# Iowa Community Health Snapshot Series

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

*May 2024*

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# Iowa Community Health Snapshot Series

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# Health in Roland: Overview

Dear Community Members & Stakeholders of Roland,

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 Roland ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Roland'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 Roland. 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 |
| Core preventive services for older men | 6th | 2nd | Core preventive services for older women | 6th | 3rd |
| Core preventive services for older women | 9th | 3rd | Core preventive services for older men | 8th | 3rd |
| Physical Inactivity | 19th | 7th | Obesity | 15th | 6th |
| Dental Visit | 30th | 6th | Physical Inactivity | 15th | 4th |
| Obesity | 31st | 7th | Colorectal Cancer Screening | 17th | 6th |

## 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 |
| Binge Drinking | 920th | 127th | Taking BP Medication | 839th | 128th |
| Taking BP Medication | 900th | 126th | Binge Drinking | 835th | 130th |
| Annual Checkup | 799th | 118th | Depression | 420th | 64th |
| Depression | 778th | 117th | Cancer (except skin) | 418th | 41st |
| Cholesterol Screening | 433rd | 72nd | Annual Checkup | 259th | 47th |

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 Roland.

Sincerely,

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

PUBLIC SCIENCE COLLABORATIVE

IOWA STATE UNIVERSITY
Extension and Outreach
**Community and Economic Development**

## How to Use this Report

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

With a population of 1,472, Roland'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

**Mental Health**

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

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**

Roland has a crude rate of 10.1% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 42nd out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Roland is 9.9%, which ranks 41st out of 905 Iowa communities (10th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 10.1% | 14.3% | 14.0% |
| Age-Adjusted | 9.9% | 12.7% | 12.4% |



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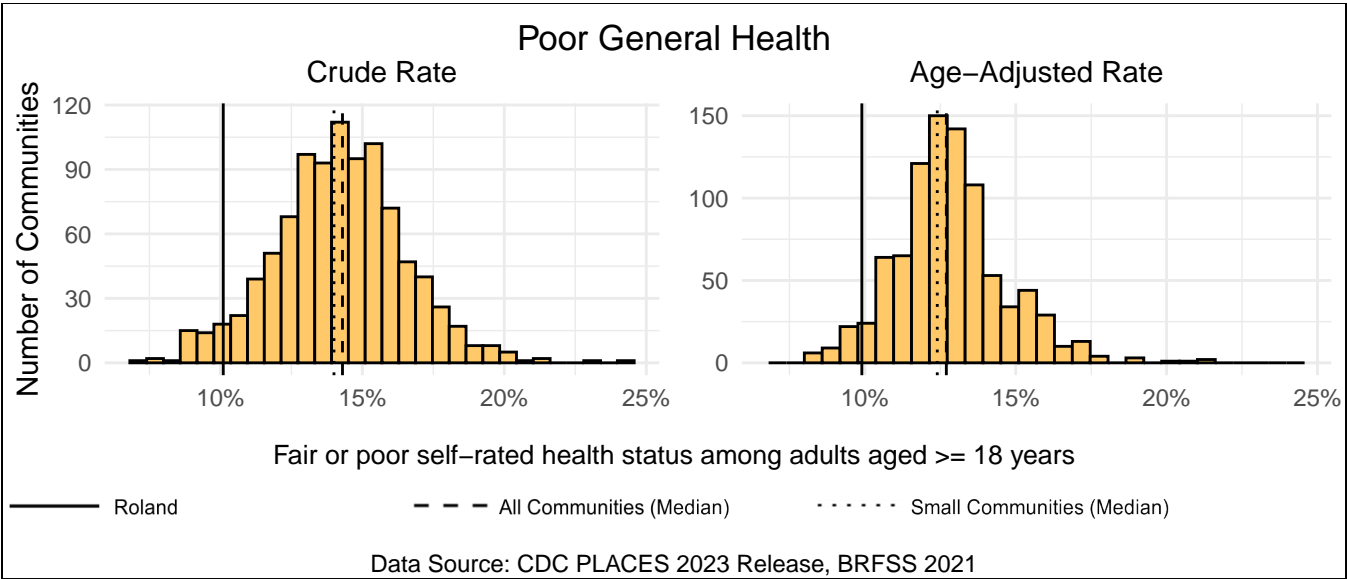
## Poor Physical Health

Roland has a crude rate of 8.4% for physical health not good for >=14 days among adults aged >=18 years, which ranks 47th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Roland is 8.2%, which ranks 44th out of 905 Iowa communities (10th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 8.4% | 10.8% | 10.6% |
| Age-Adjusted | 8.2% | 9.7% | 9.6% |



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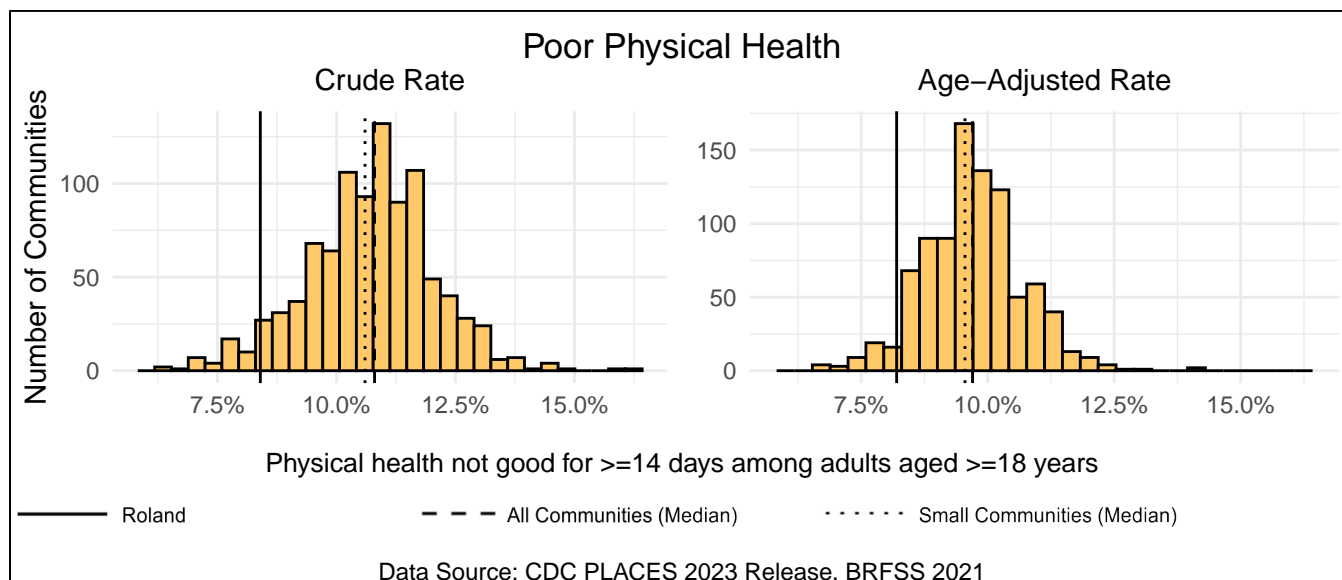
## Poor Mental Health

Roland has a crude rate of 13.9% for mental health not good for >=14 days among adults aged >=18 years, which ranks 328th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Roland is 14.1%, which ranks 64th out of 905 Iowa communities (13th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 13.9% | 14.3% | 14.1% |
| Age-Adjusted | 14.1% | 15.5% | 15.6% |



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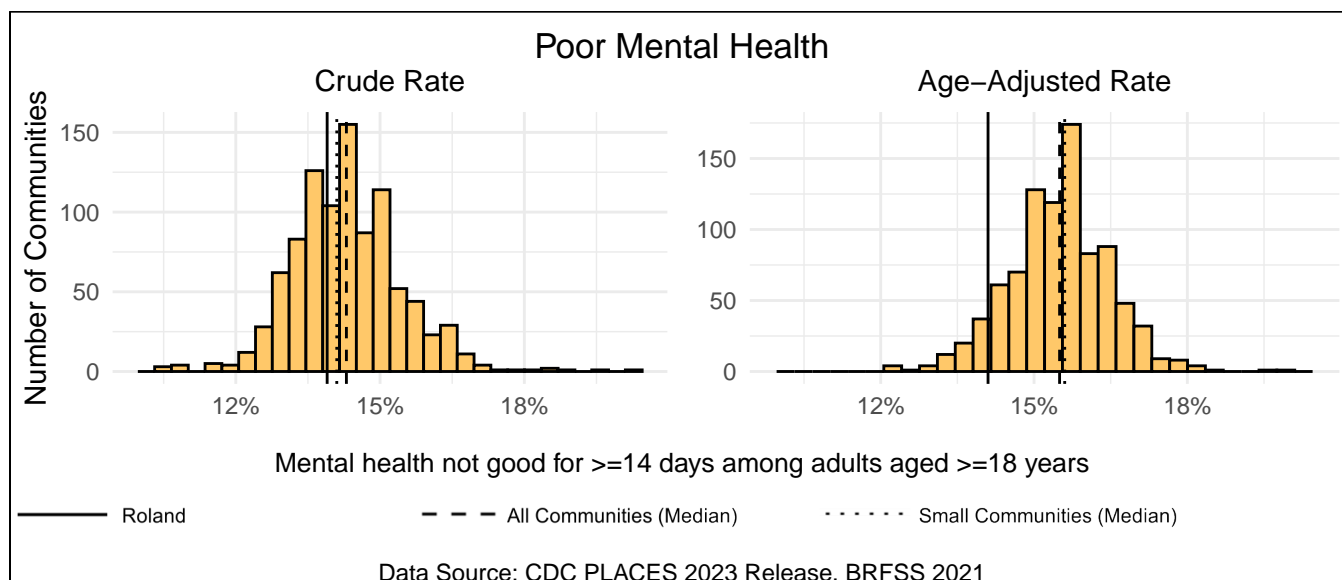
# Health Risk Behaviors

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

Roland has a crude rate of 23.5% for binge drinking among adults aged >=18 years, which ranks 920th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Roland is 23.6%, which ranks 835th out of 905 Iowa communities (130th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 23.5% | 19.5% | 19.1% |
| Age-Adjusted | 23.6% | 22.0% | 22.1% |



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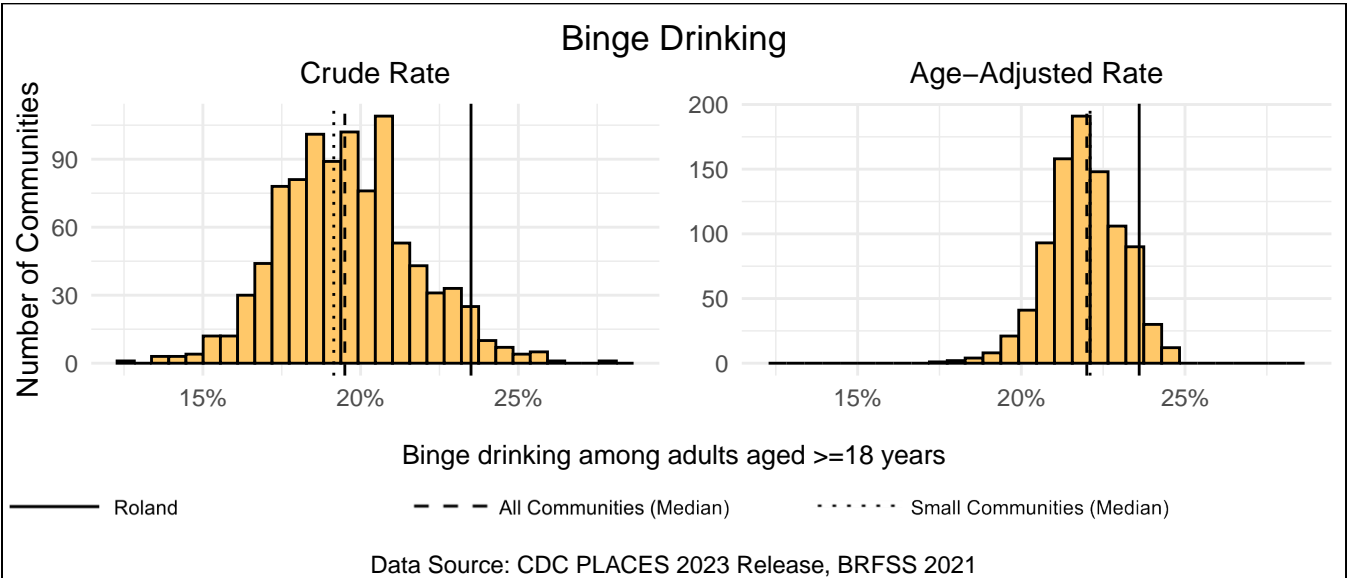
## Current Smoking

Roland has a crude rate of 13.9% for current smoking among adults aged >=18 years, which ranks 73rd out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Roland is 13.3%, which ranks 44th out of 905 Iowa communities (9th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 13.9% | 16.8% | 16.1% |
| Age-Adjusted | 13.3% | 17.5% | 17.2% |



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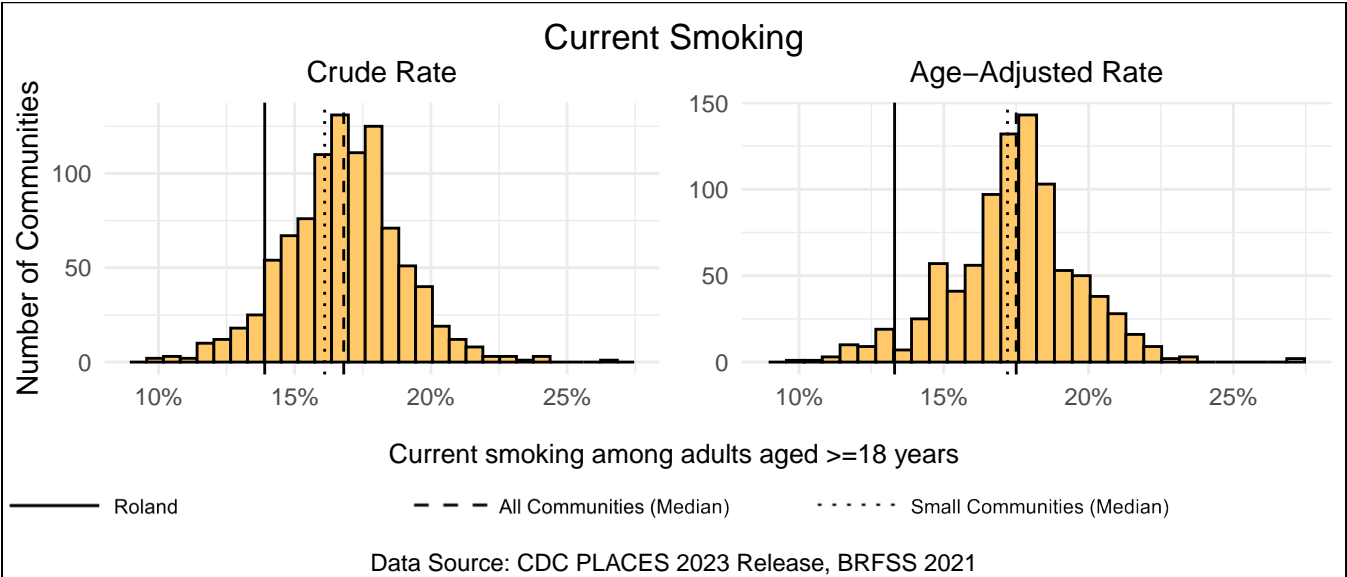
## Physical Inactivity

Roland has a crude rate of 18.0% for no leisure-time physical activity among adults aged >=18 years, which ranks 19th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Roland is 17.7%, which ranks 15th out of 905 Iowa communities (4th out of 138 small communities).
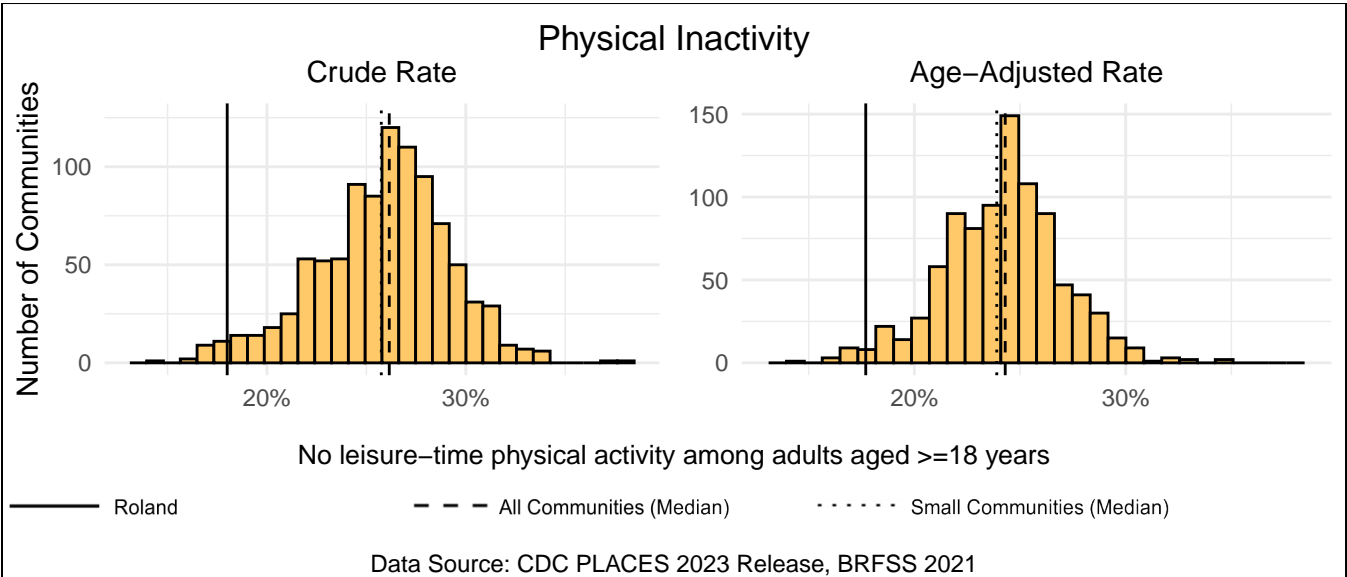
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 18.0% | 26.1% | 25.8% |
| Age-Adjusted | 17.7% | 24.3% | 23.9% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Sleep <7 hours

Roland has a crude rate of 27.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 50th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Roland is 26.8%, which ranks 23rd out of 905 Iowa communities (6th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 27.3% | 30.2% | 29.9% |
| Age-Adjusted | 26.8% | 31.1% | 31.0% |



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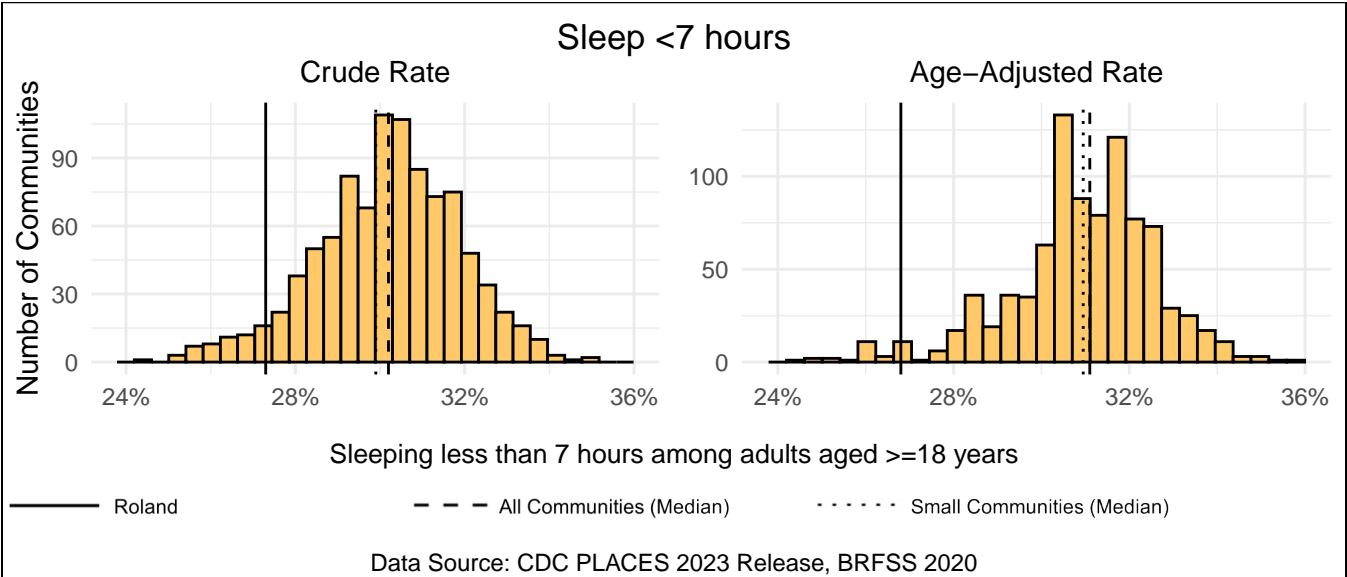
# Health Outcomes

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

Roland has a crude rate of 22.4% for arthritis among adults aged >=18 years, which ranks 78th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Roland is 21.8%, which ranks 124th out of 905 Iowa communities (23rd out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 22.4% | 27.9% | 28.4% |
| Age-Adjusted | 21.8% | 23.1% | 23.2% |



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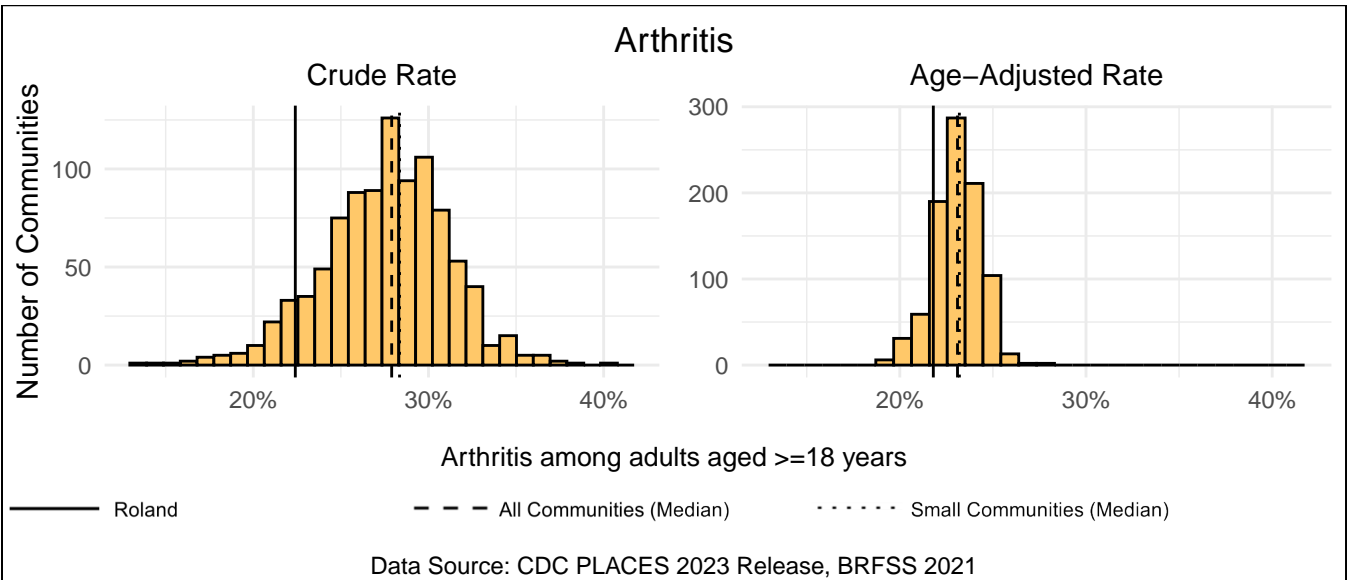
## High Blood Pressure

Roland has a crude rate of 25.9% for high blood pressure among adults aged >=18 years, which ranks 61st out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Roland is 25.4%, which ranks 80th out of 905 Iowa communities (17th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 25.9% | 32.0% | 32.5% |
| Age-Adjusted | 25.4% | 27.3% | 27.0% |



High Blood Pressure

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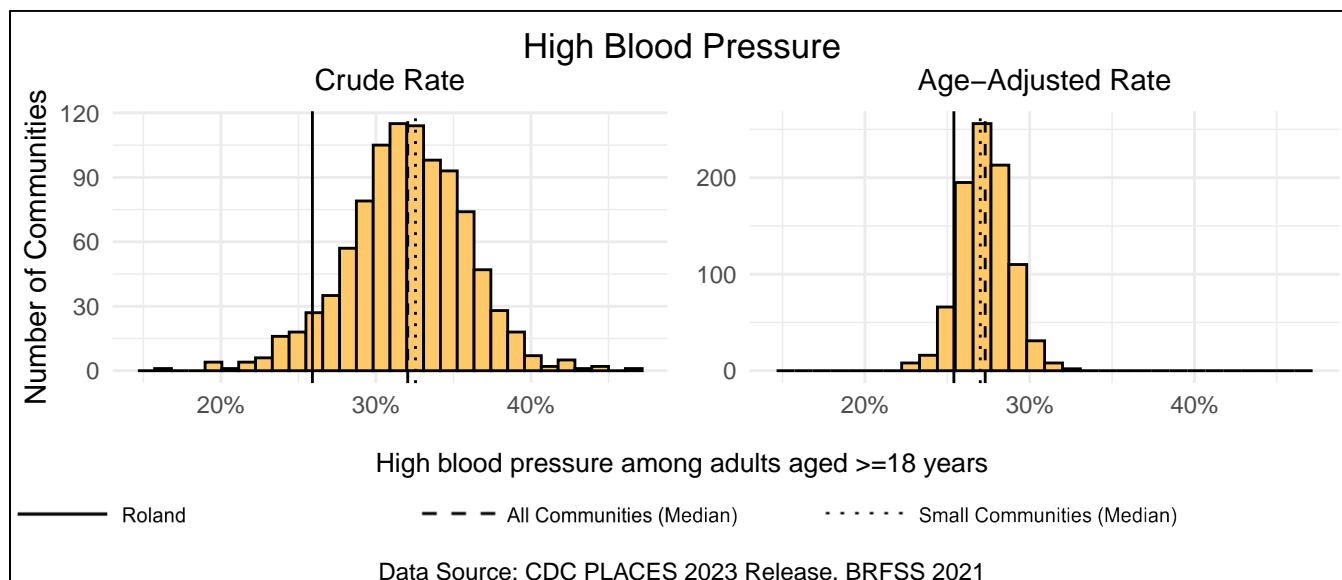
## Cancer (except skin)

Roland has a crude rate of 6.5% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 93rd out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Roland is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).
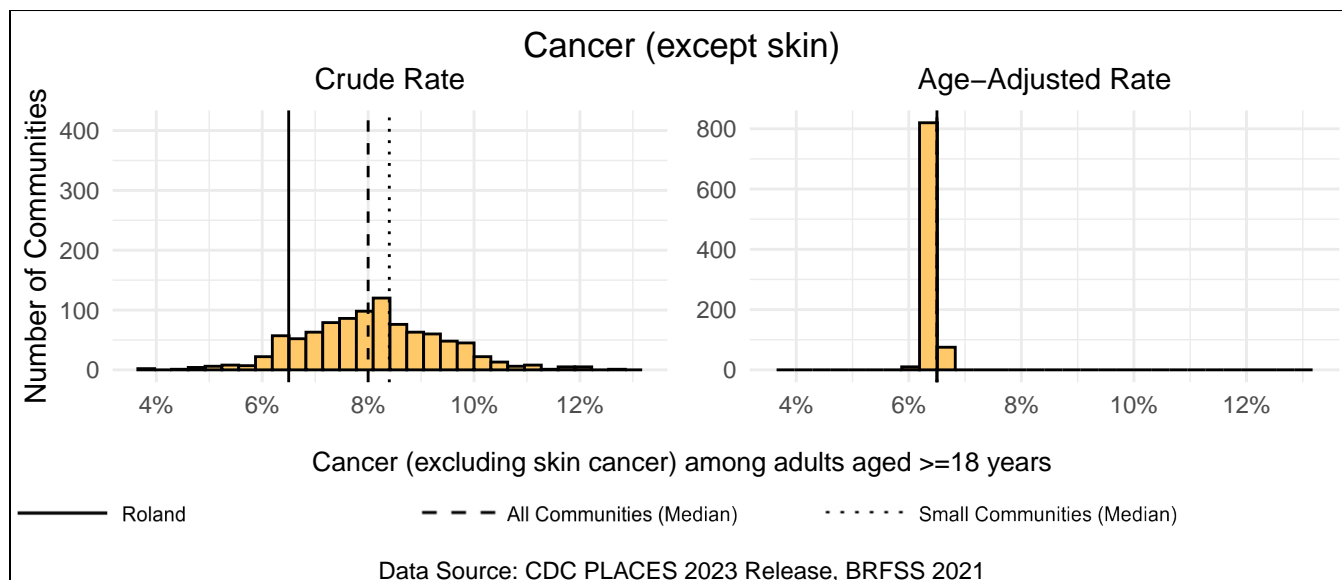
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 6.5% | 8.0% | 8.4% |
| Age-Adjusted | 6.5% | 6.5% | 6.5% |



Cancer (except skin)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

### Current Asthma

Roland has a crude rate of 9.1% for current asthma among adults aged >=18 years, which ranks 215th out of 958 Iowa communities (32nd out of 138 small communities). The age-adjusted rate for Roland is 9.1%, which ranks 125th out of 905 Iowa communities (17th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 9.1% | 9.3% | 9.3% |
| Age-Adjusted | 9.1% | 9.5% | 9.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

### Coronary Heart Disease

Roland has a crude rate of 4.4% for coronary heart disease among adults aged >=18 years, which ranks 61st out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Roland is 4.5%, which ranks 78th out of 905 Iowa communities (14th out of 138 small communities).
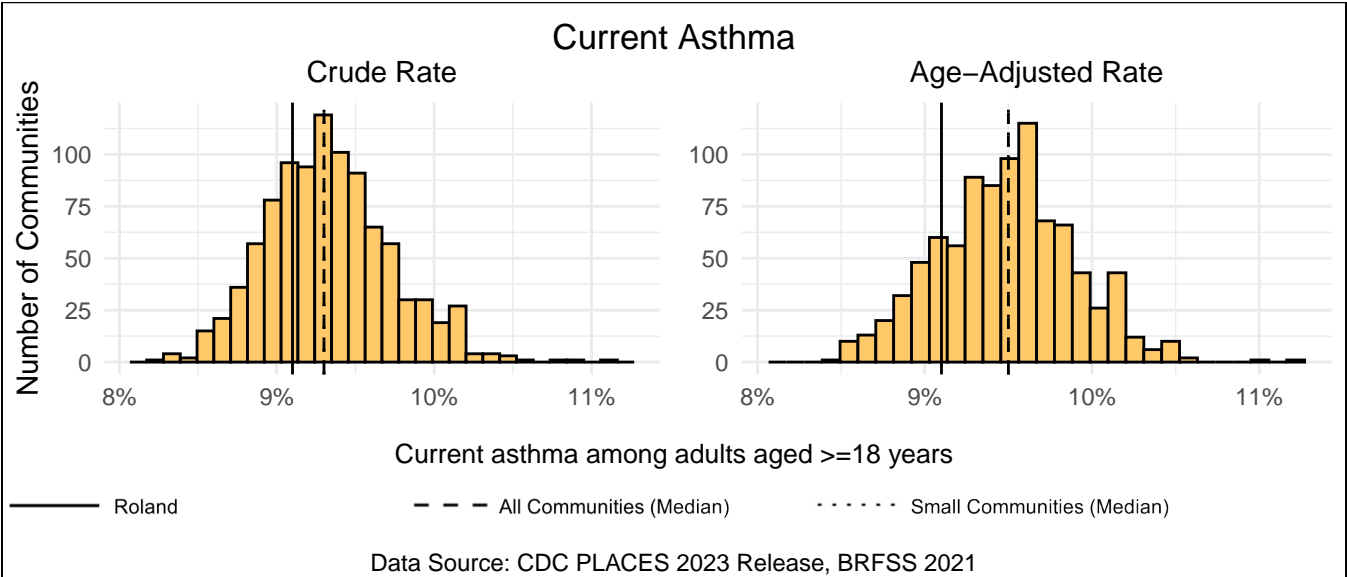
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 4.4% | 6.4% | 6.7% |
| Age-Adjusted | 4.5% | 5.0% | 4.9% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## COPD

Roland has a crude rate of 5.2% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 52nd out of 958 Iowa communities (13th out of 138 small communities).  The age-adjusted rate for Roland is 5.1%, which ranks 54th out of 905 Iowa communities (12th out of 138 small communities).
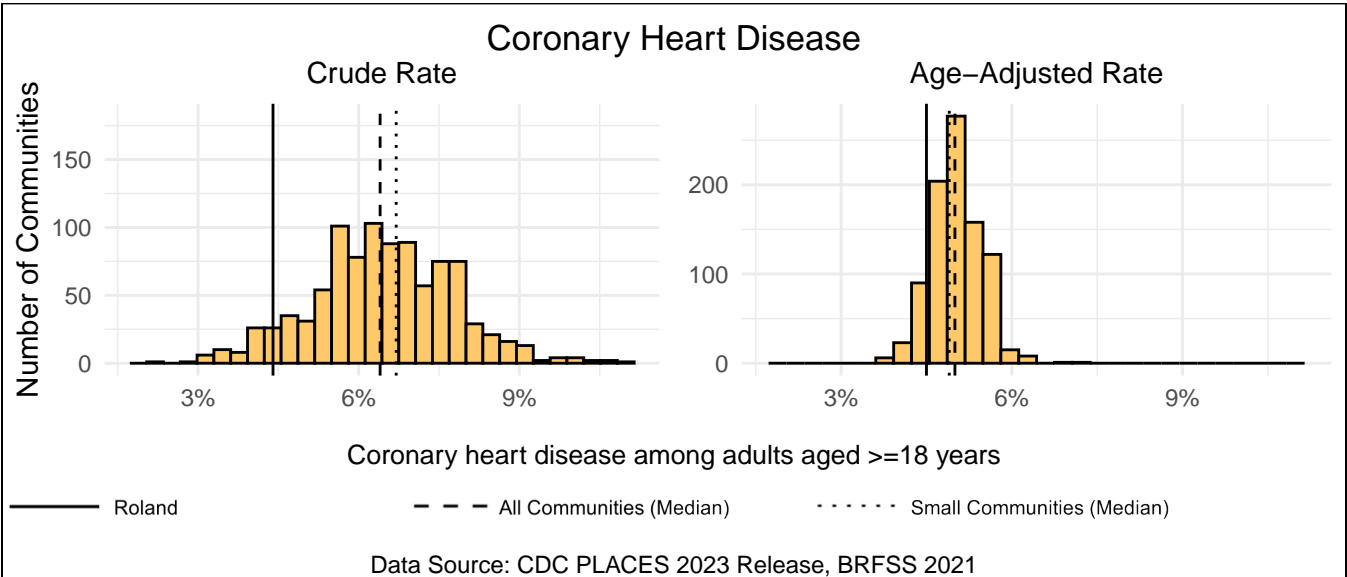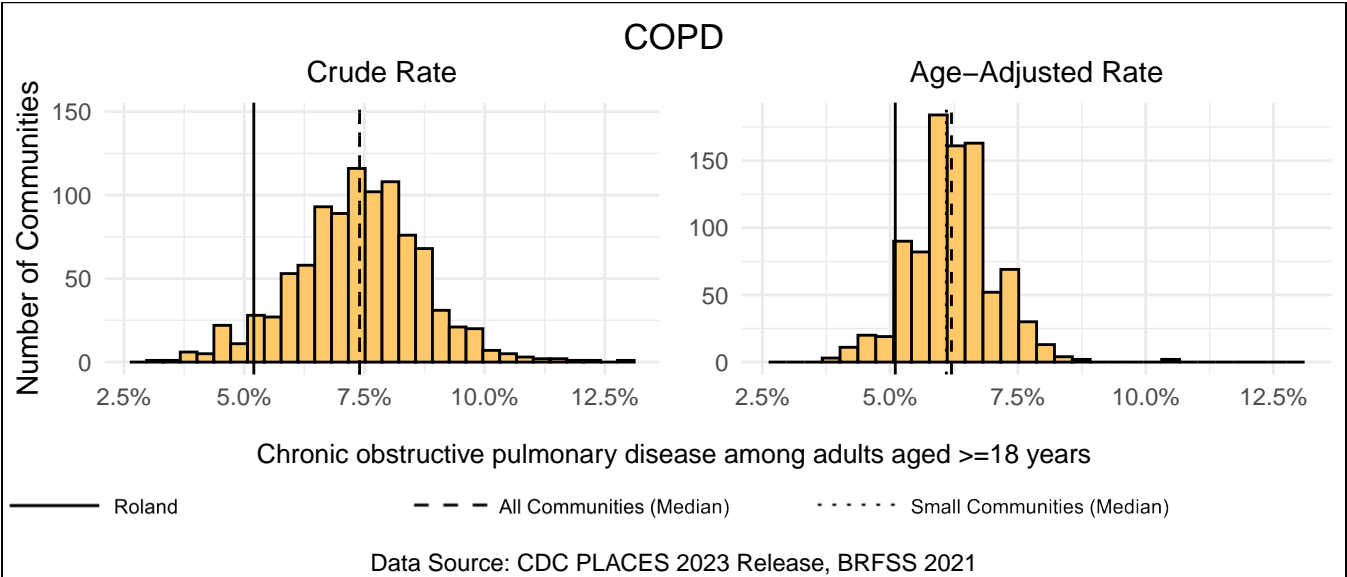
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 5.2% | 7.4% | 7.4% |
| Age-Adjusted | 5.1% | 6.2% | 6.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Depression

Roland has a crude rate of 19.1% for depression among adults aged >=18 years, which ranks 778th out of 958 Iowa communities (117th out of 138 small communities).  The age-adjusted rate for Roland is 19.0%, which ranks 420th out of 905 Iowa communities (64th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 19.1% | 18.0% | 17.9% |
| Age-Adjusted | 19.0% | 19.0% | 19.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Diabetes

Roland has a crude rate of 7.2% for diagnosed diabetes among adults aged >=18 years, which ranks 48th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Roland is 7.1%, which ranks 57th out of 905 Iowa communities (13th out of 138 small communities).
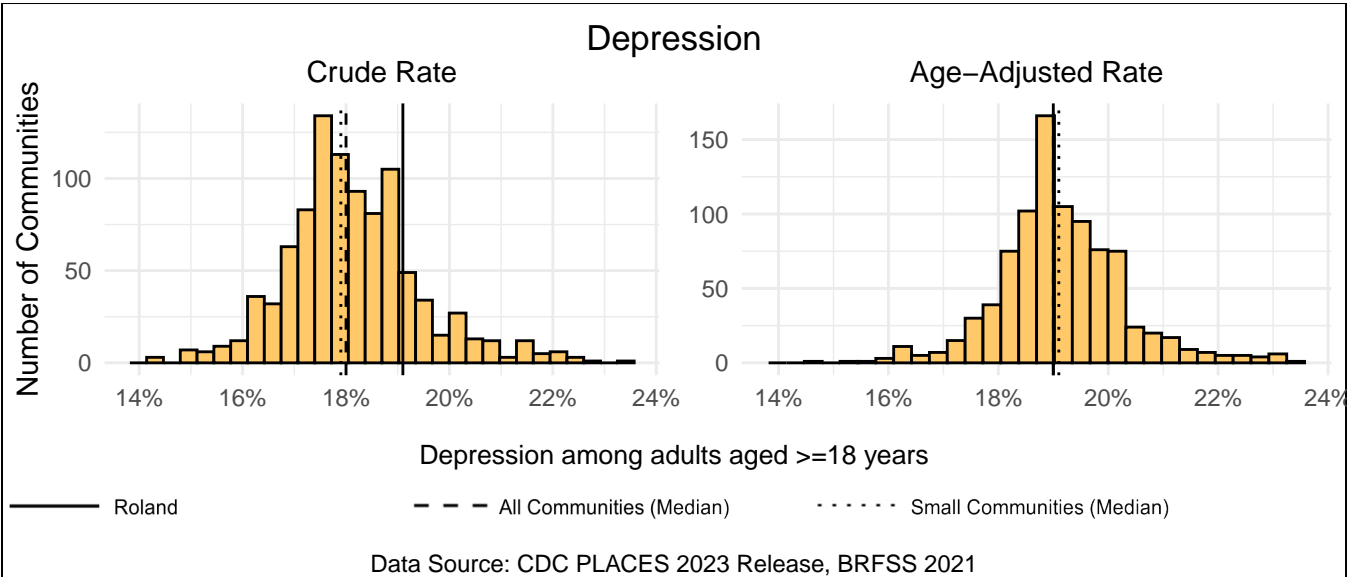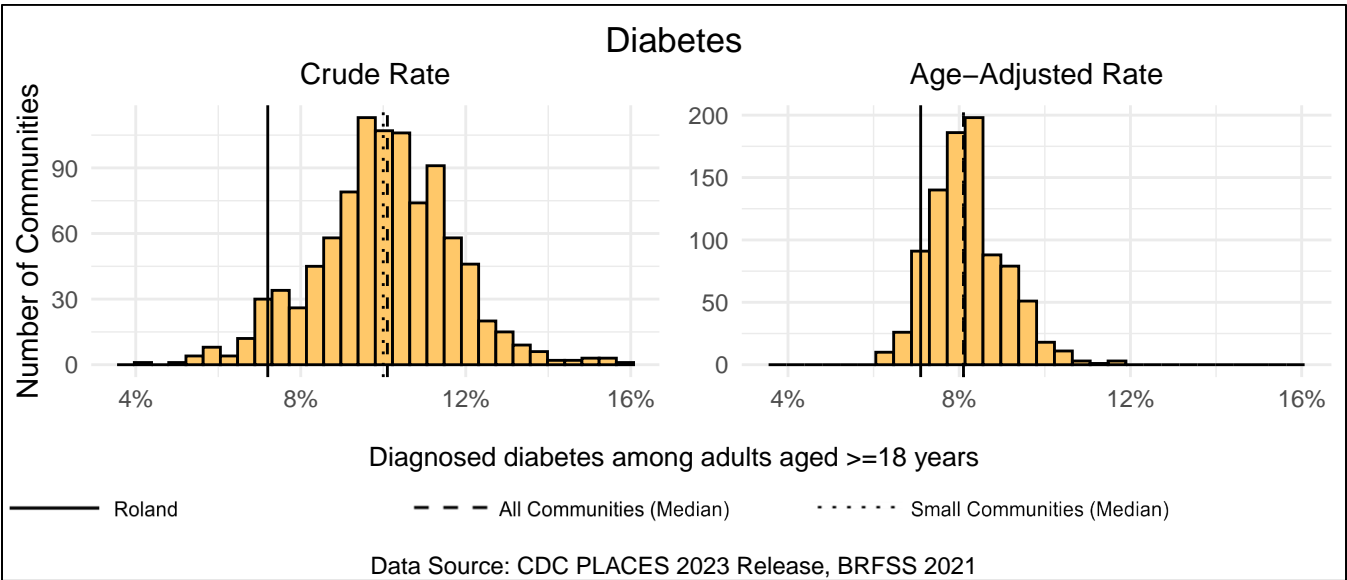
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 7.2% | 10.1% | 10.0% |
| Age-Adjusted | 7.1% | 8.1% | 8.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## High Cholesterol

Roland has a crude rate of 31.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 52nd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Roland is 28.7%, which ranks 100th out of 905 Iowa communities (22nd out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 31.3% | 36.2% | 36.4% |
| Age-Adjusted | 28.7% | 29.7% | 29.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Chronic Kidney Disease

Roland has a crude rate of 2.4% for chronic kidney disease among adults aged >=18 years, which ranks 55th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Roland is 2.4%, which ranks 36th out of 905 Iowa communities (8th out of 138 small communities).
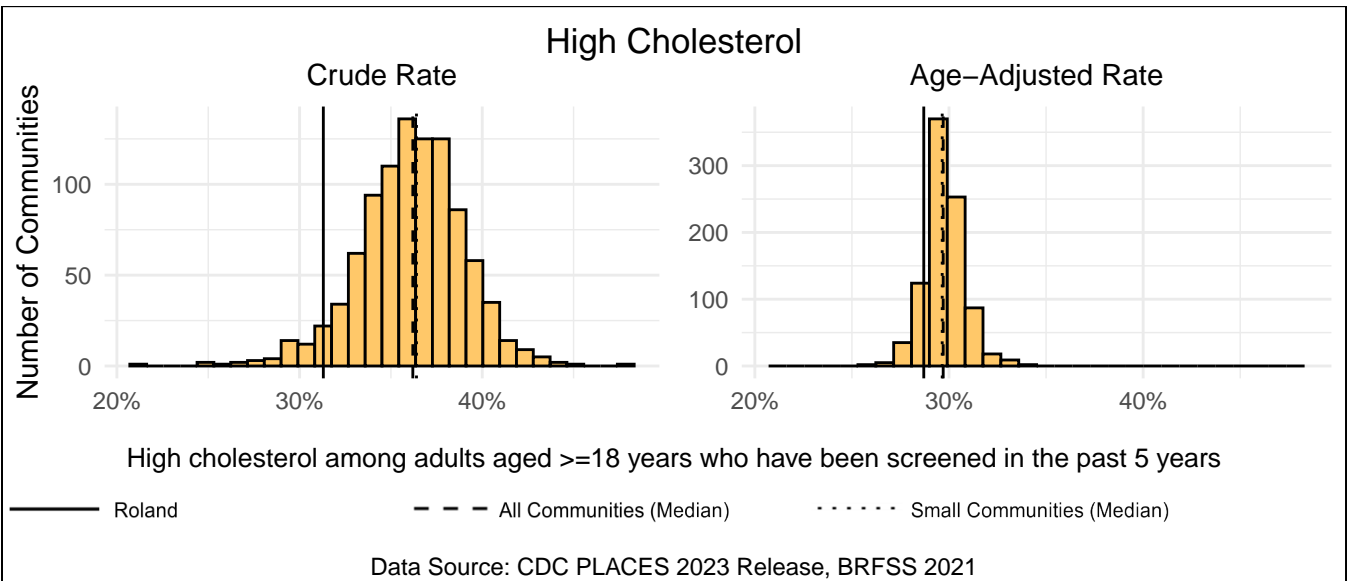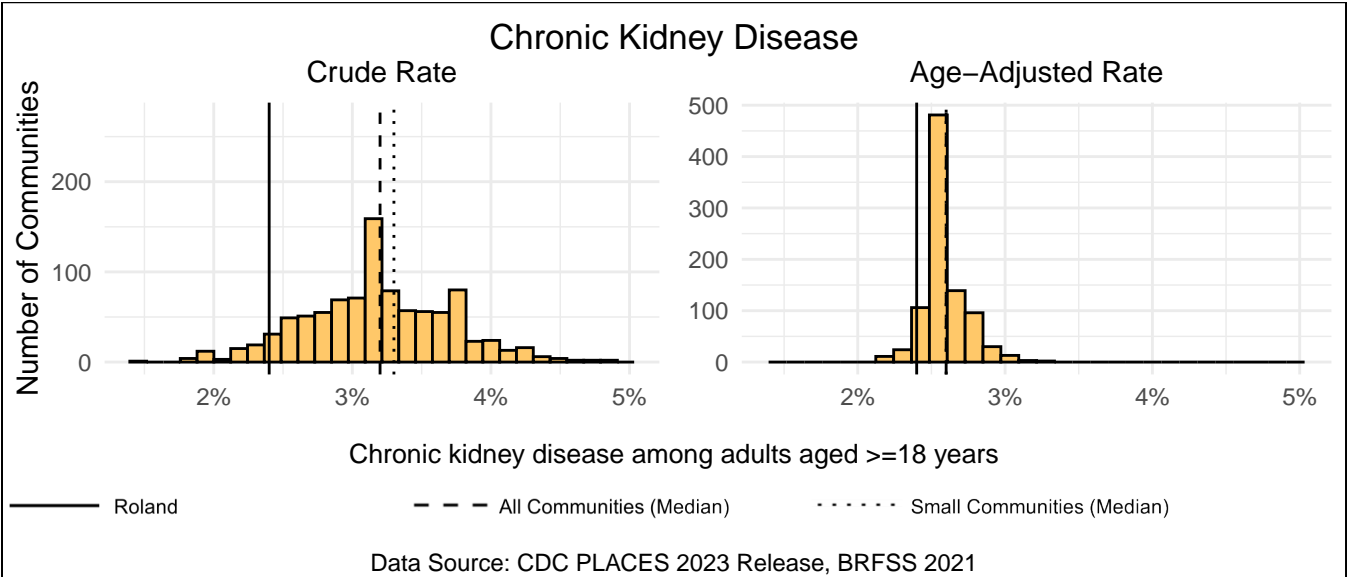
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 2.4% | 3.2% | 3.3% |
| Age-Adjusted | 2.4% | 2.6% | 2.6% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Obesity

Roland has a crude rate of 31.9% for obesity among adults aged >=18 years, which ranks 31st out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Roland is 31.0%, which ranks 15th out of 905 Iowa communities (6th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 31.9% | 37.6% | 37.2% |
| Age-Adjusted | 31.0% | 37.6% | 37.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021
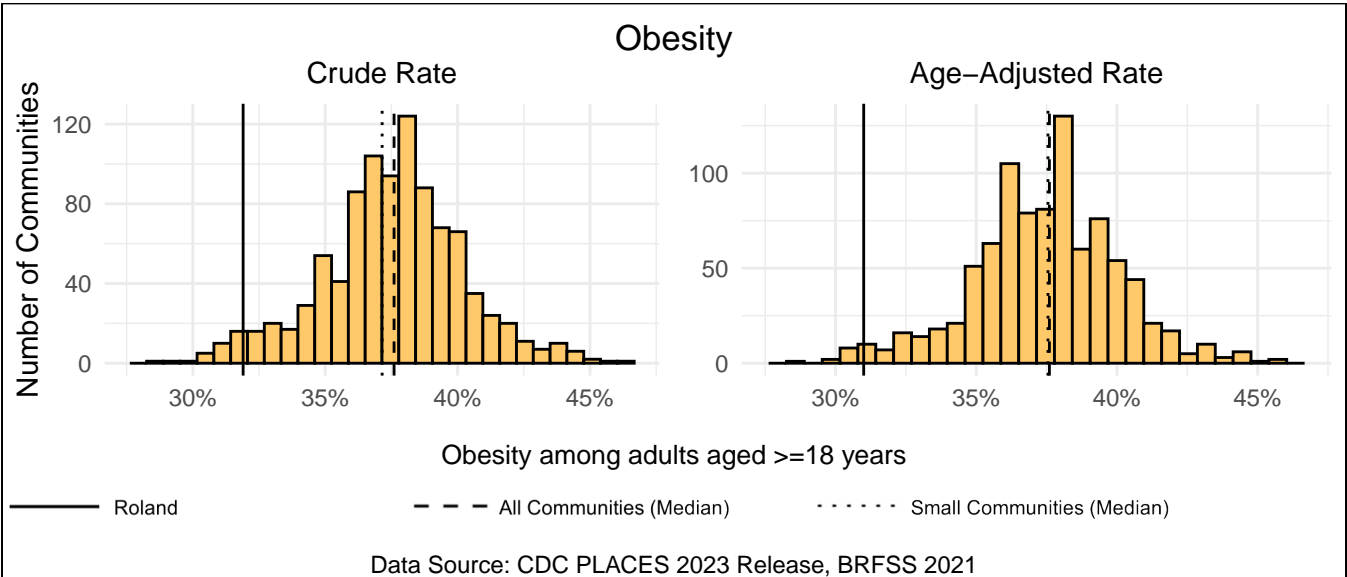
## Stroke

Roland has a crude rate of 2.3% for stroke among adults aged >=18 years, which ranks 59th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Roland is 2.3%, which ranks 49th out of 905 Iowa communities (10th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 2.3% | 3.3% | 3.4% |
| Age-Adjusted | 2.3% | 2.6% | 2.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## All Teeth Lost

Roland has a crude rate of 9.3% for all teeth lost among adults aged >=65 years, which ranks 59th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Roland is 9.2%, which ranks 46th out of 905 Iowa communities (12th out of 138 small communities).
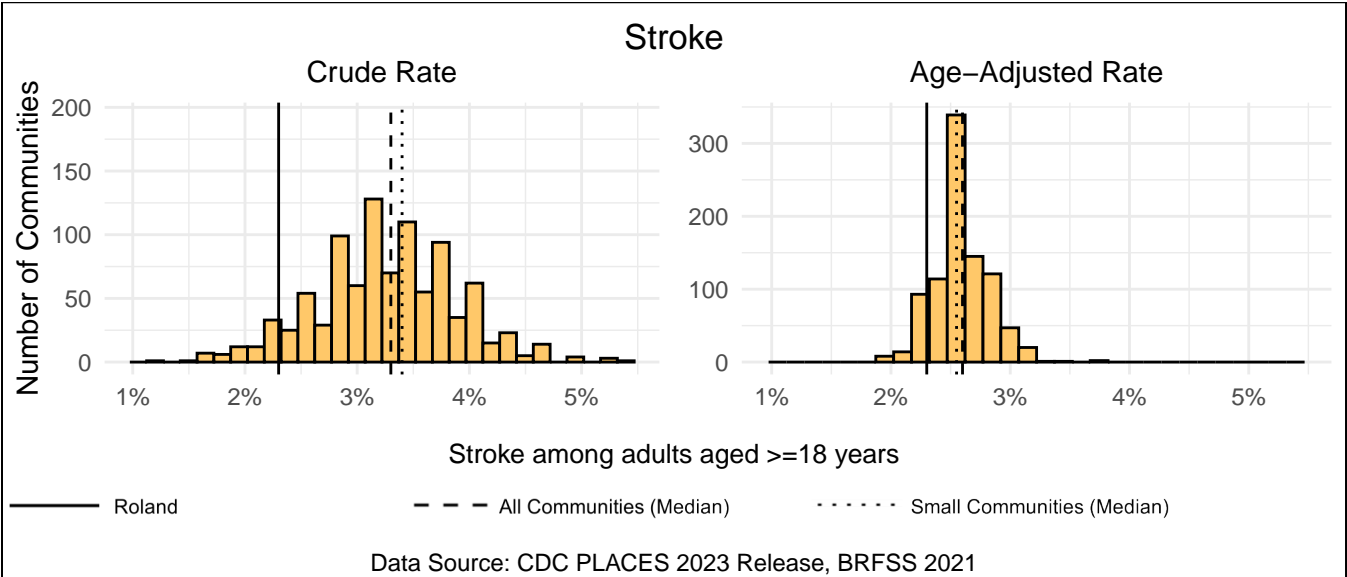
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 9.3% | 12.9% | 12.8% |
| Age-Adjusted | 9.2% | 12.8% | 12.3% |



Data Source: CDC PLACES 2023 Release, BRFSS 2020
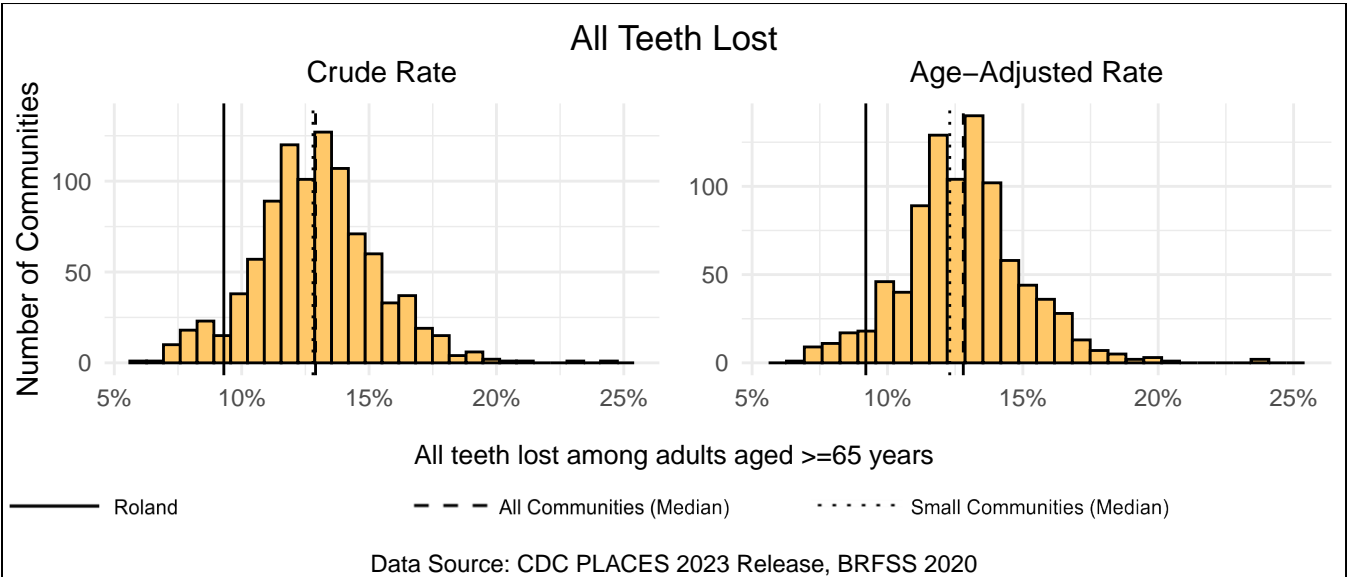
# Prevention

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**

Roland has a crude rate of 5.6% for current lack of health insurance among adults aged 18–64 years, which ranks 40th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Roland is 5.7%, which ranks 35th out of 905 Iowa communities (10th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 5.6% | 7.3% | 7.2% |
| Age-Adjusted | 5.7% | 7.7% | 7.5% |



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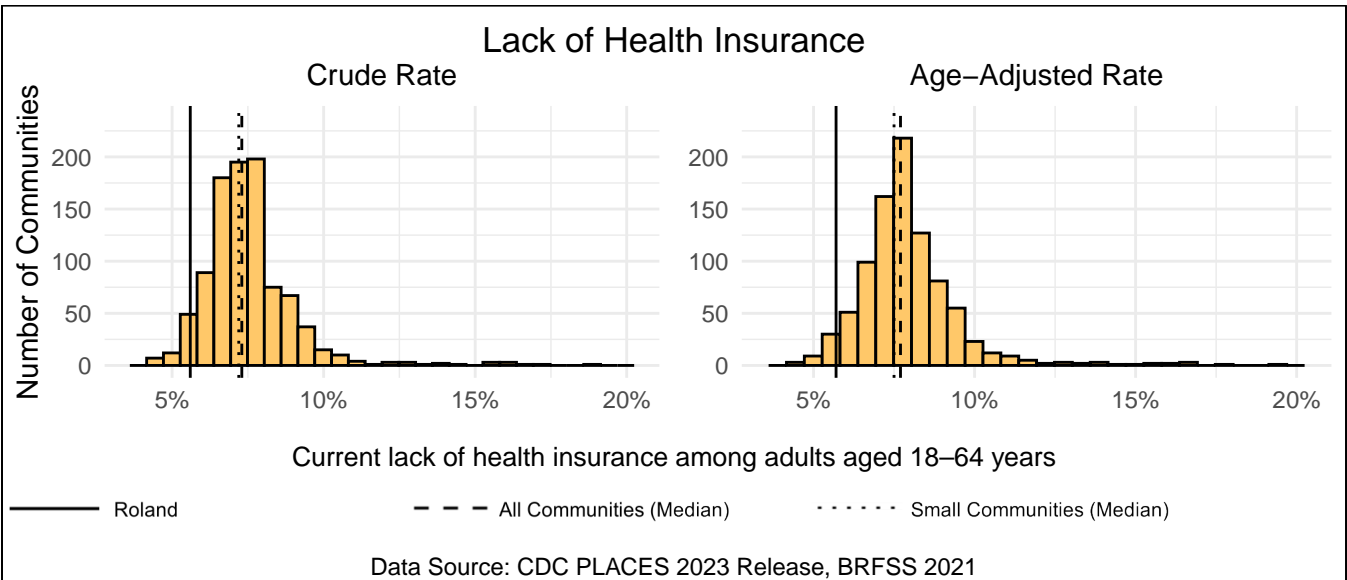
## Taking BP Medication

Roland has a crude rate of 74.1% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 900th out of 958 Iowa communities (126th out of 138 small communities). The age-adjusted rate for Roland is 57.4%, which ranks 839th out of 905 Iowa communities (128th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 74.1% | 79.8% | 80.2% |
| Age-Adjusted | 57.4% | 59.0% | 59.0% |



Taking BP Medication

Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cervical Cancer Screening

Roland has a crude rate of 86.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 39th out of 958 Iowa communities (9th out of 138 small communities). The age-adjusted rate for Roland is 85.4%, which ranks 56th out of 905 Iowa communities (11th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 86.4% | 83.3% | 83.6% |
| Age-Adjusted | 85.4% | 83.2% | 83.5% |



Cervical Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

### Annual Checkup

Roland has a crude rate of 73.3% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 799th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Roland is 73.1%, which ranks 259th out of 905 Iowa communities (47th out of 138 small communities).
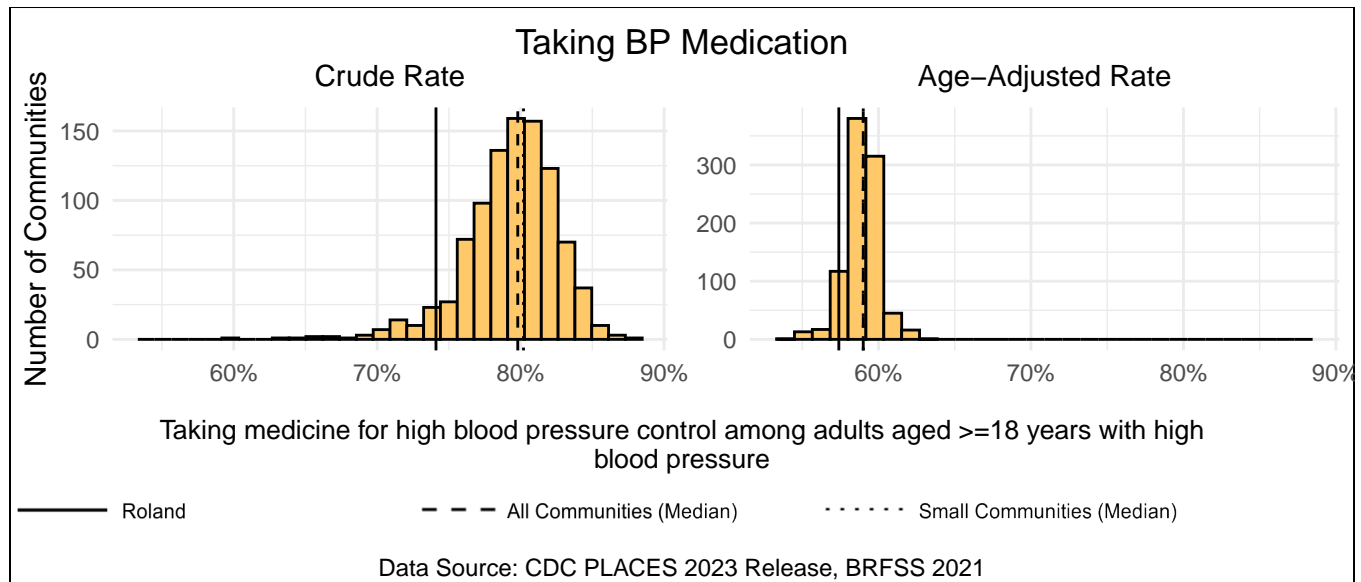
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 73.3% | 75.2% | 75.5% |
| Age-Adjusted | 73.1% | 72.6% | 72.6% |



Annual Checkup
Crude Rate — Age–Adjusted Rate

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

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

Data Source: CDC PLACES 2023 Release, BRFSS 2021

### Cholesterol Screening

Roland has a crude rate of 82.8% for cholesterol screening among adults aged >=18 years, which ranks 433rd out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for Roland is 81.7%, which ranks 40th out of 905 Iowa communities (10th out of 138 small communities).
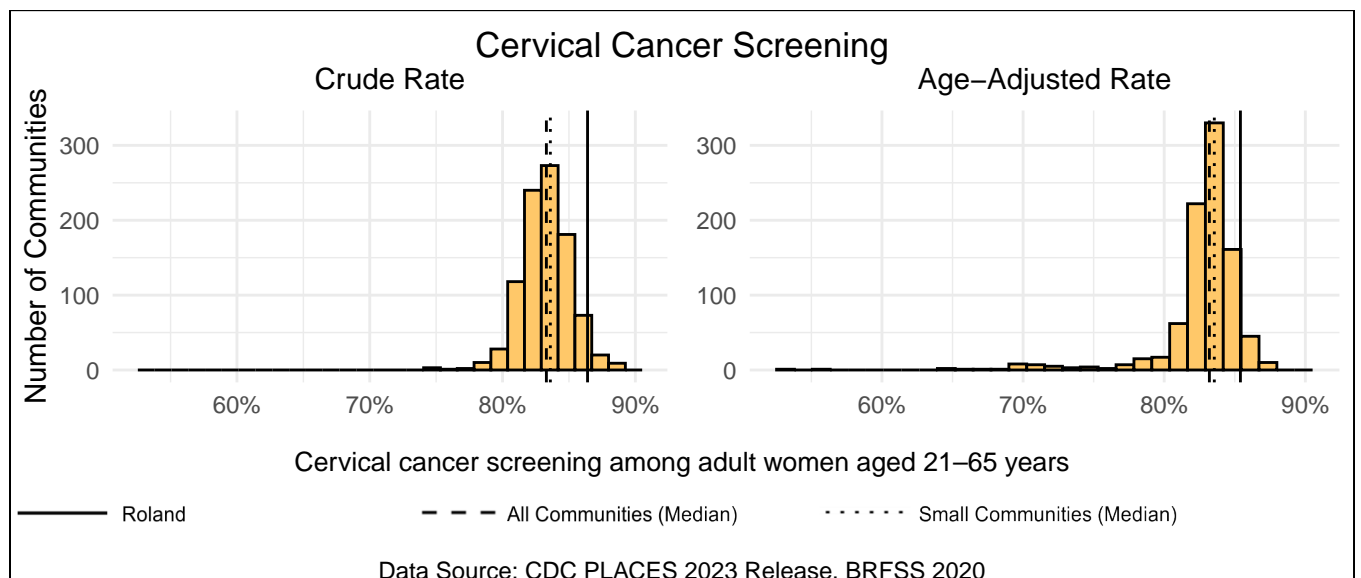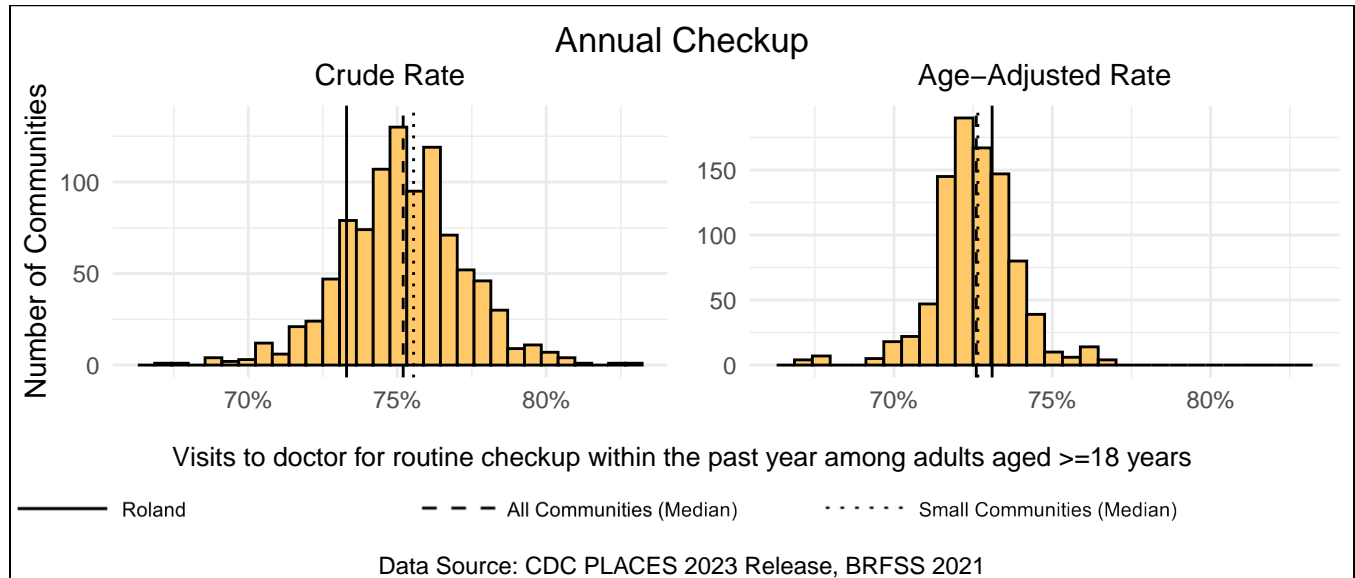
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 82.8% | 82.6% | 82.9% |
| Age-Adjusted | 81.7% | 79.1% | 79.4% |



Cholesterol Screening
Crude Rate — Age–Adjusted Rate

Cholesterol screening among adults aged >=18 years

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

Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Colorectal Cancer Screening

Roland has a crude rate of 75.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 60th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Roland is 76.5%, which ranks 17th out of 905 Iowa communities (6th out of 138 small communities).
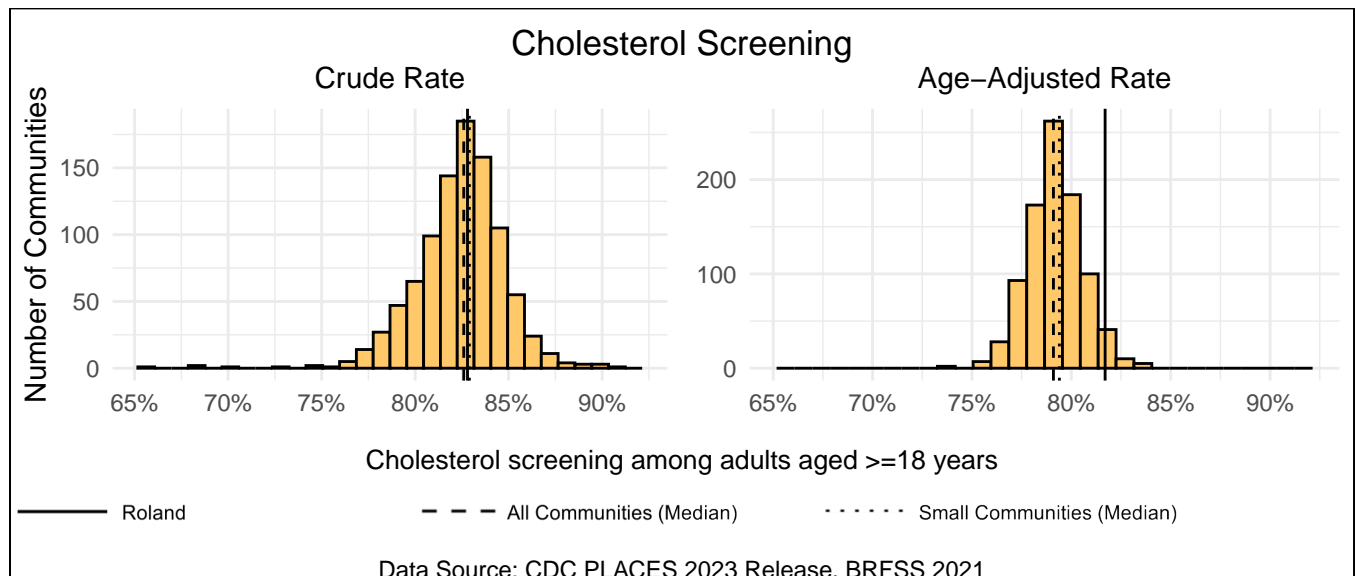
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 75.5% | 71.6% | 71.9% |
| Age-Adjusted | 76.5% | 70.9% | 71.1% |



**Colorectal Cancer Screening**
Colorectal cancer screening among adults aged 50–75 years
Roland — All Communities (Median) - - - Small Communities (Median) ·····
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older men

Roland has a crude rate of 55.6% 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 6th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Roland is 55.8%, which ranks 8th out of 905 Iowa communities (3rd out of 138 small communities).
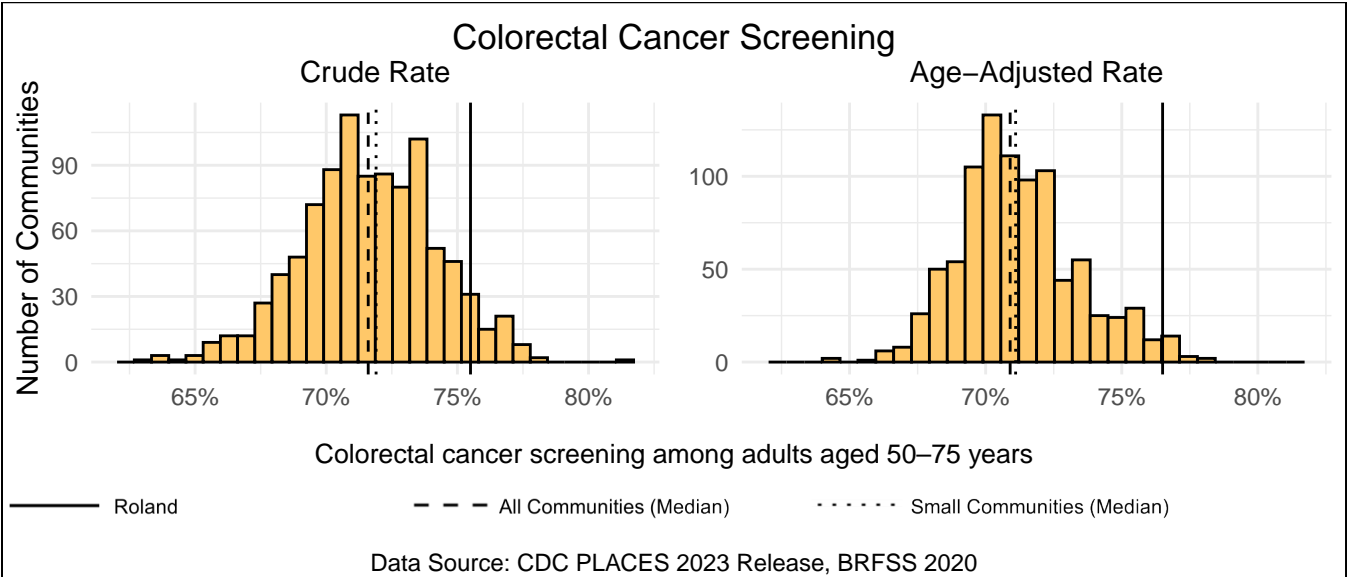
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 55.6% | 43.5% | 43.8% |
| Age-Adjusted | 55.8% | 43.5% | 44.2% |



**Core preventive services for older men**
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
Roland — All Communities (Median) - - - Small Communities (Median) ·····
Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Core preventive services for older women

Roland has a crude rate of 50.5% for older adult women aged >=65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 9th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Roland is 52.7%, which ranks 6th out of 905 Iowa communities (3rd out of 138 small communities).
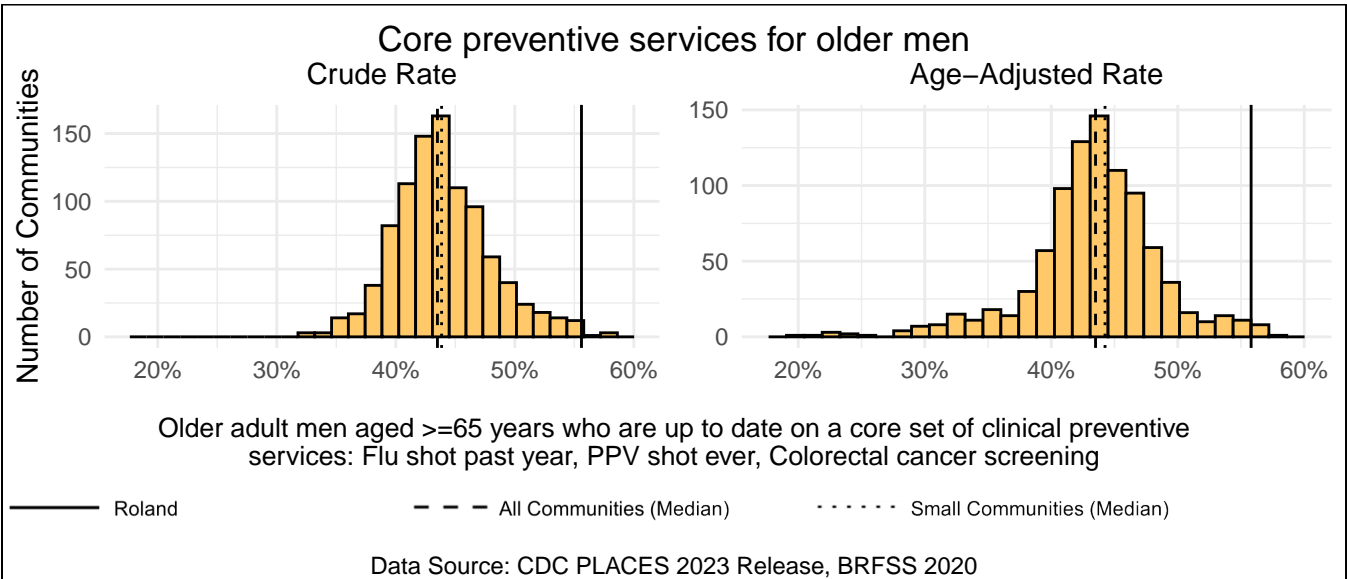
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 50.5% | 39.0% | 38.2% |
| Age-Adjusted | 52.7% | 39.9% | 40.7% |



**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

Roland — — — All Communities (Median) ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

## Dental Visit

Roland has a crude rate of 74.8% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 30th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Roland is 75.0%, which ranks 25th out of 905 Iowa communities (6th out of 138 small communities).
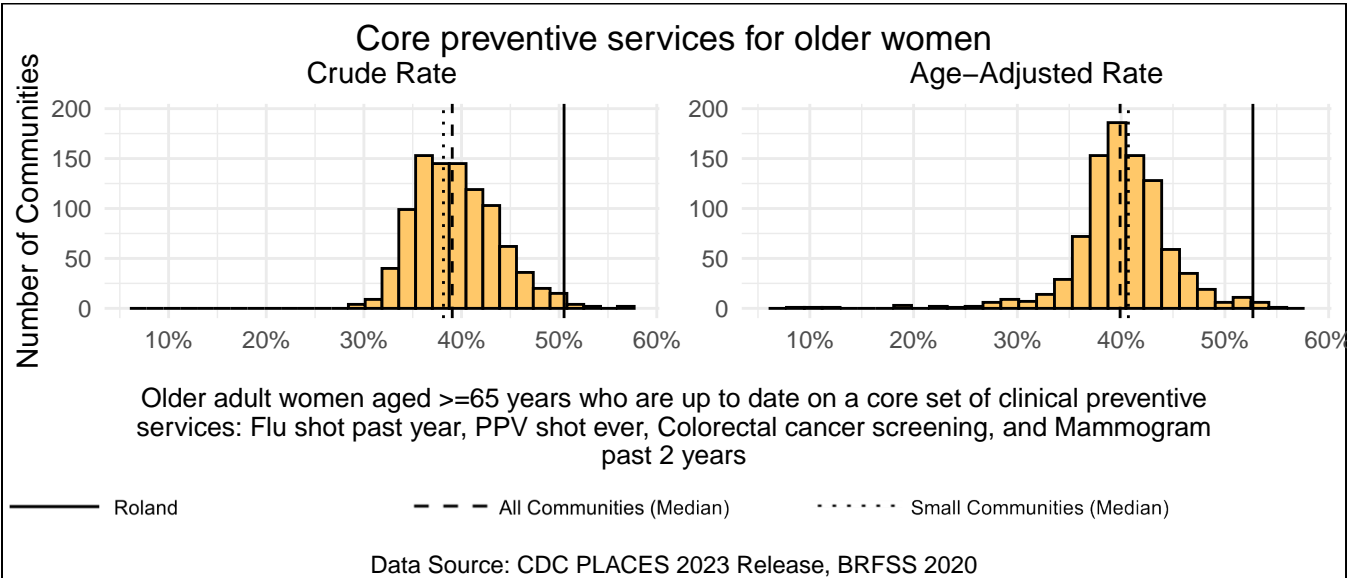
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 74.8% | 67.2% | 68.2% |
| Age-Adjusted | 75.0% | 66.6% | 67.5% |

Dental Visit

**Crude Rate**

**Age−Adjusted Rate**

Number of Communities

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

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

Data Source: CDC PLACES 2023 Release, BRFSS 2020

**Mammography**

Roland has a crude rate of 79.5% for mammography use among women aged 50–74 years, which ranks 78th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Roland is 78.0%, which ranks 45th out of 905 Iowa communities (11th out of 138 small communities).
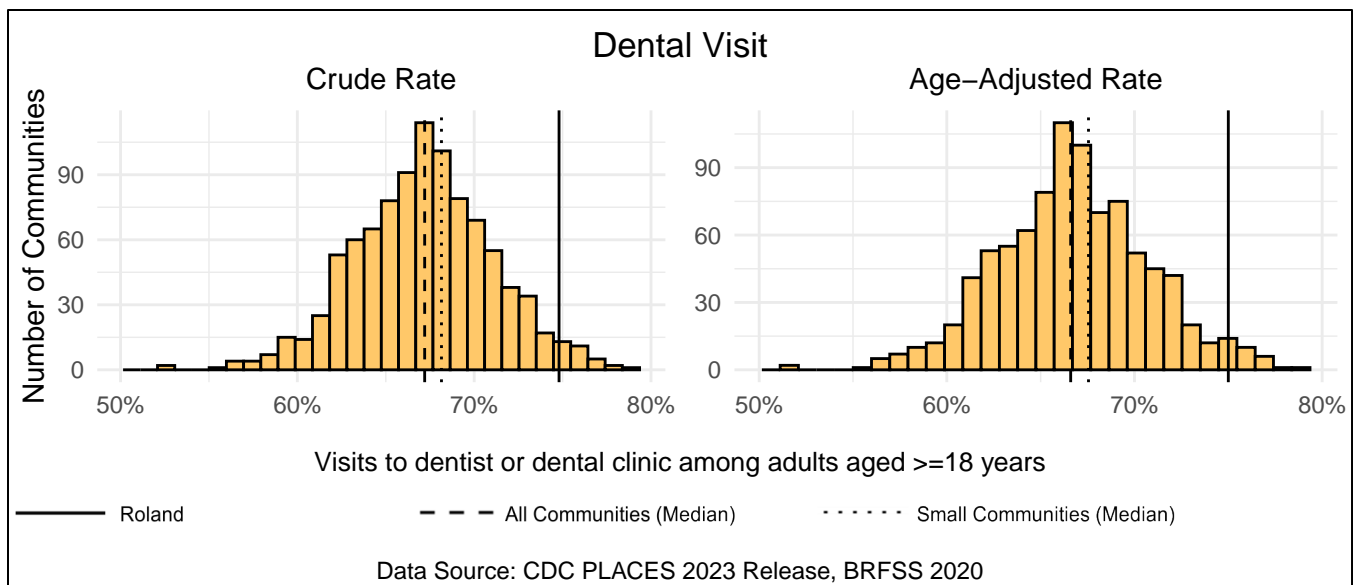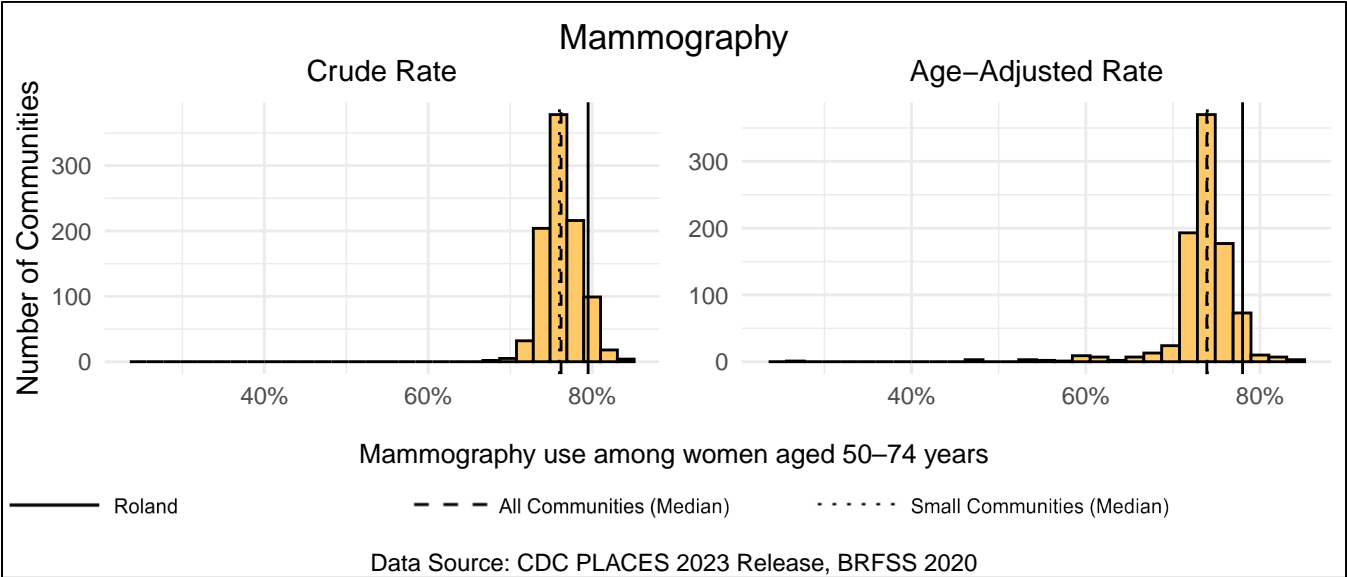
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 79.5% | 76.2% | 76.0% |
| Age-Adjusted | 78.0% | 73.9% | 74.0% |



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

Roland has a crude rate of 5.2% for hearing disability among adults aged >=18 years, which ranks 60th out of 958 Iowa communities (13th out of 138 small communities). The age-adjusted rate for Roland is 5.3%, which ranks 61st out of 905 Iowa communities (11th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 5.2% | 7.4% | 7.6% |
| Age-Adjusted | 5.3% | 6.0% | 5.8% |



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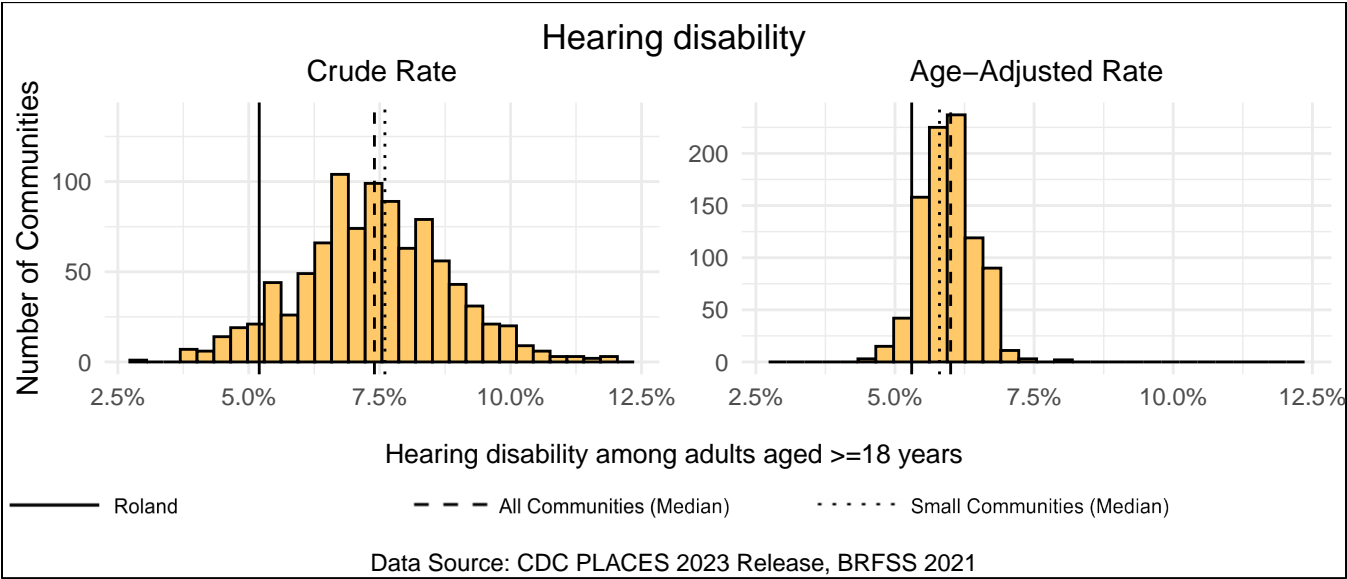
## Vision disability

Roland has a crude rate of 2.9% for vision disability among adults aged >=18 years, which ranks 50th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Roland is 2.8%, which ranks 44th out of 905 Iowa communities (9th out of 138 small communities).

| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 2.9% | 4.1% | 4.1% |
| Age-Adjusted | 2.8% | 3.6% | 3.5% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Cognitive disability

Roland has a crude rate of 9.8% for cognitive disability among adults aged >=18 years, which ranks 105th out of 958 Iowa communities (16th out of 138 small communities). The age-adjusted rate for Roland is 9.8%, which ranks 56th out of 905 Iowa communities (12th out of 138 small communities).
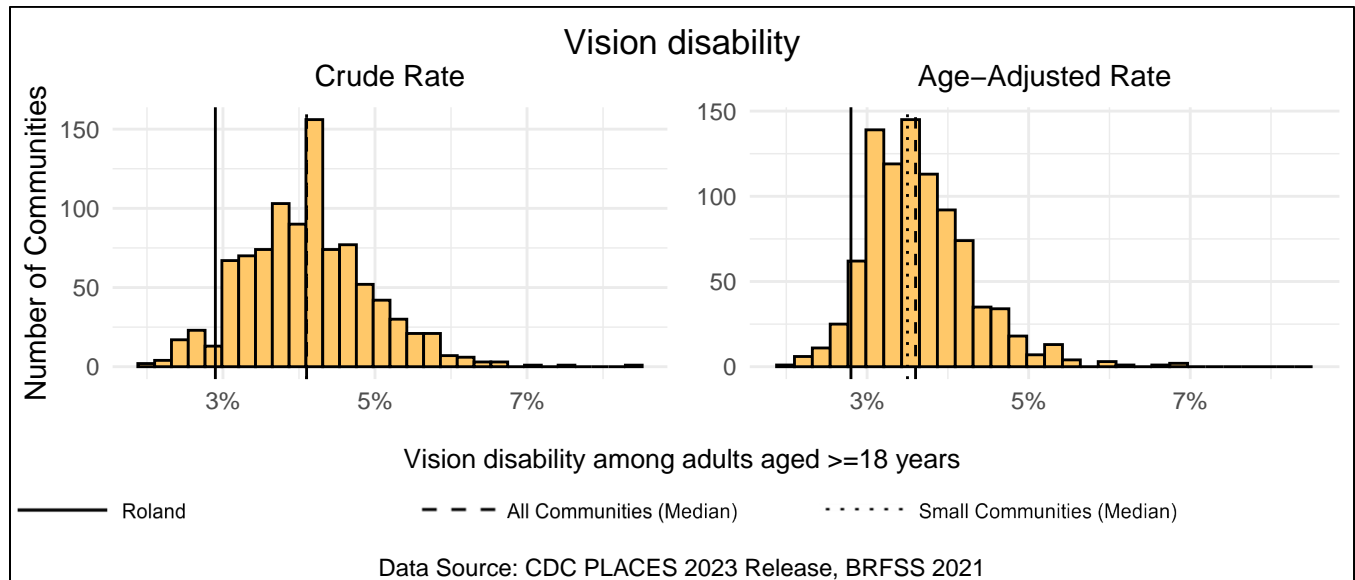
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 9.8% | 11.1% | 10.9% |
| Age-Adjusted | 9.8% | 11.6% | 11.4% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Mobility disability

Roland has a crude rate of 8.1% for mobility disability among adults aged >=18 years, which ranks 56th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Roland is 7.8%, which ranks 50th out of 905 Iowa communities (12th out of 138 small communities).
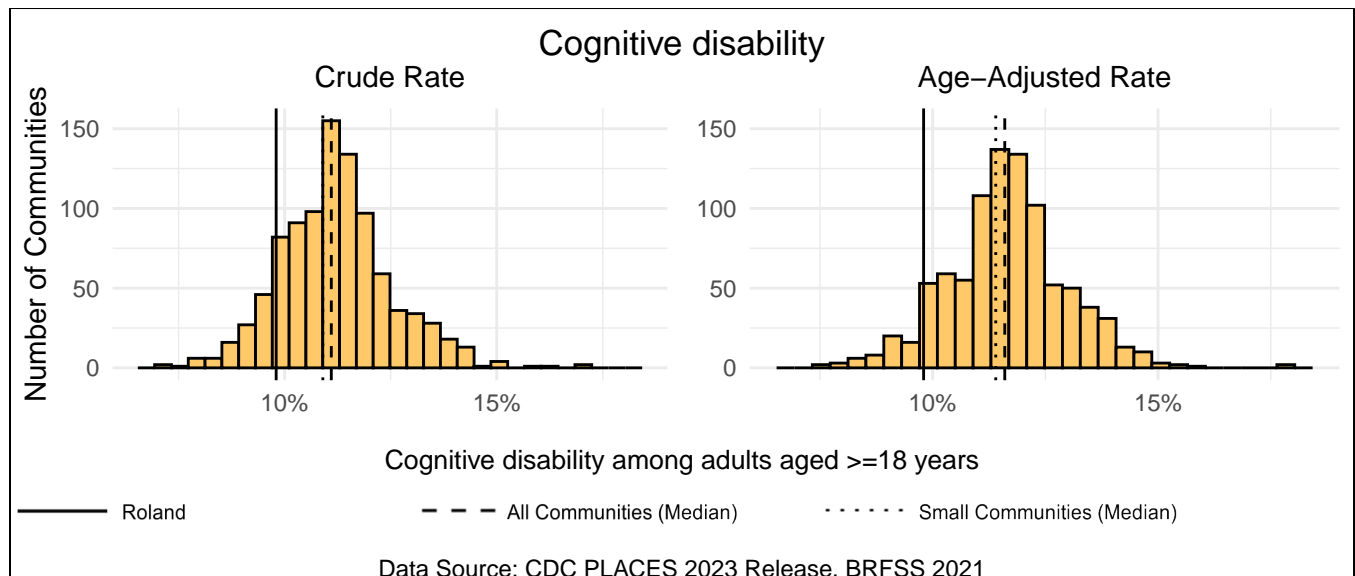
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 8.1% | 11.8% | 12.0% |
| Age-Adjusted | 7.8% | 9.5% | 9.4% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Self-care disability

Roland has a crude rate of 2.5% for self-care disability among adults aged >=18 years, which ranks 60th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Roland is 2.3%, which ranks 45th out of 905 Iowa communities (10th out of 138 small communities).
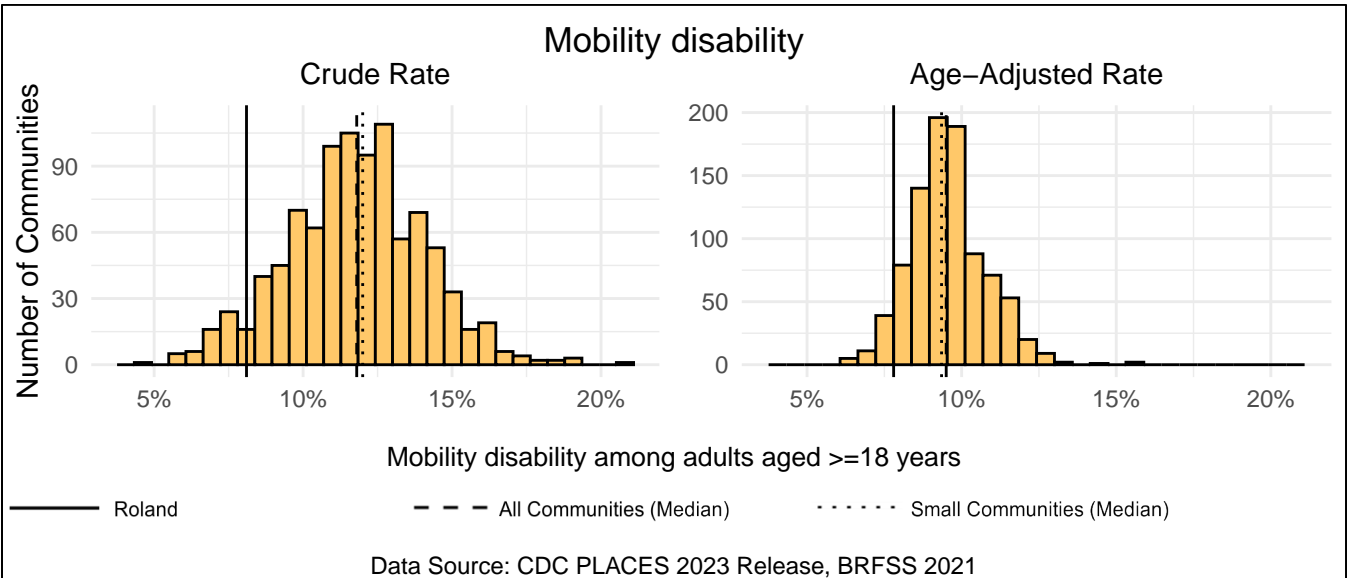
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 2.5% | 3.4% | 3.3% |
| Age-Adjusted | 2.3% | 2.9% | 2.8% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Independent living disability

Roland has a crude rate of 5.2% for independent living disability among adults aged >=18 years, which ranks 70th out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Roland is 5.1%, which ranks 67th out of 905 Iowa communities (14th out of 138 small communities).
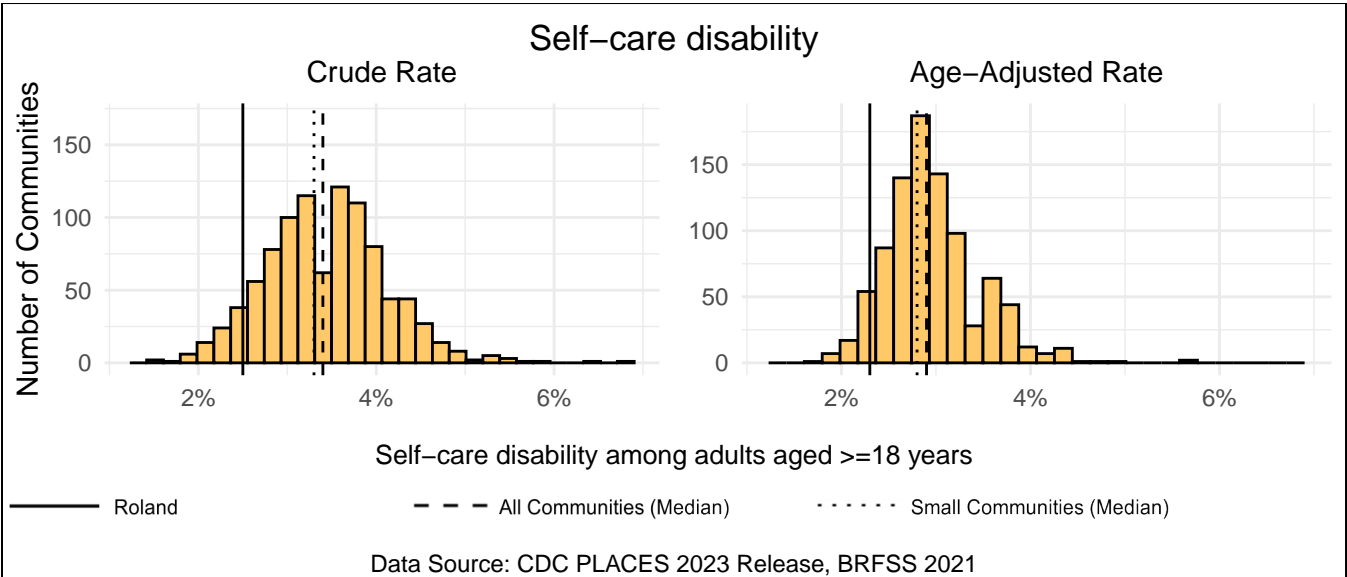
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 5.2% | 6.6% | 6.8% |
| Age-Adjusted | 5.1% | 6.2% | 6.1% |



Data Source: CDC PLACES 2023 Release, BRFSS 2021

## Any disability

Roland has a crude rate of 19.9% for any disability among adults aged >=18 years, which ranks 57th out of 958 Iowa communities (12th out of 138 small communities). The age-adjusted rate for Roland is 20.0%, which ranks 74th out of 905 Iowa communities (12th out of 138 small communities).
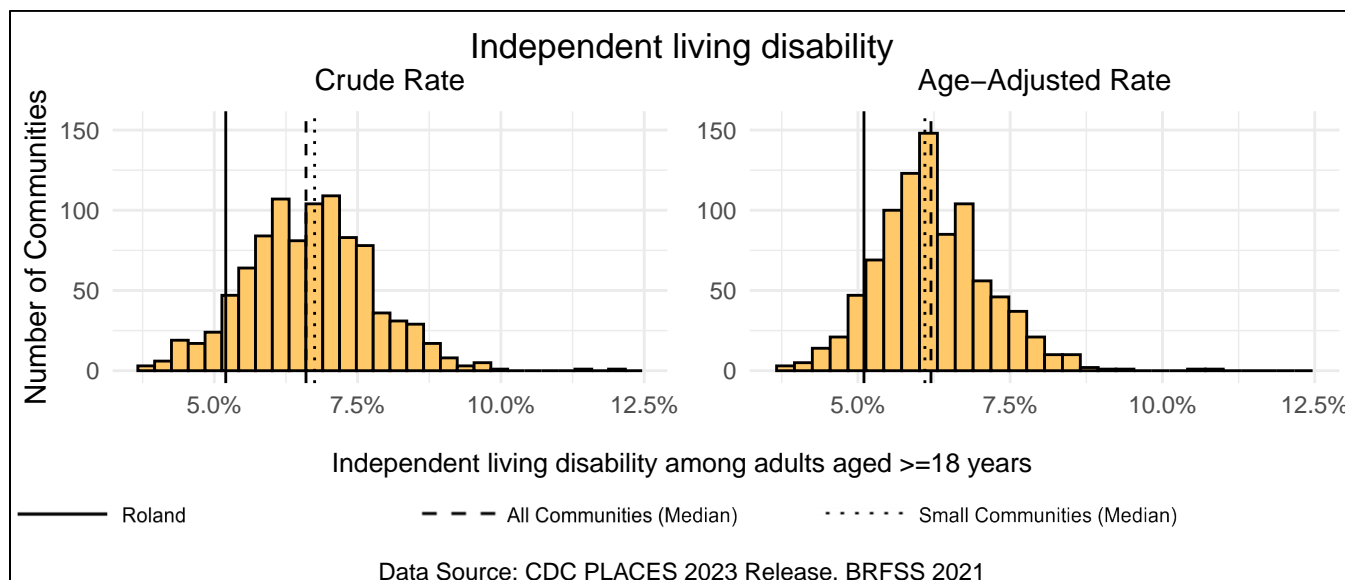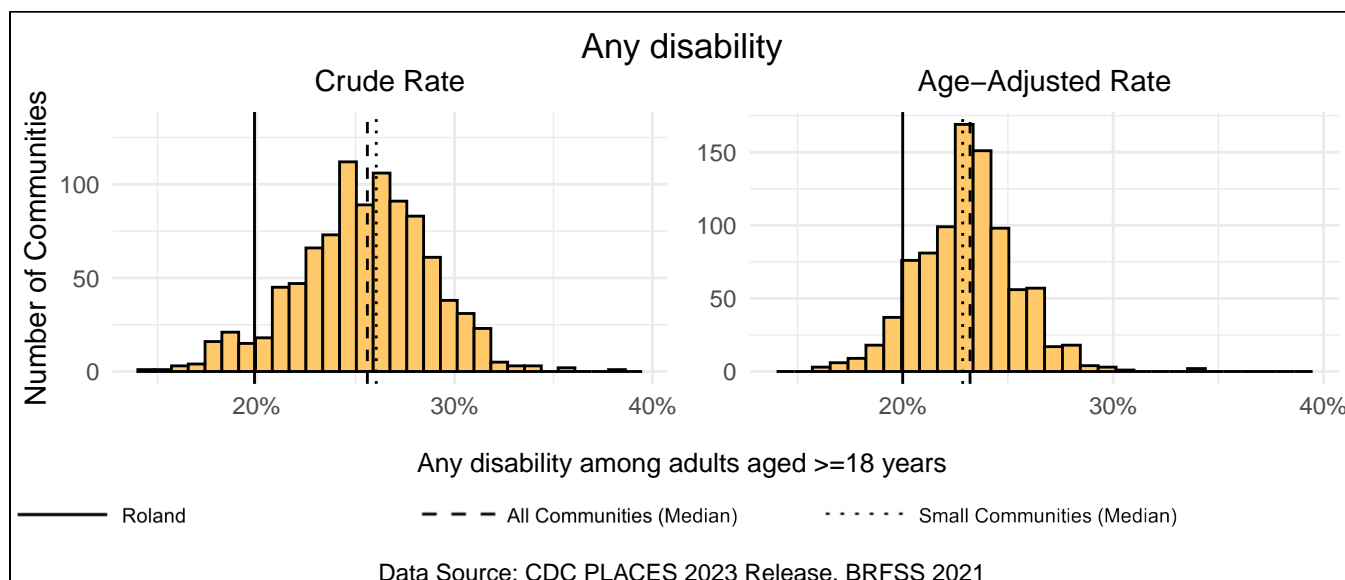
| Measure Type | Roland | All Comm. | Small Comm. |
|---|---|---|---|
| Crude | 19.9% | 25.6% | 26.0% |
| Age-Adjusted | 20.0% | 23.2% | 22.8% |



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: Roland 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 | 328 | 13.9% (11.9% - 16.2%) | 64 | 14.1% (11.9% - 16.3%) |
| Health Status | General Health | 42 | 10.1% (8.1% - 12.3%) | 41 | 9.9% (8.0% - 12.0%) |
| Health Status | Physical Health | 47 | 8.4% (7.1% - 10.0%) | 44 | 8.2% (6.8% - 9.7%) |
| Health Risk Behaviors | Physical Inactivity | 19 | 18.0% (14.3% - 22.0%) | 15 | 17.7% (14.2% - 21.8%) |
| Health Risk Behaviors | Binge Drinking | 920 | 23.5% (19.9% - 27.3%) | 835 | 23.6% (20.0% - 27.6%) |
| Health Risk Behaviors | Current Smoking | 73 | 13.9% (10.3% - 17.9%) | 44 | 13.3% (10.0% - 17.1%) |
| Health Risk Behaviors | Sleep <7 hours | 50 | 27.3% (25.6% - 29.1%) | 23 | 26.8% (25.1% - 28.5%) |
| Health Outcomes | Obesity | 31 | 31.9% (26.2% - 38.0%) | 15 | 31.0% (25.4% - 37.0%) |
| Health Outcomes | Depression | 778 | 19.1% (15.7% - 22.8%) | 420 | 19.0% (15.8% - 22.5%) |
| Health Outcomes | Stroke | 59 | 2.3% (2.0% - 2.6%) | 49 | 2.3% (2.0% - 2.6%) |
| Health Outcomes | Coronary Heart Disease | 61 | 4.4% (3.8% - 5.1%) | 78 | 4.5% (3.8% - 5.2%) |
| Health Outcomes | Current Asthma | 215 | 9.1% (8.0% - 10.3%) | 125 | 9.1% (7.9% - 10.3%) |
| Health Outcomes | Chronic Kidney Disease | 55 | 2.4% (2.1% - 2.7%) | 36 | 2.4% (2.1% - 2.7%) |
| Health Outcomes | High Cholesterol | 52 | 31.3% (27.2% - 35.5%) | 100 | 28.7% (24.6% - 33.0%) |
| Health Outcomes | Arthritis | 78 | 22.4% (18.9% - 26.1%) | 124 | 21.8% (18.6% - 25.3%) |
| Health Outcomes | High Blood Pressure | 61 | 25.9% (22.3% - 29.7%) | 80 | 25.4% (22.0% - 29.0%) |
| Health Outcomes | Diabetes | 48 | 7.2% (6.0% - 8.6%) | 57 | 7.1% (5.9% - 8.4%) |
| Health Outcomes | All Teeth Lost | 59 | 9.3% (5.4% - 14.0%) | 46 | 9.2% (5.5% - 13.8%) |
| Health Outcomes | COPD | 52 | 5.2% (4.1% - 6.4%) | 54 | 5.1% (4.1% - 6.2%) |
| Health Outcomes | Cancer (except skin) | 93 | 6.5% (5.8% - 7.2%) | 418 | 6.5% (5.9% - 7.2%) |
| Prevention | Core preventive services for older men | 6 | 55.6% (47.3% - 64.3%) | 8 | 55.8% (47.6% - 64.4%) |
| Prevention | Taking BP Medication | 900 | 74.1% (70.1% - 77.8%) | 839 | 57.4% (52.5% - 62.4%) |
| Prevention | Colorectal Cancer Screening | 60 | 75.5% (72.2% - 78.6%) | 17 | 76.5% (73.4% - 79.4%) |
| Prevention | Cholesterol Screening | 433 | 82.8% (79.5% - 85.7%) | 40 | 81.7% (78.1% - 84.7%) |
| Prevention | Health Insurance | 40 | 5.6% (4.2% - 7.4%) | 35 | 5.7% (4.1% - 7.6%) |
| Prevention | Annual Checkup | 799 | 73.3% (68.6% - 77.5%) | 259 | 73.1% (68.6% - 77.5%) |

| Category | Health Domain | Crude Rate Rank | Crude Rate (95% CI) | Age-Adj. Rate Rank | Age-Adj. Rate (95% CI) |
|---|---|---|---|---|---|
| Prevention | Mammography | 78 | 79.5% (75.4% - 83.2%) | 45 | 78.0% (74.0% - 81.7%) |
| Prevention | Cervical Cancer Screening | 39 | 86.4% (83.9% - 88.7%) | 56 | 85.4% (82.8% - 87.7%) |
| Prevention | Core preventive services for older women | 9 | 50.5% (42.9% - 58.3%) | 6 | 52.7% (45.2% - 59.7%) |
| Prevention | Dental Visit | 30 | 74.8% (71.2% - 77.9%) | 25 | 75.0% (71.3% - 78.0%) |
| Disability | Any Disability | 57 | 19.9% (16.4% - 23.7%) | 74 | 20.0% (16.6% - 23.6%) |
| Disability | Independent Living Disability | 70 | 5.2% (4.2% - 6.2%) | 67 | 5.1% (4.2% - 6.0%) |
| Disability | Self-care Disability | 60 | 2.5% (2.0% - 2.9%) | 45 | 2.3% (1.9% - 2.8%) |
| Disability | Vision Disability | 50 | 2.9% (2.4% - 3.4%) | 44 | 2.8% (2.3% - 3.4%) |
| Disability | Cognitive Disability | 105 | 9.8% (7.9% - 11.7%) | 56 | 9.8% (8.0% - 11.7%) |
| Disability | Hearing Disability | 60 | 5.2% (4.4% - 6.0%) | 61 | 5.3% (4.6% - 6.0%) |
| Disability | Mobility Disability | 56 | 8.1% (6.5% - 9.8%) | 50 | 7.8% (6.4% - 9.5%) |

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)

Roland 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 | | |