# 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 Garner: Overview

Dear Community Members & Stakeholders of Garner,

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 Garner ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Garner'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 Garner. 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 |
| Current Asthma | 80th | 9th | Chronic Kidney Disease | 36th | 9th |
| Mental Health | 80th | 6th | High Blood Pressure | 46th | 10th |
| Health Insurance | 87th | 18th | Stroke | 49th | 14th |
| Cognitive Disability | 88th | 15th | Diabetes | 77th | 17th |
| Current Smoking | 92nd | 19th | Coronary Heart Disease | 78th | 21st |

## 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 |
| Cancer (except skin) | 682nd | 75th | Annual Checkup | 597th | 75th |
| High Cholesterol | 527th | 67th | Binge Drinking | 585th | 69th |
| Arthritis | 499th | 57th | Taking BP Medication | 537th | 65th |
| Chronic Kidney Disease | 446th | 39th | High Cholesterol | 427th | 48th |
| Hearing Disability | 432nd | 39th | Cancer (except skin) | 418th | 41st |

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 Garner.

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

With a population of 3,065, Garner'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

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

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

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

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

Garner has a crude rate of 12.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 175th out of 958 Iowa communities (28th out of 102 midsized communities). The age-adjusted rate for Garner is 10.7%, which ranks 95th out of 905 Iowa communities (18th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 12.3% | 14.3% | 14.5% |
| Age-Adjusted | 10.7% | 12.7% | 13.0% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
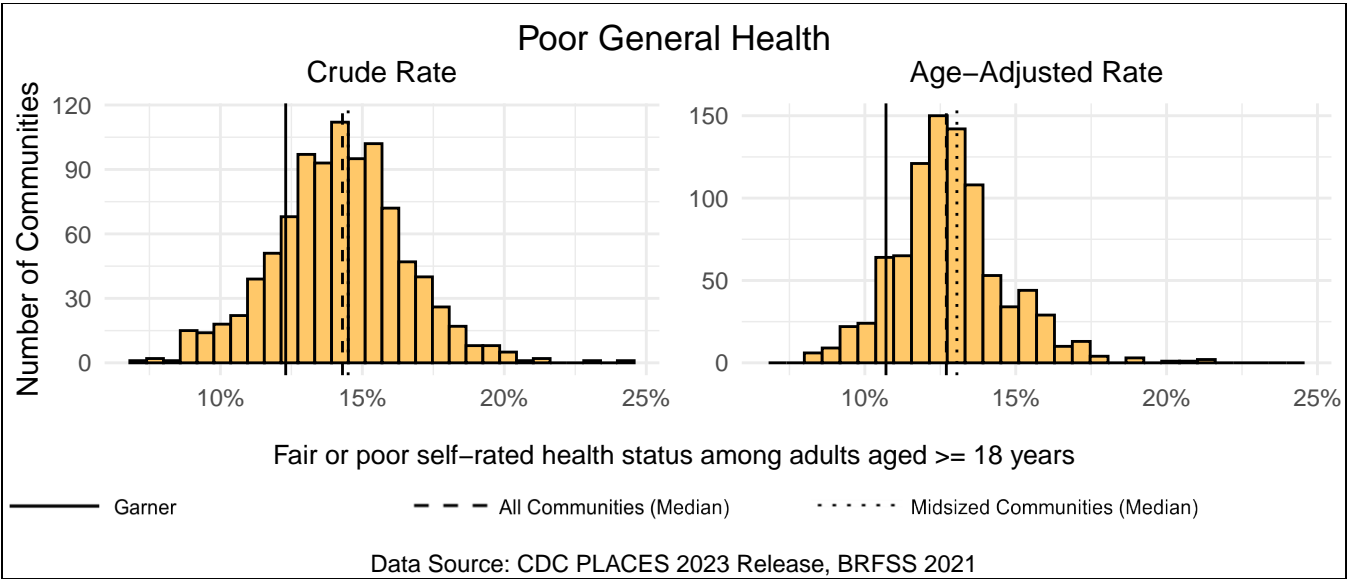
## Poor Physical Health

Garner has a crude rate of 9.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 183rd out of 958 Iowa communities (29th out of 102 midsized communities). The age-adjusted rate for Garner is 8.6%, which ranks 103rd out of 905 Iowa communities (22nd out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 9.7% | 10.8% | 10.7% |
| Age-Adjusted | 8.6% | 9.7% | 9.9% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Poor Mental Health

Garner has a crude rate of 13.0% for mental health not good for >=14 days among adults aged >=18 years, which ranks 80th out of 958 Iowa communities (6th out of 102 midsized communities). The age-adjusted rate for Garner is 14.6%, which ranks 140th out of 905 Iowa communities (24th out of 102 midsized communities).
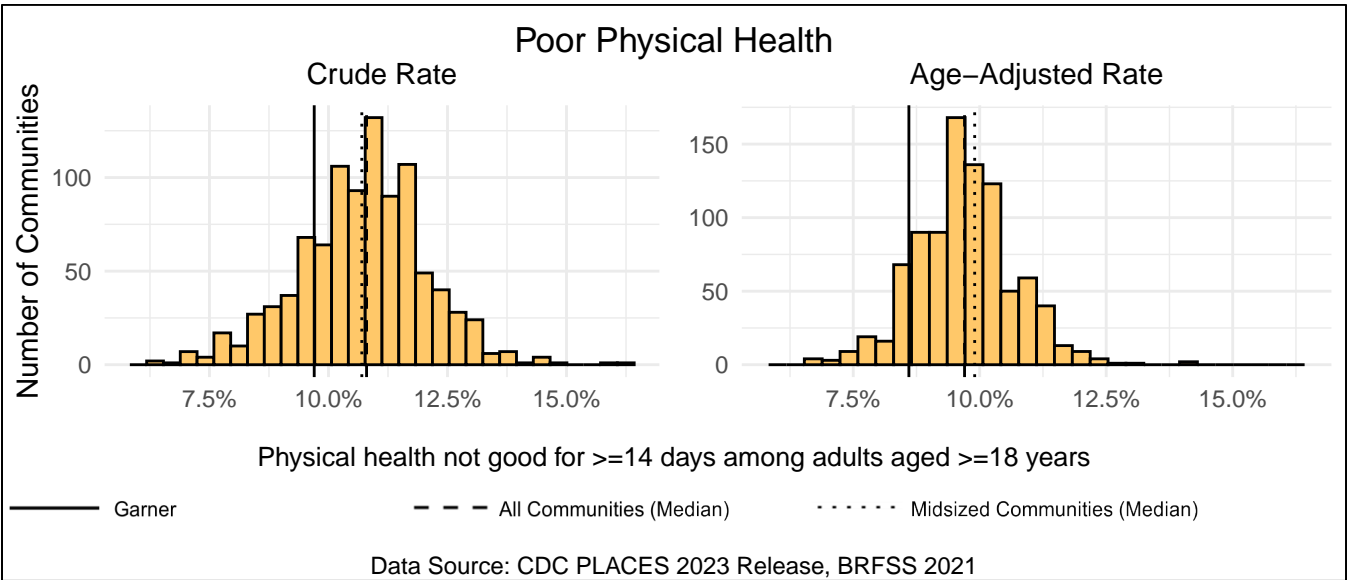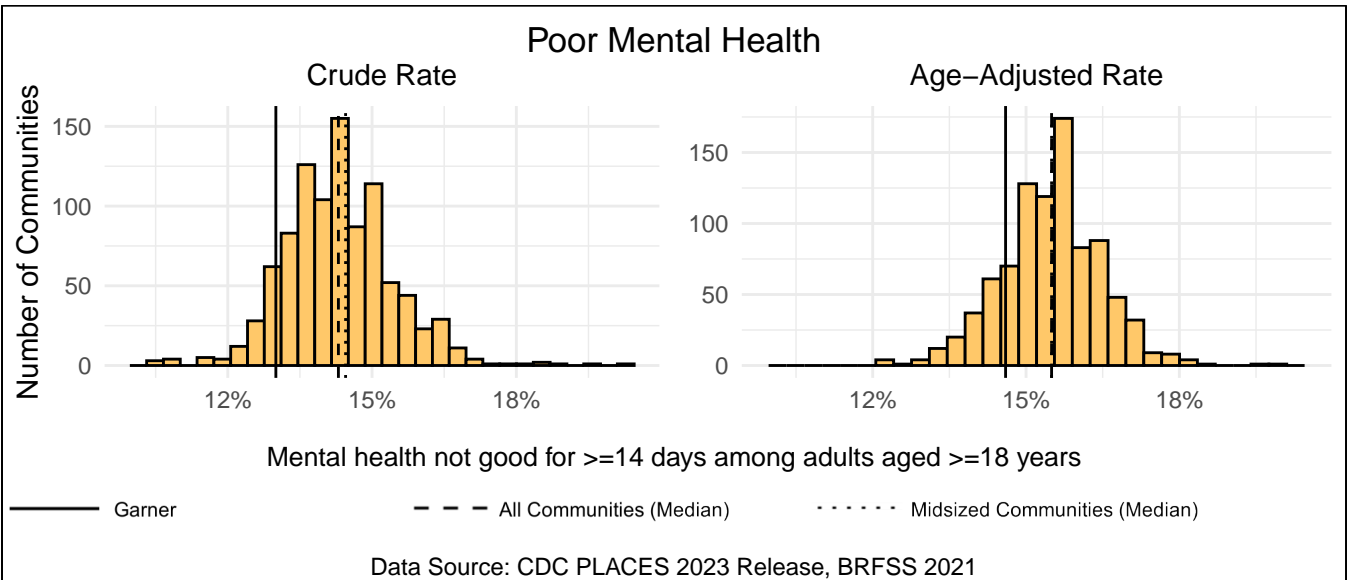
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 13.0% | 14.3% | 14.4% |
| Age-Adjusted | 14.6% | 15.5% | 15.5% |



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

Garner has a crude rate of 19.2% for binge drinking among adults aged >=18 years, which ranks 416th out of 958 Iowa communities (49th out of 102 midsized communities). The age-adjusted rate for Garner is 22.4%, which ranks 585th out of 905 Iowa communities (69th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 19.2% | 19.5% | 19.2% |
| Age-Adjusted | 22.4% | 22.0% | 21.4% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
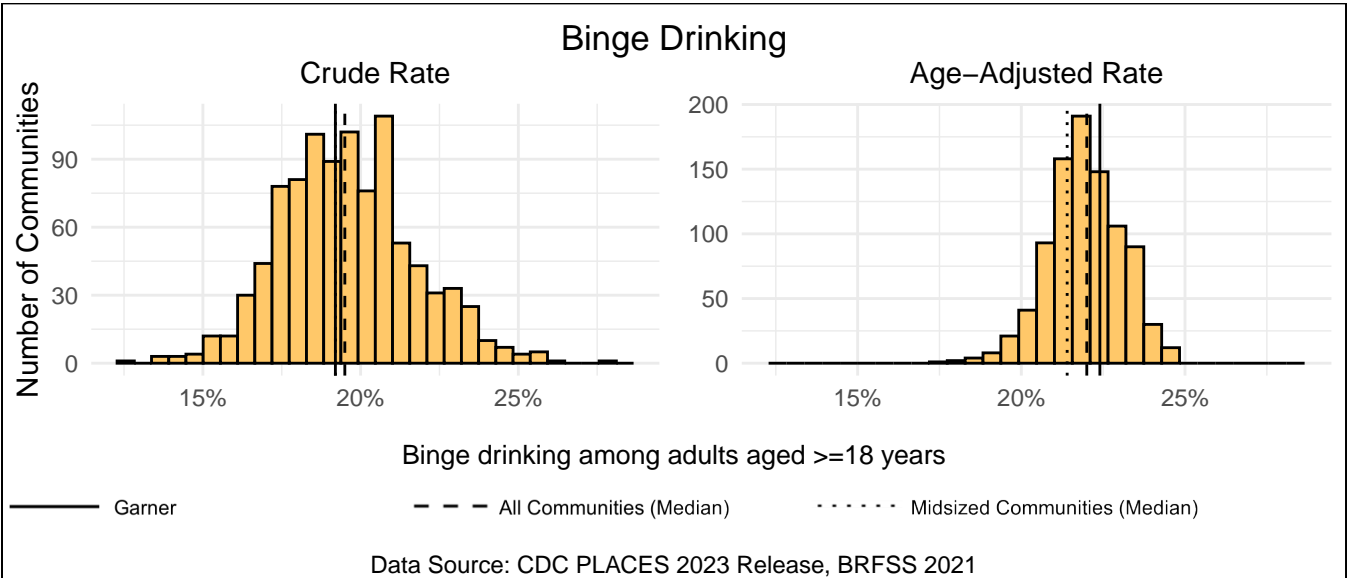
## Current Smoking

Garner has a crude rate of 14.3% for current smoking among adults aged >=18 years, which ranks 92nd out of 958 Iowa communities (19th out of 102 midsized communities). The age-adjusted rate for Garner is 15.1%, which ranks 123rd out of 905 Iowa communities (24th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 14.3% | 16.8% | 16.4% |
| Age-Adjusted | 15.1% | 17.5% | 17.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Physical Inactivity

Garner has a crude rate of 22.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 159th out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Garner is 20.8%, which ranks 85th out of 905 Iowa communities (19th out of 102 midsized communities).
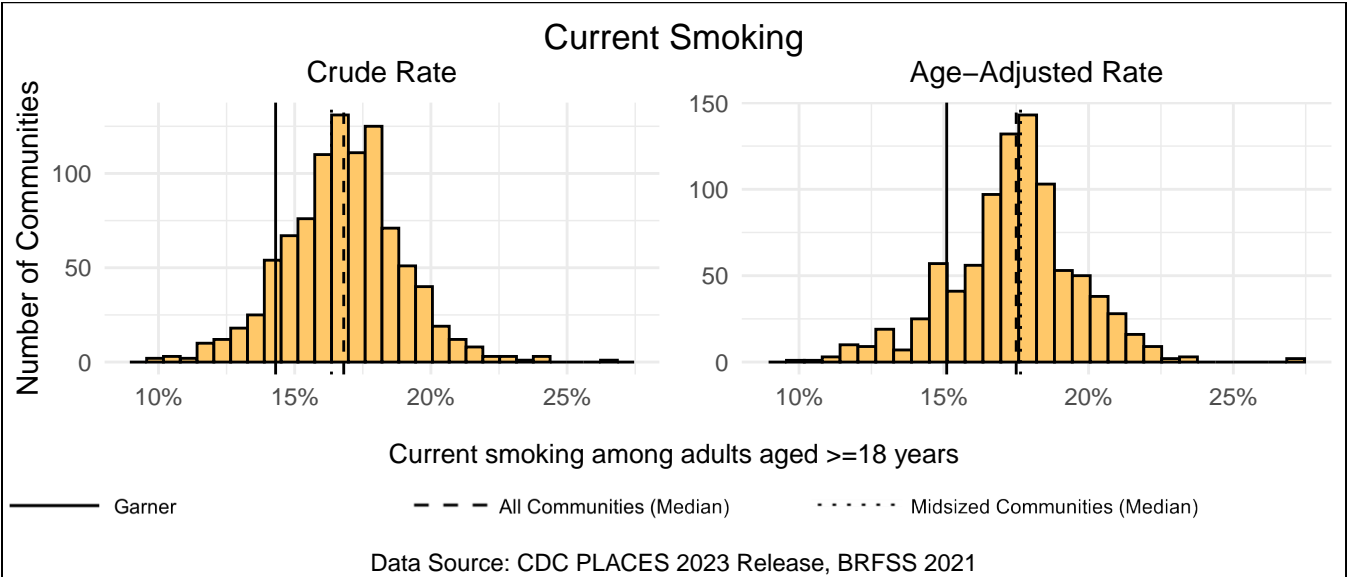
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 22.8% | 26.1% | 26.6% |
| Age-Adjusted | 20.8% | 24.3% | 24.7% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

Garner has a crude rate of 29.2% for sleeping less than 7 hours among adults aged >=18 years, which ranks 240th out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Garner is 30.0%, which ranks 192nd out of 905 Iowa communities (33rd out of 102 midsized communities).
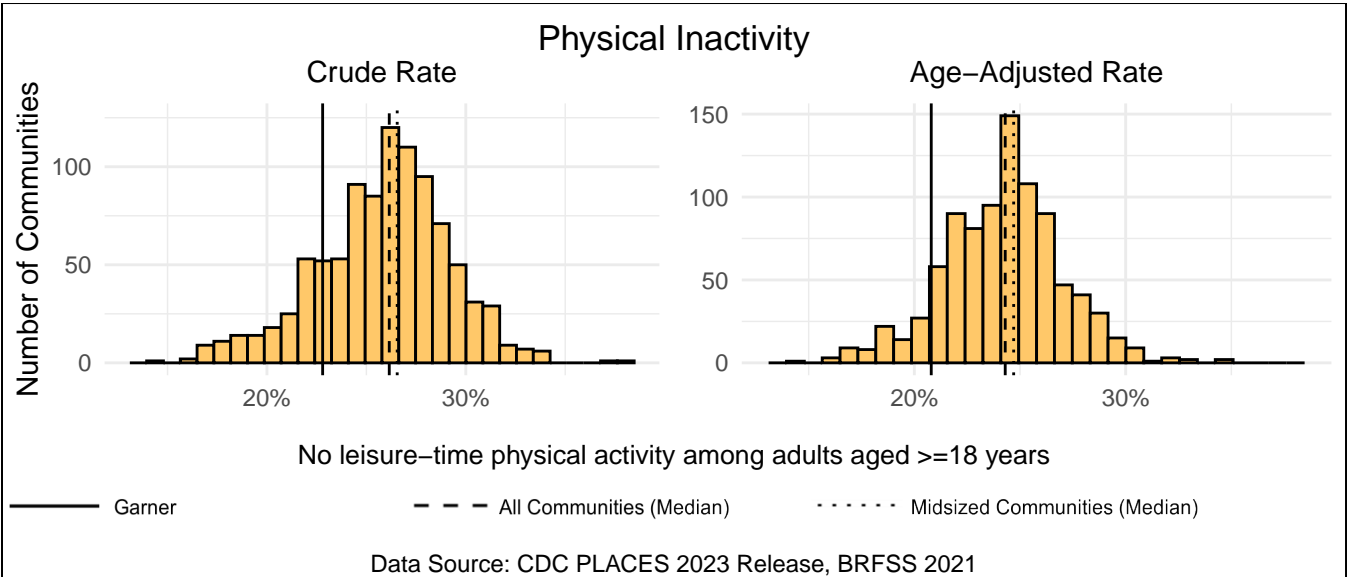
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 29.2% | 30.2% | 29.8% |
| Age-Adjusted | 30.0% | 31.1% | 30.7% |



Sleep <7 hours

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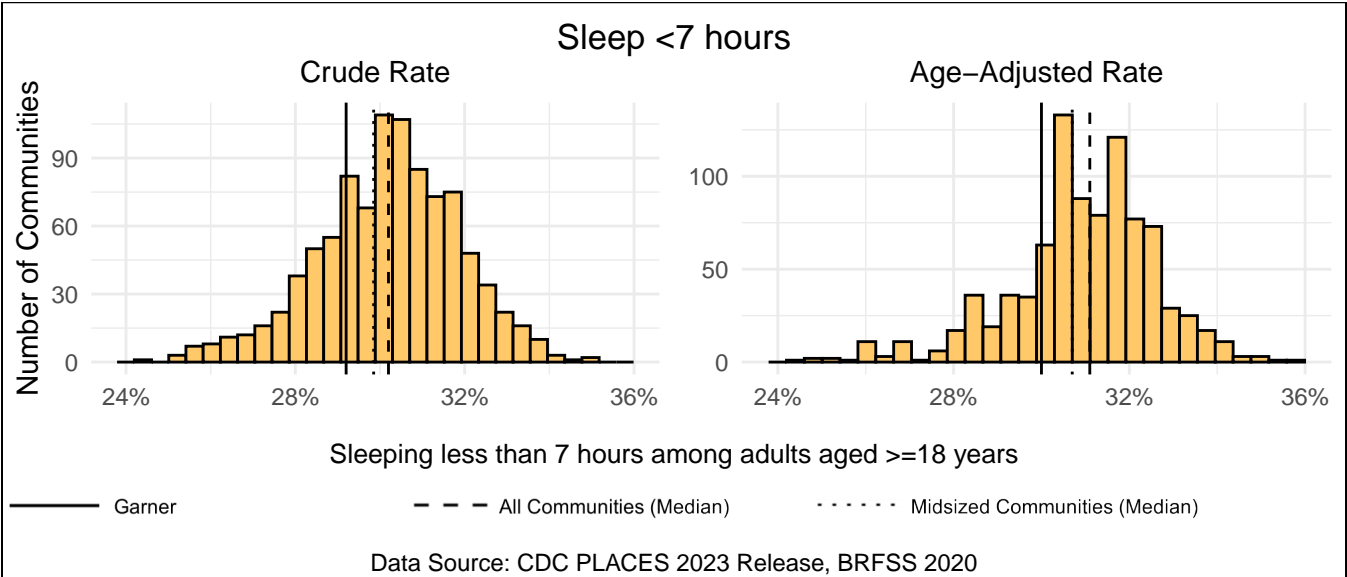
# Health Outcomes

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

Garner has a crude rate of 28.1% for arthritis among adults aged >=18 years, which ranks 499th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Garner is 22.4%, which ranks 230th out of 905 Iowa communities (31st out of 102 midsized communities).
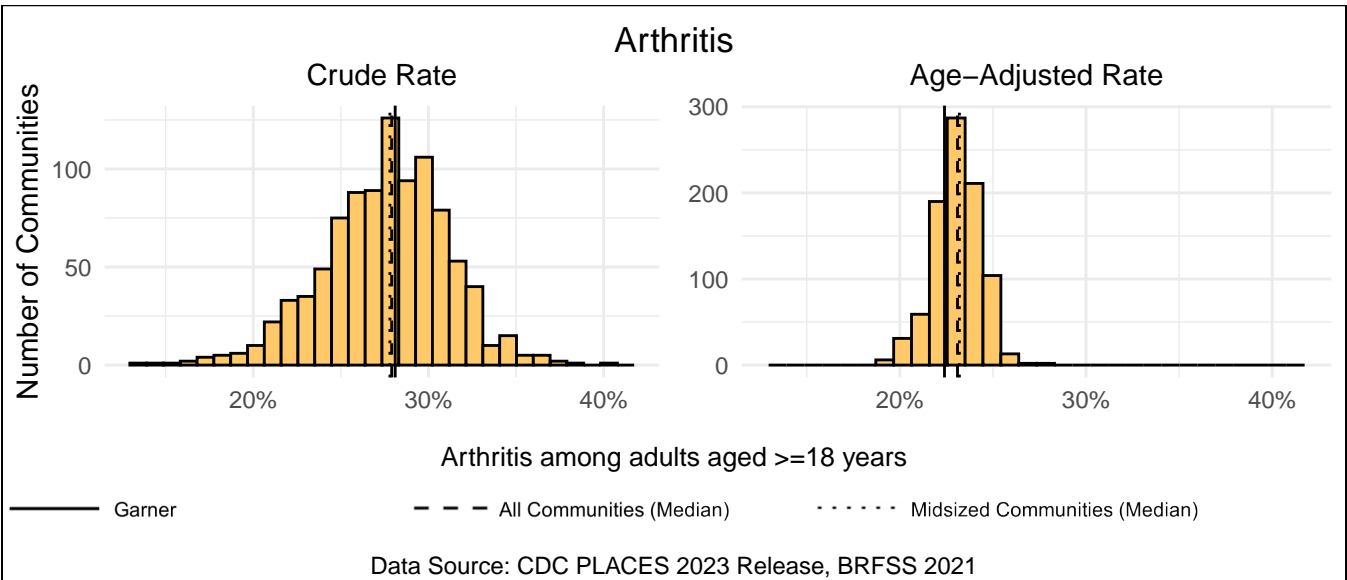
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 28.1% | 27.9% | 27.8% |
| Age-Adjusted | 22.4% | 23.1% | 23.2% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## High Blood Pressure

Garner has a crude rate of 30.8% for high blood pressure among adults aged >=18 years, which ranks 334th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Garner is 25.1%, which ranks 46th out of 905 Iowa communities (10th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 30.8% | 32.0% | 32.0% |
| Age-Adjusted | 25.1% | 27.3% | 27.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
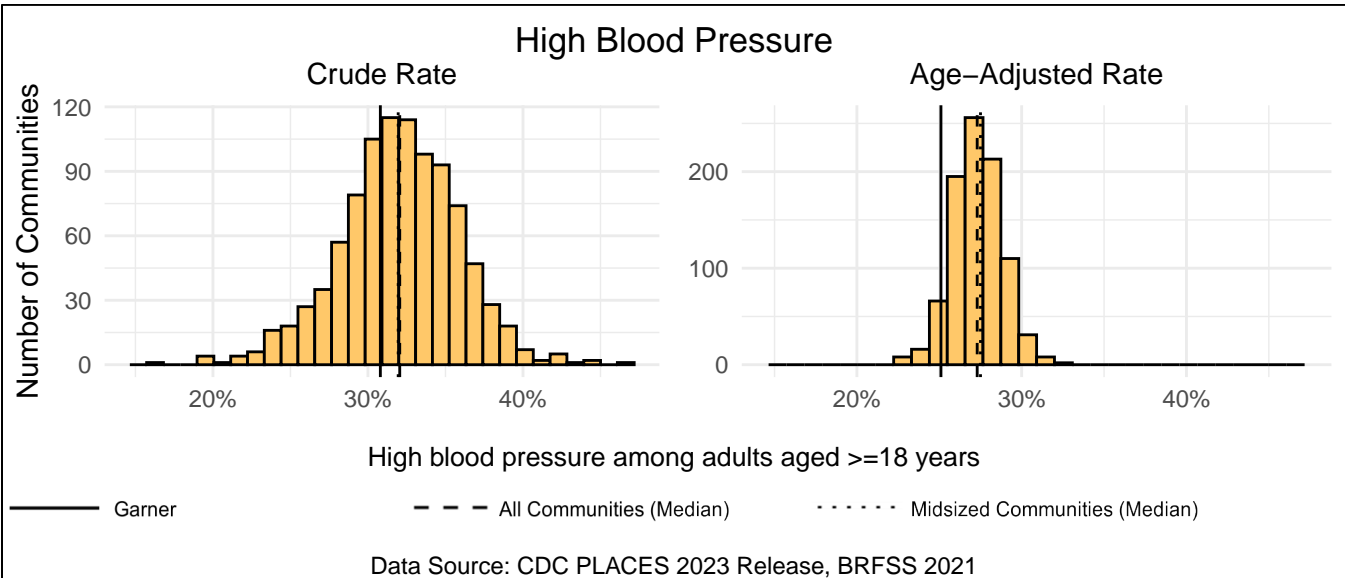
## Cancer (except skin)

Garner has a crude rate of 8.8% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 682nd out of 958 Iowa communities (75th out of 102 midsized communities). The age-adjusted rate for Garner is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 8.8% | 8.0% | 8.2% |
| Age-Adjusted | 6.5% | 6.5% | 6.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

### Current Asthma

Garner has a crude rate of 8.9% for current asthma among adults aged >=18 years, which ranks 80th out of 958 Iowa communities (9th out of 102 midsized communities). The age-adjusted rate for Garner is 9.2%, which ranks 185th out of 905 Iowa communities (22nd out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 8.9% | 9.3% | 9.3% |
| Age-Adjusted | 9.2% | 9.5% | 9.6% |



Current Asthma

Data Source: CDC PLACES 2023 Release, BRFSS 2021

### Coronary Heart Disease

Garner has a crude rate of 6.2% for coronary heart disease among adults aged >=18 years, which ranks 378th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Garner is 4.5%, which ranks 78th out of 905 Iowa communities (21st out of 102 midsized communities).
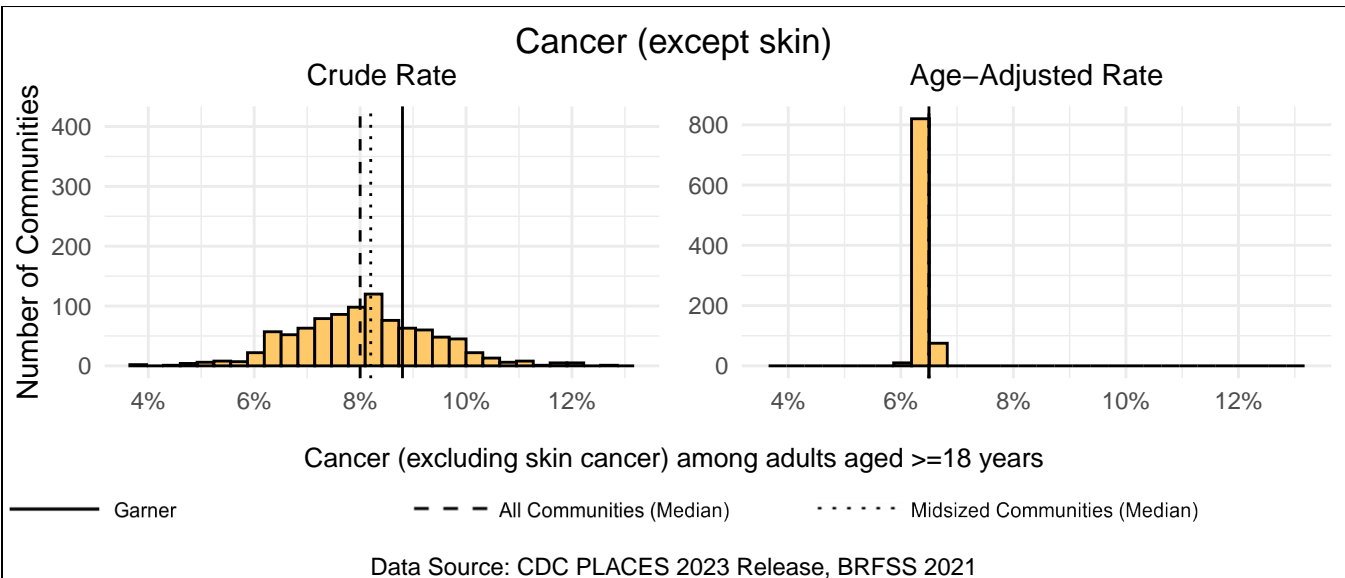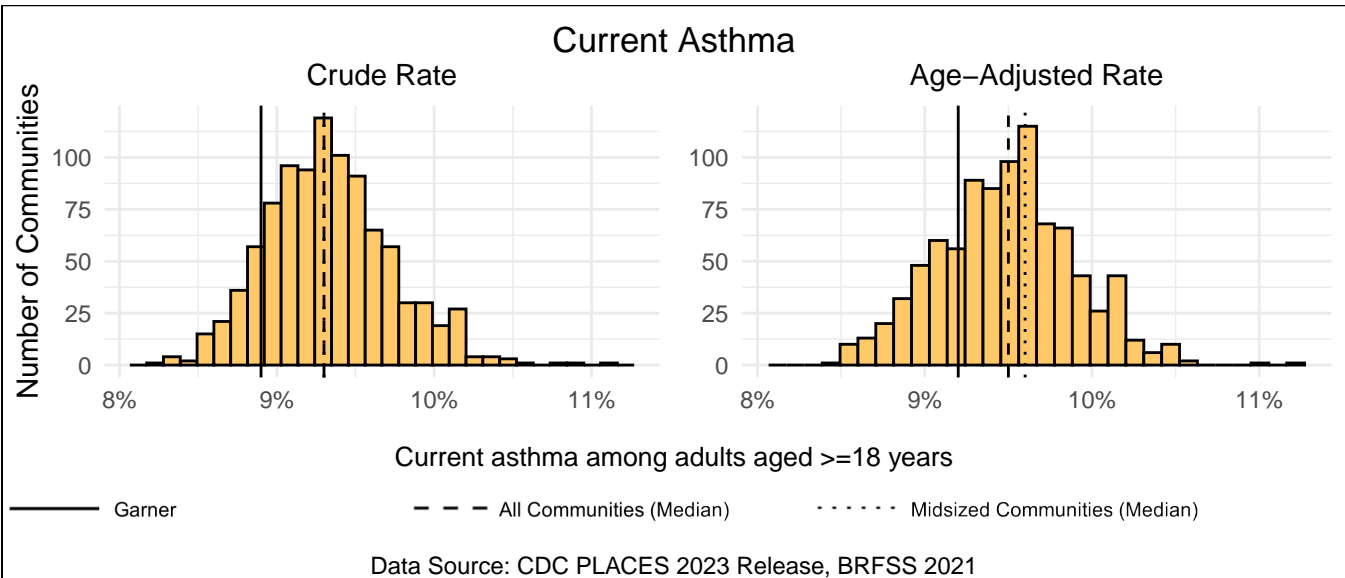
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 6.2% | 6.4% | 6.5% |
| Age-Adjusted | 4.5% | 5.0% | 5.0% |



Coronary Heart Disease

Data Source: CDC PLACES 2023 Release, BRFSS 2021
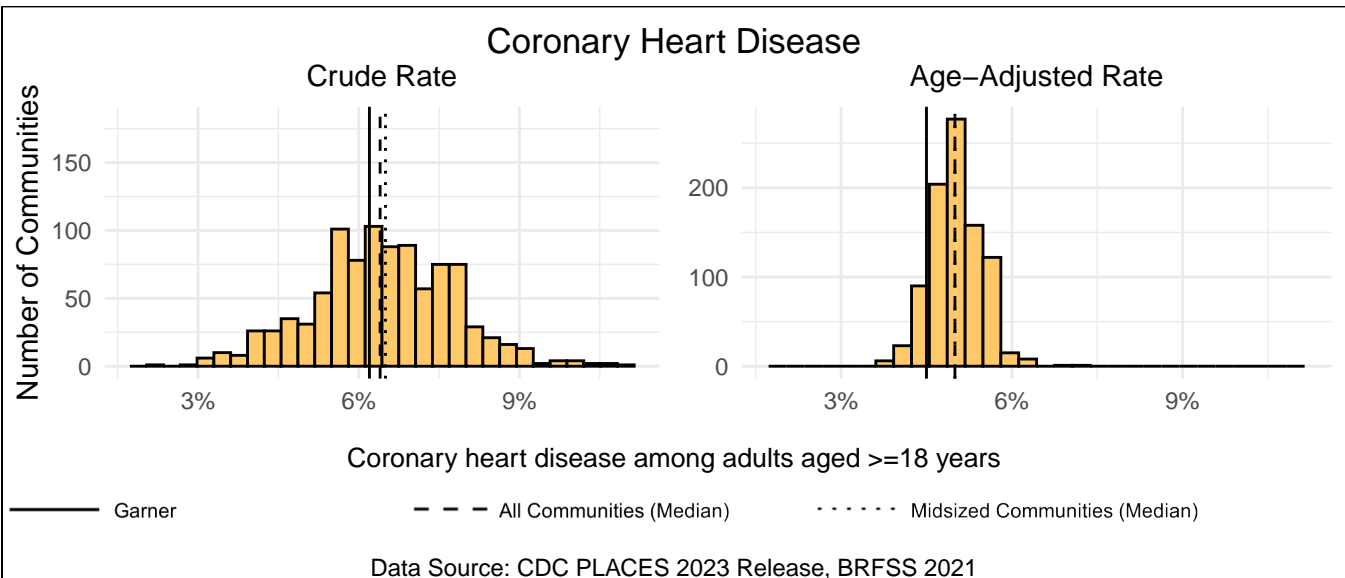
## COPD

Garner has a crude rate of 6.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 213th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Garner is 5.3%, which ranks 93rd out of 905 Iowa communities (18th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 6.5% | 7.4% | 7.4% |
| Age-Adjusted | 5.3% | 6.2% | 6.3% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
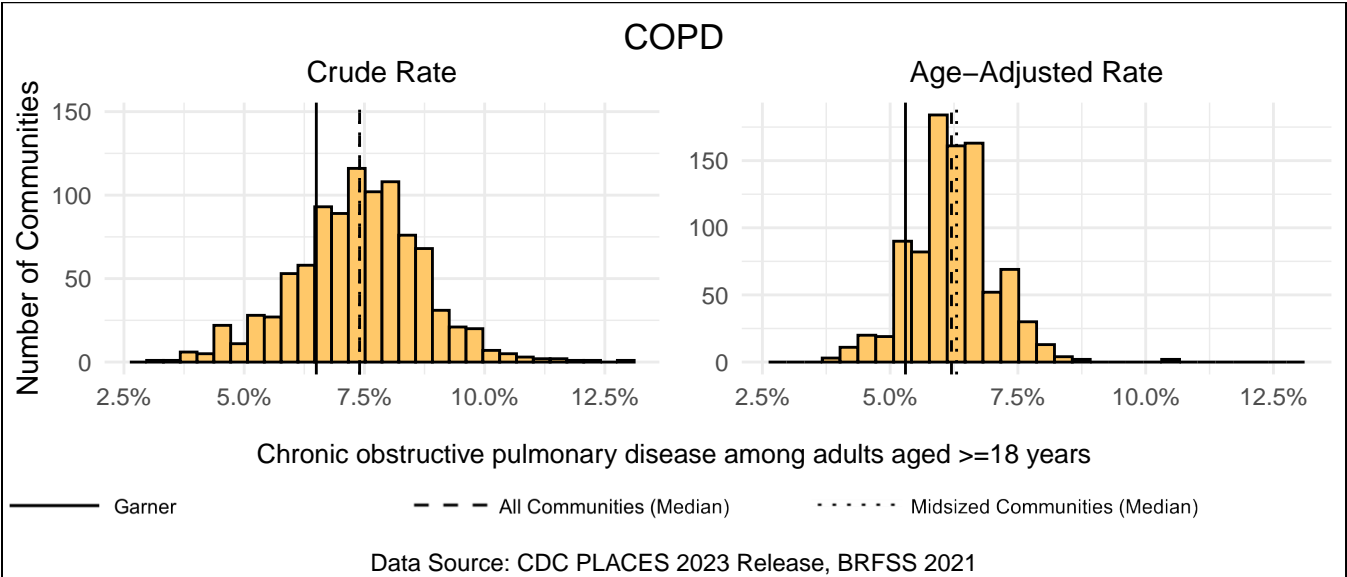
## Depression

Garner has a crude rate of 17.1% for depression among adults aged >=18 years, which ranks 169th out of 958 Iowa communities (12th out of 102 midsized communities). The age-adjusted rate for Garner is 18.5%, which ranks 218th out of 905 Iowa communities (20th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 17.1% | 18.0% | 18.2% |
| Age-Adjusted | 18.5% | 19.0% | 19.2% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
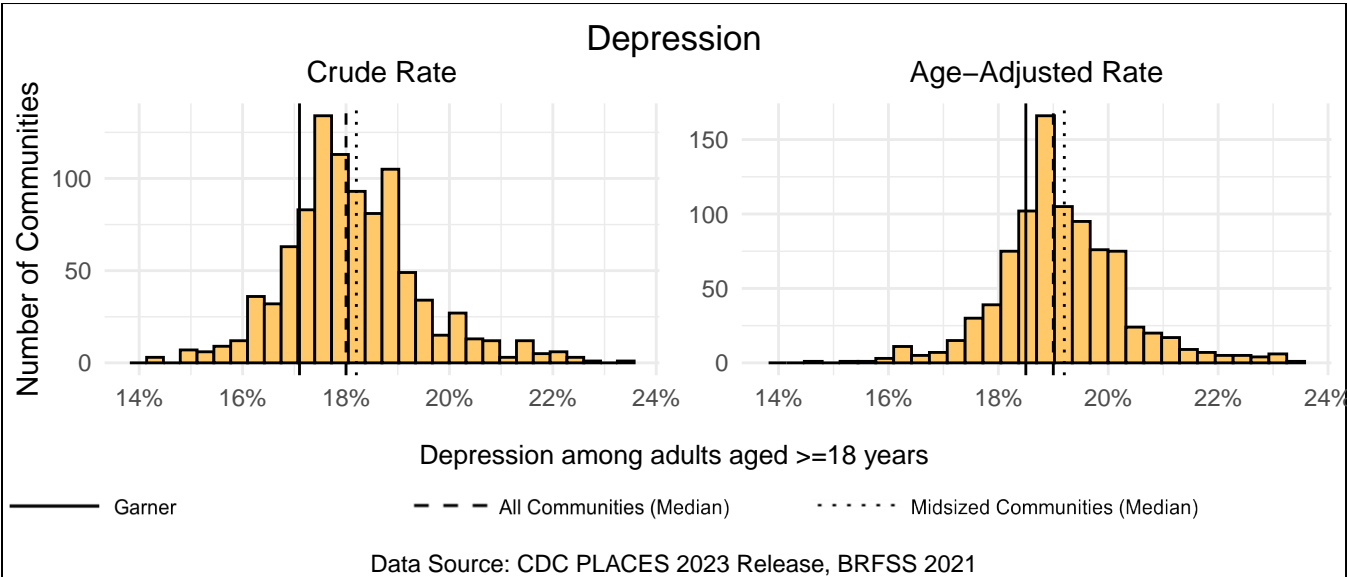
## Diabetes

Garner has a crude rate of 9.2% for diagnosed diabetes among adults aged >=18 years, which ranks 258th out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Garner is 7.2%, which ranks 77th out of 905 Iowa communities (17th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 9.2% | 10.1% | 9.9% |
| Age-Adjusted | 7.2% | 8.1% | 8.3% |



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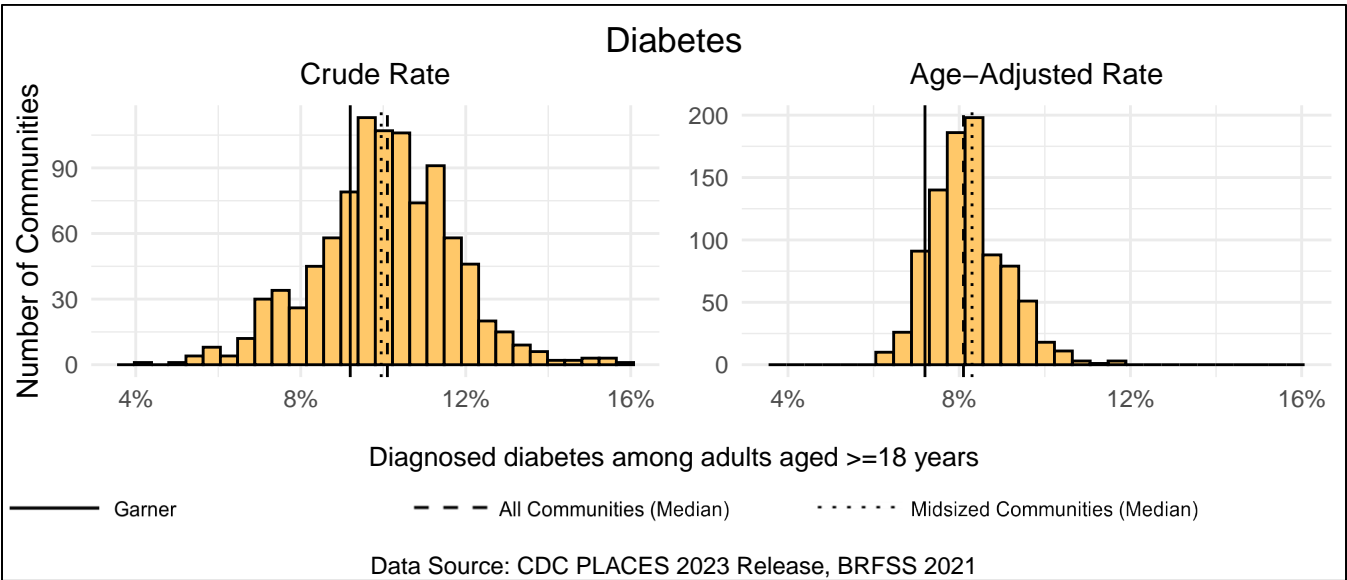
## High Cholesterol

Garner has a crude rate of 36.6% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 527th out of 958 Iowa communities (67th out of 102 midsized communities). The age-adjusted rate for Garner is 29.7%, which ranks 427th out of 905 Iowa communities (48th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 36.6% | 36.2% | 35.7% |
| Age-Adjusted | 29.7% | 29.7% | 29.8% |



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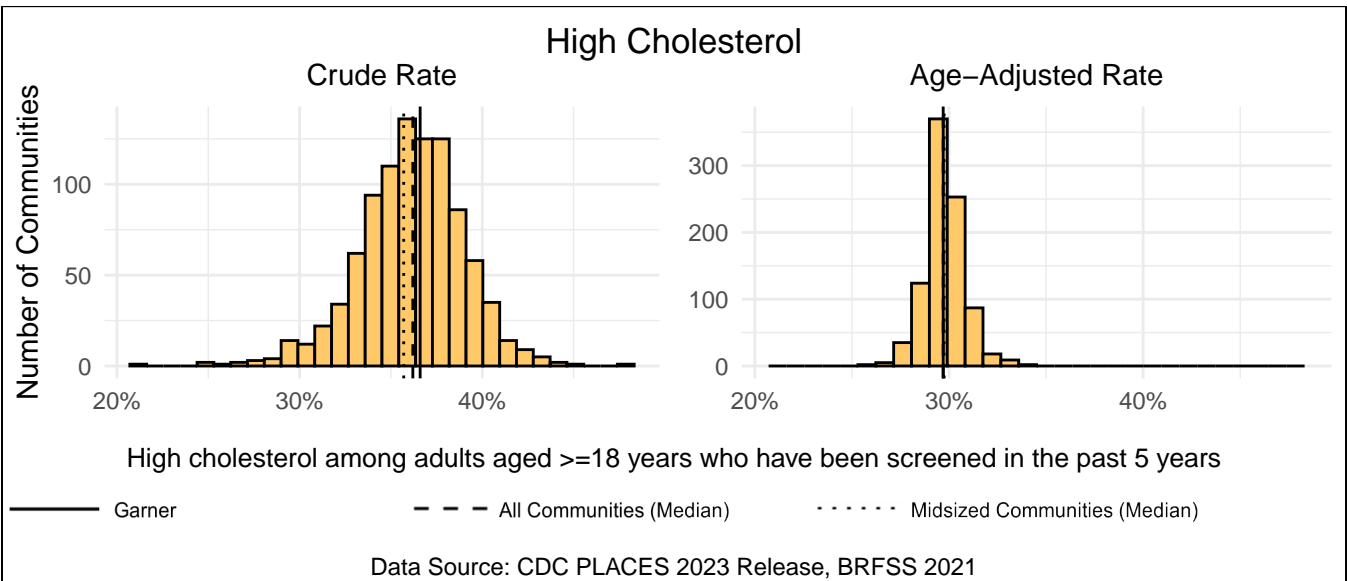
### Chronic Kidney Disease

Garner has a crude rate of 3.2% for chronic kidney disease among adults aged >=18 years, which ranks 446th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Garner is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 3.2% | 3.2% | 3.3% |
| Age-Adjusted | 2.4% | 2.6% | 2.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

### Obesity

Garner has a crude rate of 34.3% for obesity among adults aged >=18 years, which ranks 95th out of 958 Iowa communities (17th out of 102 midsized communities). The age-adjusted rate for Garner is 34.4%, which ranks 91st out of 905 Iowa communities (17th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 34.3% | 37.6% | 37.6% |
| Age-Adjusted | 34.4% | 37.6% | 38.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
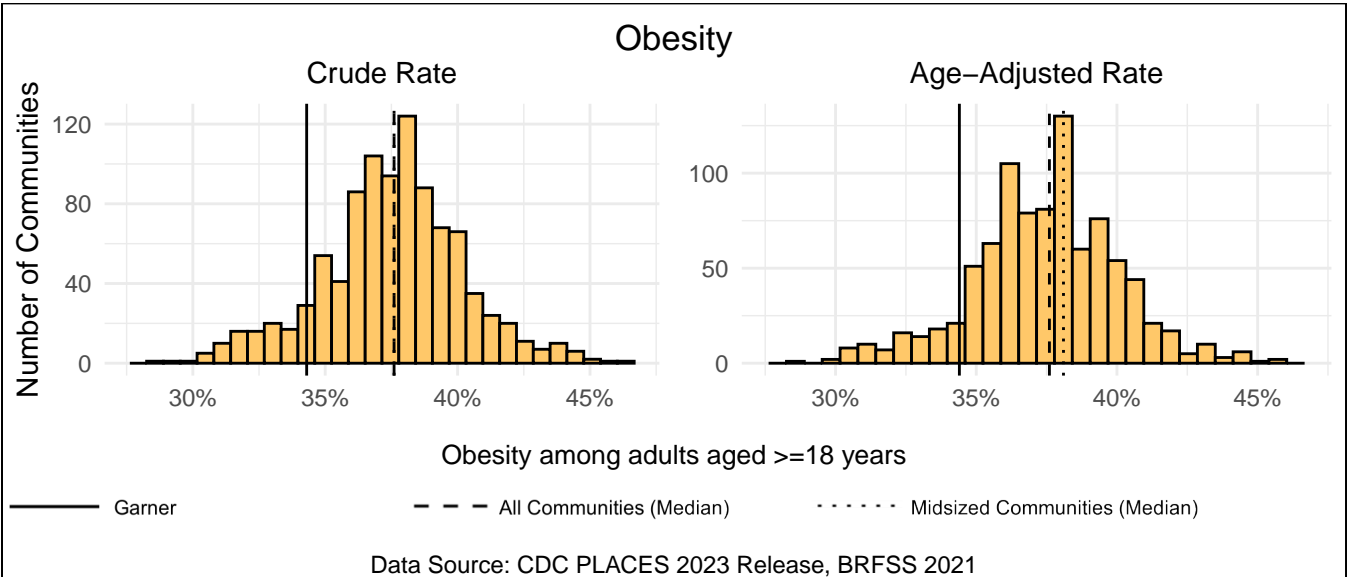
## Stroke

Garner has a crude rate of 3.1% for stroke among adults aged >=18 years, which ranks 340th out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Garner is 2.3%, which ranks 49th out of 905 Iowa communities (14th out of 102 midsized communities).
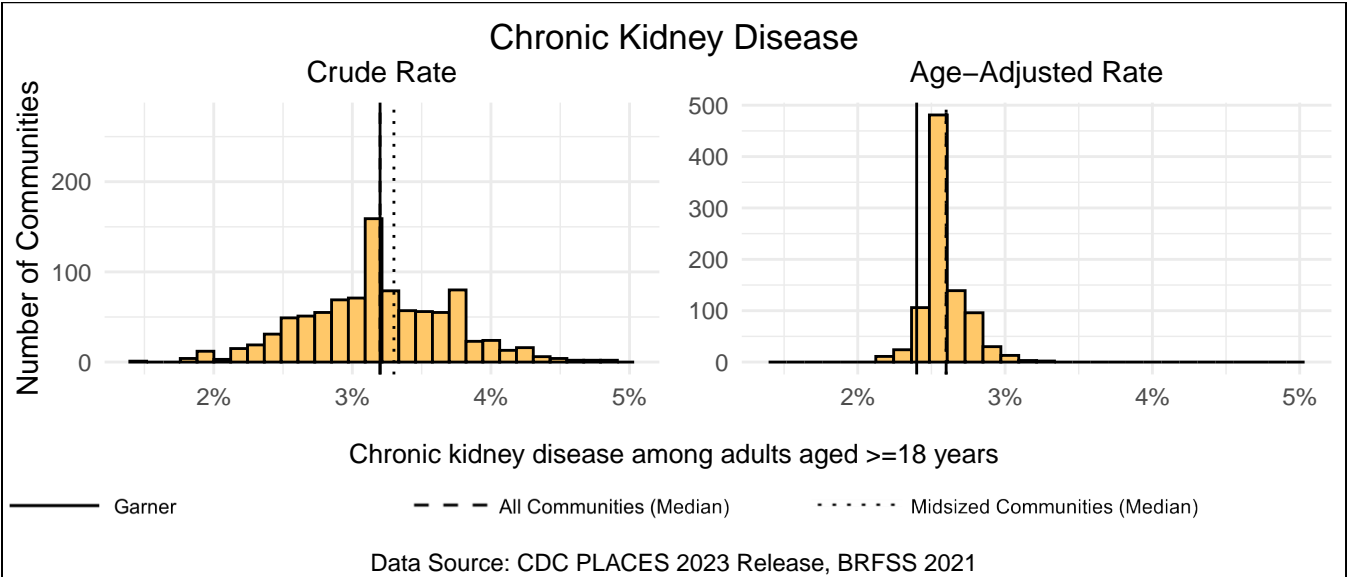
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 3.1% | 3.3% | 3.3% |
| Age-Adjusted | 2.3% | 2.6% | 2.6% |
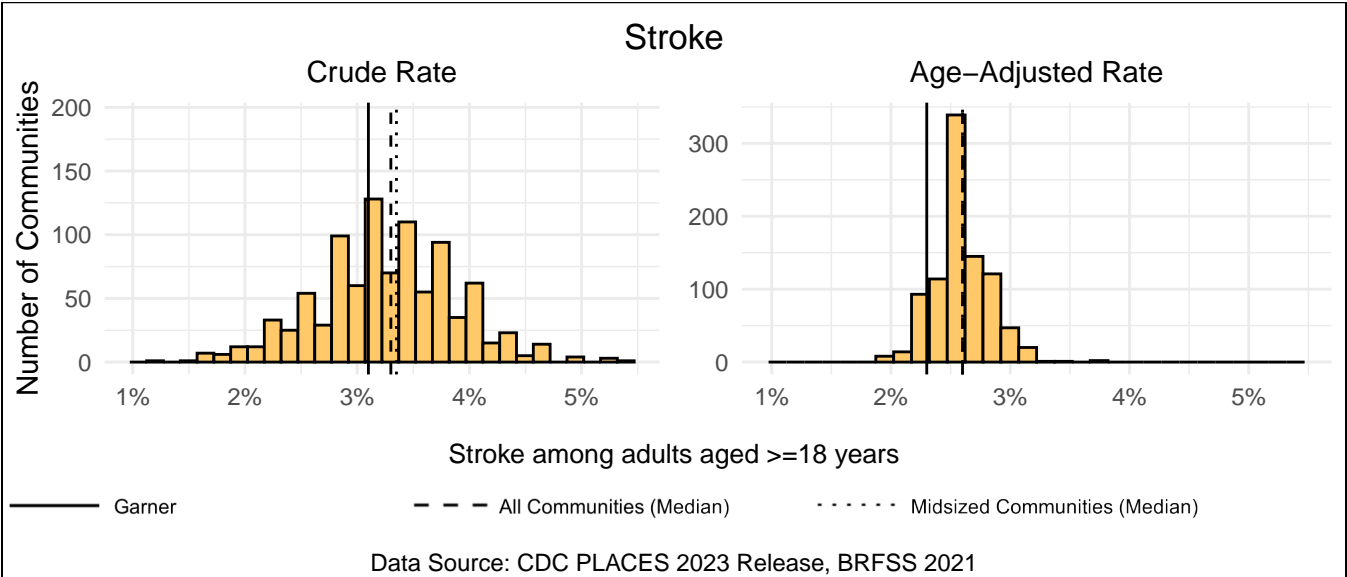


## All Teeth Lost

Garner has a crude rate of 10.4% for all teeth lost among adults aged >=65 years, which ranks 117th out of 958 Iowa communities (20th out of 102 midsized communities). The age-adjusted rate for Garner is 10.0%, which ranks 79th out of 905 Iowa communities (20th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 10.4% | 12.9% | 13.5% |
| Age-Adjusted | 10.0% | 12.8% | 12.9% |
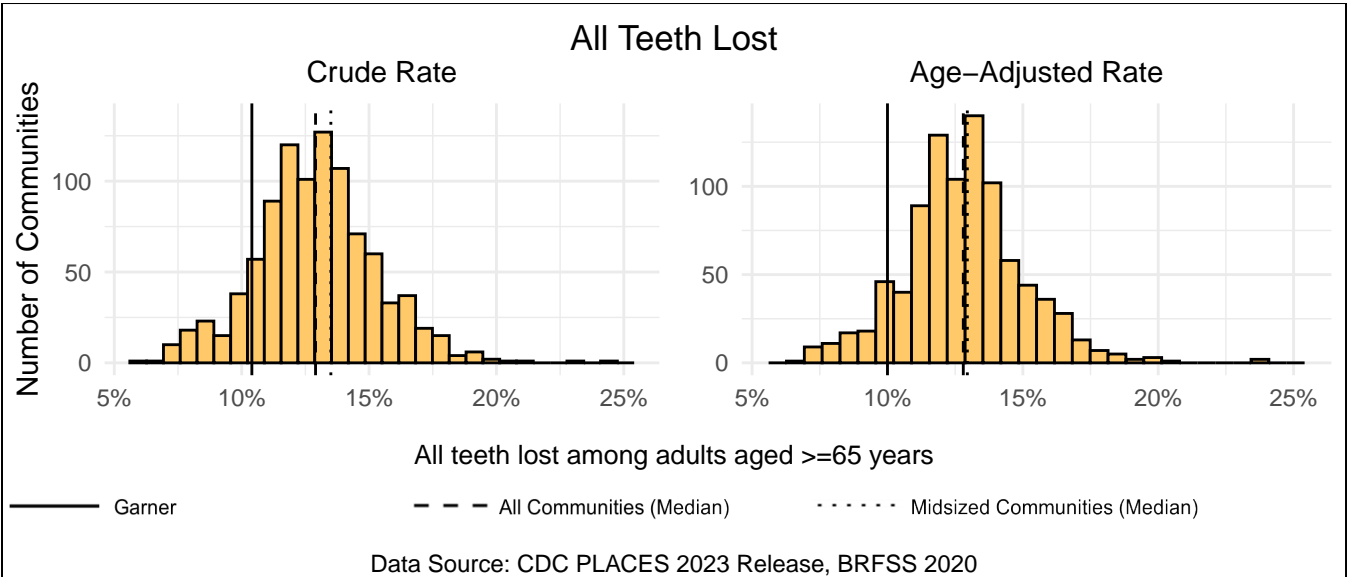
# Prevention

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

Garner has a crude rate of 6.0% for current lack of health insurance among adults aged 18–64 years, which ranks 87th out of 958 Iowa communities (18th out of 102 mid-sized communities). The age-adjusted rate for Garner is 6.4%, which ranks 94th out of 905 Iowa communities (20th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 6.0% | 7.3% | 7.6% |
| Age-Adjusted | 6.4% | 7.7% | 7.9% |



Lack of Health Insurance — Crude Rate / Age–Adjusted Rate. Current lack of health insurance among adults aged 18–64 years. Garner / All Communities (Median) / Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
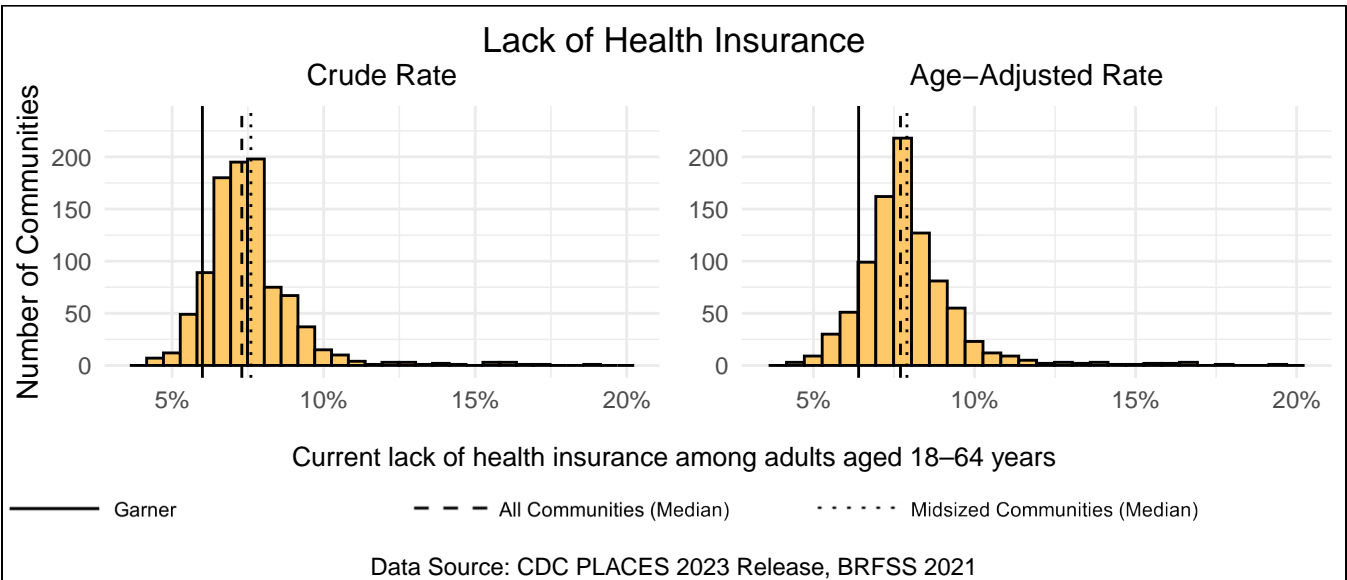
## Taking BP Medication

Garner has a crude rate of 80.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 329th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Garner is 58.7%, which ranks 537th out of 905 Iowa communities (65th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 80.8% | 79.8% | 79.8% |
| Age-Adjusted | 58.7% | 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

—— Garner    – – – All Communities (Median)    ······ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
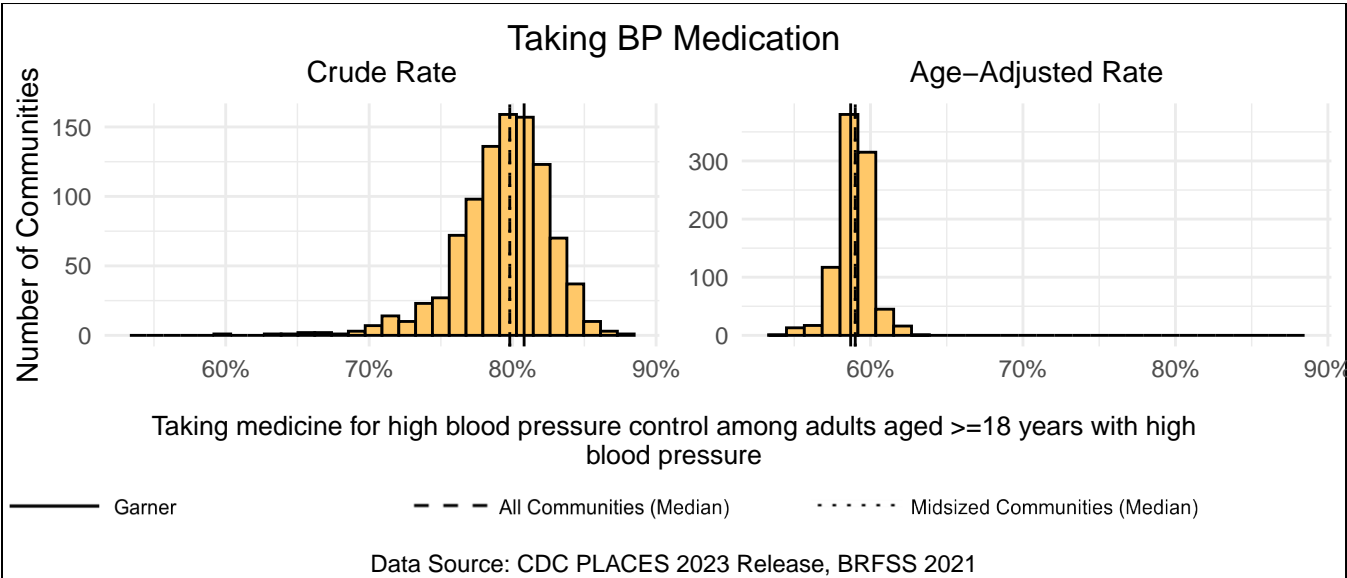
## Cervical Cancer Screening

Garner has a crude rate of 85.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 142nd out of 958 Iowa communities (20th out of 102 midsized communities). The age-adjusted rate for Garner is 85.1%, which ranks 79th out of 905 Iowa communities (20th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 85.0% | 83.3% | 82.9% |
| Age-Adjusted | 85.1% | 83.2% | 83.2% |



Cervical Cancer Screening

Crude Rate — Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

—— Garner    – – – All Communities (Median)    ······ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
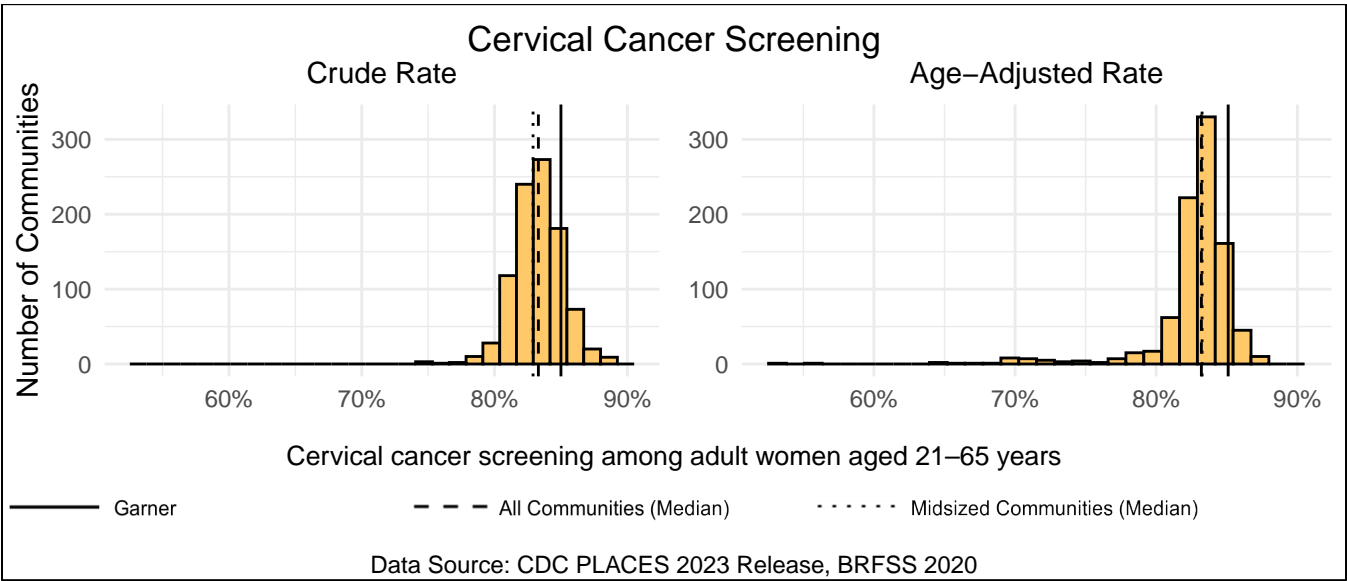
## Annual Checkup

Garner has a crude rate of 75.5% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 408th out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Garner is 72.1%, which ranks 597th out of 905 Iowa communities (75th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 75.5% | 75.2% | 75.2% |
| Age-Adjusted | 72.1% | 72.6% | 72.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cholesterol Screening

Garner has a crude rate of 84.9% for cholesterol screening among adults aged >=18 years, which ranks 102nd out of 958 Iowa communities (5th out of 102 midsized communities). The age-adjusted rate for Garner is 80.9%, which ranks 91st out of 905 Iowa communities (20th out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 84.9% | 82.6% | 81.8% |
| Age-Adjusted | 80.9% | 79.1% | 79.0% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

**Colorectal Cancer Screening**

Garner has a crude rate of 74.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 136th out of 958 Iowa communities (18th out of 102 mid-sized communities). The age-adjusted rate for Garner is 73.3%, which ranks 147th out of 905 Iowa communities (30th out of 102 midsized communities).
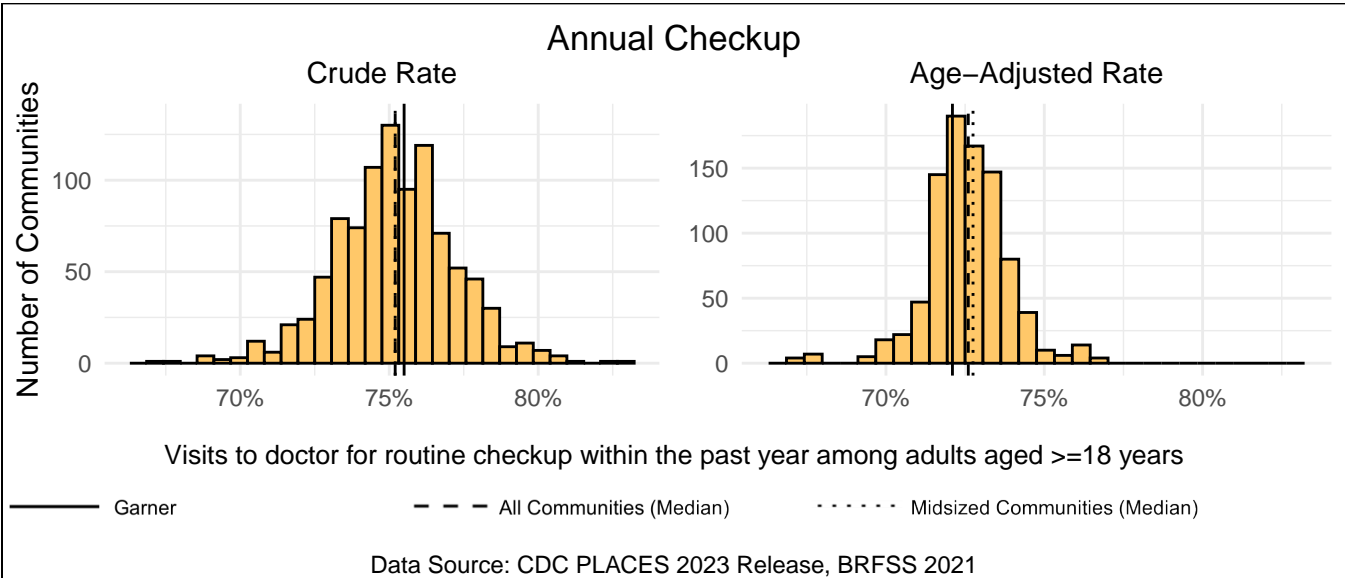
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 74.3% | 71.6% | 71.6% |
| Age-Adjusted | 73.3% | 70.9% | 70.8% |



Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

**Core preventive services for older men**

Garner has a crude rate of 45.5% 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 297th out of 958 Iowa communities (29th out of 102 midsized communities). The age-adjusted rate for Garner is 45.6%, which ranks 271st out of 905 Iowa communities (29th out of 102 midsized communities).
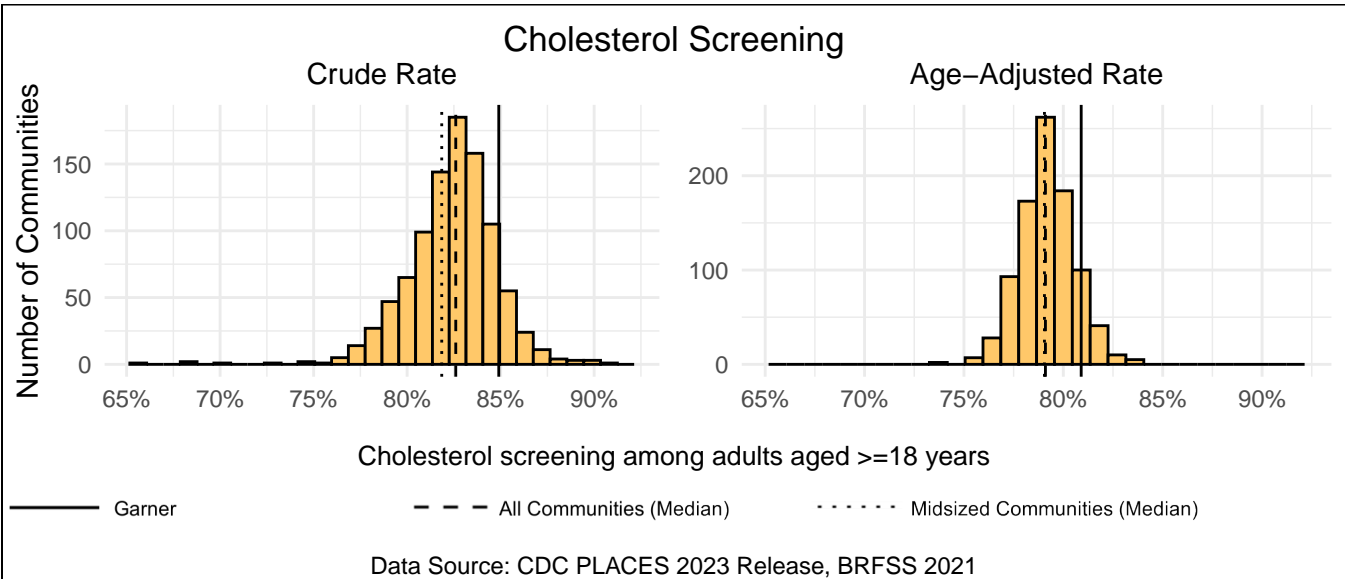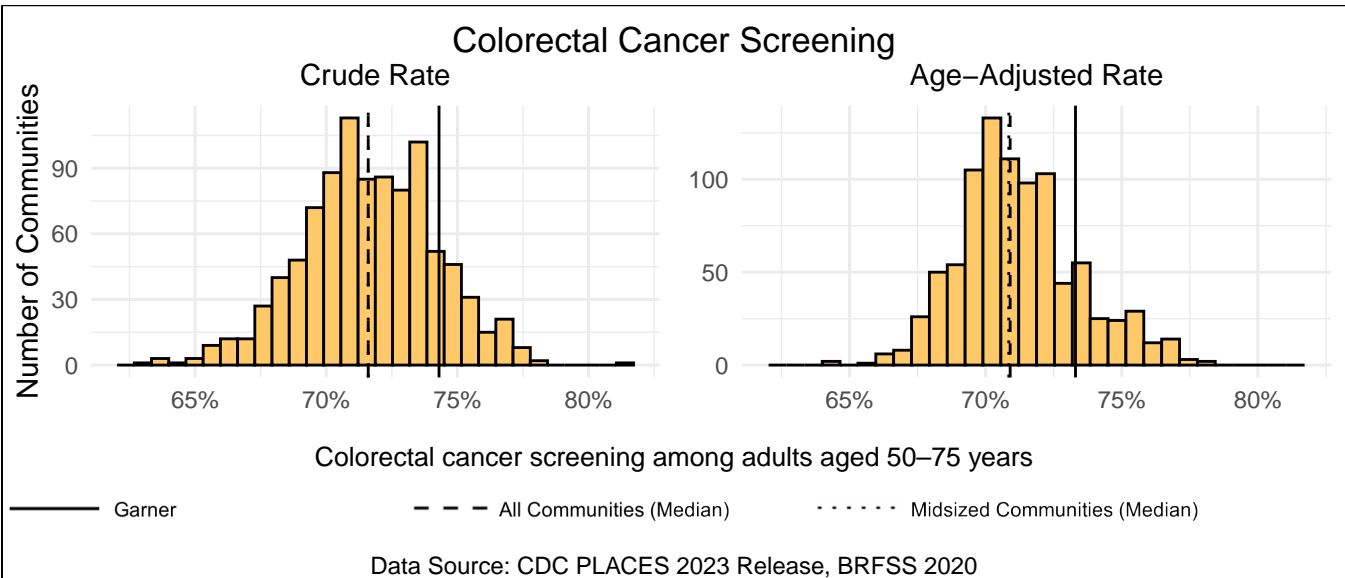
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 45.5% | 43.5% | 42.9% |
| Age-Adjusted | 45.6% | 43.5% | 43.2% |

## Core preventive services for older men

**Crude Rate**

**Age–Adjusted Rate**

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

—— Garner          – – – All Communities (Median)          · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older women

Garner has a crude rate of 41.1% for older adult women aged >=65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 304th out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Garner is 44.3%, which ranks 122nd out of 905 Iowa communities (22nd out of 102 midsized communities).
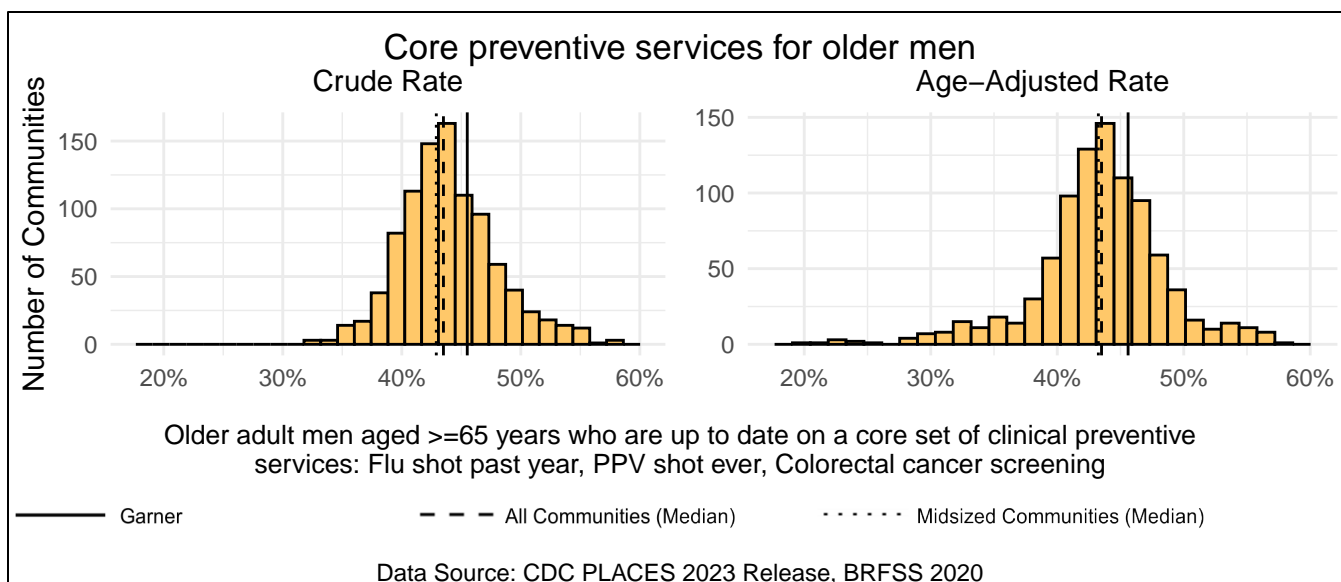
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 41.1% | 39.0% | 37.8% |
| Age-Adjusted | 44.3% | 39.9% | 40.4% |



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

Garner — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Dental Visit

Garner has a crude rate of 71.0% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 152nd out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Garner is 70.5%, which ranks 152nd out of 905 Iowa communities (27th out of 102 midsized communities).
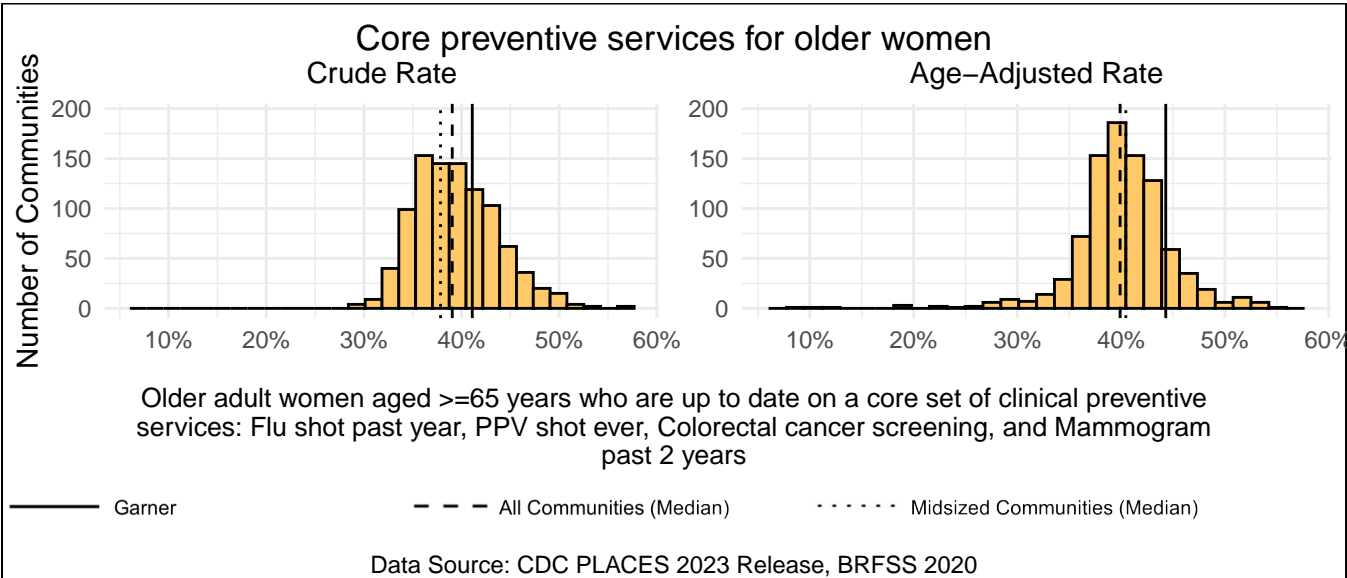
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 71.0% | 67.2% | 67.0% |
| Age-Adjusted | 70.5% | 66.6% | 66.5% |

Dental Visit

Crude Rate — Age–Adjusted Rate

Number of Communities

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

Garner — All Communities (Median) — Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Mammography

Garner has a crude rate of 76.7% for mammography use among women aged 50–74 years, which ranks 375th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Garner is 75.4%, which ranks 208th out of 905 Iowa communities (35th out of 102 midsized communities).
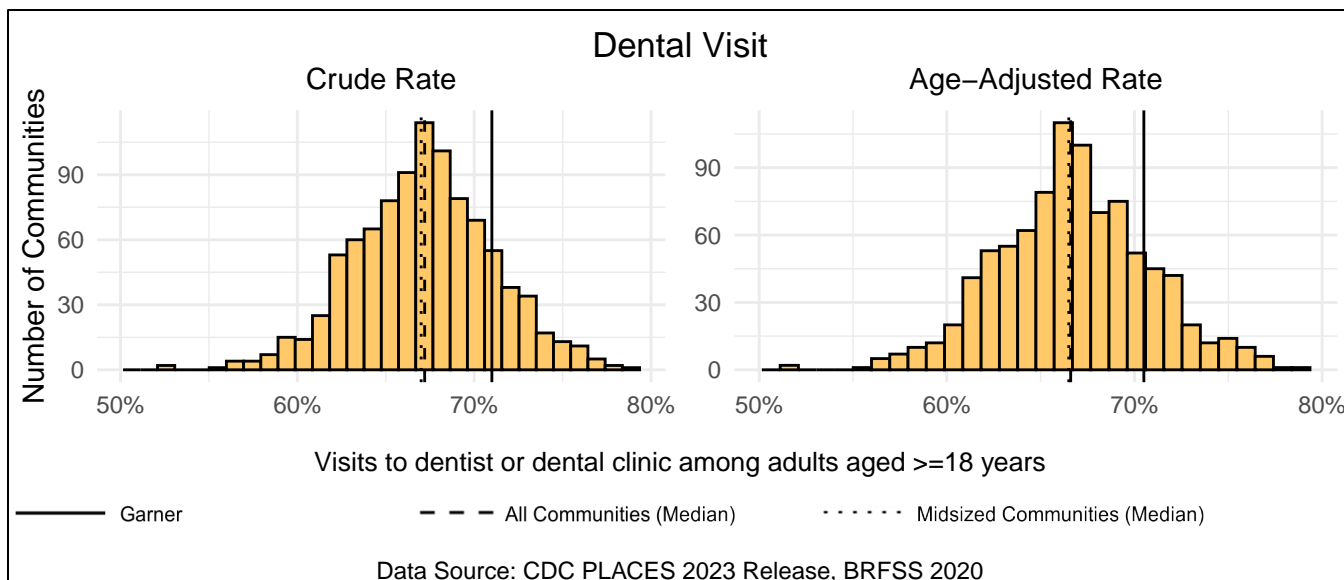
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 76.7% | 76.2% | 76.5% |
| Age-Adjusted | 75.4% | 73.9% | 74.0% |



Data Source: CDC PLACES 2023 Release, BRFSS 2020
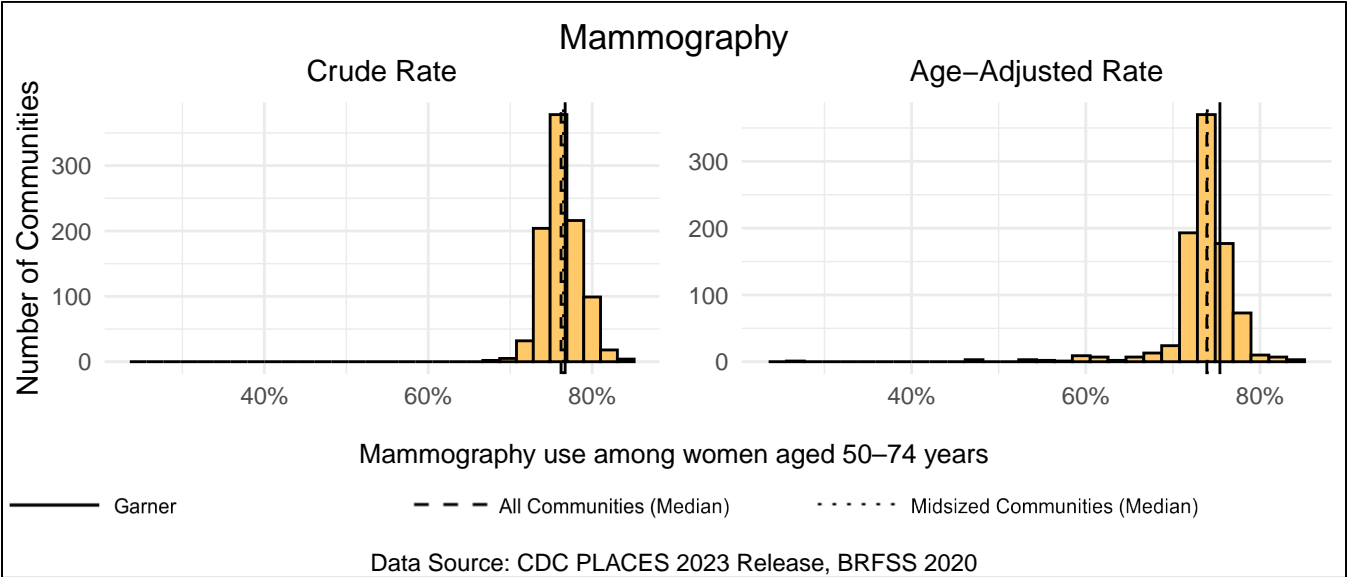
# Disability

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

Garner has a crude rate of 7.3% for hearing disability among adults aged >=18 years, which ranks 432nd out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Garner is 5.4%, which ranks 79th out of 905 Iowa communities (22nd out of 102 midsized communities).
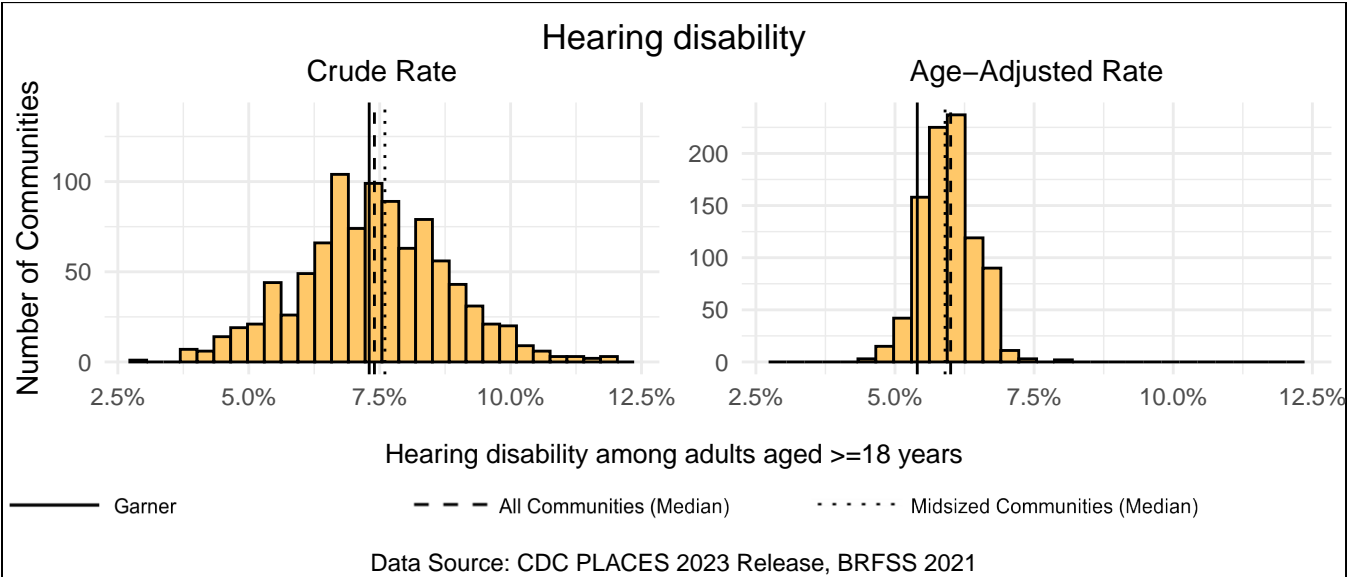
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 7.3% | 7.4% | 7.6% |
| Age-Adjusted | 5.4% | 6.0% | 5.9% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Vision disability

Garner has a crude rate of 3.5% for vision disability among adults aged >=18 years, which ranks 197th out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Garner is 3.0%, which ranks 106th out of 905 Iowa communities (22nd out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 3.5% | 4.1% | 4.3% |
| Age-Adjusted | 3.0% | 3.6% | 3.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cognitive disability

Garner has a crude rate of 9.6% for cognitive disability among adults aged >=18 years, which ranks 88th out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Garner is 10.2%, which ranks 109th out of 905 Iowa communities (22nd out of 102 midsized communities).
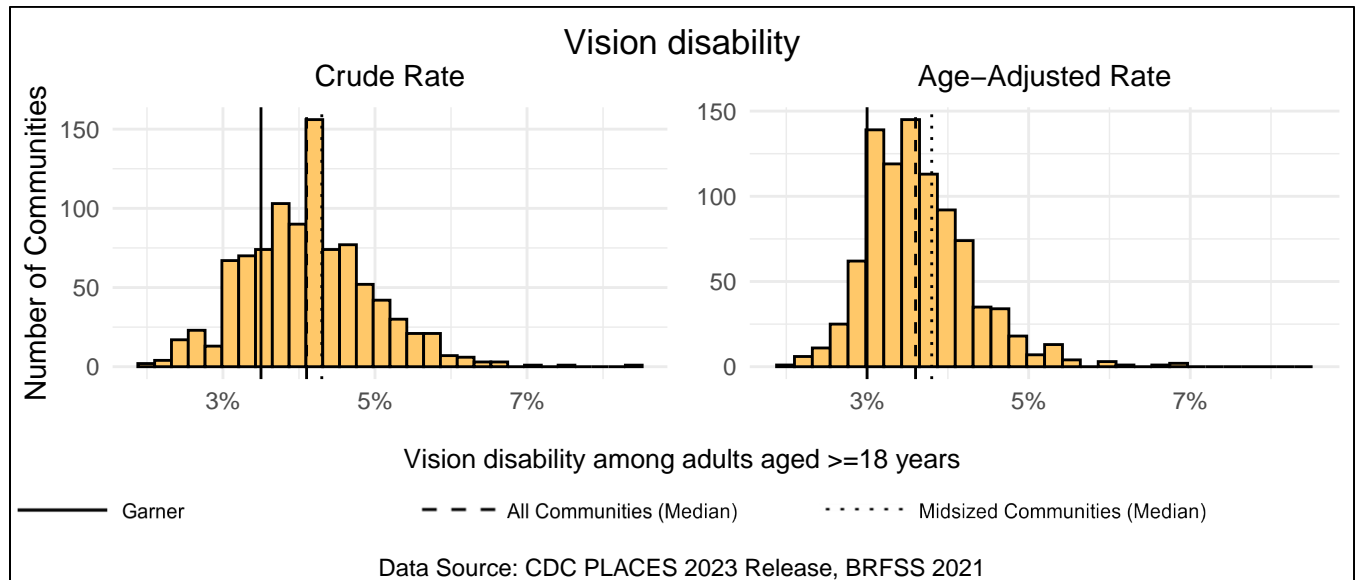
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 9.6% | 11.1% | 11.5% |
| Age-Adjusted | 10.2% | 11.6% | 11.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Mobility disability

Garner has a crude rate of 10.8% for mobility disability among adults aged >=18 years, which ranks 298th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Garner is 8.2%, which ranks 104th out of 905 Iowa communities (20th out of 102 midsized communities).
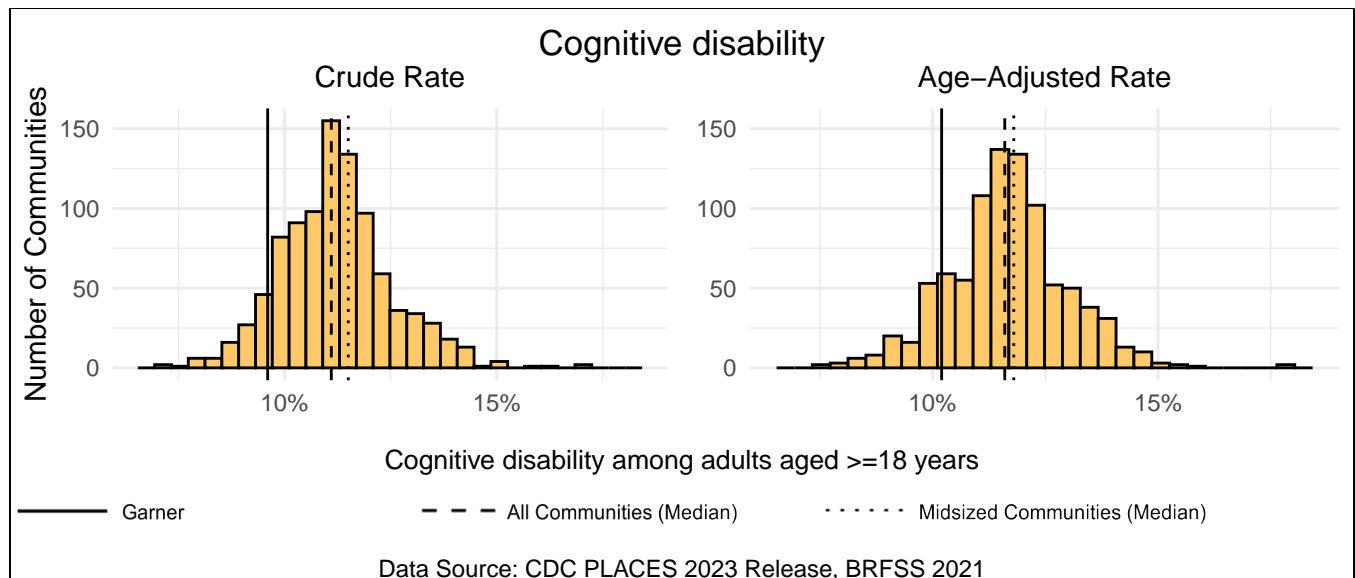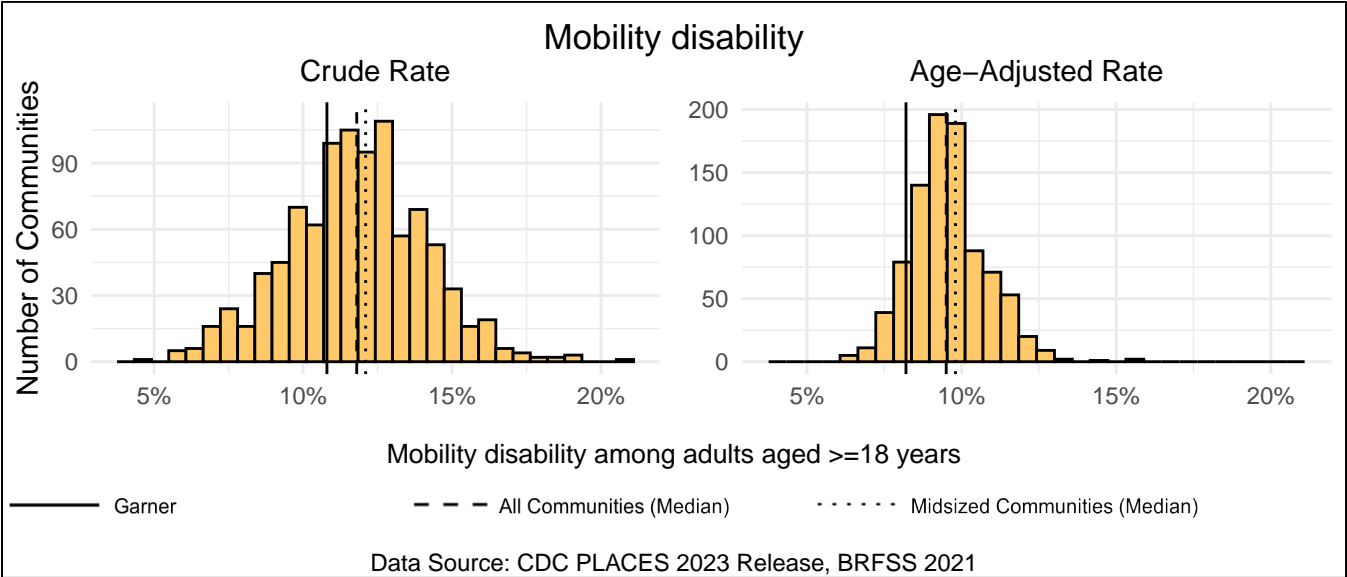
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 10.8% | 11.8% | 12.1% |
| Age-Adjusted | 8.2% | 9.5% | 9.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Self-care disability

Garner has a crude rate of 2.9% for self-care disability among adults aged >=18 years, which ranks 179th out of 958 Iowa communities (27th out of 102 midsized communities). The age-adjusted rate for Garner is 2.4%, which ranks 80th out of 905 Iowa communities (18th out of 102 midsized communities).

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



Data Source: CDC PLACES 2023 Release, BRFSS 2021
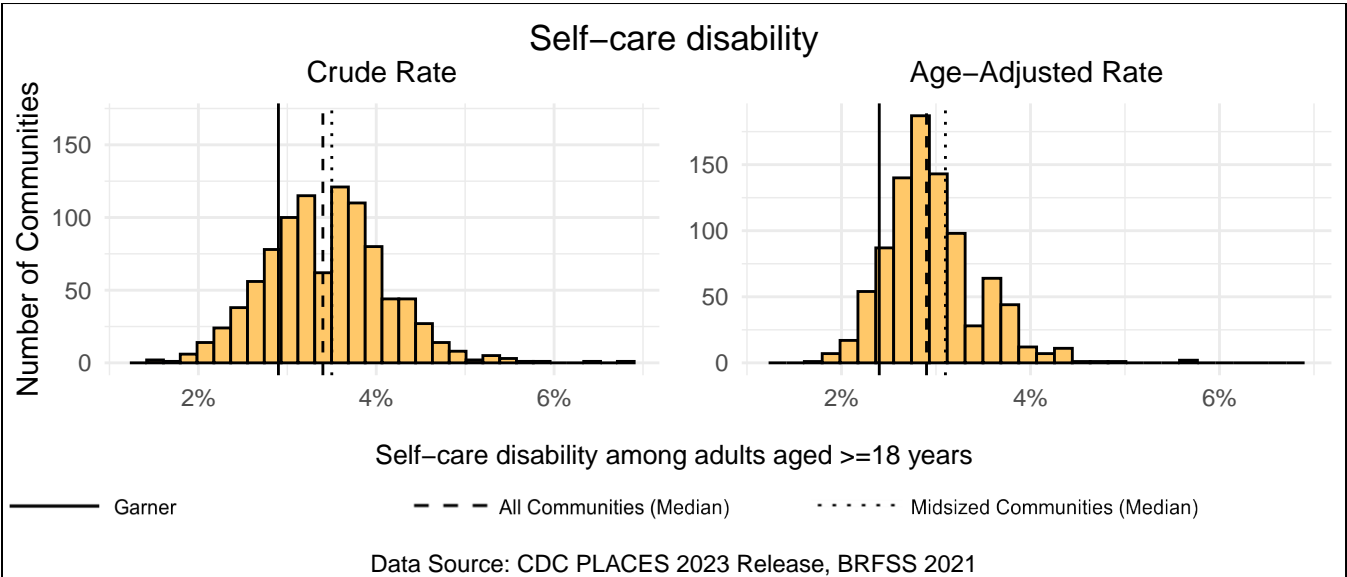
## Independent living disability

Garner has a crude rate of 5.9% for independent living disability among adults aged >=18 years, which ranks 203rd out of 958 Iowa communities (24th out of 102 midsized communities). The age-adjusted rate for Garner is 5.3%, which ranks 111th out of 905 Iowa communities (21st out of 102 midsized communities).

| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 5.9% | 6.6% | 7.0% |
| Age-Adjusted | 5.3% | 6.2% | 6.4% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Any disability

Garner has a crude rate of 23.4% for any disability among adults aged >=18 years, which ranks 238th out of 958 Iowa communities (28th out of 102 midsized communities). The age-adjusted rate for Garner is 20.4%, which ranks 91st out of 905 Iowa communities (19th out of 102 midsized communities).
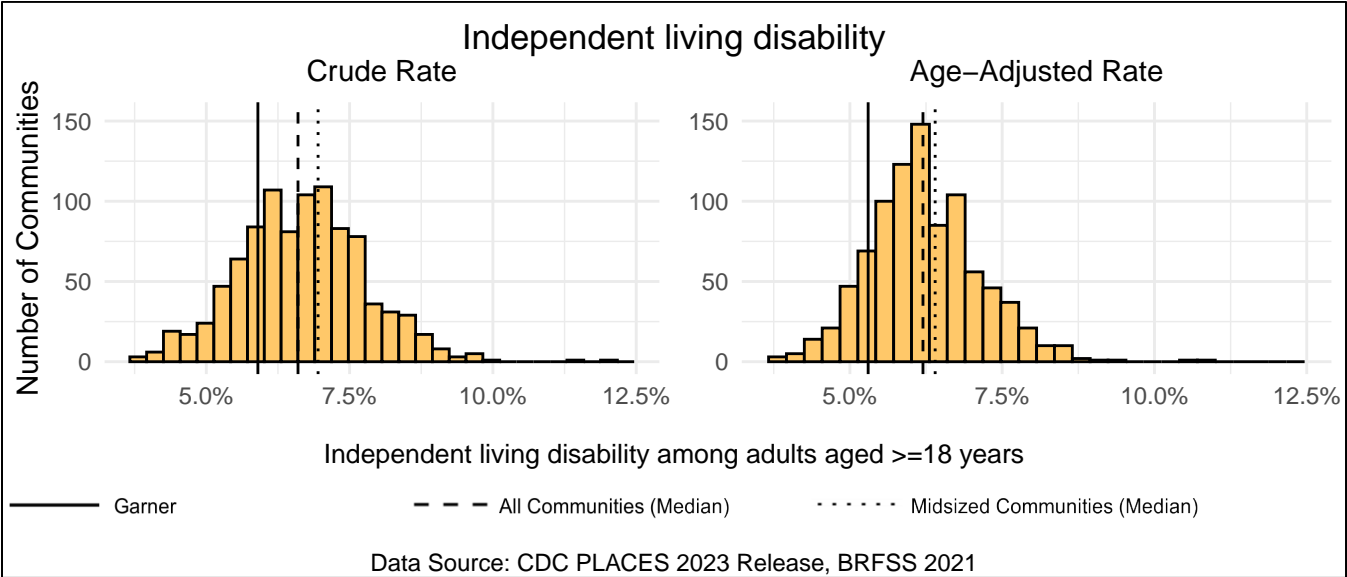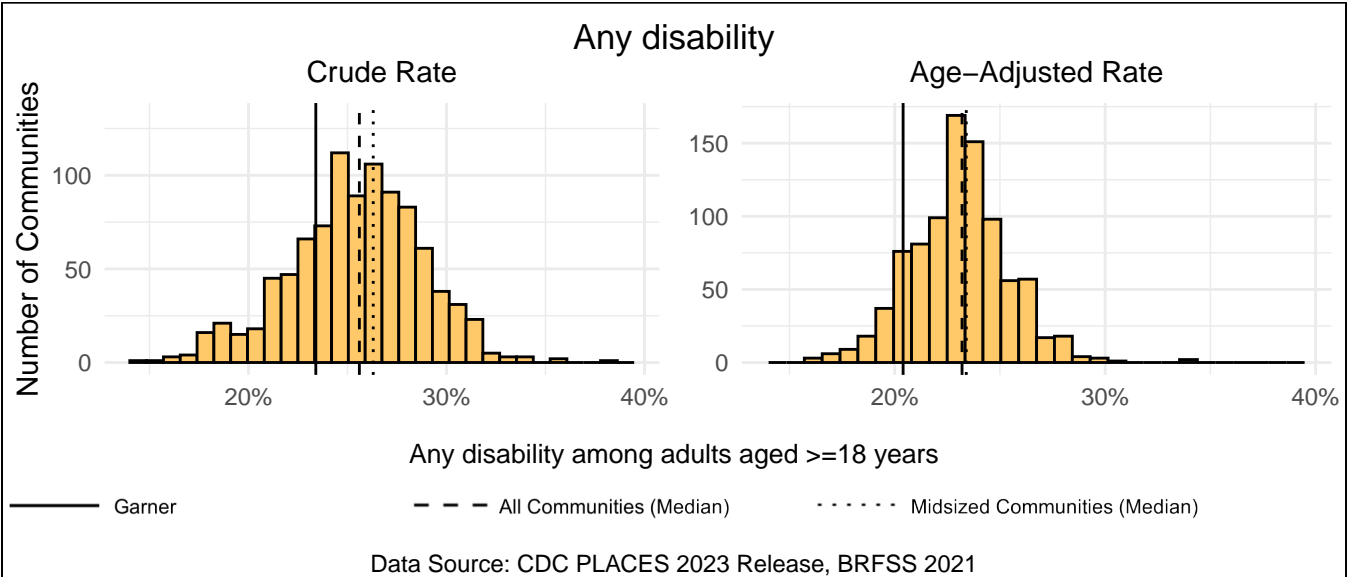
| Measure Type | Garner | All Comm. | Midsized Comm. |
|---|---|---|---|
| Crude | 23.4% | 25.6% | 26.3% |
| Age-Adjusted | 20.4% | 23.2% | 23.4% |



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: Garner 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 | 183 | 9.7% (8.1% - 11.4%) | 103 | 8.6% (7.1% - 10.1%) |
| Health Status | General Health | 175 | 12.3% (9.8% - 15.0%) | 95 | 10.7% (8.8% - 13.0%) |
| Health Status | Mental Health | 80 | 13.0% (10.9% - 15.0%) | 140 | 14.6% (12.3% - 16.9%) |
| Health Risk Behaviors | Sleep <7 hours | 240 | 29.2% (27.4% - 30.8%) | 192 | 30.0% (28.2% - 31.9%) |
| Health Risk Behaviors | Physical Inactivity | 159 | 22.8% (18.0% - 27.7%) | 85 | 20.8% (16.6% - 25.6%) |
| Health Risk Behaviors | Binge Drinking | 416 | 19.2% (15.9% - 22.8%) | 585 | 22.4% (18.5% - 26.4%) |
| Health Risk Behaviors | Current Smoking | 92 | 14.3% (10.7% - 18.0%) | 123 | 15.1% (11.4% - 19.2%) |
| Health Outcomes | COPD | 213 | 6.5% (5.1% - 8.0%) | 93 | 5.3% (4.3% - 6.4%) |
| Health Outcomes | High Cholesterol | 527 | 36.6% (32.0% - 41.5%) | 427 | 29.7% (25.3% - 34.4%) |
| Health Outcomes | Arthritis | 499 | 28.1% (23.8% - 32.5%) | 230 | 22.4% (18.8% - 26.2%) |
| Health Outcomes | Stroke | 340 | 3.1% (2.7% - 3.7%) | 49 | 2.3% (2.0% - 2.7%) |
| Health Outcomes | All Teeth Lost | 117 | 10.4% (6.0% - 15.6%) | 79 | 10.0% (6.0% - 14.6%) |
| Health Outcomes | Diabetes | 258 | 9.2% (7.6% - 10.8%) | 77 | 7.2% (6.0% - 8.6%) |
| Health Outcomes | High Blood Pressure | 334 | 30.8% (26.5% - 35.2%) | 46 | 25.1% (21.4% - 28.9%) |
| Health Outcomes | Current Asthma | 80 | 8.9% (7.8% - 10.1%) | 185 | 9.2% (8.0% - 10.4%) |
| Health Outcomes | Cancer (except skin) | 682 | 8.8% (7.9% - 9.7%) | 418 | 6.5% (5.8% - 7.2%) |
| Health Outcomes | Coronary Heart Disease | 378 | 6.2% (5.2% - 7.3%) | 78 | 4.5% (3.8% - 5.2%) |
| Health Outcomes | Depression | 169 | 17.1% (13.8% - 20.6%) | 218 | 18.5% (15.1% - 22.2%) |
| Health Outcomes | Obesity | 95 | 34.3% (26.9% - 42.0%) | 91 | 34.4% (26.9% - 42.3%) |
| Health Outcomes | Chronic Kidney Disease | 446 | 3.2% (2.8% - 3.6%) | 36 | 2.4% (2.2% - 2.7%) |
| Prevention | Core preventive services for older women | 304 | 41.1% (33.1% - 49.3%) | 122 | 44.3% (36.1% - 52.2%) |
| Prevention | Cervical Cancer Screening | 142 | 85.0% (82.4% - 87.5%) | 79 | 85.1% (82.5% - 87.5%) |
| Prevention | Cholesterol Screening | 102 | 84.9% (81.8% - 87.5%) | 91 | 80.9% (77.2% - 84.2%) |
| Prevention | Dental Visit | 152 | 71.0% (67.2% - 74.3%) | 152 | 70.5% (66.6% - 73.9%) |
| Prevention | Annual Checkup | 408 | 75.5% (70.7% - 80.0%) | 597 | 72.1% (66.4% - 77.0%) |
| Prevention | Mammography | 375 | 76.7% (72.2% - 80.7%) | 208 | 75.4% (70.9% - 79.5%) |

| Category | Health Domain | Crude Rate Rank | Crude Rate (95% CI) | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|---|---|---|---|---|---|
| Prevention | Taking BP Medication | 329 | 80.8% (77.3% - 83.8%) | 537 | 58.7% (53.6% - 63.5%) |
| Prevention | Health Insurance | 87 | 6.0% (4.4% - 7.9%) | 94 | 6.4% (4.7% - 8.4%) |
| Prevention | Colorectal Cancer Screening | 136 | 74.3% (71.1% - 77.4%) | 147 | 73.3% (70.0% - 76.6%) |
| Prevention | Core preventive services for older men | 297 | 45.5% (36.6% - 54.6%) | 271 | 45.6% (36.9% - 54.7%) |
| Disability | Vision Disability | 197 | 3.5% (2.9% - 4.3%) | 106 | 3.0% (2.5% - 3.6%) |
| Disability | Any Disability | 238 | 23.4% (19.2% - 27.5%) | 91 | 20.4% (16.8% - 24.2%) |
| Disability | Cognitive Disability | 88 | 9.6% (7.9% - 11.5%) | 109 | 10.2% (8.3% - 12.3%) |
| Disability | Mobility Disability | 298 | 10.8% (8.7% - 13.0%) | 104 | 8.2% (6.7% - 9.8%) |
| Disability | Hearing Disability | 432 | 7.3% (6.2% - 8.3%) | 79 | 5.4% (4.7% - 6.1%) |
| Disability | Independent Living Disability | 203 | 5.9% (4.8% - 7.2%) | 111 | 5.3% (4.4% - 6.3%) |
| Disability | Self-care Disability | 179 | 2.9% (2.4% - 3.5%) | 80 | 2.4% (2.0% - 2.9%) |

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)

Garner 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 |