



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 State Center: Overview

Dear Community Members & Stakeholders of State Center,

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 State Center ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify State Center'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 State Center. Crude rates tell you the raw, un-adjusted percent of the population experiencing the health measure. Age-adjusted rates account for the age distribution present in your community and presents what the rate would be if your community had a standard age distribution. Crude rates can provide a general comparison between communities and age-adjusted rates can give a fairer comparison between communities with different age structures.

Strengths

Take a look at the top strengths of your community! Below are unadjusted and age-adjusted health measures that represent your community's strengths. We recommend using continued investment in these areas to maintain them as strengths, as well as building on them to improve in other health domains.

Crude			Age-Adjusted		
Health Domain	Statewide Community Rank	Small Community Rank	Health Domain	Statewide Community Rank	Small Community Rank
Core preventive services for older men	17th	4th	Core preventive services for older men	26th	4th
Core preventive services for older women	119th	15th	Annual Checkup	35th	6th
Obesity	153rd	28th	Core preventive services for older women	45th	6th
Physical Inactivity	159th	31st	Coronary Heart Disease	78th	14th
Annual Checkup	163rd	31st	High Blood Pressure	101st	20th

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
Depression	943rd	138th	Depression	898th	138th
Arthritis	648th	86th	Cancer (except skin)	831st	126th
Mental Health	646th	107th	Arthritis	819th	130th
Colorectal Cancer Screening	571st	98th	Taking BP Medication	778th	117th
Taking BP Medication	561st	91st	Mental Health	658th	105th

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 State Center.

Sincerely,



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



IOWA STATE UNIVERSITY
Extension and Outreach
Community and Economic Development

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

With a population of 1,654, State Center’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

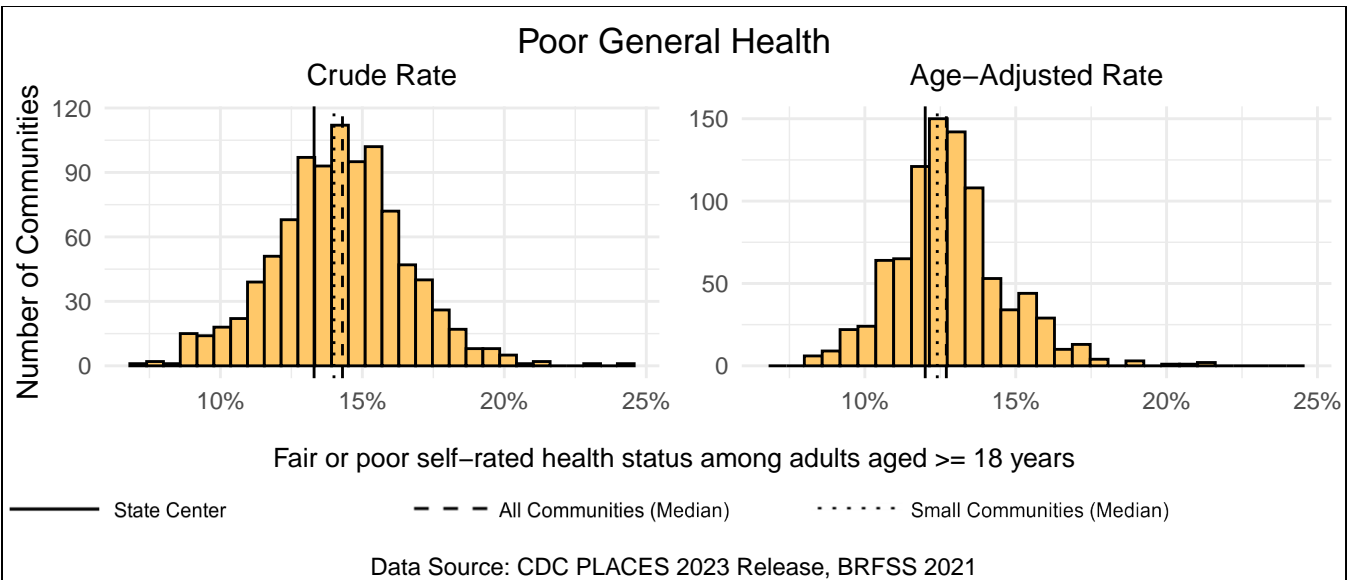
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

State Center has a crude rate of 13.3% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 312th out of 958 Iowa communities (51st out of 138 small communities). The age-adjusted rate for State Center is 12.0%, which ranks 280th out of 905 Iowa communities (58th out of 138 small communities).

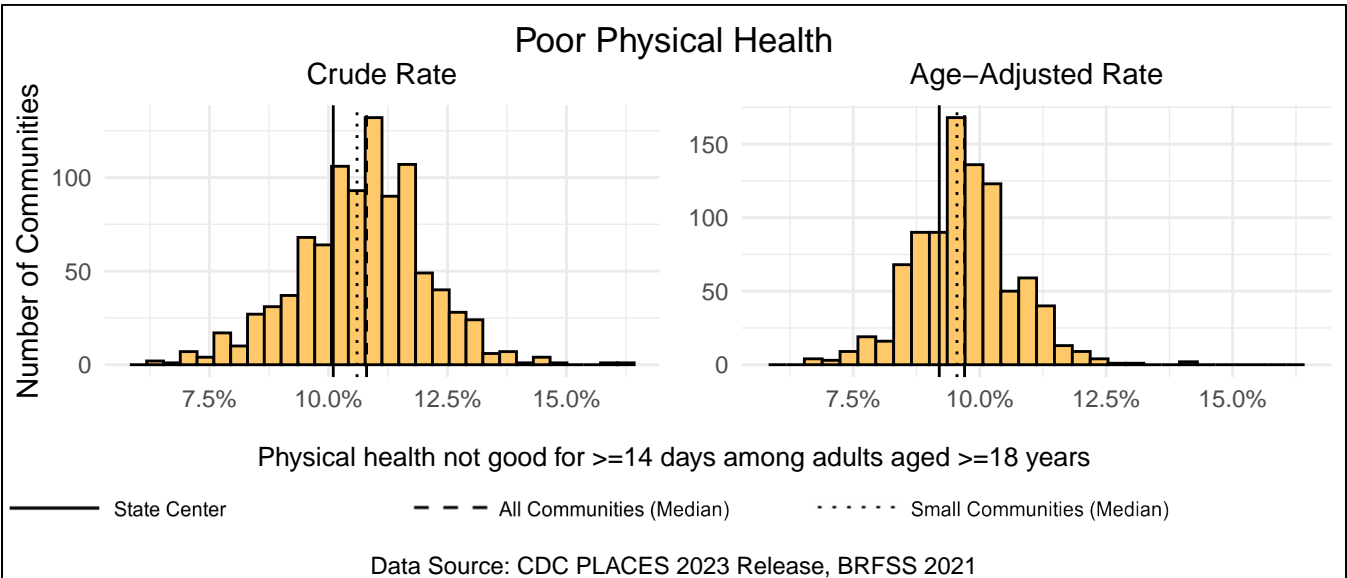
Measure Type	State Center	All Comm.	Small Comm.
Crude	13.3%	14.3%	14.0%
Age-Adjusted	12.0%	12.7%	12.4%



Poor Physical Health

State Center has a crude rate of 10.1% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 269th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for State Center is 9.2%, which ranks 238th out of 905 Iowa communities (43rd out of 138 small communities).

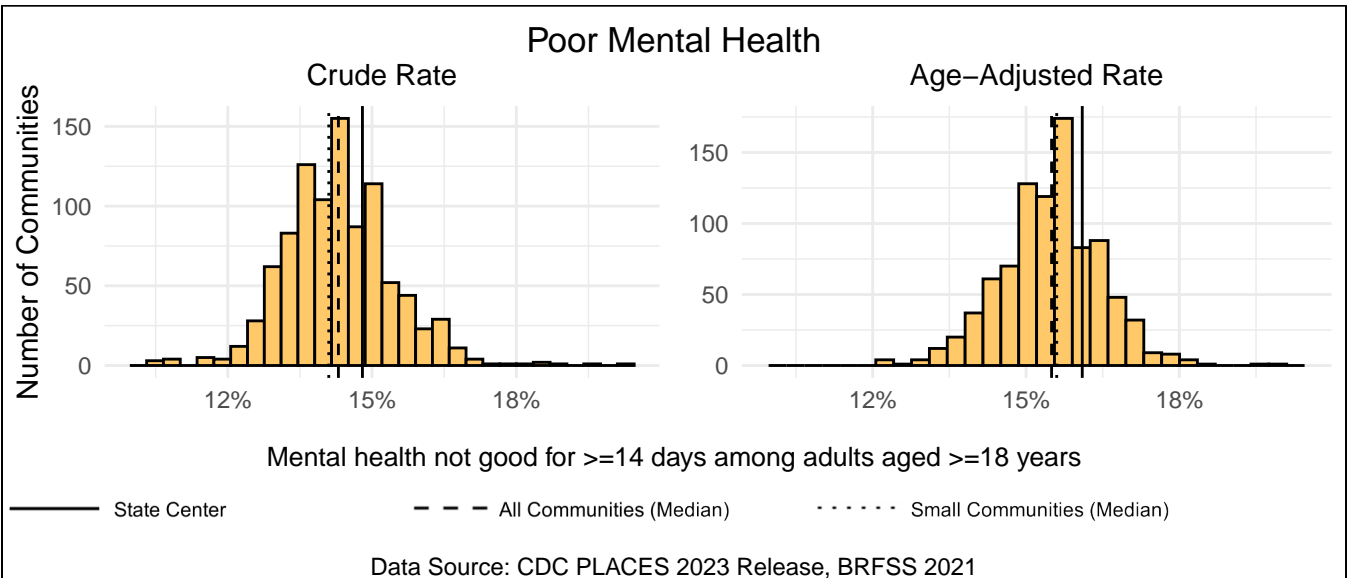
Measure Type	State Center	All Comm.	Small Comm.
Crude	10.1%	10.8%	10.6%
Age-Adjusted	9.2%	9.7%	9.6%



Poor Mental Health

State Center has a crude rate of 14.8% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 646th out of 958 Iowa communities (107th out of 138 small communities). The age-adjusted rate for State Center is 16.1%, which ranks 658th out of 905 Iowa communities (105th out of 138 small communities).

Measure Type	State Center	All Comm.	Small Comm.
Crude	14.8%	14.3%	14.1%
Age-Adjusted	16.1%	15.5%	15.6%



Health Risk Behaviors

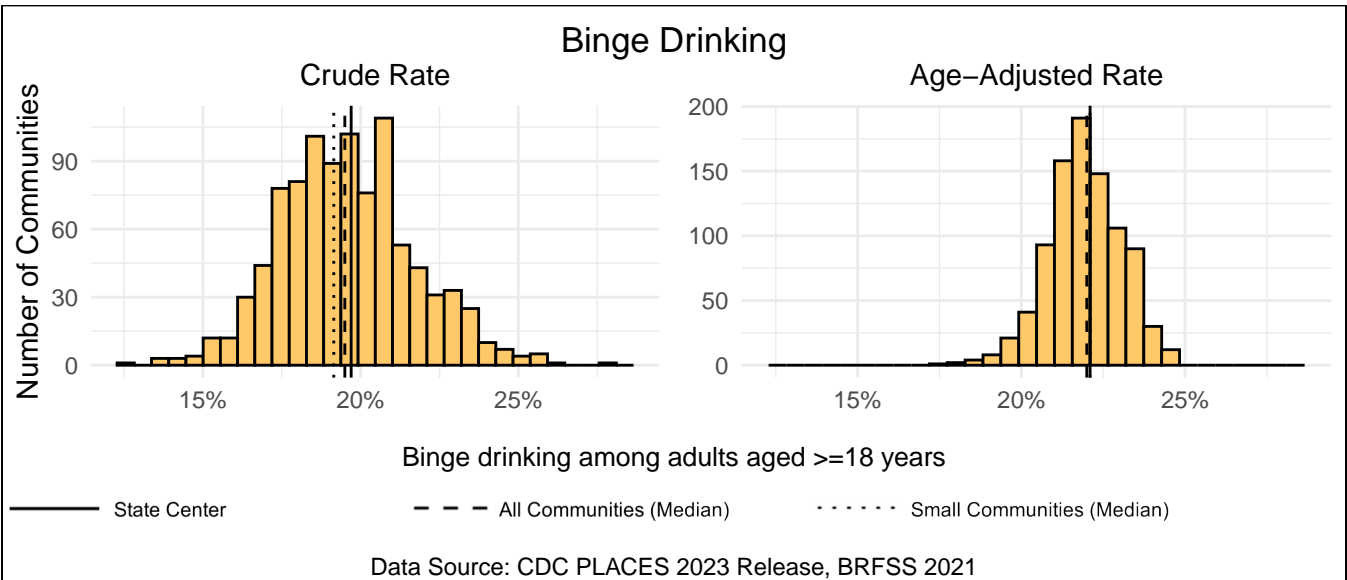
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

State Center has a crude rate of 19.7% for binge drinking among adults aged ≥ 18 years, which ranks 511th out of 958 Iowa communities (77th out of 138 small communities). The age-adjusted rate for State Center is 22.1%, which ranks 478th out of 905 Iowa communities (69th out of 138 small communities).

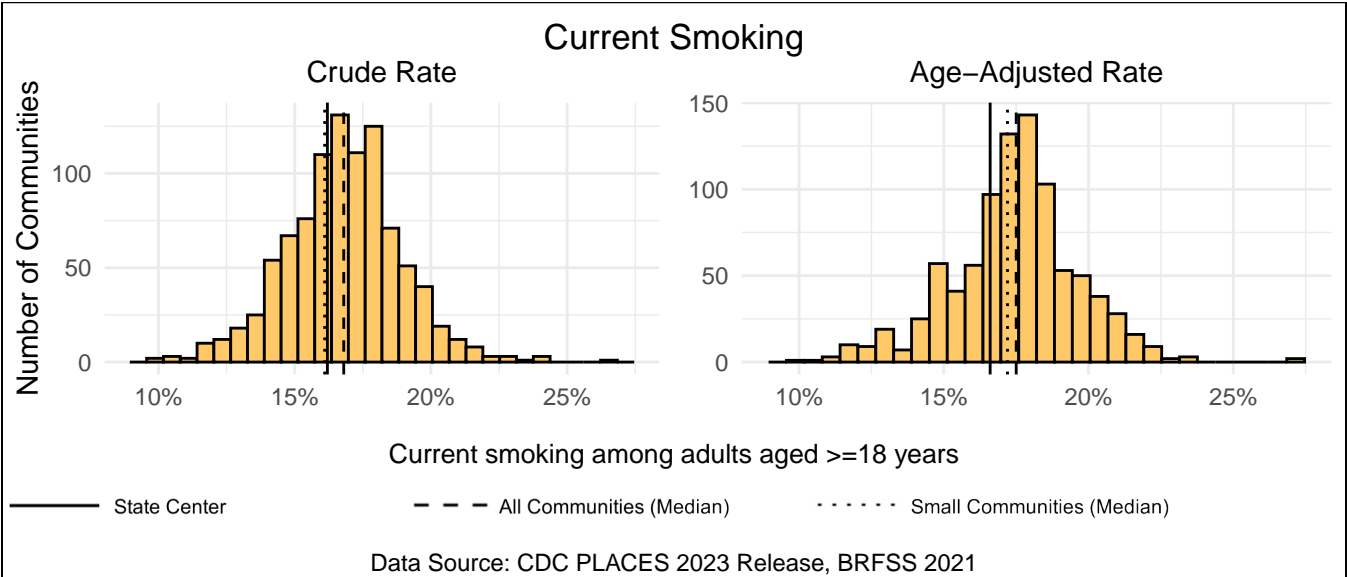
Measure Type	State Center	All Comm.	Small Comm.
Crude	19.7%	19.5%	19.1%
Age-Adjusted	22.1%	22.0%	22.1%



Current Smoking

State Center has a crude rate of 16.2% for current smoking among adults aged ≥ 18 years, which ranks 337th out of 958 Iowa communities (73rd out of 138 small communities). The age-adjusted rate for State Center is 16.6%, which ranks 259th out of 905 Iowa communities (52nd out of 138 small communities).

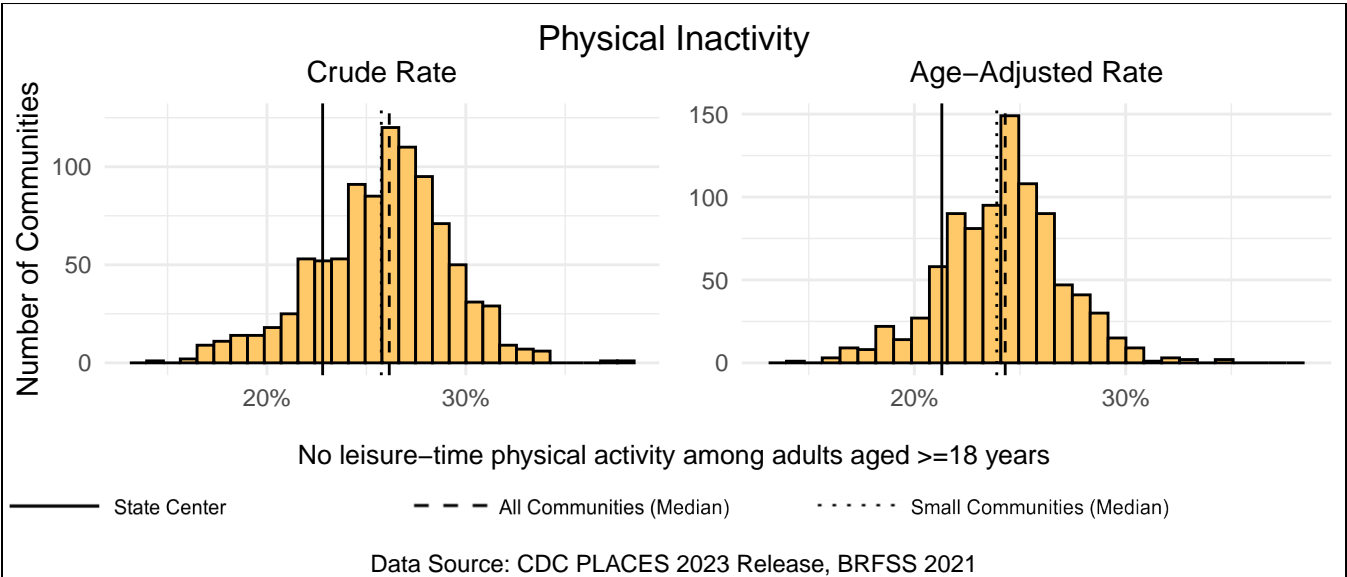
Measure Type	State Center	All Comm.	Small Comm.
Crude	16.2%	16.8%	16.1%
Age-Adjusted	16.6%	17.5%	17.2%



Physical Inactivity

State Center has a crude rate of 22.8% for no leisure-time physical activity among adults aged ≥ 18 years, which ranks 159th out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for State Center is 21.3%, which ranks 122nd out of 905 Iowa communities (25th out of 138 small communities).

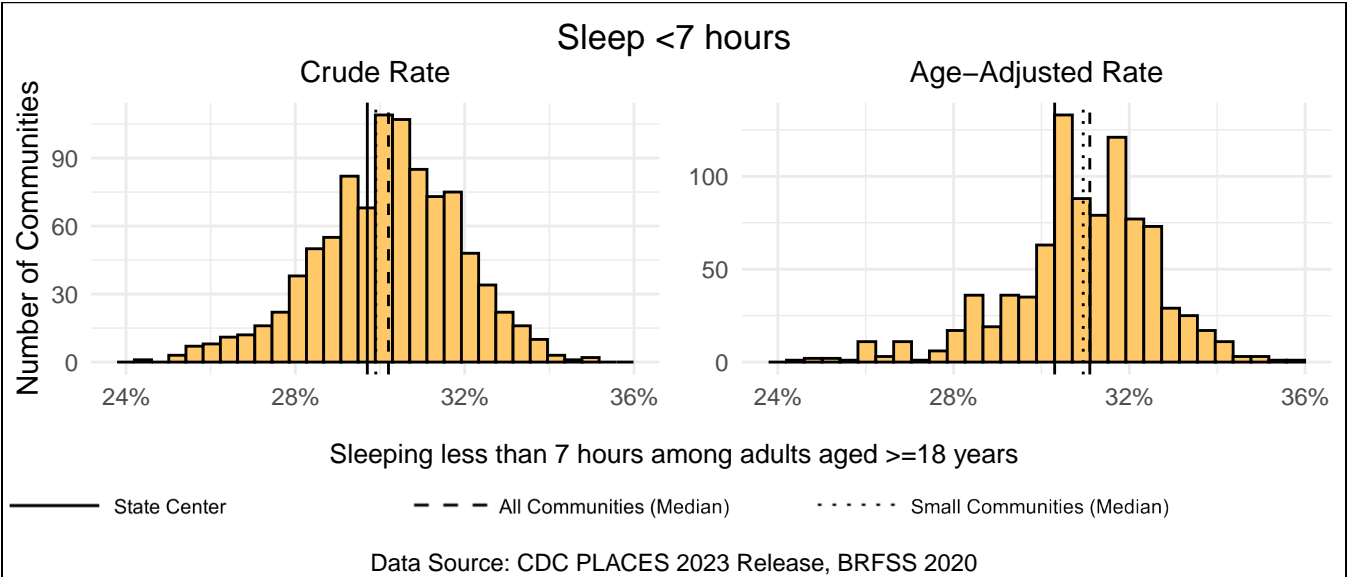
Measure Type	State Center	All Comm.	Small Comm.
Crude	22.8%	26.1%	25.8%
Age-Adjusted	21.3%	24.3%	23.9%



Sleep <7 hours

State Center has a crude rate of 29.7% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 331st out of 958 Iowa communities (60th out of 138 small communities). The age-adjusted rate for State Center is 30.3%, which ranks 245th out of 905 Iowa communities (42nd out of 138 small communities).

Measure Type	State Center	All Comm.	Small Comm.
Crude	29.7%	30.2%	29.9%
Age-Adjusted	30.3%	31.1%	31.0%



Health Outcomes

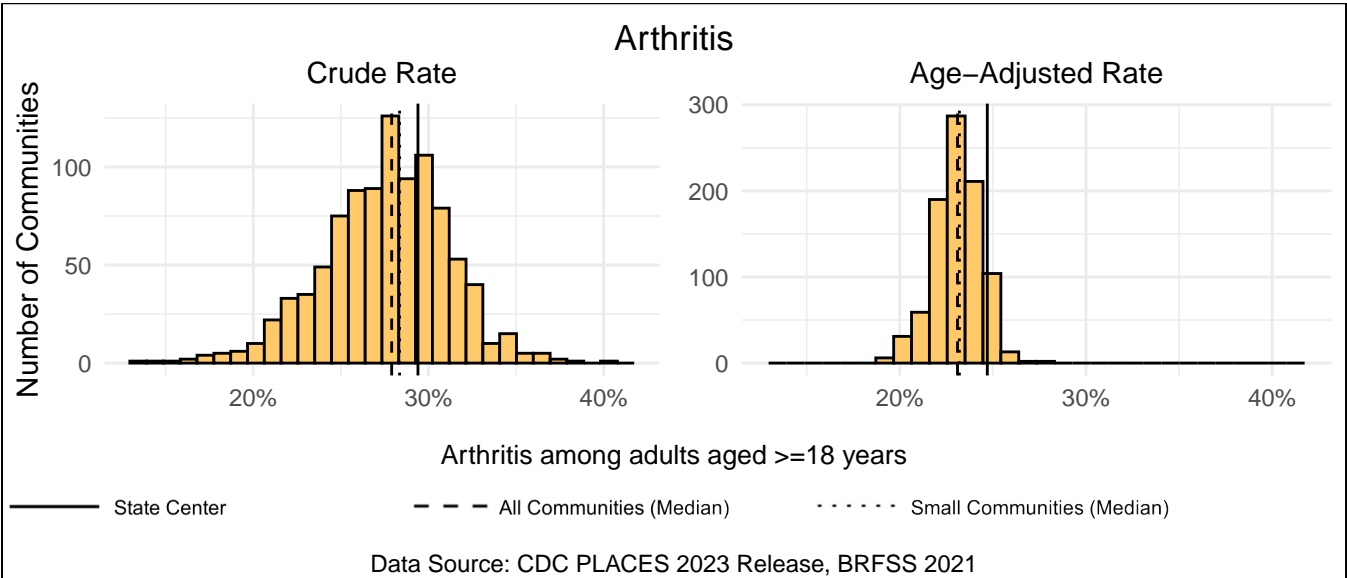
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

State Center has a crude rate of 29.4% for arthritis among adults aged ≥ 18 years, which ranks 648th out of 958 Iowa communities (86th out of 138 small communities). The age-adjusted rate for State Center is 24.7%, which ranks 819th out of 905 Iowa communities (130th out of 138 small communities).

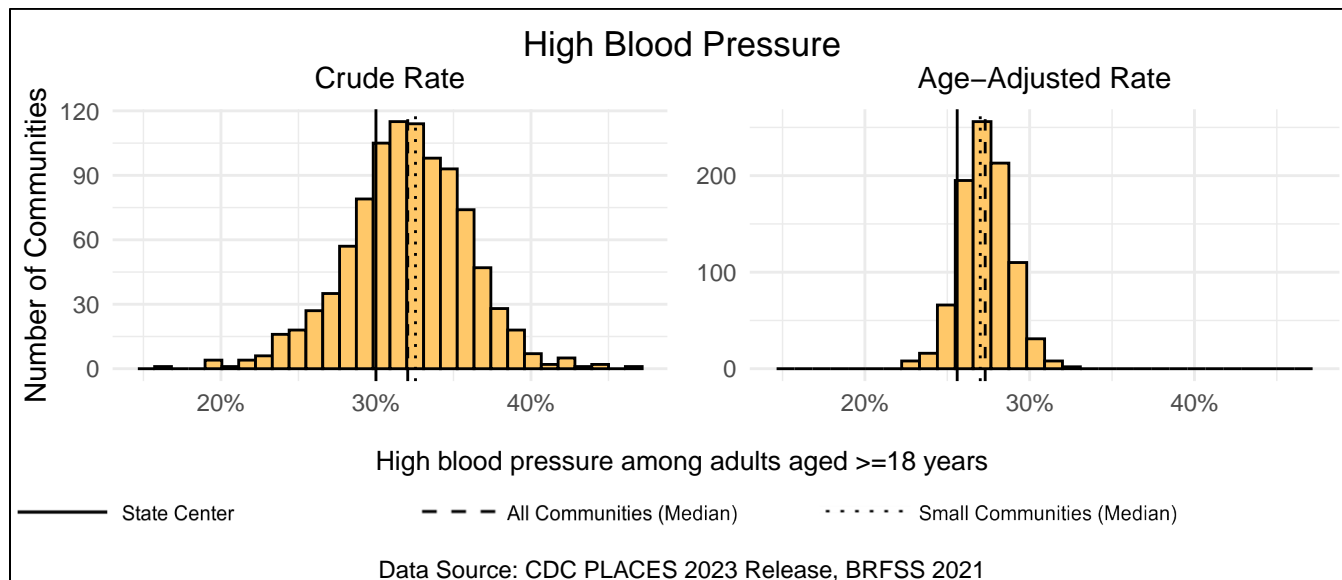
Measure Type	State Center	All Comm.	Small Comm.
Crude	29.4%	27.9%	28.4%
Age-Adjusted	24.7%	23.1%	23.2%



High Blood Pressure

State Center has a crude rate of 30.0% for high blood pressure among adults aged ≥ 18 years, which ranks 257th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for State Center is 25.6%, which ranks 101st out of 905 Iowa communities (20th out of 138 small communities).

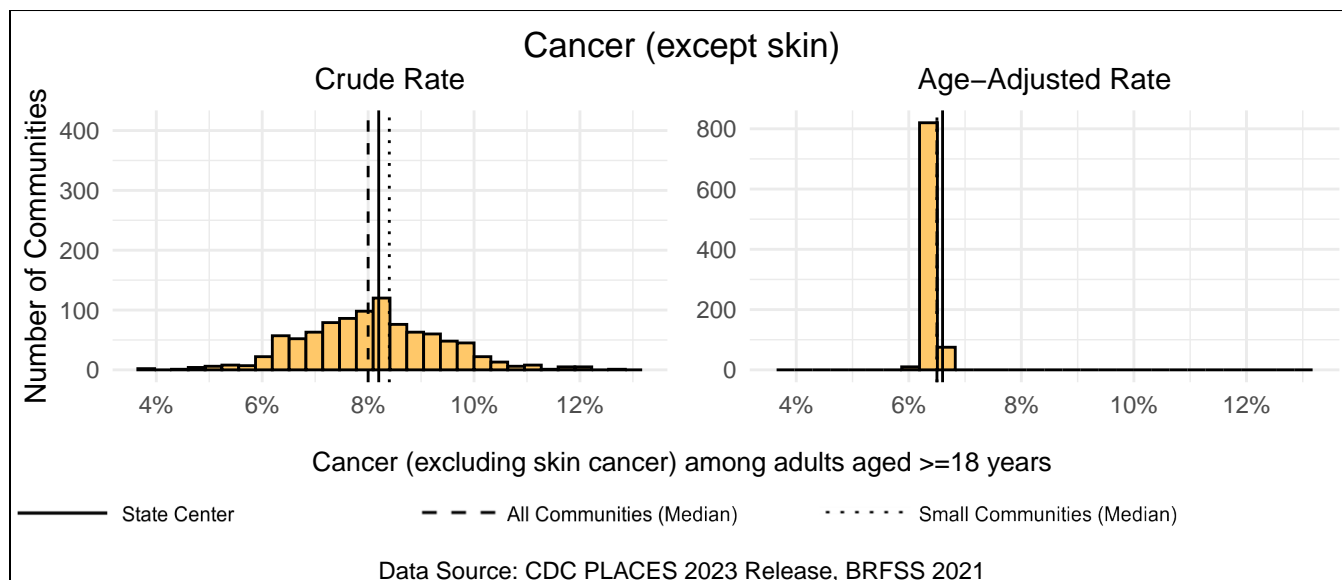
Measure Type	State Center	All Comm.	Small Comm.
Crude	30.0%	32.0%	32.5%
Age-Adjusted	25.6%	27.3%	27.0%



Cancer (except skin)

State Center has a crude rate of 8.2% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 505th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for State Center is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

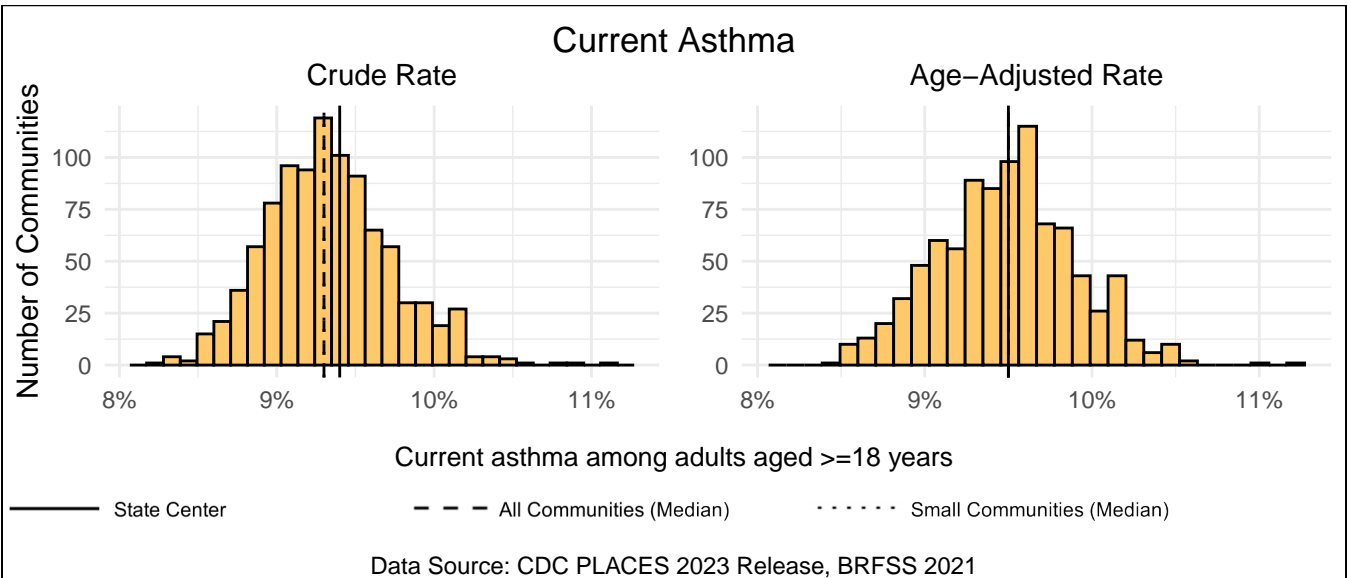
Measure Type	State Center	All Comm.	Small Comm.
Crude	8.2%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

State Center has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for State Center is 9.5%, which ranks 415th out of 905 Iowa communities (54th out of 138 small communities).

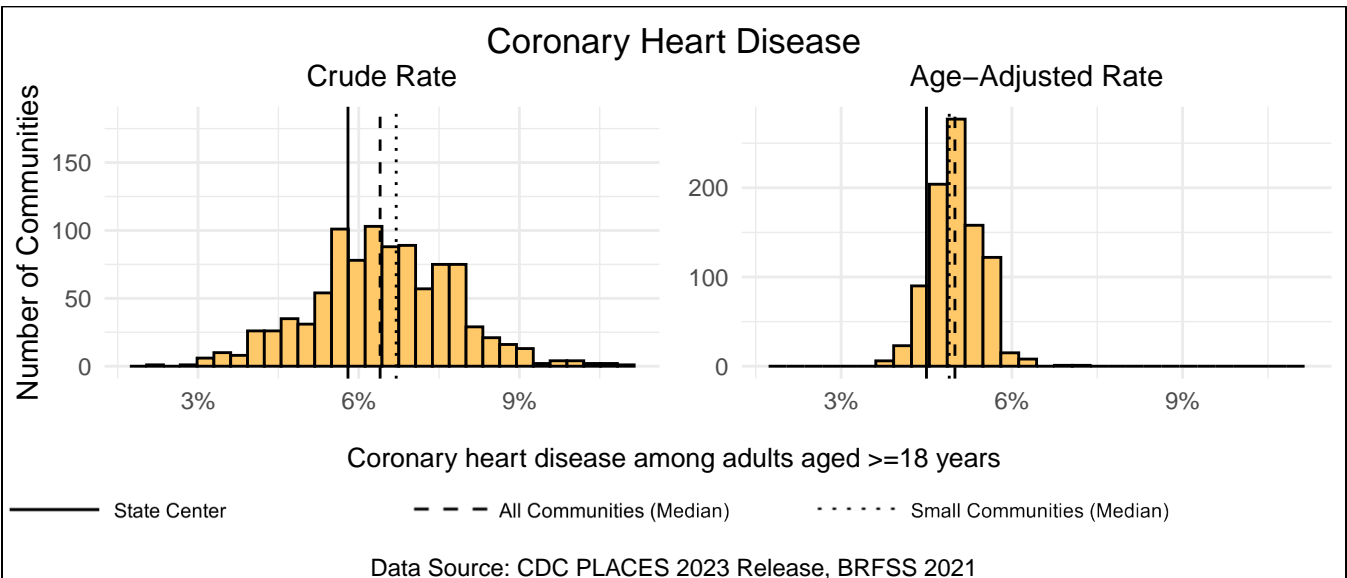
Measure Type	State Center	All Comm.	Small Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.5%	9.5%	9.5%



Coronary Heart Disease

State Center has a crude rate of 5.8% for coronary heart disease among adults aged ≥ 18 years, which ranks 268th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for State Center is 4.5%, which ranks 78th out of 905 Iowa communities (14th out of 138 small communities).

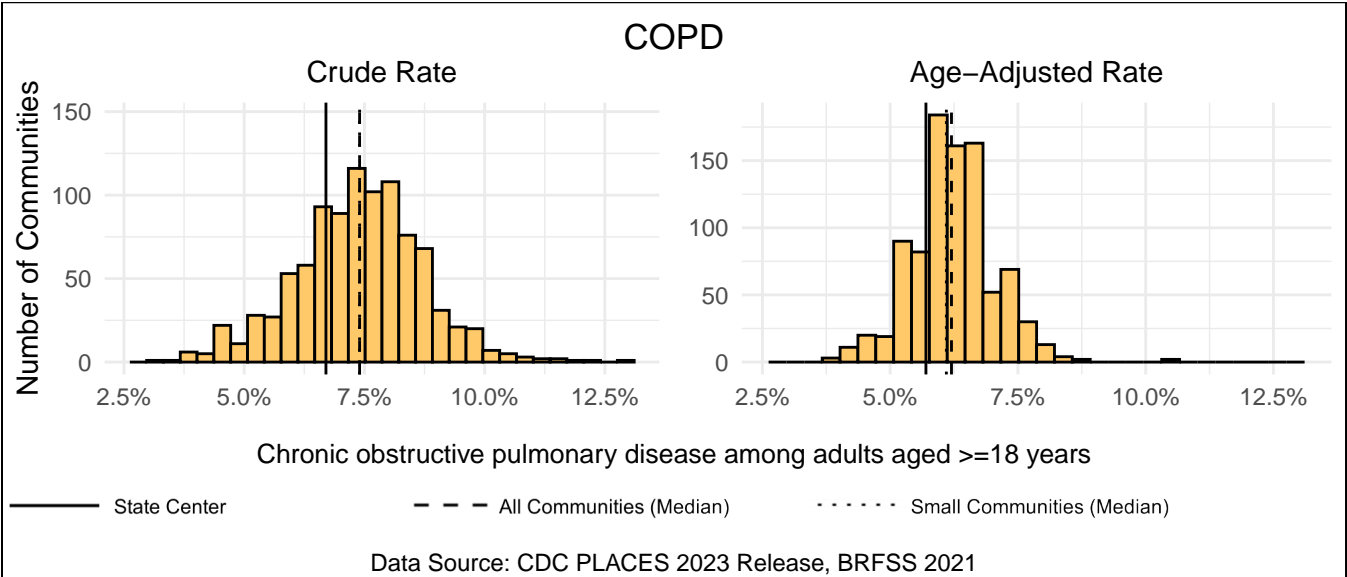
Measure Type	State Center	All Comm.	Small Comm.
Crude	5.8%	6.4%	6.7%
Age-Adjusted	4.5%	5.0%	4.9%



COPD

State Center has a crude rate of 6.7% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 250th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for State Center is 5.7%, which ranks 183rd out of 905 Iowa communities (36th out of 138 small communities).

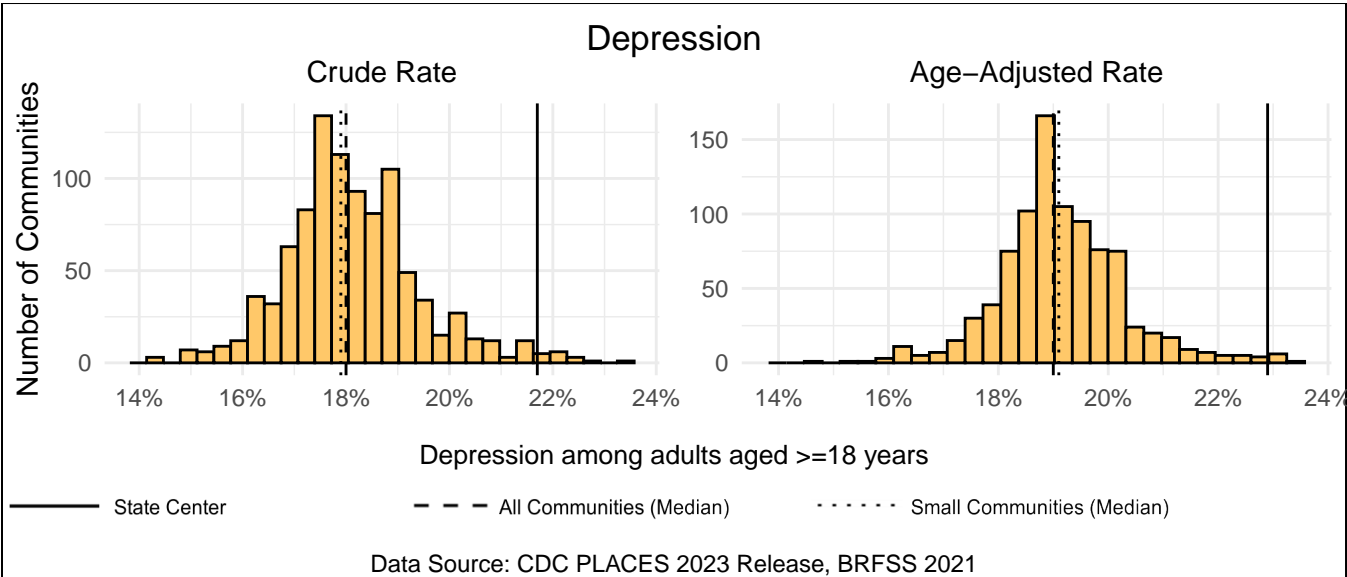
Measure Type	State Center	All Comm.	Small Comm.
Crude	6.7%	7.4%	7.4%
Age-Adjusted	5.7%	6.2%	6.1%



Depression

State Center has a crude rate of 21.7% for depression among adults aged ≥ 18 years, which ranks 943rd out of 958 Iowa communities (138th out of 138 small communities). The age-adjusted rate for State Center is 22.9%, which ranks 898th out of 905 Iowa communities (138th out of 138 small communities).

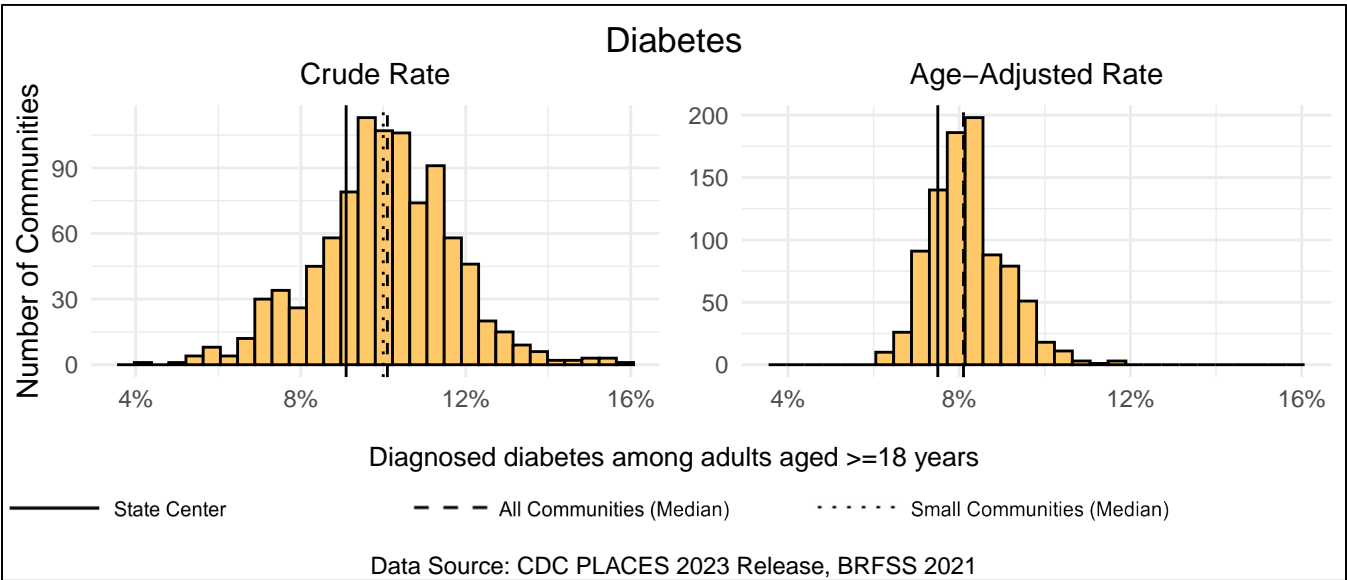
Measure Type	State Center	All Comm.	Small Comm.
Crude	21.7%	18.0%	17.9%
Age-Adjusted	22.9%	19.0%	19.1%



Diabetes

State Center has a crude rate of 9.1% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 246th out of 958 Iowa communities (43rd out of 138 small communities). The age-adjusted rate for State Center is 7.5%, which ranks 147th out of 905 Iowa communities (30th out of 138 small communities).

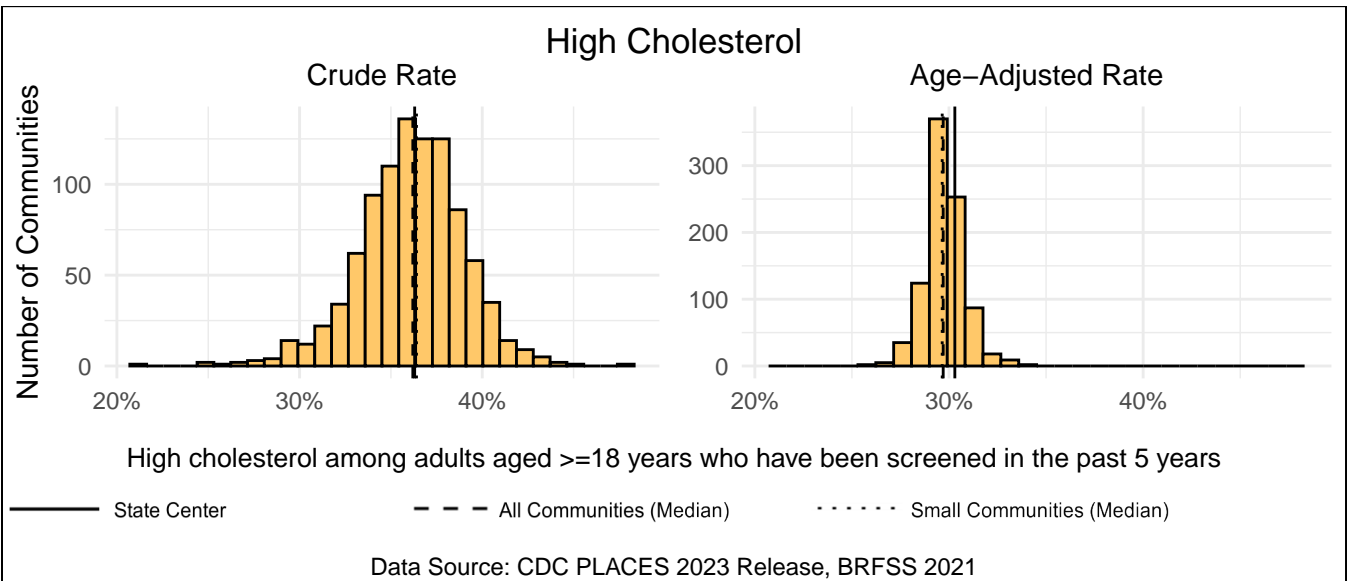
Measure Type	State Center	All Comm.	Small Comm.
Crude	9.1%	10.1%	10.0%
Age-Adjusted	7.5%	8.1%	8.1%



High Cholesterol

State Center has a crude rate of 36.3% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 482nd out of 958 Iowa communities (63rd out of 138 small communities). The age-adjusted rate for State Center is 30.3%, which ranks 634th out of 905 Iowa communities (103rd out of 138 small communities).

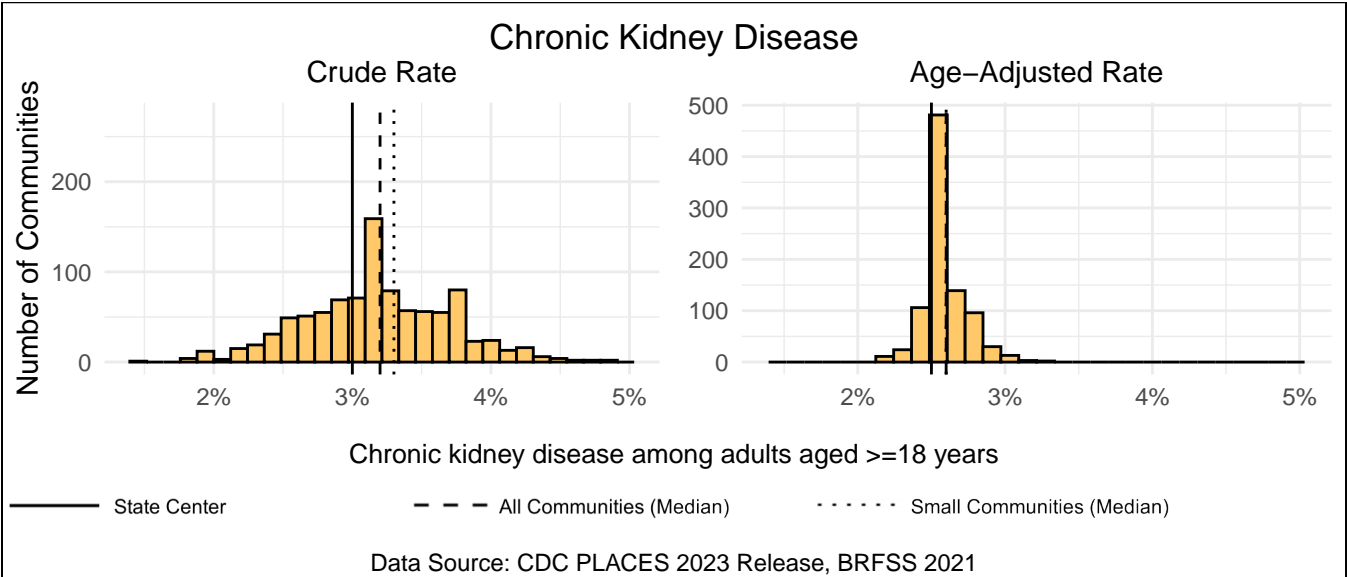
Measure Type	State Center	All Comm.	Small Comm.
Crude	36.3%	36.2%	36.4%
Age-Adjusted	30.3%	29.7%	29.6%



Chronic Kidney Disease

State Center has a crude rate of 3.0% for chronic kidney disease among adults aged >=18 years, which ranks 310th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for State Center is 2.5%, which ranks 142nd out of 905 Iowa communities (28th out of 138 small communities).

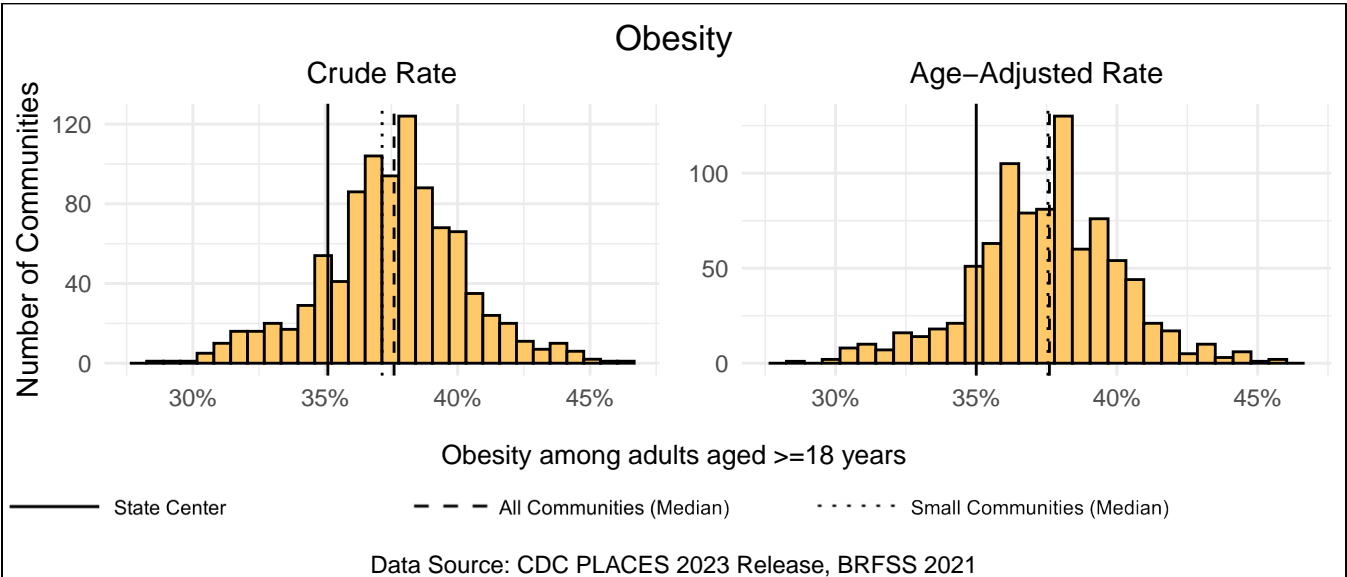
Measure Type	State Center	All Comm.	Small Comm.
Crude	3.0%	3.2%	3.3%
Age-Adjusted	2.5%	2.6%	2.6%



Obesity

State Center has a crude rate of 35.1% for obesity among adults aged >=18 years, which ranks 153rd out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for State Center is 35.0%, which ranks 119th out of 905 Iowa communities (19th out of 138 small communities).

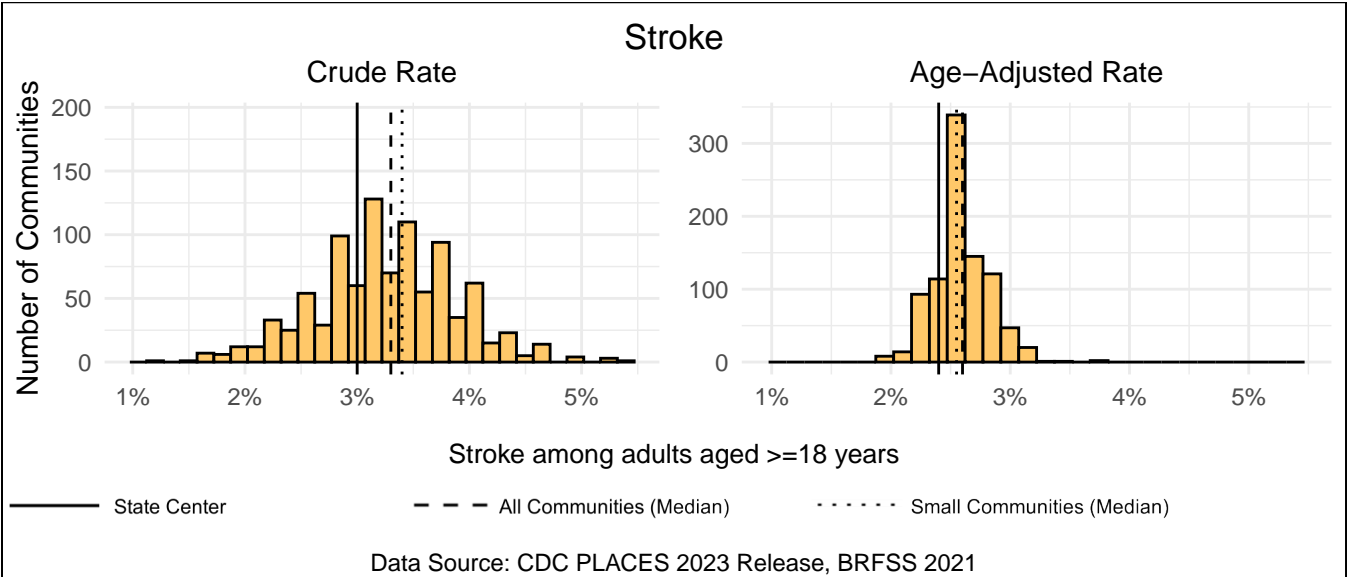
Measure Type	State Center	All Comm.	Small Comm.
Crude	35.1%	37.6%	37.2%
Age-Adjusted	35.0%	37.6%	37.5%



Stroke

State Center has a crude rate of 3.0% for stroke among adults aged >=18 years, which ranks 280th out of 958 Iowa communities (41st out of 138 small communities). The age-adjusted rate for State Center is 2.4%, which ranks 116th out of 905 Iowa communities (20th out of 138 small communities).

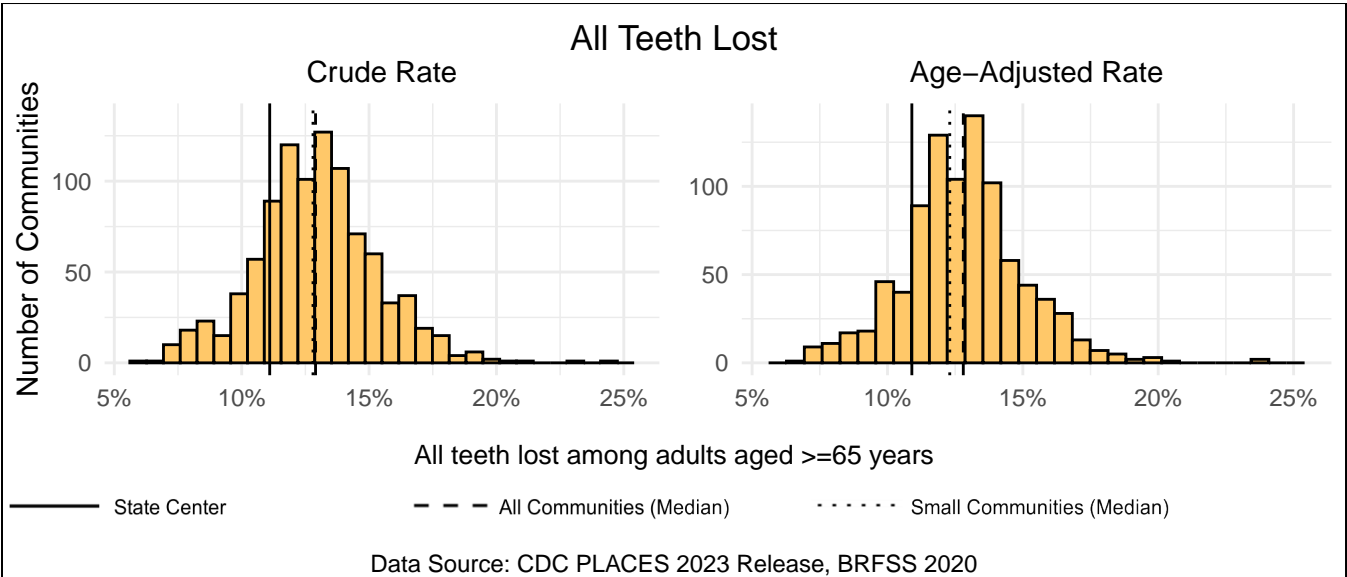
Measure Type	State Center	All Comm.	Small Comm.
Crude	3.0%	3.3%	3.4%
Age-Adjusted	2.4%	2.6%	2.5%



All Teeth Lost

State Center has a crude rate of 11.1% for all teeth lost among adults aged >=65 years, which ranks 190th out of 958 Iowa communities (28th out of 138 small communities). The age-adjusted rate for State Center is 10.9%, which ranks 143rd out of 905 Iowa communities (29th out of 138 small communities).

Measure Type	State Center	All Comm.	Small Comm.
Crude	11.1%	12.9%	12.8%
Age-Adjusted	10.9%	12.8%	12.3%



Prevention

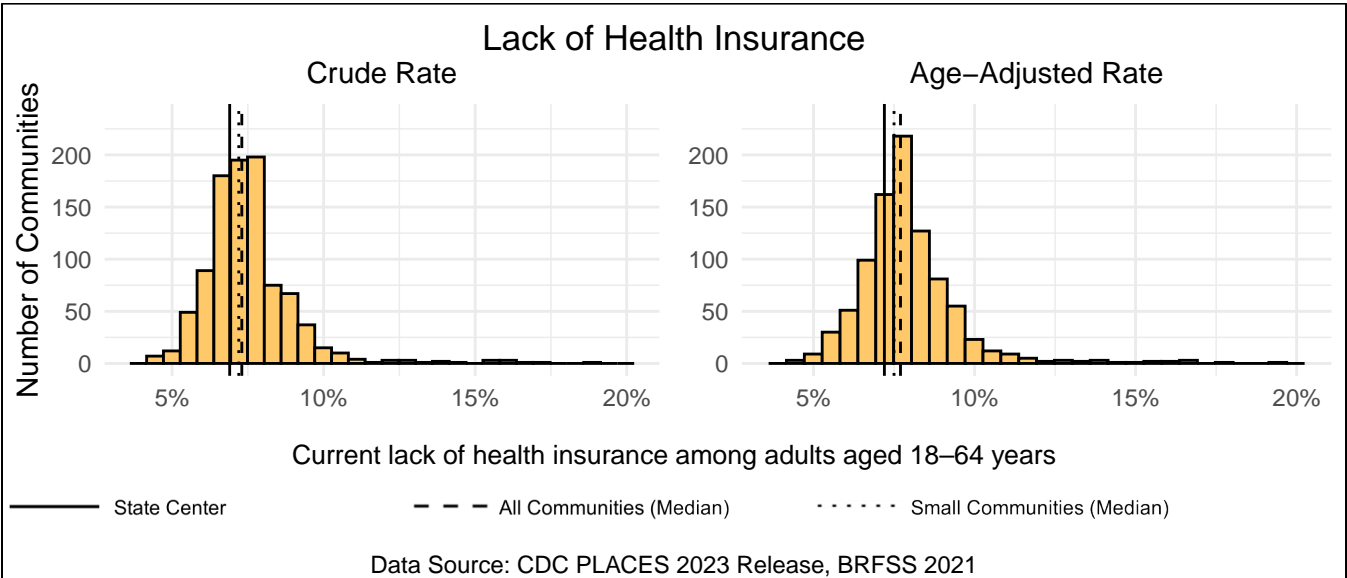
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

State Center has a crude rate of 6.9% for current lack of health insurance among adults aged 18–64 years, which ranks 296th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for State Center is 7.2%, which ranks 266th out of 905 Iowa communities (54th out of 138 small communities).

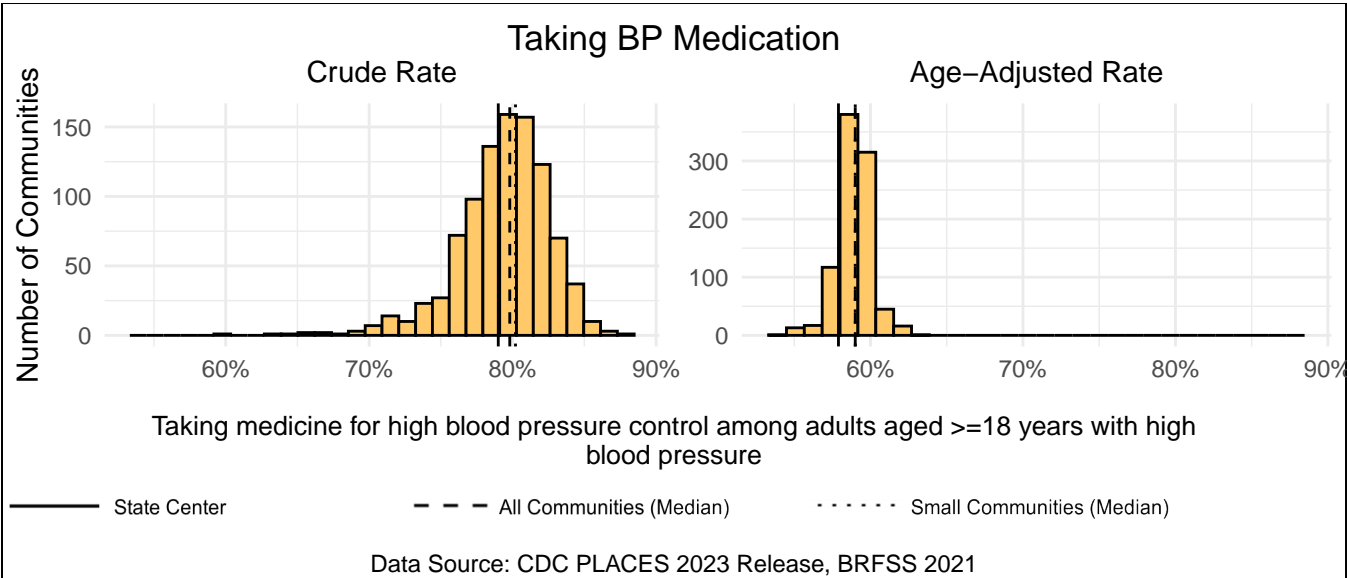
Measure Type	State Center	All Comm.	Small Comm.
Crude	6.9%	7.3%	7.2%
Age-Adjusted	7.2%	7.7%	7.5%



Taking BP Medication

State Center has a crude rate of 79.0% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 561st out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for State Center is 57.9%, which ranks 778th out of 905 Iowa communities (117th out of 138 small communities).

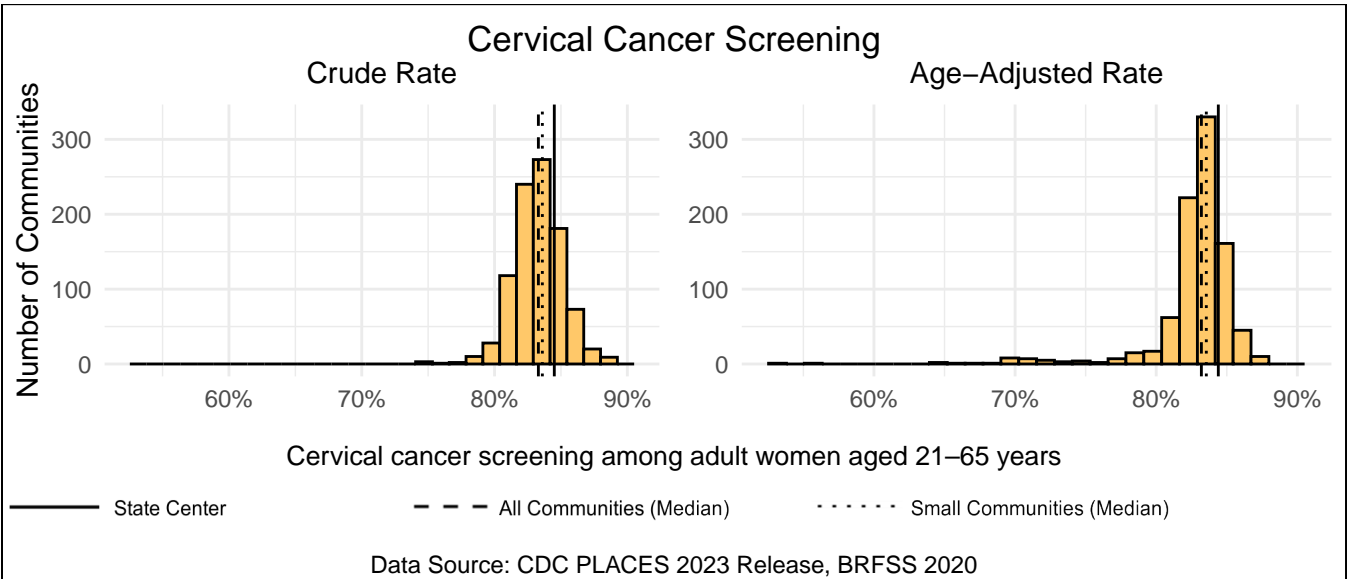
Measure Type	State Center	All Comm.	Small Comm.
Crude	79.0%	79.8%	80.2%
Age-Adjusted	57.9%	59.0%	59.0%



Cervical Cancer Screening

State Center has a crude rate of 84.5% for cervical cancer screening among adult women aged 21–65 years, which ranks 217th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for State Center is 84.4%, which ranks 168th out of 905 Iowa communities (36th out of 138 small communities).

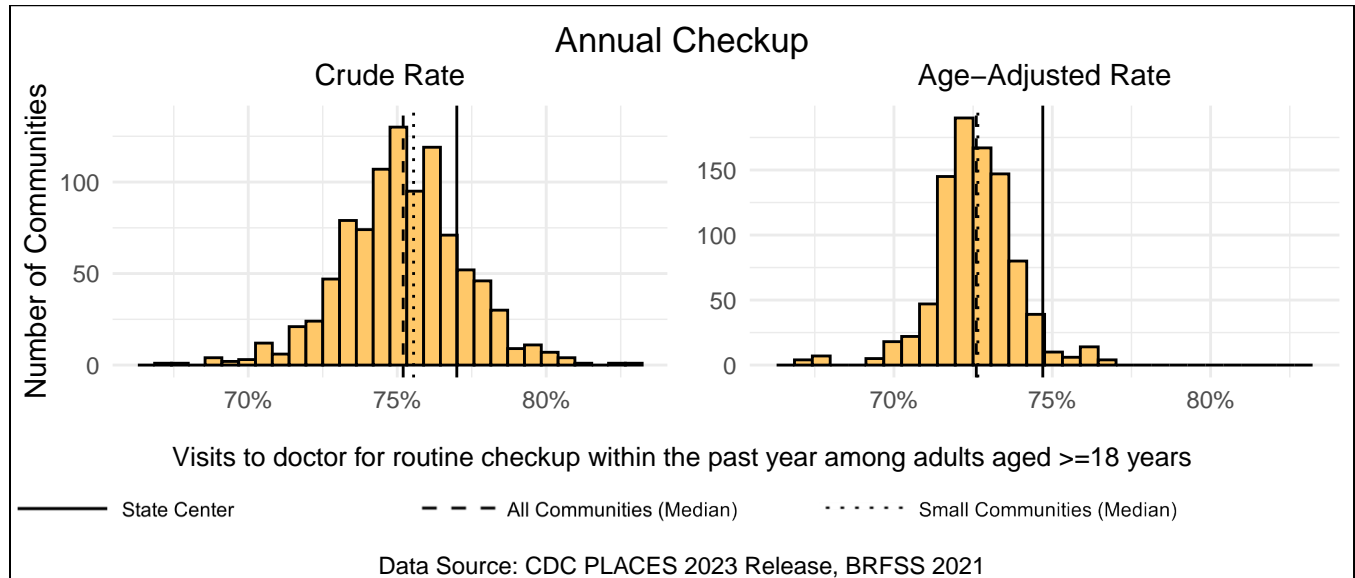
Measure Type	State Center	All Comm.	Small Comm.
Crude	84.5%	83.3%	83.6%
Age-Adjusted	84.4%	83.2%	83.5%



Annual Checkup

State Center has a crude rate of 77.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 163rd out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for State Center is 74.7%, which ranks 35th out of 905 Iowa communities (6th out of 138 small communities).

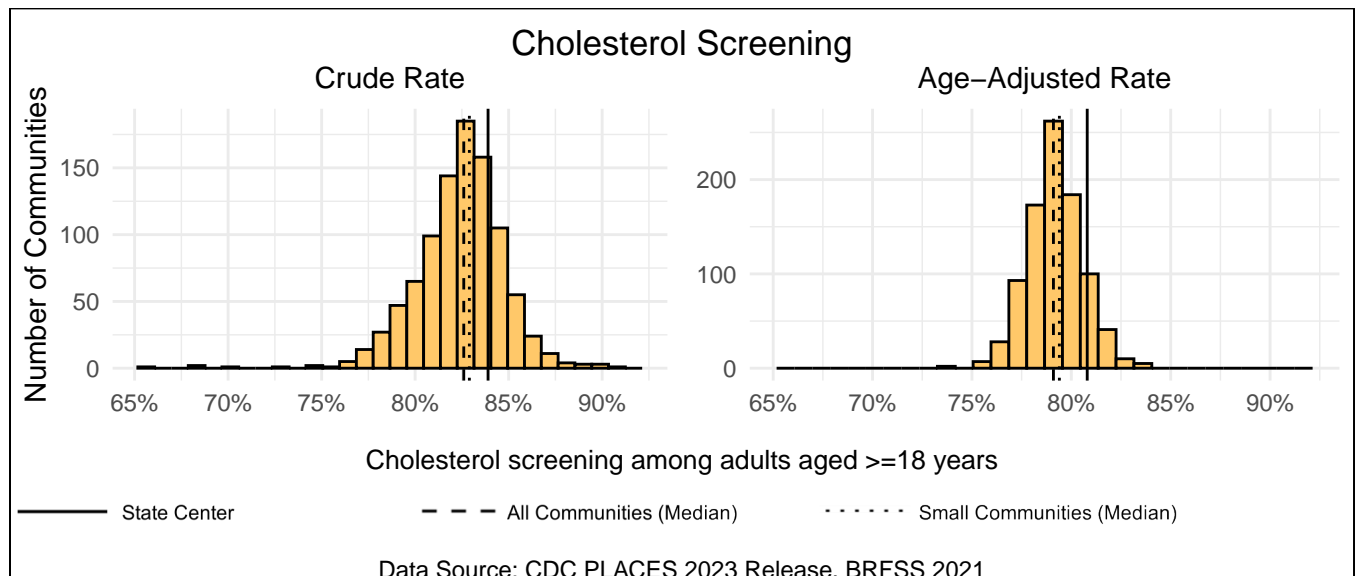
Measure Type	State Center	All Comm.	Small Comm.
Crude	77.0%	75.2%	75.5%
Age-Adjusted	74.7%	72.6%	72.6%



Cholesterol Screening

State Center has a crude rate of 83.9% for cholesterol screening among adults aged ≥ 18 years, which ranks 224th out of 958 Iowa communities (37th out of 138 small communities). The age-adjusted rate for State Center is 80.8%, which ranks 102nd out of 905 Iowa communities (16th out of 138 small communities).

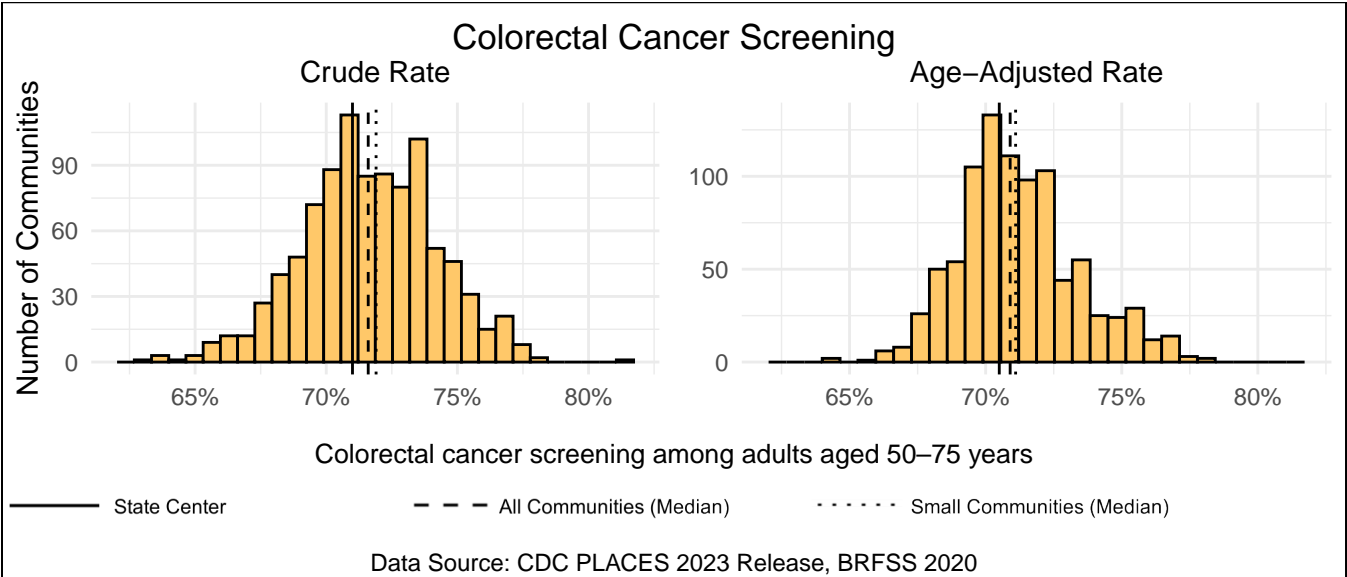
Measure Type	State Center	All Comm.	Small Comm.
Crude	83.9%	82.6%	82.9%
Age-Adjusted	80.8%	79.1%	79.4%



Colorectal Cancer Screening

State Center has a crude rate of 71.0% for colorectal cancer screening among adults aged 50–75 years, which ranks 571st out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for State Center is 70.5%, which ranks 521st out of 905 Iowa communities (87th out of 138 small communities).

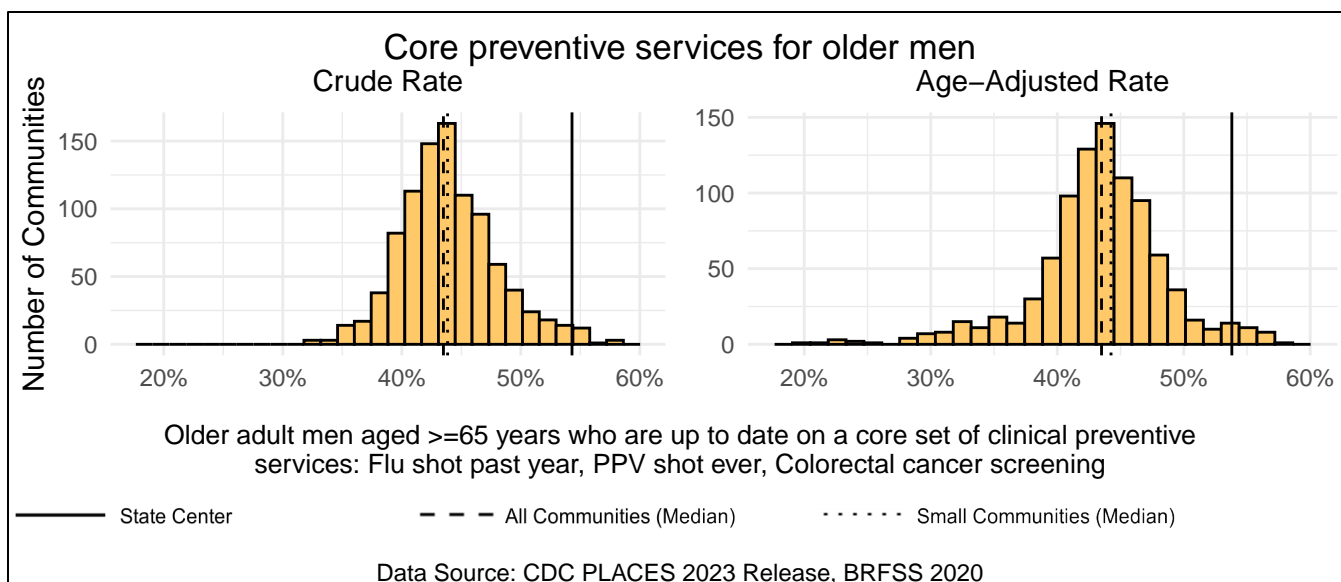
Measure Type	State Center	All Comm.	Small Comm.
Crude	71.0%	71.6%	71.9%
Age-Adjusted	70.5%	70.9%	71.1%



Core preventive services for older men

State Center has a crude rate of 54.3% 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 17th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for State Center is 53.8%, which ranks 26th out of 905 Iowa communities (4th out of 138 small communities).

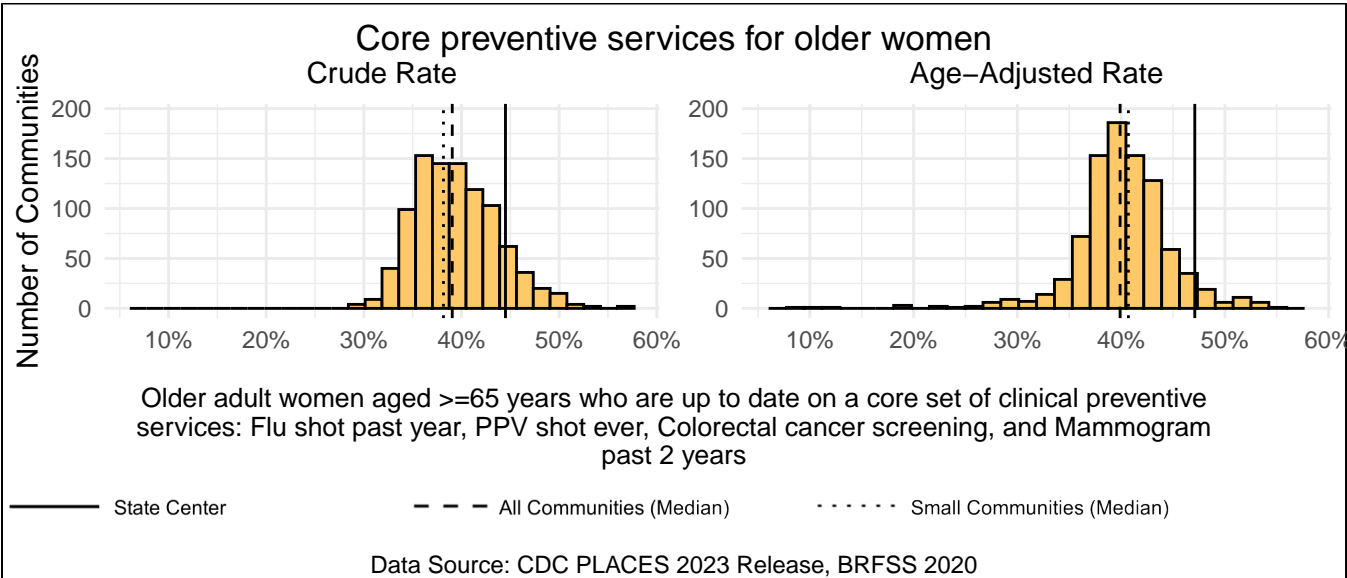
Measure Type	State Center	All Comm.	Small Comm.
Crude	54.3%	43.5%	43.8%
Age-Adjusted	53.8%	43.5%	44.2%



Core preventive services for older women

State Center has a crude rate of 44.5% for older adult women aged ≥ 65 years who are up to date on a core set of clinical preventive services: flu shot past year, ppv shot ever, colorectal cancer screening, and mammogram past 2 years, which ranks 119th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for State Center is 47.1%, which ranks 45th out of 905 Iowa communities (6th out of 138 small communities).

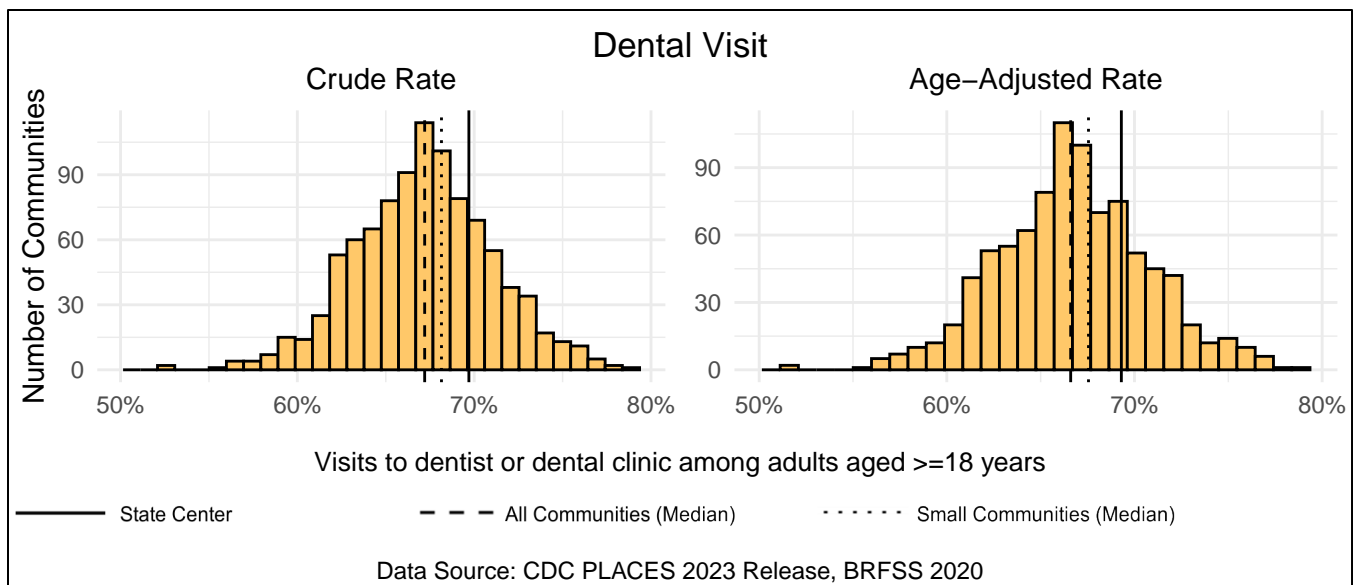
Measure Type	State Center	All Comm.	Small Comm.
Crude	44.5%	39.0%	38.2%
Age-Adjusted	47.1%	39.9%	40.7%



Dental Visit

State Center has a crude rate of 69.7% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 241st out of 958 Iowa communities (42nd out of 138 small communities). The age-adjusted rate for State Center is 69.3%, which ranks 221st out of 905 Iowa communities (43rd out of 138 small communities).

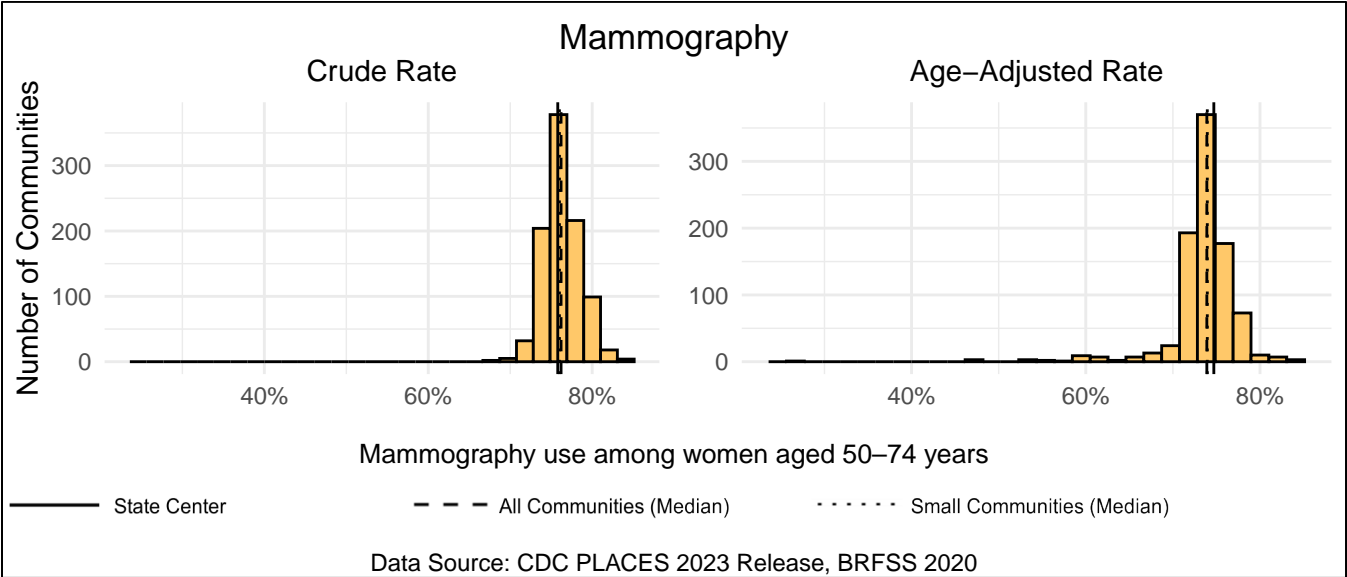
Measure Type	State Center	All Comm.	Small Comm.
Crude	69.7%	67.2%	68.2%
Age-Adjusted	69.3%	66.6%	67.5%



Mammography

State Center has a crude rate of 75.8% for mammography use among women aged 50–74 years, which ranks 554th out of 958 Iowa communities (72nd out of 138 small communities). The age-adjusted rate for State Center is 74.7%, which ranks 285th out of 905 Iowa communities (46th out of 138 small communities).

Measure Type	State Center	All Comm.	Small Comm.
Crude	75.8%	76.2%	76.0%
Age-Adjusted	74.7%	73.9%	74.0%



Disability

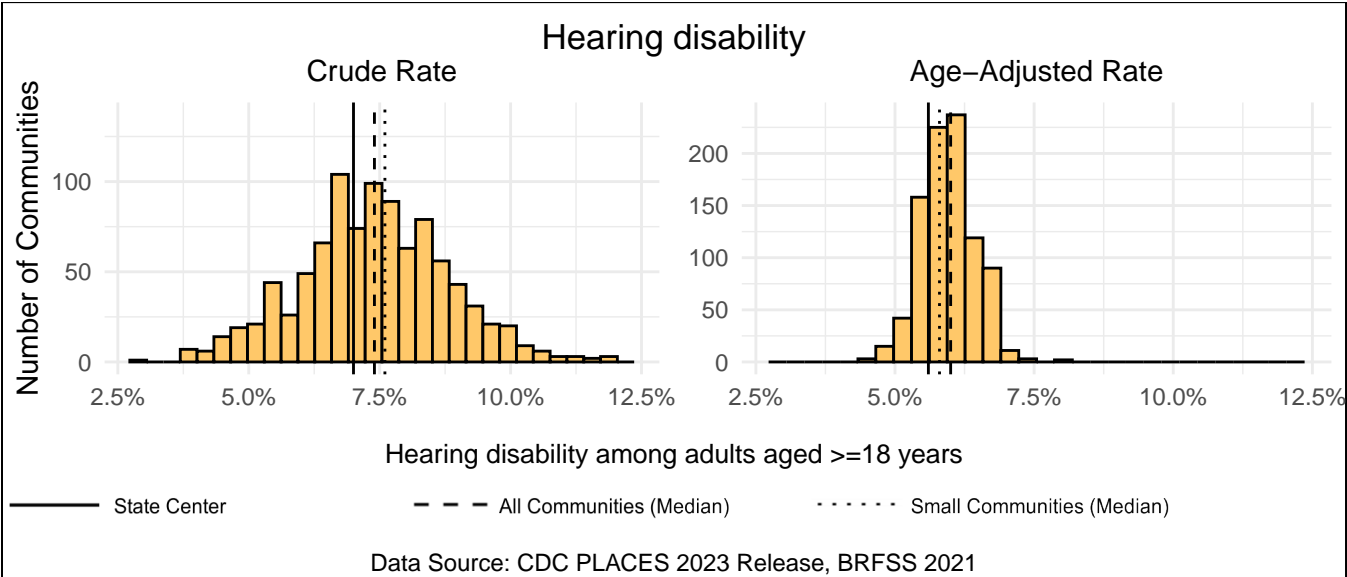
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

State Center has a crude rate of 7.0% for hearing disability among adults aged ≥ 18 years, which ranks 358th out of 958 Iowa communities (48th out of 138 small communities). The age-adjusted rate for State Center is 5.6%, which ranks 163rd out of 905 Iowa communities (29th out of 138 small communities).

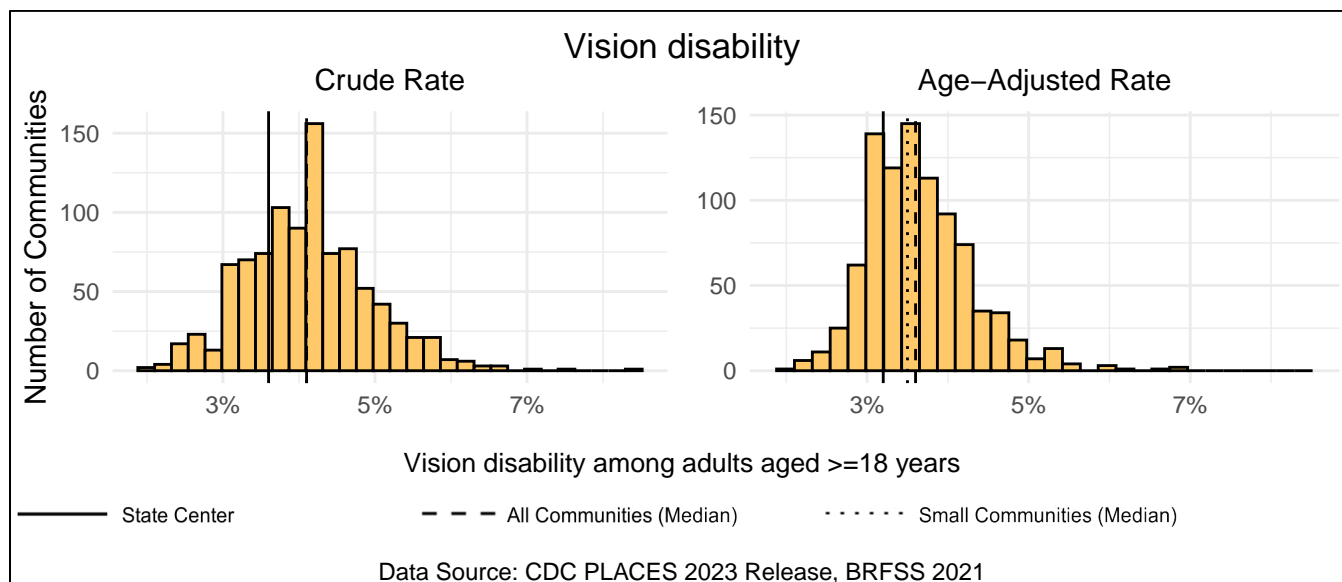
Measure Type	State Center	All Comm.	Small Comm.
Crude	7.0%	7.4%	7.6%
Age-Adjusted	5.6%	6.0%	5.8%



Vision disability

State Center has a crude rate of 3.6% for vision disability among adults aged ≥ 18 years, which ranks 229th out of 958 Iowa communities (36th out of 138 small communities). The age-adjusted rate for State Center is 3.2%, which ranks 176th out of 905 Iowa communities (35th out of 138 small communities).

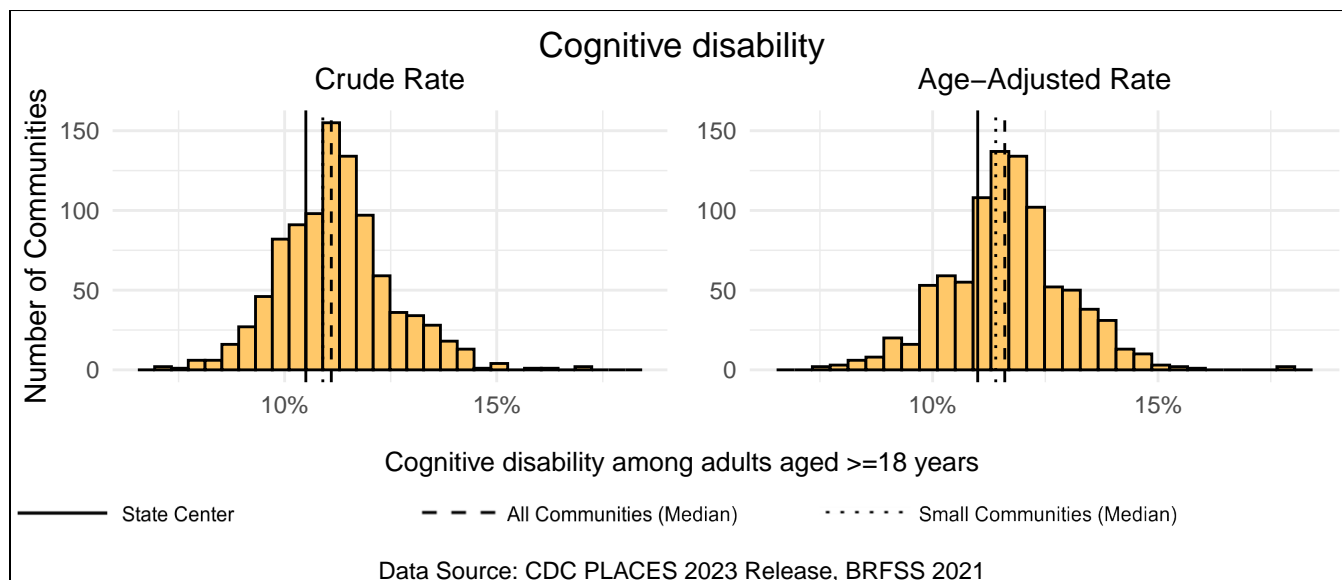
Measure Type	State Center	All Comm.	Small Comm.
Crude	3.6%	4.1%	4.1%
Age-Adjusted	3.2%	3.6%	3.5%



Cognitive disability

State Center has a crude rate of 10.5% for cognitive disability among adults aged ≥ 18 years, which ranks 253rd out of 958 Iowa communities (46th out of 138 small communities). The age-adjusted rate for State Center is 11.0%, which ranks 246th out of 905 Iowa communities (49th out of 138 small communities).

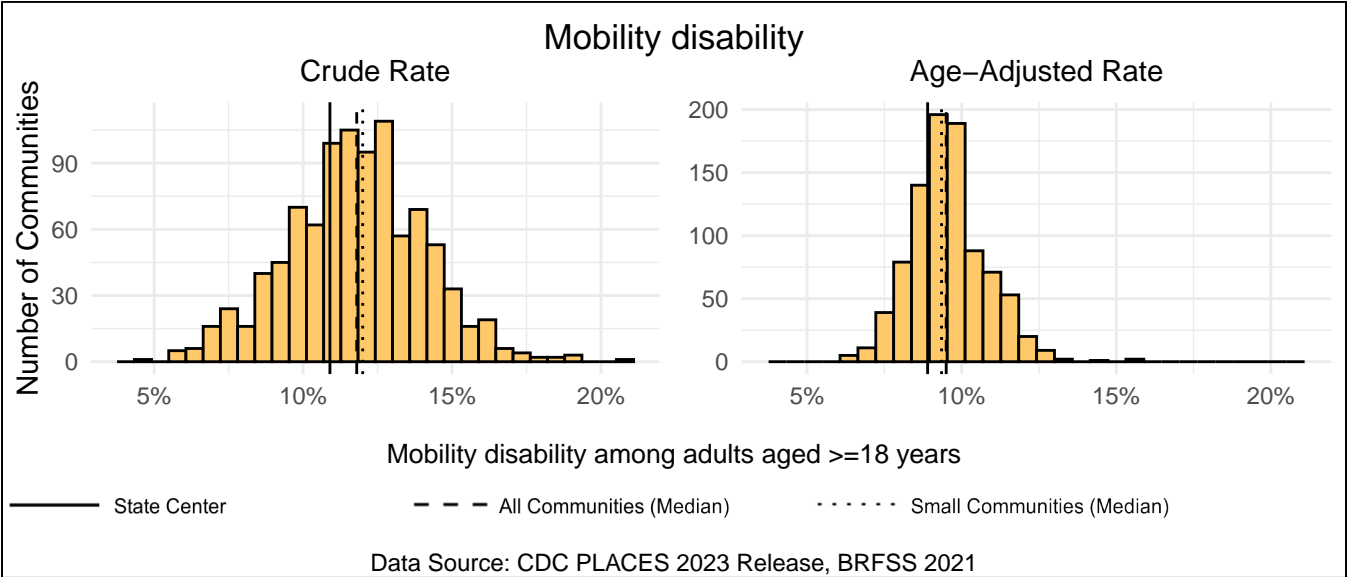
Measure Type	State Center	All Comm.	Small Comm.
Crude	10.5%	11.1%	10.9%
Age-Adjusted	11.0%	11.6%	11.4%



Mobility disability

State Center has a crude rate of 10.9% for mobility disability among adults aged ≥ 18 years, which ranks 315th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for State Center is 8.9%, which ranks 248th out of 905 Iowa communities (49th out of 138 small communities).

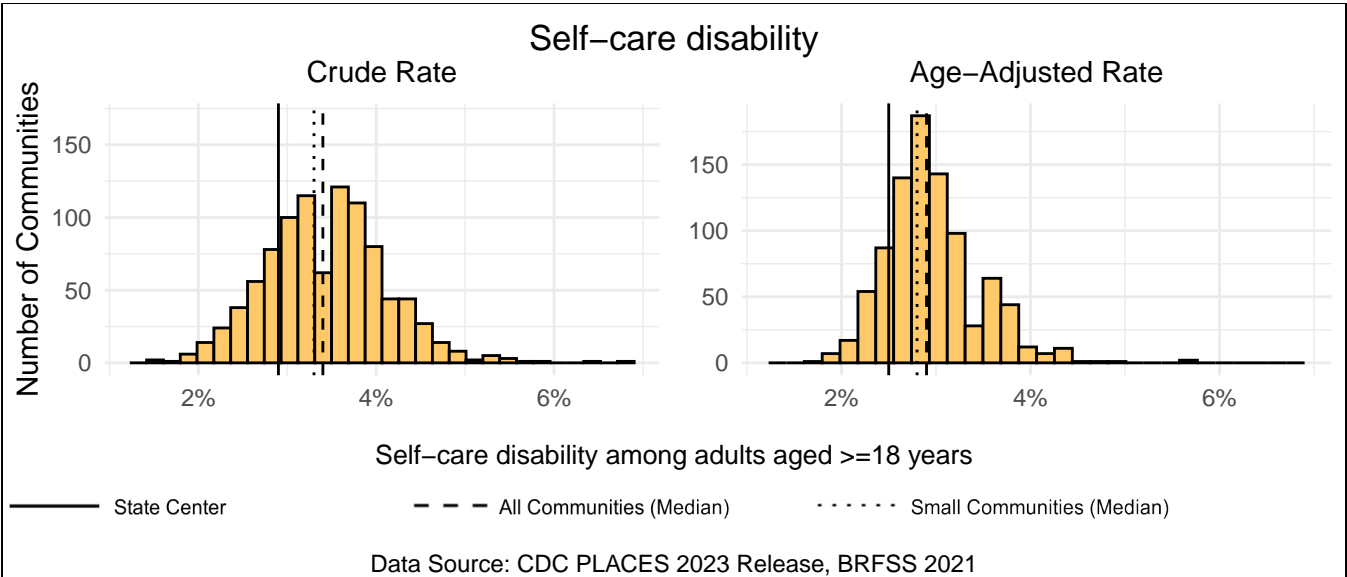
Measure Type	State Center	All Comm.	Small Comm.
Crude	10.9%	11.8%	12.0%
Age-Adjusted	8.9%	9.5%	9.4%



Self-care disability

State Center has a crude rate of 2.9% for self-care disability among adults aged ≥ 18 years, which ranks 179th out of 958 Iowa communities (30th out of 138 small communities). The age-adjusted rate for State Center is 2.5%, which ranks 123rd out of 905 Iowa communities (22nd out of 138 small communities).

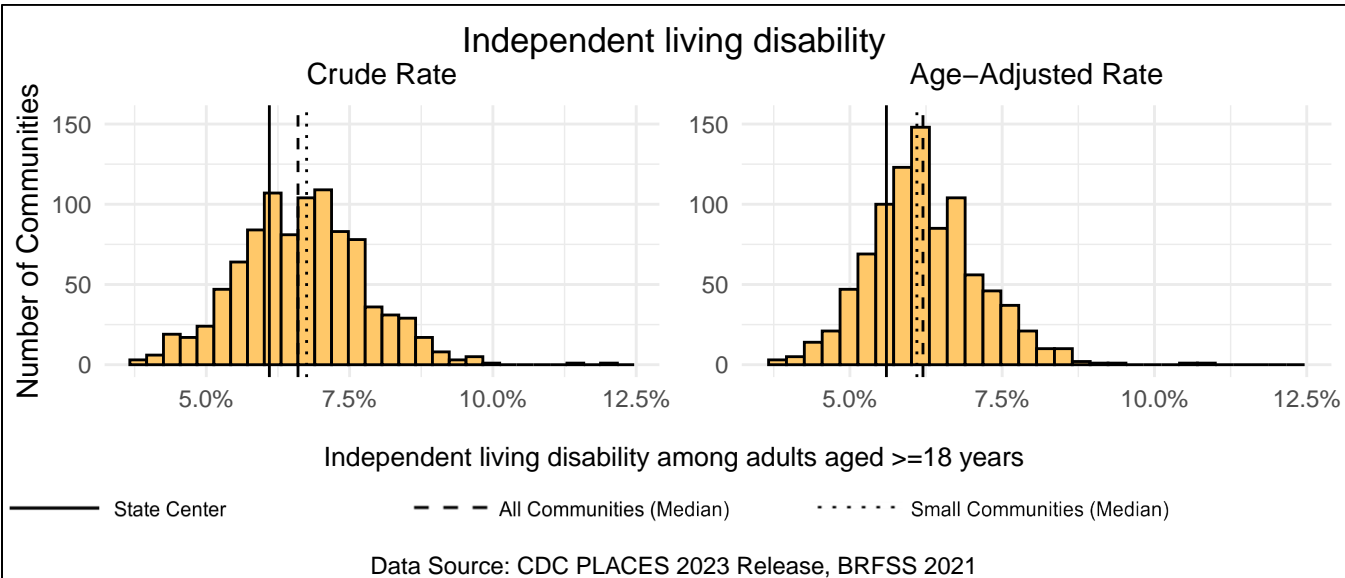
Measure Type	State Center	All Comm.	Small Comm.
Crude	2.9%	3.4%	3.3%
Age-Adjusted	2.5%	2.9%	2.8%



Independent living disability

State Center has a crude rate of 6.1% for independent living disability among adults aged ≥ 18 years, which ranks 265th out of 958 Iowa communities (39th out of 138 small communities). The age-adjusted rate for State Center is 5.6%, which ranks 186th out of 905 Iowa communities (34th out of 138 small communities).

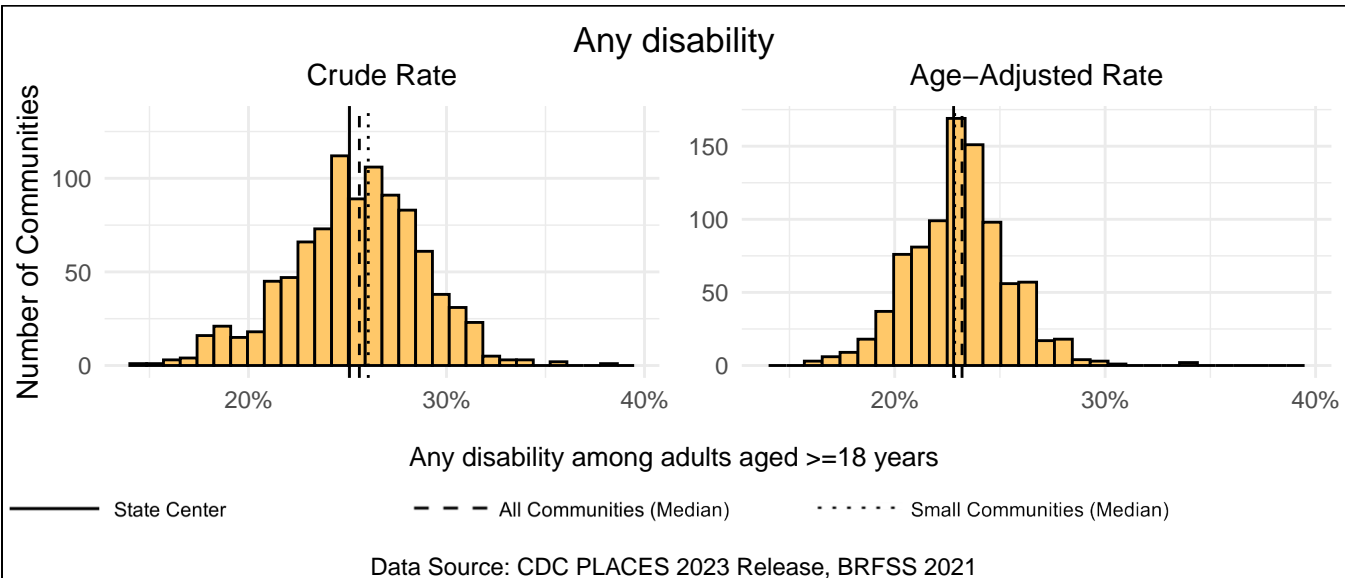
Measure Type	State Center	All Comm.	Small Comm.
Crude	6.1%	6.6%	6.8%
Age-Adjusted	5.6%	6.2%	6.1%



Any disability

State Center has a crude rate of 25.1% for any disability among adults aged ≥ 18 years, which ranks 423rd out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for State Center is 22.8%, which ranks 371st out of 905 Iowa communities (63rd out of 138 small communities).

Measure Type	State Center	All Comm.	Small Comm.
Crude	25.1%	25.6%	26.0%
Age-Adjusted	22.8%	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: State Center 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	312	13.3% (10.9% - 16.2%)	280	12.0% (9.9% - 14.5%)
Health Status	Mental Health	646	14.8% (12.7% - 17.2%)	658	16.1% (13.7% - 18.6%)
Health Status	Physical Health	269	10.1% (8.4% - 11.9%)	238	9.2% (7.7% - 10.9%)
Health Risk Behaviors	Current Smoking	337	16.2% (12.6% - 20.2%)	259	16.6% (13.0% - 20.8%)
Health Risk Behaviors	Physical Inactivity	159	22.8% (18.7% - 27.3%)	122	21.3% (17.5% - 25.4%)
Health Risk Behaviors	Sleep <7 hours	331	29.7% (28.0% - 31.2%)	245	30.3% (28.6% - 31.9%)
Health Risk Behaviors	Binge Drinking	511	19.7% (16.7% - 23.0%)	478	22.1% (18.8% - 25.9%)
Health Outcomes	Current Asthma	524	9.4% (8.1% - 10.8%)	415	9.5% (8.2% - 11.0%)
Health Outcomes	Coronary Heart Disease	268	5.8% (4.9% - 6.7%)	78	4.5% (3.8% - 5.3%)
Health Outcomes	High Blood Pressure	257	30.0% (26.5% - 33.6%)	101	25.6% (22.5% - 28.8%)
Health Outcomes	All Teeth Lost	190	11.1% (6.9% - 16.3%)	143	10.9% (7.0% - 15.5%)
Health Outcomes	Diabetes	246	9.1% (7.5% - 10.8%)	147	7.5% (6.3% - 8.8%)
Health Outcomes	Cancer (except skin)	505	8.2% (7.3% - 9.2%)	831	6.6% (5.9% - 7.4%)
Health Outcomes	Obesity	153	35.1% (30.4% - 40.4%)	119	35.0% (30.1% - 40.3%)
Health Outcomes	COPD	250	6.7% (5.4% - 8.4%)	183	5.7% (4.7% - 6.9%)
Health Outcomes	Arthritis	648	29.4% (25.9% - 33.1%)	819	24.7% (21.9% - 28.0%)
Health Outcomes	Chronic Kidney Disease	310	3.0% (2.7% - 3.4%)	142	2.5% (2.2% - 2.8%)
Health Outcomes	Depression	943	21.7% (18.4% - 25.5%)	898	22.9% (19.3% - 26.6%)
Health Outcomes	Stroke	280	3.0% (2.6% - 3.5%)	116	2.4% (2.1% - 2.8%)
Health Outcomes	High Cholesterol	482	36.3% (32.6% - 40.4%)	634	30.3% (26.7% - 34.0%)
Prevention	Colorectal Cancer Screening	571	71.0% (67.8% - 74.1%)	521	70.5% (67.1% - 73.6%)
Prevention	Core preventive services for older men	17	54.3% (46.8% - 61.5%)	26	53.8% (46.3% - 61.1%)
Prevention	Annual Checkup	163	77.0% (73.1% - 80.6%)	35	74.7% (70.5% - 78.7%)
Prevention	Health Insurance	296	6.9% (5.1% - 9.1%)	266	7.2% (5.4% - 9.5%)
Prevention	Cholesterol Screening	224	83.9% (80.8% - 86.6%)	102	80.8% (77.0% - 83.9%)
Prevention	Dental Visit	241	69.7% (66.1% - 73.1%)	221	69.3% (65.6% - 72.8%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Mammography	554	75.8% (71.4% - 79.5%)	285	74.7% (70.4% - 78.8%)
Prevention	Core preventive services for older women	119	44.5% (37.7% - 52.0%)	45	47.1% (40.4% - 54.0%)
Prevention	Taking BP Medication	561	79.0% (75.3% - 82.3%)	778	57.9% (53.0% - 62.7%)
Prevention	Cervical Cancer Screening	217	84.5% (82.0% - 86.8%)	168	84.4% (81.9% - 86.6%)
Disability	Self-care Disability	179	2.9% (2.5% - 3.5%)	123	2.5% (2.1% - 3.0%)
Disability	Hearing Disability	358	7.0% (5.9% - 8.1%)	163	5.6% (4.9% - 6.5%)
Disability	Independent Living Disability	265	6.1% (5.0% - 7.4%)	186	5.6% (4.7% - 6.7%)
Disability	Mobility Disability	315	10.9% (8.9% - 13.2%)	248	8.9% (7.4% - 10.6%)
Disability	Cognitive Disability	253	10.5% (8.6% - 12.7%)	246	11.0% (9.0% - 13.1%)
Disability	Vision Disability	229	3.6% (3.0% - 4.3%)	176	3.2% (2.7% - 3.8%)
Disability	Any Disability	423	25.1% (21.3% - 29.3%)	371	22.8% (19.5% - 26.6%)

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)

State Center 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		