



Iowa Community Health Snapshot Series

*275 community reports prepared for the Iowa State University
Extension and Outreach Community and Economic
Development Unit*



May 2024

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This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

Iowa Community Health Snapshot Series

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Health in George: Overview

Dear Community Members & Stakeholders of George,

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 George ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify George'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 George. 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
Depression	38th	6th	Cancer (except skin)	74th	4th
Taking BP Medication	49th	7th	High Cholesterol	133rd	24th
Binge Drinking	53rd	6th	Mammography	214th	34th
Mental Health	69th	10th	Depression	218th	31st
Annual Checkup	118th	25th	High Blood Pressure	262nd	42nd

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
Cancer (except skin)	931st	137th	Annual Checkup	720th	119th
Hearing Disability	924th	135th	Core preventive services for older men	667th	115th
Coronary Heart Disease	915th	134th	Physical Inactivity	666th	111th
Chronic Kidney Disease	914th	135th	Cholesterol Screening	649th	107th
Stroke	909th	131st	Core preventive services for older women	641st	109th

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 George.

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

With a population of 1,149, George’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

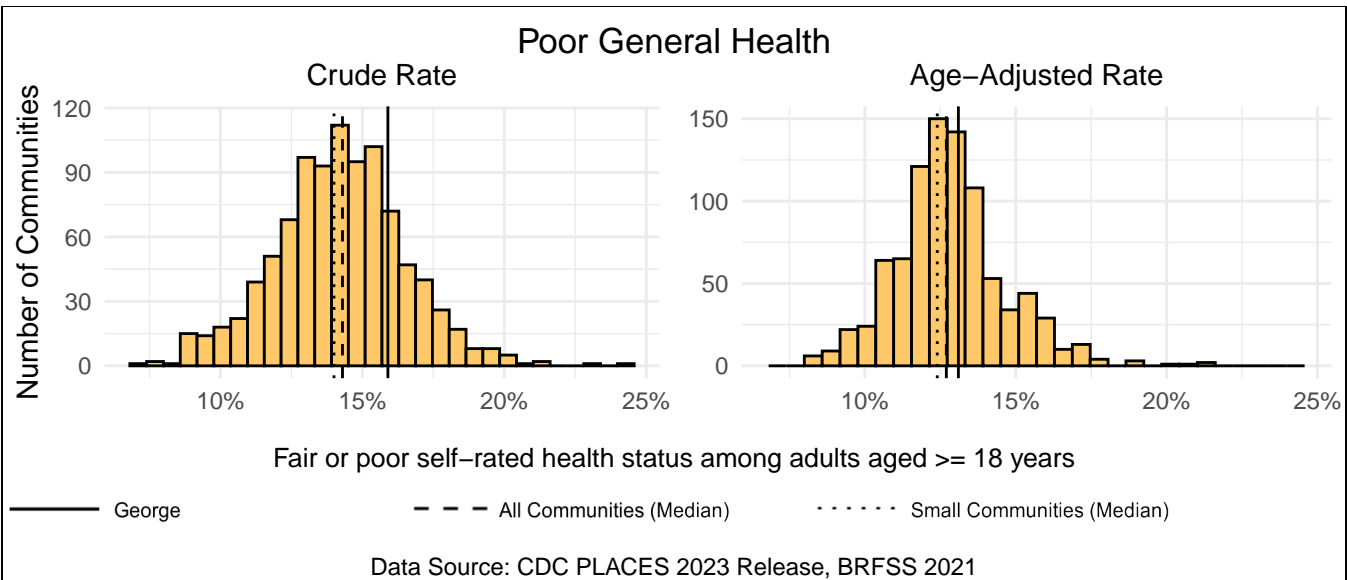
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

George has a crude rate of 15.9% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 752nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for George is 13.1%, which ranks 533rd out of 905 Iowa communities (87th out of 138 small communities).

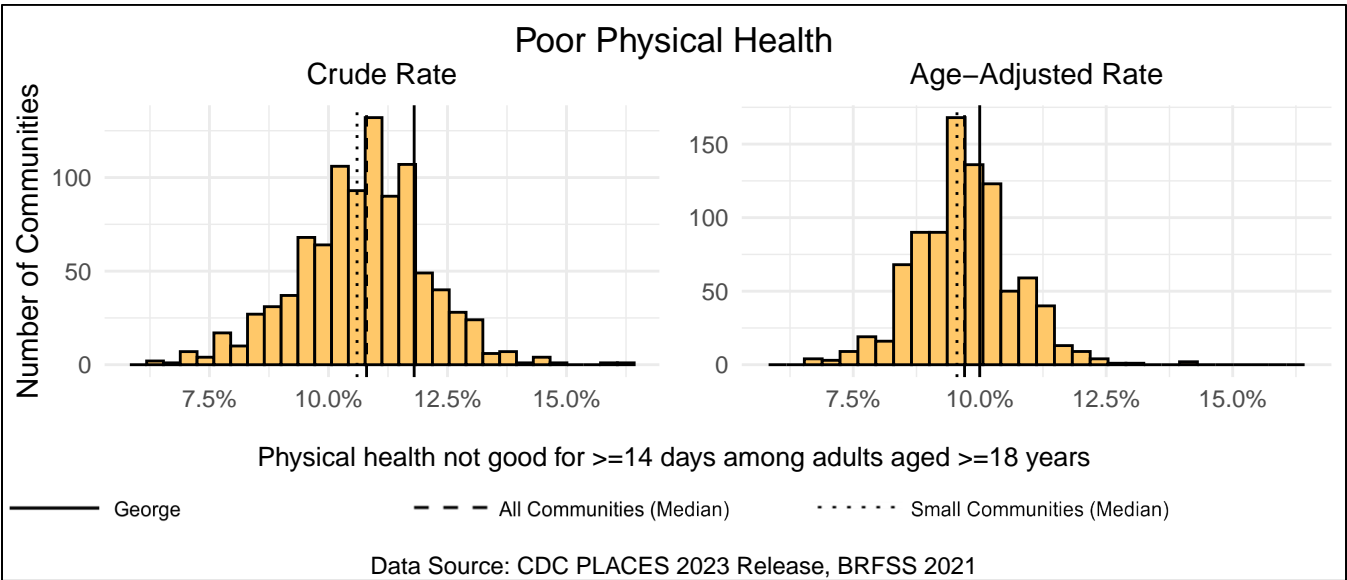
Measure Type	George	All Comm.	Small Comm.
Crude	15.9%	14.3%	14.0%
Age-Adjusted	13.1%	12.7%	12.4%



Poor Physical Health

George has a crude rate of 11.8% for physical health not good for >=14 days among adults aged >=18 years, which ranks 775th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for George is 10.0%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

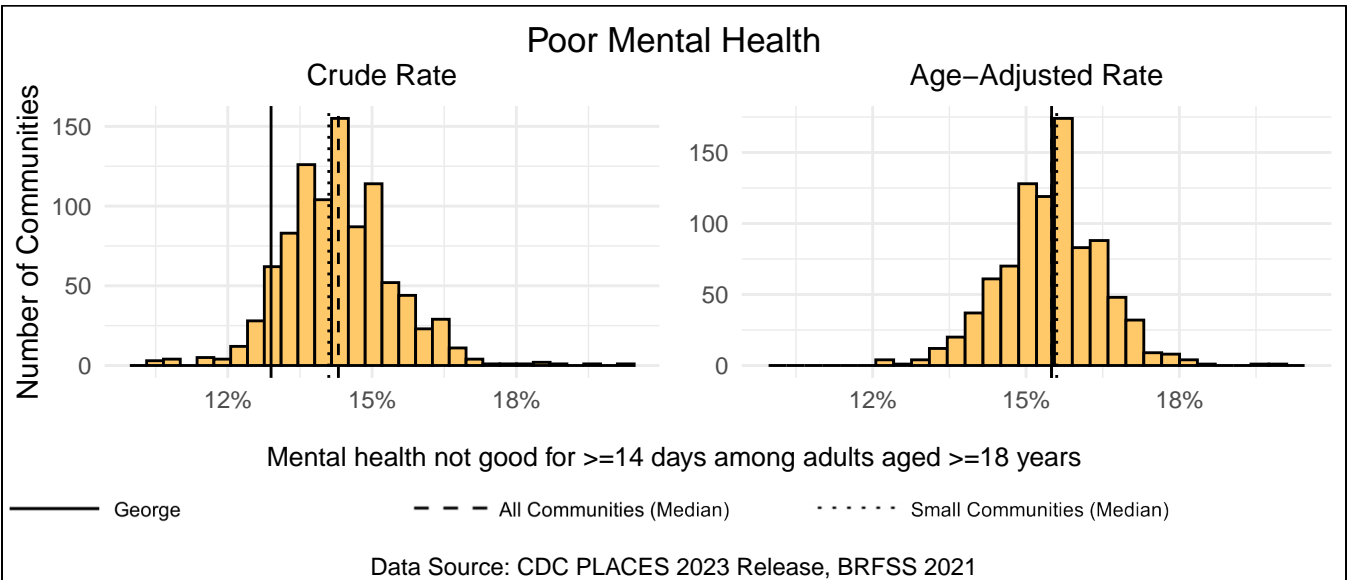
Measure Type	George	All Comm.	Small Comm.
Crude	11.8%	10.8%	10.6%
Age-Adjusted	10.0%	9.7%	9.6%



Poor Mental Health

George has a crude rate of 12.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 69th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for George is 15.5%, which ranks 405th out of 905 Iowa communities (65th out of 138 small communities).

Measure Type	George	All Comm.	Small Comm.
Crude	12.9%	14.3%	14.1%
Age-Adjusted	15.5%	15.5%	15.6%



Health Risk Behaviors

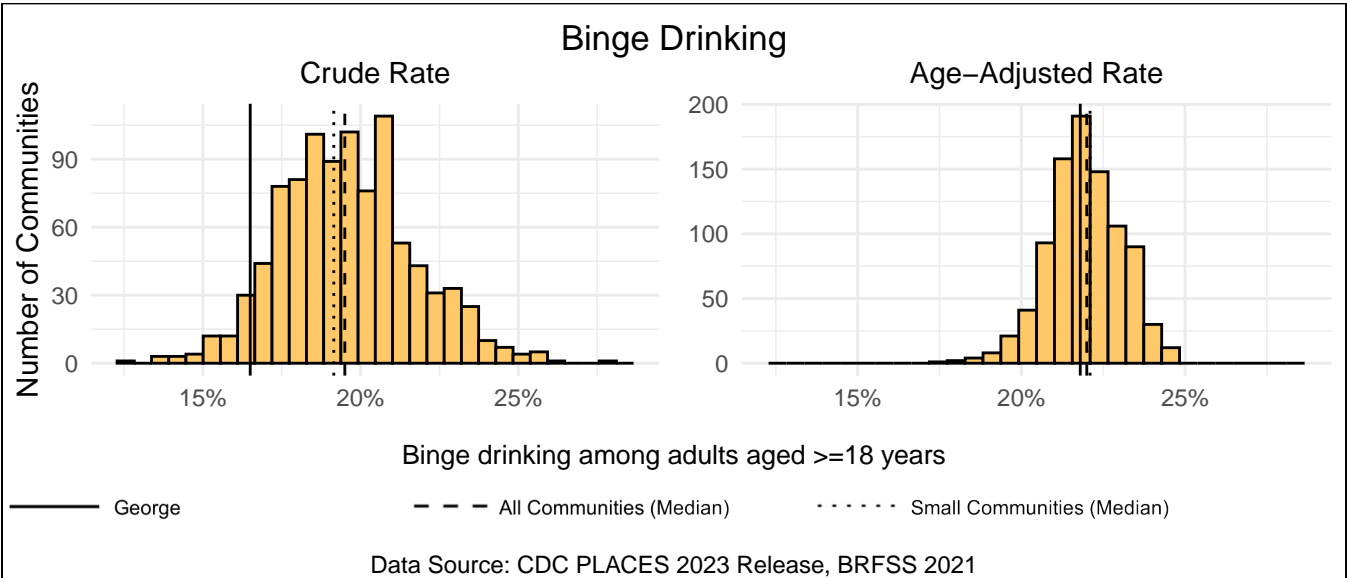
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

George has a crude rate of 16.5% for binge drinking among adults aged ≥ 18 years, which ranks 53rd out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for George is 21.8%, which ranks 389th out of 905 Iowa communities (61st out of 138 small communities).

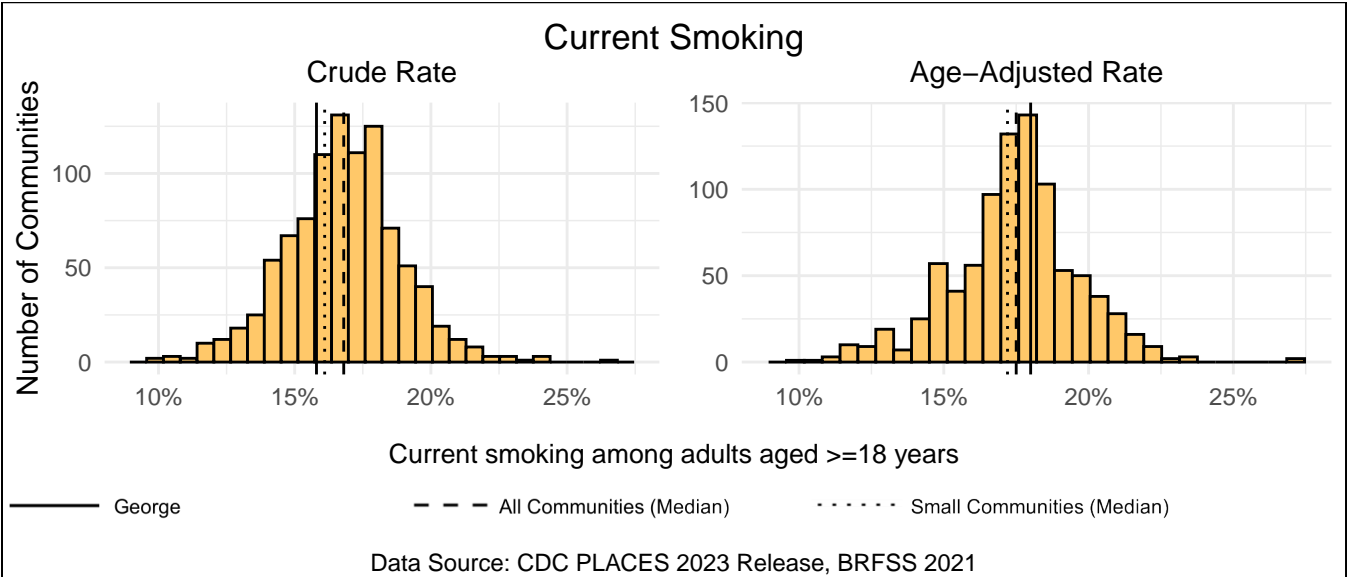
Measure Type	George	All Comm.	Small Comm.
Crude	16.5%	19.5%	19.1%
Age-Adjusted	21.8%	22.0%	22.1%



Current Smoking

George has a crude rate of 15.8% for current smoking among adults aged >=18 years, which ranks 270th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for George is 18.0%, which ranks 536th out of 905 Iowa communities (88th out of 138 small communities).

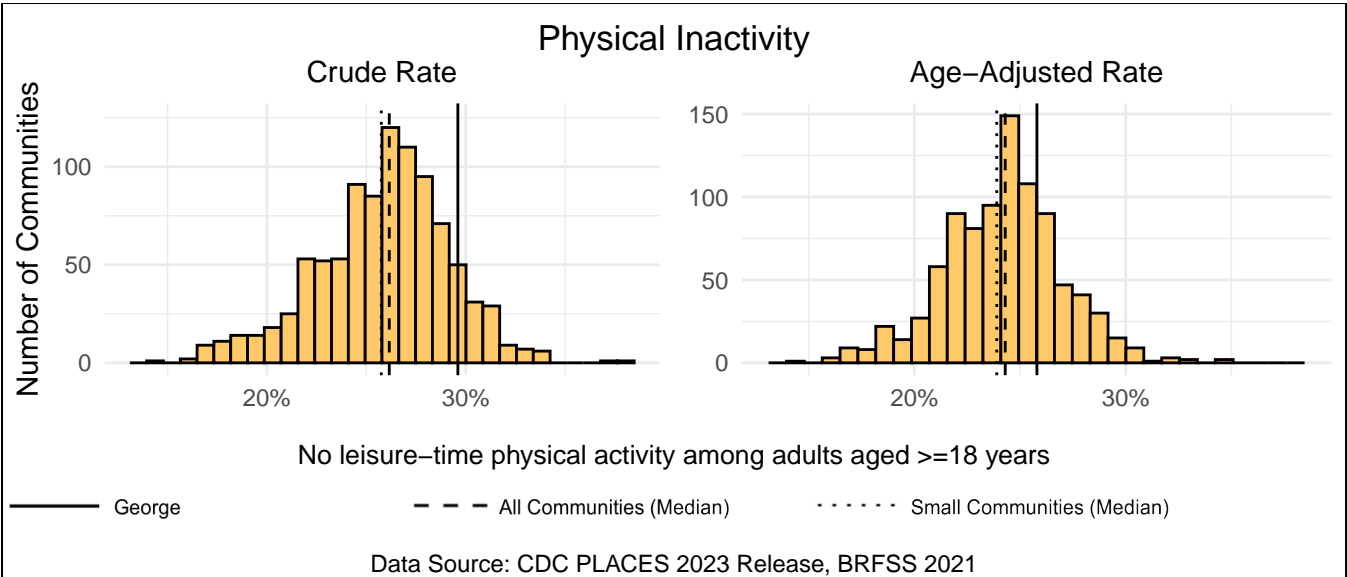
Measure Type	George	All Comm.	Small Comm.
Crude	15.8%	16.8%	16.1%
Age-Adjusted	18.0%	17.5%	17.2%



Physical Inactivity

George has a crude rate of 29.6% for no leisure-time physical activity among adults aged >=18 years, which ranks 847th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for George is 25.8%, which ranks 666th out of 905 Iowa communities (111th out of 138 small communities).

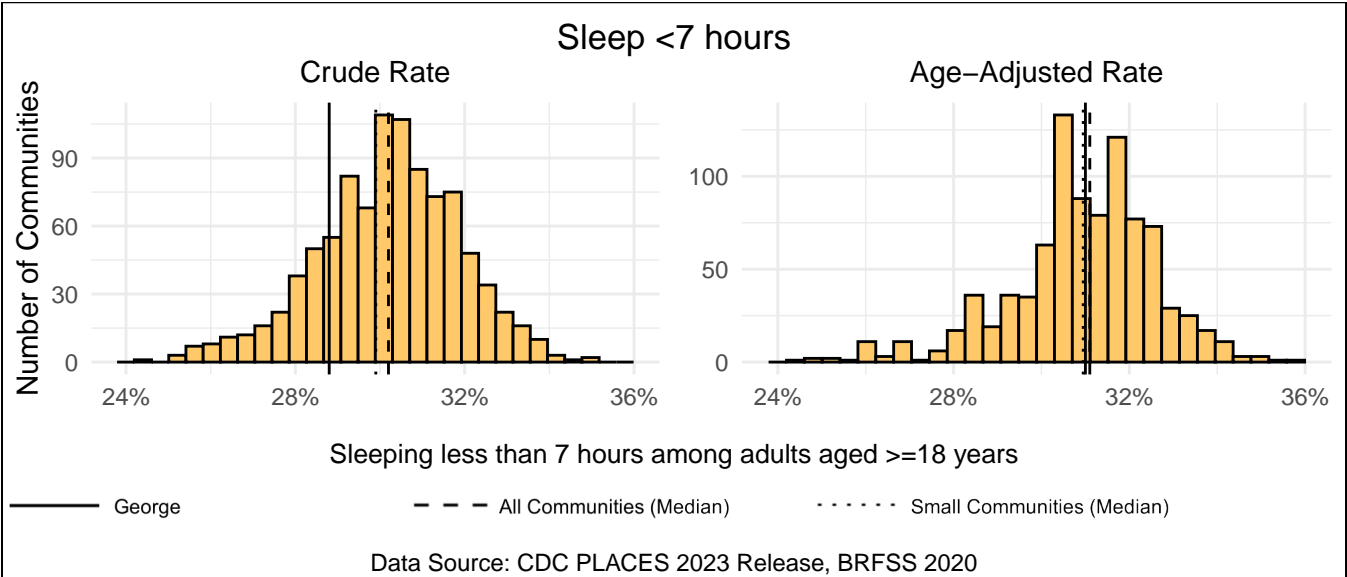
Measure Type	George	All Comm.	Small Comm.
Crude	29.6%	26.1%	25.8%
Age-Adjusted	25.8%	24.3%	23.9%



Sleep <7 hours

George has a crude rate of 28.8% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 187th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for George is 31.0%, which ranks 417th out of 905 Iowa communities (70th out of 138 small communities).

Measure Type	George	All Comm.	Small Comm.
Crude	28.8%	30.2%	29.9%
Age-Adjusted	31.0%	31.1%	31.0%



Health Outcomes

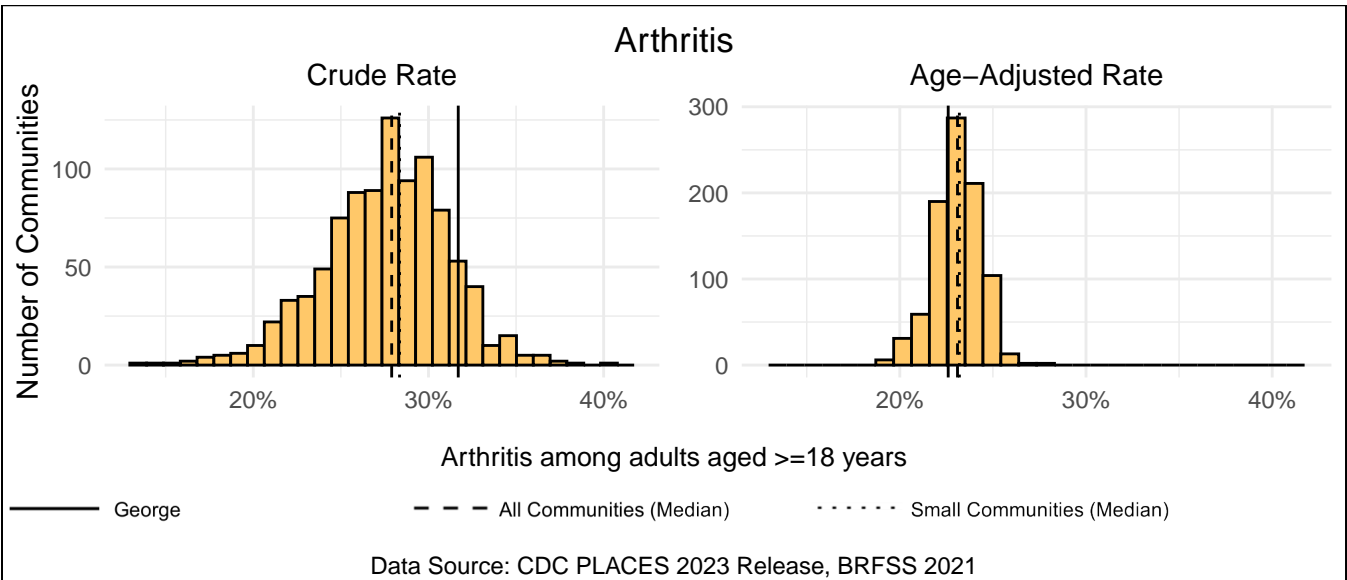
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

George has a crude rate of 31.7% for arthritis among adults aged ≥ 18 years, which ranks 852nd out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for George is 22.6%, which ranks 287th out of 905 Iowa communities (42nd out of 138 small communities).

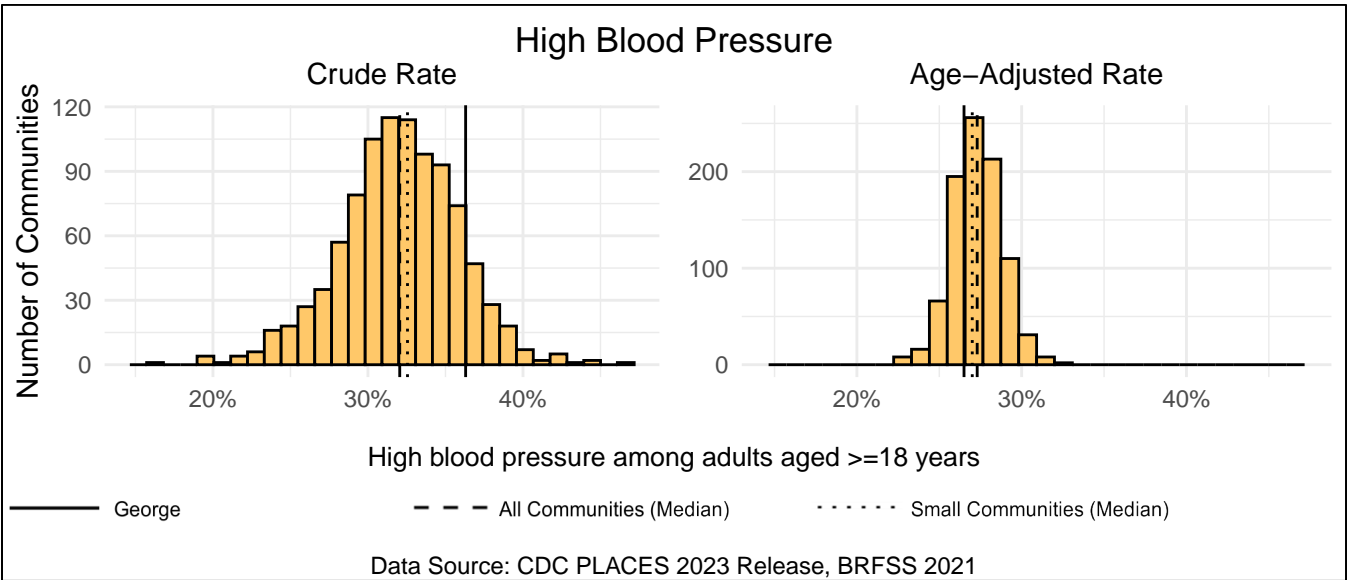
Measure Type	George	All Comm.	Small Comm.
Crude	31.7%	27.9%	28.4%
Age-Adjusted	22.6%	23.1%	23.2%



High Blood Pressure

George has a crude rate of 36.3% for high blood pressure among adults aged ≥ 18 years, which ranks 843rd out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for George is 26.5%, which ranks 262nd out of 905 Iowa communities (42nd out of 138 small communities).

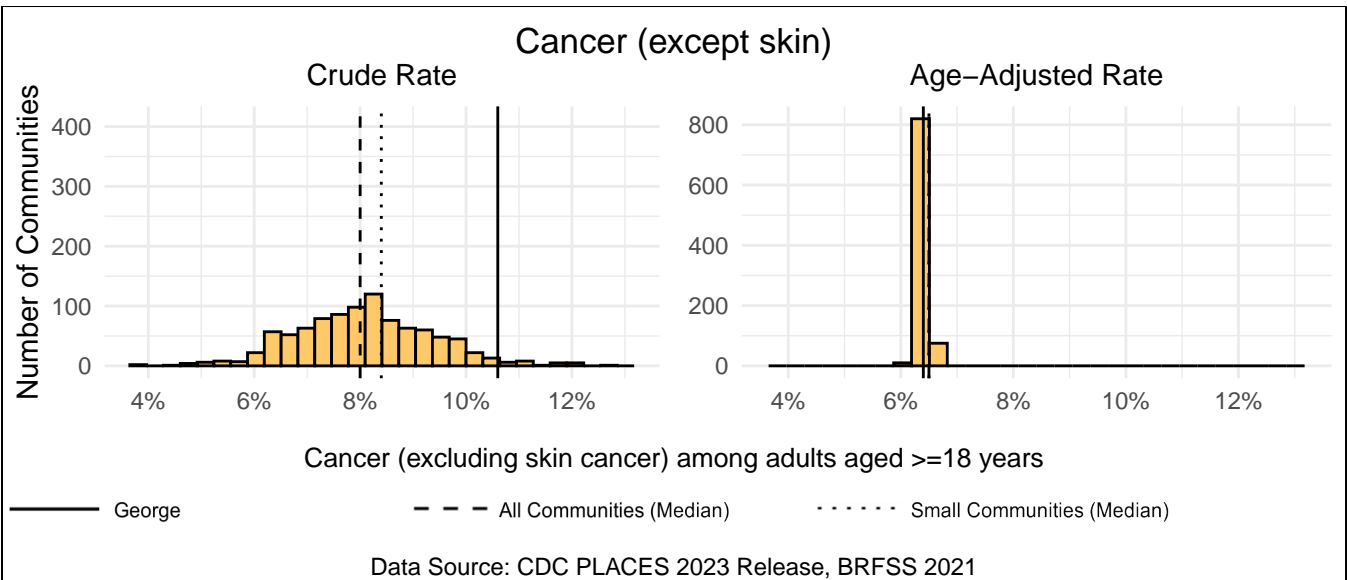
Measure Type	George	All Comm.	Small Comm.
Crude	36.3%	32.0%	32.5%
Age-Adjusted	26.5%	27.3%	27.0%



Cancer (except skin)

George has a crude rate of 10.6% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 931st out of 958 Iowa communities (137th out of 138 small communities). The age-adjusted rate for George is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

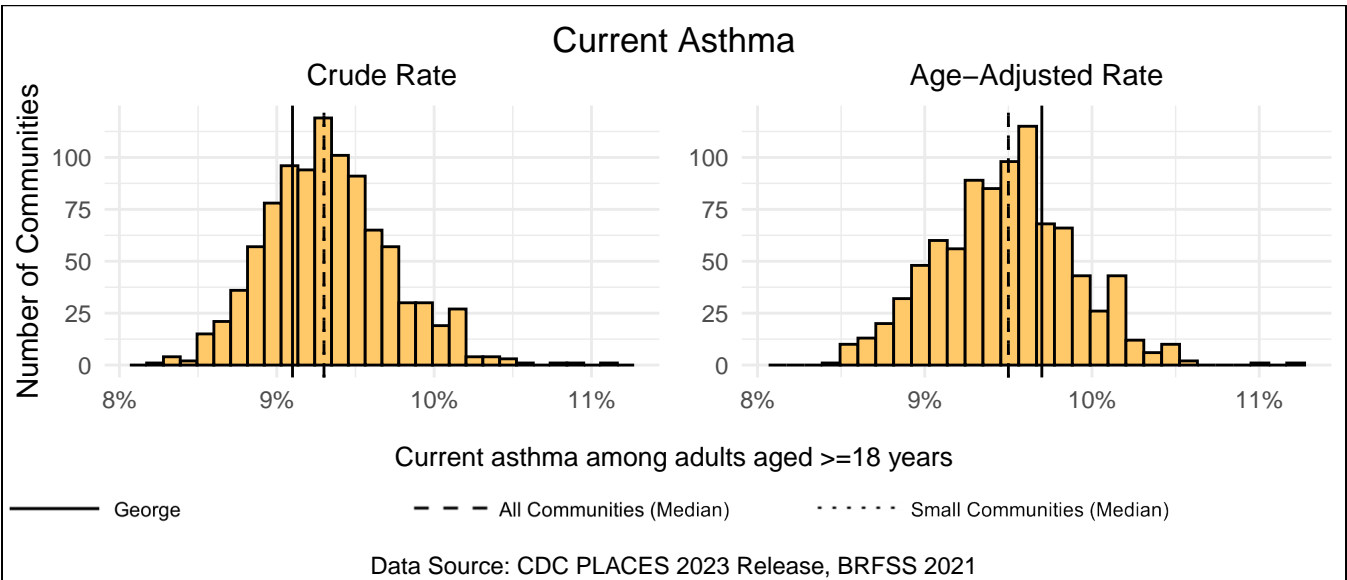
Measure Type	George	All Comm.	Small Comm.
Crude	10.6%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



Current Asthma

George has a crude rate of 9.1% for current asthma among adults aged >=18 years, which ranks 215th out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for George is 9.7%, which ranks 628th out of 905 Iowa communities (99th out of 138 small communities).

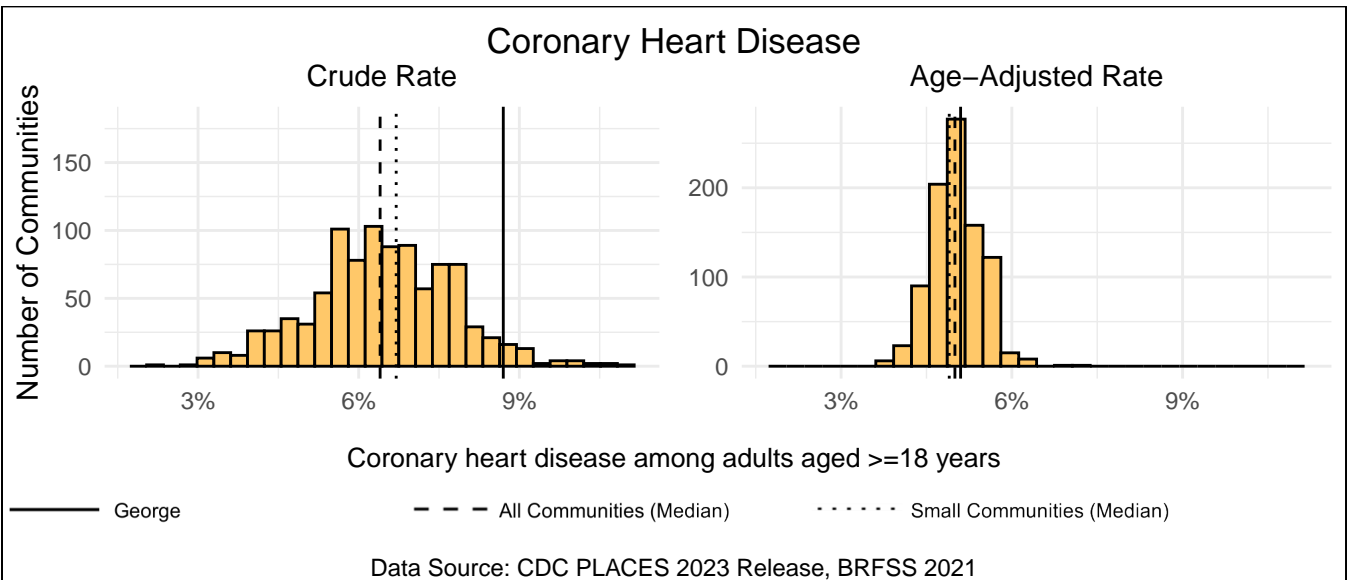
Measure Type	George	All Comm.	Small Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.5%



Coronary Heart Disease

George has a crude rate of 8.7% for coronary heart disease among adults aged >=18 years, which ranks 915th out of 958 Iowa communities (134th out of 138 small communities). The age-adjusted rate for George is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

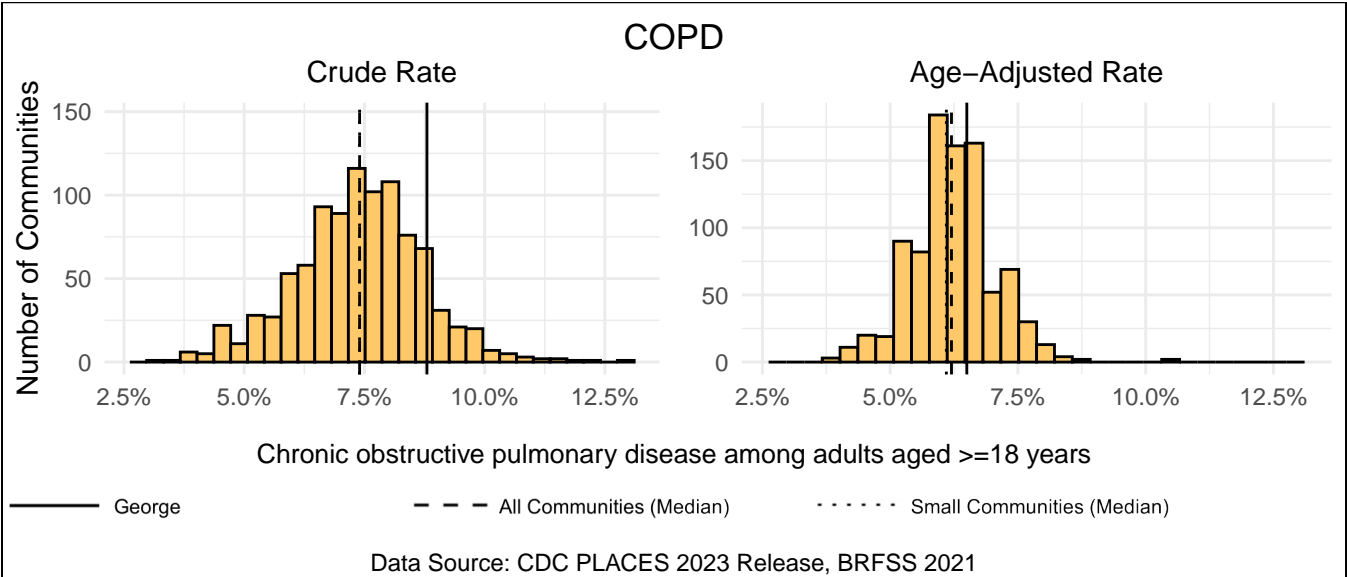
Measure Type	George	All Comm.	Small Comm.
Crude	8.7%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%



COPD

George has a crude rate of 8.8% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for George is 6.5%, which ranks 571st out of 905 Iowa communities (95th out of 138 small communities).

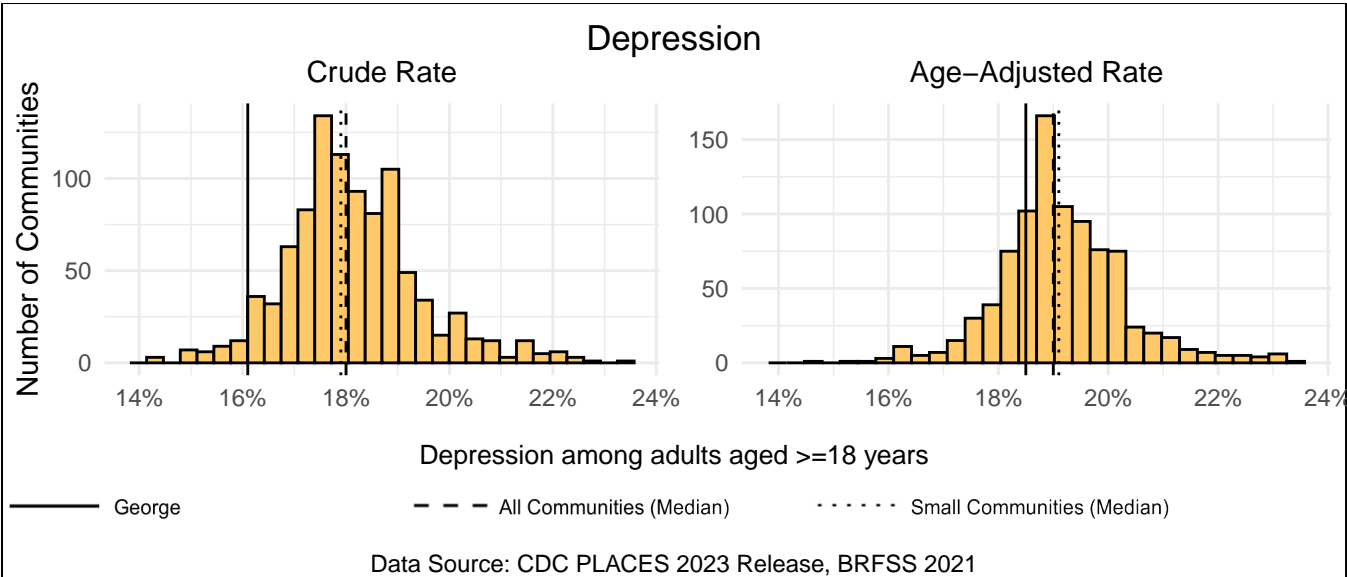
Measure Type	George	All Comm.	Small Comm.
Crude	8.8%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.1%



Depression

George has a crude rate of 16.1% for depression among adults aged ≥ 18 years, which ranks 38th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for George is 18.5%, which ranks 218th out of 905 Iowa communities (31st out of 138 small communities).

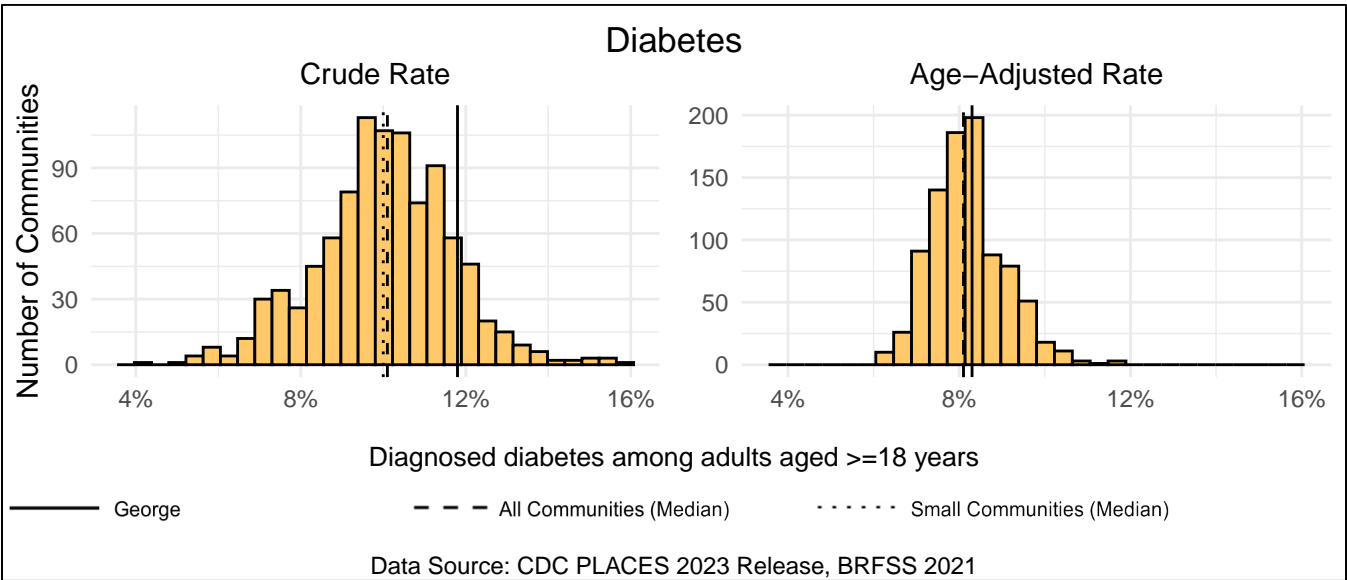
Measure Type	George	All Comm.	Small Comm.
Crude	16.1%	18.0%	17.9%
Age-Adjusted	18.5%	19.0%	19.1%



Diabetes

George has a crude rate of 11.8% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 840th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for George is 8.3%, which ranks 508th out of 905 Iowa communities (89th out of 138 small communities).

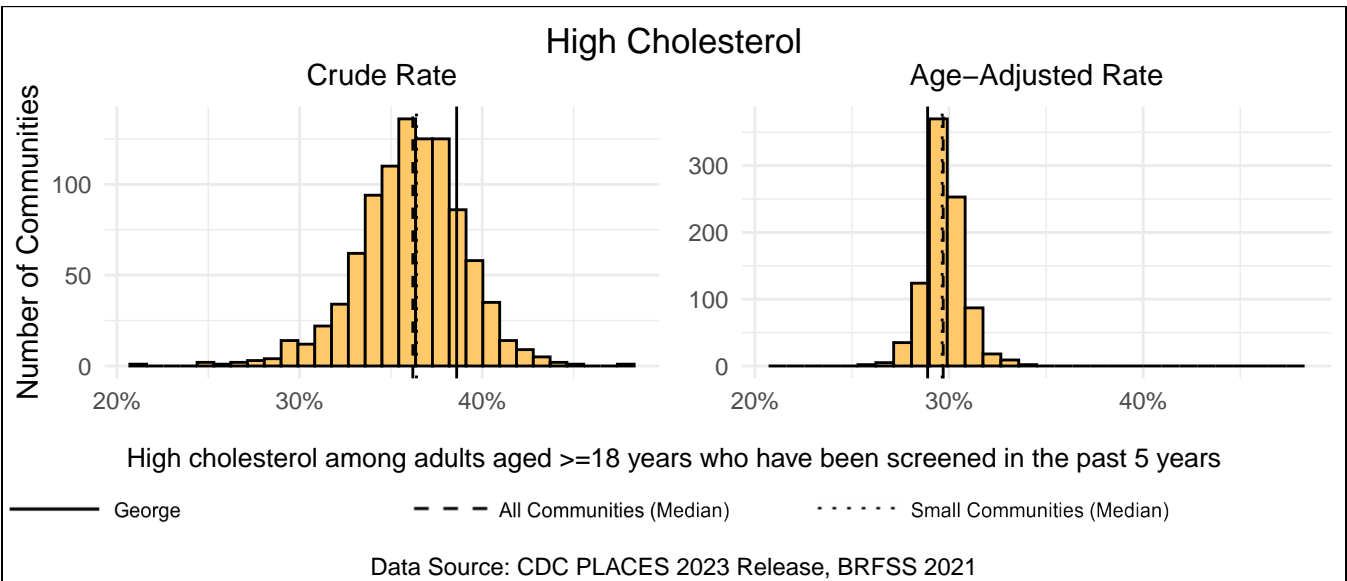
Measure Type	George	All Comm.	Small Comm.
Crude	11.8%	10.1%	10.0%
Age-Adjusted	8.3%	8.1%	8.1%



High Cholesterol

George has a crude rate of 38.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 787th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for George is 28.9%, which ranks 133rd out of 905 Iowa communities (24th out of 138 small communities).

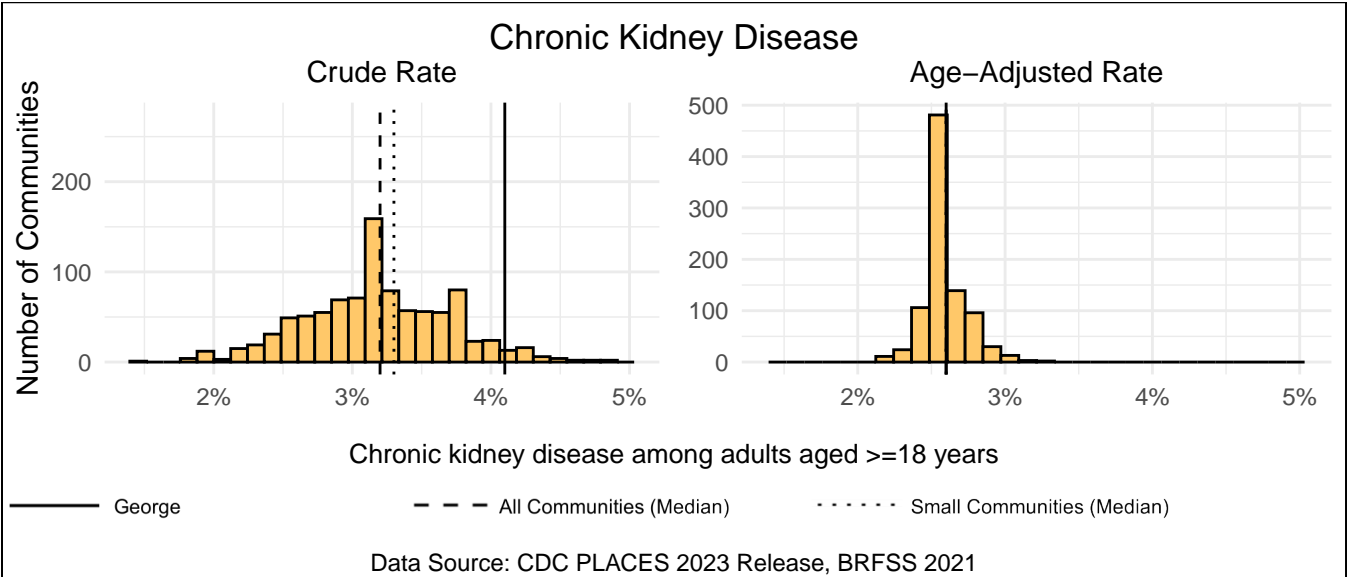
Measure Type	George	All Comm.	Small Comm.
Crude	38.6%	36.2%	36.4%
Age-Adjusted	28.9%	29.7%	29.6%



Chronic Kidney Disease

George has a crude rate of 4.1% for chronic kidney disease among adults aged ≥ 18 years, which ranks 914th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for George is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

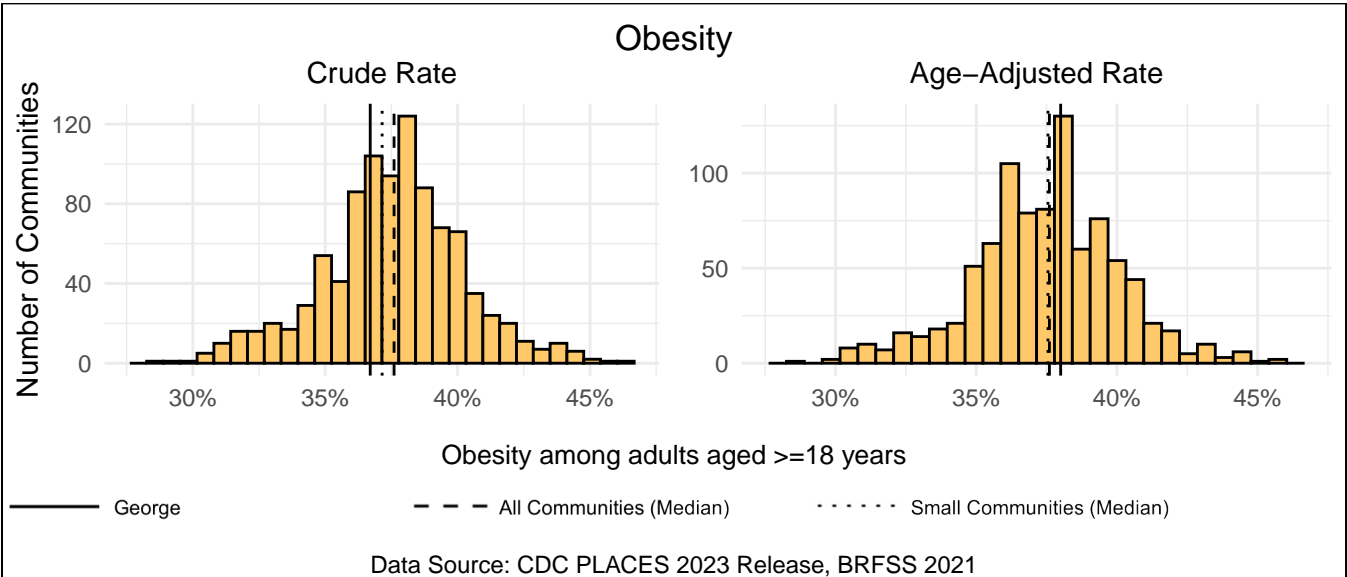
Measure Type	George	All Comm.	Small Comm.
Crude	4.1%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

George has a crude rate of 36.7% for obesity among adults aged ≥ 18 years, which ranks 308th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for George is 38.0%, which ranks 509th out of 905 Iowa communities (78th out of 138 small communities).

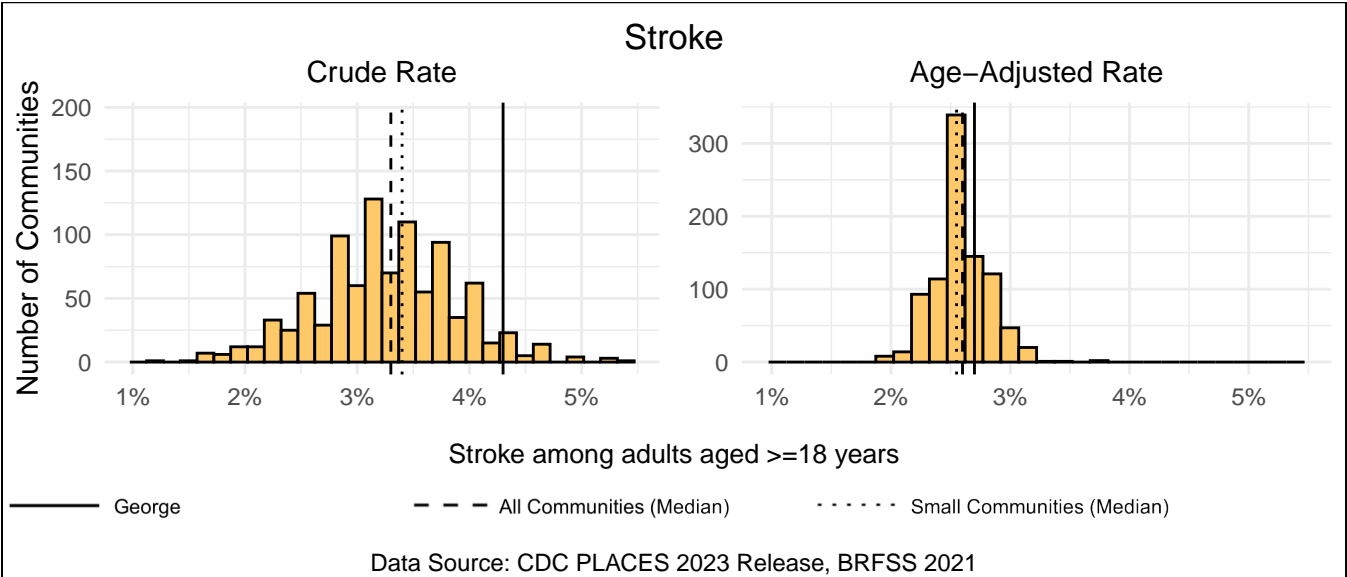
Measure Type	George	All Comm.	Small Comm.
Crude	36.7%	37.6%	37.2%
Age-Adjusted	38.0%	37.6%	37.5%



Stroke

George has a crude rate of 4.3% for stroke among adults aged ≥ 18 years, which ranks 909th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for George is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

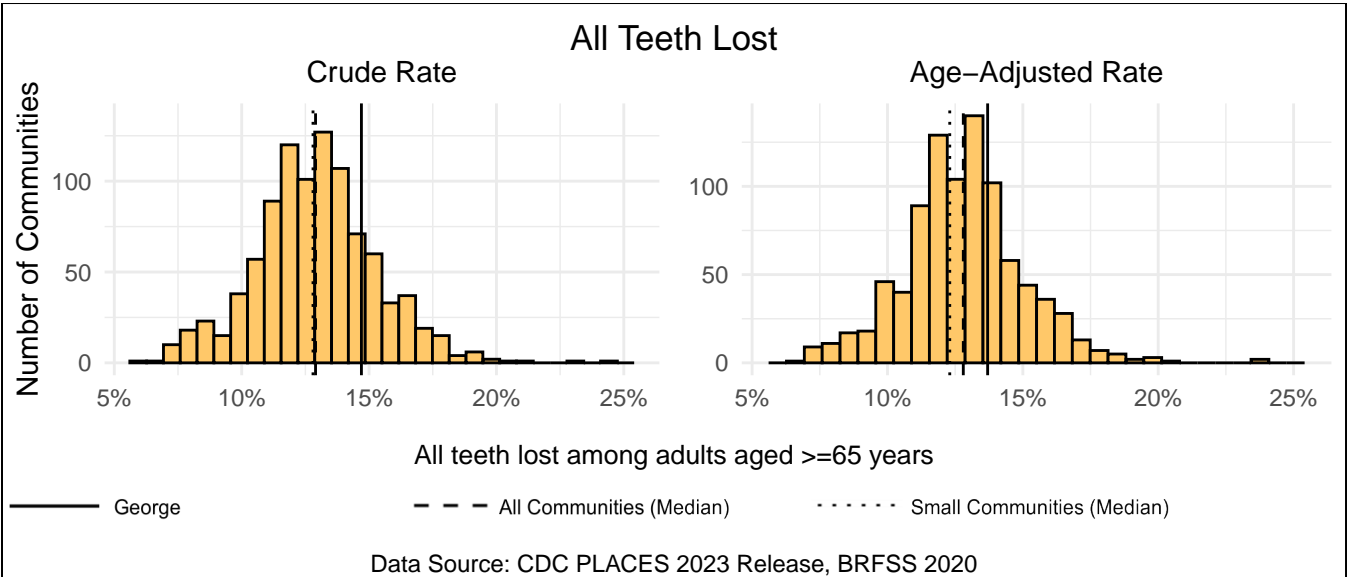
Measure Type	George	All Comm.	Small Comm.
Crude	4.3%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



All Teeth Lost

George has a crude rate of 14.7% for all teeth lost among adults aged ≥ 65 years, which ranks 762nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for George is 13.7%, which ranks 628th out of 905 Iowa communities (106th out of 138 small communities).

Measure Type	George	All Comm.	Small Comm.
Crude	14.7%	12.9%	12.8%
Age-Adjusted	13.7%	12.8%	12.3%



Prevention

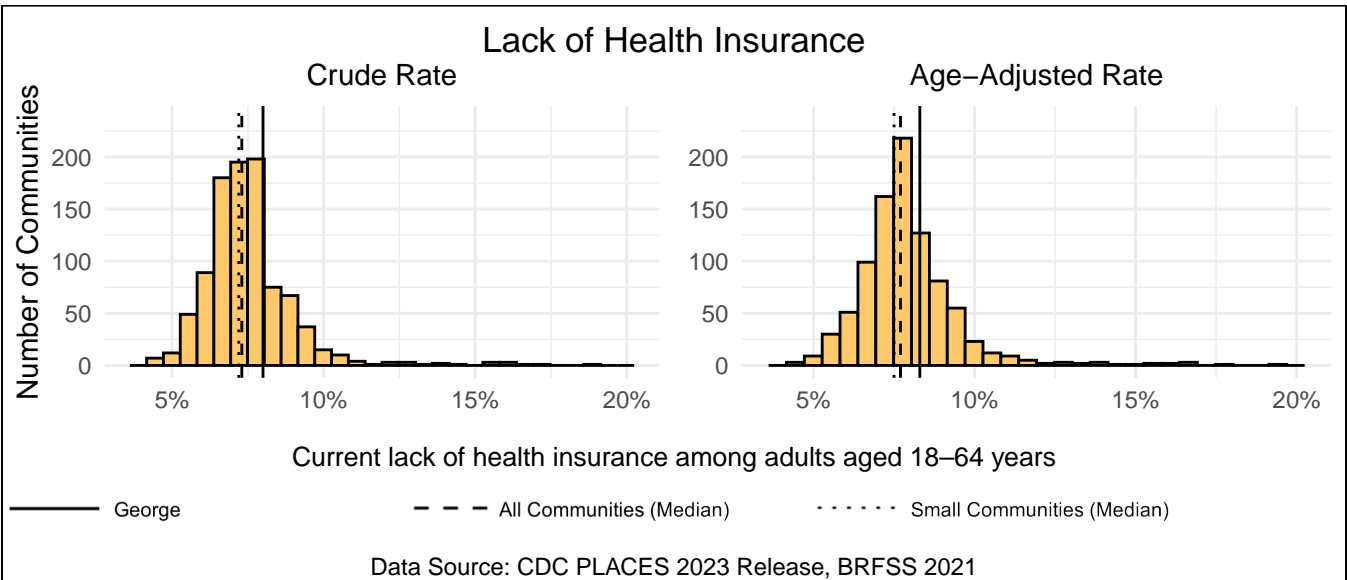
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

George has a crude rate of 8.0% for current lack of health insurance among adults aged 18–64 years, which ranks 702nd out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for George is 8.3%, which ranks 632nd out of 905 Iowa communities (111th out of 138 small communities).

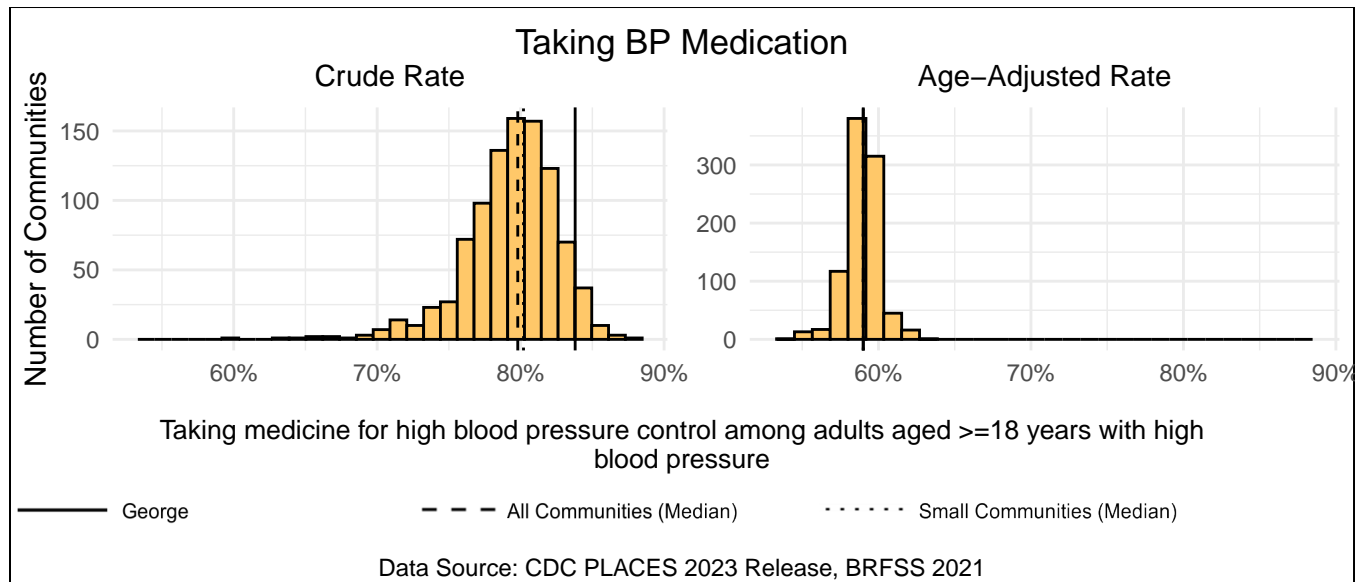
Measure Type	George	All Comm.	Small Comm.
Crude	8.0%	7.3%	7.2%
Age-Adjusted	8.3%	7.7%	7.5%



Taking BP Medication

George has a crude rate of 83.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 49th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for George is 59.0%, which ranks 415th out of 905 Iowa communities (67th out of 138 small communities).

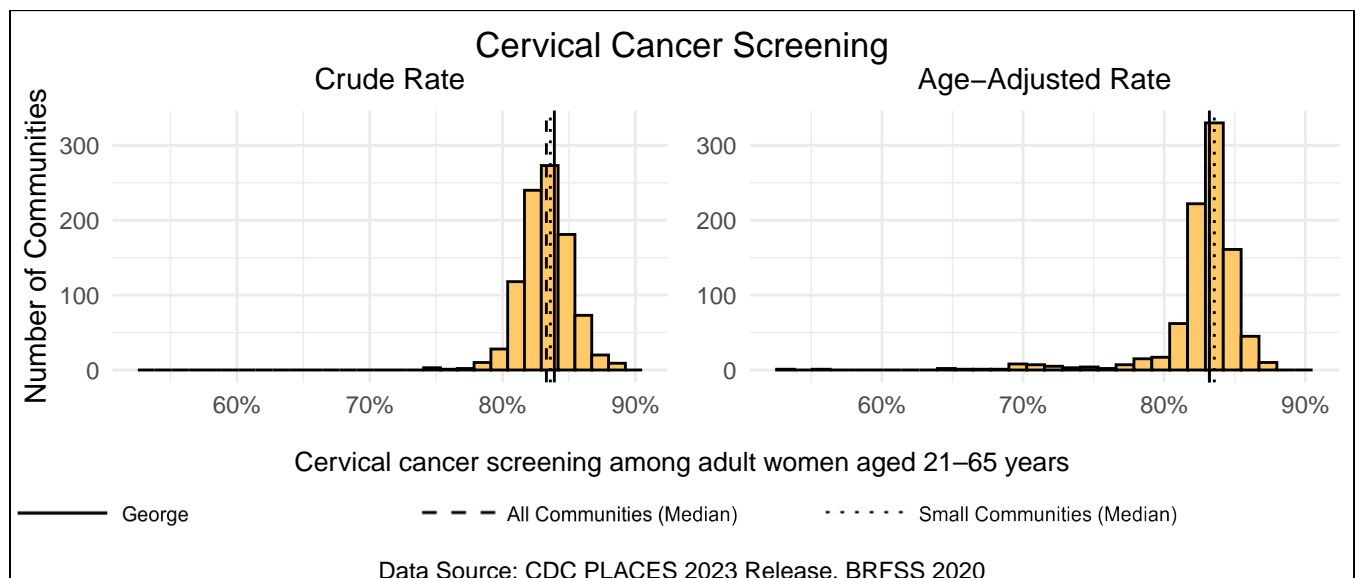
Measure Type	George	All Comm.	Small Comm.
Crude	83.8%	79.8%	80.2%
Age-Adjusted	59.0%	59.0%	59.0%



Cervical Cancer Screening

George has a crude rate of 83.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 333rd out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for George is 83.2%, which ranks 442nd out of 905 Iowa communities (83rd out of 138 small communities).

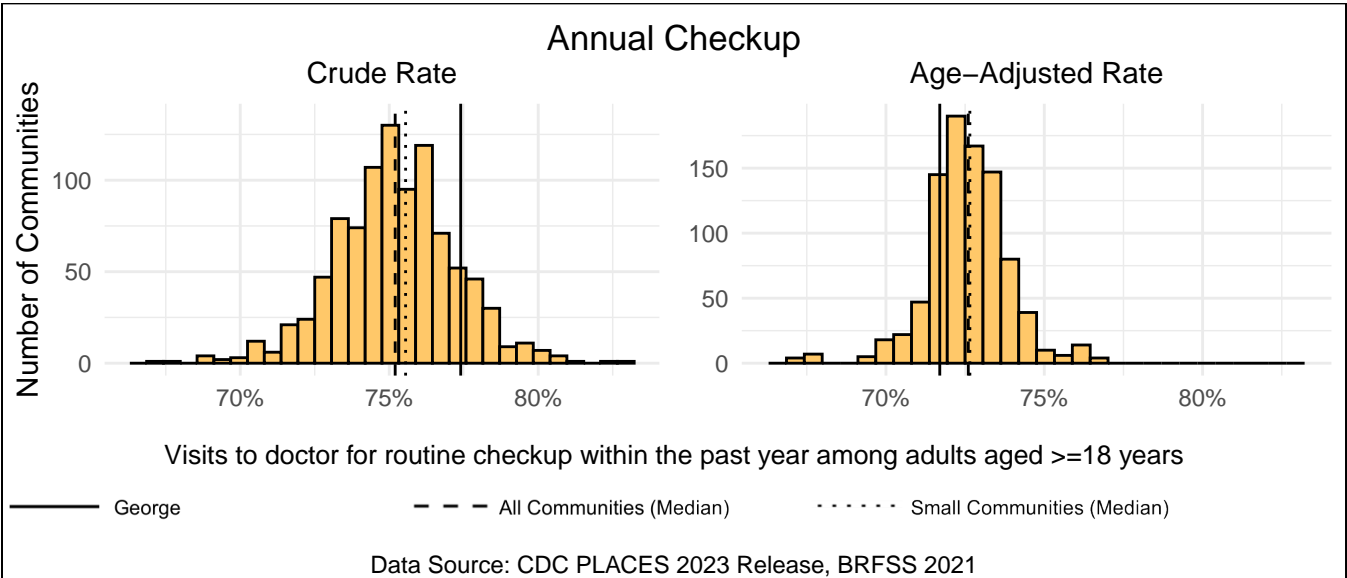
Measure Type	George	All Comm.	Small Comm.
Crude	83.9%	83.3%	83.6%
Age-Adjusted	83.2%	83.2%	83.5%



Annual Checkup

George has a crude rate of 77.4% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 118th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for George is 71.7%, which ranks 720th out of 905 Iowa communities (119th out of 138 small communities).

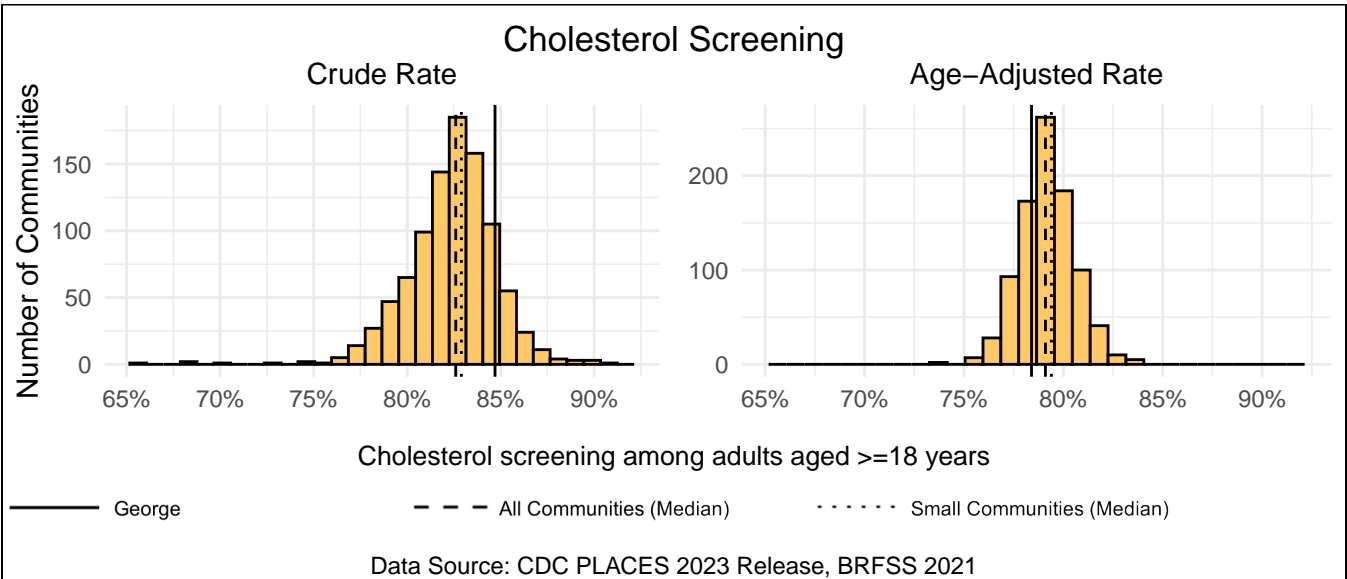
Measure Type	George	All Comm.	Small Comm.
Crude	77.4%	75.2%	75.5%
Age-Adjusted	71.7%	72.6%	72.6%



Cholesterol Screening

George has a crude rate of 84.7% for cholesterol screening among adults aged >=18 years, which ranks 128th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for George is 78.4%, which ranks 649th out of 905 Iowa communities (107th out of 138 small communities).

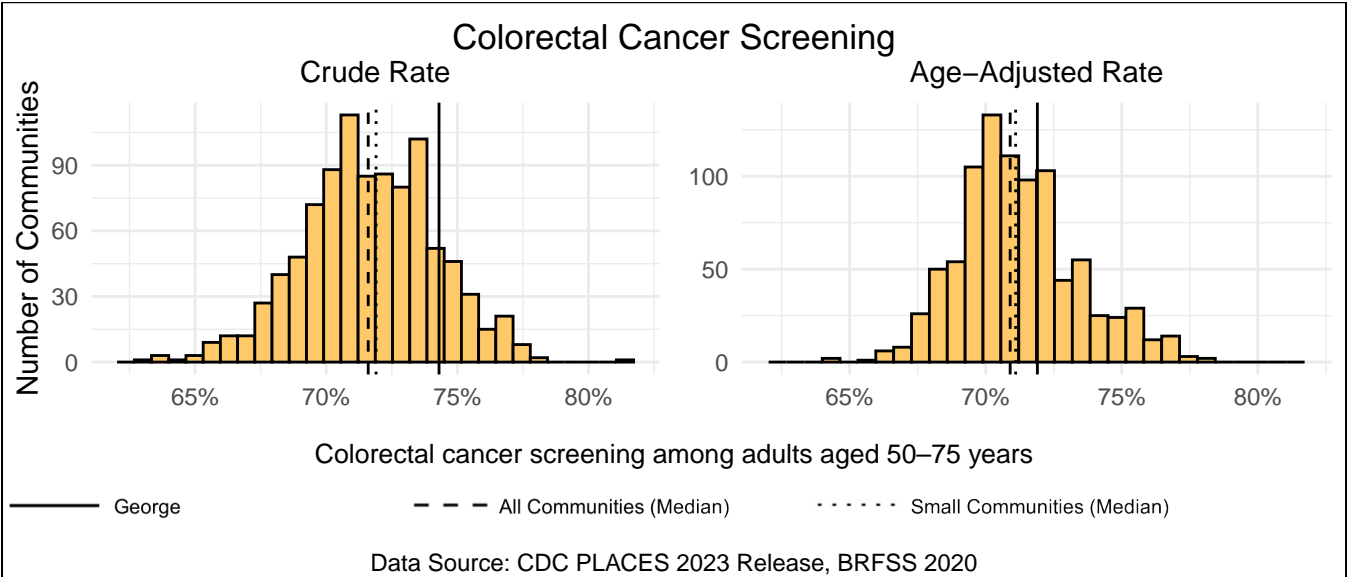
Measure Type	George	All Comm.	Small Comm.
Crude	84.7%	82.6%	82.9%
Age-Adjusted	78.4%	79.1%	79.4%



Colorectal Cancer Screening

George 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 (24th out of 138 small communities). The age-adjusted rate for George is 71.9%, which ranks 295th out of 905 Iowa communities (52nd out of 138 small communities).

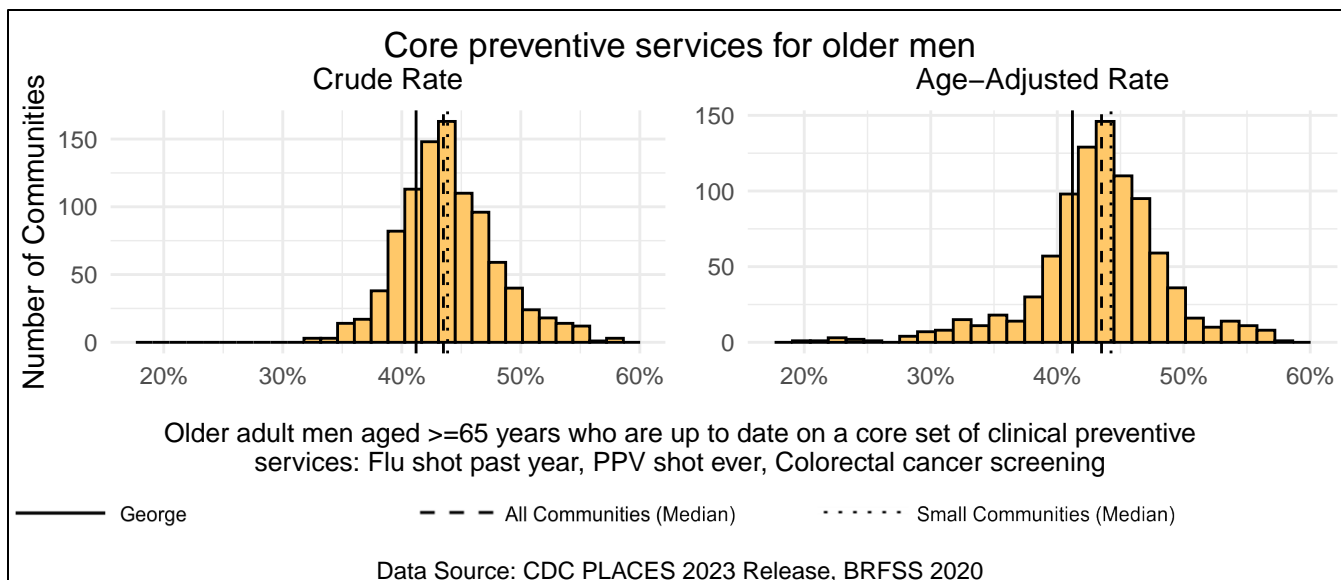
Measure Type	George	All Comm.	Small Comm.
Crude	74.3%	71.6%	71.9%
Age-Adjusted	71.9%	70.9%	71.1%



Core preventive services for older men

George has a crude rate of 41.2% 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 720th out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for George is 41.2%, which ranks 667th out of 905 Iowa communities (115th out of 138 small communities).

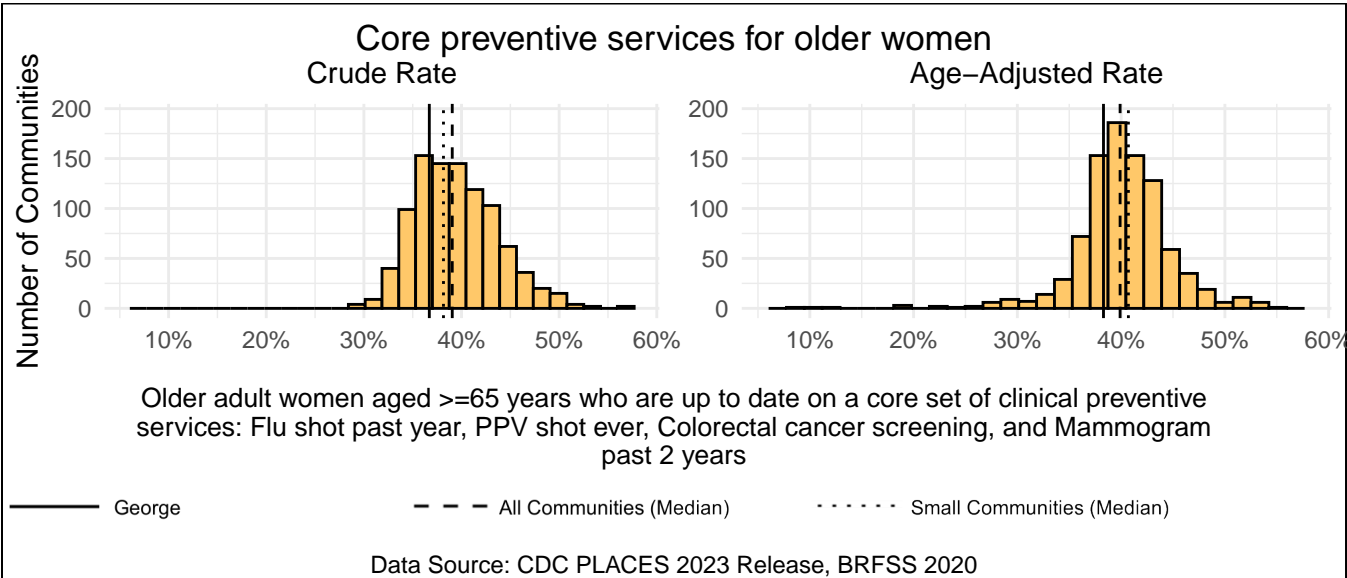
Measure Type	George	All Comm.	Small Comm.
Crude	41.2%	43.5%	43.8%
Age-Adjusted	41.2%	43.5%	44.2%



Core preventive services for older women

George has a crude rate of 36.7% 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 692nd out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for George is 38.3%, which ranks 641st out of 905 Iowa communities (109th out of 138 small communities).

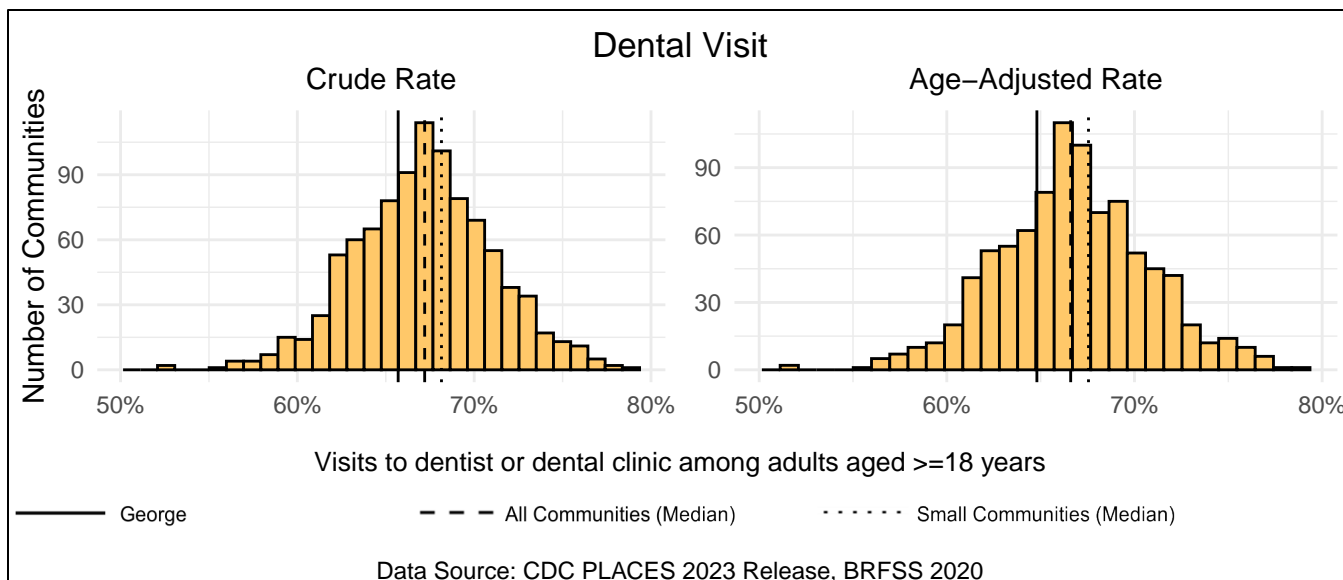
Measure Type	George	All Comm.	Small Comm.
Crude	36.7%	39.0%	38.2%
Age-Adjusted	38.3%	39.9%	40.7%



Dental Visit

George has a crude rate of 65.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 631st out of 958 Iowa communities (101st out of 138 small communities). The age-adjusted rate for George is 64.8%, which ranks 627th out of 905 Iowa communities (103rd out of 138 small communities).

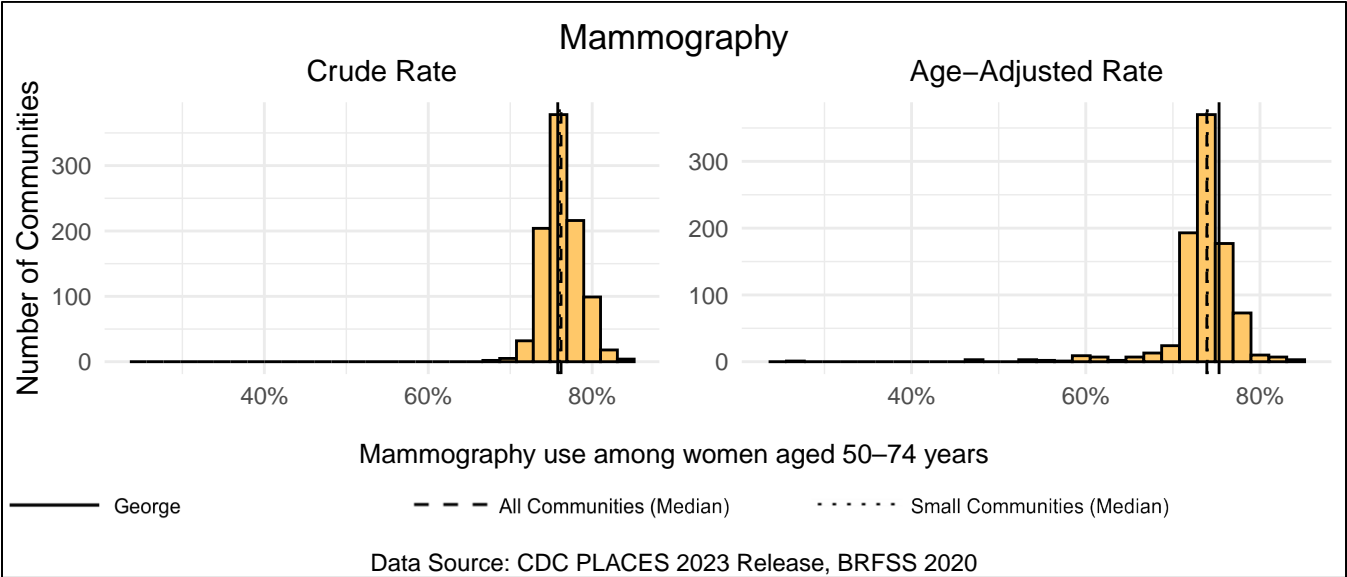
Measure Type	George	All Comm.	Small Comm.
Crude	65.7%	67.2%	68.2%
Age-Adjusted	64.8%	66.6%	67.5%



Mammography

George has a crude rate of 75.8% for mammography use among women aged 50–74 years, which ranks 554th out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for George is 75.3%, which ranks 214th out of 905 Iowa communities (34th out of 138 small communities).

Measure Type	George	All Comm.	Small Comm.
Crude	75.8%	76.2%	76.0%
Age-Adjusted	75.3%	73.9%	74.0%



Disability

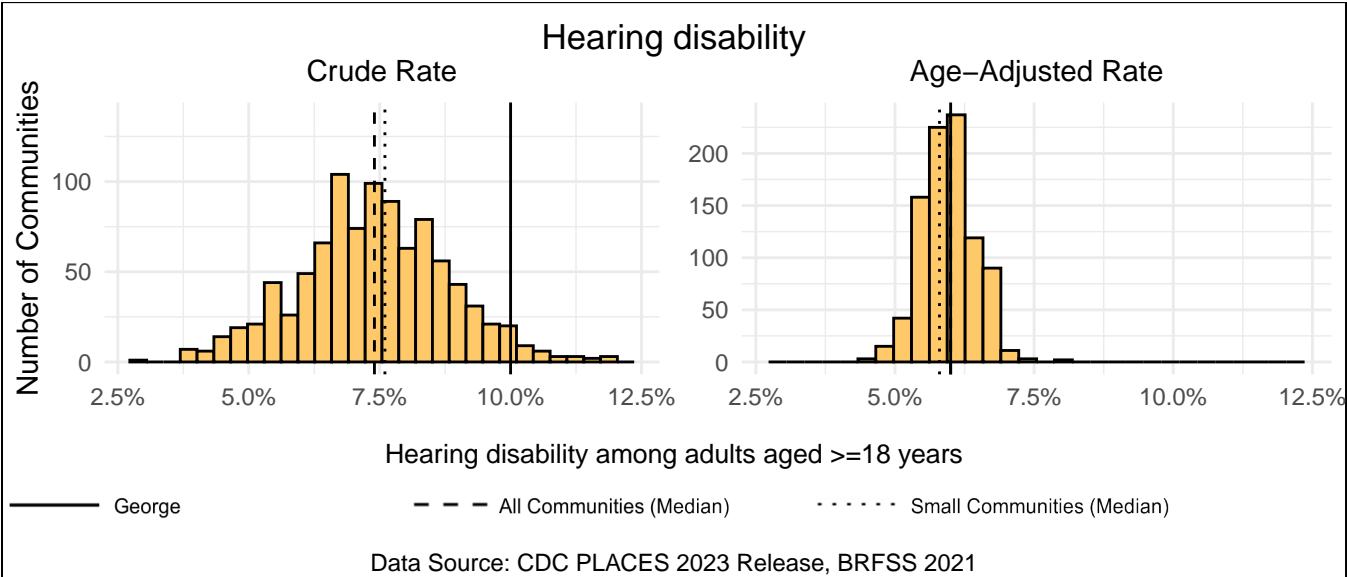
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

George has a crude rate of 10.0% for hearing disability among adults aged ≥ 18 years, which ranks 924th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for George is 6.0%, which ranks 444th out of 905 Iowa communities (85th out of 138 small communities).

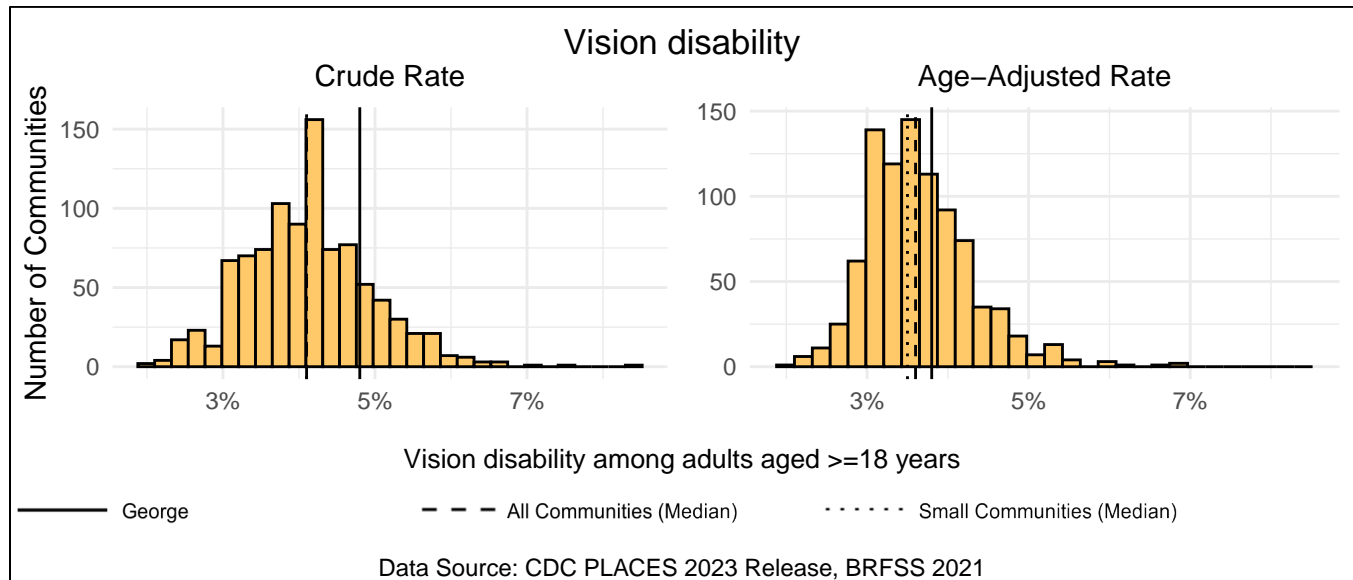
Measure Type	George	All Comm.	Small Comm.
Crude	10.0%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.8%



Vision disability

George has a crude rate of 4.8% for vision disability among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for George is 3.8%, which ranks 564th out of 905 Iowa communities (96th out of 138 small communities).

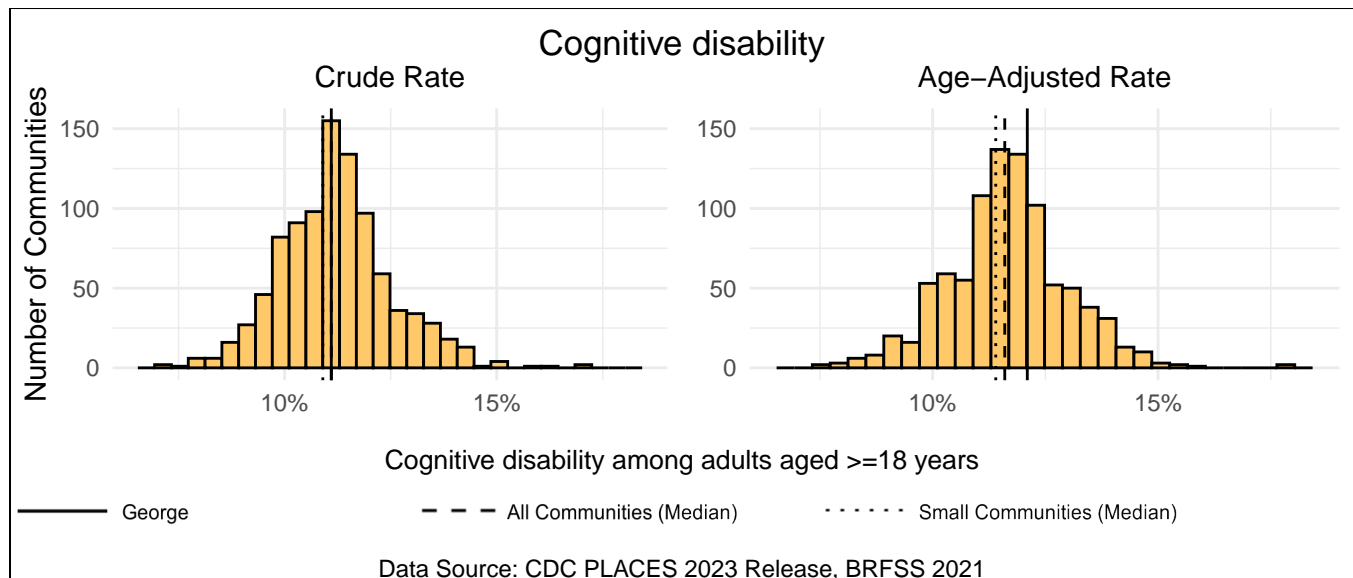
Measure Type	George	All Comm.	Small Comm.
Crude	4.8%	4.1%	4.1%
Age-Adjusted	3.8%	3.6%	3.5%



Cognitive disability

George has a crude rate of 11.1% for cognitive disability among adults aged ≥ 18 years, which ranks 456th out of 958 Iowa communities (76th out of 138 small communities). The age-adjusted rate for George is 12.1%, which ranks 602nd out of 905 Iowa communities (94th out of 138 small communities).

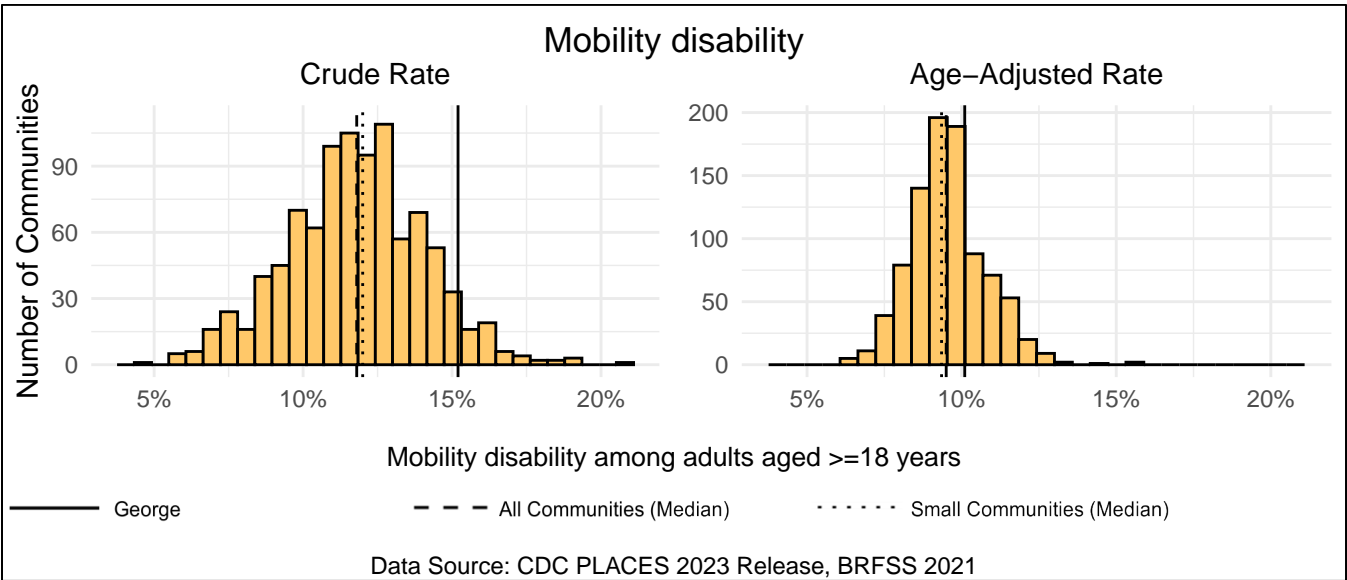
Measure Type	George	All Comm.	Small Comm.
Crude	11.1%	11.1%	10.9%
Age-Adjusted	12.1%	11.6%	11.4%



Mobility disability

George has a crude rate of 15.2% for mobility disability among adults aged >=18 years, which ranks 895th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for George is 10.1%, which ranks 632nd out of 905 Iowa communities (104th out of 138 small communities).

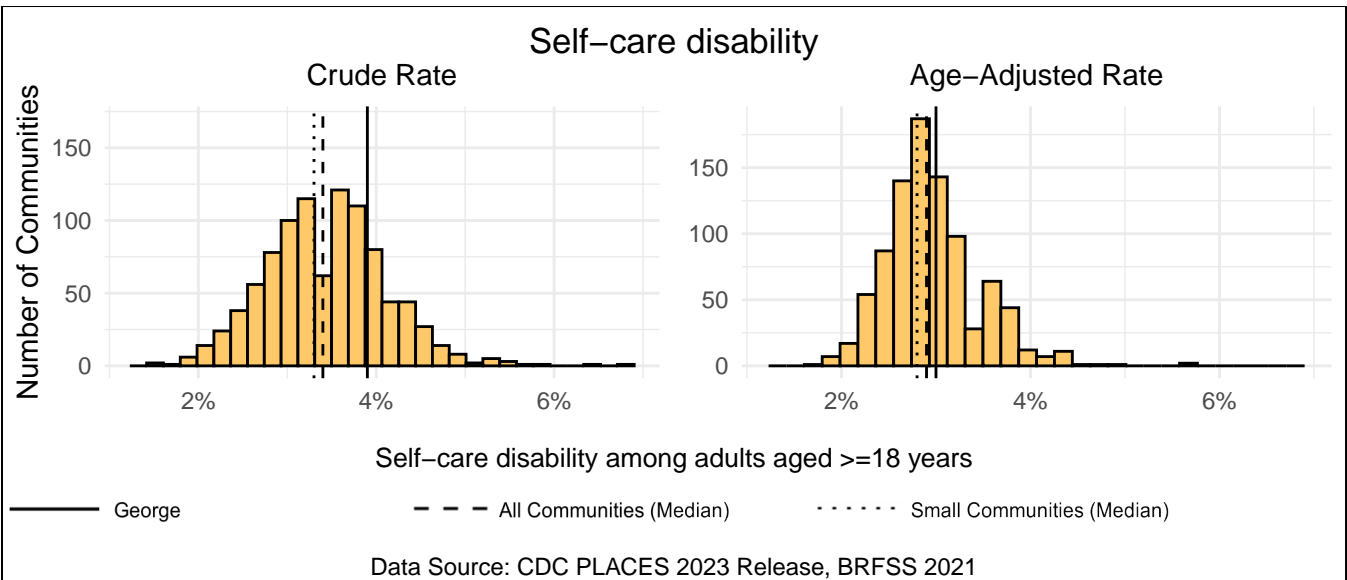
Measure Type	George	All Comm.	Small Comm.
Crude	15.2%	11.8%	12.0%
Age-Adjusted	10.1%	9.5%	9.4%



Self-care disability

George has a crude rate of 3.9% for self-care disability among adults aged >=18 years, which ranks 728th out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for George is 3.0%, which ranks 494th out of 905 Iowa communities (83rd out of 138 small communities).

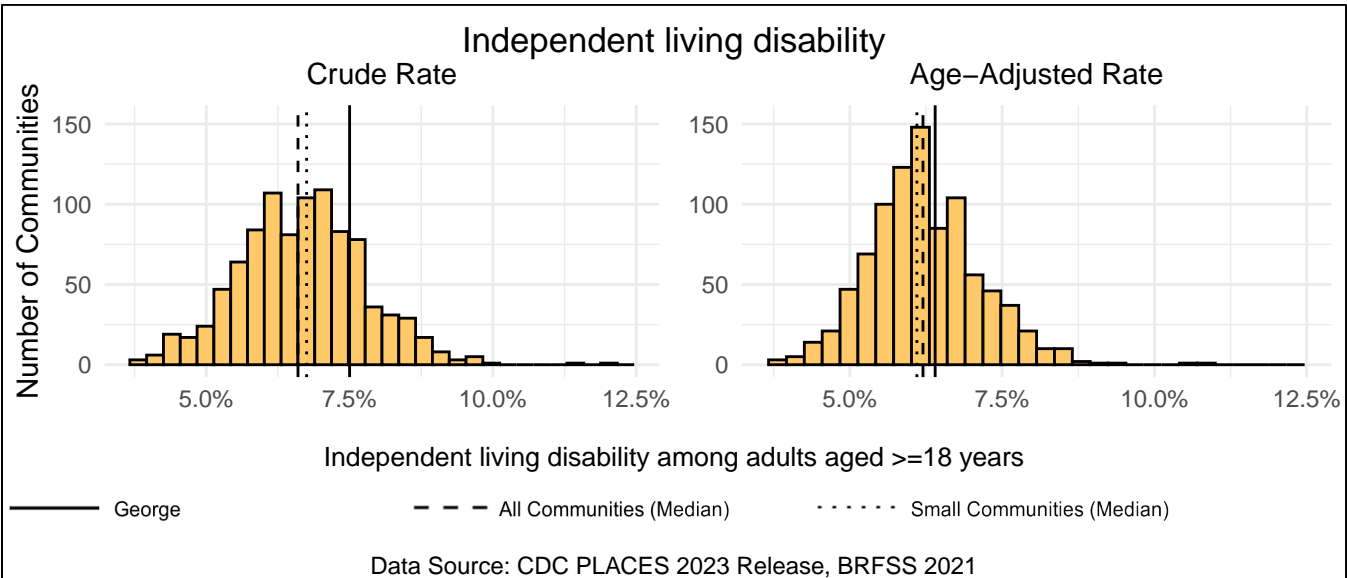
Measure Type	George	All Comm.	Small Comm.
Crude	3.9%	3.4%	3.3%
Age-Adjusted	3.0%	2.9%	2.8%



Independent living disability

George has a crude rate of 7.5% for independent living disability among adults aged ≥ 18 years, which ranks 749th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for George is 6.4%, which ranks 531st out of 905 Iowa communities (87th out of 138 small communities).

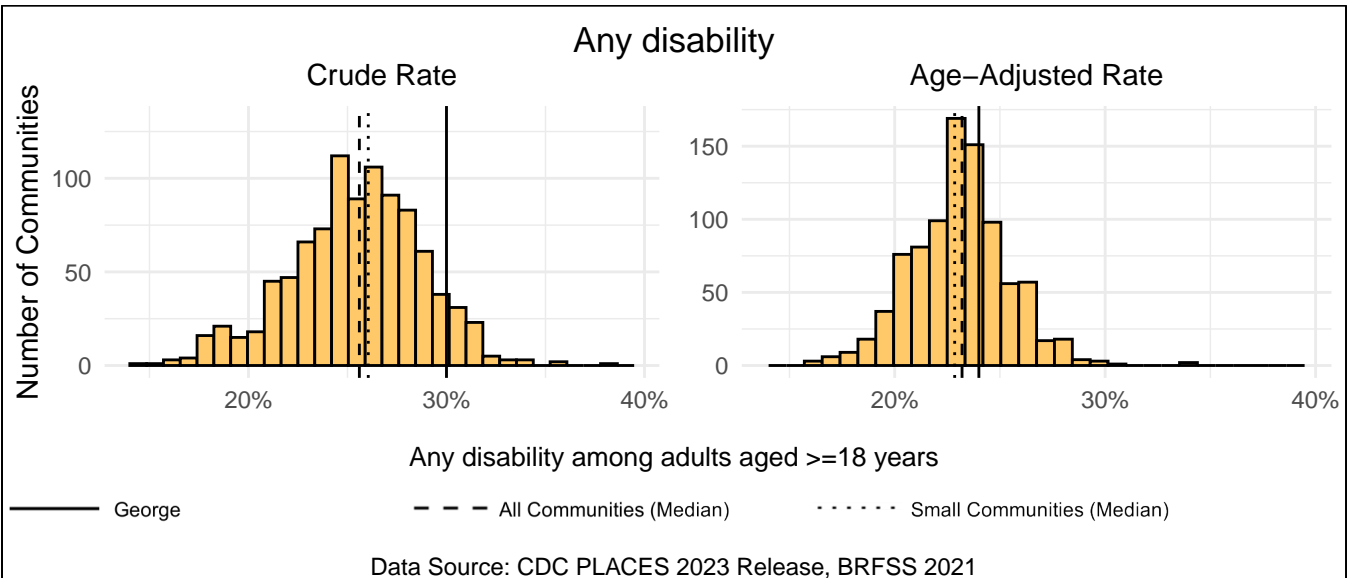
Measure Type	George	All Comm.	Small Comm.
Crude	7.5%	6.6%	6.8%
Age-Adjusted	6.4%	6.2%	6.1%



Any disability

George has a crude rate of 30.0% for any disability among adults aged ≥ 18 years, which ranks 879th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for George is 24.0%, which ranks 625th out of 905 Iowa communities (98th out of 138 small communities).

Measure Type	George	All Comm.	Small Comm.
Crude	30.0%	25.6%	26.0%
Age-Adjusted	24.0%	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: George 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	775	11.8% (9.9% - 13.7%)	559	10.0% (8.5% - 11.6%)
Health Status	General Health	752	15.9% (13.1% - 19.3%)	533	13.1% (10.9% - 15.8%)
Health Status	Mental Health	69	12.9% (11.0% - 14.9%)	405	15.5% (13.4% - 18.0%)
Health Risk Behaviors	Physical Inactivity	847	29.6% (24.3% - 35.2%)	666	25.8% (21.0% - 31.1%)
Health Risk Behaviors	Current Smoking	270	15.8% (12.5% - 19.4%)	536	18.0% (14.2% - 22.2%)
Health Risk Behaviors	Binge Drinking	53	16.5% (13.6% - 19.6%)	389	21.8% (18.1% - 25.7%)
Health Risk Behaviors	Sleep <7 hours	187	28.8% (27.4% - 30.3%)	417	31.0% (29.1% - 32.7%)
Health Outcomes	Chronic Kidney Disease	914	4.1% (3.6% - 4.6%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	High Cholesterol	787	38.6% (34.0% - 43.5%)	133	28.9% (24.6% - 33.6%)
Health Outcomes	Depression	38	16.1% (13.2% - 19.4%)	218	18.5% (15.2% - 22.2%)
Health Outcomes	Stroke	909	4.3% (3.6% - 5.1%)	569	2.7% (2.3% - 3.0%)
Health Outcomes	Cancer (except skin)	931	10.6% (9.4% - 11.8%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	High Blood Pressure	843	36.3% (32.0% - 40.7%)	262	26.5% (23.0% - 30.4%)
Health Outcomes	Coronary Heart Disease	915	8.7% (7.5% - 10.1%)	511	5.1% (4.4% - 5.9%)
Health Outcomes	Arthritis	852	31.7% (27.4% - 36.3%)	287	22.6% (19.2% - 26.2%)
Health Outcomes	Obesity	308	36.7% (29.7% - 44.0%)	509	38.0% (30.9% - 45.7%)
Health Outcomes	Current Asthma	215	9.1% (8.0% - 10.4%)	628	9.7% (8.4% - 11.0%)
Health Outcomes	COPD	834	8.8% (7.1% - 10.7%)	571	6.5% (5.4% - 7.8%)
Health Outcomes	All Teeth Lost	762	14.7% (9.4% - 21.1%)	628	13.7% (9.1% - 19.1%)
Health Outcomes	Diabetes	840	11.8% (9.9% - 13.8%)	508	8.3% (7.0% - 9.8%)
Prevention	Cervical Cancer Screening	333	83.9% (81.5% - 86.3%)	442	83.2% (80.6% - 85.6%)
Prevention	Cholesterol Screening	128	84.7% (81.9% - 87.2%)	649	78.4% (74.5% - 81.9%)
Prevention	Colorectal Cancer Screening	136	74.3% (71.4% - 77.1%)	295	71.9% (68.6% - 75.1%)
Prevention	Core preventive services for older women	692	36.7% (29.1% - 44.8%)	641	38.3% (31.1% - 46.6%)
Prevention	Taking BP Medication	49	83.8% (80.9% - 86.3%)	415	59.0% (53.9% - 64.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	554	75.8% (71.4% - 79.8%)	214	75.3% (70.9% - 79.6%)
Prevention	Core preventive services for older men	720	41.2% (31.4% - 51.0%)	667	41.2% (31.9% - 50.4%)
Prevention	Health Insurance	702	8.0% (5.9% - 10.4%)	632	8.3% (6.3% - 10.6%)
Prevention	Annual Checkup	118	77.4% (72.8% - 81.6%)	720	71.7% (66.4% - 76.5%)
Prevention	Dental Visit	631	65.7% (61.9% - 69.4%)	627	64.8% (60.9% - 68.6%)
Disability	Self-care Disability	728	3.9% (3.2% - 4.7%)	494	3.0% (2.6% - 3.6%)
Disability	Independent Living Disability	749	7.5% (6.2% - 9.1%)	531	6.4% (5.4% - 7.6%)
Disability	Vision Disability	771	4.8% (4.0% - 5.8%)	564	3.8% (3.2% - 4.4%)
Disability	Any Disability	879	30.0% (25.4% - 34.6%)	625	24.0% (20.3% - 28.3%)
Disability	Hearing Disability	924	10.0% (8.7% - 11.5%)	444	6.0% (5.3% - 6.9%)
Disability	Cognitive Disability	456	11.1% (9.2% - 13.2%)	602	12.1% (10.1% - 14.3%)
Disability	Mobility Disability	895	15.2% (12.3% - 18.1%)	632	10.1% (8.5% - 12.1%)

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)

George 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		