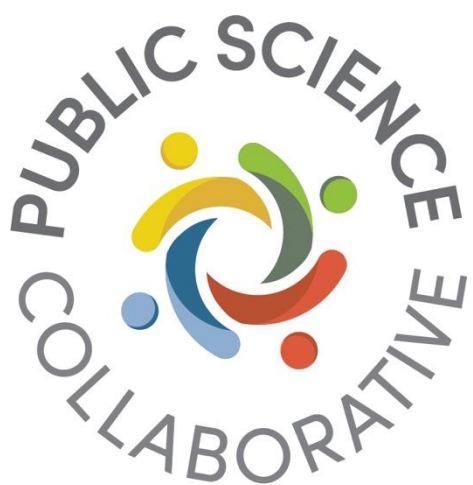




Iowa Community Health Snapshot Series

*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

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Health in Rock Rapids: Overview

Dear Community Members & Stakeholders of Rock Rapids,

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 Rock Rapids ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Rock Rapids’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 Rock Rapids. 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
Depression	55th	3rd	High Blood Pressure	31st	7th
Mental Health	80th	6th	Chronic Kidney Disease	36th	9th
Current Smoking	127th	25th	High Cholesterol	49th	6th
Sleep <7 hours	133rd	20th	Depression	75th	11th
Colorectal Cancer Screening	136th	18th	Coronary Heart Disease	78th	21st

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
Cancer (except skin)	745th	86th	Taking BP Medication	758th	86th
Core preventive services for older women	643rd	55th	Annual Checkup	720th	85th
Hearing Disability	566th	53rd	Binge Drinking	609th	72nd
Chronic Kidney Disease	540th	51st	Core preventive services for older men	479th	52nd
Stroke	538th	52nd	Core preventive services for older women	427th	56th

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 Rock Rapids.

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

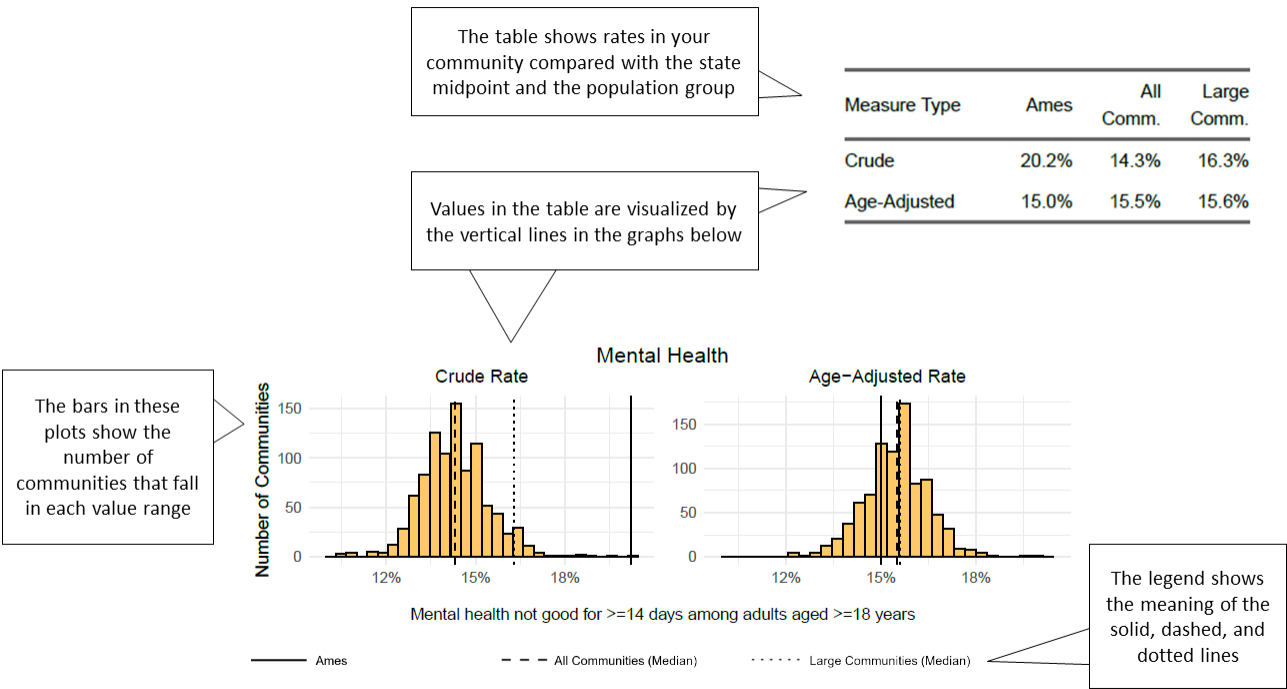
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Rock Rapids that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Rock Rapids, a review of risky behaviors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

With a population of 2,631, Rock Rapids’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

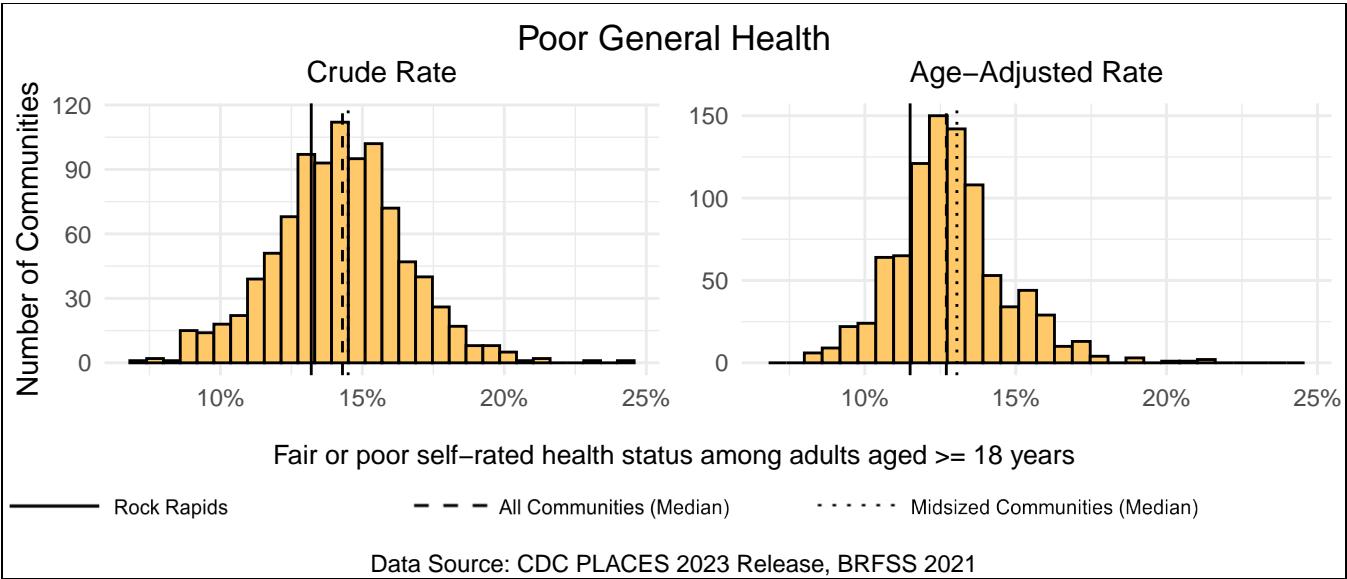
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Rock Rapids has a crude rate of 13.2% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 292nd out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 11.5%, which ranks 179th out of 905 Iowa communities (31st out of 102 mid-sized communities).

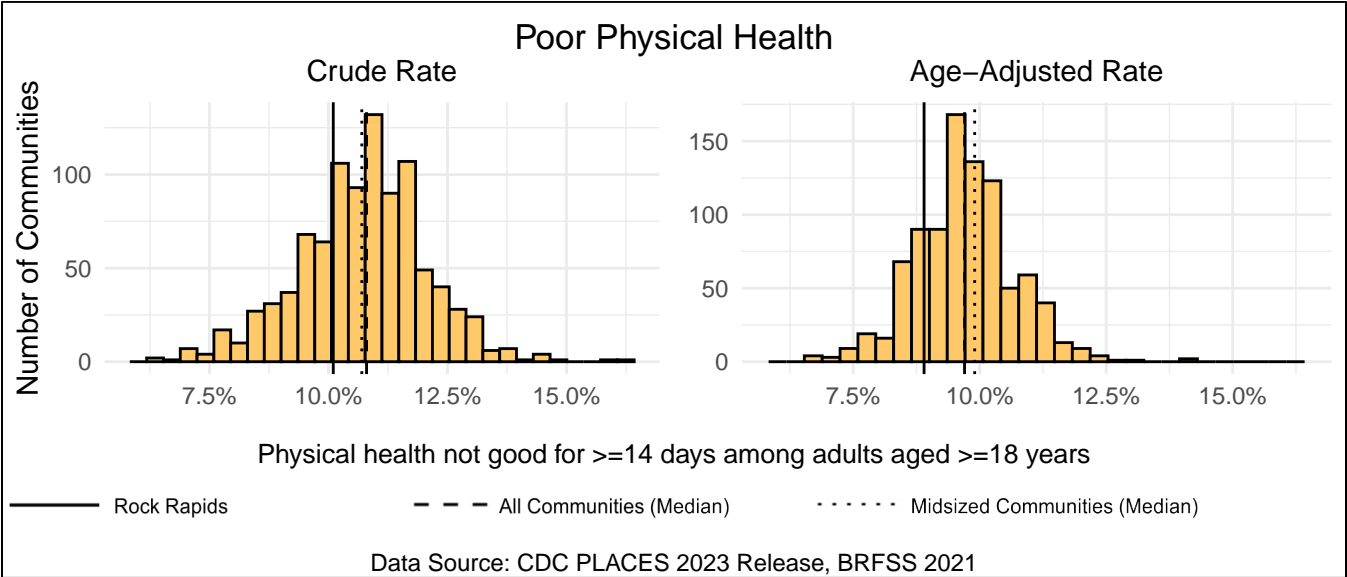
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	13.2%	14.3%	14.5%
Age-Adjusted	11.5%	12.7%	13.0%



Poor Physical Health

Rock Rapids has a crude rate of 10.1% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 269th out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 8.9%, which ranks 160th out of 905 Iowa communities (26th out of 102 mid-sized communities).

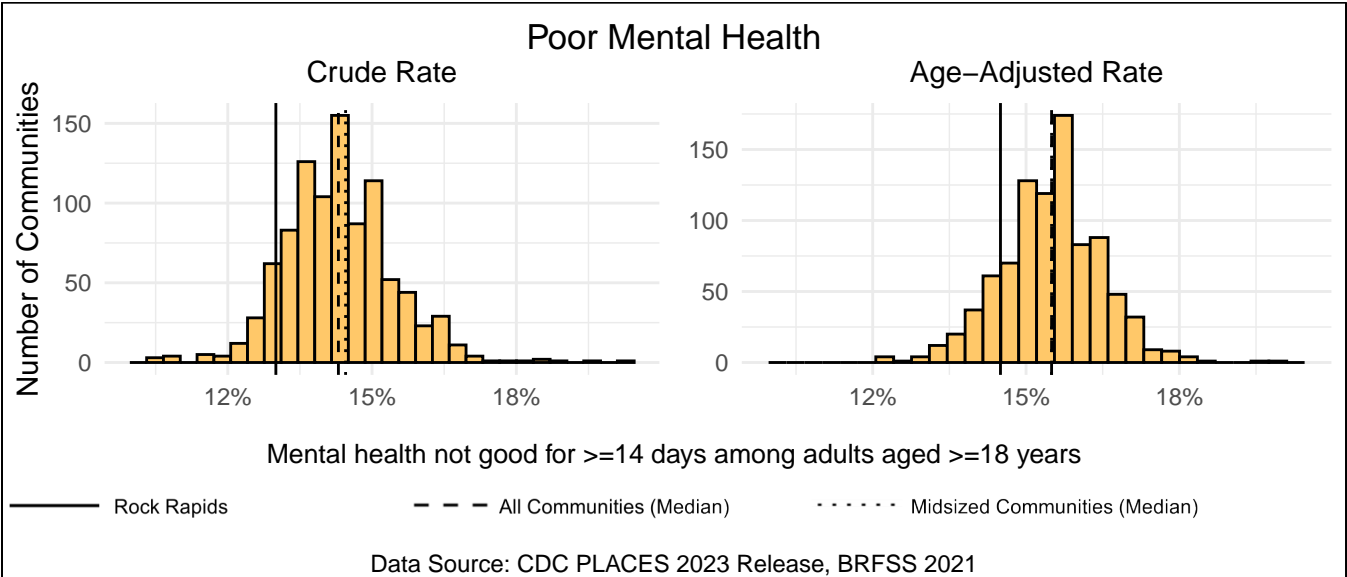
Measure Type	Rock Rapids	All Comm.	Mid-sized Comm.
Crude	10.1%	10.8%	10.7%
Age-Adjusted	8.9%	9.7%	9.9%



Poor Mental Health

Rock Rapids has a crude rate of 13.0% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 80th out of 958 Iowa communities (6th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 14.5%, which ranks 121st out of 905 Iowa communities (23rd out of 102 mid-sized communities).

Measure Type	Rock Rapids	All Comm.	Mid-sized Comm.
Crude	13.0%	14.3%	14.4%
Age-Adjusted	14.5%	15.5%	15.5%



Health Risk Behaviors

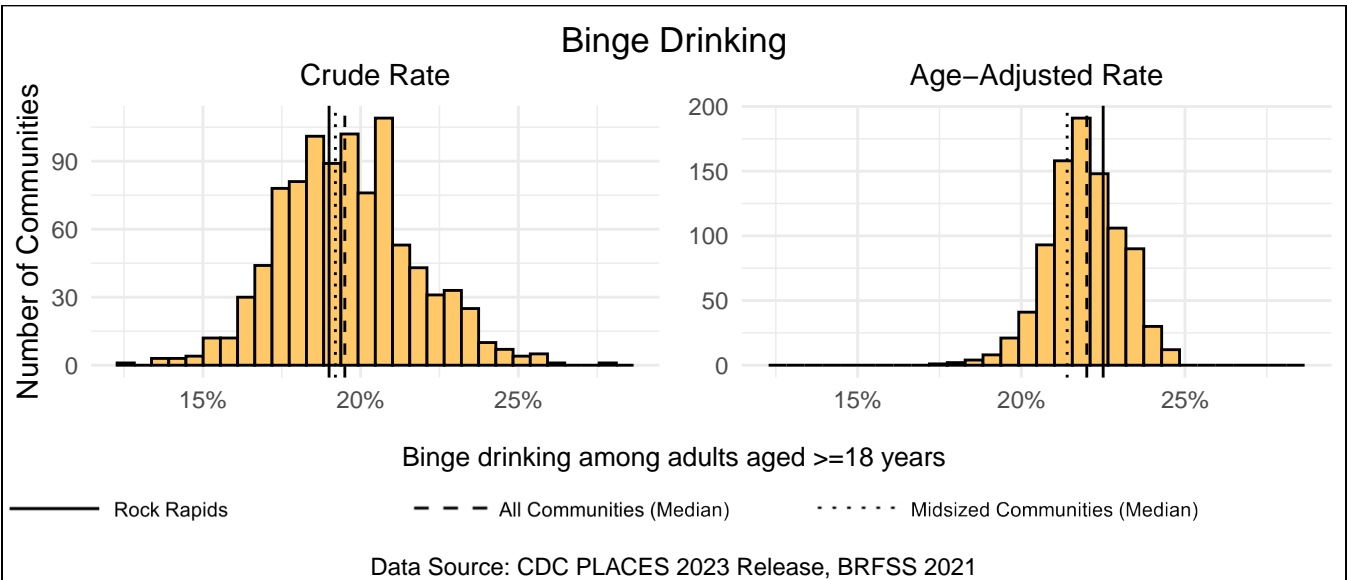
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Rock Rapids has a crude rate of 19.0% for binge drinking among adults aged ≥ 18 years, which ranks 388th out of 958 Iowa communities (44th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 22.5%, which ranks 609th out of 905 Iowa communities (72nd out of 102 midsize communities).

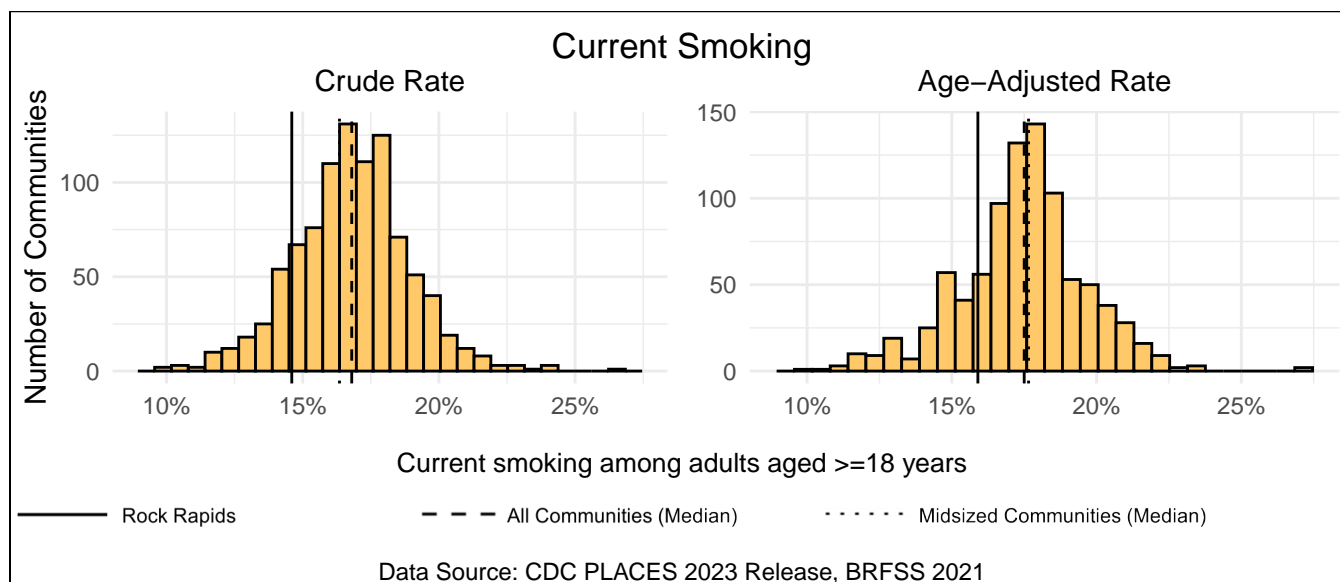
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	19.0%	19.5%	19.2%
Age-Adjusted	22.5%	22.0%	21.4%



Current Smoking

Rock Rapids has a crude rate of 14.6% for current smoking among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (25th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 15.9%, which ranks 180th out of 905 Iowa communities (32nd out of 102 mid-sized communities).

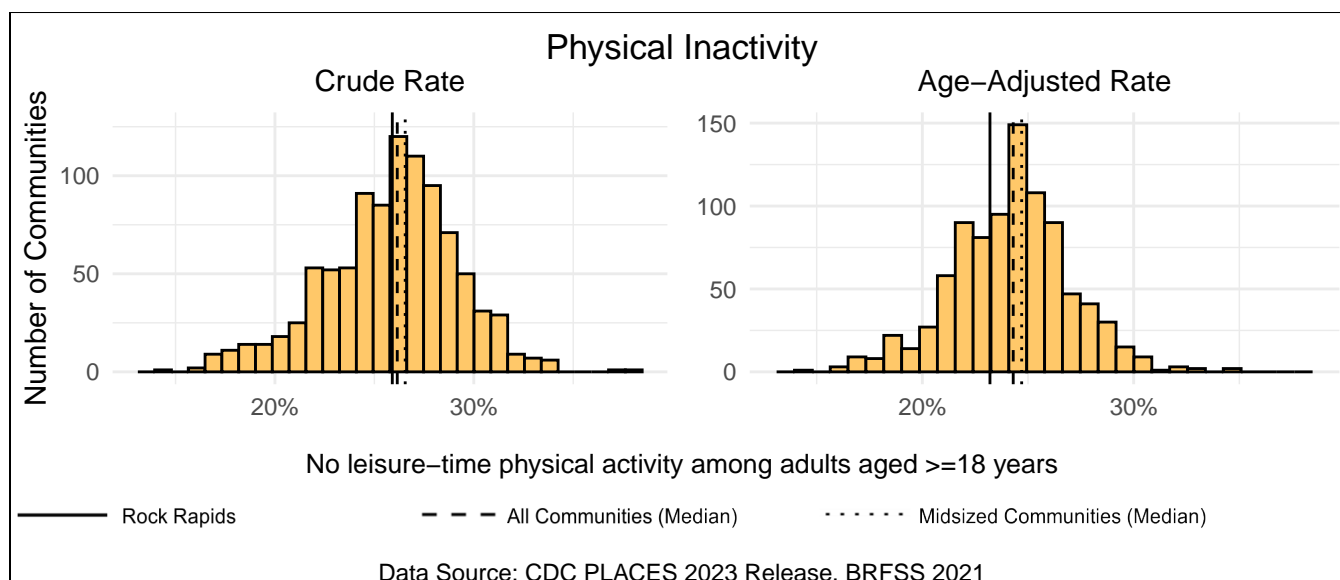
Measure Type	Rock Rapids	All Comm.	Mid-sized Comm.
Crude	14.6%	16.8%	16.4%
Age-Adjusted	15.9%	17.5%	17.6%



Physical Inactivity

Rock Rapids has a crude rate of 25.9% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 447th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 23.2%, which ranks 304th out of 905 Iowa communities (36th out of 102 mid-sized communities).

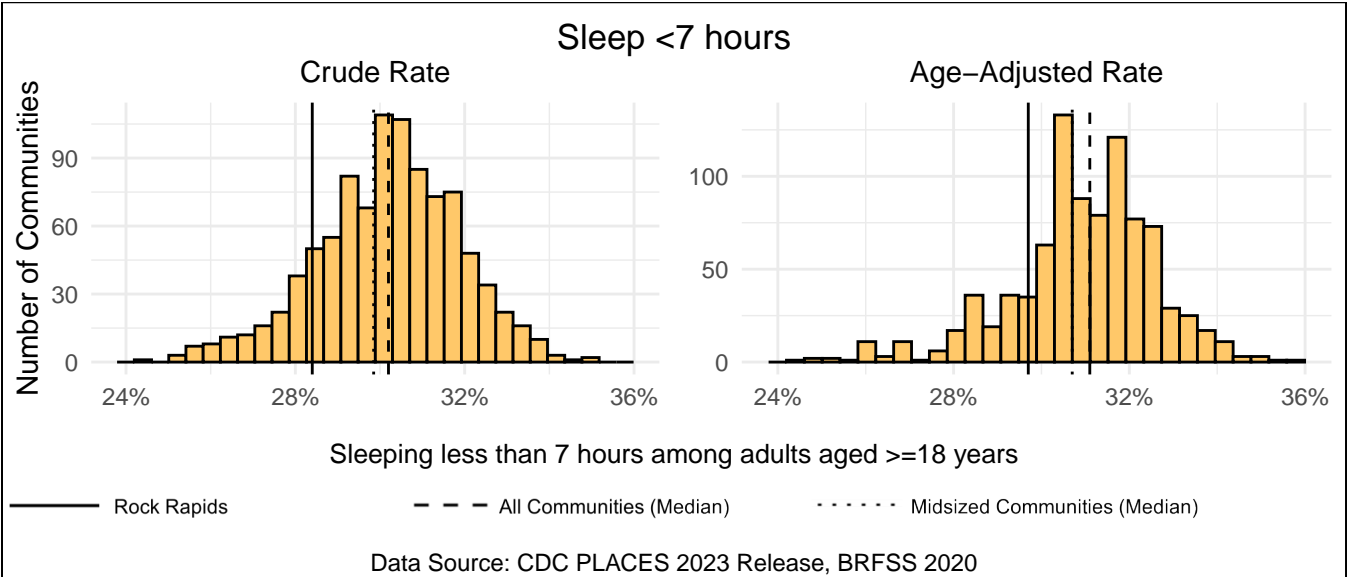
Measure Type	Rock Rapids	All Comm.	Mid-sized Comm.
Crude	25.9%	26.1%	26.6%
Age-Adjusted	23.2%	24.3%	24.7%



Sleep <7 hours

Rock Rapids has a crude rate of 28.4% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 133rd out of 958 Iowa communities (20th out of 102 midsized communities). The age-adjusted rate for Rock Rapids is 29.7%, which ranks 162nd out of 905 Iowa communities (26th out of 102 midsized communities).

Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	28.4%	30.2%	29.8%
Age-Adjusted	29.7%	31.1%	30.7%



Health Outcomes

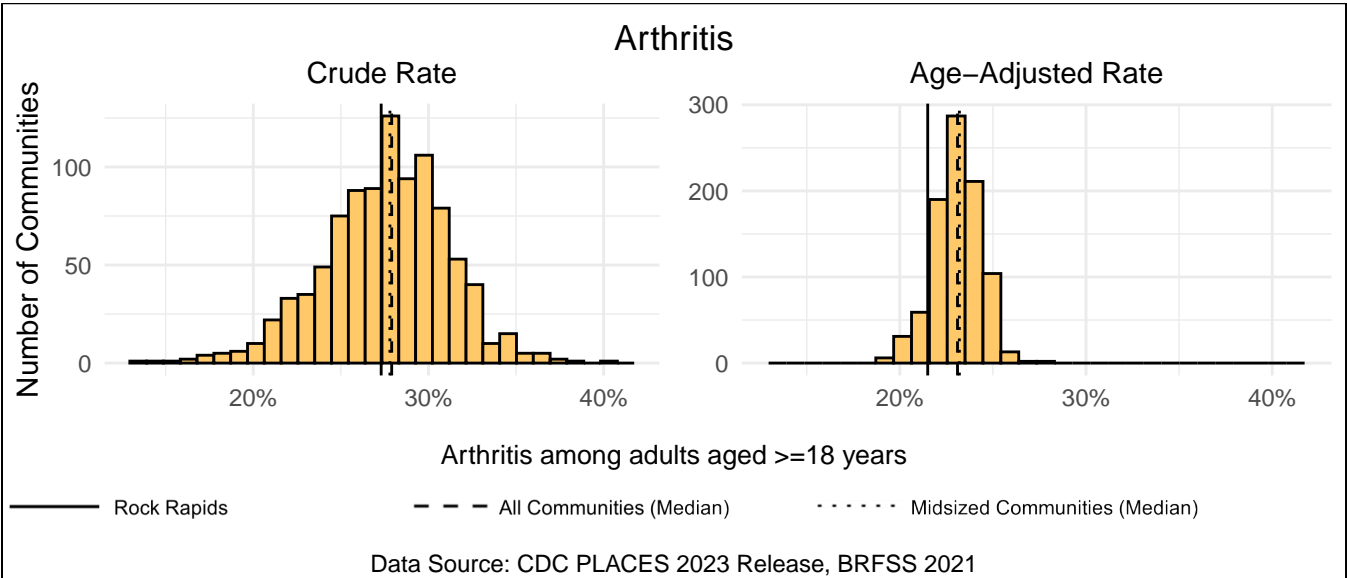
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Rock Rapids has a crude rate of 27.3% for arthritis among adults aged ≥ 18 years, which ranks 414th out of 958 Iowa communities (45th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 21.5%, which ranks 87th out of 905 Iowa communities (17th out of 102 mid-sized communities).

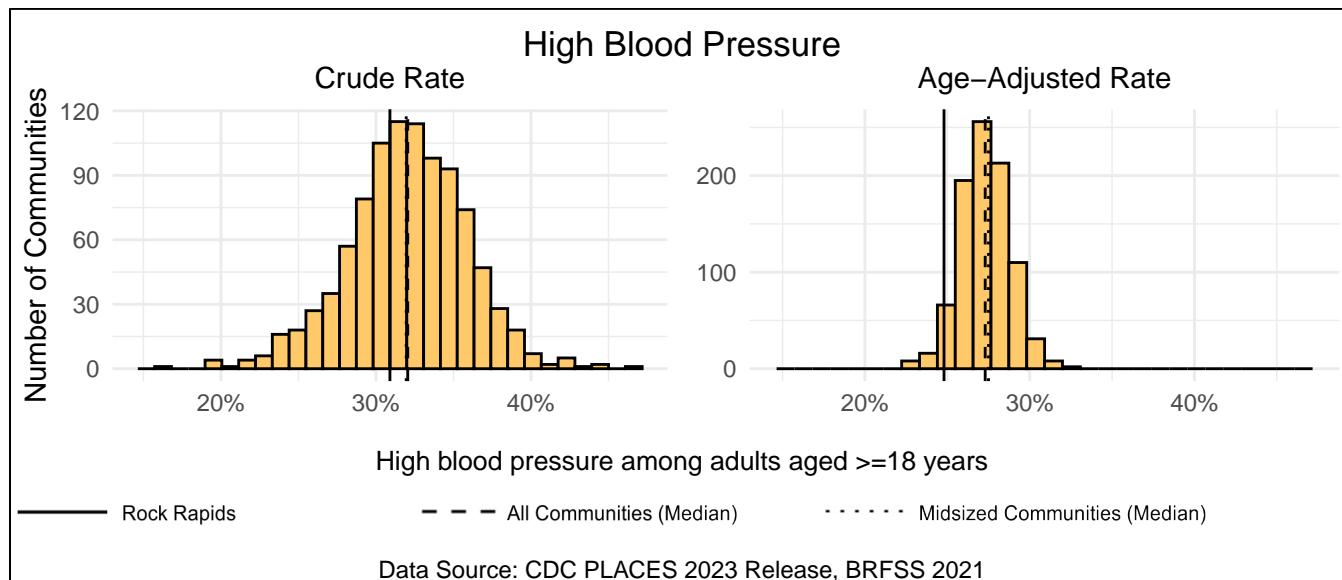
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	27.3%	27.9%	27.8%
Age-Adjusted	21.5%	23.1%	23.2%



High Blood Pressure

Rock Rapids has a crude rate of 30.9% for high blood pressure among adults aged ≥ 18 years, which ranks 344th out of 958 Iowa communities (39th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 24.8%, which ranks 31st out of 905 Iowa communities (7th out of 102 midsize communities).

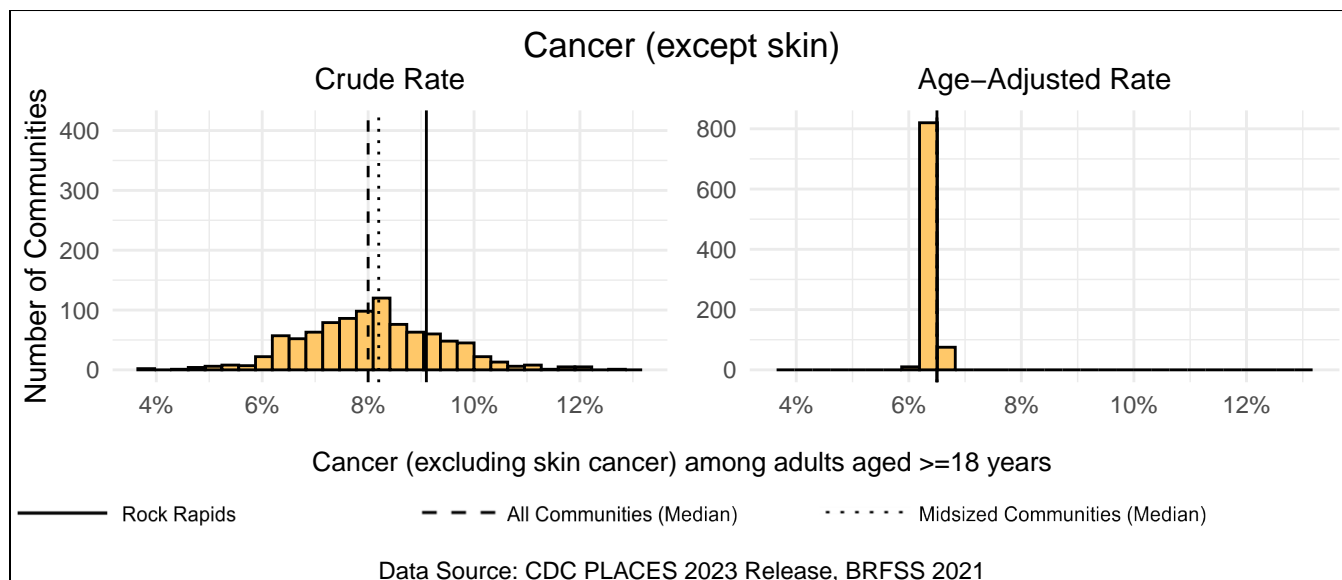
Measure Type	Rock Rapids	All Comm.	Midsize Comm.
Crude	30.9%	32.0%	32.0%
Age-Adjusted	24.8%	27.3%	27.5%



Cancer (except skin)

Rock Rapids 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 (86th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 102 midsize communities).

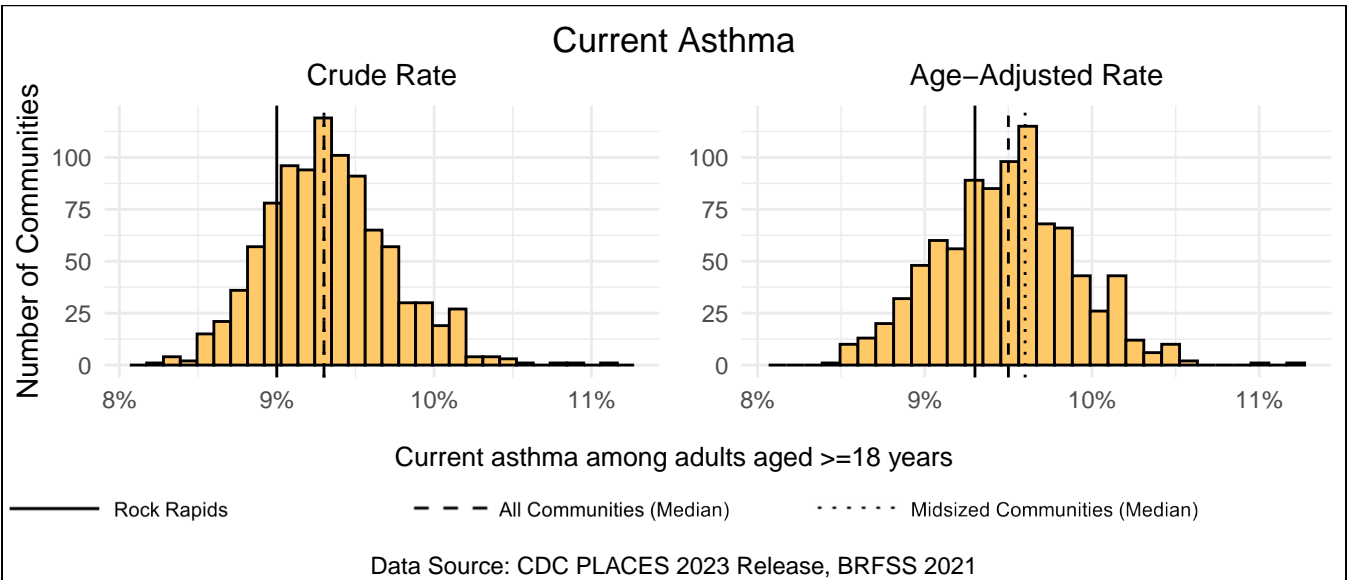
Measure Type	Rock Rapids	All Comm.	Midsize Comm.
Crude	9.1%	8.0%	8.2%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Rock Rapids has a crude rate of 9.0% for current asthma among adults aged ≥ 18 years, which ranks 137th out of 958 Iowa communities (15th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 9.3%, which ranks 241st out of 905 Iowa communities (26th out of 102 midsize communities).

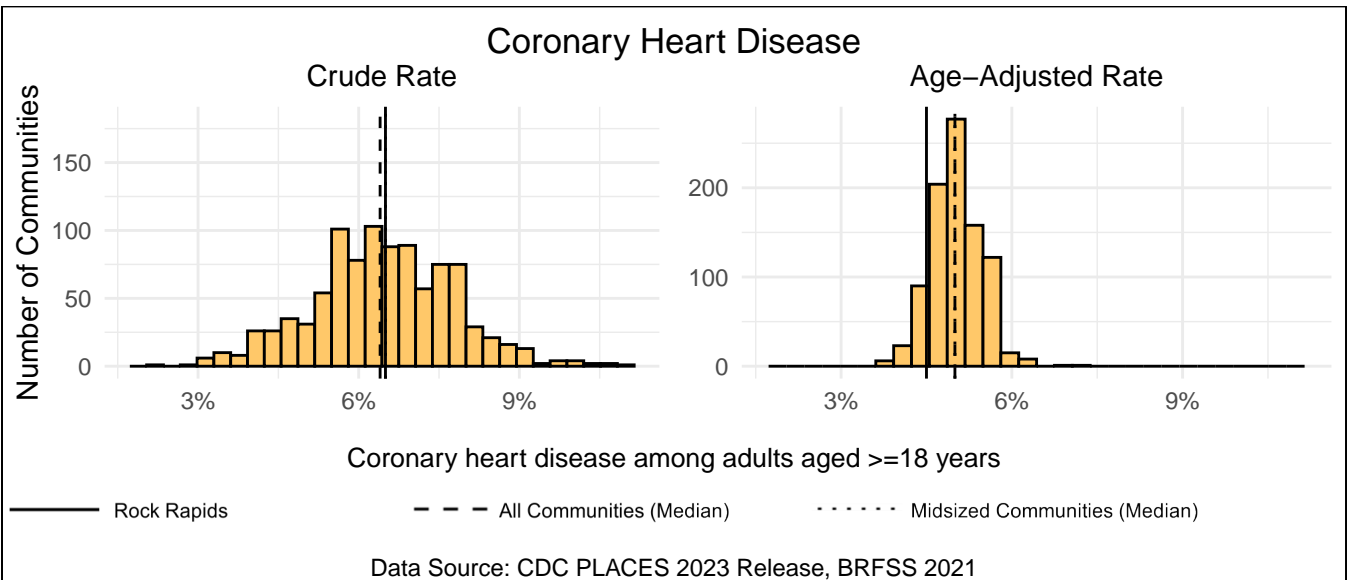
Measure Type	Rock Rapids	All Comm.	Midsize Comm.
Crude	9.0%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.6%



Coronary Heart Disease

Rock Rapids has a crude rate of 6.5% for coronary heart disease among adults aged ≥ 18 years, which ranks 481st out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 4.5%, which ranks 78th out of 905 Iowa communities (21st out of 102 midsize communities).

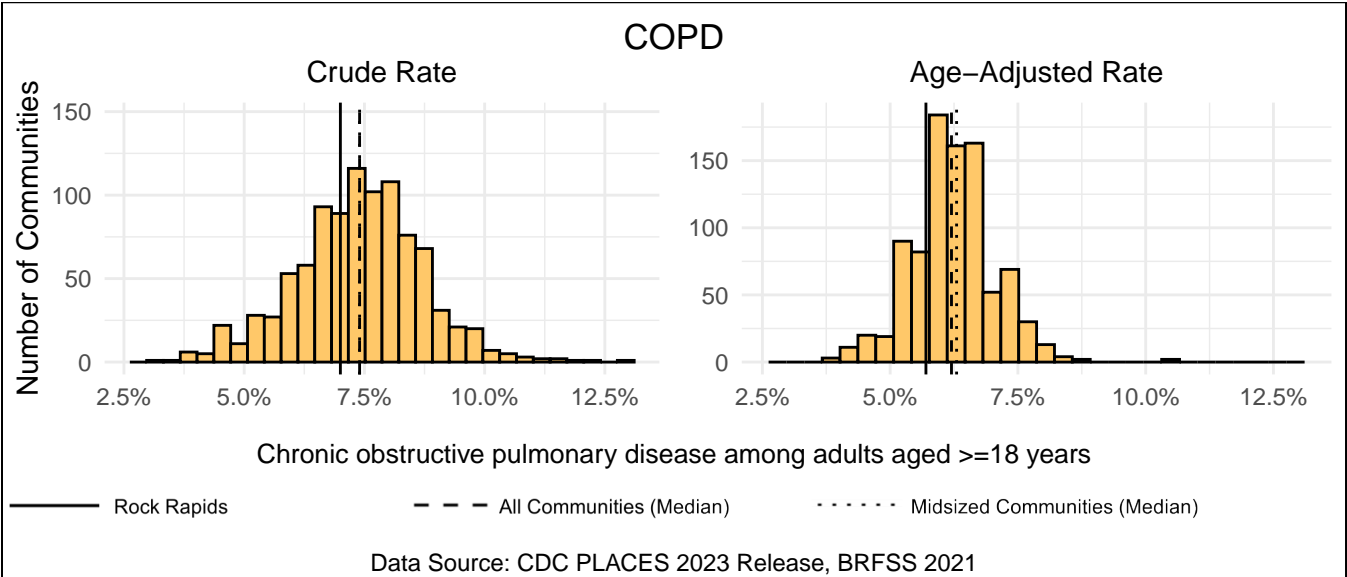
Measure Type	Rock Rapids	All Comm.	Midsize Comm.
Crude	6.5%	6.4%	6.5%
Age-Adjusted	4.5%	5.0%	5.0%



COPD

Rock Rapids has a crude rate of 7.0% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 336th out of 958 Iowa communities (42nd out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 5.7%, which ranks 183rd out of 905 Iowa communities (30th out of 102 mid-sized communities).

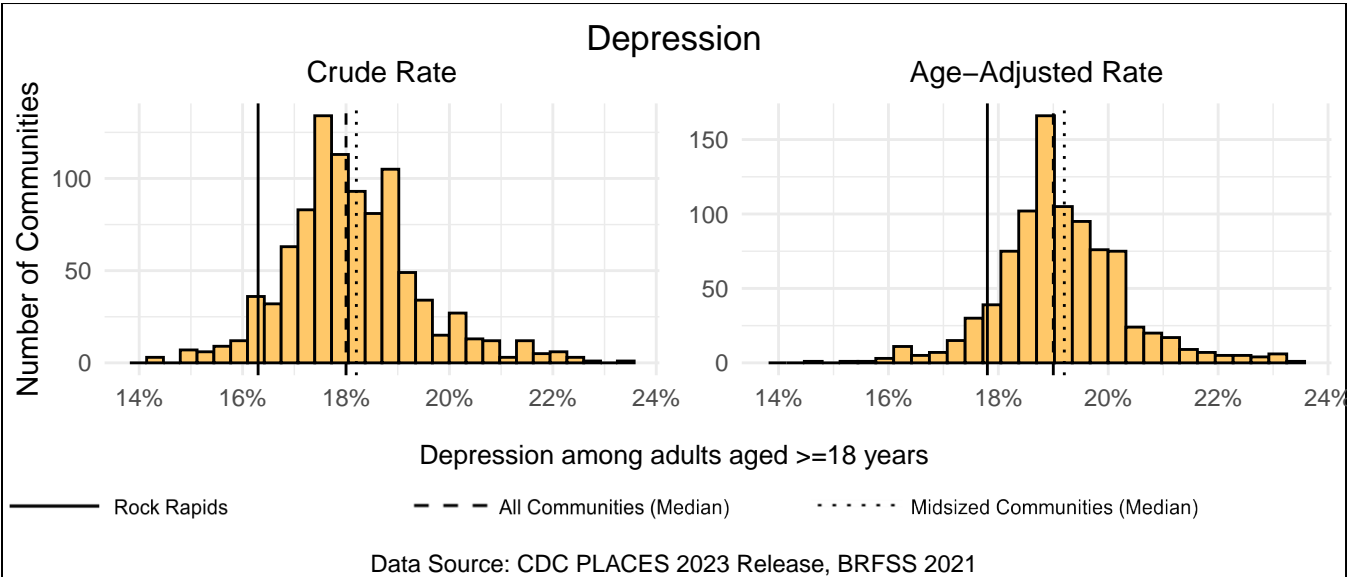
Measure Type	Rock Rapids	All Comm.	Mid-sized Comm.
Crude	7.0%	7.4%	7.4%
Age-Adjusted	5.7%	6.2%	6.3%



Depression

Rock Rapids has a crude rate of 16.3% for depression among adults aged ≥ 18 years, which ranks 55th out of 958 Iowa communities (3rd out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 17.8%, which ranks 75th out of 905 Iowa communities (11th out of 102 mid-sized communities).

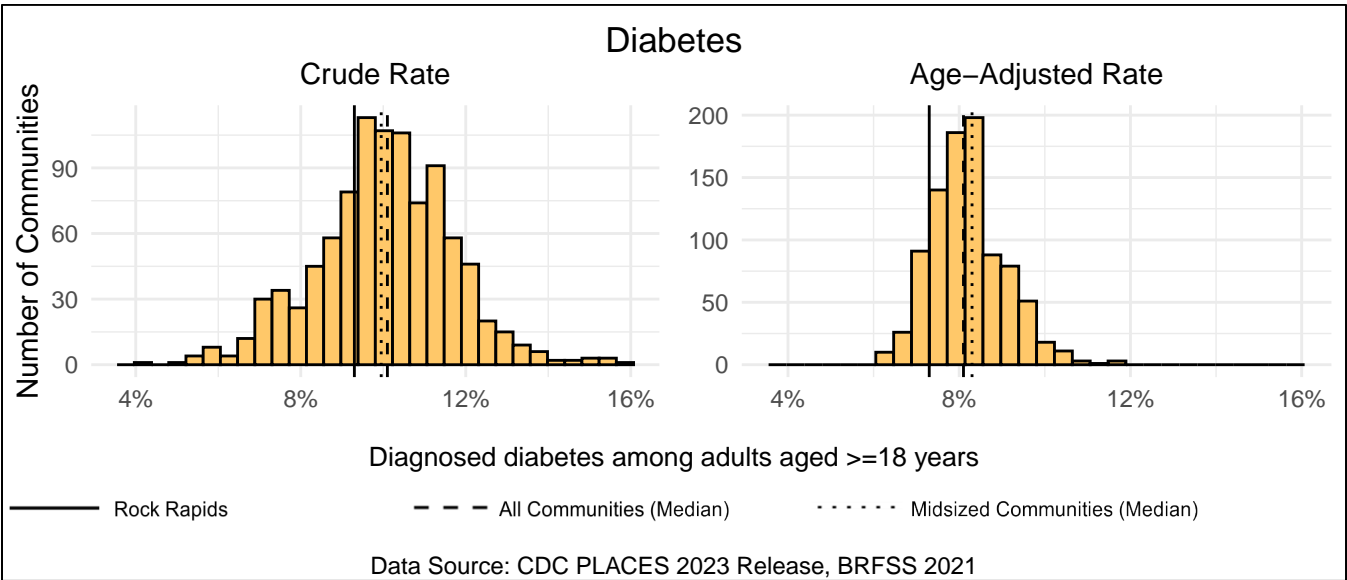
Measure Type	Rock Rapids	All Comm.	Mid-sized Comm.
Crude	16.3%	18.0%	18.2%
Age-Adjusted	17.8%	19.0%	19.2%



Diabetes

Rock Rapids has a crude rate of 9.3% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 275th out of 958 Iowa communities (37th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 7.3%, which ranks 103rd out of 905 Iowa communities (18th out of 102 midsize communities).

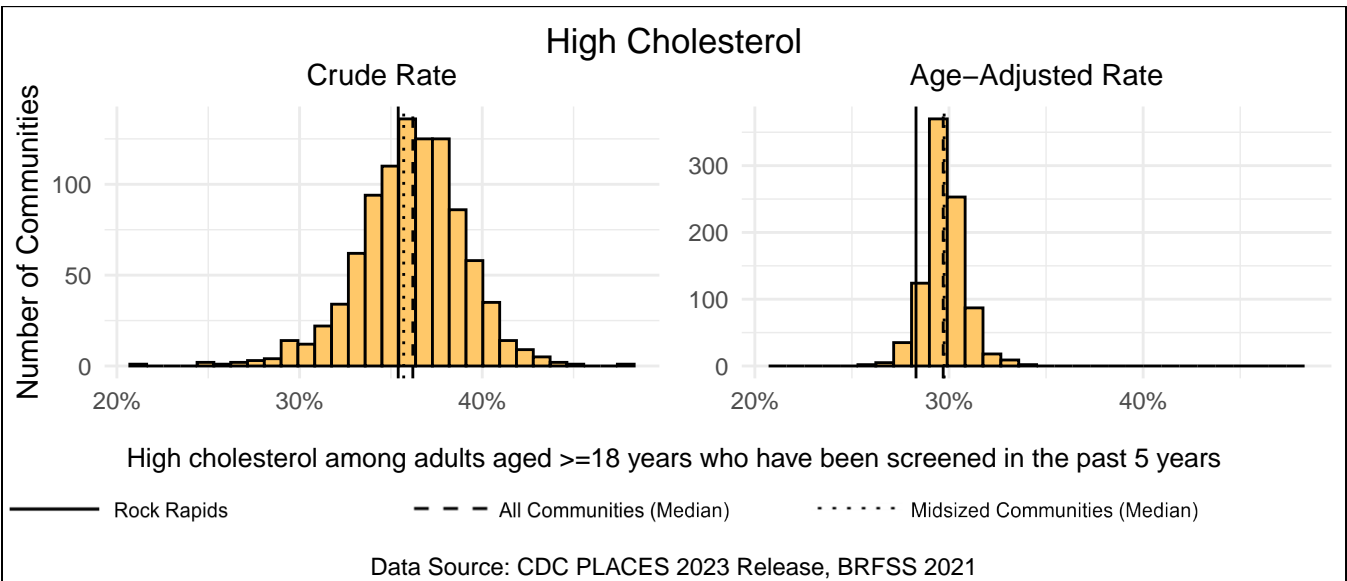
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	9.3%	10.1%	9.9%
Age-Adjusted	7.3%	8.1%	8.3%



High Cholesterol

Rock Rapids has a crude rate of 35.4% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 349th out of 958 Iowa communities (42nd out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 28.3%, which ranks 49th out of 905 Iowa communities (6th out of 102 midsize communities).

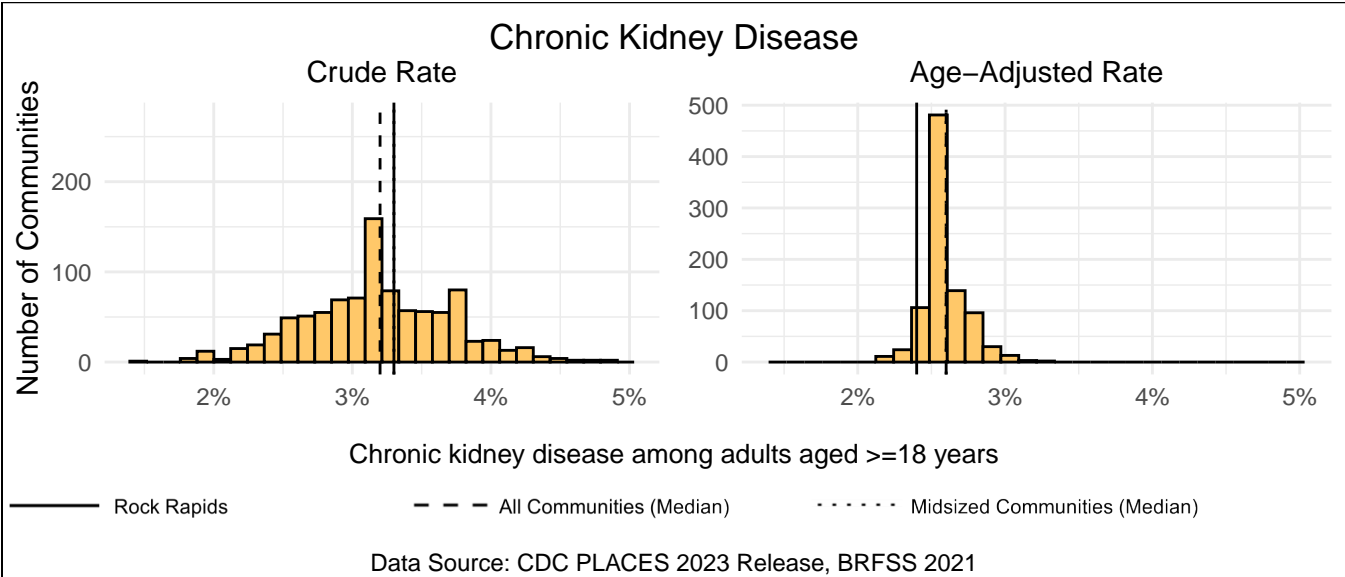
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	35.4%	36.2%	35.7%
Age-Adjusted	28.3%	29.7%	29.8%



Chronic Kidney Disease

Rock Rapids has a crude rate of 3.3% for chronic kidney disease among adults aged ≥ 18 years, which ranks 540th out of 958 Iowa communities (51st out of 102 midsized communities). The age-adjusted rate for Rock Rapids is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsized communities).

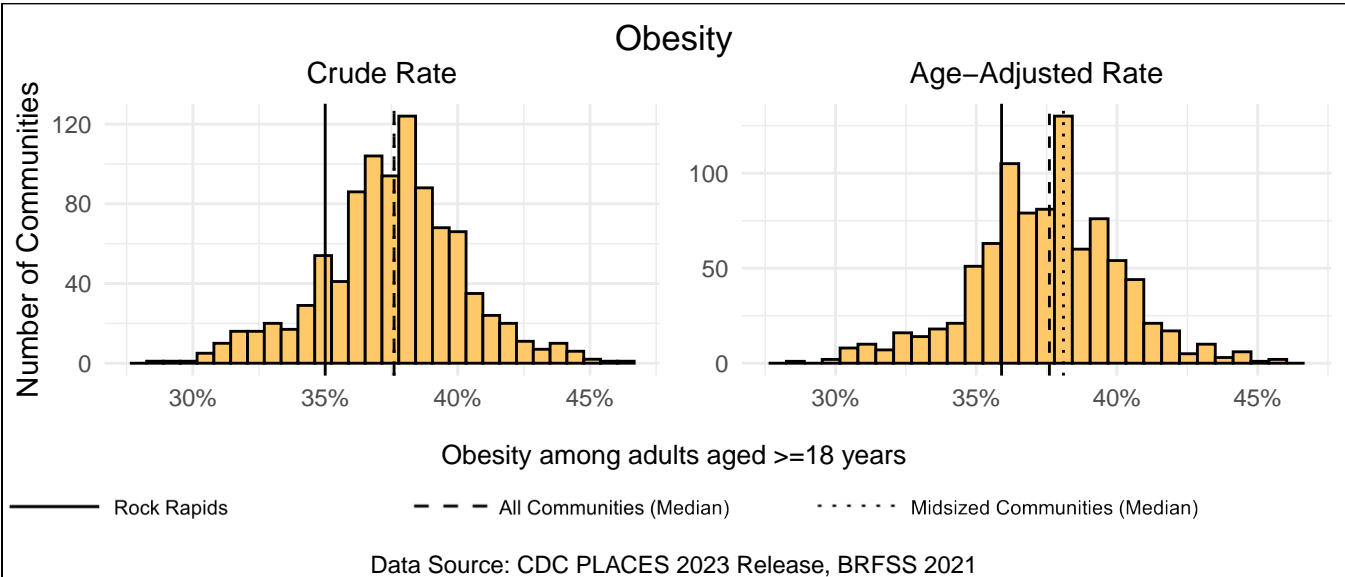
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	3.3%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Rock Rapids has a crude rate of 35.0% for obesity among adults aged ≥ 18 years, which ranks 140th out of 958 Iowa communities (26th out of 102 midsized communities). The age-adjusted rate for Rock Rapids is 35.9%, which ranks 212th out of 905 Iowa communities (29th out of 102 midsized communities).

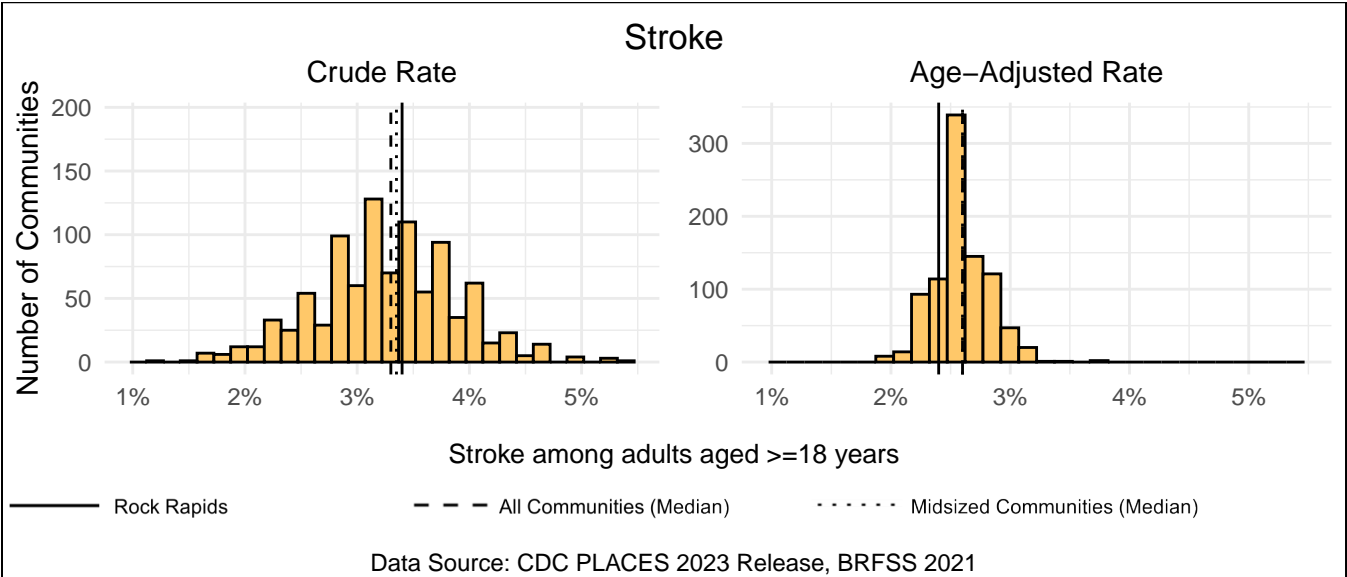
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	35.0%	37.6%	37.6%
Age-Adjusted	35.9%	37.6%	38.1%



Stroke

Rock Rapids has a crude rate of 3.4% for stroke among adults aged >=18 years, which ranks 538th out of 958 Iowa communities (52nd out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 2.4%, which ranks 116th out of 905 Iowa communities (24th out of 102 mid-sized communities).

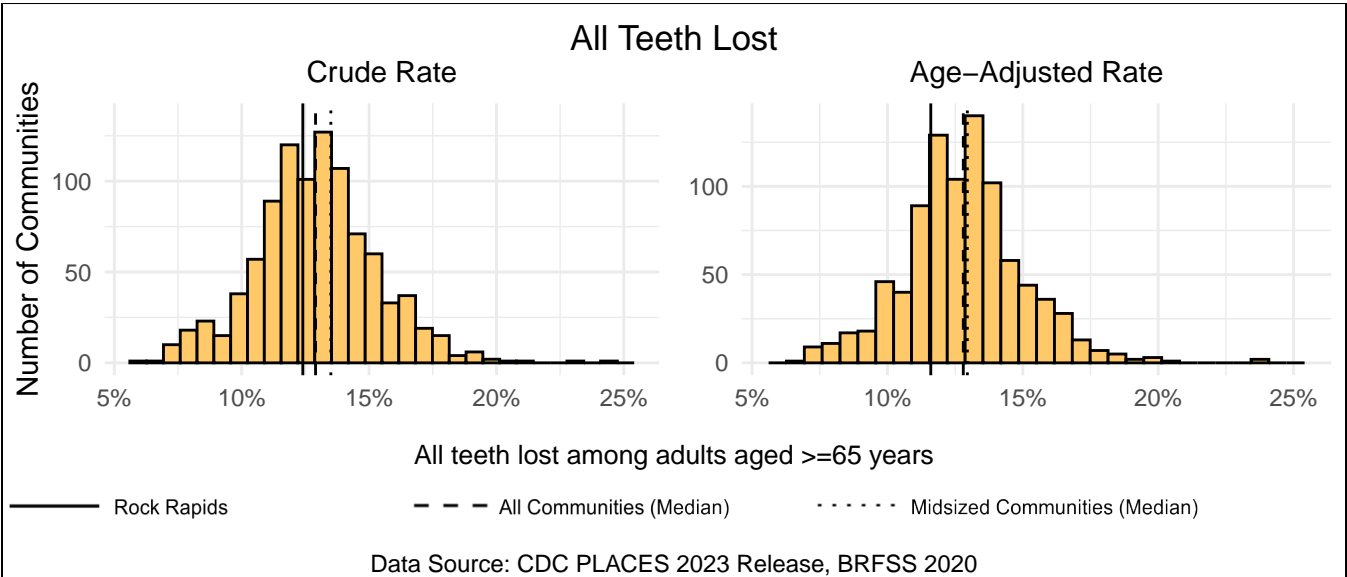
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	3.4%	3.3%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



All Teeth Lost

Rock Rapids has a crude rate of 12.4% for all teeth lost among adults aged >=65 years, which ranks 385th out of 958 Iowa communities (38th out of 102 midsized communities). The age-adjusted rate for Rock Rapids is 11.6%, which ranks 232nd out of 905 Iowa communities (36th out of 102 midsized communities).

Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	12.4%	12.9%	13.5%
Age-Adjusted	11.6%	12.8%	12.9%



Prevention

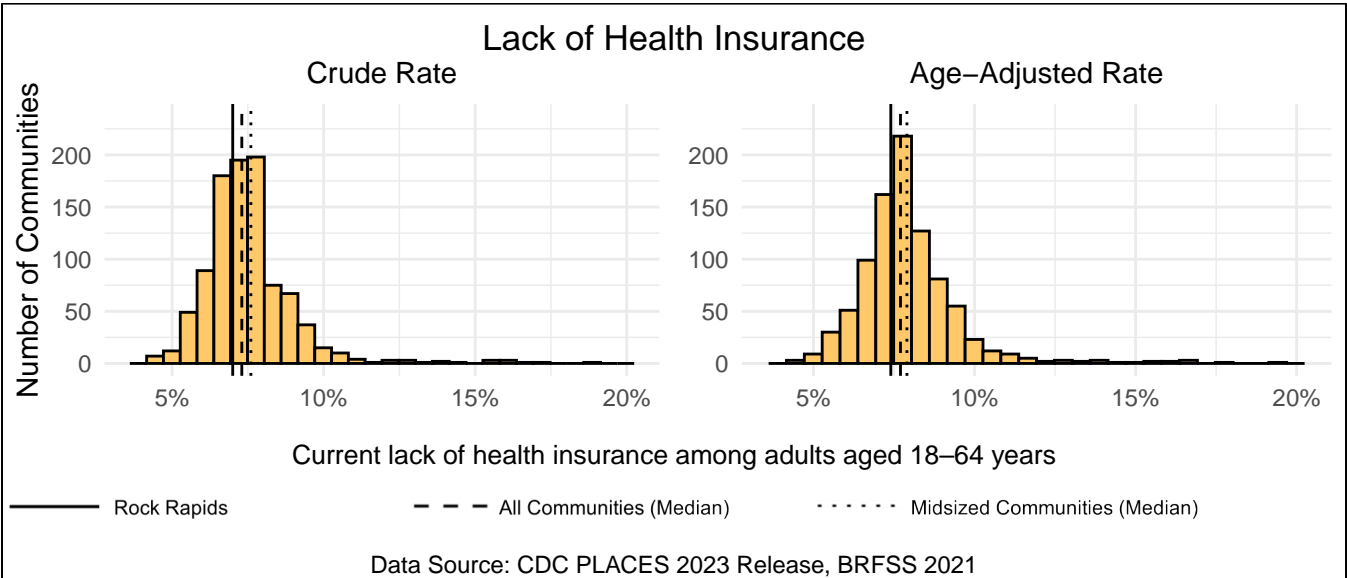
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Rock Rapids has a crude rate of 7.0% for current lack of health insurance among adults aged 18–64 years, which ranks 338th out of 958 Iowa communities (36th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 7.4%, which ranks 325th out of 905 Iowa communities (38th out of 102 mid-sized communities).

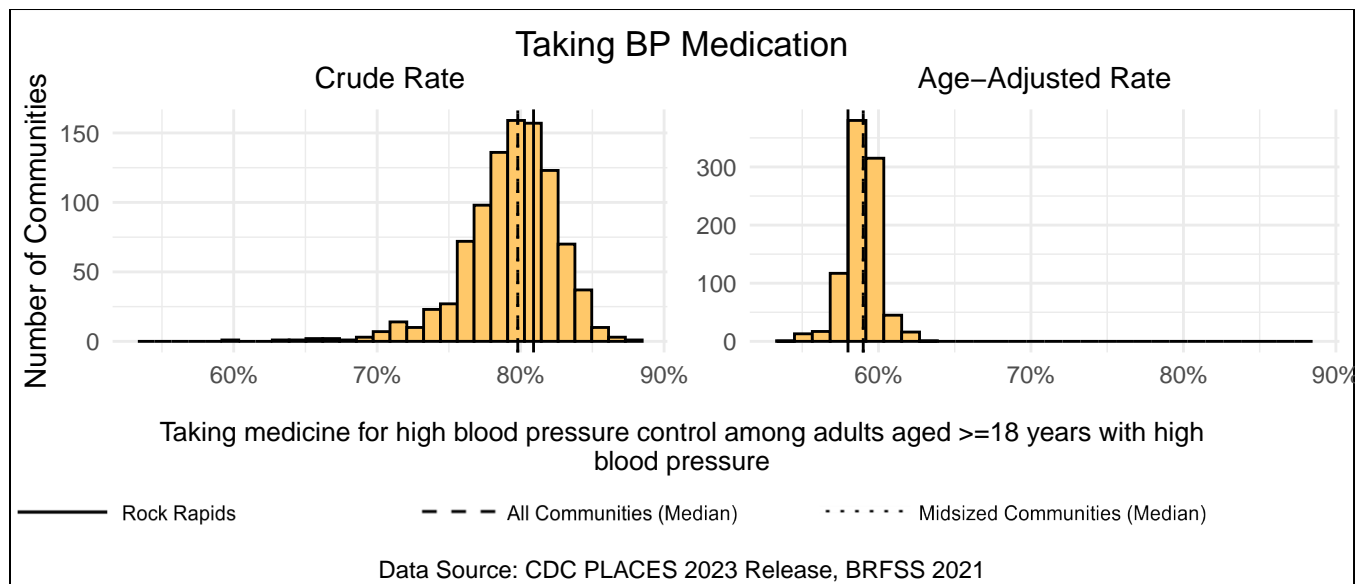
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	7.0%	7.3%	7.6%
Age-Adjusted	7.4%	7.7%	7.9%



Taking BP Medication

Rock Rapids has a crude rate of 80.9% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 310th out of 958 Iowa communities (28th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 58.0%, which ranks 758th out of 905 Iowa communities (86th out of 102 mid-sized communities).

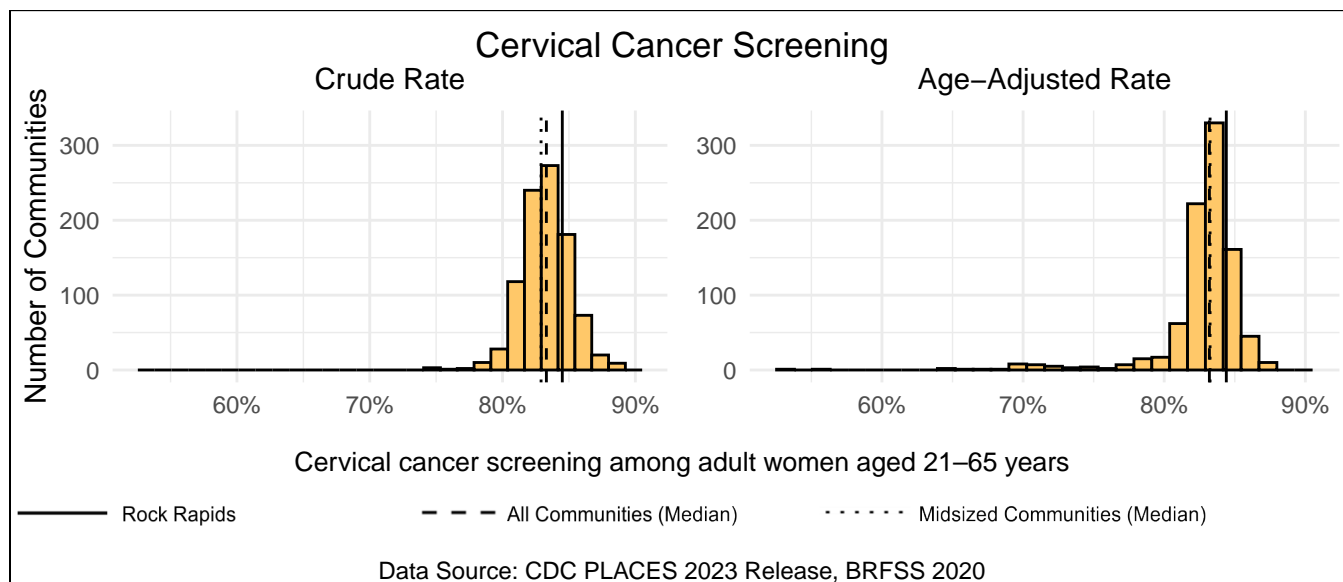
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	80.9%	79.8%	79.8%
Age-Adjusted	58.0%	59.0%	59.0%



Cervical Cancer Screening

Rock Rapids has a crude rate of 84.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 217th out of 958 Iowa communities (27th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 84.4%, which ranks 168th out of 905 Iowa communities (31st out of 102 mid-sized communities).

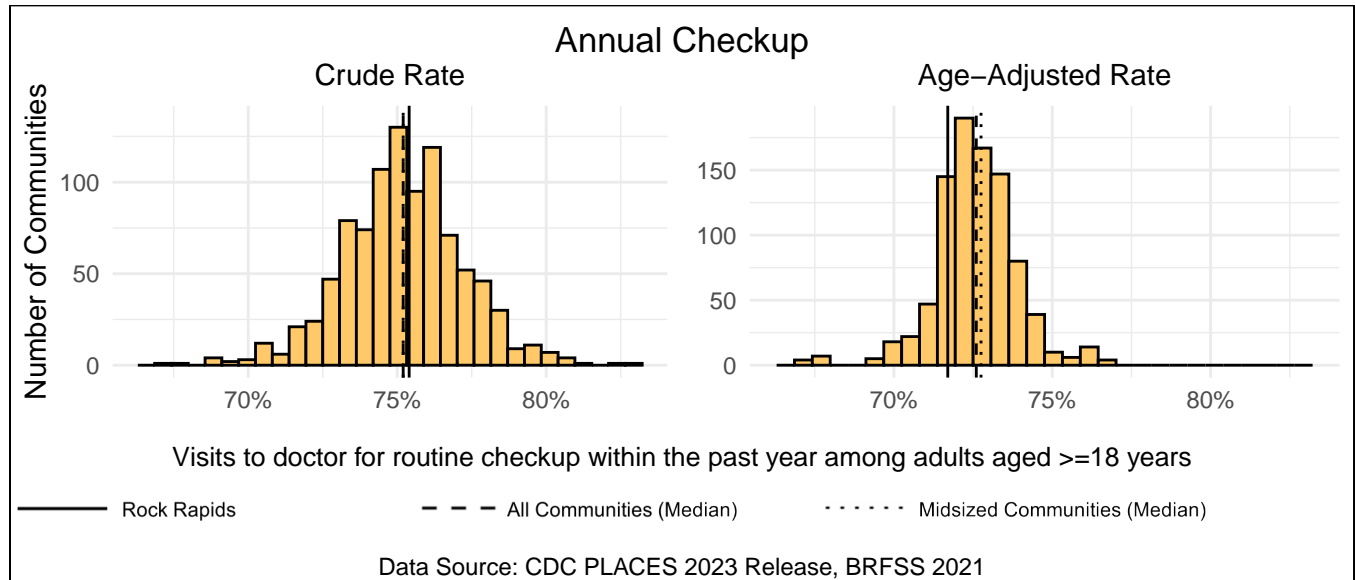
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	84.5%	83.3%	82.9%
Age-Adjusted	84.4%	83.2%	83.2%



Annual Checkup

Rock Rapids has a crude rate of 75.4% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 428th out of 958 Iowa communities (43rd out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 71.7%, which ranks 720th out of 905 Iowa communities (85th out of 102 midsize communities).

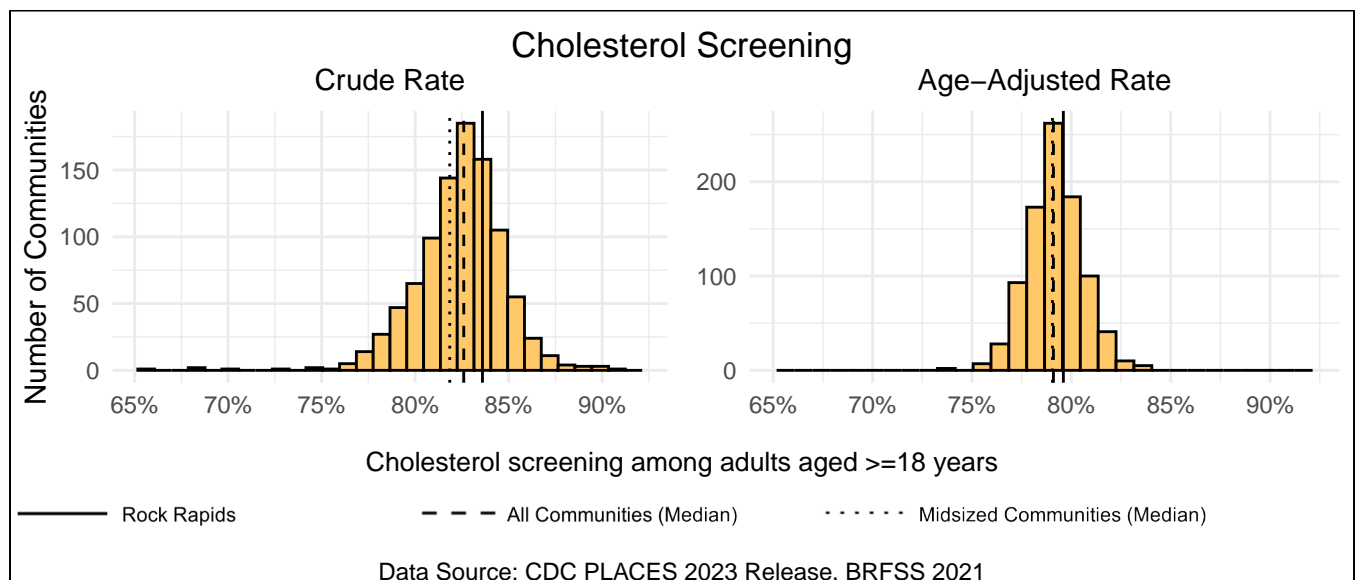
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	75.4%	75.2%	75.2%
Age-Adjusted	71.7%	72.6%	72.8%



Cholesterol Screening

Rock Rapids has a crude rate of 83.6% for cholesterol screening among adults aged ≥ 18 years, which ranks 282nd out of 958 Iowa communities (21st out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 79.6%, which ranks 318th out of 905 Iowa communities (40th out of 102 midsize communities).

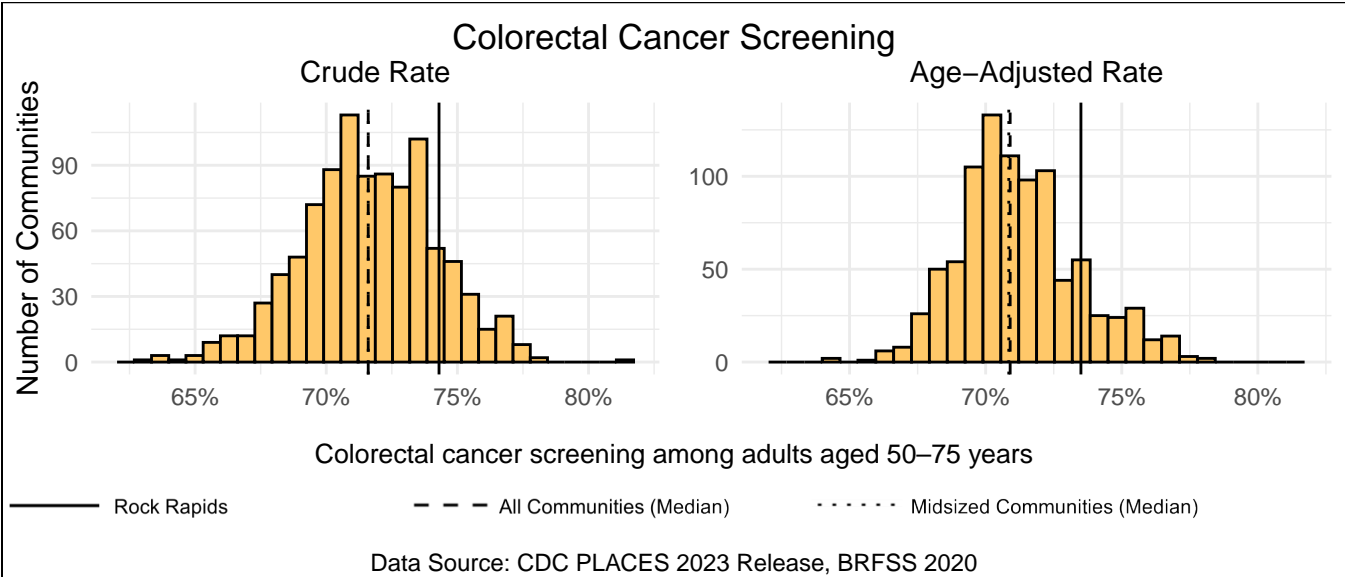
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	83.6%	82.6%	81.8%
Age-Adjusted	79.6%	79.1%	79.0%



Colorectal Cancer Screening

Rock Rapids has a crude rate of 74.3% for colorectal cancer screening among adults aged 50–75 years, which ranks 136th out of 958 Iowa communities (18th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 73.5%, which ranks 131st out of 905 Iowa communities (27th out of 102 mid-sized communities).

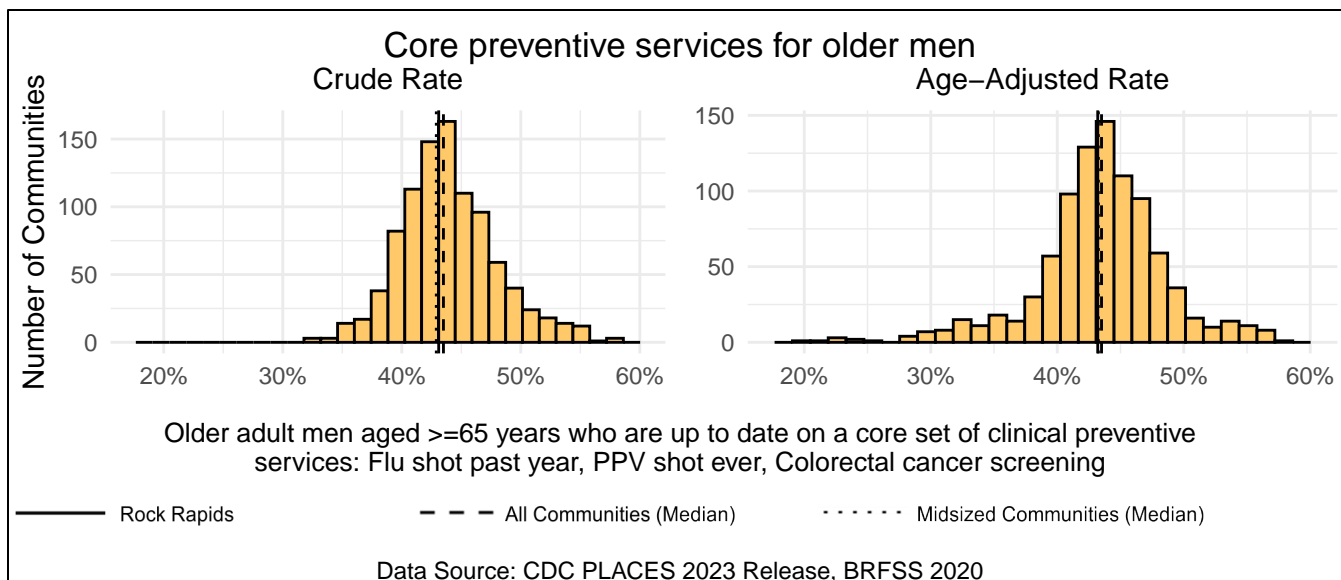
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	74.3%	71.6%	71.6%
Age-Adjusted	73.5%	70.9%	70.8%



Core preventive services for older men

Rock Rapids has a crude rate of 43.1% 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 530th out of 958 Iowa communities (47th out of 102 mid-sized communities). The age-adjusted rate for Rock Rapids is 43.2%, which ranks 479th out of 905 Iowa communities (52nd out of 102 mid-sized communities).

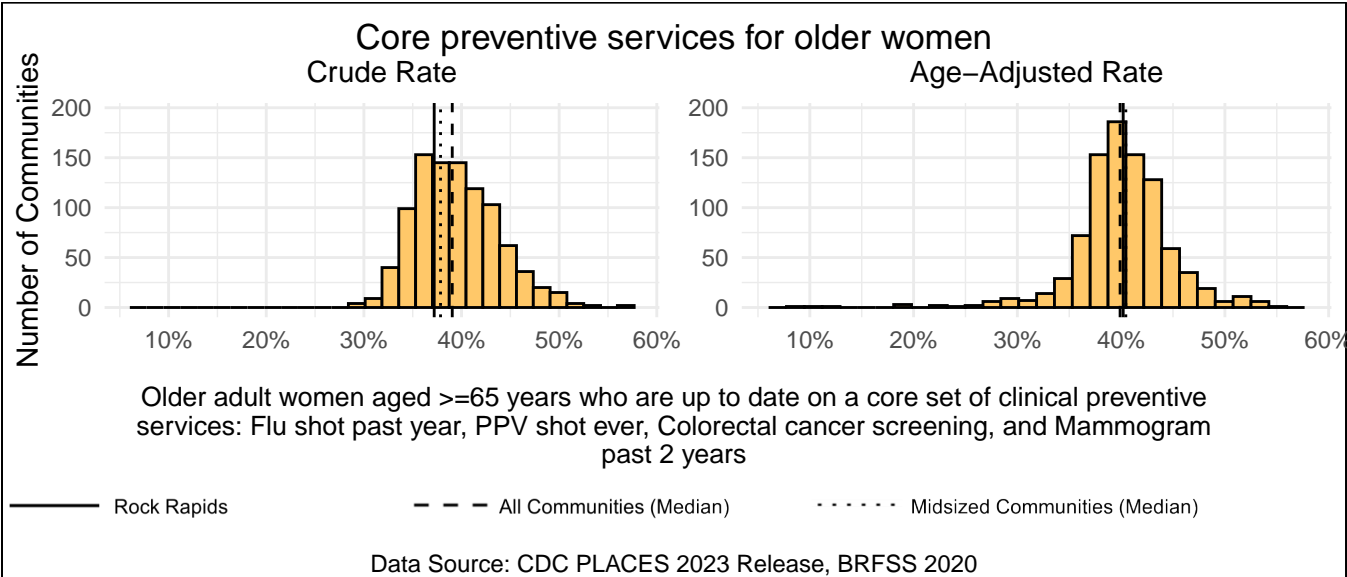
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	43.1%	43.5%	42.9%
Age-Adjusted	43.2%	43.5%	43.2%



Core preventive services for older women

Rock Rapids has a crude rate of 37.2% 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 643rd out of 958 Iowa communities (55th out of 102 midsized communities). The age-adjusted rate for Rock Rapids is 40.2%, which ranks 427th out of 905 Iowa communities (56th out of 102 midsized communities).

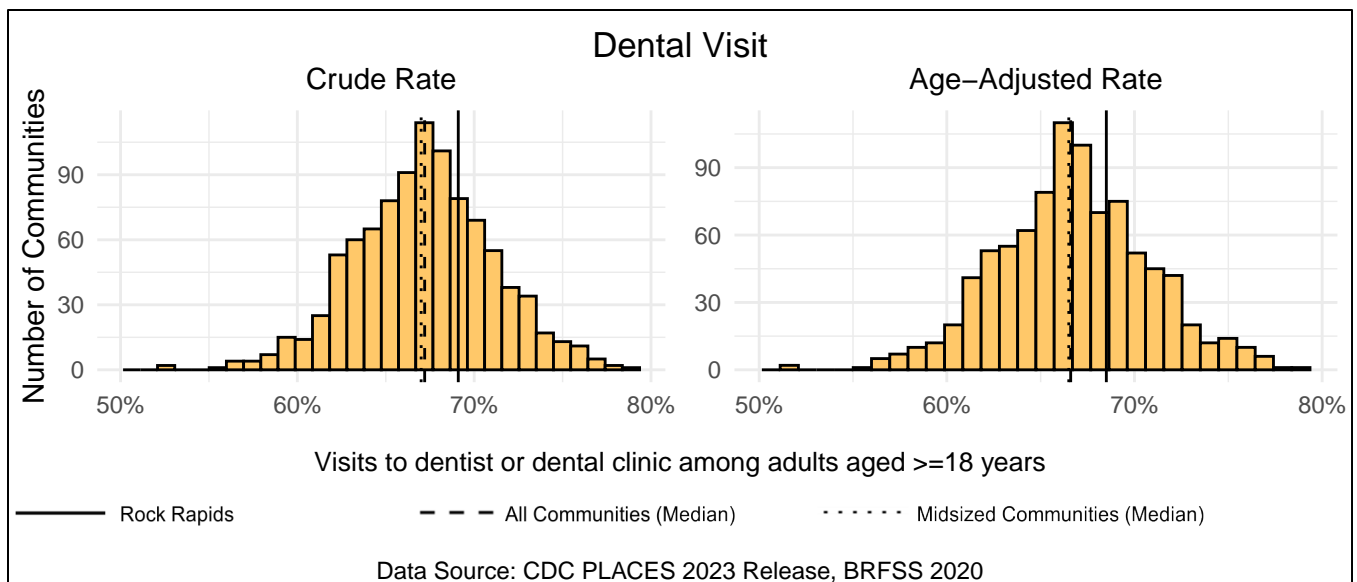
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	37.2%	39.0%	37.8%
Age-Adjusted	40.2%	39.9%	40.4%



Dental Visit

Rock Rapids has a crude rate of 69.1% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 291st out of 958 Iowa communities (37th out of 102 midsized communities). The age-adjusted rate for Rock Rapids is 68.5%, which ranks 284th out of 905 Iowa communities (37th out of 102 midsized communities).

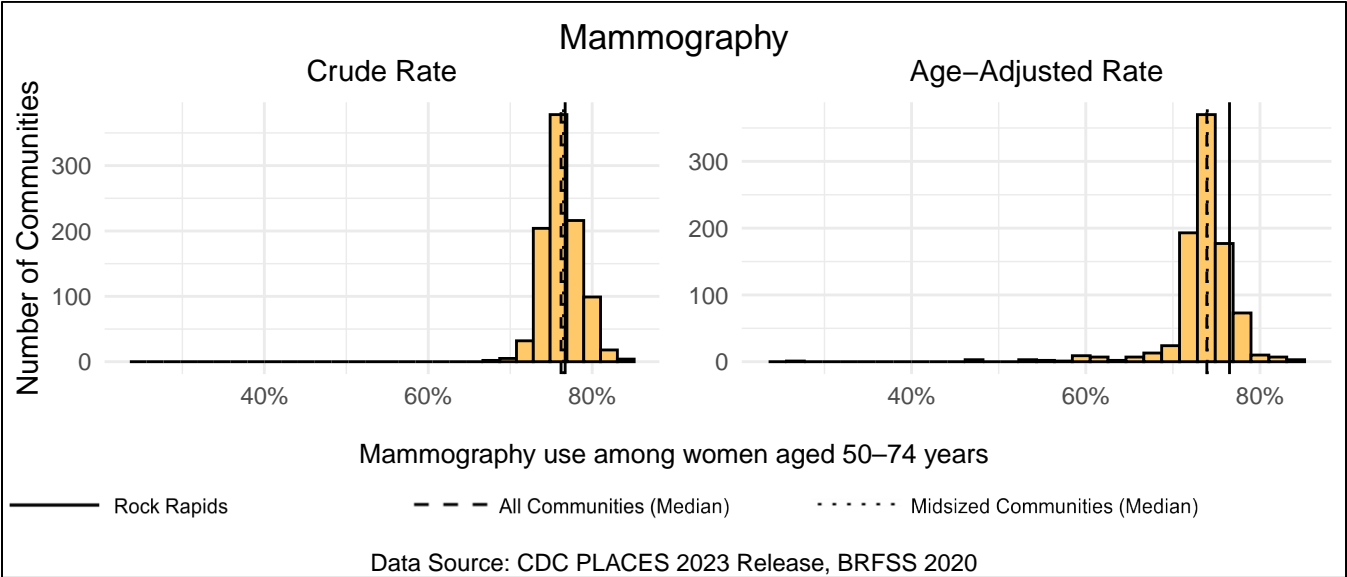
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	69.1%	67.2%	67.0%
Age-Adjusted	68.5%	66.6%	66.5%



Mammography

Rock Rapids has a crude rate of 76.7% for mammography use among women aged 50–74 years, which ranks 375th out of 958 Iowa communities (44th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 76.5%, which ranks 123rd out of 905 Iowa communities (24th out of 102 midsize communities).

Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	76.7%	76.2%	76.5%
Age-Adjusted	76.5%	73.9%	74.0%



Disability

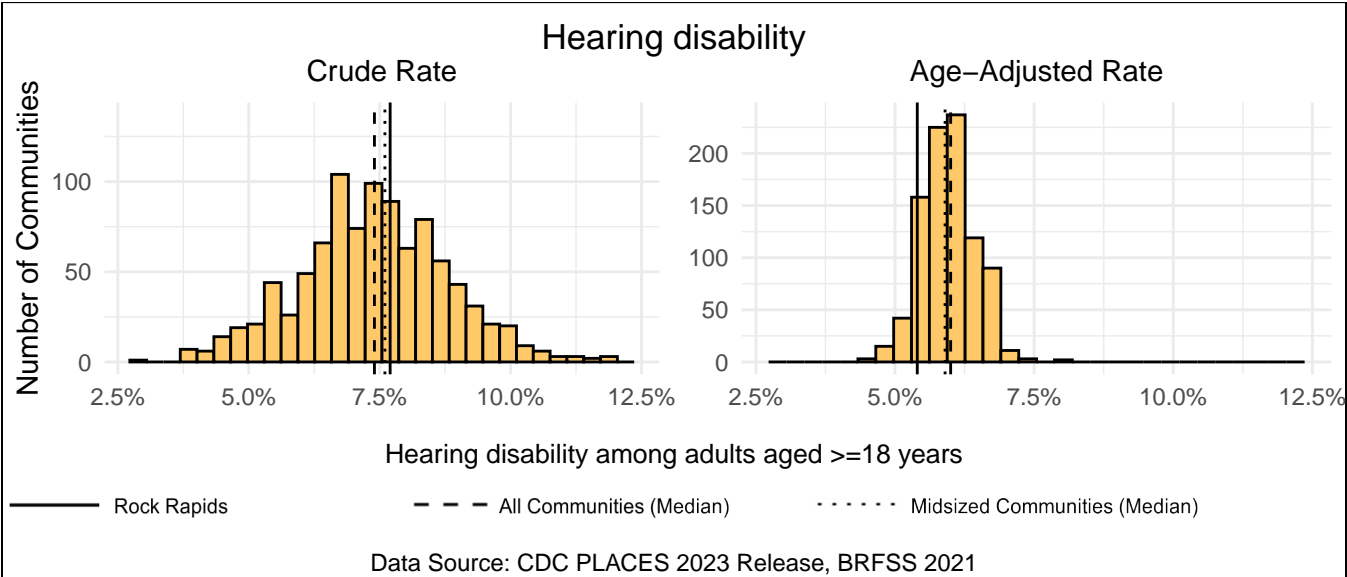
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Rock Rapids has a crude rate of 7.7% for hearing disability among adults aged ≥ 18 years, which ranks 566th out of 958 Iowa communities (53rd out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 5.4%, which ranks 79th out of 905 Iowa communities (22nd out of 102 midsize communities).

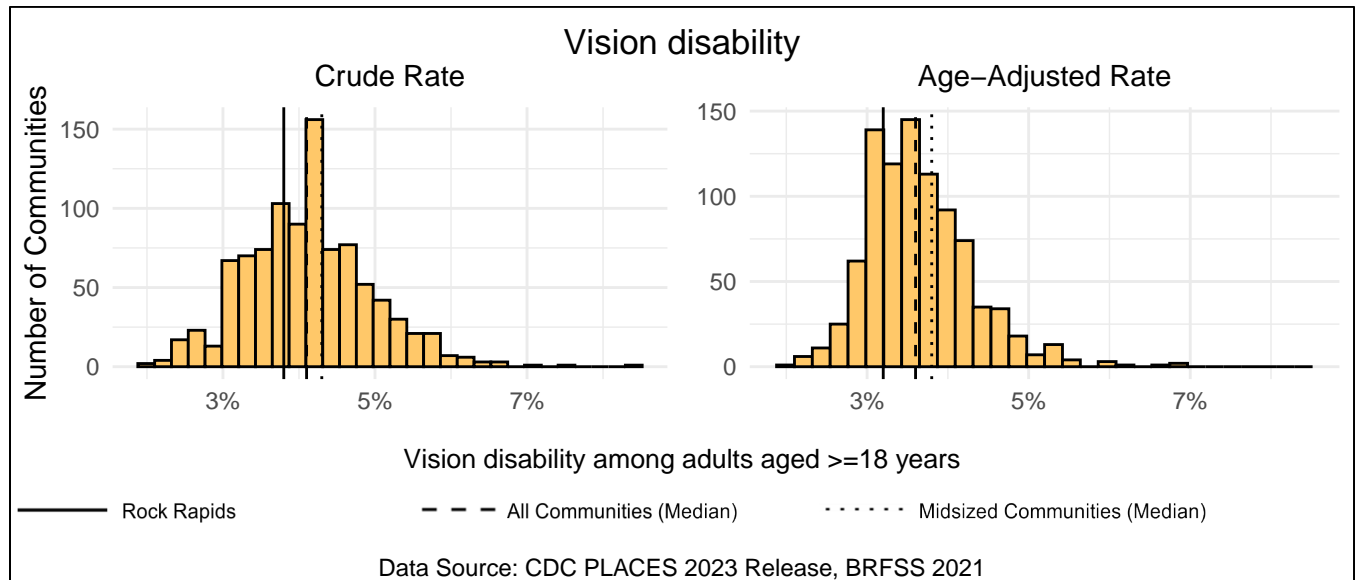
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	7.7%	7.4%	7.6%
Age-Adjusted	5.4%	6.0%	5.9%



Vision disability

Rock Rapids has a crude rate of 3.8% for vision disability among adults aged ≥ 18 years, which ranks 317th out of 958 Iowa communities (35th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 3.2%, which ranks 176th out of 905 Iowa communities (28th out of 102 midsize communities).

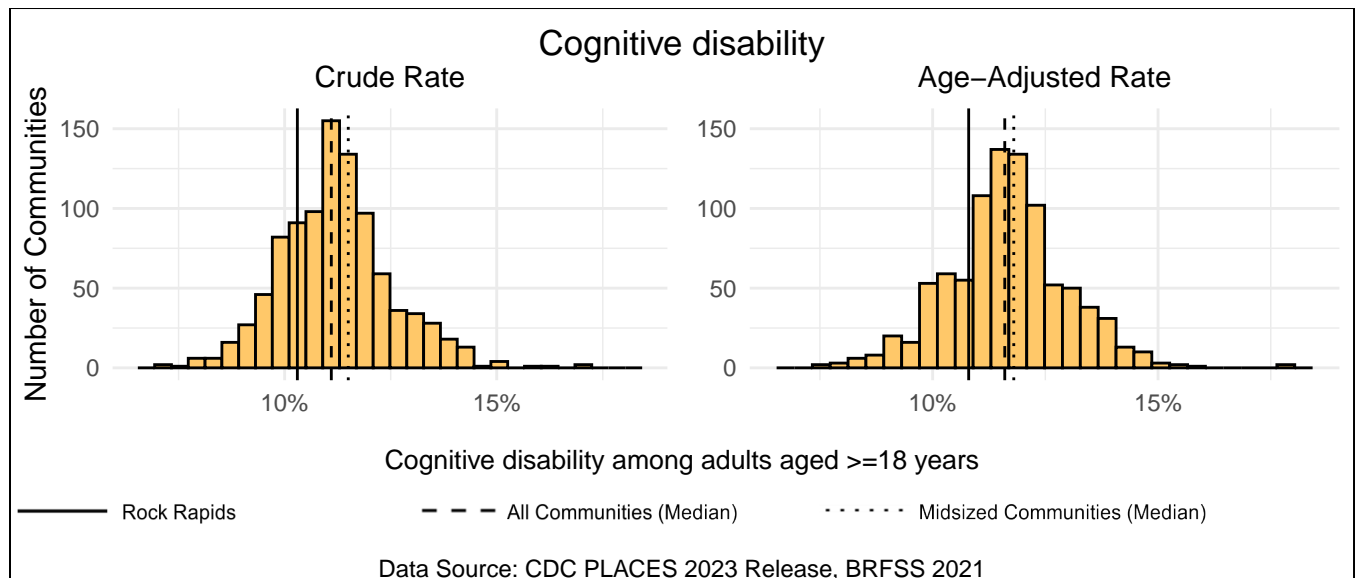
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	3.8%	4.1%	4.3%
Age-Adjusted	3.2%	3.6%	3.8%



Cognitive disability

Rock Rapids has a crude rate of 10.3% for cognitive disability among adults aged ≥ 18 years, which ranks 199th out of 958 Iowa communities (27th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 10.8%, which ranks 204th out of 905 Iowa communities (32nd out of 102 midsize communities).

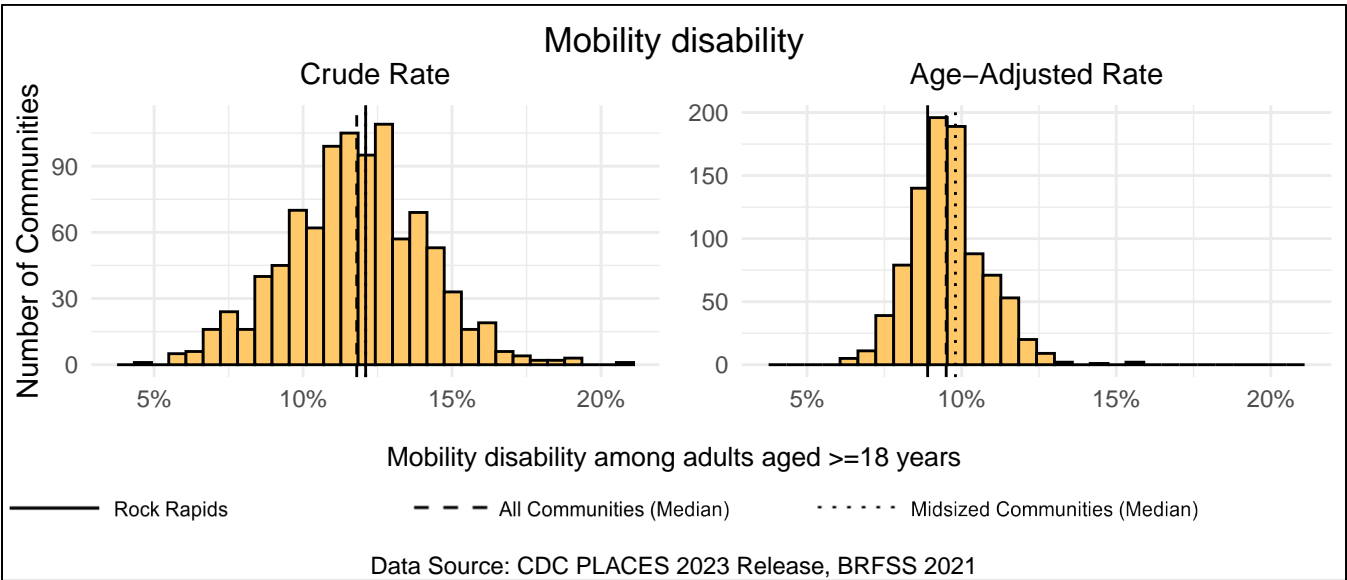
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	10.3%	11.1%	11.5%
Age-Adjusted	10.8%	11.6%	11.8%



Mobility disability

Rock Rapids has a crude rate of 12.1% for mobility disability among adults aged >=18 years, which ranks 529th out of 958 Iowa communities (50th out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 8.9%, which ranks 248th out of 905 Iowa communities (34th out of 102 midsize communities).

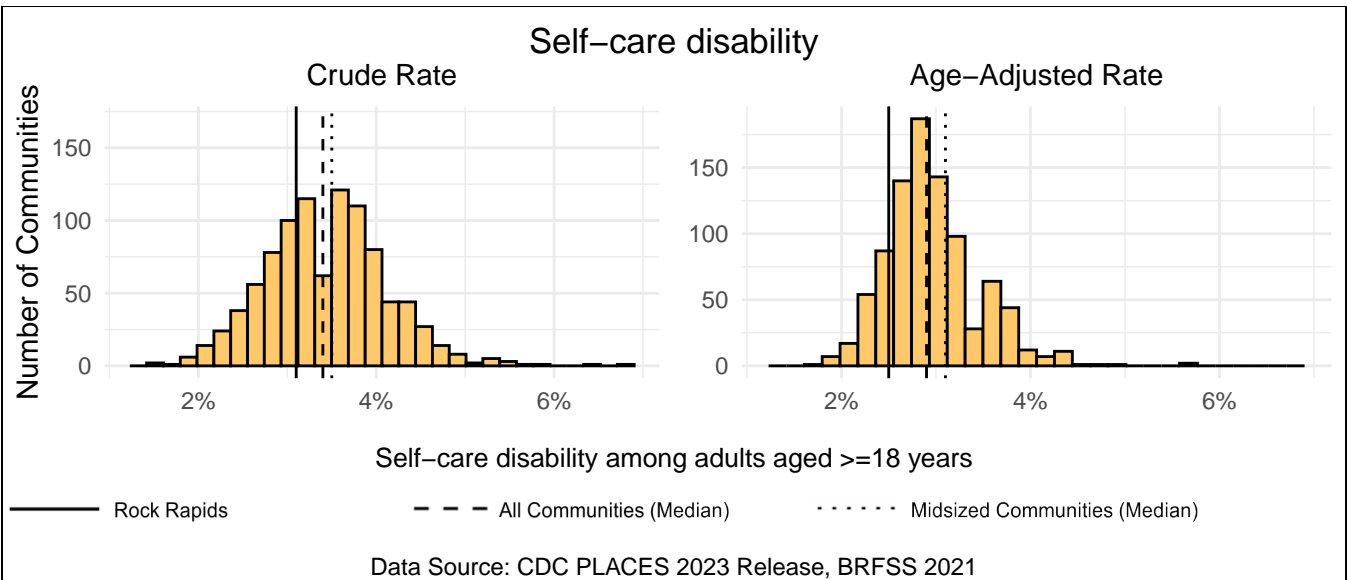
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	12.1%	11.8%	12.1%
Age-Adjusted	8.9%	9.5%	9.8%



Self-care disability

Rock Rapids has a crude rate of 3.1% for self-care disability among adults aged >=18 years, which ranks 267th out of 958 Iowa communities (33rd out of 102 midsize communities). The age-adjusted rate for Rock Rapids is 2.5%, which ranks 123rd out of 905 Iowa communities (23rd out of 102 midsize communities).

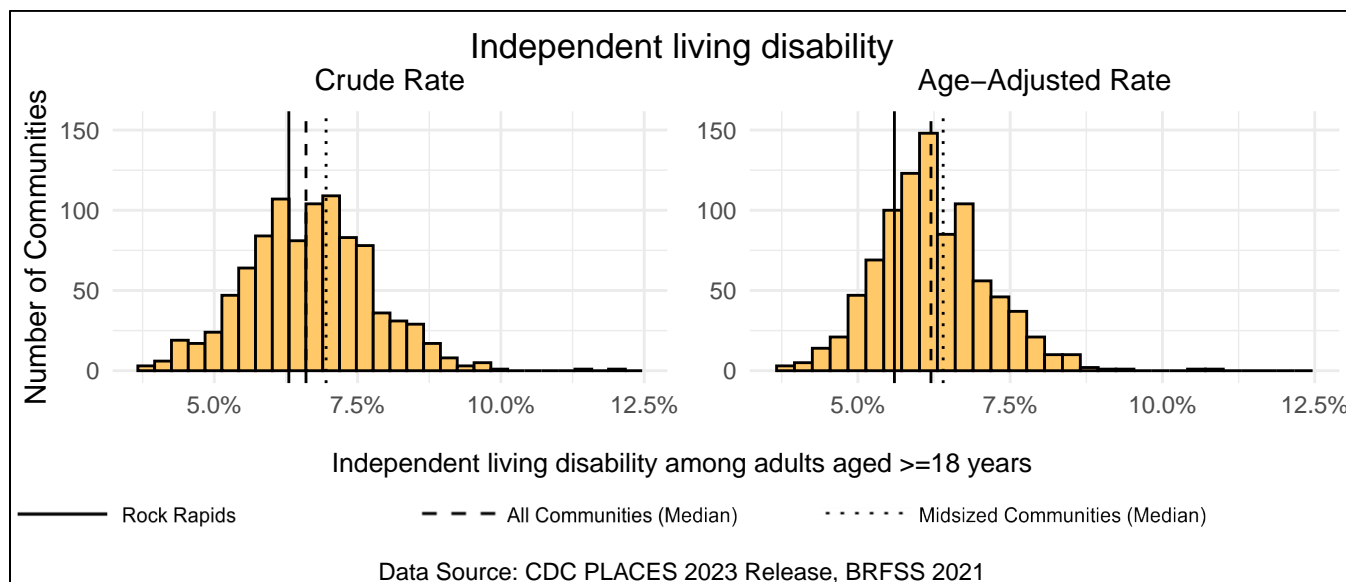
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	3.1%	3.4%	3.5%
Age-Adjusted	2.5%	2.9%	3.1%



Independent living disability

Rock Rapids has a crude rate of 6.3% for independent living disability among adults aged ≥ 18 years, which ranks 346th out of 958 Iowa communities (35th out of 102 midsized communities). The age-adjusted rate for Rock Rapids is 5.6%, which ranks 186th out of 905 Iowa communities (27th out of 102 midsized communities).

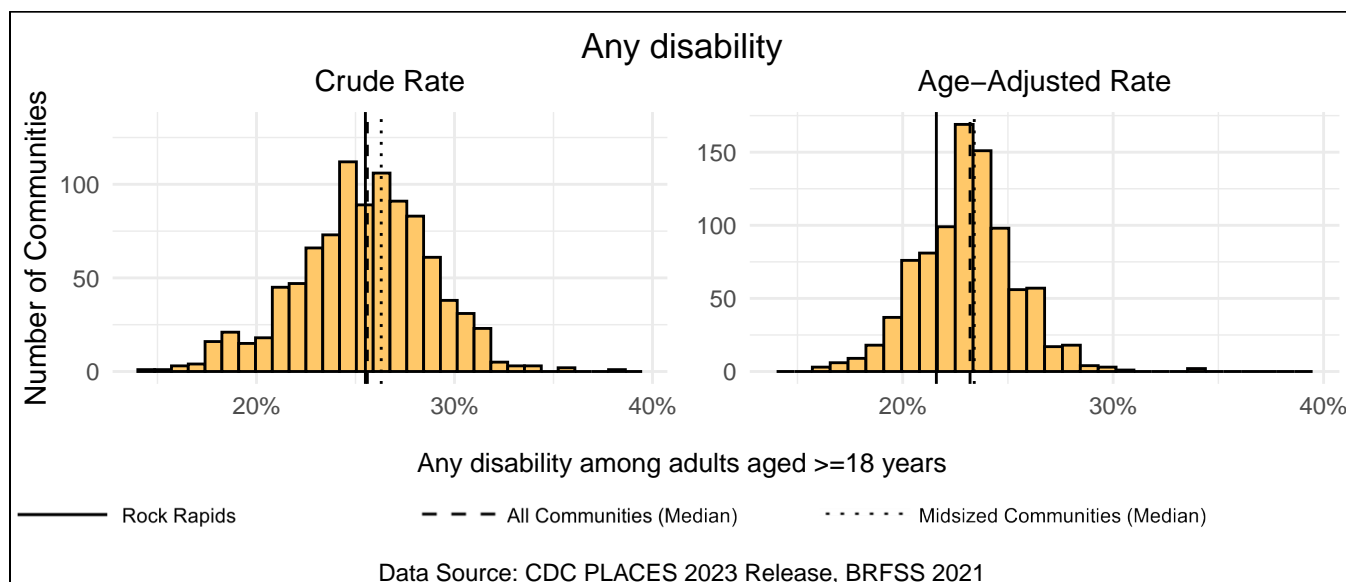
Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	6.3%	6.6%	7.0%
Age-Adjusted	5.6%	6.2%	6.4%



Any disability

Rock Rapids has a crude rate of 25.5% for any disability among adults aged ≥ 18 years, which ranks 466th out of 958 Iowa communities (44th out of 102 midsized communities). The age-adjusted rate for Rock Rapids is 21.6%, which ranks 220th out of 905 Iowa communities (34th out of 102 midsized communities).

Measure Type	Rock Rapids	All Comm.	Midsized Comm.
Crude	25.5%	25.6%	26.3%
Age-Adjusted	21.6%	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: Rock Rapids 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	80	13.0% (10.9% - 15.1%)	121	14.5% (12.2% - 16.8%)
Health Status	General Health	292	13.2% (10.5% - 16.1%)	179	11.5% (9.4% - 13.8%)
Health Status	Physical Health	269	10.1% (8.3% - 12.0%)	160	8.9% (7.5% - 10.6%)
Health Risk Behaviors	Physical Inactivity	447	25.9% (20.5% - 31.3%)	304	23.2% (18.6% - 28.2%)
Health Risk Behaviors	Binge Drinking	388	19.0% (15.8% - 22.5%)	609	22.5% (18.7% - 26.7%)
Health Risk Behaviors	Current Smoking	127	14.6% (11.2% - 18.1%)	180	15.9% (12.2% - 19.9%)
Health Risk Behaviors	Sleep <7 hours	133	28.4% (26.6% - 30.2%)	162	29.7% (28.0% - 31.4%)
Health Outcomes	COPD	336	7.0% (5.4% - 8.6%)	183	5.7% (4.6% - 6.8%)
Health Outcomes	Cancer (except skin)	745	9.1% (8.2% - 10.2%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Stroke	538	3.4% (2.8% - 4.1%)	116	2.4% (2.1% - 2.8%)
Health Outcomes	High Blood Pressure	344	30.9% (26.7% - 35.3%)	31	24.8% (21.2% - 28.7%)
Health Outcomes	High Cholesterol	349	35.4% (30.8% - 40.3%)	49	28.3% (24.0% - 32.8%)
Health Outcomes	Arthritis	414	27.3% (23.1% - 31.7%)	87	21.5% (18.1% - 25.2%)
Health Outcomes	Obesity	140	35.0% (28.2% - 42.5%)	212	35.9% (28.9% - 43.6%)
Health Outcomes	Diabetes	275	9.3% (7.7% - 11.1%)	103	7.3% (6.1% - 8.7%)
Health Outcomes	Coronary Heart Disease	481	6.5% (5.5% - 7.7%)	78	4.5% (3.8% - 5.2%)
Health Outcomes	Current Asthma	137	9.0% (7.9% - 10.3%)	241	9.3% (8.1% - 10.6%)
Health Outcomes	Chronic Kidney Disease	540	3.3% (2.9% - 3.8%)	36	2.4% (2.2% - 2.7%)
Health Outcomes	All Teeth Lost	385	12.4% (6.7% - 19.7%)	232	11.6% (7.0% - 17.1%)
Health Outcomes	Depression	55	16.3% (13.2% - 19.7%)	75	17.8% (14.4% - 21.4%)
Prevention	Cholesterol Screening	282	83.6% (80.4% - 86.5%)	318	79.6% (75.8% - 83.1%)
Prevention	Core preventive services for older women	643	37.2% (28.4% - 45.5%)	427	40.2% (32.1% - 47.9%)
Prevention	Dental Visit	291	69.1% (65.1% - 73.2%)	284	68.5% (64.3% - 72.6%)
Prevention	Cervical Cancer Screening	217	84.5% (81.4% - 87.0%)	168	84.4% (81.5% - 87.0%)
Prevention	Taking BP Medication	310	80.9% (77.7% - 83.9%)	758	58.0% (52.7% - 63.0%)
Prevention	Annual Checkup	428	75.4% (70.6% - 80.0%)	720	71.7% (66.3% - 76.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	136	74.3% (70.9% - 77.7%)	131	73.5% (69.8% - 77.0%)
Prevention	Mammography	375	76.7% (71.8% - 81.0%)	123	76.5% (71.7% - 80.8%)
Prevention	Health Insurance	338	7.0% (5.0% - 9.3%)	325	7.4% (5.3% - 10.0%)
Prevention	Core preventive services for older men	530	43.1% (33.1% - 53.2%)	479	43.2% (33.6% - 53.0%)
Disability	Vision Disability	317	3.8% (3.0% - 4.7%)	176	3.2% (2.6% - 3.8%)
Disability	Self-care Disability	267	3.1% (2.5% - 3.8%)	123	2.5% (2.1% - 3.0%)
Disability	Independent Living Disability	346	6.3% (5.0% - 7.8%)	186	5.6% (4.6% - 6.7%)
Disability	Any Disability	466	25.5% (21.1% - 29.9%)	220	21.6% (17.9% - 25.6%)
Disability	Hearing Disability	566	7.7% (6.6% - 8.9%)	79	5.4% (4.7% - 6.2%)
Disability	Mobility Disability	529	12.1% (9.6% - 14.7%)	248	8.9% (7.2% - 10.6%)
Disability	Cognitive Disability	199	10.3% (8.4% - 12.4%)	204	10.8% (8.7% - 13.0%)

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)

Rock Rapids 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
