



## 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 Ida Grove: Overview

Dear Community Members & Stakeholders of Ida Grove,

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 Ida Grove ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Ida Grove’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 Ida Grove. 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
Depression	82nd	13th	Cancer (except skin)	74th	4th
Binge Drinking	93rd	15th	High Blood Pressure	101st	20th
Sleep <7 hours	109th	22nd	Obesity	135th	23rd
Obesity	117th	21st	Sleep <7 hours	162nd	33rd
Annual Checkup	118th	25th	High Cholesterol	167th	31st

## 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
Cancer (except skin)	824th	104th	Taking BP Medication	631st	98th
Stroke	760th	99th	Core preventive services for older women	582nd	99th
Hearing Disability	744th	94th	Colorectal Cancer Screening	474th	78th
Chronic Kidney Disease	732nd	91st	Mental Health	457th	69th
Coronary Heart Disease	715th	96th	Independent Living Disability	438th	75th

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 Ida Grove.

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

With a population of 1,969, Ida Grove’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.



# Health Status

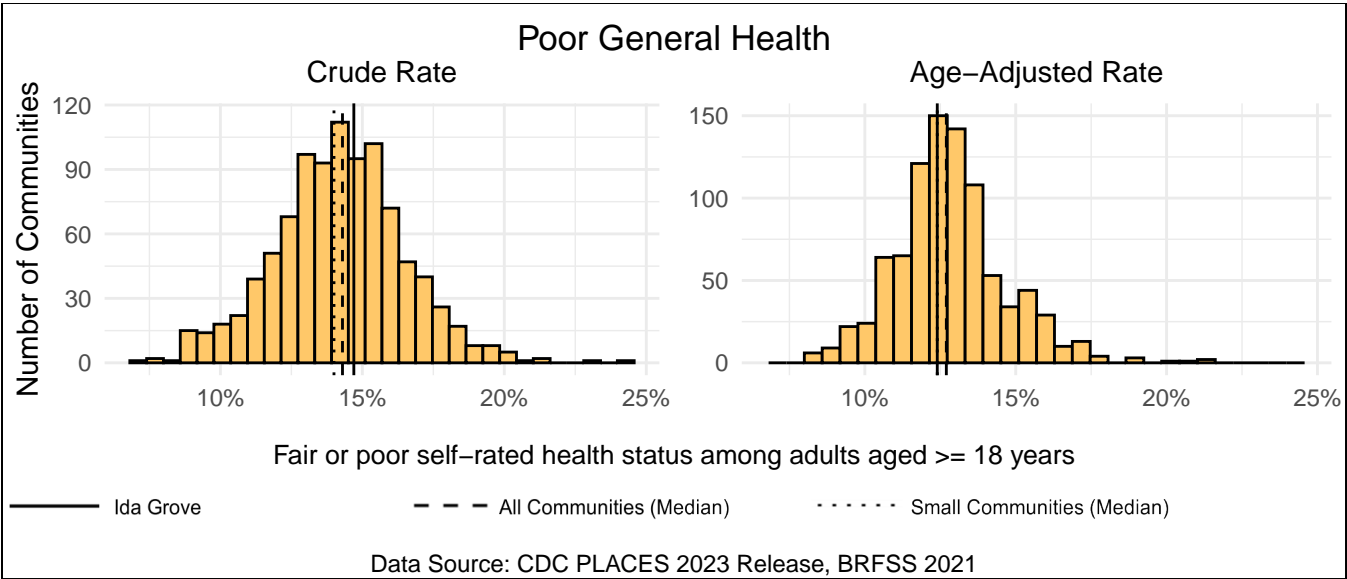
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Ida Grove has a crude rate of 14.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 552nd out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Ida Grove is 12.4%, which ranks 355th out of 905 Iowa communities (68th out of 138 small communities).

Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	14.7%	14.3%	14.0%
Age-Adjusted	12.4%	12.7%	12.4%

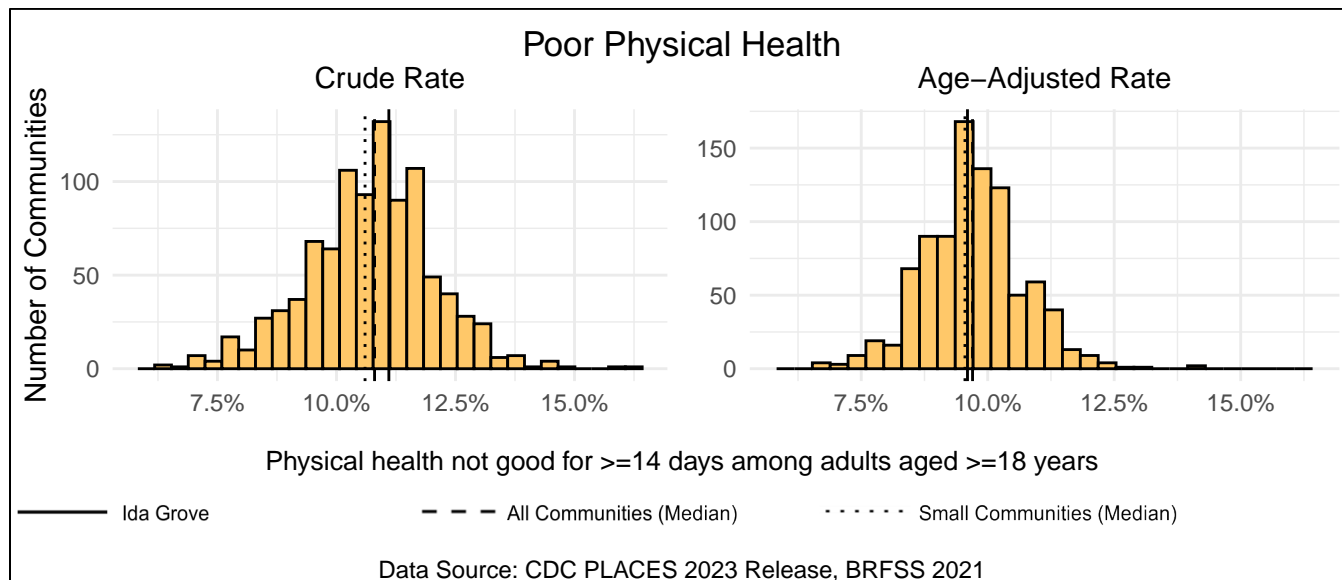




## Poor Physical Health

Ida Grove has a crude rate of 11.1% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 568th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Ida Grove is 9.6%, which ranks 377th out of 905 Iowa communities (70th out of 138 small communities).

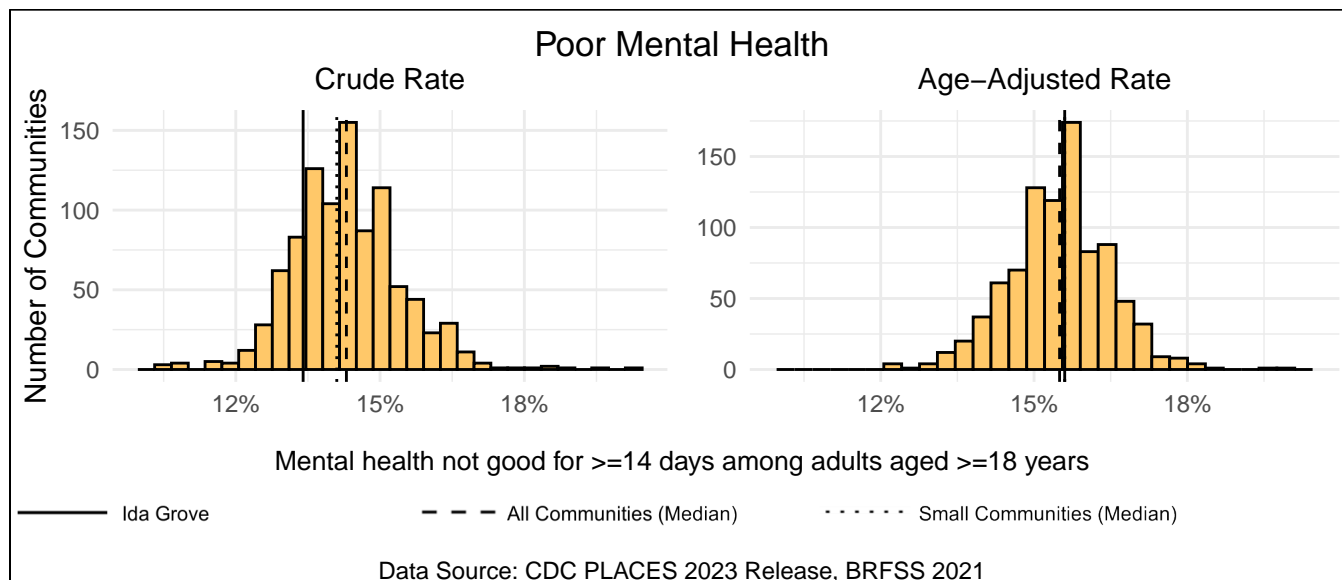
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	11.1%	10.8%	10.6%
Age-Adjusted	9.6%	9.7%	9.6%



## Poor Mental Health

Ida Grove has a crude rate of 13.4% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 164th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Ida Grove is 15.6%, which ranks 457th out of 905 Iowa communities (69th out of 138 small communities).

Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	13.4%	14.3%	14.1%
Age-Adjusted	15.6%	15.5%	15.6%



# Health Risk Behaviors

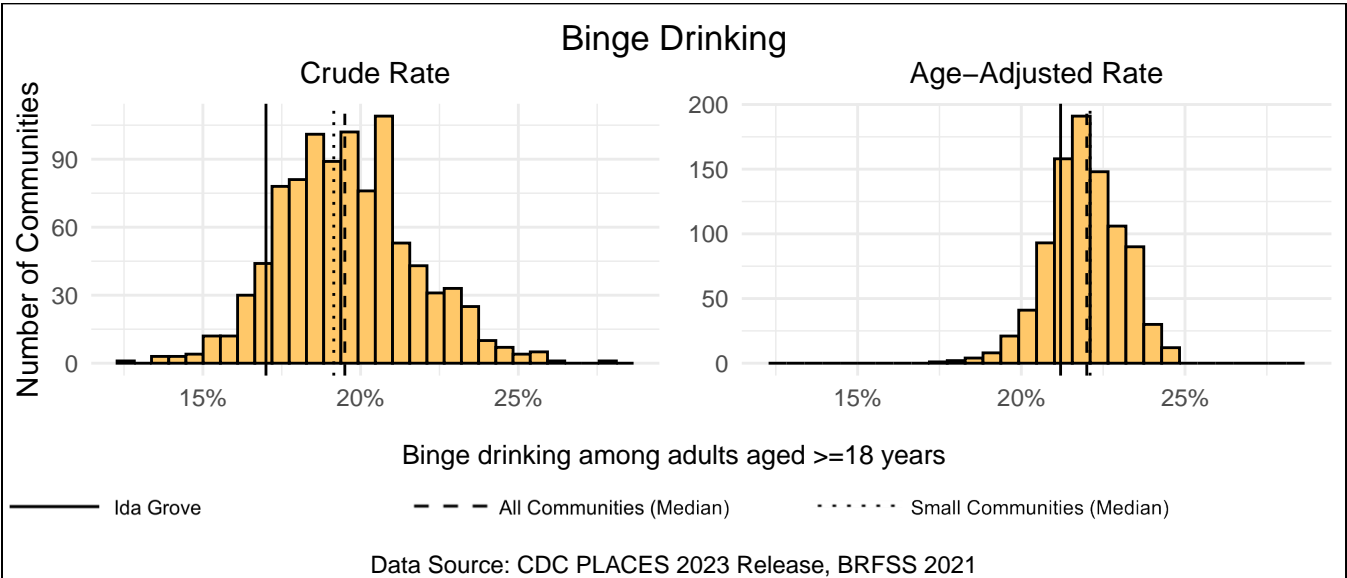
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Ida Grove has a crude rate of 17.0% for binge drinking among adults aged  $\geq 18$  years, which ranks 93rd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Ida Grove is 21.2%, which ranks 202nd out of 905 Iowa communities (28th out of 138 small communities).

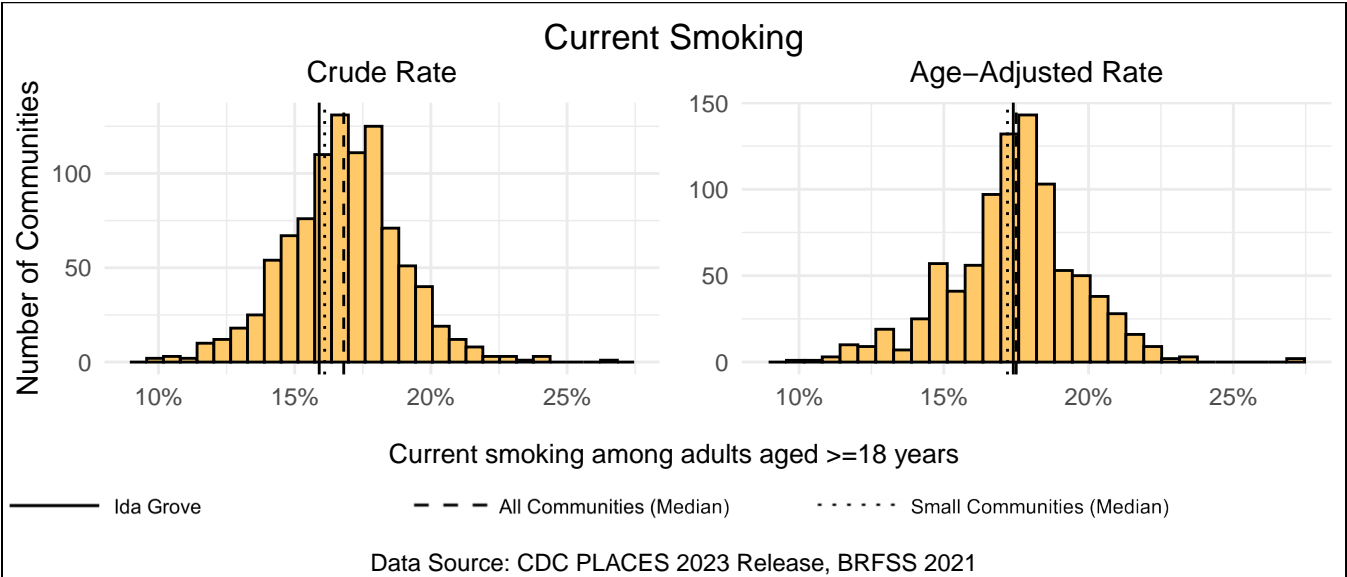
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	17.0%	19.5%	19.1%
Age-Adjusted	21.2%	22.0%	22.1%



# Current Smoking

Ida Grove has a crude rate of 15.9% for current smoking among adults aged  $\geq 18$  years, which ranks 286th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Ida Grove is 17.4%, which ranks 398th out of 905 Iowa communities (77th out of 138 small communities).

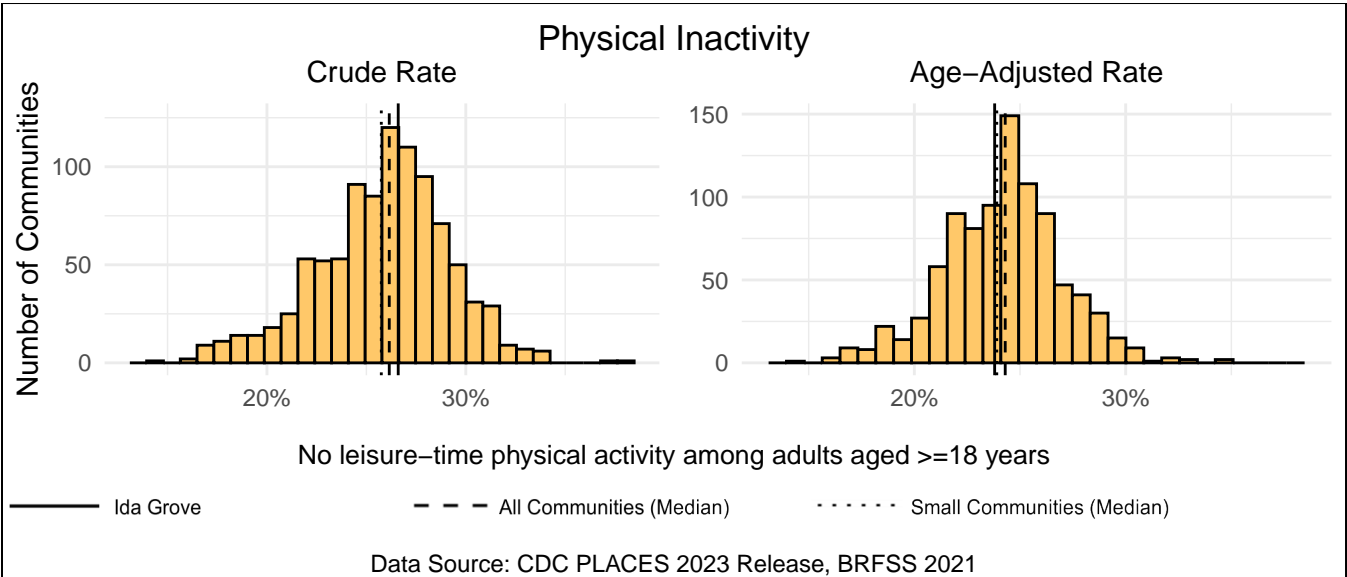
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	15.9%	16.8%	16.1%
Age-Adjusted	17.4%	17.5%	17.2%



# Physical Inactivity

Ida Grove has a crude rate of 26.6% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 524th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Ida Grove is 23.8%, which ranks 368th out of 905 Iowa communities (66th out of 138 small communities).

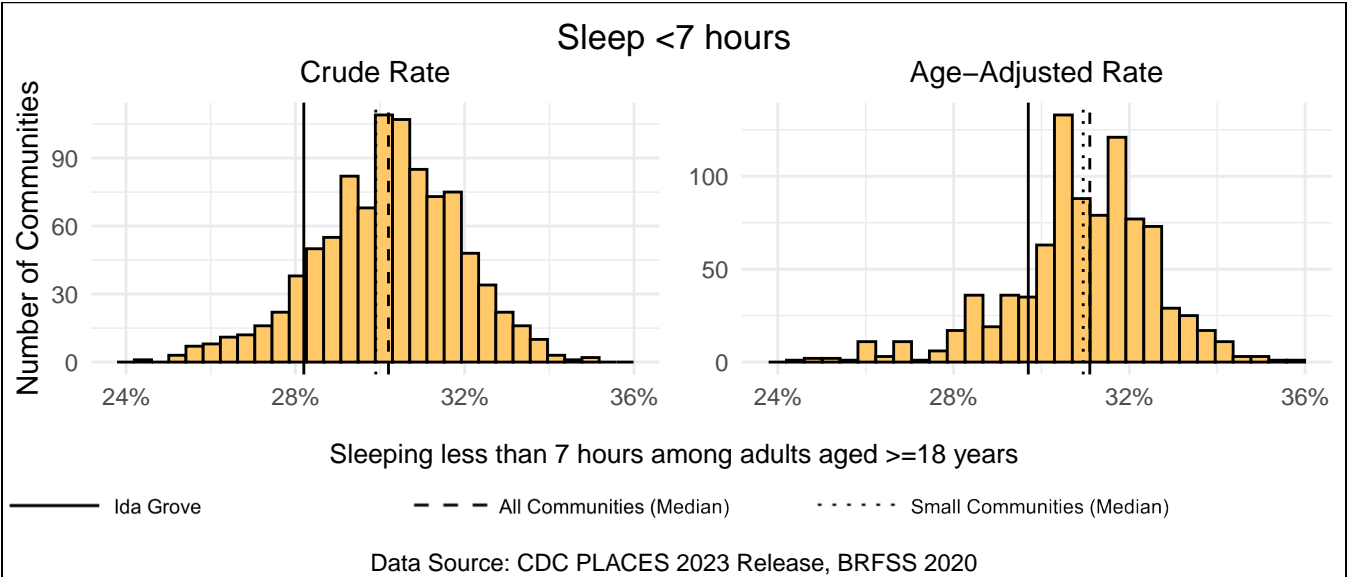
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	26.6%	26.1%	25.8%
Age-Adjusted	23.8%	24.3%	23.9%



Sleep <7 hours

Ida Grove has a crude rate of 28.2% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 109th out of 958 Iowa communities (22nd out of 138 small communities). The age-adjusted rate for Ida Grove is 29.7%, which ranks 162nd out of 905 Iowa communities (33rd out of 138 small communities).

Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	28.2%	30.2%	29.9%
Age-Adjusted	29.7%	31.1%	31.0%



# Health Outcomes

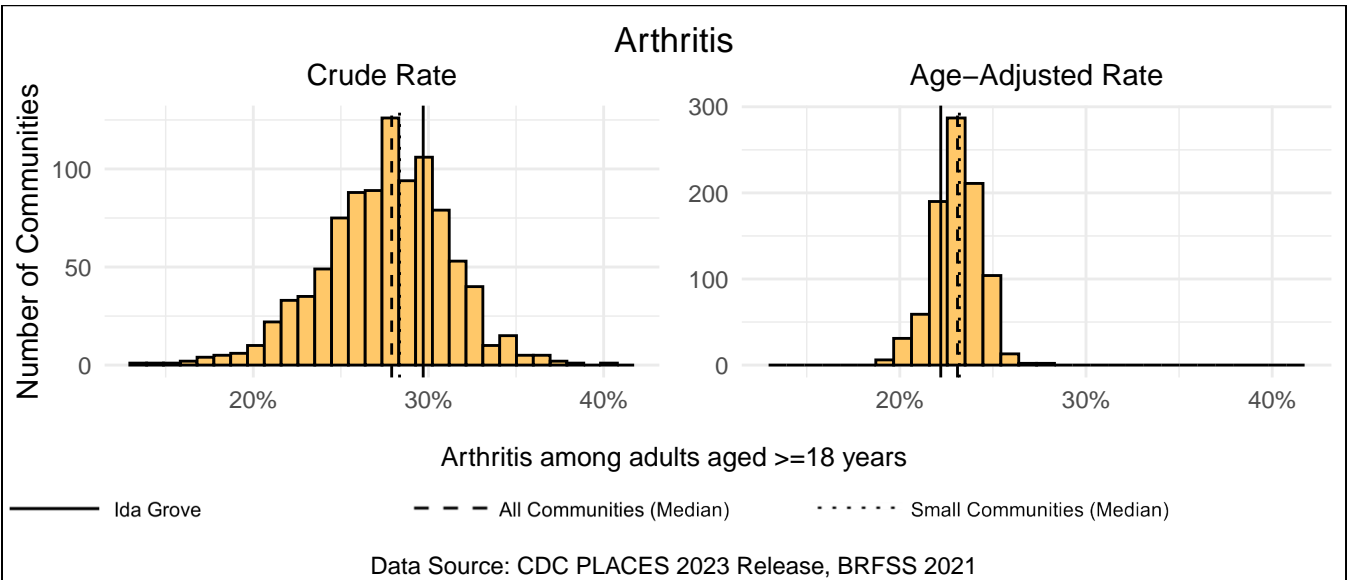
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Ida Grove has a crude rate of 29.7% for arthritis among adults aged  $\geq 18$  years, which ranks 679th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Ida Grove is 22.2%, which ranks 190th out of 905 Iowa communities (32nd out of 138 small communities).

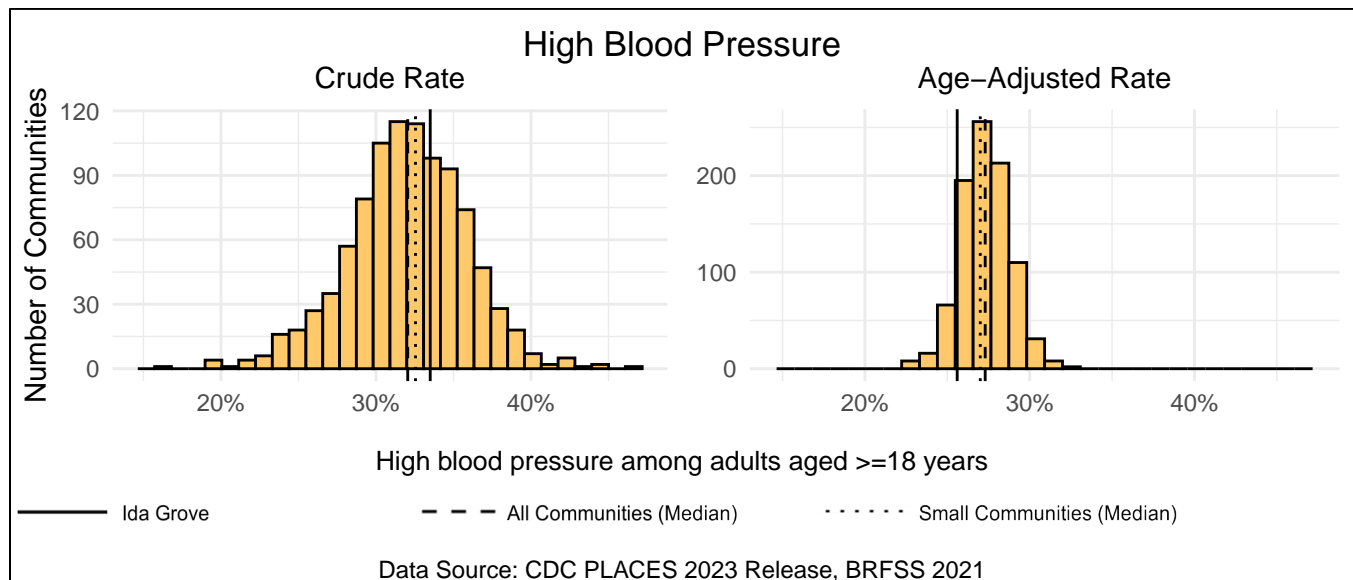
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	29.7%	27.9%	28.4%
Age-Adjusted	22.2%	23.1%	23.2%



## High Blood Pressure

Ida Grove has a crude rate of 33.5% for high blood pressure among adults aged  $\geq 18$  years, which ranks 625th out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Ida Grove is 25.6%, which ranks 101st out of 905 Iowa communities (20th out of 138 small communities).

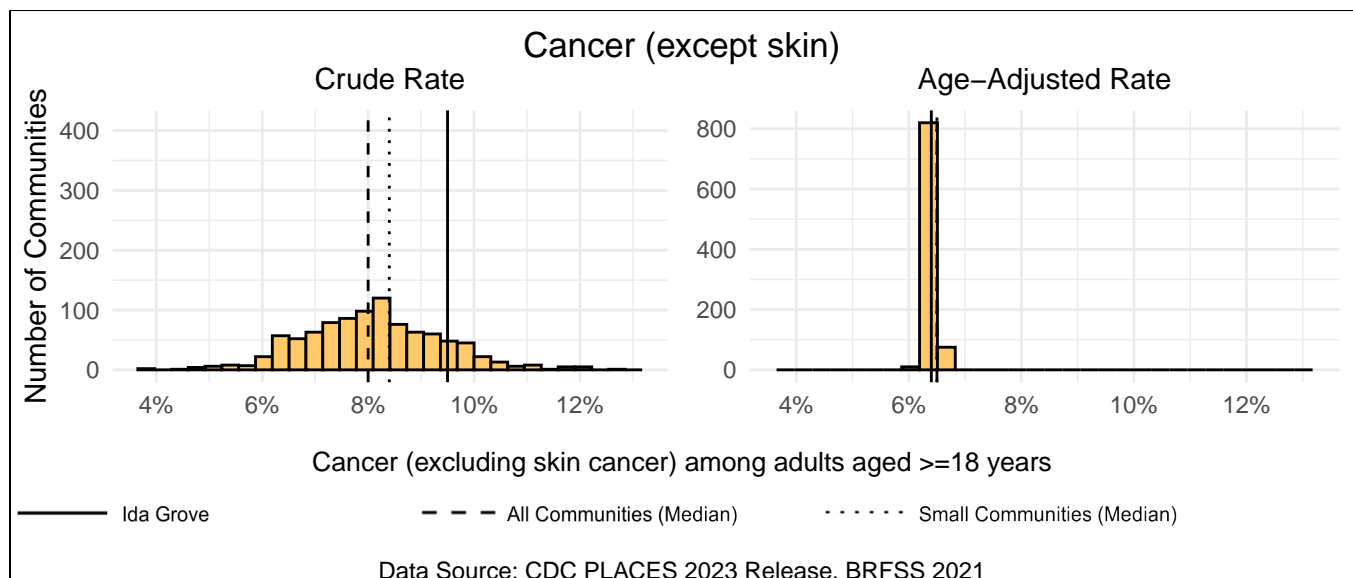
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	33.5%	32.0%	32.5%
Age-Adjusted	25.6%	27.3%	27.0%



## Cancer (except skin)

Ida Grove has a crude rate of 9.5% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 824th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Ida Grove is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

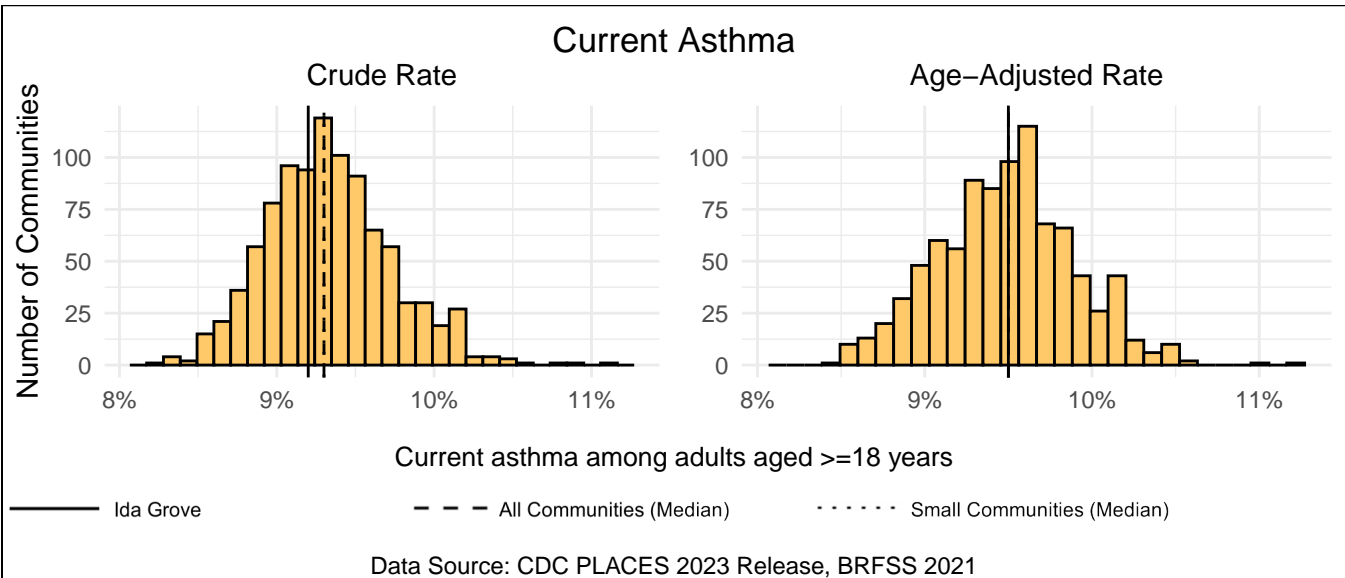
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	9.5%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



## Current Asthma

Ida Grove has a crude rate of 9.2% for current asthma among adults aged  $\geq 18$  years, which ranks 311th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Ida Grove is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

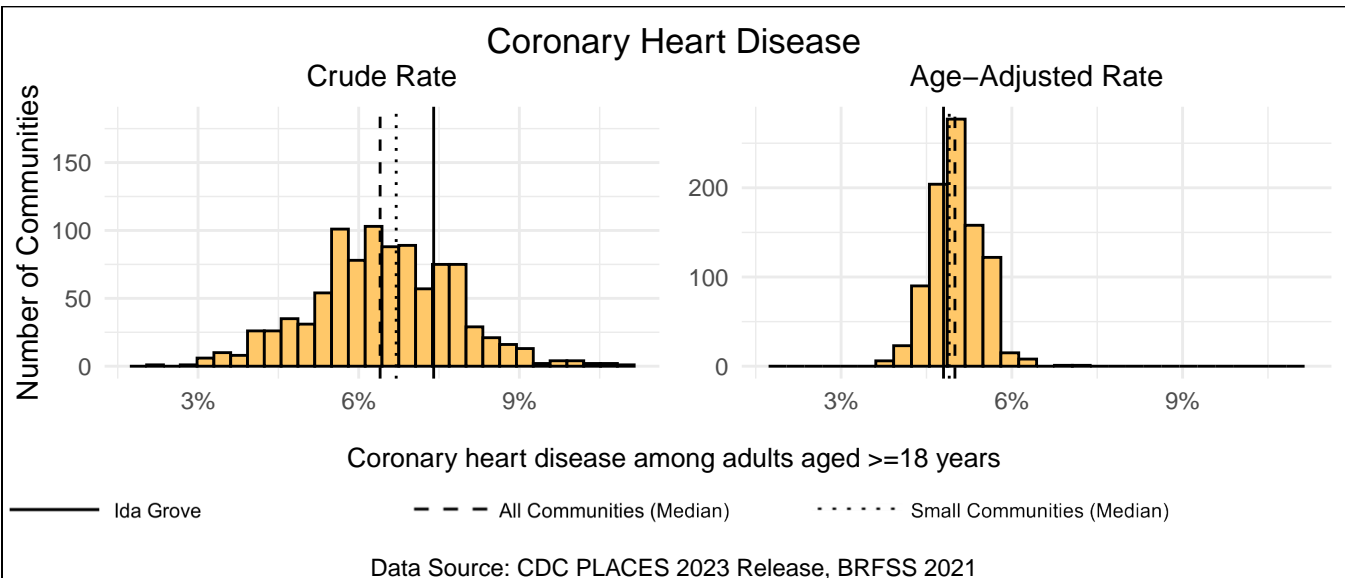
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



## Coronary Heart Disease

Ida Grove has a crude rate of 7.4% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 715th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Ida Grove is 4.8%, which ranks 257th out of 905 Iowa communities (53rd out of 138 small communities).

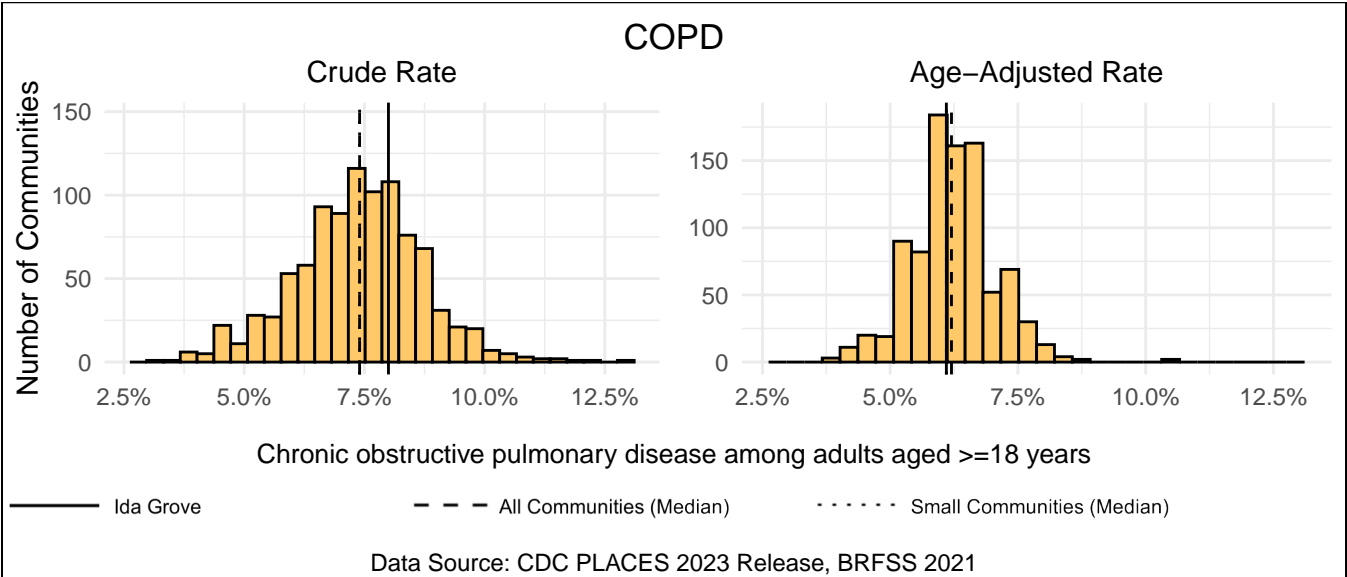
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	7.4%	6.4%	6.7%
Age-Adjusted	4.8%	5.0%	4.9%



# COPD

Ida Grove has a crude rate of 8.0% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 651st out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Ida Grove is 6.1%, which ranks 346th out of 905 Iowa communities (66th out of 138 small communities).

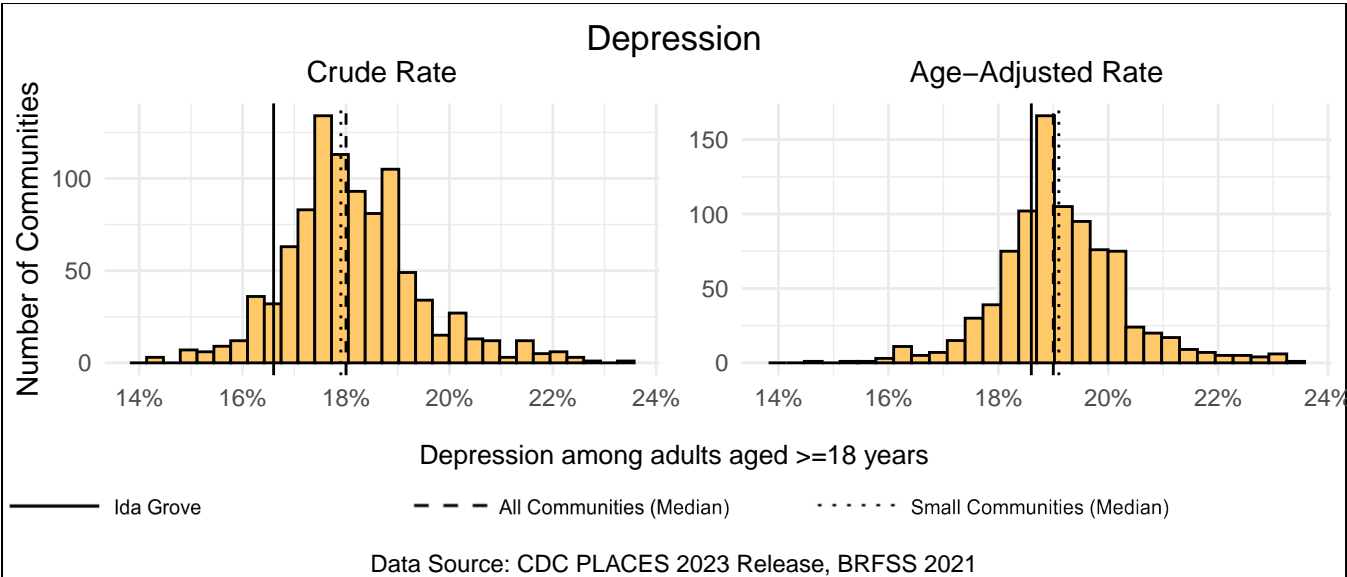
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	8.0%	7.4%	7.4%
Age-Adjusted	6.1%	6.2%	6.1%



# Depression

Ida Grove has a crude rate of 16.6% for depression among adults aged  $\geq 18$  years, which ranks 82nd out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Ida Grove is 18.6%, which ranks 251st out of 905 Iowa communities (38th out of 138 small communities).

Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	16.6%	18.0%	17.9%
Age-Adjusted	18.6%	19.0%	19.1%

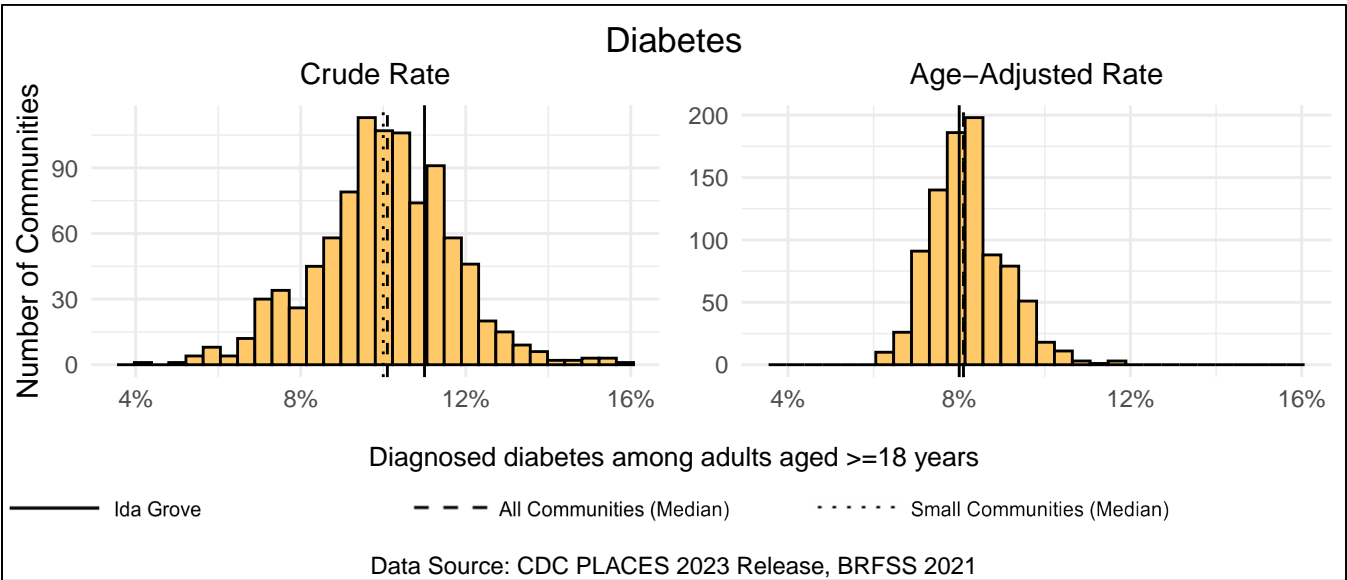




# Diabetes

Ida Grove has a crude rate of 11.0% for diagnosed diabetes among adults aged >=18 years, which ranks 690th out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Ida Grove is 8.0%, which ranks 347th out of 905 Iowa communities (61st out of 138 small communities).

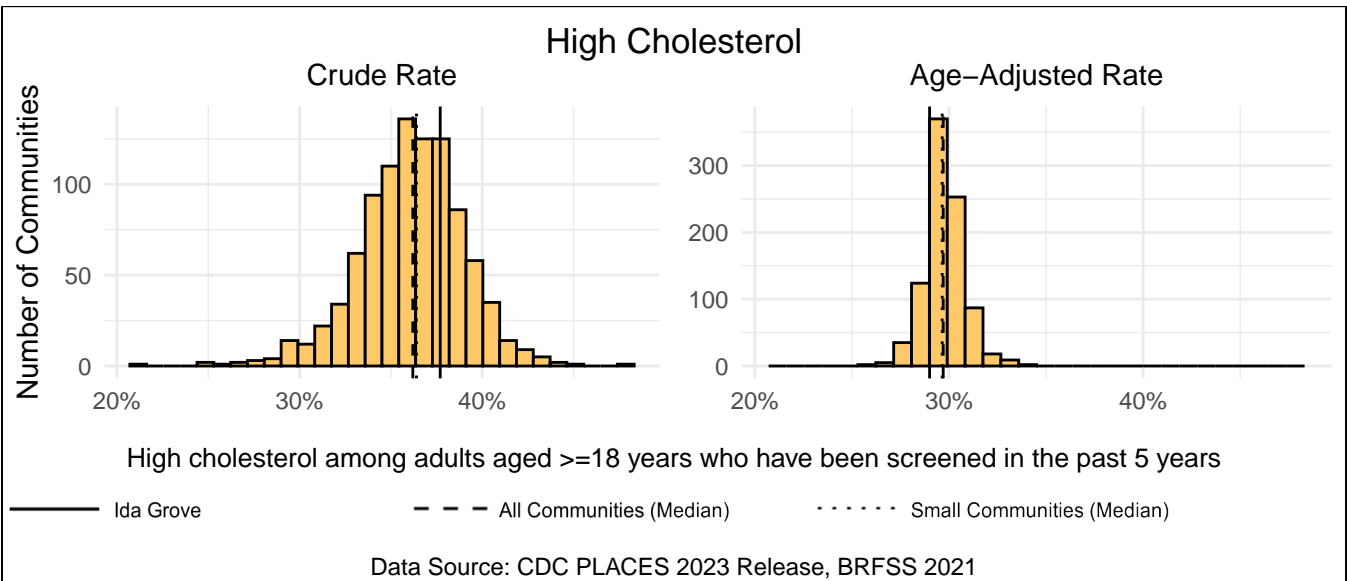
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	11.0%	10.1%	10.0%
Age-Adjusted	8.0%	8.1%	8.1%



# High Cholesterol

Ida Grove has a crude rate of 37.7% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 679th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Ida Grove is 29.0%, which ranks 167th out of 905 Iowa communities (31st out of 138 small communities).

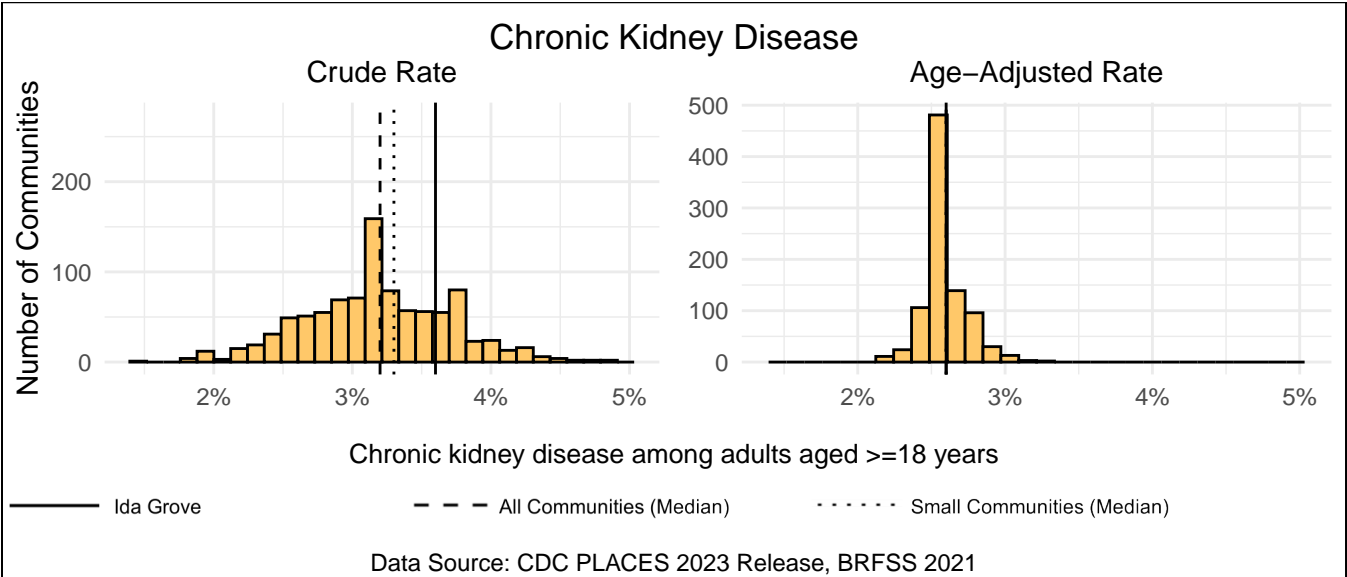
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	37.7%	36.2%	36.4%
Age-Adjusted	29.0%	29.7%	29.6%



## Chronic Kidney Disease

Ida Grove has a crude rate of 3.6% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 732nd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Ida Grove is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

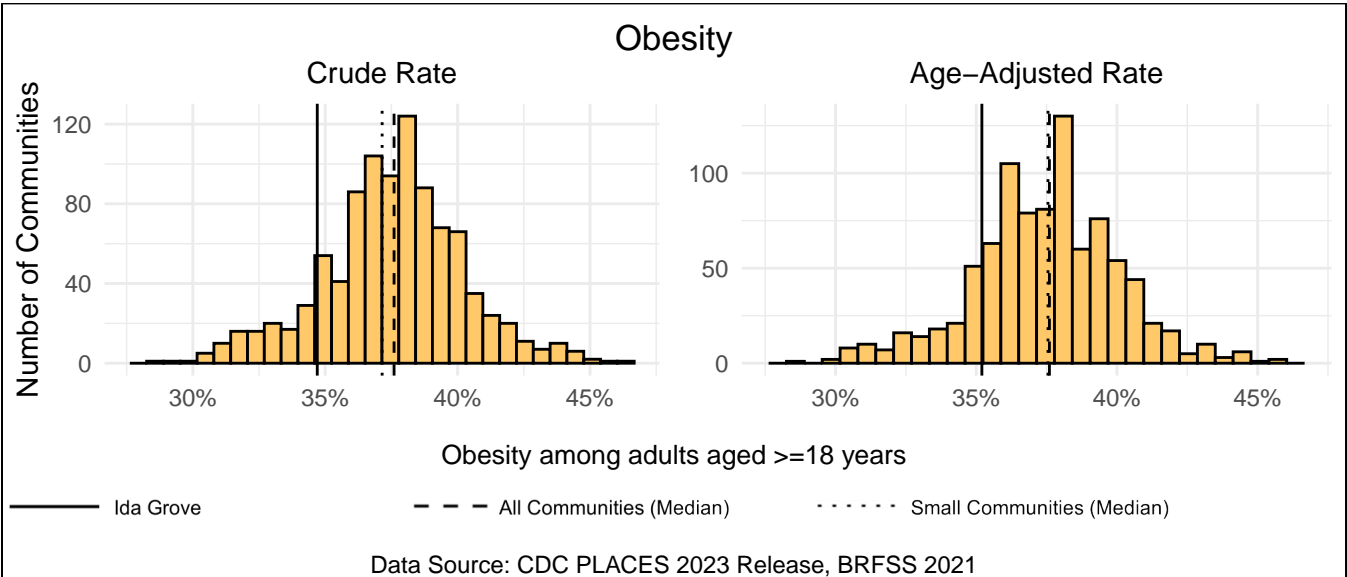
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	3.6%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



## Obesity

Ida Grove has a crude rate of 34.7% for obesity among adults aged  $\geq 18$  years, which ranks 117th out of 958 Iowa communities (21st out of 138 small communities). The age-adjusted rate for Ida Grove is 35.2%, which ranks 135th out of 905 Iowa communities (23rd out of 138 small communities).

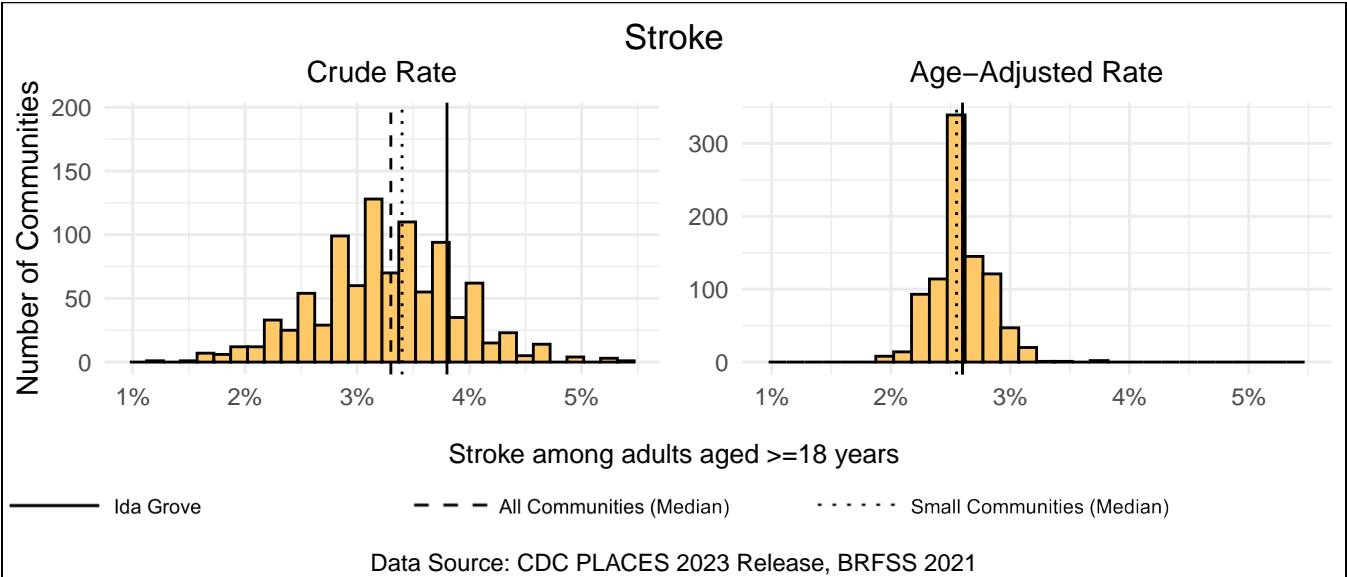
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	34.7%	37.6%	37.2%
Age-Adjusted	35.2%	37.6%	37.5%



# Stroke

Ida Grove has a crude rate of 3.8% for stroke among adults aged  $\geq 18$  years, which ranks 760th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Ida Grove is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

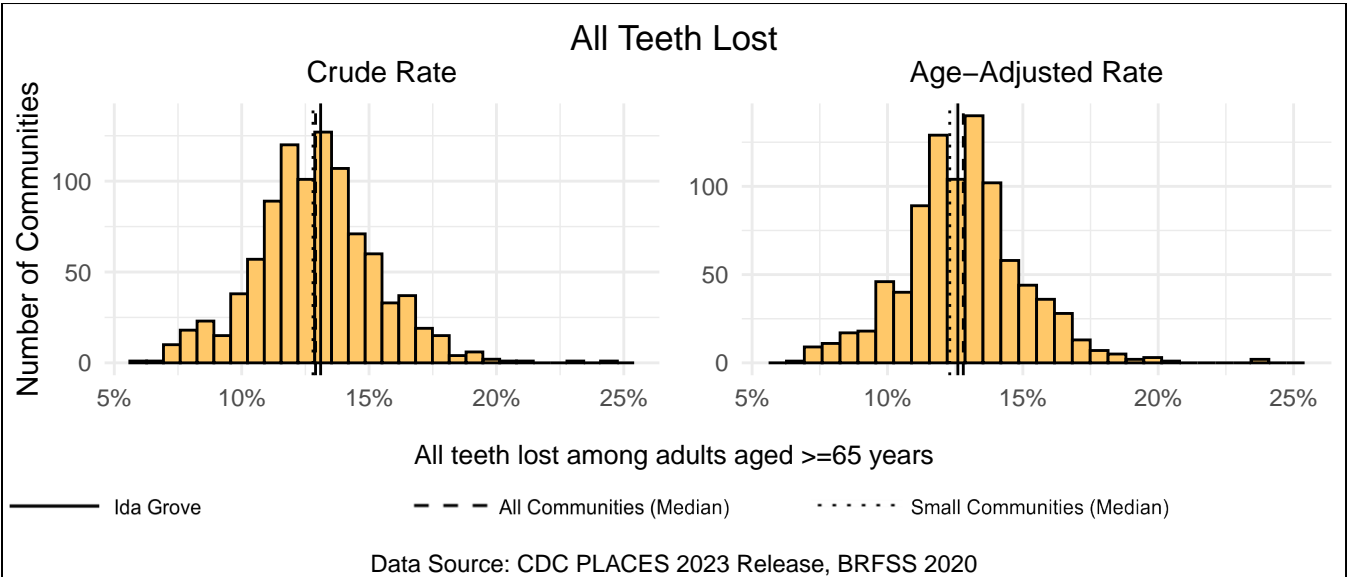
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	3.8%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Ida Grove has a crude rate of 13.1% for all teeth lost among adults aged  $\geq 65$  years, which ranks 501st out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for Ida Grove is 12.6%, which ranks 413th out of 905 Iowa communities (78th out of 138 small communities).

Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	13.1%	12.9%	12.8%
Age-Adjusted	12.6%	12.8%	12.3%



# Prevention

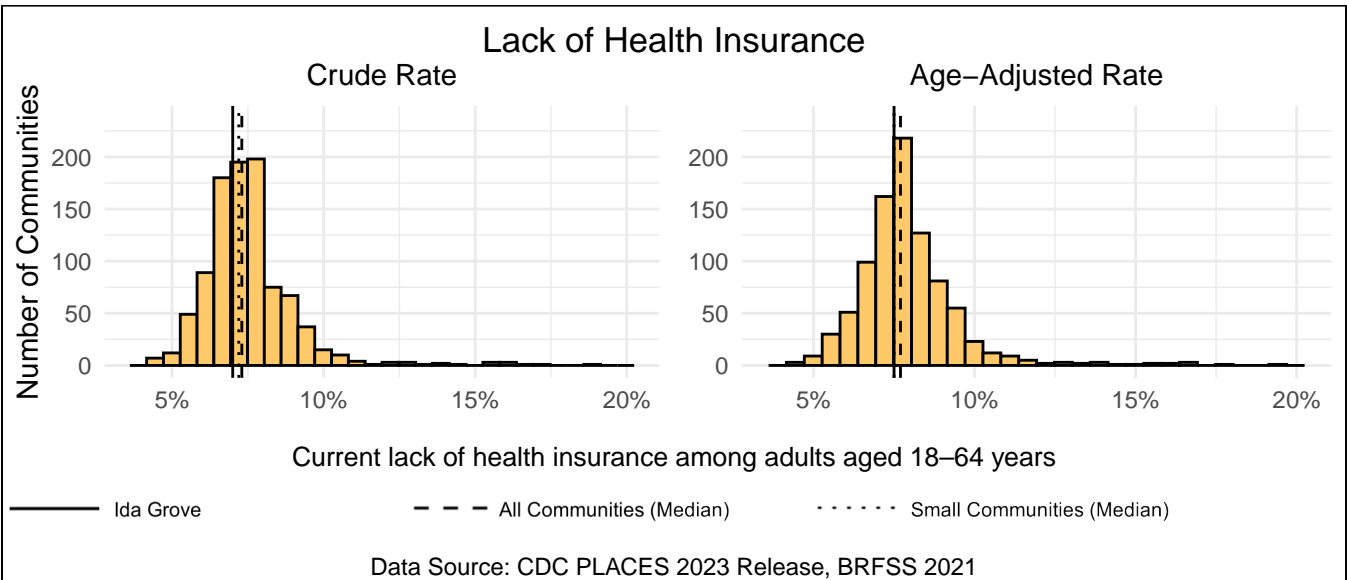
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Ida Grove has a crude rate of 7.0% for current lack of health insurance among adults aged 18–64 years, which ranks 338th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Ida Grove is 7.5%, which ranks 355th out of 905 Iowa communities (67th out of 138 small communities).

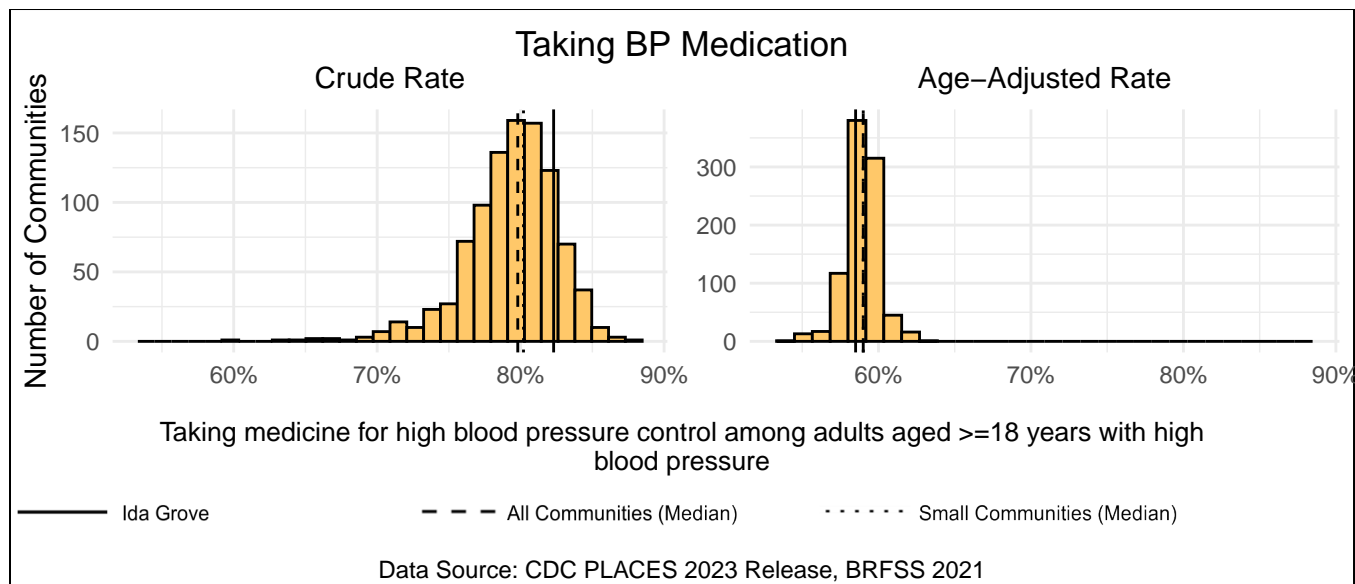
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	7.0%	7.3%	7.2%
Age-Adjusted	7.5%	7.7%	7.5%



## Taking BP Medication

Ida Grove has a crude rate of 82.3% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 140th out of 958 Iowa communities (26th out of 138 small communities). The age-adjusted rate for Ida Grove is 58.5%, which ranks 631st out of 905 Iowa communities (98th out of 138 small communities).

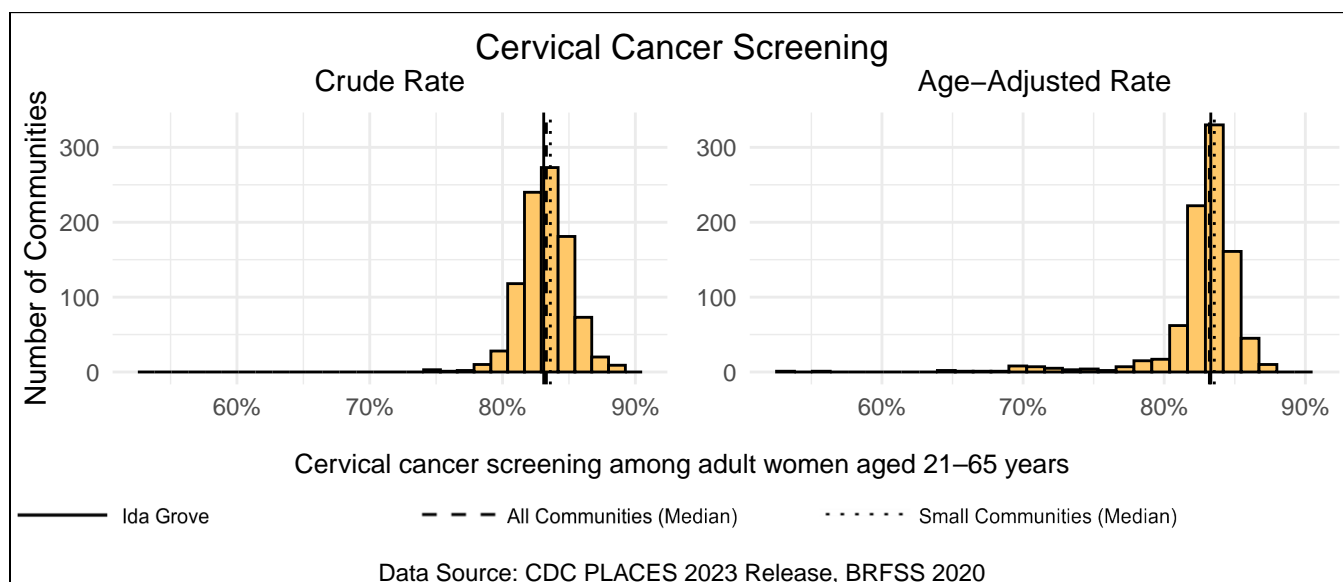
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	82.3%	79.8%	80.2%
Age-Adjusted	58.5%	59.0%	59.0%



## Cervical Cancer Screening

Ida Grove has a crude rate of 83.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 511th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Ida Grove is 83.3%, which ranks 402nd out of 905 Iowa communities (77th out of 138 small communities).

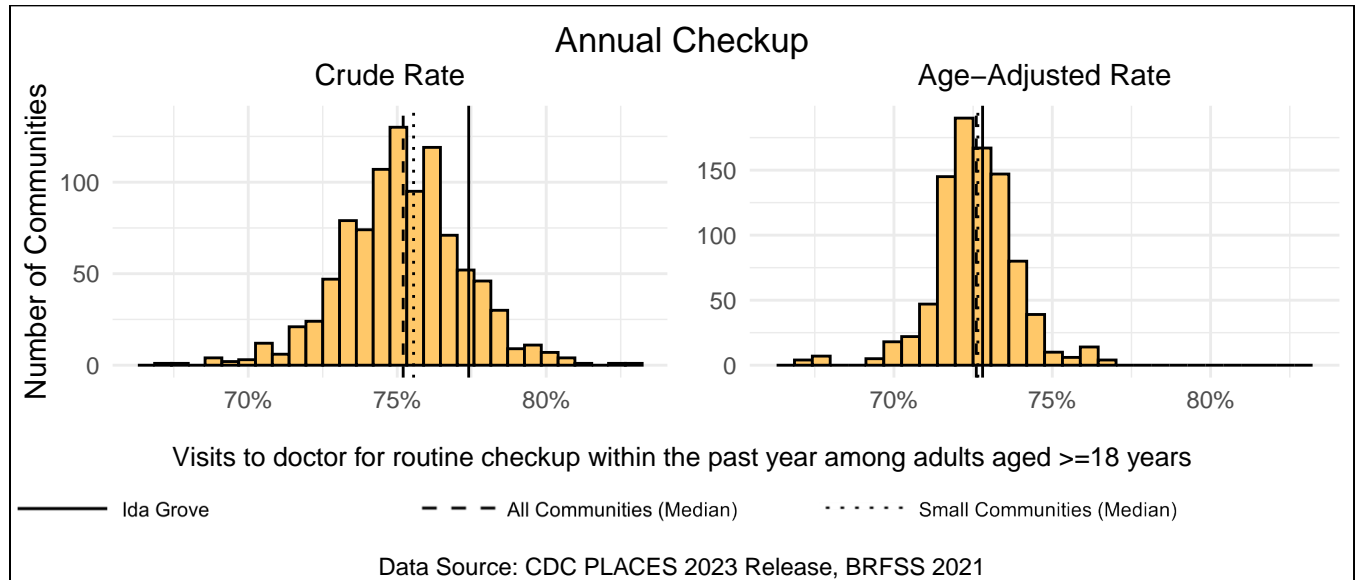
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	83.1%	83.3%	83.6%
Age-Adjusted	83.3%	83.2%	83.5%



## Annual Checkup

Ida Grove has a crude rate of 77.4% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 118th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Ida Grove is 72.8%, which ranks 367th out of 905 Iowa communities (60th out of 138 small communities).

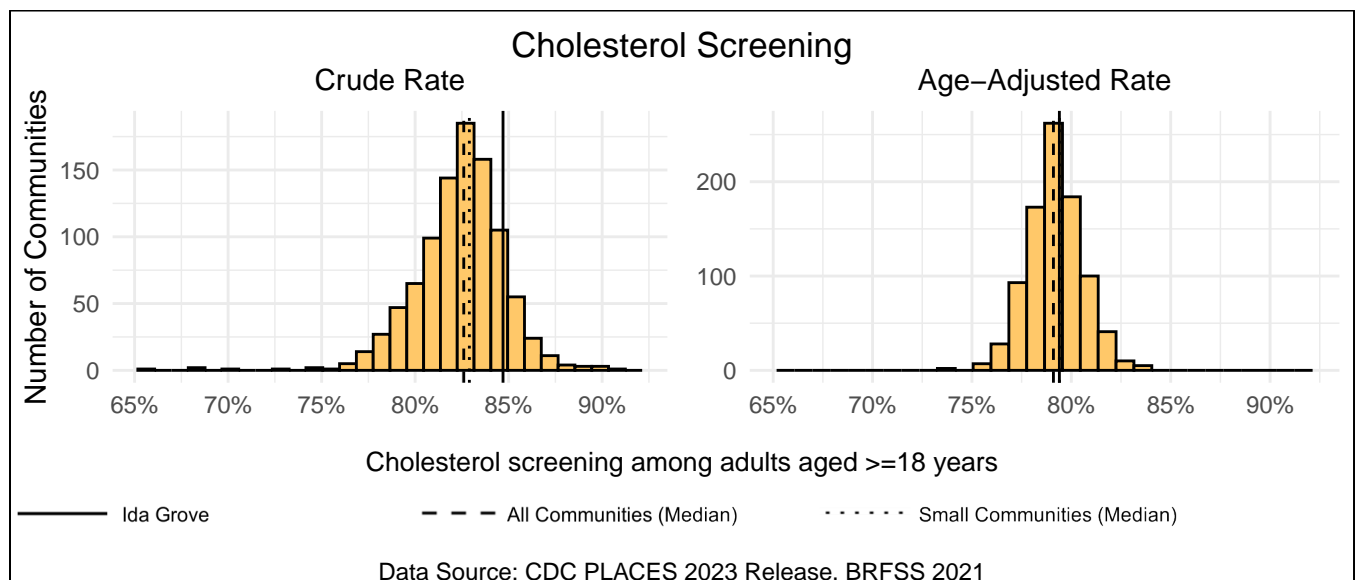
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	77.4%	75.2%	75.5%
Age-Adjusted	72.8%	72.6%	72.6%



## Cholesterol Screening

Ida Grove has a crude rate of 84.7% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 128th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Ida Grove is 79.4%, which ranks 364th out of 905 Iowa communities (65th out of 138 small communities).

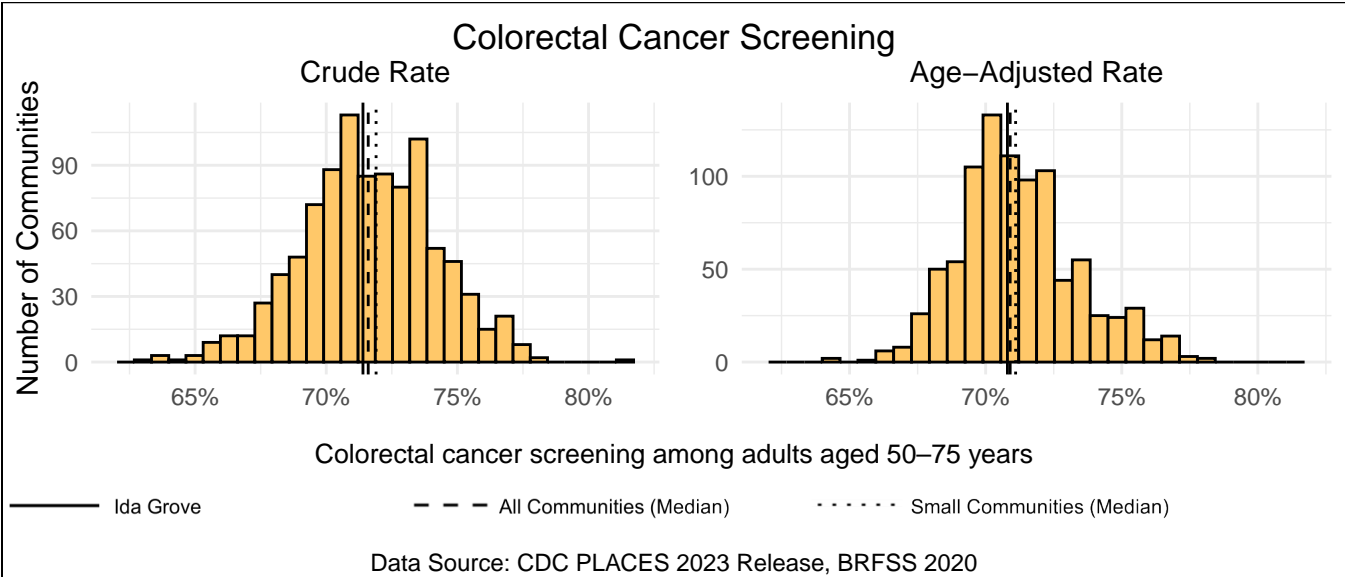
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	84.7%	82.6%	82.9%
Age-Adjusted	79.4%	79.1%	79.4%



## Colorectal Cancer Screening

Ida Grove has a crude rate of 71.4% for colorectal cancer screening among adults aged 50–75 years, which ranks 501st out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Ida Grove is 70.8%, which ranks 474th out of 905 Iowa communities (78th out of 138 small communities).

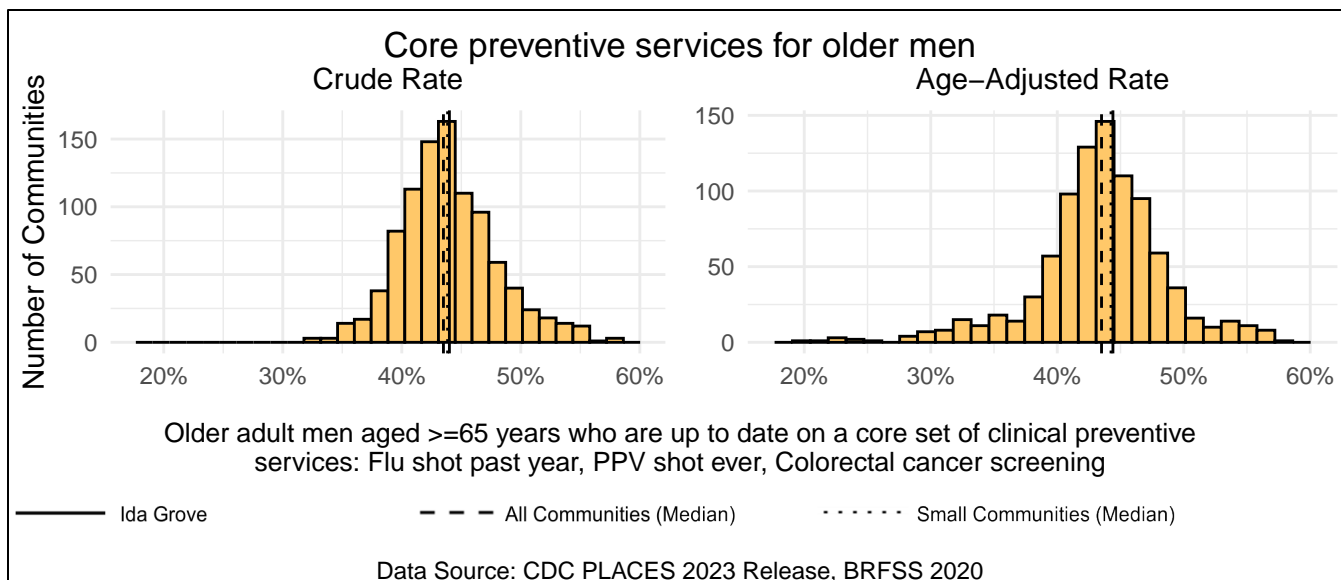
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	71.4%	71.6%	71.9%
Age-Adjusted	70.8%	70.9%	71.1%



## Core preventive services for older men

Ida Grove has a crude rate of 44.0% 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 418th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Ida Grove is 44.4%, which ranks 361st out of 905 Iowa communities (67th out of 138 small communities).

Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	44.0%	43.5%	43.8%
Age-Adjusted	44.4%	43.5%	44.2%

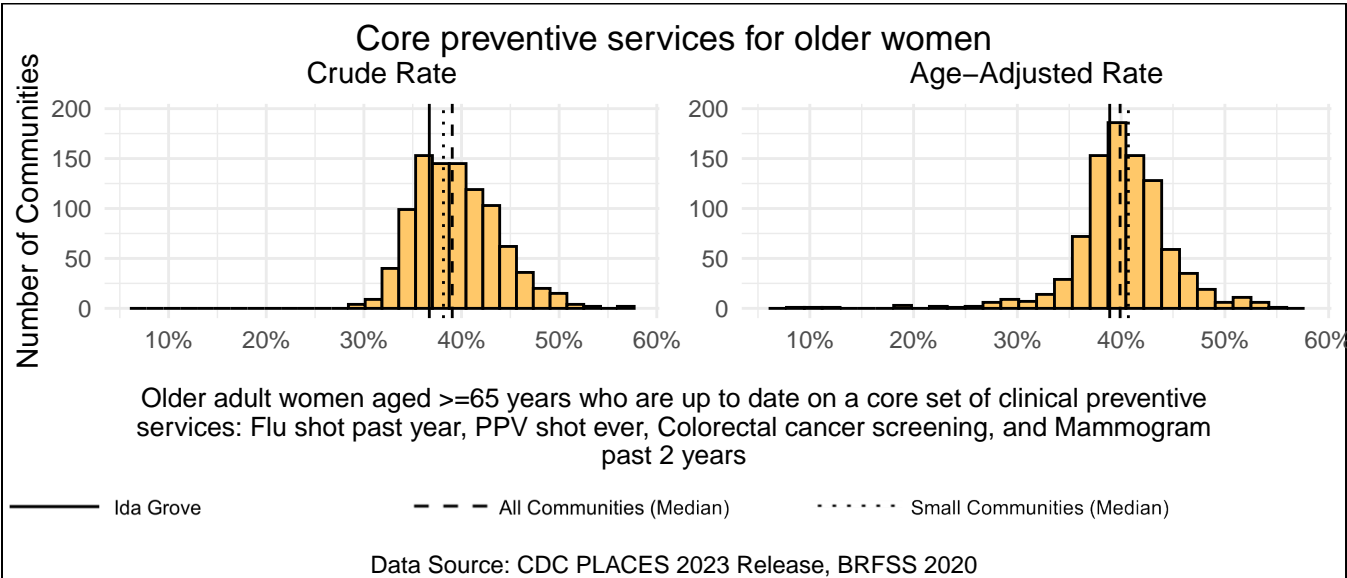




### Core preventive services for older women

Ida Grove has a crude rate of 36.7% 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 692nd out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Ida Grove is 38.9%, which ranks 582nd out of 905 Iowa communities (99th out of 138 small communities).

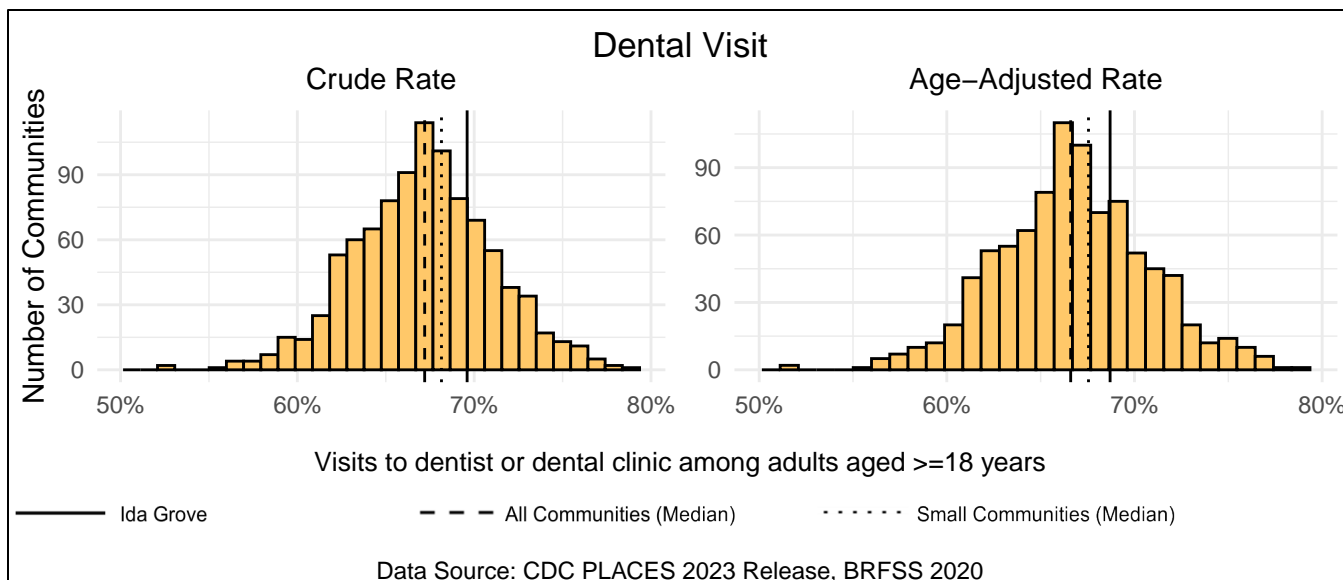
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	36.7%	39.0%	38.2%
Age-Adjusted	38.9%	39.9%	40.7%



### Dental Visit

Ida Grove has a crude rate of 69.6% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 246th out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Ida Grove is 68.7%, which ranks 269th out of 905 Iowa communities (52nd out of 138 small communities).

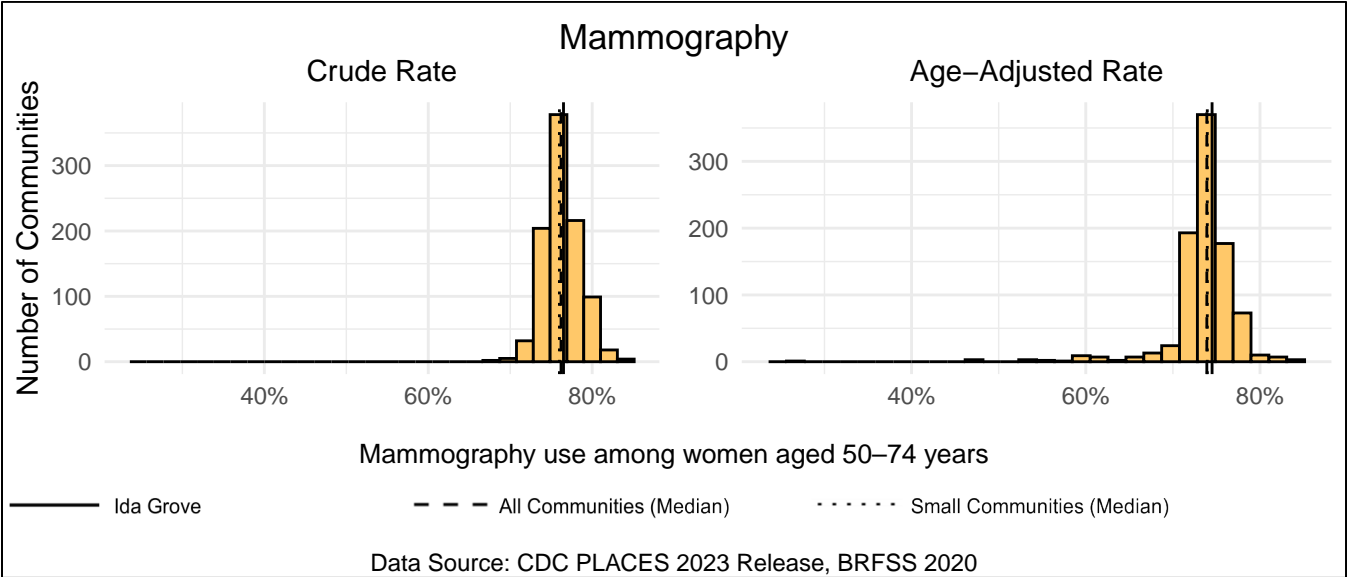
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	69.6%	67.2%	68.2%
Age-Adjusted	68.7%	66.6%	67.5%



# Mammography

Ida Grove has a crude rate of 76.5% for mammography use among women aged 50–74 years, which ranks 410th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Ida Grove is 74.5%, which ranks 323rd out of 905 Iowa communities (54th out of 138 small communities).

Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	76.5%	76.2%	76.0%
Age-Adjusted	74.5%	73.9%	74.0%



# Disability

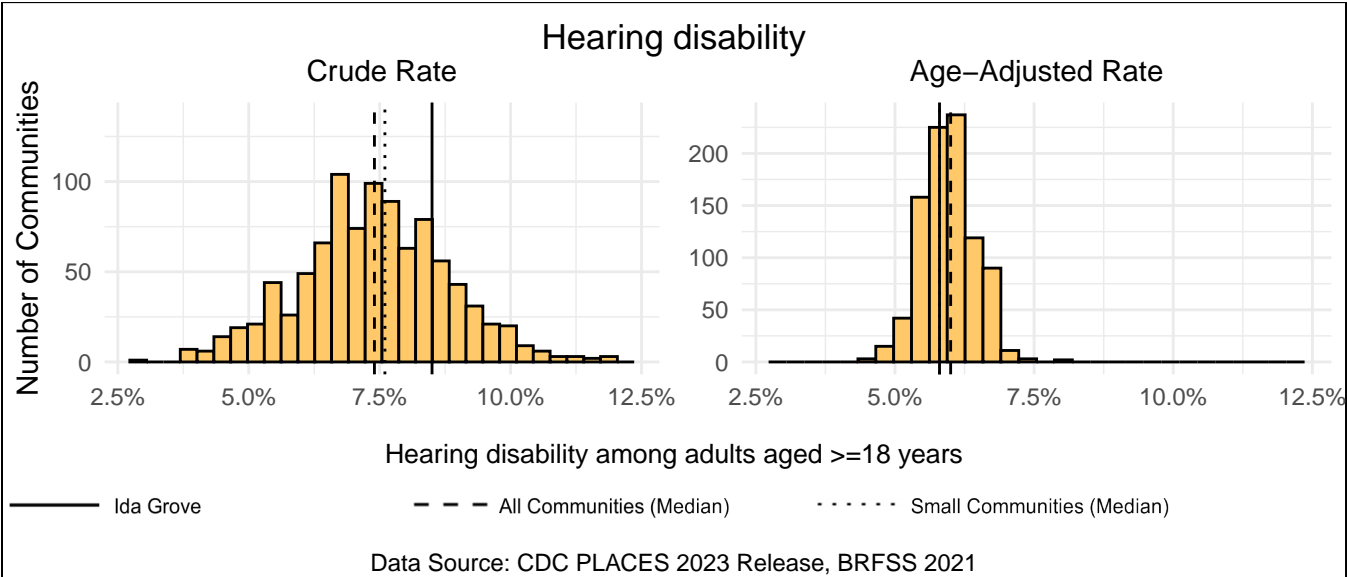
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Ida Grove has a crude rate of 8.5% for hearing disability among adults aged  $\geq 18$  years, which ranks 744th out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for Ida Grove is 5.8%, which ranks 287th out of 905 Iowa communities (63rd out of 138 small communities).

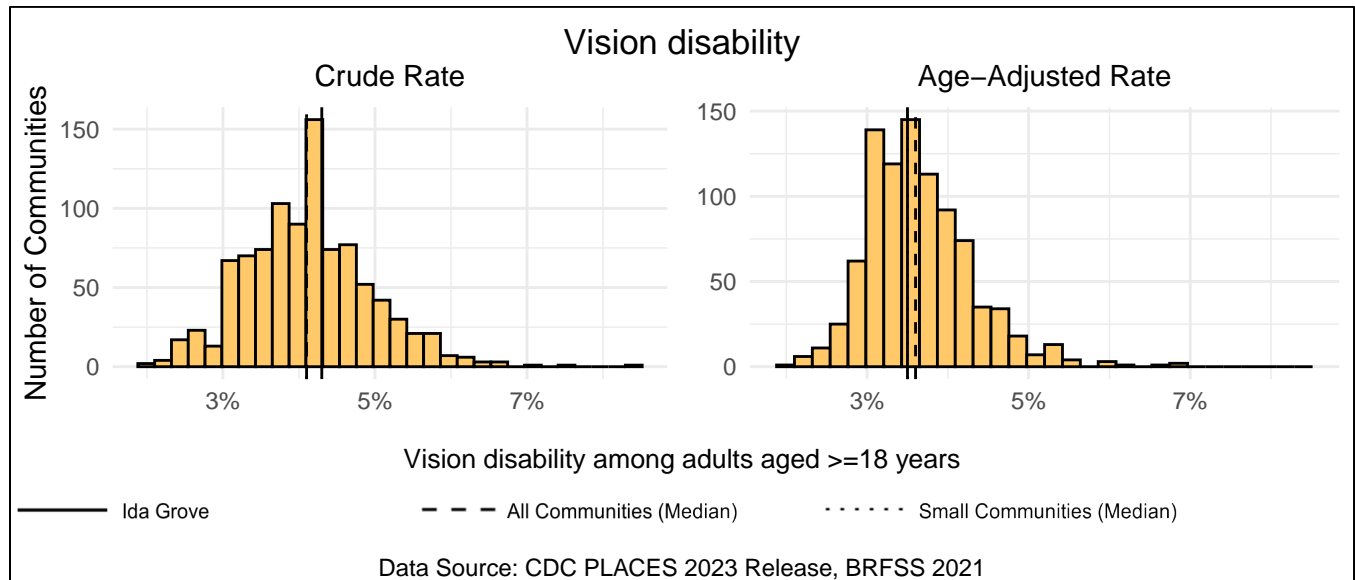
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	8.5%	7.4%	7.6%
Age-Adjusted	5.8%	6.0%	5.8%



## Vision disability

Ida Grove has a crude rate of 4.3% for vision disability among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Ida Grove is 3.5%, which ranks 364th out of 905 Iowa communities (68th out of 138 small communities).

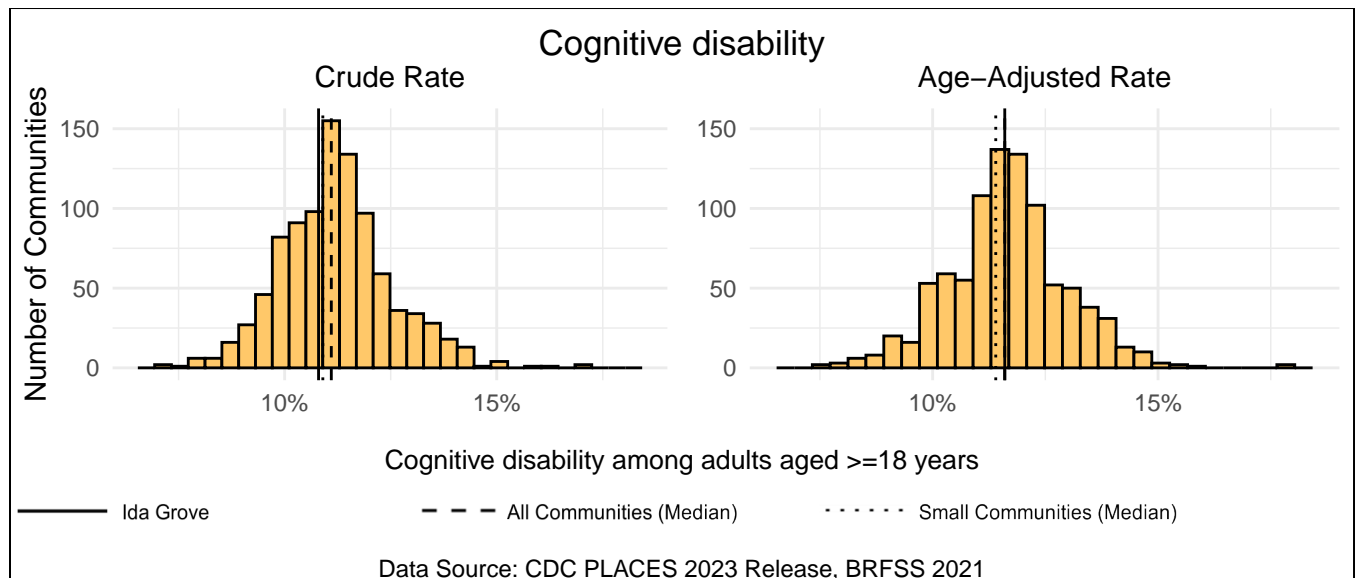
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	4.3%	4.1%	4.1%
Age-Adjusted	3.5%	3.6%	3.5%



## Cognitive disability

Ida Grove has a crude rate of 10.8% for cognitive disability among adults aged  $\geq 18$  years, which ranks 330th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Ida Grove is 11.6%, which ranks 431st out of 905 Iowa communities (74th out of 138 small communities).

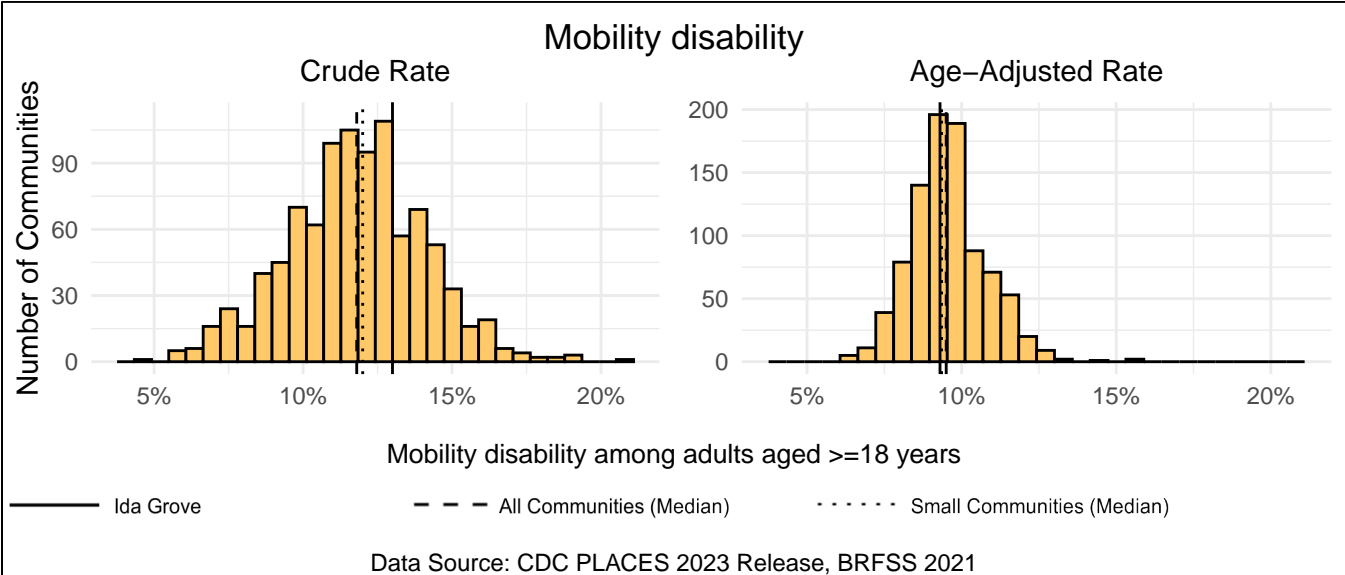
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	10.8%	11.1%	10.9%
Age-Adjusted	11.6%	11.6%	11.4%



## Mobility disability

Ida Grove has a crude rate of 13.0% for mobility disability among adults aged  $\geq 18$  years, which ranks 676th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Ida Grove is 9.3%, which ranks 361st out of 905 Iowa communities (64th out of 138 small communities).

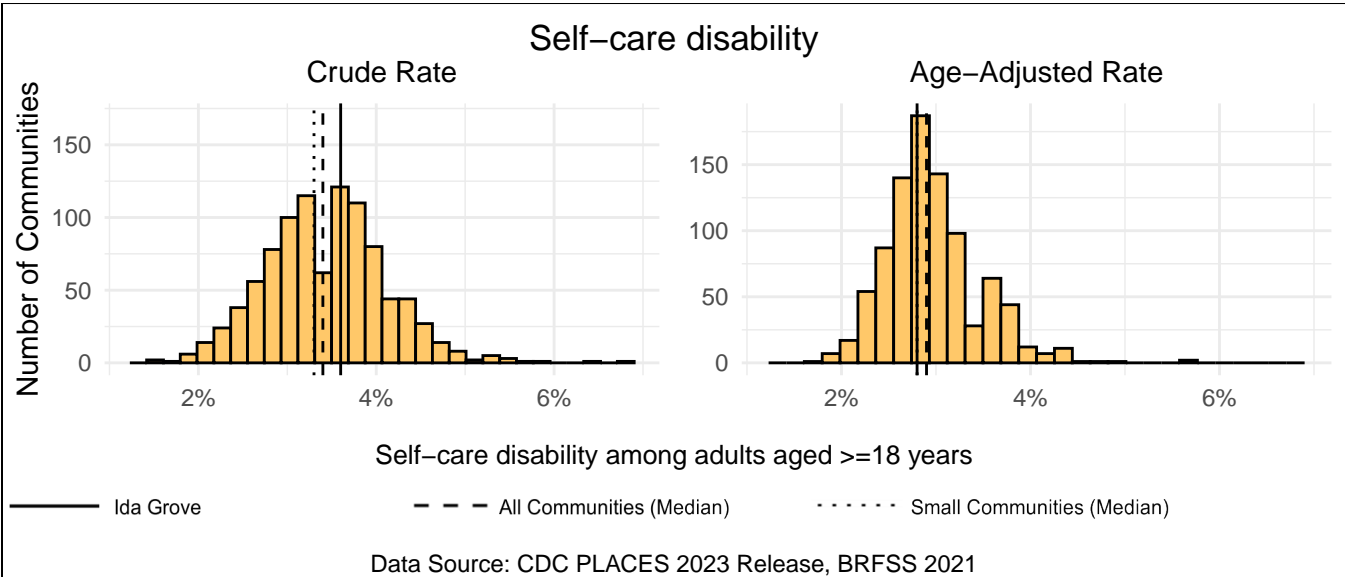
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	13.0%	11.8%	12.0%
Age-Adjusted	9.3%	9.5%	9.4%



## Self-care disability

Ida Grove has a crude rate of 3.6% for self-care disability among adults aged  $\geq 18$  years, which ranks 562nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Ida Grove is 2.8%, which ranks 307th out of 905 Iowa communities (58th out of 138 small communities).

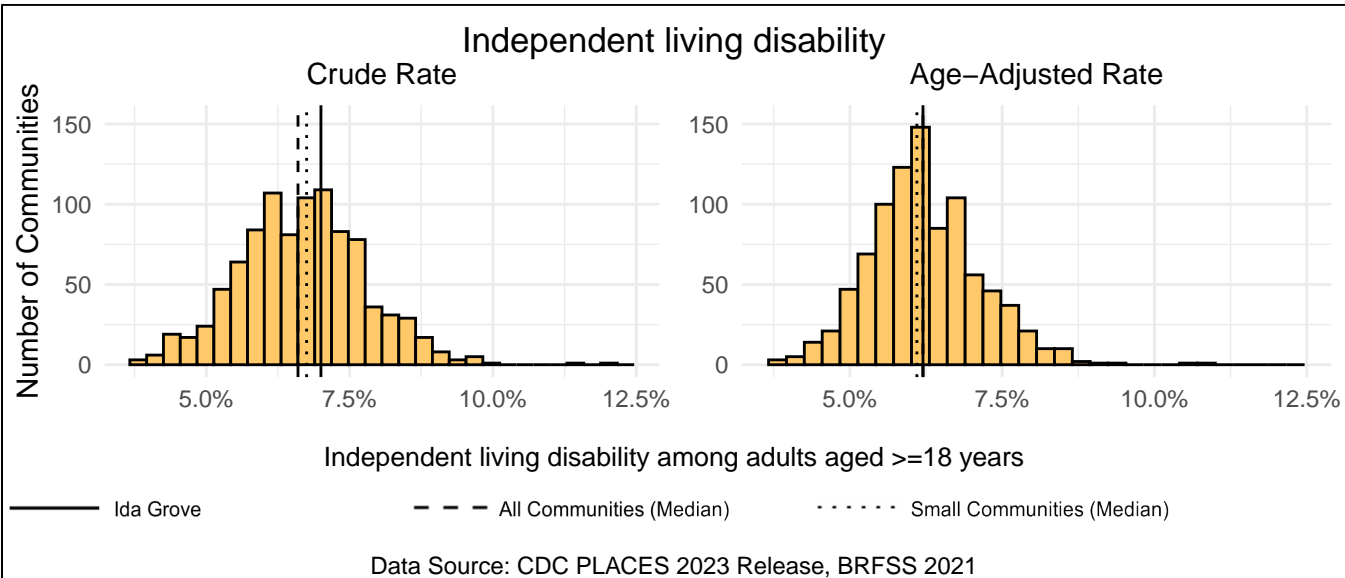
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	3.6%	3.4%	3.3%
Age-Adjusted	2.8%	2.9%	2.8%



### Independent living disability

Ida Grove has a crude rate of 7.0% for independent living disability among adults aged  $\geq 18$  years, which ranks 599th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Ida Grove is 6.2%, which ranks 438th out of 905 Iowa communities (75th out of 138 small communities).

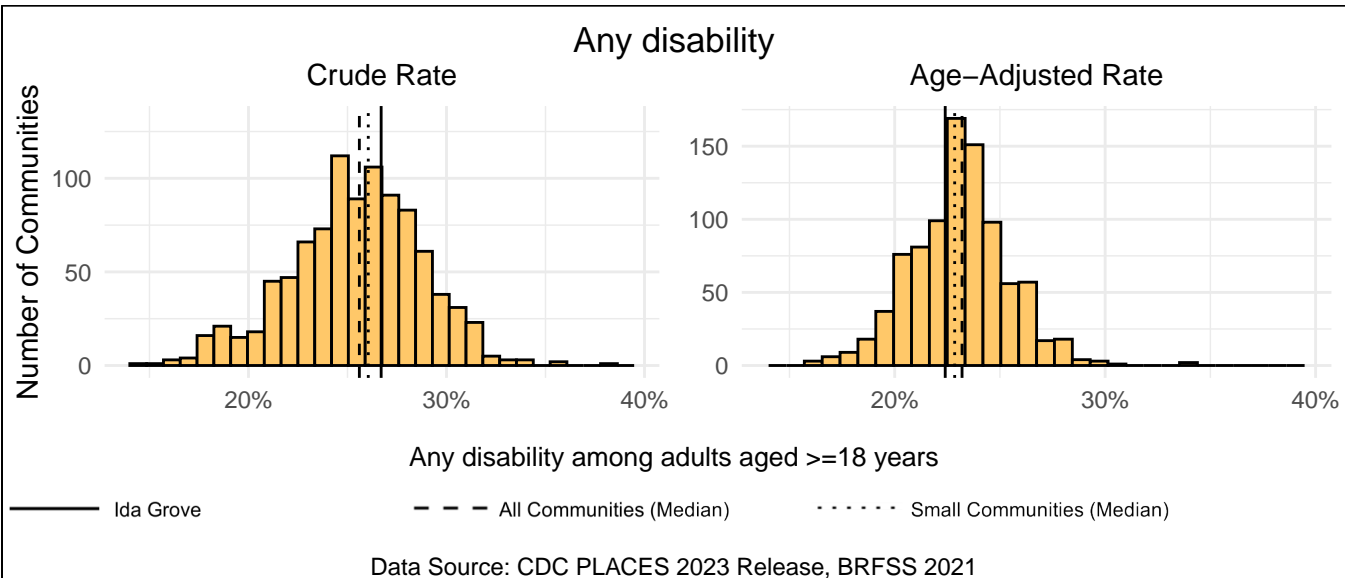
Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	7.0%	6.6%	6.8%
Age-Adjusted	6.2%	6.2%	6.1%



### Any disability

Ida Grove has a crude rate of 26.7% for any disability among adults aged  $\geq 18$  years, which ranks 606th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Ida Grove is 22.4%, which ranks 311th out of 905 Iowa communities (56th out of 138 small communities).

Measure Type	Ida Grove	All Comm.	Small Comm.
Crude	26.7%	25.6%	26.0%
Age-Adjusted	22.4%	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: Ida Grove 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% (9.3% - 13.1%)	377	9.6% (8.1% - 11.1%)
Health Status	Mental Health	164	13.4% (11.4% - 15.5%)	457	15.6% (13.3% - 18.1%)
Health Status	General Health	552	14.7% (12.1% - 17.7%)	355	12.4% (10.1% - 14.9%)
Health Risk Behaviors	Physical Inactivity	524	26.6% (21.4% - 32.1%)	368	23.8% (18.7% - 29.1%)
Health Risk Behaviors	Sleep <7 hours	109	28.2% (26.5% - 29.8%)	162	29.7% (27.7% - 31.4%)
Health Risk Behaviors	Binge Drinking	93	17.0% (13.9% - 20.2%)	202	21.2% (17.5% - 25.0%)
Health Risk Behaviors	Current Smoking	286	15.9% (12.6% - 19.5%)	398	17.4% (13.4% - 21.7%)
Health Outcomes	Current Asthma	311	9.2% (7.9% - 10.4%)	415	9.5% (8.3% - 10.8%)
Health Outcomes	Arthritis	679	29.7% (25.3% - 34.0%)	190	22.2% (18.6% - 25.9%)
Health Outcomes	Coronary Heart Disease	715	7.4% (6.3% - 8.6%)	257	4.8% (4.1% - 5.6%)
Health Outcomes	Diabetes	690	11.0% (9.2% - 12.9%)	347	8.0% (6.7% - 9.4%)
Health Outcomes	Stroke	760	3.8% (3.2% - 4.4%)	375	2.6% (2.2% - 2.9%)
Health Outcomes	High Blood Pressure	625	33.5% (29.1% - 37.7%)	101	25.6% (21.8% - 29.2%)
Health Outcomes	Depression	82	16.6% (13.5% - 19.8%)	251	18.6% (15.0% - 22.3%)
Health Outcomes	Obesity	117	34.7% (27.4% - 42.2%)	135	35.2% (27.6% - 42.5%)
Health Outcomes	All Teeth Lost	501	13.1% (8.3% - 19.0%)	413	12.6% (8.4% - 17.7%)
Health Outcomes	Cancer (except skin)	824	9.5% (8.4% - 10.4%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	Chronic Kidney Disease	732	3.6% (3.2% - 4.1%)	349	2.6% (2.3% - 2.8%)
Health Outcomes	COPD	651	8.0% (6.6% - 9.7%)	346	6.1% (5.0% - 7.4%)
Health Outcomes	High Cholesterol	679	37.7% (32.8% - 42.4%)	167	29.0% (24.8% - 33.4%)
Prevention	Colorectal Cancer Screening	501	71.4% (68.2% - 74.8%)	474	70.8% (67.4% - 74.3%)
Prevention	Core preventive services for older women	692	36.7% (28.8% - 45.2%)	582	38.9% (30.9% - 47.4%)
Prevention	Taking BP Medication	140	82.3% (79.1% - 85.2%)	631	58.5% (53.2% - 63.3%)
Prevention	Dental Visit	246	69.6% (65.9% - 73.3%)	269	68.7% (64.7% - 72.8%)
Prevention	Cholesterol Screening	128	84.7% (82.1% - 87.4%)	364	79.4% (76.0% - 82.9%)

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	418	44.0% (35.0% - 53.3%)	361	44.4% (35.5% - 53.8%)
Prevention	Health Insurance	338	7.0% (5.2% - 9.5%)	355	7.5% (5.6% - 9.8%)
Prevention	Mammography	410	76.5% (71.9% - 80.4%)	323	74.5% (69.9% - 78.8%)
Prevention	Annual Checkup	118	77.4% (72.4% - 81.4%)	367	72.8% (67.5% - 77.4%)
Prevention	Cervical Cancer Screening	511	83.1% (80.5% - 85.7%)	402	83.3% (80.8% - 85.9%)
Disability	Independent Living Disability	599	7.0% (5.8% - 8.3%)	438	6.2% (5.2% - 7.4%)
Disability	Hearing Disability	744	8.5% (7.4% - 9.7%)	287	5.8% (5.0% - 6.6%)
Disability	Any Disability	606	26.7% (22.7% - 31.0%)	311	22.4% (18.4% - 26.4%)
Disability	Vision Disability	562	4.3% (3.5% - 5.2%)	364	3.5% (3.0% - 4.1%)
Disability	Self-care Disability	562	3.6% (2.9% - 4.3%)	307	2.8% (2.4% - 3.4%)
Disability	Mobility Disability	676	13.0% (10.6% - 15.6%)	361	9.3% (7.6% - 11.0%)
Disability	Cognitive Disability	330	10.8% (9.0% - 12.7%)	431	11.6% (9.5% - 14.0%)

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)

Ida Grove 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		