



## 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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*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 Stuart: Overview

Dear Community Members & Stakeholders of Stuart,

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 Stuart ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Stuart'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 Stuart. 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
Obesity	230th	44th	High Cholesterol	195th	35th
Binge Drinking	305th	55th	Taking BP Medication	206th	30th
Taking BP Medication	310th	58th	Binge Drinking	300th	47th
Depression	356th	59th	Core preventive services for older men	349th	65th
High Cholesterol	404th	52nd	Chronic Kidney Disease	349th	65th

# 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
Core preventive services for older women	814th	112th	Annual Checkup	770th	126th
Any Disability	709th	100th	Colorectal Cancer Screening	687th	117th
Independent Living Disability	697th	96th	Cholesterol Screening	668th	110th
Hearing Disability	683rd	83rd	Current Asthma	628th	99th
Cancer (except skin)	682nd	83rd	Any Disability	625th	98th

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 Stuart.

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

With a population of 1,726, Stuart’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

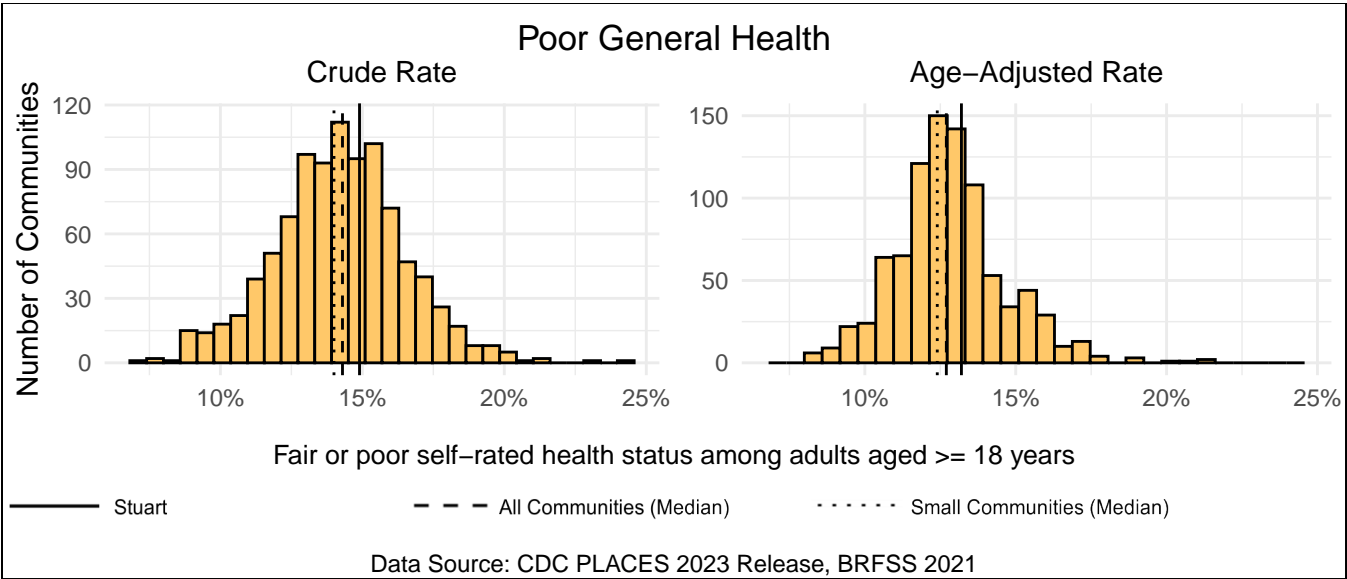
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Stuart has a crude rate of 14.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 595th out of 958 Iowa communities (93rd out of 138 small communities). The age-adjusted rate for Stuart is 13.2%, which ranks 552nd out of 905 Iowa communities (92nd out of 138 small communities).

Measure Type	Stuart	All Comm.	Small Comm.
Crude	14.9%	14.3%	14.0%
Age-Adjusted	13.2%	12.7%	12.4%

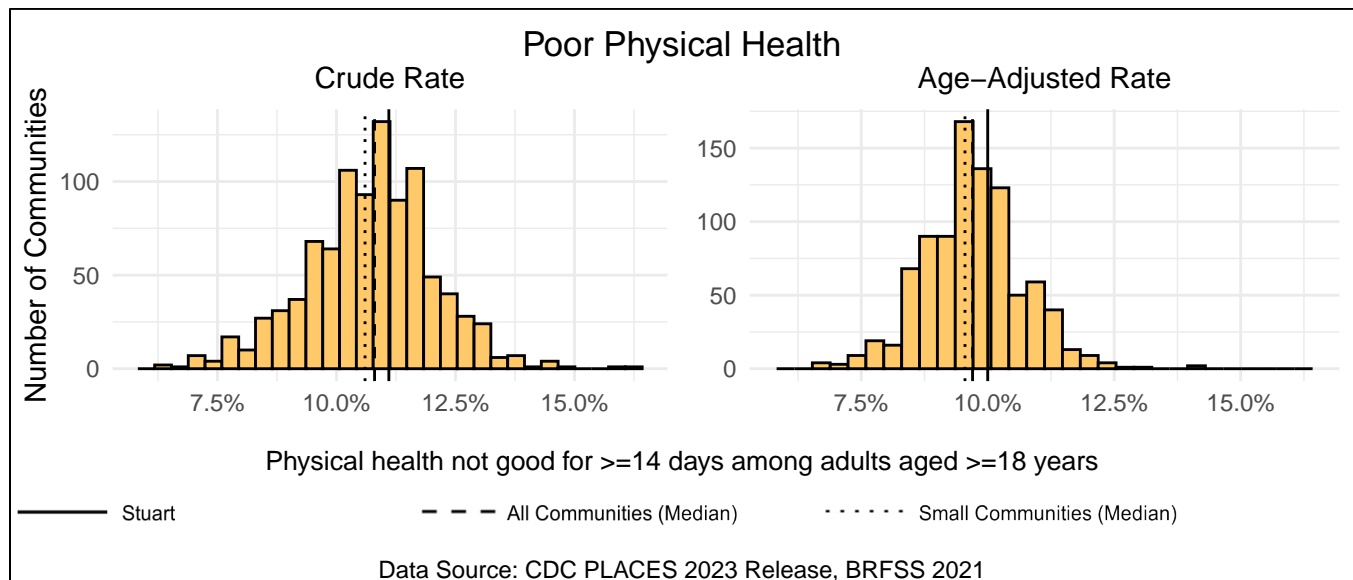




## Poor Physical Health

Stuart has a crude rate of 11.1% for physical health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 568th out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Stuart is 10.0%, which ranks 559th out of 905 Iowa communities (95th out of 138 small communities).

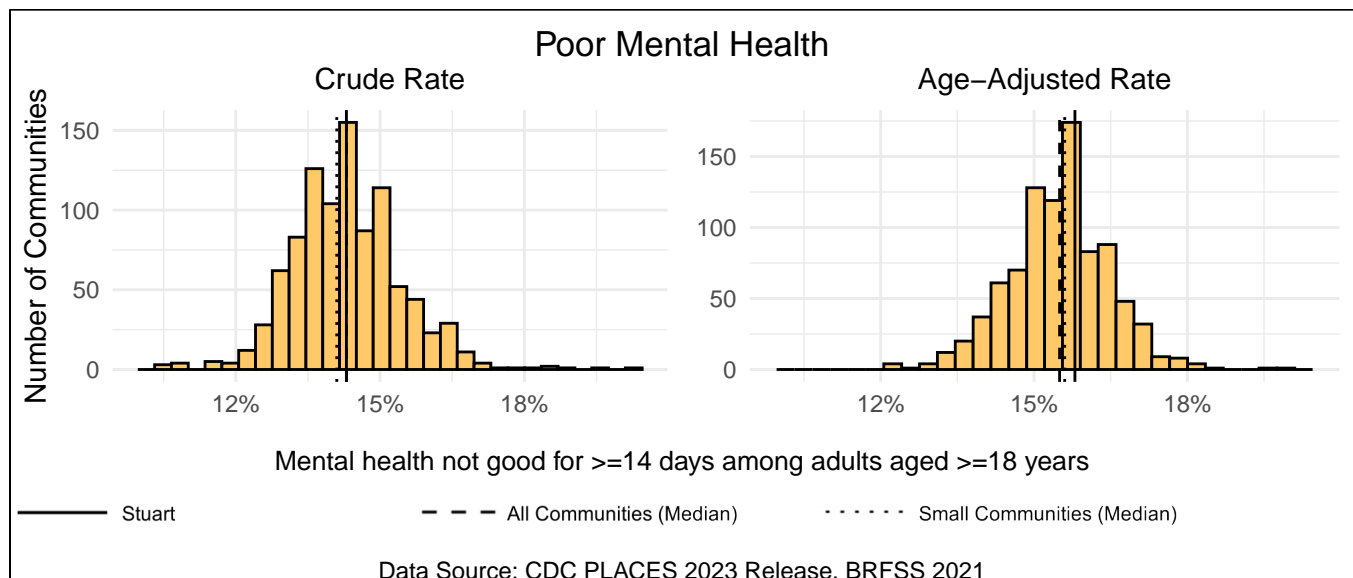
Measure Type	Stuart	All Comm.	Small Comm.
Crude	11.1%	10.8%	10.6%
Age-Adjusted	10.0%	9.7%	9.6%



## Poor Mental Health

Stuart has a crude rate of 14.3% for mental health not good for  $\geq 14$  days among adults aged  $\geq 18$  years, which ranks 464th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Stuart is 15.8%, which ranks 555th out of 905 Iowa communities (84th out of 138 small communities).

Measure Type	Stuart	All Comm.	Small Comm.
Crude	14.3%	14.3%	14.1%
Age-Adjusted	15.8%	15.5%	15.6%



# Health Risk Behaviors

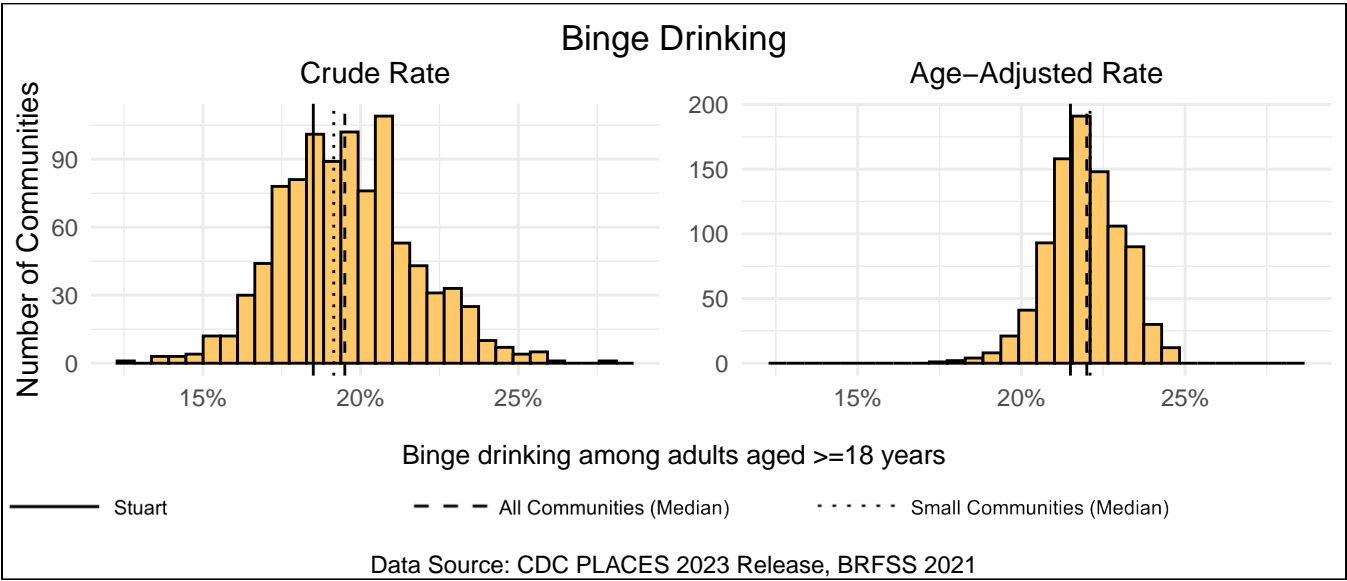
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Stuart has a crude rate of 18.5% for binge drinking among adults aged  $\geq 18$  years, which ranks 305th out of 958 Iowa communities (55th out of 138 small communities). The age-adjusted rate for Stuart is 21.5%, which ranks 300th out of 905 Iowa communities (47th out of 138 small communities).

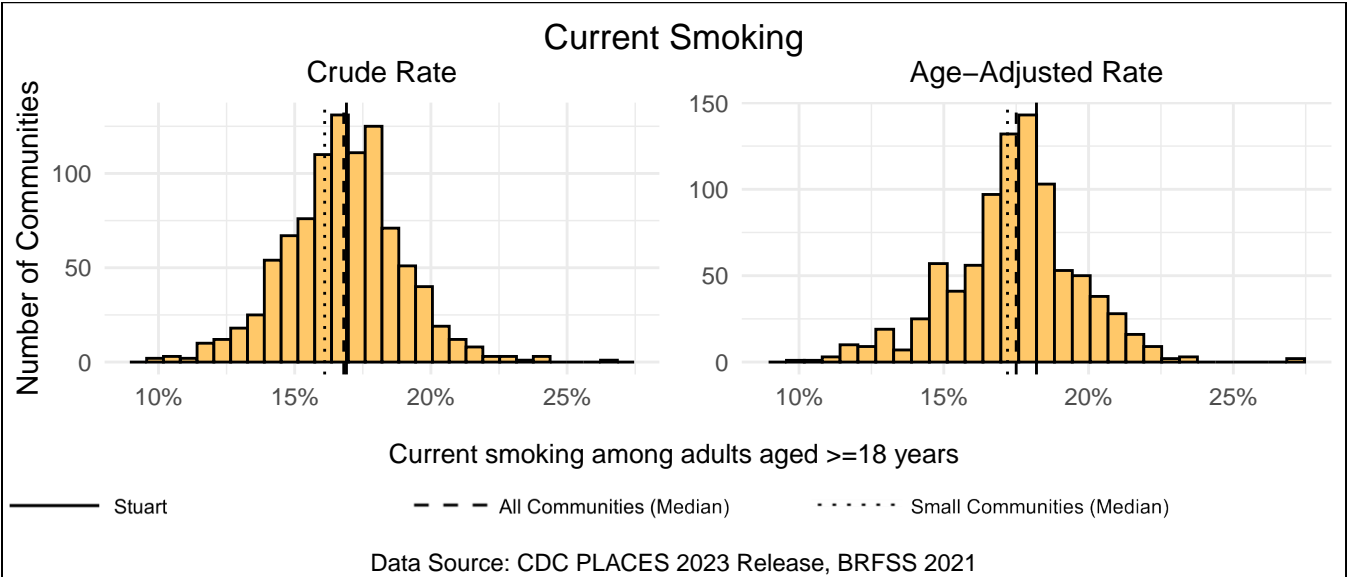
Measure Type	Stuart	All Comm.	Small Comm.
Crude	18.5%	19.5%	19.1%
Age-Adjusted	21.5%	22.0%	22.1%



# Current Smoking

Stuart has a crude rate of 16.9% for current smoking among adults aged  $\geq 18$  years, which ranks 490th out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Stuart is 18.2%, which ranks 572nd out of 905 Iowa communities (94th out of 138 small communities).

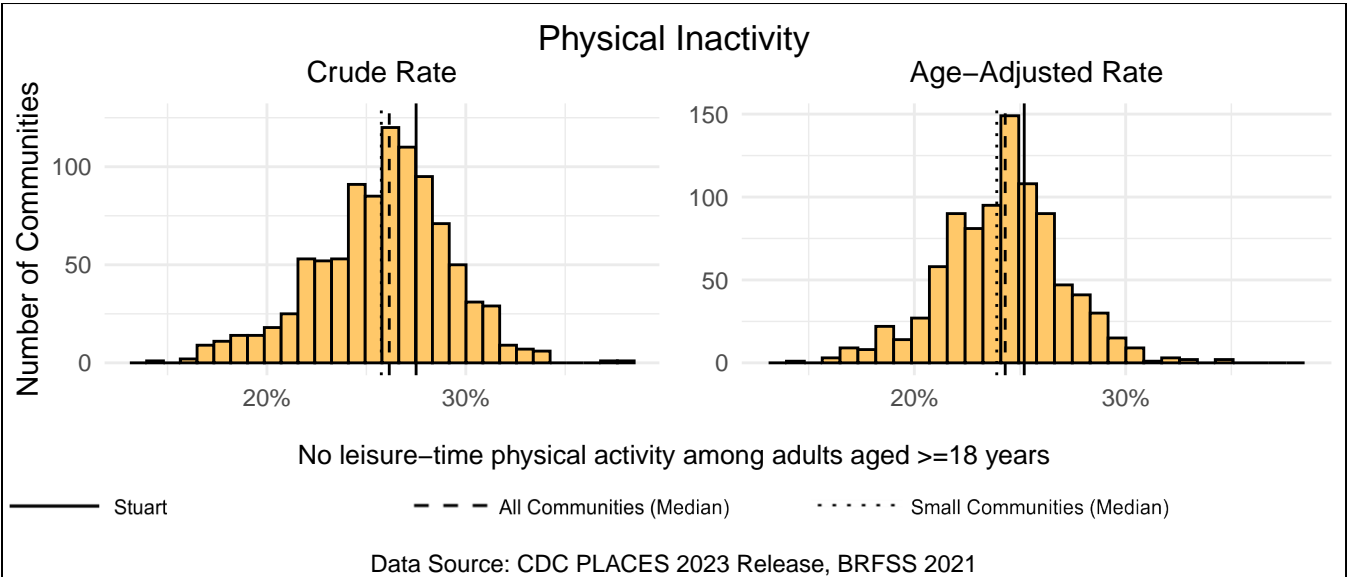
Measure Type	Stuart	All Comm.	Small Comm.
Crude	16.9%	16.8%	16.1%
Age-Adjusted	18.2%	17.5%	17.2%



# Physical Inactivity

Stuart has a crude rate of 27.5% for no leisure-time physical activity among adults aged  $\geq 18$  years, which ranks 659th out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Stuart is 25.2%, which ranks 593rd out of 905 Iowa communities (96th out of 138 small communities).

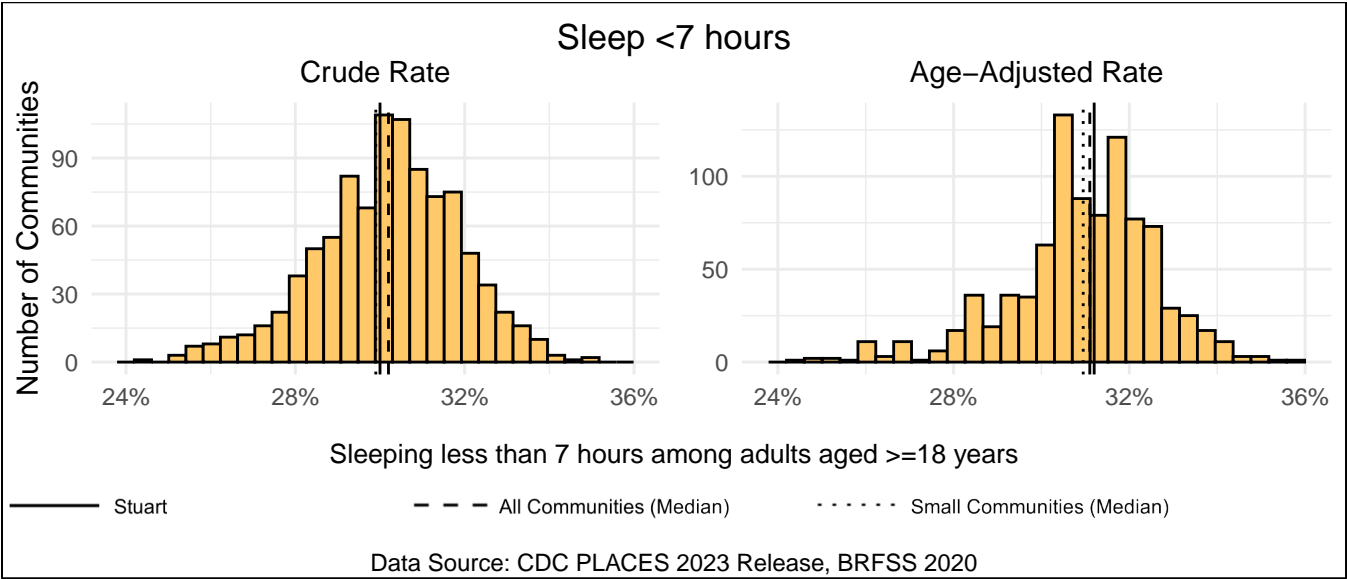
Measure Type	Stuart	All Comm.	Small Comm.
Crude	27.5%	26.1%	25.8%
Age-Adjusted	25.2%	24.3%	23.9%



Sleep <7 hours

Stuart has a crude rate of 30.0% for sleeping less than 7 hours among adults aged  $\geq 18$  years, which ranks 405th out of 958 Iowa communities (74th out of 138 small communities). The age-adjusted rate for Stuart is 31.2%, which ranks 466th out of 905 Iowa communities (78th out of 138 small communities).

Measure Type	Stuart	All Comm.	Small Comm.
Crude	30.0%	30.2%	29.9%
Age-Adjusted	31.2%	31.1%	31.0%



# Health Outcomes

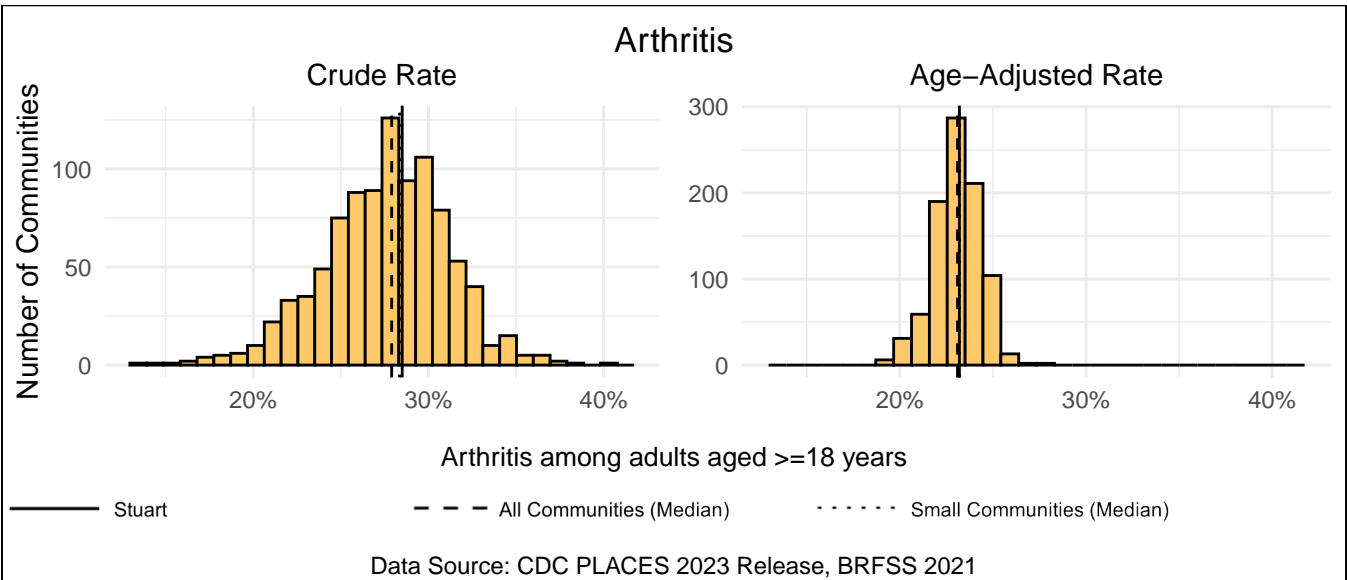
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

Stuart has a crude rate of 28.5% for arthritis among adults aged  $\geq 18$  years, which ranks 561st out of 958 Iowa communities (71st out of 138 small communities). The age-adjusted rate for Stuart is 23.2%, which ranks 465th out of 905 Iowa communities (67th out of 138 small communities).

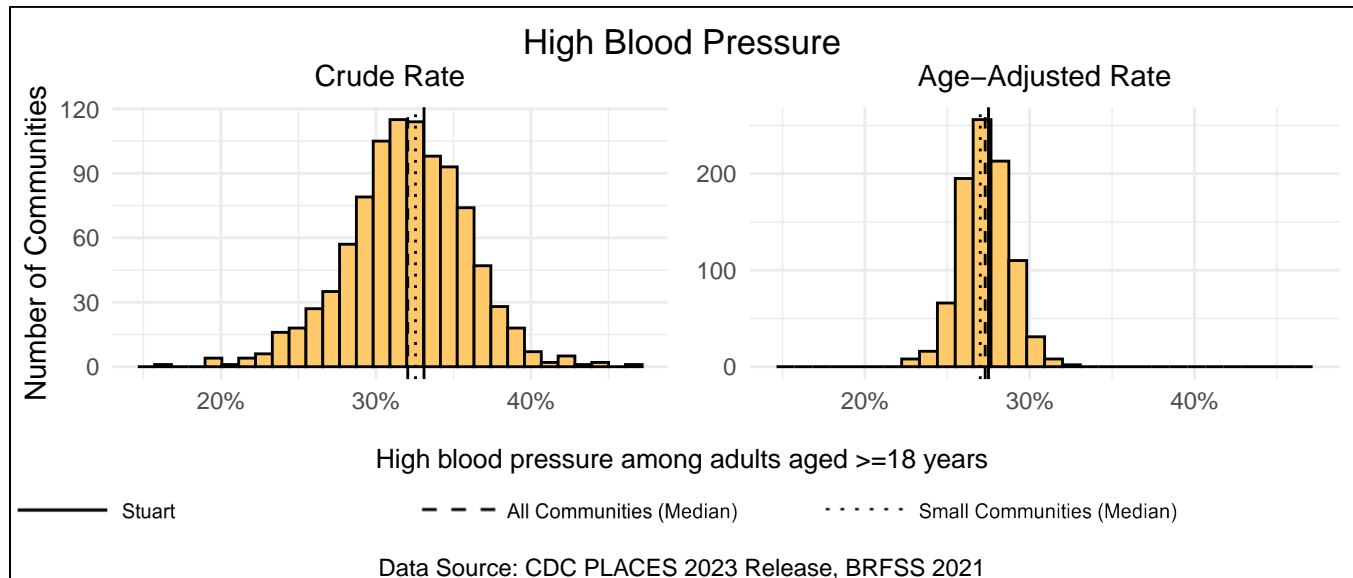
Measure Type	Stuart	All Comm.	Small Comm.
Crude	28.5%	27.9%	28.4%
Age-Adjusted	23.2%	23.1%	23.2%



## High Blood Pressure

Stuart has a crude rate of 33.1% for high blood pressure among adults aged  $\geq 18$  years, which ranks 583rd out of 958 Iowa communities (81st out of 138 small communities). The age-adjusted rate for Stuart is 27.5%, which ranks 492nd out of 905 Iowa communities (82nd out of 138 small communities).

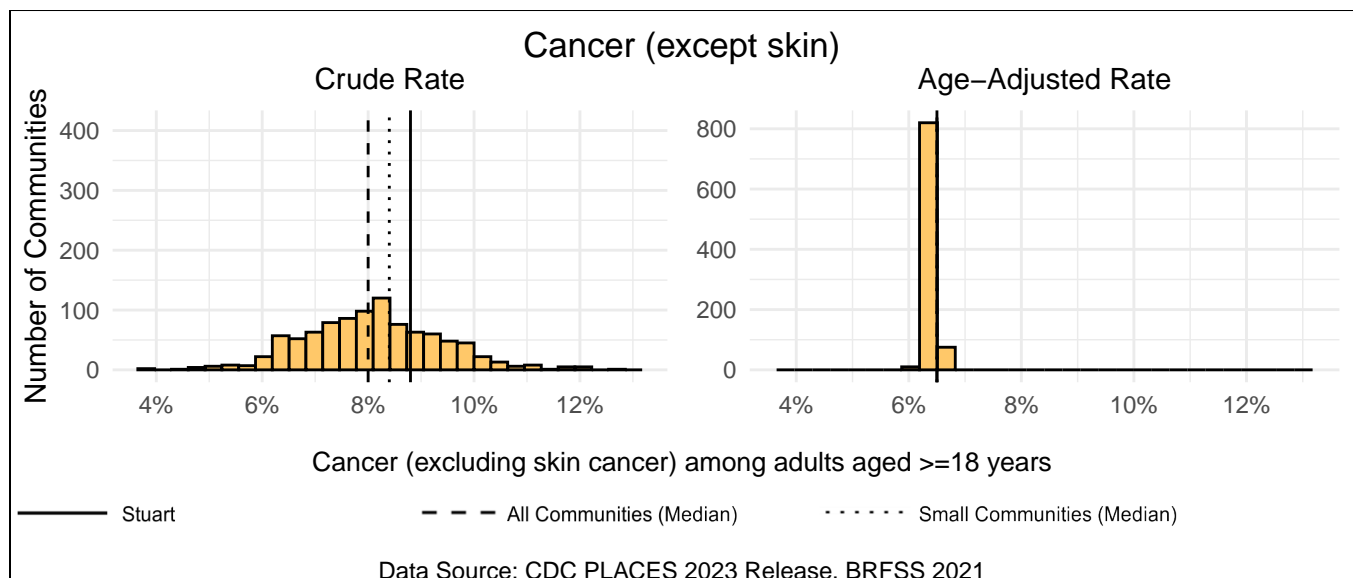
Measure Type	Stuart	All Comm.	Small Comm.
Crude	33.1%	32.0%	32.5%
Age-Adjusted	27.5%	27.3%	27.0%



## Cancer (except skin)

Stuart has a crude rate of 8.8% for cancer (excluding skin cancer) among adults aged  $\geq 18$  years, which ranks 682nd out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Stuart is 6.5%, which ranks 418th out of 905 Iowa communities (41st out of 138 small communities).

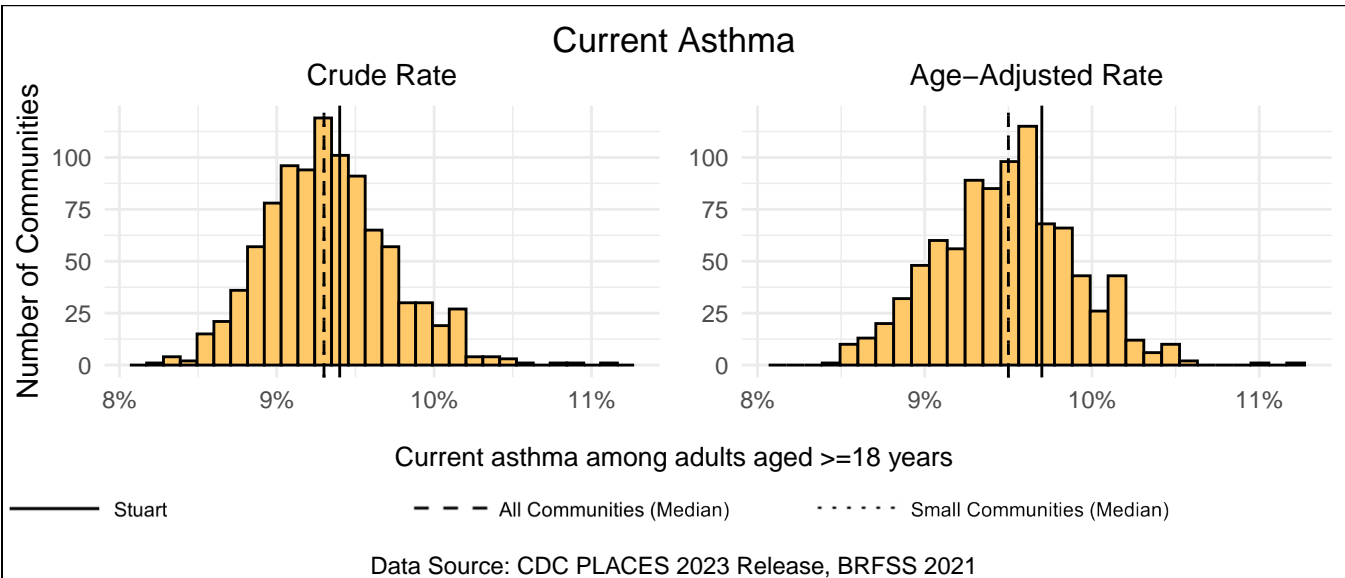
Measure Type	Stuart	All Comm.	Small Comm.
Crude	8.8%	8.0%	8.4%
Age-Adjusted	6.5%	6.5%	6.5%



## Current Asthma

Stuart has a crude rate of 9.4% for current asthma among adults aged  $\geq 18$  years, which ranks 524th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Stuart is 9.7%, which ranks 628th out of 905 Iowa communities (99th out of 138 small communities).

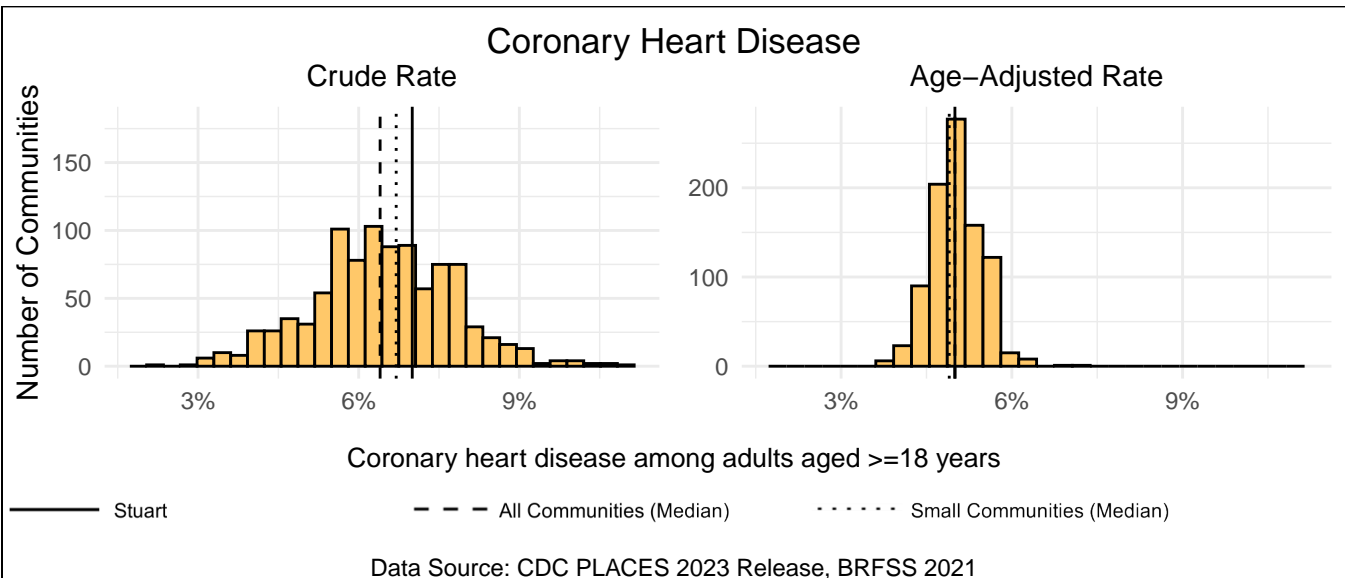
Measure Type	Stuart	All Comm.	Small Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.7%	9.5%	9.5%



## Coronary Heart Disease

Stuart has a crude rate of 7.0% for coronary heart disease among adults aged  $\geq 18$  years, which ranks 632nd out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Stuart is 5.0%, which ranks 419th out of 905 Iowa communities (85th out of 138 small communities).

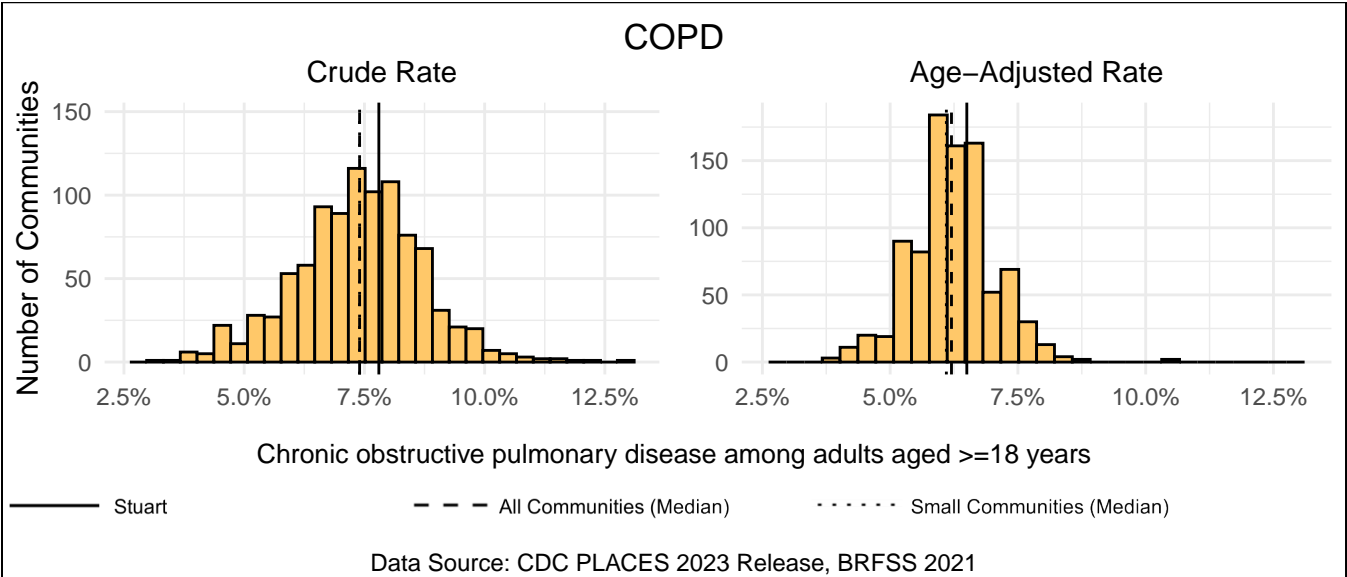
Measure Type	Stuart	All Comm.	Small Comm.
Crude	7.0%	6.4%	6.7%
Age-Adjusted	5.0%	5.0%	4.9%



# COPD

Stuart has a crude rate of 7.8% for chronic obstructive pulmonary disease among adults aged  $\geq 18$  years, which ranks 581st out of 958 Iowa communities (90th out of 138 small communities). The age-adjusted rate for Stuart is 6.5%, which ranks 571st out of 905 Iowa communities (95th out of 138 small communities).

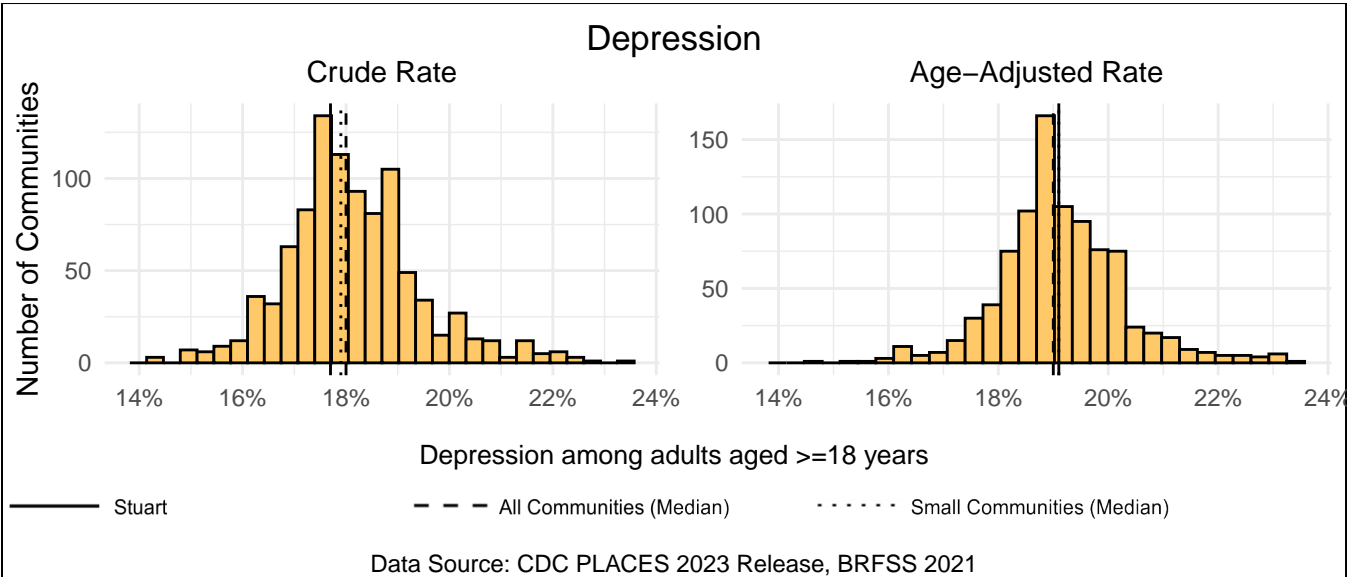
Measure Type	Stuart	All Comm.	Small Comm.
Crude	7.8%	7.4%	7.4%
Age-Adjusted	6.5%	6.2%	6.1%



# Depression

Stuart has a crude rate of 17.7% for depression among adults aged  $\geq 18$  years, which ranks 356th out of 958 Iowa communities (59th out of 138 small communities). The age-adjusted rate for Stuart is 19.1%, which ranks 457th out of 905 Iowa communities (69th out of 138 small communities).

Measure Type	Stuart	All Comm.	Small Comm.
Crude	17.7%	18.0%	17.9%
Age-Adjusted	19.1%	19.0%	19.1%

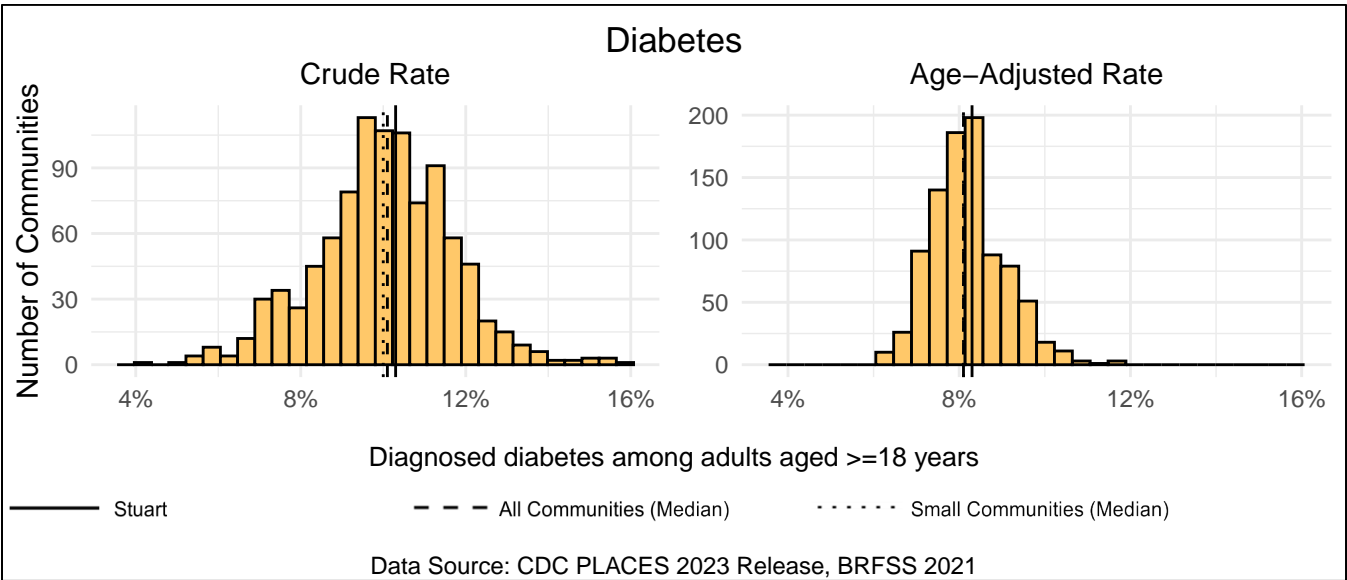




# Diabetes

Stuart has a crude rate of 10.3% for diagnosed diabetes among adults aged >=18 years, which ranks 523rd out of 958 Iowa communities (82nd out of 138 small communities). The age-adjusted rate for Stuart is 8.3%, which ranks 508th out of 905 Iowa communities (89th out of 138 small communities).

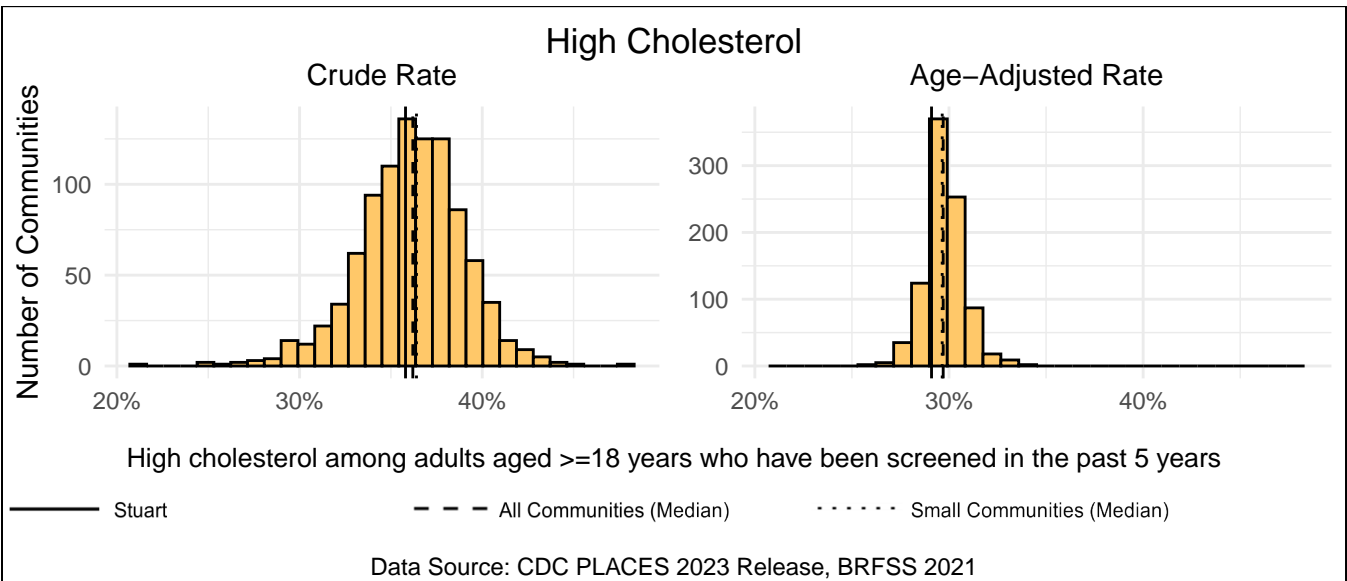
Measure Type	Stuart	All Comm.	Small Comm.
Crude	10.3%	10.1%	10.0%
Age-Adjusted	8.3%	8.1%	8.1%



# High Cholesterol

Stuart has a crude rate of 35.8% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 404th out of 958 Iowa communities (52nd out of 138 small communities). The age-adjusted rate for Stuart is 29.1%, which ranks 195th out of 905 Iowa communities (35th out of 138 small communities).

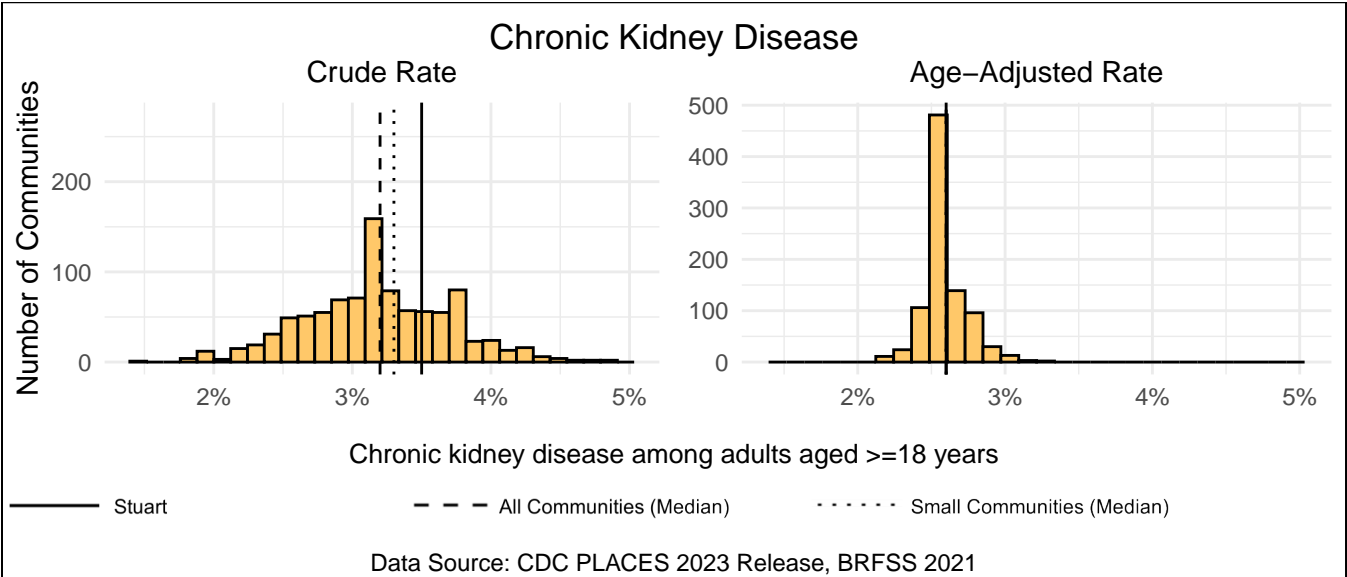
Measure Type	Stuart	All Comm.	Small Comm.
Crude	35.8%	36.2%	36.4%
Age-Adjusted	29.1%	29.7%	29.6%



# Chronic Kidney Disease

Stuart has a crude rate of 3.5% for chronic kidney disease among adults aged  $\geq 18$  years, which ranks 676th out of 958 Iowa communities (84th out of 138 small communities). The age-adjusted rate for Stuart is 2.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

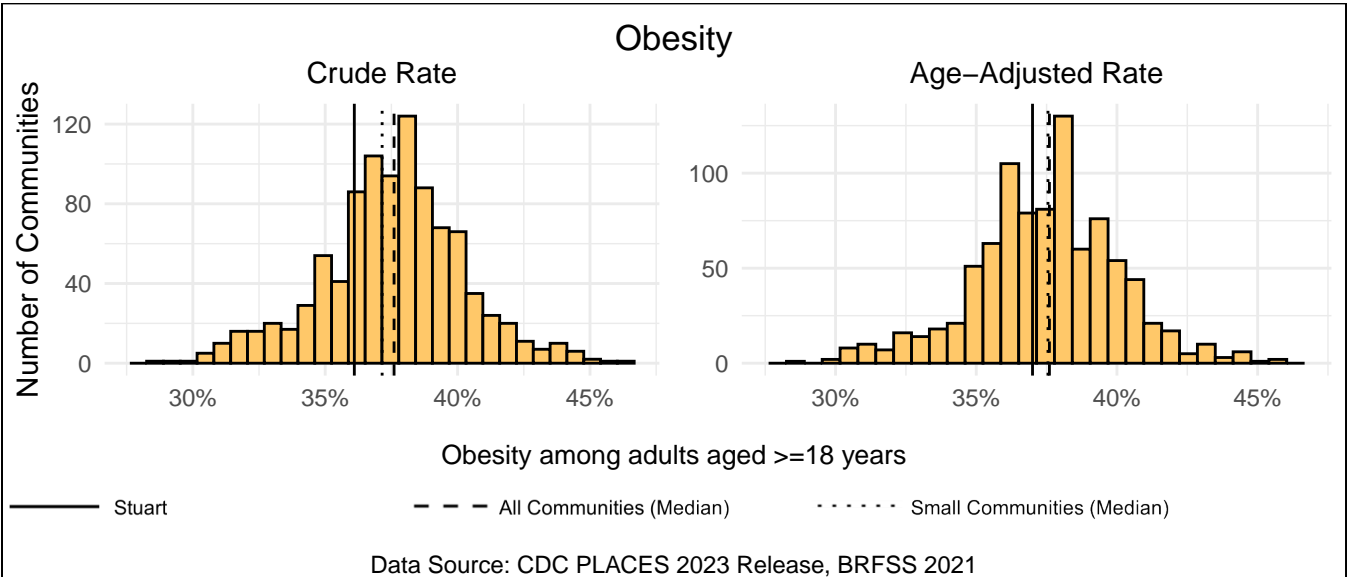
Measure Type	Stuart	All Comm.	Small Comm.
Crude	3.5%	3.2%	3.3%
Age-Adjusted	2.6%	2.6%	2.6%



# Obesity

Stuart has a crude rate of 36.1% for obesity among adults aged  $\geq 18$  years, which ranks 230th out of 958 Iowa communities (44th out of 138 small communities). The age-adjusted rate for Stuart is 37.0%, which ranks 367th out of 905 Iowa communities (54th out of 138 small communities).

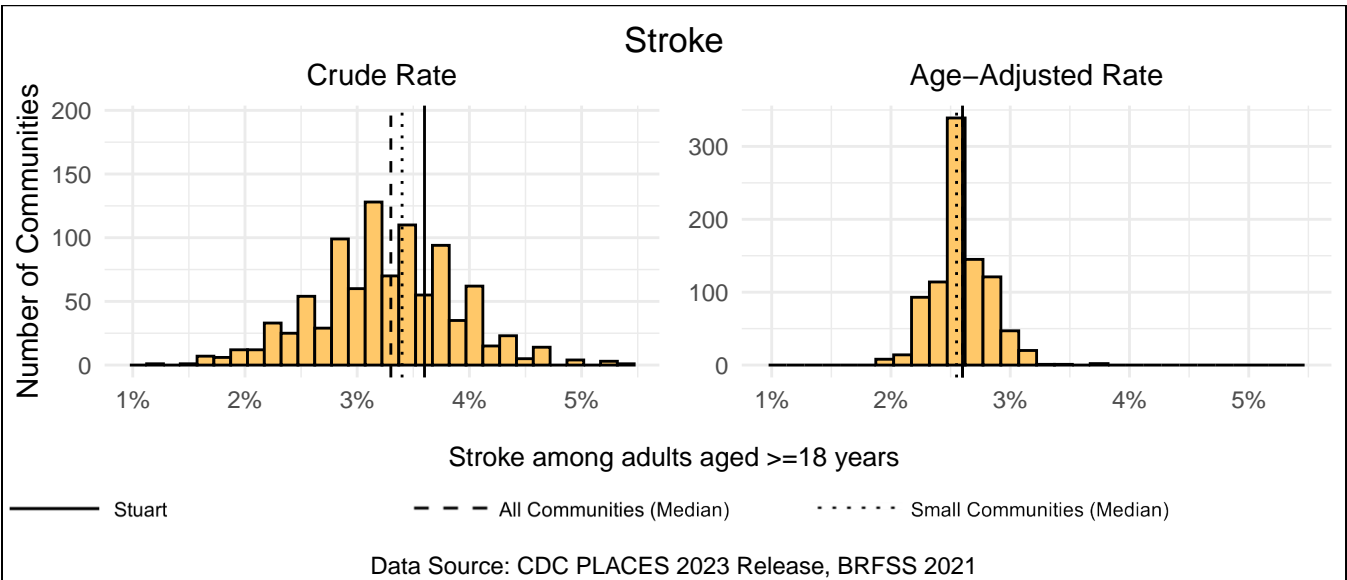
Measure Type	Stuart	All Comm.	Small Comm.
Crude	36.1%	37.6%	37.2%
Age-Adjusted	37.0%	37.6%	37.5%



# Stroke

Stuart has a crude rate of 3.6% for stroke among adults aged >=18 years, which ranks 648th out of 958 Iowa communities (85th out of 138 small communities). The age-adjusted rate for Stuart is 2.6%, which ranks 375th out of 905 Iowa communities (70th out of 138 small communities).

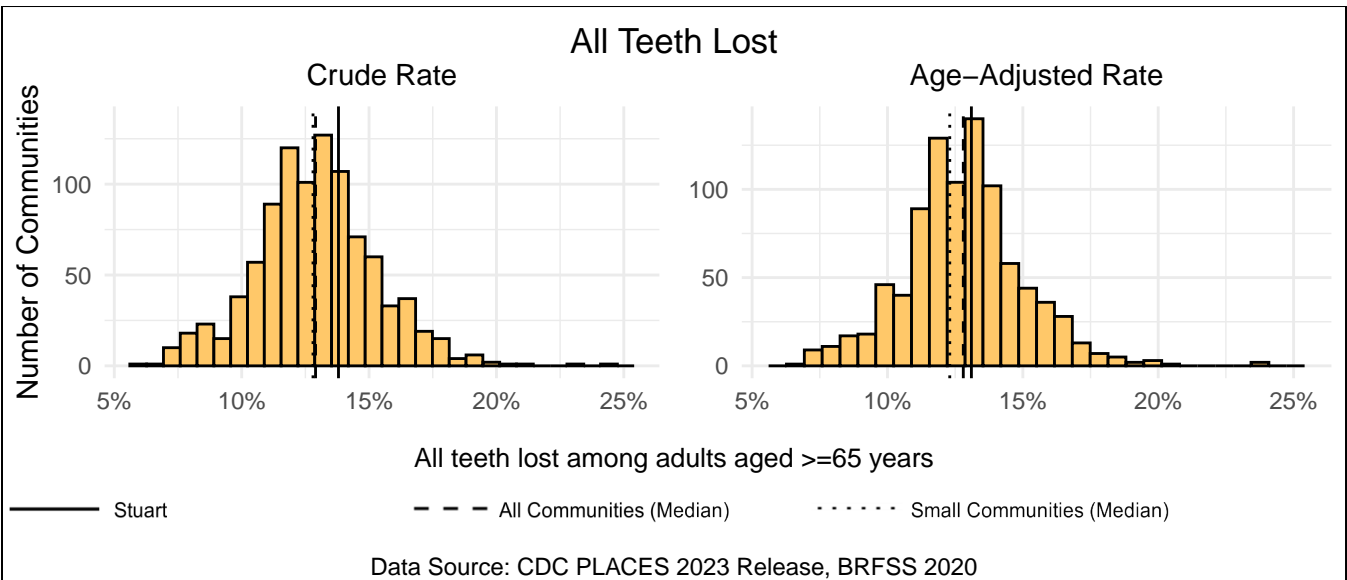
Measure Type	Stuart	All Comm.	Small Comm.
Crude	3.6%	3.3%	3.4%
Age-Adjusted	2.6%	2.6%	2.5%



# All Teeth Lost

Stuart has a crude rate of 13.8% for all teeth lost among adults aged >=65 years, which ranks 637th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Stuart is 13.1%, which ranks 507th out of 905 Iowa communities (90th out of 138 small communities).

Measure Type	Stuart	All Comm.	Small Comm.
Crude	13.8%	12.9%	12.8%
Age-Adjusted	13.1%	12.8%	12.3%



# Prevention

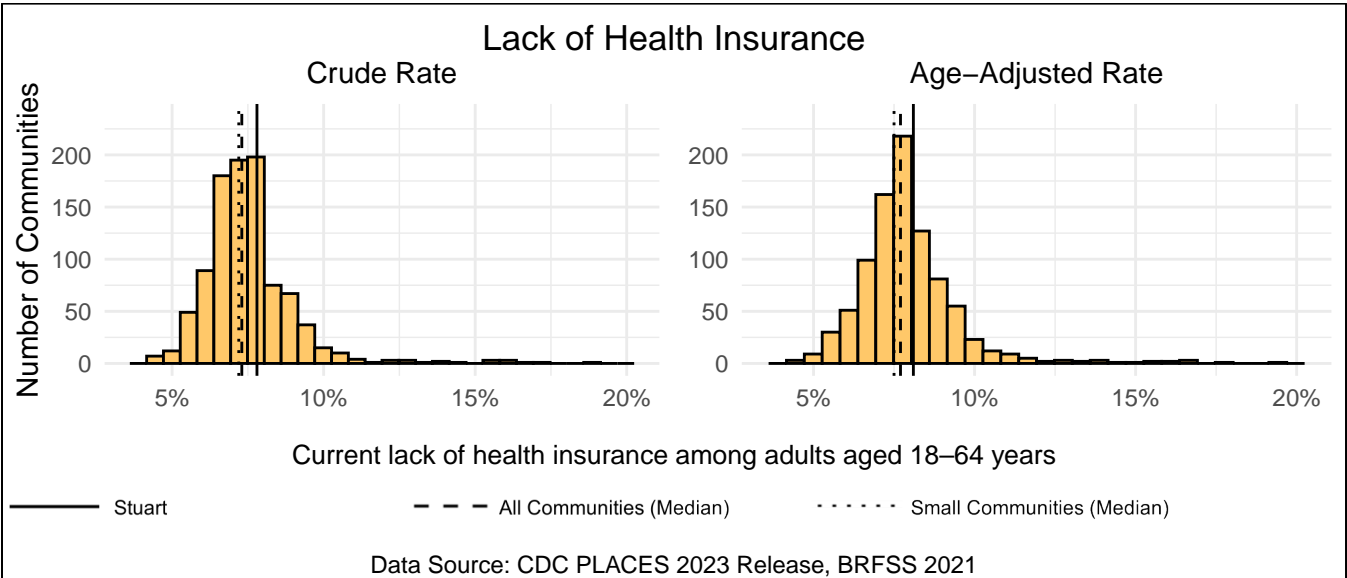
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Stuart 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 Stuart is 8.1%, which ranks 573rd out of 905 Iowa communities (100th out of 138 small communities).

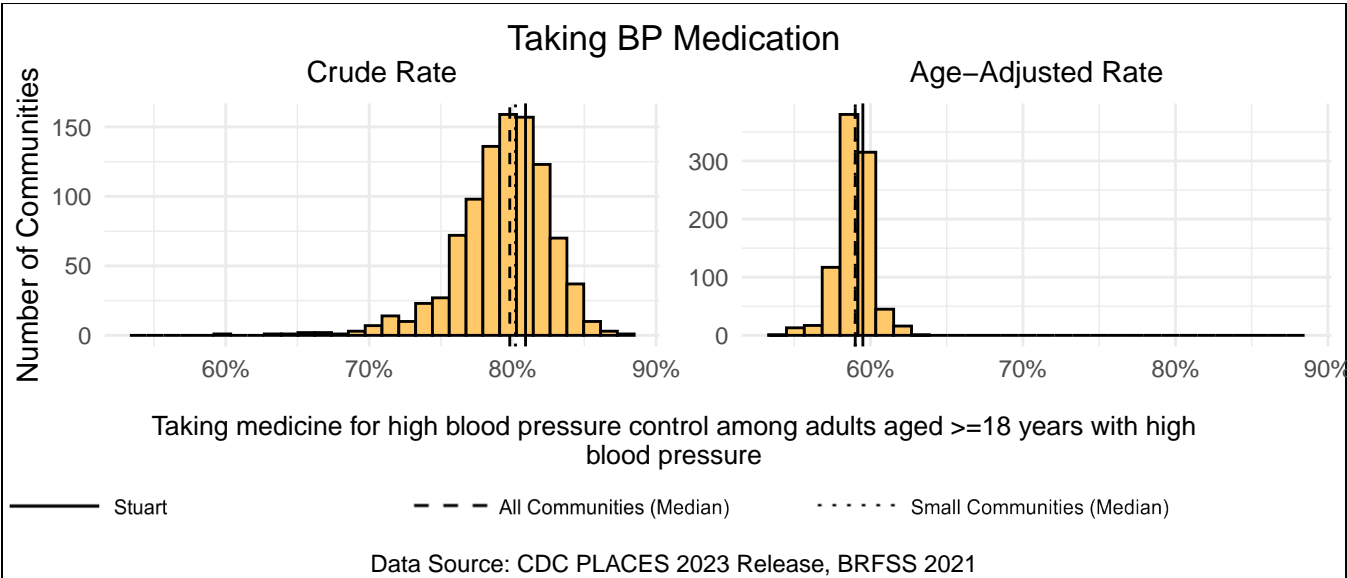
Measure Type	Stuart	All Comm.	Small Comm.
Crude	7.8%	7.3%	7.2%
Age-Adjusted	8.1%	7.7%	7.5%



# Taking BP Medication

Stuart has a crude rate of 80.9% for taking medicine for high blood pressure control among adults aged  $\geq 18$  years with high blood pressure, which ranks 310th out of 958 Iowa communities (58th out of 138 small communities). The age-adjusted rate for Stuart is 59.5%, which ranks 206th out of 905 Iowa communities (30th out of 138 small communities).

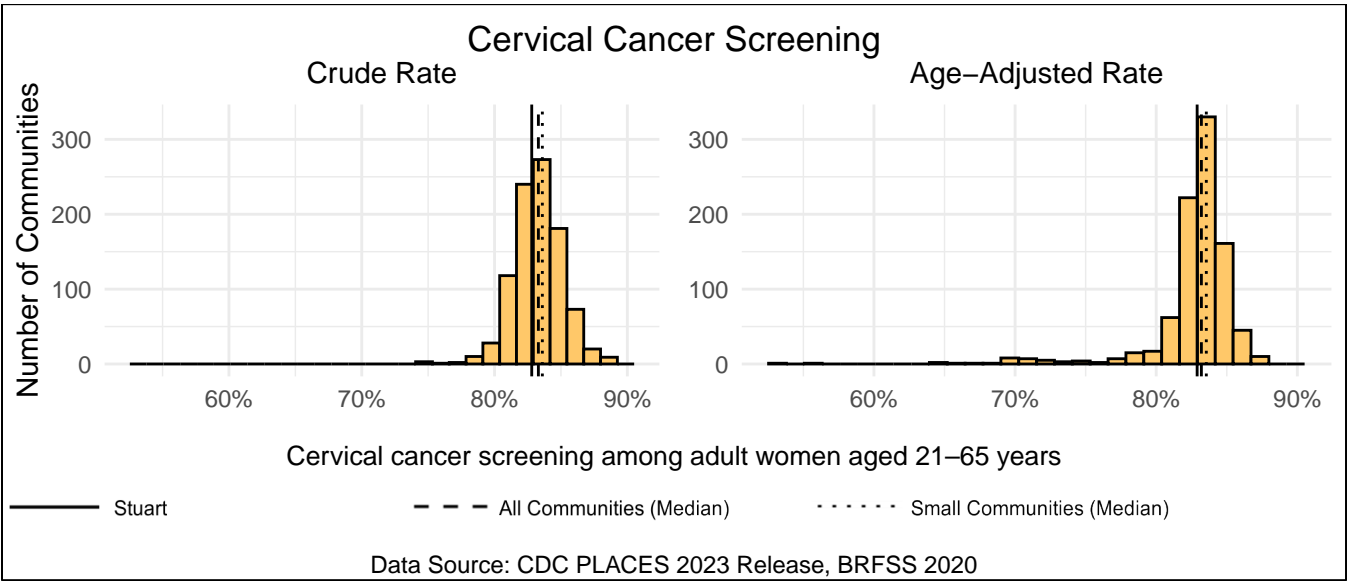
Measure Type	Stuart	All Comm.	Small Comm.
Crude	80.9%	79.8%	80.2%
Age-Adjusted	59.5%	59.0%	59.0%



# Cervical Cancer Screening

Stuart has a crude rate of 82.8% for cervical cancer screening among adult women aged 21–65 years, which ranks 591st out of 958 Iowa communities (97th out of 138 small communities). The age-adjusted rate for Stuart is 82.9%, which ranks 547th out of 905 Iowa communities (102nd out of 138 small communities).

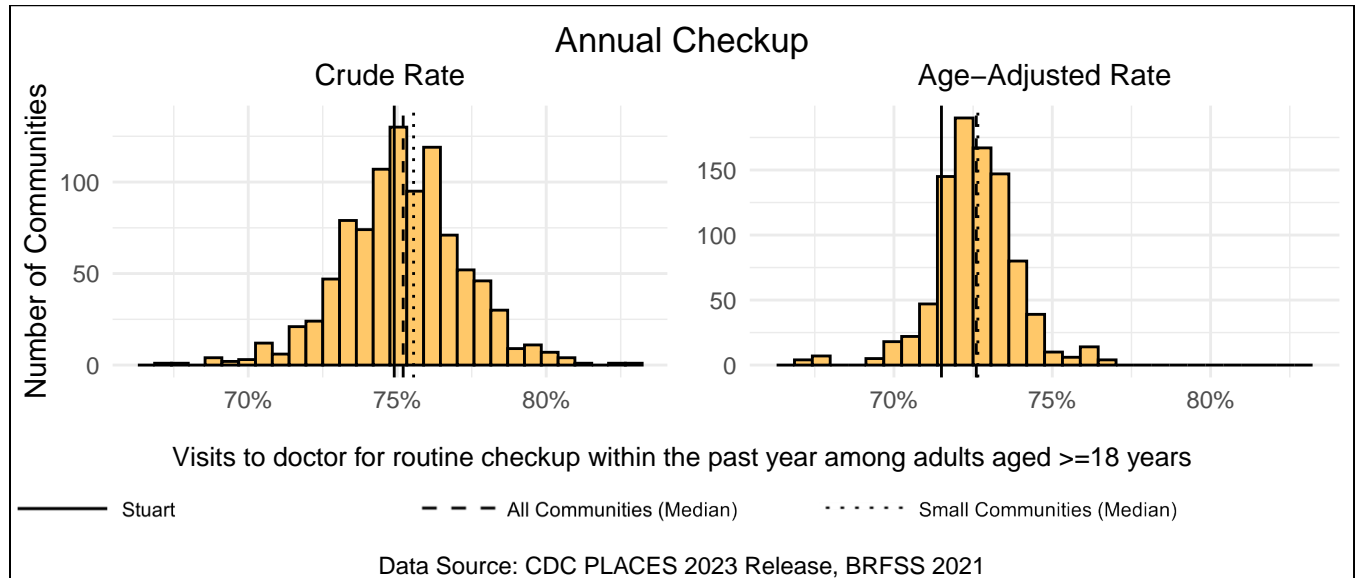
Measure Type	Stuart	All Comm.	Small Comm.
Crude	82.8%	83.3%	83.6%
Age-Adjusted	82.9%	83.2%	83.5%



## Annual Checkup

Stuart has a crude rate of 74.9% for visits to doctor for routine checkup within the past year among adults aged  $\geq 18$  years, which ranks 543rd out of 958 Iowa communities (91st out of 138 small communities). The age-adjusted rate for Stuart is 71.5%, which ranks 770th out of 905 Iowa communities (126th out of 138 small communities).

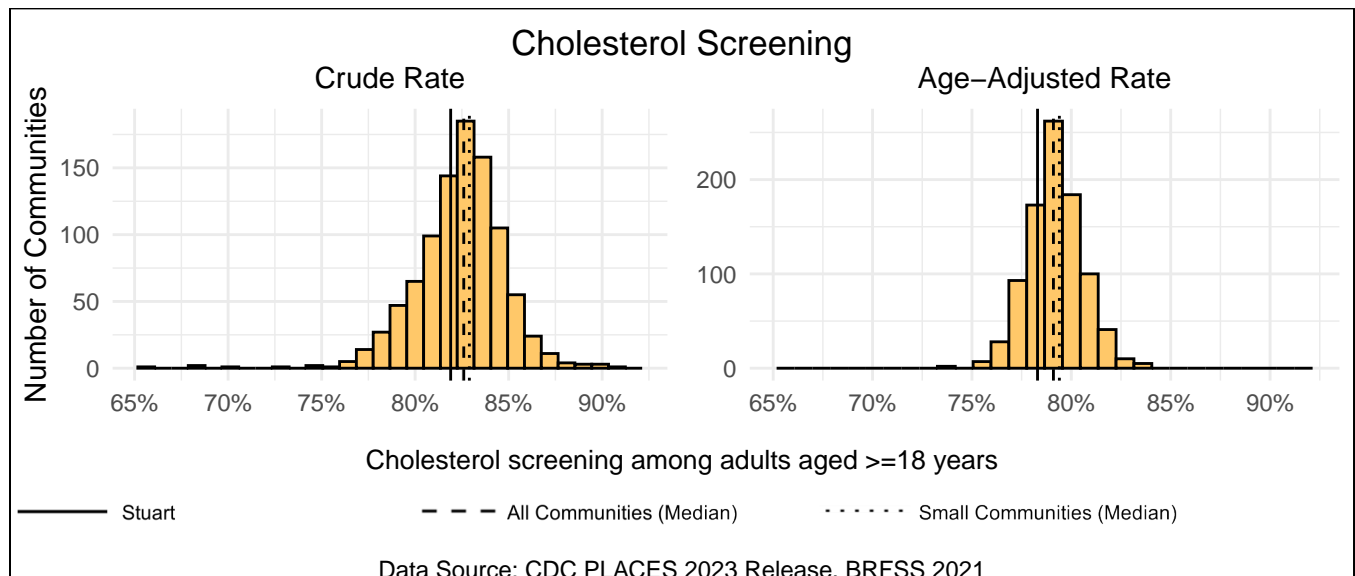
Measure Type	Stuart	All Comm.	Small Comm.
Crude	74.9%	75.2%	75.5%
Age-Adjusted	71.5%	72.6%	72.6%



## Cholesterol Screening

Stuart has a crude rate of 81.9% for cholesterol screening among adults aged  $\geq 18$  years, which ranks 596th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Stuart is 78.3%, which ranks 668th out of 905 Iowa communities (110th out of 138 small communities).

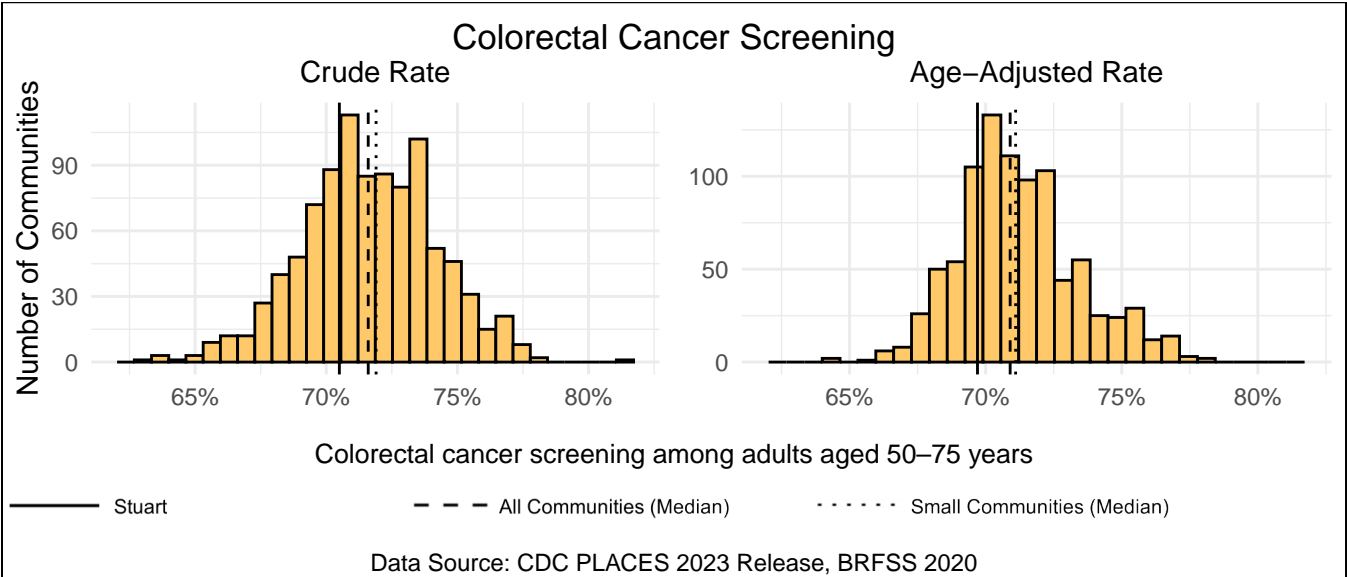
Measure Type	Stuart	All Comm.	Small Comm.
Crude	81.9%	82.6%	82.9%
Age-Adjusted	78.3%	79.1%	79.4%



### Colorectal Cancer Screening

Stuart has a crude rate of 70.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 643rd out of 958 Iowa communities (110th out of 138 small communities). The age-adjusted rate for Stuart is 69.7%, which ranks 687th out of 905 Iowa communities (117th out of 138 small communities).

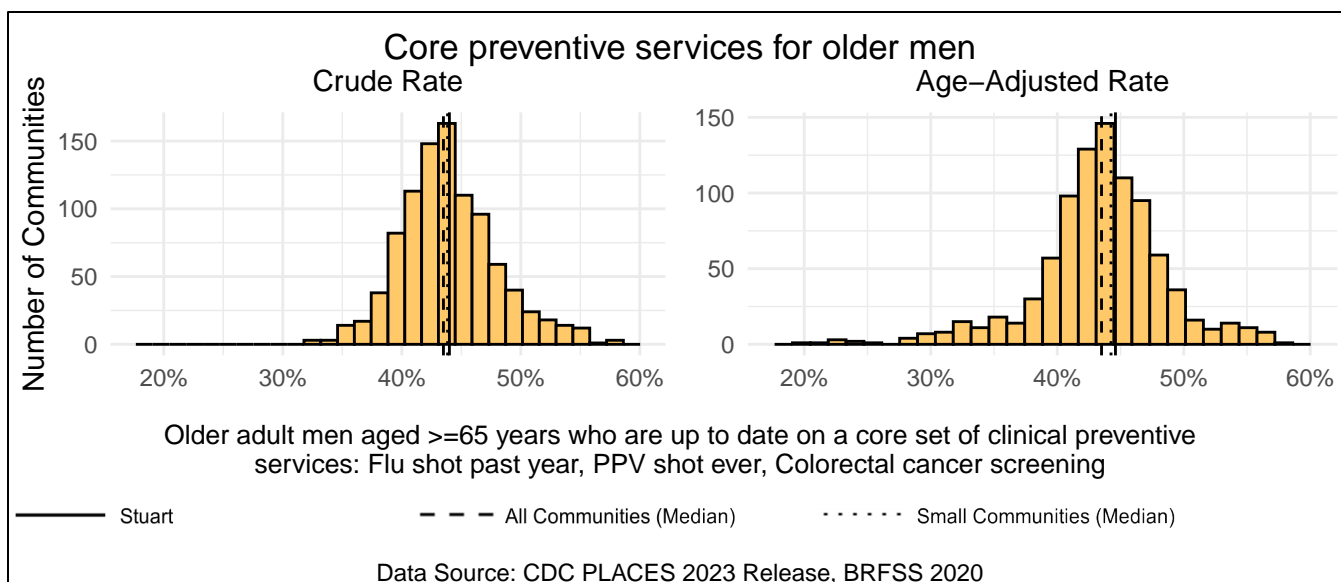
Measure Type	Stuart	All Comm.	Small Comm.
Crude	70.5%	71.6%	71.9%
Age-Adjusted	69.7%	70.9%	71.1%



### Core preventive services for older men

Stuart has a crude rate of 44.0% 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 418th out of 958 Iowa communities (67th out of 138 small communities). The age-adjusted rate for Stuart is 44.6%, which ranks 349th out of 905 Iowa communities (65th out of 138 small communities).

Measure Type	Stuart	All Comm.	Small Comm.
Crude	44.0%	43.5%	43.8%
Age-Adjusted	44.6%	43.5%	44.2%

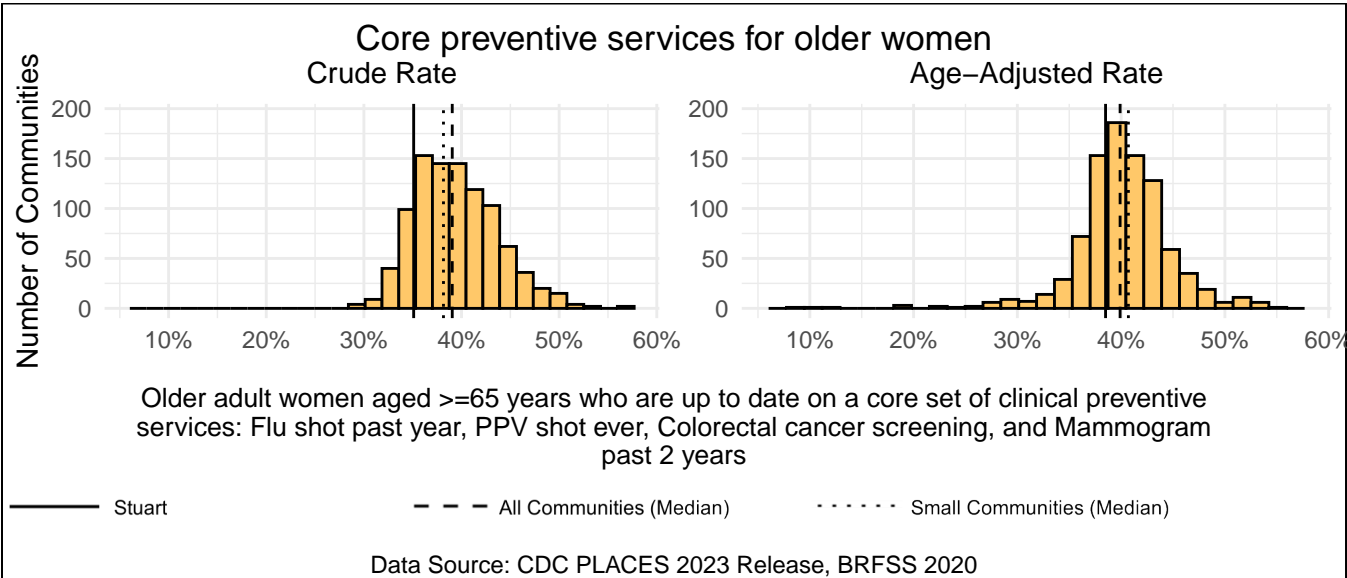




### Core preventive services for older women

Stuart has a crude rate of 35.1% 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 814th out of 958 Iowa communities (112th out of 138 small communities). The age-adjusted rate for Stuart is 38.5%, which ranks 623rd out of 905 Iowa communities (106th out of 138 small communities).

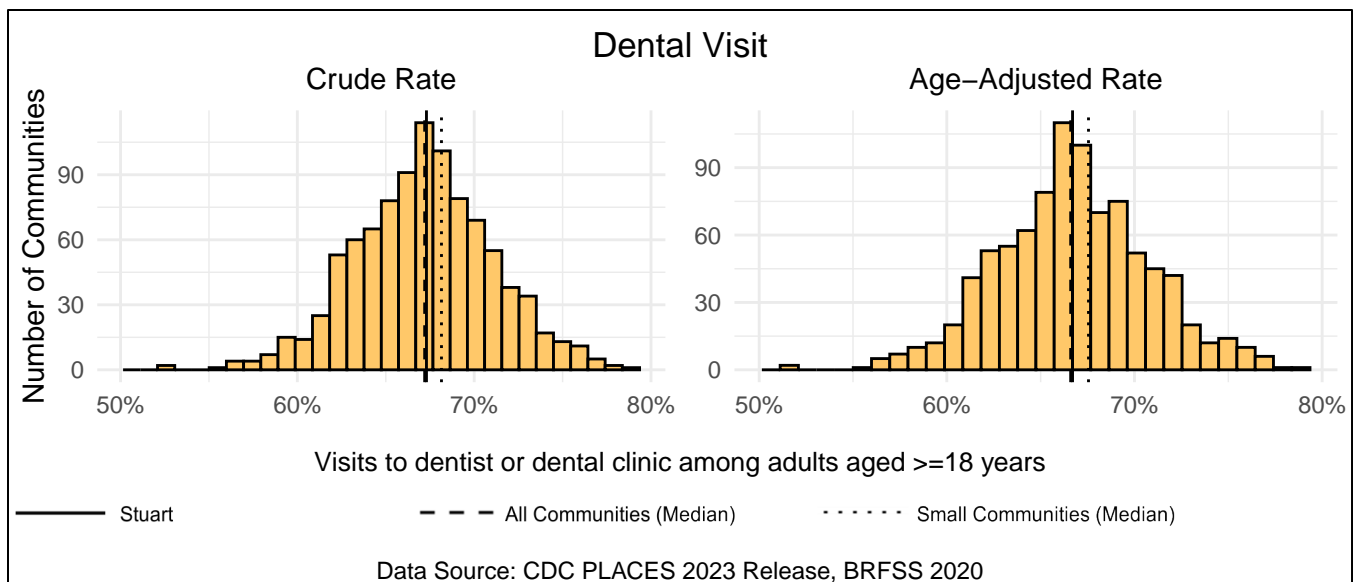
Measure Type	Stuart	All Comm.	Small Comm.
Crude	35.1%	39.0%	38.2%
Age-Adjusted	38.5%	39.9%	40.7%



### Dental Visit

Stuart has a crude rate of 67.3% for visits to dentist or dental clinic among adults aged  $\geq 18$  years, which ranks 457th out of 958 Iowa communities (80th out of 138 small communities). The age-adjusted rate for Stuart is 66.7%, which ranks 437th out of 905 Iowa communities (82nd out of 138 small communities).

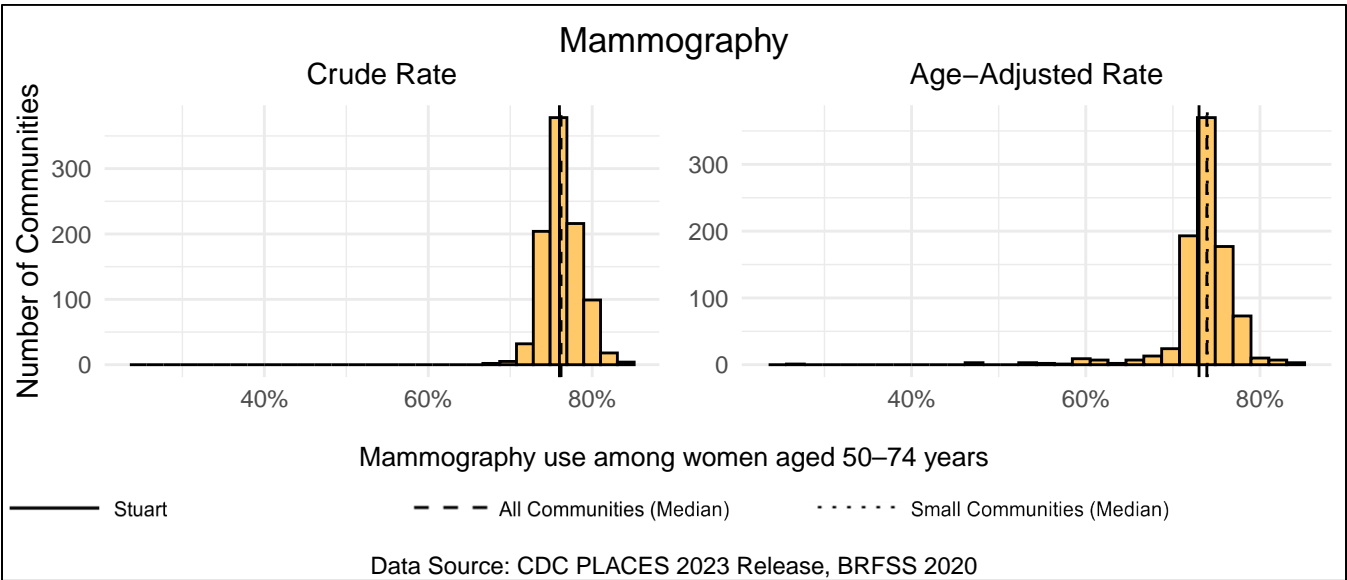
Measure Type	Stuart	All Comm.	Small Comm.
Crude	67.3%	67.2%	68.2%
Age-Adjusted	66.7%	66.6%	67.5%



# Mammography

Stuart has a crude rate of 76.0% for mammography use among women aged 50–74 years, which ranks 510th out of 958 Iowa communities (68th out of 138 small communities). The age-adjusted rate for Stuart is 73.0%, which ranks 615th out of 905 Iowa communities (94th out of 138 small communities).

Measure Type	Stuart	All Comm.	Small Comm.
Crude	76.0%	76.2%	76.0%
Age-Adjusted	73.0%	73.9%	74.0%



# Disability

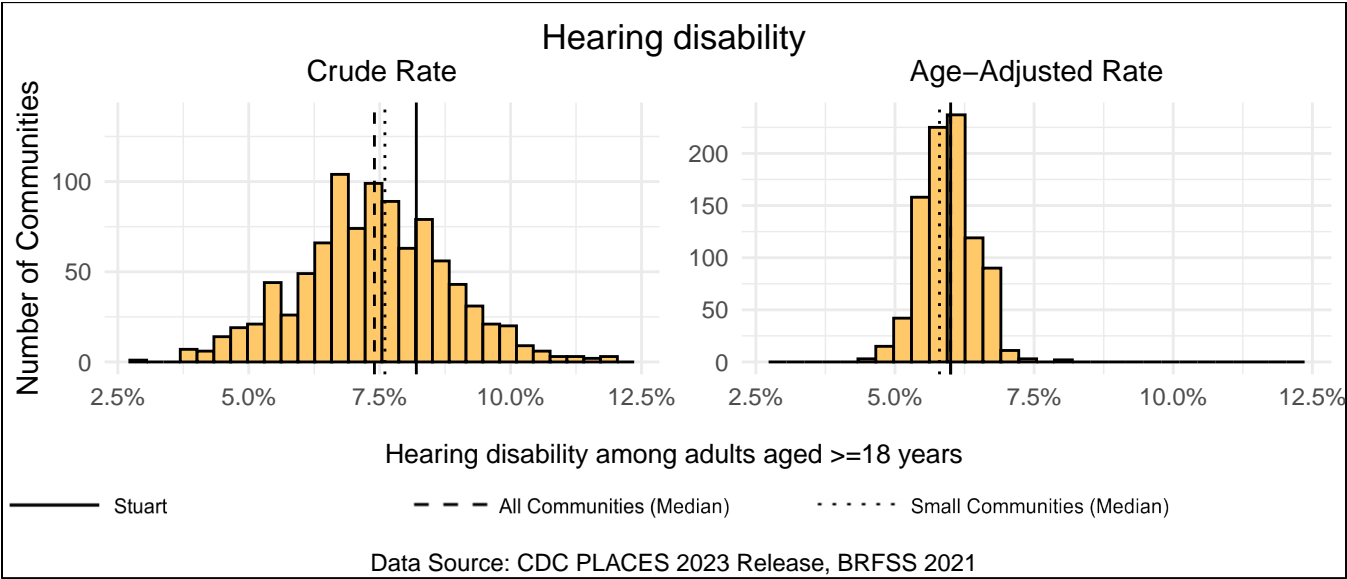
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

## Hearing disability

Stuart has a crude rate of 8.2% for hearing disability among adults aged  $\geq 18$  years, which ranks 683rd out of 958 Iowa communities (83rd out of 138 small communities). The age-adjusted rate for Stuart is 6.0%, which ranks 444th out of 905 Iowa communities (85th out of 138 small communities).

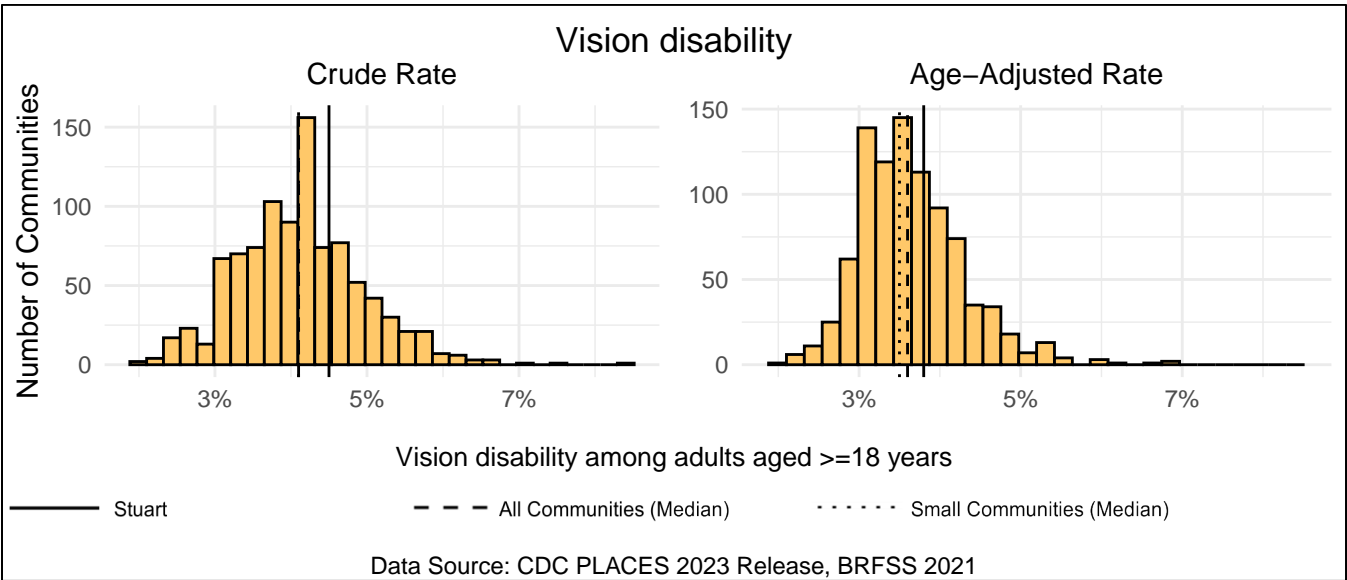
Measure Type	Stuart	All Comm.	Small Comm.
Crude	8.2%	7.4%	7.6%
Age-Adjusted	6.0%	6.0%	5.8%



# Vision disability

Stuart has a crude rate of 4.5% for vision disability among adults aged >=18 years, which ranks 661st out of 958 Iowa communities (98th out of 138 small communities). The age-adjusted rate for Stuart is 3.8%, which ranks 564th out of 905 Iowa communities (96th out of 138 small communities).

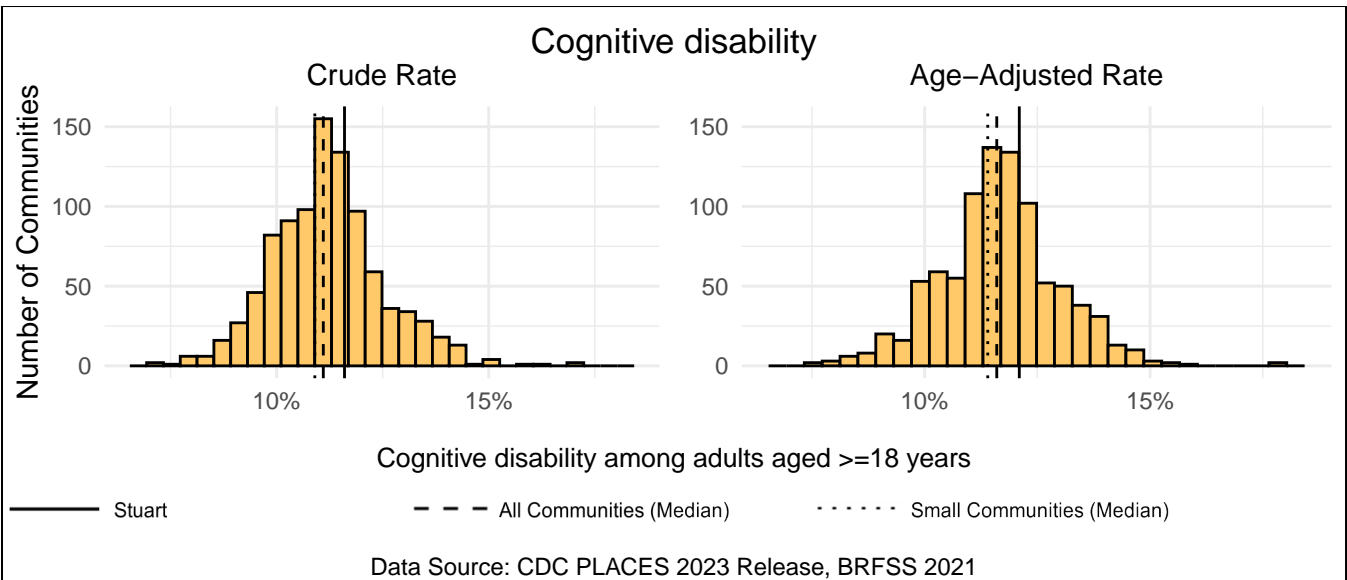
Measure Type	Stuart	All Comm.	Small Comm.
Crude	4.5%	4.1%	4.1%
Age-Adjusted	3.8%	3.6%	3.5%



# Cognitive disability

Stuart has a crude rate of 11.6% for cognitive disability among adults aged >=18 years, which ranks 639th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Stuart is 12.1%, which ranks 602nd out of 905 Iowa communities (94th out of 138 small communities).

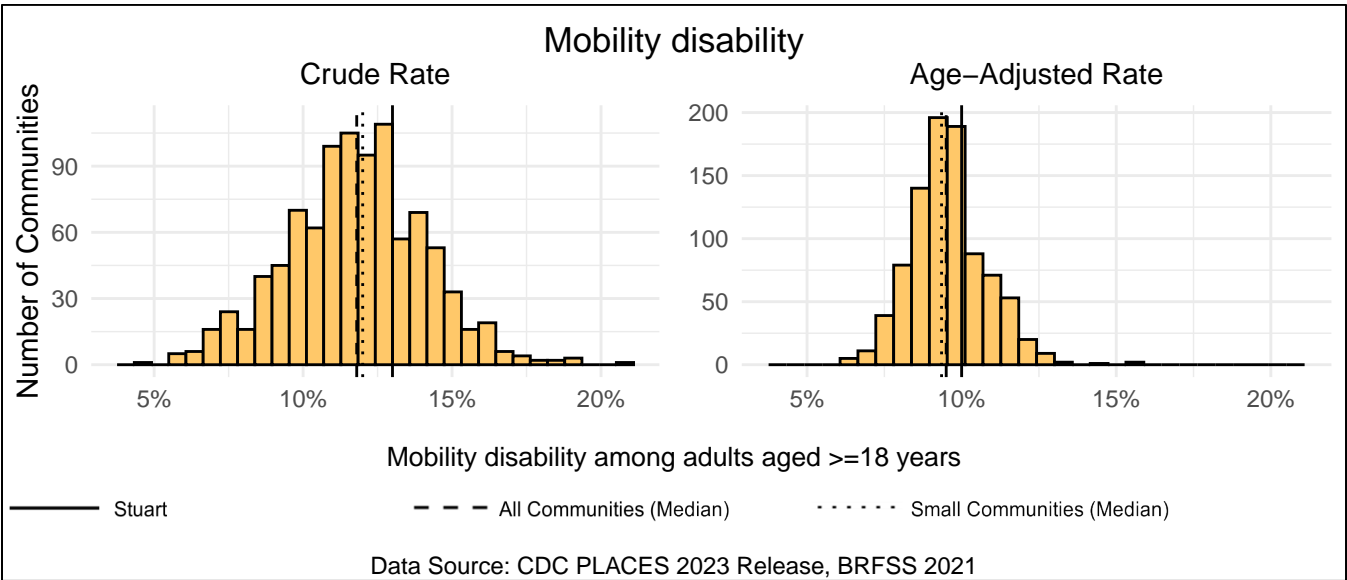
Measure Type	Stuart	All Comm.	Small Comm.
Crude	11.6%	11.1%	10.9%
Age-Adjusted	12.1%	11.6%	11.4%



# Mobility disability

Stuart has a crude rate of 13.0% for mobility disability among adults aged >=18 years, which ranks 676th out of 958 Iowa communities (95th out of 138 small communities). The age-adjusted rate for Stuart is 10.0%, which ranks 601st out of 905 Iowa communities (99th out of 138 small communities).

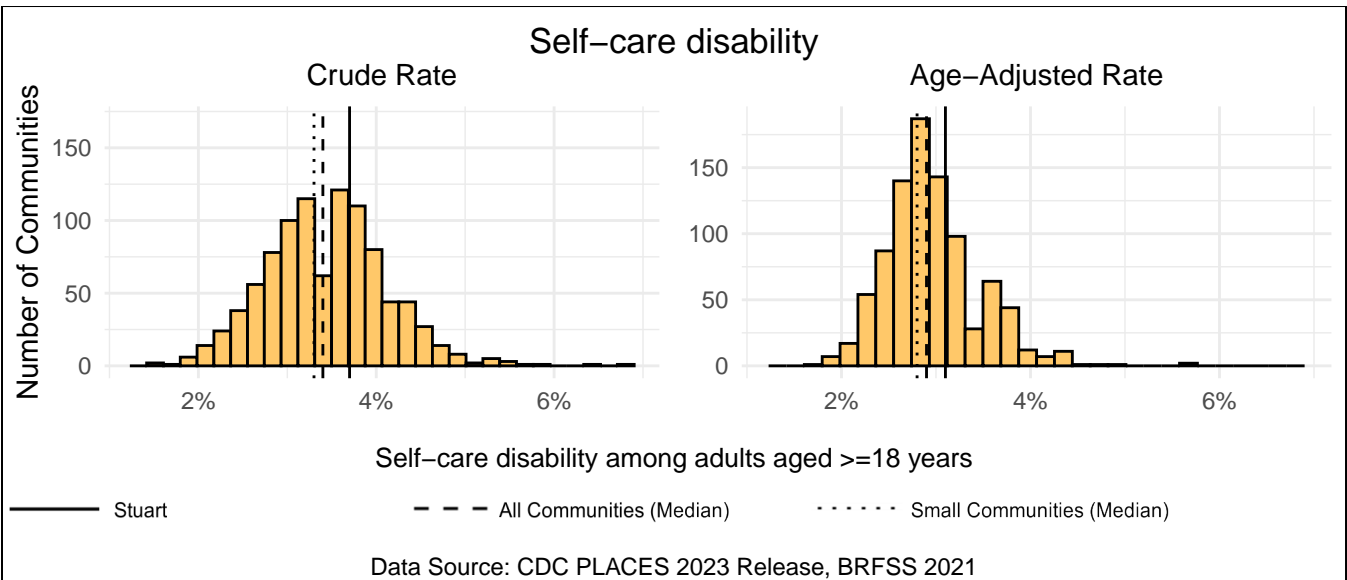
Measure Type	Stuart	All Comm.	Small Comm.
Crude	13.0%	11.8%	12.0%
Age-Adjusted	10.0%	9.5%	9.4%



# Self-care disability

Stuart has a crude rate of 3.7% for self-care disability among adults aged >=18 years, which ranks 618th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Stuart is 3.1%, which ranks 567th out of 905 Iowa communities (98th out of 138 small communities).

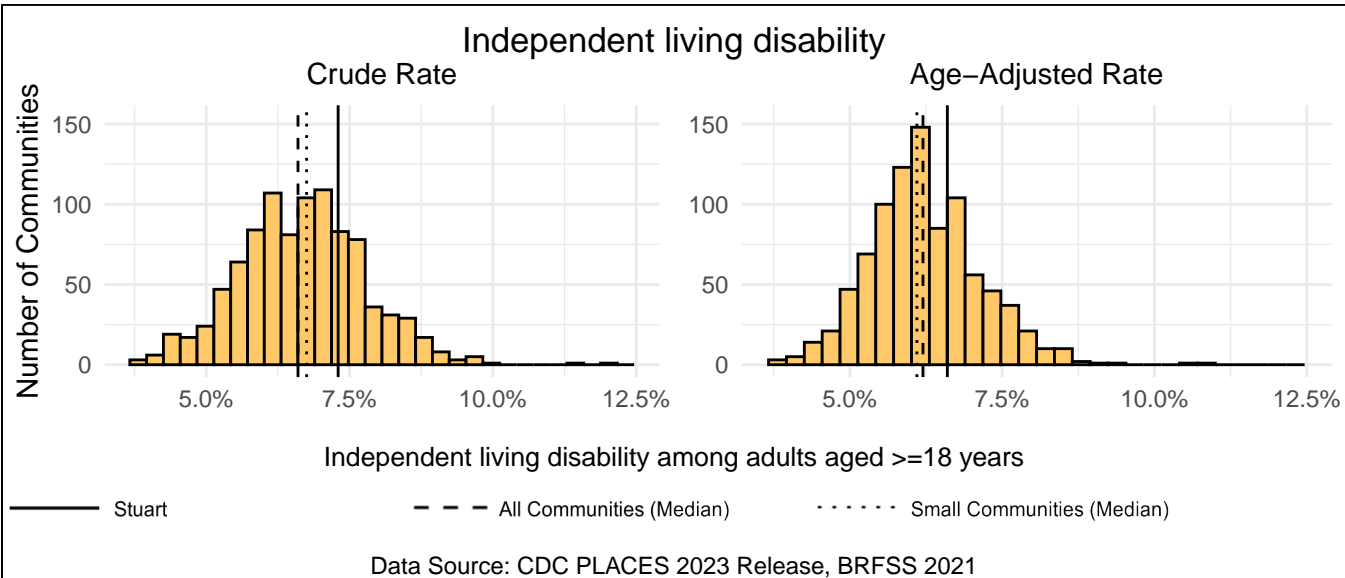
Measure Type	Stuart	All Comm.	Small Comm.
Crude	3.7%	3.4%	3.3%
Age-Adjusted	3.1%	2.9%	2.8%



## Independent living disability

Stuart has a crude rate of 7.3% for independent living disability among adults aged  $\geq 18$  years, which ranks 697th out of 958 Iowa communities (96th out of 138 small communities). The age-adjusted rate for Stuart is 6.6%, which ranks 616th out of 905 Iowa communities (101st out of 138 small communities).

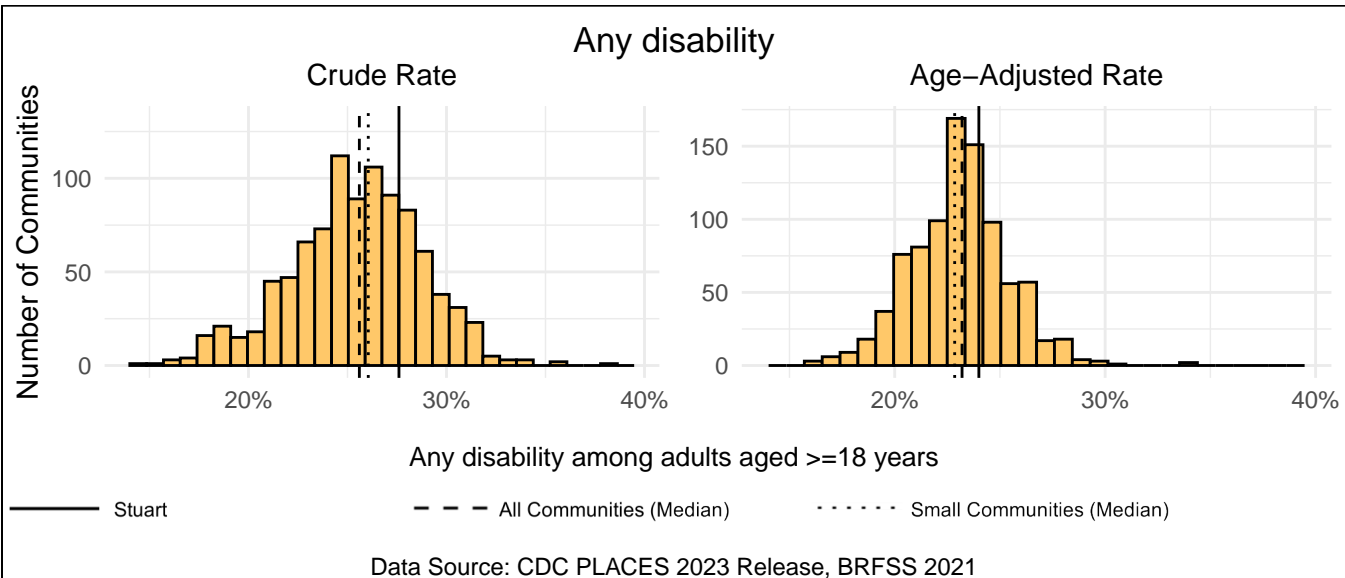
Measure Type	Stuart	All Comm.	Small Comm.
Crude	7.3%	6.6%	6.8%
Age-Adjusted	6.6%	6.2%	6.1%



## Any disability

Stuart has a crude rate of 27.6% for any disability among adults aged  $\geq 18$  years, which ranks 709th out of 958 Iowa communities (100th out of 138 small communities). The age-adjusted rate for Stuart is 24.0%, which ranks 625th out of 905 Iowa communities (98th out of 138 small communities).

Measure Type	Stuart	All Comm.	Small Comm.
Crude	27.6%	25.6%	26.0%
Age-Adjusted	24.0%	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: Stuart PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Mental Health	464	14.3% (12.7% - 16.0%)	555	15.8% (14.1% - 17.5%)
Health Status	General Health	595	14.9% (12.9% - 17.1%)	552	13.2% (11.6% - 15.1%)
Health Status	Physical Health	568	11.1% (9.8% - 12.6%)	559	10.0% (8.8% - 11.3%)
Health Risk Behaviors	Physical Inactivity	659	27.5% (23.7% - 31.7%)	593	25.2% (21.7% - 29.1%)
Health Risk Behaviors	Current Smoking	490	16.9% (14.2% - 19.8%)	572	18.2% (15.4% - 21.3%)
Health Risk Behaviors	Sleep <7 hours	405	30.0% (28.8% - 31.2%)	466	31.2% (29.9% - 32.4%)
Health Risk Behaviors	Binge Drinking	305	18.5% (16.1% - 21.1%)	300	21.5% (18.7% - 24.5%)
Health Outcomes	High Blood Pressure	583	33.1% (29.9% - 36.3%)	492	27.5% (24.7% - 30.4%)
Health Outcomes	Obesity	230	36.1% (30.5% - 41.9%)	367	37.0% (31.4% - 43.1%)
Health Outcomes	Coronary Heart Disease	632	7.0% (6.2% - 7.8%)	419	5.0% (4.5% - 5.6%)
Health Outcomes	All Teeth Lost	637	13.8% (9.8% - 18.9%)	507	13.1% (9.7% - 16.9%)
Health Outcomes	Diabetes	523	10.3% (9.0% - 11.6%)	508	8.3% (7.4% - 9.4%)
Health Outcomes	Cancer (except skin)	682	8.8% (8.1% - 9.5%)	418	6.5% (6.0% - 7.0%)
Health Outcomes	Arthritis	561	28.5% (25.3% - 31.8%)	465	23.2% (20.4% - 26.0%)
Health Outcomes	COPD	581	7.8% (6.7% - 9.0%)	571	6.5% (5.7% - 7.4%)
Health Outcomes	Depression	356	17.7% (15.2% - 20.4%)	457	19.1% (16.4% - 21.8%)
Health Outcomes	Stroke	648	3.6% (3.2% - 4.1%)	375	2.6% (2.4% - 2.9%)
Health Outcomes	Current Asthma	524	9.4% (8.4% - 10.3%)	628	9.7% (8.7% - 10.6%)
Health Outcomes	High Cholesterol	404	35.8% (32.4% - 39.4%)	195	29.1% (25.8% - 32.5%)
Health Outcomes	Chronic Kidney Disease	676	3.5% (3.1% - 3.8%)	349	2.6% (2.4% - 2.9%)
Prevention	Colorectal Cancer Screening	643	70.5% (67.9% - 72.9%)	687	69.7% (67.2% - 72.0%)
Prevention	Core preventive services for older men	418	44.0% (37.2% - 50.6%)	349	44.6% (38.3% - 51.0%)
Prevention	Health Insurance	633	7.8% (6.3% - 9.6%)	573	8.1% (6.5% - 10.1%)
Prevention	Cholesterol Screening	596	81.9% (79.6% - 84.2%)	668	78.3% (75.5% - 80.9%)
Prevention	Mammography	510	76.0% (72.9% - 78.8%)	615	73.0% (69.3% - 76.2%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older women	814	35.1% (29.4% - 41.0%)	623	38.5% (33.1% - 44.3%)
Prevention	Dental Visit	457	67.3% (64.7% - 70.0%)	437	66.7% (64.0% - 69.6%)
Prevention	Taking BP Medication	310	80.9% (78.6% - 83.0%)	206	59.5% (55.7% - 63.2%)
Prevention	Annual Checkup	543	74.9% (71.3% - 78.3%)	770	71.5% (67.5% - 75.5%)
Prevention	Cervical Cancer Screening	591	82.8% (80.7% - 84.8%)	547	82.9% (81.0% - 84.9%)
Disability	Self-care Disability	618	3.7% (3.2% - 4.2%)	567	3.1% (2.7% - 3.5%)
Disability	Independent Living Disability	697	7.3% (6.3% - 8.3%)	616	6.6% (5.8% - 7.4%)
Disability	Cognitive Disability	639	11.6% (10.1% - 13.3%)	602	12.1% (10.6% - 13.7%)
Disability	Hearing Disability	683	8.2% (7.4% - 9.1%)	444	6.0% (5.4% - 6.6%)
Disability	Mobility Disability	676	13.0% (11.2% - 14.9%)	601	10.0% (8.8% - 11.3%)
Disability	Any Disability	709	27.6% (24.3% - 30.9%)	625	24.0% (21.1% - 27.0%)
Disability	Vision Disability	661	4.5% (3.9% - 5.1%)	564	3.8% (3.4% - 4.3%)

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)

Stuart 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		