



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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Iowa Community Health Snapshot Series

Table of contents

| | |
|--|-----------|
| Health in Granger: Overview | 3 |
| Strengths | 3 |
| Opportunities | 4 |
| How to Use this Report | 5 |
| Using Ames, IA as an Example | 6 |
| Health Status | 7 |
| Poor General Health | 7 |
| Poor Physical Health | 8 |
| Poor Mental Health | 8 |
| Health Risk Behaviors | 9 |
| Binge Drinking | 9 |
| Current Smoking | 10 |
| Physical Inactivity | 10 |
| Sleep <7 hours | 11 |
| Health Outcomes | 12 |
| Arthritis | 12 |
| High Blood Pressure | 13 |
| Cancer (except skin) | 13 |
| Current Asthma | 14 |
| Coronary Heart Disease | 14 |
| COPD | 15 |
| Depression | 15 |
| Diabetes | 16 |
| High Cholesterol | 16 |
| Chronic Kidney Disease | 17 |
| Obesity | 17 |
| Stroke | 18 |
| All Teeth Lost | 18 |
| Prevention | 19 |
| Lack of Health Insurance | 19 |
| Taking BP Medication | 20 |
| Cervical Cancer Screening | 20 |
| Annual Checkup | 21 |
| Cholesterol Screening | 21 |

| | |
|--|-----------|
| Colorectal Cancer Screening | 22 |
| Core preventive services for older men | 22 |
| Core preventive services for older women | 24 |
| Dental Visit | 24 |
| Mammography | 26 |
| Disability | 27 |
| Hearing disability | 27 |
| Vision disability | 28 |
| Cognitive disability | 28 |
| Mobility disability | 29 |
| Self-care disability | 29 |
| Independent living disability | 30 |
| Any disability | 30 |
| Appendix 1: CDC PLACES Data | 31 |
| Appendix 2: Granger PLACES Data | 32 |
| Appendix 3: Small Communities (1,000-2,499) | 34 |

Health in Granger: Overview

Dear Community Members & Stakeholders of Granger,

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 Granger ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Granger'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 Granger. 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 |
| Sleep <7 hours | 3rd | 1st | Sleep <7 hours | 3rd | 2nd |
| Self-care Disability | 5th | 1st | Dental Visit | 8th | 2nd |
| Vision Disability | 7th | 2nd | Vision Disability | 8th | 2nd |
| General Health | 9th | 2nd | Cholesterol Screening | 9th | 2nd |
| Diabetes | 11th | 2nd | Self-care Disability | 9th | 2nd |

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 |
| Binge Drinking | 948th | 135th | Binge Drinking | 888th | 133rd |
| Taking BP Medication | 927th | 130th | Taking BP Medication | 879th | 136th |
| Annual Checkup | 898th | 129th | Cancer (except skin) | 418th | 41st |
| Cholesterol Screening | 632nd | 104th | Arthritis | 376th | 52nd |
| Depression | 592nd | 95th | High Cholesterol | 336th | 52nd |

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 Granger.

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.

How to Use this Report

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

With a population of 1,950, Granger’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

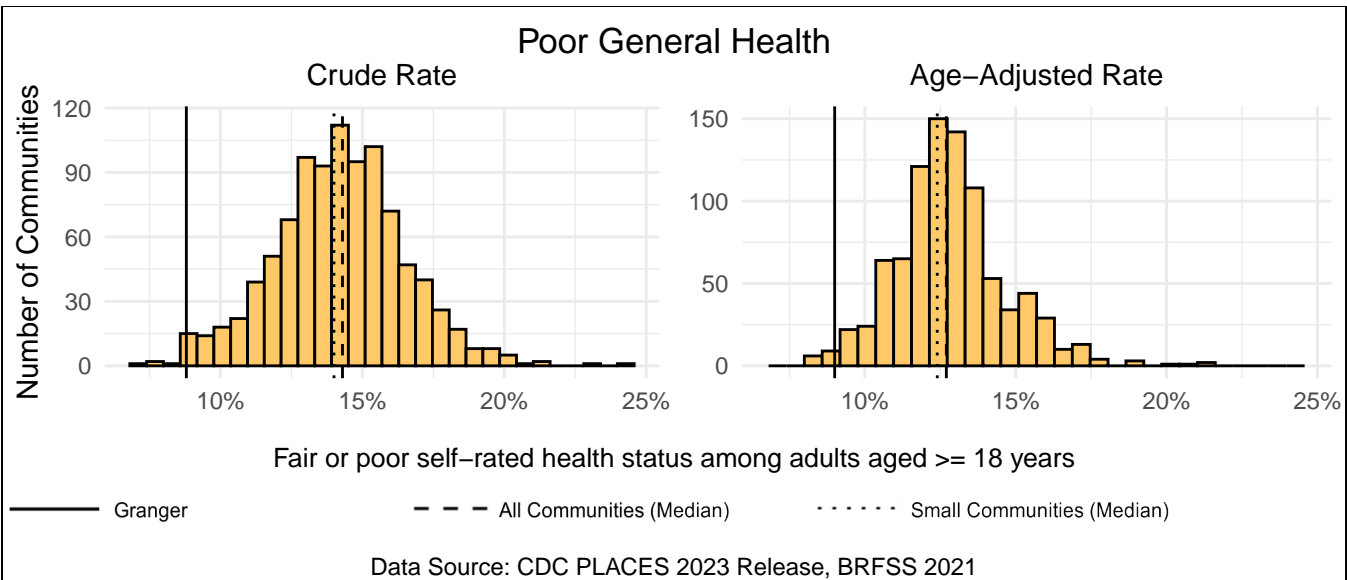
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Granger has a crude rate of 8.8% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 9th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Granger is 9.0%, which ranks 14th out of 905 Iowa communities (3rd out of 138 small communities).

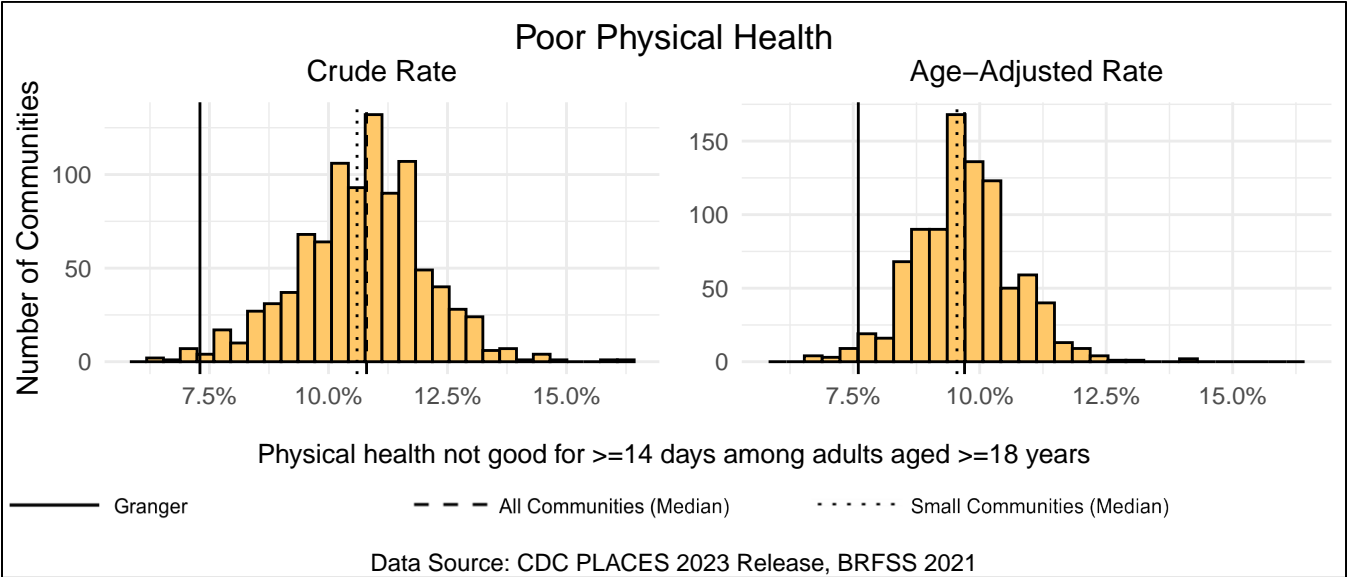
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 8.8% | 14.3% | 14.0% |
| Age-Adjusted | 9.0% | 12.7% | 12.4% |



Poor Physical Health

Granger has a crude rate of 7.3% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 11th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Granger is 7.6%, which ranks 17th out of 905 Iowa communities (3rd out of 138 small communities).

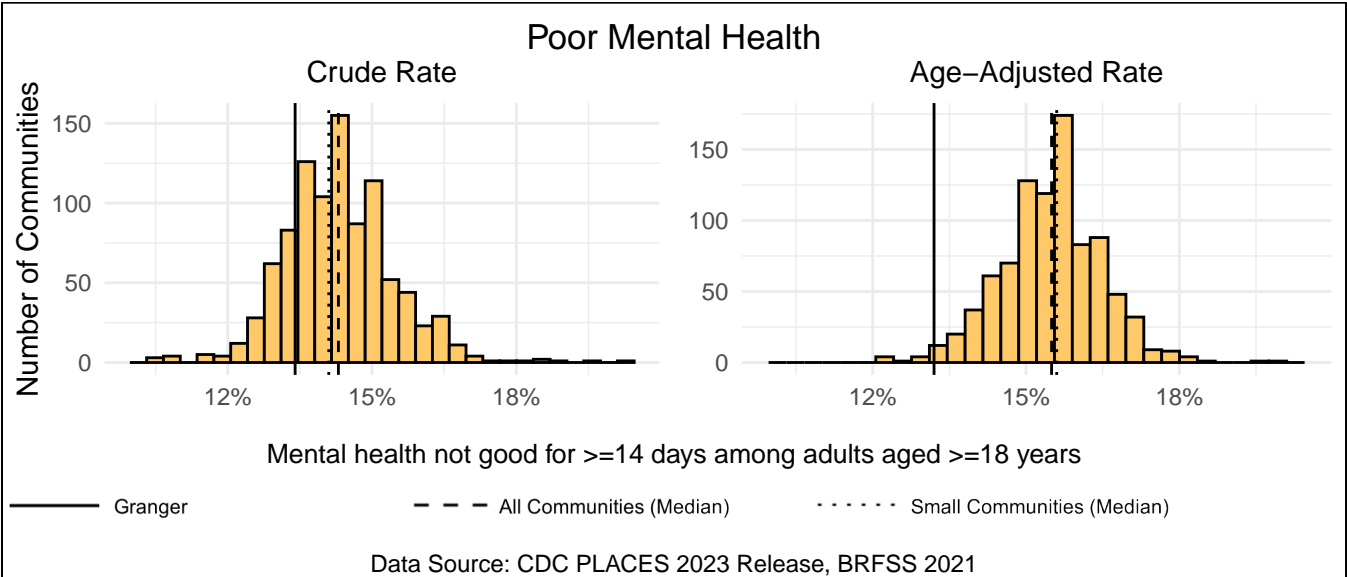
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 7.3% | 10.8% | 10.6% |
| Age-Adjusted | 7.6% | 9.7% | 9.6% |



Poor Mental Health

Granger has a crude rate of 13.4% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 164th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Granger is 13.2%, which ranks 10th out of 905 Iowa communities (2nd out of 138 small communities).

| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 13.4% | 14.3% | 14.1% |
| Age-Adjusted | 13.2% | 15.5% | 15.6% |



Health Risk Behaviors

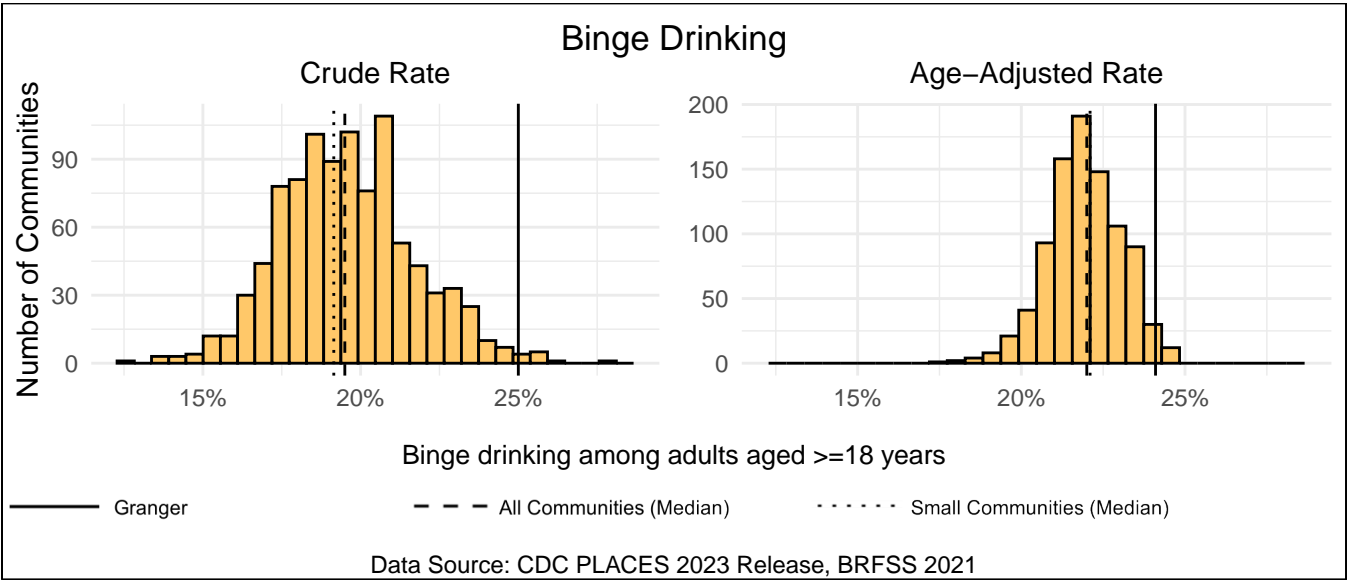
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

Binge Drinking

Granger has a crude rate of 25.0% for binge drinking among adults aged ≥ 18 years, which ranks 948th out of 958 Iowa communities (135th out of 138 small communities). The age-adjusted rate for Granger is 24.1%, which ranks 888th out of 905 Iowa communities (133rd out of 138 small communities).

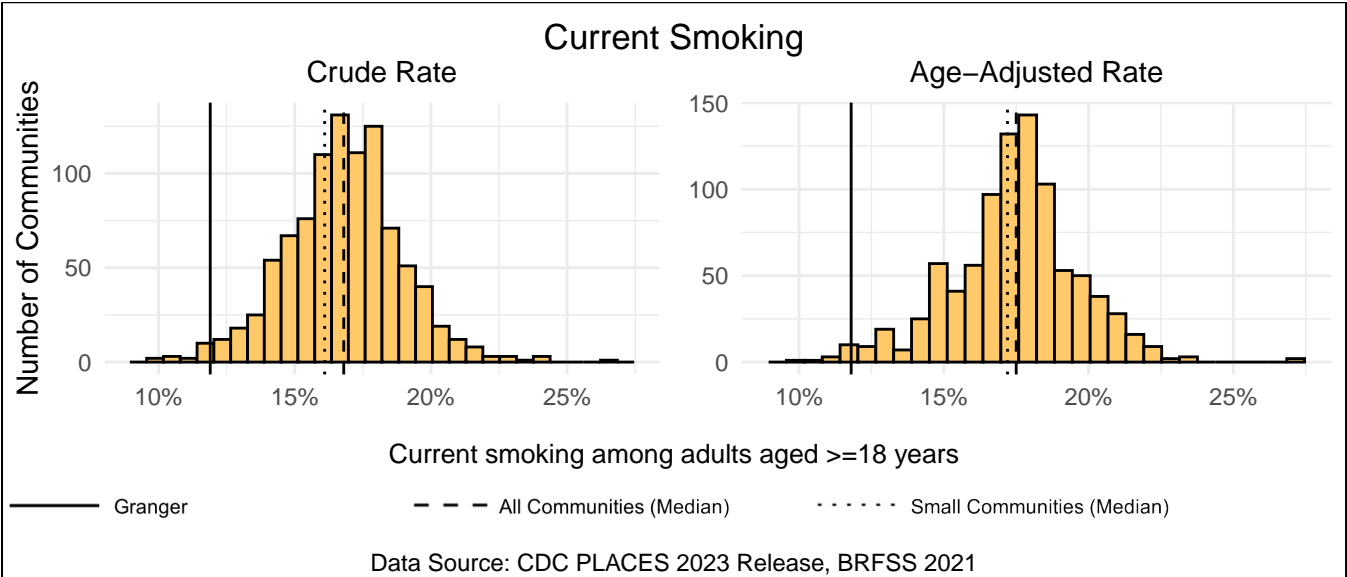
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 25.0% | 19.5% | 19.1% |
| Age-Adjusted | 24.1% | 22.0% | 22.1% |



Current Smoking

Granger has a crude rate of 11.9% for current smoking among adults aged ≥ 18 years, which ranks 12th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Granger is 11.8%, which ranks 11th out of 905 Iowa communities (2nd out of 138 small communities).

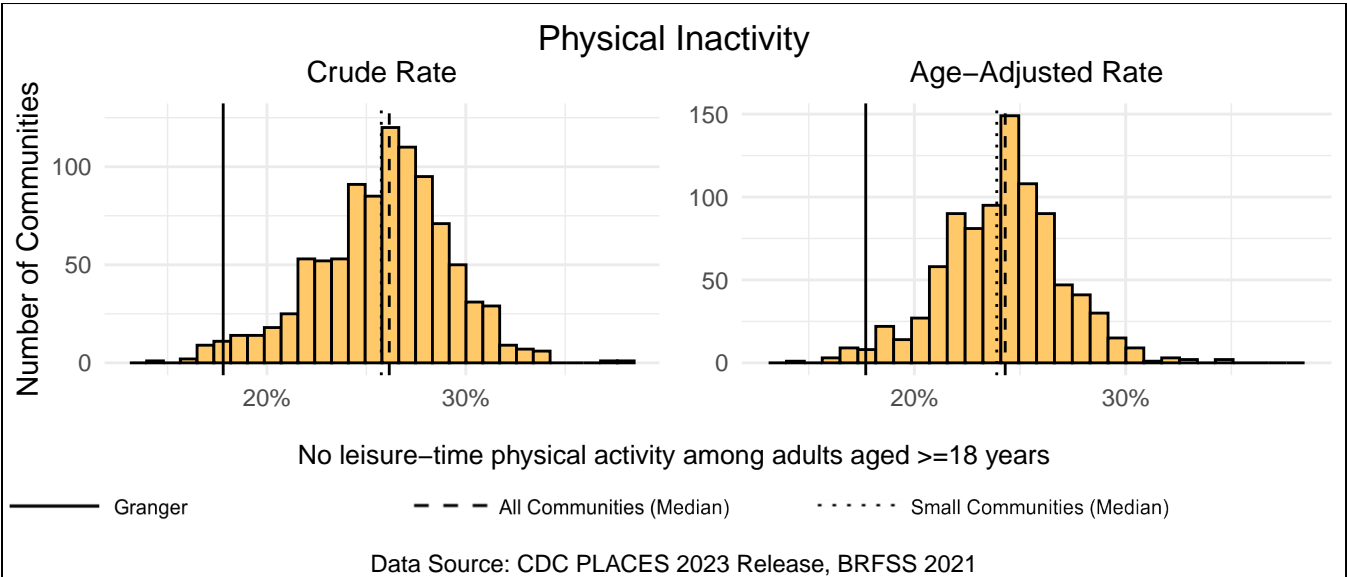
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 11.9% | 16.8% | 16.1% |
| Age-Adjusted | 11.8% | 17.5% | 17.2% |



Physical Inactivity

Granger has a crude rate of 17.8% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 16th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Granger is 17.7%, which ranks 15th out of 905 Iowa communities (4th out of 138 small communities).

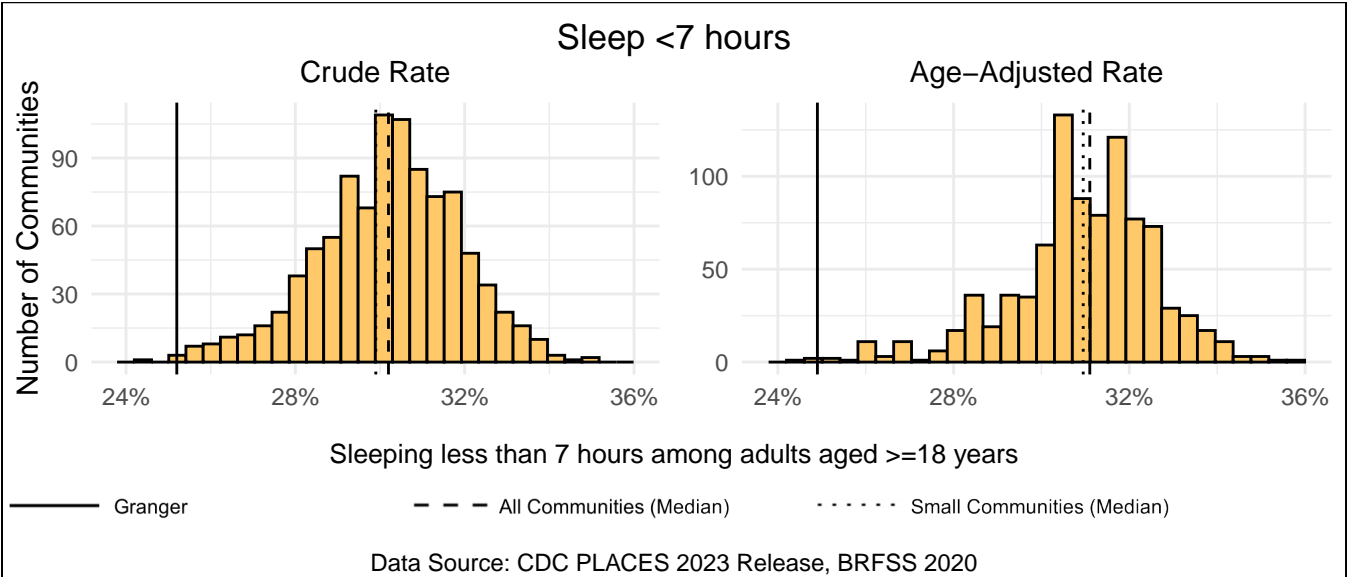
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 17.8% | 26.1% | 25.8% |
| Age-Adjusted | 17.7% | 24.3% | 23.9% |



Sleep <7 hours

Granger has a crude rate of 25.2% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 3rd out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Granger is 24.9%, which ranks 3rd out of 905 Iowa communities (2nd out of 138 small communities).

| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 25.2% | 30.2% | 29.9% |
| Age-Adjusted | 24.9% | 31.1% | 31.0% |



Health Outcomes

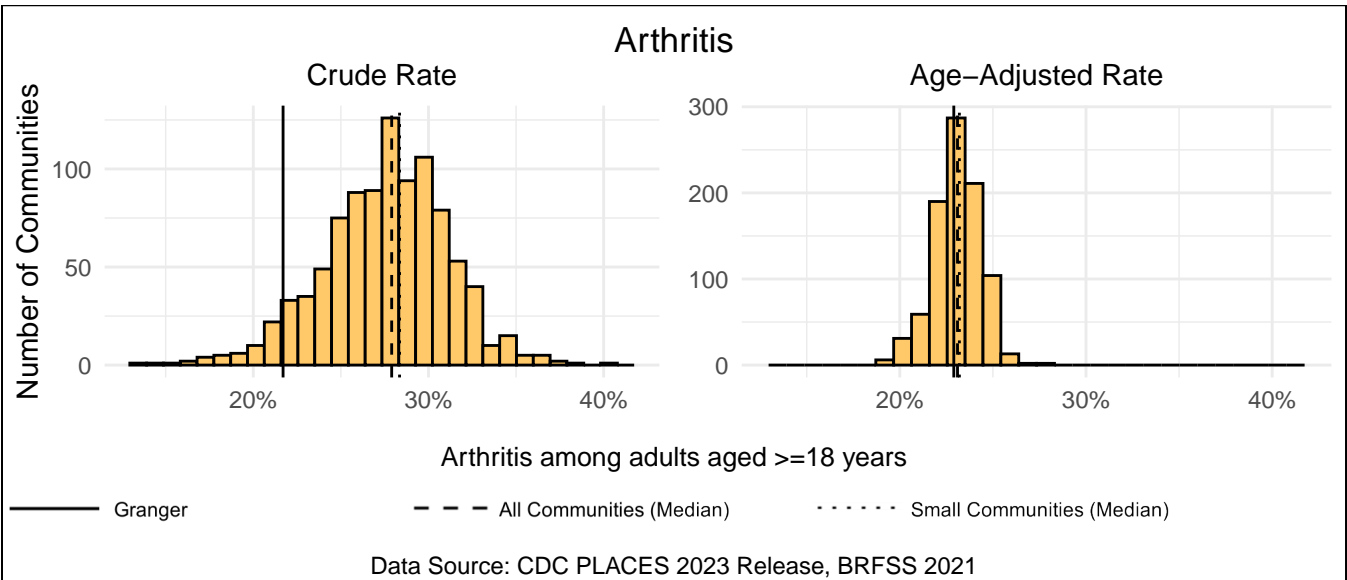
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Granger has a crude rate of 21.7% for arthritis among adults aged ≥ 18 years, which ranks 56th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Granger is 22.9%, which ranks 376th out of 905 Iowa communities (52nd out of 138 small communities).

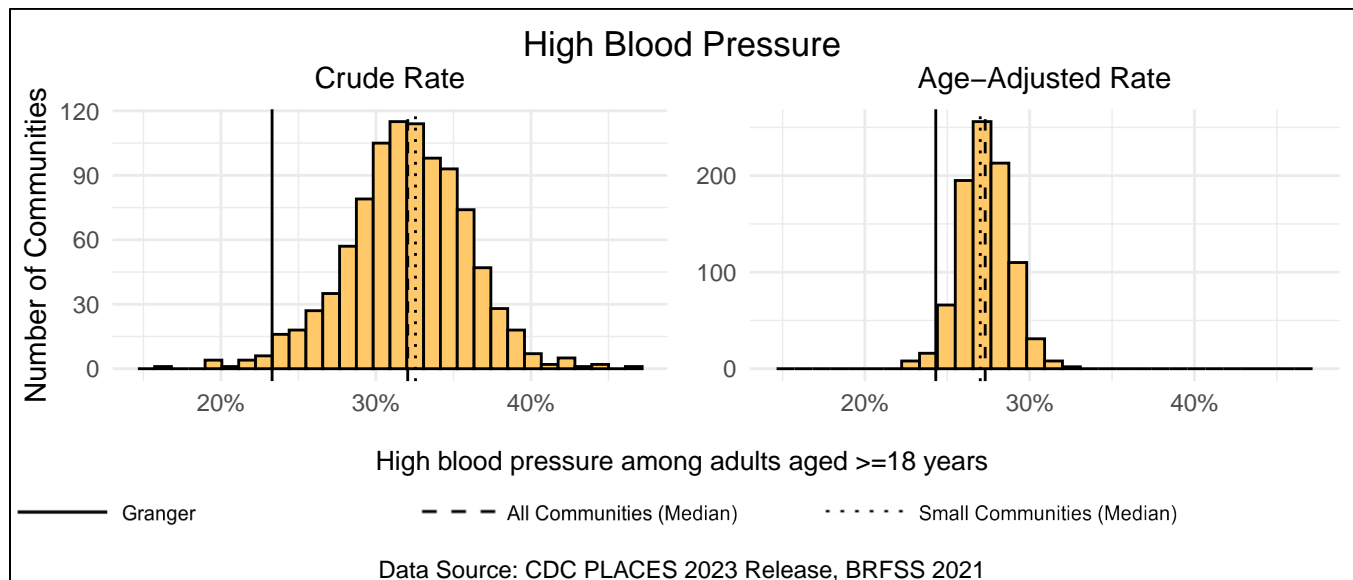
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 21.7% | 27.9% | 28.4% |
| Age-Adjusted | 22.9% | 23.1% | 23.2% |



High Blood Pressure

Granger has a crude rate of 23.3% for high blood pressure among adults aged ≥ 18 years, which ranks 16th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Granger is 24.3%, which ranks 23rd out of 905 Iowa communities (6th out of 138 small communities).

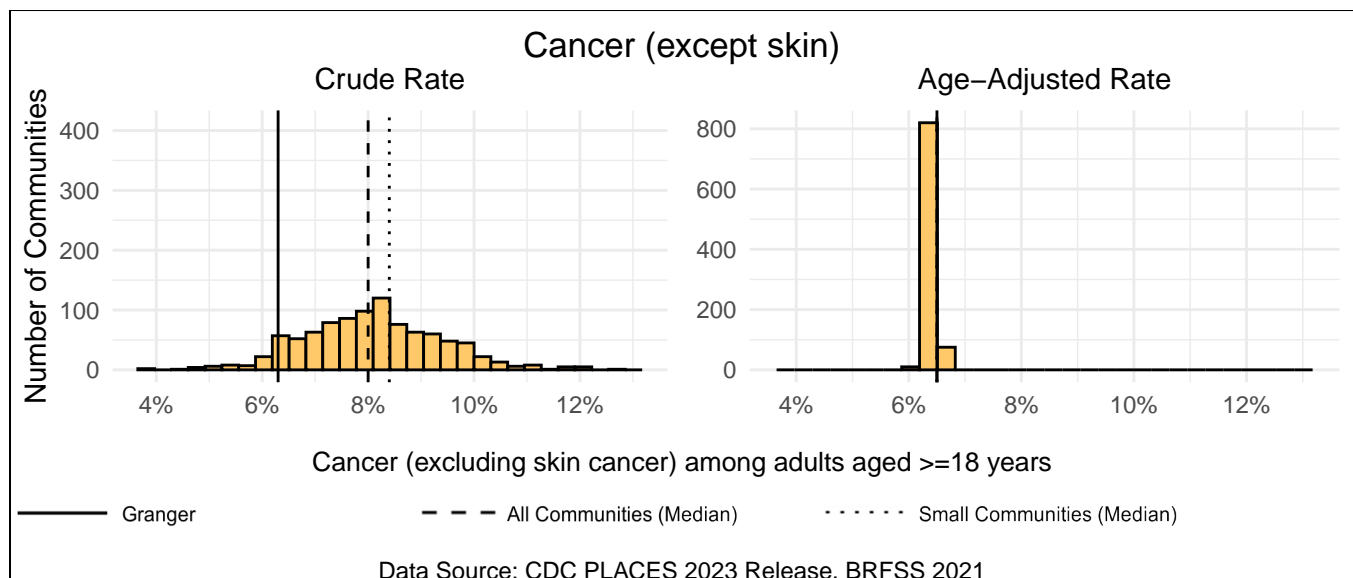
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 23.3% | 32.0% | 32.5% |
| Age-Adjusted | 24.3% | 27.3% | 27.0% |



Cancer (except skin)

Granger has a crude rate of 6.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 66th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Granger is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

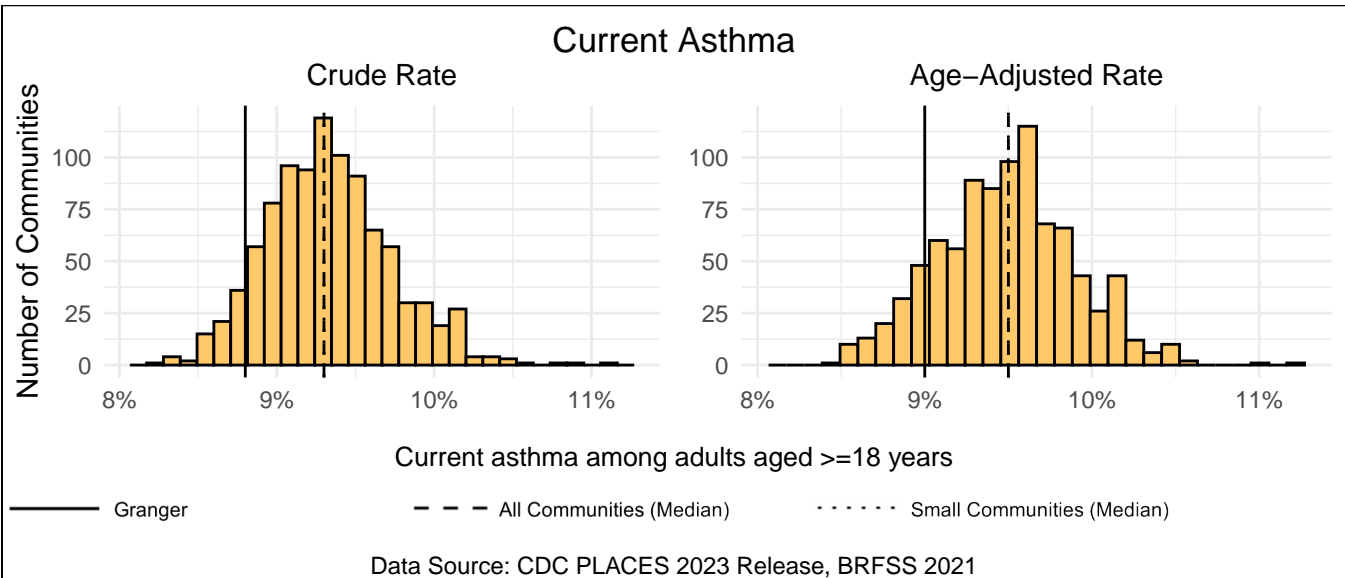
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 6.3% | 8.0% | 8.4% |
| Age-Adjusted | 6.5% | 6.5% | 6.5% |



Current Asthma

Granger has a crude rate of 8.8% for current asthma among adults aged ≥ 18 years, which ranks 44th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Granger is 9.0%, which ranks 77th out of 905 Iowa communities (10th out of 138 small communities).

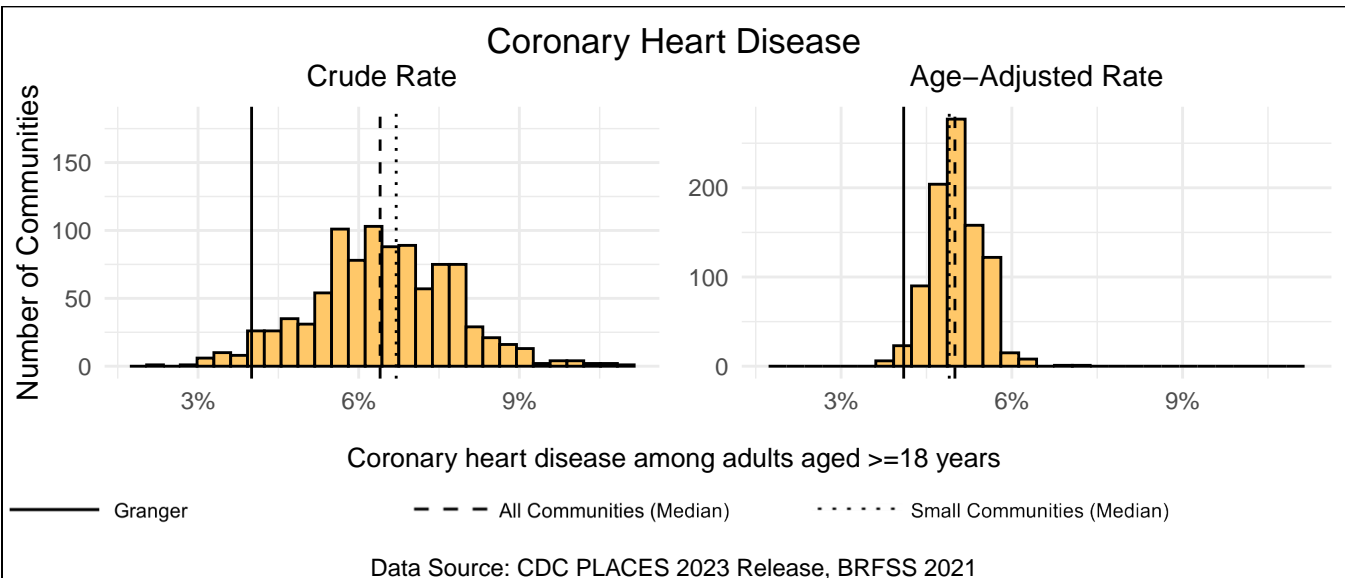
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 8.8% | 9.3% | 9.3% |
| Age-Adjusted | 9.0% | 9.5% | 9.5% |



Coronary Heart Disease

Granger has a crude rate of 4.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 27th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Granger is 4.1%, which ranks 12th out of 905 Iowa communities (3rd out of 138 small communities).

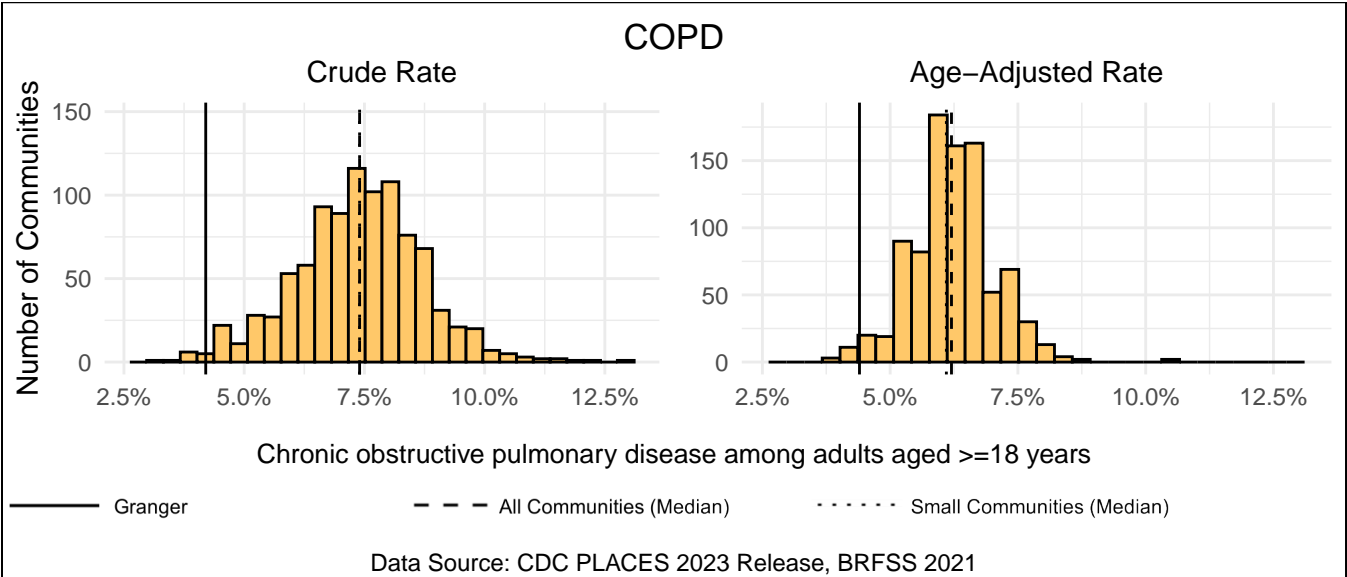
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 4.0% | 6.4% | 6.7% |
| Age-Adjusted | 4.1% | 5.0% | 4.9% |



COPD

Granger has a crude rate of 4.2% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 11th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Granger is 4.4%, which ranks 15th out of 905 Iowa communities (3rd out of 138 small communities).

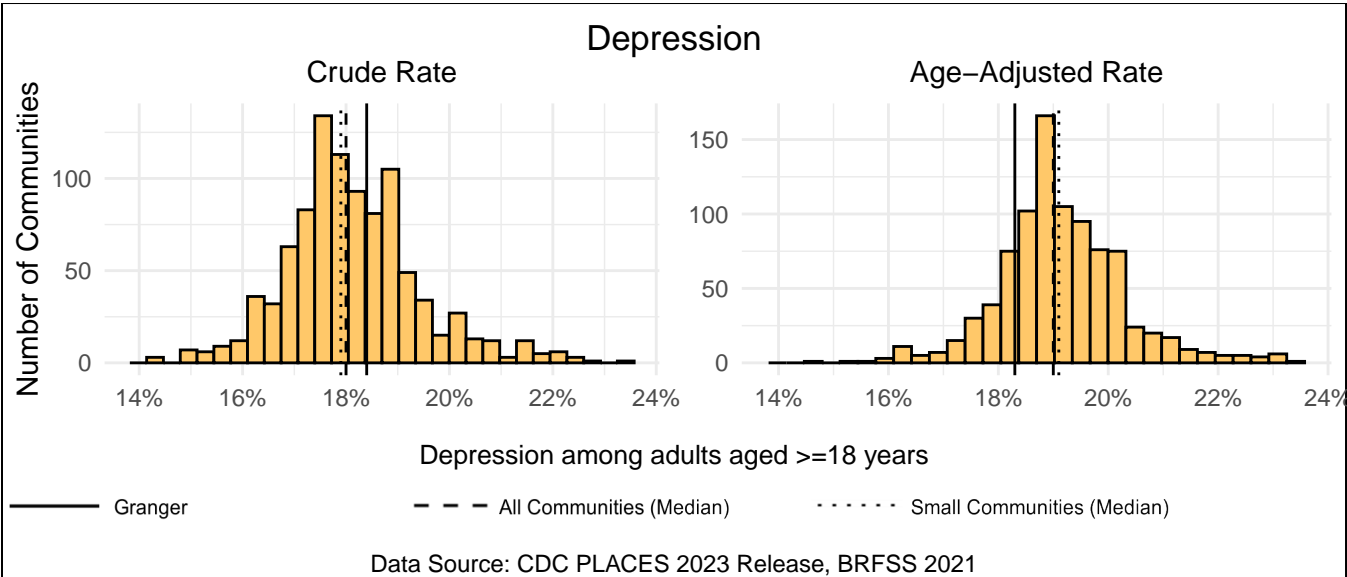
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 4.2% | 7.4% | 7.4% |
| Age-Adjusted | 4.4% | 6.2% | 6.1% |



Depression

Granger has a crude rate of 18.4% for depression among adults aged >=18 years, which ranks 592nd out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Granger is 18.3%, which ranks 164th out of 905 Iowa communities (17th out of 138 small communities).

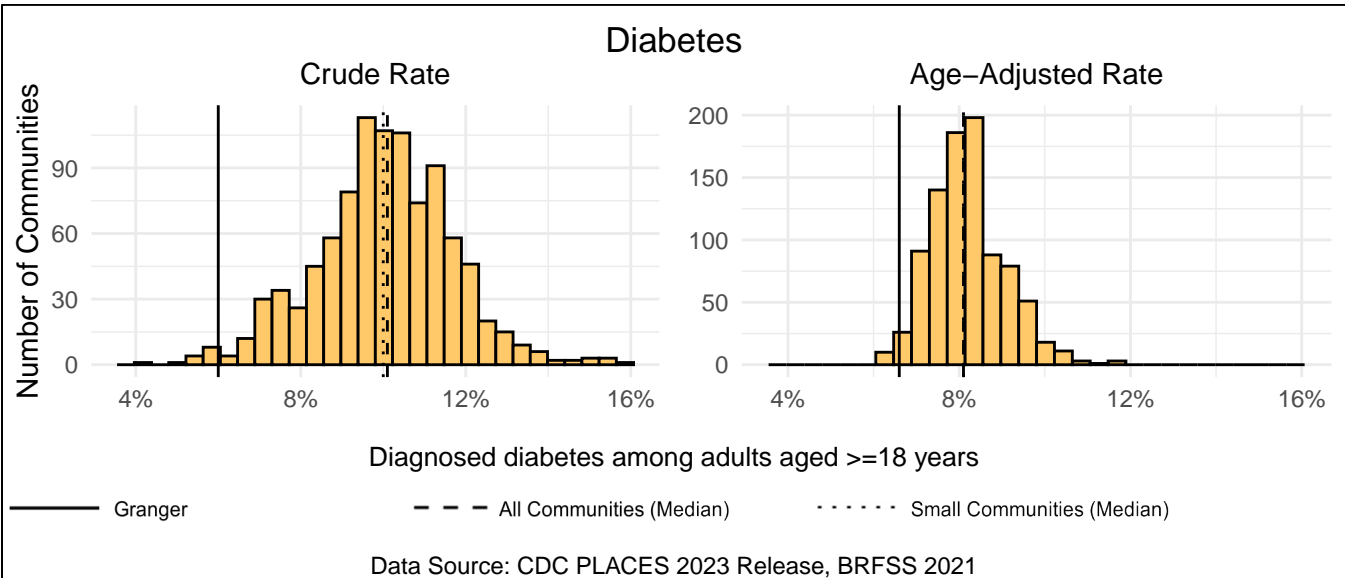
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 18.4% | 18.0% | 17.9% |
| Age-Adjusted | 18.3% | 19.0% | 19.1% |



Diabetes

Granger has a crude rate of 6.0% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 11th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Granger is 6.6%, which ranks 16th out of 905 Iowa communities (3rd out of 138 small communities).

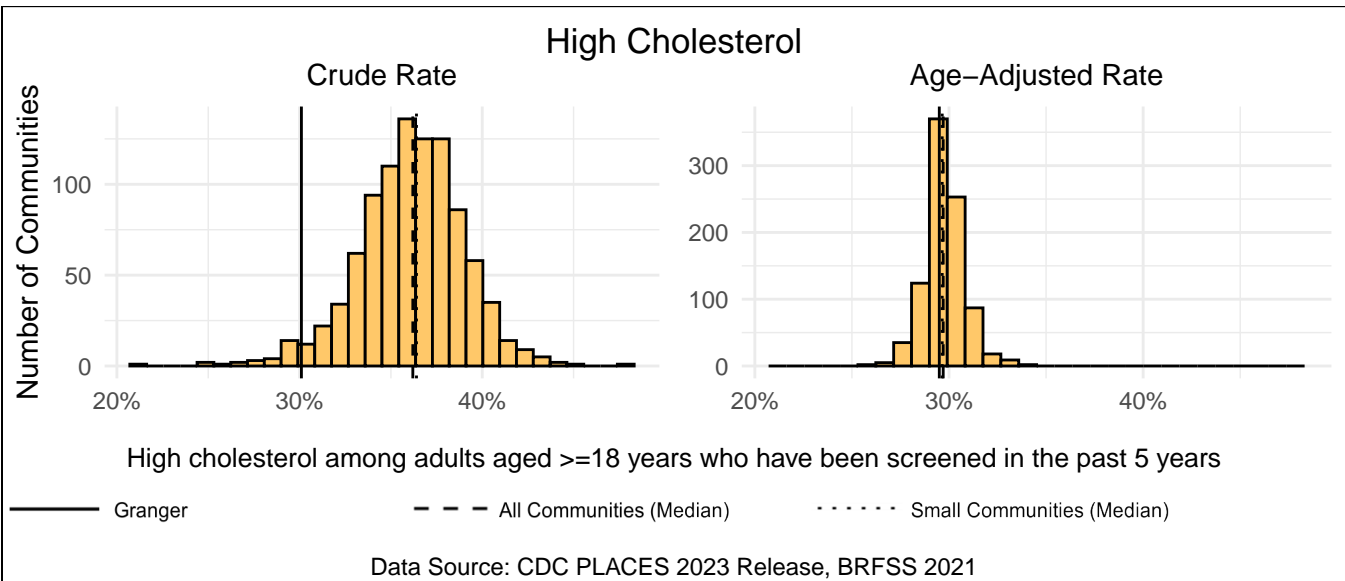
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 6.0% | 10.1% | 10.0% |
| Age-Adjusted | 6.6% | 8.1% | 8.1% |



High Cholesterol

Granger has a crude rate of 30.1% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 28th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Granger is 29.5%, which ranks 336th out of 905 Iowa communities (52nd out of 138 small communities).

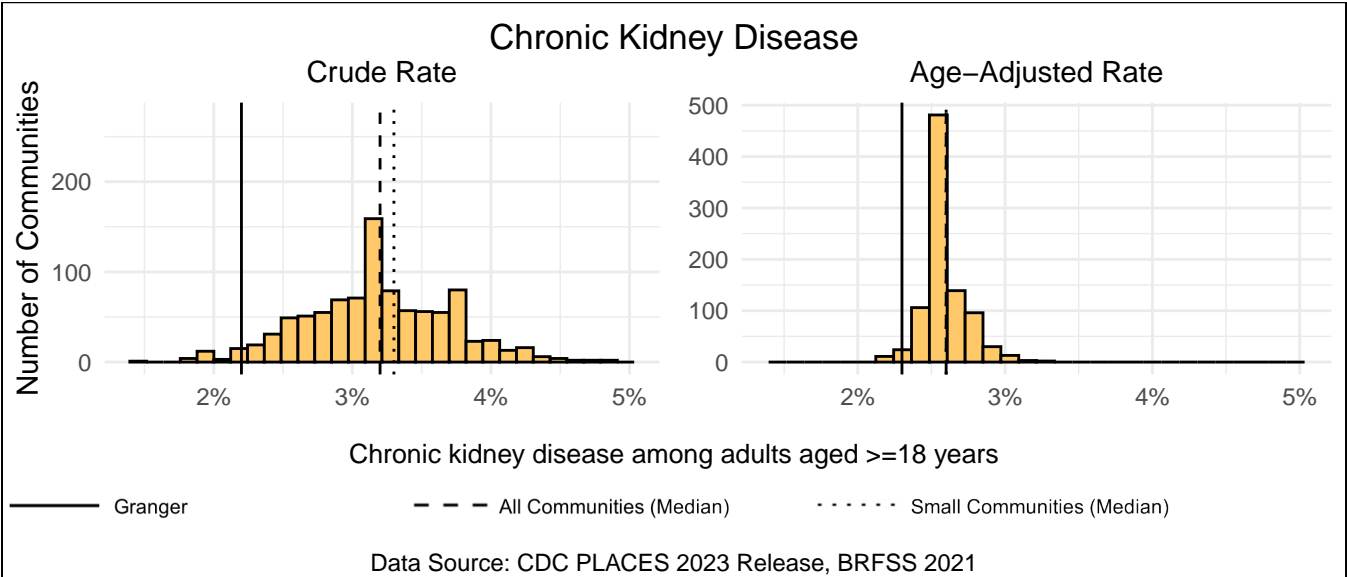
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 30.1% | 36.2% | 36.4% |
| Age-Adjusted | 29.5% | 29.7% | 29.6% |



Chronic Kidney Disease

Granger has a crude rate of 2.2% for chronic kidney disease among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Granger is 2.3%, which ranks 12th out of 905 Iowa communities (3rd out of 138 small communities).

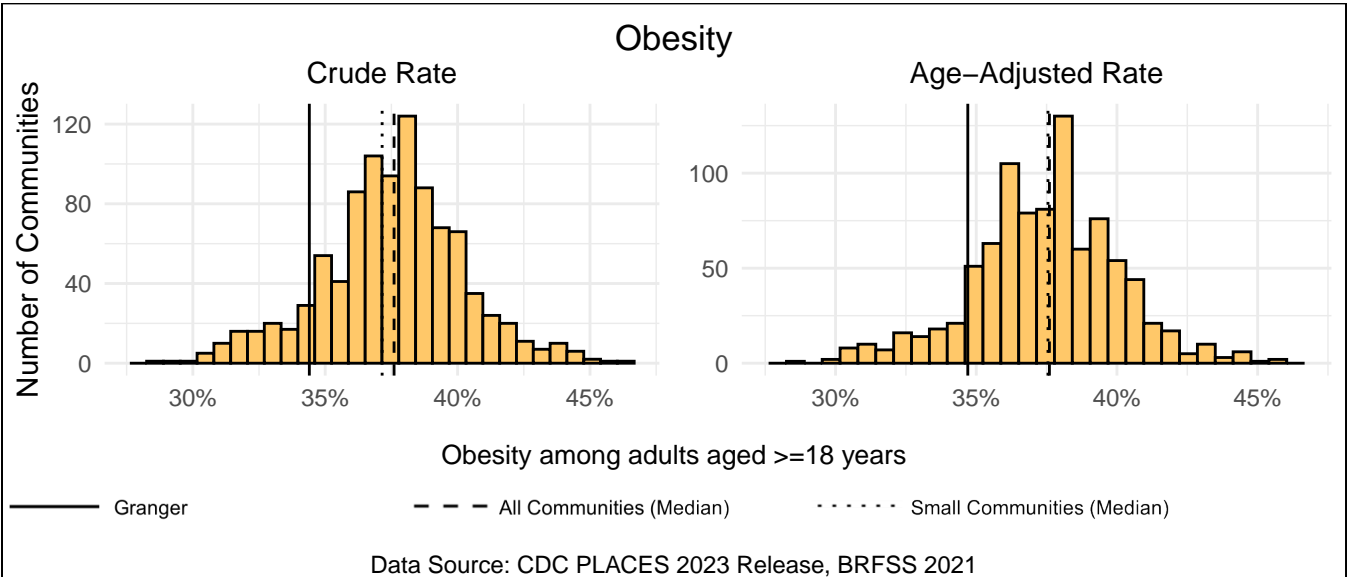
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 2.2% | 3.2% | 3.3% |
| Age-Adjusted | 2.3% | 2.6% | 2.6% |



Obesity

Granger has a crude rate of 34.4% for obesity among adults aged ≥ 18 years, which ranks 101st out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Granger is 34.7%, which ranks 98th out of 905 Iowa communities (14th out of 138 small communities).

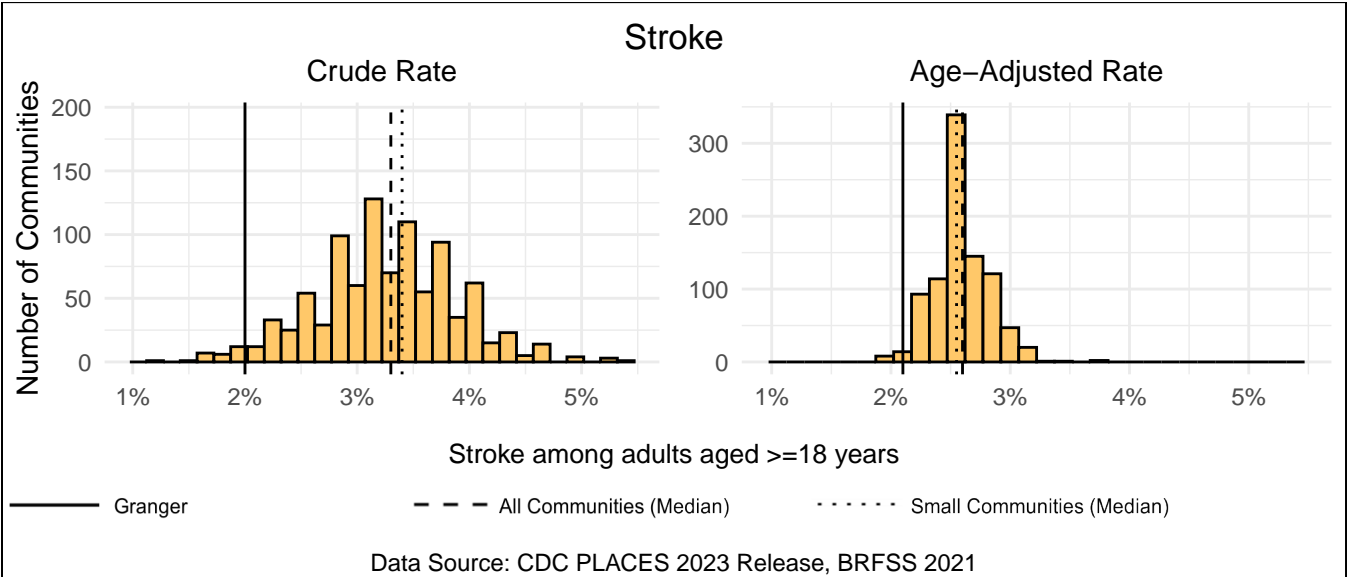
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 34.4% | 37.6% | 37.2% |
| Age-Adjusted | 34.7% | 37.6% | 37.5% |



Stroke

Granger has a crude rate of 2.0% for stroke among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Granger is 2.1%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

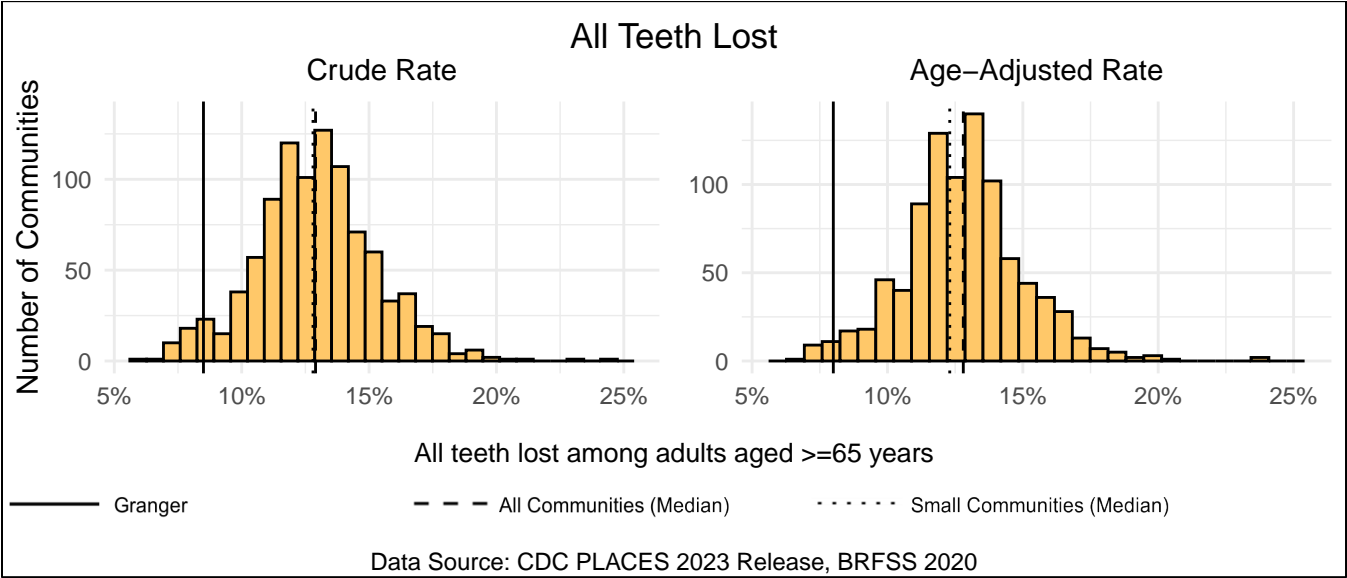
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 2.0% | 3.3% | 3.4% |
| Age-Adjusted | 2.1% | 2.6% | 2.5% |



All Teeth Lost

Granger has a crude rate of 8.5% for all teeth lost among adults aged ≥ 65 years, which ranks 38th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Granger is 8.0%, which ranks 17th out of 905 Iowa communities (4th out of 138 small communities).

| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 8.5% | 12.9% | 12.8% |
| Age-Adjusted | 8.0% | 12.8% | 12.3% |



Prevention

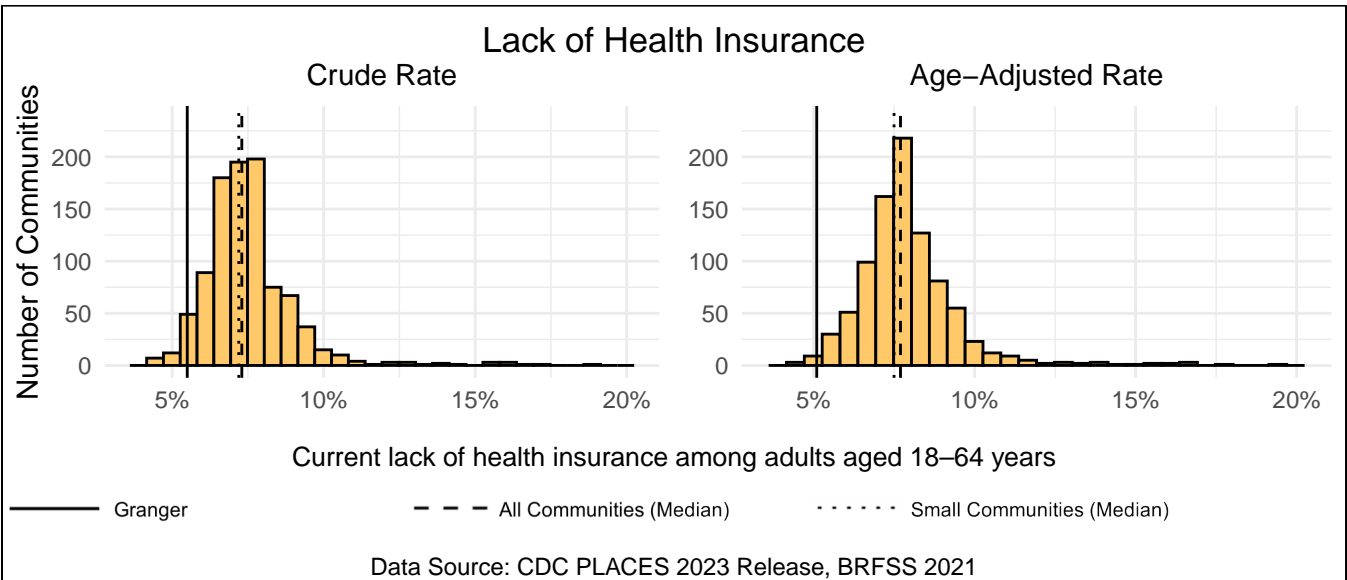
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Granger has a crude rate of 5.5% for current lack of health insurance among adults aged 18–64 years, which ranks 32nd out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Granger is 5.1%, which ranks 10th out of 905 Iowa communities (2nd out of 138 small communities).

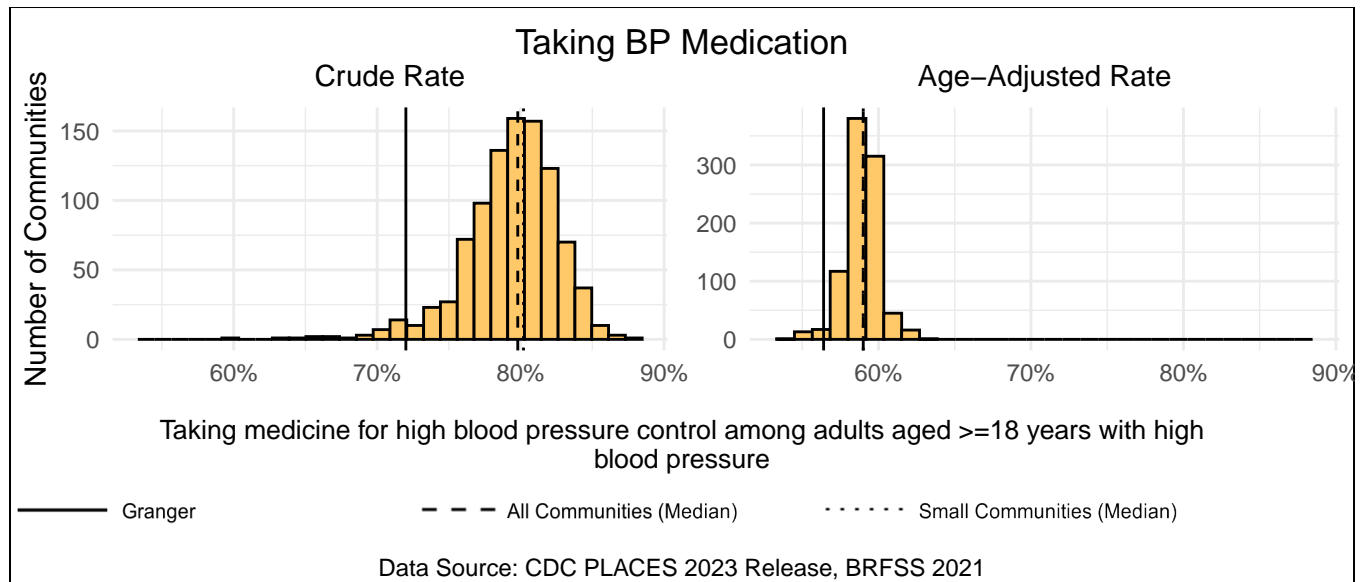
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 5.5% | 7.3% | 7.2% |
| Age-Adjusted | 5.1% | 7.7% | 7.5% |



Taking BP Medication

Granger has a crude rate of 72.0% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 927th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Granger is 56.4%, which ranks 879th out of 905 Iowa communities (136th out of 138 small communities).

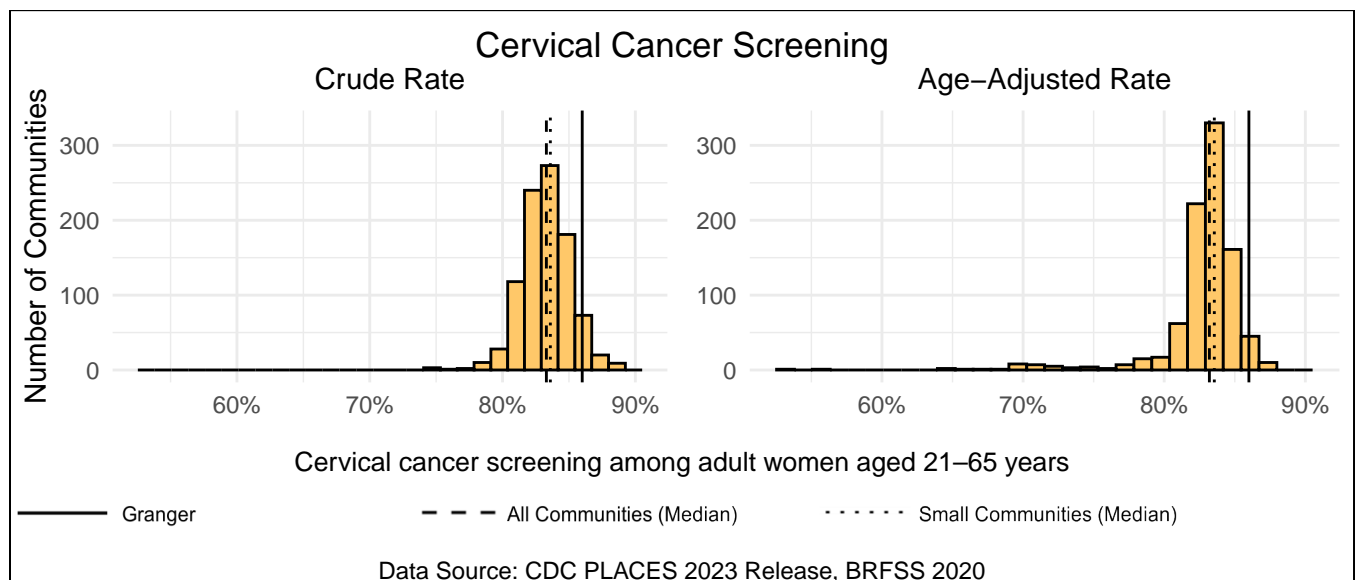
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 72.0% | 79.8% | 80.2% |
| Age-Adjusted | 56.4% | 59.0% | 59.0% |



Cervical Cancer Screening

Granger has a crude rate of 86.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 62nd out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Granger is 86.0%, which ranks 27th out of 905 Iowa communities (8th out of 138 small communities).

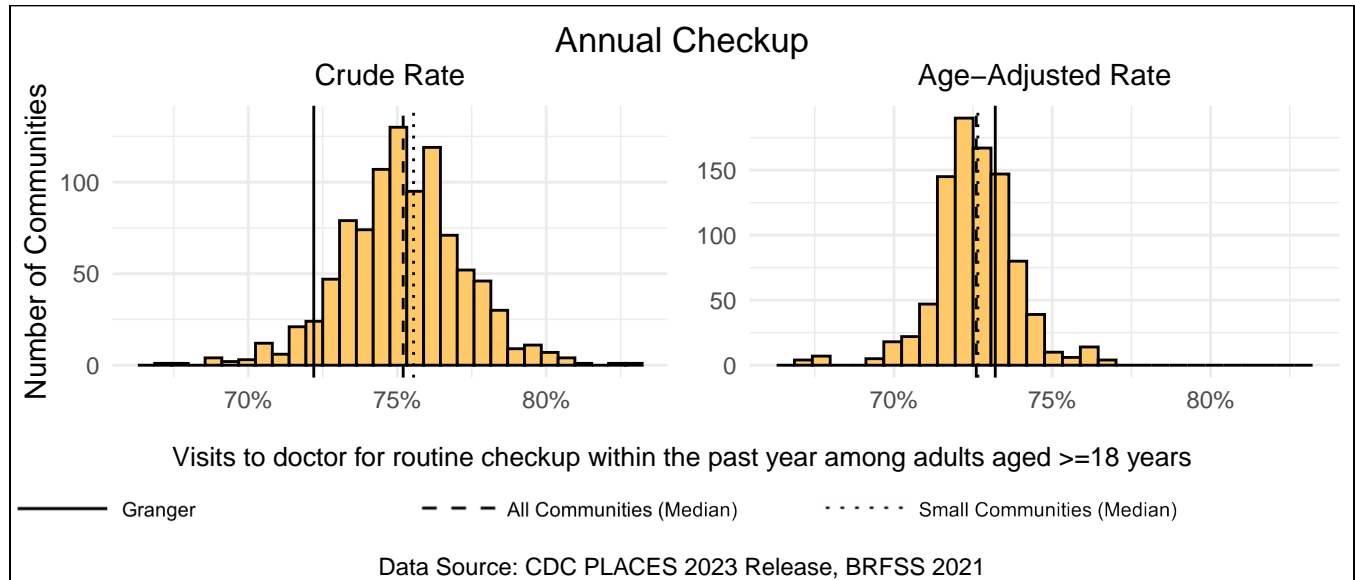
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 86.0% | 83.3% | 83.6% |
| Age-Adjusted | 86.0% | 83.2% | 83.5% |



Annual Checkup

Granger has a crude rate of 72.2% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 898th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Granger is 73.2%, which ranks 235th out of 905 Iowa communities (41st out of 138 small communities).

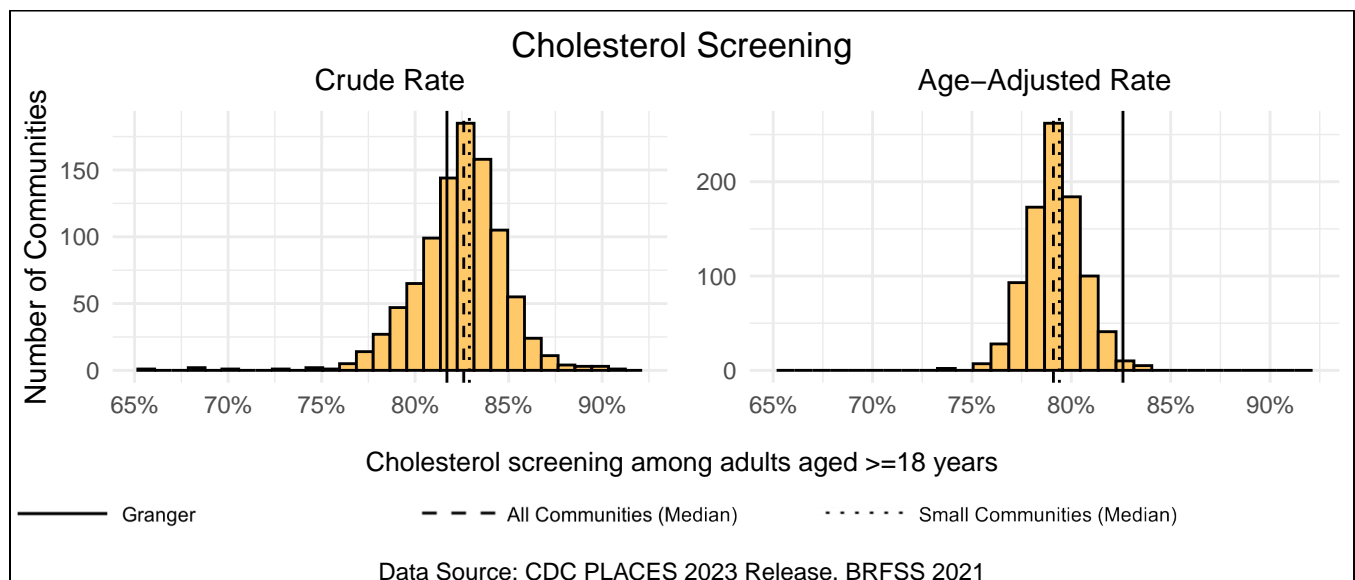
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 72.2% | 75.2% | 75.5% |
| Age-Adjusted | 73.2% | 72.6% | 72.6% |



Cholesterol Screening

Granger has a crude rate of 81.7% for cholesterol screening among adults aged ≥ 18 years, which ranks 632nd out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Granger is 82.6%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

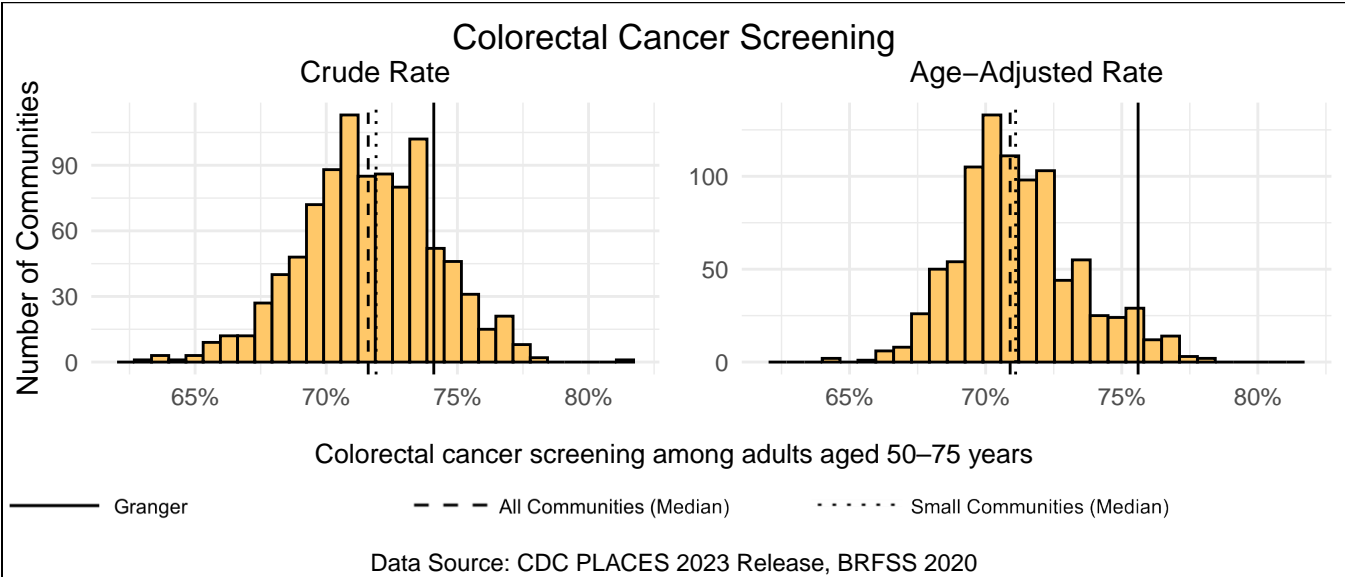
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 81.7% | 82.6% | 82.9% |
| Age-Adjusted | 82.6% | 79.1% | 79.4% |



Colorectal Cancer Screening

Granger has a crude rate of 74.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 153rd out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Granger is 75.6%, which ranks 40th out of 905 Iowa communities (11th out of 138 small communities).

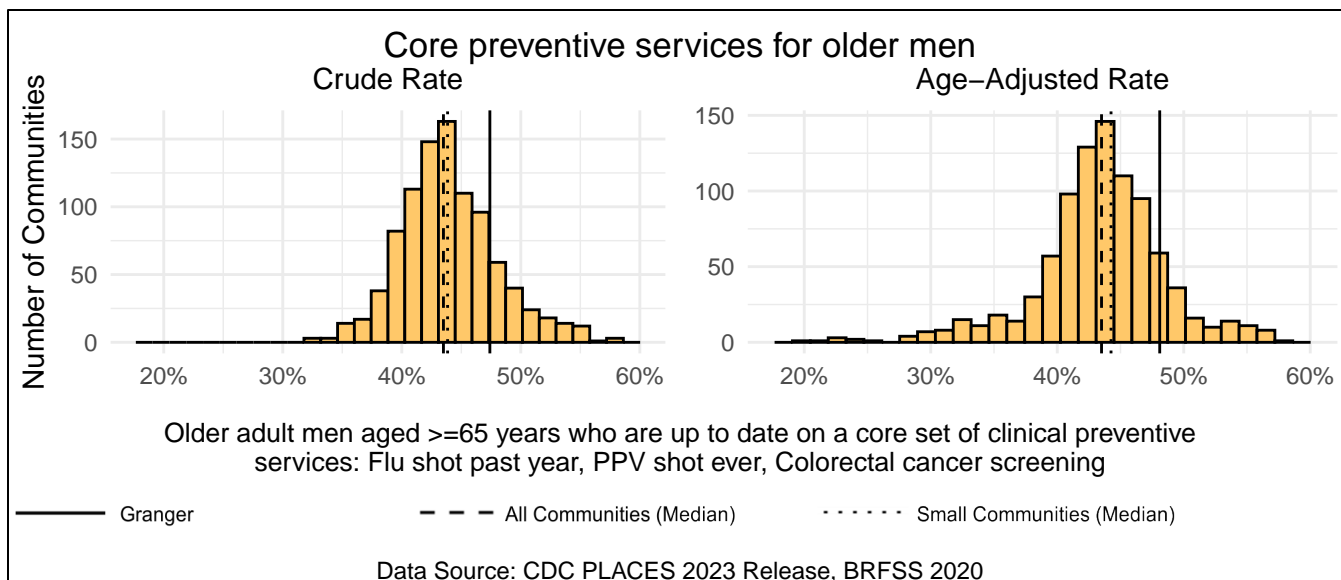
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 74.1% | 71.6% | 71.9% |
| Age-Adjusted | 75.6% | 70.9% | 71.1% |



Core preventive services for older men

Granger has a crude rate of 47.4% 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 166th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Granger is 48.1%, which ranks 120th out of 905 Iowa communities (17th out of 138 small communities).

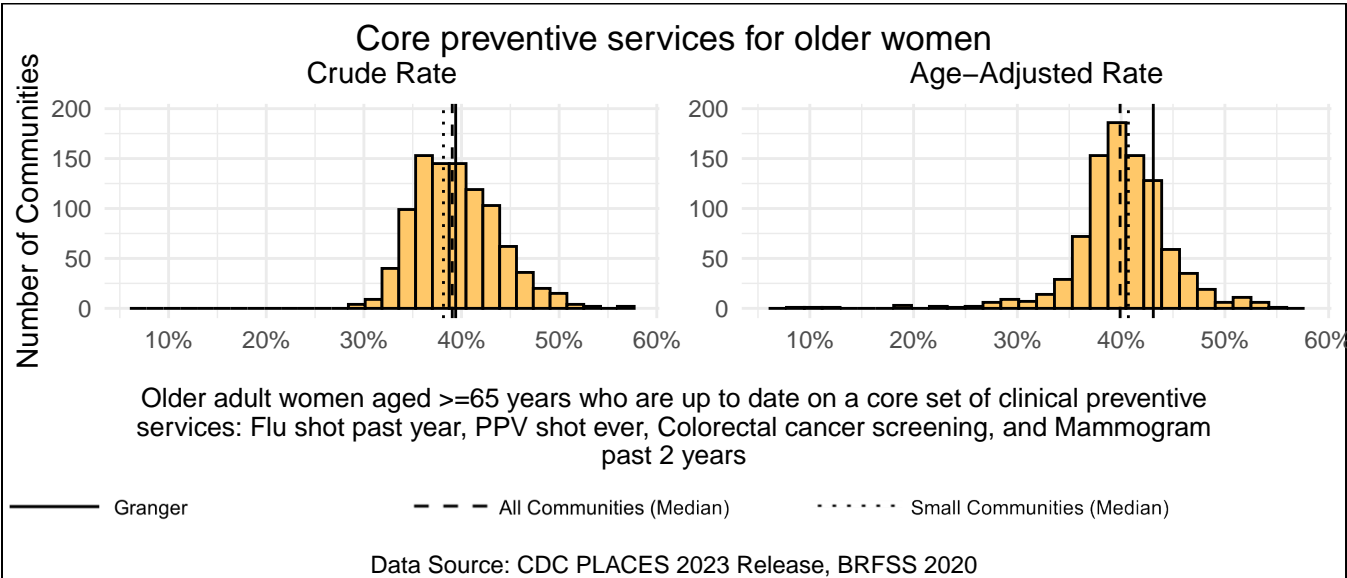
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 47.4% | 43.5% | 43.8% |
| Age-Adjusted | 48.1% | 43.5% | 44.2% |



Core preventive services for older women

Granger has a crude rate of 39.4% 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 441st out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Granger is 43.1%, which ranks 194th out of 905 Iowa communities (42nd out of 138 small communities).

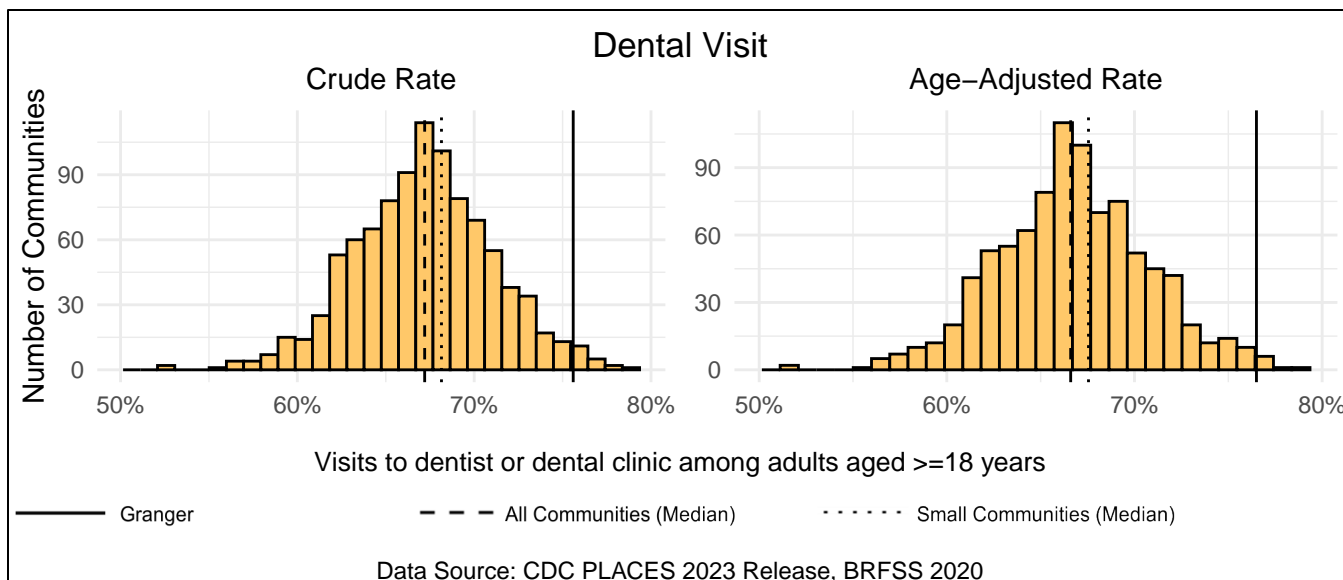
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 39.4% | 39.0% | 38.2% |
| Age-Adjusted | 43.1% | 39.9% | 40.7% |



Dental Visit

Granger has a crude rate of 75.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 18th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Granger is 76.5%, which ranks 8th out of 905 Iowa communities (2nd out of 138 small communities).

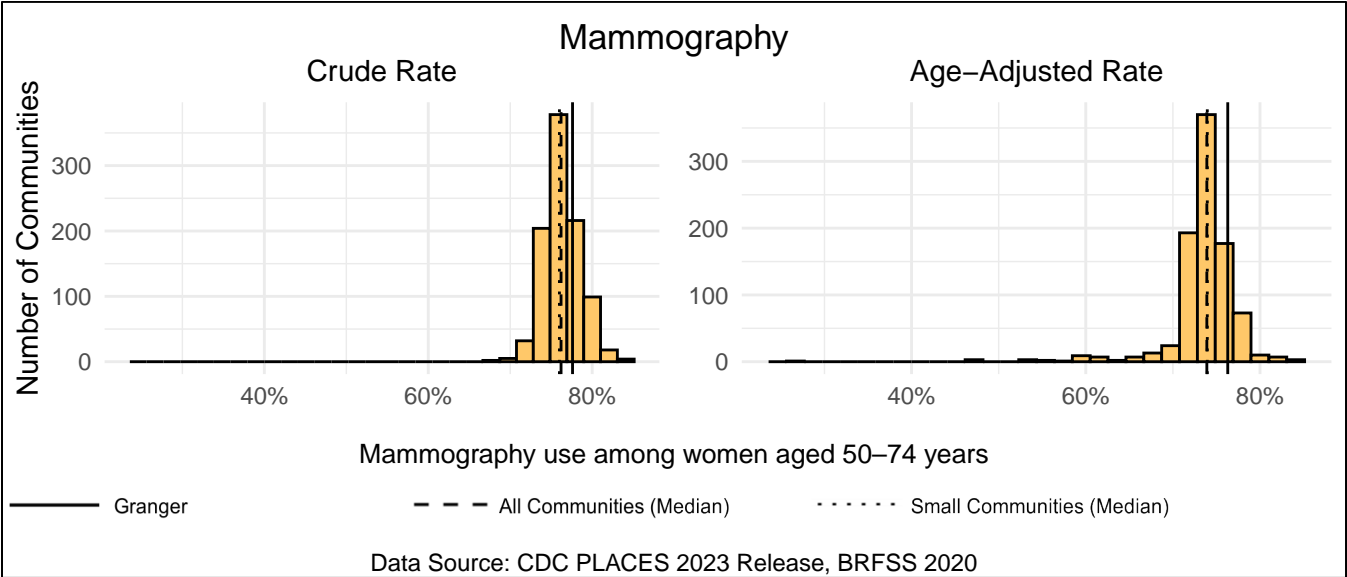
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 75.6% | 67.2% | 68.2% |
| Age-Adjusted | 76.5% | 66.6% | 67.5% |



Mammography

Granger has a crude rate of 77.6% for mammography use among women aged 50–74 years, which ranks 248th out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for Granger is 76.3%, which ranks 133rd out of 905 Iowa communities (24th out of 138 small communities).

| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 77.6% | 76.2% | 76.0% |
| Age-Adjusted | 76.3% | 73.9% | 74.0% |



Disability

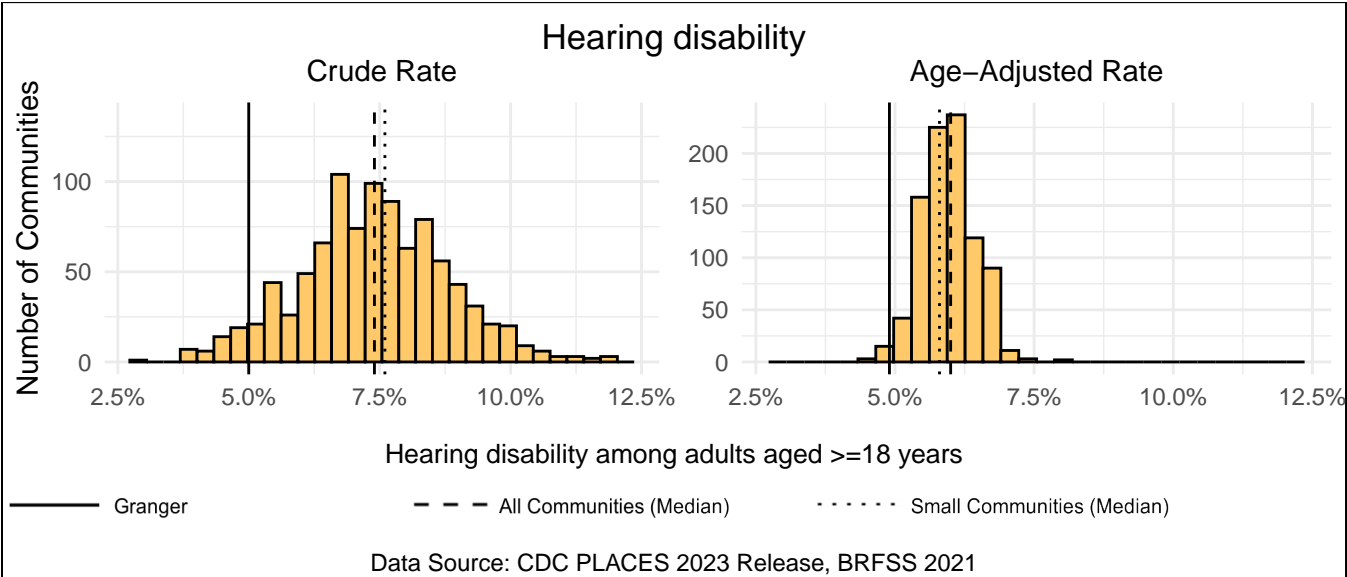
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Granger has a crude rate of 5.0% for hearing disability among adults aged ≥ 18 years, which ranks 48th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Granger is 4.9%, which ranks 13th out of 905 Iowa communities (2nd out of 138 small communities).

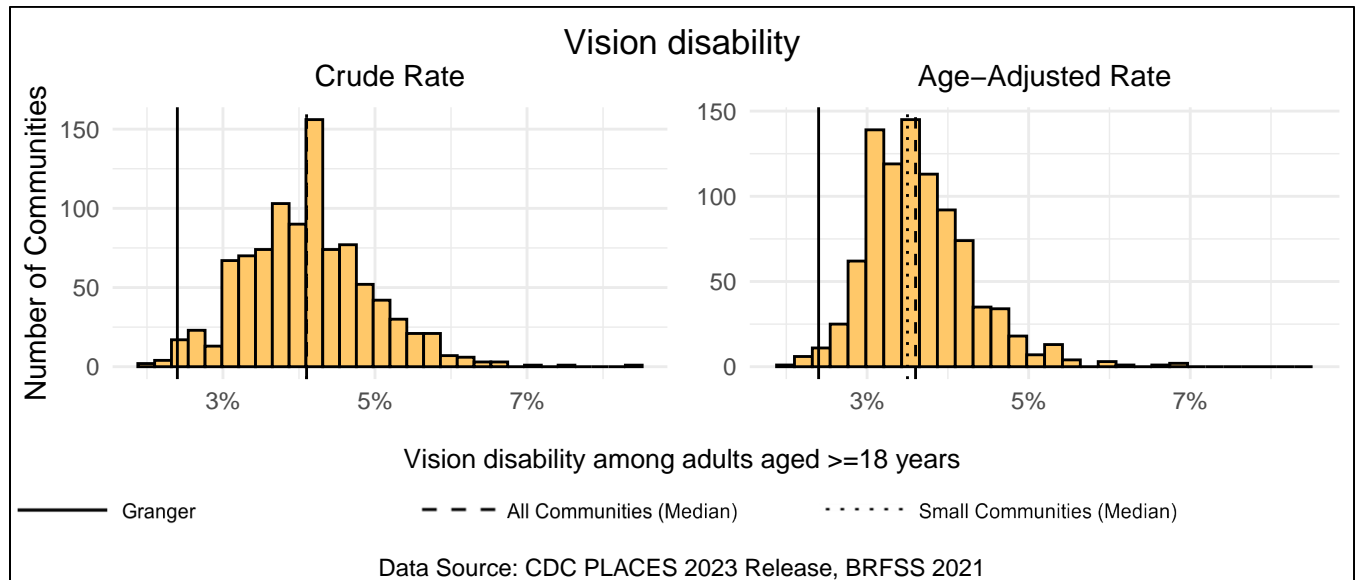
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 5.0% | 7.4% | 7.6% |
| Age-Adjusted | 4.9% | 6.0% | 5.8% |



Vision disability

Granger has a crude rate of 2.4% for vision disability among adults aged ≥ 18 years, which ranks 7th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Granger is 2.4%, which ranks 8th out of 905 Iowa communities (2nd out of 138 small communities).

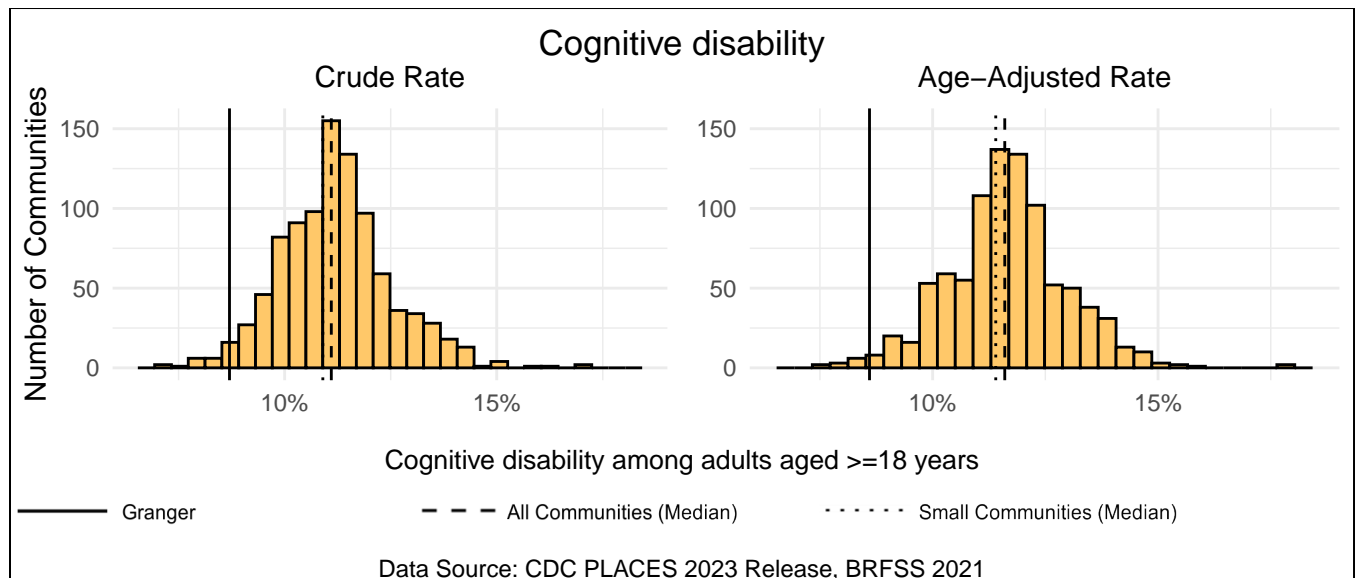
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 2.4% | 4.1% | 4.1% |
| Age-Adjusted | 2.4% | 3.6% | 3.5% |



Cognitive disability

Granger has a crude rate of 8.7% for cognitive disability among adults aged ≥ 18 years, which ranks 18th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Granger is 8.6%, which ranks 12th out of 905 Iowa communities (3rd out of 138 small communities).

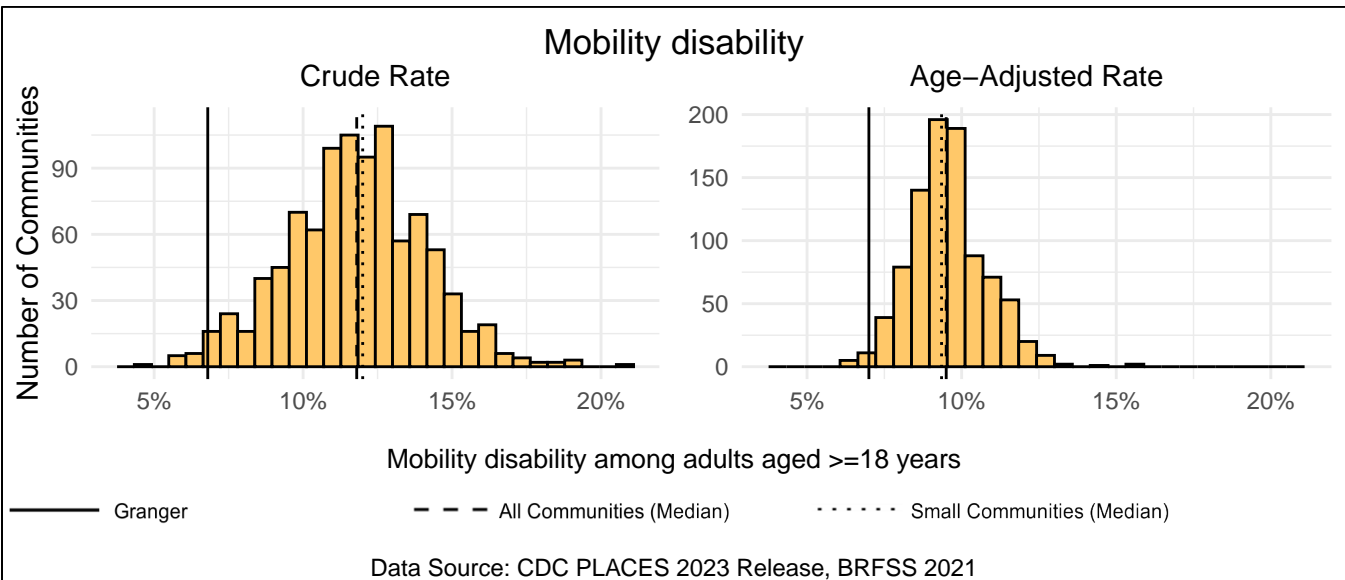
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 8.7% | 11.1% | 10.9% |
| Age-Adjusted | 8.6% | 11.6% | 11.4% |



Mobility disability

Granger has a crude rate of 6.8% for mobility disability among adults aged ≥ 18 years, which ranks 15th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Granger is 7.0%, which ranks 12th out of 905 Iowa communities (3rd out of 138 small communities).

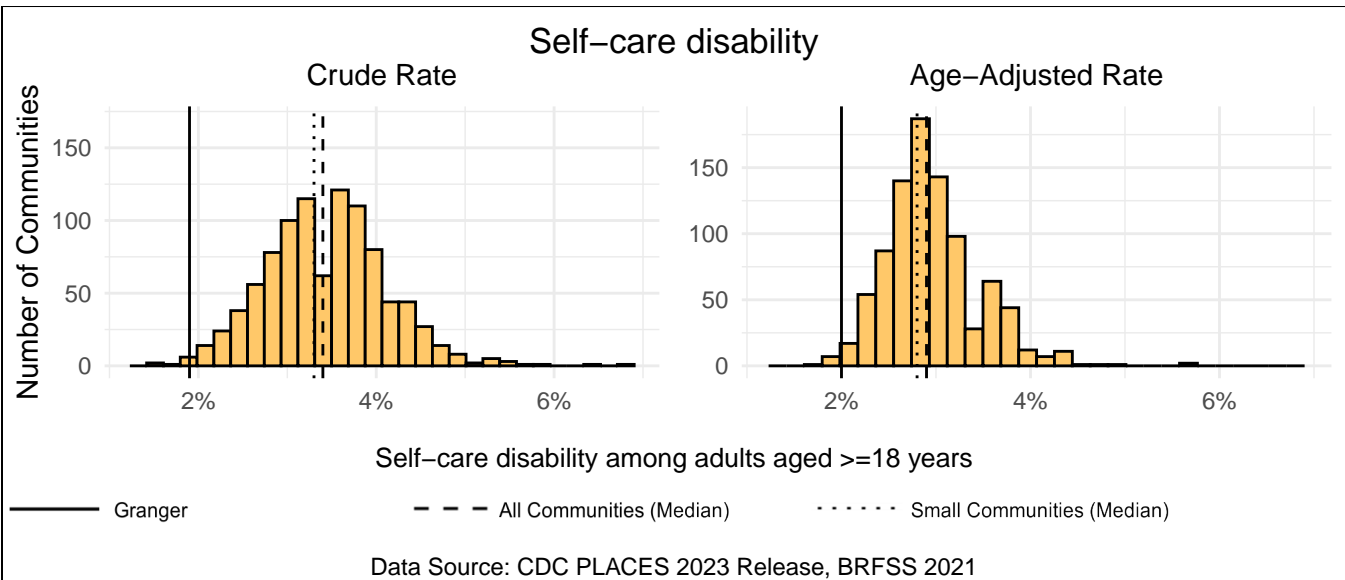
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 6.8% | 11.8% | 12.0% |
| Age-Adjusted | 7.0% | 9.5% | 9.4% |



Self-care disability

Granger has a crude rate of 1.9% for self-care disability among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (1st out of 138 small communities). The age-adjusted rate for Granger is 2.0%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

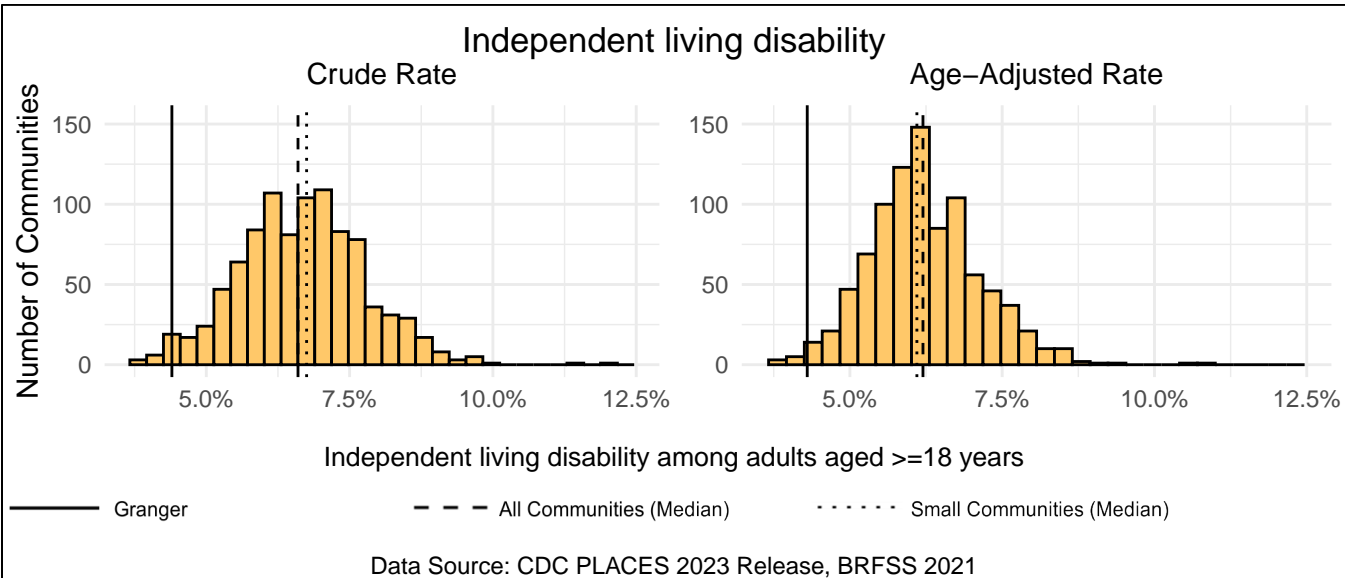
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 1.9% | 3.4% | 3.3% |
| Age-Adjusted | 2.0% | 2.9% | 2.8% |



Independent living disability

Granger has a crude rate of 4.4% for independent living disability among adults aged ≥ 18 years, which ranks 18th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Granger is 4.3%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

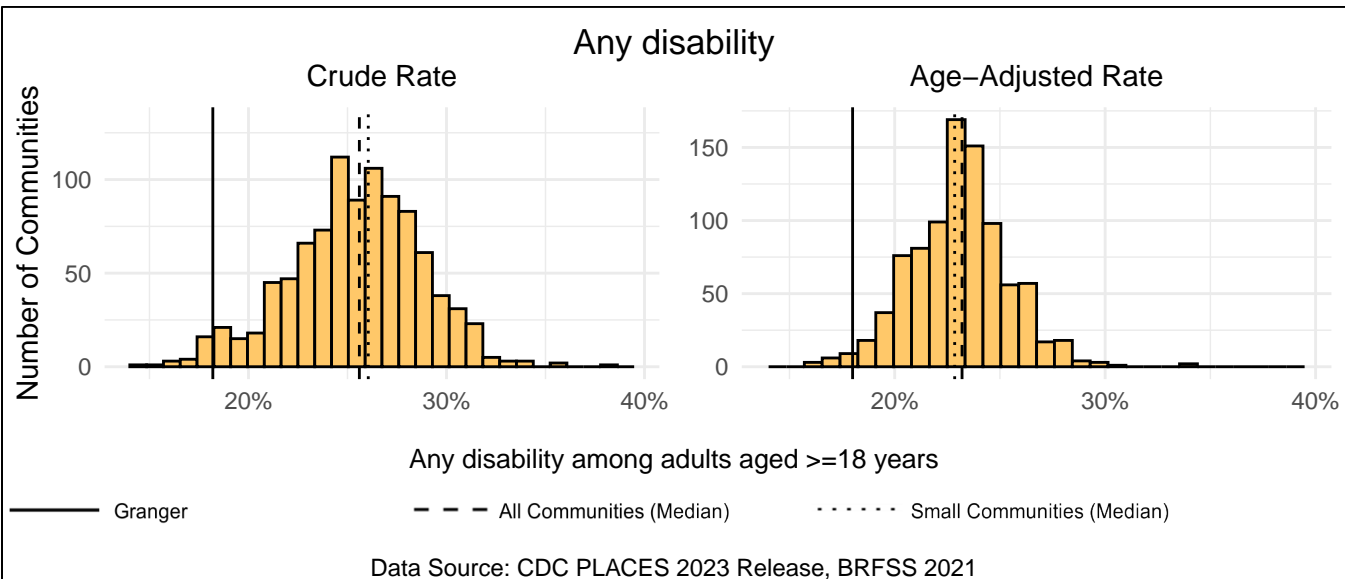
| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 4.4% | 6.6% | 6.8% |
| Age-Adjusted | 4.3% | 6.2% | 6.1% |



Any disability

Granger has a crude rate of 18.2% for any disability among adults aged ≥ 18 years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Granger is 18.0%, which ranks 11th out of 905 Iowa communities (3rd out of 138 small communities).

| Measure Type | Granger | All Comm. | Small Comm. |
|--------------|---------|-----------|-------------|
| Crude | 18.2% | 25.6% | 26.0% |
| Age-Adjusted | 18.0% | 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: Granger PLACES Data

| Category | Health Domain | Crude Rate Rank | Crude Rate (95% CI) | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|-----------------------|--|-----------------|-----------------------|--------------------|------------------------|
| Health Status | General Health | 9 | 8.8% (7.2% - 10.5%) | 14 | 9.0% (7.4% - 10.9%) |
| Health Status | Mental Health | 164 | 13.4% (11.5% - 15.3%) | 10 | 13.2% (11.5% - 15.3%) |
| Health Status | Physical Health | 11 | 7.3% (6.2% - 8.5%) | 17 | 7.6% (6.4% - 8.8%) |
| Health Risk Behaviors | Current Smoking | 12 | 11.9% (9.1% - 15.1%) | 11 | 11.8% (9.1% - 14.8%) |
| Health Risk Behaviors | Physical Inactivity | 16 | 17.8% (14.6% - 21.4%) | 15 | 17.7% (14.6% - 21.2%) |
| Health Risk Behaviors | Binge Drinking | 948 | 25.0% (22.0% - 28.4%) | 888 | 24.1% (21.2% - 27.5%) |
| Health Risk Behaviors | Sleep <7 hours | 3 | 25.2% (23.4% - 26.8%) | 3 | 24.9% (23.5% - 26.5%) |
| Health Outcomes | Diabetes | 11 | 6.0% (5.2% - 7.1%) | 16 | 6.6% (5.6% - 7.7%) |
| Health Outcomes | All Teeth Lost | 38 | 8.5% (4.8% - 13.6%) | 17 | 8.0% (4.7% - 12.3%) |
| Health Outcomes | High Blood Pressure | 16 | 23.3% (20.7% - 26.1%) | 23 | 24.3% (21.6% - 27.4%) |
| Health Outcomes | Obesity | 101 | 34.4% (29.7% - 39.6%) | 98 | 34.7% (30.0% - 39.9%) |
| Health Outcomes | Coronary Heart Disease | 27 | 4.0% (3.4% - 4.6%) | 12 | 4.1% (3.5% - 4.7%) |
| Health Outcomes | Cancer (except skin) | 66 | 6.3% (5.7% - 6.9%) | 418 | 6.5% (5.9% - 7.1%) |
| Health Outcomes | Chronic Kidney Disease | 21 | 2.2% (2.0% - 2.5%) | 12 | 2.3% (2.0% - 2.5%) |
| Health Outcomes | Depression | 592 | 18.4% (15.9% - 21.2%) | 164 | 18.3% (15.8% - 21.1%) |
| Health Outcomes | COPD | 11 | 4.2% (3.4% - 5.1%) | 15 | 4.4% (3.5% - 5.4%) |
| Health Outcomes | High Cholesterol | 28 | 30.1% (27.0% - 33.6%) | 336 | 29.5% (26.3% - 33.1%) |
| Health Outcomes | Stroke | 21 | 2.0% (1.7% - 2.3%) | 9 | 2.1% (1.8% - 2.4%) |
| Health Outcomes | Current Asthma | 44 | 8.8% (7.9% - 9.8%) | 77 | 9.0% (8.0% - 10.0%) |
| Health Outcomes | Arthritis | 56 | 21.7% (19.1% - 24.5%) | 376 | 22.9% (20.0% - 26.1%) |
| Prevention | Cholesterol Screening | 632 | 81.7% (78.7% - 84.4%) | 9 | 82.6% (79.9% - 85.1%) |
| Prevention | Health Insurance | 32 | 5.5% (4.1% - 7.4%) | 10 | 5.1% (3.9% - 6.7%) |
| Prevention | Colorectal Cancer Screening | 153 | 74.1% (70.7% - 77.0%) | 40 | 75.6% (72.6% - 78.3%) |
| Prevention | Core preventive services for older men | 166 | 47.4% (39.2% - 55.4%) | 120 | 48.1% (39.1% - 55.9%) |
| Prevention | Mammography | 248 | 77.6% (73.4% - 81.2%) | 133 | 76.3% (72.5% - 79.7%) |
| Prevention | Annual Checkup | 898 | 72.2% (68.4% - 75.9%) | 235 | 73.2% (69.4% - 76.9%) |

| Category | Health Domain | Crude Rate Rank | Crude Rate (95% CI) | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|------------|--|-----------------|-----------------------|--------------------|------------------------|
| Prevention | Cervical Cancer Screening | 62 | 86.0% (83.8% - 88.1%) | 27 | 86.0% (83.9% - 88.1%) |
| Prevention | Taking BP Medication | 927 | 72.0% (68.6% - 75.3%) | 879 | 56.4% (52.5% - 60.8%) |
| Prevention | Dental Visit | 18 | 75.6% (72.4% - 78.6%) | 8 | 76.5% (73.5% - 79.4%) |
| Prevention | Core preventive services for older women | 441 | 39.4% (31.7% - 47.5%) | 194 | 43.1% (36.1% - 50.5%) |
| Disability | Self-care Disability | 5 | 1.9% (1.6% - 2.2%) | 9 | 2.0% (1.7% - 2.3%) |
| Disability | Independent Living Disability | 18 | 4.4% (3.6% - 5.2%) | 9 | 4.3% (3.6% - 5.2%) |
| Disability | Cognitive Disability | 18 | 8.7% (7.2% - 10.4%) | 12 | 8.6% (7.2% - 10.3%) |
| Disability | Mobility Disability | 15 | 6.8% (5.6% - 8.3%) | 12 | 7.0% (5.8% - 8.5%) |
| Disability | Vision Disability | 7 | 2.4% (2.0% - 2.9%) | 8 | 2.4% (2.0% - 2.8%) |
| Disability | Any Disability | 21 | 18.2% (15.4% - 21.1%) | 11 | 18.0% (15.3% - 21.1%) |
| Disability | Hearing Disability | 48 | 5.0% (4.4% - 5.7%) | 13 | 4.9% (4.3% - 5.6%) |

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)

Granger 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 | | |