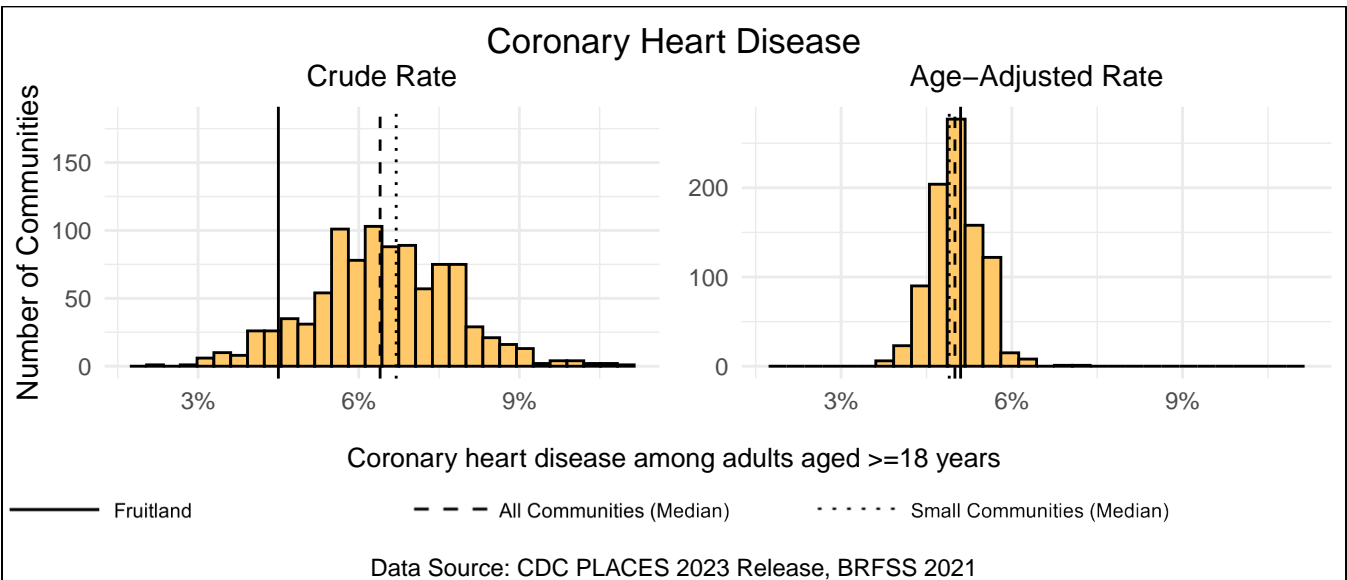
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

Fruitland has a crude rate of 4.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 66th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Fruitland is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

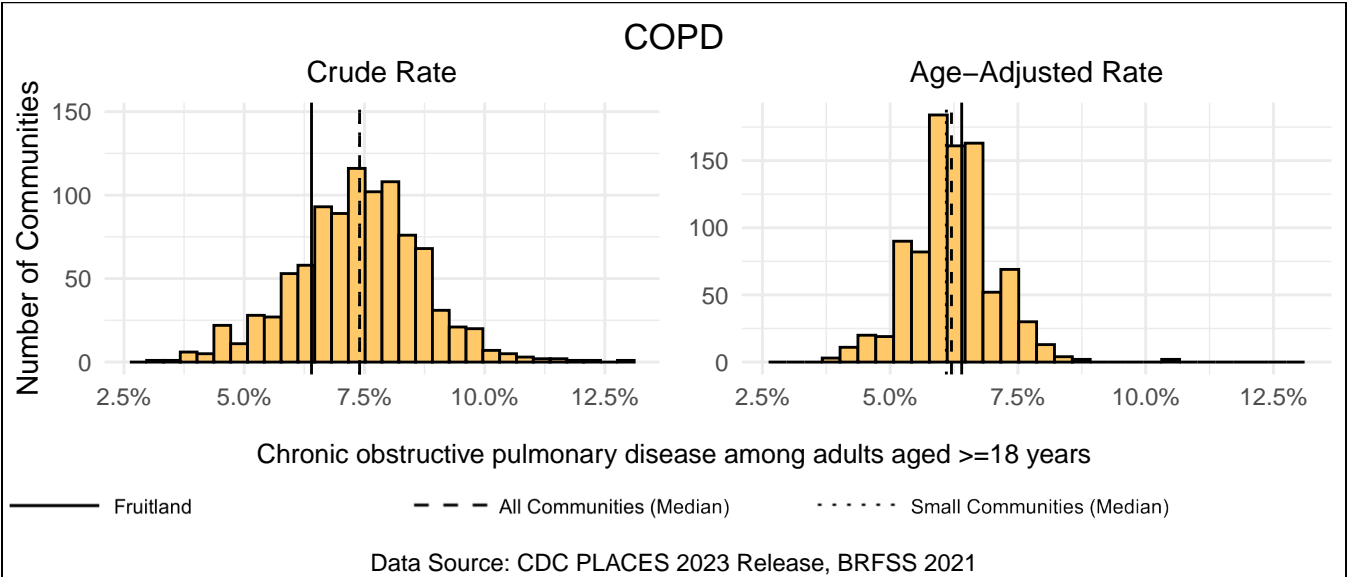
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	4.5%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%



COPD

Fruitland has a crude rate of 6.4% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 192nd out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Fruitland is 6.4%, which ranks 513th out of 905 Iowa communities (82nd out of 138 small communities).

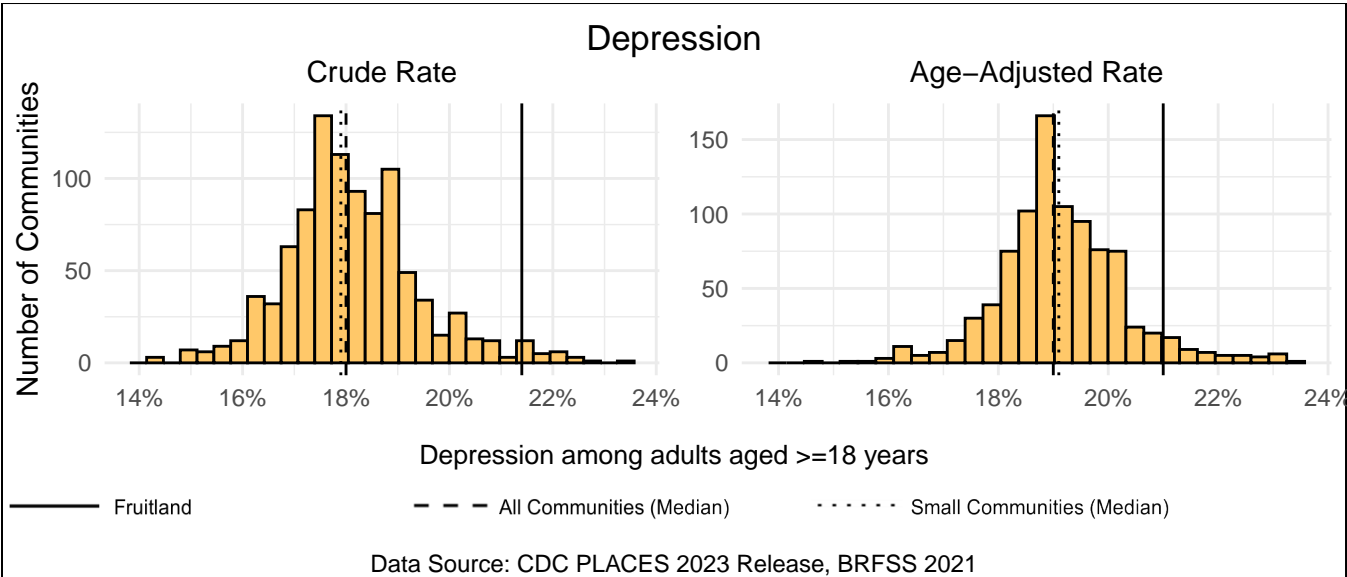
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	6.4%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.1%



Depression

Fruitland has a crude rate of 21.4% for depression among adults aged >=18 years, which ranks 934th out of 958 Iowa communities (136th out of 138 small communities). The age-adjusted rate for Fruitland is 21.0%, which ranks 852nd out of 905 Iowa communities (131st out of 138 small communities).

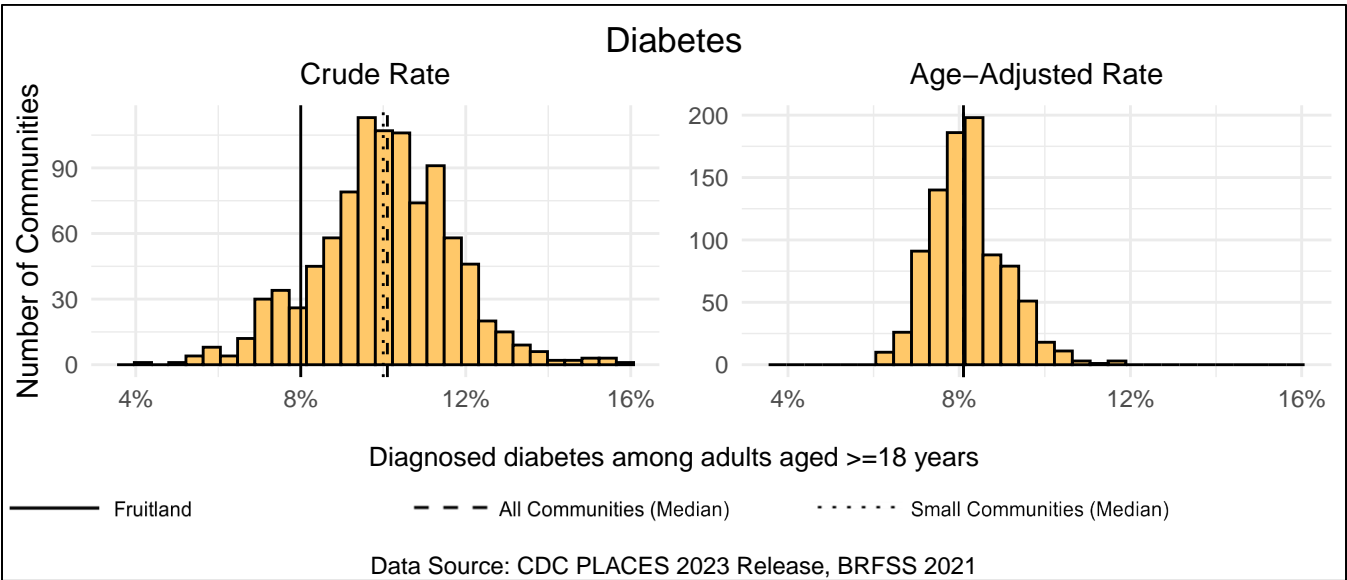
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	21.4%	18.0%	17.9%
Age-Adjusted	21.0%	19.0%	19.1%



Diabetes

Fruitland has a crude rate of 8.0% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 107th out of 958 Iowa communities (22nd out of 138 small communities). The age-adjusted rate for Fruitland is 8.1%, which ranks 401st out of 905 Iowa communities (69th out of 138 small communities).

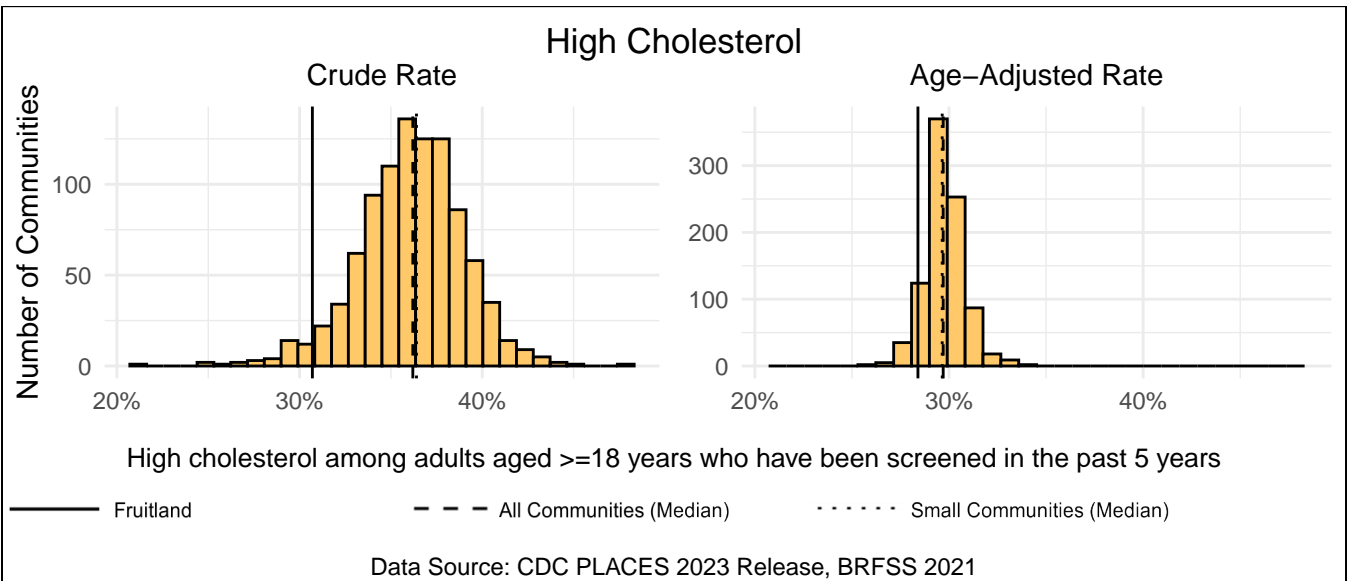
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	8.0%	10.1%	10.0%
Age-Adjusted	8.1%	8.1%	8.1%



High Cholesterol

Fruitland has a crude rate of 30.7% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 39th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Fruitland is 28.4%, which ranks 65th out of 905 Iowa communities (13th out of 138 small communities).

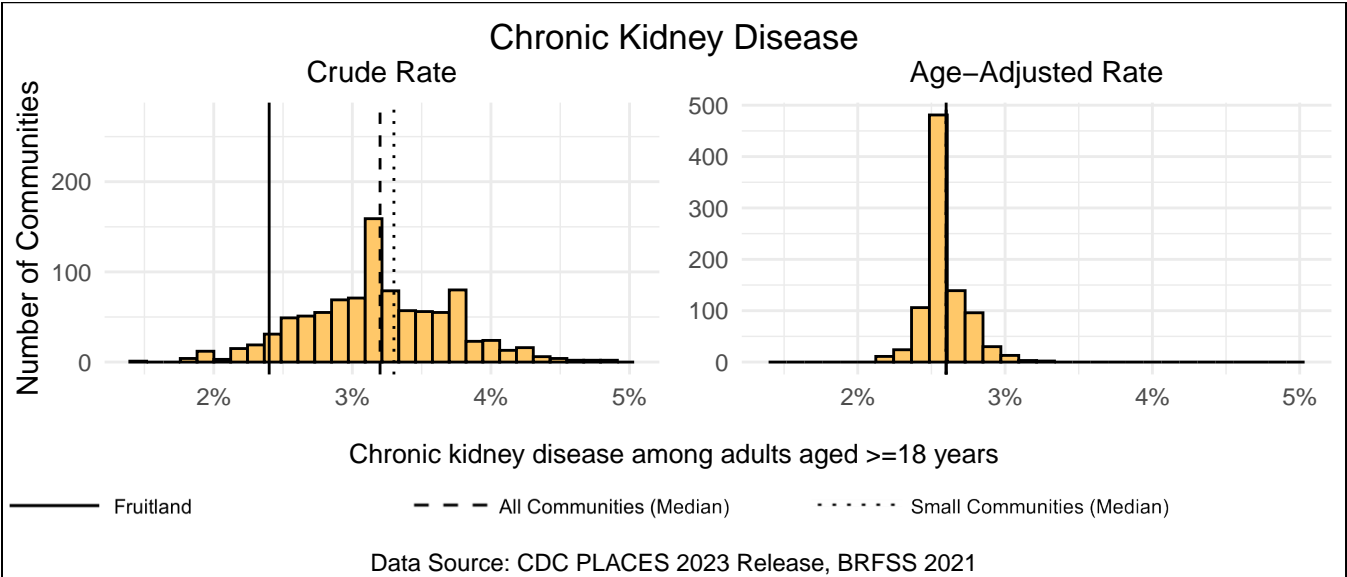
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	30.7%	36.2%	36.4%
Age-Adjusted	28.4%	29.7%	29.6%



Chronic Kidney Disease

Fruitland has a crude rate of 2.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Fruitland is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

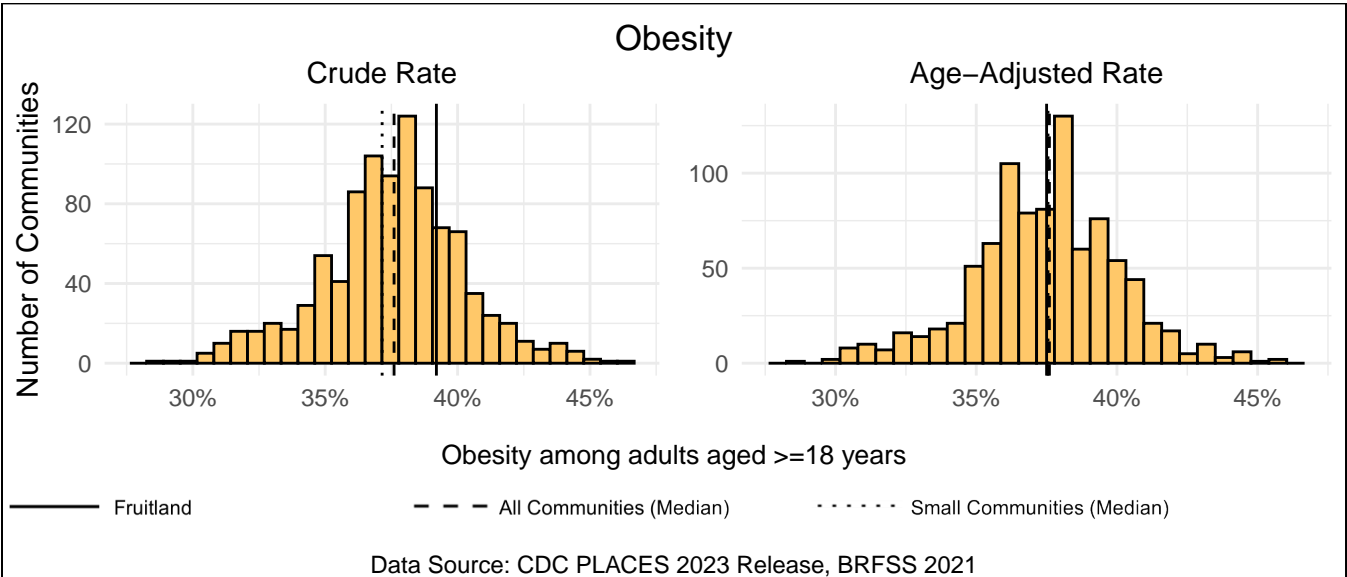
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	2.4%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Fruitland has a crude rate of 39.2% for obesity among adults aged ≥ 18 years, which ranks 722nd out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Fruitland is 37.5%, which ranks 438th out of 905 Iowa communities (68th out of 138 small communities).

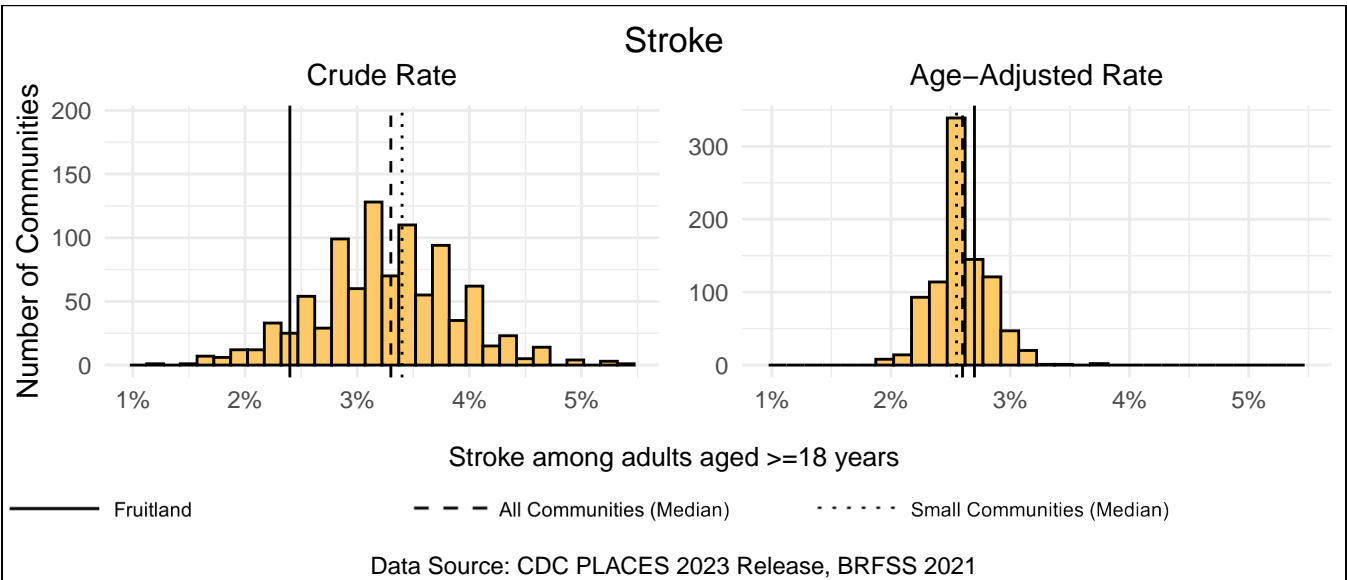
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	39.2%	37.6%	37.2%
Age-Adjusted	37.5%	37.6%	37.5%



Stroke

Fruitland has a crude rate of 2.4% for stroke among adults aged >=18 years, which ranks 73rd out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Fruitland is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

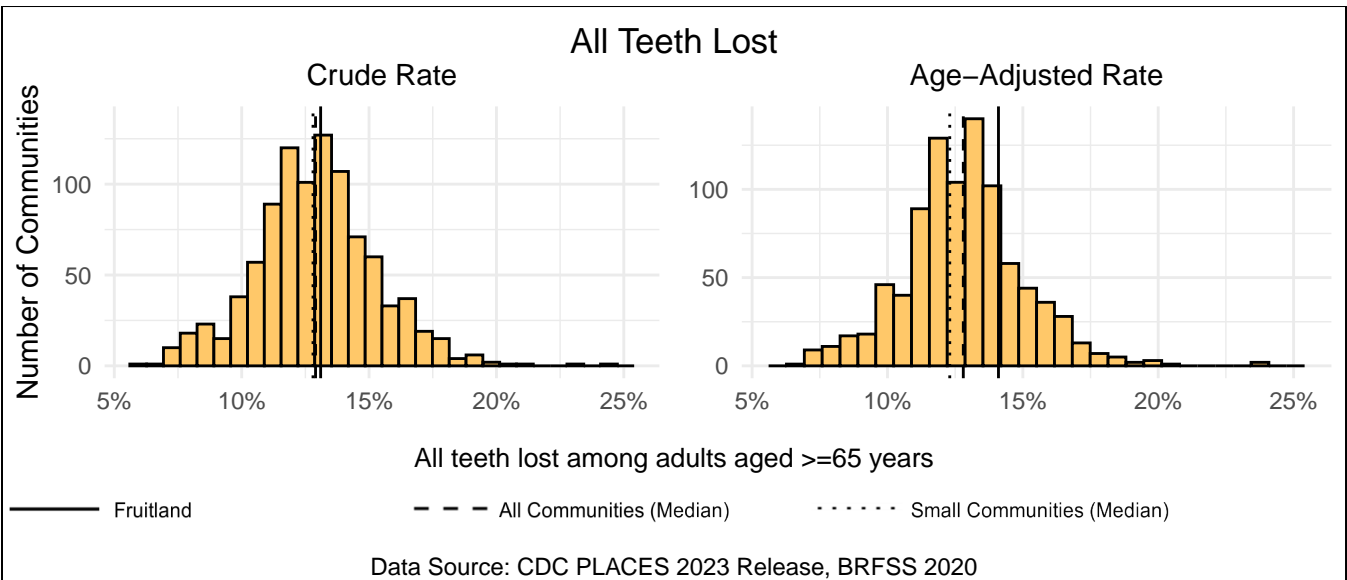
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	2.4%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



All Teeth Lost

Fruitland has a crude rate of 13.1% for all teeth lost among adults aged >=65 years, which ranks 501st out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Fruitland is 14.1%, which ranks 693rd out of 905 Iowa communities (114th out of 138 small communities).

Measure Type	Fruitland	All Comm.	Small Comm.
Crude	13.1%	12.9%	12.8%
Age-Adjusted	14.1%	12.8%	12.3%



Prevention

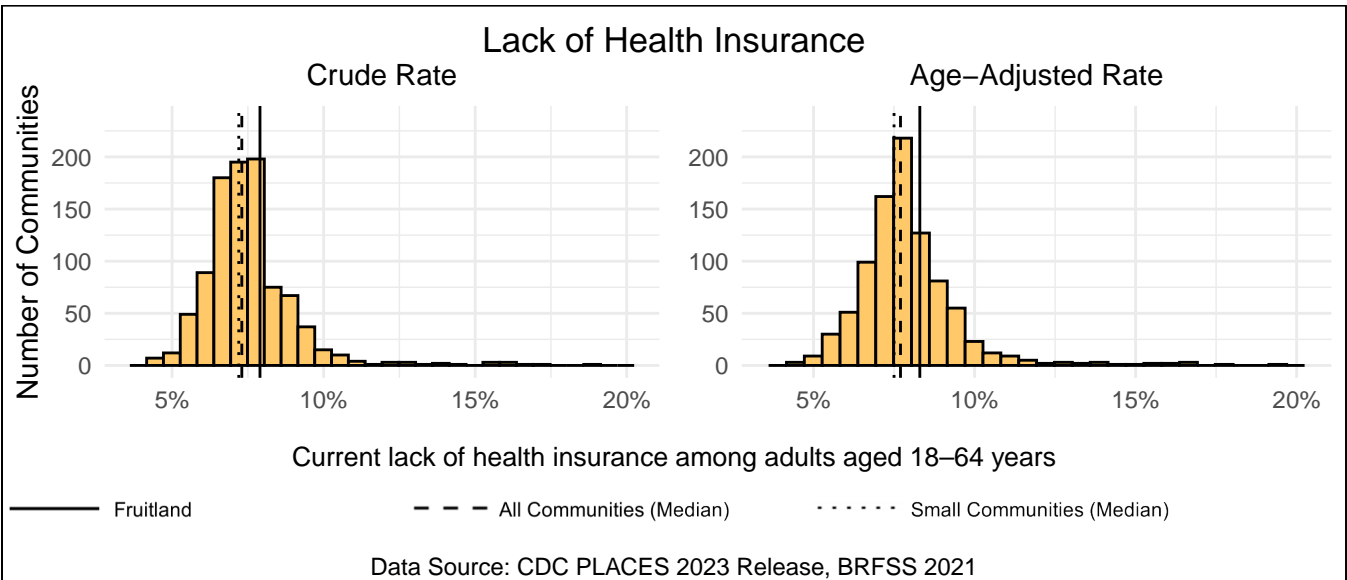
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

Lack of Health Insurance

Fruitland has a crude rate of 7.9% for current lack of health insurance among adults aged 18–64 years, which ranks 674th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Fruitland is 8.3%, which ranks 632nd out of 905 Iowa communities (111th out of 138 small communities).

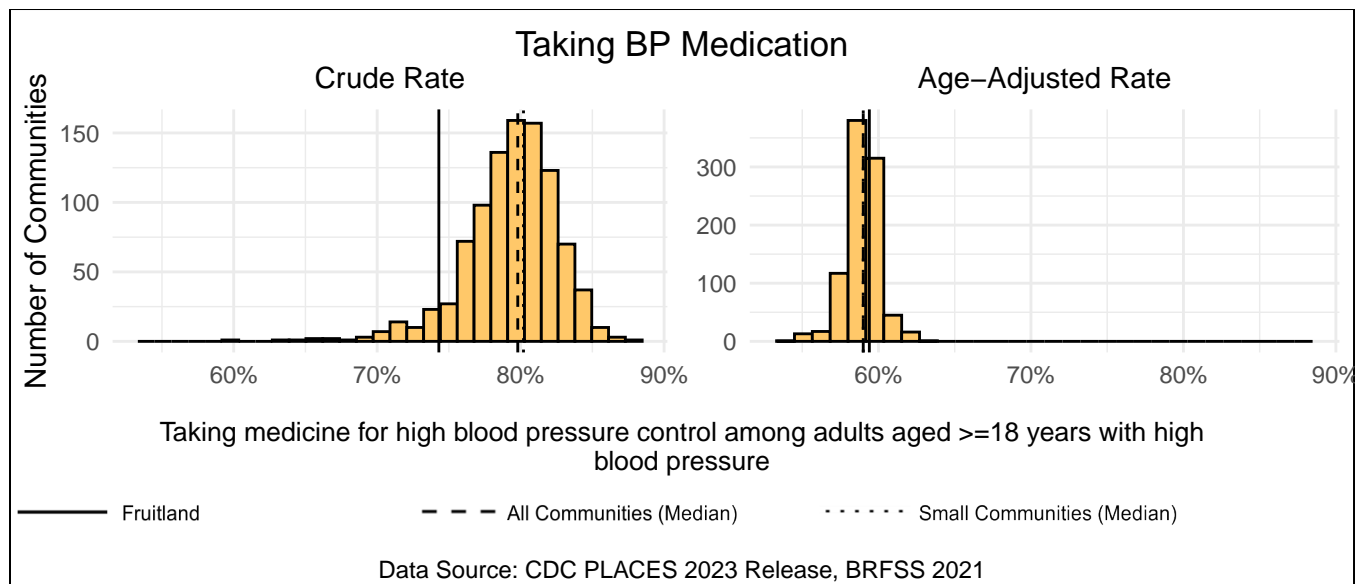
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	7.9%	7.3%	7.2%
Age-Adjusted	8.3%	7.7%	7.5%



Taking BP Medication

Fruitland has a crude rate of 74.3% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 897th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Fruitland is 59.4%, which ranks 251st out of 905 Iowa communities (36th out of 138 small communities).

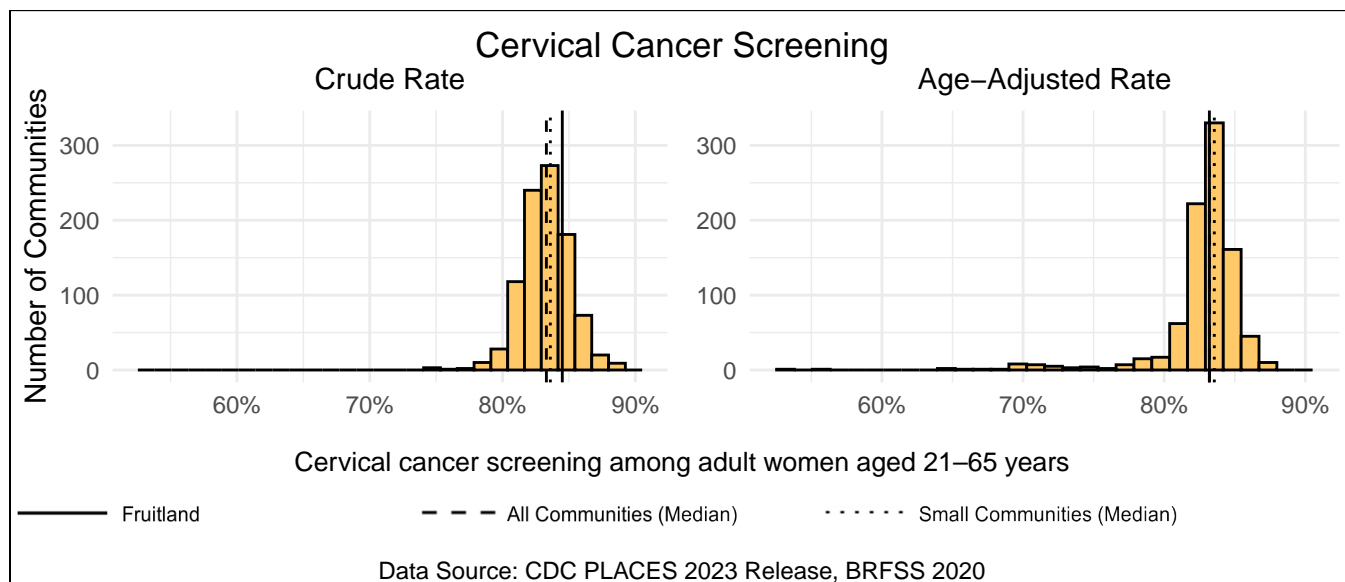
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	74.3%	79.8%	80.2%
Age-Adjusted	59.4%	59.0%	59.0%



Cervical Cancer Screening

Fruitland has a crude rate of 84.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 217th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for Fruitland is 83.2%, which ranks 442nd out of 905 Iowa communities (83rd out of 138 small communities).

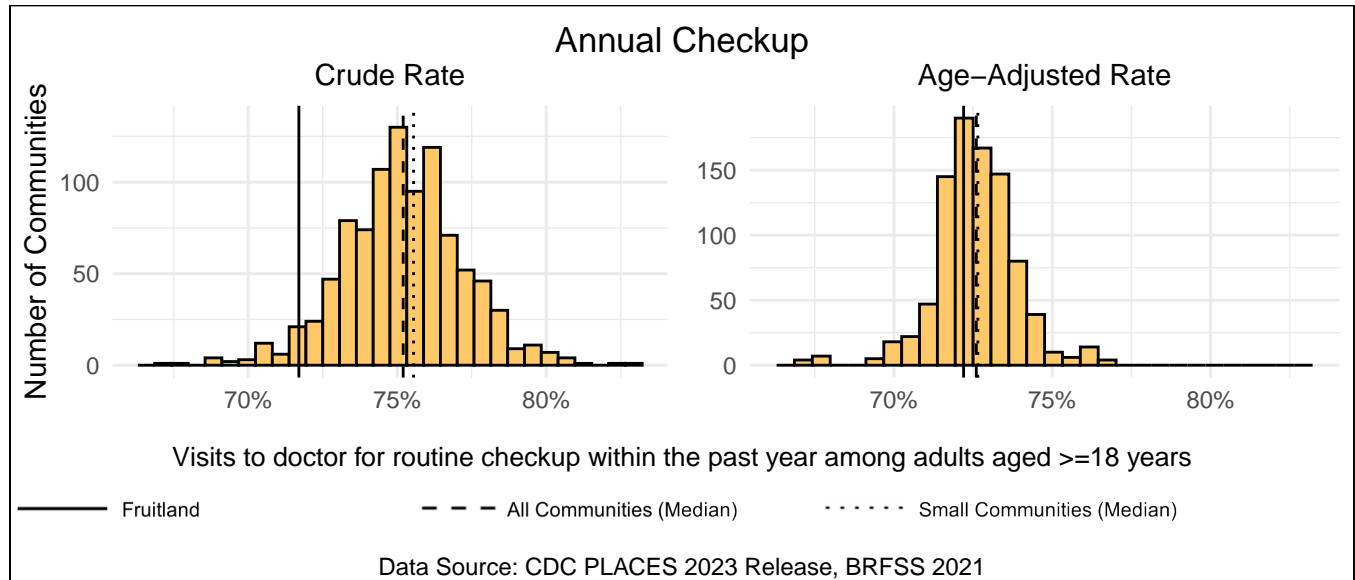
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	84.5%	83.3%	83.6%
Age-Adjusted	83.2%	83.2%	83.5%



Annual Checkup

Fruitland has a crude rate of 71.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 919th out of 958 Iowa communities (132nd out of 138 small communities). The age-adjusted rate for Fruitland is 72.2%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

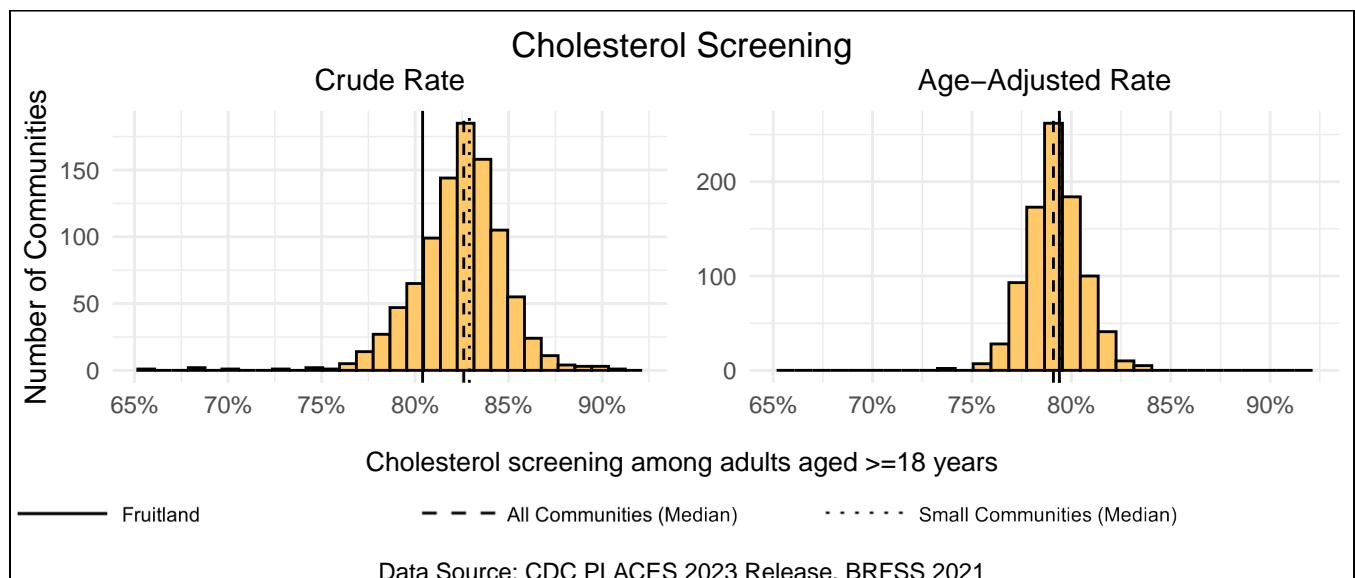
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	71.7%	75.2%	75.5%
Age-Adjusted	72.2%	72.6%	72.6%



Cholesterol Screening

Fruitland has a crude rate of 80.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 793rd out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Fruitland is 79.4%, which ranks 364th out of 905 Iowa communities (65th out of 138 small communities).

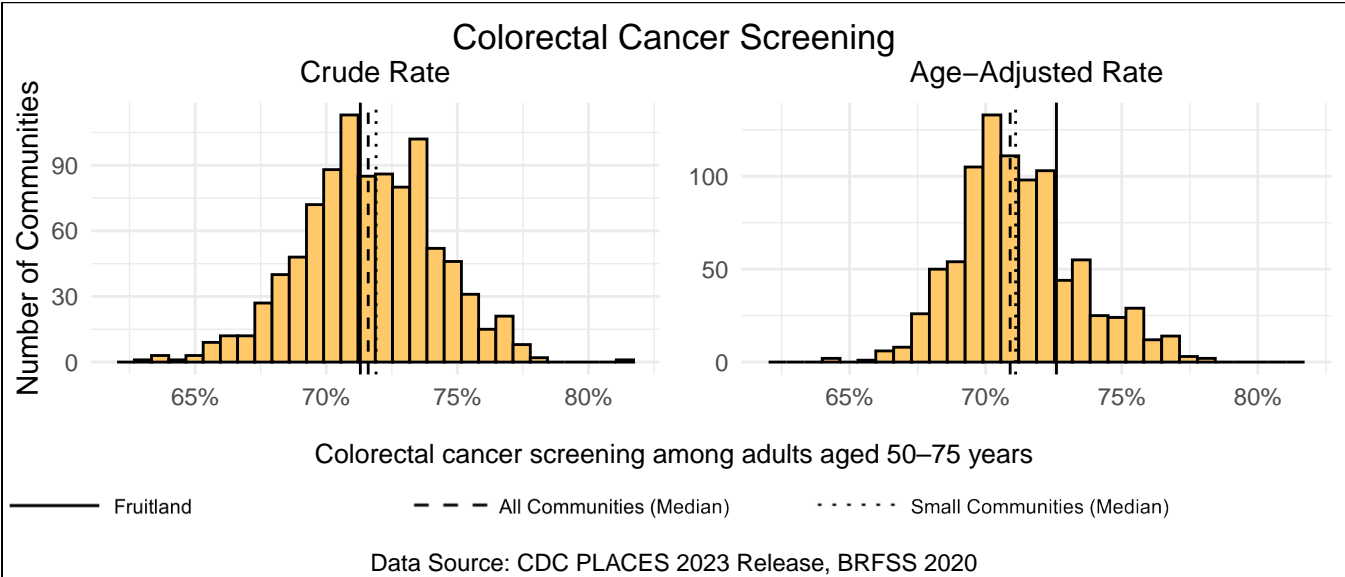
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	80.4%	82.6%	82.9%
Age-Adjusted	79.4%	79.1%	79.4%



Colorectal Cancer Screening

Fruitland has a crude rate of 71.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 520th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Fruitland is 72.6%, which ranks 197th out of 905 Iowa communities (37th out of 138 small communities).

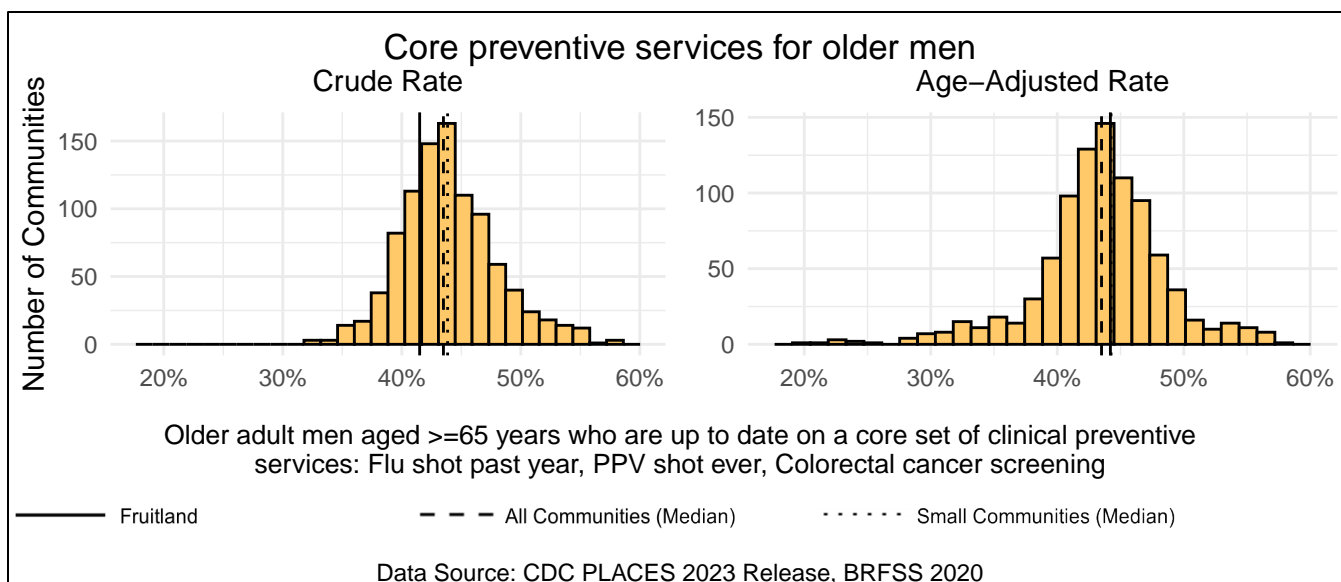
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	71.3%	71.6%	71.9%
Age-Adjusted	72.6%	70.9%	71.1%



Core preventive services for older men

Fruitland has a crude rate of 41.5% 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 700th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for Fruitland is 44.2%, which ranks 372nd out of 905 Iowa communities (70th out of 138 small communities).

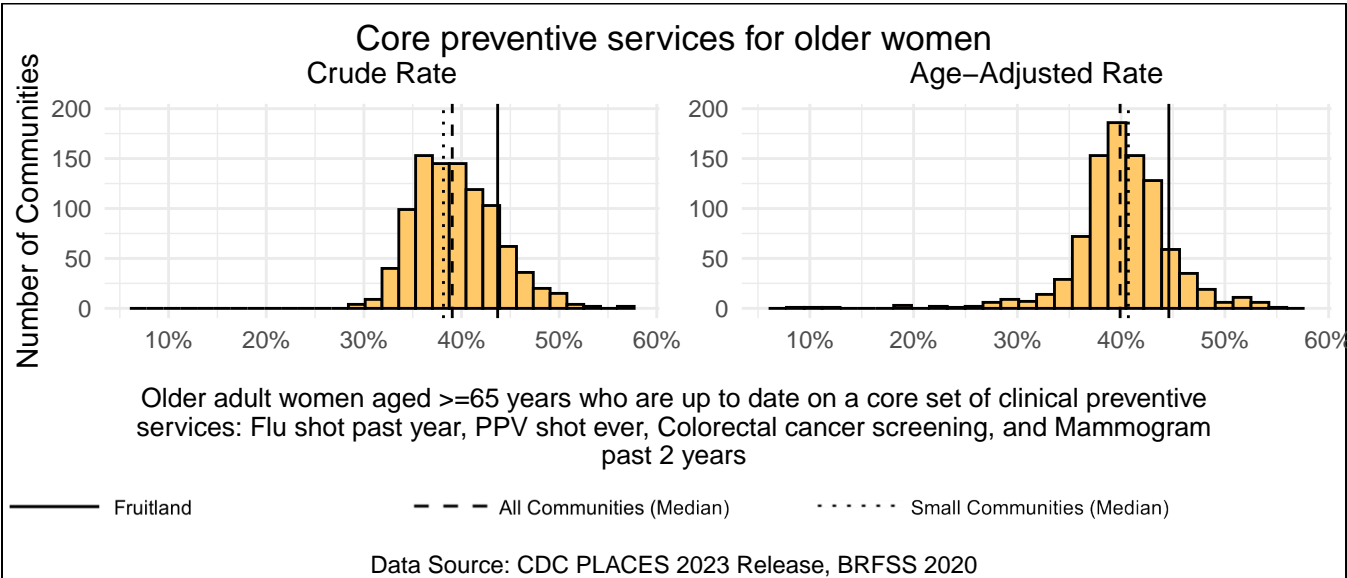
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	41.5%	43.5%	43.8%
Age-Adjusted	44.2%	43.5%	44.2%



Core preventive services for older women

Fruitland has a crude rate of 43.7% 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 152nd out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Fruitland is 44.6%, which ranks 110th out of 905 Iowa communities (25th out of 138 small communities).

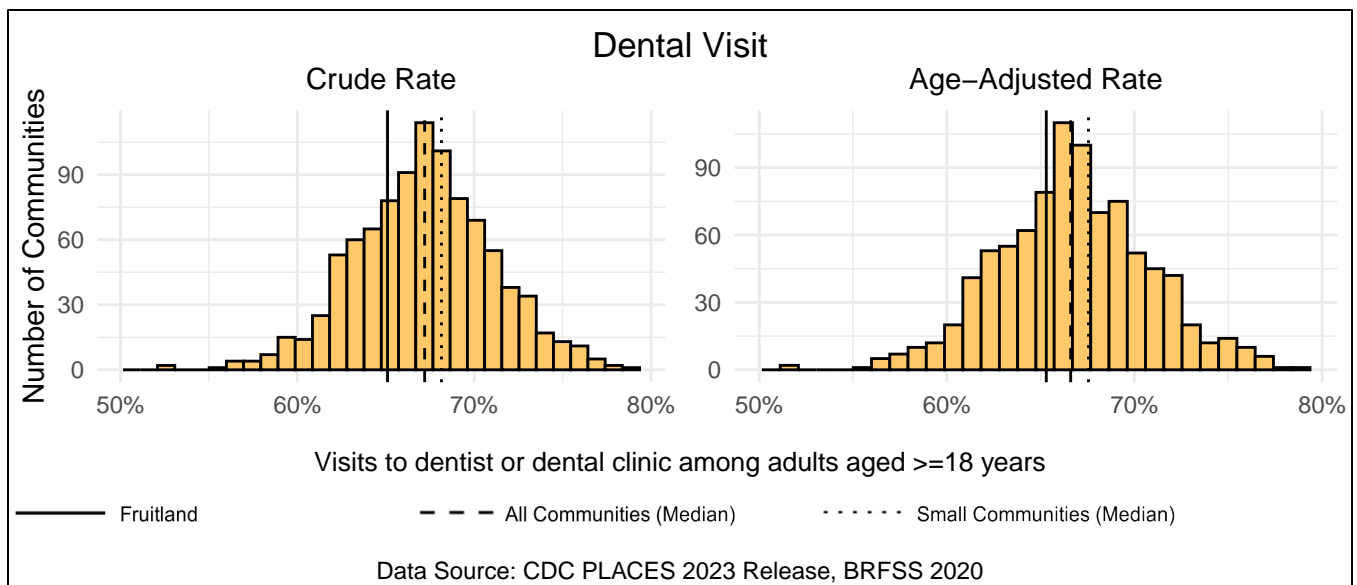
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	43.7%	39.0%	38.2%
Age-Adjusted	44.6%	39.9%	40.7%



Dental Visit

Fruitland has a crude rate of 65.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 679th out of 958 Iowa communities (106th out of 138 small communities). The age-adjusted rate for Fruitland is 65.3%, which ranks 595th out of 905 Iowa communities (99th out of 138 small communities).

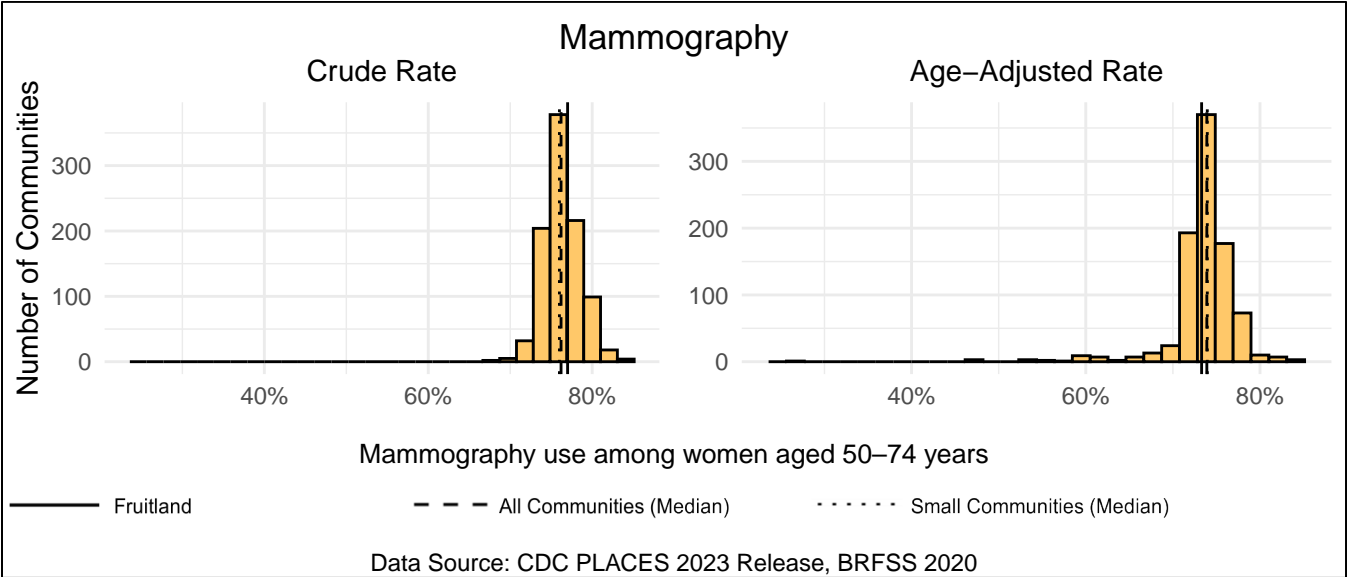
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	65.1%	67.2%	68.2%
Age-Adjusted	65.3%	66.6%	67.5%



Mammography

Fruitland has a crude rate of 77.0% for mammography use among women aged 50–74 years, which ranks 325th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for Fruitland is 73.3%, which ranks 566th out of 905 Iowa communities (88th out of 138 small communities).

Measure Type	Fruitland	All Comm.	Small Comm.
Crude	77.0%	76.2%	76.0%
Age-Adjusted	73.3%	73.9%	74.0%



Disability

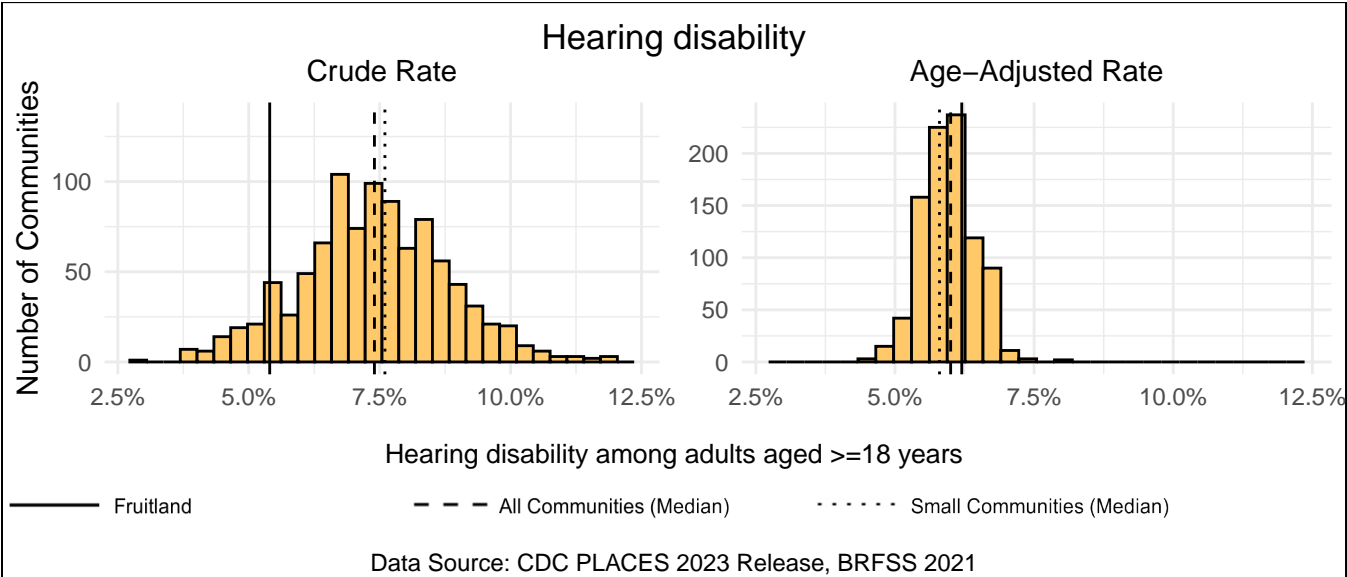
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Fruitland has a crude rate of 5.4% for hearing disability among adults aged ≥ 18 years, which ranks 76th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Fruitland is 6.2%, which ranks 621st out of 905 Iowa communities (115th out of 138 small communities).

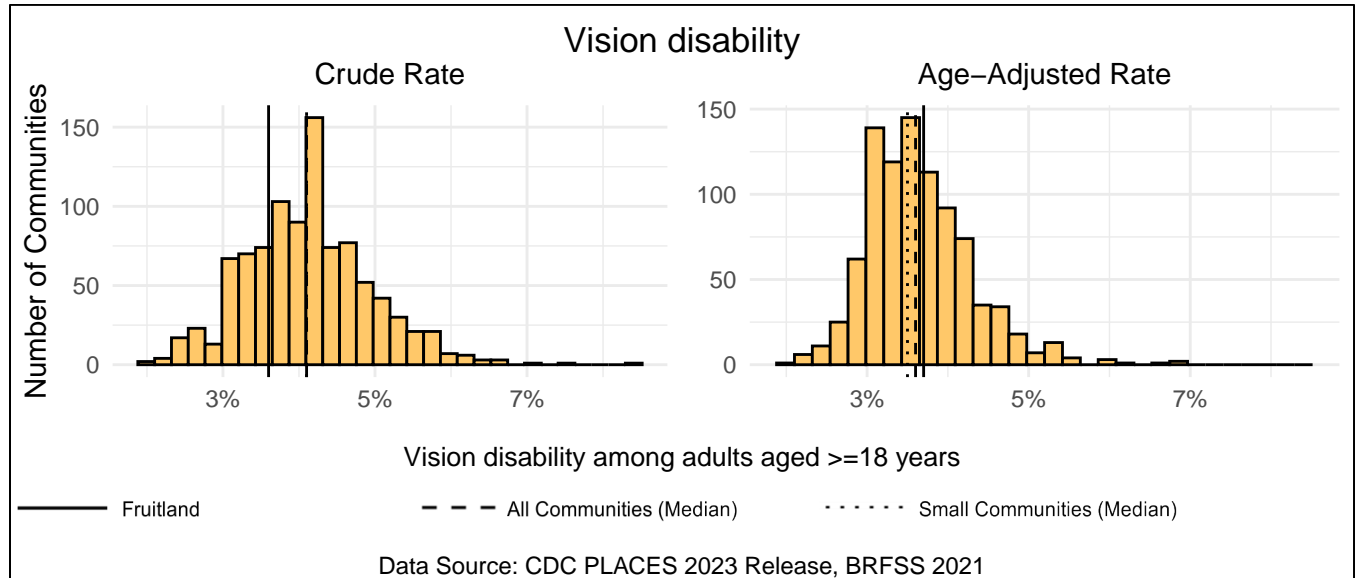
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	5.4%	7.4%	7.6%
Age-Adjusted	6.2%	6.0%	5.8%



Vision disability

Fruitland has a crude rate of 3.6% for vision disability among adults aged ≥ 18 years, which ranks 229th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for Fruitland is 3.7%, which ranks 509th out of 905 Iowa communities (83rd out of 138 small communities).

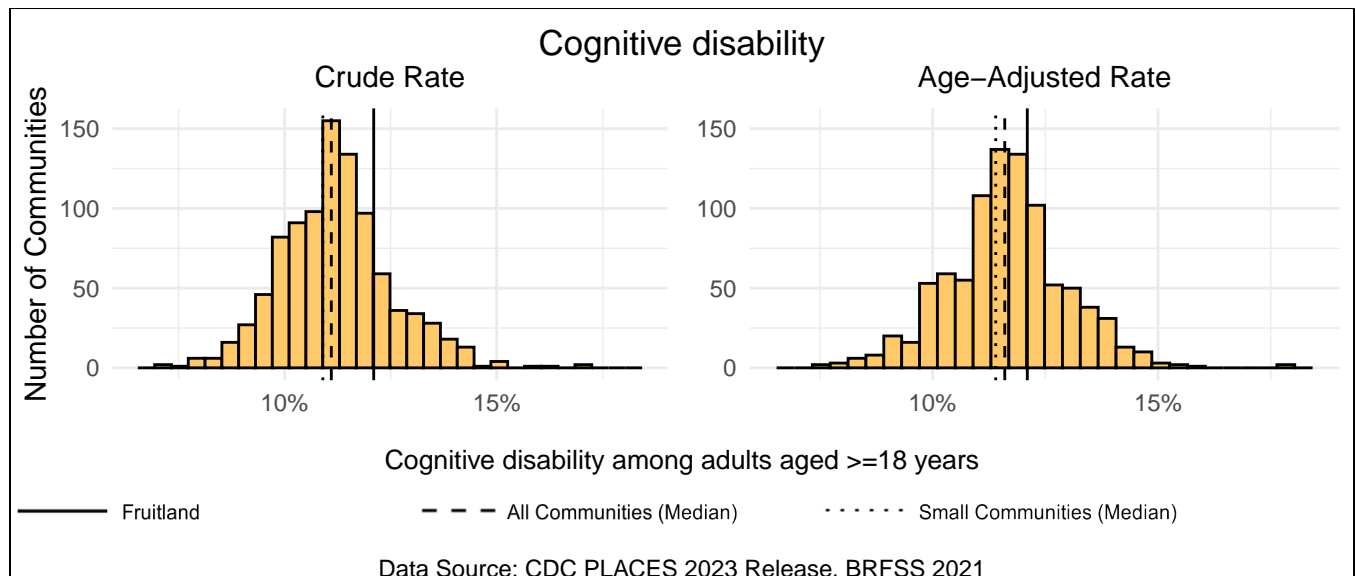
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	3.6%	4.1%	4.1%
Age-Adjusted	3.7%	3.6%	3.5%



Cognitive disability

Fruitland has a crude rate of 12.1% for cognitive disability among adults aged ≥ 18 years, which ranks 762nd out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Fruitland is 12.1%, which ranks 602nd out of 905 Iowa communities (94th out of 138 small communities).

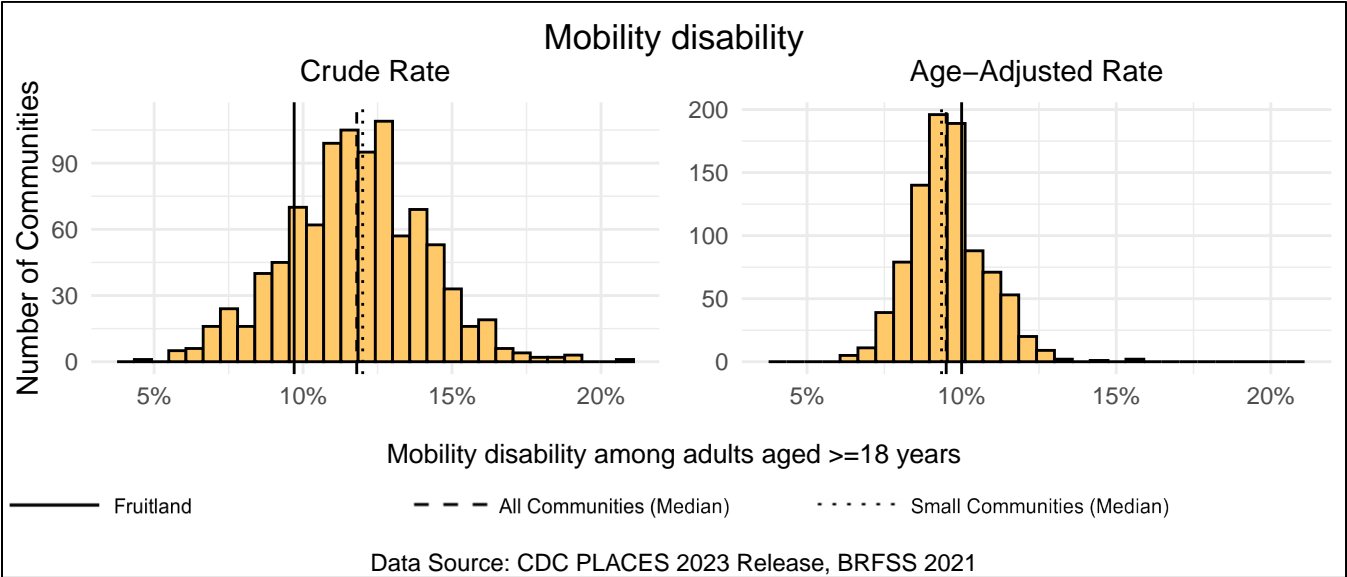
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	12.1%	11.1%	10.9%
Age-Adjusted	12.1%	11.6%	11.4%



Mobility disability

Fruitland has a crude rate of 9.7% for mobility disability among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Fruitland is 10.0%, which ranks 601st out of 905 Iowa communities (99th out of 138 small communities).

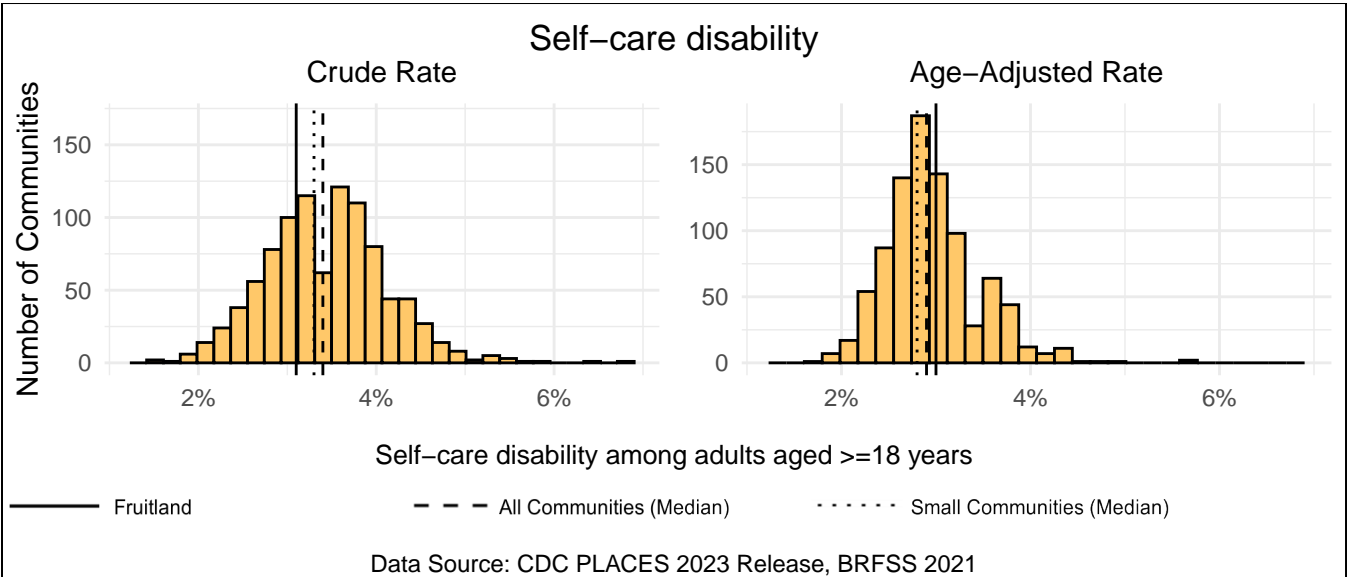
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	9.7%	11.8%	12.0%
Age-Adjusted	10.0%	9.5%	9.4%



Self-care disability

Fruitland has a crude rate of 3.1% for self-care disability among adults aged ≥ 18 years, which ranks 267th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Fruitland is 3.0%, which ranks 494th out of 905 Iowa communities (83rd out of 138 small communities).

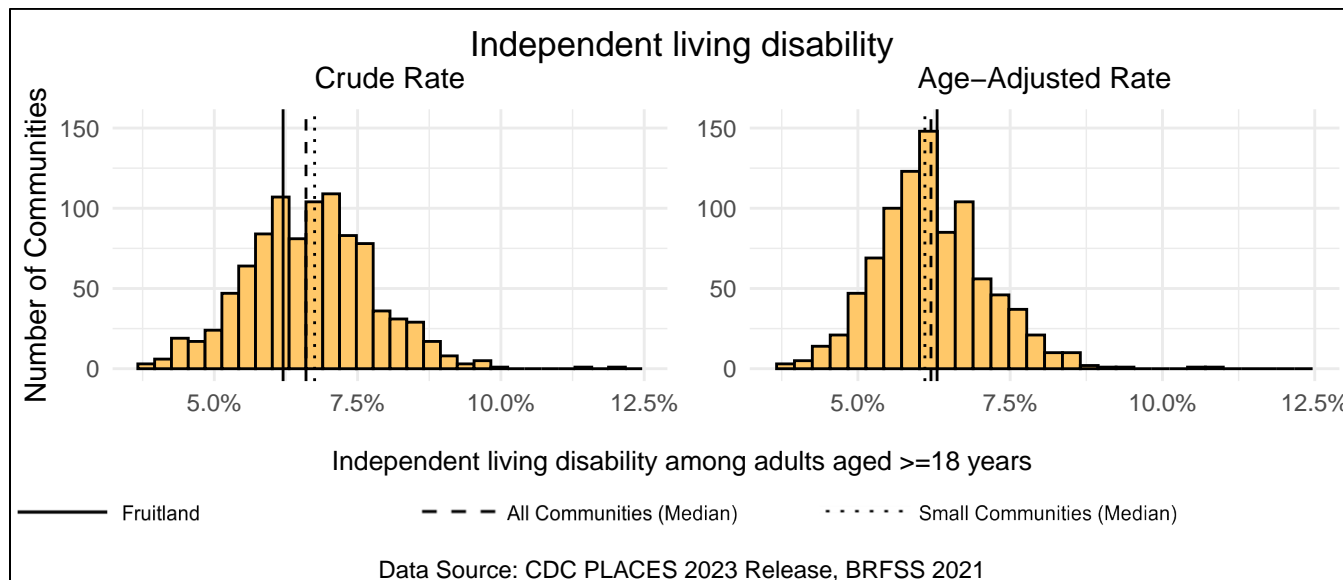
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	3.1%	3.4%	3.3%
Age-Adjusted	3.0%	2.9%	2.8%



Independent living disability

Fruitland has a crude rate of 6.2% for independent living disability among adults aged ≥ 18 years, which ranks 299th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for Fruitland is 6.3%, which ranks 485th out of 905 Iowa communities (79th out of 138 small communities).

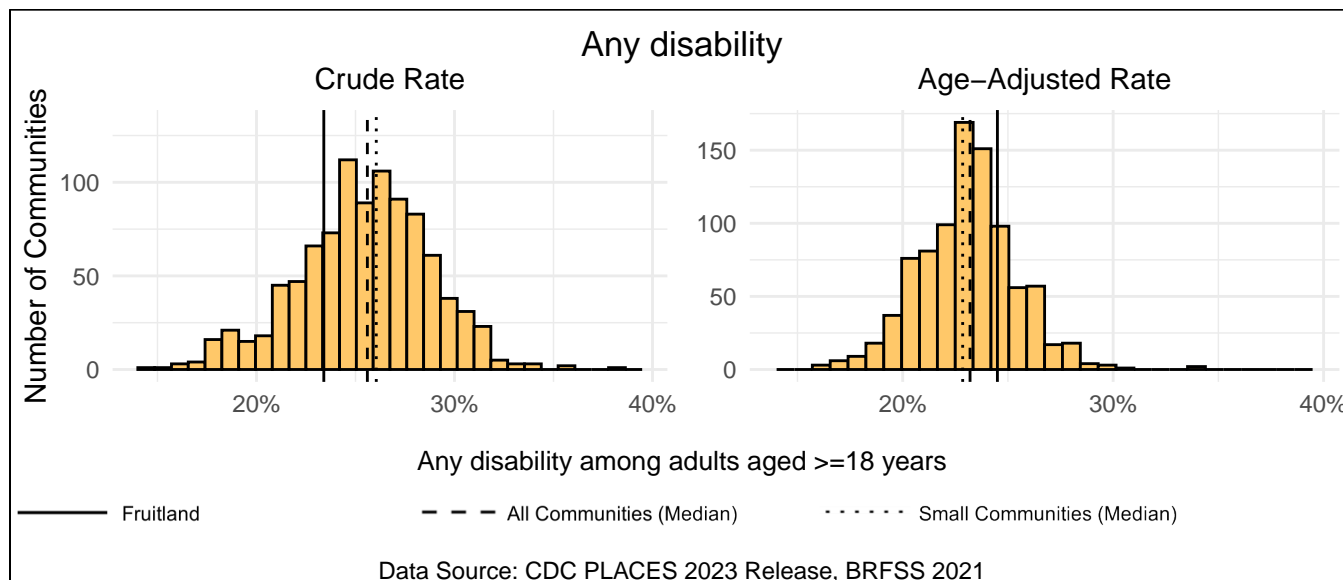
Measure Type	Fruitland	All Comm.	Small Comm.
Crude	6.2%	6.6%	6.8%
Age-Adjusted	6.3%	6.2%	6.1%



Any disability

Fruitland has a crude rate of 23.4% for any disability among adults aged ≥ 18 years, which ranks 238th out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Fruitland is 24.5%, which ranks 686th out of 905 Iowa communities (109th out of 138 small communities).

Measure Type	Fruitland	All Comm.	Small Comm.
Crude	23.4%	25.6%	26.0%
Age-Adjusted	24.5%	23.2%	22.8%



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: Fruitland PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	907	16.3% (13.9% - 18.9%)	686	16.2% (14.0% - 18.7%)
Health Status	General Health	312	13.3% (11.0% - 16.2%)	552	13.2% (11.0% - 15.7%)
Health Status	Physical Health	269	10.1% (8.5% - 11.8%)	468	9.8% (8.2% - 11.5%)
Health Risk Behaviors	Sleep <7 hours	936	33.4% (31.6% - 35.1%)	743	32.4% (30.7% - 33.9%)
Health Risk Behaviors	Physical Inactivity	265	24.2% (19.7% - 29.1%)	437	24.3% (20.0% - 28.9%)
Health Risk Behaviors	Current Smoking	873	19.6% (15.7% - 24.1%)	513	17.9% (14.3% - 21.8%)
Health Risk Behaviors	Binge Drinking	769	21.3% (17.7% - 25.3%)	136	20.9% (17.4% - 24.5%)
Health Outcomes	Arthritis	46	21.4% (18.0% - 25.1%)	110	21.7% (18.6% - 25.2%)
Health Outcomes	Current Asthma	716	9.6% (8.4% - 10.9%)	415	9.5% (8.3% - 10.8%)
Health Outcomes	Diabetes	107	8.0% (6.7% - 9.4%)	401	8.1% (6.9% - 9.4%)
Health Outcomes	Obesity	722	39.2% (32.9% - 46.3%)	438	37.5% (31.2% - 44.0%)
Health Outcomes	Coronary Heart Disease	66	4.5% (3.9% - 5.2%)	511	5.1% (4.5% - 5.8%)
Health Outcomes	Cancer (except skin)	29	5.9% (5.2% - 6.5%)	831	6.6% (5.9% - 7.3%)
Health Outcomes	All Teeth Lost	501	13.1% (8.8% - 18.6%)	693	14.1% (9.7% - 19.8%)
Health Outcomes	Depression	934	21.4% (17.7% - 25.4%)	852	21.0% (17.5% - 25.1%)
Health Outcomes	Stroke	73	2.4% (2.1% - 2.8%)	569	2.7% (2.3% - 3.0%)
Health Outcomes	COPD	192	6.4% (5.2% - 7.7%)	513	6.4% (5.4% - 7.6%)
Health Outcomes	High Cholesterol	39	30.7% (26.7% - 34.9%)	65	28.4% (24.5% - 32.6%)
Health Outcomes	High Blood Pressure	68	26.3% (22.7% - 30.1%)	304	26.7% (23.4% - 30.5%)
Health Outcomes	Chronic Kidney Disease	55	2.4% (2.1% - 2.6%)	349	2.6% (2.3% - 2.9%)
Prevention	Dental Visit	679	65.1% (61.2% - 68.7%)	595	65.3% (61.5% - 68.6%)
Prevention	Taking BP Medication	897	74.3% (70.2% - 78.1%)	251	59.4% (54.3% - 64.4%)
Prevention	Cholesterol Screening	793	80.4% (76.9% - 83.6%)	364	79.4% (75.9% - 82.8%)
Prevention	Colorectal Cancer Screening	520	71.3% (68.1% - 74.7%)	197	72.6% (69.8% - 75.6%)
Prevention	Core preventive services for older men	700	41.5% (32.3% - 51.3%)	372	44.2% (36.5% - 52.1%)
Prevention	Health Insurance	674	7.9% (6.0% - 10.3%)	632	8.3% (6.2% - 10.9%)

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 women	152	43.7% (36.0% - 51.6%)	110	44.6% (37.1% - 52.3%)
Prevention	Mammography	325	77.0% (72.7% - 80.8%)	566	73.3% (69.2% - 77.5%)
Prevention	Cervical Cancer Screening	217	84.5% (82.3% - 86.9%)	442	83.2% (80.8% - 85.6%)
Prevention	Annual Checkup	919	71.7% (66.7% - 76.5%)	559	72.2% (67.2% - 76.8%)
Disability	Vision Disability	229	3.6% (3.1% - 4.2%)	509	3.7% (3.1% - 4.3%)
Disability	Hearing Disability	76	5.4% (4.6% - 6.1%)	621	6.2% (5.4% - 7.0%)
Disability	Self-care Disability	267	3.1% (2.6% - 3.7%)	494	3.0% (2.5% - 3.4%)
Disability	Independent Living Disability	299	6.2% (5.2% - 7.4%)	485	6.3% (5.4% - 7.4%)
Disability	Mobility Disability	169	9.7% (8.0% - 11.6%)	601	10.0% (8.4% - 11.7%)
Disability	Any Disability	238	23.4% (19.5% - 27.6%)	686	24.5% (20.9% - 28.6%)
Disability	Cognitive Disability	762	12.1% (10.1% - 14.4%)	602	12.1% (10.2% - 14.4%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

Appendix 3: Small Communities (1,000-2,499)

Fruitland 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		