



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 Laurens: Overview

Dear Community Members & Stakeholders of Laurens,

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 Laurens ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Laurens'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 Laurens. 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	139th	25th	Taking BP Medication	126th	14th
Taking BP Medication	229th	48th	Binge Drinking	136th	20th
Annual Checkup	273rd	53rd	Core preventive services for older men	407th	76th
Core preventive services for older men	384th	61st	Cancer (except skin)	418th	41st
Cholesterol Screening	451st	74th	Annual Checkup	498th	80th

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
Physical Inactivity	871st	127th	Depression	845th	129th
Physical Health	867th	128th	Current Smoking	816th	131st
Mobility Disability	861st	120th	High Blood Pressure	798th	127th
Self-care Disability	852nd	125th	Physical Health	795th	128th
Independent Living Disability	849th	123rd	Dental Visit	792nd	127th

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 Laurens.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

How to Use this Report

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

With a population of 1,223, Laurens’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

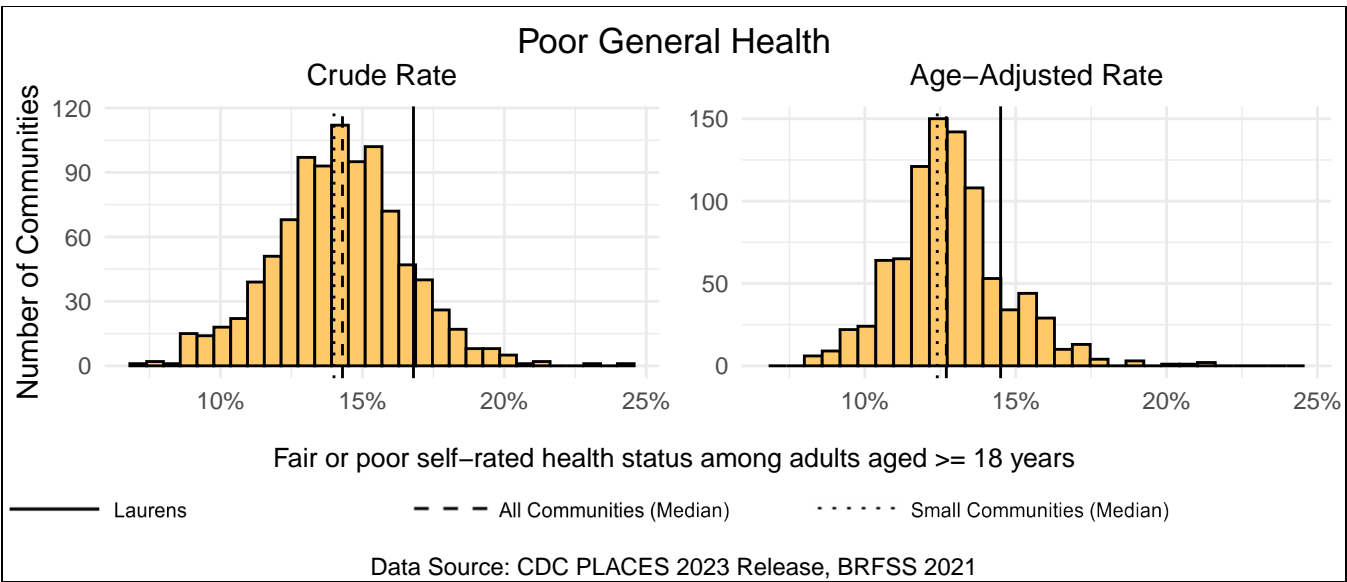
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Laurens has a crude rate of 16.8% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 843rd out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Laurens is 14.5%, which ranks 755th out of 905 Iowa communities (125th out of 138 small communities).

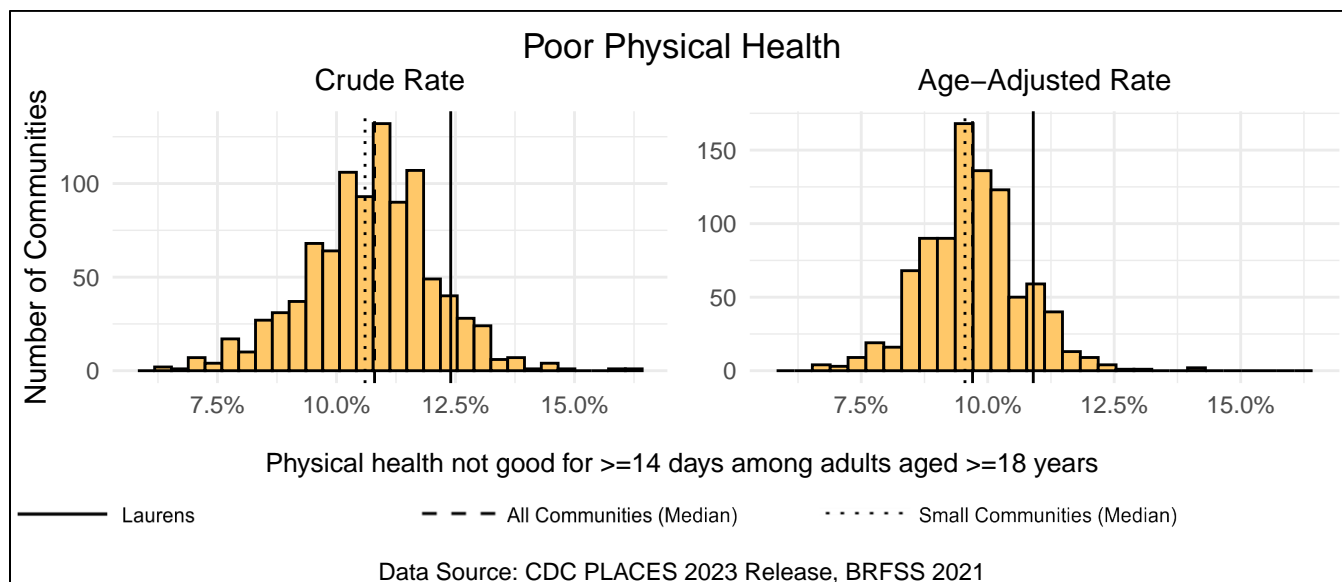
Measure Type	Laurens	All Comm.	Small Comm.
Crude	16.8%	14.3%	14.0%
Age-Adjusted	14.5%	12.7%	12.4%



Poor Physical Health

Laurens has a crude rate of 12.4% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 867th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Laurens is 10.9%, which ranks 795th out of 905 Iowa communities (128th out of 138 small communities).

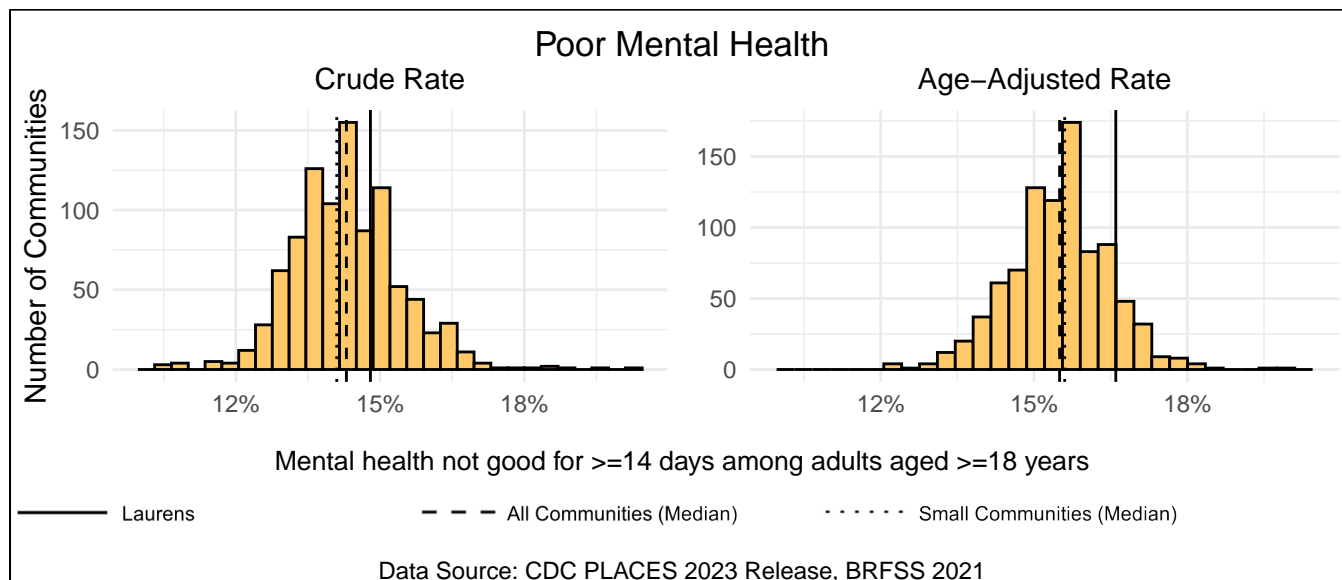
Measure Type	Laurens	All Comm.	Small Comm.
Crude	12.4%	10.8%	10.6%
Age-Adjusted	10.9%	9.7%	9.6%



Poor Mental Health

Laurens has a crude rate of 14.8% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 646th out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Laurens is 16.6%, which ranks 792nd out of 905 Iowa communities (127th out of 138 small communities).

Measure Type	Laurens	All Comm.	Small Comm.
Crude	14.8%	14.3%	14.1%
Age-Adjusted	16.6%	15.5%	15.6%



Health Risk Behaviors

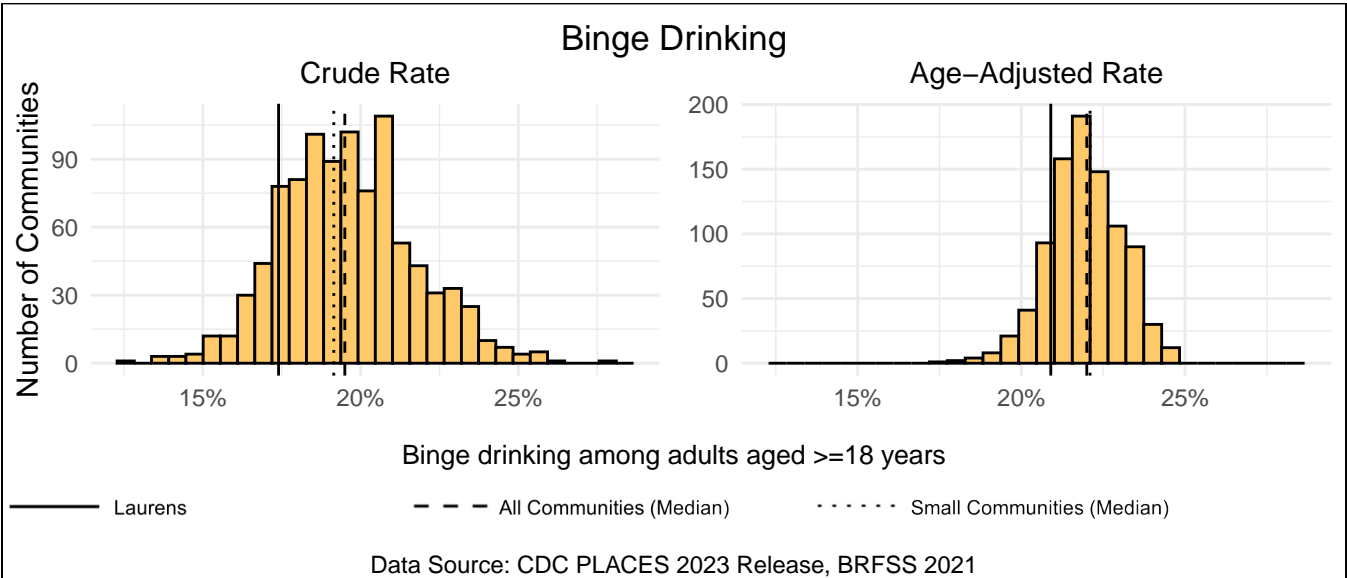
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Laurens has a crude rate of 17.4% for binge drinking among adults aged ≥ 18 years, which ranks 139th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Laurens is 20.9%, which ranks 136th out of 905 Iowa communities (20th out of 138 small communities).

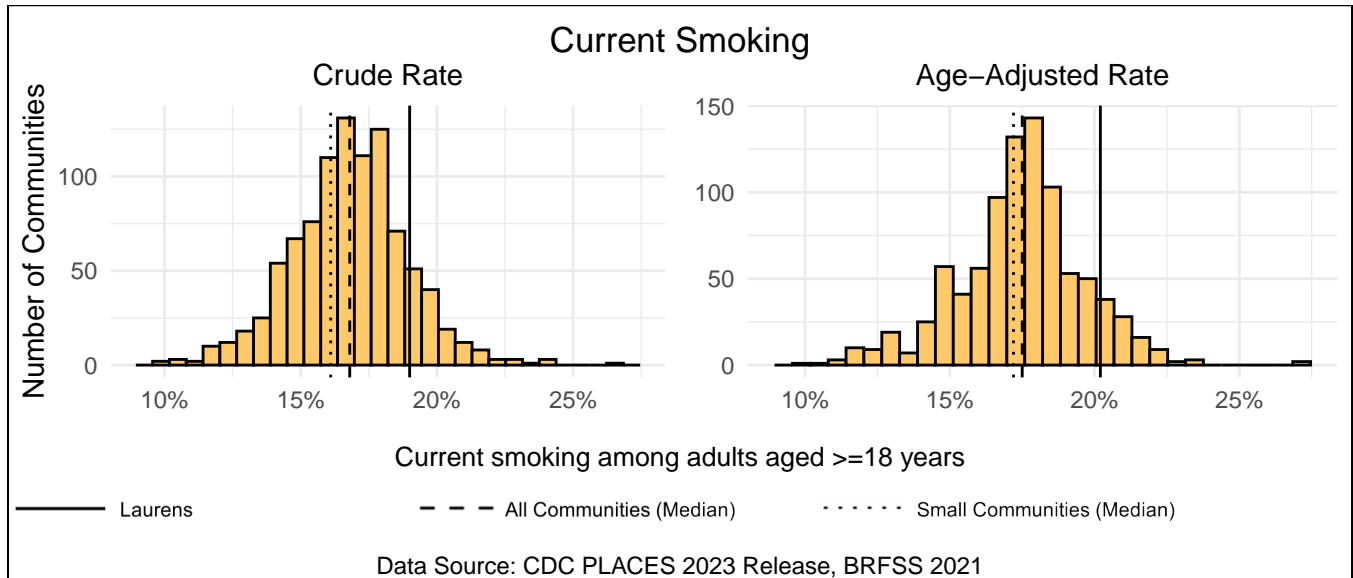
Measure Type	Laurens	All Comm.	Small Comm.
Crude	17.4%	19.5%	19.1%
Age-Adjusted	20.9%	22.0%	22.1%



Current Smoking

Laurens has a crude rate of 19.0% for current smoking among adults aged ≥ 18 years, which ranks 828th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Laurens is 20.2%, which ranks 816th out of 905 Iowa communities (131st out of 138 small communities).

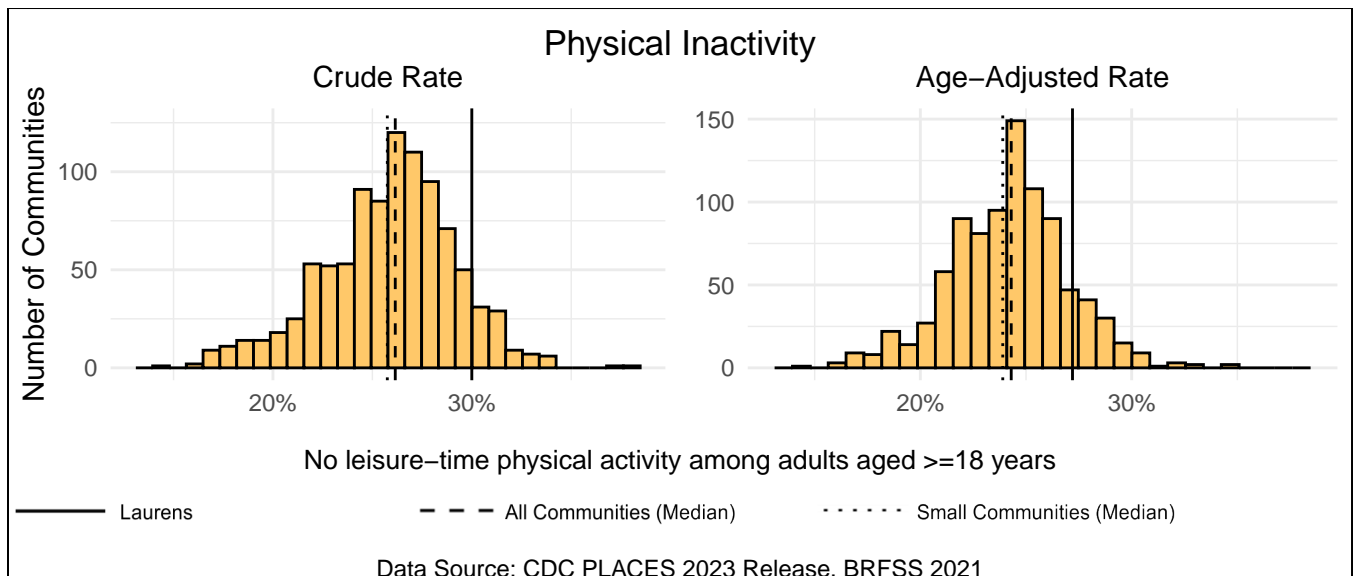
Measure Type	Laurens	All Comm.	Small Comm.
Crude	19.0%	16.8%	16.1%
Age-Adjusted	20.2%	17.5%	17.2%



Physical Inactivity

Laurens has a crude rate of 30.0% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 871st out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Laurens is 27.2%, which ranks 784th out of 905 Iowa communities (125th out of 138 small communities).

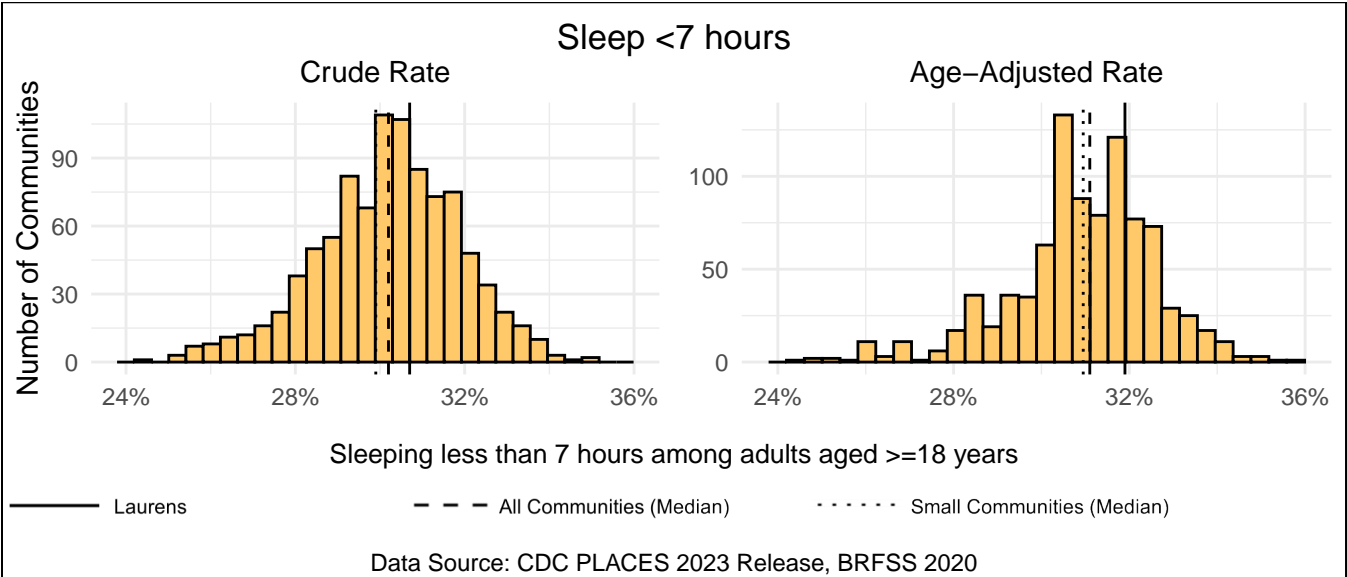
Measure Type	Laurens	All Comm.	Small Comm.
Crude	30.0%	26.1%	25.8%
Age-Adjusted	27.2%	24.3%	23.9%



Sleep <7 hours

Laurens has a crude rate of 30.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 561st out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Laurens is 31.9%, which ranks 648th out of 905 Iowa communities (108th out of 138 small communities).

Measure Type	Laurens	All Comm.	Small Comm.
Crude	30.7%	30.2%	29.9%
Age-Adjusted	31.9%	31.1%	31.0%



Health Outcomes

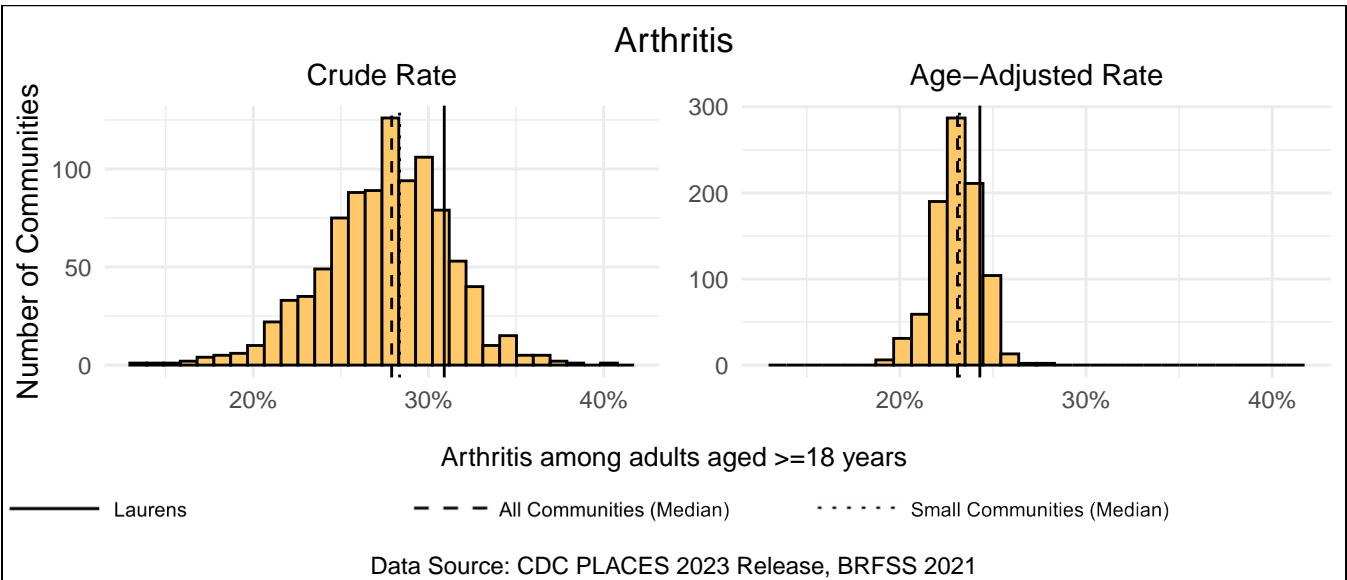
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Laurens has a crude rate of 30.9% for arthritis among adults aged ≥ 18 years, which ranks 803rd out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Laurens is 24.3%, which ranks 755th out of 905 Iowa communities (122nd out of 138 small communities).

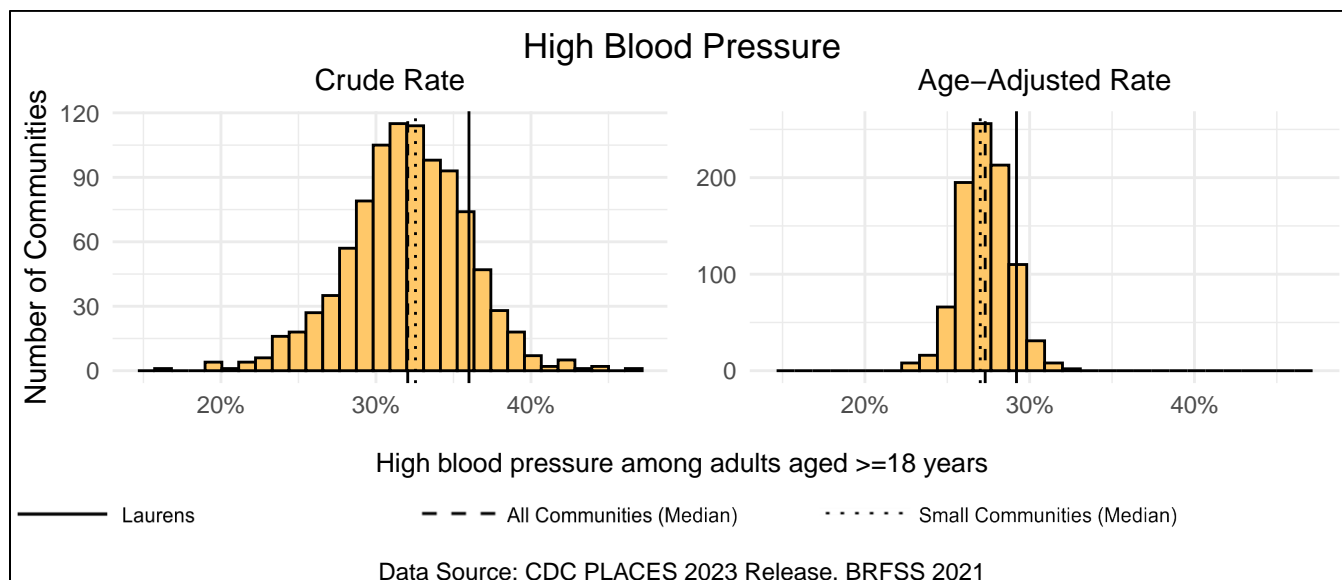
Measure Type	Laurens	All Comm.	Small Comm.
Crude	30.9%	27.9%	28.4%
Age-Adjusted	24.3%	23.1%	23.2%



High Blood Pressure

Laurens has a crude rate of 36.0% for high blood pressure among adults aged ≥ 18 years, which ranks 820th out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Laurens is 29.2%, which ranks 798th out of 905 Iowa communities (127th out of 138 small communities).

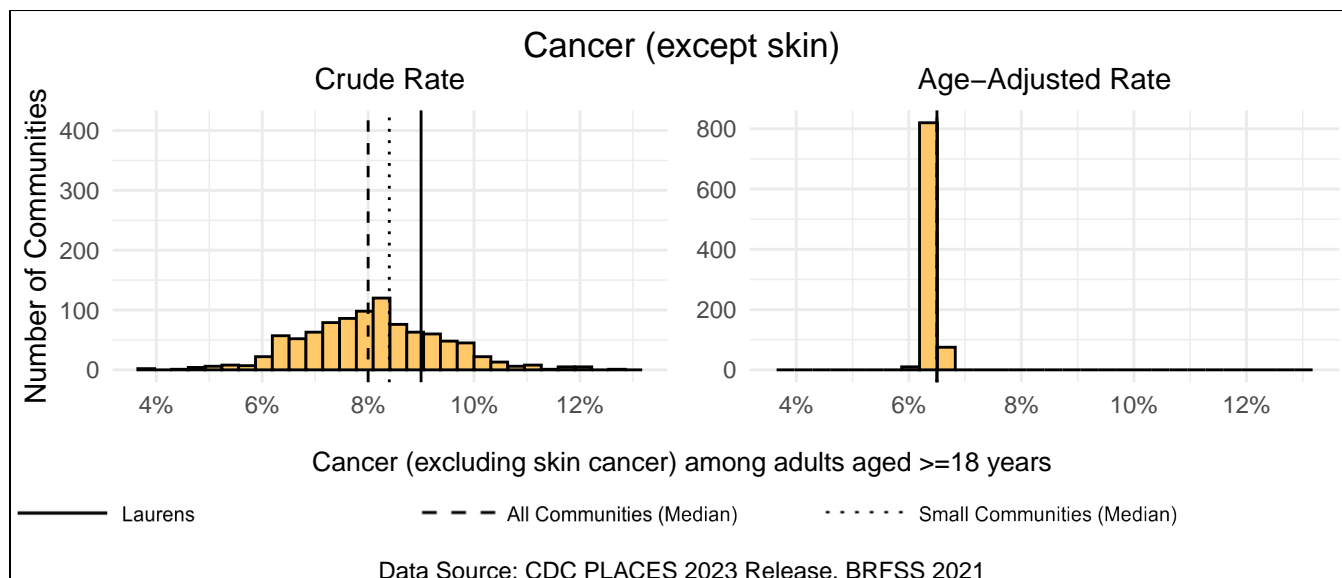
Measure Type	Laurens	All Comm.	Small Comm.
Crude	36.0%	32.0%	32.5%
Age-Adjusted	29.2%	27.3%	27.0%



Cancer (except skin)

Laurens has a crude rate of 9.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 721st out of 958 Iowa communities (87th out of 138 small communities). The age-adjusted rate for Laurens is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

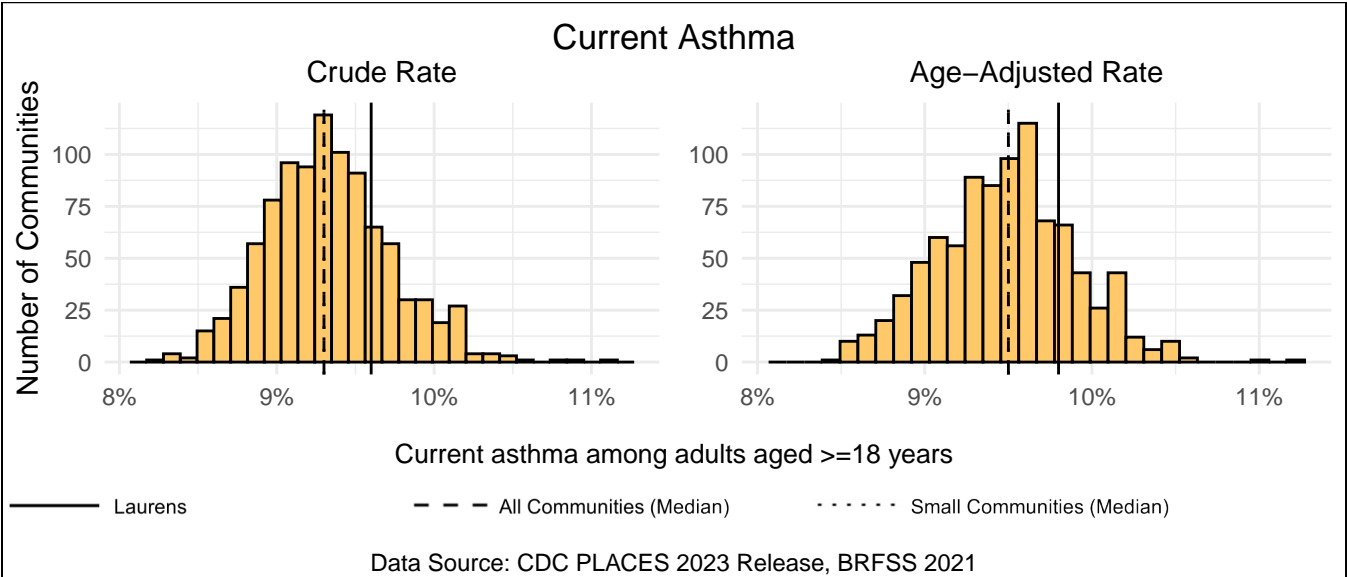
Measure Type	Laurens	All Comm.	Small Comm.
Crude	9.0%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Laurens has a crude rate of 9.6% for current asthma among adults aged ≥ 18 years, which ranks 716th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Laurens is 9.8%, which ranks 696th out of 905 Iowa communities (107th out of 138 small communities).

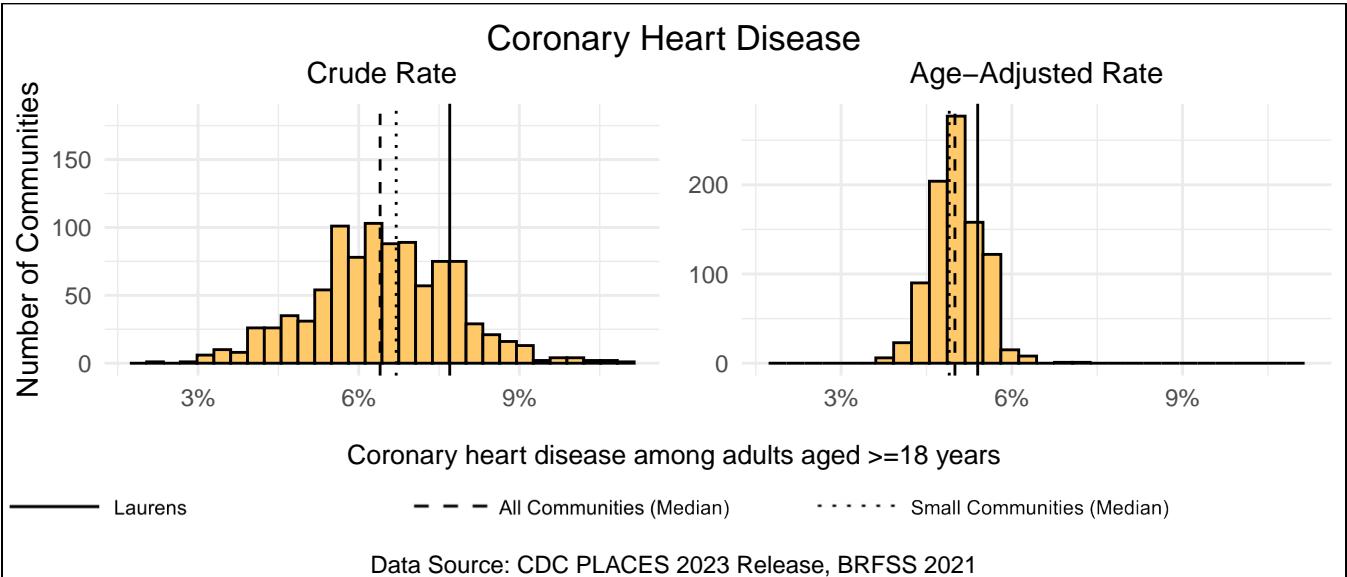
Measure Type	Laurens	All Comm.	Small Comm.
Crude	9.6%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.5%



Coronary Heart Disease

Laurens has a crude rate of 7.7% for coronary heart disease among adults aged ≥ 18 years, which ranks 790th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Laurens is 5.4%, which ranks 729th out of 905 Iowa communities (123rd out of 138 small communities).

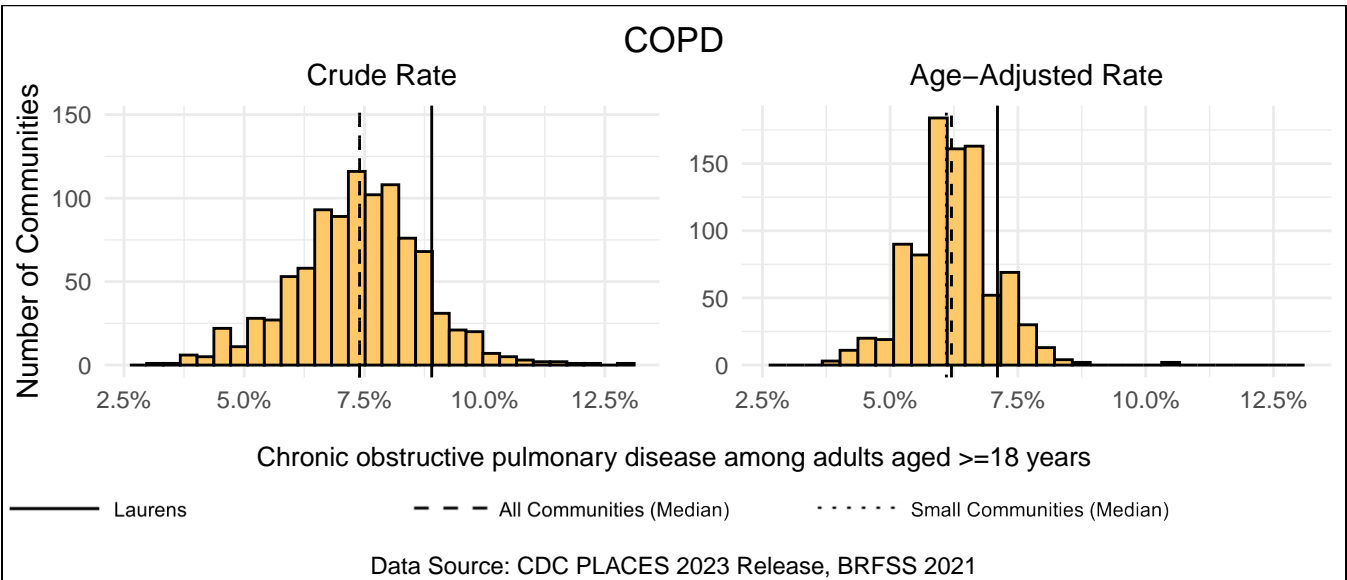
Measure Type	Laurens	All Comm.	Small Comm.
Crude	7.7%	6.4%	6.7%
Age-Adjusted	5.4%	5.0%	4.9%



COPD

Laurens has a crude rate of 8.9% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 847th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Laurens is 7.1%, which ranks 765th out of 905 Iowa communities (126th out of 138 small communities).

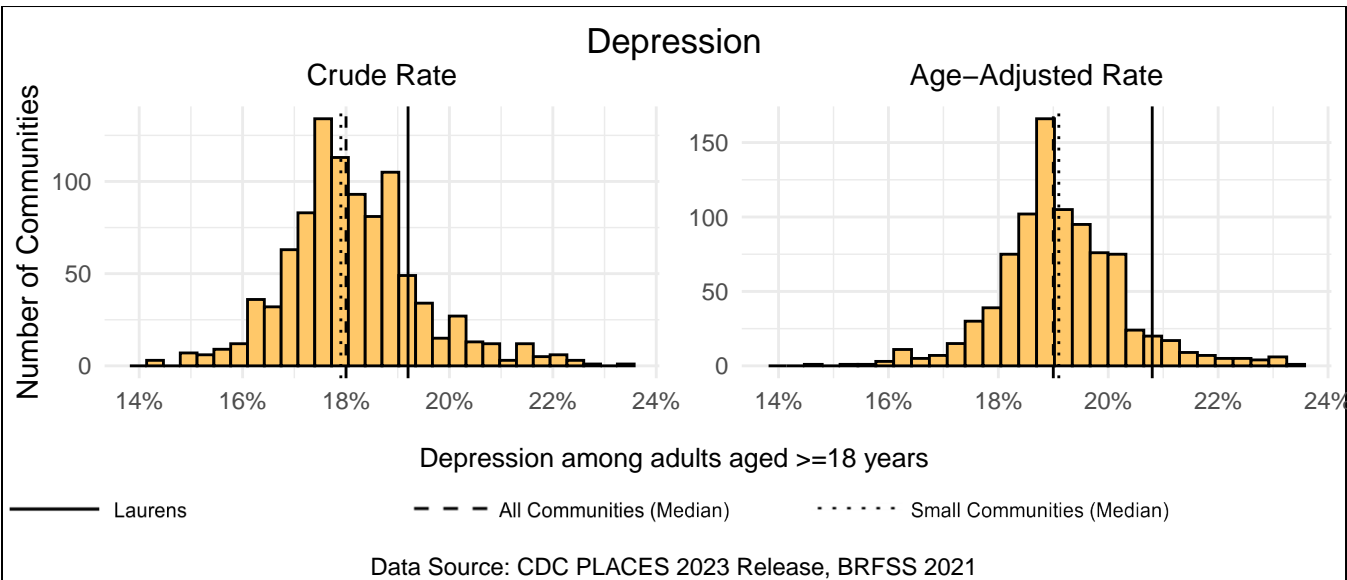
Measure Type	Laurens	All Comm.	Small Comm.
Crude	8.9%	7.4%	7.4%
Age-Adjusted	7.1%	6.2%	6.1%



Depression

Laurens has a crude rate of 19.2% for depression among adults aged >=18 years, which ranks 797th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Laurens is 20.8%, which ranks 845th out of 905 Iowa communities (129th out of 138 small communities).

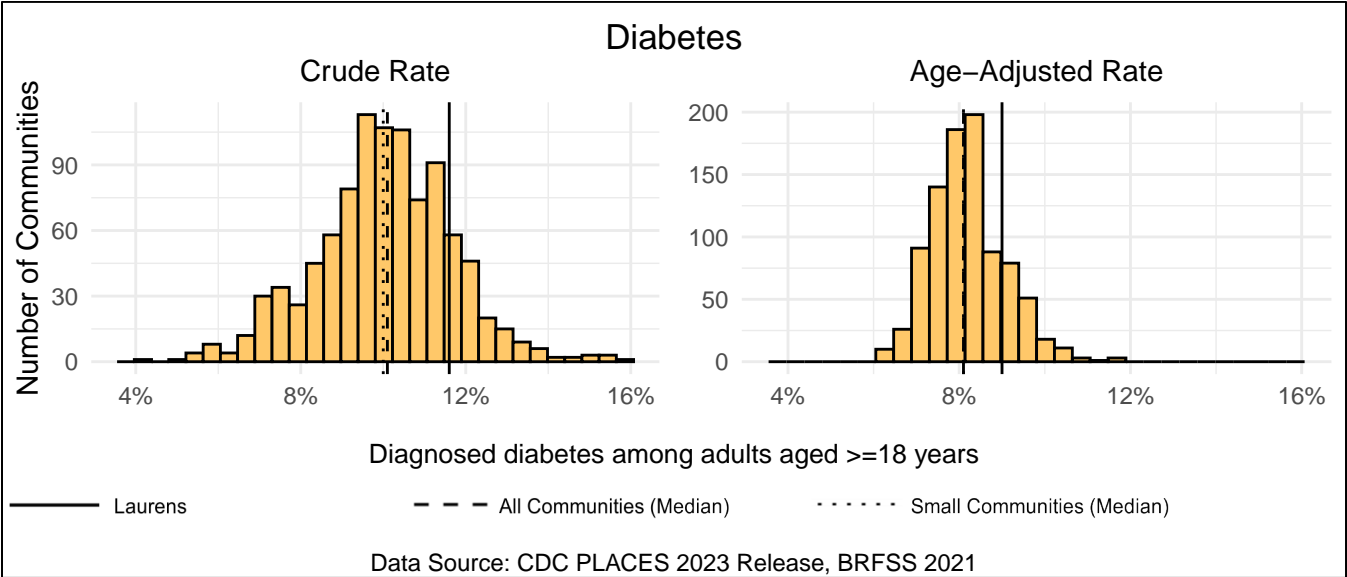
Measure Type	Laurens	All Comm.	Small Comm.
Crude	19.2%	18.0%	17.9%
Age-Adjusted	20.8%	19.0%	19.1%



Diabetes

Laurens has a crude rate of 11.6% for diagnosed diabetes among adults aged >=18 years, which ranks 806th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Laurens is 9.0%, which ranks 740th out of 905 Iowa communities (123rd out of 138 small communities).

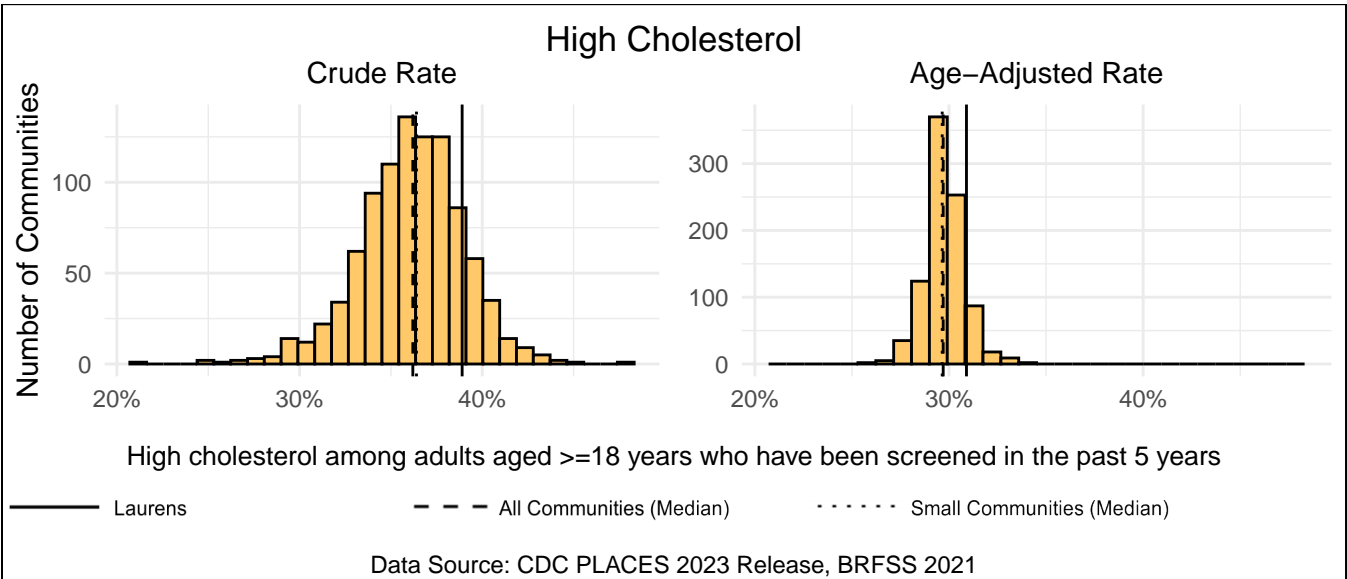
Measure Type	Laurens	All Comm.	Small Comm.
Crude	11.6%	10.1%	10.0%
Age-Adjusted	9.0%	8.1%	8.1%



High Cholesterol

Laurens has a crude rate of 38.9% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 812th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Laurens is 30.9%, which ranks 790th out of 905 Iowa communities (127th out of 138 small communities).

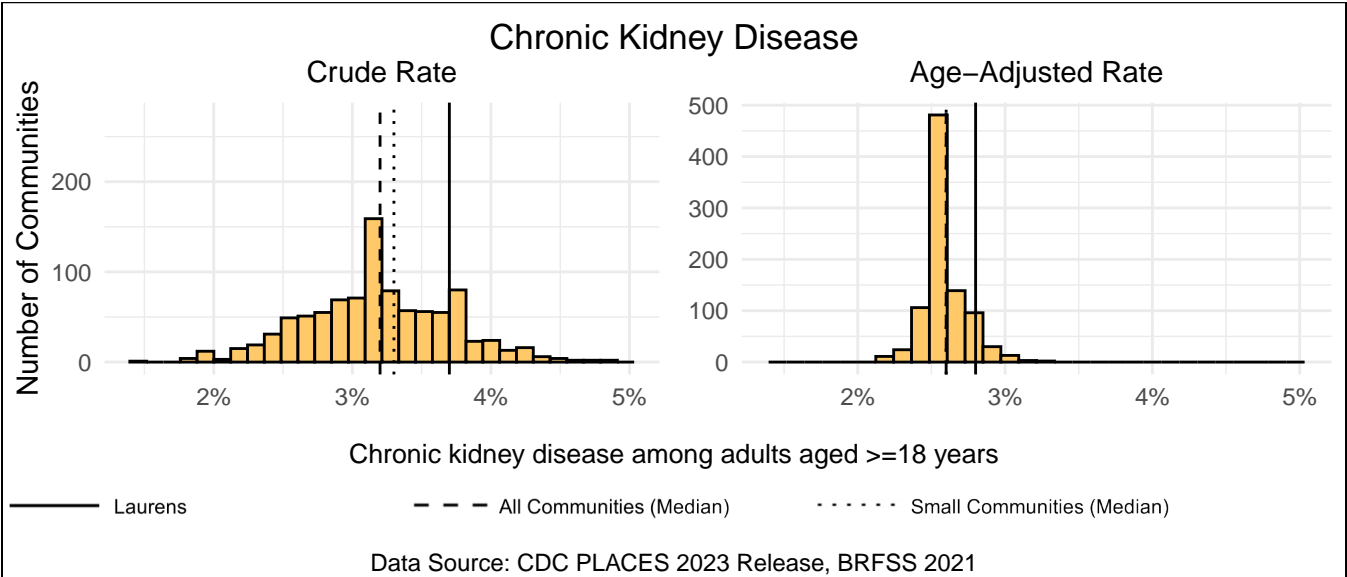
Measure Type	Laurens	All Comm.	Small Comm.
Crude	38.9%	36.2%	36.4%
Age-Adjusted	30.9%	29.7%	29.6%



Chronic Kidney Disease

Laurens has a crude rate of 3.7% for chronic kidney disease among adults aged ≥ 18 years, which ranks 787th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Laurens is 2.8%, which ranks 762nd out of 905 Iowa communities (125th out of 138 small communities).

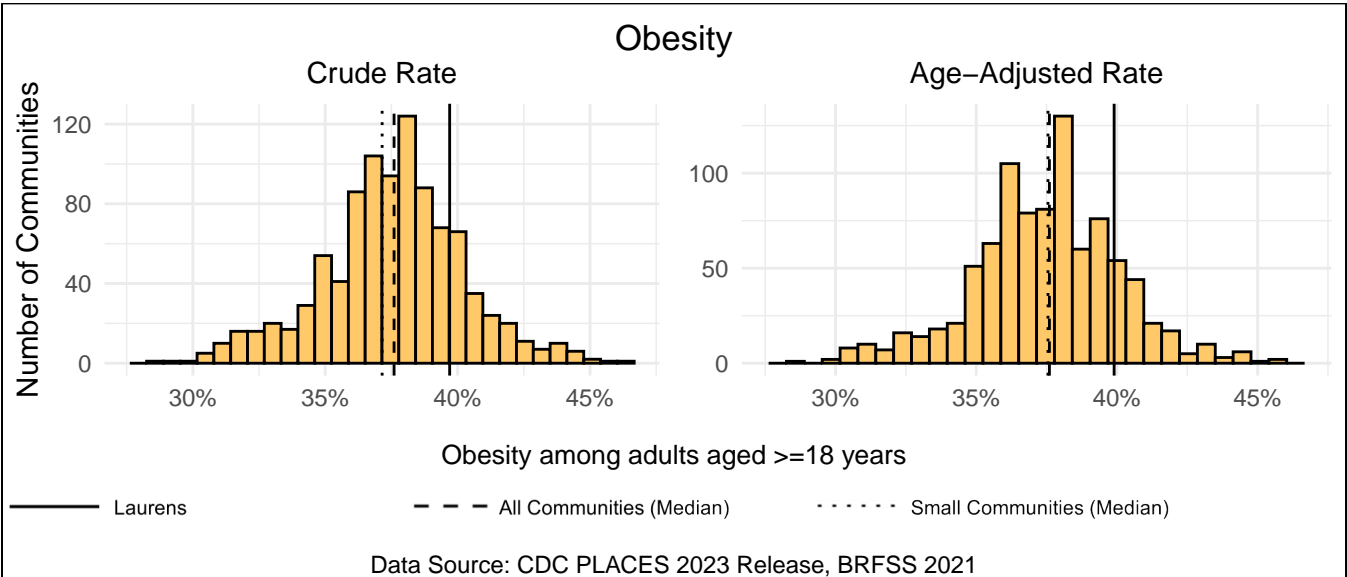
Measure Type	Laurens	All Comm.	Small Comm.
Crude	3.7%	3.2%	3.3%
Age-Adjusted	2.8%	2.6%	2.6%



Obesity

Laurens has a crude rate of 39.7% for obesity among adults aged ≥ 18 years, which ranks 776th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Laurens is 39.9%, which ranks 764th out of 905 Iowa communities (123rd out of 138 small communities).

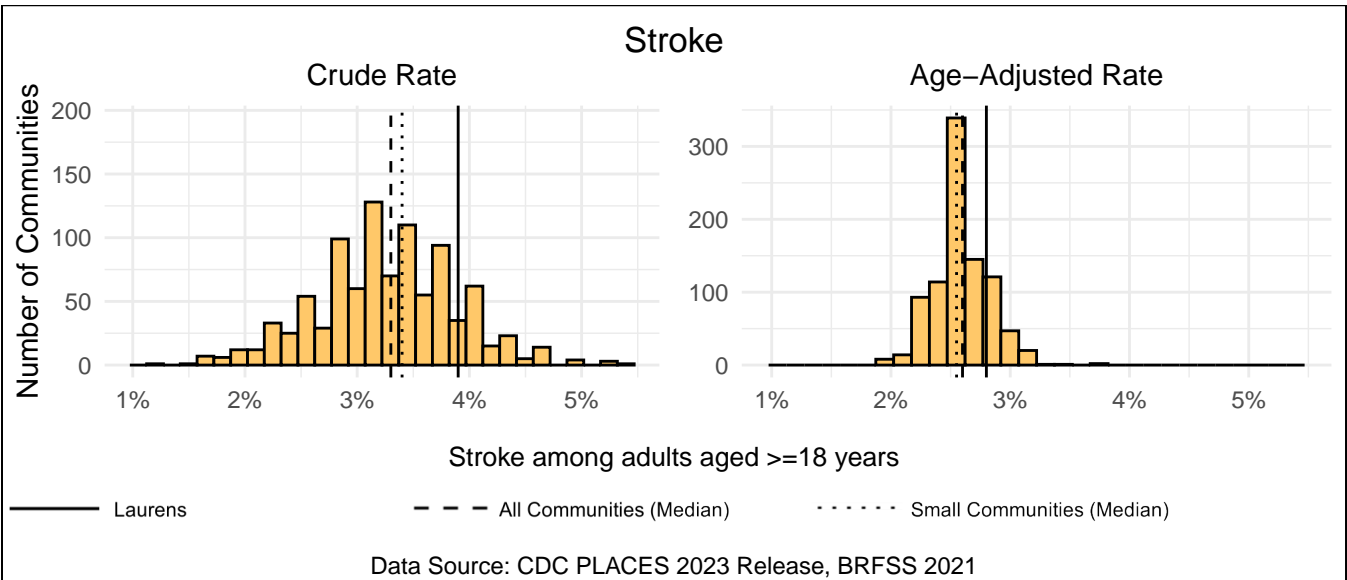
Measure Type	Laurens	All Comm.	Small Comm.
Crude	39.7%	37.6%	37.2%
Age-Adjusted	39.9%	37.6%	37.5%



Stroke

Laurens has a crude rate of 3.9% for stroke among adults aged >=18 years, which ranks 797th out of 958 Iowa communities (105th out of 138 small communities). The age-adjusted rate for Laurens is 2.8%, which ranks 714th out of 905 Iowa communities (119th out of 138 small communities).

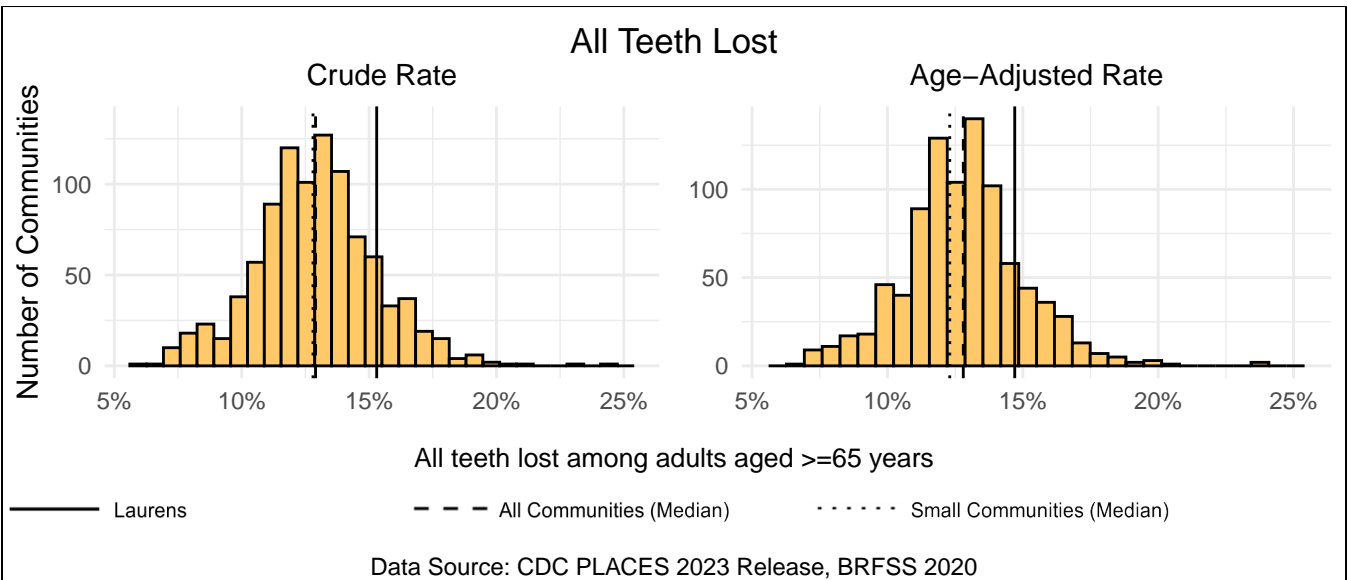
Measure Type	Laurens	All Comm.	Small Comm.
Crude	3.9%	3.3%	3.4%
Age-Adjusted	2.8%	2.6%	2.5%



All Teeth Lost

Laurens has a crude rate of 15.3% for all teeth lost among adults aged >=65 years, which ranks 812th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Laurens is 14.7%, which ranks 748th out of 905 Iowa communities (122nd out of 138 small communities).

Measure Type	Laurens	All Comm.	Small Comm.
Crude	15.3%	12.9%	12.8%
Age-Adjusted	14.7%	12.8%	12.3%



Prevention

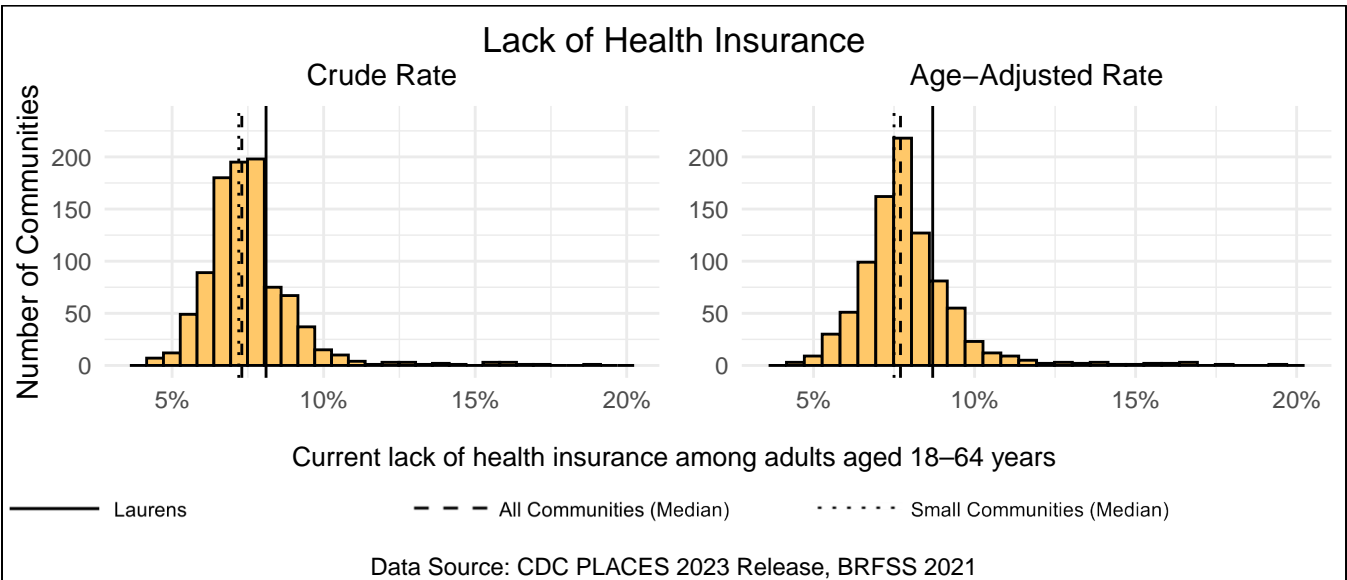
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Laurens has a crude rate of 8.1% for current lack of health insurance among adults aged 18–64 years, which ranks 731st out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Laurens is 8.7%, which ranks 719th out of 905 Iowa communities (123rd out of 138 small communities).

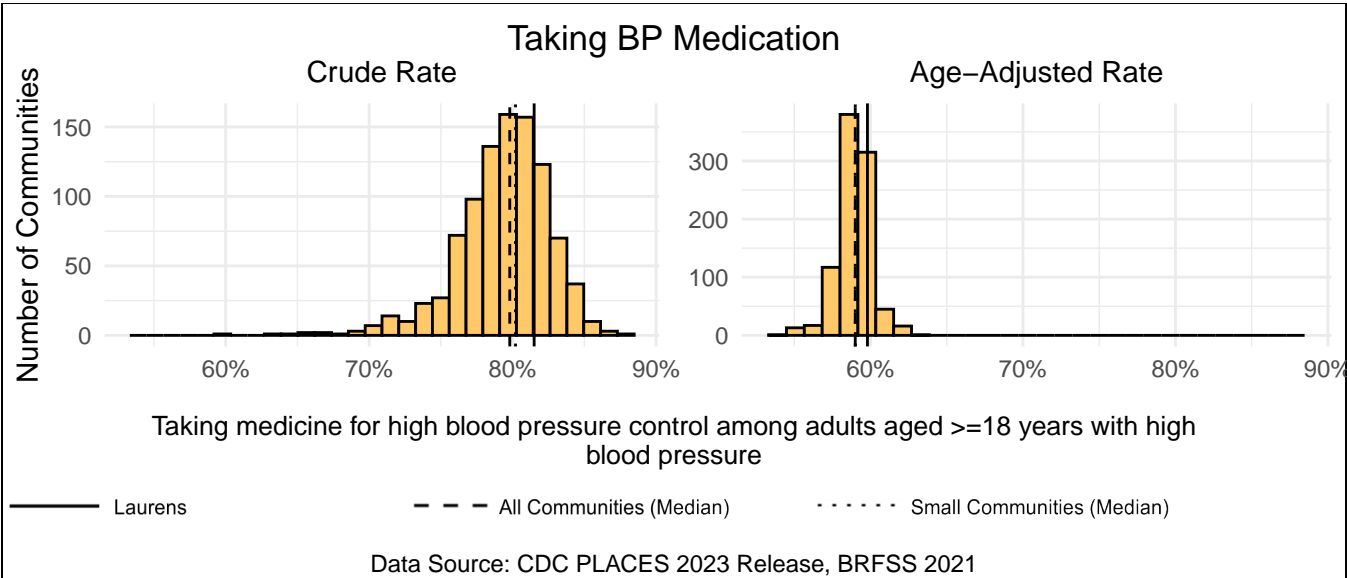
Measure Type	Laurens	All Comm.	Small Comm.
Crude	8.1%	7.3%	7.2%
Age-Adjusted	8.7%	7.7%	7.5%



Taking BP Medication

Laurens has a crude rate of 81.5% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 229th out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for Laurens is 59.8%, which ranks 126th out of 905 Iowa communities (14th out of 138 small communities).

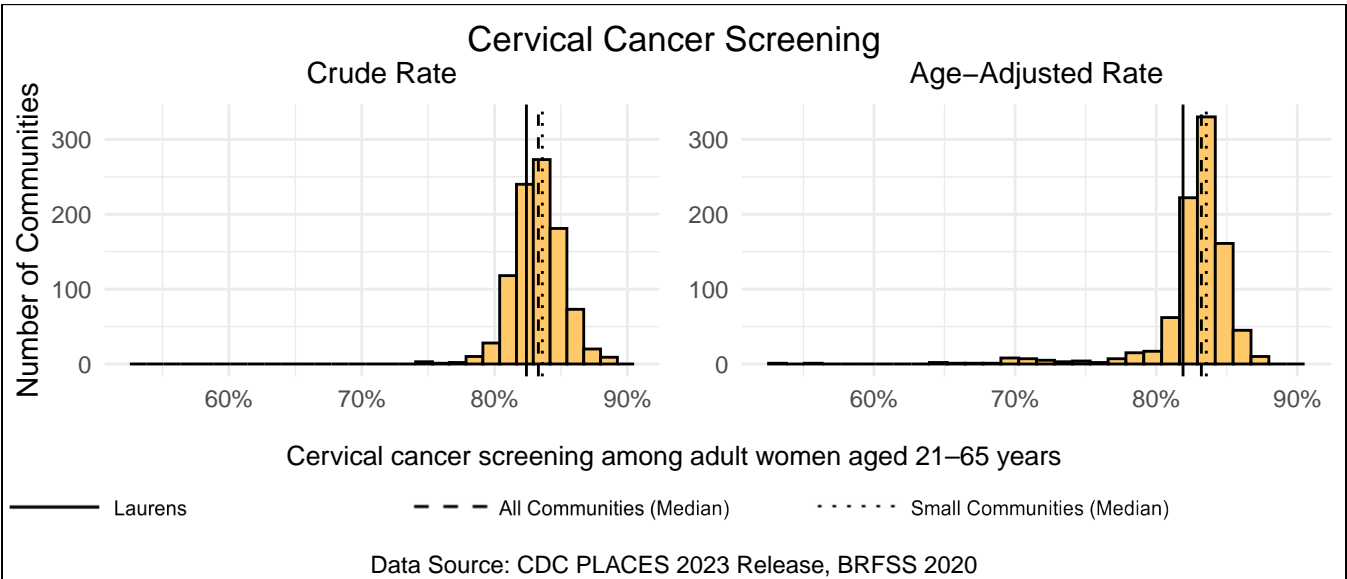
Measure Type	Laurens	All Comm.	Small Comm.
Crude	81.5%	79.8%	80.2%
Age-Adjusted	59.8%	59.0%	59.0%



Cervical Cancer Screening

Laurens has a crude rate of 82.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 679th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Laurens is 81.9%, which ranks 732nd out of 905 Iowa communities (127th out of 138 small communities).

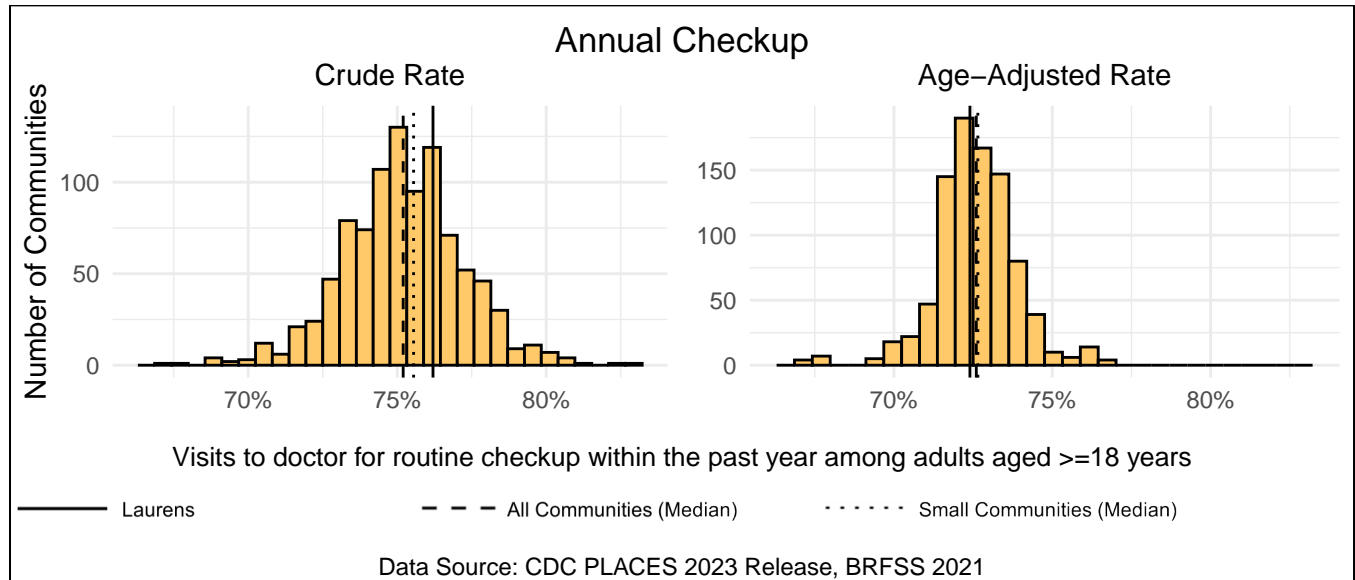
Measure Type	Laurens	All Comm.	Small Comm.
Crude	82.4%	83.3%	83.6%
Age-Adjusted	81.9%	83.2%	83.5%



Annual Checkup

Laurens has a crude rate of 76.2% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 273rd out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Laurens is 72.4%, which ranks 498th out of 905 Iowa communities (80th out of 138 small communities).

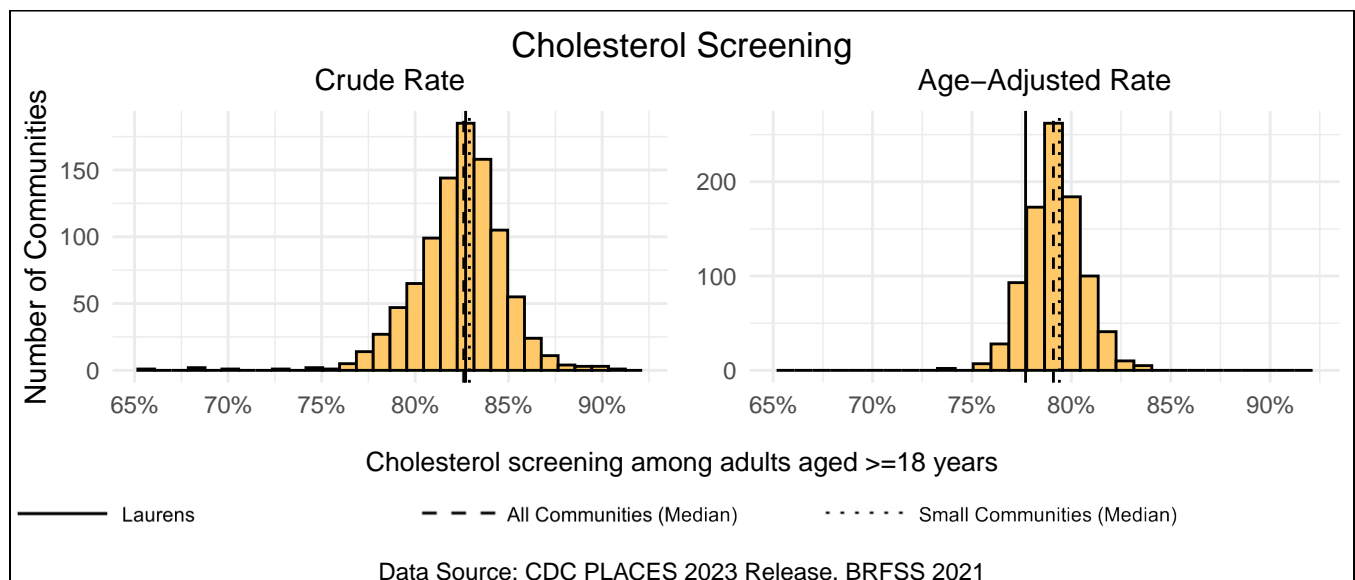
Measure Type	Laurens	All Comm.	Small Comm.
Crude	76.2%	75.2%	75.5%
Age-Adjusted	72.4%	72.6%	72.6%



Cholesterol Screening

Laurens has a crude rate of 82.7% for cholesterol screening among adults aged ≥ 18 years, which ranks 451st out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Laurens is 77.7%, which ranks 776th out of 905 Iowa communities (126th out of 138 small communities).

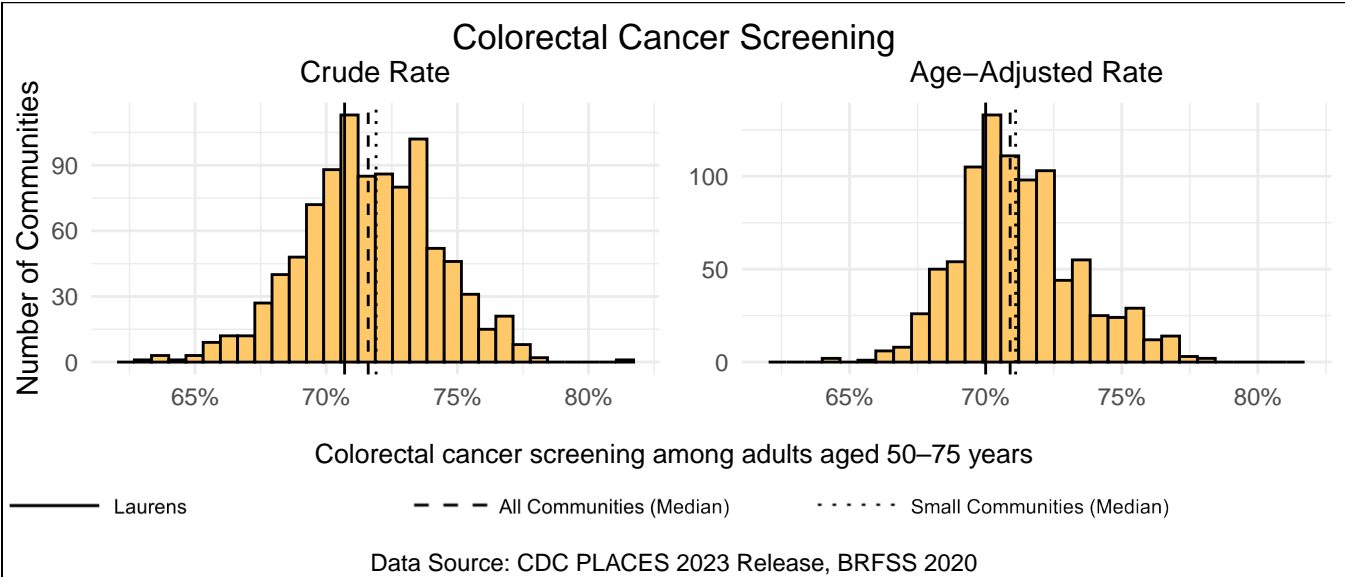
Measure Type	Laurens	All Comm.	Small Comm.
Crude	82.7%	82.6%	82.9%
Age-Adjusted	77.7%	79.1%	79.4%



Colorectal Cancer Screening

Laurens has a crude rate of 70.7% for colorectal cancer screening among adults aged 50–75 years, which ranks 611th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Laurens is 70.0%, which ranks 626th out of 905 Iowa communities (112th out of 138 small communities).

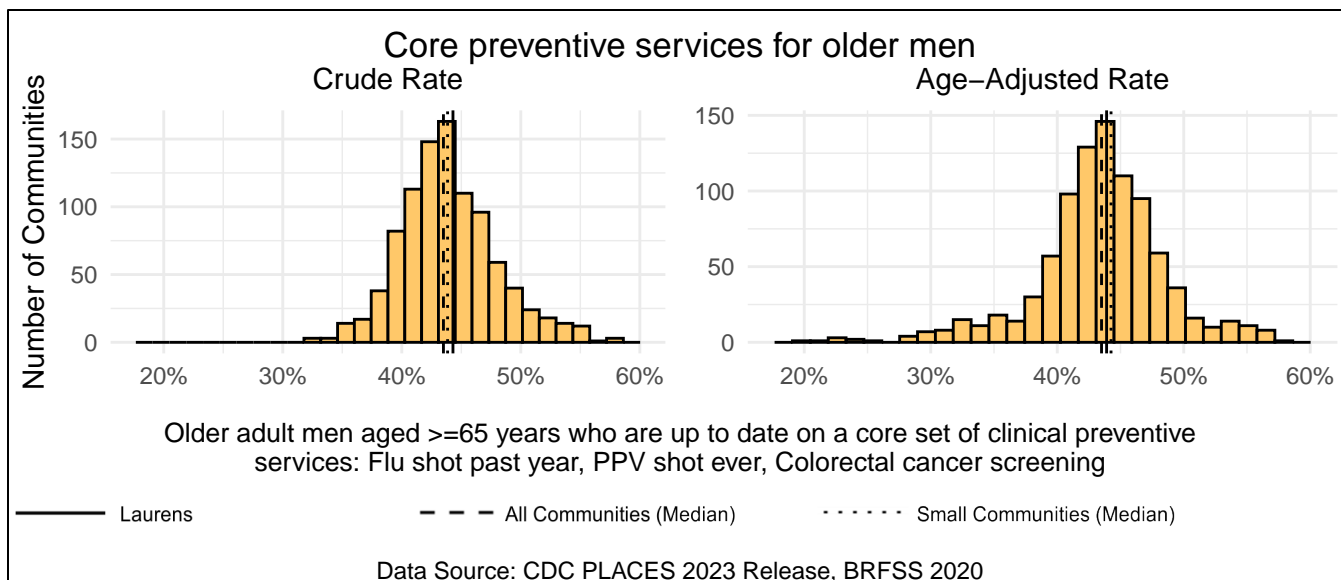
Measure Type	Laurens	All Comm.	Small Comm.
Crude	70.7%	71.6%	71.9%
Age-Adjusted	70.0%	70.9%	71.1%



Core preventive services for older men

Laurens has a crude rate of 44.3% 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 384th out of 958 Iowa communities (61st out of 138 small communities). The age-adjusted rate for Laurens is 43.9%, which ranks 407th out of 905 Iowa communities (76th out of 138 small communities).

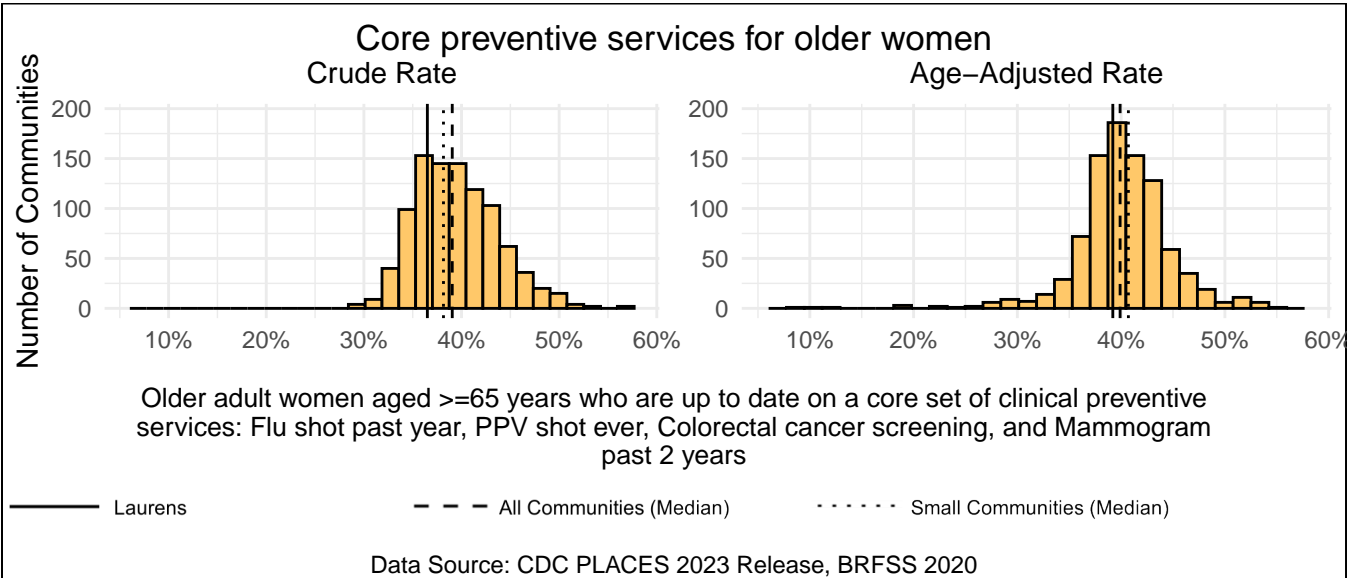
Measure Type	Laurens	All Comm.	Small Comm.
Crude	44.3%	43.5%	43.8%
Age-Adjusted	43.9%	43.5%	44.2%



Core preventive services for older women

Laurens has a crude rate of 36.5% 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 704th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Laurens is 39.2%, which ranks 550th out of 905 Iowa communities (95th out of 138 small communities).

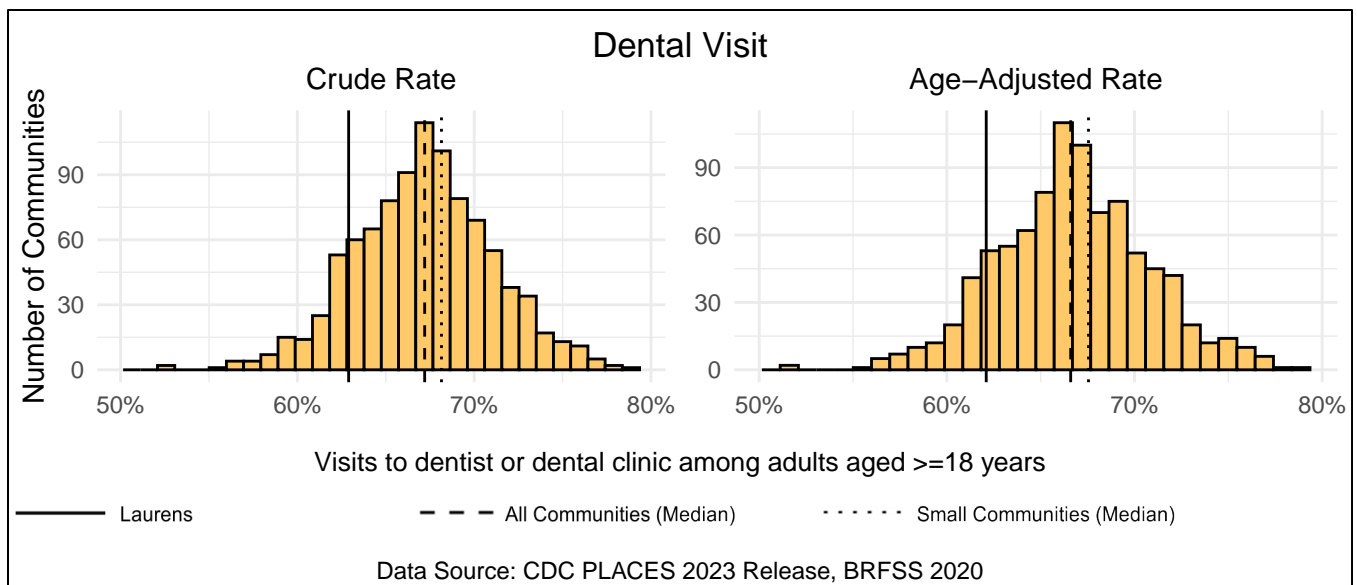
Measure Type	Laurens	All Comm.	Small Comm.
Crude	36.5%	39.0%	38.2%
Age-Adjusted	39.2%	39.9%	40.7%



Dental Visit

Laurens has a crude rate of 62.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 826th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Laurens is 62.1%, which ranks 792nd out of 905 Iowa communities (127th out of 138 small communities).

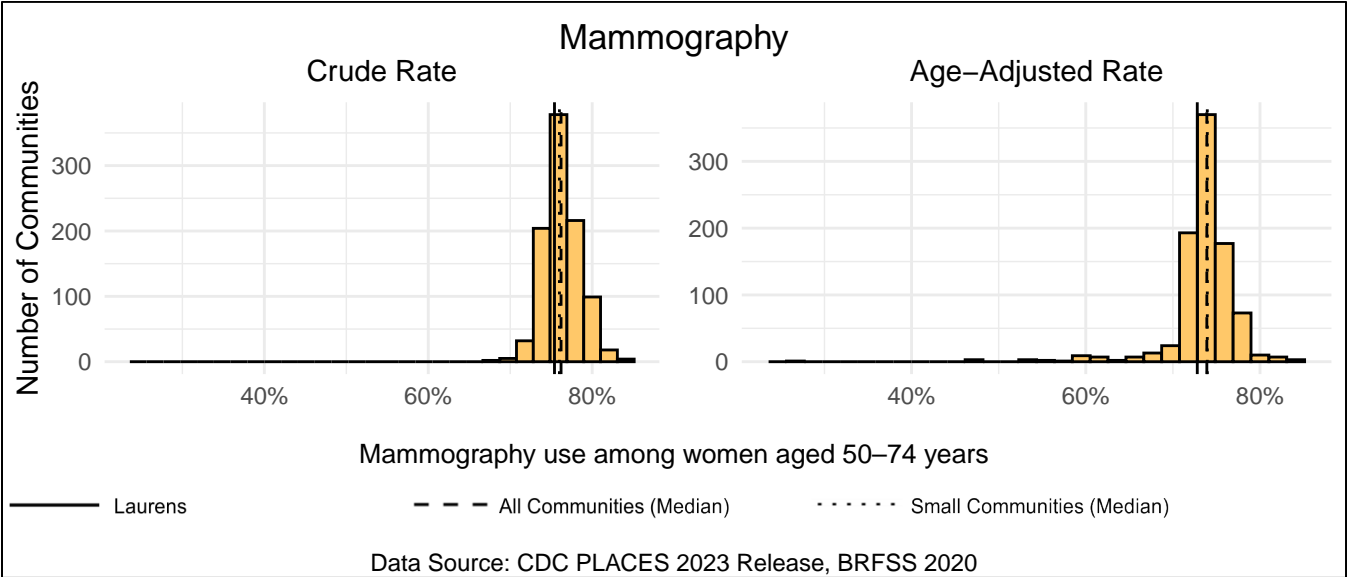
Measure Type	Laurens	All Comm.	Small Comm.
Crude	62.9%	67.2%	68.2%
Age-Adjusted	62.1%	66.6%	67.5%



Mammography

Laurens has a crude rate of 75.4% for mammography use among women aged 50–74 years, which ranks 624th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Laurens is 72.8%, which ranks 641st out of 905 Iowa communities (97th out of 138 small communities).

Measure Type	Laurens	All Comm.	Small Comm.
Crude	75.4%	76.2%	76.0%
Age-Adjusted	72.8%	73.9%	74.0%



Disability

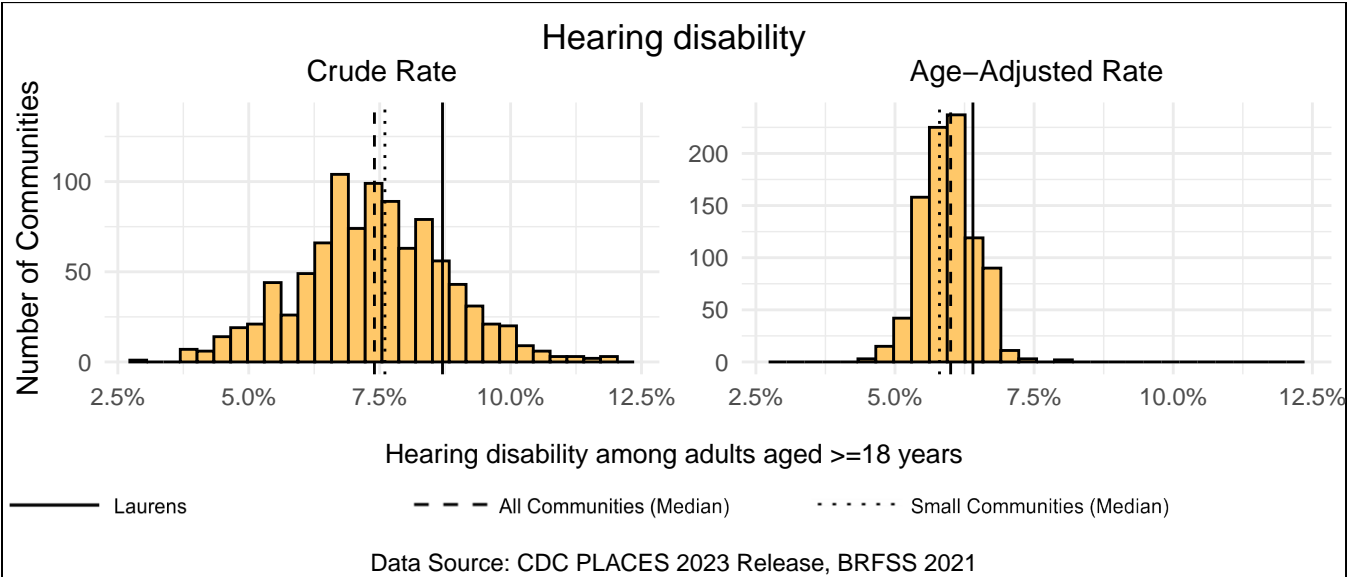
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Laurens has a crude rate of 8.7% for hearing disability among adults aged ≥ 18 years, which ranks 781st out of 958 Iowa communities (102nd out of 138 small communities). The age-adjusted rate for Laurens is 6.4%, which ranks 736th out of 905 Iowa communities (124th out of 138 small communities).

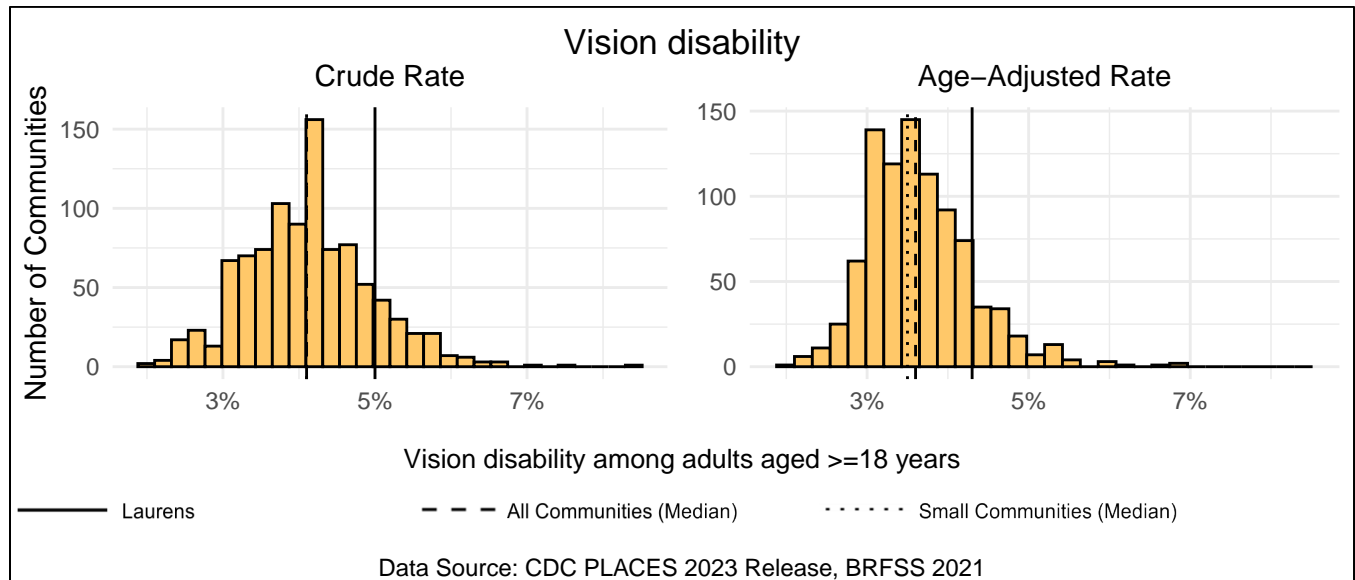
Measure Type	Laurens	All Comm.	Small Comm.
Crude	8.7%	7.4%	7.6%
Age-Adjusted	6.4%	6.0%	5.8%



Vision disability

Laurens has a crude rate of 5.0% for vision disability among adults aged ≥ 18 years, which ranks 823rd out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Laurens is 4.3%, which ranks 766th out of 905 Iowa communities (125th out of 138 small communities).

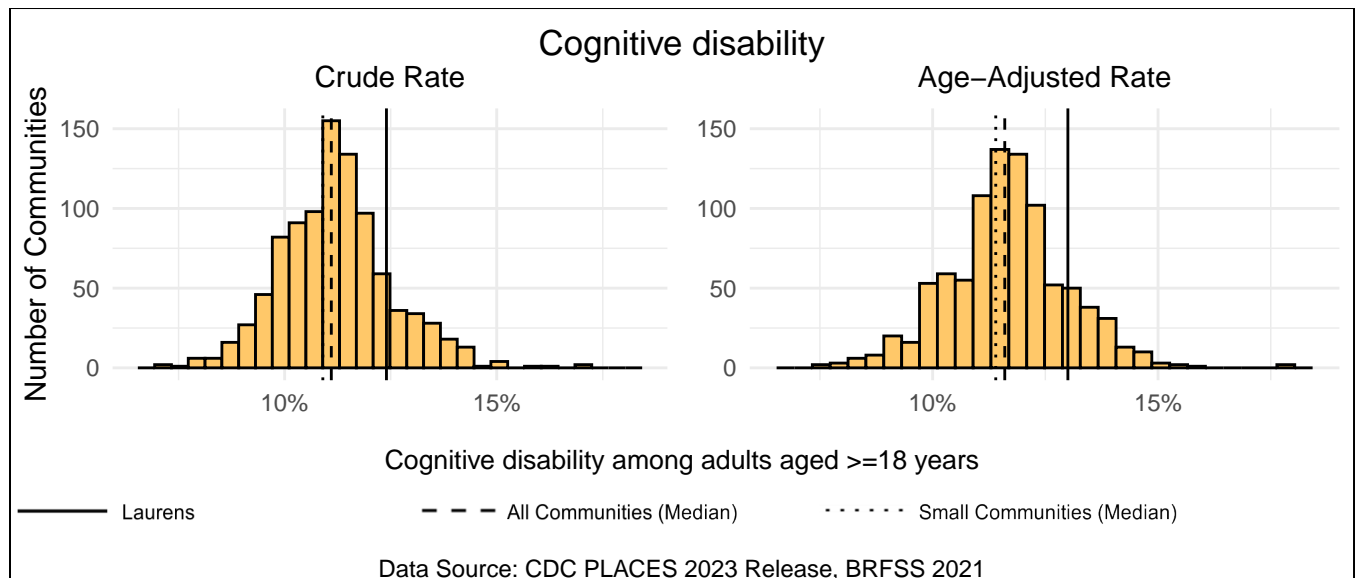
Measure Type	Laurens	All Comm.	Small Comm.
Crude	5.0%	4.1%	4.1%
Age-Adjusted	4.3%	3.6%	3.5%



Cognitive disability

Laurens has a crude rate of 12.4% for cognitive disability among adults aged ≥ 18 years, which ranks 804th out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Laurens is 13.0%, which ranks 769th out of 905 Iowa communities (127th out of 138 small communities).

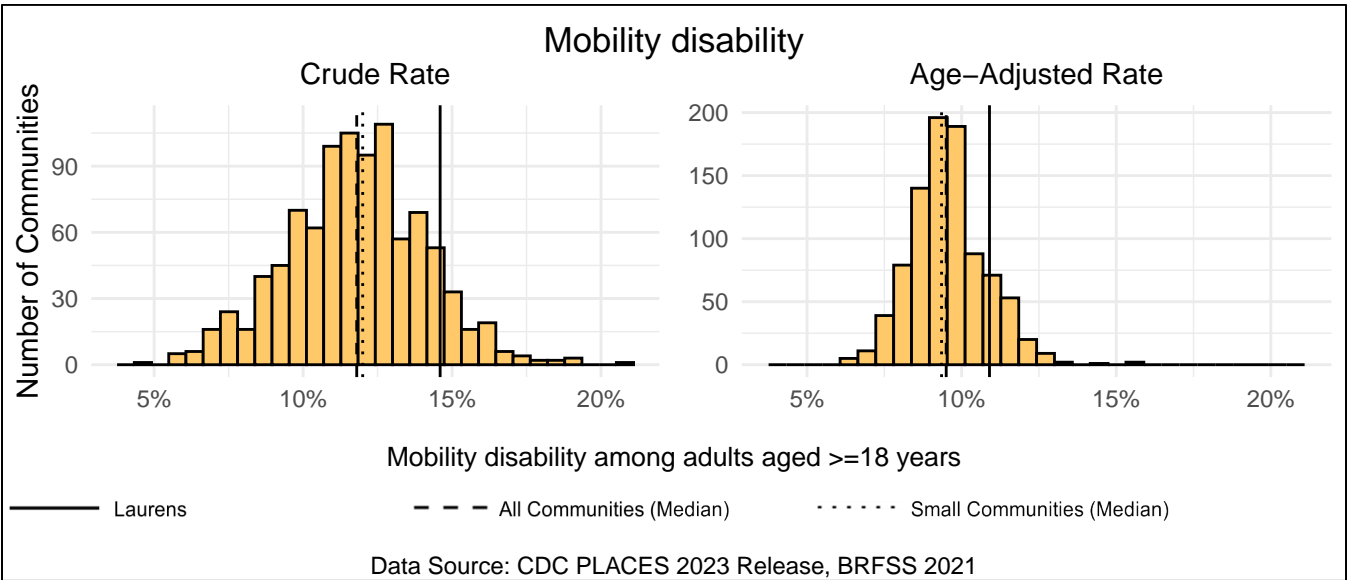
Measure Type	Laurens	All Comm.	Small Comm.
Crude	12.4%	11.1%	10.9%
Age-Adjusted	13.0%	11.6%	11.4%



Mobility disability

Laurens has a crude rate of 14.6% for mobility disability among adults aged >=18 years, which ranks 861st out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Laurens is 10.9%, which ranks 771st out of 905 Iowa communities (125th out of 138 small communities).

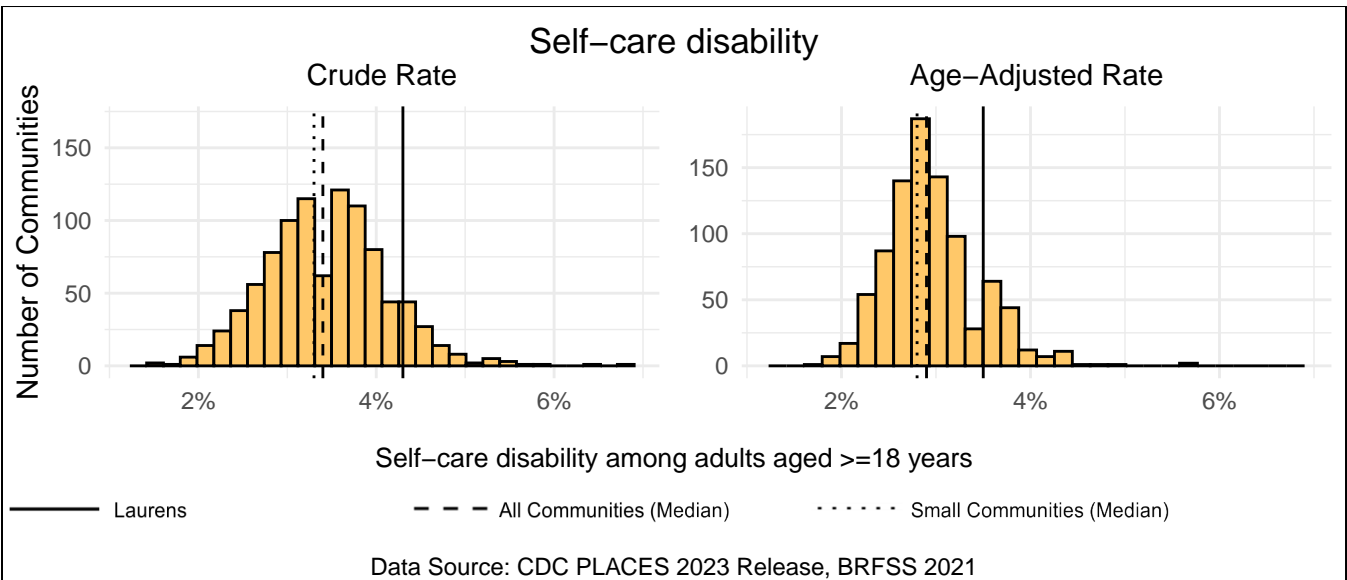
Measure Type	Laurens	All Comm.	Small Comm.
Crude	14.6%	11.8%	12.0%
Age-Adjusted	10.9%	9.5%	9.4%



Self-care disability

Laurens has a crude rate of 4.3% for self-care disability among adults aged >=18 years, which ranks 852nd out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Laurens is 3.5%, which ranks 763rd out of 905 Iowa communities (125th out of 138 small communities).

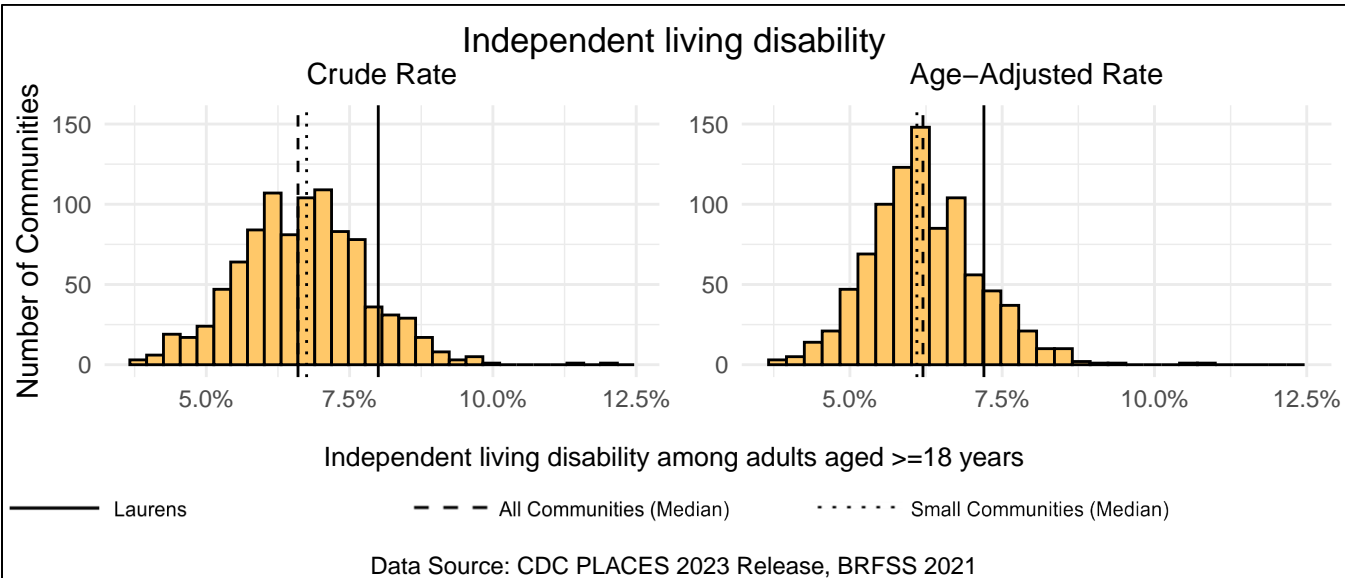
Measure Type	Laurens	All Comm.	Small Comm.
Crude	4.3%	3.4%	3.3%
Age-Adjusted	3.5%	2.9%	2.8%



Independent living disability

Laurens has a crude rate of 8.0% for independent living disability among adults aged ≥ 18 years, which ranks 849th out of 958 Iowa communities (123rd out of 138 small communities). The age-adjusted rate for Laurens is 7.2%, which ranks 776th out of 905 Iowa communities (126th out of 138 small communities).

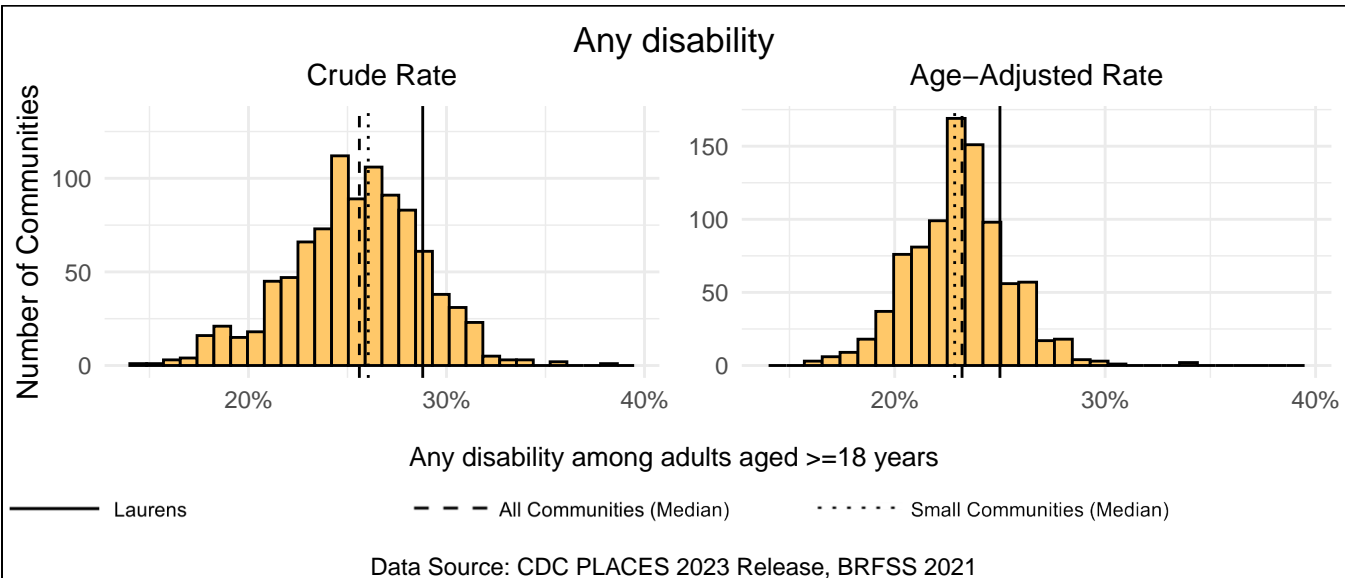
Measure Type	Laurens	All Comm.	Small Comm.
Crude	8.0%	6.6%	6.8%
Age-Adjusted	7.2%	6.2%	6.1%



Any disability

Laurens has a crude rate of 28.8% for any disability among adults aged ≥ 18 years, which ranks 818th out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Laurens is 25.0%, which ranks 742nd out of 905 Iowa communities (123rd out of 138 small communities).

Measure Type	Laurens	All Comm.	Small Comm.
Crude	28.8%	25.6%	26.0%
Age-Adjusted	25.0%	23.2%	22.8%



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: Laurens PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	843	16.8% (13.9% - 20.0%)	755	14.5% (12.1% - 17.2%)
Health Status	Mental Health	646	14.8% (12.7% - 17.0%)	792	16.6% (14.3% - 19.0%)
Health Status	Physical Health	867	12.4% (10.6% - 14.3%)	795	10.9% (9.3% - 12.7%)
Health Risk Behaviors	Current Smoking	828	19.0% (15.1% - 23.3%)	816	20.2% (16.1% - 24.3%)
Health Risk Behaviors	Binge Drinking	139	17.4% (14.2% - 20.6%)	136	20.9% (17.0% - 24.8%)
Health Risk Behaviors	Sleep <7 hours	561	30.7% (29.1% - 32.2%)	648	31.9% (30.2% - 33.6%)
Health Risk Behaviors	Physical Inactivity	871	30.0% (24.6% - 35.4%)	784	27.2% (22.2% - 32.6%)
Health Outcomes	Obesity	776	39.7% (31.9% - 47.5%)	764	39.9% (32.0% - 47.9%)
Health Outcomes	Current Asthma	716	9.6% (8.4% - 10.9%)	696	9.8% (8.6% - 11.1%)
Health Outcomes	Diabetes	806	11.6% (9.8% - 13.5%)	740	9.0% (7.6% - 10.4%)
Health Outcomes	All Teeth Lost	812	15.3% (9.8% - 22.8%)	748	14.7% (9.9% - 20.9%)
Health Outcomes	COPD	847	8.9% (7.4% - 10.7%)	765	7.1% (6.0% - 8.4%)
Health Outcomes	Depression	797	19.2% (15.6% - 22.9%)	845	20.8% (17.0% - 24.5%)
Health Outcomes	Cancer (except skin)	721	9.0% (8.1% - 10.0%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Arthritis	803	30.9% (26.4% - 35.3%)	755	24.3% (20.5% - 28.1%)
Health Outcomes	High Cholesterol	812	38.9% (34.1% - 43.7%)	790	30.9% (26.2% - 35.4%)
Health Outcomes	High Blood Pressure	820	36.0% (31.4% - 40.5%)	798	29.2% (25.3% - 33.2%)
Health Outcomes	Coronary Heart Disease	790	7.7% (6.6% - 8.8%)	729	5.4% (4.7% - 6.2%)
Health Outcomes	Chronic Kidney Disease	787	3.7% (3.3% - 4.2%)	762	2.8% (2.5% - 3.1%)
Health Outcomes	Stroke	797	3.9% (3.4% - 4.6%)	714	2.8% (2.5% - 3.3%)
Prevention	Taking BP Medication	229	81.5% (78.2% - 84.3%)	126	59.8% (54.6% - 64.5%)
Prevention	Core preventive services for older men	384	44.3% (35.2% - 53.8%)	407	43.9% (35.2% - 53.4%)
Prevention	Cervical Cancer Screening	679	82.4% (79.7% - 85.0%)	732	81.9% (79.2% - 84.7%)
Prevention	Health Insurance	731	8.1% (6.1% - 10.5%)	719	8.7% (6.4% - 11.7%)
Prevention	Colorectal Cancer Screening	611	70.7% (67.6% - 73.8%)	626	70.0% (66.7% - 73.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Cholesterol Screening	451	82.7% (79.6% - 85.5%)	776	77.7% (73.9% - 81.4%)
Prevention	Annual Checkup	273	76.2% (71.3% - 80.4%)	498	72.4% (66.7% - 77.2%)
Prevention	Core preventive services for older women	704	36.5% (29.0% - 44.6%)	550	39.2% (31.4% - 47.2%)
Prevention	Mammography	624	75.4% (70.9% - 79.3%)	641	72.8% (68.3% - 77.0%)
Prevention	Dental Visit	826	62.9% (59.1% - 66.7%)	792	62.1% (58.1% - 65.9%)
Disability	Independent Living Disability	849	8.0% (6.7% - 9.6%)	776	7.2% (6.0% - 8.4%)
Disability	Self-care Disability	852	4.3% (3.6% - 5.1%)	763	3.5% (3.0% - 4.1%)
Disability	Hearing Disability	781	8.7% (7.6% - 9.9%)	736	6.4% (5.6% - 7.2%)
Disability	Mobility Disability	861	14.6% (12.1% - 17.3%)	771	10.9% (9.2% - 12.7%)
Disability	Cognitive Disability	804	12.4% (10.3% - 14.8%)	769	13.0% (10.9% - 15.2%)
Disability	Vision Disability	823	5.0% (4.2% - 6.1%)	766	4.3% (3.6% - 5.1%)
Disability	Any Disability	818	28.8% (24.3% - 33.5%)	742	25.0% (21.2% - 29.1%)

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)

Laurens 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		