



Iowa Community Health Snapshot Series

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



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Iowa Community Health Snapshot Series

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Health in Sac City: Overview

Dear Community Members & Stakeholders of Sac City,

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 Sac City ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sac City'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 Sac City. 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
Taking BP Medication	46th	6th	Taking BP Medication	157th	20th
Binge Drinking	66th	10th	Core preventive services for older men	217th	36th
Depression	95th	15th	High Blood Pressure	230th	33rd
Cholesterol Screening	140th	18th	Mammography	246th	38th
Annual Checkup	141st	29th	High Cholesterol	336th	52nd

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
Cancer (except skin)	913th	131st	Annual Checkup	746th	124th
Hearing Disability	900th	129th	Current Asthma	696th	107th
Core preventive services for older women	897th	133rd	Core preventive services for older women	693rd	121st
Stroke	894th	129th	Colorectal Cancer Screening	687th	117th
Arthritis	890th	127th	Cholesterol Screening	668th	110th

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 Sac City.

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

With a population of 1,825, Sac City’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.



Health Status

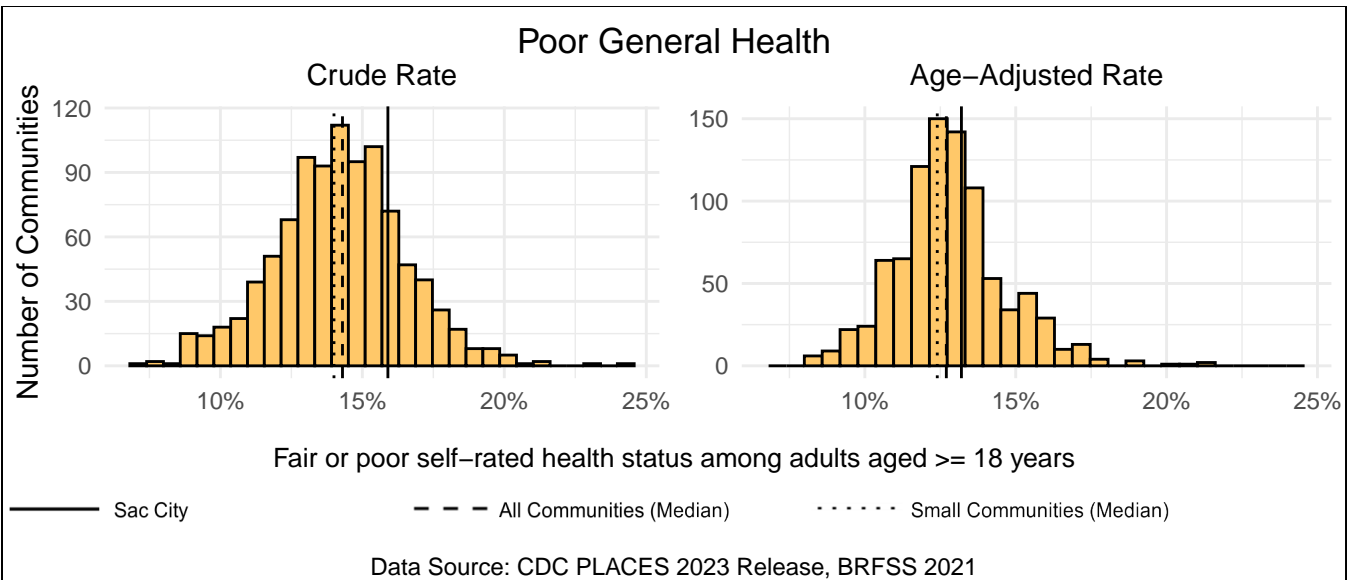
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Sac City has a crude rate of 15.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 752nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Sac City is 13.2%, which ranks 552nd out of 905 Iowa communities (92nd out of 138 small communities).

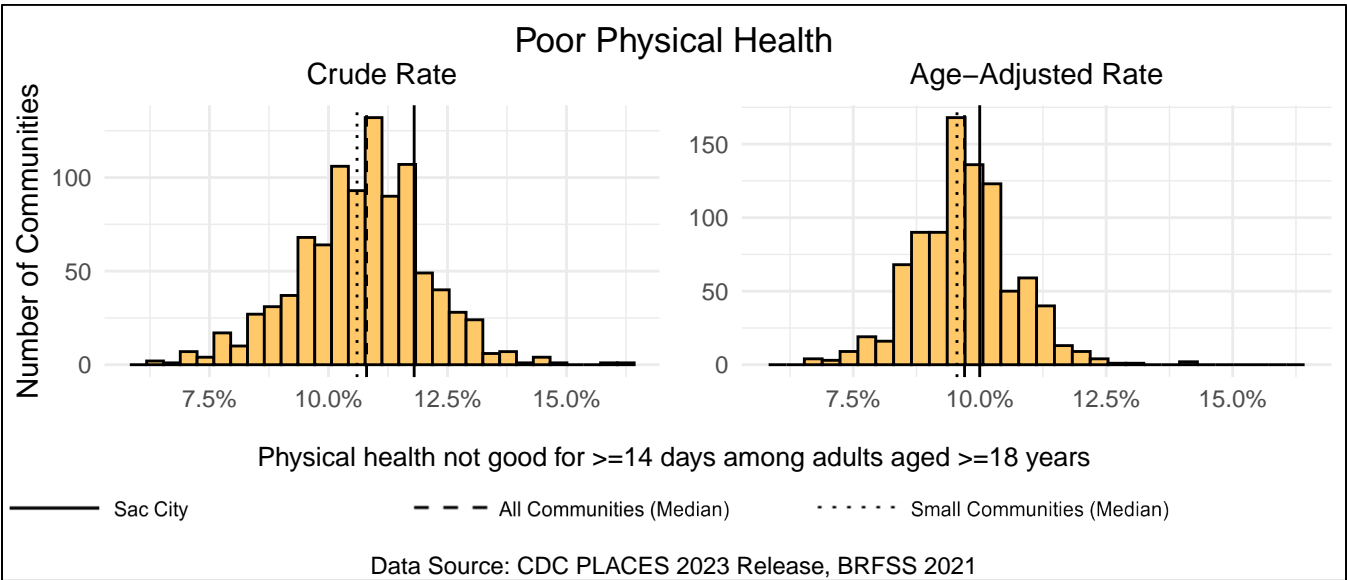
Measure Type	Sac City	All Comm.	Small Comm.
Crude	15.9%	14.3%	14.0%
Age-Adjusted	13.2%	12.7%	12.4%



Poor Physical Health

Sac City has a crude rate of 11.8% for physical health not good for >=14 days among adults aged >=18 years, which ranks 775th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Sac City is 10.0%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

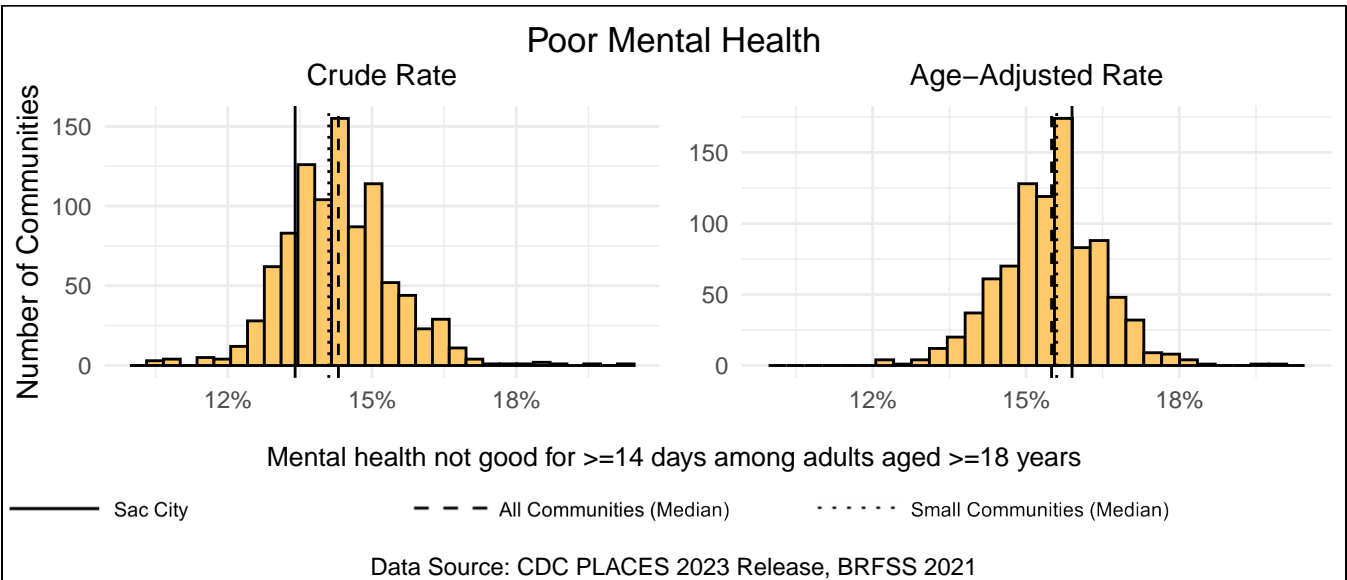
Measure Type	Sac City	All Comm.	Small Comm.
Crude	11.8%	10.8%	10.6%
Age-Adjusted	10.0%	9.7%	9.6%



Poor Mental Health

Sac City has a crude rate of 13.4% for mental health not good for >=14 days among adults aged >=18 years, which ranks 164th out of 958 Iowa communities (25th out of 138 small communities). The age-adjusted rate for Sac City is 15.9%, which ranks 596th out of 905 Iowa communities (93rd out of 138 small communities).

Measure Type	Sac City	All Comm.	Small Comm.
Crude	13.4%	14.3%	14.1%
Age-Adjusted	15.9%	15.5%	15.6%



Health Risk Behaviors

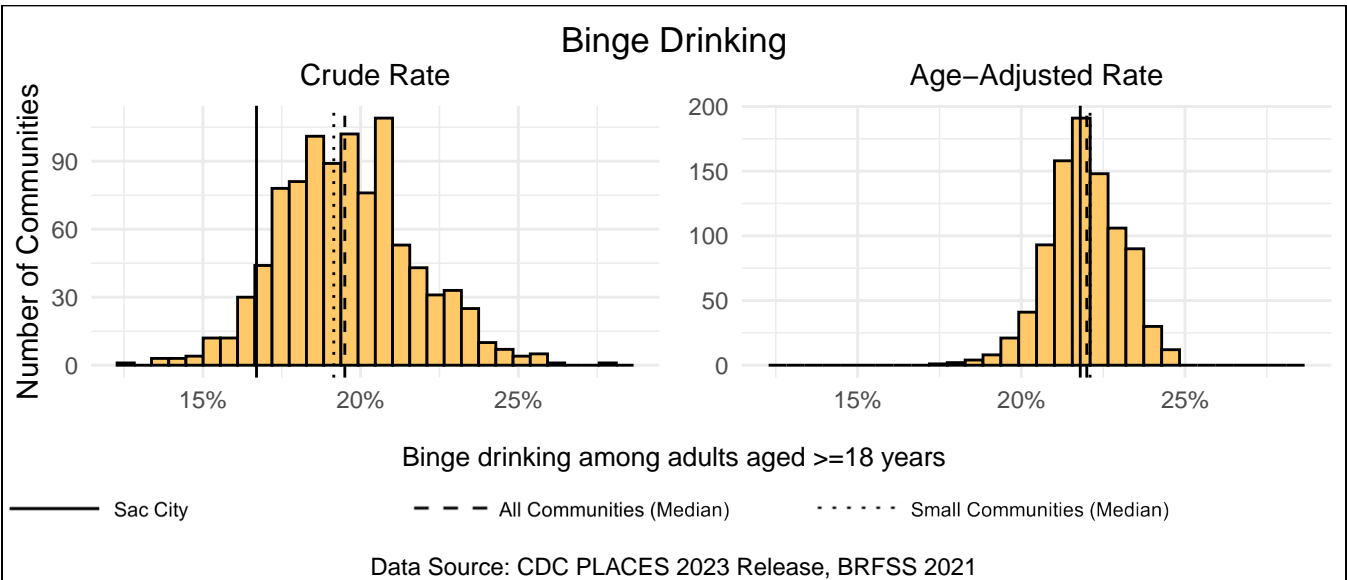
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Sac City has a crude rate of 16.7% for binge drinking among adults aged ≥ 18 years, which ranks 66th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Sac City is 21.8%, which ranks 389th out of 905 Iowa communities (61st out of 138 small communities).

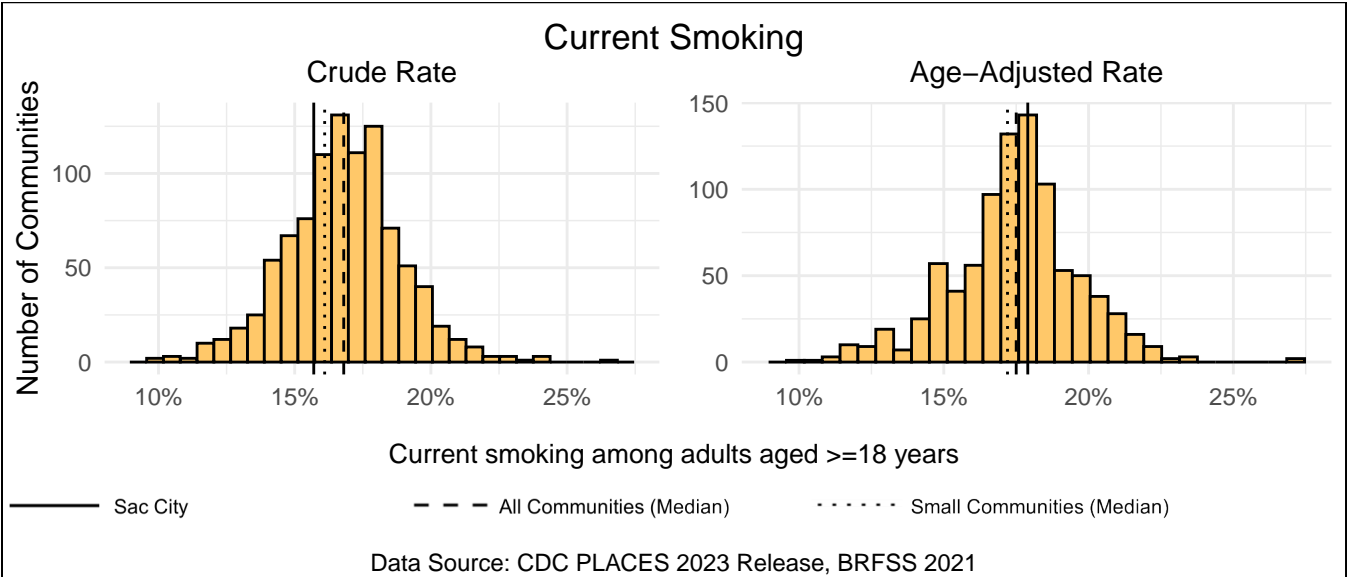
Measure Type	Sac City	All Comm.	Small Comm.
Crude	16.7%	19.5%	19.1%
Age-Adjusted	21.8%	22.0%	22.1%



Current Smoking

Sac City has a crude rate of 15.7% for current smoking among adults aged >=18 years, which ranks 256th out of 958 Iowa communities (56th out of 138 small communities). The age-adjusted rate for Sac City is 17.9%, which ranks 513th out of 905 Iowa communities (85th out of 138 small communities).

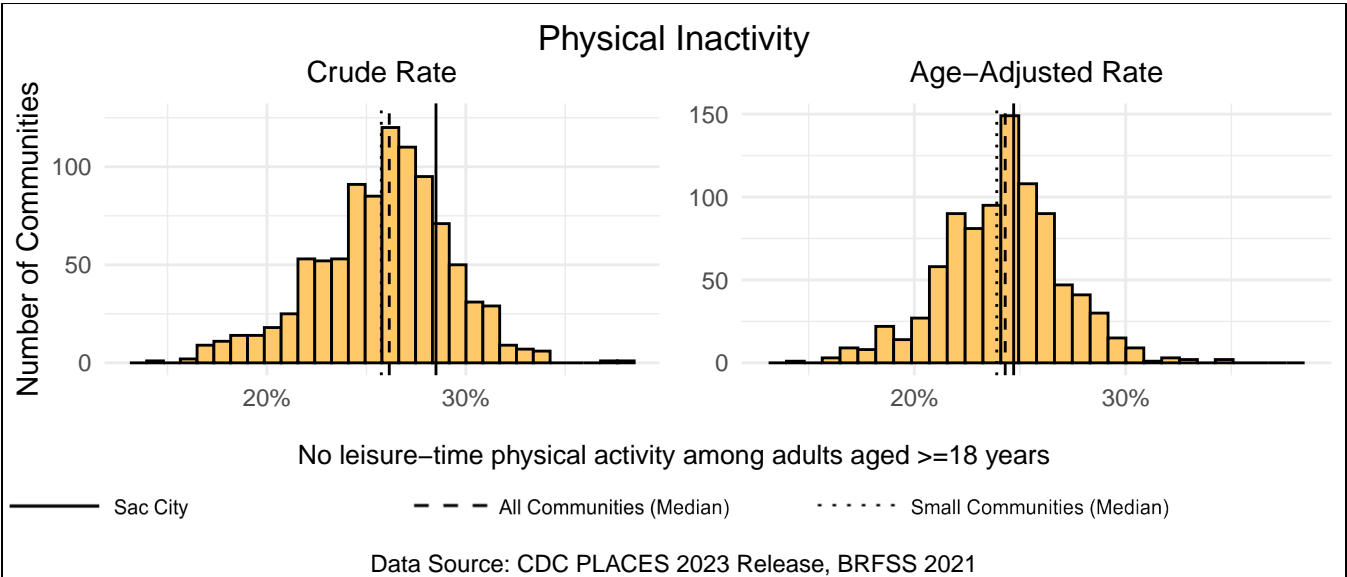
Measure Type	Sac City	All Comm.	Small Comm.
Crude	15.7%	16.8%	16.1%
Age-Adjusted	17.9%	17.5%	17.2%



Physical Inactivity

Sac City has a crude rate of 28.5% for no leisure-time physical activity among adults aged >=18 years, which ranks 760th out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Sac City is 24.7%, which ranks 504th out of 905 Iowa communities (85th out of 138 small communities).

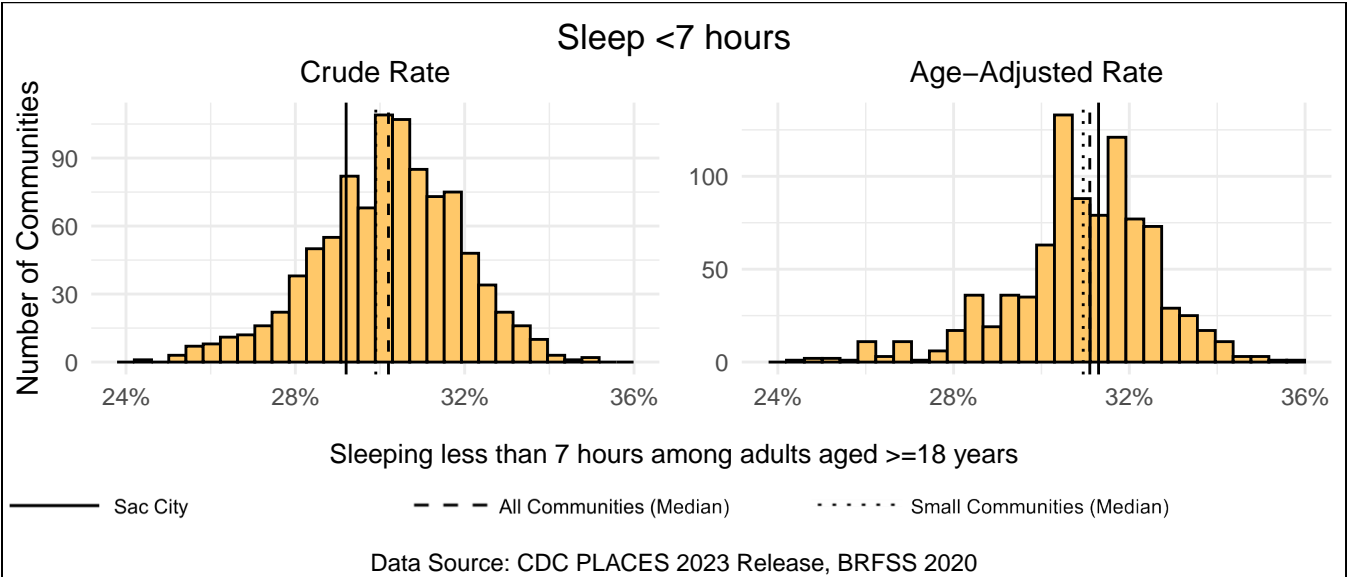
Measure Type	Sac City	All Comm.	Small Comm.
Crude	28.5%	26.1%	25.8%
Age-Adjusted	24.7%	24.3%	23.9%



Sleep <7 hours

Sac City has a crude rate of 29.2% for sleeping less than 7 hours among adults aged >=18 years, which ranks 240th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Sac City is 31.3%, which ranks 490th out of 905 Iowa communities (83rd out of 138 small communities).

Measure Type	Sac City	All Comm.	Small Comm.
Crude	29.2%	30.2%	29.9%
Age-Adjusted	31.3%	31.1%	31.0%



Health Outcomes

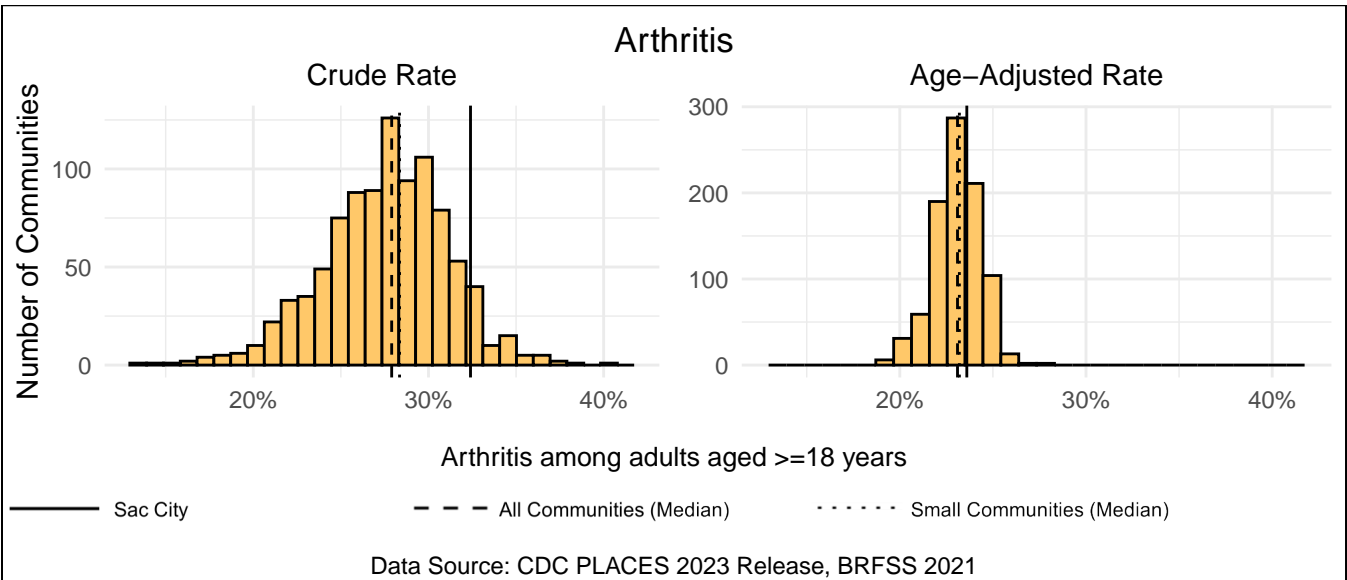
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Sac City has a crude rate of 32.4% for arthritis among adults aged ≥ 18 years, which ranks 890th out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Sac City is 23.6%, which ranks 574th out of 905 Iowa communities (94th out of 138 small communities).

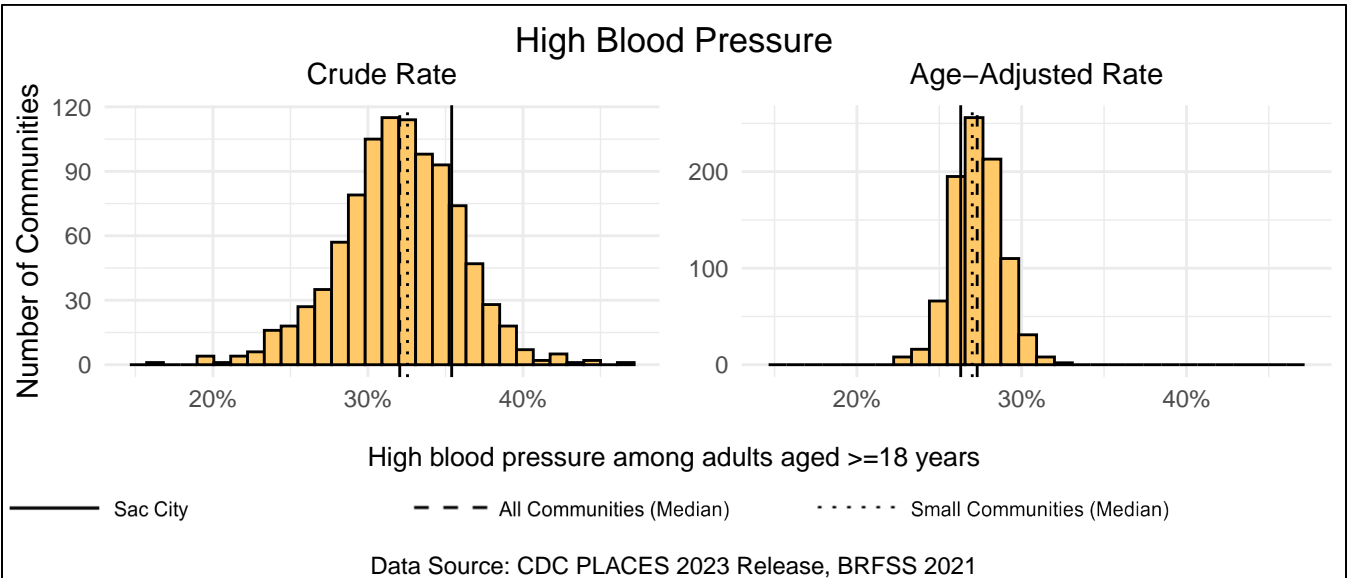
Measure Type	Sac City	All Comm.	Small Comm.
Crude	32.4%	27.9%	28.4%
Age-Adjusted	23.6%	23.1%	23.2%



High Blood Pressure

Sac City has a crude rate of 35.4% for high blood pressure among adults aged ≥ 18 years, which ranks 782nd out of 958 Iowa communities (111th out of 138 small communities). The age-adjusted rate for Sac City is 26.3%, which ranks 230th out of 905 Iowa communities (33rd out of 138 small communities).

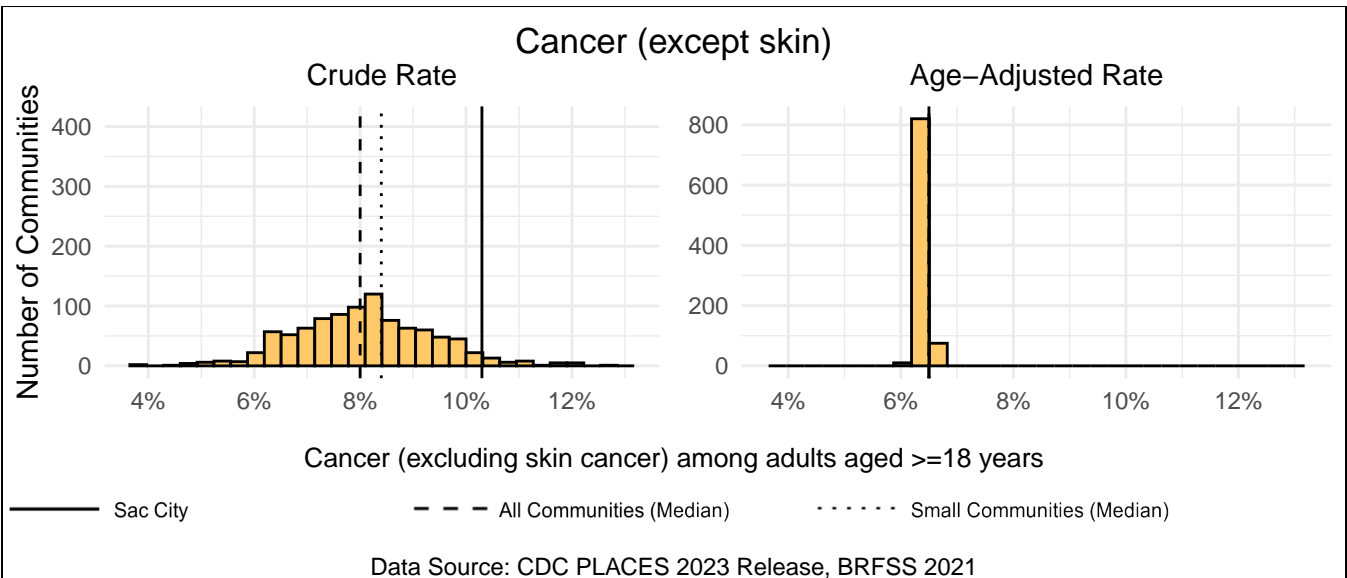
Measure Type	Sac City	All Comm.	Small Comm.
Crude	35.4%	32.0%	32.5%
Age-Adjusted	26.3%	27.3%	27.0%



Cancer (except skin)

Sac City has a crude rate of 10.3% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 913th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Sac City is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

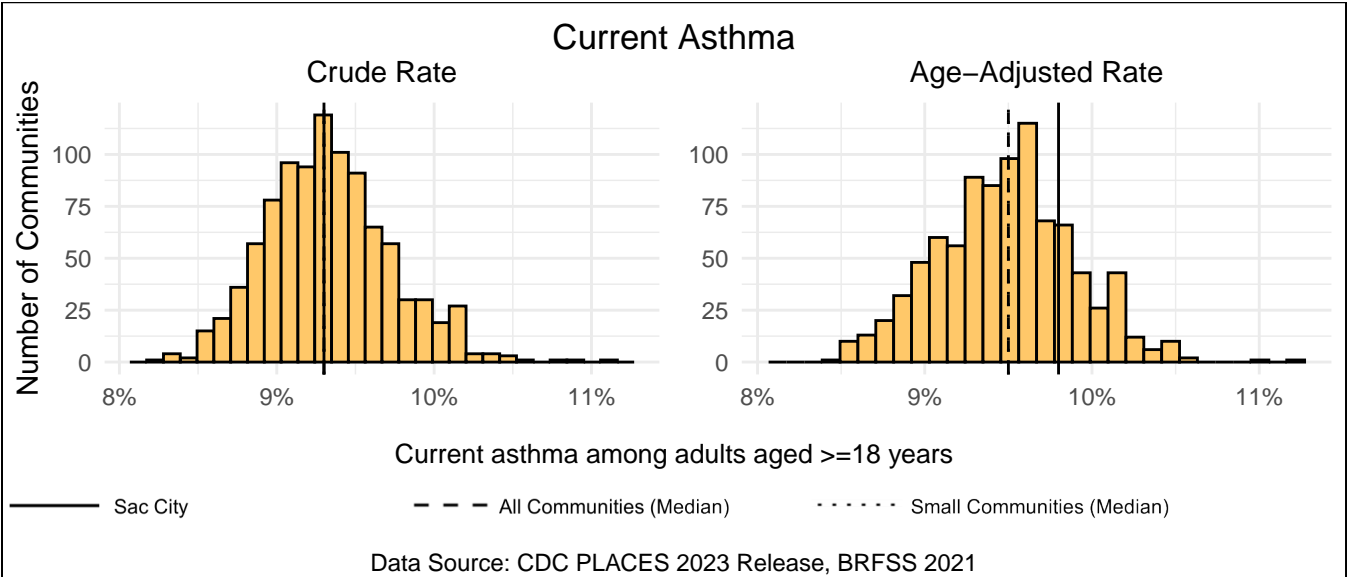
Measure Type	Sac City	All Comm.	Small Comm.
Crude	10.3%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Sac City has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for Sac City is 9.8%, which ranks 696th out of 905 Iowa communities (107th out of 138 small communities).

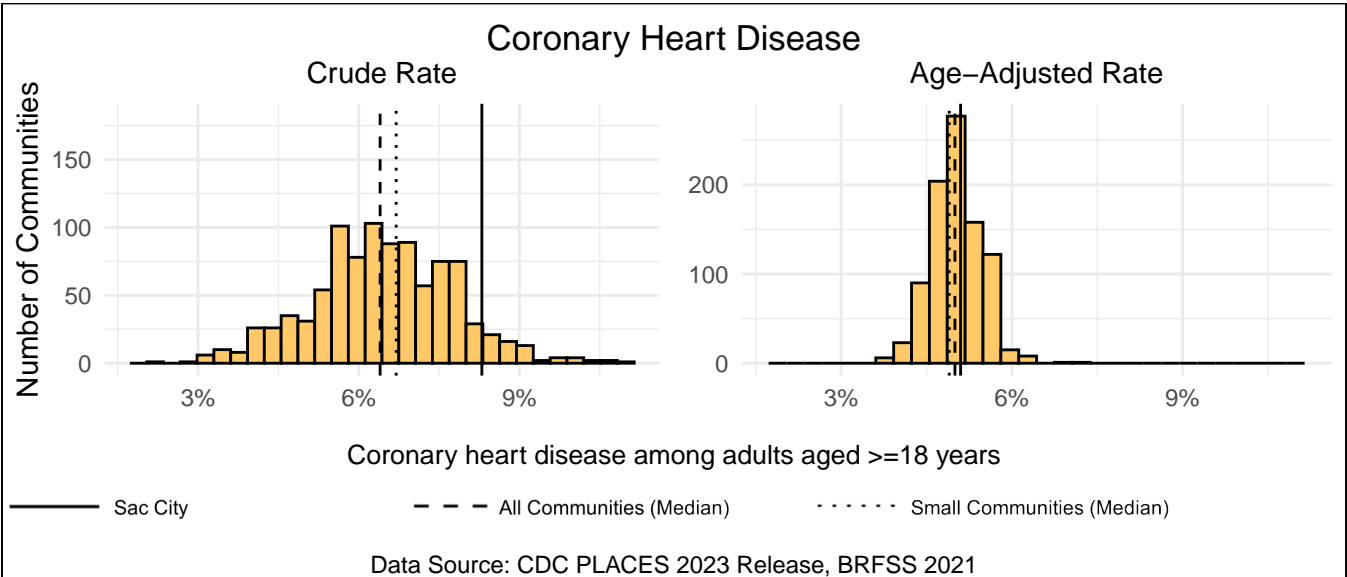
Measure Type	Sac City	All Comm.	Small Comm.
Crude	9.3%	9.3%	9.3%
Age-Adjusted	9.8%	9.5%	9.5%



Coronary Heart Disease

Sac City has a crude rate of 8.3% for coronary heart disease among adults aged ≥ 18 years, which ranks 883rd out of 958 Iowa communities (127th out of 138 small communities). The age-adjusted rate for Sac City is 5.1%, which ranks 511th out of 905 Iowa communities (95th out of 138 small communities).

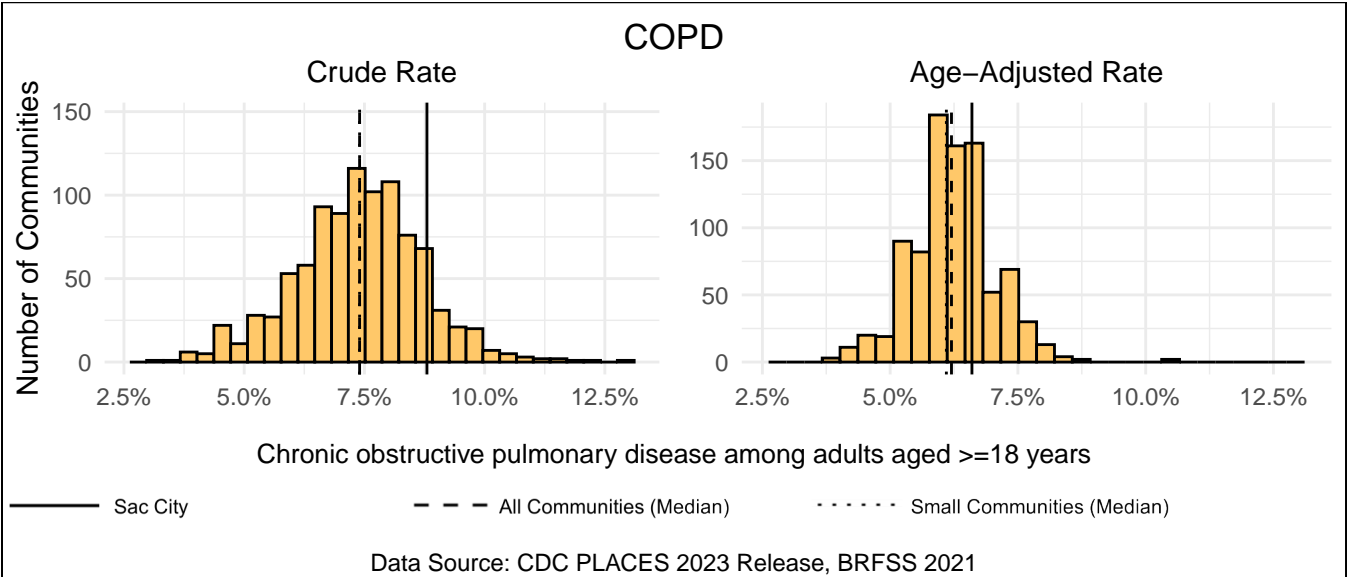
Measure Type	Sac City	All Comm.	Small Comm.
Crude	8.3%	6.4%	6.7%
Age-Adjusted	5.1%	5.0%	4.9%



COPD

Sac City has a crude rate of 8.8% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 834th out of 958 Iowa communities (121st out of 138 small communities). The age-adjusted rate for Sac City is 6.6%, which ranks 620th out of 905 Iowa communities (105th out of 138 small communities).

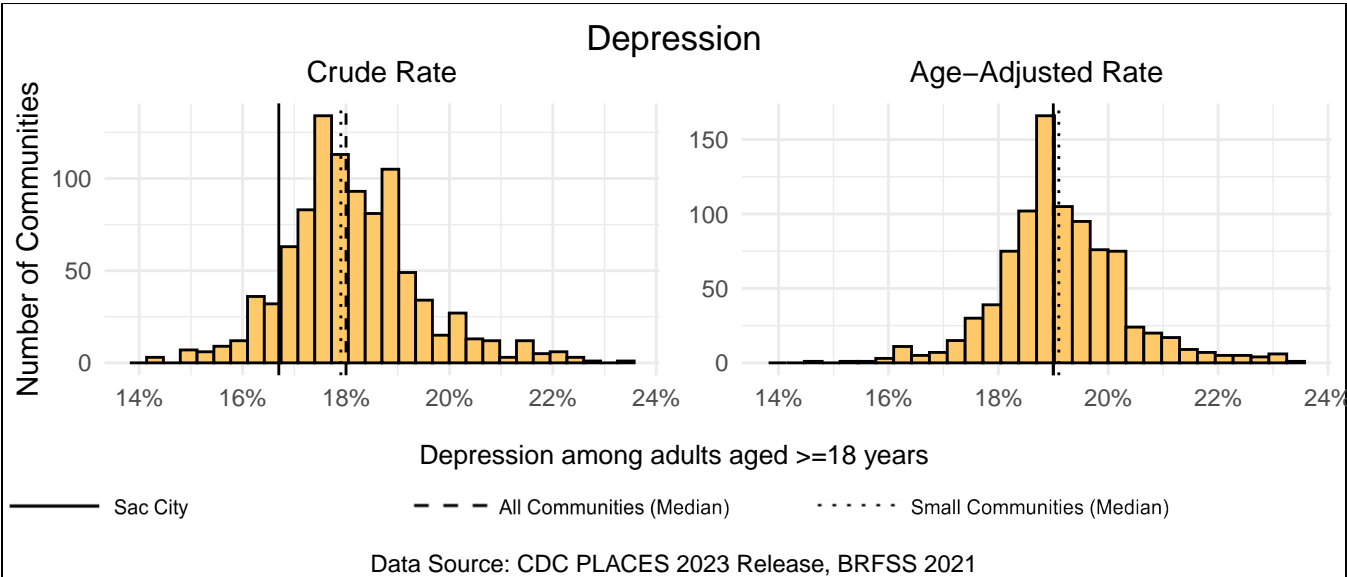
Measure Type	Sac City	All Comm.	Small Comm.
Crude	8.8%	7.4%	7.4%
Age-Adjusted	6.6%	6.2%	6.1%



Depression

Sac City has a crude rate of 16.7% for depression among adults aged ≥ 18 years, which ranks 95th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Sac City is 19.0%, which ranks 420th out of 905 Iowa communities (64th out of 138 small communities).

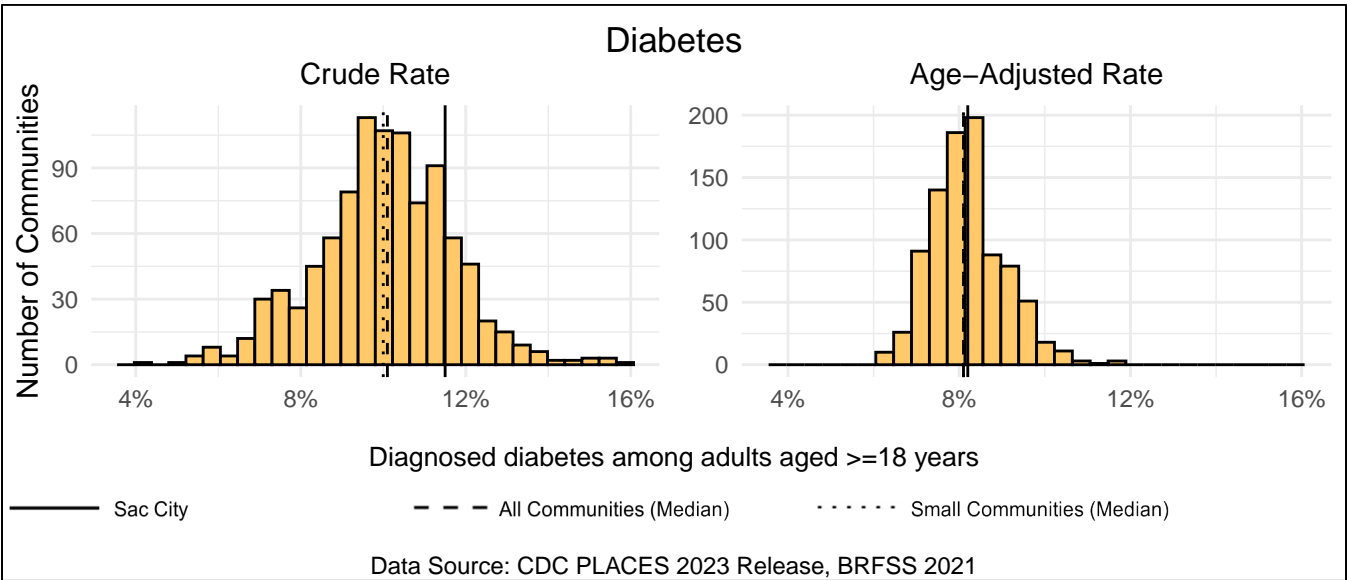
Measure Type	Sac City	All Comm.	Small Comm.
Crude	16.7%	18.0%	17.9%
Age-Adjusted	19.0%	19.0%	19.1%



Diabetes

Sac City has a crude rate of 11.5% for diagnosed diabetes among adults aged >=18 years, which ranks 794th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Sac City is 8.2%, which ranks 454th out of 905 Iowa communities (78th out of 138 small communities).

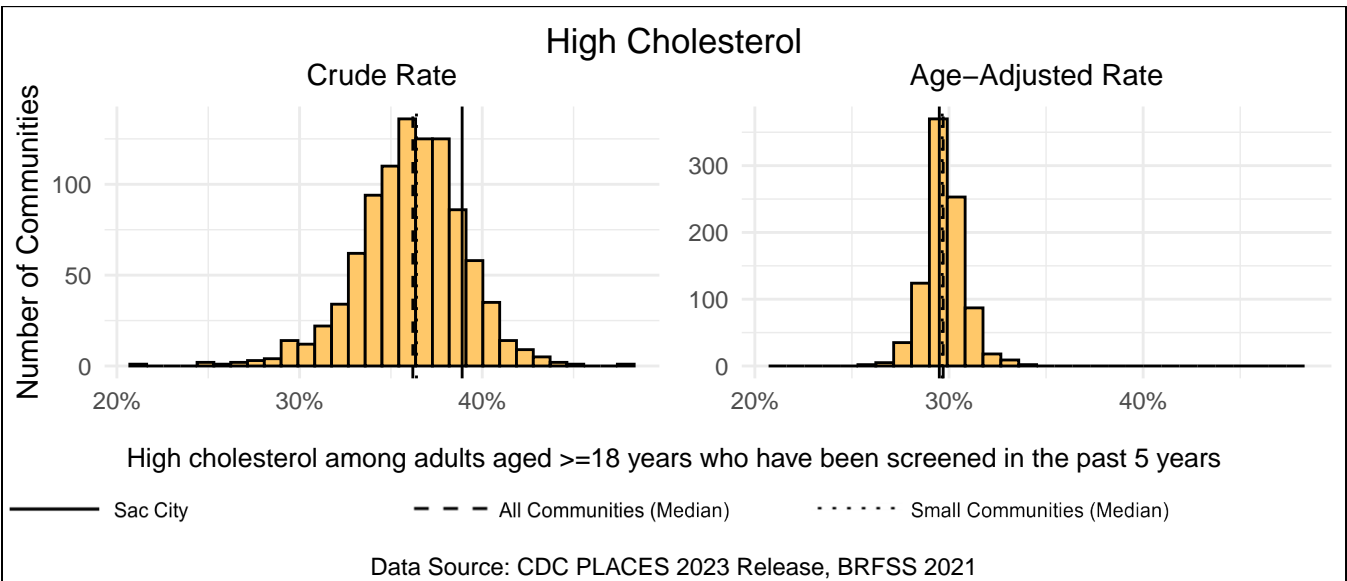
Measure Type	Sac City	All Comm.	Small Comm.
Crude	11.5%	10.1%	10.0%
Age-Adjusted	8.2%	8.1%	8.1%



High Cholesterol

Sac City has a crude rate of 38.9% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 812th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Sac City is 29.5%, which ranks 336th out of 905 Iowa communities (52nd out of 138 small communities).

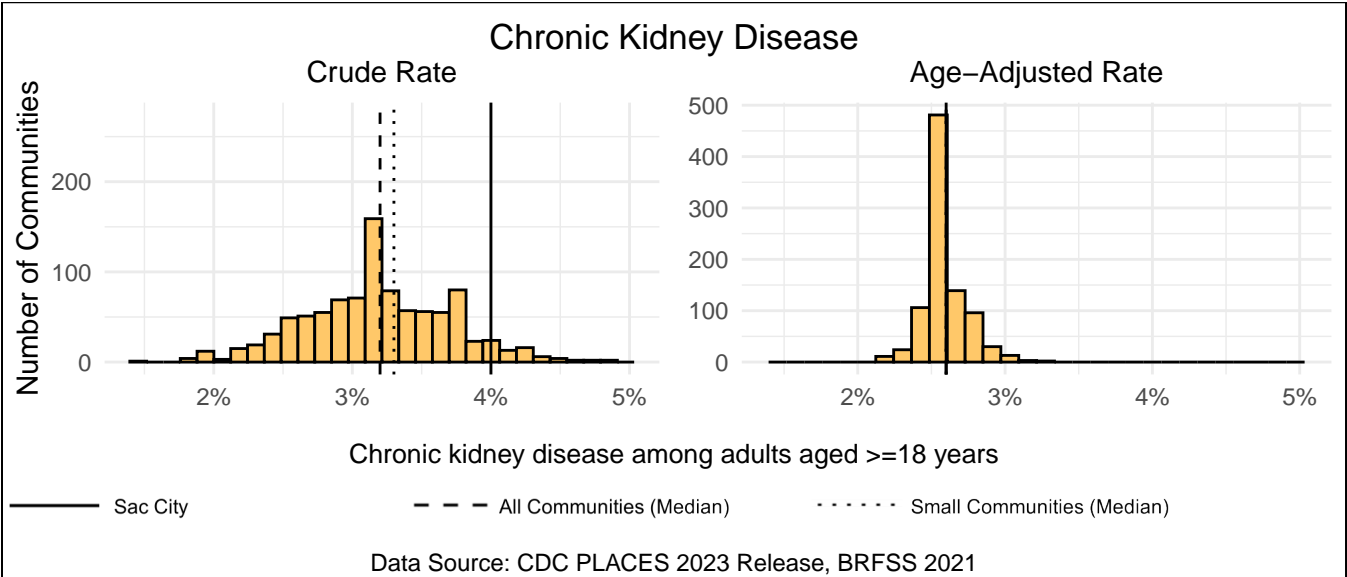
Measure Type	Sac City	All Comm.	Small Comm.
Crude	38.9%	36.2%	36.4%
Age-Adjusted	29.5%	29.7%	29.6%



Chronic Kidney Disease

Sac City has a crude rate of 4.0% for chronic kidney disease among adults aged ≥ 18 years, which ranks 890th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Sac City is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

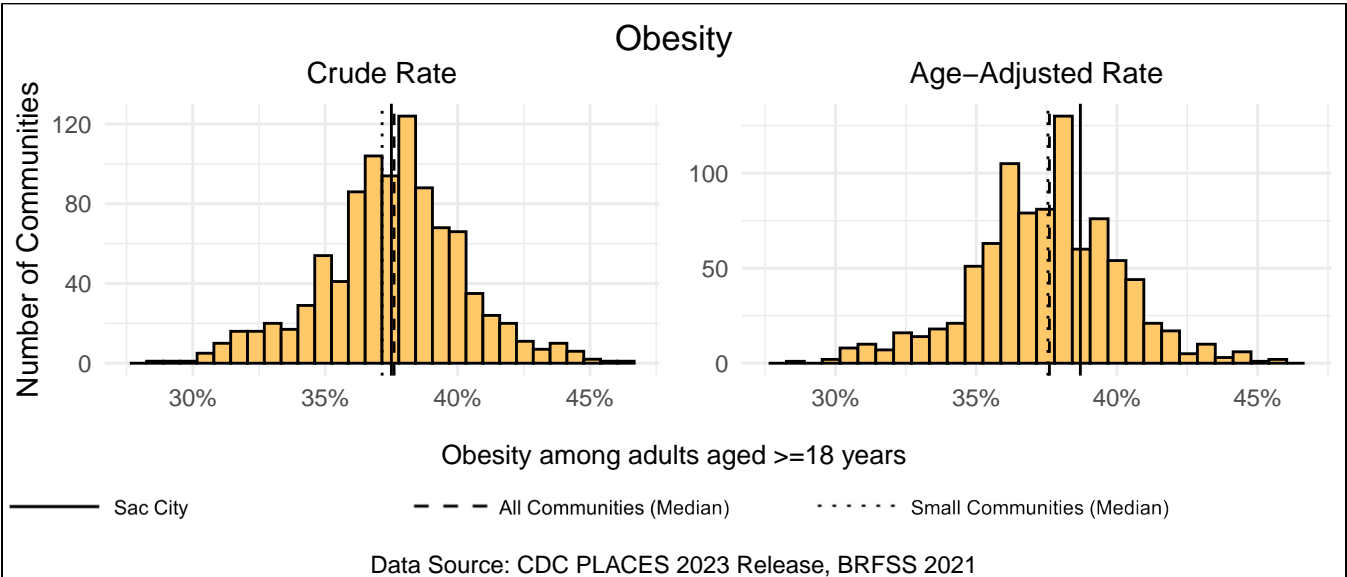
Measure Type	Sac City	All Comm.	Small Comm.
Crude	4.0%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Sac City has a crude rate of 37.5% for obesity among adults aged ≥ 18 years, which ranks 448th out of 958 Iowa communities (78th out of 138 small communities). The age-adjusted rate for Sac City is 38.7%, which ranks 627th out of 905 Iowa communities (102nd out of 138 small communities).

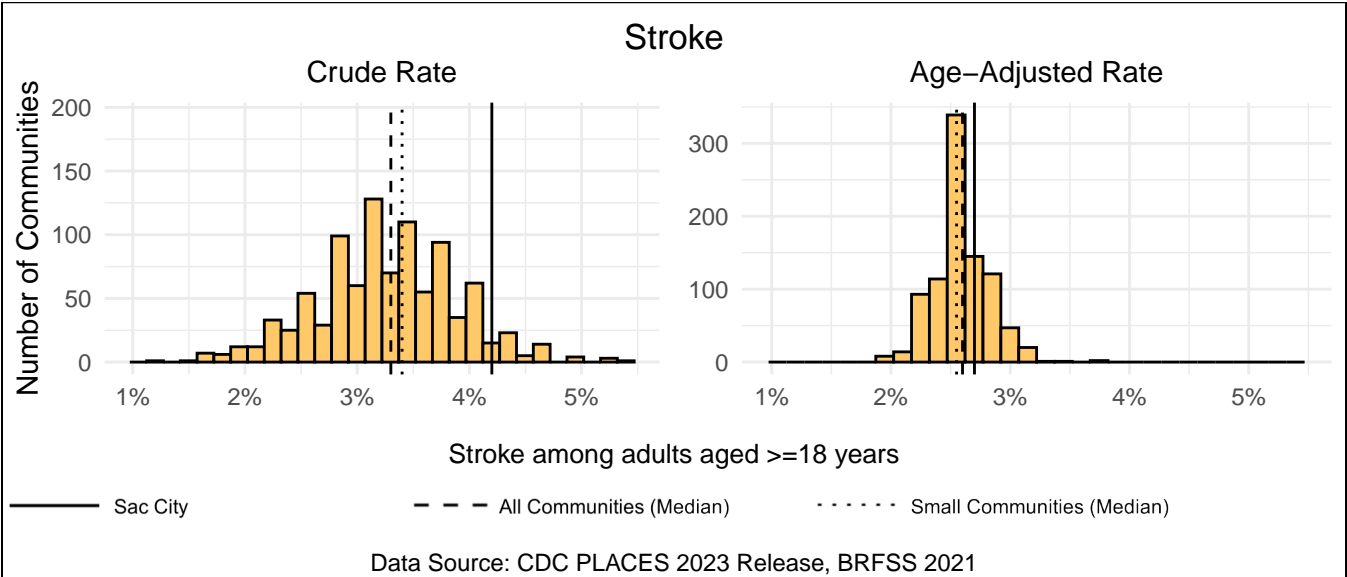
Measure Type	Sac City	All Comm.	Small Comm.
Crude	37.5%	37.6%	37.2%
Age-Adjusted	38.7%	37.6%	37.5%



Stroke

Sac City has a crude rate of 4.2% for stroke among adults aged ≥ 18 years, which ranks 894th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Sac City is 2.7%, which ranks 569th out of 905 Iowa communities (97th out of 138 small communities).

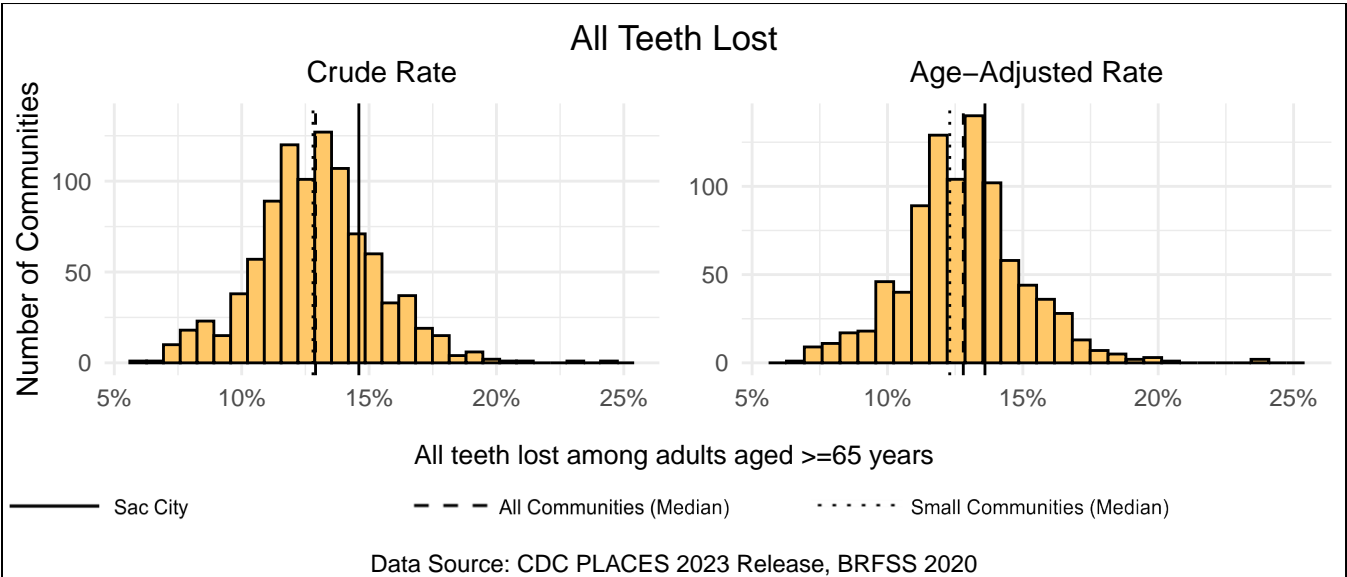
Measure Type	Sac City	All Comm.	Small Comm.
Crude	4.2%	3.3%	3.4%
Age-Adjusted	2.7%	2.6%	2.5%



All Teeth Lost

Sac City has a crude rate of 14.6% for all teeth lost among adults aged ≥ 65 years, which ranks 752nd out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Sac City is 13.6%, which ranks 605th out of 905 Iowa communities (104th out of 138 small communities).

Measure Type	Sac City	All Comm.	Small Comm.
Crude	14.6%	12.9%	12.8%
Age-Adjusted	13.6%	12.8%	12.3%



Prevention

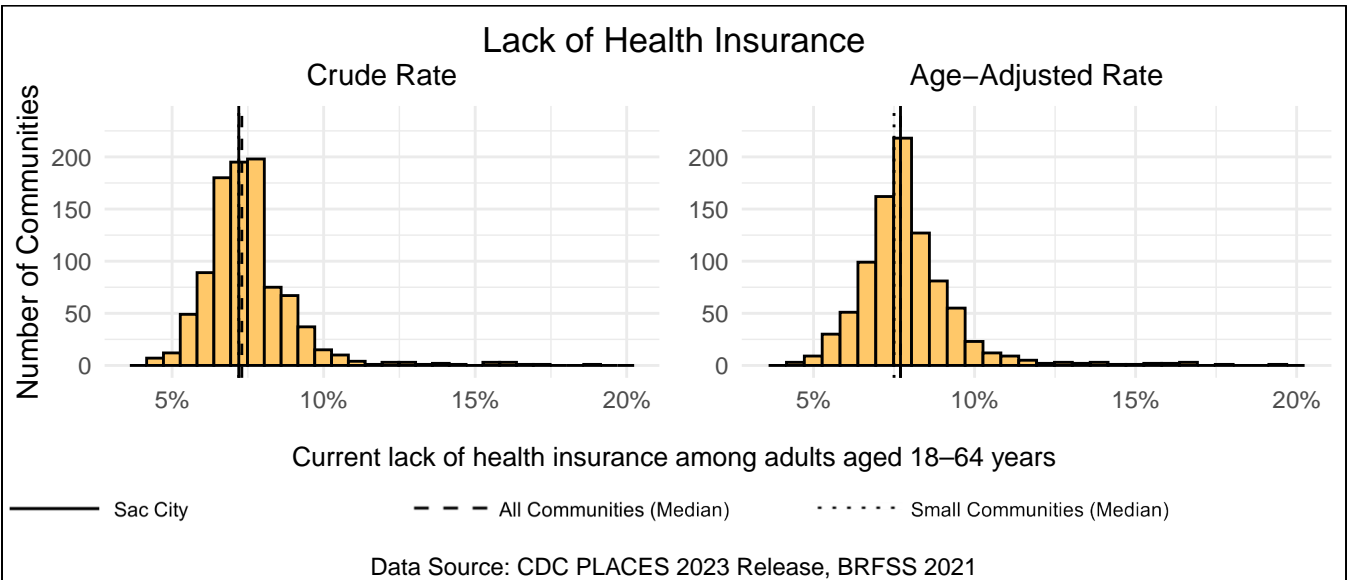
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Sac City has a crude rate of 7.2% for current lack of health insurance among adults aged 18–64 years, which ranks 415th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Sac City is 7.7%, which ranks 427th out of 905 Iowa communities (73rd out of 138 small communities).

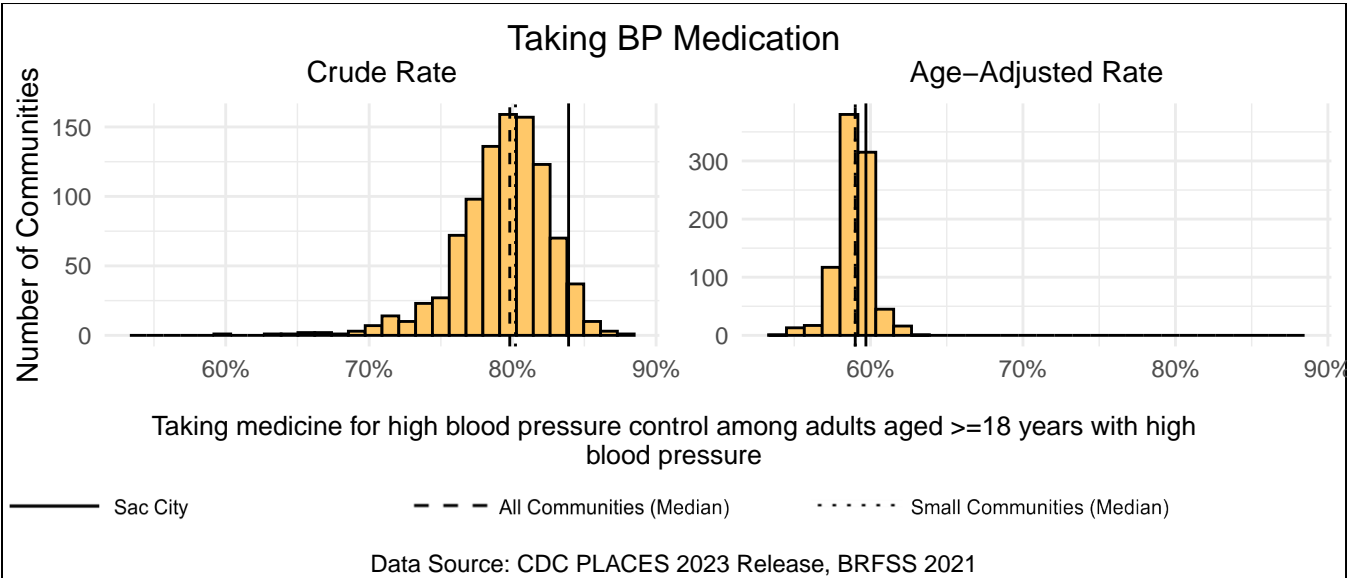
Measure Type	Sac City	All Comm.	Small Comm.
Crude	7.2%	7.3%	7.2%
Age-Adjusted	7.7%	7.7%	7.5%



Taking BP Medication

Sac City has a crude rate of 83.9% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 46th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Sac City is 59.7%, which ranks 157th out of 905 Iowa communities (20th out of 138 small communities).

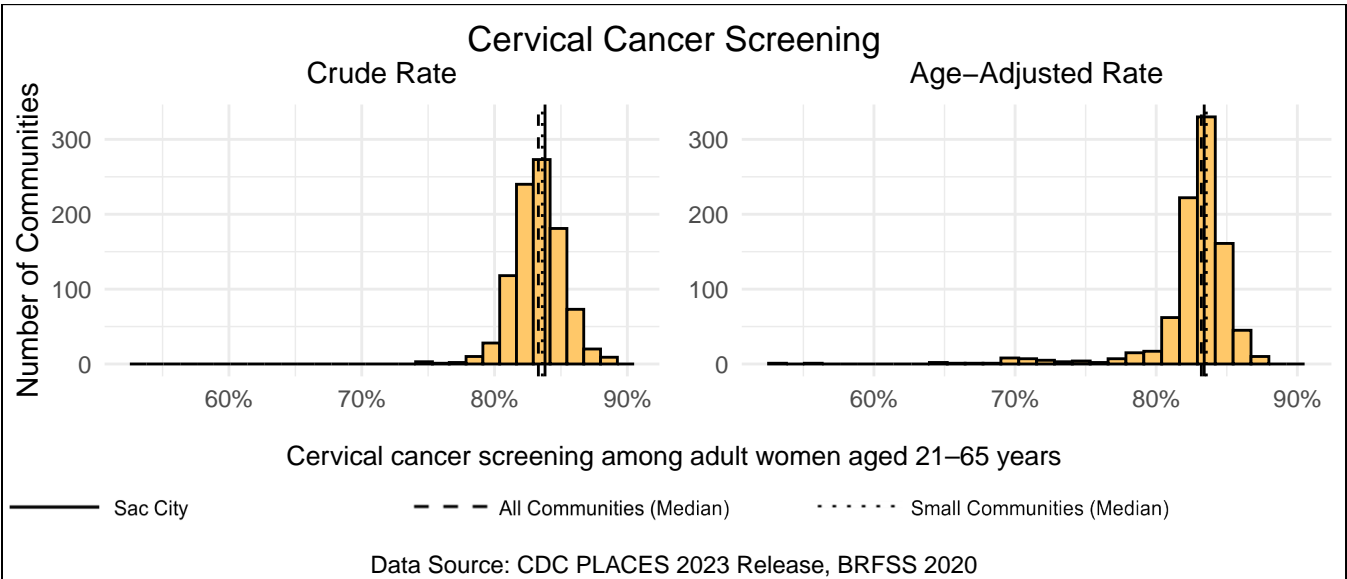
Measure Type	Sac City	All Comm.	Small Comm.
Crude	83.9%	79.8%	80.2%
Age-Adjusted	59.7%	59.0%	59.0%



Cervical Cancer Screening

Sac City has a crude rate of 83.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 352nd out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Sac City is 83.4%, which ranks 372nd out of 905 Iowa communities (75th out of 138 small communities).

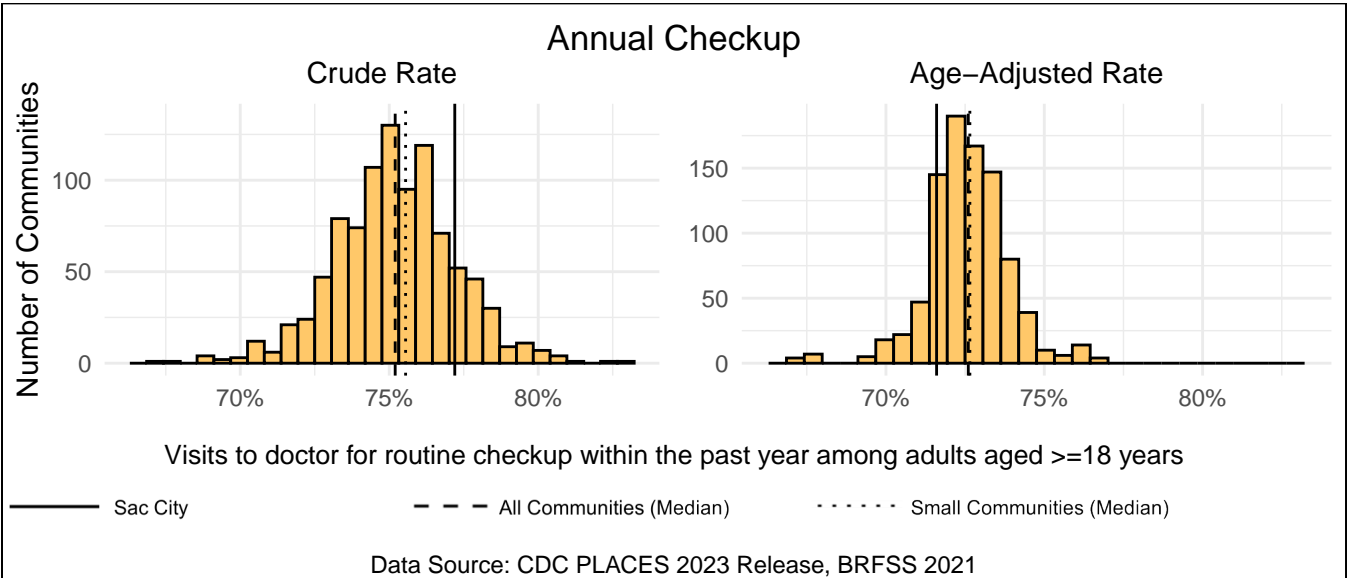
Measure Type	Sac City	All Comm.	Small Comm.
Crude	83.8%	83.3%	83.6%
Age-Adjusted	83.4%	83.2%	83.5%



Annual Checkup

Sac City has a crude rate of 77.2% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 141st out of 958 Iowa communities (29th out of 138 small communities). The age-adjusted rate for Sac City is 71.6%, which ranks 746th out of 905 Iowa communities (124th out of 138 small communities).

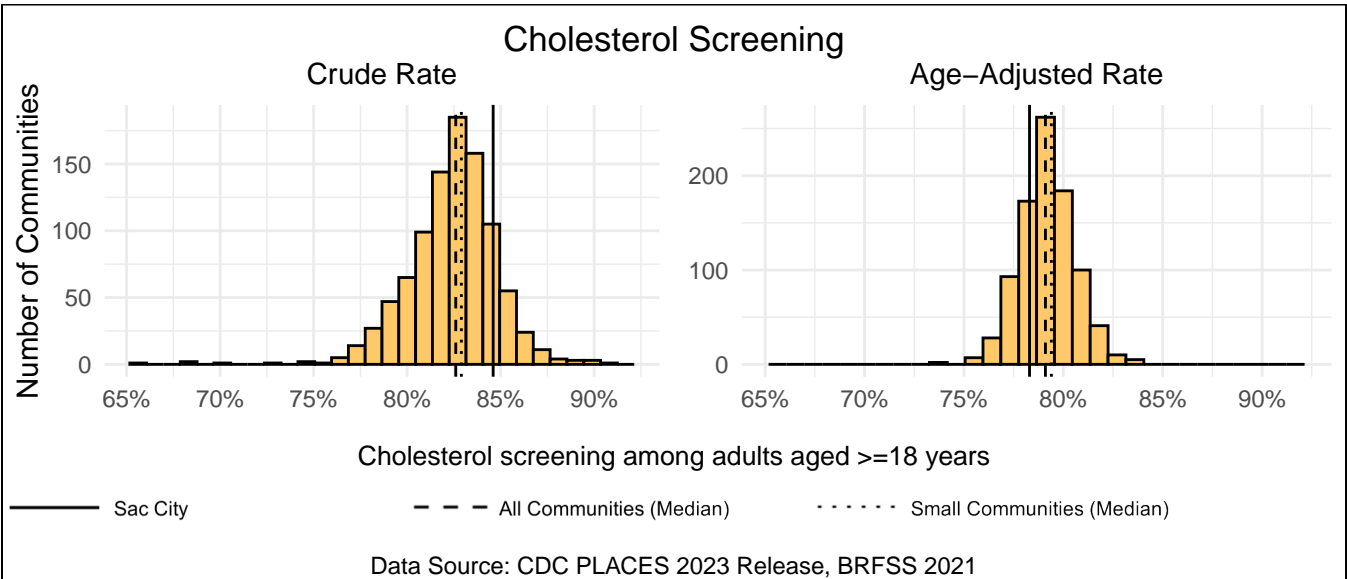
Measure Type	Sac City	All Comm.	Small Comm.
Crude	77.2%	75.2%	75.5%
Age-Adjusted	71.6%	72.6%	72.6%



Cholesterol Screening

Sac City has a crude rate of 84.6% for cholesterol screening among adults aged >=18 years, which ranks 140th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Sac City is 78.3%, which ranks 668th out of 905 Iowa communities (110th out of 138 small communities).

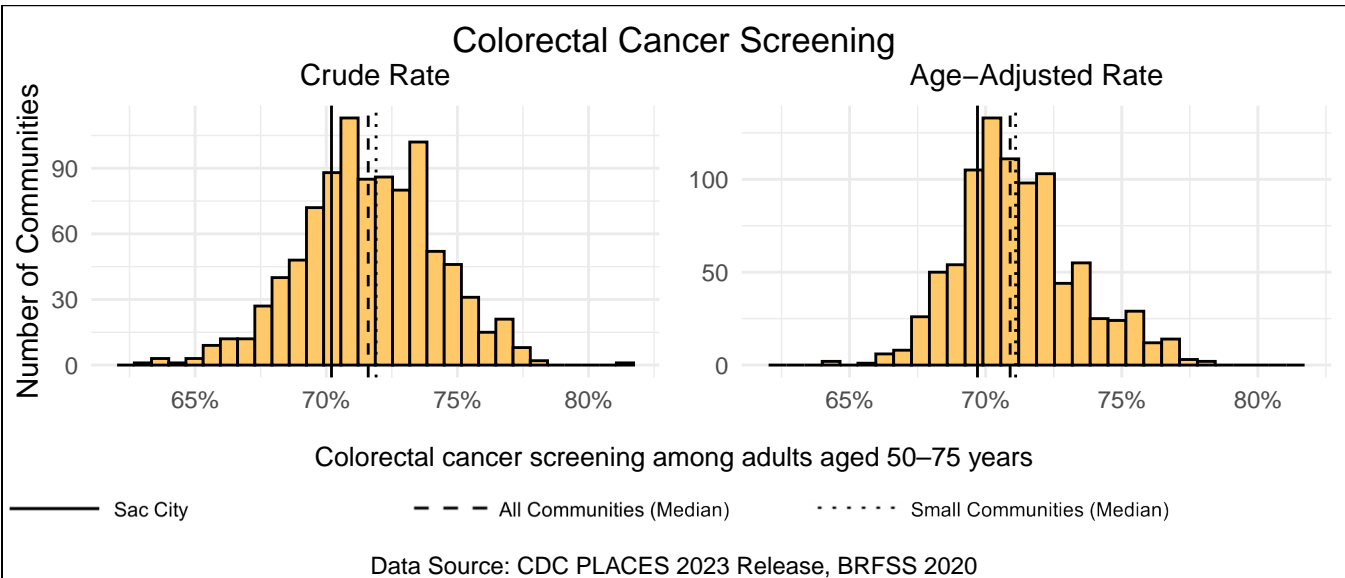
Measure Type	Sac City	All Comm.	Small Comm.
Crude	84.6%	82.6%	82.9%
Age-Adjusted	78.3%	79.1%	79.4%



Colorectal Cancer Screening

Sac City has a crude rate of 70.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 690th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Sac City is 69.7%, which ranks 687th out of 905 Iowa communities (117th out of 138 small communities).

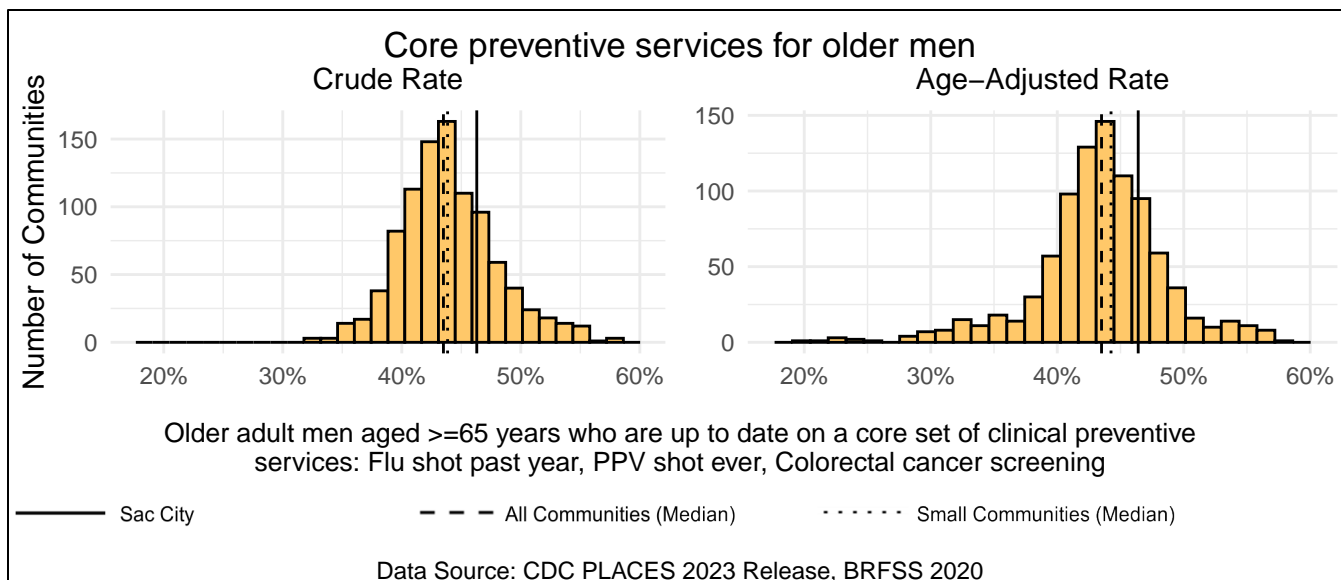
Measure Type	Sac City	All Comm.	Small Comm.
Crude	70.2%	71.6%	71.9%
Age-Adjusted	69.7%	70.9%	71.1%



Core preventive services for older men

Sac City has a crude rate of 46.3% for older adult men aged ≥65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, which ranks 237th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Sac City is 46.4%, which ranks 217th out of 905 Iowa communities (36th out of 138 small communities).

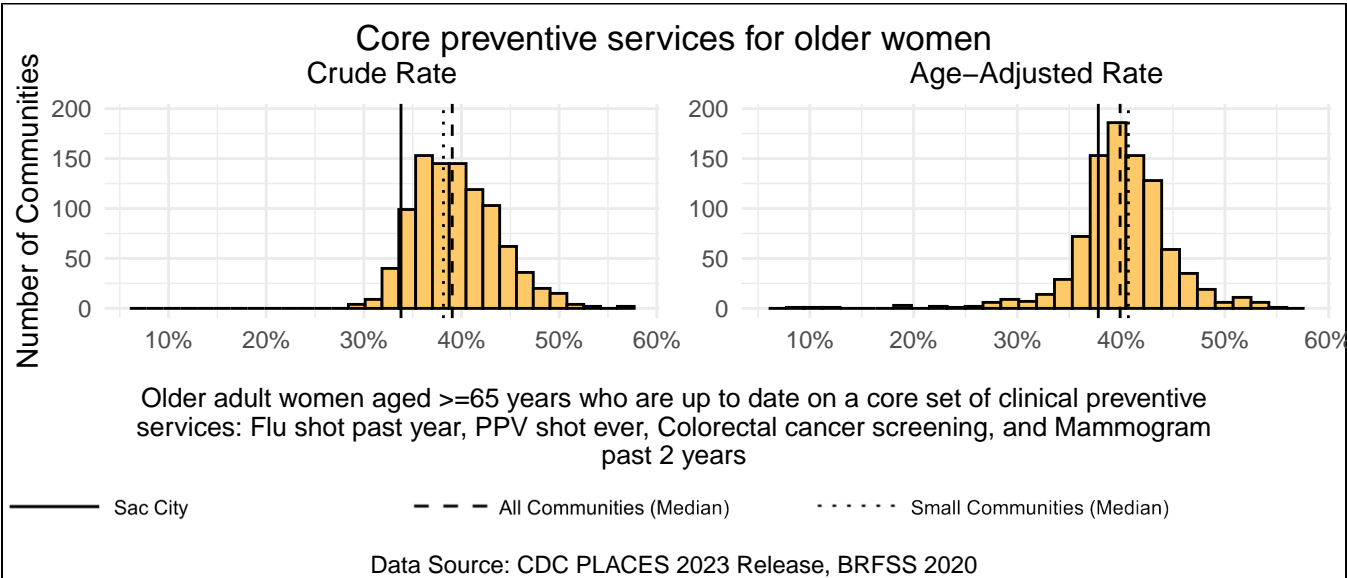
Measure Type	Sac City	All Comm.	Small Comm.
Crude	46.3%	43.5%	43.8%
Age-Adjusted	46.4%	43.5%	44.2%



Core preventive services for older women

Sac City has a crude rate of 33.8% 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 897th out of 958 Iowa communities (133rd out of 138 small communities). The age-adjusted rate for Sac City is 37.8%, which ranks 693rd out of 905 Iowa communities (121st out of 138 small communities).

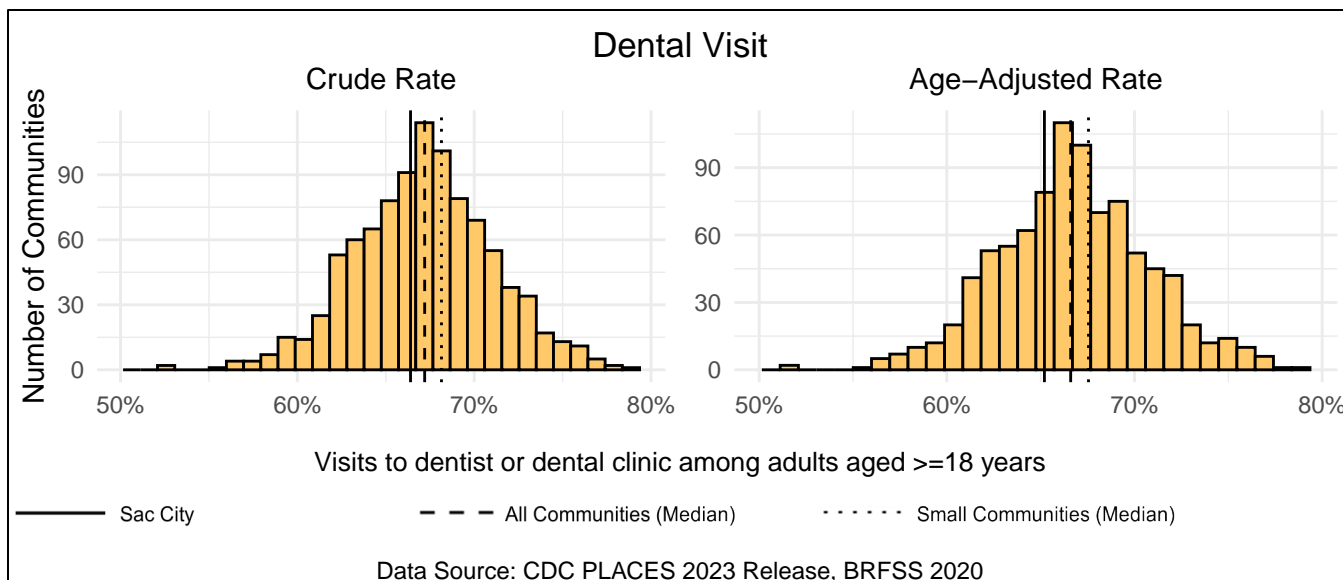
Measure Type	Sac City	All Comm.	Small Comm.
Crude	33.8%	39.0%	38.2%
Age-Adjusted	37.8%	39.9%	40.7%



Dental Visit

Sac City has a crude rate of 66.4% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 561st out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Sac City is 65.2%, which ranks 601st out of 905 Iowa communities (101st out of 138 small communities).

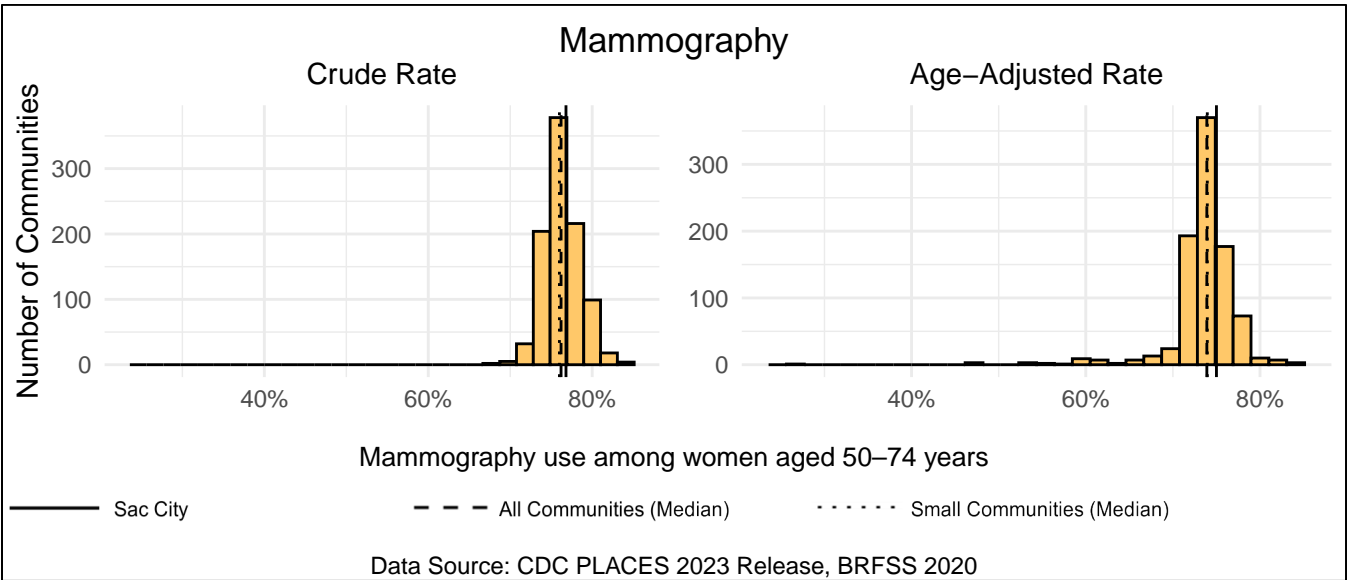
Measure Type	Sac City	All Comm.	Small Comm.
Crude	66.4%	67.2%	68.2%
Age-Adjusted	65.2%	66.6%	67.5%



Mammography

Sac City has a crude rate of 76.8% for mammography use among women aged 50–74 years, which ranks 358th out of 958 Iowa communities (45th out of 138 small communities). The age-adjusted rate for Sac City is 75.0%, which ranks 246th out of 905 Iowa communities (38th out of 138 small communities).

Measure Type	Sac City	All Comm.	Small Comm.
Crude	76.8%	76.2%	76.0%
Age-Adjusted	75.0%	73.9%	74.0%



Disability

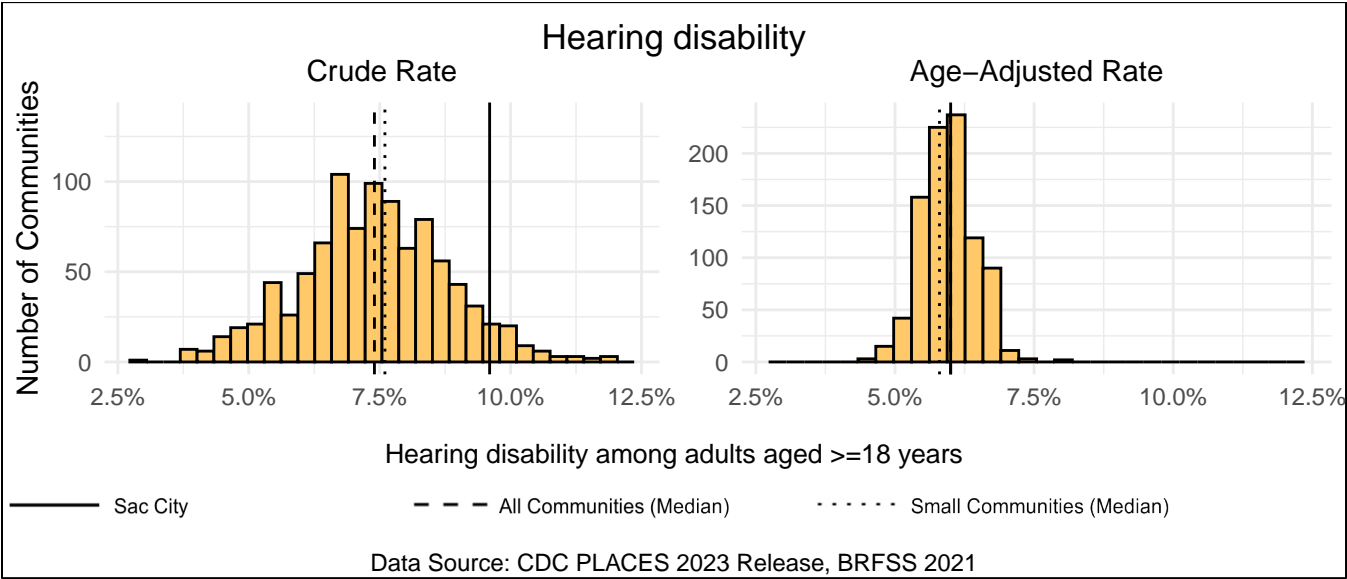
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Sac City has a crude rate of 9.6% for hearing disability among adults aged ≥ 18 years, which ranks 900th out of 958 Iowa communities (129th out of 138 small communities). The age-adjusted rate for Sac City is 6.0%, which ranks 444th out of 905 Iowa communities (85th out of 138 small communities).

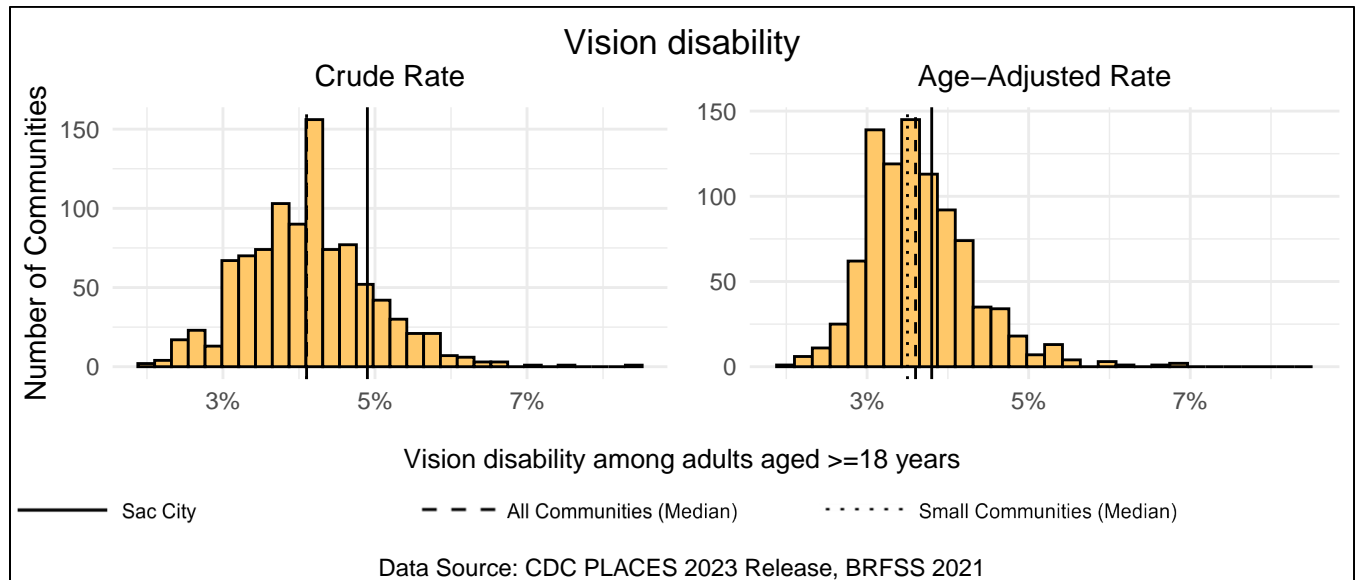
Measure Type	Sac City	All Comm.	Small Comm.
Crude	9.6%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.8%



Vision disability

Sac City has a crude rate of 4.9% for vision disability among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Sac City is 3.8%, which ranks 564th out of 905 Iowa communities (96th out of 138 small communities).

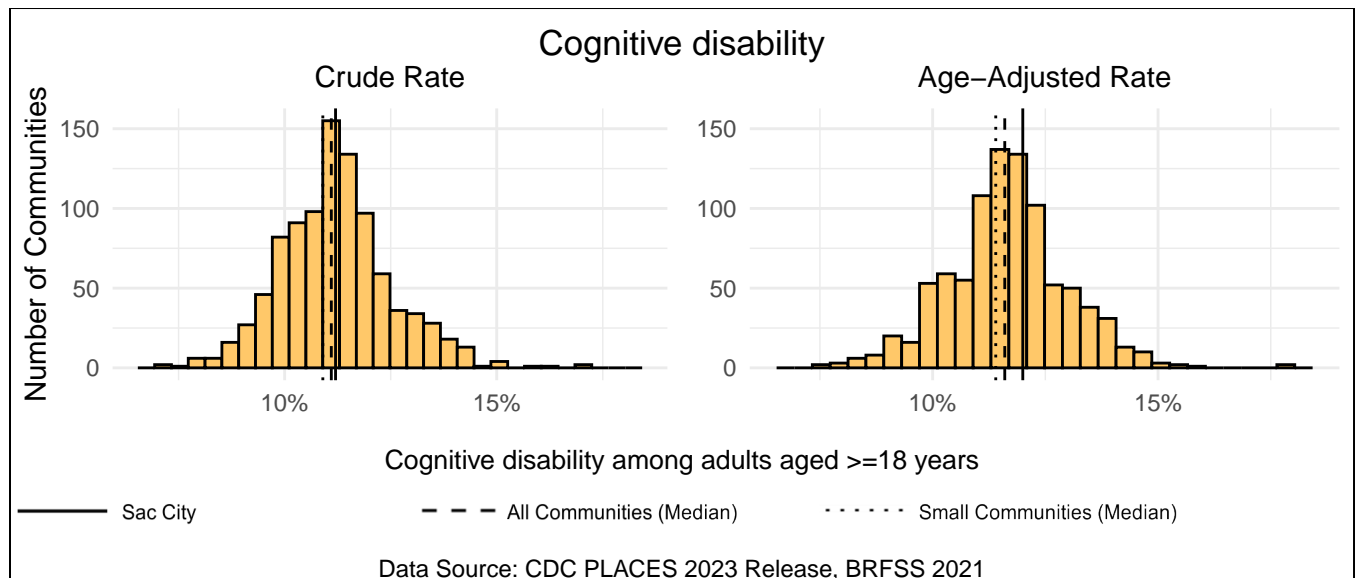
Measure Type	Sac City	All Comm.	Small Comm.
Crude	4.9%	4.1%	4.1%
Age-Adjusted	3.8%	3.6%	3.5%



Cognitive disability

Sac City has a crude rate of 11.2% for cognitive disability among adults aged ≥ 18 years, which ranks 497th out of 958 Iowa communities (79th out of 138 small communities). The age-adjusted rate for Sac City is 12.0%, which ranks 567th out of 905 Iowa communities (92nd out of 138 small communities).

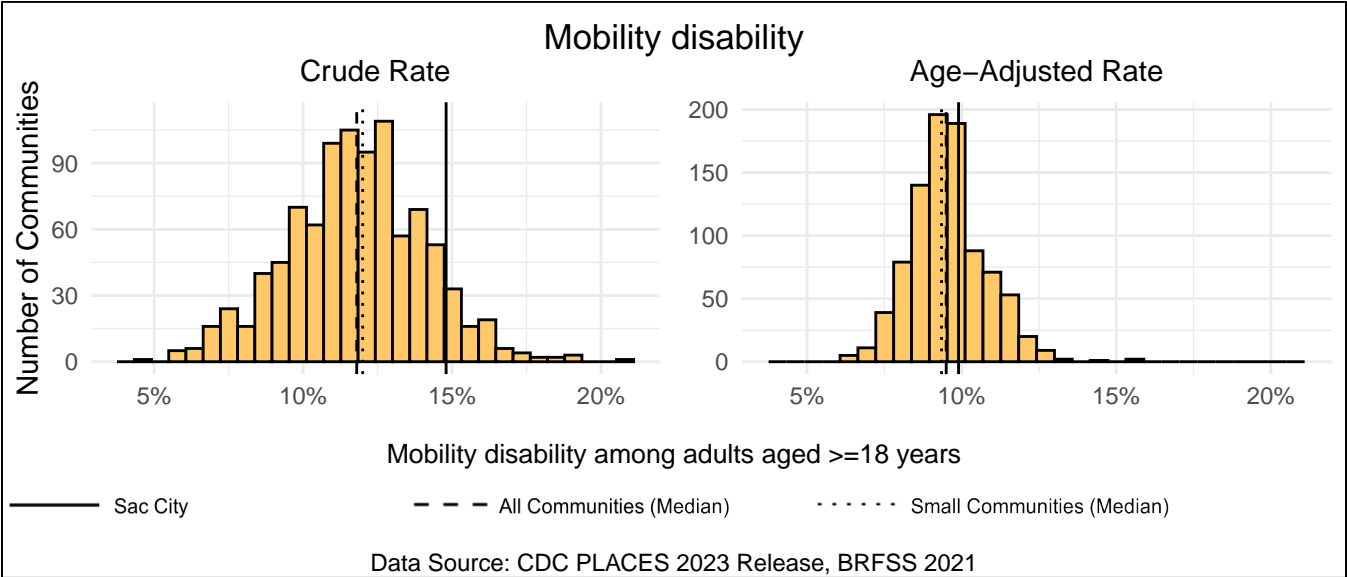
Measure Type	Sac City	All Comm.	Small Comm.
Crude	11.2%	11.1%	10.9%
Age-Adjusted	12.0%	11.6%	11.4%



Mobility disability

Sac City has a crude rate of 14.8% for mobility disability among adults aged ≥ 18 years, which ranks 873rd out of 958 Iowa communities (125th out of 138 small communities). The age-adjusted rate for Sac City is 9.9%, which ranks 577th out of 905 Iowa communities (95th out of 138 small communities).

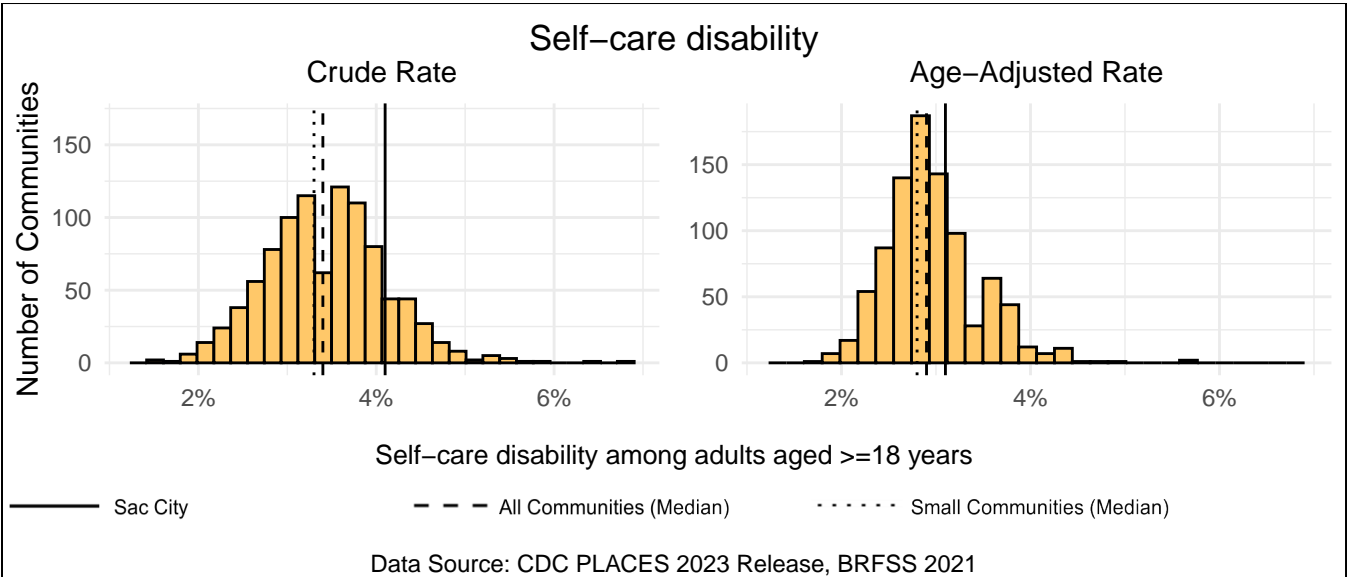
Measure Type	Sac City	All Comm.	Small Comm.
Crude	14.8%	11.8%	12.0%
Age-Adjusted	9.9%	9.5%	9.4%



Self-care disability

Sac City has a crude rate of 4.1% for self-care disability among adults aged ≥ 18 years, which ranks 808th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Sac City is 3.1%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

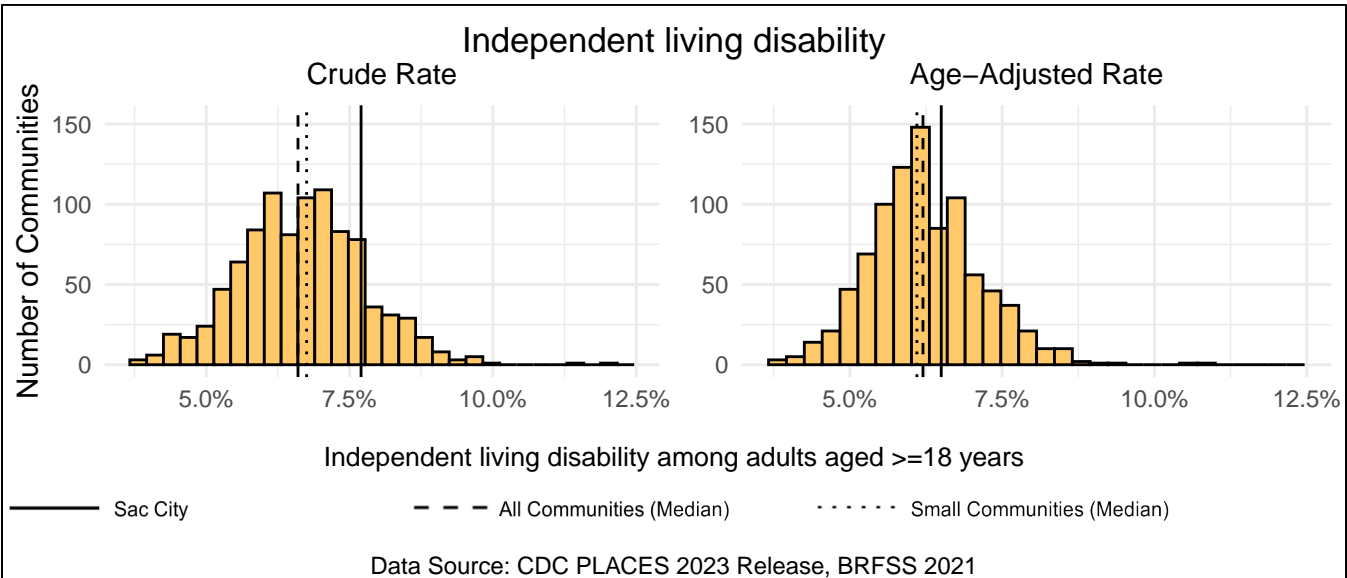
Measure Type	Sac City	All Comm.	Small Comm.
Crude	4.1%	3.4%	3.3%
Age-Adjusted	3.1%	2.9%	2.8%



Independent living disability

Sac City has a crude rate of 7.7% for independent living disability among adults aged ≥ 18 years, which ranks 805th out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Sac City is 6.5%, which ranks 570th out of 905 Iowa communities (93rd out of 138 small communities).

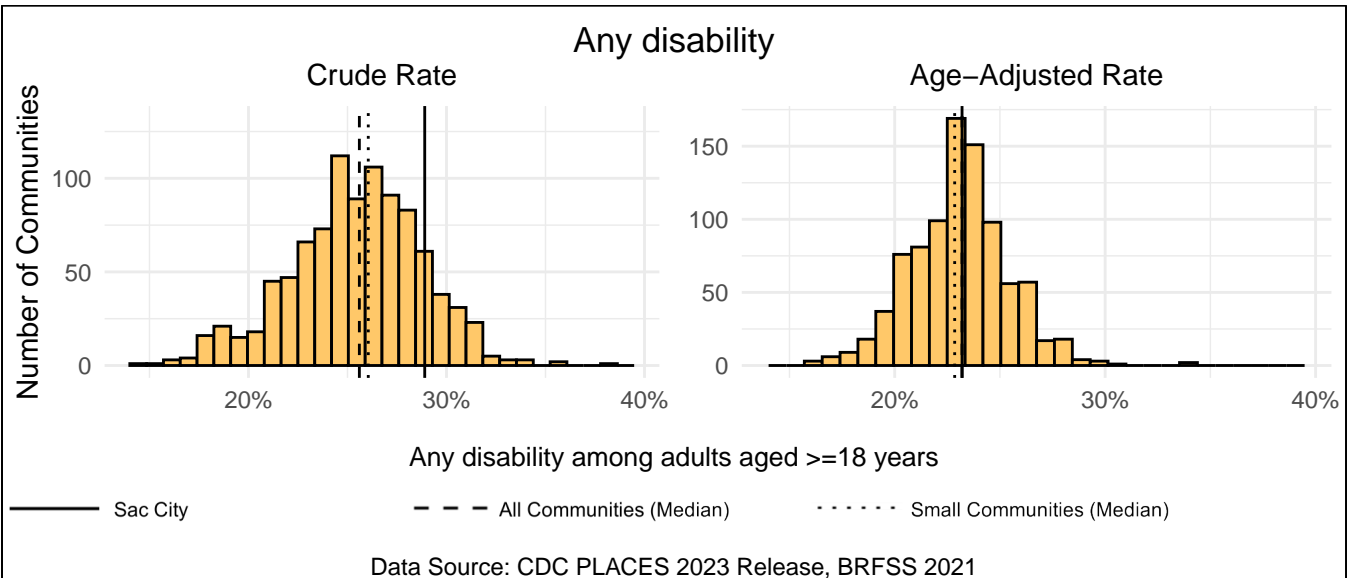
Measure Type	Sac City	All Comm.	Small Comm.
Crude	7.7%	6.6%	6.8%
Age-Adjusted	6.5%	6.2%	6.1%



Any disability

Sac City has a crude rate of 28.9% for any disability among adults aged ≥ 18 years, which ranks 824th out of 958 Iowa communities (117th out of 138 small communities). The age-adjusted rate for Sac City is 23.2%, which ranks 453rd out of 905 Iowa communities (75th out of 138 small communities).

Measure Type	Sac City	All Comm.	Small Comm.
Crude	28.9%	25.6%	26.0%
Age-Adjusted	23.2%	23.2%	22.8%



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: Sac City PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	General Health	752	15.9% (12.8% - 19.2%)	552	13.2% (10.9% - 15.8%)
Health Status	Mental Health	164	13.4% (11.6% - 15.6%)	596	15.9% (13.6% - 18.4%)
Health Status	Physical Health	775	11.8% (9.9% - 13.9%)	559	10.0% (8.4% - 11.6%)
Health Risk Behaviors	Current Smoking	256	15.7% (12.2% - 19.3%)	513	17.9% (14.1% - 22.2%)
Health Risk Behaviors	Binge Drinking	66	16.7% (13.8% - 20.0%)	389	21.8% (18.2% - 25.8%)
Health Risk Behaviors	Physical Inactivity	760	28.5% (23.3% - 34.5%)	504	24.7% (20.2% - 29.7%)
Health Risk Behaviors	Sleep <7 hours	240	29.2% (27.4% - 30.9%)	490	31.3% (29.5% - 33.0%)
Health Outcomes	Obesity	448	37.5% (30.3% - 45.2%)	627	38.7% (31.5% - 46.6%)
Health Outcomes	Cancer (except skin)	913	10.3% (9.2% - 11.6%)	418	6.5% (5.8% - 7.2%)
Health Outcomes	Current Asthma	405	9.3% (8.2% - 10.6%)	696	9.8% (8.6% - 11.1%)
Health Outcomes	High Cholesterol	812	38.9% (34.1% - 44.0%)	336	29.5% (25.3% - 34.0%)
Health Outcomes	Stroke	894	4.2% (3.5% - 5.0%)	569	2.7% (2.3% - 3.0%)
Health Outcomes	Depression	95	16.7% (13.7% - 20.0%)	420	19.0% (15.7% - 22.7%)
Health Outcomes	High Blood Pressure	782	35.4% (31.0% - 39.9%)	230	26.3% (22.9% - 30.1%)
Health Outcomes	Coronary Heart Disease	883	8.3% (7.1% - 9.7%)	511	5.1% (4.4% - 5.8%)
Health Outcomes	Diabetes	794	11.5% (9.6% - 13.5%)	454	8.2% (7.0% - 9.7%)
Health Outcomes	All Teeth Lost	752	14.6% (8.5% - 22.5%)	605	13.6% (8.8% - 19.3%)
Health Outcomes	Arthritis	890	32.4% (27.9% - 37.0%)	574	23.6% (20.0% - 27.4%)
Health Outcomes	Chronic Kidney Disease	890	4.0% (3.5% - 4.6%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	COPD	834	8.8% (6.9% - 10.7%)	620	6.6% (5.4% - 7.8%)
Prevention	Core preventive services for older men	237	46.3% (36.9% - 55.2%)	217	46.4% (37.9% - 55.1%)
Prevention	Cholesterol Screening	140	84.6% (81.8% - 87.1%)	668	78.3% (74.5% - 81.8%)
Prevention	Colorectal Cancer Screening	690	70.2% (66.9% - 73.6%)	687	69.7% (66.5% - 73.2%)
Prevention	Health Insurance	415	7.2% (5.2% - 9.5%)	427	7.7% (5.7% - 10.2%)
Prevention	Dental Visit	561	66.4% (62.3% - 70.4%)	601	65.2% (61.1% - 69.3%)
Prevention	Taking BP Medication	46	83.9% (81.0% - 86.6%)	157	59.7% (54.7% - 64.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	897	33.8% (25.4% - 41.7%)	693	37.8% (30.1% - 45.5%)
Prevention	Annual Checkup	141	77.2% (72.7% - 81.4%)	746	71.6% (66.3% - 76.5%)
Prevention	Cervical Cancer Screening	352	83.8% (80.8% - 86.4%)	372	83.4% (80.8% - 86.1%)
Prevention	Mammography	358	76.8% (72.5% - 80.7%)	246	75.0% (70.4% - 79.4%)
Disability	Self-care Disability	808	4.1% (3.3% - 4.9%)	567	3.1% (2.6% - 3.6%)
Disability	Hearing Disability	900	9.6% (8.2% - 11.0%)	444	6.0% (5.3% - 6.8%)
Disability	Independent Living Disability	805	7.7% (6.2% - 9.4%)	570	6.5% (5.4% - 7.6%)
Disability	Vision Disability	805	4.9% (3.9% - 6.1%)	564	3.8% (3.2% - 4.4%)
Disability	Any Disability	824	28.9% (24.4% - 33.5%)	453	23.2% (19.5% - 27.2%)
Disability	Cognitive Disability	497	11.2% (9.3% - 13.4%)	567	12.0% (9.9% - 14.2%)
Disability	Mobility Disability	873	14.8% (11.9% - 17.7%)	577	9.9% (8.2% - 11.6%)

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)

Sac City 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		