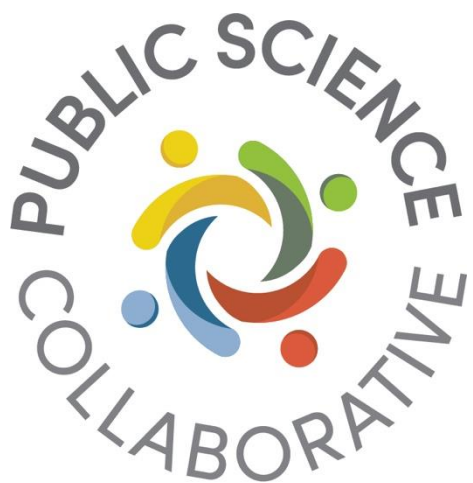




## Iowa Community Health Snapshot Series

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



*May 2024*

*By Matthew Voss & Shawn Dorius*

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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 Glenwood: Overview

Dear Community Members & Stakeholders of Glenwood,

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 Glenwood ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Glenwood’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 Glenwood. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

## Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community’s strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
High Blood Pressure	197th	30th	Cancer (except skin)	74th	11th
Arthritis	209th	31st	Mammography	285th	42nd
Cancer (except skin)	223rd	30th	Cervical Cancer Screening	294th	41st
Chronic Kidney Disease	241st	29th	High Blood Pressure	319th	37th
Coronary Heart Disease	268th	30th	Arthritis	347th	43rd

## 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
Sleep <7 hours	915th	95th	Sleep <7 hours	840th	90th
Annual Checkup	812th	84th	All Teeth Lost	693rd	70th
Cholesterol Screening	760th	69th	Annual Checkup	686th	82nd
Binge Drinking	758th	81st	High Cholesterol	634th	69th
Mental Health	736th	70th	Vision Disability	622nd	59th

Please review the rest of the report to learn more about your community and reach out to us with questions about the report or for recommendations to improve the overall health and well-being in Glenwood.

Sincerely,



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



**IOWA STATE UNIVERSITY**  
Extension and Outreach  
Community and Economic Development

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

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

With a population of 5,128, Glenwood’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



# Health Status

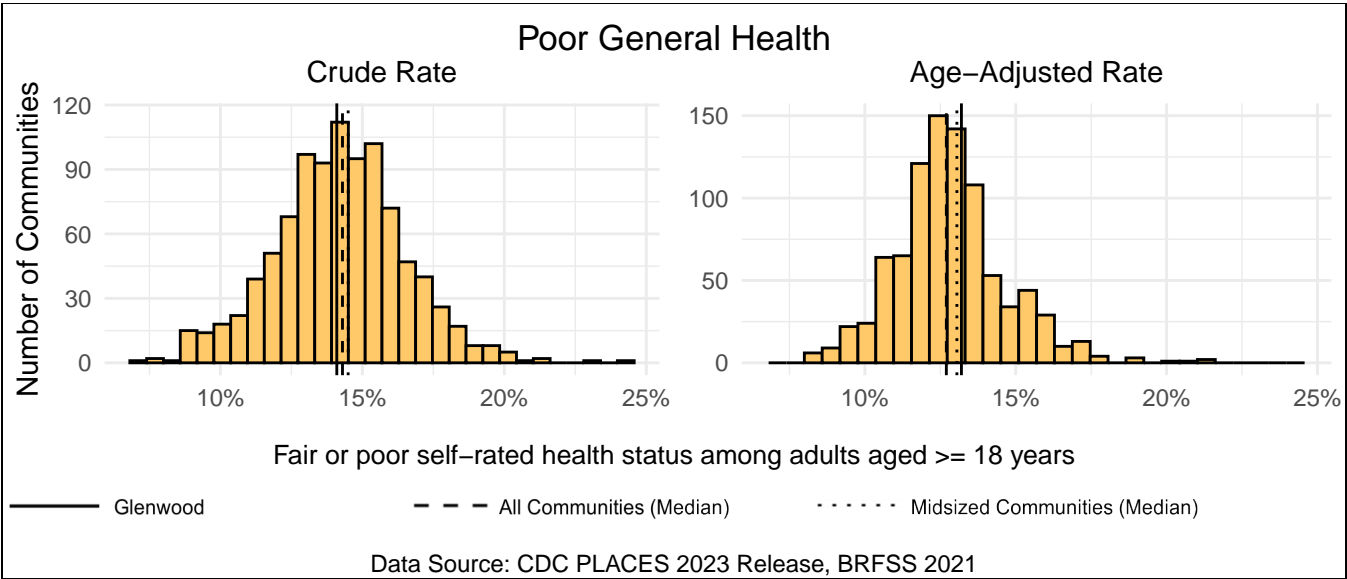
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

## Poor General Health

Glenwood has a crude rate of 14.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 436th out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 13.2%, which ranks 552nd out of 905 Iowa communities (53rd out of 102 mid-sized communities).

Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	14.1%	14.3%	14.5%
Age-Adjusted	13.2%	12.7%	13.0%

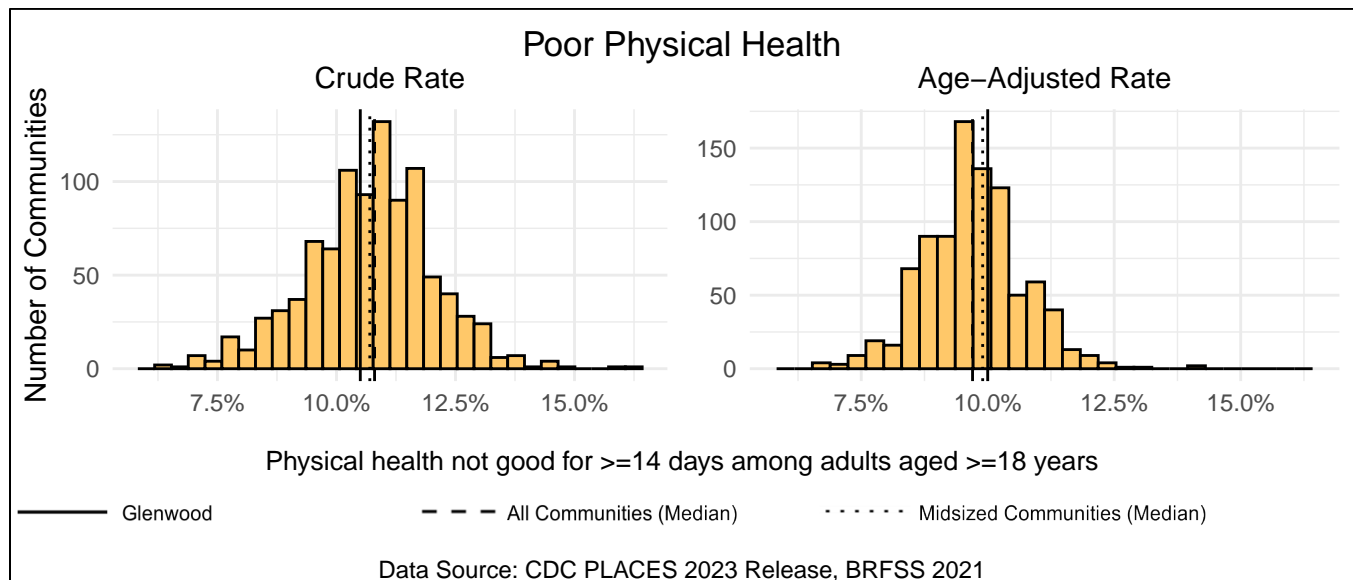




## Poor Physical Health

Glenwood has a crude rate of 10.5% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 375th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Glenwood is 10.0%, which ranks 559th out of 905 Iowa communities (57th out of 102 midsize communities).

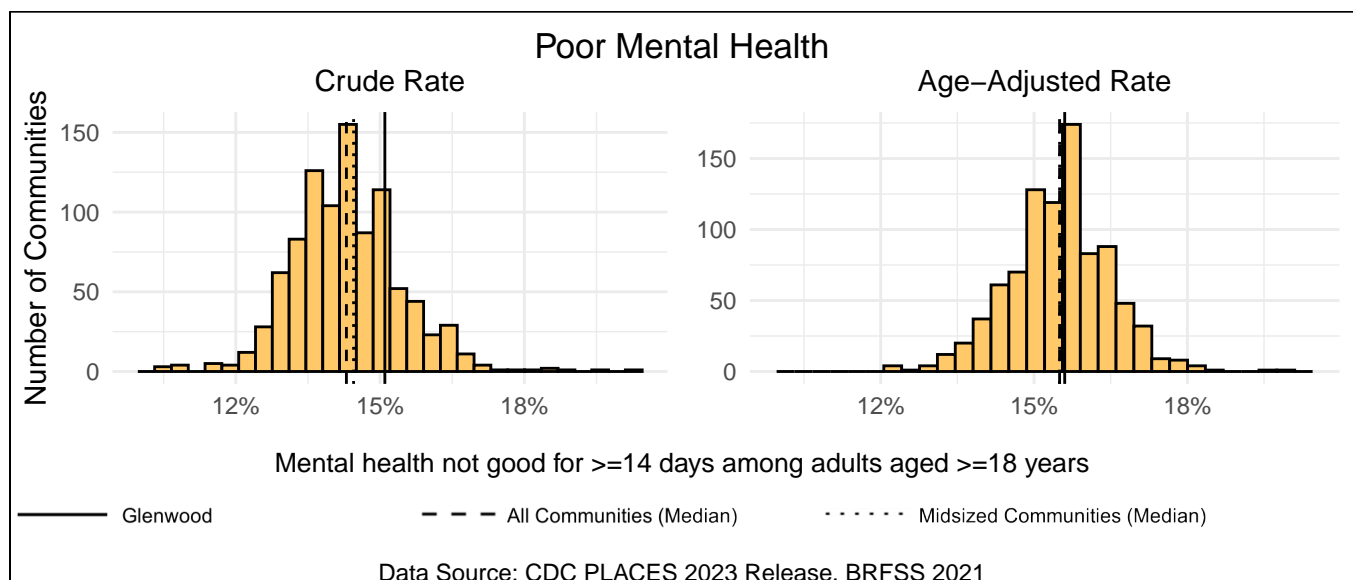
Measure Type	Glenwood	All Comm.	Midsize Comm.
Crude	10.5%	10.8%	10.7%
Age-Adjusted	10.0%	9.7%	9.9%



## Poor Mental Health

Glenwood has a crude rate of 15.1% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 736th out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Glenwood is 15.6%, which ranks 457th out of 905 Iowa communities (53rd out of 102 midsize communities).

Measure Type	Glenwood	All Comm.	Midsize Comm.
Crude	15.1%	14.3%	14.4%
Age-Adjusted	15.6%	15.5%	15.5%



# Health Risk Behaviors

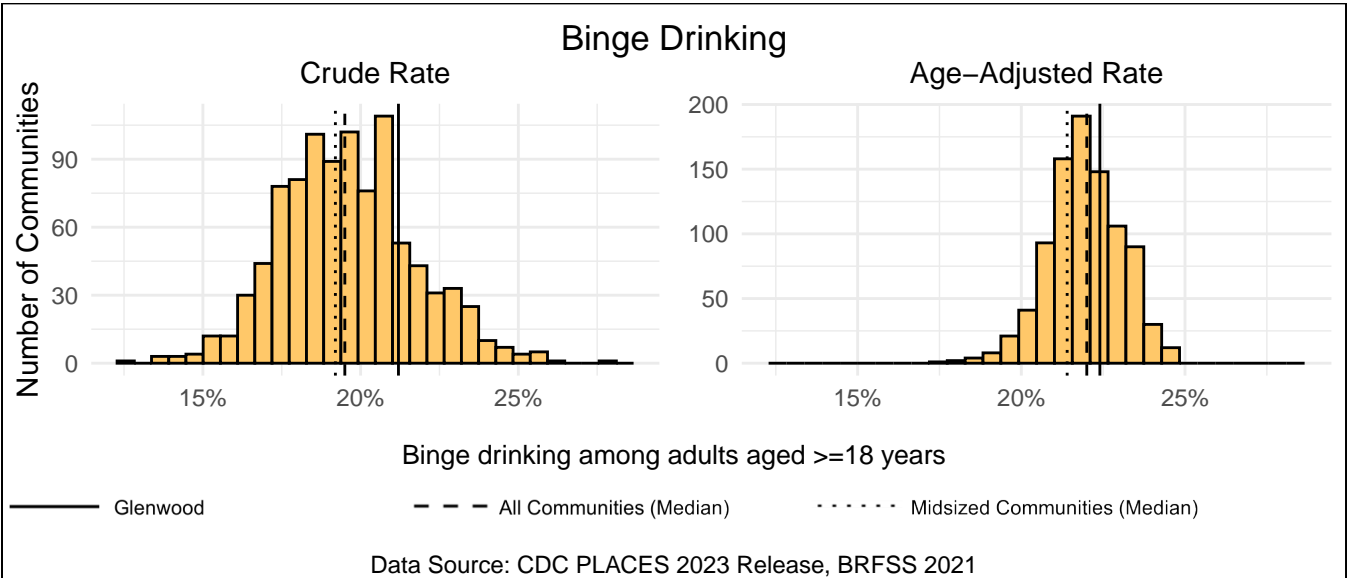
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives and drastically improve health outcomes later in life. Each measure is calculated as the rate of respondents participating in a high level of risk behavior. The exact cutoff points for the behavior depend on the health area. The link below includes more information about each variable.

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

## Binge Drinking

Glenwood has a crude rate of 21.2% for binge drinking among adults aged  $\geq 18$  years, which ranks 758th out of 958 Iowa communities (81st out of 102 midsize communities). The age-adjusted rate for Glenwood is 22.4%, which ranks 585th out of 905 Iowa communities (69th out of 102 midsize communities).

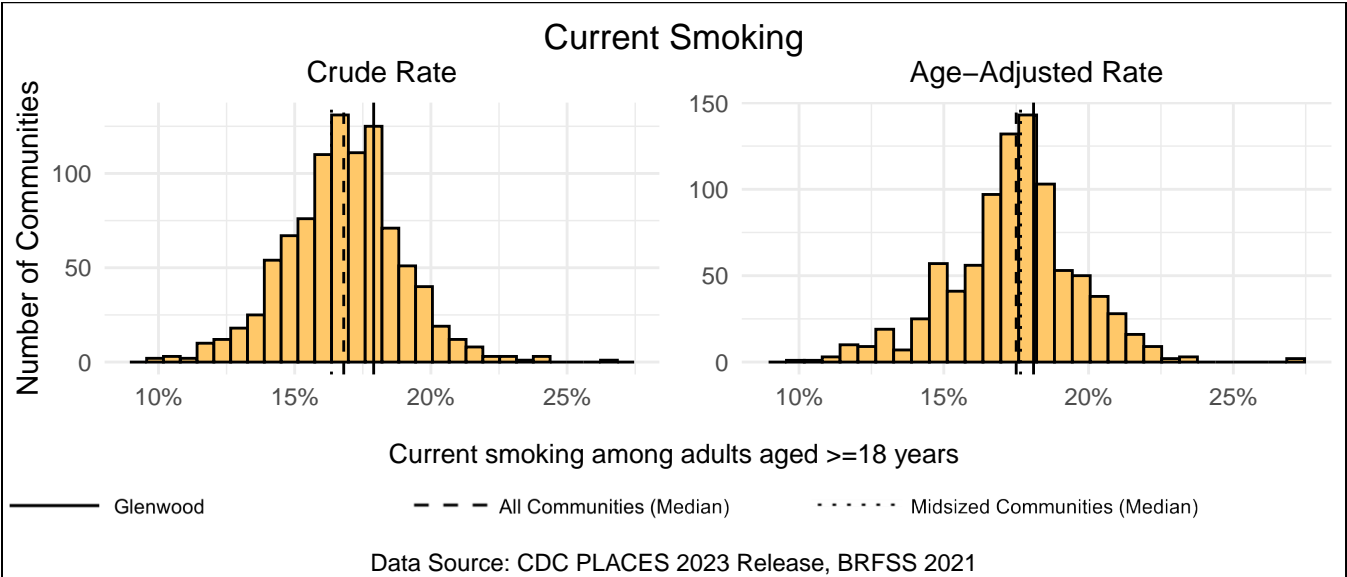
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	21.2%	19.5%	19.2%
Age-Adjusted	22.4%	22.0%	21.4%



## Current Smoking

Glenwood has a crude rate of 17.9% for current smoking among adults aged  $\geq 18$  years, which ranks 679th out of 958 Iowa communities (80th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 18.1%, which ranks 553rd out of 905 Iowa communities (62nd out of 102 mid-sized communities).

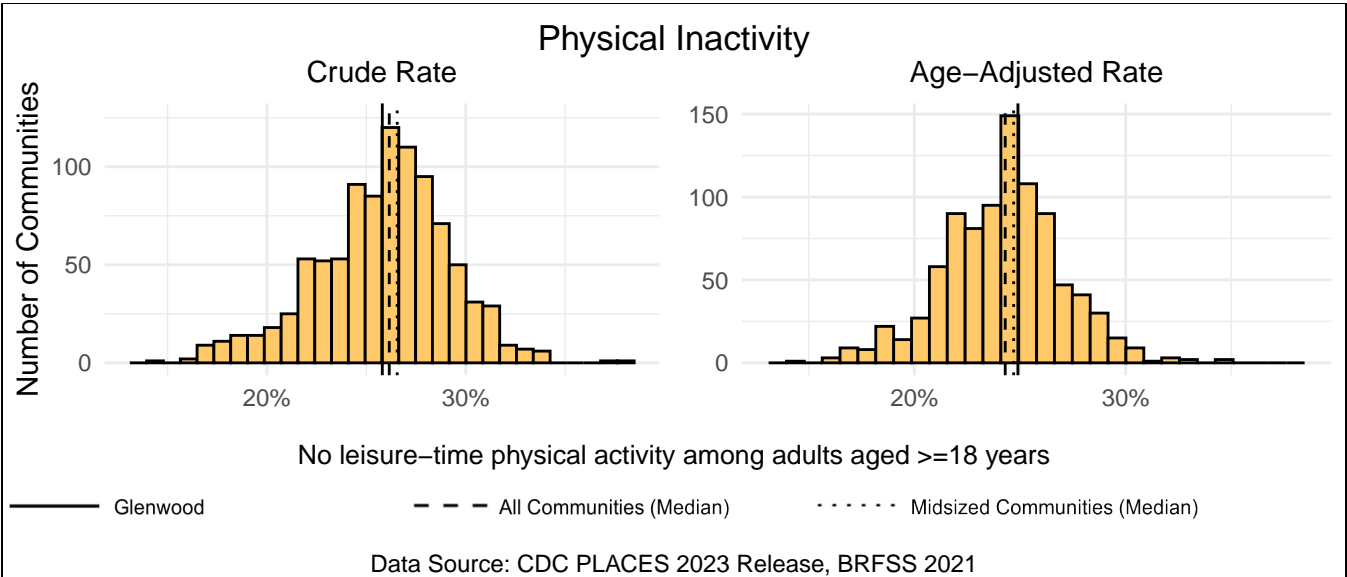
Measure Type	Glenwood	All Comm.	Mid-sized Comm.
Crude	17.9%	16.8%	16.4%
Age-Adjusted	18.1%	17.5%	17.6%



## Physical Inactivity

Glenwood has a crude rate of 25.8% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 429th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 24.9%, which ranks 541st out of 905 Iowa communities (56th out of 102 mid-sized communities).

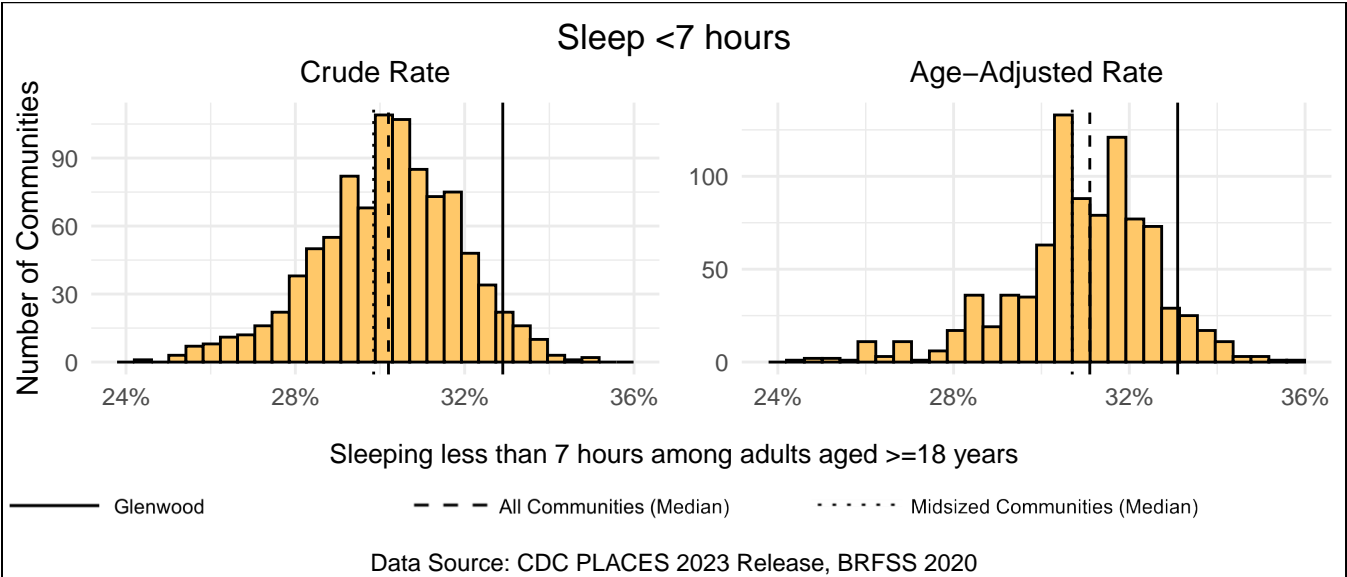
Measure Type	Glenwood	All Comm.	Mid-sized Comm.
Crude	25.8%	26.1%	26.6%
Age-Adjusted	24.9%	24.3%	24.7%



### Sleep <7 hours

Glenwood has a crude rate of 32.9% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 915th out of 958 Iowa communities (95th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 33.1%, which ranks 840th out of 905 Iowa communities (90th out of 102 mid-sized communities).

Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	32.9%	30.2%	29.8%
Age-Adjusted	33.1%	31.1%	30.7%



# Health Outcomes

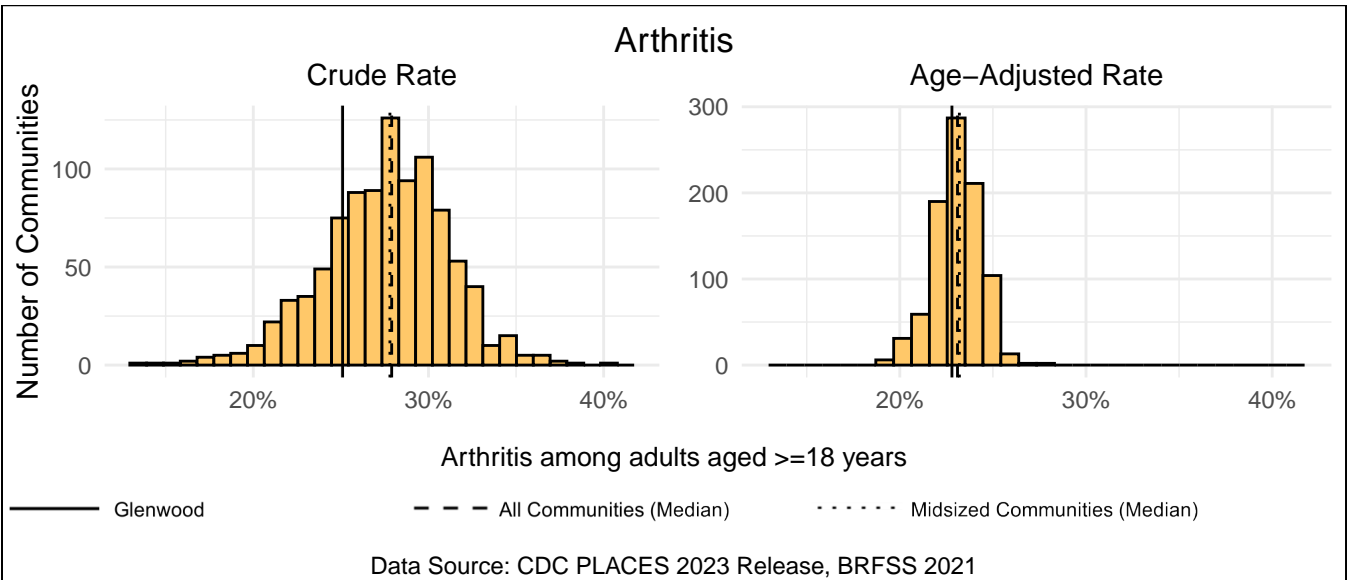
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

## Arthritis

Glenwood has a crude rate of 25.1% for arthritis among adults aged  $\geq 18$  years, which ranks 209th out of 958 Iowa communities (31st out of 102 midsize communities). The age-adjusted rate for Glenwood is 22.8%, which ranks 347th out of 905 Iowa communities (43rd out of 102 midsize communities).

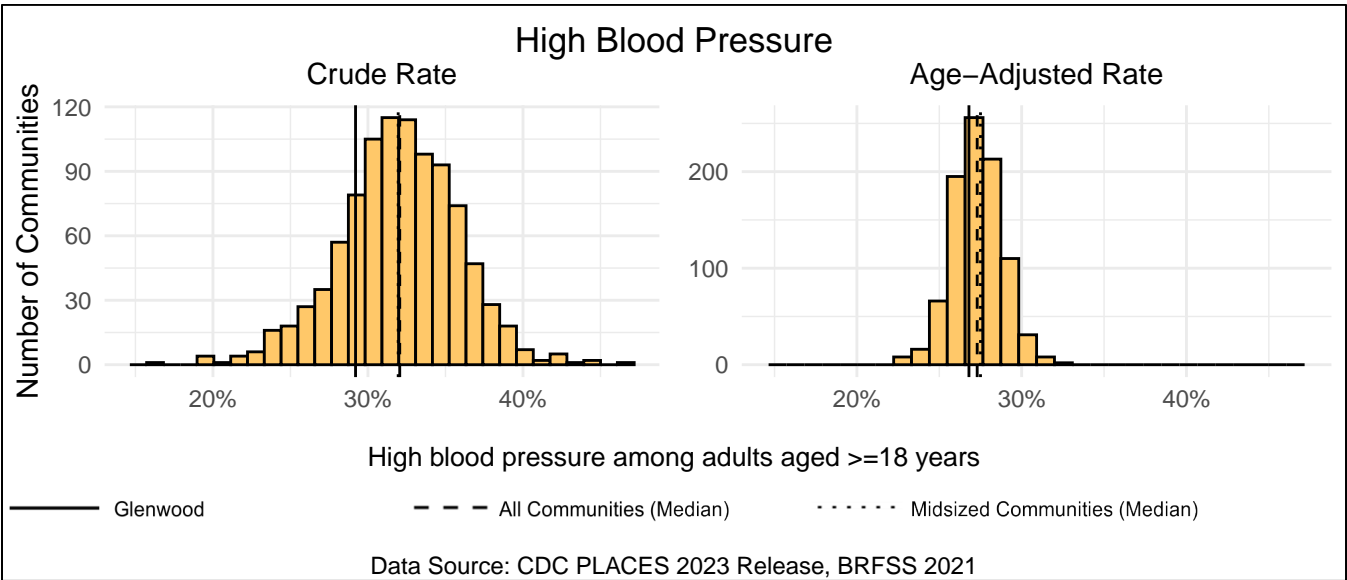
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	25.1%	27.9%	27.8%
Age-Adjusted	22.8%	23.1%	23.2%



# High Blood Pressure

Glenwood has a crude rate of 29.2% for high blood pressure among adults aged  $\geq 18$  years, which ranks 197th out of 958 Iowa communities (30th out of 102 midsized communities). The age-adjusted rate for Glenwood is 26.8%, which ranks 319th out of 905 Iowa communities (37th out of 102 midsized communities).

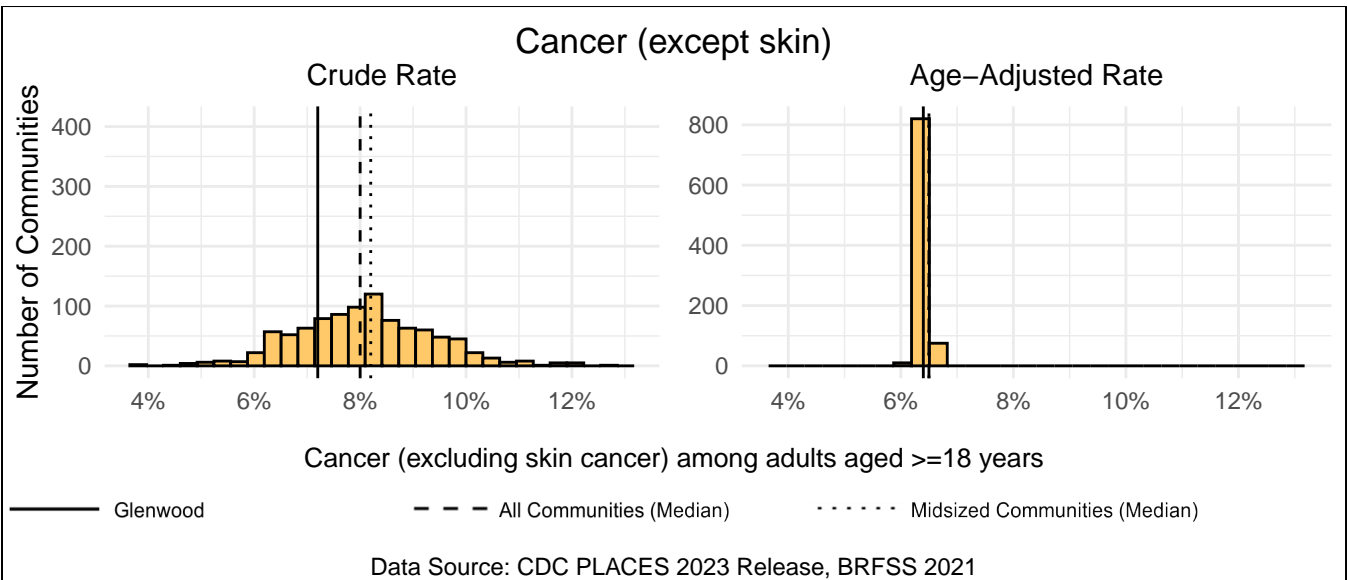
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	29.2%	32.0%	32.0%
Age-Adjusted	26.8%	27.3%	27.5%



# Cancer (except skin)

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

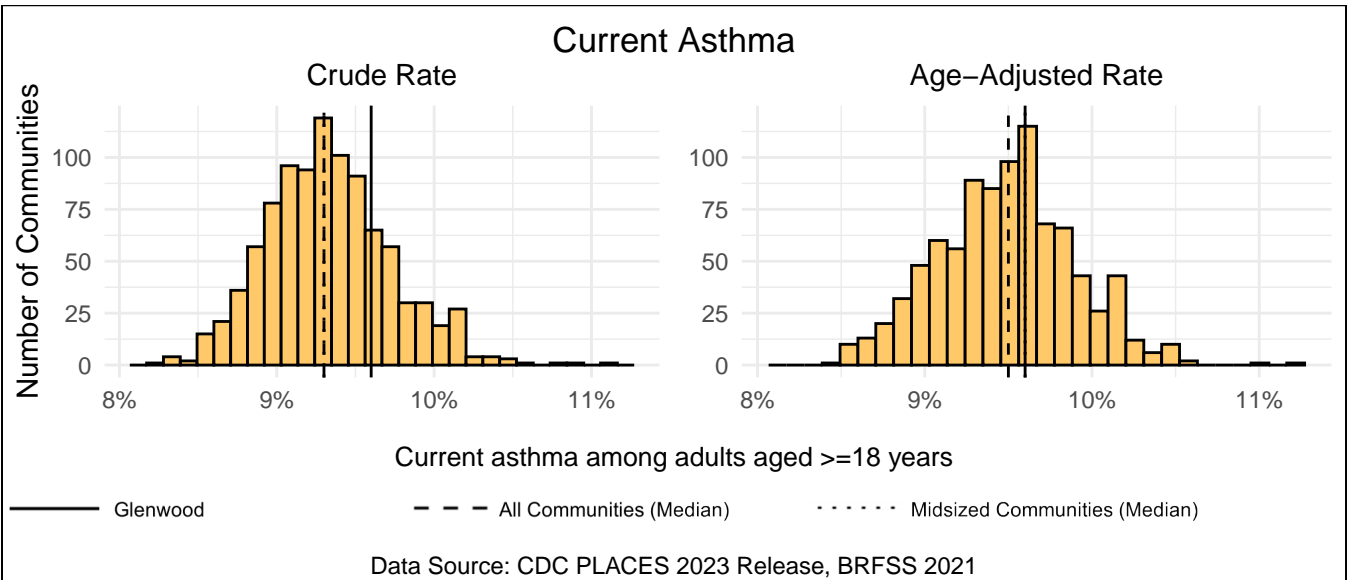
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	7.2%	8.0%	8.2%
Age-Adjusted	6.4%	6.5%	6.5%



# Current Asthma

Glenwood has a crude rate of 9.6% for current asthma among adults aged  $\geq 18$  years, which ranks 716th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Glenwood is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsize communities).

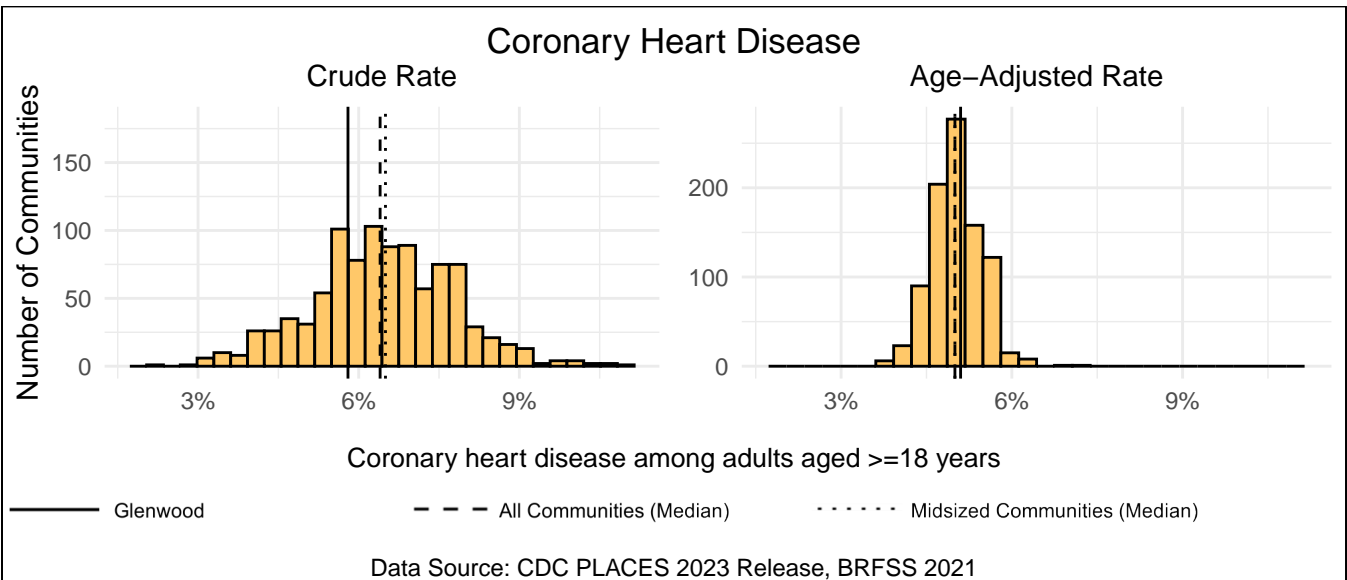
Measure Type	Glenwood	All Comm.	Midsize Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



# Coronary Heart Disease

Glenwood has a crude rate of 5.8% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 268th out of 958 Iowa communities (30th out of 102 midsize communities). The age-adjusted rate for Glenwood is 5.1%, which ranks 511th out of 905 Iowa communities (59th out of 102 midsize communities).

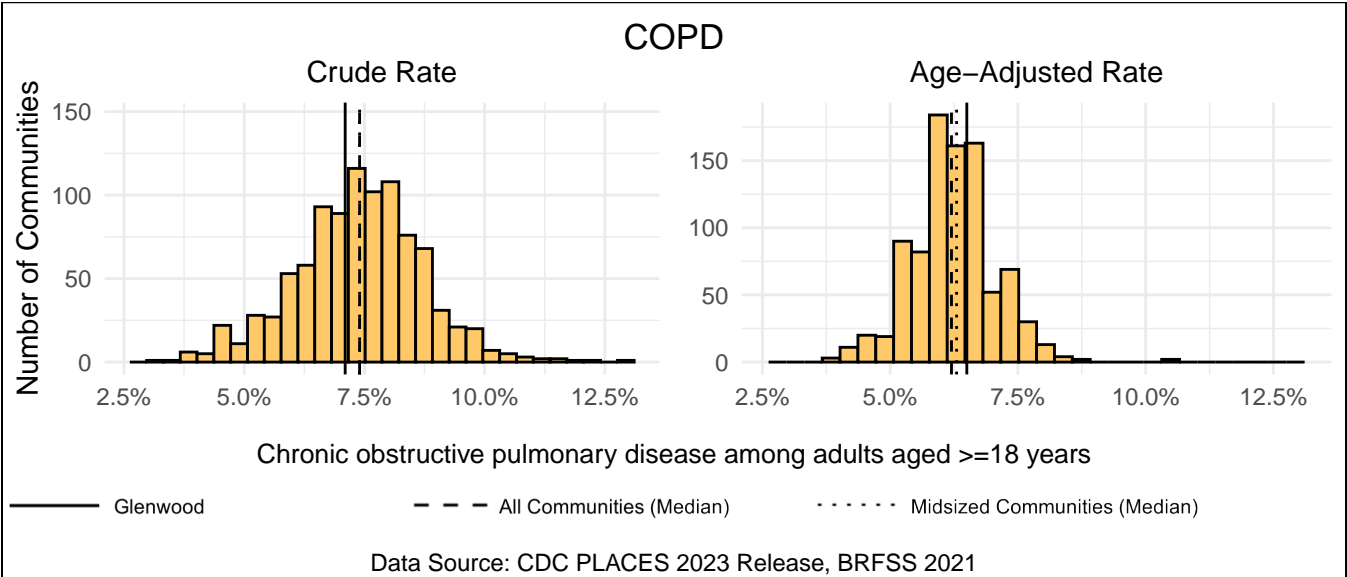
Measure Type	Glenwood	All Comm.	Midsize Comm.
Crude	5.8%	6.4%	6.5%
Age-Adjusted	5.1%	5.0%	5.0%



# COPD

Glenwood has a crude rate of 7.1% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 363rd out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Glenwood is 6.5%, which ranks 571st out of 905 Iowa communities (62nd out of 102 midsized communities).

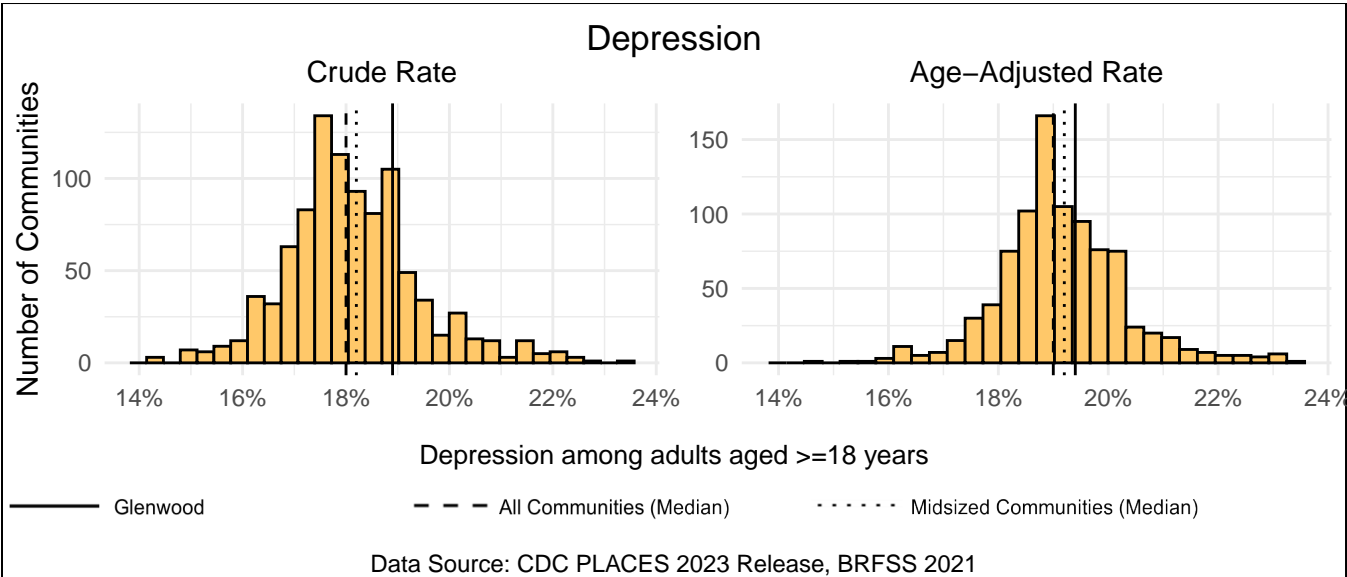
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	7.1%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.3%



# Depression

Glenwood has a crude rate of 18.9% for depression among adults aged  $\geq 18$  years, which ranks 730th out of 958 Iowa communities (69th out of 102 midsized communities). The age-adjusted rate for Glenwood is 19.4%, which ranks 562nd out of 905 Iowa communities (58th out of 102 midsized communities).

Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	18.9%	18.0%	18.2%
Age-Adjusted	19.4%	19.0%	19.2%

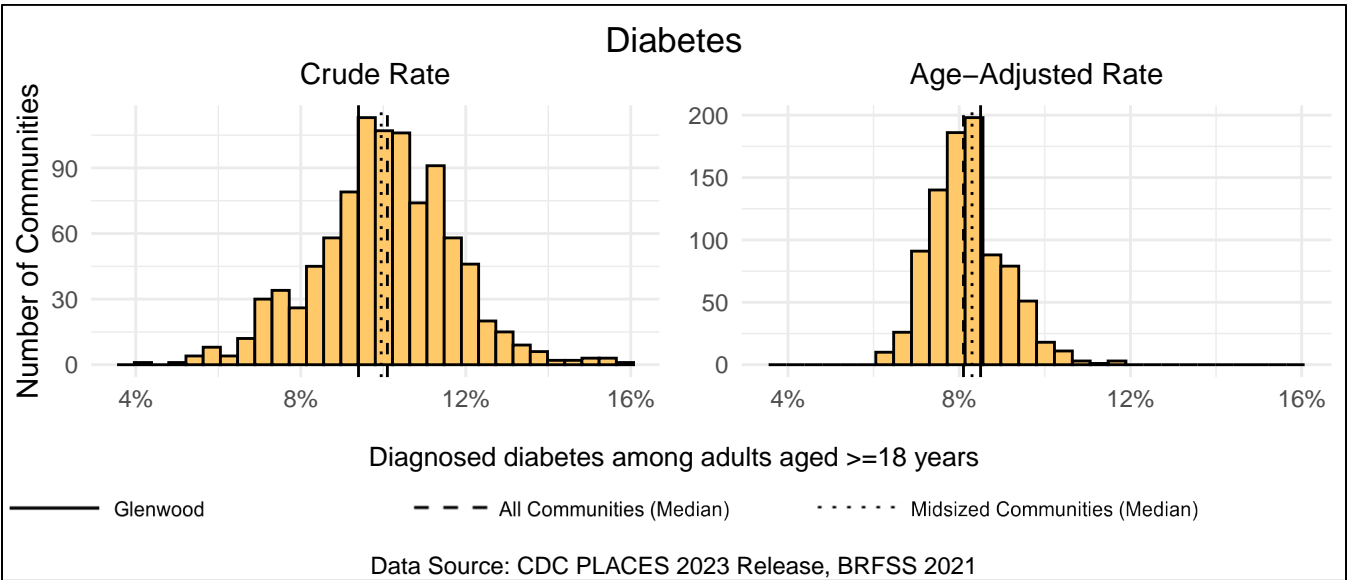




# Diabetes

Glenwood has a crude rate of 9.4% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 303rd out of 958 Iowa communities (41st out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 8.5%, which ranks 617th out of 905 Iowa communities (60th out of 102 mid-sized communities).

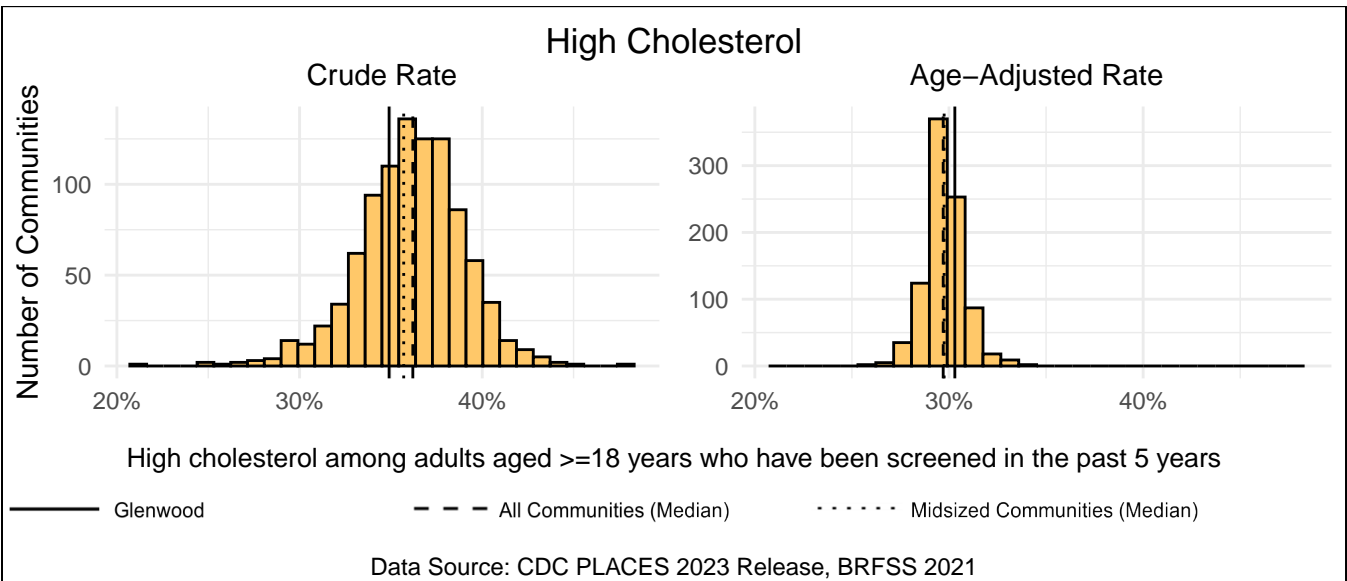
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	9.4%	10.1%	9.9%
Age-Adjusted	8.5%	8.1%	8.3%



# High Cholesterol

Glenwood has a crude rate of 34.9% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 281st out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 30.3%, which ranks 634th out of 905 Iowa communities (69th out of 102 mid-sized communities).

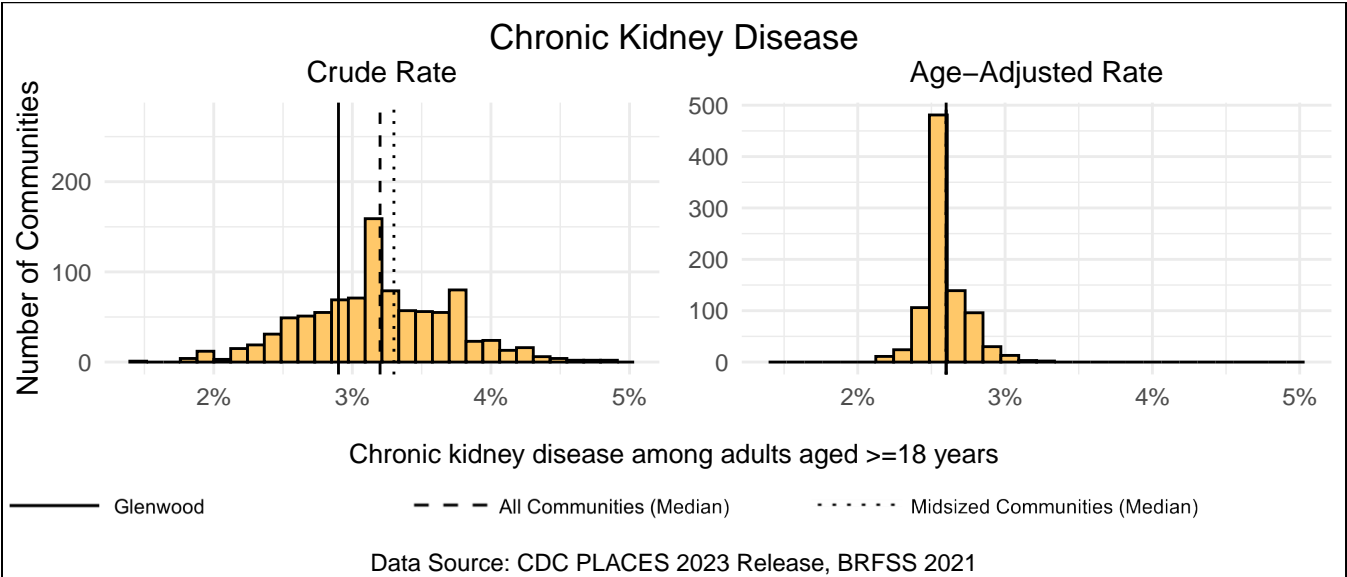
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	34.9%	36.2%	35.7%
Age-Adjusted	30.3%	29.7%	29.8%



# Chronic Kidney Disease

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

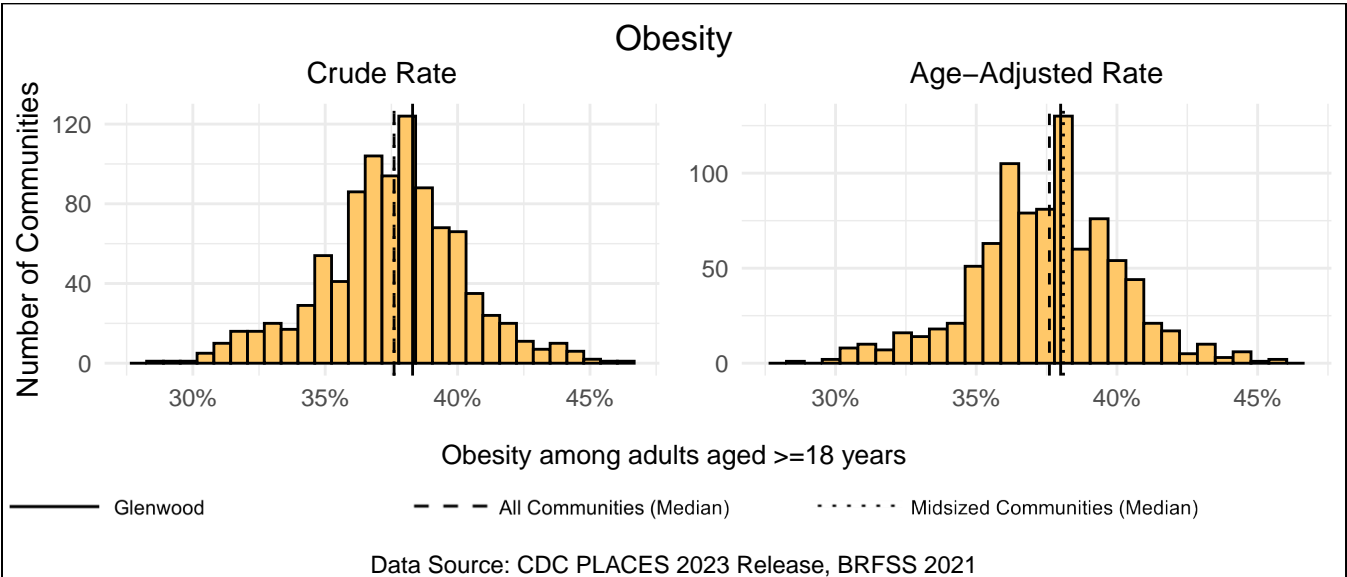
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	2.9%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Glenwood has a crude rate of 38.3% for obesity among adults aged  $\geq 18$  years, which ranks 586th out of 958 Iowa communities (65th out of 102 midsized communities). The age-adjusted rate for Glenwood is 38.0%, which ranks 509th out of 905 Iowa communities (49th out of 102 midsized communities).

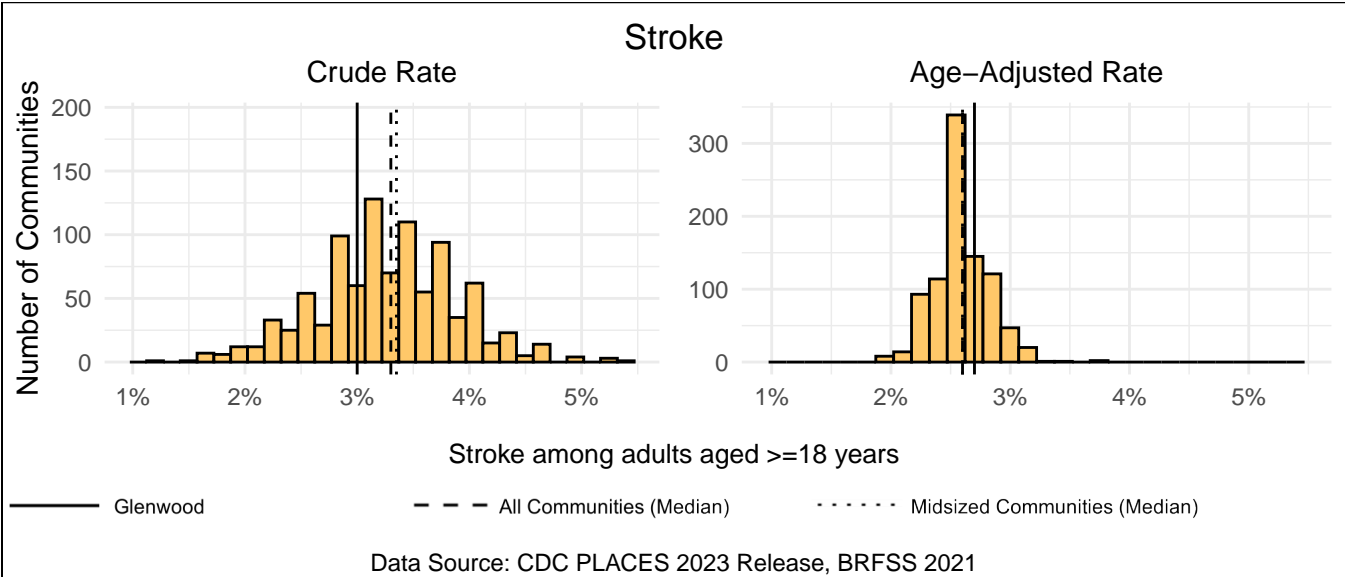
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	38.3%	37.6%	37.6%
Age-Adjusted	38.0%	37.6%	38.1%



# Stroke

Glenwood has a crude rate of 3.0% for stroke among adults aged  $\geq 18$  years, which ranks 280th out of 958 Iowa communities (30th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 mid-sized communities).

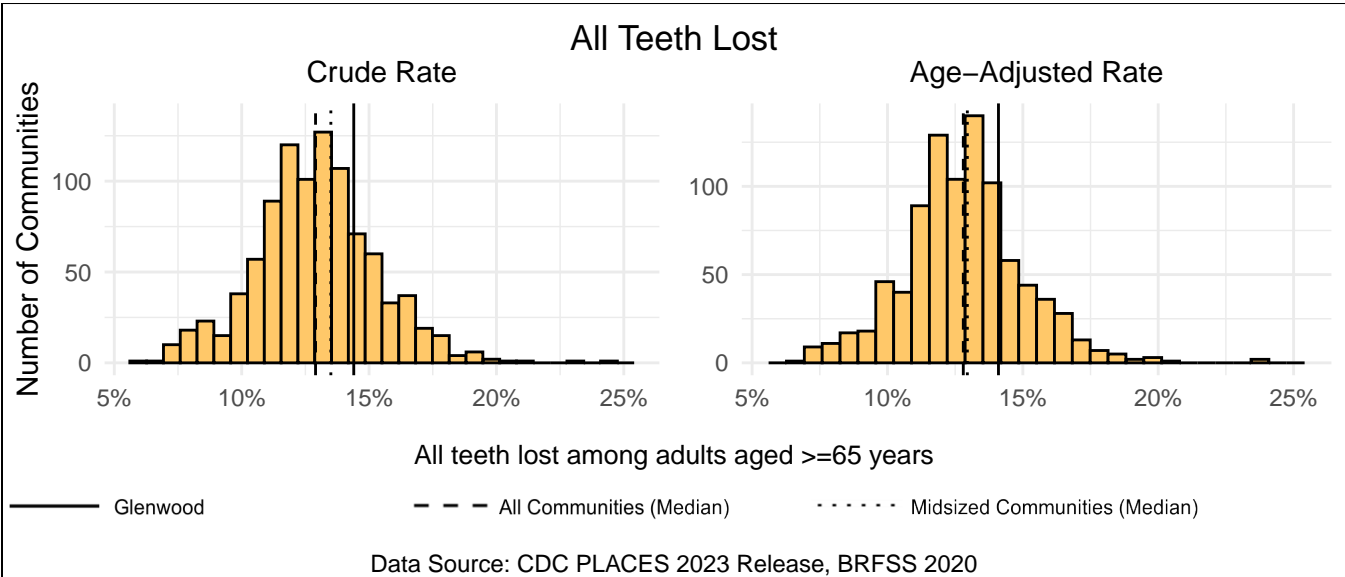
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	3.0%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



# All Teeth Lost

Glenwood has a crude rate of 14.4% for all teeth lost among adults aged  $\geq 65$  years, which ranks 725th out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 14.1%, which ranks 693rd out of 905 Iowa communities (70th out of 102 mid-sized communities).

Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	14.4%	12.9%	13.5%
Age-Adjusted	14.1%	12.8%	12.9%



# Prevention

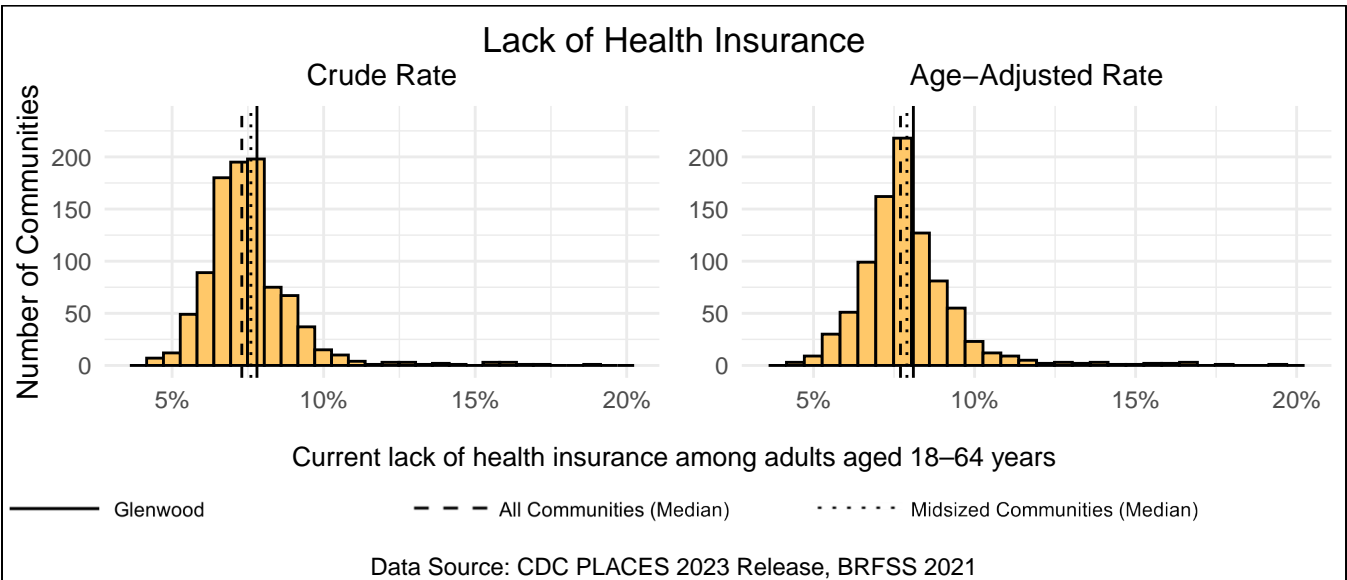
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Glenwood has a crude rate of 7.8% for current lack of health insurance among adults aged 18–64 years, which ranks 633rd out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Glenwood is 8.1%, which ranks 573rd out of 905 Iowa communities (53rd out of 102 midsize communities).

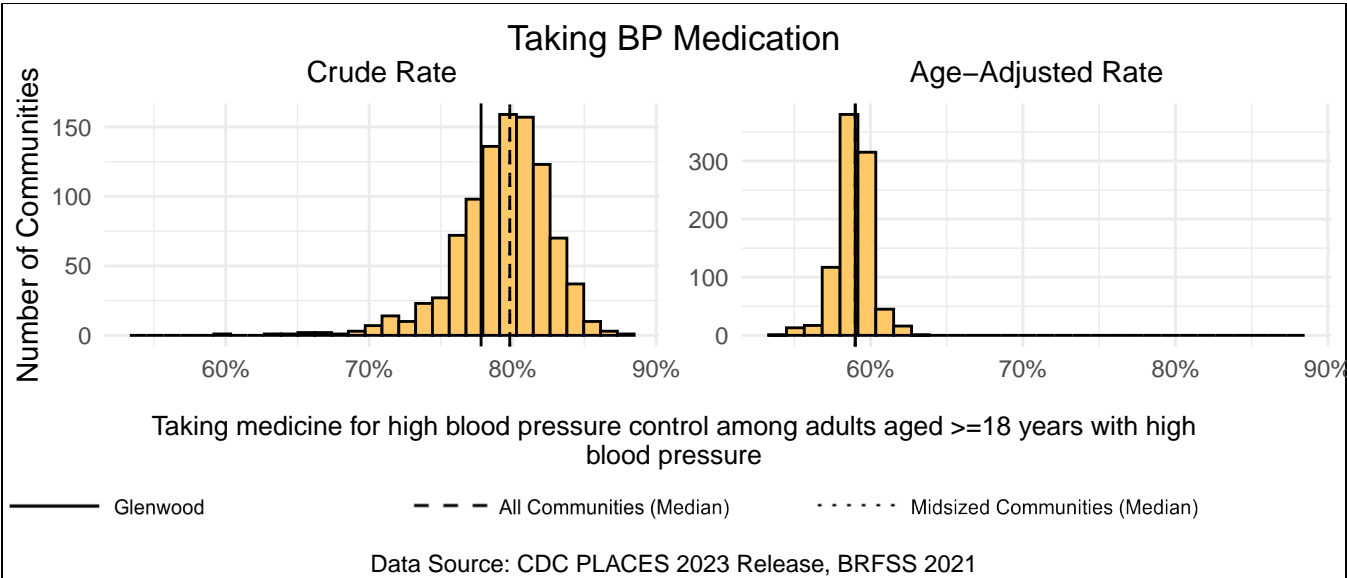
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	7.8%	7.3%	7.6%
Age-Adjusted	8.1%	7.7%	7.9%



# Taking BP Medication

Glenwood has a crude rate of 77.8% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 710th out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 59.0%, which ranks 415th out of 905 Iowa communities (50th out of 102 mid-sized communities).

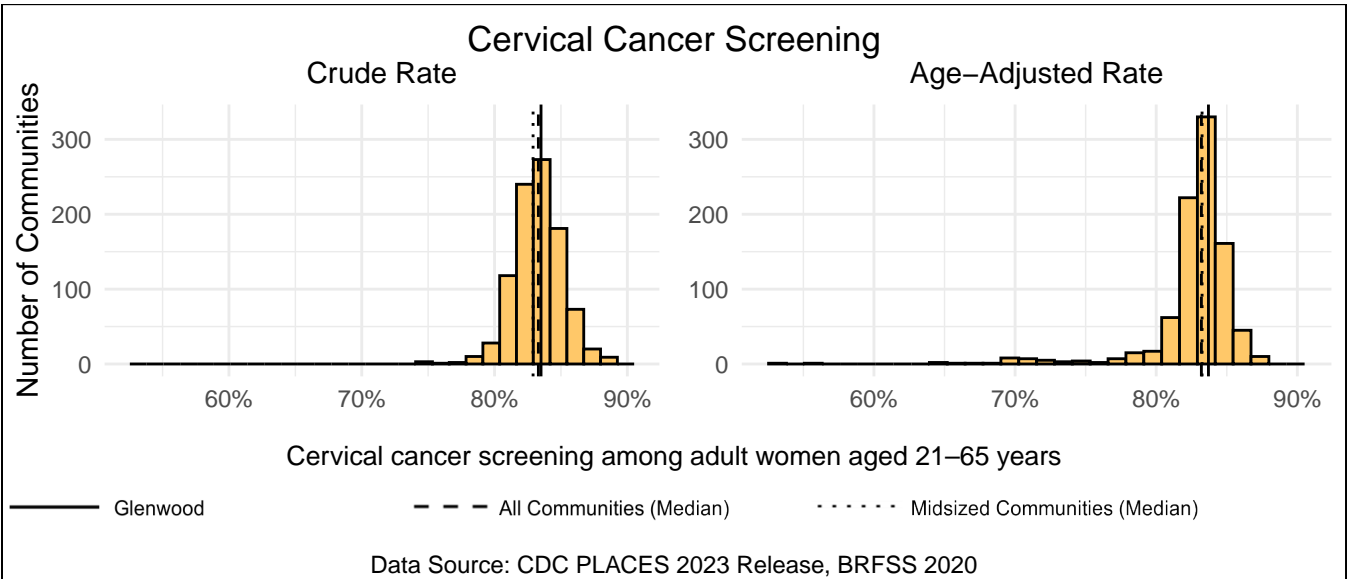
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	77.8%	79.8%	79.8%
Age-Adjusted	59.0%	59.0%	59.0%



# Cervical Cancer Screening

Glenwood has a crude rate of 83.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 422nd out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 83.7%, which ranks 294th out of 905 Iowa communities (41st out of 102 mid-sized communities).

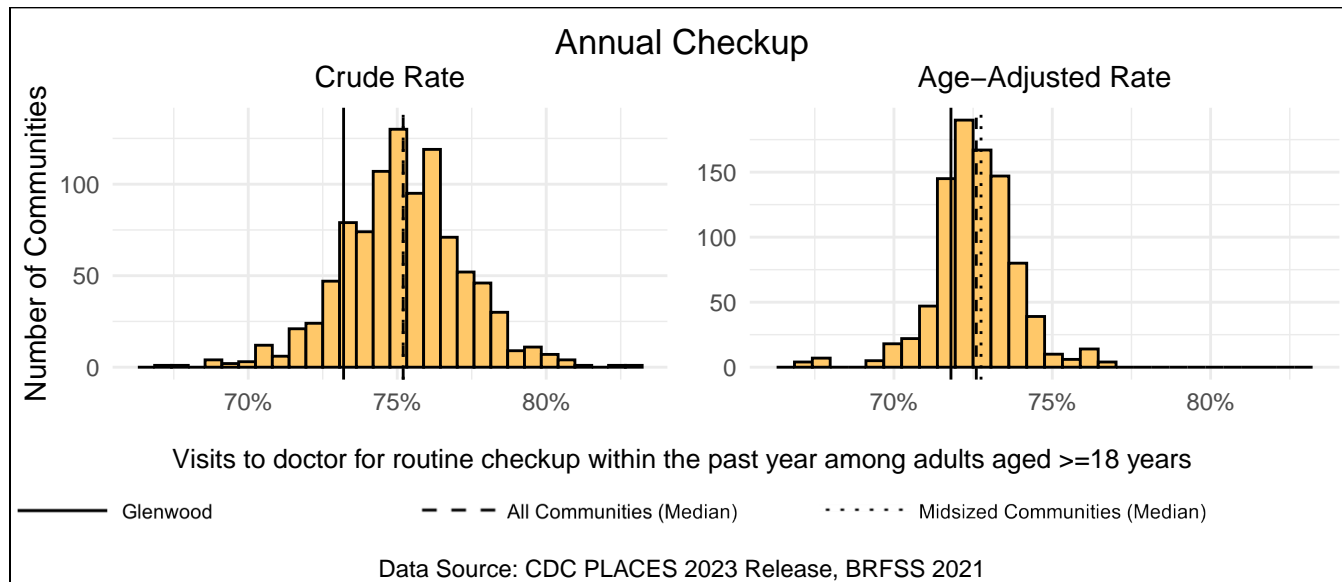
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	83.5%	83.3%	82.9%
Age-Adjusted	83.7%	83.2%	83.2%



## Annual Checkup

Glenwood has a crude rate of 73.2% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 812th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 71.8%, which ranks 686th out of 905 Iowa communities (82nd out of 102 mid-sized communities).

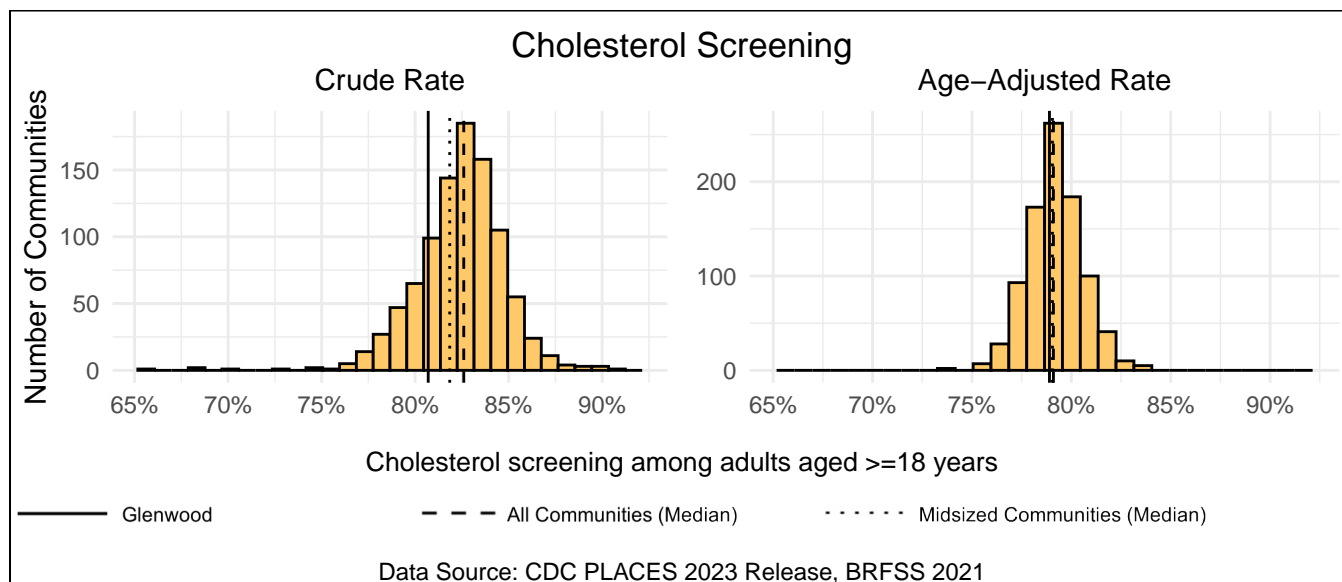
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	73.2%	75.2%	75.2%
Age-Adjusted	71.8%	72.6%	72.8%



## Cholesterol Screening

Glenwood has a crude rate of 80.7% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 760th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 78.9%, which ranks 501st out of 905 Iowa communities (56th out of 102 mid-sized communities).

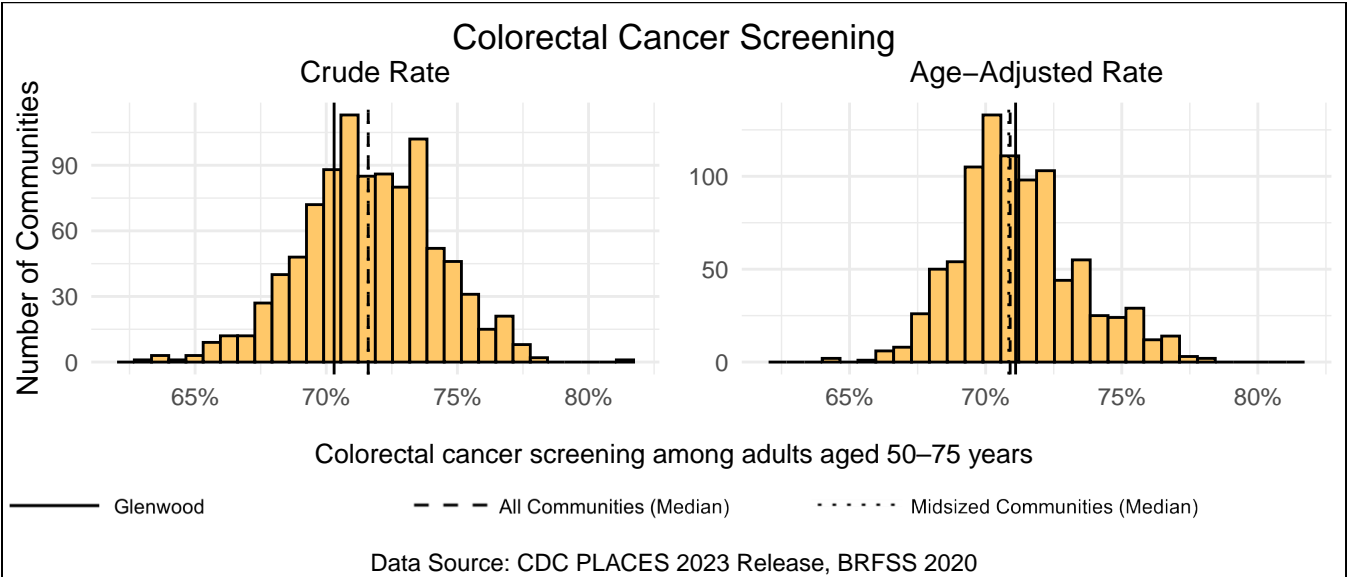
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	80.7%	82.6%	81.8%
Age-Adjusted	78.9%	79.1%	79.0%



# Colorectal Cancer Screening

Glenwood has a crude rate of 70.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 677th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 71.1%, which ranks 417th out of 905 Iowa communities (50th out of 102 mid-sized communities).

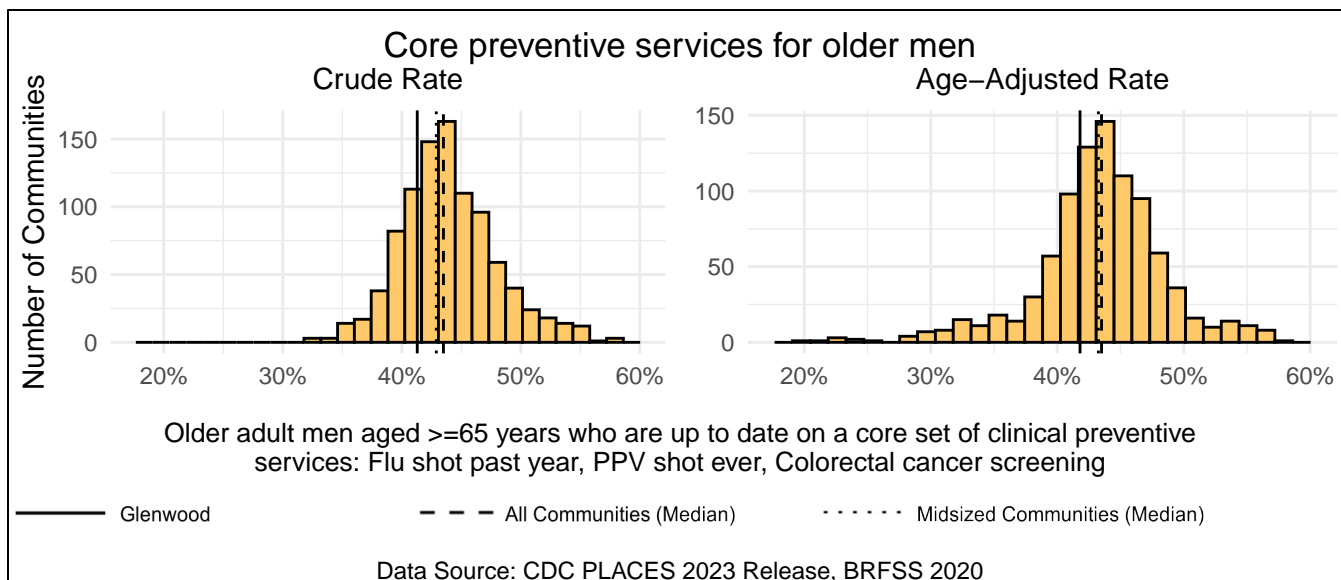
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	70.3%	71.6%	71.6%
Age-Adjusted	71.1%	70.9%	70.8%



# Core preventive services for older men

Glenwood has a crude rate of 41.3% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 714th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 41.8%, which ranks 615th out of 905 Iowa communities (64th out of 102 mid-sized communities).

Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	41.3%	43.5%	42.9%
Age-Adjusted	41.8%	43.5%	43.2%

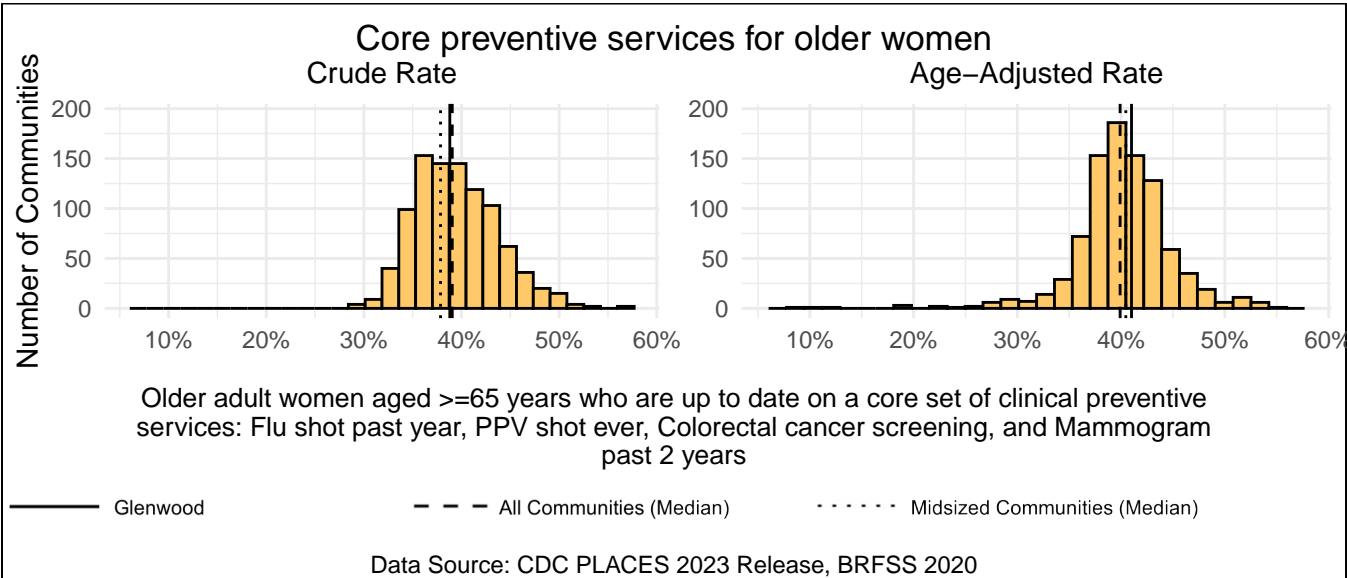




### Core preventive services for older women

Glenwood has a crude rate of 38.8% for older adult women aged  $\geq 65$  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 492nd out of 958 Iowa communities (40th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 41.0%, which ranks 359th out of 905 Iowa communities (42nd out of 102 mid-sized communities).

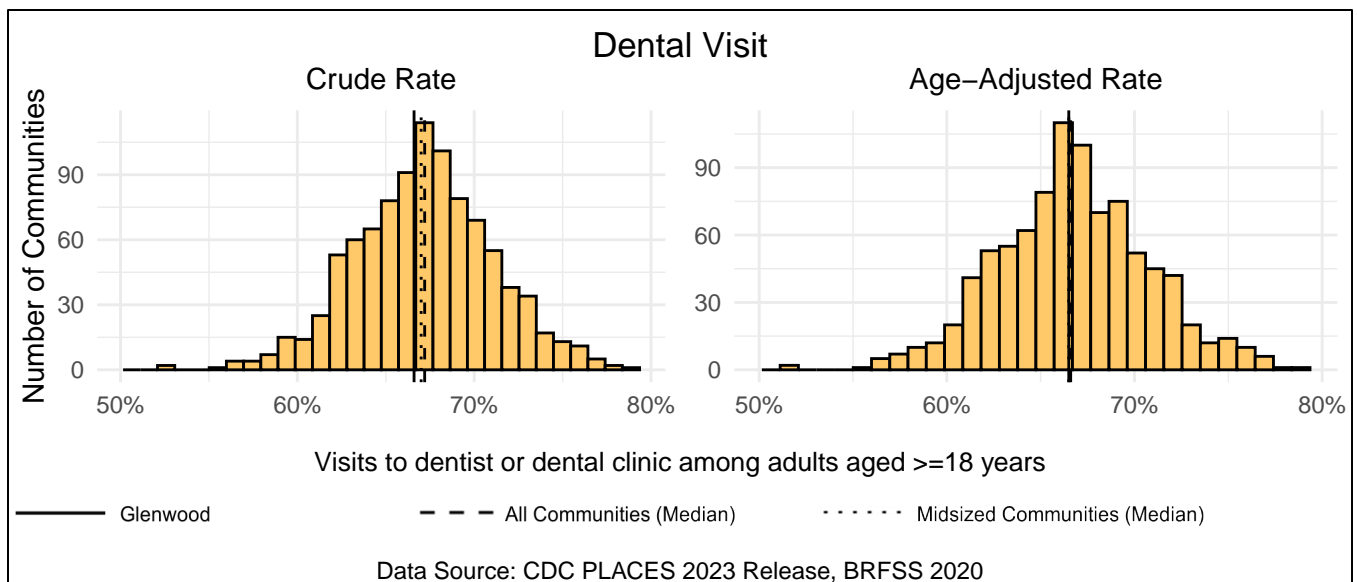
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	38.8%	39.0%	37.8%
Age-Adjusted	41.0%	39.9%	40.4%



### Dental Visit

Glenwood has a crude rate of 66.6% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 540th out of 958 Iowa communities (56th out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 66.5%, which ranks 468th out of 905 Iowa communities (51st out of 102 mid-sized communities).

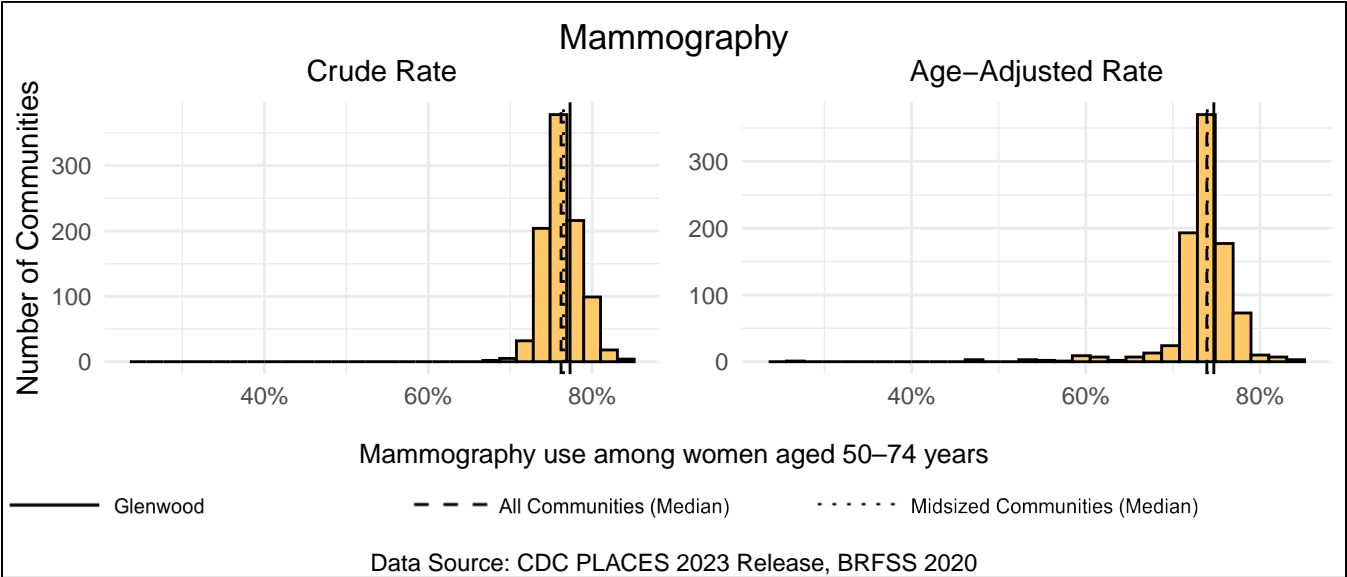
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	66.6%	67.2%	67.0%
Age-Adjusted	66.5%	66.6%	66.5%



# Mammography

Glenwood has a crude rate of 77.3% for mammography use among women aged 50–74 years, which ranks 282nd out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Glenwood is 74.7%, which ranks 285th out of 905 Iowa communities (42nd out of 102 midsized communities).

Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	77.3%	76.2%	76.5%
Age-Adjusted	74.7%	73.9%	74.0%



# Disability

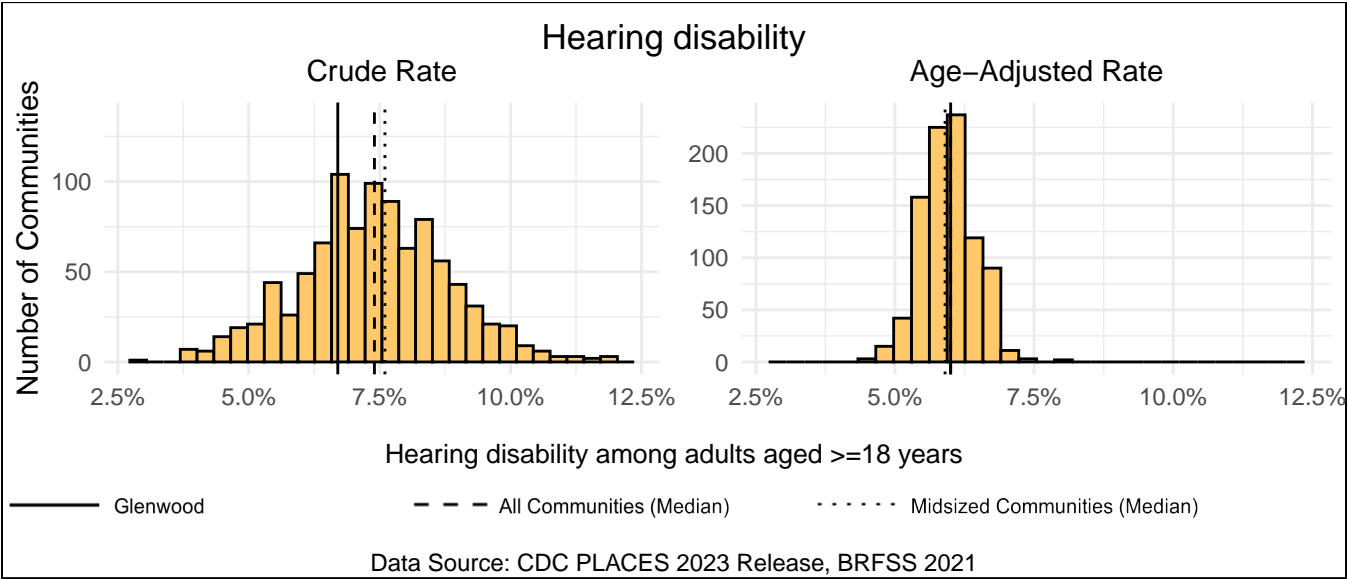
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Glenwood has a crude rate of 6.7% for hearing disability among adults aged  $\geq 18$  years, which ranks 282nd out of 958 Iowa communities (29th out of 102 midsize communities). The age-adjusted rate for Glenwood is 6.0%, which ranks 444th out of 905 Iowa communities (54th out of 102 midsize communities).

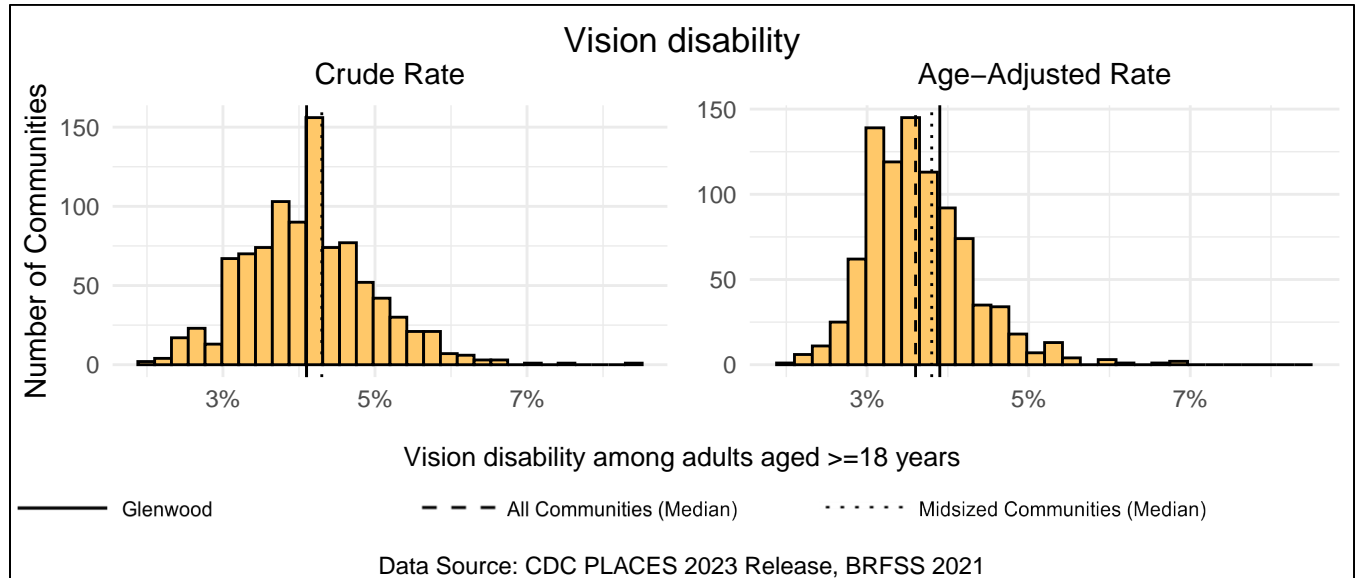
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	6.7%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.9%



## Vision disability

Glenwood has a crude rate of 4.1% for vision disability among adults aged  $\geq 18$  years, which ranks 464th out of 958 Iowa communities (43rd out of 102 midsize communities). The age-adjusted rate for Glenwood is 3.9%, which ranks 622nd out of 905 Iowa communities (59th out of 102 midsize communities).

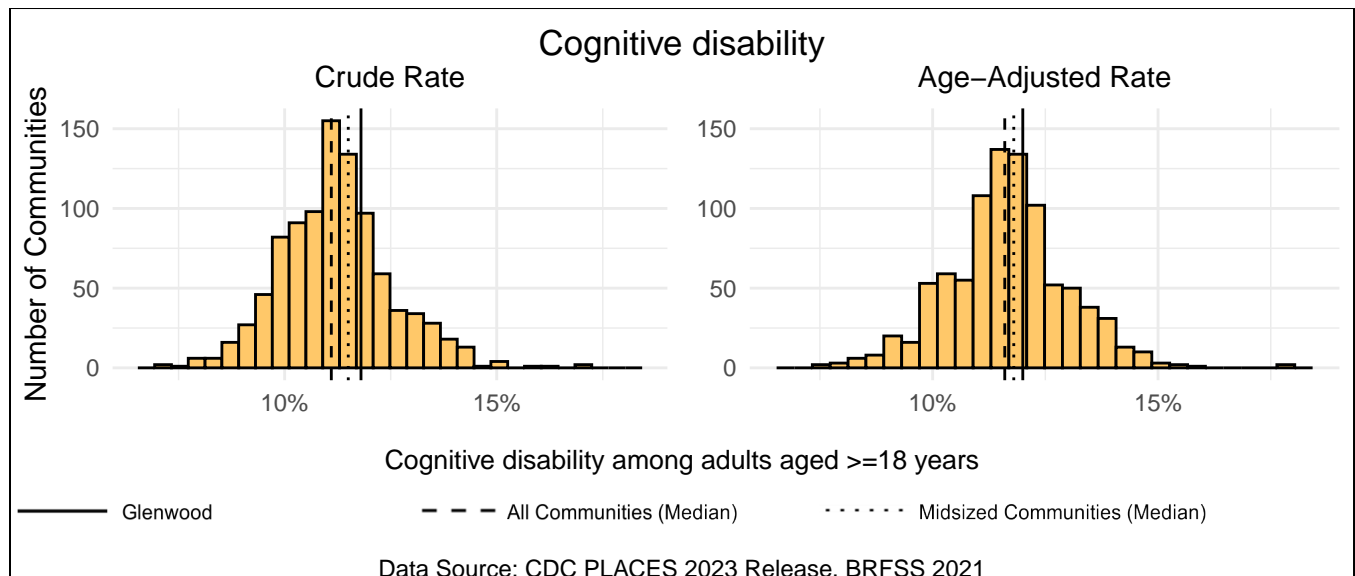
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	4.1%	4.1%	4.3%
Age-Adjusted	3.9%	3.6%	3.8%



## Cognitive disability

Glenwood has a crude rate of 11.8% for cognitive disability among adults aged  $\geq 18$  years, which ranks 696th out of 958 Iowa communities (66th out of 102 midsize communities). The age-adjusted rate for Glenwood is 12.0%, which ranks 567th out of 905 Iowa communities (58th out of 102 midsize communities).

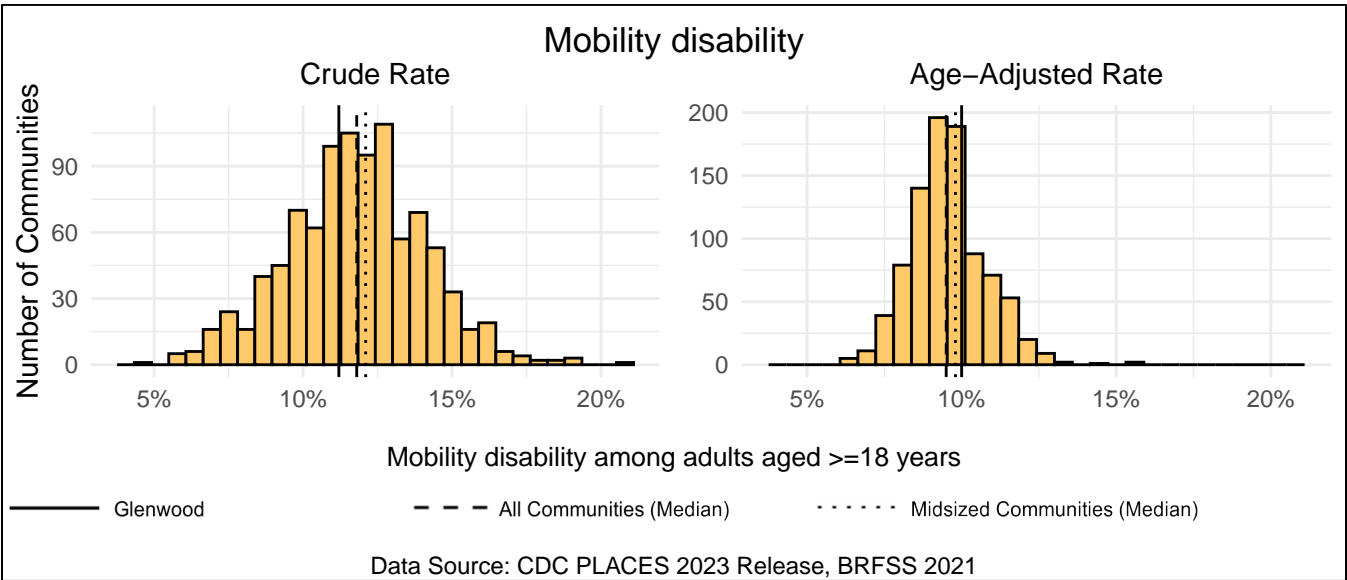
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	11.8%	11.1%	11.5%
Age-Adjusted	12.0%	11.6%	11.8%



# Mobility disability

Glenwood has a crude rate of 11.2% for mobility disability among adults aged >=18 years, which ranks 369th out of 958 Iowa communities (37th out of 102 midsize communities). The age-adjusted rate for Glenwood is 10.0%, which ranks 601st out of 905 Iowa communities (59th out of 102 midsize communities).

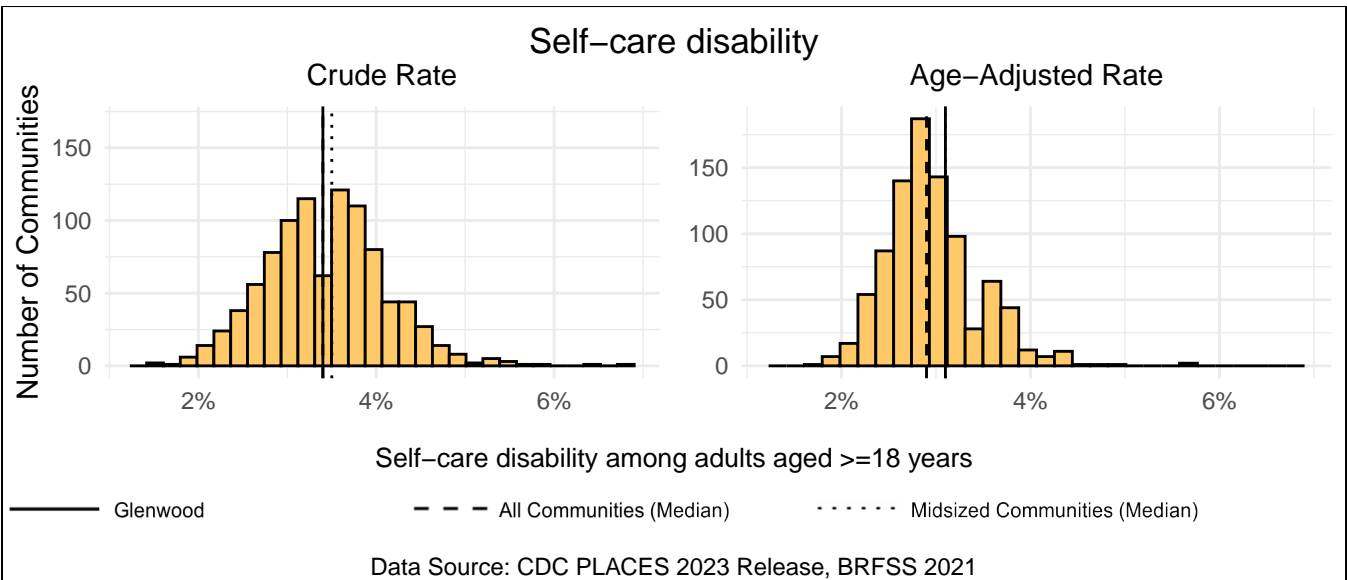
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	11.2%	11.8%	12.1%
Age-Adjusted	10.0%	9.5%	9.8%



# Self-care disability

Glenwood has a crude rate of 3.4% for self-care disability among adults aged >=18 years, which ranks 435th out of 958 Iowa communities (45th out of 102 midsize communities). The age-adjusted rate for Glenwood is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 midsize communities).

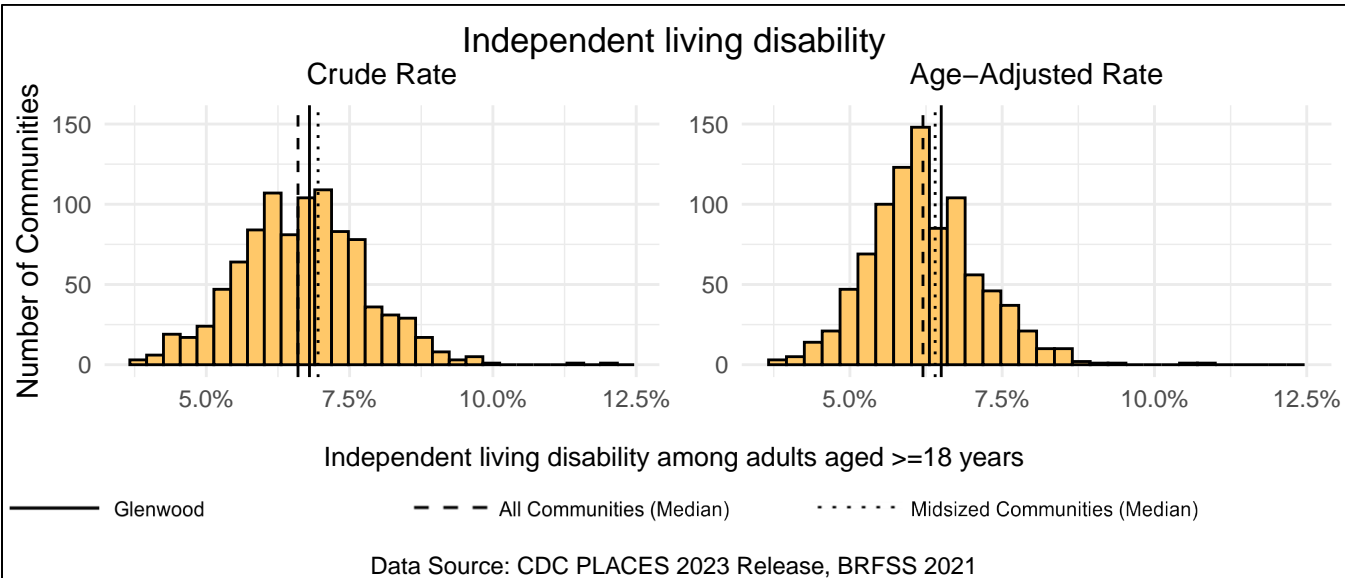
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	3.4%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



## Independent living disability

Glenwood has a crude rate of 6.8% for independent living disability among adults aged  $\geq 18$  years, which ranks 519th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 6.5%, which ranks 570th out of 905 Iowa communities (57th out of 102 mid-sized communities).

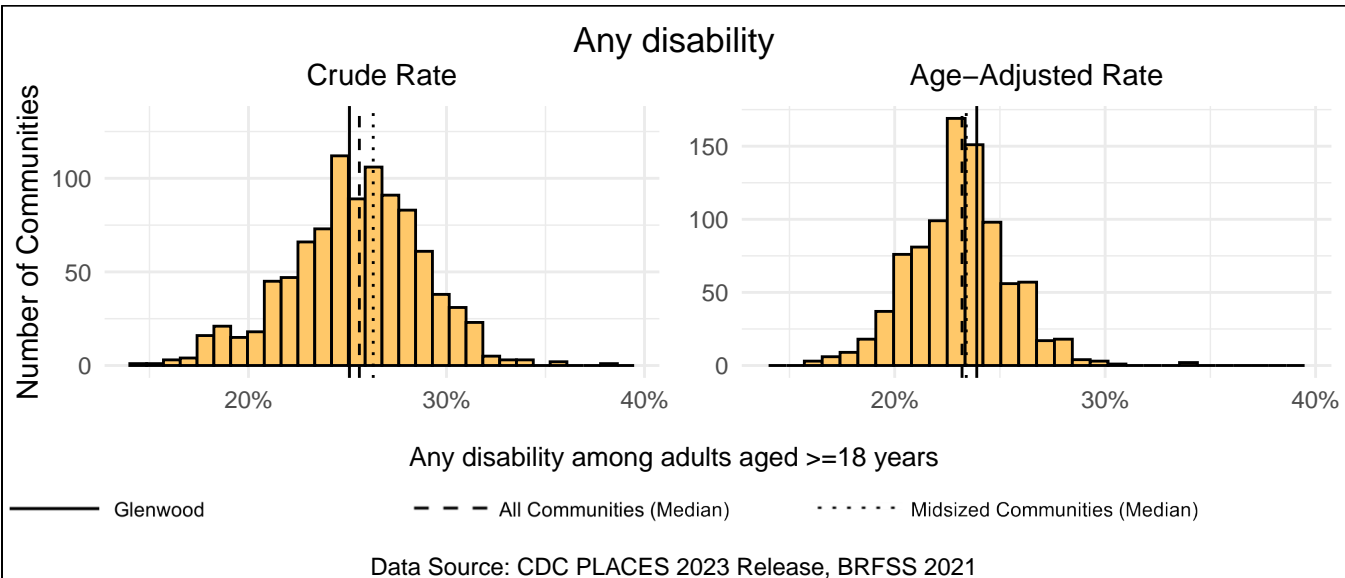
Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	6.8%	6.6%	7.0%
Age-Adjusted	6.5%	6.2%	6.4%



## Any disability

Glenwood has a crude rate of 25.1% for any disability among adults aged  $\geq 18$  years, which ranks 423rd out of 958 Iowa communities (41st out of 102 mid-sized communities). The age-adjusted rate for Glenwood is 23.9%, which ranks 607th out of 905 Iowa communities (62nd out of 102 mid-sized communities).

Measure Type	Glenwood	All Comm.	Midsized Comm.
Crude	25.1%	25.6%	26.3%
Age-Adjusted	23.9%	23.2%	23.4%



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## 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: Glenwood 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	736	15.1% (12.9% - 17.3%)	457	15.6% (13.3% - 17.9%)
Health Status	General Health	436	14.1% (11.8% - 16.6%)	552	13.2% (11.0% - 15.5%)
Health Status	Physical Health	375	10.5% (8.9% - 12.3%)	559	10.0% (8.5% - 11.6%)
Health Risk Behaviors	Binge Drinking	758	21.2% (17.3% - 25.2%)	585	22.4% (18.5% - 26.7%)
Health Risk Behaviors	Current Smoking	679	17.9% (14.3% - 21.8%)	553	18.1% (14.4% - 21.8%)
Health Risk Behaviors	Physical Inactivity	429	25.8% (20.9% - 30.9%)	541	24.9% (20.3% - 29.7%)
Health Risk Behaviors	Sleep <7 hours	915	32.9% (31.6% - 34.1%)	840	33.1% (31.8% - 34.5%)
Health Outcomes	Cancer (except skin)	223	7.2% (6.5% - 8.0%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	High Cholesterol	281	34.9% (30.1% - 40.0%)	634	30.3% (25.6% - 35.3%)
Health Outcomes	Stroke	280	3.0% (2.6% - 3.4%)	569	2.7% (2.4% - 3.0%)
Health Outcomes	Coronary Heart Disease	268	5.8% (5.0% - 6.7%)	511	5.1% (4.5% - 5.9%)
Health Outcomes	Depression	730	18.9% (15.2% - 23.1%)	562	19.4% (15.6% - 23.4%)
Health Outcomes	All Teeth Lost	725	14.4% (10.2% - 19.6%)	693	14.1% (10.0% - 18.8%)
Health Outcomes	High Blood Pressure	197	29.2% (24.9% - 33.7%)	319	26.8% (23.0% - 31.0%)
Health Outcomes	Diabetes	303	9.4% (7.9% - 11.2%)	617	8.5% (7.1% - 9.9%)
Health Outcomes	COPD	363	7.1% (5.9% - 8.4%)	571	6.5% (5.4% - 7.6%)
Health Outcomes	Obesity	586	38.3% (30.4% - 46.6%)	509	38.0% (30.0% - 46.4%)
Health Outcomes	Chronic Kidney Disease	241	2.9% (2.6% - 3.2%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Current Asthma	716	9.6% (8.3% - 10.9%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	Arthritis	209	25.1% (20.9% - 29.5%)	347	22.8% (19.0% - 26.7%)
Prevention	Cholesterol Screening	760	80.7% (77.4% - 83.8%)	501	78.9% (75.3% - 82.3%)
Prevention	Health Insurance	633	7.8% (6.2% - 9.6%)	573	8.1% (6.3% - 10.1%)
Prevention	Colorectal Cancer Screening	677	70.3% (67.6% - 73.0%)	417	71.1% (68.4% - 73.6%)
Prevention	Annual Checkup	812	73.2% (67.7% - 78.1%)	686	71.8% (66.3% - 77.0%)
Prevention	Core preventive services for older men	714	41.3% (34.8% - 48.1%)	615	41.8% (35.5% - 48.5%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	422	83.5% (81.6% - 85.3%)	294	83.7% (81.7% - 85.5%)
Prevention	Core preventive services for older women	492	38.8% (33.2% - 45.1%)	359	41.0% (35.6% - 47.3%)
Prevention	Taking BP Medication	710	77.8% (74.2% - 81.1%)	415	59.0% (53.8% - 64.0%)
Prevention	Mammography	282	77.3% (73.9% - 80.6%)	285	74.7% (71.2% - 78.0%)
Prevention	Dental Visit	540	66.6% (63.9% - 69.5%)	468	66.5% (63.5% - 69.3%)
Disability	Self-care Disability	435	3.4% (2.9% - 4.0%)	567	3.1% (2.7% - 3.6%)
Disability	Mobility Disability	369	11.2% (9.3% - 13.2%)	601	10.0% (8.4% - 11.6%)
Disability	Vision Disability	464	4.1% (3.5% - 4.8%)	622	3.9% (3.3% - 4.4%)
Disability	Any Disability	423	25.1% (21.3% - 29.5%)	607	23.9% (20.1% - 27.8%)
Disability	Hearing Disability	282	6.7% (5.9% - 7.6%)	444	6.0% (5.3% - 6.8%)
Disability	Independent Living Disability	519	6.8% (5.8% - 7.9%)	570	6.5% (5.5% - 7.6%)
Disability	Cognitive Disability	696	11.8% (10.1% - 13.9%)	567	12.0% (10.1% - 14.0%)

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)

Glenwood 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

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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

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