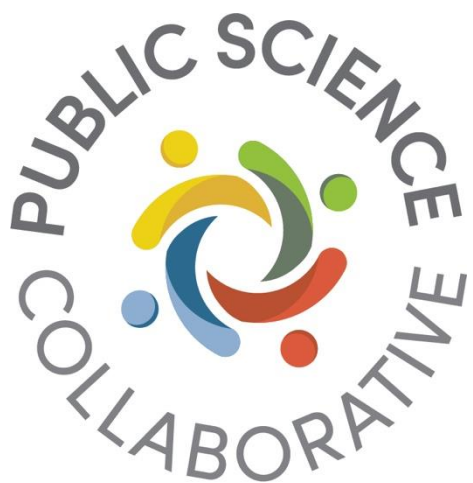# Iowa Community Health Snapshot Series

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

May 2024

By Matthew Voss & Shawn Dorius

Iowa Community Health Snapshot Series

Table of contents

Health in Red Oak: Overview

Dear Community Members & Stakeholders of Red Oak,

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 Red Oak ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Red Oak'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 Red Oak. 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
Binge Drinking	203rd	26th	Taking BP Medication	69th	13th
Taking BP Medication	260th	22nd	Binge Drinking	136th	30th
Mammography	311th	38th	Cancer (except skin)	418th	41st
Annual Checkup	395th	39th	Mammography	481st	56th
Obesity	496th	53rd	Obesity	530th	51st

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
All Teeth Lost	920th	91st	Cholesterol Screening	875th	94th
Current Smoking	911th	94th	Current Smoking	874th	95th
Self-care Disability	909th	91st	Cognitive Disability	866th	90th
Physical Inactivity	906th	92nd	COPD	865th	90th
Any Disability	905th	92nd	Any Disability	865th	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 Red Oak.

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

With a population of 5,563, Red Oak'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.

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

Number of Communities

Mental health not good for >=14 days among adults aged >=18 years

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.
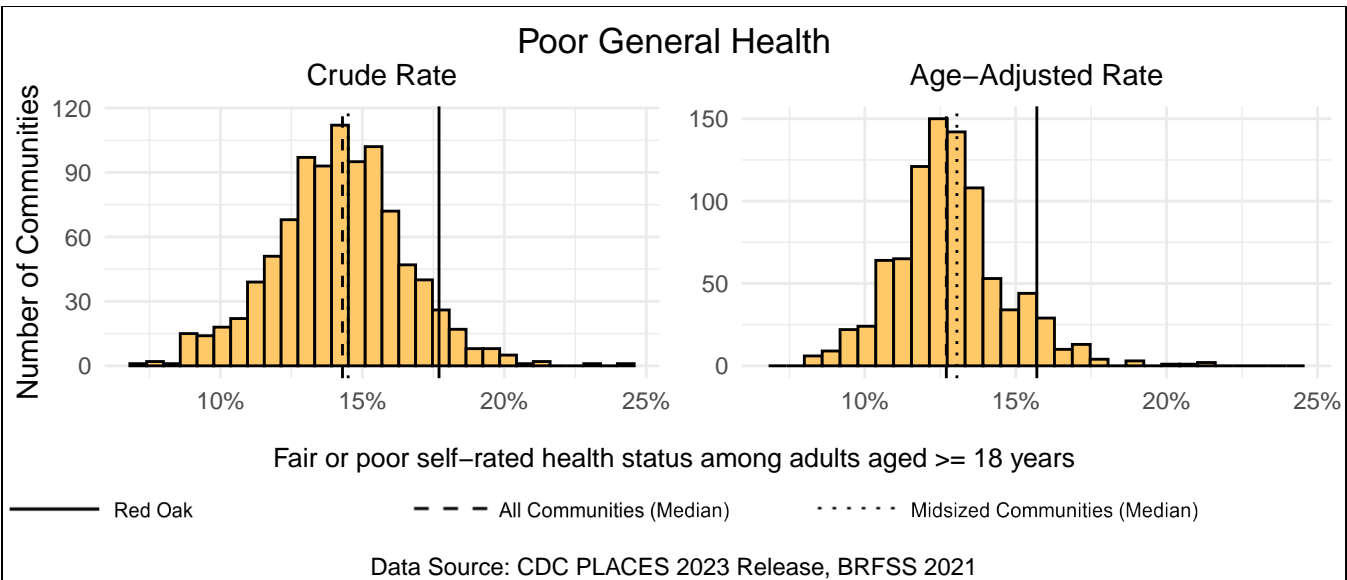
Health Status

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

Red Oak has a crude rate of 17.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 900th out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Red Oak is 15.7%, which ranks 843rd out of 905 Iowa communities (83rd out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	17.7%	14.3%	14.5%
Age-Adjusted	15.7%	12.7%	13.0%

Poor General Health — Crude Rate and Age-Adjusted Rate. X-axis: Fair or poor self-rated health status among adults aged >= 18 years. Y-axis: Number of Communities. Legend: Red Oak, All Communities (Median), Midsized Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Physical Health

Red Oak has a crude rate of 12.7% for physical health not good for >=14 days among adults aged >=18 years, which ranks 893rd out of 958 Iowa communities (92nd out of 102 midsized communities). The age-adjusted rate for Red Oak is 11.3%, which ranks 848th out of 905 Iowa communities (89th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	12.7%	10.8%	10.7%
Age-Adjusted	11.3%	9.7%	9.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
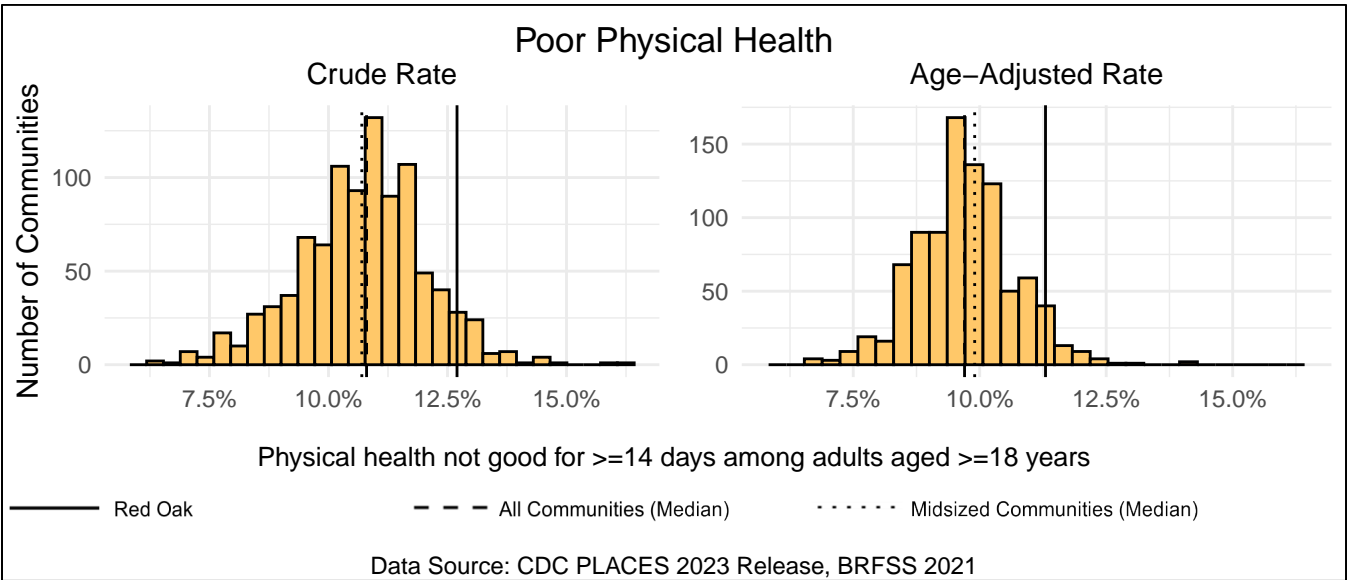
Poor Mental Health

Red Oak has a crude rate of 15.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 809th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Red Oak is 17.0%, which ranks 850th out of 905 Iowa communities (90th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	15.4%	14.3%	14.4%
Age-Adjusted	17.0%	15.5%	15.5%

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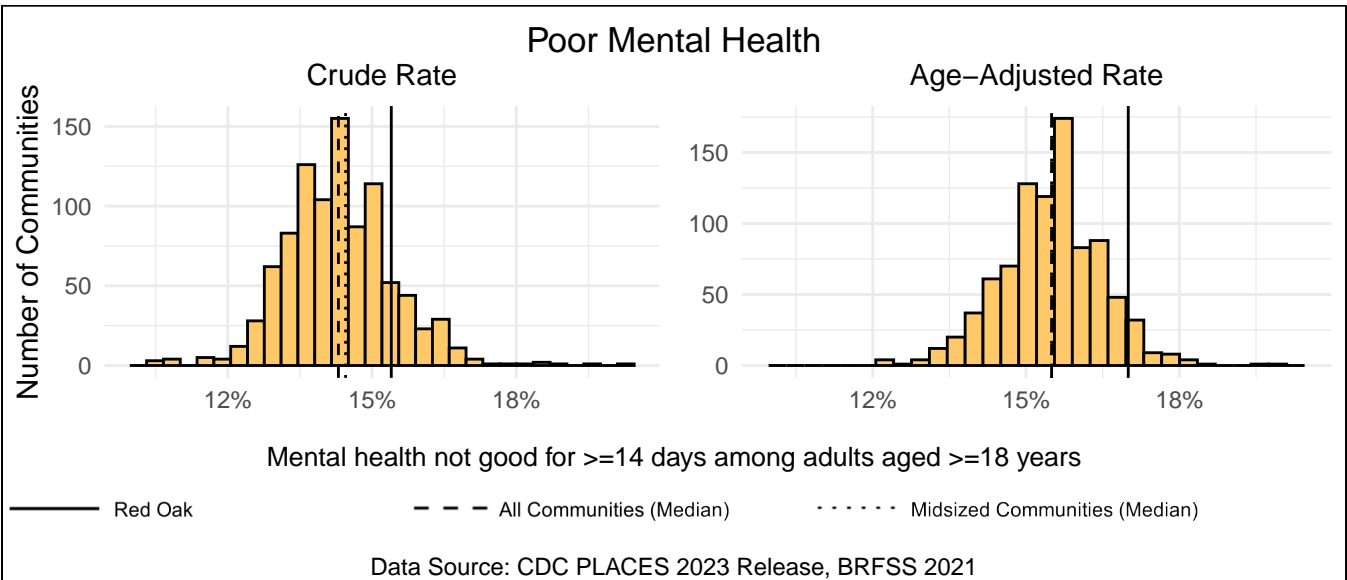
Health Risk Behaviors

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

Red Oak has a crude rate of 17.9% for binge drinking among adults aged >=18 years, which ranks 203rd out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Red Oak is 20.9%, which ranks 136th out of 905 Iowa communities (30th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	17.9%	19.5%	19.2%
Age-Adjusted	20.9%	22.0%	21.4%

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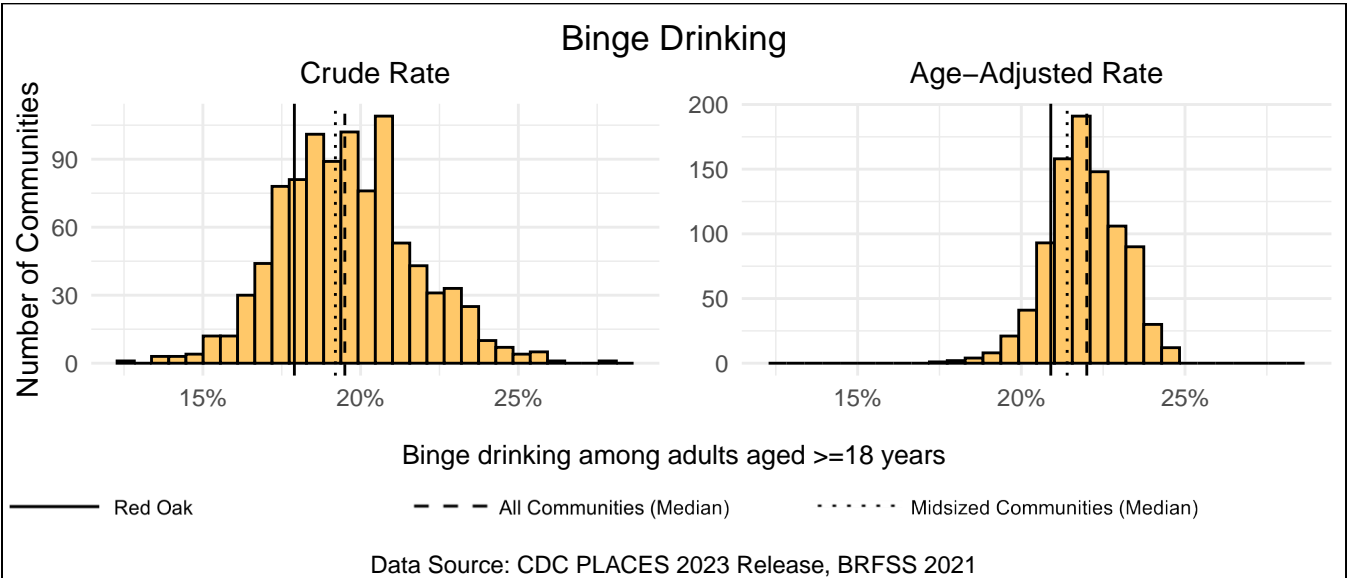
Current Smoking

Red Oak has a crude rate of 20.2% for current smoking among adults aged >=18 years, which ranks 911th out of 958 Iowa communities (94th out of 102 midsized communities). The age-adjusted rate for Red Oak is 21.3%, which ranks 874th out of 905 Iowa communities (95th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	20.2%	16.8%	16.4%
Age-Adjusted	21.3%	17.5%	17.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
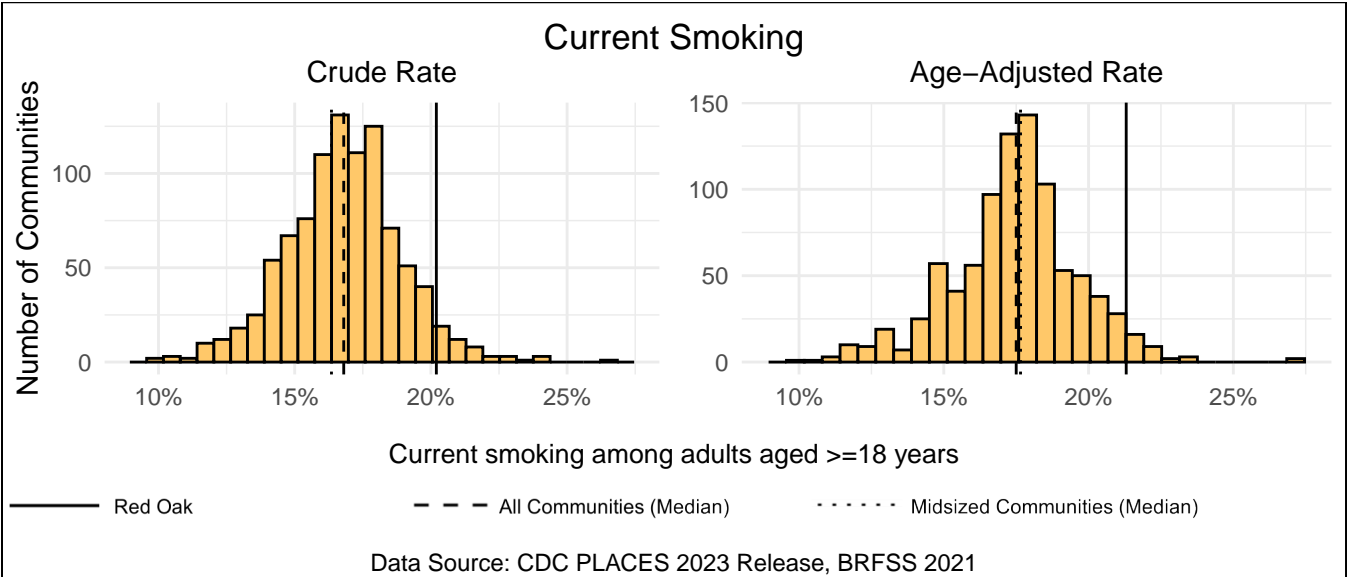
Physical Inactivity

Red Oak has a crude rate of 30.9% for no leisure-time physical activity among adults aged >=18 years, which ranks 906th out of 958 Iowa communities (92nd out of 102 midsized communities). The age-adjusted rate for Red Oak is 28.6%, which ranks 850th out of 905 Iowa communities (86th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	30.9%	26.1%	26.6%
Age-Adjusted	28.6%	24.3%	24.7%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
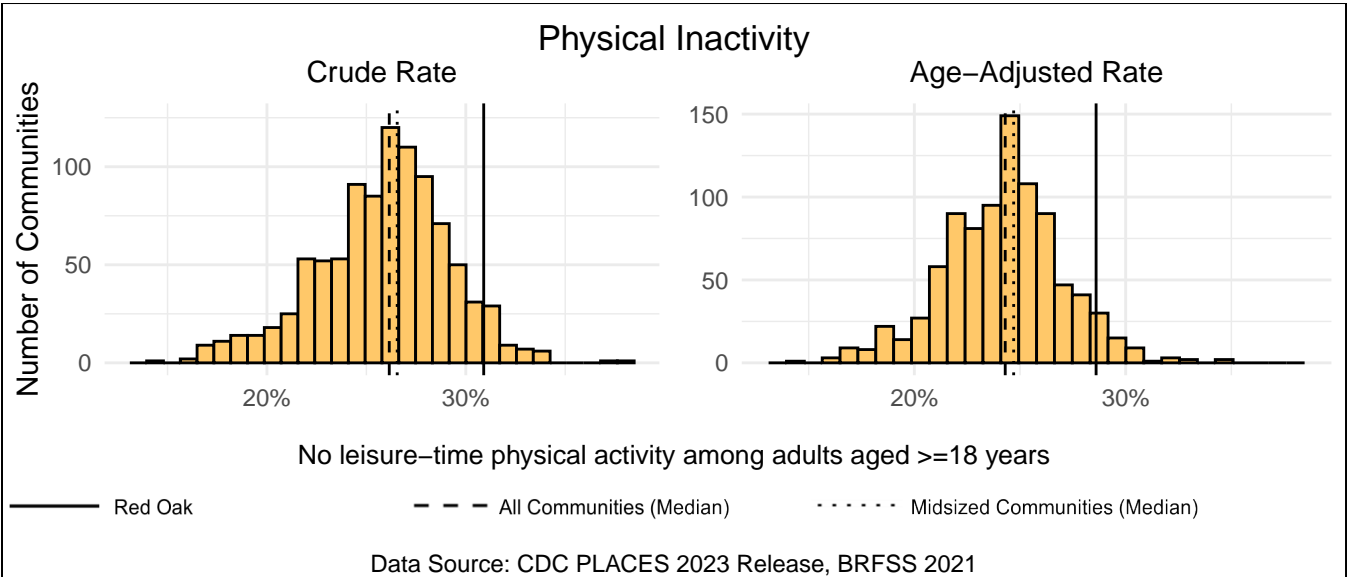
Sleep <7 hours

Red Oak 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 (67th out of 102 mid-sized communities). The age-adjusted rate for Red Oak is 31.8%, which ranks 613th out of 905 Iowa communities (68th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	30.7%	30.2%	29.8%
Age-Adjusted	31.8%	31.1%	30.7%

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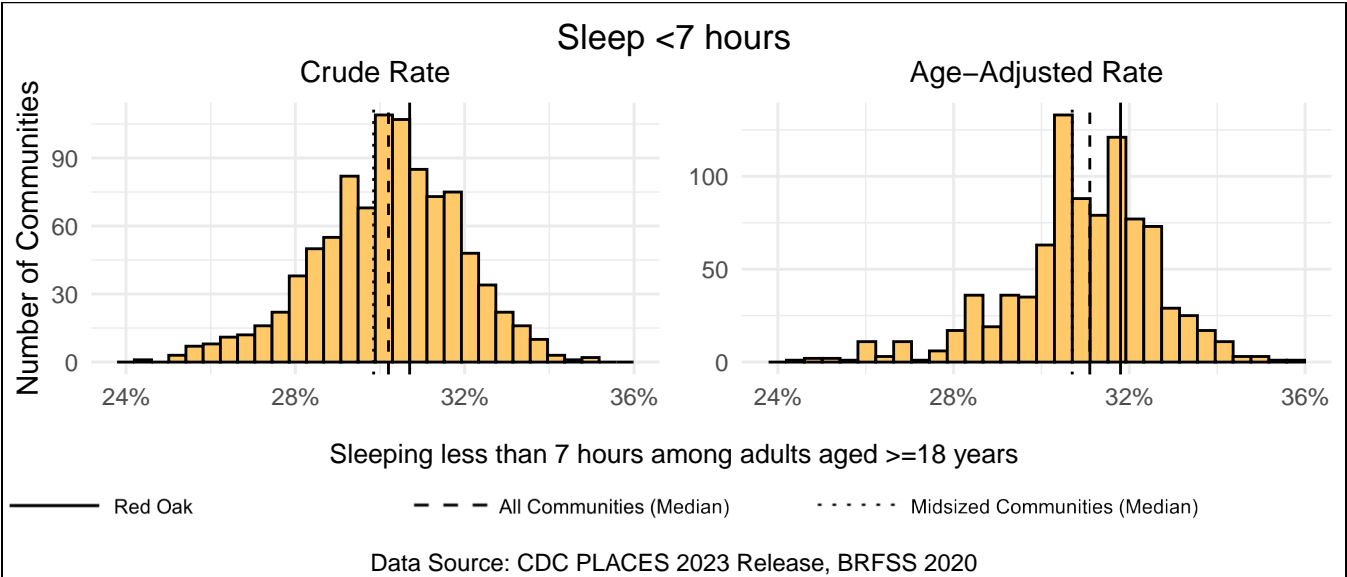
Health Outcomes

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

Red Oak has a crude rate of 29.7% for arthritis among adults aged >=18 years, which ranks 679th out of 958 Iowa communities (79th out of 102 midsized communities). The age-adjusted rate for Red Oak is 23.9%, which ranks 652nd out of 905 Iowa communities (69th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	29.7%	27.9%	27.8%
Age-Adjusted	23.9%	23.1%	23.2%

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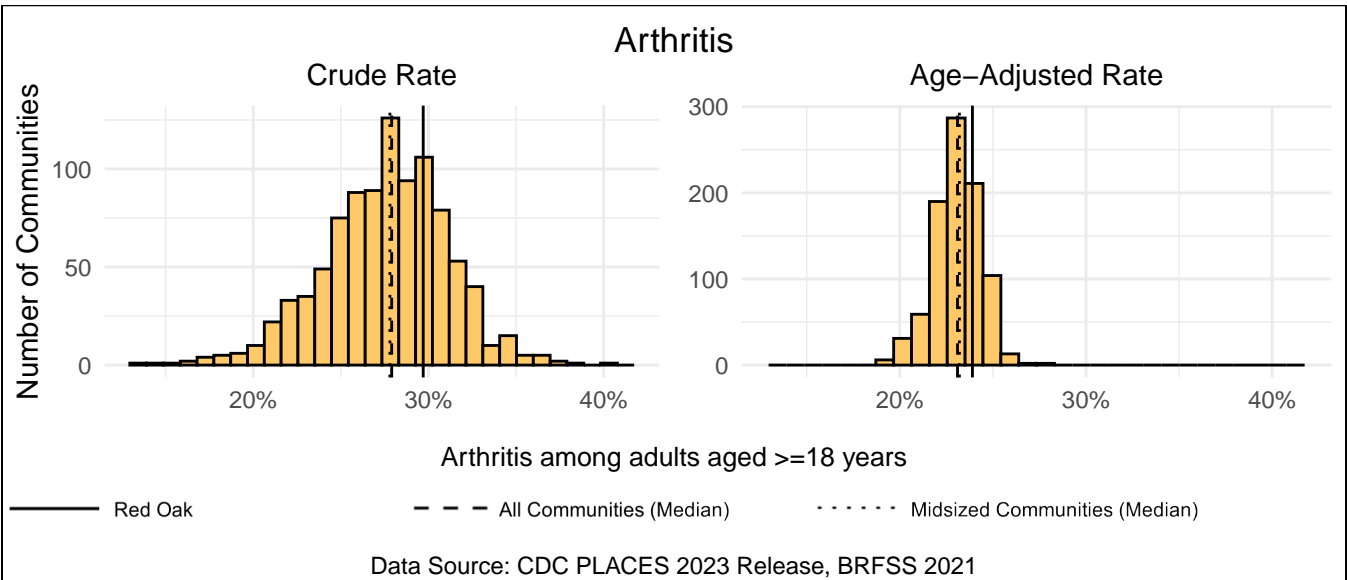
High Blood Pressure

Red Oak has a crude rate of 35.4% for high blood pressure among adults aged >=18 years, which ranks 782nd out of 958 Iowa communities (92nd out of 102 midsized communities). The age-adjusted rate for Red Oak is 29.3%, which ranks 808th out of 905 Iowa communities (83rd out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	35.4%	32.0%	32.0%
Age-Adjusted	29.3%	27.3%	27.5%

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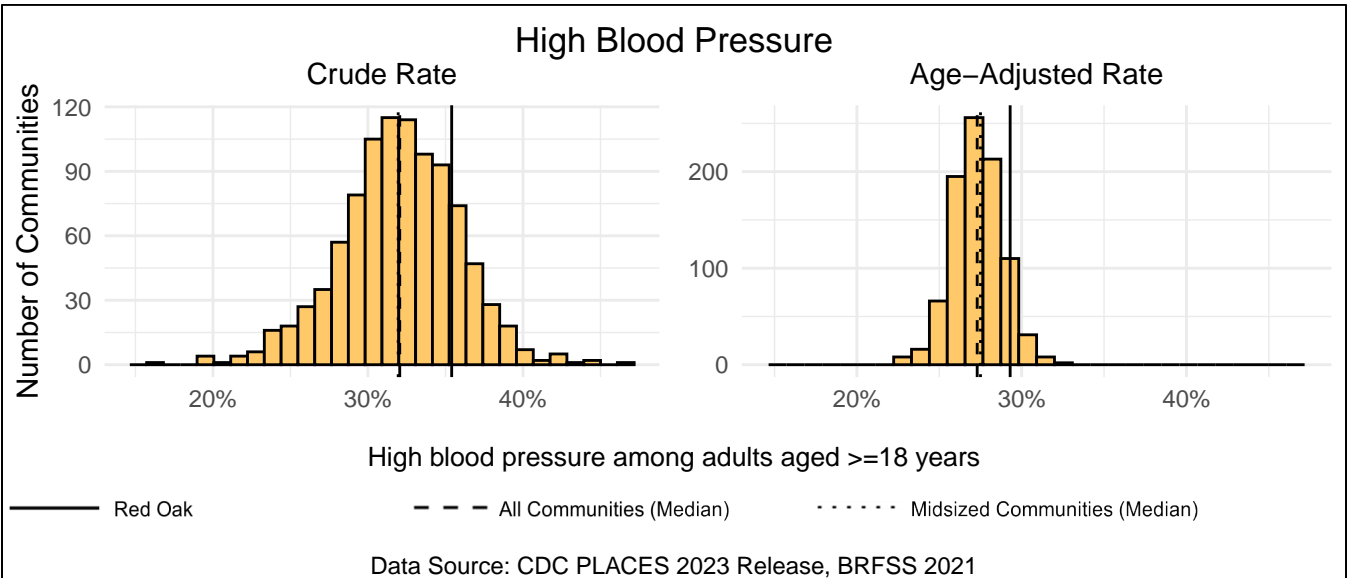
Cancer (except skin)

Red Oak has a crude rate of 8.8% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 682nd out of 958 Iowa communities (75th out of 102 midsized communities). The age-adjusted rate for Red Oak is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	8.8%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%

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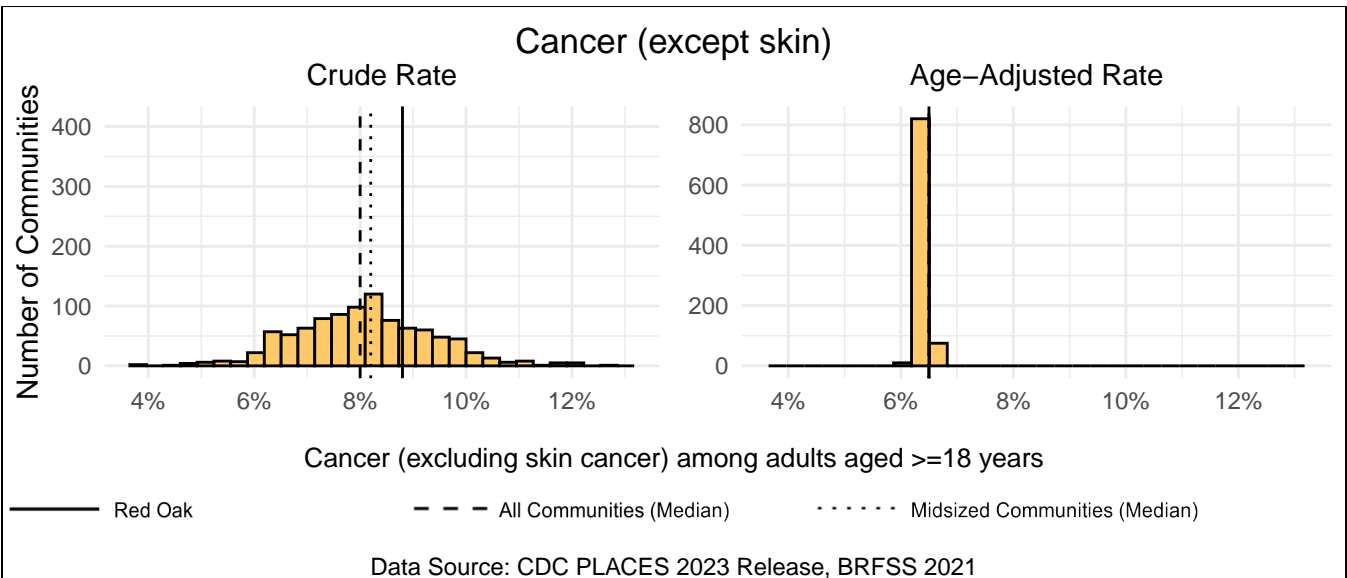
Current Asthma

Red Oak has a crude rate of 9.9% for current asthma among adults aged >=18 years, which ranks 868th out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for Red Oak is 10.2%, which ranks 856th out of 905 Iowa communities (91st out of 102 midsized communities).
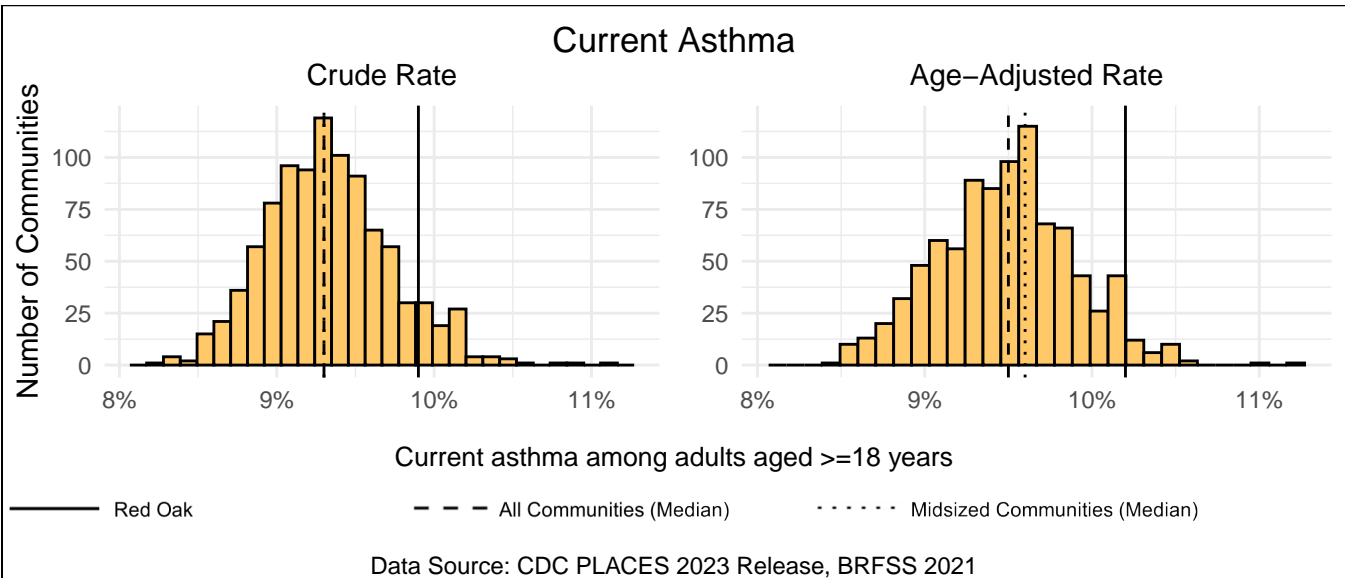
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	9.9%	9.3%	9.3%
Age-Adjusted	10.2%	9.5%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Red Oak has a crude rate of 7.8% for coronary heart disease among adults aged >=18 years, which ranks 811th out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Red Oak is 5.7%, which ranks 836th out of 905 Iowa communities (87th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	7.8%	6.4%	6.5%
Age-Adjusted	5.7%	5.0%	5.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

COPD

Red Oak has a crude rate of 9.3% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 896th out of 958 Iowa communities (94th out of 102 midsized communities). The age-adjusted rate for Red Oak is 7.7%, which ranks 865th out of 905 Iowa communities (90th out of 102 midsized communities).
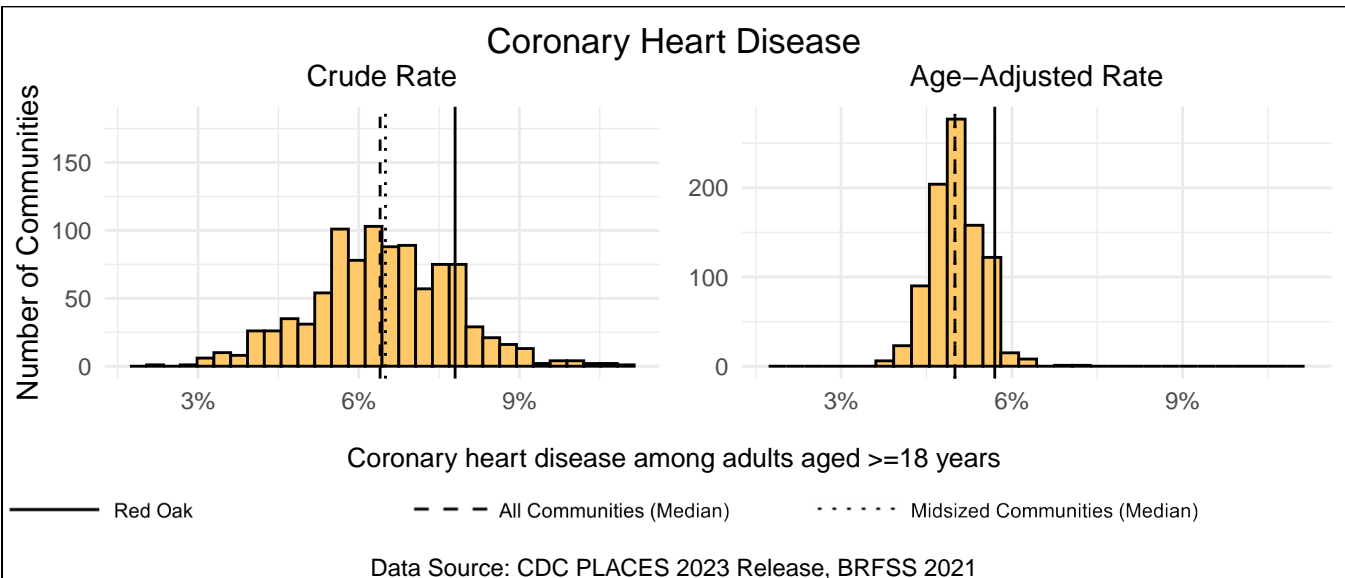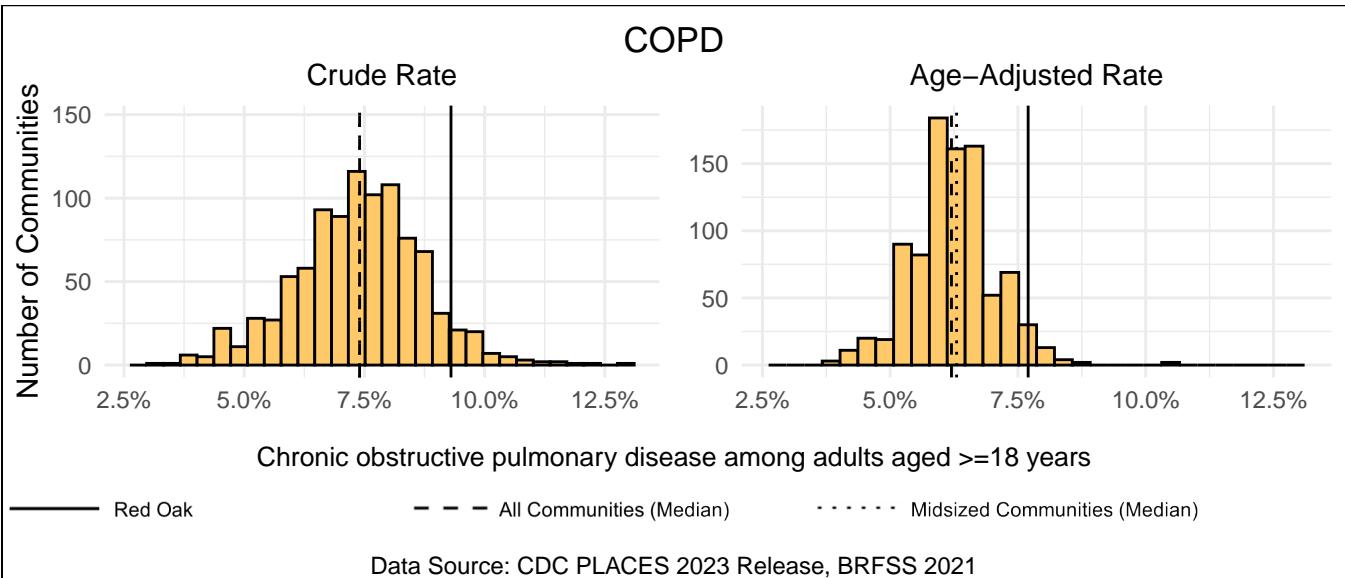
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	9.3%	7.4%	7.4%
Age-Adjusted	7.7%	6.2%	6.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Depression

Red Oak has a crude rate of 19.1% for depression among adults aged >=18 years, which ranks 778th out of 958 Iowa communities (78th out of 102 midsized communities). The age-adjusted rate for Red Oak is 20.5%, which ranks 815th out of 905 Iowa communities (89th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	19.1%	18.0%	18.2%
Age-Adjusted	20.5%	19.0%	19.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Diabetes

Red Oak has a crude rate of 12.1% for diagnosed diabetes among adults aged >=18 years, which ranks 878th out of 958 Iowa communities (94th out of 102 midsized communities). The age-adjusted rate for Red Oak is 9.6%, which ranks 848th out of 905 Iowa communities (84th out of 102 midsized communities).
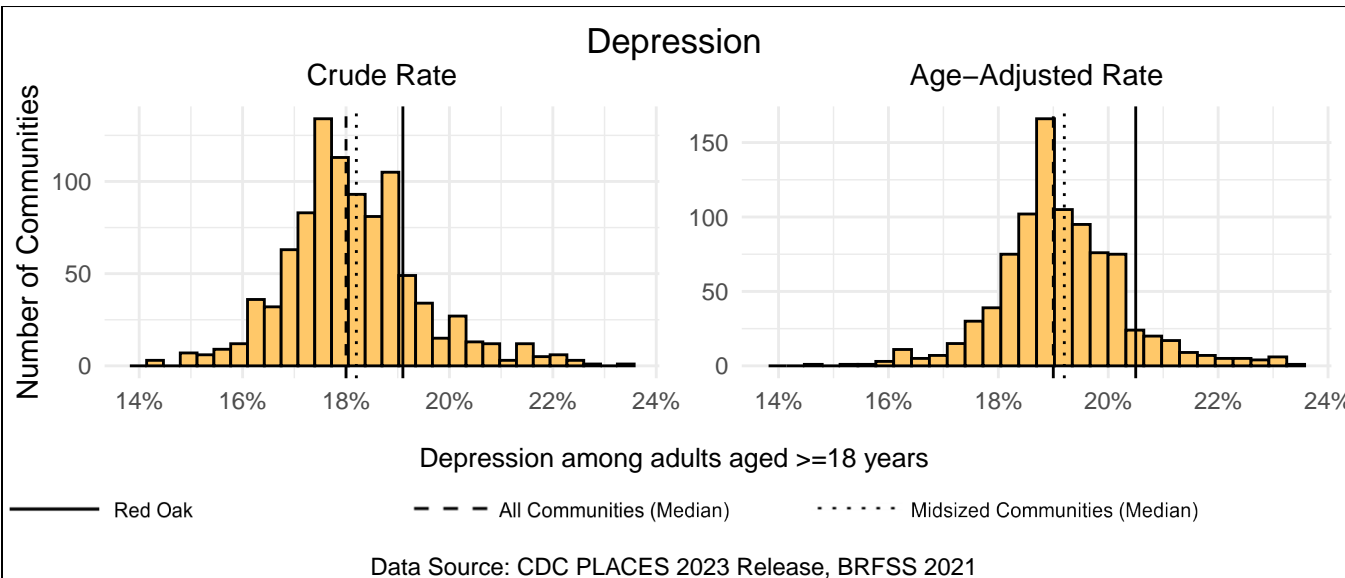
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	12.1%	10.1%	9.9%
Age-Adjusted	9.6%	8.1%	8.3%

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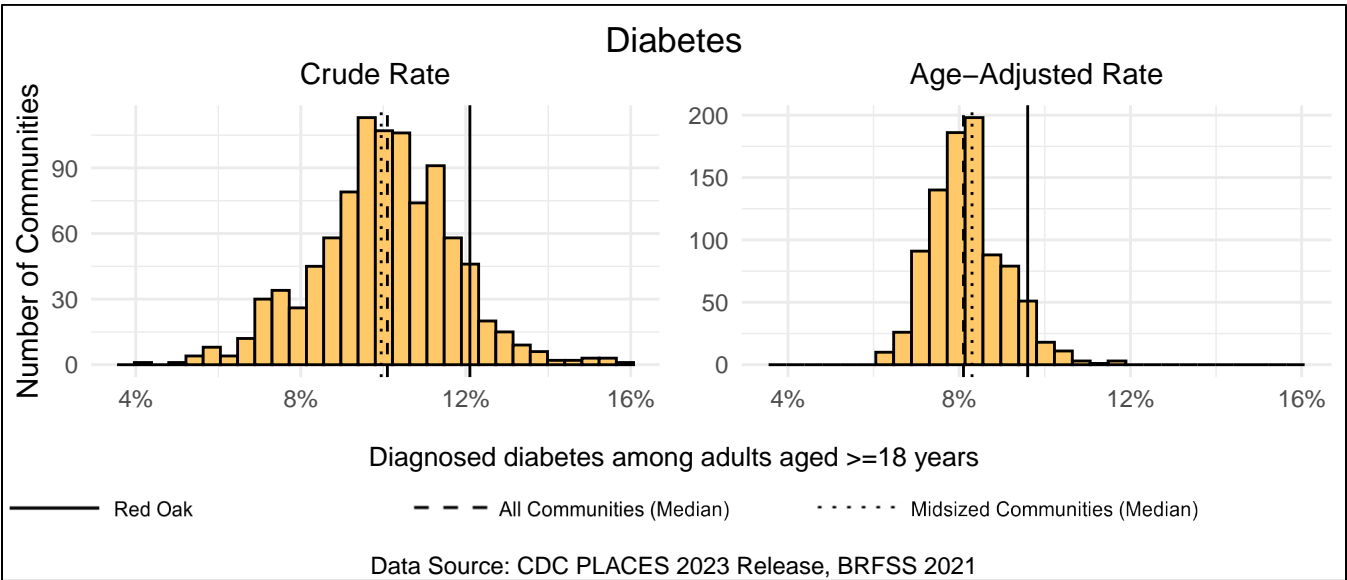
High Cholesterol

Red Oak has a crude rate of 38.0% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 720th out of 958 Iowa communities (88th out of 102 midsized communities). The age-adjusted rate for Red Oak is 30.5%, which ranks 701st out of 905 Iowa communities (73rd out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	38.0%	36.2%	35.7%
Age-Adjusted	30.5%	29.7%	29.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Chronic Kidney Disease

Red Oak has a crude rate of 3.7% for chronic kidney disease among adults aged >=18 years, which ranks 787th out of 958 Iowa communities (83rd out of 102 midsized communities). The age-adjusted rate for Red Oak is 2.9%, which ranks 858th out of 905 Iowa communities (85th out of 102 midsized communities).
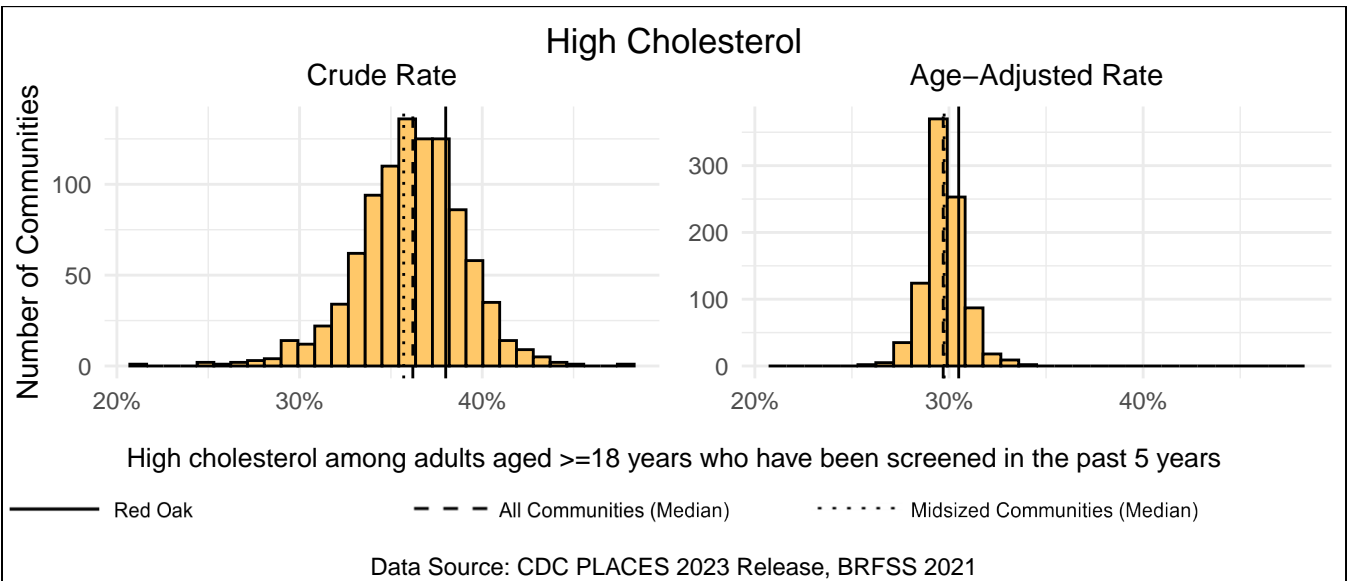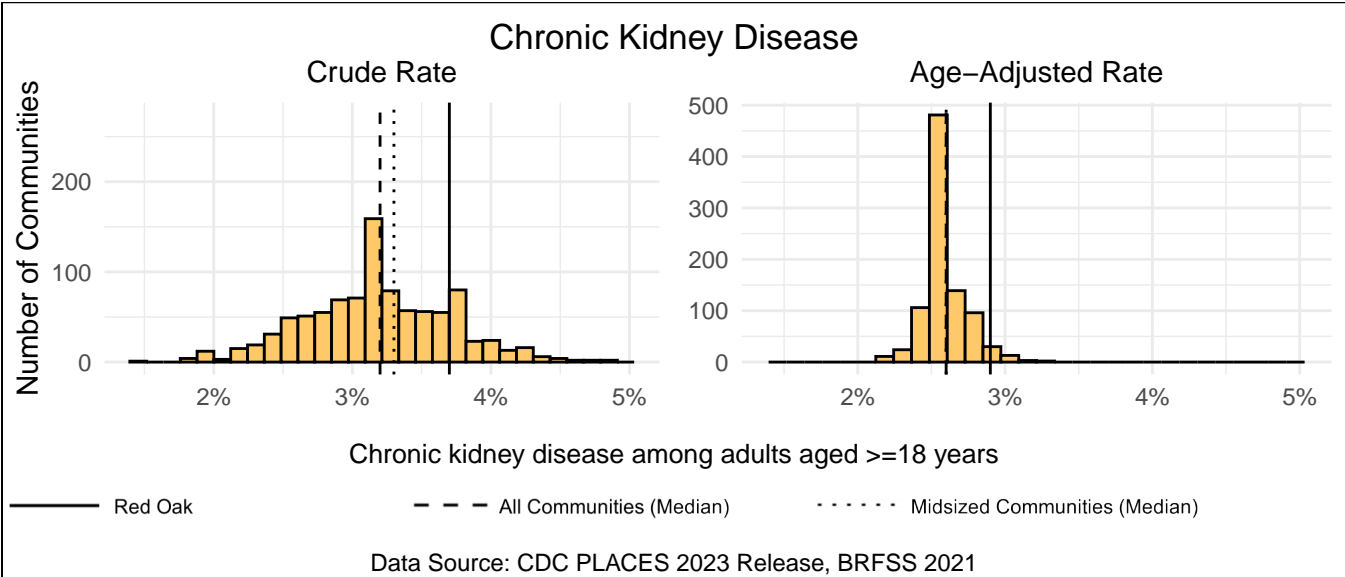
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	3.7%	3.2%	3.3%
Age-Adjusted	2.9%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Obesity

Red Oak has a crude rate of 37.8% for obesity among adults aged >=18 years, which ranks 496th out of 958 Iowa communities (53rd out of 102 midsized communities). The age-adjusted rate for Red Oak is 38.1%, which ranks 530th out of 905 Iowa communities (51st out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	37.8%	37.6%	37.6%
Age-Adjusted	38.1%	37.6%	38.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
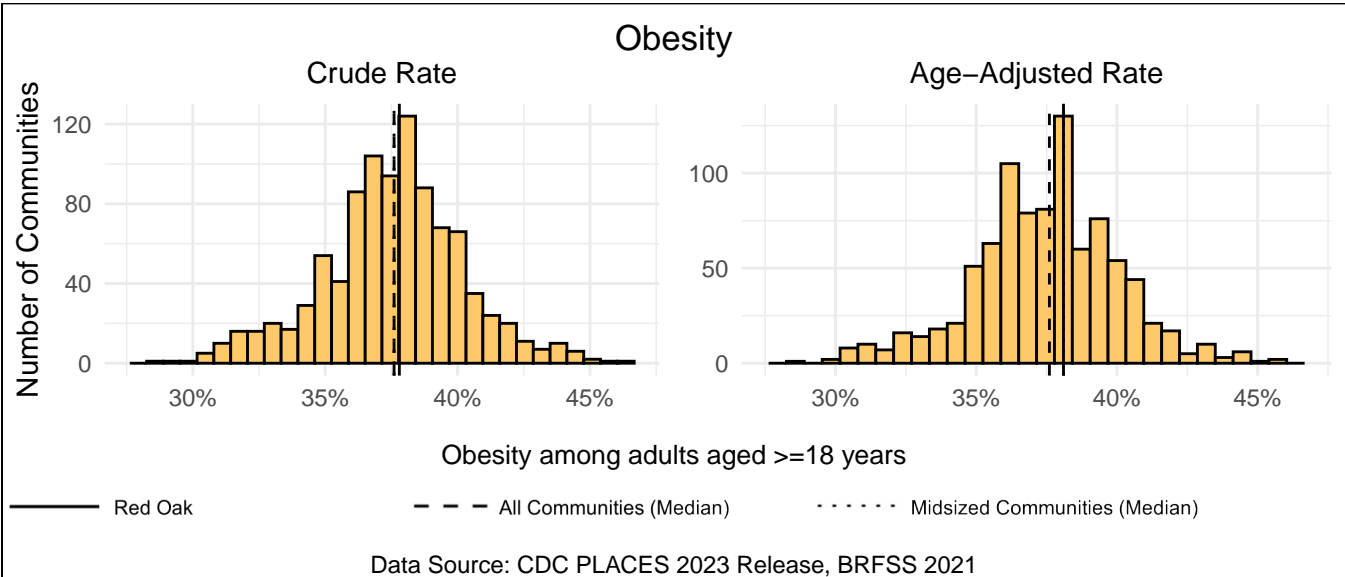
Stroke

Red Oak has a crude rate of 4.0% for stroke among adults aged >=18 years, which ranks 832nd out of 958 Iowa communities (88th out of 102 midsized communities). The age-adjusted rate for Red Oak is 3.0%, which ranks 835th out of 905 Iowa communities (85th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	4.0%	3.3%	3.3%
Age-Adjusted	3.0%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

All Teeth Lost

Red Oak has a crude rate of 17.2% for all teeth lost among adults aged >=65 years, which ranks 920th out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Red Oak is 16.6%, which ranks 863rd out of 905 Iowa communities (90th out of 102 midsized communities).
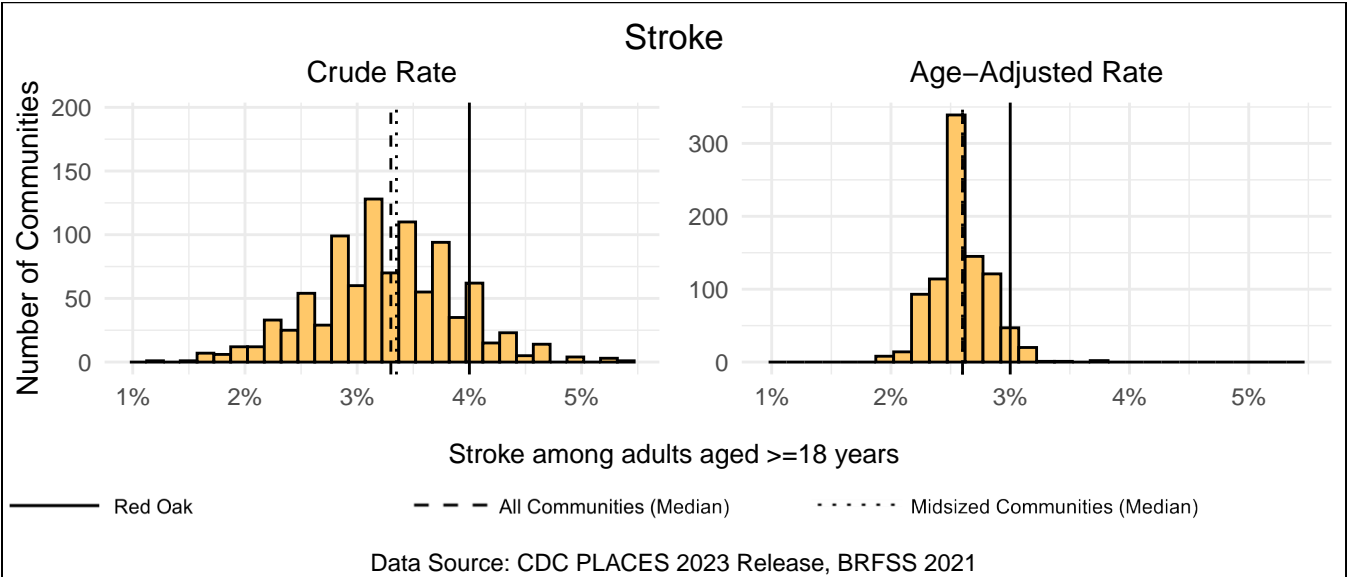
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	17.2%	12.9%	13.5%
Age-Adjusted	16.6%	12.8%	12.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
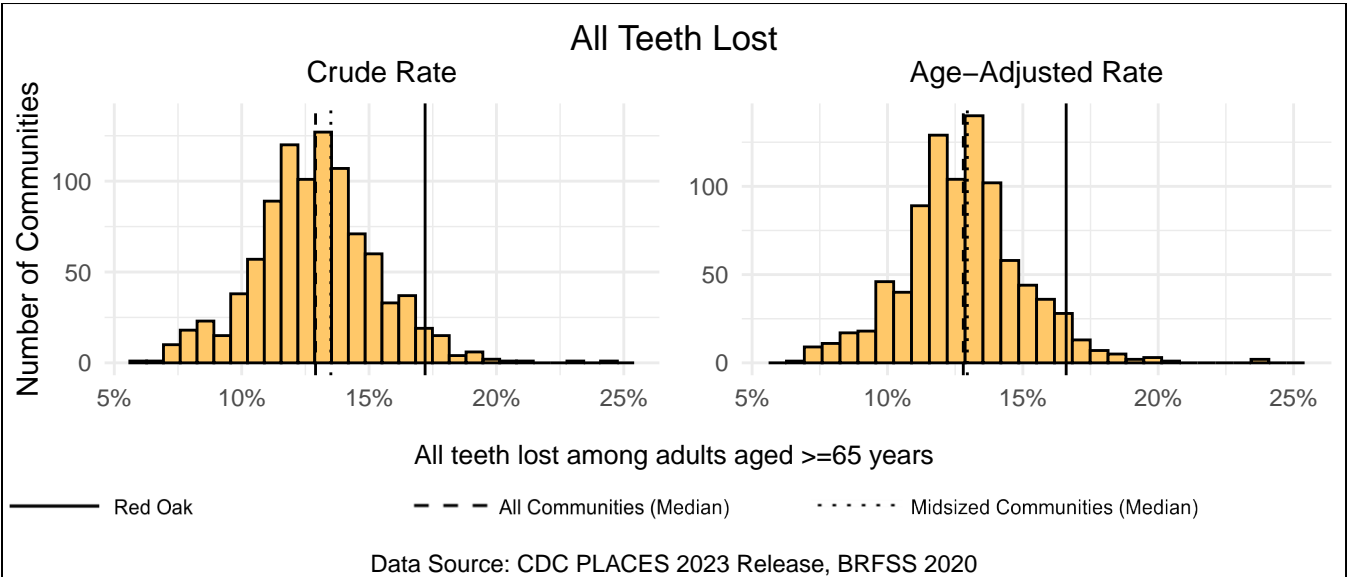
Prevention

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

Red Oak has a crude rate of 9.4% for current lack of health insurance among adults aged 18–64 years, which ranks 885th out of 958 Iowa communities (83rd out of 102 mid-sized communities). The age-adjusted rate for Red Oak is 9.9%, which ranks 837th out of 905 Iowa communities (86th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	9.4%	7.3%	7.6%
Age-Adjusted	9.9%	7.7%	7.9%

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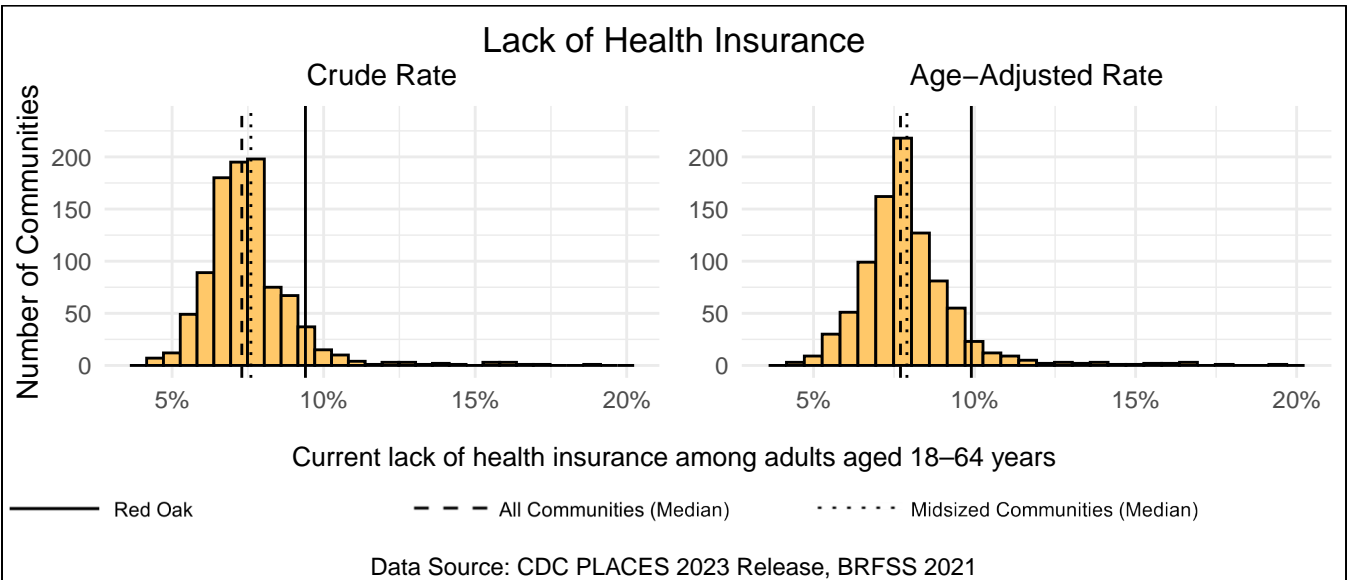
Taking BP Medication

Red Oak has a crude rate of 81.3% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 260th out of 958 Iowa communities (22nd out of 102 midsized communities). The age-adjusted rate for Red Oak is 60.2%, which ranks 69th out of 905 Iowa communities (13th out of 102 midsized communities).

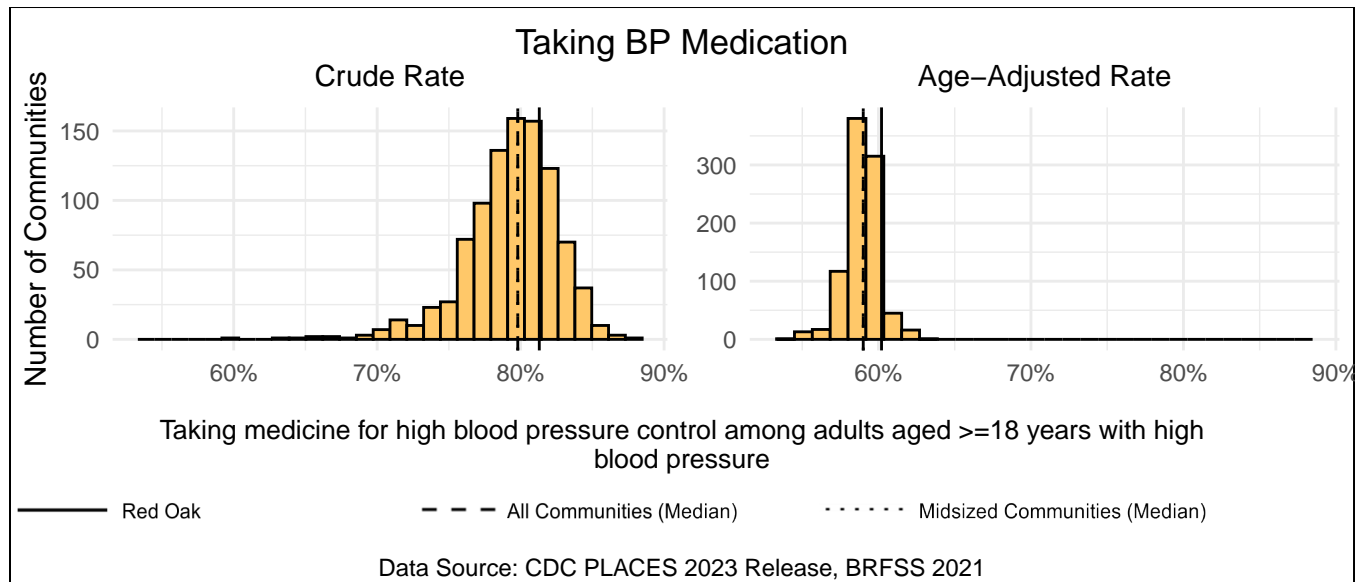| Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	81.3%	79.8%	79.8%
Age-Adjusted	60.2%	59.0%	59.0%

Taking BP Medication

Crude Rate — Age–Adjusted Rate

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

——— Red Oak – – – All Communities (Median) · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Red Oak has a crude rate of 81.3% for cervical cancer screening among adult women aged 21–65 years, which ranks 832nd out of 958 Iowa communities (76th out of 102 midsized communities). The age-adjusted rate for Red Oak is 81.2%, which ranks 805th out of 905 Iowa communities (91st out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	81.3%	83.3%	82.9%
Age-Adjusted	81.2%	83.2%	83.2%

Cervical Cancer Screening

Crude Rate — Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

——— Red Oak – – – All Communities (Median) · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Red Oak has a crude rate of 75.6% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 395th out of 958 Iowa communities (39th out of 102 midsized communities). The age-adjusted rate for Red Oak is 72.2%, which ranks 559th out of 905 Iowa communities (68th out of 102 midsized communities).
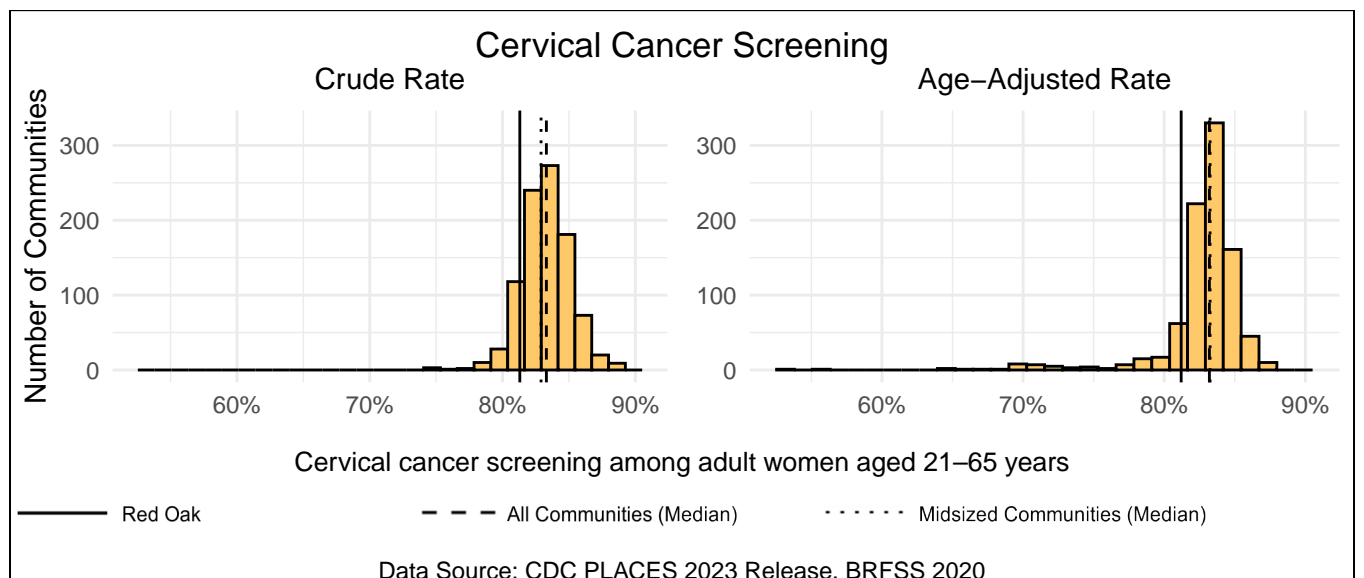
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	75.6%	75.2%	75.2%
Age-Adjusted	72.2%	72.6%	72.8%

Annual Checkup — Crude Rate / Age–Adjusted Rate

Number of Communities

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

——— Red Oak   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cholesterol Screening

Red Oak has a crude rate of 81.0% for cholesterol screening among adults aged >=18 years, which ranks 730th out of 958 Iowa communities (64th out of 102 midsized communities). The age-adjusted rate for Red Oak is 76.7%, which ranks 875th out of 905 Iowa communities (94th out of 102 midsized communities).
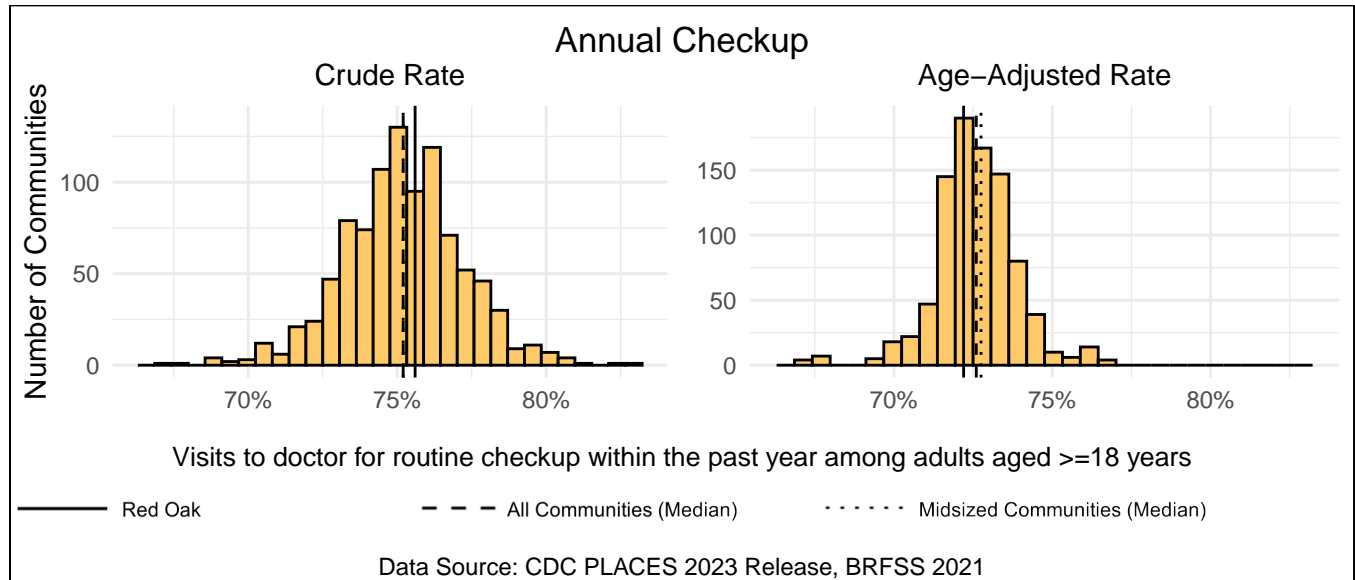
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	81.0%	82.6%	81.8%
Age-Adjusted	76.7%	79.1%	79.0%

Cholesterol Screening — Crude Rate / Age–Adjusted Rate

Number of Communities

Cholesterol screening among adults aged >=18 years

——— Red Oak   – – – All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Red Oak has a crude rate of 69.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 803rd out of 958 Iowa communities (86th out of 102 midsized communities). The age-adjusted rate for Red Oak is 68.2%, which ranks 846th out of 905 Iowa communities (88th out of 102 midsized communities).
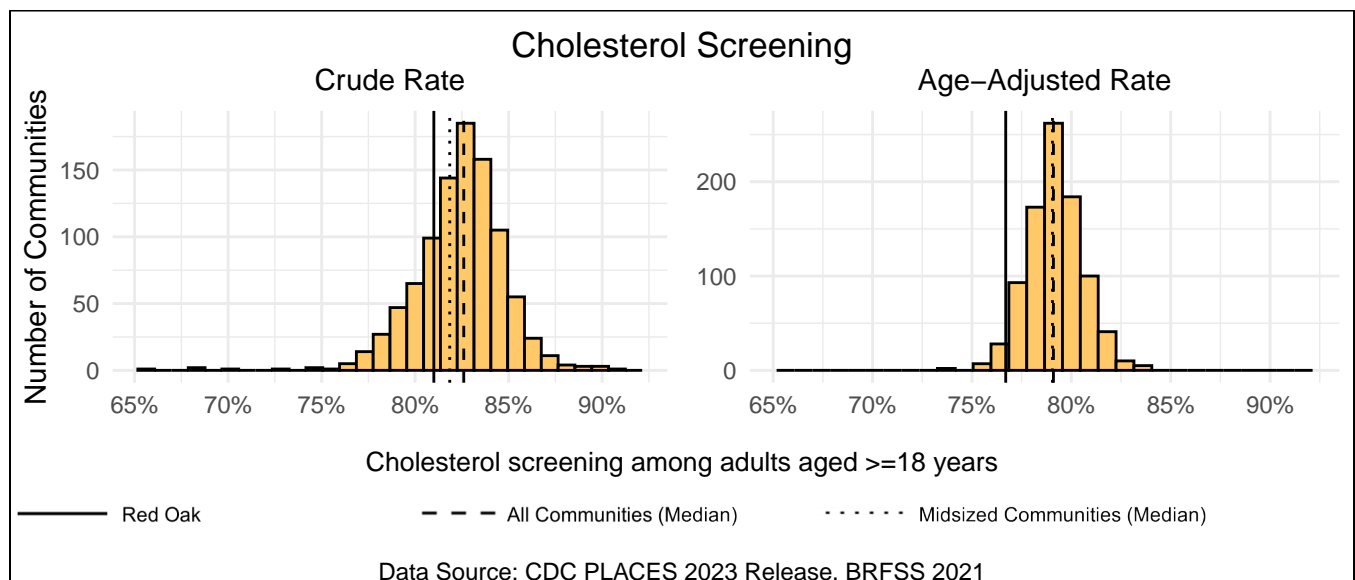
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	69.2%	71.6%	71.6%
Age-Adjusted	68.2%	70.9%	70.8%

Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Red Oak has a crude rate of 40.9% 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 738th out of 958 Iowa communities (70th out of 102 midsized communities). The age-adjusted rate for Red Oak is 41.1%, which ranks 682nd out of 905 Iowa communities (72nd out of 102 midsized communities).
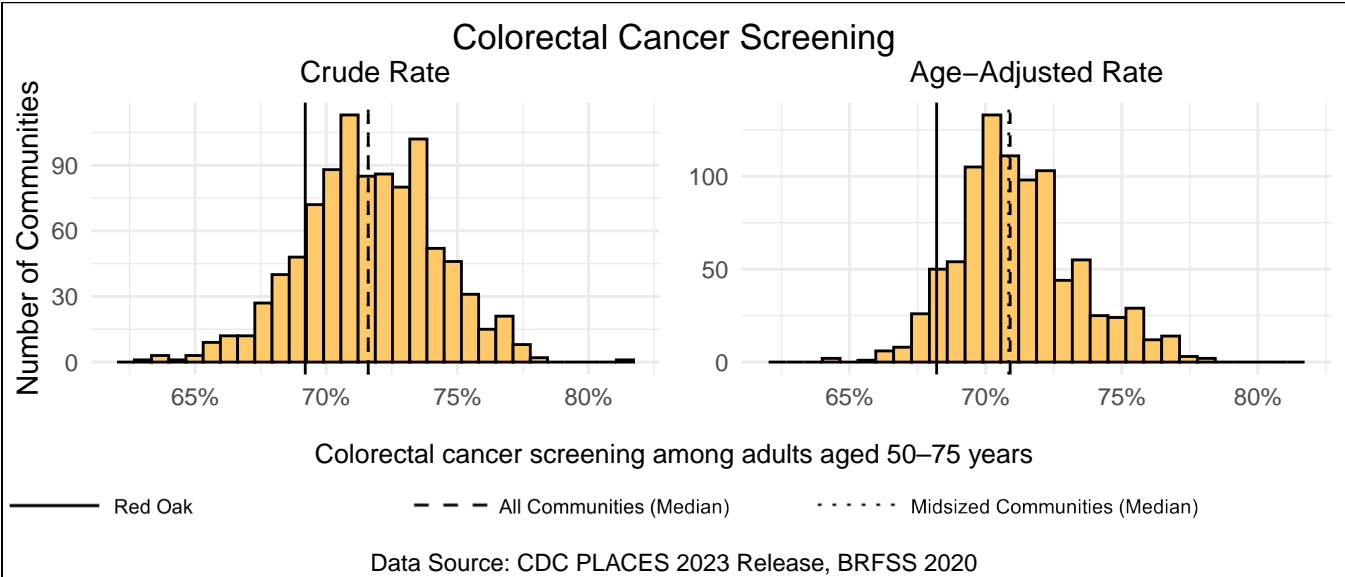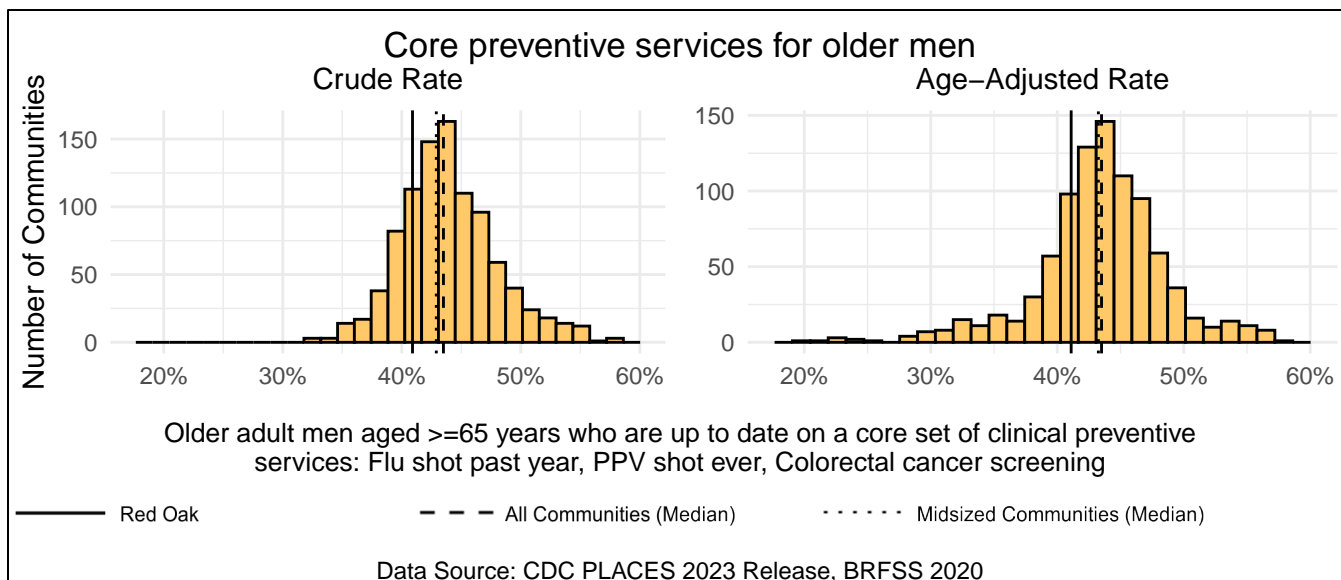
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	40.9%	43.5%	42.9%
Age-Adjusted	41.1%	43.5%	43.2%

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

— Red Oak   – – – All Communities (Median)   ······ Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Red Oak has a crude rate of 34.0% 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 886th out of 958 Iowa communities (93rd out of 102 midsized communities). The age-adjusted rate for Red Oak is 36.2%, which ranks 804th out of 905 Iowa communities (94th out of 102 midsized communities).
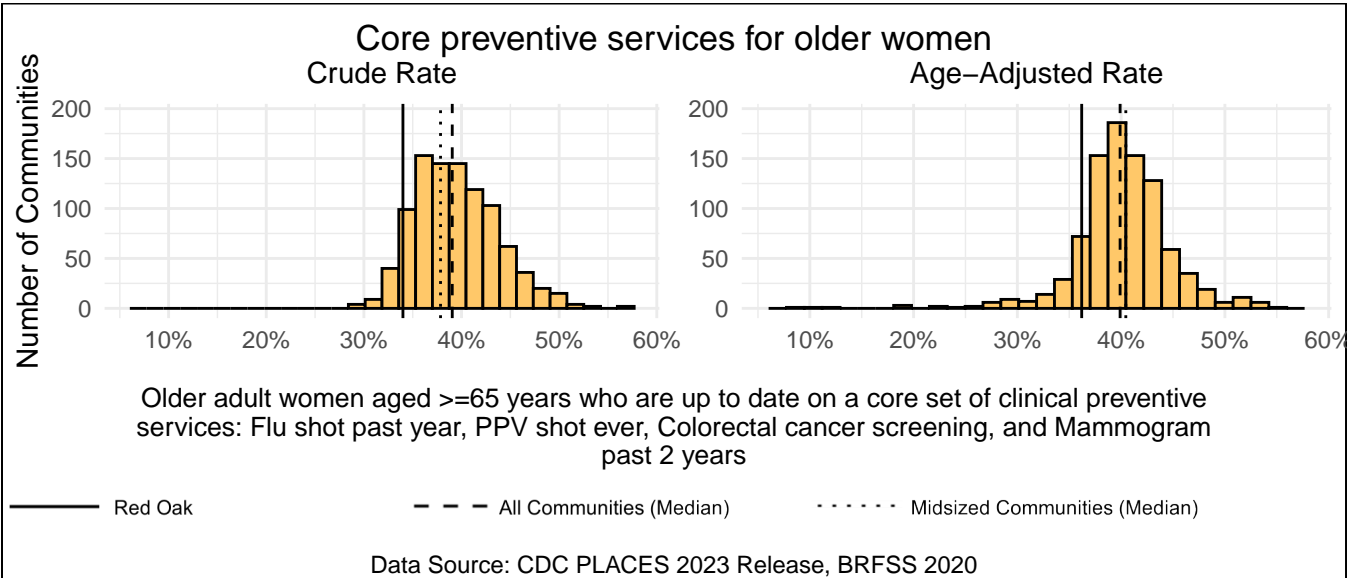
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	34.0%	39.0%	37.8%
Age-Adjusted	36.2%	39.9%	40.4%

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

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Red Oak has a crude rate of 61.4% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 901st out of 958 Iowa communities (84th out of 102 midsized communities). The age-adjusted rate for Red Oak is 60.6%, which ranks 853rd out of 905 Iowa communities (84th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	61.4%	67.2%	67.0%
Age-Adjusted	60.6%	66.6%	66.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

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

—— Red Oak   − − − All Communities (Median)   · · · · · · Midsized Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020
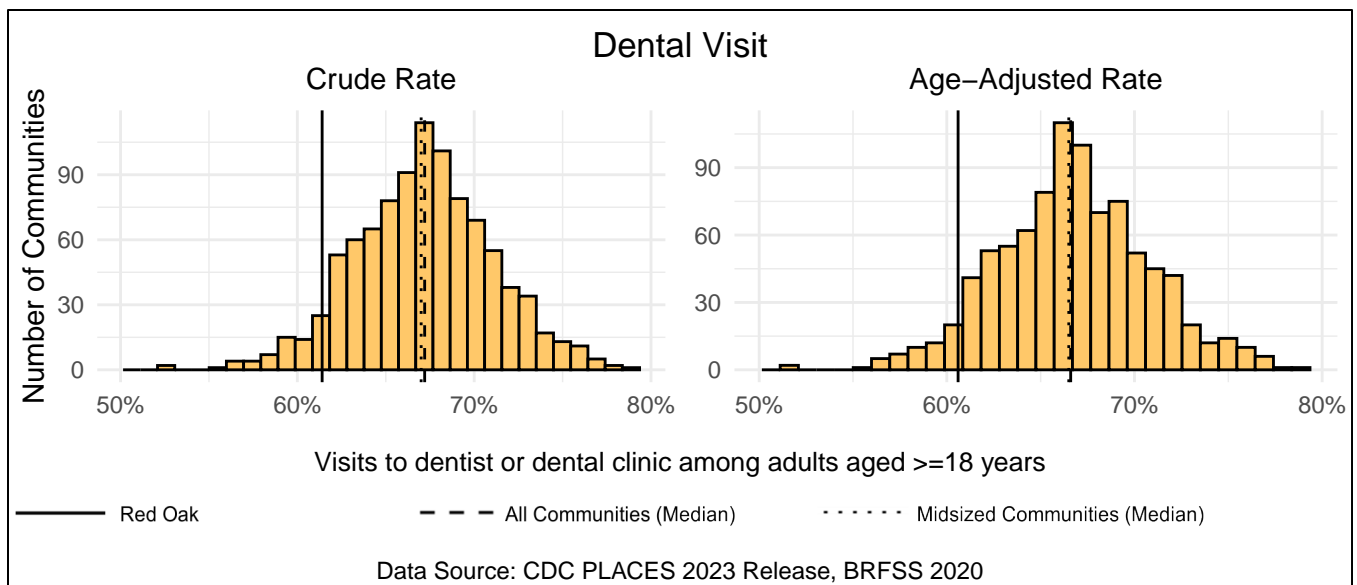
Mammography

Red Oak has a crude rate of 77.1% for mammography use among women aged 50–74 years, which ranks 311th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Red Oak is 73.7%, which ranks 481st out of 905 Iowa communities (56th out of 102 midsized communities).
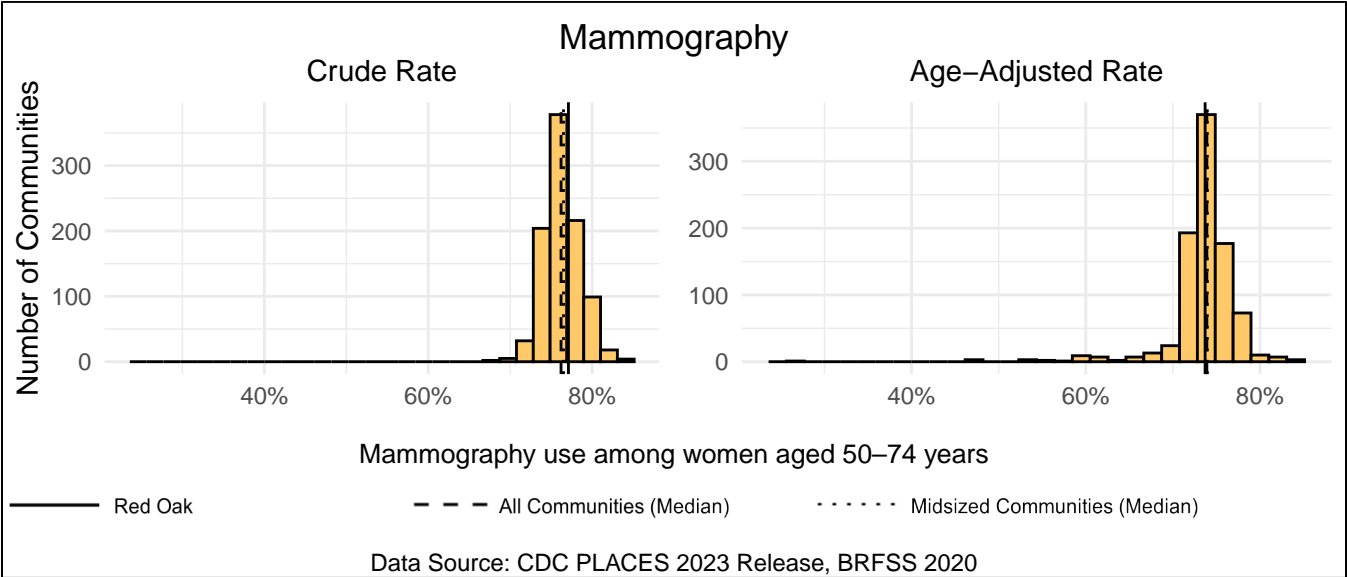
| Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	77.1%	76.2%	76.5%
Age-Adjusted	73.7%	73.9%	74.0%

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

Red Oak has a crude rate of 8.8% for hearing disability among adults aged >=18 years, which ranks 802nd out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for Red Oak is 6.6%, which ranks 800th out of 905 Iowa communities (85th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	8.8%	7.4%	7.6%
Age-Adjusted	6.6%	6.0%	5.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
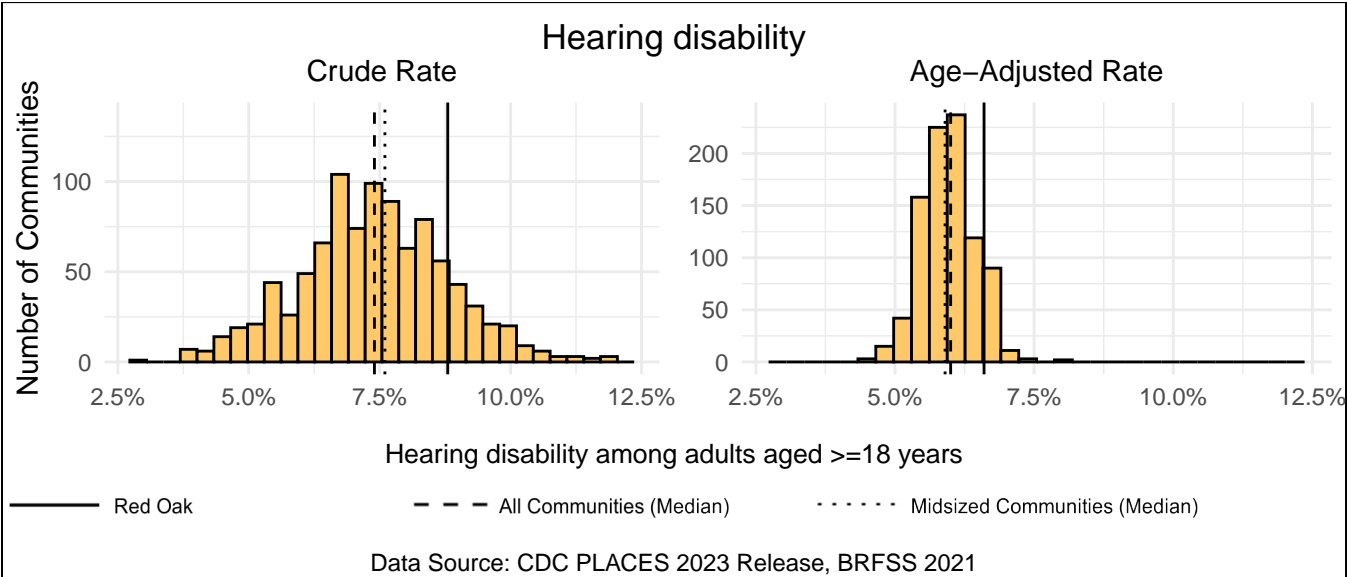
Vision disability

Red Oak has a crude rate of 5.5% for vision disability among adults aged >=18 years, which ranks 895th out of 958 Iowa communities (84th out of 102 midsized communities). The age-adjusted rate for Red Oak is 4.8%, which ranks 857th out of 905 Iowa communities (84th out of 102 midsized communities).
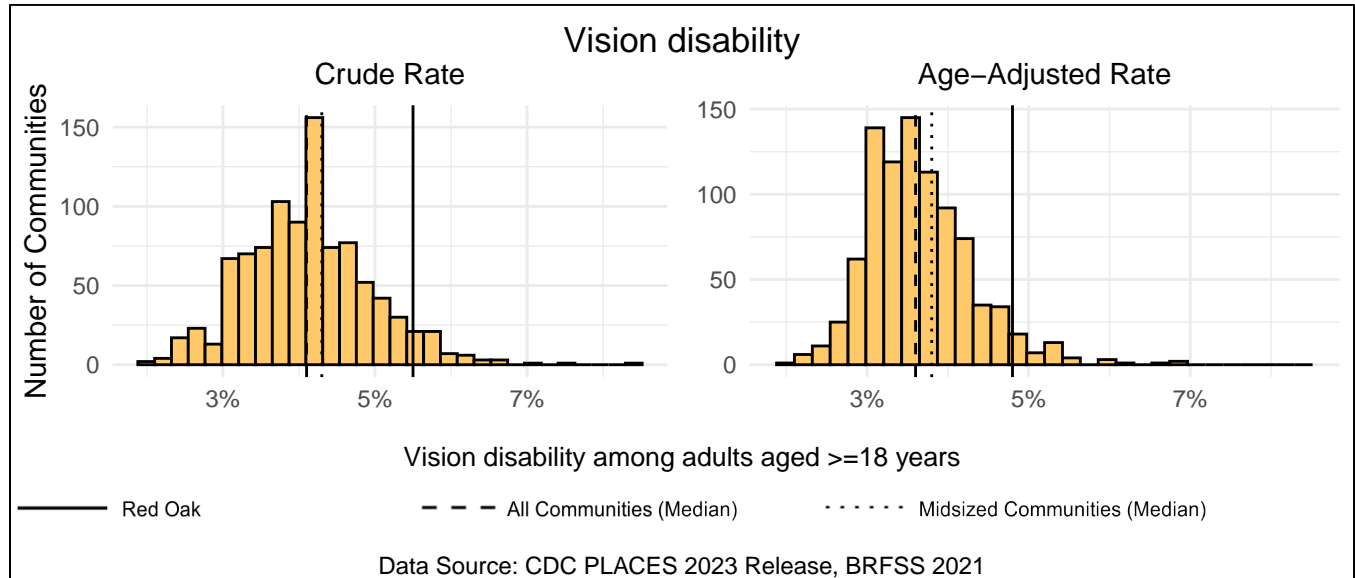
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	5.5%	4.1%	4.3%
Age-Adjusted	4.8%	3.6%	3.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Red Oak has a crude rate of 13.3% for cognitive disability among adults aged >=18 years, which ranks 891st out of 958 Iowa communities (85th out of 102 midsized communities). The age-adjusted rate for Red Oak is 13.9%, which ranks 866th out of 905 Iowa communities (90th out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	13.3%	11.1%	11.5%
Age-Adjusted	13.9%	11.6%	11.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Red Oak has a crude rate of 15.1% for mobility disability among adults aged >=18 years, which ranks 892nd out of 958 Iowa communities (94th out of 102 midsized communities). The age-adjusted rate for Red Oak is 11.7%, which ranks 858th out of 905 Iowa communities (87th out of 102 midsized communities).
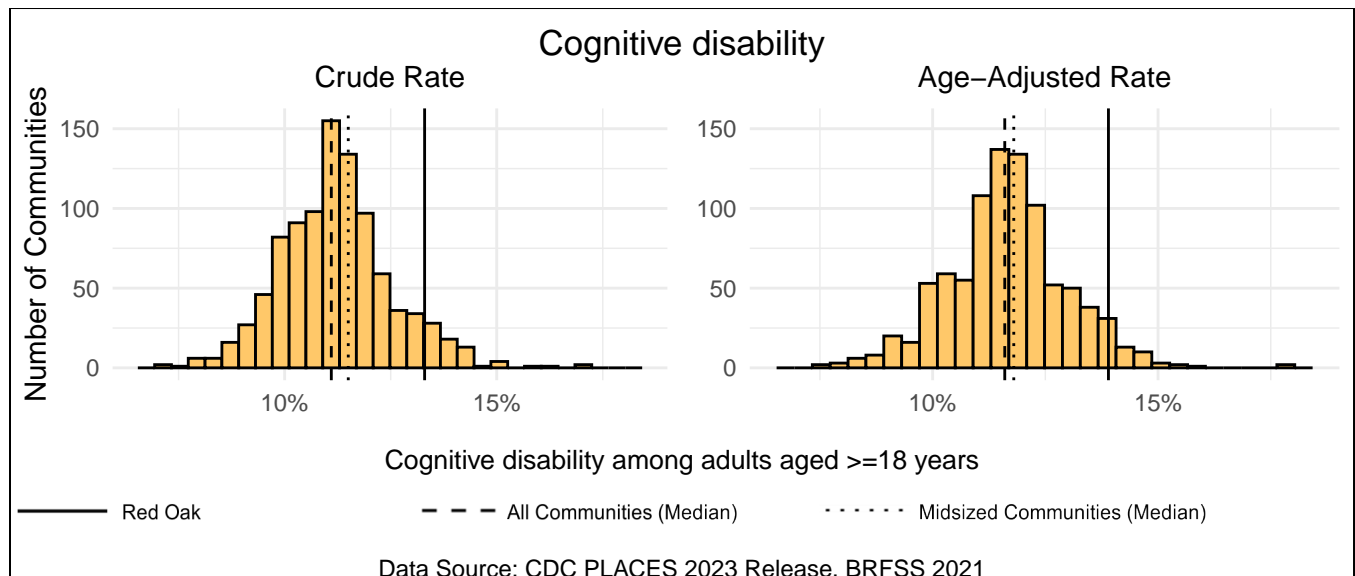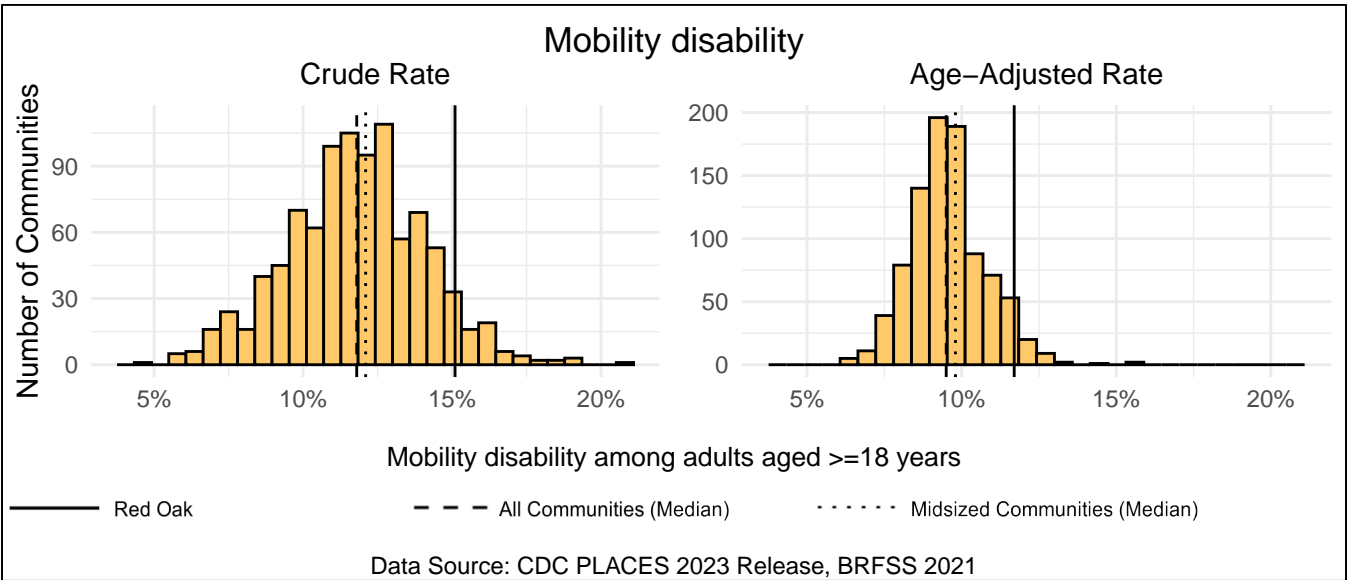
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	15.1%	11.8%	12.1%
Age-Adjusted	11.7%	9.5%	9.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Self-care disability

Red Oak has a crude rate of 4.6% for self-care disability among adults aged >=18 years, which ranks 909th out of 958 Iowa communities (91st out of 102 midsized communities). The age-adjusted rate for Red Oak is 3.8%, which ranks 839th out of 905 Iowa communities (83rd out of 102 midsized communities).

Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	4.6%	3.4%	3.5%
Age-Adjusted	3.8%	2.9%	3.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Independent living disability

Red Oak has a crude rate of 8.5% for independent living disability among adults aged >=18 years, which ranks 905th out of 958 Iowa communities (89th out of 102 midsized communities). The age-adjusted rate for Red Oak is 7.8%, which ranks 859th out of 905 Iowa communities (88th out of 102 midsized communities).
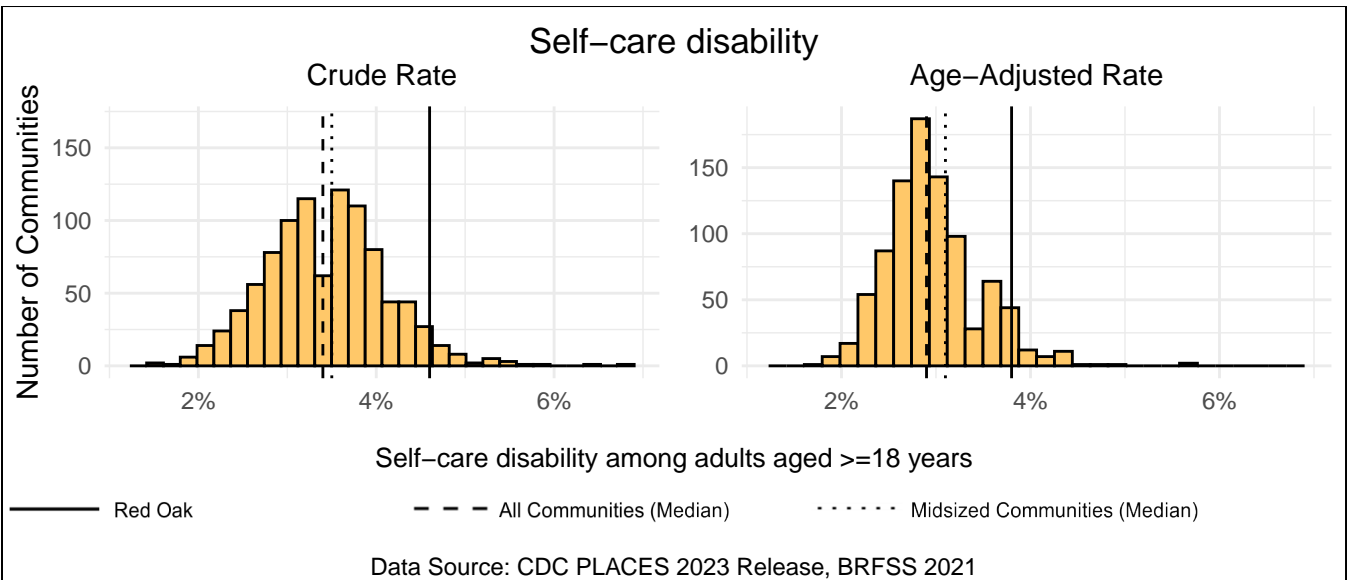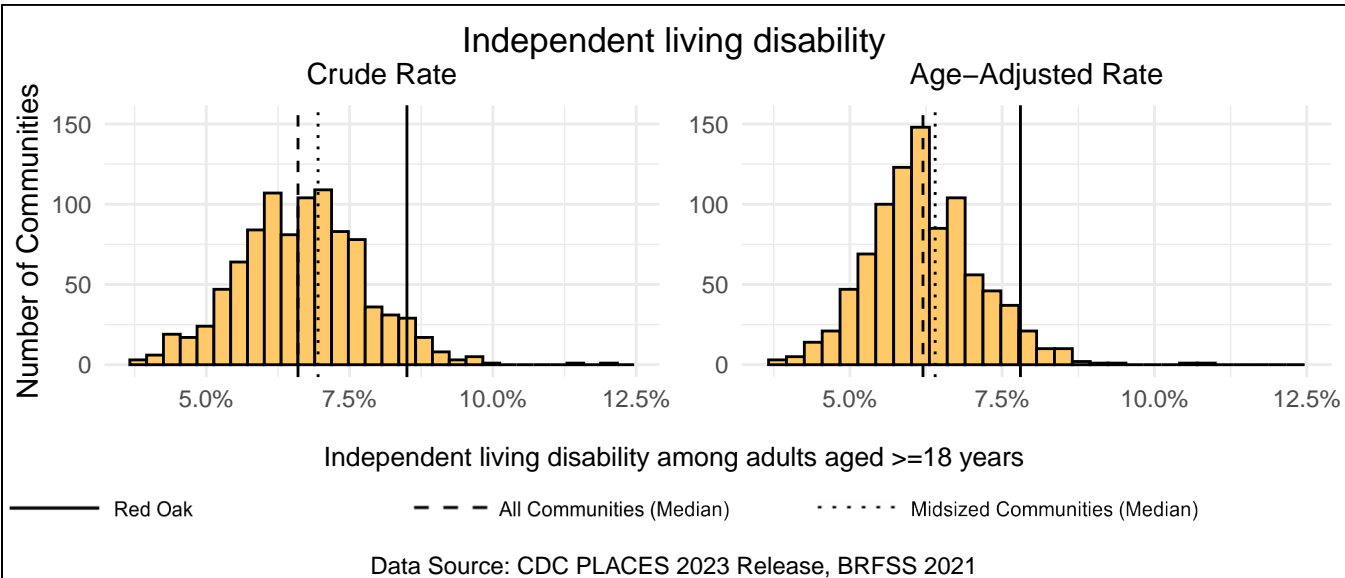
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	8.5%	6.6%	7.0%
Age-Adjusted	7.8%	6.2%	6.4%

Any disability

Red Oak has a crude rate of 30.4% for any disability among adults aged >=18 years, which ranks 905th out of 958 Iowa communities (92nd out of 102 midsized communities). The age-adjusted rate for Red Oak is 26.9%, which ranks 865th out of 905 Iowa communities (87th out of 102 midsized communities).
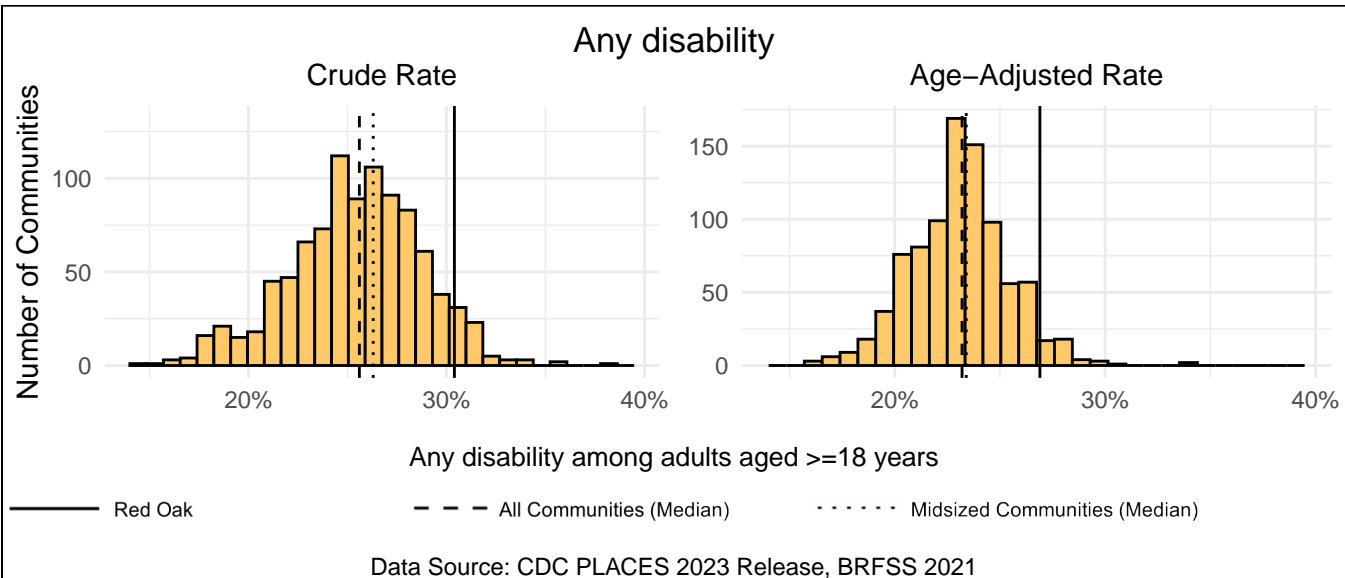
Measure Type	Red Oak	All Comm.	Midsized Comm.
Crude	30.4%	25.6%	26.3%
Age-Adjusted	26.9%	23.2%	23.4%

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: Red Oak 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	809	15.4% (13.2% - 17.6%)	850	17.0% (14.7% - 19.3%)
Health Status	General Health	900	17.7% (15.1% - 20.2%)	843	15.7% (13.4% - 18.2%)
Health Status	Physical Health	893	12.7% (10.9% - 14.6%)	848	11.3% (9.8% - 12.9%)
Health Risk Behaviors	Current Smoking	911	20.2% (16.6% - 23.7%)	874	21.3% (17.4% - 25.4%)
Health Risk Behaviors	Physical Inactivity	906	30.9% (26.0% - 36.4%)	850	28.6% (23.6% - 33.5%)
Health Risk Behaviors	Binge Drinking	203	17.9% (14.6% - 21.3%)	136	20.9% (17.3% - 24.8%)
Health Risk Behaviors	Sleep <7 hours	561	30.7% (29.6% - 31.8%)	613	31.8% (30.6% - 33.0%)
Health Outcomes	High Cholesterol	720	38.0% (33.0% - 42.9%)	701	30.5% (25.9% - 35.2%)
Health Outcomes	Cancer (except skin)	682	8.8% (8.0% - 9.7%)	418	6.5% (5.9% - 7.2%)
Health Outcomes	Arthritis	679	29.7% (25.3% - 34.1%)	652	23.9% (20.2% - 27.8%)
Health Outcomes	All Teeth Lost	920	17.2% (12.6% - 22.4%)	863	16.6% (12.3% - 21.0%)
Health Outcomes	Diabetes	878	12.1% (10.2% - 13.9%)	848	9.6% (8.1% - 11.2%)
Health Outcomes	Coronary Heart Disease	811	7.8% (6.8% - 8.8%)	836	5.7% (4.9% - 6.4%)
Health Outcomes	High Blood Pressure	782	35.4% (31.0% - 39.9%)	808	29.3% (25.3% - 33.2%)
Health Outcomes	Chronic Kidney Disease	787	3.7% (3.3% - 4.1%)	858	2.9% (2.6% - 3.1%)
Health Outcomes	Obesity	496	37.8% (30.0% - 45.7%)	530	38.1% (30.4% - 45.9%)
Health Outcomes	COPD	896	9.3% (7.9% - 10.8%)	865	7.7% (6.6% - 9.0%)
Health Outcomes	Stroke	832	4.0% (3.5% - 4.5%)	835	3.0% (2.7% - 3.3%)
Health Outcomes	Current Asthma	868	9.9% (8.7% - 11.3%)	856	10.2% (9.0% - 11.5%)
Health Outcomes	Depression	778	19.1% (15.6% - 22.8%)	815	20.5% (16.9% - 24.2%)
Prevention	Core preventive services for older women	886	34.0% (28.9% - 39.5%)	804	36.2% (31.0% - 41.9%)
Prevention	Cervical Cancer Screening	832	81.3% (79.5% - 83.3%)	805	81.2% (79.3% - 83.2%)
Prevention	Colorectal Cancer Screening	803	69.2% (66.7% - 71.7%)	846	68.2% (65.7% - 70.8%)
Prevention	Cholesterol Screening	730	81.0% (78.0% - 83.9%)	875	76.7% (73.2% - 80.3%)
Prevention	Core preventive services for older men	738	40.9% (34.9% - 46.8%)	682	41.1% (35.0% - 47.0%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	311	77.1% (73.8% - 79.8%)	481	73.7% (70.4% - 76.7%)
Prevention	Health Insurance	885	9.4% (7.5% - 11.5%)	837	9.9% (8.1% - 12.3%)
Prevention	Taking BP Medication	260	81.3% (78.1% - 84.1%)	69	60.2% (55.0% - 65.0%)
Prevention	Dental Visit	901	61.4% (58.5% - 64.0%)	853	60.6% (57.7% - 63.5%)
Prevention	Annual Checkup	395	75.6% (70.3% - 79.9%)	559	72.2% (66.8% - 77.1%)
Disability	Independent Living Disability	905	8.5% (7.4% - 9.7%)	859	7.8% (6.8% - 9.0%)
Disability	Self-care Disability	909	4.6% (4.0% - 5.2%)	839	3.8% (3.4% - 4.3%)
Disability	Mobility Disability	892	15.1% (12.9% - 17.5%)	858	11.7% (10.1% - 13.7%)
Disability	Cognitive Disability	891	13.3% (11.4% - 15.3%)	866	13.9% (11.9% - 16.1%)
Disability	Hearing Disability	802	8.8% (7.8% - 9.8%)	800	6.6% (5.9% - 7.4%)
Disability	Vision Disability	895	5.5% (4.8% - 6.4%)	857	4.8% (4.2% - 5.4%)
Disability	Any Disability	905	30.4% (26.3% - 34.5%)	865	26.9% (22.9% - 31.1%)

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

Red Oak 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