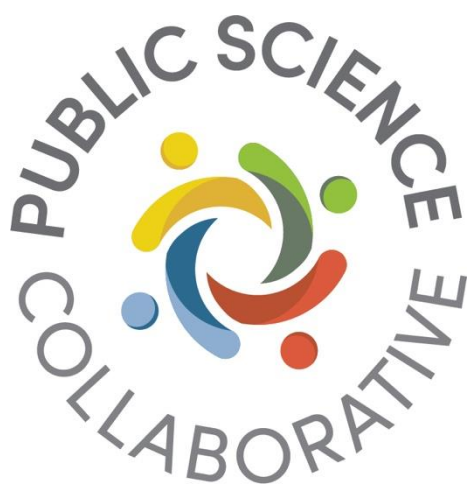




## Iowa Community Health Snapshot Series

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



*May 2024*

*By Matthew Voss & Shawn Dorius*

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*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 Sanborn: Overview

Dear Community Members & Stakeholders of Sanborn,

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 Sanborn ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Sanborn'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 Sanborn. 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
Depression	74th	11th	Cancer (except skin)	74th	4th
Obesity	92nd	15th	High Blood Pressure	144th	26th
Binge Drinking	93rd	15th	Depression	218th	31st
Taking BP Medication	106th	18th	Obesity	220th	36th
Sleep <7 hours	119th	24th	Binge Drinking	230th	33rd

## 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
Hearing Disability	874th	124th	Annual Checkup	877th	135th
Cancer (except skin)	872nd	119th	Cholesterol Screening	747th	121st
Chronic Kidney Disease	867th	120th	Core preventive services for older women	683rd	117th
Stroke	867th	122nd	Core preventive services for older men	667th	115th
Any Disability	833rd	118th	All Teeth Lost	644th	111th

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 Sanborn.

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.

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## How to Use this Report

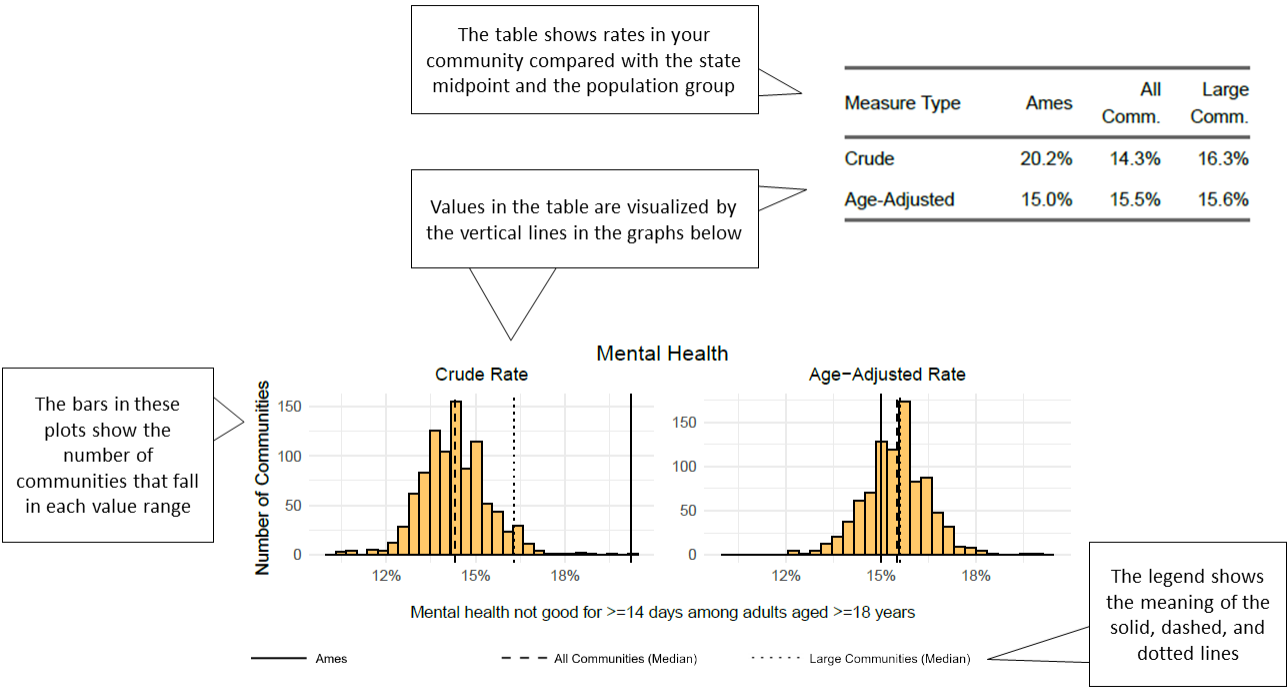
The purpose of the Iowa Community Health Snapshot Series is to provide an overview of health in Sanborn that can be used to help inform health-related interventions and programming. This report contains five sections, including the overall health status of Sanborn, a review of risky behaviors in the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

With a population of 1,536, Sanborn’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 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

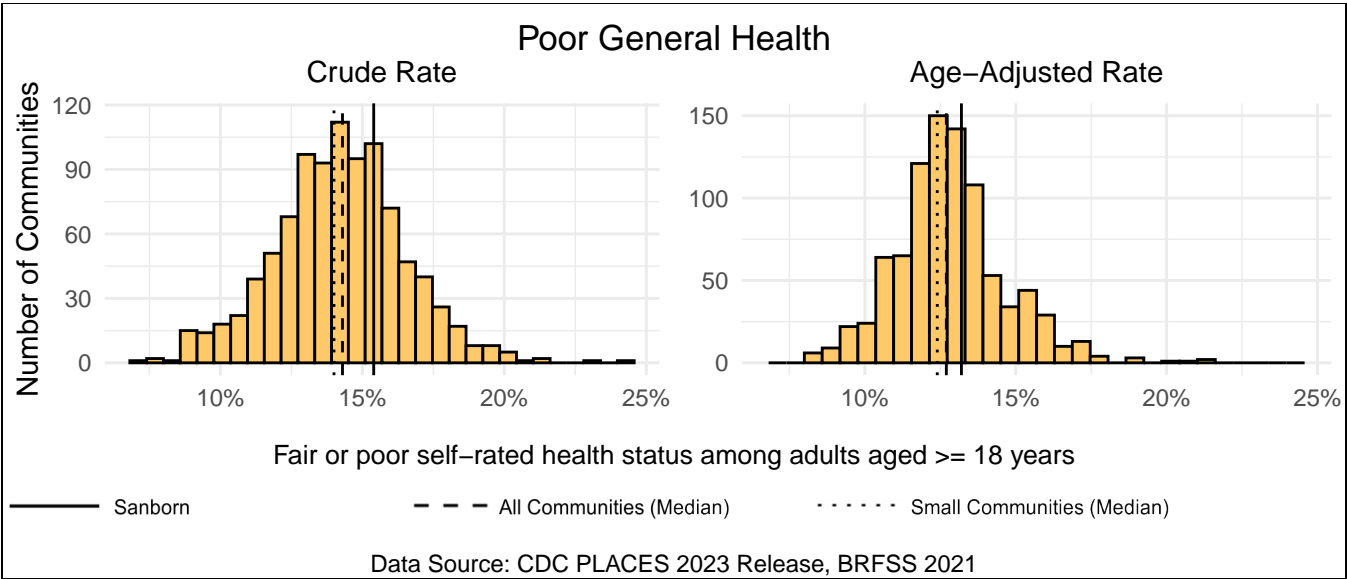
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Sanborn has a crude rate of 15.4% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 682nd out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Sanborn is 13.2%, which ranks 552nd out of 905 Iowa communities (92nd out of 138 small communities).

Measure Type	Sanborn	All Comm.	Small Comm.
Crude	15.4%	14.3%	14.0%
Age-Adjusted	13.2%	12.7%	12.4%

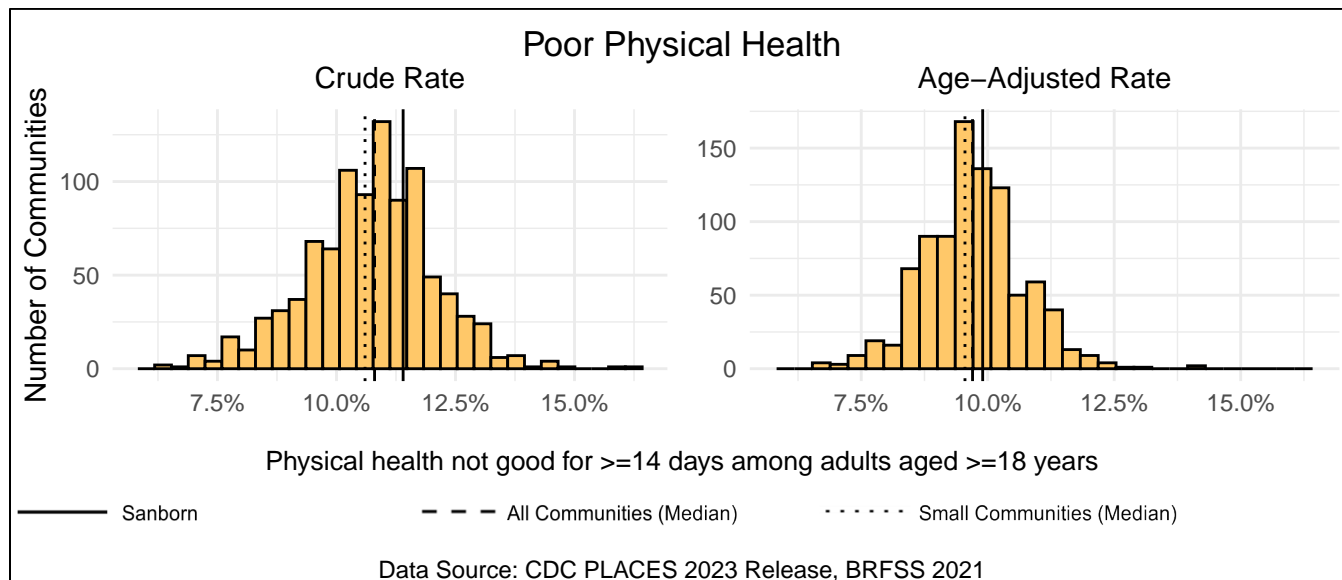




## Poor Physical Health

Sanborn has a crude rate of 11.4% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 656th out of 958 Iowa communities (99th out of 138 small communities). The age-adjusted rate for Sanborn is 9.9%, which ranks 518th out of 905 Iowa communities (86th out of 138 small communities).

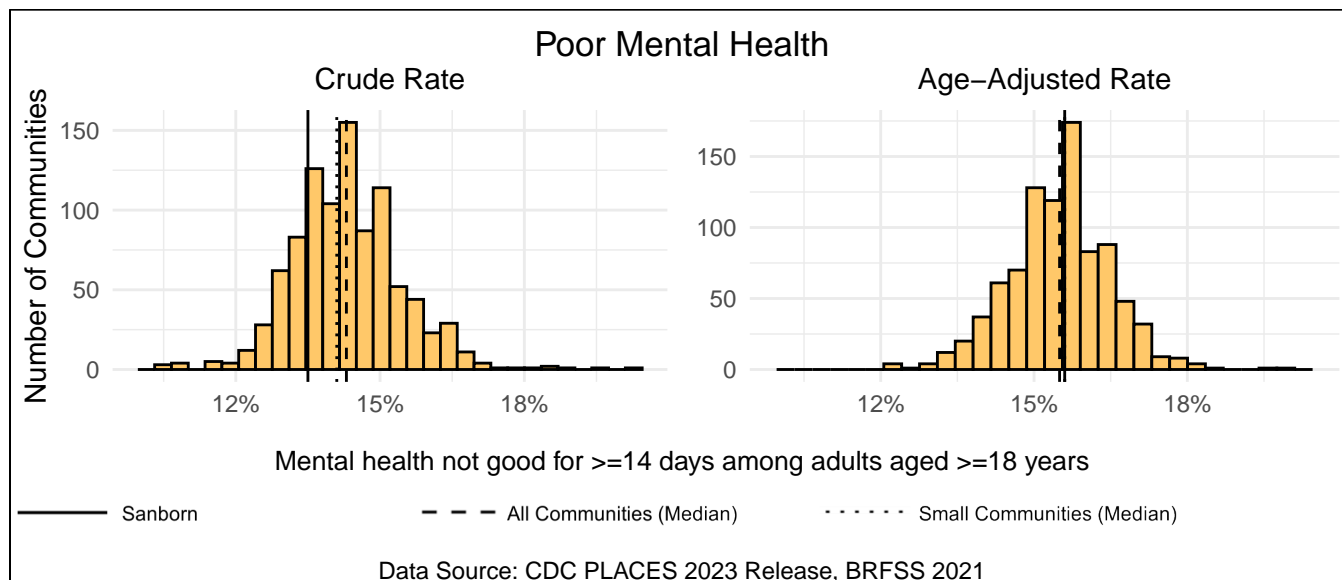
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	11.4%	10.8%	10.6%
Age-Adjusted	9.9%	9.7%	9.6%



## Poor Mental Health

Sanborn has a crude rate of 13.5% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 202nd out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for Sanborn is 15.6%, which ranks 457th out of 905 Iowa communities (69th out of 138 small communities).

Measure Type	Sanborn	All Comm.	Small Comm.
Crude	13.5%	14.3%	14.1%
Age-Adjusted	15.6%	15.5%	15.6%



# Health Risk Behaviors

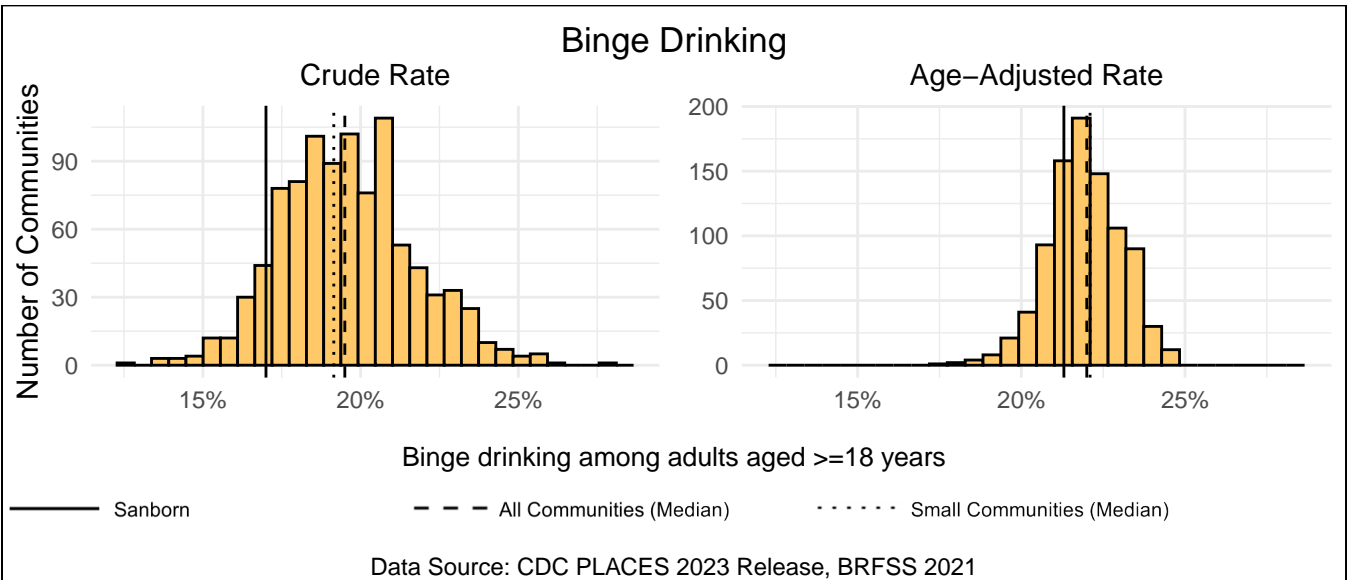
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Sanborn has a crude rate of 17.0% for binge drinking among adults aged  $\geq 18$  years, which ranks 93rd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Sanborn is 21.3%, which ranks 230th out of 905 Iowa communities (33rd out of 138 small communities).

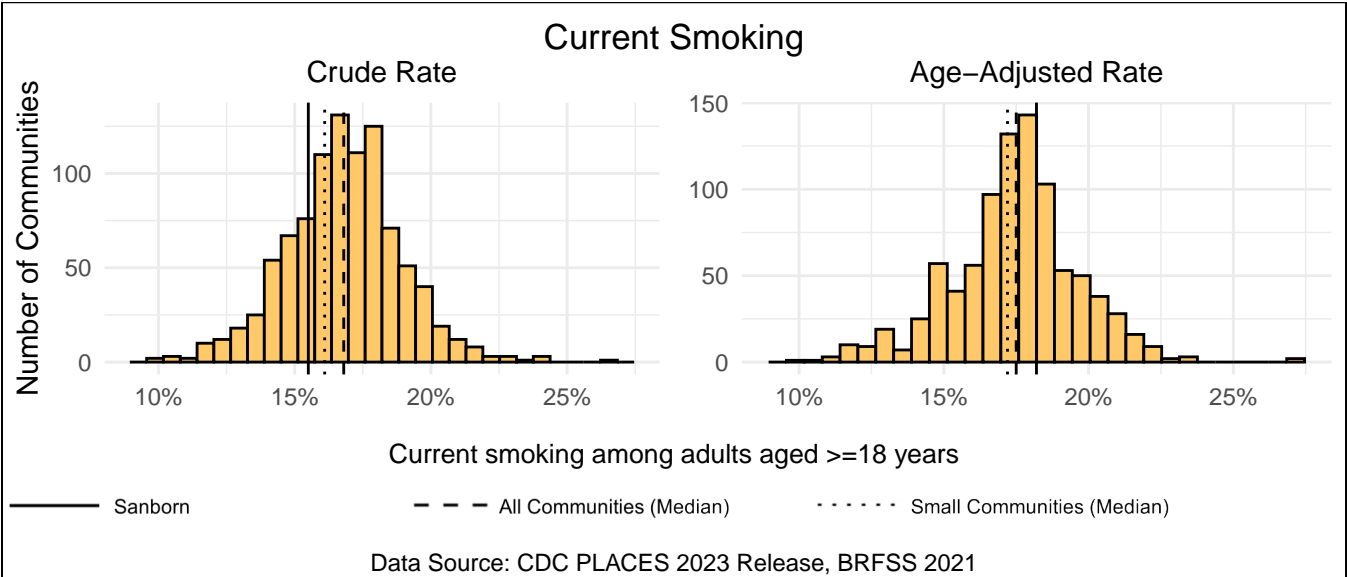
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	17.0%	19.5%	19.1%
Age-Adjusted	21.3%	22.0%	22.1%



# Current Smoking

Sanborn has a crude rate of 15.5% for current smoking among adults aged >=18 years, which ranks 233rd out of 958 Iowa communities (47th out of 138 small communities). The age-adjusted rate for Sanborn is 18.2%, which ranks 572nd out of 905 Iowa communities (94th out of 138 small communities).

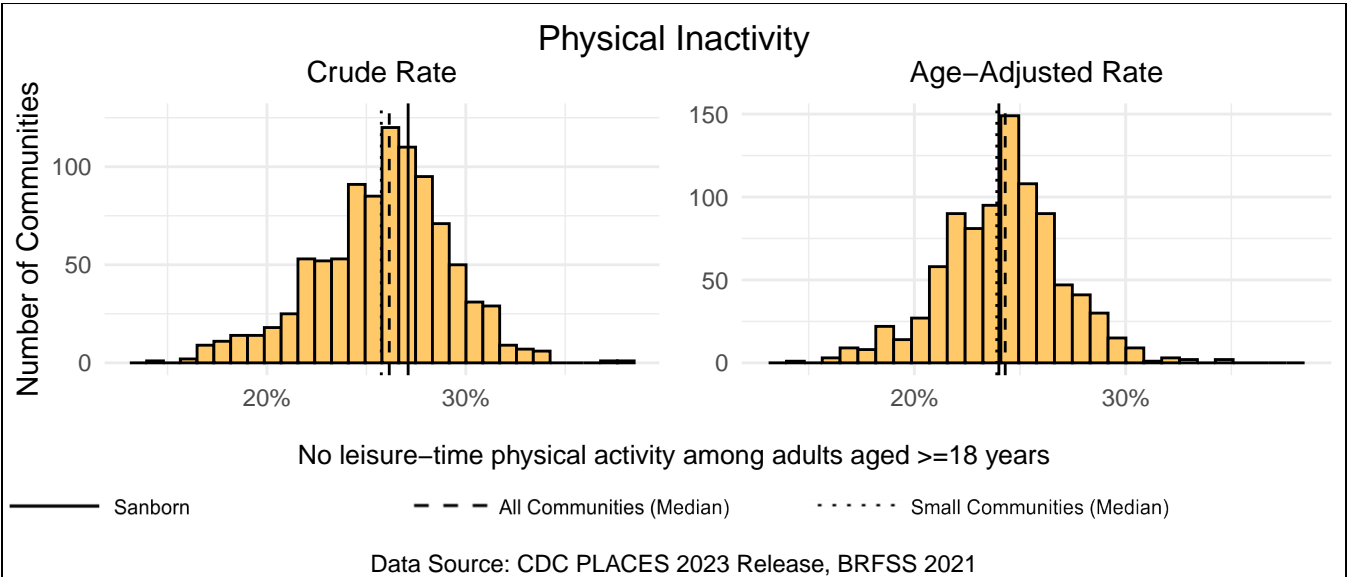
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	15.5%	16.8%	16.1%
Age-Adjusted	18.2%	17.5%	17.2%



# Physical Inactivity

Sanborn has a crude rate of 27.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 602nd out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Sanborn is 24.0%, which ranks 398th out of 905 Iowa communities (73rd out of 138 small communities).

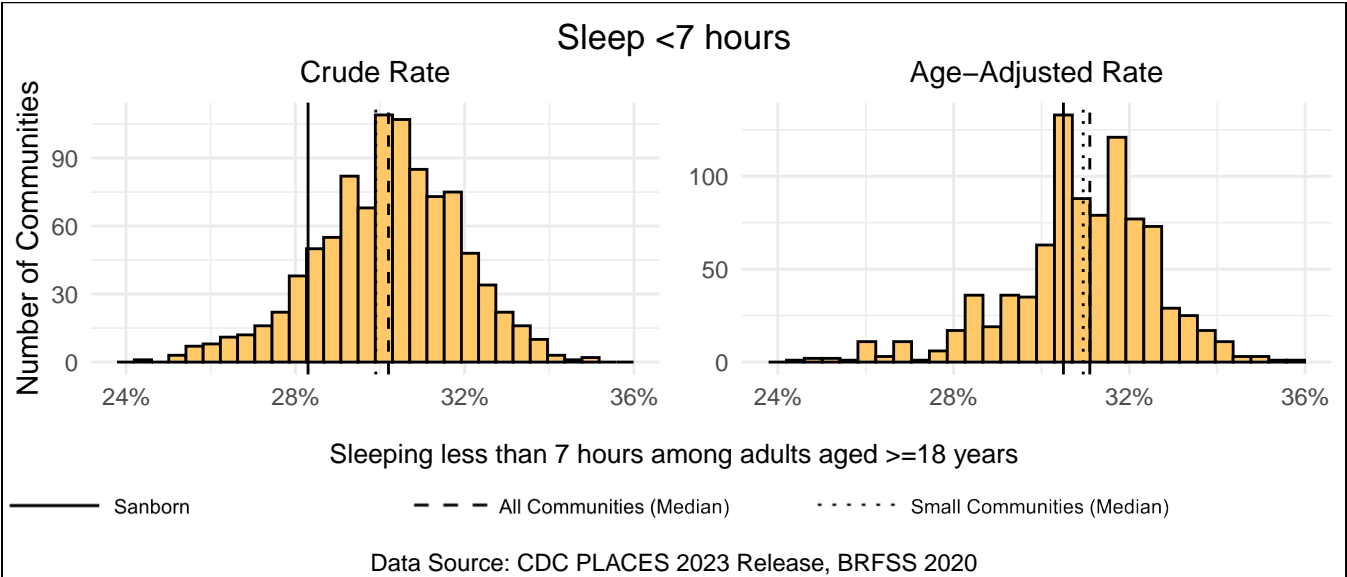
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	27.1%	26.1%	25.8%
Age-Adjusted	24.0%	24.3%	23.9%



Sleep <7 hours

Sanborn has a crude rate of 28.3% for sleeping less than 7 hours among adults aged >=18 years, which ranks 119th out of 958 Iowa communities (24th out of 138 small communities). The age-adjusted rate for Sanborn is 30.5%, which ranks 291st out of 905 Iowa communities (47th out of 138 small communities).

Measure Type	Sanborn	All Comm.	Small Comm.
Crude	28.3%	30.2%	29.9%
Age-Adjusted	30.5%	31.1%	31.0%



# Health Outcomes

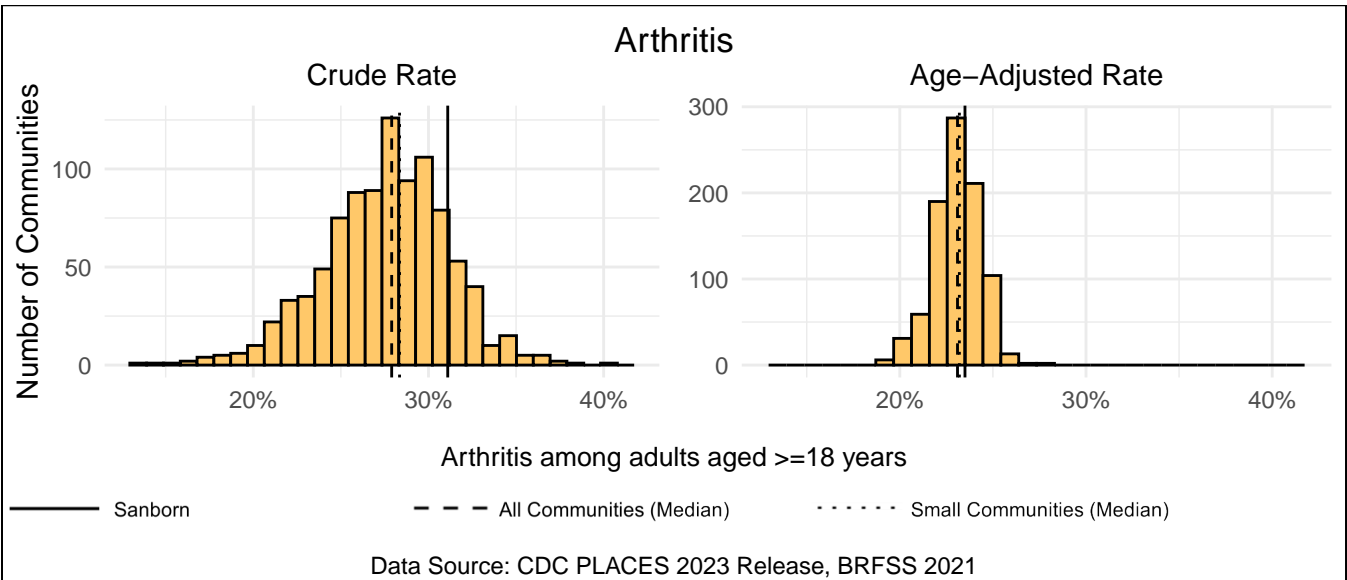
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Sanborn has a crude rate of 31.1% for arthritis among adults aged  $\geq 18$  years, which ranks 821st out of 958 Iowa communities (114th out of 138 small communities). The age-adjusted rate for Sanborn is 23.5%, which ranks 550th out of 905 Iowa communities (84th out of 138 small communities).

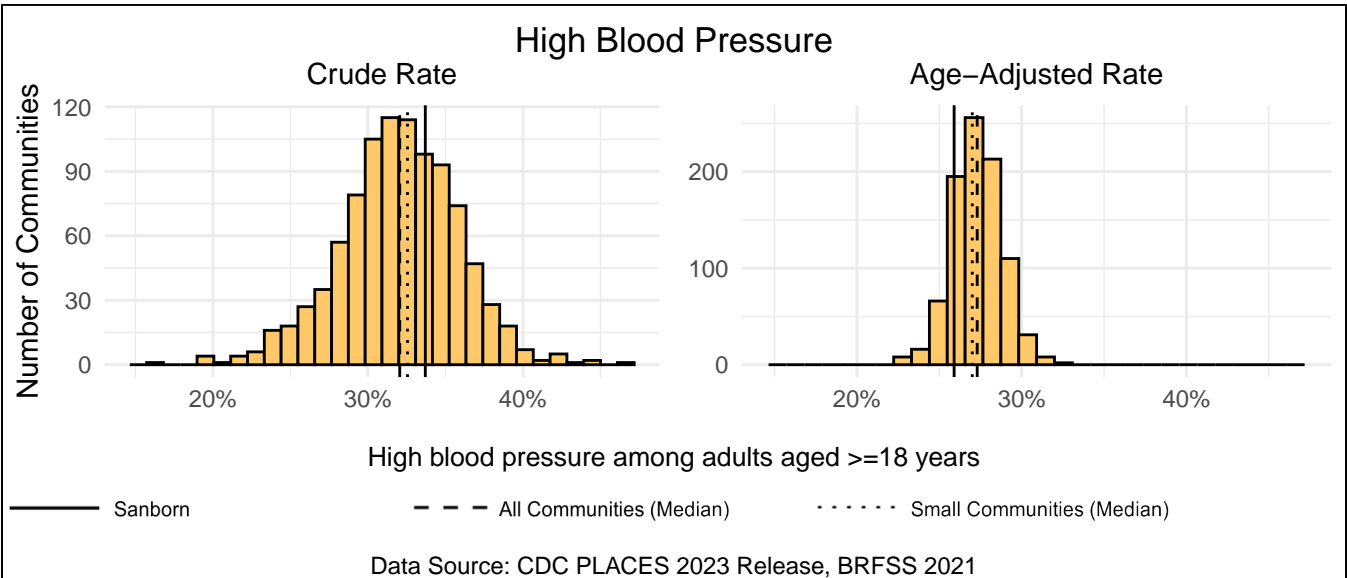
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	31.1%	27.9%	28.4%
Age-Adjusted	23.5%	23.1%	23.2%



## High Blood Pressure

Sanborn has a crude rate of 33.7% for high blood pressure among adults aged  $\geq 18$  years, which ranks 639th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Sanborn is 25.9%, which ranks 144th out of 905 Iowa communities (26th out of 138 small communities).

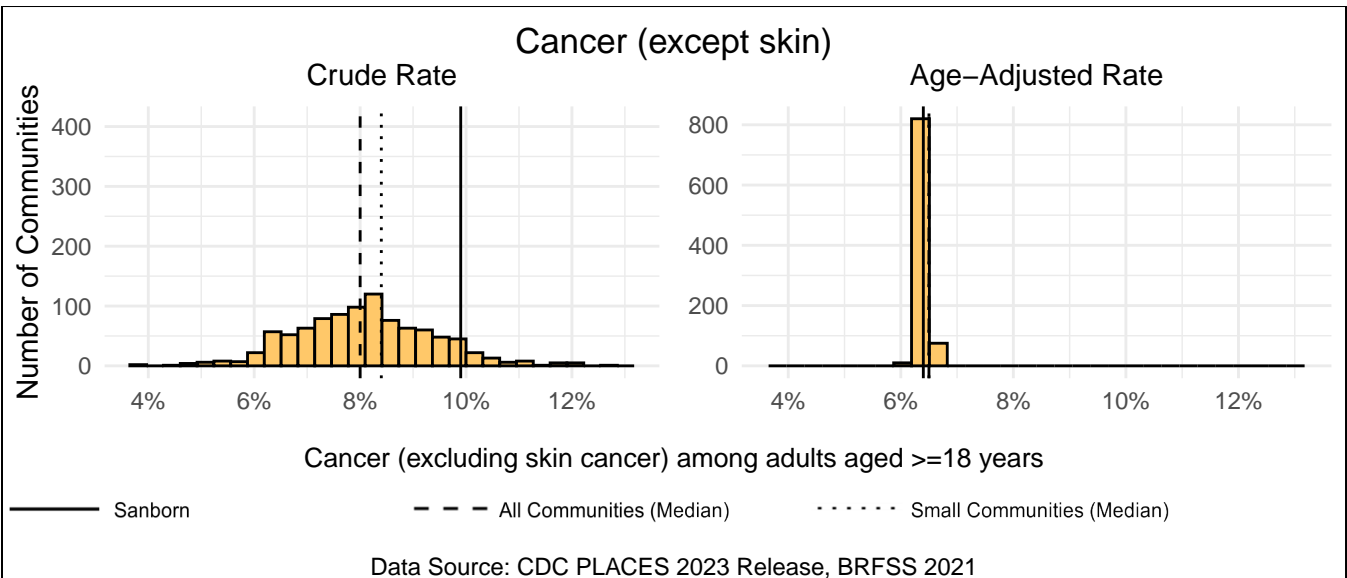
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	33.7%	32.0%	32.5%
Age-Adjusted	25.9%	27.3%	27.0%



## Cancer (except skin)

Sanborn has a crude rate of 9.9% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 872nd out of 958 Iowa communities (119th out of 138 small communities). The age-adjusted rate for Sanborn is 6.4%, which ranks 74th out of 905 Iowa communities (4th out of 138 small communities).

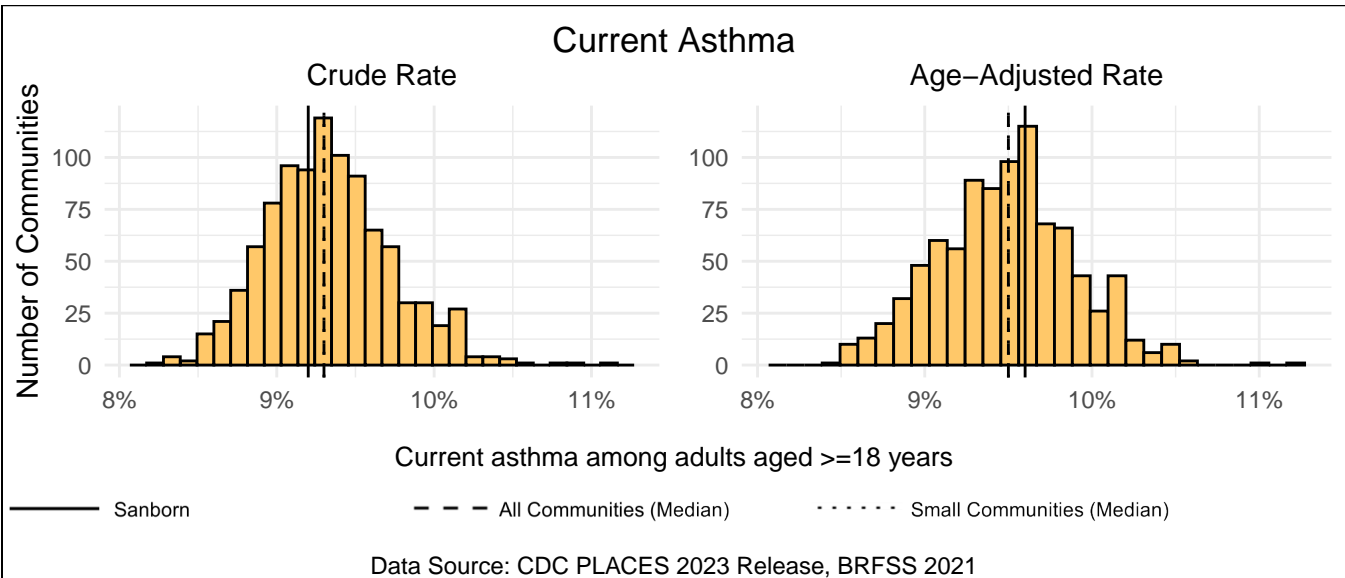
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	9.9%	8.0%	8.4%
Age-Adjusted	6.4%	6.5%	6.5%



## Current Asthma

Sanborn has a crude rate of 9.2% for current asthma among adults aged  $\geq 18$  years, which ranks 311th out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for Sanborn is 9.6%, which ranks 513th out of 905 Iowa communities (73rd out of 138 small communities).

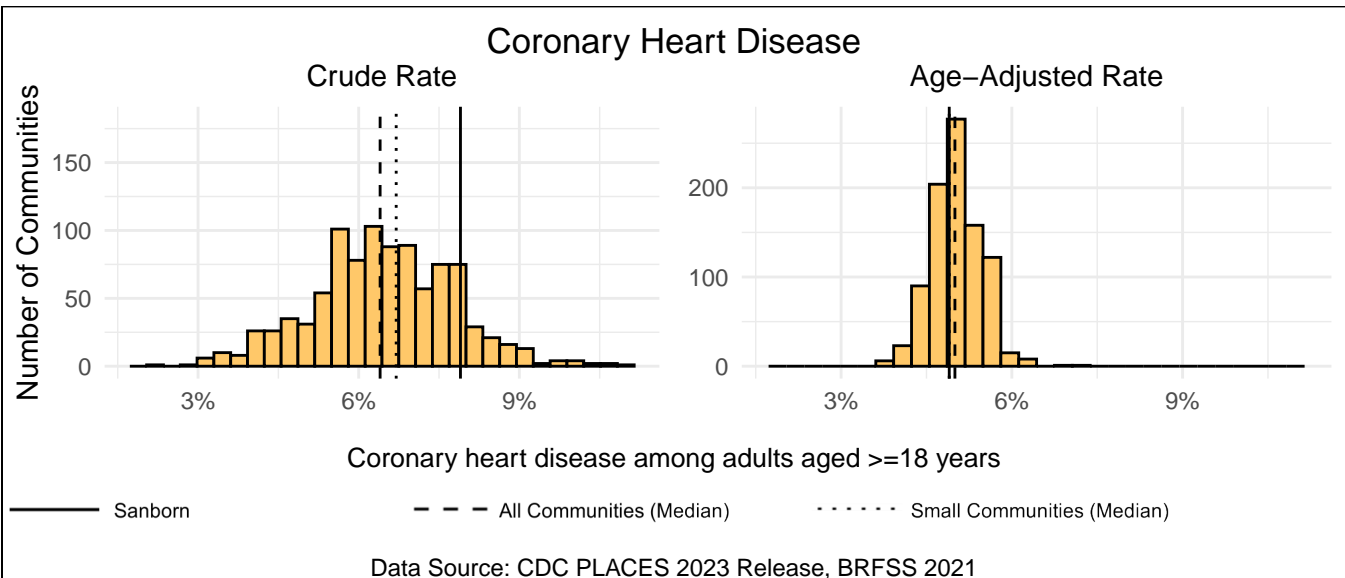
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	9.2%	9.3%	9.3%
Age-Adjusted	9.6%	9.5%	9.5%



## Coronary Heart Disease

Sanborn has a crude rate of 7.9% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 832nd out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Sanborn is 4.9%, which ranks 324th out of 905 Iowa communities (68th out of 138 small communities).

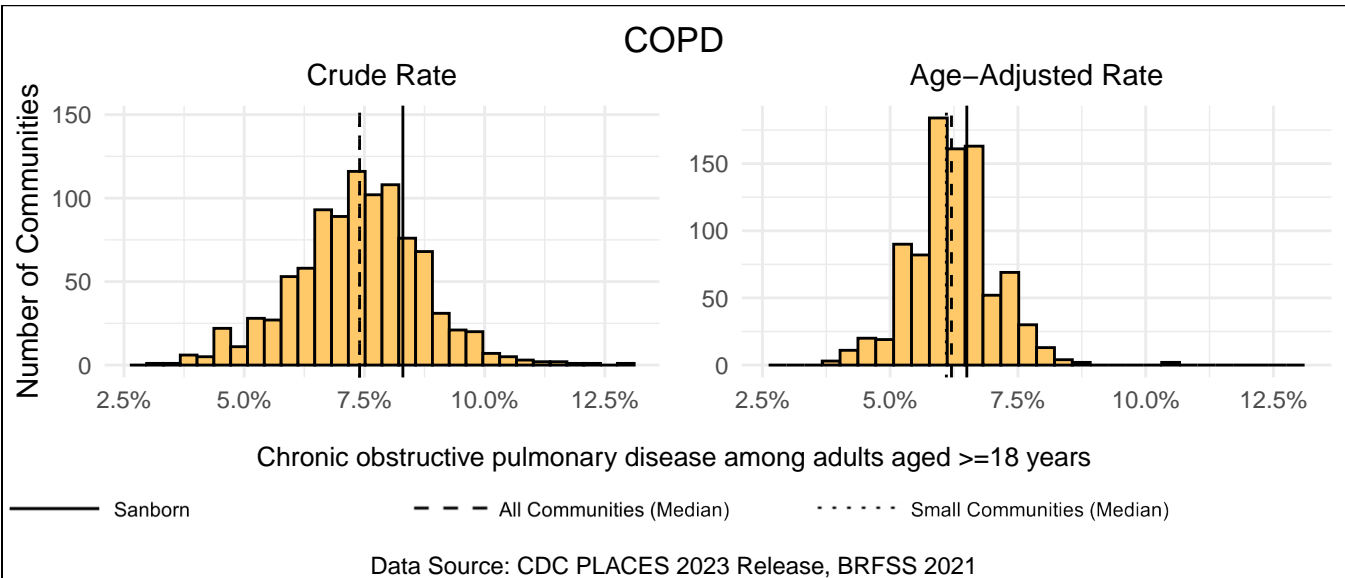
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	7.9%	6.4%	6.7%
Age-Adjusted	4.9%	5.0%	4.9%



## COPD

Sanborn has a crude rate of 8.3% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 721st out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Sanborn is 6.5%, which ranks 571st out of 905 Iowa communities (95th out of 138 small communities).

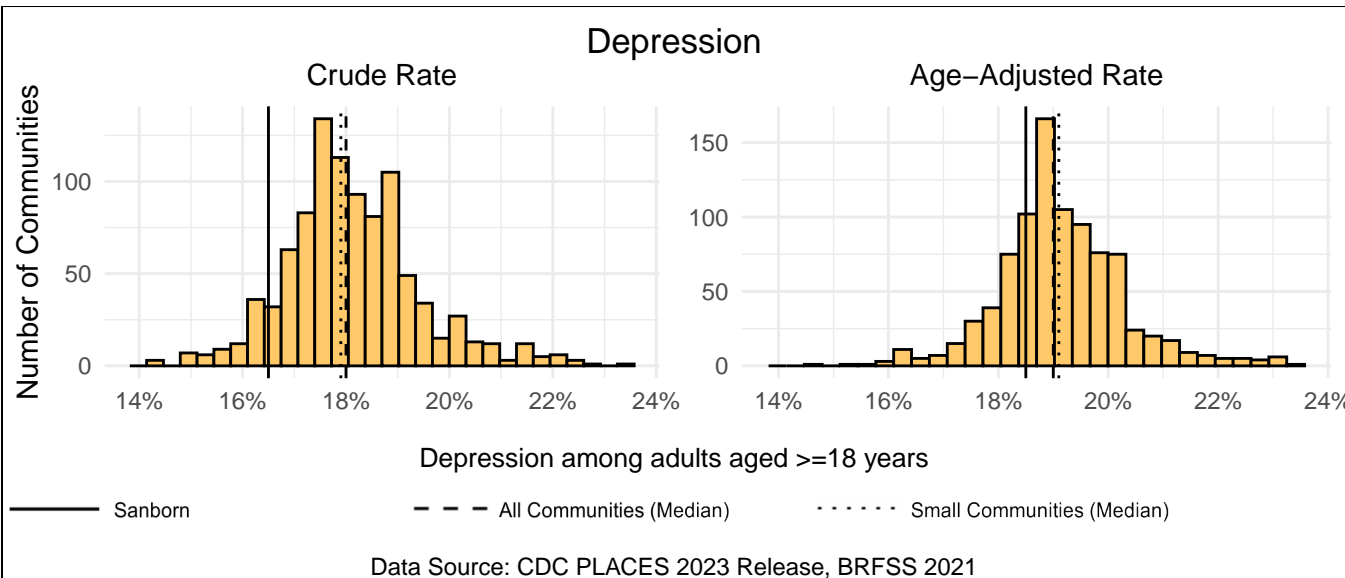
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	8.3%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.1%



## Depression

Sanborn has a crude rate of 16.5% for depression among adults aged  $\geq 18$  years, which ranks 74th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Sanborn is 18.5%, which ranks 218th out of 905 Iowa communities (31st out of 138 small communities).

Measure Type	Sanborn	All Comm.	Small Comm.
Crude	16.5%	18.0%	17.9%
Age-Adjusted	18.5%	19.0%	19.1%

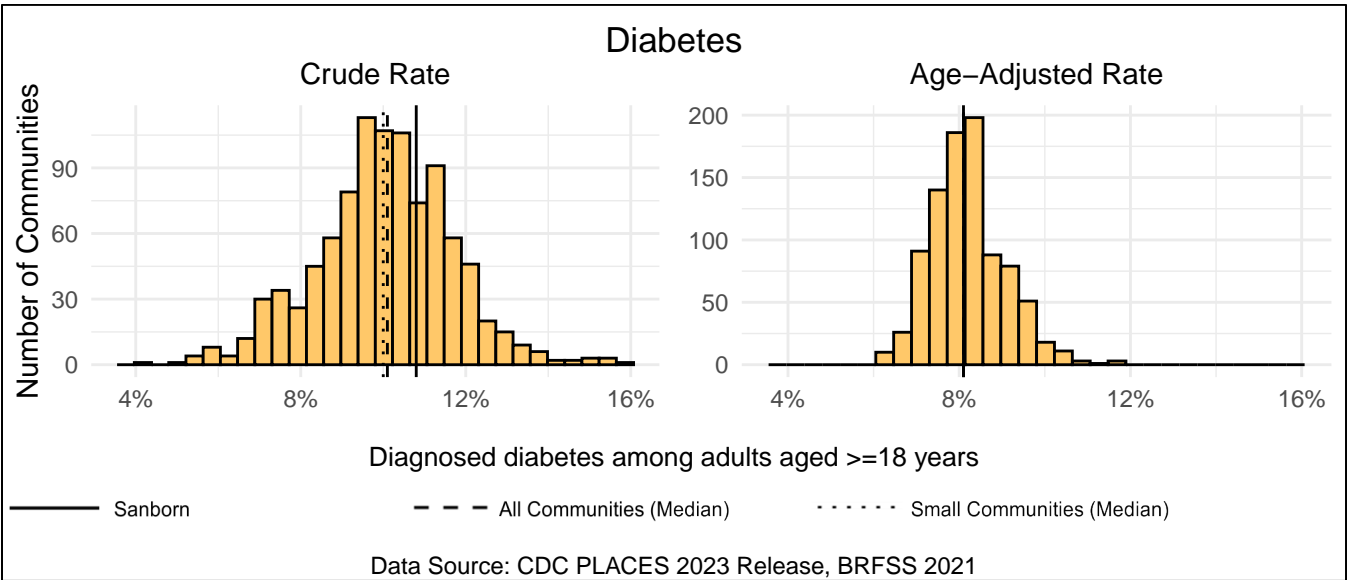




# Diabetes

Sanborn has a crude rate of 10.8% for diagnosed diabetes among adults aged  $\geq 18$  years, which ranks 651st out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Sanborn is 8.1%, which ranks 401st out of 905 Iowa communities (69th out of 138 small communities).

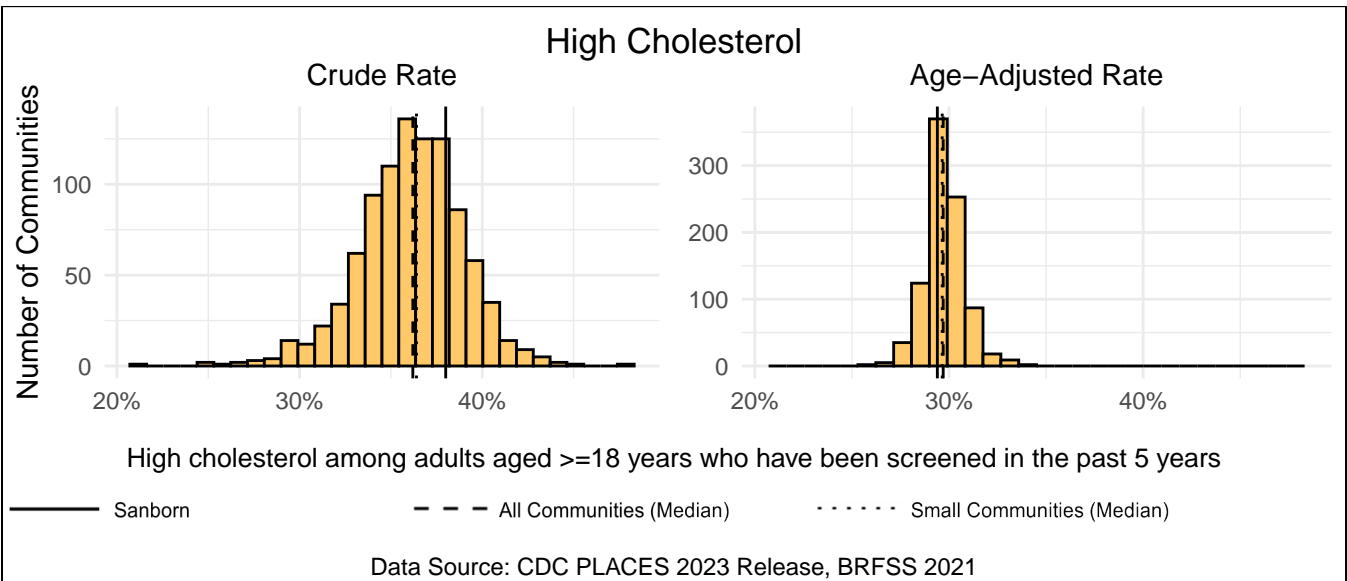
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	10.8%	10.1%	10.0%
Age-Adjusted	8.1%	8.1%	8.1%



# High Cholesterol

Sanborn has a crude rate of 38.0% for high cholesterol among adults aged  $\geq 18$  years who have been screened in the past 5 years, which ranks 720th out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for Sanborn is 29.4%, which ranks 301st out of 905 Iowa communities (49th out of 138 small communities).

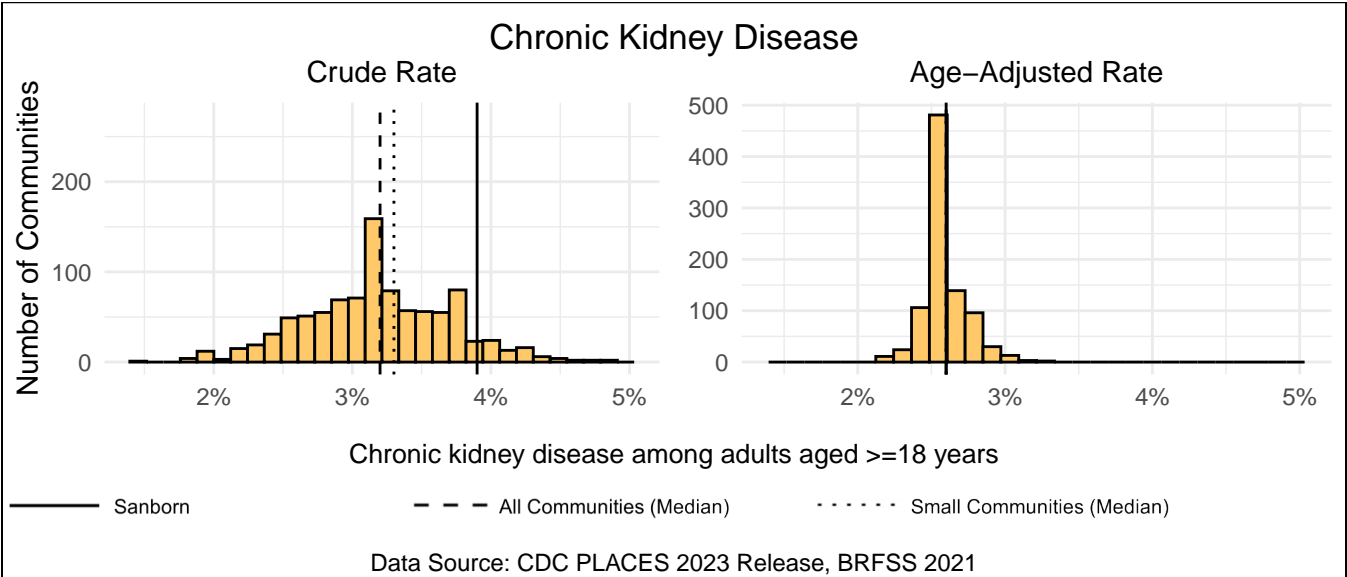
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	38.0%	36.2%	36.4%
Age-Adjusted	29.4%	29.7%	29.6%



# Chronic Kidney Disease

Sanborn has a crude rate of 3.9% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 867th out of 958 Iowa communities (120th out of 138 small communities). The age-adjusted rate for Sanborn is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

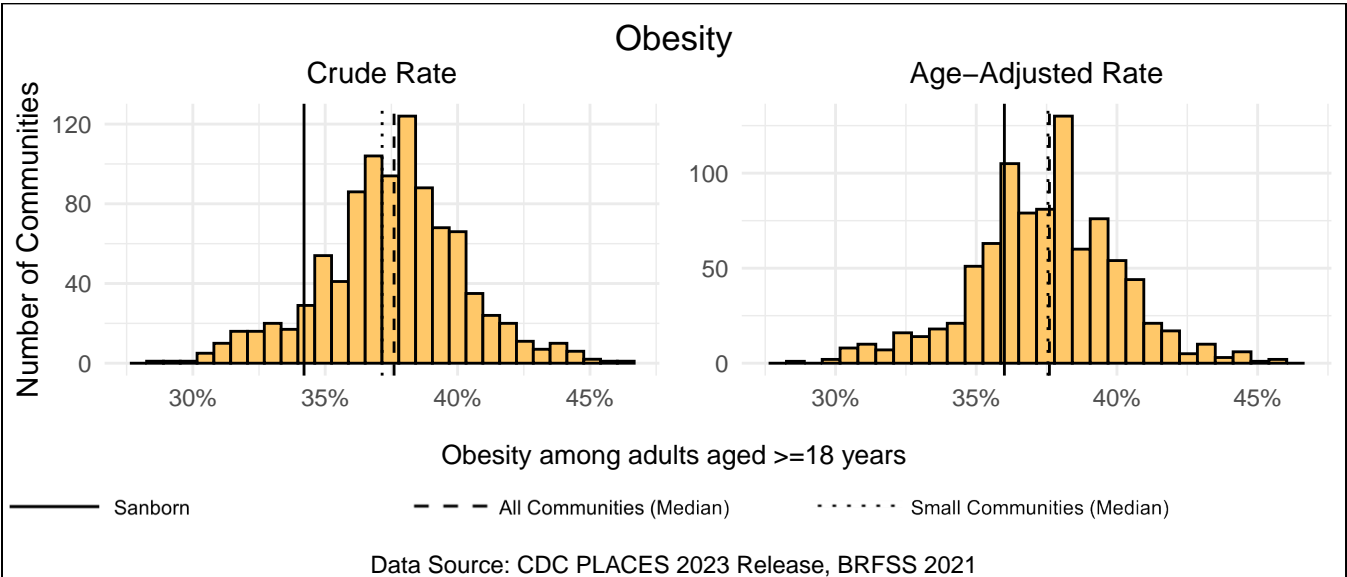
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	3.9%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Sanborn has a crude rate of 34.2% for obesity among adults aged  $\geq 18$  years, which ranks 92nd out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Sanborn is 36.0%, which ranks 220th out of 905 Iowa communities (36th out of 138 small communities).

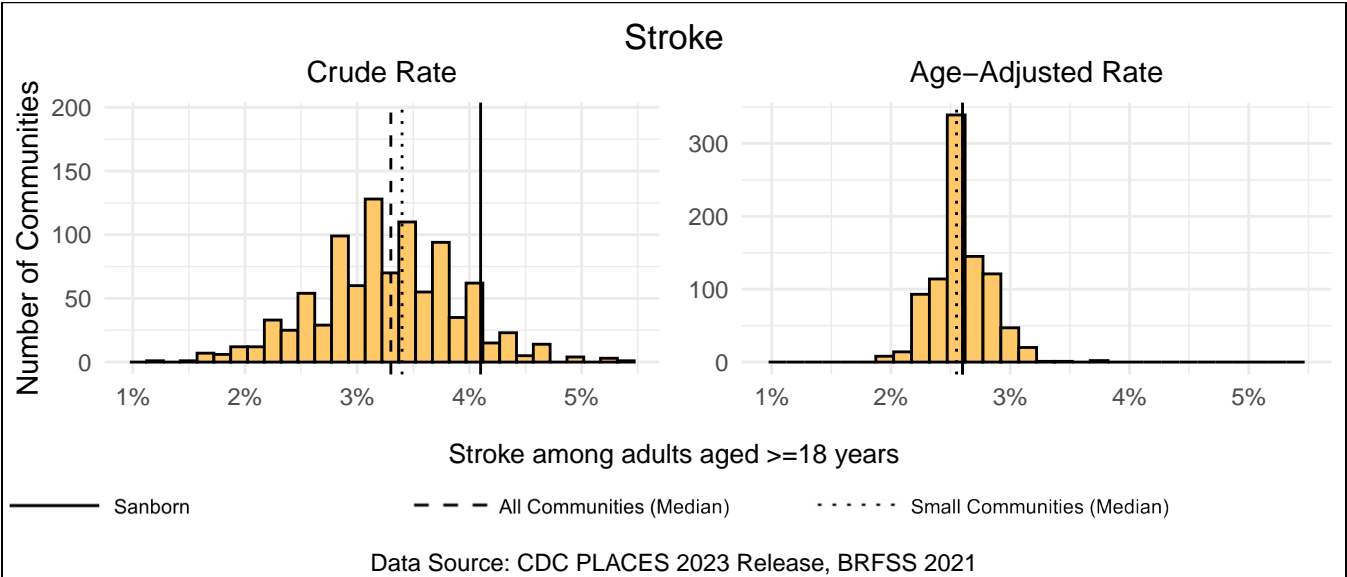
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	34.2%	37.6%	37.2%
Age-Adjusted	36.0%	37.6%	37.5%



# Stroke

Sanborn has a crude rate of 4.1% for stroke among adults aged >=18 years, which ranks 867th out of 958 Iowa communities (122nd out of 138 small communities). The age-adjusted rate for Sanborn is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

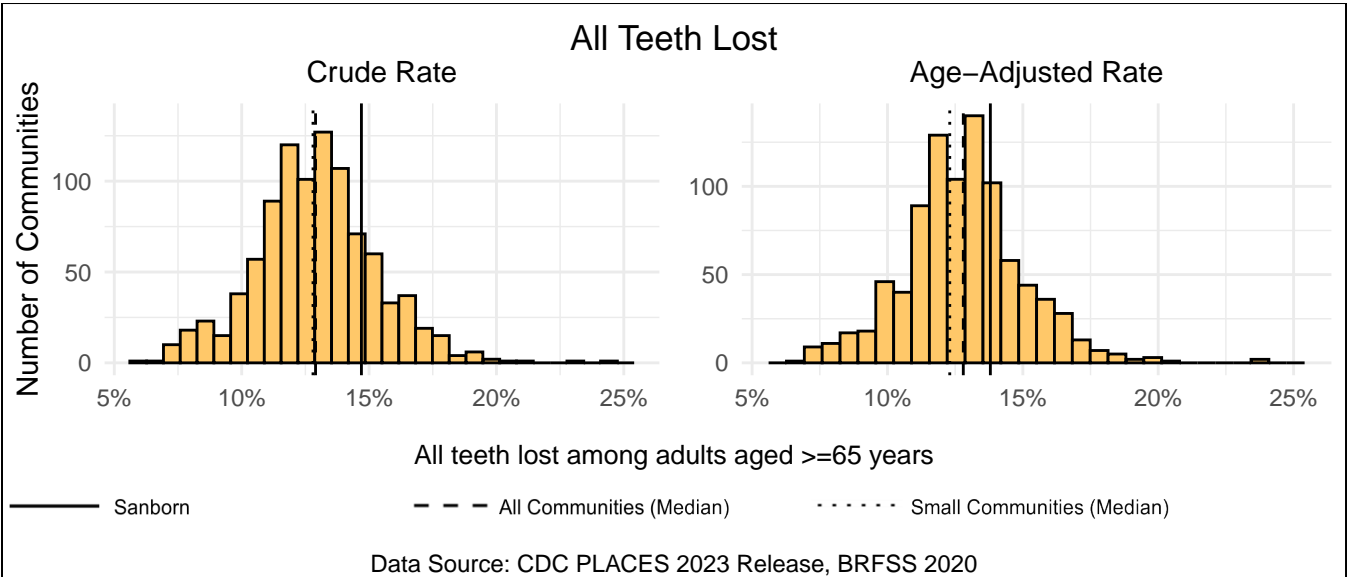
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	4.1%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Sanborn has a crude rate of 14.7% for all teeth lost among adults aged >=65 years, which ranks 762nd out of 958 Iowa communities (115th out of 138 small communities). The age-adjusted rate for Sanborn is 13.8%, which ranks 644th out of 905 Iowa communities (111th out of 138 small communities).

Measure Type	Sanborn	All Comm.	Small Comm.
Crude	14.7%	12.9%	12.8%
Age-Adjusted	13.8%	12.8%	12.3%



# Prevention

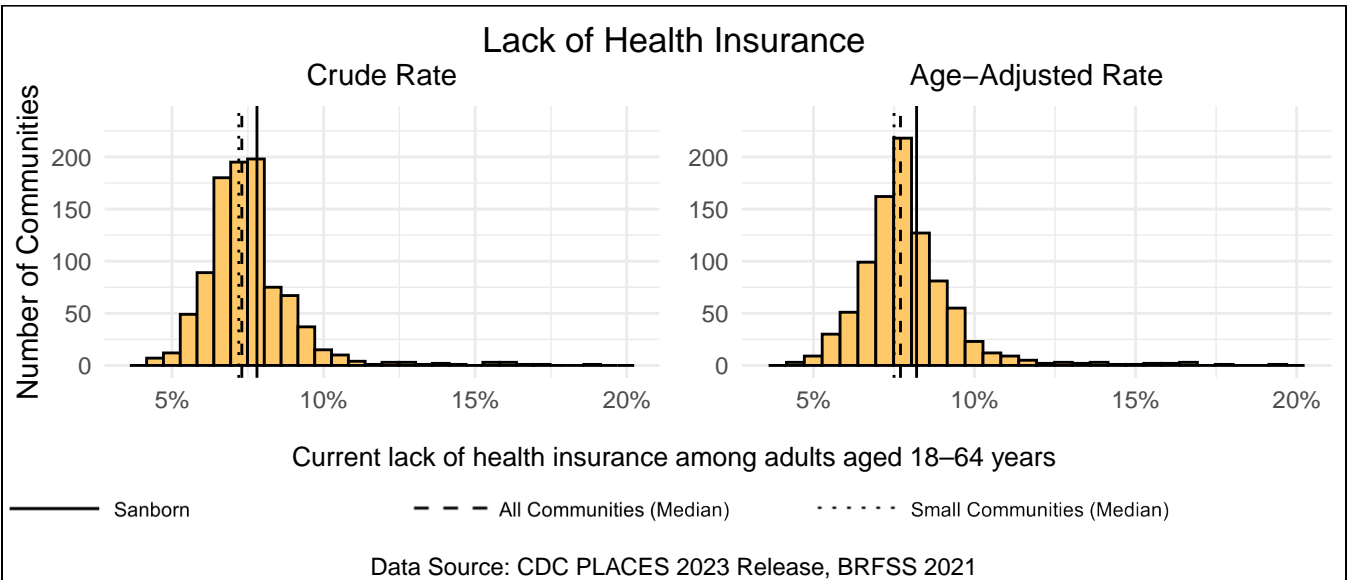
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Sanborn has a crude rate of 7.8% for current lack of health insurance among adults aged 18–64 years, which ranks 633rd out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Sanborn is 8.2%, which ranks 598th out of 905 Iowa communities (104th out of 138 small communities).

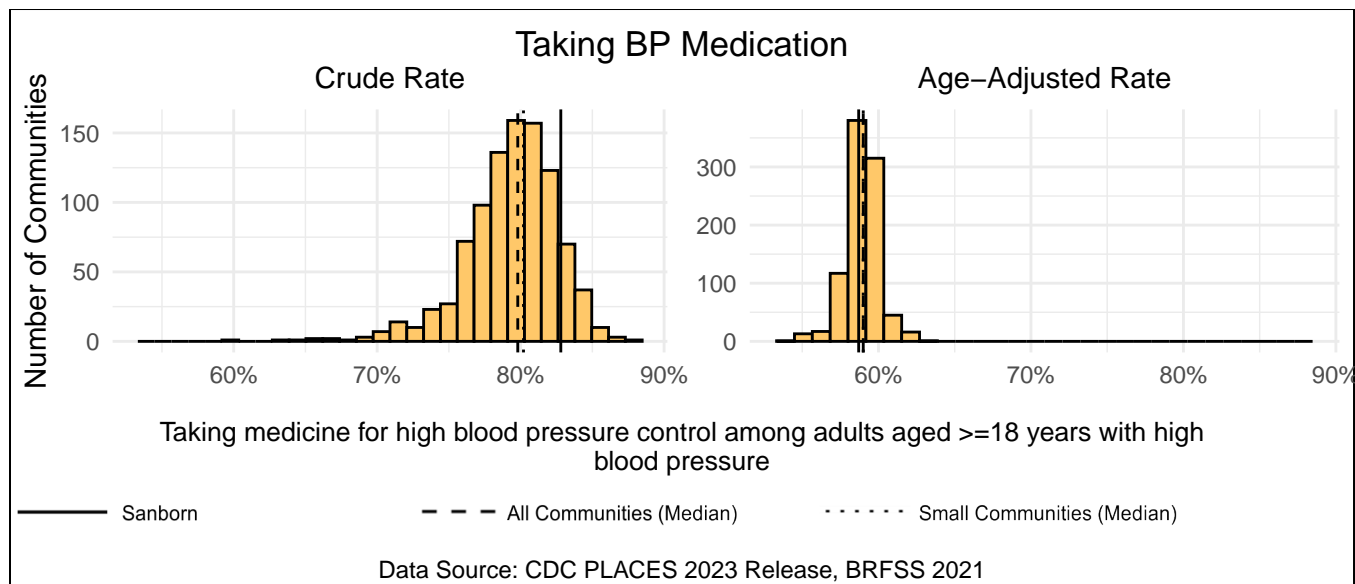
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	7.8%	7.3%	7.2%
Age-Adjusted	8.2%	7.7%	7.5%



## Taking BP Medication

Sanborn has a crude rate of 82.8% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 106th out of 958 Iowa communities (18th out of 138 small communities). The age-adjusted rate for Sanborn is 58.7%, which ranks 537th out of 905 Iowa communities (81st out of 138 small communities).

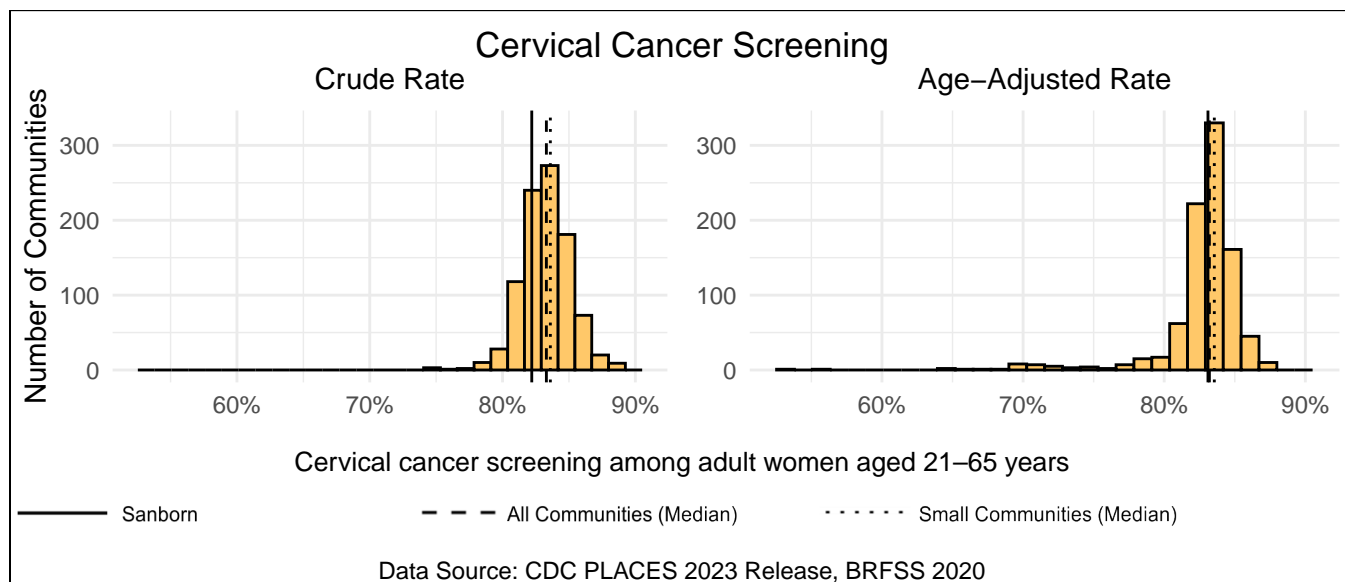
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	82.8%	79.8%	80.2%
Age-Adjusted	58.7%	59.0%	59.0%



## Cervical Cancer Screening

Sanborn has a crude rate of 82.2% for cervical cancer screening among adult women aged 21–65 years, which ranks 710th out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Sanborn is 83.1%, which ranks 477th out of 905 Iowa communities (93rd out of 138 small communities).

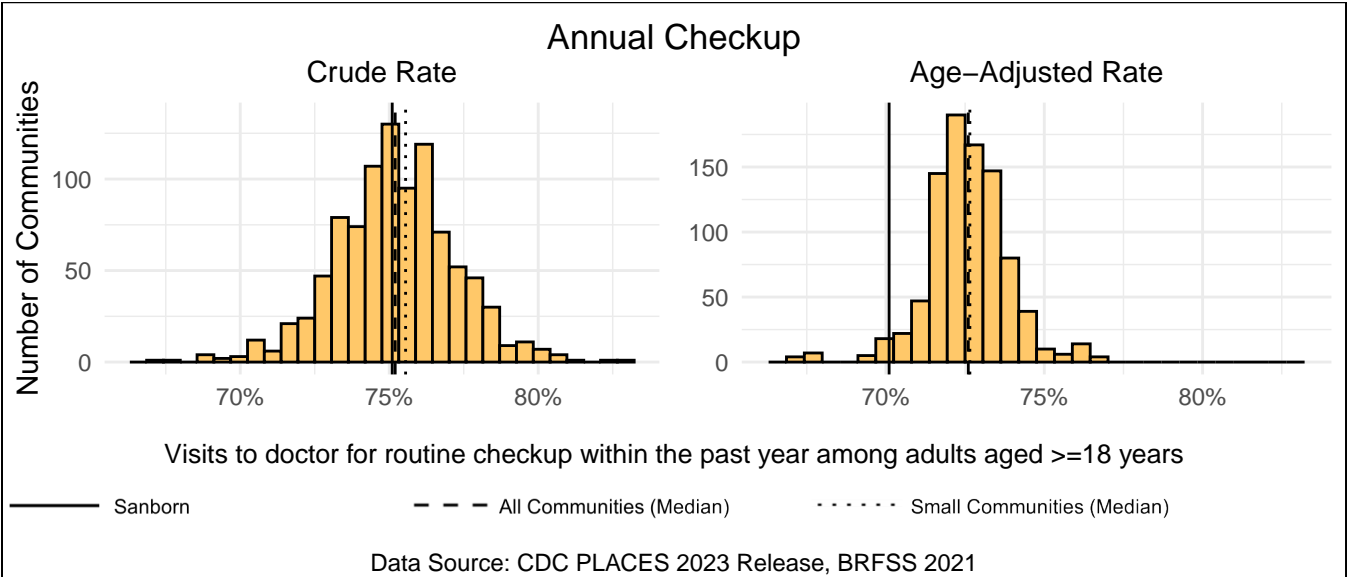
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	82.2%	83.3%	83.6%
Age-Adjusted	83.1%	83.2%	83.5%



## Annual Checkup

Sanborn has a crude rate of 75.1% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 490th out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Sanborn is 70.1%, which ranks 877th out of 905 Iowa communities (135th out of 138 small communities).

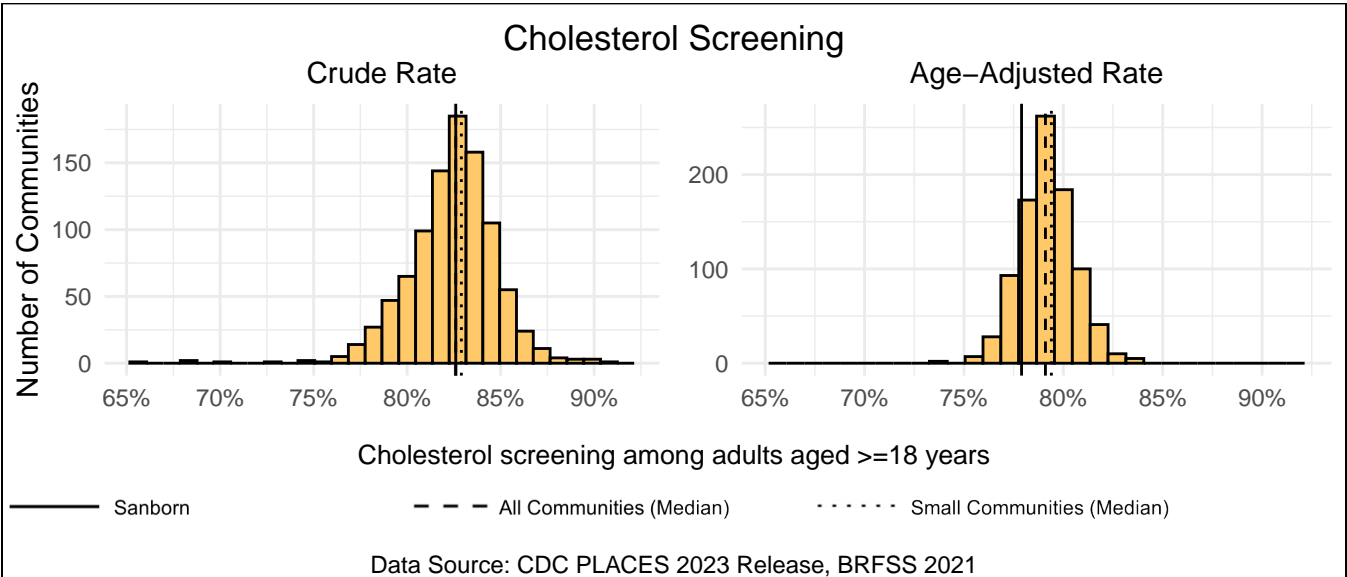
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	75.1%	75.2%	75.5%
Age-Adjusted	70.1%	72.6%	72.6%



## Cholesterol Screening

Sanborn has a crude rate of 82.6% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 479th out of 958 Iowa communities (76th out of 138 small communities). The age-adjusted rate for Sanborn is 77.9%, which ranks 747th out of 905 Iowa communities (121st out of 138 small communities).

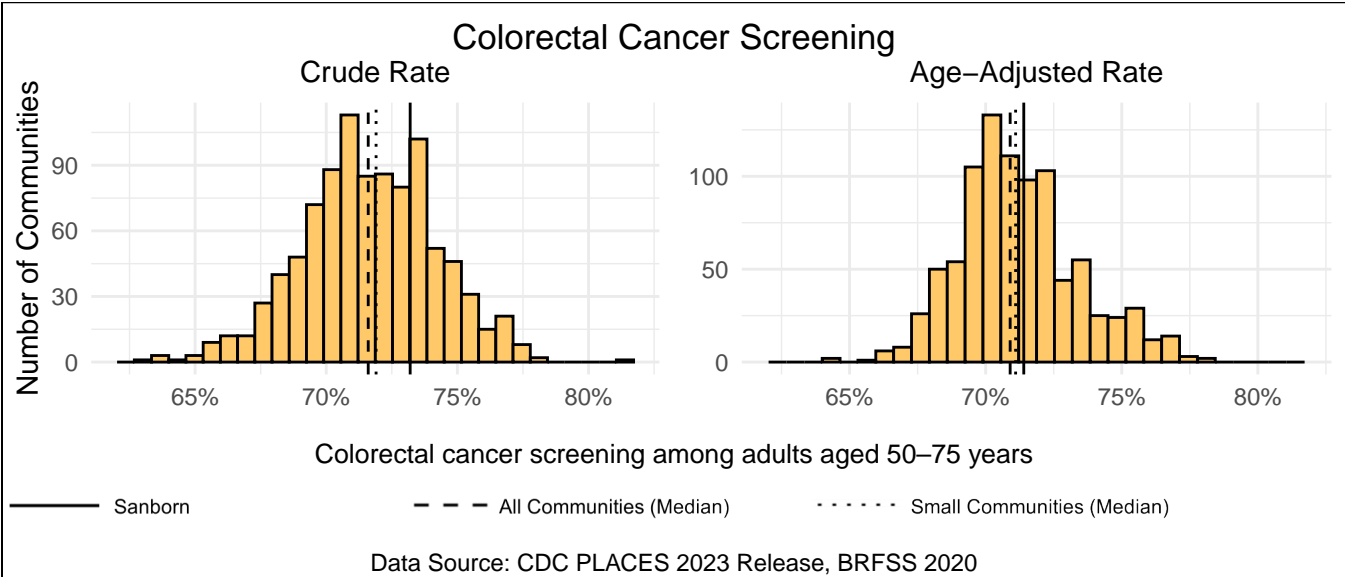
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	82.6%	82.6%	82.9%
Age-Adjusted	77.9%	79.1%	79.4%



## Colorectal Cancer Screening

Sanborn has a crude rate of 73.2% for colorectal cancer screening among adults aged 50–75 years, which ranks 260th out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for Sanborn is 71.4%, which ranks 381st out of 905 Iowa communities (65th out of 138 small communities).

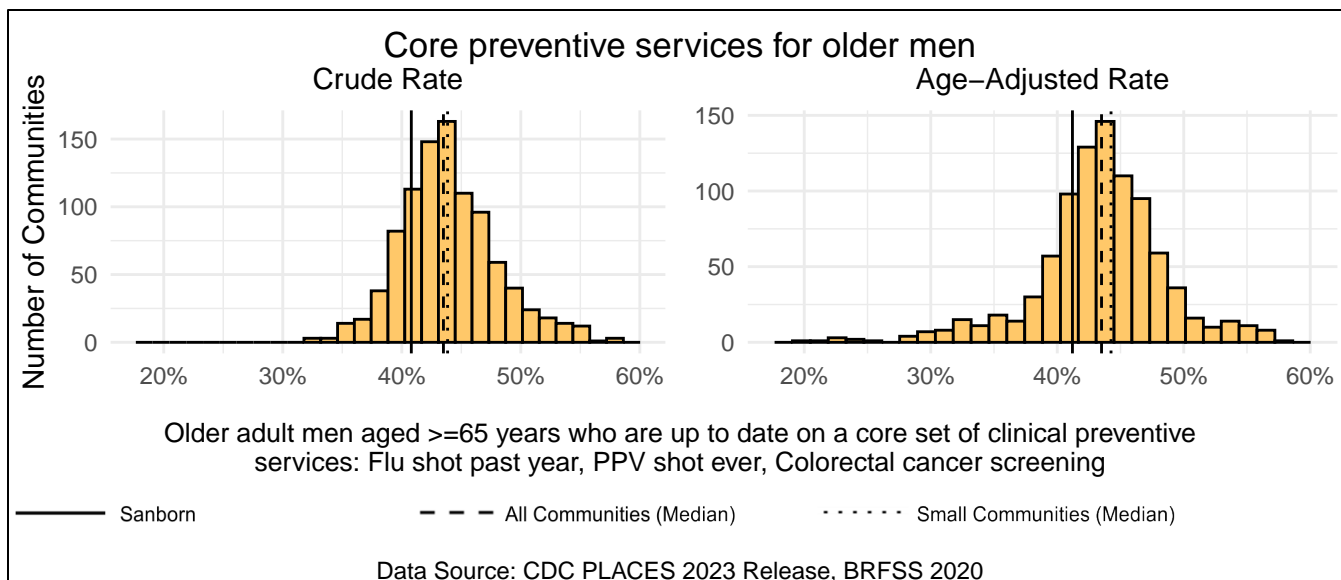
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	73.2%	71.6%	71.9%
Age-Adjusted	71.4%	70.9%	71.1%



## Core preventive services for older men

Sanborn has a crude rate of 40.8% for older adult men aged  $\geq 65$  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 744th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Sanborn is 41.2%, which ranks 667th out of 905 Iowa communities (115th out of 138 small communities).

Measure Type	Sanborn	All Comm.	Small Comm.
Crude	40.8%	43.5%	43.8%
Age-Adjusted	41.2%	43.5%	44.2%

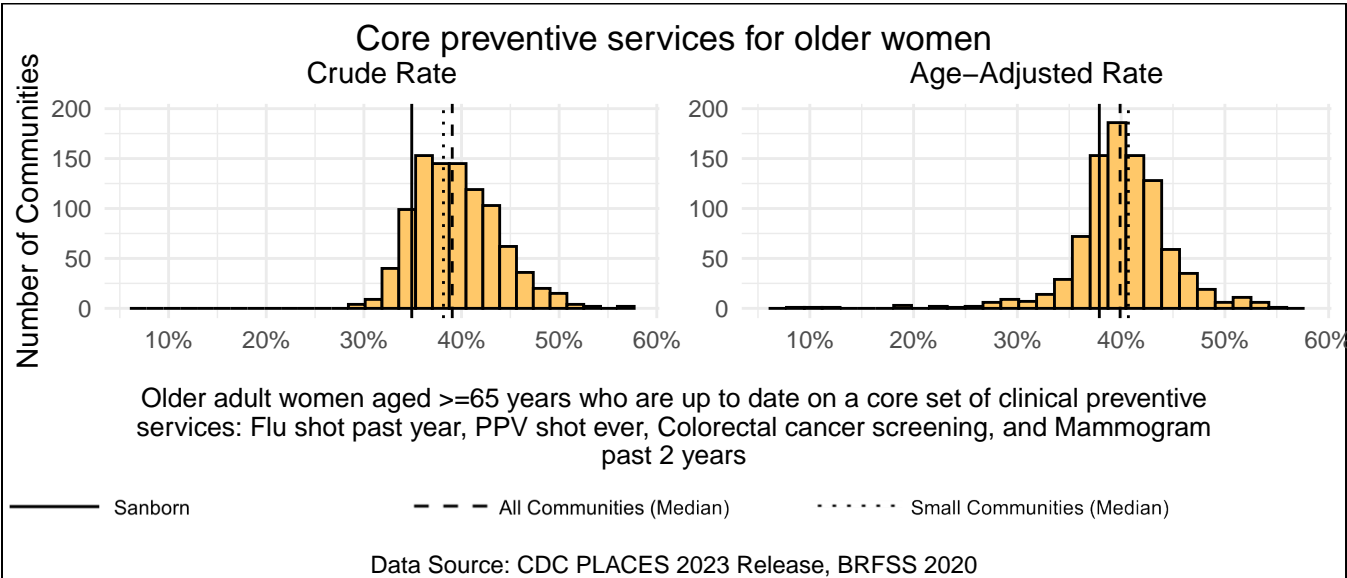




### Core preventive services for older women

Sanborn has a crude rate of 34.9% for older adult women aged  $\geq 65$  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 828th out of 958 Iowa communities (116th out of 138 small communities). The age-adjusted rate for Sanborn is 37.9%, which ranks 683rd out of 905 Iowa communities (117th out of 138 small communities).

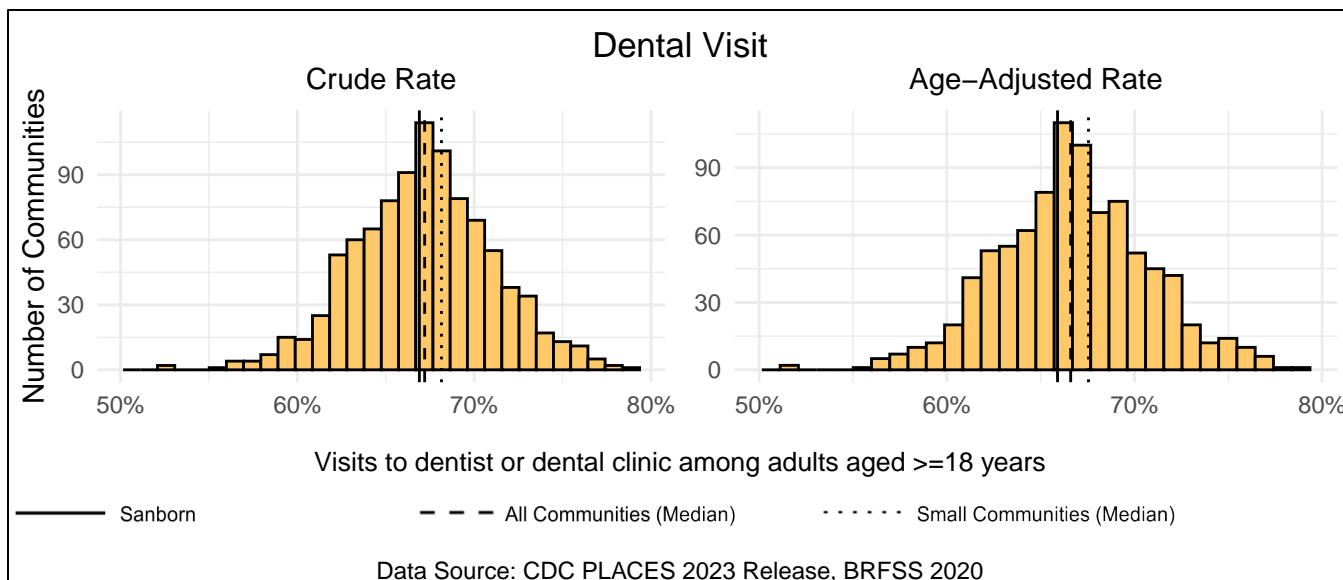
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	34.9%	39.0%	38.2%
Age-Adjusted	37.9%	39.9%	40.7%



### Dental Visit

Sanborn has a crude rate of 66.9% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 503rd out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for Sanborn is 65.9%, which ranks 533rd out of 905 Iowa communities (88th out of 138 small communities).

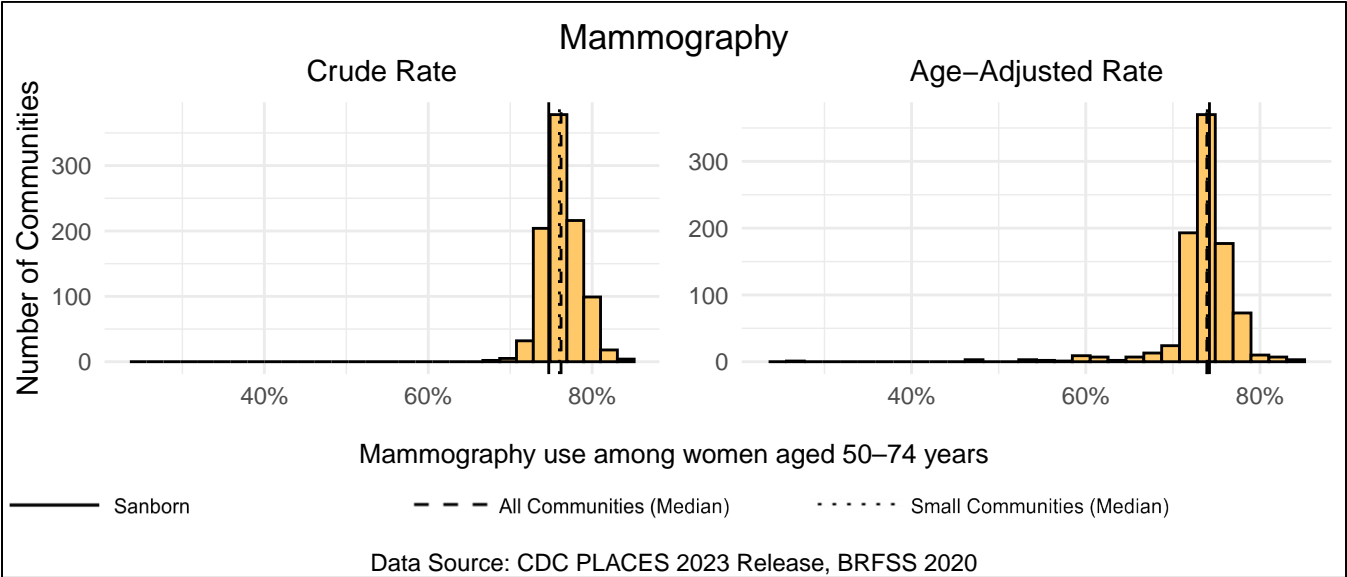
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	66.9%	67.2%	68.2%
Age-Adjusted	65.9%	66.6%	67.5%



# Mammography

Sanborn has a crude rate of 74.7% for mammography use among women aged 50–74 years, which ranks 737th out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Sanborn is 74.2%, which ranks 378th out of 905 Iowa communities (63rd out of 138 small communities).

Measure Type	Sanborn	All Comm.	Small Comm.
Crude	74.7%	76.2%	76.0%
Age-Adjusted	74.2%	73.9%	74.0%



# Disability

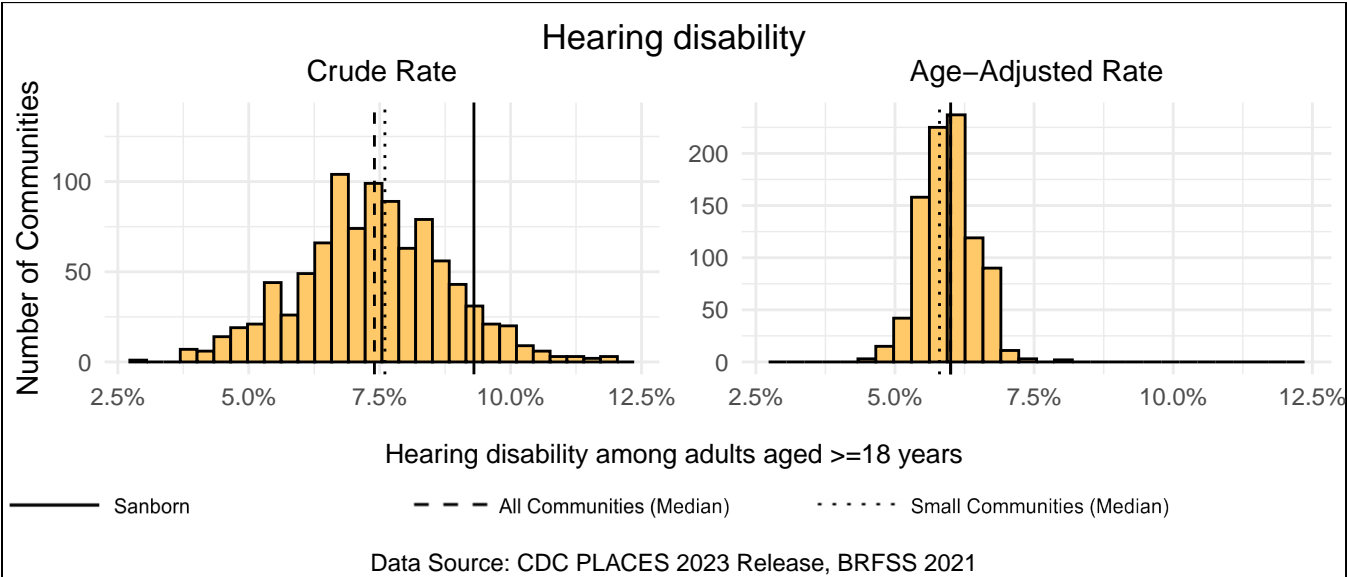
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Sanborn has a crude rate of 9.3% for hearing disability among adults aged  $\geq 18$  years, which ranks 874th out of 958 Iowa communities (124th out of 138 small communities). The age-adjusted rate for Sanborn is 6.0%, which ranks 444th out of 905 Iowa communities (85th out of 138 small communities).

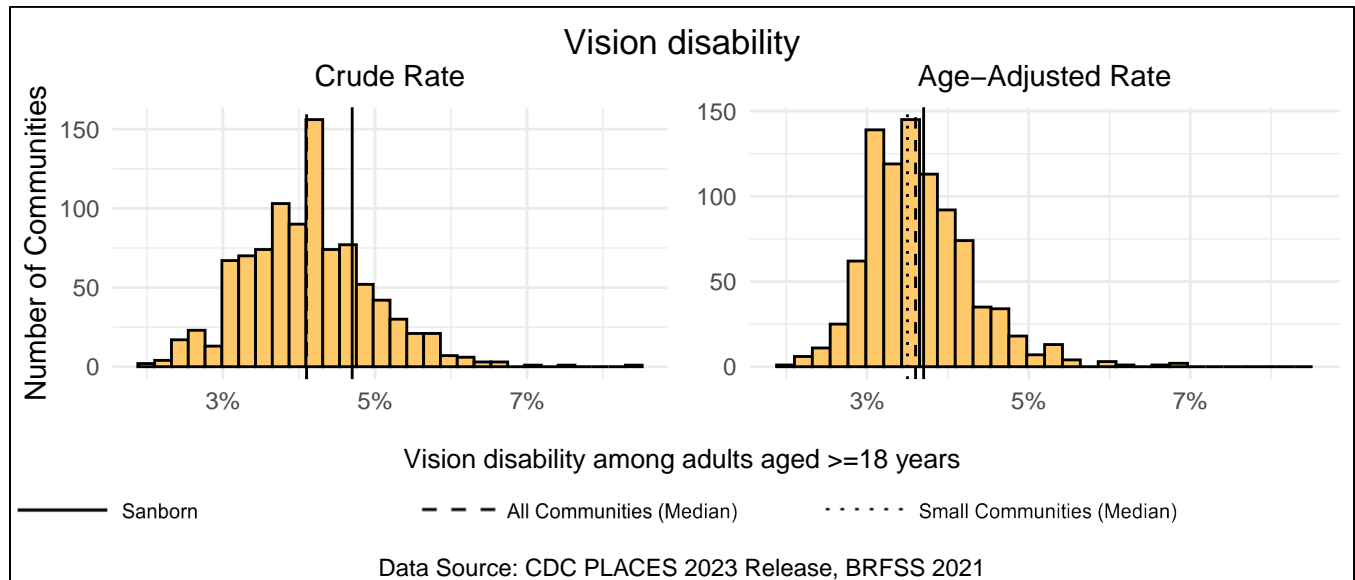
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	9.3%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.8%



## Vision disability

Sanborn has a crude rate of 4.7% for vision disability among adults aged  $\geq 18$  years, which ranks 733rd out of 958 Iowa communities (109th out of 138 small communities). The age-adjusted rate for Sanborn is 3.7%, which ranks 509th out of 905 Iowa communities (83rd out of 138 small communities).

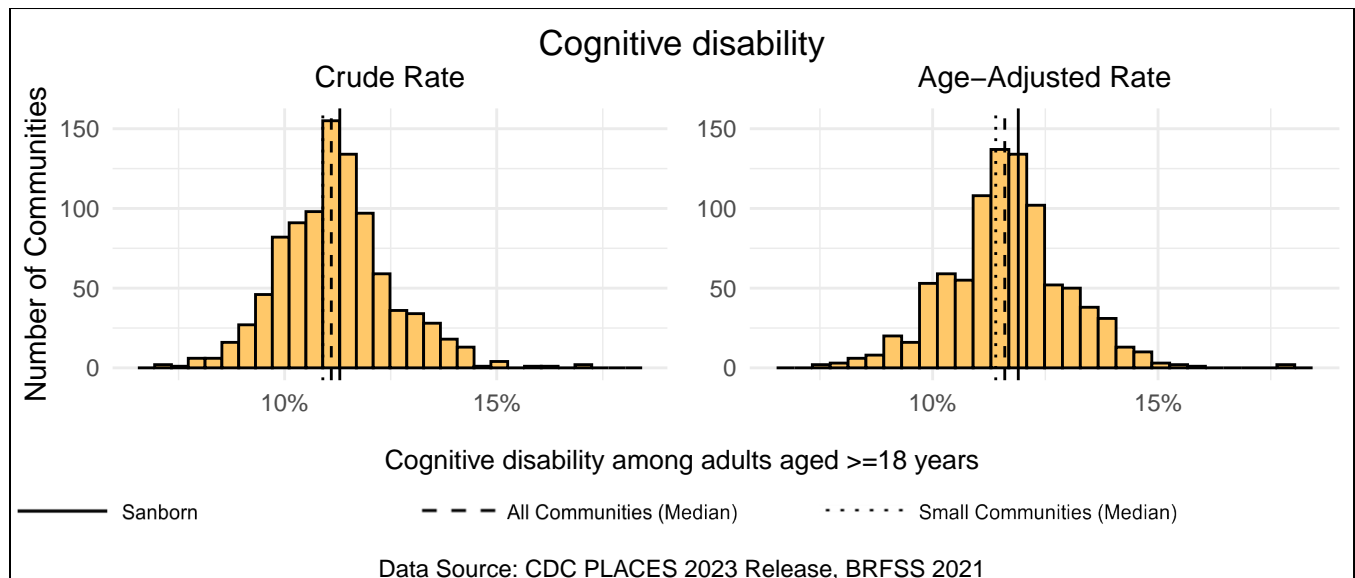
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	4.7%	4.1%	4.1%
Age-Adjusted	3.7%	3.6%	3.5%



## Cognitive disability

Sanborn has a crude rate of 11.3% for cognitive disability among adults aged  $\geq 18$  years, which ranks 531st out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Sanborn is 11.9%, which ranks 529th out of 905 Iowa communities (85th out of 138 small communities).

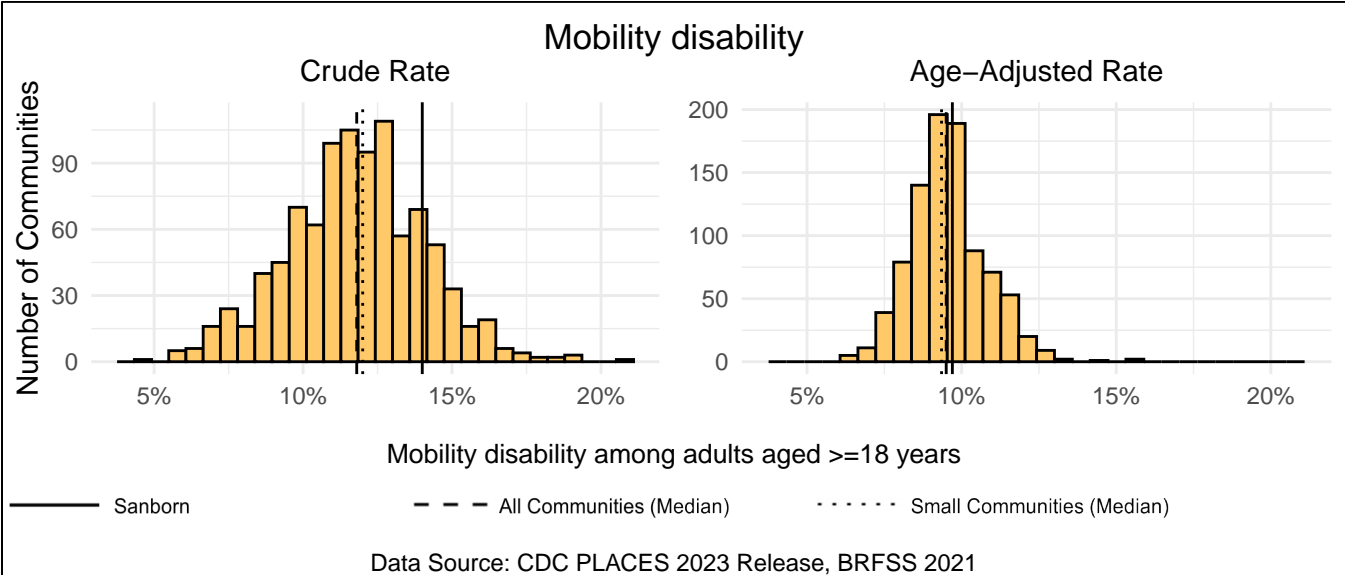
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	11.3%	11.1%	10.9%
Age-Adjusted	11.9%	11.6%	11.4%



## Mobility disability

Sanborn has a crude rate of 14.0% for mobility disability among adults aged  $\geq 18$  years, which ranks 803rd out of 958 Iowa communities (113th out of 138 small communities). The age-adjusted rate for Sanborn is 9.7%, which ranks 502nd out of 905 Iowa communities (83rd out of 138 small communities).

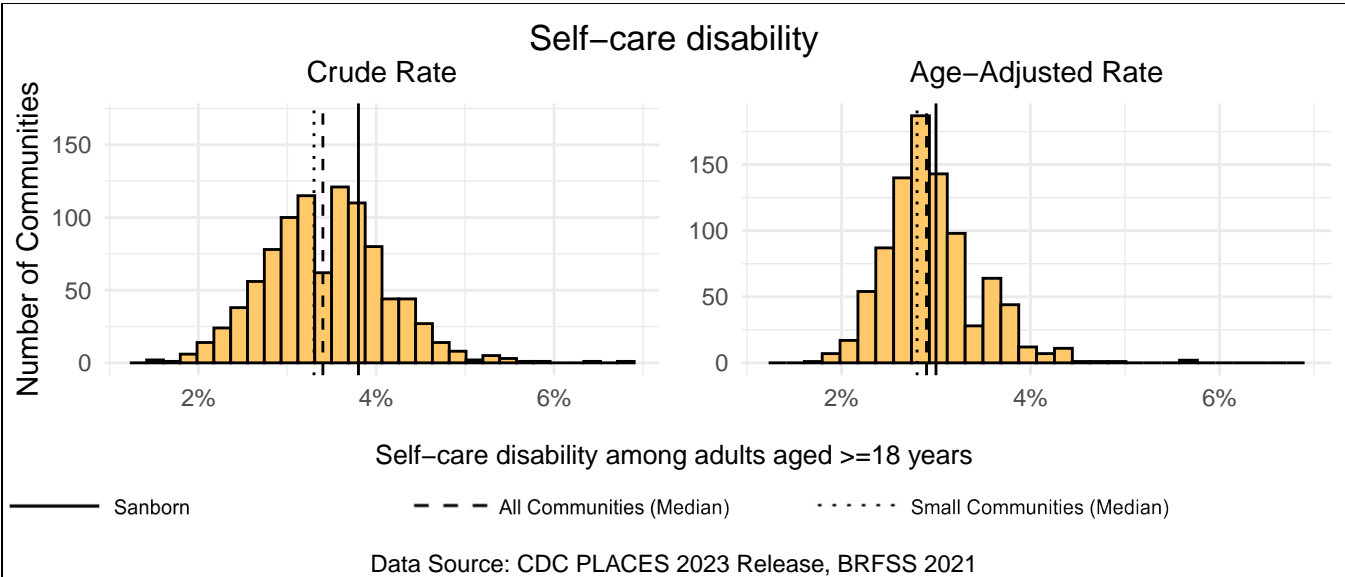
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	14.0%	11.8%	12.0%
Age-Adjusted	9.7%	9.5%	9.4%



## Self-care disability

Sanborn has a crude rate of 3.8% for self-care disability among adults aged  $\geq 18$  years, which ranks 676th out of 958 Iowa communities (103rd out of 138 small communities). The age-adjusted rate for Sanborn is 3.0%, which ranks 494th out of 905 Iowa communities (83rd out of 138 small communities).

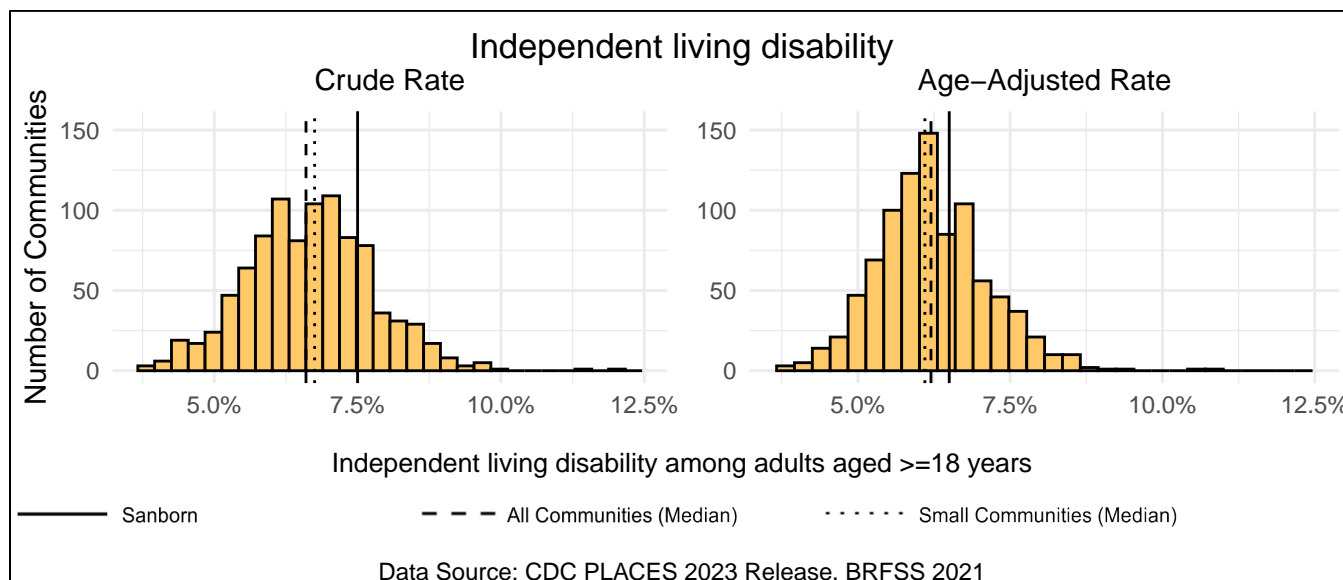
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	3.8%	3.4%	3.3%
Age-Adjusted	3.0%	2.9%	2.8%



## Independent living disability

Sanborn has a crude rate of 7.5% for independent living disability among adults aged  $\geq 18$  years, which ranks 749th out of 958 Iowa communities (108th out of 138 small communities). The age-adjusted rate for Sanborn is 6.5%, which ranks 570th out of 905 Iowa communities (93rd out of 138 small communities).

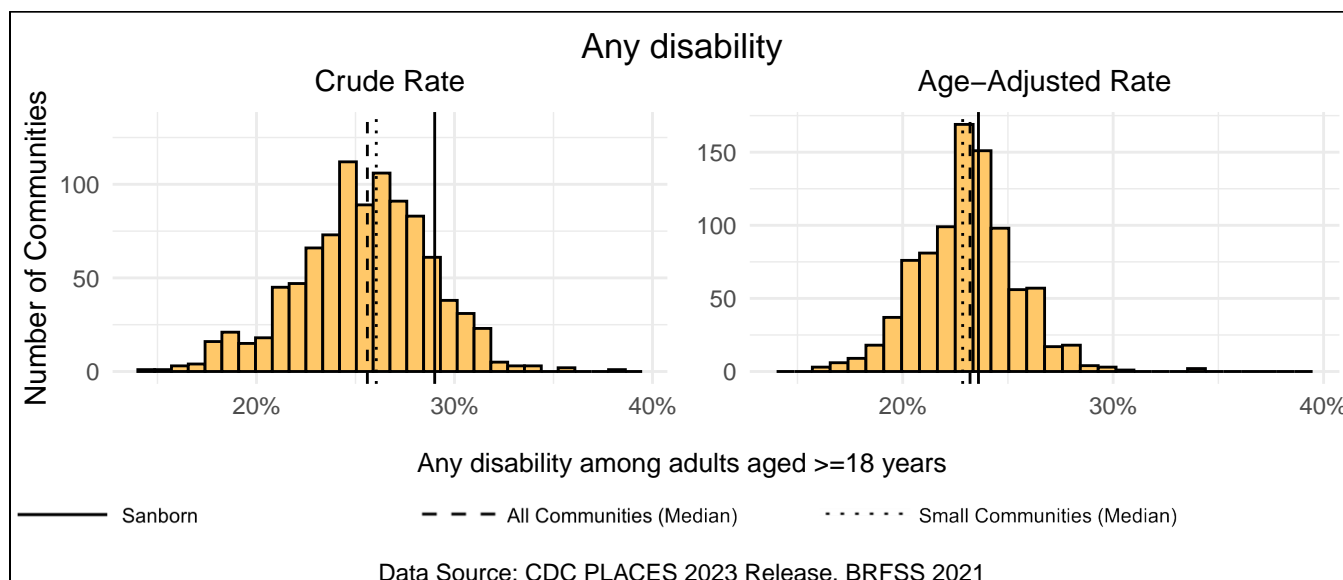
Measure Type	Sanborn	All Comm.	Small Comm.
Crude	7.5%	6.6%	6.8%
Age-Adjusted	6.5%	6.2%	6.1%



## Any disability

Sanborn has a crude rate of 29.0% for any disability among adults aged  $\geq 18$  years, which ranks 833rd out of 958 Iowa communities (118th out of 138 small communities). The age-adjusted rate for Sanborn is 23.6%, which ranks 551st out of 905 Iowa communities (87th out of 138 small communities).

Measure Type	Sanborn	All Comm.	Small Comm.
Crude	29.0%	25.6%	26.0%
Age-Adjusted	23.6%	23.2%	22.8%



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## 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: Sanborn 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	682	15.4% (12.6% - 18.7%)	552	13.2% (10.9% - 15.8%)
Health Status	Mental Health	202	13.5% (11.6% - 15.6%)	457	15.6% (13.1% - 17.9%)
Health Status	Physical Health	656	11.4% (9.5% - 13.3%)	518	9.9% (8.4% - 11.5%)
Health Risk Behaviors	Current Smoking	233	15.5% (12.2% - 19.0%)	572	18.2% (14.1% - 22.2%)
Health Risk Behaviors	Physical Inactivity	602	27.1% (21.9% - 32.4%)	398	24.0% (19.0% - 28.8%)
Health Risk Behaviors	Sleep <7 hours	119	28.3% (26.7% - 29.7%)	291	30.5% (28.8% - 32.1%)
Health Risk Behaviors	Binge Drinking	93	17.0% (14.1% - 20.1%)	230	21.3% (17.7% - 25.0%)
Health Outcomes	Current Asthma	311	9.2% (8.0% - 10.4%)	513	9.6% (8.4% - 10.9%)
Health Outcomes	Chronic Kidney Disease	867	3.9% (3.4% - 4.5%)	349	2.6% (2.3% - 2.9%)
Health Outcomes	High Blood Pressure	639	33.7% (29.5% - 37.9%)	144	25.9% (22.3% - 29.7%)
Health Outcomes	Diabetes	651	10.8% (9.1% - 12.7%)	401	8.1% (6.7% - 9.5%)
Health Outcomes	Cancer (except skin)	872	9.9% (8.9% - 11.1%)	74	6.4% (5.8% - 7.1%)
Health Outcomes	All Teeth Lost	762	14.7% (8.6% - 22.5%)	644	13.8% (9.0% - 19.4%)
Health Outcomes	Arthritis	821	31.1% (26.9% - 35.4%)	550	23.5% (19.9% - 27.1%)
Health Outcomes	High Cholesterol	720	38.0% (33.3% - 42.7%)	301	29.4% (25.1% - 34.0%)
Health Outcomes	Obesity	92	34.2% (27.5% - 41.0%)	220	36.0% (29.2% - 43.0%)
Health Outcomes	Coronary Heart Disease	832	7.9% (6.7% - 9.3%)	324	4.9% (4.3% - 5.6%)
Health Outcomes	COPD	721	8.3% (6.7% - 10.2%)	571	6.5% (5.3% - 7.7%)
Health Outcomes	Stroke	867	4.1% (3.4% - 4.9%)	375	2.6% (2.3% - 3.0%)
Health Outcomes	Depression	74	16.5% (13.5% - 19.9%)	218	18.5% (15.1% - 22.0%)
Prevention	Health Insurance	633	7.8% (5.9% - 10.2%)	598	8.2% (6.1% - 10.9%)
Prevention	Annual Checkup	490	75.1% (70.3% - 79.4%)	877	70.1% (64.7% - 74.8%)
Prevention	Cholesterol Screening	479	82.6% (79.5% - 85.4%)	747	77.9% (74.1% - 81.3%)
Prevention	Colorectal Cancer Screening	260	73.2% (69.9% - 76.3%)	381	71.4% (67.8% - 74.8%)
Prevention	Cervical Cancer Screening	710	82.2% (79.4% - 84.9%)	477	83.1% (80.5% - 85.7%)

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 men	744	40.8% (31.8% - 49.6%)	667	41.2% (32.8% - 49.4%)
Prevention	Dental Visit	503	66.9% (62.7% - 70.8%)	533	65.9% (61.7% - 69.8%)
Prevention	Taking BP Medication	106	82.8% (79.9% - 85.4%)	537	58.7% (53.6% - 63.4%)
Prevention	Core preventive services for older women	828	34.9% (27.3% - 43.1%)	683	37.9% (30.6% - 45.5%)
Prevention	Mammography	737	74.7% (69.7% - 78.8%)	378	74.2% (69.6% - 78.7%)
Disability	Self-care Disability	676	3.8% (3.1% - 4.6%)	494	3.0% (2.6% - 3.6%)
Disability	Hearing Disability	874	9.3% (8.0% - 10.7%)	444	6.0% (5.2% - 6.8%)
Disability	Vision Disability	733	4.7% (3.8% - 5.9%)	509	3.7% (3.2% - 4.5%)
Disability	Any Disability	833	29.0% (24.3% - 33.6%)	551	23.6% (19.5% - 27.7%)
Disability	Cognitive Disability	531	11.3% (9.3% - 13.4%)	529	11.9% (9.7% - 14.2%)
Disability	Mobility Disability	803	14.0% (11.4% - 16.7%)	502	9.7% (8.0% - 11.5%)
Disability	Independent Living Disability	749	7.5% (6.1% - 9.3%)	570	6.5% (5.4% - 7.7%)

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)

Sanborn 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		