



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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Iowa Community Health Snapshot Series

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Health in Harlan: Overview

Dear Community Members & Stakeholders of Harlan,

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 Harlan ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Harlan'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 Harlan. 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
Annual Checkup	141st	8th	High Blood Pressure	91st	16th
Depression	143rd	10th	High Cholesterol	167th	18th
Dental Visit	184th	30th	Annual Checkup	190th	24th
Taking BP Medication	190th	11th	Dental Visit	204th	33rd
Cholesterol Screening	224th	16th	Depression	251st	25th

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
Core preventive services for older men	759th	73rd	Core preventive services for older men	667th	69th
Cancer (except skin)	745th	86th	Current Asthma	628th	67th
Stroke	703rd	70th	Health Insurance	573rd	53rd
Hearing Disability	702nd	72nd	Colorectal Cancer Screening	553rd	58th
Mobility Disability	694th	67th	Independent Living Disability	531st	51st

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 Harlan.

Sincerely,



Shawn F. Dorius, PhD
Iowa State University
Public Science Collaborative



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

With a population of 4,897, Harlan’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

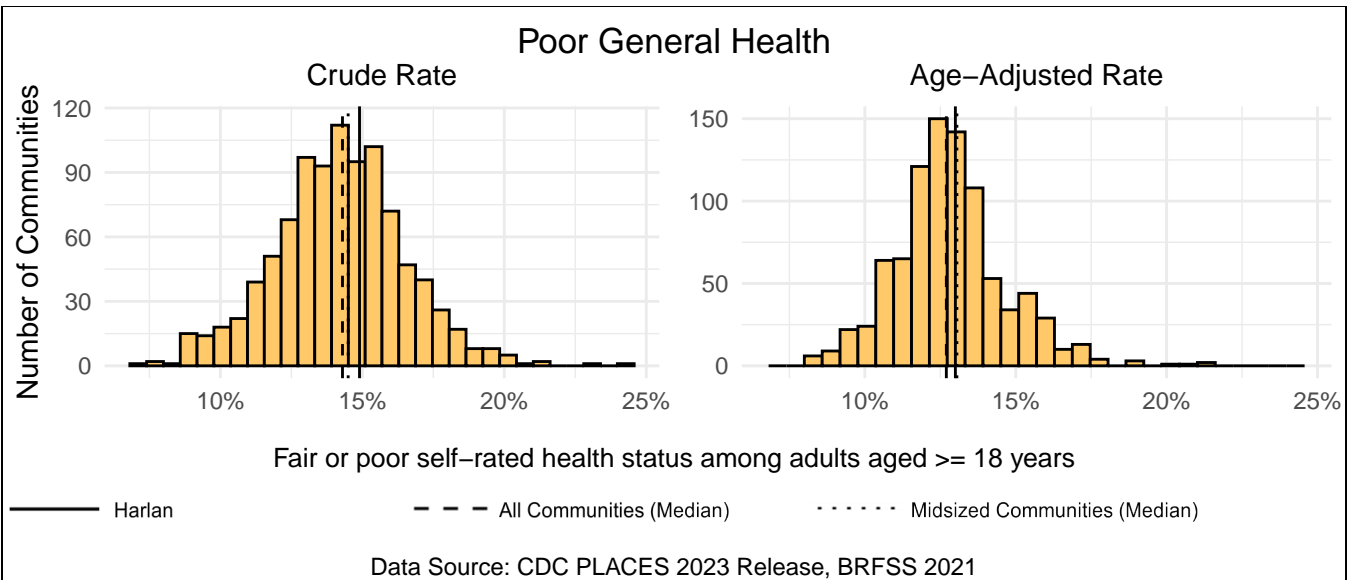
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Harlan has a crude rate of 14.9% for fair or poor self-rated health status among adults aged ≥ 18 years, which ranks 595th out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 13.0%, which ranks 505th out of 905 Iowa communities (50th out of 102 mid-sized communities).

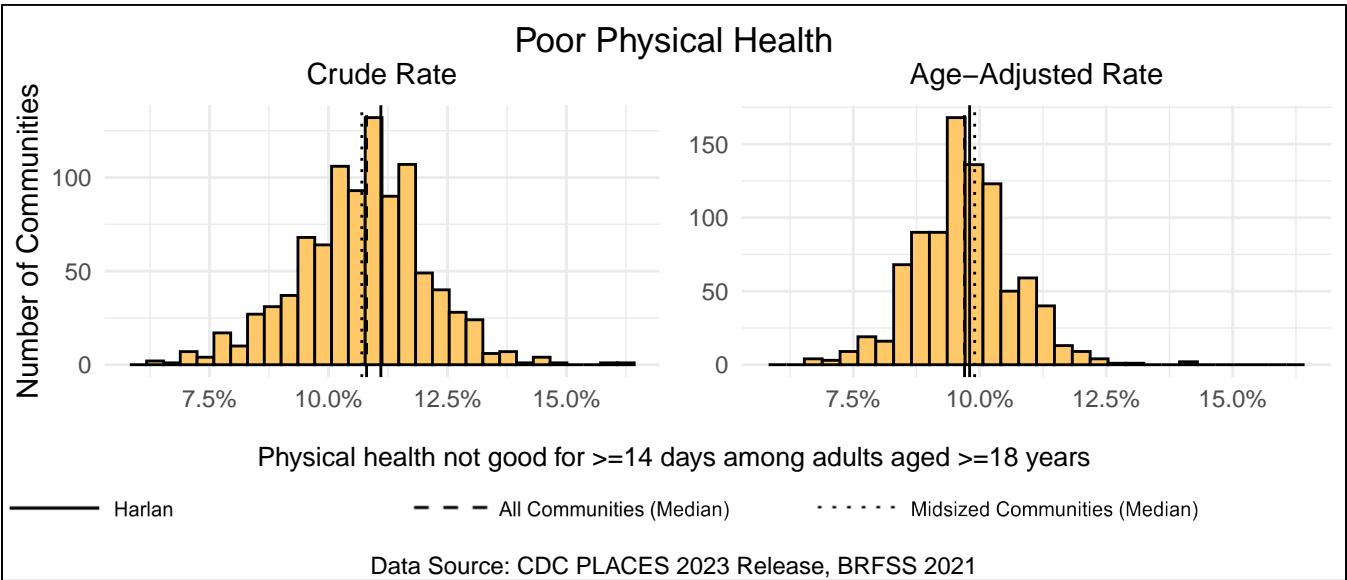
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	14.9%	14.3%	14.5%
Age-Adjusted	13.0%	12.7%	13.0%



Poor Physical Health

Harlan has a crude rate of 11.1% for physical health not good for >=14 days among adults aged >=18 years, which ranks 568th out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 9.8%, which ranks 468th out of 905 Iowa communities (44th out of 102 mid-sized communities).

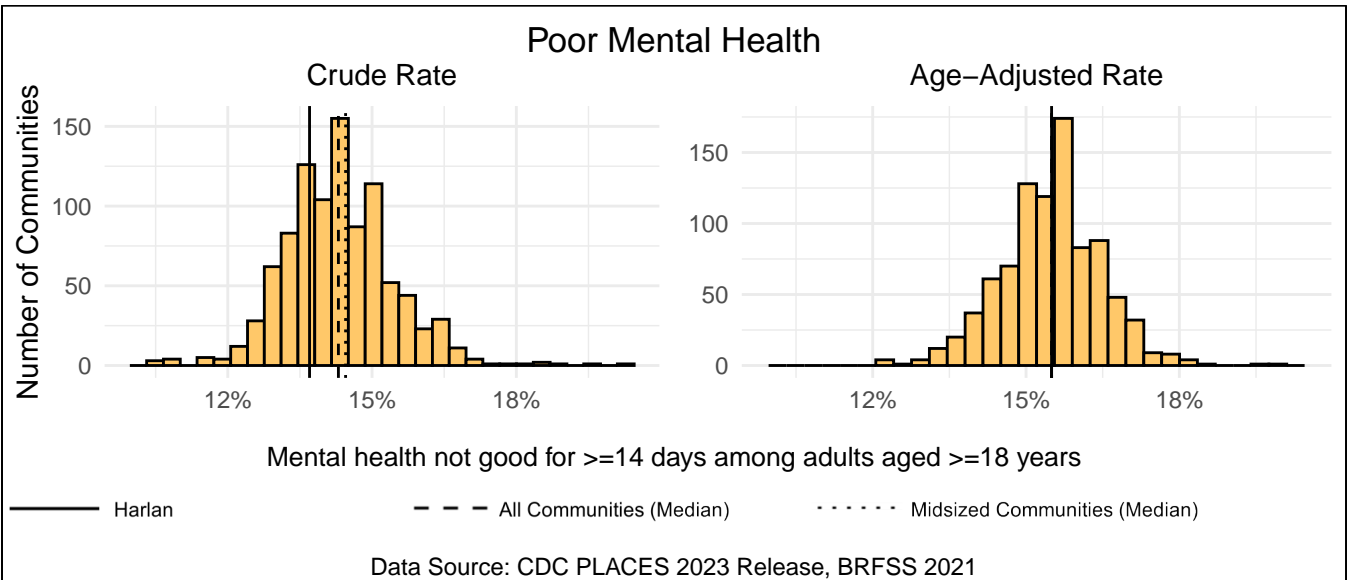
Measure Type	Harlan	All Comm.	Mid-sized Comm.
Crude	11.1%	10.8%	10.7%
Age-Adjusted	9.8%	9.7%	9.9%



Poor Mental Health

Harlan has a crude rate of 13.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 260th out of 958 Iowa communities (21st out of 102 mid-sized communities). The age-adjusted rate for Harlan is 15.5%, which ranks 405th out of 905 Iowa communities (49th out of 102 mid-sized communities).

Measure Type	Harlan	All Comm.	Mid-sized Comm.
Crude	13.7%	14.3%	14.4%
Age-Adjusted	15.5%	15.5%	15.5%



Health Risk Behaviors

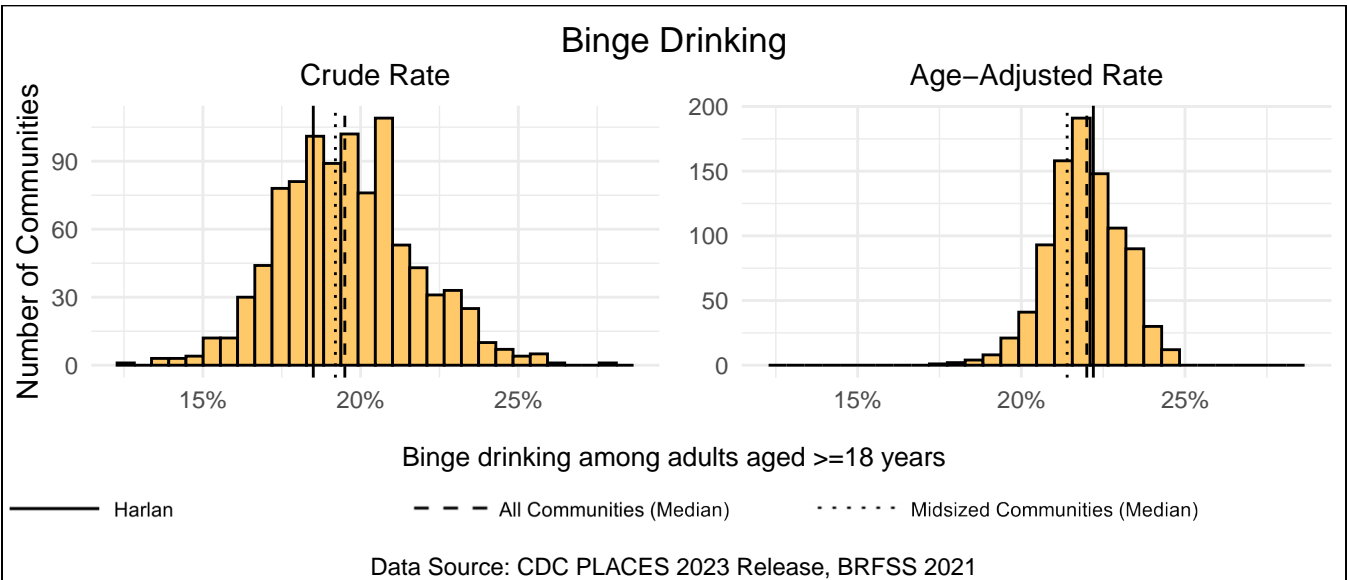
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Harlan has a crude rate of 18.5% for binge drinking among adults aged ≥ 18 years, which ranks 305th out of 958 Iowa communities (37th out of 102 midsize communities). The age-adjusted rate for Harlan is 22.2%, which ranks 520th out of 905 Iowa communities (66th out of 102 midsize communities).

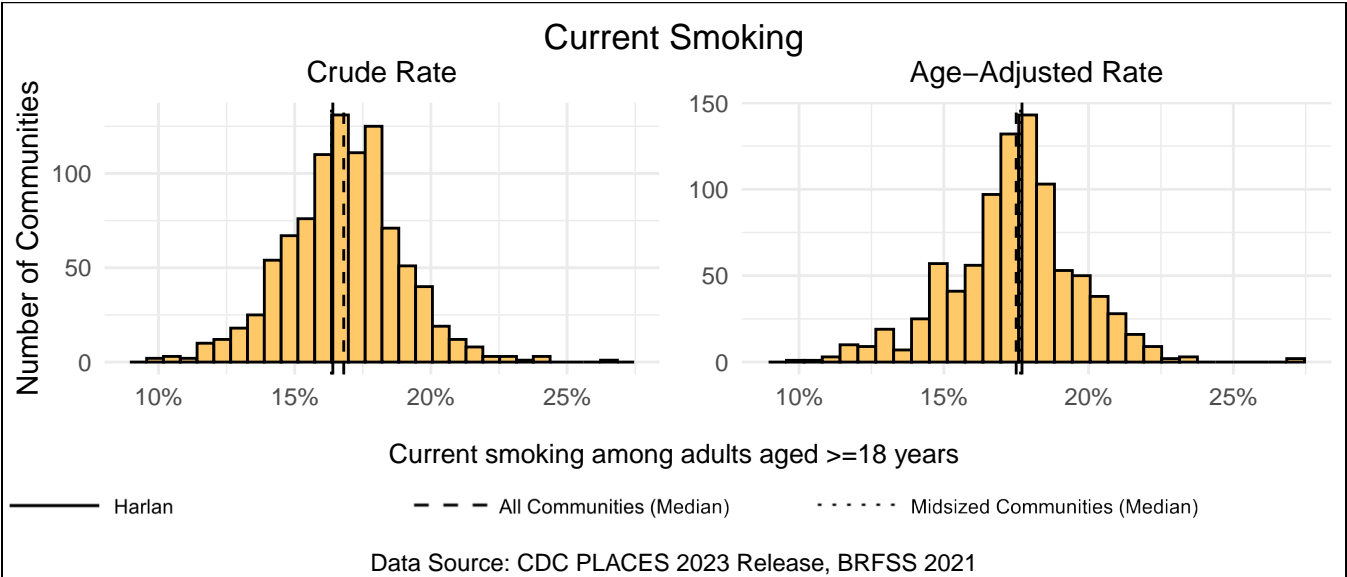
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	18.5%	19.5%	19.2%
Age-Adjusted	22.2%	22.0%	21.4%



Current Smoking

Harlan has a crude rate of 16.4% for current smoking among adults aged >=18 years, which ranks 380th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Harlan is 17.7%, which ranks 474th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

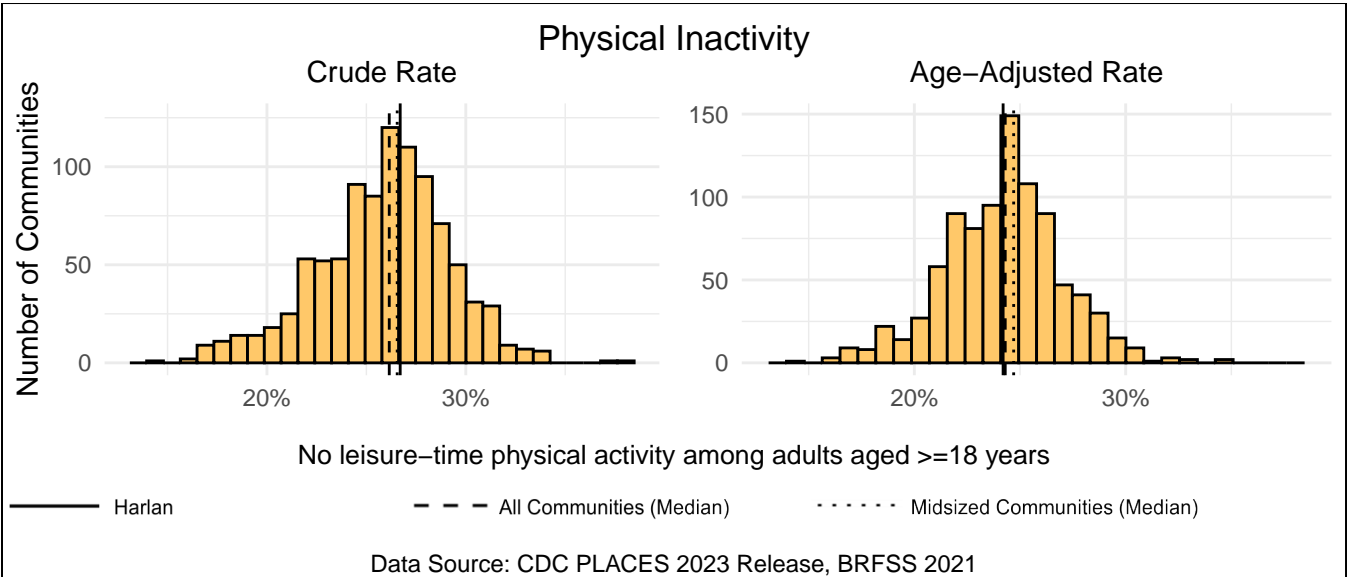
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	16.4%	16.8%	16.4%
Age-Adjusted	17.7%	17.5%	17.6%



Physical Inactivity

Harlan has a crude rate of 26.7% for no leisure-time physical activity among adults aged >=18 years, which ranks 549th out of 958 Iowa communities (54th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 24.2%, which ranks 421st out of 905 Iowa communities (43rd out of 102 mid-sized communities).

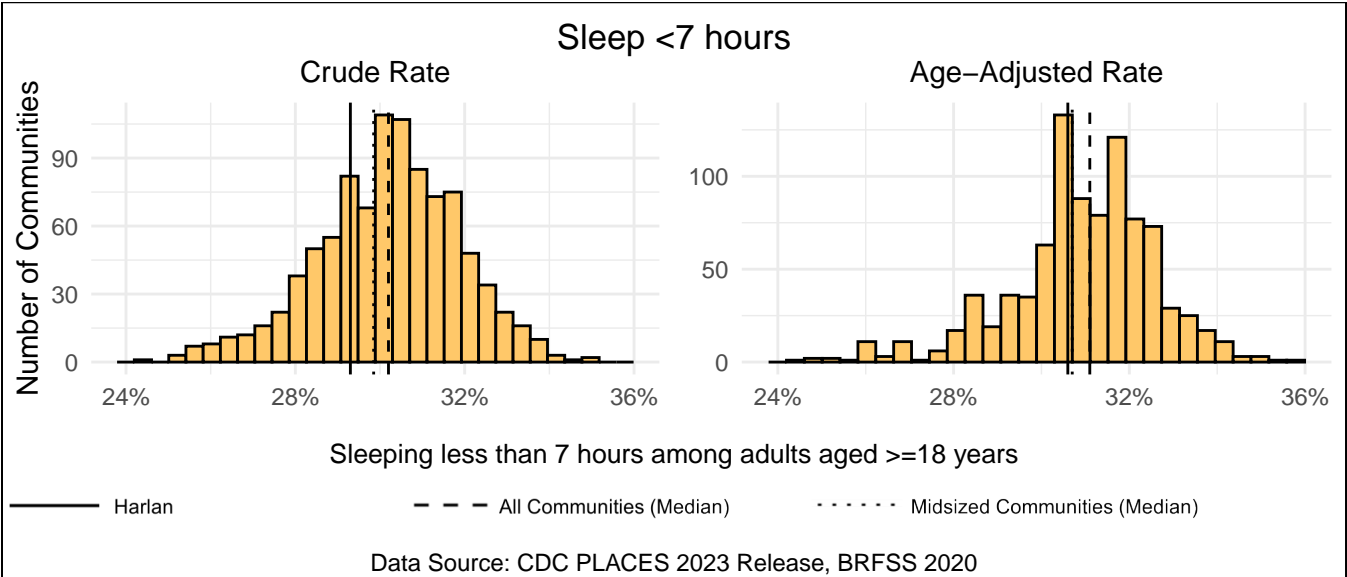
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	26.7%	26.1%	26.6%
Age-Adjusted	24.2%	24.3%	24.7%



Sleep <7 hours

Harlan has a crude rate of 29.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 258th out of 958 Iowa communities (38th out of 102 midsize communities). The age-adjusted rate for Harlan is 30.6%, which ranks 330th out of 905 Iowa communities (46th out of 102 midsize communities).

Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	29.3%	30.2%	29.8%
Age-Adjusted	30.6%	31.1%	30.7%



Health Outcomes

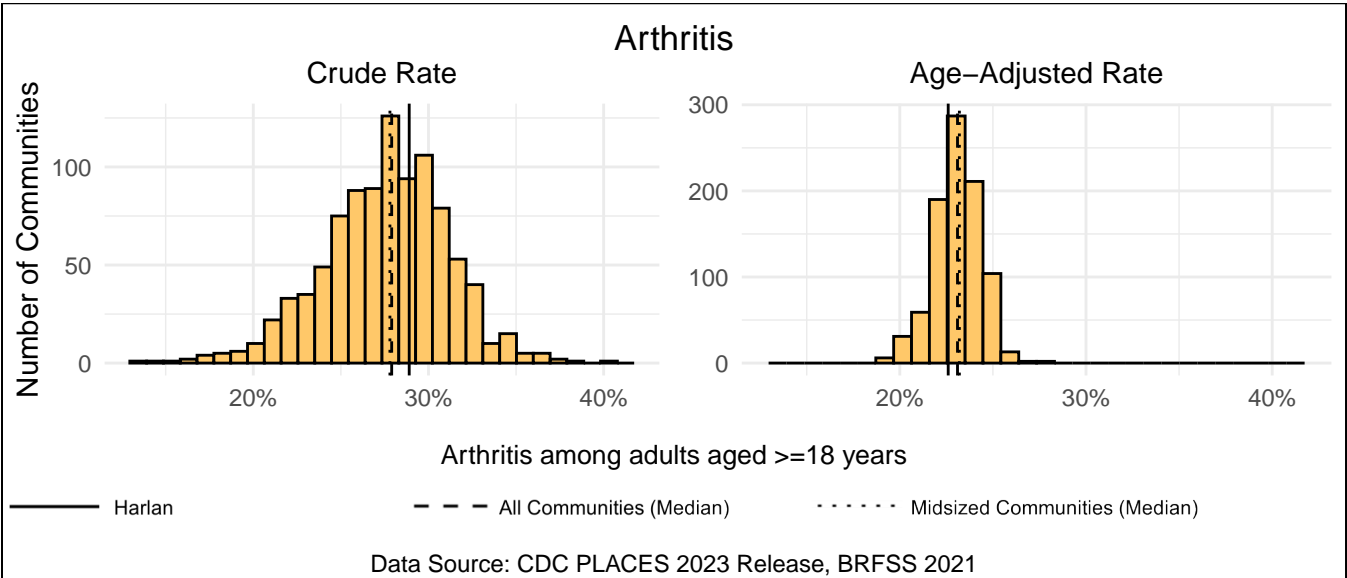
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Harlan has a crude rate of 28.9% for arthritis among adults aged ≥ 18 years, which ranks 603rd out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Harlan is 22.6%, which ranks 287th out of 905 Iowa communities (35th out of 102 midsized communities).

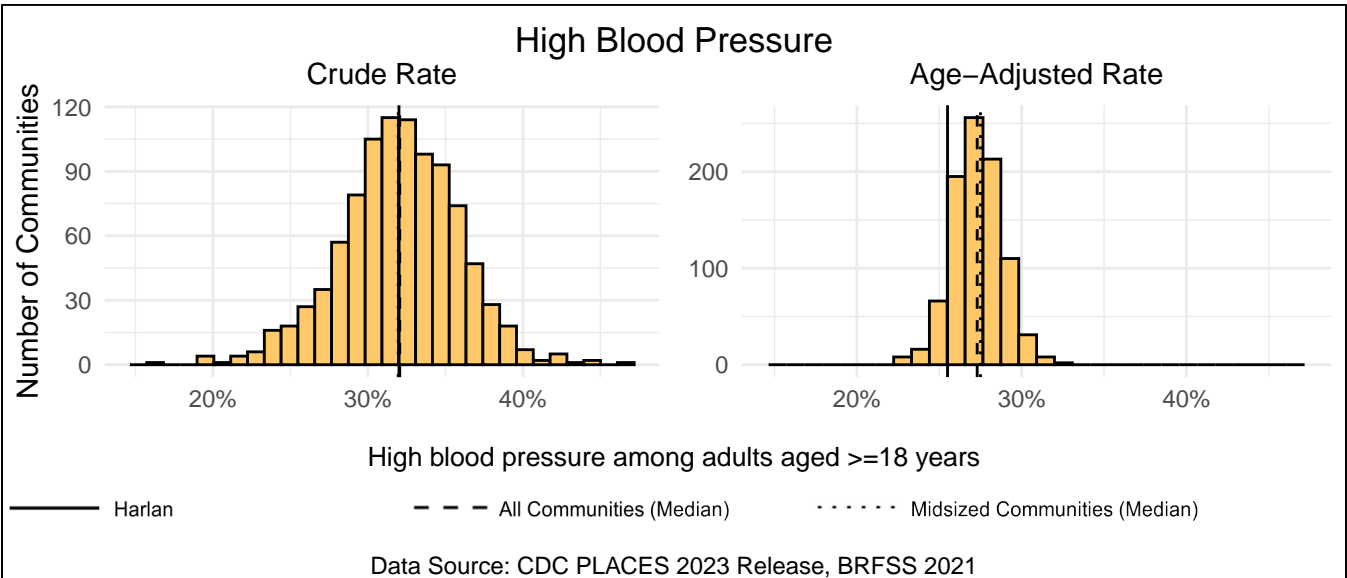
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	28.9%	27.9%	27.8%
Age-Adjusted	22.6%	23.1%	23.2%



High Blood Pressure

Harlan has a crude rate of 32.0% for high blood pressure among adults aged ≥ 18 years, which ranks 469th out of 958 Iowa communities (52nd out of 102 midsize communities). The age-adjusted rate for Harlan is 25.5%, which ranks 91st out of 905 Iowa communities (16th out of 102 midsize communities).

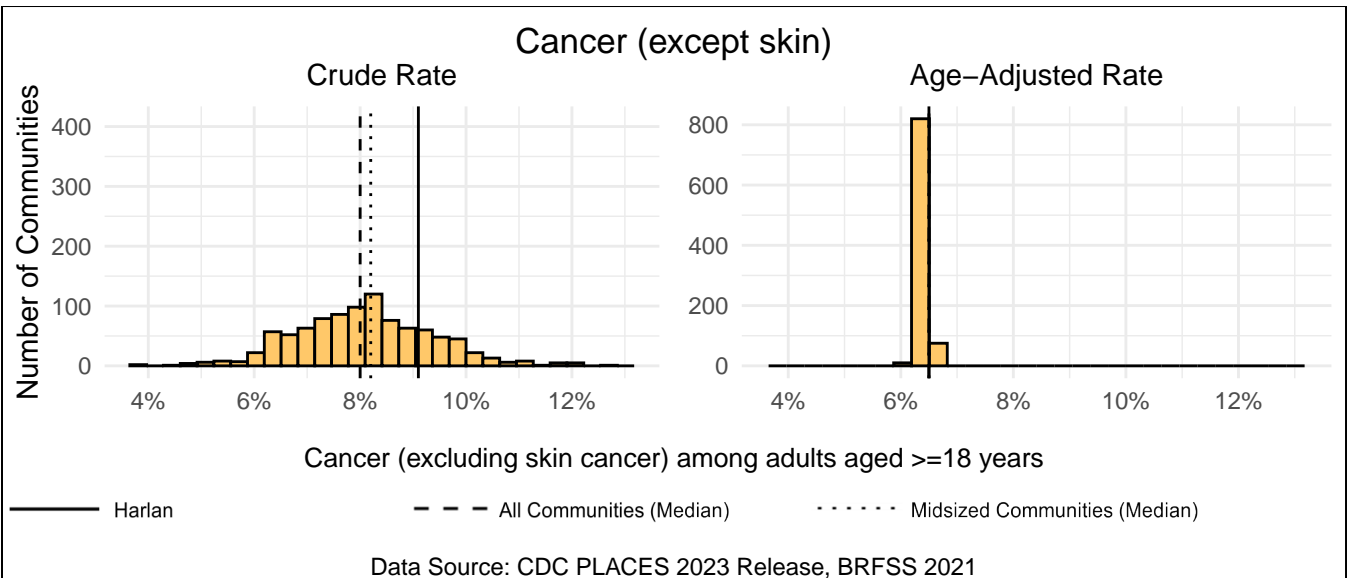
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	32.0%	32.0%	32.0%
Age-Adjusted	25.5%	27.3%	27.5%



Cancer (except skin)

Harlan has a crude rate of 9.1% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 745th out of 958 Iowa communities (86th out of 102 midsize communities). The age-adjusted rate for Harlan is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsize communities).

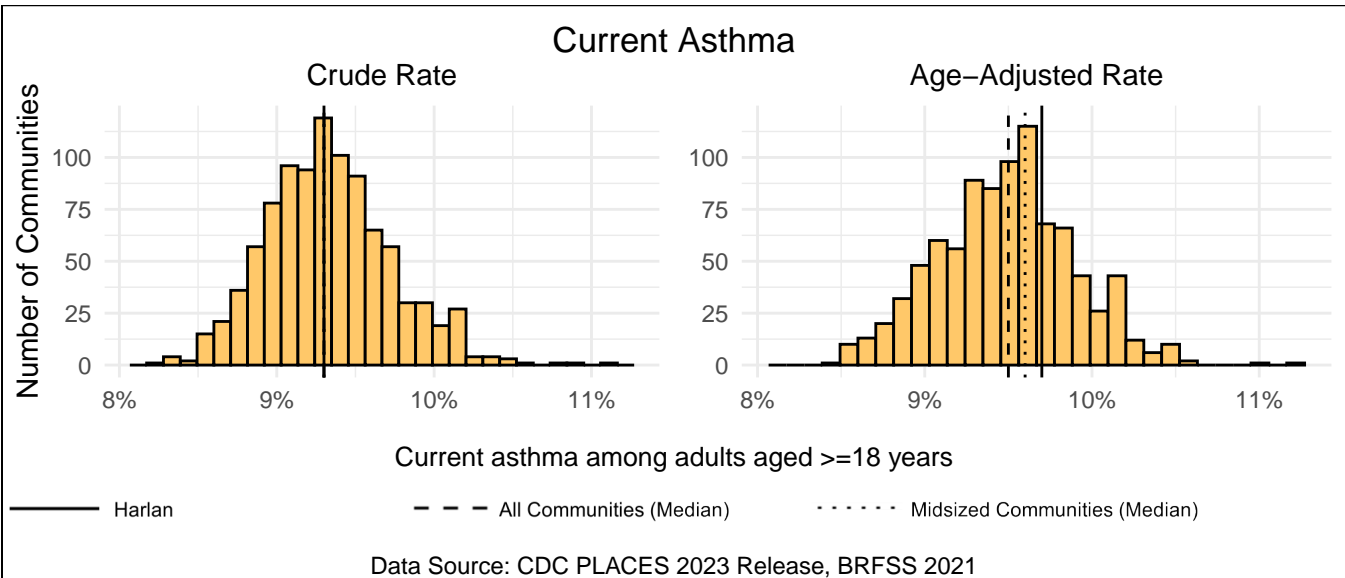
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	9.1%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Harlan has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (36th out of 102 midsize communities). The age-adjusted rate for Harlan is 9.7%, which ranks 628th out of 905 Iowa communities (67th out of 102 midsize communities).

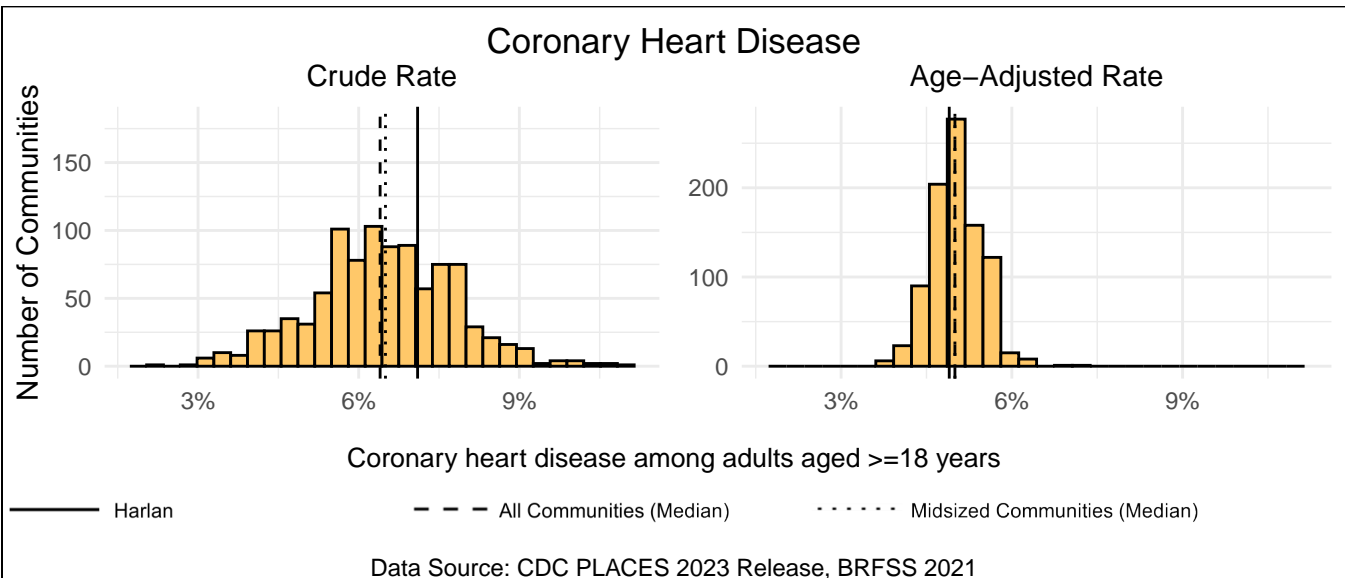
Measure Type	Harlan	All Comm.	Midsize Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.6%



Coronary Heart Disease

Harlan has a crude rate of 7.1% for coronary heart disease among adults aged ≥ 18 years, which ranks 658th out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Harlan is 4.9%, which ranks 324th out of 905 Iowa communities (43rd out of 102 midsize communities).

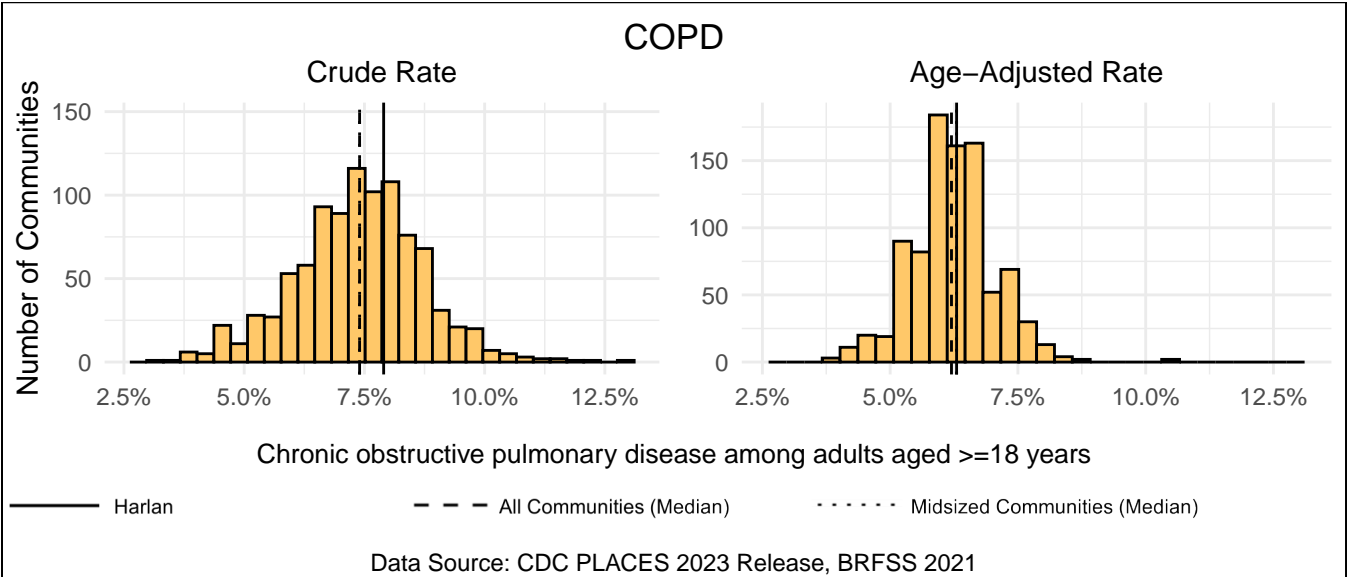
Measure Type	Harlan	All Comm.	Midsize Comm.
Crude	7.1%	6.4%	6.5%
Age-Adjusted	4.9%	5.0%	5.0%



COPD

Harlan has a crude rate of 7.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 613th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Harlan is 6.3%, which ranks 459th out of 905 Iowa communities (46th out of 102 midsized communities).

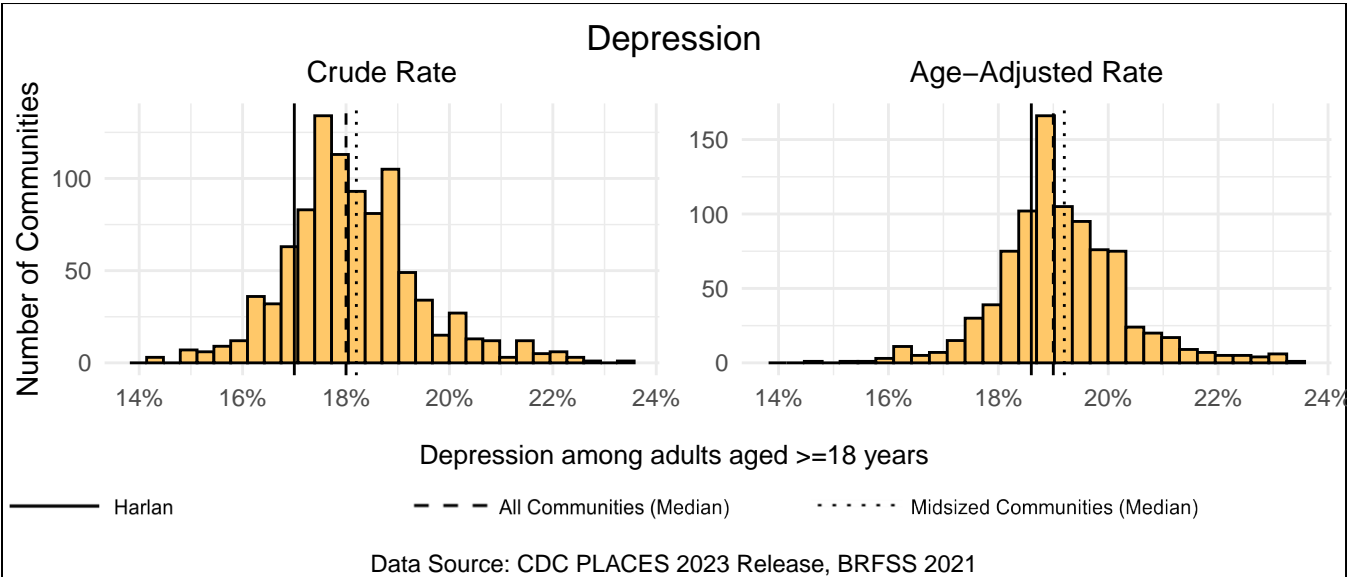
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	7.9%	7.4%	7.4%
Age-Adjusted	6.3%	6.2%	6.3%



Depression

Harlan has a crude rate of 17.0% for depression among adults aged ≥ 18 years, which ranks 143rd out of 958 Iowa communities (10th out of 102 midsized communities). The age-adjusted rate for Harlan is 18.6%, which ranks 251st out of 905 Iowa communities (25th out of 102 midsized communities).

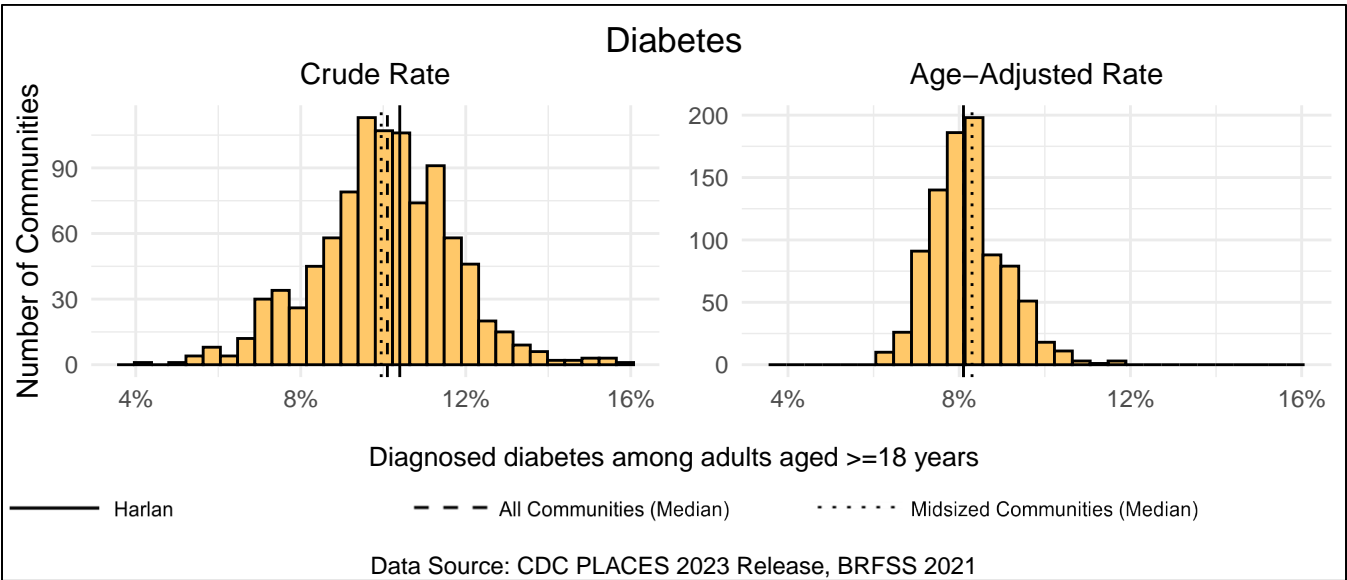
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	17.0%	18.0%	18.2%
Age-Adjusted	18.6%	19.0%	19.2%



Diabetes

Harlan has a crude rate of 10.4% for diagnosed diabetes among adults aged >=18 years, which ranks 543rd out of 958 Iowa communities (59th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 8.1%, which ranks 401st out of 905 Iowa communities (42nd out of 102 mid-sized communities).

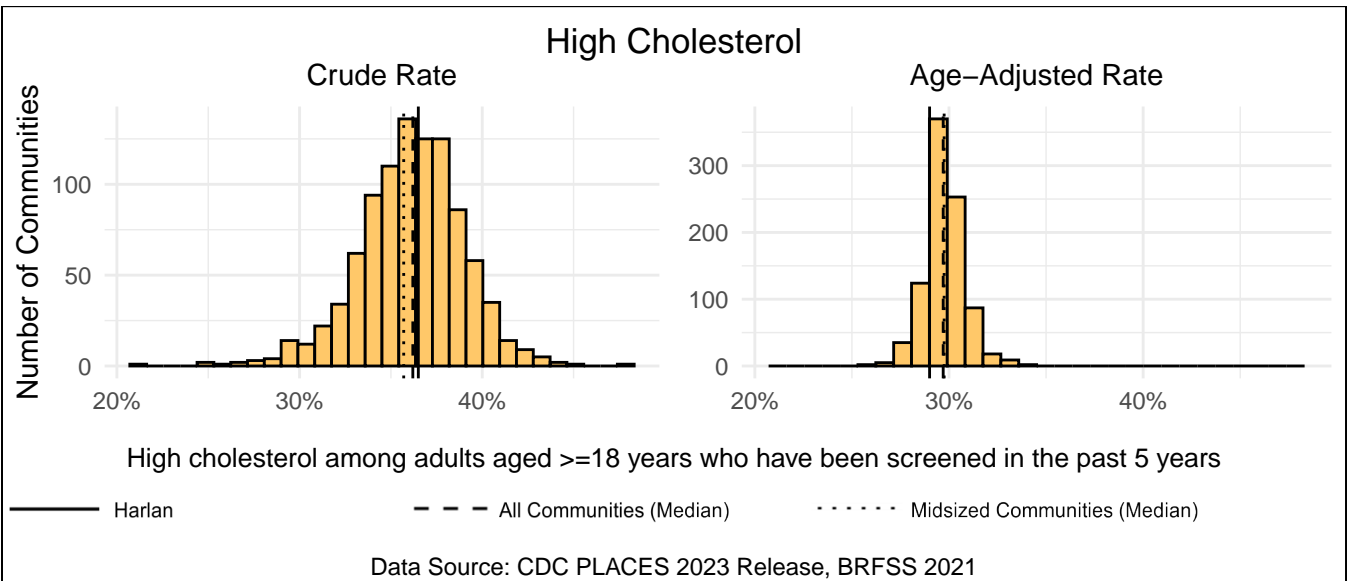
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	10.4%	10.1%	9.9%
Age-Adjusted	8.1%	8.1%	8.3%



High Cholesterol

Harlan has a crude rate of 36.5% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 513th out of 958 Iowa communities (65th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 29.0%, which ranks 167th out of 905 Iowa communities (18th out of 102 mid-sized communities).

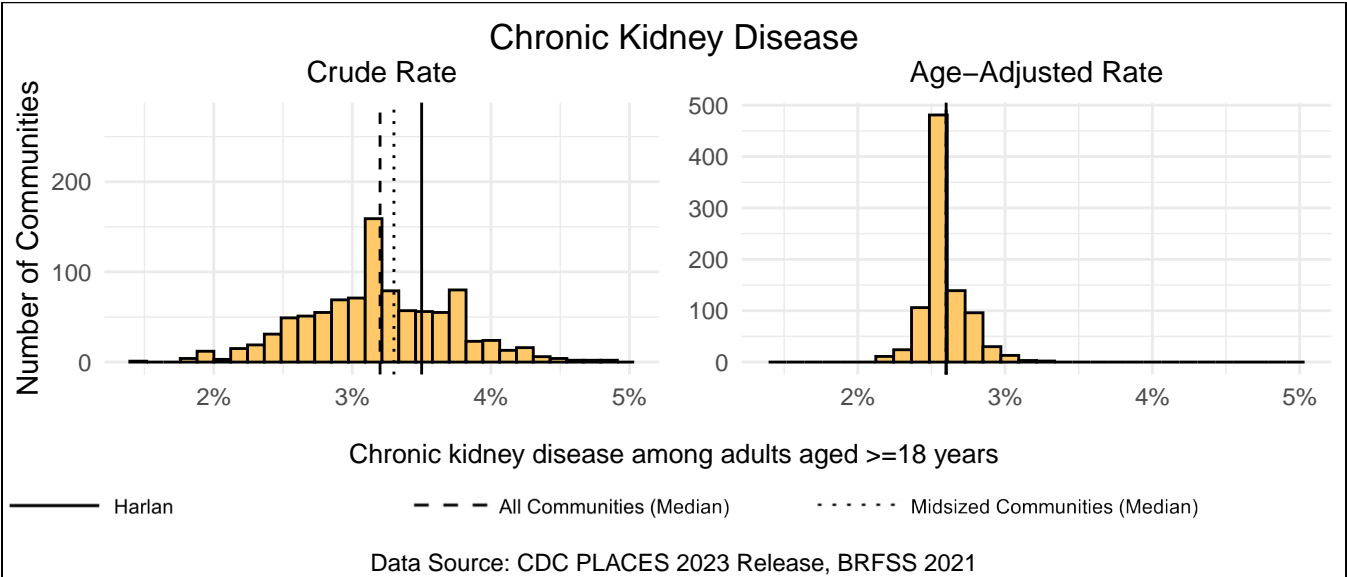
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	36.5%	36.2%	35.7%
Age-Adjusted	29.0%	29.7%	29.8%



Chronic Kidney Disease

Harlan has a crude rate of 3.5% for chronic kidney disease among adults aged ≥ 18 years, which ranks 676th out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 2.6%, which ranks 349th out of 905 Iowa communities (41st out of 102 mid-sized communities).

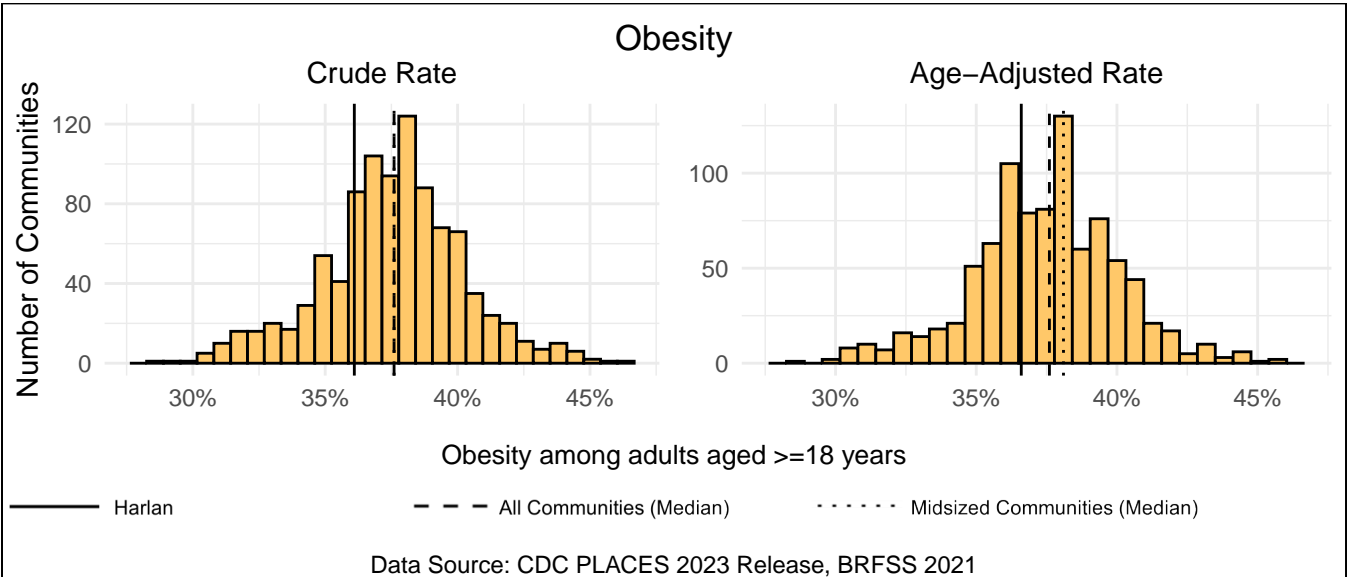
Measure Type	Harlan	All Comm.	Mid-sized Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Harlan has a crude rate of 36.1% for obesity among adults aged ≥ 18 years, which ranks 230th out of 958 Iowa communities (35th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 36.6%, which ranks 317th out of 905 Iowa communities (32nd out of 102 mid-sized communities).

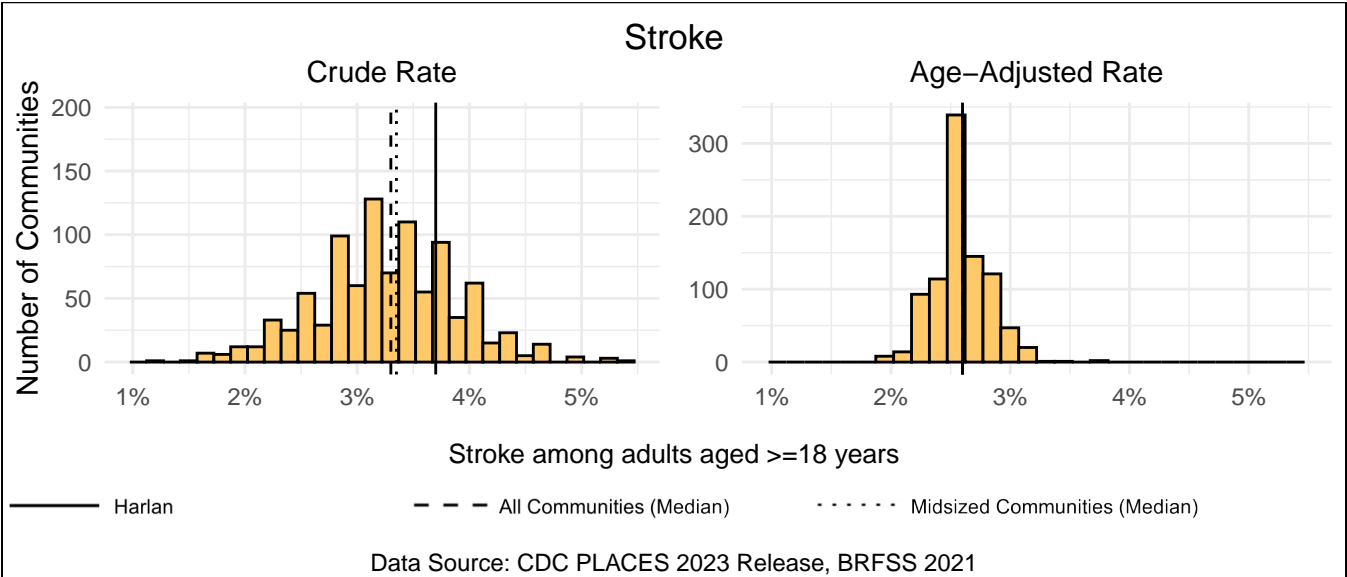
Measure Type	Harlan	All Comm.	Mid-sized Comm.
Crude	36.1%	37.6%	37.6%
Age-Adjusted	36.6%	37.6%	38.1%



Stroke

Harlan has a crude rate of 3.7% for stroke among adults aged ≥ 18 years, which ranks 703rd out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Harlan is 2.6%, which ranks 375th out of 905 Iowa communities (43rd out of 102 midsize communities).

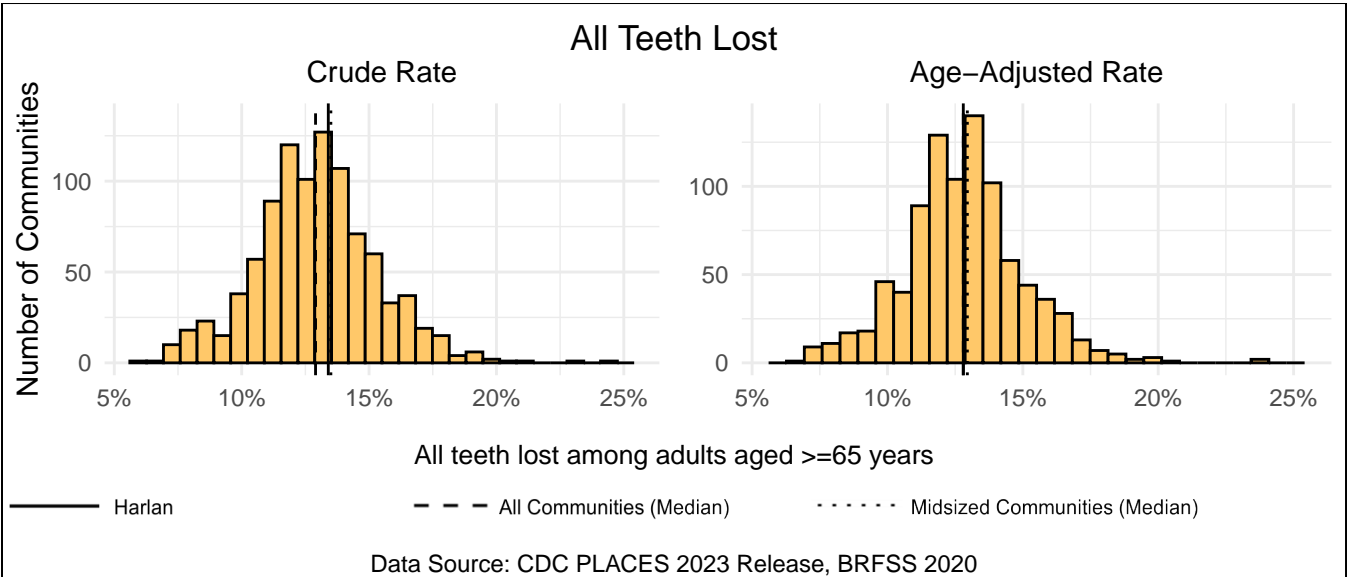
Measure Type	Harlan	All Comm.	Midsize Comm.
Crude	3.7%	3.3%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



All Teeth Lost

Harlan has a crude rate of 13.4% for all teeth lost among adults aged ≥ 65 years, which ranks 558th out of 958 Iowa communities (47th out of 102 midsize communities). The age-adjusted rate for Harlan is 12.8%, which ranks 448th out of 905 Iowa communities (47th out of 102 midsize communities).

Measure Type	Harlan	All Comm.	Midsize Comm.
Crude	13.4%	12.9%	13.5%
Age-Adjusted	12.8%	12.8%	12.9%



Prevention

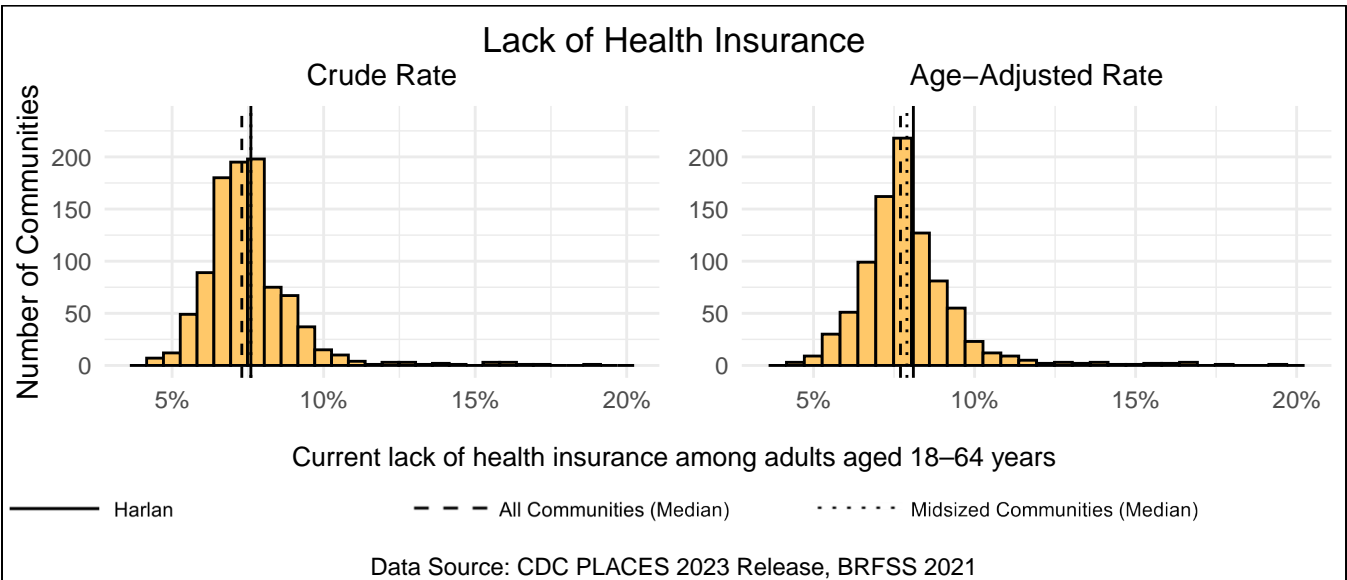
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Harlan has a crude rate of 7.6% for current lack of health insurance among adults aged 18–64 years, which ranks 570th out of 958 Iowa communities (50th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 8.1%, which ranks 573rd out of 905 Iowa communities (53rd out of 102 mid-sized communities).

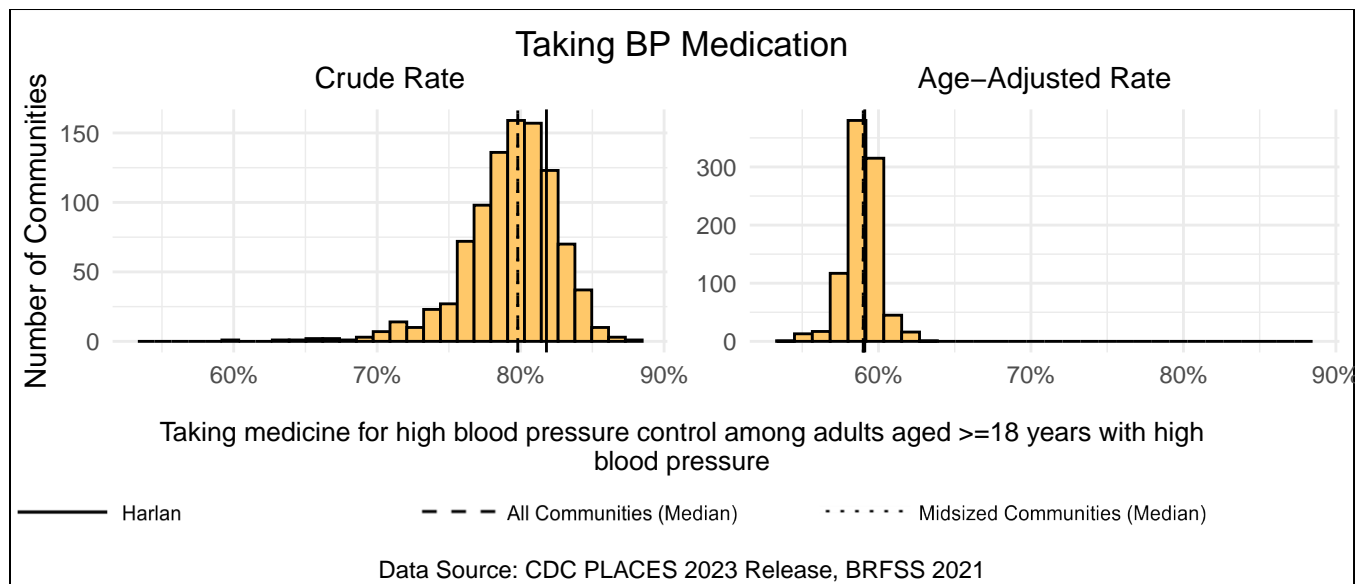
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	7.6%	7.3%	7.6%
Age-Adjusted	8.1%	7.7%	7.9%



Taking BP Medication

Harlan has a crude rate of 81.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 190th out of 958 Iowa communities (11th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 59.1%, which ranks 378th out of 905 Iowa communities (47th out of 102 mid-sized communities).

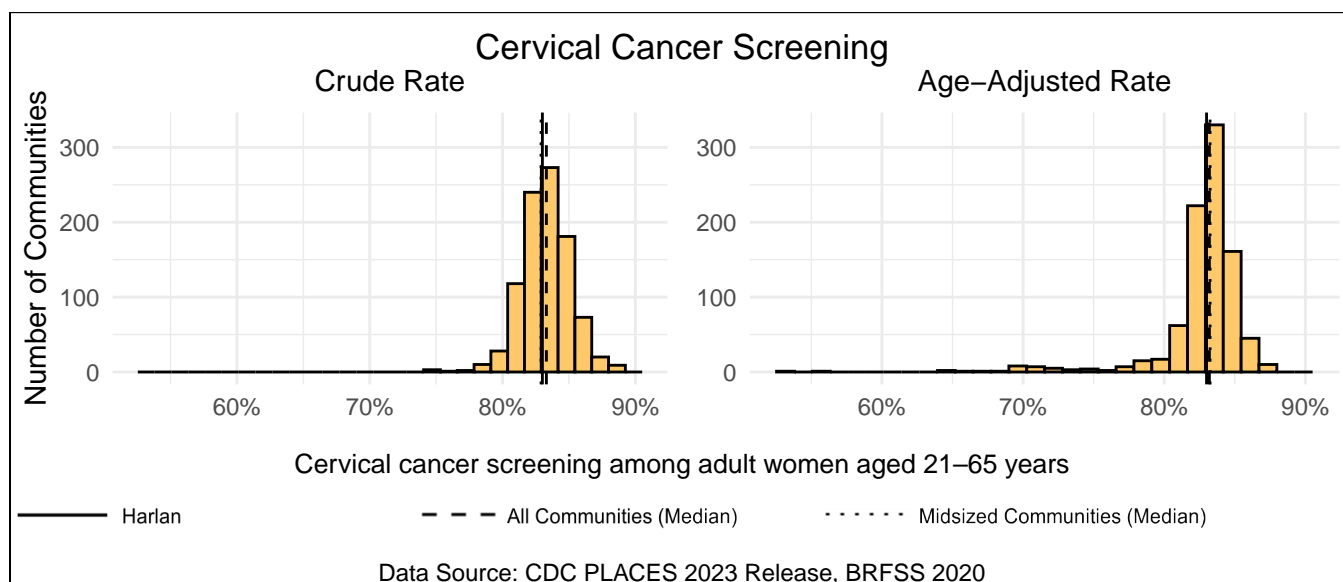
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	81.8%	79.8%	79.8%
Age-Adjusted	59.1%	59.0%	59.0%



Cervical Cancer Screening

Harlan has a crude rate of 83.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 535th out of 958 Iowa communities (49th out of 102 midsized communities). The age-adjusted rate for Harlan is 83.0%, which ranks 519th out of 905 Iowa communities (60th out of 102 midsized communities).

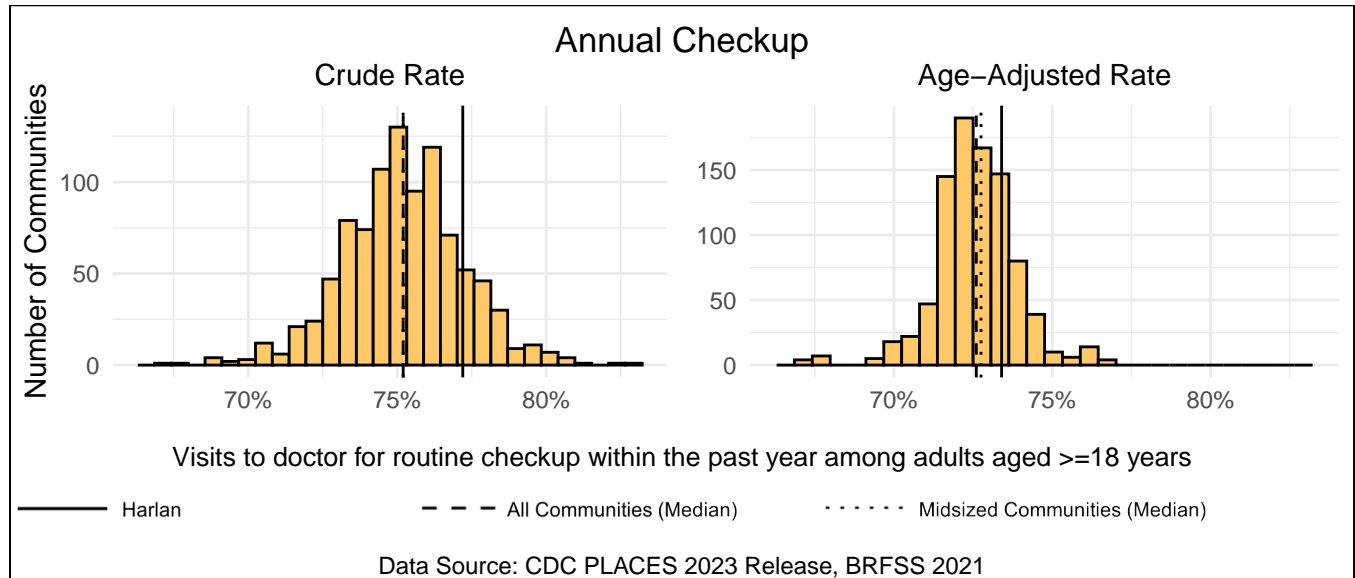
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	83.0%	83.3%	82.9%
Age-Adjusted	83.0%	83.2%	83.2%



Annual Checkup

Harlan has a crude rate of 77.2% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 141st out of 958 Iowa communities (8th out of 102 midsize communities). The age-adjusted rate for Harlan is 73.4%, which ranks 190th out of 905 Iowa communities (24th out of 102 midsize communities).

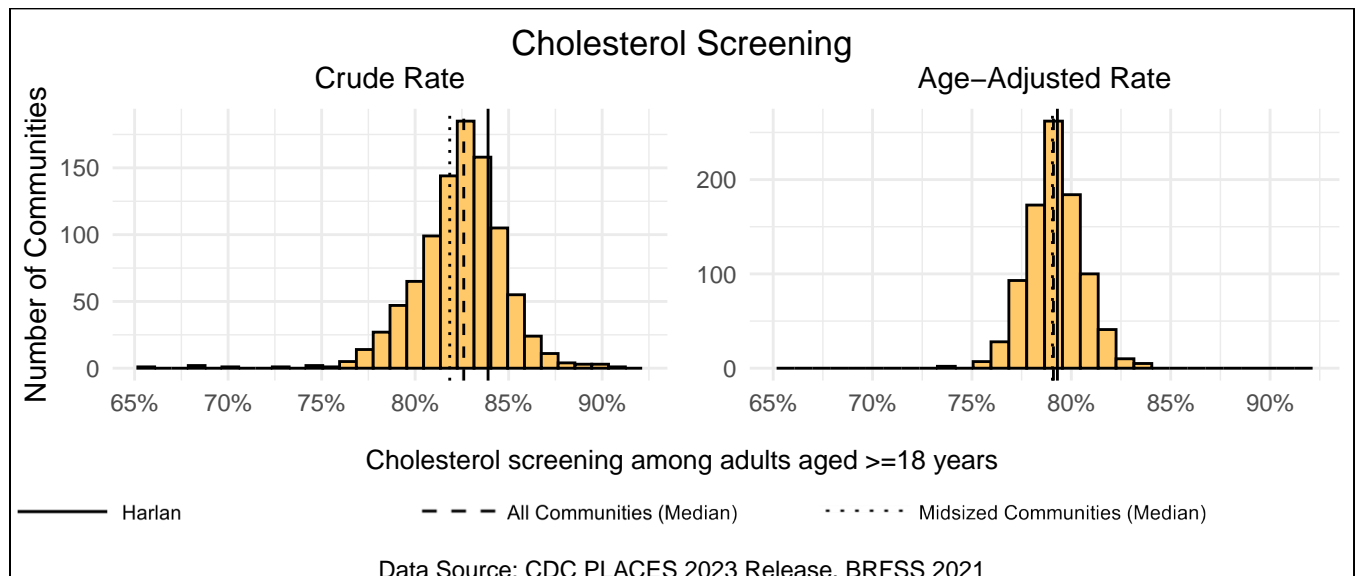
Measure Type	Harlan	All Comm.	Midsize Comm.
Crude	77.2%	75.2%	75.2%
Age-Adjusted	73.4%	72.6%	72.8%



Cholesterol Screening

Harlan 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 midsize communities). The age-adjusted rate for Harlan is 79.3%, which ranks 388th out of 905 Iowa communities (43rd out of 102 midsize communities).

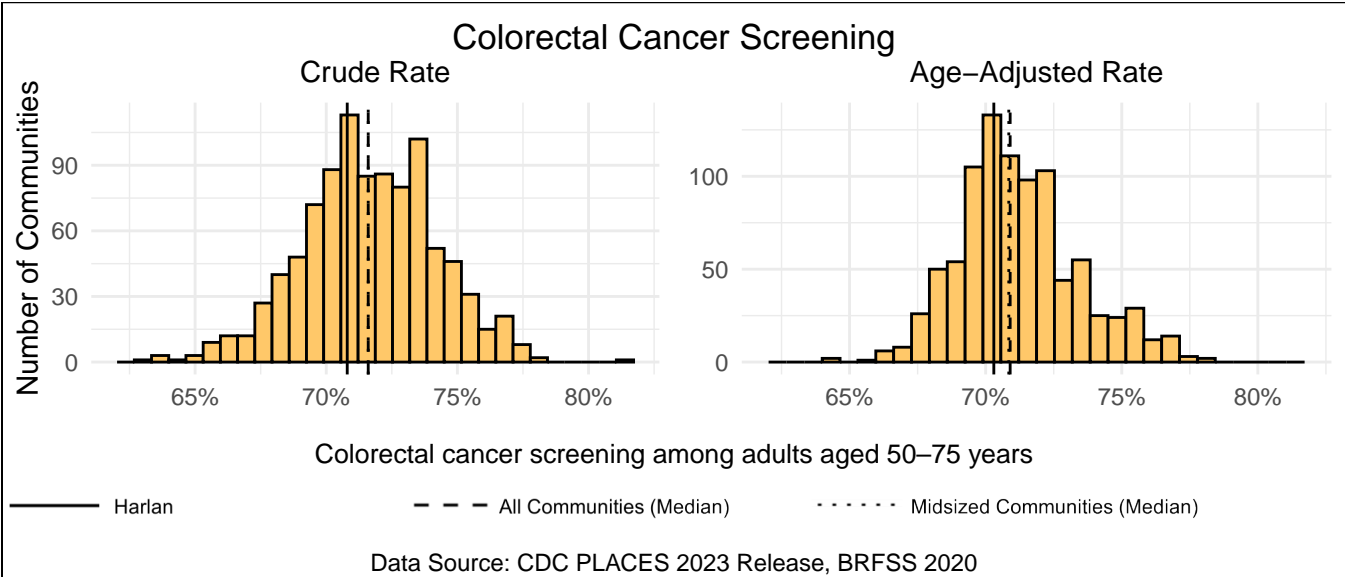
Measure Type	Harlan	All Comm.	Midsize Comm.
Crude	83.9%	82.6%	81.8%
Age-Adjusted	79.3%	79.1%	79.0%



Colorectal Cancer Screening

Harlan has a crude rate of 70.8% for colorectal cancer screening among adults aged 50–75 years, which ranks 600th out of 958 Iowa communities (63rd out of 102 mid-sized communities). The age-adjusted rate for Harlan is 70.3%, which ranks 553rd out of 905 Iowa communities (58th out of 102 mid-sized communities).

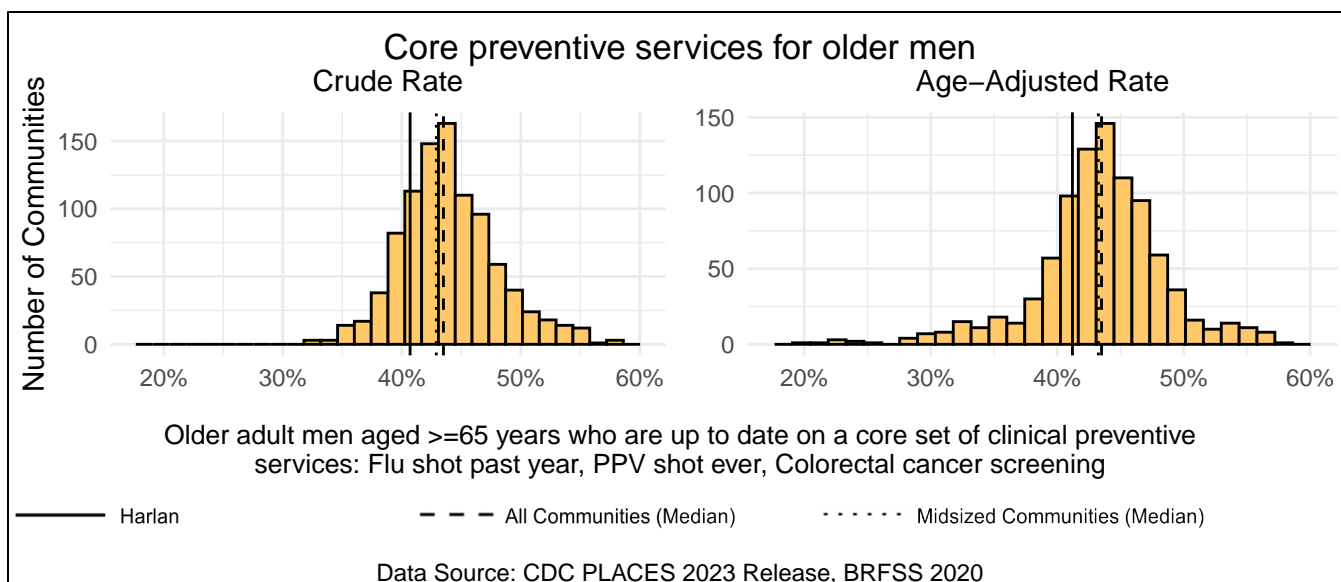
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	70.8%	71.6%	71.6%
Age-Adjusted	70.3%	70.9%	70.8%



Core preventive services for older men

Harlan has a crude rate of 40.7% 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 759th out of 958 Iowa communities (73rd out of 102 mid-sized communities). The age-adjusted rate for Harlan is 41.2%, which ranks 667th out of 905 Iowa communities (69th out of 102 mid-sized communities).

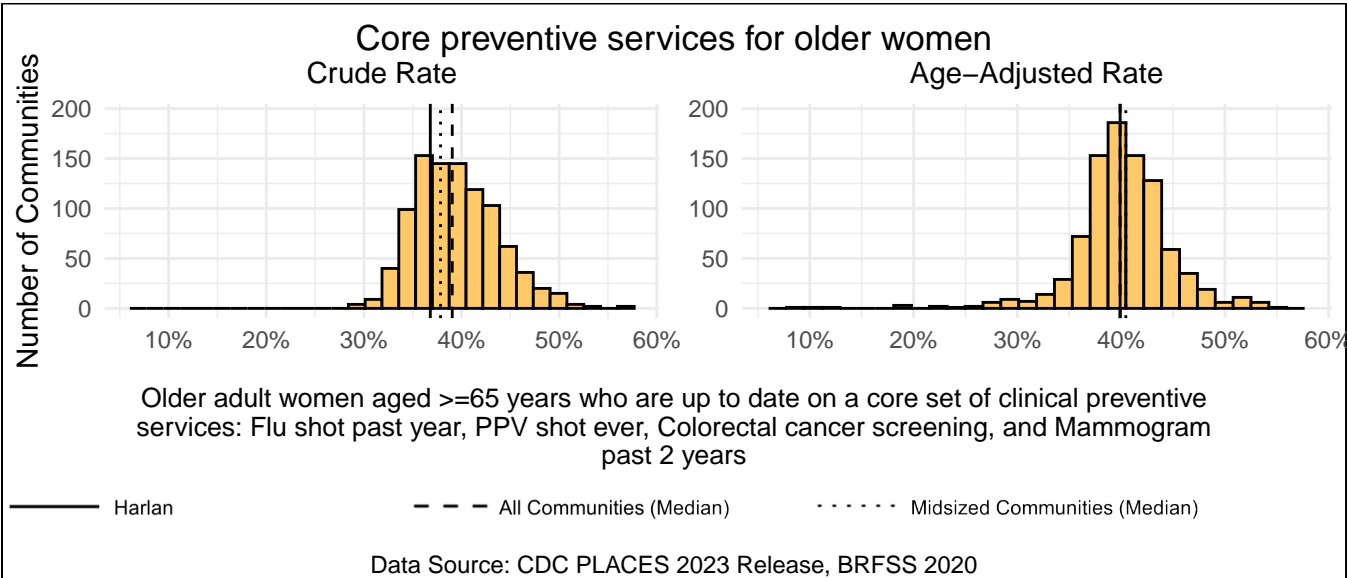
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	40.7%	43.5%	42.9%
Age-Adjusted	41.2%	43.5%	43.2%



Core preventive services for older women

Harlan has a crude rate of 36.8% 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 680th out of 958 Iowa communities (58th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 39.9%, which ranks 447th out of 905 Iowa communities (58th out of 102 mid-sized communities).

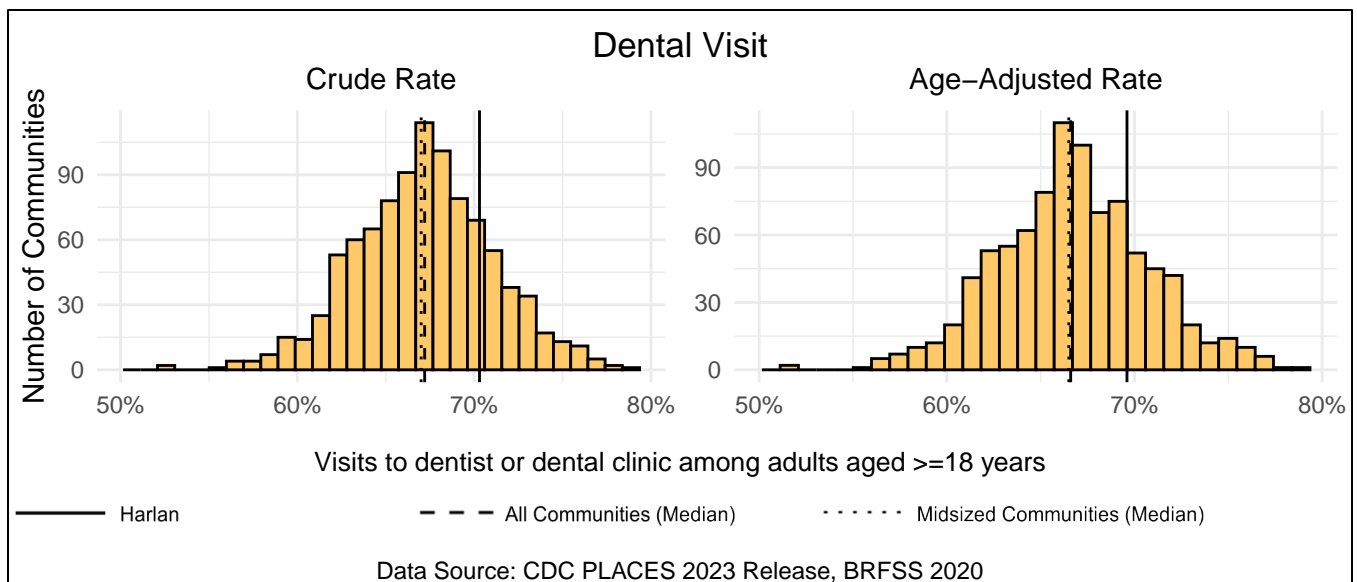
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	36.8%	39.0%	37.8%
Age-Adjusted	39.9%	39.9%	40.4%



Dental Visit

Harlan has a crude rate of 70.3% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 184th out of 958 Iowa communities (30th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 69.6%, which ranks 204th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

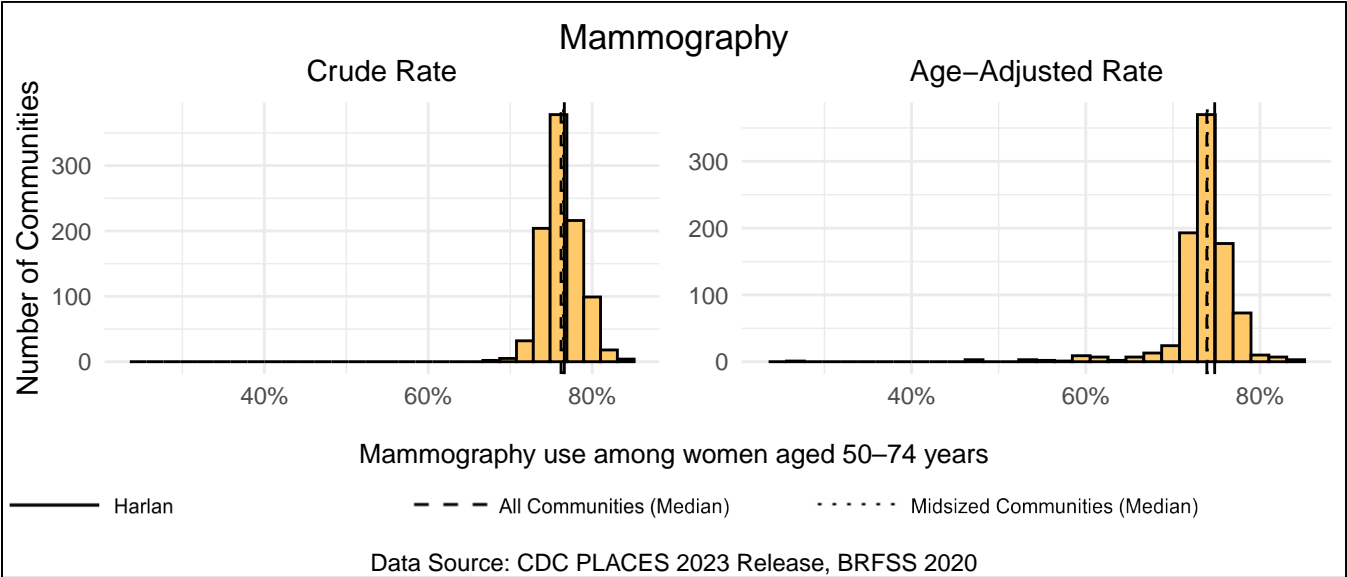
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	70.3%	67.2%	67.0%
Age-Adjusted	69.6%	66.6%	66.5%



Mammography

Harlan has a crude rate of 76.6% for mammography use among women aged 50–74 years, which ranks 391st out of 958 Iowa communities (47th out of 102 mid-sized communities). The age-adjusted rate for Harlan is 74.8%, which ranks 271st out of 905 Iowa communities (40th out of 102 mid-sized communities).

Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	76.6%	76.2%	76.5%
Age-Adjusted	74.8%	73.9%	74.0%



Disability

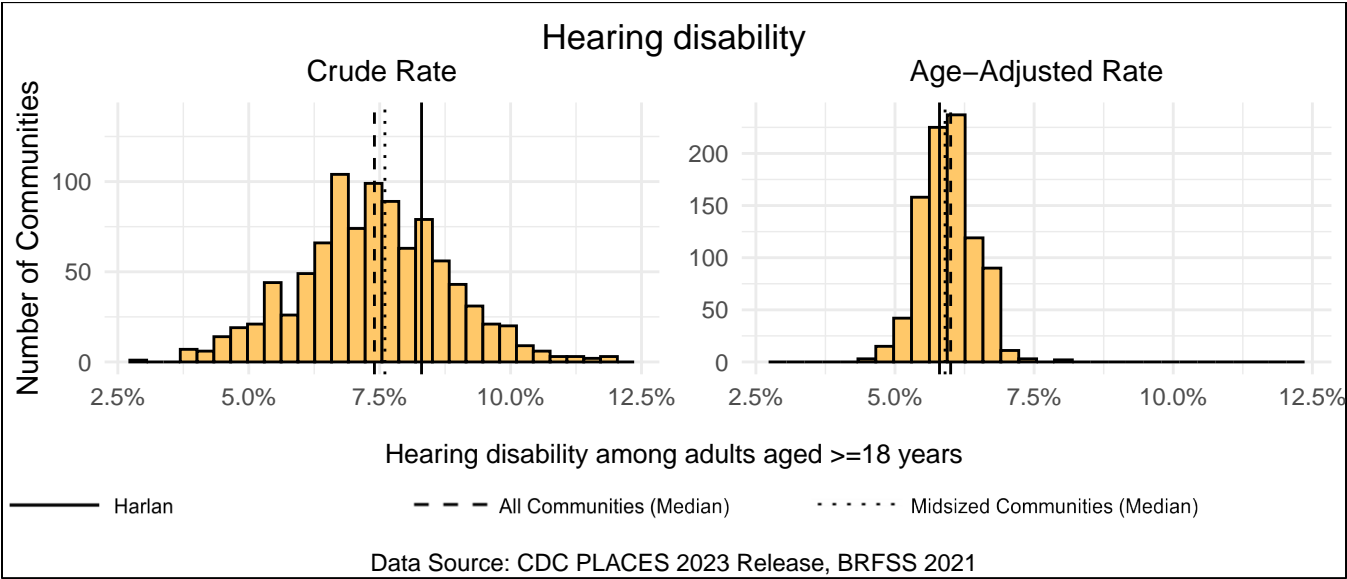
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Harlan has a crude rate of 8.3% for hearing disability among adults aged ≥ 18 years, which ranks 702nd out of 958 Iowa communities (72nd out of 102 midsize communities). The age-adjusted rate for Harlan is 5.8%, which ranks 287th out of 905 Iowa communities (42nd out of 102 midsize communities).

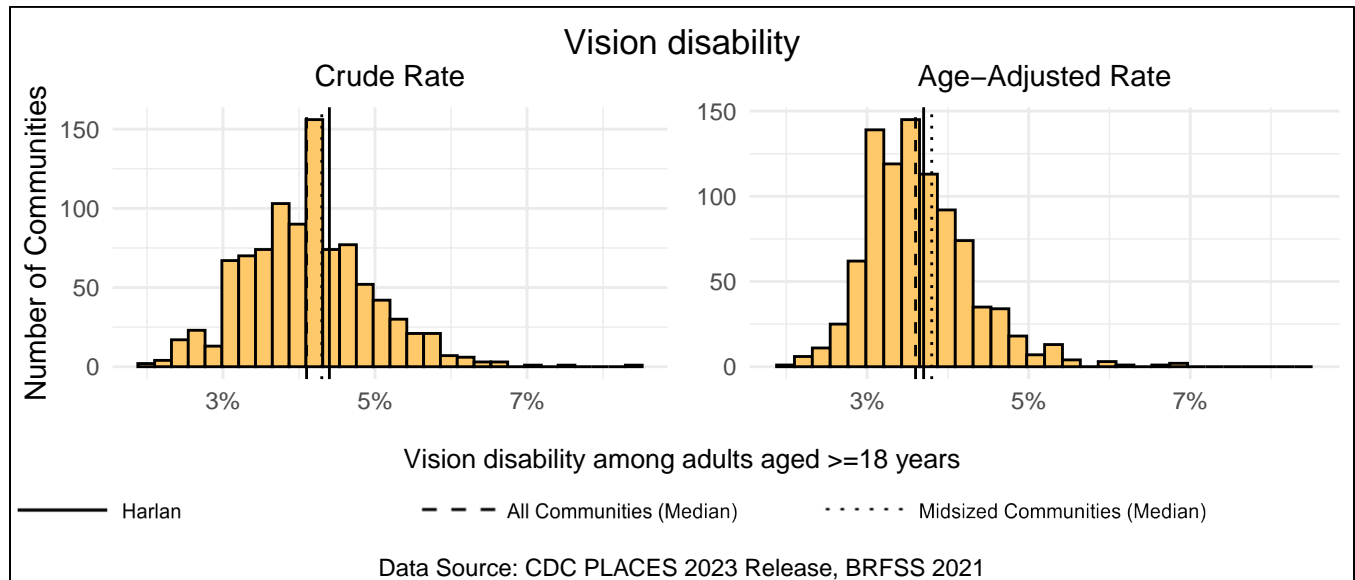
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	8.3%	7.4%	7.6%
Age-Adjusted	5.8%	6.0%	5.9%



Vision disability

Harlan has a crude rate of 4.4% for vision disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (55th out of 102 midsize communities). The age-adjusted rate for Harlan is 3.7%, which ranks 509th out of 905 Iowa communities (44th out of 102 midsize communities).

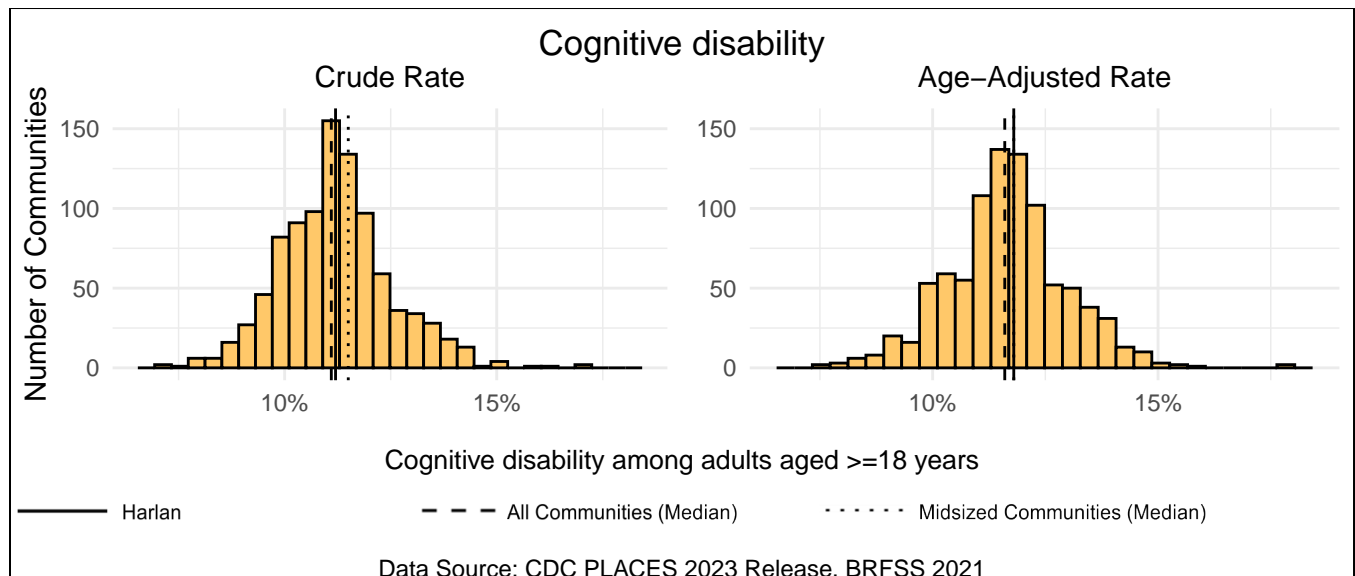
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	4.4%	4.1%	4.3%
Age-Adjusted	3.7%	3.6%	3.8%



Cognitive disability

Harlan has a crude rate of 11.2% for cognitive disability among adults aged ≥ 18 years, which ranks 497th out of 958 Iowa communities (43rd out of 102 midsize communities). The age-adjusted rate for Harlan is 11.8%, which ranks 495th out of 905 Iowa communities (49th out of 102 midsize communities).

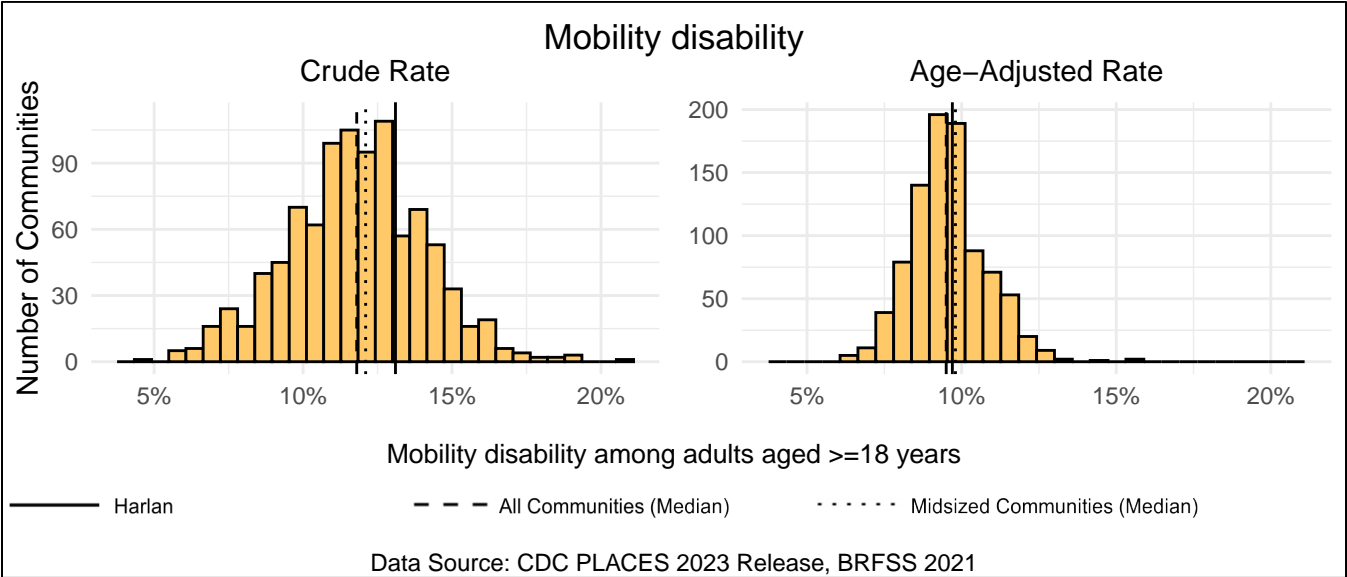
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	11.2%	11.1%	11.5%
Age-Adjusted	11.8%	11.6%	11.8%



Mobility disability

Harlan has a crude rate of 13.1% for mobility disability among adults aged ≥ 18 years, which ranks 694th out of 958 Iowa communities (67th out of 102 midsize communities). The age-adjusted rate for Harlan is 9.7%, which ranks 502nd out of 905 Iowa communities (45th out of 102 midsize communities).

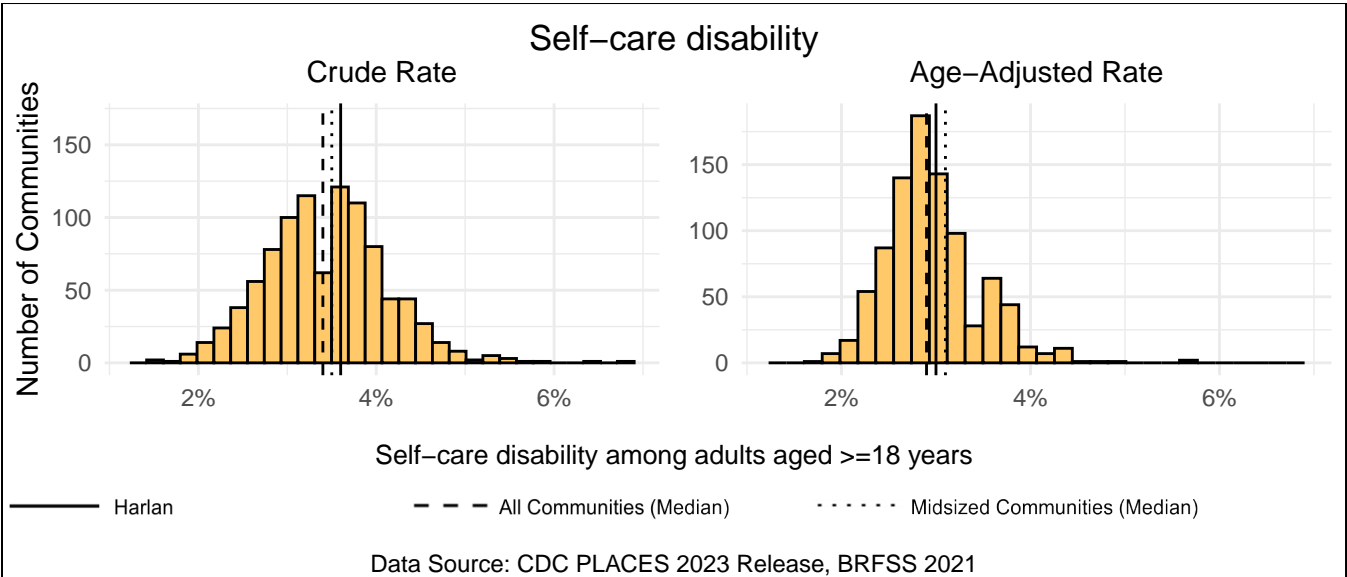
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	13.1%	11.8%	12.1%
Age-Adjusted	9.7%	9.5%	9.8%



Self-care disability

Harlan has a crude rate of 3.6% for self-care disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Harlan is 3.0%, which ranks 494th out of 905 Iowa communities (45th out of 102 midsize communities).

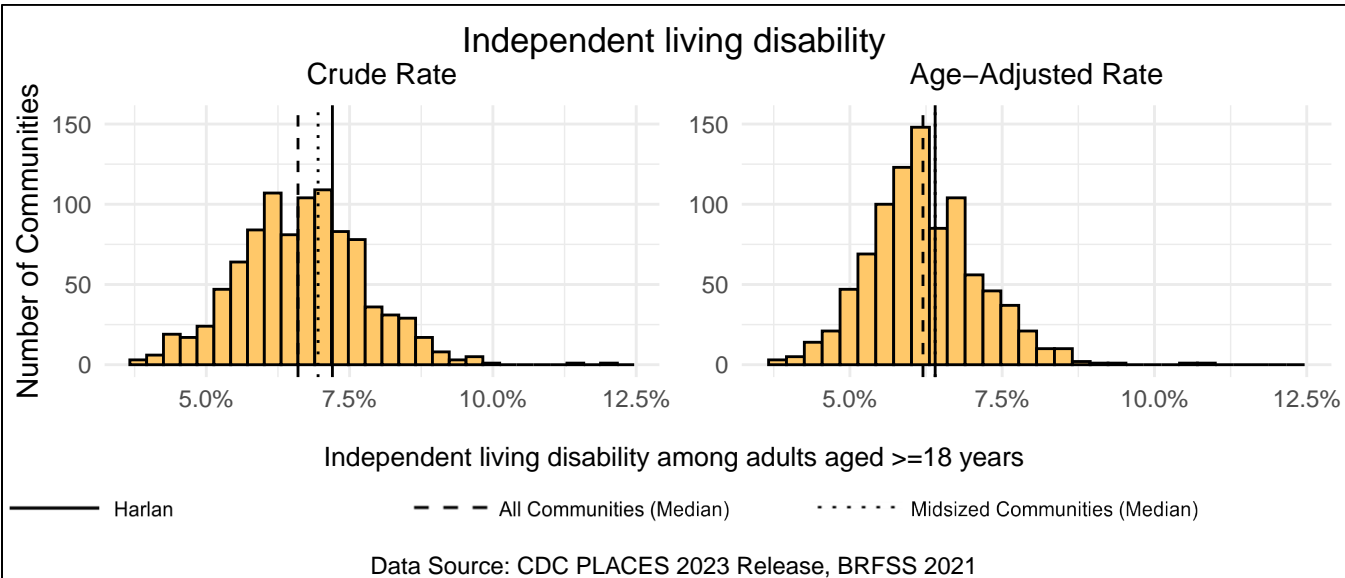
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	3.6%	3.4%	3.5%
Age-Adjusted	3.0%	2.9%	3.1%



Independent living disability

Harlan has a crude rate of 7.2% for independent living disability among adults aged ≥ 18 years, which ranks 666th out of 958 Iowa communities (57th out of 102 midsized communities). The age-adjusted rate for Harlan is 6.4%, which ranks 531st out of 905 Iowa communities (51st out of 102 midsized communities).

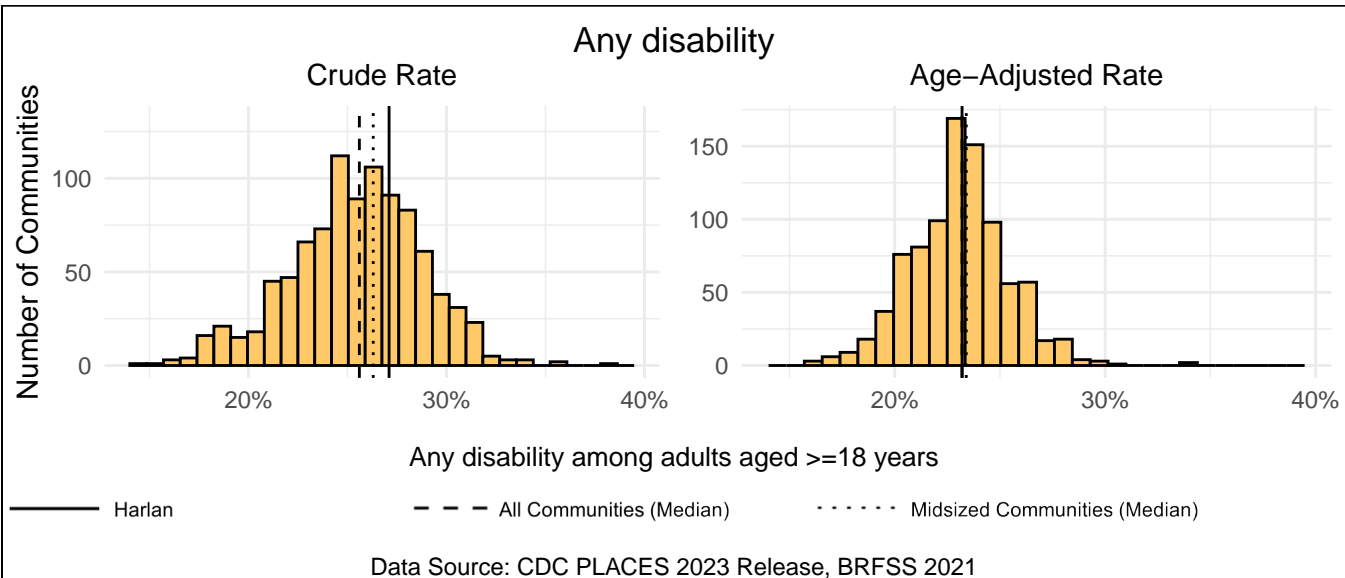
Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	7.2%	6.6%	7.0%
Age-Adjusted	6.4%	6.2%	6.4%



Any disability

Harlan has a crude rate of 27.1% for any disability among adults aged ≥ 18 years, which ranks 647th out of 958 Iowa communities (60th out of 102 midsized communities). The age-adjusted rate for Harlan is 23.2%, which ranks 453rd out of 905 Iowa communities (47th out of 102 midsized communities).

Measure Type	Harlan	All Comm.	Midsized Comm.
Crude	27.1%	25.6%	26.3%
Age-Adjusted	23.2%	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: Harlan 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	568	11.1% (9.4% - 13.0%)	468	9.8% (8.5% - 11.3%)
Health Status	General Health	595	14.9% (12.5% - 17.8%)	505	13.0% (11.0% - 15.3%)
Health Status	Mental Health	260	13.7% (11.8% - 15.8%)	405	15.5% (13.5% - 17.8%)
Health Risk Behaviors	Current Smoking	380	16.4% (13.4% - 20.1%)	474	17.7% (14.3% - 21.7%)
Health Risk Behaviors	Physical Inactivity	549	26.7% (21.7% - 31.9%)	421	24.2% (20.0% - 29.1%)
Health Risk Behaviors	Binge Drinking	305	18.5% (15.2% - 22.0%)	520	22.2% (18.4% - 26.2%)
Health Risk Behaviors	Sleep <7 hours	258	29.3% (28.0% - 30.7%)	330	30.6% (29.3% - 31.9%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.6%)	628	9.7% (8.5% - 11.0%)
Health Outcomes	Depression	143	17.0% (13.9% - 20.4%)	251	18.6% (15.2% - 22.3%)
Health Outcomes	Stroke	703	3.7% (3.2% - 4.3%)	375	2.6% (2.3% - 2.9%)
Health Outcomes	All Teeth Lost	558	13.4% (8.6% - 19.5%)	448	12.8% (9.0% - 17.4%)
Health Outcomes	High Blood Pressure	469	32.0% (28.1% - 36.4%)	91	25.5% (21.9% - 29.2%)
Health Outcomes	Cancer (except skin)	745	9.1% (8.2% - 10.2%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	COPD	613	7.9% (6.5% - 9.4%)	459	6.3% (5.3% - 7.5%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.2% - 4.0%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	High Cholesterol	513	36.5% (31.8% - 41.4%)	167	29.0% (24.6% - 33.4%)
Health Outcomes	Obesity	230	36.1% (28.9% - 43.7%)	317	36.6% (29.3% - 44.1%)
Health Outcomes	Arthritis	603	28.9% (24.9% - 33.3%)	287	22.6% (19.2% - 26.3%)
Health Outcomes	Coronary Heart Disease	658	7.1% (6.1% - 8.1%)	324	4.9% (4.2% - 5.6%)
Health Outcomes	Diabetes	543	10.4% (8.9% - 12.2%)	401	8.1% (6.8% - 9.4%)
Prevention	Taking BP Medication	190	81.8% (78.5% - 84.6%)	378	59.1% (54.0% - 64.1%)
Prevention	Core preventive services for older women	680	36.8% (30.4% - 43.5%)	447	39.9% (33.9% - 45.9%)
Prevention	Health Insurance	570	7.6% (6.0% - 9.5%)	573	8.1% (6.3% - 10.1%)
Prevention	Cholesterol Screening	224	83.9% (81.0% - 86.5%)	388	79.3% (75.7% - 82.4%)
Prevention	Cervical Cancer Screening	535	83.0% (80.9% - 84.9%)	519	83.0% (80.8% - 84.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	600	70.8% (68.2% - 73.4%)	553	70.3% (67.7% - 73.0%)
Prevention	Annual Checkup	141	77.2% (72.1% - 81.4%)	190	73.4% (68.0% - 78.1%)
Prevention	Core preventive services for older men	759	40.7% (33.8% - 48.3%)	667	41.2% (34.6% - 48.6%)
Prevention	Dental Visit	184	70.3% (67.3% - 73.1%)	204	69.6% (66.4% - 72.3%)
Prevention	Mammography	391	76.6% (73.3% - 79.6%)	271	74.8% (71.2% - 78.3%)
Disability	Any Disability	647	27.1% (23.2% - 31.4%)	453	23.2% (19.7% - 27.2%)
Disability	Vision Disability	620	4.4% (3.7% - 5.3%)	509	3.7% (3.2% - 4.3%)
Disability	Self-care Disability	562	3.6% (3.1% - 4.3%)	494	3.0% (2.6% - 3.4%)
Disability	Hearing Disability	702	8.3% (7.2% - 9.4%)	287	5.8% (5.2% - 6.6%)
Disability	Mobility Disability	694	13.1% (10.7% - 15.6%)	502	9.7% (8.2% - 11.4%)
Disability	Cognitive Disability	497	11.2% (9.6% - 13.2%)	495	11.8% (10.0% - 13.8%)
Disability	Independent Living Disability	666	7.2% (6.0% - 8.5%)	531	6.4% (5.4% - 7.4%)

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)

Harlan 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
