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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Iowa Community Health Snapshot Series

Table of contents

Health in Swisher: Overview

Dear Community Members & Stakeholders of Swisher,

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 Swisher ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Swisher'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 Swisher. 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
All Teeth Lost	4th	2nd	Chronic Kidney Disease	1st	1st
Any Disability	6th	2nd	High Cholesterol	1st	1st
Independent Living Disability	7th	2nd	High Blood Pressure	2nd	1st
Vision Disability	7th	2nd	Diabetes	4th	1st
Cognitive Disability	10th	2nd	Obesity	5th	2nd

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
Binge Drinking	936th	131st	Taking BP Medication	898th	138th
Taking BP Medication	919th	128th	Binge Drinking	895th	136th
Annual Checkup	909th	130th	Cancer (except skin)	831st	126th
Depression	673rd	104th	Annual Checkup	787th	128th
Cholesterol Screening	240th	40th	Depression	291st	45th

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 Swisher.

Sincerely,

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

How to Use this Report

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

With a population of 1,126, Swisher's similarly sized communities are defined as small communities. In Iowa, small communities have an average population of 1,553, and there are 138 communities that are considered small communities. To see all of the communities in this population group, please see Appendix 3 of this report.

Group	Population Range	Number of Communities
Large	50,000+	11
Mid-Large	10,000-49,999	31
Midsized	2,500-9,999	102
Small	1,000-2,499	138
Very Small	0-999	676
Total		958

Using Ames, IA as an Example

The graphic below is an example of the details included for each health measure. The table in the upper right shows your community's crude and age-adjusted rate estimates alongside their averages across all Iowa communities and similarly-sized communities. The images below show the distribution of the health measure across communities. The vertical lines correspond with the values in the table to show the estimate for the specific community compared to communities across the state. The solid black line in each plot represents the community rate, with the dashed lines indicating the average rate for all Iowa communities and the dotted lines showing the average rate for similarly-sized communities.

The example graphic above displays the poor mental health rate in Ames, Iowa. The left plot shows the crude rate of poor mental health in the community. Crude rates are the raw, un-adjusted percent of the population experiencing the health measure. Notice how the solid black line is closer to the right of the plot than the dashed and dotted lines; this indicates that Ames has a higher crude rate of poor mental health than most communities in the state. However, the age-adjusted rate plot on the right shows the solid line closer to the peak of the distribution and averages for the state and similarly-sized communities, indicating that when accounting for Ames's unique age distribution, Ames's poor mental health rate is not a significant outlier, and is estimated to be lower than the statewide average. Accounting for crude and age-adjusted rates is critical to help inform health interventions as age-adjusted rates can help contextualize the health measure within the population.

Health Status

This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country's population. The questions to calculate these measures ask respondents to evaluate their health status. General health is evaluated on a 5-point scale where respondents can report their health status as one of "excellent," "very good," "good," "fair," or "poor," from which the respondents who answer "fair" or "poor" are included in the measure. Physical and mental health are evaluated as the rate of respondents who say they have had 14 or more days in the last 30 days in which their physical or mental health was not good. The URL below includes more information about each variable.

https://www.cdc.gov/places/measure-definitions/health-status/index.html

Poor General Health

Swisher has a crude rate of 8.9% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 12th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Swisher is 8.6%, which ranks 7th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	8.9%	14.3%	14.0%
Age-Adjusted	8.6%	12.7%	12.4%

Poor General Health — Crude Rate / Age−Adjusted Rate. Fair or poor self−rated health status among adults aged >= 18 years. Swisher; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
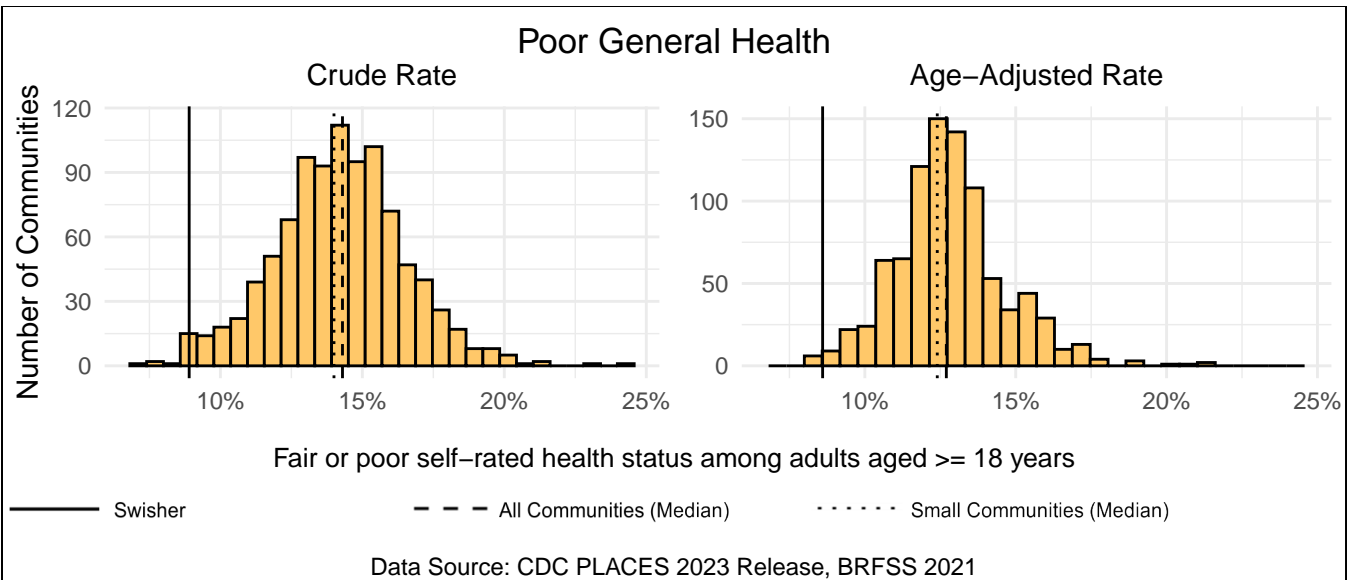
Poor Physical Health

Swisher has a crude rate of 7.6% for physical health not good for >=14 days among adults aged >=18 years, which ranks 15th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Swisher is 7.3%, which ranks 8th out of 905 Iowa communities (2nd out of 138 small communities).
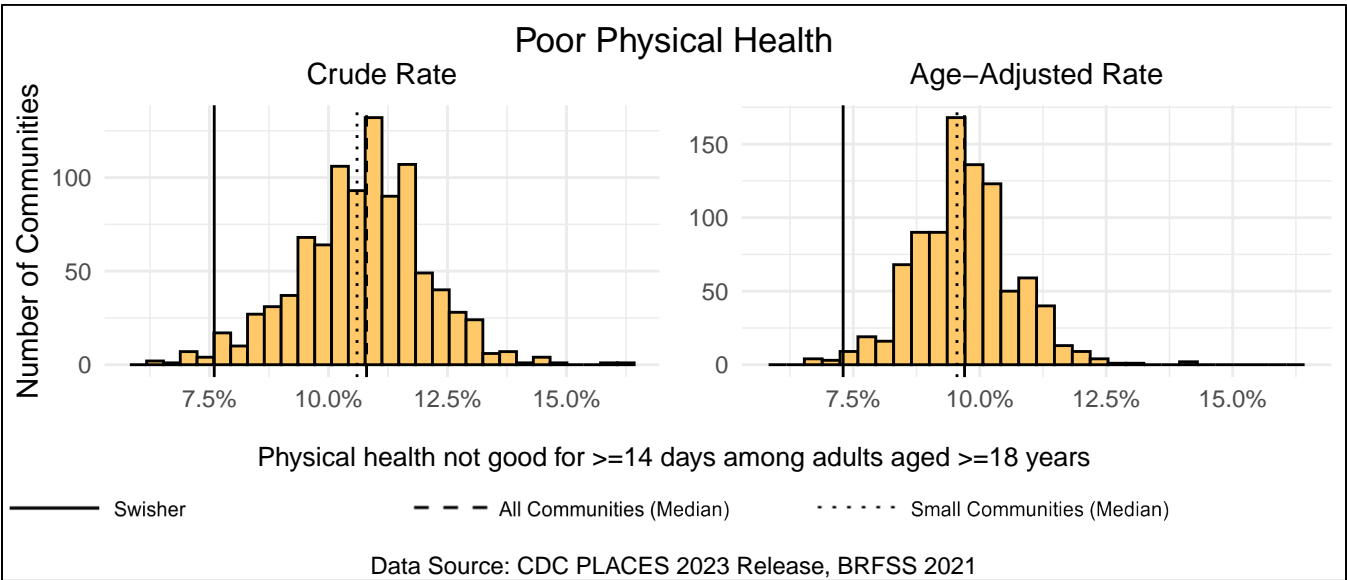
Measure Type	Swisher	All Comm.	Small Comm.
Crude	7.6%	10.8%	10.6%
Age-Adjusted	7.3%	9.7%	9.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Poor Mental Health

Swisher has a crude rate of 13.2% for mental health not good for >=14 days among adults aged >=18 years, which ranks 119th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Swisher is 13.6%, which ranks 28th out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	13.2%	14.3%	14.1%
Age-Adjusted	13.6%	15.5%	15.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
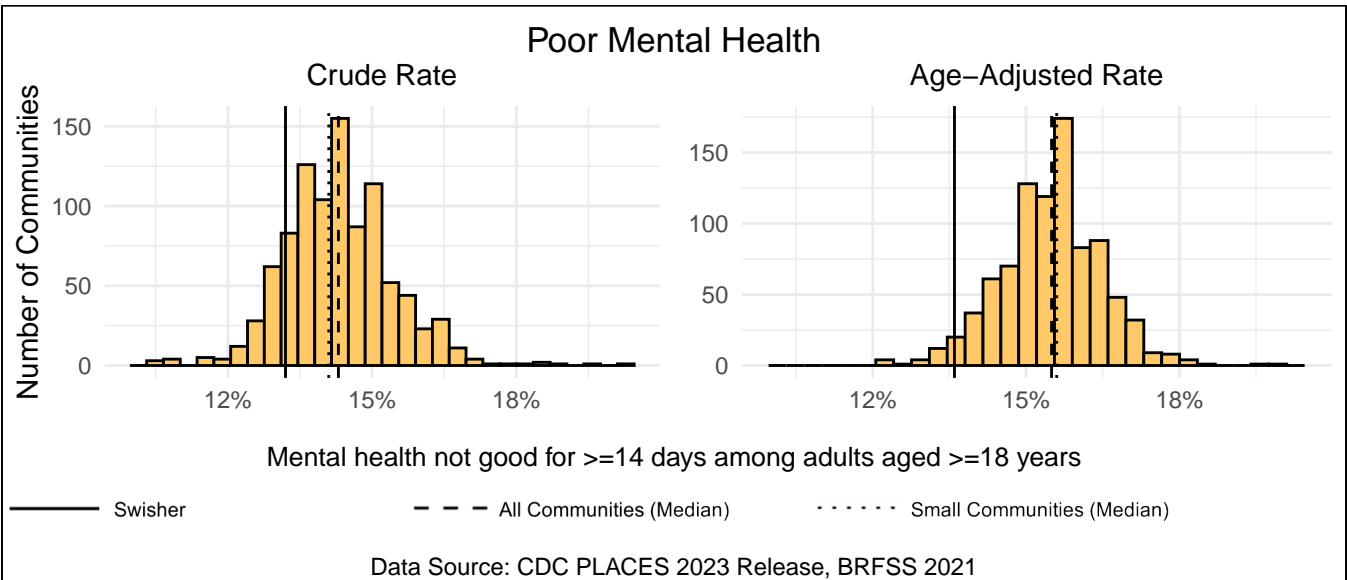
Health Risk Behaviors

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

Swisher has a crude rate of 24.0% for binge drinking among adults aged >=18 years, which ranks 936th out of 958 Iowa communities (131st out of 138 small communities). The age-adjusted rate for Swisher is 24.4%, which ranks 895th out of 905 Iowa communities (136th out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	24.0%	19.5%	19.1%
Age-Adjusted	24.4%	22.0%	22.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
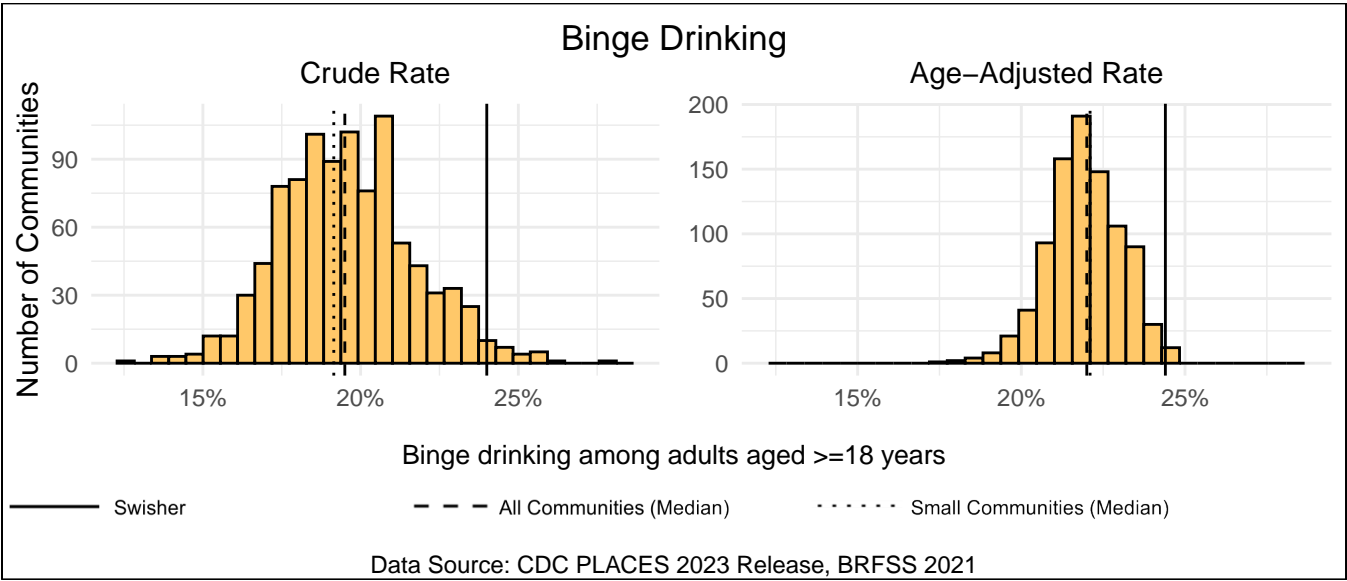
Current Smoking

Swisher has a crude rate of 12.8% for current smoking among adults aged >=18 years, which ranks 34th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Swisher is 11.9%, which ranks 13th out of 905 Iowa communities (3rd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	12.8%	16.8%	16.1%
Age-Adjusted	11.9%	17.5%	17.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
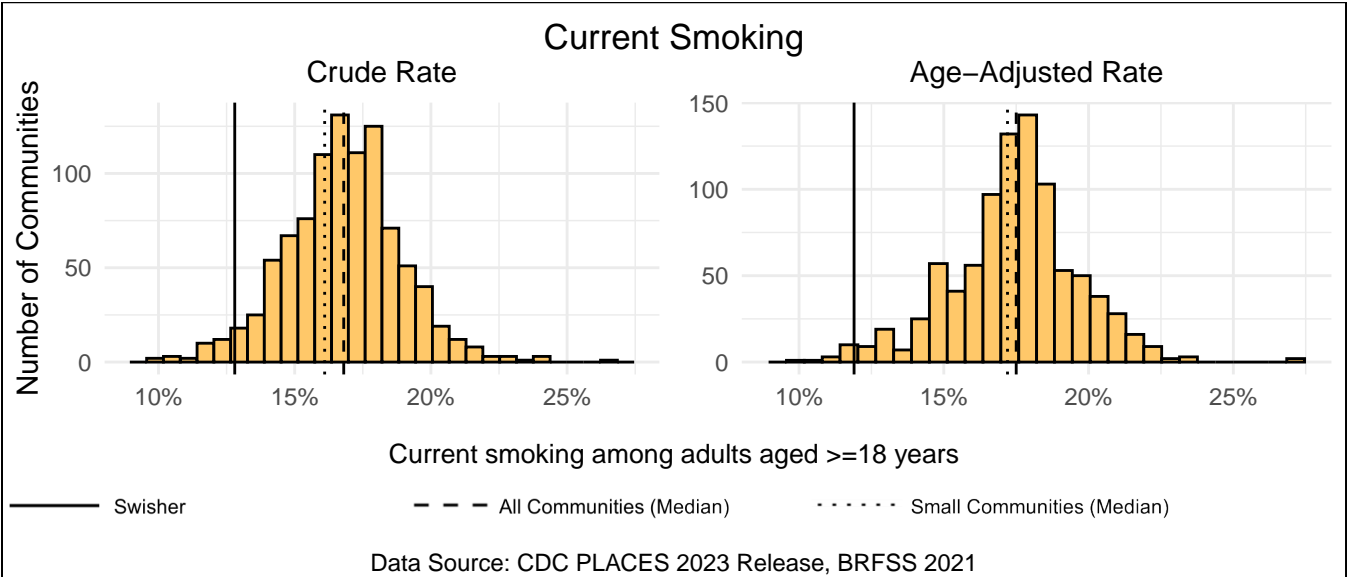
Physical Inactivity

Swisher has a crude rate of 17.4% for no leisure-time physical activity among adults aged >=18 years, which ranks 13th out of 958 Iowa communities (3rd out of 138 small communities). The age-adjusted rate for Swisher is 17.3%, which ranks 13th out of 905 Iowa communities (3rd out of 138 small communities).
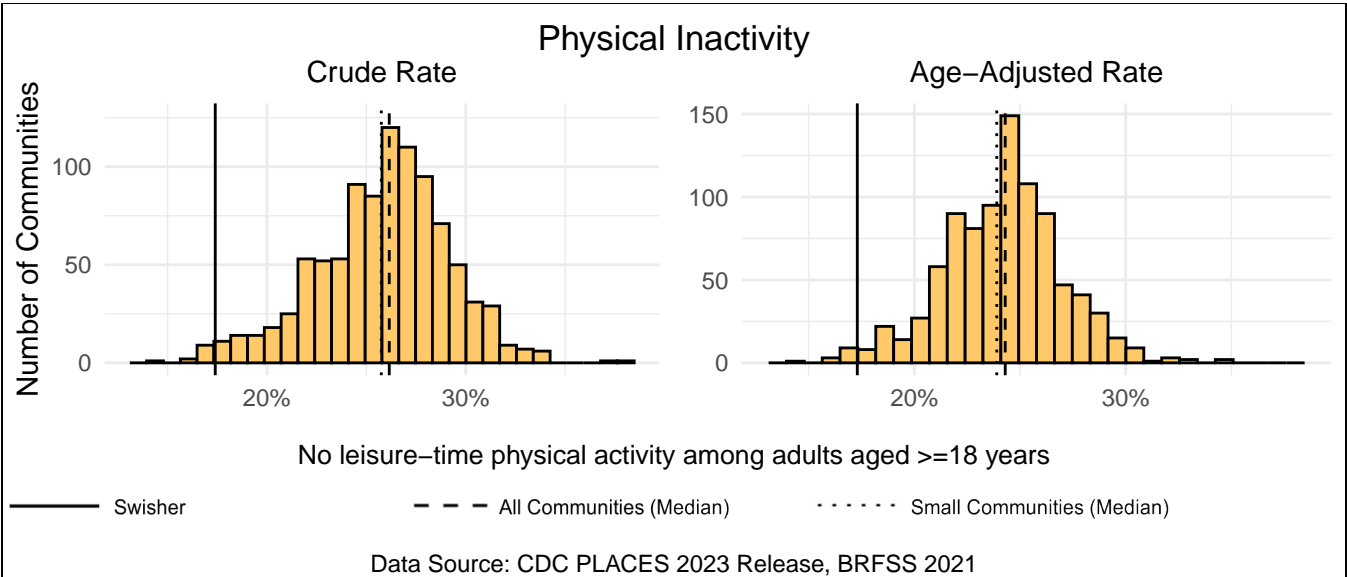
Measure Type	Swisher	All Comm.	Small Comm.
Crude	17.4%	26.1%	25.8%
Age-Adjusted	17.3%	24.3%	23.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Sleep <7 hours

Swisher has a crude rate of 28.7% for sleeping less than 7 hours among adults aged >=18 years, which ranks 169th out of 958 Iowa communities (31st out of 138 small communities). The age-adjusted rate for Swisher is 28.1%, which ranks 44th out of 905 Iowa communities (7th out of 138 small communities).
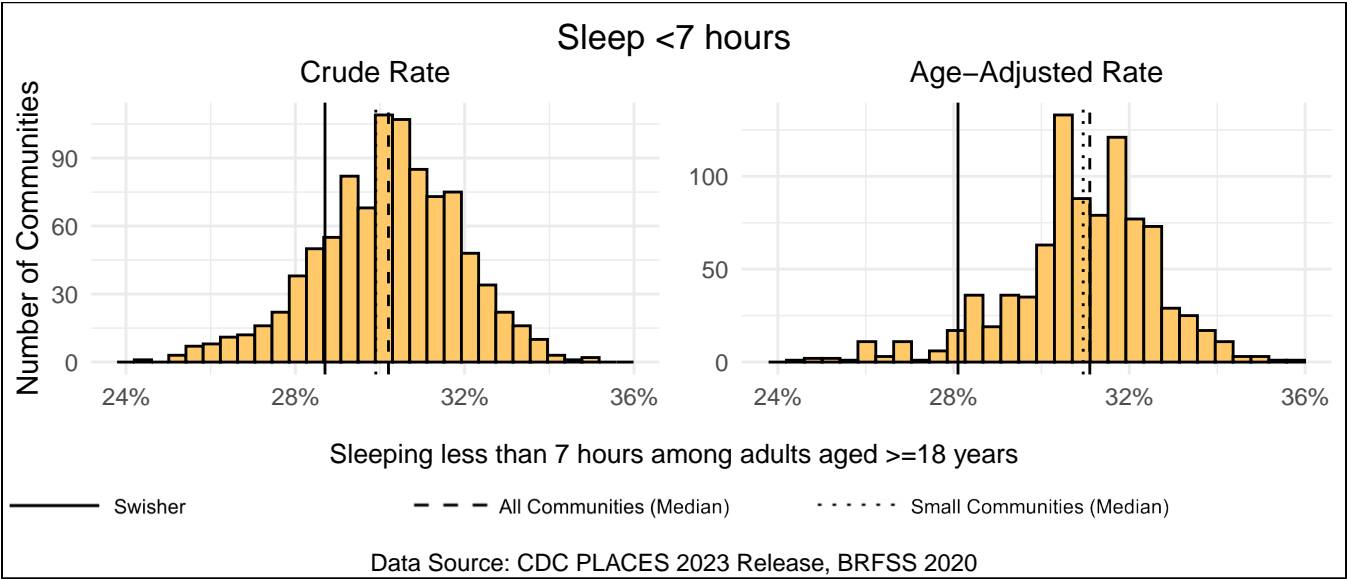
Measure Type	Swisher	All Comm.	Small Comm.
Crude	28.7%	30.2%	29.9%
Age-Adjusted	28.1%	31.1%	31.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020

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

Swisher has a crude rate of 21.6% for arthritis among adults aged >=18 years, which ranks 53rd out of 958 Iowa communities (14th out of 138 small communities). The age-adjusted rate for Swisher is 20.5%, which ranks 26th out of 905 Iowa communities (8th out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	21.6%	27.9%	28.4%
Age-Adjusted	20.5%	23.1%	23.2%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
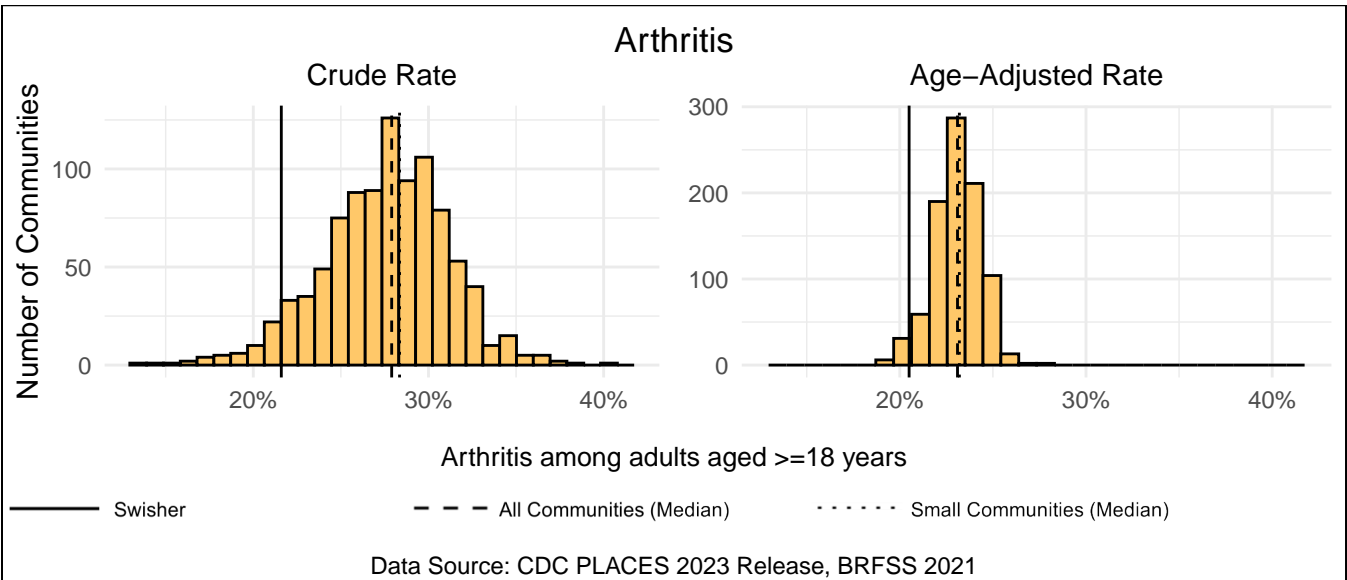
High Blood Pressure

Swisher has a crude rate of 23.6% for high blood pressure among adults aged >=18 years, which ranks 20th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Swisher is 22.6%, which ranks 2nd out of 905 Iowa communities (1st out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	23.6%	32.0%	32.5%
Age-Adjusted	22.6%	27.3%	27.0%
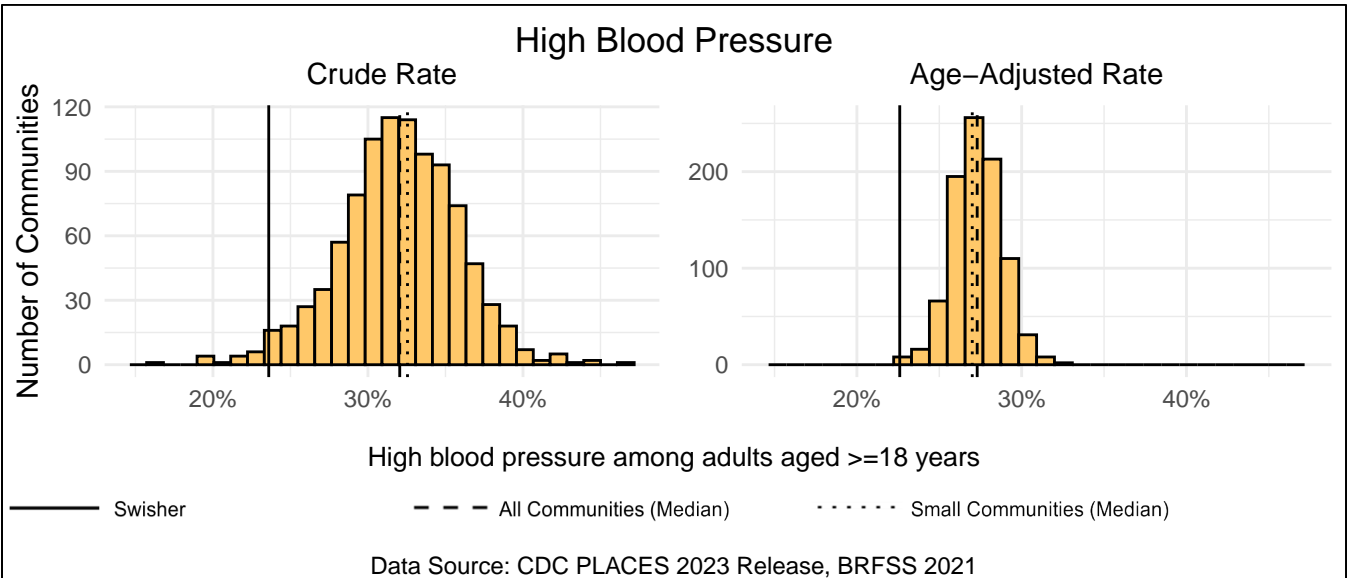
Cancer (except skin)

Swisher has a crude rate of 6.6% for cancer (excluding skin cancer) among adults aged >=18 years, which ranks 108th out of 958 Iowa communities (17th out of 138 small communities). The age-adjusted rate for Swisher is 6.6%, which ranks 831st out of 905 Iowa communities (126th out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	6.6%	8.0%	8.4%
Age-Adjusted	6.6%	6.5%	6.5%
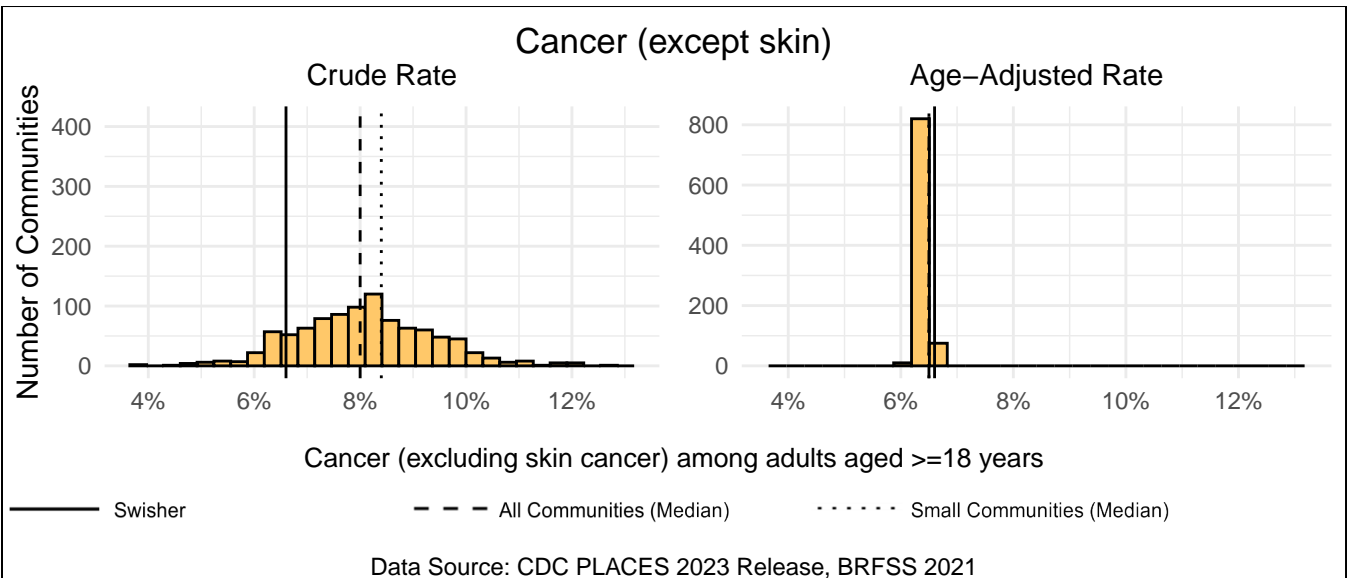
Current Asthma

Swisher has a crude rate of 8.9% for current asthma among adults aged >=18 years, which ranks 80th out of 958 Iowa communities (11th out of 138 small communities). The age-adjusted rate for Swisher is 8.9%, which ranks 45th out of 905 Iowa communities (7th out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	8.9%	9.3%	9.3%
Age-Adjusted	8.9%	9.5%	9.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Coronary Heart Disease

Swisher has a crude rate of 4.0% for coronary heart disease among adults aged >=18 years, which ranks 27th out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Swisher is 4.0%, which ranks 7th out of 905 Iowa communities (1st out of 138 small communities).
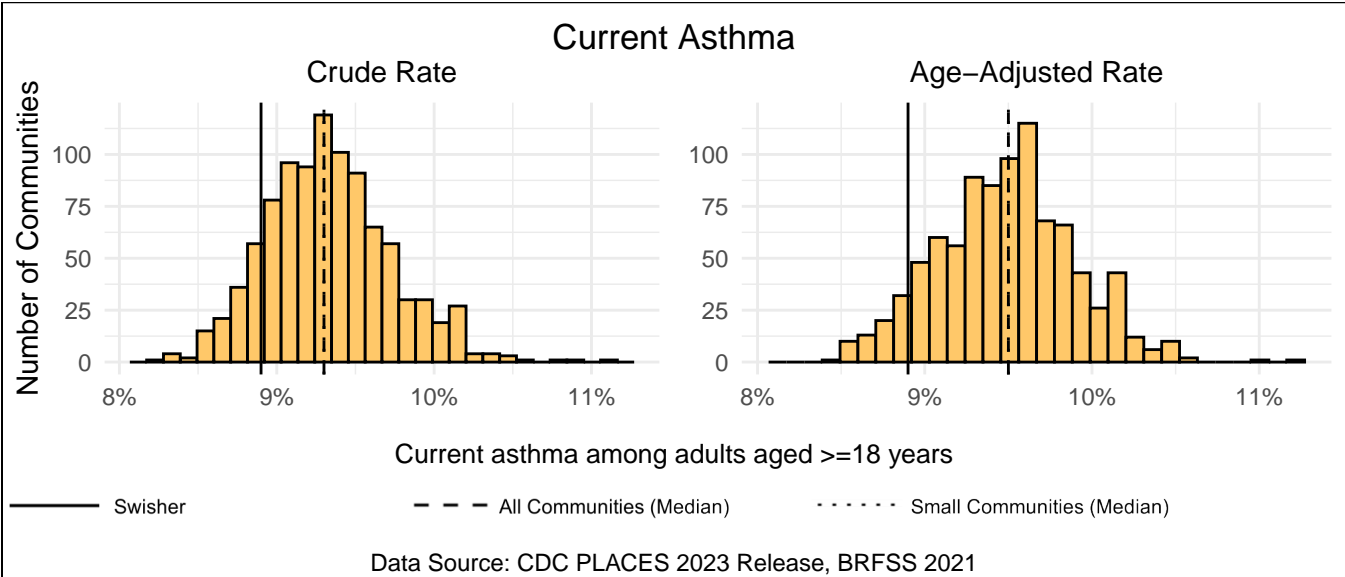
Measure Type	Swisher	All Comm.	Small Comm.
Crude	4.0%	6.4%	6.7%
Age-Adjusted	4.0%	5.0%	4.9%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
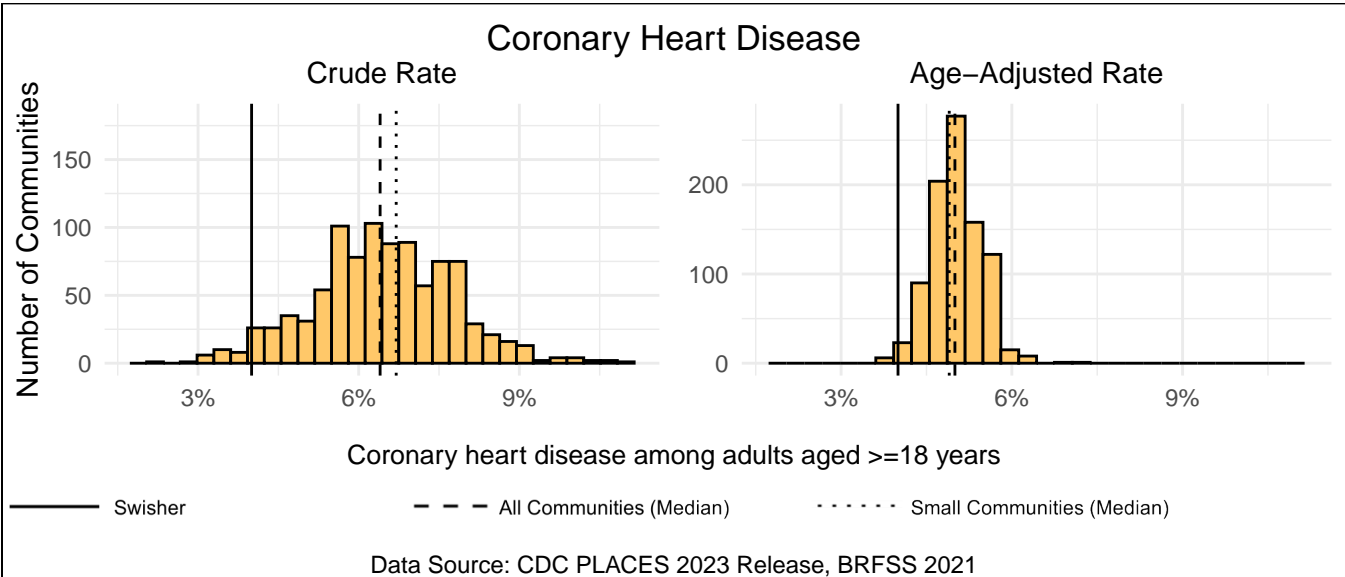
COPD

Swisher has a crude rate of 4.5% for chronic obstructive pulmonary disease among adults aged >=18 years, which ranks 16th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Swisher is 4.3%, which ranks 8th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	4.5%	7.4%	7.4%
Age-Adjusted	4.3%	6.2%	6.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
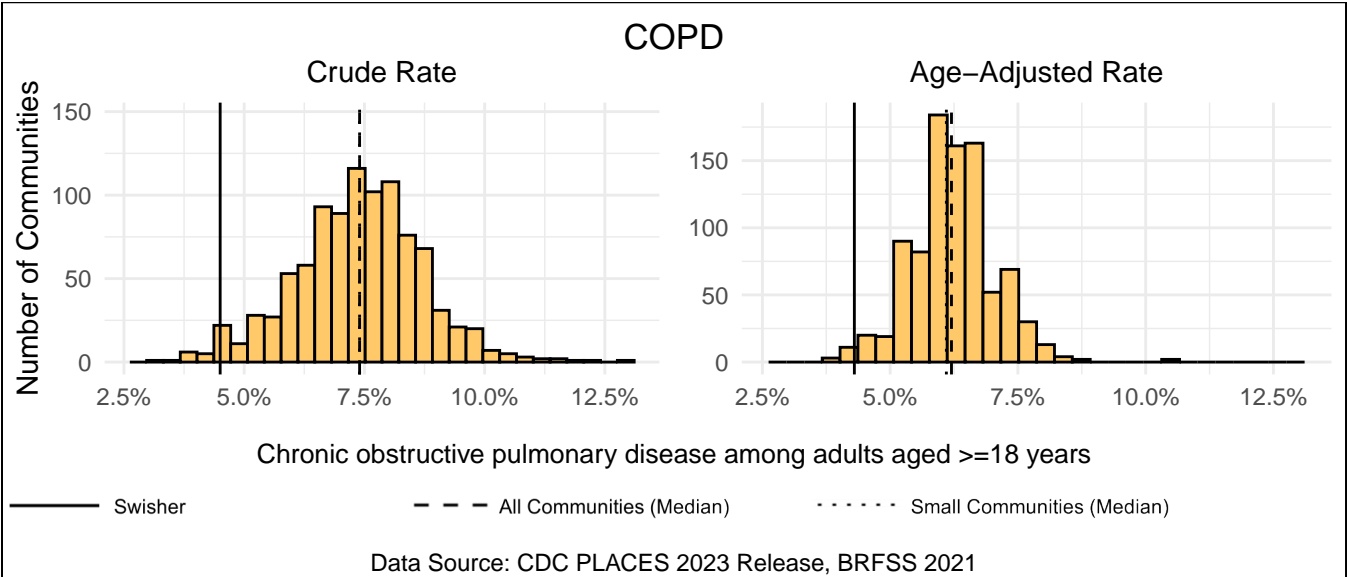
Depression

Swisher has a crude rate of 18.7% for depression among adults aged >=18 years, which ranks 673rd out of 958 Iowa communities (104th out of 138 small communities). The age-adjusted rate for Swisher is 18.7%, which ranks 291st out of 905 Iowa communities (45th out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	18.7%	18.0%	17.9%
Age-Adjusted	18.7%	19.0%	19.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
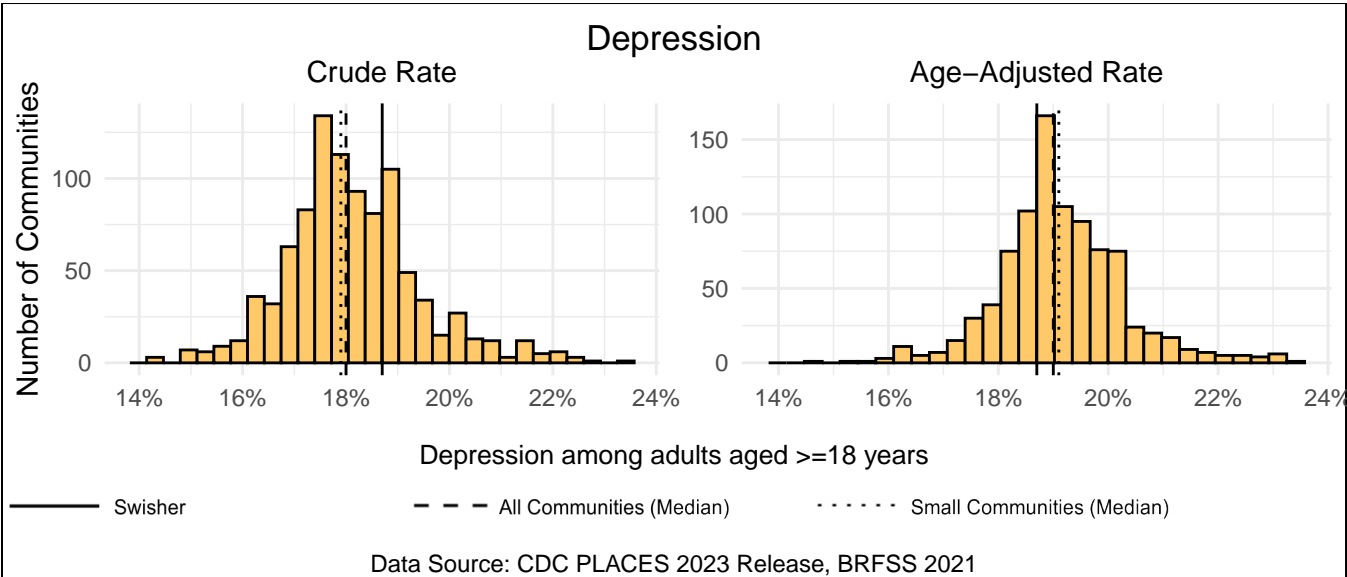
Diabetes

Swisher has a crude rate of 6.6% for diagnosed diabetes among adults aged >=18 years, which ranks 24th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Swisher is 6.2%, which ranks 4th out of 905 Iowa communities (1st out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	6.6%	10.1%	10.0%
Age-Adjusted	6.2%	8.1%	8.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
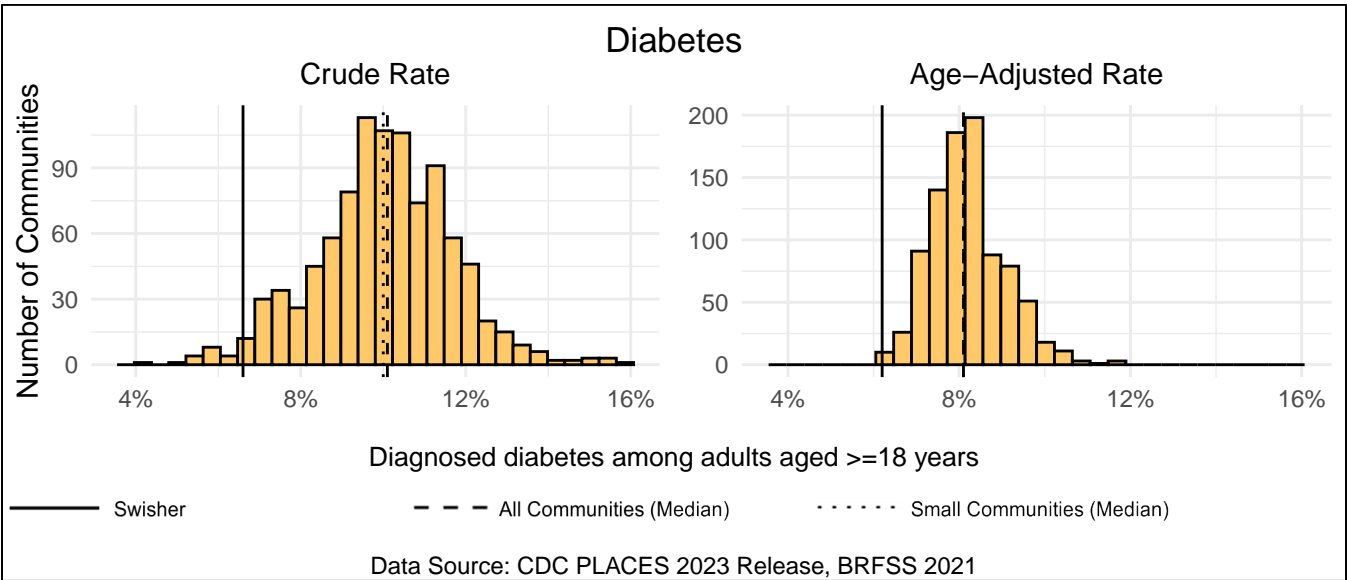
High Cholesterol

Swisher has a crude rate of 29.3% for high cholesterol among adults aged >=18 years who have been screened in the past 5 years, which ranks 16th out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Swisher is 26.2%, which ranks 1st out of 905 Iowa communities (1st out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	29.3%	36.2%	36.4%
Age-Adjusted	26.2%	29.7%	29.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
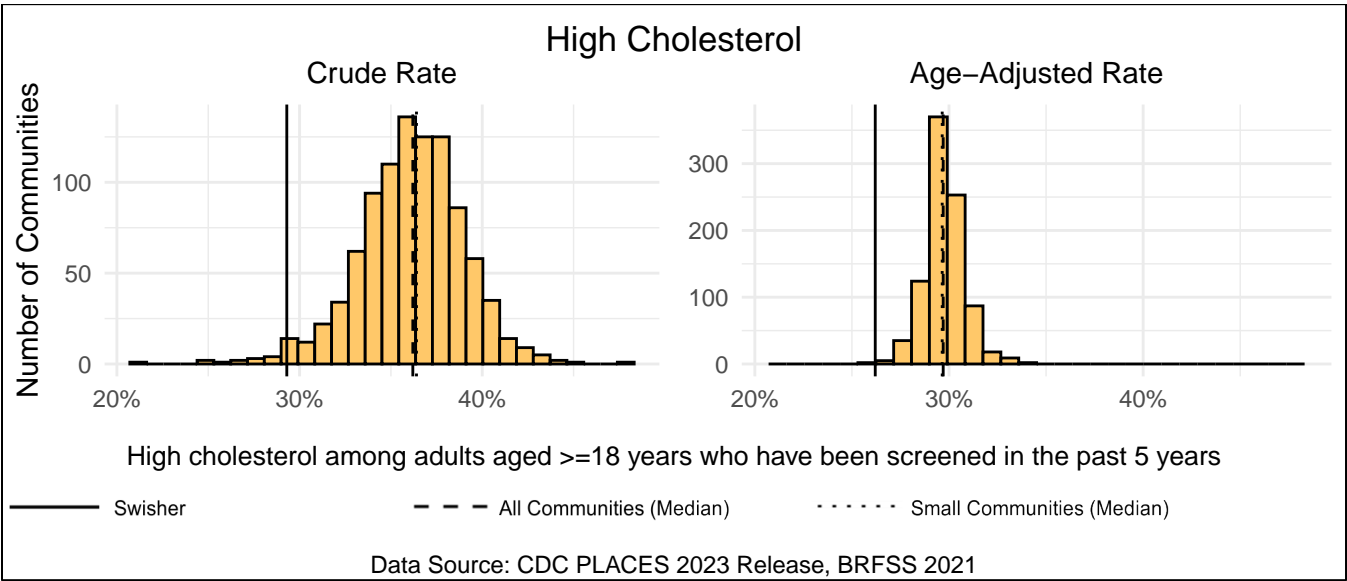
Chronic Kidney Disease

Swisher has a crude rate of 2.2% for chronic kidney disease among adults aged >=18 years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Swisher is 2.2%, which ranks 1st out of 905 Iowa communities (1st out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	2.2%	3.2%	3.3%
Age-Adjusted	2.2%	2.6%	2.6%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
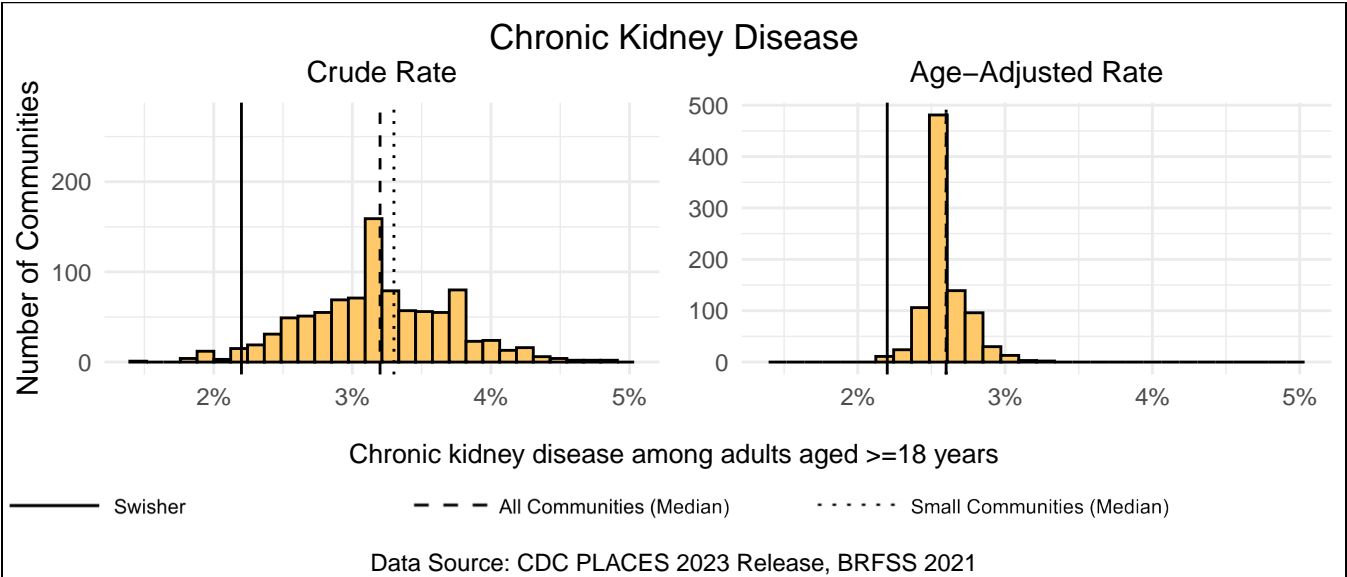
Obesity

Swisher has a crude rate of 31.8% for obesity among adults aged >=18 years, which ranks 25th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Swisher is 30.3%, which ranks 5th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	31.8%	37.6%	37.2%
Age-Adjusted	30.3%	37.6%	37.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
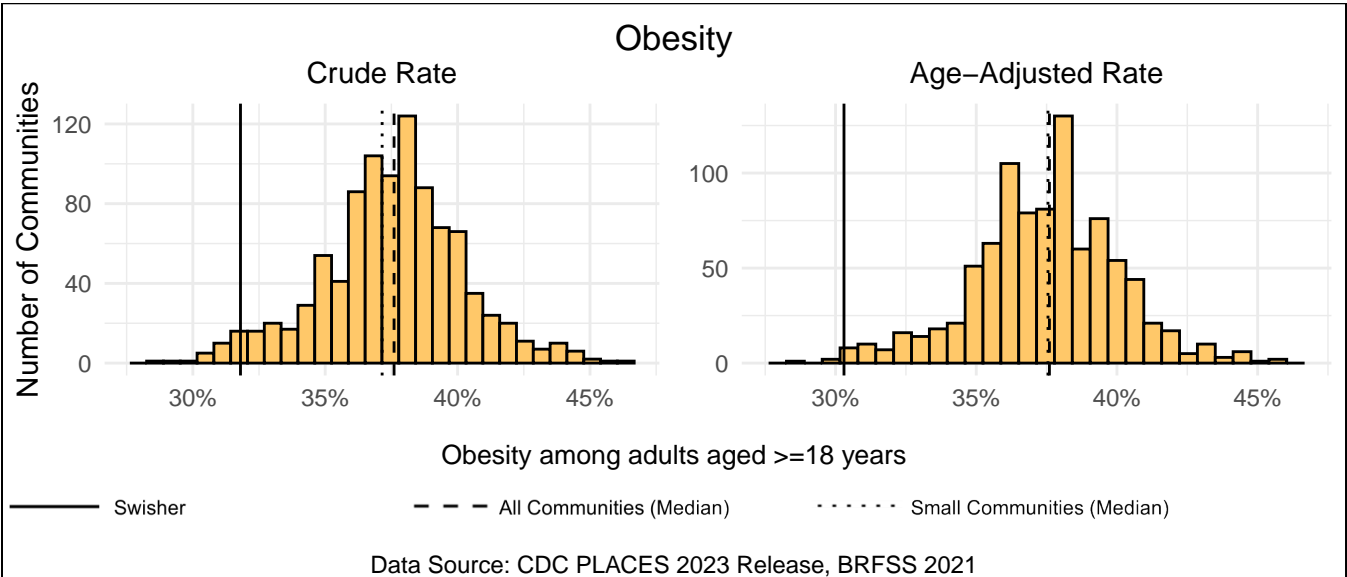
Stroke

Swisher has a crude rate of 2.0% for stroke among adults aged >=18 years, which ranks 21st out of 958 Iowa communities (6th out of 138 small communities). The age-adjusted rate for Swisher is 2.1%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	2.0%	3.3%	3.4%
Age-Adjusted	2.1%	2.6%	2.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
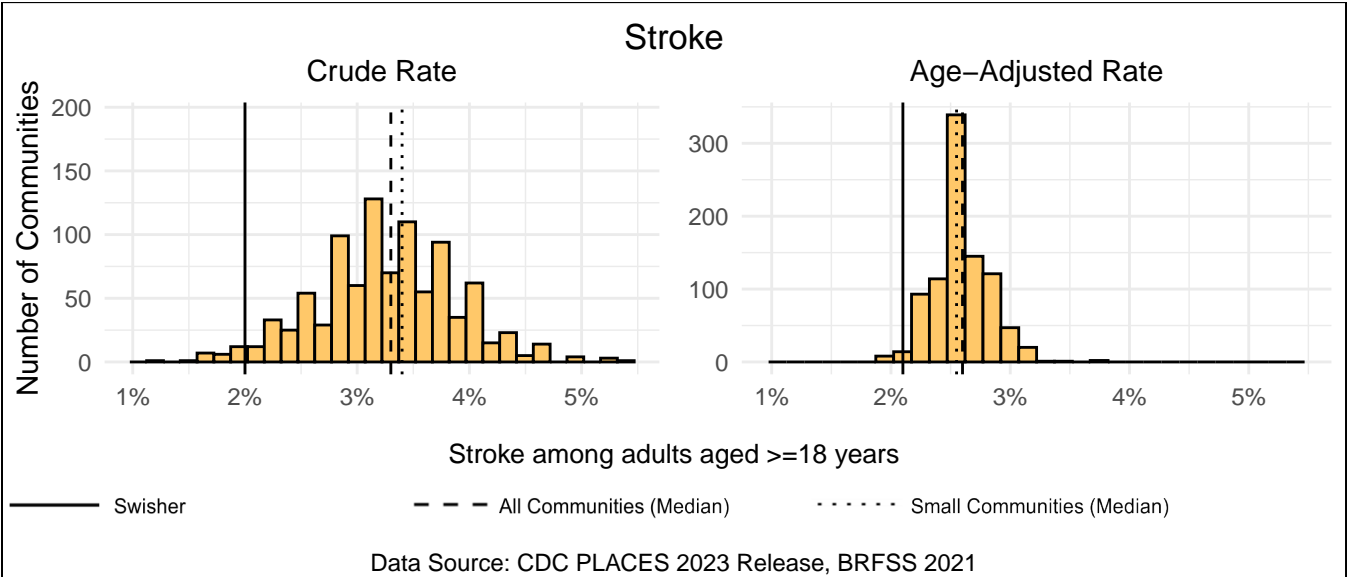
All Teeth Lost

Swisher has a crude rate of 7.1% for all teeth lost among adults aged >=65 years, which ranks 4th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Swisher is 7.5%, which ranks 6th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	7.1%	12.9%	12.8%
Age-Adjusted	7.5%	12.8%	12.3%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
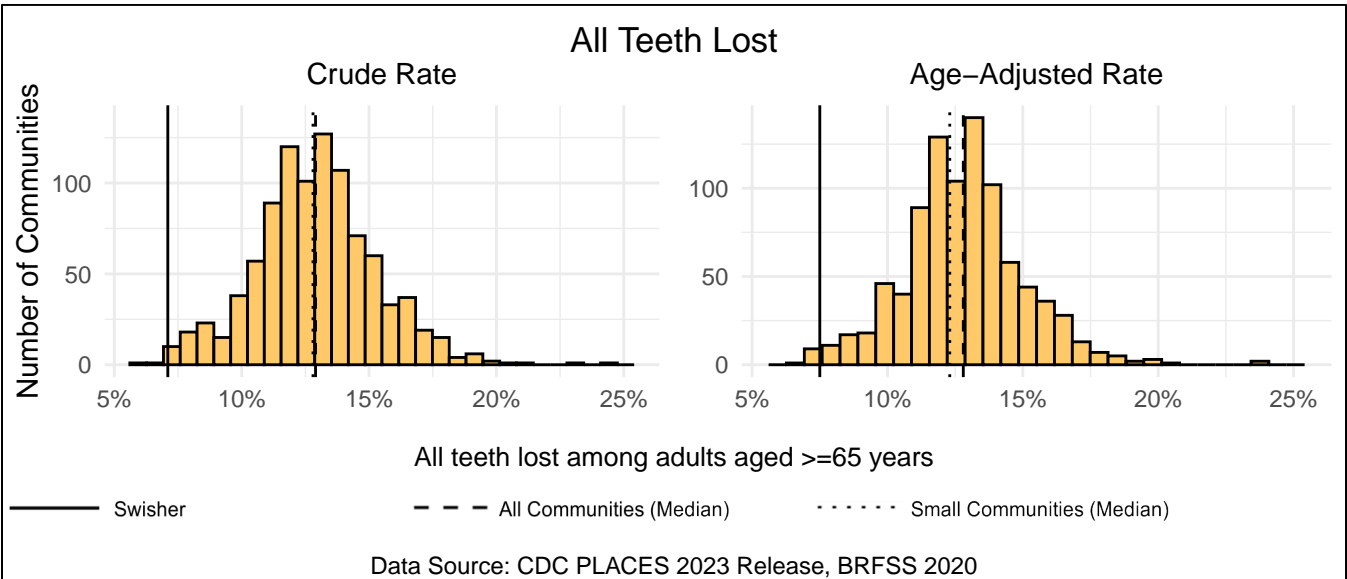
Prevention

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

Swisher has a crude rate of 4.9% for current lack of health insurance among adults aged 18–64 years, which ranks 10th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Swisher is 5.1%, which ranks 10th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	4.9%	7.3%	7.2%
Age-Adjusted	5.1%	7.7%	7.5%

Lack of Health Insurance

Data Source: CDC PLACES 2023 Release, BRFSS 2021
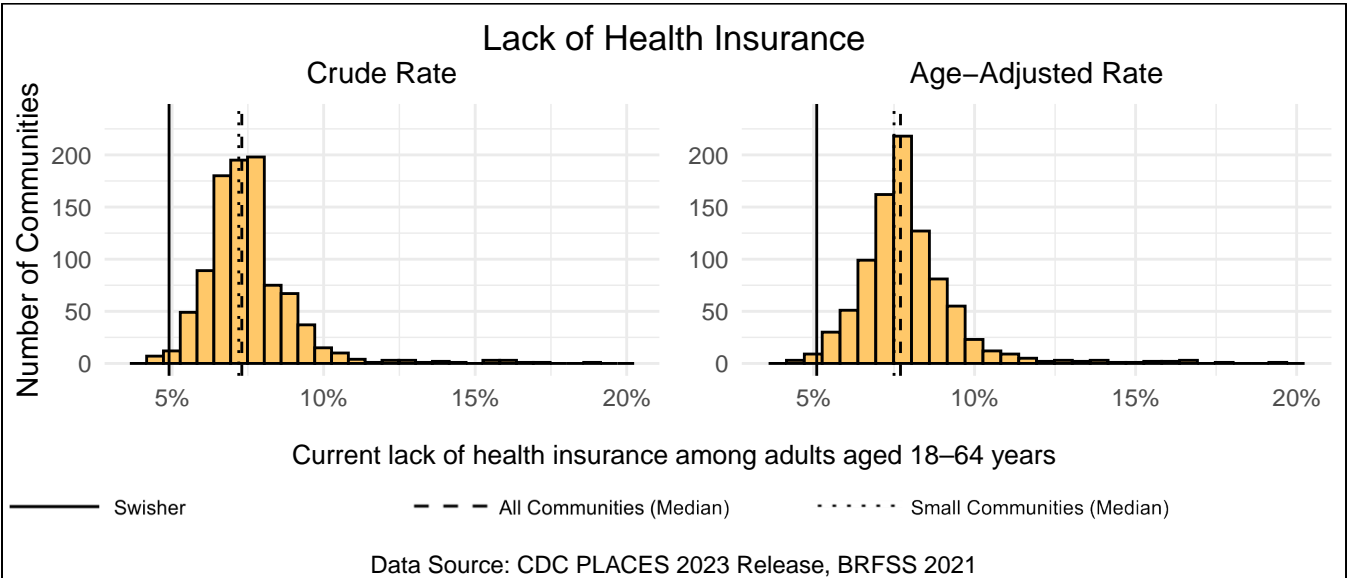
Taking BP Medication

Swisher has a crude rate of 72.9% for taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure, which ranks 919th out of 958 Iowa communities (128th out of 138 small communities). The age-adjusted rate for Swisher is 55.1%, which ranks 898th out of 905 Iowa communities (138th out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	72.9%	79.8%	80.2%
Age-Adjusted	55.1%	59.0%	59.0%

Taking BP Medication
Crude Rate | Age–Adjusted Rate

Taking medicine for high blood pressure control among adults aged >=18 years with high blood pressure

—— Swisher   – – – All Communities (Median)   ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cervical Cancer Screening

Swisher has a crude rate of 87.4% for cervical cancer screening among adult women aged 21–65 years, which ranks 17th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Swisher is 86.2%, which ranks 19th out of 905 Iowa communities (6th out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	87.4%	83.3%	83.6%
Age-Adjusted	86.2%	83.2%	83.5%

Cervical Cancer Screening
Crude Rate | Age–Adjusted Rate

Cervical cancer screening among adult women aged 21–65 years

—— Swisher   – – – All Communities (Median)   ······ Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Annual Checkup

Swisher has a crude rate of 71.9% for visits to doctor for routine checkup within the past year among adults aged >=18 years, which ranks 909th out of 958 Iowa communities (130th out of 138 small communities). The age-adjusted rate for Swisher is 71.4%, which ranks 787th out of 905 Iowa communities (128th out of 138 small communities).
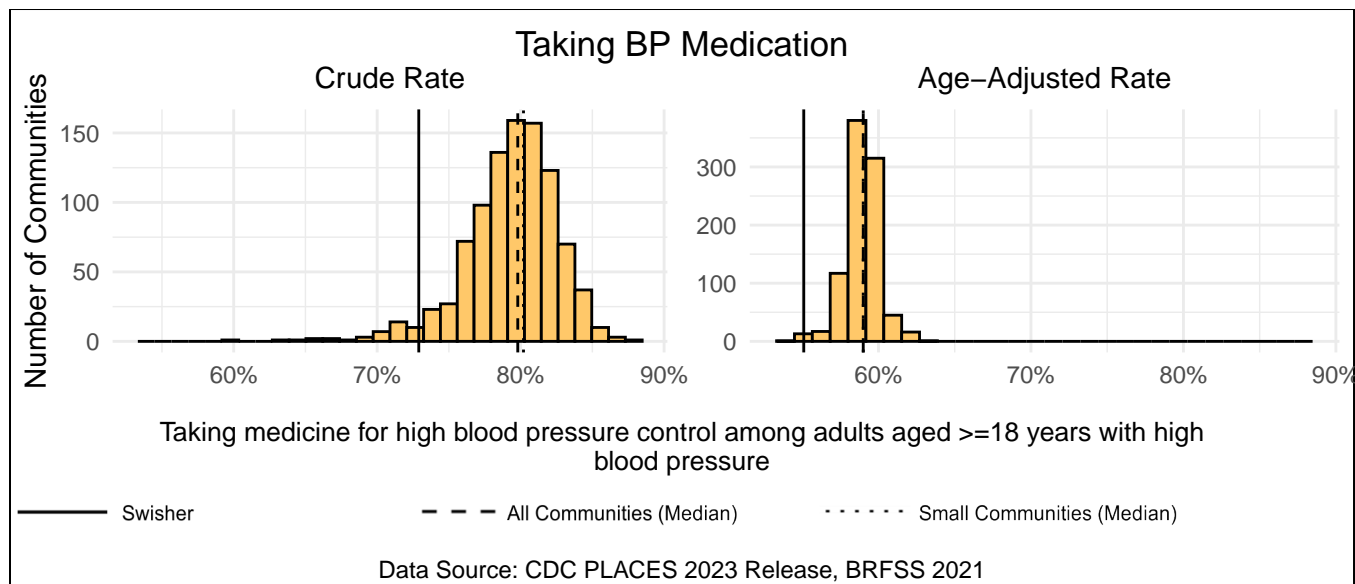
Measure Type	Swisher	All Comm.	Small Comm.
Crude	71.9%	75.2%	75.5%
Age-Adjusted	71.4%	72.6%	72.6%

Annual Checkup — Crude Rate / Age–Adjusted Rate. Visits to doctor for routine checkup within the past year among adults aged >=18 years. Swisher; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021
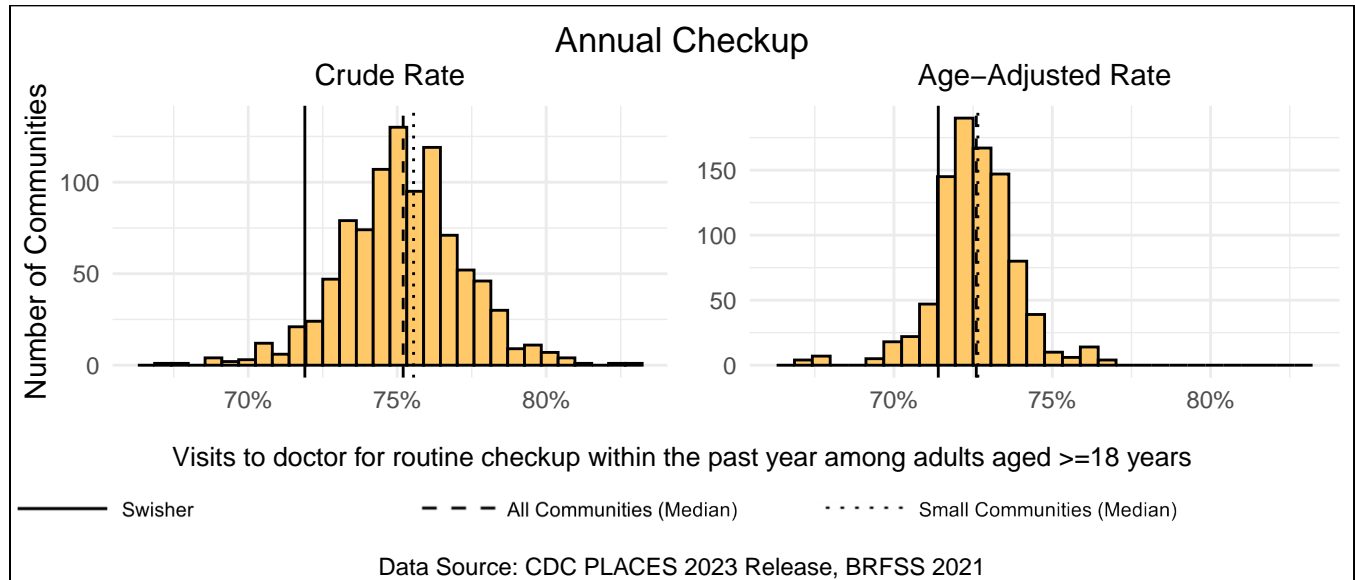
Cholesterol Screening

Swisher has a crude rate of 83.8% for cholesterol screening among adults aged >=18 years, which ranks 240th out of 958 Iowa communities (40th out of 138 small communities). The age-adjusted rate for Swisher is 82.0%, which ranks 27th out of 905 Iowa communities (7th out of 138 small communities).
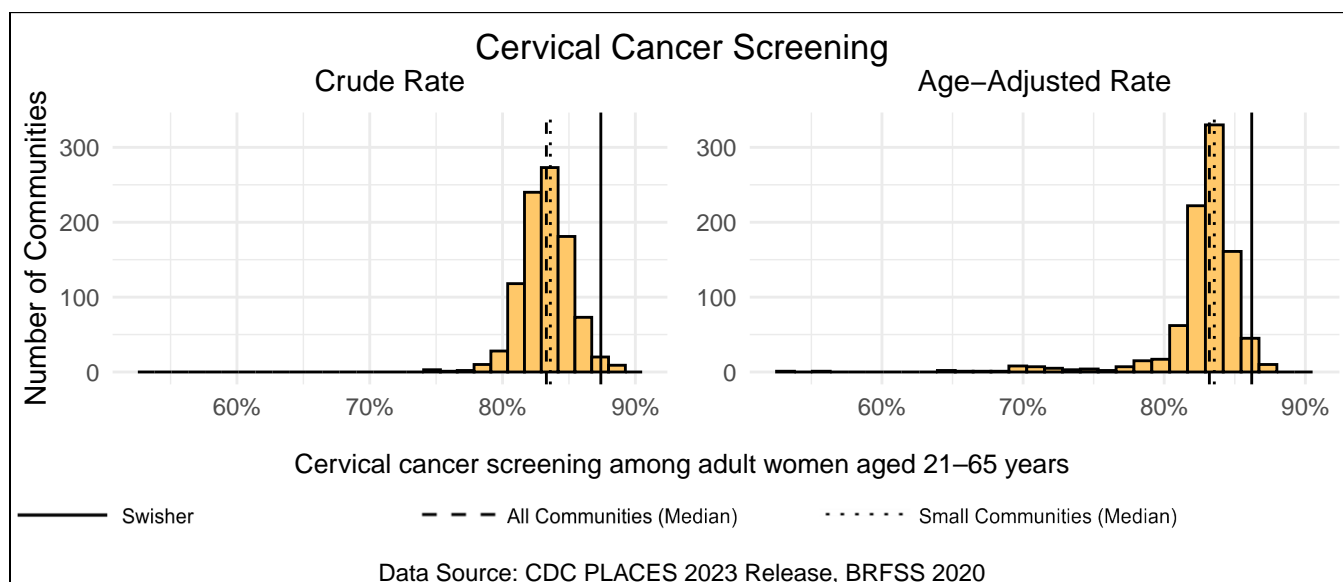
Measure Type	Swisher	All Comm.	Small Comm.
Crude	83.8%	82.6%	82.9%
Age-Adjusted	82.0%	79.1%	79.4%

Cholesterol Screening — Crude Rate / Age–Adjusted Rate. Cholesterol screening among adults aged >=18 years. Swisher; All Communities (Median); Small Communities (Median). Data Source: CDC PLACES 2023 Release, BRFSS 2021

Colorectal Cancer Screening

Swisher has a crude rate of 76.1% for colorectal cancer screening among adults aged 50–75 years, which ranks 44th out of 958 Iowa communities (10th out of 138 small communities). The age-adjusted rate for Swisher is 75.5%, which ranks 45th out of 905 Iowa communities (13th out of 138 small communities).
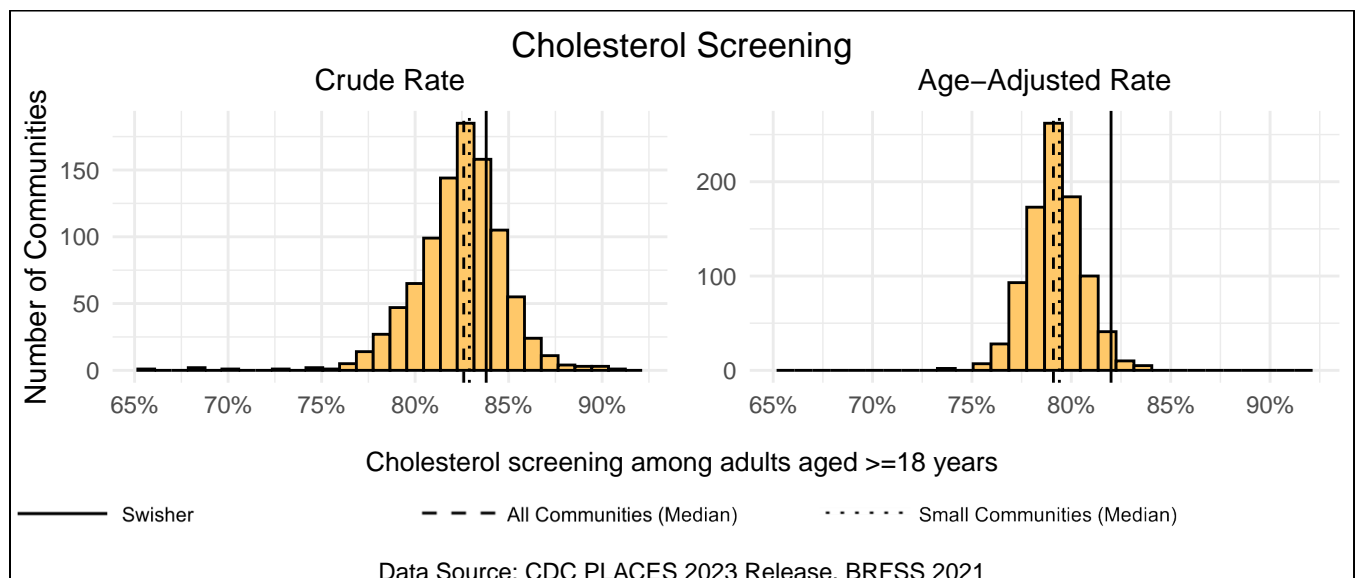
Measure Type	Swisher	All Comm.	Small Comm.
Crude	76.1%	71.6%	71.9%
Age-Adjusted	75.5%	70.9%	71.1%

Colorectal Cancer Screening

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older men

Swisher has a crude rate of 46.4% 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 233rd out of 958 Iowa communities (35th out of 138 small communities). The age-adjusted rate for Swisher is 46.6%, which ranks 203rd out of 905 Iowa communities (33rd out of 138 small communities).
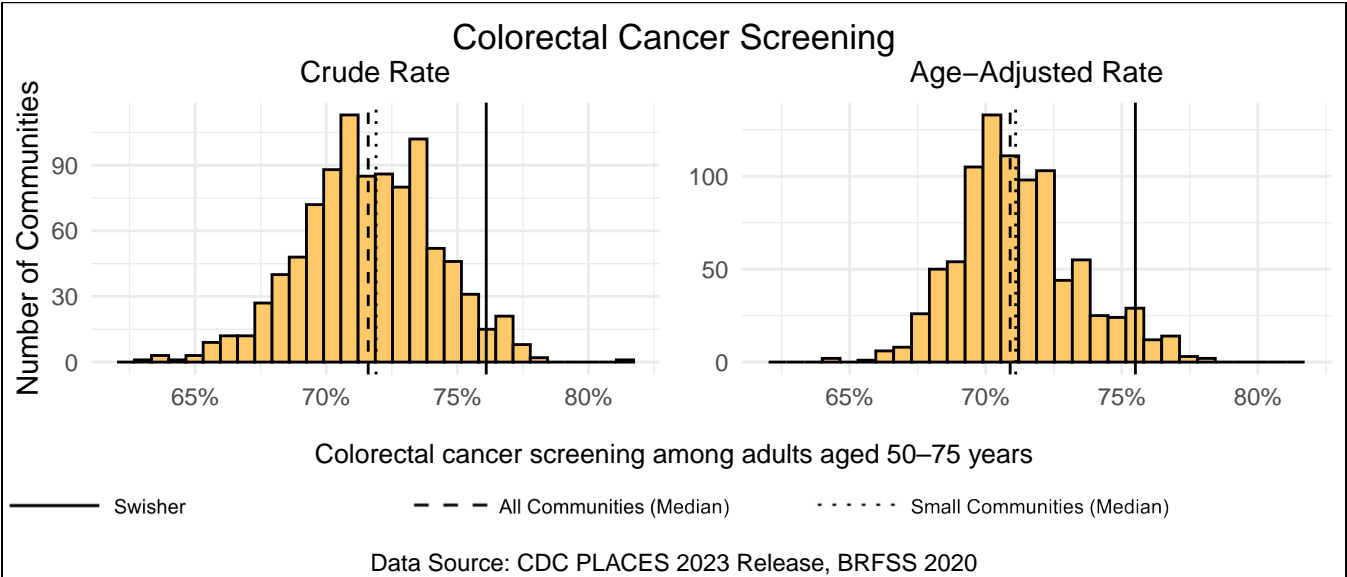
Measure Type	Swisher	All Comm.	Small Comm.
Crude	46.4%	43.5%	43.8%
Age-Adjusted	46.6%	43.5%	44.2%

Core preventive services for older men

Crude Rate

Age–Adjusted Rate

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

——— Swisher – – – All Communities (Median) · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Core preventive services for older women

Swisher has a crude rate of 50.4% 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 10th out of 958 Iowa communities (4th out of 138 small communities). The age-adjusted rate for Swisher is 49.2%, which ranks 22nd out of 905 Iowa communities (4th out of 138 small communities).
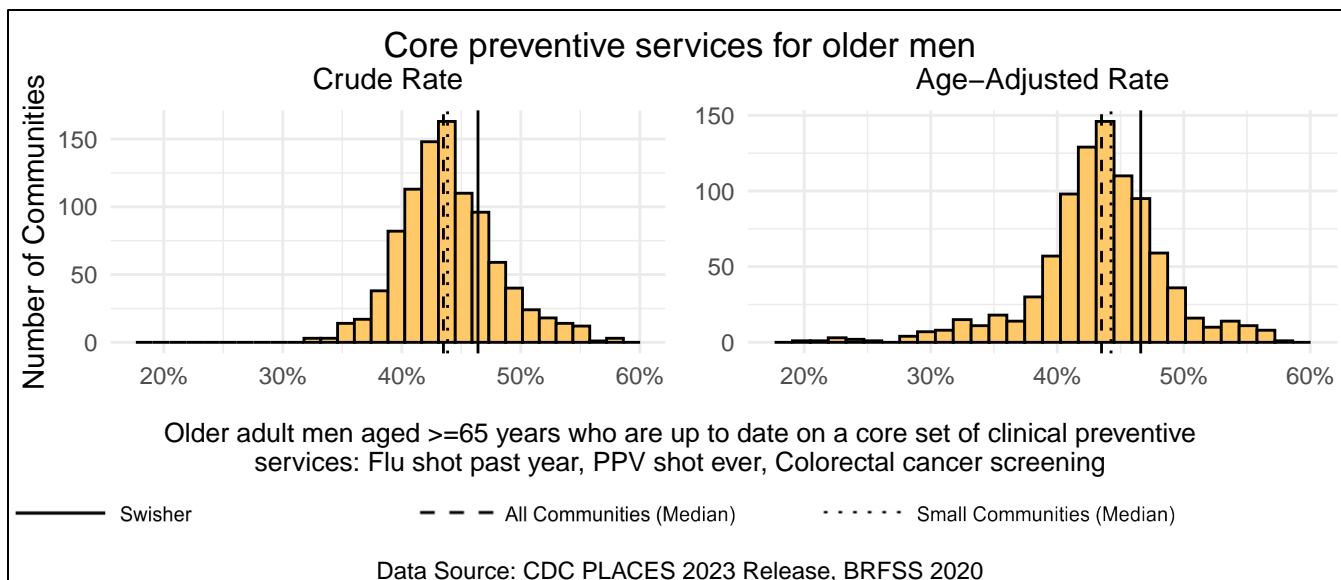
Measure Type	Swisher	All Comm.	Small Comm.
Crude	50.4%	39.0%	38.2%
Age-Adjusted	49.2%	39.9%	40.7%

Core preventive services for older women

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

Swisher — All Communities (Median) — Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Dental Visit

Swisher has a crude rate of 73.9% for visits to dentist or dental clinic among adults aged >=18 years, which ranks 41st out of 958 Iowa communities (8th out of 138 small communities). The age-adjusted rate for Swisher is 73.9%, which ranks 38th out of 905 Iowa communities (9th out of 138 small communities).
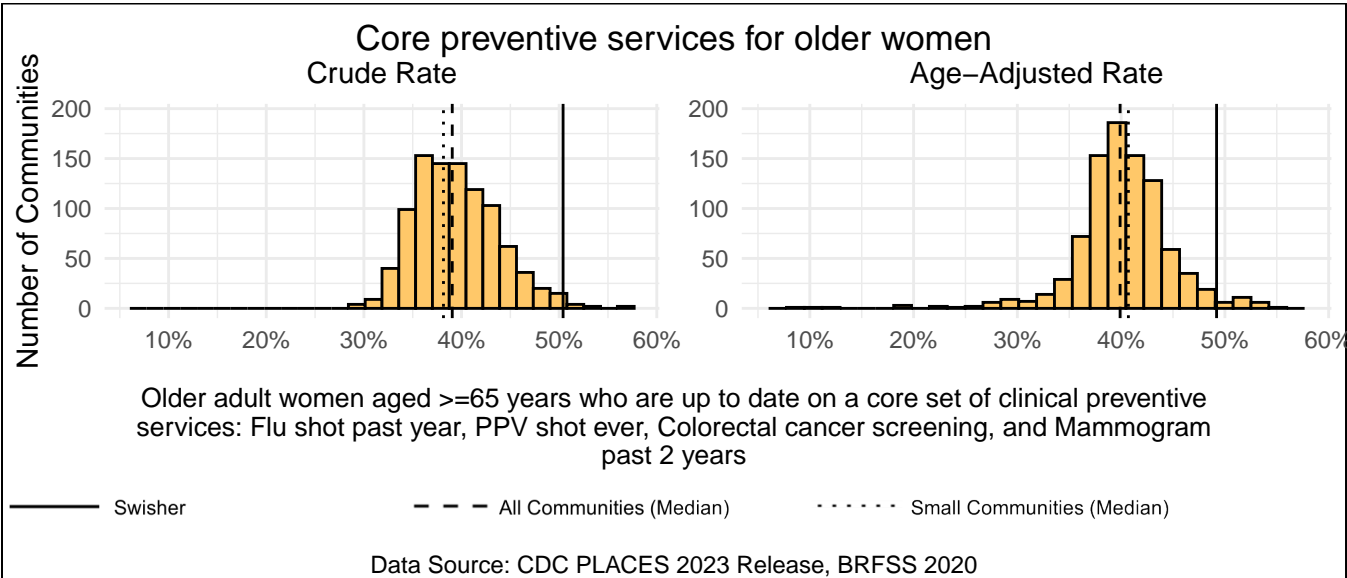
Measure Type	Swisher	All Comm.	Small Comm.
Crude	73.9%	67.2%	68.2%
Age-Adjusted	73.9%	66.6%	67.5%

Dental Visit

Crude Rate

Age–Adjusted Rate

Number of Communities

Visits to dentist or dental clinic among adults aged >=18 years

—— Swisher   – – – All Communities (Median)   · · · · · · Small Communities (Median)

Data Source: CDC PLACES 2023 Release, BRFSS 2020

Mammography

Swisher has a crude rate of 78.8% for mammography use among women aged 50–74 years, which ranks 128th out of 958 Iowa communities (15th out of 138 small communities). The age-adjusted rate for Swisher is 78.4%, which ranks 30th out of 905 Iowa communities (4th out of 138 small communities).
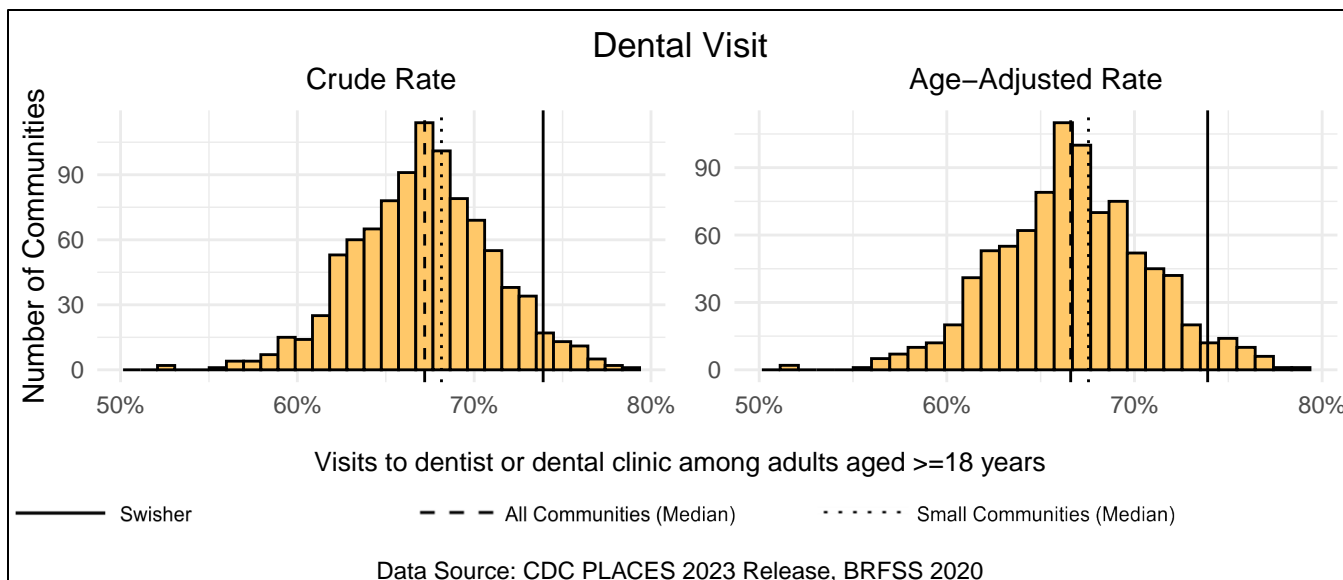
Measure Type	Swisher	All Comm.	Small Comm.
Crude	78.8%	76.2%	76.0%
Age-Adjusted	78.4%	73.9%	74.0%

Data Source: CDC PLACES 2023 Release, BRFSS 2020
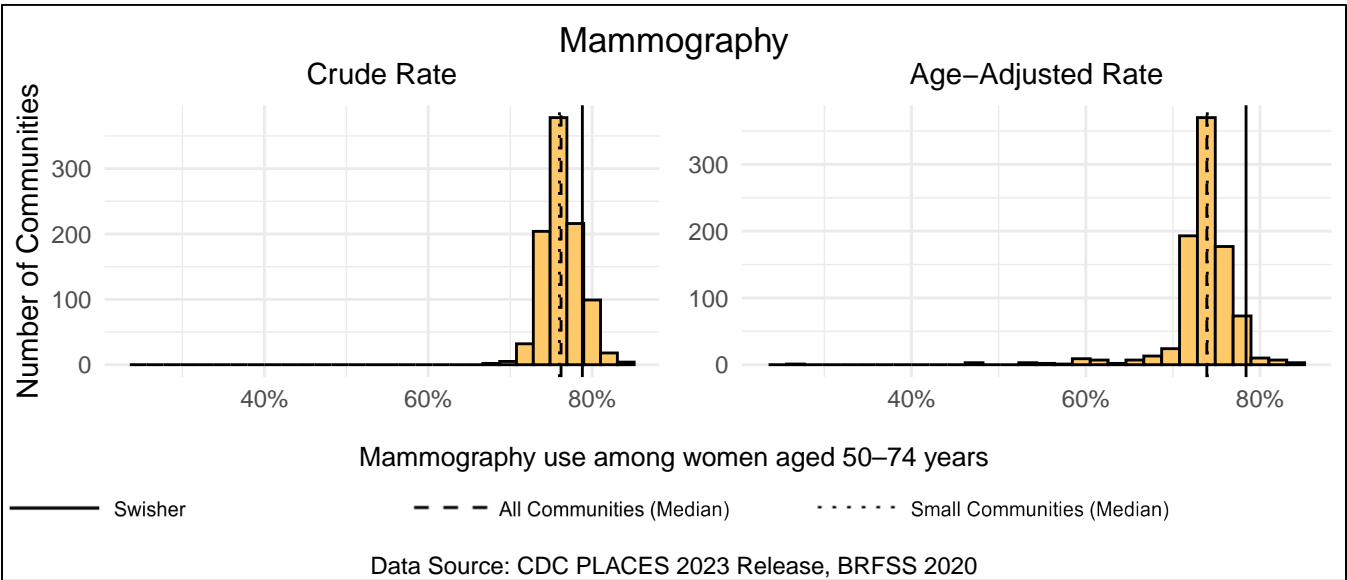
Disability

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

Swisher has a crude rate of 4.7% for hearing disability among adults aged >=18 years, which ranks 29th out of 958 Iowa communities (7th out of 138 small communities). The age-adjusted rate for Swisher is 4.8%, which ranks 8th out of 905 Iowa communities (1st out of 138 small communities).
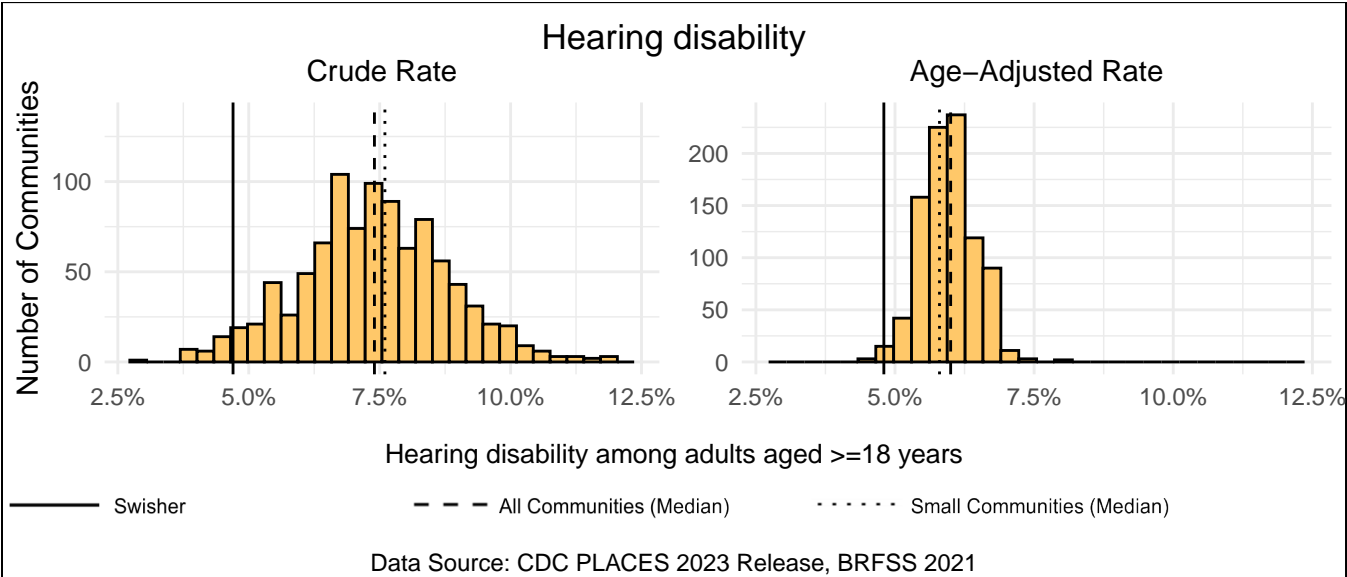
Measure Type	Swisher	All Comm.	Small Comm.
Crude	4.7%	7.4%	7.6%
Age-Adjusted	4.8%	6.0%	5.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Vision disability

Swisher has a crude rate of 2.4% for vision disability among adults aged >=18 years, which ranks 7th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Swisher is 2.4%, which ranks 8th out of 905 Iowa communities (2nd out of 138 small communities).
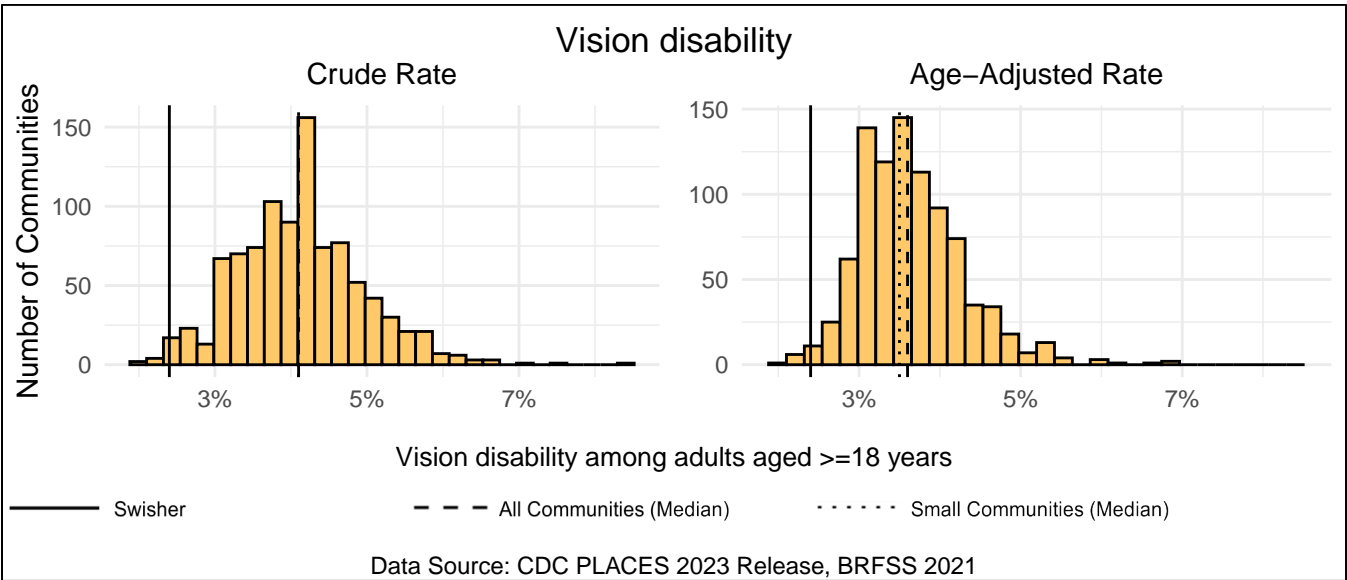
Measure Type	Swisher	All Comm.	Small Comm.
Crude	2.4%	4.1%	4.1%
Age-Adjusted	2.4%	3.6%	3.5%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Cognitive disability

Swisher has a crude rate of 8.2% for cognitive disability among adults aged >=18 years, which ranks 10th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Swisher is 8.4%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	8.2%	11.1%	10.9%
Age-Adjusted	8.4%	11.6%	11.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Mobility disability

Swisher has a crude rate of 6.8% for mobility disability among adults aged >=18 years, which ranks 15th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Swisher is 6.7%, which ranks 6th out of 905 Iowa communities (2nd out of 138 small communities).
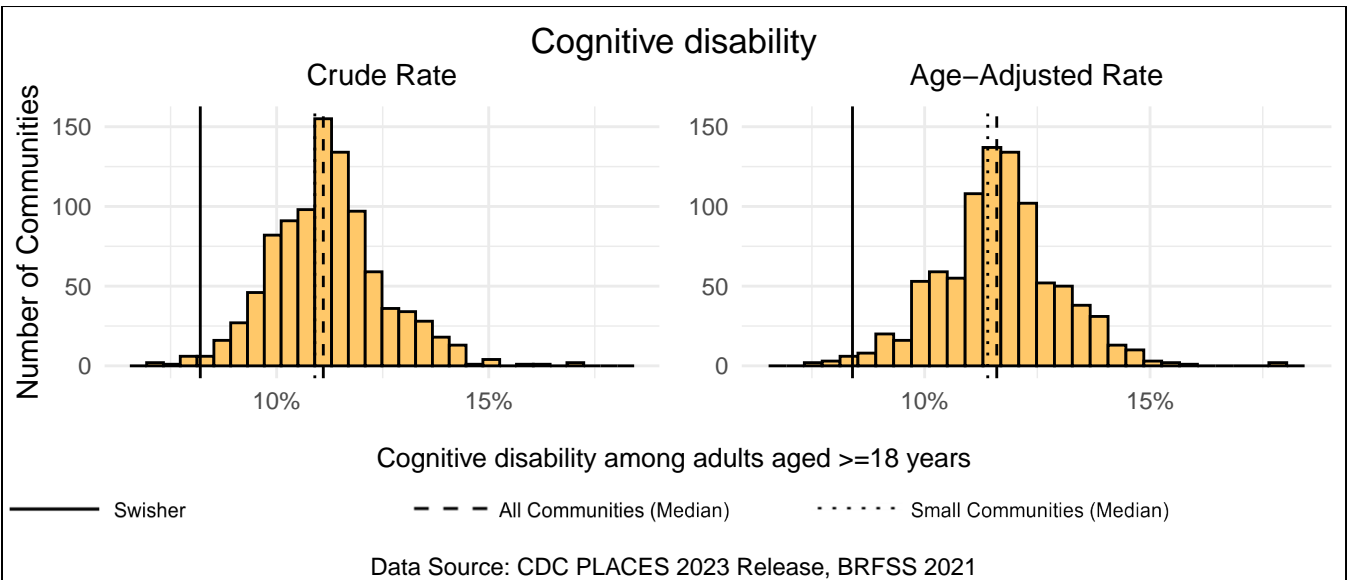
Measure Type	Swisher	All Comm.	Small Comm.
Crude	6.8%	11.8%	12.0%
Age-Adjusted	6.7%	9.5%	9.4%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
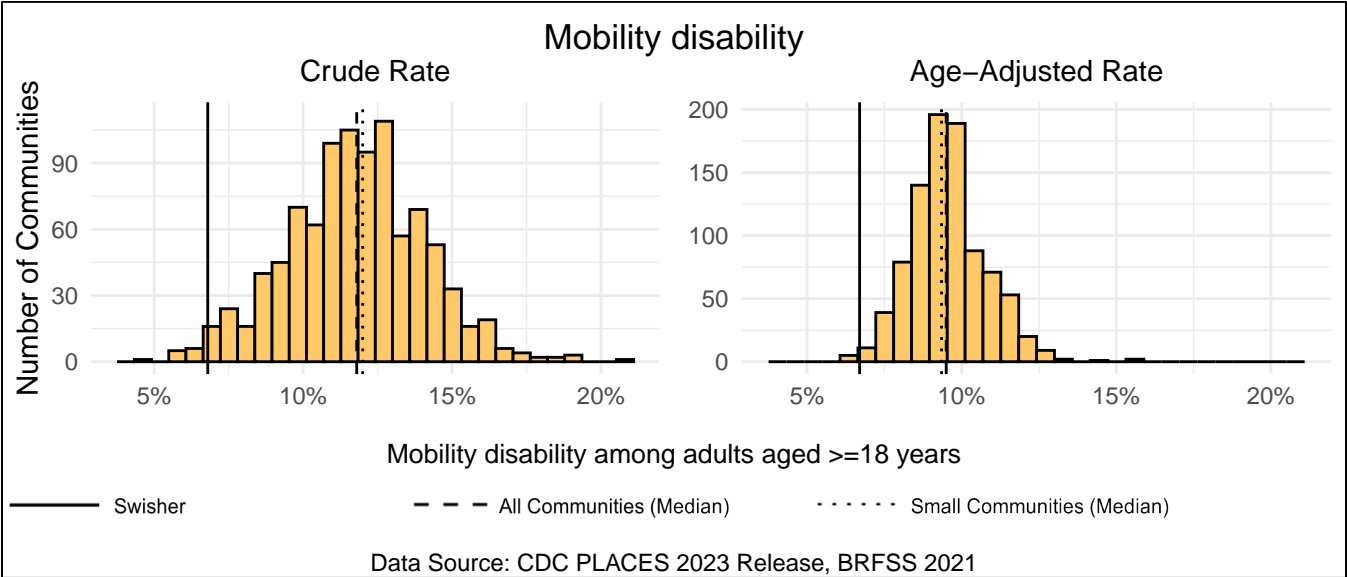
Self-care disability

Swisher has a crude rate of 2.1% for self-care disability among adults aged >=18 years, which ranks 17th out of 958 Iowa communities (5th out of 138 small communities). The age-adjusted rate for Swisher is 2.0%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	2.1%	3.4%	3.3%
Age-Adjusted	2.0%	2.9%	2.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021
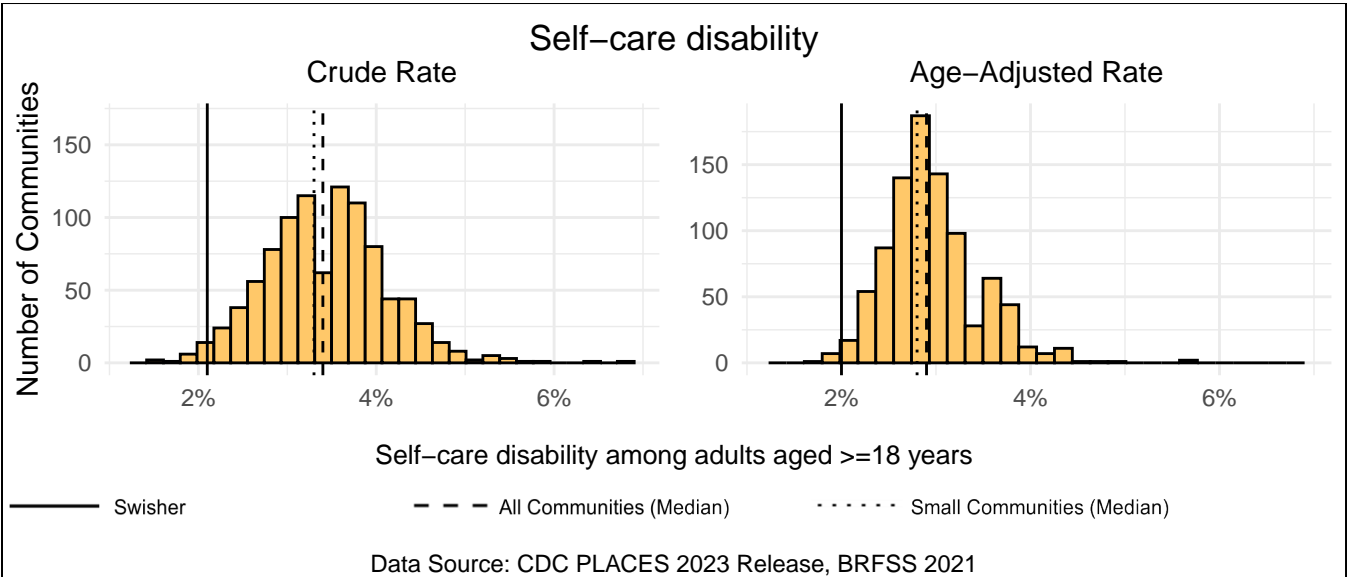
Independent living disability

Swisher has a crude rate of 4.2% for independent living disability among adults aged >=18 years, which ranks 7th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Swisher is 4.3%, which ranks 9th out of 905 Iowa communities (2nd out of 138 small communities).

Measure Type	Swisher	All Comm.	Small Comm.
Crude	4.2%	6.6%	6.8%
Age-Adjusted	4.3%	6.2%	6.1%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

Any disability

Swisher has a crude rate of 16.6% for any disability among adults aged >=18 years, which ranks 6th out of 958 Iowa communities (2nd out of 138 small communities). The age-adjusted rate for Swisher is 17.0%, which ranks 6th out of 905 Iowa communities (2nd out of 138 small communities).
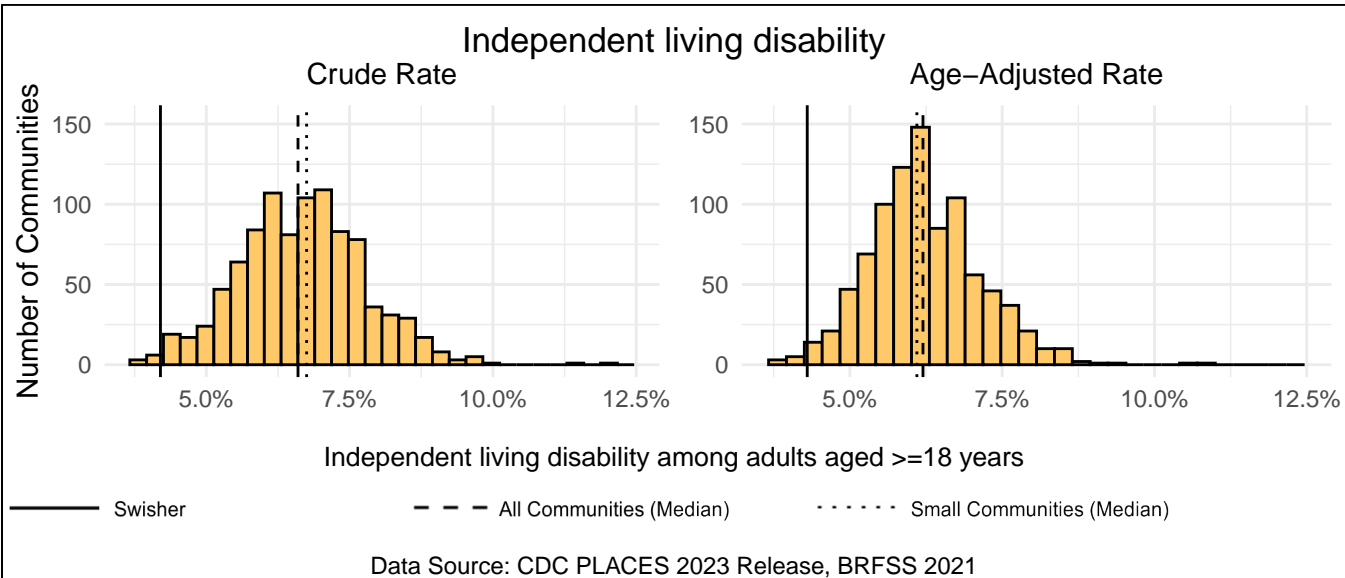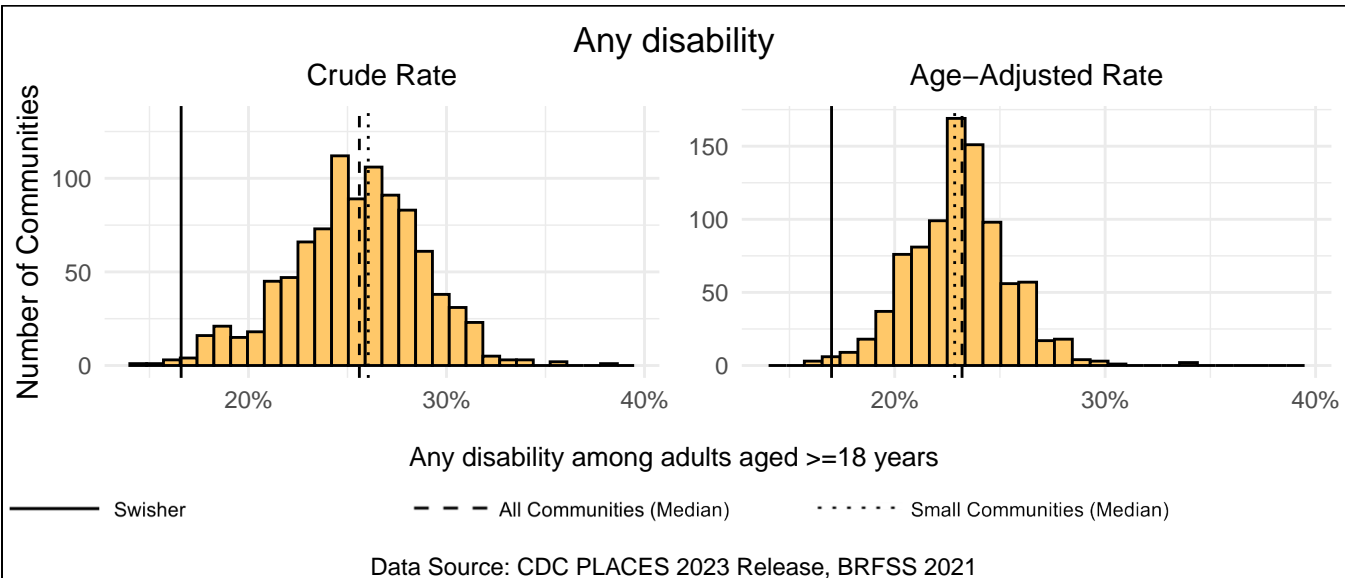
Measure Type	Swisher	All Comm.	Small Comm.
Crude	16.6%	25.6%	26.0%
Age-Adjusted	17.0%	23.2%	22.8%

Data Source: CDC PLACES 2023 Release, BRFSS 2021

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: Swisher PLACES Data

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Health Status	Physical Health	15	7.6% (6.3% - 9.1%)	8	7.3% (6.1% - 8.6%)
Health Status	Mental Health	119	13.2% (11.3% - 15.4%)	28	13.6% (11.6% - 15.7%)
Health Status	General Health	12	8.9% (7.3% - 10.9%)	7	8.6% (7.1% - 10.6%)
Health Risk Behaviors	Binge Drinking	936	24.0% (20.6% - 27.5%)	895	24.4% (21.0% - 27.9%)
Health Risk Behaviors	Current Smoking	34	12.8% (9.5% - 16.4%)	13	11.9% (9.1% - 15.6%)
Health Risk Behaviors	Sleep <7 hours	169	28.7% (26.9% - 30.7%)	44	28.1% (26.3% - 30.0%)
Health Risk Behaviors	Physical Inactivity	13	17.4% (13.9% - 21.4%)	13	17.3% (14.1% - 21.2%)
Health Outcomes	Coronary Heart Disease	27	4.0% (3.4% - 4.6%)	7	4.0% (3.4% - 4.6%)
Health Outcomes	Depression	673	18.7% (15.8% - 21.9%)	291	18.7% (15.9% - 22.1%)
Health Outcomes	Chronic Kidney Disease	21	2.2% (2.0% - 2.5%)	1	2.2% (2.0% - 2.5%)
Health Outcomes	Current Asthma	80	8.9% (7.9% - 10.2%)	45	8.9% (7.9% - 10.1%)
Health Outcomes	COPD	16	4.5% (3.6% - 5.6%)	8	4.3% (3.5% - 5.4%)
Health Outcomes	Stroke	21	2.0% (1.7% - 2.4%)	9	2.1% (1.8% - 2.4%)
Health Outcomes	Arthritis	53	21.6% (18.6% - 24.7%)	26	20.5% (17.7% - 23.6%)
Health Outcomes	Diabetes	24	6.6% (5.5% - 7.8%)	4	6.2% (5.2% - 7.2%)
Health Outcomes	All Teeth Lost	4	7.1% (3.8% - 11.3%)	6	7.5% (4.1% - 11.9%)
Health Outcomes	High Blood Pressure	20	23.6% (20.6% - 26.8%)	2	22.6% (19.7% - 25.8%)
Health Outcomes	Obesity	25	31.8% (27.2% - 37.0%)	5	30.3% (25.7% - 35.3%)
Health Outcomes	Cancer (except skin)	108	6.6% (6.0% - 7.4%)	831	6.6% (5.9% - 7.4%)
Health Outcomes	High Cholesterol	16	29.3% (25.9% - 32.9%)	1	26.2% (22.7% - 29.8%)
Prevention	Annual Checkup	909	71.9% (67.7% - 75.7%)	787	71.4% (67.2% - 75.3%)
Prevention	Health Insurance	10	4.9% (3.6% - 6.6%)	10	5.1% (3.6% - 6.9%)
Prevention	Taking BP Medication	919	72.9% (68.8% - 76.7%)	898	55.1% (50.4% - 59.7%)
Prevention	Mammography	128	78.8% (74.4% - 82.3%)	30	78.4% (74.5% - 81.9%)
Prevention	Dental Visit	41	73.9% (69.6% - 77.4%)	38	73.9% (69.8% - 77.5%)
Prevention	Core preventive services for older women	10	50.4% (43.4% - 57.7%)	22	49.2% (42.4% - 56.4%)

Category	Health Domain	Crude Rate Rank	Crude Rate (95% CI)	Age-Adj. Rate Rank	Age-Adj. Rate (95% CI)
Prevention	Core preventive services for older men	233	46.4% (37.6% - 55.7%)	203	46.6% (39.1% - 54.6%)
Prevention	Cholesterol Screening	240	83.8% (80.9% - 86.4%)	27	82.0% (78.8% - 84.8%)
Prevention	Cervical Cancer Screening	17	87.4% (85.0% - 89.4%)	19	86.2% (83.7% - 88.4%)
Prevention	Colorectal Cancer Screening	44	76.1% (73.0% - 78.8%)	45	75.5% (72.3% - 78.4%)
Disability	Independent Living Disability	7	4.2% (3.4% - 5.1%)	9	4.3% (3.5% - 5.2%)
Disability	Self-care Disability	17	2.1% (1.7% - 2.5%)	9	2.0% (1.6% - 2.3%)
Disability	Cognitive Disability	10	8.2% (6.7% - 9.8%)	9	8.4% (6.9% - 10.3%)
Disability	Any Disability	6	16.6% (13.8% - 19.9%)	6	17.0% (14.3% - 20.4%)
Disability	Vision Disability	7	2.4% (2.0% - 2.9%)	8	2.4% (2.0% - 2.9%)
Disability	Hearing Disability	29	4.7% (4.1% - 5.4%)	8	4.8% (4.2% - 5.5%)
Disability	Mobility Disability	15	6.8% (5.5% - 8.3%)	6	6.7% (5.5% - 8.3%)

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)

Swisher 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		