



Iowa Community Health Snapshot Series

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



May 2024

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

Iowa Community Health Snapshot Series

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Health in Grundy Center: Overview

Dear Community Members & Stakeholders of Grundy Center,

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 Grundy Center ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Grundy Center'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 Grundy Center. 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	117th	22nd	High Cholesterol	71st	10th
Annual Checkup	118th	6th	Coronary Heart Disease	78th	21st
Mental Health	119th	11th	Hearing Disability	110th	25th
Depression	169th	12th	Stroke	116th	24th
Sleep <7 hours	169th	24th	Annual Checkup	127th	17th

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
Mammography	904th	101st	Core preventive services for older men	762nd	87th
Core preventive services for older men	825th	82nd	Binge Drinking	753rd	84th
Cancer (except skin)	771st	91st	Mammography	742nd	85th
Arthritis	714th	84th	Arthritis	550th	57th
Hearing Disability	620th	64th	Colorectal Cancer Screening	492nd	54th

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 Grundy Center.

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

With a population of 2,792, Grundy Center’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



Health Status

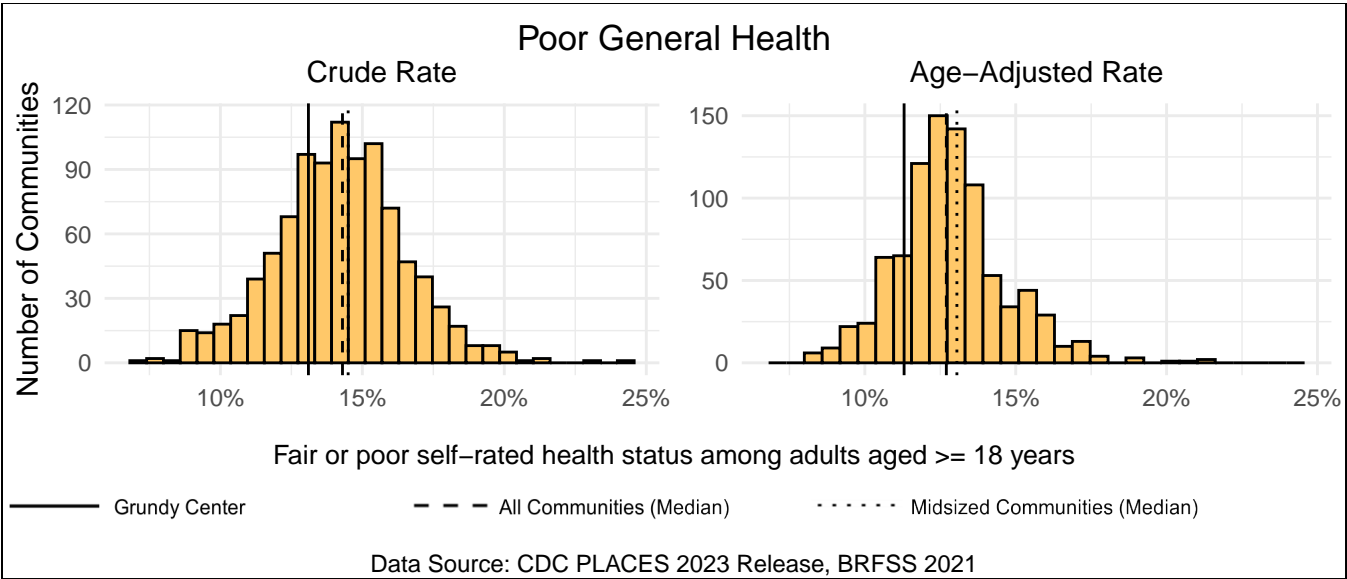
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

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

Poor General Health

Grundy Center has a crude rate of 13.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 272nd out of 958 Iowa communities (35th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 11.3%, which ranks 161st out of 905 Iowa communities (28th out of 102 midsize communities).

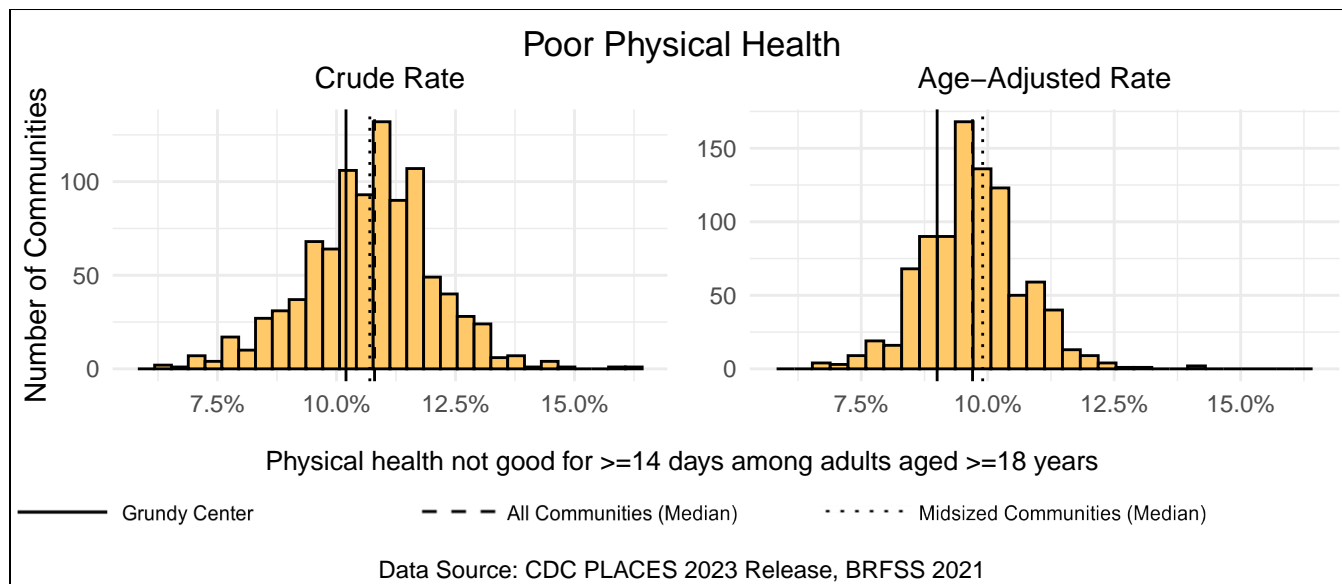
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	13.1%	14.3%	14.5%
Age-Adjusted	11.3%	12.7%	13.0%



Poor Physical Health

Grundy Center has a crude rate of 10.2% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 293rd out of 958 Iowa communities (38th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 9.0%, which ranks 181st out of 905 Iowa communities (30th out of 102 midsize communities).

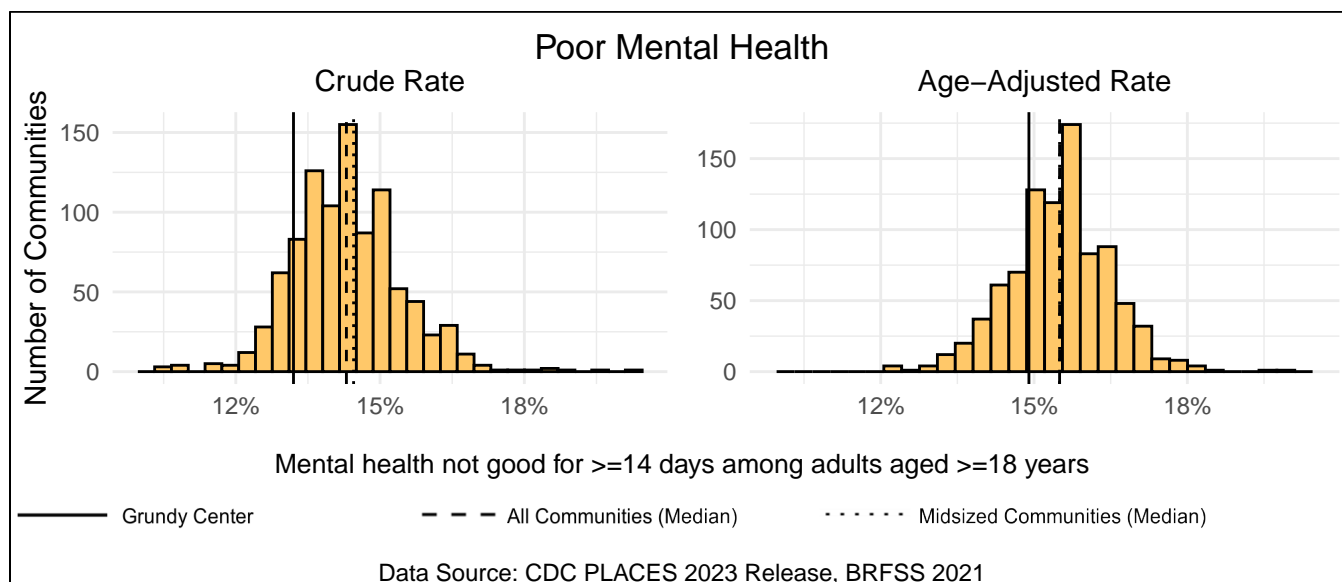
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	10.2%	10.8%	10.7%
Age-Adjusted	9.0%	9.7%	9.9%



Poor Mental Health

Grundy Center has a crude rate of 13.2% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 119th out of 958 Iowa communities (11th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 14.9%, which ranks 210th out of 905 Iowa communities (31st out of 102 midsize communities).

Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	13.2%	14.3%	14.4%
Age-Adjusted	14.9%	15.5%	15.5%



Health Risk Behaviors

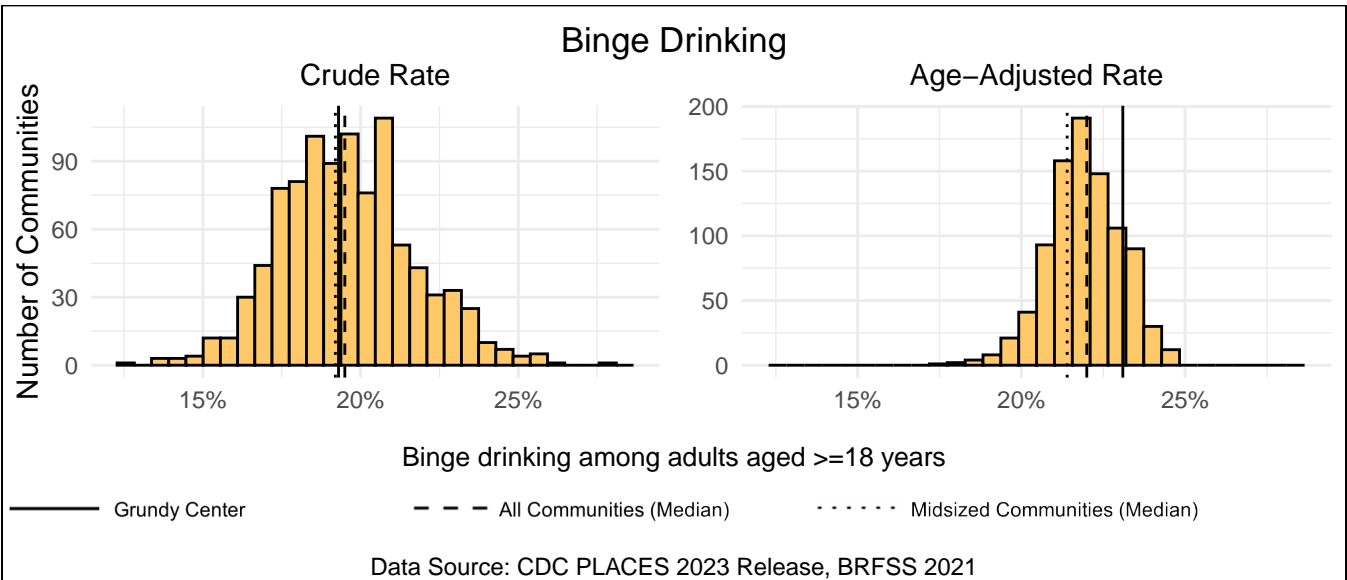
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Grundy Center has a crude rate of 19.3% for binge drinking among adults aged ≥ 18 years, which ranks 441st out of 958 Iowa communities (53rd out of 102 midsize communities). The age-adjusted rate for Grundy Center is 23.1%, which ranks 753rd out of 905 Iowa communities (84th out of 102 midsize communities).

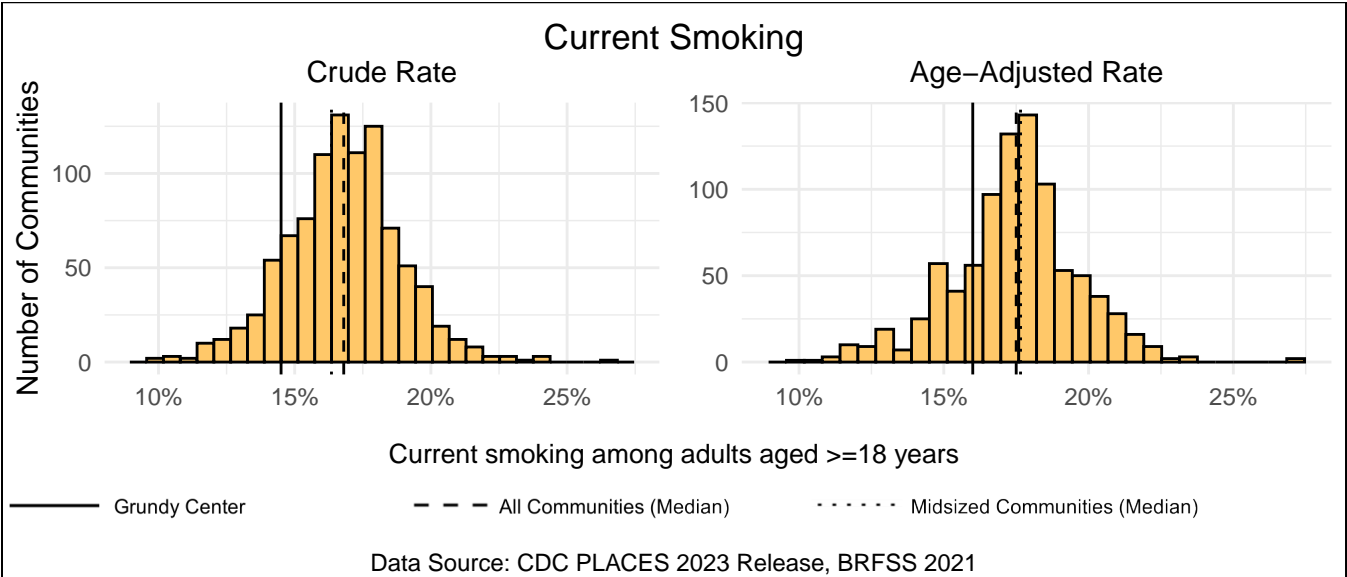
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	19.3%	19.5%	19.2%
Age-Adjusted	23.1%	22.0%	21.4%



Current Smoking

Grundy Center has a crude rate of 14.5% for current smoking among adults aged ≥ 18 years, which ranks 117th out of 958 Iowa communities (22nd out of 102 midsize communities). The age-adjusted rate for Grundy Center is 16.0%, which ranks 192nd out of 905 Iowa communities (34th out of 102 midsize communities).

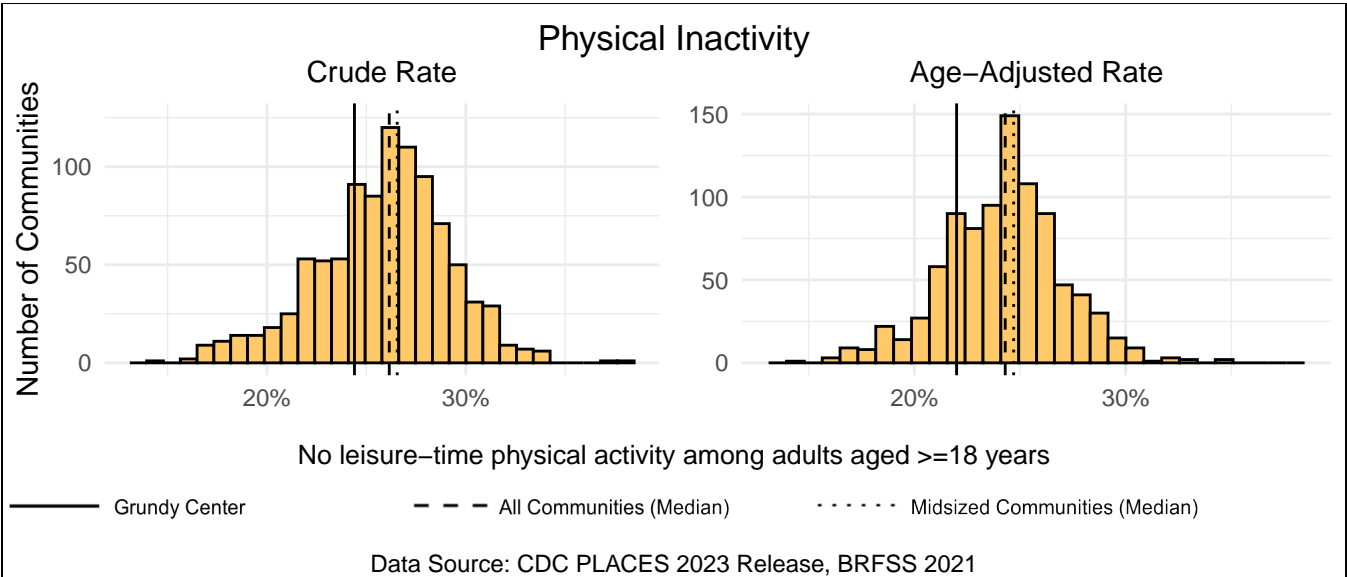
Measure Type	Grundy Center	All Comm.	Midsize Comm.
Crude	14.5%	16.8%	16.4%
Age-Adjusted	16.0%	17.5%	17.6%



Physical Inactivity

Grundy Center has a crude rate of 24.4% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 279th out of 958 Iowa communities (37th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 22.0%, which ranks 179th out of 905 Iowa communities (29th out of 102 midsize communities).

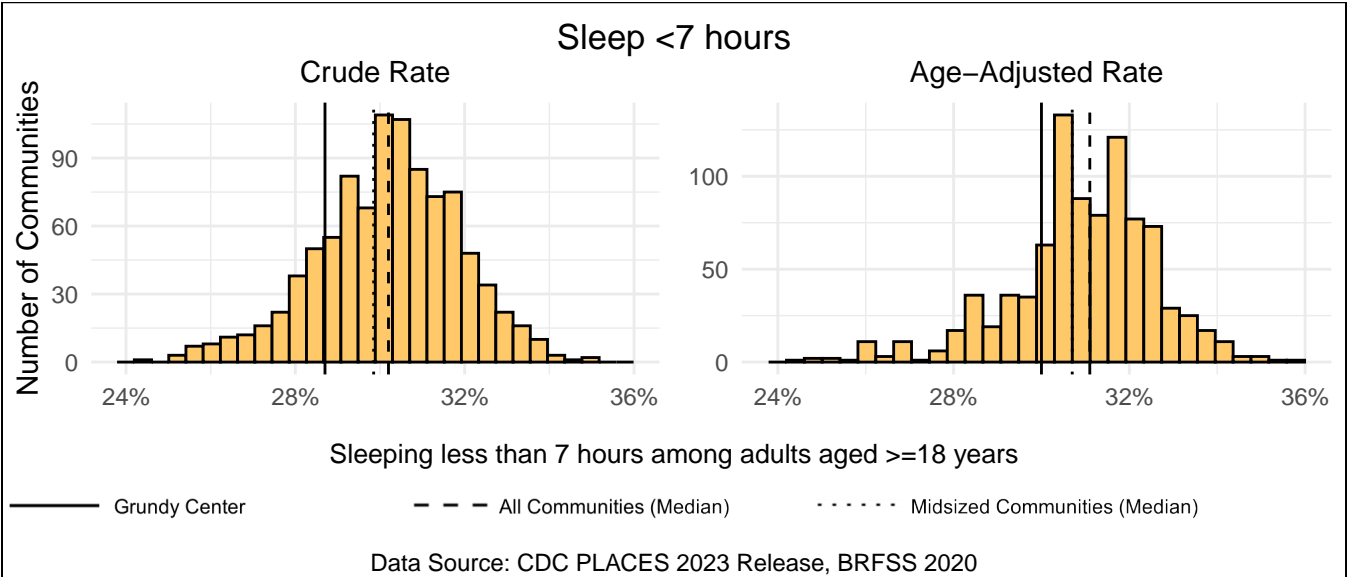
Measure Type	Grundy Center	All Comm.	Midsize Comm.
Crude	24.4%	26.1%	26.6%
Age-Adjusted	22.0%	24.3%	24.7%



Sleep <7 hours

Grundy Center has a crude rate of 28.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 169th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 30.0%, which ranks 192nd out of 905 Iowa communities (33rd out of 102 mid-sized communities).

Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	28.7%	30.2%	29.8%
Age-Adjusted	30.0%	31.1%	30.7%



Health Outcomes

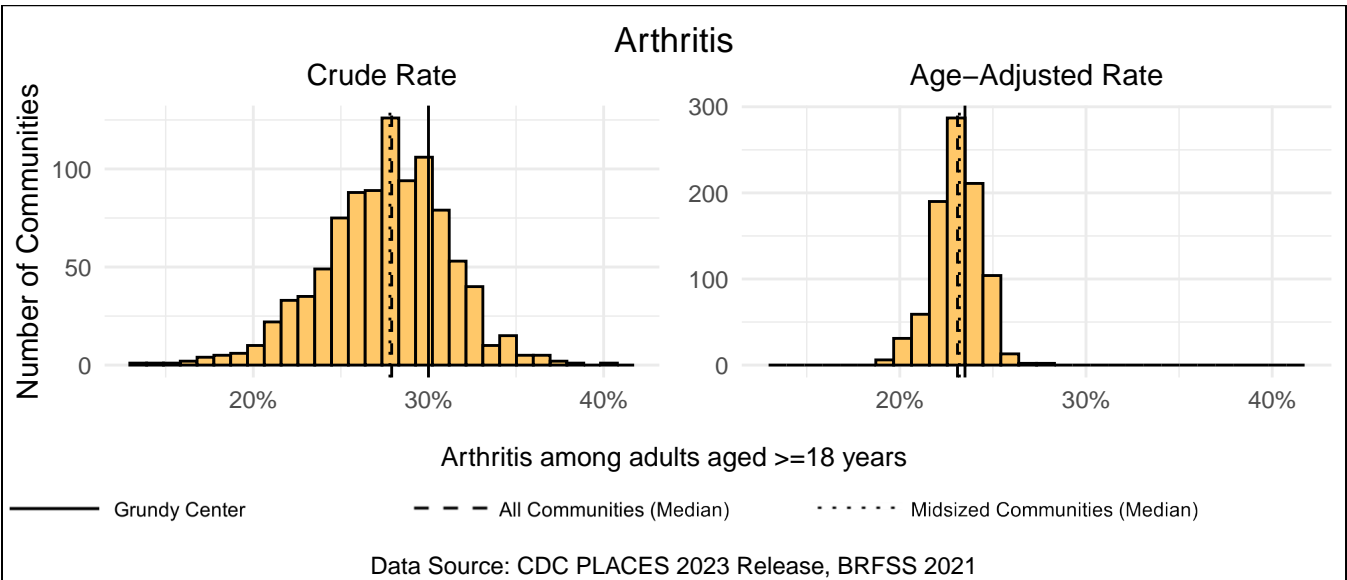
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Grundy Center has a crude rate of 30.0% for arthritis among adults aged ≥ 18 years, which ranks 714th out of 958 Iowa communities (84th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 23.5%, which ranks 550th out of 905 Iowa communities (57th out of 102 midsize communities).

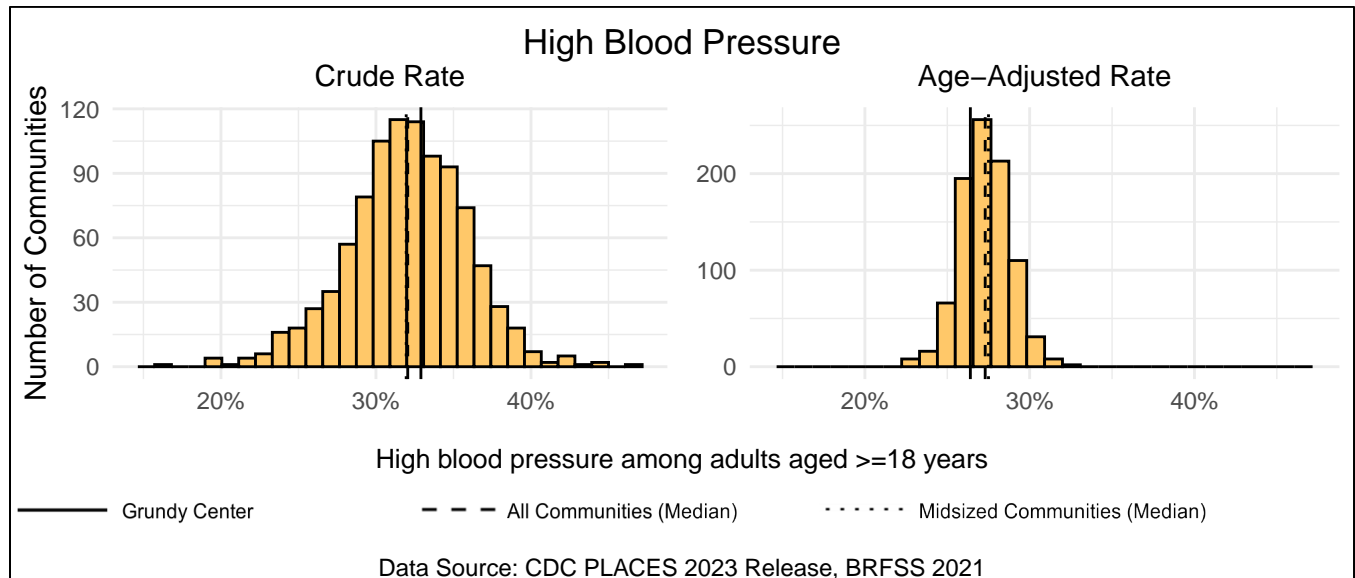
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	30.0%	27.9%	27.8%
Age-Adjusted	23.5%	23.1%	23.2%



High Blood Pressure

Grundy Center has a crude rate of 32.9% for high blood pressure among adults aged ≥ 18 years, which ranks 565th out of 958 Iowa communities (66th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 26.4%, which ranks 244th out of 905 Iowa communities (28th out of 102 mid-sized communities).

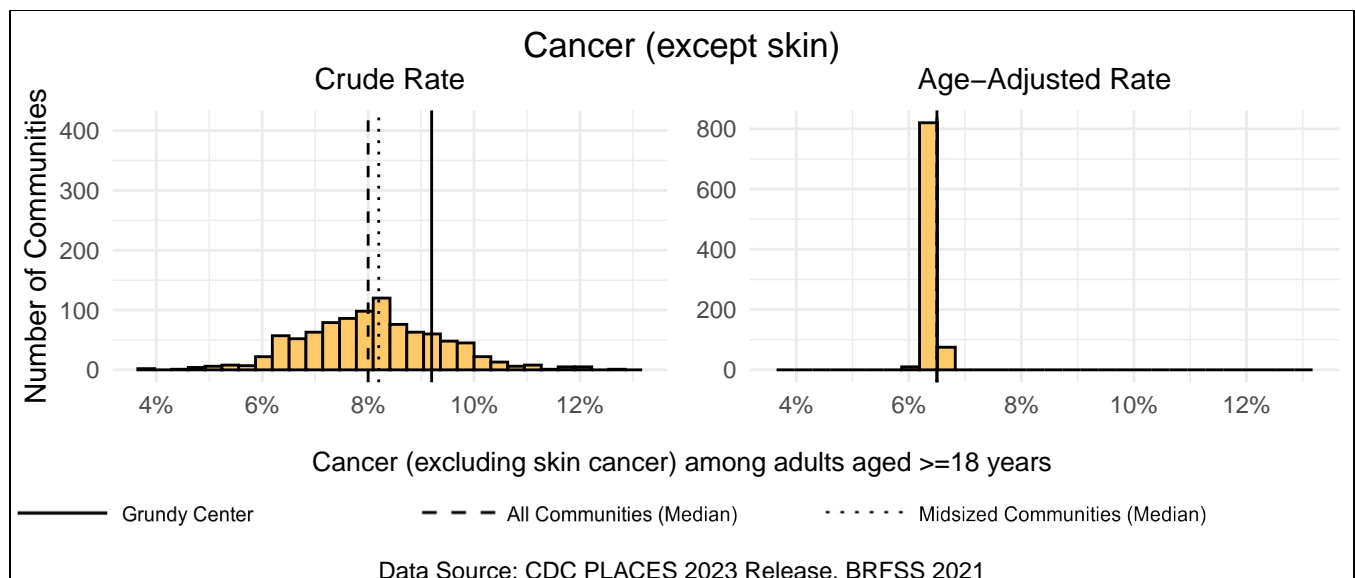
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	32.9%	32.0%	32.0%
Age-Adjusted	26.4%	27.3%	27.5%



Cancer (except skin)

Grundy Center has a crude rate of 9.2% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 771st out of 958 Iowa communities (91st out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 mid-sized communities).

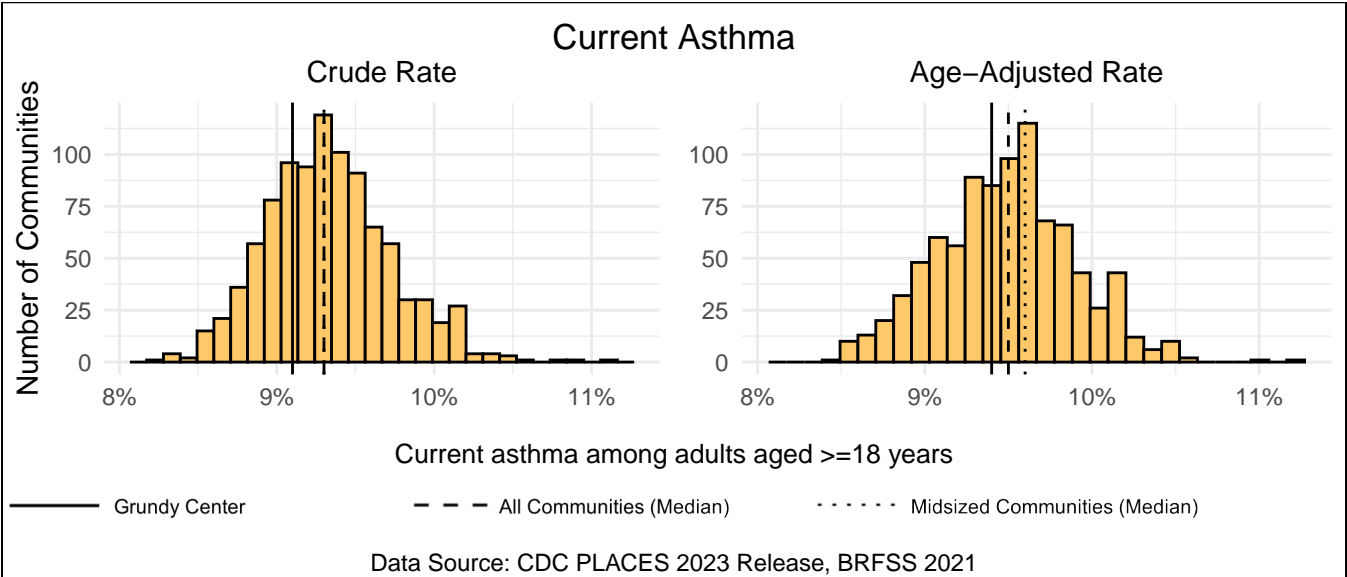
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	9.2%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Grundy Center has a crude rate of 9.1% for current asthma among adults aged ≥ 18 years, which ranks 215th out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Grundy Center is 9.4%, which ranks 330th out of 905 Iowa communities (33rd out of 102 midsize communities).

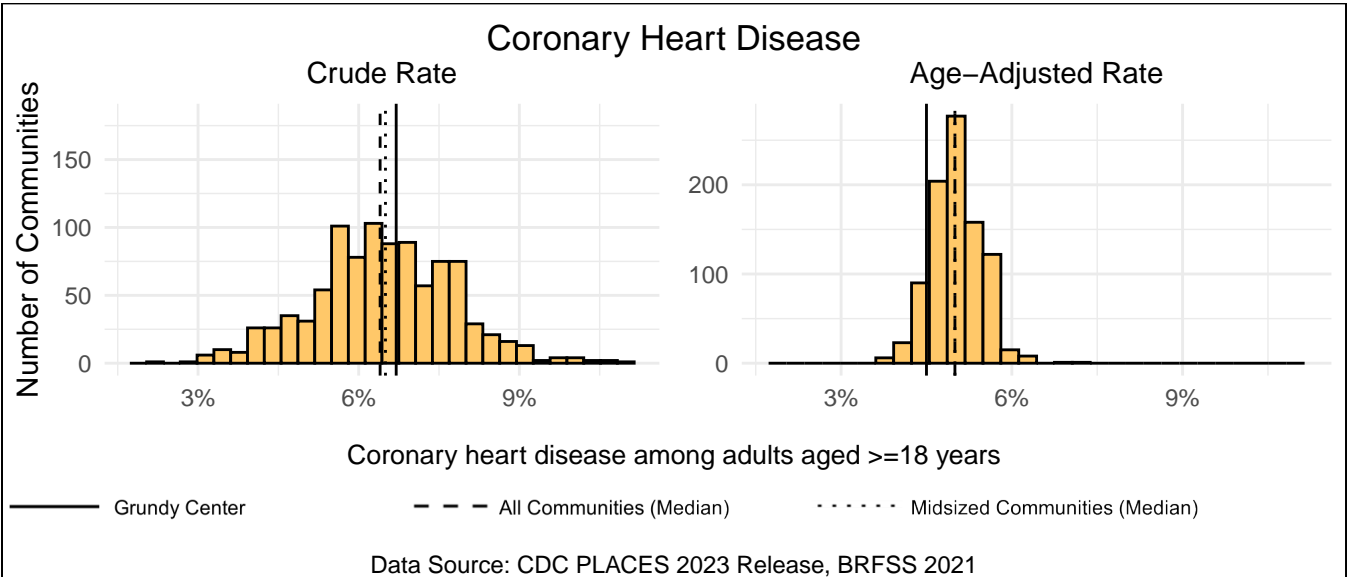
Measure Type	Grundy Center	All Comm.	Midsize Comm.
Crude	9.1%	9.3%	9.3%
Age-Adjusted	9.4%	9.5%	9.6%



Coronary Heart Disease

Grundy Center has a crude rate of 6.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 536th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 4.5%, which ranks 78th out of 905 Iowa communities (21st out of 102 midsize communities).

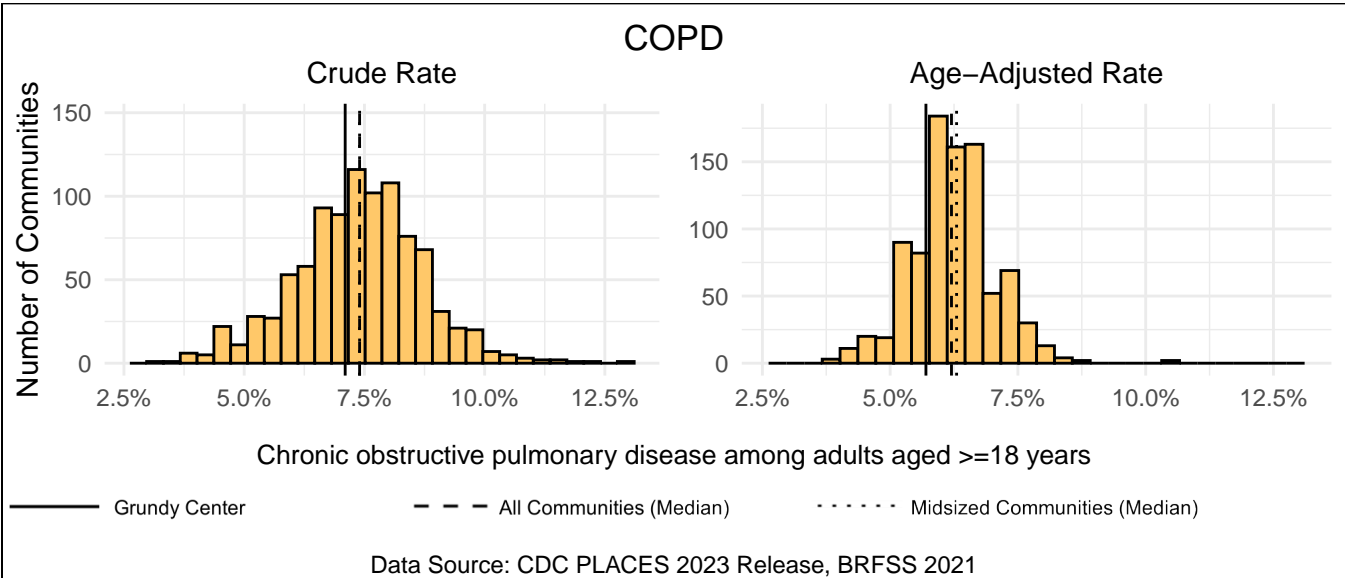
Measure Type	Grundy Center	All Comm.	Midsize Comm.
Crude	6.7%	6.4%	6.5%
Age-Adjusted	4.5%	5.0%	5.0%



COPD

Grundy Center has a crude rate of 7.1% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 363rd out of 958 Iowa communities (44th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 5.7%, which ranks 183rd out of 905 Iowa communities (30th out of 102 midsize communities).

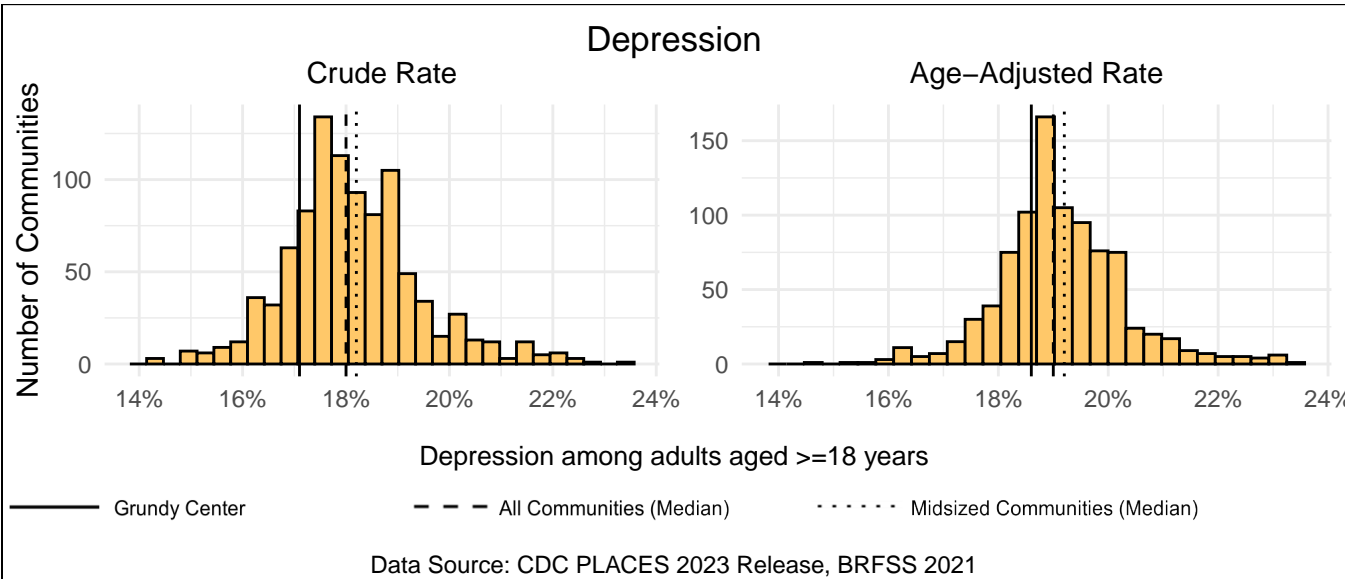
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	7.1%	7.4%	7.4%
Age-Adjusted	5.7%	6.2%	6.3%



Depression

Grundy Center has a crude rate of 17.1% for depression among adults aged ≥ 18 years, which ranks 169th out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 18.6%, which ranks 251st out of 905 Iowa communities (25th out of 102 midsize communities).

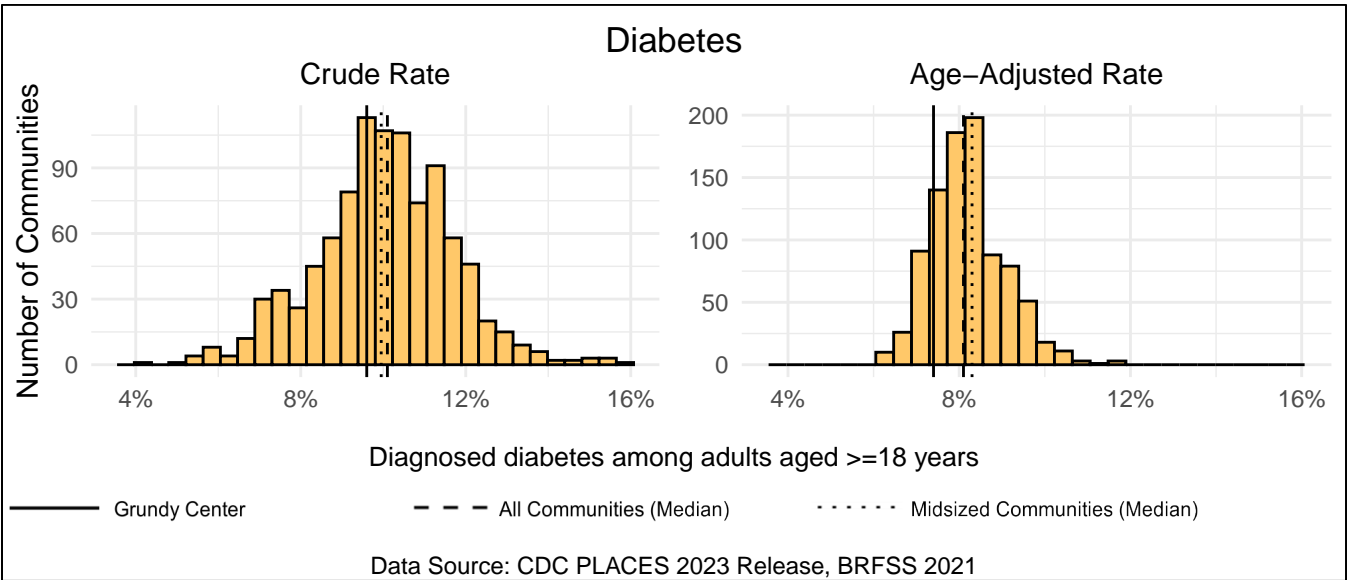
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	17.1%	18.0%	18.2%
Age-Adjusted	18.6%	19.0%	19.2%



Diabetes

Grundy Center has a crude rate of 9.6% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 355th out of 958 Iowa communities (44th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 7.4%, which ranks 128th out of 905 Iowa communities (25th out of 102 midsize communities).

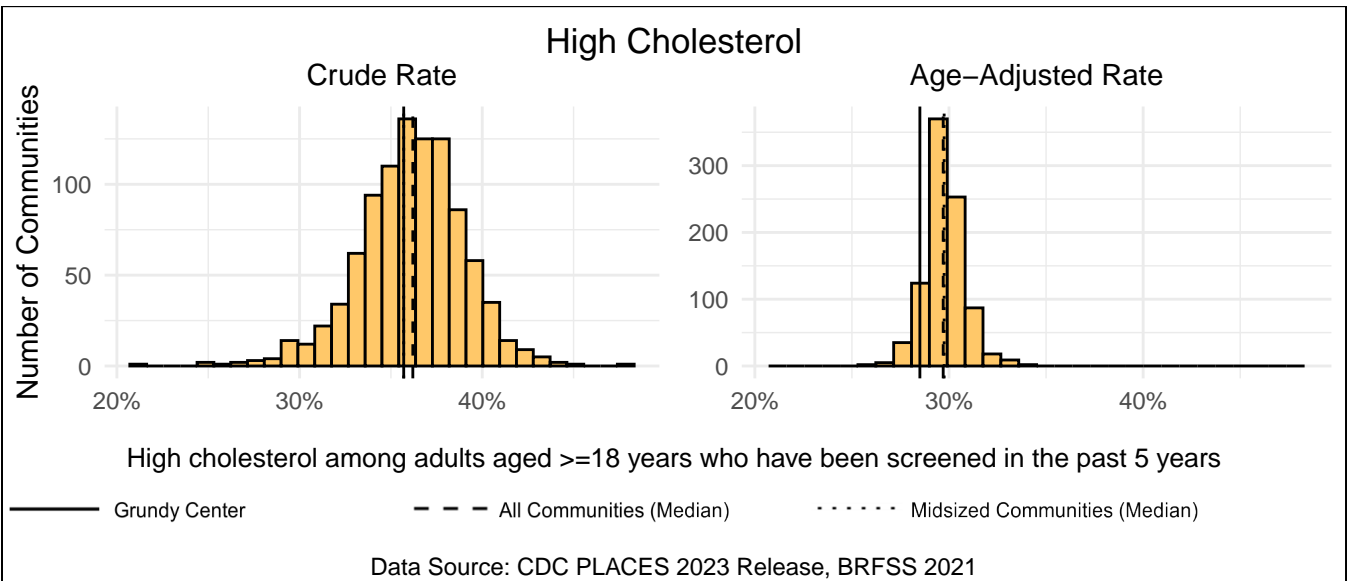
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	9.6%	10.1%	9.9%
Age-Adjusted	7.4%	8.1%	8.3%



High Cholesterol

Grundy Center has a crude rate of 35.7% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 391st out of 958 Iowa communities (49th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 28.5%, which ranks 71st out of 905 Iowa communities (10th out of 102 midsize communities).

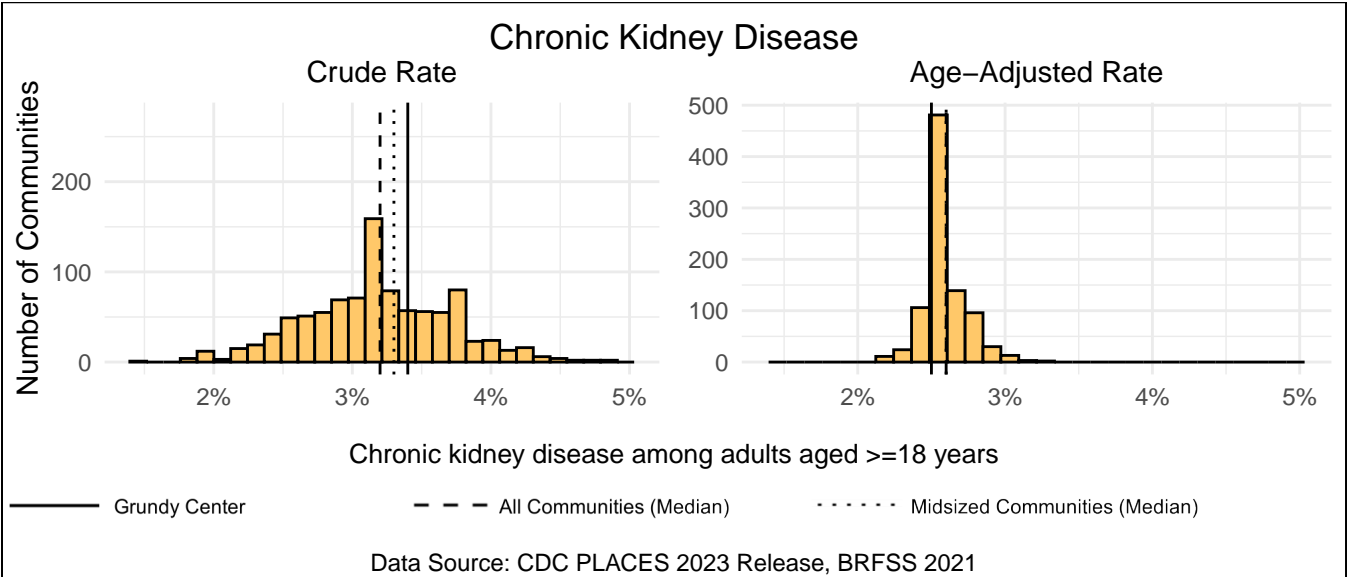
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	35.7%	36.2%	35.7%
Age-Adjusted	28.5%	29.7%	29.8%



Chronic Kidney Disease

Grundy Center has a crude rate of 3.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 619th out of 958 Iowa communities (63rd out of 102 midsized communities). The age-adjusted rate for Grundy Center is 2.5%, which ranks 142nd out of 905 Iowa communities (27th out of 102 midsized communities).

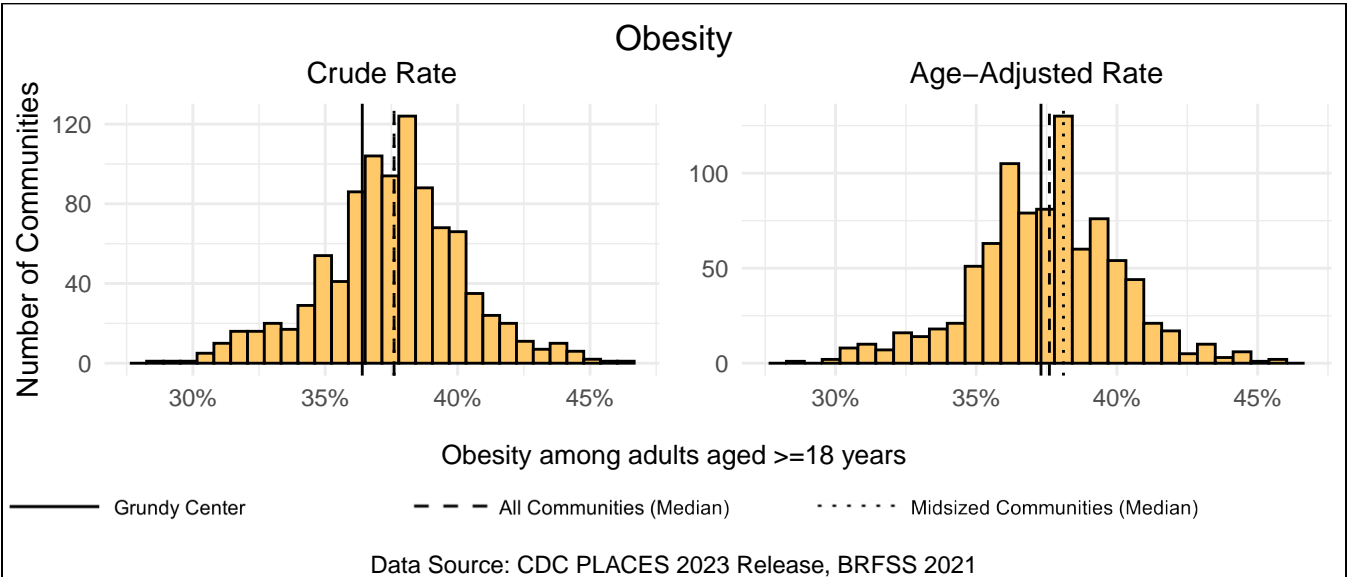
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	3.4%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

Grundy Center has a crude rate of 36.4% for obesity among adults aged ≥ 18 years, which ranks 269th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Grundy Center is 37.3%, which ranks 409th out of 905 Iowa communities (43rd out of 102 midsized communities).

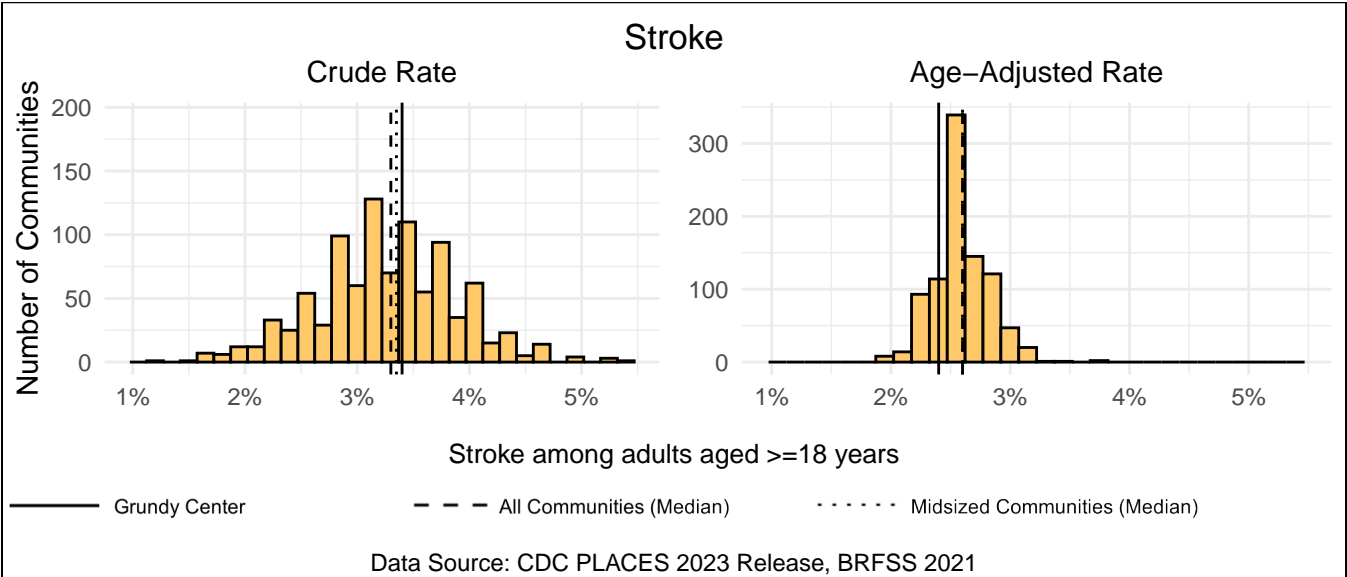
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	36.4%	37.6%	37.6%
Age-Adjusted	37.3%	37.6%	38.1%



Stroke

Grundy Center has a crude rate of 3.4% for stroke among adults aged >=18 years, which ranks 538th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 2.4%, which ranks 116th out of 905 Iowa communities (24th out of 102 mid-sized communities).

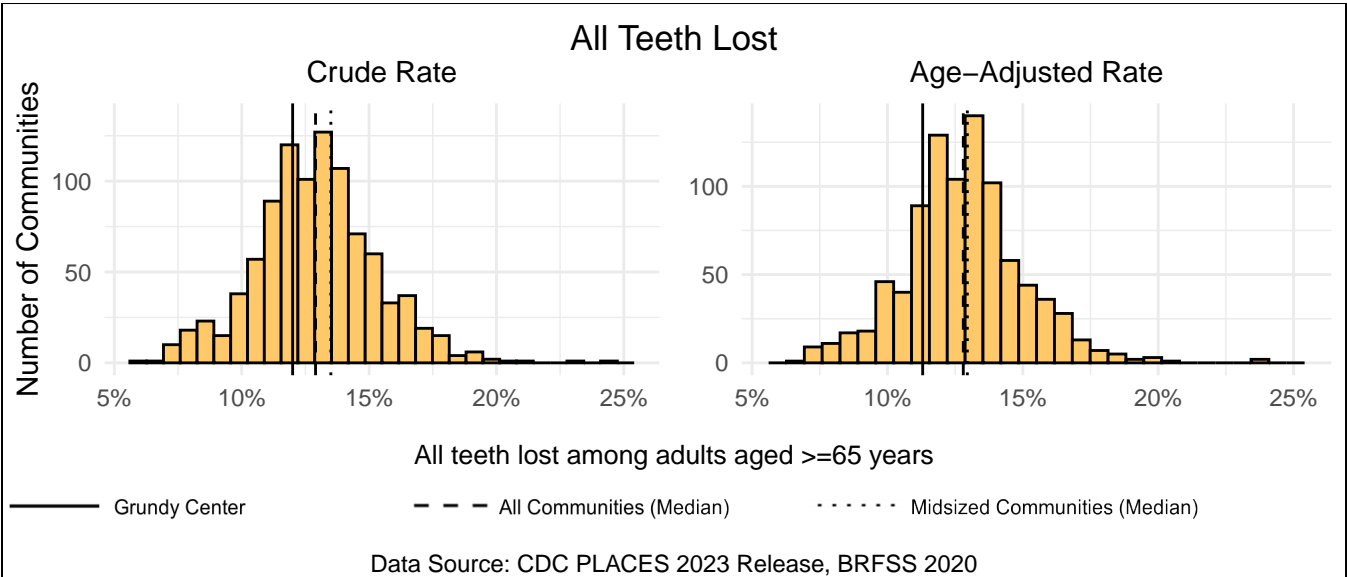
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	3.4%	3.3%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



All Teeth Lost

Grundy Center has a crude rate of 12.0% for all teeth lost among adults aged >=65 years, which ranks 317th out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 11.3%, which ranks 197th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	12.0%	12.9%	13.5%
Age-Adjusted	11.3%	12.8%	12.9%



Prevention

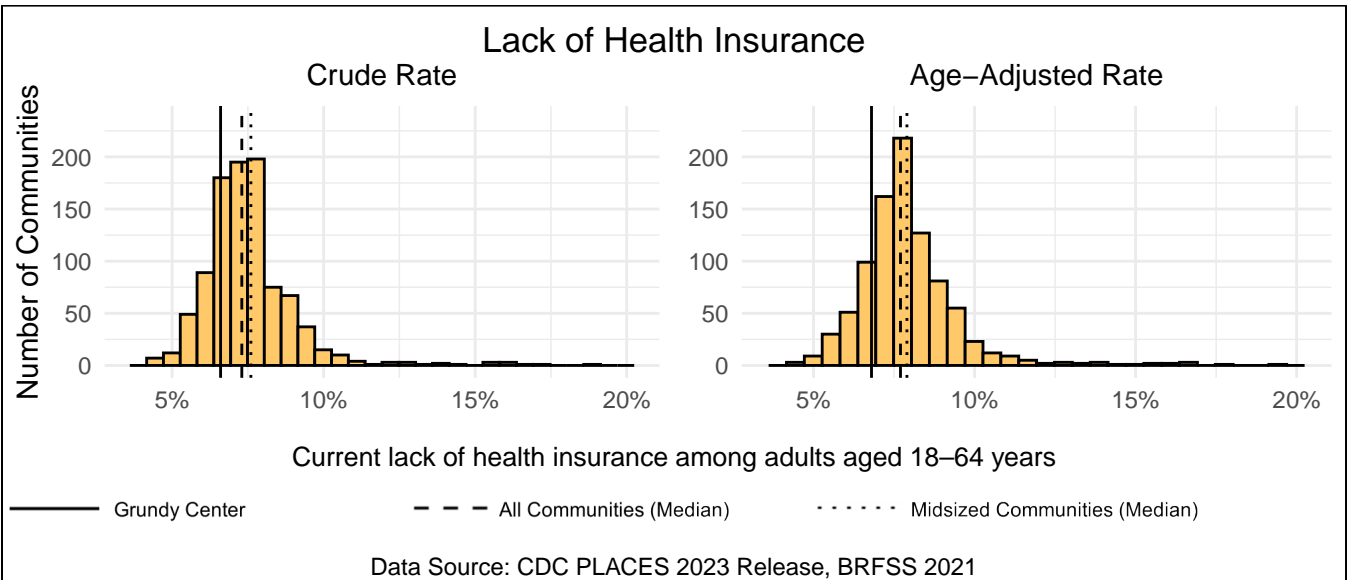
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Grundy Center has a crude rate of 6.6% for current lack of health insurance among adults aged 18–64 years, which ranks 196th out of 958 Iowa communities (26th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 6.8%, which ranks 143rd out of 905 Iowa communities (27th out of 102 mid-sized communities).

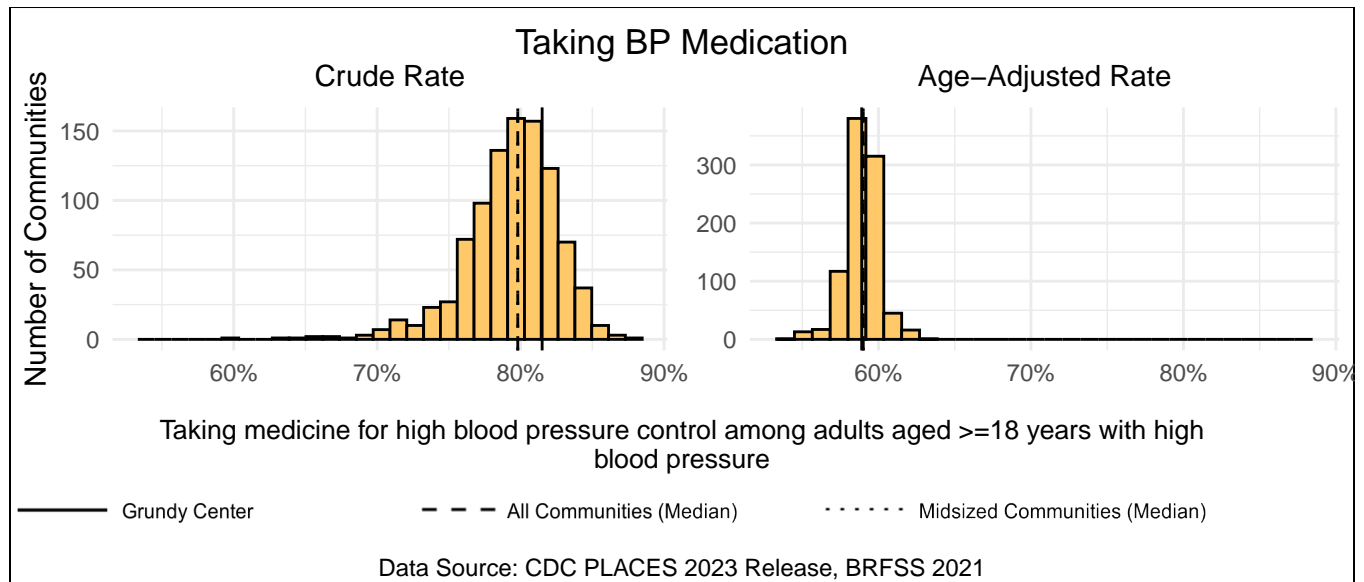
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	6.6%	7.3%	7.6%
Age-Adjusted	6.8%	7.7%	7.9%



Taking BP Medication

Grundy Center has a crude rate of 81.5% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 229th out of 958 Iowa communities (17th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 58.9%, which ranks 464th out of 905 Iowa communities (55th out of 102 mid-sized communities).

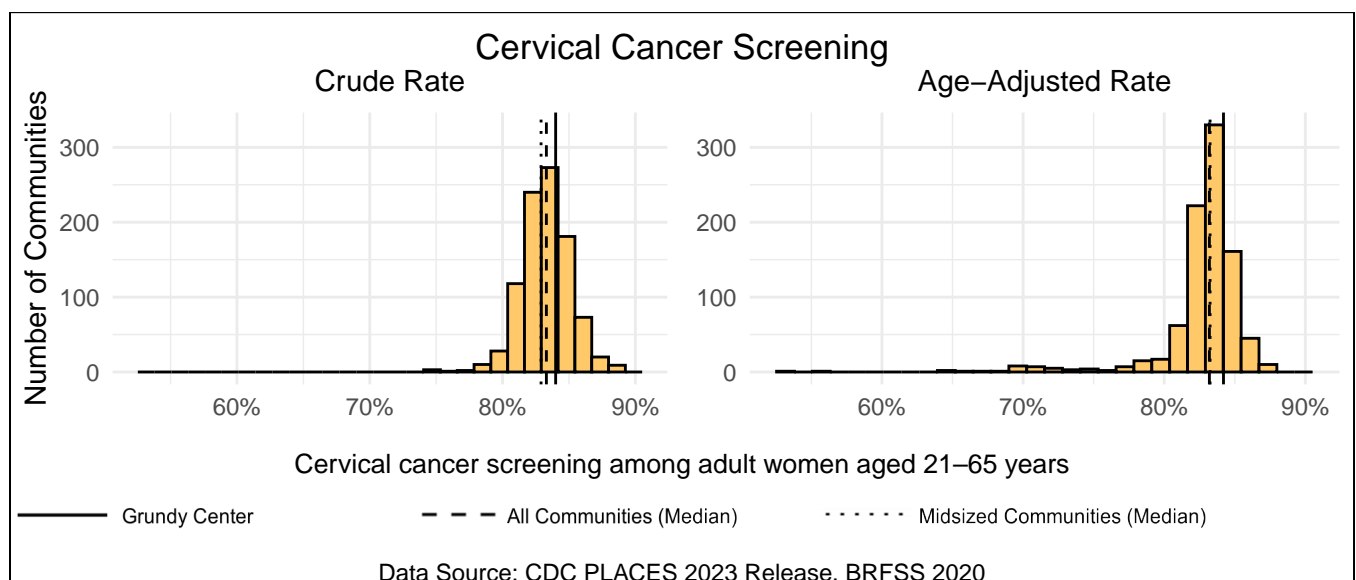
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	81.5%	79.8%	79.8%
Age-Adjusted	58.9%	59.0%	59.0%



Cervical Cancer Screening

Grundy Center has a crude rate of 84.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 311th out of 958 Iowa communities (34th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 84.2%, which ranks 195th out of 905 Iowa communities (36th out of 102 mid-sized communities).

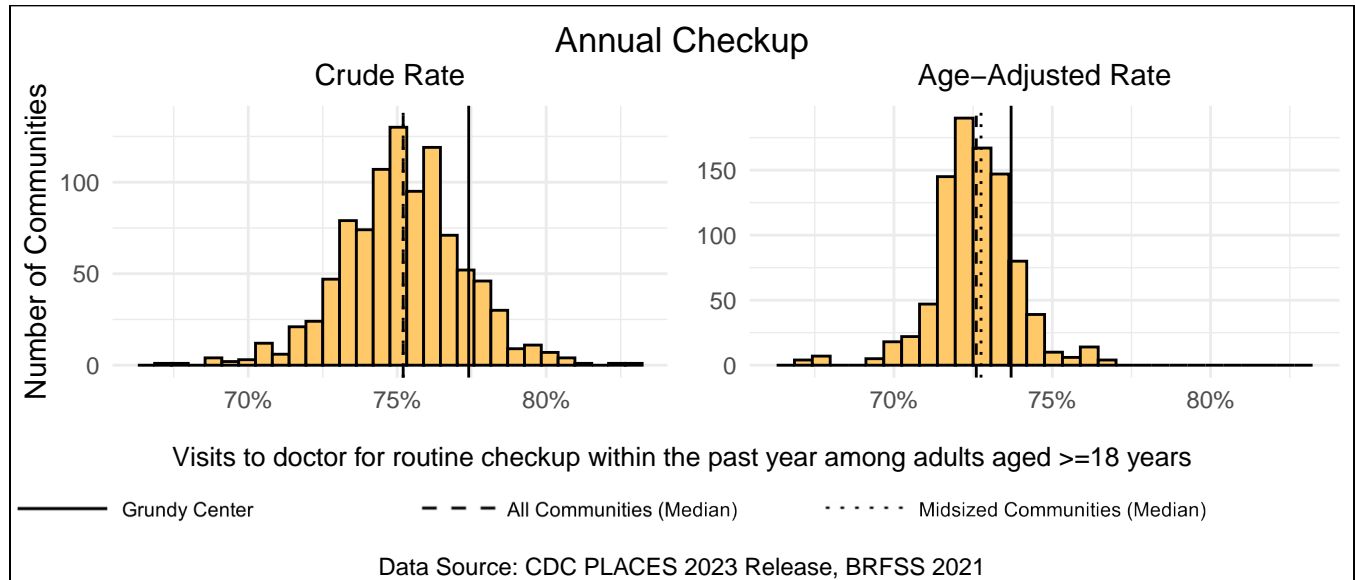
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	84.0%	83.3%	82.9%
Age-Adjusted	84.2%	83.2%	83.2%



Annual Checkup

Grundy Center has a crude rate of 77.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 118th out of 958 Iowa communities (6th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 73.7%, which ranks 127th out of 905 Iowa communities (17th out of 102 mid-sized communities).

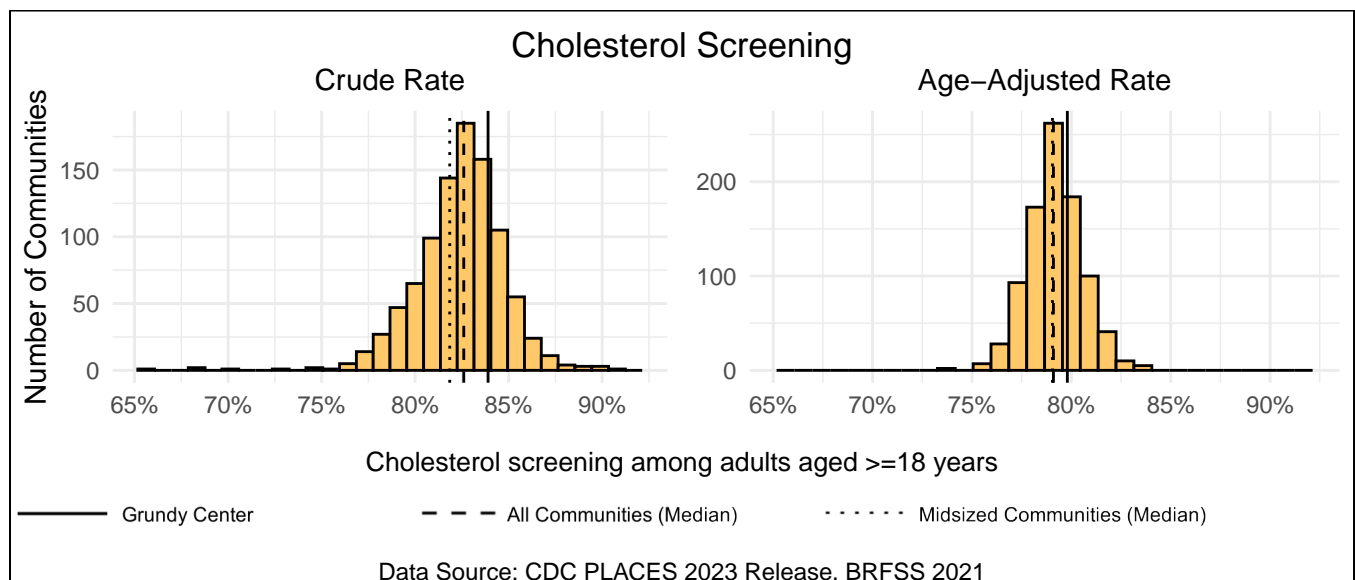
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	77.4%	75.2%	75.2%
Age-Adjusted	73.7%	72.6%	72.8%



Cholesterol Screening

Grundy Center has a crude rate of 83.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 224th out of 958 Iowa communities (16th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 79.8%, which ranks 271st out of 905 Iowa communities (33rd out of 102 mid-sized communities).

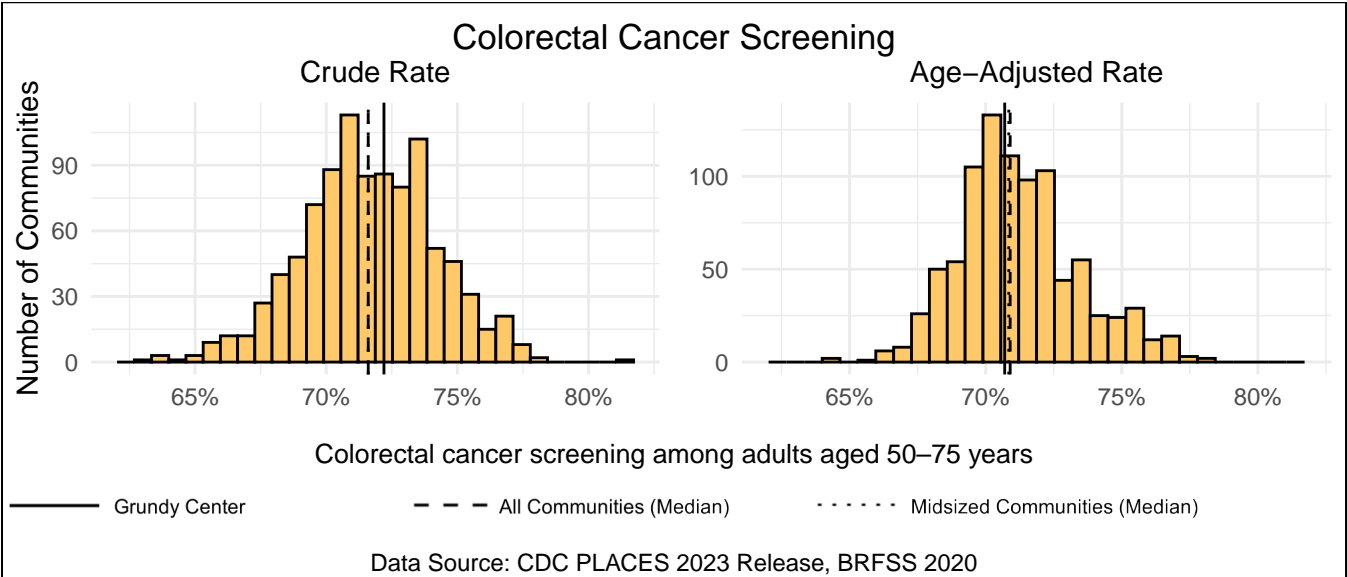
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	83.9%	82.6%	81.8%
Age-Adjusted	79.8%	79.1%	79.0%



Colorectal Cancer Screening

Grundy Center has a crude rate of 72.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 386th out of 958 Iowa communities (43rd out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 70.7%, which ranks 492nd out of 905 Iowa communities (54th out of 102 mid-sized communities).

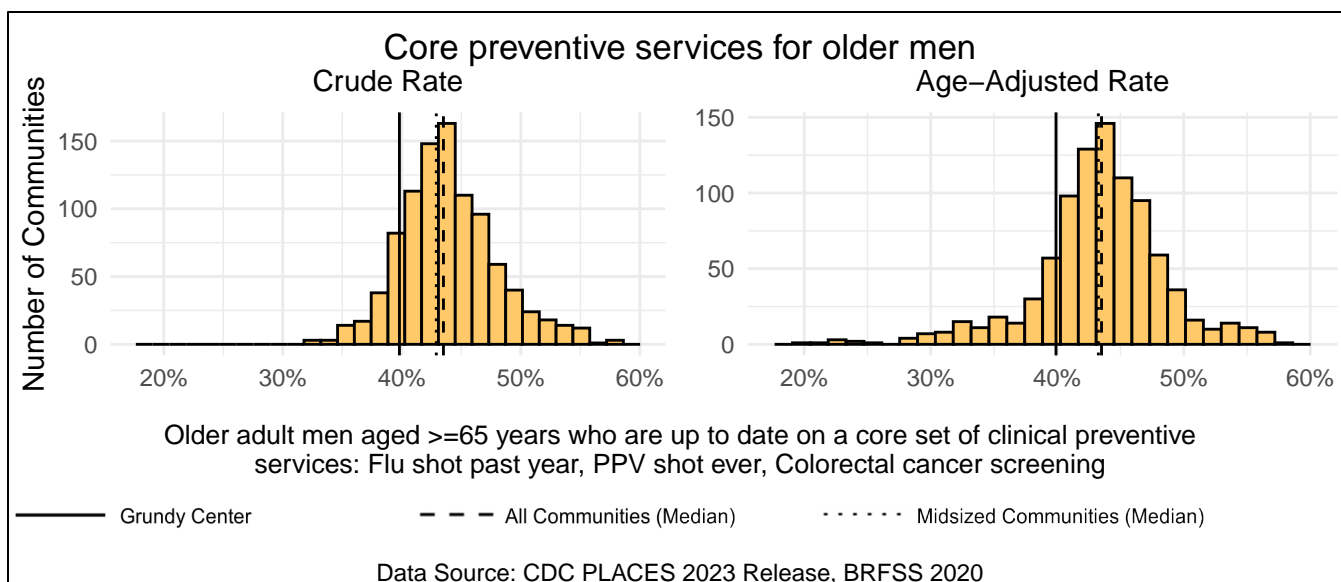
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	72.2%	71.6%	71.6%
Age-Adjusted	70.7%	70.9%	70.8%



Core preventive services for older men

Grundy Center has a crude rate of 39.8% 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 825th out of 958 Iowa communities (82nd out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 39.9%, which ranks 762nd out of 905 Iowa communities (87th out of 102 mid-sized communities).

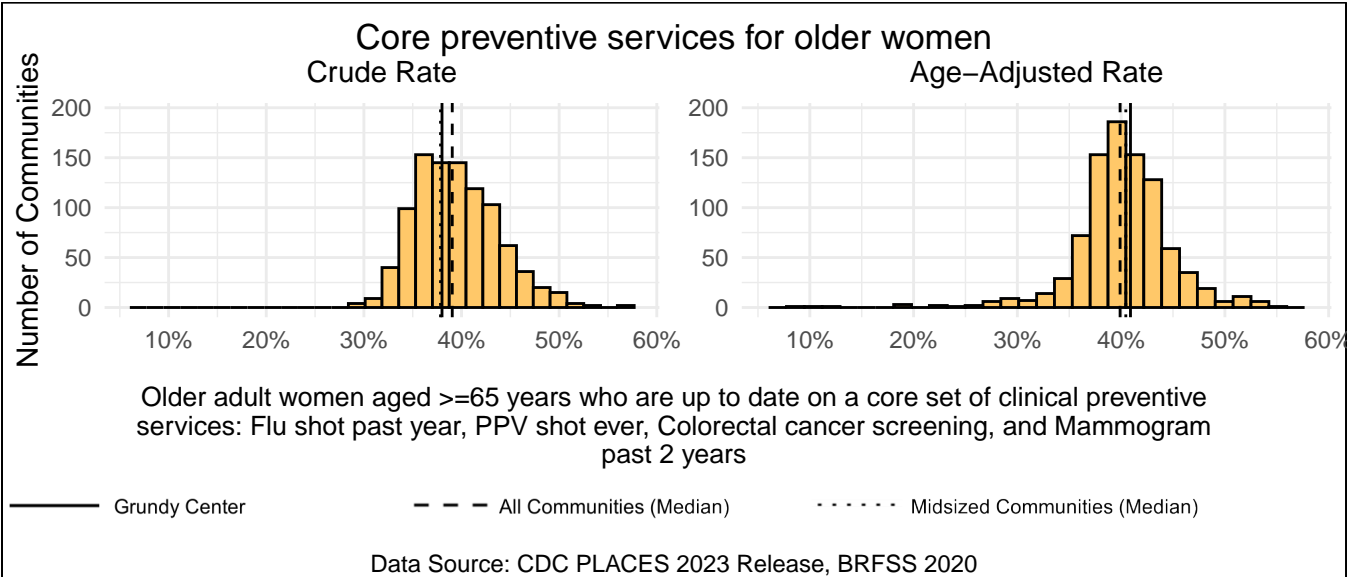
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	39.8%	43.5%	42.9%
Age-Adjusted	39.9%	43.5%	43.2%



Core preventive services for older women

Grundy Center has a crude rate of 38.0% 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 575th out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Grundy Center is 40.9%, which ranks 368th out of 905 Iowa communities (44th out of 102 midsize communities).

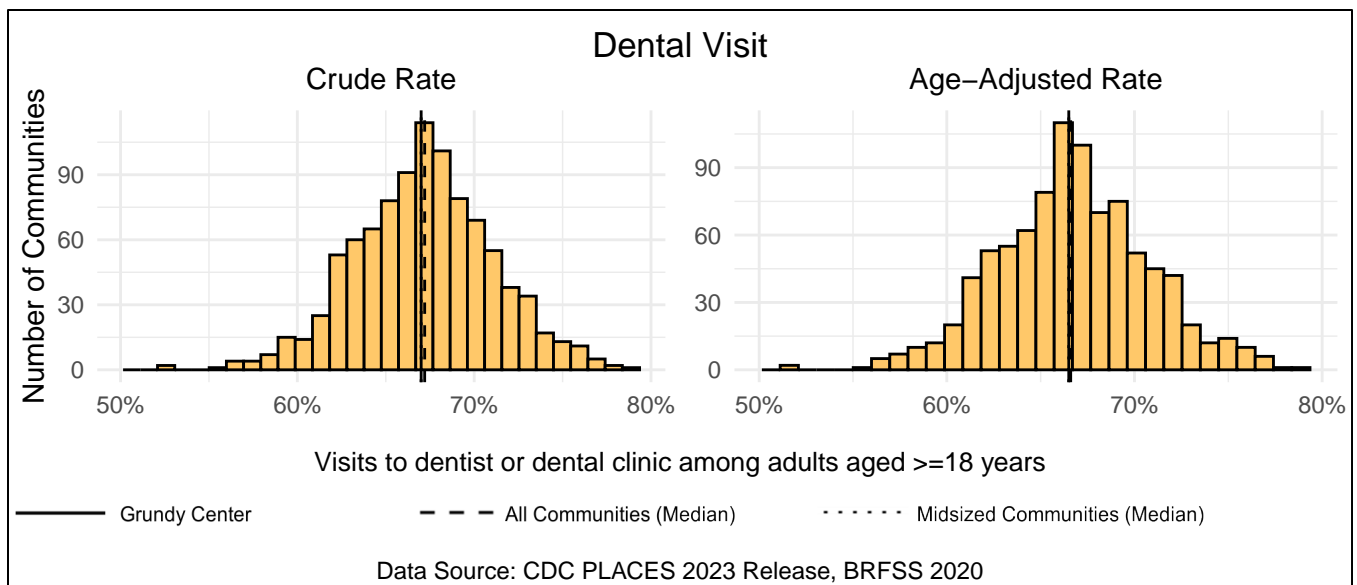
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	38.0%	39.0%	37.8%
Age-Adjusted	40.9%	39.9%	40.4%



Dental Visit

Grundy Center has a crude rate of 67.0% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 490th out of 958 Iowa communities (51st out of 102 midsize communities). The age-adjusted rate for Grundy Center is 66.5%, which ranks 468th out of 905 Iowa communities (51st out of 102 midsize communities).

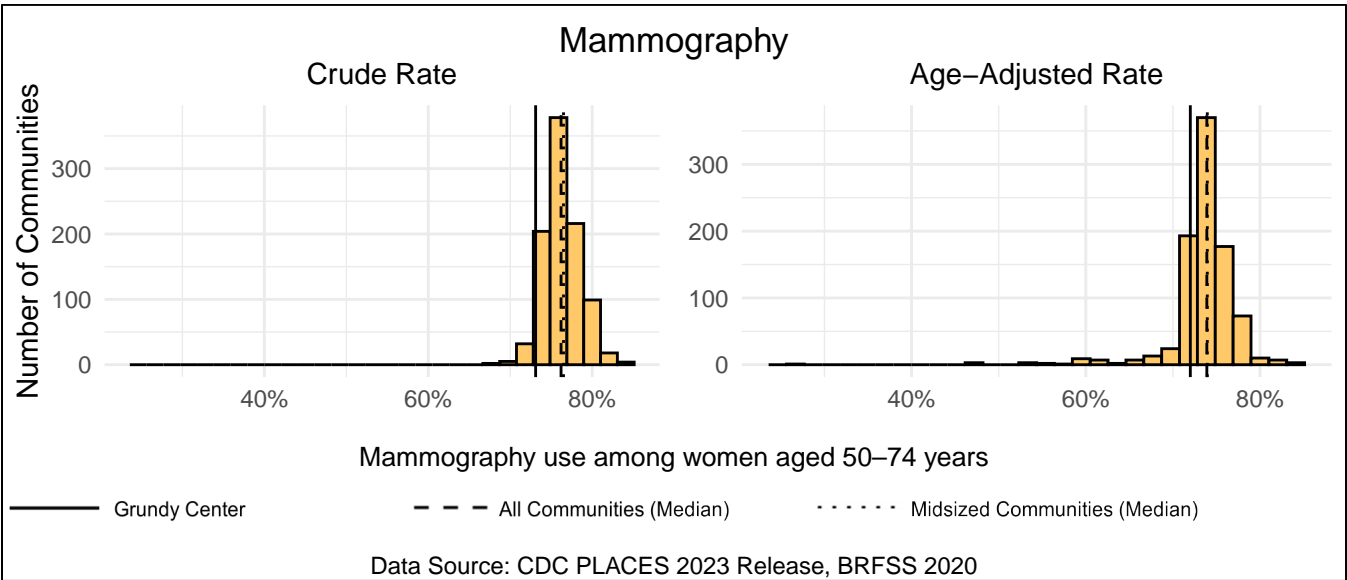
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	67.0%	67.2%	67.0%
Age-Adjusted	66.5%	66.6%	66.5%



Mammography

Grundy Center has a crude rate of 73.1% for mammography use among women aged 50–74 years, which ranks 904th out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 72.0%, which ranks 742nd out of 905 Iowa communities (85th out of 102 mid-sized communities).

Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	73.1%	76.2%	76.5%
Age-Adjusted	72.0%	73.9%	74.0%



Disability

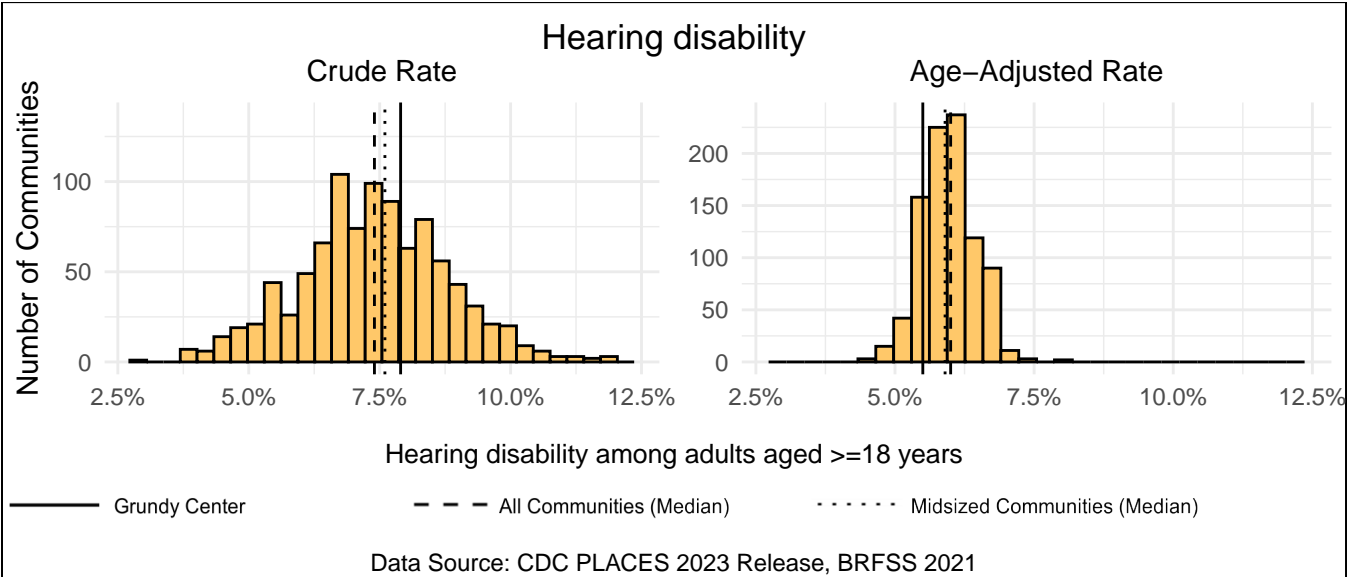
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Grundy Center has a crude rate of 7.9% for hearing disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 5.5%, which ranks 110th out of 905 Iowa communities (25th out of 102 midsize communities).

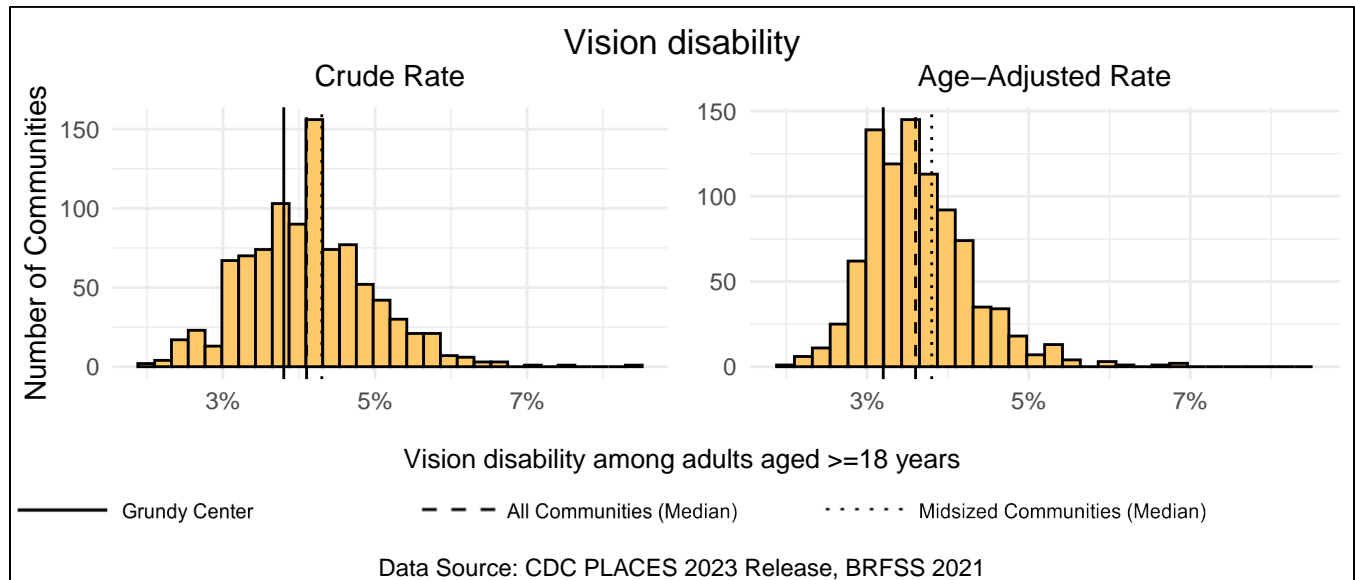
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	7.9%	7.4%	7.6%
Age-Adjusted	5.5%	6.0%	5.9%



Vision disability

Grundy Center has a crude rate of 3.8% for vision disability among adults aged ≥ 18 years, which ranks 317th out of 958 Iowa communities (35th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 3.2%, which ranks 176th out of 905 Iowa communities (28th out of 102 midsize communities).

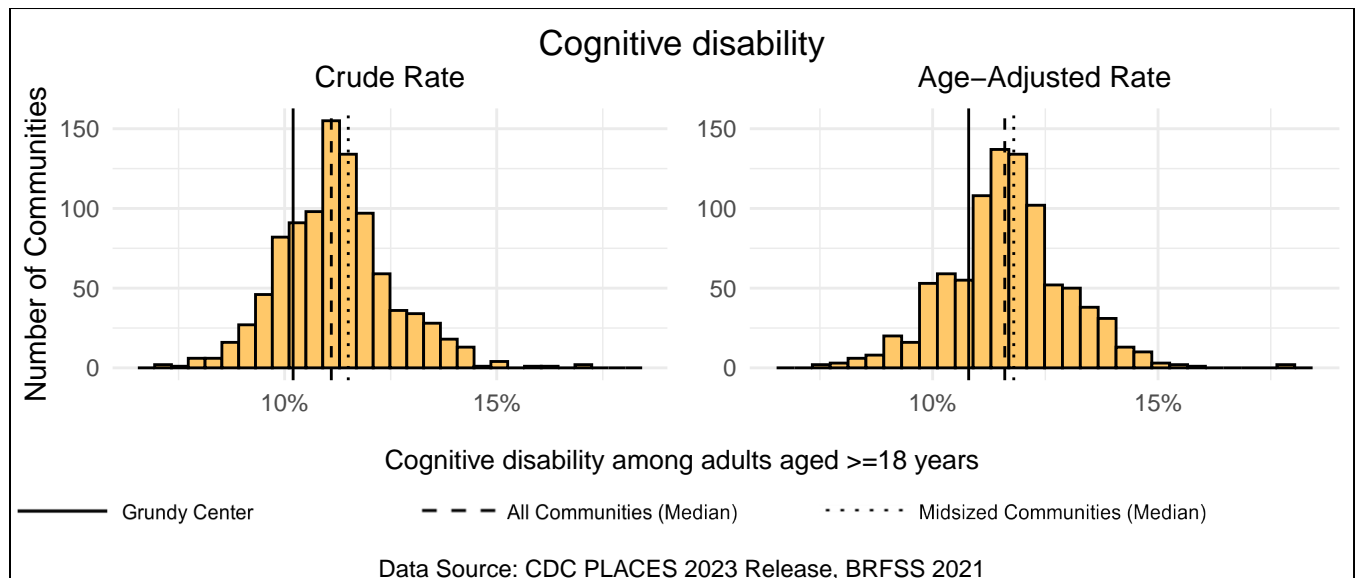
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	3.8%	4.1%	4.3%
Age-Adjusted	3.2%	3.6%	3.8%



Cognitive disability

Grundy Center has a crude rate of 10.2% for cognitive disability among adults aged ≥ 18 years, which ranks 187th out of 958 Iowa communities (24th out of 102 midsize communities). The age-adjusted rate for Grundy Center is 10.8%, which ranks 204th out of 905 Iowa communities (32nd out of 102 midsize communities).

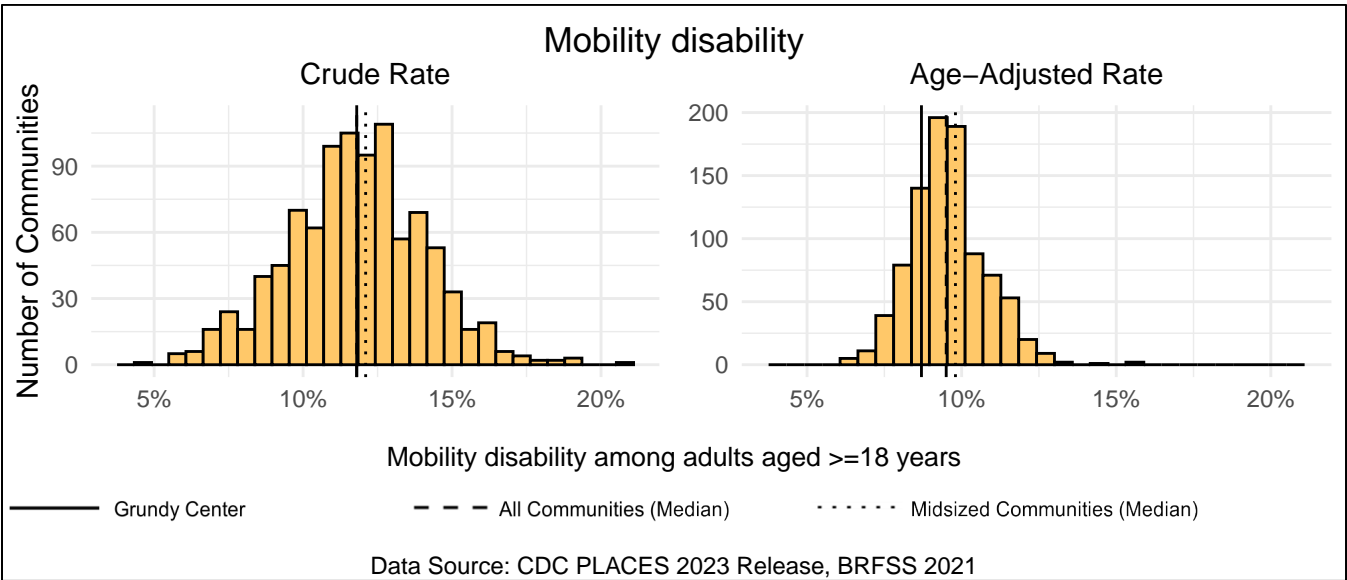
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	10.2%	11.1%	11.5%
Age-Adjusted	10.8%	11.6%	11.8%



Mobility disability

Grundy Center has a crude rate of 11.8% for mobility disability among adults aged ≥ 18 years, which ranks 471st out of 958 Iowa communities (46th out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 8.7%, which ranks 198th out of 905 Iowa communities (29th out of 102 mid-sized communities).

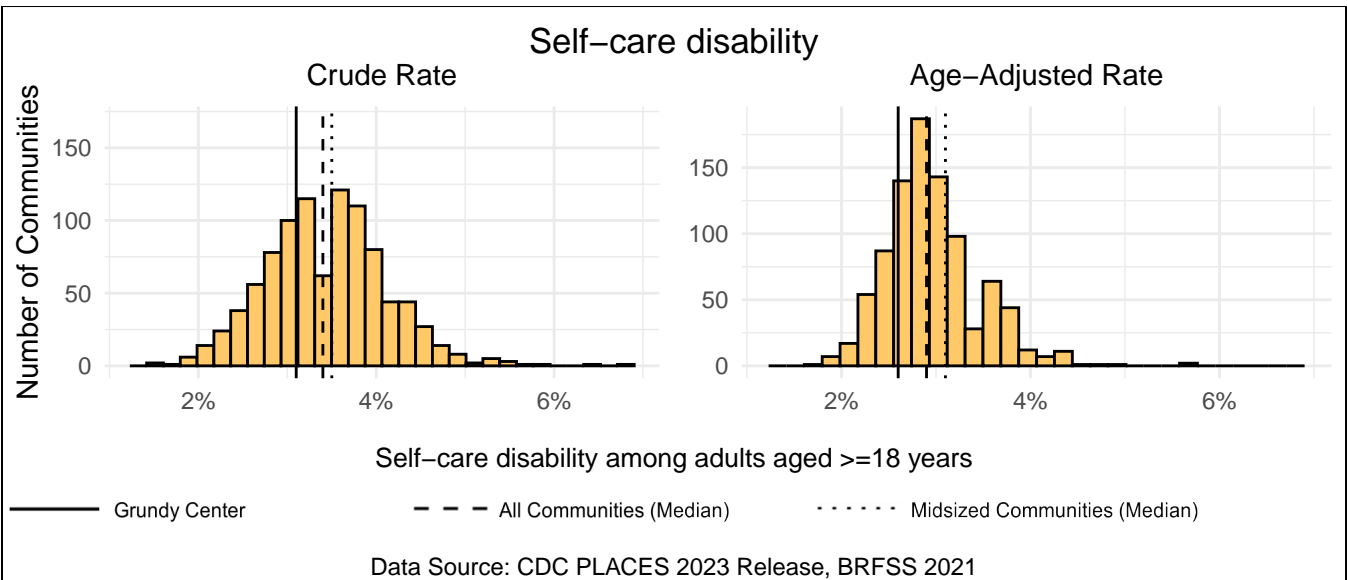
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	11.8%	11.8%	12.1%
Age-Adjusted	8.7%	9.5%	9.8%



Self-care disability

Grundy Center has a crude rate of 3.1% for self-care disability among adults aged ≥ 18 years, which ranks 267th out of 958 Iowa communities (33rd out of 102 mid-sized communities). The age-adjusted rate for Grundy Center is 2.6%, which ranks 167th out of 905 Iowa communities (28th out of 102 mid-sized communities).

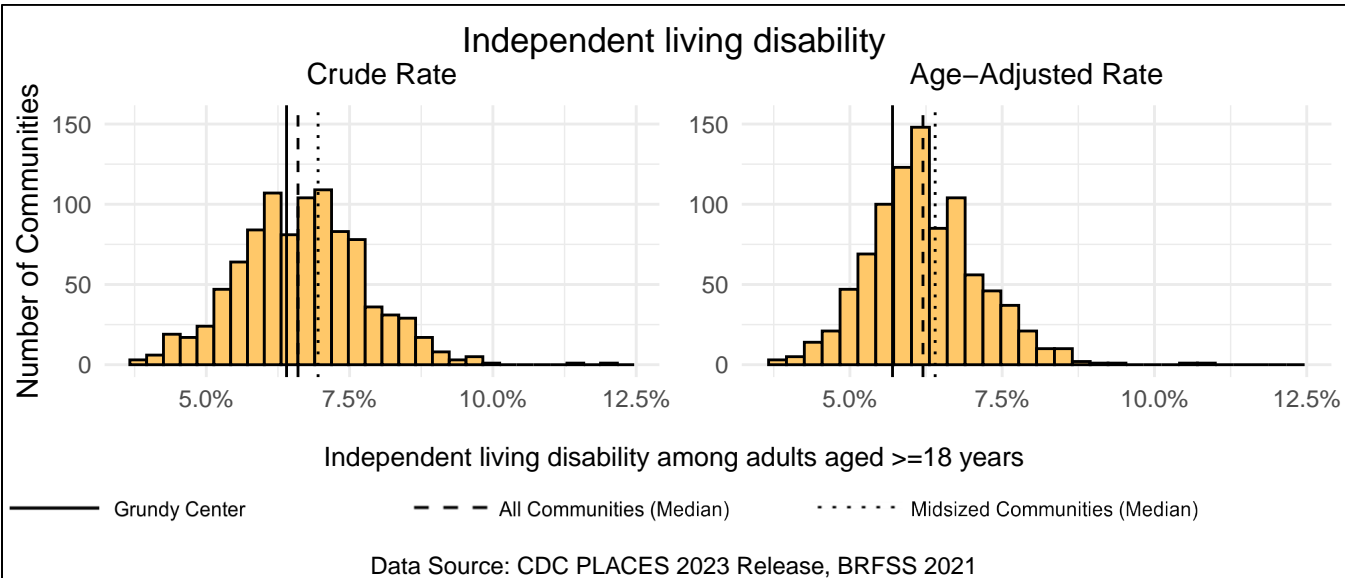
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	3.1%	3.4%	3.5%
Age-Adjusted	2.6%	2.9%	3.1%



Independent living disability

Grundy Center has a crude rate of 6.4% for independent living disability among adults aged ≥ 18 years, which ranks 372nd out of 958 Iowa communities (36th out of 102 midsized communities). The age-adjusted rate for Grundy Center is 5.7%, which ranks 216th out of 905 Iowa communities (31st out of 102 midsized communities).

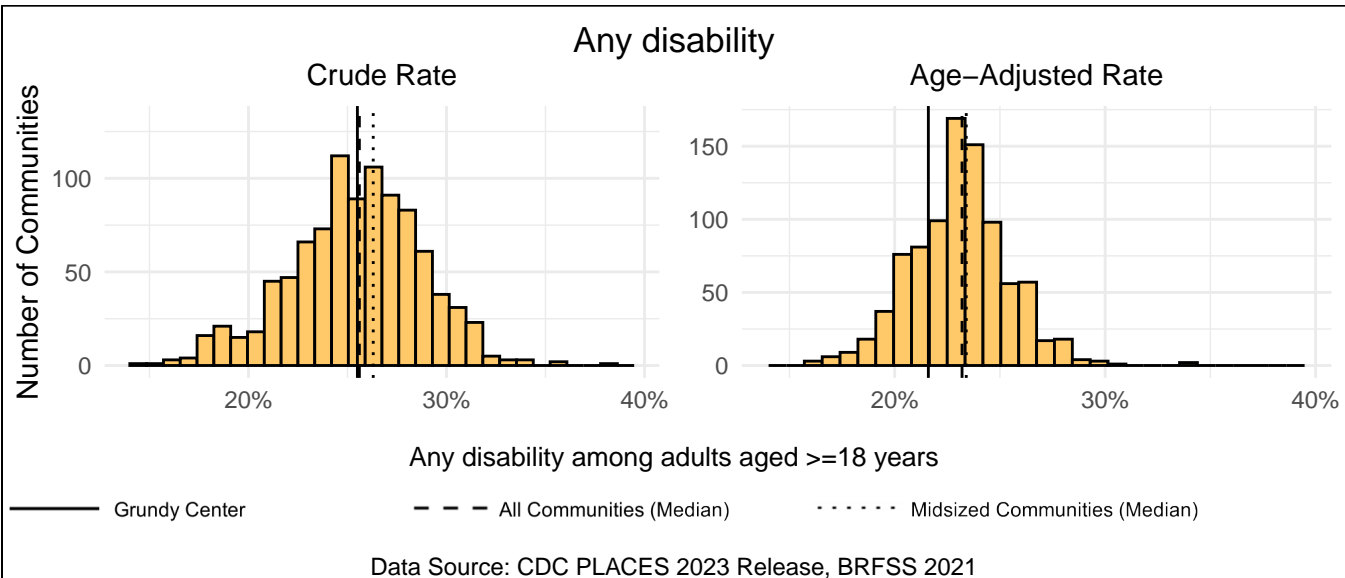
Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	6.4%	6.6%	7.0%
Age-Adjusted	5.7%	6.2%	6.4%



Any disability

Grundy Center has a crude rate of 25.5% for any disability among adults aged ≥ 18 years, which ranks 466th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Grundy Center is 21.6%, which ranks 220th out of 905 Iowa communities (34th out of 102 midsized communities).

Measure Type	Grundy Center	All Comm.	Midsized Comm.
Crude	25.5%	25.6%	26.3%
Age-Adjusted	21.6%	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: Grundy Center 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	272	13.1% (10.7% - 16.0%)	161	11.3% (9.1% - 13.6%)
Health Status	Mental Health	119	13.2% (11.3% - 15.2%)	210	14.9% (12.6% - 17.3%)
Health Status	Physical Health	293	10.2% (8.4% - 11.9%)	181	9.0% (7.5% - 10.5%)
Health Risk Behaviors	Current Smoking	117	14.5% (11.0% - 17.9%)	192	16.0% (12.0% - 19.9%)
Health Risk Behaviors	Binge Drinking	441	19.3% (15.9% - 22.6%)	753	23.1% (19.2% - 26.7%)
Health Risk Behaviors	Physical Inactivity	279	24.4% (19.4% - 29.2%)	179	22.0% (17.5% - 26.5%)
Health Risk Behaviors	Sleep <7 hours	169	28.7% (26.8% - 30.4%)	192	30.0% (28.1% - 31.8%)
Health Outcomes	Current Asthma	215	9.1% (7.9% - 10.3%)	330	9.4% (8.2% - 10.7%)
Health Outcomes	Arthritis	714	30.0% (25.7% - 33.9%)	550	23.5% (19.8% - 27.1%)
Health Outcomes	Obesity	269	36.4% (29.3% - 43.0%)	409	37.3% (30.2% - 44.0%)
Health Outcomes	Coronary Heart Disease	536	6.7% (5.6% - 7.8%)	78	4.5% (3.9% - 5.2%)
Health Outcomes	High Cholesterol	391	35.7% (31.1% - 40.0%)	71	28.5% (24.4% - 32.5%)
Health Outcomes	COPD	363	7.1% (5.7% - 8.7%)	183	5.7% (4.5% - 6.9%)
Health Outcomes	Cancer (except skin)	771	9.2% (8.2% - 10.2%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	All Teeth Lost	317	12.0% (7.0% - 18.7%)	197	11.3% (7.0% - 16.4%)
Health Outcomes	Diabetes	355	9.6% (8.0% - 11.2%)	128	7.4% (6.1% - 8.6%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.0% - 3.8%)	142	2.5% (2.2% - 2.7%)
Health Outcomes	Depression	169	17.1% (14.0% - 20.1%)	251	18.6% (15.3% - 22.2%)
Health Outcomes	Stroke	538	3.4% (2.8% - 4.0%)	116	2.4% (2.1% - 2.8%)
Health Outcomes	High Blood Pressure	565	32.9% (28.6% - 36.8%)	244	26.4% (22.5% - 29.9%)
Prevention	Colorectal Cancer Screening	386	72.2% (68.7% - 75.4%)	492	70.7% (66.9% - 74.1%)
Prevention	Core preventive services for older men	825	39.8% (30.9% - 48.3%)	762	39.9% (31.5% - 48.3%)
Prevention	Cholesterol Screening	224	83.9% (81.1% - 86.6%)	271	79.8% (76.2% - 83.0%)
Prevention	Cervical Cancer Screening	311	84.0% (81.2% - 86.7%)	195	84.2% (81.6% - 86.9%)
Prevention	Annual Checkup	118	77.4% (72.5% - 81.3%)	127	73.7% (68.5% - 78.0%)

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 women	575	38.0% (30.0% - 46.8%)	368	40.9% (32.6% - 49.0%)
Prevention	Mammography	904	73.1% (68.5% - 77.8%)	742	72.0% (66.6% - 76.8%)
Prevention	Dental Visit	490	67.0% (62.8% - 70.9%)	468	66.5% (62.2% - 70.5%)
Prevention	Taking BP Medication	229	81.5% (78.3% - 84.0%)	464	58.9% (53.5% - 63.4%)
Prevention	Health Insurance	196	6.6% (4.8% - 8.9%)	143	6.8% (4.9% - 9.2%)
Disability	Independent Living Disability	372	6.4% (5.2% - 7.9%)	216	5.7% (4.6% - 6.7%)
Disability	Self-care Disability	267	3.1% (2.5% - 3.7%)	167	2.6% (2.2% - 3.1%)
Disability	Mobility Disability	471	11.8% (9.4% - 14.1%)	198	8.7% (7.0% - 10.3%)
Disability	Cognitive Disability	187	10.2% (8.4% - 12.3%)	204	10.8% (8.8% - 12.9%)
Disability	Vision Disability	317	3.8% (3.1% - 4.7%)	176	3.2% (2.7% - 3.8%)
Disability	Hearing Disability	620	7.9% (6.8% - 9.0%)	110	5.5% (4.7% - 6.2%)
Disability	Any Disability	466	25.5% (21.5% - 29.8%)	220	21.6% (17.8% - 25.4%)

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: Midsized Communities (2,500-9,999)

Grundy Center 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
