



Iowa Community Health Snapshot Series

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



May 2024

By Matthew Voss & Shawn Dorius

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

Table of contents

Health in Manchester: Overview	3
Strengths	3
Opportunities	4
How to Use this Report	5
Using Ames, IA as an Example	6
Health Status	7
Poor General Health	7
Poor Physical Health	8
Poor Mental Health	8
Health Risk Behaviors	9
Binge Drinking	9
Current Smoking	10
Physical Inactivity	10
Sleep <7 hours	11
Health Outcomes	12
Arthritis	12
High Blood Pressure	13
Cancer (except skin)	13
Current Asthma	14
Coronary Heart Disease	14
COPD	15
Depression	15
Diabetes	16
High Cholesterol	16
Chronic Kidney Disease	17
Obesity	17
Stroke	18
All Teeth Lost	18
Prevention	19
Lack of Health Insurance	19
Taking BP Medication	20
Cervical Cancer Screening	20
Annual Checkup	21
Cholesterol Screening	21

Colorectal Cancer Screening	22
Core preventive services for older men	22
Core preventive services for older women	24
Dental Visit	24
Mammography	26
Disability	27
Hearing disability	27
Vision disability	28
Cognitive disability	28
Mobility disability	29
Self-care disability	29
Independent living disability	30
Any disability	30
Appendix 1: CDC PLACES Data	31
Appendix 2: Manchester PLACES Data	32
Appendix 3: Midsized Communities (2,500-9,999)	34

Health in Manchester: Overview

Dear Community Members & Stakeholders of Manchester,

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 Manchester ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Manchester’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 Manchester. 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
Sleep <7 hours	258th	38th	Taking BP Medication	179th	33rd
Annual Checkup	273rd	23rd	Annual Checkup	235th	31st
Obesity	283rd	40th	Binge Drinking	249th	49th
Taking BP Medication	298th	24th	Sleep <7 hours	291st	43rd
Binge Drinking	323rd	39th	Obesity	396th	42nd

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
Cervical Cancer Screening	849th	81st	Colorectal Cancer Screening	801st	82nd
Colorectal Cancer Screening	790th	84th	Cervical Cancer Screening	769th	84th
Core preventive services for older men	787th	74th	Mobility Disability	720th	69th
All Teeth Lost	772nd	73rd	Core preventive services for older men	707th	76th
Cognitive Disability	762nd	70th	Cognitive Disability	704th	70th

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 Manchester.

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

With a population of 5,112, Manchester’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

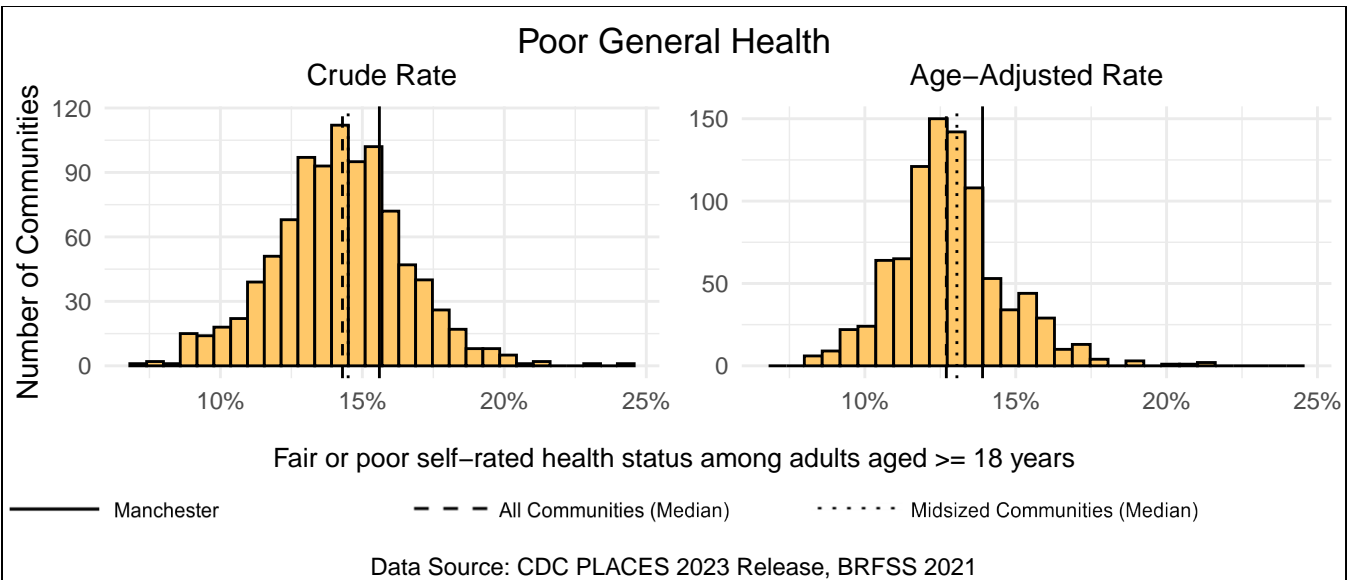
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Manchester has a crude rate of 15.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 714th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 13.9%, which ranks 700th out of 905 Iowa communities (66th out of 102 mid-sized communities).

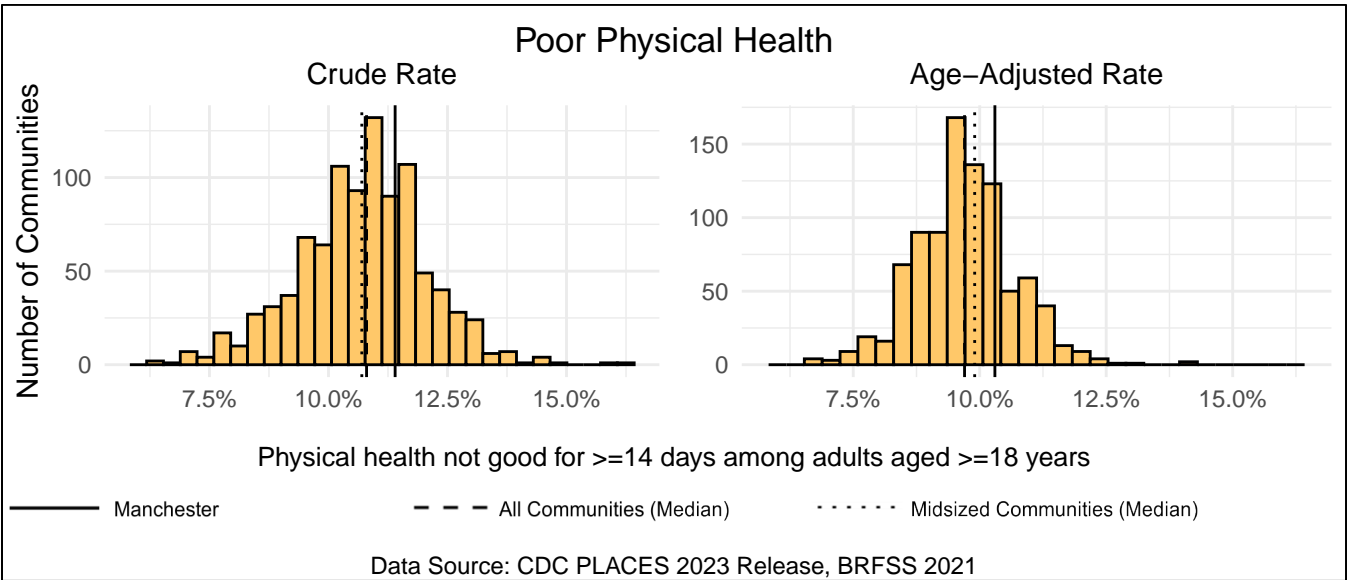
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	15.6%	14.3%	14.5%
Age-Adjusted	13.9%	12.7%	13.0%



Poor Physical Health

Manchester has a crude rate of 11.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 656th out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Manchester is 10.3%, which ranks 673rd out of 905 Iowa communities (68th out of 102 midsize communities).

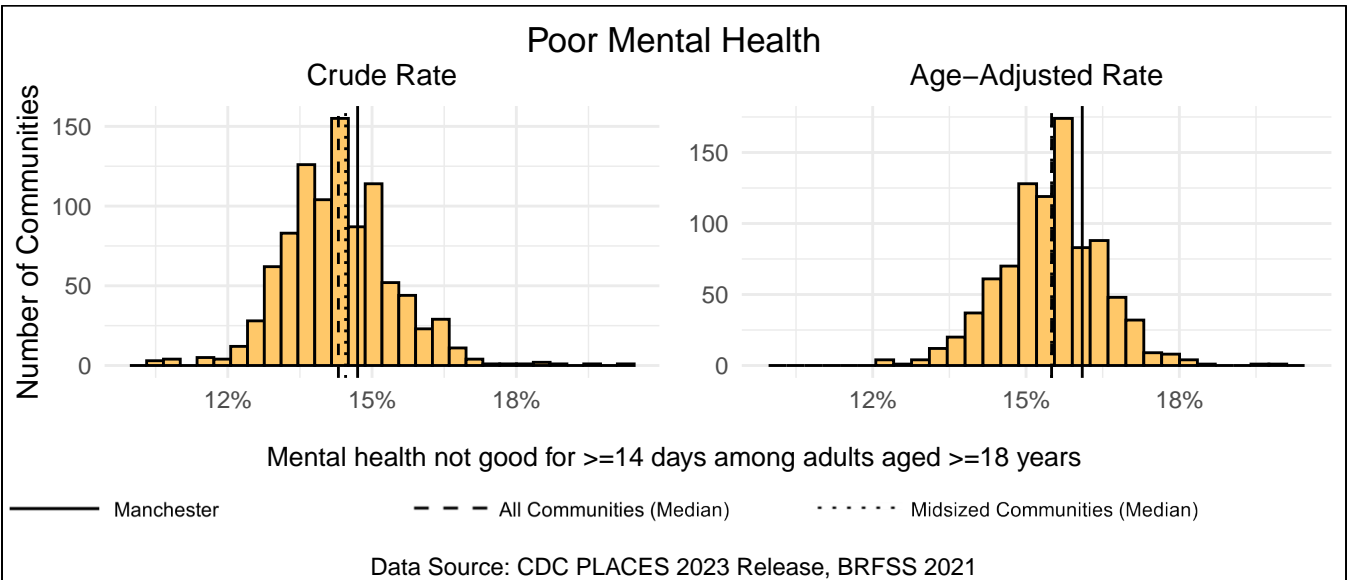
Measure Type	Manchester	All Comm.	Midsize Comm.
Crude	11.4%	10.8%	10.7%
Age-Adjusted	10.3%	9.7%	9.9%



Poor Mental Health

Manchester has a crude rate of 14.7% for mental health not good for >=14 days among adults aged >=18 years, which ranks 625th out of 958 Iowa communities (58th out of 102 midsize communities). The age-adjusted rate for Manchester is 16.1%, which ranks 658th out of 905 Iowa communities (73rd out of 102 midsize communities).

Measure Type	Manchester	All Comm.	Midsize Comm.
Crude	14.7%	14.3%	14.4%
Age-Adjusted	16.1%	15.5%	15.5%



Health Risk Behaviors

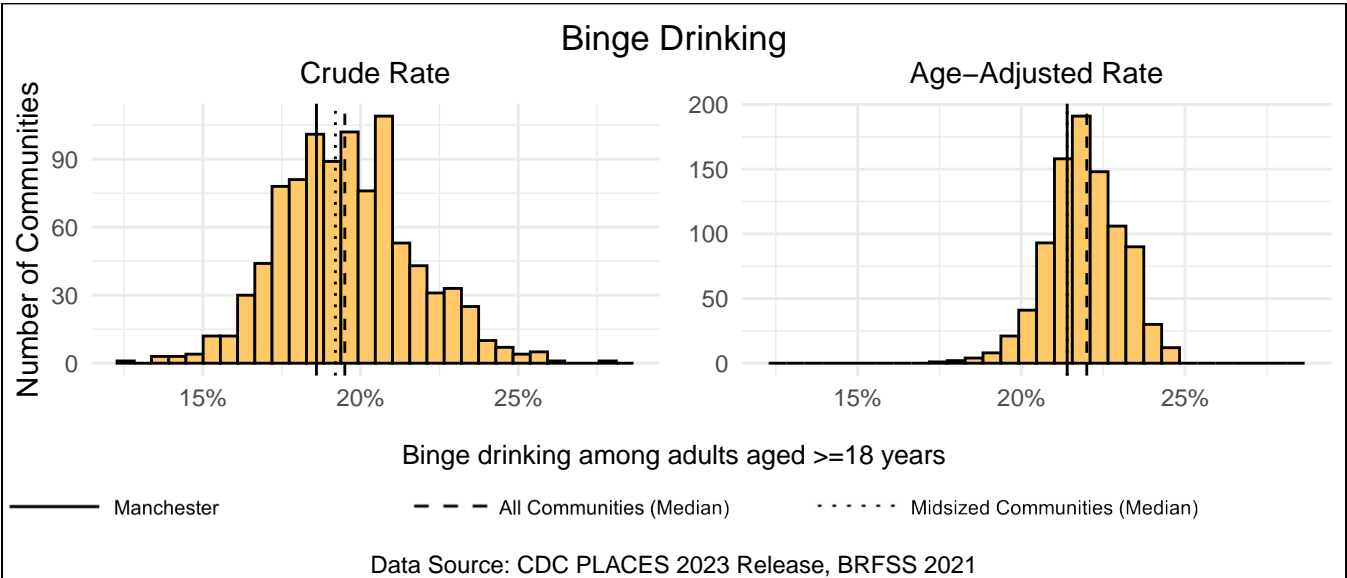
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Manchester has a crude rate of 18.6% for binge drinking among adults aged ≥ 18 years, which ranks 323rd out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Manchester is 21.4%, which ranks 249th out of 905 Iowa communities (49th out of 102 midsized communities).

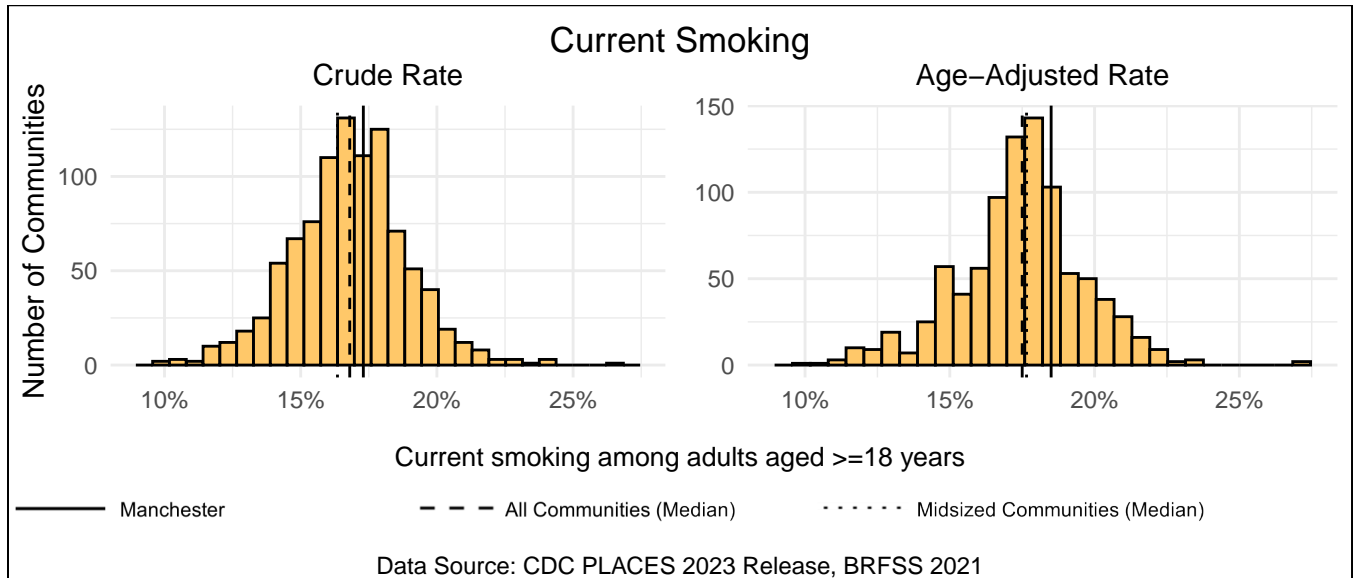
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	18.6%	19.5%	19.2%
Age-Adjusted	21.4%	22.0%	21.4%



Current Smoking

Manchester has a crude rate of 17.3% for current smoking among adults aged ≥ 18 years, which ranks 574th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 18.5%, which ranks 636th out of 905 Iowa communities (71st out of 102 mid-sized communities).

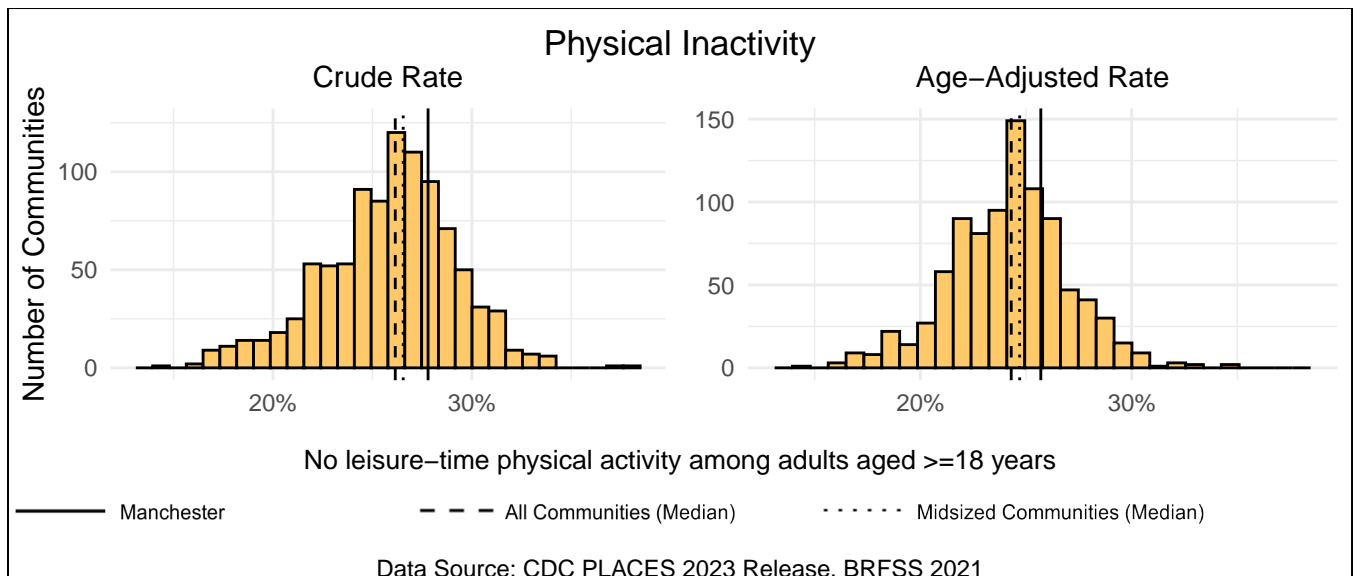
Measure Type	Manchester	All Comm.	Mid-sized Comm.
Crude	17.3%	16.8%	16.4%
Age-Adjusted	18.5%	17.5%	17.6%



Physical Inactivity

Manchester has a crude rate of 27.8% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 696th out of 958 Iowa communities (67th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 25.7%, which ranks 656th out of 905 Iowa communities (65th out of 102 mid-sized communities).

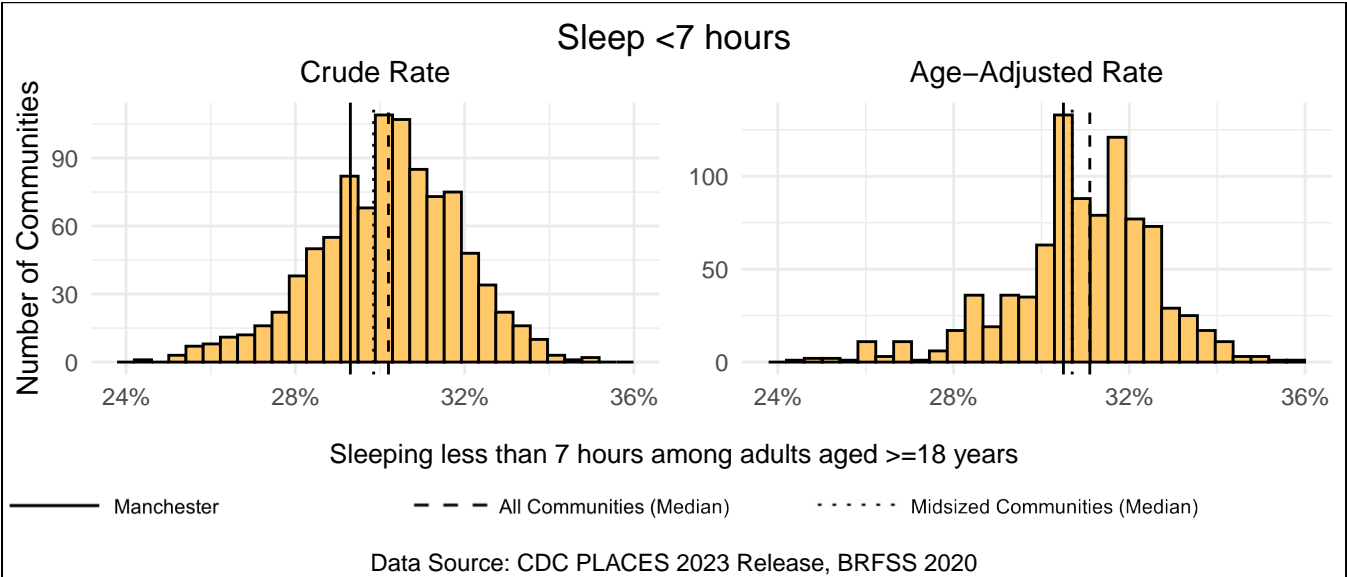
Measure Type	Manchester	All Comm.	Mid-sized Comm.
Crude	27.8%	26.1%	26.6%
Age-Adjusted	25.7%	24.3%	24.7%



Sleep <7 hours

Manchester 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 mid-sized communities). The age-adjusted rate for Manchester is 30.5%, which ranks 291st out of 905 Iowa communities (43rd out of 102 mid-sized communities).

Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	29.3%	30.2%	29.8%
Age-Adjusted	30.5%	31.1%	30.7%



Health Outcomes

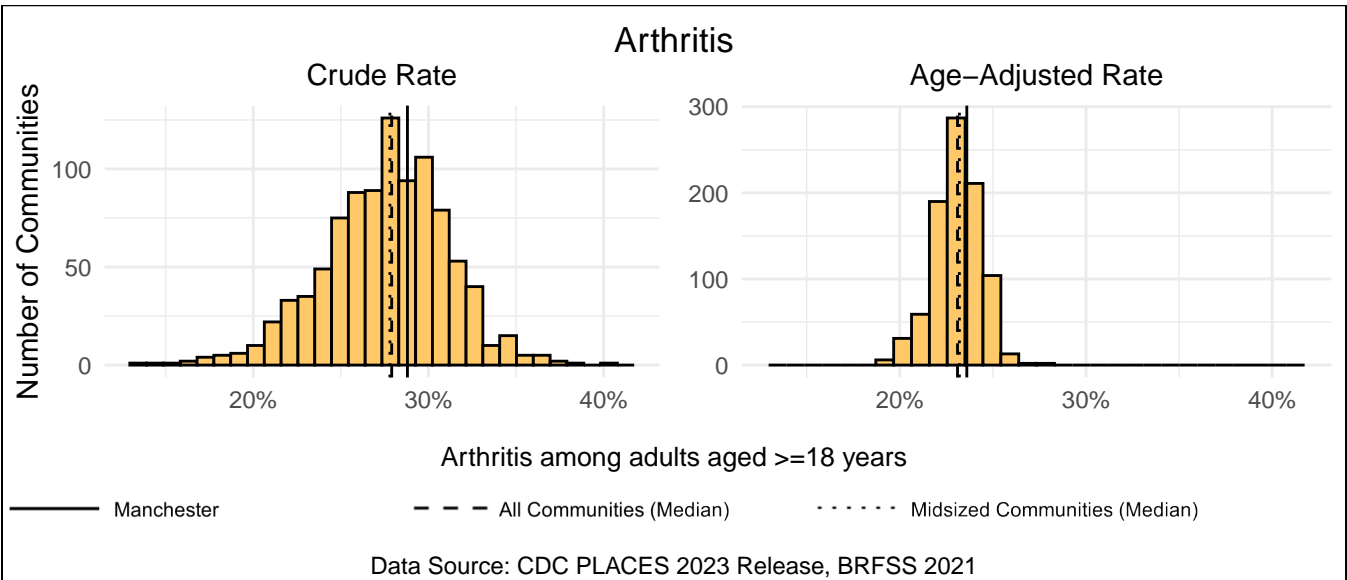
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Manchester has a crude rate of 28.8% for arthritis among adults aged ≥ 18 years, which ranks 591st out of 958 Iowa communities (69th out of 102 midsize communities). The age-adjusted rate for Manchester is 23.6%, which ranks 574th out of 905 Iowa communities (59th out of 102 midsize communities).

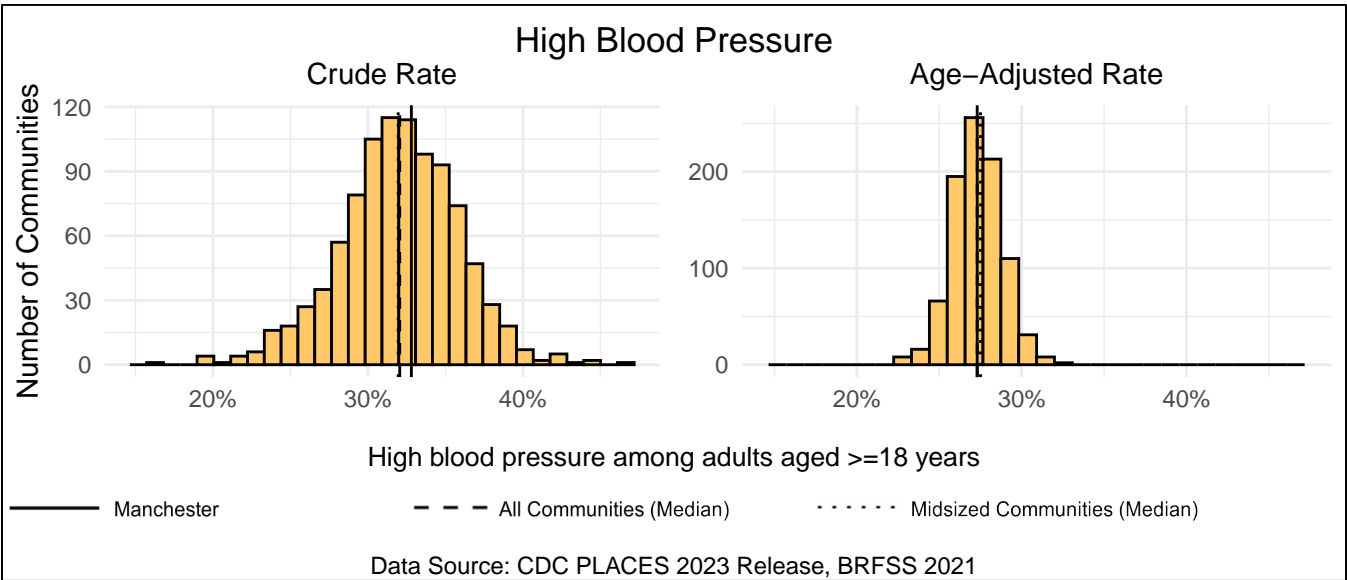
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	28.8%	27.9%	27.8%
Age-Adjusted	23.6%	23.1%	23.2%



High Blood Pressure

Manchester has a crude rate of 32.8% for high blood pressure among adults aged ≥ 18 years, which ranks 552nd out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Manchester is 27.3%, which ranks 438th out of 905 Iowa communities (48th out of 102 midsized communities).

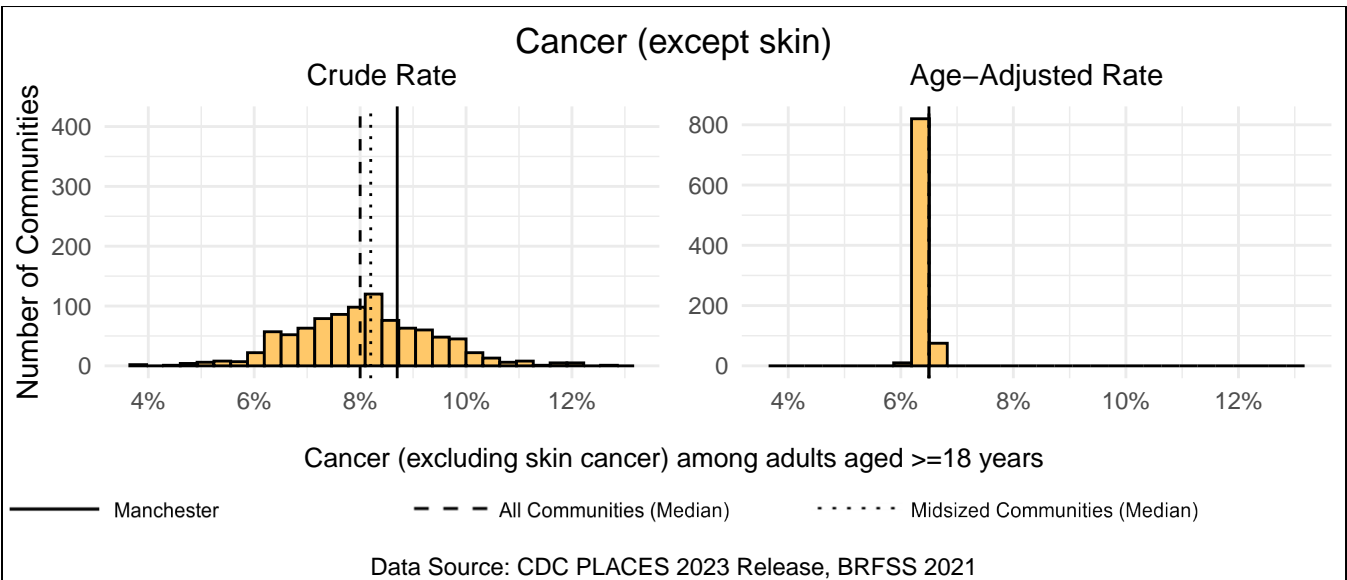
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	32.8%	32.0%	32.0%
Age-Adjusted	27.3%	27.3%	27.5%



Cancer (except skin)

Manchester has a crude rate of 8.7% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 658th out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Manchester is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

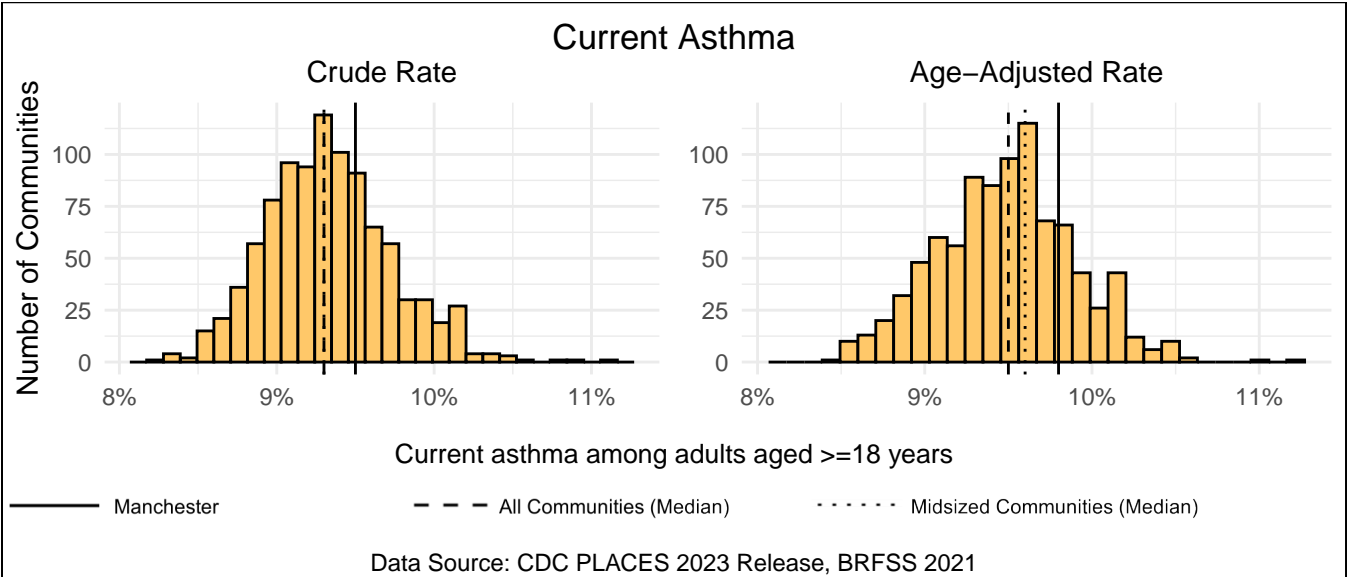
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	8.7%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Manchester has a crude rate of 9.5% for current asthma among adults aged ≥ 18 years, which ranks 625th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Manchester is 9.8%, which ranks 696th out of 905 Iowa communities (75th out of 102 midsize communities).

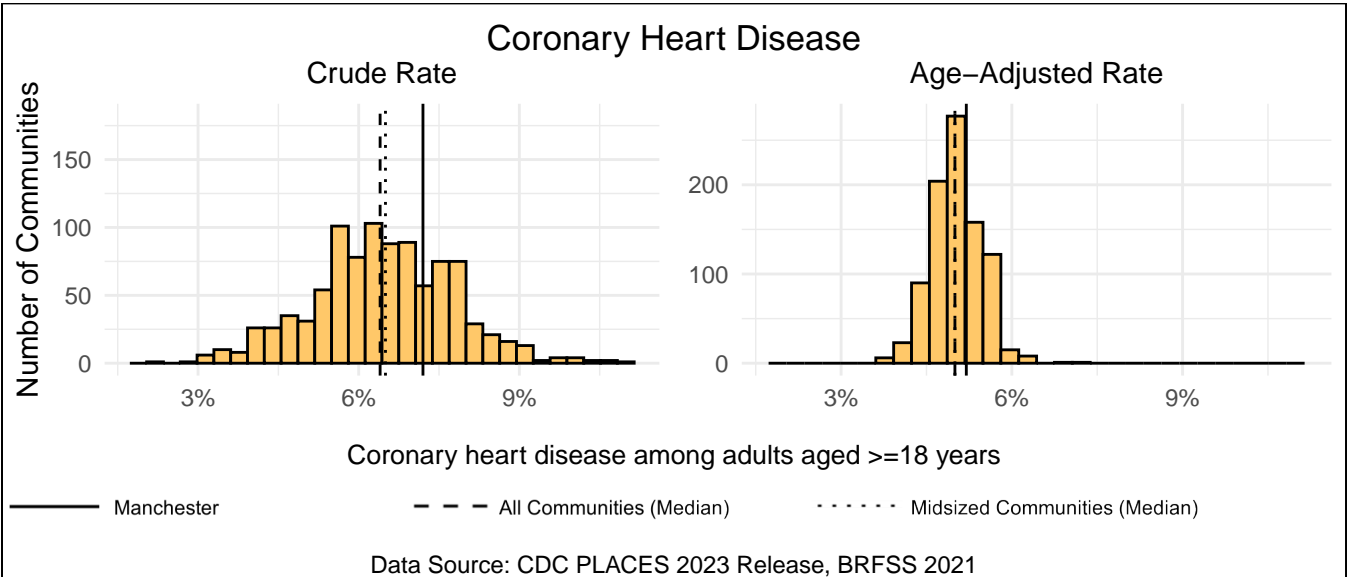
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	9.5%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.6%



Coronary Heart Disease

Manchester has a crude rate of 7.2% for coronary heart disease among adults aged ≥ 18 years, which ranks 678th out of 958 Iowa communities (72nd out of 102 midsize communities). The age-adjusted rate for Manchester is 5.2%, which ranks 601st out of 905 Iowa communities (63rd out of 102 midsize communities).

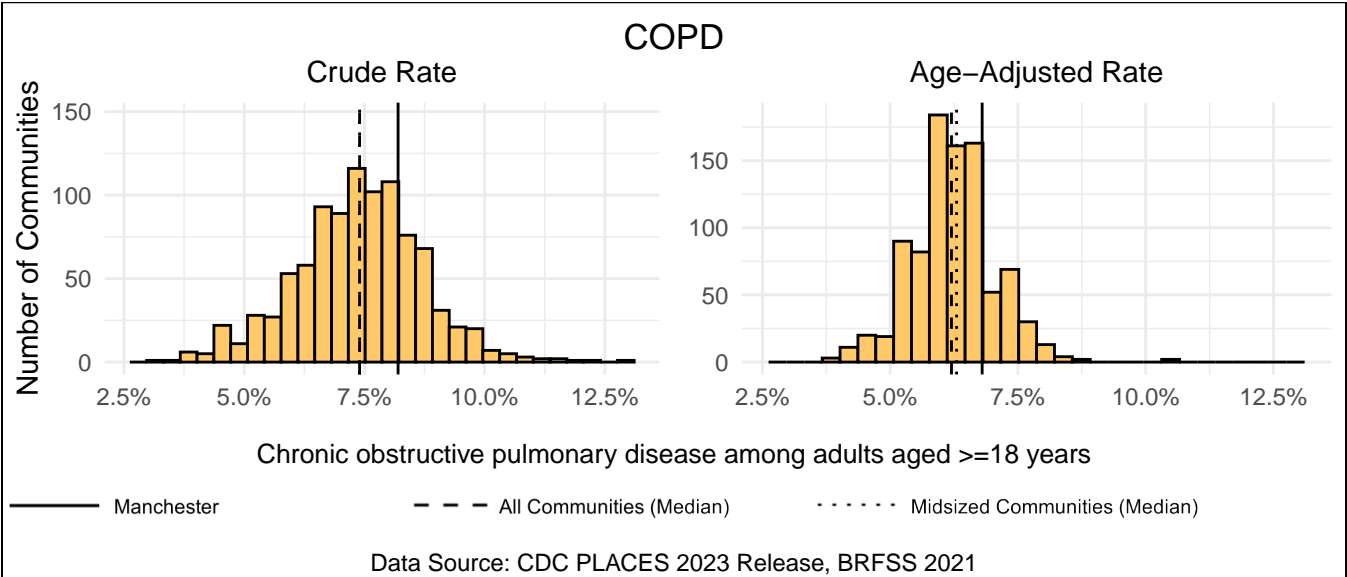
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	7.2%	6.4%	6.5%
Age-Adjusted	5.2%	5.0%	5.0%



COPD

Manchester has a crude rate of 8.2% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 696th out of 958 Iowa communities (72nd out of 102 mid-sized communities). The age-adjusted rate for Manchester is 6.8%, which ranks 699th out of 905 Iowa communities (71st out of 102 mid-sized communities).

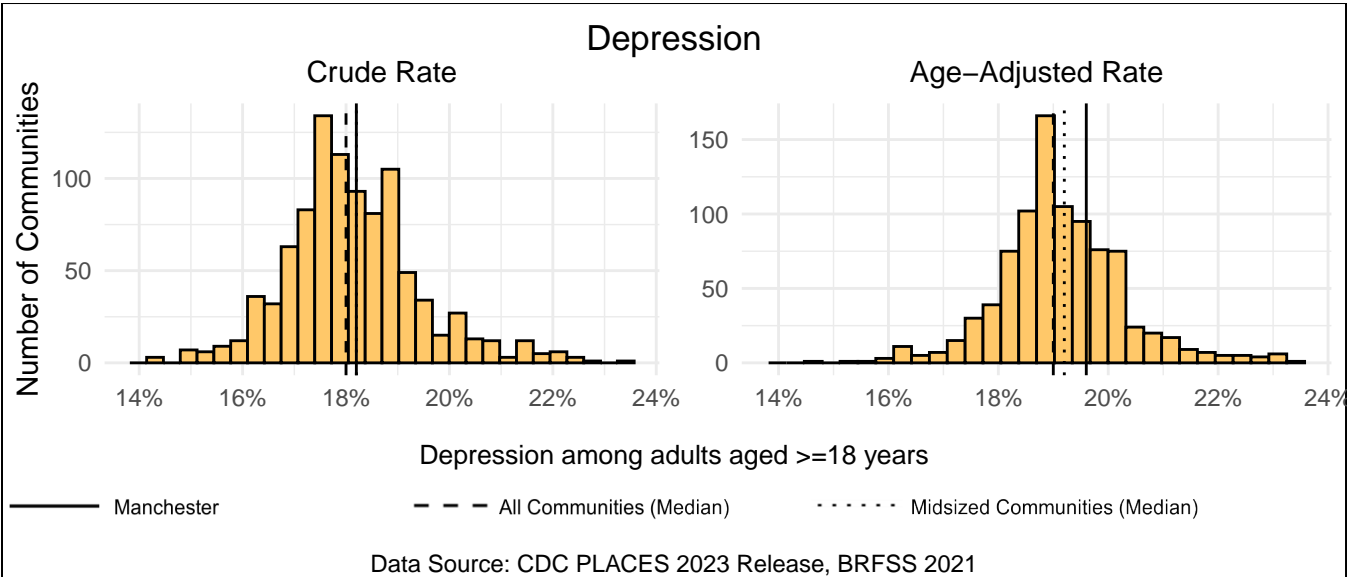
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	8.2%	7.4%	7.4%
Age-Adjusted	6.8%	6.2%	6.3%



Depression

Manchester has a crude rate of 18.2% for depression among adults aged ≥ 18 years, which ranks 537th out of 958 Iowa communities (48th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 19.6%, which ranks 625th out of 905 Iowa communities (68th out of 102 mid-sized communities).

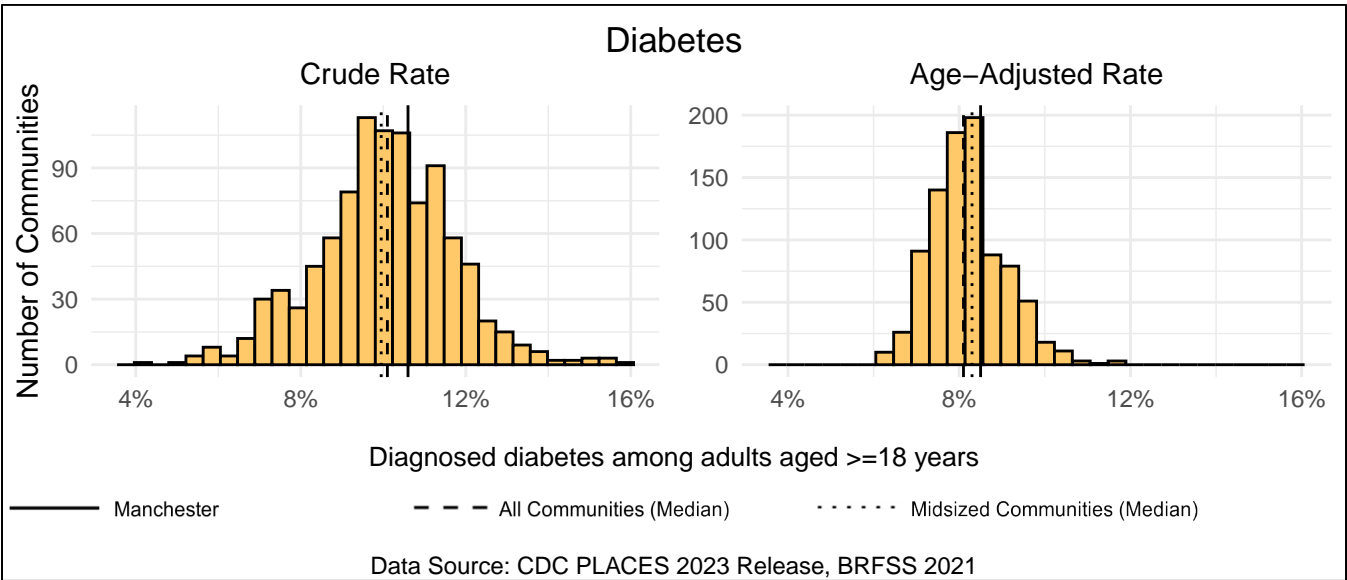
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	18.2%	18.0%	18.2%
Age-Adjusted	19.6%	19.0%	19.2%



Diabetes

Manchester has a crude rate of 10.6% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 603rd out of 958 Iowa communities (66th out of 102 midsize communities). The age-adjusted rate for Manchester is 8.5%, which ranks 617th out of 905 Iowa communities (60th out of 102 midsize communities).

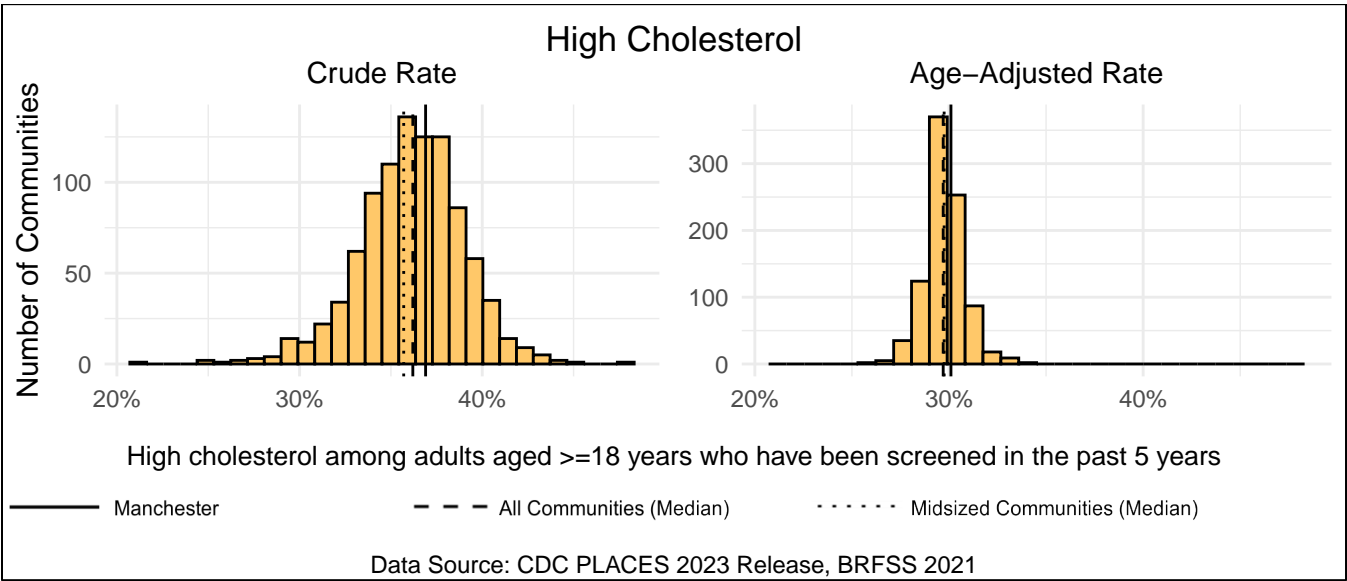
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	10.6%	10.1%	9.9%
Age-Adjusted	8.5%	8.1%	8.3%



High Cholesterol

Manchester has a crude rate of 36.9% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 571st out of 958 Iowa communities (72nd out of 102 midsize communities). The age-adjusted rate for Manchester is 30.1%, which ranks 565th out of 905 Iowa communities (63rd out of 102 midsize communities).

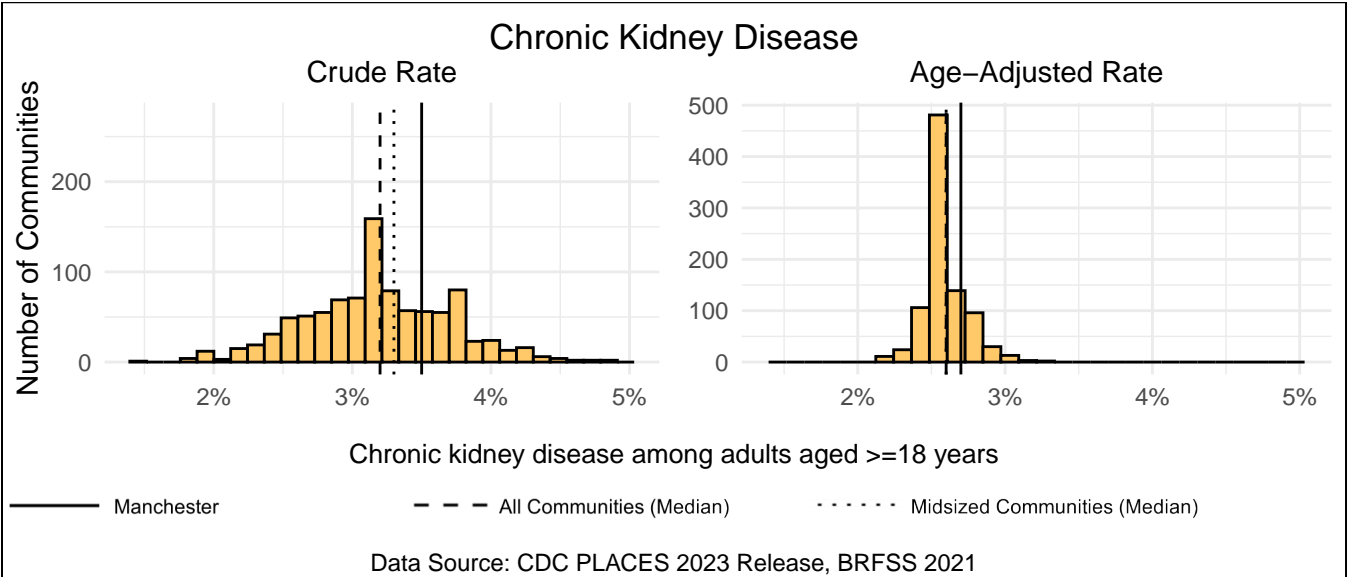
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	36.9%	36.2%	35.7%
Age-Adjusted	30.1%	29.7%	29.8%



Chronic Kidney Disease

Manchester 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 midsized communities). The age-adjusted rate for Manchester is 2.7%, which ranks 623rd out of 905 Iowa communities (60th out of 102 midsized communities).

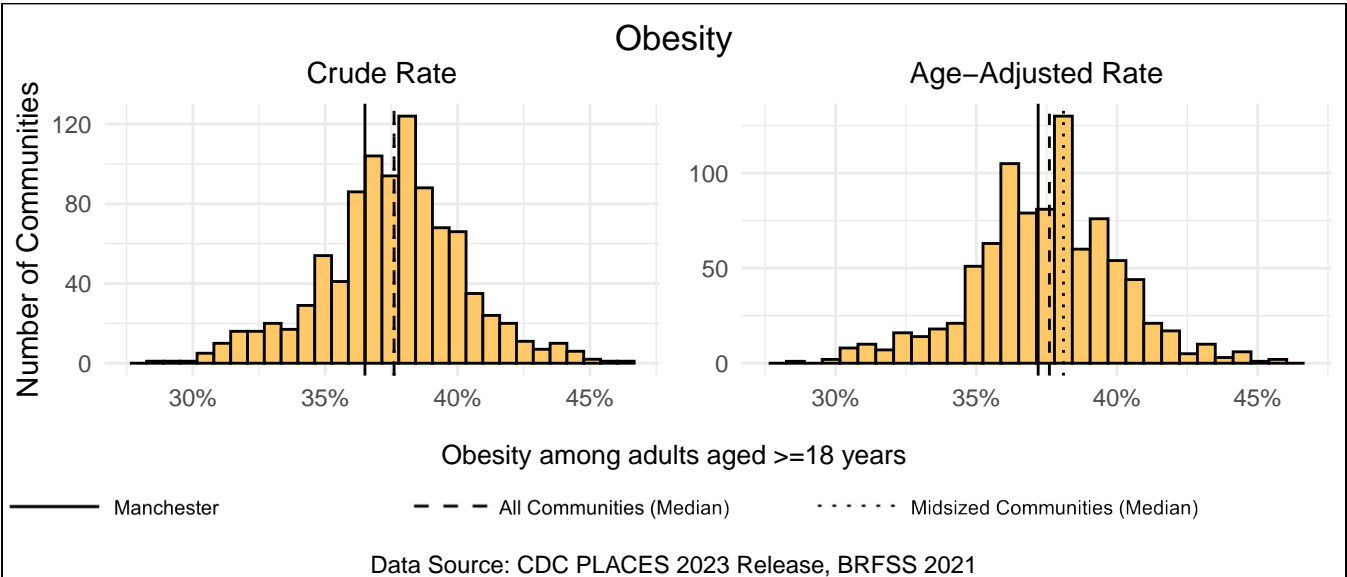
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



Obesity

Manchester has a crude rate of 36.5% for obesity among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (40th out of 102 midsized communities). The age-adjusted rate for Manchester is 37.2%, which ranks 396th out of 905 Iowa communities (42nd out of 102 midsized communities).

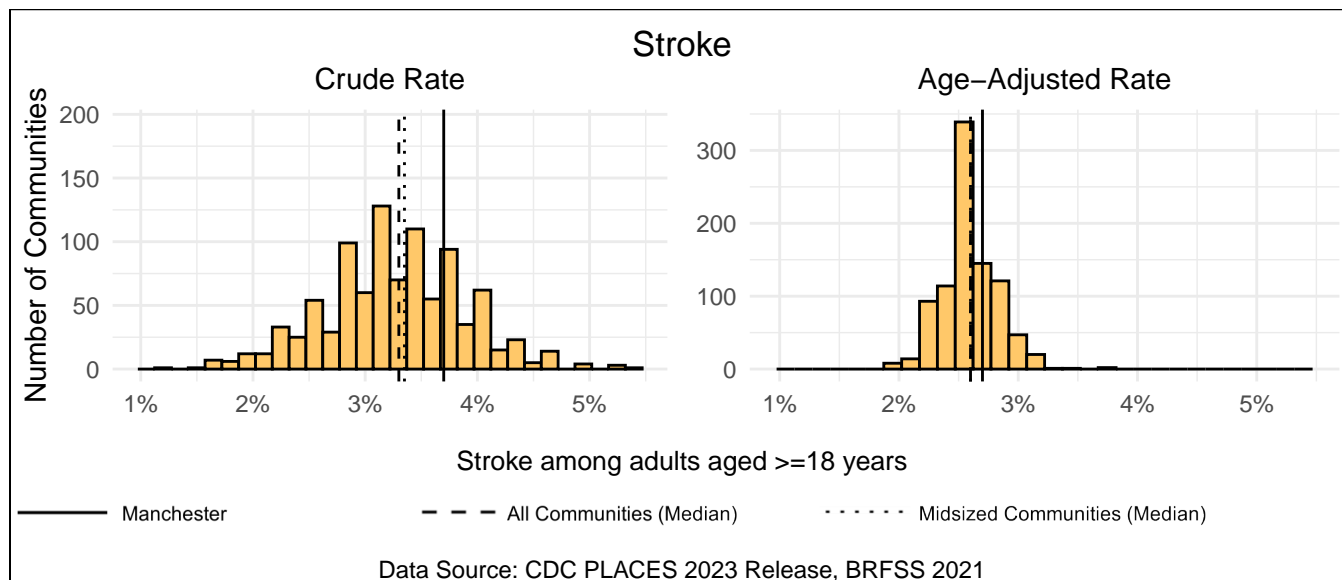
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	36.5%	37.6%	37.6%
Age-Adjusted	37.2%	37.6%	38.1%



Stroke

Manchester 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 Manchester is 2.7%, which ranks 569th out of 905 Iowa communities (57th out of 102 midsize communities).

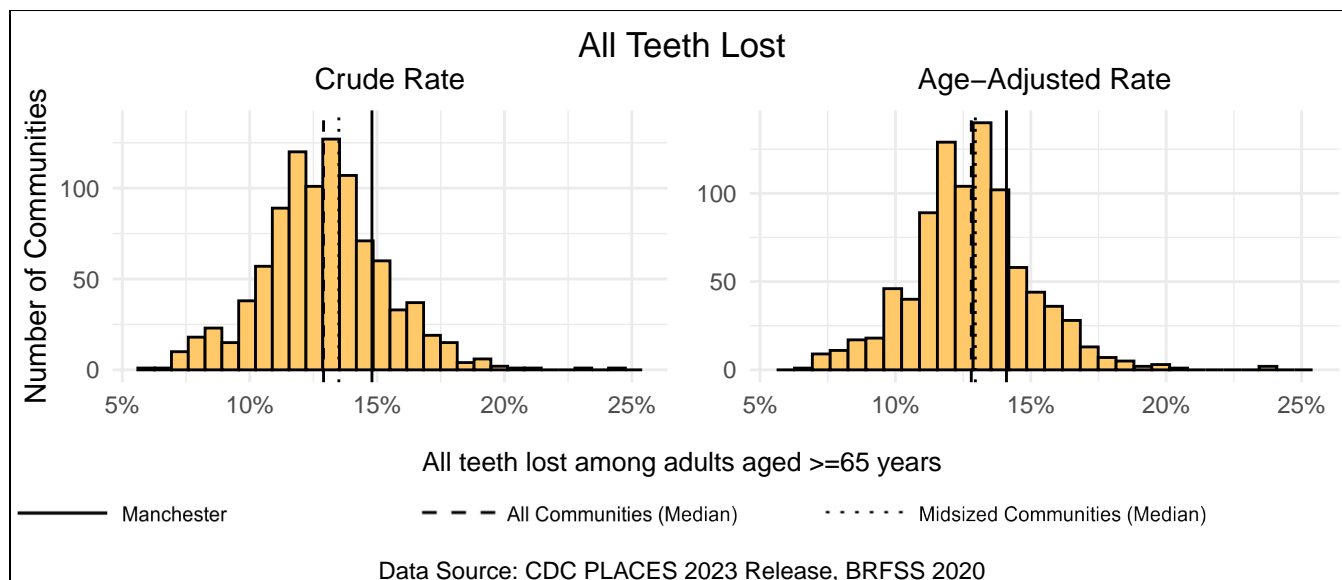
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	3.7%	3.3%	3.3%
Age-Adjusted	2.7%	2.6%	2.6%



All Teeth Lost

Manchester has a crude rate of 14.8% for all teeth lost among adults aged ≥ 65 years, which ranks 772nd out of 958 Iowa communities (73rd out of 102 midsize communities). The age-adjusted rate for Manchester is 14.1%, which ranks 693rd out of 905 Iowa communities (70th out of 102 midsize communities).

Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	14.8%	12.9%	13.5%
Age-Adjusted	14.1%	12.8%	12.9%



Prevention

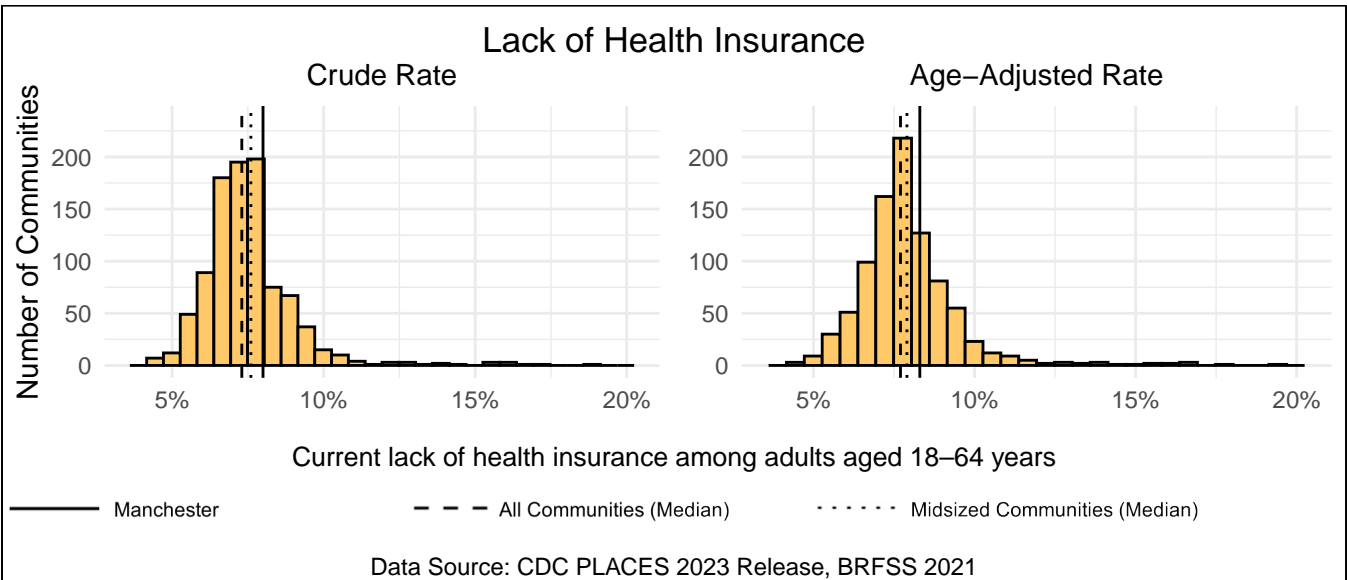
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Manchester has a crude rate of 8.0% for current lack of health insurance among adults aged 18–64 years, which ranks 702nd out of 958 Iowa communities (60th out of 102 midsized communities). The age-adjusted rate for Manchester is 8.3%, which ranks 632nd out of 905 Iowa communities (59th out of 102 midsized communities).

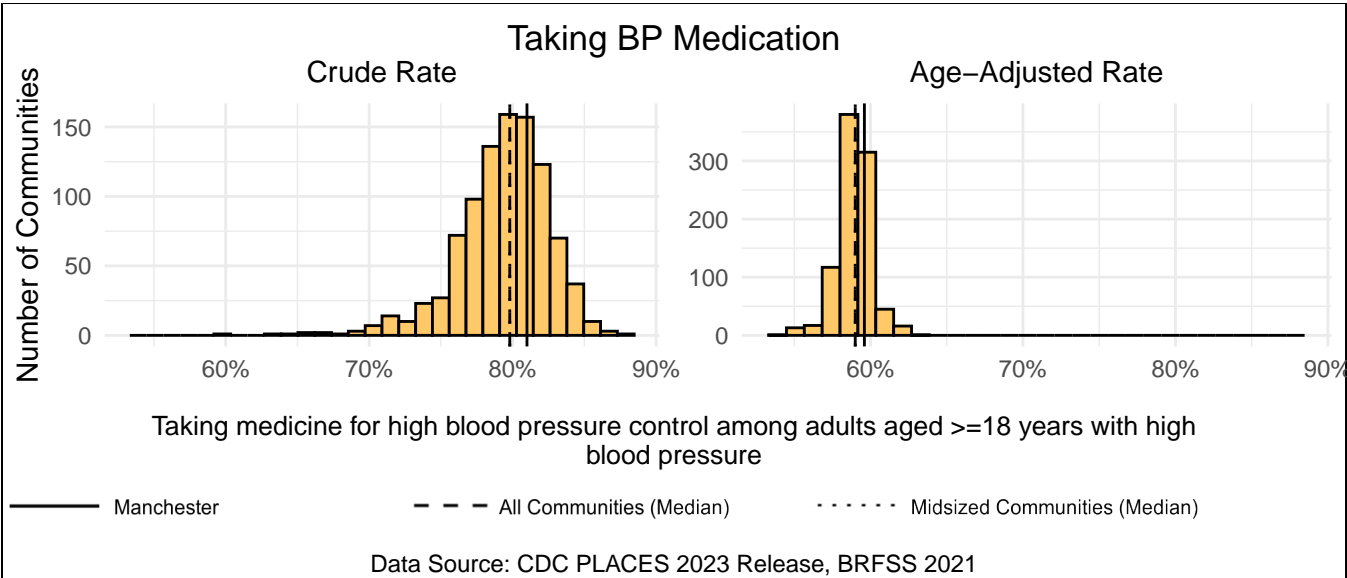
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	8.0%	7.3%	7.6%
Age-Adjusted	8.3%	7.7%	7.9%



Taking BP Medication

Manchester has a crude rate of 81.0% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 298th out of 958 Iowa communities (24th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 59.6%, which ranks 179th out of 905 Iowa communities (33rd out of 102 mid-sized communities).

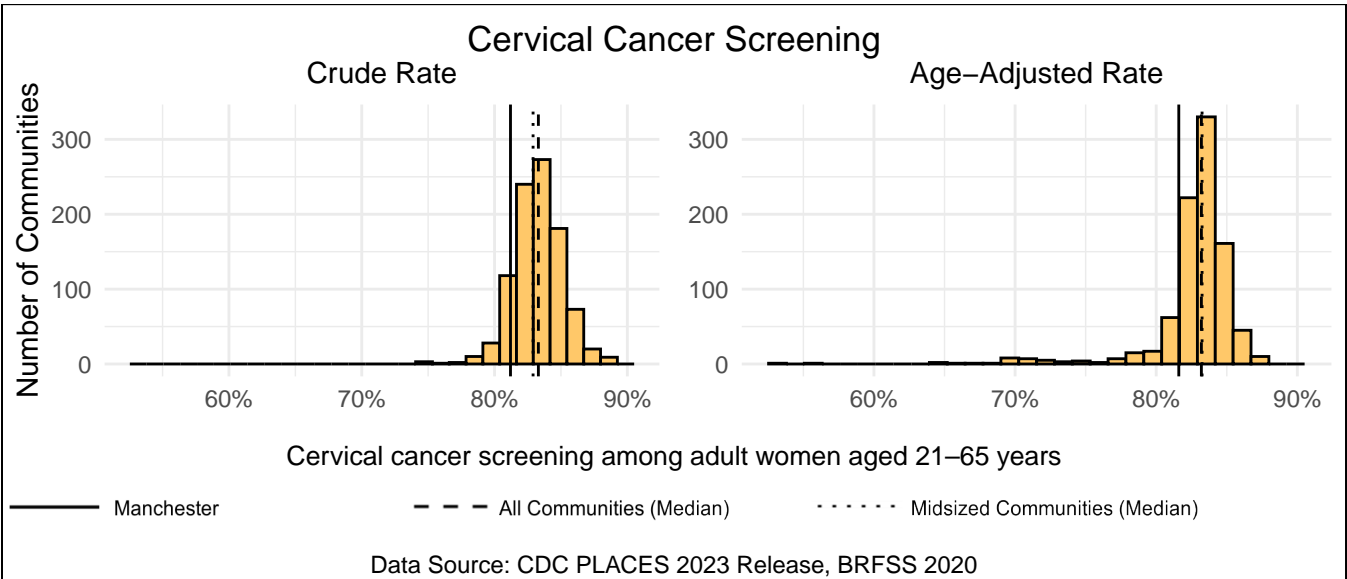
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	81.0%	79.8%	79.8%
Age-Adjusted	59.6%	59.0%	59.0%



Cervical Cancer Screening

Manchester has a crude rate of 81.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 849th out of 958 Iowa communities (81st out of 102 mid-sized communities). The age-adjusted rate for Manchester is 81.6%, which ranks 769th out of 905 Iowa communities (84th out of 102 mid-sized communities).

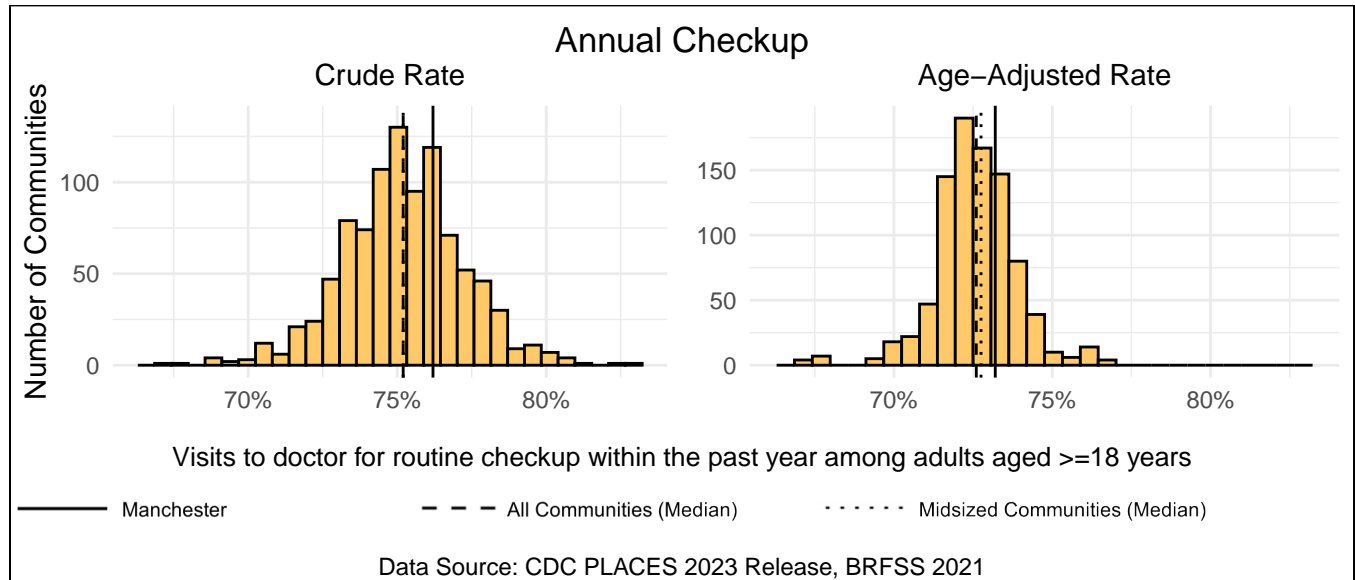
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	81.2%	83.3%	82.9%
Age-Adjusted	81.6%	83.2%	83.2%



Annual Checkup

Manchester 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 (23rd out of 102 mid-sized communities). The age-adjusted rate for Manchester is 73.2%, which ranks 235th out of 905 Iowa communities (31st out of 102 mid-sized communities).

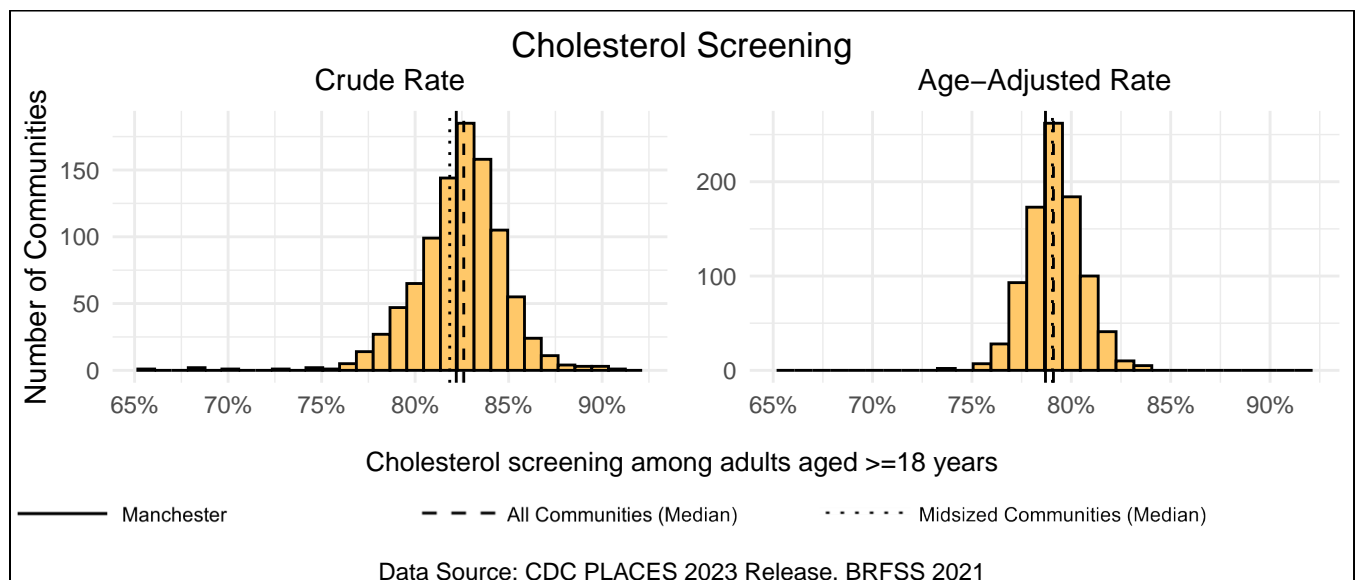
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	76.2%	75.2%	75.2%
Age-Adjusted	73.2%	72.6%	72.8%



Cholesterol Screening

Manchester has a crude rate of 82.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 550th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Manchester is 78.7%, which ranks 573rd out of 905 Iowa communities (64th out of 102 mid-sized communities).

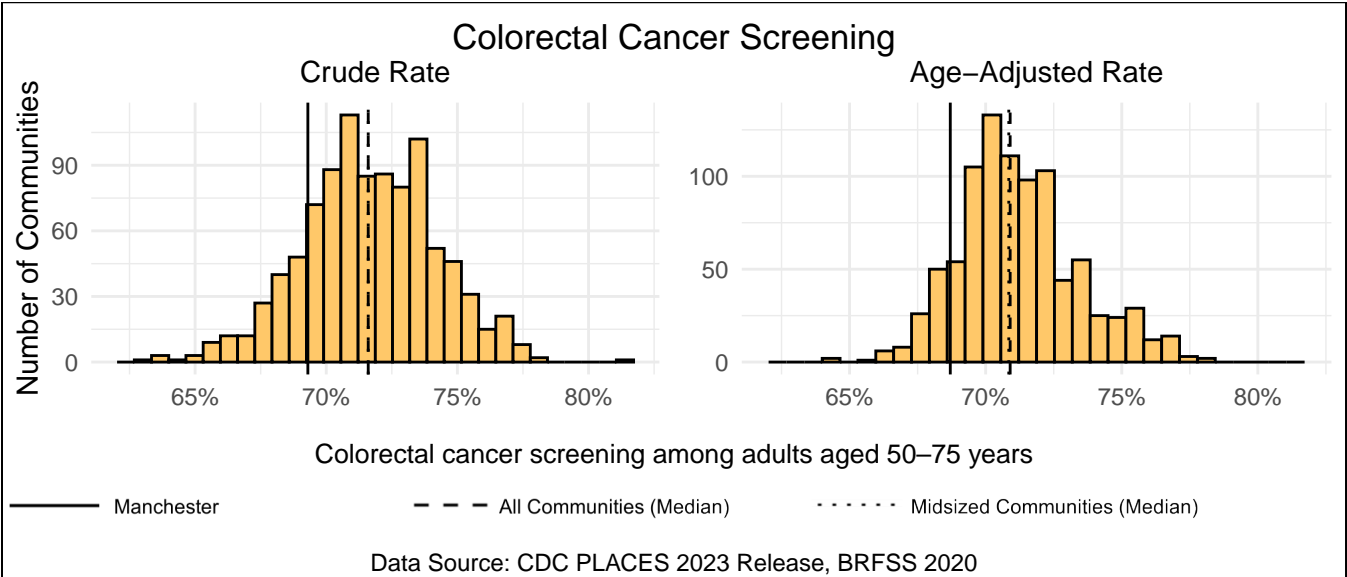
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	82.2%	82.6%	81.8%
Age-Adjusted	78.7%	79.1%	79.0%



Colorectal Cancer Screening

Manchester has a crude rate of 69.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 790th out of 958 Iowa communities (84th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 68.7%, which ranks 801st out of 905 Iowa communities (82nd out of 102 mid-sized communities).

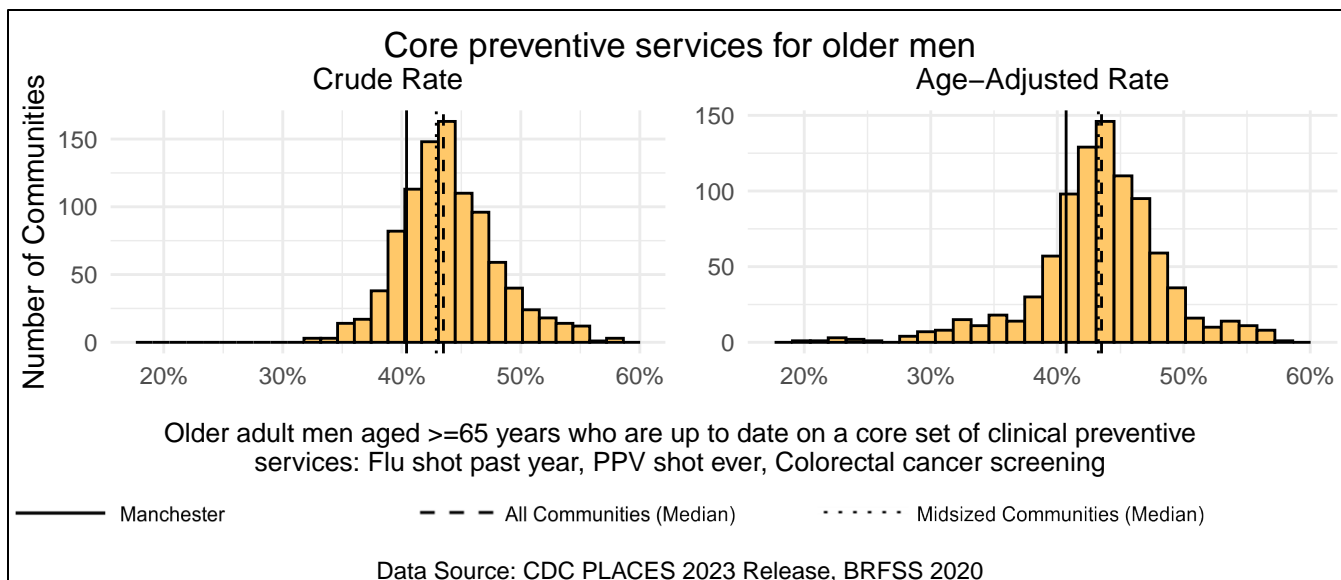
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	69.3%	71.6%	71.6%
Age-Adjusted	68.7%	70.9%	70.8%



Core preventive services for older men

Manchester has a crude rate of 40.4% 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 787th out of 958 Iowa communities (74th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 40.7%, which ranks 707th out of 905 Iowa communities (76th out of 102 mid-sized communities).

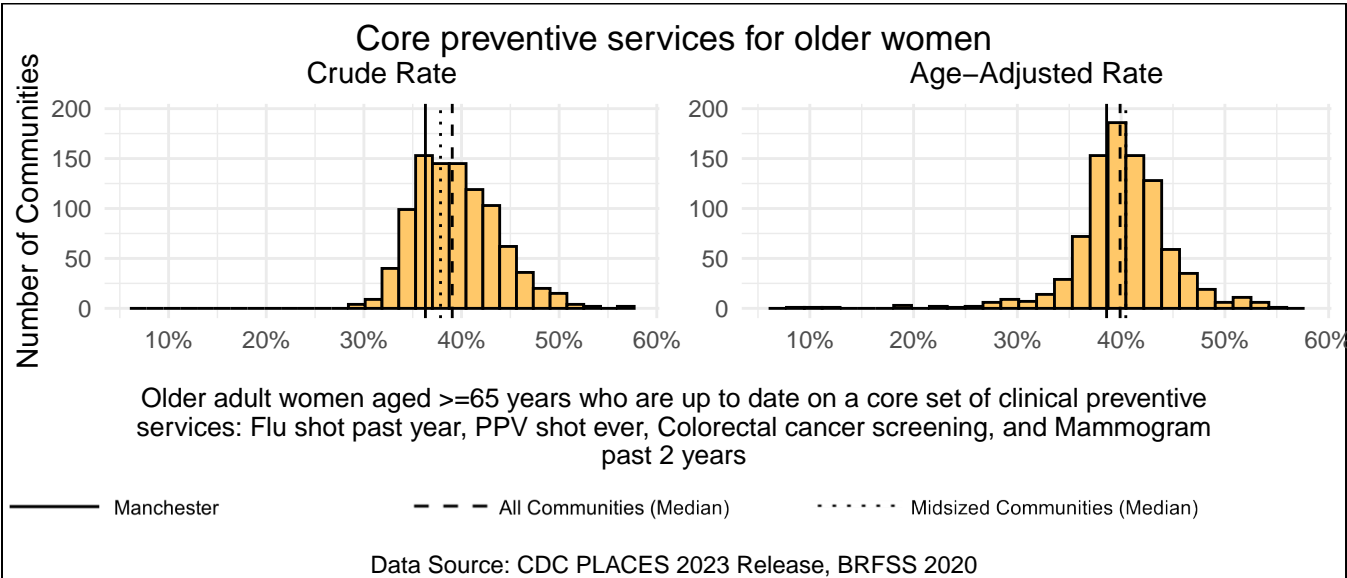
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	40.4%	43.5%	42.9%
Age-Adjusted	40.7%	43.5%	43.2%



Core preventive services for older women

Manchester has a crude rate of 36.3% 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 731st out of 958 Iowa communities (65th out of 102 midsize communities). The age-adjusted rate for Manchester is 38.6%, which ranks 613th out of 905 Iowa communities (69th out of 102 midsize communities).

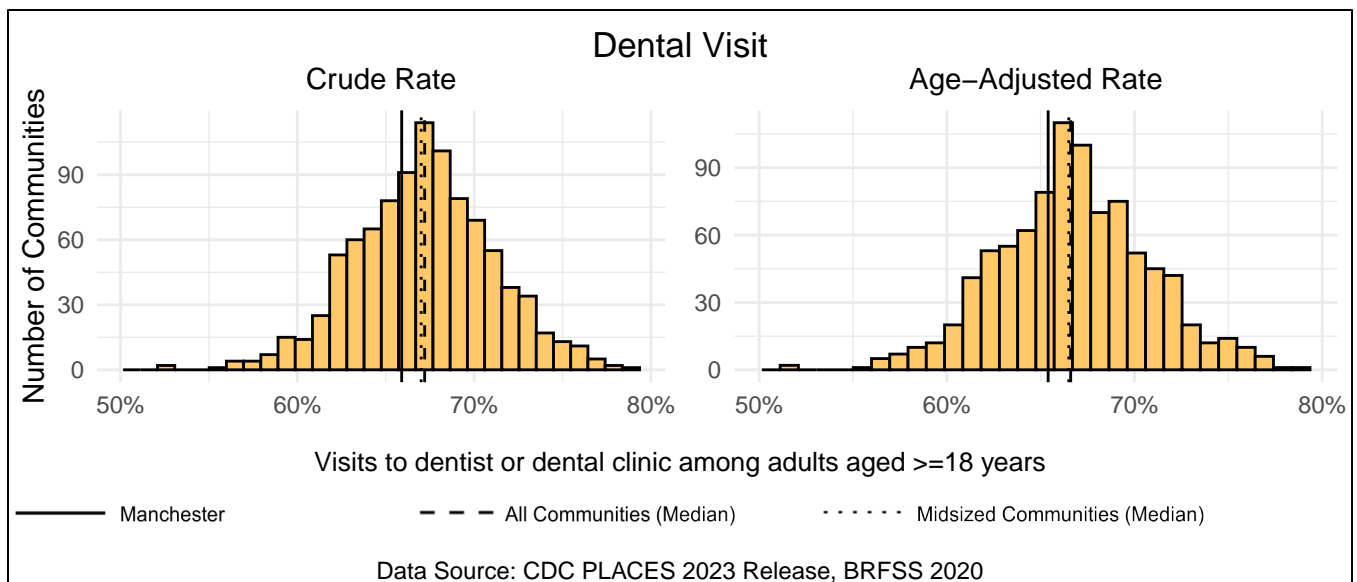
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	36.3%	39.0%	37.8%
Age-Adjusted	38.6%	39.9%	40.4%



Dental Visit

Manchester has a crude rate of 65.9% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 613th out of 958 Iowa communities (62nd out of 102 midsize communities). The age-adjusted rate for Manchester is 65.4%, which ranks 590th out of 905 Iowa communities (60th out of 102 midsize communities).

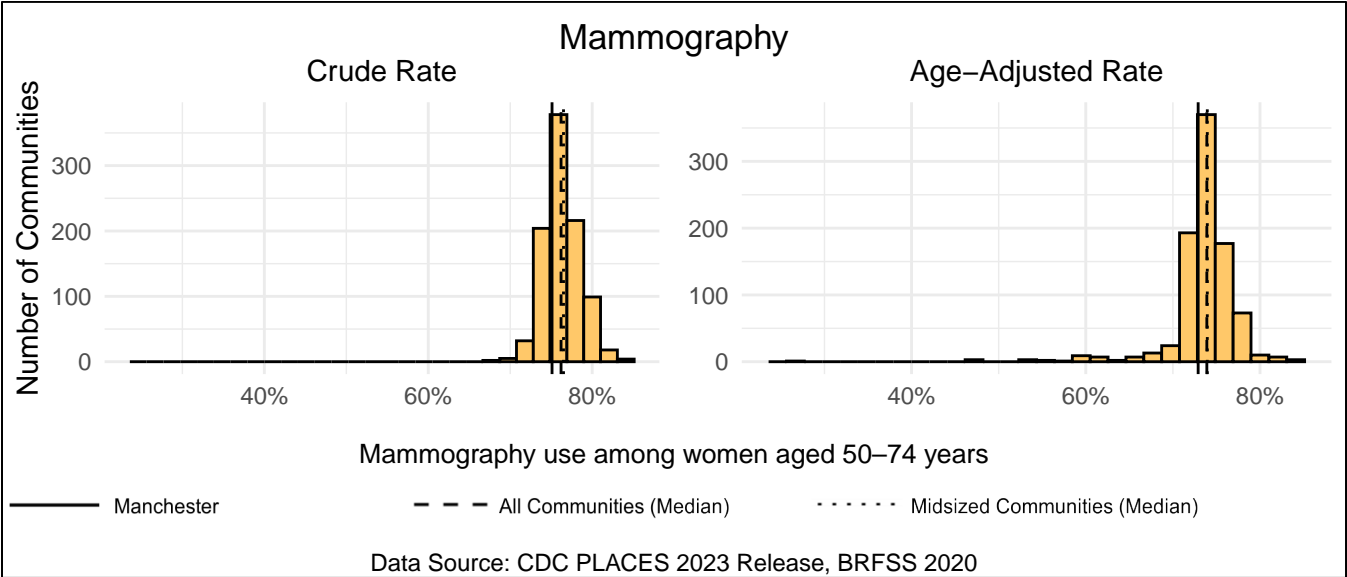
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	65.9%	67.2%	67.0%
Age-Adjusted	65.4%	66.6%	66.5%



Mammography

Manchester has a crude rate of 75.1% for mammography use among women aged 50–74 years, which ranks 671st out of 958 Iowa communities (79th out of 102 midsized communities). The age-adjusted rate for Manchester is 72.9%, which ranks 628th out of 905 Iowa communities (73rd out of 102 midsized communities).

Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	75.1%	76.2%	76.5%
Age-Adjusted	72.9%	73.9%	74.0%



Disability

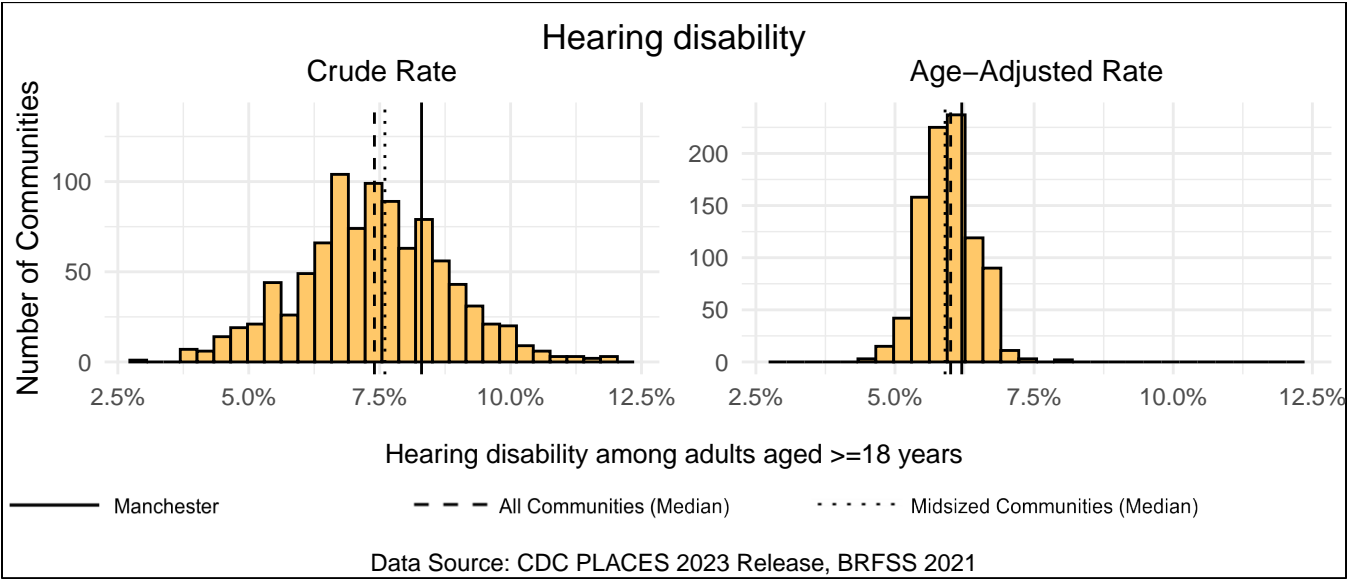
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Manchester 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 Manchester is 6.2%, which ranks 621st out of 905 Iowa communities (65th out of 102 midsize communities).

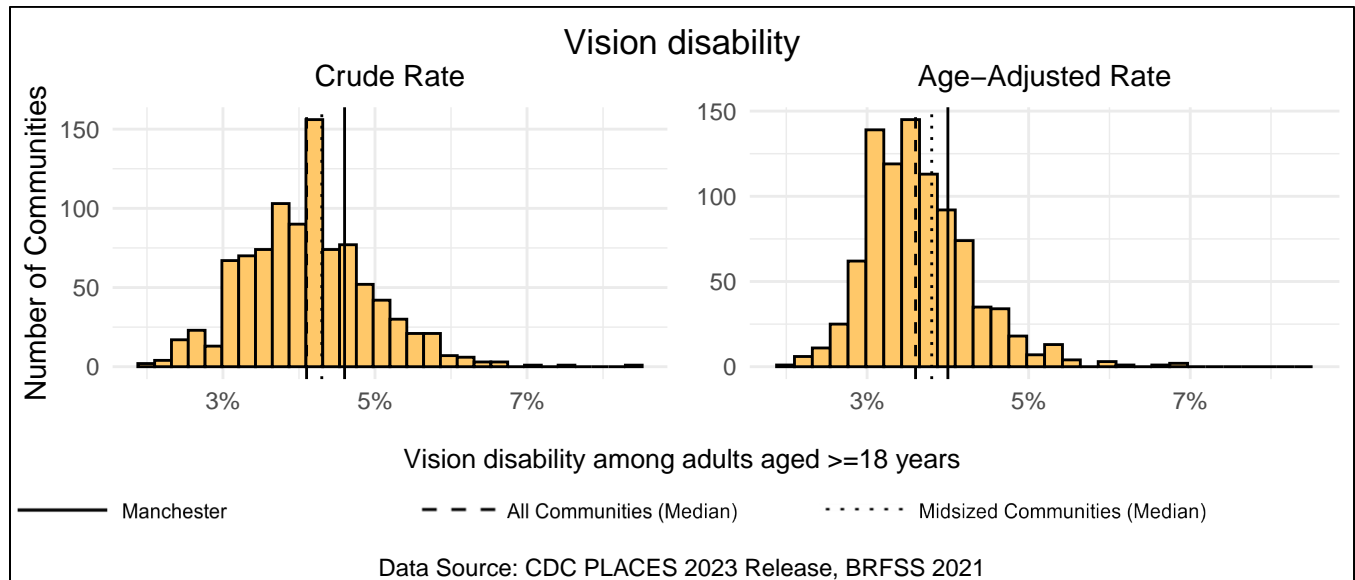
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	8.3%	7.4%	7.6%
Age-Adjusted	6.2%	6.0%	5.9%



Vision disability

Manchester has a crude rate of 4.6% for vision disability among adults aged ≥ 18 years, which ranks 694th out of 958 Iowa communities (63rd out of 102 midsize communities). The age-adjusted rate for Manchester is 4.0%, which ranks 676th out of 905 Iowa communities (64th out of 102 midsize communities).

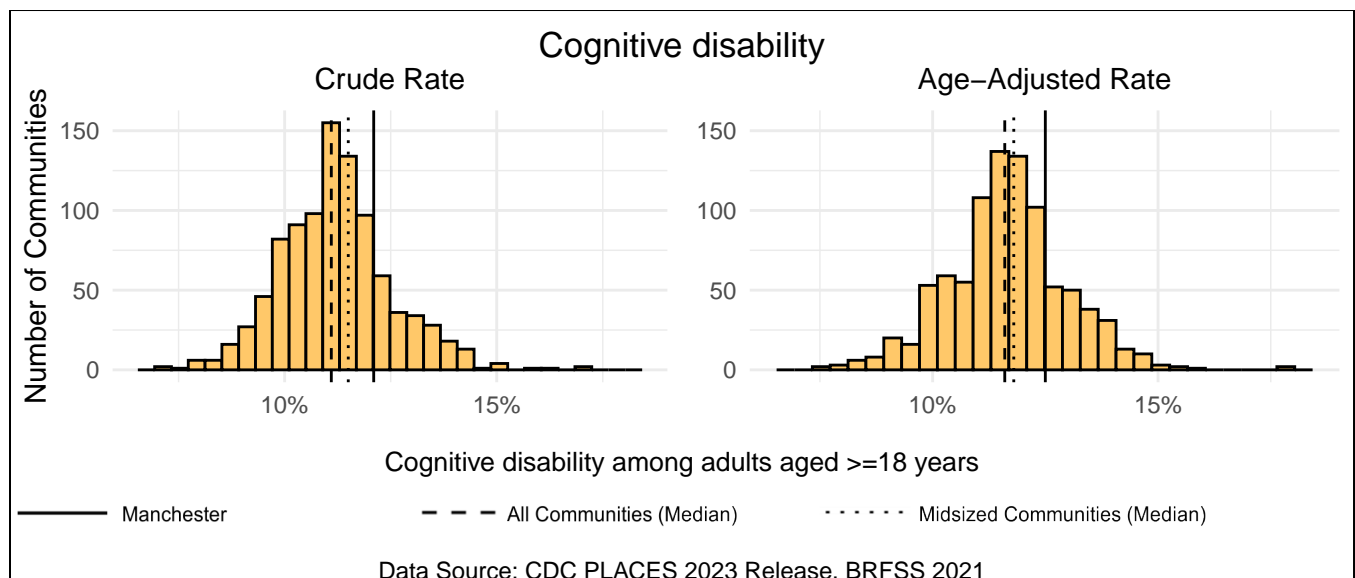
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	4.6%	4.1%	4.3%
Age-Adjusted	4.0%	3.6%	3.8%



Cognitive disability

Manchester has a crude rate of 12.1% for cognitive disability among adults aged ≥ 18 years, which ranks 762nd out of 958 Iowa communities (70th out of 102 midsize communities). The age-adjusted rate for Manchester is 12.5%, which ranks 704th out of 905 Iowa communities (70th out of 102 midsize communities).

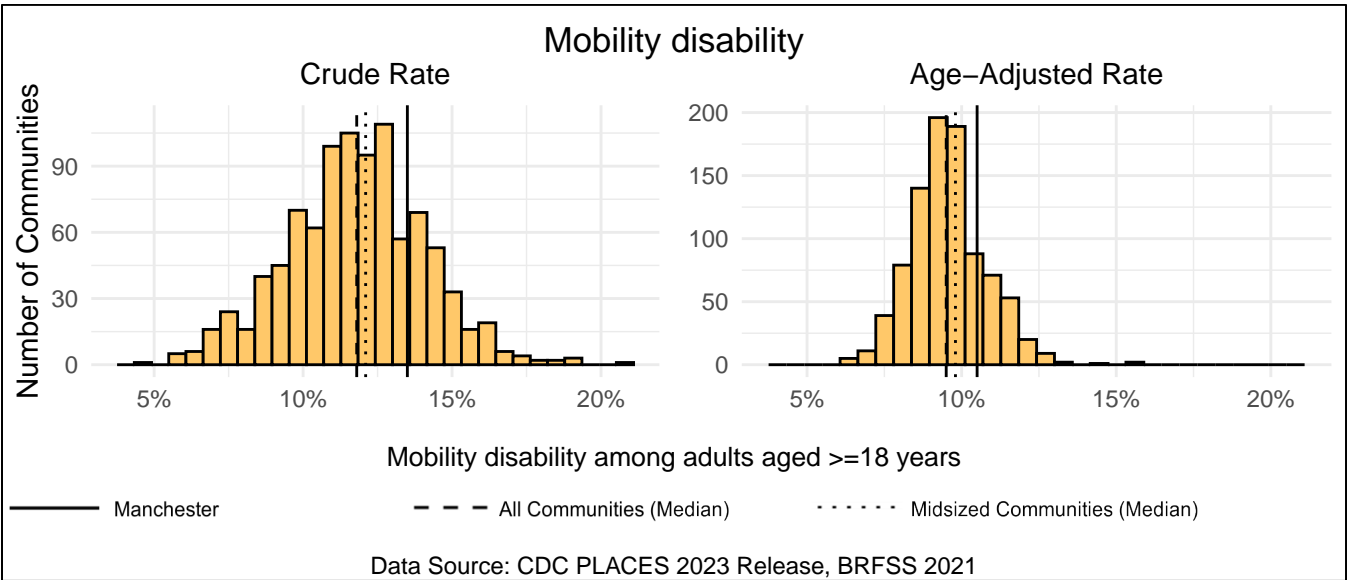
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	12.1%	11.1%	11.5%
Age-Adjusted	12.5%	11.6%	11.8%



Mobility disability

Manchester has a crude rate of 13.5% for mobility disability among adults aged >=18 years, which ranks 738th out of 958 Iowa communities (71st out of 102 midsize communities). The age-adjusted rate for Manchester is 10.5%, which ranks 720th out of 905 Iowa communities (69th out of 102 midsize communities).

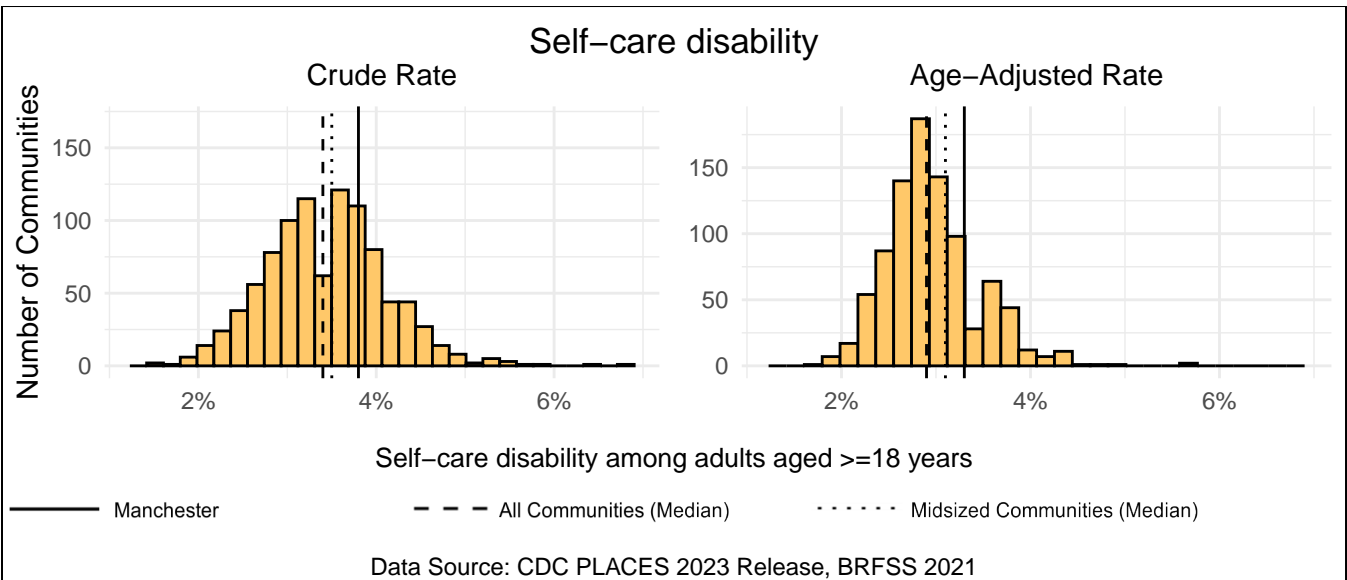
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	13.5%	11.8%	12.1%
Age-Adjusted	10.5%	9.5%	9.8%



Self-care disability

Manchester has a crude rate of 3.8% for self-care disability among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (64th out of 102 midsize communities). The age-adjusted rate for Manchester is 3.3%, which ranks 702nd out of 905 Iowa communities (66th out of 102 midsize communities).

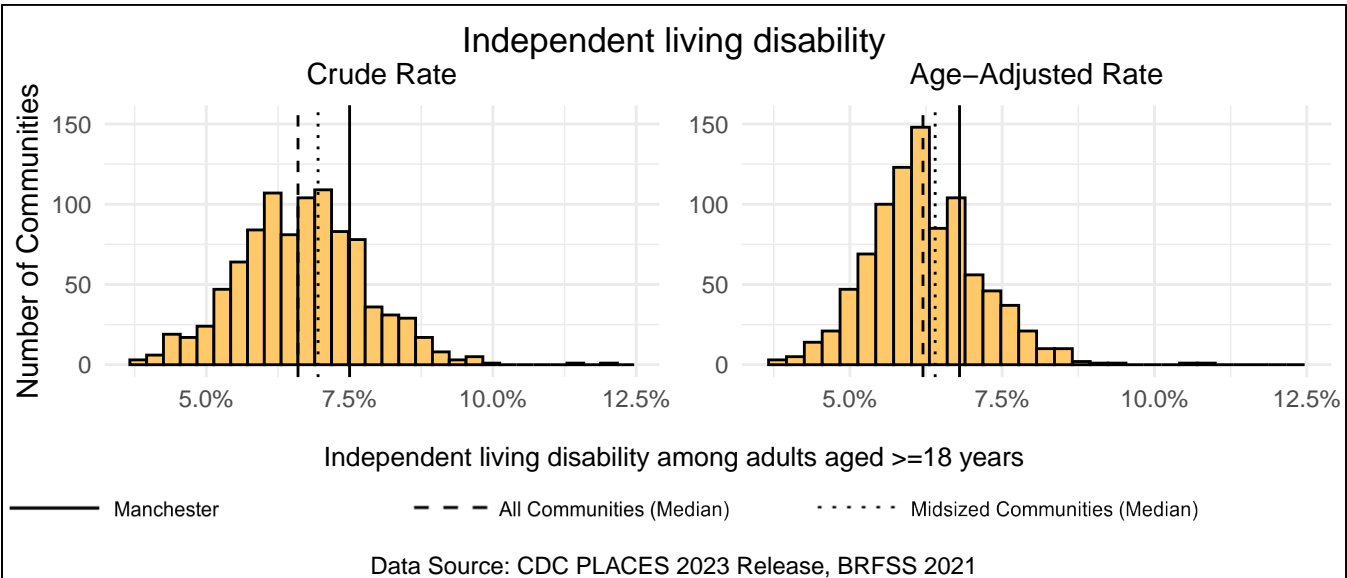
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	3.8%	3.4%	3.5%
Age-Adjusted	3.3%	2.9%	3.1%



Independent living disability

Manchester has a crude rate of 7.5% for independent living disability among adults aged ≥ 18 years, which ranks 749th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 6.8%, which ranks 695th out of 905 Iowa communities (67th out of 102 mid-sized communities).

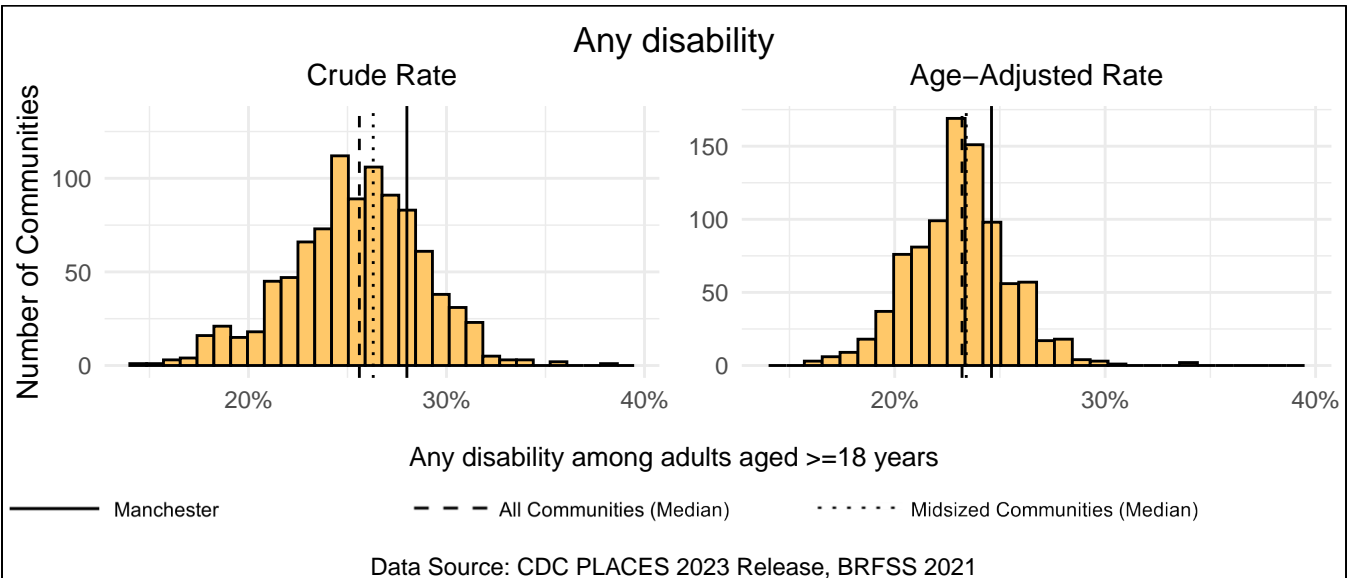
Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	7.5%	6.6%	7.0%
Age-Adjusted	6.8%	6.2%	6.4%



Any disability

Manchester has a crude rate of 28.0% for any disability among adults aged ≥ 18 years, which ranks 753rd out of 958 Iowa communities (69th out of 102 mid-sized communities). The age-adjusted rate for Manchester is 24.6%, which ranks 698th out of 905 Iowa communities (70th out of 102 mid-sized communities).

Measure Type	Manchester	All Comm.	Midsized Comm.
Crude	28.0%	25.6%	26.3%
Age-Adjusted	24.6%	23.2%	23.4%



Appendix 1: CDC PLACES Data

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

Relevant links for CDC PLACES can be found below:

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



Appendix 2: Manchester PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	625	14.7% (12.5% - 16.9%)	658	16.1% (13.6% - 18.7%)
Health Status	Physical Health	656	11.4% (9.5% - 13.6%)	673	10.3% (8.6% - 12.1%)
Health Status	General Health	714	15.6% (12.7% - 18.6%)	700	13.9% (11.4% - 16.6%)
Health Risk Behaviors	Physical Inactivity	696	27.8% (22.3% - 33.6%)	656	25.7% (20.7% - 31.0%)
Health Risk Behaviors	Binge Drinking	323	18.6% (15.2% - 22.1%)	249	21.4% (17.6% - 25.6%)
Health Risk Behaviors	Sleep <7 hours	258	29.3% (27.6% - 30.8%)	291	30.5% (28.8% - 32.0%)
Health Risk Behaviors	Current Smoking	574	17.3% (13.4% - 21.2%)	636	18.5% (14.3% - 22.6%)
Health Outcomes	Current Asthma	625	9.5% (8.3% - 10.8%)	696	9.8% (8.5% - 11.2%)
Health Outcomes	Stroke	703	3.7% (3.1% - 4.4%)	569	2.7% (2.4% - 3.1%)
Health Outcomes	Coronary Heart Disease	678	7.2% (6.2% - 8.3%)	601	5.2% (4.5% - 6.0%)
Health Outcomes	Depression	537	18.2% (14.9% - 22.0%)	625	19.6% (16.1% - 23.5%)
Health Outcomes	All Teeth Lost	772	14.8% (9.6% - 21.8%)	693	14.1% (9.2% - 19.9%)
Health Outcomes	Obesity	283	36.5% (29.1% - 44.2%)	396	37.2% (29.8% - 45.3%)
Health Outcomes	High Blood Pressure	552	32.8% (28.4% - 37.0%)	438	27.3% (23.3% - 31.2%)
Health Outcomes	Diabetes	603	10.6% (8.8% - 12.5%)	617	8.5% (7.2% - 10.0%)
Health Outcomes	Cancer (except skin)	658	8.7% (7.7% - 9.6%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	COPD	696	8.2% (6.6% - 9.9%)	699	6.8% (5.6% - 8.1%)
Health Outcomes	Arthritis	591	28.8% (24.5% - 33.0%)	574	23.6% (19.9% - 27.4%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.1% - 4.0%)	623	2.7% (2.4% - 3.0%)
Health Outcomes	High Cholesterol	571	36.9% (32.3% - 41.8%)	565	30.1% (25.5% - 34.8%)
Prevention	Taking BP Medication	298	81.0% (77.7% - 83.8%)	179	59.6% (54.5% - 64.6%)
Prevention	Colorectal Cancer Screening	790	69.3% (65.8% - 72.7%)	801	68.7% (65.0% - 72.2%)
Prevention	Cholesterol Screening	550	82.2% (79.0% - 85.2%)	573	78.7% (74.8% - 82.2%)
Prevention	Core preventive services for older women	731	36.3% (29.2% - 44.7%)	613	38.6% (31.3% - 46.0%)
Prevention	Dental Visit	613	65.9% (61.8% - 69.7%)	590	65.4% (61.2% - 69.2%)

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	787	40.4% (31.4% - 49.8%)	707	40.7% (32.1% - 49.6%)
Prevention	Health Insurance	702	8.0% (5.9% - 10.4%)	632	8.3% (5.9% - 11.0%)
Prevention	Annual Checkup	273	76.2% (71.3% - 80.5%)	235	73.2% (67.9% - 78.1%)
Prevention	Mammography	671	75.1% (70.3% - 79.3%)	628	72.9% (67.9% - 77.6%)
Prevention	Cervical Cancer Screening	849	81.2% (78.2% - 84.2%)	769	81.6% (78.5% - 84.5%)
Disability	Any Disability	753	28.0% (23.6% - 32.4%)	698	24.6% (20.5% - 28.8%)
Disability	Hearing Disability	702	8.3% (7.2% - 9.5%)	621	6.2% (5.4% - 6.9%)
Disability	Vision Disability	694	4.6% (3.8% - 5.5%)	676	4.0% (3.3% - 4.7%)
Disability	Independent Living Disability	749	7.5% (6.2% - 9.0%)	695	6.8% (5.6% - 8.2%)
Disability	Mobility Disability	738	13.5% (11.0% - 16.4%)	720	10.5% (8.7% - 12.4%)
Disability	Self-care Disability	676	3.8% (3.1% - 4.6%)	702	3.3% (2.7% - 3.8%)
Disability	Cognitive Disability	762	12.1% (9.9% - 14.3%)	704	12.5% (10.2% - 15.0%)

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

Manchester 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
