



Iowa Community Health Snapshot Series

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



May 2024

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This project was supported by funding from Iowa State University's Extension and Outreach Community and Economic Development Unit via an award from Iowa State University's Presidential Strategic Initiative Plan 2022-2031.

Iowa Community Health Snapshot Series

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Health in Tiffin: Overview

Dear Community Members & Stakeholders of Tiffin,

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 Tiffin ranks across various health measures compared to the rest of the state and similarly-sized communities. This comparison allows us to identify Tiffin'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 Tiffin. 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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
High Cholesterol	3rd	1st	High Cholesterol	5th	2nd
High Blood Pressure	3rd	1st	Coronary Heart Disease	7th	3rd
Diabetes	3rd	2nd	High Blood Pressure	7th	3rd
Hearing Disability	3rd	2nd	Hearing Disability	13th	4th
Coronary Heart Disease	3rd	1st	Any Disability	14th	4th

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	Midsized Community Rank	Health Domain	Statewide Community Rank	Midsized Community Rank
Binge Drinking	957th	102nd	Taking BP Medication	888th	97th
Annual Checkup	953rd	101st	Cancer (except skin)	831st	93rd
Taking BP Medication	953rd	101st	Binge Drinking	792nd	88th
Cholesterol Screening	896th	87th	Annual Checkup	686th	82nd
Depression	888th	93rd	Depression	527th	54th

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 Tiffin.

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

With a population of 4,845, Tiffin’s similarly sized communities are defined as midsized communities. In Iowa, midsized communities have an average population of 4,787, and there are 102 communities that are considered midsized 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

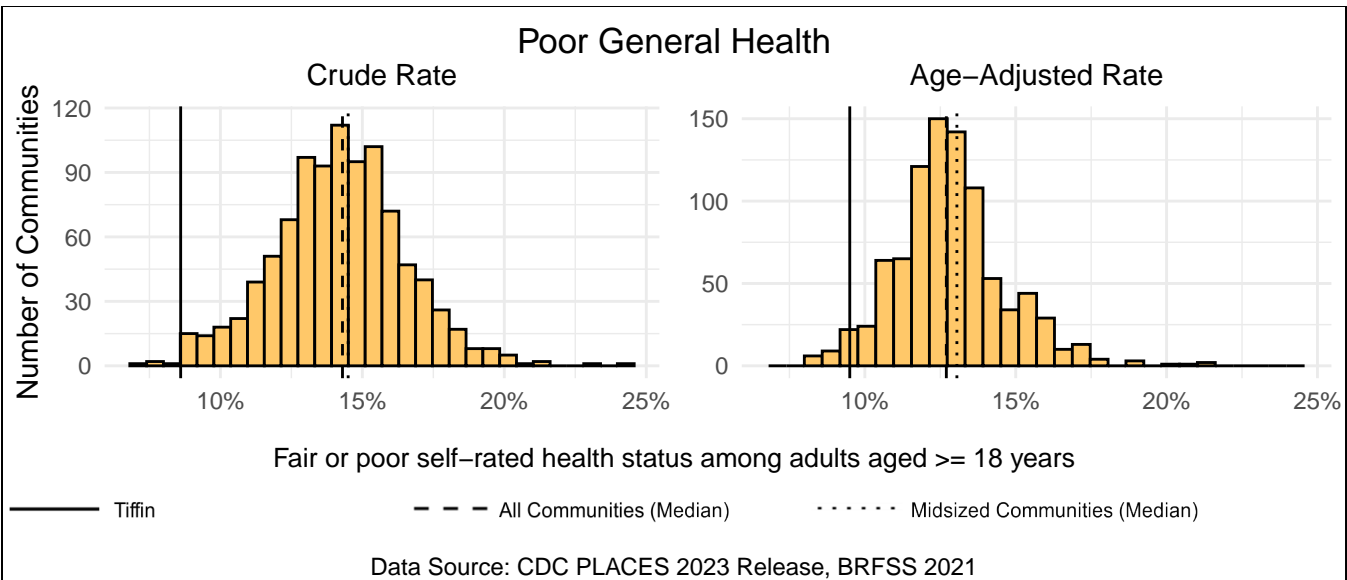
This section reflects measures for overall health, including general, physical, and mental health. These measures are a valuable way to see a simple summary of the health of a country’s population. The questions to calculate these measures ask respondents to evaluate their health status. General health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

Tiffin has a crude rate of 8.6% for fair or poor self-rated health status among adults aged >= 18 years, which ranks 5th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 9.5%, which ranks 26th out of 905 Iowa communities (7th out of 102 midsize communities).

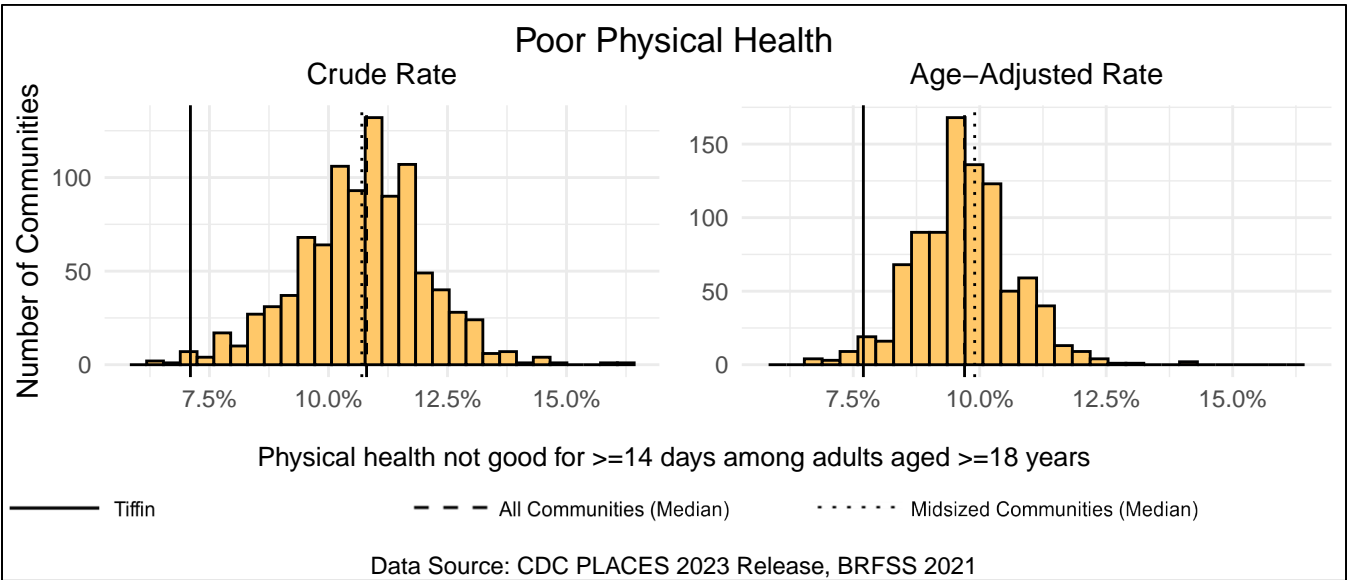
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	8.6%	14.3%	14.5%
Age-Adjusted	9.5%	12.7%	13.0%



Poor Physical Health

Tiffin has a crude rate of 7.1% for physical health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (2nd out of 102 mid-sized communities). The age-adjusted rate for Tiffin is 7.7%, which ranks 22nd out of 905 Iowa communities (6th out of 102 mid-sized communities).

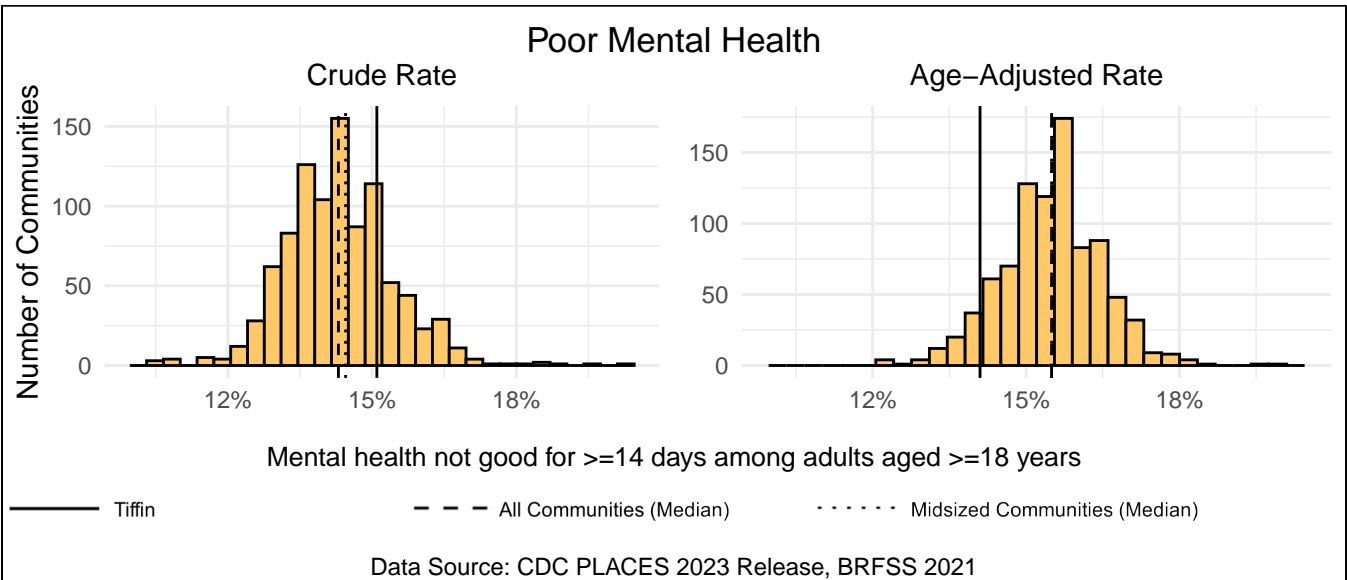
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	7.1%	10.8%	10.7%
Age-Adjusted	7.7%	9.7%	9.9%



Poor Mental Health

Tiffin has a crude rate of 15.1% for mental health not good for ≥ 14 days among adults aged ≥ 18 years, which ranks 736th out of 958 Iowa communities (70th out of 102 mid-sized communities). The age-adjusted rate for Tiffin is 14.1%, which ranks 64th out of 905 Iowa communities (14th out of 102 mid-sized communities).

Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	15.1%	14.3%	14.4%
Age-Adjusted	14.1%	15.5%	15.5%



Health Risk Behaviors

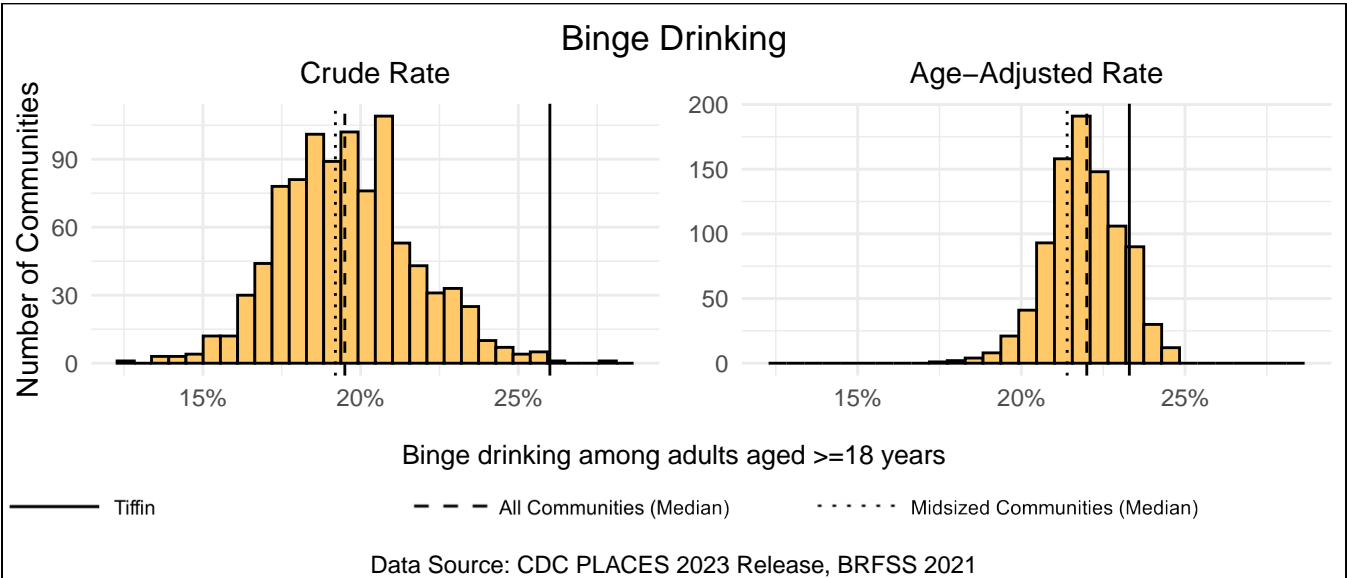
Health risk measures are measures of individual behaviors that can lead to poor health outcomes. These include binge drinking, current smoking, physical inactivity, and getting less than seven hours of nightly sleep. Risk behaviors are the most critical intervention points as they can help save lives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

Tiffin has a crude rate of 26.0% for binge drinking among adults aged ≥ 18 years, which ranks 957th out of 958 Iowa communities (102nd out of 102 mid-sized communities). The age-adjusted rate for Tiffin is 23.3%, which ranks 792nd out of 905 Iowa communities (88th out of 102 mid-sized communities).

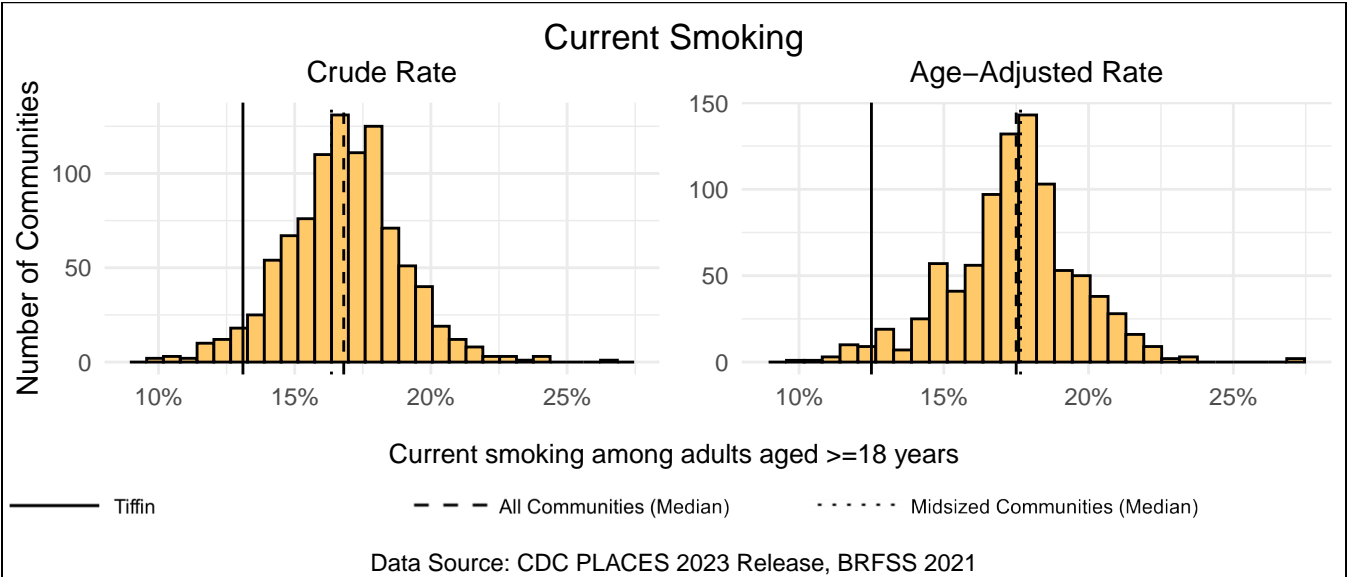
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	26.0%	19.5%	19.2%
Age-Adjusted	23.3%	22.0%	21.4%



Current Smoking

Tiffin has a crude rate of 13.1% for current smoking among adults aged >=18 years, which ranks 43rd out of 958 Iowa communities (12th out of 102 midsize communities). The age-adjusted rate for Tiffin is 12.5%, which ranks 22nd out of 905 Iowa communities (7th out of 102 midsize communities).

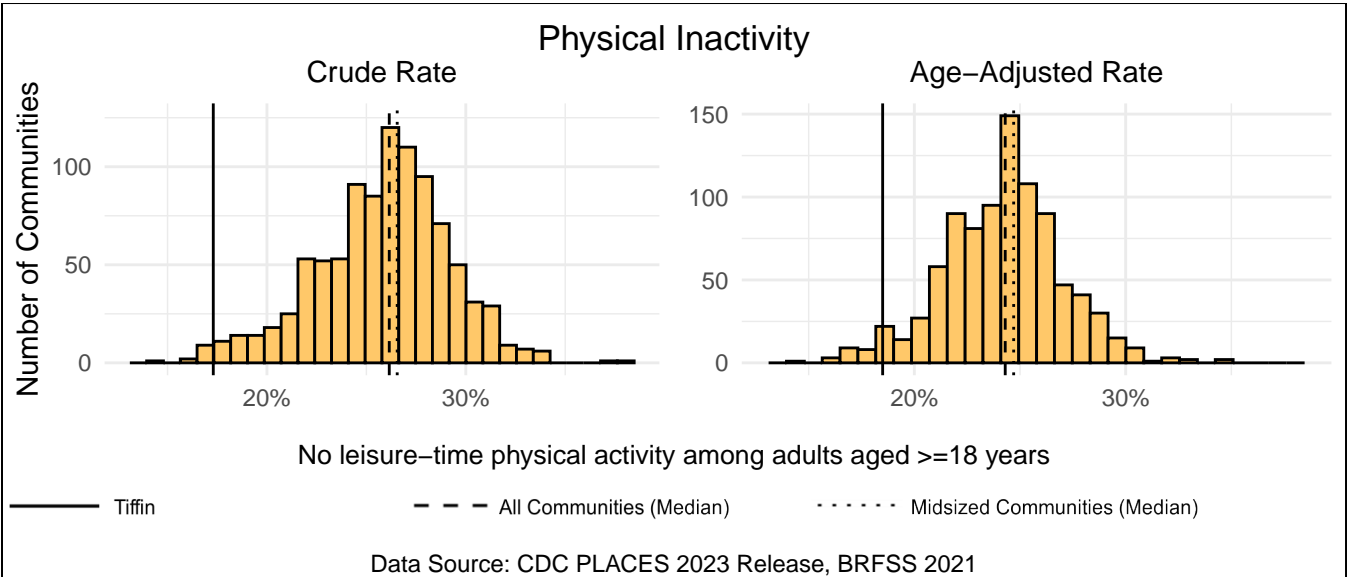
Measure Type	Tiffin	All Comm.	Midsize Comm.
Crude	13.1%	16.8%	16.4%
Age-Adjusted	12.5%	17.5%	17.6%



Physical Inactivity

Tiffin has a crude rate of 17.3% for no leisure-time physical activity among adults aged >=18 years, which ranks 10th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Tiffin is 18.5%, which ranks 26th out of 905 Iowa communities (8th out of 102 midsize communities).

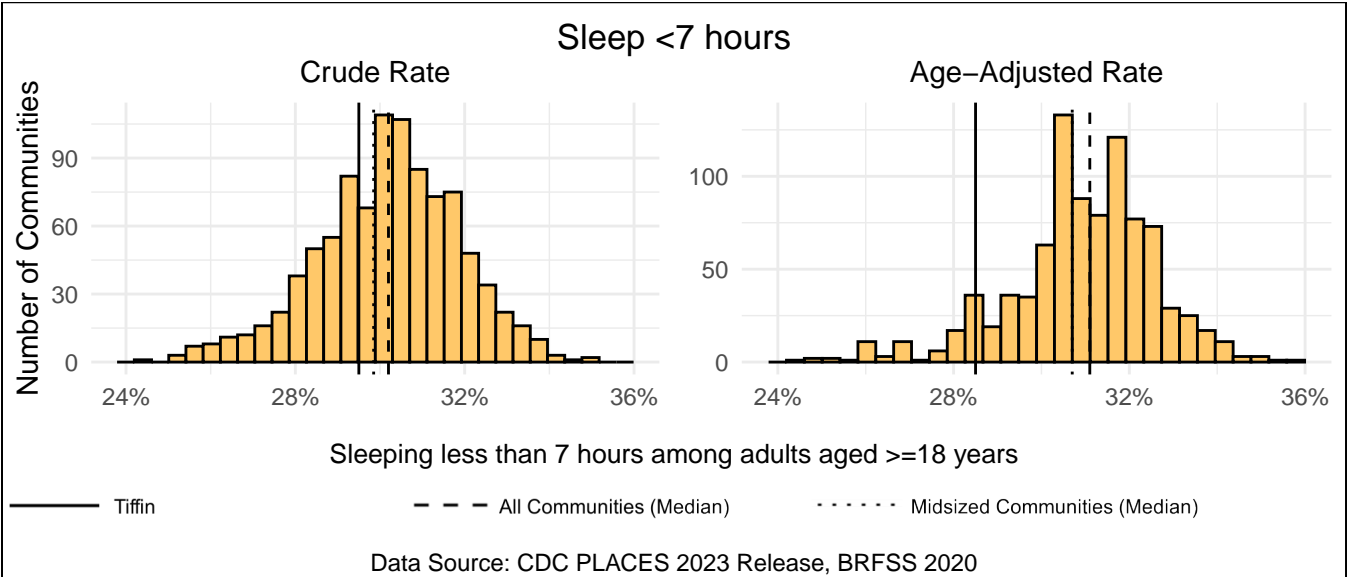
Measure Type	Tiffin	All Comm.	Midsize Comm.
Crude	17.3%	26.1%	26.6%
Age-Adjusted	18.5%	24.3%	24.7%



Sleep <7 hours

Tiffin has a crude rate of 29.5% for sleeping less than 7 hours among adults aged ≥ 18 years, which ranks 306th out of 958 Iowa communities (48th out of 102 midsized communities). The age-adjusted rate for Tiffin is 28.5%, which ranks 68th out of 905 Iowa communities (14th out of 102 midsized communities).

Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	29.5%	30.2%	29.8%
Age-Adjusted	28.5%	31.1%	30.7%



Health Outcomes

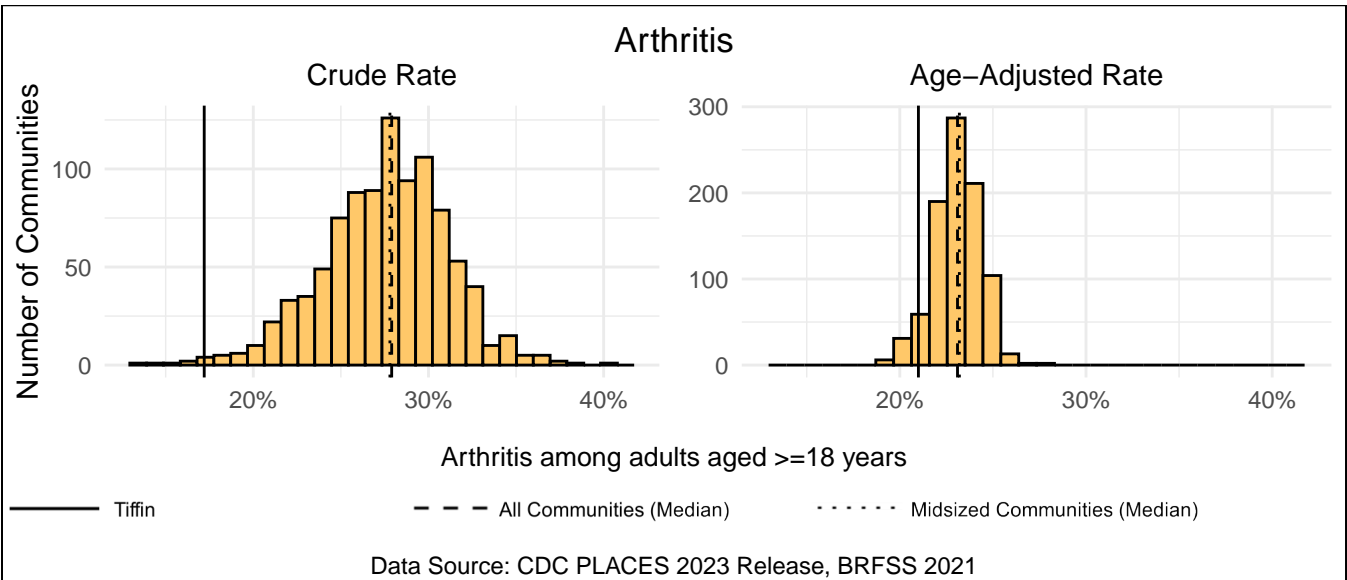
This section includes measures about specific health outcomes such as chronic illness, mental health conditions, and risk factors for future disease. Health outcome measures include but are not limited to arthritis, high blood pressure, cancer, depression, and obesity. Each measure is the percentage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

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

Arthritis

Tiffin has a crude rate of 17.2% for arthritis among adults aged ≥ 18 years, which ranks 7th out of 958 Iowa communities (2nd out of 102 midsized communities). The age-adjusted rate for Tiffin is 21.0%, which ranks 48th out of 905 Iowa communities (11th out of 102 midsized communities).

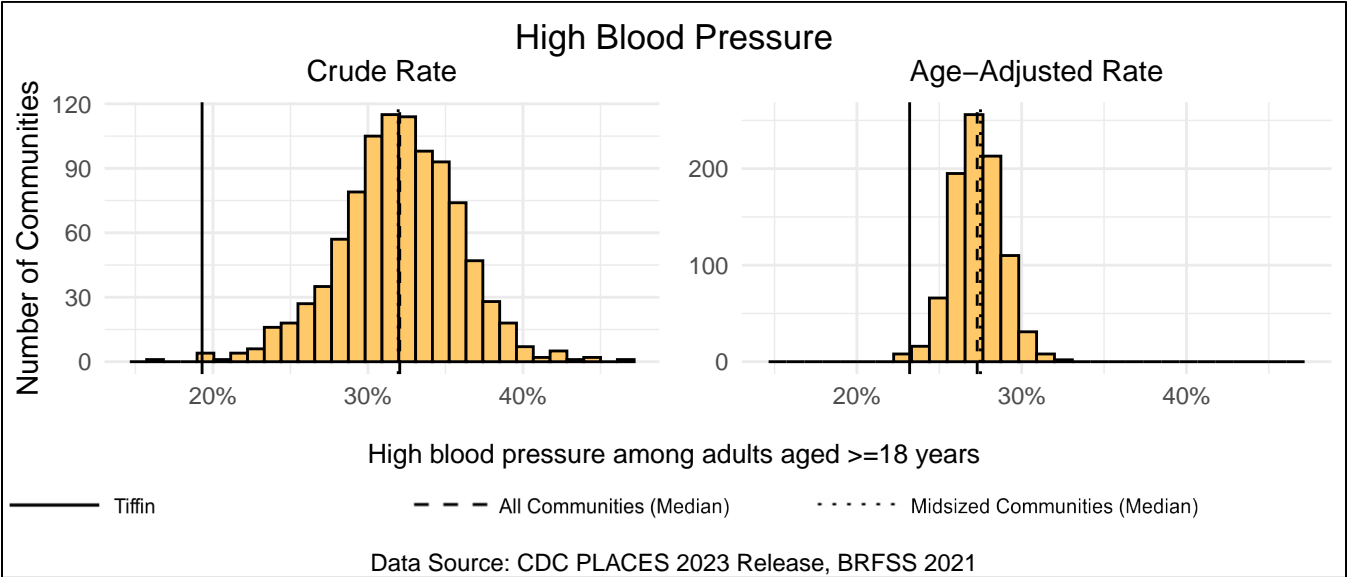
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	17.2%	27.9%	27.8%
Age-Adjusted	21.0%	23.1%	23.2%



High Blood Pressure

Tiffin has a crude rate of 19.3% for high blood pressure among adults aged ≥ 18 years, which ranks 3rd out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Tiffin is 23.2%, which ranks 7th out of 905 Iowa communities (3rd out of 102 midsize communities).

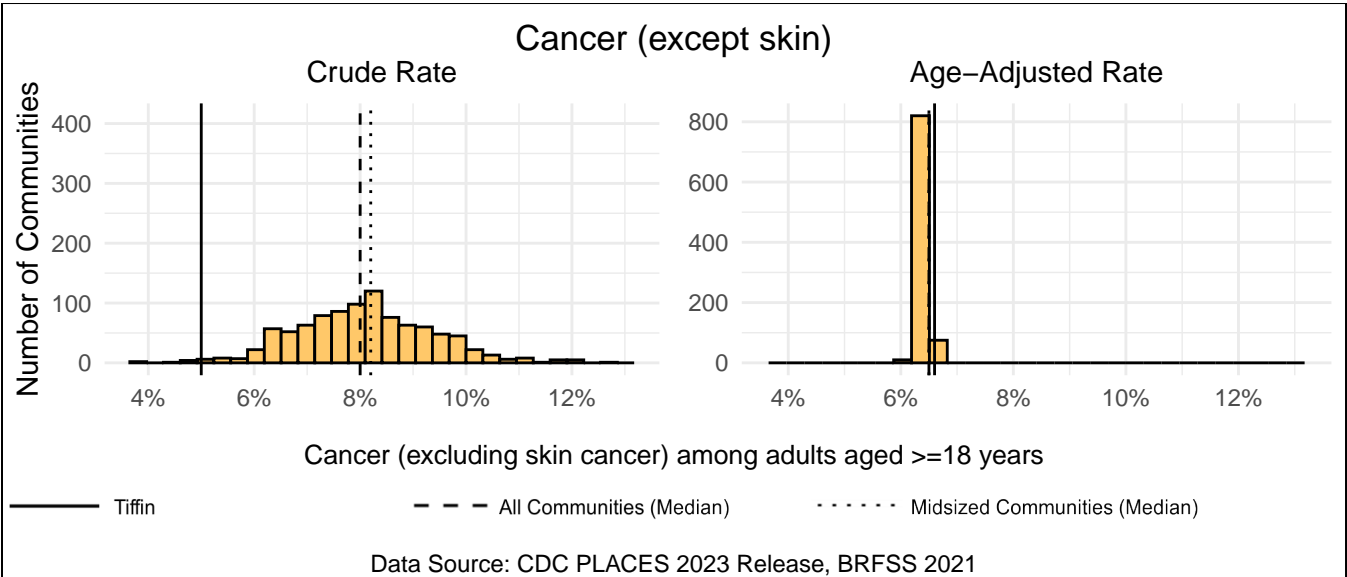
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	19.3%	32.0%	32.0%
Age-Adjusted	23.2%	27.3%	27.5%



Cancer (except skin)

Tiffin has a crude rate of 5.0% for cancer (excluding skin cancer) among adults aged ≥ 18 years, which ranks 8th out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Tiffin is 6.6%, which ranks 831st out of 905 Iowa communities (93rd out of 102 midsize communities).

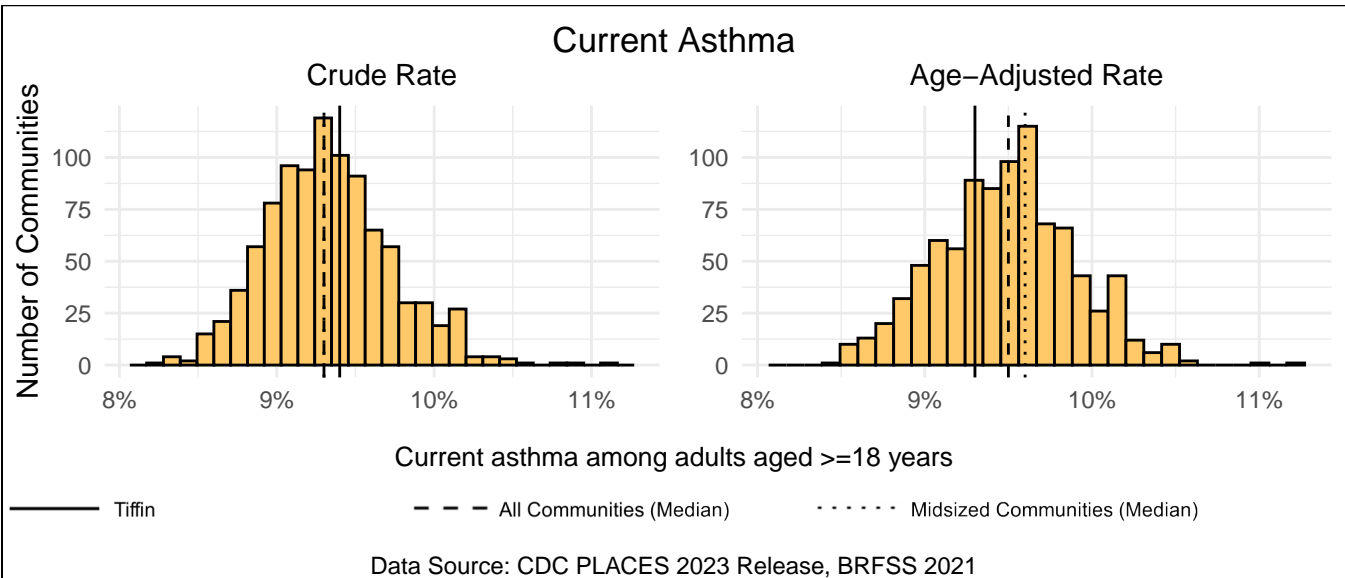
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	5.0%	8.0%	8.2%
Age-Adjusted	6.6%	6.5%	6.5%



Current Asthma

Tiffin has a crude rate of 9.4% for current asthma among adults aged ≥ 18 years, which ranks 524th out of 958 Iowa communities (56th out of 102 midsize communities). The age-adjusted rate for Tiffin is 9.3%, which ranks 241st out of 905 Iowa communities (26th out of 102 midsize communities).

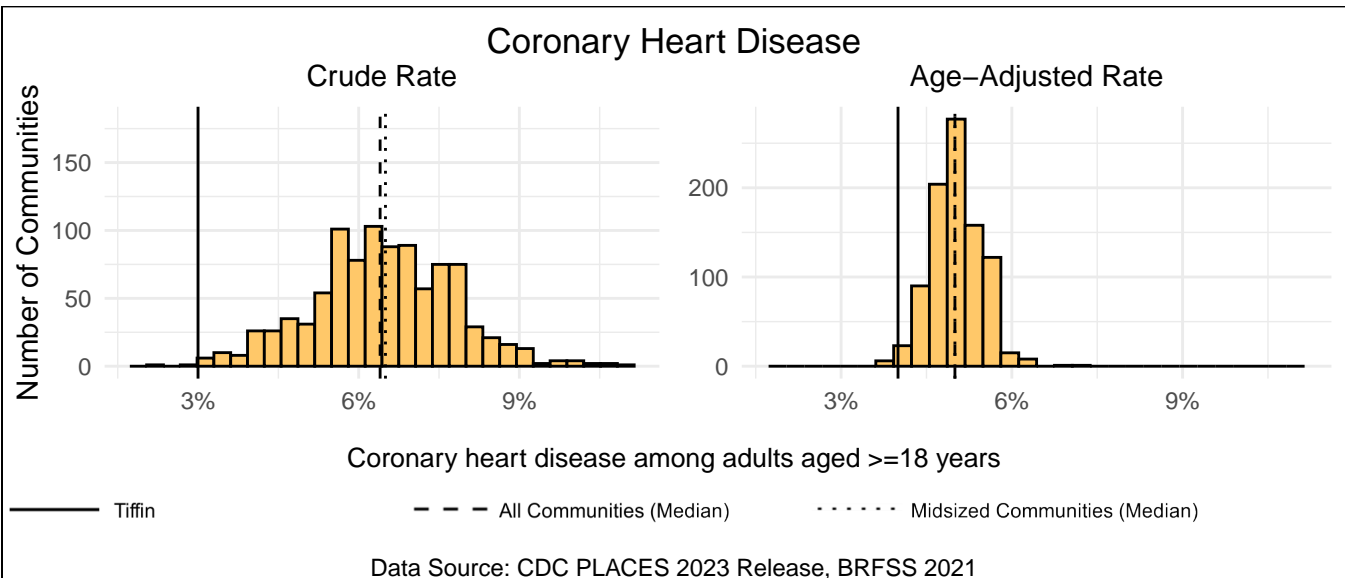
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	9.4%	9.3%	9.3%
Age-Adjusted	9.3%	9.5%	9.6%



Coronary Heart Disease

Tiffin has a crude rate of 3.0% for coronary heart disease among adults aged ≥ 18 years, which ranks 3rd out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Tiffin is 4.0%, which ranks 7th out of 905 Iowa communities (3rd out of 102 midsize communities).

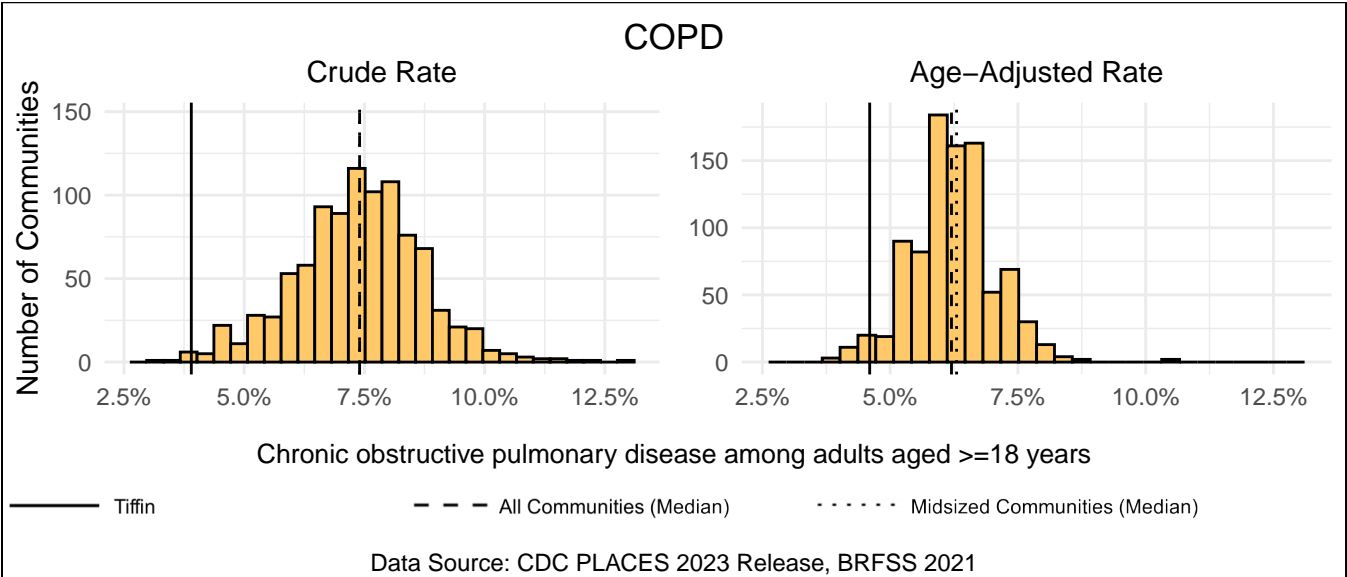
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	3.0%	6.4%	6.5%
Age-Adjusted	4.0%	5.0%	5.0%



COPD

Tiffin has a crude rate of 3.9% for chronic obstructive pulmonary disease among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 4.6%, which ranks 18th out of 905 Iowa communities (5th out of 102 midsize communities).

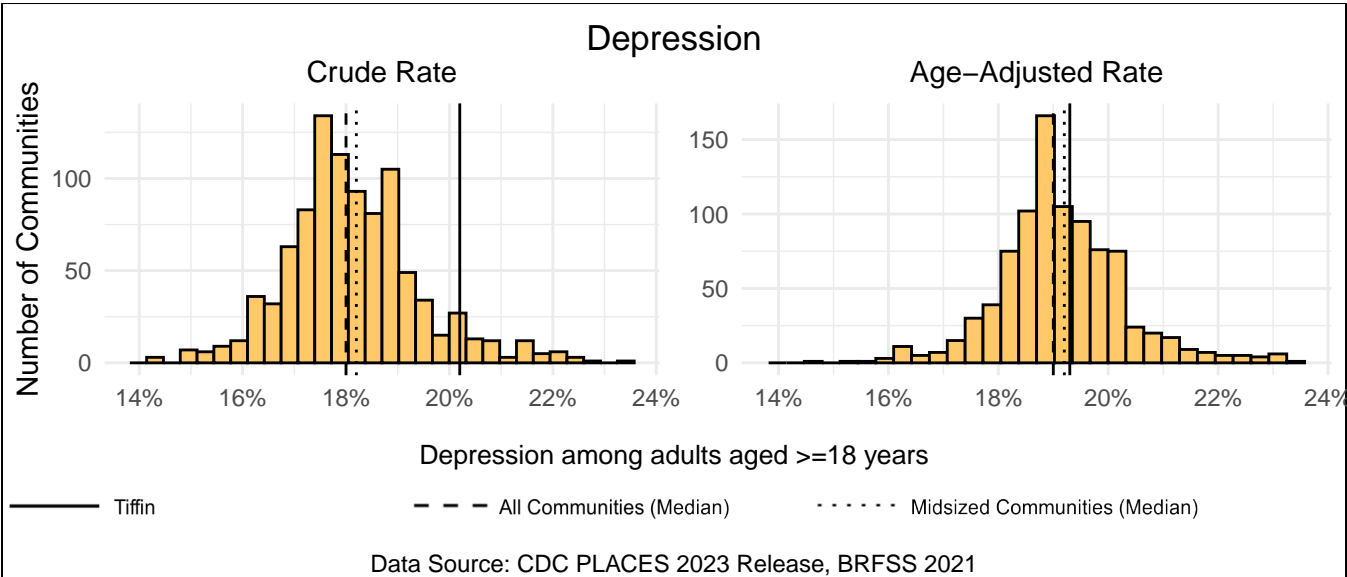
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	3.9%	7.4%	7.4%
Age-Adjusted	4.6%	6.2%	6.3%



Depression

Tiffin has a crude rate of 20.2% for depression among adults aged ≥ 18 years, which ranks 888th out of 958 Iowa communities (93rd out of 102 midsize communities). The age-adjusted rate for Tiffin is 19.3%, which ranks 527th out of 905 Iowa communities (54th out of 102 midsize communities).

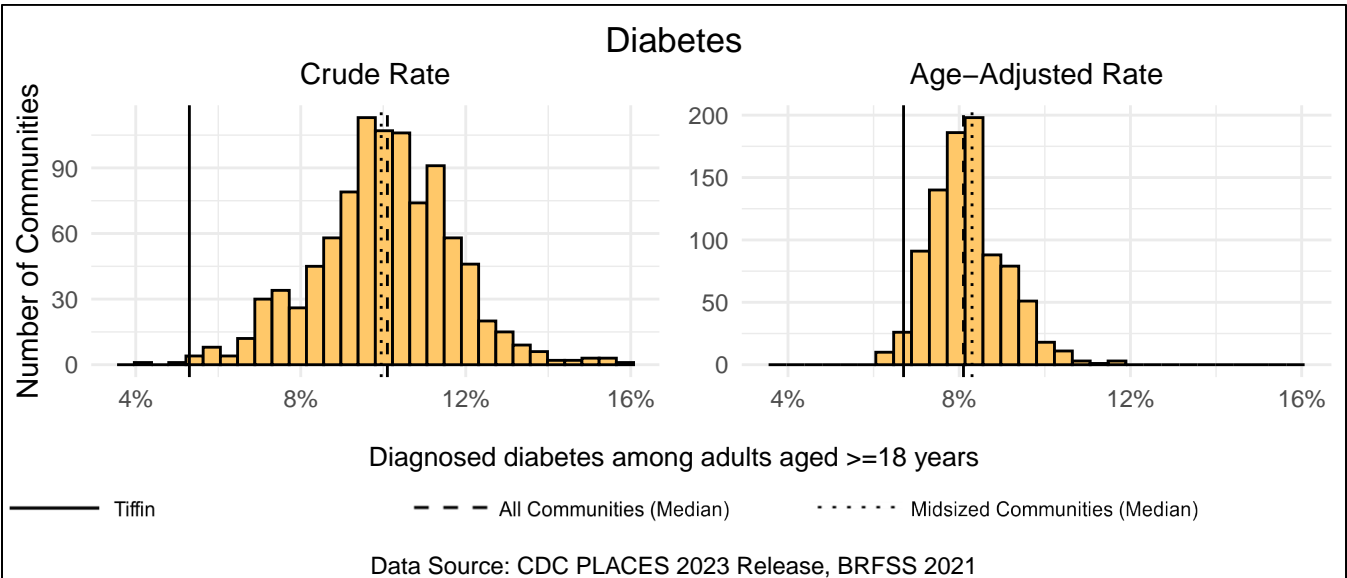
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	20.2%	18.0%	18.2%
Age-Adjusted	19.3%	19.0%	19.2%



Diabetes

Tiffin has a crude rate of 5.3% for diagnosed diabetes among adults aged ≥ 18 years, which ranks 3rd out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 6.7%, which ranks 18th out of 905 Iowa communities (4th out of 102 midsize communities).

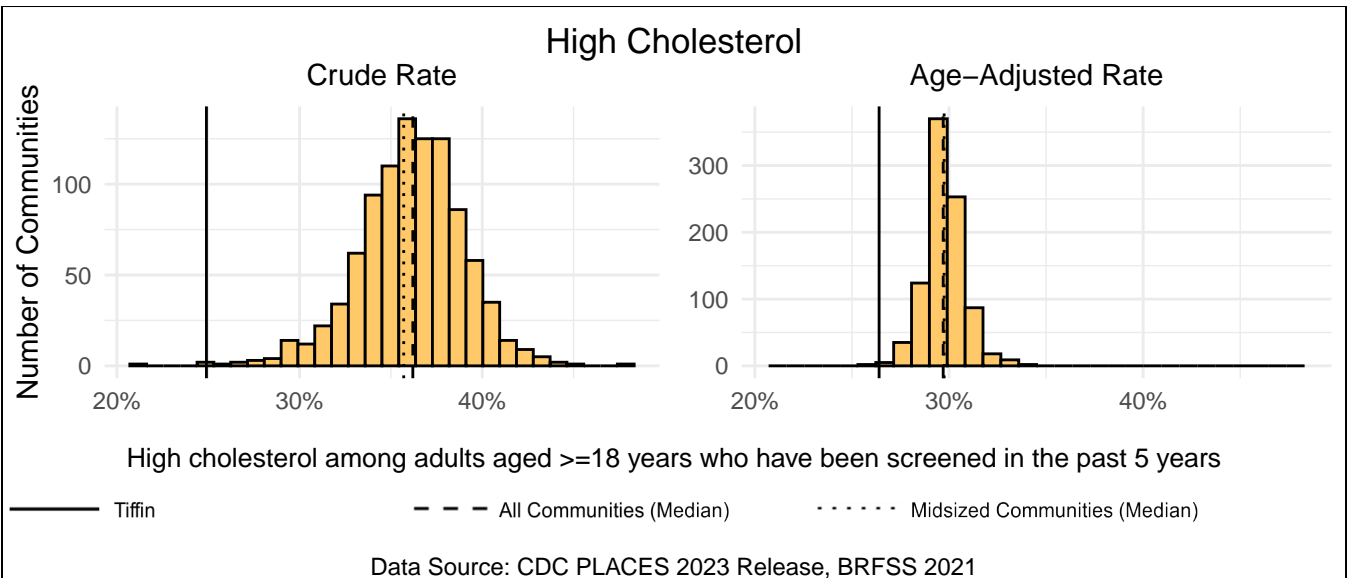
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	5.3%	10.1%	9.9%
Age-Adjusted	6.7%	8.1%	8.3%



High Cholesterol

Tiffin has a crude rate of 24.9% for high cholesterol among adults aged ≥ 18 years who have been screened in the past 5 years, which ranks 3rd out of 958 Iowa communities (1st out of 102 midsize communities). The age-adjusted rate for Tiffin is 26.4%, which ranks 5th out of 905 Iowa communities (2nd out of 102 midsize communities).

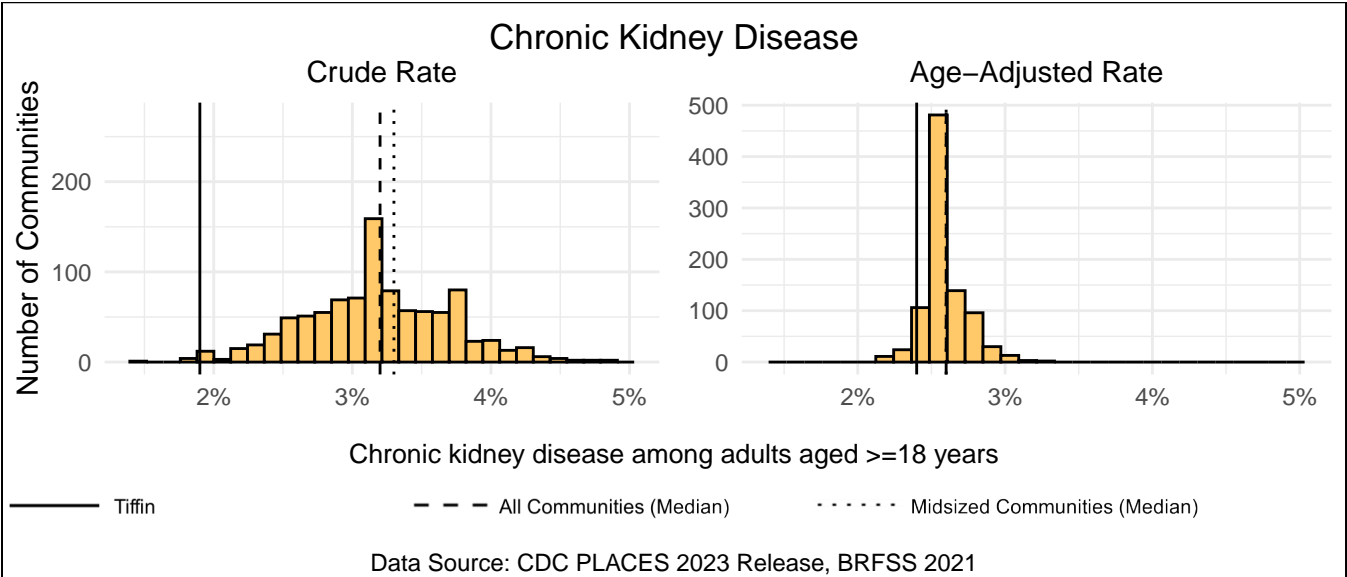
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	24.9%	36.2%	35.7%
Age-Adjusted	26.4%	29.7%	29.8%



Chronic Kidney Disease

Tiffin has a crude rate of 1.9% for chronic kidney disease among adults aged ≥ 18 years, which ranks 6th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 2.4%, which ranks 36th out of 905 Iowa communities (9th out of 102 midsize communities).

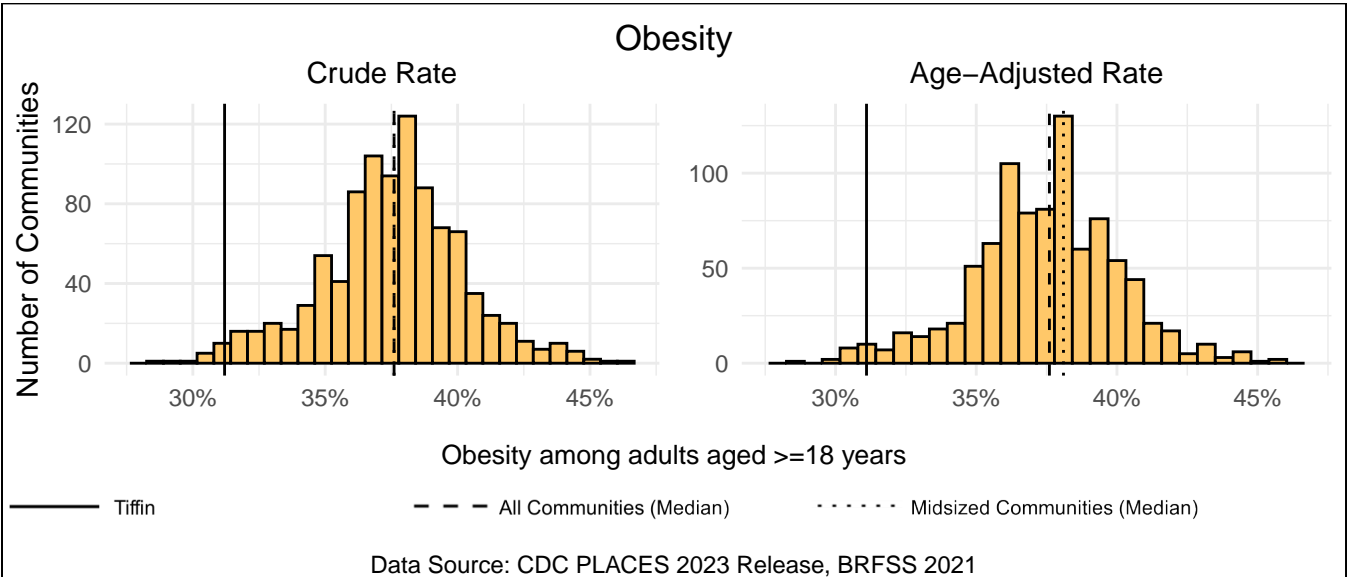
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	1.9%	3.2%	3.3%
Age-Adjusted	2.4%	2.6%	2.6%



Obesity

Tiffin has a crude rate of 31.2% for obesity among adults aged ≥ 18 years, which ranks 15th out of 958 Iowa communities (5th out of 102 midsize communities). The age-adjusted rate for Tiffin is 31.1%, which ranks 17th out of 905 Iowa communities (5th out of 102 midsize communities).

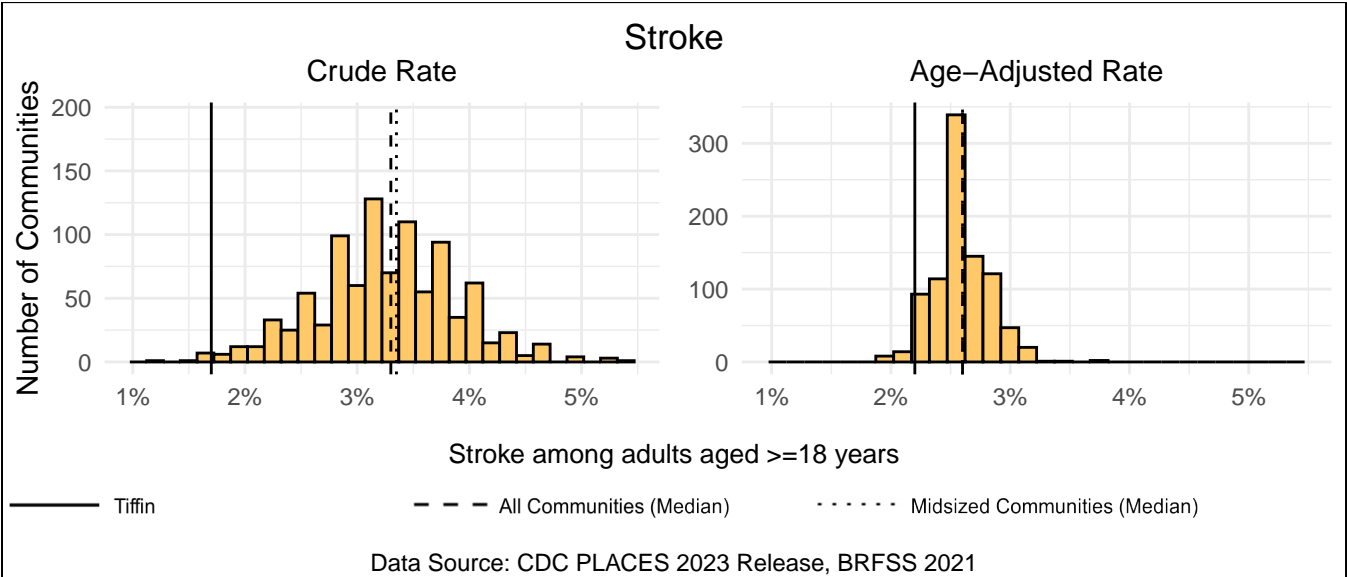
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	31.2%	37.6%	37.6%
Age-Adjusted	31.1%	37.6%	38.1%



Stroke

Tiffin has a crude rate of 1.7% for stroke among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 2.2%, which ranks 23rd out of 905 Iowa communities (6th out of 102 midsize communities).

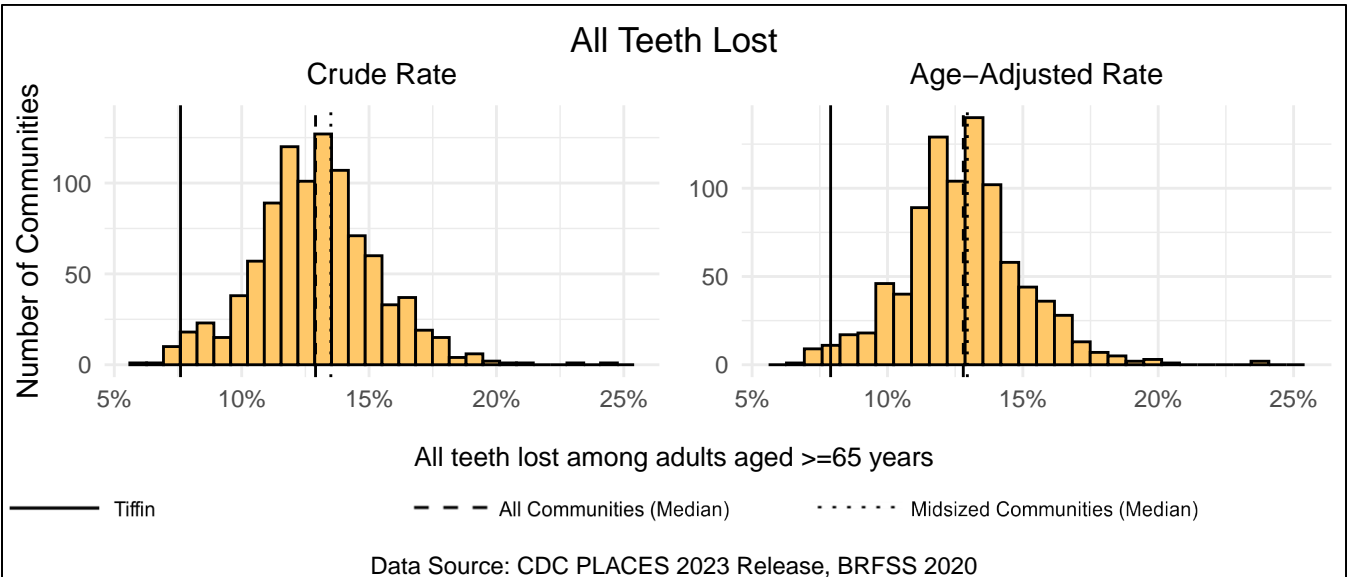
Measure Type	Tiffin	All Comm.	Midsize Comm.
Crude	1.7%	3.3%	3.3%
Age-Adjusted	2.2%	2.6%	2.6%



All Teeth Lost

Tiffin has a crude rate of 7.6% for all teeth lost among adults aged ≥ 65 years, which ranks 13th out of 958 Iowa communities (4th out of 102 midsize communities). The age-adjusted rate for Tiffin is 7.9%, which ranks 15th out of 905 Iowa communities (5th out of 102 midsize communities).

Measure Type	Tiffin	All Comm.	Midsize Comm.
Crude	7.6%	12.9%	13.5%
Age-Adjusted	7.9%	12.8%	12.9%



Prevention

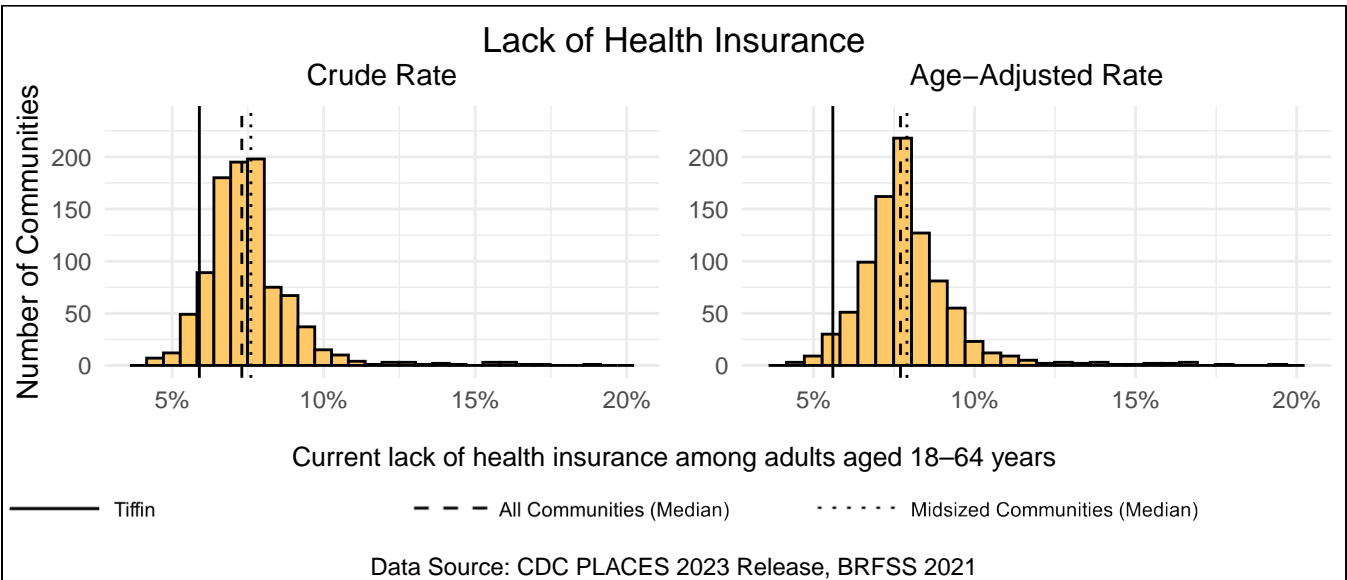
Preventive measures are another practical intervention point for public health professionals as they allow for the early detection of health conditions and improve overall treatment efficacy. This section includes a review of your community’s prevention measures, including preventive screenings and doctor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

Tiffin has a crude rate of 5.9% for current lack of health insurance among adults aged 18–64 years, which ranks 69th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Tiffin is 5.6%, which ranks 26th out of 905 Iowa communities (8th out of 102 mid-sized communities).

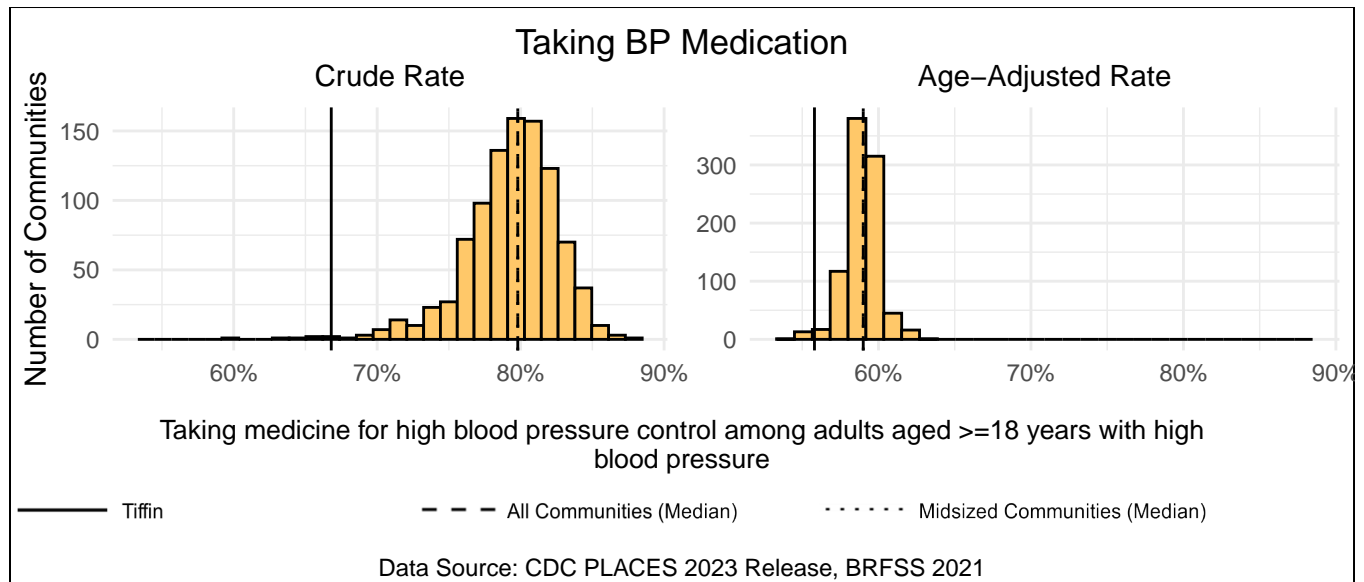
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	5.9%	7.3%	7.6%
Age-Adjusted	5.6%	7.7%	7.9%



Taking BP Medication

Tiffin has a crude rate of 66.8% for taking medicine for high blood pressure control among adults aged ≥ 18 years with high blood pressure, which ranks 953rd out of 958 Iowa communities (101st out of 102 mid-sized communities). The age-adjusted rate for Tiffin is 55.8%, which ranks 888th out of 905 Iowa communities (97th out of 102 mid-sized communities).

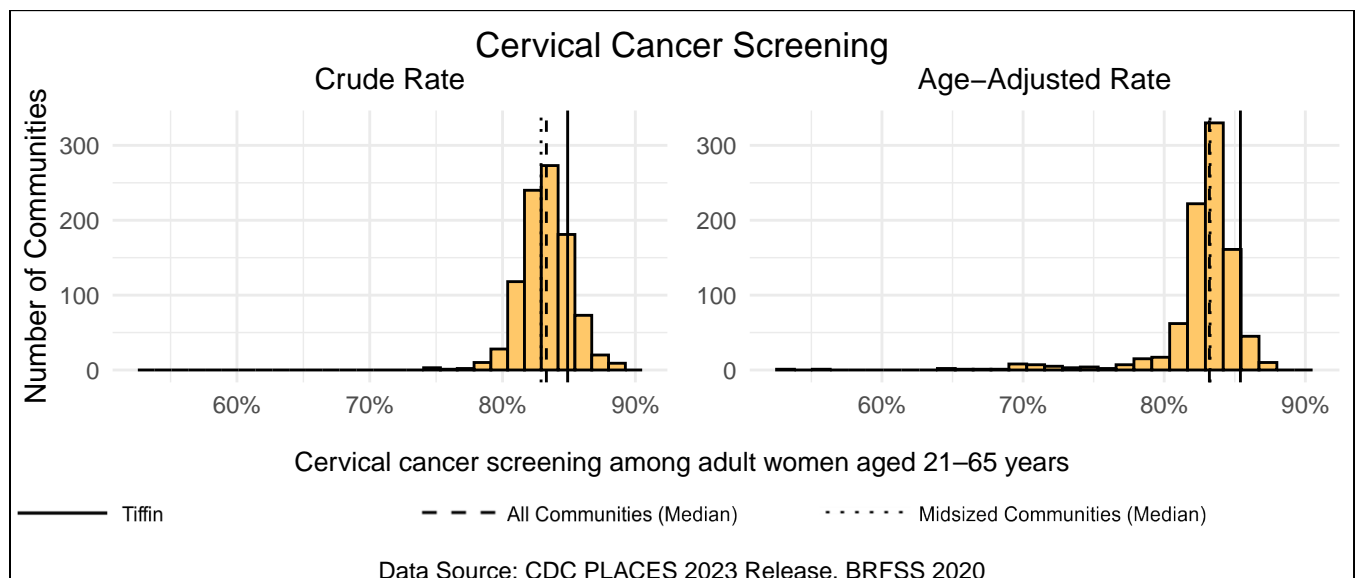
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	66.8%	79.8%	79.8%
Age-Adjusted	55.8%	59.0%	59.0%



Cervical Cancer Screening

Tiffin has a crude rate of 84.9% for cervical cancer screening among adult women aged 21–65 years, which ranks 158th out of 958 Iowa communities (22nd out of 102 mid-sized communities). The age-adjusted rate for Tiffin is 85.4%, which ranks 56th out of 905 Iowa communities (15th out of 102 mid-sized communities).

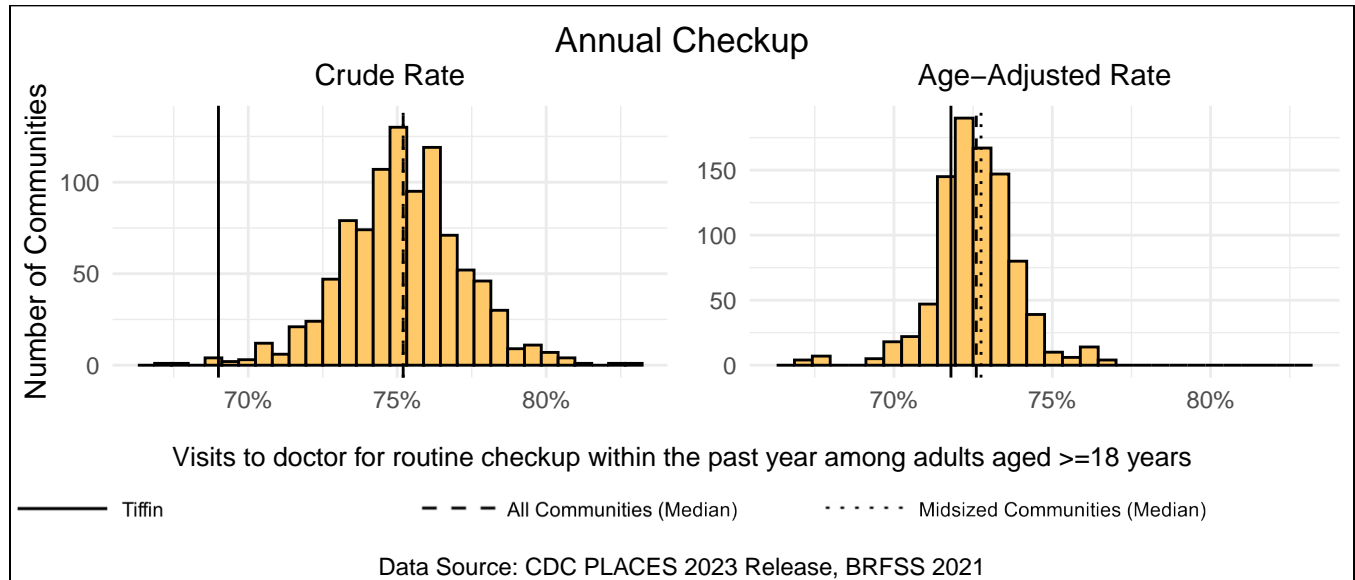
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	84.9%	83.3%	82.9%
Age-Adjusted	85.4%	83.2%	83.2%



Annual Checkup

Tiffin has a crude rate of 69.0% for visits to doctor for routine checkup within the past year among adults aged ≥ 18 years, which ranks 953rd out of 958 Iowa communities (101st out of 102 midsized communities). The age-adjusted rate for Tiffin is 71.8%, which ranks 686th out of 905 Iowa communities (82nd out of 102 midsized communities).

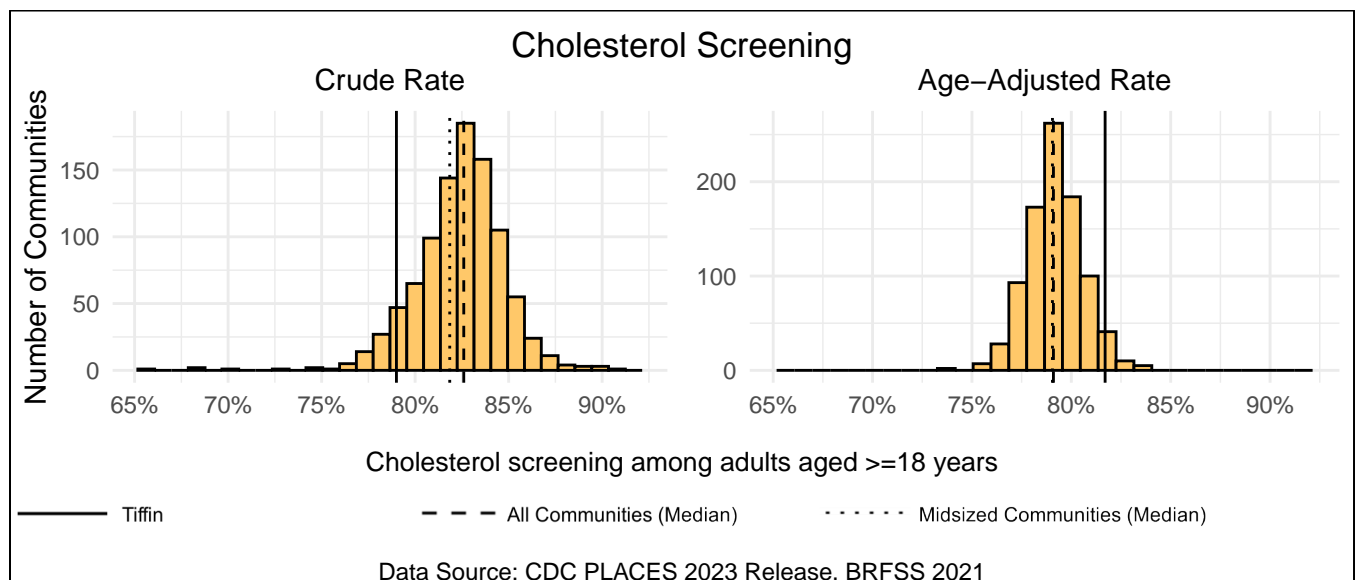
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	69.0%	75.2%	75.2%
Age-Adjusted	71.8%	72.6%	72.8%



Cholesterol Screening

Tiffin has a crude rate of 79.0% for cholesterol screening among adults aged ≥ 18 years, which ranks 896th out of 958 Iowa communities (87th out of 102 midsized communities). The age-adjusted rate for Tiffin is 81.7%, which ranks 40th out of 905 Iowa communities (12th out of 102 midsized communities).

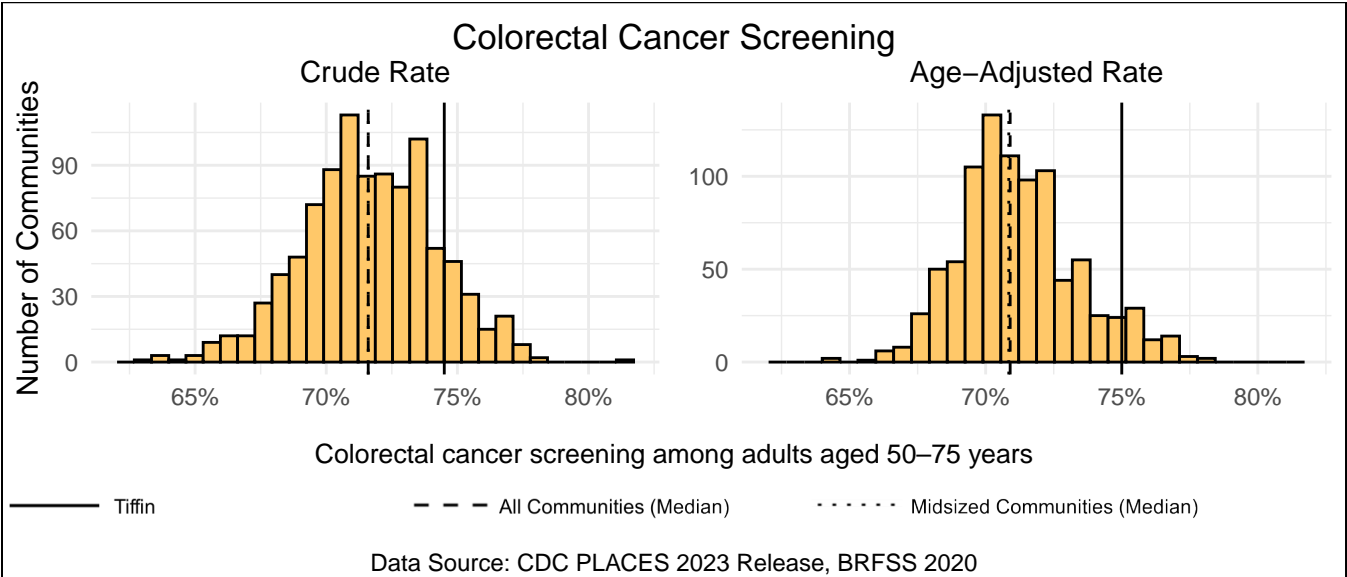
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	79.0%	82.6%	81.8%
Age-Adjusted	81.7%	79.1%	79.0%



Colorectal Cancer Screening

Tiffin has a crude rate of 74.5% for colorectal cancer screening among adults aged 50–75 years, which ranks 116th out of 958 Iowa communities (13th out of 102 mid-sized communities). The age-adjusted rate for Tiffin is 75.0%, which ranks 64th out of 905 Iowa communities (16th out of 102 mid-sized communities).

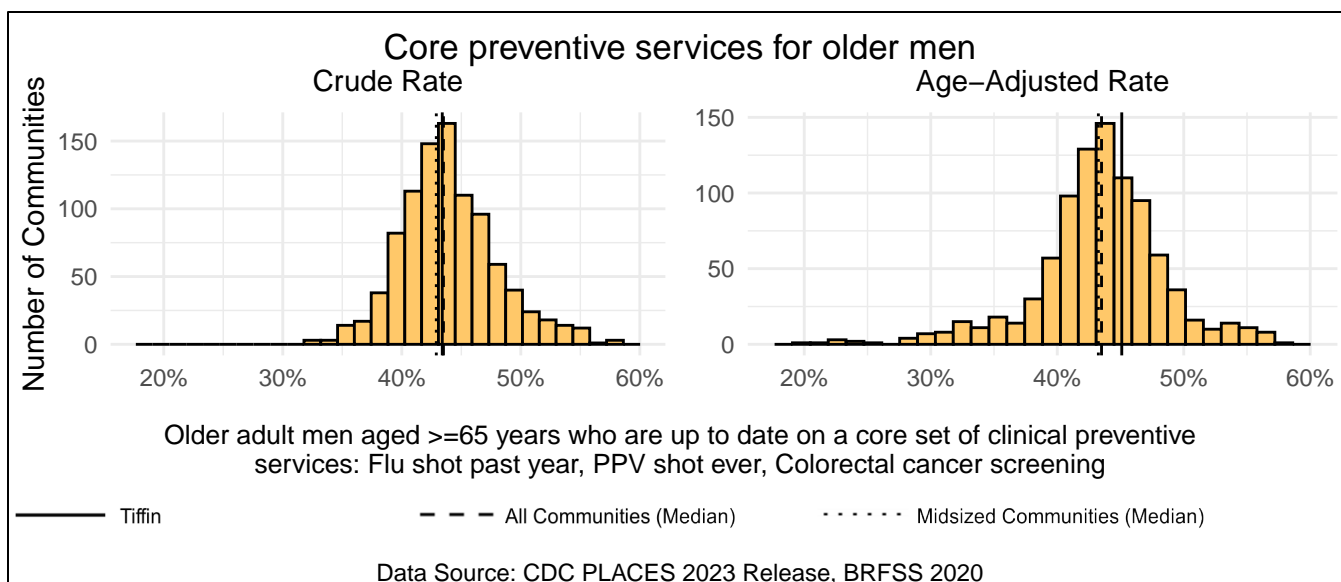
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	74.5%	71.6%	71.6%
Age-Adjusted	75.0%	70.9%	70.8%



Core preventive services for older men

Tiffin has a crude rate of 43.4% 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 490th out of 958 Iowa communities (44th out of 102 mid-sized communities). The age-adjusted rate for Tiffin is 45.1%, which ranks 309th out of 905 Iowa communities (34th out of 102 mid-sized communities).

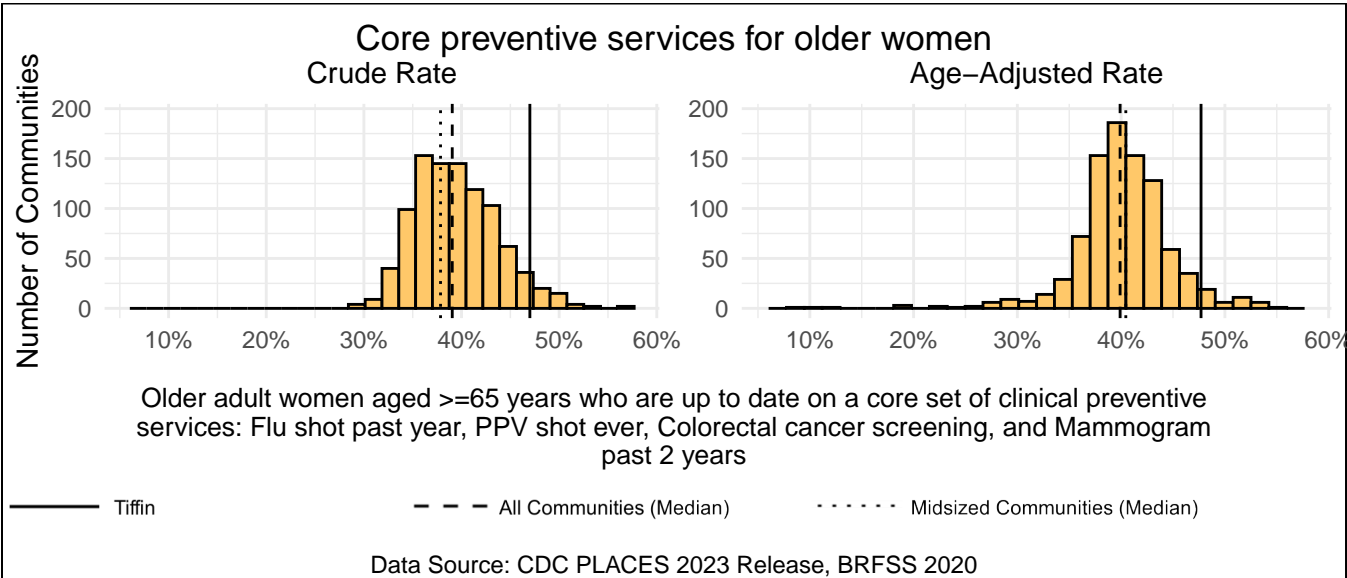
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	43.4%	43.5%	42.9%
Age-Adjusted	45.1%	43.5%	43.2%



Core preventive services for older women

Tiffin has a crude rate of 47.0% 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 50th out of 958 Iowa communities (9th out of 102 midsize communities). The age-adjusted rate for Tiffin is 47.7%, which ranks 35th out of 905 Iowa communities (9th out of 102 midsize communities).

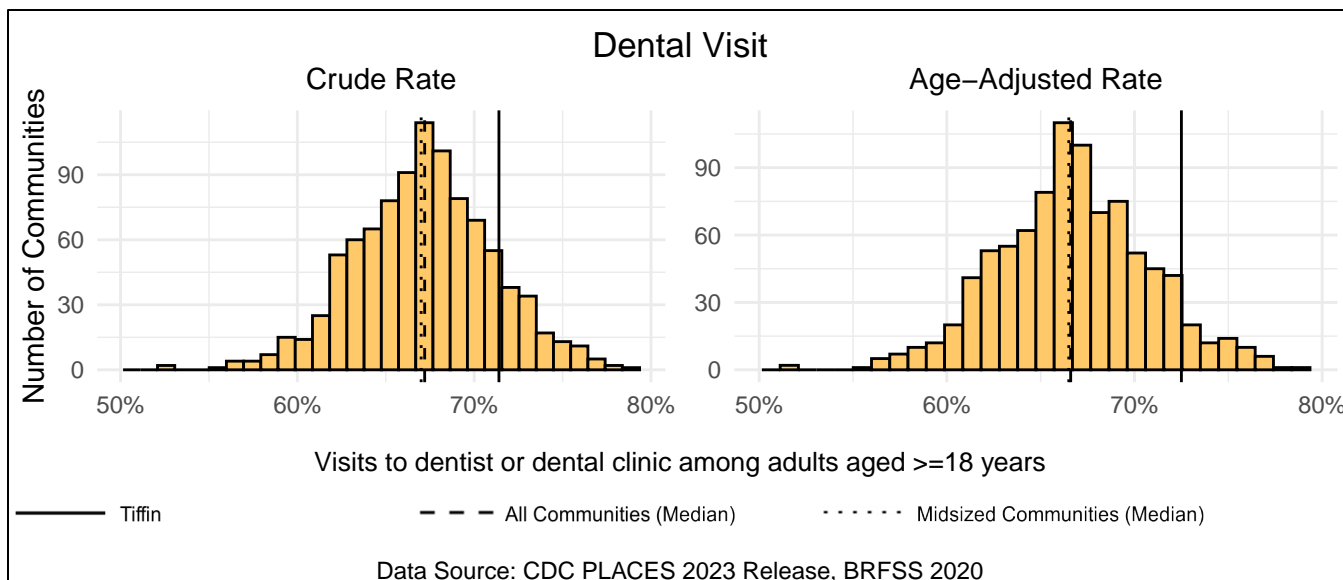
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	47.0%	39.0%	37.8%
Age-Adjusted	47.7%	39.9%	40.4%



Dental Visit

Tiffin has a crude rate of 71.4% for visits to dentist or dental clinic among adults aged ≥ 18 years, which ranks 127th out of 958 Iowa communities (22nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 72.5%, which ranks 65th out of 905 Iowa communities (18th out of 102 midsize communities).

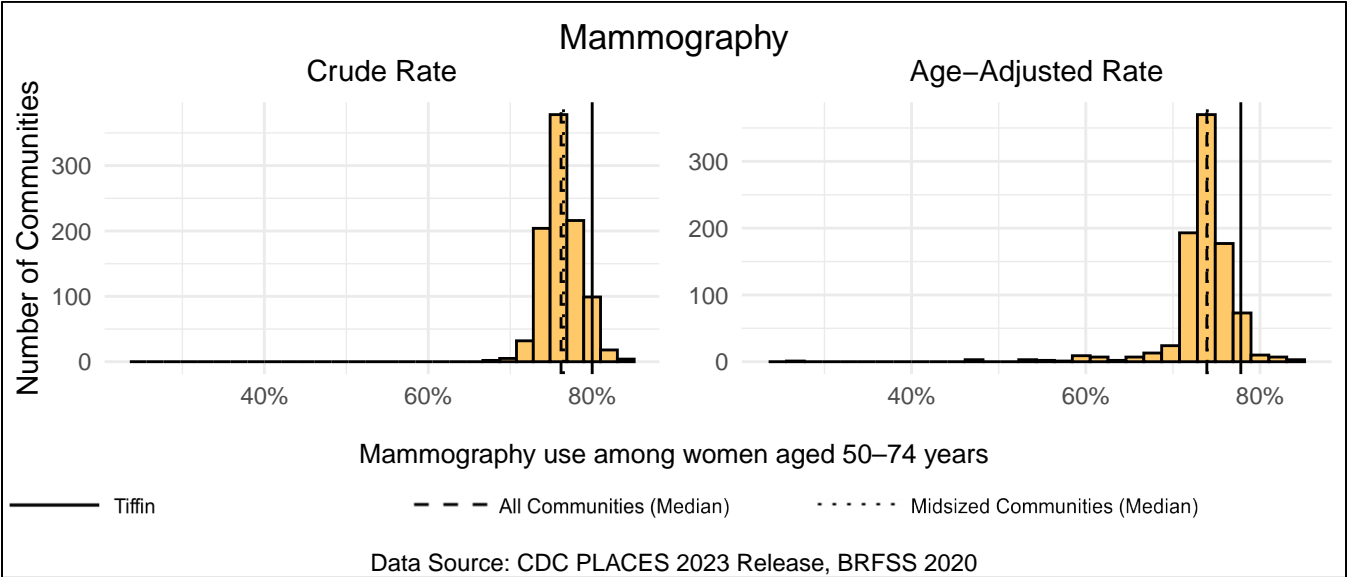
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	71.4%	67.2%	67.0%
Age-Adjusted	72.5%	66.6%	66.5%



Mammography

Tiffin has a crude rate of 80.0% for mammography use among women aged 50–74 years, which ranks 54th out of 958 Iowa communities (8th out of 102 midsized communities). The age-adjusted rate for Tiffin is 77.8%, which ranks 58th out of 905 Iowa communities (11th out of 102 midsized communities).

Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	80.0%	76.2%	76.5%
Age-Adjusted	77.8%	73.9%	74.0%



Disability

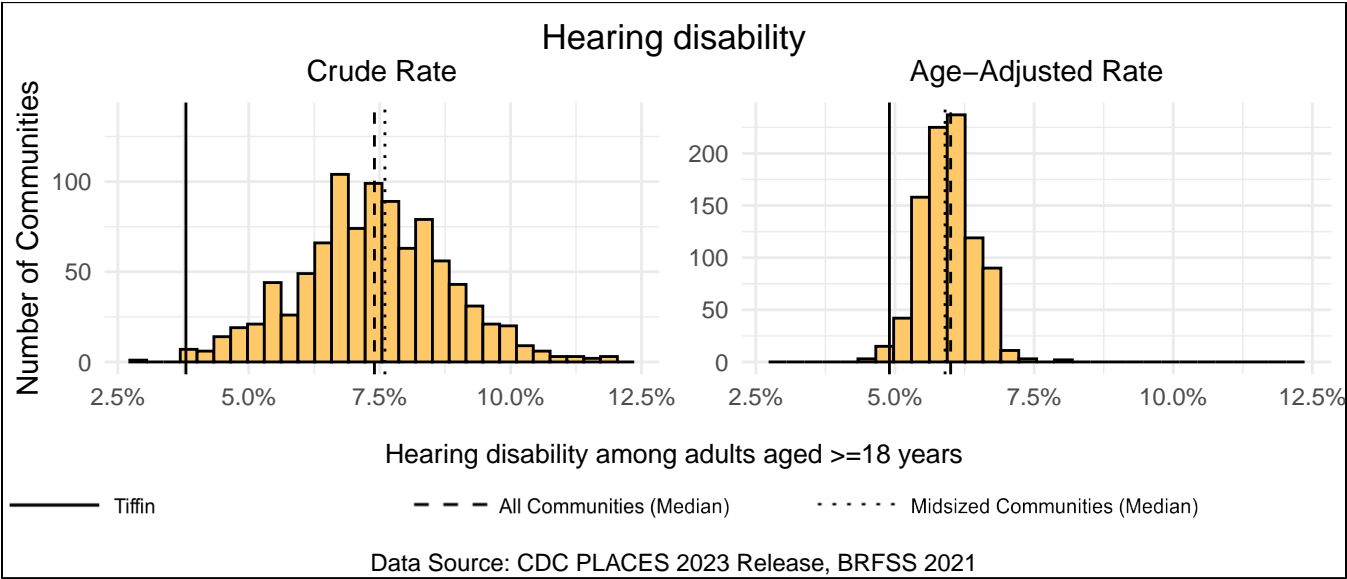
This section includes measures of physical and cognitive disabilities. Respondents were asked to report on six disabilities: hearing, vision, cognition, mobility, self-care, and independent living. The final measure reports the rate of respondents that answered yes to any of the previous six disabilities.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

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

Hearing disability

Tiffin has a crude rate of 3.8% for hearing disability among adults aged ≥ 18 years, which ranks 3rd out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 4.9%, which ranks 13th out of 905 Iowa communities (4th out of 102 midsize communities).

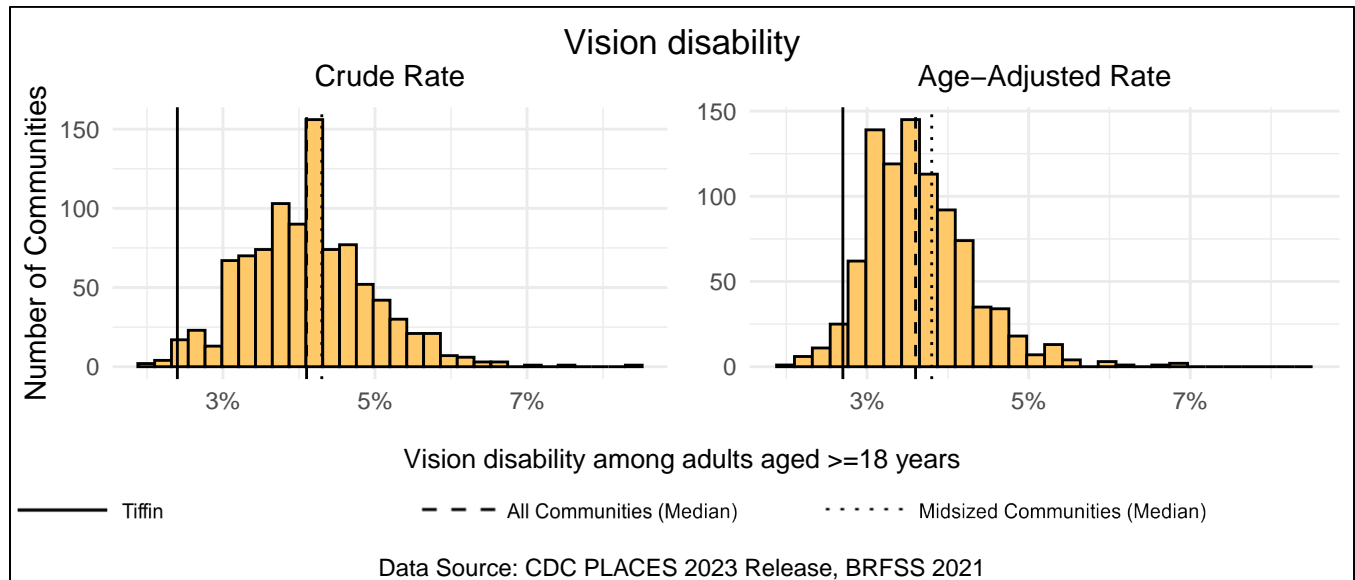
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	3.8%	7.4%	7.6%
Age-Adjusted	4.9%	6.0%	5.9%



Vision disability

Tiffin has a crude rate of 2.4% for vision disability among adults aged ≥ 18 years, which ranks 7th out of 958 Iowa communities (3rd out of 102 midsize communities). The age-adjusted rate for Tiffin is 2.7%, which ranks 30th out of 905 Iowa communities (8th out of 102 midsize communities).

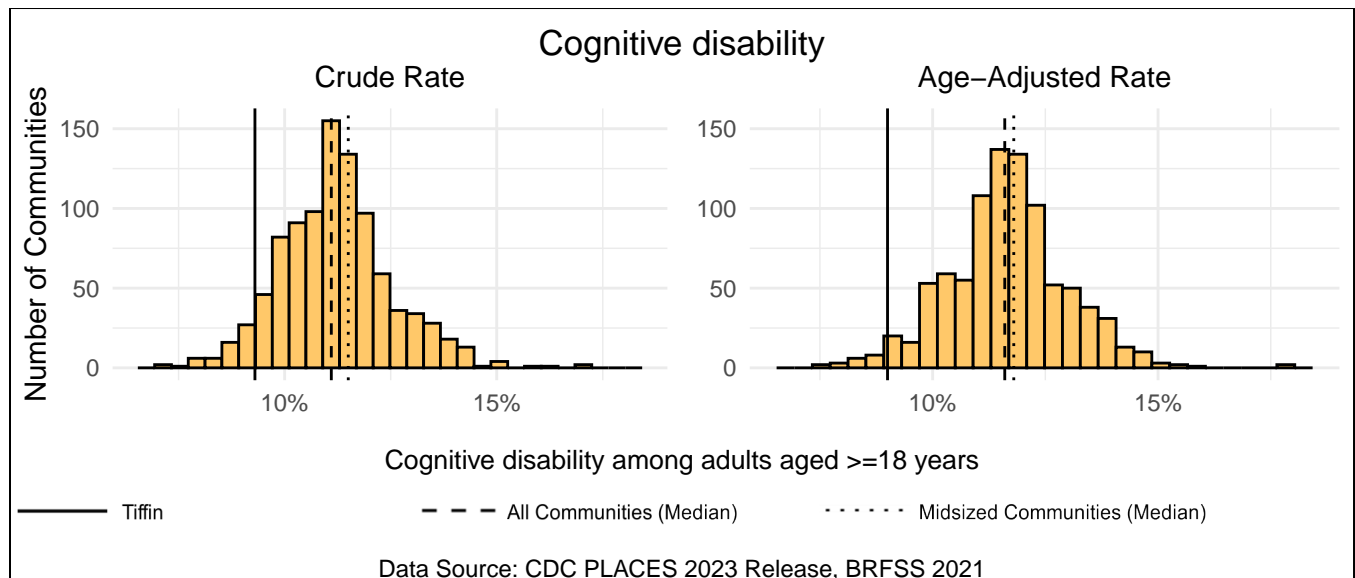
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	2.4%	4.1%	4.3%
Age-Adjusted	2.7%	3.6%	3.8%



Cognitive disability

Tiffin has a crude rate of 9.3% for cognitive disability among adults aged ≥ 18 years, which ranks 49th out of 958 Iowa communities (10th out of 102 midsize communities). The age-adjusted rate for Tiffin is 9.0%, which ranks 20th out of 905 Iowa communities (5th out of 102 midsize communities).

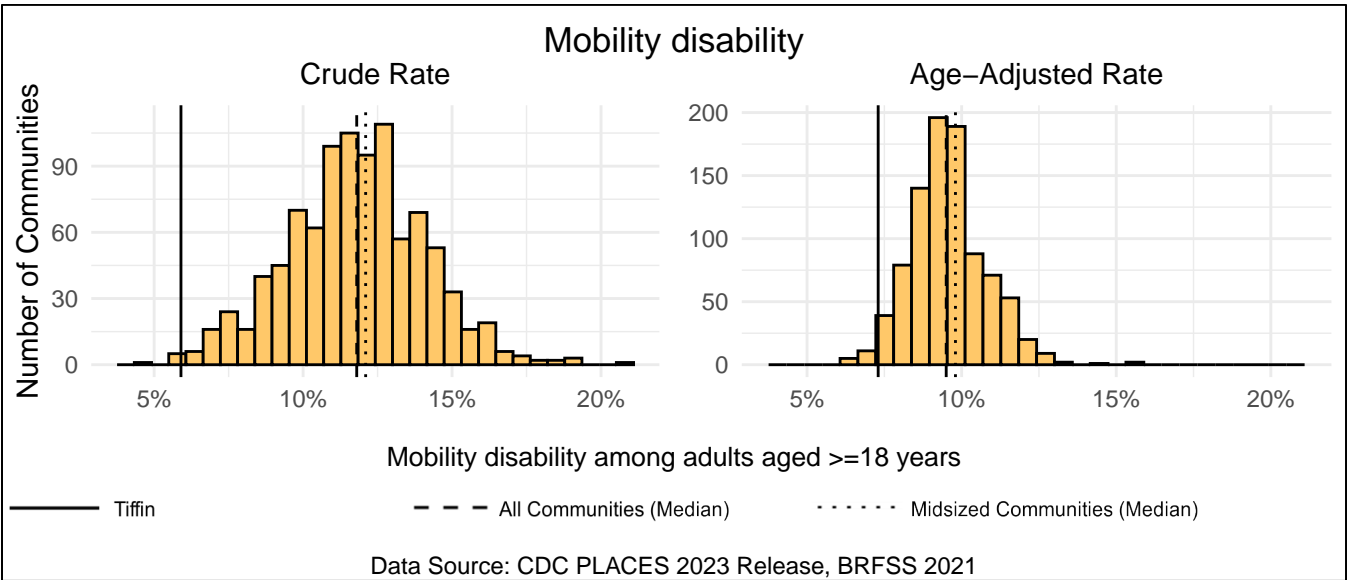
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	9.3%	11.1%	11.5%
Age-Adjusted	9.0%	11.6%	11.8%



Mobility disability

Tiffin has a crude rate of 5.9% for mobility disability among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 7.3%, which ranks 17th out of 905 Iowa communities (5th out of 102 midsize communities).

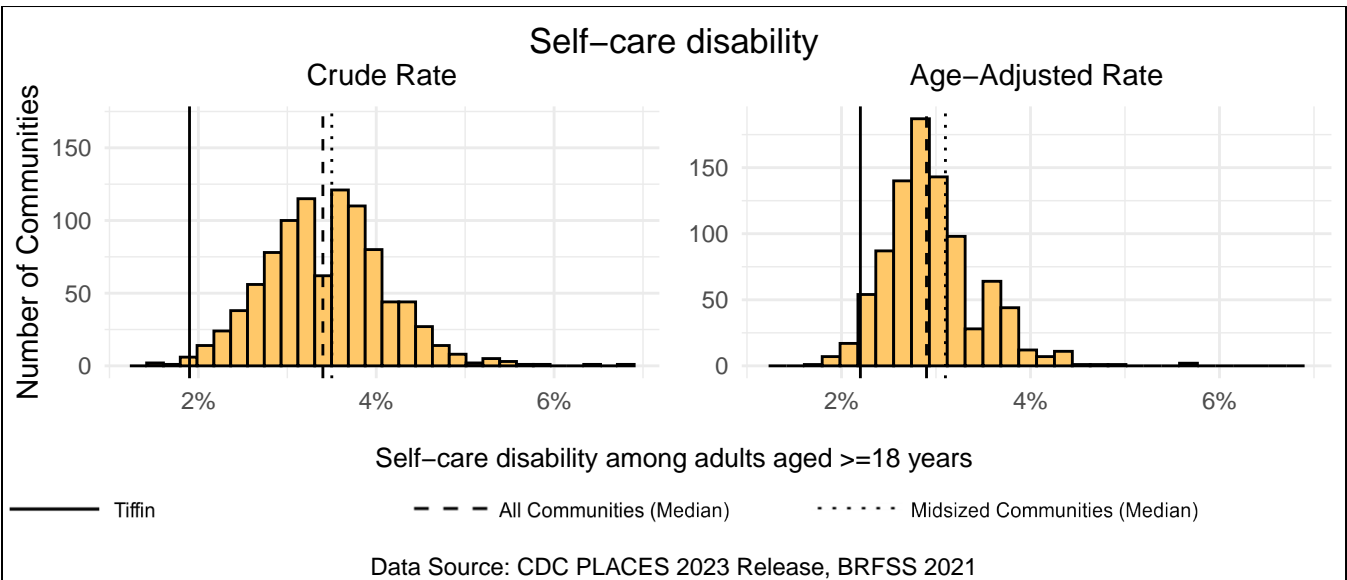
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	5.9%	11.8%	12.1%
Age-Adjusted	7.3%	9.5%	9.8%



Self-care disability

Tiffin has a crude rate of 1.9% for self-care disability among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (2nd out of 102 midsize communities). The age-adjusted rate for Tiffin is 2.2%, which ranks 26th out of 905 Iowa communities (7th out of 102 midsize communities).

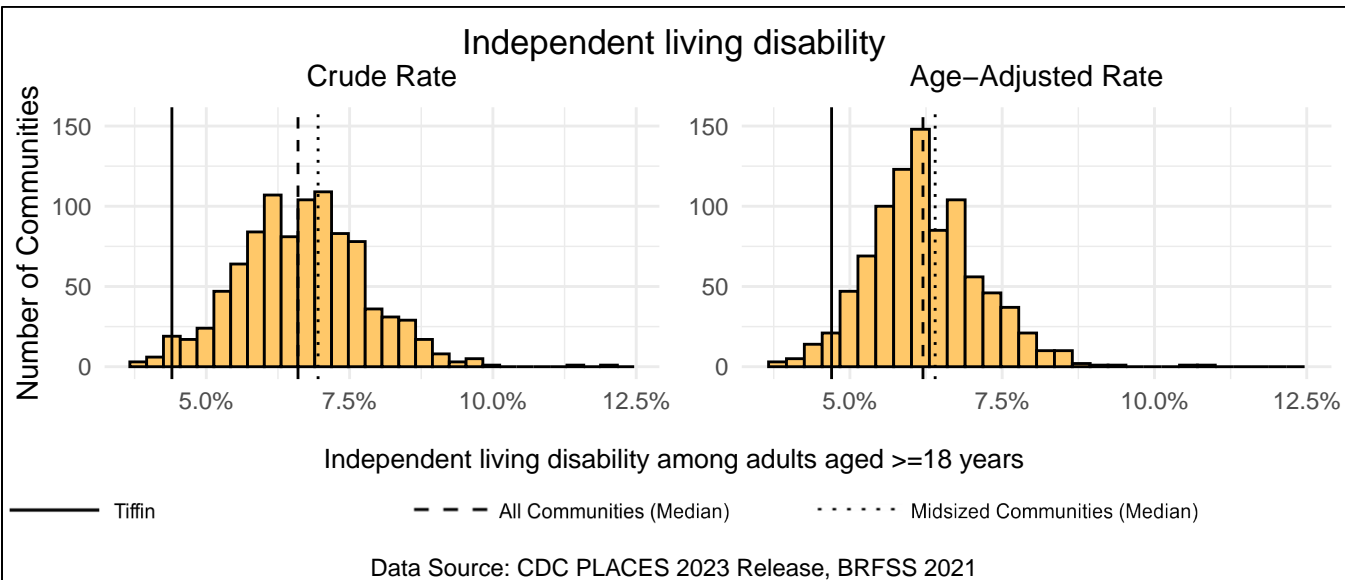
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	1.9%	3.4%	3.5%
Age-Adjusted	2.2%	2.9%	3.1%



Independent living disability

Tiffin has a crude rate of 4.4% for independent living disability among adults aged ≥ 18 years, which ranks 18th out of 958 Iowa communities (4th out of 102 midsized communities). The age-adjusted rate for Tiffin is 4.7%, which ranks 26th out of 905 Iowa communities (7th out of 102 midsized communities).

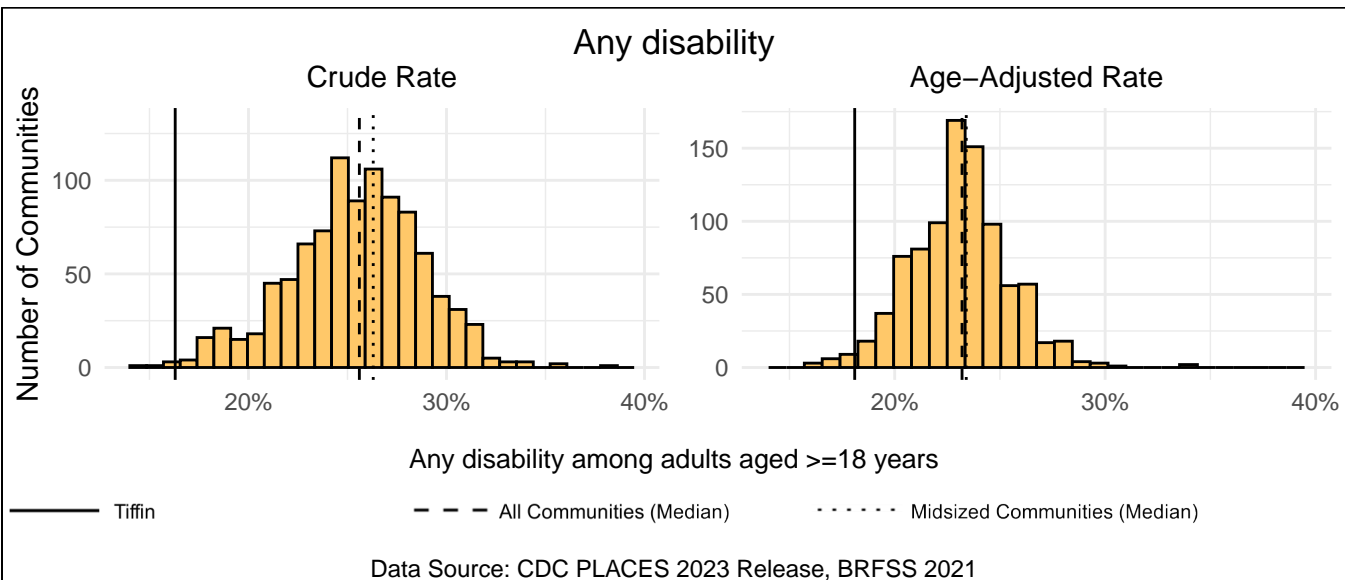
Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	4.4%	6.6%	7.0%
Age-Adjusted	4.7%	6.2%	6.4%



Any disability

Tiffin has a crude rate of 16.3% for any disability among adults aged ≥ 18 years, which ranks 5th out of 958 Iowa communities (2nd out of 102 midsized communities). The age-adjusted rate for Tiffin is 18.1%, which ranks 14th out of 905 Iowa communities (4th out of 102 midsized communities).

Measure Type	Tiffin	All Comm.	Midsized Comm.
Crude	16.3%	25.6%	26.3%
Age-Adjusted	18.1%	23.2%	23.4%



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: Tiffin 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	5	7.1% (5.9% - 8.4%)	22	7.7% (6.5% - 9.2%)
Health Status	General Health	5	8.6% (6.9% - 10.4%)	26	9.5% (7.7% - 11.6%)
Health Status	Mental Health	736	15.1% (12.6% - 17.6%)	64	14.1% (12.1% - 16.4%)
Health Risk Behaviors	Current Smoking	43	13.1% (9.8% - 16.7%)	22	12.5% (9.5% - 16.3%)
Health Risk Behaviors	Sleep <7 hours	306	29.5% (27.8% - 31.2%)	68	28.5% (27.0% - 30.2%)
Health Risk Behaviors	Binge Drinking	957	26.0% (22.4% - 29.7%)	792	23.3% (20.0% - 26.8%)
Health Risk Behaviors	Physical Inactivity	10	17.3% (13.9% - 21.2%)	26	18.5% (15.1% - 22.3%)
Health Outcomes	High Cholesterol	3	24.9% (21.9% - 28.3%)	5	26.4% (23.0% - 30.1%)
Health Outcomes	High Blood Pressure	3	19.3% (16.7% - 22.2%)	7	23.2% (20.4% - 26.3%)
Health Outcomes	Obesity	15	31.2% (26.4% - 36.1%)	17	31.1% (26.4% - 36.2%)
Health Outcomes	Diabetes	3	5.3% (4.5% - 6.3%)	18	6.7% (5.7% - 7.8%)
Health Outcomes	Chronic Kidney Disease	6	1.9% (1.7% - 2.1%)	36	2.4% (2.1% - 2.6%)
Health Outcomes	All Teeth Lost	13	7.6% (4.7% - 11.8%)	15	7.9% (4.7% - 12.2%)
Health Outcomes	Cancer (except skin)	8	5.0% (4.5% - 5.5%)	831	6.6% (6.0% - 7.3%)
Health Outcomes	Depression	888	20.2% (17.0% - 23.7%)	527	19.3% (16.3% - 22.6%)
Health Outcomes	Stroke	5	1.7% (1.4% - 1.9%)	23	2.2% (1.9% - 2.5%)
Health Outcomes	Arthritis	7	17.2% (14.8% - 20.0%)	48	21.0% (18.2% - 24.1%)
Health Outcomes	COPD	5	3.9% (3.1% - 4.8%)	18	4.6% (3.7% - 5.7%)
Health Outcomes	Current Asthma	524	9.4% (8.2% - 10.7%)	241	9.3% (8.2% - 10.6%)
Health Outcomes	Coronary Heart Disease	3	3.0% (2.6% - 3.5%)	7	4.0% (3.5% - 4.7%)
Prevention	Core preventive services for older men	490	43.4% (35.3% - 51.3%)	309	45.1% (38.0% - 51.9%)
Prevention	Mammography	54	80.0% (76.0% - 83.5%)	58	77.8% (73.9% - 81.6%)
Prevention	Annual Checkup	953	69.0% (64.6% - 73.1%)	686	71.8% (67.5% - 75.6%)
Prevention	Health Insurance	69	5.9% (4.2% - 8.1%)	26	5.6% (4.1% - 7.6%)
Prevention	Taking BP Medication	953	66.8% (62.6% - 70.8%)	888	55.8% (50.8% - 60.4%)
Prevention	Cervical Cancer Screening	158	84.9% (82.2% - 87.3%)	56	85.4% (82.9% - 87.6%)

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	50	47.0% (40.3% - 53.5%)	35	47.7% (40.9% - 54.3%)
Prevention	Dental Visit	127	71.4% (67.2% - 75.2%)	65	72.5% (68.9% - 75.8%)
Prevention	Colorectal Cancer Screening	116	74.5% (71.2% - 77.4%)	64	75.0% (71.8% - 77.8%)
Prevention	Cholesterol Screening	896	79.0% (75.4% - 82.3%)	40	81.7% (78.6% - 84.6%)
Disability	Self-care Disability	5	1.9% (1.6% - 2.3%)	26	2.2% (1.8% - 2.6%)
Disability	Cognitive Disability	49	9.3% (7.5% - 11.4%)	20	9.0% (7.4% - 10.9%)
Disability	Any Disability	5	16.3% (13.5% - 19.6%)	14	18.1% (15.3% - 21.4%)
Disability	Vision Disability	7	2.4% (2.0% - 2.9%)	30	2.7% (2.3% - 3.3%)
Disability	Mobility Disability	5	5.9% (4.8% - 7.1%)	17	7.3% (6.0% - 8.9%)
Disability	Hearing Disability	3	3.8% (3.3% - 4.4%)	13	4.9% (4.3% - 5.6%)
Disability	Independent Living Disability	18	4.4% (3.6% - 5.4%)	26	4.7% (3.9% - 5.7%)

The 95% confidence interval shown in parentheses represents the range of 95% of CDC area estimates under different model assumptions using Monte Carlo simulations.

Appendix 3: Midsized Communities (2,500-9,999)

Tiffin falls into the group of midsized communities, which have a population of 2,500-9,999. In this data, 102 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
Keokuk	9,868	Red Oak	5,563	Dyersville	4,318
Grinnell	9,511	DeWitt	5,508	Forest City	4,254
Fairfield	9,474	Anamosa	5,493	Chariton	4,203
Mount Pleasant	9,214	Osceola	5,455	Jefferson	4,190
Denison	8,316	Algona	5,443	Carlisle	4,116
Sioux Center	8,227	Sheldon	5,417	Rock Valley	4,045
Perry	7,875	Spirit Lake	5,409	Monticello	4,034
Webster City	7,787	Centerville	5,393	Cresco	3,899
Clear Lake	7,642	Clarinda	5,371	West Liberty	3,821
Bondurant	7,617	Winterset	5,366	Waukon	3,818
Decorah	7,611	Windsor Heights	5,200	Carter Lake	3,780
Knoxville	7,523	Cherokee	5,154	Albia	3,705
Creston	7,519	Glenwood	5,128	Emmetsburg	3,671
Charles City	7,364	Manchester	5,112	Osage	3,590
Washington	7,329	Iowa Falls	5,095	Eagle Grove	3,589
Hiawatha	7,179	Sergeant Bluff	5,007	New Hampton	3,473
Nevada	6,933	Vinton	4,953	Robins	3,356
Atlantic	6,770	Shenandoah	4,930	Story City	3,352
Eldridge	6,693	Harlan	4,897	Williamsburg	3,332
Orange City	6,278	Tiffin	4,845	Milford	3,295
Maquoketa	6,123	Humboldt	4,774	West Burlington	3,184
Independence	6,106	Le Claire	4,679	Tipton	3,130
Adel	6,090	Evansdale	4,561	Tama	3,073
Oelwein	5,934	Camanche	4,546	Garner	3,065
Asbury	5,890	Mount Vernon	4,529	Solon	3,020
Estherville	5,881	Huxley	4,331	Wilton	2,939
Polk City	5,604	Hampton	4,328	Onawa	2,876

Community	Population
Saylorville	2,837
Park View	2,835
Sibley	2,830
Fairfax	2,814
Marengo	2,812
Clarion	2,799
Grundy Center	2,792
Madrid	2,784
Missouri Valley	2,692
Bloomfield	2,687
Hawarden	2,673
Postville	2,653
Eldora	2,645
Kalona	2,637
Rock Rapids	2,631
Center Point	2,573
Hudson	2,557
Belmond	2,512
Mitchellville	2,506
West Branch	2,503
Jesup	2,502
