



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

Table of contents

Health in Grinnell: 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: Grinnell PLACES Data	32
Appendix 3: Midsized Communities (2,500-9,999)	34

Health in Grinnell: Overview

Dear Community Members & Stakeholders of Grinnell,

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

Strengths

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

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Current Smoking	73rd	17th	Annual Checkup	98th	13th
Obesity	89th	15th	Taking BP Medication	126th	27th
High Cholesterol	158th	21st	Binge Drinking	136th	30th
Arthritis	161st	24th	Depression	251st	25th
Physical Health	183rd	29th	Current Smoking	327th	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
Cervical Cancer Screening	925th	96th	Core preventive services for older men	795th	91st
Cholesterol Screening	914th	93rd	Sleep <7 hours	743rd	82nd
Core preventive services for older men	900th	91st	Mammography	742nd	85th
Core preventive services for older women	764th	72nd	Dental Visit	577th	58th
Mammography	753rd	87th	High Blood Pressure	572nd	58th

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 Grinnell.

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

With a population of 9,511, Grinnell’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames’s unique age distribution, Ames’s poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

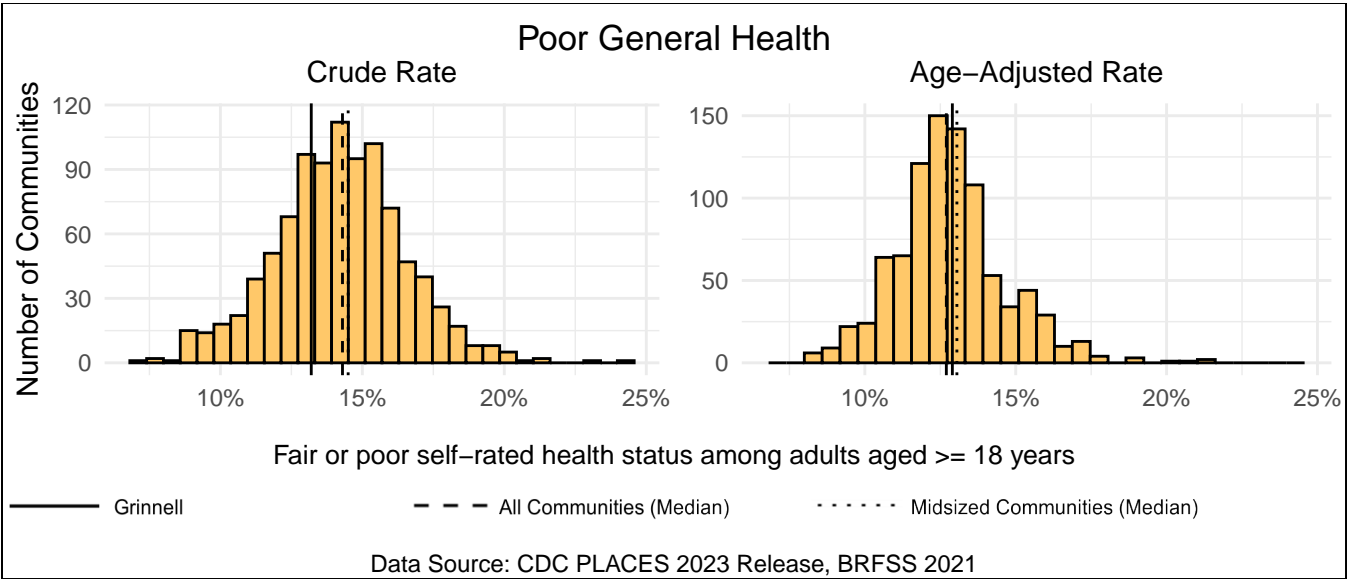
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Grinnell has a crude rate of 13.2% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 292nd out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 12.9%, which ranks 482nd out of 905 Iowa communities (46th out of 102 mid-sized communities).

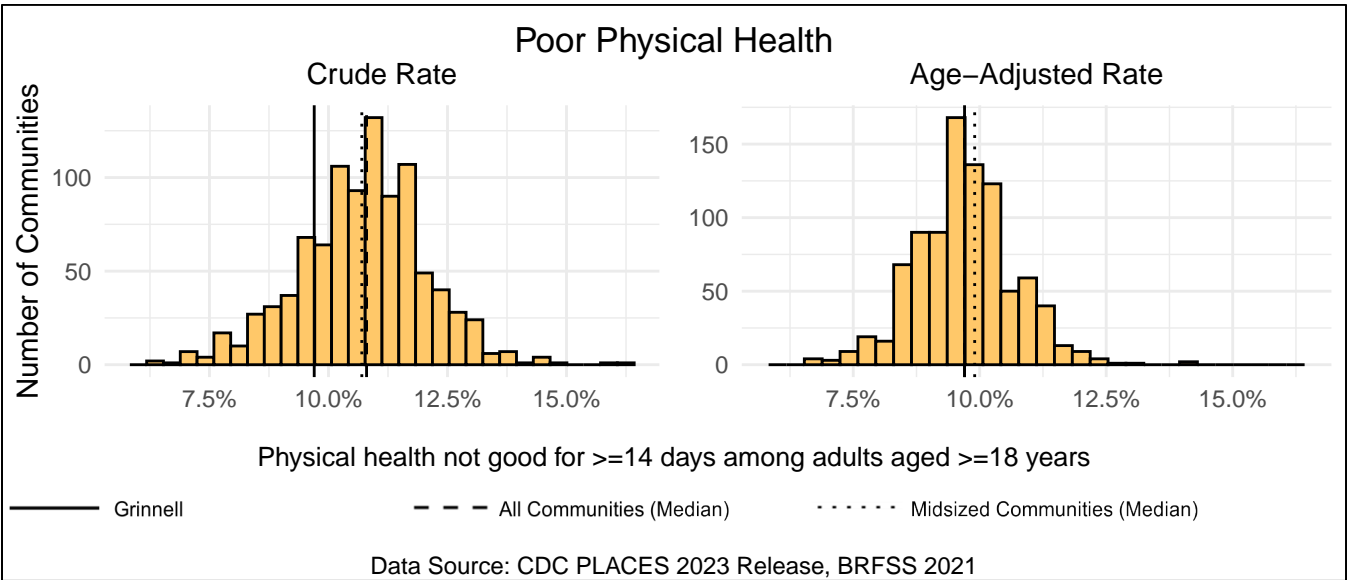
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	13.2%	14.3%	14.5%
Age-Adjusted	12.9%	12.7%	13.0%



Poor Physical Health

Grinnell has a crude rate of 9.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 183rd out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 9.7%, which ranks 429th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

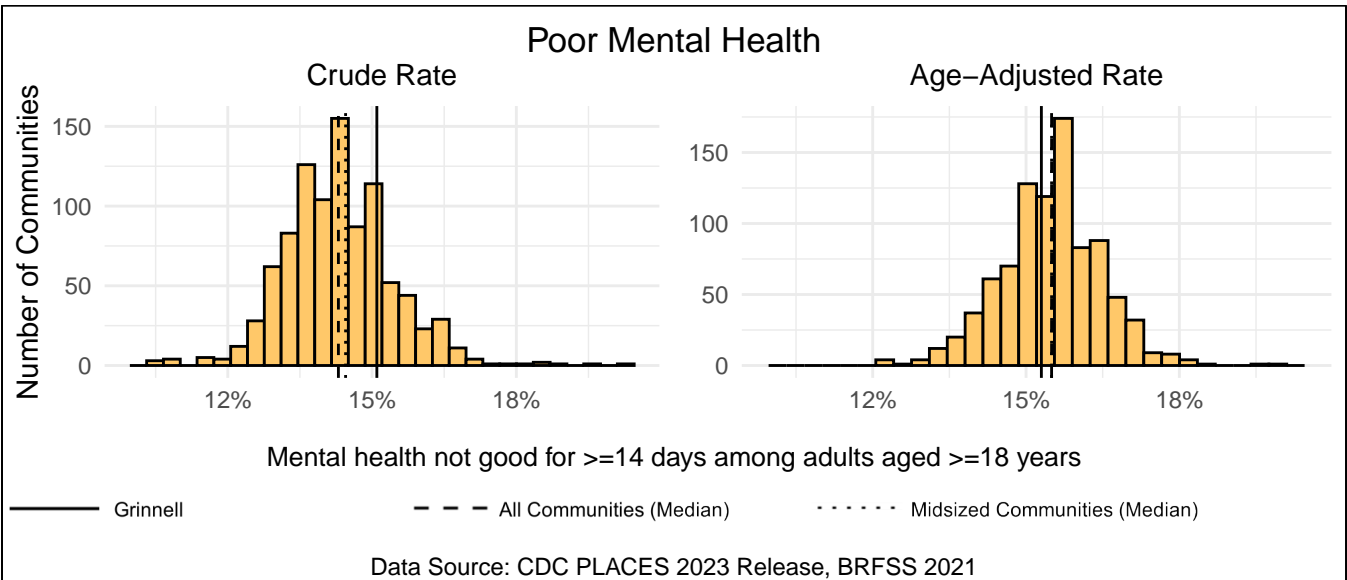
Measure Type	Grinnell	All Comm.	Mid-sized Comm.
Crude	9.7%	10.8%	10.7%
Age-Adjusted	9.7%	9.7%	9.9%



Poor Mental Health

Grinnell has a crude rate of 15.1% for mental health not good for >=14 days among adults aged >=18 years, which ranks 736th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 15.3%, which ranks 338th out of 905 Iowa communities (44th out of 102 mid-sized communities).

Measure Type	Grinnell	All Comm.	Mid-sized Comm.
Crude	15.1%	14.3%	14.4%
Age-Adjusted	15.3%	15.5%	15.5%



Health Risk Behaviors

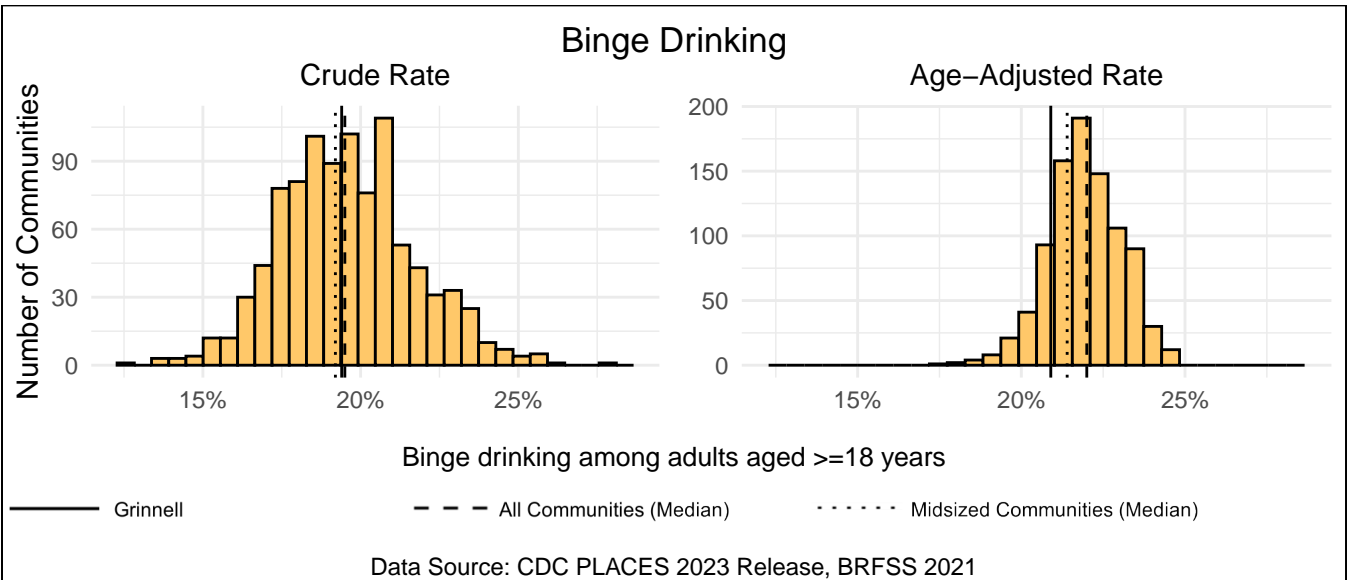
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Grinnell has a crude rate of 19.4% for binge drinking among adults aged ≥ 18 years, which ranks 459th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Grinnell is 20.9%, which ranks 136th out of 905 Iowa communities (30th out of 102 midsized communities).

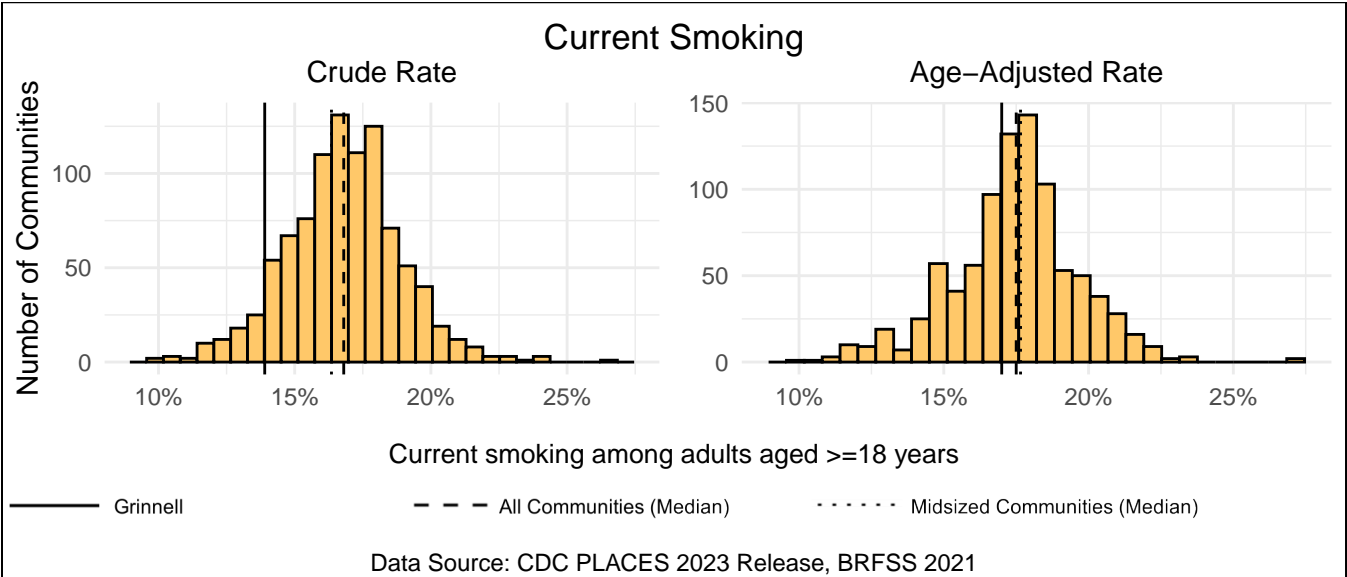
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	19.4%	19.5%	19.2%
Age-Adjusted	20.9%	22.0%	21.4%



Current Smoking

Grinnell has a crude rate of 13.9% for current smoking among adults aged >=18 years, which ranks 73rd out of 958 Iowa communities (17th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 17.0%, which ranks 327th out of 905 Iowa communities (43rd out of 102 mid-sized communities).

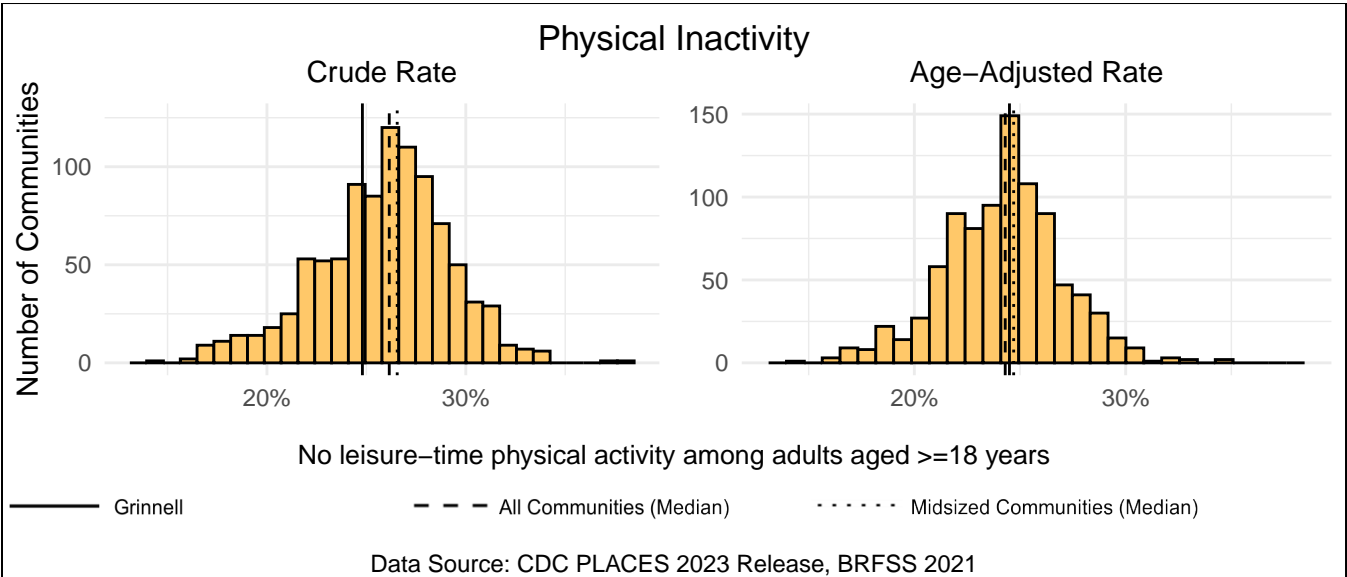
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	13.9%	16.8%	16.4%
Age-Adjusted	17.0%	17.5%	17.6%



Physical Inactivity

Grinnell has a crude rate of 24.8% for no leisure-time physical activity among adults aged >=18 years, which ranks 325th out of 958 Iowa communities (38th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 24.5%, which ranks 478th out of 905 Iowa communities (48th out of 102 mid-sized communities).

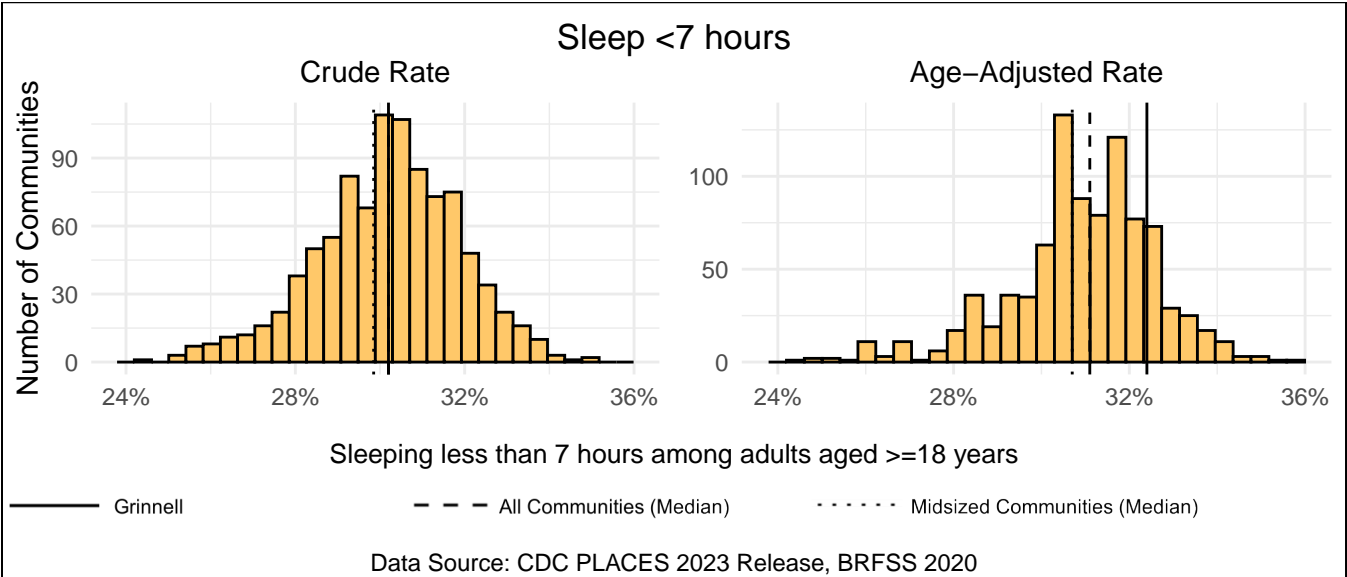
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	24.8%	26.1%	26.6%
Age-Adjusted	24.5%	24.3%	24.7%



Sleep <7 hours

Grinnell has a crude rate of 30.2% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 456th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Grinnell is 32.4%, which ranks 743rd out of 905 Iowa communities (82nd out of 102 midsize communities).

Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	30.2%	30.2%	29.8%
Age-Adjusted	32.4%	31.1%	30.7%



Health Outcomes

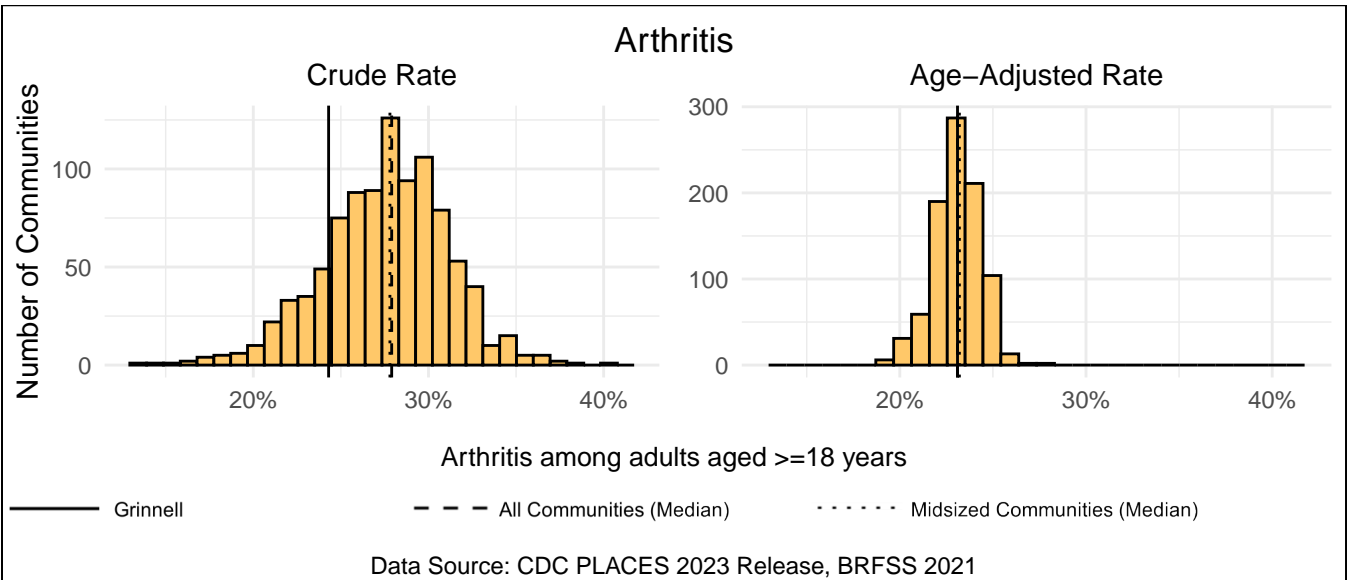
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Grinnell has a crude rate of 24.3% for arthritis among adults aged ≥ 18 years, which ranks 161st out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Grinnell is 23.1%, which ranks 426th out of 905 Iowa communities (48th out of 102 midsize communities).

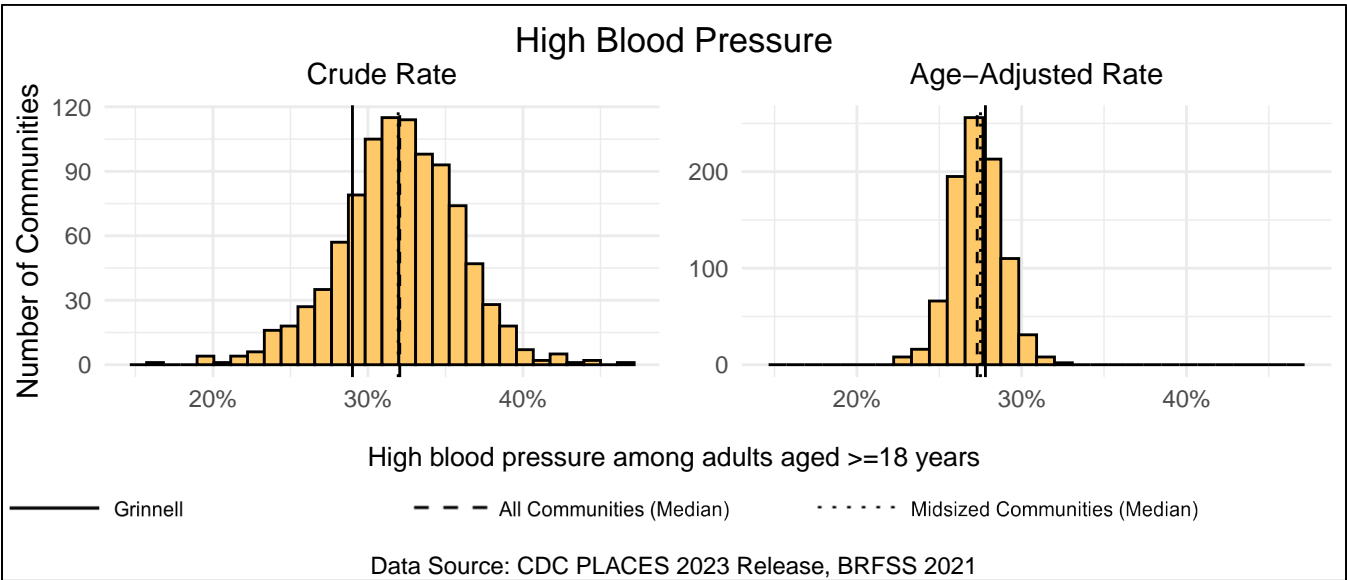
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	24.3%	27.9%	27.8%
Age-Adjusted	23.1%	23.1%	23.2%



High Blood Pressure

Grinnell has a crude rate of 29.0% for high blood pressure among adults aged ≥ 18 years, which ranks 184th out of 958 Iowa communities (29th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 27.8%, which ranks 572nd out of 905 Iowa communities (58th out of 102 mid-sized communities).

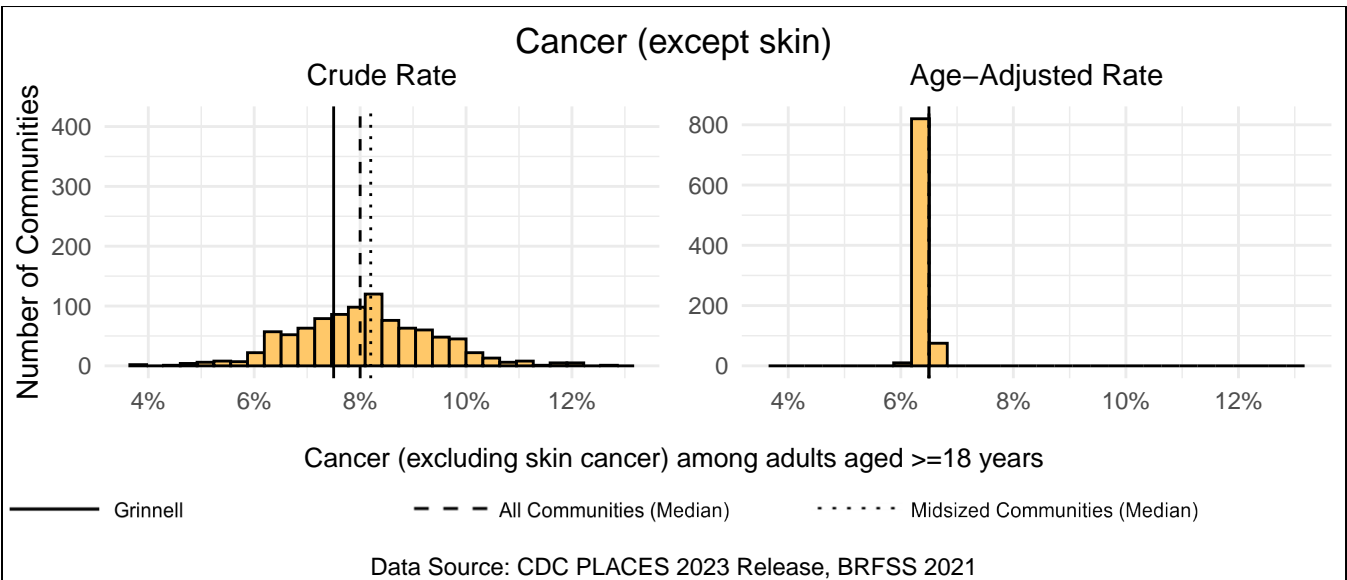
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	29.0%	32.0%	32.0%
Age-Adjusted	27.8%	27.3%	27.5%



Cancer (except skin)

Grinnell has a crude rate of 7.5% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 302nd out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

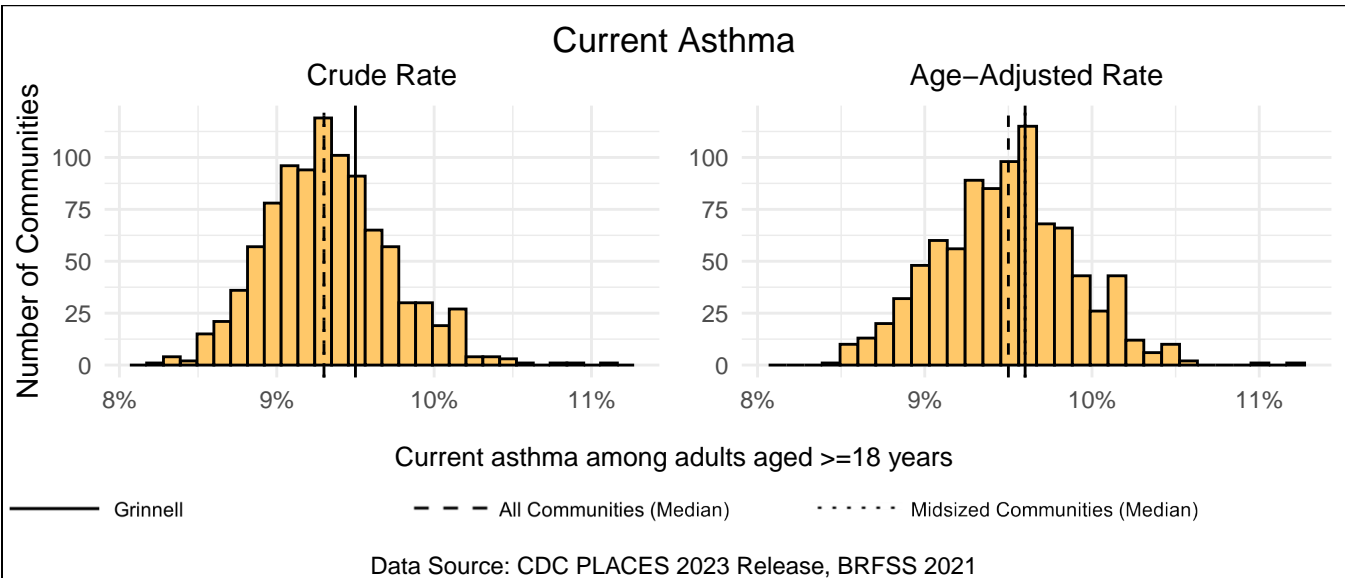
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	7.5%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Grinnell has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Grinnell is 9.6%, which ranks 513th out of 905 Iowa communities (48th out of 102 midsized communities).

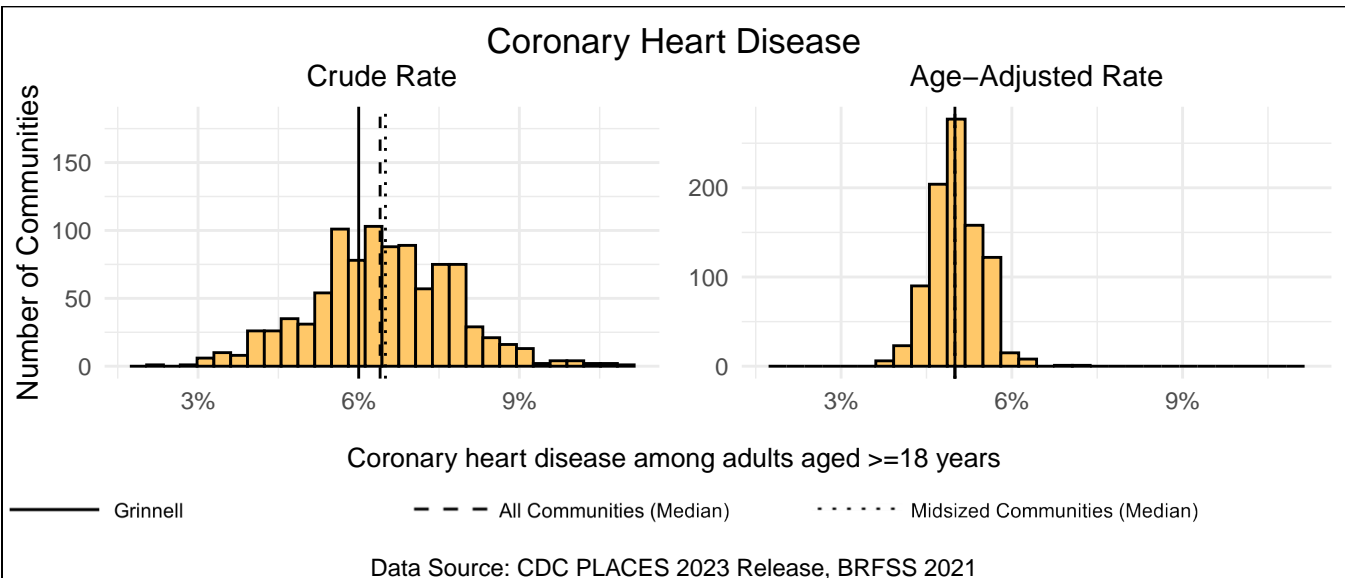
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.6%



Coronary Heart Disease

Grinnell has a crude rate of 6.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 324th out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Grinnell is 5.0%, which ranks 419th out of 905 Iowa communities (49th out of 102 midsized communities).

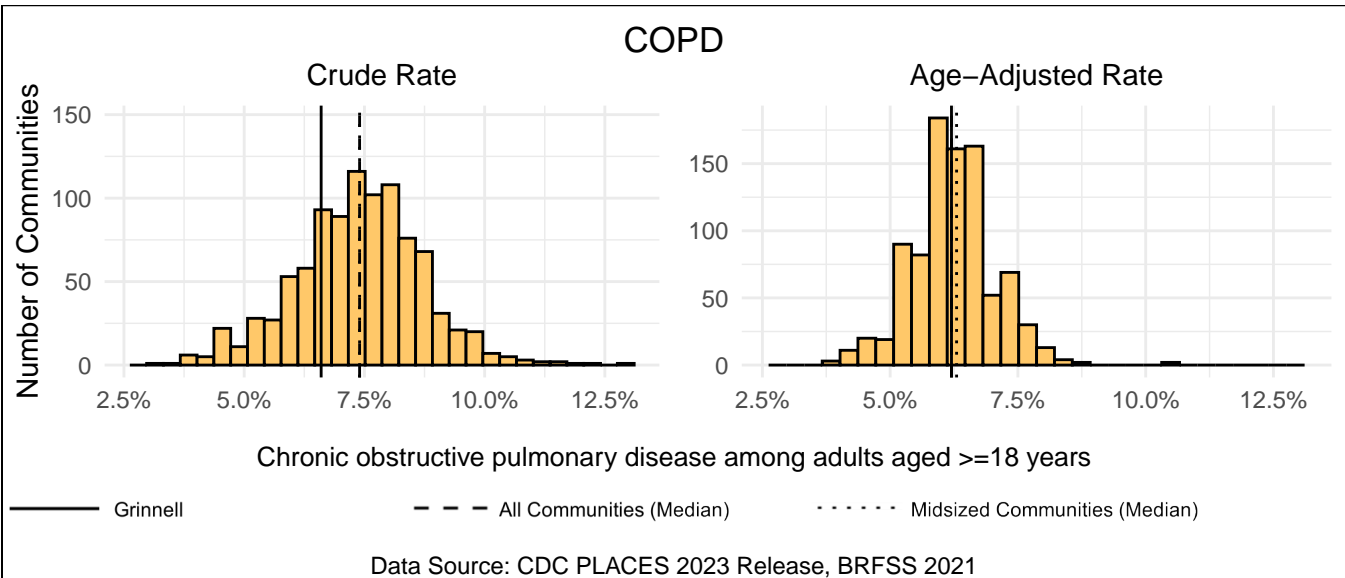
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	6.0%	6.4%	6.5%
Age-Adjusted	5.0%	5.0%	5.0%



COPD

Grinnell has a crude rate of 6.6% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 232nd out of 958 Iowa communities (32nd out of 102 midsized communities). The age-adjusted rate for Grinnell is 6.2%, which ranks 410th out of 905 Iowa communities (43rd out of 102 midsized communities).

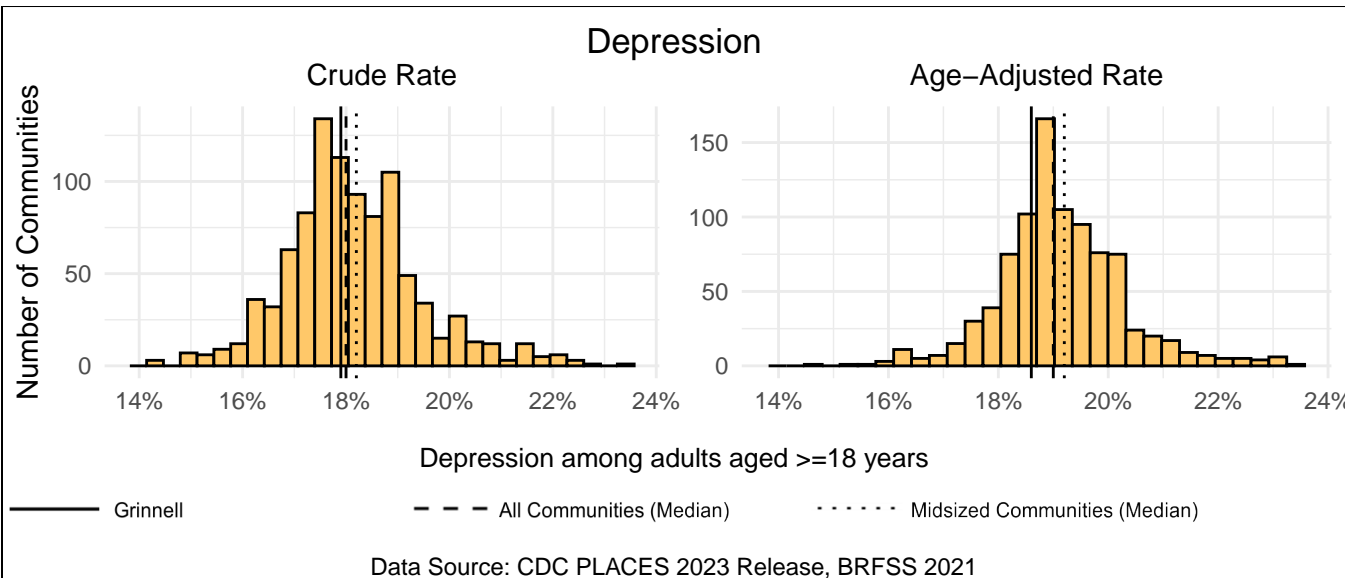
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	6.6%	7.4%	7.4%
Age-Adjusted	6.2%	6.2%	6.3%



Depression

Grinnell has a crude rate of 17.9% for depression among adults aged ≥ 18 years, which ranks 424th out of 958 Iowa communities (41st out of 102 midsized communities). The age-adjusted rate for Grinnell is 18.6%, which ranks 251st out of 905 Iowa communities (25th out of 102 midsized communities).

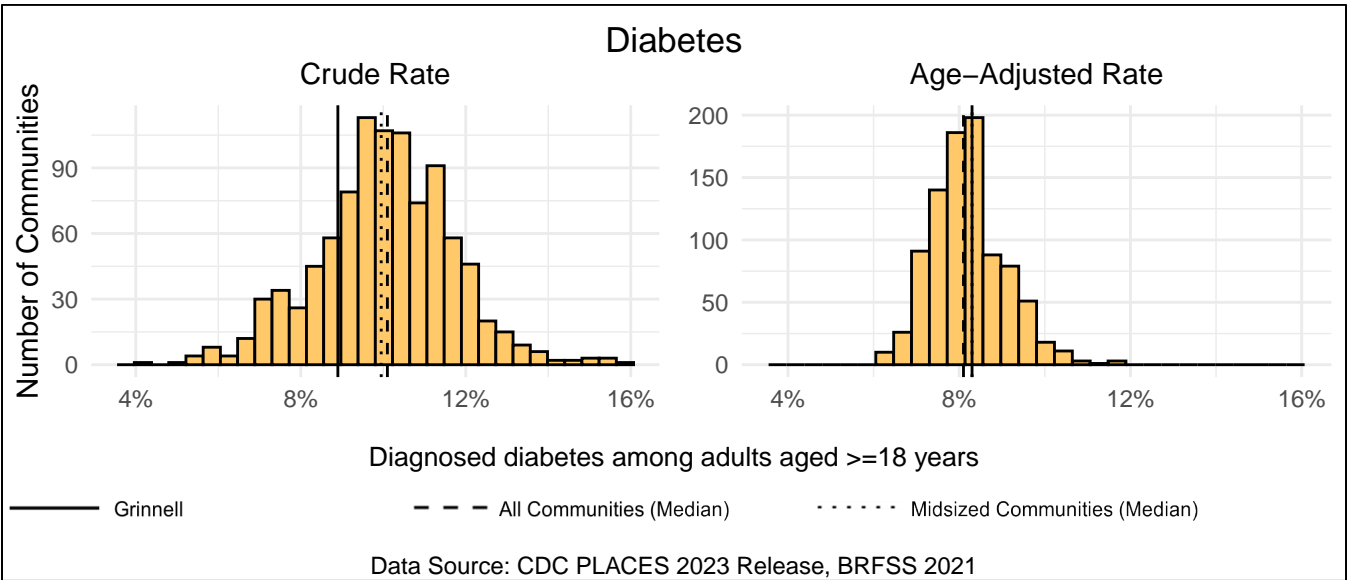
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	17.9%	18.0%	18.2%
Age-Adjusted	18.6%	19.0%	19.2%



Diabetes

Grinnell has a crude rate of 8.9% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 203rd out of 958 Iowa communities (28th out of 102 midsize communities). The age-adjusted rate for Grinnell is 8.3%, which ranks 508th out of 905 Iowa communities (47th out of 102 midsize communities).

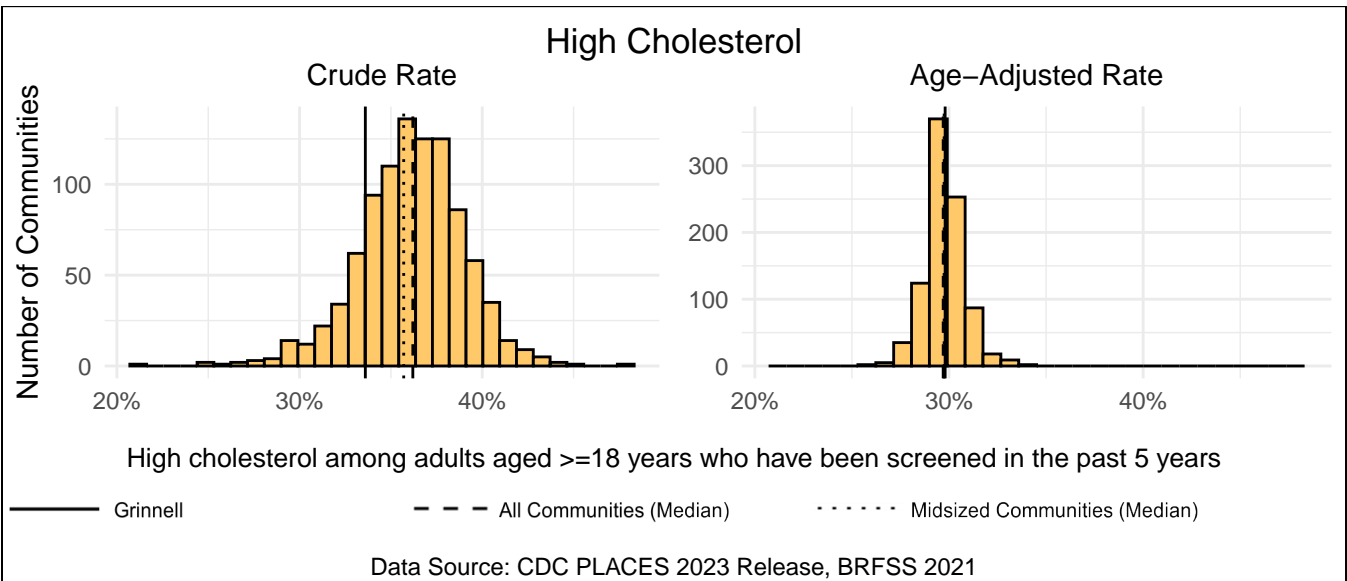
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	8.9%	10.1%	9.9%
Age-Adjusted	8.3%	8.1%	8.3%



High Cholesterol

Grinnell has a crude rate of 33.6% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 158th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Grinnell is 29.8%, which ranks 467th out of 905 Iowa communities (52nd out of 102 midsize communities).

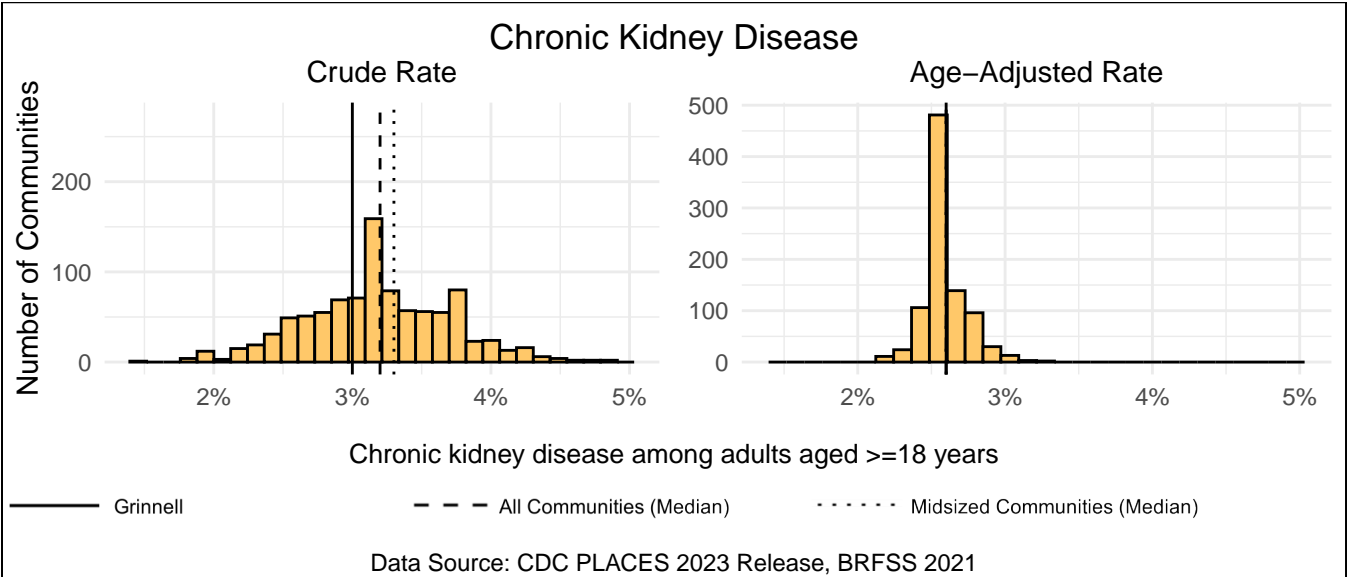
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	33.6%	36.2%	35.7%
Age-Adjusted	29.8%	29.7%	29.8%



Chronic Kidney Disease

Grinnell has a crude rate of 3.0% for chronic kidney disease among adults aged ≥ 18 years, which ranks 310th out of 958 Iowa communities (34th out of 102 midsized communities). The age-adjusted rate for Grinnell is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 midsized communities).

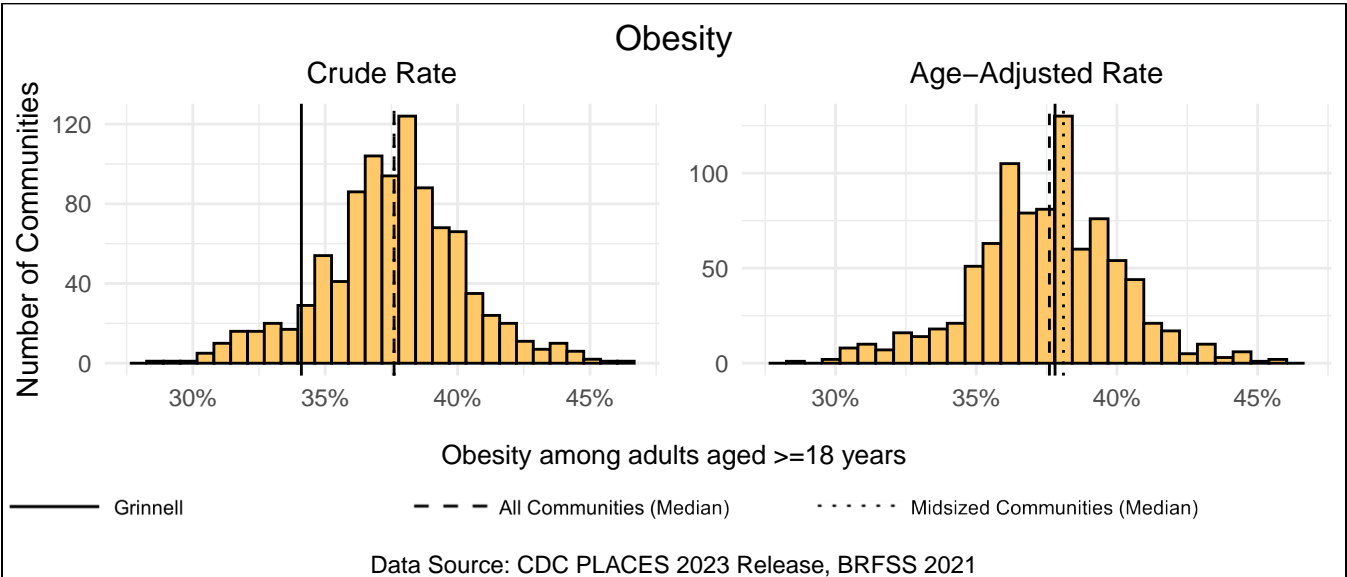
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	3.0%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Grinnell has a crude rate of 34.1% for obesity among adults aged ≥ 18 years, which ranks 89th out of 958 Iowa communities (15th out of 102 midsized communities). The age-adjusted rate for Grinnell is 37.8%, which ranks 477th out of 905 Iowa communities (48th out of 102 midsized communities).

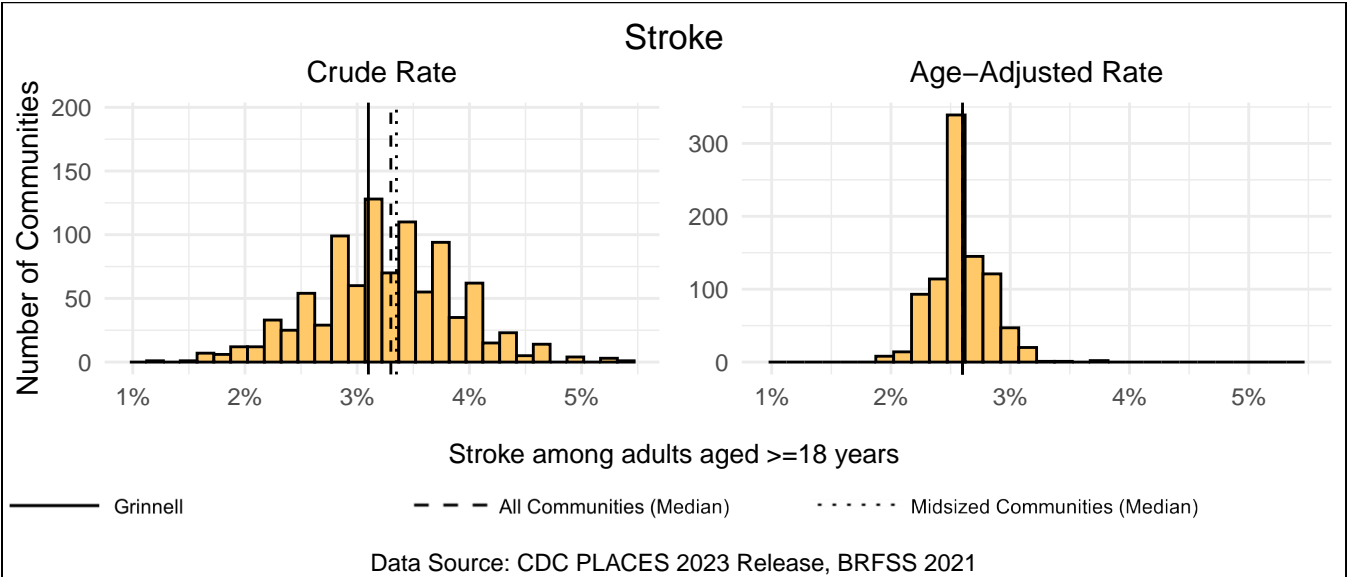
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	34.1%	37.6%	37.6%
Age-Adjusted	37.8%	37.6%	38.1%



Stroke

Grinnell has a crude rate of 3.1% for stroke among adults aged ≥ 18 years, which ranks 340th out of 958 Iowa communities (34th out of 102 midsize communities). The age-adjusted rate for Grinnell is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 midsize communities).

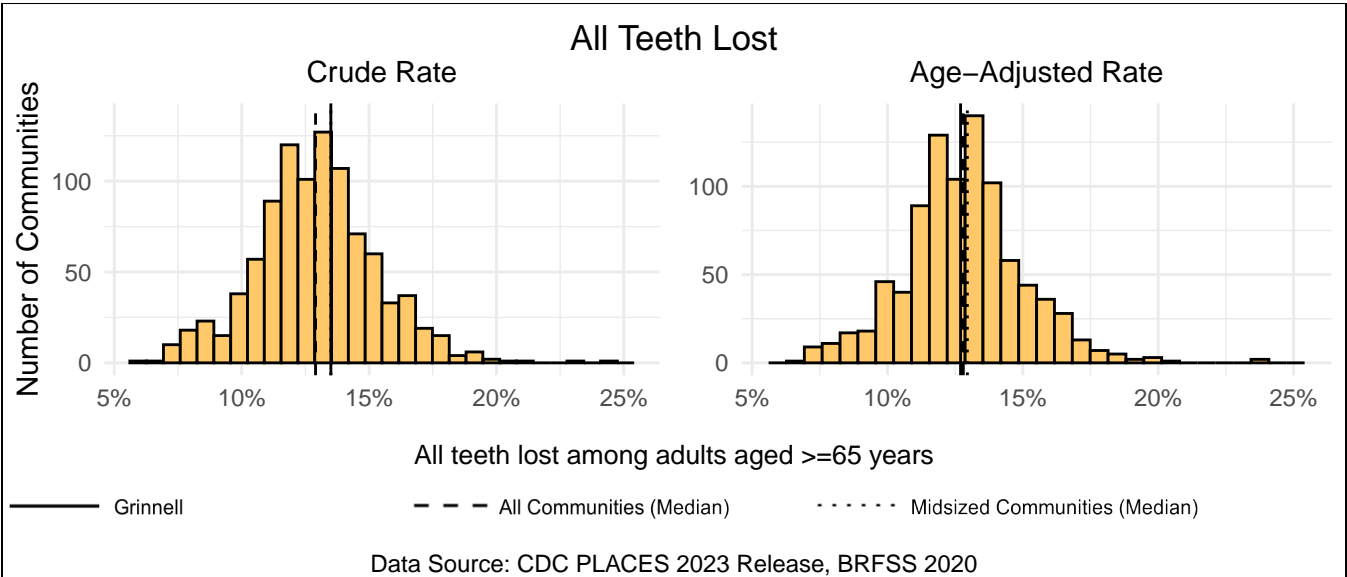
Measure Type	Grinnell	All Comm.	Midsize Comm.
Crude	3.1%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



All Teeth Lost

Grinnell has a crude rate of 13.5% for all teeth lost among adults aged ≥ 65 years, which ranks 581st out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Grinnell is 12.7%, which ranks 431st out of 905 Iowa communities (45th out of 102 midsize communities).

Measure Type	Grinnell	All Comm.	Midsize Comm.
Crude	13.5%	12.9%	13.5%
Age-Adjusted	12.7%	12.8%	12.9%



Prevention

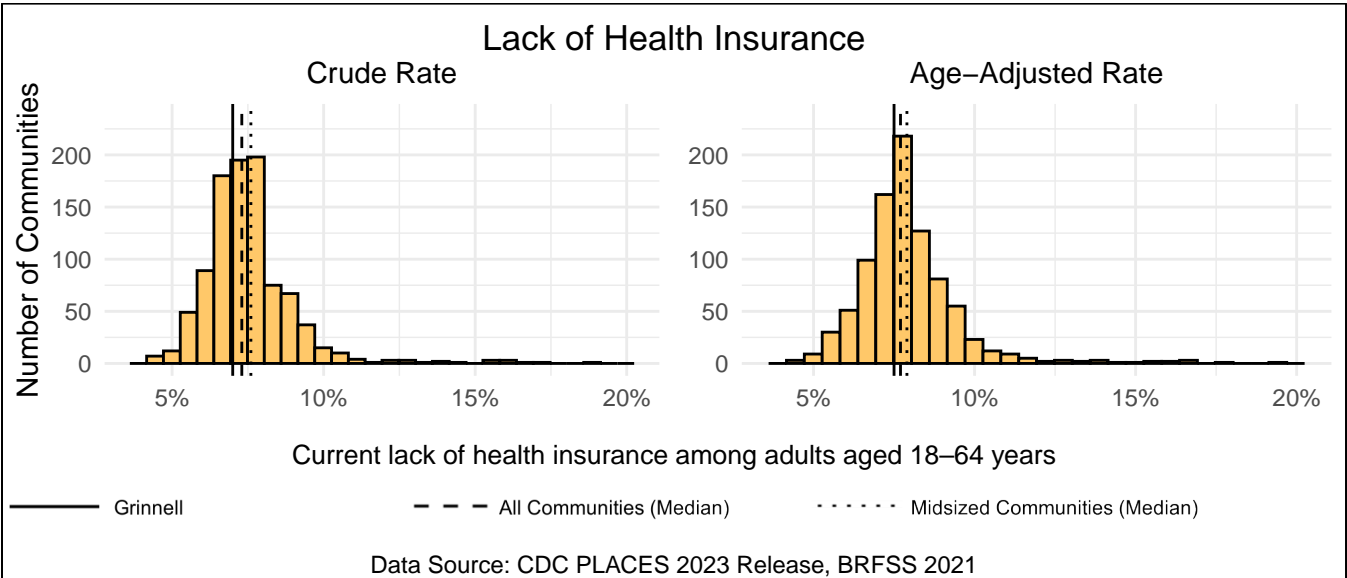
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Grinnell has a crude rate of 7.0% for current lack of health insurance among adults aged 18–64 years, which ranks 338th out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 7.5%, which ranks 355th out of 905 Iowa communities (41st out of 102 midsized communities).

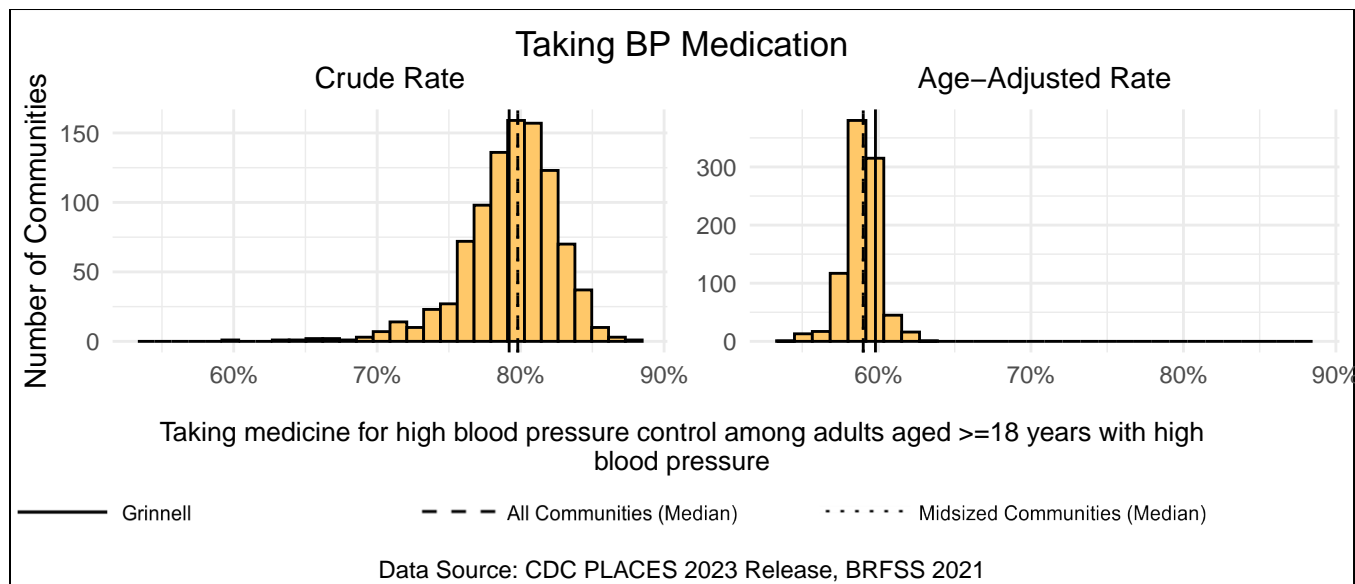
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	7.0%	7.3%	7.6%
Age-Adjusted	7.5%	7.7%	7.9%



Taking BP Medication

Grinnell has a crude rate of 79.2% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 535th out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 59.8%, which ranks 126th out of 905 Iowa communities (27th out of 102 mid-sized communities).

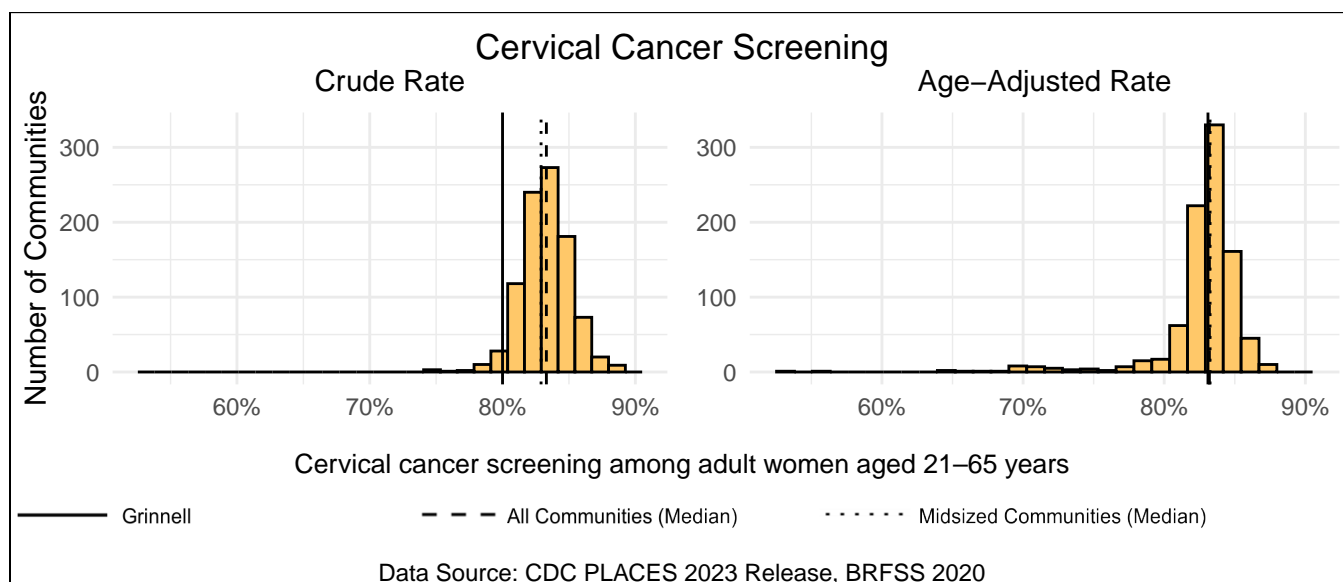
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	79.2%	79.8%	79.8%
Age-Adjusted	59.8%	59.0%	59.0%



Cervical Cancer Screening

Grinnell has a crude rate of 80.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 925th out of 958 Iowa communities (96th out of 102 midsized communities). The age-adjusted rate for Grinnell is 83.1%, which ranks 477th out of 905 Iowa communities (55th out of 102 midsized communities).

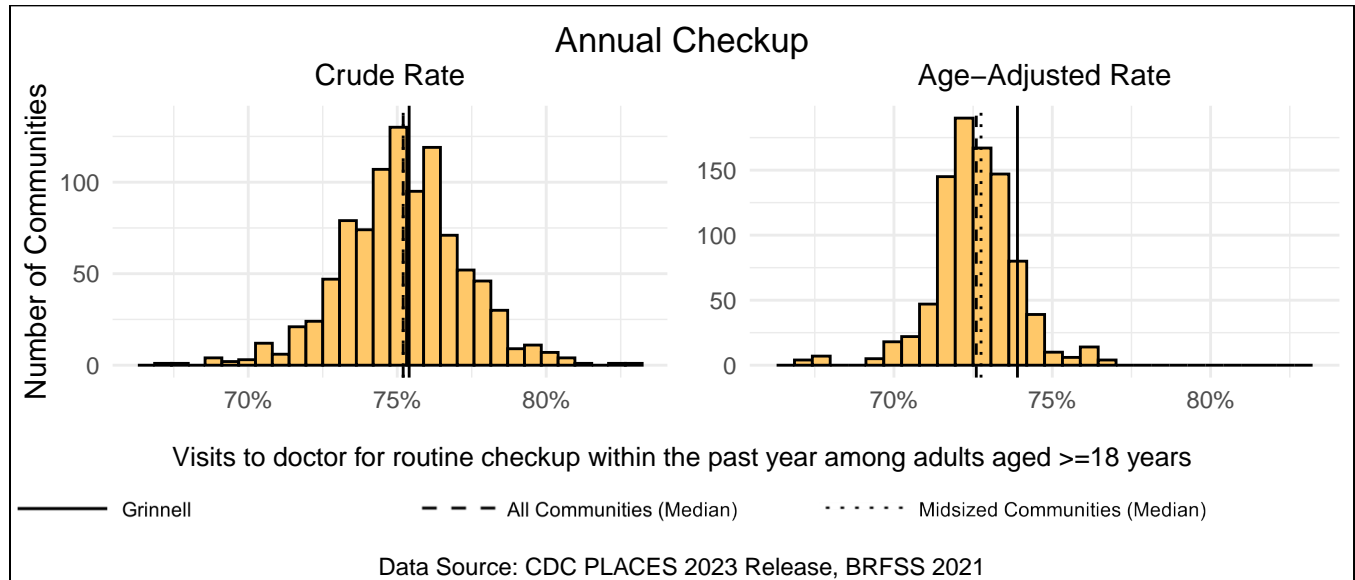
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	80.0%	83.3%	82.9%
Age-Adjusted	83.1%	83.2%	83.2%



Annual Checkup

Grinnell has a crude rate of 75.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 428th out of 958 Iowa communities (43rd out of 102 midsize communities). The age-adjusted rate for Grinnell is 73.9%, which ranks 98th out of 905 Iowa communities (13th out of 102 midsize communities).

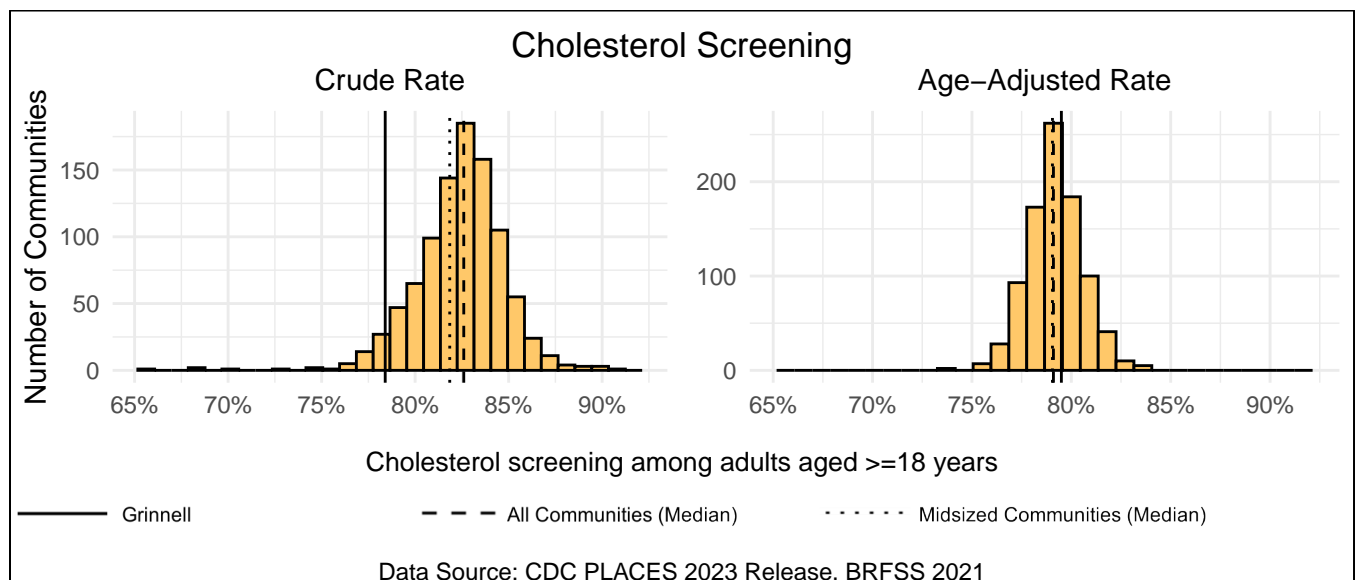
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	75.4%	75.2%	75.2%
Age-Adjusted	73.9%	72.6%	72.8%



Cholesterol Screening

Grinnell has a crude rate of 78.4% for cholesterol screening among adults aged ≥ 18 years, which ranks 914th out of 958 Iowa communities (93rd out of 102 midsize communities). The age-adjusted rate for Grinnell is 79.5%, which ranks 341st out of 905 Iowa communities (41st out of 102 midsize communities).

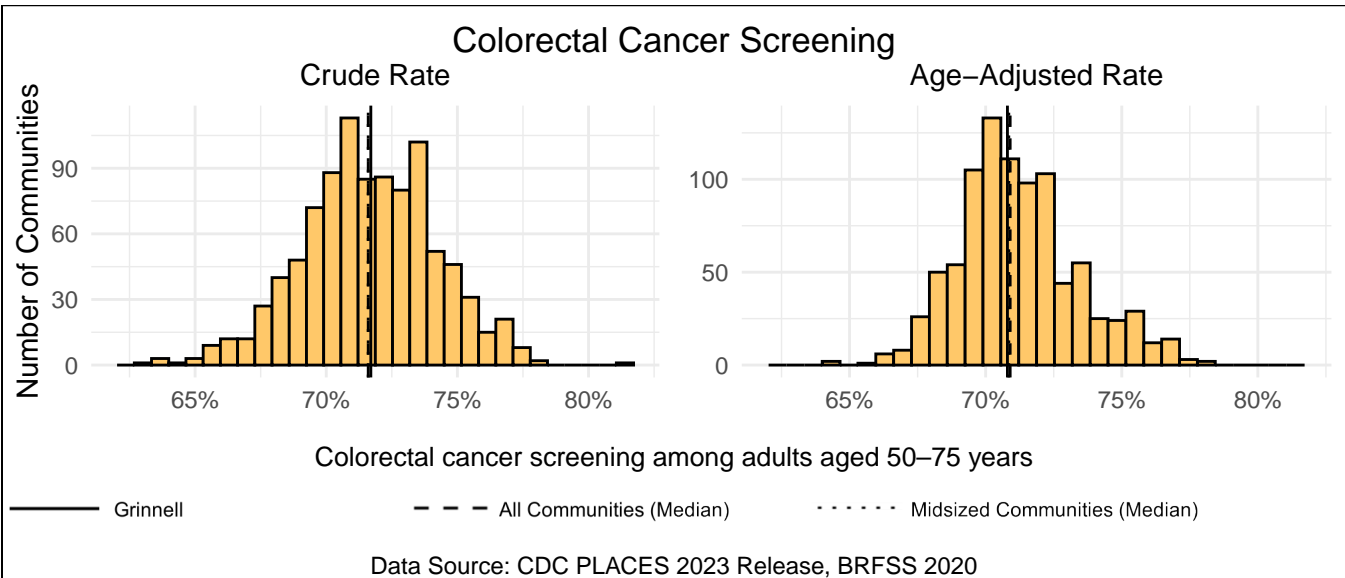
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	78.4%	82.6%	81.8%
Age-Adjusted	79.5%	79.1%	79.0%



Colorectal Cancer Screening

Grinnell has a crude rate of 71.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 454th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 70.8%, which ranks 474th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

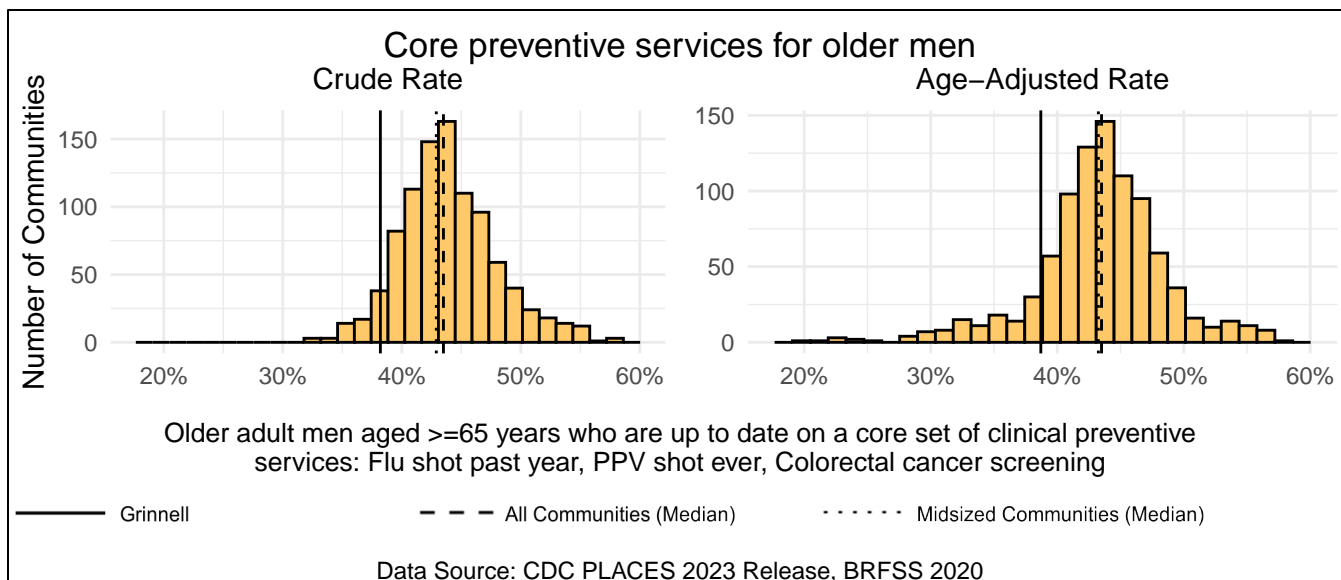
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	71.7%	71.6%	71.6%
Age-Adjusted	70.8%	70.9%	70.8%



Core preventive services for older men

Grinnell has a crude rate of 38.2% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 900th out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 38.7%, which ranks 795th out of 905 Iowa communities (91st out of 102 mid-sized communities).

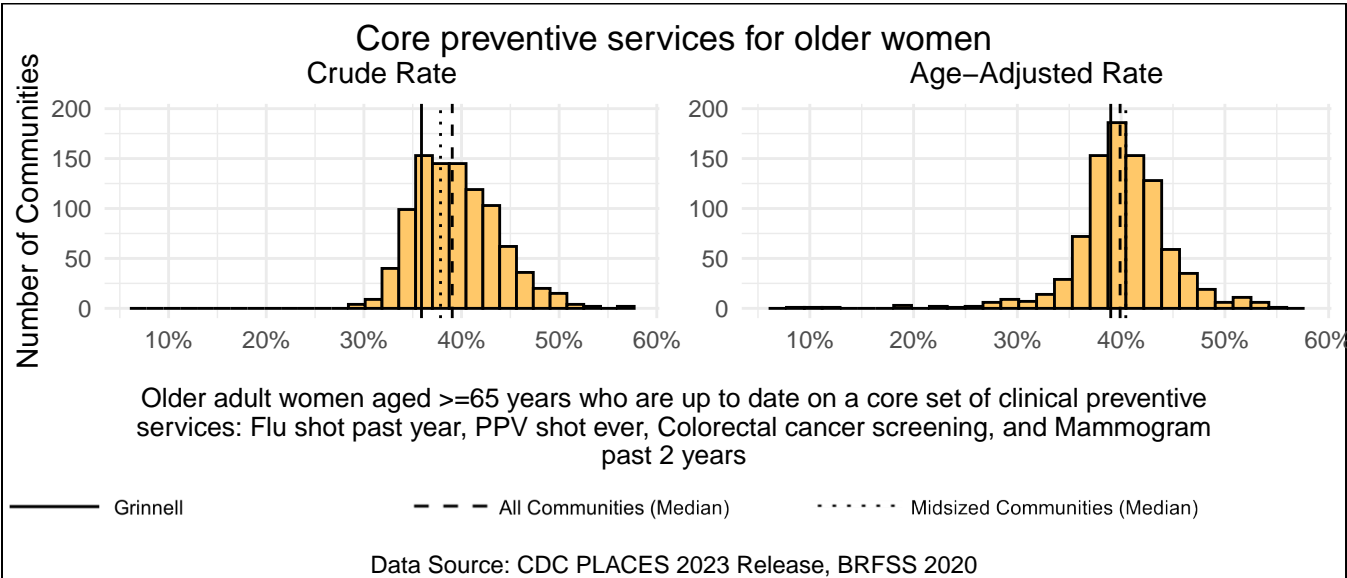
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	38.2%	43.5%	42.9%
Age-Adjusted	38.7%	43.5%	43.2%



Core preventive services for older women

Grinnell has a crude rate of 35.9% 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 764th out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 39.0%, which ranks 570th out of 905 Iowa communities (63rd out of 102 mid-sized communities).

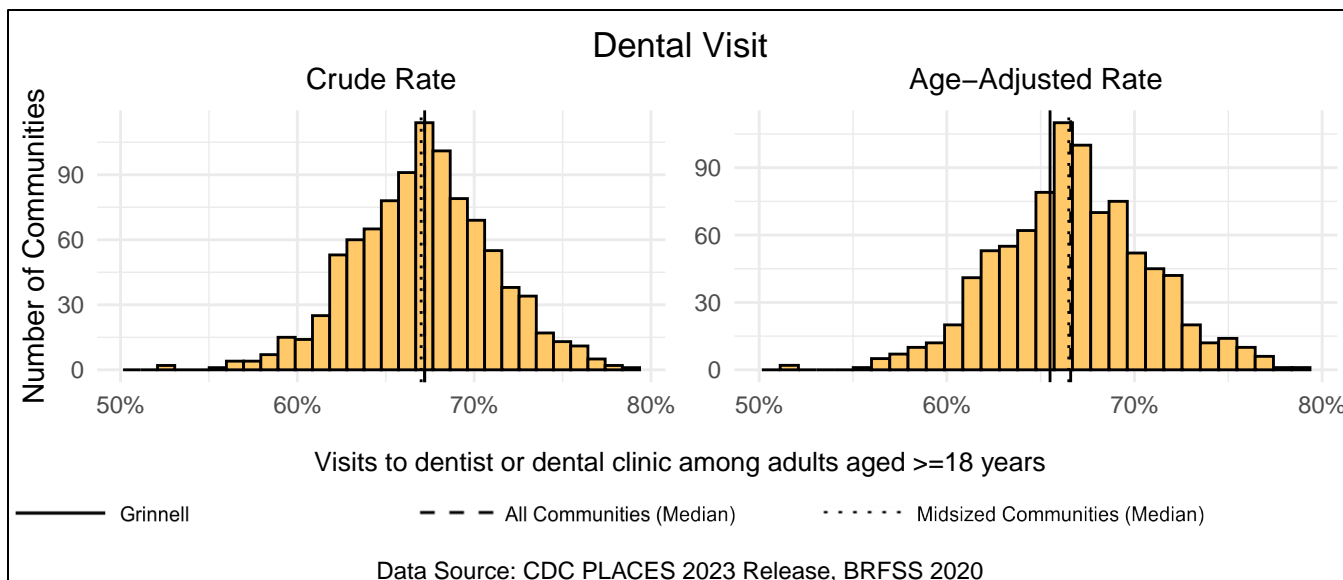
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	35.9%	39.0%	37.8%
Age-Adjusted	39.0%	39.9%	40.4%



Dental Visit

Grinnell has a crude rate of 67.2% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 469th out of 958 Iowa communities (49th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 65.5%, which ranks 577th out of 905 Iowa communities (58th out of 102 mid-sized communities).

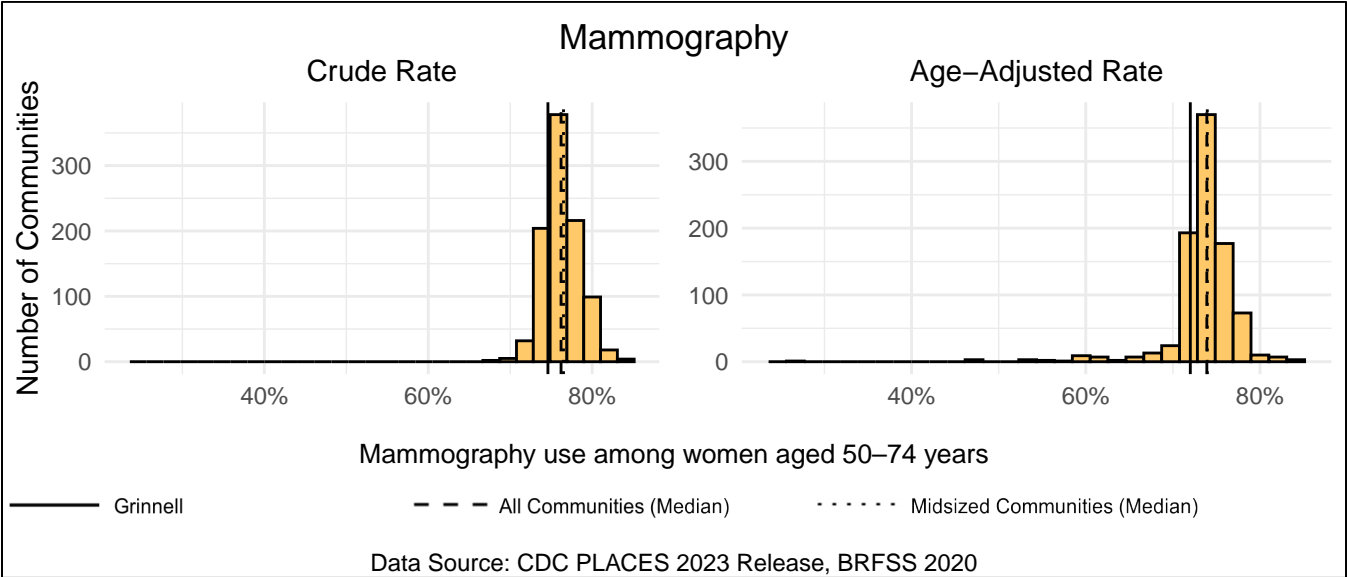
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	67.2%	67.2%	67.0%
Age-Adjusted	65.5%	66.6%	66.5%



Mammography

Grinnell has a crude rate of 74.6% for mammography use among women aged 50–74 years, which ranks 753rd out of 958 Iowa communities (87th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 72.0%, which ranks 742nd out of 905 Iowa communities (85th out of 102 mid-sized communities).

Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	74.6%	76.2%	76.5%
Age-Adjusted	72.0%	73.9%	74.0%



Disability

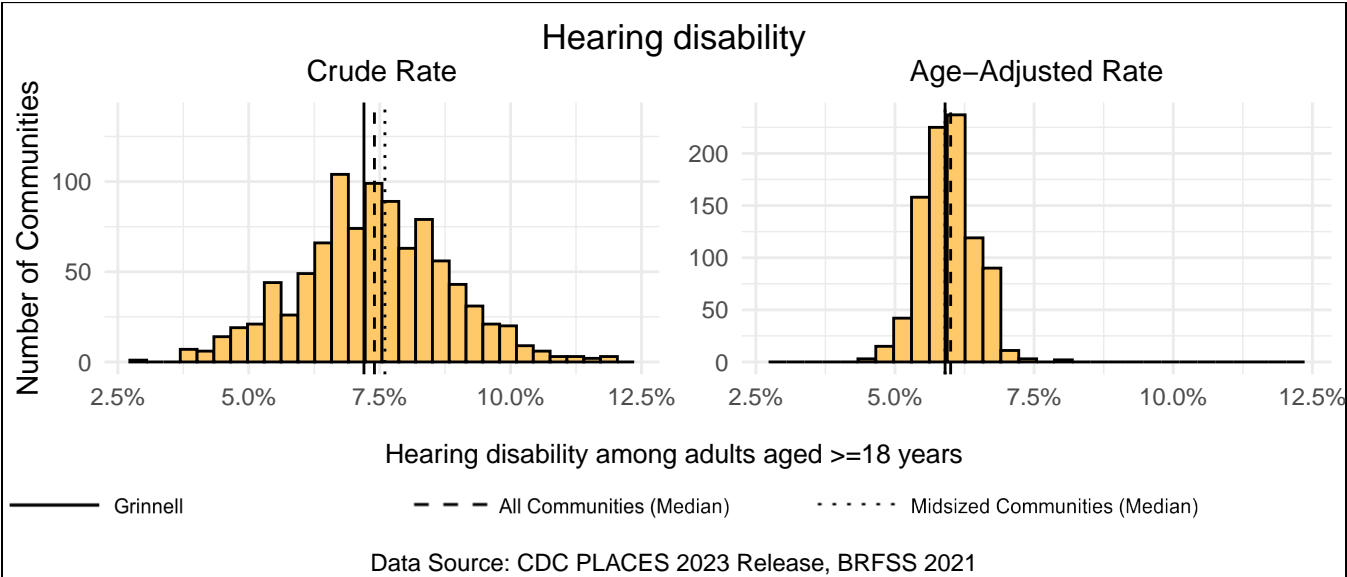
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Grinnell has a crude rate of 7.2% for hearing disability among adults aged ≥ 18 years, which ranks 411th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Grinnell is 5.9%, which ranks 360th out of 905 Iowa communities (44th out of 102 midsize communities).

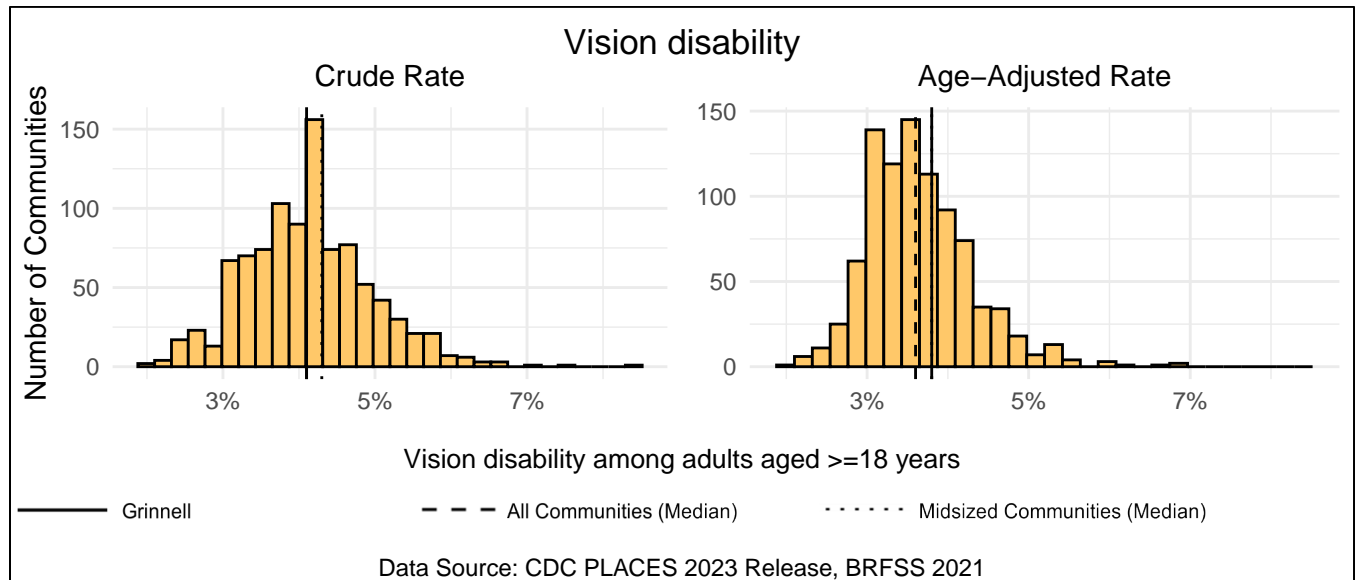
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	7.2%	7.4%	7.6%
Age-Adjusted	5.9%	6.0%	5.9%



Vision disability

Grinnell has a crude rate of 4.1% for vision disability among adults aged ≥ 18 years, which ranks 464th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 3.8%, which ranks 564th out of 905 Iowa communities (50th out of 102 mid-sized communities).

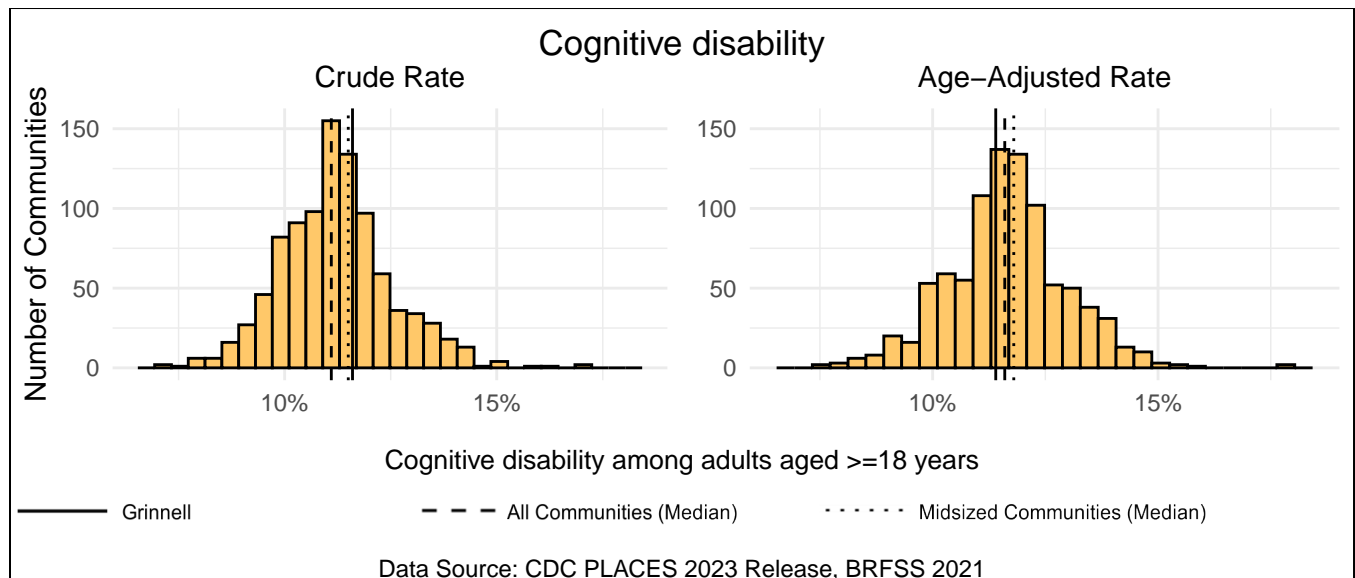
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	4.1%	4.1%	4.3%
Age-Adjusted	3.8%	3.6%	3.8%



Cognitive disability

Grinnell has a crude rate of 11.6% for cognitive disability among adults aged ≥ 18 years, which ranks 639th out of 958 Iowa communities (55th out of 102 mid-sized communities). The age-adjusted rate for Grinnell is 11.4%, which ranks 359th out of 905 Iowa communities (40th out of 102 mid-sized communities).

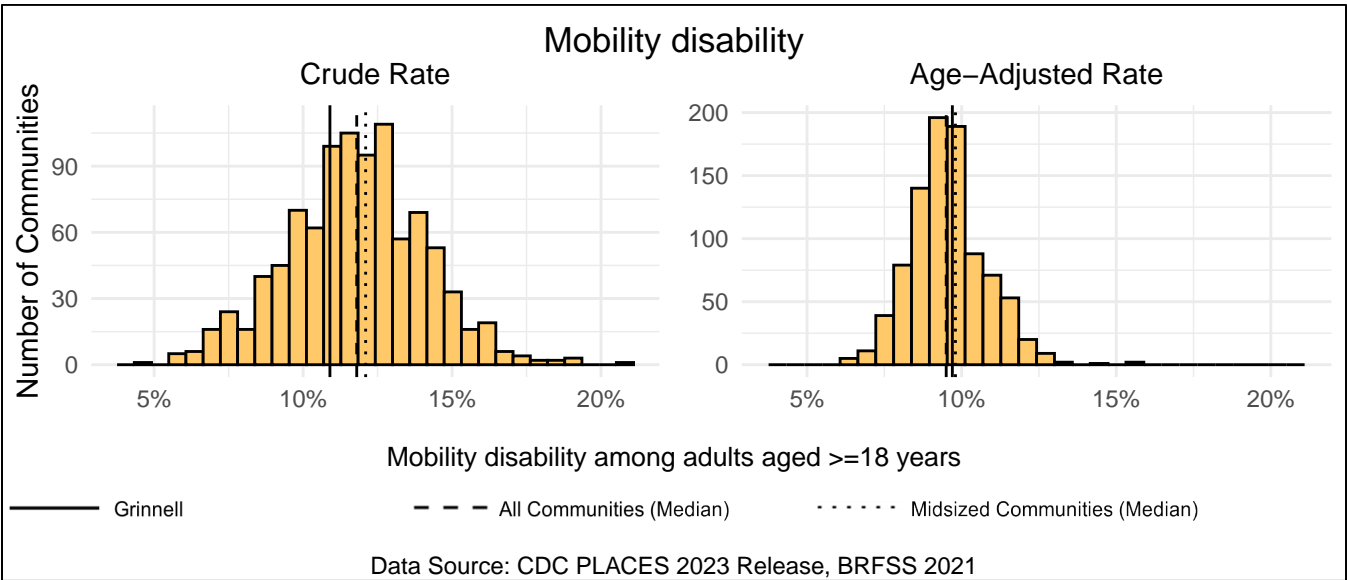
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	11.6%	11.1%	11.5%
Age-Adjusted	11.4%	11.6%	11.8%



Mobility disability

Grinnell has a crude rate of 10.9% for mobility disability among adults aged ≥ 18 years, which ranks 315th out of 958 Iowa communities (31st out of 102 midsize communities). The age-adjusted rate for Grinnell is 9.7%, which ranks 502nd out of 905 Iowa communities (45th out of 102 midsize communities).

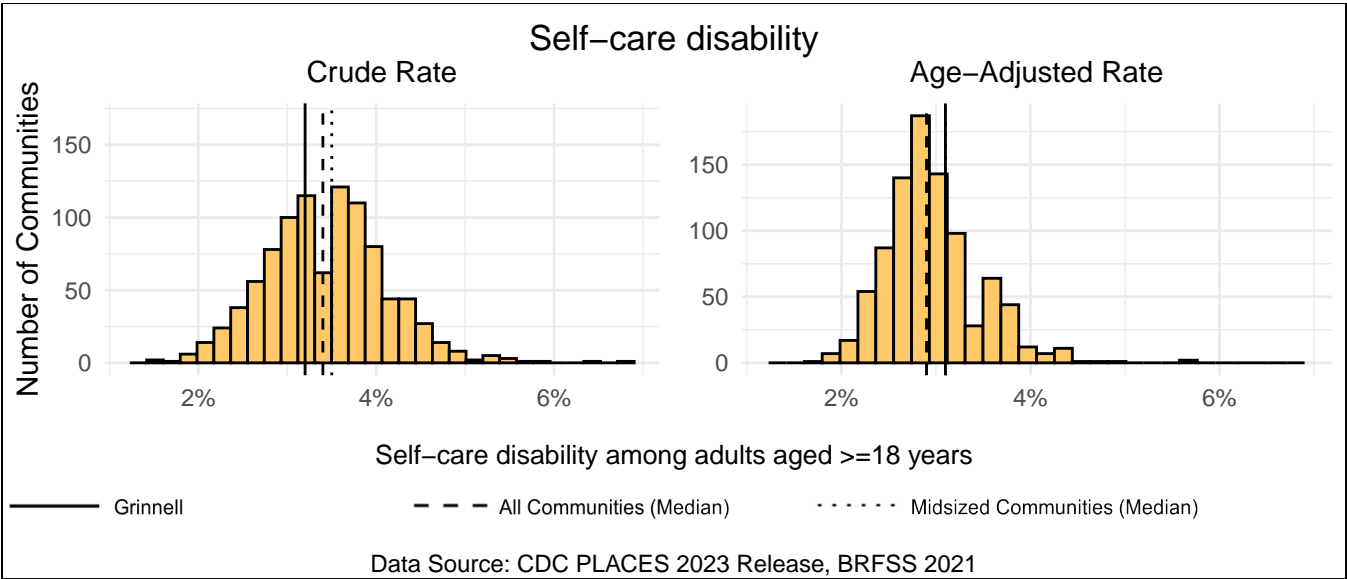
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	10.9%	11.8%	12.1%
Age-Adjusted	9.7%	9.5%	9.8%



Self-care disability

Grinnell has a crude rate of 3.2% for self-care disability among adults aged ≥ 18 years, which ranks 320th out of 958 Iowa communities (38th out of 102 midsize communities). The age-adjusted rate for Grinnell is 3.1%, which ranks 567th out of 905 Iowa communities (50th out of 102 midsize communities).

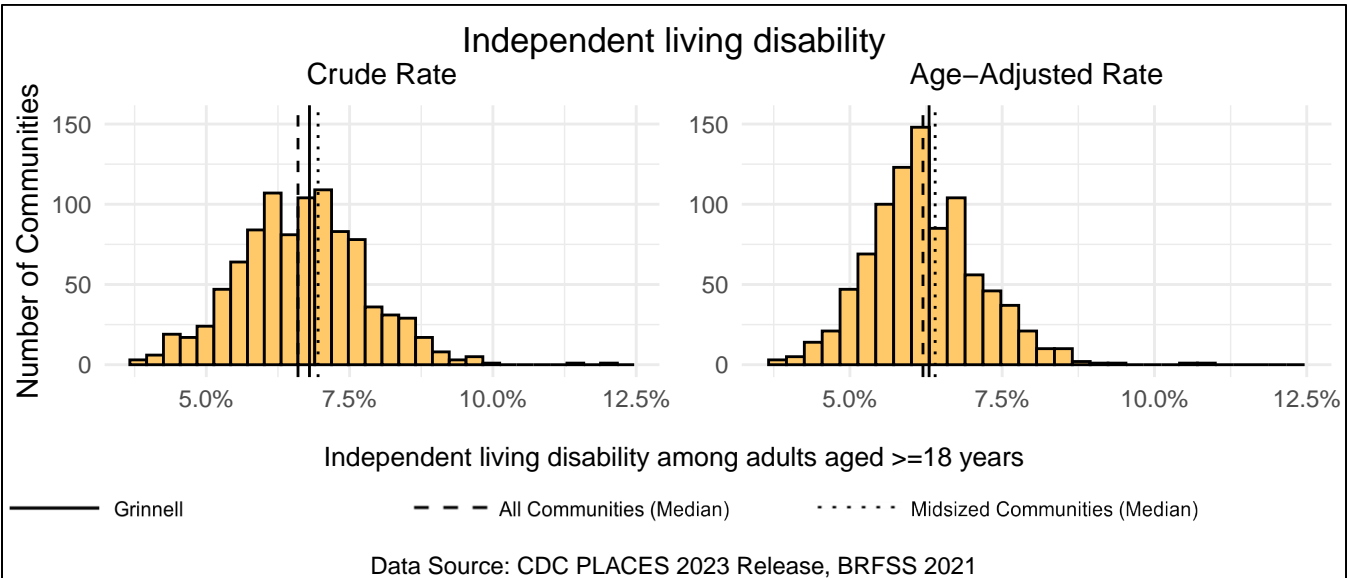
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	3.2%	3.4%	3.5%
Age-Adjusted	3.1%	2.9%	3.1%



Independent living disability

Grinnell has a crude rate of 6.8% for independent living disability among adults aged ≥ 18 years, which ranks 519th out of 958 Iowa communities (43rd out of 102 midsized communities). The age-adjusted rate for Grinnell is 6.3%, which ranks 485th out of 905 Iowa communities (44th out of 102 midsized communities).

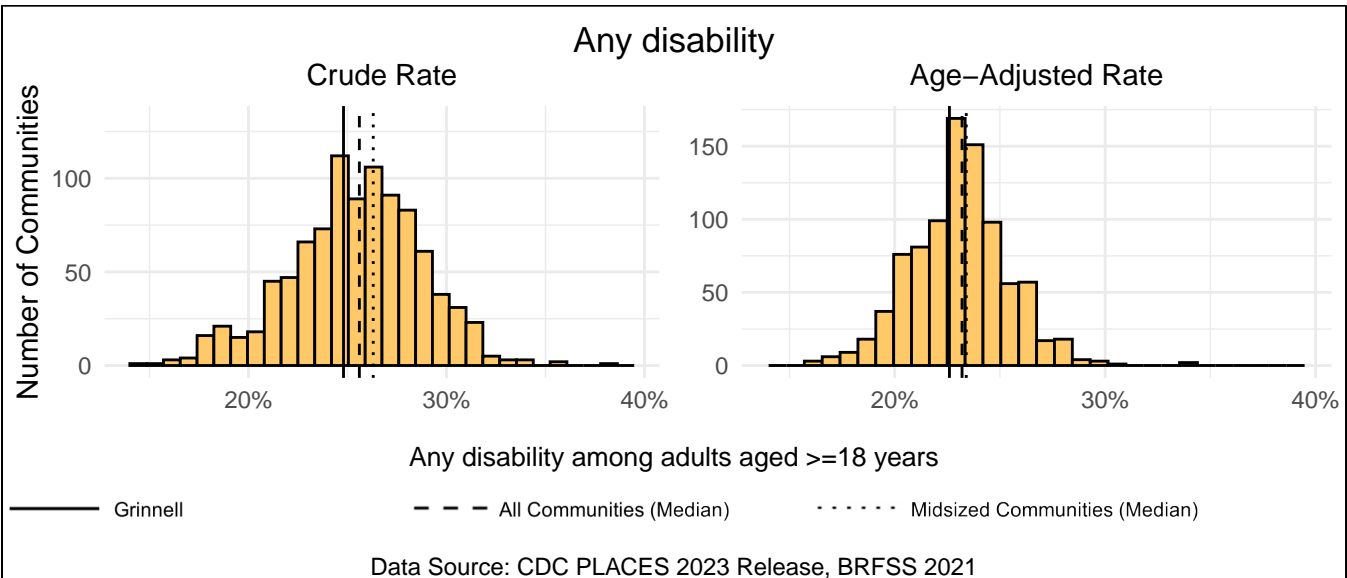
Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	6.8%	6.6%	7.0%
Age-Adjusted	6.3%	6.2%	6.4%



Any disability

Grinnell has a crude rate of 24.8% for any disability among adults aged ≥ 18 years, which ranks 384th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Grinnell is 22.6%, which ranks 333rd out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Grinnell	All Comm.	Midsized Comm.
Crude	24.8%	25.6%	26.3%
Age-Adjusted	22.6%	23.2%	23.4%



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: Grinnell PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	183	9.7% (8.4% - 11.2%)	429	9.7% (8.4% - 11.2%)
Health Status	Mental Health	736	15.1% (13.0% - 17.4%)	338	15.3% (13.2% - 17.6%)
Health Status	General Health	292	13.2% (11.2% - 15.3%)	482	12.9% (11.1% - 15.0%)
Health Risk Behaviors	Binge Drinking	459	19.4% (16.1% - 23.3%)	136	20.9% (17.2% - 25.1%)
Health Risk Behaviors	Current Smoking	73	13.9% (11.2% - 16.7%)	327	17.0% (13.8% - 20.6%)
Health Risk Behaviors	Sleep <7 hours	456	30.2% (28.9% - 31.6%)	743	32.4% (31.1% - 33.6%)
Health Risk Behaviors	Physical Inactivity	325	24.8% (20.6% - 29.6%)	478	24.5% (20.2% - 29.3%)
Health Outcomes	Depression	424	17.9% (14.7% - 21.7%)	251	18.6% (15.2% - 22.4%)
Health Outcomes	Stroke	340	3.1% (2.7% - 3.5%)	375	2.6% (2.4% - 2.9%)
Health Outcomes	Chronic Kidney Disease	310	3.0% (2.7% - 3.3%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Current Asthma	625	9.5% (8.4% - 10.8%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	Diabetes	203	8.9% (7.6% - 10.3%)	508	8.3% (7.1% - 9.8%)
Health Outcomes	High Blood Pressure	184	29.0% (25.4% - 32.9%)	572	27.8% (23.9% - 31.8%)
Health Outcomes	All Teeth Lost	581	13.5% (9.1% - 18.3%)	431	12.7% (9.0% - 16.4%)
Health Outcomes	Arthritis	161	24.3% (20.9% - 28.1%)	426	23.1% (19.6% - 27.0%)
Health Outcomes	Obesity	89	34.1% (27.2% - 42.0%)	477	37.8% (30.2% - 45.8%)
Health Outcomes	High Cholesterol	158	33.6% (29.3% - 38.1%)	467	29.8% (25.4% - 34.6%)
Health Outcomes	Cancer (except skin)	302	7.5% (6.7% - 8.3%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	Coronary Heart Disease	324	6.0% (5.2% - 6.9%)	419	5.0% (4.4% - 5.7%)
Health Outcomes	COPD	232	6.6% (5.5% - 7.7%)	410	6.2% (5.3% - 7.3%)
Prevention	Taking BP Medication	535	79.2% (76.4% - 81.8%)	126	59.8% (54.8% - 64.9%)
Prevention	Mammography	753	74.6% (71.4% - 77.5%)	742	72.0% (68.5% - 75.2%)
Prevention	Colorectal Cancer Screening	454	71.7% (69.5% - 73.9%)	474	70.8% (68.5% - 73.1%)
Prevention	Annual Checkup	428	75.4% (70.5% - 80.0%)	98	73.9% (68.7% - 78.9%)
Prevention	Core preventive services for older men	900	38.2% (32.0% - 44.8%)	795	38.7% (32.5% - 44.8%)
Prevention	Health Insurance	338	7.0% (5.6% - 8.8%)	355	7.5% (6.0% - 9.3%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cervical Cancer Screening	925	80.0% (77.8% - 82.0%)	477	83.1% (81.4% - 84.7%)
Prevention	Dental Visit	469	67.2% (64.2% - 70.0%)	577	65.5% (62.9% - 68.1%)
Prevention	Cholesterol Screening	914	78.4% (75.0% - 81.7%)	341	79.5% (76.2% - 82.8%)
Prevention	Core preventive services for older women	764	35.9% (30.2% - 41.7%)	570	39.0% (33.6% - 44.5%)
Disability	Cognitive Disability	639	11.6% (9.8% - 13.6%)	359	11.4% (9.8% - 13.3%)
Disability	Mobility Disability	315	10.9% (9.2% - 12.8%)	502	9.7% (8.3% - 11.3%)
Disability	Vision Disability	464	4.1% (3.6% - 4.8%)	564	3.8% (3.3% - 4.3%)
Disability	Hearing Disability	411	7.2% (6.3% - 8.1%)	360	5.9% (5.2% - 6.6%)
Disability	Self-care Disability	320	3.2% (2.7% - 3.7%)	567	3.1% (2.7% - 3.5%)
Disability	Any Disability	384	24.8% (21.1% - 28.8%)	333	22.6% (19.3% - 26.3%)
Disability	Independent Living Disability	519	6.8% (5.8% - 7.9%)	485	6.3% (5.5% - 7.3%)

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)

Grinnell falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
