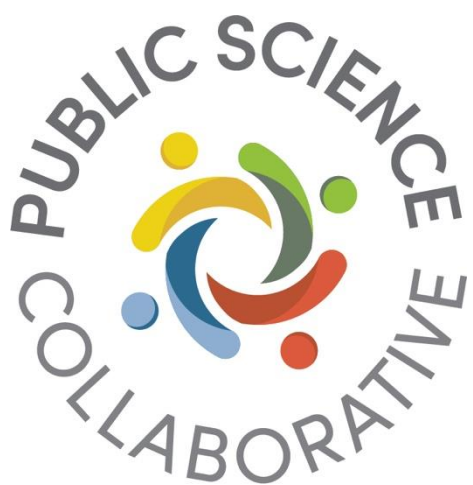




Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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 Grimes: Overview

Dear Community Members & Stakeholders of Grimes,

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 Grimes ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Grimes'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 Grimes. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Chronic Kidney Disease	2nd	2nd	Stroke	9th	3rd
Hearing Disability	3rd	2nd	Current Asthma	12th	3rd
Stroke	3rd	2nd	Chronic Kidney Disease	12th	3rd
Diabetes	4th	2nd	Core preventive services for older men	17th	2nd
Self-care Disability	5th	3rd	Physical Health	17th	5th

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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Taking BP Medication	955th	30th	Taking BP Medication	897th	30th
Binge Drinking	948th	29th	High Cholesterol	818th	24th
Annual Checkup	938th	29th	Binge Drinking	609th	27th
Depression	911th	25th	Depression	562nd	18th
Cholesterol Screening	863rd	20th	Cancer (except skin)	418th	15th

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 Grimes.

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

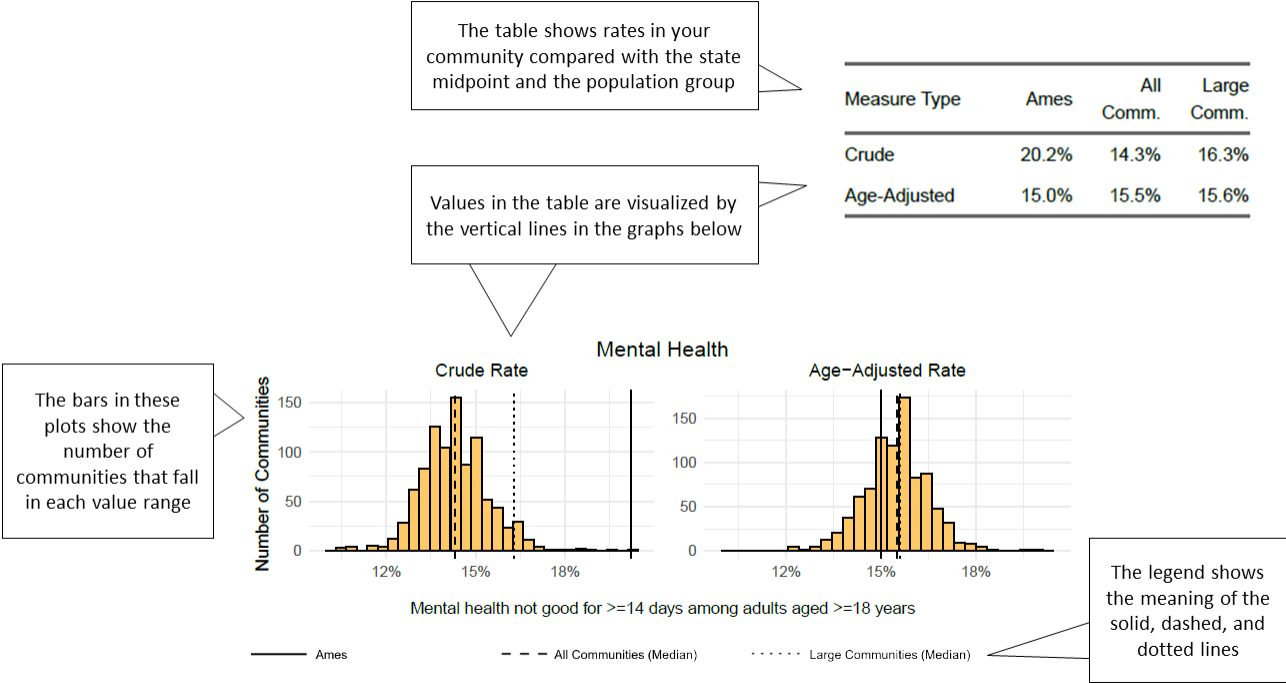
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Grimes that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Grimes, a review of risky behaviors in the community,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

With a population of 15,402, Grimes’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large 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

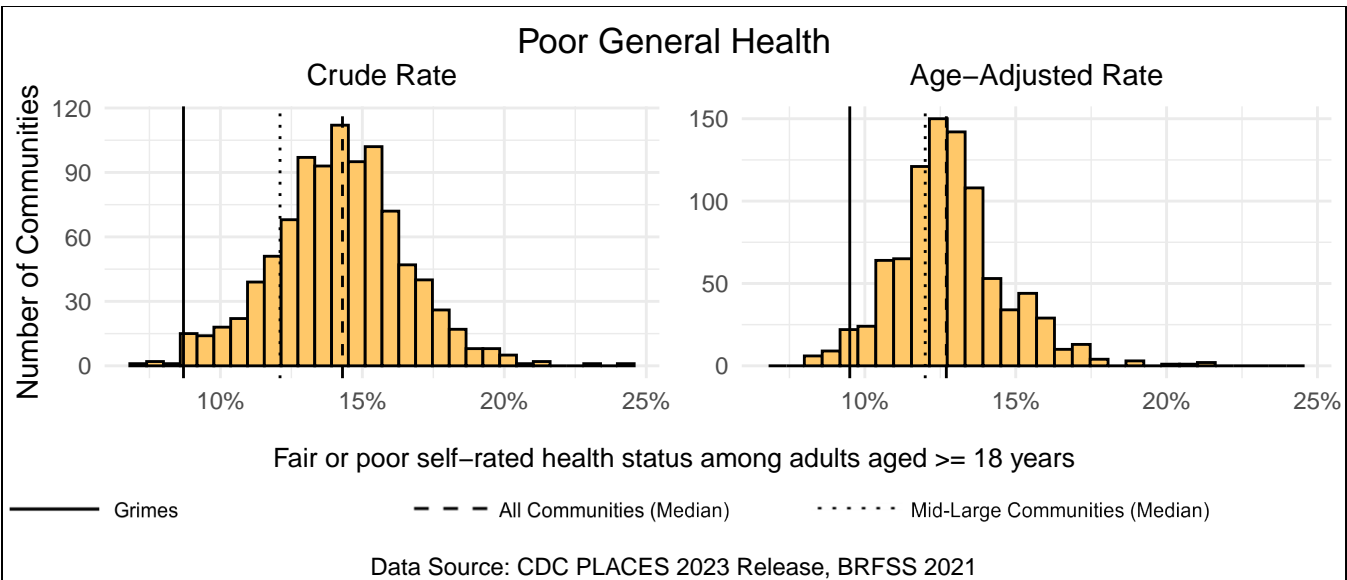
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Grimes has a crude rate of 8.7% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 8th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Grimes is 9.5%, which ranks 26th out of 905 Iowa communities (4th out of 31 mid-large communities).

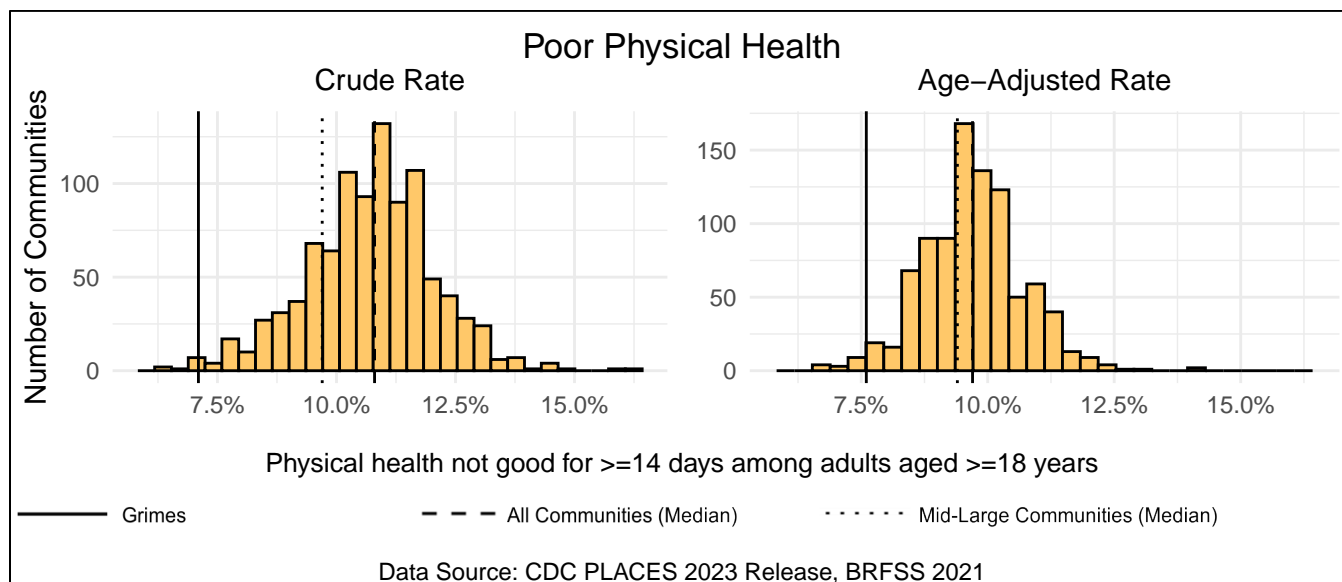
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	8.7%	14.3%	12.1%
Age-Adjusted	9.5%	12.7%	12.0%



Poor Physical Health

Grimes has a crude rate of 7.1% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Grimes is 7.6%, which ranks 17th out of 905 Iowa communities (5th out of 31 mid-large communities).

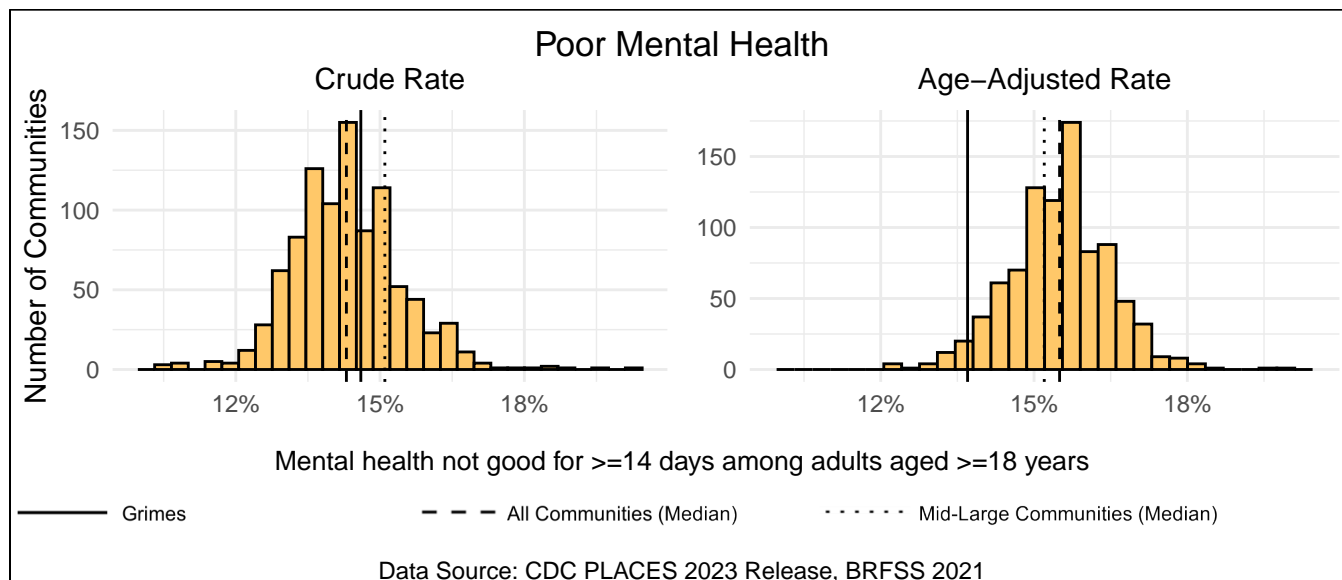
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	7.1%	10.8%	9.7%
Age-Adjusted	7.6%	9.7%	9.4%



Poor Mental Health

Grimes has a crude rate of 14.6% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 587th out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Grimes is 13.7%, which ranks 32nd out of 905 Iowa communities (5th out of 31 mid-large communities).

Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	14.6%	14.3%	15.1%
Age-Adjusted	13.7%	15.5%	15.2%



Health Risk Behaviors

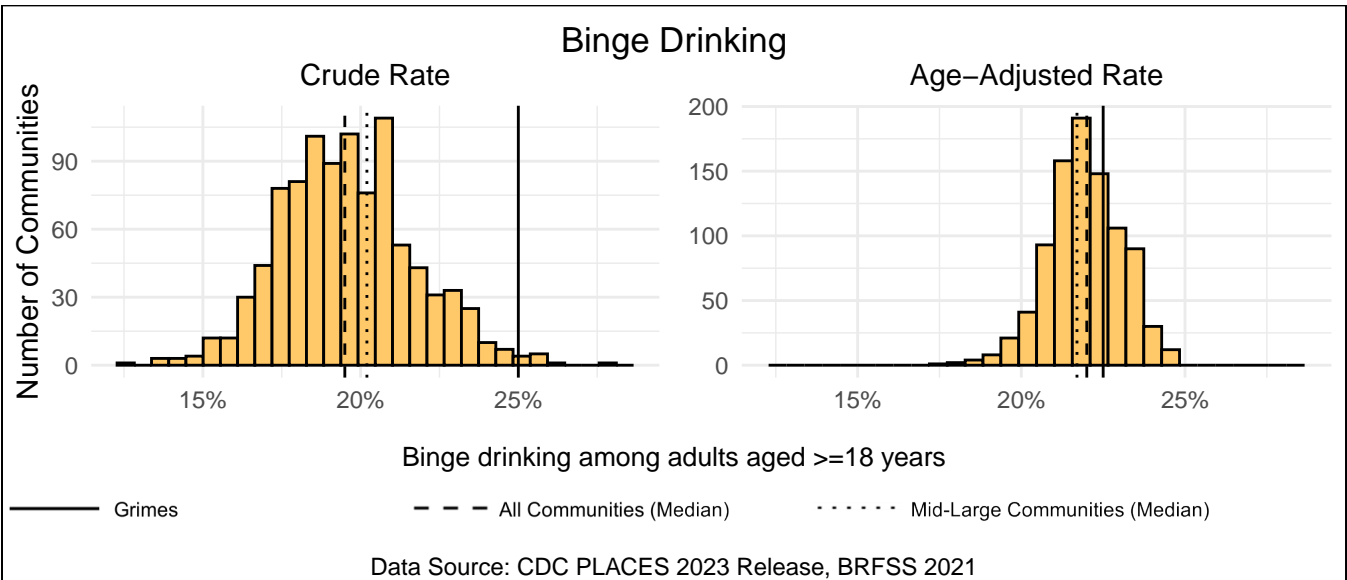
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Grimes has a crude rate of 25.0% for binge drinking among adults aged ≥ 18 years, which ranks 948th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Grimes is 22.5%, which ranks 609th out of 905 Iowa communities (27th out of 31 mid-large communities).

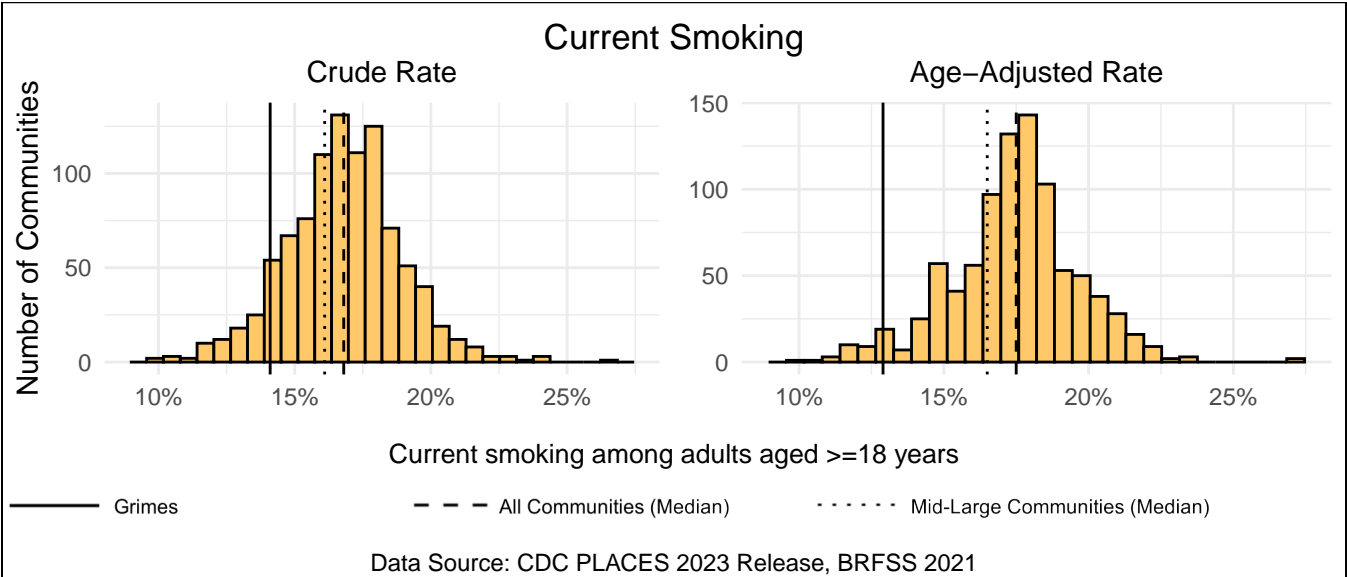
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	25.0%	19.5%	20.2%
Age-Adjusted	22.5%	22.0%	21.7%



Current Smoking

Grimes has a crude rate of 14.1% for current smoking among adults aged >=18 years, which ranks 81st out of 958 Iowa communities (11th out of 31 mid-large communities). The age-adjusted rate for Grimes is 12.9%, which ranks 28th out of 905 Iowa communities (5th out of 31 mid-large communities).

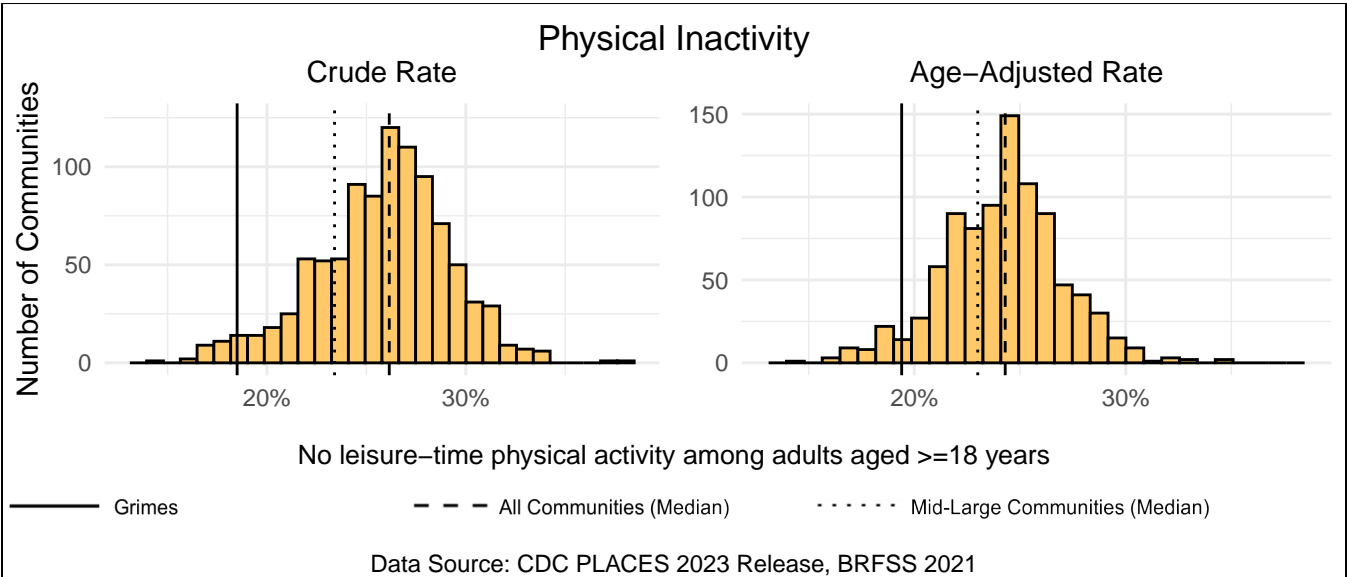
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	14.1%	16.8%	16.1%
Age-Adjusted	12.9%	17.5%	16.5%



Physical Inactivity

Grimes has a crude rate of 18.5% for no leisure-time physical activity among adults aged >=18 years, which ranks 27th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Grimes is 19.4%, which ranks 45th out of 905 Iowa communities (6th out of 31 mid-large communities).

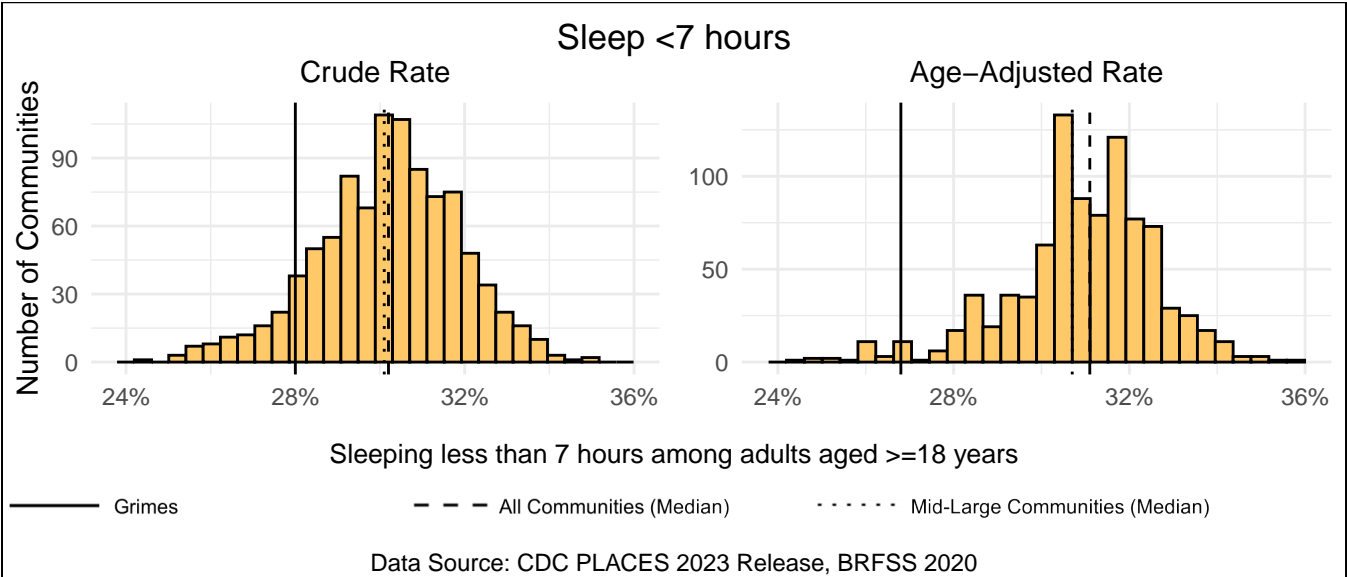
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	18.5%	26.1%	23.4%
Age-Adjusted	19.4%	24.3%	23.0%



Sleep <7 hours

Grimes has a crude rate of 28.0% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 92nd out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Grimes is 26.8%, which ranks 23rd out of 905 Iowa communities (4th out of 31 mid-large communities).

Measure Type	Grimes	All	Mid-Large
		Comm.	Comm.
Crude	28.0%	30.2%	30.1%
Age-Adjusted	26.8%	31.1%	30.7%



Health Outcomes

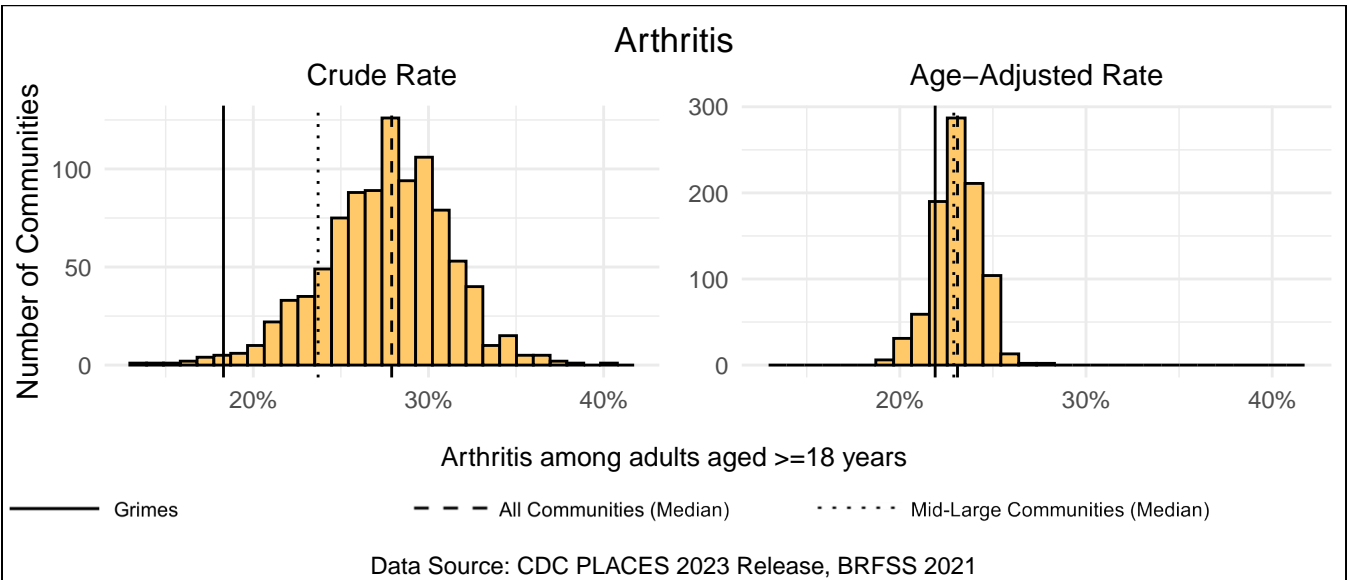
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Grimes has a crude rate of 18.3% for arthritis among adults aged ≥ 18 years, which ranks 13th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Grimes is 21.9%, which ranks 135th out of 905 Iowa communities (10th out of 31 mid-large communities).

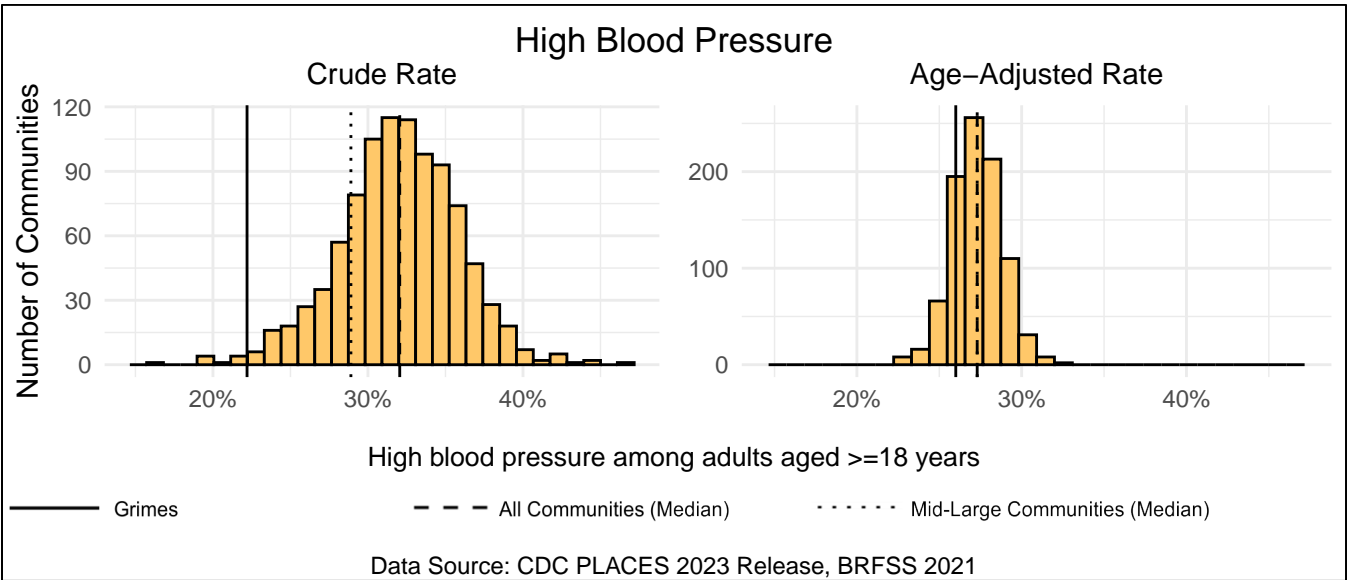
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	18.3%	27.9%	23.7%
Age-Adjusted	21.9%	23.1%	22.9%



High Blood Pressure

Grimes has a crude rate of 22.2% for high blood pressure among adults aged ≥ 18 years, which ranks 9th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Grimes is 26.0%, which ranks 165th out of 905 Iowa communities (8th out of 31 mid-large communities).

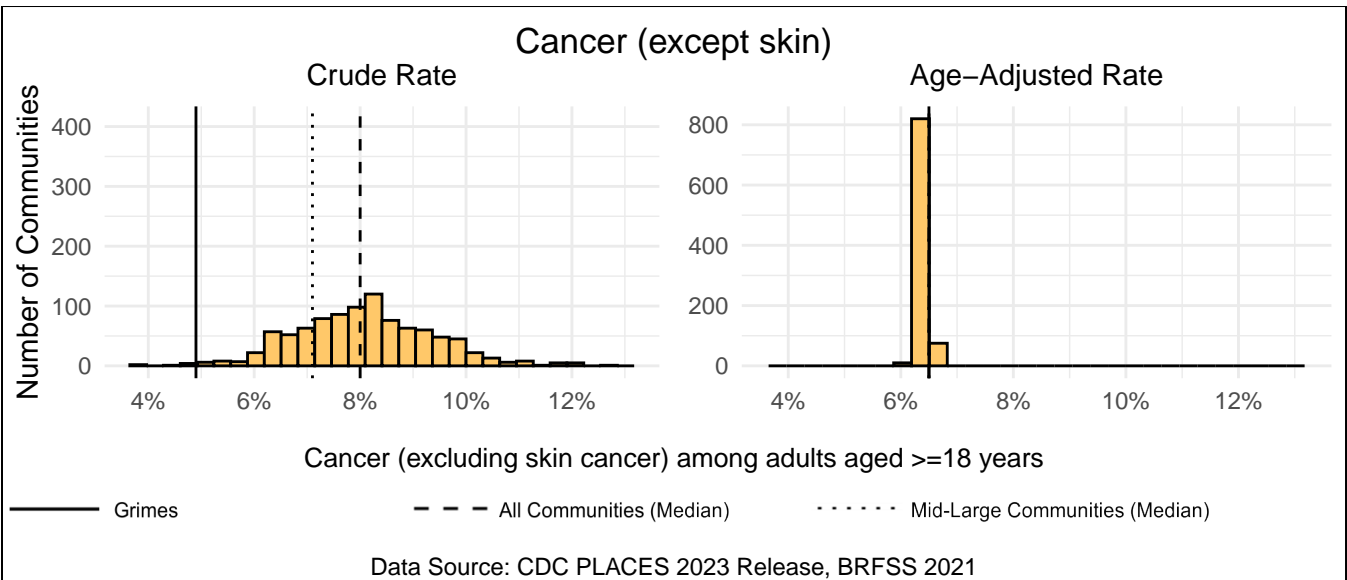
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	22.2%	32.0%	28.9%
Age-Adjusted	26.0%	27.3%	27.3%



Cancer (except skin)

Grimes has a crude rate of 4.9% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Grimes is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

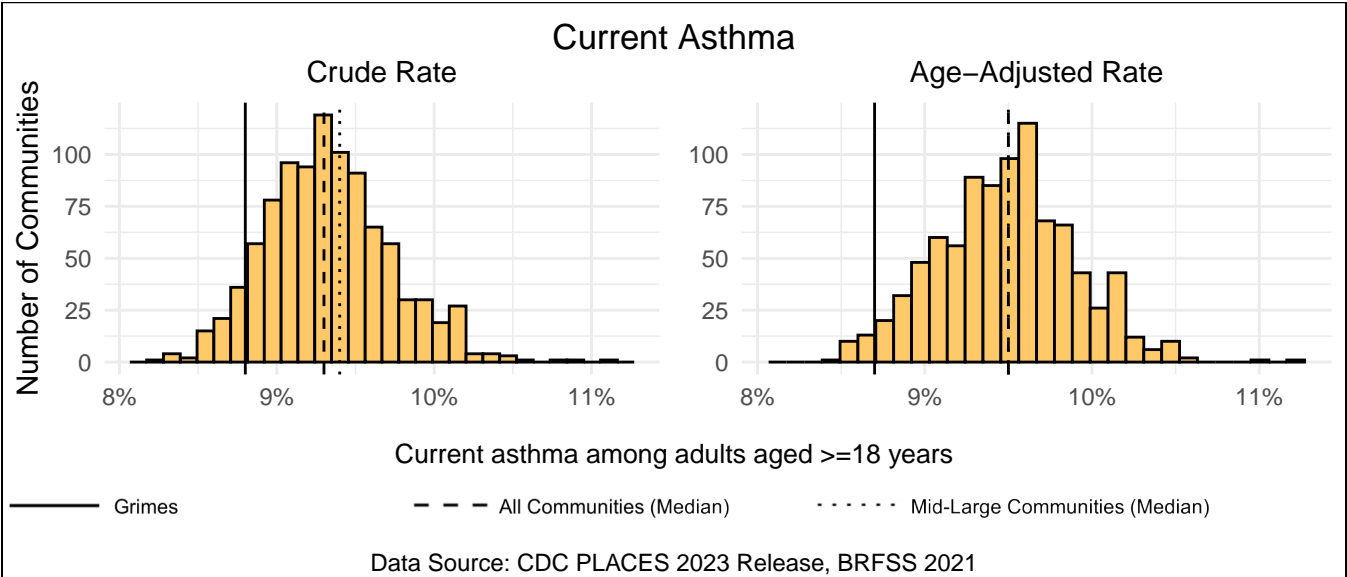
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	4.9%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Grimes has a crude rate of 8.8% for current asthma among adults aged >=18 years, which ranks 44th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Grimes is 8.7%, which ranks 12th out of 905 Iowa communities (3rd out of 31 mid-large communities).

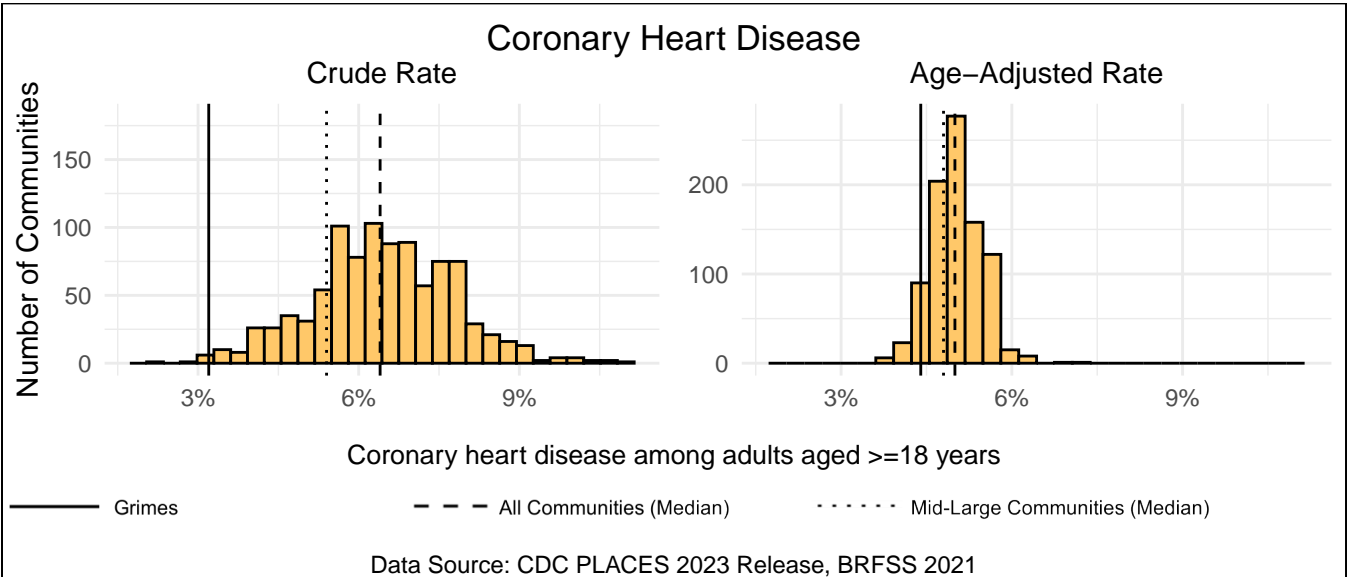
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	8.8%	9.3%	9.4%
Age-Adjusted	8.7%	9.5%	9.5%



Coronary Heart Disease

Grimes has a crude rate of 3.2% for coronary heart disease among adults aged >=18 years, which ranks 5th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Grimes is 4.4%, which ranks 52nd out of 905 Iowa communities (7th out of 31 mid-large communities).

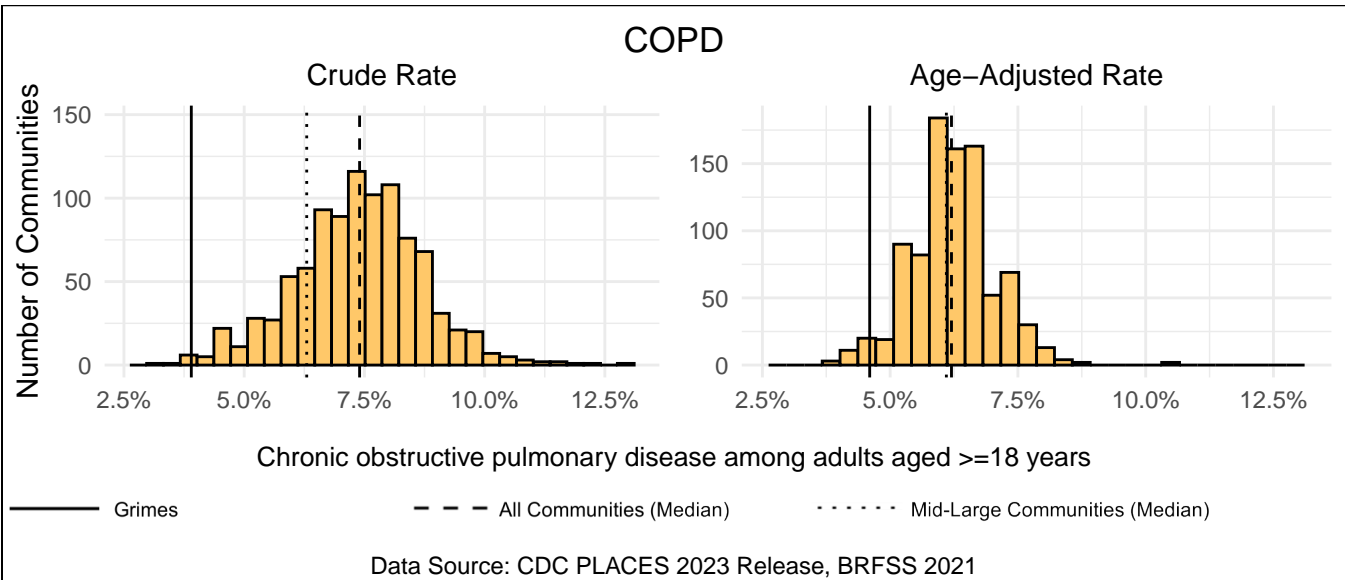
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	3.2%	6.4%	5.4%
Age-Adjusted	4.4%	5.0%	4.8%



COPD

Grimes has a crude rate of 3.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Grimes is 4.6%, which ranks 18th out of 905 Iowa communities (5th out of 31 mid-large communities).

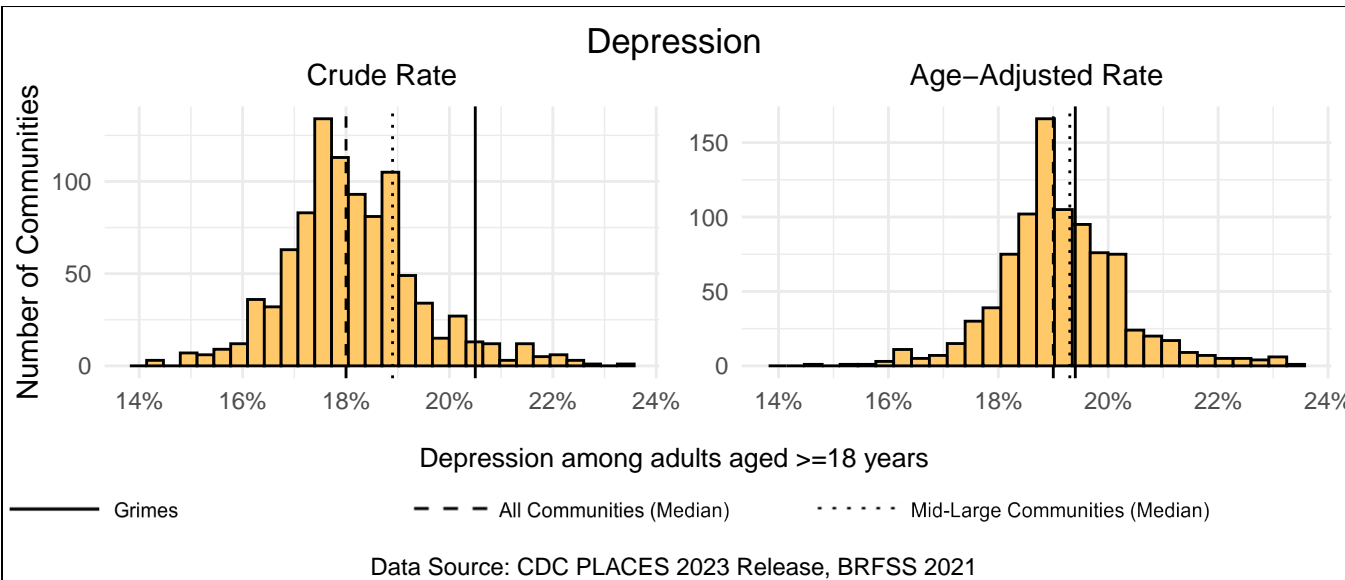
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	3.9%	7.4%	6.3%
Age-Adjusted	4.6%	6.2%	6.1%



Depression

Grimes has a crude rate of 20.5% for depression among adults aged ≥ 18 years, which ranks 911th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Grimes is 19.4%, which ranks 562nd out of 905 Iowa communities (18th out of 31 mid-large communities).

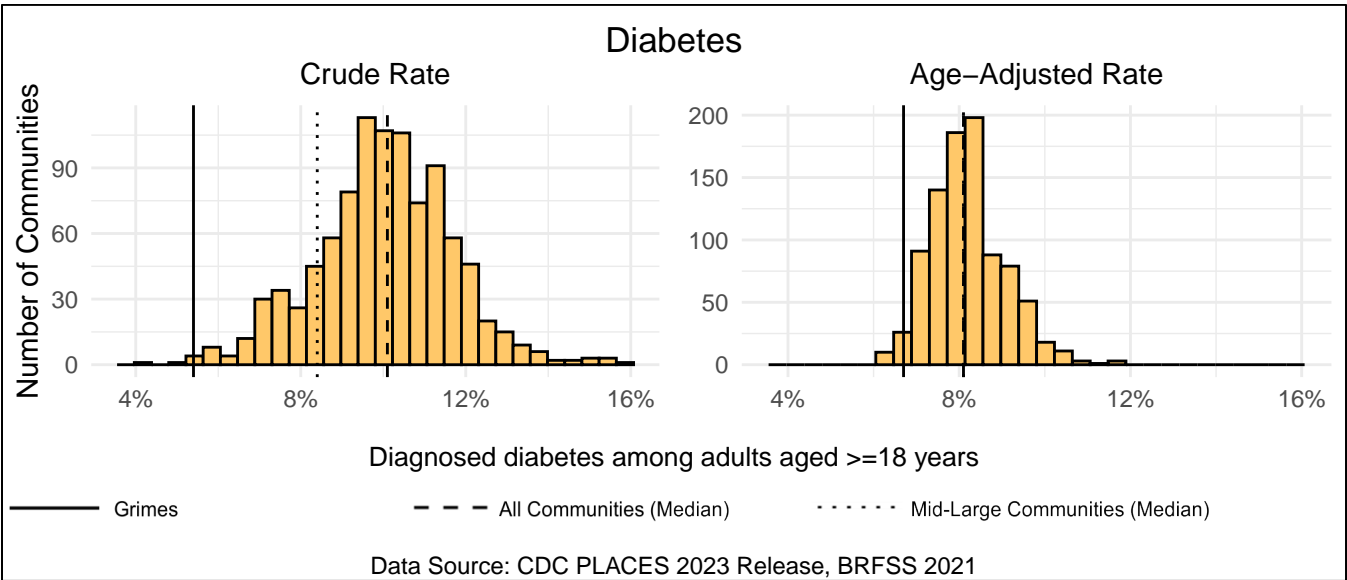
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	20.5%	18.0%	18.9%
Age-Adjusted	19.4%	19.0%	19.3%



Diabetes

Grimes has a crude rate of 5.4% for diagnosed diabetes among adults aged >=18 years, which ranks 4th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Grimes is 6.7%, which ranks 18th out of 905 Iowa communities (4th out of 31 mid-large communities).

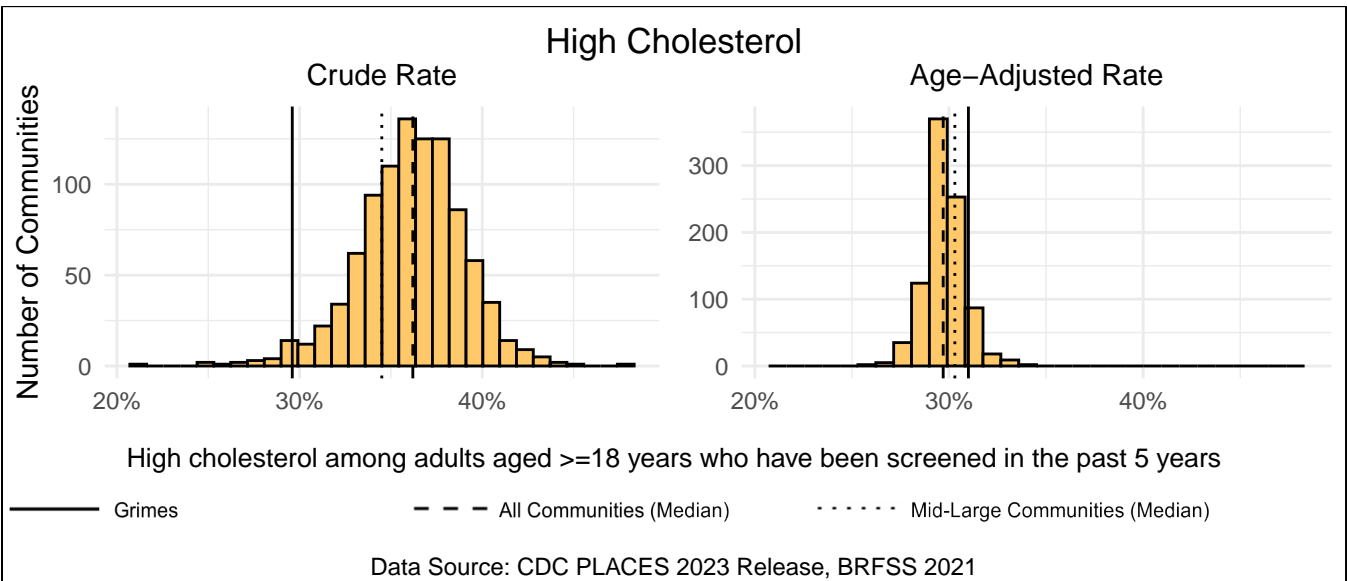
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	5.4%	10.1%	8.4%
Age-Adjusted	6.7%	8.1%	8.1%



High Cholesterol

Grimes has a crude rate of 29.6% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 23rd out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Grimes is 31.0%, which ranks 818th out of 905 Iowa communities (24th out of 31 mid-large communities).

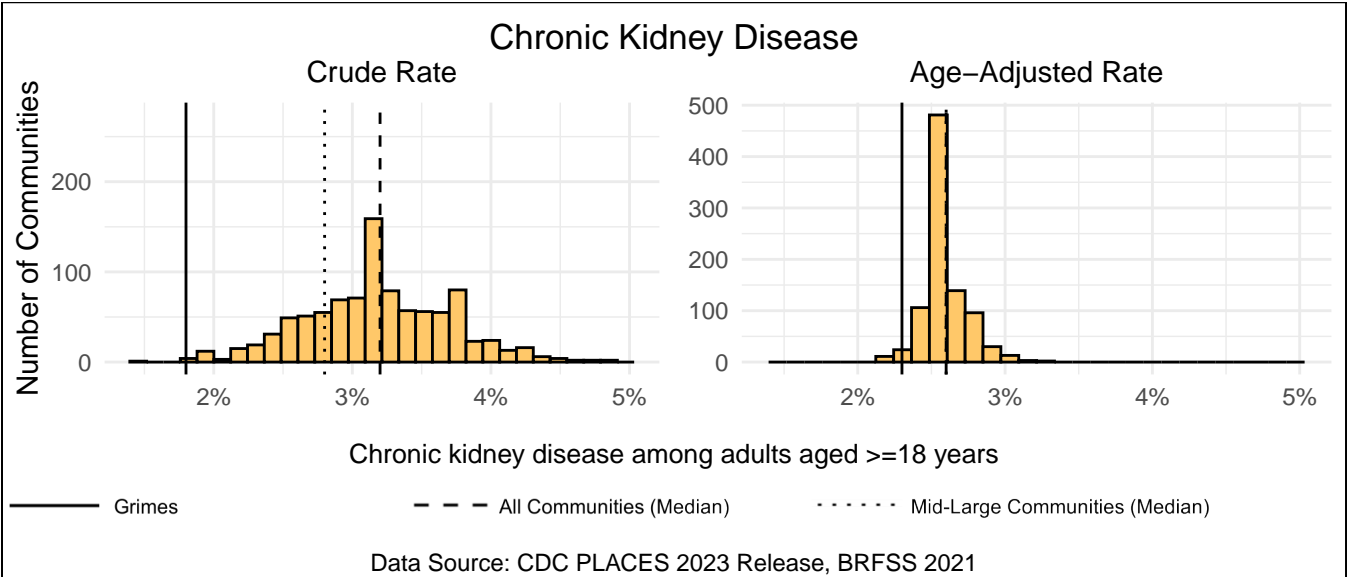
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	29.6%	36.2%	34.5%
Age-Adjusted	31.0%	29.7%	30.3%



Chronic Kidney Disease

Grimes has a crude rate of 1.8% for chronic kidney disease among adults aged ≥ 18 years, which ranks 2nd out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Grimes is 2.3%, which ranks 12th out of 905 Iowa communities (3rd out of 31 mid-large communities).

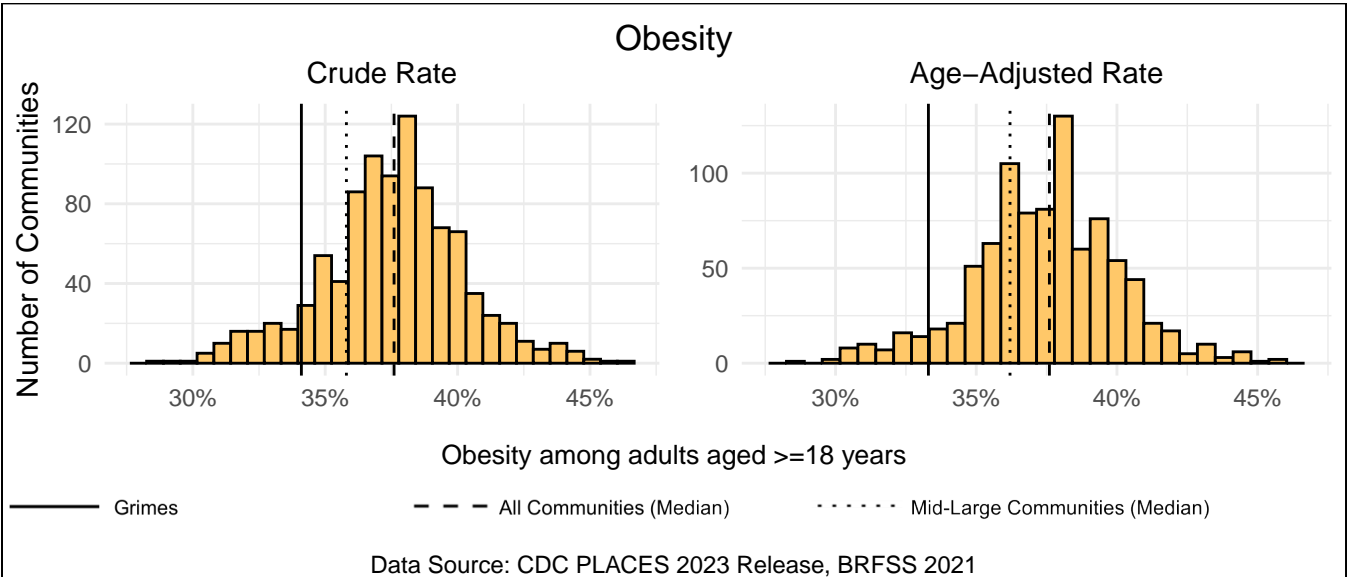
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	1.8%	3.2%	2.8%
Age-Adjusted	2.3%	2.6%	2.6%



Obesity

Grimes has a crude rate of 34.1% for obesity among adults aged ≥ 18 years, which ranks 89th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Grimes is 33.3%, which ranks 55th out of 905 Iowa communities (4th out of 31 mid-large communities).

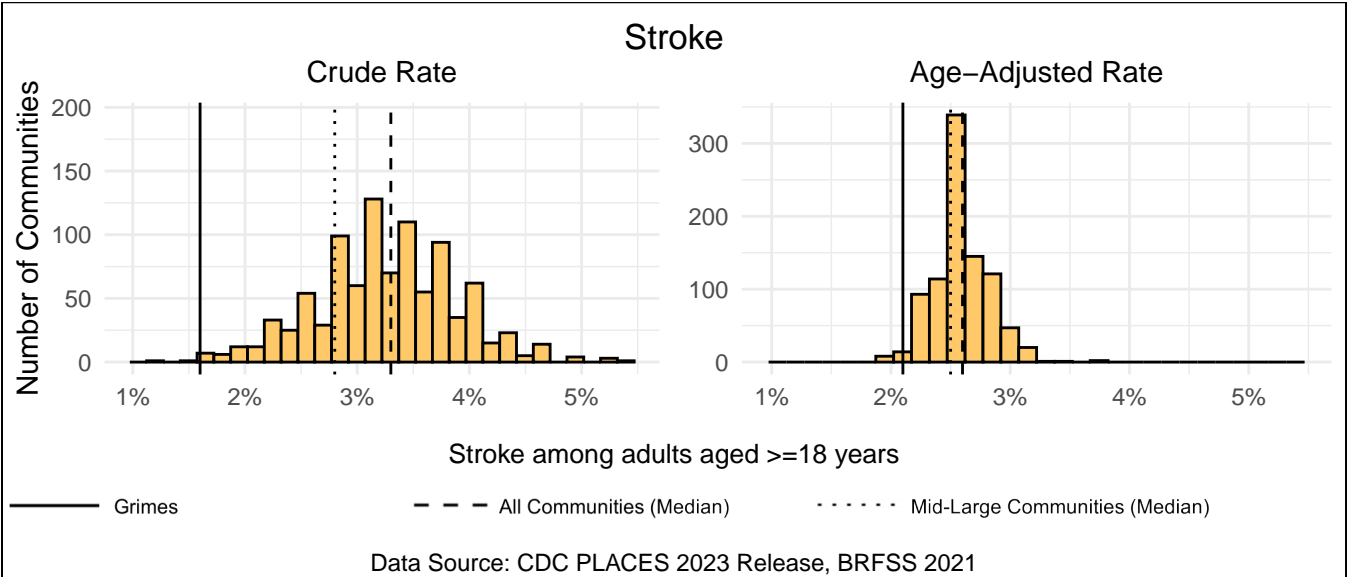
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	34.1%	37.6%	35.8%
Age-Adjusted	33.3%	37.6%	36.2%



Stroke

Grimes has a crude rate of 1.6% for stroke among adults aged >=18 years, which ranks 3rd out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Grimes is 2.1%, which ranks 9th out of 905 Iowa communities (3rd out of 31 mid-large communities).

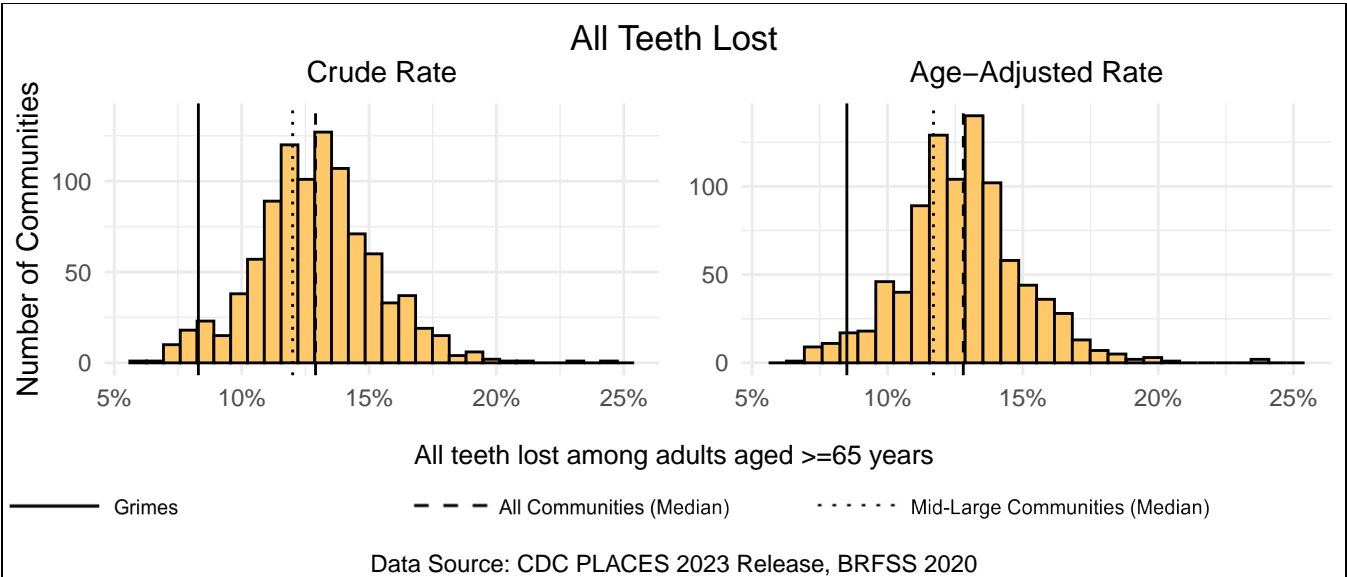
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	1.6%	3.3%	2.8%
Age-Adjusted	2.1%	2.6%	2.5%



All Teeth Lost

Grimes has a crude rate of 8.3% for all teeth lost among adults aged >=65 years, which ranks 31st out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Grimes is 8.5%, which ranks 27th out of 905 Iowa communities (5th out of 31 mid-large communities).

Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	8.3%	12.9%	12.0%
Age-Adjusted	8.5%	12.8%	11.7%



Prevention

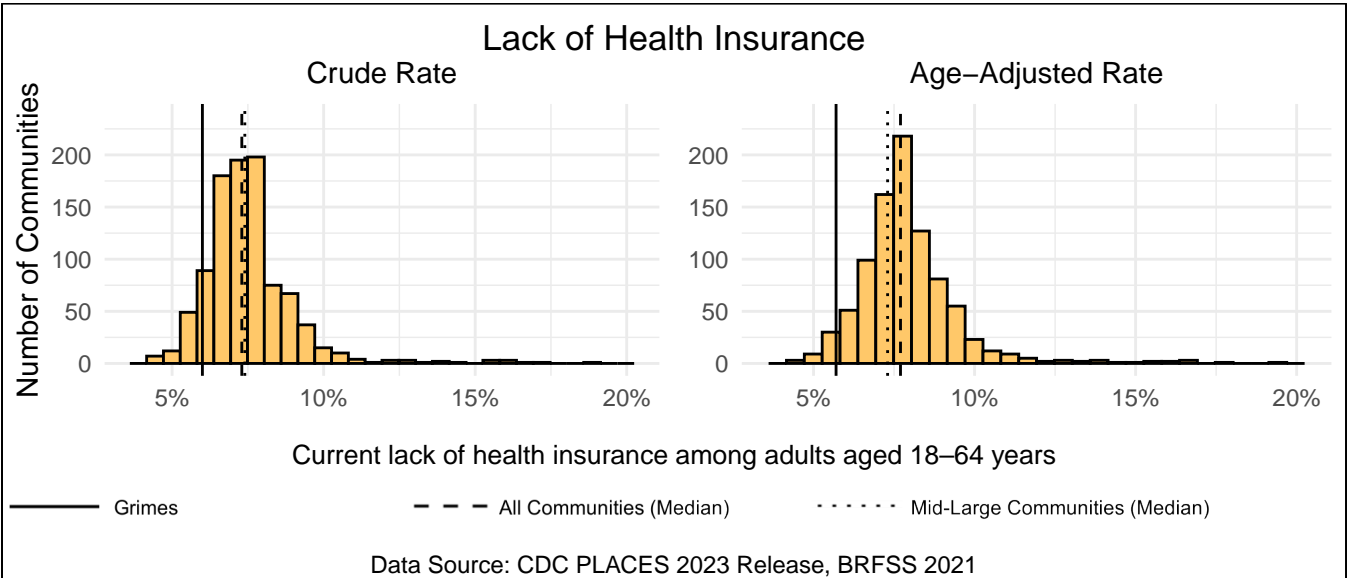
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Grimes has a crude rate of 6.0% for current lack of health insurance among adults aged 18–64 years, which ranks 87th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Grimes is 5.7%, which ranks 35th out of 905 Iowa communities (4th out of 31 mid-large communities).

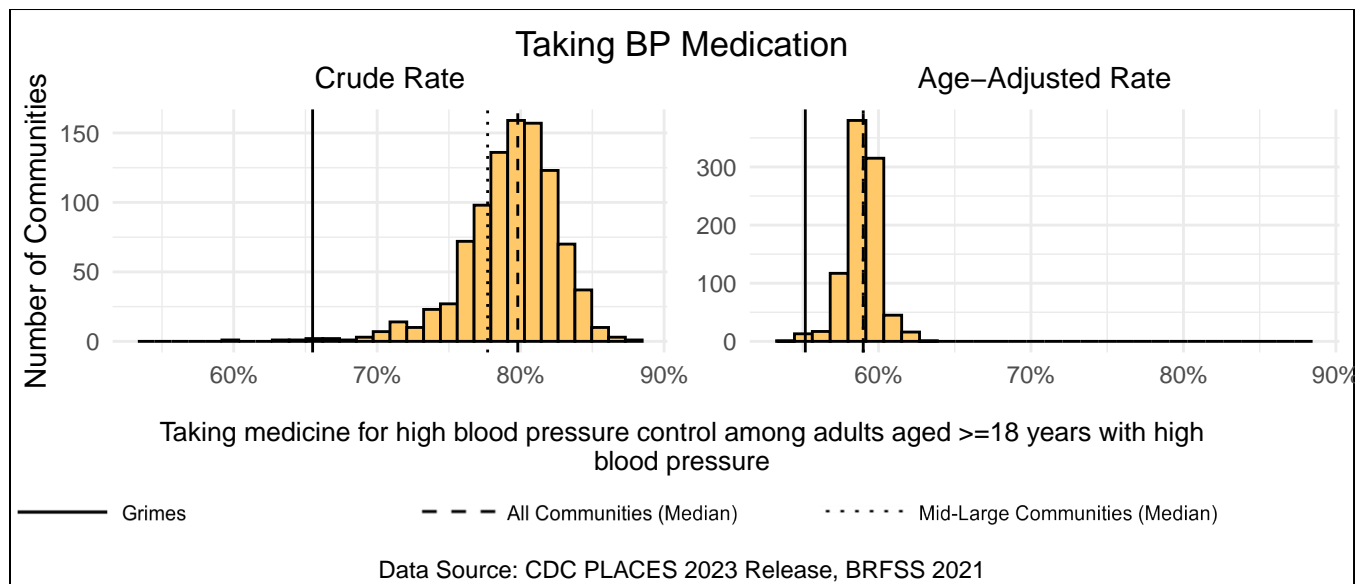
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	6.0%	7.3%	7.4%
Age-Adjusted	5.7%	7.7%	7.3%



Taking BP Medication

Grimes has a crude rate of 65.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 955th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Grimes is 55.2%, which ranks 897th out of 905 Iowa communities (30th out of 31 mid-large communities).

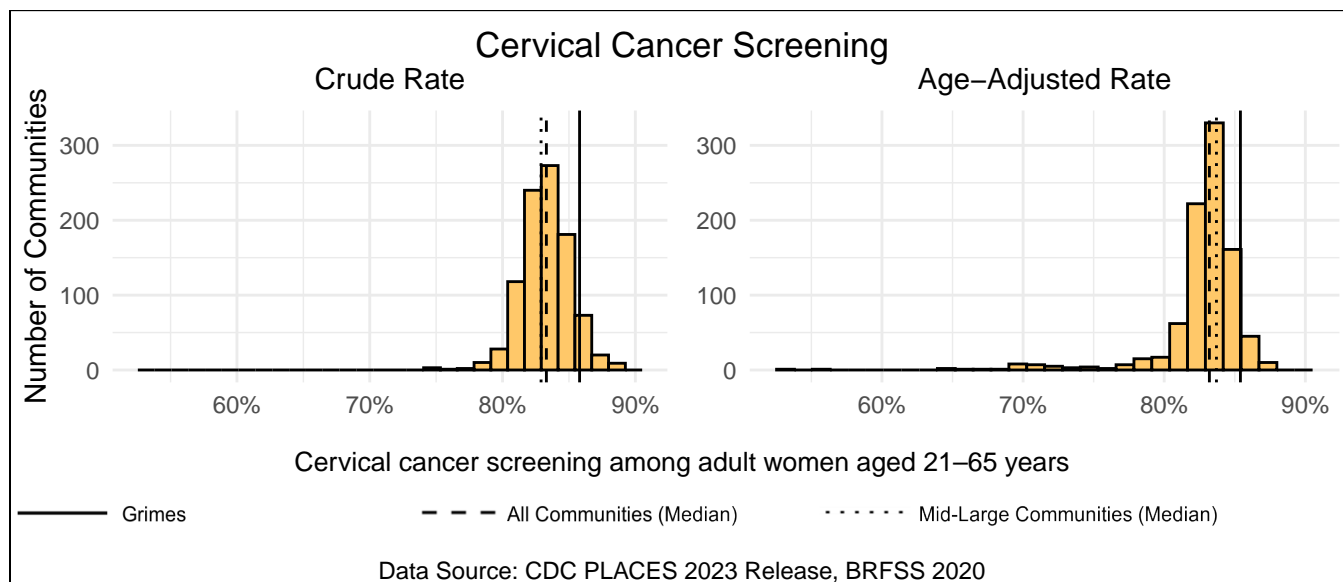
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	65.5%	79.8%	77.7%
Age-Adjusted	55.2%	59.0%	59.0%



Cervical Cancer Screening

Grimes has a crude rate of 85.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 73rd out of 958 Iowa communities (7th out of 31 mid-large communities). The age-adjusted rate for Grimes is 85.4%, which ranks 56th out of 905 Iowa communities (8th out of 31 mid-large communities).

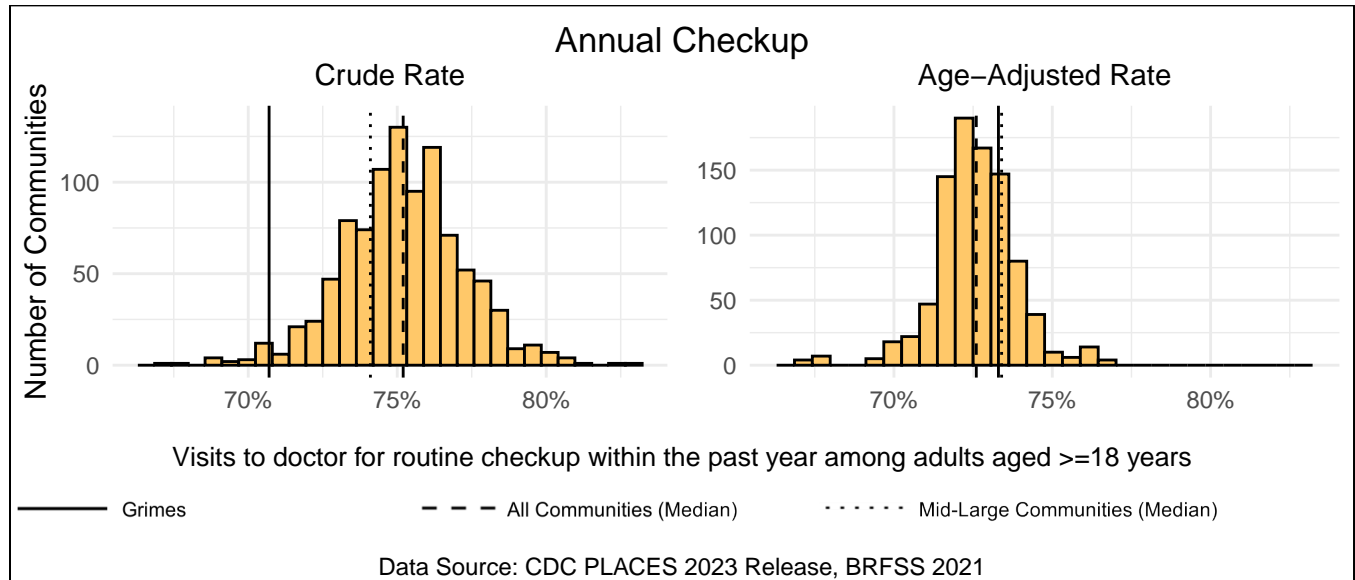
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	85.8%	83.3%	82.9%
Age-Adjusted	85.4%	83.2%	83.7%



Annual Checkup

Grimes has a crude rate of 70.7% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 938th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Grimes is 73.3%, which ranks 211th out of 905 Iowa communities (17th out of 31 mid-large communities).

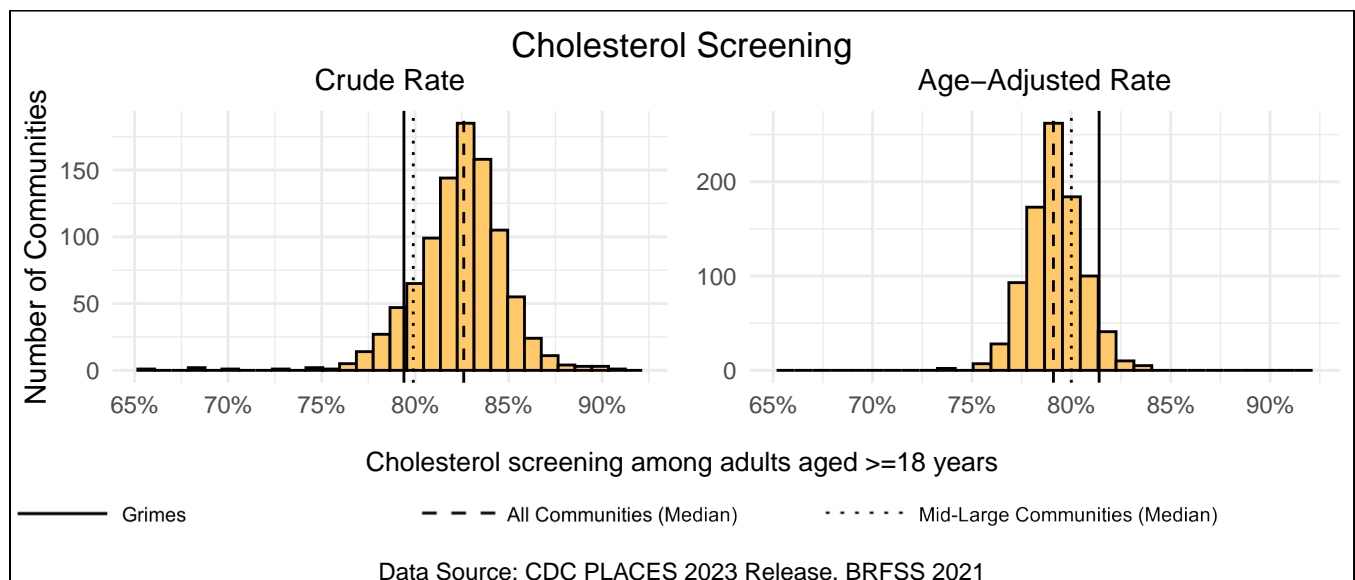
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	70.7%	75.2%	74.1%
Age-Adjusted	73.3%	72.6%	73.4%



Cholesterol Screening

Grimes has a crude rate of 79.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 863rd out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Grimes is 81.4%, which ranks 51st out of 905 Iowa communities (8th out of 31 mid-large communities).

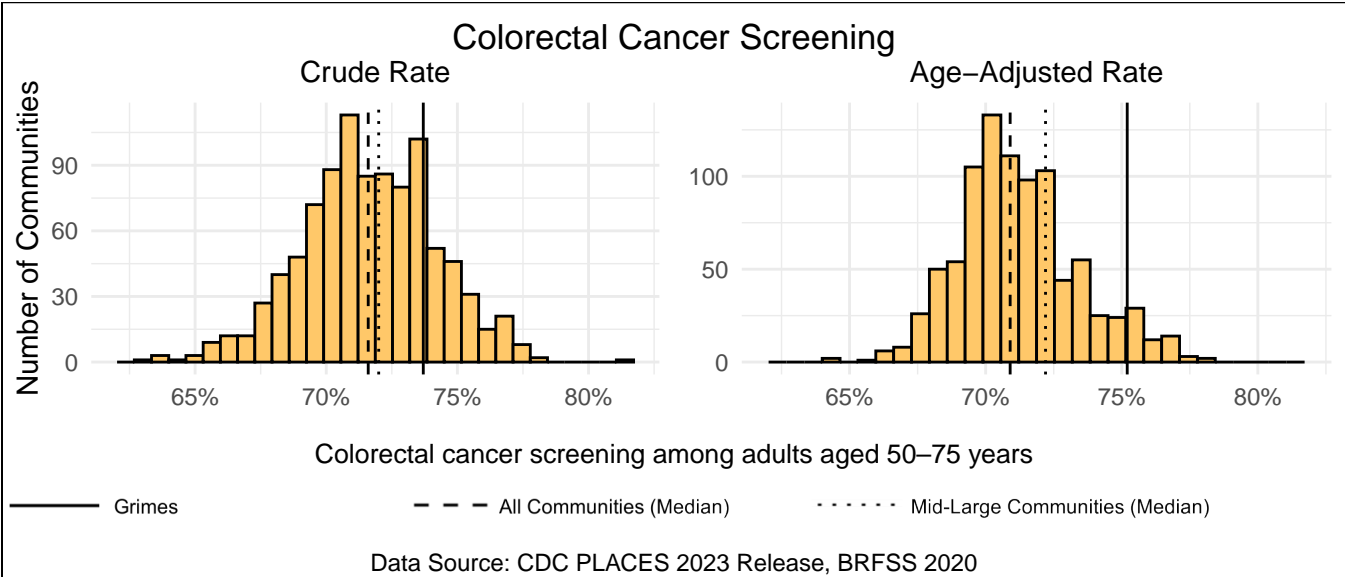
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	79.4%	82.6%	79.9%
Age-Adjusted	81.4%	79.1%	80.0%



Colorectal Cancer Screening

Grimes has a crude rate of 73.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 193rd out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Grimes is 75.2%, which ranks 54th out of 905 Iowa communities (8th out of 31 mid-large communities).

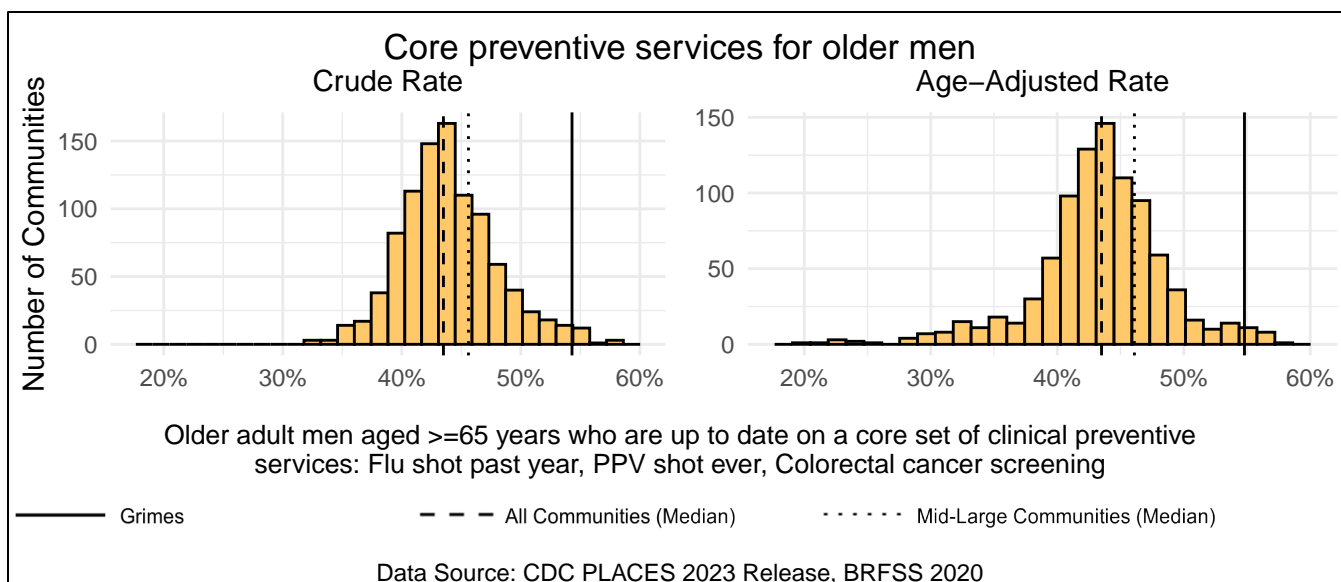
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	73.7%	71.6%	72.0%
Age-Adjusted	75.2%	70.9%	72.2%



Core preventive services for older men

Grimes has a crude rate of 54.3% 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 17th out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Grimes is 54.8%, which ranks 17th out of 905 Iowa communities (2nd out of 31 mid-large communities).

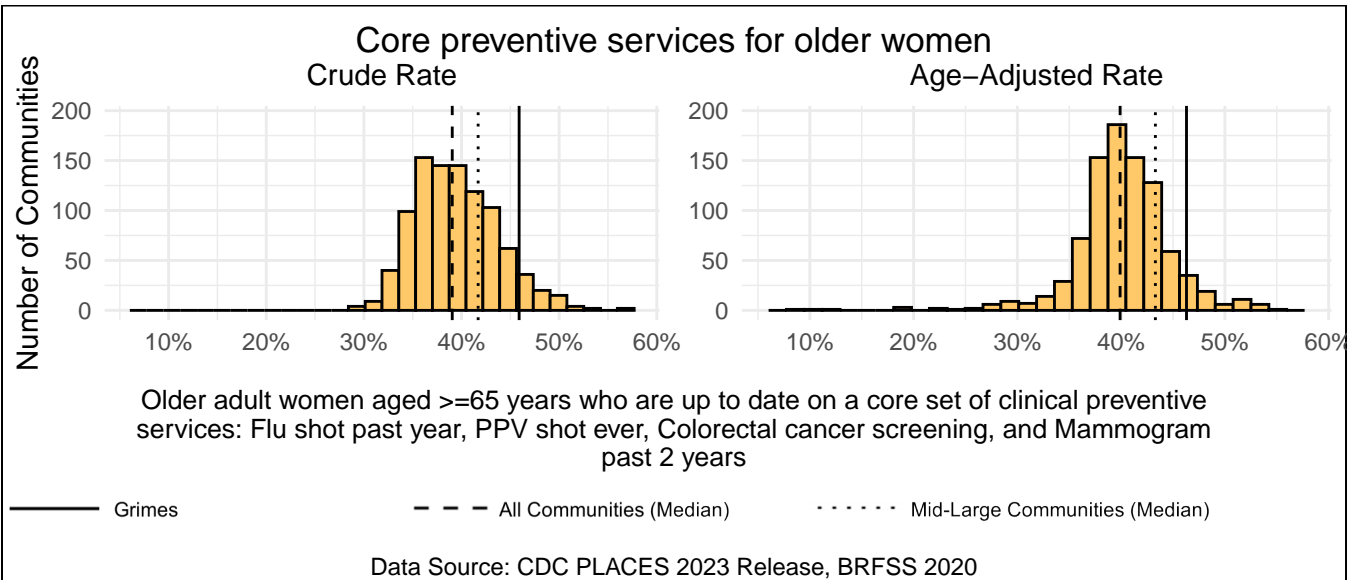
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	54.3%	43.5%	45.6%
Age-Adjusted	54.8%	43.5%	46.1%



Core preventive services for older women

Grimes has a crude rate of 45.9% 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 72nd out of 958 Iowa communities (5th out of 31 mid-large communities). The age-adjusted rate for Grimes is 46.3%, which ranks 65th out of 905 Iowa communities (6th out of 31 mid-large communities).

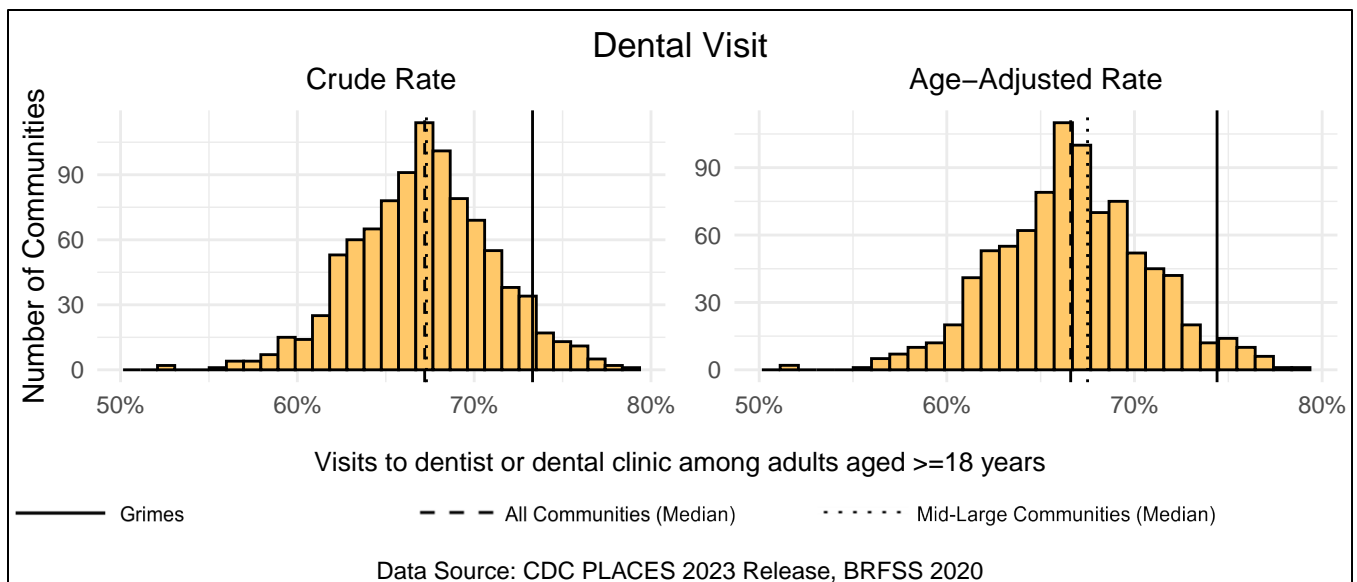
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	45.9%	39.0%	41.7%
Age-Adjusted	46.3%	39.9%	43.3%



Dental Visit

Grimes has a crude rate of 73.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Grimes is 74.4%, which ranks 33rd out of 905 Iowa communities (5th out of 31 mid-large communities).

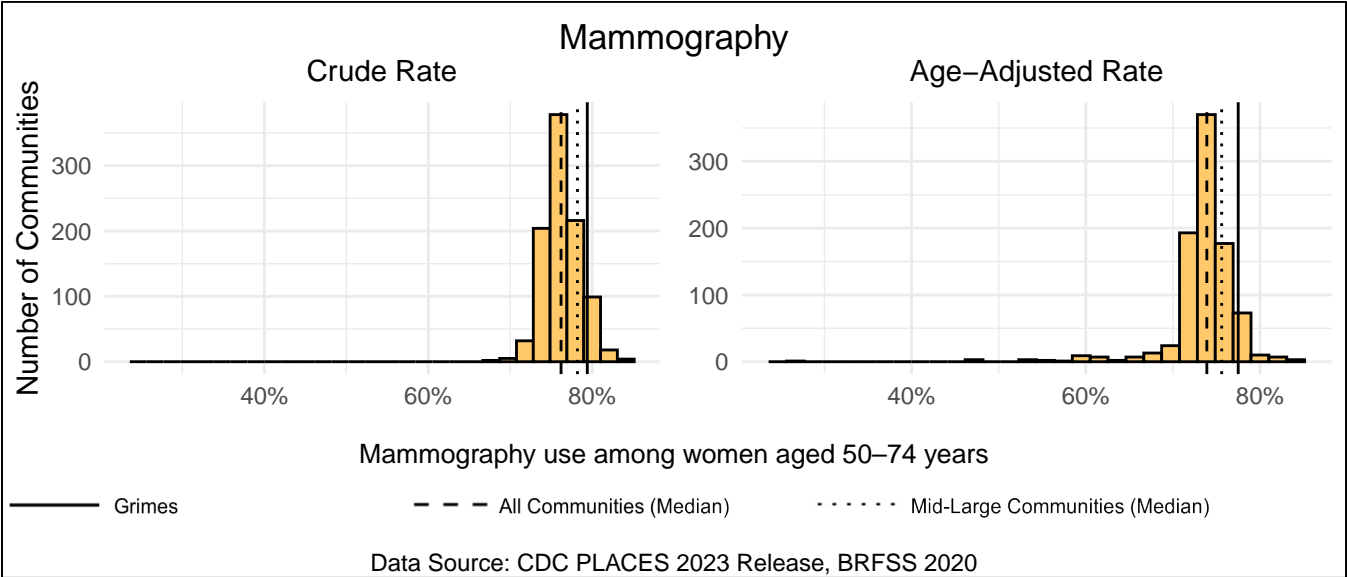
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	73.3%	67.2%	67.3%
Age-Adjusted	74.4%	66.6%	67.5%



Mammography

Grimes has a crude rate of 79.4% for mammography use among women aged 50–74 years, which ranks 86th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Grimes is 77.5%, which ranks 70th out of 905 Iowa communities (8th out of 31 mid-large communities).

Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	79.4%	76.2%	78.2%
Age-Adjusted	77.5%	73.9%	75.6%



Disability

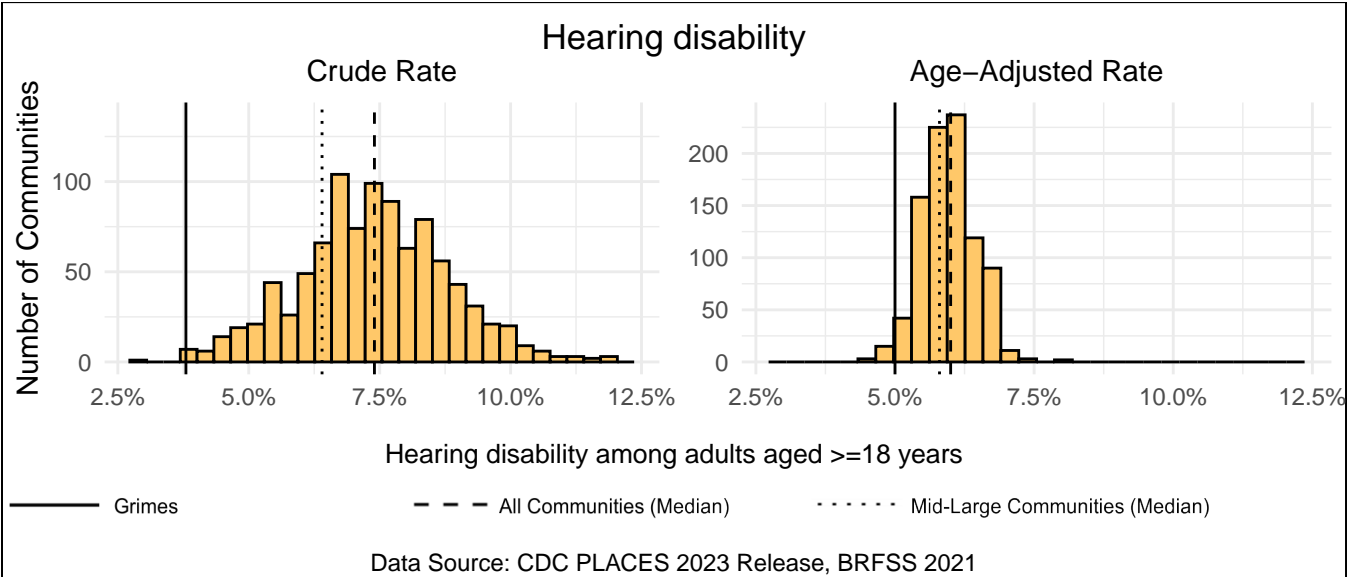
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Grimes has a crude rate of 3.8% for hearing disability among adults aged ≥ 18 years, which ranks 3rd out of 958 Iowa communities (2nd out of 31 mid-large communities). The age-adjusted rate for Grimes is 5.0%, which ranks 19th out of 905 Iowa communities (5th out of 31 mid-large communities).

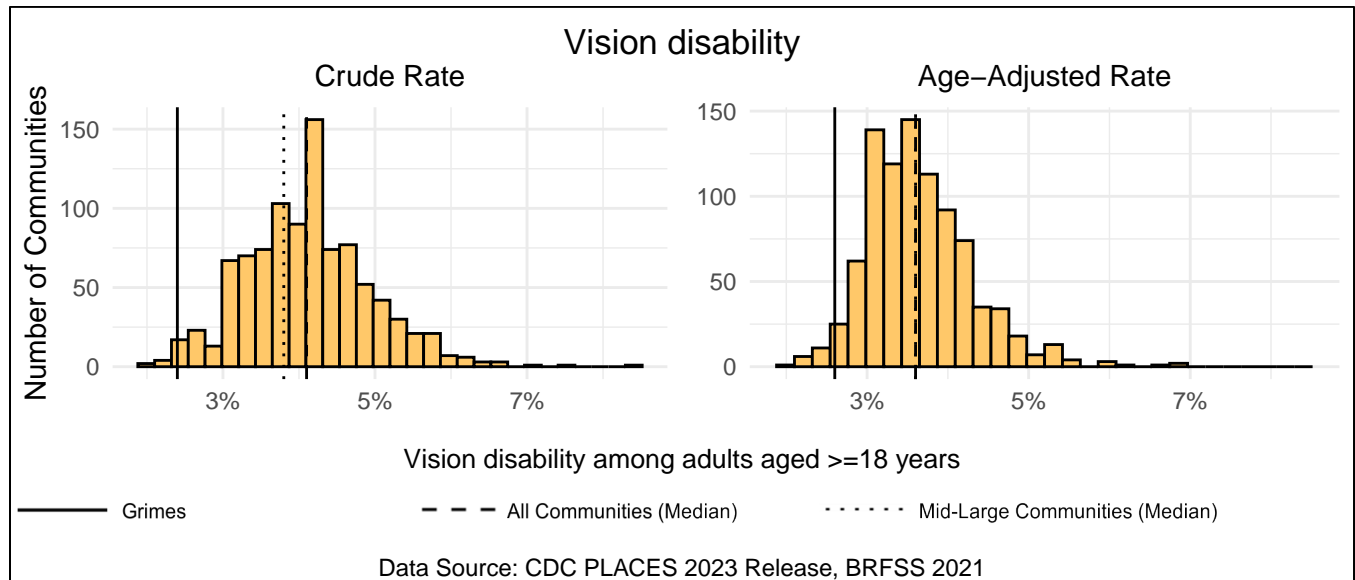
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	3.8%	7.4%	6.4%
Age-Adjusted	5.0%	6.0%	5.8%



Vision disability

Grimes has a crude rate of 2.4% for vision disability among adults aged ≥ 18 years, which ranks 7th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Grimes is 2.6%, which ranks 19th out of 905 Iowa communities (3rd out of 31 mid-large communities).

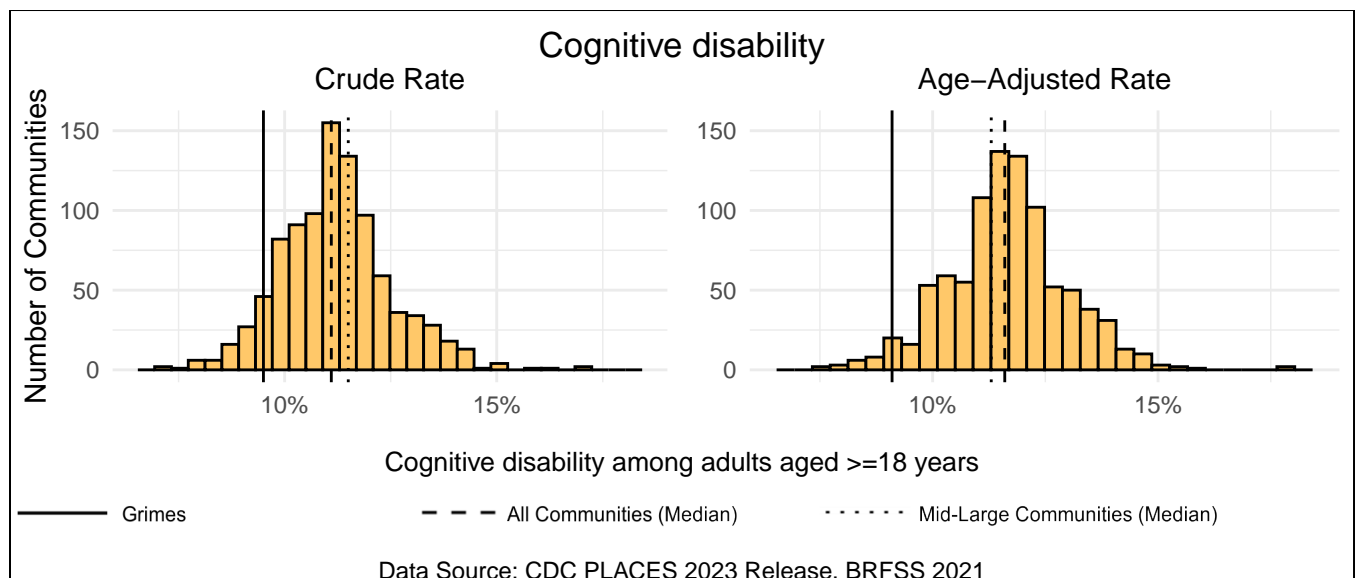
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	2.4%	4.1%	3.8%
Age-Adjusted	2.6%	3.6%	3.6%



Cognitive disability

Grimes has a crude rate of 9.5% for cognitive disability among adults aged ≥ 18 years, which ranks 75th out of 958 Iowa communities (8th out of 31 mid-large communities). The age-adjusted rate for Grimes is 9.1%, which ranks 24th out of 905 Iowa communities (6th out of 31 mid-large communities).

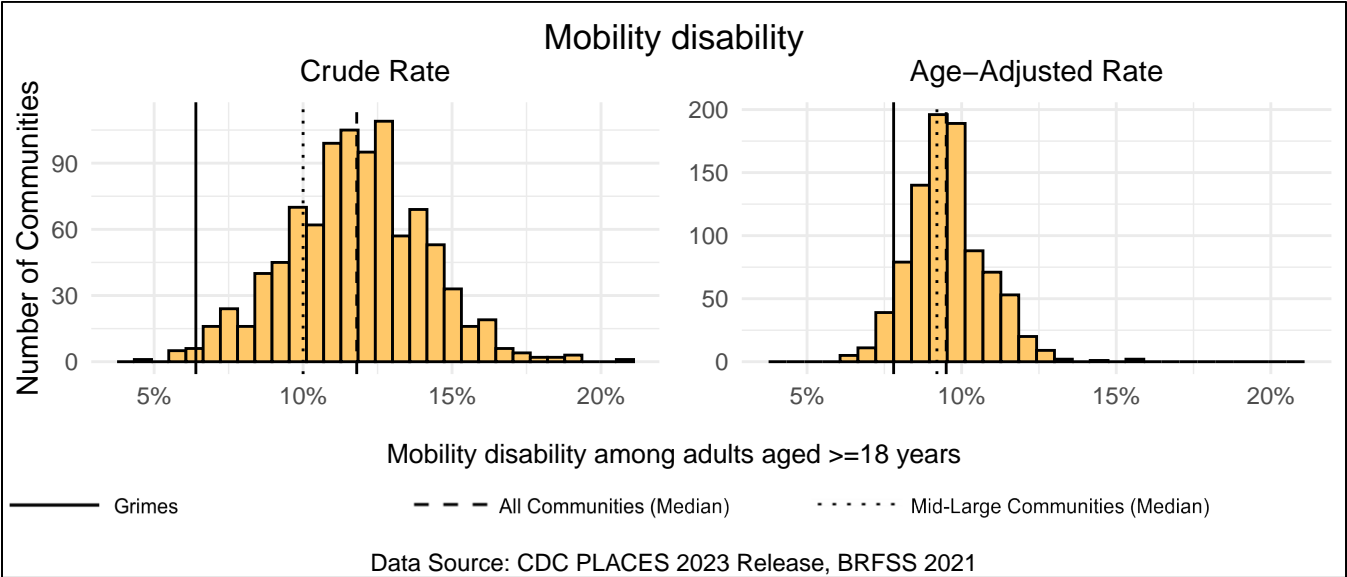
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	9.5%	11.1%	11.5%
Age-Adjusted	9.1%	11.6%	11.3%



Mobility disability

Grimes has a crude rate of 6.4% for mobility disability among adults aged ≥ 18 years, which ranks 10th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Grimes is 7.8%, which ranks 50th out of 905 Iowa communities (7th out of 31 mid-large communities).

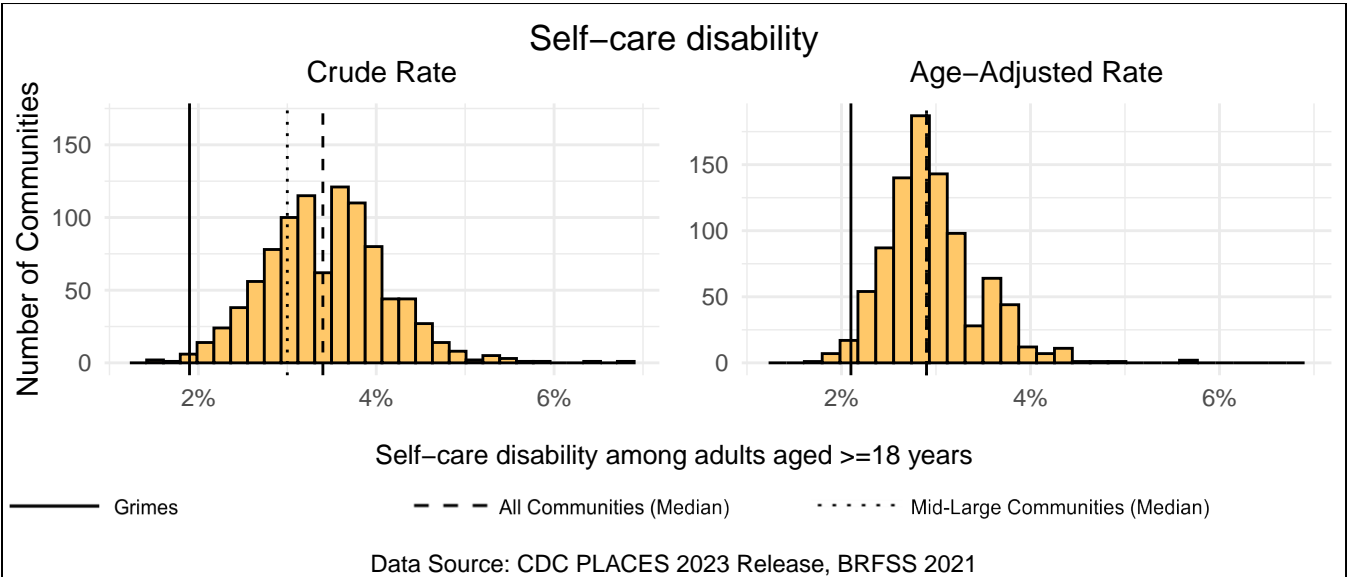
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	6.4%	11.8%	10.0%
Age-Adjusted	7.8%	9.5%	9.2%



Self-care disability

Grimes has a crude rate of 1.9% for self-care disability among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Grimes is 2.1%, which ranks 18th out of 905 Iowa communities (3rd out of 31 mid-large communities).

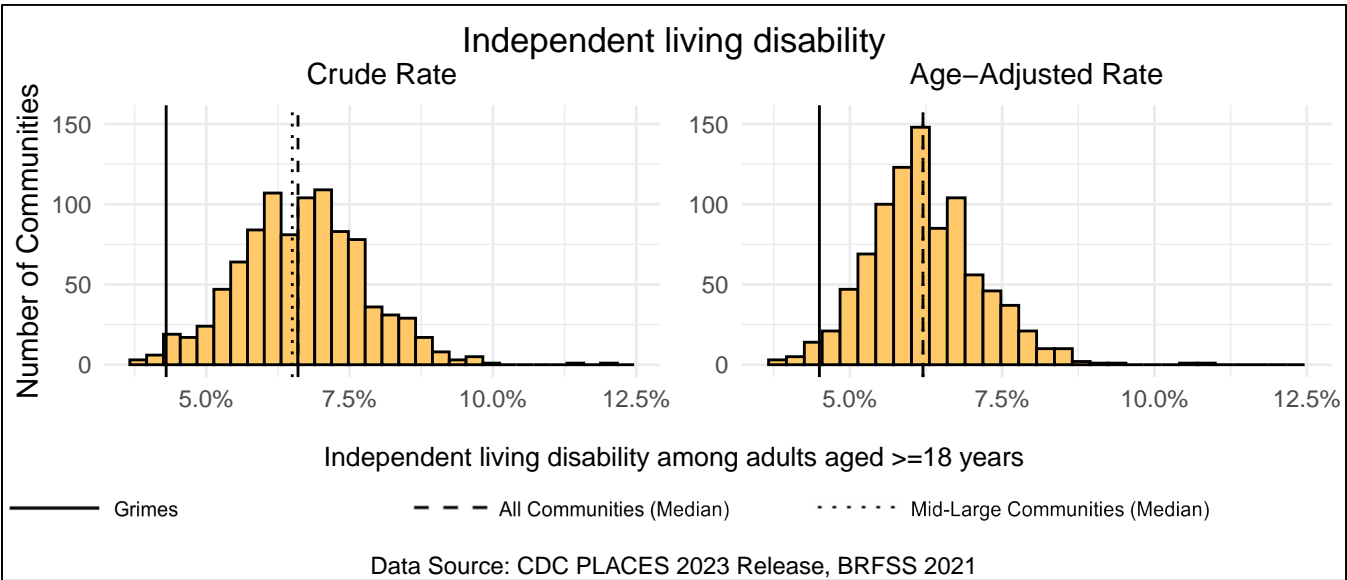
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	1.9%	3.4%	3.0%
Age-Adjusted	2.1%	2.9%	2.9%



Independent living disability

Grimes has a crude rate of 4.3% for independent living disability among adults aged ≥ 18 years, which ranks 10th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Grimes is 4.5%, which ranks 18th out of 905 Iowa communities (4th out of 31 mid-large communities).

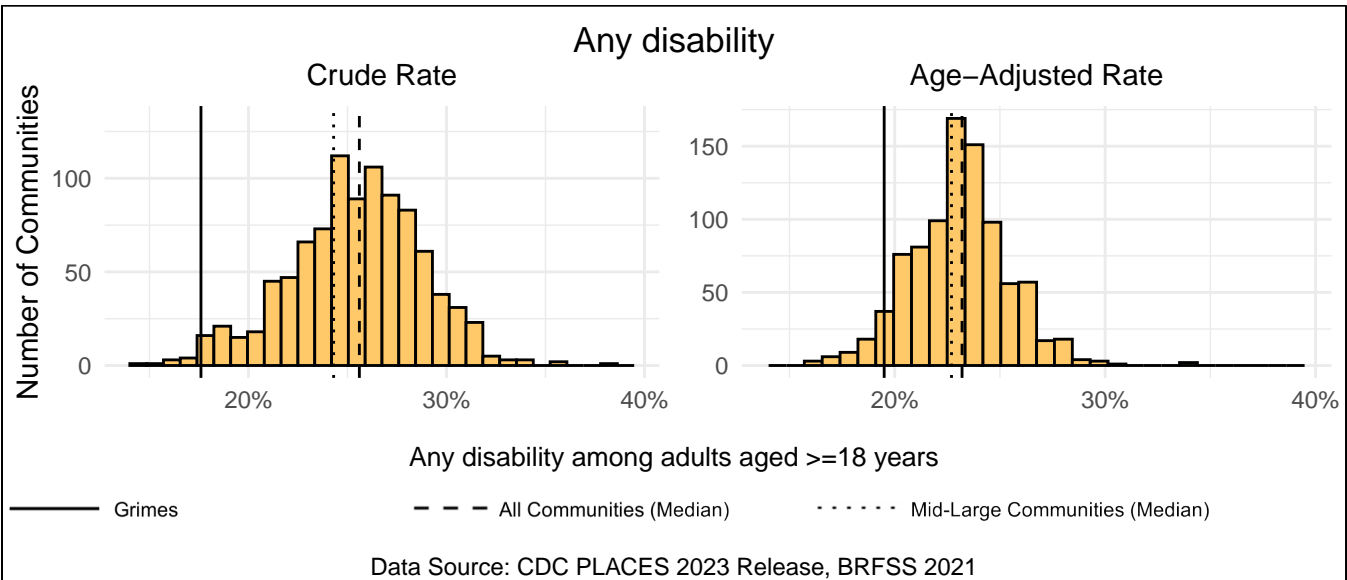
Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	4.3%	6.6%	6.5%
Age-Adjusted	4.5%	6.2%	6.2%



Any disability

Grimes has a crude rate of 17.6% for any disability among adults aged ≥ 18 years, which ranks 12th out of 958 Iowa communities (3rd out of 31 mid-large communities). The age-adjusted rate for Grimes is 19.5%, which ranks 45th out of 905 Iowa communities (6th out of 31 mid-large communities).

Measure Type	Grimes	All Comm.	Mid-Large Comm.
Crude	17.6%	25.6%	24.3%
Age-Adjusted	19.5%	23.2%	22.7%



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: Grimes 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	8	8.7% (7.2% - 10.6%)	26	9.5% (7.8% - 11.5%)
Health Status	Mental Health	587	14.6% (12.6% - 16.9%)	32	13.7% (11.8% - 15.7%)
Health Status	Physical Health	5	7.1% (5.9% - 8.3%)	17	7.6% (6.4% - 8.9%)
Health Risk Behaviors	Sleep <7 hours	92	28.0% (26.2% - 29.6%)	23	26.8% (25.3% - 28.3%)
Health Risk Behaviors	Current Smoking	81	14.1% (10.8% - 18.0%)	28	12.9% (9.8% - 16.3%)
Health Risk Behaviors	Physical Inactivity	27	18.5% (15.4% - 22.1%)	45	19.4% (16.1% - 22.7%)
Health Risk Behaviors	Binge Drinking	948	25.0% (22.2% - 28.0%)	609	22.5% (20.1% - 25.1%)
Health Outcomes	Chronic Kidney Disease	2	1.8% (1.6% - 2.0%)	12	2.3% (2.1% - 2.6%)
Health Outcomes	Arthritis	13	18.3% (16.3% - 20.4%)	135	21.9% (19.7% - 24.3%)
Health Outcomes	All Teeth Lost	31	8.3% (4.8% - 13.0%)	27	8.5% (4.9% - 13.1%)
Health Outcomes	High Cholesterol	23	29.6% (27.1% - 32.1%)	818	31.0% (28.2% - 33.8%)
Health Outcomes	Obesity	89	34.1% (30.6% - 38.0%)	55	33.3% (29.7% - 36.8%)
Health Outcomes	Cancer (except skin)	5	4.9% (4.5% - 5.4%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Diabetes	4	5.4% (4.7% - 6.3%)	18	6.7% (5.7% - 7.7%)
Health Outcomes	High Blood Pressure	9	22.2% (20.0% - 24.4%)	165	26.0% (23.7% - 28.6%)
Health Outcomes	Coronary Heart Disease	5	3.2% (2.7% - 3.6%)	52	4.4% (3.8% - 5.0%)
Health Outcomes	Current Asthma	44	8.8% (7.8% - 9.9%)	12	8.7% (7.7% - 9.8%)
Health Outcomes	Depression	911	20.5% (17.9% - 23.0%)	562	19.4% (17.0% - 22.0%)
Health Outcomes	COPD	5	3.9% (3.2% - 4.8%)	18	4.6% (3.7% - 5.6%)
Health Outcomes	Stroke	3	1.6% (1.4% - 1.8%)	9	2.1% (1.8% - 2.4%)
Prevention	Taking BP Medication	955	65.5% (62.1% - 69.1%)	897	55.2% (51.3% - 59.1%)
Prevention	Dental Visit	55	73.3% (69.4% - 76.8%)	33	74.4% (71.0% - 77.6%)
Prevention	Annual Checkup	938	70.7% (67.4% - 73.9%)	211	73.3% (70.3% - 76.1%)
Prevention	Mammography	86	79.4% (75.9% - 82.5%)	70	77.5% (73.7% - 80.7%)
Prevention	Health Insurance	87	6.0% (4.3% - 8.3%)	35	5.7% (4.2% - 7.6%)
Prevention	Cervical Cancer Screening	73	85.8% (83.3% - 88.0%)	56	85.4% (82.9% - 87.7%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	17	54.3% (46.8% - 61.2%)	17	54.8% (47.6% - 61.4%)
Prevention	Cholesterol Screening	863	79.4% (76.3% - 82.6%)	51	81.4% (78.6% - 84.2%)
Prevention	Colorectal Cancer Screening	193	73.7% (70.5% - 76.6%)	54	75.2% (72.3% - 77.9%)
Prevention	Core preventive services for older women	72	45.9% (39.1% - 52.3%)	65	46.3% (39.6% - 52.7%)
Disability	Cognitive Disability	75	9.5% (7.8% - 11.5%)	24	9.1% (7.5% - 11.0%)
Disability	Any Disability	12	17.6% (15.1% - 20.4%)	45	19.5% (16.7% - 22.6%)
Disability	Vision Disability	7	2.4% (2.0% - 2.8%)	19	2.6% (2.2% - 3.1%)
Disability	Self-care Disability	5	1.9% (1.5% - 2.2%)	18	2.1% (1.8% - 2.5%)
Disability	Independent Living Disability	10	4.3% (3.6% - 5.2%)	18	4.5% (3.7% - 5.5%)
Disability	Hearing Disability	3	3.8% (3.4% - 4.4%)	19	5.0% (4.4% - 5.7%)
Disability	Mobility Disability	10	6.4% (5.2% - 7.6%)	50	7.8% (6.5% - 9.4%)

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

Appendix 3: Mid-Large Communities (10,000-49,999)

Grimes falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukee	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		