



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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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 Spencer: Overview

Dear Community Members & Stakeholders of Spencer,

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 Spencer ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Spencer'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 Spencer. 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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Binge Drinking	283rd	4th	Taking BP Medication	126th	11th
Obesity	337th	20th	Binge Drinking	136th	9th
Taking BP Medication	344th	1st	Chronic Kidney Disease	349th	14th
Depression	386th	4th	Cervical Cancer Screening	372nd	17th
Current Asthma	405th	12th	Stroke	375th	18th

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	Mid-Large Community Rank	Health Domain	Statewide Community Rank	Mid-Large Community Rank
Core preventive services for older women	909th	29th	Annual Checkup	823rd	31st
Physical Inactivity	726th	23rd	Core preventive services for older women	798th	28th
Colorectal Cancer Screening	720th	21st	Mammography	728th	28th
Annual Checkup	685th	14th	Colorectal Cancer Screening	716th	21st
Mammography	684th	29th	Physical Inactivity	702nd	22nd

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 Spencer.

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

With a population of 11,351, Spencer’s similarly sized communities are defined as mid-large communities. In Iowa, mid-large communities have an average population of 20,750, and there are 31 communities that are considered mid-large 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

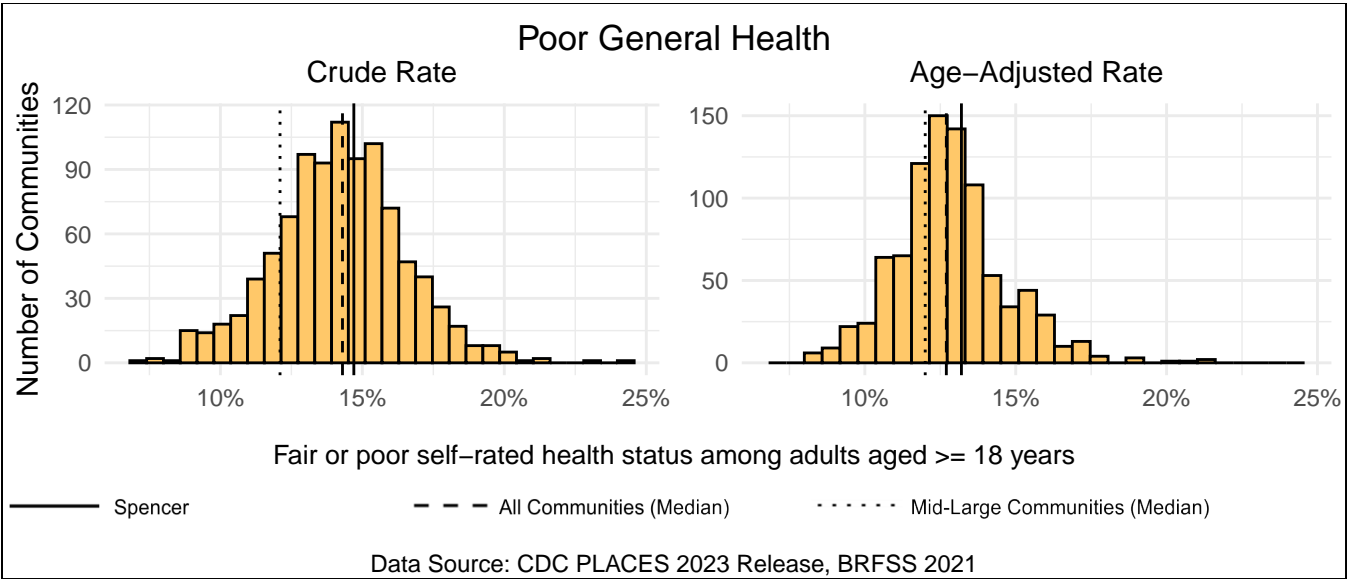
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Spencer has a crude rate of 14.7% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 552nd out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Spencer is 13.2%, which ranks 552nd out of 905 Iowa communities (19th out of 31 mid-large communities).

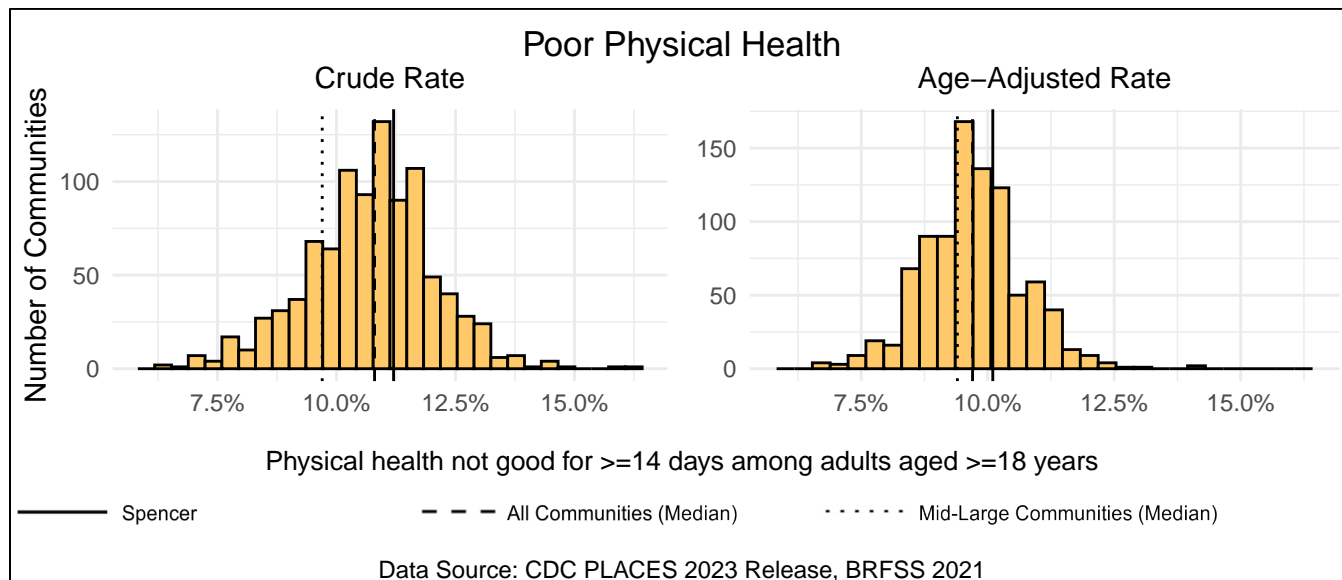
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	14.7%	14.3%	12.1%
Age-Adjusted	13.2%	12.7%	12.0%



Poor Physical Health

Spencer has a crude rate of 11.2% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 600th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Spencer is 10.1%, which ranks 604th out of 905 Iowa communities (19th out of 31 mid-large communities).

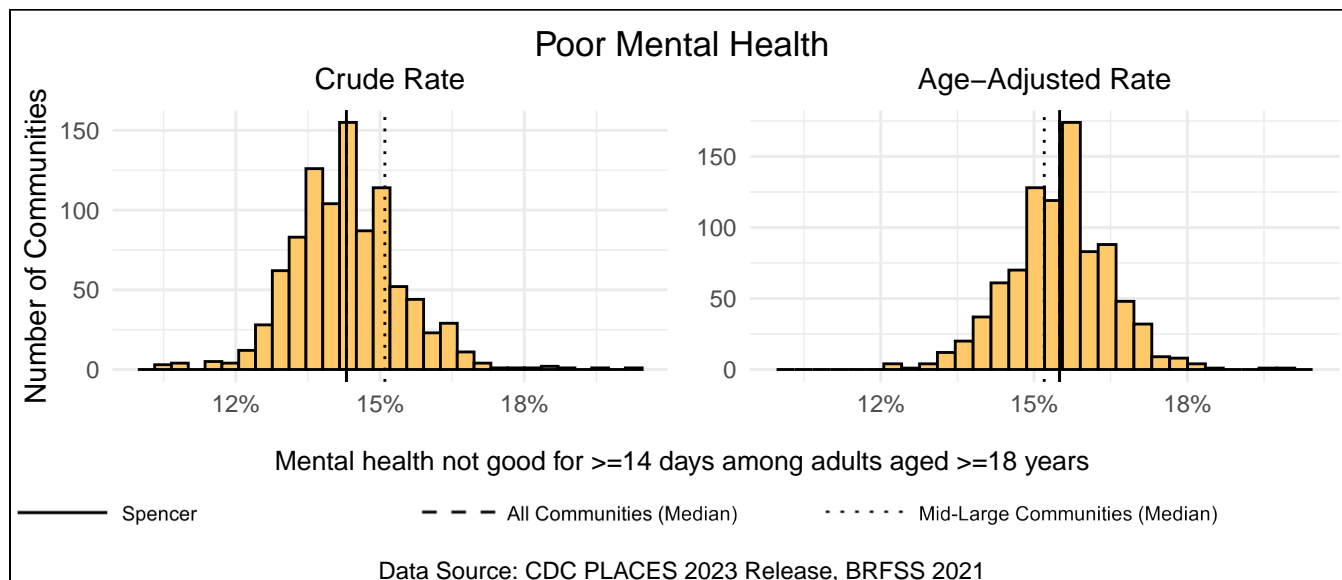
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	11.2%	10.8%	9.7%
Age-Adjusted	10.1%	9.7%	9.4%



Poor Mental Health

Spencer has a crude rate of 14.3% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 464th out of 958 Iowa communities (9th out of 31 mid-large communities). The age-adjusted rate for Spencer is 15.5%, which ranks 405th out of 905 Iowa communities (17th out of 31 mid-large communities).

Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	14.3%	14.3%	15.1%
Age-Adjusted	15.5%	15.5%	15.2%



Health Risk Behaviors

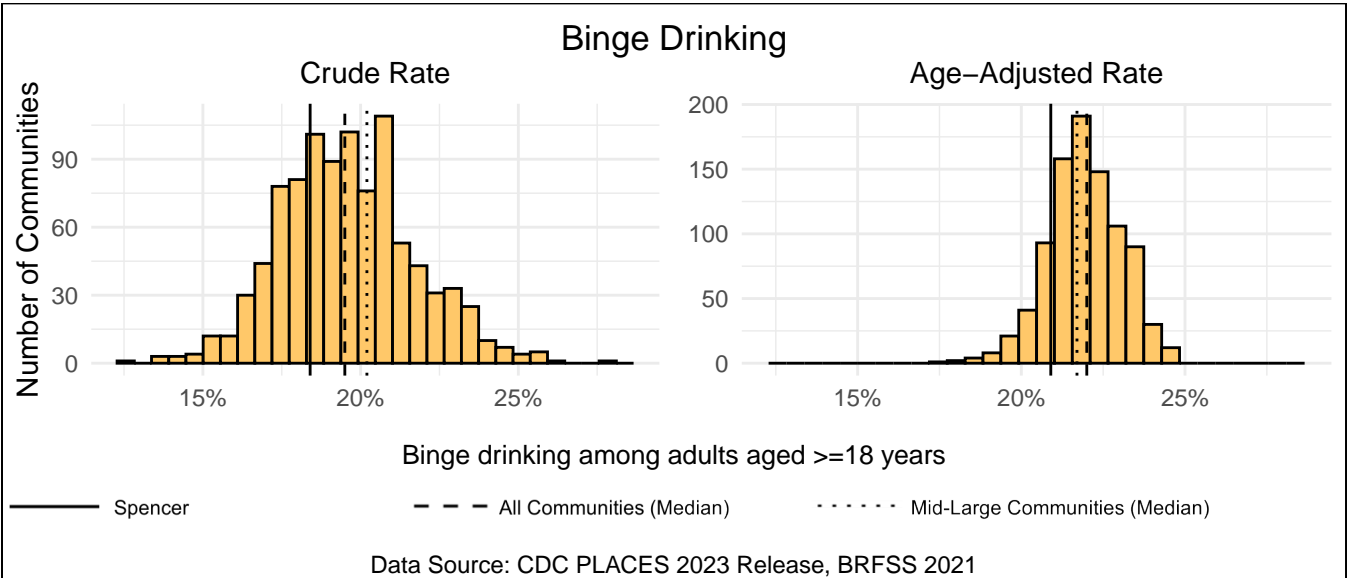
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Spencer has a crude rate of 18.4% for binge drinking among adults aged ≥ 18 years, which ranks 283rd out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Spencer is 20.9%, which ranks 136th out of 905 Iowa communities (9th out of 31 mid-large communities).

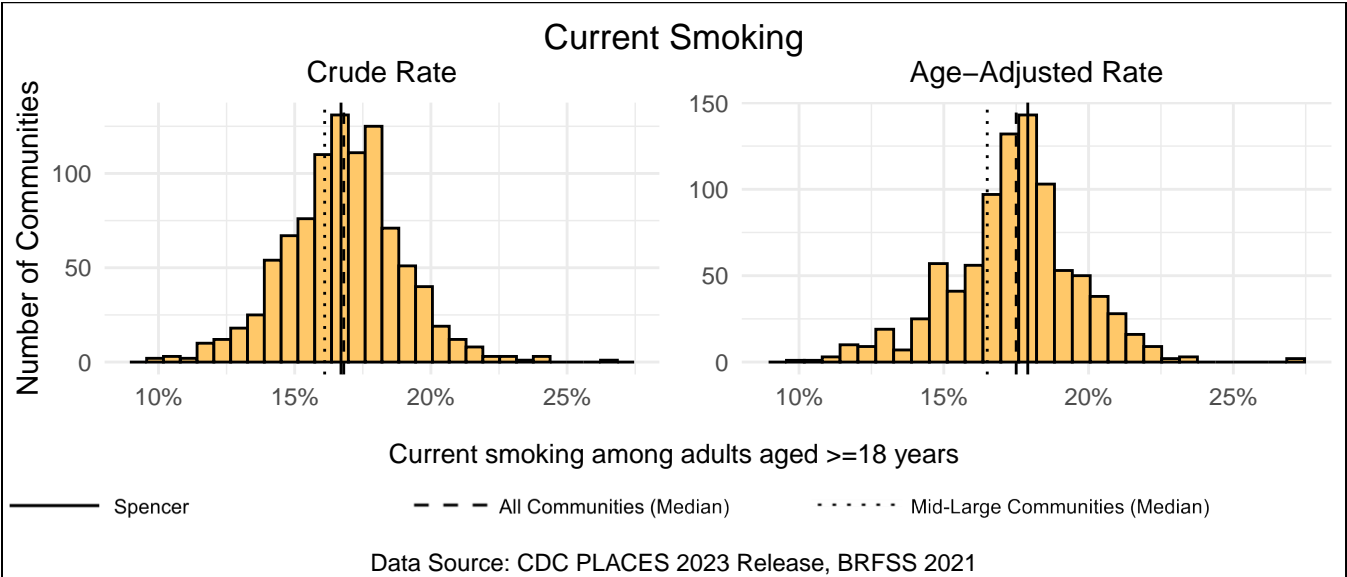
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	18.4%	19.5%	20.2%
Age-Adjusted	20.9%	22.0%	21.7%



Current Smoking

Spencer has a crude rate of 16.7% for current smoking among adults aged >=18 years, which ranks 447th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Spencer is 17.9%, which ranks 513th out of 905 Iowa communities (20th out of 31 mid-large communities).

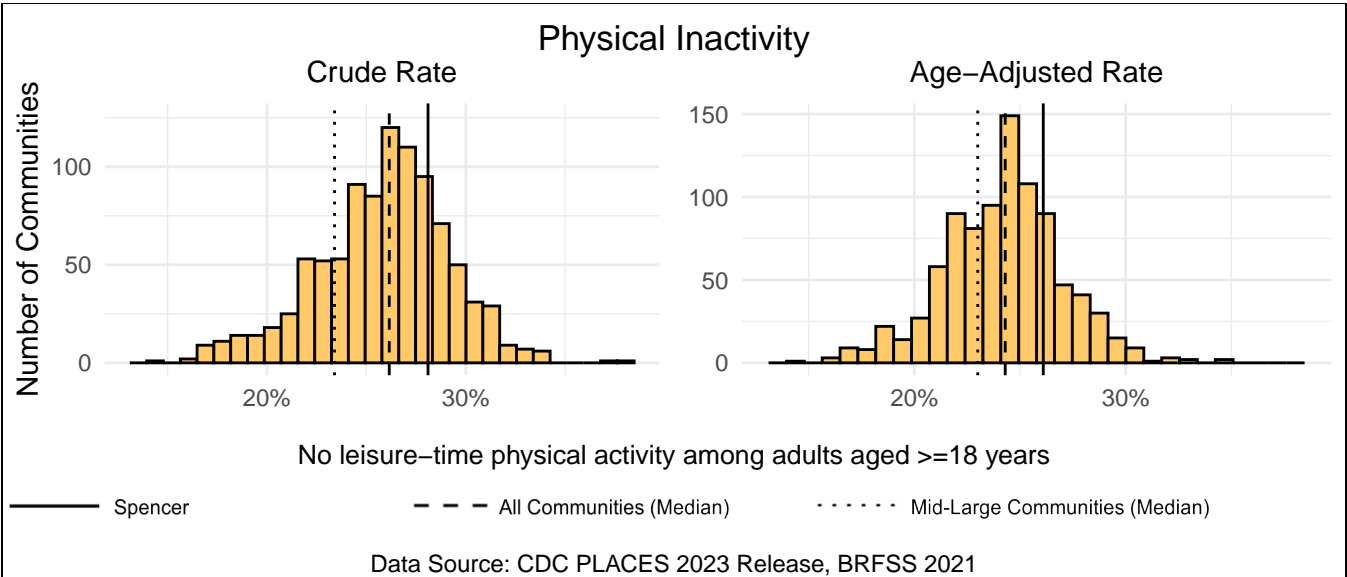
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	16.7%	16.8%	16.1%
Age-Adjusted	17.9%	17.5%	16.5%



Physical Inactivity

Spencer has a crude rate of 28.1% for no leisure-time physical activity among adults aged >=18 years, which ranks 726th out of 958 Iowa communities (23rd out of 31 mid-large communities). The age-adjusted rate for Spencer is 26.1%, which ranks 702nd out of 905 Iowa communities (22nd out of 31 mid-large communities).

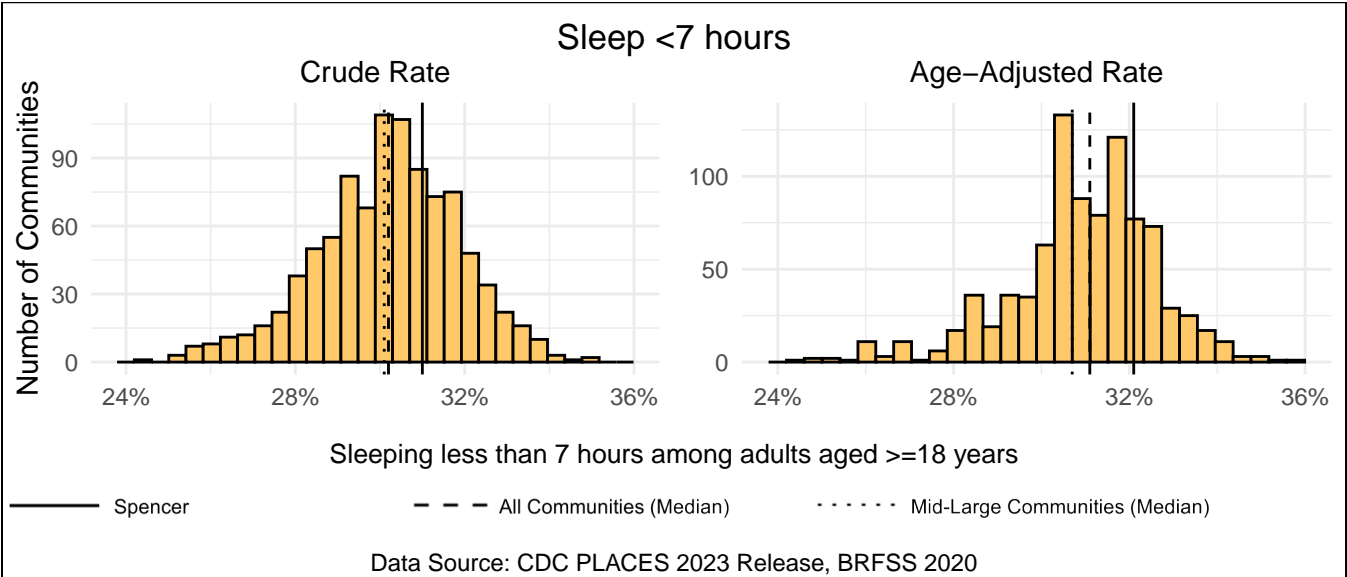
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	28.1%	26.1%	23.4%
Age-Adjusted	26.1%	24.3%	23.0%



Sleep <7 hours

Spencer has a crude rate of 31.0% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 630th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Spencer is 32.1%, which ranks 679th out of 905 Iowa communities (22nd out of 31 mid-large communities).

Measure Type	Spencer	All	Mid-Large
		Comm.	Comm.
Crude	31.0%	30.2%	30.1%
Age-Adjusted	32.1%	31.1%	30.7%



Health Outcomes

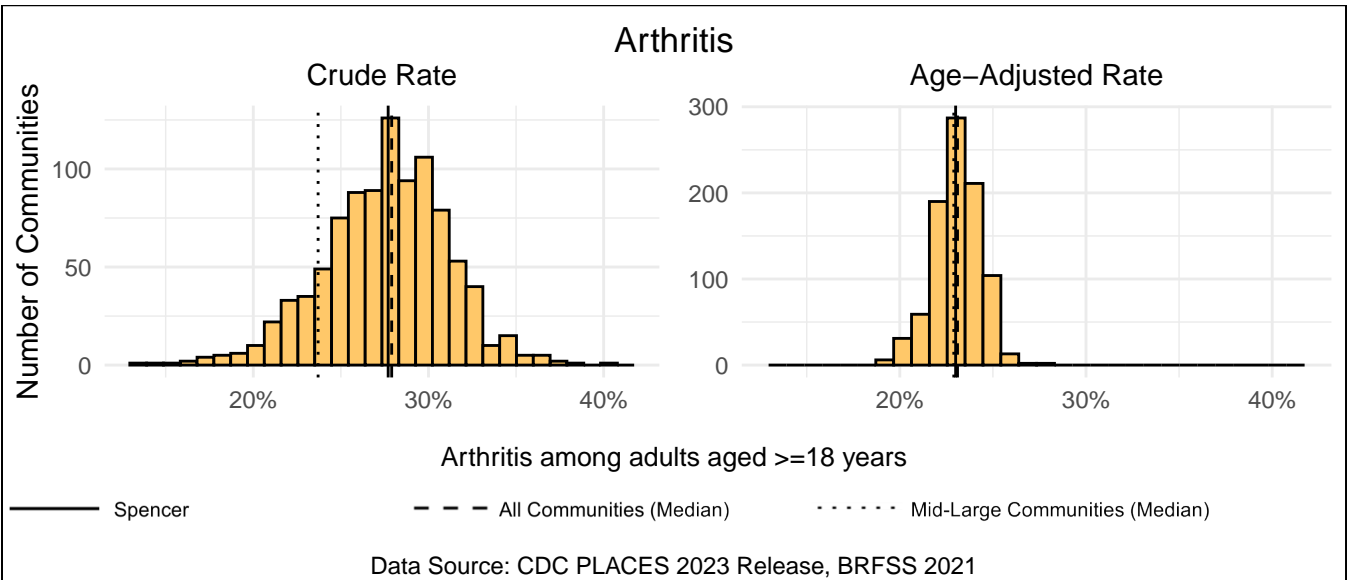
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage of respondents reporting receiving the diagnosis by a doctor, nurse, or other health professional. The link below includes more information about each variable.

<https://www.cdc.gov/places/measure-definitions/health-outcomes/index.html>

Arthritis

Spencer has a crude rate of 27.7% for arthritis among adults aged ≥ 18 years, which ranks 454th out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Spencer is 23.0%, which ranks 401st out of 905 Iowa communities (17th out of 31 mid-large communities).

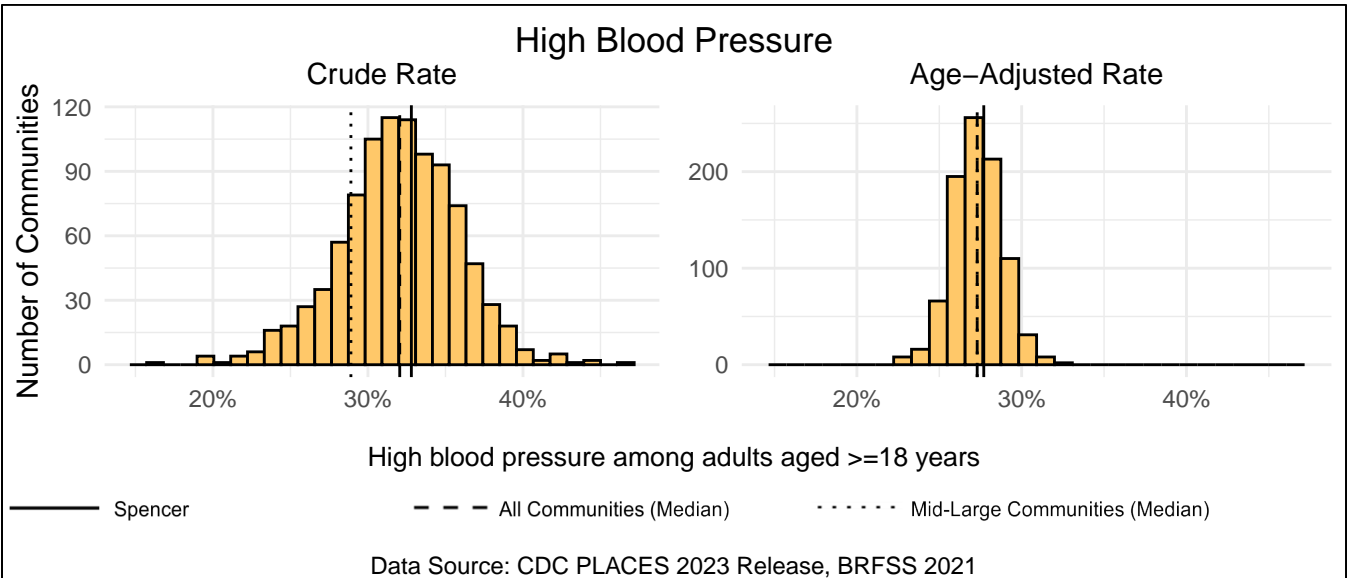
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	27.7%	27.9%	23.7%
Age-Adjusted	23.0%	23.1%	22.9%



High Blood Pressure

Spencer has a crude rate of 32.8% for high blood pressure among adults aged ≥ 18 years, which ranks 552nd out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Spencer is 27.7%, which ranks 542nd out of 905 Iowa communities (19th out of 31 mid-large communities).

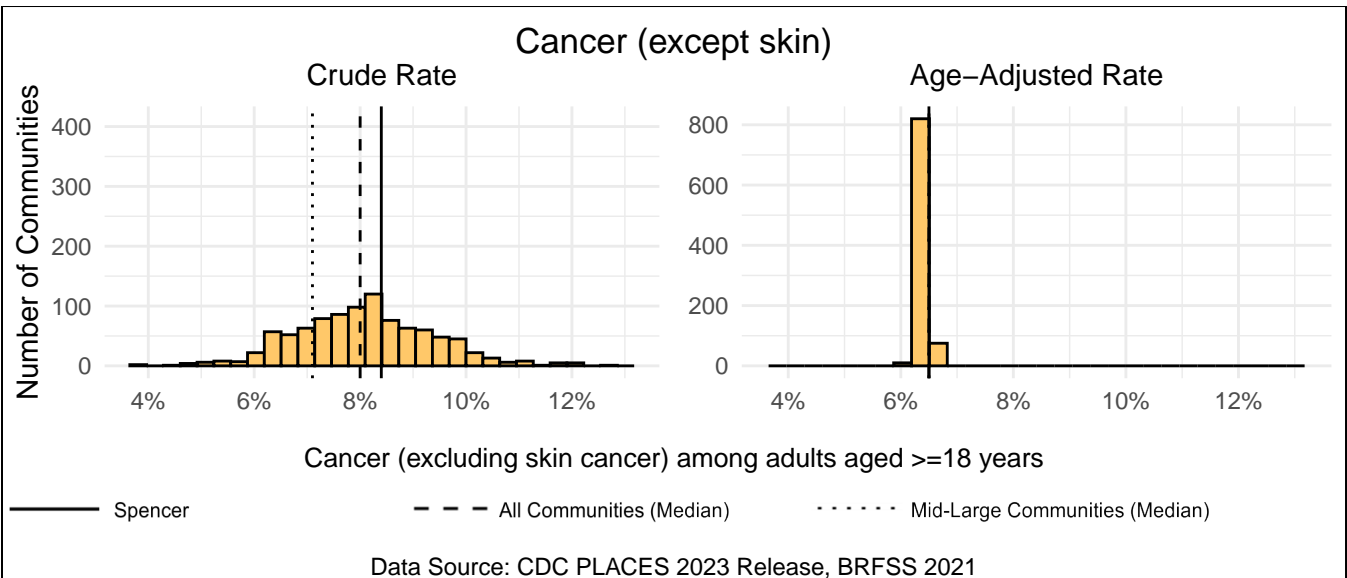
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	32.8%	32.0%	28.9%
Age-Adjusted	27.7%	27.3%	27.3%



Cancer (except skin)

Spencer has a crude rate of 8.4% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 578th out of 958 Iowa communities (30th out of 31 mid-large communities). The age-adjusted rate for Spencer is 6.5%, which ranks 418th out of 905 Iowa communities (15th out of 31 mid-large communities).

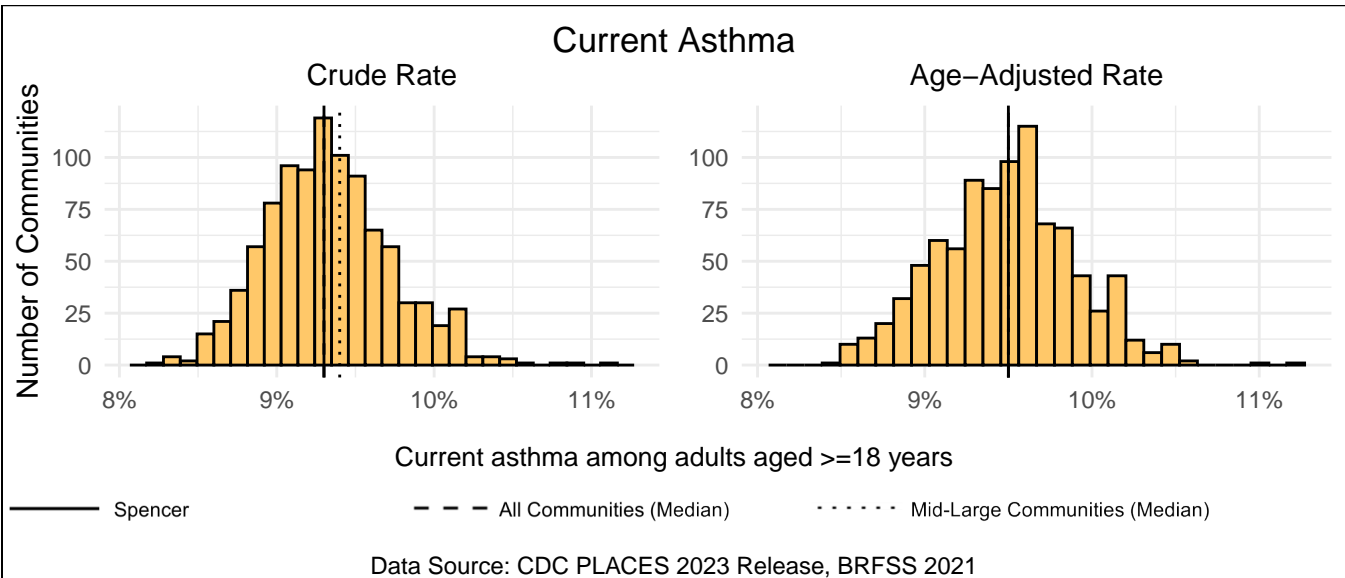
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	8.4%	8.0%	7.1%
Age-Adjusted	6.5%	6.5%	6.5%



Current Asthma

Spencer has a crude rate of 9.3% for current asthma among adults aged ≥ 18 years, which ranks 405th out of 958 Iowa communities (12th out of 31 mid-large communities). The age-adjusted rate for Spencer is 9.5%, which ranks 415th out of 905 Iowa communities (16th out of 31 mid-large communities).

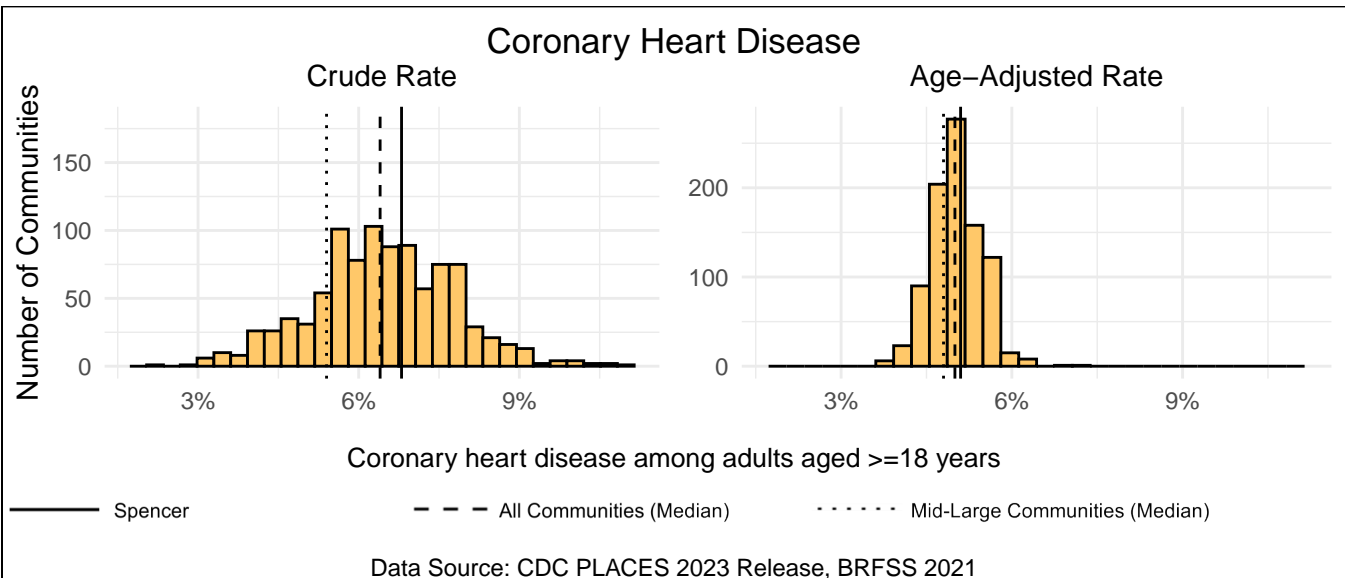
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	9.3%	9.3%	9.4%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

Spencer has a crude rate of 6.8% for coronary heart disease among adults aged ≥ 18 years, which ranks 569th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Spencer is 5.1%, which ranks 511th out of 905 Iowa communities (19th out of 31 mid-large communities).

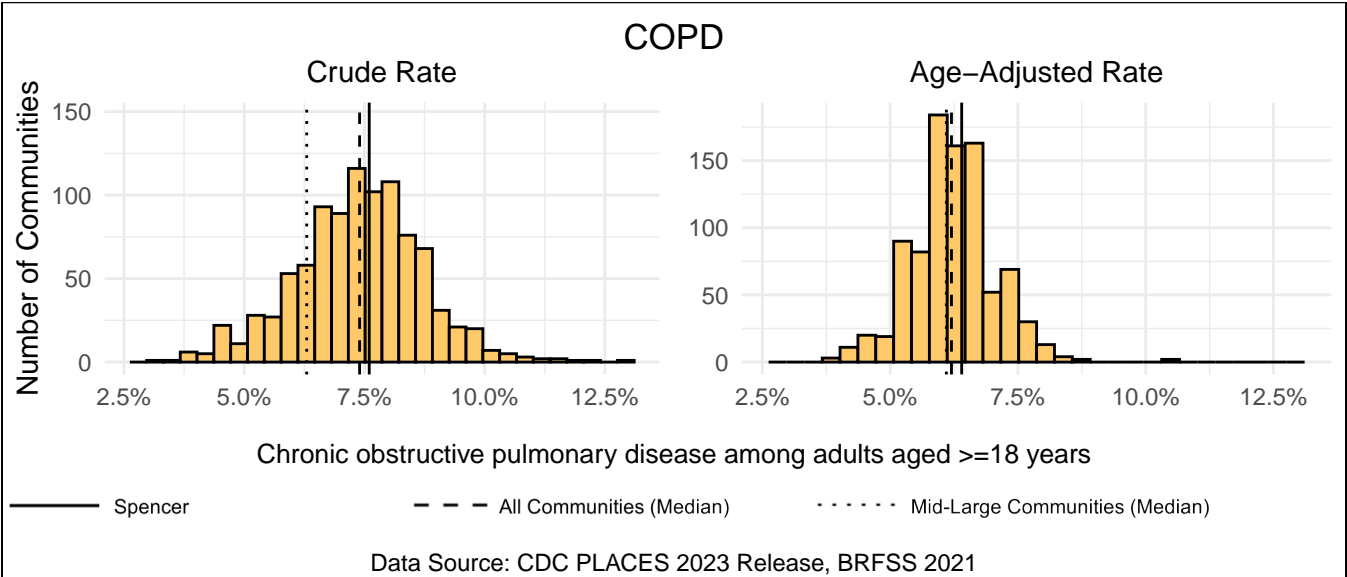
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	6.8%	6.4%	5.4%
Age-Adjusted	5.1%	5.0%	4.8%



COPD

Spencer has a crude rate of 7.6% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 511th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Spencer is 6.4%, which ranks 513th out of 905 Iowa communities (18th out of 31 mid-large communities).

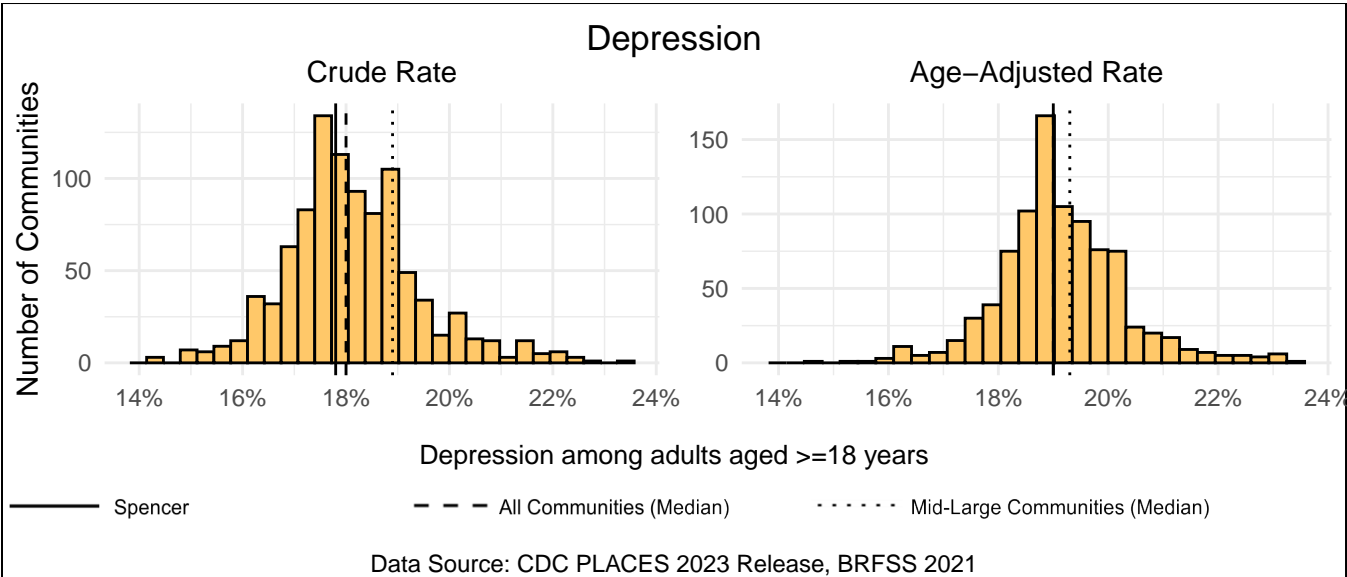
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	7.6%	7.4%	6.3%
Age-Adjusted	6.4%	6.2%	6.1%



Depression

Spencer has a crude rate of 17.8% for depression among adults aged ≥ 18 years, which ranks 386th out of 958 Iowa communities (4th out of 31 mid-large communities). The age-adjusted rate for Spencer is 19.0%, which ranks 420th out of 905 Iowa communities (12th out of 31 mid-large communities).

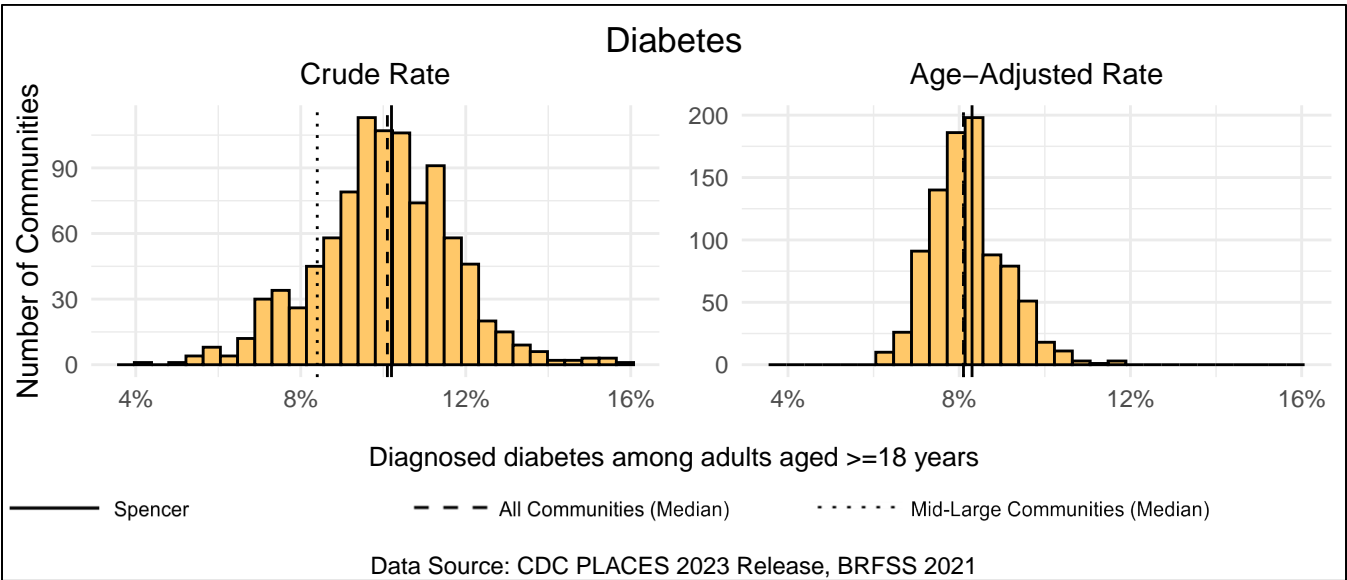
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	17.8%	18.0%	18.9%
Age-Adjusted	19.0%	19.0%	19.3%



Diabetes

Spencer has a crude rate of 10.2% for diagnosed diabetes among adults aged >=18 years, which ranks 495th out of 958 Iowa communities (22nd out of 31 mid-large communities). The age-adjusted rate for Spencer is 8.3%, which ranks 508th out of 905 Iowa communities (17th out of 31 mid-large communities).

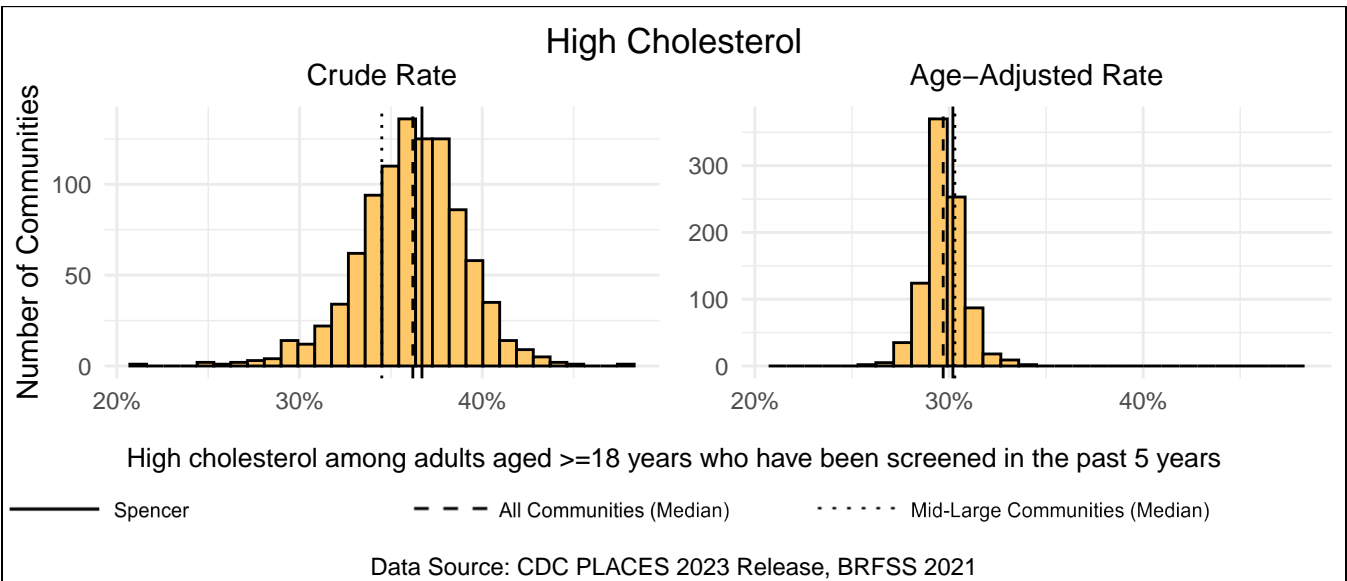
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	10.2%	10.1%	8.4%
Age-Adjusted	8.3%	8.1%	8.1%



High Cholesterol

Spencer has a crude rate of 36.7% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 539th out of 958 Iowa communities (28th out of 31 mid-large communities). The age-adjusted rate for Spencer is 30.2%, which ranks 599th out of 905 Iowa communities (14th out of 31 mid-large communities).

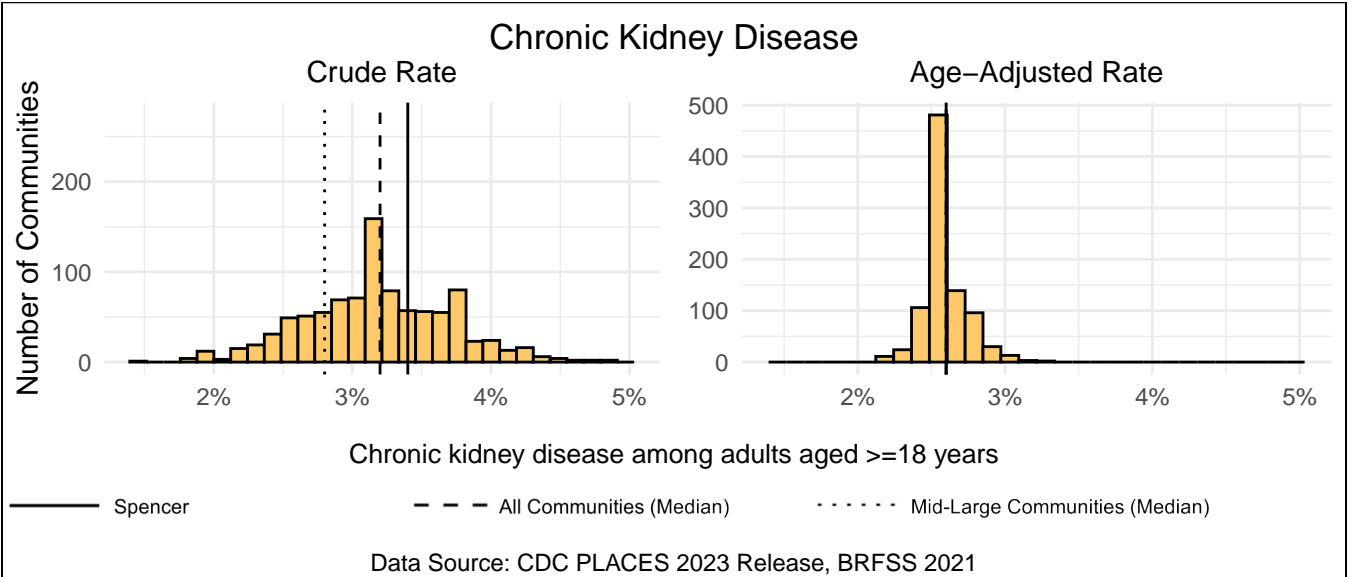
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	36.7%	36.2%	34.5%
Age-Adjusted	30.2%	29.7%	30.3%



Chronic Kidney Disease

Spencer has a crude rate of 3.4% for chronic kidney disease among adults aged ≥ 18 years, which ranks 619th out of 958 Iowa communities (26th out of 31 mid-large communities). The age-adjusted rate for Spencer is 2.6%, which ranks 349th out of 905 Iowa communities (14th out of 31 mid-large communities).

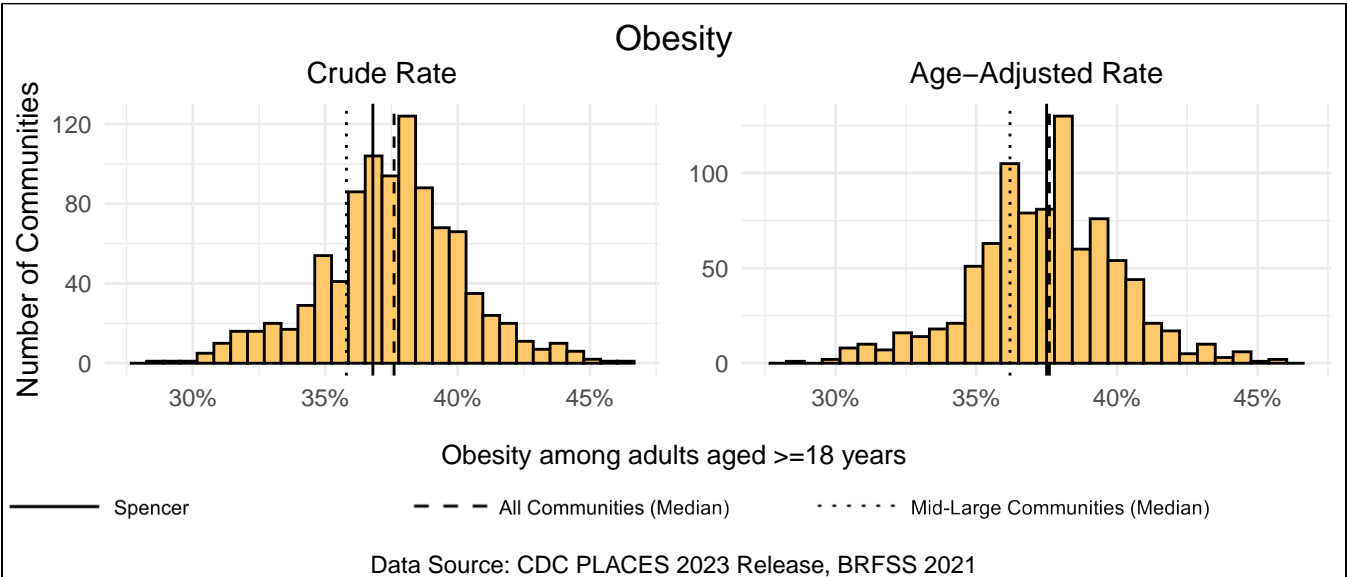
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	3.4%	3.2%	2.8%
Age-Adjusted	2.6%	2.6%	2.6%



Obesity

Spencer has a crude rate of 36.8% for obesity among adults aged ≥ 18 years, which ranks 337th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Spencer is 37.5%, which ranks 438th out of 905 Iowa communities (22nd out of 31 mid-large communities).

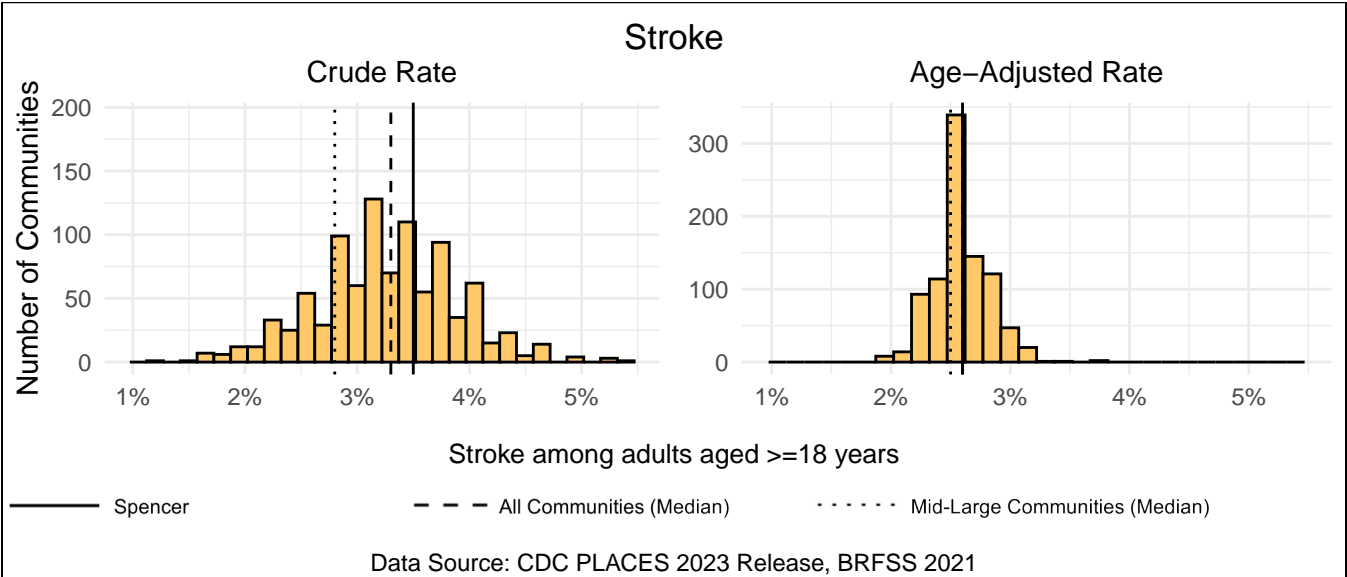
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	36.8%	37.6%	35.8%
Age-Adjusted	37.5%	37.6%	36.2%



Stroke

Spencer has a crude rate of 3.5% for stroke among adults aged >=18 years, which ranks 601st out of 958 Iowa communities (25th out of 31 mid-large communities). The age-adjusted rate for Spencer is 2.6%, which ranks 375th out of 905 Iowa communities (18th out of 31 mid-large communities).

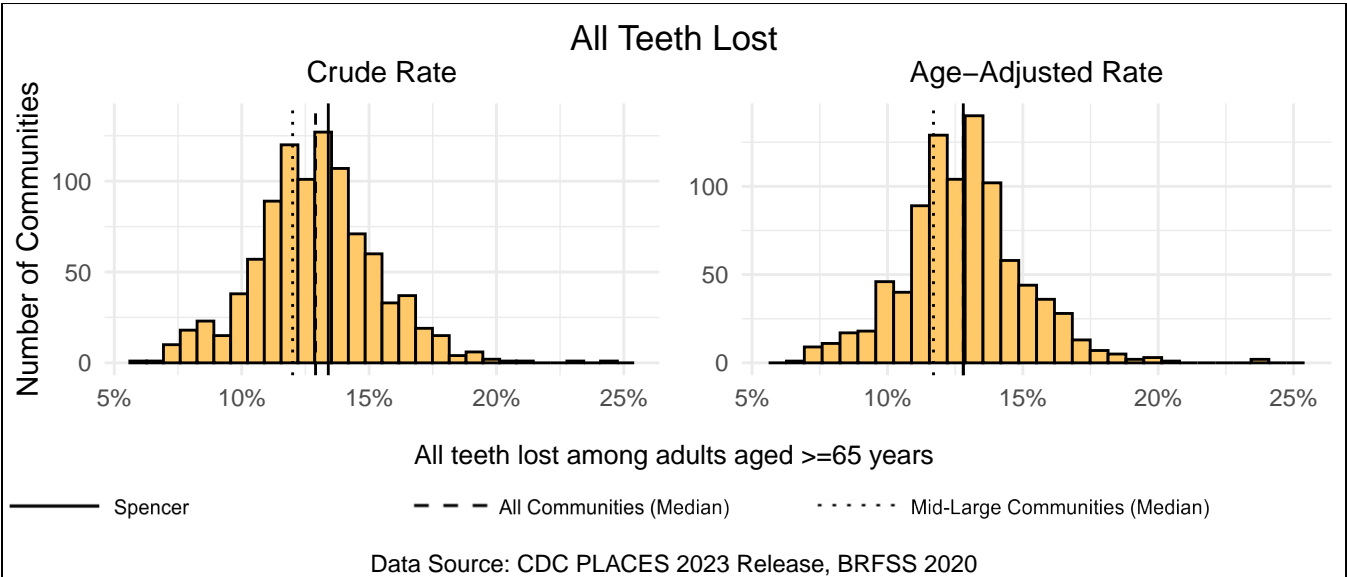
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	3.5%	3.3%	2.8%
Age-Adjusted	2.6%	2.6%	2.5%



All Teeth Lost

Spencer has a crude rate of 13.4% for all teeth lost among adults aged >=65 years, which ranks 558th out of 958 Iowa communities (18th out of 31 mid-large communities). The age-adjusted rate for Spencer is 12.8%, which ranks 448th out of 905 Iowa communities (18th out of 31 mid-large communities).

Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	13.4%	12.9%	12.0%
Age-Adjusted	12.8%	12.8%	11.7%



Prevention

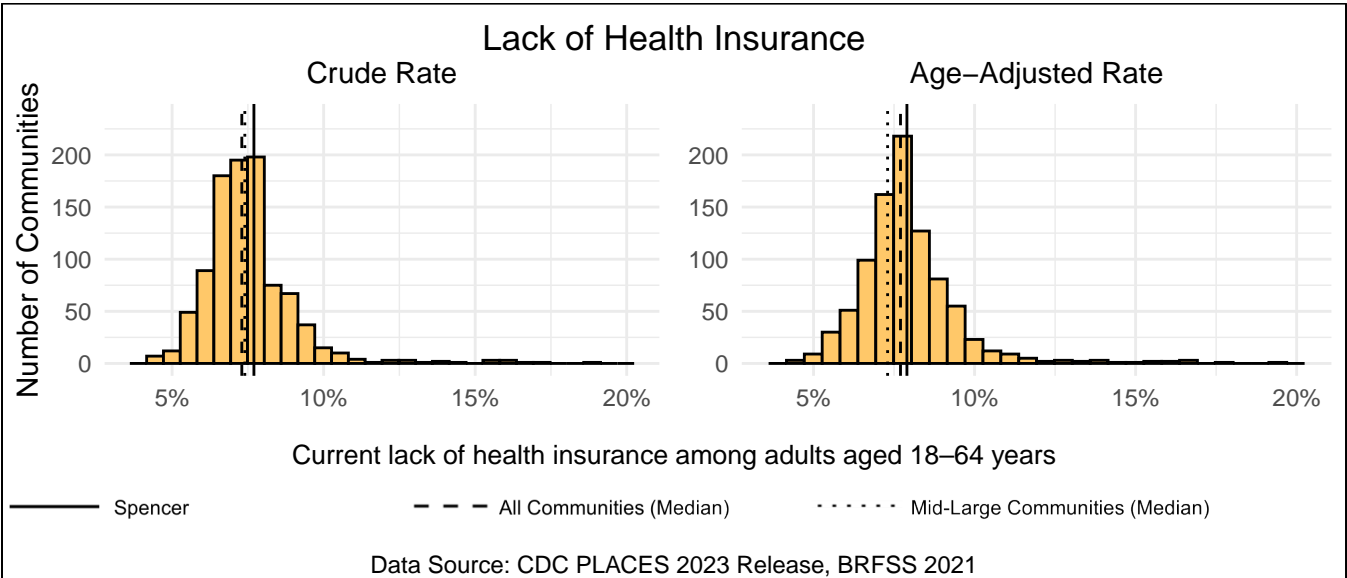
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Spencer has a crude rate of 7.7% for current lack of health insurance among adults aged 18–64 years, which ranks 598th out of 958 Iowa communities (20th out of 31 mid-large communities). The age-adjusted rate for Spencer is 7.9%, which ranks 498th out of 905 Iowa communities (18th out of 31 mid-large communities).

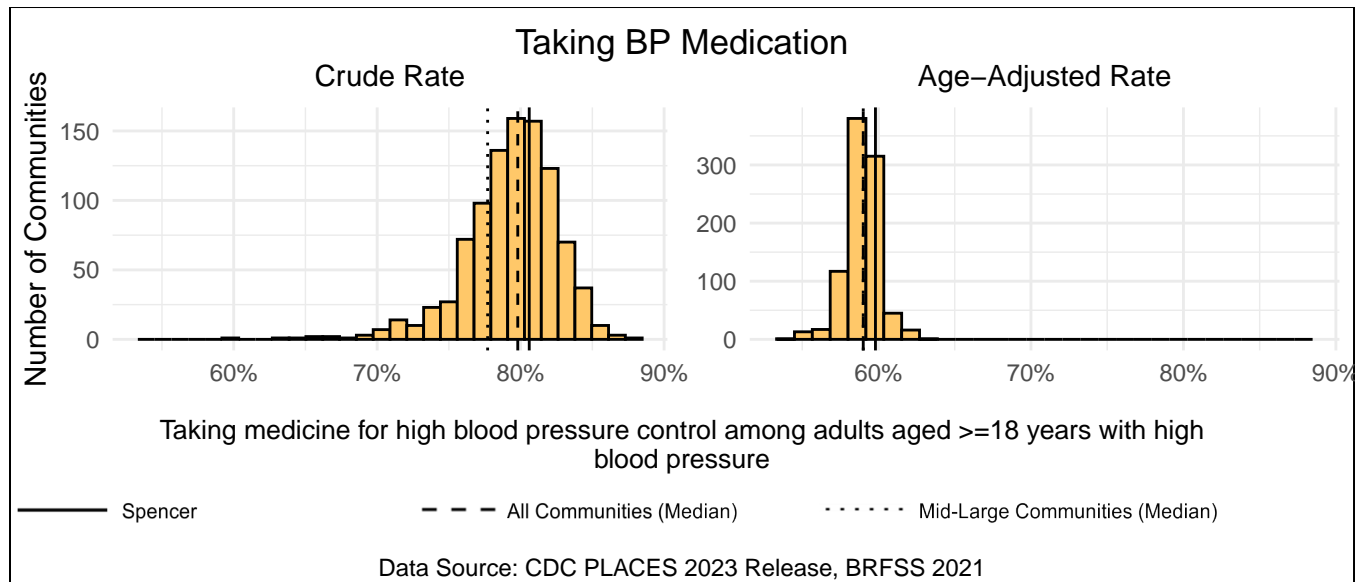
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	7.7%	7.3%	7.4%
Age-Adjusted	7.9%	7.7%	7.3%



Taking BP Medication

Spencer has a crude rate of 80.6% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 344th out of 958 Iowa communities (1st out of 31 mid-large communities). The age-adjusted rate for Spencer is 59.8%, which ranks 126th out of 905 Iowa communities (11th out of 31 mid-large communities).

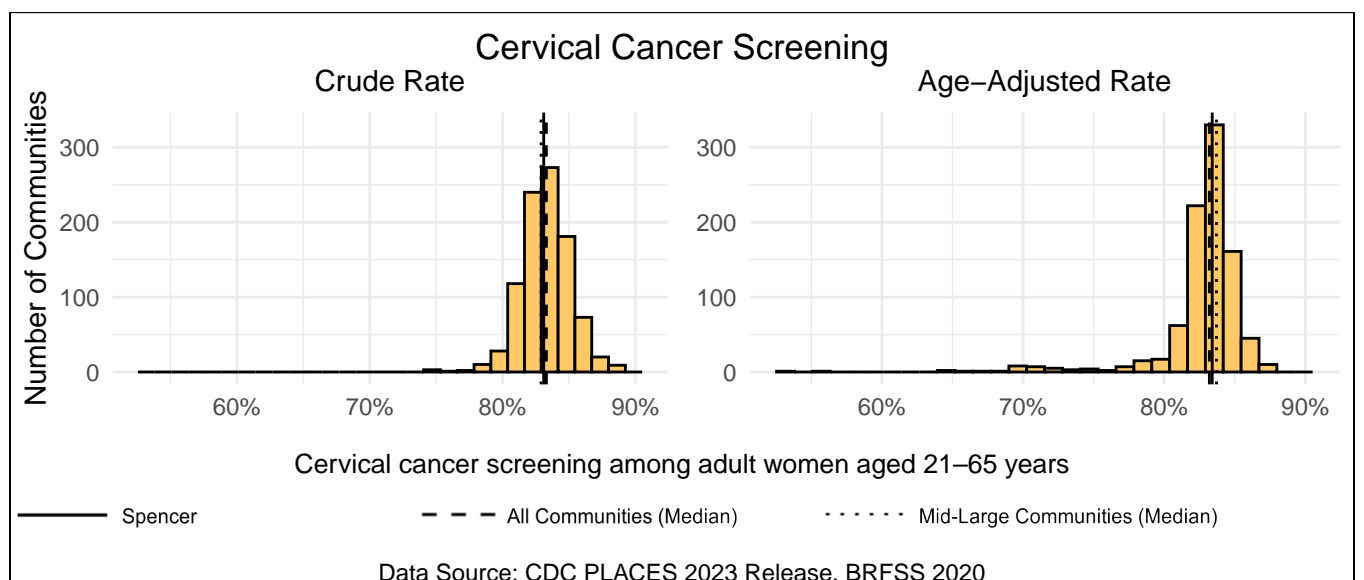
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	80.6%	79.8%	77.7%
Age-Adjusted	59.8%	59.0%	59.0%



Cervical Cancer Screening

Spencer has a crude rate of 83.1% for cervical cancer screening among adult women aged 21–65 years, which ranks 511th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Spencer is 83.4%, which ranks 372nd out of 905 Iowa communities (17th out of 31 mid-large communities).

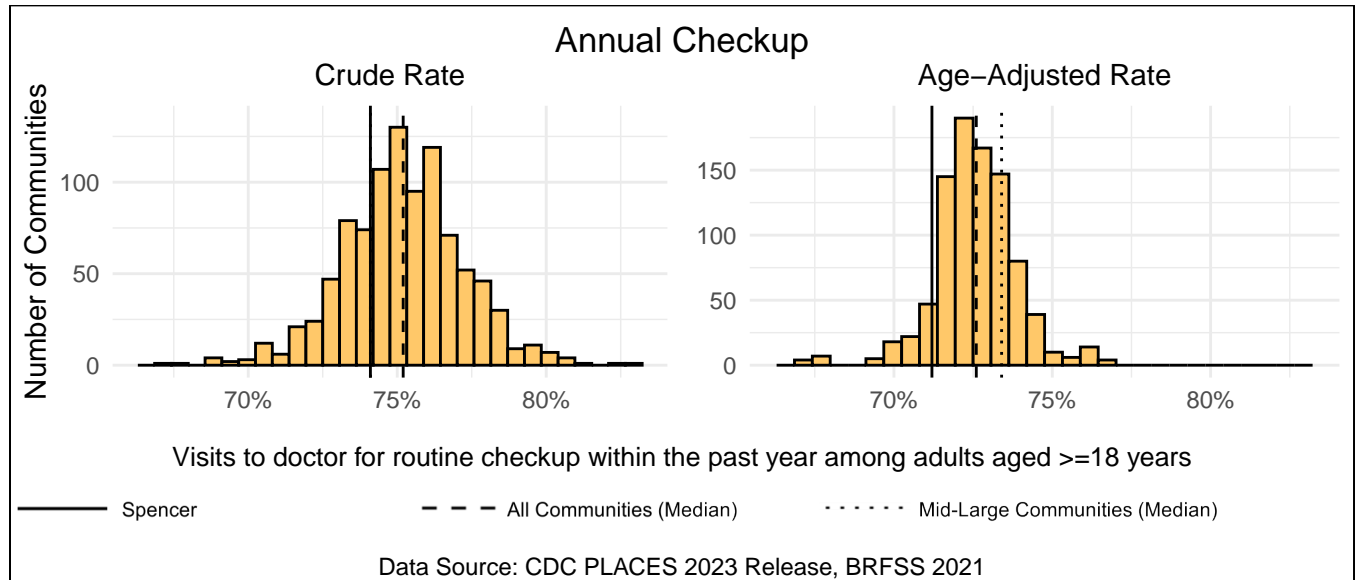
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	83.1%	83.3%	82.9%
Age-Adjusted	83.4%	83.2%	83.7%



Annual Checkup

Spencer has a crude rate of 74.1% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 685th out of 958 Iowa communities (14th out of 31 mid-large communities). The age-adjusted rate for Spencer is 71.2%, which ranks 823rd out of 905 Iowa communities (31st out of 31 mid-large communities).

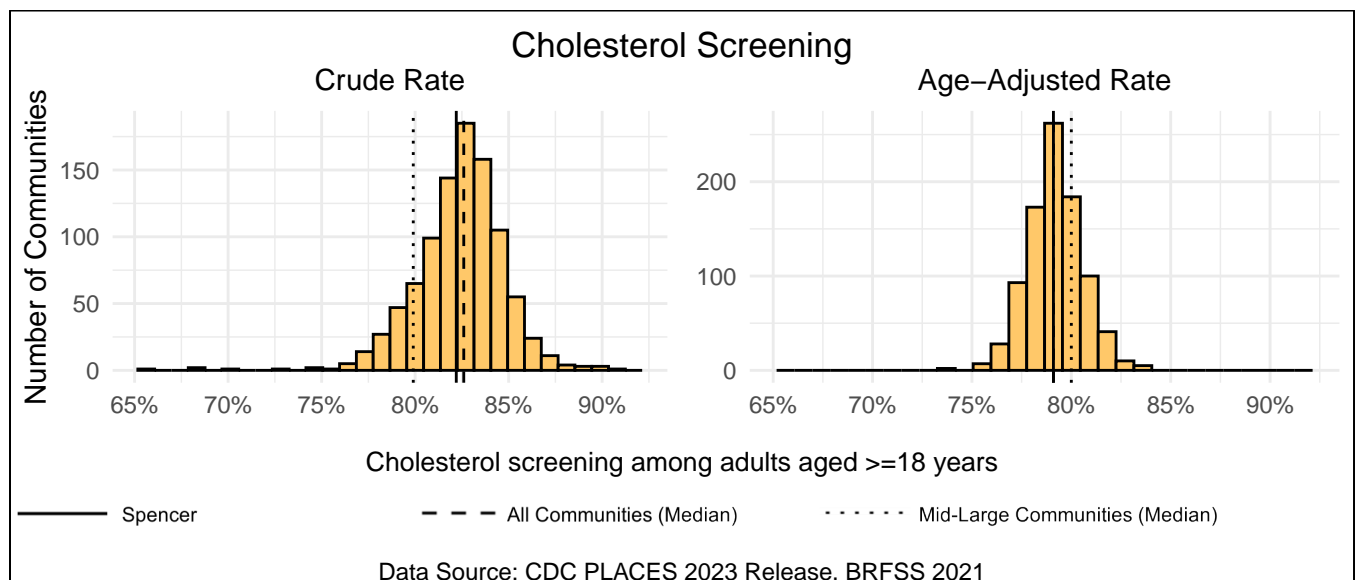
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	74.1%	75.2%	74.1%
Age-Adjusted	71.2%	72.6%	73.4%



Cholesterol Screening

Spencer has a crude rate of 82.2% for cholesterol screening among adults aged ≥ 18 years, which ranks 550th out of 958 Iowa communities (10th out of 31 mid-large communities). The age-adjusted rate for Spencer is 79.1%, which ranks 435th out of 905 Iowa communities (19th out of 31 mid-large communities).

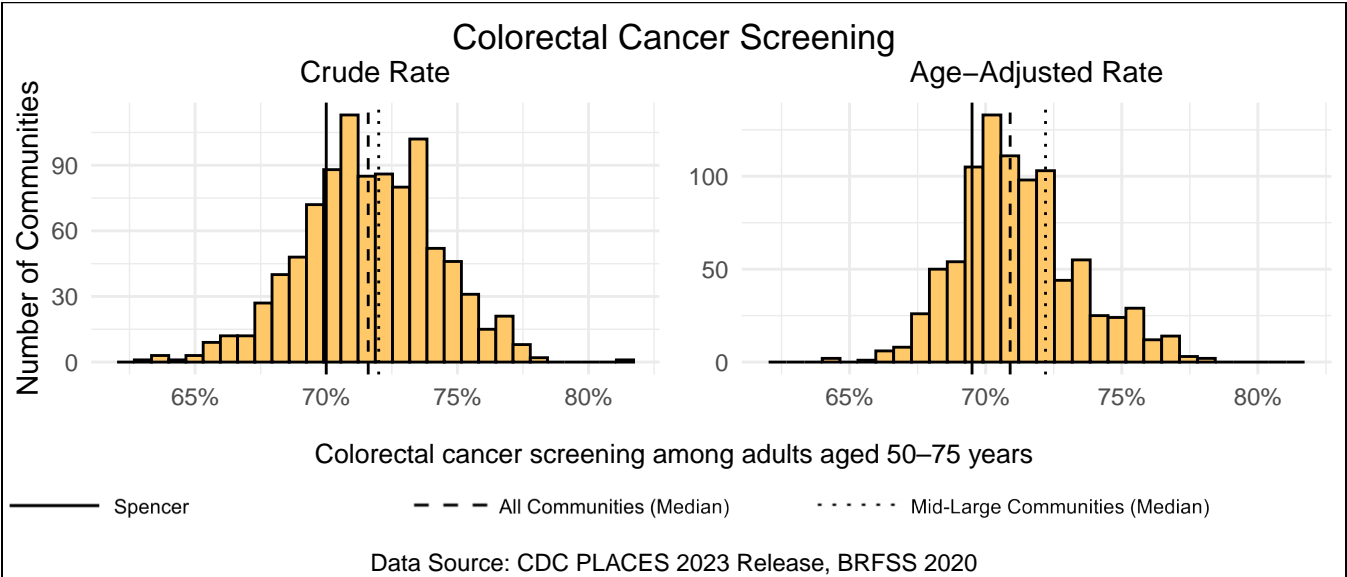
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	82.2%	82.6%	79.9%
Age-Adjusted	79.1%	79.1%	80.0%



Colorectal Cancer Screening

Spencer has a crude rate of 70.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 720th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Spencer is 69.5%, which ranks 716th out of 905 Iowa communities (21st out of 31 mid-large communities).

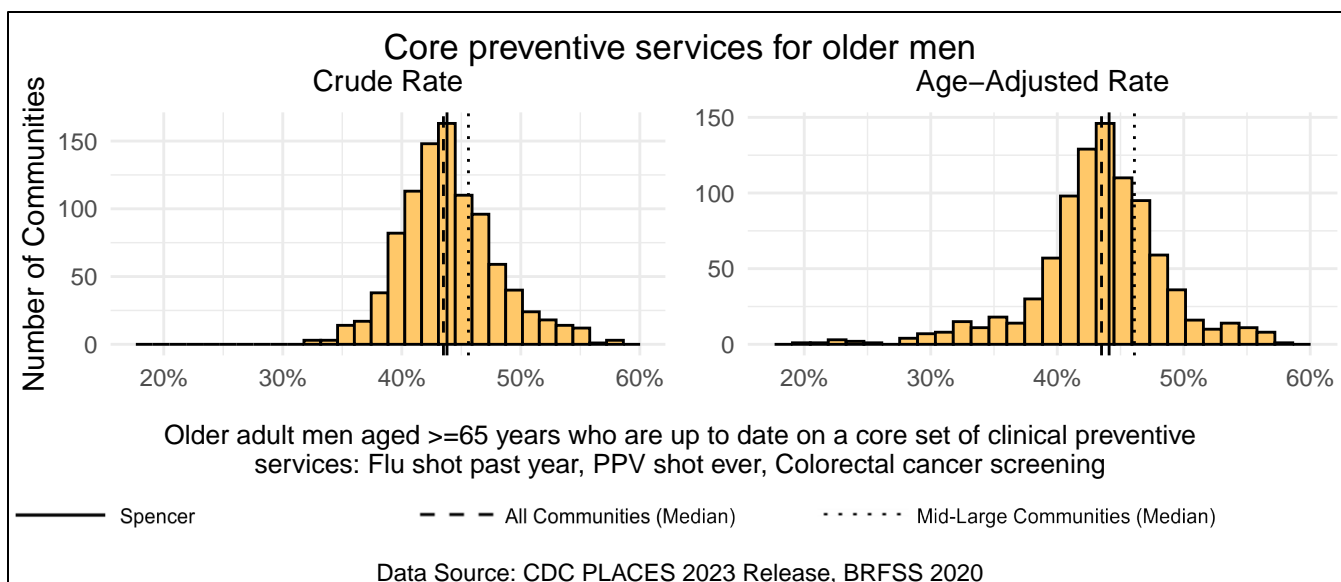
Measure Type	Spencer	All	Mid-Large
		Comm.	Comm.
Crude	70.0%	71.6%	72.0%
Age-Adjusted	69.5%	70.9%	72.2%



Core preventive services for older men

Spencer has a crude rate of 43.8% 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 439th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Spencer is 44.1%, which ranks 380th out of 905 Iowa communities (19th out of 31 mid-large communities).

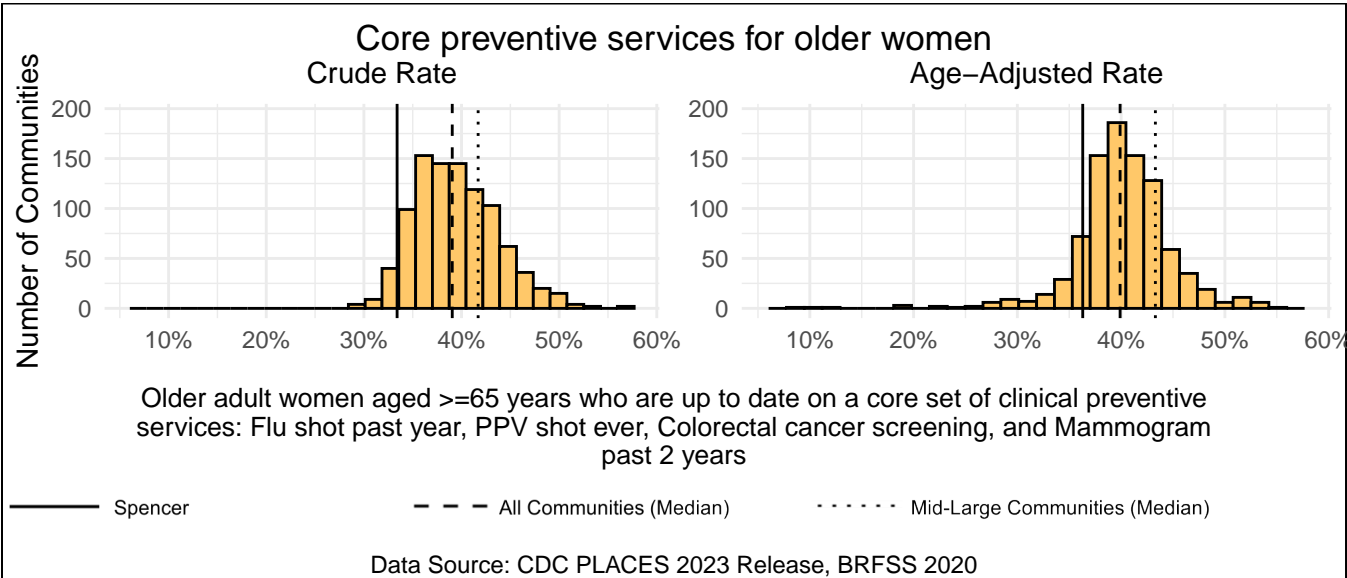
Measure Type	Spencer	All	Mid-Large
		Comm.	Comm.
Crude	43.8%	43.5%	45.6%
Age-Adjusted	44.1%	43.5%	46.1%



Core preventive services for older women

Spencer has a crude rate of 33.4% 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 909th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Spencer is 36.3%, which ranks 798th out of 905 Iowa communities (28th out of 31 mid-large communities).

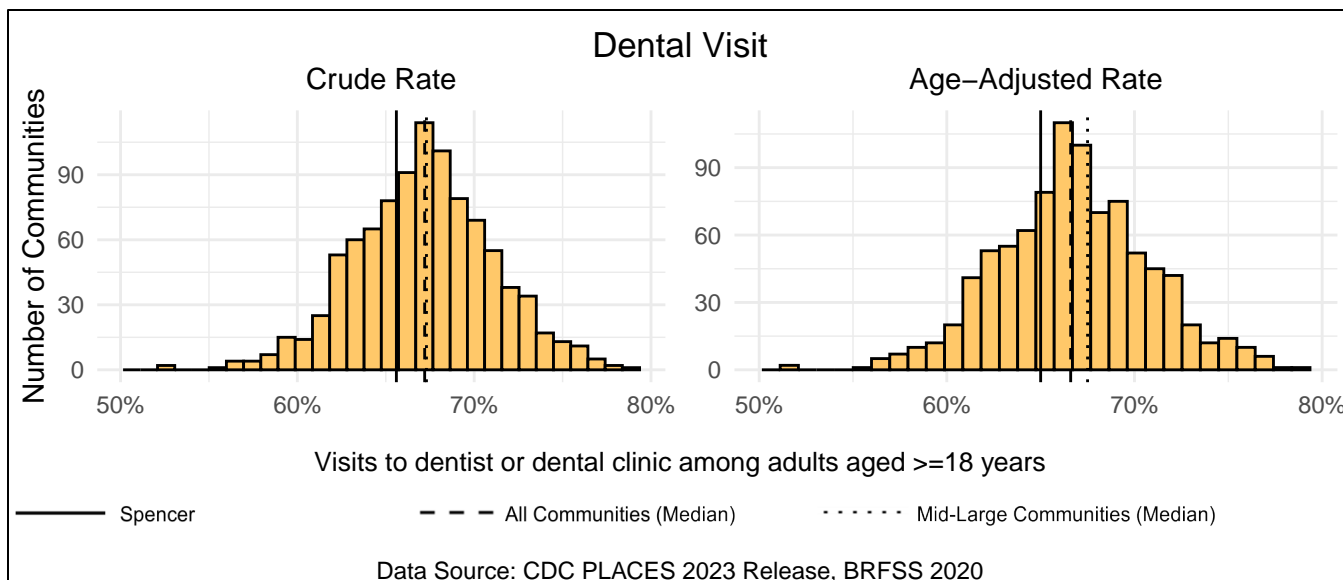
Measure Type	Spencer	All	Mid-Large
		Comm.	Comm.
Crude	33.4%	39.0%	41.7%
Age-Adjusted	36.3%	39.9%	43.3%



Dental Visit

Spencer has a crude rate of 65.6% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 642nd out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Spencer is 65.0%, which ranks 613th out of 905 Iowa communities (19th out of 31 mid-large communities).

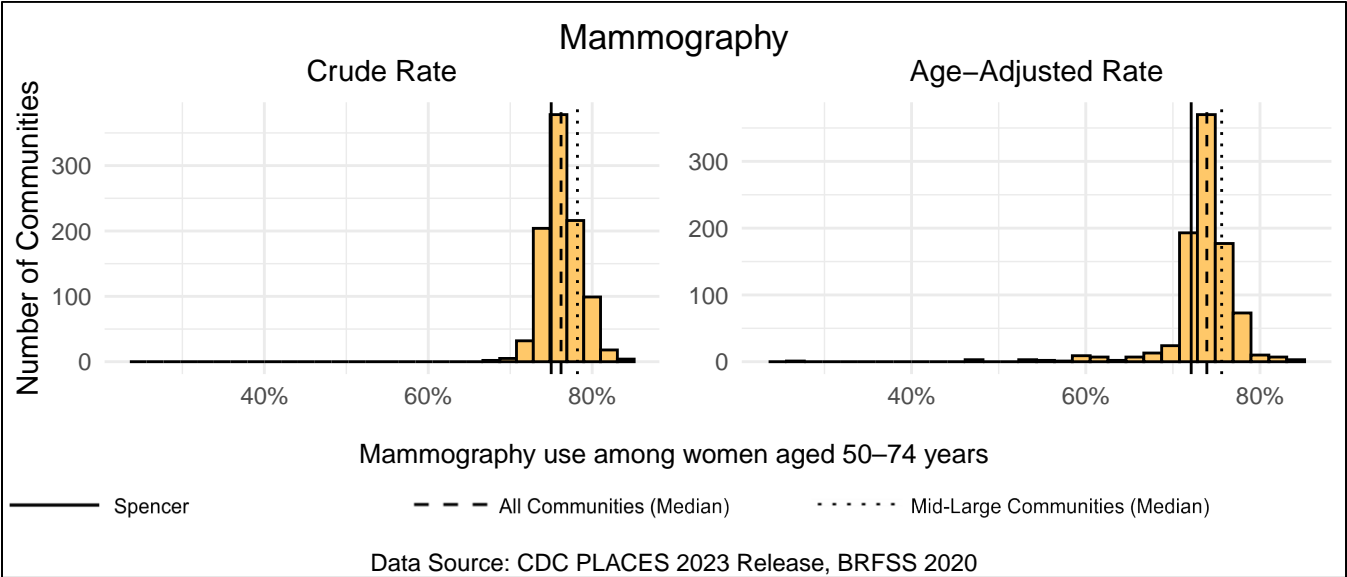
Measure Type	Spencer	All	Mid-Large
		Comm.	Comm.
Crude	65.6%	67.2%	67.3%
Age-Adjusted	65.0%	66.6%	67.5%



Mammography

Spencer has a crude rate of 75.0% for mammography use among women aged 50–74 years, which ranks 684th out of 958 Iowa communities (29th out of 31 mid-large communities). The age-adjusted rate for Spencer is 72.1%, which ranks 728th out of 905 Iowa communities (28th out of 31 mid-large communities).

Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	75.0%	76.2%	78.2%
Age-Adjusted	72.1%	73.9%	75.6%



Disability

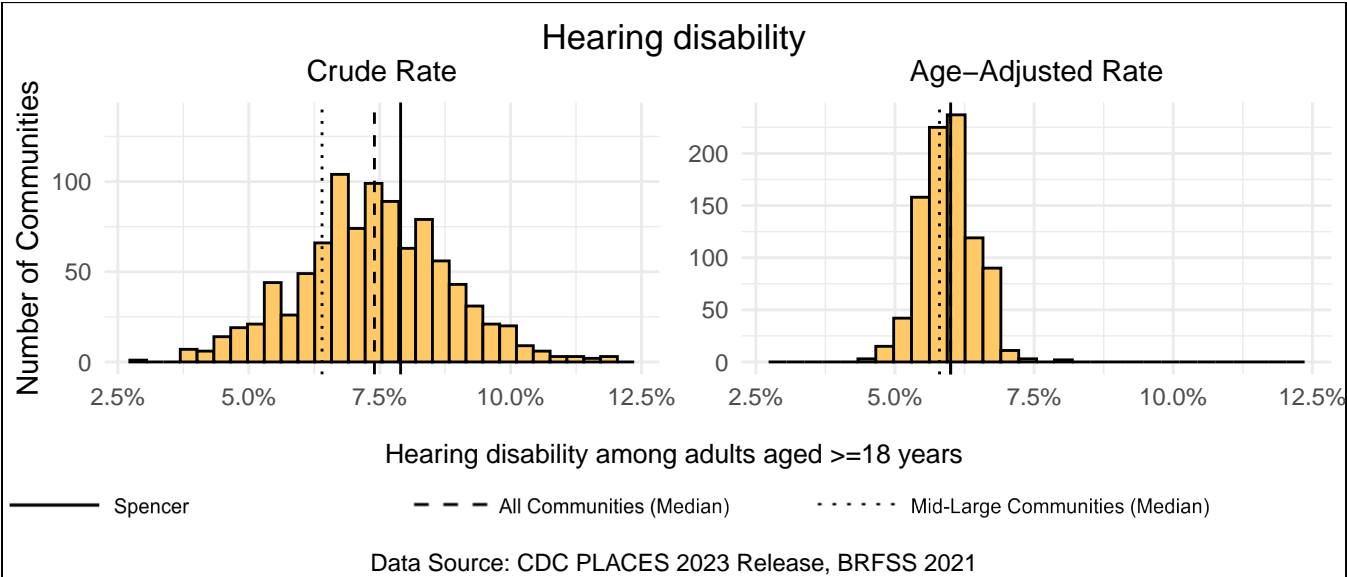
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Spencer has a crude rate of 7.9% for hearing disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (27th out of 31 mid-large communities). The age-adjusted rate for Spencer is 6.0%, which ranks 444th out of 905 Iowa communities (19th out of 31 mid-large communities).

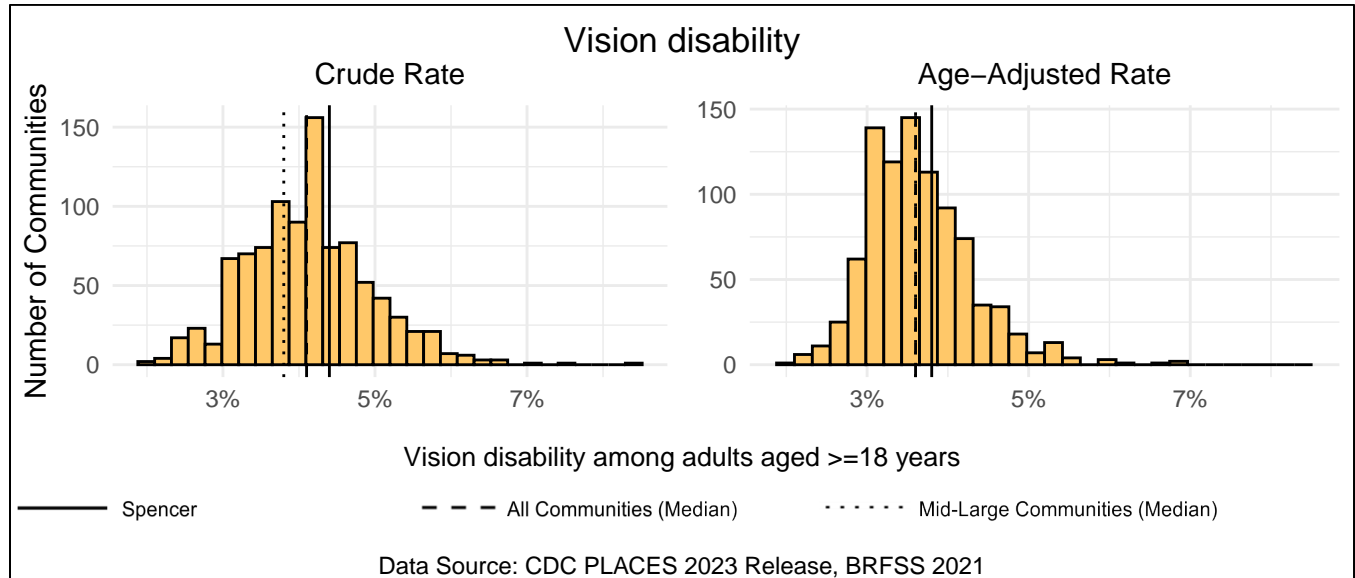
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	7.9%	7.4%	6.4%
Age-Adjusted	6.0%	6.0%	5.8%



Vision disability

Spencer has a crude rate of 4.4% for vision disability among adults aged ≥ 18 years, which ranks 620th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Spencer is 3.8%, which ranks 564th out of 905 Iowa communities (18th out of 31 mid-large communities).

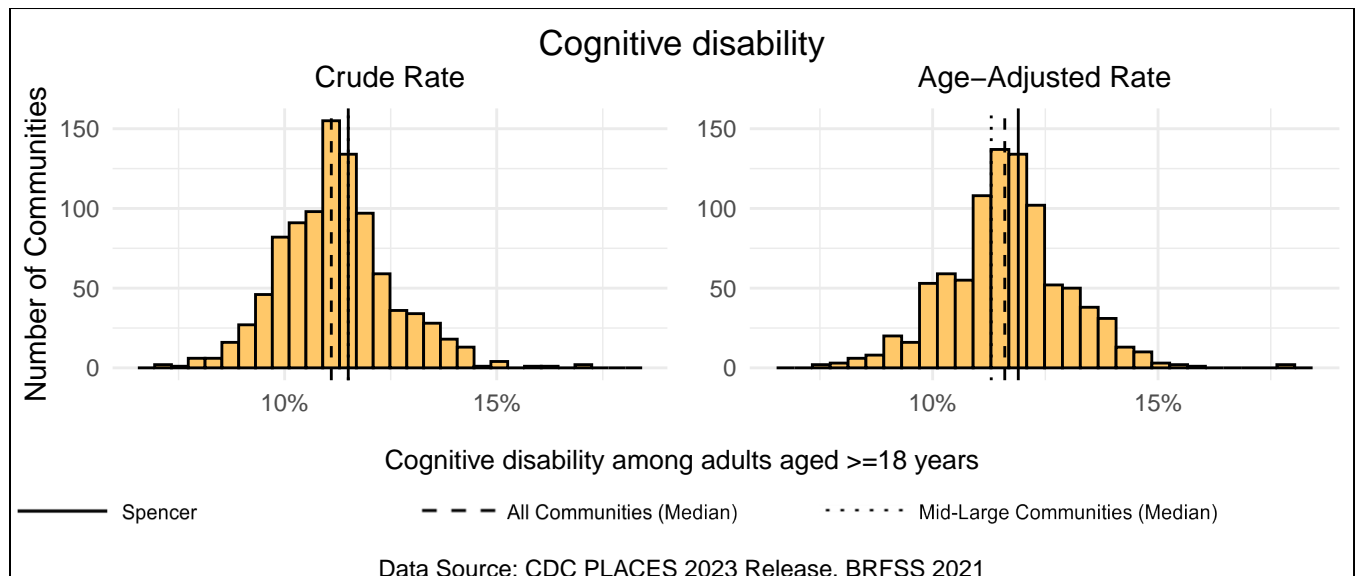
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	4.4%	4.1%	3.8%
Age-Adjusted	3.8%	3.6%	3.6%



Cognitive disability

Spencer has a crude rate of 11.5% for cognitive disability among adults aged ≥ 18 years, which ranks 601st out of 958 Iowa communities (16th out of 31 mid-large communities). The age-adjusted rate for Spencer is 11.9%, which ranks 529th out of 905 Iowa communities (18th out of 31 mid-large communities).

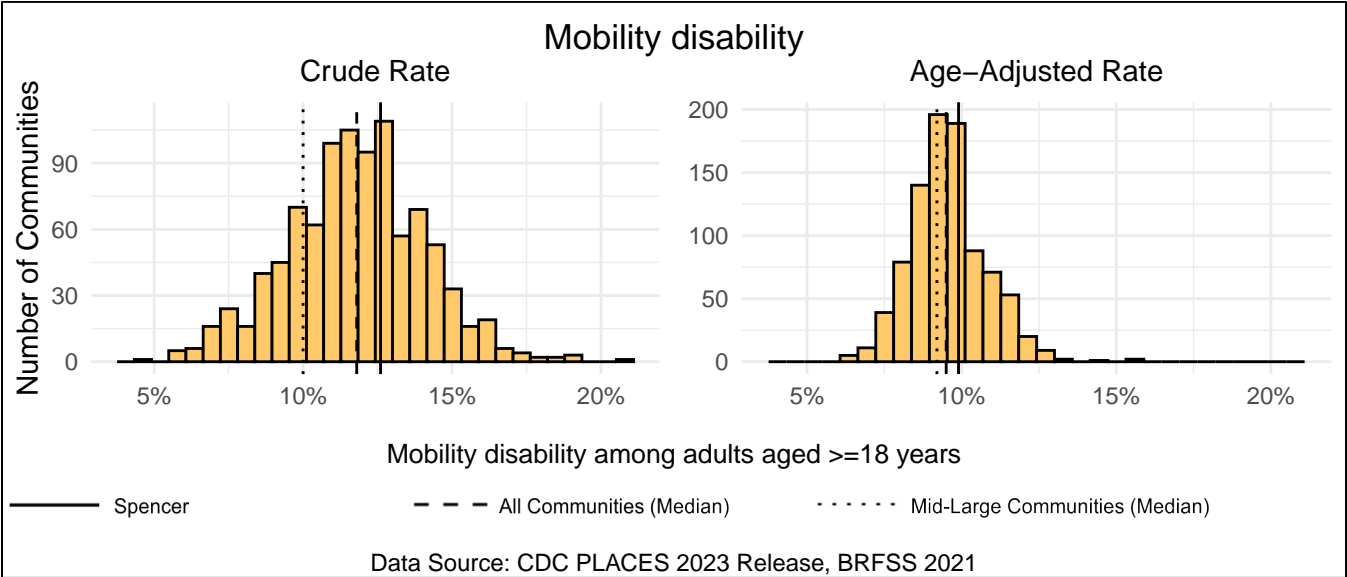
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	11.5%	11.1%	11.5%
Age-Adjusted	11.9%	11.6%	11.3%



Mobility disability

Spencer has a crude rate of 12.6% for mobility disability among adults aged ≥ 18 years, which ranks 603rd out of 958 Iowa communities (24th out of 31 mid-large communities). The age-adjusted rate for Spencer is 9.9%, which ranks 577th out of 905 Iowa communities (19th out of 31 mid-large communities).

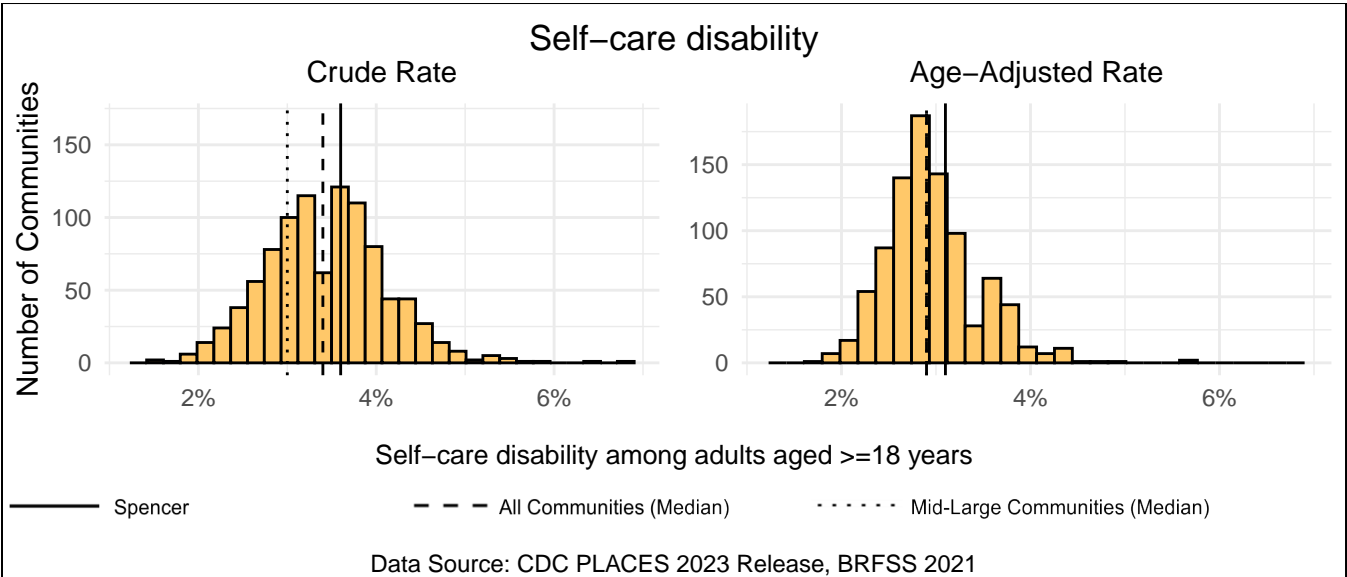
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	12.6%	11.8%	10.0%
Age-Adjusted	9.9%	9.5%	9.2%



Self-care disability

Spencer has a crude rate of 3.6% for self-care disability among adults aged ≥ 18 years, which ranks 562nd out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Spencer is 3.1%, which ranks 567th out of 905 Iowa communities (18th out of 31 mid-large communities).

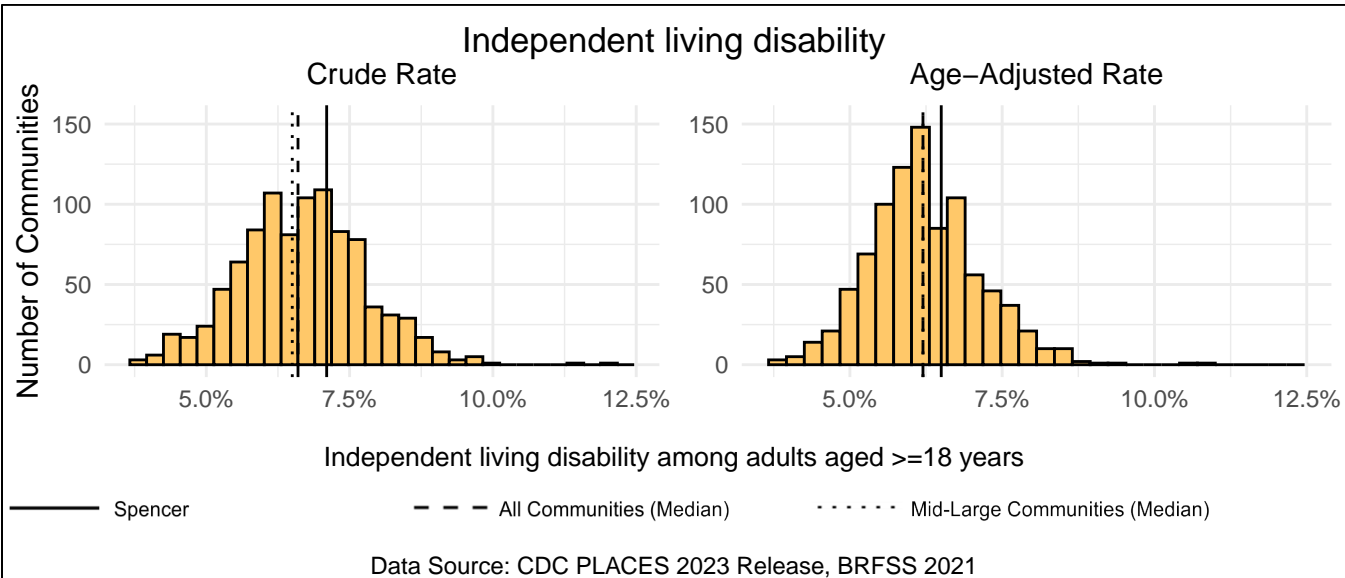
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	3.6%	3.4%	3.0%
Age-Adjusted	3.1%	2.9%	2.9%



Independent living disability

Spencer has a crude rate of 7.1% for independent living disability among adults aged ≥ 18 years, which ranks 640th out of 958 Iowa communities (19th out of 31 mid-large communities). The age-adjusted rate for Spencer is 6.5%, which ranks 570th out of 905 Iowa communities (18th out of 31 mid-large communities).

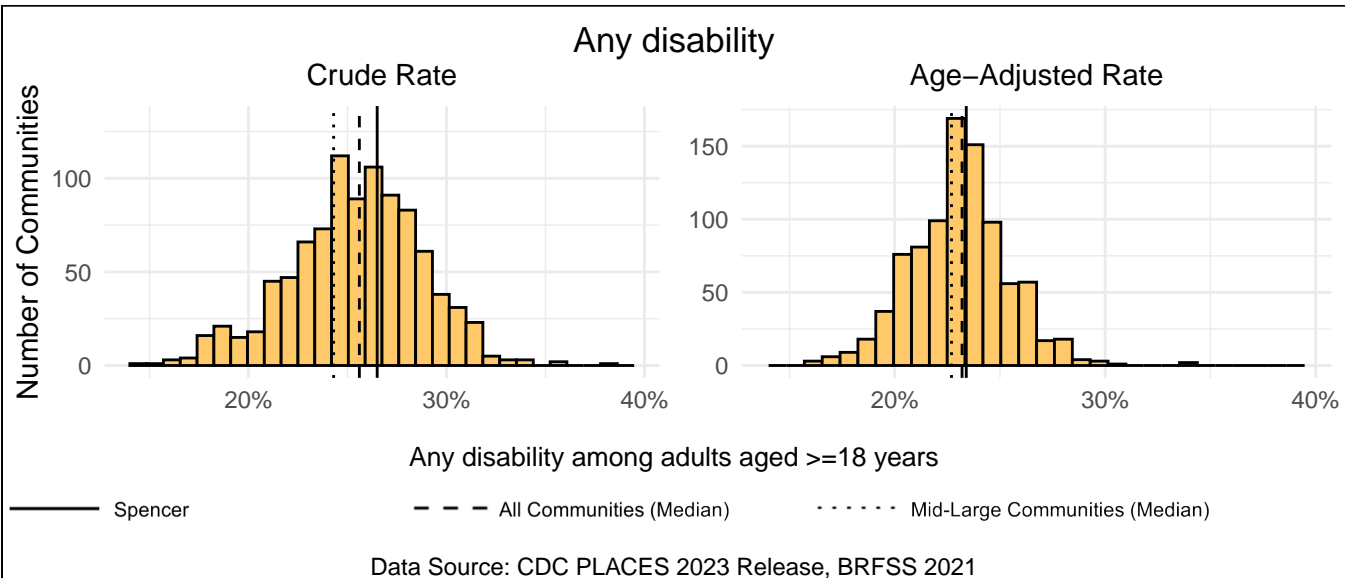
Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	7.1%	6.6%	6.5%
Age-Adjusted	6.5%	6.2%	6.2%



Any disability

Spencer has a crude rate of 26.5% for any disability among adults aged ≥ 18 years, which ranks 584th out of 958 Iowa communities (21st out of 31 mid-large communities). The age-adjusted rate for Spencer is 23.4%, which ranks 499th out of 905 Iowa communities (19th out of 31 mid-large communities).

Measure Type	Spencer	All Comm.	Mid-Large Comm.
Crude	26.5%	25.6%	24.3%
Age-Adjusted	23.4%	23.2%	22.7%



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: Spencer 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	552	14.7% (12.6% - 17.1%)	552	13.2% (11.2% - 15.3%)
Health Status	Physical Health	600	11.2% (9.6% - 12.8%)	604	10.1% (8.8% - 11.7%)
Health Status	Mental Health	464	14.3% (12.3% - 16.5%)	405	15.5% (13.5% - 17.7%)
Health Risk Behaviors	Current Smoking	447	16.7% (13.8% - 20.3%)	513	17.9% (14.7% - 21.6%)
Health Risk Behaviors	Sleep <7 hours	630	31.0% (29.8% - 32.1%)	679	32.1% (30.9% - 33.3%)
Health Risk Behaviors	Physical Inactivity	726	28.1% (23.4% - 33.1%)	702	26.1% (21.7% - 30.8%)
Health Risk Behaviors	Binge Drinking	283	18.4% (15.3% - 21.9%)	136	20.9% (17.4% - 24.8%)
Health Outcomes	High Cholesterol	539	36.7% (32.2% - 41.2%)	599	30.2% (25.9% - 34.6%)
Health Outcomes	Cancer (except skin)	578	8.4% (7.6% - 9.3%)	418	6.5% (5.8% - 7.1%)
Health Outcomes	Stroke	601	3.5% (3.1% - 3.9%)	375	2.6% (2.4% - 2.9%)
Health Outcomes	Arthritis	454	27.7% (23.8% - 31.9%)	401	23.0% (19.5% - 26.7%)
Health Outcomes	Coronary Heart Disease	569	6.8% (6.0% - 7.8%)	511	5.1% (4.4% - 5.8%)
Health Outcomes	Current Asthma	405	9.3% (8.1% - 10.5%)	415	9.5% (8.4% - 10.7%)
Health Outcomes	Obesity	337	36.8% (29.7% - 44.1%)	438	37.5% (30.6% - 44.7%)
Health Outcomes	Diabetes	495	10.2% (8.6% - 11.8%)	508	8.3% (7.1% - 9.6%)
Health Outcomes	High Blood Pressure	552	32.8% (28.8% - 37.0%)	542	27.7% (24.2% - 31.4%)
Health Outcomes	All Teeth Lost	558	13.4% (9.9% - 17.7%)	448	12.8% (9.6% - 16.4%)
Health Outcomes	Depression	386	17.8% (14.7% - 21.4%)	420	19.0% (15.7% - 22.6%)
Health Outcomes	Chronic Kidney Disease	619	3.4% (3.0% - 3.7%)	349	2.6% (2.4% - 2.9%)
Health Outcomes	COPD	511	7.6% (6.4% - 8.9%)	513	6.4% (5.4% - 7.4%)
Prevention	Health Insurance	598	7.7% (6.1% - 9.5%)	498	7.9% (6.5% - 9.8%)
Prevention	Cervical Cancer Screening	511	83.1% (81.2% - 85.0%)	372	83.4% (81.6% - 85.2%)
Prevention	Core preventive services for older men	439	43.8% (37.8% - 49.4%)	380	44.1% (38.1% - 49.5%)
Prevention	Taking BP Medication	344	80.6% (77.5% - 83.3%)	126	59.8% (55.0% - 64.6%)
Prevention	Dental Visit	642	65.6% (62.9% - 68.1%)	613	65.0% (62.3% - 67.7%)
Prevention	Mammography	684	75.0% (72.0% - 78.1%)	728	72.1% (68.5% - 75.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Colorectal Cancer Screening	720	70.0% (67.6% - 72.3%)	716	69.5% (67.1% - 71.8%)
Prevention	Cholesterol Screening	550	82.2% (79.3% - 84.9%)	435	79.1% (75.8% - 82.2%)
Prevention	Core preventive services for older women	909	33.4% (28.3% - 38.7%)	798	36.3% (31.3% - 41.5%)
Prevention	Annual Checkup	685	74.1% (69.3% - 78.6%)	823	71.2% (66.0% - 76.0%)
Disability	Any Disability	584	26.5% (22.9% - 30.4%)	499	23.4% (19.9% - 26.9%)
Disability	Cognitive Disability	601	11.5% (9.9% - 13.3%)	529	11.9% (10.2% - 13.7%)
Disability	Vision Disability	620	4.4% (3.8% - 5.0%)	564	3.8% (3.4% - 4.3%)
Disability	Independent Living Disability	640	7.1% (6.1% - 8.2%)	570	6.5% (5.6% - 7.4%)
Disability	Hearing Disability	620	7.9% (7.0% - 8.9%)	444	6.0% (5.3% - 6.7%)
Disability	Mobility Disability	603	12.6% (10.7% - 14.6%)	577	9.9% (8.5% - 11.5%)
Disability	Self-care Disability	562	3.6% (3.2% - 4.2%)	567	3.1% (2.7% - 3.5%)

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: Mid-Large Communities (10,000-49,999)

Spencer falls into the group of mid-large communities, which have a population of 10,000-49,999. In this data, 31 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
Urbandale	45,591	Pleasant Hill	10,456
Marion	41,401	Waverly	10,399
Cedar Falls	40,686	Fort Madison	10,293
Bettendorf	38,997	Carroll	10,270
Marshalltown	27,511		
Mason City	27,271		
Ottumwa	25,359		
Waukee	25,045		
Fort Dodge	24,850		
Clinton	24,524		
Burlington	23,976		
Johnston	23,856		
Muscatine	23,671		
Coralville	22,494		
North Liberty	20,393		
Altoona	20,017		
Clive	18,576		
Indianola	15,845		
Newton	15,692		
Grimes	15,402		
Norwalk	13,057		
Boone	12,482		
Oskaloosa	11,492		
Spencer	11,351		
Storm Lake	11,194		
Pella	10,556		
Le Mars	10,549		