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 Northwood: Overview

Dear Community Members & Stakeholders of Northwood,

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 Northwood ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Northwood'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 Northwood. 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
Colorectal Cancer Screening	217th	37th	High Blood Pressure	262nd	42nd
Taking BP Medication	245th	53rd	Colorectal Cancer Screening	285th	49th
Depression	252nd	42nd	Dental Visit	301st	59th
Annual Checkup	256th	50th	High Cholesterol	336th	52nd
Binge Drinking	269th	44th	Chronic Kidney Disease	349th	65th

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
Core preventive services for older men	866th	130th	Core preventive services for older men	744th	125th
Core preventive services for older women	855th	121st	Arthritis	652nd	101st
Cancer (except skin)	745th	91st	Core preventive services for older women	650th	113th
Arthritis	732nd	97th	Health Insurance	573rd	100th
Stroke	703rd	92nd	General Health	533rd	87th

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 Northwood.

Sincerely,

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

How to Use this Report

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

With a population of 2,142, Northwood'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 table shows rates in your community compared with the state midpoint and the population group

Measure Type	Ames	All Comm.	Large Comm.
Crude	20.2%	14.3%	16.3%
Age-Adjusted	15.0%	15.5%	15.6%

Values in the table are visualized by the vertical lines in the graphs below

The bars in these plots show the number of communities that fall in each value range

Mental Health

Crude Rate — Age-Adjusted Rate

The legend shows the meaning of the solid, dashed, and dotted lines

—— Ames   – – – All Communities (Median)   · · · · · Large Communities (Median)

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

Northwood has a crude rate of 15.0% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 615th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Northwood is 13.1%, which ranks 533rd out of 905 Iowa communities (87th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	15.0%	14.3%	14.0%
Age-Adjusted	13.1%	12.7%	12.4%

Poor General Health — Crude Rate and Age–Adjusted Rate. Fair or poor self–rated health status among adults aged >= 18 years. Northwood; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
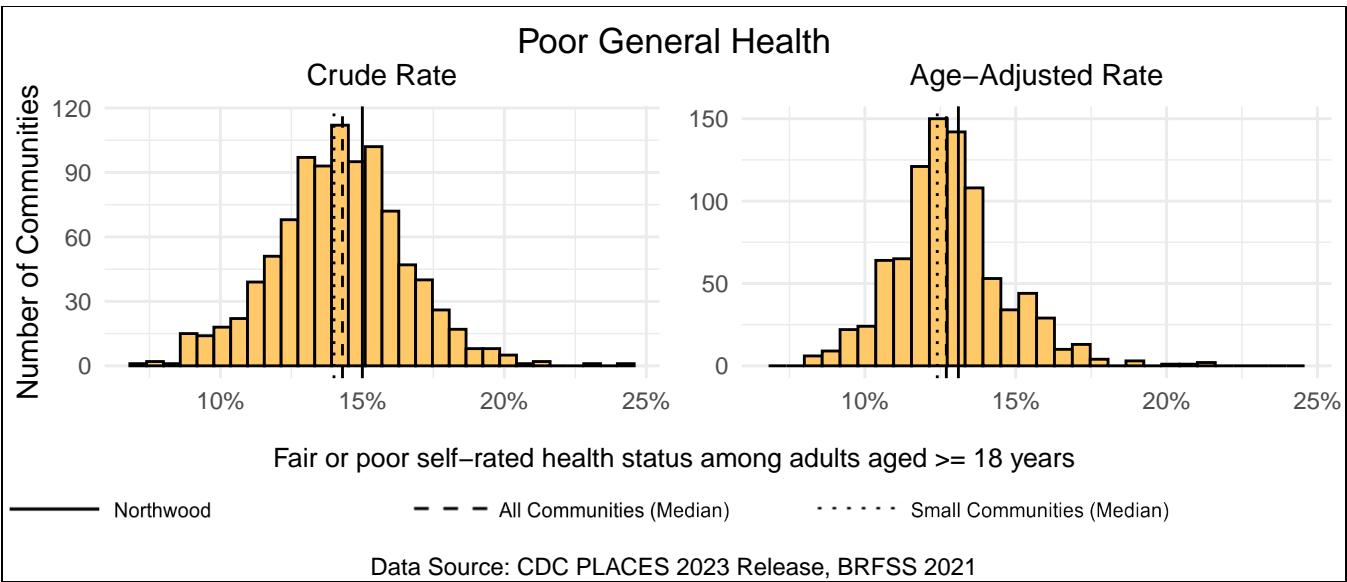
Poor Physical Health

Northwood has a crude rate of 11.2% for physical health not good for >=14 days among adults aged >=18 years, which ranks 600th out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for Northwood is 9.8%, which ranks 468th out of 905 Iowa communities (80th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	11.2%	10.8%	10.6%
Age-Adjusted	9.8%	9.7%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Northwood has a crude rate of 14.0% for mental health not good for >=14 days among adults aged >=18 years, which ranks 356th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Northwood is 15.7%, which ranks 516th out of 905 Iowa communities (77th out of 138 small communities).
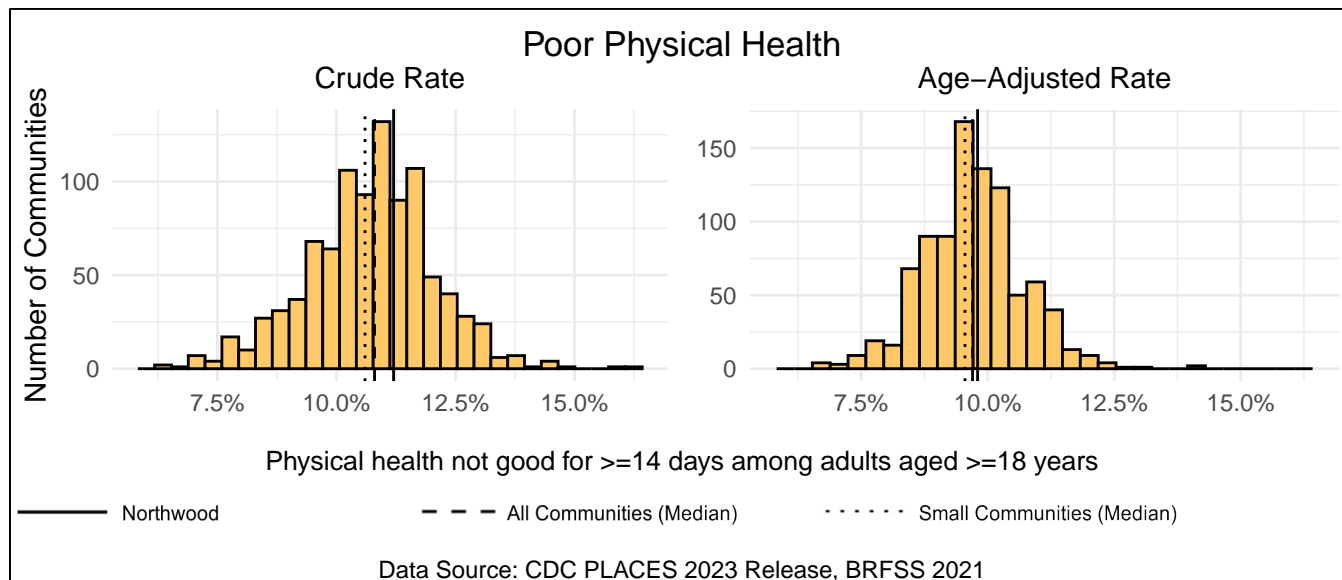
Measure Type	Northwood	All Comm.	Small Comm.
Crude	14.0%	14.3%	14.1%
Age-Adjusted	15.7%	15.5%	15.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
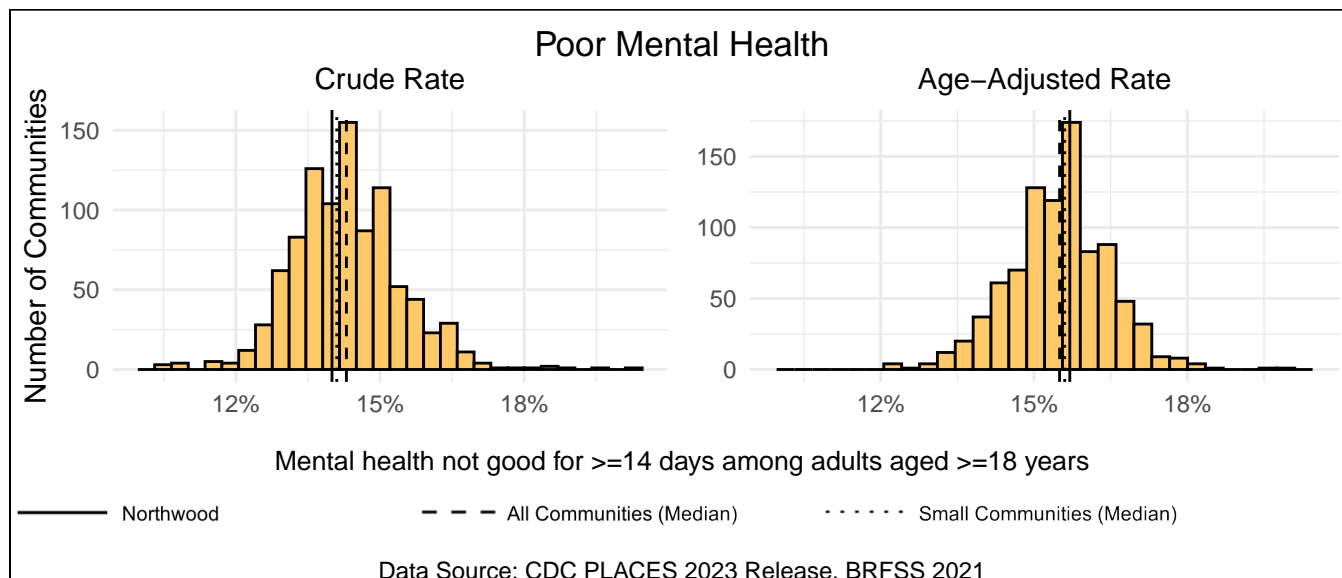
Health Risk Behaviors

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

Northwood has a crude rate of 18.3% for binge drinking among adults aged >=18 years, which ranks 269th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Northwood is 21.8%, which ranks 389th out of 905 Iowa communities (61st out of 138 small communities).
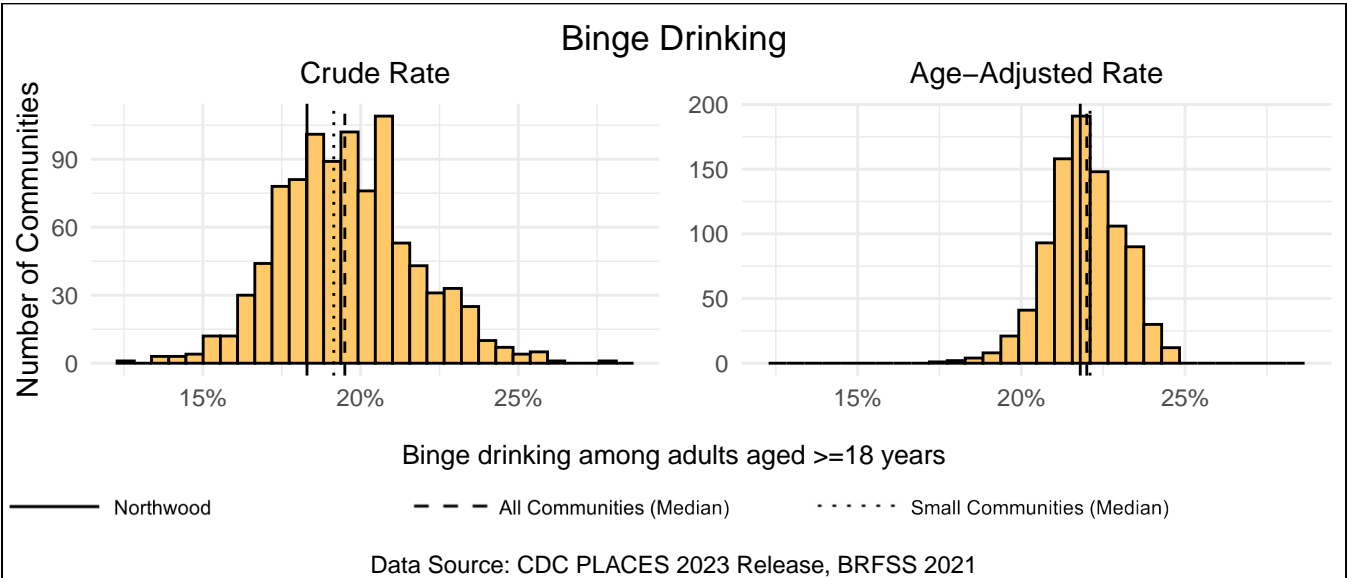
Measure Type	Northwood	All Comm.	Small Comm.
Crude	18.3%	19.5%	19.1%
Age-Adjusted	21.8%	22.0%	22.1%

Binge Drinking

Crude Rate — Age−Adjusted Rate

Binge drinking among adults aged >=18 years

—— Northwood   − − − All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Current Smoking

Northwood has a crude rate of 16.0% for current smoking among adults aged >=18 years, which ranks 305th out of 958 Iowa communities (66th out of 138 small communities). The age-adjusted rate for Northwood is 17.4%, which ranks 398th out of 905 Iowa communities (77th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	16.0%	16.8%	16.1%
Age-Adjusted	17.4%	17.5%	17.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Physical Inactivity

Northwood has a crude rate of 27.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 602nd out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Northwood is 24.6%, which ranks 487th out of 905 Iowa communities (81st out of 138 small communities).
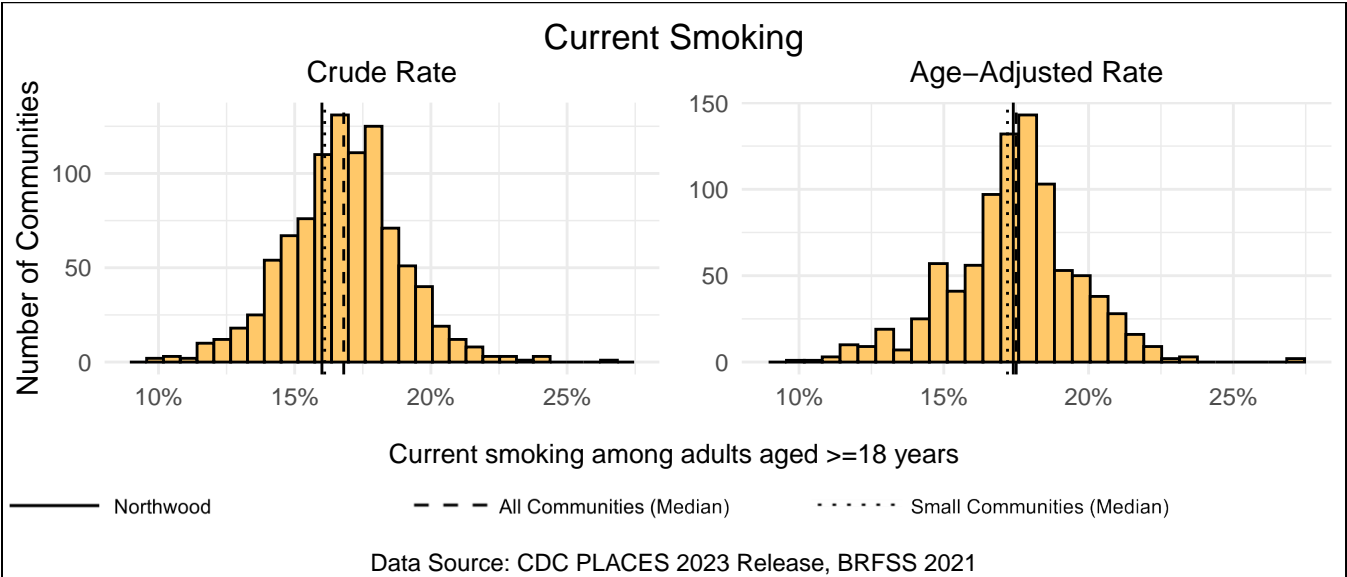
Measure Type	Northwood	All Comm.	Small Comm.
Crude	27.1%	26.1%	25.8%
Age-Adjusted	24.6%	24.3%	23.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Northwood has a crude rate of 30.1% for sleeping less than 7 hours among adults aged >=18 years, which ranks 427th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Northwood is 31.5%, which ranks 522nd out of 905 Iowa communities (88th out of 138 small communities).
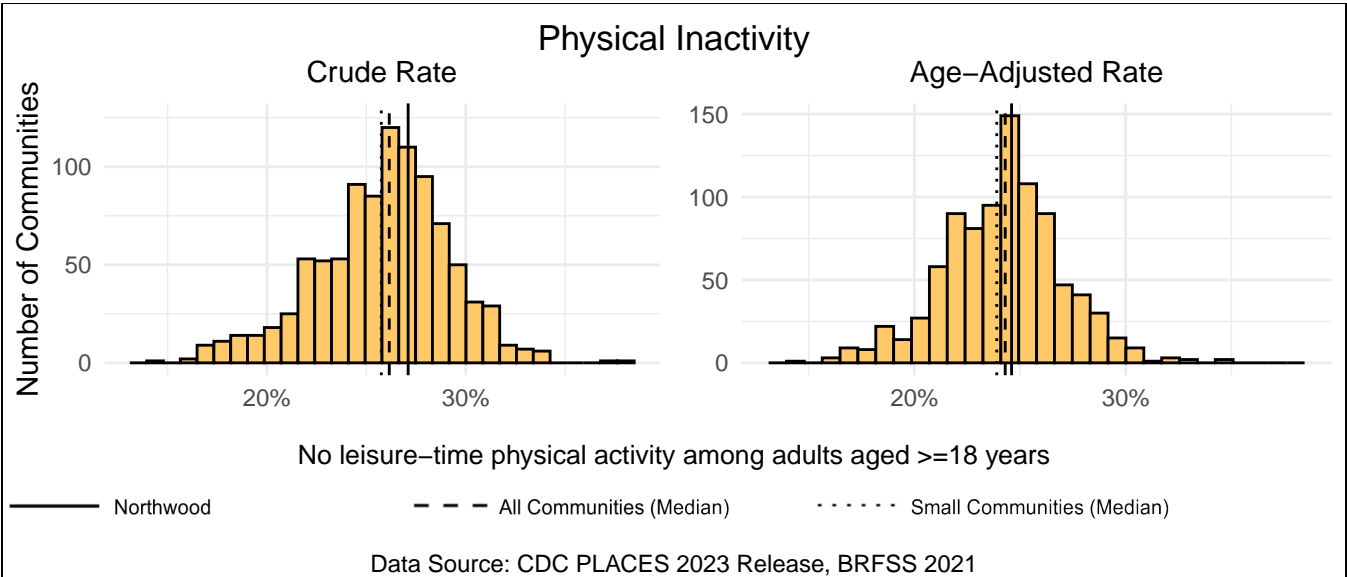
Measure Type	Northwood	All Comm.	Small Comm.
Crude	30.1%	30.2%	29.9%
Age-Adjusted	31.5%	31.1%	31.0%

Sleep <7 hours

Data Source: CDC PLACES 2023 Release, BRFSS 2020
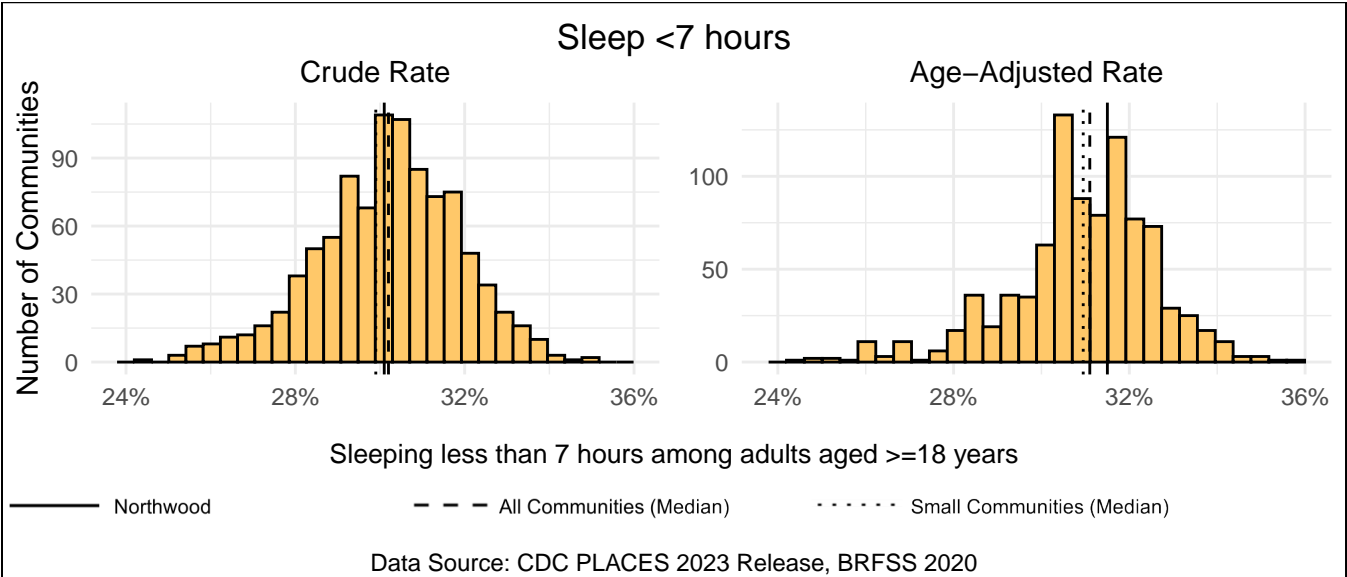
Health Outcomes

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

Northwood has a crude rate of 30.2% for arthritis among adults aged >=18 years, which ranks 732nd out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Northwood is 23.9%, which ranks 652nd out of 905 Iowa communities (101st out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	30.2%	27.9%	28.4%
Age-Adjusted	23.9%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
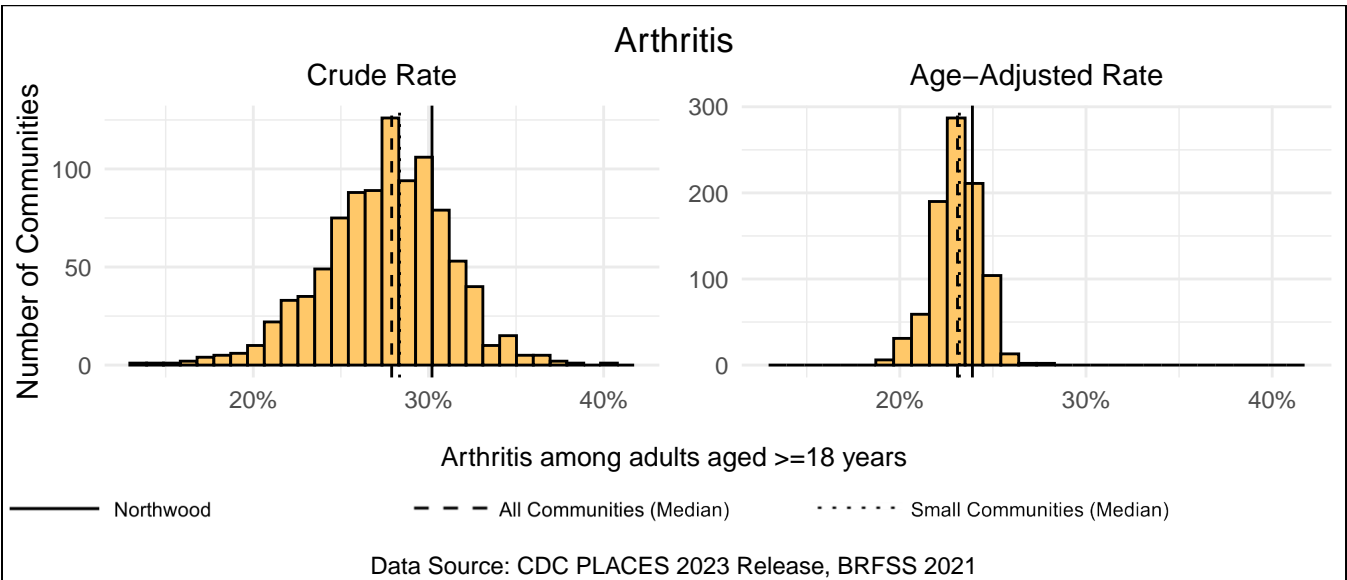
High Blood Pressure

Northwood has a crude rate of 32.8% for high blood pressure among adults aged >=18 years, which ranks 552nd out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Northwood is 26.5%, which ranks 262nd out of 905 Iowa communities (42nd out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	32.8%	32.0%	32.5%
Age-Adjusted	26.5%	27.3%	27.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
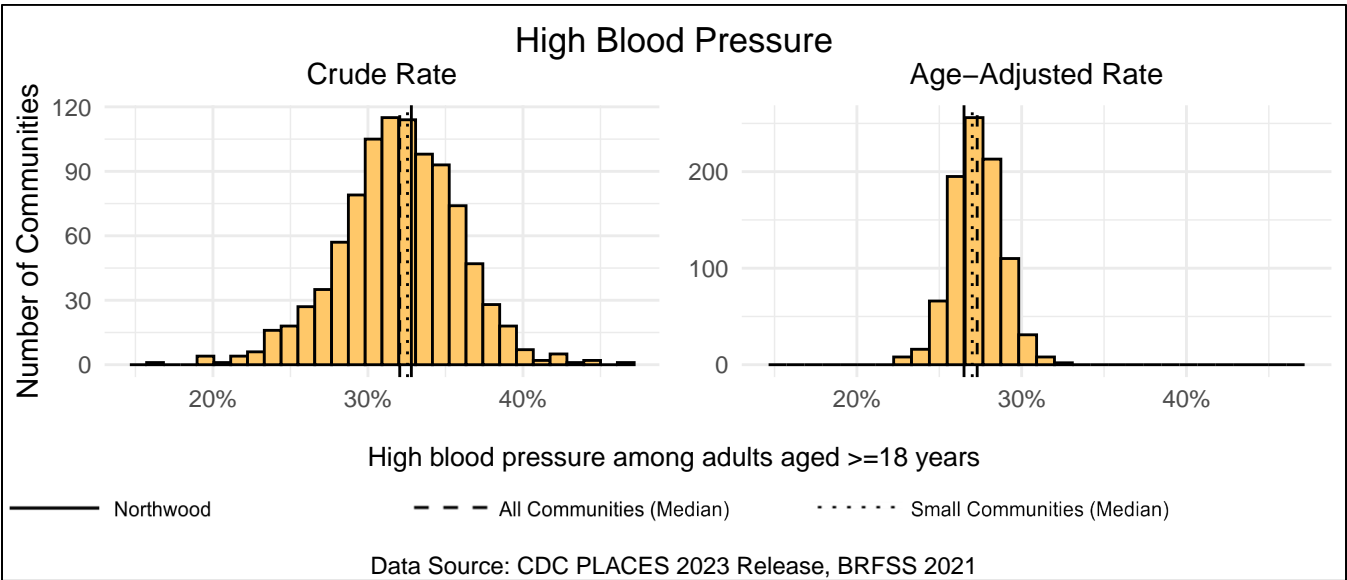
Cancer (except skin)

Northwood has a crude rate of 9.1% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 745th out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Northwood is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	9.1%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
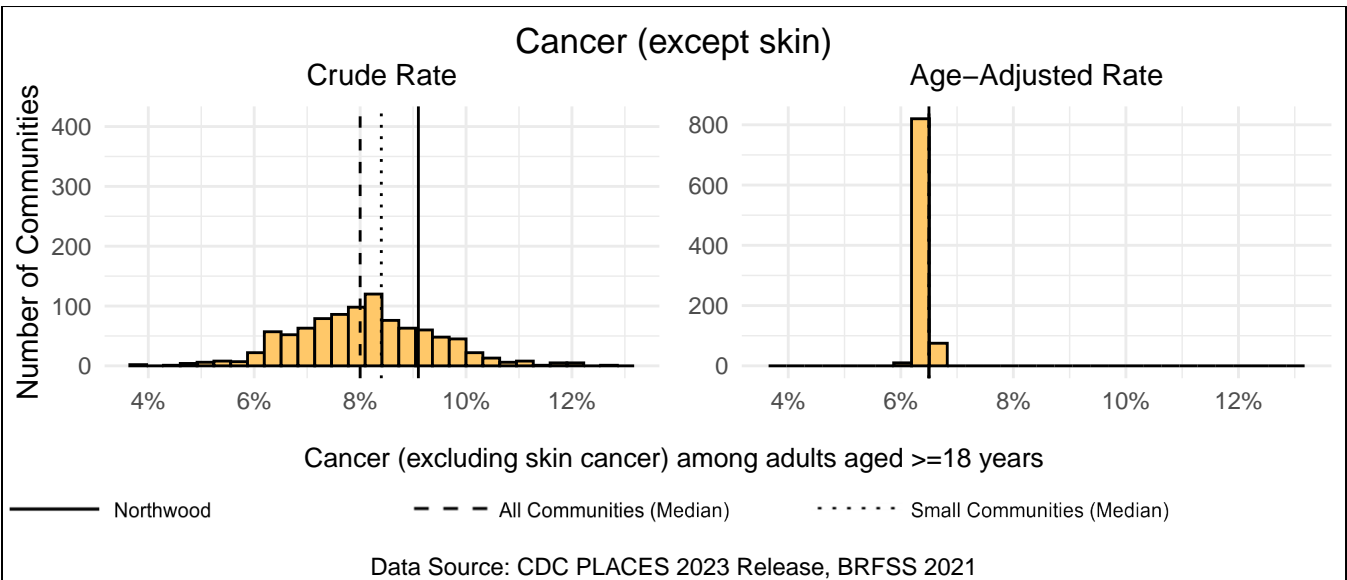
Current Asthma

Northwood has a crude rate of 9.3% for current asthma among adults aged >=18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Northwood is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

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

Data Source: CDC PLACES 2023 Release, BRFSS 2021
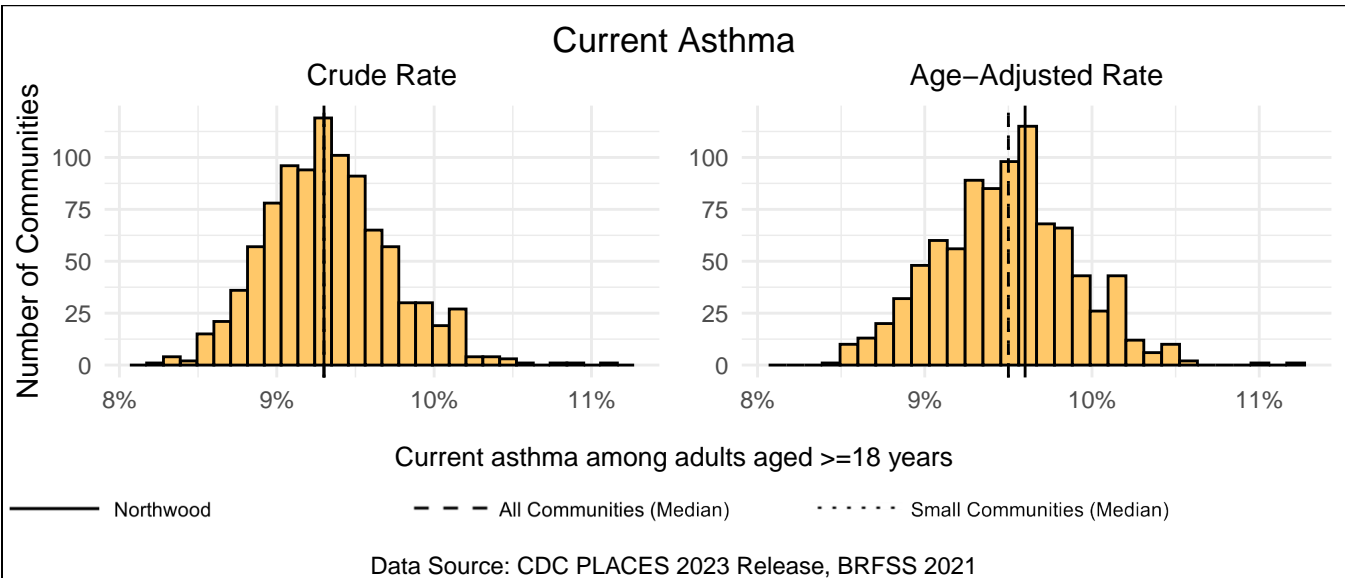
Coronary Heart Disease

Northwood has a crude rate of 7.2% for coronary heart disease among adults aged >=18 years, which ranks 678th out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Northwood is 5.0%, which ranks 419th out of 905 Iowa communities (85th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	7.2%	6.4%	6.7%
Age-Adjusted	5.0%	5.0%	4.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
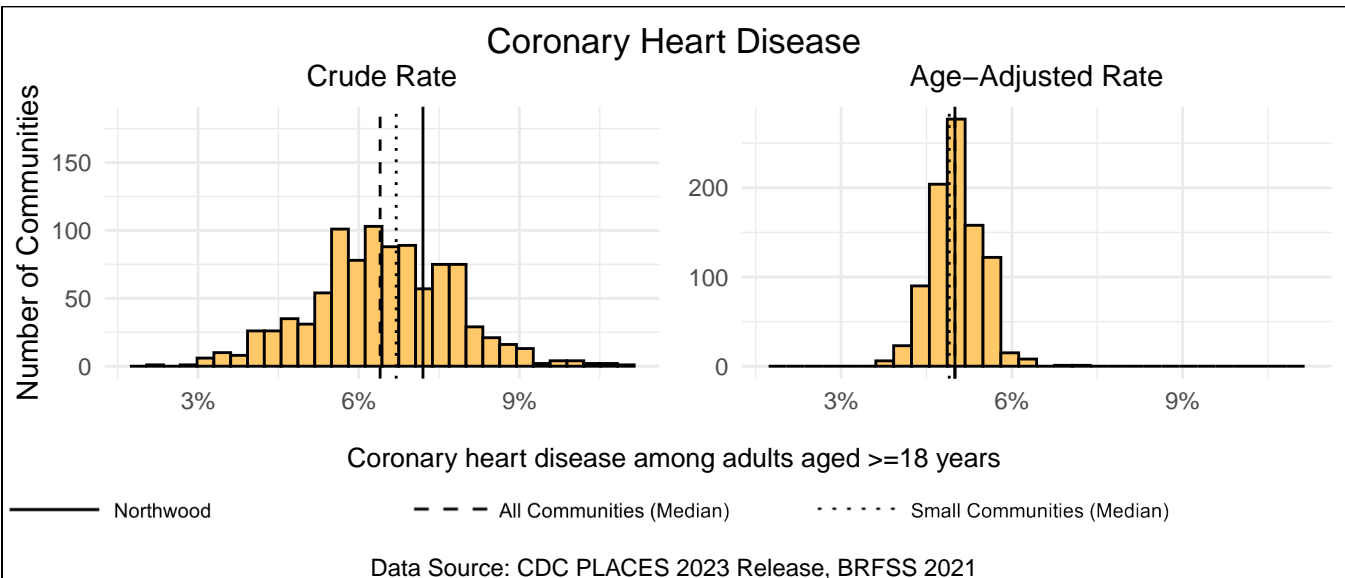
COPD

Northwood has a crude rate of 7.9% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 613th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Northwood is 6.4%, which ranks 513th out of 905 Iowa communities (82nd out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	7.9%	7.4%	7.4%
Age-Adjusted	6.4%	6.2%	6.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
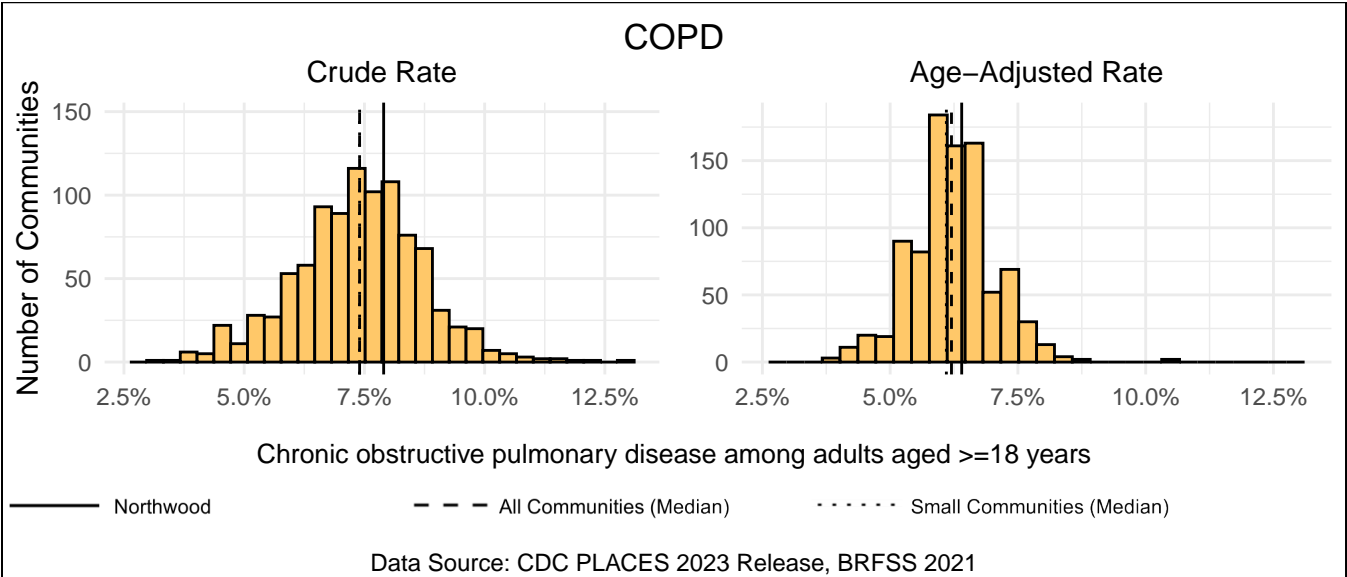
Depression

Northwood has a crude rate of 17.4% for depression among adults aged >=18 years, which ranks 252nd out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Northwood is 18.9%, which ranks 368th out of 905 Iowa communities (56th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	17.4%	18.0%	17.9%
Age-Adjusted	18.9%	19.0%	19.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
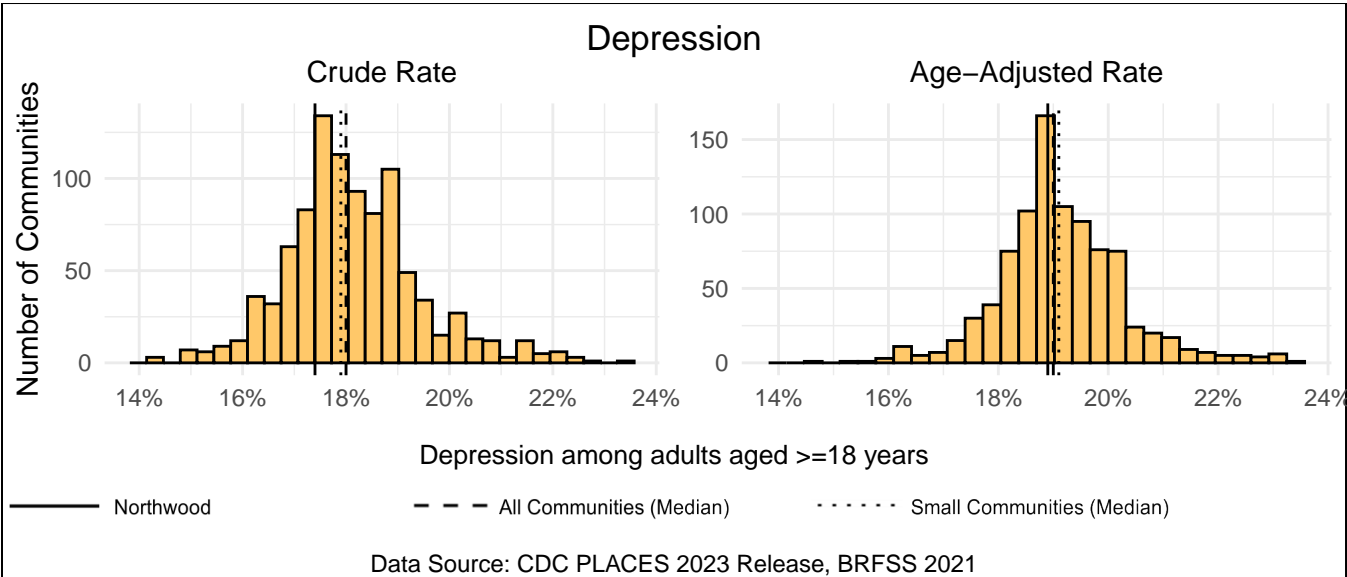
Diabetes

Northwood has a crude rate of 10.5% for diagnosed diabetes among adults aged >=18 years, which ranks 575th out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Northwood is 8.2%, which ranks 454th out of 905 Iowa communities (78th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	10.5%	10.1%	10.0%
Age-Adjusted	8.2%	8.1%	8.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
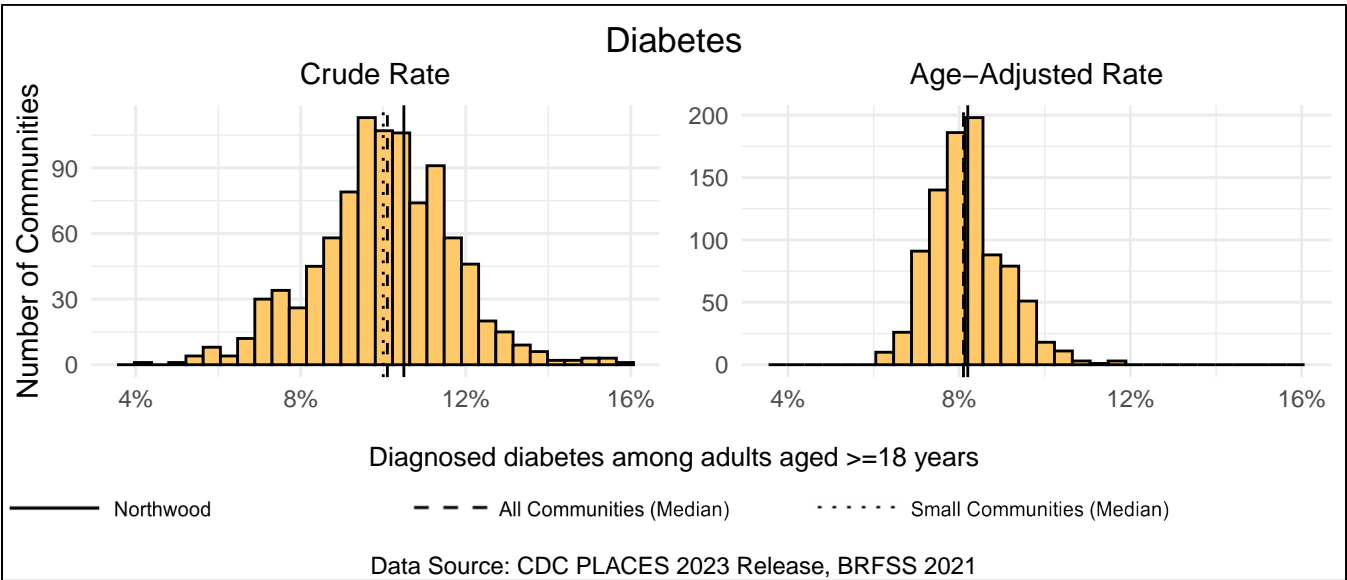
High Cholesterol

Northwood has a crude rate of 37.0% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 579th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Northwood is 29.5%, which ranks 336th out of 905 Iowa communities (52nd out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	37.0%	36.2%	36.4%
Age-Adjusted	29.5%	29.7%	29.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
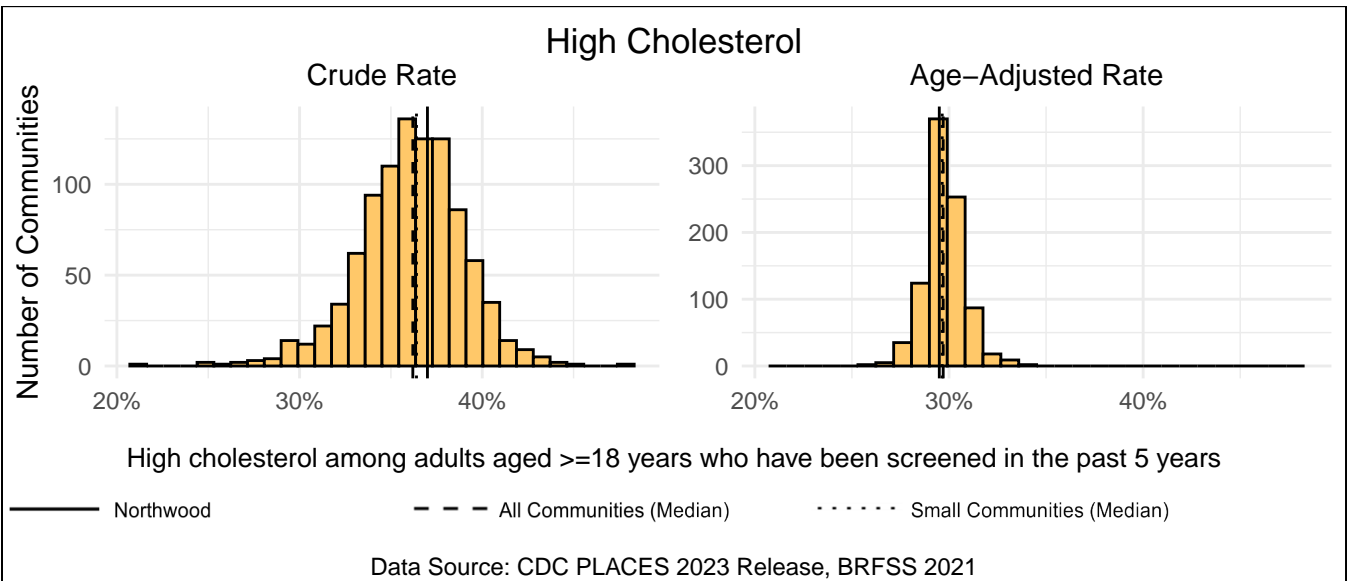
Chronic Kidney Disease

Northwood has a crude rate of 3.5% for chronic kidney disease among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Northwood is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
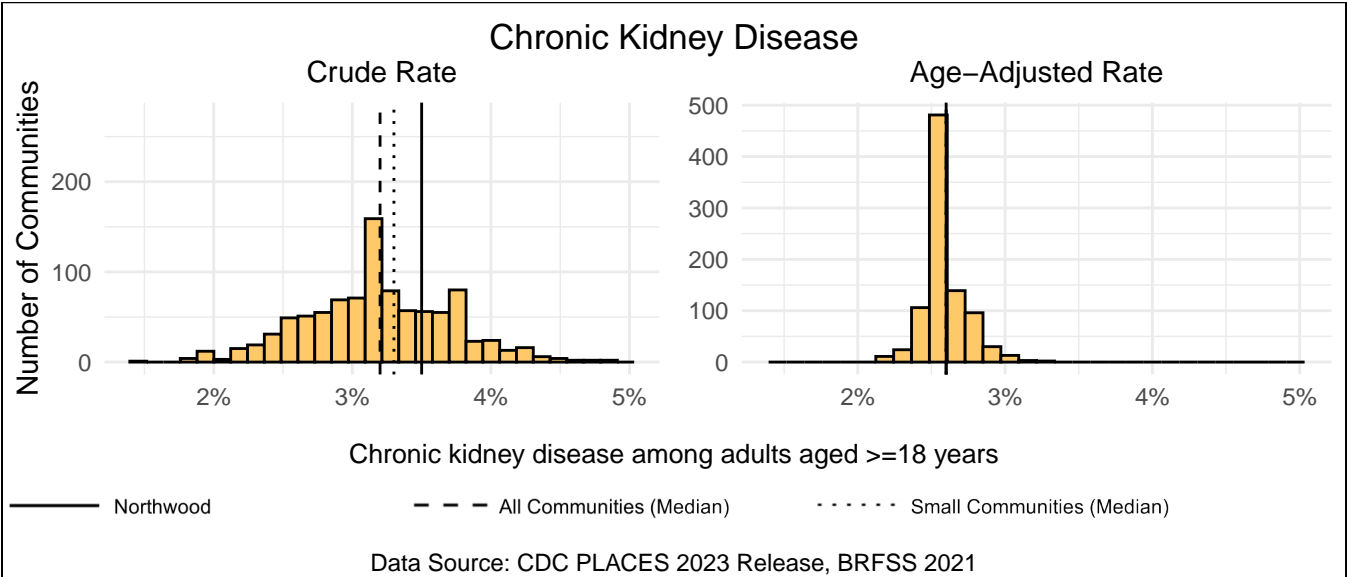
Obesity

Northwood has a crude rate of 36.8% for obesity among adults aged >=18 years, which ranks 337th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Northwood is 37.6%, which ranks 449th out of 905 Iowa communities (70th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	36.8%	37.6%	37.2%
Age-Adjusted	37.6%	37.6%	37.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
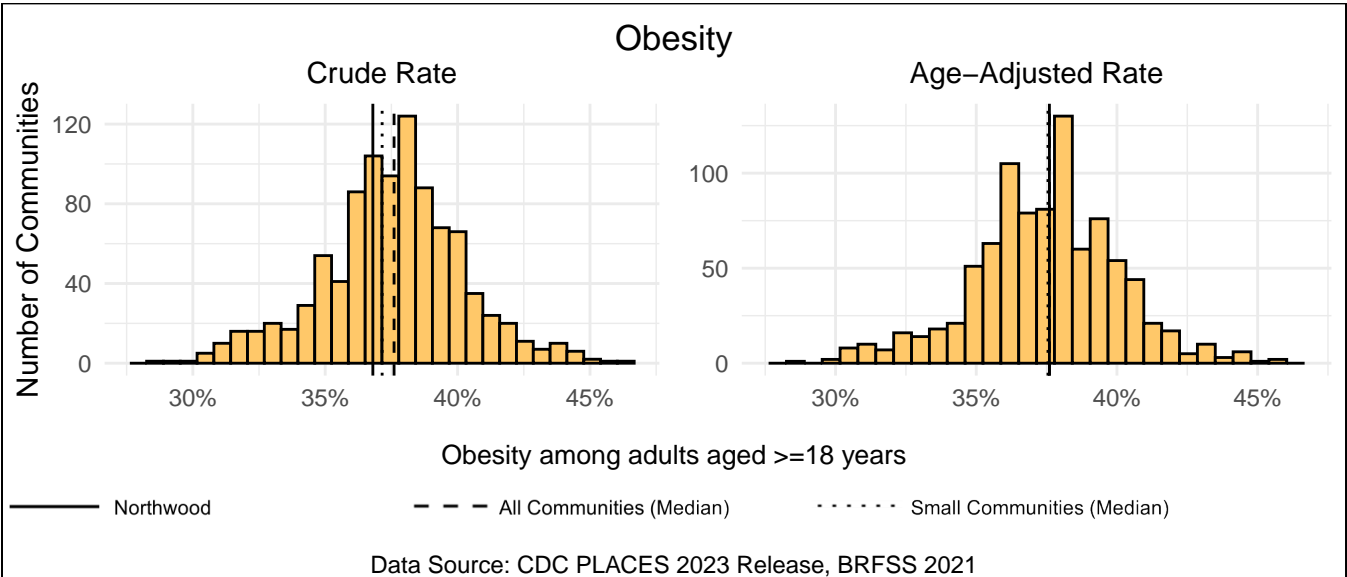
Stroke

Northwood has a crude rate of 3.7% for stroke among adults aged >=18 years, which ranks 703rd out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Northwood is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	3.7%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
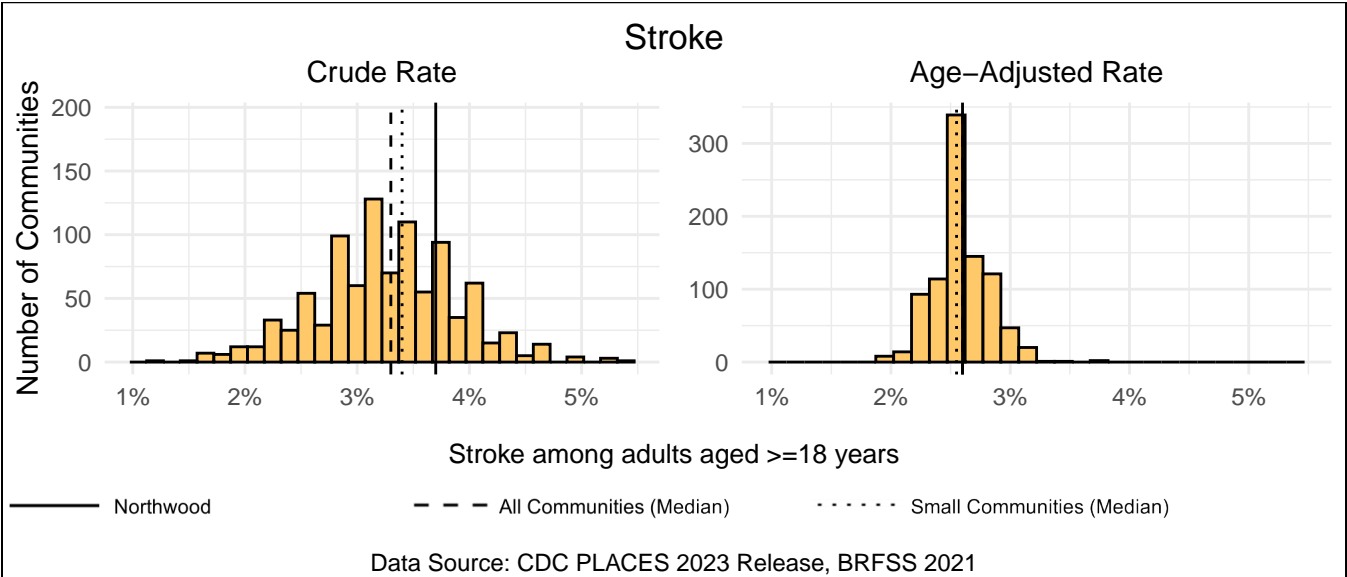
All Teeth Lost

Northwood has a crude rate of 13.7% for all teeth lost among adults aged >=65 years, which ranks 620th out of 958 Iowa communities (94th out of 138 small communities). The age-adjusted rate for Northwood is 13.1%, which ranks 507th out of 905 Iowa communities (90th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	13.7%	12.9%	12.8%
Age-Adjusted	13.1%	12.8%	12.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
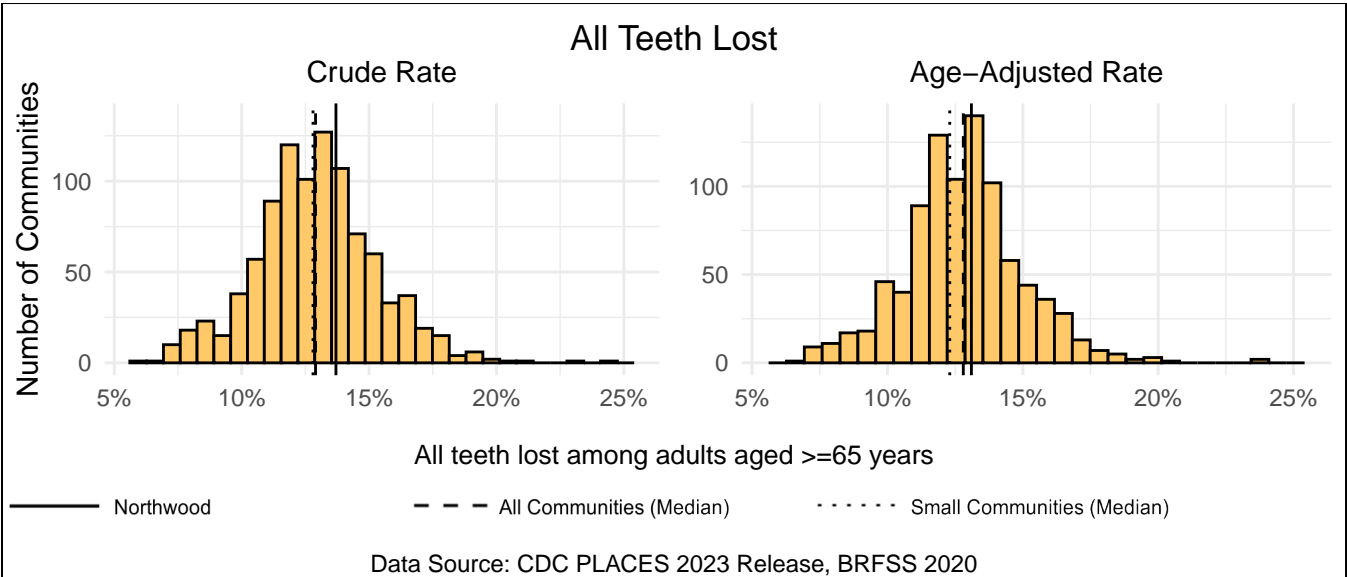
Prevention

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

Northwood has a crude rate of 7.6% for current lack of health insurance among adults aged 18–64 years, which ranks 570th out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Northwood is 8.1%, which ranks 573rd out of 905 Iowa communities (100th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	7.6%	7.3%	7.2%
Age-Adjusted	8.1%	7.7%	7.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
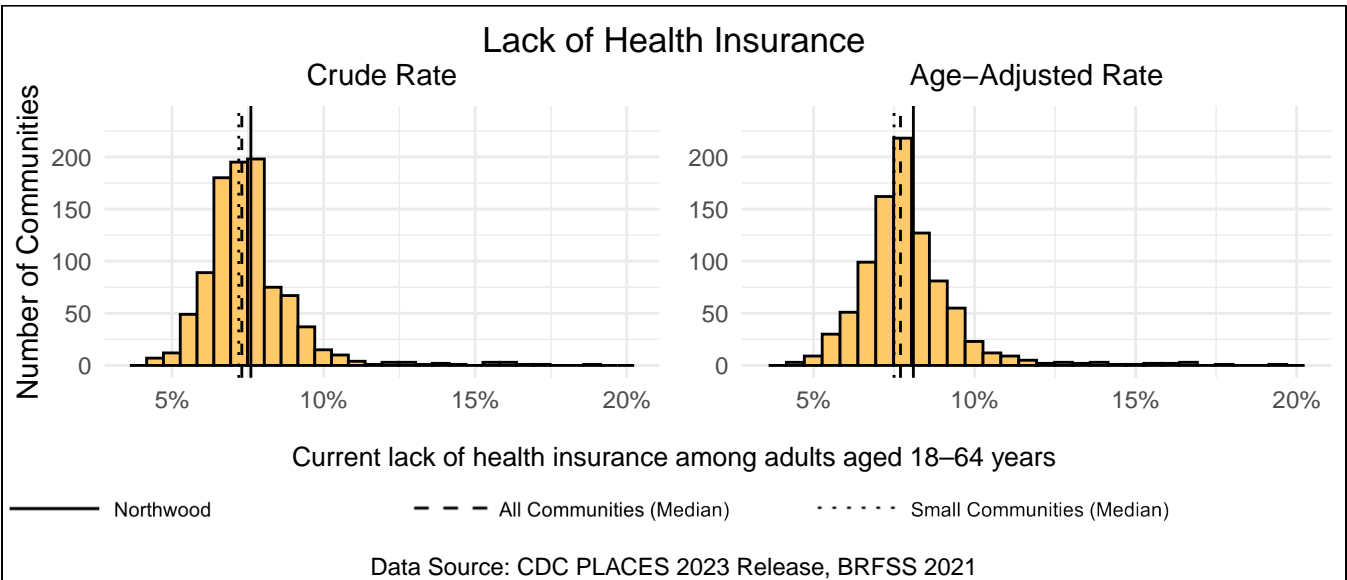
Taking BP Medication

Northwood has a crude rate of 81.4% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 245th out of 958 Iowa communities (53rd out of 138 small communities). The age-adjusted rate for Northwood is 59.0%, which ranks 415th out of 905 Iowa communities (67th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	81.4%	79.8%	80.2%
Age-Adjusted	59.0%	59.0%	59.0%

Taking BP Medication — Crude Rate / Age–Adjusted Rate

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

Northwood —— All Communities (Median) – – – Small Communities (Median) · · · · · ·

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Northwood has a crude rate of 83.0% for cervical cancer screening among adult women aged 21–65 years, which ranks 535th out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Northwood is 83.3%, which ranks 402nd out of 905 Iowa communities (77th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	83.0%	83.3%	83.6%
Age-Adjusted	83.3%	83.2%	83.5%

Cervical Cancer Screening — Crude Rate / Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

Northwood —— All Communities (Median) – – – Small Communities (Median) · · · · · ·

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Northwood has a crude rate of 76.3% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 256th out of 958 Iowa communities (50th out of 138 small communities). The age-adjusted rate for Northwood is 72.6%, which ranks 435th out of 905 Iowa communities (70th out of 138 small communities).
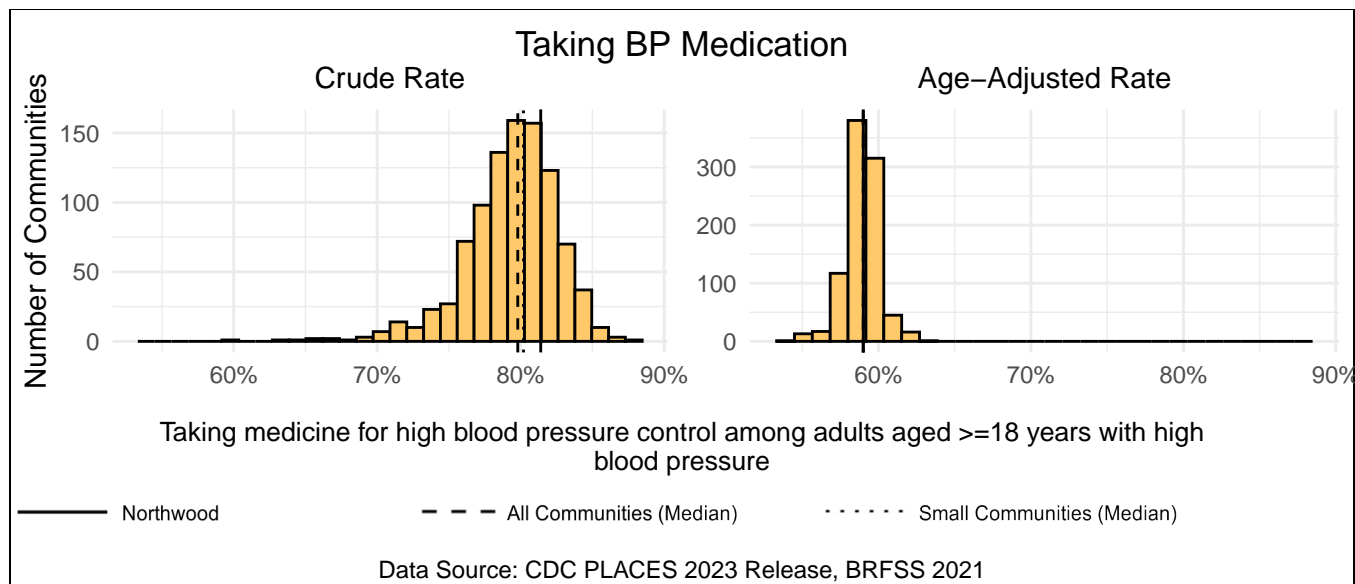
Measure Type	Northwood	All Comm.	Small Comm.
Crude	76.3%	75.2%	75.5%
Age-Adjusted	72.6%	72.6%	72.6%

Annual Checkup

Crude Rate — Age-Adjusted Rate

Visits to doctor for routine checkup within the past year among adults aged >=18 years

— Northwood   - - - All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021
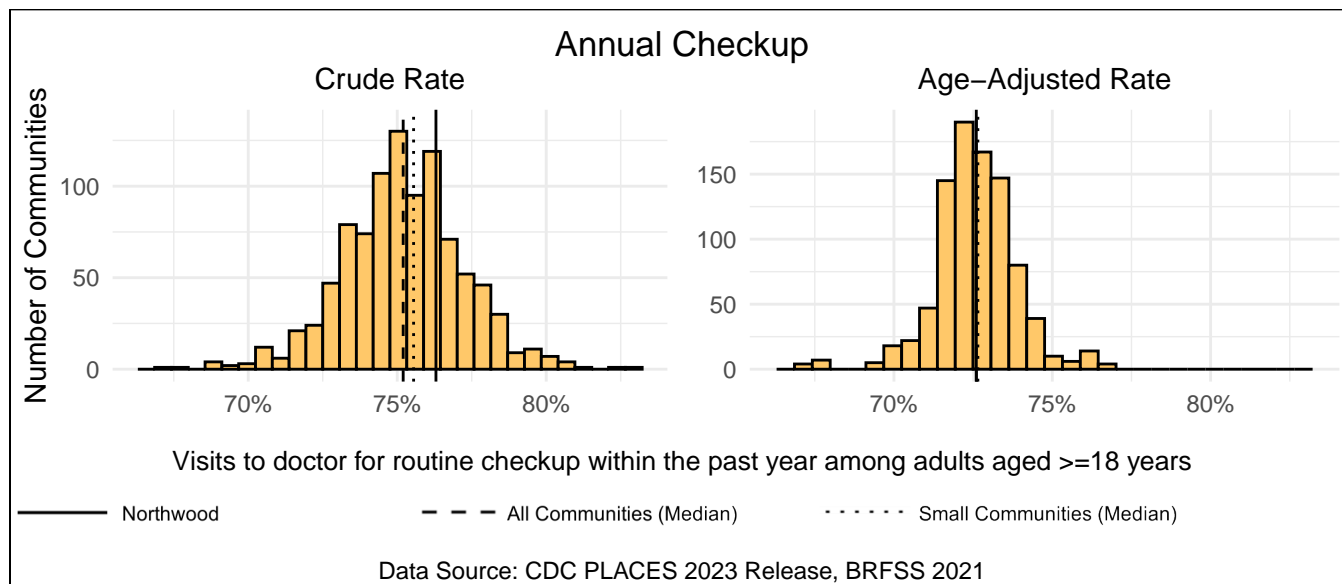
Cholesterol Screening

Northwood has a crude rate of 83.3% for cholesterol screening among adults aged >=18 years, which ranks 332nd out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Northwood is 79.2%, which ranks 408th out of 905 Iowa communities (74th out of 138 small communities).
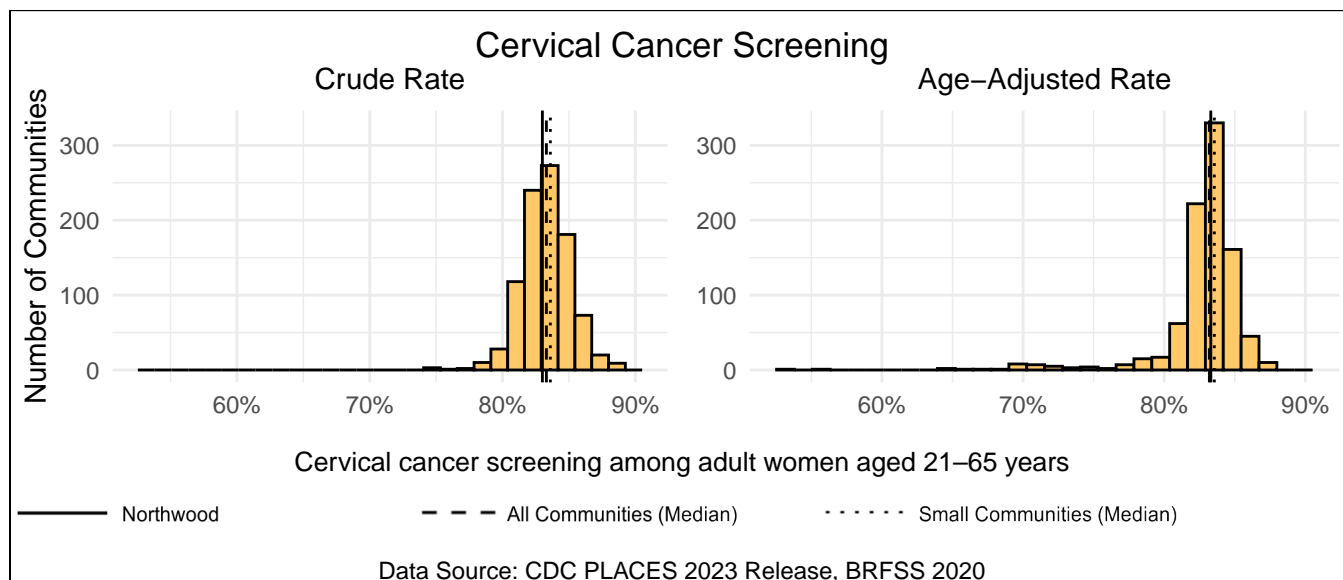
Measure Type	Northwood	All Comm.	Small Comm.
Crude	83.3%	82.6%	82.9%
Age-Adjusted	79.2%	79.1%	79.4%

Cholesterol Screening

Crude Rate — Age-Adjusted Rate

Cholesterol screening among adults aged >=18 years

— Northwood   - - - All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Northwood has a crude rate of 73.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 217th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Northwood is 72.0%, which ranks 285th out of 905 Iowa communities (49th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	73.5%	71.6%	71.9%
Age-Adjusted	72.0%	70.9%	71.1%

Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Northwood has a crude rate of 39.3% 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 866th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Northwood is 40.1%, which ranks 744th out of 905 Iowa communities (125th out of 138 small communities).
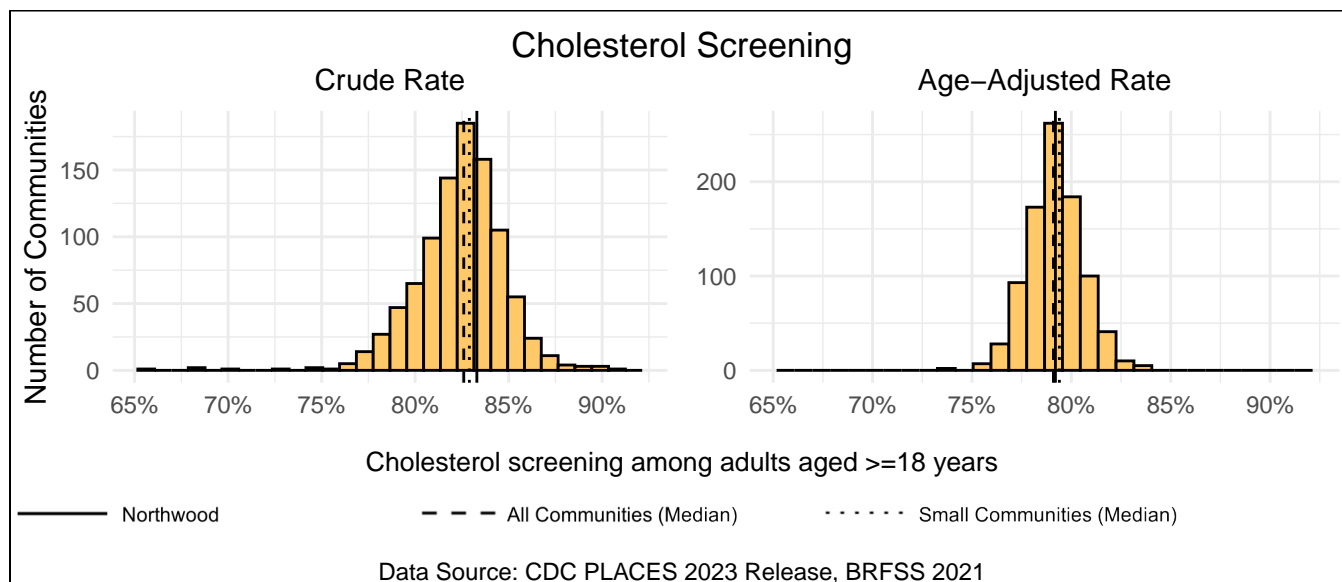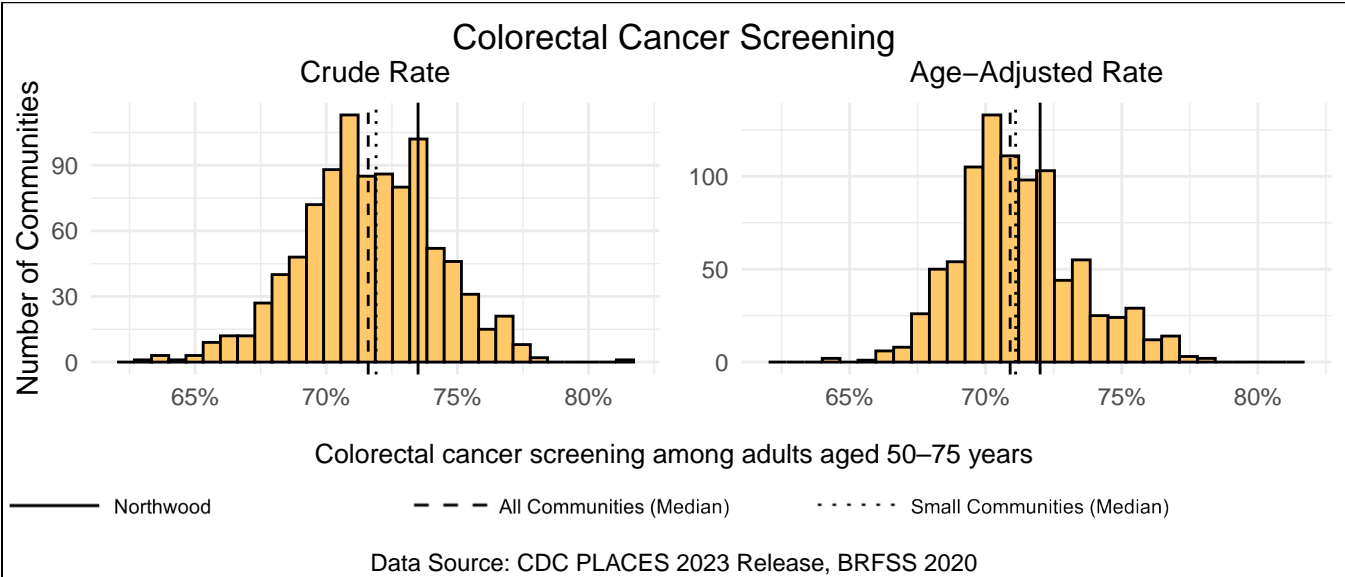
Measure Type	Northwood	All Comm.	Small Comm.
Crude	39.3%	43.5%	43.8%
Age-Adjusted	40.1%	43.5%	44.2%

Core preventive services for older men

Crude Rate

Age–Adjusted Rate

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

—— Northwood   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Northwood has a crude rate of 34.6% 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 855th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Northwood is 38.2%, which ranks 650th out of 905 Iowa communities (113th out of 138 small communities).
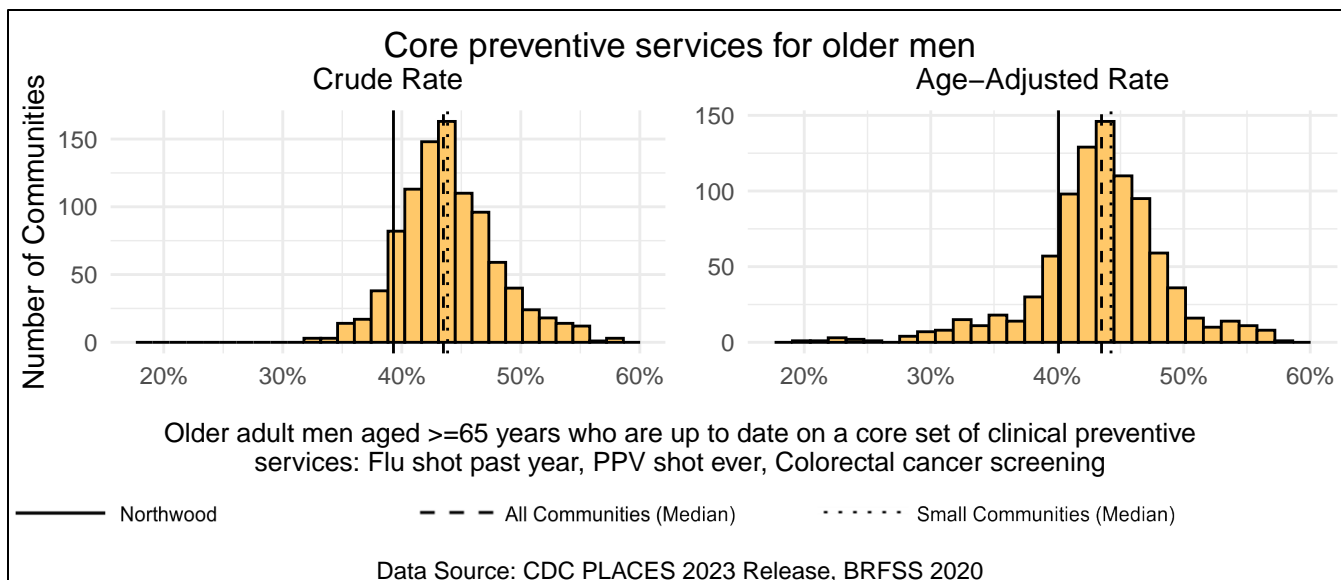
Measure Type	Northwood	All Comm.	Small Comm.
Crude	34.6%	39.0%	38.2%
Age-Adjusted	38.2%	39.9%	40.7%

Core preventive services for older women

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

Northwood — All Communities (Median) — Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Northwood has a crude rate of 69.0% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 300th out of 958 Iowa communities (54th out of 138 small communities). The age-adjusted rate for Northwood is 68.3%, which ranks 301st out of 905 Iowa communities (59th out of 138 small communities).
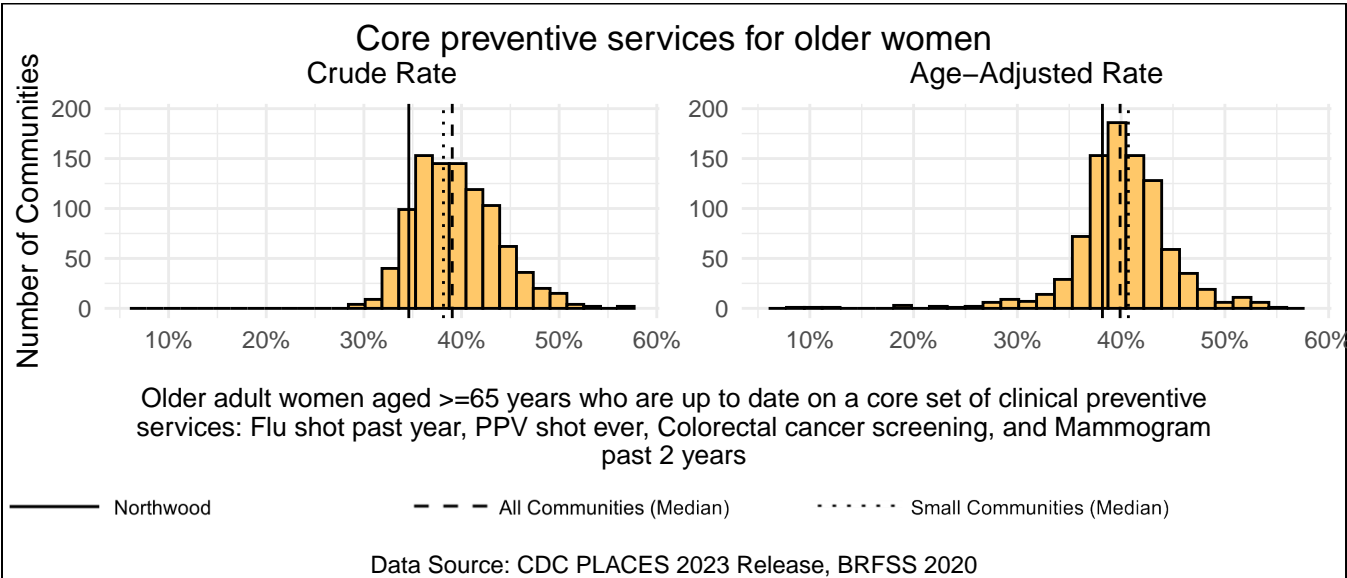
Measure Type	Northwood	All Comm.	Small Comm.
Crude	69.0%	67.2%	68.2%
Age-Adjusted	68.3%	66.6%	67.5%

Dental Visit

Crude Rate

Age−Adjusted Rate

Visits to dentist or dental clinic among adults aged >=18 years

——— Northwood   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Northwood has a crude rate of 76.4% for mammography use among women aged 50–74 years, which ranks 432nd out of 958 Iowa communities (57th out of 138 small communities). The age-adjusted rate for Northwood is 74.1%, which ranks 400th out of 905 Iowa communities (66th out of 138 small communities).
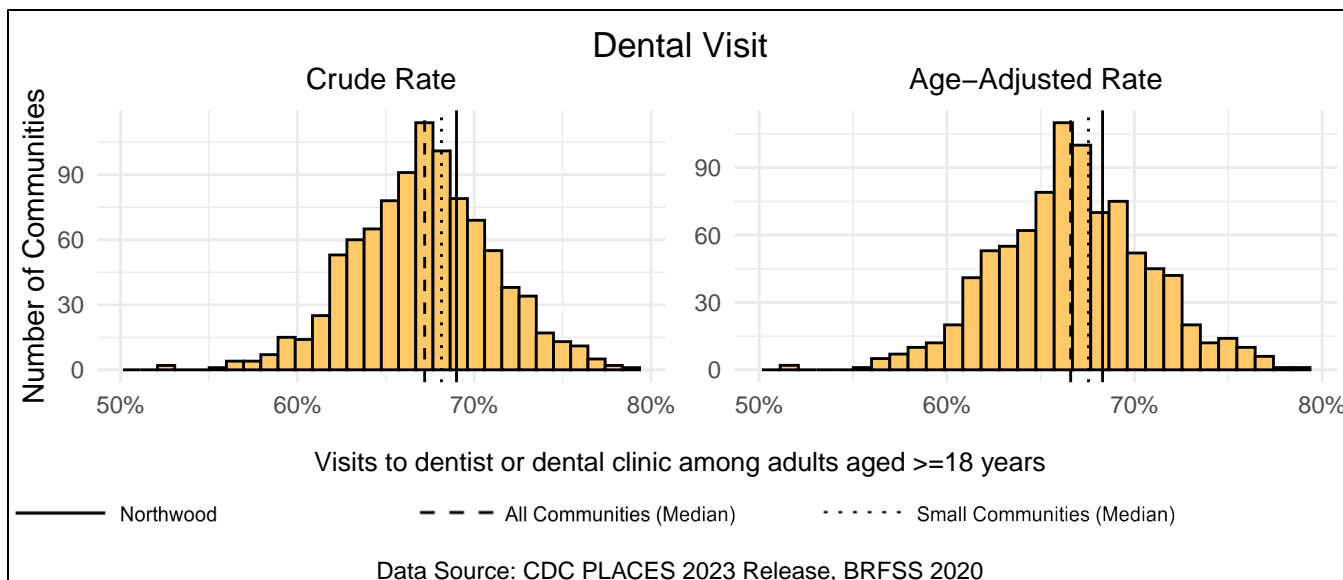
Measure Type	Northwood	All Comm.	Small Comm.
Crude	76.4%	76.2%	76.0%
Age-Adjusted	74.1%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
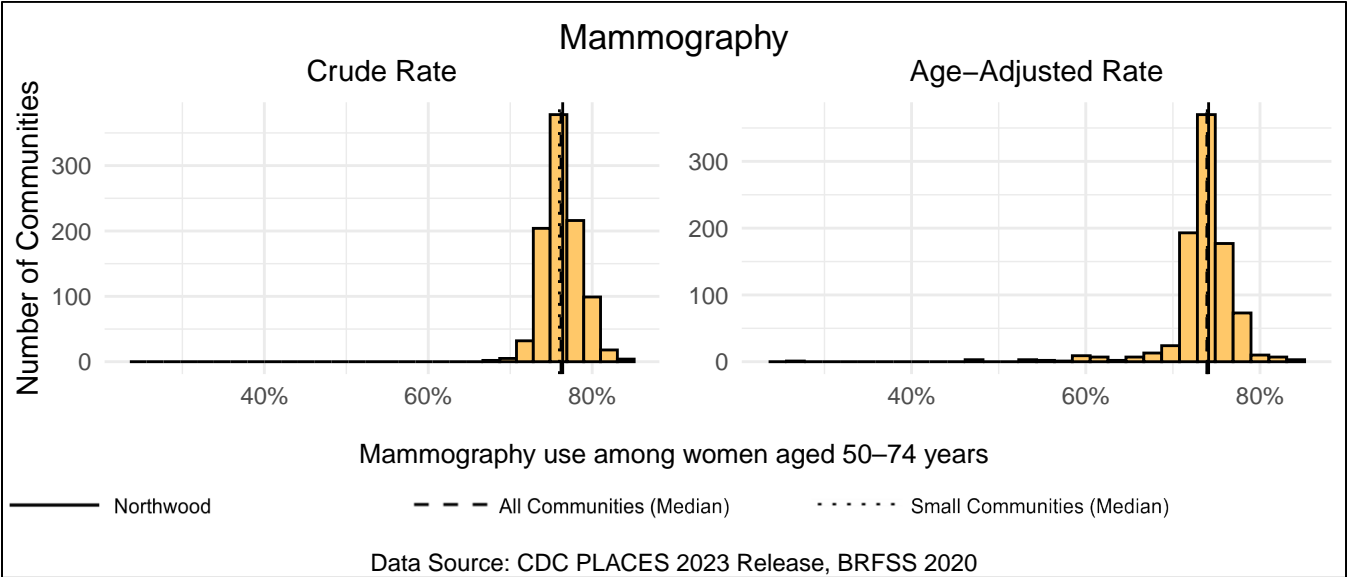
Disability

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

Northwood has a crude rate of 8.3% for hearing disability among adults aged >=18 years, which ranks 702nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Northwood is 6.0%, which ranks 444th out of 905 Iowa communities (85th out of 138 small communities).
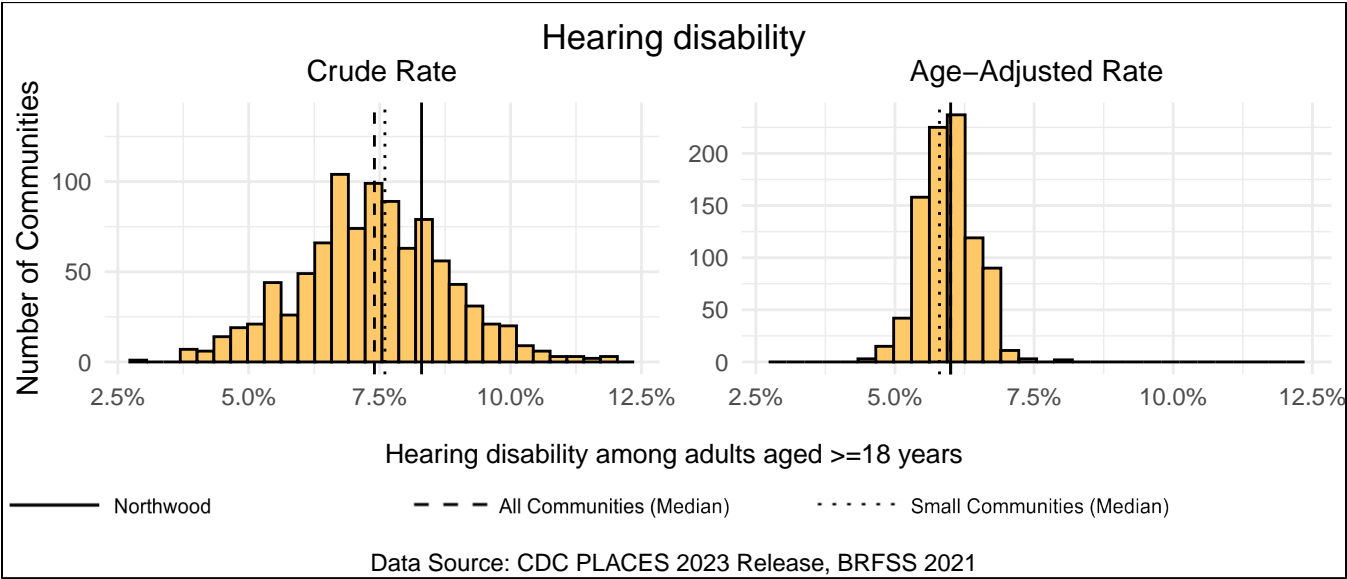
Measure Type	Northwood	All Comm.	Small Comm.
Crude	8.3%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.8%

Hearing disability — Crude Rate and Age-Adjusted Rate. Number of Communities vs. Hearing disability among adults aged >=18 years. Northwood; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Northwood has a crude rate of 4.4% for vision disability among adults aged >=18 years, which ranks 620th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Northwood is 3.7%, which ranks 509th out of 905 Iowa communities (83rd out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	4.4%	4.1%	4.1%
Age-Adjusted	3.7%	3.6%	3.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Northwood has a crude rate of 11.2% for cognitive disability among adults aged >=18 years, which ranks 497th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Northwood is 11.8%, which ranks 495th out of 905 Iowa communities (82nd out of 138 small communities).
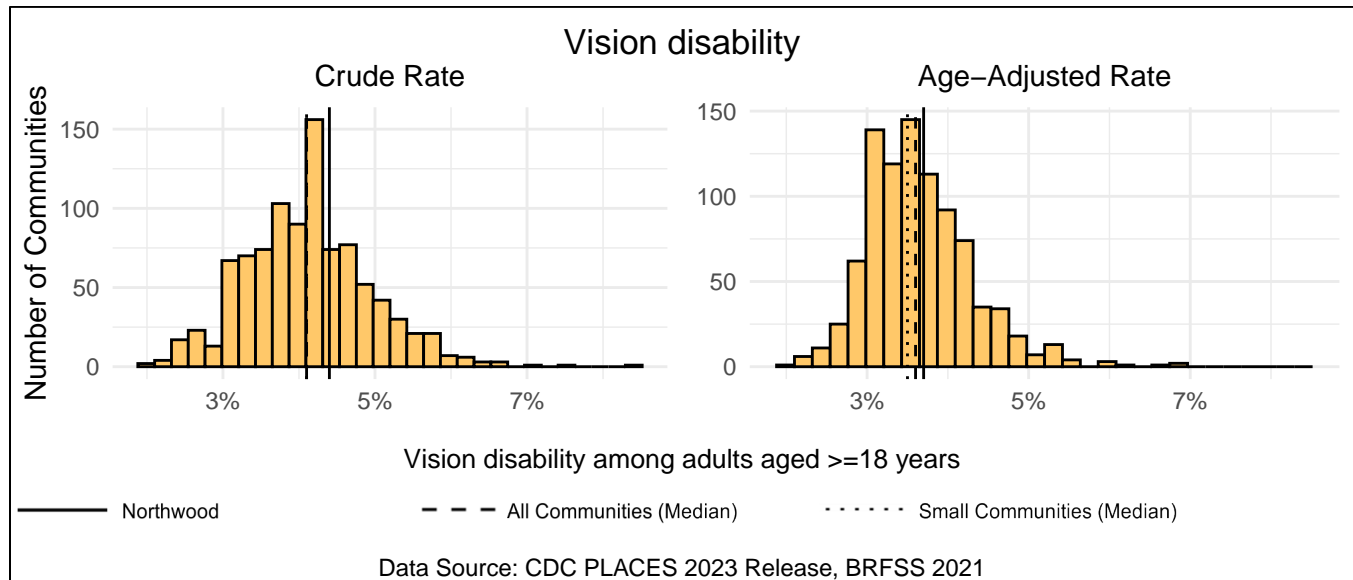
Measure Type	Northwood	All Comm.	Small Comm.
Crude	11.2%	11.1%	10.9%
Age-Adjusted	11.8%	11.6%	11.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Northwood has a crude rate of 13.0% for mobility disability among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Northwood is 9.7%, which ranks 502nd out of 905 Iowa communities (83rd out of 138 small communities).
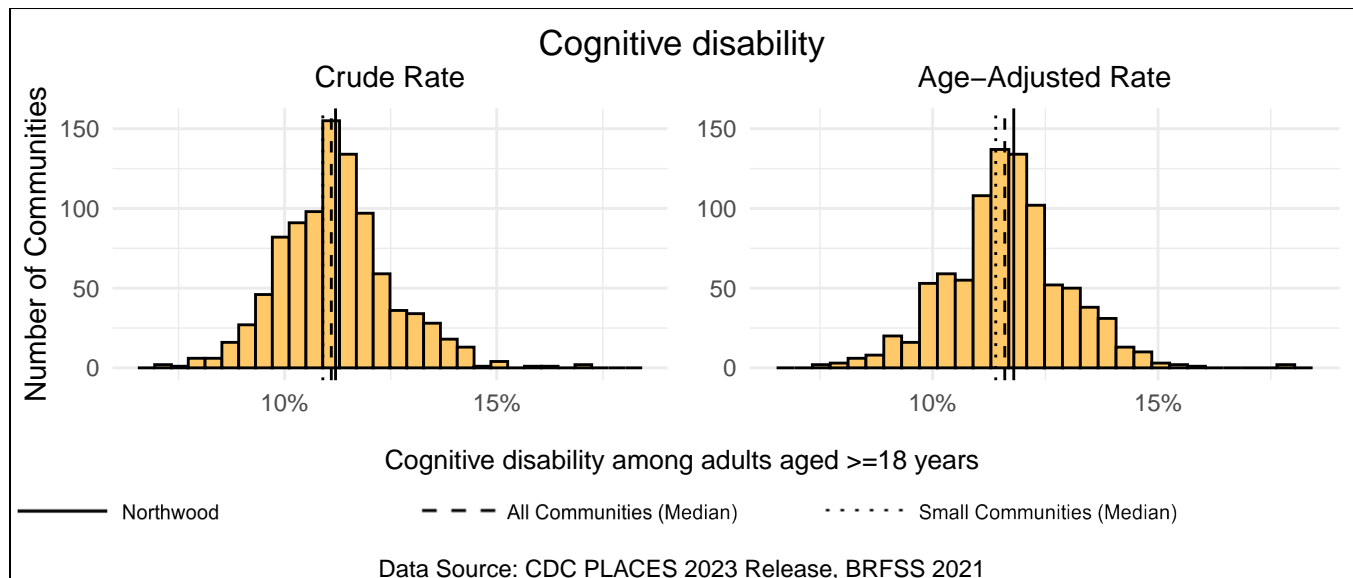
Measure Type	Northwood	All Comm.	Small Comm.
Crude	13.0%	11.8%	12.0%
Age-Adjusted	9.7%	9.5%	9.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Northwood has a crude rate of 3.6% for self-care disability among adults aged >=18 years, which ranks 562nd out of 958 Iowa communities (88th out of 138 small communities). The age-adjusted rate for Northwood is 3.0%, which ranks 494th out of 905 Iowa communities (83rd out of 138 small communities).
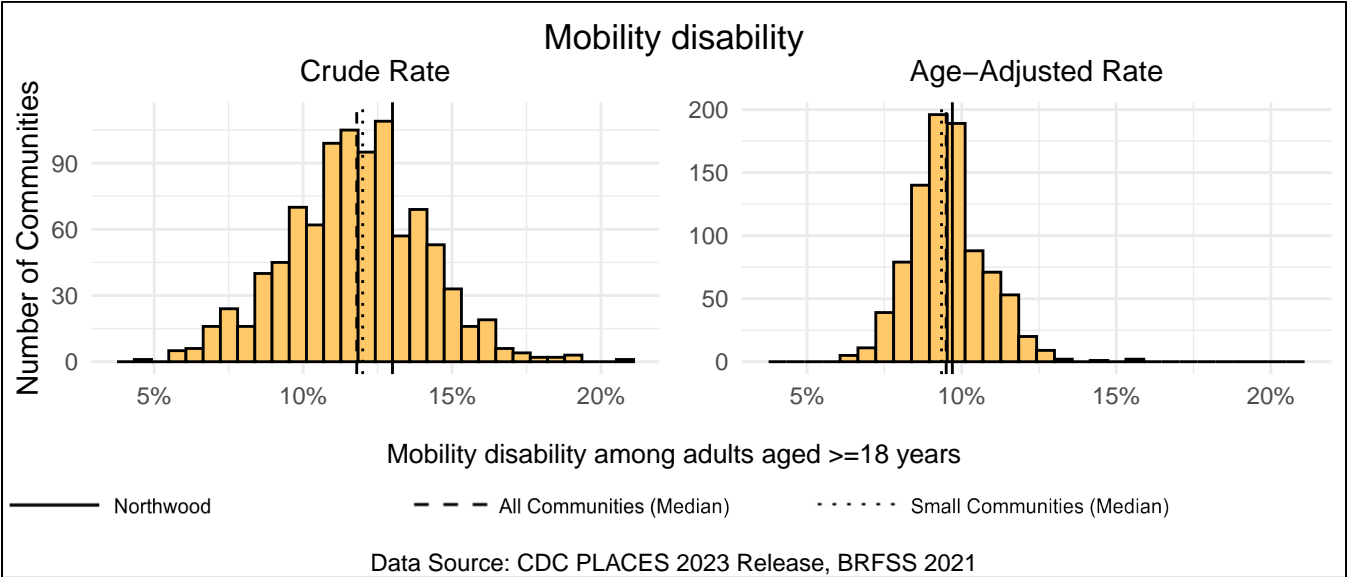
Measure Type	Northwood	All Comm.	Small Comm.
Crude	3.6%	3.4%	3.3%
Age-Adjusted	3.0%	2.9%	2.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
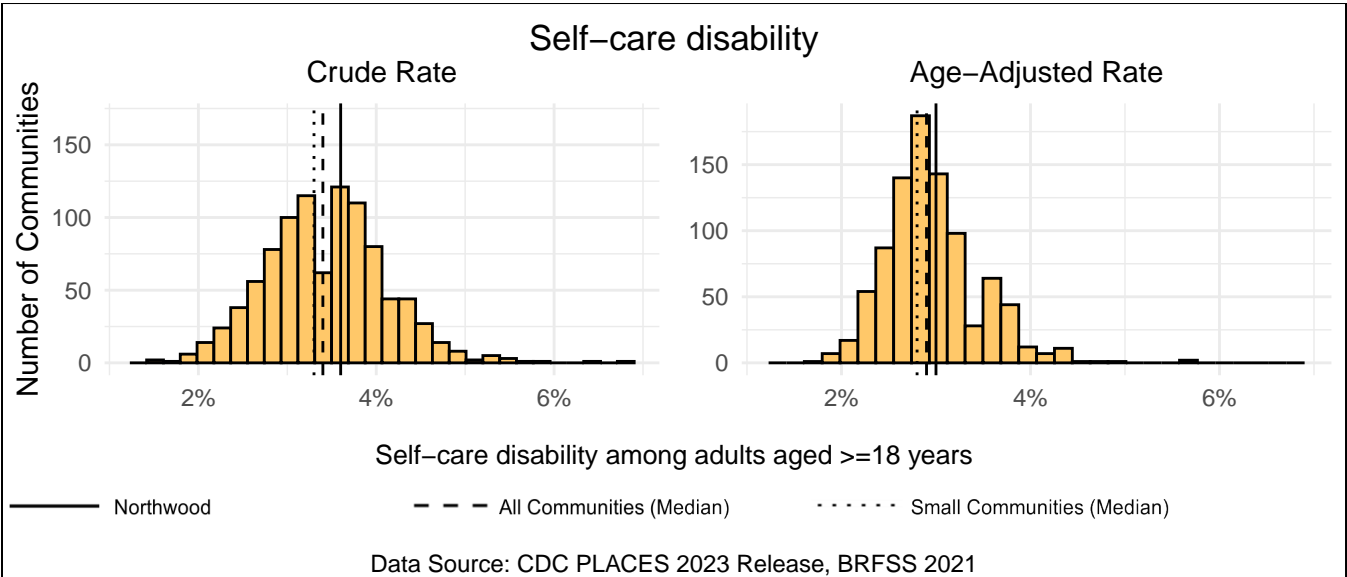
Independent living disability

Northwood has a crude rate of 7.2% for independent living disability among adults aged >=18 years, which ranks 666th out of 958 Iowa communities (92nd out of 138 small communities). The age-adjusted rate for Northwood is 6.4%, which ranks 531st out of 905 Iowa communities (87th out of 138 small communities).

Measure Type	Northwood	All Comm.	Small Comm.
Crude	7.2%	6.6%	6.8%
Age-Adjusted	6.4%	6.2%	6.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Northwood has a crude rate of 27.4% for any disability among adults aged >=18 years, which ranks 688th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Northwood is 23.5%, which ranks 526th out of 905 Iowa communities (83rd out of 138 small communities).
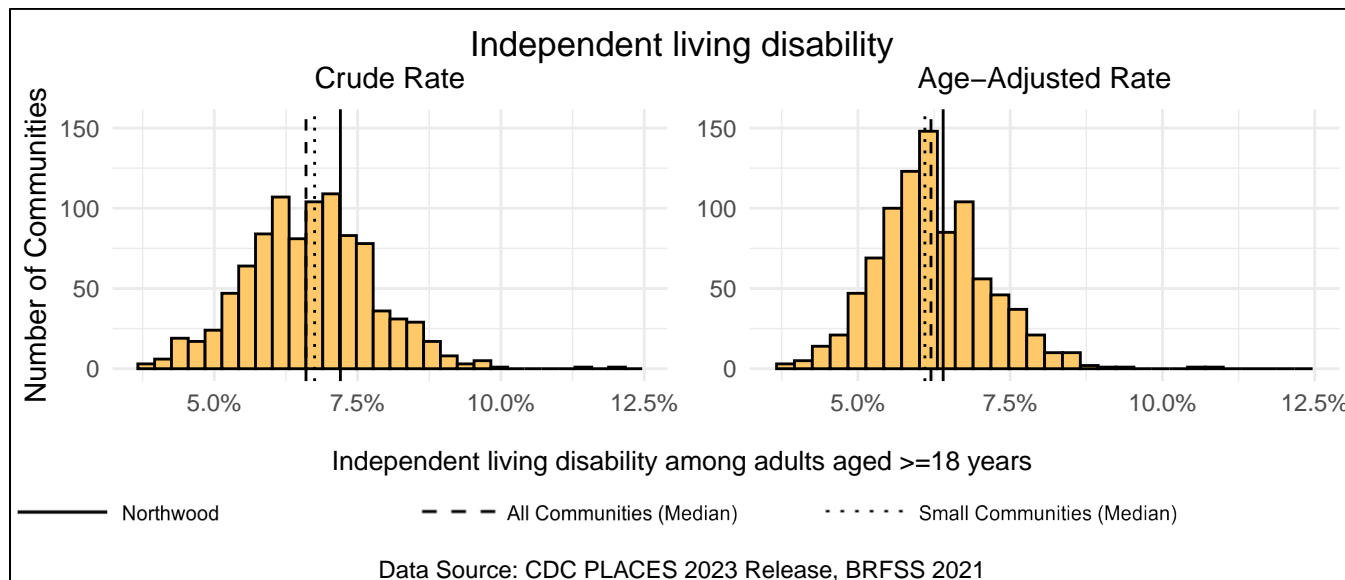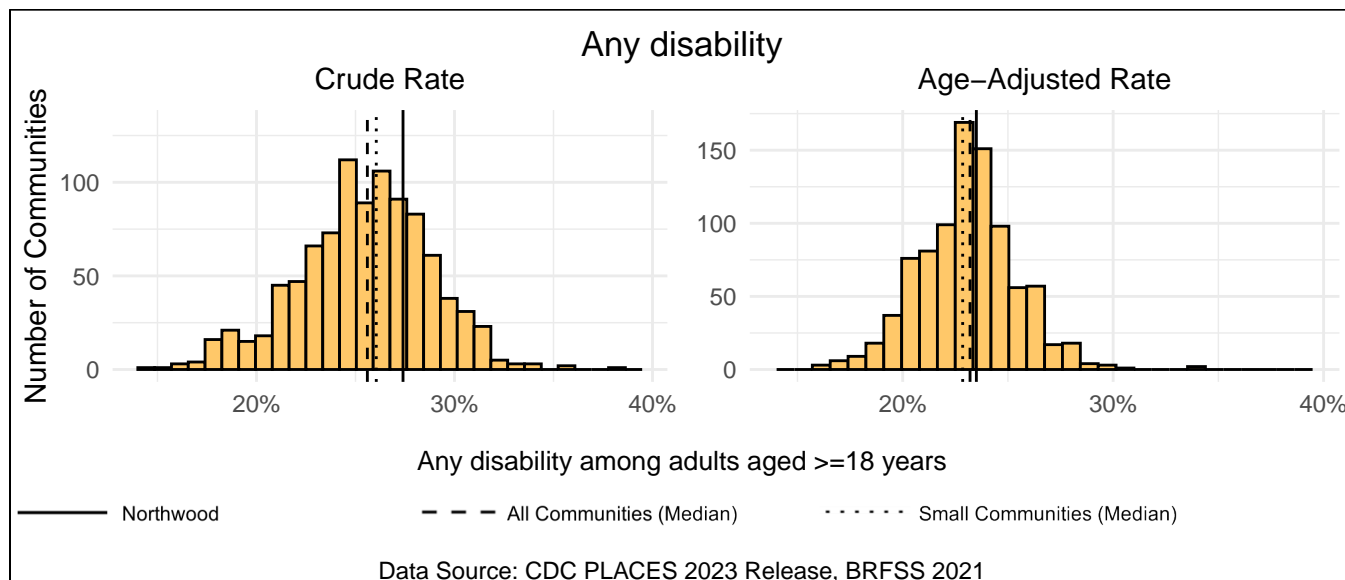
Measure Type	Northwood	All Comm.	Small Comm.
Crude	27.4%	25.6%	26.0%
Age-Adjusted	23.5%	23.2%	22.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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: Northwood 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	600	11.2% (9.5% - 13.1%)	468	9.8% (8.2% - 11.5%)
Health Status	Mental Health	356	14.0% (12.0% - 16.1%)	516	15.7% (13.3% - 18.0%)
Health Status	General Health	615	15.0% (12.1% - 17.9%)	533	13.1% (10.7% - 15.8%)
Health Risk Behaviors	Binge Drinking	269	18.3% (15.1% - 21.8%)	389	21.8% (18.0% - 26.0%)
Health Risk Behaviors	Physical Inactivity	602	27.1% (21.9% - 32.9%)	487	24.6% (19.9% - 30.0%)
Health Risk Behaviors	Current Smoking	305	16.0% (12.4% - 19.7%)	398	17.4% (13.5% - 21.8%)
Health Risk Behaviors	Sleep <7 hours	427	30.1% (28.4% - 31.8%)	522	31.5% (29.7% - 33.3%)
Health Outcomes	Obesity	337	36.8% (29.1% - 44.8%)	449	37.6% (29.7% - 45.8%)
Health Outcomes	Stroke	703	3.7% (3.1% - 4.3%)	375	2.6% (2.3% - 3.0%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.6%)	513	9.6% (8.4% - 10.8%)
Health Outcomes	Depression	252	17.4% (14.1% - 21.1%)	368	18.9% (15.3% - 22.7%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.2% - 4.0%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	Coronary Heart Disease	678	7.2% (6.2% - 8.3%)	419	5.0% (4.3% - 5.7%)
Health Outcomes	High Cholesterol	579	37.0% (32.2% - 41.8%)	336	29.5% (25.2% - 34.1%)
Health Outcomes	COPD	613	7.9% (6.4% - 9.5%)	513	6.4% (5.3% - 7.7%)
Health Outcomes	Cancer (except skin)	745	9.1% (8.1% - 10.1%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Arthritis	732	30.2% (25.7% - 34.7%)	652	23.9% (20.1% - 27.8%)
Health Outcomes	All Teeth Lost	620	13.7% (8.5% - 20.5%)	507	13.1% (8.7% - 18.6%)
Health Outcomes	High Blood Pressure	552	32.8% (28.5% - 37.1%)	262	26.5% (22.8% - 30.5%)
Health Outcomes	Diabetes	575	10.5% (8.8% - 12.3%)	454	8.2% (7.0% - 9.7%)
Prevention	Core preventive services for older men	866	39.3% (29.8% - 48.2%)	744	40.1% (30.7% - 48.8%)
Prevention	Taking BP Medication	245	81.4% (78.2% - 84.2%)	415	59.0% (53.8% - 63.9%)
Prevention	Mammography	432	76.4% (71.9% - 80.2%)	400	74.1% (69.2% - 78.7%)
Prevention	Annual Checkup	256	76.3% (71.4% - 80.6%)	435	72.6% (67.1% - 77.8%)
Prevention	Core preventive services for older women	855	34.6% (27.0% - 44.0%)	650	38.2% (31.1% - 46.6%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	217	73.5% (70.1% - 76.6%)	285	72.0% (68.4% - 75.4%)
Prevention	Cholesterol Screening	332	83.3% (80.3% - 86.1%)	408	79.2% (75.4% - 82.7%)
Prevention	Health Insurance	570	7.6% (5.6% - 10.0%)	573	8.1% (5.9% - 10.7%)
Prevention	Cervical Cancer Screening	535	83.0% (80.1% - 85.6%)	402	83.3% (80.6% - 85.7%)
Prevention	Dental Visit	300	69.0% (65.2% - 72.7%)	301	68.3% (64.3% - 72.1%)
Disability	Cognitive Disability	497	11.2% (9.2% - 13.4%)	495	11.8% (9.6% - 14.1%)
Disability	Hearing Disability	702	8.3% (7.3% - 9.5%)	444	6.0% (5.3% - 6.9%)
Disability	Any Disability	688	27.4% (23.0% - 31.7%)	526	23.5% (19.5% - 27.9%)
Disability	Vision Disability	620	4.4% (3.6% - 5.4%)	509	3.7% (3.1% - 4.3%)
Disability	Independent Living Disability	666	7.2% (5.8% - 8.6%)	531	6.4% (5.3% - 7.6%)
Disability	Mobility Disability	676	13.0% (10.8% - 15.6%)	502	9.7% (8.0% - 11.6%)
Disability	Self-care Disability	562	3.6% (3.0% - 4.3%)	494	3.0% (2.5% - 3.5%)

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)

Northwood 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		