



## Iowa Community Health Snapshot Series

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



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*By Matthew Voss & Shawn Dorius*

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# Iowa Community Health Snapshot Series

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# Health in Guthrie Center: Overview

Dear Community Members & Stakeholders of Guthrie 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 Guthrie Center ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Guthrie 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 Guthrie 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	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Binge Drinking	75th	13th	Binge Drinking	202nd	28th
Taking BP Medication	101st	17th	Taking BP Medication	251st	36th
Obesity	178th	33rd	High Cholesterol	276th	45th
Depression	220th	37th	Core preventive services for older men	316th	59th
Sleep <7 hours	278th	54th	Obesity	367th	54th

# Opportunities

Below are health measures that represent potential areas for growth in your community. We recommend increasing investment in these areas to support community health and well-being.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Any Disability	891st	127th	Annual Checkup	856th	134th
Cancer (except skin)	887th	125th	Cholesterol Screening	747th	121st
Core preventive services for older women	882nd	128th	Physical Inactivity	702nd	116th
Hearing Disability	880th	125th	Health Insurance	700th	119th
Mobility Disability	879th	126th	Any Disability	698th	112th

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 Guthrie 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.

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## How to Use this Report

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

With a population of 1,605, Guthrie Center’s similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

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

Using Ames, IA as an Example

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



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

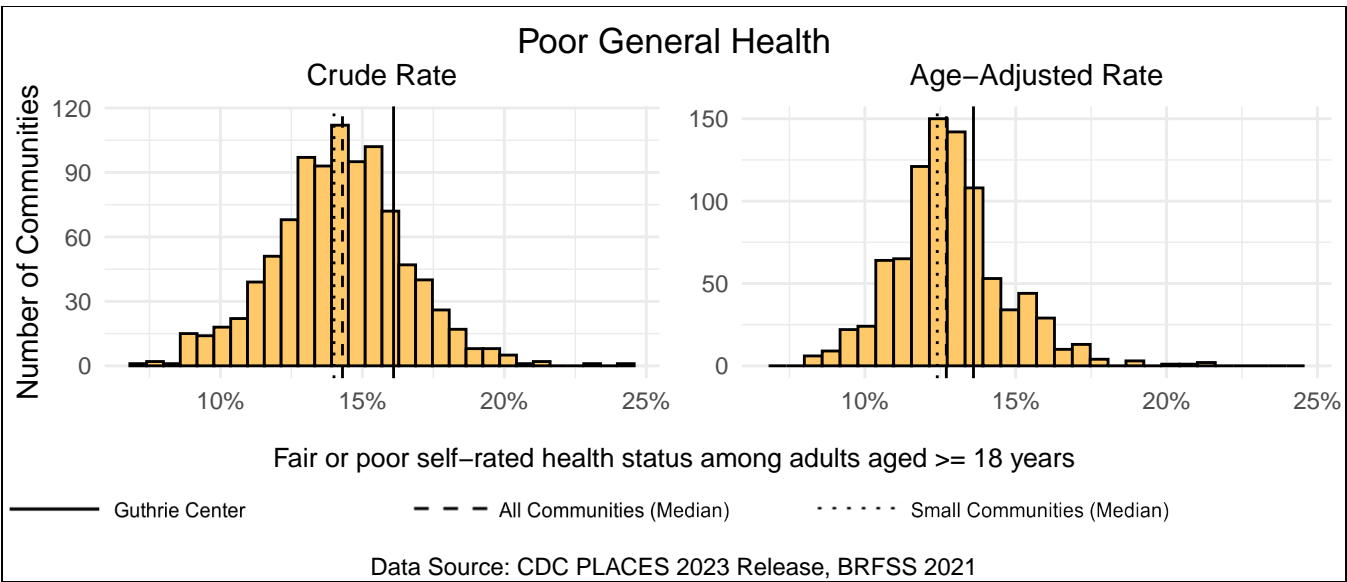
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Guthrie Center has a crude rate of 16.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 785th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Guthrie Center is 13.6%, which ranks 642nd out of 905 Iowa communities (108th out of 138 small communities).

Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	16.1%	14.3%	14.0%
Age-Adjusted	13.6%	12.7%	12.4%

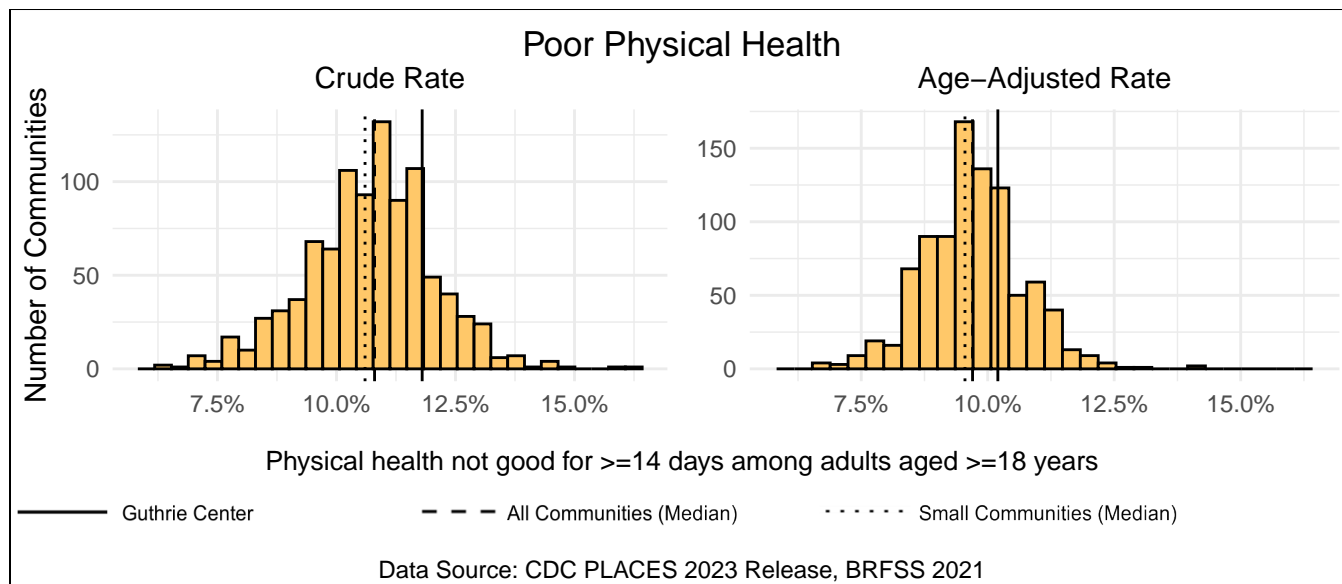




## Poor Physical Health

Guthrie Center has a crude rate of 11.8% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 775th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Guthrie Center is 10.2%, which ranks 644th out of 905 Iowa communities (107th out of 138 small communities).

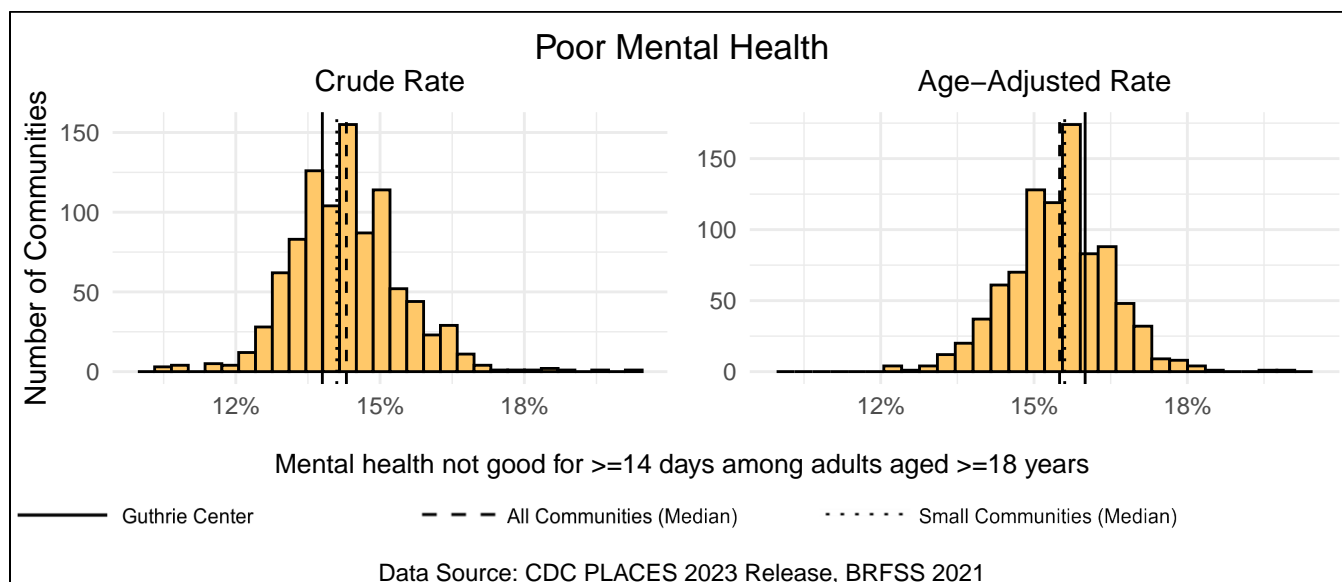
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	11.8%	10.8%	10.6%
Age-Adjusted	10.2%	9.7%	9.6%



## Poor Mental Health

Guthrie Center has a crude rate of 13.8% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 291st out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Guthrie Center is 16.0%, which ranks 631st out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	13.8%	14.3%	14.1%
Age-Adjusted	16.0%	15.5%	15.6%



# Health Risk Behaviors

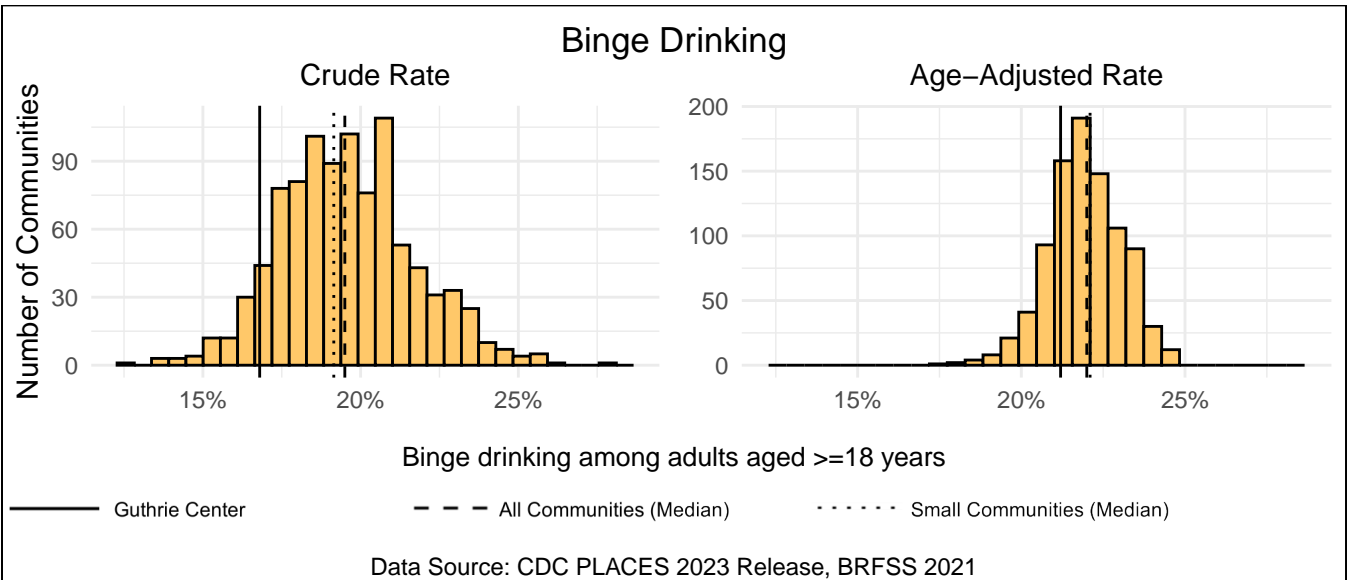
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

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

## Binge Drinking

Guthrie Center has a crude rate of 16.8% for binge drinking among adults aged  $\geq 18$  years, which ranks 75th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Guthrie Center is 21.2%, which ranks 202nd out of 905 Iowa communities (28th out of 138 small communities).

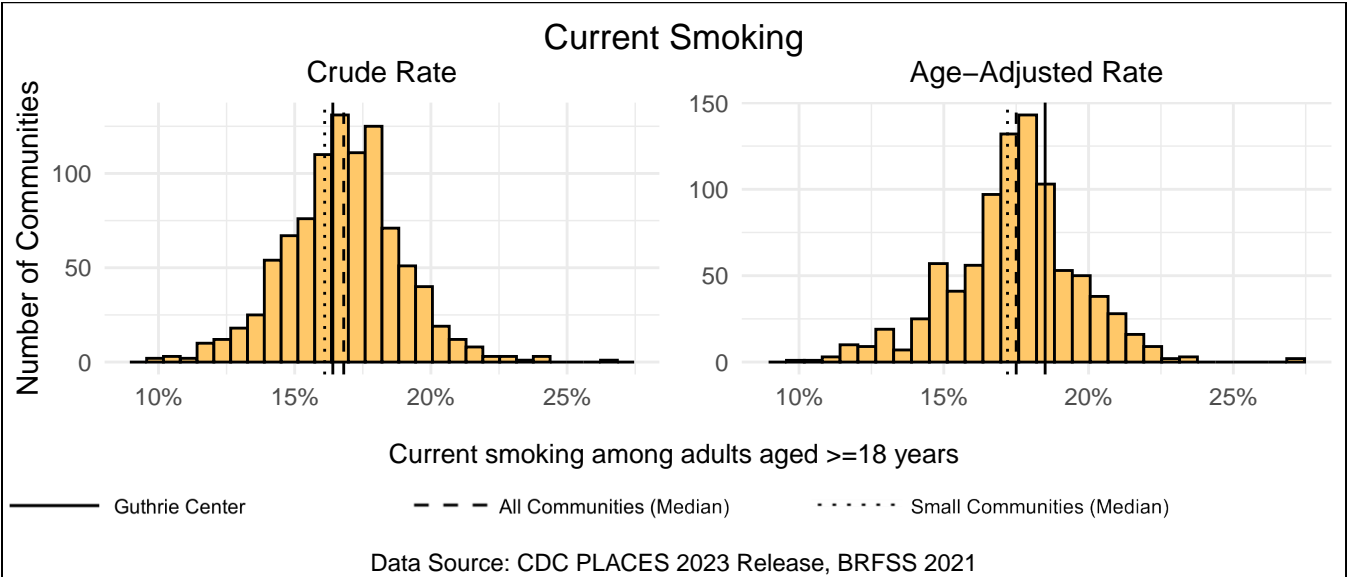
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	16.8%	19.5%	19.1%
Age-Adjusted	21.2%	22.0%	22.1%



# Current Smoking

Guthrie Center has a crude rate of 16.4% for current smoking among adults aged  $\geq 18$  years, which ranks 380th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Guthrie Center is 18.5%, which ranks 636th out of 905 Iowa communities (107th out of 138 small communities).

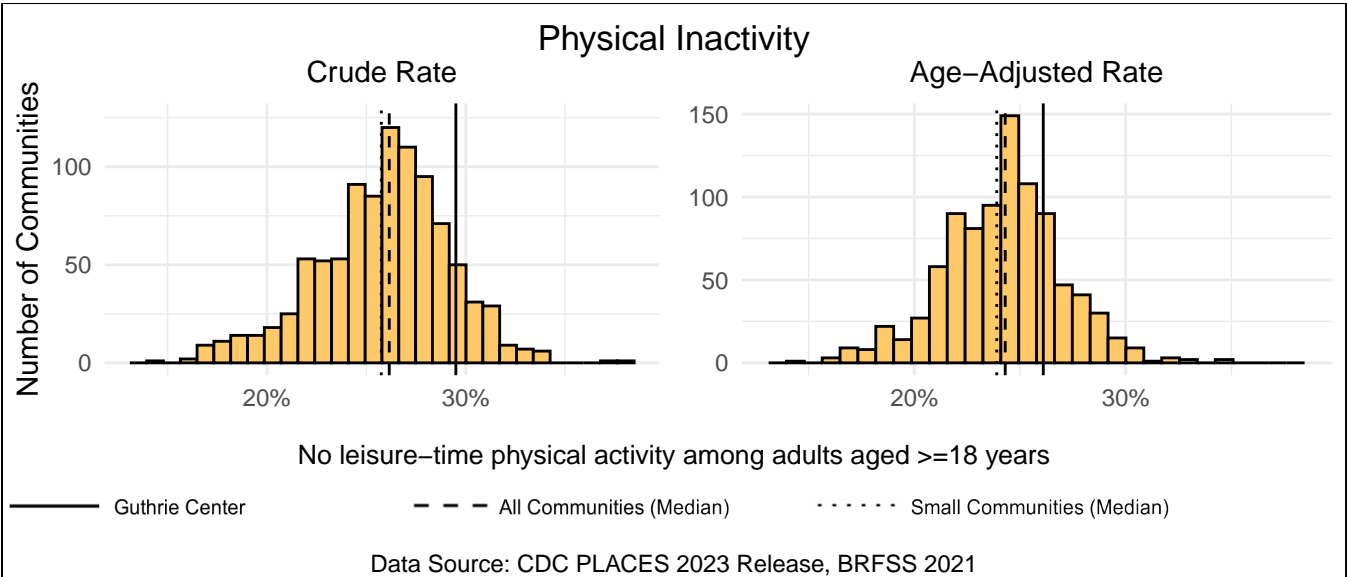
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	16.4%	16.8%	16.1%
Age-Adjusted	18.5%	17.5%	17.2%



# Physical Inactivity

Guthrie Center has a crude rate of 29.5% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 840th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Guthrie Center is 26.1%, which ranks 702nd out of 905 Iowa communities (116th out of 138 small communities).

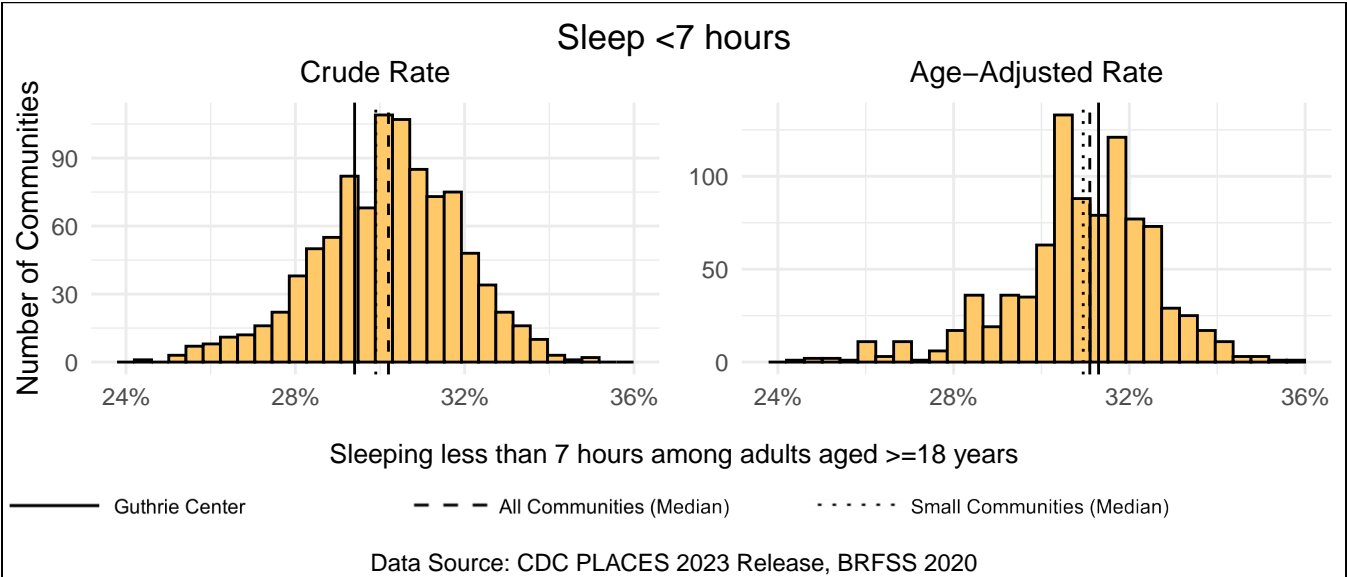
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	29.5%	26.1%	25.8%
Age-Adjusted	26.1%	24.3%	23.9%



Sleep <7 hours

Guthrie Center has a crude rate of 29.4% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 278th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Guthrie Center is 31.3%, which ranks 490th out of 905 Iowa communities (83rd out of 138 small communities).

Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	29.4%	30.2%	29.9%
Age-Adjusted	31.3%	31.1%	31.0%



# Health Outcomes

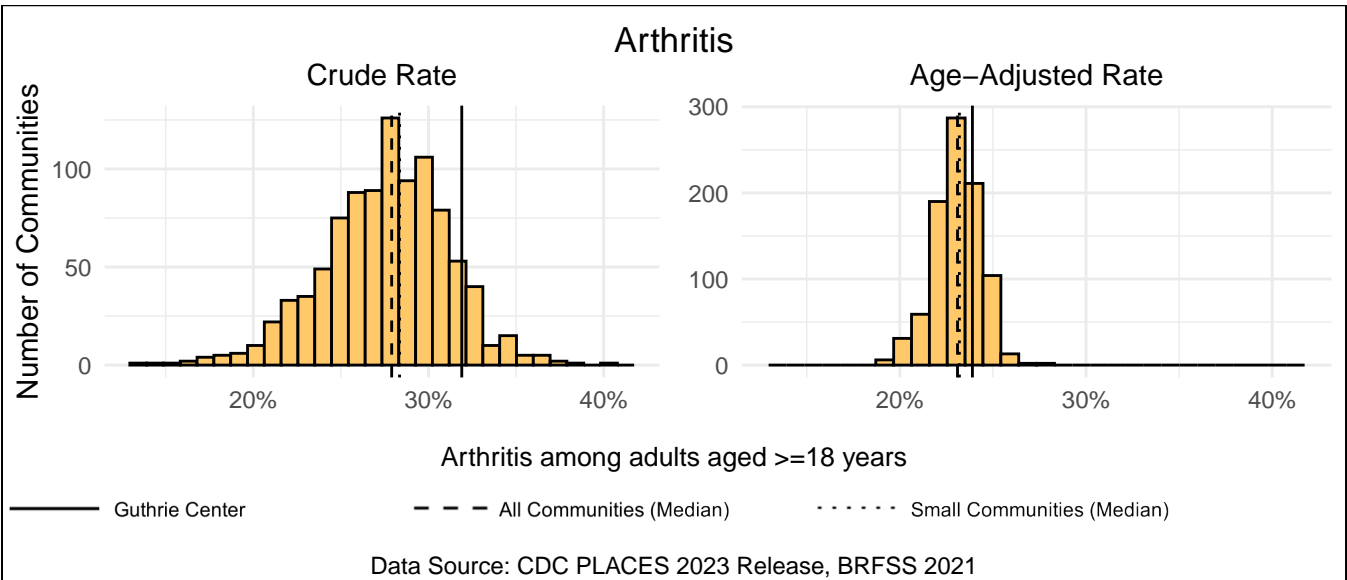
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

## Arthritis

Guthrie Center has a crude rate of 31.9% for arthritis among adults aged  $\geq 18$  years, which ranks 865th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Guthrie Center is 23.9%, which ranks 652nd out of 905 Iowa communities (101st out of 138 small communities).

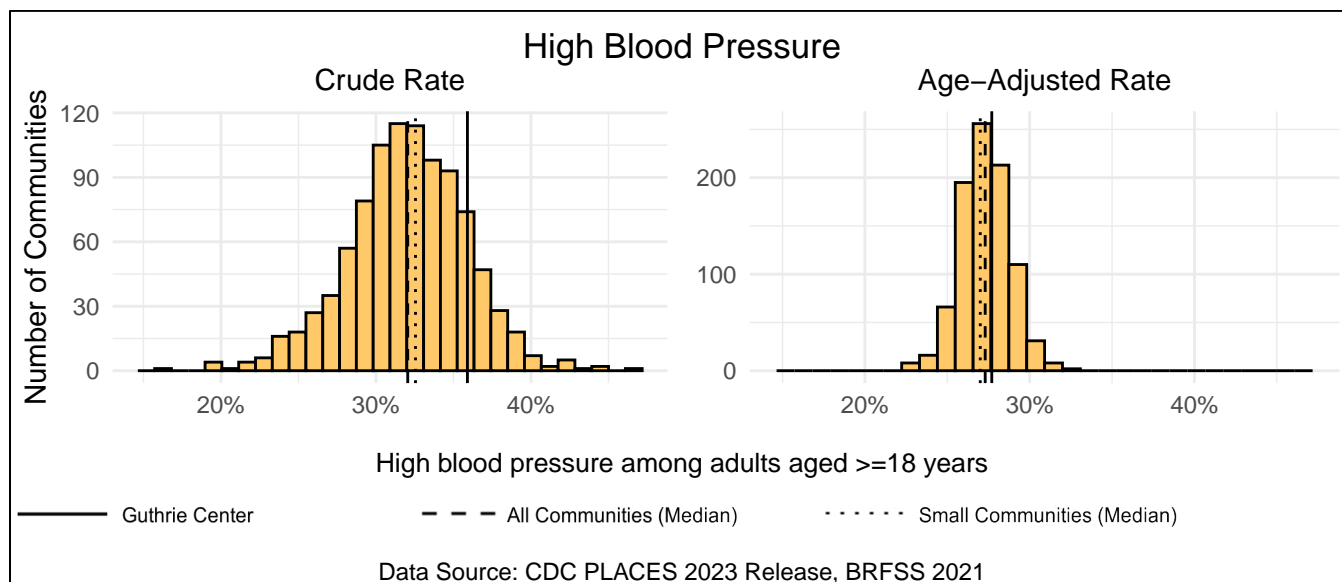
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	31.9%	27.9%	28.4%
Age-Adjusted	23.9%	23.1%	23.2%



## High Blood Pressure

Guthrie Center has a crude rate of 35.9% for high blood pressure among adults aged  $\geq 18$  years, which ranks 816th out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Guthrie Center is 27.7%, which ranks 542nd out of 905 Iowa communities (92nd out of 138 small communities).

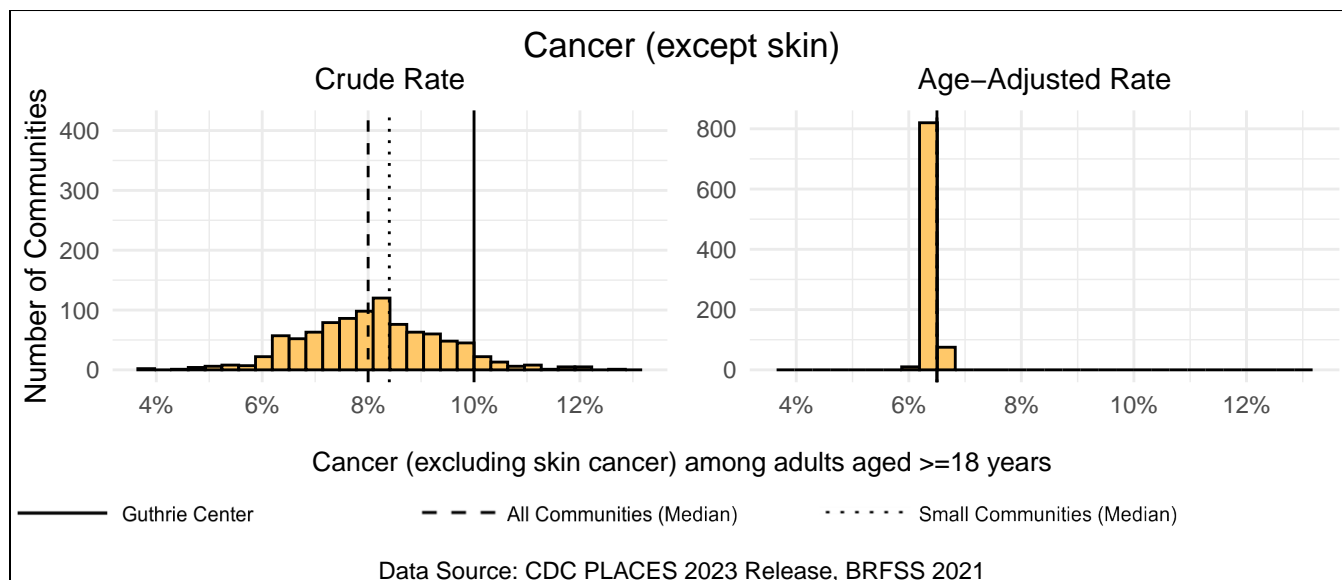
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	35.9%	32.0%	32.5%
Age-Adjusted	27.7%	27.3%	27.0%



## Cancer (except skin)

Guthrie Center has a crude rate of 10.0% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 887th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Guthrie Center is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

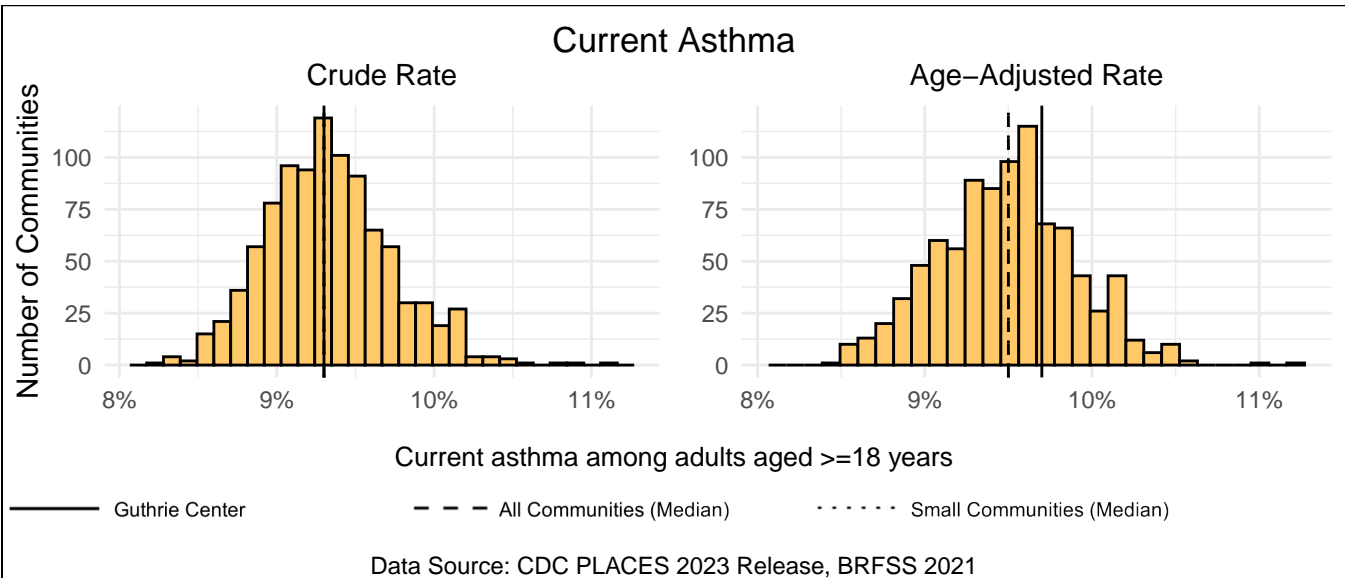
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	10.0%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Guthrie Center has a crude rate of 9.3% for current asthma among adults aged  $\geq 18$  years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Guthrie Center is 9.7%, which ranks 628th out of 905 Iowa communities (99th out of 138 small communities).

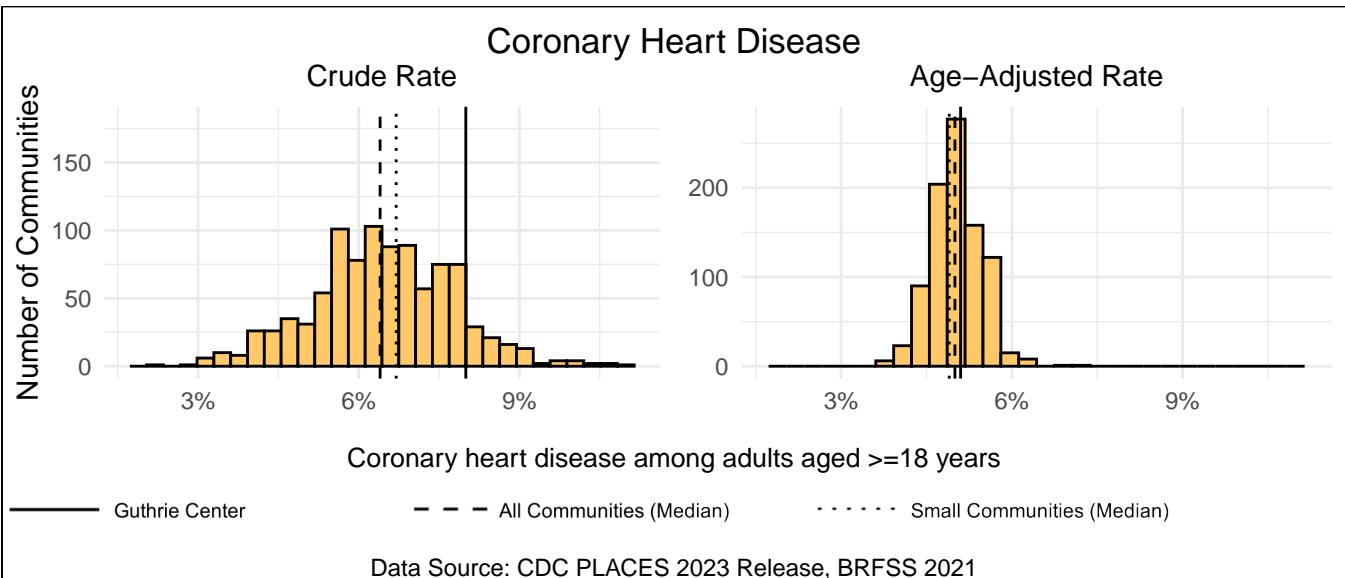
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.5%



## Coronary Heart Disease

Guthrie Center has a crude rate of 8.0% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 845th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Guthrie Center is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

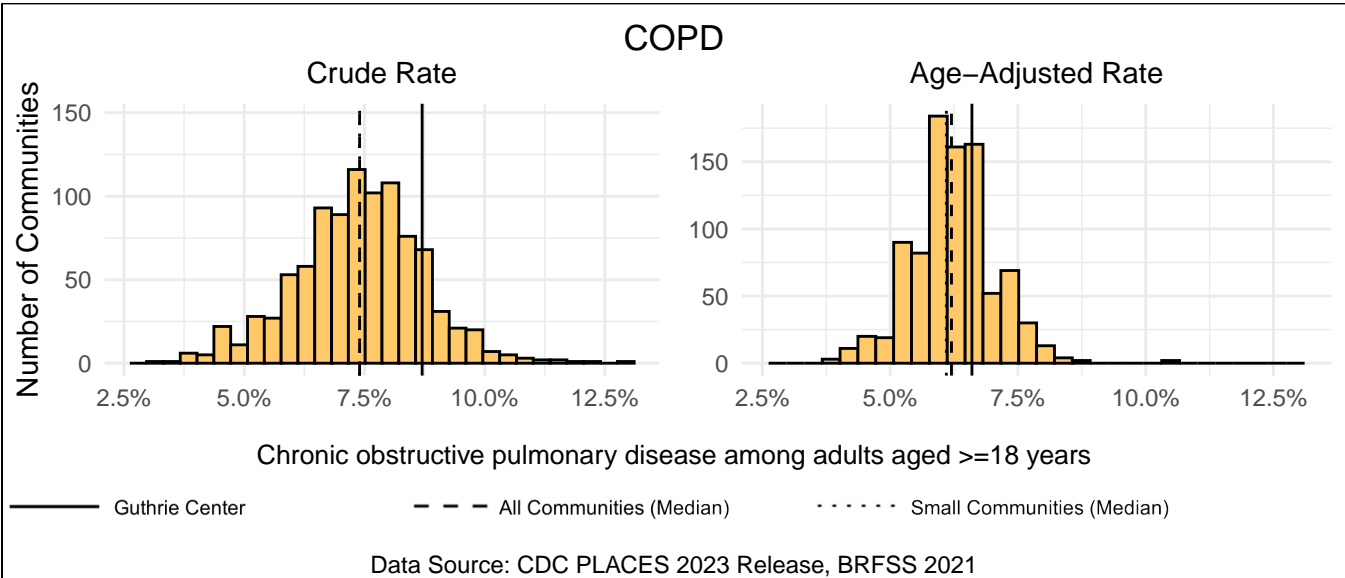
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	8.0%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%



## COPD

Guthrie Center has a crude rate of 8.7% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 815th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Guthrie Center is 6.6%, which ranks 620th out of 905 Iowa communities (105th out of 138 small communities).

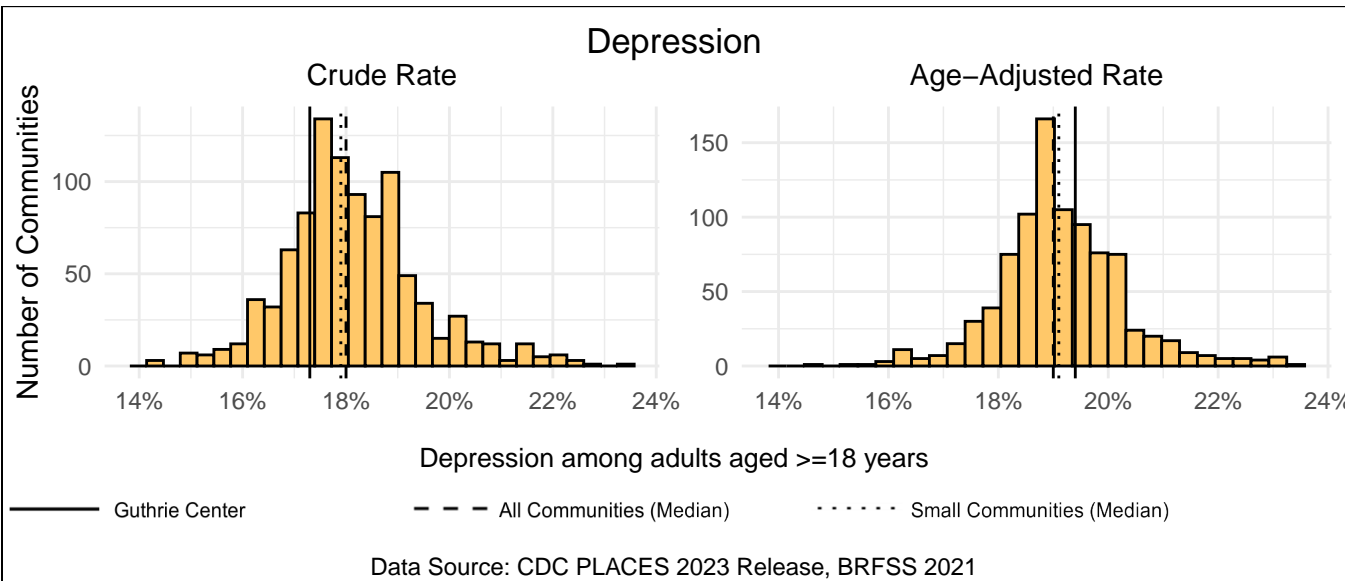
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	8.7%	7.4%	7.4%
Age-Adjusted	6.6%	6.2%	6.1%



## Depression

Guthrie Center has a crude rate of 17.3% for depression among adults aged  $\geq 18$  years, which ranks 220th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Guthrie Center is 19.4%, which ranks 562nd out of 905 Iowa communities (87th out of 138 small communities).

Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	17.3%	18.0%	17.9%
Age-Adjusted	19.4%	19.0%	19.1%

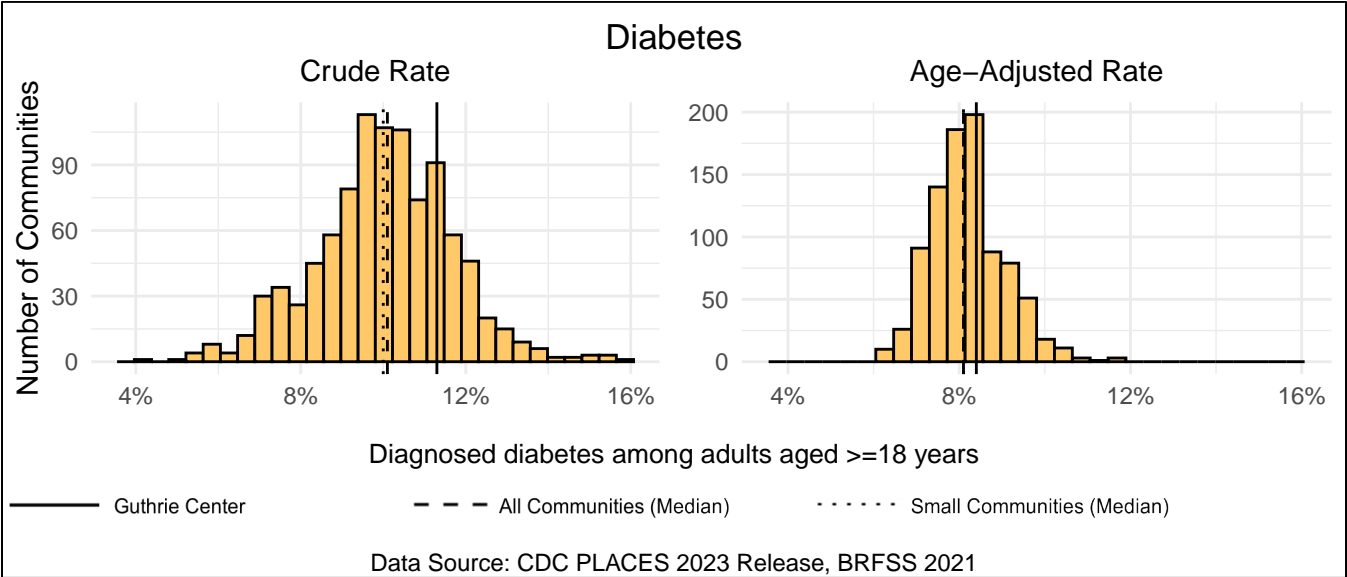




# Diabetes

Guthrie Center has a crude rate of 11.3% for diagnosed diabetes among adults aged >=18 years, which ranks 753rd out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Guthrie Center is 8.4%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

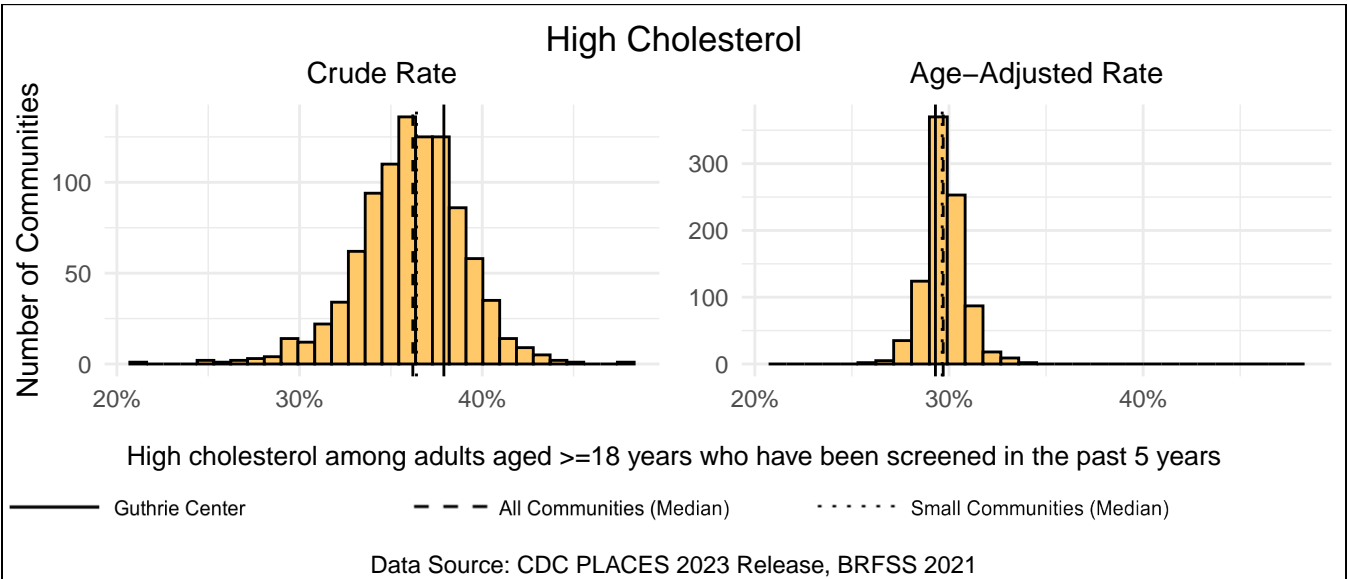
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	11.3%	10.1%	10.0%
Age-Adjusted	8.4%	8.1%	8.1%



# High Cholesterol

Guthrie Center has a crude rate of 37.9% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 704th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Guthrie Center is 29.3%, which ranks 276th out of 905 Iowa communities (45th out of 138 small communities).

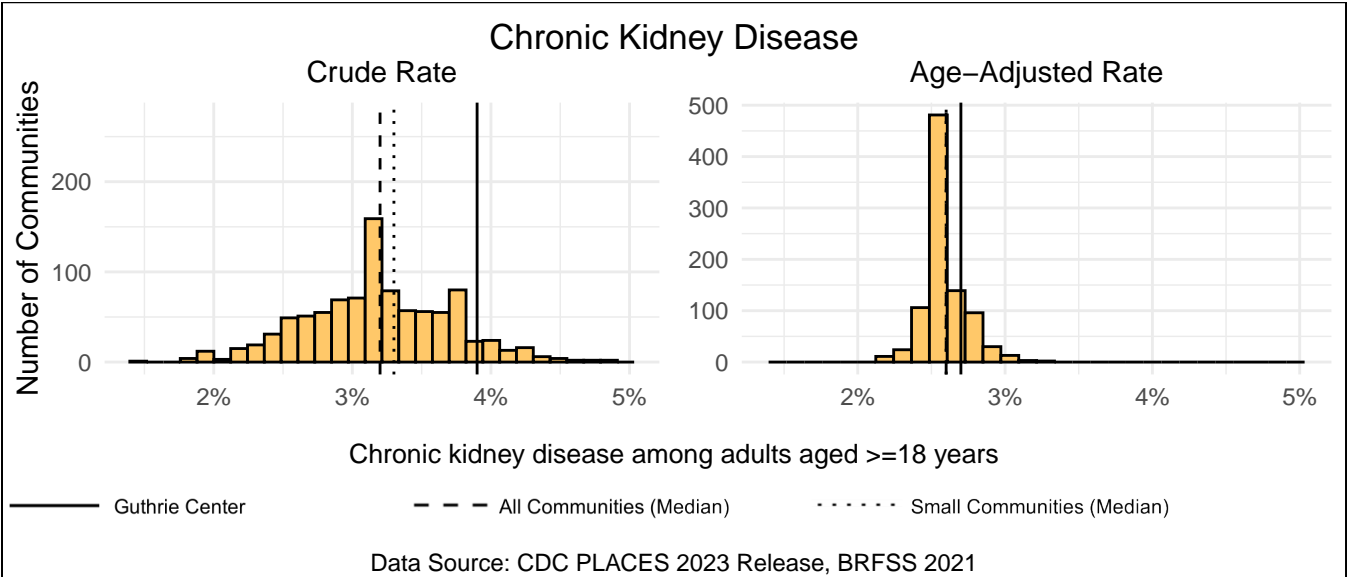
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	37.9%	36.2%	36.4%
Age-Adjusted	29.3%	29.7%	29.6%



# Chronic Kidney Disease

Guthrie Center has a crude rate of 3.9% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 867th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Guthrie Center is 2.7%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

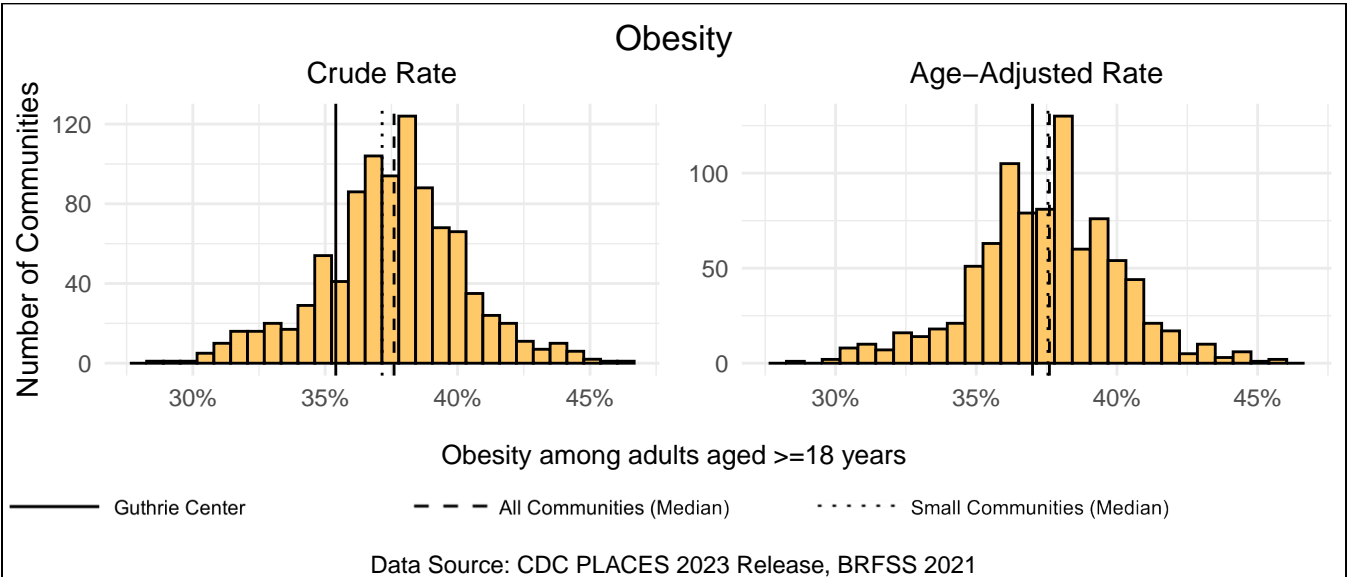
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	3.9%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



# Obesity

Guthrie Center has a crude rate of 35.4% for obesity among adults aged  $\geq 18$  years, which ranks 178th out of 958 Iowa communities (33rd out of 138 small communities). The age-adjusted rate for Guthrie Center is 37.0%, which ranks 367th out of 905 Iowa communities (54th out of 138 small communities).

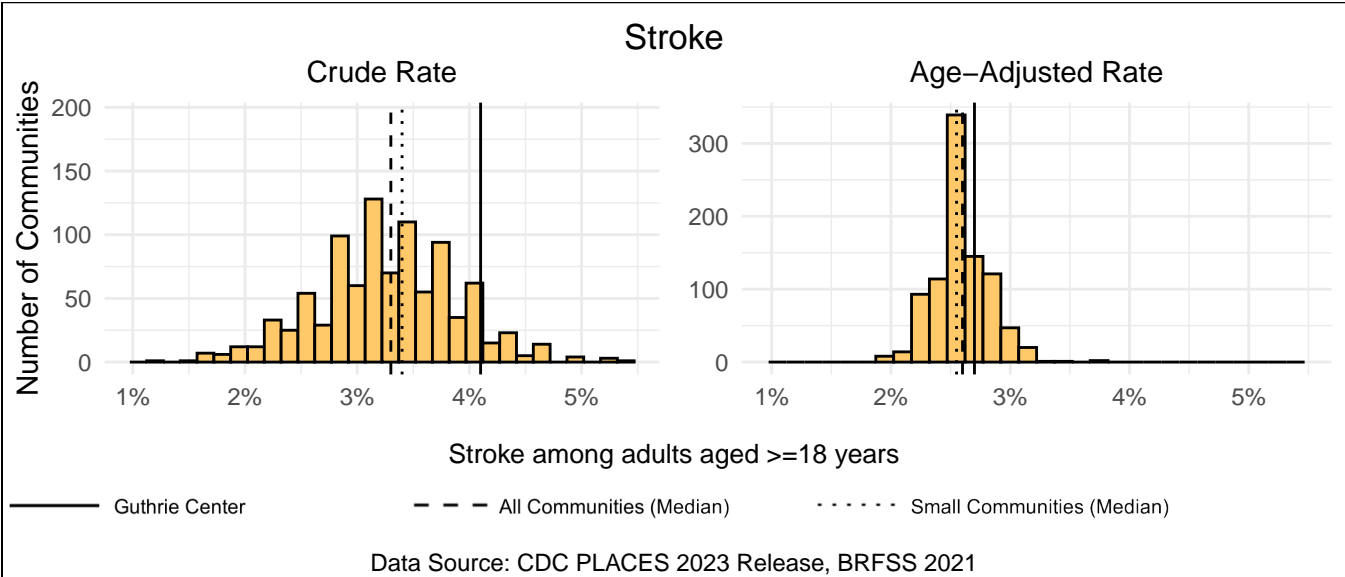
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	35.4%	37.6%	37.2%
Age-Adjusted	37.0%	37.6%	37.5%



# Stroke

Guthrie Center has a crude rate of 4.1% for stroke among adults aged  $\geq 18$  years, which ranks 867th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Guthrie Center is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

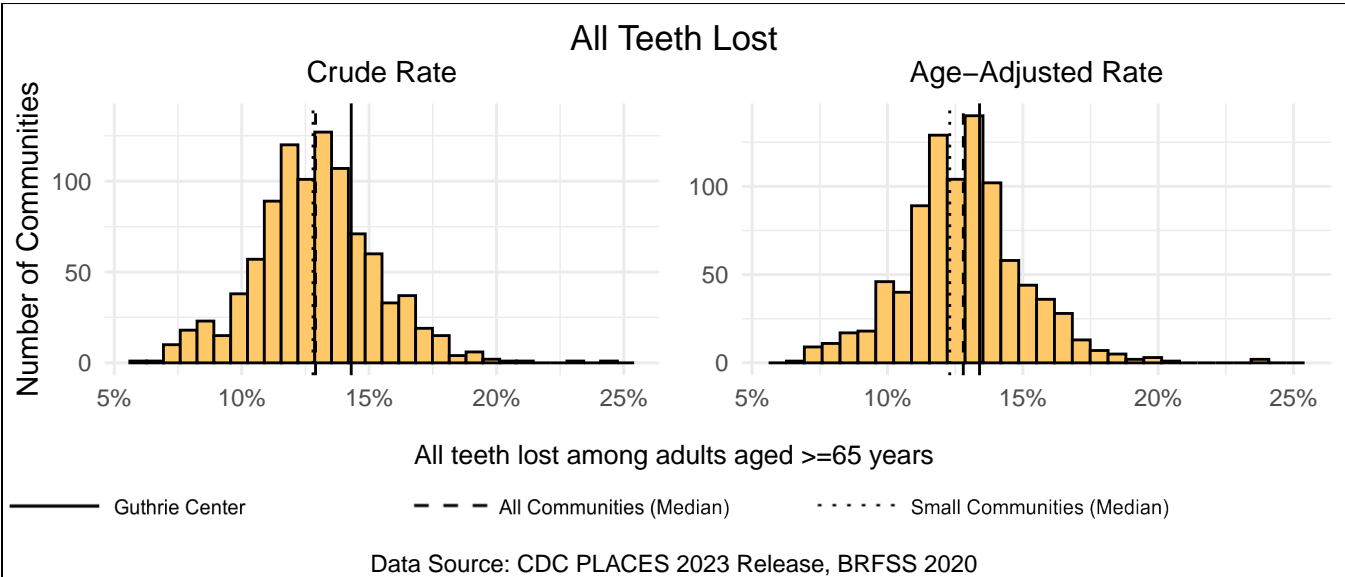
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	4.1%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



# All Teeth Lost

Guthrie Center has a crude rate of 14.3% for all teeth lost among adults aged  $\geq 65$  years, which ranks 717th out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Guthrie Center is 13.4%, which ranks 561st out of 905 Iowa communities (99th out of 138 small communities).

Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	14.3%	12.9%	12.8%
Age-Adjusted	13.4%	12.8%	12.3%



# Prevention

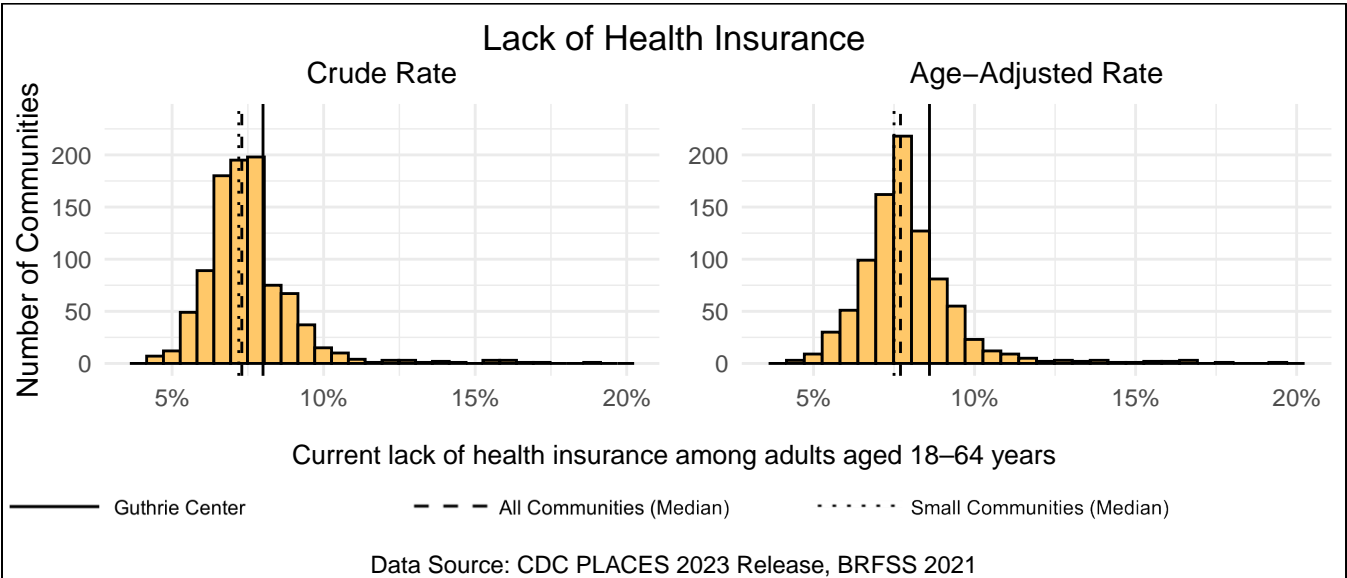
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor visits. Besides the measure for lack of health insurance, all measures in this section are positive, where a higher rate is a strength for your community. The link below includes more information about each variable.

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

## Lack of Health Insurance

Guthrie Center has a crude rate of 8.0% for current lack of health insurance among adults aged 18–64 years, which ranks 702nd out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Guthrie Center is 8.6%, which ranks 700th out of 905 Iowa communities (119th out of 138 small communities).

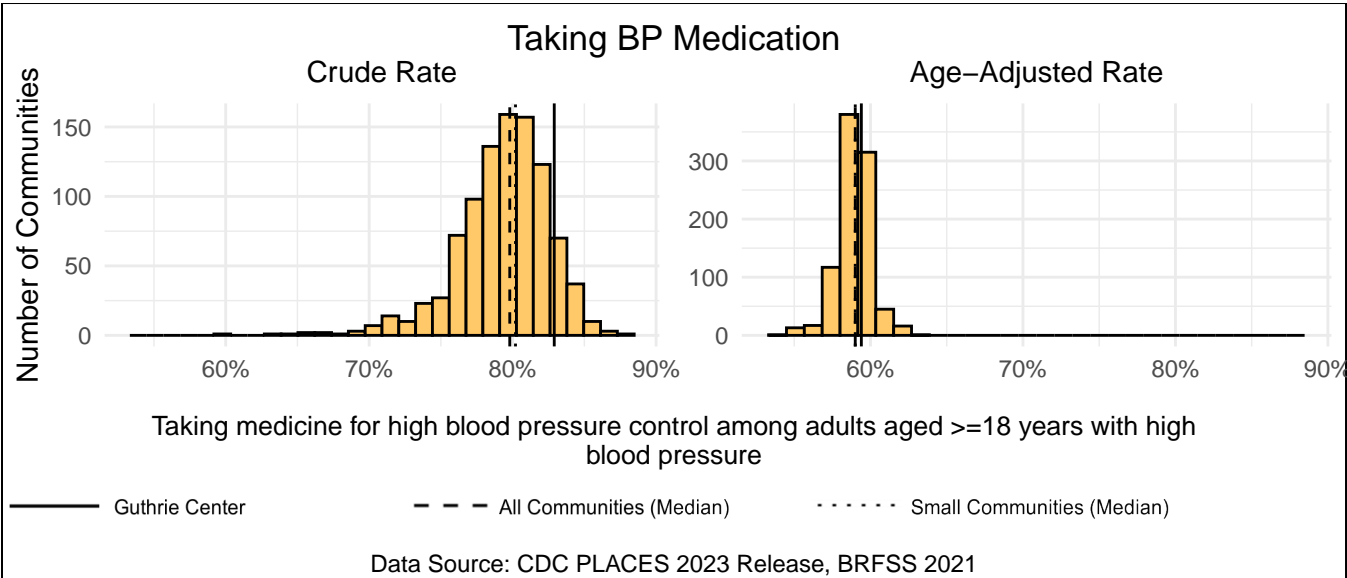
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	8.0%	7.3%	7.2%
Age-Adjusted	8.6%	7.7%	7.5%



# Taking BP Medication

Guthrie Center has a crude rate of 82.9% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 101st out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Guthrie Center is 59.4%, which ranks 251st out of 905 Iowa communities (36th out of 138 small communities).

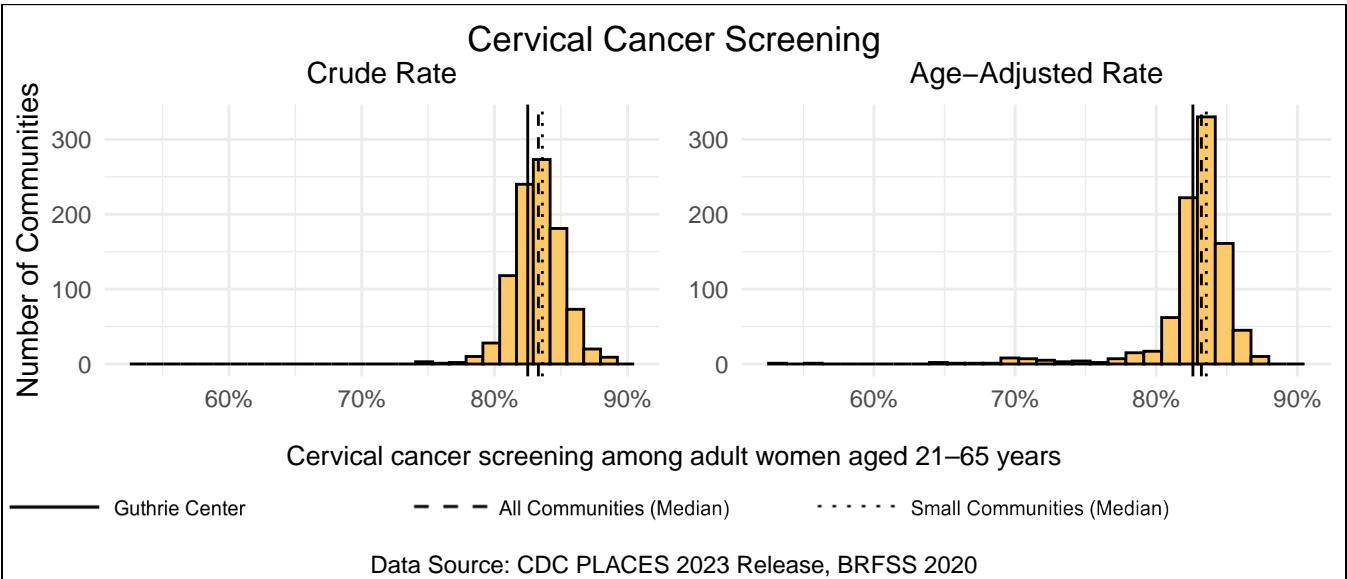
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	82.9%	79.8%	80.2%
Age-Adjusted	59.4%	59.0%	59.0%



# Cervical Cancer Screening

Guthrie Center has a crude rate of 82.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 656th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Guthrie Center is 82.6%, which ranks 626th out of 905 Iowa communities (112th out of 138 small communities).

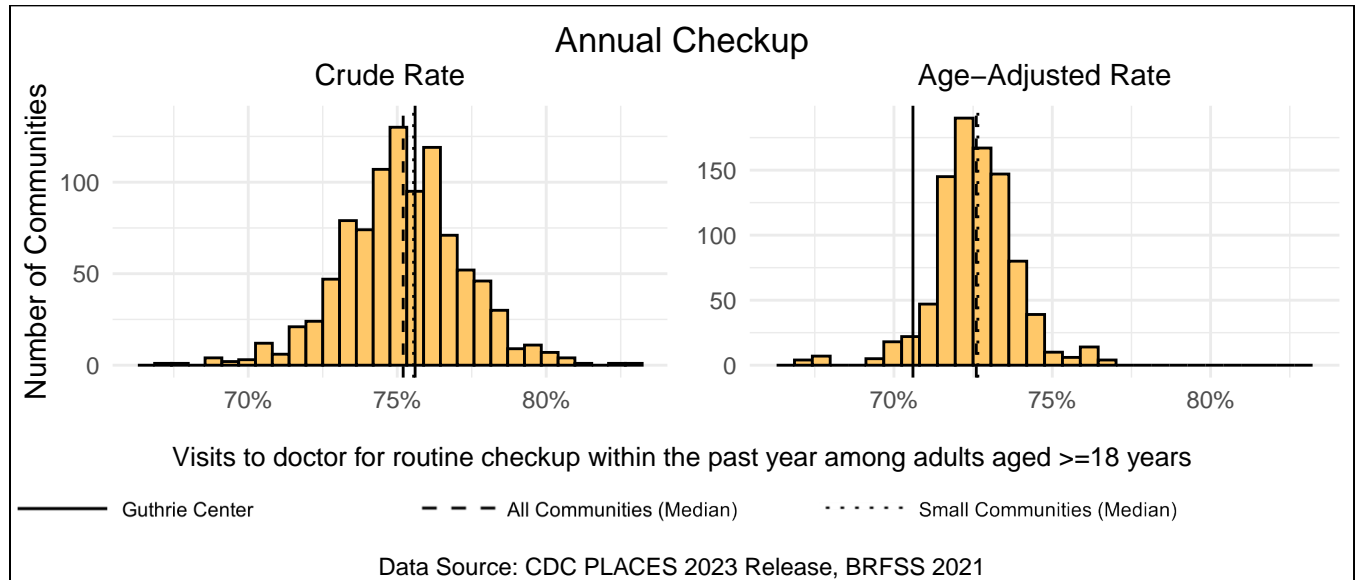
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	82.5%	83.3%	83.6%
Age-Adjusted	82.6%	83.2%	83.5%



## Annual Checkup

Guthrie Center has a crude rate of 75.6% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 395th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Guthrie Center is 70.6%, which ranks 856th out of 905 Iowa communities (134th out of 138 small communities).

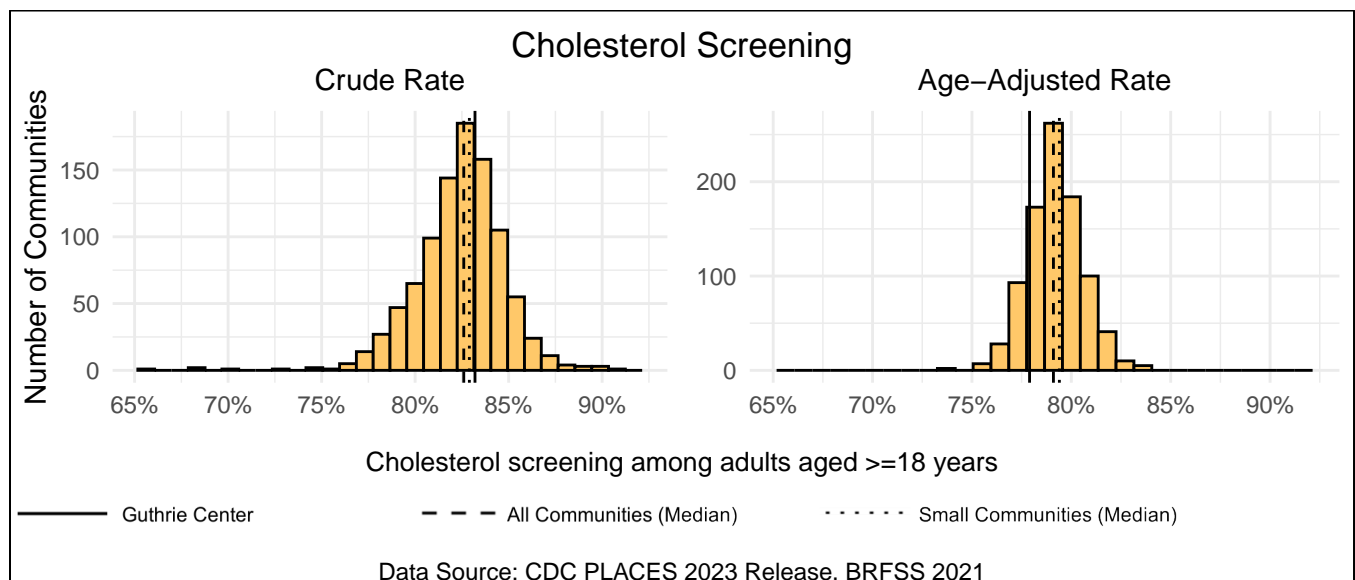
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	75.6%	75.2%	75.5%
Age-Adjusted	70.6%	72.6%	72.6%



## Cholesterol Screening

Guthrie Center has a crude rate of 83.2% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 352nd out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for Guthrie Center is 77.9%, which ranks 747th out of 905 Iowa communities (121st out of 138 small communities).

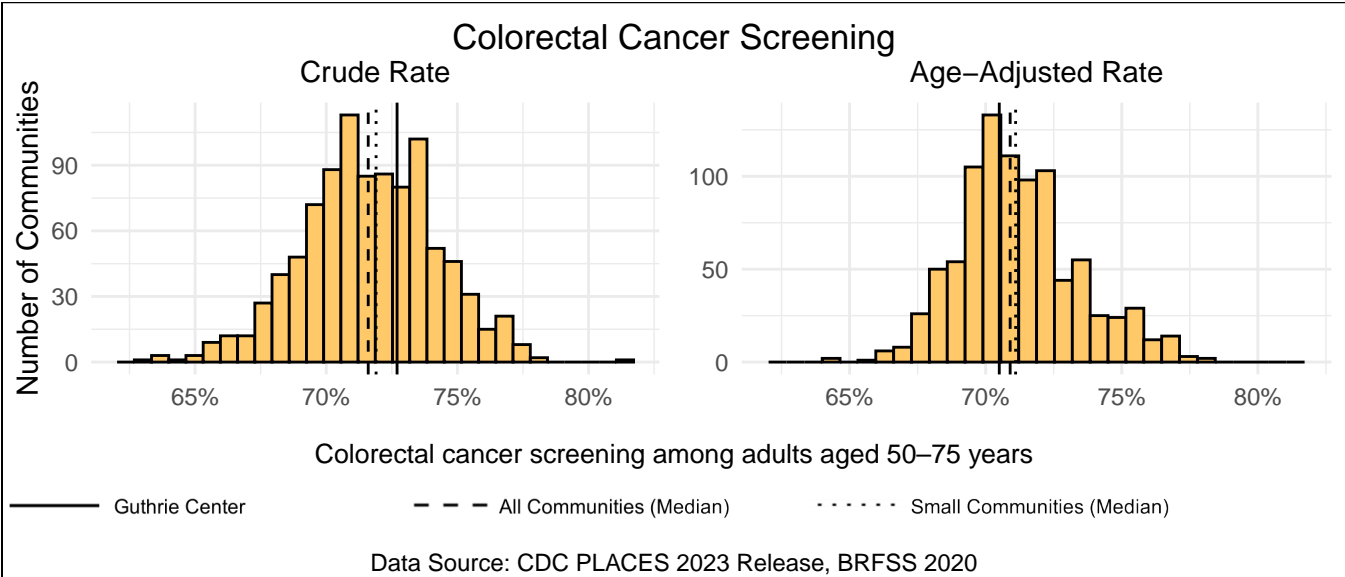
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	83.2%	82.6%	82.9%
Age-Adjusted	77.9%	79.1%	79.4%



## Colorectal Cancer Screening

Guthrie Center has a crude rate of 72.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 334th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for Guthrie Center is 70.5%, which ranks 521st out of 905 Iowa communities (87th out of 138 small communities).

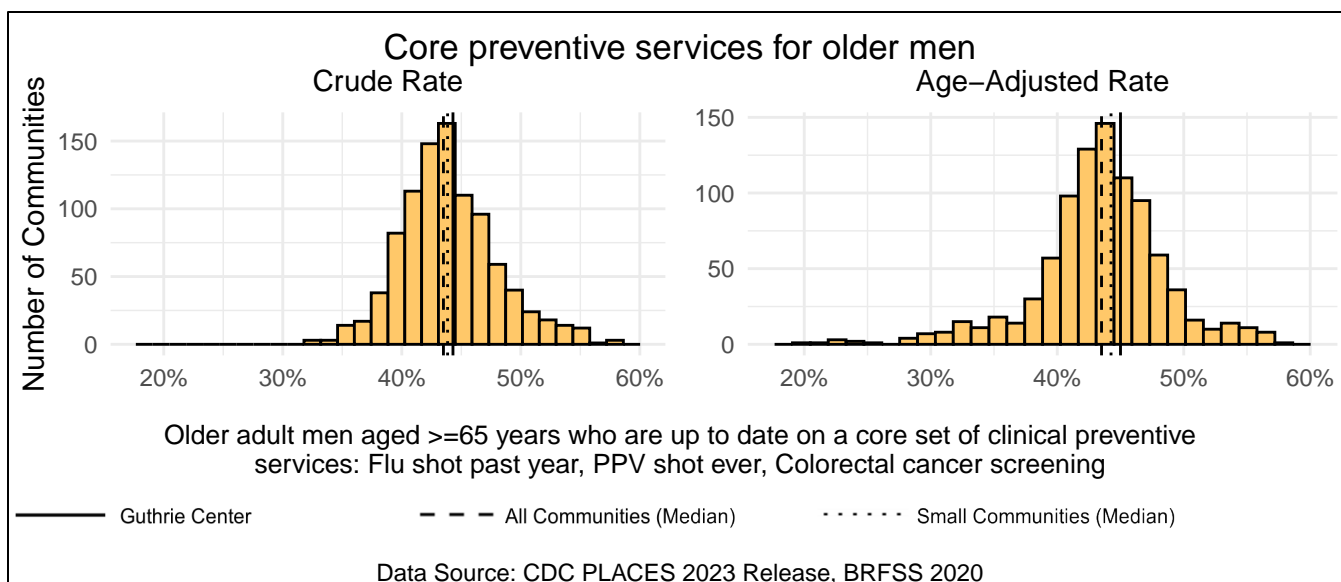
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	72.7%	71.6%	71.9%
Age-Adjusted	70.5%	70.9%	71.1%



## Core preventive services for older men

Guthrie Center has a crude rate of 44.3% for older adult men aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 384th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Guthrie Center is 45.0%, which ranks 316th out of 905 Iowa communities (59th out of 138 small communities).

Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	44.3%	43.5%	43.8%
Age-Adjusted	45.0%	43.5%	44.2%

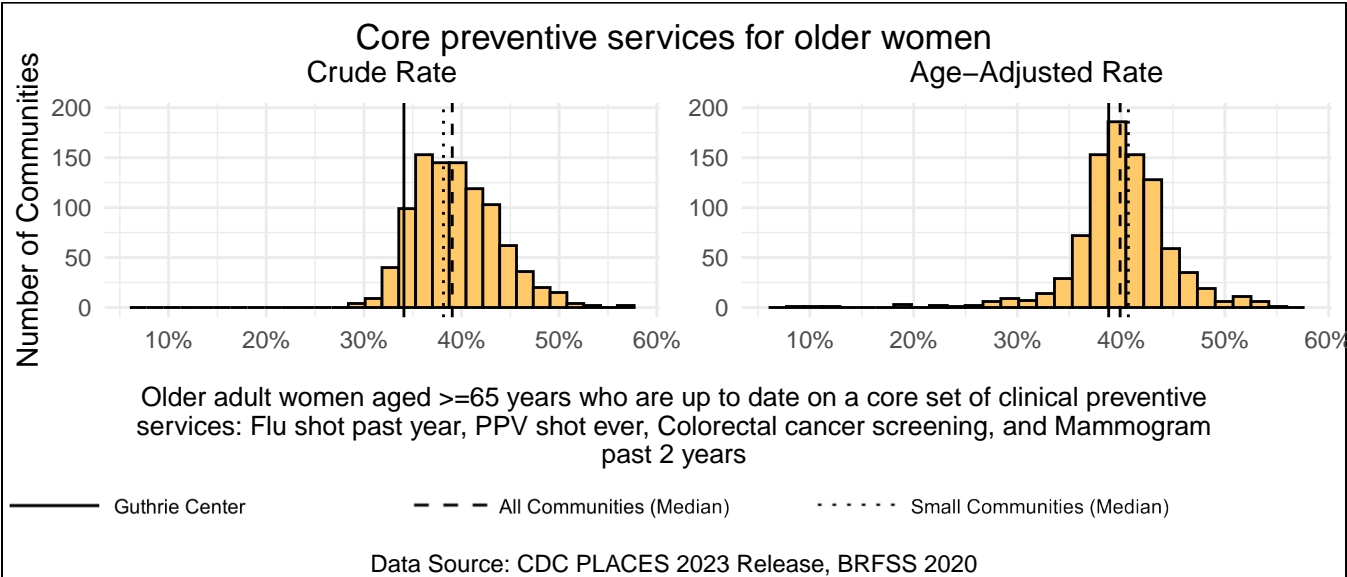




### Core preventive services for older women

Guthrie Center has a crude rate of 34.1% for older adult women aged  $\geq 65$  years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 882nd out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Guthrie Center is 38.8%, which ranks 596th out of 905 Iowa communities (102nd out of 138 small communities).

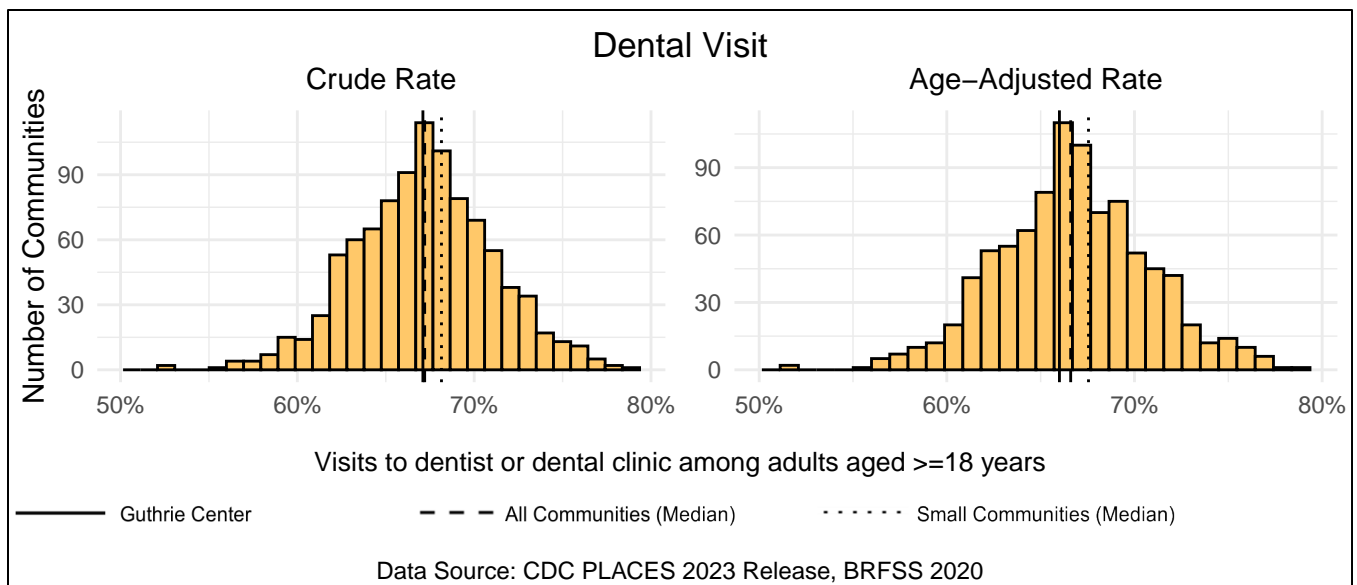
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	34.1%	39.0%	38.2%
Age-Adjusted	38.8%	39.9%	40.7%



### Dental Visit

Guthrie Center has a crude rate of 67.1% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 483rd out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Guthrie Center is 66.0%, which ranks 511th out of 905 Iowa communities (86th out of 138 small communities).

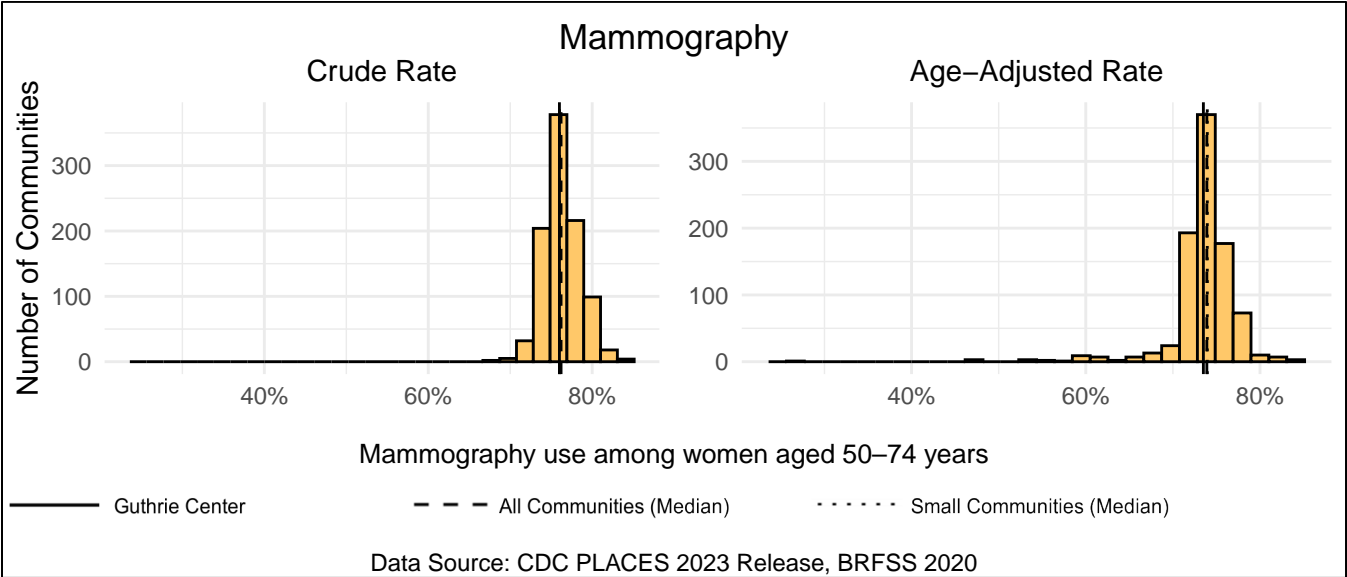
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	67.1%	67.2%	68.2%
Age-Adjusted	66.0%	66.6%	67.5%



# Mammography

Guthrie Center has a crude rate of 76.0% for mammography use among women aged 50–74 years, which ranks 510th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Guthrie Center is 73.5%, which ranks 519th out of 905 Iowa communities (83rd out of 138 small communities).

Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	76.0%	76.2%	76.0%
Age-Adjusted	73.5%	73.9%	74.0%



# Disability

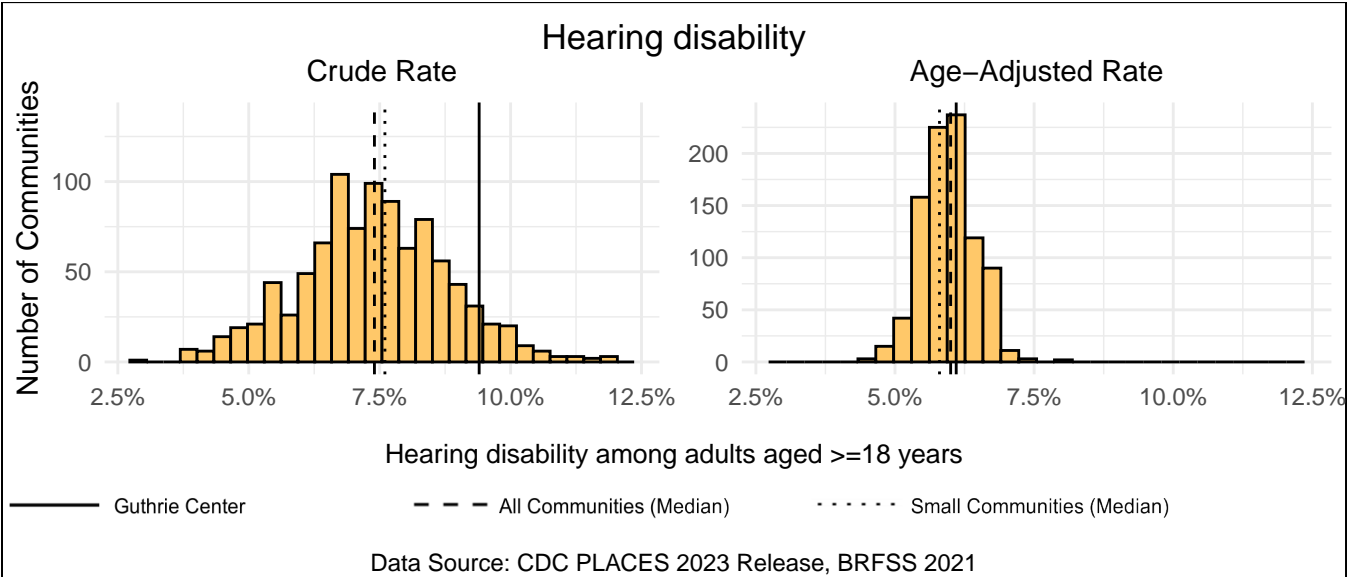
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Guthrie Center has a crude rate of 9.4% for hearing disability among adults aged  $\geq 18$  years, which ranks 880th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Guthrie Center is 6.1%, which ranks 544th out of 905 Iowa communities (97th out of 138 small communities).

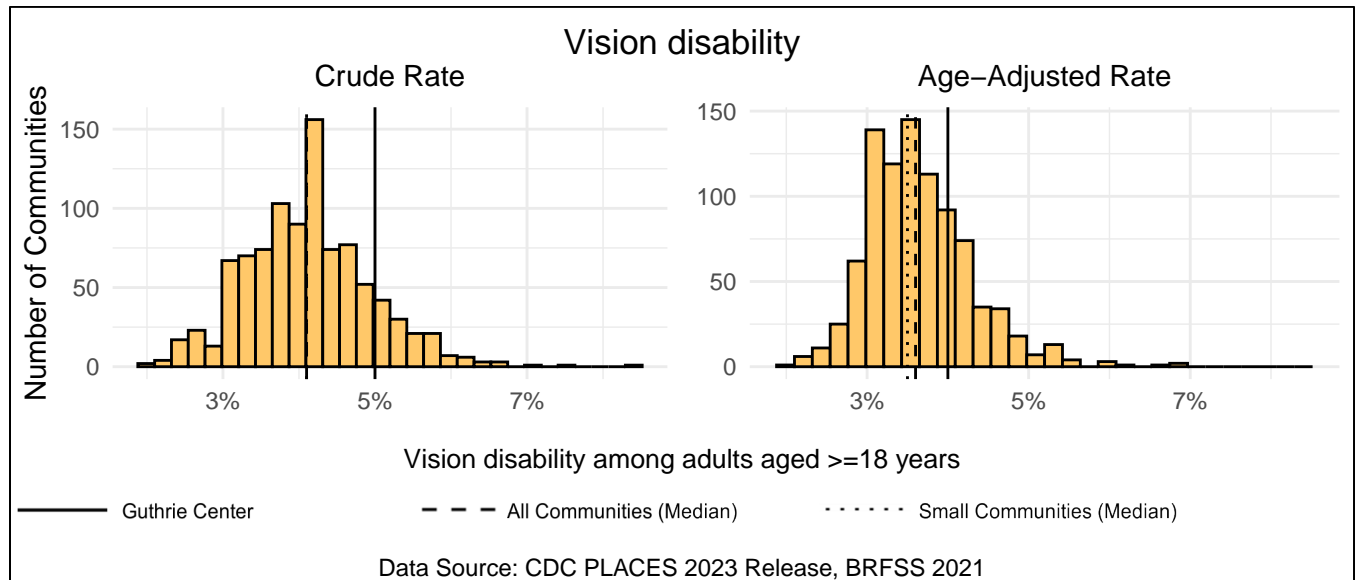
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	9.4%	7.4%	7.6%
Age-Adjusted	6.1%	6.0%	5.8%



## Vision disability

Guthrie Center has a crude rate of 5.0% for vision disability among adults aged  $\geq 18$  years, which ranks 823rd out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Guthrie Center is 4.0%, which ranks 676th out of 905 Iowa communities (113th out of 138 small communities).

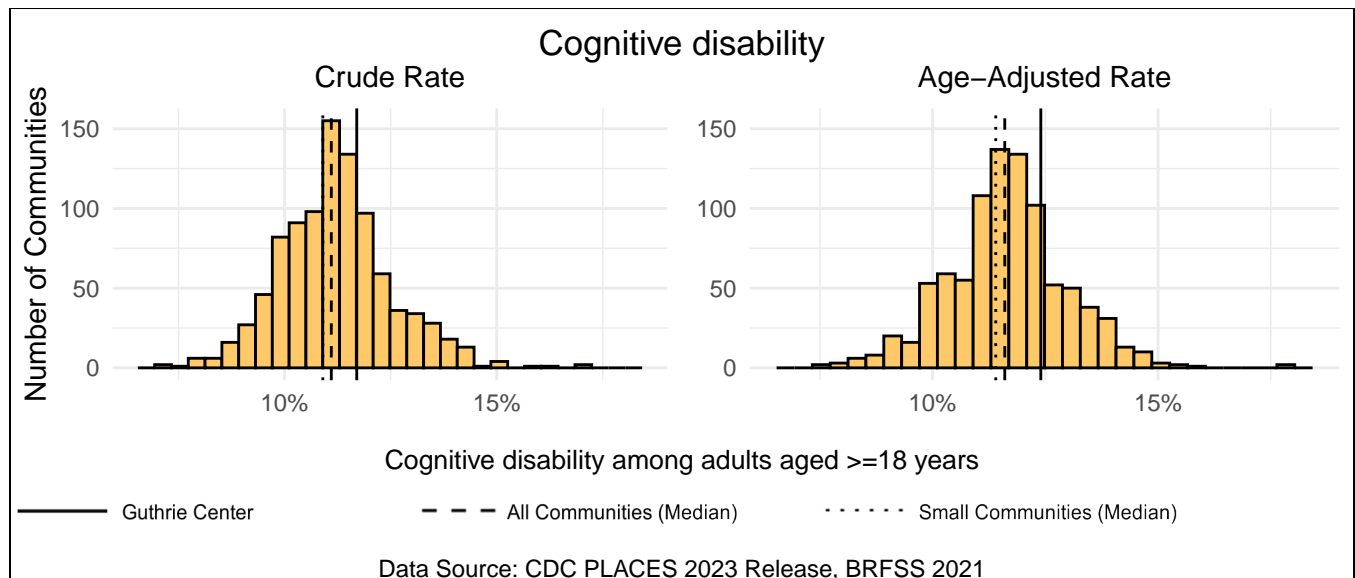
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	5.0%	4.1%	4.1%
Age-Adjusted	4.0%	3.6%	3.5%



## Cognitive disability

Guthrie Center has a crude rate of 11.7% for cognitive disability among adults aged  $\geq 18$  years, which ranks 665th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Guthrie Center is 12.4%, which ranks 680th out of 905 Iowa communities (111th out of 138 small communities).

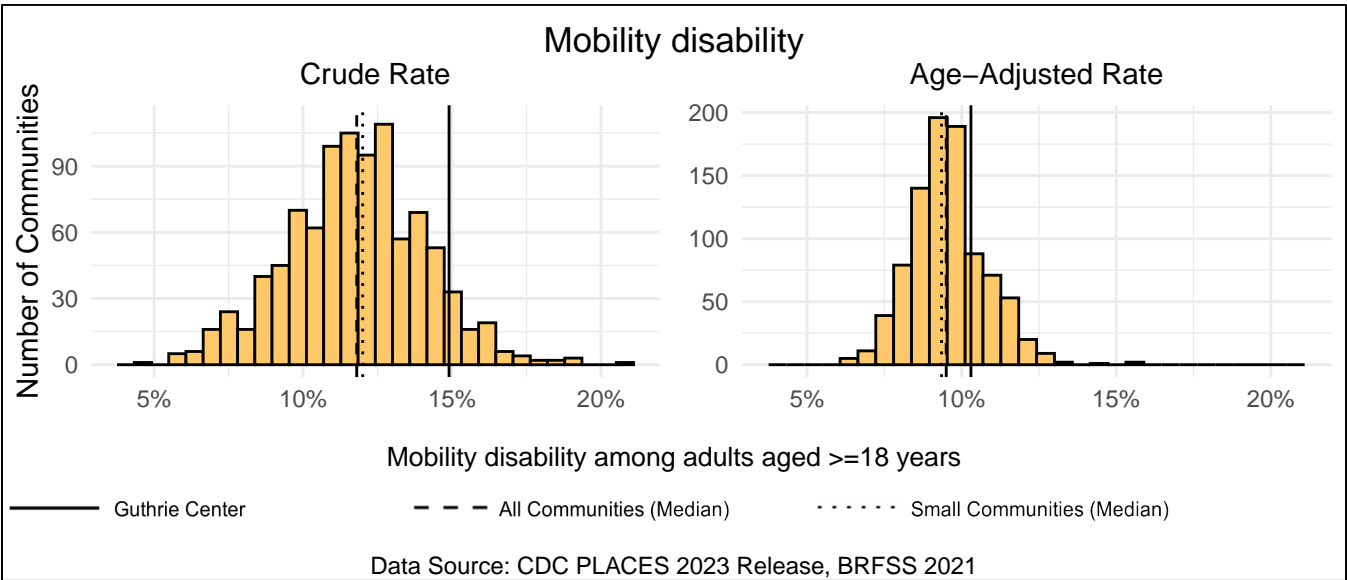
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	11.7%	11.1%	10.9%
Age-Adjusted	12.4%	11.6%	11.4%



## Mobility disability

Guthrie Center has a crude rate of 14.9% for mobility disability among adults aged  $\geq 18$  years, which ranks 879th out of 958 Iowa communities (126th out of 138 small communities). The age-adjusted rate for Guthrie Center is 10.3%, which ranks 679th out of 905 Iowa communities (109th out of 138 small communities).

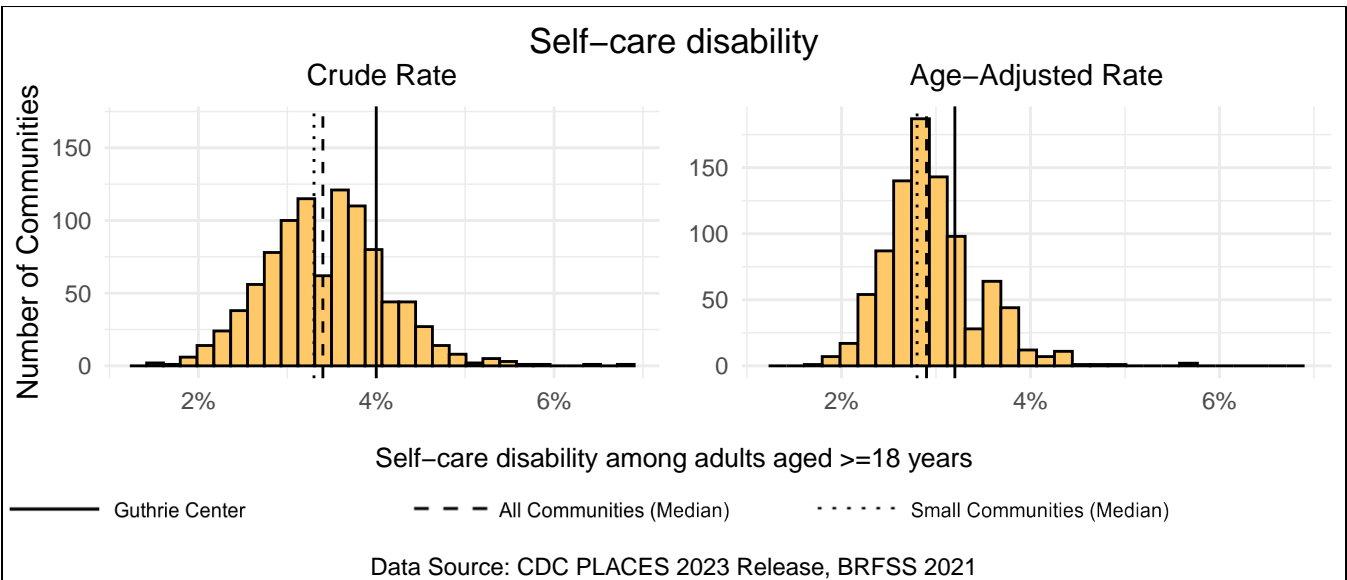
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	14.9%	11.8%	12.0%
Age-Adjusted	10.3%	9.5%	9.4%



## Self-care disability

Guthrie Center has a crude rate of 4.0% for self-care disability among adults aged  $\geq 18$  years, which ranks 772nd out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Guthrie Center is 3.2%, which ranks 637th out of 905 Iowa communities (110th out of 138 small communities).

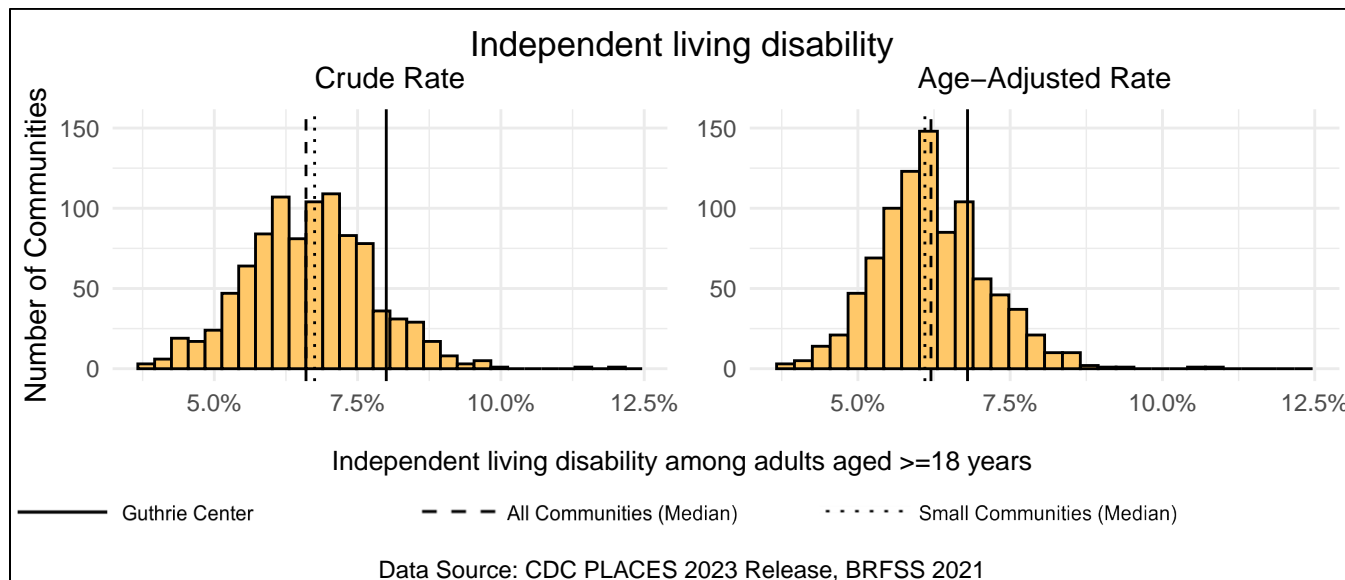
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	4.0%	3.4%	3.3%
Age-Adjusted	3.2%	2.9%	2.8%



## Independent living disability

Guthrie Center has a crude rate of 8.0% for independent living disability among adults aged  $\geq 18$  years, which ranks 849th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Guthrie Center is 6.8%, which ranks 695th out of 905 Iowa communities (113th out of 138 small communities).

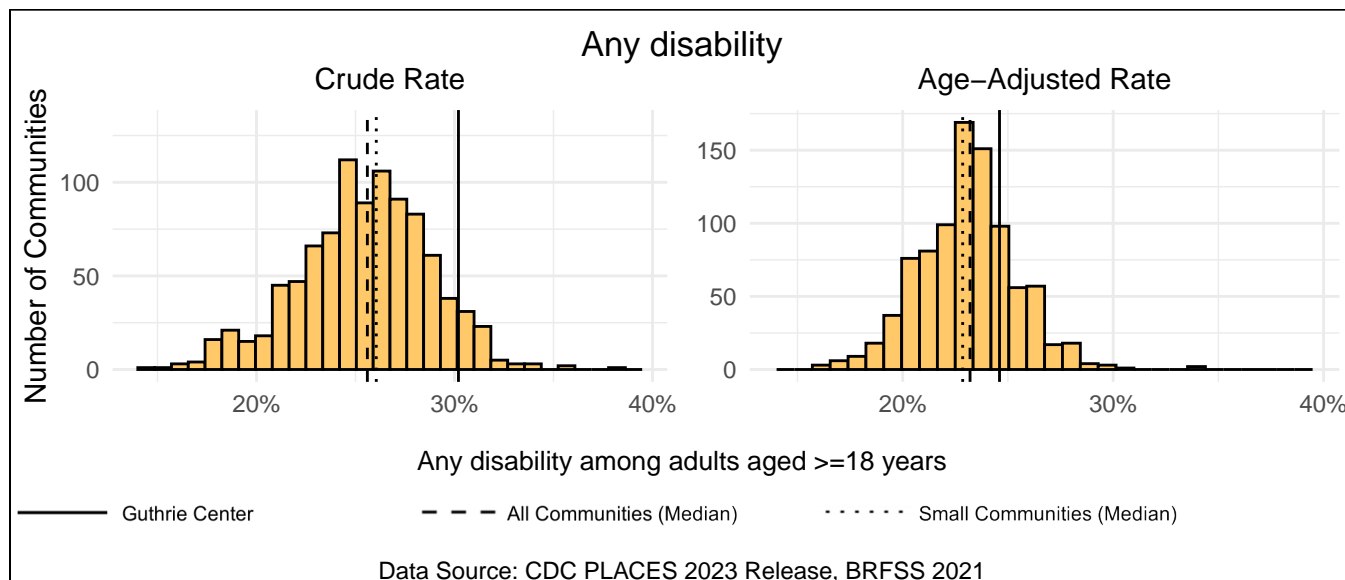
Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	8.0%	6.6%	6.8%
Age-Adjusted	6.8%	6.2%	6.1%



## Any disability

Guthrie Center has a crude rate of 30.2% for any disability among adults aged  $\geq 18$  years, which ranks 891st out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Guthrie Center is 24.6%, which ranks 698th out of 905 Iowa communities (112th out of 138 small communities).

Measure Type	Guthrie Center	All Comm.	Small Comm.
Crude	30.2%	25.6%	26.0%
Age-Adjusted	24.6%	23.2%	22.8%



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## Appendix 1: CDC PLACES Data

This report uses a novel dataset from the Centers for Disease Control and Prevention (CDC) called PLACES: Local Data for Better Health. The PLACES dataset uses small area estimation methods to provide estimates of health measures for counties, places, census tracts, and zip code tabulation areas. The estimates are created with a multilevel statistical modeling framework that utilizes CDC's Behavioral Risk Factor Surveillance System (BRFSS), Census population counts, and American Community Survey demographic and socioeconomic data.

Relevant links for CDC PLACES can be found below:

- [PLACES Homepage](#)
- [Measure Definitions](#)
- [Methodology](#)





## Appendix 2: Guthrie Center 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	775	11.8% (9.8% - 13.7%)	644	10.2% (8.6% - 11.9%)
Health Status	General Health	785	16.1% (12.9% - 19.4%)	642	13.6% (11.2% - 16.3%)
Health Status	Mental Health	291	13.8% (11.8% - 16.0%)	631	16.0% (13.7% - 18.6%)
Health Risk Behaviors	Sleep <7 hours	278	29.4% (27.7% - 31.1%)	490	31.3% (29.6% - 32.9%)
Health Risk Behaviors	Current Smoking	380	16.4% (13.1% - 20.2%)	636	18.5% (14.5% - 22.8%)
Health Risk Behaviors	Binge Drinking	75	16.8% (13.8% - 20.2%)	202	21.2% (17.6% - 25.2%)
Health Risk Behaviors	Physical Inactivity	840	29.5% (23.6% - 35.1%)	702	26.1% (20.9% - 31.9%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.6%)	628	9.7% (8.5% - 11.1%)
Health Outcomes	COPD	815	8.7% (6.7% - 10.6%)	620	6.6% (5.5% - 8.0%)
Health Outcomes	Chronic Kidney Disease	867	3.9% (3.5% - 4.5%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	Arthritis	865	31.9% (27.2% - 36.6%)	652	23.9% (20.2% - 27.9%)
Health Outcomes	Depression	220	17.3% (14.0% - 20.8%)	562	19.4% (15.8% - 23.4%)
Health Outcomes	All Teeth Lost	717	14.3% (7.7% - 22.8%)	561	13.4% (8.1% - 19.2%)
Health Outcomes	Coronary Heart Disease	845	8.0% (6.8% - 9.4%)	511	5.1% (4.4% - 5.9%)
Health Outcomes	Obesity	178	35.4% (27.8% - 43.6%)	367	37.0% (29.5% - 45.8%)
Health Outcomes	Cancer (except skin)	887	10.0% (8.9% - 11.1%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	High Blood Pressure	816	35.9% (31.3% - 40.5%)	542	27.7% (23.9% - 32.0%)
Health Outcomes	Diabetes	753	11.3% (9.3% - 13.1%)	567	8.4% (7.0% - 9.9%)
Health Outcomes	High Cholesterol	704	37.9% (32.7% - 43.1%)	276	29.3% (24.7% - 34.1%)
Health Outcomes	Stroke	867	4.1% (3.4% - 5.0%)	569	2.7% (2.3% - 3.1%)
Prevention	Mammography	510	76.0% (72.0% - 79.8%)	519	73.5% (68.7% - 78.1%)
Prevention	Annual Checkup	395	75.6% (70.6% - 80.3%)	856	70.6% (65.1% - 75.7%)
Prevention	Taking BP Medication	101	82.9% (79.8% - 85.5%)	251	59.4% (54.3% - 64.4%)
Prevention	Dental Visit	483	67.1% (63.0% - 70.7%)	511	66.0% (62.1% - 69.6%)
Prevention	Core preventive services for older women	882	34.1% (26.2% - 43.4%)	596	38.8% (31.3% - 46.2%)
Prevention	Colorectal Cancer Screening	334	72.7% (69.7% - 75.6%)	521	70.5% (67.1% - 73.8%)

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	384	44.3% (35.6% - 53.9%)	316	45.0% (36.1% - 54.1%)
Prevention	Cholesterol Screening	352	83.2% (80.2% - 85.9%)	747	77.9% (74.1% - 81.4%)
Prevention	Cervical Cancer Screening	656	82.5% (79.8% - 84.9%)	626	82.6% (80.0% - 85.1%)
Prevention	Health Insurance	702	8.0% (6.0% - 10.5%)	700	8.6% (6.5% - 11.1%)
Disability	Cognitive Disability	665	11.7% (9.7% - 13.9%)	680	12.4% (10.3% - 14.7%)
Disability	Any Disability	891	30.2% (25.1% - 34.9%)	698	24.6% (20.4% - 29.1%)
Disability	Self-care Disability	772	4.0% (3.3% - 4.9%)	637	3.2% (2.7% - 3.8%)
Disability	Vision Disability	823	5.0% (4.0% - 6.2%)	676	4.0% (3.3% - 4.7%)
Disability	Mobility Disability	879	14.9% (11.9% - 17.8%)	679	10.3% (8.5% - 12.2%)
Disability	Hearing Disability	880	9.4% (7.9% - 10.7%)	544	6.1% (5.3% - 6.9%)
Disability	Independent Living Disability	849	8.0% (6.2% - 9.8%)	695	6.8% (5.7% - 8.0%)

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

## Appendix 3: Small Communities (1,000-2,499)

Guthrie Center falls into the group of small communities, which have a population of 1,000-2,499. In this data, 138 communities have a population in this range. The table below lists all communities in that group, sorted by the population estimate in the CDC PLACES dataset.

Community	Population	Community	Population	Community	Population
New London	2,471	Monroe	1,889	Pocahontas	1,614
West Union	2,468	Ogden	1,878	Guthrie Center	1,605
Belle Plaine	2,421	Lisbon	1,874	Brooklyn	1,600
Rockwell City	2,389	Blue Grass	1,873	Corning	1,592
La Porte City	2,347	Wapello	1,861	Akron	1,580
Hull	2,340	Walcott	1,854	Monona	1,571
Cascade	2,312	Peosta	1,852	Urbana	1,565
Atkins	2,296	Pleasantville	1,840	Holstein	1,560
Lamoni	2,284	Mount Ayr	1,838	Slater	1,546
Mediapolis	2,214	Sigourney	1,835	Dysart	1,542
Alta	2,207	Farley	1,833	Shell Rock	1,542
Colfax	2,186	Sac City	1,825	Hartley	1,536
Sumner	2,145	Reinbeck	1,784	Sanborn	1,536
Northwood	2,142	Greenfield	1,778	Fairbank	1,490
Bellevue	2,132	Dallas Center	1,770	Panora	1,490
Remsen	2,095	Prairie City	1,762	Lenox	1,488
Audubon	2,089	Lake City	1,745	Wellman	1,474
Toledo	2,047	Parkersburg	1,738	Roland	1,472
Ely	2,045	Stuart	1,726	Nashua	1,472
Columbus Junction	2,029	Manson	1,718	Van Meter	1,468
Epworth	1,982	Leon	1,707	Nora Springs	1,464
Ida Grove	1,969	Ackley	1,699	Manning	1,444
Lake Mills	1,965	Corydon	1,688	Traer	1,441
Granger	1,950	Oakland	1,678	Logan	1,437
Denver	1,921	Guttenberg	1,667	Walford	1,434
Britt	1,921	State Center	1,654	Strawberry Point	1,427
Durant	1,902	Moville	1,640	Dunlap	1,418

Community	Population	Community	Population	Community	Population
Bedford	1,416	Fayette	1,179	Graettinger	1,010
Manly	1,415	Central City	1,166	Preston	1,005
Kingsley	1,382	Palo	1,162	Rockwell	1,004
Avoca	1,375	Springville	1,160		
Earlham	1,367	George	1,149		
University Heights	1,353	Wayland	1,148		
Montezuma	1,335	St. Ansgar	1,140		
Elkader	1,326	Clarence	1,136		
Coon Rapids	1,324	Fredericksburg	1,133		
Clarksville	1,311	Fruitland	1,127		
Woodbine	1,286	Swisher	1,126		
Jewell Junction	1,284	Neola	1,125		
Alton	1,283	Afton	1,105		
Melcher-Dallas	1,278	Riverside	1,090		
Greene	1,267	Hamburg	1,087		
Malvern	1,264	Newhall	1,076		
Lone Tree	1,261	Treynor	1,071		
Dike	1,240	Villisca	1,071		
Conrad	1,234	Janesville	1,063		
Lake Park	1,223	Winfield	1,063		
Laurens	1,223	Griswold	1,056		
Sheffield	1,209	Lansing	1,053		
Tripoli	1,207	Sloan	1,051		
Marcus	1,200	Baxter	1,036		
Eddyville	1,187	Winthrop	1,035		
Gilbert	1,185	Sully	1,022		
New Sharon	1,183	Lawton	1,021		